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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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 2009-10 season. The Athletic Media Relations office is located in Barnhill Arena and can be reached at 479-575-2751.

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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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 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.
March 5 Arkansas Last Chance Fayetteville, Ark.
March 12-13 NCAA Championships Fayetteville, Ark.

Outdoor
March 19-20 Arizona Invitational Tucson, Ariz.
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 Cardinal Invitational Des Moines, Iowa
May 1 NCAA West Regional Eugene, Ore.
May 13-16 NCAA Championships Tuscaloosa, Ala.
May 27-29 USA Championships Eugene, Ore.
June 9-12 NCAA Championships Tuscaloosa, Ala.
June 24-27 USA Championships Tuscaloosa, Ala.
Track & Field Quick Facts

Head Coach (Distance)  Lance Harter, 20th Season  
Assoc. Head Coach (Sprints, Hurdles, Jumps, Multis)  Rolando Greene 
Asst. Coach (Pole Vault, Throws)  Bryan Compton 
Volunteer Asst. Coaches  April Steiner-Bennett, Christin Wurth-Thomas 
Director of Operations  Jeff Kent 
Secretary  Natasha Brown 
Athletic Trainer  Gwendolyn Davis 
Office Phone  479-575-6384 
Office Fax  479-575-3716 
Mailing Address  10 S. Razorback Road 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 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 (t12th) and South Carolina (t12th). 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 Kevkhisvili 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 (t10th), Auburn (t25th) and Arkansas (t29th) 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
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 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 400 meters. Her time of 54.35, good for a fourth-place finish in the invitational heat, was a personal best, ranked second 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.
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 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 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.
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), Learch (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.

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.
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. Learch, 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.
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 Mideast 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.

Keppler 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 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.

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 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, 3/1/09)
60-Meter H Brittany Hyter 8.78 (Arkansas Invit., 1/9/09)
4x400-Meter Relay Thomas, Williams, 3:35.18 (SEC, 3/1/09)
Distance Lewis, Brown, 11:37.70 (SEC, 2/28/09)
Medley Relay Learch, Rosen, 11:37.70 (SEC, 2/28/09)
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

2009 NCAA 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 10.25 (Mt. SAC, 4/16/09)
400-Meter H Brittany Hyter 1:01.42 (SEC, 5/15/09)
4x100-Meter Relay Thomas, Williams, Blair, Jones
400-Meter H Thomas, Williams, 45.75 (McDonnell, 4/18/09)
High Jump Etienne Chaplin 5-5.25 (SEC, 5/14/09)
Pole Vault Katie Stripling 14-5.25 (SEC, 5/17/09)
Long Jump Katie Stripling 20-7.5 (SEC, 5/17/09)
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 Mideast 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

2009 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

2009 SEC Freshman Academic Honor Roll
Samantha Learch
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.”

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 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.
“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 finished 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.

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<table>
<thead>
<tr>
<th>Name</th>
<th>Events</th>
<th>Height</th>
<th>CC/IN/OUT</th>
<th>Hometown (Previous School)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Courtney Blair</td>
<td>Sprints</td>
<td>5-7</td>
<td>X/SO/SO</td>
<td>Texarkana, Ark. (Arkansas HS)</td>
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<tr>
<td>Martine Borge</td>
<td>Middle Distance</td>
<td>5-7</td>
<td>X/FR/FR</td>
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<tr>
<td>Edina Brooks</td>
<td>Sprints</td>
<td>5-6</td>
<td>X/JR/JR</td>
<td>Spring, Texas (Klein HS/South Plains College)</td>
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<td>Stephanie Brown</td>
<td>Middle Distance</td>
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<td>Katelin Cherry</td>
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<td>FR/FR/FR</td>
<td>Oklahoma City, Okla. (Westmoore HS)</td>
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<td>Tara Diebold</td>
<td>Pole Vault</td>
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<td>X/JR/JR</td>
<td>Branson, Mo. (Branson HS)</td>
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<td>Cali George</td>
<td>Distance</td>
<td>5-8</td>
<td>SO/SO/SO</td>
<td>Gardner, Kan. (Edgerton HS)</td>
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<td>Regina George</td>
<td>Sprints</td>
<td></td>
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<tr>
<td>Kristen Gillespie</td>
<td>Middle Distance</td>
<td>5-8</td>
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<td>Brittany Hyter</td>
<td>Sprints/Hurdles</td>
<td>5-6</td>
<td>X/SO/SO</td>
<td>Woodbridge, Va. (Osbourn Park HS)</td>
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<tr>
<td>Megan Jackson</td>
<td>Distance</td>
<td>5-9</td>
<td>SR/SR/SR</td>
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<tr>
<td>Taylor Johnson</td>
<td>Middle Distance</td>
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<td>FR/FR/SO</td>
<td>Ben Lomond, Calif. (San Lorenzo Valley HS)</td>
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<td>Paige Johnston</td>
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<td>Midlothian, Va. (Midlothian HS)</td>
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<tr>
<td>Whitney Jones</td>
<td>Jumps/Sprints</td>
<td>5-7</td>
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<tr>
<td>Lauren Kegley</td>
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<td>Kristen Keith</td>
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<td>Samantha Learch</td>
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<tr>
<td>Jillian Rosen</td>
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<td>Katie Stripling</td>
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<td>X/SR/SR</td>
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<td>Tina Sutej</td>
<td>Pole Vault</td>
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<tr>
<td>Karen Thomas</td>
<td>Sprints</td>
<td>5-6</td>
<td>X/SR/SR</td>
<td>Camden, Ark. (Fairview HS/South Plains College)</td>
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<td>Shantel Thompson</td>
<td>Jumps</td>
<td>5-10</td>
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<tr>
<td>Miranda Walker</td>
<td>Distance</td>
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<td>JR/JR/JR</td>
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<td>Rachel Werner</td>
<td>Sprints</td>
<td>5-3</td>
<td>X/FR/FR</td>
<td>The Woodlands, Texas (The Woodlands HS)</td>
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<tr>
<td>Ashley Williams</td>
<td>Distance</td>
<td>5-4</td>
<td>SR/SR/SR</td>
<td>Little Rock, Ark. (Oklahoma/Mt. St. Mary Academy)</td>
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<tr>
<td>Shelise Williams</td>
<td>Sprints</td>
<td>5-5</td>
<td>X/JR/JR</td>
<td>Long Beach, Calif. (Woodrow Wilson HS)</td>
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<tr>
<td>Keri Wood</td>
<td>Middle Distance</td>
<td>5-8</td>
<td>FR/FR/FR</td>
<td>College Station, Texas (A&amp;M Consolidated HS)</td>
</tr>
</tbody>
</table>

**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
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 10:37.72, 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 NORTH RIDGE 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-Kersee Invit., 4/13/07
Steeplechase (O) 10:27.49 Mt. SAC Relays, 4/16/09

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5,000 Meters (O) 17:16.51 J-Kersee Invit., 4/13/07
Steeplechase (O) 10:27.49 Mt. SAC Relays, 4/16/09

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.
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

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 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.

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

Katie Stripling
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.
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
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)

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.

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

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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

Shelise Williams

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 3:38.54. 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.

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:

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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 Invit., 4/18/09
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:

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<tr>
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<td>SEC, 5/16/09</td>
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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:

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<tr>
<td>1,500 meters</td>
<td>4:49.82</td>
<td>McDonnell Invit., 4/18/09</td>
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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.

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 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

Samantha Learch

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 Mideast Regional Championships, Sutej posted a height of 13-7.75 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

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
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
placed fourth 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 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 4x800-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.

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.

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 Florencia 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.
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 -consecutive 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, 2003)
• 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 Mideast 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 Mideast 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.
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.
• 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
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.
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.

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.

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.
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).


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 USATFs 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

<table>
<thead>
<tr>
<th>Distance</th>
<th>University of Arkansas</th>
<th>Randal Tyson Track Center</th>
<th>SEC Meet</th>
<th>Collegiate</th>
</tr>
</thead>
</table>
| **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 – Kerri 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  
(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  
(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 Sterngin  
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 Gerraught  
North Carolina, 2004 | 58-10.25 – M. Kevkhishvili  
Florida, 2009 | 62-10 – Laura Gerraught  
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.
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  Tomíque 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.

#### 3,000 Meters
1. 9:10.62  Christine Kalmer  2007  New York, N.Y.
2. 9:11.21  Lilli Kleinmann  2000  Fayetteville, Ark.
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 Bargiacchi  2009  College Station, Texas
5. 16:02.95  Megan Flowers  1995  Indianapolis, Ind.

#### 60-Meter Hurdles
2. 8.17  Kasia Williams  2005  Fayetteville, Ark.
3. 8.20  Kasia Williams  2005  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.
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.
3. 5-10 Jennifer McDonald 1989 Fayetteville, Ark.
4. 5-9 DeeDee Brown 2000 Fayetteville, Ark.
5. 5-9 Jennifer McDonald 1991 Fayetteville, Ark.

Pole Vault
4. 13-9.75 April Steiner 2003 Norman, Okla.
5. 13-9.5 April Steiner 2003 Reno, Nev.

Long Jump
2. 20-10.5 Peter-Gaye Beckford 2008 New York, N.Y.
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.

Shot Put
2. 50-10.25 Marie LeJour 2001 Fayetteville, Ark.
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
60-Meter Hurdles
8.44 Beyonka McDowell 2005 Fayetteville, Ark.

High Jump
5-10.75 Jessica Johnson 2003 Gainesville, Fla.

Shot Put
45-8 Beyonka McDowell 2005 Fayetteville, Ark.

Long Jump
20-3.75 Etienne Chaplin 2008 Fayetteville, Ark.

800 Meters

Bold - current student-athlete

April Steiner

Etienne Chaplin
### Outdoor Records

<table>
<thead>
<tr>
<th>Event</th>
<th>University of Arkansas</th>
<th>John McDonnell Field</th>
<th>SEC Meet</th>
<th>Collegiate</th>
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</table>
| **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 – Anita 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  
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 Doetz  
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 Powell  
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  
(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 – Lavern Spencer  
Georgia, 2007 | 6-6 – Amy Acuff/Kaja 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-Kersee  
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 – Treeca Smith  
Pittsburgh, 1997 |
| **Shot Put** | 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 |
| **Discus** | 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 – Irla Khanun  
Indiana, 2003 |
| **Heptathlon** | 5,925 points – Gi-Gi Miller  
USA Championships, 2001 | 6,086 points – Brianne Theisen  
Oregon, 2009 | 5,969 points – Sharon Jaklowski  
LSU, 1991 | 6,527 points – Diana G. Gresham  
George Mason, 1995 |
### 100 Meters

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<tr>
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### Wind-Aided Marks

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### 200 Meters

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### Wind-Aided Marks

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<td>LaKeisha Martin</td>
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### 400 Meters

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### 800 Meters

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### 1,500 Meters

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### 3,000-Meter Steeplechase

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<td>Lilli Kleinmann</td>
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<td>Maureen Scott</td>
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### 5,000 Meters

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### 10,000 Meters

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<td>Jamie Park</td>
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<td>33:37.4</td>
<td>Aisling Ryan</td>
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### 100-Meter Hurdles

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### 400-Meter Hurdles

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### Wind Aided Marks

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### 400-Meter Relay

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### 4x400-Meter Relay

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<td>Rolle, Boatright, Farrell, Cousins</td>
<td>2007</td>
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### Jessica Cousins

Jessica Cousins is a long-distance runner who has set multiple All-Time Outdoor Top Five records in various events.

Jessica Cousins is known for her exceptional performance in the 400 meters and 400-meter hurdles, setting multiple records in these events.

### All-Time Outdoor Top Five

Jessica Cousins has achieved significant milestones in her career, setting records in 100 meters, 200 meters, 400 meters, 800 meters, 1,500 meters, 3,000 meters steeplechase, 5,000 meters, and various relay events.

Jessica Cousins has also been involved in numerous wind-aided marks, particularly in the 100 meters and 200 meters events, showcasing her speed and ability to perform under challenging conditions.

Her dedication and athletic prowess have earned her recognition as one of the top performers in her field, setting standards that have inspired many others in the sport.
**All-Time Outdoor Top Five**

### High Jump
1. 6-1.25 Jessica Johnson 2003 Sacramento, Calif.
2. 6-0.5 Jessica Johnson 2003 Palo Alto, Calif.
4. 5-10.75 Jennifer McDonald 1990 Col. Station, Texas
5. 5-10.75 Jessica Johnson 2003 Los Angeles, Calif.

### Pole Vault
2. 14-4 Katie Stripling 2009 Joplin, Mo.
3. 14-3.25 Katie Stripling 2008 Toluca, Mexico

### Long Jump
1. 20-10 Toshei Woods 1993 Fayetteville, Ark.
2. 20-7,25 Cynthia Moore 1990 Coll. Station, Texas
4. 20-6.25 Etienne Chaplin 2009 Fayetteville, Ark.

### Triple Jump
1. 44-7.5 Gi-Gi Miller 2001 Eugene, Ore.
2. 43-10.75 Gi-Gi Miller 2001 Beijing, China
4. 43-1.75 Gi-Gi Miller 2001 Eugene, Ore.
5. 42-10.25 Gi-Gi Miller 2000 Austin, Texas

### 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
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.
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

**Bold** - current student-athletes
### 300 Meters - Indoors

<table>
<thead>
<tr>
<th>Rank</th>
<th>Name</th>
<th>Year</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Kerri-Ann Mitchell</td>
<td>2004</td>
<td>South Bend, Ind.</td>
</tr>
<tr>
<td>2</td>
<td>Lisa Sparks</td>
<td>1983</td>
<td>Fayetteville, Ark.</td>
</tr>
<tr>
<td>3</td>
<td>Patricia Johnson</td>
<td>1986</td>
<td>Fayetteville, Ark.</td>
</tr>
<tr>
<td>4</td>
<td>Shaneatra Neely</td>
<td>2004</td>
<td>South Bend, Ind.</td>
</tr>
<tr>
<td>5</td>
<td>Pat Lowe</td>
<td>1987</td>
<td>Fayetteville, Ark.</td>
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</table>

### 500 Meters - Indoors

<table>
<thead>
<tr>
<th>Rank</th>
<th>Name</th>
<th>Year</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Teresa Barr</td>
<td>1984</td>
<td>Fayetteville, Ark.</td>
</tr>
<tr>
<td>2</td>
<td>Paige Farrell</td>
<td>2007</td>
<td>New York, N.Y.</td>
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<tr>
<td>3</td>
<td>Teresa Barr</td>
<td>1984</td>
<td>Fayetteville, Ark.</td>
</tr>
<tr>
<td>4</td>
<td>Patricia Johnson</td>
<td>1986</td>
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<tr>
<td>5</td>
<td>Patricia Johnson</td>
<td>1986</td>
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### 1,000 Meters - Indoors

<table>
<thead>
<tr>
<th>Rank</th>
<th>Name</th>
<th>Year</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Melody Sye</td>
<td>1987</td>
<td>Okla. City, Okla.</td>
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<tr>
<td>2</td>
<td>Lauren Lewis</td>
<td>2007</td>
<td>New York, N.Y.</td>
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<tr>
<td>5</td>
<td>Sarah Schwald</td>
<td>1994</td>
<td>Lincoln, Neb.</td>
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### 1,500 Meters - Indoors

<table>
<thead>
<tr>
<th>Rank</th>
<th>Name</th>
<th>Year</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Melody Sye</td>
<td>1987</td>
<td>Okla. City, Okla.</td>
</tr>
<tr>
<td>2</td>
<td>Teresa Barr</td>
<td>1984</td>
<td>Fayetteville, Ark.</td>
</tr>
<tr>
<td>3</td>
<td>Teresa Barr</td>
<td>1984</td>
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<tr>
<td>4</td>
<td>Patricia Johnson</td>
<td>1986</td>
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<tr>
<td>5</td>
<td>Patricia Johnson</td>
<td>1986</td>
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### 300 Yards

<table>
<thead>
<tr>
<th>Rank</th>
<th>Name</th>
<th>Year</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Lisa Sparks</td>
<td>1983</td>
<td>Lincoln, Neb.</td>
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<tr>
<td>2</td>
<td>Lisa Sparks</td>
<td>1983</td>
<td>Norman, Okla.</td>
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<tr>
<td>3</td>
<td>Gloria Russell</td>
<td>1982</td>
<td>Lawrence, Kan.</td>
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<tr>
<td>4</td>
<td>Lisa Sparks</td>
<td>1983</td>
<td>Norman, Okla.</td>
</tr>
<tr>
<td>5</td>
<td>Diann Ousley</td>
<td>1980</td>
<td>Columbia, Mo.</td>
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### 400 Yards

<table>
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<th>Year</th>
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<tbody>
<tr>
<td>1</td>
<td>Melody Sye</td>
<td>1986</td>
<td>Fayetteville, Ark.</td>
</tr>
<tr>
<td>2</td>
<td>Melody Sye</td>
<td>1986</td>
<td>Fayetteville, Ark.</td>
</tr>
<tr>
<td>3</td>
<td>Edel Hackett</td>
<td>1986</td>
<td>Fayetteville, Ark.</td>
</tr>
<tr>
<td>4</td>
<td>Cathy Stone</td>
<td>1983</td>
<td>Fayetteville, Ark.</td>
</tr>
<tr>
<td>5</td>
<td>Jody Rittenhouse</td>
<td>1981</td>
<td>Pocatello, Id.</td>
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### 440 Yards

<table>
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<tbody>
<tr>
<td>2</td>
<td>Teresa Barr</td>
<td>1984</td>
<td>Norman, Okla.</td>
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<tr>
<td>4</td>
<td>Diann Ousley</td>
<td>1980</td>
<td>Columbia, Mo.</td>
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<tr>
<td>5</td>
<td>Lisa Sparks</td>
<td>1983</td>
<td>W. Lafayette, Ind.</td>
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### 600 Yards

<table>
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<th>Name</th>
<th>Year</th>
<th>Location</th>
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</thead>
<tbody>
<tr>
<td>1</td>
<td>Diann Ousley</td>
<td>1979</td>
<td>Columbia, Mo.</td>
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<tr>
<td>2</td>
<td>Tawa Babatunde</td>
<td>2000</td>
<td>Norman, Okla.</td>
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<tr>
<td>5</td>
<td>Diann Ousley</td>
<td>1979</td>
<td>Columbia, Mo.</td>
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### 880 Yards

<table>
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<th>Name</th>
<th>Year</th>
<th>Location</th>
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<tbody>
<tr>
<td>1</td>
<td>Melody Sye</td>
<td>1987</td>
<td>Okla. City, Okla.</td>
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<tr>
<td>2</td>
<td>Siobhan Kavanagh</td>
<td>1984</td>
<td>Columbia, Mo.</td>
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<tr>
<td>3</td>
<td>Siobhan Kavanagh</td>
<td>1985</td>
<td>Ft. Worth, Texas</td>
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<tr>
<td>5</td>
<td>Siobhan Kavanagh</td>
<td>1984</td>
<td>Ft. Worth, Texas</td>
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### Two Miles

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<th>Year</th>
<th>Location</th>
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<tbody>
<tr>
<td>1</td>
<td>Jackie Mota</td>
<td>1987</td>
<td>Ft. Worth, Texas</td>
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<tr>
<td>2</td>
<td>Edel Hackett</td>
<td>1984</td>
<td>Ft. Worth, Texas</td>
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<tr>
<td>3</td>
<td>Isabelle Hozang</td>
<td>1985</td>
<td>Columbia, Mo.</td>
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<tr>
<td>4</td>
<td>Edel Hackett</td>
<td>1987</td>
<td>Ft. Worth, Texas</td>
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<tr>
<td>5</td>
<td>Maria Tillman</td>
<td>1982</td>
<td>Charleston, Ill.</td>
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### Three Miles

<table>
<thead>
<tr>
<th>Rank</th>
<th>Name</th>
<th>Year</th>
<th>Location</th>
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<tbody>
<tr>
<td>1</td>
<td>Maria Tillman</td>
<td>1982</td>
<td>Lawrence, Kan.</td>
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<tr>
<td>2</td>
<td>Maria Tillman</td>
<td>1982</td>
<td>Columbia, Mo.</td>
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<tr>
<td>3</td>
<td>Maria Tillman</td>
<td>1982</td>
<td>Cedar Falls, Iowa</td>
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<tr>
<td>4</td>
<td>Allison Welk</td>
<td>1985</td>
<td>Lawrence, Kan.</td>
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<tr>
<td>5</td>
<td>Bonnie Moore</td>
<td>1984</td>
<td>Columbia, Mo.</td>
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### Mile Relay

<table>
<thead>
<tr>
<th>Rank</th>
<th>Team</th>
<th>Year</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Russell, Bedford, Sparks, Ousley</td>
<td>1980</td>
<td>Columbia, Mo.</td>
</tr>
<tr>
<td>2</td>
<td>Russell, Bedford, Sparks, Ousley</td>
<td>1979</td>
<td>Columbia, Mo.</td>
</tr>
<tr>
<td>3</td>
<td>Rittenhouse, Bedford, Armstrong, Ousley</td>
<td>1979</td>
<td>Columbia, Mo.</td>
</tr>
<tr>
<td>4</td>
<td>Elmore, Hall, Johnson, Barr</td>
<td>1984</td>
<td>Norman, Okla.</td>
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<tr>
<td>5</td>
<td>Barr, Bedford, Sparks, Ousley</td>
<td>1980</td>
<td>Baton Rouge, La.</td>
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### 4x200-Meter Relay - Indoors

<table>
<thead>
<tr>
<th>Rank</th>
<th>Team</th>
<th>Year</th>
<th>Location</th>
</tr>
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<tbody>
<tr>
<td>1</td>
<td>Johnson, Sparks, Russell, Harris</td>
<td>1982</td>
<td>Columbia, Mo.</td>
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<tr>
<td>2</td>
<td>Johnson, Sparks, Russell, Harris</td>
<td>1983</td>
<td>W. Lafayette, Ind.</td>
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<tr>
<td>3</td>
<td>Johnson, Sparks, Russell, Harris</td>
<td>1982</td>
<td>Charleston, Ill.</td>
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<tr>
<td>5</td>
<td>Thompson, Frase, Moore, Haythe</td>
<td>1988</td>
<td>Fayetteville, Ark.</td>
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</table>

### 4x200-Meter Relay - Outdoors

<table>
<thead>
<tr>
<th>Rank</th>
<th>Team</th>
<th>Year</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Martin, Boatright, Rolle, Cousins</td>
<td>2007</td>
<td>Des Moines, Iowa</td>
</tr>
<tr>
<td>2</td>
<td>Neely, Gyasi-Nimako, Heath, Mitchell</td>
<td>2002</td>
<td>Des Moines, Iowa</td>
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<tr>
<td>3</td>
<td>Neely, Gyasi-Nimako, Heath, Mitchell</td>
<td>2002</td>
<td>Des Moines, Iowa</td>
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<tr>
<td>4</td>
<td>Haythe, Thompson, Moore, Stewart</td>
<td>1990</td>
<td>Lawrence, Kan.</td>
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<td>5</td>
<td>Thompson, Moore, Stewart, Haythe</td>
<td>1989</td>
<td>Lawrence, Kan.</td>
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</table>

### 4x800-Meter Relay - Indoors

<table>
<thead>
<tr>
<th>Rank</th>
<th>Team</th>
<th>Year</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Blake, Schwall, Pillow, Teter</td>
<td>1993</td>
<td>Ames, Iowa</td>
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<tr>
<td>2</td>
<td>Blake, Schwall, Pillow, Teter</td>
<td>1993</td>
<td>Indianapolis, Ind.</td>
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<td>3</td>
<td>Lavers, Barrett, Teter, Olivares</td>
<td>1992</td>
<td>Lincoln, Neb.</td>
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<tr>
<td>4</td>
<td>Blake, Schwall, Pillow, Teter</td>
<td>1993</td>
<td>Lincoln, Neb.</td>
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<td>5</td>
<td>Barker, Stone, Hackett, S. Kavanagh</td>
<td>1984</td>
<td>Fayetteville, Ark.</td>
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### 4x800-Meter Relay - Outdoors

<table>
<thead>
<tr>
<th>Rank</th>
<th>Team</th>
<th>Year</th>
<th>Location</th>
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<tbody>
<tr>
<td>1</td>
<td>Farrell, Barr, Sigmont, Denton</td>
<td>2005</td>
<td>Des Moines, Iowa</td>
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<tr>
<td>3</td>
<td>Farrell, Barr, Sigmont, Denton</td>
<td>2005</td>
<td>Austin, Texas</td>
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<tr>
<td>5</td>
<td>Yoder Begley, Dailey, Wurth, Robertson</td>
<td>2000</td>
<td>Austin, Texas</td>
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### Shuttle Hurdle Relay - Outdoors

<table>
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<th>Rank</th>
<th>Team</th>
<th>Year</th>
<th>Location</th>
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<tbody>
<tr>
<td>4</td>
<td>Miller, Brown, Leaverton, Bell</td>
<td>2001</td>
<td>Des Moines, Iowa</td>
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<td>5</td>
<td>T. Thompson, Chaplin, M. Thompson, Fall</td>
<td>2007</td>
<td>Des Moines, Iowa</td>
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</tbody>
</table>
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
Out. 1,500M - '07, '08
Dacia Barr
Ind. DMR - '05
Mile - '08
Out. 5,000M - '97, '99
Amy Yoder Begley
Ind. 3,000M - '98 '00
5,000M - '99 '00
DMR - '98 '99
Out. 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
DecDee Brown
Out. Hept. - '00, '02
Andreina Byrd
Ind. DMR - '01, '02
Out. 10,000M - '92
XC '91
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
Indoor Track ...........................................107
55 Meters ............................................1
60 Meters ............................................1
200 Meters .........................................2
400 Meters .........................................2
800 Meters .........................................2
1,000 Meters ........................................3
Mile .......................................................11
3,000 Meters .......................................10
5,000 Meters .......................................10
60-Meter Hurdles ....................................1
4x400M Relay ........................................10
DMR .....................................................32
High Jump ............................................1
Pole Vault ..........................................12
Long Jump ..........................................4
Triple Jump .........................................3
Weight Throw .......................................2
Outdoor Track .......................................89
100 Meters ..........................................1
200 Meters ..........................................1
400 Meters ..........................................1
600 Meters ..........................................1
800 Meters ..........................................1
1,000 Meters .......................................11
2,000 Meters .......................................12
3,000 Meters .......................................10
5,000 Meters .......................................10
Steeplechase .......................................2
10,000 Meters .......................................8
100-Meter Hurdles .................................2
200-Meter Hurdles .................................2
400-Meter Hurdles .................................2
4x100M Relay ........................................8
4x400M Relay .......................................10
4x800M Relay .......................................4
High Jump ..........................................1
Pole Vault ..........................................9
Triple Jump .........................................3
Heptathlon .........................................7
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

Etienne Chaplin
Out. Hept - '07

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

Janine Davis
Ind. 4x400M - '09

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

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

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

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
L'Anna Howard
Out. 400M Hurd. - '80
Donna Huppler
Out. 4x800M - '82

Stephanie Irwin
Ind. Pole Vault - '07
Jessica Johnson
Out. High Jump - '03
Patricia Johnson
Out. 4x100M - '82
Lilli Kleinmann
Ind. 3,000M - '00
Whitney Jones
Out. 4x400M - '09

Sarah Landau
Out. Pole Vault - '09
Claire Lavers
Ind. 3,000M - '91
Out. 3,000M - '91
Stacie Manuel
Out. Pole Vault - '05
Amy McKinley
Out. 10,000M - '95

Gi-Gi Miller
Ind. Triple Jump - '01
Out. Triple Jump - '01
Kerri-Ann Mitchell
Ind. 4x400M - '04
Out. Triple Jump - '90, '91
Cynthia Moore
Ind. Triple Jump - '90, '91
La'Shaunte'a Moore
Ind. 200M - '04
Out. 100M - '04
200M - '04
4x100M - '04

Hept. - '00, '01
Jackie Mota
Out. XC '89
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 - '95  
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
Out. 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

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.
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.

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.

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.
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.

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.

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.

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 an indoor national 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.
Indoor Conference Champions

Denise Bargiachi
5,000 Meters 16:25.34 2008

Peter-Gaye Beckford

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

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

<table>
<thead>
<tr>
<th>Athlete</th>
<th>Event</th>
<th>Time</th>
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<td>Claire Lavers</td>
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<td>Jenny Petite</td>
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<td>Trine Pilskog</td>
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<td>Sally Ramsdale</td>
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<td>Loren Leaverton</td>
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<td>Stacie Manuel</td>
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<td>Beyonka McDowell</td>
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<td>4,076 pts.</td>
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**Indoor/Outdoor Conference Champions**

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<th>Tracy Robertson</th>
<th>Mile</th>
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<td>1998</td>
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</table>

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**

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**Indoor Titles By Event**

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<td><strong>Totals</strong></td>
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**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

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

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

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
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

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

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
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](image)

## Outdoor Titles By Year

<table>
<thead>
<tr>
<th>Year</th>
<th># of Titles</th>
<th>Events</th>
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<tr>
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## Outdoor Titles By Event

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**Totals** 63

* - indicates SWC Champion
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

<table>
<thead>
<tr>
<th>XC</th>
<th>Ind.</th>
<th>Out.</th>
<th>Total</th>
<th>All-Time XC</th>
<th>Ind.</th>
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### All-Time SEC Individual Champions

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<td>4</td>
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### All-Time SEC Team Champions

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### Cross Country

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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

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. Kentucky ........................... 226
10. Vanderbilt .......................... 247
11. Mississippi ......................... 333
12. LSU .................................... 357

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

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

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

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

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
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

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
10. Tennessee ........................... 16
11. Mississippi St. .................... 13
12. Vanderbilt ........................... 11

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

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
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
12. 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.

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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
| 1992 | 1. Florida | 139 |
| 2. LSU | 120 |
| 3. Arkansas | 78 |
| 4. Tennessee | 69 |
| 5. Alabama | 59 |
| 6. Auburn | 53 |
| 7. Georgia | 53 |
| 8. Miss. State | 10 |
| 9. Ole Miss | 9 |
| 10. South Carolina | 8 |
| 11. Vanderbilt | 6 |
| 12. Kentucky | 4 |

| 1993 | 1. LSU | 133 |
| 2. Florida | 89 |
| 3. Arkansas | 71 |
| 4. Alabama | 58 |
| 5. Tennessee | 54 |
| 6. Auburn | 53 |
| 7. Georgia | 49 |
| 8. Kentucky | 15 |
| 9. Ole Miss | 8 |
| 10. South Carolina | 8 |
| 11. Vanderbilt | 6 |
| 12. Miss. State | 2 |

| 1994 | 1. Alabama | 113 |
| 2. LSU | 111 |
| 3. Arkansas | 80 |
| 4. Tennessee | 73.33 |
| 5. Kentucky | 36 |
| 6. Auburn | 32 |
| 7. Florida | 31 |
| 8. South Carolina | 29 |
| 9. Georgia | 24.33 |
| 10. Ole Miss | 11 |
| 11. Miss. State | 1 |

| 1995 | 1. LSU | 116 |
| 2. Georgia | 96.5 |
| 3. Arkansas | 69 |
| 4. Tennessee | 64 |
| 5. Florida | 63 |
| 6. Auburn | 49.5 |
| 7. Alabama | 29 |
| 8. South Carolina | 26.5 |
| 9. Kentucky | 18 |
| 10. Ole Miss | 7.5 |
| 11. Miss. State | 5 |
| 12. Vanderbilt | 2 |

| 1996 | 1. LSU | 96.5 |
| 2. Auburn | 84 |
| 3. Georgia | 83.5 |
| 4. Florida | 73 |
| 5. South Carolina | 64 |
| 6. Arkansas | 58 |
| 7. Tennessee | 47 |
| 8. Kentucky | 26 |
| 9. Vanderbilt | 25 |
| 10. Alabama | 19 |
| 11. Ole Miss | 5 |
| 12. Miss. State | 4 |

| 1997 | 1. Florida | 131 |
| 2. LSU | 110 |
| 3. Auburn | 88 |
| 4. South Carolina | 70 |
| 5. Kentucky | 37 |
| 6. Georgia | 35 |
| 7. Arkansas | 33 |
| 8. Tennessee | 19 |
| 9. Ole Miss | 22 |
| 10. Miss. State | 7 |
| 11. Ole Miss | 12 |

| 1998 | 1. LSU | 95 |
| 2. Arkansas | 88 |
| 3. Florida | 85 |
| 4. South Carolina | 84 |
| 5. Auburn | 80.5 |
| 6. Tennessee | 51.5 |
| 7. Georgia | 50 |
| 8. Vanderbilt | 45 |
| 9. Kentucky | 33 |
| 10. Miss. State | 6 |
| 11. Ole Miss | 5 |
| 12. Alabama | 1 |

| 1999 | 1. LSU | 114 |
| 2. Florida | 106.5 |
| 3. South Carolina | 76 |
| 4. Arkansas | 73 |
| 5. Tennessee | 72.5 |
| 6. Georgia | 44 |
| 7. Alabama | 35 |
| 8. Ole Miss | 30 |
| 9. Auburn | 27 |
| 10. Kentucky | 26 |
| 11. Vanderbilt | 18 |
| 12. Miss. State | 6 |

| 2000 | 1. Arkansas | 140 |
| 2. Florida | 96 |
| 3. South Carolina | 94 |
| 4. LSU | 65 |
| 5. Georgia | 62 |
| 6. Auburn | 47.5 |
| 7. Alabama | 43 |
| 8. Tennessee | 35 |
| 9. Ole Miss | 18 |
| 10. Miss. State | 8 |
| 11. Vanderbilt | 12 |
| 12. Kentucky | 7.5 |

| 2001 | 1. Arkansas | 137 |
| 2. Florida | 109 |
| 3. South Carolina | 90 |
| 4. LSU | 77 |
| 5. Georgia | 61.5 |
| 6. Ole Miss | 31 |
| 7. Auburn | 30 |
| 8. Alabama | 28 |
| 9. Kentucky | 21.5 |
| 10. Tennessee | 16 |
| 11. Miss. State | 13 |
| 12. Vanderbilt | 11 |

| 2002 | 1. Florida | 147 |
| 2. Arkansas | 139 |
| 3. LSU | 100 |
| 4. South Carolina | 89 |
| 5. Auburn | 71 |
| 6. Georgia | 55.5 |
| 7. Kentucky | 48 |
| 8. Miss. State | 29 |
| 9. Tennessee | 25 |
| 10. Vanderbilt | 6 |
| 11. Ole Miss | 5 |
| 12. Alabama | 1 |

| 2003 | 1. LSU | 129 |
| 2. South Carolina | 108.5 |
| 3. Florida | 85 |
| 4. LSU | 84 |
| 5. Auburn | 62 |
| 6. Georgia | 55.5 |
| 7. Kentucky | 48 |
| 8. Miss. State | 29 |
| 9. Tennessee | 25 |
| 10. Vanderbilt | 6 |
| 11. Ole Miss | 5 |
| 12. Alabama | 1 |

| 2004 | 1. Florida | 105.5 |
| 2. Tennessee | 99.5 |
| 3. LSU | 84.5 |
| 4. Georgia | 81 |
| 5. South Carolina | 72 |
| 6. Arkansas | 50.5 |
| 7. Auburn | 48 |
| 8. Kentucky | 42 |
| 9. Vanderbilt | 25 |
| 10. Alabama | 25 |
| 11. Miss. State | 21 |
| 12. Ole Miss | 9 |

| 2005 | 1. Tennessee | 135.5 |
| 2. Arkansas | 120 |
| 3. LSU | 75.5 |
| 4. Florida | 74.5 |
| 5. South Carolina | 70.5 |
| 6. Georgia | 54 |
| 7. Auburn | 46 |
| 8. Alabama | 36 |
| 9. Vanderbilt | 19 |
| 10. Kentucky | 14 |
| 11. Ole Miss | 10 |
| 12. Miss. State | 8 |

| 2006 | 1. Georgia | 101.5 |
| 2. Auburn | 96 |
| 3. South Carolina | 78.5 |
| 4. Tennessee | 78.5 |
| 5. Arkansas | 73 |
| 6. Alabama | 70.5 |
| 7. LSU | 62.5 |
| 8. Florida | 45.5 |
| 9. Kentucky | 26 |
| 10. Ole Miss | 16 |
| 11. Miss. State | 13 |
| 12. Vanderbilt | 2 |

| 2007 | 1. Tennessee | 120 |
| 2. Georgia | 103 |
| 3. LSU | 101 |
| 4. Arkansas | 83 |
| 5. South Carolina | 52 |
| 6. Florida | 42 |
| 7. Kentucky | 40 |
| 8. Auburn | 39.5 |
| 9. Ole Miss | 36 |
| 10. Alabama | 21.5 |
| 11. Vanderbilt | 15 |
| 12. Miss. St. | 10 |
| Year | Team 1 | Score | Team 2 | Score | Team 3 | Score | Team 4 | Score | Team 5 | Score | Team 6 | Score | Team 7 | Score | Team 8 | Score | Team 9 | Score | Team 10 | Score | Team 11 | Score | Team 12 | Score |
|------|--------|-------|--------|-------|--------|-------|--------|-------|--------|-------|--------|-------|--------|-------|--------|-------|--------|-------|--------|-------|--------|-------|
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)

Coach of the Year

All-SEC
Alyssa Allison - 2009 (Frosh)
Denise Bargiachi – 2006, ’07, ’08 (1st), ’05 (2nd)
Dacia Barr - 2006 (1st)
Stephanie Barrett - 1991
   Catherine Berry - 1995
   Londa Bevins - 2001, ’02 (1st)
   Andreina Byrd - 2001, ’02 (2nd)
   Michelle Byrne - 1991, ’92
   Cory Chastain - 1998
   Kelly Cook - 1995
   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
   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

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

Athlete of the Year
   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)
Jessica Dailey - 1999 (Mile, 3K), ’00 (DMR)
Janine Davis - 2009 (4x400M)
Tara Diebold - 2008, ‘09 (PV)
Deena Drossin - 1993 (5K), ’94 (5K), ’96 (5K)
Dawnell Fletcher - 2001 (DMR)
Megan Flowers - 1995 (5K), ’97 (5K)
Whitney Jones - 2009 (Frosh 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 (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)
Katie Stripling - 2008, ’09 (PV)
Shiloh Whiting - 2003 (Steeple)
Kasia Williams - 2005 (100M H)
Shelise Williams - 2008 (4x400M), 2009 (400M)
Christin Wurth - 2002 (1,500M)

Outdoor Track
Athletes of the Week
2000 - Amy Yoder Begley (3/29)
2001 - Lilli Kleinmann (5/1)
2002 - DeeDee Brown (4/10)
2003 - Londa Bevins (5/6)
2004 - Veronica Campbell (4/21)
2005 - Aneita Denton (4/20)
2007 - Katie Stripling (5/1)
2008 - Catherine White (4/22)
2009 - Whitney Jones (3/31, 5/5)

Coach of the Year

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)
# Career Scoring

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<td>4. Christin Wurth      56</td>
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<td>5. Penny Splichal       51</td>
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<td>10. Deena Drossin       32</td>
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<td>10. Jessica Johnson     7</td>
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Dacia Perkins

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

Carly Bloomfield

Erica Sigmont
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.

### All-Time Event Champions

#### (Since 1996)

**Indoor**

1. Lilli Kleinmann 12
2. Marie Lejour
3. Amber Crumbo 11
4. Tracy Robertson, Christin Wurth
5. Penny Splichal
6. Angela Heath 8
7. Amy Yoder Begley 7
8. Tawa Babatunde
9. 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
5. April Steiner
6. Jodi Unger
7. Tawa Babatunde 6
8. Jessica Sommerfield 5
9. Brandy Blackburn
10. Elisha Brewer 4
11. 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: 8
- 400 Meters: 13
- 800 Meters: 6
- Mile: 17
- 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: 5

#### 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
- 400 Hurdles: 7
- 4x100M Relay: 10
- 4x400M Relay: 10
- High Jump: 8
- Pole Vault: 25
- Long Jump: 11
- Triple Jump: 7
- Shot Put: 12
- Discus: 6
- 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

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<td>2006 Penny Splichal, Third Team</td>
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<td>2005 Maureen Scott, First Team</td>
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<td>Jessica Johnson, Second Team</td>
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<td>Fall 1991 Claire Lavers, First Team</td>
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<td>Spring 1989 Sally Ramsdale</td>
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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, Miranda 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, Andrea Byrd, Dawnyell Fletcher, Michelle Hurn, Laura Jakosky, Jessica Johnson, Marie Lejouer, 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 Lejouer, Jennifer Lincoln, Allison Medlin, Jennifer Petite, Tracy Robertson, Alison Rush, April Steiner, Ashley Sutton, Jamie Walker, Sydney 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, Sheilla Sims, Cinda Soekin

1995 – Lisa Ann Brown, Michelle Byrne, Kelly Cook, Megan Flowers, Claire Phythian, Rene Pillow, Margaret Robinson, Sarah Schwald, Sheilla 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 Lavars, 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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<td>Gi-Gi Miller</td>
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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.
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 gray 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.

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<tr>
<th>Att.</th>
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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 Mideast 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

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<td>22.36 – Shalonda Solomon</td>
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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.”