

UNIVERSITY OF MISSOURI-ROLLA
TOP MEN'S TRACK & FIELD PERFORMANCES – 2005 SEASON
(Indoor Results)

55-meter dash

6.82 – Ryan Vessell (2/12 at DePauw)
6.89 – Daudi White (2/12 at DePauw)
6.90 – Sam Williams (2/12 at DePauw)
6.96 – K.C. White (2/12 at DePauw)

60-meter dash

7.03 – Ryan Vessell (2/25 at Central Missouri State)
7.04 – Rodrick McDonald (2/25 at Central Missouri State)
7.07 – Ryan Vessell (2/25 at Central Missouri State)
7.18 – Delane Ingram (1/21 at Central Missouri State)
7.24 – Brandon Landry (2/25 at Central Missouri State)
7.41 – K.C. White (7.41 at Missouri)
7.42 – Daudi White (2/5 at Missouri Southern)

200-meter dash

22.28 – Rodrick McDonald (2/25 at Central Missouri State)
22.42 – Rodrick McDonald (2/26 at Central Missouri State)
22.45 – Rodrick McDonald (1/14 at Missouri)
22.76 – Jamel Sims (2/25 at Central Missouri State)
22.79 – Ryan Vessell (2/25 at Central Missouri State)
22.80 – Brandon Landry (1/29 at Iowa State)
23.51 – Delane Ingram (1/21 at Central Missouri State)
23.65 – Tyrone Smith (2/5 at Missouri Southern)
23.82 – K.C. White (2/12 at DePauw)
24.30 – Lucas Handley (2/5 at Missouri Southern)
24.38 – Daudi White (2/5 at Missouri Southern)
25.40 – Riley Mieth (2/5 at Missouri Southern)

400-meter dash

51.56 – Matt Bartels (2/25 at Central Missouri State)
51.92 – Jamel Sims (2/5 at Missouri Southern)
52.20 – Matt Bartels (2/12 at DePauw)

600-yard run

1:14.80 – Adam Schuerman (1/21 at Central Missouri State)
1:15.11 – Tyler Montileone (2/25 at Central Missouri State)
1:15.12 – Adam Schuerman (1/14 at Missouri)
1:15.59 – Aaron Frank (1/29 at Iowa State)

800-meter run

1:55.32 – Adam Schuerman (2/26 at Central Missouri State)
1:55.51 – Charlie Hawkins (2/26 at Central Missouri State)
1:55.98 – Adam Schuerman (1/29 at Iowa State)
2:02.44 – Joe White (1/21 at Central Missouri State)
2:04.21 – Aaron Frank (1/21 at Central Missouri State)
2:12.47 – Matt Russell (1/14 at Missouri)

1,000-yard run

2:39.68 – Tyler Montileone (1/14 at Missouri)
2:41.66 – Joe White (2/12 at DePauw)
2:44.36 – Michael Knickerbocker (2/12 at DePauw)
2:45.74 – Andrew Conrad (2/12 at DePauw)

1-mile run

4:16.10 – Charlie Hawkins (2/12 at DePauw – SR)
4:18.25 – Charlie Hawkins (2/26 at Central Missouri State)
4:18.39 – Charlie Hawkins (1/29 at Iowa State)
4:31.79 – Joe White (2/26 at Central Missouri State)
4:31.79 – Gary Black (2/5 at Missouri Southern)
4:32.25 – Michael Knickerbocker (2/5 at Missouri Southern)
4:32.73 – Andrew Conrad (2/12 at DePauw)
4:36.02 – Justin White (2/5 at Missouri Southern)
4:38.44 – Kevin Mennel (2/5 at Missouri Southern)
4:41.22 – Joffroi Holcombe (2/5 at Missouri Southern)

3,000-meter run

8:47.74 – Gary Black (2/5 at Missouri Southern)
8:54.78 – Gary Black (2/26 at Central Missouri State)
8:55.08 – Charlie Hawkins (1/14 at Missouri)
9:02.50 – Justin White (2/5 at Missouri Southern)
9:08.22 – Joffroi Holcombe (1/14 at Missouri)
9:34.76 – Nick Schreiner (1/21 at Central Missouri State)
9:40.53 – Justin Hall (1/21 at Central Missouri State0)

5,000-meter run

15:45.76 – Gary Black (1/29 at Iowa State)
15:52.45 – Joffroi Holcombe (1/29 at Iowa State)
15:59.97 – Joffroi Holcombe (2/12 at Iowa State)
16:13.12 – Nick Schreiner (2/25 at Central Missouri State)

55-meter hurdles

7.81 – Jamel Sims (2/12 at DePauw – SR, NCAA prov.)
7.86 – Jamel Sims (2/12 at DePauw)

60-meter hurdles

8.19 – Jamel Sims (2/25 at Central Missouri State)
8.19 – Jamel Sims (2/26 at Central Missouri State)
8.33 – Jamel Sims (1/21 at Central Missouri State)

1-mile relay

3:27.62 – Adam Schuerman, Tyler Montileone, Matt Bartels, Jamel Sims (2/26 at Central Missouri State)

Distance Medley Relay

10:23.30 – Justin White, Tyler Montileone, Adam Schuerman, Charlie Hawkins (2/5 at Missouri Southern)

Shot Put

49-7 – Chris Carsten (1/29 at Iowa State)
48-8.75 – Chris Carsten (2/12 at DePauw)
46-11.5 – Chris Carsten (2/5 at Missouri Southern)
46-3.25 – Josh Hesse (1/21 at Central Missouri State)

35-pound weight throw

50-10.25 – Chris Carsten (2/26 at Central Missouri State)
46-11 – Chris Carsten (2/5 at Missouri Southern)
46-5.25 – Chris Carsten (2/12 at DePauw)

High Jump

6-4 – Matt Bartels (2/26 at Central Missouri State)
6-2.75 – Matt Bartels (2/12 at DePauw)
6-2 – Matt Bartels (1/21 at Central Missouri State)

Long Jump

23-5.25 – Tyrone Smith (2/5 at Missouri Southern – NCAA prov.)
23-3.5 – Tyrone Smith (1/29 at Iowa State)
23-2.75 – Tyrone Smith (1/14 at Missouri)
21-7.25 – Riley Mieth (1/21 at Central Missouri State)

Triple Jump

45-5 – Tyrone Smith (1/29 at Iowa State)
44-10.75 – Tyrone Smith (1/21 at Central Missouri State)
43-4.25 – Tyrone Smith (2/25 at Central Missouri State)

Pole Vault

16-5.5 – J.R. Skola (3/11 at Boston, Mass. – NCAA 4th)
16-1.75 – J.R. Skola (2/19 at Central Missouri State)
16-0.25 – J.R. Skola (2/26 at Central Missouri State)
15-5.5 – Lucas Handley (2/12 at DePauw)

SR – Indicates school record in event.

All events include top three times for the season, plus the top time for individuals not listed among the top three. Listings for relays are for the top time of the season.

UNIVERSITY OF MISSOURI-ROLLA
TOP MEN'S TRACK & FIELD PERFORMANCES – 2005 SEASON
(Outdoor Results)

100-meter dash

10.65 – Rodrick McDonald (5/7 at Pittsburg State – NCAA prov.)
10.72 – Rodrick McDonald (5/8 at Pittsburg State)
10.89 – Ryan Vessell (5/7 at Pittsburg State)
10.91 – Tyrone Smith (5/7 at Pittsburg State)
11.46 – Brandon Landry (3/19 at Alabama)
11.60 – K.C. White (3/19 at Alabama)
12.06 – Riley Mieth (4/30 at UMKC)

200-meter dash

21.16 – Rodrick McDonald (5/12 at Missouri Southern – SR, NCAA prov.)
21.52 – Rodrick McDonald (5/7 at Pittsburg State)
21.54 – Rodrick McDonald (5/27 at Abilene Christian)
22.37 – Ryan Vessell (5/7 at Pittsburg State)
22.50 – Brandon Landry (5/7 at Pittsburg State)
23.35 – Lucas Handley (4/16 at SIU Edwardsville)
23.50 – Ahmed Hameed (4/16 at SIU Edwardsville)
23.53 – Aaron Frank (4/16 at SIU Edwardsville)
24.0 (h) – K.C. White (3/26 at Truman)
24.93 – Riley Mieth (4/9 at Washington University)

400-meter dash

51.07 – Tyler Montileone (4/23 at UMR)
51.47 – Aaron Frank (4/16 at SIU Edwardsville)
51.49 – Matt Bartels (4.30 at UMKC)
51.59 – Adam Schuerman (3/19 at Alabama)
51.67 – Rodrick McDonald (4/23 at UMR)
56.54 – Ahmed Hameed (4/16 at SIU Edwardsville)

800-meter run

1:55.82 – Tyler Montileone (5/7 at Pittsburg State)
1:56.15 – Adam Schuerman (5/8 at Pittsburg State)
1:56.70 – Adam Schuerman (5/7 at Pittsburg State)
1:57.21 – Justin White (4/16 at SIU Edwardsville)
1:58.25 – Aaron Frank (3/26 at Truman)
2:00.82 – Joe White (4/16 at SIU Edwardsville)
2:01.64 – Andrew Conrad (4/9 at Washington University)
2:04.92 – Kevin Mennel (4/9 at Washington University)
2:06.51 – Gary Black (4/16 at SIU Edwardsville)

1,500-meter run

4:05.26 – Justin White (5/8 at Pittsburg State)
4:05.50 – Justin White (4/9 at Washington University)
4:07.16 – Justin White (4/23 at UMR)
4:08.26 – Joe White (3/19 at Alabama)
4:11.79 – Andrew Conrad (4/23 at UMR)
4:13.59 – Kevin Mennel (4/16 at SIU Edwardsville)
4:15.39 – Michael Knickerbocker (4/16 at SIU Edwardsville)
4:18.09 – Tyler Montileone (3/26 at Truman)
4:22.15 – Gary Black (4/16 at SIU Edwardsville)

3,000-meter steeplechase

9:52.50 – Nick Schreiner (5/8 at Pittsburg State)
10:02.47 – Nick Schreiner (3/19 at Alabama)
10:03.46 – Nick Schreiner (4/16 at SIU Edwardsville)
10:04.62 – Justin Hall (5/8 at Pittsburg State)

5,000-meter run

15:59.75 – Gary Black (3/19 at Alabama)
16:19.51 – Gary Black (4/9 at Washington University)
16:20.44 – Gary Black (4/23 at UMR)

10,000-meter run

No performances during season.

110-meter hurdles

14.76 – Jamel Sims (5/7 at Pittsburg State)
14.81 – Jamel Sims (3/19 at Alabama)
14.82 – Jamel Sims (5/8 at Pittsburg State)

400-meter hurdles

52.95 – Jamel Sims (5/8 at Pittsburg State – SR, NCAA prov.)
53.59 – Jamel Sims (5/12 at Missouri Southern)
53.77 – Jamel Sims (5/7 at Pittsburg State)
55.28 – Matt Bartels (5/7 at Pittsburg State)

400-meter relay

41.37 – Ryan Vessell, Rodrick McDonald, Tyrone Smith, Jamel Sims (4/30 at Drake – SR)

1,600-meter relay

3:22.75 – Matt Bartels, Adam Schuerman, Rodrick McDonald, Jamel Sims (5/8 at Pittsburg State)

Shot Put

49-10 – Chris Carsten (4/9 at Washington University)
48-10.25 – Chris Carsten (3/20 at Alabama)
47-8.5 – Chris Carsten (5/7 at Pittsburg State)
46-10.75 – Josh Hesse (4/16 at SIU Edwardsville)

Hammer Throw

158-5 – Chris Carsten (5/8 at Pittsburg State)
154-5 – Chris Carsten (4/16 at SIU Edwardsville)
148-0 – Chris Carsten (4/23 at UMR)

High Jump

No performances during season.

Long Jump

24-0.75 – Tyrone Smith (5/15 at Emporia State)
23-3.5 – Tyrone Smith (5/7 at Pittsburg State)
23-3.25 – Tyrone Smith (4/16 at SIU Edwardsville)
21-8.25 – Riley Mieth (5/7 at Pittsburg State)

Triple Jump

43-1.75 – Riley Mieth (4/23 at UMR)
42-5.25 – Riley Mieth (5/8 at Pittsburg State)

Pole Vault

14-10 – Lucas Handley (5/8 at Pittsburg State)
14-7.25 – Lucas Handley (4/30 at UMKC)
14-0 – Lucas Handley (4/9 at Washington University)

Discus Throw

127-4 – Matt Morrow (5/8 at Pittsburg State)
127-3 – Matt Morrow (3/26 at Truman)
125-5 – Matt Morrow (4/30 at UMKC)

Javelin Throw

195-3 – Heath Groom (5/15 at Emporia State – NCAA prov.)
183-7 – Heath Groom (3/26 at Truman)
183-6 – Heath Groom (4/23 at UMR)

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