2003 Indoor Track Season

The Bulldogs indoor season was highlighted by the women’s squad winning a surprise conference title and both teams sending one participant to nationals.

The women’s MIAA championship was decided by two points and 0.93 seconds. Truman and Emporia State were tied going into the final event, the 4x440 yard relay. The Bulldogs team of Jill Lowry, Christina Winkler, Sara Jessen and Candi Jones edged out the Hornets by less than a second for their first title since 2000.

Twelve of the 14 athletes that the Bulldogs had at the event scored for the MIAA Indoor Coach of the Year, John Cochrane.

Besides, the 4x440 yard relay win, Truman took home four other first-place honors. The 4x880 yard relay team of Sarah Armstrong, Candice Hoskins, Leah Zidon and Emily Komiskey finished ahead of the pack in the other relay.

Individuals, Jones won the 600-yard race, Jessen was first in the 60m hurdles and Lainie Bohnsack won the high jump in her first MIAA competition.

Other Bulldogs winning indoor all-conference honors were: Jennifer Tesmer, Lindee Weese and Becky Kudrma.

The men’s team finished sixth at the conference meet with 38 points. Matt Helbig was the only conference champion, as he placed first in the mile run.

Ben Rosario had two second-place finishes in distance events at the MIAA meet. He was the runner-up in both the 3,000m and 5,000m.

Alan Heincker finished fourth in the 5,000m to garner all-MIAA recognition. Mike Nelson and Dan Zwilling were also all-conference as Nelson finished fifth in the mile and Zwilling was fifth in the 600-yard race.

Truman had reached NCAA provisional marks in six events, but only two advanced to nationals.

Jessen competed in the 60m hurdle prelims and finished 11th, just missing out on the finals by two spots and 0.10 seconds.

Helbig advanced to the finals in the mile run and finished tenth in the nation.

2003 Outdoor Track Season

Truman’s success grew in the outdoor season as five athletes earned all-America honors at the NCAA Division II Championships.

The women finished in a tie for 42nd in the nation with six points and the men scored one point to finish in 50th place.

On the women’s side, Winkler achieved all-American honors in two events. She placed fourth in the finals of the 400m hurdles.

Winkler was also part of the 4x400 relay team, which was eighth at nationals. Other team members included Lowry, Jessen and Jones. Winkler also competed in the 100m hurdles prelims, finishing 16th.

Pat Boyle was the lone male athlete to earn all-American honors at the NCAA outdoor championships. He ran a season-best time in the 3,000m steeplechase finals, finishing eighth overall.

Other individual competitors for the women’s team at nationals were Zidon and Jessen. Zidon advanced to the 3,000m finals and placed 11th. Jessen competed in both the 400m hurdles and 100m hurdles prelims. She just missed qualifying for the finals in the 400m hurdles, finishing ninth in prelims, and was 14th in the 100m hurdle prelims.

The Bulldogs placed two runners in the men’s 10,000m. Heincker finished the race in 12th place while teammate Rosario was a few spots behind in 18th.

Helbig placed 17th in the 1,500m prelims and Jake Kingery supported the Bulldogs by coming in 12th in the decathlon.

The squads also had good performances at the MIAA Championships, which Truman hosted in early May. The women’s team recorded 91 points and finished fourth, while the men finished in sixth-place with 46.5 points.

Winkler was the story on the women’s side, sweeping the 100m hurdles and 400m hurdles titles. The third MIAA title came from the 4x400 relay team which consisted of Winkler, Lowry, Jessen and Jones.

Other women all-conference performers in the outdoor meet were Komiskey, Hoskins, Zidon, Rawlings, Tesmer, Armstrong and Bohnsack.

On the men’s side, Kingery was the only MIAA champion, winning the conference decathlon title.

Pat Boyle, Dan Boyle, Brian McQueary, Heincker, Richard Mayson and Nelson were also all-conference performers at the event.

2003 Cross Country

The men’s cross country team made school history as it advanced to the national meet for an unprecedented fourth straight year. It was the 12th appearance under head coach Ed Schneider.

The Bulldogs finished 17th in the country at the national meet, led by Heincker who earned all-American honors with a 30th-place finish.

In the team’s other big meets, they finished second at both the conference and regional competitions. The conference finish, hosted by Truman, was disappointing as the Bulldogs finished one point behind Missouri Southern.

Truman bounced back and had its best meet at regionals, easily defeating Missouri Southern and finishing behind the eventual national runner-up, Abilene Christian.

The other team season highlight was tying for first in the college division at the Woody Greeno Invitational.

Heincker led the team the entire year and became the first Truman runner to compete in four national championships. Besides his national finish, he was second at the conference meet and third at regionals. He won one event during the year, at the Woody Greeno meet.

Andy Person was the number two runner, and he achieved top 10 finishes at conference and regionals. Ryan French, Eli Klimek and Aaron Wells also achieved all-region honors by finishing in the top 20.

Led by one senior and host of underclassmen, the women’s squad had a better than expected season.

In the team’s biggest meets, Truman finished third at the MIAA championship and fourth at regionals. The Bulldogs had top-five finishes in every meet on their 2003 schedule.

Meagan Robertson and Rawlings were the team’s top two runners.

Robertson led the team in three of the races, including the MIAA meet when she was all-MIAA with a eighth-place finish.

Rawlings led the team in the other two meets. She finished ninth at both conference and regionals.

The lone senior was Zidon. Hampered by injuries for most of the year, she still earned all-region honors with a 15th overall finish.

Academic Success

Both teams excelled in the classrooms as well.

The women’s squad earned team academic honors from the United States Track Coaches Association (USTCA) after having a team GPA of 3.45, the fifth-highest mark in the country.

Three players, Zidon, Jones and Jessen, received USTCA’s individual academic honors.

Nine women were also named to the MIAA commissioner’s academic honor roll and five earned the academic all-MIAA award.

For the men, Matt Helbig became the latest track athlete to earn academic all-American honors after being named to the CoSIDA academic all-America third-team and all-district first-team.

Eleven Bulldog men were listed on the MIAA commissioner’s academic honor roll and four were on the academic all-MIAA team.

In cross country this fall, four men and five women were named to the MIAA commissioner’s academic honor roll.
# 2003 Women’s MIAA Indoor Results

**Team Standings**

<table>
<thead>
<tr>
<th>Team</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Truman</td>
<td>116.0</td>
</tr>
<tr>
<td>Emporia State</td>
<td>114.0</td>
</tr>
<tr>
<td>Central Missouri</td>
<td>80.3</td>
</tr>
<tr>
<td>Northwest Missouri</td>
<td>71.5</td>
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<tr>
<td>Pittsburg State</td>
<td>65.3</td>
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<tr>
<td>Missouri Southern</td>
<td>57.8</td>
</tr>
<tr>
<td>Missouri-Rolla</td>
<td>21.0</td>
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<tr>
<td>Southwest Baptist</td>
<td>1.0</td>
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**Truman Results (Final Competitions Only):**

<table>
<thead>
<tr>
<th>Event</th>
<th>Participant</th>
<th>Result</th>
</tr>
</thead>
<tbody>
<tr>
<td>60-meter Dash</td>
<td>Jill Lowry, 4th</td>
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<tr>
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<td>Sara Jessen, 6th</td>
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<td>Christina Winkler, 8th</td>
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<td>Sara Jessen, 3rd</td>
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<td>Emily Komiskey, 3rd</td>
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<td></td>
<td>Leah Zidon, 5th</td>
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</tr>
<tr>
<td></td>
<td>Dani Rawlings, 8th</td>
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<tr>
<td></td>
<td>Abbie Smith, 10th</td>
<td>5:35.90</td>
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<tr>
<td>600-Yard Run</td>
<td>Candi Jones, 1st</td>
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<tr>
<td></td>
<td>Lindee Weese, 3rd</td>
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<tr>
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<td></td>
<td>Leah Zidon, 3rd</td>
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<td></td>
<td>Emily Komiskey, 9th</td>
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<td></td>
<td>Abbie Smith, 19th</td>
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<td>Jennifer Tesmer, 3rd</td>
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<tr>
<td>60-meter Hurdles</td>
<td>Sara Jessen, 1st</td>
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<td>4x400 Relay</td>
<td>Jill Lowry, Christina Winkler, Sara Jessen, Candi Jones</td>
<td>3:56.64</td>
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<tr>
<td>4x800 Relay</td>
<td>Sarah Armstrong, Candice Hoskins, Leah Zidon, Emily Komiskey, Sara Jessen, Candi Jones</td>
<td>3:53.55</td>
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<tr>
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<td>Lainie Bohnsack, 1st</td>
<td>5-5.25</td>
</tr>
<tr>
<td>Weight Throw</td>
<td>Becky Kudrna, 6th</td>
<td>.47-2.25</td>
</tr>
</tbody>
</table>

**All-Conference**

### 2003 NCAA Indoor Championship

NCAA Champion: St. Augustine's - 73 points/Truman - 0 points

**Truman Results:**

Preliminary Participants: Sara Jessen (60m hurdles)

### 2003 NCAA Outdoor Championship

NCAA Champion: Lincoln - 98 points/Truman - 6 points (t-42nd)

**Truman Results (Finals):**

<table>
<thead>
<tr>
<th>Event</th>
<th>Participant</th>
<th>Result</th>
</tr>
</thead>
<tbody>
<tr>
<td>100-meter Dash</td>
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<td>400-meter Dash</td>
<td>Candi Jones, 4th</td>
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<tr>
<td>800-meter Dash</td>
<td>Emily Komiskey, 2nd</td>
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<tr>
<td>1500-meter Run</td>
<td>Leah Zidon, 3rd</td>
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<td>Leah Zidon, 4th</td>
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<td>Jennifer Tesmer, 6th</td>
<td>18:55.06</td>
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<td>10000-meter Run</td>
<td>Jennifer Tesmer, 6th</td>
<td>42:36.25</td>
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<tr>
<td>100-meter Hurdles</td>
<td>Christina Winkler, Sara Jessen</td>
<td>14.33</td>
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<tr>
<td>400-meter Hurdles</td>
<td>Christina Winkler, Sara Jessen</td>
<td>1-101.90</td>
</tr>
<tr>
<td>3000 Steeple</td>
<td>Sarah Armstrong, 6th</td>
<td>12:08.13</td>
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<tr>
<td>4x100 Relay</td>
<td>Christina Winkler, Candi Jones, Sara Jessen, Jill Lowry</td>
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<tr>
<td>4x400 Relay</td>
<td>Christina Winkler, Jill Lowry, Sara Jessen, Candi Jones</td>
<td>3:51.37</td>
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<tr>
<td>High Jump</td>
<td>Lainie Bohnsack, 3rd</td>
<td>5-4.25</td>
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<tr>
<td>Discus</td>
<td>Becky Kudrna, 7th</td>
<td>.120-3</td>
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<tr>
<td>Hammer</td>
<td>Becky Kudrna, 7th</td>
<td>.148-7</td>
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</tbody>
</table>

**All-Conference**

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**2003 Women’s MIAA Outdoor Results**

**Team Standings**

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<tr>
<th>Team</th>
<th>Points</th>
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</thead>
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<td>Emporia State</td>
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<tr>
<td>Pittsburg State</td>
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<tr>
<td>Central Missouri</td>
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<tr>
<td>Truman</td>
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<tr>
<td>Northwest Missouri</td>
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<tr>
<td>Missouri Southern</td>
<td>45.0</td>
</tr>
<tr>
<td>Missouri-Rolla</td>
<td>34.3</td>
</tr>
<tr>
<td>Southwest Baptist</td>
<td>8.0</td>
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<td>Jill Lowry, 6th</td>
<td>25.63</td>
</tr>
<tr>
<td>400-meter Dash</td>
<td>Candi Jones, 4th</td>
<td>58.84</td>
</tr>
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<td>800-meter Dash</td>
<td>Emily Komiskey, 2nd</td>
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<td>Leah Zidon, 3rd</td>
<td>4:55.61</td>
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<tr>
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<td>Leah Zidon, 4th</td>
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<td>.120-3</td>
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<tr>
<td>Hammer</td>
<td>Becky Kudrna, 7th</td>
<td>.148-7</td>
</tr>
</tbody>
</table>

**All-Conference**
2003 Men's MIAA Indoor Results

Team Standings
1. Central Missouri 149.0
2. Northwest Missouri 111.0
3. Missouri Southern 80.5
4. Pittsburg State 69.5
5. Emporia State 65.0
6. Truman 38.0
7. Missouri-Rolla 11.0
8. Southwest Baptist 2.0

Truman Results (Final Competitions Only):
- 800-meter Dash: Danny McLaughlin, 9th
  Time: 2:05.83
- Mile Run: Matt Helbig, 1st
  Time: 4:11.21
  Mike Nelson, 5th
  Time: 4:17.01
  Brian McQueary, 9th
  Time: 4:30.51
- 600-Yard Run: Dan Zwilling, 5th
  Time: 1:15.32
- 3000-meter Run: Ben Rosario, 2nd
  Time: 8:33.99
  Pat Boyle, 7th
  Time: 8:44.78
  Alan Heincker, 8th
  Time: 8:46.53
  Matt Helbig, 17th
  Time: 9:01.93
  Mike Nelson, 18th
  Time: 9:06.34
- 5000-meter Run: Ben Rosario, 2nd
  Time: 14:53.10
  Alan Heincker, 4th
  Time: 14:58.23
  Brad Peter, 7th
  Time: 15:11.88
  Trey Robinson, 14th
  Time: 15:50.92
- 4x800 Relay: Mike Nelson, Pat Boyle
  Time: 8:00.41

All-Conference

2003 NCAA Indoor Championship
NCAA Champion: Abilene Christian - 58 points/Truman - 0 points

Truman Results:
- Mile Run: Matt Helbig, 10th
  Time: 4:21.04

2003 NCAA Outdoor Championship
NCAA Champion: Abilene Christian - 102 points/Truman - 1 points (t-50th)

Truman Results (Finals):
- 3000 Steeple: Pat Boyle, 8th
  Time: 9:06.30
- 10000-meters: Ben Rosario, 18th
  Time: 30:27.62
- Decathlon: Jake Kingery, 13th
  Score: 6,121 points

Earned all-America honors

Jake Kingery won the MIAA decathlon after near misses the previous two seasons.

2003 Men's MIAA Outdoor Results

Team Standings
1. Central Missouri 180.0
2. Northwest Missouri 123.0
3. Missouri Southern 105.5
4. Pittsburg State 95.0
5. Emporia State 76.0
6. Truman 46.5
7. Southwest Baptist 12.0
8. Missouri-Rolla 12.0

Truman Results (Final Competitions Only):
- 800-meter Dash: Dan Zwilling, 8th
  Time: 1:59.90
- 1500-meter Run: Mike Nelson, 5th
  Time: 3:59.74
  Matt Helbig, 9th
  Time: 4:08.82
  Aaron Wells, 12th
  Time: 4:11.23
- 5000-meter Run: Alan Heincker, 3rd
  Time: 15:00.64
  Brad Peter, 16th
  Time: 15:46.32
  Ryan French, 17th
  Time: 15:47.29
- 10000-meter Run: Jon Carl Rosario, 7th
  Time: 33:06.99
  Trey Robinson, 11th
  Time: 34:26.28
- 110-meter Hurdles: Richard Mayson, 4th
  Time: 15.22
- 3000 Steeple: Pat Boyle, 2nd
  Time: 9:22.27
  Dan Boyle, 3rd
  Time: 9:29.60
  Brian McQueary, 4th
  Time: 9:34.57
- 4x100 Relay: Truman, 7th
  Time: 42.95

All-Conference
2003 Cross Country Results

2003 Women's Cross Country Results

Augustana Open (Davenport, Iowa) Sept. 5 • 2/3/4 miles
- no team scoring
- 2 mile race
  1st - Leah Zidon ............ 11:47
  2nd - Abbbie Smith .......... 12:13
  3rd - Francine Schaffer ...... 13:00
  3 mile race
  1st - Alana Walker ........ 18:27
  2nd - Sarah Armstrong ....... 18:27
  4th - Jacquelyn Faust ...... 19:01
- 4 mile race
  1st - Dani Rawlings ........ 24:38
  4th - Meagan Robertson ...... 24:48
  8th - Pam Bird ............. 25:34
  9th - Lauren White ........ 25:47

Southern Stampede (Joplin, Mo.) Sept. 20 • 5000m
- Team Winner: Southwest Missouri (52)
  Truman Finish: 4th (133)/22 teams
  Top 7 Truman Runners:
    20th - Meagan Robertson .... 18:36
    21st - Dani Rawlings ....... 18:37
    29th - Sarah Armstrong .... 18:48
    34th - Alana Walker ...... 19:00
    48th - Leah Zidon ....... 19:19
    55th - Lauren White ........ 19:32
    67th - Jacquelyn Faust .... 19:45

Miner Invitational (Rolla, Mo.) Oct. 4 • 5000m
- Team Winner: Missouri Southern (43)
  Truman Finish: 2nd (56)/eight teams
  Top 7 Truman Runners:
    5th - Meagan Robertson .... 18:51
    6th - Dani Rawlings ...... 18:54
    14th - Leah Zidon ....... 19:36
    15th - Sarah Armstrong .... 19:38
    16th - Alana Walker ...... 19:39
    20th - Lauren White ...... 19:54
    22nd - Jacquelyn Faust .... 20:04

Border States Invitational (Edwardsville, Ill.) Oct. 11 • 5000m
- Team Winner: Southern Indiana (730)
  Truman Finish: 5th (137)/21 teams
  Top 7 Truman Runners:
    13th - Dani Rawlings ...... 19:01
    20th - Meagan Robertson .... 19:18
    26th - Leah Zidon ...... 19:30
    44th - Lauren White ....... 19:59
    45th - Sarah Armstrong ...... 20:00
    49th - Alana Walker .. 20:08
    71st - Abbbie Smith ....... 20:31

MIAA Championships (Kirkville, Mo.) Oct. 25 • 6000m
- Team Winner: Pittsburg State (50)
  Truman Finish: 3rd (78)/eight teams
  Top 7 Truman Runners:
    8th - Meagan Robertson ...... 23:19
    9th - Dani Rawlings ...... 23:24
    15th - Leah Zidon ...... 23:45
    18th - Sarah Armstrong ...... 24:01
    28th - Abbbie Smith ...... 24:29
    29th - Lauren White ...... 24:35
    31st - Alana Walker ...... 24:40

South Central Regional (Commerce, Texas) Nov. 8 • 6000m
- Team Winner: Pittsburg State (59)
  Truman Finish: 4th (107)/18 teams
  ** 9th - Dani Rawlings ...... 22:22
  ** 15th - Leah Zidon ...... 23:02
  25th - Lauren White ...... 23:26
  28th - Abbbie Smith ...... 23:33
  30th - Alana Walker ...... 23:39
  32nd - Meagan Robertson ...... 23:41
  38th - Sarah Armstrong ...... 23:57

Brdl - Earned MIAA Runner of the Week Honors
  * - Earned all-conference honors
  ** - Earned all-region honors

2003 Men's Cross Country Results

Iowa State Open (Ames, Iowa) Sept. 12 • 8000m
- no team scoring
  Top 7 Truman Runners:
    25th - Andy Person ....... 19:48
    28th - Jason Simpson ....... 20:07
    36th - Jon Carl Rosario .... 20:37
    41st - Aaron Wells ....... 20:43
    42nd - Eli Klimek ....... 20:44
    47th - Brad Peter ....... 20:52

Woody Greene/Nebraska Invit. (Lincoln, Neb.) Sept. 20 • 8000m
- Truman Finish: t31st (90)/30 teams
  Truman 7 Truman Runners:
    1st - Alan Heincker ..... 25:04
    14th - Andy Person ...... 26:07
    21st - Eli Klimek ...... 26:31
    27th - Aaron Wells ...... 26:41
    34th - Jason Simpson ... 26:53
    43rd - Brad Peter ...... 27:06
    70th - Jon Carl Rosario .... 27:26

Notre Dame Invitational (Notre Dame, Ind.) Oct. 3 • 8000m
- Team Winner: Notre Dame (76)
  Truman Finish: 19th (488)/23 teams
  Truman 7 Truman Runners:
    27th - Alan Heincker ...... 25:19
    80th - Andy Person ...... 25:53
    117th - Eli Klimek ...... 26:20
    141st - Peter Schaefer .... 26:49

143rd - Aaron Wells ...... 26:51
150th - Jason Simpson ...... 27:00
172nd - Brad Peter ...... 27:53

Border States Championships (Edwardsville, Ill.) Oct. 11 • 8000m
- Team Winner: Southern Indiana (73)
  Truman Finish: 13th (303)/22 teams
  Top 7 Truman Runners:
    42nd - Pete Schaefer ...... 27:06
    51st - Eli Klimek ...... 27:16
    67th - Jon Carl Rosario .... 27:40
    89th - Chris Elledge ...... 28:09
    97th - Trey Robinson ...... 28:20
    123rd - Eric Wittrock ...... 28:50
    133rd - Aaron Wells ...... 29:15

MIAA Championships (Kirkville, Mo.) Oct. 25 • 8000m
- Team Winner: Missouri Southern (47)
  Truman Finish: 2nd (48)/8 teams
  * 2nd - Alan Heincker ...... 25:32
  * 5th - Andy Person ...... 26:13
  11th - Ryan French ...... 26:58
  13th - Brad Peter ...... 27:03
  17th - Jason Simpson ...... 27:07
  18th - Aaron Wells ....... 27:10
  20th - Pete Schaefer ...... 27:11

South Central Regional (Commerce, Texas) Nov. 8 • 10000m
- Team Winner: Adams State (40)
  Truman Finish: 17th (388)/24 teams
  ** 30th - Alan Heincker ...... 32:20
  55th - Andy Person ...... 33:08
  65th - Ryan French ...... 33:29
  115th - Eli Klimek ...... 34:50
  123rd - Aaron Wells ...... 35:04
  126th - Peter Schaefer ...... 35:08
  132nd - Jason Simpson ...... 35:25

Brdl - Earned MIAA Runner of the Week Honors
  * - Earned all-conference honors
  ** - Earned all-region honors
  *** - Earned all-American honors

NCAA Championships (Cary, N.C.) Nov. 22 • 10000m
- Team Winner: Abilene Christian (26)
  Truman Finish: 1st (388)/24 teams
  ** 3rd - Alan Heincker ...... 33:08
  ** 9th - Andy Person ...... 33:29
  ** 18th - Ryan French ...... 33:41
  ** 19th - Eli Klimek ...... 33:42
  ** 20th - Aaron Wells ...... 33:45
  38th - Peter Schaefer ...... 33:23
  41st - Jason Simpson ...... 33:28

MIAA Championships Team Results

1) Abilene Christian ...... 26
2) Truman ...... 48
3) Central Missouri ...... 87
4) Northwest Missouri ...... 92
5) Emporia State ...... 128
6) Pittsburg State ...... 142
7) Missouri-Rolla ...... 178
8) Southwest Baptist ...... 210

South Central Regionals Team Results - Top 10

1) Abilene Christian ...... 26
2) Truman ...... 48
3) Central Missouri ...... 87
4) Northwest Missouri ...... 92
5) Emporia State ...... 128
6) Pittsburg State ...... 142
7) Missouri-Rolla ...... 178
8) Southwest Baptist ...... 210
9) Texas A&M-Kingsville ...... 240
10) Emporia State ...... 246

NCAA Championships Team Results - Top 10

1) Abilene Christian ...... 40
2) Abilene Christian ...... 68
3) Harding ...... 86
4) Cal State Chico ...... 147
5) Western State ...... 150
6) Wayne State ...... 212
7) South Dakota State ...... 255
8) North Dakota State ...... 265
9) Kennesaw ...... 273
10) Mass.-Lowell ...... 293
11) Truman ...... 388