

# Track teams place high in first outdoor meet

BY JOCELYN NEBEL  
Staff Reporter

The men's and women's track teams were greeted by a beautiful spring day to begin the outdoor season and produced satisfying results.

The teams competed at the Central Methodist University Invite on Saturday in Fayette, Mo. The women placed first with 179 points, four more than Lindenwood, and the men placed third out of 10 teams. The teams competed against a variety of teams including conference competitor University of Central Missouri.

"It was a great day to start outdoors," head coach John Cochrane said. "Usually the weather is either really cold, cold and wet or cold and windy as heck. ... There was enough competition for it to be an interesting meet."

Cochrane said many athletes did well in field events such as the hammer throw and discus. Senior thrower Kortney Holeman placed second in the discus with a throw of 45.49 meters. This would have been a provisional mark, but it could not be used because the meet was at an NAIA school.

Holeman said assistant coach Leslie Hardesty had been helping her in practice to transfer the strength from her legs

to her upper body for a good throw. Holeman said Hardesty always is good at bringing new ideas to her teammates and finds individual workouts for all the throwers to improve their performances.

"We transitioned a lot more this year [from the indoor to outdoor season]," Holeman said. "If a day came where it was really warm and Kirksville blessed us with good weather, we went outside and threw. ... It takes a little adjusting, but I think this weekend was good for everyone, good to get out there and back to a full day of track."

Holeman said the weather was not the biggest factor for her this weekend, but that the warm temperatures helped keep her loose for her events.

"A warm day helps your muscles relax, and it's so much easier to go out there and be comfortable, and when you're comfortable, you're always going to do better," Holeman said.

Senior thrower Ashley Bernard placed first in the hammer throw, an event that is not performed indoors, with a toss of 47.60 meters.

The throwers from the men's team also placed high Saturday with eight top-10 finishes. Sophomore throwers Alex van Delft and Derek Atwood placed third and fourth

in the shotput, and sophomore Mike Reams placed second in the javelin with a throw of 40.11 meters.

"Hopefully that's a good sign of things to happen," Cochrane said.

Freshman jumper Coedy Walker was another top finisher for the men. Walker placed first in both the triple and long jumps with marks of 13.74 meters and 6.62 meters, respectively.

There were many great finishes from the men's distance team. Sophomore Adam Kell finished first in the 1,500-meter run with a time of 4:05.35. Freshman Joey Walls and sophomore Josh Mantooth also finished well in this event. They placed third and fourth behind Kell, respectively.

"Kell ran really well," Cochrane said. "[He] has really come on in the last month, ran well at the conference indoor meet, and he continues to do well."

Mantooth finished the race in 4:08.52, nearly 17 seconds faster than his time at the beginning of the indoor season. Mantooth had been out with an injury during the cross-country season. He said during the indoor season that he was working on fine-tuning his base toward competing in his events for both the indoor



Maykang Dhungana/Index  
Sophomore distance runners John Venner and Bob Gorman train during Wednesday's track practice. The men's track team placed third at last weekend's invite.

and outdoor seasons.

Cochrane also said sophomore distance runner Bob Gorman ran well. Gorman finished second in the 5,000-meter run

with a time of 15:48.40. Freshman Ken Szakacsi and sophomore Nick Robinson also placed in this event.

The teams will compete

at the Washington University Mini-Meet next Saturday in St. Louis, Mo. This will be the Bulldogs' first time competing at this meet.

## Bulldog Women's Golf 18-Hole Scoring Averages

### Fab Five:

Krystal Limsiaco	78.6
Julie Williams	80.0
Jen Lawson	84.7
Jessica Schepker	84.8
Erin Semple	86.1

Design by Cameron Ballentine/ Index

## Women's golf aims at return to NCAA regional

Williams, Limsiaco provide leadership at top of roster

BY JOE BELL  
Staff Reporter

The women's golf team appears to be ready to make a run at the postseason yet again. After three regional appearances in the past four seasons, the Bulldogs now boast what might be their best squad in five years.

But the Bulldogs will not be able to walk into the postseason that easily.

This season the MIAA will shift from the North region to the West region. This will put the Bulldogs at a competitive disadvantage. The Bulldogs had enjoyed being one of the southernmost schools in the North region. This allowed Truman at least as much time, if not more, to practice outside as other schools in the region. But the West region encompasses all of Texas, Oklahoma, California and other states that are able to play golf outside year-round.

"The schools in our conference are the farthest north in the West region," head coach Sam Lesseig said. "When we were in the North region, we were the farthest south schools. We're right at that spot where any region we're in, we're at the extreme outside."

The transition has led to unease for some members of the team.

"I'm a little worried [about switching regions]," sophomore Jen Lawson said. "Granted, we've gotten a

lot of experience outside as early as we have, but those are the teams that are down in Arkansas, Oklahoma [and] Texas [that] play year-round. Whereas in the North, for the most part it was pretty even competition, pretty even playing time."

There are several reasons for the Bulldogs to be hopeful, however. The number of teams taken from the West region will be increased to nine. Only six teams were taken in the past.

"That makes me feel a little bit better," Lawson said. "Even though we're switching regions, switching to a tougher region, I think as long as we play well there might be that chance to slide in as a first year in the region."

Beyond that, the Bulldogs have something else going for them: The impressive squad they have assembled. A strong mix of upperclassmen and up-and-coming freshmen will keep the Bulldogs in contention.

The team will benefit from the leadership of senior Julie Williams. She rebounded from a tough 2007-08 season by shaving a little more than five strokes off of her average with an 18-hole average of 80.0 in the fall. Junior Krystal Limsiaco averaged a team-low 78.6 in the fall, and Lawson averaged 84.7. Junior Erin Semple also will be in the mix for the traveling squad this spring.

The talent of the freshmen on the roster is another strength for the Bulldogs.

"Last season, in the fall, we had two of our freshmen in the top five," Limsiaco said.

"The freshmen made a huge impact. They're contributing and there is still a lot more for them to contribute to the team this season. They're all really hard workers, and I expect them to work hard."

Among the freshmen contending for the team are Liz Lestmann, who averaged 86.5 in the fall, Jessica Schepker, who hit 84.8, and Jessica Kraus, who hit 89.9 last fall.

"There are a lot of great upperclassmen," Schepker said. "They teach us what to do and what not to do. It's just a lot of fun. [I am] learning a lot."

The Bulldogs have been able to make it outside to practice earlier than usual this spring because of the nice weather during February and early March. The extra practice will help the team as it prepares for its first match on an unfamiliar course.

The Bulldogs head to the Missouri Western Invite in St. Joseph, Mo. this Sunday. This is the first time the team has played in the Invite, and the course will be unfamiliar to most of the Bulldogs.

"I have never seen the course," Lesseig said. "I assume they have 18 holes. We'll play them as we come to them."

The weekend after next, the Bulldogs will be hosting their only home meet of the year in the Truman Bulldog Classic on April 3 and 4. Among the other changes this season, a women's golf conference championship has been added to the schedule for the first time in the MIAA history.

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