

# 2010 Harding Lady Bisons Indoor Track and Field

## Kickoff Klassic • Arkansas State Jonesboro, Ark. • December 5, 2009

Event	Name	Result	Place	Runners
200 meters	Callie McAlister	27.02	29	54
800 meters	Rysper Sirma	2:25.14	10	22
Mile	Rysper Sirma	5:36.49	8	19
High Jump	Dia Gibson	5-3	3	16
Pole Vault	Tiffany Chambers	9-3	17	18
Shot Put	Rhiannon Roper	31-10	17	19

**NCAA Provisional Times**  
None

## Mule Relays • Central Missouri Warrensburg, Mo. • February 6, 2010

Event	Name	Result	Place	Runners
400 meters	Callie McAllister	1:02.39	7	25
800 meters	Rysper Sirma	2:26.27	1	18
	Rachel Conley	2:33.77	9	18
Mile	Katy Grant	5:21.40	1	29
	Courtney Ralston	6:20.83	26	29
	Laura Willis	6:27.51	27	29
High Jump	Dia Gibson	5-3	7	21
Pole Vault	Tiffany Chambers	10-2	3	11
Shot Put	Rhiannon Roper	32-8.50	21	37
	Stephanie Zibulsky	29-8.25	31	37

**NCAA Provisional Times**  
None

## Iowa State Classic • Iowa State Ames, Iowa • February 12-13, 2010

Event	Name	Result	Place	Runners
400 meters	Callie McAlister	1:00.66	52	69
800 meters	Katy Grant	2:23.56	55	73
Mile	Rysper Sirma	5:24.92	52	68
Distance Medley		12:54.75	20	20
High Jump	Dia Gibson	5-4.25	10	17

**NCAA Provisional Times**  
None

## Sooner Indoor Open • Oklahoma Norman, Okla. • February 20, 2010

Event	Name	Result	Place	Runners
High Jump	Dia Gibson	5-1	8	18

**NCAA Provisional Times**  
None

## Lady Bison Top Results by Event

Event	Name	Result	Meet
200 meters	Callie McAlister	27.02	Arkansas State
400 meters	Callie McAllister	1:00.66	Iowa State
	Callie McAllister	1:02.30	Central Missouri
800 meters	Rysper Sirma	2:23.56	Iowa State
	Rysper Sirma	2:25.14	Arkansas State
	Rysper Sirma	2:26.27	Central Missouri
	Rachel Conley	2:33.77	Central Missouri
Mile	Rysper Sirma	5:24.92	Iowa State
	Rysper Sirma	5:36.49	Arkansas State
	Katy Grant	5:21.40	Central Missouri
	Courtney Ralston	6:20.83	Central Missouri
	Laura Willis	6:27.51	Central Missouri
Distance Medley		12:54.75	Iowa State
High Jump	Dia Gibson	5-4.25	Iowa State
	Dia Gibson	5-3	Arkansas State
	Dia Gibson	5-3	Central Missouri
	Dia Gibson	5-1	Oklahoma
Pole Vault	Tiffany Chambers	10-2	Central Missouri
	Tiffany Chambers	9-3	Arkansas State
Shot Put	Rhiannon Roper	32-8.50	Central Missouri
	Rhiannon Roper	31-10	Arkansas State
	Stephanie Zibulsky	29-8.25	Central Missouri

## 2010 Lady Bison Roster

Name	Class	Hometown
Tiffany Chambers	Fr.	Rogers, Ark.
Rachel Conley	So.	Rogers, Ark.
Dia Gibson	Jr.	Jonesboro, Ark.
Katy Grant	Jr.	Mustang, Okla.
Callie McAlister	So.	Maumelle, Ark.
Courtney Ralston	Fr.	Memphis, Tenn.
Rhiannon Roper	Fr.	Fortuna, Calif.
Rysper Sirma	Jr.	Burnt Forest, Kenya
Laura Willis	Fr.	Ft. Worth, Texas
Stephanie Zibulsky	Fr.	Portland, Ore.

## Harding School Records

Event	Name	Record	Date
55 meters	Calister Uba	6.89	1998
60 meters	Cathy Ebenja	7.93	2009
55 hurdles	Synda Veitenheimer	8.85	2003
60 hurdles	Synda Veitenheimer	9.56	2003
200 meters	Calister Uba	24.12	1997
400 meters	Lori Wright	1:00.01	1994
800 meters	Hanna Haavikko	2:09.92	2002
Mile	Hanna Ritakallio	4:51.85	2001
5000 meters	Janet Kogo	16:19.59	2005
1600-meter relay	Gosia Drazkowska	4:22.90	2005
	Kalina Szteyn		
	Tessa Tarole		
	Abby Rodenbeck		
Distance Medley	Janet Kogo	11:47.31	2005
	Tessa Tarole		
	Gosia Drazkowska		
	Kalina Szteyn		
High Jump	Penny Mayberry	5-7	1995
<b>Pole Vault</b>	<b>Tiffany Chambers</b>	<b>10-2</b>	<b>2010</b>
Long Jump	Letha Stewart	18-7	1989
Triple Jump	Tara Tarole	30-6.25	2004
Shot Put	Carrie Blodgett	36-2	1993
Weight Throw	Holly Skelton	24-1.75	2005

# 2010 Harding Lady Bisons Indoor Track and Field

## TIFFANY CHAMBERS

### Fr. • Rogers, Ark.

Pole Vault			
12/5/09	Arkansas State	9-3!sr	17th
2/6/10	Central Missouri	10-2!sr	3rd

## RACHEL CONLEY

### Jr. • Rogers, Ark.

800m			
2/6/10	Central Missouri	2:33.77!	9th
Mile			
2008	Arkansas	5:27.14!	14th
2008	Missouri Southern	5:34.64	9th
2009	Arkansas (Razorback)	5:31.62	24th

## CATHY EBENJA

### So. • Little Rock, Ark.

60m			
2009	Arkansas (Razorback)	7.93!sr	32nd
200m			
2009	Arkansas (Razorback)	26.51!	73rd

## DIA GIBSON

### Jr. • Jonesboro, Ark.

High Jump			
2007	Arkansas State	5-2.25!	5th
2008	Arkansas	5-2.25!	8th
2008	Oklahoma	5-5!	2nd
2008	Arkansas State	5-3.25	2nd
12/5/09	Arkansas State	5-3	3rd
2/6/10	Central Missouri	5-3	7th
2/12/10	Iowa State	5-4.25	10th
2/20/10	Oklahoma	5-1	8th

## KATY GRANT

### Sr. • Mustang, Okla.

800m			
2/13/10	Iowa State	2:23.56!	55th
Mile			
2008	Arkansas2	5:17.20!	33rd
12/6/08	Arkansas State	5:17.84	2nd
1/23/09	Arkansas (Razorback)	5:22.52	18th
2/6/10	Central Missouri	5:21.40	1st
3000m			
2007	Arkansas	11:38.65	7th
2008	Arkansas	10:38.23!	8th

## ALEXANDRA HURST

### Sr. • Houston, Texas

55m			
2006	Arkansas State	7.94	29th
2007	Arkansas State	7.87!	23rd
2008	Arkansas State	7.63!	11th
60m			
2007	Arkansas	8.67	43rd
2008	Arkansas	8.62!	59th
2009	Arkansas (Razorback)	8.47!	57th
200m			
2006	Arkansas State	29.22	39th
2007	Arkansas State	28.14!	28th
2008	Arkansas State	27.36!	18th

## ESTHER KOSGEI

### Sr. • Iten Kabarnet, Kenya

Mile			
2009	Arkansas (Razorback)	5:07.03!	17th
2009	Grand Valley	5:04.83!	9th
5000m			
2008	Arkansas	18:22.56!	4th
2008	Arkansas2	18:08.94!	14th
2009	Arkansas (Razorback)	17:50.60!+	2nd

## LAURA LOVETT

### Sr. • Harper's Ferry, W.V.

400m			
2008	Arkansas	1:02.62!	44th
800m			
2007	Arkansas State	2:26.86!	11th
2008	Oklahoma	2:32.63	5th
2009	Arkansas (Razorback)	2:19.18!	14th
2009	Grand Valley	2:24.76	15th

## CALLIE McALISTER

### So. • Maumelle, Ark.

200m			
12/5/09	Arkansas State	27.02	29th
400m			
2008	Arkansas State	1:03.75!	20th
2009	Arkansas (Razorback)	1:05.85	61st
2/6/10	Central Missouri	1:02.39!	7th
2/13/10	Iowa State	1:00.66!	52nd

## COURTNEY RALSTON

### Fr. • Memphis, Tenn.

Mile			
2/6/10	Central Missouri	6:20.83!	26th

## RHIANNON ROPER

### Fr. • Fortuna, Calif.

Shot Put			
12/5/09	Arkansas State	31-10!	17th
2/6/10	Central Missouri	32-8.50!	21st

## MARY SAMOEI

### So. • Eldoret, Kenya

3000m			
1/23/09	Arkansas (Razorback)	10:56.45!	7th

## RYSER SIRMA

### Jr. • Burnt Forest, Kenya

800m			
12/5/09	Arkansas State	2:25.14!	10th
2/6/10	Central Missouri	2:26.27	1st
Mile			
2008	Arkansas	5:22.75!	12th
2008	Arkansas State	5:15.02!	1st
2009	Arkansas (Razorback)	5:15.32	10th
2009	Grand Valley	5:08.45!	18th
12/5/09	Arkansas State	5:36.49	8th
2/12/10	Iowa State	5:24.92	52nd
3000m			
2007	Arkansas State	10:37.36!	2nd
2008	Arkansas State	10:37.83	3rd
5000m			
2009	Arkansas (Razorback)	18:13.90!	5th

## DANIELLE TIMMERMAN

### So. • Omaha, Neb.

Mile			
2007	Arkansas	5:57.25!	34th
3000m			
2008	Arkansas	11:27.87!	16th

## LAURA WILLIS

### Fr. • Fort Worth, Texas

Mile			
2/6/10	Central Missouri	6:27.51!	27th

## STEPHANIE ZIBULSKY

### Fr. • Portland, Ore.

Shot Put			
2/6/10	Central Missouri	29-8.25!	31st

## TEAM

Distance Medley Relay			
2/13/10	Iowa State	12:54.75!	20th

+--Provisional NCAA Qualifier

--Automatic NCAA Qualifier

!-Personal Best

sr - School Record

p - preliminary

**2010 NCAA DIVISION II INDOOR TRACK AND FIELD  
WOMEN'S QUALIFYING STANDARDS  
(SEA LEVEL)**

Event	AUTOMATIC		PROVISIONAL	
	FAT	MT	FAT	MT
55 Meters	6.92@	—	7.22@	—
60 Meters	7.45@	—	7.75@	—
55-Meter Hurdles	8.03@	—	8.43@	—
60-Meter Hurdles	8.60@	—	9.00@	—
200 Meters				
(Under 200m/220 yds)*	24.85	—	25.70	—
(200m/220 yds-Flat)*	24.65	—	25.50	—
(200m/220 yds-Banked)*	24.35	—	25.20	—
(Over 200m/220 yds)*	24.25	—	25.10	—
400 Meters				
(Under 200m/220 yds)*	56.30	—	58.20	—
(200m/220 yds-Flat)*	56.00	—	57.90	—
(200m/220 yds-Banked)*	55.70	—	57.60	—
(Over 200m/220 yds)*	55.60	—	57.50	—
800 Meters#				
(Under 200m/220 yds)*	2:12.30	—	2:16.80	—
(200m/220 yds-Flat)*	2:12.00	—	2:16.50	—
(200m/220 yds-Banked)*	2:11.70	—	2:16.20	—
(Over 200m/220 yds)*	2:11.60	—	2:16.10	—
Mile#				
(Under 200m/220 yds)*	4:55.50	4:55.2	5:05.50	5:05.2
(200m/220 yds-Flat)*	4:55.00	4:54.7	5:05.00	5:04.7
(200m/220 yds-Banked)*	4:54.40	4:54.1	5:04.40	5:04.1
(Over 200m/220 yds)*	4:54.00	4:53.7	5:04.00	5:03.7
5,000 Meters#				
(Under 200m/220 yds)*	17:00.50	17:00.2	17:52.50	17:52.2
(200m/220 yds-Flat)*	16:58.00	16:57.7	17:50.00	17:49.7
(200m/220 yds-Banked)*	16:56.20	16:55.9	17:48.20	17:47.9
(Over 200m/220 yds)*	16:55.50	16:55.2	17:47.50	17:47.2
1,600-Meter Relay				
(Under 200m/220 yds)*	3:48.50	3:48.2	3:58.50	3:58.2
(200m/220 yds-Flat)*	3:47.00	3:46.7	3:57.00	3:56.7
(200m/220 yds-Banked)*	3:45.80	3:45.5	3:55.80	3:55.5
(Over 200m/220 yds)*	3:45.40	3:45.1	3:55.40	3:55.1
Mile Relay				
(Under 200m/220 yds)*	3:49.70	3:49.4	3:59.70	3:59.4
(200m/220 yds-Flat)*	3:48.20	3:47.9	3:58.20	3:57.9
(200m/220 yds-Banked)*	3:47.00	3:46.7	3:57.00	3:56.7
(Over 200m/220 yds)*	3:46.60	3:46.3	3:56.60	3:56.3
Metric Distance Medley Relay				
(Under 200m/220 yds)*	11:52.00	11:51.7	12:21.50	12:21.2
(200m/220 yds-Flat)*	11:50.50	11:50.2	12:20.00	12:19.7
(200m/220 yds-Banked)*	11:48.80	11:48.5	12:18.30	12:18.0
(Over 200m/220 yds)*	11:47.90	11:47.6	12:17.40	12:17.1
Imperial Distance Medley Relay				
(Under 200m/220 yds)*	11:55.50	11:55.2	12:25.00	12:24.7
(200m/220 yds-Flat)*	11:54.00	11:53.7	12:23.50	12:23.2
(200m/220 yds-Banked)*	11:52.30	11:52.0	12:21.80	12:21.5
(Over 200m/220 yds)*	11:51.40	11:51.1	12:20.90	12:20.6
METRIC				
High Jump	1.74	5-8.50	1.67	5-5.75
Pole Vault	3.85	12-7.50	3.50	11-5.75
Long Jump	5.90	19-4.25	5.55	18-2.50
Triple Jump	11.90	39-0.25	11.35	37-3
Shot Put	14.30	46-11	13.20	43-3.75
20-Pound Weight	18.00	59-0	16.10	52-10
Pentathlon	3800		3300	