



**2013 Outdoor Season:**

NCAA Div II 800m All-American (Sixth)  
NCAA Div II 4x400m Qualifier  
GNAC 800m Runner-Up  
GNAC 4x400m Runner-Up

**2013 Indoor Season:**

NCAA Div II 4x400m All-American (Eighth)  
NCAA Div II 800m Qualifier  
GNAC 4x400m Champion  
GNAC 800m Runner-Up

**2012 Outdoor Season:**

GNAC 800m Runner-Up  
GNAC 4x400m Third Place Finisher

**2011 Outdoor Season:**

NAIA 800m All-American (Sixth)  
GNAC 800m Sixth Place Finisher