

FHSU TRACK/CC

“Beat Somebody”



Drake Relays Champions
Distance Medley Relay

The FHSU cross country/track & field program is one of the most storied programs in the state of Kansas. The Tigers have established a history of success and stability throughout its established history. Head coach Dr. Jason McCullough leads a team that has produced multiple national champions, All-Americans, and MIAA honorees.

The Tigers have produced some amazing results over the past several years, including a sub-4 minute mile, American and European Championship qualifying performances, Olympic Trials qualifiers, Drake Relays championships, and NCAA Top 20 performances for cross country, indoor, and outdoor track & field.

During the 2017-18 season, the track & field squad broke 22

school records, many in the middle and long distance events. FHSU posted three runner-up finishes at the NCAA Championships, seven MIAA titles, and 14 All-MIAA first-team performances in cross country, indoor and outdoor track & field combined. The Tigers continue to impress on the national scene with outstanding performances from a number of different athletes.

Several Tigers made the most of their opportunities this past year. Brett Meyer capped an outstanding career by joining the Sub-4 club in style. He posted a 3:59.77 performance in the St. Louis Festival of Miles. Brett closed out his career with six All-America awards, including an NCAA title at 1,500 meters. Dean Cronin shattered many long-standing records in 2018. Most notably, he ran 1:46.67 at the Nashville Music City Distance Carnival to earn a trip to the European Championships. The Irishman earned an NCAA title, and two NCAA runner-up awards in the 800 meters over the last two years. He recently signed professionally with the Atlanta Track Club to pursue his dream of running in the Olympics.



Lindsay Roberts
MIAA Champion
NCAA Qualifier
School Recordholder
Distance Medley Relay
4x800 Meter Relay
Indoor Mile
Outdoor 1,500 Meters
Outdoor 800 Meters



Dean Cronin

NCAA Champion
 3-Time All-American
 European Championship Bid
 School Recordholder
Indoor 800 Meters
Indoor 600 Yards and 600 Meters
Indoor 4x400 Meter Relay
Outdoor 800 Meters
1:46.67 Best in 800

Lindsay Roberts made a name for herself and for the Tiger women with multiple MIAA titles throughout the year. She joined her sister Lauren (also a first-team MIAA runner) to establish distance medley and 4x800 meter relay records. The DMR set a new MIAA record in route to the victory. Lindsay also broke records in the mile, 1,500 meters, and 800 meters throughout the year.

All of the women's middle distance and distance records fell the past two years to Shea Bonine, Micki Krzesinski, Yessenia Gonzales, and Mirena Goncalves. The women's team has posted top three finishes the past three seasons and finished 18th at the NCAA Championships in 2016. Bonine was a two-time MIAA Champion in the 5,000 meters and one of the top cross country runners in the conference. Krzesinski set a phenomenal 35:02.22 record in the 10,000 Meters in route to NCAA All-America honors in that event. Gonzales and Goncalves have been All-MIAA performers



Shea Bonine

2X MIAA Champion – 5,000
 10X All-MIAA First Team
 School Recordholder
Outdoor 5,000 Meters
Distance Medley Relay

in cross country, the 3,000 meter steeplechase, 3,000 meters, 5,000 meters and 10,000 meters the past two seasons as well.

Coach McCullough and his staff believe in hard work and consistency in training. Yet, there is an emphasis on enjoyment and satisfaction in your craft. It is a process that relies heavily on a good support system and a consistent approach to long-term development. Individual success occurs as a result of an environment that places emphasis on friendship and team camaraderie. These characteristics of the FHSU program

are essential to its success as a team. Coach McCullough and his staff work hard to continue the success of all those Tiger student-athletes and coaches who have made FHSU one of the top programs in the Midwest!



Brett Meyer

NCAA Champion
 6-Time All-American
 Sub-4 Minute Miler
 School Recordholder
Indoor 1,000 Meters
Indoor 4x400 Meter Relay
Outdoor 4x Mile Relay
Sub-4 Mile – 3:59.77