



SAM HOUSTON
INDOOR TRACK & FIELD
RECORD BOOK

UPDATED 2016

WOMEN'S INDOOR TRACK AND FIELD

ANNUAL SOUTHLAND FINISHES

Year	Head Coach	Meet Site	Finish	Points
1988	John Francis	Monroe, LA	6th	28
1989	John Lumley	Monroe, LA	7th	12
1990	John Lumley	Monroe, LA	4th	40
1991	John Lumley	Monroe, LA	8th	16
1992	John Lumley	Monroe, LA	9th	9
1993	John Lumley	Monroe, LA	8th	14
1994	John Lumley	Monroe, LA	8th	8
1995	John Lumley	Fort Worth	6th	26
1996	John Lumley	Fort Worth	8th	20
1997	John Lumley	Fort Worth	7th	27
1998	John Lumley	Fort Worth	8th	33
1999	Greg Hinze	Houston	5th	62
2000	Greg Hinze	Houston	6th	38.5
2001	Greg Hinze	Houston	5th	61
2002	Greg Hinze	Houston	6th	63
2003	Greg Hinze	Houston	6th	68
2004	Curtis Collier	Houston	4th	81.5
2005	Curtis Collier	Houston	2nd	106
2006	Curtis Collier	Houston	2nd	104
2007	Curtis Collier	Houston	1st	135
2008	Curtis Collier	Houston	1st	138
2009	Curtis Collier	Houston	3rd	84
2010	David Self	Norman, Okla	4th	59
2011	David Self	Norman, Okla	5th	55
2012	David Self	Norman, Okla	8th	45
2013	David Self	Norman, Okla	2nd	117.5
2014	David Self	Birmingham, Ala.	1st	132
2015	David Self	Birmingham, Ala.	2nd	118
2016	David Self	Birmingham, Ala.	1st	162
2017	David Self	Birmingham, Ala.	1st	142.5

NCAA NATIONAL HONORS

NATIONAL INDOOR PARTICIPANTS

Danielle Demas	60m hurdles	2016	16th	8.36
Ashley Jenkins	Weight throw	2016	4th	70'8"
Dess Meek	High jump	2009	11th	5'8.75"
Sabrina Starr	60m hurdles	2014	15th	8.34

NATIONAL INDOOR PROVISIONAL QUALIFIERS

Roshunda Betts	Triple jump	2005	41'7.25"
Chattera Blake	60m hurdles	2006	8.42
Darnasha Clark	Shot put	1999	49'10"
	Shot put	2000	49'2.5"
Precious Madison	Long jump	2001	20'10"
Jennie Sewell	Pole vault	2005	12'11.5"

SOUTHLAND CONFERENCE CHAMPIONS

Tristyn Allen	Triple jump	2017	40'9.75"	4x400 relay	Jessica Fisher, Monika May
Roshunda Betts	Triple jump	2005	41'7.25"		Tiffany Singleton, Desiree Taylor
Chattera Blake	60m hurdles	2006	8.42	4x400 relay	Simbi George, Ruth Amaku
Kim Buckner	Triple jump	1999	39'10.75"		Taylor Sanders, Lygia Foreman
	400m dash	1999	56.47	4x400 relay	Jordan Grady, Sunday Foster
Kathy Chatham	High jump	1998	5'7"		Ruth Amaku, Lygia Foreman
Darnasha Clark	Shot put	1999	49'8.5"	4x400 relay	Camry Grigsby, Kodii Churrrch
Natalia Clark	Weight throw	2007	57'6.25"		Ruth Amaku, Jordan Grady
Morgan Davis	Pentathlon	2012	3,641	4x400 relay	Briana McCall, Camry Grigsby
	Pentathlon	2013	3,632		Ruth Amaku, Jordan Grady
Danielle Demas	60m hurdles	2015	8.30	Distance medley	Johanna Saellinen-Tonica Wimberley
	60m dash	2016	7.48		Nicole Aponta-Alyssa Dooley
	60m hurdles	2016	8.23		
Alyssa Dooley	Mile run	2013	4:58.71		
Quantinette Fields	200m dash	2006	24.89		
Jessica Fisher	60m dash	2007	7.50		
	60m dash	2008	7.55		
	200m dash	2007	24.30		
	200m dash	2008	24.67		
Lygia Foreman	400m dash	2013	54.74		
	400m dash	2014	54.37		
Camry Grigsby	800m dash	2016	2:09.68		
Kristine Hanks	Shot put	2016	48'10"		
	Shot put	2017	50'2.75"		
Jordan Heggie	60m hurdles	2008	8.65		
Ashley Jenkins	Weight throw	2015	62'10"		
	Weight throw	2016	70'9.25"		
Jill Jones	Long jump	1995	19'4.25"		
Briana McCall	800m dash	2017	2:10.46		
Dess Meek	High jump	2009	5'8.75"		
Tenika Powell	Shot put	2005	48'0.75"		
	Shot put	2006	46'0"		
Karin Schardein	Two mile run	1988	11:10.87		
Jennie Sewell	Pole vault	2003	11'9.75"		
	Pole vault	2004	11'11.75"		
	Pole vault	2005	12'11.5"		
	Pole vault	2007	13'1.75"		
Jamie Spivey	Long jump	2007	18'11.75"		
Sabrina Starr	60m hurdles	2014	8.19		
Katelyn Wynn	Pole vault	2014	12'8.75"		
Avery Zamzow	Pentathlon	2016	3,582		

ALL-SOUTHLAND CONFERENCE

Tristyn Allen	Triple jump	2017	1st	40' 9.75"
Jennifer Alvarez	Distance medley	1999	3rd	12:17.96
Shaunte Alvarez	Distance medley	1999	3rd	12:17.96
Ruth Amaku	4x400m relay	2013	1st	3:18.15
	4x400m relay	2014	1st	3:43.30
	4x400m relay	2015	1st	3:43.37
	4x400m relay	2016	1st	3:41.13
Crystal Anderson	4x400m relay	2003	2nd	3:53.15
	4x400m relay	2005	2nd	3:49.74
Nicole Aponte	Distance medley	2016	2nd	11:48.59
Roshunda Betts	Triple jump	2005	1st	41' 7.25"
	Triple jump	2006	2nd	40' 6.25"
	Long jump	2006	2nd	19' 8.75"
Chatterra Blake	60m hurdles	2006	1st	8.42
Shannon Brown	Triple jump	2007	3rd	38' 9.75"
Kim Buckner	Triple jump	1999	1st	39' 10.75"
	Distance medley	1999	3rd	12:17.96
	400m dash	1999	1st	56.47
Hannah Callaway	Pole vault	2017	2nd	13' 2.25"
Ashley Casalini	4x400m relay	2006	2nd	3:48.87
	4x400m relay	2007	2nd	3:47.65
Kathy Chatham	High jump	1998	1st	5' 7"
Kodii Church	400m dash	2017	3rd	55.35
	4x400m relay	2015	1st	3:43.37
	4x400m relay	2017	2nd	3:45.57
Tricia Clacken	55m dash	1996	2nd	7.12
	55m dash	1997	2nd	7.11
	200m dash	1997	3rd	25.54
Darnasha Clark	Shot put	1999	1st	49' 8.5"
Natalia Clark	Weight throw	2006	2nd	55' 11.75"
	Weight throw	2007	1st	57' 6.25"
	Weight throw	2008	2nd	60' 3.25"
Tiana Cook	55m hurdles	1998	3rd	8.48
Morgan Davis	Pentathlon	2011	2nd	3,403
	Pentathlon	2012	1st	3,641
	Pentathlon	2013	1st	3,632
Danielle Demas	60m hurdles	2014	2nd	8.42
	60m hurdles	2015	1st	8.30
	60m dash	2016	1st	7.48
	60m hurdles	2016	1st	8.23
	200m dash	2016	2nd	24.06
Alyssa Dooley	Mile run	2013	1st	4:58.71
	Distance medley	2013	1st	12:09.53
Carol Dyer	Distance medley	1999	3rd	12:17.96
	800m dash	2001	3rd	2:14.23
Jamie Eckford	Distance medley	2017	3rd	12:11.74
Allison Ferries	Distance medley	2007	2nd	12:18.29
Quantinette Fields	4x400m relay	2003	2nd	3:53.15
	4x400m relay	2005	2nd	3:49.74
	4x400m relay	2006	2nd	3:48.87
	200m dash	2006	1st	24.89

Jessica Fisher	60m dash	2007	1st	7.50
	60m dash	2008	1st	7.55
	200m dash	2007	1st	24.30
	200m dash	2008	1st	24.67
	200m dash	2010	3rd	24.92
	4x400m relay	2007	2nd	3:47.65
	4x400m relay	2008	1st	3:46.98
	4x400m relay	2010	3rd	3:49.93
	4x400m relay	2011	3rd	3:50.14
Lygia Foreman	200m dash	2013	3rd	24.67
	200m dash	2014	3rd	24.11
	400m dash	2013	1st	54.74
	400m dash	2014	1st	54.37
	4x400m relay	2011	3rd	3:50.14
	4x400m relay	2013	1st	3:18.15
	4x400m relay	2014	1st	3:43.30
Sunday Foster	4x400m relay	2014	1st	3:43.30
Simbi George	4x400m relay	2010	3rd	3:49.93
	4x400m relay	2013	1st	3:18.15
Jordan Grady	4x400m relay	2014	1st	3:43.30
	400m dash	2015	2nd	55.50
	4x400m relay	2015	1st	3:43.37
	4x400m relay	2016	1st	3:41.13
	400m dash	2016	2nd	54.85
Tiffany Green	4x400m relay	2005	2nd	3:49.74
Camry Grigsby	800m dash	2016	1st	2:09.68
	800m dash	2017	2nd	2:12.06
	4x400m relay	2015	1st	3:43.37
	4x400m relay	2016	1st	3:41.13
	4x400m relay	2017	2nd	3:45.57
	Distance medley	2016	2nd	11:48.59
	Distance medley	2017	3rd	12:11.74
Gay Neil Gulihur	Shot put	1990	2nd	45' 8.5"
Kristine Hanks	Shot put	2016	1st	48' 10"
	Shot put	2017	1st	50' 2.75"
	Weight throw	2017	3rd	57' 7.75"
Sharonda Haynes	Shot put	2001	3rd	44' 11"
Jordan Heggie	60m hurdles	2008	1st	8.65
	60m hurdles	2010	3rd	8.65
Morgan Heinrich	High jump	2017	2nd	5' 6"
Kristi Hermes	Pole vault	2009	3rd	11' 75"
	Pole vault	2010	2nd	12' 1.5"
Winnie Ileso	Long jump	2015	3rd	19' 0"
Ashley Jenkins	Weight throw	2013	3rd	56' 10.75"
	Weight throw	2015	1st	62' 10"
	Weight throw	2016	1st	70' 9.25"
Jamie Johnson	Long jump	1998	3rd	19' 0"
	Triple jump	1998	3rd	39' 5.25"
Jill Jones	Long jump	1995	1st	19' 4.25"
Susie Jones	High jump	1999	2nd	5' 5.25"
Karen Klinto	Pole vault	2008	3rd	11' 9.75"
Baylee Lara	High jump	2017	3rd	5' 6"

Tiana Lee	60m hurdles	2007	3rd	8.72
	60m hurdles	2008	2nd	8.66
	60m hurdles	2009	2nd	8.54
Jasmine Lewis	Distance medley	2016	2nd	11:48.59
	Distance medley	2017	3rd	12:11.74
Courtney Lord	Pentathlon	2016	3rd	3,540
Precious Madison	Long jump	2001	3rd	19' 1.5"
Ayanna Magee	4x400m relay	2011	3rd	3:50.14
Karina Mancias	5,000m run	2001	3rd	18:33.73
	5,000m run	2002	2nd	18:06.19
Monika May	4x400m relay	2008	1st	3:46.98
	4x400m relay	2010	3rd	3:49.93
	4x400m relay	2011	3rd	3:50.14
Briana McCall	800m run	2013	2nd	2:13.96
	800m run	2016	2nd	2:09.94
	800m run	2017	1st	2:10.46
	4x400m relay	2016	1st	3:41.13
	4x400m relay	2017	2nd	3:45.57
	Distance medley	2016	2nd	11:48.59
	Distance medley	2017	3rd	12:11.74
Ambra McCuin	Long jump	2010	3rd	19' 00"
	Triple jump	2010	3rd	39' 5"
Dess Meek	Long jump	2008	2nd	18' 10.75"
	Long jump	2009	2nd	19' 3.5"
	High jump	2008	2nd	5' 8"
	High jump	2009	1st	5' 8.75"
Ana Moreno	5,000m run	2016	3rd	17:11.23
Regina Offord	60m dash	2006	3rd	7.62
Allyson Pettit	Pentathlon	2013	3rd	3,387
Tenika Powell	Shot put	2005	1st	48' 0.75"
	Shot put	2006	1st	46' 0"
Whitney Rister	Distance medley	2007	2nd	12:18.29
Yarixa Rivera	Weight throw	2017	2nd	58' 6"
Johanna Saellinen	Distance medley	2013	1st	12:09.53
Taylor Sanders	4x400m relay	2013	1st	3:18.15
	Distance medley	2013	1st	12:09.53
Karin Schardein	Two mile run	1988	1st	11:10.87
	Mile run	1988	2nd	5:16.9
	Two mile run	1990	2nd	11:16.87
	Mile run	1990	2nd	5:16.12
	Two mile run	1991	2nd	11:56
Jennie Sewell	Pole vault	2003	1st	11' 9.75"
	Pole vault	2004	1st	11' 11.75"
	Pole vault	2005	1st	12' 11.5"
	Pole vault	2007	1st	13' 1.75"
Tiffany Singleton	400m dash	2006	2nd	55.44
	4x400m relay	2005	2nd	3:49.74
	4x400m relay	2006	2nd	3:48.87
	4x400m relay	2007	2nd	3:47.65
	4x400m relay	2008	1st	3:46.98
	Distance medley	2007	2nd	12:18.29
Summer Sizemore	Pole vault	2004	3rd	11' 5.75"
Megan Smith	4x400m relay	2017	2nd	3:45.57

ALL-CONFERENCE Continued

Paula Smith	Long jump	2015	2nd	19' 3.5"
	60m dash	2015	3rd	7.62
	200m dash	2016	3rd	24.28
Ty Spiller	Long jump	2016	2nd	19' 8.25"
	60m hurdles	2011	2nd	8.57
Jamie Spivey	Long jump	2004	3rd	18' 10.75"
	Long jump	2007	1st	18' 11.75"
	Pentathlon	2007	2nd	3,459
Sabrina Starr	60m hurdles	2012	2nd	8.55
	60m hurdles	2014	1st	8.19
Rachele Stevenson	4x400m relay	2003	2nd	3:53.15
	60m dash	2004	3rd	7.58
Dakota Stewart	800m run	2008	3rd	2:17.13
Desiree Taylor	400m dash	2009	3rd	56.84
	4x400m relay	2006	2nd	3:48.87
	4x400m relay	2007	2nd	3:47.65
	4x400m relay	2008	1st	3:46.98
Ashley Thompson	Pole vault	2016	3rd	13' 1.5"
Signe Vest-Petersen	Pentathlon	2004	3rd	3549
	Pentathlon	2005	2nd	3675
Kara Whitson	Pole vault	2014	2nd	12' 4.75"
	Pole vault	2015	3rd	13' 0.75"
Tonica Wimberley	4x400m relay	2010	3rd	3:49.93
	Distance medley	2013	1st	12:09.53
Renitta Woods	Pentathlon	2003	3rd	3410
Jasmine Wyatt	Weight throw	2005	3rd	53' 6.25"
	Weight throw	2007	3rd	54' 10.25"
Katelyn Wynn	Pole vault	20014	1st	12' 8.75"
Tiara Young	4x400m relay	2003	2nd	3:53.15
Avery Zamzow	Pentathlon	2016	1st	3,852
Jenny Zoch	Shot put	2011	3rd	48' 8"
	Shot put	2012	3rd	46' 25"
Shelbie Zotyka	Pole vault	2013	3rd	12' 9.5"

SOUTHLAND CONFERENCE AWARDS

Roshunda Betts	2006 Women's Outstanding Field Events		
	Long jump	2nd	19' 8.75"
	Triple jump	2nd	40' 6.25"
	Shot put	8th	41' 3"
Danielle Demas	2016 Female Athlete of the Year		
	2016 Female Outstanding Running Events		
	60m dash	1st	7.48
	200m dash	2nd	24.06
Morgan Davis	60m hurdles	1st	8.23
	2012 Southland Student-Athlete of the Year		
	Pentathlon	1st	3,641
	2013 Southland Student-Athlete of the Year		
Jessica Fisher	Pentathlon	1st	3,632
	2007 Women's Freshman of the Year		
	60m dash	1st	7.50
	200m dash	1st	24.30
Ashley Jenkins	3x400 relay	2nd	3:47.65
	2016 Female Outstanding Field Events		
	Weight throw	1st	70' 9.25"
	Shot put	6th	46' 8.75"
Jill Jones	1995 Women's Outstanding Field Events		
	Long jump	1st	19' 4.25"
	Triple jump	4th	39' 6.5"
Jordan Heggie	2008 Women's Freshman of the Year		
	60m hurdles	1st	8.65
Jennie Sewell	2007 Women's Outstanding Field Events		
	Pole vault	1st	13' 1.75"

INDOOR SCHOOL RECORDS

*Designates mark at Southland Indoor Championships
#Designates mark on oversized/banked track

SHOT PUT

52' 8.25"	Kristine Hanks	2017	Dallas
52' 7.5"	Kristine Hanks	2017	Albuquerque
50' 2.75"	Kristine Hanks	2017	Birmingham*
49' 8.5"	Darnasha Clark	1999	Houston*
49' 2.5"	Darnasha Clark	2000	Houston
49' 0.5"	Kristine Hanks	2017	College Station
48' 10"	Kristine Hanks	2016	Birmingham*
48' 9"	Kristine Hanks	2016	Houston
48' 8"	Tenika Powell	2005	Houston
48' 5.25"	Kristine Hanks	2016	Albuquerque
48' 0.75"	Tenika Powell	2005	Houston*
48' 0.5"	Kristine Hanks	2017	Houston
47' 9.75"	Jenny Zoch	2011	Norman
47' 7.25"	Kristine Hanks	2015	Birmingham*
47' 2.5"	Christina Webb	2010	Norman*

WEIGHT THROW

71' 0.5"	Ashley Jenkins	2016	Albuquerque
70' 9.25"	Ashley Jenkins	2016	Birmingham*
70' 8"	Ashley Jenkins	2016	Lawrence, Kan.
69' 9"	Ashley Jenkins	2016	College Station
68' 11.75"	Ashley Jenkins	2016	Baton Rouge
68' 5"	Ashley Jenkins	2016	Houston
62' 10"	Ashley Jenkins	2015	Birmingham*
60' 8.5"	Ashley Jenkins	2015	Houston
60' 5"	Ashley Jenkins	2015	Houston
60' 3.25"	Natalia Clark	2008	Houston*
60' 1"	Adrienne Quillin	2015	Birmingham*
59' 4.25"	Yarizza Rivera	2017	Dallas
58' 6"	Yarizza Rivera	2017	Birmingham*
57' 7.75"	Kristine Hanks	2017	Birmingham*
55' 11.25"	Jasmine Wyatt	2007	Houston

HIGH JUMP

6' 0"	Dess Meek	2009	Houston
5' 8.75"	Dess Meek	2009	Houston*
5' 8.5"	Paula Smith	2015	College Station
5' 8"	Kathryn Vandre	1993	Monroe*
5' 8"	Dess Meek	2008	Houston*
5' 8"	Dess Meek	2008	Lubbock
5' 7.25"	Courtney Lord	2016	Lawrence, Kan.
5' 6.5"	Alisha Fowler	2005	Houston*
5' 6.5"	Nicole Jenrette	2015	Albuquerque
5' 6.5"	Courtney Lord	2016	Birmingham*
5' 6.25"	Kathy Chatman	1988	Monroe*

LONG JUMP

20' 2.5"	Precious Madison	2001	Houston
19' 9.75"	Precious Madison	2001	Houston*
19' 9"	Precious Madison	2002	Baton Rouge
19' 8.75"	Roshunda Betts	2006	Houston*
19' 8.25"	Precious Madison	2002	Baton Rouge
Other Top Individuals			
19' 4.5"	Dess Meek	2009	Texas A&M
19' 4.25"	Jill Jones	1995	Fort Worth*
19' 4"	Tristyn Allen	2017	Birmingham*
19' 3.5"	Paula Smith	2015	Birmingham*
19' 3.5"	Tristyn Allen	2017	Albuquerque
19' 3.5"	Morgan Heinrich	2017	Dallas

TRIPLE JUMP

42' 6.25"	Tristyn Allen	2017	Dallas
41' 7.25"	Roshunda Betts	2005	Houston*
41' 1.75"	Tristyn Allen	2017	Albuquerque
40' 9.75"	Tristyn Allen	2017	Birmingham*
40' 9"	Roshunda Betts	2006	Houston
40' 7.5"	Roshunda Betts	2006	Houston
40' 6.25"	Roshunda Betts	2006	Houston*
40' 3.25"	Chenequa Parham	2002	Houston
40' 3"	Jill Jones	1994	Monroe*
39' 10.75"	Kim Buckner	1999	Houston*
39' 10.75"	Tristyn Allen	2016	Birmingham*

POLE VAULT

13' 3.5"	Hannah Callaway	2017	Dallas
13' 2.25"	Kara Whitson	2015	College Station
13' 2.25"	Hannah Callaway	2017	Birmingham*
13' 1.75"	Jennie Sewell	2007	Houston*
13' 0.75"	Kara Whitson	2015	Birmingham*
12' 11.75"	Ashley Thompson	2016	College Station
12' 11.5"	Jennie Sewell	2005	Houston*
12' 11.5"	Jennie Sewell	2007	Baton Rouge
12' 11.5"	Katelyn Wynn	2014	Houston
12' 11.5"	Kara Whitson	2015	College Station
12' 9.5"	Shelbie Zotyka	2013	Norman*
12' 9.5"	Ashley Thompson	2016	Birmingham*
12' 8.75"	Ashley Thompson	2016	Baton Rouge

55 METERS

7.03	Tricia Clacken	1996	Fort Worth*
7.08	Tricia Clacken	1997	Fort Worth*
7.12	Tricia Clacken	1997	Lake Charles
7.14	Tricia Clacken	1994	Monroe*
7.18	Deontra Finley	2005	Houston
Other Top Individuals			
7.20	Fetima Jordan	1998	Fort Worth*
7.24	Regina Offord	2006	Houston
Marks Achieve at Altitude (>3,000 feet)			
7.22	Jessica Fisher	2010	Texas Tech
7.23	Kristian Austin	2011	Texas Tech

60 METERS

7.44	Jessica Fisher	2007	Houston*
7.48	Danielle Demas	2016	Birmingham*
7.50	Rachele Stevenson	2004	Houston*
7.50	Jessica Fisher	2007	Houston
7.51	Jessica Fisher	2008	Houston*
7.52	Precious Madison	2002	Houston*
7.52	Jessica Fisher	2008	Houston
7.52	Danielle Demas	2016	Birmingham*
7.53	Danielle Demas	2016	Houston
7.55	Danielle Demas	2016	Houston
7.57	Danielle Demas	2016	Houston
7.58	Danielle Demas	2016	Albuquerque

200 METERS

24.06#	Danielle Demas	2016	Birmingham*
24.11#	Lygia Foreman	2014	Birmingham*
24.25#	Danielle Demas	2016	Birmingham*
24.28#	Paula Smith	2016	Birmingham*
24.28#	Jessica Fisher	2008	Lubbock
24.30	Jessica Fisher	2007	Houston*
24.31#	Danielle Demas	2016	College Station
24.63#	Paula Smith	2016	College Station
24.67	Jessica Fisher	2008	Houston*
24.67	Paula Smith	2015	Albuquerque
24.72#	Danielle Demas	2016	Albuquerque
24.79#	Elizabeth Ene	2015	College Station

400 METERS

54.37#	Lygia Foreman	2014	Birmingham*
54.74	Lygia Foreman	2013	Norman*
54.85#	Jordan Grady	2016	Birmingham*
55.44	Tiffany Singleton	2006	Houston*
55.50#	Jordan Grady	2015	Birmingham*
55.51	Lygia Foreman	2013	Norman
55.68#	Kodii Church	2016	Birmingham*
55.73#	Ruth Amaku	2016	Birmingham*
55.78#	Jordan Grady	2016	Birmingham*
56.09#	Jordan Grady	2016	Albuquerque
56.47	Kim Buckner	1999	Houston*
56.59#	Ruth Amaku	2016	College Station
56.82#	Jordan Grady	2016	College Station

INDOOR SCHOOL RECORDS Continued

*Designates mark at Southland Indoor Championships

#Designates mark on oversized/banked track

600 METERS

1:27.16#	Dakota Stewart	2010	Lubbock
1:29.24#	Tonica Wimberly	2011	Lubbock
1:29.88#	Alyssa Dooley	2011	Lubbock
1:30.33#	Dakota Stewart	2011	Lubbock
1:34.49	Briana McCall	2016	Baton Rouge
1:36.40#	Monique McMichael	2011	Lubbock
Other Top Individuals			
1:38.75	Dakota Stewart	2010	Lake Charles

800 METERS

2:09.68#	Camry Grigsby	2016	Birmingham*
2:09.94#	Briana McCall	2016	Birmingham*
2:10.46#	Briana McCall	2017	Birmingham*
2:10.58	Camry Grigsby	2017	South Bend, IN
2:11.50#	Briana McCall	2016	Birmingham*
2:11.55#	Camry Grigsby	2016	Albuquerque
2:12.04#	Briana McCall	2016	Albuquerque
2:12.06#	Camry Grigsby	2017	Birmingham*
2:12.67	Alyssa Dooley	2013	Wichita
2:12.93#	Camry Grigsby	2016	College Station
2:13.00	Briana McCall	2017	South Bend, IN
2:13.36#	Briana McCall	2017	Birmingham*
2:13.86#	Camry Grigsby	2015	College Station
2:13.96#	Briana McCall	2014	Birmingham*
2:14.13	Jamie Eckford	2017	South Bend, IN
2:14.23	Carol Dyer	2001	Houston*
2:15.08	Devyn Mitchell	2009	Houston*
Marks Achieved at Altitude (>3000 ft)			
2:10.77	Camry Grigsby	2016	Albuquerque
2:11.26	Briana McCall	2016	Albuquerque

1,000 METERS

2:55.80	Alyssa Dooley	2012	Norman
2:59.01#	Briana McCall	2015	College Station
3:02.83	Johanna Saellinen	2013	Norman
3:06.65	Alyssa Dooley	2011	Wichita
3:08.54	Sarah Hershman	2005	Houston
Other Top Individuals			
3:10.48	Erika Wright	2005	Houston

MILE RUN

4:55.44	Alyssa Dooley	2013	Wichita
4:58.25#	Nicole Aponte	2016	Birmingham*
4:58.71	Alyssa Dooley	2013	Norman*
4:59.37	Alyssa Dooley	2012	Wichita
5:01.36#	Nicole Aponte	2016	Birmingham*
5:03.22	Alyssa Dooley	2012	Norman*
5:04.49	Camry Grigsby	2016	Houston
5:04.78#	Nicole Aponte	2016	College Station
5:05.24	Shaunte' Alvarez	1999	Houston*
Other Top Individuals			
5:08.57	Jennifer Engelbrink	2001	Houston*
5:10.98	Jennifer Alvarez	1999	Houston*
Marks Achieved on Oversized/Banked Track at Altitude			
5:03.04	Nicole Aponte	2014	Birmingham*

3,000 METERS

10:04.73#	Olivia Olguin	2017	Birmingham*
10:08.37#	Ana Moreno	2016	Birmingham*
10:10.06#	Olivia Olguin	2016	Birmingham*
10:10.86	Alyssa Dooley	2012	Houston
10:11.19	Olivia Olguin	2017	South Bend, IN
10:14.94	Kacey Phillips	2000	Houston
10:16.22#	Nicole Aponte	2016	Birmingham*
10:16.23#	Ana Moreno	2015	Birmingham*
10:16.90	Alyssa Dooley	2012	Norman*
10:17.69	Allison Ferries	2007	Houston*
10:17.85	Hannah Tarrant	2017	Dallas
10:19.40	Whitney Rister	2008	Houston*

5,000 METERS

17:11.23#	Ana Moreno	2016	Birmingham*
17:22.06#	Ana Moreno	2015	Birmingham*
17:25.98#	Olivia Olguin	2016	Birmingham*
17:27.99#	Olivia Olguin	2017	Birmingham*
17:47.30	Olivia Olguin	2017	South Bend, IN
17:59.25#	Olivia Olguin	2014	Birmingham*
18:06.19	Karina Mancias	2002	Houston*
18:07.11	Kacey Phillips	2000	Houston
18:10.77	Kacey Phillips	2000	Houston*
Other Top Individuals			
18:16.20	Gaby Mendoza	2003	Houston*
18:23.71	Solenn Riou	2013	Norman*

55 METER HURDLES

8.05	Benita Jones	2006	Houston
8.05	Chattera Blake	2006	Houston
8.15	Kym Norsworthy	2005	Houston
8.27	Tiana Cook	1998	Lake Charles
8.42	Tara Tyler	2006	Houston
Marks Achieved at Altitude (>3000 ft)			
8.01	Jordan Heggie	2010	Lubbock
8.12	Tiana Lee	2008	Lubbock
8.12	Jordan Heggie	2008	Lubbock
8.17	Sabrina Starr	2011	Lubbock

60 METER HURDLES

8.16	Danielle Demas	2016	Albuquerque
8.18	Danielle Demas	2016	Albuquerque
8.19	Sabrina Starr	2014	Birmingham*
8.21	Danielle Demas	2016	Albuquerque
8.23	Danielle Demas	2016	Baton Rouge
8.23	Danielle Demas	2016	Birmingham*
8.26	Sabrina Starr	2014	Houston
8.28	Danielle Demas	2016	Houston
8.29	Danielle Demas	2016	College Station
8.29	Danielle Demas	2016	Houston
8.30	Danielle Demas	2015	Birmingham*
Other Top Individuals			
8.31	Danielle Demas	2015	Birmingham*
8.31	Danielle Demas	2016	Baton Rouge
8.31	Danielle Demas	2016	Birmingham*

PENTHALON

3,675	Signe Vest	2005	Houston*
3,641	Morgan Davis	2012	Norman*
3,632	Morgan Davis	2013	Norman*
3,582	Avery Zamzow	2016	Birmingham*
3,563	Signe Vest	2005	Houston
3,555	Courtney Lord	2016	Lawrence, Kan.
3,549	Signe Vest	2004	Houston*
3,540	Courtney Lord	2016	Birmingham*
3,534	Allyson Pettit	2013	Wichita
3,498	Baylee Lara	2017	Houston
3,497	Courtney Lord	2017	Birmingham*
3,491	Courtney Lord	2017	South Bend, IN

INDOOR SCHOOL RECORDS Continued**4x400 METER RELAY**

3:41.13#	Briana McCall, Camry Grigsby, Ruth Amaku, Jordan Grady	2016	Birmingham*
3:43.30#	Jordan Grady, Sunday Foster Ruth Amaku, Lygia Foreman	2014	Birmingham*
3:43.37#	Camry Grigsby, Kodii Church Ruth Amaku, Jordan Grady	2015	Birmingham*
3:44.16	Tiffany Singleton, Monika May, Desiree Taylor, Jessica Fisher	2008	Lubbock
3:44.88#	Jasmine Lewis, Kodii Church, Ruth Amaku, Jordan Grady	2016	College Station
3:45.57#	Megan Smith, Kodii Church Briana McCall, Camry Grigsby	2017	Birmingham*
3:45.82	Tiffany Singleton, Jessica Fisher, Ashley Casalini, Desiree Taylor	2006	Fayetteville
3:46.92	Jasmine Lewis, Kodii Church, Ruth Amaku, Jordan Grady	2016	Houston
3:46.98	Monika May, Jessica Fisher, Desiree Taylor, Tiffany Singleton	2008	Houston*

TWO MILE RELAY

9:40.32	Camille Watson, Wendy Redus, Alana Cummings, Cathy Nelson	1993	Fort Worth*
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DISTANCE MEDLY RELAY (4000m)

11:48.59#	Camry Grigsby, Jasmine Lewis, Briana McCall, Nicole Aponte	2016	Birmingham*
12:09.53	Johanna Saellinen-Tonica Wimberley Nicole Aponte-Alyssa Dooley	2013	Norman*
12:11.16#	Nicole Aponte, Briana McCall, Jamie Eckford, Olivia Olguin	2016	College Station
12:11.74#	Briana McCall, Jasmine Lewis Jamie Eckford, Camry Grigsby	2017	Birmingham*
12:17.45	Whitney Rister, Ashley Casalini, Dakota Stewart, Allison Ferries	2008	Houston*
12:17.96	Shaunte' Alvarez, Jennifer Alvarez, Carol Dyer, Kim Buckner	1999	Houston*

MEN'S INDOOR TRACK AND FIELD

ANNUAL SOUTHLAND FINISHES

Year	Head Coach	Meet Site	Finish	Points
1988	John Francis	Monroe, La	8th	0
1989	John Lumley	Monroe, La	8th	4
1990	John Lumley	Monroe, La	8th	2
1991	John Lumley	Monroe, La	8th	14
1992	John Lumley	Monroe, La	5th	28
1993	John Lumley	Monroe, La	8th	9
1994	John Lumley	Monroe, La	9th	4
1995	John Lumley	Fort Worth	7th	39
1996	John Lumley	Fort Worth	8th	41
1997	John Lumley	Fort Worth	4th	72.5
1998	John Lumley	Fort Worth	5th	62
1999	Greg Hinze	Houston	4th	74
2000	Greg Hinze	Houston	4th	65
2001	Greg Hinze	Houston	7th	46
2002	Greg Hinze	Houston	6th	62
2003	Greg Hinze	Houston	3rd	87.25
2004	Curtis Collier	Houston	3rd	93
2005	Curtis Collier	Houston	7th	65.5
2006	Curtis Collier	Houston	2nd	104.3
2007	Curtis Collier	Houston	4th	66.5
2008	Curtis Collier	Houston	9th	38
2009	Curtis Collier	Houston	7th	46
2010	David Self	Norman, Okla.	3rd	90
2011	David Self	Norman, Okla.	3rd	80
2012	David Self	Norman, Okla.	7th	46
2013	David Self	Norman, Okla.	2nd	119.5
2014	David Self	Birmingham, Ala.	2nd	106.5
2015	David Self	Birmingham, Ala.	2nd	104
2016	David Self	Birmingham, Ala.	1st	121
2017	David Self	Birmingham, Ala.	1st	142.5

NCAA NATIONAL HONORS

ALL-AMERICA

Michael Courtney	400m dash	2010	4th	46.07
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NATIONAL INDOOR PARTICIPANTS

Michael Courtney	400m dash	2010	4th	46.07
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NATIONAL INDOOR PROVISIONAL QUALIFIERS

Randy Flach	Hepthalon	2004	5,158
Chris Gonzalez	Shot put	1996	58' 1.5"
	Shot put	1997	58' 11.5"
Quinton McLeod	High jump	1997	7' 1"
Adrian Ray	60m hurdles	2003	7.89
	60m hurdles	2004	7.85
Shane Stewart	Pole vault	1998	17' 1.5"

SOUTHLAND CONFERENCE CHAMPIONS

Tyler Adams	High jump	2015	7' 1"
	Heptathlon	2015	5,221
	Heptathlon	2016	5,227
	Heptathlon	2017	5,463
Joe Amburn	1-mile run	2002	4:15.63
	1-mile run	2003	4:12.02
De'Quad Binder	800m run	2014	1:52.47
Courtney Boston	60m dash	2002	6.82
	200m dash	2002	21.82
	60m dash	2004	6.84
	200m dash	2004	21.88
Michael Courtney	400m dash	2008	48.27
	400m dash	2010	48.00
Chris Cralle	Weight throw	2011	60' 7.75"
Gary Davidson	High jump	1991	6' 9.5"
Chris Edison	400m dash	2006	47.80
Randy Flach	Pole vault	2003	16' 8.75"
	Pole vault	2004	16' 10.75"
Joey Foster	55m dash	1996	6.50
Chris Gonzalez	Shot put	1995	55' 6.25"
	Shot put	1996	57' 8.5"
	Shot put	1997	58' 11.5"
Josh Hawkins	5000m run	2006	14:54.94
Chris Jefferson	60m dash	2017	6.70
Justin Jenkins	60m dash	2015	6.78
Thomas Johansson	3000m run	2006	8:27.03
Matt Johnson	Heptathlon	2013	5,172
Randy Jones	400m dash	2014	47.34
Derek Koonts	3000m run	2000	8:35.32
Jeffrey Moore	800m run	2016	1:52.00
	800m run	2017	1:51.46
	1-mile run	2016	4:12.91
C. J. Patterson	Long jump	2010	24' 6.25"
Adrian Ray	60m hurdles	2004	7.93
Kalvin Singletary	Weight throw	2017	60' 8.75"
Shane Stewart	Pole vault	1997	16' 7.5"
	Pole vault	1998	17' 1.5"
	Pole vault	1999	16' 8.25"
Raul Villarreal	3000m run	2004	8:30.21
	5000m run	2004	14:46.75
Matthew Viverette	60m hurdles	2013	8.01
	60m hurdles	2014	8.01
Charles White	Long jump	2013	24' 6.25"
	Triple jump	2013	51' 8.25"

Distance medley	Tony Vining, Antwaine Williams		
	Joe Amburn, Derek Koonts	2000	10:10.06
Distance medley	Vance Bridges, Aaron Russell		
	Keith Jensen, Joe Amburn	2003	10:12.13
4x400 relay	Lane Dennis, Aaron Russell		
	Bryce Miller, D. D. Terry	2005	3:16.75
4x400 relay	Michael Courtney, Dexter Cole		
	John Thomas, Chris Edison	2006	3:17.24
4x400 relay	Lane Dennis, Michael Courtney		
	John Thomas, Chris Edison	2007	3:16.75
4x400 relay	Marquis Sneed, Jesse Martinez		
	D. J. Hayes, Rodney Jones	2011	3:17.72

SOUTHLAND CONFERENCE AWARDS

Tyler Adams	2015 Freshman of the Year		
	2016 Men's Outstanding Field Events		
	Heptathlon	1st	5,227
	2017 Men's Outstanding Field Events		
	Hepthahlon	1st	5,463
	High jump	2nd	6' 10.75"
	Long jump	5th	23' 5"
Courtney Boston	2004 Men's High Point Scorer		20.5 points
Derek Koonts	2000 Men's Running Events		
	3,000m run	1st	8:35.32
	Distance medley	1st	10:10.06
	Mile run	2nd	4:16.55
	2000 Men's High Point Scorer		20.5 points
Jay Roberson	2014 Freshman of the Year		

Tyler Adams	High jump	2015	1st	7' 1"
	High jump	2016	2nd	7' 1.5"
	High jump	2017	2nd	6' 10.75"
	Heptathlon	2015	1st	5,221
	Heptathlon	2016	1st	5,227
	Heptathlon	2017	1st	5,463
Matt Adkisson	Pole vault	2006	2nd	16' 1.75"
	Pole vault	2007	2nd	16' 6.75"
Roderick Allen	Triple jump	1999	2nd	50' 2.75"
Joe Amburn	Distance medley	2000	1st	10:10.06
	1-mile run	2002	1st	4:15.63
	1-mile run	2003	1st	4:12.02
	Distance medley	2003	1st	10:12.13
Clint Anders	Distance medley	2013	2nd	10:11.18
Freddy Arellano	Distance medley	2013	2nd	10:11.18
Leon Banks	4x400 relay	2010	3rd	3:15.51
Kevin Beasley	4x400 relay	2016	3rd	3:15.87
De'Quad Binder	800m dash	2013	2nd	1:54.18
	800m dash	2014	1st	1:52.47
	4x400m relay	2014	2nd	3:13.17
	Distance medley	2014	3rd	10:09.57
Courtney Boston	60m dash	2002	1st	6.82
	200m dash	2002	1st	21.82
	60m dash	2003	2nd	22.10
	60m dash	2004	1st	6.84
	200m dash	2004	1st	21.88
Vance Bridges	Distance medley	2003	1st	10:12.13
Brek Christensen	Weight throw	2014	3rd	63' 10.5"
Dexter Cole	4x400 relay	2006	1st	3:17.24
Terry Coleman	Shot put	1998	2nd	54' 2"
	Shot put	2000	3rd	52' 3.75"
John Cordes	Pole vault	1997	2nd	16' 7.5"
	55m hurdles	1997	2nd	7.69
	Pole vault	1998	2nd	15' 11.25"
Michael Courtney	400m dash	2008	1st	48.27
	400m dash	2010	1st	48.00
	4x400 relay	2006	1st	3:17.24
	4x400 relay	2007	1st	3:16.75
	4x400 relay	2010	3rd	3:15.51
Chris Cralle	Weight throw	2011	1st	60' 7.75"
Gary Davidson	High jump	1991	1st	6' 9.5"
Lane Dennis	4x400 relay	2005	1st	3:18.71
	4x400 relay	2007	1st	3:16.75
Chris Edison	400m dash	2006	1st	47.80
	4x400 relay	2006	1st	3:17.24
	400m dash	2007	2nd	48.56
	4x400 relay	2007	1st	3:16.75
A. J. Edwards	Long jump	2010	2nd	24" 3.75"
	Triple jump	2011	3rd	50' 5.75"
Christian Ehrenborg	Shot put	2006	2nd	55' 11.75"
Randy Flach	Pole vault	2003	1st	16' 8.75"
	Pole vault	2004	1st	16' 10.75"
	Heptathlon	2004	3rd	5,158

Brandon Moseley	3000mrun	2006	2nd	8:36.90
	5000m run	2005	2nd	14:53.92
C. J. Patterson	Long jump	2010	1st	24' 6.25"
Palo Ponce	5000m run	2014	3rd	14:58.80
Eric Pouncy	4x400 relay	2016	3rd	3:15.87
Adrian Ray	60m hurdles	2003	2nd	7.89
	60m hurdles	2004	1st	7.93
Jay Roberson	Heptathlon	2015	3rd	5,105
Calvin Robinson	Long jump	1999	3rd	23' 11"
TyMagic Robinson	60m dash	2009	2nd	6.73
Lucio Rosas	Distance medley	2014	3rd	10:09.57
Roger Rueweler	4x400 relay	2010	3rd	3:15.51
Aaron Russell	Distance medley	2003	1st	10:12.13
	4x400 relay	2005	1st	3:18.71
Jason Russell	Weight throw	2011	2nd	60' 6.75"
Preston Sanders	Shot put	2012	2nd	57' 3"
Karl Schreiber	3000m run	2014	3rd	8:33.71
	Distance medley	2013	2nd	10:11.18
	Distance medley	2014	3rd	10:09.57
	Heptathlon	2012	3rd	2,915
Josh Sigman	Weight throw	2017	1st	60' 8.75"
Kalvin Singletary	Hepthalon	2006	3rd	5,094
Jesse Smith	3,000m run	2017	2nd	8:19.13
Chris Speaks	5,000m run	2017	3rd	14:41.14
William Stark	60m hurdles	2015	3rd	8.21
	Triple jump	2013	3rd	49' 6.5"
Karique Stephen	Long jump	2000	3rd	24' 1.75"
Chris Stewart	Long jump	2001	2nd	23' 2"
	200m dash	2002	2nd	21.90
	Long jump	2002	2nd	24' 4.25"
	Pole vault	1996	3rd	16' 4.75"
	Pole vault	1997	1st	16' 7.5"
	Pole vault	1998	1st	17' 1.5"
	Pole vault	1999	1st	16' 8.25"
	Pole vault	2016	3rd	16' 5.5"
Ashton Summers	4x400 relay	2005	1st	3:18.71
D. D. Terry	4x400 relay	2006	1st	3:17.24
John Thomas	60m hurdles	2007	2nd	8.02
	60m hurdles	2010	3rd	8.07
	4x400 relay	2007	1st	3:16.75
	4x400 relay	2010	3rd	3:15.51
Raul Villarreal	3000m run	2004	1st	8:30.21
	5000m run	2004	1st	14.46.75
Tony Vining	Distance medley	2000	1st	10:10.06
Matthew Viverette	60m hurdles	2013	1st	8.01
	60m hurdles	2014	1st	8.01
	Distance medley	2013	2nd	10:11.18
	Distance medley	2014	3rd	10:09.57
	4x400m relay	2014	2nd	3:13.17
	Long jump	2013	1st	24' 6.25"
Charles White	Triple jump	2013	1st	51' 8.25"
	Triple jump	2014	2nd	50'
Antwaine Williams	Distance medley	2000	1st	10:10.06
Adam Wooten	60m dash	2005	2nd	6.84

INDOOR SCHOOL RECORDS

*Designates mark at Southland Indoor Championship

SHOT PUT

59' 3.5"	Chris Gonzalez	1996	Baton Rouge
58' 11.5"	Chris Gonzalez	1997	Fort Worth*
58' 1.5"	Chris Gonzalez	1996	Oklahoma City
57' 8.5"	Chris Gonzalez	1996	Fort Worth*
56' 9.75"	Jacob Shultz	2011	Norman*

Other Top Individuals

55' 11.75"	Christian Ehrenbort	2006	Houston*
55' 7.5"	Preston Sanders	2011	Norman*
55' 7"	Kalvin Singletary	2017	Birmingham*
54' 3"	Jim Grier	1991	Monroe*

WEIGHT THROW

67' 3.5"	Chris Cralle	2011	Houston
66' 7"	Kalvin Singletary	2017	Albuquerque
64' 8"	Kalvin Singletary	2017	Dallas
63' 11.75"	Brek Christensen	2014	Houston
63' 10.5"	Brek Christensen	2014	Birmingham*
63' 3.25"	Brek Christensen	2014	Birmingham*
60' 9.25"	Brek Christensen	2013	Wichita
60' 8.75"	Kalvin Singletary	2017	Birmingham*
60' 6.75"	Jason Russell	2011	Norman*
58' 10.25"	Aaron Akens	2017	Albuquerque
58' 8.75"	Joshua Hernandez	2017	Albuquerque
58' 1.25"	Aaron Akens	2017	Birmingham*
56' 11.25"	Trevor Sealy	2012	Norman*
56' 11.25"	Joshua Hernandez	2017	Birmingham*

HIGH JUMP

7' 1.75"	Tyler Adams	2015	Lubbock
7' 1.5"	Tyler Adams	2016	Birmingham*
7' 1"	Quinton McLeod	1997	Lake Charles
7' 1"	Tyler Adams	2015	Birmingham*
7' 0.25"	Tyler Adams	2015	College Station
6' 11.5"	Quinton McLeod	1997	Southland

Other Top Individuals

6' 10.75"	Tyler Adams	2017	Birmingham*
6' 10.25"	Tyler Adams	2017	College Station
6' 10"	Matt Herzog	1995	Oklahoma City
6' 9.5"	Gary Davidson	1991	Monroe*
6' 9"	Chris Nelson	2009	Houston*

LONG JUMP

24' 7.5"	Chris Stewart	2000	Houston
24' 6.25"	C. J. Patterson	2010	Norman*
24' 6.25"	Charles White	2013	Norman*
24' 5"	Charles White	2013	Norman
24' 4.25"	Chris Stewart	2002	Houston*

Other Top Individuals

24' 3.75"	Calvin Robinson	1999	Houston*
24' 3.75"	A. J. Edwards	2010	Norman*

TRIPLE JUMP

51' 11.75"	Chris Gilchrist	2010	Norman*
51' 0.75"	Charles White	2014	Birmingham*
51' 8.25"	Charles White	2013	Norman*
51' 0.75"	Charles White	2013	Wichita
50' 10.25"	Roderick Allen	1999	Houston*

Other Top Individuals

50' 5.75"	A. J. Edwards	2011	Norman*
49' 11"	Calvin Robinson	1999	Houston*

POLE VAULT

17' 8.5"	Garrett Larson	2016	Houston
17' 6.5"	Garrett Larson	2016	Albuquerque
17' 5.5"	Garrett Larson	2016	Baton Rouge
17' 4.5"	Jay Roberson	2015	Albuquerque
17' 4.5"	Garrett Larson	2017	Houston
17' 2"	Matt Adkisson	2007	Fayetteville
17' 1.5"	Shane Stewart	1998	Fort Worth*
17' 0.75"	Jay Roberson	2017	Dallas
17' 0"	Shane Stewart	1998	Lake Charles
16' 11"	Garrett Larson	2017	Birmingham*
16' 11"	Randy Flach	2004	Pocatello
16' 9.5"	Garrett Larson	2016	Birmingham*
16' 8.75"	Travis Matthews	2008	Houston*

55 METERS

6.36	Chris Foster	1998	Fort Worth*
6.36	D. D. Terry	2005	Houston
6.38	Joey Foster	1998	Lake Charles
6.38	D. D. Terry	2005	Houston
6.40	Aaron Smith	1992	Oklahoma City
6.40	Tyrone Lee	2006	Houston

Marks Achieved at Altitude (>3,000 feet)

6.33	Courtney Boston	2004	Fort Worth*
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60 METERS

6.70#	Chris Jefferson	2017	Birmingham*
6.73	TyMagic Robinson	2009	Houston*
6.74	Chris Jefferson	2017	Albuquerque
6.75	Justin Jenkins	2016	Albuquerque
6.75	Chris Foster	2000	Houston
6.75	Courtney Boston	2002	Houston*
6.77	Tyrone Lee	2006	Houston*
6.77	Chris Jefferson	2017	Frisco
6.78	Adam Wooten	2005	Houston
6.78#	Justin Jenkins	2015	Birmingham*
6.78#	Chris Jefferson	2016	College Station

200 METERS

20.09	Rodney Jones	2013	Norman*
21.26#	Justin Jenkins	2016	Birmingham*
21.29#	Chris Jefferson	2016	Albuquerque
21.37#	Rodney Jones	2015	Birmingham*
21.38	Chris Jefferson	2017	Albuquerque
21.44	Chris Jefferson	2017	Birmingham*
21.46	Rodney Jones	2015	Albuquerque
21.48#	Chris Jefferson	2016	College Station
21.51#	Michael Courtney	2007	Fayetteville
21.55#	Lane Dennis	2007	Fayetteville
21.56#	Justin Jenkins	2016	College Station
21..61#	Chris Jefferson	2015	College Station
21.62#	Justin Jenkins	2016	Birmingham*
21.68	Chris Foster	1998	Fort Worth*
21.68#	Justin Jenkins	2016	Birmingham*

400 METERS

45.96#	Michael Courtney	2010	Fayetteville
46.46#	Michael Courtney	2010	Fayetteville
46.97#	Rodney Jones	2015	Birmingham*
47.08	Rodney Jones	2015	Albuquerque
47.15#	Rodney Jones	2015	College Station

Other Top Individuals

47.47	D. J. Hayes	2011	Wichita
47.80	Chris Edison	2006	Houston*
47.96	Eric Pouncy	2016	Houston

600 YARDS

1:11.94#	D. J. Hayes	2011	Lubbock
1:12.07#	Roger Rueweler	2011	Ames
1:12.78#	Roger Rueweler	2011	Lubbock
1:14.18#	Jay Newman	2011	Lubbock
1:18.34#	Joseph Anderson	2011	Lubbock

600 METERS

1:15.03	Freddy Arellano	2013	Norman
1:22.81	Roger Rueweler	2010	Lake Charles

800 METERS

1:48.42	Jeffrey Moore	2016	Houston
1:50.26	Jeffrey Moore	2017	South Bend, IN
1:51.46#	Jeffrey Moore	2017	Birmingham*
1:51.56	Robert Monticone	2016	Houston
1:51.58#	Jeffrey Moore	2015	Birmingham*
1:52.00#	Jeffrey Moore	2016	Birmingham*
1:52.13#	De'Quad Binder	2014	Birmingham*
1:52.34	Jeffrey Moore	2015	Albuquerque
1:52.64	Joe Amburn	2003	Houston
1:53.53	De'Quad Binder	2014	College Station

Marks Achieved at Altitude (>3,000 feet)

1:49.26	Jeffrey Moore	2016	Albuquerque
1:53.40	Robert Monticone	2016	Albuquerque

Other Top Individuals

1:53.62	Jeffrey Moore	2016	Baton Rouge
1:53.86#	Jeffrey Moore	2017	Birmingham*
1:54.15#	Roger Rueweler	2011	Ames
1:54.20	Calvin White	1994	Lake Charles

1000 METERS

2:32.09	Freddy Arellano	2012	Norman
2:33.24	Clint Anders	2012	Norman
2:33.57#	Kennedy Howard	2015	College Station
2:34.77#	Robert Monticone	2015	College Station
2:34.48	Clint Anders	2013	Norman

Other Top Individuals

2:34.82#	Matt Stephenson	2009	College Station
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MILE RUN

4:11.37	Jeffrey Moore	2017	Houston
4:12.02	Joe Amburn	2003	Houston*
4:13.14#	Jeffrey Moore	2016	College Station
4:13.97	Joe Amburn	2003	Houston
4:14.22#	Jeffrey Moore	2015	College Station
4:15.63	Joe Amburn	2002	Houston*
4:15.66	John Scholl	1996	Fort Worth*
4:15.79#	Jeffrey Moore	2017	Birmingham*

Other Top Individuals

4:15.66	Derek Koonts	1999	Houston*
4:16.28	Chris Speaks	2017	Houston
4:16.91#	Evan Arambula	2015	College Station

3,000 METERS

8:19.13#	Chris Speaks	2017	Birmingham*
8:23.02#	Chris Speaks	2016	College Station
8:24.38	Chris Speaks	2017	Albuquerque
8:24.44	Morten Munkholm	2007	Houston
8:27.03	Thomas Johansson	2006	Houston
8:27.43	Brandon Moseley	2006	Houston
8:28.83	Morten Munkholm	2007	Houston*
8:29.54	Morten Munkholm	2007	Baton Rouge
8:30.21	Raul Villarreal	2004	Houston*
8:33.67	Chris Toman	1996	Fort Worth*

5,000 METERS

14:28.40#	Chris Speaks	2016	Birmingham*
14:34.68	Chris Speaks	2017	Albuquerque
14:41.14#	Chris Speaks	2017	Birmingham*
14:42.04	Chris Speaks	2016	Azusa, CA
14:43.11#	Raul Villarreal	2004	South Bend
14:46.75	Raul Villarreal	2004	Houston*
14:51.86	Morten Munkholm	2007	Houston*
14:53.92	Brandon Moseley	2005	Houston*
14:54.94	Josh Hawkins	2006	Houston*

55 METER HURDLES

7.45	Cecil Sheffield	1989	Monroe*
7.65	David Pluss	1998	Fort Worth*
7.69	John Cordes	1997	Fort Worth*
7.74	Jesse Smith	2006	Houston

Marks Achieved at Altitude (>3000 ft)

7.46	Scottie Jones	2011	Lubbock
7.56	Adrian Ray	2004	Pocatello
7.61	John Thomas	2008	Lubbock
7.67	Matthew Johnson	2011	Lubbock

60 METER HURDLES

7.85	Adrian Ray	2004	Baton Rouge
7.89	Adrian Ray	2003	Houston*
7.92	Adrian Ray	2003	Houston
7.92	Adrian Ray	2004	Houston*
8.01	Adrian Ray	2003	Houston
8.01	Matthew Viverette	2013	Twice

Other Top Individuals

8.02	John Thomas	2007	Houston*
8.03	Scottie Jones	2010	Norman*
8.05	William Stark	2016	Birmingham*
8.07	William Stark	2016	Albuquerque
8.10	Matthew Johnson	2011	Ames

PENTATHLON

3,515	James Thomas	2003	Houston*
3,494	Josh Sigmon	2012	Norman*
3,448	Shandy Oncken	2003	Houston*
3,386	Aaron Lininger	2003	Houston*
3,099	Bryce Miller	2003	Houston*

HEPTATHLON

5,563	Matthew Johnson	2011	Norman*
5,509	Matthew Johnson	2013	Norman*
5,463	Tyler Adams	2017	Birmingham*
5,381	Matthew Johnson	2011	Houston
5,277	Tyler Adams	2016	Birmingham*
5,221	Tyler Adams	2015	Birmingham*
5,158	Randy Flach	2004	Houston*
5,105	Jay Roberson	2015	Birmingham*
5,094	Jesse Smith	2006	Houston*

4x400 RELAY

3:11.16#	Lane Dennis, Michael Courtney, John Thomas, Chris Edison	2007	Fayetteville
3:13.11#	Jay Newman, Roger Rueweler, John Thomas, Michael Courtney	2010	College Station
3:13.17#	Matthew Viverette, Alex Gilreath, De'Quad Binder, Rodney Jones	2014	Birmingham*
3:15.68	Jeffrey Moore, Kevin Beasley, Robert Monticone, Eric Pouncy	2016	Albuquerque
3:15.30	Jay Newman, John Thomas, Roger Rueweler, Michael Courtney	2010	Norman
3:15.68	Jeffrey Moore, Kevin Beasley, Robert Monticone, Eric Pouncey	2016	Albuquerque
3:16.51	Trey Jones-Jarrick Wright, Rodney Jones-Brian Helaire	2013	Wichita
3:16.66	Kevin Beasley, William Stark, Jeffrey Moore, Ethan Woods	2017	Birmingham*
3:16.75	Lane Dennis, Michael Courtney, John Thomas, Chris Edison	2007	Houston*

TWO MILE RELAY

8:06.8	Jon Stone, Jeff Rodanski, Scott Heaton, Calvin White	1993	Monroe*
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DISTANCE MEDLEY RELAY (4000m)

10:04.43	Chris Sparks, William Stark, Evan Arambula, Jeffrey Moore	2017	Birmingham*
10:05.09	Evan Arambula, Kevin Beasley, Robert Monticone, Chris Speaks	2016	Birmingham*
10:05.15#	Jeffrey Moore, Robert Monticone, Kennedy Howard, Evan Arambula	2016	College Station
10:05.84	Joe Amburn, Brad Buegler, Keith Jensen, Raul Villarreal	2003	Houston
10:09.57	Lucio Rosas, Matthew Viverette, De'Quad Binder, Karl Schreiber	2014	Birmingham*
10:10.06	Tony Vining, Antwaine Williams, Joe Amburn, Derek Koonts	2000	Houston
10:11.18	Clint Anders, Matt Viverette, Freddy Arellano, Karl Schreiber	2013	Norman*