

Conference USA
Indoor Track & Field Championships
CrossPlex, Birmingham, AL - 2/18/2023 to 2/19/2023
Results

Women 60 Meter Dash**8 Advance: Top 2 Each Heat plus Next 2 Best Times**

C-USA Meet: # 7.13 2/24/2013 Aurieyall Scott, UCF

CrossPlex: S 7.04 3/11/2022 Julien Alfred, Texas

Name	Year	School	Seed	Prelims	H#
Preliminaries					
1 Denae McFarlane	SO	UTEP	7.39	7.39Q	3 7.382
2 Niesha Burgher	JR	UTEP	7.33	7.39Q	2 7.384
3 Kennedy Gamble	JR	Rice	7.42	7.47Q	1 7.461
4 Ulanda Lewis	FR	Louisiana Tech	7.51	7.47Q	2 7.465
5 Lynnika Vance	JR	Mid. Tenn. State	7.61	7.52Q	3
6 Joyasia Smith	FR	Charlotte	7.60	7.53Q	1
7 Aniya Matthews	SO	Charlotte	7.52	7.50q	2
8 Ta-halia Fairman	JR	Charlotte	7.45	7.54q	1
9 Lauren Roy	SO	UTSA	7.50	7.55	3
10 Imani Rivas	JR	Charlotte	7.63	7.57	2
11 Cara Simpson	SR	Florida Atlantic	7.52	7.59	3
12 Saniya Friendly	FR	Rice	7.57	7.62	1
13 Abraiya Elam	SO	Florida Atlantic	7.71	7.67	3
14 Tamyah Derrough	SO	North Texas	7.71	7.69	1
15 Alika Crawford	SO	North Texas	7.76	7.70	3
16 Thennelle Williams	SO	UTSA	7.69	7.73	2
17 Lauren Brown	SO	North Texas	7.83	7.75	2
18 Janai Williams	FR	North Texas	7.93	7.83	3
19 Asia Hodge	SO	UTEP	7.83	7.89	2
20 Madison Thomas	JR	UAB	8.16	8.09	1
21 DaLoria Boone	JR	Louisiana Tech	7.73	8.10	1

Women 60 Meter Dash

C-USA Meet: # 7.13 2/24/2013 Aurieyall Scott, UCF

CrossPlex: S 7.04 3/11/2022 Julien Alfred, Texas

Name	Year	School	Prelims	Finals	Points
Finals					
1 Ulanda Lewis	FR	Louisiana Tech	7.47	7.36	10
2 Niesha Burgher	JR	UTEP	7.39	7.38	8
3 Denae McFarlane	SO	UTEP	7.39	7.41	6
4 Kennedy Gamble	JR	Rice	7.47	7.49	5
5 Lynnika Vance	JR	Mid. Tenn. State	7.52	7.51	4
6 Aniya Matthews	SO	Charlotte	7.50	7.57	3
7 Ta-halia Fairman	JR	Charlotte	7.54	7.58	2
8 Joyasia Smith	FR	Charlotte	7.53	7.60	1

Women 200 Meter Dash**Top 8 Advance by Time**

Finals preferred lanes 5-6-4-3

C-USA Meet: # 22.91 2/24/2013 Aurieyall Scott, UCF

CrossPlex: S 22.16 3/12/2022 Abby Steiner, Kentucky

Name	Year	School	Seed	Prelims	H#
Preliminaries					
1 Niesha Burgher	JR	UTEP	23.24	23.59q	7

Conference USA
Indoor Track & Field Championships
CrossPlex, Birmingham, AL - 2/18/2023 to 2/19/2023
Results

....Women 200 Meter Dash

2	Joyasia Smith	FR Charlotte	24.01	23.89q	3
3	Ta-halia Fairman	JR Charlotte	23.59	24.11q	5
4	Lauren Roy	SO UTSA	24.23	24.20q	1
5	Denae McFarlane	SO UTEP	24.01	24.25q	2
6	Aniya Matthews	SO Charlotte	24.23	24.31q	6
7	Marissa Simpson	SO UTEP	24.16	24.43q	1
8	Kennedy Gamble	JR Rice	23.96	24.58q	4
9	Oghenekaro Brume	SO UTEP	24.15	24.65	6
10	Janai Williams	FR North Texas	24.98	24.79	7
11	Cara Simpson	SR Florida Atlantic	24.79	24.84	3
12	Glory Nyenke	SR Mid. Tenn. State	24.67	24.86	2
13	Abraiya Elam	SO Florida Atlantic	25.09	24.91	5
14	Alika Crawford	SO North Texas	24.90	24.98	5
15	Saniya Friendly	FR Rice		25.06	3
16	Imani Rivas	JR Charlotte	24.86	25.10	4
17	Tamyah Derrough	SO North Texas	24.91	25.15	7
18	Lauren Brown	SO North Texas	25.50	25.32	2
19	Macy Burnham	JR North Texas	25.52	25.33	6
20	Asia Hodge	SO UTEP	25.19	25.36	4
21	Gerald Barron	SR UTSA	25.50	25.46	3
22	Breyanna Chambliss	SO Florida Atlantic	26.45	26.06	1
23	Thennelle Williams	SO UTSA	26.86	26.13	6
24	Chinique Brown	SO UTEP	26.04	26.21	1
25	Madison Thomas	JR UAB	27.32	26.59	2

Women 200 Meter Dash

Finals preferred lanes 5-6-4-3

C-USA Meet: # 22.91 2/24/2013 Aurieyall Scott, UCF

CrossPlex: S 22.16 3/12/2022 Abby Steiner, Kentucky

Name	Year	School	Prelims	Finals	H#	Points
Finals						
1	Niesha Burgher	JR UTEP	23.59	23.29	2	10
2	Ta-halia Fairman	JR Charlotte	24.11	23.77	1	8
3	Joyasia Smith	FR Charlotte	23.89	23.77	2	6
4	Lauren Roy	SO UTSA	24.20	24.00	1	5
5	Denae McFarlane	SO UTEP	24.25	24.23	2	4
6	Aniya Matthews	SO Charlotte	24.31	24.35	1	3
7	Kennedy Gamble	JR Rice	24.58	24.38	1	2
8	Marissa Simpson	SO UTEP	24.43	24.78	2	1

Women 400 Meter Dash**Top 8 Advance by Time**

Finals preferred lanes 5-6-4-3

C-USA Meet: # 52.77 2/18/2018 Abike Egbeniyi, Middle TN

CrossPlex: S 50.69 3/12/2016 Courtney Okolo, Texas

Name	Year	School	Seed	Prelims	H#
Preliminaries					
1	Maya Singletary	SR Charlotte	53.16	53.35q	4
	25.055 (25.055)	53.349 (28.294)			

Conference USA
Indoor Track & Field Championships
CrossPlex, Birmingham, AL - 2/18/2023 to 2/19/2023
Results

....Women 400 Meter Dash

2	Glory Nyenke	SR Mid. Tenn. State	55.46	55.43q	6
	25.938 (25.938)	55.421 (29.484)			
3	Loubna Benhadja	SO UTEP	55.12	55.65q	2
	25.605 (25.605)	55.644 (30.039)			
4	Alanah Yukich	SR UTSA	55.50	55.97q	1
	25.869 (25.869)	55.964 (30.096)			
5	Leonie Beu	SO Mid. Tenn. State	57.44	56.19q	2
	26.654 (26.654)	56.183 (29.529)			
6	Marie Duvigneau	SR UTSA	56.47	56.53q	1
	26.737 (26.737)	56.529 (29.793)			
7	Faith Tarver	SO Louisiana Tech	56.87	56.55q	5
	26.604 (26.604)	56.548 (29.944)			
8	Oghenekaro Brume	SO UTEP	55.16	56.56q	5
	25.998 (25.998)	56.552 (30.555)			
9	Kendahl Tucker	FR North Texas	56.18	56.75	3
	26.228 (26.228)	56.748 (30.520)			
10	Ariana Rivera	JR Charlotte	57.74	56.84	4
	26.394 (26.394)	56.840 (30.447)			
11	Arayna Mickles	SO Rice	56.26	57.31	3
	26.283 (26.283)	57.303 (31.020)			
12	Ibiso David-West	SO UTSA	57.92	57.41	2 57.405
	26.341 (26.341)	57.405 (31.065)			
13	Gerald Barron	SR UTSA	59.32	57.41	1 57.409
	26.292 (26.292)	57.409 (31.118)			
14	Carshaylah Harrison	SR UTEP	57.89	57.65	4
	27.068 (27.068)	57.642 (30.574)			
15	Victoria Porter	SR Charlotte	56.73	57.97	6
	26.492 (26.492)	57.962 (31.470)			
16	Macy Burnham	JR North Texas	58.64	58.11	5
	26.982 (26.982)	58.103 (31.122)			
17	Chinazaekpere Okoye	FR North Texas	59.76	58.30	3
	26.841 (26.841)	58.295 (31.454)			
18	Nariah Parks	SO Louisiana Tech	59.05	58.91	6
	27.499 (27.499)	58.908 (31.409)			
19	Melissa Mundell	SO Florida Atlantic	59.99	59.39	1
	26.889 (26.889)	59.386 (32.498)			
20	Mackenzie Grimes	SR UTSA	59.51	59.47	3
	27.010 (27.010)	59.467 (32.458)			
21	Chanel Honeywell	FR Louisiana Tech	1:00.13	1:00.87	6
	27.072 (27.072)	1:00.868 (33.796)			
22	Sydney Bogan	SO Rice	1:01.93	1:01.24	5
	27.211 (27.211)	1:01.234 (34.023)			
23	Madison Rabe	FR Western Kentucky	1:02.42	1:01.28	2
	27.578 (27.578)	1:01.271 (33.694)			
24	Tylan Jamison	FR Mid. Tenn. State	1:07.57	1:08.32	4
	31.032 (31.032)	1:08.319 (37.288)			

Conference USA
Indoor Track & Field Championships
CrossPlex, Birmingham, AL - 2/18/2023 to 2/19/2023
Results

Women 400 Meter Dash

Finals preferred lanes 5-6-4-3

C-USA Meet: # 52.77 2/18/2018 Abike Egbeniyi, Middle TN

CrossPlex: S 50.69 3/12/2016 Courtney Okolo, Texas

Name	Year	School	Prelims	Finals	H#	Points
Finals						
1 Maya Singletary	SR	Charlotte	53.35	53.33	2	10
23.940 (23.940)		53.330 (29.390)				
2 Glory Nyenke	SR	Mid. Tenn. State	55.43	54.00	2	8
25.420 (25.420)		54.000 (28.580)				
3 Loubna Benhadja	SO	UTEP	55.65	55.29	1	6
25.360 (25.360)		55.290 (29.930)				
4 Alanah Yukich	SR	UTSA	55.97	55.51	1	5
25.658 (25.658)		55.508 (29.850)				
5 Oghenekaro Brume	SO	UTEP	56.56	55.69	1	4
25.263 (25.263)		55.690 (30.428)				
6 Faith Tarver	SO	Louisiana Tech	56.55	55.92	2	3
26.057 (26.057)		55.920 (29.863)				
7 Marie Duvigneau	SR	UTSA	56.53	56.65	1	2
26.582 (26.582)		56.644 (30.062)				
8 Leonie Beu	SO	Mid. Tenn. State	56.19	57.07	2	1
26.067 (26.067)		57.069 (31.002)				

Women 800 Meter Run**8 Advance: Top 2 Each Heat plus Next 2 Best Times**

2-alley start; 2-turn stagger

C-USA Meet: # 2:07.43 2/25/2006 Jenny Holmroos, UTEP

CrossPlex: S 2:01.37 3/12/2022 Lindsey Butler, Virginia Tech

Name	Year	School	Seed	Prelims	H#
Preliminaries					
1 Jessica Lambert	JR	Florida Atlantic	2:06.98	2:13.15Q	1
32.104 (32.104)		1:04.442 (32.338)	1:37.394 (32.953)	2:13.149 (35.755)	
2 Taigen Hunter-Galvan	JR	Rice	2:10.68	2:15.63Q	3
31.703 (31.703)		1:06.897 (35.194)	1:42.397 (35.501)	2:15.621 (33.224)	
3 Alyssa Balandran	SR	Rice	2:09.16	2:16.24Q	2
32.308 (32.308)		1:07.675 (35.368)	1:42.461 (34.786)	2:16.231 (33.770)	
4 Karoline Daland	SR	Charlotte	2:15.76	2:13.29Q	1
32.595 (32.595)		1:05.516 (32.922)	1:39.465 (33.949)	2:13.288 (33.823)	
5 Pamela Milano	SO	Mid. Tenn. State	2:16.82	2:16.01Q	3
31.841 (31.841)		1:07.137 (35.297)	1:42.844 (35.707)	2:16.009 (33.166)	
6 Abbygail Balli	JR	UTSA	2:14.11	2:16.45Q	2
32.857 (32.857)		1:08.173 (35.316)	1:42.919 (34.746)	2:16.449 (33.530)	
7 Sarah Bechtel	SO	Charlotte	2:16.72	2:16.39q	3
32.639 (32.639)		1:07.613 (34.974)	1:43.159 (35.546)	2:16.381 (33.222)	
8 Daira Deicmane	SR	FIU	2:15.97	2:16.58q	2
32.455 (32.455)		1:07.733 (35.278)	1:42.528 (34.795)	2:16.578 (34.050)	
9 Leonarda Farkas	JR	FIU	2:15.88	2:16.70	1
32.405 (32.405)		1:05.282 (32.878)	1:39.624 (34.342)	2:16.697 (37.073)	
10 Cici Calhoun	FR	Rice		2:16.98	2
32.525 (32.525)		1:07.947 (35.422)	1:42.701 (34.755)	2:16.971 (34.270)	
11 Alicia Abalos Cervera	JR	UAB	2:19.40	2:17.38	2
32.697 (32.697)		1:08.148 (35.452)	1:43.681 (35.534)	2:17.380 (33.699)	

Conference USA
Indoor Track & Field Championships
CrossPlex, Birmingham, AL - 2/18/2023 to 2/19/2023
Results

....Women 800 Meter Run

12 Regina Harris	JR UAB	2:21.23	2:18.39	1
32.470 (32.470)	1:06.168 (33.698)	1:42.529 (36.362)	2:18.389 (35.860)	
13 Darcey Lonsdale	FR Rice	2:21.46	2:18.53	2
32.787 (32.787)	1:08.422 (35.635)	1:44.213 (35.792)	2:18.521 (34.308)	
14 Rosa Ten Berg	FR Florida Atlantic	2:12.18	2:19.46	3
32.018 (32.018)	1:07.237 (35.220)	1:43.603 (36.366)	2:19.456 (35.854)	
15 Victoria Datta	SO Louisiana Tech	2:23.32	2:20.58	3
32.309 (32.309)	1:07.519 (35.210)	1:43.399 (35.880)	2:20.579 (37.180)	
16 Addie Frisch	FR Western Kentucky	2:25.58	2:20.69	1
32.740 (32.740)	1:07.310 (34.571)	1:44.648 (37.338)	2:20.687 (36.039)	
17 Luzaan de Wit	SO UTSA		2:21.07	3
32.914 (32.914)	1:08.078 (35.164)	1:44.220 (36.142)	2:21.065 (36.845)	
18 Francisca Jebor	SR Mid. Tenn. State	2:19.51	2:21.21	1
32.320 (32.320)	1:05.328 (33.008)	1:42.809 (37.482)	2:21.201 (38.392)	
19 Joy Baxter	SO UTSA	2:24.78	2:21.45	1
32.614 (32.614)	1:06.624 (34.011)	1:43.474 (36.850)	2:21.444 (37.970)	
20 Maddy Blair	SO UTSA	2:26.86	2:22.78	3
32.513 (32.513)	1:07.793 (35.280)	1:44.287 (36.494)	2:22.778 (38.492)	
21 Heidi Scali	FR FIU	2:24.43	2:24.86	2
34.147 (34.147)	1:10.111 (35.964)	1:46.965 (36.855)	2:24.853 (37.888)	
22 Emma Campbell	FR Western Kentucky	2:26.37	2:25.79	2
32.941 (32.941)	1:08.281 (35.341)	1:46.247 (37.966)	2:25.781 (39.535)	
23 Adrianna Mier	FR Florida Atlantic	2:22.47	2:30.59	3
32.461 (32.461)	1:08.316 (35.856)	1:47.303 (38.987)	2:30.582 (43.280)	

Women 800 Meter Run

=====

2-alley start; 2-turn stagger

C-USA Meet: # 2:07.43 2/25/2006 Jenny Holmroos, UTEP

CrossPlex: S 2:01.37 3/12/2022 Lindsey Butler, Virginia Tech

Name	Year	School	Prelims	Finals	Points
------	------	--------	---------	--------	--------

=====

Finals

1 Jessica Lambert	JR Florida Atlantic	2:13.15	2:08.54	10
31.974 (31.974)	1:06.213 (34.239)	1:37.551 (31.338)	2:08.535 (30.984)	
2 Alyssa Balandran	SR Rice	2:16.24	2:08.65	8
31.558 (31.558)	1:06.402 (34.844)	1:38.368 (31.967)	2:08.648 (30.280)	
3 Taigen Hunter-Galvan	JR Rice	2:15.63	2:10.64	6
32.367 (32.367)	1:06.520 (34.153)	1:38.633 (32.114)	2:10.633 (32.000)	
4 Karoline Daland	SR Charlotte	2:13.29	2:13.55	5
32.450 (32.450)	1:06.797 (34.348)	1:40.006 (33.210)	2:13.544 (33.538)	
5 Pamela Milano	SO Mid. Tenn. State	2:16.01	2:13.97	4
32.226 (32.226)	1:06.972 (34.746)	1:40.588 (33.616)	2:13.966 (33.378)	
6 Abbygail Balli	JR UTSA	2:16.45	2:14.40	3
32.656 (32.656)	1:07.186 (34.530)	1:40.710 (33.524)	2:14.397 (33.688)	
7 Daira Deicmane	SR FIU	2:16.58	2:14.42	2
32.096 (32.096)	1:06.672 (34.576)	1:40.738 (34.066)	2:14.417 (33.679)	
8 Sarah Bechtel	SO Charlotte	2:16.39	2:16.12	1
32.650 (32.650)	1:07.053 (34.403)	1:40.852 (33.799)	2:16.114 (35.262)	

Conference USA
Indoor Track & Field Championships
CrossPlex, Birmingham, AL - 2/18/2023 to 2/19/2023
Results

Women 1 Mile Run**10 Advance: Top 2 Each Heat plus Next 4 Best Times**

=====

2-alley start; 2-turn stagger

C-USA Meet: # 4:37.53 2/21/2021 Grace Forbes, Rice

CrossPlex: S 4:33.13 3/11/2022 Sintayehu Vissa, Ole Miss

Name	Year	School	Seed	Prelims	H#
=====					
Preliminaries					
1 Caitlin Wosika	SR	Rice	4:53.74	4:59.26Q	3
37.979 (37.979)	1:17.819	(39.841)	1:56.297 (38.478)	2:34.157 (37.860)	
3:10.960 (36.804)	3:48.605	(37.646)	4:25.217 (36.612)	4:59.255 (34.038)	
2 Joice Jebor	SR	Mid. Tenn. State	5:04.91	5:01.04Q	2
37.626 (37.626)	1:14.654	(37.029)	1:52.887 (38.233)	2:31.878 (38.991)	
3:10.624 (38.746)	3:49.545	(38.922)	4:27.507 (37.962)	5:01.036 (33.529)	
3 Purity Sanga	SR	Mid. Tenn. State	4:48.24	5:02.11Q	1
39.830 (39.830)	1:18.031	(38.201)	1:56.281 (38.250)	2:35.076 (38.796)	
3:14.439 (39.364)	3:51.809	(37.370)	4:28.182 (36.373)	5:02.103 (33.922)	
4 Lauren Johnston	SO	Charlotte	4:53.36	4:59.38Q	3
37.815 (37.815)	1:17.583	(39.769)	1:56.293 (38.710)	2:34.319 (38.026)	
3:10.995 (36.677)	3:48.613	(37.618)	4:25.301 (36.688)	4:59.380 (34.080)	
5 Karoline Daland	SR	Charlotte	4:50.28	5:01.26Q	2
37.318 (37.318)	1:14.408	(37.090)	1:52.668 (38.260)	2:31.632 (38.964)	
3:10.417 (38.786)	3:49.294	(38.878)	4:27.258 (37.964)	5:01.256 (33.998)	
6 Abbygail Balli	JR	UTSA	5:00.99	5:02.31Q	1
39.060 (39.060)	1:17.582	(38.522)	1:56.019 (38.437)	2:34.795 (38.776)	
3:14.165 (39.370)	3:51.981	(37.817)	4:28.301 (36.320)	5:02.305 (34.004)	
7 Mercy Chepkurui	JR	Mid. Tenn. State	5:04.14	5:00.68q	3
38.245 (38.245)	1:18.115	(39.870)	1:56.564 (38.450)	2:34.619 (38.056)	
3:11.466 (36.847)	3:48.910	(37.444)	4:26.030 (37.120)	5:00.673 (34.643)	
8 Amelie Attenborough	FR	Rice	4:58.18	5:01.47q	2
38.324 (38.324)	1:14.864	(36.540)	1:53.127 (38.263)	2:32.021 (38.894)	
3:10.540 (38.519)	3:49.329	(38.790)	4:27.281 (37.952)	5:01.466 (34.185)	
9 Madison Henry	SR	UTSA	5:09.96	5:03.27q	3
38.136 (38.136)	1:18.283	(40.148)	1:56.559 (38.276)	2:34.603 (38.044)	
3:11.568 (36.965)	3:49.137	(37.569)	4:26.613 (37.477)	5:03.270 (36.657)	
10 Ava White	FR	Rice	5:03.49	5:03.65q	1
38.869 (38.869)	1:17.435	(38.566)	1:56.049 (38.614)	2:34.870 (38.822)	
3:14.241 (39.372)	3:51.520	(37.279)	4:28.155 (36.636)	5:03.645 (35.490)	
11 Anabell Reumann	FR	Florida Atlantic	5:07.00	5:04.49	1
38.679 (38.679)	1:17.329	(38.650)	1:55.793 (38.465)	2:34.621 (38.828)	
3:14.001 (39.380)	3:51.777	(37.776)	4:28.639 (36.862)	5:04.484 (35.846)	
12 Jordan Stevens	JR	Florida Atlantic	5:08.88	5:06.81	2
37.820 (37.820)	1:14.761	(36.941)	1:52.958 (38.197)	2:31.978 (39.020)	
3:10.820 (38.843)	3:49.760	(38.940)	4:28.665 (38.906)	5:06.810 (38.146)	
13 Sangie Lincoln-Velez	FR	UAB	5:03.79	5:07.26	2
37.343 (37.343)	1:14.384	(37.041)	1:52.644 (38.260)	2:31.632 (38.988)	
3:10.408 (38.776)	3:49.522	(39.115)	4:28.528 (39.006)	5:07.252 (38.724)	
14 Paige Saiz	JR	Florida Atlantic	5:08.80	5:10.32	1
39.027 (39.027)	1:17.399	(38.373)	1:55.808 (38.409)	2:34.611 (38.804)	
3:14.025 (39.414)	3:52.935	(38.910)	4:32.315 (39.380)	5:10.315 (38.001)	
15 Hannah Buchanan	FR	FIU	5:13.31	5:12.87	2
39.080 (39.080)	1:16.640	(37.560)	1:55.380 (38.740)	2:34.591 (39.212)	
3:15.100 (40.509)	3:56.511	(41.412)	4:36.552 (40.041)	5:12.864 (36.313)	

Conference USA
Indoor Track & Field Championships
CrossPlex, Birmingham, AL - 2/18/2023 to 2/19/2023
Results

....Women 1 Mile Run

16 Rylee Evans	FR Western Kentucky	5:26.76	5:12.92	1
39.283 (39.283)	1:17.885 (38.602)	1:56.526 (38.642)	2:35.331 (38.805)	
3:14.935 (39.605)	3:53.661 (38.726)	4:34.359 (40.698)	5:12.911 (38.553)	
17 Savannah Lopez	FR UTSA	5:16.26	5:13.69	1
39.505 (39.505)	1:18.215 (38.710)	1:57.024 (38.809)	2:35.746 (38.722)	
3:15.728 (39.982)	3:56.040 (40.312)	4:36.457 (40.418)	5:13.682 (37.225)	
18 Miranda Vreeland	SO North Texas	5:24.23	5:14.67	2
39.521 (39.521)	1:16.948 (37.427)	1:55.731 (38.784)	2:35.036 (39.306)	
3:14.786 (39.750)	3:55.689 (40.903)	4:36.332 (40.644)	5:14.670 (38.338)	
19 Leah Helms	FR Florida Atlantic	5:16.27	5:17.15	2
38.254 (38.254)	1:15.484 (37.230)	1:54.210 (38.727)	2:33.714 (39.504)	
3:13.682 (39.969)	3:55.384 (41.702)	4:36.653 (41.270)	5:17.150 (40.498)	
20 Audrey Boles	FR Western Kentucky	5:21.17	5:17.34	3
37.731 (37.731)	1:18.567 (40.836)	1:58.529 (39.963)	2:38.709 (40.180)	
3:19.521 (40.812)	4:00.773 (41.252)	4:41.199 (40.426)	5:17.337 (36.139)	
21 Sabrina Gomez	FR FIU	5:13.69	5:17.54	1
38.918 (38.918)	1:17.741 (38.824)	1:56.772 (39.031)	2:35.961 (39.189)	
3:16.152 (40.192)	3:57.208 (41.056)	4:38.957 (41.750)	5:17.533 (38.576)	
22 Lisa Adjouadi	SO FIU	5:04.52	5:18.81	3
38.438 (38.438)	1:18.075 (39.638)	1:56.829 (38.754)	2:35.665 (38.836)	
3:14.739 (39.075)	3:55.494 (40.755)	4:37.781 (42.288)	5:18.806 (41.025)	
23 Chante Dixon	SO UTSA	5:25.15	5:20.89	1
39.197 (39.197)	1:17.698 (38.502)	1:56.249 (38.552)	2:35.028 (38.779)	
3:14.671 (39.643)	3:55.386 (40.716)	4:37.838 (42.452)	5:20.883 (43.045)	
24 Liza Yusem	JR Rice	5:21.39	5:21.39	2
39.364 (39.364)	1:17.335 (37.972)	1:56.323 (38.988)	2:36.858 (40.536)	
3:18.352 (41.494)	4:00.590 (42.238)	4:42.278 (41.688)	5:21.381 (39.103)	
25 Maggie Forbes	SO Rice	5:10.83	5:23.25	3
39.085 (39.085)	1:19.079 (39.994)	1:58.179 (39.100)	2:37.707 (39.529)	
3:17.211 (39.504)	3:59.136 (41.926)	4:42.235 (43.099)	5:23.243 (41.009)	
26 Ava Brooks	FR UAB	5:22.04	5:23.52	3
38.711 (38.711)	1:18.549 (39.838)	1:57.794 (39.246)	2:38.672 (40.878)	
3:19.500 (40.828)	4:01.249 (41.750)	4:43.777 (42.528)	5:23.519 (39.742)	
27 Gracie Sears	JR UAB	5:32.19	5:25.22	3
39.019 (39.019)	1:18.725 (39.707)	1:58.021 (39.296)	2:38.925 (40.904)	
3:20.299 (41.374)	4:02.573 (42.274)	4:45.221 (42.648)	5:25.219 (39.999)	
28 Anna Behmer	FR UAB	5:30.26	5:25.62	2
39.616 (39.616)	1:17.798 (38.182)	1:57.538 (39.740)	2:38.419 (40.881)	
3:20.527 (42.108)	4:03.391 (42.864)	4:46.404 (43.014)	5:25.618 (39.214)	
29 Tiblets Abreha	SO North Texas	5:32.20	5:34.92	3
39.275 (39.275)	1:18.937 (39.662)	1:58.659 (39.722)	2:40.289 (41.630)	
3:22.817 (42.529)	4:08.005 (45.188)	4:52.785 (44.780)	5:34.915 (42.130)	
30 Amy Pritchard	FR North Texas	5:35.53	5:42.78	1
39.843 (39.843)	1:19.058 (39.215)	2:00.241 (41.184)	2:43.137 (42.896)	
3:27.078 (43.941)	4:12.128 (45.050)	4:57.673 (45.546)	5:42.771 (45.098)	
31 Tori Tauch	FR North Texas	5:33.77	5:49.52	2
38.648 (38.648)	1:19.080 (40.433)	2:03.648 (44.568)	2:49.294 (45.646)	
3:34.459 (45.165)	4:20.506 (46.048)	5:06.397 (45.891)	5:49.520 (43.123)	
-- Kate Hilty	JR North Texas	5:36.33	DNF	1
40.723 (40.723)	1:22.791 (42.068)			

Conference USA
Indoor Track & Field Championships
CrossPlex, Birmingham, AL - 2/18/2023 to 2/19/2023
Results

Women 1 Mile Run

2-alley start; 2-turn stagger

C-USA Meet: # 4:37.53 2/21/2021 Grace Forbes, Rice

CrossPlex: S 4:33.13 3/11/2022 Sintayehu Vissa, Ole Miss

Name	Year	School	Prelims	Finals	Points
Finals					
1 Lauren Johnston	SO	Charlotte	4:59.38	4:49.41	10
36.514 (36.514)	1:13.724	(37.210)	1:51.489 (37.766)	2:27.797 (36.308)	
3:04.432 (36.635)	3:41.296	(36.865)	4:16.669 (35.373)	4:49.404 (32.736)	
2 Karoline Daland	SR	Charlotte	5:01.26	4:51.04	8
36.404 (36.404)	1:13.642	(37.238)	1:51.461 (37.820)	2:27.448 (35.988)	
3:04.158 (36.710)	3:41.094	(36.936)	4:16.360 (35.267)	4:51.036 (34.676)	
3 Caitlin Wosika	SR	Rice	4:59.26	4:51.25	6
36.428 (36.428)	1:13.453	(37.025)	1:51.225 (37.772)	2:27.586 (36.361)	
3:04.166 (36.580)	3:41.038	(36.873)	4:16.220 (35.182)	4:51.245 (35.026)	
4 Purity Sanga	SR	Mid. Tenn. State	5:02.11	4:54.95	5
36.381 (36.381)	1:13.476	(37.095)	1:51.236 (37.760)	2:27.788 (36.553)	
3:04.396 (36.608)	3:41.277	(36.882)	4:17.439 (36.162)	4:54.944 (37.505)	
5 Abbygail Balli	JR	UTSA	5:02.31	4:56.74	4
36.650 (36.650)	1:13.765	(37.116)	1:51.636 (37.872)	2:27.966 (36.330)	
3:04.599 (36.634)	3:41.580	(36.981)	4:17.816 (36.237)	4:56.734 (38.918)	
6 Amelie Attenborough	FR	Rice	5:01.47	4:58.37	3
36.860 (36.860)	1:13.956	(37.096)	1:52.005 (38.050)	2:28.591 (36.586)	
3:05.080 (36.490)	3:43.173	(38.093)	4:21.866 (38.693)	4:58.364 (36.499)	
7 Joice Jebor	SR	Mid. Tenn. State	5:01.04	5:01.81	2
36.655 (36.655)	1:13.910	(37.255)	1:51.753 (37.844)	2:28.368 (36.616)	
3:06.677 (38.309)	3:46.704	(40.027)	4:25.752 (39.048)	5:01.805 (36.054)	
8 Ava White	FR	Rice	5:03.65	5:02.28	1
36.766 (36.766)	1:14.124	(37.358)	1:52.180 (38.057)	2:29.030 (36.850)	
3:06.906 (37.876)	3:46.402	(39.496)	4:25.078 (38.676)	5:02.276 (37.198)	
9 Mercy Chepkurui	JR	Mid. Tenn. State	5:00.68	5:09.02	
36.830 (36.830)	1:14.098	(37.268)	1:51.872 (37.774)	2:29.124 (37.252)	
3:08.403 (39.280)	3:48.593	(40.190)	4:29.074 (40.482)	5:09.018 (39.944)	
10 Madison Henry	SR	UTSA	5:03.27	5:21.53	
36.813 (36.813)	1:14.314	(37.502)	1:52.138 (37.824)	2:29.510 (37.372)	
3:10.062 (40.553)	3:54.402	(44.340)	4:38.508 (44.107)	5:21.529 (43.021)	

Women 3000 Meter Run

3-sections; 2-alley start; 2-turn stagger; top 12 in section 3

C-USA Meet: # 9:10.40 3/1/2014 Elinor Kirk, UAB

CrossPlex: S 8:57.86 3/12/2016 Molly Seidel, Notre Dame

Name	Year	School	Seed	Finals	H#	Points
1 Louise Lounes	SO	Charlotte	9:26.20	9:27.87	3	10
37.647 (37.647)	1:16.068	(38.421)	1:55.545 (39.477)	2:34.323 (38.779)		
3:12.643 (38.320)	3:49.957	(37.314)	4:27.183 (37.226)	5:04.107 (36.925)		
5:41.589 (37.482)	6:19.258	(37.670)	6:56.919 (37.662)	7:34.773 (37.854)		
8:12.784 (38.011)	8:50.572	(37.788)	9:27.867 (37.295)			
2 Purity Sanga	SR	Mid. Tenn. State	9:43.82	9:32.16	3	8
37.990 (37.990)	1:16.417	(38.428)	1:55.981 (39.564)	2:34.578 (38.597)		
3:13.185 (38.608)	3:50.359	(37.174)	4:27.571 (37.213)	5:04.779 (37.208)		
5:42.911 (38.132)	6:21.549	(38.638)	7:00.334 (38.786)	7:39.006 (38.672)		
8:18.285 (39.279)	8:55.874	(37.590)	9:32.153 (36.279)			

Conference USA
Indoor Track & Field Championships
CrossPlex, Birmingham, AL - 2/18/2023 to 2/19/2023
Results

....Women 3000 Meter Run

3	Karoline Daland	SR Charlotte	9:41.20	9:32.86	3	6
	38.210 (38.210)	1:17.318 (39.108)	1:56.632 (39.314)	2:35.361 (38.730)		
	3:13.954 (38.593)	3:51.900 (37.946)	4:30.020 (38.120)	5:08.401 (38.382)		
	5:47.495 (39.094)	6:26.934 (39.440)	7:05.957 (39.023)	7:44.377 (38.421)		
	8:22.907 (38.530)	8:59.945 (37.038)	9:32.854 (32.910)			
4	Lauren Johnston	SO Charlotte	9:37.95	9:33.01	3	5
	37.775 (37.775)	1:16.267 (38.492)	1:55.744 (39.478)	2:34.693 (38.950)		
	3:13.054 (38.361)	3:50.741 (37.687)	4:28.311 (37.571)	5:06.310 (37.999)		
	5:45.125 (38.815)	6:24.485 (39.361)	7:04.117 (39.632)	7:43.375 (39.258)		
	8:22.248 (38.874)	9:00.040 (37.792)	9:33.005 (32.966)			
5	Madlen Kappeler	SR Florida Atlantic	9:51.31	9:43.00	3	4
	37.699 (37.699)	1:16.993 (39.294)	1:56.410 (39.418)	2:34.783 (38.373)		
	3:13.336 (38.554)	3:51.096 (37.760)	4:29.233 (38.138)	5:07.350 (38.117)		
	5:45.843 (38.493)	6:25.126 (39.284)	7:04.715 (39.590)	7:44.714 (39.999)		
	8:25.285 (40.571)	9:05.598 (40.314)	9:42.993 (37.396)			
6	Caitlin Wosika	SR Rice	9:47.23	9:46.77	3	3
	38.101 (38.101)	1:17.083 (38.982)	1:56.185 (39.103)	2:35.170 (38.985)		
	3:13.673 (38.503)	3:52.153 (38.481)	4:30.922 (38.769)	5:10.611 (39.690)		
	5:50.868 (40.257)	6:31.493 (40.626)	7:12.469 (40.976)	7:53.311 (40.842)		
	8:33.429 (40.118)	9:10.876 (37.448)	9:46.761 (35.886)			
7	Sophia Ritter	SO Charlotte	9:43.79	9:47.16	3	2
	37.197 (37.197)	1:16.351 (39.155)	1:55.758 (39.407)	2:34.876 (39.118)		
	3:13.660 (38.784)	3:51.890 (38.230)	4:31.628 (39.738)	5:11.807 (40.180)		
	5:52.329 (40.522)	6:32.403 (40.074)	7:12.356 (39.954)	7:53.051 (40.695)		
	8:34.073 (41.022)	9:12.931 (38.858)	9:47.156 (34.226)			
8	Jenna Newman	JR Charlotte	9:53.75	9:52.43	3	1
	37.412 (37.412)	1:16.795 (39.384)	1:56.600 (39.805)	2:35.520 (38.920)		
	3:14.163 (38.643)	3:52.526 (38.364)	4:31.257 (38.732)	5:10.945 (39.688)		
	5:51.786 (40.841)	6:32.775 (40.990)	7:14.083 (41.308)	7:54.133 (40.050)		
	8:35.573 (41.440)	9:16.007 (40.435)	9:52.426 (36.419)			
9	Lauren Charlton	JR UAB	9:57.40	9:52.86	2	
	37.871 (37.871)	1:17.400 (39.529)	1:57.384 (39.985)	2:37.165 (39.781)		
	3:16.651 (39.486)	3:56.324 (39.674)	4:36.558 (40.234)	5:16.532 (39.974)		
	5:56.548 (40.016)	6:36.690 (40.143)	7:16.838 (40.148)	7:56.734 (39.896)		
	8:36.511 (39.777)	9:15.507 (38.996)	9:52.858 (37.351)			
10	Ruth Jerubet	SO UTEP	9:41.37	9:57.54	3	
	37.147 (37.147)	1:15.958 (38.811)	1:55.433 (39.475)	2:34.333 (38.901)		
	3:12.917 (38.584)	3:50.335 (37.418)	4:28.741 (38.407)	5:07.116 (38.375)		
	5:47.551 (40.435)	6:28.447 (40.897)	7:10.657 (42.210)	7:53.540 (42.884)		
	8:34.625 (41.086)	9:17.211 (42.586)	9:57.533 (40.322)			
11	Lesego Mpshe	SR Mid. Tenn. State	9:44.02	9:59.56	3	
	37.902 (37.902)	1:16.497 (38.595)	1:55.959 (39.462)	2:34.897 (38.938)		
	3:13.373 (38.476)	3:50.906 (37.534)	4:28.927 (38.022)	5:08.170 (39.243)		
	5:49.201 (41.031)	6:31.491 (42.291)	7:13.144 (41.653)	7:54.446 (41.302)		
	8:37.784 (43.338)	9:20.688 (42.904)	9:59.553 (38.866)			
12	Chandler Horton	JR Charlotte	9:54.06	10:03.40	2	
	38.079 (38.079)	1:17.130 (39.052)	1:56.057 (38.927)	2:35.464 (39.408)		
	3:14.823 (39.359)	3:54.516 (39.694)	4:34.524 (40.008)	5:14.594 (40.071)		
	5:54.532 (39.938)	6:34.736 (40.204)	7:14.684 (39.948)	7:55.534 (40.850)		
	8:36.957 (41.424)	9:20.864 (43.908)	10:03.395 (42.531)			

Conference USA
Indoor Track & Field Championships
CrossPlex, Birmingham, AL - 2/18/2023 to 2/19/2023
Results

....Women 3000 Meter Run

13 Cali Coffin	SO Charlotte	9:56.71	10:03.95	2
39.155 (39.155)	1:19.036 (39.881)	1:59.238 (40.203)	2:39.172 (39.934)	
3:19.436 (40.264)	3:59.435 (39.999)	4:39.508 (40.074)	5:19.286 (39.778)	
5:59.901 (40.616)	6:40.752 (40.851)	7:22.191 (41.440)	8:04.365 (42.174)	
8:46.006 (41.642)	9:26.100 (40.094)	10:03.950 (37.850)		
14 Jessie Connick	SO Charlotte	10:02.20	10:05.63	2
38.678 (38.678)	1:18.693 (40.016)	1:58.983 (40.290)	2:38.152 (39.170)	
3:17.303 (39.151)	3:57.987 (40.684)	4:39.200 (41.214)	5:18.598 (39.398)	
5:59.189 (40.591)	6:40.441 (41.252)	7:21.931 (41.490)	8:04.219 (42.288)	
8:45.825 (41.606)	9:27.108 (41.284)	10:05.623 (38.515)		
15 Faith Nyathi	FR Mid. Tenn. State	9:48.78	10:06.12	3
38.130 (38.130)	1:16.752 (38.622)	1:56.210 (39.458)	2:35.129 (38.919)	
3:13.863 (38.735)	3:51.488 (37.625)	4:30.052 (38.564)	5:08.735 (38.683)	
5:49.585 (40.851)	6:31.700 (42.115)	7:13.547 (41.847)	7:56.213 (42.667)	
8:41.415 (45.202)	9:25.414 (44.000)	10:06.119 (40.706)		
16 Emma Fredericks	SO Charlotte	10:07.17	10:08.14	2
38.200 (38.200)	1:18.448 (40.248)	1:58.702 (40.254)	2:39.041 (40.340)	
3:19.686 (40.646)	4:00.543 (40.857)	4:41.882 (41.339)	5:23.038 (41.156)	
6:04.298 (41.261)	6:45.772 (41.474)	7:27.385 (41.614)	8:08.872 (41.488)	
8:50.433 (41.561)	9:31.037 (40.604)	10:08.134 (37.098)		
17 Caitlyn Burkett	SO Charlotte	10:07.39	10:15.10	2
38.822 (38.822)	1:18.812 (39.991)	1:59.257 (40.445)	2:39.465 (40.208)	
3:19.895 (40.430)	4:00.831 (40.936)	4:42.273 (41.442)	5:24.149 (41.876)	
6:06.922 (42.774)	6:49.752 (42.830)	7:33.122 (43.370)	8:15.950 (42.828)	
8:58.140 (42.191)	9:38.506 (40.366)	10:15.094 (36.589)		
18 Agnes Chepkurui	FR Mid. Tenn. State	10:04.33	10:15.24	2
39.009 (39.009)	1:17.755 (38.746)	1:57.092 (39.337)	2:36.211 (39.120)	
3:15.503 (39.292)	3:55.490 (39.987)	4:38.342 (42.853)	5:20.956 (42.614)	
6:04.672 (43.717)	6:47.677 (43.005)	7:30.210 (42.534)	8:13.239 (43.029)	
8:55.688 (42.450)	9:37.684 (41.996)	10:15.234 (37.550)		
19 Madison Henry	SR UTSA	10:09.88	10:16.56	2
39.470 (39.470)	1:19.519 (40.049)	2:00.164 (40.646)	2:41.236 (41.072)	
3:21.381 (40.145)	4:02.796 (41.416)	4:45.121 (42.325)	5:28.351 (43.230)	
6:10.942 (42.591)	6:53.198 (42.257)	7:35.123 (41.925)	8:16.734 (41.611)	
8:57.902 (41.169)	9:37.939 (40.037)	10:16.554 (38.615)		
20 Kyra Hayes	FR UAB	10:20.12	10:17.01	2
38.660 (38.660)	1:18.972 (40.312)	2:02.318 (43.347)	2:44.128 (41.810)	
3:24.733 (40.605)	4:05.216 (40.484)	4:46.340 (41.124)	5:28.554 (42.214)	
6:10.775 (42.222)	6:53.078 (42.304)	7:35.032 (41.954)	8:16.965 (41.933)	
8:58.470 (41.506)	9:39.504 (41.034)	10:17.008 (37.504)		
21 Ellie Schweiker	SO Rice	10:24.98	10:18.63	2
39.713 (39.713)	1:20.016 (40.304)	2:00.974 (40.958)	2:42.599 (41.625)	
3:23.960 (41.362)	4:05.344 (41.384)	4:46.784 (41.440)	5:28.792 (42.009)	
6:11.000 (42.208)	6:52.818 (41.818)	7:34.328 (41.510)	8:15.524 (41.196)	
8:57.559 (42.036)	9:38.876 (41.317)	10:18.622 (39.746)		
22 Paige Saiz	JR Florida Atlantic	10:38.20	10:22.28	1
42.680 (42.680)	1:20.800 (38.120)	2:00.282 (39.482)	2:40.357 (40.075)	
3:21.301 (40.945)	4:02.711 (41.410)	4:44.555 (41.844)	5:26.837 (42.282)	
6:08.949 (42.113)	6:51.412 (42.463)	7:34.102 (42.690)	8:16.737 (42.636)	
8:59.911 (43.174)	9:42.055 (42.144)	10:22.273 (40.219)		

Conference USA
Indoor Track & Field Championships
CrossPlex, Birmingham, AL - 2/18/2023 to 2/19/2023
Results

....Women 3000 Meter Run

23	Anabell Reumann	FR Florida Atlantic	10:21.10	10:22.32	2
	39.202 (39.202)	1:19.292 (40.090)	2:00.084 (40.793)	2:41.621 (41.537)	
	3:21.926 (40.306)	4:03.116 (41.190)	4:45.380 (42.265)	5:28.130 (42.750)	
	6:11.186 (43.057)	6:53.398 (42.212)	7:35.412 (42.015)	8:17.528 (42.116)	
	8:59.953 (42.425)	9:42.536 (42.583)	10:22.314 (39.778)		
24	Lina Spjut	SR Rice	10:10.37	10:27.60	2
	38.890 (38.890)	1:18.038 (39.148)	1:58.260 (40.222)	2:37.536 (39.276)	
	3:16.388 (38.852)	3:57.080 (40.692)	4:37.910 (40.830)	5:19.159 (41.250)	
	6:00.264 (41.106)	6:42.206 (41.942)	7:26.654 (44.448)	8:11.934 (45.280)	
	8:58.219 (46.286)	9:43.883 (45.664)	10:27.598 (43.715)		
25	Zaila Smith	FR Mid. Tenn. State	10:11.91	10:27.99	2
	37.783 (37.783)	1:17.692 (39.909)	1:57.788 (40.097)	2:38.598 (40.810)	
	3:20.409 (41.812)	4:02.840 (42.431)	4:45.860 (43.020)	5:28.974 (43.114)	
	6:12.126 (43.152)	6:54.963 (42.838)	7:37.568 (42.605)	8:21.037 (43.470)	
	9:05.100 (44.063)	9:48.746 (43.647)	10:27.982 (39.236)		
26	Sabrina Goains	SR UTSA	10:26.11	10:28.24	2
	38.934 (38.934)	1:19.548 (40.614)	2:00.510 (40.963)	2:41.977 (41.467)	
	3:23.090 (41.113)	4:04.510 (41.420)	4:46.367 (41.858)	5:28.871 (42.504)	
	6:11.742 (42.872)	6:54.758 (43.016)	7:38.389 (43.631)	8:22.722 (44.333)	
	9:07.034 (44.313)	9:50.383 (43.349)	10:28.240 (37.858)		
27	Elyssa Toal	SO Florida Atlantic	10:28.60	1	
	38.455 (38.455)	1:20.731 (42.276)	2:02.076 (41.345)	2:44.477 (42.402)	
	3:27.039 (42.562)	4:08.207 (41.168)	4:50.635 (42.428)	5:33.323 (42.688)	
	6:16.041 (42.718)	6:59.710 (43.670)	7:43.324 (43.614)	8:26.813 (43.489)	
	9:09.659 (42.847)	9:52.155 (42.496)	10:28.596 (36.441)		
28	Brooke Veltman	FR UTSA	10:43.27	10:29.25	1
	42.451 (42.451)	1:22.969 (40.518)	2:04.433 (41.464)	2:45.951 (41.519)	
	3:28.252 (42.301)	4:10.623 (42.372)	4:53.227 (42.604)	5:36.702 (43.475)	
	6:20.065 (43.364)	7:04.413 (44.348)	7:47.442 (43.030)	8:30.663 (43.222)	
	9:13.086 (42.423)	9:53.657 (40.571)	10:29.247 (35.590)		
29	Delilah Ayan	JR FIU	10:30.73	10:30.27	2
	39.984 (39.984)	1:19.732 (39.748)	2:00.482 (40.750)	2:42.346 (41.864)	
	3:23.550 (41.205)	4:04.364 (40.814)	4:46.002 (41.638)	5:29.108 (43.106)	
	6:12.386 (43.278)	6:55.236 (42.851)	7:38.536 (43.300)	8:22.164 (43.628)	
	9:05.810 (43.646)	9:49.436 (43.626)	10:30.261 (40.826)		
30	Jordan Stevens	JR Florida Atlantic	10:30.82	1	
	42.399 (42.399)	1:22.111 (39.712)	2:02.525 (40.415)	2:45.199 (42.674)	
	3:27.522 (42.324)	4:09.343 (41.822)	4:51.872 (42.529)	5:34.454 (42.582)	
	6:17.875 (43.421)	7:02.665 (44.791)	7:46.151 (43.486)	8:29.896 (43.746)	
	9:13.511 (43.616)	9:54.536 (41.025)	10:30.815 (36.280)		
31	Holly Arrison	FR Florida Atlantic	10:29.12	10:33.09	2
	39.514 (39.514)	1:19.760 (40.247)	2:00.296 (40.536)	2:42.118 (41.822)	
	3:23.179 (41.062)	4:04.811 (41.632)	4:46.520 (41.710)	5:28.574 (42.054)	
	6:12.623 (44.049)	6:55.754 (43.132)	7:39.462 (43.708)	8:24.390 (44.929)	
	9:09.054 (44.664)	9:52.977 (43.923)	10:33.082 (40.105)		
32	Victoria Ovalles	SO UTEP	10:31.37	10:33.47	2
	39.056 (39.056)	1:19.322 (40.266)	1:59.740 (40.418)	2:40.122 (40.382)	
	3:20.645 (40.524)	4:02.501 (41.856)	4:45.060 (42.560)	5:28.054 (42.994)	
	6:10.926 (42.873)	6:54.840 (43.914)	7:39.732 (44.892)	8:24.743 (45.012)	
	9:09.837 (45.094)	9:54.430 (44.593)	10:33.461 (39.032)		

Conference USA
Indoor Track & Field Championships
CrossPlex, Birmingham, AL - 2/18/2023 to 2/19/2023
Results

....Women 3000 Meter Run

33 Leah Helms	FR Florida Atlantic	10:37.43	1
39.225 (39.225)	1:22.231 (43.006)	2:03.393 (41.162)	2:45.315 (41.923)
3:27.647 (42.332)	4:09.900 (42.254)	4:52.869 (42.969)	5:36.359 (43.490)
6:20.341 (43.983)	7:04.892 (44.551)	7:48.911 (44.019)	8:32.196 (43.286)
9:15.983 (43.788)	9:58.137 (42.154)	10:37.421 (39.284)	
34 Emilie Christiansen	SR FIU	10:39.73	1
42.175 (42.175)	1:23.218 (41.043)	2:03.695 (40.478)	2:44.999 (41.304)
3:26.998 (42.000)	4:07.773 (40.776)	4:49.077 (41.304)	5:31.489 (42.412)
6:14.502 (43.014)	6:58.603 (44.101)	7:42.463 (43.860)	8:27.302 (44.840)
9:11.400 (44.098)	9:56.077 (44.677)	10:39.722 (43.646)	
35 Miranda Vreeland	SO North Texas	10:45.43	1
41.905 (41.905)	1:23.381 (41.476)	2:05.463 (42.082)	2:46.363 (40.901)
3:28.065 (41.702)	4:10.174 (42.109)	4:52.617 (42.443)	5:34.203 (41.586)
6:17.686 (43.484)	7:02.653 (44.968)	7:47.406 (44.753)	8:32.541 (45.136)
9:18.996 (46.455)	10:04.372 (45.376)	10:45.421 (41.049)	
36 Ava Brooks	FR UAB	11:03.43	10:49.80 1
39.431 (39.431)	1:22.849 (43.419)	2:05.502 (42.653)	2:47.255 (41.754)
3:31.463 (44.208)	4:15.969 (44.506)	5:00.629 (44.661)	5:44.115 (43.486)
6:29.015 (44.901)	7:14.032 (45.017)	7:59.143 (45.111)	8:43.739 (44.597)
9:28.409 (44.670)	10:11.081 (42.672)	10:49.800 (38.720)	
37 Chante Dixon	SO UTSA	10:54.18	1
41.067 (41.067)	1:22.374 (41.308)	2:03.623 (41.250)	2:45.453 (41.830)
3:27.785 (42.333)	4:09.511 (41.726)	4:52.174 (42.663)	5:35.262 (43.088)
6:19.560 (44.298)	7:04.857 (45.297)	7:50.733 (45.876)	8:37.450 (46.718)
9:24.059 (46.610)	10:09.823 (45.764)	10:54.174 (44.352)	
38 Joan Kimaiyo	JR UTEP	10:36.89	11:07.35 1
38.275 (38.275)	1:19.890 (41.616)	2:02.235 (42.346)	2:44.929 (42.694)
3:27.276 (42.348)	4:10.533 (43.258)	4:54.676 (44.143)	5:39.474 (44.798)
6:24.460 (44.986)	7:10.129 (45.670)	7:55.897 (45.768)	8:43.139 (47.242)
9:30.838 (47.700)	10:19.248 (48.410)	11:07.341 (48.093)	
39 Gracie Sears	JR UAB	11:09.62	1
41.999 (41.999)	1:23.131 (41.133)	2:05.236 (42.105)	2:47.365 (42.129)
3:31.414 (44.050)	4:15.943 (44.530)	5:00.718 (44.775)	5:45.857 (45.140)
6:32.139 (46.282)	7:19.273 (47.134)	8:06.480 (47.208)	8:54.020 (47.540)
9:41.005 (46.986)	10:27.109 (46.104)	11:09.616 (42.508)	
40 Anna Behmer	FR UAB	11:11.41	1
42.146 (42.146)	1:23.348 (41.202)	2:05.715 (42.367)	2:47.565 (41.851)
3:31.594 (44.029)	4:16.133 (44.540)	5:00.831 (44.698)	5:45.967 (45.136)
6:32.205 (46.238)	7:19.255 (47.051)	8:06.495 (47.240)	8:54.047 (47.553)
9:41.274 (47.227)	10:27.413 (46.139)	11:11.407 (43.994)	
41 Rebecca Quebedeaux	SO Louisiana Tech	11:35.05	11:48.23 1
42.277 (42.277)	1:23.580 (41.304)	2:05.909 (42.330)	2:47.709 (41.800)
3:31.889 (44.180)	4:16.776 (44.888)	5:03.117 (46.341)	5:50.898 (47.782)
6:41.057 (50.160)	7:33.349 (52.292)	8:26.271 (52.923)	9:18.822 (52.551)
10:10.787 (51.965)	11:01.381 (50.595)	11:48.221 (46.840)	
42 Lexa Thompson	FR Louisiana Tech	11:52.16	12:10.24 1
42.901 (42.901)	1:23.833 (40.933)	2:06.298 (42.465)	2:48.861 (42.564)
3:34.910 (46.049)	4:25.748 (50.838)	5:19.091 (53.343)	6:10.343 (51.253)
7:04.071 (53.728)	7:56.041 (51.970)	8:49.355 (53.314)	9:41.821 (52.467)
10:33.389 (51.568)	11:24.201 (50.812)	12:10.231 (46.031)	
-- Mercy Chepkurui	JR Mid. Tenn. State	10:06.30	DNF 2
38.177 (38.177)	1:18.384 (40.208)	1:58.962 (40.578)	

Conference USA
Indoor Track & Field Championships
CrossPlex, Birmingham, AL - 2/18/2023 to 2/19/2023
Results

Women 5000 Meter Run

=====

2-alley start; 2-turn stagger

C-USA Meet: # 15:57.54 2/17/2018 Caroline Sang, Charlotte

CrossPlex: S 15:15.21 3/11/2016 Molly Seidel, Notre Dame

Name	Year	School	Seed	Finals	Points
=====					
1 Louise Lounes	SO	Charlotte	16:40.97	10	
38.529 (38.529)	1:21.353 (42.824)	2:03.236 (41.884)	2:44.419 (41.183)		
3:25.131 (40.713)	4:05.993 (40.862)	4:46.917 (40.924)	5:27.611 (40.694)		
6:08.086 (40.476)	6:48.725 (40.640)	7:28.453 (39.728)	8:08.729 (40.276)		
8:48.798 (40.070)	9:28.530 (39.732)	10:08.079 (39.549)	10:46.945 (38.866)		
11:26.122 (39.178)	12:05.375 (39.254)	12:45.159 (39.784)	13:25.123 (39.964)		
14:04.270 (39.147)	14:43.905 (39.636)	15:23.513 (39.608)	16:02.750 (39.237)		
16:40.968 (38.218)					
2 Madlen Kappeler	SR	Florida Atlantic	16:58.18	8	
40.269 (40.269)	1:21.877 (41.608)	2:04.066 (42.189)	2:44.805 (40.740)		
3:25.534 (40.729)	4:06.425 (40.891)	4:47.576 (41.152)	5:28.173 (40.598)		
6:08.513 (40.340)	6:49.293 (40.780)	7:29.207 (39.914)	8:09.702 (40.496)		
8:49.371 (39.669)	9:29.111 (39.741)	10:08.757 (39.646)	10:48.101 (39.344)		
11:28.937 (40.836)	12:10.013 (41.076)	12:51.605 (41.593)	13:33.595 (41.990)		
14:15.161 (41.566)	14:56.451 (41.290)	15:38.230 (41.779)	16:19.519 (41.289)		
16:58.177 (38.658)					
3 Ruth Jerubet	SO	UTEP	16:55.47	17:01.31	6
38.504 (38.504)	1:21.430 (42.926)	2:03.499 (42.070)	2:44.681 (41.182)		
3:25.356 (40.675)	4:06.203 (40.847)	4:47.120 (40.918)	5:27.769 (40.650)		
6:08.341 (40.572)	6:49.005 (40.664)	7:28.664 (39.659)	8:08.902 (40.238)		
8:49.033 (40.132)	9:28.771 (39.738)	10:08.305 (39.534)	10:47.175 (38.871)		
11:26.331 (39.156)	12:06.307 (39.977)	12:46.939 (40.632)	13:28.132 (41.194)		
14:09.749 (41.618)	14:52.617 (42.868)	15:36.146 (43.529)	16:21.095 (44.950)		
17:01.303 (40.208)					
4 Lauren Charlton	JR	UAB	17:10.30	17:02.79	5
38.439 (38.439)	1:21.325 (42.886)	2:03.269 (41.945)	2:44.439 (41.170)		
3:25.090 (40.651)	4:05.962 (40.872)	4:46.876 (40.914)	5:27.575 (40.700)		
6:08.111 (40.536)	6:48.778 (40.668)	7:28.894 (40.116)	8:09.233 (40.340)		
8:49.690 (40.457)	9:30.510 (40.820)	10:11.511 (41.002)	10:52.807 (41.296)		
11:34.341 (41.534)	12:15.713 (41.372)	12:56.903 (41.191)	13:38.651 (41.748)		
14:20.099 (41.448)	15:02.180 (42.082)	15:43.593 (41.414)	16:24.065 (40.472)		
17:02.789 (38.724)					
5 Lesego Mpshe	SR	Mid. Tenn. State	17:06.42	4	
38.643 (38.643)	1:21.911 (43.268)	2:03.979 (42.069)	2:45.207 (41.228)		
3:25.883 (40.676)	4:06.641 (40.758)	4:47.445 (40.804)	5:28.255 (40.810)		
6:08.840 (40.585)	6:49.589 (40.749)	7:29.393 (39.805)	8:09.519 (40.126)		
8:49.884 (40.366)	9:30.243 (40.360)	10:10.417 (40.174)	10:50.756 (40.339)		
11:32.565 (41.809)	12:14.201 (41.637)	12:56.972 (42.771)	13:38.955 (41.984)		
14:20.362 (41.407)	15:03.213 (42.851)	15:46.338 (43.126)	16:29.335 (42.998)		
17:06.411 (37.076)					
6 Chandler Horton	JR	Charlotte	17:14.78	3	
40.033 (40.033)	1:21.495 (41.463)	2:03.309 (41.814)	2:44.572 (41.264)		
3:25.311 (40.739)	4:06.159 (40.848)	4:47.015 (40.857)	5:27.732 (40.717)		
6:08.293 (40.562)	6:48.993 (40.700)	7:28.998 (40.005)	8:09.039 (40.042)		
8:49.419 (40.380)	9:29.465 (40.046)	10:09.835 (40.370)	10:51.151 (41.317)		
11:32.852 (41.701)	12:14.531 (41.680)	12:56.763 (42.232)	13:39.239 (42.476)		
14:21.725 (42.486)	15:05.191 (43.466)	15:49.362 (44.172)	16:32.874 (43.512)		
17:14.771 (41.898)					

Conference USA
Indoor Track & Field Championships
CrossPlex, Birmingham, AL - 2/18/2023 to 2/19/2023
Results

....Women 5000 Meter Run

7 Sophia Ritter	SO Charlotte	17:16.96	2
39.226 (39.226)	1:21.978 (42.752)	2:03.856 (41.878)	2:45.183 (41.328)
3:25.691 (40.508)	4:06.539 (40.848)	4:47.394 (40.856)	5:28.235 (40.842)
6:08.923 (40.688)	6:49.981 (41.059)	7:31.178 (41.197)	8:12.744 (41.566)
8:54.606 (41.862)	9:36.929 (42.323)	10:19.187 (42.259)	11:01.189 (42.002)
11:44.372 (43.183)	12:27.243 (42.871)	13:10.631 (43.389)	13:53.565 (42.934)
14:36.382 (42.818)	15:17.948 (41.566)	16:00.190 (42.242)	16:40.347 (40.157)
17:16.960 (36.614)			
8 Lina Spjut	SR Rice	17:19.37	1
40.105 (40.105)	1:21.570 (41.466)	2:03.563 (41.994)	2:44.929 (41.366)
3:26.403 (41.474)	4:06.979 (40.576)	4:47.895 (40.916)	5:28.717 (40.823)
6:09.082 (40.365)	6:49.547 (40.465)	7:29.771 (40.224)	8:10.043 (40.273)
8:50.417 (40.374)	9:31.059 (40.643)	10:12.360 (41.301)	10:54.204 (41.844)
11:36.854 (42.650)	12:20.197 (43.343)	13:03.100 (42.904)	13:45.858 (42.758)
14:28.388 (42.530)	15:12.719 (44.332)	15:57.443 (44.724)	16:40.880 (43.437)
17:19.367 (38.488)			
9 Jessie Connick	SO Charlotte	17:20.42	
39.806 (39.806)	1:22.457 (42.651)	2:04.526 (42.070)	2:45.660 (41.134)
3:26.663 (41.003)	4:07.071 (40.408)	4:47.965 (40.895)	5:29.187 (41.222)
6:10.175 (40.988)	6:51.074 (40.900)	7:32.222 (41.148)	8:13.299 (41.077)
8:54.909 (41.610)	9:37.259 (42.350)	10:19.567 (42.309)	11:01.935 (42.368)
11:44.039 (42.104)	12:25.277 (41.238)	13:08.389 (43.113)	13:50.849 (42.460)
14:35.113 (44.264)	15:19.417 (44.305)	16:02.743 (43.326)	16:44.412 (41.670)
17:20.415 (36.004)			
10 Emma Fredericks	SO Charlotte	17:21.93	
39.535 (39.535)	1:22.217 (42.682)	2:04.105 (41.888)	2:45.352 (41.247)
3:26.122 (40.770)	4:06.762 (40.640)	4:47.647 (40.885)	5:28.481 (40.834)
6:09.400 (40.920)	6:50.337 (40.938)	7:31.395 (41.058)	8:12.445 (41.050)
8:54.275 (41.831)	9:36.484 (42.209)	10:18.757 (42.274)	11:01.367 (42.610)
11:43.399 (42.032)	12:25.843 (42.445)	13:08.452 (42.609)	13:51.273 (42.822)
14:34.185 (42.912)	15:17.656 (43.472)	16:01.359 (43.704)	16:43.338 (41.979)
17:21.926 (38.588)			
11 Faith Nyathi	FR Mid. Tenn. State	17:33.66	
38.775 (38.775)	1:21.672 (42.897)	2:03.751 (42.079)	2:44.966 (41.216)
3:25.654 (40.688)	4:06.396 (40.742)	4:47.372 (40.976)	5:28.028 (40.656)
6:08.599 (40.571)	6:49.329 (40.730)	7:28.907 (39.579)	8:09.437 (40.530)
8:49.676 (40.240)	9:29.970 (40.294)	10:10.919 (40.950)	10:53.339 (42.420)
11:36.507 (43.169)	12:19.997 (43.490)	13:04.979 (44.982)	13:51.637 (46.659)
14:37.731 (46.094)	15:23.899 (46.168)	16:08.959 (45.061)	16:48.430 (39.471)
17:33.659 (45.230)			
12 Cali Coffin	SO Charlotte	17:35.86	
39.849 (39.849)	1:22.429 (42.580)	2:04.447 (42.019)	2:45.543 (41.096)
3:26.417 (40.875)	4:07.248 (40.831)	4:48.197 (40.950)	5:29.219 (41.022)
6:10.447 (41.228)	6:51.405 (40.958)	7:32.535 (41.131)	8:13.737 (41.202)
8:55.501 (41.765)	9:37.615 (42.114)	10:19.911 (42.296)	11:02.527 (42.616)
11:45.689 (43.162)	12:29.141 (43.453)	13:13.129 (43.988)	13:56.698 (43.570)
14:40.843 (44.146)	15:25.130 (44.287)	16:09.495 (44.366)	16:53.147 (43.652)
17:35.855 (42.708)			

Conference USA
Indoor Track & Field Championships
CrossPlex, Birmingham, AL - 2/18/2023 to 2/19/2023
Results

....Women 5000 Meter Run

13 Katlyn Schmeltzer	SO Rice	17:44.36			
39.945 (39.945)	1:23.175 (43.230)	2:05.314 (42.140)	2:47.027 (41.713)		
3:28.156 (41.130)	4:10.103 (41.948)	4:53.321 (43.218)	5:36.130 (42.809)		
6:18.513 (42.384)	7:01.251 (42.738)	7:43.944 (42.693)	8:26.819 (42.875)		
9:09.744 (42.926)	9:52.859 (43.116)	10:36.140 (43.281)	11:19.300 (43.160)		
12:01.155 (41.855)	12:44.420 (43.266)	13:28.995 (44.576)	14:14.155 (45.160)		
14:59.389 (45.234)	15:43.991 (44.603)	16:27.893 (43.902)	17:09.805 (41.913)		
17:44.359 (34.554)					
14 Caitlyn Burkett	SO Charlotte	17:47.51			
39.871 (39.871)	1:22.739 (42.869)	2:04.743 (42.004)	2:45.807 (41.064)		
3:26.927 (41.120)	4:07.481 (40.555)	4:48.507 (41.026)	5:29.849 (41.342)		
6:12.095 (42.246)	6:54.853 (42.759)	7:37.793 (42.940)	8:21.173 (43.380)		
9:05.008 (43.836)	9:49.167 (44.159)	10:33.209 (44.043)	11:18.091 (44.882)		
12:02.427 (44.336)	12:46.360 (43.934)	13:30.861 (44.501)	14:15.628 (44.768)		
14:59.787 (44.160)	15:43.637 (43.850)	16:27.523 (43.887)	17:09.177 (41.654)		
17:47.507 (38.330)					
15 Emilie Christiansen	SR FIU	17:46.90	17:53.00		
39.315 (39.315)	1:22.671 (43.356)	2:04.821 (42.150)	2:45.942 (41.122)		
3:27.211 (41.269)	4:07.947 (40.736)	4:49.015 (41.069)	5:30.125 (41.110)		
6:12.203 (42.078)	6:54.453 (42.250)	7:36.559 (42.107)	8:19.381 (42.822)		
9:02.480 (43.100)	9:45.783 (43.304)	10:29.363 (43.580)	11:12.756 (43.393)		
11:57.375 (44.619)	12:41.774 (44.400)	13:25.760 (43.986)	14:09.942 (44.182)		
14:54.043 (44.102)	15:38.766 (44.723)	16:24.091 (45.326)	17:09.108 (45.017)		
17:52.997 (43.890)					
16 Zaila Smith	FR Mid. Tenn. State	17:35.20	17:54.75		
40.383 (40.383)	1:22.137 (41.754)	2:04.938 (42.802)	2:46.333 (41.395)		
3:27.516 (41.184)	4:08.579 (41.063)	4:49.427 (40.849)	5:31.293 (41.866)		
6:12.815 (41.523)	6:54.091 (41.276)	7:36.264 (42.174)	8:19.113 (42.849)		
9:02.248 (43.136)	9:45.747 (43.500)	10:29.509 (43.762)	11:13.231 (43.723)		
11:57.412 (44.181)	12:41.987 (44.576)	13:26.711 (44.724)	14:11.113 (44.402)		
14:56.505 (45.392)	15:41.638 (45.134)	16:27.157 (45.520)	17:11.746 (44.589)		
17:54.745 (42.999)					
17 Agnes Chepkurui	FR Mid. Tenn. State	18:00.14			
39.394 (39.394)	1:22.201 (42.808)	2:04.271 (42.070)	2:45.454 (41.183)		
3:26.195 (40.741)	4:07.022 (40.828)	4:47.913 (40.892)	5:28.973 (41.060)		
6:09.789 (40.817)	6:50.750 (40.961)	7:31.646 (40.896)	8:14.317 (42.671)		
8:56.585 (42.268)	9:39.851 (43.267)	10:24.145 (44.294)	11:08.785 (44.640)		
11:53.893 (45.109)	12:39.728 (45.835)	13:25.450 (45.722)	14:11.402 (45.952)		
14:56.944 (45.542)	15:43.135 (46.192)	16:28.739 (45.604)	17:14.268 (45.530)		
18:00.124 (45.856)					
18 Jenna Newman	JR Charlotte	18:03.37			
39.187 (39.187)	1:21.741 (42.555)	2:03.655 (41.914)	2:45.041 (41.386)		
3:25.917 (40.876)	3:25.931 (0.014)	4:47.743 (1:21.813)	5:28.672 (40.929)		
6:09.820 (41.148)	6:51.871 (42.052)	7:33.841 (41.970)	8:17.419 (43.578)		
9:02.647 (45.228)	9:47.689 (45.042)	10:33.736 (46.048)	11:19.517 (45.781)		
12:05.791 (46.274)	12:52.251 (46.460)	13:38.391 (46.140)	14:24.657 (46.267)		
15:11.923 (47.266)	15:59.018 (47.095)	16:44.204 (45.186)	17:26.513 (42.310)		
18:03.368 (36.855)					

Conference USA
Indoor Track & Field Championships
CrossPlex, Birmingham, AL - 2/18/2023 to 2/19/2023
Results

....Women 5000 Meter Run

19 Rachel Shoemaker	JR Rice	18:04.28			
38.991 (38.991)	1:23.031 (44.040)	2:05.085 (42.054)	2:46.786 (41.702)		
3:28.087 (41.301)	4:10.497 (42.411)	4:53.751 (43.254)	5:36.735 (42.984)		
6:19.506 (42.771)	7:02.653 (43.148)	7:46.393 (43.740)	8:30.505 (44.113)		
9:14.145 (43.640)	9:59.607 (45.462)	10:44.627 (45.020)	11:29.585 (44.958)		
12:14.468 (44.884)	12:58.954 (44.486)	13:44.005 (45.052)	14:29.251 (45.246)		
15:13.367 (44.116)	15:57.805 (44.439)	16:42.449 (44.644)	17:25.351 (42.902)		
18:04.275 (38.925)					
20 Ellie Schweiker	SO Rice	18:08.58			
40.113 (40.113)	1:22.919 (42.806)	2:05.143 (42.224)	2:46.755 (41.613)		
3:27.897 (41.142)	4:09.811 (41.914)	4:53.046 (43.236)	5:35.818 (42.772)		
6:18.224 (42.406)	7:00.960 (42.736)	7:43.671 (42.711)	8:26.527 (42.856)		
9:09.479 (42.953)	9:52.569 (43.090)	10:35.848 (43.280)	11:19.100 (43.252)		
12:02.081 (42.981)	12:46.533 (44.452)	13:31.530 (44.998)	14:16.879 (45.350)		
15:02.614 (45.735)	15:48.287 (45.674)	16:35.888 (47.601)	17:22.822 (46.934)		
18:08.575 (45.754)					
21 Sabrina Goains	SR UTSA	18:25.53	18:28.29		
39.049 (39.049)	1:22.411 (43.362)	2:04.579 (42.169)	2:45.835 (41.256)		
3:26.965 (41.131)	4:07.743 (40.778)	4:48.591 (40.848)	5:30.606 (42.016)		
6:12.935 (42.330)	6:56.438 (43.503)	7:41.167 (44.730)	8:25.985 (44.818)		
9:10.854 (44.870)	9:56.675 (45.822)	10:44.055 (47.380)	11:30.839 (46.785)		
12:17.672 (46.833)	13:06.137 (48.465)	13:54.115 (47.978)	14:41.529 (47.414)		
15:27.949 (46.421)	16:14.421 (46.472)	17:00.430 (46.009)	17:46.249 (45.819)		
18:28.284 (42.036)					
22 Delilah Ayan	JR FIU	18:30.89			
39.891 (39.891)	1:24.105 (44.214)	2:06.310 (42.206)	2:48.997 (42.688)		
3:32.578 (43.581)	4:16.003 (43.425)	5:00.011 (44.008)	5:43.260 (43.250)		
6:27.223 (43.964)	7:11.059 (43.836)	7:55.759 (44.700)	8:40.193 (44.434)		
9:24.989 (44.797)	10:09.647 (44.658)	10:54.581 (44.935)	11:39.411 (44.830)		
12:24.749 (45.338)	13:10.338 (45.590)	13:55.401 (45.063)	14:41.229 (45.828)		
15:27.987 (46.759)	16:14.795 (46.808)	17:01.366 (46.572)	17:47.099 (45.733)		
18:30.889 (43.790)					
23 Irene Jeptoo	SO Mid. Tenn. State	18:21.67	18:53.54		
38.924 (38.924)	1:22.161 (43.238)	2:04.296 (42.135)	2:45.524 (41.228)		
3:26.676 (41.152)	4:07.710 (41.034)	4:48.991 (41.281)	5:31.344 (42.354)		
6:13.576 (42.232)	6:57.320 (43.744)	7:43.128 (45.808)	8:29.183 (46.055)		
9:16.466 (47.284)	10:04.031 (47.565)	10:51.855 (47.824)	11:39.554 (47.700)		
12:27.651 (48.098)	13:15.653 (48.002)	14:04.403 (48.750)	14:52.934 (48.531)		
15:42.093 (49.160)	16:29.986 (47.893)	17:17.567 (47.582)	18:05.703 (48.136)		
18:53.537 (47.834)					

Women 60 Meter Hurdles**8 Advance: Top 3 Each Heat plus Next 2 Best Times**

C-USA Meet: # 8.01 2/19/2017 Tobi Amusan, UTEP
 CrossPlex: S 7.78 3/11/2022 Grace Stark, Florida

Name	Year	School	Seed	Prelims	H#
Preliminaries					
1 Marissa Simpson	SO	UTEP	8.14	8.20Q	2
2 Kayla Watson	JR	Louisiana Tech	8.51	8.58Q	1
3 Alanah Yukich	SR	UTSA	8.57	8.61Q	1
4 Kat Duren	SO	UAB	8.69	8.62Q	2
5 JaNeya Hammond	SO	Charlotte	8.77	8.68Q	1

Conference USA
Indoor Track & Field Championships
CrossPlex, Birmingham, AL - 2/18/2023 to 2/19/2023
Results

....Women 60 Meter Hurdles

6	Lindsay Simms	JR Rice	8.77	8.87Q	2	8.870
7	Jurnee Coleman	SO Charlotte	8.91	8.85q	1	
8	Ayumi Kobayashi	JR UTSA	9.04	8.87q	1	8.869
9	Nike Praetzel	SO Louisiana Tech	9.12	8.89	2	
10	Taylor Washington	FR UAB	8.92	9.00	2	
11	Eva Vreeland	FR Rice	9.06	9.02	2	
12	Liyah Jones	SO Charlotte	8.98	9.03	2	
13	Leah Ellis	FR Louisiana Tech	9.13	9.22	1	
14	Fabiola Declet	JR FIU	9.05	9.30	1	
15	Synai Jones	FR UAB	9.64	9.34	1	

Women 60 Meter Hurdles

C-USA Meet: # 8.01 2/19/2017 Tobi Amusan, UTEP
 CrossPlex: S 7.78 3/11/2022 Grace Stark, Florida

Name	Year	School	Prelims	Finals	Points
------	------	--------	---------	--------	--------

Finals

1	Marissa Simpson	SO UTEP	8.20	8.29	10	
2	Kat Duren	SO UAB	8.62	8.47	8	
3	Kayla Watson	JR Louisiana Tech	8.58	8.52	6	
4	Alanah Yukich	SR UTSA	8.61	8.69	5	
5	JaNeya Hammond	SO Charlotte	8.68	8.76	4	
6	Jurnee Coleman	SO Charlotte	8.85	8.80	3	
7	Lindsay Simms	JR Rice	8.87	8.86	2	
--	Ayumi Kobayashi	JR UTSA	8.87	DQ		Hurdle Violati

Women 4x400 Meter Relay

3-section final - lanes assigned by entry times

C-USA Meet: # 3:37.42 2/19/2023 Charlotte, Charlotte
 A Matthews, T Fairman, J Smith, M Singletary

CrossPlex: S 3:27.23 3/12/2022 Arkansas, Arkansas
 R Effiong, J Hollis, S Maloney, B Wilson

School	Seed	Finals	H#	Points
--------	------	--------	----	--------

1	Charlotte	3:47.54	3:37.42#	3	10
	1) Aniya Matthews SO	2) Ta-halia Fairman JR			
	3) Joyasia Smith FR	4) Maya Singletary SR			
	57.106 (57.106)	1:50.606 (53.500)	2:45.674 (55.068)	3:37.411 (51.737)	
2	UTEP	3:41.84	3:40.90	3	8
	1) Oghenekaro Brume SO	2) Loubna Benhadja SO			
	3) Carshaylah Harrison SR	4) Niesha Burgher JR			
	55.650 (55.650)	1:50.535 (54.885)	2:47.681 (57.146)	3:40.892 (53.212)	
3	UTSA	3:50.60	3:47.33	3	6
	1) Ibiso David-West SO	2) Marie Duvigneau SR			
	3) Gerald Barron SR	4) Alanah Yukich SR			
	58.366 (58.366)	1:55.106 (56.740)	2:52.650 (57.544)	3:47.322 (54.672)	
4	Florida Atlantic	3:47.89	3:48.03	3	5
	1) Cara Simpson SR	2) Eriana Teague SO			
	3) Jessica Lambert JR	4) Melissa Mundell SO			
	57.025 (57.025)	1:54.031 (57.006)	2:50.038 (56.007)	3:48.026 (57.988)	
5	Rice	3:50.78	3:48.43	2	4

Conference USA
Indoor Track & Field Championships
CrossPlex, Birmingham, AL - 2/18/2023 to 2/19/2023
Results

....Women 4x400 Meter Relay

1) Kennedy Gamble JR	2) Arayna Mickles SO				
3) Alyssa Balandran SR	4) Savannah Simms SO				
59.024 (59.024)	1:54.898 (55.874)	2:51.731 (56.833)	3:48.424 (56.693)		
6 Mid. Tenn. State		3:51.70	3:48.85	2	3
1) Leonie Beu SO	2) Francisca Jebor SR				
3) Pamela Milano SO	4) Glory Nyenke SR				
58.249 (58.249)	1:56.982 (58.733)	2:53.820 (56.839)	3:48.843 (55.023)		
7 North Texas		3:52.75	3:50.52	2	2
1) Macy Burnham JR	2) Chinazaekpere Okoye FR				
3) Janai Williams FR	4) Kendahl Tucker FR				
58.138 (58.138)	1:55.254 (57.116)	2:54.622 (59.369)	3:50.519 (55.897)		
8 Louisiana Tech		3:56.86	3:52.97	2	1
1) Faith Tarver SO	2) Nariah Parks SO				
3) Chanel Honeywell FR	4) Victoria Datta SO				
57.035 (57.035)	1:54.577 (57.542)	2:52.819 (58.242)	3:52.964 (1:00.145)		
9 UAB		3:57.16	3:56.02	1	
1) Jabriana Jemison SR	2) Regina Harris JR				
3) Alicia Abalos Cervera JR	4) Eriyanna Reed FR				
1:01.612 (1:01.612)	1:59.842 (58.231)	2:58.832 (58.990)	3:56.019 (57.187)		
10 FIU			4:06.21	1	
1) Maika Cuenca SO	2) Keara Hardy SO				
3) Brianna Carey FR	4) Kaylen Clark SR				
1:01.708 (1:01.708)	2:01.821 (1:00.113)	3:04.574 (1:02.753)	4:06.207 (1:01.634)		

Women Distance Medley

=====

2-alley start; 2-turn stagger

C-USA Meet: # 11:30.59 2/20/2022 Middle TN, Middle TN
Jebor, Nyenke, Cunningham, Chepkemei.CrossPlex: S 10:51.37 3/11/2022 Arkansas, Arkansas
I Van Camp, P Peoples, K Gear, L Jolly

School	Seed	Finals	Points
=====	=====	=====	=====
1 Rice	12:10.33	11:34.36	10
1) Amelie Attenborough FR	2) Savannah Simms SO		
3) Taigen Hunter-Galvan JR	4) Alyssa Balandran SR		
3:35.618 (3:35.618)	4:32.432 (56.814)	6:43.491 (2:11.059)	11:34.356 (4:50.866)
2 Mid. Tenn. State		11:39.55	8
1) Joice Jebor SR	2) Leonie Beu SO		
3) Pamela Milano SO	4) Purity Sanga SR		
3:36.531 (3:36.531)	4:32.499 (55.968)	6:48.279 (2:15.780)	11:39.547 (4:51.268)
3 Florida Atlantic		11:55.61	6
1) Elyssa Toal SO	2) Cara Simpson SR		
3) Jessica Lambert JR	4) Anabell Reumann FR		
3:39.754 (3:39.754)	4:36.417 (56.663)	6:43.438 (2:07.022)	11:47.446 (5:04.008)
4 Charlotte		12:01.46	5
1) Sarah Bechtel SO	2) Ariana Rivera JR		
3) Kaleigh Hanson JR	4) Lauren Johnston SO		
3:46.327 (3:46.327)	4:43.374 (57.048)	7:01.264 (2:17.890)	12:01.456 (5:00.193)
5 UAB	12:16.42	12:06.51	4
1) Sangie Lincoln-Velez FR	2) Eriyanna Reed FR		
3) Alicia Abalos Cervera JR	4) Kyra Hayes FR		
3:37.096 (3:37.096)	4:34.347 (57.251)	6:56.609 (2:22.262)	12:06.509 (5:09.900)
6 UTSA		12:26.62	3

Conference USA
Indoor Track & Field Championships
CrossPlex, Birmingham, AL - 2/18/2023 to 2/19/2023
Results

....Women Distance Medley

1) Madison Henry SR	2) Mackenzie Grimes SR								
3) Savannah Lopez FR	4) Abbygail Balli JR								
3:40.986 (3:40.986)	4:39.963 (58.978)	7:05.373 (2:25.410)	12:26.612 (5:21.239)						
7 FIU			12:39.19	2					
1) Hannah Buchanan FR	2) Brianna Carey FR								
3) Leonarda Farkas JR	4) Lisa Adjouadi SO								
3:50.285 (3:50.285)	4:53.524 (1:03.240)	7:17.418 (2:23.894)	12:39.190 (5:21.772)						
8 Western Kentucky			12:47.93	1					
1) Audrey Boles FR	2) Madeline Powell SO								
3) Addie Frisch FR	4) Rylee Evans FR								
3:53.850 (3:53.850)	4:57.124 (1:03.274)	7:24.112 (2:26.988)	12:47.921 (5:23.810)						
9 UTEP			12:49.16						
1) Joan Kimaiyo JR	2) Carshaylah Harrison SR								
3) Angie Calderon JR	4) Victoria Ovalles SO								
4:02.033 (4:02.033)	5:01.104 (59.072)	7:33.208 (2:32.104)	12:49.160 (5:15.952)						
10 North Texas			13:12.68	13:02.22					
1) Tiblets Abreha SO	2) Kendahl Tucker FR								
3) Amy Pritchard FR	4) Miranda Vreeland SO								
4:06.868 (4:06.868)	5:06.474 (59.606)	7:39.320 (2:32.846)	13:02.214 (5:22.894)						
11 Louisiana Tech			13:42.20						
1) Rebecca Quebedeaux SO	2) Nariah Parks SO								
3) Victoria Datta SO	4) Lexa Thompson FR								
4:09.228 (4:09.228)	5:07.669 (58.442)	7:34.666 (2:26.997)	13:42.196 (6:07.530)						

Women High Jump

Height Progression:

1.52m, 1.57m, 1.62m, 1.67m, 1.72m, 1.77m, 1.80m, 1.83m, 1.86m

Then +3cm

C-USA Meet: # 1.86m 2/20/2022 Josie Taylor, Rice

CrossPlex: S 1.92m 1/16/2016 Chaunte Lowe, Nike

Name	Year	School	Seed	Finals	Points
1 Katie Isenbarger	SR	Western Kentucky	1.84m	1.80m	5-10.75 10
1.52 1.57 1.62 1.67 1.72 1.77 1.80 1.83 1.86					
PPP PPP PPP PPP O O O PPP XXX					
2 Esther Isa	SR	Mid. Tenn. State	1.84m	1.77m	5-09.75 8
1.52 1.57 1.62 1.67 1.72 1.77 1.80					
PPP PPP PPP O O O XXX					
3 Celia Rifaterra	FR	FIU	1.75m	1.77m	5-09.75 6
1.52 1.57 1.62 1.67 1.72 1.77 1.80					
PPP PPP PPP O XXO XXO XXX					
4 Grace Turner	JR	Western Kentucky	1.70m	1.67m	5-05.75 5
1.52 1.57 1.62 1.67 1.72					
PPP O O XO XXX					
5 Arielle Ho	SO	FIU	1.60m	1.67m	5-05.75 4
1.52 1.57 1.62 1.67 1.72					
PPP O XO XO XXX					
6 Nazah Reddick	SR	North Texas	1.70m	1.62m	5-03.75 3
1.52 1.57 1.62 1.67					
PPP PPP O XXX					
7 Sigrid Kleive	SR	UTSA	1.65m	1.62m	5-03.75 2
1.52 1.57 1.62 1.67					
PPP O XO XXX					

Conference USA
Indoor Track & Field Championships
CrossPlex, Birmingham, AL - 2/18/2023 to 2/19/2023
Results

....Women High Jump

8	Olivia Beard	SO UAB	1.57m	1.62m	5-03.75	1
	1.52 1.57 1.62 1.67					
	O XO XO XXX					
9	Nia Hill	JR UAB	1.60m	1.62m	5-03.75	
	1.52 1.57 1.62 1.67					
	PPP O XXO XXX					
10	Jiana Stewartburgess	FR Louisiana Tech	1.70m	1.62m	5-03.75	
	1.52 1.57 1.62 1.67					
	O XO XXO XXX					
11	Allison Arnett	SO Western Kentucky	1.62m	1.57m	5-01.75	
	1.52 1.57 1.62					
	XO XO XXX					
--	Anouk Victor	FR FIU	1.50m	NH		
	1.52					
	XXX					
--	Maika Cuenca	SO FIU	1.52m	NH		
	1.52					
	XXX					
--	Karina Nentwig	FR Florida Atlantic	1.55m	NH		
	1.52					
	XXX					
--	Fabiola Declet	JR FIU	1.55m	NH		
	1.52					
	XXX					

Women Pole Vault

Height Progression:

3.37m, 3.52m, 3.67m, 3.82m, 3.97m, 4.07m, 4.17m

4.27m 4.32m

C-USA Meet: # 4.26m 2/19/2022 Riley Felts, Charlotte

CrossPlex: S 4.63m 3/12/2016 Alexis Weeks, Arkansas

C-USA Meet: # 4.26m 2/19/2022 Anna Massa

Name	Year	School	Seed	Finals	Points
1 Nicole Janse Van Rensbur	SO	FIU	4.00m	4.17m	13-08.25 10
3.37 3.52 3.67 3.82 3.97 4.07 4.17 4.22					
PPP PPP PPP XO O O O XXX					
2 Filippa Miller	JR	FIU	4.21m	4.07m	13-04.25 8
3.37 3.52 3.67 3.82 3.97 4.07 4.17					
PPP PPP PPP PPP XO O XXX					
3 Kristin Lubeskie	SR	FIU	3.83m	3.97m	13-00.25 6
3.37 3.52 3.67 3.82 3.97 4.07					
PPP PPP PPP XO XXO XXX					
4 Elena Siemens	JR	Rice	3.60m	3.82m	12-06.25 5
3.37 3.52 3.67 3.82 3.97					
PPP O XO O XXX					
5 Morgan Juarez	SO	FIU	3.55m	3.67m	12-00.50 3.50
3.37 3.52 3.67 3.82					
O O O XXX					
5 Alicia Johnson	SO	Charlotte	3.65m	3.67m	12-00.50 3.50
3.37 3.52 3.67 3.82					
O O O XXX					

Conference USA
Indoor Track & Field Championships
CrossPlex, Birmingham, AL - 2/18/2023 to 2/19/2023
Results

....Women Pole Vault

7	Grace Turner	JR Western Kentucky	3.65m	3.67m	12-00.50	2
	3.37 3.52 3.67 3.82					
	O XO XO XXX					
8	Lauren Schmitt	FR Rice	3.41m	3.52m	11-06.50	0.50
	3.37 3.52 3.67					
	O XO XXX					
8	Trinity Fellows	SO UAB	3.60m	3.52m	11-06.50	0.50
	3.37 3.52 3.67					
	PPP XO XXX					
--	Sarah Brown	SO Charlotte	4.23m	NH		
	3.37 3.52 3.67 3.82 3.97					
	PPP PPP PPP PPP XXX					
--	Kendall Meyer	FR FIU	3.40m	NH		
	3.37					
	XXX					

Women Long Jump

9	advance								
	C-USA Meet: # 6.65m	2/29/2008	Blessing Okagbare, UTEP						
	CrossPlex: S 6.80m	3/11/2016	Quanesha Burks, Alabama						
Name	Year	School	Seed	Finals	H#	Points			
1	Oreoluwa Adamson	JR UTSA	6.10m	6.46m	21-02.50	2	10		
	6.46m FOUL FOUL FOUL	6.04m 5.94m							
2	Esther Isa	SR Mid. Tenn. State	5.91m	6.41m	21-00.50	2	8		
	5.71m 5.90m 6.03m 5.96m	6.21m 6.41m							
3	Lynnika Vance	JR Mid. Tenn. State	6.15m	6.09m	19-11.75	2	6		
	FOUL FOUL 5.87m 4.80m	5.79m 6.09m							
4	Ingeborg Gruenwald	SR UTSA	6.18m	6.07m	19-11.00	2	5		
	6.06m FOUL FOUL 5.94m	6.07m FOUL							
5	Glenquioa Hardy	JR North Texas	5.75m	5.84m	19-02.00	2	4		
	5.84m 5.39m FOUL 5.55m	FOUL FOUL							
6	Chaunesse Barringer	FR Charlotte	5.82m	5.80m	19-00.50	2	3		
	5.80m 5.78m 5.50m 5.51m	FOUL FOUL							
7	DaLoria Boone	JR Louisiana Tech	5.59m	5.74m	18-10.00	2	2		
	5.50m 5.74m 5.47m 5.59m	5.38m 5.63m							
8	Jurnee Coleman	SO Charlotte	5.71m	5.74m	18-10.00	2	1		
	5.53m 5.56m 5.74m FOUL	5.37m 5.51m							
9	Sigrid Kleive	SR UTSA	5.67m	5.72m	18-09.25	2			
	FOUL 5.67m 5.72m FOUL	4.24m FOUL							
10	Jasmyrn Reece	FR North Texas	5.71m	5.70m	18-08.50	2			
	5.70m FOUL 5.60m								
11	Kennedy Adams	JR North Texas	5.60m	5.65m	18-06.50	2			
	5.65m 5.46m 5.55m								
12	Anaiya Midget	SO Mid. Tenn. State	5.32m	5.56m	18-03.00	1			
	5.13m 5.56m 5.30m								
13	Tia Reder	FR Louisiana Tech	5.46m	5.55m	18-02.50	1			
	5.39m 5.55m 5.34m								
14	Akera Benton	SR Mid. Tenn. State	5.47m	5.53m	18-01.75	1			
	5.25m 5.47m 5.53m								
15	Shauntia Landrum	SR UAB	5.42m	5.50m	18-00.50	1			
	5.40m FOUL 5.50m								

Conference USA
Indoor Track & Field Championships
CrossPlex, Birmingham, AL - 2/18/2023 to 2/19/2023
Results

....Women Long Jump

16 Arayna Mickles	SO Rice	5.45m	5.48m	17-11.75	1
5.48m FOUL 5.46m					
17 Kaitlyn Bradford	FR North Texas	5.16m	5.46m	17-11.00	1
FOUL 5.46m FOUL					
18 Rebecca Tirko	FR Charlotte	5.51m	5.36m	17-07.00	2
5.36m 5.11m 5.34m					
19 Maren Wilms	SR UTSA	5.38m	5.30m	17-04.75	1
5.30m 5.27m FOUL					
20 Christelle Bonzil	SO Rice	5.42m	5.30m	17-04.75	1
5.30m FOUL FOUL					
21 Breyanna Chambliss	SO Florida Atlantic	5.17m	5.29m	17-04.25	1
FOUL FOUL 5.29m					
22 Leah Ellis	FR Louisiana Tech	5.43m	5.23m	17-02.00	1
FOUL 5.16m 5.23m					
23 Dahlia Barnes	SR Florida Atlantic	5.50m	5.20m	17-00.75	1
FOUL FOUL 5.20m					
24 Averie Foster	JR UAB	5.30m	5.17m	16-11.50	1
5.07m 5.17m 5.17m					
25 Ashleigh Teater	FR Western Kentucky	5.00m	4.89m	16-00.50	1
4.89m 4.72m 4.75m					
26 Pleasant Harris	SR Louisiana Tech	5.56m	3.45m	11-04.00	2
FOUL FOUL 3.45m					

Women Triple Jump

9 advance

C-USA Meet: # 13.88m 2/26/2011 Ganna Demydova, Southern Miss

CrossPlex: S 14.57m 3/12/2022 Jasmine Moore, Florida

Name	Year School	Seed	Finals	H#	Points
1 Esther Isa	SR Mid. Tenn. State	12.89m	13.08m	42-11.00	2 10
12.29m 13.08m 12.55m PASS 12.48m 12.48m					
2 Oreoluwa Adamson	JR UTSA	12.71m	12.80m	42-00.00	2 8
FOUL 12.37m 12.70m 12.59m 12.80m FOUL					
3 Ginnie Okafor	JR Rice	12.62m	12.64m	41-05.75	2 6
FOUL FOUL 12.02m 12.61m 12.64m 12.56m					
4 Ingeborg Gruenwald	SR UTSA	11.71m	12.16m	39-10.75	2 5
12.06m 12.06m FOUL 12.01m FOUL 12.16m					
5 Chaunesse Barringer	FR Charlotte	11.47m	12.13m	39-09.75	2 4
11.75m FOUL 12.13m 11.20m 11.61m FOUL					
6 Akeria Benton	SR Mid. Tenn. State	12.12m	12.02m	39-05.25	2 3
FOUL 12.02m 11.27m FOUL 11.85m FOUL					
7 Savannah Simms	SO Rice	12.38m	12.01m	39-05.00	2 2
12.01m 11.82m 11.82m 11.98m FOUL 11.87m					
8 Shauntia Landrum	SR UAB	11.75m	11.97m	39-03.25	2 1
11.73m 11.76m 11.78m 11.80m 11.79m 11.97m					
9 Tia Reder	FR Louisiana Tech	11.68m	11.80m	38-08.75	2
FOUL FOUL 11.80m 11.37m FOUL 11.80m					
10 Sigrid Kleive	SR UTSA		11.75m	38-06.75	1
11.75m FOUL 11.39m					
11 Kaitlyn Bradford	FR North Texas	11.10m	11.58m	38-00.00	1
FOUL 11.58m FOUL					
12 Kennedy Adams	JR North Texas	12.13m	11.29m	37-00.50	2
FOUL FOUL 11.29m					

Conference USA
Indoor Track & Field Championships
CrossPlex, Birmingham, AL - 2/18/2023 to 2/19/2023
Results

....Women Triple Jump

-- Rebecca Tirko	FR Charlotte	11.27m	FOUL	1
FOUL FOUL FOUL				
-- Maren Wilms	SR UTSA		FOUL	1
FOUL FOUL FOUL				
-- Jasmyrn Reece	FR North Texas		FOUL	1
FOUL FOUL FOUL				
-- Makenzi Arceneaux	FR North Texas		FOUL	1
FOUL FOUL FOUL				
-- Christelle Bonzil	SO Rice		FOUL	1
FOUL FOUL FOUL				

Women Shot Put

9 advance

C-USA Meet: # 17.95m 2/26/2015 Claire Uke, Rice

CrossPlex: S 18.56m 1/23/2016 Jordan Van Klinken, Arizona State

Name	Year School	Seed	Finals	H#	Points
1 Erna Gunnarsdottir	SR Rice	17.70m	17.92m	58-09.50	2 10
17.64m 17.92m 17.61m	17.79m 17.78m 17.60m				
2 KeAyla Dove	SO North Texas	17.45m	17.77m	58-03.75	2 8
17.63m 17.77m 16.76m	16.03m FOUL FOUL				
3 Jaleisa Shaffer	SR North Texas	15.57m	16.28m	53-05.00	2 6
14.38m FOUL 14.48m	15.17m 15.69m 16.28m				
4 Amaya King	JR UTSA	15.06m	15.33m	50-03.50	2 5
15.33m FOUL 14.25m	FOUL FOUL 14.62m				
5 Macayla Needham	JR North Texas	14.01m	14.95m	49-00.75	2 4
14.02m 13.58m 14.15m	14.39m 14.36m 14.95m				
6 Markeisha Weeks	SO FIU	14.15m	14.69m	48-02.50	2 3
13.46m 13.51m 13.75m	14.69m FOUL 14.05m				
7 Birthe' Franck-Petersen	JR UAB	13.79m	13.97m	45-10.00	2 2
13.78m 13.62m 13.97m	13.12m FOUL 13.29m				
8 Morgan Fey	FR Rice	14.06m	13.79m	45-03.00	2 1
12.58m 13.37m 12.72m	13.79m FOUL FOUL				
9 Kayla Davis-Edwards	FR Charlotte	13.28m	13.49m	44-03.25	1
13.35m FOUL FOUL 13.49m	FOUL 12.97m				
10 Zoe Shanklin	JR UTSA	13.23m	13.27m	43-06.50	1
FOUL 12.98m 13.27m					
11 Zoria Miller	JR UAB	13.11m	13.27m	43-06.50	1
FOUL 12.03m 13.27m					
12 Bessline Verneau	JR FIU	13.74m	13.05m	42-09.75	2
FOUL 13.05m 12.98m					
13 Arianne Morais	JR UTEP	12.59m	12.83m	42-01.25	1
12.83m 12.65m 12.82m					
14 Shania Parkinson	JR Louisiana Tech	13.16m	12.14m	39-10.00	1
FOUL 12.04m 12.14m					
15 Lizbeth Fierro	SO UTEP	12.04m	11.83m	38-09.75	1
10.76m 10.75m 11.83m					
16 Natalie Murillo	SO UTEP	12.66m	11.44m	37-06.50	1
11.44m FOUL FOUL					

Conference USA
Indoor Track & Field Championships
CrossPlex, Birmingham, AL - 2/18/2023 to 2/19/2023
Results

Women Weight Throw

9 advance

C-USA Meet: # 22.18m 2/18/2023 Tara Simpson-Sullivan, Rice

CrossPlex: S 25.55m 3/12/2022 Shey Taiwo, Ole Miss

Name	Year	School	Seed	Finals	H#	Points
1 Tara Simpson-Sullivan	JR	Rice	21.42m	22.18m#	72-09.25	2 10
22.18m FOUL 21.24m FOUL 21.78m 21.79m						
2 Michaelle Valentin	SO	FIU	20.37m	19.70m	64-07.75	2 8
FOUL 19.35m FOUL FOUL 19.70m 19.49m						
3 Elizabeth Alfred	SO	FIU	17.33m	19.13m	62-09.25	2 6
FOUL 17.66m 18.68m 19.13m 17.73m FOUL						
4 Ajla Basic	SO	Western Kentucky	18.91m	18.41m	60-05.00	2 5
18.10m 16.76m FOUL 18.41m 18.20m FOUL						
5 Acacia Astwood	SR	UTSA	17.67m	18.30m	60-00.50	2 4
17.44m 18.30m FOUL FOUL 17.51m 18.14m						
6 Jaleisa Shaffer	SR	North Texas	16.66m	17.53m	57-06.25	2 3
17.53m 16.85m 16.84m 16.39m 17.13m 16.94m						
7 Gabby Bryan	SO	FIU	17.03m	17.11m	56-01.75	2 2
16.64m FOUL FOUL FOUL 17.11m 16.46m						
8 Julie Perez	SR	Rice	16.19m	16.85m	55-03.50	2 1
16.71m 16.85m 16.04m FOUL 16.55m 16.74m						
9 Madison Sloan	SO	North Texas	16.82m	16.27m	53-04.50	2
FOUL 16.27m 16.22m FOUL FOUL FOUL						
10 Isabella Simonelli	JR	UTSA	17.11m	15.85m	52-00.00	2
15.79m 15.85m FOUL						
11 Elizabeth Sebera	JR	Louisiana Tech	16.73m	15.80m	51-10.00	2
14.59m FOUL 15.80m						
12 Aitana Safont Falomir	JR	Western Kentucky	15.72m	15.67m	51-05.00	1
15.67m FOUL FOUL						
13 Natalie Murillo	SO	UTEP	15.10m	14.65m	48-00.75	1
FOUL 14.05m 14.65m						
14 Macayla Needham	JR	North Texas	16.11m	14.63m	48-00.00	1
FOUL 14.63m 14.24m						
15 Shania Parkinson	JR	Louisiana Tech	15.74m	14.49m	47-06.50	1
14.49m FOUL FOUL						
16 Lizbeth Fierro	SO	UTEP	14.77m	14.45m	47-05.00	1
FOUL 13.67m 14.45m						
17 Zoria Miller	JR	UAB	13.43m	14.10m	46-03.25	1
12.88m 13.33m 14.10m						
18 Rachel Flinchum	SO	Western Kentucky		12.42m	40-09.00	1
10.59m 12.42m FOUL						
19 Tia Espinoza	SR	UAB	12.01m	12.38m	40-07.50	1
FOUL 12.38m 11.90m						
20 Ilana Anderson	FR	Western Kentucky		12.10m	39-08.50	1
FOUL 10.62m 12.10m						
-- Birthe' Franck-Petersen	JR	UAB	15.24m	FOUL		1
FOUL FOUL FOUL						

Conference USA
Indoor Track & Field Championships
CrossPlex, Birmingham, AL - 2/18/2023 to 2/19/2023
Results

Indoor Pentathlon: #5 Women 800 Meter Run Indoor Pentathlon

2 sections, seeded by score; 2-alley start; 2-turn stagger

C-USA Meet: # 2:14.73 2/24/2016 Frida Thorsas, Florida Atlantic

CrossPlex: S 2:12.41 3/12/2016 Amalie Iuel, USC

Name	Year	School	Finals	H#	Points
1 Marta Sivina	FR	North Texas	2:19.94	2	824
33.599 (33.599)	1:09.062 (35.463)	1:44.849 (35.787)	2:19.938 (35.090)		
2 Lindsay Simms	JR	Rice	2:23.74	2	773
33.334 (33.334)	1:08.821 (35.487)	1:46.074 (37.254)	2:23.736 (37.662)		
3 Megan Hamilton Strong	FR	UAB	2:24.02	2	770
35.651 (35.651)	1:12.841 (37.191)	1:49.166 (36.325)	2:24.020 (34.854)		
4 Maren Wilms	SR	UTSA	2:27.12	1	729
33.877 (33.877)	1:10.981 (37.104)	1:48.769 (37.788)	2:27.119 (38.350)		
5 Laney Kronz	SR	UAB	2:28.98	1	706
34.479 (34.479)	1:11.838 (37.359)	1:50.207 (38.370)	2:28.978 (38.771)		
6 Johannon Murray	JR	Louisiana Tech	2:32.96	2	656
35.222 (35.222)	1:13.040 (37.818)	1:52.365 (39.326)	2:32.956 (40.591)		
7 Maika Cuenca	SO	FIU	2:35.08	2	631
35.278 (35.278)	1:12.637 (37.359)	1:53.950 (41.314)	2:35.078 (41.128)		
8 Fabiola Declet	JR	FIU	2:35.85	2	621
35.251 (35.251)	1:13.192 (37.941)	1:54.251 (41.060)	2:35.841 (41.590)		
9 Karen Villa Medina	SO	UTEP	2:36.74	1	611
35.928 (35.928)	1:15.111 (39.184)	1:57.092 (41.981)	2:36.736 (39.645)		
10 Marilis Rimmel	SO	UTSA	2:37.40	1	603
36.096 (36.096)	1:15.550 (39.455)	1:57.486 (41.936)	2:37.391 (39.905)		
11 Hannah Angel	SO	Charlotte	2:38.83	1	586
36.296 (36.296)	1:15.716 (39.421)	1:57.954 (42.238)	2:38.830 (40.877)		
12 Jiana Stewartburgess	FR	Louisiana Tech	2:43.98	2	528
36.563 (36.563)	1:14.274 (37.712)	1:58.063 (43.790)	2:43.973 (45.910)		
13 Leah Ellis	FR	Louisiana Tech	2:54.74	2	416
36.641 (36.641)	1:14.873 (38.233)	2:00.722 (45.849)	2:54.733 (54.011)		
14 Haley Dempsey	SR	UAB	3:00.13	1	364
37.604 (37.604)	1:21.096 (43.493)	2:09.667 (48.571)	3:00.128 (50.462)		
15 Sigrid Kleive	SR	UTSA	3:19.06	2	208
38.605 (38.605)	1:23.189 (44.584)	2:21.281 (58.093)	3:19.056 (57.775)		

Indoor Pentathlon: #1 Women 60 Meter Hurdles Indoor Pentathlon

Alternate lanes

C-USA Meet: # 8.52 2/25/2015 Jallycia Pearson, UTEP

CrossPlex: S 8.09 3/12/2016 Kendall Williams, Georgia

Name	Year	School	Finals	H#	Points
1 Lindsay Simms	JR	Rice	8.83	1	946
8.821 (8.821)					
2 Laney Kronz	SR	UAB	8.95	1	920
8.942 (8.942)					
3 Johannon Murray	JR	Louisiana Tech	9.01	2	908
4 Marta Sivina	FR	North Texas	9.02	1	906
9.016 (9.016)					
5 Fabiola Declet	JR	FIU	9.10	1	889
9.095 (9.095)					
6 Maika Cuenca	SO	FIU	9.17	2	875
7 Sigrid Kleive	SR	UTSA	9.19	3	871

Conference USA
Indoor Track & Field Championships
CrossPlex, Birmingham, AL - 2/18/2023 to 2/19/2023
Results

....Indoor Pentathlon: #1 Women 60 Meter Hurdles Indoor Pentathlon

8 Leah Ellis	FR Louisiana Tech	9.21	2	867
9 Megan Hamilton Strong	FR UAB	9.28	3	852
10 Hannah Angel	SO Charlotte	9.30	2	848
11 Jiana Stewartburgess	FR Louisiana Tech	9.48	3	812
12 Karen Villa Medina	SO UTEP	9.50	3	808
13 Maren Wilms	SR UTSA	9.76	4	758
14 Haley Dempsey	SR UAB	10.92	4	550
15 Marilis Remmel	SO UTSA	11.46	4	463

Indoor Pentathlon: #2 Women High Jump Indoor Pentathlon

1.39m, 1.42m, 1.45m, 1.48m, 1.51m, 1.54m, 1.57m, 1.60m

1.63m, 1.66m, 1.69m, 1.72m, 1.75m, 1.78m, 1.81m, 1.84m

C-USA Meet: # 1.85m 2/23/2007 Gaelle Niare, SMU

CrossPlex: S 1.92m 1/16/2016 Chaunte Lowe, Nike

Name	Year	School	Finals	Points
1 Sigrid Kleive	SR	UTSA	1.66m	5-05.25 806
1.36 1.39 1.42 1.45 1.48	1.51 1.54 1.57 1.60 1.63	1.66 1.69		
PPP PPP PPP PPP PPP	PPP O PPP O O	XO XXX		
2 Jiana Stewartburgess	FR	Louisiana Tech	1.63m	5-04.25 771
1.36 1.39 1.42 1.45 1.48	1.51 1.54 1.57 1.60 1.63	1.66		
PPP O PPP O PPP	O PPP O XO XO	XXX		
3 Marta Sivina	FR	North Texas	1.57m	5-01.75 701
1.36 1.39 1.42 1.45 1.48	1.51 1.54 1.57 1.60			
PPP PPP PPP O PPP	O O O XXX			
3 Johannon Murray	JR	Louisiana Tech	1.57m	5-01.75 701
1.36 1.39 1.42 1.45 1.48	1.51 1.54 1.57 1.60			
PPP O PPP O PPP	O O XO XXX			
3 Hannah Angel	SO	Charlotte	1.57m	5-01.75 701
1.36 1.39 1.42 1.45 1.48	1.51 1.54 1.57 1.60			
PPP PPP PPP O O	O XO O XXX			
6 Maren Wilms	SR	UTSA	1.54m	5-00.50 666
1.36 1.39 1.42 1.45 1.48	1.51 1.54 1.57			
PPP PPP PPP O PPP	O O XXX			
6 Fabiola Declet	JR	FIU	1.54m	5-00.50 666
1.36 1.39 1.42 1.45 1.48	1.51 1.54 1.57			
PPP PPP O PPP O	XO XO XXX			
6 Maika Cuenca	SO	FIU	1.54m	5-00.50 666
1.36 1.39 1.42 1.45 1.48	1.51 1.54 1.57			
PPP PPP O PPP O	XXO O XXX			
6 Lindsay Simms	JR	Rice	1.54m	5-00.50 666
1.36 1.39 1.42 1.45 1.48	1.51 1.54 1.57			
PPP PPP O XO O	O XO XXX			
6 Karen Villa Medina	SO	UTEP	1.54m	5-00.50 666
1.36 1.39 1.42 1.45 1.48	1.51 1.54 1.57			
PPP PPP PPP PPP O	O XXO XXX			
11 Marilis Remmel	SO	UTSA	1.48m	4-10.25 599
1.36 1.39 1.42 1.45 1.48	1.51			
PPP PPP XO O O	XXX			
12 Haley Dempsey	SR	UAB	1.45m	4-09.00 566
1.36 1.39 1.42 1.45 1.48				
PPP O O XO XXX				

Conference USA
Indoor Track & Field Championships
CrossPlex, Birmingham, AL - 2/18/2023 to 2/19/2023
Results

....Indoor Pentathlon: #2 Women High Jump Indoor Pentathlon

12	Laney Kronz	SR UAB	1.45m	4-09.00	566
	1.36 1.39 1.42 1.45 1.48				
	O XXO XXO XXO XXX				
12	Megan Hamilton Strong	FR UAB	1.45m	4-09.00	566
	1.36 1.39 1.42 1.45 1.48				
	PPP O XO O XXX				
15	Leah Ellis	FR Louisiana Tech	1.42m	4-07.75	534
	1.36 1.39 1.42 1.45				
	PPP XO XXO XXX				

Indoor Pentathlon: #4 Women Long Jump Indoor Pentathlon

C-USA Meet: # 5.99m 2/24/2016 Elizabeth Dadzie, Middle Tennessee

CrossPlex: S 6.80m 3/12/2016 Akela Jones, Kansas State

Name	Year School	Finals	Points
1 Leah Ellis	FR Louisiana Tech	5.70m 18-08.50	759
5.70m FOUL 5.27m			
2 Sigrid Kleive	SR UTSA	5.65m 18-06.50	744
FOUL FOUL 5.65m			
3 Lindsay Simms	JR Rice	5.63m 18-05.75	738
5.47m FOUL 5.63m			
4 Maika Cuenca	SO FIU	5.39m 17-08.25	668
5.30m 5.39m 5.32m			
5 Jiana Stewartburgess	FR Louisiana Tech	5.34m 17-06.25	654
FOUL FOUL 5.34m			
6 Laney Kronz	SR UAB	5.30m 17-04.75	643
5.30m 5.10m 5.30m			
7 Maren Wilms	SR UTSA	5.28m 17-04.00	637
5.17m 5.28m FOUL			
8 Hannah Angel	SO Charlotte	5.27m 17-03.50	634
FOUL 5.08m 5.27m			
9 Megan Hamilton Strong	FR UAB	5.26m 17-03.25	631
5.04m 5.26m 5.16m			
10 Marta Sivina	FR North Texas	5.23m 17-02.00	623
5.23m FOUL 5.21m			
11 Fabiola Declet	JR FIU	5.19m 17-00.50	612
5.12m 5.19m 5.18m			
12 Marilis Remmel	SO UTSA	5.18m 17-00.00	609
5.05m 5.18m FOUL			
13 Johannon Murray	JR Louisiana Tech	5.08m 16-08.00	581
4.86m 5.08m 5.07m			
13 Karen Villa Medina	SO UTEP	5.08m 16-08.00	581
5.08m 4.84m 4.93m			
15 Haley Dempsey	SR UAB	4.68m 15-04.25	474
4.68m 4.58m 4.44m			

Indoor Pentathlon: #3 Women Shot Put Indoor Pentathlon

C-USA Meet: # 14.64m 2/29/2008 Charlotte Abrahamsen, Memphis

CrossPlex: S 18.56m 1/23/2016 Raven Saunders, Ole Miss

Name	Year School	Finals	Points
------	-------------	--------	--------

Conference USA
Indoor Track & Field Championships
CrossPlex, Birmingham, AL - 2/18/2023 to 2/19/2023
Results

....Indoor Pentathlon: #3 Women Shot Put Indoor Pentathlon

1	Sigrid Kleive	SR UTSA	11.69m	38-04.25	641
	11.47m 11.69m 11.61m				
2	Fabiola Declet	JR FIU	11.39m	37-04.50	621
	10.87m 10.55m 11.39m				
3	Johannon Murray	JR Louisiana Tech	11.33m	37-02.25	617
	10.43m 10.72m 11.33m				
4	Megan Hamilton Strong	FR UAB	11.32m	37-01.75	616
	11.07m 11.32m 10.06m				
5	Marta Sivina	FR North Texas	10.84m	35-06.75	585
	FOUL FOUL 10.84m				
6	Karen Villa Medina	SO UTEP	10.77m	35-04.00	580
	10.77m FOUL 10.03m				
7	Maika Cuenca	SO FIU	10.59m	34-09.00	568
	10.13m FOUL 10.59m				
8	Marilis Remmel	SO UTSA	10.40m	34-01.50	556
	9.68m 10.01m 10.40m				
9	Leah Ellis	FR Louisiana Tech	9.61m	31-06.50	504
	9.61m FOUL 9.39m				
10	Lindsay Simms	JR Rice	9.11m	29-10.75	471
	9.11m 8.58m 8.24m				
10	Maren Wilms	SR UTSA	9.11m	29-10.75	471
	9.11m 8.85m 8.99m				
12	Jiana Stewartburgess	FR Louisiana Tech	8.66m	28-05.00	442
	8.46m 8.66m 8.63m				
13	Hannah Angel	SO Charlotte	8.09m	26-06.50	405
	7.92m 7.67m 8.09m				
14	Haley Dempsey	SR UAB	7.90m	25-11.00	393
	7.90m FOUL 7.43m				
15	Laney Kronz	SR UAB	7.78m	25-06.25	385
	7.46m 7.61m 7.78m				

Women Indoor Pentathlon

=====					
C-USA Meet: #	4004	2/29/2008	Charlotte Abrahamsen, Memphis		
CrossPlex: S	4703	3/11/2016	Kendall Williams, Georgia		
Name	Year	School	Seed	Finals	H# Points
=====					
1	Marta Sivina	FR North Texas	3942	3639	10
2	Lindsay Simms	JR Rice	3567	3594	8
3	Johannon Murray	JR Louisiana Tech		3463	6
4	Megan Hamilton Strong	FR UAB	3366	3435	5
5	Fabiola Declet	JR FIU	3127	3409	4
6	Maika Cuenca	SO FIU	3178	3408	3
7	Sigrid Kleive	SR UTSA		3270	2
8	Maren Wilms	SR UTSA		3261	1
9	Karen Villa Medina	SO UTEP		3246	
10	Laney Kronz	SR UAB	3048	3220	
11	Jiana Stewartburgess	FR Louisiana Tech		3207	
12	Hannah Angel	SO Charlotte	3014	3174	
13	Leah Ellis	FR Louisiana Tech		3080	
14	Marilis Remmel	SO UTSA		2830	
15	Haley Dempsey	SR UAB	2295	2347	

Conference USA
Indoor Track & Field Championships
CrossPlex, Birmingham, AL - 2/18/2023 to 2/19/2023
Results

....Women Indoor Pentathlon

=====

Women - Team Rankings - 17 Events Scored

=====

1) Charlotte	129.50	2) Rice	94.50
3) Mid. Tenn. State	82	4) UTSA	75
5) FIU	67.50	6) UTEP	63
7) North Texas	40	8) Florida Atlantic	33
9) Louisiana Tech	28	10) UAB	26.50
11) Western Kentucky	23		