



LONE STAR CONFERENCE OUTDOOR TRACK & FIELD

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We're the One.

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WEEKLY AWARDS

DATE MEN'S TRACK

M-12 Luis Romero, A&M-C
M-19 Andrew Evans, HU
M-26 Tim Price, TAMUK
A-2 Chase Rathke, TSU
A-9 Luis Romero, A&M-C (2)
A-16 Michal Idziak, TAMUK

DATE MEN'S FIELD

M-12 Asael Arad, ASU
M-19 No nominees
M-26 Jeron Robinson, TAMUK
A-2 Jordan Yamoah, TAMUK
A-9 Zach Weatherly, WT
A-16 Paul Davis, McM
..... Keaton Hatch, ASU

DATE WOMEN'S TRACK

M-12 Jasmine Ambowode, ASU
M-19 No nominees
M-26 Kaina Martinez, TAMUK
A-2 Sharon Kwarula, WT
A-9 Jasmine Ambowode, ASU (2)
A-16 Libby Strickland, WT

DATE WOMEN'S FIELD

M-12 Chesney Neely, ASU
M-19 No nominees
M-26 Shykillia Sheppard, TAMUK
A-2 Kristen Celsor, HU
A-9 Jordan Gray, ASU
A-16 Kearah Danville, ASU

TOP TIMES

LSC Performance list available here:
<http://www.tfrs.org/lists/1270.html>



May 1-2-3, 2014 | Kingsville, Texas



LSC OUTDOOR TRACK AND FIELD

Lone Star Conference Outdoor Track & Field athletes have recorded nine NCAA Division II Automatic qualifying marks (5 men, 4 women) and 132 provisional efforts (76 men, 56 women). See the LSC performance list here: <http://www.tfrs.org/lists/1270.html>.

The LSC has four men's and three women's teams in the top 25 in the national team computer rankings (April 15) conducted by the U.S. Track & Field and Cross Country Coaches Association (USTFCCA). The men are represented by No. 3 Texas A&M-Kingsville, No. 7 Angelo State, No. 15 Texas A&M-Commerce, and No. 18 Tarleton State. On the women's side, ASU is No. 5, followed by No. 12 WT, and No. 18 TAMUK.

The postseason starts with the LSC Championships May 1-2-3 in Kingsville, Texas. The NCAA Division II Outdoor Track and Field National Championships are May 22-24 in Allendale, Mich.

ATHLETES OF THE WEEK

MEN'S TRACK

Michal Idziak, Texas A&M University - Kingsville, SO, Mosina, Poland, Fork Union Military Academy
Idziak finished third in the men's 800m run final with his career best time of 1:50.68 at the University of Miami Hurricane Alumni Invitational meet. Idziak's time is a NCAA Division II provisional mark and puts him at the top of the Lone Star Conference in the men's 800m run. He also breaks his own Texas A&M-Kingsville record set in 2013 of 1:52.30.

CO-MEN'S FIELD

Paul Davis, McMurry University, SR, Lubbock, Texas, Coronado HS

Had an LSC best effort of 61-2.25 to place second (to Texas Tech's Kole Weldon by two inches) in the shot put at the ACU Invitational. Davis was making his first appearance of the outdoor season, after suffering a broken finger on his throwing hand at the USA Indoor Championships and, then just a few weeks later, re-injuring his surgically repaired knee while training.

Keaton Hatch, Angelo State University, SR, Plainview, Texas, Plainview HS

Hatch hit a huge provisional mark moving up to No. 2 in NCAA Division II in the discus. The throw of 178-11 (54.54m) is a season best for the senior.

WOMEN'S TRACK

Libby Strickland, West Texas A&M University, SO, Amarillo, Texas, Randall HS

Strickland continued to tear apart the school record books on Saturday at the West Texas A&M Open as she marked her name in three new events and recorded four provisional qualifying times. She added second-place finishes for provisional marks and school records in both the 100m (11.66) and 200m (23.71). Strickland added the third school record in the 4x400m relay in a second place finish and provisional time of 3:45.26. She also led the 4x100m relay team to a first place finish with a provisional time of 46.08. The sophomore ranks sixth in the nation in the 100m and fourth in the 200m.

WOMEN'S FIELD

Kearah Danville, Angelo State University, SR, Kingston, Jamaica

Danville automatically qualified for the 2014 NCAA Division II Outdoor Track and Field Championships in the triple jump at the Wes Kitley Invitational in Abilene Saturday. Danville's first outdoor attempt at the triple jump will be one for the books as she hit an NCAA Division II automatic mark with a leap of 43-1.5 (13.10m). The mark is currently No. 1 in Division II for the 2014 NCAA Division II Indoor Triple Jump Champion.

OTHER TOP PERFORMERS

Cameron Krc, Tarleton State University, was a part of two NCAA provisional marks last weekend at the ACU Wes Kitley Invitational, earning his first individual mark of the season in the 400m Dash and running the first leg of the best Mile Relay time of the season in a nearly record-breaking run. The sophomore finished eighth with a time of 47.72 to notch his first 400m mark of the season and then highlighted the afternoon when his Mile Relay team finished with a time of 3:10.61, which was just 0.37 seconds shy of the 24-year old school record.

Tadarius Ridge, West Texas A&M University, placed fourth in the men's 200m dash at the West Texas A&M Open on Saturday in Canyon. He set a new PR in the event and ran a provisional time of 21.45 before track conversion. Ridge also led the men's 4x100m relay team to a first place finish with a time of 41.41.

Isaiah Samoei, Eastern New Mexico University, turned in a first-place performance in the men's 800m run at the West Texas A&M Open, last Saturday. He finished the 800m run with a time of 1:56.96, just .13 ahead of West Texas A&M's Martin Puga. The event marked the first time Samoei has run an outdoor event with a distance of less than 1,500m for Eastern.

Luis Perez, Angelo State University, recorded a personal-best in the 400m clocking a 46.92 to finish sixth at the Wes Kitley Invitational in Abilene. The time improves his NCAA Division II provisional mark and currently puts him at No. 5 in Division II in the event.

Corey Bassett, Harding University, won the 100m dash at the UALR Open in 10.55, the fifth-fastest time in the LSC this season. It was his first career event victory as a collegian.

Christian Garcia, Texas A&M University - Kingsville, threw for a first place mark of 50-11 (15.53m) in the men's

shot put final at the University of Incarnate Word Invitational meet. Garcia's mark puts him in sixth place in the Lone Star Conference.

K'Don Samuels, Texas A&M University - Commerce, broke his own school record in the Pole Vault this weekend with a 5.07m height cleared ... The height was enough to get the junior a fourth place finish ... With the height Samuels is now provisionally qualified for nationals and also ranks second in the LSC in the Pole Vault.

Davene Carter, Tarleton State University, racked up his second NCAA provisional mark in as many meets this season Saturday when he won the high jump event at the Wes Kittley Invitational at Abilene Christian. Against competitors ranging from the LSC to Division I, Carter won the even with an NCAA marking jump of 6-9.75 (2.08m).

Paul Alongo, West Texas A&M University, set a new provisional qualifying mark in the men's long jump at 24-0.25 (7.32m) where he won the event at the West Texas A&M Open on Saturday. The sophomore's prior attempt in the competition would have gone for 7.41m, a new school record, however was narrowly over the legal mark with a 4.1 wind.

Jesus Rivera, Eastern New Mexico University, turned in a first-place performance in the men's javelin throw at the West Texas A&M Open, last Saturday. His throw of 176-0 was nearly a foot further than the runner up in the event.

Trey Adkison, Harding University, won the pole vault at the UALR Open, clearing 14-6. It was his third straight event victory in three career meets.

Amber Perry, Texas A&M University - Kingsville, finished fourth in the women's 400m dash final at the University of Miami Hurricane Alumni Invitational meet with a time of 55.15. Perry's time moves her to the No. 1 spot in the Lone Star Conference and earns her a NCAA Division II provisional mark.

Sabrina Huelga, Eastern New Mexico University, turned in a first-place performance, time of 3:02.50 in the 1,000m run at the West Texas A&M Open, last Saturday. Her finish was almost a full second ahead of WT's Mireia Guarner.

Jaylen Rodgers, Angelo State University, added her name to the Division II national list in the 1,500m after running a 4:34.97 to win the event. Rodgers has provisionally qualified for the 800m after her performance at the ASU David Noble Relays winning the event with a time of 2:13.32.

Ewa Zaborowska, Harding University, won the 1,500m at the UALR Open in 4:30.96, the seventh-fastest time in NCAA II this season. It was her sixth event victory in nine career 1,500m races.

Tiana Alexander, McMurry University, set an McM school record in the 100 hurdles in a time of 13.88 (top LSC finisher at 5th place). Also ran second leg of McM's 4x100 relay team that won in a clocking of 47.09 seconds. Just for good measure, Alexander was also 9th in the long jump with a season-best effort of 18-7.25 (also top LSC finisher in event).

Valerie Vrana, Texas A&M University - Kingsville, finished third in the women's shot put final with her career best mark of 46-6.25 (14.18m) at the University of Miami Hurricane Alumni Invitational meet. Vrana's mark places her atop the Lone Star Conference in the women's shot put and earns her a NCAA Division II provisional mark. She also breaks a Texas A&M-Kingsville record of 45-7.5, set by Robin Gordon in 1984.

Ashley Ross, Texas A&M University - Commerce, recorded three Top Seven finishes at the Wes Kittley Invitational ... The best finish was a fourth (12.97m) in the Shot Put ... A mark that is a new career best for the junior ... Her provisional mark of 46.98m in the Discus was good enough for a six place finish and her 46.17m

effort in the Hammer was enough for a seventh place finish.

Brianna Johnson, Tarleton State University, broke a 14-year old school record in the Hammer Throw last weekend at the Wes Kittley Invitational with a throw of 153-4 (46.75m). She shattered the previous record of 142-2 held since 2000 by Beth Wells. This throw was 12-9 better than her career-best throw of 140-7 at the Warhawk Classic earlier this season. She also finished 11th in the shot put with a throw of 38-11.75 (11.88m).

Casey Nelson, West Texas A&M University, placed in the top-two in all three of her throwing events on Saturday at the West Texas A&M Open. She started off with a first place showing in the discus with a mark of 141-0 (42.97m). Nelson then added second place finishes in the shot put at 40-9.75 (12.44m) and hammer throw 145-3 (44.27m).

Laura Grube, Eastern New Mexico University, finished third in both the discus and javelin at the West Texas A&M Open. She threw the discus 132-5, more than five feet further than the fourth-place competitor. Grube's team-record throw of 140-4 in the javelin, was just six inches behind third-place finisher Michelle Traynham, from New Mexico Highlands.

Kristen Celsor, Harding University, won the high jump at the UALR Open by clearing 5-4.25. It was her ninth career event victory in the high jump.

NOTES (Submitted by LSC SID's)

Angelo State

Eastern New Mexico

The Eastern New Mexico University track & field teams turned in a strong performance, last Saturday at the West Texas A&M Open, with Isaiah Samoei (men's 800m), Jesus Rivera (men's javelin), Sabrina Huelga (women's 1,000m) and Bayleigh Baker (women's 5,000m) all turning in first-place performances. Samoei's performance in the men's 800-meter run marked the very first time he has competed in an outdoor event of a shorter distance than 1,500m, while at ENMU. His winning time of 1:56.96, narrowly edged Martin Puga, from West Texas A&M. Laura Grube also set a Zia record, with a throw of 140'-4" in the javelin toss. The Eastern New Mexico University track & field teams will return to action on Thursday and Friday, for the Mt. Sac Relays and Long Beach State University Classic.

Harding

McMurry

Midwestern State

Tarleton State

Tarleton went to Abilene last weekend to compete in the Wes Kittley invitational and had six NCAA provisional marks, two victories and a pair of school records fall. The school records both came in the hammer throw as Kenny Odunaiya broke his own record in the men's hammer while Brianna Johnson broke a 14-year old record in the women's hammer.

Texas A&M-Commerce

The Lions saw numerous athletes set personal bests and two new school records were established ... K'Don Samuels set the school record in the Pole Vault for the second time this season with his 5.07m height this past weekend ... John David Rollins, Dexter Lee, Anthony Harris & Adam Gary set the school record in the 4x400m Relay for the second time this season with a time of 3:10.45 ... The new mark is over a second faster than their previous from the Texas Relays ... Luis Romero set a new personal best in the 1500m, Rollins did in the 200m, Gage Bowles in the Triple Jump ... Ashley Ross and Kebrina Hartfield recorded five Top Tens between them in the field events ... Ross provisionally qualified in the Discus with a 46.98m

throw ... Lions are home this week for the East Texas Invitational.

Texas A&M-Kingsville

The Texas A&M-Kingsville track & field team split up this weekend and competed at the University of Miami Hurricanes Alumni Invitational and University of Incarnate Word Cardinal Invitational. At the UIW Cardinal Invitational, three Javelins finished in the top 5 in finals of men's shot put. Christian Garcia threw for a first place mark of 50'11" (15.53m) while Geronimo Lopez came in second with a mark of 50'8" (15.45m). Mark Covos ended in fourth place with a mark of 48'11" (14.91m) ... In finals of the men's pole vault, Bryce Martin finished second with a mark of 13'11" (4.25m) ... Derek Tesch finished fourth in finals of the men's hammer throw with a mark of 155'10" (47.50m) ... At the UIW Cardinal Invitational, Jorge Alanis came in fourth with a time of 15:57.34 in the men's 5000m run final. Claudia Fernandez came in fifth in finals of the women's 1500m run with a time of 4:52.02. Jeron Robinson, Javan Gray, and Jordan Yamoah snapped up top honors in their respective events at the Hurricane Alumni Invitational...Robinson finished first in the men's high jump final with a mark of 7'4. 25" (2.24m) ... Gray finished with a mark of 200'4" (61.06m) in finals of men's javelin. Yamoah finished with a mark of 17'0.75" (5.20m) in finals of men's pole vault...Tim Price nabbed first in the men's 100m dash final with his career best time of 10.35...Price also finished third in the men's 200m dash final with a time of 20.79, a career best in the event...Sergio Rios came in first for the men's 400m hurdles final with a time of 51.18... The Kingsville men's 4x100m relay team (Anthony Washington, Corbin Whalum, Jonathan Woodson and Tim Price) finished second in the final with a time of 40.34...For the men's 4x400m final, Kingsville had two teams compete. The first team (Luis Gonzales, Anthony Washington, Tyler Garibay and Sergio Rios) finished third with a time of 3:13.69. The second team (Raul Cervantes, Jonathan Woodson, Macario Zarate, and Michal Idziak) finished fifth with a time of 3:19.15... Michal Idziak finished third in the men's 800m run final with his career best time of 1:50.68...For the Kingsville women's athletes, Valerie Vrana finished third in the women's shot put final with her career best mark of 46'6. 25" (14.18m)...Alexis Williams finished fourth with a mark of 10'6" (3.20m) in the women's pole vault final...Kaina Martinez came in fourth for the women's 100m dash final with a time of 11.78...In the women's 400m dash final, Amber Perry and Kathy Treviño finished fourth and fifth with times of 55.15 and 55.61, respectively.

West Texas A&M

The West Texas A&M men's and women's track & field teams hosted the West Texas A&M Open in Canyon on Saturday, its first home meet of the season. The teams went off for three school records and seven new or improved provisional qualifying marks. Libby Strickland of the Lady Buffs went on a record tear on Saturday as she set two new school bests in the 100m (11.66), ranking her sixth in the nation, and 200m (23.71), putting her fourth in the country. Along with juniors Sharon Kwarula, Jessie Thomas and Rhemecka Graham, she also led the 4x400m relay team to a school record time of 3:45.26. On the men's side, sophomore Zach Weatherly broke his own school record in the hammer throw for the second time in eight days with a mark of 169-7 (51.70m). He topped the field in three events, hammer, discus and shot put. The Buffs and Lady Buffs now have 23 provisional qualifying marks between the two teams this season. WT has a full ahead as it splits action between three events including the Kansas Relays, Mt. SAC Relays and Texas A&M-Commerce's East Texas Invitational.