



LONE STAR CONFERENCE OUTDOOR TRACK & FIELD

WEEKLY RELEASE | APRIL 30, 2014

We're the One.

Contact: Melanie Robotham | Assistant Commissioner | Office: 972-234-0033 x. 103 |
E-mail: melanie@lonestarconference.org | www.lonestarconference.org | Twitter: @LoneStarConf

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 Rathe, TSU
A-9 Luis Romero, A&M-C (2)
A-16 Michal Idziak, TAMUK
A-23 Michal Idziak, TAMUK (2)
A-30 Josh Helom, WT

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
A-23 Josh Syrotchen, HU
A-30 Paul Alongo, WT

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
A-23 Ewa Zaborowska, HU
A-30 Sharon Kwarula, WT (2)

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
A-23 Amanda Haven, TAMUK
A-30 Malika Ouedraogo, WT

TOP TIMES

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



LSC TRACK AND FIELD CHAMPIONSHIPS

The Lone Star Conference Track and Field Championships are set for a three-day run May 1-3 at Javelina Stadium in Kingsville, Texas.

Angelo State is the reigning men's champion and the Rambelles have won the last five championships on the women's side.

The events start Thursday at 12 p.m. with the multi-events portion and conclude Saturday night with finals and team trophy presentations.

Live results will be available at <http://www.spato.us/cresults/2014/lscoutdoor>.



LSC OUTDOOR TRACK AND FIELD

Lone Star Conference Outdoor Track & Field athletes have recorded 10 NCAA Division II Automatic qualifying marks (6 men, 4 women) and 153 provisional efforts (84 men, 69 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 29) conducted by the U.S. Track & Field and Cross Country Coaches Association (USTFCCA). The men are represented by No. 4 Texas A&M-Kingsville, No. 12 Angelo State, No. 15 Tarleton State, and No. 21 Texas A&M-Commerce. On the women's side, ASU is No. 8, followed by No. 12 WT, and No. 20 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

Josh Helom, West Texas A&M University, JR, Frisco, Texas, Lewisville HS

Helom placed second in the men's 400m hurdles at the West Texas A&M Classic on Saturday. He increased his provisional time and new PR in the event to 52.62 (52.73@). Helom currently ranks second in the LSC in the event and 17th in the nation.

MEN'S FIELD

Paul Alongo, West Texas A&M University, SO, Arras, France, Baudimont St. Charles

Alongo broke a 35 year old school record in the men's long jump on Saturday at the West Texas A&M Classic. In the event he advanced his provisional mark and new PR with a distance of 24'-4.5" (7.43m). He currently ranks third in the LSC and 10th in the nation.

WOMEN'S TRACK

Sharon Kwarula, West Texas A&M University, JR, Boroko, Papua New Guinea, Goroka Grammar School

Kwarula won the women's 100m hurdles event at the WT Classic on Saturday by breaking her own school record with a provisional time of 13.56. That time leads the LSC and ranks fifth nationally. She also ran another provisional time in the 400m hurdles, where she placed second, at 1:00.77. She ranks second in the LSC and sixth in the nation in that event.

WOMEN'S FIELD

Malika Ouedraogo, West Texas A&M University, JR, Antony, France

Ouedraogo broke a WT school record in the women's triple jump at the WT Classic on Saturday with a provisional distance of 40-3.25 (12.27m). She placed second in the event and ranks third in the LSC and 16th nationally.

OTHER TOP PERFORMERS

Isaiah Samoei, Eastern New Mexico University, registered a first-place finish in the men's 3,000m run at the West Texas A&M Classic. His time of 8:46.99 set a facility record at WT. He also turned in a sixth-place performance in the 1,500m run, with a time of 3:59.12. Samoei's time in the 1,500m was ranked seventh in the Lone Star Conference.

Michael Moore, Eastern New Mexico University, completed in the men's high jump at the West Texas A&M Classic, last weekend and had a jump of 6-6. His height tied WT's Micah Washington and Wayland Baptists' Connor Carpenter for 4th place in the event.

Amber Saiz, Eastern New Mexico University, turned in a second-place finish in the women's 1,500m run at the West Texas A&M Classic, last weekend. Her time of 4:45.03 ranked eighth in the Lone Star Conference.

Breanna Pendleton, Eastern New Mexico University, registered a third-place finish in the women's hammer throw and set an ENMU record, with a toss of 155-6. The throw currently ranks second in the Lone Star Conference.

NOTES (Submitted by LSC SID's)

[Angelo State](#)

Eastern New Mexico

The Eastern New Mexico University outdoor track & field team turned in a number of strong performances at the West Texas A&m Classic, with Isaiah Samoei setting a facility record and earning a first-place finish in the men’s 3,000m run. Breanna Pendleton set a team-record in the hammer throw, while Alesha Jones set a new ENMU mark in the 400m run. Next up for the Greyhounds and Zias will be int he Lone Star Conference Championships, this weekend, in Kingsville, Texas.

Harding

McMurry

Midwestern State

Tarleton State

Texas A&M-Commerce

Did not compete last week.

Texas A&M-Kingsville

West Texas A&M

WT hosted its final home meet of the season last weekend in the WT Classic. The teams ended the regular season on a high note before heading into the LSC Championship this coming weekend as they combined to set six new school records en route to seven new or improved provisional qualifying marks, which they now have combined for 28 total. On the men’s side, Paul Alongo broke a 35 year old school record in the men’s long jump as he cleared a distance of 24-4.5 (7.43m). For the No. 16 Lady Buffs, three set notable records and provisionals as Rhemecka Graham went 2:13.22 in the 800m, Sharon Kwarula 13.56 in the 100mH and Malika Ouedraogo 12.27m in the triple jump.