



LONE STAR CONFERENCE OUTDOOR TRACK & FIELD

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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 Rathke, TSU
A-9 Luis Romero, A&M-C (2)

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

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)

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

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 five NCAA Division II Automatic qualifying marks (2 men, 3 women) and 101 provisional efforts (56 men, 45 women). See the LSC performance list here: <http://www.tfrs.org/lists/1270.html>.

The LSC has five men's and three women's teams in the top 25 in the national team computer rankings (April 8) conducted by the U.S. Track & Field and Cross Country Coaches Association (USTFCCCA). The men are represented by No. 3 Texas A&M-Kingsville, No. 6 Angelo State, No. 11 Texas A&M-Commerce, No. 17 West Texas A&M, and No. 19 Tarleton State. On the women's side, ASU is No. 4, followed by No. 12 WT, and No. 16 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

Luis Romero, Texas A&M University - Commerce, SO, El Paso, Texas, Montwood HS

Romero set a new school record while on his way to a victory in the 800m at the David Noble Relays this past weekend. The time of 1:51.15 beats his own record from last season by a half second and the time is also fast enough to provisionally qualify the sophomore for the NCAA Championships.

MEN'S FIELD

Zach Weatherly, West Texas A&M University, SO, Amarillo, Texas, Tascosa HS

Weatherly broke two school records and added a provisional qualifying mark with three top-two performances last Saturday at the David Noble Relays. The sophomore started off with a first place finish in the shot put where he set a provisional mark and new PR as he shattered a 31-year old school record with a 58-6 (17.83m) toss. He then set another school mark in the hammer throw where he placed second throwing 165-2 (50.34m). Weatherly also placed second in the discus competition with a mark of 159-6 (48.62m).

WOMEN'S TRACK

Jasmine Ambowode, Angelo State University, SO, Lyon, France

Ambowode has a huge day for the Rambelles while winning the 400-meter hurdles and the triple jump. Ambowode won the 400-meter hurdles with a new career-best and NCAA Division II automatic time of 59.58 to finally break the one minute barrier. The sophomore improved her provisional mark in the triple jump while winning with a jump of 40-11.75 (12.49m) which is currently No. 5 in the country for NCAA Division II.

WOMEN'S FIELD

Jordan Gray, Angelo State University, JR, Marble Falls, TX, Marble Falls HS

Gray won the long jump this past weekend at the 43rd ASU David Noble Relays with a mark of 19' 8.75" (6.01 meters), which ranks second in NCAA Division II.

OTHER TOP PERFORMERS

Josh Helom, West Texas A&M University, set a new provisional mark last Saturday at the David Noble Relays in San Angelo. The junior ran a 53.54 in the finals of the 400m hurdles and placed third after qualifying in the preliminaries with a 54.70. Helom also helped the men's 4x400m relay team to a fourth place finish with a time of 3:15.94.

Luis Perez, Angelo State University, won the 400-meter dash at the 43rd David Noble relays this past weekend in San Angelo. The sophomore ran a NCAA Division II provisional time clocking in a 47.23 to win the race. His time is currently ranked No. 6 in division II.

K'Don Samuels, Texas A&M University - Commerce, tied for first in the Pole Vault this past weekend with a mark of 5.06m. The mark also sets a new school record for the junior. The previous mark of 4.84m by Heath Taylor had stood since 1985. The junior is now provisionally qualified for the NCAA Championships with the 5.06m height.

Chantz Chambers, Angelo State University, in only his second meet of this season won the long jump with a NCAA Division II provisional mark of 24-7 (7.49m) the mark is currently tied for the No. 4 spot in division II. Chambers is a member of the ASU basketball team and played a key role for the Rams.

Rachel King, West Texas A&M University, set two provisional marks last weekend at Angelo State. She began with a second place finish provisional in the 100H as she set a new PR with a 14.10 time. The senior then led the 4x100m relay team to a first-place finish with another provisional time of 46.68. King also placed fifth in the 100m dash finals with a time of 12.57.

Lindsey Hinton, Tarleton State University, hit her first NCAA provisional mark of the season and broke her own school record en route to winning the 5000m run at the Angelo State David Noble Relays Saturday. The senior from Denton finished the event in 17:19.18, which was also 4.03 seconds faster than the next closest runner.

Ashley Ross, Texas A&M University - Commerce, won the Hammer Throw at the David Noble Relays with a distance of 45.95m. The mark was over three meters better than the second place finisher in the event. The distance is Ross' second longest of the season and also her second win in the event.

Libby Strickland, West Texas A&M University, broke two school records with three provisional qualifying marks and four top-two finishes last Saturday at the David Noble Relays. The sophomore started out with a school record and provisional high jump where she won the competition by clearing 5-8.5 (1.74m). She then placed second in the long jump where she set another school record and provisional with a jump of 19-5.5 (5.93m). Strickland also led the 4x100m relay team to a first place finish and a provisional qualifying time of 46.68 before helping the 4x400m relay team to second place with a time of 3:50.05. Her performances helped the Lady Buffs to their highest national ranking in program history at 12th this week.

Nikki McNorton, Tarleton State University, shined in multiple events for the TexAnns at the David Noble relays, including the high jump where the two-time All-American had a season-best leap of 5-4.5 (1.64m). In addition to her third-place high jump, she also set an NCAA provisional mark in third place in the 100m Hurdles with a time of 14.11.

NOTES (Submitted by LSC SID's)

Angelo State

Eastern New Mexico

Harding

McMurry

Midwestern State

Tarleton State

The Tarleton track and field teams finished fourth at last Saturday's ASU David Noble Relays. Tarleton had 39 point-scoring athletes, four wins, four NCAA marks and a school record set by Lindsey Hinton in the 5000m run with a time of 17:19.18.

Texas A&M-Commerce

The Lions took part in the David Noble Relays hosted by Angelo State this past weekend. The Lion men came out with a fourth place finish with the women finishing in fifth. On the afternoon the Lions recorded four wins across both squads. Ashley Ross won the Hammer, Luis Romero won the 800m, K'Don Samuels tied for first in the Pole Vault and Dorian McCradic took home the 5000m. Romero's time of 1:51.15 was fastest enough for a new school record along with the win. Samuels set a new school record with his height of 5.08m in the Pole Vault. Terra Truitt made it three new records with her 38:51.09 in the 10000m.

Texas A&M-Kingsville

West Texas A&M

The West Texas A&M men's and women's track & field teams competed in the David Noble Relays at Angelo State last Saturday. Both teams combined to set seven new provisional qualifying marks and broke four school records in the process. Sophomore Zach Weatherly got things done for the now-17th ranked Buffs as he broke school records in the shot put with a first place finish at 58'-6"(17.83m)and hammer throw with a second place finish at 165'-2"(50.34m). After the Lady Buffs' performance at ASU, they find themselves with their highest ranking in program history at 12th. Sophomore Libby Strickland led the way with a school record in the high jump as she cleared 5'-8.5" (1.74m) for first place and another record with a 19'-5.5" (5.93m) long jump. The teams will return to action this weekend as they host the West Texas A&M Open on Saturday in Canyon.