



LONE STAR CONFERENCE

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LONE STAR CONFERENCE INDOOR TRACK & FIELD

WEEKLY RELEASE | FEBRUARY 19, 2014

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WEEKLY AWARDS

DATE MEN'S TRACK

J-21 Arnau Erta, WT
J-28 Corey Bassett, HU
F-6 Tim Price, TAMUK
F-13 Baptiste Moreu, WT
F-19 Isaiah Samoei, ENMU

DATE MEN'S FIELD

J-21 Paul Alongo, WT
J-28 Paul Davis, McM
F-6 Jeron Robinson, TAMUK
..... Paul Davis, McM
F-13 Zach Weatherly, WT
F-19 Jeron Robinson, TAMUK (2)

DATE WOMEN'S TRACK

J-21 Aly Coughlin, TSU
J-28 Sharon Kwarula, WT
F-6 Amber Perry, TAMUK
F-13 Mireia Guarnier, WT
F-19 Ewa Zaborowska, HU

DATE WOMEN'S FIELD

J-21 Danyelle Dillard, TSU
J-28 Malika Ouedraogo, WT
F-6 Kearah Danville, ASU
F-13 Libby Strickland, WT
F-19 Libby Strickland, WT (2)

TOP TIMES

LSC Performance list:

<http://www.tfrs.org/lists/1188.html>



March 1-2, 2014 | Lubbock, Texas



**INDOOR
TRACK & FIELD**

LSC INDOOR TRACK AND FIELD

Lone Star Conference Indoor Track & Field athletes have recorded four NCAA Division II Automatic qualifying marks (2 men, 2 women) and 67 provisional efforts (38 men, 29 women). See the LSC performance list here: <http://www.tfrs.org/lists/1188.html>.

ATHLETES OF THE WEEK

MEN'S TRACK

Isaiah Samoei, Eastern New Mexico University, SR, Eldoret, Kenya, Iowa Western CC

Samoei posted qualifying marks in both the 5,000-meter run and 3,000-meter run, over the weekend at the Grand Valley State Big Meet. His time of 8:20.18 earned him a first-place finish in the 3,000m and eclipsed his own team record by more than five seconds. Samoei also finished second in the 5,000m, with his team-record time of 14:19.89 trailing only a runner from NCAA Division I Eastern Illinois. Samoei currently is leading the Lone Star Conference in both events

MEN'S FIELD

Jeron Robinson, Texas A&M University - Kingsville, JR, Houston, TX, Travis HS

Robinson bettered his national leading high jump mark clearing the bar at 7-3 (2.21m). He leads the nation by two inches.

WOMEN'S TRACK

Ewa Zaborowska, Harding University, JR, Wejherwo, Poland

Won the 3,000 meters at the Grand Valley State Big Meet in 9:59.79, defeating 53 other runners ... also placed ninth in the mile with an LSC-best time of 4:54.63.

WOMEN'S FIELD

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

Strickland performed as usual last weekend as she rewrote her school and LSC high jump record. She cleared 5-8.50 (1.74m) to grab first-place in the Adams State University NCAA Qualifier. She also led the 4x4 relay team to a first-place finish with a time of 3:55.86.

OTHER TOP PERFORMERS

Macario Zarate, Texas A&M University - Kingsville, posted a provisional time in the hurdles stopping the clock in 7.66 seconds in the prelims finishing third overall.

Jerrell Banks, West Texas A&M University, added to the Buffs' provisional qualifying list with his performance in the men's 200m dash. The junior placed third in the event, crossing the finish line at 22.14 as he now ranks second in the conference in the event.

Chase Rathke, Tarleton State University, hit his first career NCAA Indoor National qualifying mark at the Red Raider Open last weekend, running the 800m in a time of 1:51.89. The pace led all runners as Rathke won his first event of the season and he was just 2.91 seconds away from tying the meet record at the Texas Tech Athletic Training Center.

Zach Weatherly, West Texas A&M University, kicked things off last weekend at the Adams State University NCAA Qualifier by breaking two school records. First, he surpassed his own mark in the men's weight throw from a year ago. He placed second in the event with a mark of 55-7.50 (16.95m). Next, Weatherly would break a 40-year old school record in the shot put with a throw of 56-7.50 (17.26m), passing Dennis Briggs' 16.71m mark back in 1974. He also placed second in that event.

Kenny Odunaiya, Tarleton State University, posted two top-10 finishes at the final regular season indoor track and field meet of the season last weekend in Lubbock. The junior from Round Rock finished fifth in the shot put with a throw of 49-2 (14.99m) and sixth in the weight throw with a launch of 52-6.75 (16.02m).

Paul Davis, McMurry University, won the shot put competition at the Air Force Collegiate Open with a heave of 63-02.75 (19.27m) ... Out-distanced closest collegiate competitor (from Air Force) by better than four feet.

Amber Perry, Texas A&M University - Kingsville, won the 400-meter run with a time of 55.77 seconds which is the 10th fastest time in the nation and fastest in the conference. She was also on the 4x400 that ran 3:53.02 to finish fourth. Perry was ninth in the long jump.

Sharon Kwarula, West Texas A&M University, set the new school record in the 60m hurdles on Saturday at the Adams State University NCAA Qualifier with a time of 8.68 (second place) in the preliminaries, increasing her provisional mark set earlier in the season. She went on to place second in the finals with a time of 8.77. Kwarula also led the women's 4x4 relay team to a first-place finish in the event with a time of 3:55.86.

Aly Coughlin, Tarleton State University, hit two NCAA National Qualifying Marks in the final indoor meet of the season at the Texas Tech Red Raider Open with a pair of second-place finishes. The junior earned her first mark with a season-best run of 5:05.79 in the mile and followed up with a time of 10:10.07 in the 3,000 meters for her second mark of the day.

Jaylen Rodgers, Angelo State University, won her second 800m race of the season at the Red Raider Open. Rodgers improved her NCAA Division II provisional mark with a time of 2:12.70. Rodgers finished last year at the 2013 NCAA Division II runner-up in the 800m.

Tiana Alexander, McMurry University, posted the fastest time in the LSC in winning the 60-meter hurdles

at the Air Force Collegiate Open in a time of 8.55 seconds, shattering the McM school record (9.12) ... Time missed qualifying to US indoor national championships by 5/100ths of a second ... She also placed 2nd in the women's long jump at 18-05.25 (5.62m) and was 8th in the triple jump with an effort of 37-05.75 (11.42m). In LSC rankings, put her 4th in TJ and 2nd in LJ.

Shykillla Sheppard, Texas A&M University - Kingsville, won the long jump with a leap of 19-2.5 (5.83 meters) which is the 8th-best mark nationally. She leads the LSC by almost nine inches.

Nikki McNorton, Tarleton State University, posted a top-5 finish in the high jump with a leap of 5-2.25 (1.58m) for fourth place in her first action of the indoor season. She also placed 14th in the 55m hurdles with a time of 8.69.

Kearah Danville, Angelo State University, won her third triple jump of the season Friday at the Red Raider Open in Lubbock. Danville's mark was 40-1.50 (12.23m) The senior has already sealed her spot at the 2014 NCAA Division II Indoor Track and Field Championships in Winston-Salem, N.C. in the triple jump with a mark of 40-7.75 (12.39m).

NOTES (Submitted by LSC SID's)

Angelo State

Eastern New Mexico

The Eastern New Mexico University track & field teams turned in strong performances last week, at Grand Valley State's "Big Meet" and the Texas Tech Red Raider Open. At GVSU, Isaiah Samoei posted provisional qualifying marks in both the 3,000m and 5,000m runs. His times shattered Eastern's records in both events and were the top marks in the Lone Star Conference, this year. Alesha Jones posted a sub one-minute 400m and was part of Eastern's record-setting distance medley team. At Texas Tech, Breanna Pendleton set a new team record in the weight throw. Next up for the ENMU track & field teams will be the Lone Star Conference championships.

Harding

McMurry

Midwestern State

Tarleton State

Tarleton State returned to Texas Tech for the final regular season indoor track and field meet of the season last weekend and came away with five NCAA National Marks: two by Aly Coughlin in the Mile and 3000m, Lindsey Hinton in the Mile, Chase Rathke in the 800m and the Men's 4x400m relay team of Clarence Guerrero, Michael Eschbach, Cameron Krc and Gilson Umunnakwe.

Texas A&M-Commerce

Texas A&M-Kingsville

The Texas A&M-Kingsville track and field teams continued their preparations for the Lone Star Conference Indoor Championship in two weeks with multiple titles and provision qualifying results at the Red Raider Open on Friday...The Javelinas claimed four titles on the day – two by the women and two by the men...Amber Perry won the 400-meter run with a time of 55.77 seconds which is the ninth fastest time in the nation. Shykillla Sheppard won the long jump with a leap of 5.83 meters (19'2") which is the fifth-best mark nationally. Both marks are provisional

qualifiers for the NCAA Indoor Championship...On the men's side, Jeron Robinson and Jordan Yamoah won the high jump and pole vault, respectively. Robinson bettered his mark clearing the bar at 2.21 meters (7'3"). He leads the country by two inches. Yamoah claimed first in the pole vault with a vault of 5.10m (16'8-3/4") and is fourth in the nation with the provisional mark...Several others posted provisional marks as well. Kathy Trevino was fourth in the 400 in 56.78 which is the 25th-best time in the nation when adjusted. in the women's shot put, Valerie Vrana was fourth in the shot put with a mark of 13.22m (43'8-1/2"). Macario Zarate posted a provisional time in the hurdles stopping the clock in 7.66 seconds in the prelims finishing third overall...The men's throwers had a tremendous day for the Javelinas. In the shot put, Kingsville placed four throwers in the top nine. Javan Gray was second overall with a mark of 16.97m (55'8-1/4") which is the 13th-best mark in the nation and second in the LSC. Geronimo Lopez posted the fourth longest throw in the conference at 15.60m (51'2-1/4"). Christian Garcia was seventh at 14.43m (47'4-1/4") and Mark Covos ninth with a distance 13.57m (44'6-1/4"). Garcia went on to record fourth best mark in the LSC in the weight throw with a spot of 15.07m (49'5-1/2")...Alexis Williams was third in the pole vault with a mark of 3.50m (11'5-3/4")...Amanda Haven was fourth in high jump with a clearance of 1.58m (5'2-1/4")...The men's and women's 4x400 each finished fourth. The women's foursome of Trevino, Sheppard, Brianna Bartosch and Perry stopped the clock in 3:53.02. In the men's 4x400, Luis Gonzales, Tyler Garibay, Michal Idziak and Raul Cervantes crossed the line with a time of 3:20.86.

West Texas A&M

The West Texas A&M track & field teams traveled to Alamosa, Colo. last weekend to compete in the Adams State University NCAA Qualifier at the ASU High Altitude Training Center. The Buffs and Lady Buffs capped off the last regular season meet of the indoor season by breaking four school records and adding another provisional qualifier. Sophomore Zach Weatherly kicked things off as he surpassing his own mark in the men's weight throw from a year ago. He placed second in the event with a mark of 55-7.50 (16.95m). Next, Weatherly would break a 40-year old school record in the shot put with a throw of 56-7.50 (17.26m), passing Dennis Briggs' 16.71m mark back in 1974. He also placed second in that event. On the women's side, junior Sharon Kwarula set the new school mark in the 60m hurdles with a time of 8.68 in the preliminaries, increasing her provisional mark set earlier in the season. Sophomore Libby Strickland performed as usual as she rewrote her school and LSC high jump record. She cleared 5-8.50 (1.74m) to grab first-place in the event. She also led the 4x4 relay team, along with Kwarula, Jessie Thomas and Bianca Farrington, to a first-place finish. Jerell Banks also added to the Buffs' provisional qualifying list with his performance in the men's 200m dash. The junior placed third in the event, crossing the finish line at 22.14. The Buffs and Lady Buffs will have next week off before heading to Lubbock for the LSC Championship on March 1-2.