



LONE STAR CONFERENCE OUTDOOR TRACK & FIELD

WEEKLY RELEASE | APRIL 15, 2015

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WEEKLY AWARDS

DATE MEN'S TRACK

M-11 No nominees
M-18 Courtney Macon, Texas A&M-Kingsville
M-25 Randall Kadlacek, Tarleton State
A-1 Lorenzo Johnson, West Texas A&M
A-8 Wala Gime, Angelo State
A-15 Lorenzo Johnson, West Texas A&M (2)

DATE MEN'S FIELD

M-11 Masoud Moghaddam, Texas A&M-Commerce
M-18 Derek Tesch, Texas A&M-Kingsville
M-25 Seth Pearson, Angelo State
A-1 Hendrik Nungess, Texas A&M - Commerce
..... Lutalo Boyce, Texas A&M - Kingsville
A-8 Masoud Moghaddam, Texas A&M-Commerce (2)
A-15 Matt Rich, Texas A&M - Commerce

DATE WOMEN'S TRACK

M-11 No nominees
M-18 Kathy Trevino, Texas A&M-Kingsville
M-25 Jaylen Rodgers, Angelo State
A-1 Sharon Kwarula, West Texas A&M
A-8 Jasmine Ambowode, Angelo State
A-15 Shanice Cameron, West Texas A&M

DATE WOMEN'S FIELD

M-11 Rebecca Mueller, Texas A&M-Commerce
M-18 Valerie Vrana, Texas A&M-Kingsville
M-25 Jordan Gray, Angelo State
A-1 Euphemia Edem, Tarleton State
A-8 Euphemia Edem, Tarleton State (2)
A-15 Euphemia Edem, Tarleton State (3)

PERFORMANCE LIST

<http://www.tfrs.org/lists/1465.html>



SAN ANGELO, TEXAS | MAY 7-8-9

LSC OUTDOOR TRACK AND FIELD

Lone Star Conference Outdoor Track & Field athletes have recorded 10 NCAA Division II Automatic qualifying marks (7 men, 3 women) and 107 provisional efforts (60 men, 47 women). See the LSC performance list here: <http://www.tfrs.org/lists/1465.html>.

ATHLETES OF THE WEEK

MEN'S TRACK

Lorenzo Johnson, West Texas A&M University, JR, Mineral Wells, Texas, Mineral Wells HS

Johnson owned the track on Saturday at the WT Classic as he broke a school record and two facility records with two event wins, increasing his 110mH automatic qualifier and leading the 4x100m relay team to a provisional qualifier. He started off with a 13.74 in the 110mH, breaking the school and facility mark. The 13.78 converted time was the fastest in the nation last weekend and is the second best time in the nation for the season. He helped the 4x100m team run 40.50, the top time in the LSC, to break a facility record before placing third in the 100m dash with a PR time of 10.62.

MEN'S FIELD

Matt Rich, Texas A&M University - Commerce, SR, Terrell, Texas, Royse City HS

Rich made good use of his time at the ASU David Noble Relays Multi-Event on Thursday and Friday. The senior won the decathlon by over 350 points, logging an automatic qualifying mark of 7,107 points to become the second-most prolific decathlete in NCAA Division II. In doing so, Rich makes school history by not only breaking the 13-year-old A&M-Commerce school record in the event, but he becomes the first athlete in school-history to hit an automatic qualifier in both the indoor and outdoor seasons in the same year.

WOMEN'S TRACK

Shanice Cameron, West Texas A&M University, JR, Bronx, N.Y., Mt. Vernon HS

Cameron earned two provisional qualifying times at the WT Classic on Saturday, leading the way for the Lady Buffs on the track. She finished second in the 200m with a provisional and PR of 24.05 and also earned a provisional with the 4x400m relay team, running 3:47.41. Cameron also led the 4x100m team to a second place showing and finished fourth in the 100m, going 11.65 in a heat that was slightly past a legal wind reading.

WOMEN'S FIELD

Euphemia Edem, Tarleton State University, SR, Calabar, Nigeria, University of Calabar Secondary School

All Edem did Saturday was win-win-win at the Joe Gillespie tri-meet, recording first-place finishes in three events. Edem won the long jump in record breaking fashion, adding another 0-1.5 to her own school record finishing the day with a best jump of 20-5. The senior also recorded first-place finishes in the 100m (12.03) and 4x100m relay (47.17) running the second leg.

OTHER TOP PERFORMERS

Ilia Eligulachvili, Eastern New Mexico University, placed third in the men's 400 meter hurdles with a time of 55.08. The time was a PR for the sophomore, who also helped the ENMU men's team place fifth overall in the 4x400 meter relay with a time of 3:23.83.

Chase Rathke, Tarleton State University, performed a feat Saturday at the Joe Gillespie tri-meet that few athletes in track and field have ever been asked to do. The junior completed the 5000m in a personal best 14:57.57 claiming first-place. Rathke then returned to the track 10 minutes later to run the 4x400m relay – comprised of all distance athletes – that carried the baton the distance in 3:24.55, splitting a 49.89 on the anchor leg of the 1600m relay.

Paul Alongo, West Texas A&M University, had a record day in the field for the Buffs last Saturday at the WT Classic in Canyon. The junior won the long jump competition with a PR jump of 25-0.75 (7.64m), breaking the school and facility record. That mark was the top jump in the nation last weekend and ranks second nationally for the season. It increased his provisional as he was just one centimeter shy of an automatic qualifier.

Tanaka Pfpupajena, Eastern New Mexico University, placed second in the men's Javelin throw with a distance of 52.22 meters.

Kenny Odunaiya, Tarleton State University, continued to be a force in the throwing events for the Texans Saturday at the Joe Gillespie tri-meet in Stephenville. The senior registered a provisional mark in the shot put finishing the day with a best throw of 56-11.5 (17.36m) – currently ranked No. 6 in Division II. Odunaiya also recorded marks in discus (140-2, 42.73m) and hammer (159-4, 48.56m) finishing seventh and fourth, respectively.

Jaylen Rodgers, Angelo State University, ran her first 1,500-meters of the season at the Tarleton State Triangular. The senior clocked a 4:36.11 to win the event. She is now No. 3 in the LSC in the event.

Amber Saiz, Eastern New Mexico University, placed second in the women's 1500 meter run with a time 4:40.06, which was not only a personal best but a new school record.

Deylenn Garrett, Tarleton State University, had a busy weekend at the Joe Gillespie tri-meet, setting two personal best while also recording two first-place finishes. The junior started her day by running the first leg of a 4x100m relay that would carry the baton the distance in a meet and season best time of 47.17. Garrett also posted a personal best time in the 100m hurdles, finishing first in 14.50, and set a personal best in the 200m



clocking a 25.24.

Emma Thompson, Angelo State University, won her second-straight discus title with a throw of 150-4 (45.83m) and won the javelin throw with a personal-best mark of 118-0 (35.97m) at the Tarleton State Triangular.

Holly Cunigan, West Texas A&M University, went off in the shot put competition on Saturday at the WT Classic as the sophomore won the event with an LSC leading 49-3 (15.01m) throw, breaking a school and facility record while increasing her strong provisional distance. That throw currently ranks fourth in the nation. Cunigan would go on to finish fourth in discus and sixth in the hammer throw competition as well.

Jenae' Wolfram, Eastern New Mexico University, competed in two events, placing seventh in the women's hammer throw and shot put. Her hammer throw of 149-10 (45.68m) was a personal best. She recorded a shot put distance of 38-7 (11.76m).

NOTES (Submitted by LSC SID's)

Angelo State

Eastern New Mexico

The ENMU track and field team earned 20 top 10 finishes at the West Texas A&M University Classic over the weekend, led by Amber Saiz and Tanaka Pfpajena who both had multiple second place finishes over the weekend. Tanaka earned his second top five finish of the season in the men's javelin throw, recording a 48.91 meter (160.46 feet) throw. In the women's javelin throw two Zias finished in the top five, with Ally Salata and Karissa Stinson finished first and second respectively, with throws of 37.66 meters (123.56 feet) and 34.02 meters (111.61 feet). In the track events, Sabrina Huelga and Klaudia Szych finished first and second in the women's 800 meter (2,624.7 feet) run with times of 2:15.37 and 2:16.15, respectively. In the women's 5000 meter (16,404 feet) run, Saiz placed second with a time of 4:40.06.

Harding

Midwestern State

Tarleton State

Texas A&M-Commerce

Texas A&M-Kingsville

West Texas A&M

The West Texas A&M men's and women's track & field teams had themselves a huge day on Saturday in the closing of the 2015 West Texas A&M Classic & Multi as the No. 10 Lady Buffs and No. 11 Buffs picked up team sweeps by no small margins of victory. In the process WT rolled to 13 new or improved provisional marks and one improved automatic qualifying mark, five new facility records, five new school records, and 14 event victories. WT will be back in action next weekend for an extremely busy schedule as athletes branch off between four meets. Select individuals will travel to the West Coast to compete in the Mt. SAC Relays, Beach Invitational (Long Beach State), and Bryan Clay Invitational (Azusa Pacific). Others will take the trip to New Mexico Junior College in Hobbs, N.M.