



2015

INDOOR TRACK & FIELD

Abilene Christian
Central Arkansas
Houston Baptist
UIW
Lamar
McNeese State
New Orleans
Nicholls
Northwestern State
Sam Houston State
Southeastern Louisiana
Stephen F. Austin
Texas A&M-Corpus Christi

INDOOR TRACK & FIELD



Men's Year-by-Year Team Champions

1980.....	Lamar
1981.....	Lamar
1982.....	Lamar
1983.....	Lamar
1984.....	Lamar
1985.....	Lamar
1986.....	Louisiana-Monroe
1987.....	Louisiana-Monroe
1988.....	Louisiana-Monroe
1989.....	Texas State
1990.....	Texas-Arlington
1991.....	Texas-Arlington
1992.....	Texas-Arlington
1993.....	Northwestern State
1994.....	Northwestern State
1995.....	Texas-Arlington
1996.....	Texas-Arlington
1997.....	Texas-Arlington
1998.....	Northwestern State
1999.....	Texas-Arlington
2000.....	Texas-Arlington
2001.....	Northwestern State
2002.....	Texas State
2003.....	Texas State
2004.....	Texas State
2005.....	Stephen F. Austin
2006.....	Texas-San Antonio
2007.....	Texas-San Antonio
2008.....	Texas-San Antonio
2009.....	Texas-San Antonio
2010.....	Texas-San Antonio
2011.....	Texas-San Antonio
2012.....	Texas-San Antonio
2013.....	Stephen F. Austin
2014.....	Southeastern Louisiana

Men's Team Championships

Texas-Arlington*	8
Texas-San Antonio*	7
Lamar	6
Northwestern State	4
Texas State*	4
Louisiana-Monroe*	3
Stephen F. Austin	2
Southeastern Louisiana	1

*Former Southland Member

Men's Individual Champions

Texas-Arlington*	87
Lamar	58
Texas-San Antonio*	57
Texas State*	41
Northwestern State	45
Stephen F. Austin	36
McNeese State	32
Louisiana-Monroe*	31
Sam Houston State	33
Louisiana Tech*	26
Arkansas State*	17
North Texas*	10
Southeastern Louisiana	13
Louisiana-Lafayette*	4
Oral Roberts*	3
Texas A&M-Corpus Chrsiti	2
Central Arkansas	1
Nicholls	1

*Former Southland Member

Men's Postseason Honors

Outstanding Track Performer

1980-87.....	None selected
1988.....	Brian Cooper, McNeese State
1989.....	Joseph Sainah, Texas-Arlington
1990.....	Joseph Sainah, Texas-Arlington
1991.....	Dylan Fugitt, North Texas
1992.....	Keevan Mills, Texas State
.....	Joel McCray, Texas-Arlington
1993.....	Rodger Krueger, Texas-Arlington
1994.....	Terence Beach, Texas-Arlington
1995.....	Clinton Bufuku, Texas-Arlington
1996.....	Unavailable
1997.....	Elston Cawley, Texas-Arlington
1998.....	Ronnie Powell, Northwestern State
1999.....	Henrik Skoog, Texas-Arlington
2000.....	Derek Koonts, Sam Houston State
2001.....	Randy Arias, Texas State
2002.....	Randy Arias, Texas State
2003.....	Carl Johnson, Texas-San Antonio
2004.....	Courtney Boston, Sam Houston State
2005.....	Julian Acuna, Stephen F. Austin
2006.....	J.D. Henry, Northwestern State
2007.....	Francis Kasagule, Lamar
2008.....	Francis Kasagule, Lamar
2009.....	Teddy Williams, Texas-San Antonio
2010.....	Teddy Williams, Texas-San Antonio
2011.....	Cordero Gray, Texas-Arlington
2012.....	Matt Johnsen, Lamar
2013.....	David Rooney, McNeese State
2014.....	Sam Stabler, Lamar

Outstanding Field Performer

1980-87.....	None selected
1988.....	Brian Brown, Northwestern State
.....	Ronald Johnson, Texas-Arlington
1989.....	Gordon McKee, Texas State
1990.....	Jerry Harris, Louisiana-Monroe
1991.....	Ronald Jones, Texas State
1992.....	LaMark Carter, Northwestern State
1993.....	LaMark Carter, Northwestern State
1994.....	Eric Lancelin, Northwestern State
1995.....	Nat Sowell, Louisiana-Monroe
1996.....	Unavailable
1997.....	Mike Roberson, McNeese State
1998.....	Kenta Bell, Northwestern State
1999.....	Marcell Williams, Stephen F. Austin
2000.....	Kenta Bell, Northwestern State
2001.....	Tyson Dillard, Northwestern State
2002.....	Justin Youngblood, Texas-San Antonio
2003.....	Brian Veal, Texas State
2004.....	Brian Veal, Texas State
2005.....	Kelley Jackson, Texas-Arlington
2006.....	Rani Giladi, Louisiana-Monroe
2007.....	Robert Melin, Texas State
2008.....	Matt Langdon, Stephen F. Austin
2009.....	Adonson Shallow, Southeastern Louisiana
2010.....	Adonson Shallow, Southeastern Louisiana
2011.....	Richard Garrett, Texas-San Antonio

INDOOR TRACK & FIELD

Men's Postseason Honors

2012.....	Romain Martin, Texas-Arlington
2013.....	Jack Whitt, Oral Roberts
2014.....	Jeff Milliron, Southeastern Louisiana

High Point Scorer

1980-87	Unavailable
1988.....	Reggie Senegal, Louisiana-Monroe, 20.5 points
1989.....	Gordon McKee, Texas State, 26 points
1990.....	Joseph Sainah, Texas-Arlington, 22.5 points
1991.....	Ronald Jones, Texas State, 24 points
1992.....	Keevan Mills, Texas State, 21 points
1993.....	LaMark Carter, Northwestern State, 28 points
1994.....	Keevan Mills, Texas State, 27 points
1995.....	Cornelius Cavitt, Texas-Arlington, 20.5 points
1996.....	Unavailable
1997.....	Elston Cawley, Texas-Arlington, 23 points
1998.....	Kenta Bell, Northwestern State, 20 points
.....	Ronnie Powell, Northwestern State, 20 points
.....	Michael Robbins, Louisiana-Monroe, 20 points
1999.....	Henrik Skoog, Texas-Arlington, 18 points
.....	Tim Wallace, Texas-San Antonio, 18 points
.....	Marcell Williams, Stephen F. Austin, 18 points
2000.....	Derek Koonts, Sam Houston State, 20.5 points
2001.....	Henry Maruping, Texas-San Antonio, 20 points
2002.....	Justin Youngblood, Texas-San Antonio, 30 points
2003.....	Brian Veal, Texas State, 20 points
2004.....	Raheem Travis, Texas State, 20.5 points
.....	Justin Youngblood, Texas-San Antonio, 20.5 points
.....	Courtney Boston, Sam Houston State, 20.5 points
2005.....	Julian Acuna, Stephen F. Austin, 20 points
.....	J.D. Henry, Northwestern State, 20 points
2006.....	Jared Connaughton, Texas-Arlington, 18 points
.....	J.D. Henry, Northwestern State, 18 points
2007.....	Francis Kasagule, Lamar, 22.50 points
2008.....	Steven Brown, Texas-San Antonio, 24 points
2009.....	Francis Kasagule, Lamar, 20.5 points
2010.....	Adolphus Jones, Texas-Arlington, 23 points
2011.....	Cordero Gray, Texas-Arlington, 20.75 points
2012.....	Romain Martin, Texas-Arlington, 22 points
2013.....	Charles White, Sam Houston State, 20 points
.....	David Rooney, McNeese State, 20 points
2014.....	Sam Stabler, Lamar, 22.5 points

Athlete of the Year

1980-87	None selected
1990.....	Joseph Sainah, Texas-Arlington
1991.....	Ronald Jones, Texas State
1992.....	Keevan Mills, Texas State
1993.....	LaMark Carter, Northwestern State
1994.....	Keevan Mills, Texas State
1995.....	Nat Sowell, Louisiana-Monroe
1996.....	Nat Sowell, Louisiana-Monroe
1997.....	Elston Cawley, Texas-Arlington
1998.....	Ronnie Powell, Northwestern State
1999.....	Henrik Skoog, Texas-Arlington
2000.....	Kenta Bell, Northwestern State
2001.....	Randy Arias, Texas State
2002.....	Randy Arias, Texas State
2003.....	Brian Veal, Texas State
2004.....	Justin Youngblood, Texas-San Antonio
2005.....	Julian Acuna, Stephen F. Austin

2006.....	Jared Connaughton, Texas-Arlington
2007.....	Francis Kasagule, Lamar
2008.....	Steven Brown, Texas-San Antonio
2009.....	Teddy Williams, Texas-San Antonio
2010.....	Teddy Williams, Texas-San Antonio
2011.....	Romain Martin, Texas-Arlington
2012.....	Romain Martin, Texas-Arlington
2013.....	Jack Whitt, Oral Roberts
2014.....	Sam Stabler, Lamar

Freshman of the Year

1980-2006	None selected
2007.....	Francis Kasagule, Lamar
2008.....	P.J. McGowan, Texas-San Antonio
2009.....	Nick McCloud, Stephen F. Austin
2010.....	Keith Benford, Texas-San Antonio
2011.....	Clayton Vaughn, Texas-Arlington
2012.....	Ryan Creech, Lamar
2013.....	Jonathan Reece, Lamar
2014.....	Jay Roberson, Sam Houston State

Coach of the Year

1980-87	None selected
1989.....	Rocky Light, Texas State
1990.....	Monte Stratton, Texas-Arlington
1991.....	Monte Stratton, Texas-Arlington
1992.....	Leon Johnson, Northwestern State
1993.....	Leon Johnson, Northwestern State
1994.....	Leon Johnson, Northwestern State
1995.....	Monte Stratton, Texas-Arlington
1996.....	John Sauerhage, Texas-Arlington
1997.....	John Lumley, Sam Houston State
1998.....	Leon Johnson, Northwestern State
1999.....	John Sauerhage, Texas-Arlington
2000.....	John Sauerhage, Texas-Arlington
2001.....	Leon Johnson, Northwestern State
2002.....	Don Hood, Southwest Texa
2003.....	Galina Bukharina, Texas State
2004.....	Galina Bukharina, Texas State
2005.....	Phil Olson, Stephen F. Austin
2006.....	Aaron Fox, Texas-San Antonio
2007.....	Aaron Fox, Texas-San Antonio
2008.....	Aaron Fox, Texas-San Antonio
2009.....	Aaron Fox, Texas-San Antonio
2010.....	Aaron Fox, Texas-San Antonio
2011.....	Aaron Fox, Texas-San Antonio
2012.....	Aaron Fox, Texas-San Antonio
2013.....	Phil Olson, Stephen F. Austin
2014.....	Sean Brady, Southeastern Louisiana

Newcomer of the Year

1980-2006	None selected
2007.....	Brad Gebauer, McNeese State
2008.....	Henry Rop, Southeastern Louisiana
2009.....	Adonson Shallow, Southeastern Louisiana
2010.....	Devon Bond, Texas-San Antonio
2011.....	Tom Wade, Lamar
2012.....	Alex Bruce-Littlewood, McNeese State
2013.....	Jeffrey Milliron, Southeastern Louisiana
2014.....	Ryan Holyrod, McNeese State

INDOOR TRACK & FIELD



Southland Conference Championship Records – Men

Running Events

55-Meter Dash	6.05	Brian Cooper, McNeese State, 1988
60-Meter Dash	6.64	Teddy Williams, Texas-San Antonio, 2009
60-Yard Dash	6.20	Kevin Loyd, Louisiana Tech, 1986
55-Meter Hurdles	7.24	Keegan Mills, Texas State, 1993
60-Meter Hurdles	7.81	Carl Johnson, Texas-San Antonio, 2003
60-Yard Hurdles	7.16	Sansiski Daniels, Texas-Arlington, 1984
200-Meter Dash	21.17	Justin Walker, Northwestern State, 2014
400-Meter Dash	47.34	Leonard Byrd, Texas-San Antonio, 1997 (pre)
		Rodney Jones, Sam Houston State, 2014
800-Meter Run	1:48.82	Joseph Sainah, UTA, 1990 (pre)
Mile Run	4:03.14	Sam Stabler, Lamar, 2014
3,000 Meter Run	8:08.81	Shadrack Songok, A&M-Corpus Christi, 2008
Two-Mile Run	8:55.10	Roger Barker, Louisiana Tech, 1983
Three-Mile Run	13:42.29	Roger Barker, Louisiana Tech, 1983
5,000 Meter Run	13:46.25	David Rooney, McNeese State, 2011
4X400 Relay	3:12.70	Northwestern State, 2003
Mile Relay	3:16.12	Lamar, 1984
Two-Mile Relay	7:38.03	Texas-Arlington (Monte Whittenberg, Damond Bickel, Rodger Krueger, Terence Beach), 1991
Distance Medley	9:54.13	Lamar, 2014

Field Events

High Jump	7-06.00	Brian Brown, Northwestern State, 1989
	7-06.00	Charles Austin, Texas State, 1990
Pole Vault	18-04.75	Jack Whitt, Oral Roberts, 2013
Long Jump	26-01.50	Brian Cooper, McNeese State, 1987
Triple Jump	54-03.25	Kenta Bell, Northwestern State, 2000
Shot Put	65-01.50	Steve Cate, Louisiana Tech, 1986
Weight Throw	68-11.75	Adonson Shallow, Southeastern Louisiana, 2010

Heptathlon

Total Points	5,728	Romain Martin, Texas-Arlington, 2011
60-Meter Dash	6.97	Matthew Johnson, Sam Houston State, 2013
High Jump	6-09.50	Romain Martin, Texas-Arlington, 2012
Long Jump	23-10.75	Josh Cravens, Stephen F. Austin, 2010
Shot Put	47-05.75	Chris Jones, Stephen F. Austin, 2008
1,000-Meter Run	2:40.72	John Park, Stephen F. Austin, 2014
60-Meter Hurdles	8.15	Edwin Billot, McNeese State, 2004
Pole Vault	16-06.75	Randy Flach, Sam Houston State, 2004

Pentathlon

Total Points	4,003	Justin Youngblood, Texas-San Antonio, 2002
60-Meter Hurdles	8.20	Kristian Rahnu, McNeese State, 2002
Long Jump	23-04.75	Justin Youngblood, Texas-San Antonio, 2002
Shot Put	53-04.50	Kristian Rahnu, McNeese State, 2002
High Jump	6-11.00	Justin Youngblood, Texas-San Antonio, 2002
1000-Meters	2:39.53	Justin Nichols, Texas-Arlington, 2001

Team Records

Most Points	164	Lamar, 1983
Biggest Margin	71.5	Lamar, 1985
Closest Margin	1	Northwestern State, 1994
Low Winning Score	.85	Texas-Arlington, 1991

INDOOR TRACK & FIELD

Men's Year-by-Year Team Championship Standings

1980 — Monroe, La.	McNeese State	53.0	Sam Houston State	9.00
Lamar	North Texas	44.0	North Texas	6.25
McNeese State	Lamar	43.0	Nicholls State	0.00
Louisiana Tech				
Texas-Arlington	1988 — Monroe, La.		1994 — Monroe, La.	
Arkansas State	Louisiana-Monroe	95.0	Northwestern State	84.0
Louisiana-Lafayette	Texas-Arlington	86.5	Texas-Arlington	83.0
	Northwestern State	60.5	Texas State	80.0
1981 — Monroe, La.	North Texas	51.0	Texas-San Antonio	59.0
Lamar	Stephen F. Austin	39.5	Stephen F. Austin	56.0
Louisiana Tech	Texas State	37.5	Louisiana-Monroe	38.0
Louisiana-Lafayette	McNeese State	33.0	North Texas	14.0
Arkansas State	Sam Houston State	0.0	McNeese State	11.0
Texas-Arlington			Sam Houston State	4.0
McNeese State	1989 — Monroe, La.		Nicholls State	4.0
	Texas State	90.0		
1982 — Monroe, La.	Texas-Arlington	78.0	1995 — Fort Worth, Texas	
Lamar	Louisiana-Monroe	77.0	Texas-Arlington	116.0
Louisiana-Lafayette	Northwestern State	52.0	Texas State	111.0
Texas-Arlington	North Texas	47.0	Northwestern State	71.0
McNeese State	Stephen F. Austin	29.0	Stephen F. Austin	64.5
Arkansas State	McNeese State	25.0	Texas-San Antonio	64.0
Louisiana Tech	Sam Houston State	4.0	Louisiana-Monroe	52.0
			Sam Houston State	39.0
1983 — Monroe, La.	1990 — Monroe, La.		North Texas	38.5
Lamar	Texas-Arlington	100.0	McNeese State	24.0
Arkansas State	Louisiana-Monroe	70.0	Nicholls State	5.0
Louisiana Tech	Texas State	59.0		
Texas-Arlington	Stephen F. Austin	52.0	1996 — Fort Worth, Texas	
Louisiana-Monroe	North Texas	49.0	Texas-Arlington	131.0
McNeese State	Northwestern State	41.0	Texas State	71.0
North Texas	McNeese State	28.0	Texas-San Antonio	69.0
	Sam Houston State	2.0	Northwestern State	59.0
1984 — Monroe, La.	1991 — Monroe, La.		Stephen F. Austin	57.5
Lamar	Texas-Arlington	85.0	Louisiana-Monroe	52.0
Arkansas State	Texas State	67.0	McNeese State	44.5
Texas-Arlington	McNeese State	62.0	Sam Houston State	41.0
Louisiana-Monroe	Louisiana-Monroe	57.0	North Texas	37.0
Louisiana Tech	North Texas	46.0	Nicholls State	23.0
McNeese State	Northwestern State	44.0		
North Texas	Stephen F. Austin	28.0	1997 — Fort Worth, Texas	
	Sam Houston State	14.0	Texas-Arlington	119.5
1985 — Monroe, La.	1992 — Monroe, La.		Texas-San Antonio	118.0
Lamar	Texas-Arlington	81.0	Northwestern State	86.0
Louisiana-Monroe	Texas State	80.0	Sam Houston State	72.5
Texas-Arlington	Northwestern State	76.0	McNeese State	54.0
Louisiana Tech	Louisiana-Monroe	68.0	Stephen F. Austin	45.5
Arkansas State	Sam Houston State	28.0	Texas State	40.0
McNeese State	McNeese State	27.0	Louisiana-Monroe	31.5
North Texas	Stephen F. Austin	21.0	Nicholls State	17.0
	Texas-San Antonio	12.0		
1986 — Monroe, La.	North Texas	10.0	1998 — Fort Worth, Texas	
Louisiana-Monroe	Nicholls State	0.0	Northwestern State	105.0
Lamar			Texas-Arlington	91.0
Louisiana Tech	1993 — Monroe, La.		Stephen F. Austin	79.0
Arkansas State	Northwestern State	101.00	McNeese State	77.0
Texas-Arlington	Texas-Arlington	86.00	Sam Houston State	62.0
McNeese State	Texas State	72.25	Texas-San Antonio	57.0
North Texas	Stephen F. Austin	58.00	Texas State	57.0
	Louisiana-Monroe	49.25	Louisiana-Monroe	40.0
1987 — Monroe, La.	McNeese State	28.25	Nicholls State	13.0
Louisiana-Monroe	Texas-San Antonio	24.00	Southeastern Louisiana	4.0
Arkansas State				
Louisiana Tech				

INDOOR TRACK & FIELD



Men's Year-by-Year Team Championship Standings

1999 — Houston, Texas

Texas-Arlington.....	112.0
Northwestern State.....	89.0
McNeese State.....	82.0
Sam Houston State.....	74.0
Texas-San Antonio.....	54.0
Texas State.....	53.0
Stephen F. Austin.....	42.0
Louisiana-Monroe.....	41.5
Lamar.....	24.0
Southeastern Louisiana.....	8.5
Nicholls State.....	5.0

2000 — Houston, Texas

Texas-Arlington.....	130.0
Texas State.....	87.5
Northwestern State.....	76.0
Sam Houston State.....	65.0
Stephen F. Austin.....	64.0
McNeese State.....	62.0
Texas-San Antonio.....	39.5
Lamar.....	27.5
Louisiana-Monroe.....	18.5
Nicholls State.....	9.0
Southeastern Louisiana.....	6.0

2001 — Houston, Texas

Northwestern State.....	105.5
Texas-San Antonio.....	93.0
Texas-Arlington.....	90.0
Stephen F. Austin.....	86.0
Texas State.....	63.0
McNeese State.....	61.0
Sam Houston State.....	46.0
Southeastern Louisiana.....	27.0
Louisiana-Monroe.....	20.0
Lamar.....	16.5
Nicholls State.....	14.0

2002 — Houston, Texas

Texas State.....	132.0
Texas-San Antonio.....	92.0
Texas-Arlington.....	83.0
Northwestern State.....	81.0
Stephen F. Austin.....	72.0
Sam Houston State.....	63.0
McNeese State.....	56.0
Lamar.....	16.0
Louisiana-Monroe.....	16.0
Nicholls State.....	8.0
Southeastern Louisiana.....	5.0

2003 — Houston, Texas

Texas State.....	137.00
Northwestern State.....	116.25
Sam Houston State.....	87.25
Texas-Arlington.....	65.00
Texas-San Antonio.....	48.25
Stephen F. Austin.....	48.00
McNeese State.....	45.00
Southeastern Louisiana.....	29.25
Louisiana-Monroe.....	26.00
Lamar.....	20.00

2004 — Houston, Texas

Texas State.....	119.5
Stephen F. Austin.....	95.0
Sam Houston State.....	93.0
Texas-Arlington.....	69.0
Northwestern State.....	68.5
Texas-San Antonio.....	50.5
McNeese State.....	41.5
Louisiana-Monroe.....	37.0
Southeastern Louisiana.....	29.0
Lamar.....	20.0

2005 — Houston, Texas

Stephen F. Austin.....	111.5
Texas-San Antonio.....	85.0
Texas-Arlington.....	79.0
Texas State.....	73.0
McNeese State.....	73.0
Northwestern State.....	70.0
Sam Houston State.....	65.5
Southeastern Louisiana.....	40.0
Lamar.....	35.0
Louisiana-Monroe.....	30.0

2006 — Houston, Texas

Texas-San Antonio.....	111.00
Sam Houston State.....	104.33
Stephen F. Austin.....	103.00
Texas-Arlington.....	84.00
Northwestern State.....	78.00
McNeese State.....	47.50
Southeastern Louisiana.....	43.00
Louisiana-Monroe.....	40.00
Texas State.....	34.16
Lamar.....	18.00

2007 — Houston, Texas

Texas-San Antonio.....	114.5
Texas-Arlington.....	98.0
Stephen F. Austin.....	82.5
Sam Houston State.....	66.0
Southeastern Louisiana.....	63.0
Lamar.....	60.0
Texas State.....	57.5
McNeese State.....	38.5
Northwestern State.....	32.0
Texas A&M-Corpus Christi.....	32.0
Central Arkansas.....	19.0

2008 — Houston, Texas

Texas-San Antonio.....	122.0
Stephen F. Austin.....	101.5
Texas-Arlington.....	98.5
Lamar.....	62.0
Southeastern Louisiana.....	62.0
Northwestern State.....	47.0
McNeese State.....	44.0
Texas A&M-Corpus Christi.....	40.0
Sam Houston State.....	38.0
Texas State.....	34.0
Central Arkansas.....	14.0

2009 — Houston, Texas

Texas-San Antonio.....	120.5
Texas-Arlington.....	101.0
Southeastern Louisiana.....	81.5
Lamar.....	79.0
Stephen F. Austin.....	75.0
Texas State.....	62.0
Sam Houston State.....	46.0
McNeese State.....	39.0
Northwestern State.....	37.0
Texas A&M-Corpus Christi.....	12.0
Central Arkansas.....	9.0

2010 — Norman, Okla.

Texas-San Antonio.....	120.0
Stephen F. Austin.....	99.5
Sam Houston State.....	90.0
Texas-Arlington.....	82.0
Southeastern Louisiana.....	77.0
Lamar.....	61.0
McNeese State.....	59.0
Texas State.....	31.0
Northwestern State.....	30.0
Central Arkansas.....	10.5
Texas A&M-Corpus Christi.....	2.0

2011 — Norman, Okla.

Texas-San Antonio.....	153.0
Texas-Arlington.....	111.0
Stephen F. Austin.....	105.5
Sam Houston State.....	80.0
Lamar.....	46.0
McNeese State.....	38.0
Central Arkansas.....	37.5
Texas State.....	34.0
Southeastern Louisiana.....	32.0
Northwestern State.....	14.0
Texas A&M-Corpus Christi.....	12.0

2012 - Norman, Okla.

Texas-San Antonio.....	134.0
Texas-Arlington.....	99.0
Stephen F. Austin.....	85.0
Lamar.....	75.0
Texas State.....	69.0
McNeese State.....	47.0
Sam Houston State.....	46.0
Southeastern Louisiana.....	42.0
Central Arkansas.....	33.0
Northwestern State.....	18.0
Texas A&M-Corpus Christi.....	15.0

2013 - Norman, Okla.

Stephen F. Austin.....	124.0
Sam Houston State.....	119.5
McNeese State.....	88.5
Southeastern Louisiana.....	87.0
Northwestern State.....	74.5
Oral Roberts.....	61.0
Lamar.....	58.0
Texas A&M-Corpus Christi.....	39.5
Central Arkansas.....	11.0



INDOOR TRACK & FIELD

Men's Year-by-Year Team Championship Standings

2014 — Birmingham, Ala.	
Southeastern Louisiana.....	119.0
Sam Houston State.....	106.5
Stephen F. Austin	91.0
Lamar.....	75.0
Northwestern State.....	60.0
Abilene Christian.....	46.0
McNeese State	43.5
Texas A&M-Corpus Christi.....	43.0
Central Arkansas.....	32.0
Oral Roberts	27.0
New Orleans	10.0
UIW.....	5.0
Houston Baptist	4.0

Men's Year-by-Year Individual Champions By Event

55-Meter Dash

1988 — Brian Cooper, McNeese State	6.05
1989 — Al Edwards, Northwestern State	6.27
1990 — Damon West, Northwestern State	6.27
1991 — Joel McCray, Texas-Arlington	6.34
1992 — Fred Fields, Louisiana-Monroe	6.36
1993 — LaMark Carter, Northwestern State	6.30
1994 — Clinton Bufuku, Texas-Arlington	6.34
1995 — Clinton Bufuku, Texas-Arlington	6.29
1996 — Joey Foster, Sam Houston State	6.50
1997 — Ronnie Powell, Northwestern State	6.42
1998 — Ronnie Powell, Northwestern State	6.30
1999 — Event Discontinued	

60-Yard Dash

1980 — Gilbert Smith, Texas-Arlington	6.43
1981 — Dwayne Pittman, Arkansas State	6.23
1982 — Gilbert Smith, Texas-Arlington	6.22
1983 — Verril Young, McNeese State	6.33
1984 — Jerry Lacy, Louisiana-Monroe	6.27
1985 — Sansiski Daniels, Texas-Arlington	6.31
1986 — Kevin Loyd, Louisiana Tech	6.20
1987 — Kevin Loyd, Louisiana Tech	6.22
1988 — Event Discontinued	

60-Meter Dash

1999 — Ronnie Powell, Northwestern State	6.86
2000 — Zach Wood, Texas-Arlington	6.74
2001 — Eric Louis, Northwestern State	6.79
2002 — Courtney Boston, Sam Houston State	6.82
2003 — Clement Taylor, Texas-Arlington	6.83
2004 — Courtney Boston, Sam Houston State	6.84
2005 — Ravyn Hayward, Northwestern State	6.82
2006 — Ravyn Hayward, Northwestern State	6.80
2007 — Ravyn Hayward, Northwestern State	6.70
2008 — Teddy Williams, Texas-San Antonio	6.71
2009 — Teddy Williams, Texas-San Antonio	6.64
2010 — Teddy Williams, Texas-San Antonio	6.66
2011 — Cordero Gray, Texas-Arlington	6.69
2012 — Clayton Vaughn, Texas-Arlington	6.68
2013 — Antonio Herbert, Southeastern Louisiana	6.82
2014 — Justin Walker, Northwestern State	6.73

55-Meter Hurdles

1988 — Marcelis Horn, Louisiana-Monroe	7.28
1989 — Pat Johnson, Louisiana-Monroe	7.37
1990 — McClinton Neal, Texas-Arlington	7.28
1991 — Terrance Carson, Texas-Arlington	7.54
1992 — Keevan Mills, Texas State	7.52
1993 — Keevan Mills, Texas State	7.24
1994 — Keevan Mills, Texas State	7.30
1995 — Kevin Ellis, Stephen F. Austin	7.43
1996 — Joe Rhyans, Northwestern State	7.55
1997 — Damian Franklin, McNeese State	7.68
1998 — Michael Robbins, Louisiana-Monroe	7.39
1999 — Event Discontinued	

60-Yard Hurdles

1980 — Kevin Wood, Texas-Arlington	7.41
1981 — Victor Holman, Louisiana Tech	7.38
1982 — Stephen Starring, McNeese State	7.24
1983 — Kenneth Link, Louisiana-Monroe	7.36
1984 — Sansiski Daniels, Texas-Arlington	7.16
1985 — Sansiski Daniels, Texas-Arlington	7.27
1986 — Craig Bradford, Lamar	7.34
1987 — Pat Griffin, Louisiana-Monroe	7.36
1988 — Event Discontinued	

60-Meter Hurdles

1999 — Scott Keys, McNeese State	8.05
2000 — Austin Wighamman, Texas State	7.87
2001 — Carl Johnson, Texas-San Antonio	7.98
2002 — Carl Johnson, Texas-San Antonio	7.96
2003 — Carl Johnson, Texas-San Antonio	7.81
2004 — Adrian Ray, Sam Houston State	7.93
2005 — Adam Stafford, Texas-Arlington	8.00
2006 — J.D. Henry, Northwestern State	7.93
2007 — Will Vese, Texas-San Antonio	7.97
2008 — Will Vese, Texas-San Antonio	7.98
2009 — Will Vese, Texas-San Antonio	7.87
2010 — Nick McCloud, Stephen F. Austin	7.95
2011 — Nick McCloud, Stephen F. Austin	7.82
2012 — Keyunta Hayes, Texas-San Antonio	7.89
2013 — Matthew Viverette, Sam Houston State	8.01
2014 — Matthew Viverette, Sam Houston State	8.20

200-Meter Dash

1995 — Clinton Bufuku, Texas-Arlington	21.77
1996 — Elston Cawley, Texas-Arlington	21.97
1997 — Elston Cawley, Texas-Arlington	21.68
1998 — Ronnie Powell, Northwestern State	21.27 ¹
1999 — Brian Everett, Louisiana-Monroe	22.00
2000 — Andre Fifer, Texas-Arlington	21.98
2001 — John Hoffpauir, McNeese State	21.87
2002 — Courtney Boston, Sam Houston State	21.82
2003 — Curtis Johnson, Texas-San Antonio	21.92
2004 — Courtney Boston, Sam Houston State	21.88
2005 — J.D. Henry, Northwestern State	21.64
2006 — Jared Connaughton, Texas-Arlington	21.57
2007 — Jared Connaughton, Texas-Arlington	21.68
2008 — Steven Brown, Texas-San Antonio	21.60
2009 — Teddy Williams, Texas-San Antonio	21.84
2010 — Teddy Williams, Texas-San Antonio	21.73
2011 — Cordero Gray, Texas-Arlington	21.61
2012 — Shannon Grover, Southeastern Louisiana	21.50
2013 — Kendal Taylor, Northwestern State	21.51
2014 — Justin Walker, Northwestern State	21.17

¹Track distance was inaccurately established for the 1998 championship, resulting in faster times in events of at least one lap.

INDOOR TRACK & FIELD

Men's Year-by-Year Individual Champions By Event

440-Yard Dash

1980 — Anthony Gouldsby, Texas-Arlington	48.91
1981 — Doug Hinds, Lamar	49.30
1982 — Doug Hinds, Lamar	49.19
1983 — Keith Sims, Louisiana-Monroe	49.98
1984 — Jackie Harris, Lamar	49.76
1985 — Ulf Sedlacek, Lamar	49.45
1986 — Event Discontinued	

400-Meter Dash

1988 — McClinton Neal, Texas-Arlington	49.65
1989 — McClinton Neal, Texas-Arlington	48.58
1990 — McClinton Neal, Texas-Arlington	48.97
1991 — Joel McCray, Texas-Arlington	48.85
1992 — Joel McCray, Texas-Arlington	49.05
1993 — Robert Raphael, Northwestern State	49.48
1994 — Leonard Byrd, Texas-San Antonio	49.20
1995 — Cornelius Cavitt, Texas-Arlington	48.41
1996 — Cyrstin Wuthrich, Texas-Arlington	47.71
1997 — Leonard Byrd, Texas-San Antonio	48.23
1998 — Rodney Covington, Stephen F. Austin	47.79
1999 — Raymond Bennett, McNeese State	48.24
2000 — Justin Youngblood, Texas-San Antonio	48.56
2001 — Patrick James, Texas-Arlington	48.18
2002 — Patrick James, Texas-Arlington	48.37
2003 — Reynauldus Gatson, Northwestern State	48.16
2004 — Raheem Travis, Texas State	48.28
2005 — David Burnett, Texas-San Antonio	49.19
2006 — Chris Edison, Sam Houston State	47.80
2007 — Gaston Griffin, Texas-San Antonio	48.51
2008 — Michael Courtney, Sam Houston State	48.27
2009 — Chris Moody, Stephen F. Austin	48.20
2010 — Michael Courtney, Sam Houston State	48.00
2011 — Juan Lewis, Texas-Arlington	48.28
2012 — Cass Brown, Stephen F. Austin	47.66
2013 — Jeffrey Gibson, Oral Roberts	47.53
2014 — Rodney Jones, Sam Houston State	47.34

600-Yard Run

1981 — Curtis Washington, Louisiana-Lafayette	1:12.60
1982 — Kymond Guiton, Lamar	1:12.24
1983 — Stewart Eames, Louisiana Tech	1:11.80
1984 — David Peltier, Texas-Arlington	1:11.19
1985 — Jessie Wilson, Arkansas State	1:11.25
1986 — David Peltier, Texas-Arlington	1:12.96
1987 — Steve Armstrong, Arkansas State	1:11.26
1988 — Event Discontinued	

880-Yard Run

1980 — Richard Jones, Louisiana Tech	1:55.08
1981 — Frank Montebello, Lamar	1:55.33
1982 — Grover Burnham, Lamar	1:54.41
1983 — Grover Burnham, Lamar	1:54.85
1984 — Pedro Caceres, Lamar	1:53.30
1985 — Doug Glover, Louisiana-Monroe	1:54.32
1986 — Event Discontinued	

800-Meter Run

1988 — Reggie Senegal, Louisiana-Monroe	1:54.30
1989 — Joseph Sainah, Texas-Arlington	1:52.36
1990 — Joseph Sainah, Texas-Arlington	1:53.83
1991 — Andrew Kemboi, McNeese State	1:56.18
1992 — Brad Sievers, Northwestern State	1:57.0
1993 — Terence Beach, Texas-Arlington	1:54.77
1994 — Terence Beach, Texas-Arlington	1:55.94
1995 — Jonas Rosengren, Texas-Arlington	1:51.39
1996 — Sean Goetsch, Texas-San Antonio	1:50.33
1997 — Escoffrey Thomas, Texas-Arlington	1:51.30
1998 — Escoffrey Thomas, Texas-Arlington	1:49.85 ¹
1999 — Andy Blackmore, McNeese State	1:52.99
2000 — Richard DesGoutte, Texas State	1:54.54
2001 — Jason Potter, Stephen F. Austin	1:53.12
2002 — Jason Potter, Stephen F. Austin	1:52.65
2003 — Davis Tagi, Texas-Arlington	1:52.98
2004 — Benji Jones, Louisiana-Monroe	1:53.95
2005 — Jake Champagne, Lamar	1:54.70
2006 — Mthobisi Baloyi, Texas-San Antonio	1:53.17
2007 — Larry Brooks, Texas-San Antonio	1:51.63
2008 — Ewan Simpson, Lamar	1:55.27
2009 — Idilio Campos, Texas-Arlington	1:52.91
2010 — Dwight Robinson, Texas-Arlington	1:53.52
2011 — Joe Wade, Lamar	1:51.44
2012 — Chrishun Jamerson, Texas-San Antonio	1:54.26
2013 — Tyler Banks, Oral Roberts	1:53.47
2014 — De'Quad Binder, Sam Houston State	1:52.47

¹Track distance was inaccurately established for the 1998 championship, resulting in faster times in events of at least one lap.

1,000-Yard Run

1981 — Frank Montebello, Lamar	2:13.52
1982 — Russ Ellis, Texas-Arlington	2:12.54
1983 — Kenny Wilson, Arkansas State	2:13.19
1984 — Sammy Shinfessel, Louisiana Tech	2:13.68
1985 — Kenny Wilson, Arkansas State	2:14.46
1986 — Geryl House, Lamar	2:09.52
1987 — Russell Mangum, Louisiana-Monroe	2:14.11
1988 — Event Discontinued	

One-Mile Run

1980 — Pat Cross, Louisiana Tech	4:12.60
1981 — Roger Barker, Louisiana Tech	4:14.30
1982 — Terry McSweeney, McNeese State	4:18.30
1983 — Roger Barker, Louisiana Tech	4:10.54
1984 — Pedro Caceres, Lamar	4:11.20
1985 — John Sauerhage, Texas-Arlington	4:14.78
1986 — Russell Mangum, Louisiana-Monroe	4:12.53
1987 — Muriuki Ngatia, Louisiana Tech	4:10.22
1988 — Jonah Ngeny, North Texas	4:14.65
1989 — Dylan Fugitt, North Texas	4:15.90
1990 — Joseph Sainah, Texas-Arlington	4:15.68
1991 — Dylan Fugitt, North Texas	4:13.26
1992 — Rodger Krueger, Texas-Arlington	4:17.59
1993 — Eddie Castillo, Texas-San Antonio	4:14.70
1994 — Rodger Krueger, Texas-Arlington	4:12.51
1995 — Ian Linton, Texas State	4:16.52
1996 — Sammy Unberhagen, Texas State	4:04.82
1997 — Ryan Taylor, Texas-San Antonio	timer malfunction
1998 — Philo Saunders, Texas-San Antonio	4:06.53

INDOOR TRACK & FIELD



Men's Year-by-Year Individual Champions By Event

1999 — Corey Tucker, McNeese State	4:13.93
2000 — Hector Andujo, Northwestern State	4:14.31
2001 — Henry Maruping, Texas-San Antonio	4:15.97
2002 — Joe Amburn, Sam Houston State	4:15.63
2003 — Joe Amburn, Sam Houston State	4:12.02
2004 — Chris Verheul, Louisiana-Monroe	4:13.01
2005 — Joey Valure, Southeastern Louisiana	4:13.24
2006 — Danny Shaw, Lamar	4:13.36
2007 — Francis Kasagule, Lamar	4:19.78
2008 — Francis Kasagule, Lamar	4:14.37
2009 — Francis Kasagule, Lamar	4:15.58
2010 — Michael Dyer, McNeese State	4:12.52
2011 — Albert Cardenas, Texas-San Antonio	4:13.67
2012 — Joe Wade, Lamar	4:08.85
2013 — Joe Wade, Lamar	4:08.80
2014 — Sam Stabler, Lamar	4:10.61

Two-Mile Run

1980 — Event Not Run	
1981 — Roger Barker, Louisiana Tech	8:57.50
1982 — William Wilkinson, Louisiana-Lafayette	9:05.70
1983 — Roger Barker, Louisiana Tech	8:55.10
1984 — Ron Wakefield, North Texas	9:08.69
1985 — Muriuki Ngatia, Louisiana Tech	8:56.70
1986 — Muriuki Ngatia, Louisiana Tech	9:03.93
1987 — Jonah Ngeny, North Texas	9:00.49
1988 — Jonah Ngeny, North Texas	9:05.66
1989 — Dylan Fugitt, North Texas	9:07.90
1990 — Dylan Fugitt, North Texas	9:04.00
1991 — Dylan Fugitt, North Texas	8:35.20 ¹
1992 — Damond Bickel, Texas-Arlington	9:11.70
1993 — Roger Krueger, Texas-Arlington	9:22.03
1994 — Gary Guerrero, Texas-San Antonio	9:12.89
1995 — Event Discontinued	

¹run one lap short

Three-Mile Run

1980 — Roger Barker, Louisiana Tech	13:50.10
1981 — Roger Barker, Louisiana Tech	13:54.00
1982 — Pat McGrath, Louisiana-Lafayette	14:13.38
1983 — Roger Barker, Louisiana Tech	13:42.29
1984-92 — Event Not Run	
1993 — Jimmy Balmer, Texas-Arlington	14:11.42
1994 — Drew Prisner, Louisiana-Monroe	14:17.68
1995 — Event Discontinued	

3,000-Meter Run

1995 — Dennis Moynihan, Texas State	8:25.02
1996 — Sammy Unberhagen, Texas State	8:15.67
1997 — Ryan Taylor, Texas-San Antonio	8:21.59
1998 — Rob Genzel, Stephen F. Austin	8:17.58 ¹
1999 — Henrik Skoog, Texas-Arlington	8:29.41
2000 — Derek Koonts, Sam Houston State	8:35.32
2001 — Randy Arias, Texas State	8:25.88
2002 — Randy Arias, Texas State	8:22.21
2003 — Justin Meier, Stephen F. Austin	8:33.72
2004 — Raul Villareal, Sam Houston State	8:30.21
2005 — Julian Acuna, Stephen F. Austin	8:31.50
2006 — Thomas Johansson, Sam Houston State	8:35.64
2007 — Francis Kasagule, Lamar	8:17.33
2008 — Shadrack Songok, Texas A&M-Corpus Christi	8:08.81

2009 — Samuel Kosgei, Lamar	8:23.95
2010 — Samuel Kosgei, Lamar	8:18.04
2011 — Tom Wade, Lamar	8:20.33
2012 — Tom Wade, Lamar	8:22.90
2013 — David Rooney, McNeese State	8:23.77
2014 — Sam Stabler, Lamar	8:21.69

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5,000-Meter Run

1995 — Dennis Moynihan, Texas State	14:34.11
1996 — David Hartman, Texas-San Antonio	14:41.52
1997 — Tim Wallace, Texas-San Antonio	14:43.24
1998 — Kevin Smelley, Nicholls State	14:26.35 ¹
1999 — Tim Wallace, Texas-San Antonio	14:48.47
2000 — Ciaran Doogan, Texas-Arlington	15:02.00
2001 — Randy Arias, Texas State	14:27.39
2002 — Randy Arias, Texas State	14:45.62
2003 — Nathan Flores, Stephen F. Austin	14:49.88
2004 — Raul Villareal, Sam Houston State	14:46.75
2005 — Julian Acuna, Stephen F. Austin	14:47.39
2006 — Josh Hawkins, Sam Houston State	14:54.94
2007 — Koby Styles, Texas-Arlington	14:30.42
2008 — Henry Rop, Southeastern Louisiana	14:36.14
2009 — Samuel Kosgei, Lamar	14:31.71
2010 — Samuel Kosgei, Lamar	14:16.73
2011 — David Rooney, McNeese State	13:46.25
2012 — Matt Johnsen, Lamar	14:40.74
2013 — David Rooney, McNeese State	14:48.62
2014 — Ryan Creech, Lamar	14:55.70

¹Track distance was inaccurately established for the 1998 championship, resulting in faster times in events of at least one lap.

1,600-Meter Relay

1995 — Texas-Arlington	3:17.36
1996 — Texas-Arlington	3:13.31
1997 — Texas-San Antonio	3:18.36
1998 — Stephen F. Austin	3:11.88 ¹
1999 — Texas-Arlington	3:16.85
2000 — Texas-Arlington	3:15.14
2001 — McNeese State	3:15.75
2002 — Texas State	3:19.23
2003 — Northwestern State	3:12.70
2004 — Texas State	3:18.47
2005 — Sam Houston State	3:18.71
2006 — Sam Houston State	3:17.24
2007 — Sam Houston State	3:16.75
2008 — Texas-Arlington	3:18.09
2009 — Texas-Arlington	3:17.51
2010 — Stephen F. Austin	3:15.55
2011 — Sam Houston State	3:17.72
2012 — Stephen F. Austin	3:17.49
2013 — Stephen F. Austin	3:17.25
2014 — Stephen F. Austin	3:13.15

¹Track distance was inaccurately established for the 1998 championship, resulting in faster times in events of at least one lap.

INDOOR TRACK & FIELD

Men's Year-by-Year Individual Champions By Event

Mile Relay

1980 — Lamar	3:21.20
1981 — Louisiana Tech	3:21.45
1982 — Lamar	3:19.40
1983 — Lamar	3:19.98
1984 — Lamar	3:16.12
1985 — Lamar	3:18.55
1986 — Louisiana Tech	3:20.52
1987 — Louisiana Tech	3:18.43
1988 — Texas-Arlington	3:22.30
1989 — Texas State	3:17.36
1990 — Northwestern State	3:21.20
1991 — Northwestern State	3:22.56
1992 — Northwestern State	3:23.31
1993 — Northwestern State	3:21.99
1994 — Texas-Arlington	3:20.84
1995 — Event Discontinued	

Two-Mile Relay

1980 — Lamar	7:47.60
1981 — Louisiana-Lafayette	7:51.94
1982 — Lamar	7:53.48
1983 — Louisiana Tech	7:49.25
1986 — Lamar	7:47.87
1987 — Lamar	7:49.87
1988 — Stephen F. Austin	7:52.07
1989 — Texas-Arlington	7:54.46
1990 — Texas-Arlington	7:56.04
1991 — Texas-Arlington	7:38.03
1992 — North Texas	8:01.68
1993 — Texas-Arlington	7:52.88
1994 — Event Discontinued	

Distance Medley Relay

1980 — Lamar	10:13.00
1981 — Lamar	10:09.09
1982 — Texas-Arlington	10:06.32
1983 — Lamar	10:13.56
1984 — Lamar	10:18.13
1985 — Lamar	10:17.12
1986-93 Event Not Run	
1994 — Texas-San Antonio	10:19.89
1995 — Texas-Arlington	10:06.26
1996 — Texas-Arlington	9:59.09
1997 — Texas-San Antonio	10:03.33
1998 — Texas-San Antonio	9:46.31
1999 — McNeese State	10:13.23
2000 — Sam Houston State	10:10.06
2001 — Texas-San Antonio	10:18.90
2002 — Stephen F. Austin	10:10.24
2003 — Sam Houston State	10:12.13
2004 — Stephen F. Austin	10:08.65
2005 — Stephen F. Austin	10:16.07
2006 — McNeese State	10:13.31
2007 — Lamar	10:07.43
2008 — Lamar	10:09.06
2009 — Lamar	10:07.43
2010 — Texas-San Antonio	10:10.08
2011 — Lamar	10:08.35
2012 — Lamar	10:07.90
2013 — McNeese State	10:09.29

2014 — Lamar..... 9:54.13

¹Track distance was inaccurately established for the 1998 championship, resulting in faster times in events of at least one lap.

High Jump

1980 — Ricky DeWees, Arkansas State	6-10.00
1981 — Darrell Webb, Louisiana Tech	6-11.00
1982 — Thomas Eriksson, Lamar	7-02.75
1983 — Doug Shouse, Arkansas State	7-03.50
1984 — Thomas Eriksson, Lamar	7-03.25
1985 — Thomas Eriksson, Lamar	7-00.00
1986 — John Johnson, Lamar	6-11.75
1987 — Garry Bean, McNeese State	7-00.00
1988 — Brian Brown, Northwestern State	7-05.00
1989 — Brian Brown, Northwestern State	7-06.00
1990 — Charles Austin, Texas State	7-06.00
1991 — Kirk Meche, McNeese State	6-09.50
Gary Davidson, Sam Houston State	6-09.50
1992 — Mike St. Julien, McNeese State	7-03.00
1993 — Mike St. Julien, McNeese State	7-00.50
1994 — Terrance Bean, Northwestern State	7-00.50
1995 — Terrance Bean, Northwestern State	6-11.75
1996 — Michael Roberson, McNeese State	7-03.75
1997 — Michael Roberson, McNeese State	7-03.00
1998 — Michael Robbins, Louisiana-Monroe	6-11.75
1999 — Felipe Apablaza, Northwestern State	6-10.75
2000 — Paul Todd, Stephen F. Austin	7-01.75
2001 — Paul Todd, Stephen F. Austin	7-00.50
2002 — Justin Youngblood, Texas-San Antonio	6-11.00
2003 — Cameron Waugh, Northwestern State	6-09.00
2004 — Paul Todd, Stephen F. Austin	6-09.50
2005 — Marques Jackson, Texas State	6-06.75
2006 — Darrion Harris, Northwestern State	6-08.75
2007 — Justin Reyes, Stephen F. Austin	6-09.50
2008 — P.J. McGowen, Texas-San Antonio	7-01.00
2009 — Johnathan Whittaker, Texas-San Antonio	6-11.00
2010 — Keith Benford, Texas-San Antonio	6-10.75
2011 — Keith Benford, Texas-San Antonio	7-00.25
2012 — Keith Benford, Texas-San Antonio	7-03.25
2013 — Roger De La Cruz, Texas A&M-Corpus Christi	6-10.75
2014 — Clarence Robinson, Southeastern Louisiana	6-9.00

Pole Vault

1980 — Paul Pilla, Arkansas State	17-00.00
1981 — J. W. Korrell, Arkansas State	16-08.75
1982 — Steve Stubblefield, Arkansas State	17-01.00
1983 — Terry Permenter, Texas-Arlington	16-00.00
1984 — Steve Stubblefield, Arkansas State	17-09.00
1985 — Johnny Fewell, Arkansas State	16-06.00
1986 — Ricky Keith, Arkansas State	16-06.50
1987 — Scott Shaffer, Arkansas State	16-09.25
1988 — Mike Freberg, Texas-Arlington	16-06.00
1989 — Scott Hennig, Texas State	16-09.25
1990 — Scott Hennig, Texas State	16-07.25
1991 — Scott Hennig, Texas State	17-05.00
1992 — Scott Hennig, Texas State	17-06.50
1993 — Tommy Richards, Stephen F. Austin	16-05.50
1994 — Tommy Richards Stephen F. Austin	16-04.25
1995 — Linwood Johnson, Northwestern State	17-05.00
1996 — Derrick Kelley, Louisiana-Monroe	16-08.75

INDOOR TRACK & FIELD



Men's Year-by-Year Individual Champions By Event

1997 — Shane Stewart, Sam Houston State	16-07.50	Triple Jump	1980 — Ed Lloyd, McNeese State	53-01.00
1998 — Shane Stewart, Sam Houston State	17-01.50	1981 — Monzell Baker, Lamar	49-02.50	
1999 — Shane Stewart, Sam Houston State	16-08.25	1982 — Al Joyner, Arkansas State	52-10.00	
2000 — Joc Mitchell, Texas-Arlington	16-10.75	1983 — Al Joyner, Arkansas State	52-10.00	
2001 — Adam Keul, Stephen F. Austin	16-10.75	1984 — Frank Rutherford, McNeese State	51-11.00	
2002 — Adam Keul, Stephen F. Austin	17-04.50	1985 — Thomas Eriksson, Lamar	52-02.50	
2003 — Randy Flach, Sam Houston State	16-08.75	1986 — James Richardson, Lamar	51-02.50	
2004 — Randy Flach, Sam Houston State	16-10.75	1987 — William Beasley, Arkansas State	51-04.50	
2005 — Cameron Nott, McNeese State	16-08.75	1988 — Ronald Johnson, Texas-Arlington	52-01.50	
2006 — Shay Collett, Texas-Arlington	16-07.50	1989 — Gordon McKee, Texas State	51-00.25	
2007 — Brad Gebauer, McNeese State	17-00.75	1990 — Richard Edwards, Texas State	50-09.25	
2008 — Wade Hayes, Texas-Arlington	16-08.75	1991 — Ronald Jones, Texas State	51-06.50	
2009 — Wade Hayes, Texas-Arlington	16-07.25	1992 — LaMark Carter, Northwestern State	52-10.00	
2010 — Wade Hayes, Texas-Arlington	16-02.75	1993 — LaMark Carter, Northwestern State	52-07.50	
2011 — Taylor Reed, Texas-San Antonio	16-04.75	1994 — Eric Lancelin, Northwestern State	52-06.75	
2012 — Jeff Rodriguez, Texas-Arlington	17-06.50	1995 — Nat Sowell, Louisiana-Monroe	52-00.00	
2013 — Jack Whitt, Oral Roberts	18-04.75	1996 — Nat Sowell, Louisiana-Monroe	50-10.00	
2014 — Colton Ross, Stephen F. Austin	17-04.50	1997 — Kenta Bell, Northwestern State	49-02.25	
Long Jump		1998 — Kenta Bell, Northwestern State	50-04.75	
1980 — Gilbert Smith, Texas-Arlington	24-06.25	1999 — Kendrick Turner, Northwestern State	50-03.25	
1981 — Gilbert Smith, Texas-Arlington	25-09.75	2000 — Kenta Bell, Northwestern State	54-03.25	
1982 — Gilbert Smith, Texas-Arlington	24-10.50	2001 — Tyson Dillard, Northwestern State	50-03.25	
1983 — Verril Young, McNeese State	24-05.75	2002 — Shannon Joshua, Northwestern State	49-08.25	
1984 — Thomas Eriksson, Lamar	24-07.25	2003 — Brian Veal, Texas State	50-08.75	
1985 — Brian Cooper, McNeese State	25-10.75	2004 — Brian Veal, Texas State	51-11.75	
1986 — Brian Cooper, McNeese State	25-11.00	2005 — DeVaughn Rettig, Stephen F. Austin	48-05.50	
1987 — Brian Cooper, McNeese State	26-01.50	2006 — James Randall, Sam Houston State	49-05.50	
1988 — Andre Ester, Louisiana-Monroe	25-09.75	2007 — John Cruse, Stephen F. Austin	49-10.50	
1989 — Gordon McKee, Texas State	25-08.00	2008 — Donovan Loring, Central Arkansas	49-09.25	
1990 — Jerry Harris, Louisiana-Monroe	25-08.25	2009 — Corey Billizone, Southeastern Louisiana	50-02.00	
1991 — Jerry Harris, Louisiana-Monroe	26-01.00	2010 — Devon Bond, Texas-San Antonio	52-01.75	
1992 — Keevan Mills, Texas State	25-02.00	2011 — Devon Bond, Texas-San Antonio	51-09.00	
1993 — Ron Jones, Texas State	25-04.00	2012 — Jamal Peden, Stephen F. Austin	51-00.25	
1994 — Keevan Mills, Texas State	24-02.25	2013 — Charles White, Sam Houston State	51-08.25	
1995 — Nat Sowell, Louisiana-Monroe	25-02.00	2014 — Emmanuel Williams, Northwestern State	50-04.75	
1996 — Nat Sowell, Louisiana-Monroe	25-02.00			
1997 — Nelson Stewart, Texas-Arlington	24-03.50			
1998 — Kenta Bell, Northwestern State	24-09.25			
1999 — Marcell Williams, Stephen F. Austin	25-00.75			
2000 — Kenta Bell, Northwestern State	24-11.75			
2001 — Brian Veal, Texas State	24-00.75			
2002 — Brian Veal, Texas State	24-11.00			
2003 — Brian Veal, Texas State	24-11.00			
2004 — Brian Veal, Texas State	24-04.50			
2005 — Reggie Lazenby, Stephen F. Austin	24-00.25			
2006 — Quinchun Carey, Texas-Arlington	24-01.75			
2007 — Sumbo Adeniran, Stephen F. Austin	24-04.25			
2008 — Darrick Brown, McNeese State	24-04.50			
2009 — Michael Rheams, Southeastern Louisiana	23-09.00			
2010 — Curtis Patterson, Sam Houston State	24-06.25			
2011 — Tyler Williamson, Texas-San Antonio	24-02.25			
2012 — Tyler Williamson, Texas-San Antonio	24-02.25			
2013 — Charles White, Sam Houston State	24-06.25			
2014 — Emmanuel Williams, Northwestern State	25-06.00			

INDOOR TRACK & FIELD

Shot Put

1980 — Roger Henderson, Louisiana Tech.....	54-09.00
1981 — Brian Gower, Texas-Arlington.....	54-04.50
1982 — Brian Gower, Texas-Arlington.....	54-03.25
1983 — Brian Dalatri, Louisiana Tech	60-00.50
1984 — James Parman, Louisiana-Monroe.....	58-06.50
1985 — John Campbell, Louisiana Tech	63-08.00
1986 — Steve Cate, Louisiana Tech.....	65-01.50
1987 — Ronny Kvist, Louisiana-Monroe.....	55-09.50
1988 — Peter Dajai, Texas-Arlington.....	59-02.25
1989 — Weldon Clark, Stephen F. Austin.....	57-08.25
1990 — Lance Davenport, Texas State	57-00.00
1991 — Kevin Toth, McNeese State	59-05.00
1992 — Rick Werline, Louisiana-Monroe	58-10.00
1993 — Hakan Karlberg, Texas State	54-09.25
1994 — Ryan Martin, Northwestern State	55-10.25
1995 — Chris Gonzalez, Sam Houston State	55-06.25
1996 — Chris Gonzalez, Sam Houston State	57-08.50
1997 — Chris Gonzalez, Sam Houston State	58-11.50
1998 — Russell Peavy, Texas State	54-06.75
1999 — David Estes, Louisiana-Monroe.....	55-05.75
2000 — David Estes, Louisiana-Monroe.....	57-02.25
2001 — Gene Tennison, Northwestern State.....	53-00.75
2002 — Jason Reynosa, Texas-San Antonio.....	55-09.75
2003 — Byron Tate, Texas State.....	55-05.00
2004 — Byron Tate, Texas State.....	58-03.00
2005 — Issa Banna, Northwestern State.....	57-08.50
2006 — Kenneth McKinley, Stephen F. Austin.....	57-09.75
2007 — Robert Melin, Texas State.....	56-06.50
2008 — Luke Johnson, Texas-San Antonio	56-03.75
2009 — Kemuel Morales, Texas State.....	59-08.25
2010 — Adonson Shallow, Southeastern Louisiana	60-02.00
2011 — Richard Garrett, Texas-San Antonio	61-08.50
2012 — Richard Garrett, Texas-San Antonio	60-08.50
2013 — Jon Arthur, Stephen F. Austin.....	59-03.00
2014 — Jeff Milliron, Southeastern Louisiana	56-08.00

Weight Throw

2005 — Kelley Jackson, Texas-Arlington.....	59-02.25
2006 — Darwin Johnson, Stephen F. Austin	60-03.25
2007 — Robert Melin, Texas State.....	61-03.03
2008 — Matt Langdon, Stephen F. Austin	62-02.25
2009 — Adonson Shallow, Southeastern Louisiana	65-02.25
2010 — Adonson Shallow, Southeastern Louisiana	68-11.75
2011 — Chris Cralle, Sam Houston State	65-07.75
2012 — Phil Steinert, Texas-San Antonio.....	61-11.00
2013 — Jon Arthur, Stephen F. Austin.....	63-01.25
2014 — Jeff Milliron, Southeastern Louisiana	66-10.50

Pentathlon

2001 — Justin Youngblood, Texas-San Antonio.....	3,842
2002 — Justin Youngblood, Texas-San Antonio.....	4,003
2003 — Marquez Jackson, Texas State	3,764
2004 — Event Discontinued	

Heptathlon

2004 — Justin Youngblood, Texas-San Antonio.....	5,483
2005 — Brandon Buteaux, Texas-San Antonio.....	5,339
2006 — Brandon Buteaux, Texas-San Antonio.....	5,357
2007 — Jon Fagan, McNeese State	5,216
2008 — Tommy Wolfe, Texas-San Antonio.....	5,251
2009 — Tommy Wolfe, Texas-San Antonio.....	5,256
2010 — Adolphus Jones, Texas-Arlington	5,475
2011 — Romain Martin, Texas-Arlington	5,728
2012 — Romain Martin, Texas-Arlington	5,552
2013 — Matthew Johnson, Sam Houston State.....	5,172
2014 — Cody Rhodes, Stephen F. Austin	4,943

Men's Repeat Individual Champions

Four-Time Winners

Scott Hennig, Texas State, 1989, 90, 91, 92	Pole Vault
Brian Veal, Texas State, 2001, 02, 03, 04	Long Jump

Three-Time Winners

Roger Barker, Louisiana Tech, 1980, 81, 83	Three-Mile Run
Kenta Bell, Northwestern State, 1997, 98, 00	Triple Jump
Keith Benford, Texas-San Antonio, 2010, 11, 12	High Jump
Brian Cooper, McNeese State, 1985, 86, 87	Long Jump
Thomas Eriksson, Lamar, 1982, 84, 85	High Jump
Dylan Fugitt, North Texas, 1989, 90, 91	Two-Mile Run
Chris Gonzalez, Sam Houston State, 1995, 96, 97	Shot Put
Wade Hayes, Texas-Arlington, 2008, 09, 10	Pole Vault
Ravyn Hayward, Northwestern State, 2005, 06, 07	60-Meter Dash
Carl Johnson, Texas-San Antonio, 2001, 02, 03	60-Meter Hurdles
Francis Kasagule, Lamar, 2007, 08, 09.....	Mile Run
Keevan Mills, Texas State 1992, 93, 94	55-Meter Hurdles
McClinton Neal, Texas-Arlington, 1988, 89, 90	400-Meter Dash
Gilbert Smith, Texas-Arlington, 1980, 81, 82.....	Long Jump
Shane Stewart, Sam Houston State, 1997, 98, 99.....	Pole Vault
Paul Todd, Stephen F. Austin, 2000, 01, 04	High Jump
Will Vese, Texas-San Antonio, 2007, 08, 09	60-Meter Hurdles
Teddy Williams, Texas-San Antonio, 2008, 09, 10	60-Meter Dash

Men's All-Time Top-Five Performances

55-Meter Dash

6.05 — Brian Cooper, MCN, 1988
6.10 — Zack Jones, LTU, 1980*
6.12 — Cornell Garrett, LTU, 1980*
6.14 — Ed Preston, ASU, 1976*
6.17 — Ronnie Powell, NWLA, 1998

60-Meter Dash

6.59 — Teddy Williams, UTSA, 2009
6.61 — Teddy Williams, UTSA, 2010
6.61 — Clayton Vaughn, UTA, 2012
6.64 — Teddy Williams, UTSA, 2009
6.66 — Teddy Williams, UTSA, 2008, 2010

55-Meter Hurdles

7.07 — Sansiski Daniels, UTA, 1984
7.14 — Tom Hill, ASU, 1970*
7.15 — Sansiski Daniels, UTA, 1985
7.17 — McClinton Neal, UTA, 1990
7.21 — Stephen Starring, MCN, 1984*

60-Meter Hurdles

7.81 — Carl Johnson, UTSA, 2003
7.82 — Nick McCloud, SFA, 2011
7.82 — William Vese, UTSA, 2009
7.85 — Adrian Ray, SHSU, 2004
7.85 — J.D. Henry, NWLA, 2006
7.85 — Nick McCloud, SFA, 2010

200-Meter Dash

20.64 — Elston Cawley, UTA, 1998
21.17 — Justin Walker, NWLA, 2014
21.22 — Ron Clark, SFA, 1991
21.43 — Cordero Gray, UTA, 2010
21.44 — Jarid Vaughan, UTA, 2009

400-Meter Dash

46.56 — Michael Courtney, SHSU, 2010
46.99 — Cass Brown, SFA, 2012
47.09 — Leonard Byrd, UTSA, 1997
47.18 — Rodney Jones, SHSU, 2014
47.24 — Patrick James, UTA, 1999

800-Meter Run

1:48.50 — Escoffrey Thomas, UTA, 1997
1:48.72 — Larry Brooks, UTSA, 2007
1:48.82 — Joseph Sainah, UTA, 1990
1:49.56 — Jessie Wilson, ASU, 1985
1:50.02 — Larry Brooks, UTSA, 2006

Mile Run

3:59.33 — Sam Stabler, LU, 2014*
4:02.16 — Francis Kasagule, LU, 2009
4:04.82 — Sammy Unberhagen, TXST, 1996
4:05.46 — Jeff Moss, ULM, 1987
4:06.19 — Alex Bruce-Littlewood, MCN, 2012

3,000-Meter Run

8:00.64 — Sam Stabler, LU, 2014
8:01.19 — Francis Kasagule, LU, 2009
8:07.44 — William Wilkinson, ULL, 1982*
8:08.81 — Shadrack Songok, AMCC, 2008
8:11.15 — Pat Cross, LTU, 1980*

5,000-Meter Run

13:46.25 — David Rooney, MCN, 2011
13:50.46 — Samuel Kosgei, LU, 2009
13:51.26 — Shadrack Songok, AMCC, 2008
14:12.94 — Randy Arias, TXST, 2002
14:16.73 — Samuel Kosgei, LU, 2010

Mile Relay

3:07.96 — Texas-Arlington, 1990
3:08.54 — Texas-Arlington, 2001
3:10.97 — Texas State, 1986
3:12.40 — Stephen F. Austin, 2012
3:12.70 — Northwestern State, 2003

Distance Medley

9:52.90 — UTSA, 2012
9:54.13 — LU, 2014
9:59.09 — Texas-Arlington, 1996
10:02.69 — Nicholls, 1996
10:02.86 — McNeese State, 1996

Two-Mile Relay

7:38.03 — Texas-Arlington, 1991
7:39.05 — Stephen F. Austin, 1992
7:39.22 — Arkansas State, 1978
7:40.71 — Texas-Arlington, 1992*
7:42.82 — Lamar, 1983

High Jump

7-06.50 — Brian Brown, NWLA, 1988
7-06.00 — Brian Brown, NWLA, 1989
7-06.00 — Charles Austin, TXST, 1990
7-05.75 — Michael Roberson, MCN, 1996
7-04.50 — Doug Shouse, ASU, 1983
7-04.50 — Thomas Eriksson, LU, 1983

Pole Vault

18-07.50 — Adam Keul, SFA, 2001
18-04.75 — Jack Whitt, ORU, 2013
18-04.50 — Steve Stubblefield, ASU, 1984
18-04.50 — Brad Gebauer, MCN, 2007
18-01.00 — Logan Cunningham, TXST, 2012
18-00.50 — Earl Bell, ASU, 1977

Long Jump

26-11.75 — Brian Cooper, MCN, 1987
26-08.75 — Andre Ester, ULM, 1987
26-04.50 — Andre Ester, ULM, 1988
26-03.75 — Kenta Bell, NWLA, 2000
26-01.50 — Brian Cooper, MCN, 1987

Triple Jump

55-00.75 — Al Joyner, ASU, 1982
54-05.50 — Kenta Bell, NWLA, 2000
54-03.25 — Kenta Bell, NWLA, 2000
53-08.75 — Courage Idusuyi, SLU, 2004
53-05.75 — LaMark Carter, NWLA, 1992

Shot Put

65-01.50 — Steve Cate, LTU, 1986
63-08.00 — John Campbell, LTU, 1985
61-08.50 — Richard Garrett, UTSA, 2011
60-08.50 — Richard Garrett, UTSA, 2012
60-02.00 — Adonson Shallow, SLU, 2010

Weight Throw

68-11.75 — Adonson Shallow, SLU, 2010
67-09.00 — Jonathan Kinchen, SLU, 2014
67-08.75 — Jeff Milliron, SLU, 2014
66-10.50 — Jeff Milliron, SLU, 2014
65-07.75 — Chris Cralle, SHSU, 2011

Heptathlon

5,880 — Romain Martin, UTA, 2012
5,728 — Romain Martin, UTA, 2011
5,532 — Adolphus Jones, UTA, 2010
5,519 — Brandon Buteaux, UTSA, 2005
5,483 — Justin Youngblood, UTSA, 2004
5,475 — Adolphus Jones, UTA, 2010

**Indicates times converted from metric/imperial equivalent.*

This compilation of all-time indoor track and field bests includes times that have been converted from metric/imperial distances using charts and formulas found in the NCAA Metric Handbook. In addition, all times have been adjusted to Fully Automatic Timing by adding a conversion factor of 0.24 seconds to all manual times.



INDOOR TRACK & FIELD

Southland NCAA All-Americans – Men

Lamar

2009 — Samuel Kosgei (5,000 meter)

McNeese State

1996 — Michael Roberson (high jump)

2005 — Derrick Brown (long jump)

2007 — Brad Gebauer (pole vault)

Northwestern State

1980 — *Jarrot Handy (triple jump)

1987 — *Llewellyn Starks (long jump)

1988 — Llewellyn Starks (long jump)

1989 — Brian Brown (high jump)

1990 — Brian Brown (high jump)

1993 — LaMark Carter (triple jump)

1998 — Ronnie Powell (55-meter dash)

1998 — Kenta Bell (triple jump)

2000 — Kenta Bell (triple jump)

2014 — Emmanuel Williams (long jump)

Sam Houston State

2010 — Michael Courtney (400-meter dash)

Southeastern Louisiana

2011 — Adonson Shallow (weight throw)

Stephen F. Austin

1995 — Kevin Ellis (55-meter hurdles)

1995 — Rodney Black (triple jump)

1996 — Chris Olsson-O'Neil (high jump)

2001 — Adam Keul (pole vault)

2002 — Adam Keul (pole vault)

2013 — Colton Ross (pole vault)

Texas A&M-Corpus Christi

2008 — Shadrack Songok (5,000 meter)

**Not a member of the Southland at the time of the event*

Former Members

Arkansas State

1970 — Tom Hill (60-yard high hurdles)

1975 — Earl Bell (pole vault)

1976 — Earl Bell (pole vault); Anthony Stroman (440 yard dash)

1977 — Earl Bell (pole vault)

1979 — Paul Pilla (pole vault); Andy Pintus (pole vault)

1981 — Al Joyner (triple jump)

Louisiana-Monroe

1987 — Andre Ester (long jump)

1988 — Andre Ester (long jump)

1989 — Christoph Koch (hammer)

1990 — Jerry Harris (long jump)

1991 — Jerry Harris (long jump)

1995 — Nat Sowell (triple jump and long jump)

1996 — Nat Sowell (triple jump and long jump)

Oral Roberts

2013 — Jack Whitt (pole vault)

Texas-Arlington

1981 — Gilbert Smith (long jump)

1982 — Gilbert Smith (long jump)

1983 — Saniski Daniels (55-meter hurdles)

1984 — Saniski Daniels (55-meter hurdles)

1985 — Saniski Daniels (55-meter hurdles)

1988 — Ronald Johnson (triple jump)

1990 — McClinton Neal (55-meter hurdles)

1990 — Joseph Sainah (800 meters)

1998 — Elston Cawley (200-meters)

2011 — Romain Martin (heptathlon)

2012 — Clayton Vaughn (60-meter dash)

2012 — Romain Martin (heptathlon)

Texas-San Antonio

2004 — Justin Youngblood (heptathlon)

2005 — Brandon Buteaux (heptathlon)

2007 — Larry Brooks (800 meters)

2009 — Teddy Williams (60-meter dash)

2010 — Teddy Williams (60-meter dash)

2011 — Richard Garrett (shot put)

2012 — Keith Benford (high jump)

Texas State

1989 — Charles Austin (high jump)

1989 — Gordon McKee (long jump)

1990 — Charles Austin (high jump)

2003 — Brian Veal (long jump)

2004 — Brian Veal (long jump)

2012 — Logan Cunningham (pole vault)

Southland NCAA Champions – Men

60-Yard High Hurdles

1970 — Thomas Hill, Arkansas State 6.09

5,000 Meters

2008 — Shadrack Songok, Texas A&M-Corpus Christi 13:51.26

High Jump

1990 — Brian Brown, Northwestern State 7-08.00

1996 — Michael Roberson, McNeese State 7-05.25

Pole Vault

1975 — Earl Bell, Arkansas State 17-02.00

1976 — Earl Bell, Arkansas State 18-00.25

2007 — Brad Gebauer, McNeese State 18-00.50

Long Jump

1982 — Gilbert Smith, Texas-Arlington 24-10.50

1987 — Andre Ester, Louisiana-Monroe 26-8.25

1988 — Andre Ester, Louisiana-Monroe 26-4.25

35-Pound Weight Throw

1989 — *Christoph Koch, Louisiana-Monroe 69-05.50

**Not a Conference event*

INDOOR TRACK & FIELD



Women's Year-by-Year Team Champions

1987.....	Louisiana-Monroe
1988.....	Texas State
1989.....	Louisiana-Monroe
1990.....	Texas State
1991.....	Texas State
1992.....	Texas-San Antonio
1993.....	Texas-San Antonio
1994.....	Texas-San Antonio
1995.....	Texas-Arlington
1996.....	Texas-Arlington
1997.....	Texas-Arlington
1998.....	Texas-Arlington
1999.....	Texas-Arlington
2000.....	Texas-Arlington
2001.....	Texas-Arlington
2002.....	Texas State
2003.....	Texas State
2004.....	Texas State
2005.....	Stephen F. Austin
2006.....	Stephen F. Austin
2007.....	Sam Houston State
2008.....	Sam Houston State
2009.....	Stephen F. Austin
2010.....	Stephen F. Austin
2011.....	Stephen F. Austin
2012.....	Stephen F. Austin
2013.....	Stephen F. Austin
2014.....	Sam Houston State

Team Championships

Stephen F. Austin	7
Texas-Arlington*	7
Texas State *	6
Texas-San Antonio*	3
Sam Houston State	3
Louisiana-Monroe*	2

*Former Southland Member

Individual Championships

Texas-Arlington*	73
Texas State*	69
Texas-San Antonio*	55
Stephen F. Austin	44
Louisiana-Monroe*	34
Sam Houston State	31
Lamar	22
Northwestern State	21
McNeese State	19
Southeastern Louisiana	8
North Texas*	4
Texas A&M-Corpus Christi	4
Nicholls	2
Abilene Christian	2
Central Arkansas	1
Oral Roberts	1
Arkansas State*	1

*Former Southland Member

Women's Postseason Honors

Outstanding Track Performer

1987.....	None selected
1988.....	LaNell Buckley, Texas State
1989.....	Nicola Roff, Louisiana-Monroe
1990.....	Troquel Eden, Louisiana-Monroe
1991.....	Robin White, Texas State
1992.....	Liza Hunter, Texas-San Antonio
1993.....	Tami Micham-Grimes, Louisiana-Monroe
1994.....	Angela Nelson, Texas-Arlington
1995.....	Angela Nelson, Texas-Arlington
1996.....	Tameka Roberts, Texas-San Antonio
1997.....	Tameka Roberts, Texas-San Antonio
1998.....	Tameka Roberts, Texas-San Antonio
1999.....	Dasha Thompson, Northwestern State
2000.....	Sita Waru, McNeese State
2001.....	Sita Waru, McNeese State
2002.....	Shontae Johnson, Texas State
2003.....	LaJuana Lovett, Texas State
2004.....	LaJuana Lovett, Texas State
2005.....	Rosalind Holmes, Texas-San Antonio
2006.....	Ashley Monteau, Stephen F. Austin
2007.....	Clerc Koenck, Lamar
2008.....	Clerc Koenck, Lamar
2009.....	Dana Mecke, Texas-San Antonio
2010.....	Jasmine Walls, Texas-Arlington
2011.....	Pamela Vinson, Texas-Arlington
2012.....	Lauren Smith, Stephen F. Austin
2013.....	Jackie White, Nicholls
2014.....	Louise Webb, Lamar

Outstanding Field Performer

1987.....	None selected
1988.....	Pam Smith, Louisiana-Monroe
1989.....	Pam Smith, Louisiana-Monroe
1990.....	Pam Smith, Louisiana-Monroe
1991.....	Angela Black, Louisiana-Monroe
1992.....	Christia Rogers, Texas State
1993.....	Jenny Hockett, Texas-Arlington
1994.....	Lisa Austin, Texas-Arlington
1995.....	Jill Jones, Sam Houston State
1996.....	Unavailable
1997.....	Eva Jonsson, Texas-Arlington
1998.....	Tameka Roberts, Texas-San Antonio
.....	Eva Jonsson, Texas-Arlington
1999.....	Marion Myer, Texas-Arlington
2000.....	Nathalie Daniels, Texas State
2001.....	Misty Ballard, Stephen F. Austin
2002.....	Becky Collins, Texas State
2003.....	Stephanie Sowell, Northwestern State
2004.....	Stephanie Sowell, Northwestern State
2005.....	Roshunda Betts, Sam Houston State
2006.....	Roshunda Betts, Sam Houston State
2007.....	Jennie Sewell, Sam Houston State
2008.....	Frednisha Marshall, Stephen F. Austin
2009.....	Frednisha Marshall, Stephen F. Austin
2010.....	Camelia Sams, Stephen F. Austin
2011.....	Trecey Rew, Northwestern State
2012.....	La'Shantena Rounds, McNeese State
2013.....	La'Tricia Griffin, Stephen F. Austin
2014.....	La'Shantena Rounds, McNeese State

INDOOR TRACK & FIELD

Women's Postseason Honors

High Point Scorer

1987	Unavailable
1988	LaNell Buckley, Texas State, 21.5 points
1989	Angela Black, Louisiana-Monroe, 30 points
1990	Pam Smith, Louisiana-Monroe, 28 points
1991	Angela Black, Louisiana-Monroe, 30 points
1992	Liza Hunter, Texas-San Antonio, 22.5 points
1993	Tami Micham-Grimes, Louisiana-Monroe, 28 points
1994	Angela Nelson, Texas-Arlington, 30 points
1995	Angela Nelson, Texas-Arlington, 28 points
1996	Tameka Roberts, Texas-San Antonio, 30 points
1997	Tameka Roberts, Texas-San Antonio, 23 points
1998	Tameka Roberts, Texas-San Antonio, 37.5 points
1999	Jennifer Hoppe, Stephen F. Austin, 22.5 points
2000	Sita Waru, McNeese State, 22.5 points
2001	Kajsa Haglund, Texas-Arlington, 24.5 points
2002	Shontae Johnson, Texas State, 22.5 points
2003	LaJuana Lovett, Texas State, 25.5 points
2004	LaJuana Lovett, Texas State, 38.5 points
2005	Katya Kostetskaya, Texas State, 29 points
2006	Ryanne Dupree, Texas-San Antonio, 28.5 points
2007	Clerc Koenck, Lamar, 22.50 points
2008	Clerc Koenck, Lamar, 22.50 points
2009	Asiya Iskakova, Texas State, 26 points
2010	Camelia Sams, Stephen F. Austin, 22 points
2011	Pamela Vinson, Texas-Arlington, 22.50 points
2012	Kassandra Son, Texas A&M-Corpus Christi, 22.50 points
2013	Lauren Smith, Stephen F. Austin, 20 points
2014	Shannon Reynolds, Texas-Arlington, 20 points
2015	Lauren Smith, Stephen F. Austin, 22.50 points
2016	Brarysheya Simpson, Stephen F. Austin, 26 points

Athlete of the Year

1987-89	None selected
1990	Pam Smith, Louisiana-Monroe
1991	Angela Black, Louisiana-Monroe
1992	Liza Hunter, Texas-San Antonio
1993	Tami Micham-Grimes, Louisiana-Monroe
1994	Angela Nelson, Texas-Arlington
1995	Angela Nelson, Texas-Arlington
1996	Tameka Roberts, Texas-San Antonio
1997	Tameka Roberts, Texas-San Antonio
1998	Tameka Roberts, Texas-San Antonio
1999	Dasha Thompson, Northwestern State
2000	Sita Waru, McNeese State
2001	Sita Waru, McNeese State
2002	Becky Collins, Texas State
2003	LaJuana Lovett, Texas State
2004	LaJuana Lovett, Texas State
2005	Katya Kostetskaya, Texas State
2006	Ryanne Dupree, Texas-San Antonio
2007	Clerc Koenck, Lamar
2008	Clerc Koenck, Lamar
2009	Asiya Iskakova, Texas State
2010	Jasmine Walls, Texas-Arlington
2011	Pamela Vinson, Texas-Arlington
2012	Lauren Smith, Stephen F. Austin
2013	Lauren Smith, Stephen F. Austin
2014	Louise Webb, Lamar

Freshman of the Year

1987-2006	None selected
2007	Jessica Fisher, Sam Houston State
2008	Kassandra Son, Texas A&M-Corpus Christi
2009	Stephanie Ganter, Stephen F. Austin
2010	Shannon Reynolds, Texas-Arlington
2011	Pamela Vinson, Texas-Arlington
2012	Melai Carter, Stephen F. Austin
2013	Chasity Clark, Stephen F. Austin
2014	Kayla de Bondt, Lamar

Newcomer of the Year

1987-2006	None selected
2007	Abby Ruston, Texas State
2008	Jordan Haggie, Sam Houston State
2009	Asiya Iskakova, Texas State
2010	Pernilla Savestrand, Texas-San Antonio
2011	Lindsey Putnam, Texas-Arlington
2012	Maria Sandstrom, Texas-Arlington
2013	Shambrail Woods, Stephen F. Austin
2014	Louise Webb, Lamar

Coach of the Year

1987-88	None selected
1989	Dennis Groll, Louisiana-Monroe
1990	Jerry Clayton, Texas State
1991	Jerry Clayton, Texas State
1992	Shawn Flanagan, Texas-San Antonio
1993	Shawn Flanagan, Texas-San Antonio
1994	Shawn Flanagan, Texas-San Antonio
1995	Monte Stratton, Texas-Arlington
1996	John Sauerhage, Texas-Arlington
1997	John Sauerhage, Texas-Arlington
1998	John Sauerhage, Texas-Arlington
1999	John Sauerhage, Texas-Arlington
2000	John Sauerhage, Texas-Arlington
2001	John Sauerhage, Texas-Arlington
2002	Don Hood, Texas State
2003	Galina Bukharina, Texas State
2004	Galina Bukharina, Texas State
2005	Phil Olson, Stephen F. Austin
2006	Phil Olson, Stephen F. Austin
2007	Curtis Collier, Sam Houston State
2008	David Self, Sam Houston State
2009	Phil Olson, Stephen F. Austin
2010	Phil Olson, Stephen F. Austin
2011	Phil Olson, Stephen F. Austin
2012	Phil Olson, Stephen F. Austin
2013	Phil Olson, Stephen F. Austin
2014	Dave Self, Sam Houston State

INDOOR TRACK & FIELD



Southland Conference Championship Records – Women

Running Events

55-Meter Dash	6.89	Tameka Roberts, Texas-San Antonio, 1998
60-Meter Dash	7.39	LaQuinta Manahan, UT Arlington, 2001
55-Meter Hurdles	7.87	Brigitte Foster, Texas State, 1998
60-Meter Hurdles	8.19	Sabrina Starr, Sam Houston State, 2014
200-Meter Dash	23.73	Reyare Thomas, Abilene Christian, 2014
400-Meter Dash	54.06	Christine Amertil, Southeastern Louisiana, 2001
800-Meter Run	2:10.84	Mishael Bertrand, Texas-Arlington, 1999
Mile Run	4:47.16	Clerc Koenck, Lamar, 2008
3,000 Meters	9:39.43	Sita Waru, McNeese State, 2000
Two-Mile Run	10:43.94	Liza Hunter, Texas-San Antonio, 1992
Three-Mile Run	16:42.72	Tami Micham-Grimes, Louisiana-Monroe, 1993
5,000 Meters	16:45.10	Sita Waru, McNeese State, 2001
4x400 Relay	3:43.30	Sam Houston State (Jordan Grady, Sunday Foster, Ruth Amaku, Lygia Foreman), 2014
Mile Relay	3:54.01	Texas-San Antonio (Roselyn King, Tamny Booker, Valicia Henderson, Lisa Addison), 1992
Two-Mile Relay	9:31.66	Texas State (Robin White, Tamny Booker, LeShone Osborne, Wendi Smith), 1989
Distance Medley	10:49.14	Texas-Arlington, 1996

Field Events

High Jump	6-00.00	Becky Collins, Texas State, 2002
Pole Vault	13-05.25	Misty Ballard, Stephen F. Austin, 2001
Long Jump	21-03.25	Pam Smith, Louisiana-Monroe, 1989
Triple Jump	43-01.75	Lisa Austin, Texas-Arlington, 1994
Shot Put	52-08.25	Abby Ruston, Texas State, 2007
Weight Throw	67-01.50	Frednisha Marshall, Stephen F. Austin, 2009

Pentathlon

Total Points	4,055	Ryanne Dupree, Texas-San Antonio, 2006
60-Meter Hurdles	8.50	Ryanne Dupree, Texas-San Antonio, 2006
High Jump	5-10.00	Valerie Hancock, Texas State, 2007
Long Jump	19-6.75	Leah Matthews, Stephen F. Austin, 2006
Shot Put	41-00.50	Jodi Anderson, Texas State, 2002
800 Meters	2:20.94	Crystal Chang, Stephen F. Austin, 2003

Team Records

Most Points	180.5	Texas State, 2002
Largest Margin	88	Texas-Arlington, 2000
Closest Margin	1.33	Stephen F. Austin, 2006
Low Winning Score	98.5	Texas State, 1988

INDOOR TRACK & FIELD

Women's Year-by-Year Team Championship Standings

1987 — Monroe, La.	
Louisiana-Monroe	115.0
Texas-Arlington	81.0
North Texas	60.0
Arkansas State	44 .0
Lamar	35.0
Louisiana-Lafayette	32.0
McNeese State	4.0

1988 — Monroe, La.	
Texas State	98.5
Louisiana-Monroe	93.0
Texas-Arlington	52.5
North Texas	33.0
Stephen F. Austin	32 .0
Sam Houston State	28.0
McNeese State	18 .0
Northwestern State	17.0

1989 — Monroe, La.	
Louisiana-Monroe	132.0
Texas State	87.0
Stephen F. Austin	56.0
Texas-Arlington	44.0
North Texas	22.0
Northwestern State	16.0
Sam Houston State	12.0
McNeese State	3.0

1990 — Monroe, La.	
Texas State	99.0
Louisiana-Monroe	97.0
Stephen F. Austin	44.0
Sam Houston State	40.0
Texas-Arlington	36.0
North Texas	26.0
Northwestern State	18.0
McNeese State	11.0

1991 — Monroe, La.	
Texas State	112.0
Louisiana-Monroe	91.0
Texas-Arlington	59.3
Stephen F. Austin	33.0
McNeese State	23.0
North Texas	20.3
Northwestern State	17.3
Sam Houston State	16.0

1992 — Monroe, La.	
Texas-San Antonio	121.0
Texas State	78.0
Texas-Arlington	65.0
Louisiana-Monroe	27.0
North Texas	24.0
Northwestern State	20.0
Stephen F. Austin	14.0
McNeese State	13.0
Sam Houston State	9.0
Nicholls State	0.0

1993 — Monroe, La.	
Texas-San Antonio	122.0
Texas-Arlington	113.0
Louisiana-Monroe	56.0
Northwestern State	23.0
Texas State	23.0
McNeese State	22.0
Stephen F. Austin	22.0
Sam Houston State	14.0
North Texas	8.0
Nicholls State	0.0

1994 — Monroe, La.	
Texas-San Antonio	126.3
Texas-Arlington	123.3
Texas State	50.0
Northwestern State	32.0
Louisiana-Monroe	23.0
McNeese State	19.0
Stephen F. Austin	19.0
Sam Houston State	8.0
North Texas	2.33
Nicholls State	0.0

1995 — Fort Worth, Texas	
Texas-Arlington	142.0
Texas-San Antonio	127.5
Texas State	114.0
Northwestern State	37.0
McNeese State	35.5
Sam Houston State	26.0
Louisiana-Monroe	25.0
Stephen F. Austin	21.0
North Texas	16.0
Nicholls State	0.0

1996 — Fort Worth, Texas	
Texas-Arlington	143.0
Texas-San Antonio	124.5
Louisiana-Monroe	85.0
Texas State	68 .0
McNeese State	32.0
Stephen F. Austin	31.5
North Texas	26.0
Sam Houston State	20.0
Northwestern State	16.0
Nicholls State	0.0

1997 — Fort Worth, Texas	
Texas-Arlington	116.5
Texas-San Antonio	102.0
Louisiana-Monroe	76.0
Stephen F. Austin	75.0
McNeese State	61.5
Northwestern State	59.0
Sam Houston State	27.0
Texas State	26.0
Nicholls State	3.0

1998 — Fort Worth, Texas	
Texas-Arlington	158 .0
McNeese State	102.0
Texas-San Antonio	69.5
Louisiana-Monroe	54.0
Northwestern State	46 .0
Texas State	41 .0
Stephen F. Austin	39.5
Sam Houston State	33 .0
Southeastern Louisiana	2 .0
Nicholls State	0.0

1999 — Houston, Texas	
Texas-Arlington	139.0
Stephen F. Austin	94.0
Northwestern State	91.0
McNeese State	81.0
Sam Houston State	62.0
Louisiana-Monroe	48.5
Texas State	32.5
Texas-San Antonio	27.0
Southeastern Louisiana	6.0
Lamar	4.0
Nicholls State	0.0

2000 — Houston, Texas	
Texas-Arlington	169.0
McNeese State	81.0
Northwestern State	65.0
Stephen F. Austin	62.5
Texas State	60.5
Sam Houston State	38.5
Southeastern Louisiana	34.0
Louisiana-Monroe	32.5
Texas-San Antonio	24.0
Lamar	18.0
Nicholls State	0.0

2001 — Houston, Texas	
Texas-Arlington	142.0
Texas State	117.0
Northwestern State	75.0
Texas-San Antonio	65.0
Sam Houston State	61.0
McNeese State	46.0
Stephen F. Austin	36.0
Southeastern Louisiana	34.0
Louisiana-Monroe	31.0
Lamar	16.0
Nicholls State	1.0

INDOOR TRACK & FIELD



Women's Year-by-Year Team Championship Standings

2002 — Houston, Texas

Texas State	180.5
Stephen F. Austin	95.5
Texas-Arlington	78.0
Texas-San Antonio	75.5
Northwestern State	55.0
Sam Houston State	41.0
Louisiana-Monroe	37.0
McNeese State	26.0
Lamar	16.0
Southeastern Louisiana	12.5
Nicholls State	7.0

2003 — Houston, Texas

Texas State	110.0
Stephen F. Austin	105.0
Texas-San Antonio	88.0
Northwestern State	88.5
Texas-Arlington	77.5
Sam Houston State	68.0
McNeese State	51.0
Louisiana-Monroe	27.0
Lamar	13.0
Southeastern Louisiana	3.0
Nicholls State	1.0

2004 — Houston, Texas

Texas State	128.0
Stephen F. Austin	95.7
Texas-San Antonio	84.0
Sam Houston State	81.5
Texas-Arlington	68.5
McNeese State	45.0
Northwestern State	42.0
Lamar	34.0
Louisiana-Monroe	29.0
Southeastern Louisiana	14.3
Nicholls State	2.0

2005 — Houston, Texas

Stephen F. Austin	112.5
Sam Houston State	106.0
Texas State	105.0
Texas-San Antonio	88.0
Texas-Arlington	74.0
Lamar	69.0
Southeastern Louisiana	31.0
Northwestern State	27.5
Louisiana-Monroe	26.0
McNeese State	24.0
Nicholls State	0.0

2006 — Houston, Texas

Stephen F. Austin	105.3
Sam Houston State	104.0
Texas State	102.3
Lamar	90.0
Texas-San Antonio	81.0
Texas-Arlington	74.3
Northwestern State	40.0
Louisiana-Monroe	33.0
Southeastern Louisiana	28.0
McNeese State	3.0
Nicholls State	0.0

2007 — Houston, Texas

Sam Houston State	135.00
Texas State	112.92
Texas-Arlington	98.14
Stephen F. Austin	85.28
Lamar	84.14
Texas-San Antonio	67.00
Northwestern State	34.50
Southeastern Louisiana	28.00
A&M-Corpus Christi	12.00
Nicholls State	4.00
McNeese State	2.00

2008 — Houston, Texas

Sam Houston State	138.0
Stephen F. Austin	114.5
Texas State	93.5
Lamar	72.0
A&M-Corpus Christi	60.0
Texas-Arlington	50.0
Texas-San Antonio	39.0
Southeastern Louisiana	28.5
Northwestern State	28.0
McNeese State	27.5
Nicholls State	8.0
Central Arkansas	4.0

2009 — Houston, Texas

Stephen F. Austin	158.0
Texas State	113.7
Sam Houston State	84.0
Texas-Arlington	76.0
Texas-San Antonio	74.0
A&M-Corpus Christi	41.3
Southeastern Louisiana	36.0
McNeese State	35.0
Northwestern State	24.0
Nicholls State	11.0
Lamar	10.0

2010 — Norman, Okla.

Stephen F. Austin	151.0
Texas-Arlington	122.0
Texas-San Antonio	105.0
Sam Houston State	59.0
Northwestern State	46.5
Texas State	46.0
McNeese State	37.0
Texas A&M-Corpus Christi	30.0
Lamar	23.0
Nicholls State	20.0
Southeastern Louisiana	15.5
Central Arkansas	8.0

2011 — Norman, Okla.

Stephen F. Austin	115.5
Texas-Arlington	97.0
Texas-San Antonio	68.0
Texas State	62.5
Northwestern State	55.0
Sam Houston State	55.0
Texas A&M-Corpus Christi	49.0
Nicholls State	46.0
Lamar	44.0
Southeastern Louisiana	33.0
McNeese State	28.0
Central Arkansas	10.0

2012 — Norman, Okla.

Stephen F. Austin	117.5
Texas-Arlington	102.0
Texas State	82.0
Texas-San Antonio	71.0
McNeese State	64.0
Lamar	51.0
Texas A&M-Corpus Christi	49.0
Sam Houston State	45.0
Southeastern Louisiana	33.0
Northwestern State	31.5
Central Arkansas	17.0
Nicholls State	0.0

2013 — Norman, Okla.

Stephen F. Austin	173.0
Sam Houston State	117.5
McNeese State	67.0
Central Arkansas	63.5
Oral Roberts	57.0
Lamar	56.5
Northwestern State	51.5
Nicholls State	37.0
Southeastern Louisiana	24.0
Texas A&M-Corpus Christi	16.0



INDOOR TRACK & FIELD

Women's Year-by-Year Team Championship Standings

2014 — Birmingham, Ala.	
Sam Houston State	132.0
Stephen F. Austin	124.0
Lamar	82.0
McNeese State	53.0
Central Arkansas.....	53.0
Southeastern Louisiana.....	46.0
Northwestern State.....	36.0
Houston Baptist	26.0
Abilene Christian.....	25.0
Oral Roberts	24.0
Texas A&M-Corpus Christi.....	22.0
Nicholls State	17.0
New Orleans	14.0
UIW.....	9.0

INDOOR TRACK & FIELD



Women's Year-by-Year Individual Champions By Event

55-Meter Dash

1988 — LaNell Buckley, Texas State.....	7.02
1989 — Tangi Carter, Texas State.....	6.96
1990 — Troquel Eden, Louisiana-Monroe.....	7.11
1991 — Ginger Dickerson, Texas State.....	7.16
1992 — Jenny Hockett, Texas-Arlington.....	7.01
1993 — Jenny Hockett, Texas-Arlington.....	7.06
1994 — Kenya Alex, Texas State.....	7.02
1995 — Michelle Christie, Texas State.....	6.95
1996 — Tameka Roberts, Texas-San Antonio.....	7.10
1997 — Tameka Roberts, Texas-San Antonio.....	7.01
1998 — Tameka Roberts, Texas-San Antonio.....	6.89
1999 — Event Discontinued	

60-Meter Dash

1999 — Dasha Thompson, Northwestern State.....	7.57
2000 — LaQuinta Manahan, Texas-Arlington.....	7.53
2001 — LaQuinta Manahan, Texas-Arlington.....	7.39
2002 — Shontae Johnson, Texas State.....	7.53
2003 — LaJuana Lovett, Texas State.....	7.53
2004 — LaJuana Lovett, Texas State.....	7.47
2005 — Rosalind Holmes, Texas-San Antonio.....	7.45
2006 — Ellen Garrison, Texas-Arlington.....	7.61
2007 — Jessica Fisher, Sam Houston State.....	7.50
2008 — Jessica Fisher, Sam Houston State.....	7.55
2009 — Jasmine Walls, Texas-Arlington.....	7.62
2010 — Jasmine Walls, Texas-Arlington.....	7.56
2011 — Pamela Vinson, Texas-Arlington.....	7.48
2012 — Shannon Reynolds, Texas-Arlington.....	7.51
2013 — Tanesha Maxwell, Central Arkansas.....	7.50
2014 — Reyare Thomas, Abilene Christian.....	7.45

60-Yard Dash

1987 — Marsha Singleton, Texas-Arlington.....	7.07
1988 — Event Discontinued	

55-Meter Hurdles

1988 — Angela Black, Louisiana-Monroe.....	8.03
1989 — Pam Smith, Louisiana-Monroe.....	7.97
1990 — Pam Smith, Louisiana-Monroe.....	8.09
1991 — Keri Glover, North Texas.....	8.08
1992 — Keri Glover, North Texas.....	8.04
1993 — Erricka Jones, Louisiana-Monroe.....	8.20
1994 — Janet Meaux, Texas-Arlington.....	8.23
1995 — Janet Meaux, Texas-Arlington.....	8.19
1996 — Brigitte Foster, Texas State.....	8.02
1997 — Shanita Ford, Stephen F. Austin.....	8.29
1998 — Brigitte Foster, Texas State.....	7.87
1999 — Event Discontinued	

60-Meter Hurdles

1999 — Tiffany Talbert, Texas-San Antonio.....	8.75
2000 — Shelley Keys, Stephen F. Austin.....	8.81
2001 — Brittany Littlejohn, Northwestern State.....	8.66
2002 — Brittany Littlejohn, Northwestern State.....	8.45
2003 — Brittany Littlejohn, Northwestern State.....	8.53
2004 — Tameshia Miller, Northwestern State.....	8.60
2005 — Tameshia Miller, Northwestern State.....	8.48
2006 — Chatterra Blake, Sam Houston State.....	8.42
2007 — Shanae Steward, Northwestern State.....	8.48

2008 — Jordan Heggie, Sam Houston State.....	8.65
2009 — Jessica Jones, Texas-San Antonio.....	8.48
2010 — Jessica Jones, Texas-San Antonio.....	8.48
2011 — Chelsea Stephen, Stephen F. Austin.....	8.55
2012 — Chelsea Stephen, Stephen F. Austin.....	8.40
2013 — Krushell Rolle, Stephen F. Austin.....	8.70
2014 — Sabrina Starr, Sam Houston State.....	8.19

60-Yard Hurdles

1987 — Angela Taylor, North Texas.....	8.21
1988 — Event Discontinued	

200-Meter Dash

1995 — Gwen Clardy, Texas-Arlington.....	24.85
1996 — Tameka Roberts, Texas-San Antonio.....	24.36
1997 — Tameka Roberts, Texas-San Antonio.....	24.83
1998 — Tameka Roberts, Texas-San Antonio.....	23.67 ¹
1999 — Dasha Thompson, Northwestern State.....	24.95
2000 — Christine Amertil, Southeastern Louisiana.....	24.84
2001 — Tonette Dyer, Louisiana-Monroe.....	24.14
2002 — LaJuana Lovett, Texas State.....	24.88
2003 — LaJuana Lovett, Texas State.....	24.39
2004 — LaJuana Lovett, Texas State.....	24.52
2005 — Rosalind Holmes, Texas-San Antonio.....	24.27
2006 — Quantinette Fields, Sam Houston State.....	24.89
2007 — Jessica Fisher, Sam Houston State.....	24.30
2008 — Jessica Fisher, Sam Houston State.....	24.67
2009 — Jasmine Walls, Texas-Arlington.....	24.43
2010 — Jasmine Walls, Texas-Arlington.....	24.61
2011 — Pamela Vinson, Texas-Arlington.....	24.35
2012 — Shannon Reynolds, Texas-Arlington.....	24.32
2013 — Chasity Clark, Stephen F. Austin.....	24.60
2014 — Reyare Thomas, Abilene Christian.....	23.73

¹Track distance was inaccurately established for the 1998 championship, resulting in faster times in events of at least one lap.

400-Meter Dash

1988 — LaNell Buckley, Texas State.....	57.55
1989 — Debbie Esquivel, Texas State.....	56.31
1990 — Lisa McRae, Louisiana-Monroe.....	57.23
1991 — Troquel Eden, Louisiana-Monroe.....	58.55
1992 — Tammy Booker, Texas-San Antonio.....	57.96
1993 — LaKeisha Guyden, Texas-San Antonio.....	56.65
1994 — Roselyn Shanklin, Texas-Arlington.....	57.78
1995 — Inez Turner, Texas State.....	54.25
1996 — Roselyn Shanklin, Texas-Arlington.....	56.28
1997 — Tameka Roberts, Texas-San Antonio.....	56.75
1998 — Janelle Gibson, Northwestern State.....	55.31
1999 — Kim Buckner, Sam Houston State.....	56.47
2000 — Christine Amertil, Southeastern Louisiana.....	54.54
2001 — Christine Amertil, Southeastern Louisiana.....	54.06
2002 — Quanta Arrant, Texas State.....	56.10
2003 — Shaniqua White, Texas-Arlington.....	56.33
2004 — Liudmila Litvinova, Texas State.....	55.52
2005 — Katya Kostetskaya, Texas State.....	55.12
2006 — Katya Kostetskaya, Texas State.....	55.29
2007 — Liudmila Litvinova, Texas State.....	55.27
2008 — Katrina Roundtree, Stephen F. Austin.....	55.69
2009 — Christy McRae, McNeese State.....	55.06
2010 — Antonia Hopkins, Texas-San Antonio.....	55.97
2011 — Mary Dickerson, Stephen F. Austin.....	55.95

INDOOR TRACK & FIELD

Women's Year-by-Year Individual Champions By Event

2012 — DeAndrea Smith, Texas-Arlington.....	55.69
2013 — Lygia Foreman, Sam Houston State.....	54.74
2014 — Lygia Foreman, Sam Houston State.....	54.37

800-Meter Run

1988 — Wendi Smith, Texas State.....	2:16.83
1989 — Wendi Smith, Texas State.....	2:17.79
1990 — Robin White, Texas State.....	2:18.24
1991 — Robin White, Texas State.....	2:15.80
1992 — LeShon Osborne, Texas State.....	2:21.54
1993 — Cynthia Martinets, Stephen F. Austin.....	2:16.75
1994 — Linda Garcia, Texas-San Antonio.....	2:17.32
1995 — Janice Turner, Texas State.....	2:13.06
1996 — Asa Hedstrom, Texas-Arlington.....	2:14.22
1997 — Therese Ahlepil, Texas-Arlington.....	2:12.21
1998 — Linda Sjostrom, Texas-Arlington.....	¹ 2:09.95
1999 — Mishael Bertrand, Texas-Arlington.....	2:10.84
2000 — Mishael Bertrand, Texas-Arlington.....	2:14.49
2001 — Mishael Bertrand, Texas-Arlington.....	2:13.72
2002 — Letitia Gilkes, Texas-San Antonio.....	2:11.63
2003 — Katie Poindexter, Texas-San Antonio.....	2:11.78
2004 — Leticia Gilkes, Texas-San Antonio.....	2:12.39
2005 — Ruth Waller, McNeese State.....	2:15.79
2006 — Ivorita Taylor, Texas-Arlington.....	2:14.13
2007 — Katya Kostetskaya, Texas State.....	2:16.38
2008 — Dana Mecke, Texas-San Antonio.....	2:15.86
2009 — Dana Mecke, Texas-San Antonio.....	2:13.00
2010 — Dana Mecke, Texas-San Antonio.....	2:14.31
2011 — Esther Abuto, Texas-Arlington.....	2:11.06
2012 — Danielle Burchett, Stephen F. Austin.....	2:14.74
2013 — Jackie White, Nicholls State.....	2:16.41
2014 — Louise Webb, Lamar.....	2:13.68

¹Track distance was inaccurately established for the 1998 championship, resulting in faster times in events of at least one lap.

600-Yard Run

1987 — Monika Klebe, Arkansas State.....	1:22.52
1988 — Event Discontinued	

1,000-Yard Run

1987 — Becky Brooke, Lamar.....	2:42.09
1988 — Event Discontinued	

One-Mile Run

1987 — Becky Brooke, Lamar.....	5:13.20
1988 — Chris Jasek, Louisiana-Monroe.....	5:15.70
1989 — Nicola Roff, Louisiana-Monroe.....	5:03.58
1990 — Stephanie Koons, Stephen F. Austin.....	5:15.90
1991 — LeShon Osborne, Texas State.....	5:12.28
1992 — Liza Hunter, Texas-San Antonio.....	5:00.79
1993 — Angela Nelson, Texas-Arlington.....	5:03.08
1994 — Angela Nelson, Texas-Arlington.....	5:04.43
1995 — Janice Turner, Texas State.....	5:00.30
1996 — Janice Turner, Texas State.....	4:57.36
1997 — Therese Ahlepil, Texas-Arlington.....	5:04.72
1998 — Kristin Ahlepil, Texas-Arlington.....	¹ 4:45.18
1999 — Kristin Ahlepil, Texas-Arlington.....	4:55.66
2000 — Jessica Gylfe, Texas-Arlington.....	5:01.01
2001 — Kajsa Haglund, Texas-Arlington.....	4:57.39
2002 — Kelly Garcia, Texas State.....	5:09.79

2003 — Kajsa Haglund, Texas-Arlington.....	4:49.79
2004 — Leticia Cerna, Texas-Arlington.....	4:52.02
2005 — Ruth Waller, McNeese State.....	5:05.57
2006 — Amanda King, Lamar.....	4:57.19
2007 — Clerc Koenck, Lamar.....	4:51.66
2008 — Clerc Koenck, Lamar.....	4:47.16
2009 — Dana Mecke, Texas-San Antonio.....	5:00.35
2010 — Dana Mecke, Texas-San Antonio.....	4:54:56
2011 — Katrine Vessel, Lamar.....	5:00.16
2012 — Samantha Walkow, Lamar.....	5:02.84
2013 — Alyssa Dooley, Sam Houston State.....	4:58.71
2014 — Kayla DeBondt, Lamar.....	4:57.64

¹Track distance was inaccurately established for the 1998 championship, resulting in faster times in events of at least one lap.

Two-Mile Run

1987 — Becky Brooke, Lamar.....	11:18.60
1988 — Karin Schardein, Sam Houston State.....	11:10.87
1989 — Nicola Roff, Louisiana-Monroe.....	10:48.90
1990 — Renee Rowell, Stephen F. Austin.....	11:00.93
1991 — Renee Rowell, Stephen F. Austin.....	11:45.00
1992 — Liza Hunter, Texas-San Antonio.....	10:43.70
1993 — Tami Micham-Grimes, Louisiana-Monroe.....	10:53.71
1994 — Angela Nelson, Texas-Arlington.....	10:48.77
1995 — Event Discontinued	

Three-Mile Run

1993 — Tami Micham-Grimes, Louisiana-Monroe.....	16:42.72
1994 — Angela Nelson, Texas-Arlington.....	16:50.28
1995 — Event Discontinued	

3,000-Meter Run

1995 — Angela Nelson, Texas-Arlington.....	10:02.33
1996 — Holly Forester, Louisiana-Monroe.....	10:00.19
1997 — Frida Rosenberg, Texas-Arlington.....	9:50.39
1998 — Sarah Salmon, McNeese State.....	¹ 9:47.09
1999 — Sarah Salmon, McNeese State.....	10:00.04
2000 — Sita Waru, McNeese State.....	9:39.43
2001 — Sita Waru, McNeese State.....	9:54.32
2002 — Rebecca Johansson, Texas-Arlington.....	10:21.36
2003 — Ana Rodriguez, Stephen F. Austin.....	10:09.40
2004 — Rowan Baird, Lamar.....	10:11.31
2005 — Ana Rodriguez, Stephen F. Austin.....	10:01.75
2006 — Renee Graham, Lamar.....	9:48.69
2007 — Clerc Koenck, Lamar.....	9:49.08
2008 — Clerc Koenck, Lamar.....	9:48.50
2009 — Meghan Lemke, A&M-Corpus Christi.....	10:16.09
2010 — Pernilla Savestrand, Texas-San Antonio.....	10:00.23
2011 — Samantha Walkow, Lamar.....	9:57.25
2012 — Lauren Smith, Stephen F. Austin.....	9:57.16
2013 — Becky Gough, McNeese State.....	10:12.90
2014 — Louise Webb, Lamar.....	10:03.05

¹Track distance was inaccurately established for the 1998 championship, resulting in faster times in events of at least one lap.

INDOOR TRACK & FIELD



Women's Year-by-Year Individual Champions By Event

5,000-Meter Run

1995 — Angela Nelson, Texas-Arlington	17:13.87
1996 — Meg Harris, Texas-San Antonio	17:23.45
1997 — Frida Rosenberg, Texas-Arlington	17:10.80
1998 — Sita Waru, McNeese State	¹ 16:55.15
1999 — Sita Waru, McNeese State	17:55.32
2000 — Sita Waru, McNeese State	17:40.46
2001 — Sita Waru, McNeese State	16:45.10
2002 — Rebecca Johansson, Texas-Arlington	18:03.58
2003 — Ana Rodriguez, Stephen F. Austin	17:33.63
2004 — Yuliya Stashkiv, Texas State	17:28.62
2005 — Ana Rodriguez, Stephen F. Austin	17:21.14
2006 — Ashley Monteau, Stephen F. Austin	16:47.74
2007 — Renee Graham, Lamar	17:08.92
2008 — Renee Graham, Lamar	17:09.42
2009 — Stephanie Ganter, Stephen F. Austin	17:27.47
2010 — Kayla Pratt, Texas-San Antonio	17:17.76
2011 — Taylor Cloy, Lamar	17:16.92
2012 — Emily Koenig, Texas-Arlington	17:00.05
2013 — Randi Plentl, Stephen F. Austin	17:46.12
2014 — Brooke Cassar, Central Arkansas	17:04.84

¹Track distance was inaccurately established for the 1998 championship, resulting in faster times in events of at least one lap.

4x400-Meter Relay

1995 — Texas State	3:47.17
1996 — Texas-San Antonio	3:50.92
1997 — Northwestern State	3:53.45
1998 — Texas-San Antonio	¹ 3:45.48
1999 — Louisiana-Monroe	3:51.64
2000 — Lamar	3:51.11
2001 — Texas-Arlington	3:51.26
2002 — Texas State	3:48.75
2003 — Texas State	3:49.27
2004 — Texas State	3:47.60
2005 — Texas-San Antonio	3:48.83
2006 — Texas State	3:45.56
2007 — Texas State	3:47.27
2008 — Sam Houston State	3:46.98
2009 — Sam Houston State	3:48.09
2010 — Stephen F. Austin	3:48.91
2011 — Northwestern State	3:49.30
2012 — Stephen F. Austin	3:48.52
2013 — Sam Houston State	3:48.15
2014 — Sam Houston State	3:43.30

¹Track distance was inaccurately established for the 1998 championship, resulting in faster times in events of at least one lap.

Distance Medley Relay

1994 — Texas-San Antonio	12:25.93
1995 — Texas State	12:06.76
1996 — Texas-Arlington	10:49.14
1997 — Texas-Arlington	12:03.86
1998 — Texas-Arlington	¹ 11:11.59
1999 — Texas-Arlington	12:03.70
2000 — McNeese State	11:51.83
2001 — McNeese State	12:03.32
2002 — Texas-San Antonio	12:12.04
2003 — Texas-Arlington	12:07.49
2004 — Texas-San Antonio	11:49.57

2005 — Lamar	12:01.57
2006 — Lamar	12:02.15
2007 — Lamar	12:03.03
2008 — Lamar	12:13.96
2009 — Texas-San Antonio	12:15.90
2010 — Texas-San Antonio	12:12.29
2011 — Nicholls State	12:04.86
2012 — Texas-San Antonio	11:59.19
2013 — Sam Houston State	12:09.53
2014 — Lamar	11:49.43

¹Track distance was inaccurately established for the 1998 championship, resulting in faster times in events of at least one lap.

Mile Relay

1987 — Texas-Arlington	4:02.44
1988 — Louisiana-Monroe	3:56.99
1989 — Texas State	3:56.31
1990 — Louisiana-Monroe	3:57.09
1991 — McNeese State	3:59.32
1992 — Texas-San Antonio	3:54.01
1993 — Texas-San Antonio	3:54.24
1994 — Texas-Arlington	3:54.65
1995 — Event Discontinued	

Two-Mile Relay

1987 — Louisiana-Monroe	9:58.04
1988 — Texas State	9:36.23
1989 — Texas State	9:31.66
1990 — Texas State	9:37.80
1991 — Texas-Arlington	9:46.65
1992 — Texas-San Antonio	9:33.90
1993 — Texas-Arlington	9:32.14
1994 — Event Discontinued	

High Jump

1987 — Sara Massey, Texas-Arlington	5-08.00
1988 — Kathy Chatman, Sam Houston State	5-06.25
1989 — Sara Massey, Texas-Arlington	5-08.00
1990 — Sara Massey, Texas-Arlington	5-07.00
1991 — Diana Lindsey, Louisiana-Monroe	5-07.25
1992 — Kim Newman, McNeese State	5-07.00
1993 — Janet Booker, Texas-San Antonio	5-06.50
1994 — Janet Booker, Texas-San Antonio	5-07.25
1995 — Lynse Leal, Texas-San Antonio	5-09.25
1996 — Jennifer Robeson, Texas-Arlington	5-08.00
1997 — Jennifer Robeson, Texas-Arlington	5-09.75
1998 — Jhonnelle Lemon, Louisiana-Monroe	5-07.75
1999 — Jennifer Hoppe, Stephen F. Austin	5-05.25
2000 — Jacqueline Canton, Northwestern State	5-08.00
2001 — Jacqueline Canton, Northwestern State	5-08.00
2002 — Becky Collins, Texas State	6-00.00
2003 — Jacqueline Canton, Northwestern State	5-10.75
2004 — Caroline Wolf, Texas State	5-11.25
2005 — Caroline Wolf, Texas State	5-10.50
2006 — Audrey Azu, Stephen F. Austin	5-06.00
2007 — Meghan Denman, Stephen F. Austin	5-07.75
2008 — Valerie Hancock, Texas State	5-10.00
2009 — Dess Meek, Sam Houston State	5-08.75
2010 — Valerie Hancock, Texas State	5-07.00
2011 — Carrie Hahn, Stephen F. Austin	5-08.75

INDOOR TRACK & FIELD

Women's Year-by-Year Individual Champions By Event

2012 — Chenale Smith, Texas-San Antonio	5-08.75
2013 — Melai Carter, Stephen F. Austin	5-07.00
2014 — Ikea Kaufman, Southeastern Louisiana	5-08.00

Pole Vault

1998 — Kelli Keeton, Sam Houston State	*7-06.00
1999 — Marion Myer, Texas-Arlington	12-04.50
2000 — Misty Ballard, Stephen F. Austin	11-07.75
2001 — Misty Ballard, Stephen F. Austin	13-05.25
2002 — Melissa Pundt, Texas State	13-01.50
2003 — Jennie Sewell, Sam Houston State	11-09.75
2004 — Jennie Sewell, Sam Houston State	11-11.75
2005 — Jennie Sewell, Sam Houston State	12-11.50
2006 — Lacey Moore, Texas-Arlington	12-01.50
2007 — Jennie Sewell, Sam Houston State	13-01.75
2008 — Kelsea David, Stephen F. Austin	11-09.75
2009 — Jennifer Matthews, Texas State	11-11.75
2010 — Elena Horn, Texas State	12-07.50
2011 — Elena Horn, Texas State	12-09.50
2012 — Britany Pfantz, Southeastern Louisiana	13-01.50
2013 — Lauren McFarland, Oral Roberts	12-09.50
2014 — Katelyn Wynn, Sam Houston State	12-08.75

*Exhibition

Long Jump

1987 — Pam Smith, Louisiana-Monroe	19-09.00
1988 — Pam Smith, Louisiana-Monroe	19-10.00
1989 — Pam Smith, Louisiana-Monroe	21-03.25
1990 — Pam Smith, Louisiana-Monroe	21-00.50
1991 — Angela Black, Louisiana-Monroe	20-10.00
1992 — Jenny Hockett, Texas-Arlington	20-00.25
1993 — Jenny Hockett, Texas-Arlington	19-09.75
1994 — Tara Ford, Texas-Arlington	19-07.75
1995 — Jill Jones, Sam Houston State	19-04.25
1996 — Tameka Roberts, Texas-San Antonio	19-09.75
1997 — Tara Coston, Louisiana-Monroe	19-07.50
1998 — Tameka Roberts, Texas-San Antonio	20-01.50
1999 — Monika Rolle, Texas-Arlington	19-00.50
2000 — Rikki Holland, Texas-Arlington	19-00.00
2001 — Natasha Coleman, Southeastern Louisiana	19-05.25
2002 — LaToya Payne, Texas State	20-01.00
2003 — Stephanie Sowell, Northwestern State	20-10.50
2004 — Stephanie Sowell, Northwestern State	20-03.50
2005 — Alicia Anthony, Texas State	19-04.75
2006 — Morgan Mossee, Texas-San Antonio	20-04.25
2007 — Jamie Spivey, Sam Houston State	18-11.75
2008 — Kassandrea Son, A&M-Corpus Christi	19-04.00
2009 — Silent-Joy Egboba-Waye, Stephen F. Austin	19-06.75
2010 — Camelia Sams, Stephen F. Austin	19-11.50
2011 — Crystal Walker, Stephen F. Austin	19-06.75
2012 — Shakelia Coleman, Texas A&M-Corpus Christi	19-07.00
2013 — Jasmine Cornelius, McNeese State	19-10.25
2014 — Jasmine Cornelius, McNeese State	19-06.00

Triple Jump

1987 — Sandra Mondy, North Texas	39-10.50
1988 — Michelle Richards, McNeese State	39-02.00
1989 — Angela Black, Louisiana-Monroe	40-06.00
1990 — Angela Black, Louisiana-Monroe	40-06.75
1991 — Christia Rogers, Texas State	41-04.00
1992 — Christia Rogers, Texas State	42-09.75
1993 — Lisa Austin, Texas-Arlington	41-03.25
1994 — Lisa Austin, Texas-Arlington	43-01.75
1995 — Lisa Austin, Texas-Arlington	42-00.00
1996 — Tara Coston, Louisiana-Monroe	38-09.50
1997 — Tara Coston, Louisiana-Monroe	39-11.50
1998 — Tara Coston, Louisiana-Monroe	40-03.25
1999 — Kim Buckner, Sam Houston State	39-10.75
2000 — Nathelie Daniels, Texas State	39-05.25
2001 — LaJauna Lovett, Texas State	40-09.75
2002 — Jessica Claiborne, Stephen F. Austin	40-07.75
2003 — Stephanie Sowell, Northwestern State	43-00.25
2004 — Stephanie Sowell, Northwestern State	42-09.50
2005 — Roshunda Betts, Sam Houston State	41-07.25
2006 — Jacque Iwuchukwu, Sam Houston State	41-09.75
2007 — Sonetriya Mayfield, Texas State	39-05.75
2008 — Sonetriya Mayfield, Texas State	39-03.25
2009 — Asiya Iskakova, Texas State	39-09.75
2010 — Camelia Sams, Stephen F. Austin	40-00.75
2011 — Kassandrea Son, Texas A&M-Corpus Christi	40-05.50
2012 — Michelle Ogashi, Southeastern Louisiana	40-10.25
2013 — Jerrica Tillery, Northwestern State	40-08.25
2014 — Porsha Thomas, Northwestern State	39-09.25

Shot Put

1987 — Zoretta Edwards, Louisiana-Monroe	46-02.25
1988 — Peggy Lewis, Northwestern State	45-07.25
1989 — Marie Rusk, Stephen F. Austin	46-10.75
1990 — Velia Smith, Texas State	47-05.25
1991 — Velia Smith, Texas State	48-07.75
1992 — Kim Bush, Texas-San Antonio	44-08.00
1993 — Lisa Hawkins, Louisiana-Monroe	45-03.00
1994 — Kim Bush, Texas-San Antonio	45-02.50
1995 — Ceci Becho, Texas State	47-07.00
1996 — Marsha French, Louisiana-Monroe	47-07.00
1997 — Marsha French, Louisiana-Monroe	50-03.25
1998 — Tammy Green, Louisiana-Monroe	49-01.75
1999 — Darnarsha Clark, Sam Houston State	49-08.50
2000 — Marsha French, Texas-Arlington	50-01.25
2001 — Ashley Dorsey, Texas-Arlington	51-02.25
2002 — Ashley Dorsey, Texas-Arlington	52-03.75
2003 — Destine Rawls, Stephen F. Austin	48-10.00
2004 — Tiffany Bunton, Texas State	52-06.00
2005 — Tenika Powell, Sam Houston State	48-00.75
2006 — Tenika Powell, Sam Houston State	46-00.00
2007 — Abby Ruston, Texas State	52-08.25
2008 — Trecey Rew, Northwestern State	49-09.25
2009 — Kaitlyn Andrews, Stephen F. Austin	47-05.25
2010 — Trecey Rew, Northwestern State	52-02.50
2011 — Trecey Rew, Northwestern State	50-08.75
2012 — Kelsey Titzman, Texas State	49-03.50
2013 — La'Tricia Griffin, Stephen F. Austin	49-10.50
2014 — Jermisha Frazier, Southeastern Louisiana	50-10.75

Weight Throw

2005 — Sarah Baker, Texas State	56-08.00
2006 — Sarah Stultz, Texas State	60-00.25
2007 — Natalia Clark, Sam Houston State	57-06.25
2008 — Frednisha Marshall, Stephen F. Austin	63-11.50
2009 — Frednisha Marshall, Stephen F. Austin	67-01.50
2010 — Frednisha Marshall, Stephen F. Austin	66-01.75
2011 — Trecey Rew, Northwestern State	58-00.25
2012 — La'Shantena Rounds, McNeese State.....	60-10.00
2013 — La'Shantena Rounds, McNeese State.....	66-02.25
2014 — La'Shantena Rounds, McNeese State.....	67-00.00

Pentathlon

2001 — Rhonda Ray, Texas-San Antonio	3,439
2002 — Rhonda Ray, Texas-San Antonio	3,702
2003 — Rhonda Ray, Texas-San Antonio	3,769
2004 — Ryanne Dupree, Texas-San Antonio.....	3,800
2005 — Crystal Chang, Stephen F. Austin.....	3,715
2006 — Ryanne Dupree, Texas-San Antonio.....	4,055
2007 — Ashley Allen, Texas-San Antonio.....	3,630
2008 — Katy Evans, Texas State	3,577
2009 — Asiya Iskakova, Texas State	3,605
2010 — Tabitha Riley, Stephen F. Austin	3,635
2011 — Aimee Jonas, Texas-San Antonio.....	3,425
2012 — Morgan Davis, Sam Houston State.....	3,641
2013 — Morgan Davis, Sam Houston State.....	3,632
2014 — Shambail Woods, Stephen F. Austin.....	3,698

Repeat Individual Champions

Four-Time Winners

Jennie Sewell, Sam Houston State, 2003, 04, 05, 07	Pole Vault
Pam Smith, Louisiana-Monroe, 1987, 88, 89, 90.....	Long Jump
Sita Waru, McNeese State, 1998, 99, 2000, 01	5,000 Meter Run

Three-Time Winners

Lisa Austin, Texas-Arlington, 1993, 94, 95.....	Triple Jump
Mishael Bertrand, Texas-Arlington, 1999, 2000, 01	800-Meter Run
Jacqueline Canton, Northwestern State, 2000, 01, 03	High Jump
Tara Coston, Louisiana-Monroe, 1996, 97, 98	Triple Jump
Marsha French*, ULM/UTA, 1996, 97, 00.....	Shot Put
Brittany Littlejohn, Northwestern State, 2001, 02, 03	60-Meter Hurdles
LaJuana Lovett, Texas State, 2002, 03, 04	200-Meter Dash
Frednisha Marshall, Stephen F. Austin, 2008, 09, 10.....	Weight Throw
La'Shantena Rounds, McNeese State, 2012, 13, 14	Weight Throw
Sara Massey, Texas-Arlington, 1987, 89, 90	High Jump
Dana Mecke, Texas-San Antonio, 2008, 09, 10.....	800-Meter Run
Rhonda Ray, Texas-San Antonio, 2001, 02, 03.....	Pentathlon
Trecey Rew, Northwestern State, 2008, 10, 11	Shot Put
Tameka Roberts, Texas-San Antonio, 1996, 97, 98	55-Meter Dash
Tameka Roberts, Texas-San Antonio, 1996, 97, 98	200-Meter Dash

*1996-97 championships were won while competing for Louisiana-Monroe and the 2000 title came as a member of Texas-Arlington's team.



INDOOR TRACK & FIELD

Women's All-Time Top-Five Performances

55-Meter Dash

6.89 — Tameka Roberts, UTSA, 1998
6.95 — Michelle Christie, ULL, 1995
6.96 — Tangi Carter, Texas State, 1989
6.97 — Tameka Roberts, UTSA, 1998
6.98 — Tameka Roberts, UTSA, 1998

60-Meter Dash

7.29 — Alicia McIntosh, LU, 2000
7.31 — LaQuinta Manahan, UTA, 2001
7.39 — LaQuinta Manahan, UTA, 2001
7.41 — LaQuinta Manahan, UTA, 2001
7.41 — LaJuana Lovett, TXST, 2003

55-Meter Hurdles

7.87 — Brigitte Foster, TXST, 1998
7.94 — Brigitte Foster, TXST, 1998
7.95 — Shanita Ford, SFA, 1998
7.97 — Pam Smith, ULM, 1989
8.02 — Debbie Esquivel, TXST, 1989

60-Meter Hurdles

8.19 — Sabrina Starr, SHSU, 2014
8.26 — Sabrina Starr, SHSU, 2014
8.33 — Sabrina Starr, SHSU, 2014
8.34 — Sabrina Starr, SHSU, 2014
8.40 — Brittany Littlejohn, NWLA, 2003

200-Meter Dash

23.04 — Tameka Roberts, UTSA, 1998
23.30 — LaQuinta Manahan, UTA, 2001
23.73 — Reyare Thomas, ACU, 2014
23.78 — Tameka Roberts, UTSA, 1998
23.84 — Rosalind Holmes, UTSA, 2005

400-Meter Dash

53.76 — Christine Amertil, SLU, 2001
54.02 — Katya Kostetskaya, TXST, 2005
54.06 — Christine Amertil, SLU, 2001
54.25 — Inez Turner, TXST, 1995
54.37 — Lygia Foreman, SHSU, 2014

800-Meter Run

2:06.05 — Katie Poindexter, UTSA, 2003
2:06.60 — Mishael Bertrand, UTA, 2000
2:07.28 — Mishael Bertrand, UTA, 2000
2:10.05 — Kajsa Haglund, UTA, 2004
2:10.84 — Mishael Bertrand, UTA, 1999

One-Mile Run

4:46.42 — Sarah Salmon, MCN, 1998
4:47.16 — Clerc Koenck, LU, 2008
4:48.70 — Ruth Waller, MCN, 2004
4:48.97 — Kajsa Haglund, UTA, 2001
4:49.79 — Kajsa Haglund, UTA, 2003

3,000-Meter Run

9:29.94 — Sarah Salmon, MCN, 1998
9:35.64 — Leigh Lattimore, LU, 2014
9:39.43 — Sita Waru, MCN, 2000
9:41.11 — Sita Waru, MCN, 2001
9:41.92 — Lauren Smith, SFA, 2012

5,000-Meter Run

16:26.00 — Sita Waru, MCN, 2001
16:45.10 — Sita Waru, MCN, 2001
16:46.74 — Ashley Monteau, SFA, 2006
16:47.71 — Lauren Smith, SFA, 2012
16:52.80 — Rebecca Johansson, UTA, 2001

1,600-Meter Relay

3:43.30 — Sam Houston State, 2014
3:43.92 — Stephen F. Austin, 2014
3:44.90 — UTSA, 2005
3:44.98 — Stephen F. Austin, 2012
3:45.31 — Lamar, 2014

Distance Medley

10:49.14 — UT Arlington, 1996
10:49.28 — UTSA, 1996
10:55.39 — Texas State, 1996
11:01.15 — McNeese State, 1996
11:11.59 — UT Arlington, 1998

Two-Mile Relay

9:31.04 — UTSA, 1992
9:31.66 — Texas State, 1989
9:32.14 — UT Arlington, 1993
9:33.49 — Texas State, 1988
9:33.53 — UTSA, 1993

High Jump

6-00.00 — Dess Meek, SHSU, 2009
6-00.00 — Becky Collins, TXST, 2003
6-00.00 — Becky Collins, TXST, 2002
5-11.25 — Caroline Wolf, TXST, 2004
5-11.25 — Jhonnette Lemon, ULM, 1999

Pole Vault

13-05.25 — Misty Ballard, SFA, 2001
13-01.75 — Jennie Sewell, SHSU, 2007
13-01.50 — Melissa Pundt, TXST, 2002
13-01.50 — Elena Horn, TXST, 2012
13-01.50 — Brittany Pfantz, SLU, 2012

Long Jump

21-03.75 — Pam Smith, ULM, 1989
21-03.25 — Pam Smith, ULM, 1989
20-10.50 — Stephanie Sowell, NWLA, 2003
20-10.50 — Stephanie Sowell, NWLA, 2004
20-10.00 — Angela Black, ULM, 1991
20-04.25 — Sonya Roberts, TXST, 1990

Triple Jump

43-01.75 — Lisa Austin, UTA, 1994
43-01.00 — Stephanie Sowell, NWLA, 2003
42-10.25 — Stephanie Sowell, NWLA, 2004
42-09.75 — Christia Rogers, TXST, 1992
42-02.00 — Jacque Iwuchukwu, TXST, 2006

Shot Put

54-08.00 — Ashley Dorsey, UTA, 2002
53-09.25 — Tiffany Bunton, TXST, 2004
52-08.25 — Ashley Dorsey, UTA, 2001
52-08.25 — Abby Ruston, TXST, 2007
52-02.50 — Trecey Rew, NWLA, 2010

Weight Throw

71-06.25 — La'Shantena Rounds, MCN, 2014
69-04.25 — Frednisha Marshall, SFA, 2009
68-09.00 — La'Shantena Rounds, MCN, 2014
67-01.50 — Frednisha Marshall, SFA, 2009
67-00.00 — La'Shantena Rounds, MCN, 2014

Pentathlon

4,055 — RYANNE DUPREE, UTSA, 2006
3,800 — RYANNE DUPREE, UTSA, 2004
3,769 — Rhonda Ray, UTSA, 2003
3,715 — Crystal Chang, SFA, 2005
3,702 — Rhonda Ray, UTSA, 2002

This compilation of all-time indoor track and field bests includes times that have been converted from metric/imperial distances using charts and formulas found in the NCAA Metric Handbook. In addition, all times have been adjusted to Fully Automatic Timing by adding a conversion factor of 0.24 seconds to all manual times. Any corrections, additions or additional date information should be sent to the Conference office. List includes Southland Conference Indoor Championship performances.

Southland NCAA All-Americans – Women

McNeese State

2014 — La'Shantena Rounds, (weight throw)

Northwestern State

2003 — Stephanie Sowell, (long jump)

2004 — Stephanie Sowell, (long jump/triple jump)

Sam Houston State

2014 — Sabrina Starr, (60-meter hurdles)

Stephen F. Austin

2001 — Misty Ballard (pole vault)

2009 — Frednisha Marshall (weight throw)

Former Southland Members

Louisiana-Monroe

1984 — Lauri Young, 3rd, (high jump)

1985 — Lauri Young, 7th, (high jump)

1986 — Cheryl Henry, 6th, (triple jump)

1990 — Pam Smith, 5th, (long jump)

Texas-Arlington

1994 — Lisa Austin (triple jump)

1994 — Tara Ford (long jump)

1995 — Lisa Austin (triple jump)

2000 — Marsha French (shot put)

Mishaël Bertrand (800 meters)

2001 — Ashley Dorsey (shot put)

2002 — Ashley Dorsey (shot put)

Texas-San Antonio

1996 — Tameka Roberts (long jump)

1997 — Tameka Roberts (200 meters)

1998 — Tameka Roberts (200 meters)

2006 — Ryanne Dupree (pentathlon)

Texas State

1992 — Christia Rogers (triple jump)

1994 — Inez Turner (800 meters)

1994 — Rene Woodard (triple jump)

2002 — Becky Collins (high jump)

2003 — Becky Collins (high jump)

2007 — Katya Kostetskaya (800 meters)

2007 — Abby Ruston (shot put)