



2015

OUTDOOR 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

OUTDOOR TRACK & FIELD



Men's Year-by-Year Team Champions

1964.....	Abilene Christian
1965.....	Abilene Christian
1966.....	Abilene Christian
1967.....	Abilene Christian
1968.....	Abilene Christian
1969.....	Abilene Christian
1970.....	Abilene Christian
1971.....	Lamar
1972.....	Vacated
1973.....	Louisiana Tech
1974.....	Louisiana Tech
1975.....	Louisiana-Lafayette
1976.....	Arkansas State
1977.....	Arkansas State
1978.....	Lamar
1979.....	Lamar
1980.....	Lamar
1981.....	Lamar
1982.....	Lamar
1983.....	Lamar
1984.....	Lamar
1985.....	Lamar
1986.....	Lamar
1987.....	Louisiana-Monroe
1988.....	Louisiana-Monroe
1989.....	Texas-Arlington
1990.....	Texas-Arlington
1991.....	Texas-Arlington
1992.....	Texas-Arlington
1993.....	Northwestern State
1994.....	Texas-Arlington
1995.....	Texas State
1996.....	Texas-Arlington
1997.....	Texas-Arlington
1998.....	Texas State
1999.....	Northwestern State
2000.....	Texas State
2001.....	Texas-San Antonio
2002.....	Northwestern State
2003.....	Texas State
2004.....	Texas State
2005.....	Sam Houston State
2006.....	Sam Houston State
2007.....	Texas-Arlington
2008.....	Texas-San Antonio
2009.....	Southeastern Louisiana
2010.....	Texas-San Antonio
2011.....	Stephen F. Austin
2012.....	Texas-San Antonio
2013.....	Stephen F. Austin
2014.....	Southeastern Louisiana

Men's Team Championships

Lamar.....	10
Northwestern State.....	3
Sam Houston State.....	2
Stephen F. Austin.....	2
Southeastern Louisiana.....	2
Texas-Arlington*.....	8
Abilene Christian*.....	7
Texas State*.....	5
Texas-San Antonio*.....	4
Arkansas State*.....	2
Louisiana-Monroe*.....	2
Louisiana Tech*.....	2
Louisiana-Lafayette*.....	1
Vacated.....	1

**Former Southland Member*

Men's Individual Champions

Lamar.....	129
McNeese State.....	65
Stephen F. Austin.....	61
Northwestern State.....	53
Sam Houston State.....	41
Southeastern Louisiana.....	23
Texas A&M-Corpus Christi.....	4
Nicholls State.....	3
Abilene Christian.....	1
Central Arkansas.....	1
Texas-Arlington*.....	117
Texas State*.....	75
Arkansas State*.....	70
Abilene Christian*.....	66
Louisiana-Monroe*.....	58
Louisiana Tech*.....	46
Texas-San Antonio*.....	40
Louisiana-Lafayette*.....	32
North Texas*.....	15
Trinity*.....	9
Oral Roberts*.....	3

**Former Southland Member*

OUTDOOR TRACK & FIELD

Men's Postseason Honors

Outstanding Track Performer

1970.....	Thomas Hill, Arkansas State
1971.....	Jackie Colbert, Lamar
1972.....	Harold Porter, Louisiana-Lafayette
1973.....	Ricky Stubbs, Louisiana Tech
1974.....	Ricky Stubbs, Louisiana Tech
1975.....	Carl Lawson, Louisiana-Lafayette
1976.....	Ed Preston, Arkansas State
1977.....	Pat O'Callaghan, McNeese State
1978.....	Junior Holmes, Lamar
1979.....	David Kohrs, McNeese State
1980.....	Frank Montebello, Lamar
1981.....	Cornell Garrett, Louisiana Tech
1982.....	Martin Lawson, Louisiana-Lafayette
1983.....	Verril Young, McNeese State
1984.....	Troy Amboree, Lamar
1985.....	Jerry Lacy, Louisiana-Monroe
1986.....	Sansiski Daniels, Texas-Arlington
1987.....	Brian Cooper, McNeese State
1988.....	Darrell Hadden, Texas State
1989.....	McClinton Neal, Texas-Arlington
1990.....	Trevor Murray, Louisiana-Monroe
1991.....	McClinton Neal, Texas-Arlington
1992.....	Fred Fields, Louisiana-Monroe
1993.....	Keevan Mills, Texas State
1994.....	Clinton Bufuku, Texas-Arlington
1995.....	Leonard Byrd, Texas-San Antonio
1996.....	David Hartman, Texas-San Antonio
1997.....	Elston Cawley, Texas-Arlington
1998.....	Ronnie Powell, Northwestern State
1999.....	Kevin Smelley, Nicholls State
2000.....	Elston Cawley, Texas-Arlington
2001.....	Michael Sang, Southeastern Louisiana
2002.....	Nathan Flores, Stephen F. Austin
2003.....	Chris Stewart, Sam Houston State
2004.....	Nathan Flores, Stephen F. Austin
2005.....	Adrian Ray, Sam Houston State
2006.....	Jared Connaughton, Texas-Arlington
2007.....	Ravyn Hayward, Northwestern State
2008.....	Teddy Williams, Texas-San Antonio
2009.....	Cordero Gray, Texas-Arlington
2010.....	Teddy Williams, Texas-San Antonio
2011.....	Cordero Gray, Texas-Arlington
2012.....	David Rooney, McNeese State
2013.....	David Rooney, McNeese State
2014.....	Justin Walker, Northwestern State

Outstanding Field Performer

1970.....	DeeWayne Gray, Texas-Arlington
1971.....	John Whitson, Lamar
1972.....	Edward Robinson, Lamar
1973.....	Charles Cook, Louisiana-Lafayette
1974.....	Barney Hess, Arkansas State
1975.....	Wesley Smith, Louisiana Tech
1976.....	Monroe Ford, Louisiana Tech
1977.....	Earl Bell, Arkansas State
1978.....	Wendell Woods, Louisiana Tech
1979.....	Michael Coleman, Lamar
1980.....	Darrell Webb, Louisiana Tech
1981.....	Gilbert Smith, Texas-Arlington

1982.....	Doug Shouse, Arkansas State
1983.....	Thomas Eriksson, Lamar
1984.....	Thomas Eriksson, Lamar
1985.....	Thomas Eriksson, Lamar
1986.....	Steve Cate, Louisiana Tech
1987.....	Andre Ester, Louisiana-Monroe
1988.....	Brian Brown, Northwestern State
1989.....	Drew Fucci, Texas State
1990.....	Charles Austin, Texas State
1991.....	Scott Hennig, Texas State
1992.....	Rick Werline, Louisiana-Monroe
1993.....	LaMark Carter, Northwestern State
1994.....	Ryan Martin, Northwestern State
1995.....	Chris Gonzales, Sam Houston State
1996.....	Nat Sowell, Louisiana-Monroe
1997.....	Shane Stewart, Sam Houston State
1998.....	Chris Gonzalez, Sam Houston State
1999.....	David Estes, Louisiana-Monroe
2000.....	David Estes, Louisiana-Monroe
2001.....	Kristian Rahnu, McNeese State
2002.....	Courage Idusuyi, Southeastern Louisiana
2003.....	Brian Veal, Texas State
2004.....	Brian Veal, Texas State
2005.....	Randy Flach, Sam Houston State
2006.....	Reggie Lazenby, Stephen F. Austin
2007.....	Robert Melin, Texas State
2008.....	Teremine White, Southeastern Louisiana
2009.....	Adonson Shallow, Southeastern Louisiana
2010.....	Adonson Shallow, Southeastern Louisiana
2011.....	Jon Arthur, Stephen F. Austin
2012.....	Jamal Peden, Stephen F. Austin
2013.....	Jack Whitt, Oral Roberts
2014.....	Colton Ross, Stephen F. Austin

Athlete of the Year

1994.....	Clinton Bufuku, Texas-Arlington
1995.....	Patrik Andersson, Texas State
1996.....	Leonard Byrd, Texas-San Antonio
1997.....	Elston Cawley, Texas-Arlington
1998.....	Ronnie Powell, Northwestern State
1999.....	Kenta Bell, Northwestern State
2000.....	Elston Cawley, Texas-Arlington
2001.....	Kristian Rahnu, McNeese State
2002.....	Nathan Flores, Stephen F. Austin
2003.....	Chris Stewart, Sam Houston State
2004.....	Brian Veal, Texas State
2005.....	Adrian Ray, Sam Houston State
2006.....	Jared Connaughton, Texas-Arlington
2007.....	Kalphys Kemboi, Southeastern Louisiana
2008.....	Shadrack Songok, A&M-Corpus Christi
2009.....	Henri Rop, Southeastern Louisiana
2010.....	Adonson Shallow, Southeastern Louisiana
2011.....	Cordero Gray, Texas-Arlington
2012.....	David Rooney, McNeese State
2013.....	David Rooney, McNeese State
2014.....	Justin Walker, Northwestern State

Coach of the Year

1973.....	Jim Mize, Louisiana Tech
1974.....	Bob Hayes, McNeese State
1975.....	Bob Cole, Southwestern Louisiana

OUTDOOR TRACK & FIELD



Men's Postseason Honors

1976.....	Guy Kochel, Arkansas State
1977.....	Guy Kochel, Arkansas State
1978.....	Sonny Jolly, Lamar
1979.....	Sonny Jolly, Lamar
1980.....	Sonny Jolly, Lamar
1981.....	Sonny Jolly, Lamar
1982.....	Sonny Jolly, Lamar
1983.....	Sonny Jolly, Lamar
1984.....	Sonny Jolly, Lamar
1985.....	Bob Groseclose, Louisiana-Monroe
1986.....	Sonny Jolly, Lamar
1987.....	Bob Groseclose, Louisiana-Monroe
1988.....	Bob Groseclose, Louisiana-Monroe
1989.....	Monte Stratton, Texas-Arlington
1990.....	Monte Stratton, Texas-Arlington
1991.....	Monte Stratton, Texas-Arlington
.....	Harry Lehwald, McNeese State
1992.....	Monte Stratton, Texas-Arlington
1993.....	Jerry Clayton, Texas State
1994.....	Monte Stratton, Texas-Arlington
1995.....	Doug Erickson, Texas State
1996.....	John Sauerhage, Texas-Arlington
1997.....	John Lumley, Sam Houston State
1998.....	Don Hood, Texas State
1999.....	Leon Johnson, Northwestern State
2000.....	Don Hood, Texas State
2001.....	Que McMaster, Texas-San Antonio
2002.....	Leon Johnson, Northwestern State
2003.....	Greg Hinze, Sam Houston State
.....	Galina Bukharina, Texas State
2004.....	Galina Bukharina, Texas State
2005.....	Curtis Collier, Sam Houston State
2006.....	Curtis Collier, Sam Houston State
2007.....	John Sauerhage, Texas-Arlington
2008.....	Aaron Fox, Texas-San Antonio
2009.....	Sean Brady, Southeastern Louisiana
2010.....	Aaron Fox, Texas-San Antonio
2011.....	Phil Olson, Stephen F. Austin
2012.....	Aaron Fox, Texas-San Antonio
2013.....	Phil Olson, Stephen F. Austin
2014.....	Sean Brady, Southeastern Louisiana

Freshman of the Year

1964-2006.....	None Selected
2007.....	Kalphys Kemboi, Southeastern Louisiana
2008.....	Henry Rop, Southeastern Louisiana
2009.....	Mitch Ownbey, Stephen F. Austin
2010.....	Justin Walker, Northwestern State
2011.....	Keyunta Hayes, Texas-San Antonio
2012.....	Darian Brown, Texas State
2013.....	Hanoj Carter, Northwestern State
2014.....	Darius Roy, New Orleans

Newcomer of the Year

1964-2006.....	None Selected
2007.....	Brad Gebauer, McNeese State
2008.....	Takeshi Fujiwara, Texas-Arlington
2009.....	Chris Gilchrist, Sam Houston State

2010.....	Joonas Harjamaki, Lamar
2011.....	Romain Martin, Texas-Arlington
2012.....	Jeff Milliron, Southeastern Louisiana
2013.....	Morrie Turner, Oral Roberts
2014.....	Bret Olsen, Southeastern Louisiana

Individual High-Point Scorer

1964.....	Jerry Dyes, Abilene Christian, 19 points
1965.....	Riley Dunn, Abilene Christian, 12 points
1966.....	Charles Christmas, Abilene Christian, 15 points
1967.....	Craig Fox, Abilene Christian, 15 points
1968.....	Brent Schumacher, Trinity, 15 points
1969.....	Brent Schumacher, Trinity, 17 points
1970.....	Thomas Hill, Arkansas State, 23 points
1971.....	Jackie Colbert, Lamar, 15 points
1972.....	Harold Porter, Louisiana-Lafayette, 13 points
1973.....	Pat McSweeney, McNeese State, 14 points
1974.....	Leroy Hobbs, Louisiana Tech, 16 points
1975.....	Harold Porter, Southwestern Louisiana, 14.5 points
1976.....	Monroe Ford, Louisiana Tech, 32 points
1977.....	Pat O'Callaghan, McNeese State, 30 points
1978.....	Wendell Woods, Louisiana Tech, 26 points
1979.....	David Kohrs, McNeese State, 28 points
1980.....	Gilbert Smith, Texas-Arlington, 23.5 points
1981.....	Gilbert Smith, Texas-Arlington, 22.5 points
1982.....	Verril Young, McNeese State, 26.5 points
1983.....	Stephen Starring, McNeese State, 29 points
1984.....	Troy Amboree, Lamar, 32.5 points
1985.....	Thomas Eriksson, Lamar, 31 points
1986.....	Sanskis Daniels, Texas-Arlington, 28 points
1987.....	Brian Cooper, McNeese State, 27.5 points
1988.....	Darrell Hadden, Texas State, 24 points
1989.....	McClinton Neal, Texas-Arlington, 25 points
1990.....	Trevor Murray, Louisiana-Monroe, 36 points
1991.....	Terrance Carson, Texas-Arlington, 27 points
1992.....	Fred Fields, Louisiana-Monroe, 23.5 points
1993.....	Keegan Mills, Texas State, 30 points
1994.....	Ruben Njau, Louisiana-Monroe, 26 points
1995.....	Patrik Andersson, Texas State, 23 points
1996.....	David Hartman, Texas-San Antonio, 30 points
1997.....	Elston Cawley, Texas-Arlington, 28.5 points
1998.....	Marcell Williams, Stephen F. Austin, 26.5 points
1999.....	Marcell Williams, Stephen F. Austin, 30 points
2000.....	Elston Cawley, Texas-Arlington, 25 points
2001.....	Michael Sang, Southeastern Louisiana, 26 points
2002.....	Nathan Flores, Stephen F. Austin, 30 points
2003.....	Chris Stewart, Sam Houston State, 24.5 points
2004.....	Nathan Flores, Stephen F. Austin, 22 points
2005.....	Raul Villarreal, Sam Houston State, 30 points
2006.....	Brandon Moseley, Sam Houston State, 24 points
2007.....	Kalphys Kemboi, Southeastern Louisiana, 26 points
2008.....	Steven Brown, Texas-San Antonio, 24.5 points
2009.....	Cordero Gray, Texas-Arlington, 22.5 points
2010.....	Adonson Shallow, Southeastern Louisiana, 34 points
2011.....	Cordero Gray, Texas-Arlington, 22 points
.....	Xavier Rodriguez, Stephen F. Austin, 22 points
2012.....	Timothy Young, Texas State, 27.5 points
2013.....	Jon Arthur, Stephen F. Austin, 25 points
2014.....	Jeff Milliron, Southeastern Louisiana, 25 points

OUTDOOR TRACK & FIELD

Men's Year-by-Year Team Championship Standings

1964 — Abilene, Texas	1972 — Beaumont, Texas	1979 — Lake Charles, La.
Abilene Christian.....116.0	Louisiana-Lafayette87.0	Lamar.....156.0
Lamar.....104.0	Louisiana Tech.....59.0	Arkansas State.....118.3
Texas-Arlington.....45.0	Lamar.....55.0	McNeese State.....110.0
Arkansas State.....22.0	Arkansas State.....48.0	Texas-Arlington.....78.3
Trinity.....13.0	Abilene Christian.....36.0	Louisiana Tech.....63.3
	Trinity.....3.0	Louisiana-Lafayette.....31.0
	Texas-Arlington.....0.0	
1965 — Jonesboro, Ark.	1973 — Ruston, La.	1980 — Ruston, La.
Abilene Christian.....111.0	Louisiana Tech.....69.0	Lamar.....133.0
Lamar.....91.0	Louisiana-Lafayette.....59.0	Texas-Arlington.....110.0
Arkansas State.....50.0	Lamar.....46.5	Louisiana Tech.....107.0
Texas-Arlington.....37.0	McNeese State.....40.0	McNeese State.....89.0
Trinity.....11.0	Abilene Christian.....37.0	Arkansas State.....64.0
	Arkansas State.....34.0	Louisiana-Lafayette.....55.0
	Texas-Arlington.....2.5	
1966 — Abilene, Texas	1974 — Lake Charles, La.	1981 — Arlington, Texas
Abilene Christian.....106.0	Louisiana Tech.....85.0	Lamar.....125.0
Lamar.....70.0	McNeese State.....84.0	McNeese State.....107.0
Arkansas State.....63.0	Lamar.....60.0	Arkansas State.....106.0
Texas-Arlington.....37.0	Arkansas State.....41.0	Louisiana-Lafayette.....90.0
Trinity.....18.0	Texas-Arlington.....17.0	Texas-Arlington.....81.0
		Louisiana Tech.....52.0
1967 — Beaumont, Texas	1975 — Lafayette, La.	1982 — Jonesboro, Ark.
Abilene Christian.....94.0	Louisiana-Lafayette.....76.0	Lamar.....158.0
Lamar.....77.0	Louisiana Tech.....46.0	Louisiana-Lafayette.....130.0
Arkansas State.....68.0	Lamar.....48.0	McNeese State.....92.0
Texas-Arlington.....43.0	McNeese State.....47.0	Texas-Arlington.....87.0
Trinity.....18.0	Arkansas State.....47.0	Arkansas State.....70.0
	Texas-Arlington.....11.0	Louisiana Tech.....20.0
1968 — Arlington, Texas	1976 — Jonesboro, Ark.	1983 — Beaumont, Texas
Abilene Christian.....99.5	Arkansas State.....139.5	Lamar.....176.0
Arkansas State.....67.5	Louisiana-Lafayette.....119.0	McNeese State.....90.0
Trinity.....57.0	Louisiana Tech.....113.0	Louisiana-Monroe.....88.0
Lamar.....51.5	Lamar.....102.5	Arkansas State.....69.0
Texas-Arlington.....44.5	McNeese State.....64.0	North Texas.....54.0
	Texas-Arlington.....20.0	Louisiana Tech.....42.0
1969 — San Antonio, Texas	1977 — Beaumont, Texas	Texas-Arlington.....39.0
Abilene Christian.....110.0	Arkansas State.....155.5	
Lamar.....79.0	Lamar.....117.0	1984 — Ruston, La.
Trinity.....45.0	Louisiana-Lafayette.....113.5	Lamar.....229.0
Arkansas State.....43.0	McNeese State.....93.0	Louisiana-Monroe.....92.0
Texas-Arlington.....35.0	Louisiana Tech.....53.0	Texas-Arlington.....90.5
	Texas-Arlington.....25.0	Arkansas State.....57.0
1970 — Abilene, Texas	1978 — Lafayette, La.	McNeese State.....43.0
Abilene Christian.....102.0	Lamar.....140.0	Louisiana Tech.....42.0
Lamar.....74.5	Louisiana Tech.....138.0	North Texas.....1.5
Arkansas State.....52.0	Arkansas State.....133.0	
Texas-Arlington.....51.5	Louisiana-Lafayette.....56.0	1985 — Monroe, La.
Trinity.....1.0	McNeese State.....52.0	Lamar.....151.0
	Texas-Arlington.....38.0	Louisiana-Monroe.....122.0
1971 — Jonesboro, Ark.		Texas-Arlington.....113.0
Lamar.....114.0		Louisiana Tech.....87.0
Abilene Christian.....95.0		Arkansas State.....38.0
Arkansas State.....60.0		McNeese State.....36.0
Texas-Arlington.....21.0		North Texas.....10.0
Trinity.....1.0		

OUTDOOR TRACK & FIELD



Men's Year-by-Year Team Championship Standings

1986 — Arlington, Texas	
Lamar	132.0
Louisiana-Monroe	110.5
Texas-Arlington	103.5
Louisiana Tech	93.0
McNeese State	52.0
Arkansas State	41.0
North Texas	26.0

1987 — Denton, Texas	
Louisiana-Monroe	166.0
Louisiana Tech	103.0
McNeese State	97.0
Arkansas State	95.0
North Texas	69.0
Lamar	28.0

1988 — Natchitoches, La.	
Louisiana-Monroe	133.0
Texas State	118.0
Texas-Arlington	110.0
Northwestern State	85.0
North Texas	52.0
Stephen F. Austin	30.0
McNeese State	27.0
Sam Houston State	1.0

1989 — Huntsville, Texas	
Texas-Arlington	155.0
Texas State	151.0
Louisiana-Monroe	103.0
Stephen F. Austin	70.0
North Texs	69.0
McNeese State	44.0
Northwestern State	23.0
Sam Houston State	5.0

1990 — San Marcos, Texas	
Texas-Arlington	139.0
Louisiana-Monroe	99.0
Northwestern State	98.0
McNeese State	82.0
Texas State	70.0
Stephen F. Austin	64.0
North Texas	35.0
Sam Houston State	33.0

1991 — Nacogdoches, Texas	
Texas-Arlington	171.0
Louisiana-Monroe	110.0
McNeese State	70.0
Northwestern State	69.0
Stephen F. Austin	67.0
Texas State	59.0
North Texas	44.0
Sam Houston State	29.0

1992 — Arlington, Texas	
Texas-Arlington	146.0
Louisiana-Monroe	102.0
Texas State	97.0
Northwestern State	92.0
Stephen F. Austin	53.5
North Texas	44.0
McNeese State	29.5
Sam Houston State	29.0
Texas-San Antonio	25.0
Nicholls State	2.0

1993 — Monroe, La.	
Texas State	176.0
Northwestern State	155.5
Louisiana-Monroe	118.0
Stephen F. Austin	110.0
Texas-Arlington	93.0
North Texas	54.0
McNeese State	35.0
Texas-San Antonio	16.0
Sam Houston State	14.5
Nicholls State	3.0

1994 — Lake Charles, La.	
Texas-Arlington	150.0
Texas State	124.0
Louisiana-Monroe	115.0
Northwestern State	106.0
Stephen F. Austin	97.5
Texas-San Antonio	59.0
McNeese State	49.0
North Texas	38.5
Sam Houston State	33.0
Nicholls State	7.0

1995 — Denton, Texas	
Texas State	172.0
Texas-Arlington	150.0
Louisiana-Monroe	97.0
Texas-San Antonio	91.0
Northwestern State	63.0
North Texas	56.0
Stephen F. Austin	53.0
McNeese State	41.5
Sam Houston State	33.5
Nicholls State	22.0

1996 — Natchitoches, La.	
Texas-Arlington	146.0
Texas State	141.0
Northwestern State	102.0
Texas-San Antonio	101.0
Stephen F. Austin	61.0
Louisiana-Monroe	56.0
McNeese State	51.0
Sam Houston State	43.0
Nicholls State	40.0
North Texas	38.0

1997 — Huntsville, Texas	
Texas-Arlington	162.0
Sam Houston State	134.0
Texas-San Antonio	115.0
Northwestern State	80.0
Texas State	77.0
McNeese State	72.0
Stephen F. Austin	66.0
Louisiana-Monroe	52.0
Nicholls State	19.0

1998 — San Marcos, Texas	
Texas State	142.0
Sam Houston State	138.0
Northwestern State	120.0
Texas-Arlington	89.0
McNeese State	80.5
Stephen F. Austin	70.5
Texas-San Antonio	52.0
Louisiana-Monroe	39.5
Nicholls State	29.5
Southeastern Louisiana	1.0

1999 — Nacogdoches, Texas	
Northwestern State	125.0
Sam Houston State	122.5
Stephen F. Austin	114.0
Texas-Arlington	103.5
Texas State	77.0
McNeese State	69.0
Louisiana-Monroe	57.5
Lamar	40.5
Texas-San Antonio	38.0
Nicholls State	24.0
Southeastern Louisiana	8.0

2000 — Natchitoches, La.	
Texas State	154.5
Texas-Arlington	154.0
Stephen F. Austin	99.0
Northwestern State	94.0
McNeese State	78.5
Louisiana-Monroe	54.0
Sam Houston State	38.0
Texas-San Antonio	32.5
Lamar	30.5
Southeastern Louisiana	29.0
Nicholls State	16.0

2001 — Arlington, Texas	
Texas-San Antonio	131.0
Texas-Arlington	115.0
Northwestern State	112.0
Texas State	91.0
Sam Houston State	77.0
McNeese State	72.5
Stephen F. Austin	66.0
Southeastern Louisiana	45.5
Louisiana-Monroe	32.0
Lamar	24.0
Nicholls State	13.0

OUTDOOR TRACK & FIELD

Men's Year-by-Year Team Championship Standings

2002 – Arlington, Texas

Northwestern State.....	126.0
Texas State.....	121.0
Stephen F. Austin.....	105.0
Texas-San Antonio.....	98.0
Sam Houston State.....	91.0
Texas-Arlington.....	80.0
McNeese State.....	63.5
Lamar.....	41.5
Southeastern Louisiana.....	30.0
Nicholls State.....	11.0
Louisiana-Monroe.....	10.0

2003 — San Marcos, Texas

Texas State.....	186.0
Sam Houston State.....	141.5
Northwestern State.....	135.0
Texas-Arlington.....	89.5
Stephen F. Austin.....	68.0
Lamar.....	35.0
Texas-San Antonio.....	34.0
Southeastern Louisiana.....	27.5
Louisiana-Monroe.....	27.0
McNeese State.....	23.5
Nicholls State.....	12.0

2004 — San Marcos, Texas

Texas State.....	167.0
Stephen F. Austin.....	155.0
Texas-Arlington.....	117.5
Texas-San Antonio.....	82.0
Northwestern State.....	56.0
Southeastern Louisiana.....	53.5
McNeese State.....	51.0
Sam Houston State.....	42.0
Lamar.....	29.0
Louisiana-Monroe.....	24.0

2005 — Huntsville, Texas

Sam Houston State.....	188.0
Stephen F. Austin.....	126.5
Texas-San Antonio.....	96.0
Northwestern State.....	95.0
Texas-Arlington.....	88.0
Texas State.....	63.0
McNeese State.....	56.5
Southeastern Louisiana.....	55.0
Lamar.....	44.0
Louisiana-Monroe.....	6.0

2006 — Arlington, Texas

Sam Houston State.....	169.0
Texas-San Antonio.....	132.0
Texas-Arlington.....	111.0
Stephen F. Austin.....	90.0
Texas State.....	71.0
Southeastern Louisiana.....	70.0
McNeese State.....	64.0
Northwestern State.....	48.0
Louisiana-Monroe.....	37.0
Lamar.....	24.0

2007 — Nacogdoches, Texas

Texas-Arlington.....	128.0
Texas-San Antonio.....	127.0
Southeastern Louisiana.....	106.0
Stephen F. Austin.....	102.0
Sam Houston State.....	80.0
McNeese State.....	64.0
Northwestern State.....	62.0
Texas State.....	60.0
Lamar.....	47.0
Texas A&M-Corpus Christi.....	43.0

2008 — Huntsville, Texas

Texas-San Antonio.....	138.5
Southeastern Louisiana.....	129.0
Texas-Arlington.....	106.0
Sam Houston State.....	86.0
Stephen F. Austin.....	83.5
Texas State.....	75.0
McNeese State.....	63.0
Texas A&M-Corpus Christi.....	60.0
Lamar.....	38.0
Northwestern State.....	35.0

2009 — Nacogdoches, Texas

Southeastern Louisiana.....	140.0
Texas-Arlington.....	139.5
Sam Houston State.....	118.0
Texas-San Antonio.....	99.5
Stephen F. Austin.....	98.5
Texas State.....	73.0
Northwestern State.....	63.5
Lamar.....	33.0
Texas A&M-Corpus Christi.....	30.0
McNeese State.....	23.0

2010 — Arlington, Texas

Texas-San Antonio.....	148.0
Stephen F. Austin.....	134.0
Southeastern Louisiana.....	99.5
Texas-Arlington.....	94.5
McNeese State.....	76.0
Northwestern State.....	73.0
Lamar.....	66.0
Texas State.....	52.5
Sam Houston State.....	42.0
Central Arkansas.....	23.0
Texas A&M-Corpus Christi.....	7.5

2011 — Natchitoches, La.

Stephen F. Austin.....	162.0
Texas-San Antonio.....	146.0
Texas-Arlington.....	127.5
Sam Houston State.....	113.0
McNeese State.....	61.5
Northwestern State.....	51.0
Texas State.....	45.5
Southeastern Louisiana.....	41.5
Central Arkansas.....	26.0
Lamar.....	23.0
Texas A&M-Corpus Christi.....	22.0

2012 — San Marcos, Texas

Texas-San Antonio.....	147.5
Texas State.....	134.5
Stephen F. Austin.....	98.0
Sam Houston State.....	85.5
McNeese State.....	81.0
Texas-Arlington.....	75.0
Lamar.....	54.0
Southeastern Louisiana.....	44.5
Northwestern State.....	42.0
Texas A&M-Corpus Christi.....	30.0
Central Arkansas.....	27.0

2013 — Lake Charles, La.

Stephen F. Austin.....	162.0
Sam Houston State.....	137.5
McNeese State.....	122.0
Southeastern Louisiana.....	105.5
Northwestern State.....	66.0
Oral Roberts.....	64.0
Lamar.....	55.5
Texas A&M-Corpus Christi.....	54.5
Central Arkansas.....	51.0

2014 — Conway, Ark.

Southeastern Louisiana.....	157.0
Stephen F. Austin.....	156.0
Sam Houston State.....	96.0
Abilene Christian.....	63.0
Lamar.....	57.0
Northwestern State.....	57.0
McNeese State.....	52.0
Texas A&M-Corpus Christi.....	49.0
Oral Roberts.....	43.0
Central Arkansas.....	31.0
New Orleans.....	26.0
UIW.....	19.0
Houston Baptist.....	13.0

OUTDOOR TRACK & FIELD



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

100 Yard Dash		
1964 — Terry Guidry, Lamar	w9.50	
1965 — Riley Dunn, Abilene Christian	w10.00	
1966 — Clyde Glosson, Trinity	w9.40	
1967 — Henry Harrison, Lamar	w9.50	
1968 — Clyde Glosson, Trinity	9.50	
1969 — Rufus Odem, Trinity	9.60	
1970 — Thomas Hill, Arkansas State	9.40	
1971 — Jackie Colbert, Lamar	9.90	
1972 — Harold Porter, Louisiana-Lafayette	9.40	
1973 — Harold Porter, Louisiana-Lafayette	9.60	
1974 — Donald Dunn, McNeese State	w9.40	
1975 — Harold Porter, Louisiana-Lafayette	9.60	
1976 — Ed Preston, Arkansas State	9.50	
100 Meter Dash		
1977 — Ed Preston, Arkansas State	w10.10	
1978 — Junior Holmes, Lamar	10.80	
1979 — Junior Holmes, Lamar	10.50	
1980 — Gilbert Smith, Texas-Arlington	10.51	
1981 — Cornell Garrett, Louisiana Tech	w10.39	
1982 — Dwayne Pittman, Arkansas State	10.54	
1983 — Verril Young, McNeese State	w10.14	
1984 — Troy Amboree, Lamar	10.40	
1985 — Jerry Lacy, Louisiana-Monroe	10.26	
1986 — Brian Cooper, McNeese State	w10.22	
1987 — Brian Cooper, McNeese State	10.23	
1988 — Al Edwards, Northwestern State	10.47	
1989 — Mike Murphy, Texas State	10.57	
1990 — Robert Ligans, Stephen F. Austin	10.39	
1991 — Ron Clark, Stephen F. Austin	10.35	
1992 — Fred Fields, Louisiana-Monroe	10.46	
1993 — Keevan Mills, Texas State	10.42	
1994 — Clinton Bufuku, Texas-Arlington	10.46	
1995 — Clinton Bufuku, Texas-Arlington	10.31	
1996 — Elston Cawley, Texas-Arlington	10.40	
1997 — Elston Cawley, Texas-Arlington	10.34	
1998 — Ronnie Powell, Northwestern State	10.27	
1999 — Chad Miller, Northwestern State	10.44	
2000 — Elston Cawley, Texas-Arlington	10.14	
2001 — Francis Ngapout, Texas-San Antonio	10.30	
2002 — Courtney Boston, Sam Houston State	10.36	
2003 — Chris Stewart, Sam Houston State	10.24	
2004 — Curtis Johnson, Texas-San Antonio	10.43	
2005 — Adam Wooten, Sam Houston State	10.38	
2006 — Jared Connaughton, Texas-Arlington	10.33	
2007 — Ravyn Hayward, Northwestern State	10.30	
2008 — Teddy Williams, Texas-San Antonio	10.16	
2009 — Cordero Gray, Texas-Arlington	10.35	
2010 — Teddy Williams, Texas-San Antonio	w10.03	
2011 — Cordero Gray, Texas-Arlington	10.12	
2012 — Timothy Young, Texas State	10.49	
2013 — Justin Walker, Northwestern State	w10.25	
2014 — Justin Walker, Northwestern State	w9.95	
220 Yard Dash		
1964 — Gale Harrison, Abilene Christian	21.40	
1965 — Gale Harrison, Abilene Christian	21.20	
1966 — Clyde Glosson, Trinity	w20.60	
1967 — Henry Harrison, Lamar	22.40	
1968 — Clyde Glosson, Trinity	21.20	
1969 — Jackie Colbert, Lamar	21.20	
1970 — Jackie Colbert, Lamar	21.30	
1971 — Jackie Colbert, Lamar	21.80	
1972 — Harold Porter, Louisiana-Lafayette	21.20	
1973 — Harold Porter, Louisiana-Lafayette	21.10	
1974 — Donald Dunn, McNeese State	21.10	
1975 — Harold Porter, Louisiana-Lafayette	20.90	
1976 — Ed Preston, Arkansas State	21.10	
200 Meter Dash		
1977 — Ed Preston, Arkansas State	21.10	
1978 — Junior Holmes, Lamar	21.20	
1979 — Junior Holmes, Lamar	20.90	
1980 — Cornell Garrett, Louisiana Tech	21.29	
1981 — Cornell Garrett, Louisiana Tech	21.29	
1982 — Romero Chevis, Lamar	21.30	
1983 — Verril Young, McNeese State	21.55	
1984 — Troy Amboree, Lamar	20.91	
1985 — Vincent Coleman, Louisiana Tech	20.89	
1986 — Vincent Coleman, Louisiana Tech	w20.22	
1987 — Vincent Coleman, Louisiana Tech	w20.47	
1988 — Darrell Hadden, Texas State	20.65	
1989 — Darrell Hadden, Texas State	w20.69	
1990 — Robert Ligans, Stephen F. Austin	20.88	
1991 — Ron Clark, Stephen F. Austin	20.80	
1992 — Fred Fields, Louisiana-Monroe	21.10	
1993 — Keevan Mills, Texas State	20.94	
1994 — Clinton Bufuku, Texas-Arlington	20.81	
1995 — Clinton Bufuku, Texas-Arlington	20.92	
1996 — Cornelius Cavitt, Texas-Arlington	20.38	
1997 — Elston Cawley, Texas-Arlington	20.53	
1998 — Ronnie Powell, Northwestern State	20.97	
1999 — Marcell Williams, Stephen F. Austin	21.02	
2000 — Elston Cawley, Texas-Arlington	20.37	
2001 — Chris Stewart, Sam Houston State	20.92	
2002 — Courtney Boston, Sam Houston State	21.12	
2003 — Chris Stewart, Sam Houston State	20.64	
2004 — Glen Taylor, Texas-Arlington	21.05	
2005 — Adam Wooten, Sam Houston State	20.62	
2006 — Jared Connaughton, Texas-Arlington	20.90	
2007 — Jared Connaughton, Texas-Arlington	20.76	
2008 — Teddy Williams, Texas-San Antonio	20.60	
2009 — Jarid Vaughan, Texas-Arlington	20.77	
2010 — Justin Walker, Northwestern State	20.49	
2011 — Cordero Gray, Texas-Arlington	20.56	
2012 — James Johnson, Texas State	20.61	
2013 — Hanoj Carter, Northwestern State	w20.73	
2014 — Justin Walker, Northwestern State	20.47	
440 Yard Dash		
1964 — Lynn Saunders, Abilene Christian	47.60	
1965 — Blenden Johnson, Texas-Arlington	46.80	
1966 — Riley Dunn, Abilene Christian	47.30	
1967 — Waverly Thomas, Lamar	47.30	
1968 — Ken Knapp, Abilene Christian	47.00	
1969 — Roger Colglazier, Abilene Christian	47.00	
1970 — Roger Colglazier, Abilene Christian	47.00	
1971 — Roger Colglazier, Abilene Christian	47.40	
1972 — Jackie Colbert, Lamar	47.00	

OUTDOOR TRACK & FIELD

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

1973 — Anthony Stroman, Arkansas State.....	46.30
1974 — Davis Collins, McNeese State.....	48.20
1975 — Pat Gullette, Louisiana-Lafayette	47.90
1976 — Robert Buckingham, Louisiana-Lafayette.....	48.40

400 Meter Dash

1977 — Anthony Stroman, Arkansas State.....	46.90
1978 — Doug Hinds, Lamar.....	47.60
1979 — Doug Hinds, Lamar.....	46.90
1980 — Doug Hinds, Lamar.....	47.37
1981 — Sid Appling, Lamar.....	46.71
1982 — Doug Hinds, Lamar.....	46.61
1983 — Jackie Harris, Lamar.....	45.89
1984 — Jackie Harris, Lamar.....	45.74
1985 — David McKinzie, Texas-Arlington.....	45.91
1986 — David Peltier, Texas-Arlington.....	46.20
1987 — Steve Armstrong, Arkansas State.....	46.71
1988 — Darrell Hadden, Texas State.....	46.59
1989 — Darrell Hadden, Texas State.....	45.90
1990 — Joel McCray, Texas-Arlington.....	46.56
1991 — Walter Allen, Louisiana-Monroe.....	46.43
1992 — Joel McCray, Texas-Arlington.....	46.84
1993 — Mitch Maxwell, Texas State.....	47.05
1994 — Leonard Byrd, Texas-San Antonio.....	46.46
1995 — Leonard Byrd, Texas-San Antonio.....	46.12
1996 — Leonard Byrd, Texas-San Antonio.....	44.88
1997 — Leonard Byrd, Texas-San Antonio.....	45.96
1998 — Daniel Hamilton, Texas State.....	47.30
1999 — Lee Hooks, McNeese State.....	46.68
2000 — Courtney Hale, Stephen F. Austin.....	46.18
2001 — Dee Dee Overton, Louisiana-Monroe.....	46.35
2002 — Raheem Travis, Texas State.....	46.81
2003 — Raheem Travis, Texas State.....	46.61
2004 — Robert Gill, Texas State.....	46.52
2005 — Trenton Price, Lamar.....	46.86
2006 — Chris Edison, Sam Houston State.....	46.77
2007 — Michael Courtney, Sam Houston State.....	46.49
2008 — Michael Courtney, Sam Houston State.....	46.85
2009 — Darryl Hayes, Sam Houston State.....	45.93
2010 — Michael Green, Northwestern State.....	46.66
2011 — Darryl Hayes, Sam Houston State.....	46.49
2012 — Cass Brown, Stephen F. Austin.....	1:00.00*
2013 — Cass Brown-Stewart, Stephen F. Austin.....	47.09
2014 — Cass Brown-Stewart, Stephen F. Austin.....	46.30

*Timer malfunction, no time recorded

880 Yard Run

1964 — Joe Leblanc, Lamar.....	1:53.60
1965 — Charles Christmas, Abilene Christian.....	1:52.90
1966 — Charles Christmas, Abilene Christian.....	1:51.10
1967 — John Richardson, Lamar.....	1:53.40
1968 — Dennis Bryant, Trinity.....	1:52.60
1969 — Ronnie Crawford, Abilene Christian.....	1:52.60
1970 — John Lopez, Abilene Christian.....	1:54.50
1971 — Larry Blackmon, Lamar.....	1:53.40
1972 — John Scurto, Arkansas State.....	1:54.60
1973 — Robert Messer, McNeese State.....	1:51.80
1974 — Robert Messer, McNeese State.....	1:54.10
1975 — Carl Lawson, Louisiana-Lafayette.....	1:53.30
1976 — Bruce Metcalf, Arkansas State.....	1:49.60

800 Meter Run

1977 — Bruce Metcalf, Arkansas State.....	1:51.70
1978 — Bruce Metcalf, Arkansas State.....	1:50.90
1979 — Ronnie Green, Arkansas State.....	1:51.00
1980 — Jessie Kibbles, Lamar.....	1:52.46
1981 — Curtis Washington, Louisiana-Lafayette.....	1:49.87
1982 — Curtis Washington, Louisiana-Lafayette.....	1:49.70
1983 — Johnny Walker, North Texas.....	1:48.60
1984 — Doug Glover, Louisiana-Monroe.....	1:48.87
1985 — Frank Morgan, Lamar.....	1:48.92
1986 — Carlos Ward, Lamar.....	1:49.77
1987 — Russell Mangum, Louisiana-Monroe.....	1:52.14
1988 — Bill Jones, Texas-Arlington.....	1:49.49
1989 — Joseph Sainah, Texas-Arlington.....	1:51.90
1990 — Joseph Sainah, Texas-Arlington.....	1:50.96
1991 — Terrance Beach, Texas-Arlington.....	1:51.88
1992 — Eddie Castillo, Texas-San Antonio.....	1:51.29
1993 — Ian Linton, Texas State.....	1:51.12
1994 — Terence Beach, Texas-Arlington.....	1:51.12
1995 — Sean Goetsch, Texas-San Antonio.....	1:51.04
1996 — Sean Goetsch, Texas-San Antonio.....	1:51.28
1997 — Escoffrey Thomas, Texas-Arlington.....	1:49.05
1998 — Escoffrey Thomas, Texas-Arlington.....	1:51.47
1999 — Andy Blackmore, McNeese State.....	1:50.85
2000 — Ruben Norlin, Lamar.....	1:51.76
2001 — Ras Bowman, Texas-Arlington.....	1:51.62
2002 — Jason Potter, Stephen F. Austin.....	1:50.53
2003 — Benji Jones, Louisiana-Monroe.....	1:50.67
2004 — Larry Brooks, Texas-San Antonio.....	1:51.29
2005 — Jake Champagne, Lamar.....	1:50.66
2006 — Larry Brooks, Texas-San Antonio.....	1:51.36
2007 — Larry Brooks, Texas-San Antonio.....	1:50.12
2008 — Idilio Campos, Texas-Arlington.....	1:51.28
2009 — Idilio Campos, Texas-Arlington.....	1:50.59
2010 — Dwight Robinson, Texas-Arlington.....	1:51.00
2011 — Joshua Sawe, McNeese State.....	1:52.34
2012 — Charles Grethen, Texas State.....	1:50.49
2013 — De'Quad Binder, Sam Houston State.....	1:53.39
2014 — De'Quad Binder, Sam Houston State.....	1:50.93

One Mile Run

1964 — Bobby Hargraves, Abilene Christian.....	4:22.20
1965 — Charles Christmas, Abilene Christian.....	4:11.40
1966 — Charles Christmas, Abilene Christian.....	4:10.20
1967 — Bob Giersberg, Arkansas State.....	4:09.80
1968 — Al Van Troba, Abilene Christian.....	4:06.40
1969 — John Lopez, Abilene Christian.....	4:11.90
1970 — John Lopez, Abilene Christian.....	4:12.10
1971 — Paul Chandler, Abilene Christian.....	4:11.60
1972 — Art Botterill, Louisiana-Lafayette.....	4:10.40
1973 — Jim Bailey, Arkansas State.....	4:08.00
1974 — Leroy Hobbs, Louisiana Tech.....	4:17.30
1975 — Carl Lawson, Louisiana-Lafayette.....	4:12.20
1976 — Tom Nolan, Louisiana-Lafayette.....	4:08.60

1,500 Meter Run

1977 — Pat O'Callaghan, McNeese State.....	3:42.90
1978 — Gary Speyrer, Louisiana Tech.....	3:55.20
1979 — David Kohrs, McNeese State.....	3:49.20
1980 — Frank Montebello, Lamar.....	3:48.95

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

1981 — Bob Forsythe, Arkansas State	3:51.32	1988 — Joey Chapman, North Texas	9:06.50
1982 — Gervy Papion, Louisiana-Lafayette	3:46.40	1989 — Reggie Senegal, Louisiana-Monroe	9:24.40
1983 — Pedro Caceres, Lamar	3:52.70	1990 — Trevor Murray, Louisiana-Monroe	9:34.71
1984 — Pedro Caceres, Lamar	3:50.75	1991 — Derrick Garrett, North Texas	9:13.82
1985 — Russell Mangum, Louisiana-Monroe	3:48.90	1992 — Drew Prisner, Louisiana-Monroe	9:14.50
1986 — Russell Mangum, Louisiana-Monroe	3:49.66	1993 — Reuben Najau, Louisiana-Monroe	9:09.93
1987 — Russell Mangum, Louisiana-Monroe	3:47.46	1994 — Reuben Najau, Louisiana-Monroe	9:00.54
1988 — Reggie Senegal, Louisiana-Monroe	3:48.97	1995 — Dennis Moynihan, Texas State	9:10.13
1989 — Tim Martin, North Texas	3:49.81	1996 — David Hartman, Texas-San Antonio	9:13.91
1990 — Trevor Murray, Louisiana-Monroe	3:50.20	1997 — Ryan Taylor, Texas-San Antonio	9:21.40
1991 — Shane Burt, North Texas	3:55.17	1998 — Jeremy Dye, Texas State	9:17.53
1992 — Eddie Castillo, Texas-San Antonio	3:51.80	1999 — Henrik Skoog, Texas-Arlington	9:14.46
1993 — Jason Haydel, Stephen F. Austin	3:52.68	2000 — Bjorn Ahlepil, Texas-Arlington	9:24.13
1994 — Rodger Krueger, Texas-Arlington	3:55.01	2001 — Michael Sang, Southeastern Louisiana	9:06.45
1995 — Christopher Strait, Texas-Arlington	3:59.17	2002 — Nathan Flores, Stephen F. Austin	9:07.23
1996 — Sammy Unberhagen, Texas State	3:55.09	2003 — Mike Thompson, Stephen F. Austin	9:05.62
1997 — Ryan Taylor, Texas-San Antonio	3:54.41	2004 — Mike Thompson, Stephen F. Austin	9:06.24
1998 — Philo Saunders, Texas-San Antonio	3:53.32	2005 — Raul Villarreal, Sam Houston State	9:09.07
1999 — Brian Keady, Stephen F. Austin	3:51.10	2006 — Nick Kay, McNeese State	9:14.05
2000 — Hector Andujo, Northwestern State	3:55.39	2007 — Kalphys Kemboi, Southeastern Louisiana	9:01.13
2001 — Henry Maruping, Texas-San Antonio	3:53.50	2008 — Kalphys Kemboi, Southeastern Louisiana	9:03.36
2002 — Kris Gilmore, McNeese State	3:48.83	2009 — Keith Mahipala, Stephen F. Austin	9:04.74
2003 — Chris Verheul, Louisiana-Monroe	3:58.22	2010 — Joonas Harjamaki, Lamar	8:56.26
2004 — Justin Meier, Stephen F. Austin	3:53.20	2011 — Adam Saloom, Stephen F. Austin	9:07.46
2005 — Chance Edwards, Stephen F. Austin	3:49.16	2012 — Joe Wade, Lamar	8:54.70
2006 — Danny Shaw, Lamar	3:57.65	2013 — Adam Saloom, Stephen F. Austin	9:00.60
2007 — Shadrack Songok, Texas A&M-Corpus Christi	3:49.67	2014 — Philipp Baar, Texas A&M-Corpus Christi	9:00.60
2008 — Shadrack Songok, Texas A&M-Corpus Christi	3:46.34		
2009 — Michael Cook, Texas-San Antonio	3:53.03		
2010 — Francis Kasagule, Lamar	3:54.29		
2011 — Patrick Kimeli, Texas A&M-Corpus Christi	3:48.41		
2012 — Tom Wade, Lamar	3:45.31		
2013 — Joe Wade, Lamar	3:51.17		
2014 — Sam Stabler, Lamar	3:51.97		
3,000 Meter Steeplechase			
1964 — Barry Boecher, Lamar	9:13.90		
1965 — Barry Boecher, Lamar	9:21.90		
1966 — Bruce Johnson, Abilene Christian	9:24.10		
1967 — Dale Drennan, Texas-Arlington	9:13.00		
1968 — Doug Boone, Lamar	9:18.50		
1969 — John Lopez, Abilene Christian	9:16.00		
1970 — Bob Gray, Arkansas State	9:39.90		
1971 — Bob Gray, Arkansas State	9:18.30		
1972 — Mike Holt, Arkansas State	9:49.20		
1973 — Pat McSweeney, McNeese State	9:27.80		
1974 — Leroy Hobbs, Louisiana Tech	9:10.00		
1975 — Russell Crowe, Lamar	9:16.60		
1976 — Pat O'Callaghan, McNeese State	8:57.80		
1977 — Pat O'Callaghan, McNeese State	7:45.60		
1978 — Paul Kassen, Arkansas State	9:13.10		
1979 — David Kohrs, McNeese State	8:53.00		
1980 — Frank Montebello, Lamar	8:52.10		
1981 — Daniel Laquerre, McNeese State	9:00.35		
1982 — Frank Montebello, Lamar	8:46.65		
1983 — Mike Plumb, Lamar	9:11.09		
1984 — Scott Hesketh, Lamar	9:10.90		
1985 — Rafael Colmenares, Lamar	8:54.12		
1986 — Fredrik Hesslevik, Lamar	8:55.10		
1987 — Muriuki Ngatia, Louisiana Tech	9:03.75		
1 440 meters			
Two Mile Run			
1964 — Barry Boecher, Lamar	9:54.10		
1965 — Barry Boecher, Lamar	9:31.50		
1966 — Charles Christmas, Abilene Christian	9:18.10		
Three Mile Run			
1967 — Doug Boone, Lamar	14:52.4		
1968 — Doug Boone, Lamar	14:23.6		
1969 — Kenny Link, Abilene Christian	14:33.5		
1970 — Kenny Link, Abilene Christian	14:49.2		
1971 — Bob Gray, Arkansas State	14:35.9		
1972 — Art Botterill, Louisiana-Lafayette	14:49.4		
1973 — Pat McSweeney, McNeese State	14:16.5		
1974 — Pat O'Callaghan, McNeese State	14:12.7		
1975 — Pat O'Callaghan, McNeese State	14:31.3		
1976 — Pat O'Callaghan, McNeese State	13:54.7		
5,000 Meter Run			
1977 — Noel McCarron, McNeese State	14:36.30		
1978 — Noel McCarron, McNeese State	15:04.40		
1979 — Glenn Wimer, Arkansas State	14:41.70		
1980 — Roger Barker, Louisiana Tech	14:21.94		
1981 — Steve Wilson, Arkansas State	14:35.76		
1982 — Brian Regan, McNeese State	14:37.50		
1983 — Ron Wakefield, North Texas	14:38.94		
1984 — Pedro Caceres, Lamar	14:52.54		
1985 — John Ratcliffe, Louisiana Tech	14:36.97		
1986 — Jonah Ngeny, North Texas	14:37.57		
1987 — Jonah Ngeny, North Texas	14:22.01		
1988 — Jonah Ngeny, North Texas	14:44.00		
1989 — Tom McGrath, McNeese State	14:48.76		

OUTDOOR TRACK & FIELD

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

1990 — Dylan Fugitt, North Texas.....	14:52.55
1991 — Tom McGrath, McNeese State	14:41.35
1992 — Thomas Teger, Texas-Arlington	15:06.82
1993 — James McGee, North Texas	14:56.11
1994 — Dennis Moynihan, Texas State	14:52.56
1995 — David Hartman, Texas-San Antonio	14:45.10
1996 — David Hartman, Texas-San Antonio	14:55.54
1997 — Trevor Foolkes, McNeese State.....	14:56.80
1998 — Rob Genzel, Stephen F. Austin	14:56.86
1999 — Kevin Smelley, Nicholls State	14:52.02
2000 — Ciaran Doogan, Texas-Arlington.....	15:05.47
2001 — Michael Sang, Southeastern Louisiana.....	14:35.01
2002 — Nathan Flores, Stephen F. Austin	14:44.93
2003 — Randy Arias, Texas State	14:52.20
2004 — Erik Petersson, Texas-Arlington	14:37.32
2005 — Raul Villarreal, Sam Houston State.....	14:52.25
2006 — Brandon Moseley, Sam Houston State	14:55.02
2007 — Francis Kasagule, Lamar	14:36.95
2008 — Shadrack Songok, Texas A&M-Corpus Christi	14:20.81
2009 — Samuel Kosgei, Lamar.....	14:21.60
2010 — Samuel Kosgei, Lamar.....	14:23.85
2011 — Jarrett LeBlanc, McNeese State.....	14:55.30
2012 — David Rooney, McNeese State	14:05.80
2013 — David Rooney, McNeese State	14:22.17
2014 — Sam Stabler, Lamar	14:55.29

10,000 Meter Run

1989 — Mike Braly, Stephen F. Austin.....	31:13.05
1990 — Trevor Murray, Louisiana-Monroe.....	31:21.19
1991 — Tom McGrath, McNeese State	30:41.25
1992 — Thomas Teger, Texas-Arlington	31:40.70
1993 — James McGee, North Texas	31:01.03
1994 — Gary Guererro, Texas-San Antonio	31:34.61
1995 — David Hartman, Texas-San Antonio	29:57.48
1996 — David Hartman, Texas-San Antonio	31:28.73
1997 — Jason Buie, Texas-Arlington.....	31:35.90
1998 — Kevin Smelley, Nicholls State.....	31:38.12
1999 — Kevin Smelley, Nicholls State.....	31:28.25
2000 — Randy Arias, Texas State	31:13.64
2001 — Randy Arias, Texas State	31:07.02
2002 — Nathan Flores, Stephen F. Austin	31:29.54
2003 — Randy Arias, Texas State	31:27.46
2004 — Julian Acuna, Stephen F. Austin.....	30:47.97
2005 — Raul Villarreal, Sam Houston State.....	31:51.93
2006 — Josh Hawkins, Sam Houston State.....	32:20.35
2007 — Kalphys Kemboi, Southeastern Louisiana.....	31:32.05
2008 — Henry Rop, Southeastern Louisiana	31:26.23
2009 — Mitch Ownbey, Stephen F. Austin	30:54.73
2010 — Mitch Ownbey, Stephen F. Austin	31:43.15
2011 — Jarrett LeBlanc, McNeese State.....	31:45.74
2012 — David Rooney, McNeese State	30:51.78
2013 — David Rooney, McNeese State	29:50.83
2014 — Nicholas Guerra, Stephen F. Austin.....	31:06.70

120 Yard Hurdles

1964 — J.C. Modica, Lamar	w14.20
1965 — Dell Cothren, Abilene Christian.....	14.50
1966 — Ken Walter, Texas-Arlington.....	14.40
1967 — Craig Fox, Abilene Christian.....	14.50
1968 — Thomas Hill, Arkansas State	14.40
1969 — Thomas Hill, Arkansas State	13.70

1970 — Thomas Hill, Arkansas State	13.70
1971 — Tom Prejean, Lamar	14.50
1972 — Thomas Hill, Arkansas State	13.80
1973 — Ricky Stubbs, Louisiana Tech	13.50
1974 — Ricky Stubbs, Louisiana Tech	w13.30
1975 — Monroe Ford, Louisiana Tech.....	14.20
1976 — Monroe Ford, Louisiana Tech.....	13.80

110 Meter Hurdles

1977 — Donnie Taylor, Arkansas State	w13.50
1978 — Monroe Ford, Louisiana Tech.....	14.30
1979 — Martin Lawson, Louisiana-Lafayette	14.10
1980 — Al Joyner, Arkansas State	14.21
1981 — Stephen Starring, McNeese State	w14.04
1982 — Martin Lawson, Louisiana-Lafayette	13.90
1983 — Stephen Starring, McNeese State	w13.79
1984 — Sansiski Daniels, Texas-Arlington	13.66
1985 — Sansiski Daniels, Texas-Arlington	13.88
1986 — Sansiski Daniels, Texas-Arlington	w13.69
1987 — Pat Griffin, Louisiana-Monroe	14.19
1988 — McClinton Neal, Texas-Arlington	14.17
1989 — McClinton Neal, Texas-Arlington	14.17
1990 — McClinton Neal, Texas-Arlington	14.02
1991 — McClinton Neal, Texas-Arlington	w13.75
1992 — Kevan Mills, Texas State	14.22
1993 — Kevan Mills, Texas State	w13.72
1994 — Kevin Ellis, Stephen F. Austin.....	13.95
1995 — Phillip Lewis, McNeese State	13.79
1996 — Kevin Ellis, Stephen F. Austin.....	13.68
1997 — Errol Byles, Texas-Arlington	14.11
1998 — Austin Wighaman, Texas State	14.00
1999 — Michael Robbins, Louisiana-Monroe	14.38
2000 — Austin Wighaman, Texas State	13.89
2001 — Alex Flores, Texas-San Antonio	14.20
2002 — Carl Johnson, Texas-San Antonio.....	13.93
2003 — Adrian Ray, Sam Houston State	13.71
2004 — Carl Johnson, Texas-San Antonio.....	13.84
2005 — Adrian Ray, Sam Houston State	13.68
2006 — Jon McDowell, Texas-Arlington.....	14.02
2007 — Jon McDowell, Texas-Arlington.....	13.79
2008 — Will Vese, Texas-San Antonio	13.86
2009 — Damian Manning, Southeastern Louisiana	14.13
2010 — Nick McCloud, Stephen F. Austin	13.84
2011 — Nick McCloud, Stephen F. Austin	13.77
2012 — Keyunta Hayes, Texas-San Antonio	13.86
2013 — Nick McCloud, Stephen F. Austin	w14.19
2014 — Abram Taylor, Stephen F. Austin.....	w14.13

330 Yard Hurdles

1964 — Billy Pemelton, Abilene Christian.....	38.00
1965 — Robert Rouse, Lamar	38.50
1966 — Craig Fox, Abilene Christian.....	38.00

440 Yard Hurdles

1967 — Craig Fox, Abilene Christian.....	54.00
1968 — Ken Walter, Texas-Arlington.....	55.00
1969 — Lance Adams, Texas-Arlington.....	52.20
1970 — Lance Adams, Texas-Arlington.....	52.90
1971 — Steve Hinton, Abilene Christian.....	54.10
1972 — Randy Robicheaux, Louisiana Tech.....	52.80
1973 — Ricky Stubbs, Louisiana Tech	51.50

OUTDOOR TRACK & FIELD



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

1974 — Ricky Stubbs, Louisiana Tech	52.40
1975 — Alan Smith, Lamar	51.80
1976 — Jim Mauldin, Louisiana Tech	52.10

400 Meter Hurdles

1977 — Daniel Stagg, Lamar	51.10
1978 — Daniel Stagg, Lamar	50.50
1979 — Eddie Robinson, Lamar	51.80
1980 — Eddie Robinson, Lamar	52.55
1981 — Martin Lawson, Louisiana-Lafayette	50.65
1982 — Martin Lawson, Louisiana-Lafayette	50.43
1983 — Christer Gulstrant, Lamar	51.19
1984 — Nicholas Ross, Lamar	50.58
1985 — Ulf Sedlacek, Lamar	50.64
1986 — Sansiski Daniels, Texas-Arlington	51.19
1987 — Pat Griffin, Louisiana-Monroe	51.71
1988 — McClinton Neal, Texas-Arlington	50.25
1989 — McClinton Neal, Texas-Arlington	50.05
1990 — McClinton Neal, Texas-Arlington	49.53
1991 — McClinton Neal, Texas-Arlington	50.53
1992 — James Lobdell, North Texas	52.24
1993 — Clinton Williams, Northwestern State	51.67
1994 — Errol Byles, Texas-Arlington	51.75
1995 — Errol Byles, Texas-Arlington	51.42
1996 — Errol Byles, Texas-Arlington	50.81
1997 — Errol Byles, Texas-Arlington	51.02
1998 — Jok-Tan Byerly, Texas-San Antonio	50.19
1999 — Mark LeDoux, Lamar	51.18
2000 — Mark LeDoux, Lamar	50.58
2001 — Josh Rosenthal, Texas-Arlington	51.27
2002 — Adam Hudson, Texas State	51.41
2003 — Jamal Collier, Texas State	51.25
2004 — Jamal Collier, Texas State	50.79
2005 — Adrian Ray, Sam Houston State	50.85
2006 — T.R. Sissel, Texas-San Antonio	51.83
2007 — Lane Dennis, Sam Houston State	51.06
2008 — Lane Dennis, Sam Houston State	50.63
2009 — Lane Dennis, Sam Houston State	50.69
2010 — Aundrea Williams, Texas-Arlington	51.39
2011 — Keyunta Hayes, Texas-San Antonio	52.25
2012 — Keyunta Hayes, Texas-San Antonio	50.37
2013 — Jeffery Gibson, Oral Roberts	51.07
2014 — Josh Taylor, Stephen F. Austin	50.77

440 Yard Relay

1964 — Lamar	41.60
1965 — Lamar	41.20
1966 — Abilene Christian	41.50
1967 — Lamar	41.30
1968 — Trinity	41.00
1969 — Abilene Christian	40.50
1970 — Lamar	41.30
1971 — Lamar	41.40
1972 — Louisiana-Lafayette	40.60
1973 — Louisiana-Lafayette	40.30
1974 — Lamar	41.00
1975 — Louisiana-Lafayette	41.00
1976 — Arkansas State	41.40
1977 — Arkansas State	40.50

400 Meter Relay	
1978 — Lamar	40.70
1979 — Lamar	40.50
1980 — Texas-Arlington	40.60
1981 — Texas-Arlington	40.33
1982 — Texas-Arlington	40.25
1983 — Lamar	40.51
1984 — Lamar	40.01
1985 — Louisiana-Monroe	39.88
1986 — Louisiana Tech	40.13
1987 — Louisiana Tech	40.10
1988 — Northwestern State	39.70
1989 — Texas-Arlington	40.24
1990 — Northwestern State	40.28
1991 — Texas-Arlington	40.20
1992 — Louisiana-Monroe	40.85
1993 — Northwestern State	40.16
1994 — Stephen F. Austin	40.26
1995 — Louisiana-Monroe	40.25
1996 — Texas-Arlington	39.83
1997 — Texas-Arlington	39.81
1998 — Northwestern State	40.24
1999 — Lamar	40.61
2000 — Texas-Arlington	39.58
2001 — Northwestern State	40.12
2002 — Texas-San Antonio	40.35
2003 — Sam Houston State	40.19
2004 — McNeese State	40.82
2005 — Sam Houston State	40.26
2006 — Sam Houston State	40.16
2007 — Texas-Arlington	40.14
2008 — Texas-San Antonio	40.21
2009 — Texas-Arlington	39.75
2010 — Texas-Arlington	40.13
2011 — Northwestern State	40.57
2012 — Texas State	40.20
2013 — Southeastern Louisiana	40.96
2014 — Northwestern State	39.89

¹ 440 meters

One Mile Relay

1964 — Lamar	3:18.2
1965 — Lamar	3:10.2
1966 — Abilene Christian	3:13.5
1967 — Abilene Christian	3:13.1
1968 — Abilene Christian	3:12.1
1969 — Abilene Christian	3:09.0
1970 — Abilene Christian	3:10.6
1971 — Lamar	3:13.1
1972 — Louisiana-Lafayette	3:11.9
1973 — Louisiana-Lafayette	3:11.7
1974 — McNeese State	3:14.4
1975 — McNeese State	3:15.2
1976 — Arkansas State	3:13.2
1977 — Arkansas State	3:12.4

1,600 Meter Relay

1978 — Lamar	3:11.00
1979 — Lamar	3:10.20
1980 — Lamar	3:11.65
1981 — Lamar	3:10.20

OUTDOOR TRACK & FIELD

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

1982 — Texas-Arlington	3:08.40
1983 — Texas-Arlington	3:09.19
1984 — Texas-Arlington	3:07.27
1985 — Texas-Arlington	3:06.71
1986 — Texas-Arlington	3:09.67
1987 — Louisiana Tech	3:07.13
1988 — Texas State	3:08.47
1989 — Texas-Arlington	3:04.60
1990 — Northwestern State	3:09.72
1991 — Texas-Arlington	3:09.03
1992 — Northwestern State	3:11.81
1993 — Northwestern State	3:09.57
1994 — Texas-Arlington	3:08.51
1995 — Texas-San Antonio	3:09.76
1996 — North Texas	3:09.98
1997 — Louisiana-Monroe	3:13.42
1998 — Texas-San Antonio	3:11.51
1999 — McNeese State	3:10.37
2000 — Texas-Arlington	3:09.39
2001 — Texas-San Antonio	3:07.44
2002 — Texas-San Antonio	3:10.58
2003 — Lamar	3:11.23
2004 — Texas State	3:10.25
2005 — Sam Houston State	3:09.03
2006 — Sam Houston State	3:10.54
2007 — Texas-Arlington	3:09.81
2008 — Sam Houston State	3:09.00
2009 — Southeastern Louisiana	3:06.79
2010 — Northwestern State	3:07.68
2011 — Sam Houston State	3:09.97
2012 — Sam Houston State	3:07.49
2013 — Stephen F. Austin	3:13.92
2014 — Texas A&M-Corpus Christi	3:10.03

High Jump

1964 — Colin Ridgeway, Lamar	6-08.50
1965 — Jerald Spencer, Arkansas State	6-08.50
1966 — Al Kraft, Texas-Arlington	6-07.00
1967 — Jerald Spencer, Arkansas State	6-05.75
1968 — Randal Michael, Abilene Christian	6-01.75
1969 — Larry Oakes, Texas-Arlington	6-05.00
1970 — Kim Rogers, Abilene Christian	6-06.00
1971 — Mike Linden, Lamar	6-06.00
1972 — George Thornton, Louisiana Tech	6-09.00
1973 — George Thornton, Louisiana Tech	6-10.00
1974 — Wesley Smith, Louisiana Tech	6-08.00
1975 — Gary Easley, Arkansas State	6-08.00
1976 — Monroe Ford, Louisiana Tech	6-08.00
1977 — Rickey DeWees, Arkansas State	6-10.75
1978 — Byron Hildebrand, Lamar	6-08.00
1979 — Rickey DeWees, Arkansas State	7-00.00
1980 — Darrell Webb, Louisiana Tech	7-01.75
1981 — Greg Schaper, Arkansas State	7-00.00
1982 — Doug Shouse, Arkansas State	7-04.50
1983 — Doug Shouse, Arkansas State	7-05.50
1984 — Thomas Eriksson, Lamar	7-05.75
1985 — Thomas Eriksson, Lamar	7-03.50
1986 — Byron Wright, Louisiana-Monroe	7-00.00
1987 — David St. John, Arkansas State	7-01.75
1988 — Brian Brown, Northwestern State	7-03.25
1989 — Charles Austin, Texas State	7-01.75

1990 — Charles Austin, Texas State	7-08.50
1991 — Eric Lancellin, Northwestern State	6-10.75
1992 — Mike St. Julien, McNeese State	6-11.75
1993 — Eric Lancellin, Northwestern State	7-01.75
1994 — Chris Olson-O'Neill, Stephen F. Austin	6-11.75
1995 — Terrance Bean, Northwestern State	7-01.75
1996 — Terrance Bean, Northwestern State	7-03.00
1997 — Michael Roberson, McNeese State	7-00.50
1998 — Felipe Apablaza, Northwestern State	6-11.75
1999 — Felipe Apablaza, Northwestern State	7-01.75
2000 — Paul Todd, Stephen F. Austin	7-01.75
2001 — Ryan Chambers, Texas-Arlington	7-01.75
2002 — Steve Ortiz, Texas-San Antonio	7-00.50
2003 — Cameron Waugh, Northwestern State	6-11.50
2004 — Paul Todd, Stephen F. Austin	6-10.75
2005 — Derrion Harris, Northwestern State	6-10.75
2006 — Ryder Peacock, Stephen F. Austin	6-08.75
2007 — Corey Billzone, Southeastern Louisiana	6-10.75
2008 — Andrew Duncan, Texas-Arlington	7-00.50
2009 — Isiah Clements, Texas-Arlington	6-10.75
2010 — Devon Bond, Texas-San Antonio	6-11.75
2011 — Keith Benford, Texas-San Antonio	6-10.75
2012 — Isiah Clements, Texas-Arlington	7-05.00
2013 — Clarence Robinson, Southeastern Louisiana	6-08.75
2014 — Andre Moseley, Sam Houston State	6-09.00

Pole Vault

1964 — Billy Pemelton, Abilene Christian	15-06.25
1965 — James Bishop, Arkansas State	14-11.50
1966 — Gary Hobson, Abilene Christian	15-07.00
1967 — Eugene Beene, Abilene Christian	15-00.00
1968 — Gary Hobson, Abilene Christian	15-08.50
1969 — Dennis Sledge, Abilene Christian	15-11.50
1970 — Gene Riley, Abilene Christian	15-06.00
1971 — John Whitson, Lamar	16-01.75
1972 — Billy Dalton, Louisiana-Lafayette	15-06.00
1973 — David Howard, Abilene Christian	15-06.00
1974 — Barney Hess, Arkansas State	17-00.50
1975 — Earl Bell, Arkansas State	16-01.00
1976 — Earl Bell, Arkansas State	17-03.00
1977 — Earl Bell, Arkansas State	17-05.50
1978 — Andy Pintus, Arkansas State	16-03.00
1979 — J.W. Korell, Arkansas State	16-06.00
1980 — Paul Pilla, Arkansas State	16-00.00
1981 — Steve Stubblefield, Arkansas State	16-06.00
1982 — Steve Stubblefield, Arkansas State	17-00.00
1983 — Scott Shaffer, Arkansas State	17-00.00
1984 — Steve Stubblefield, Arkansas State	18-00.00
1985 — Johnny Fewell, Arkansas State	16-09.00
1986 — Donnie Kemp, Texas-Arlington	17-00.00
1987 — Scott Shaffer, Arkansas State	17-09.00
1988 — Mike Freeberg, Texas-Arlington	17-00.00
1989 — Scott Hennig, Texas State	16-06.00
1990 — Keith Finney, Texas-Arlington	16-08.75
1991 — Scott Hennig, Texas State	17-05.00
1992 — Scott Hennig, Texas State	17-03.00
1993 — Tommy Richards, Stephen F. Austin	16-05.50
1994 — Barry Hurtt, Texas State	16-06.75
1995 — Linwood Johnson, Louisiana-Monroe	16-06.00
1996 — Linwood Johnson, Louisiana-Monroe	17-00.00

OUTDOOR TRACK & FIELD



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

1997 — Shane Stewart, Sam Houston State	17-08.50	2004 — Brian Veal, Texas State	25-00.50
1998 — Shane Stewart, Sam Houston State	16-07.25	2005 — Quinchun Carey, Texas-Arlington	24-06.50
1999 — Joc Mitchell, Texas-Arlington	16-10.00	2006 — Reggie Lazenby, Stephen F. Austin	26-02.25
2000 — Geoffrey Fairbanks, Texas State	18-01.25	2007 — Mo Jackson, Texas-San Antonio	23-11.50
2001 — Joc Mitchell, Texas-Arlington	16-08.75	2008 — Quinchun Carey, Texas-Arlington	25-01.25
2002 — Adam Keul, Stephen F. Austin	17-09.25	2009 — Chris Gilchrist, Sam Houston State	24-01.75
2003 — Geoff Fairbanks, Texas State	17-04.50	2010 — Tyler Williamson, Texas-San Antonio	24-02.25
2004 — Shay Collett, Texas-Arlington	17-04.50	2011 — Jaron Criswell, Central Arkansas	24-09.25
2005 — Randy Flach, Sam Houston State	18-00.50	2012 — Jamal Peden, Stephen F. Austin	25-08.75
2006 — Matt Adkisson, Sam Houston State	17-06.50	2013 — Morrie Turner, Oral Roberts	24-07.00
2007 — Matt Adkisson, Sam Houston State	17-06.50	2014 — Jamal Peden, Stephen F. Austin	w25-03.25
2008 — Wade Hayes, Texas-Arlington	17-00.75		
2009 — Wade Hayes, Texas-Arlington	16-06.75		
2010 — Landon Ferguson, Texas State	16-01.75		
2011 — Colton Ross, Stephen F. Austin	16-06.75		
2012 — Logan Cunningham, Texas State	18-01.75		
2013 — Jack Whitt, Oral Roberts	18-02.50		
2014 — Colton Ross, Stephen F. Austin	18-02.75		
Long Jump		Triple Jump	
1964 — Jerry Dyes, Abilene Christian	w24-10.50	1964 — Jerry Dyes, Abilene Christian	45-07.25
1965 — Ford Brown, Lamar	22-10.00	1965 — Ed Pruitt, Arkansas State	44-03.25
1966 — Gerald Williams, Lamar	22-03.25	1966 — Gerald Williams, Lamar	w45-09.50
1967 — Gerald Williams, Lamar	w23-11.25	1967 — Gerald Williams, Lamar	w47-02.50
1968 — DeeWayne Gray, Texas-Arlington	23-01.75	1968 — Brent Schumacher, Trinity	44-08.00
1969 — Brent Schumacher, Trinity	23-04.50	1969 — Gary Parker, Lamar	46-00.50
1970 — DeeWayne Gray, Texas-Arlington	24-00.25	1970 — Mike Linden, Lamar	48-00.50
1971 — Toby Mitchell, Lamar	24-07.25	1971 — Mike Linden, Lamar	47-07.00
1972 — Kim Bellis, Arkansas State	24-08.50	1972 — Edward Robinson, Lamar	49-07.50
1973 — Charles Cook, Louisiana-Lafayette	24-06.00	1973 — Charles Cook, Louisiana-Lafayette	50-01.00
1974 — Wesley Smith, Louisiana Tech	25-09.50	1974 — Steve Deveaux, McNeese State	50-00.75
1975 — Wesley Smith, Louisiana Tech	26-00.50	1975 — Wesley Smith, Louisiana Tech	52-11.75
1976 — Monroe Ford, Louisiana Tech	24-09.75	1976 — Kenneth Earls, Lamar	49-06.25
1977 — William Tate, Arkansas State	w25-02.50	1977 — Mike Martin, Louisiana-Lafayette	w50-06.00
1978 — Wendell Woods, Louisiana Tech	25-02.75	1978 — Wendell Woods, Louisiana Tech	52-08.00
1979 — Michael Coleman, Lamar	24-04.50	1979 — Michael Coleman, Lamar	51-00.00
1980 — Gilbert Smith, Texas-Arlington	25-07.75	1980 — Ed Lloyd, McNeese State	51-11.25
1981 — Gilbert Smith, Texas-Arlington	25-09.25	1981 — Al Joyner, Arkansas State	51-01.00
1982 — Gilbert Smith, Texas-Arlington	26-03.00	1982 — Michael Coleman, Lamar	52-02.00
1983 — Stephen Starring, McNeese State	w25-05.50	1983 — Al Joyner, Arkansas State	w53-09.25
1984 — Troy Amboree, Lamar	26-00.25	1984 — Thomas Eriksson, Lamar	53-11.00
1985 — Thomas Eriksson, Lamar	w25-08.75	1985 — Thomas Eriksson, Lamar	51-07.25
1986 — Andre Ester, Louisiana-Monroe	25-10.50	1986 — James Richardson, Lamar	51-09.00
1987 — Andre Ester, Louisiana-Monroe	w27-02.00	1987 — William Beasley, Arkansas State	52-10.75
1988 — Gordon McKee, Texas State	24-11.75	1988 — Ronald Johnson, Texas-Arlington	51-02.75
1989 — Gordon McKee, Texas State	25-10.25	1989 — Derrick Dixson, Stephen F. Austin	49-06.25
1990 — Gordon McKee, Texas State	26-01.25	1990 — Derrick Dixson, Stephen F. Austin	52-02.75
1991 — Jerry Harris, Louisiana-Monroe	25-05.25	1991 — LaMark Carter, Northwestern State	52-05.25
1992 — LaMark Carter, Northwestern State	25-04.00	1992 — LaMark Carter, Northwestern State	51-07.00
1993 — Nat Sowell, Louisiana-Monroe	26-00.25	1993 — LaMark Carter, Northwestern State	w53-02.75
1994 — Nat Sowell, Louisiana-Monroe	24-09.75	1994 — Eric Lancelin, Northwestern State	53-03.50
1995 — Nat Sowell, Louisiana-Monroe	25-11.00	1995 — Nat Sowell, Louisiana-Monroe	53-06.25
1996 — Nat Sowell, Louisiana-Monroe	25-02.75	1996 — Nat Sowell, Louisiana-Monroe	53-09.75
1997 — Nelson Stewart, Texas-Arlington	25-00.75	1997 — Rodney Black, Stephen F. Austin	50-01.75
1998 — Marcell Williams, Stephen F. Austin	25-10.75	1998 — Kenta Bell, Northwestern State	52-06.75
1999 — Marcell Williams, Stephen F. Austin	25-07.50	1999 — Kenta Bell, Northwestern State	54-02.50
2000 — Garfield Swaby, Texas State	26-00.25	2000 — Tyson Dillard, Northwestern State	53-07.75
2001 — Andre Horn, Texas-Arlington	25-02.75	2001 — David Williams, Northwestern State	51-10.00
2002 — Courage Idusuyi, Southeastern Louisiana	25-02.00	2002 — Courage Idusuyi, Southeastern Louisiana	51-09.75
2003 — Cedric Scott, Northwestern State	24-09.00	2003 — Brian Veal, Texas State	53-03.50
		2004 — Brian Veal, Texas State	54-02.00
		2005 — Brian Veal, Texas State	54-01.75
		2006 — Darrick Brown, McNeese State	49-04.50
		2007 — James Randall, Southeastern Louisiana	48-10.75
		2008 — Michael Rheams, Southeastern Louisiana	51-07.00
		2009 — Chris Gilchrist, Sam Houston State	51-00.75
		2010 — Devon Bond, Texas-San Antonio	52-10.75

OUTDOOR TRACK & FIELD

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

2011 — Devon Bond, Texas-San Antonio	52-06.50
2012 — Jamal Peden, Stephen F. Austin	52-06.00
2013 — Karique Stephen, Sam Houston State.....	51-09.00
2014 — Charles White, Sam Houston State.....	51-07.75

Shot Put

1964 — Roger Orell, Abilene Christian	54-09.00
1965 — Roger Orell, Abilene Christian	58-00.75
1966 — David Young, Arkansas State	52-00.50
1967 — David Young, Arkansas State	53-03.00
1968 — Eddie Anderson, Texas-Arlington	53-06.00
1969 — Ken Terrell, Lamar	52-11.25
1970 — Ken Terrell, Lamar	54-01.50
1971 — Don Morrison, Texas-Arlington.....	55-01.00
1972 — Steve Martin, Abilene Christian	58-06.25
1973 — Steve Martin, Abilene Christian	60-00.00
1974 — Ray Smith, McNeese State.....	55-09.75
1975 — T.J. Humphreys, Arkansas State	55-08.50
1976 — T.J. Humphreys, Arkansas State	54-07.25
1977 — Ed Perkins, Louisiana-Lafayette.....	53-07.75
1978 — Roger Henderson, Louisiana Tech.....	53-03.25
1979 — Roger Henderson, Louisiana Tech.....	54-00.00
1980 — Parnell Lykes, Lamar	53-07.50
1981 — Brian Gower, Texas-Arlington.....	54-07.00
1982 — Brian Gower, Texas-Arlington.....	54-11.25
1983 — Brian Dalatri, Louisiana Tech	61-01.00
1984 — Steve Cate, Louisiana Tech.....	60-06.00
1985 — John Campbell, Louisiana Tech	65-04.50
1986 — Steve Cate, Louisiana Tech.....	64-03.00
1987 — James Parman, Louisiana-Monroe.....	59-09.00
1988 — Peter Dajia, Texas-Arlington.....	61-02.00
1989 — Ronny Kvist, Louisiana-Monroe.....	55-11.75
1990 — Kevin Toth, McNeese State	56-06.75
1991 — Kevin Toth, McNeese State	58-03.50
1992 — Rick Werline, Louisiana-Monroe	60-07.75
1993 — Hakan Karlberg, Texas State	56-02.00
1994 — Ryan Martin, Northwestern State	53-11.25
1995 — Chris Gonzales, Sam Houston State	54-07.50
1996 — Mike Heimerman, Northwestern State	56-01.00
1997 — Chris Gonzales, Sam Houston State	58-03.75
1998 — Chris Gonzales, Sam Houston State	59-02.25
1999 — David Estes, Louisiana-Monroe.....	55-10.50
2000 — David Estes, Louisiana-Monroe.....	56-03.00
2001 — Terry Coleman, Sam Houston State	57-10.25
2002 — Issa Banna, Northwestern State	53-02.75
2003 — Issa Banna, Northwestern State	57-01.00
2004 — Issa Banna, Northwestern State	59-04.25
2005 — Kenneth McKinley, Stephen F. Austin.....	59-07.50
2006 — Kemuel Morales, Texas State.....	58-03.75
2007 — Kenneth McKinley, Stephen F. Austin.....	56-08.75
2008 — Teremine White, Southeastern Louisiana	57-02.75
2009 — Kemuel Morales, Texas State	59-09.50
2010 — Adonson Shallow, Southeastern Louisiana	60-03.75
2011 — Jon Arthur, Stephen F. Austin	58-08.00
2012 — Richard Garrett, Texas-San Antonio.....	61-08.25
2013 — Jon Arthur, Stephen F. Austin	63-08.75
2014 — Jeff Milliron, Southeastern Louisiana	58-05.75

Discus

1964 — Roger Orrell, Abilene Christian	174-02
1965 — Roger Orrell, Abilene Christian	168-09
1966 — Peter Nimmo, Lamar	165-04
1967 — David Parsons, Abilene Christian.....	160-00
1968 — David Parsons, Abilene Christian.....	167-07
1969 — Wayne Walton, Abilene Christian.....	168-01
1970 — Wayne Walton, Abilene Christian.....	177-10
1971 — Steve Rice, Lamar	173-03
1972 — Steve Rice, Lamar	158-08
1973 — Bruce Hogan, Abilene Christian.....	164-05
1974 — Steve Rice, Lamar	169-06
1975 — Don Davis, Lamar	160-10
1976 — Don Davis, Lamar	168-00
1977 — Don Davis, Lamar	168-11
1978 — Roger Henderson, Louisiana Tech.....	166-01
1979 — Ken Justice, Texas-Arlington.....	172-02
1980 — Ken Justice, Texas-Arlington.....	170-08
1981 — Craig Lee, Louisiana-Lafayette.....	169-11
1982 — Paul Blissard, Arkansas State	166-06
1983 — Nonah Hadnot, Lamar	177-08
1984 — Steve Cate, Louisiana Tech.....	180-03
1985 — James Parman, Louisiana-Monroe.....	181-04
1986 — Steve Cate, Louisiana Tech.....	185-07
1987 — James Parman, Louisiana-Monroe.....	184-10
1988 — Ronny Kvist, Louisiana-Monroe.....	164-00
1989 — Lance Davenport, Texas State	180-02
1990 — Lance Davenport, Texas State	184-04
1991 — Rick Werline, Louisiana-Monroe	177-05
1992 — Rick Werline, Louisiana-Monroe	193-06
1993 — Hakan Karlberg, Texas State	181-02
1994 — Ryan Martin, Northwestern State	172-04
1995 — Fredrick Makk, Texas State	186-07
1996 — Fredrick Makk, Texas State	180-05
1997 — Howard Brown, Texas State.....	176-00
1998 — Chris Gonzalez, Sam Houston State	177-01
1999 — David Estes, Louisiana-Monroe.....	176-03
2000 — David Estes, Louisiana-Monroe.....	178-08
2001 — Ronnie Porter, Texas State.....	170-01
2002 — Sam Johnson, Texas State.....	183-04
2003 — Sam Johnson, Texas State.....	183-02
2004 — Sam Johnson, Texas State.....	182-03
2005 — Ruben Stephens, Southeastern Louisiana	173-03
2006 — Teremine White, Southeastern Louisiana	172-05
2007 — Robert Melin, Texas State	178-10
2008 — Teremine White, Southeastern Louisiana	177-08
2009 — Jon Tipton, Sam Houston State.....	190-10
2010 — Adonson Shallow, Southeastern Louisiana	183-10
2011 — Clint Harris, Stephen F. Austin	180-01
2012 — Clint Harris, Stephen F. Austin	183-01
2013 — Jeff Milliron, Southeastern Louisiana	163-01
2014 — Jeff Milliron, Southeastern Louisiana	178-08

Hammer Throw

2005 — Kelley Jackson, Texas-Arlington.....	168-00
2006 — Robert Melin, Texas State	177-10
2007 — Robert Melin, Texas State	189-11
2008 — Chris Cralle, Sam Houston State	200-02
2009 — Chris Cralle, Sam Houston State	209-10
2010 — Adonson Shallow, Southeastern Louisiana	205-09

OUTDOOR TRACK & FIELD



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

2011 — Chris Cralle, Sam Houston State	206-08	Decathlon	
2012 — Jared Crafton, McNeese State	187-09	1989 — Drew Fucci, Texas State	7,479
2013 — Jon Arthur, Stephen F. Austin	204.06	1990 — Robert Carr, Sam Houston State	6,655
2014 — Baptiste Kerjean, Abilene Christian	210.01	1991 — Mike Lewis, Texas State	6,623
Javelin		1992 — Rickey Brown, Texas-Arlington	6,616
1964 — Jerry Dyes, Abilene Christian	243-03	1993 — Tommy Richards, Stephen F. Austin	7,689
1965 — Jeff Lansdale, Arkansas State	230-00	1994 — Patrik Anderson, Texas State	7,319
1966 — Jeff Lansdale, Arkansas State	230-09	1995 — James Lewis, Texas State	6,874
1967 — Jeff Lansdale, Arkansas State	215-08	1996 — Ben Ploetz, Texas State	6,779
1968 — Max Harding, Abilene Christian	200-03	1997 — John Cordes, Sam Houston State	6,933
1969 — Max Harding, Abilene Christian	211-10	1998 — Ben Ploetz, Texas State	7,446
1970 — Max Harding, Abilene Christian	224-03	1999 — John Cordes, Sam Houston State	7,312
1971 — Max Harding, Abilene Christian	227-01	2000 — Justin Nichols, Texas-Arlington	6,594
1972 — Ronnie Bamberg, Louisiana Tech	247-06	2001 — Kristian Rahnu, McNeese State	7,534
1973 — Glenn Pere, Lamar	241-03	2002 — Kristian Rahnu, McNeese State	8,081
1974 — Ronnie Bamberg, Louisiana Tech	237-00	2003 — Edwin Billot, McNeese State	7,259
1975 — Jim Gonsoulin, McNeese State	218-06	2004 — Edwin Billot, McNeese State	7,415
1976 — Donald Sonnier, McNeese State	206-11	2005 — Jesse Smith, Sam Houston State	6,897
1977 — Dennis Morris, McNeese State	231-10	2006 — Bryan Wolfe, Texas-San Antonio	6,887
1978 — Allen Lowes, Texas-Arlington	240-10	2007 — Brandon Buteaux, Texas-San Antonio	7,148
1979 — Allen Lowes, Texas-Arlington	252-07	2008 — Tommy Wolfe, Texas-San Antonio	7,395
1980 — Richard Robinson, Louisiana-Lafayette	223-08	2009 — Cory Roberts, Southeastern Louisiana	7,451
1981 — Clint Bulter, Lamar	220-03	2010 — Cory Roberts, Southeastern Louisiana	7,293
1982 — Greg Buillion, McNeese State	221-05	2011 — Romain Martin, Texas-Arlington	7,556
1983 — Craig Andrus, McNeese State	231-11	2012 — Romain Martin, Texas-Arlington	7,426
1984 — Craig Andrus, McNeese State	238-03	2013 — Matthew Johnson, Sam Houston State	7,496
1985 — Greg Soulis, Louisiana-Monroe	233-06	2014 — Cody Rhodes, Stephen F. Austin	6,878
1986 — Olov Nyman, Lamar	225-11		
1987 — Kenneth Peterson, Louisiana-Monroe	243-00		
1988 — Kenneth Peterson, Louisiana-Monroe	243-09		
1989 — Kevin Stokes, Texas State	228-11		
1990 — Lyle Guillory, Louisiana-Monroe	222-00		
1991 — Lyle Guillory, Louisiana-Monroe	234-09		
1992 — Shane Culver, Northwestern State	210-11		
1993 — Edgar Baumann, Texas State	228-02		
1994 — Edgar Baumann, Texas State	241-03		
1995 — Breaux Greer, Louisiana-Monroe	232-08		
1996 — Barry Mott, Texas State	213-01		
1997 — Breaux Greer, Louisiana-Monroe	235-00		
1998 — Breaux Greer, Louisiana-Monroe	223-10		
1999 — Breaux Greer, Louisiana-Monroe	232-08		
2000 — Latrell Frederick, Northwestern State	228-02		
2001 — Latrell Frederick, Northwestern State	245-00		
2002 — Mike Hazle, Texas State	227-11		
2003 — Latrell Frederick, Northwestern State	231-05		
2004 — Wade Whittington, Stephen F. Austin	211-10		
2005 — Chris Carter, Southeastern Louisiana	219-07		
2006 — Chris Carter, Southeastern Louisiana	238-02		
2007 — Cody Fillinich, Northwestern State	237-01		
2008 — Jonathan Ochoa, Texas State	208-04		
2009 — Cody Fillinich, Northwestern State	235-10		
2010 — Sam Vidrine, McNeese State	222-02		
2011 — Sam Vidrine, McNeese State	218-06		
2012 — Ben Chretien, McNeese State	227-11		
2013 — Derek Hampton, Southeastern Louisiana	225-04		
2014 — Derek Hampton, Southeastern Louisiana	223-08		

OUTDOOR TRACK & FIELD

Southland Conference Men's Championship Records

Running Events

100-Meter Dash	10.12	Cordero Gray, Texas-Arlington, 2011
200-Meter Dash	20.37	Elston Cawley, Texas-Arlington, 2000
400-Meter Dash	44.88	Leonard Byrd, Texas-San Antonio, 1996
800-Meter Run	1:48.60	Johnny Walker, North Texas, 1983
1,500-Meter Run	3:42.90	Pat O'Callaghan, McNeese State, 1977
3,000-Meter Steeplechase.....	8:46.65	Frank Montebello, Lamar, 1982
5,000-Meter Run	14:05.80	David Rooney, McNeese State, 2012
10,000-Meter Run	29:50.83	David Rooney, McNeese State, 2013
110-Meter Hurdles	13.66	Sansiski Daniels, Texas-Arlington, 1984
400-Meter Hurdles	49.53	McClinton Neal, Texas-Arlington, 1990
400-Meter Relay	39.58	Texas-Arlington, 2000
.....		Andra Fifer, Zach Wood, Andre Horn, Elston Cawley
1,600-Meter Relay.....	3:04.60	Texas-Arlington, 1989
.....		Joel McCray, Ron Hancock, McClinton Neal, Joseph Sainah

Field Events

High Jump	7-08.50	Charles Austin, Texas State, 1990
Pole Vault	18-02.75	Colton Ross, Stephen F. Austin, 2014
Long Jump	26-11.25	Brian Cooper, McNeese State, 1987
Triple Jump	54-02.50	Kenta Bell, Northwestern State, 1999
Shot Put.....	65-04.25	John Campbell, Louisiana Tech, 1985
Discus	193-06.00	Rick Werline, Louisiana-Monroe, 1992
Hammer	210-01.00	Kerjean Baptiste, Abilene Christian, 2014
Javelin.....	261-03.00	Latrell Frederick, Northwestern State, 2003

Decathlon

Total Points.....	8,081	Kristian Rahnu, McNeese State, 2002
100-Meter Dash	10.48	Kristian Rahnu, McNeese State, 2002
Long Jump	24-03.00	Kristian Rahnu, McNeese State, 2002
Shot Put.....	54-04.75	Kristian Rahnu, McNeese State, 2002
High Jump	6-11.75	Steven Ortiz, Texas-San Antonio, 2001
400-Meter Dash	48.83	Justin Nichols, Texas-Arlington, 2001
110-Meter Hurdles	14.34	Kristian Rahnu, McNeese State, 2002
Discus	165-01.00	Kristian Rahnu, McNeese State, 2002
Pole Vault	17-06.00	Shane Stewart, Sam Houston State, 1999
Javelin.....	209-08.00	Chris Sitka, Sam Houston State, 2000
1,500-Meter Run	4:25.76	Justin Nichols, Texas-Arlington, 2000

Team Totals

Most Points.....	229.00	Lamar, 1984
Biggest Margin	137.00	Lamar, 1984
Fewest Winning Points.....	69.00	Louisiana Tech, 1973

Men's Southland Championship Repeat Winners

Four-Time Winners

Errol Byles, Texas-Arlington, 1994, 95, 96, 97	400 Meter Hurdles
Leonard Byrd, Texas-San Antonio, 1994, 95, 96, 97	400 Meter Dash
Breaux Greer, Louisiana-Monroe, 1995, 97, 98, 99	Javelin
Max Harding, Abilene Christian, 1968, 69, 70, 71	Javelin
Thomas Hill, Arkansas State, 1968, 69, 70, 72	120 Yard Hurdles
Doug Hinds, Lamar, 1978, 79, 80, 82	400 Meter Dash
McClinton Neal, Texas-Arlington, 1988, 89, 90, 91	110, 400 Meter Hurdles
Nat Sowell, Louisiana-Monroe, 1993, 94, 95, 96	Long Jump

Three-Time Winners

Randy Arias, Texas State, 2000, 01, 03	10,000 Meter
Issa Banna, Northwestern State, 2002, 03, 04	Shot Put
Earl Bell, Arkansas State, 1975, 76, 77	Pole Vault
Larry Brooks, Texas-San Antonio, 2004, 06, 07	800 Meter Run
Cass Brown-Stewart, Stephen F. Austin, 2012, 13, 14	400 Meter Dash
LaMark Carter, Northwestern State, 1991, 92, 93	Triple Jump
Elston Cawley, Texas-Arlington, 96, 97, 2000	100 Meter Dash
Jackie Colbert, Lamar, 1969, 70, 71	220 Yard Dash
Vincent Coleman, Louisiana Tech, 1986, 87, 88	200 Meter Dash
Roger Colglazier, Abilene Christian, 1969, 70, 71	400 Meter Dash
Chris Cralle, Sam Houston State, 2008, 09, 11	Hammer Throw
Sansiski Daniels, Texas-Arlington, 1984, 85, 86	110 Meter Hurdles
Don Davis, Lamar, 1975, 76, 77	Discus
Lane Dennis, Sam Houston State, 2007, 08, 09	400 Meter Hurdles
Monroe Ford, Louisiana Tech, 1975, 76, 78	110 Meter Hurdles
Latrell Frederick, Northwestern State, 2000, 01, 03	Javelin
Chris Gonzales, Sam Houston State, 1995, 97, 98	Shot Put
Scott Hennig, Texas State, 1989, 91, 92	Pole Vault
Sam Johnson, Texas State, 2002, 03, 04	Discus
Jeff Lansdale, Arkansas State, 1965, 66, 67	Javelin
Russell Mangum, Louisiana-Monroe, 1985, 86, 87	1,500 Meter Run
Nick McCloud, Stephen F. Austin, 2010, 11, 13	110 Meter Hurdles
Gordon McKee, Texas State, 1988, 89, 90	Long Jump
Bruce Metcalf, Arkansas State, 1976, 77, 78	880 Yard Run (1976)
.....	800 Meter Run (1977, 78)
Jonah Ngeny, North Texas, 1986, 87, 88	5,000 Meter Run
Pat O'Callaghan, McNeese State, 1974, 75, 76	5,000 Meter Run
Harold Porter, La.-Lafayette, 1972, 73, 75	100, 200 Meter Dash
Steve Rice, Lamar, 1971, 72, 74	Discus
Gilbert Smith, Texas-Arlington, 1980, 81, 82	Long Jump
Steve Stubblefield, Arkansas State, 1981, 82, 84	Pole Vault
Brian Veal, Texas State, 2003, 04, 05	Triple Jump

Multi-Event Men's Winners in Same Year

Three-Time Winners

Troy Amboree, Lamar, 1984
100 Meter Dash/200 Meter Dash/Long Jump

Charles Christmas, Abilene Christian, 1966
880 Yards Run/One Mile Run/Two Mile Run

Jerry Dyes, Abilene Christian, 1964
Long Jump/Triple Jump/Javelin

Thomas Eriksson, Lamar, 1985
High Jump/Long Jump/Triple Jump

Nathan Flores, Stephen F. Austin, 2002
3,000 Meter Steeplechase/5,000 Meter Run/10,000 Meter Run

Monroe Ford, Louisiana Tech, 1976
120 Yard Hurdles/High Jump/Long Jump

David Hartman, Texas-San Antonio, 1996
3,000 Meter Steeplechase/5,000 Meter Run/10,000 Meter Run

Keevan Mills, Texas State, 1993
100 Meter Dash/200 Meter Dash/110 Meter Hurdles

Trevor Murray, Louisiana-Monroe, 1990
1,500 Meter Run/3,000 Meter Steeplechase/10,000 Meter Run

Adonson Shallow, Southeastern Louisiana, 2010
Shot Put/Discus/Hammer Throw

Raul Villarreal, Sam Houston State, 2005
3,000 Meter Steeplechase/5,000 Meter Run/10,000 Meter Run

OUTDOOR TRACK & FIELD

Men's All-Time Top-Five Performances

100 Meter Dash

9.93 — Teddy Williams, UTSA, 2009
10.05 — Ed Preston, ASU, 1976
10.08 — Brian Cooper, MCN, 1987
10.08 — Chad Miller, NWLA, 2000
10.12 — Cordero Gray, UTA, 2011
10.12 — Justin Walker, NWLA, 2014

200 Meter Dash

20.14 — Ed Preston, ASU, 1976
20.21 — Brian Cooper, MCN, 1987
20.22 — Vincent Coleman, LTU, 1986
20.35 — Elston Cawley, UTA, 1998
20.37 — Elston Cawley, UTA, 2000

400 Meter Dash

44.88 — Leonard Byrd, UTSA, 1996
45.08 — Leonard Byrd, UTSA, 1996
45.24 — Darrell Hadden, TXST, 1988
45.24 — Leonard Byrd, UTSA, 1995
45.46 — Leonard Byrd, UTSA, 1994, 96

800 Meter Run

1:47.22 — Johnny Walker, NTU, 1983
1:47.54 — Carlos Ward, LU, 1986
1:47.85 — Joseph Sainah, UTA, 1989
1:47.94 — Charles Christmas, AC, 1966
1:47.95 — Doug Glover, ULM, 1985

1,500 Meter Run

3:40.89 — Francis Kasagule, LU, 2010
3:42.18 — Sam Stabler, LU, 2014
3:43.14 — Pat O'Callaghan, MCN, 1977
3:43.69 — Pedro Caceres, LU, 1983
3:43.44 — Sam Stabler, LU, 2014

3,000 Meter Steeplechase

8:38.37 — Rafael Colmenares, LU, 1986
8:39.22 — Joonas Harjamaki, LU, 2010
8:41.87 — Frank Montebello, LU, 1980
8:43.26 — Tom Wade, LU, 2012
8:52.17 — Henrik Skoog, UTA, 1999

5,000 Meter Run

13:35.75 — Samuel Kosgei, LU, 2010
13:46.30 — Shadrock Songok, AMCC, 2007
13:53.04 — David Rooney, MCN, 2012
13:53.12 — Muriuki Ngatia, LTU, 1987
13:55.16 — Sam Stabler, LU, 2014

10,000 Meter Run

28:16.47 — Shadrock Songok, AMCC, 2007
28:32.62 — Samuel Kosgei, LU, 2010
28:45.24 — Samuel Kosgei, LU, 2009
28:46.69 — Shadrock Songok, AMCC, 2008
28:55.83 — Shadrock Songok, AMCC, 2007

110 Meter Hurdles

13.44 — Adrian Ray, SHSU, 2005
13.44 — Thomas Hill, ASU, 1972
13.46 — Monroe Ford, LTU, 1978
13.47 — Sansiski Daniels, UTA, 1986
13.64 — Efren Gipson, LU, 1974

400 Meter Hurdles

48.99 — McClinton Neal, UTA, 1991
49.23 — McClinton Neal, UTA, 1990
49.66 — Martin Lawson, ULL, 1982
50.14 — Efren Gipson, LU, 1973
50.17 — Josh Taylor, SFA, 2014

400 Meter Relay

39.36 — Louisiana Tech, 1985
39.58 — UT Arlington, 2000
39.59 — UTSA, 2010
39.64 — Louisiana-Lafayette, 1972
39.70 — Northwestern State, 1988

1600 Meter Relay

3:02.65 — Lamar, 1984
3:04.15 — UT Arlington, 1990
3:04.27 — UT Arlington, 1982
3:04.60 — UT Arlington, 1989
3:04.72 — Lamar, 1984

High Jump

7-08.50 — Charles Austin, TXST, 1990
7-07.50 — Thomas Eriksson, LU, 1985
7-06.50 — Chris Olsson-O'Neill, SFA, 1995
7-05.00 — Brian Brown, NWLA, 1990
7-04.50 — Doug Shouse, ASU, 1983
7-04.50 — Chris Olsson-O'Neill, SFA, 1994

Pole Vault

18-08.25 — Colton Ross, SFA, 2014
18-07.25 — Earl Bell, ASU, 1975
18-04.25 — Steve Stubblefield, ASU, 1984
18-04.00 — Adam Keul, SFA, 2001
18-02.75 — Colton Ross, SFA, 2014

Long Jump

27-07.25 — Andre Ester, ULM, 1987
27-03.25 — Gordon McKee, TXST, 1990
26-11.25 — Brian Cooper, MCN, 1987
26-09.75 — Jerry Harris, ULM, 1991
26-09.25 — Andre Ester, ULM, 1987

Triple Jump

56-02.75 — Al Joyner, ASU, 1983
55-02.75 — LaMark Carter, NWLA, 1993
55-01.00 — Rodney Black, SFA, 1996
54-08.50 — Kenta Bell, NWLA, 1999
54-08.25 — Eric Lancelin, NWLA, 1993

Shot Put

69-03.75 — John Campbell, LTU, 1985
65-08.50 — Steve Cate, LTU, 1986
63-08.75 — Jon Arthur, SFA, 2013
63-04.75 — James Parman, ULM, 1987
62-00.75 — Brian Dalatri, LTU, 1983

Discus

198-04 — Jess Grigg, LTU, 1985
197-07 — James Parman, ULM, 1987
196-06 — Jon Tipton, SHSU, 2009
196-01 — Adonson Shallow, SLU, 2010
194-11 — Hakan Karlberg, TXST, 1993

Hammer

222-01 — Adonson Shallow, SLU, 2010
217-07 — Baptiste Kerjean, ACU, 2014
215-00 — Chris Cralle, SHSU, 2009
211-06 — Adonson Shallow, SLU, 2009
210-01 — Baptiste Kerjean, ACU, 2014

Javelin

266-06 — Ken Peterson, ULM, 1989
261-05 — Breaux Greer, ULM, 1998
261-03 — Latrell Frederick, NWLA, 2003
255-01 — Breaux Greer, ULM, 1997
254-04 — Ken Petersen, ULM, 1987

Decathlon

8,081 — Kristian Rahnu, MCN, 2002
7,977 — Romain Martin, UTA, 2012
7,926 — Patrick Andersson, TXST, 1995
7,922 — Drew Fucci, TXST, 1990
7,704 — Tommy Richards, SFA, 1994

This compilation of all-time outdoor track and field bests includes times that have been converted from imperial distances using charts and formulas in the NCAA Metric Handbook. In addition, all times have been adjusted to Fully Automatic.

The Southland Conference logo, featuring the word "SOUTHLAND" in large, bold, blue letters with a white outline, and "CONFERENCE" in smaller, blue letters below it. The text is set against a dark blue background with a stylized, multi-pointed star or sunburst design in gold and white behind the letters.

Lamar		*Mario Johnson (400m Relay, 2nd)
2012.....	Tom Wade (Steeplechase, 13th)	*Edgar Washington (400m Relay, 2nd)
2010.....	Joonas Harjamaki (Steeplechase, 7th)	*Ray Brown (400m Relay, 2nd)
1986	Jonas Lundstrom (Steeplechase, 4th)	*John Campbell (Shot Put, 5th)
1985.....	Thomas Eriksson (High Jump, 1st)	1981..... *Joe Delaney (400m Relay, 1st)
1984.....	Troy Amboree (Long Jump, 5th)	*Mark Duper (400m Relay, 1st)
	Thomas Eriksson (High Jump, 7th)	*Victor Oatis (400m Relay, 1st)
	Troy Amboree, Kymond Guiton, Jackie Harris,	*Mario Johnson (400m Relay, 1st)
	Jerry Nicholls (4x400m Relay, 2nd)	*Steve Stockton (Javelin, 3rd)
1983.....	Grover Burnham, Romero Chevis, Jackie Harris,	1980..... *Jarrot Handy (Long/Triple Jump)
	Jerry Nicholls (4x400m Relay, 6th)	
1982.....	Troy Amboree (Long Jump, 9th)	Sam Houston State
1981.....	Syd Appling, Grover Burnham, Jackie Harris,	2011..... Chris Cralle (Hammer Throw, 7th)
	Eddie Robinson (4x400m Relay, 7th)	Matt Johnson (Decathlon, 14th)
1979.....	Jessie Cavil, Doug Hinds, Jessie Kibbles,	Morrie Turner (Long Jump, 15th)
	Leonard White (4x400m Relay, 8th)	
1974.....	Efre Gipson (120y Hurdles, 4th)	Southeastern Louisiana
1973.....	Efre Gipson (440y Hurdles, 4th)	2011..... Kovey Simmons (Pole Vault, 4th)
1972.....	Glen Pere (Javelin, 6th)	2010..... Adonson Shallow (Discus, 4th)
	John Whitcon (Decathlon, 6th)	2006..... Avery Sorapuru (Long Jump, 11th)
1964.....	Joe LeBlanc (880-yards, 1st)	Lars Larsen (Javelin, 4th)
		2005..... Chris Carter (Javelin, 6th)
McNeese State		
2012.....	Ben Chretien (Javelin, 5th)	Stephen F. Austin
2010.....	Sam Vidrine (Javelin, 6th)	2014..... Josh Taylor (400m Hurdles, 7th)
2007.....	Chris Hill (Javelin, 5th)	Cass Brown-Stewart (400 Meter Dash, 11th)
1986.....	Brian Cooper (Long Jump)	Colton Ross (Pole Vault, 10th)
1985.....	Brian Cooper (Long Jump)	Hampton Hawkins (4x400m Relay, 13th)
		Torin Crowder (4x400m Relay, 13th)
		Josh Taylor (4x400m Relay, 13th)
		Cass Brown-Stewart (4x400m Relay, 13th)
Northwestern State		2013..... Cass Brown-Stewart (400 Meter Dash, 7th)
2014.....	Justin Walker (100 Meter Dash, 4th)	Jon Arthur (Shot Put, 13th)
	Justin Walker (200 Meter Dash, 3rd)	Adam Kuel (Pole Vault, 4th)
2013.....	Hanoj Carter (400m Relay, 11th)	1999..... Marcel Williams (Long Jump, 5th)
	Kendal Taylor (400m Relay, 11th)	1998..... Marcel Williams (Long Jump)
	Justin Walker (400m Relay, 11th)	1994..... Tommy Richards (Decathlon)
	Gabriel White (400m Relay, 11th)	Kevin Ellis (200 Meter Dash)
2009.....	Cody Fillinich (Javelihn, 8th)	Ron McCown (Decathlon)
2007.....	Cody Fillinich (Javelin, 4th)	Chris Olsson O'Neil (High Jump)
2006.....	Cody Fillinich (Javelin, 9th)	1993..... Tommy Richards (Decathlon)
	Ravyn Hayward (100 Meter Dash, 10th)	1991..... Ron Clark (200 Meter Dash)
2005.....	Cody Fillinich (Javelin, 10th)	
2003.....	Latrell Frederick (Javelin, 12th)	Texas A&M-Corpus Christi
2001.....	Latrell Frederick (Javelin, 5th)	2009..... Hickel Woolery (Discus, 7th)
2000.....	Latrell Frederick (Javelin, 5th)	2008..... Shadrack Songok (10,000 Meter Run, 1st)
1998.....	Ronnie Powell (100 Meter Dash, 7th)	2007..... Shadrack Songok (10,000 Meter Run, 1st)
1997.....	Ronnie Powell (100 Meter Dash, 7th)	
1994.....	LaMark Carter (Triple Jump, 4th)	
	Eric Lancelin (Triple Jump, 7th)	
1993.....	LaMark Carter (Long Jump, 8th)	
	Eric Lancelin (Triple Jump, 8th)	
1991.....	LaMark Carter (Triple Jump, 8th)	
1990.....	Brian Brown (High Jump, 5th)	
1988.....	Brian Brown (High Jump, 6th)	
	Llewellyn Starks (Long Jump, 3rd)	
1987.....	*Brian Brown (High Jump, 5th)	
	*Al Edwards (400m Relay, 8th)	
	*Kenneth DeWitt (400m Relay, 8th)	
	*Edgar Cooper (400m Relay, 8th)	
	*Chester Davis (400m Relay, 8th)	
1984.....	*Mario Johnson (400m Relay, 6th)	
	*Edgar Washington (400m Relay, 6th)	
	*Cedric Evans (400m Relay, 6th)	
	*Percy McGlory (400m Relay, 6th)	
1983.....	*Steve Stockton (Javelin, 2nd)	
1982.....	*Mark Duper (400m Relay, 2nd)	

OUTDOOR TRACK & FIELD

Southland NCAA All-Americans – Men

Former Southland Members

Arkansas State

1984.....	Steve Stubblefield (Pole Vault)
1983.....	Al Joyner (Triple Jump)
.....	Doug Shouse (High Jump)
1980.....	Paul Pilla (Pole Vault)
1979.....	Paul Pilla (Pole Vault)
1978.....	Andy Pintus (Pole Vault)
.....	Donnie Taylor (110m High Hurdles)
1977.....	Earl Bell (Pole Vault)
1976.....	Earl Bell (Pole Vault)
.....	Ed Preston (100y Dash)
.....	William Tate (Long Jump)
1975.....	Earl Bell (Pole Vault)
.....	Ed Preston (100y dash)
1972.....	Tom Hill (110m High Hurdles)
1970.....	Tom Hill (120y High Hurdles)
1969.....	Tom Hill (120y High Hurdles)
1968.....	Tom Hill (110m High Hurdles)
1967.....	Jerald Spencer (High Jump)

Louisiana-Monroe

1999.....	Breaux Greer (Javelin, 4th)
.....	Andras Haklits (Hammer Throw, 1st)
1998.....	Breaux Greer (Javelin, 5th)
1997.....	Breaux Greer (Javelin, 2nd)
1996.....	Nat Sowell (Triple/Long jump)
1995.....	Nat Sowell (Triple/Long jump)
1992.....	Fred Fields (100 Meter Dash)
.....	Rick Werline (Discus)
1991.....	Rick Werline (Discus)
.....	Jerry Harris (Long Jump)
1990.....	Lyle Guillory (Javelin)
1989.....	Ken Petersen (Javelin)
.....	Christoph Koch (Hammer)
.....	Christoph Koch (Weight Throw)
1988.....	Lyle Guillory (Javelin)
.....	Ken Petersen (Javelin)
.....	Andre Ester (Long Jump)
1987.....	Ken Petersen (Javelin)
.....	Andre Ester (Long Jump)
.....	James Parman (Shot Put, Discus)

Oral Roberts

2013.....	Jack Whitt (Pole Vault, 2nd)
.....	Jeffrey Gibson (400 Meter Hurdle, 5th)

Texas-Arlington

2012.....	Romain Martin (Decathlon, 2nd)
2011.....	Romain Martin (Decathlon, 11th)
.....	Isiah Clements (High Jump, 15th)
.....	Casey Keeter (Shot Put, 17th)
2009.....	Cordero Gray (100 Meter Dash)
2007.....	Jon McDowell (110m Hurdles)
2000.....	Andra Fifer, Andre Horn, Zach Wood,
.....	Belford Johnson (400m Relay)
1997.....	Cornelius Cavitt (200 Meter Dash)
.....	Elston Cawley (200 Meter Dash)
1996.....	Cornelius Cavitt (200 Meter Dash, 400m Relay)
.....	Elston Cawley (200 Meter Dash, 400m Relay)
.....	Markus Lindahl (400m Relay)
.....	Crystin Wuthrich (400m Relay)
1995.....	Clinton Bufuku (100 Meter Dash, 5th)
1991.....	McClinton Neal (400 Meter Hurdles)

.....	Ron Hancock (200 Meter Dash)
1990.....	McClinton Neal (400 Meter Hurdles)
.....	Joseph Sainah (800 Meter Run)
1989.....	McClinton Neal (400m Hurdles, 1600m Relay)
.....	Joseph Sainah (1600m Relay)
.....	Joel McCray (1600m Relay)
.....	Ron Hancock (1600m Relay)
1988.....	Ronald Johnson (Triple Jump)
1986.....	Sanski Daniels (110m Hurdles)
1982.....	Gilbert Smith (Long Jump)
1981.....	Gilbert Smith (Long Jump)
1980.....	Gilbert Smith (Long Jump)

Texas-San Antonio

2012.....	Keyunta Hayes (400m Hurdles, 4th)
.....	Richard Garrett (Shot Put, 11th)
2011.....	Devon Bond (Triple Jump, 16th)
.....	Richard Garrett (Shot Put, 14th)
2010.....	Devon Bond (Triple Jump, 5th)
.....	Teddy Williams (100 Meter Dash, t9th)
2008.....	Teddy Williams (100 Meter Dash, 7th)
2007.....	Larry Brooks (800 Meter Run, 8th)
2004.....	Justin Youngblood (Decathlon, 7th)
2002.....	Justin Youngblood (Decathlon, 7th)
1997.....	Leonard Byrd (400 Meter Run)
1995.....	Leonard Byrd (400 Meter Run)
1994.....	Leonard Byrd (400 Meter Run)

Texas State

2011.....	Logan Cunningham (Pole Vault, 4th)
2009.....	Kemuel Morales (Shot Put, 10th)
2005.....	Brian Veal (Triple/Long Jump, 6th)
2004.....	Sam Johnson (Discus, 8th)
.....	Brian Veal (Triple Jump, 7th)
1994.....	Patrik Andersson (Decathlon, 4th)
.....	Edgar Baumann (Javelin, 6th)
1993.....	Keewan Mills (110m Hurdles)
1991.....	Hakan Karlberg (Discus, 7th)
.....	Scott Hennig (Pole Vault)
1990.....	Charles Austin (High Jump, 1st)
.....	Drew Fucci (Decathlon, 1st)
.....	Gordon McKee (Long Jump, 5th)
1989.....	Charles Austin (High Jump, 2nd)
.....	Gordon McKee (Long Jump)
.....	Darrell Hadden (400 Meter Run, 5th/1600m Relay)
.....	Mike Murphy (1600m Relay)
.....	Jamie Person (1600m Relay)
.....	Robert Thompson (1600m Relay)

NCAA Men's Champions

10,000 Meter	
2007 — Shadrack Songok, Texas A&M-Corpus Christi.....	28:55.83
2008 — Shadrack Songok, Texas A&M-Corpus Christi.....	28:46.69
400 Meter Intermediate Hurdles	
1990 — McClinton Neal, Texas-Arlington.....	49.23
400 Meter Relay	
1981 — Northwestern State*	39.32
.....(Victor Oatis, Joe Delaney, Mario Johnson, Mark Duper)	
High Jump	
1985 — Thomas Eriksson, Lamar.....	7-7.25
1990 — Charles Austin, Texas State	7-7.75
Pole Vault	
1974 — Earl Bell, Arkansas State	18-1.00
1975 — Earl Bell, Arkansas State	18-1.25
1976 — Earl Bell, Arkansas State.....	17-6.00
1979 — Paul Pilla, Arkansas State.....	17-4.25
1986 — Jeff Pasco, Arkansas State.....	18-0.50
Shot Put	
1985 — John Campbell, Louisiana Tech.....	69-3.75
Javelin	
1988 — Kenneth Petersen, Louisiana-Monroe.....	251-2.00
Hammer Throw**	
1989 — Christoph Koch, Louisiana-Monroe.....	233-2.00
1999 — Andras Haklits, Louisiana-Monroe.....	243-1.00
Decathlon	
1990 — Drew Fucci, Texas State.....	7,922

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

**not a Southland event at that time

OUTDOOR TRACK & FIELD

Women's Year-by-Year Team Champions

1986.....	Louisiana-Monroe
1987.....	Louisiana-Monroe
1988.....	Louisiana-Monroe
1989.....	Louisiana-Monroe
1990.....	Texas State
1991.....	Texas-Arlington
1992.....	Texas-San Antonio
1993.....	Texas-San Antonio
1994.....	Texas-San Antonio
1995.....	Texas-Arlington
1996.....	Texas-San Antonio
1997.....	Texas-San Antonio
1998.....	Texas-Arlington
1999.....	Texas-Arlington
2000.....	Texas-Arlington
2001.....	Texas-Arlington
2002.....	Texas State
2003.....	Stephen F. Austin
2004.....	Texas State
2005.....	Sam Houston State
2006.....	Sam Houston State
2007.....	Texas 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

Women's Team Championships

Stephen F. Austin	6
Sam Houston State	4
Texas-Arlington*	6
Texas-San Antonio*	5
Texas State*	4
Louisiana-Monroe*	4

*Former Southland Member

Individual Champions

Stephen F. Austin	58
McNeese State	37
Sam Houston State	36
Northwestern State	33
Lamar	18
Southeastern Louisiana	11
Nicholls State	11
Texas A&M-Corpus Christi	8
Central Arkansas	6
UIW	1
Oral Roberts*	2
Texas-Arlington*	92
Texas State*	84
Louisiana-Monroe*	58
Texas-San Antonio*	57
North Texas*	9
Arkansas State*	4
Louisiana-Lafayette*	2

*Former Southland Member

Women's Postseason Honors

Athlete of the Year

1986-93	None selected
1994.....	Inez Turner, Texas State
1995.....	Angela Nelson, Texas-Arlington
.....	Inez Turner, Texas State
1996.....	Tameka Roberts, Texas-San Antonio
1997.....	Tameka Roberts, Texas-San Antonio
1998.....	Brigitte Foster, Texas State
1999.....	Jennifer Hoppe, Stephen F. Austin
2000.....	Sita Waru, McNeese State
2001.....	Sita Waru, McNeese State
2002.....	LaJuana Lovett, Texas State
2003.....	LaJuana Lovett, Texas State
2004.....	LaJuana Lovett, Texas State
2005.....	Ryanne Dupree, Texas-San Antonio
2006.....	Quantinette Fields, Sam Houston State
2007.....	Ryanne Dupree, Texas-San Antonio
2008.....	Clerc Koenck, Lamar
2009.....	Jasmine Walls, Texas-Arlington
2010.....	Dana Mecke, Texas-San Antonio
2011.....	Trecey Rew, Northwestern State
2012.....	Mariah Georgetown, McNeese State
2013.....	Jasmine Webb, McNeese State
2014.....	Jasmine Webb, McNeese State

Outstanding Track Performer

1986.....	None selected
1987.....	Becky Brooke, Lamar
1988	Chris Jasek, Louisiana-Monroe
1989	Nicola Roff, Louisiana-Monroe
1990.....	Angela Black, Louisiana-Monroe
1991.....	LeShon Osborne, Texas State
1992.....	Joanne Kinnard, Texas-San Antonio
1993.....	Keri Ange, McNeese State
1994.....	Inez Turner, Texas State
1995.....	Angela Nelson, Texas-Arlington
1996.....	Tameka Roberts, Texas-San Antonio
1997.....	Tameka Roberts, Texas-San Antonio
1998.....	Brigitte Foster, Texas State
1999.....	Kristin Ahlepil, Texas-Arlington
2000.....	Sita Waru, McNeese State
2001.....	Sita Waru, McNeese State
2002.....	Sita Waru, McNeese State
2003.....	LaJuana Lovett, Texas State
2004.....	LaJuana Lovett, Texas State
2005.....	Ryanne Dupree, Texas-San Antonio
2006.....	Ashley Monteau, Stephen F. Austin
2007.....	Jessica Fisher, Sam Houston State
2008.....	Jasmine Walls, Texas-Arlington
2009.....	Jasmine Walls, Texas-Arlington
2010.....	Jasmine Walls, Texas-Arlington
2011.....	Amy Shackelford, Stephen F. Austin
2012.....	Lauren Smith, Stephen F. Austin
2013.....	Jasmine Webb, McNeese State
2014.....	Jasmine Webb, McNeese State

Women's Postseason Honors

Outstanding Field Performer

1986.....	None selected
1987.....	Rachel Barr, North Texas
1988.....	Pam Smith, Louisiana-Monroe
1989.....	Sara Massey, Texas-Arlington
1990.....	Velia Smith, Texas State
1991.....	Sara Massey, Texas-Arlington
1992.....	Jenny Hockett, Texas-Arlington
1993.....	Lisa Hawkins, Louisiana-Monroe
1994.....	Jennifer Robeson, Texas-Arlington
1995.....	Tameka Roberts, Texas-San Antonio
1996.....	Eva Jonsson, Texas-Arlington
1997.....	Eva Jonsson, Texas-Arlington
1998.....	Sara Gruvfalt, Texas State
1999.....	Jennifer Hoppe, Stephen F. Austin
2000.....	Jacqueline Canton, Northwestern State
2001.....	LaJuana Lovett, Texas State
2002.....	Ashely Dorsey, Texas-Arlington
2003.....	Stephanie Sowell, Northwestern State
2004.....	Tiffany Bunton, Texas State
2005.....	Stephanie Sowell, Northwestern State
2006.....	Sarah Stultz, Texas State
2007.....	Ryanne Dupree, Texas-San Antonio
2008.....	Kendall Bass, Sam Houston State
2009.....	Valerie Hancock, Texas State
2010.....	Trecey Rew, Northwestern State
2011.....	Trecey Rew, Northwestern State
2012.....	Ashlee Smith, McNeese State
2013.....	Janae Allen, Northwestern State
2014.....	La'Tricia Griffin, Stephen F. Austin

Freshman of the Year

1986-2006.....	None Selected
2007.....	Jessica Fisher, Sam Houston State
2008.....	Kassandra Son, A&M-Corpus Christi
2009.....	Stephanie Ganter, Stephen F. Austin
2010.....	Shannon Reynolds, Texas-Arlington
2011.....	Ernestine Cray, Texas A&M-Corpus Christi
2012.....	Shahira Ehiemua, Texas-San Antonio
2013.....	Brooke Cassar, Central Arkansas
2014.....	Olivia Olguin, Sam Houston State

Newcomer of the Year

1986-2006.....	None Selected
2007.....	Abby Ruston, Texas State
2008.....	Anne Ronoh, A&M-Corpus Christi
2009.....	Asiya Iskakova, Texas State
2010.....	Jerono Patrober, Texas-Arlington
2011.....	Lindsey Putman, Texas-Arlington
2012.....	Maria Sandstrom, Texas-Arlington
2013.....	Jasmine Webb, McNeese State
2014.....	Leigh Lattimore, Lamar

Individual High-Point Scorer

1986.....	None selected
1987.....	Becky Brooke, Lamar, 30 points
.....	Pam Smith, Louisiana-Monroe, 30 points
1988.....	Sherry Anderson, North Texas, 28 points
1989.....	Angela Black, Louisiana-Monroe, 32.5 points
1990.....	Angela Black, Louisiana-Monroe, 41 points

1991.....	Sara Massey, Texas-Arlington, 52 points
1992.....	Joanne Kinnard, Texas-San Antonio, 30 points
1993.....	Jenny Hockett, Texas-Arlington, 26.5 points
1994.....	Gwen Clardy, Texas-Arlington, 23 points
1995.....	Angela Nelson, Texas-Arlington, 30 points
1996.....	Meg Harris, Texas-San Antonio, 28 points
1997.....	Tameka Roberts, Texas-San Antonio, 41 points
1998.....	Brigitte Foster, Texas State, 33 points
1999.....	Jennifer Hoppe, Stephen F. Austin, 24.5 points
2000.....	Sita Waru, McNeese State, 30 points
2001.....	LaJuana Lovett, Texas State, 28 points
.....	Sita Waru, McNeese State, 28 points
2002.....	LaJuana Lovett, Texas State, 34 points
2003.....	LaJuana Lovett, Texas State, 28.5 points
2004.....	LaJuana Lovett, Texas State, 43 points
2005.....	Ryanne Dupree, Texas-San Antonio, 25.5 points
2006.....	Camilla Davis, Texas State, 24.25 points
2007.....	Ryanne Dupree, Texas-San Antonio, 39.5 points
2008.....	Jasmine Walls, Texas-Arlington, 22.75 points
2009.....	Kassandra Son, A&M-Corpus Christi, 29.5 points
2010.....	Trecey Rew, Northwestern State, 26 points
2011.....	Trecey Rew, Northwestern State, 26 points
2012.....	Lauren Smith, Stephen F. Austin, 20 points
2013.....	Jasmine Webb, McNeese State, 30 points
.....	Brarysheya Simpson, Stephen F. Austin, 30 points
2014.....	Jasmine Webb, McNeese State, 20.5 points
.....	Lygia Foreman, Sam Houston State, 20.5 points

Coach of the Year

1986.....	Dennis Groll, Louisiana-Monroe
1987.....	Dennis Groll, Louisiana-Monroe
1988.....	Dennis Groll, Louisiana-Monroe
.....	Rocky Light, Texas State
1989.....	Dennis Groll, Louisiana-Monroe
1990.....	Jerry Clayton, Texas State
1991.....	Monte Stratton, Texas-Arlington
1992.....	Shawn Flanagan, Texas-San Antonio
1993.....	Shawn Flanagan, Texas-San Antonio
1994.....	Shawn Flanagan, Texas-San Antonio
1995.....	Monte Stratton, Texas-Arlington
1996.....	Shawn Flanagan, Texas-San Antonio
1997.....	Macks Dillon, Texas-San Antonio
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.....	Phil Olson, Stephen F. Austin
2004.....	Galina Bukharina, Texas State
2005.....	Curtis Collier, Sam Houston State
2006.....	Curtis Collier, Sam Houston State
2007.....	Galina Bukharina, Texas State
2008.....	Curtis Collier, 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

OUTDOOR TRACK & FIELD

Women's Year-by-Year Team Championship Standings

1986 — Arlington, Texas

Louisiana-Monroe	187.0
Lamar	100.0
Texas-Arlington	91.0
Louisiana-Lafayette	56.0
Arkansas State	46.0
North Texas	28.0
McNeese State	16.0

1987 — Denton, Texas

Louisiana-Monroe	148.0
North Texas	95.0
Texas-Arlington	95.0
Arkansas State	80.0
Lamar	47.0
Louisiana-Lafayette	45.0
McNeese State	17.0

1988 — Natchitoches, La.

Louisiana-Monroe	147.0
Southwest Texas	102.0
Stephen F. Austin	93.0
Texas-Arlington	74.0
North Texas	54.0
Sam Houston State	29.0
Northwestern State	22.0
McNeese State	6.0

1989 — Huntsville, Texas

Louisiana-Monroe	183.0
Southwest Texas	146.0
Texas-Arlington	97.0
Stephen F. Austin	50.0
North Texas	43.0
Sam Houston State	29.0
Northwestern State	27.0
McNeese State	14.0

1990 — San Marcos, Texas

Texas State	151.0
Louisiana-Monroe	134.0
Texas-Arlington	77.0
Sam Houston State	60.0
Stephen F. Austin	59.0
McNeese State	52.0
North Texas	34.0
Northwestern State	22.0

1991 — Nacogdoches, Texas

Texas-Arlington	151.0
Texas State	120.0
McNeese State	74.0
Louisiana-Monroe	66.0
North Texas	51.0
Sam Houston State	51.0
Stephen F. Austin	45.0
Northwestern State	31.0

1992 — Arlington, Texas

Texas-San Antonio	174.0
Texas-Arlington	111.0
Texas State	108.0
Louisiana-Monroe	83.0
Northwestern State	38.0
North Texas	32.0
Stephen F. Austin	19.0
McNeese State	15.0
Sam Houston State	9.0
Nicholls State	0.0

1993 — Monroe, La.

Texas-San Antonio	168.0
Texas-Arlington	167.0
Northwestern State	72.0
Texas State	70.5
Louisiana-Monroe	67.5
Sam Houston State	53.5
McNeese State	53.0
North Texas	46.0
Stephen F. Austin	41.0
Nicholls State	0.0

1994 — Lake Charles, La.

Texas-San Antonio	170.0
Texas-Arlington	164.0
Texas State	147.0
Louisiana-Monroe	63.0
McNeese State	53.0
Northwestern State	50.0
North Texas	39.0
Stephen F. Austin	25.0
Sam Houston State	22.0
Nicholls State	4.0

1995 — Denton, Texas

Texas-Arlington	179.0
Texas-San Antonio	169.0
Texas State	128.0
Louisiana-Monroe	87.0
McNeese State	53.0
Northwestern State	50.0
Sam Houston State	25.0
North Texas	21.0
Stephen F. Austin	21.0
Nicholls State	8.0

1996 — Natchitoches, La.

Texas-San Antonio	159.0
Texas-Arlington	156.0
Louisiana-Monroe	130.0
Texas State	93.0
Northwestern State	49.0
McNeese State	43.0
Sam Houston State	41.0
Stephen F. Austin	35.0
North Texas	30.0
Nicholls State	4.0

1997 — Huntsville, Texas

Texas-San Antonio	166.0
Texas-Arlington	152.0
Northwestern State	112.0
Louisiana-Monroe	102.0
Texas State	66.0
Stephen F. Austin	60.0
McNeese State	39.0
Sam Houston State	39.0
Nicholls State	2.0

1998 — San Marcos, Texas

Texas-Arlington	144.0
Texas State	132.0
McNeese State	127.0
Northwestern State	84.0
Louisiana-Monroe	72.0
Stephen F. Austin	67.0
Sam Houston State	56.0
Texas-San Antonio	46.0
Southeastern Louisiana	5.0
Nicholls State	5.0

1999 — Nacogdoches, Texas

Texas-Arlington	177.5
McNeese State	117.5
Northwestern State	108.0
Texas State	82.0
Stephen F. Austin	73.0
Louisiana-Monroe	64.0
Sam Houston State	60.5
Texas-San Antonio	54.5
Southeastern Louisiana	33.0
Nicholls State	7.0
Lamar	3.0

2000 — Natchitoches, La.

Texas-Arlington	181.5
Texas State	103.0
Northwestern State	97.0
McNeese State	94.0
Stephen F. Austin	87.5
Southeastern Louisiana	63.0
Texas-San Antonio	57.0
Lamar	35.0
Louisiana-Monroe	33.0
Sam Houston State	21.0
Nicholls State	6.0

2001 — Arlington, Texas

Texas-Arlington	189.0
Texas State	158.5
McNeese State	86.0
Sam Houston State	70.0
Texas-San Antonio	64.0
Louisiana-Monroe	63.0
Northwestern State	56.0
Stephen F. Austin	38.5
Lamar	27.0
Southeastern Louisiana	20.0
Nicholls State	8.0

OUTDOOR TRACK & FIELD



Women's Year-by-Year Team Championship Standings

2002 — Arlington, Texas

Texas State	169.75
Texas-Arlington	124.50
Texas-San Antonio	107.00
Stephen F. Austin	93.50
Sam Houston State	71.75
Northwestern State	63.50
McNeese State	55.50
Louisiana-Monroe	50.00
Southeastern Louisiana	22.50
Lamar	12.00
Nicholls State	9.00

2003 — San Marcos, Texas

Stephen F. Austin	161.5
Texas State	126.5
Texas-Arlington	107.5
Sam Houston State	94.5
Northwestern State	80.0
Louisiana-Monroe	68.0
Lamar	37.5
McNeese State	34.0
Texas-San Antonio	34.0
Southeastern Louisiana	22.5
Nicholls State	13.0

2004 — San Marcos, Texas

Texas State	195.0
Stephen F. Austin	125.0
Sam Houston State	94.0
Texas-Arlington	76.0
Texas-San Antonio	62.5
Louisiana-Monroe	56.5
McNeese State	50.0
Lamar	48.0
Southeastern Louisiana	35.0
Northwestern State	27.0
Nicholls State	5.0

2005 — Huntsville, Texas

Sam Houston State	172.5
Texas State	137.0
Stephen F. Austin	125.0
Texas-San Antonio	113.0
Texas-Arlington	73.5
Lamar	72.0
Louisiana-Monroe	49.0
Northwestern State	46.0
Southeastern Louisiana	19.0
McNeese State	12.0
Nicholls State	0

2006 — Arlington, Texas

Sam Houston State	164.0
Texas State	135.0
Stephen F. Austin	101.5
Texas-San Antonio	85.0
Texas-Arlington	68.0
Lamar	63.0
Northwestern State	58.0
Southeastern Louisiana	52.5
Louisiana-Monroe	44.0
McNeese State	40.0
Nicholls State	8.0

2007 — Nacogdoches, Texas

Texas State	177.5
Sam Houston State	124.0
Stephen F. Austin	123.0
Texas-San Antonio	93.0
Lamar	86.0
Texas-Arlington	71.5
Southeastern Louisiana	56.0
Northwestern State	42.0
McNeese State	20.0
Nicholls State	14.0
Texas A&M-Corpus Christi	11.0

2008 — Huntsville, Texas

Sam Houston State	175.50
Texas State	148.50
Stephen F. Austin	124.83
Texas-San Antonio	70.66
Texas A&M-Corpus Christi	69.00
Lamar	48.00
Texas-Arlington	48.00
Southeastern Louisiana	43.50
McNeese State	39.00
Northwestern State	37.00
Nicholls State	14.00

2009 — Nacogdoches, Texas

Stephen F. Austin	173.5
Texas State	135.5
Texas-Arlington	125.0
Sam Houston State	99.0
Texas A&M-Corpus Christi	95.0
McNeese State	44.0
Northwestern State	43.0
Southeastern Louisiana	37.0
Texas-San Antonio	31.0
Nicholls State	23.0
Lamar	12.0

2010 — Arlington, Texas

Stephen F. Austin	201.5
Texas-Arlington	102.0
Texas State	80.5
Texas-San Antonio	70.0
Sam Houston State	67.0
Northwestern State	67.0
Texas A&M-Corpus Christi	65.0
Southeastern Louisiana	57.0
McNeese State	51.0
Nicholls State	43.0
Lamar	7.0
Central Arkansas	5.0

2011 — Natchitoches, La.

Stephen F. Austin	164.0
Northwestern State	102.0
Sam Houston State	85.5
Texas State	82.0
Texas-Arlington	72.0
Texas-San Antonio	67.5
Nicholls State	64.0
Southeastern Louisiana	52.5
McNeese State	44.0
Texas A&M-Corpus Christi	37.0
Lamar	31.0
Central Arkansas	17.5

2012 — San Marcos, Texas

Stephen F. Austin	142.0
Texas-San Antonio	139.5
Texas State	105.0
McNeese State	87.0
Texas-Arlington	81.5
Southeastern Louisiana	56.0
Northwestern State	50.0
Texas A&M-Corpus Christi	50.0
Sam Houston State	36.0
Central Arkansas	28.0
Lamar	26.0
Nicholls State	16.0

2013 — Lake Charles, La.

Stephen F. Austin	171.0
McNeese State	134.0
Sam Houston State	100.0
Northwestern State	92.5
Central Arkansas	80.0
Southeastern Louisiana	60.5
Oral Roberts	55.5
Nicholls State	50
Lamar	49.5
Texas A&M-Corpus Christi	26.0



OUTDOOR TRACK & FIELD

Women's Year-by-Year Team Championship Standings

2014 — Conway, Ark.

Sam Houston State	176.00
Stephen F. Austin	135.50
Northwestern State	75.00
Central Arkansas	67.50
McNeese State	67.00
Southeastern Louisiana	60.00
Lamar	53.00
UIW	34.00
Houston Baptist	33.00
Oral Roberts	30.00
Texas A&M-Corpus Christi	25.00
Abilene Christian	22.00
Nicholls State	22.00
New Orleans	18.00



OUTDOOR TRACK & FIELD



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

100 Meter Dash

1986 — Janice Marshall, Louisiana-Monroe.....	w11.54
1987 — Felicia Adams, Arkansas State.....	11.94
1988 — Rosalyn Jones, Stephen F. Austin	11.79
1989 — Troquel Eden, Louisiana-Monroe	11.63
1990 — Angela Black, Louisiana-Monroe	11.87
1991 — Ginger Dickerson, Texas State	12.06
1992 — Marlene Garner, Northwestern State.....	11.74
1993 — Marlene Garner, Northwestern State.....	11.63
1994 — Gwen Clardy, Texas-Arlington	11.63
1995 — Loretta Curry, Louisiana-Monroe	11.57
1996 — Tameka Roberts, Texas-San Antonio.....	11.32
1997 — Tameka Roberts, Texas-San Antonio.....	11.46
1998 — Brigitte Foster, Texas State	11.54
1999 — LaQuinta Manahan, Texas-Arlington	11.70
2000 — LaQuinta Manahan, Texas-Arlington	11.75
2001 — LaQuinta Manahan, Texas-Arlington	11.36
2002 — LaJuana Lovett, Texas State	11.35
2003 — LaJuana Lovett, Texas State	11.37
2004 — LaJuana Lovett, Texas State	11.36
2005 — Rosalind Holmes, Texas-San Antonio.....	11.60
2006 — Quantinette Fields, Sam Houston State.....	11.55
2007 — Jessica Fisher, Sam Houston State	11.56
2008 — Jasmine Walls, Texas-Arlington	11.57
2009 — Jasmine Walls, Texas-Arlington	11.51
2010 — Jasmine Walls, Texas-Arlington	11.56
2011 — Samantha Calhoun, Nicholls State.....	11.60
2012 — Jhorden Hunter, Texas-San Antonio	11.66
2013 — Jasmine Webb, McNeese State	w11.36
2014 — Jasmine Webb, McNeese State	w11.44

200 Meter Dash

1986 — Janice Marshall, Louisiana-Monroe.....	w23.87
1987 — Marsha Singleton, Texas-Arlington	w24.04
1988 — Sherry Anderson, North Texas	23.98
1989 — Troquel Eden, Louisiana-Monroe	23.47
1990 — Troquel Eden, Louisiana-Monroe	24.40
1991 — Charletta Gaines, North Texas.....	24.53
1992 — Portia Matthews, Texas-San Antonio.....	24.00
1993 — Gwen Clardy, Texas-Arlington	24.02
1994 — Gwen Clardy, Texas-Arlington	23.71
1995 — Loretta Curry, Texas-Arlington	23.34
1996 — Tameka Roberts, Texas-San Antonio.....	23.16
1997 — Tameka Roberts, Texas-San Antonio.....	23.54
1998 — Brigitte Foster, Texas State	23.61
1999 — Dasha Thompson, Northwestern State.....	23.81
2000 — Christine Amertil, Southeastern Louisiana	23.12
2001 — LaQuinta Manahan, Texas-Arlington	23.64
2002 — LaJuana Lovett, Texas State	23.50
2003 — LaJuana Lovett, Texas State	23.58
2004 — LaJuana Lovett, Texas State	23.35
2005 — Quantinette Fields, Sam Houston State.....	23.77
2006 — Quantinette Fields, Sam Houston State.....	23.59
2007 — Jessica Fisher, Sam Houston State	23.54
2008 — Jasmine Walls, Texas-Arlington	23.23
2009 — Jasmine Walls, Texas-Arlington	23.57
2010 — Jasmine Walls, Texas-Arlington	23.36
2011 — Ashley Idunoba, Lamar.....	23.80
2012 — Ashley Idunoba, Lamar.....	23.44
2013 — Jasmine Webb, McNeese State	23.35

2014 — Lygia Foreman, Sam Houston State.....	w23.97
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400 Meter Dash

1986 — Janice Gray, Louisiana-Monroe	56.60
1987 — Deanie Broussard, Louisiana-Lafayette	55.59
1988 — Lisa McRae, Louisiana-Monroe	56.14
1989 — LaNell Buckley, Texas State	54.49
1990 — Lisa McRae, Louisiana-Monroe	55.46
1991 — Bernadette Dawson, McNeese State	55.02
1992 — Troquel Eden, Louisiana-Monroe	55.16
1993 — Kisha Guyden, Texas-San Antonio.....	54.95
1994 — Inez Turner, Texas State	53.40
1995 — Inez Turner, Texas State	52.89
1996 — Roselyn Shonekin, Texas-Arlington.....	55.16
1997 — Soonja Roberson, Texas-San Antonio.....	55.22
1998 — Shekerah Kyles, Northwestern State	54.96
1999 — Christine Amertil, Southeastern Louisiana	53.43
2000 — Christine Amertil, Southeastern Louisiana	52.77
2001 — Brandy Spencer, McNeese State	53.82
2002 — Andrea Johnson, Texas-San Antonio.....	54.10
2003 — Quantinette Fields, Sam Houston State.....	54.87
2004 — Liudmilla Litvinova, Texas State.....	53.84
2005 — Chinelo Nwobu, Lamar	53.77
2006 — Chinelo Nwobu, Lamar	54.10
2007 — Liudmilla Litvinova, Texas State.....	53.74
2008 — Tiffeny Singleton, Sam Houston State.....	53.86
2009 — Antonia Hopkins, Texas-Arlington	54.49
2010 — Antonia Hopkins, Texas-Arlington	54.25
2011 — Mary Dickerson, Stephen F. Austin	54.28
2012 — Mary Dickerson, Stephen F. Austin	53.55
2013 — Madison Reynolds, Oral Roberts.....	53.60
2014 — Madison Reynolds, Oral Roberts.....	53.32

800 Meter Run

1986 — Rhonda Acker, Louisiana-Lafayette.....	2:17.65
1987 — Lisa Farria, Louisiana-Monroe	2:15.59
1988 — Lisa Farria, Louisiana-Monroe	2:10.67
1989 — Wendi Smith, Texas State	2:12.11
1990 — Cathy Nelson, Sam Houston State	2:13.54
1991 — Cathy Nelson, Sam Houston State	2:13.70
1992 — Melissa Eghbali, Louisiana-Monroe	2:14.29
1993 — Cynthia Martinets, Stephen F. Austin.....	2:09.94
1994 — Inez Turner, Texas State	2:09.62
1995 — Inez Turner, Texas State	2:12.26
1996 — Janice Turner, Texas State	2:06.60
1997 — Therese Ahlepil, Texas-Arlington.....	2:11.93
1998 — Bonnie Barlow, Stephen F. Austin	2:12.81
1999 — Mishael Bertrand, Texas-Arlington.....	2:10.70
2000 — Mishael Bertrand, Texas-Arlington.....	2:14.28
2001 — Mishael Bertrand, Texas-Arlington.....	2:11.42
2002 — Kajsa Haglund, Texas-Arlington	2:10.88
2003 — Kajsa Haglund, Texas-Arlington	2:09.15
2004 — Ruth Waller, McNeese State	2:10.55
2005 — Ivorita Taylor, Texas-Arlington	2:13.16
2006 — Veronica Silva, Texas-San Antonio	2:12.79
2007 — Katya Kostetskaya, Texas State	2:08.01
2008 — Hannah Maenius, Texas A&M-Corpus Christi	2:11.69
2009 — Devyn Mitchell, Sam Houston State.....	2:12.12
2010 — Dana Mecke, Texas-San Antonio	2:08.36
2011 — Danielle Burchett, Stephen F. Austin	2:10.18

OUTDOOR TRACK & FIELD

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

2012 — Danielle Burchett, Stephen F. Austin	2:08.01
2013 — DeJernel Jordan, Stephen F. Austin	2:12.10
2014 — Jackie White, Nicholls State	2:11.44

1,500 Meter Run

1986 — Becky Brooke, Lamar	4:37.27
1987 — Becky Brooke, Lamar	4:35.58
1988 — Chris Jasek, Louisiana-Monroe	4:37.80
1989 — Nicola Roff, Louisiana-Monroe	4:32.68
1990 — Robin White, Texas State	4:45.80
1991 — LeShon Osborne, Texas State	4:37.19
1992 — Joanne Kinnard, Texas-San Antonio	4:31.10
1993 — Linda Garcia, Texas-San Antonio	4:35.07
1994 — Linda Garcia, Texas-San Antonio	4:39.30
1995 — Christina Ramirez, Texas-San Antonio	4:43.37
1996 — Janice Turner, Texas State	4:33.38
1997 — Therese Ahlepil, Texas-Arlington	4:24.06
1998 — Kristin Ahlepil, Texas-Arlington	4:30.68
1999 — Kristin Ahlepil, Texas-Arlington	4:28.95
2000 — Sarah Davies, McNeese State	4:34.24
2001 — Kajsa Haglund, Texas-Arlington	4:36.51
2002 — Kajsa Haglund, Texas-Arlington	4:26.92
2003 — Kajsa Haglund, Texas-Arlington	4:33.29
2004 — Kajsa Haglund, Texas-Arlington	4:29.44
2005 — Lisa Haglund, Texas-Arlington	4:38.19
2006 — Clerc Koenck, Lamar	4:36.60
2007 — Clerc Koenck, Lamar	4:44.92
2008 — Clerc Koenck, Lamar	4:30.93
2009 — Meghan Lemke, Texas A&M-Corpus Christi	4:36.98
2010 — Dana Mecke, Texas-San Antonio	4:30.57
2011 — Lindsey Putnam, Texas-Arlington	4:35.37
2012 — Dana Mecke, Texas-San Antonio	4:29.65
2013 — Tessni Carruthers, Nicholls State	4:31.82
2014 — Alyssa Dooley, Sam Houston State	4:28.78

3,000 Meter Run

1986 — Becky Brooke, Lamar	10:25.60
1987 — Becky Brooke, Lamar	10:07.16
1988 — Chris Jasek, Louisiana-Monroe	10:05.50
1989 — Nicola Roff, Louisiana-Monroe	9:56.70
1990 — Renee Rowell, Stephen F. Austin	10:23.84
1991 — LeShon Osborne, Texas State	10:14.74
1992 — Joanne Kinnard, Texas-San Antonio	9:46.87
1993 — Tami Micham-Grimes, Louisiana-Monroe	9:56.29
1994 — Tami Micham-Grimes, Louisiana-Monroe	10:03.70
1995 — Angela Nelson, Texas-Arlington	9:52.02
1996 — Meg Harris, Texas-San Antonio	9:57.01
1997 — Jennifer DeBrecht, Texas-San Antonio	9:50.93
1998 — Kristin Ahlepil, Texas-Arlington	9:42.09
1999 — Kristin Ahlepil, Texas-Arlington	9:50.66
2000 — Sita Waru, McNeese State	9:46.38
2001 — event discontinued	

3,000 Meter Steeplechase

2001 — Rebecca Johansson, Texas-Arlington	10:52.92
2002 — Rebecca Johansson, Texas-Arlington	10:56.95
2003 — Rhonda Sherrer, Louisiana-Monroe	10:52.03
2004 — Vicky Jannise, Stephen F. Austin	10:55.06
2005 — Sarah Hershman, Sam Houston State	11:24.91
2006 — Amanda King, Lamar	10:31.46

2007 — Amanda King, Lamar	10:16.99
2008 — Allison Ferries, Sam Houston State	11:14.58
2009 — Sheila Salil, Texas A&M-Corpus Christi	10:54.53
2010 — Kadi Whisnant, Nicholls State	10:53.47
2011 — Kadi Whisnant, Nicholls State	10:47.15
2012 — Randi Plentl, Stephen F. Austin	10:49.34
2013 — Erika Setzler, Central Arkansas	10:31.90
2014 — Erika Setzler, Central Arkansas	10:20.56

5,000 Meter Run

1986 — Caroline Mullen, Lamar	18:27.30
1987 — Becky Brooke, Lamar	17:50.39
1988 — Karin Schardein, Sam Houston State	17:54.00
1989 — Nicola Roff, Louisiana-Monroe	17:42.95
1990 — Karin Schardein, Sam Houston State	18:38.45
1991 — Keri Ange, McNeese State	17:59.33
1992 — Joanne Kinnard, Texas-San Antonio	17:29.10
1993 — Keri Ange, McNeese State	17:20.21
1994 — Angela Nelson, Texas-Arlington	17:22.01
1995 — Angela Nelson, Texas-Arlington	17:16.16
1996 — Meg Harris, Texas-San Antonio	17:37.91
1997 — Frida Rosenberg, Texas-Arlington	17:36.84
1998 — Kristin Ahlepil, Texas-Arlington	17:46.50
1999 — Sarah Salmon, McNeese State	17:32.90
2000 — Sita Waru, McNeese State	17:24.78
2001 — Sita Waru, McNeese State	17:24.33
2002 — Sita Waru, McNeese State	16:53.52
2003 — Ana Rodriguez, Stephen F. Austin	18:22.97
2004 — Ana Rodriguez, Stephen F. Austin	17:11.54
2005 — Ana Rodriguez, Stephen F. Austin	17:19.27
2006 — Ashley Monteau, Stephen F. Austin	17:00.22
2007 — Renee Graham, Lamar	17:20.35
2008 — Clerc Koenck, Lamar	17:15.61
2009 — Amy Shackelford, Stephen F. Austin	17:16.52
2010 — Amy Guinn, McNeese State	17:31.38
2011 — Amy Shackelford, Stephen F. Austin	17:13.69
2012 — Lauren Smith, Stephen F. Austin	17:24.55
2013 — Brooke Cassar, Central Arkansas	17:30.24
2014 — Leigh Lattimore, Lamar	17:30.15

10,000 Meter Run

1989 — Monica Carr, Texas-Arlington	39:47.90
1990 — Jodi Eakman, Stephen F. Austin	39:52.50
1991 — Keri Ange, McNeese State	37:55.40
1992 — Keri Ange, McNeese State	36:21.30
1993 — Keri Ange, McNeese State	36:07.31
1994 — Angela Nelson, Texas-Arlington	36:56.09
1995 — Angela Nelson, Texas-Arlington	35:35.83
1996 — Stacy Poole, Texas-San Antonio	35:49.08
1997 — Jenny Parker, Texas State	38:29.34
1998 — Sita Waru, McNeese State	38:15.79
1999 — Jennifer Schultz, McNeese State	37:41.84
2000 — Sita Waru, McNeese State	36:15.56
2001 — Sita Waru, McNeese State	37:21.08
2002 — Sita Waru, McNeese State	35:51.47
2003 — Ana Rodriguez, Stephen F. Austin	39:26.49
2004 — Ashley Monteau, Stephen F. Austin	36:14.14
2005 — Ana Rodriguez, Stephen F. Austin	39:16.31
2006 — Ashley Monteau, Stephen F. Austin	36:17.51
2007 — Renee Graham, Lamar	36:12.86

OUTDOOR TRACK & FIELD



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

2008 — Tenley Determan, Texas State	38:24.07	2006 — Katya Kostetskaya, Texas State	58.05
2009 — Amy Shackelford, Stephen F. Austin.....	36:07.56	2007 — Darnesha Stonum, Sam Houston State.....	1:01.22
2010 — Amy Guinn, McNeese State	36:24.76	2008 — Tiana Lee, Sam Houston State.....	1:01.20
2011 — Amy Shackelford, Stephen F. Austin.....	36:51.17	2009 — Tiana Lee, Sam Houston State.....	1:00.94
2012 — Lauren Smith, Stephen F. Austin	36:13.32	2010 — Judith Schultheis, Southeastern Louisiana	1:00.61
2013 — Brooke Cassar, Central Arkansas	36:12.47	2011 — Dakota Stewart, Sam Houston State	1:00.05
2014 — Brooke Cassar, Central Arkansas	37:06.15	2012 — Chante'sean White, Texas State.....	57.34
		2013 — Alicia Noel, Southeastern Louisiana	59.47
		2014 — Consuela Lindsay, Northwestern State	58.05
100 Meter Hurdles			
1986 — Cheryl Henry, Louisiana-Monroe.....	w13.67	400 Meter Relay	
1987 — Monika Klebe, Angelo State	14.13	1986 — Louisiana-Monroe	46.33
1988 — Angela Black, Louisiana-Monroe	14.06	1987 — North Texas	47.00
1989 — Pam Smith, Louisiana-Monroe	14.03	1988 — Stephen F. Austin	46.17
1990 — Pam Smith, Louisiana-Monroe	14.00	1989 — Louisiana-Monroe	45.50
1991 — Angela Black, Louisiana-Monroe	13.77	1990 — Louisiana-Monroe	46.44
1992 — Valicia Henderson, Texas-San Antonio	13.83	1991 — Texas State	46.74
1993 — Janet Meaux, Texas-Arlington	w13.75	1992 — Texas State	46.00
1994 — Janet Meaux, Texas-Arlington	14.00	1993 — Texas-Arlington.....	45.54
1995 — Janet Meaux, Texas-Arlington	13.66	1994 — Texas-San Antonio	45.72
1996 — Brigitte Foster, Texas State	13.57	1995 — Texas-San Antonio	45.31
1997 — Shanita Ford, Stephen F. Austin	14.31	1996 — Texas-San Antonio	46.01
1998 — Brigitte Foster, Texas State	13.13	1997 — Texas-San Antonio	45.69
1999 — Tiffany Talbert, Texas-San Antonio	13.72	1998 — Texas-Arlington	45.93
2000 — Tiffany Talbert, Texas-San Antonio	13.62	1999 — Texas-Arlington	45.62
2001 — Matreen Caldwell, Texas-Arlington	13.48	2000 — Texas-Arlington	44.59
2002 — Brittany Littlejohn, Northwestern State	13.42	2001 — Texas-Arlington	45.11
2003 — Brittany Littlejohn, Northwestern State	13.47	2002 — Texas State	45.36
2004 — Ryanne Dupree, Texas-San Antonio	13.65	2003 — Texas-Arlington	45.06
2005 — Ryanne Dupree, Texas-San Antonio	13.60	2004 — Texas State	45.14
2006 — Shanae Steward, Northwestern State	13.67	2005 — Texas-San Antonio	45.39
2007 — Ryanne Dupree, Texas-San Antonio	13.47	2006 — Texas-Arlington	45.52
2008 — Jessica Jones, Texas-San Antonio	13.76	2007 — Texas-Arlington	45.44
2009 — Jessica Jones, Texas-San Antonio	13.63	2008 — Sam Houston State	45.61
2010 — Jessica Jones, Texas-San Antonio	13.51	2009 — Texas-Arlington	45.19
2011 — Chelsea Stephen, Stephen F. Austin.....	13.64	2010 — Northwestern State	45.52
2012 — Chelsea Stephen, Stephen F. Austin.....	13.60	2011 — Stephen F. Austin	46.06
2013 — Kryshell Rolle, Nicholls State	13.85	2012 — Texas-San Antonio	44.81
2014 — Sabrina Starr, Sam Houston State	w13.19	2013 — McNeese State	44.94
		2014 — McNeese State	45.48
400 Meter Hurdles			
1986 — Monika Klebe, Arkansas State	58.20	1,600 Meter Relay	
1987 — Monika Klebe, Arkansas State	57.80	1986 — Louisiana-Monroe	3:48.75
1988 — Sandra Cummings, Stephen F. Austin	1:01.08	1987 — Texas-Arlington	3:48.43
1989 — LaTaunya Johnson, Louisiana-Monroe.....	1:02.12	1988 — Texas State	3:49.67
1990 — Debbie Esquivel, Texas State.....	1:01.11	1989 — Louisiana-Monroe	3:44.79
1991 — Sara Massey, Texas-Arlington.....	1:01.94	1990 — Louisiana-Monroe	3:48.00
1992 — Valicia Henderson, Texas-San Antonio	59.76	1991 — Louisiana-Monroe	3:50.46
1993 — Janet Meaux, Texas-Arlington	59.51	1992 — Texas-San Antonio	3:44.47
1994 — Traci Logan, North Texas	1:00.60	1993 — Texas-Arlington.....	3:39.42
1995 — Janet Meaux, Texas-Arlington	1:00.64	1994 — Texas State	3:44.20
1996 — Denise Lee, Louisiana-Monroe	1:02.03	1995 — Texas State	3:40.27
1997 — Eva Jonsson, Texas-Arlington	1:00.99	1996 — Texas-Arlington	3:46.76
1998 — Tiana Cook, Sam Houston State	59.54	1997 — Texas-San Antonio	3:42.89
1999 — Tameeka McFarland, Louisiana-Monroe	59.67	1998 — Northwestern State	3:41.67
2000 — Yamelis Ortiz, Lamar	58.17	1999 — Texas-Arlington	3:43.24
2001 — Erica Martensson, Texas-Arlington	57.99	2000 — Texas-Arlington	3:43.87
2002 — LaShell Nelson, Texas State.....	59.94	2001 — Texas-Arlington	3:41.09
2003 — Jocelyn Stevens, Stephen F. Austin.....	1:01.06	2002 — Texas State	3:37.00
2004 — Jocelyn Stevens, Stephen F. Austin.....	1:00.33	2003 — Texas State	3:49.08
2005 — Katya Kostetskaya, Texas State	59.08		

OUTDOOR TRACK & FIELD

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

2004 — Texas State	3:45.14
2005 — Texas State	3:39.03
2006 — Texas State	3:41.51
2007 — Texas State	3:41.60
2008 — Sam Houston State	3:44.28
2009 — Texas-Arlington	3:42.07
2010 — Texas-Arlington	3:41.14
2011 — Stephen F. Austin	3:41.43
2012 — Stephen F. Austin	3:38.19
2013 — Sam Houston State	3:41.40
2014 — Sam Houston State	3:41.08

High Jump

1986 — Nina Sylvester, Louisiana-Monroe	5-06.25
1987 — Susan Carter, Texas-Arlington	5-06.25
1988 — Sara Massey, Texas-Arlington	5-06.25
1989 — Sara Massey, Texas-Arlington	5-08.00
1990 — Sonya Roberts, Texas State	5-07.00
1991 — Sara Massey, Texas-Arlington	5-10.00
1992 — Janice Miller, Northwestern State	5-06.50
1993 — Janet Booker, Texas-San Antonio	5-06.50
1994 — Janet Booker, Texas-San Antonio	5-10.00
1995 — Karin Petersson, Texas-Arlington	5-08.75
1996 — Jennifer Robeson, Texas-Arlington	5-11.25
1997 — Jennifer Hoppe, Stephen F. Austin	5-07.75
1998 — Jhonnette Lemon, Louisiana-Monroe	5-08.75
1999 — Jennifer Hoppe, Stephen F. Austin	5-10.00
2000 — Jacqueline Canton, Northwestern State	5-10.50
2001 — Becky Collins, Texas State	5-10.00
2002 — Becky Collins, Texas State	5-10.75
2003 — Alisha Fowler, Sam Houston State	5-08.75
2004 — Caroline Wolf, Texas State	5-10.00
2005 — Alisha Fowler, Sam Houston State	5-10.75
2006 — Taylor Morrell, McNeese State	5-08.75
2007 — Valerie Hancock, Texas State	5-10.75
2008 — Valerie Hancock, Texas State	5-08.75
2009 — Valerie Hancock, Texas State	5-08.75
2010 — Lisa Bingham, Texas State	5-07.75
2011 — Chelsea Dockery, Nicholls State	5-09.25
2012 — Danielle Candelaria, Texas State	5-08.00
2013 — Caitlin Jones, Stephen F. Austin	5-05.75
2014 — Jasmine Waring, UIW	5-08.50

Pole Vault

1998 — Stephanie Hensley, Texas-San Antonio	*8-11.75
1999 — Marion Meyer, Texas-Arlington	10-11.75
2000 — Marion Meyer, Texas-Arlington	12-06.25
2001 — Misty Ballard-Swan, Stephen F. Austin	12-08.00
2002 — Misty Ballard-Swan, Stephen F. Austin	12-05.50
2003 — Melissa Pundt, Texas State	12-08.00
2004 — Jennie Sewell, Sam Houston State	12-09.50
2005 — Jennie Sewell, Sam Houston State	11-11.75
2006 — Michelle Rzepka, McNeese State	12-11.50
2007 — Jennie Sewell, Sam Houston State	13-05.00
2008 — Rebekah Vickers, Texas State	12-07.50
2009 — Jennifer Mathews, Texas State	12-07.50
2010 — Lacey Sanchez, Southeastern Louisiana	13-01.50
2011 — Elena Horn, Texas State	13-03.50
2012 — Elena Horn, Texas State	13-07.25
2013 — Shelbie Zotyka, Sam Houston State	12-10.75

2014 — Kara Whitson, Sam Houston State	12-10.00
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**Exhibition*

Long Jump

1986 — Cheryl Henry, Louisiana-Monroe	19-08.75
1987 — Pam Smith, Louisiana-Monroe	20-01.00
1988 — Pam Smith, Louisiana-Monroe	21-00.00
1989 — Pam Smith, Louisiana-Monroe	20-06.50
1990 — Angela Black, Louisiana-Monroe	20-06.00
1991 — Angela Black, Louisiana-Monroe	20-04.25
1992 — Jenny Hockett, Texas-Arlington	20-04.25
1993 — Jenny Hockett, Texas-Arlington	20-00.50
1994 — S'terica Washington, McNeese State	19-02.75
1995 — Janet Booker, Texas-San Antonio	21-08.00
1996 — Niema Malone, Northwestern State	19-07.50
1997 — Tameka Roberts, Texas-San Antonio	20-03.50
1998 — Teenie Williams, McNeese State	20-01.00
1999 — Nathalie Daniels, Texas State	19-09.00
2000 — Nathalie Daniels, Texas State	19-08.00
2001 — Natasha Coleman, Southeastern Louisiana	20-04.50
2002 — LaToya Payne, Texas State	21-02.00
2003 — Stephanie Sowell, Northwestern State	20-09.25
2004 — LaJuana Lovett, Texas State	20-01.50
2005 — Morgan Moszee, Texas-San Antonio	20-04.50
2006 — Camilla Davis, Texas State	20-07.00
2007 — Ryanne Dupree, Texas-San Antonio	20-06.25
2008 — Kassandrea Son, Texas A&M-Corpus Christi	20-10.00
2009 — Kassandrea Son, Texas A&M-Corpus Christi	20-02.50
2010 — Kassandrea Son, Texas A&M-Corpus Christi	20-05.00
2011 — Ernestine Cray, Texas A&M-Corpus Christi	19-02.00
2012 — Kassandrea Son, Texas A&M-Corpus Christi	20-09.75
2013 — Jasmine Cornelius, McNeese State	19-02.75
2014 — Jasmine Cornelius, McNeese State	19-06.75

Triple Jump

1986 — Cheryl Henry, Louisiana-Monroe	40-11.00
1987 — Sandra Mondy, North Texas	39-09.50
1988 — Pam Smith, Louisiana-Monroe	41-03.00
1989 — Billie Byas, Stephen F. Austin	40-03.50
1990 — Sandra Mondy, North Texas	40-10.00
1991 — Sandra Mondy, North Texas	41-08.00
1992 — Portia Matthews, Texas-San Antonio	41-03.25
1993 — Lisa Austin, Texas-Arlington	43-04.50
1994 — Rene Woodard, Texas State	41-11.50
1995 — Lisa Austin, Texas-Arlington	41-10.75
1996 — Tara Costlon, Louisiana-Monroe	40-06.00
1997 — Eva Jonsson, Texas-Arlington	40-10.50
1998 — Nathalie Daniels, Texas State	40-01.50
1999 — Tiffany Cronin, Northwestern State	42-00.75
2000 — Jacqueline Canton, Northwestern State	40-01.25
2001 — LaJuana Lovett, Texas State	42-06.75
2002 — Stephanie Sowell, Northwestern State	43-00.25
2003 — Stephanie Sowell, Northwestern State	42-06.25
2004 — Jacque Iwuchukwu, Texas State	41-11.25
2005 — Stephanie Sowell, Northwestern State	42-02.75
2006 — Jacque Iwuchukwu, Texas State	42-00.75
2007 — Tamequa Poole, Texas State	40-01.50
2008 — Alaysha Ford, Texas State	39-05.25
2009 — Asiya Iskakova, Texas State	40-11.50
2010 — Ambra McQuin, Sam Houston State	40-04.75

OUTDOOR TRACK & FIELD



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

2011 — Ambra McCuin, Sam Houston State.....	42-08.75	2009 — Katie Hanie, Texas State.....	159-01
2012 — Eboni Johnson, Texas-San Antonio.....	41-07.25	2010 — Trecey Rew, Northwestern State.....	176-08
2013 — Kelli Hermes, Stephen F. Austin.....	40-00.00	2011 — Trecey Rew, Northwestern State.....	180-01
2014 — Porsha Thomas, Northwestern State.....	41-07.00	2012 — Ashlee Smith, McNeese State.....	165-10
		2013 — Janae Allen, Northwestern State.....	161-07
		2014 — Rechelle Bessard, Northwestern State.....	163-05
Shot Put			
1986 — Zoretta Edwards, Louisiana-Monroe.....	46-00.00	Hammer	
1987 — Rachel Barr, North Texas.....	45-04.00	2005 — Sarah Baker, Texas State.....	171-01
1988 — Marie Rusk, Stephen F. Austin.....	46-04.75	2006 — Sarah Stultz, Texas State.....	182-08
1989 — Marie Rusk, Stephen F. Austin.....	49-01.75	2007 — Mikaela Johansson, Southeastern Louisiana.....	179-11
1990 — Peggy Lewis, Northwestern State.....	47-01.25	2008 — Collena Collins, Southeastern Louisiana.....	179-01
1991 — Peggy Lewis, Northwestern State.....	48-05.25	2009 — Frednisha Marshall, Stephen F. Austin.....	176-02
1992 — Brenda Vanek, Texas State.....	45-08.00	2010 — Frednisha Marshall, Stephen F. Austin.....	171-05
1993 — Lisa Hawkins, Louisiana-Monroe.....	47-11.25	2011 — Katie Bragg, Texas-San Antonio.....	175-01
1994 — Kim Bush, Texas-San Antonio.....	45-09.00	2012 — Katie Bragg, Texas-San Antonio.....	189-10
1995 — Kim Bush, Texas-San Antonio.....	46-10.25	2013 — Adrienne Quillin, Sam Houston State.....	174-10
1996 — Marsha French, Louisiana-Monroe.....	51-01.00	2014 — Adrienne Quillin, Sam Houston State.....	186-00
1997 — Tabitha Johnigan, Northwestern State.....	49-07.00		
1998 — Nikki Hunter, McNeese State.....	49-09.00	Javelin	
1999 — Marsha French, Texas-Arlington.....	54-11.25	1986 — Pernille Jorgensen, Louisiana-Monroe.....	143-08
2000 — Marsha French, Texas-Arlington.....	50-09.25	1987 — Rachel Barr, North Texas.....	133-10
2001 — Ashely Dorsey, Texas-Arlington.....	50-08.50	1988 — Darbie Bruning, Texas State.....	158-04
2002 — Ashely Dorsey, Texas-Arlington.....	53-10.25	1989 — Sara Massey, Texas-Arlington.....	140-10
2003 — Blake Gordon, Stephen F. Austin.....	49-07.25	1990 — Jill Hayes, McNeese State.....	155-00
2004 — Tiffany Bunton, Texas State.....	51-05.50	1991 — Sara Massey, Texas-Arlington.....	173-05
2005 — Markeisha Edwards, Stephen F. Austin.....	49-01.00	1992 — Jenny Hockett, Texas-Arlington.....	146-11
2006 — Tenika Powell, Sam Houston State.....	46-03.50	1993 — Jenny Hockett, Texas-Arlington.....	164-05
2007 — Abby Ruston, Texas State.....	54-10.75	1994 — Nicole Hyles, North Texas.....	140-03
2008 — Kendall Bass, Sam Houston State.....	44-06.75	1995 — Michelle Italio, McNeese State.....	139-01
2009 — Frednisha Marshall, Stephen F. Austin.....	48-07.50	1996 — Katrina Eklof, Texas State.....	160-00
2010 — Trecey Rew, Northwestern State.....	54-04.50	1997 — Katrina Eklof, Texas State.....	160-00
2011 — Kaitlyn Andrews, Stephen F. Austin.....	51-00.00	1998 — Samantha Chesson, McNeese State.....	154-10
2012 — Zaquita McClanahan, Texas-San Antonio.....	49-05.50	1999 — Regina Roe, Northwestern State.....	166-09
2013 — La'Tricia Griffin, Stephen F. Austin.....	50-03.25	2000 — Samantha Chesson, McNeese State.....	164-05
2014 — La'Tricia Griffin, Stephen F. Austin.....	49-08.25	2001 — Linette Stuart, Northwestern State.....	141-08
		2002 — Victoria Simon, McNeese State.....	144-04
Discus			
1986 — Sherry Deckard, Louisiana-Monroe.....	153-08	2003 — Samantha Ford, Northwestern State.....	161-08
1987 — Sherry Deckard, Louisiana-Monroe.....	153-00	2003 — Betsy Baldwin, Southeastern Louisiana.....	154-10
1988 — Sherry Deckard, Louisiana-Monroe.....	161-03	2005 — Roshunda Betts, Sam Houston State.....	163-01
1989 — Velia Smith, Texas State.....	154-09	2006 — Roshunda Betts, Sam Houston State.....	168-11
1990 — Velia Smith, Texas State.....	161-11	2007 — Leslie Bourgeois, Nicholls State.....	154-01
1991 — Teresa Barnes, Texas-Arlington.....	147-03	2008 — Yvette Schubert, Southeastern Louisiana.....	145-01
1992 — Teresa Barnes, Texas-Arlington.....	159-08	2009 — Leslie Bourgeois, Nicholls State.....	152-03
1993 — Leatrice Coleman, Sam Houston State.....	144-07	2010 — Leslie Bourgeois, Nicholls State.....	150-01
1994 — Sonia Wills, Texas-Arlington.....	144-07	2011 — Jessica Talley, Northwestern State.....	145-11
1995 — Tamara Jackson, Texas State.....	164-07	2012 — Ashley Aldredge, Northwestern State.....	151-08
1996 — Tamara Jackson, Texas State.....	160-08	2013 — Jaimee Springer, Nicholls State.....	155-06
1997 — Tamara Jackson, Texas State.....	160-09	2014 — Jessica Talley, Northwestern State.....	157-11
1998 — Sara Gruvfalt, Texas State.....	174-11		
1999 — Christina Arrants, Texas State.....	160-10		
2000 — Marsha French, Texas-Arlington.....	162-05		
2001 — Blake Gordon, Stephen F. Austin.....	163-05		
2002 — Destine Rawls, Stephen F. Austin.....	157-03		
2003 — Blake Gordon, Stephen F. Austin.....	157-00		
2004 — Tiffany Bunton, Texas State.....	175-09		
2005 — Veronica Karlsson, Louisiana-Monroe.....	165-07		
2006 — Sarah Stultz, Texas State.....	161-01		
2007 — Abby Ruston, Texas State.....	167-02		
2008 — Trecey Rew, Northwestern State.....	151-06		



OUTDOOR TRACK & FIELD

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

Heptathlon

1989 — Sara Massey, Texas-Arlington.....	4,835
1990 — Stephanie Scott, Texas State	4,791
1991 — Sara Massey, Texas-Arlington.....	5,444
1992 — Stephanie Scott, Texas State	4,496
1993 — Tonya Wilson, Louisiana-Monroe	5,285
1994 — Jennifer Robeson, Texas-Arlington	4,644
1995 — Eva Jonsson, Texas-Arlington.....	4,980
1996 — Eva Jonsson, Texas-Arlington.....	5,230
1997 — Eva Jonsson, Texas-Arlington.....	5,203
1998 — Eva Jonsson, Texas-Arlington.....	5,063
1999 — Jennifer Hoppe, Stephen F. Austin	5,376
2000 — Jennifer Hoppe, Stephen F. Austin	5,288
2001 — Rhonda Ray, Texas-San Antonio	5,160
2002 — Rhonda Ray, Texas-San Antonio	5,210
2003 — Tracy Schupp, Stephen F. Austin.....	5,068
2004 — Signe Vest, Sam Houston State	4,922
2005 — Rynne Dupree, Texas-San Antonio	5,465
2006 — Crystal Chang, Stephen F. Austin	5,255
2007 — Rynne Dupree, Texas-San Antonio	5,593
2008 — Ebbonye Johnson, Stephen F. Austin	4,894
2009 — Valerie Hancock, Texas State.....	4,839
2010 — Tabitha Riley, Stephen F. Austin	4,939
2011 — Katherine Evans, Texas State.....	5,007
2012 — Mariah Georgetown, McNeese State	5,265
2013 — Jasmine Ellis, Central Arkansas.....	5,125
2014 — Shambail Woods, Stephen F. Austin.....	4,977

Women's Southland Conference Championship Records

Running Events

100 Meter Dash.....	11.27.....	LaJuana Lovett, Texas State, 2002
200 Meter Dash.....	23.05.....	Christine Amertil, Southeastern Louisiana, 2000
400 Meter Dash.....	52.63.....	Christine Amertil, Southeastern Louisiana, 2000
800 Meter Run.....	2:08.01.....	Danielle Burchett, Stephen F. Austin, 2012
1,500 Meter Run.....	4:26.92.....	Kajsa Haglund, Texas-Arlington, 2002
3,000 Meter Run.....	9:42.09.....	Kristin Ahlepil, Texas-Arlington, 1998
3,000 Steeplechase.....	10:16.99.....	Amanda King, Lamar, 2007
5,000 Meter Run.....	16:53.52.....	Sita Waru, McNeese State, 2002
10,000 Meter Run.....	35:35.83.....	Angela Nelson, Texas-Arlington, 1995
100 Meter Hurdles.....	13.19.....	Brigitte Foster, Texas State, 1998
400 Meter Hurdles.....	57.29.....	Chante' sean White, Texas State, 2012
400 Meter Relay.....	44.59.....	Texas-Arlington, 2000
.....	Shani Darthard, Rikki Holland, Sabrina Jordan-Dawkins, LaQuinta Manahan	
1,600 Meter Relay.....	3:37.00.....	Texas State, 2002
.....	LaToya Payne, LaShell Nelson, LaJuana Lovett, Quanta Arrant	

Field Events

High Jump.....	5-11.25.....	Jennifer Robeson, Texas-Arlington, 1996
Pole Vault.....	13-07.25.....	Elena Horn, Texas State, 2012
Long Jump.....	21-08.00.....	Tameka Roberts, Texas-San Antonio, 1995
Triple Jump.....	43-04.50.....	Lisa Austin, Texas-Arlington, 1993
Shot Put.....	54-11.25.....	Marsha French, Texas-Arlington, 1999
Discus.....	180-01.00.....	Trecey Rew, Northwestern State, 2011
Hammer.....	189-10.00.....	Katie Bragg, Texas-San Antonio, 2012
Javelin.....	173-05.00.....	Sara Massey, Texas-Arlington, 1991

Heptathlon

Total Points.....	5,593.....	Ryanne Dupree, Texas-San Antonio, 2007
100 Meter Hurdles.....	13.62.....	Ryanne Dupree, Texas-San Antonio, 2007
High Jump.....	5-08.00.....	Katherine Evans, Texas State, 2011
Shot Put.....	43-06.00.....	Danessa Lyssy, Texas State, 2012
200 Meter Dash.....	24.69.....	Ryanne Dupree, Texas-San Antonio, 2005
Long Jump.....	19-08.75.....	Ryanne Dupree, Texas-San Antonio, 2005, 2007
Javelin.....	143.50.....	Jill Hayes, McNeese State, 1990
800 Meter Run.....	2:16.51.....	Theresa Soderlund, Texas-Arlington, 1999

Team Totals

Most Points.....	201.5.....	Stephen F. Austin, 2010
Largest Margin of Victory.....	99.5.....	Stephen F. Austin, 2010
Fewest Winning Points.....	142.....	Stephen F. Austin, 2012

OUTDOOR TRACK & FIELD

Women's Southland Championship Repeat Winners

Four-Time Winners

Kajsa Haglund, Texas-Arlington, 2001, 02, 03, 04..... 1,500 Meter Run
Eva Jonsson, Texas-Arlington, 1995, 96, 97, 98 Heptathlon
Sita Waru, McNeese State, 1998, 2000, 01, 02 10,000 Meter Run
Kassandra Son, A&M-Corpus Christi, 2008, 09, 10, 12 Long Jump

Three-Time Winners

Keri Ange, McNeese State, 1991, 92, 93..... 10,000 Meter Run
Mishaël Bertrand, Texas-Arlington, 1999, 2000, 01 800 Meter Run
Leslie Bourgeois, Nicholls State, 2007, 09, 10 Javelin
Sherry Deckard, Louisiana-Monroe, 1986, 87, 88 Discus
Ryenne Dupree, Texas-San Antonio, 2004, 05, 07 100-Meter Hurdles
Marsha French, Texas-Arlington, 1996, 99, 2000 Shot Put
(1996 title won while a student-athlete at La.-Monroe)
Valerie Hancock, Texas State, 2007, 08, 09 High Jump
Tamara Jackson, Texas State, 1995, 96, 97 Discus
Jessica Jones, Texas-San Antonio, 2008, 09, 10 100 Meter Hurdles
Clerc Koenck, Lamar, 2006, 07, 08 1,500 Meter Run
LaJuana Lovett, Texas State, 2002, 03, 04 100, 200 Meter Dash
LaQuinta Manahan, Texas-Arlington, 1999, 2000, 01 100 Meter Dash
Sara Massey, Texas-Arlington, 1988, 89, 91 High Jump
Janet Meaux, Texas-Arlington, 1993, 94, 95 100 Meter Hurdles
Sandra Mondy, North Texas, 1987, 90, 91 Triple Jump
Trecey Rew, Northwestern State, 2008, 10, 11 Discus
Ana Rodriguez, Stephen F. Austin, 2003, 04, 05 5,000 Meter Run
Jennie Sewell, Sam Houston State, 2004, 05, 07 Pole Vault
Pam Smith, Louisiana-Monroe, 1987, 88, 89 Long Jump
Stephanie Sowell, Northwestern State, 2002, 03, 05 Triple Jump
Jasmine Walls, Texas-Arlington, 2008, 09, 10 100, 200 Meter Dash
Sita Waru, McNeese State, 2000, 01, 02 5,000 Meter Run

Multi-Event Women's Winners in Same Year

Four-Time Winners

Sara Massey, Texas-Arlington, 1991
Heptathlon/Javelin/High Jump/400 Meter Hurdles

Three-Time Winners

Kristin Ahlepil, Texas-Arlington, 1998
1,500 Meter Run/3,000 Meter Run/5,000 Meter Run

Becky Brooke, Lamar, 1987

1,500 Meter Run/3,000 Meter Run/5,000 Meter Run

Ryenne Dupree, Texas-San Antonio, 2007

100 Meter Hurdles/Long Jump/Heptathlon

Brigitte Foster, Texas State, 1998

100 Meter Dash/100 Meter Hurdles/200 Meter Dash

Cheryl Henry, Louisiana-Monroe, 1986

Long Jump/Triple Jump/100 Meter Hurdles

Eva Jonsson, Texas-Arlington, 1997

Triple Jump/Heptathlon/400 Meter Hurdles

Joanne Kinnard, Texas-San Antonio, 1992

1,500 Meter Run/3,000 Meter Run/5,000 Meter Run

LaJuana Lovett, Texas State, 2004

100 Meter Dash/200 Meter Dash/Long Jump

Sara Massey, Texas-Arlington, 1989

Javelin/High Jump/Heptathlon

Angela Nelson, Texas-Arlington, 1995

3,000 Meter Run/5,000 Meter Run/10,000 Meter Run

Tameka Roberts, Texas-San Antonio, 1997

Long Jump/100 Meter Dash/200 Meter Dash

Nicola Roff, Louisiana-Monroe, 1989

1,500 Meter Run/3,000 Meter Run/5,000 Meter Run

Sita Waru, McNeese State, 2000

3,000 Meter Run/5,000 Meter Run/10,000 Meter Run

All-Time Top-Five Performances

100-Meter Dash

11.25 — Tameka Roberts, UTSA, 1997
11.30 — LaQuinta Manahan, UTA, 2000
11.31 — Loretta Curry, ULM, 1996
11.32 — Tameka Roberts, UTSA, 1996
11.35 — LaJuana Lovett, TXST, 2002

200-Meter Dash

22.94 — Tameka Roberts, UTSA, 1996
23.05 — LaJuana Lovett, TXST, 2004
23.05 — LaJuana Lovett, TXST, 2003
23.12 — Christine Amertil, SLU, 2000
23.16 — Tameka Roberts, UTSA, 1996

400-Meter Dash

52.13 — Christine Amertil, SLU, 2000
52.27 — Inez Turner, TXST, 1994
52.87 — Madison Reynolds, ORU, 2014
52.89 — Inez Turner, TXST, 1995
53.02 — Madison Reynolds, ORU, 2014

800-Meter Run

2:00.27 — Inez Turner, TXST, 1995
2:03.43 — Inez Turner, TXST, 1994
2:05.79 — Mishael Bertrand, UTA, 2000
2:07.27 — Kajsa Haglund, UTA, 2004
2:07.44 — Dana Mecke, UTSA, 2010

1,500-Meter Run

4:18.39 — Kajsa Haglund, UTA, 2003
4:22.36 — Kristin Ahlepil, UTA, 1999
4:24.30 — Kajsa Haglund, UTA, 2004
4:24.33 — Dana Mecke, UTSA, 2012
4:25.38 — Dana Mecke, UTSA, 2010

3,000-Meter Run

9:32.30 — Nicola Roff, ULM, 1989
9:42.09 — Kristin Ahlepil, UTA, 1998
9:46.38 — Sita Waru, MCN, 2000
9:47.60 — Sarah Salmon, MCN, 1998
9:50.34 — Liza Hunter, UTSA, 1992

3,000-Steeplechase

10:16.99 — Amanda King, LU, 2007
10:19.83 — Louise Webb, LU, 2014
10:20.56 — Erika Setzler, UCA, 2014
10:22.26 — Louise Webb, LU, 2014
10:26.78 — Louise Webb, LU, 2014

5,000-Meter Run

16:32.22 — Sita Waru, MCN, 2000
16:39.56 — Brooke Cassar, UCA, 2014
16:45.28 — Ana Rodriguez, SFA, 2004
16:45.75 — Stephanie Ganter, SFA, 2009
16:46.77 — Ana Rodriguez, SFAS, 2005

10,000-Meter Run

34:19.82 — Leigh Lattimore, LU, 2014
34:35.38 — Ana Rodriguez, SFA, 2005
34:38.44 — Joanne Kineard, UTSA, 1992
34:55.87 — Sita Waru, MCN, 2001
35:18.06 — Fionnuala Ross, MCN, 2012

100-Meter Hurdles

13.13 — Brittany Littlejohn, NWLA, 2003
13.13 — Brigitte Foster, TXST, 1998
13.34 — Rynne Dupree, UTSA, 2005
13.36 — Tiffany Talbert, UTSA, 2000
13.42 — Brittany Littlejohn, NWLA, 2002

400-Meter Hurdles

56.64 — Monika Klebe, ASU, 1987
57.01 — Katya Kostetskaya, TXST, 2005
57.06 — Katya Kostetskaya, TXST, 2006
57.29 — Chante'sean White, TXST, 2012
57.34 — Chante'sean White, TXST, 2012

400-Meter Relay

44.59 — Texas-Arlington, 2000
44.81 — Texas-San Antonio, 2012
44.94 — McNeese State, 2013
44.97 — Texas State, 2003
45.06 — Texas-Arlington, 2003

1600-Meter Relay

3:34.05 — Texas-San Antonio, 1996
3:35.81 — Texas-San Antonio, 1992
3:37.00 — Texas State, 2002
3:38.12 — Stephen F. Austin, 2014
3:38.19 — Stephen F. Austin, 2012

High Jump

6-02.00 — Lauri Young, ULM, 1985
6-00.50 — Caroline Wolf, TXST, 2005
5-11.25 — Katie Evans, TXST, 2009
Valerie Hancock, TXST, 2009
Jacqueline Canton, NWLA, 2001
Lynse Leal, UTSA, 1996
Jennifer Robeson, UTA, 1996

Pole Vault

13-07.25 — Jennie Sewell, SHSU, 2005
Elena Horn, TXST, 2012
13-06.25 — Michelle Rzepka, MCN, 2006
13-05.25 — Melissa Pundt, TXST, 2003
13-05.00 — Jennie Sewell, SHSU, 2007

Long Jump

21-10.50 — Tameka Roberts, UTSA, 1994
21-08.00 — Pam Smith, ULM, 1989
21-08.00 — Janet Booker, UTSA, 1995
21-03.75 — Angela Black, ULM, 1991
21-02.00 — Pam Smith, ULM, 1989
LaToya Payne, TXST, 2002

Triple Jump

43-04.50 — Lisa Austin, UTA, 1993
43-04.00 — Cheryl Henry, ULM, 1986
43-01.00 — Tara Coston, ULM, 1996
43-00.25 — Stephanie Sowell, NWLA, 2002
42-11.50 — Roshunda Betts, SHSU, 2006

Shot Put

55-08.50 — Tiffany Bunton, TXST, 2004
54-11.25 — Trecey Rew, NWLA, 2010
Marsha French, UTA, 1999*
54-10.75 — Abby Ruston, TXST, 2007
53-10.25 — Ashely Dorsey, UTA, 2002
52-08.00 — Ashely Dorsey, UTA, 2001

Discus

180-01 — Trecey Rew, NWLA, 2011
179-00 — Trecey Rew, NWLA, 2010
175-09 — Tiffany Bunton, TXST, 2004
175-08 — Veronica Karlsson, ULM, 2005
174-11 — Sara Gruvfall, TXST, 1998

Hammer

199-09 — Ashley Jenkins, SHSU, 2014
194-03 — Adrienne Quillin, SHSU, 2014
193-01 — Adrienne Quillin, SHSU, 2014
192-07 — Adrienne Quillin, SHSU, 2014
189-10 — Katie Bragg, UTSA, 2012

Javelin

176-09 — Roshunda Betts, SHSU, 2005
173-10 — Roshunda Betts, SHSU, 2006
173-05 — Sara Massey, UTA, 1991
169-05 — Samantha Chesson, MCN, 1999
167-09 — Rachel Walker, ULM, 2005

Heptathlon

5,723 — Lauri Young, ULM, 1985
5,593 — Rynne Dupree, UTSA, 2007
5,575 — Rynne Dupree, UTSA, 2005
5,444 — Sara Massey, UTA, 1991
5,433 — Jennifer Hoppe, SFA, 1999

This compilation of all-time outdoor track and field bests includes times that have been converted from imperial distances using charts and formulas in the NCAA Metric Handbook. In addition, all times have been adjusted to Fully Automatic Times.

**Transfer from UL-Monroe to UT Arlington*

OUTDOOR TRACK & FIELD

Southland NCAA All-Americans

McNeese State

2012.....	Ashlee Smith (Discus, 11th)
2006.....	Michelle Rzepka (Pole Vault, 6th)
1999.....	Samantha Chesson (Javelin, 6th)

Northwestern State

2013.....	Janae Allen (Discus, 10th)
2011.....	Trecey Rew (Discus, 1st; Shot Put, 15th)
2010.....	Trecey Rew (Shot Put, 19th)
2003.....	Samantha Ford (Javelin, 4th)

Sam Houston State

2007.....	Jennie Sewell (Pole Vault, 5th)
2006.....	Roshunda Betts (Javelin, 5th)
2001.....	Precious Madison (Long Jump, 8th)

Southeastern Louisiana

2003.....	Christine Amertil (400 Meter Dash, 3rd)
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Stephen F. Austin

2013.....	Madison Johnston (Javelin, 9th)
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Former Southland Members

Louisiana-Monroe

1991.....	Angela Black (Long Jump, 3rd)
1990.....	Pam Smith (Long Jump, 3rd)
1989.....	Pam Smith (Long Jump, 2nd)
1985.....	Lauri Young (Heptathlon, 1st, High Jump)
1982.....	Clotee Cowans (100 Meter Dash, 3rd; 200 Meter Dash, 4th)

Oral Roberts

2014.....	Madison Reynolds (400 Meter Dash, 16th)
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Texas-Arlington

2009.....	Jasmine Walls (200 Meter Dash)
2002.....	Ashely Dorsey (Shot Put, 4th)
2001.....	Erika Martensson (400 Meter Hurdles, 8th)
1996.....	Eva Jonsson (Heptathlon, 8th)
1995.....	Lisa Austin (Triple Jump)
.....	Angela Nelson (10,000 Meter Run, 9th)
1994.....	Lisa Austin (Triple Jump)
.....	Tara Ford (Long Jump; Triple Jump)
1993.....	Jenny Hockett (Javelin, 8th)
.....	Lisa Austin (Triple Jump)

Texas-San Antonio

2007.....	Ryanne Dupree (Heptathlon, 6th)
2005.....	Ryanne Dupree (Heptathlon, 8th)
2004.....	Ryanne Dupree (Heptathlon, 7th)
1997.....	Tameka Roberts (100 Meter Dash, 9th; 200 Meter Dash)
1996.....	Tameka Roberts (200 Meter Dash, 9th; Long Jump, 11th)
1995.....	Tameka Roberts (Long Jump, 7th)
1992.....	Lisa Addison, Tammy Booker, Rosalyn King, Portia Matthews (1,600 Meter Relay)

Texas State

2007.....	Abby Ruston (Shot put, 2nd)
2005.....	Katya Kostetskaya (400 Meter Hurdles, 8th)
.....	Caroline Wolf (High Jump, 5th)
2004.....	Tiffany Bunton (Shot Put, 7th)
2003.....	Becky Collins (High Jump, 8th)
.....	Melissa Pundt (Pole Vault, tied 5th)
1998.....	Brigitte Foster (100 Meter Hurdles, 3rd)
1995.....	Inez Turner (800 Meter Run, 1st)
1994.....	Inez Turner (800 Meter Run, 1st)
.....	Rene Woodard (Triple Jump, 4th)

NCAA Women's Champions

Discus

2011 – Trecey Rew, Northwestern State	192-04
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800 Meter Run

1994 – Inez Turner, Texas State	2:01.50
1995 – Inez Turner, Texas State	2:00.27

Heptathlon

1985 – Lauri Young, Louisiana-Monroe	5,440
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