

Men's Year-by-Year Team Champions

1980	Lamar
1981	Lamar
1982	Lamar
1983	Lamar
1984	Lamar
1985	Lamar
1986	ULM
1987	ULM
1988	ULM
1989	Texas State
1990	UT Arlington
1991	UT Arlington
1992	UT Arlington
1993	Northwestern State
1994	Northwestern State
1995	UT Arlington
1996	UT Arlington
1997	UT Arlington
1998	Northwestern State
1999	UT Arlington
2000	UT Arlington
2001	Northwestern State
2002	Texas State
2003	Texas State
2004	Texas State
2005	Stephen F. Austin
2006	UTSA
2007	UTSA
2008	UTSA
2009	UTSA
2010	UTSA
2011	UTSA
2012	UTSA
2013	Stephen F. Austin
2014	Southeastern
2015	Stephen F. Austin
2016	Sam Houston
2017	Sam Houston
2018	Sam Houston
2019	Sam Houston
2020	Southeastern
2021	Stephen F. Austin
2022	UIW
2023	UIW
2024	UIW

Men's Team Championships

Lamar	6
Northwestern State	4
Stephen F. Austin	4
Southeastern	2
UIW	2
UT Arlington*	8
UTSA*	7
Sam Houston*	4
Texas State*	4
ULM*	3

*Former Southland Member

Men's Individual Champions

Lamar	80
Northwestern State	64
McNeese	43
Stephen F. Austin	51
Southeastern	43
Texas A&M-Corpus Christi	11
New Orleans	9
HCU	8
UIW	8
Nicholls	1
UT Arlington*	87
UTSA*	57
Sam Houston*	56
Texas State*	41
ULM*	31
Louisiana Tech*	26
Arkansas State*	17
North Texas*	10
Abilene Christian*	7
Central Arkansas*	6
Louisiana*	4
Oral Roberts*	3

*Former Southland Member

Men's Postseason Honors**Outstanding Track Performer**

1980-87	None selected
1988	Brian Cooper, McNeese
1989	Joseph Sainah, UT Arlington
1990	Joseph Sainah, UT Arlington
1991	Dylan Fugitt, North Texas
1992	Keevan Mills, Texas State
	Joel McCray, UT Arlington
1993	Rodger Krueger, UT Arlington
1994	Terence Beach, UT Arlington
1995	Clinton Bufuku, UT Arlington
1996	Unavailable
1997	Elston Cawley, UT Arlington
1998	Ronnie Powell, Northwestern State
1999	Henrik Skoog, UT Arlington
2000	Derek Koonts, Sam Houston
2001	Randy Arias, Texas State
2002	Randy Arias, Texas State
2003	Carl Johnson, UTSA
2004	Courtney Boston, Sam Houston
2005	Julian Acuna, Stephen F. Austin
2006	J.D. Henry, Northwestern State
2007	Francis Kasagule, Lamar
2008	Francis Kasagule, Lamar
2009	Teddy Williams, UTSA
2010	Teddy Williams, UTSA
2011	Cordero Gray, UT Arlington
2012	Matt Johnsen, Lamar
2013	David Rooney, McNeese
2014	Sam Stabler, Lamar
2015	Sam Stabler, Lamar
2016	Iliass Aouani, Lamar
2017	Nathan Jones, McNeese
2018	Jamie Crowe, Lamar
2019	Jordan Rowe, Lamar
2020	Jordan Rowe, Lamar
2021	Auhmad Robinson, Stephen F. Austin
2022	Bradley Makuvire, Southeastern
2023	Dennis Kipngeno, Texas A&M-Corpus Christi
2024	Keontae Gaines, Northwestern State

Outstanding Field Performer

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

2010	Adonson Shallow, Southeastern
2011	Richard Garrett, UTSA
2012	Romain Martin, UT Arlington
2013	Jack Whitt, Oral Roberts
2014	Jeff Milliron, Southeastern
2015	Aaron Williams, Northwestern State
2016	Tyler Adams, Sam Houston
2017	Tyler Adams, Sam Houston
2018	Tyler Adams, Sam Houston
2019	D.J. Ruffin, Southeastern
2020	Branson Ellis, Stephen F. Austin
2021	Denim Rogers, HBU
2022	Trpimir Siroki, Texas A&M-Corpus Christi
2023	Isaiah Hudgens, UIW
2024	Kyle Sieracki, UIW
	Kenson Tate, Lamar
	Djimon Gumbs, Northwestern State

Most Valuable Performer (formerly "High Point Scorer")

1980-87	Unavailable
1988	Reggie Senegal, ULM, 20.5 points
1989	Gordon McKee, Texas State, 26 points
1990	Joseph Sainah, UT Arlington, 22.5 points
1991	Ronald Jones, Texas State, 24 points
1992	Keevan Mills, Texas State, 21 points
1993	LaMark Carter, Northwestern State, 28 points
1994	Keevan Mills, Texas State, 27 points
1995	Cornelius Cavitt, UT Arlington, 20.5 points
1996	Unavailable
1997	Elston Cawley, UT Arlington, 23 points
1998	Kenta Bell, Northwestern State, 20 points
	Ronnie Powell, Northwestern State, 20 points
	Michael Robbins, ULM, 20 points
1999	Henrik Skoog, UT Arlington, 18 points
	Tim Wallace, UTSA, 18 points
	Marcell Williams, Stephen F. Austin, 18 points
2000	Derek Koonts, Sam Houston, 20.5 points
2001	Henry Maruping, UTSA, 20 points
2002	Justin Youngblood, UTSA, 30 points
2003	Brian Veal, Texas State, 20 points
2004	Raheem Travis, Texas State, 20.5 points
	Justin Youngblood, UTSA, 20.5 points
	Courtney Boston, Sam Houston, 20.5 points
2005	Julian Acuna, Stephen F. Austin, 20 points
	J.D. Henry, Northwestern State, 20 points
2006	Jared Connaughton, UT Arlington, 18 points
	J.D. Henry, Northwestern State, 18 points
2007	Francis Kasagule, Lamar, 22.50 points
2008	Steven Brown, UTSA, 24 points
2009	Francis Kasagule, Lamar, 20.5 points
2010	Adolphus Jones, UT Arlington, 23 points
2011	Cordero Gray, UT Arlington, 20.75 points
2012	Romain Martin, UT Arlington, 22 points
2013	Charles White, Sam Houston, 20 points
	David Rooney, McNeese, 20 points
2014	Sam Stabler, Lamar, 22.5 points
2015	Sam Stabler, Lamar, 22.5 points
2016	Iliass Aouani, Lamar, 22.5 points
2017	Nathan Jones, McNeese, 22.5 points
2018	Tyler Adams, Sam Houston, 34 points
2019	D.J. Ruffin, Southeastern, 29.5 points
2020	Jordan Rowe, Lamar, 22 points
2021	Shea Foster, Southeastern, 30 points
2022	Trpimir Siroki, Texas A&M-Corpus Christi, 38 points

Men's Postseason Honors

2023.....	Dennis Kipngeno, Texas A&M-Corpus Christi, 22.5 points
2024.....	Kyle Sieracki, UIW,

Athlete of the Year

1980-87.....	None selected
1990.....	Joseph Sainah, UT Arlington
1991.....	Ronald Jones, Texas State
1992.....	Keevan Mills, Texas State
1993.....	LaMark Carter, Northwestern State
1994.....	Keevan Mills, Texas State
1995.....	Nat Sowell, ULM
1996.....	Nat Sowell, ULM
1997.....	Elston Cawley, UT Arlington
1998.....	Ronnie Powell, Northwestern State
1999.....	Henrik Skoog, UT Arlington
2000.....	Kenta Bell, Northwestern State
2001.....	Randy Arias, Texas State
2002.....	Randy Arias, Texas State
2003.....	Brian Veal, Texas State
2004.....	Justin Youngblood, UTSA
2005.....	Julian Acuna, Stephen F. Austin
2006.....	Jared Connaughton, UT Arlington
2007.....	Francis Kasagule, Lamar
2008.....	Steven Brown, UTSA
2009.....	Teddy Williams, UTSA
2010.....	Teddy Williams, UTSA
2011.....	Romain Martin, UT Arlington
2012.....	Romain Martin, UT Arlington
2013.....	Jack Whitt, Oral Roberts
2014.....	Sam Stabler, Lamar
2015.....	Sam Stabler, Lamar
2016.....	Iliass Aouani, Lamar
2017.....	Nathan Jones, McNeese
2018.....	Tyler Adams, Sam Houston
2019.....	D.J. Ruffin, Southeastern
2020.....	Jordan Rowe, Lamar
2021.....	Christopher Welch, HBU
2022.....	Trpimir Siroki, Texas A&M-Corpus Christi
2023.....	Isaiah Hudgens, UIW
2024.....	Kyle Sieracki, UIW

Freshman of the Year

1980-2006.....	None selected
2007.....	Francis Kasagule, Lamar
2008.....	P.J. McGowan, UTSA
2009.....	Nick McCloud, Stephen F. Austin
2010.....	Keith Benford, UTSA
2011.....	Clayton Vaughn, UT Arlington
2012.....	Ryan Creech, Lamar
2013.....	Jonathan Reece, Lamar
2014.....	Jay Roberson, Sam Houston
2015.....	Tyler Adams, Sam Houston
2016.....	Iliass Aouani, Lamar
2017.....	Quillan Haughton, HBU
2018.....	Zachary Johnson, Sam Houston
2019.....	Jo'vaughn Martin, Sam Houston
2020.....	Tyler Richardson, Abilene Christian
2021.....	Auhmad Robinson, Stephen F. Austin
2022.....	Kyle Sieracki, UIW
2023.....	Cameron Chin, Lamar
2024.....	Tim Pelmans, Northwestern State
.....	Alex Martin, McNeese

Newcomer of the Year

1980-2006.....	None selected
2007.....	Brad Gebauer, McNeese
2008.....	Henry Rop, Southeastern
2009.....	Adonson Shallow, Southeastern
2010.....	Devon Bond, UTSA
2011.....	Tom Wade, Lamar
2012.....	Alex Bruce-Littlewood, McNeese
2013.....	Jeffrey Milliron, Southeastern
2014.....	Ryan Holyrod, McNeese
2015.....	Rosen Daniel, Abilene Christian
2016.....	Dontrell Lyons, Southeastern
2017.....	Christoph Graf, McNeese
2018.....	Jamie Crowe, Lamar
2019.....	Jordan Rowe, Lamar
2020.....	Johnathon Sawyer, Southeastern
2021.....	Destine Scott, Northwestern State
2022.....	Trpimir Siroki, Texas A&M-Corpus Christ
2023.....	Alex Piquart, HCU
2024.....	Keontae Gaines, Northwestern State

Coach of the Year

1980-87.....	None selected
1989.....	Rocky Light, Texas State
1990.....	Monte Stratton, UT Arlington
1991.....	Monte Stratton, UT Arlington
1992.....	Leon Johnson, Northwestern State
1993.....	Leon Johnson, Northwestern State
1994.....	Leon Johnson, Northwestern State
1995.....	Monte Stratton, UT Arlington
1996.....	John Sauerhage, UT Arlington
1997.....	John Lumley, Sam Houston
1998.....	Leon Johnson, Northwestern State
1999.....	John Sauerhage, UT Arlington
2000.....	John Sauerhage, UT Arlington
2001.....	Leon Johnson, Northwestern State
2002.....	Don Hood, Southwest Texa
2003.....	Galina Bukharina, Texas State
2004.....	Galina Bukharina, Texas State
2005.....	Phil Olson, Stephen F. Austin
2006.....	Aaron Fox, UTSA
2007.....	Aaron Fox, UTSA
2008.....	Aaron Fox, UTSA
2009.....	Aaron Fox, UTSA
2010.....	Aaron Fox, UTSA
2011.....	Aaron Fox, UTSA
2012.....	Aaron Fox, UTSA
2013.....	Phil Olson, Stephen F. Austin
2014.....	Sean Brady, Southeastern
2015.....	Phil Olson, Stephen F. Austin
2016.....	Dave Self, Sam Houston
2017.....	Dave Self, Sam Houston
2018.....	Dave Self, Sam Houston
2019.....	Dave Self, Sam Houston
2020.....	Corey Mistretta, Southeastern
2021.....	Phil Olson, Stephen F. Austin
2022.....	Derek Riedel, UIW
2023.....	Derek Riedel, UIW
2024.....	Derek Riedel, UIW

Southland Conference Championship Records - Men**Running Events**

60-Meter Dash	6.64	Teddy Williams, UTSA, 2009
60-Meter Hurdles	7.75	Fabian McCall, Sam Houston, 2019
200-Meter Dash	20.72	Keontae Gaines, Northwestern State, 2024
400-Meter Dash	46.23	Johnathon Sawyer, Southeastern, 2020
800-Meter Run	1:48.82	Joseph Sainah, UTA, 1990 (pre)
Mile Run	4:03.14	Sam Stabler, Lamar, 2014
3,000 Meter Run	8:00.79	Shea Foster, Southeastern, 2021
5,000 Meter Run	13:40.36	Shea Foster, Southeastern, 2021
4X400 Relay	3:08.97	Southeastern (Dontrell Lyons, Maverick Bowleg, Andre Colebrook, Ashley Riley), 2016
Mile Relay	3:16.12	Lamar, 1984
Two-Mile Relay	7:38.03	UT Arlington (Monte Whittenberg, Damond Bickel, Rodger Krueger, Terence Beach), 1991
Distance Medley	9:54.13	Lamar, 2014 S. Guiney, C. Williams, A. Bennett, S. Stabler
55-Meter Dash	6.05	Brian Cooper, McNeese, 1988
60-Yard Dash	6.20	Kevin Loyd, Louisiana Tech, 1986
55-Meter Hurdles	7.24	Keevan Mills, Texas State, 1993
60-Yard Hurdles	7.16	Sansiski Daniels, UT Arlington, 1984
Two-Mile Run	8:55.10	Roger Barker, Louisiana Tech, 1983
Three-Mile Run	13:42.29	Roger Barker, Louisiana Tech, 1983

Field Events

High Jump	2.29m (7-06.00 ft)	Brian Brown, Northwestern State, 1989
	2.29m (7-06.00 ft)	Charles Austin, Texas State, 1990
Pole Vault	5.62m (18-05.25 ft)	Branson Ellis, Stephen F. Austin, 2020
Long Jump	7.96m (26-01.50 ft)	Brian Cooper, McNeese, 1987
Triple Jump	16.54m (54-03.25 ft)	Kenta Bell, Northwestern State, 2000
Shot Put	19.85m (65-01.50 ft)	Steve Cate, Louisiana Tech, 1986
Weight Throw	21.93m (71-11.50 ft)	Alexander Young, Southeastern, 2016

Heptathlon

Total Points	5,728	Romain Martin, UT Arlington 2011
60-Meter Dash	6.93	Rodney Littlejohn, UIW, 2019
		Denim Rogers, HBU, 2021
High Jump	6-11.75	Tyler Adams, Sam Houston, 2016
Long Jump	24-05.75	Trpimir Siroki, Texas A&M-Corpus Christi, 2022
Shot Put	52-08.00	Parker Barrett, UIW, 2022
1,000-Meter Run	2:35.30	Rodney Littlejohn, UIW, 2019
60-Meter Hurdles	8.06	Isaiah Hudgens, UIW, 2022
Pole Vault	17-00.75	Riccardo Klotz, Southeastern, 2019

Pentathlon

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

Team Records

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

Men's Year-by-Year Team Championship Standings

1980 – Monroe, La.

Lamar	110.0
McNeese	78.0
Louisiana Tech.....	70.5
UT Arlington	69.0
Arkansas State.....	63.5
Louisiana	42.0

1981 – Monroe, La.

Lamar	117.0
Louisiana Tech.....	104.0
Louisiana	93.0
Arkansas State.....	90.0
UT Arlington	70.0
McNeese	52.0

1982 – Monroe, La.

Lamar	151.0
Louisiana	113.0
UT Arlington	88.0
McNeese	71.0
Arkansas State.....	69.0
Louisiana Tech.....	32.0

1983 – Monroe, La.

Lamar	164.0
Arkansas State.....	102.0
Louisiana Tech.....	96.0
UT Arlington	54.0
ULM	48.0
McNeese	33.0
North Texas	29.0

1984 – Monroe, La.

Lamar	145.0
Arkansas State.....	95.0
UT Arlington	86.0
ULM	60.5
Louisiana Tech.....	36.0
McNeese	24.5
North Texas	13.0

1985 – Monroe, La.

Lamar	152.5
ULM	81.0
UT Arlington	66.5
Louisiana Tech.....	62.0
Arkansas State.....	56.0
McNeese	43.0
North Texas	4.0

1986 – Monroe, La.

ULM	93.5
Lamar	88.5
Louisiana Tech.....	87.0
Arkansas State.....	36.0
UT Arlington	36.0
McNeese	32.0
North Texas	29.0

1987 – Monroe, La.

ULM	97.0
Arkansas State.....	90.0
Louisiana Tech.....	76.0

McNeese	53.0
North Texas	44.0
Lamar	43.0

1988 – Monroe, La.

ULM	95.0
UT Arlington	86.5
Northwestern State	60.5
North Texas	51.0
Stephen F. Austin	39.5
Texas State.....	37.5
McNeese	33.0
Sam Houston State.....	0.0

1989 – Monroe, La.

Texas State.....	90.0
UT Arlington	78.0
ULM	77.0
Northwestern State	52.0
North Texas	47.0
Stephen F. Austin	29.0
McNeese	25.0
Sam Houston	4.0

1990 – Monroe, La.

UT Arlington	100.0
ULM	70.0
Texas State.....	59.0
Stephen F. Austin	52.0
North Texas	49.0
Northwestern State	41.0
McNeese	28.0
Sam Houston	2.0

1991 – Monroe, La.

UT Arlington	85.0
Texas State.....	67.0
McNeese	62.0
ULM	57.0
North Texas	46.0
Northwestern State	44.0
Stephen F. Austin	28.0
Sam Houston	14.0

1992 – Monroe, La.

UT Arlington	81.0
Texas State.....	80.0
Northwestern State	76.0
ULM	68.0
Sam Houston	28.0
McNeese	27.0
Stephen F. Austin	21.0
UTSA	12.0
North Texas	10.0
Nicholls	0.0

1993 – Monroe, La.

Northwestern State	101.00
UT Arlington	86.00
Texas State.....	72.25
Stephen F. Austin	58.00
ULM	49.25
McNeese	28.25
UTSA	24.00

Sam Houston.....	9.0
North Texas	6.25
Nicholls	0.0

1994 – Monroe, La.

Northwestern State	84.0
UT Arlington	83.0
Texas State.....	80.0
UTSA	59.0
Stephen F. Austin	56.0
ULM	38.0
North Texas	14.0
McNeese	11.0
Sam Houston.....	4.0
Nicholls	4.0

1995 – Fort Worth, Texas

UT Arlington	116.0
Texas State.....	111.0
Northwestern State	71.0
Stephen F. Austin	64.5
UTSA	64.0
ULM	52.0
Sam Houston.....	39.0
North Texas	38.5
McNeese	24.0
Nicholls	5.0

1996 – Fort Worth, Texas

UT Arlington	131.0
Texas State.....	71.0
UTSA	69.0
Northwestern State	59.0
Stephen F. Austin	57.5
ULM	52.0
McNeese	44.5
Sam Houston.....	41.0
North Texas	37.0
Nicholls	23.0

1997 – Fort Worth, Texas

UT Arlington	119.5
UTSA	118.0
Northwestern State	86.0
Sam Houston.....	72.5
McNeese	54.0
Stephen F. Austin	45.5
Texas State.....	40.0
ULM	31.5
Nicholls	17.0

1998 – Fort Worth, Texas

Northwestern State	105.0
UT Arlington	91.0
Stephen F. Austin	79.0
McNeese	77.0
Sam Houston.....	62.0
UTSA	57.0
Texas State.....	57.0
ULM	40.0
Nicholls	13.0
Southeastern.....	4.0

Men's Year-by-Year Team Championship Standings**1999 – Houston, Texas**

UT Arlington	112.0
Northwestern State	89.0
McNeese	82.0
Sam Houston	74.0
UTSA	54.0
Texas State	53.0
Stephen F. Austin	42.0
ULM	41.5
Lamar	24.0
Southeastern	8.5
Nicholls	5.0

2000 – Houston, Texas

UT Arlington	130.0
Texas State	87.5
Northwestern State	76.0
Sam Houston	65.0
Stephen F. Austin	64.0
McNeese	62.0
UTSA	39.5
Lamar	27.5
ULM	18.5
Nicholls	9.0
Southeastern	6.0

2001 – Houston, Texas

Northwestern State	105.5
UTSA	93.0
UT Arlington	90.0
Stephen F. Austin	86.0
Texas State	63.0
McNeese	61.0
Sam Houston	46.0
Southeastern	27.0
ULM	20.0
Lamar	16.5
Nicholls	14.0

2002 – Houston, Texas

Texas State	132.0
UTSA	92.0
UT Arlington	83.0
Northwestern State	81.0
Stephen F. Austin	72.0
Sam Houston	63.0
McNeese	56.0
Lamar	16.0
ULM	16.0
Nicholls	8.0
Southeastern	5.0

2003 – Houston, Texas

Texas State	137.0
Northwestern State	116.25
Sam Houston	87.25
UT Arlington	65.0
UTSA	48.25
Stephen F. Austin	48.0
McNeese	45.0
Southeastern	29.25
ULM	26.0
Lamar	20.0

2004 – Houston, Texas

Texas State	119.5
Stephen F. Austin	95.0
Sam Houston	93.0
UT Arlington	69.0
Northwestern State	68.5
UTSA	50.5
McNeese	41.5
ULM	37.0
Southeastern	29.0
Lamar	20.0

2005 – Houston, Texas

Stephen F. Austin	111.5
UTSA	85.0
UT Arlington	79.0
Texas State	73.0
McNeese	73.0
Northwestern State	70.0
Sam Houston	65.5
Southeastern	40.0
Lamar	35.0
ULM	30.0

2006 – Houston, Texas

UTSA	111.0
Sam Houston	104.33
Stephen F. Austin	103.0
UT Arlington	84.0
Northwestern State	78.0
McNeese	47.50
Southeastern	43.0
ULM	40.0
Texas State	34.16
Lamar	18.0

2007 – Houston, Texas

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

2008 – Houston, Texas

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

2009 – Houston, Texas

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

2010 – Norman, Okla.

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

2011 – Norman, Okla.

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

2012 – Norman, Okla.

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

2013 – Norman, Okla.

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

Men's Year-by-Year Team Championship Standings

2014 – Birmingham, Ala.

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

2015 – Birmingham, Ala.

Stephen F. Austin.....	117.0
Sam Houston.....	104.0
Lamar.....	75.0
Southeastern.....	73.0
Abilene Christian.....	70.0
Northwestern State.....	70.0
Central Arkansas.....	58.0
McNeese.....	28.0
Texas A&M-Corpus Christi.....	26.0
New Orleans.....	14.0
UIW.....	14.0
HBU.....	14.0

2016 – Birmingham, Ala.

Sam Houston.....	121.0
Southeastern.....	98.5
Stephen F. Austin.....	94.0
Northwestern State.....	89.5
Lamar.....	82.0
Abilene Christian.....	59.0
McNeese.....	32.0
Central Arkansas.....	24.0
Texas A&M-Corpus Christi.....	21.0
UIW.....	19.0
HBU.....	12.0
New Orleans.....	10.0

2017 – Birmingham, Ala.

Sam Houston.....	142.5
McNeese.....	120.0
Stephen F. Austin.....	117.0
UIW.....	55.0
Northwestern State.....	54.0
Southeastern.....	36.0
Lamar.....	30.0
Abilene Christian.....	29.0
Central Arkansas.....	27.0
HBU.....	21.0
Texas A&M-Corpus Christi.....	21.0
New Orleans.....	10.0

2018 – Birmingham, Ala.

Sam Houston.....	128.0
Stephen F. Austin.....	95.0
Northwestern State.....	80.0
Lamar.....	76.0
McNeese.....	53.0
Central Arkansas.....	49.0
UIW.....	45.5
Southeastern.....	41.0
Abilene Christian.....	39.0
Texas A&M-Corpus Christi.....	20.5
HBU.....	20.0
New Orleans.....	6.0

2019 – Birmingham, Ala.

Sam Houston.....	104.0
Southeastern.....	85.0
Abilene Christian.....	77.0
Lamar.....	74.0
Northwestern State.....	63.0
Stephen F. Austin.....	55.5
UIW.....	46.0
Texas A&M-Corpus Christi.....	42.5
Central Arkansas.....	39.0
McNeese.....	35.0
HBU.....	32.0
New Orleans.....	12.0
Nicholls.....	0.0

2020 – Birmingham, Ala.

Southeastern.....	99.0
Sam Houston.....	87.0
Abilene Christian.....	64.0
Stephen F. Austin.....	63.0
McNeese.....	59.0
Lamar.....	58.0
Central Arkansas.....	47.0
Northwestern State.....	47.0
HBU.....	45.0
Texas A&M-Corpus Christi.....	41.0
UIW.....	31.0
New Orleans.....	20.0
Nicholls.....	0.0

2021 – Birmingham, Ala.

Stephen F. Austin.....	105.0
Southeastern.....	100.0
HBU.....	77.5
Texas A&M-Corpus Christi.....	73.0
Abilene Christian.....	65.0
Central Arkansas.....	56.0
Sam Houston.....	54.5
New Orleans.....	40.0
Northwestern State.....	35.0
UIW.....	29.0
McNeese.....	21.0
Lamar.....	6.0
Nicholls.....	0.0

2022 – Birmingham, Ala.

UIW.....	131.5
Texas A&M-Corpus Christi.....	109.5
McNeese.....	104.0
New Orleans.....	97.0
Southeastern.....	95.0
Northwestern State.....	67.0
HBU.....	50.0
Nicholls.....	5.0

2023 – Birmingham, Ala.

UIW.....	143.5
Northwestern State.....	104.0
Texas A&M-Commerce.....	91.0
Southeastern.....	81.0
Texas A&M-Corpus Christi.....	65.0
HCU.....	57.5
New Orleans.....	43.0
Lamar.....	42.0
McNeese.....	33.0
Nicholls.....	1.0

2024 – Birmingham, Ala.

UIW.....	109.0
McNeese.....	106.0
Northwestern State.....	104.0
Lamar.....	79.0
Texas A&M-Commerce.....	63.0
New Orleans.....	56.0
HCU.....	53.0
Southeastern.....	48.0
Texas A&M-Corpus Christi.....	40.0
Nicholls.....	1.0

Men's Year-by-Year Individual Champions By Event**55-Meter Dash**

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

60-Yard Dash

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

60-Meter Dash

1999 – Ronnie Powell, Northwestern State.....	6.86
2000 – Zach Wood, UT Arlington.....	6.74
2001 – Eric Louis, Northwestern State.....	6.79
2002 – Courtney Boston, Sam Houston.....	6.82
2003 – Clement Taylor, UT Arlington.....	6.83
2004 – Courtney Boston, Sam Houston.....	6.84
2005 – Ravyn Hayward, Northwestern State.....	6.82
2006 – Ravyn Hayward, Northwestern State.....	6.80
2007 – Ravyn Hayward, Northwestern State.....	6.70
2008 – Teddy Williams, UTSA.....	6.71
2009 – Teddy Williams, UTSA.....	6.64
2010 – Teddy Williams, UTSA.....	6.66
2011 – Cordero Gray, UT Arlington.....	6.69
2012 – Clayton Vaughn, UT Arlington.....	6.68
2013 – Antonio Herbert, Southeastern.....	6.82
2014 – Justin Walker, Northwestern State.....	6.73
2015 – Justin Jenkins, Sam Houston.....	6.78
2016 – Amir James, Northwestern State.....	6.76
2017 – Chris Jefferson, Sam Houston.....	6.70
2018 – Chris Jefferson, Sam Houston.....	6.72
2019 – Micah Larkins, Northwestern State.....	6.68
2020 – Zachary Jewell, Central Arkansas.....	6.75
2021 – Kie'Ave Harry, Northwestern State.....	6.68
2022 – Julian Forde, New Orleans.....	6.65
2023 – J.T. Smith, Texas A&M-Commerce.....	6.65
2024 – Keontae Gaines, Northwestern State.....	6.68

55-Meter Hurdles

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

1999 – Event Discontinued

60-Yard Hurdles

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

60-Meter Hurdles

1999 – Scott Keys, McNeese.....	8.05
2000 – Austin Wighamam, Texas State.....	7.87
2001 – Carl Johnson, UTSA.....	7.98
2002 – Carl Johnson, UTSA.....	7.96
2003 – Carl Johnson, UTSA.....	7.81
2004 – Adrian Ray, Sam Houston.....	7.93
2005 – Adam Stafford, UT Arlington.....	8.00
2006 – J.D. Henry, Northwestern State.....	7.93
2007 – Will Vese, UTSA.....	7.97
2008 – Will Vese, UTSA.....	7.98
2009 – Will Vese, UTSA.....	7.87
2010 – Nick McCloud, Stephen F. Austin.....	7.95
2011 – Nick McCloud, Stephen F. Austin.....	7.82
2012 – Keyunta Hayes, UTSA.....	7.89
2013 – Matthew Viverette, Sam Houston.....	8.01
2014 – Matthew Viverette, Sam Houston.....	8.20
2015 – Brent Giddens, Northwestern State.....	8.13
2016 – Michael Nicholls, New Orleans.....	7.97
2017 – Michael Nicholls, New Orleans.....	7.93
2018 – Fabian McCall, Sam Houston.....	7.90
2019 – Fabian McCall, Sam Houston.....	7.75
2020 – Darion Dunn, McNeese.....	7.92
2021 – Paul Martin, Stephen F. Austin.....	8.06
2022 – Matheo Bernat, UIW.....	7.94
2023 – Garrett Gibson, HCU.....	7.97
2024 – Jorim Bague, New Orleans.....	7.98

200-Meter Dash

1995 – Clinton Bufuku, UT Arlington.....	21.77
1996 – Elston Cawley, UT Arlington.....	21.97
1997 – Elston Cawley, UT Arlington.....	21.68
1998 – Ronnie Powell, Northwestern State.....	21.27 ¹
1999 – Brian Everett, ULM.....	22.00
2000 – Andre Fifer, UT Arlington.....	21.98
2001 – John Hoffpauir, McNeese.....	21.87
2002 – Courtney Boston, Sam Houston.....	21.82
2003 – Curtis Johnson, UTSA.....	21.92
2004 – Courtney Boston, Sam Houston.....	21.88
2005 – J.D. Henry, Northwestern State.....	21.64
2006 – Jared Connaughton, UT Arlington.....	21.57
2007 – Jared Connaughton, UT Arlington.....	21.68
2008 – Steven Brown, UTSA.....	21.60
2009 – Teddy Williams, UTSA.....	21.84
2010 – Teddy Williams, UTSA.....	21.73
2011 – Cordero Gray, UT Arlington.....	21.61
2012 – Shannon Grover, Southeastern.....	21.50
2013 – Kendal Taylor, Northwestern State.....	21.51
2014 – Justin Walker, Northwestern State.....	21.17
2015 – Rosen Daniel, Abilene Christian.....	21.32
2016 – Amir James, Northwestern State.....	21.18
2017 – Amir James, Northwestern State.....	21.15
2018 – Chris Jefferson, Sam Houston.....	21.07

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

2019 – Jo'Vaughn Martin, Sam Houston	20.94
2020 – Jo'Vaughn Martin, Sam Houston	20.97
2021 – Auhmad Robinson, Stephen F. Austin	21.09
2022 – Simon Wulff, Northwestern State	20.97
2023 – Delan Edwin, Texas A&M-Commerce	21.04
2024 – Keoante Gaines, Northwestern State	20.72

440-Yard Dash

1980 – Anthony Gouldsby, UT Arlington	48.91
1981 – Doug Hinds, Lamar	49.30
1982 – Doug Hinds, Lamar	49.19
1983 – Keith Sims, ULM	48.98
1984 – Jackie Harris, Lamar	48.76
1985 – Ulf Sedlacek, Lamar	49.45
1986 – Event Discontinued	

400-Meter Dash

1988 – McClinton Neal, UT Arlington	48.65
1989 – McClinton Neal, UT Arlington	48.58
1990 – McClinton Neal, UT Arlington	48.97
1991 – Joel McCray, UT Arlington	48.85
1992 – Joel McCray, UT Arlington	49.05
1993 – Robert Raphael, Northwestern State	49.48
1994 – Leonard Byrd, UTSA	49.20
1995 – Cornelius Cavitt, UT Arlington	48.41
1996 – Cyrstin Wuthrich, UT Arlington	47.71
1997 – Leonard Byrd, UTSA	48.23
1998 – Rodney Covington, Stephen F. Austin	47.79
1999 – Raymond Bennett, McNeese	48.24
2000 – Justin Youngblood, UTSA	48.56
2001 – Patrick James, UT Arlington	48.18
2002 – Patrick James, UT Arlington	48.37
2003 – Reynauldus Gatson, Northwestern State	48.16
2004 – Raheem Travis, Texas State	48.28
2005 – David Burnett, UTSA	49.19
2006 – Chris Edison, Sam Houston	47.80
2007 – Gaston Griffin, UTSA	48.51
2008 – Michael Courtney, Sam Houston	48.27
2009 – Chris Moody, Stephen F. Austin	48.20
2010 – Michael Courtney, Sam Houston	48.00
2011 – Juan Lewis, UT Arlington	48.28
2012 – Cass Brown, Stephen F. Austin	47.66
2013 – Jeffrey Gibson, Oral Roberts	47.53
2014 – Rodney Jones, Sam Houston	47.34
2015 – Cass Brown-Stewart, Stephen F. Austin	46.49
2016 – Dontrell Lyons, Southeastern	46.80
2017 – Andre Colebrook, Southeastern	48.22
2018 – Maverick Bowleg, Southeastern	47.71
2019 – Webster Slaughter, Lamar	47.76
2020 – Johnathon Sawyer, Southeastern	46.23
2021 – Muzuri Mattar, Stephen F. Austin	47.04
2022 – Destine Scott, Northwestern State	46.96
2023 – Eugene Omalla, Southeastern	49.79
2024 – Jalon White, McNeese	46.88

600-Yard Run

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

880-Yard Run

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

800-Meter Run

1988 – Reggie Senegal, ULM	1:54.30
1989 – Joseph Sainah, UT Arlington	1:52.36
1990 – Joseph Sainah, UT Arlington	1:53.83
1991 – Andrew Kemboi, McNeese	1:56.18
1992 – Brad Sievers, Northwestern State	1:57.0
1993 – Terence Beach, UT Arlington	1:54.77
1994 – Terence Beach, UT Arlington	1:55.94
1995 – Jonas Rosengren, UT Arlington	1:51.39
1996 – Sean Goetsch, UTSA	1:50.33
1997 – Escoffrey Thomas, UT Arlington	1:51.30
1998 – Escoffrey Thomas, UT Arlington	1:49.85 ¹
1999 – Andy Blackmore, McNeese	1:52.99
2000 – Richard DesGoutte, Texas State	1:54.54
2001 – Jason Potter, Stephen F. Austin	1:53.12
2002 – Jason Potter, Stephen F. Austin	1:52.65
2003 – Davis Tagi, UT Arlington	1:52.98
2004 – Benji Jones, ULM	1:53.95
2005 – Jake Champagne, Lamar	1:54.70
2006 – Mthobisi Baloyi, UTSA	1:53.17
2007 – Larry Brooks, UTSA	1:51.63
2008 – Ewan Simpson, Lamar	1:55.27
2009 – Idilio Campos, UT Arlington	1:52.91
2010 – Dwight Robinson, UT Arlington	1:53.52
2011 – Joe Wade, Lamar	1:51.44
2012 – Chrishun Jamerson, UTSA	1:54.26
2013 – Tyler Banks, Oral Roberts	1:53.47
2014 – De'Quad Binder, Sam Houston	1:52.47
2015 – Daniel Block, Abilene Christian	1:50.01
2016 – Jeffrey Moore, Sam Houston	1:52.00
2017 – Jeffrey Moore, Sam Houston	1:51.46
2018 – Alex Hanson, Central Arkansas	1:50.87
2019 – Drake Murphy, Stephen F. Austin	1:49.97
2020 – Matthew Hernandez, UTW	1:52.54
2021 – Matthew Harding, McNeese	1:50.69
2022 – Parker McBride, New Orleans	1:51.42
2023 – Noah Kiprotich, Southeastern	1:53.47
2024 – Baptiste Depril-Dupre, New Orleans	1:52.37

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

1,000-Yard Run

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

One-Mile Run

1980 – Pat Cross, Louisiana Tech	4:12.60
1981 – Roger Barker, Louisiana Tech	4:14.30
1982 – Terry McSweeney, McNeese	4:18.30

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

1983 – Roger Barker, Louisiana Tech	4:10.54
1984 – Pedro Caceres, Lamar	4:11.20
1985 – John Sauerhage, UT Arlington	4:14.78
1986 – Russell Mangum, ULM	4:12.53
1987 – Muriuki Ngatia, Louisiana Tech	4:10.22
1988 – Jonah Ngeny, North Texas	4:14.65
1989 – Dylan Fugitt, North Texas	4:15.90
1990 – Joseph Sainah, UT Arlington	4:15.68
1991 – Dylan Fugitt, North Texas	4:13.26
1992 – Rodger Krueger, UT Arlington	4:17.59
1993 – Eddie Castillo, UTSA	4:14.70
1994 – Rodger Krueger, UT Arlington	4:12.51
1995 – Ian Linton, Texas State	4:16.52
1996 – Sammy Unberhagen, Texas State	4:04.82
1997 – Ryan Taylor, UTSA	timer malfunction
1998 – Philo Saunders, UTSA	4:06.53
1999 – Corey Tucker, McNeese	4:13.93
2000 – Hector Andujo, Northwestern State	4:14.31
2001 – Henry Maruping, UTSA	4:15.97
2002 – Joe Amburn, Sam Houston	4:15.63
2003 – Joe Amburn, Sam Houston	4:12.02
2004 – Chris Verheul, ULM	4:13.01
2005 – Joey Valure, Southeastern	4:13.24
2006 – Danny Shaw, Lamar	4:13.36
2007 – Francis Kasagule, Lamar	4:19.78
2008 – Francis Kasagule, Lamar	4:14.37
2009 – Francis Kasagule, Lamar	4:15.58
2010 – Michael Dyer, McNeese	4:12.52
2011 – Albert Cardenas, UTSA	4:13.67
2012 – Joe Wade, Lamar	4:08.85
2013 – Joe Wade, Lamar	4:08.80
2014 – Sam Stabler, Lamar	4:10.61
2015 – Sam Stabler, Lamar	4:09.48
2016 – Jeffrey Moore, Sam Houston	4:12.91
2017 – Christoph Graz, McNeese	4:11.46
2018 – Deion Hardy, UIW	4:15.81
2019 – Jordan Rowe, Lamar	4:08.17
2020 – Jordan Rowe, Lamar	4:12.52
2021 – Shea Foster, Southeastern	4:03.57
2022 – Jaden Forester, New Orleans	4:11.35
2023 – Alex Piquart, HCU	4:23.47
2024 – Alex Piquart, HCU	4:16.37

Two-Mile Run

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

¹run one lap short**Three-Mile Run**

1980 – Roger Barker, Louisiana Tech	13:50.10
1981 – Roger Barker, Louisiana Tech	13:54.00

1982 – Pat McGrath, Louisiana	14:13.38
1983 – Roger Barker, Louisiana Tech	13:42.29
1984-92 – Event Not Run	
1993 – Jimmy Balmer, UT Arlington	14:11.42
1994 – Drew Prisner, ULM	14:17.68
1995 – Event Discontinued	

3,000-Meter Run

1995 – Dennis Moynihan, Texas State	8:25.02
1996 – Sammy Unberhagen, Texas State	8:15.67
1997 – Ryan Taylor, UTSA	8:21.59
1998 – Rob Genzel, Stephen F. Austin	8:17.58 ¹
1999 – Henrik Skoog, UT Arlington	8:29.41
2000 – Derek Koonts, Sam Houston	8:35.32
2001 – Randy Arias, Texas State	8:25.88
2002 – Randy Arias, Texas State	8:22.21
2003 – Justin Meier, Stephen F. Austin	8:33.72
2004 – Raul Villareal, Sam Houston	8:30.21
2005 – Julian Acuna, Stephen F. Austin	8:31.50
2006 – Thomas Johansson, Sam Houston	8:35.64
2007 – Francis Kasagule, Lamar	8:17.33
2008 – Shadrack Songok, Texas A&M-Corpus Christi	8:08.81
2009 – Samuel Kosgei, Lamar	8:23.95
2010 – Samuel Kosgei, Lamar	8:18.04
2011 – Tom Wade, Lamar	8:20.33
2012 – Tom Wade, Lamar	8:22.90
2013 – David Rooney, McNeese	8:23.77
2014 – Sam Stabler, Lamar	8:21.69
2015 – Sam Stabler, Lamar	8:18.67
2016 – Iliass Aouani, Lamar	8:12.97
2017 – Nathan Jones, McNeese	8:17.77
2018 – Jamie Crowe, Lamar	8:14.51
2019 – Jordan Rowe, Lamar	8:17.37
2020 – Jordan Rowe, Lamar	8:26.46
2021 – Shea Foster, Southeastern	8:00.79
2022 – Bradley Makuvire, Southeastern	8:17.98
2023 – Dennis Kipnengo, Texas A&M-Corpus Christi	8:21.23
2024 – Matthew Hansen, New Orleans	8:17.26

¹Track distance was inaccurately established for the 1998 championship, resulting in faster times in events of at least one lap.**5,000-Meter Run**

1995 – Dennis Moynihan, Texas State	14:34.11
1996 – David Hartman, UTSA	14:41.52
1997 – Tim Wallace, UTSA	14:43.24
1998 – Kevin Smelley, Nicholls	14:26.35 ¹
1999 – Tim Wallace, UTSA	14:48.47
2000 – Ciaran Doogan, UT Arlington	15:02.00
2001 – Randy Arias, Texas State	14:27.39
2002 – Randy Arias, Texas State	14:45.62
2003 – Nathan Flores, Stephen F. Austin	14:49.88
2004 – Raul Villareal, Sam Houston	14:46.75
2005 – Julian Acuna, Stephen F. Austin	14:47.39
2006 – Josh Hawkins, Sam Houston	14:54.94
2007 – Koby Styles, UT Arlington	14:30.42
2008 – Henry Rop, Southeastern	14:36.14
2009 – Samuel Kosgei, Lamar	14:31.71
2010 – Samuel Kosgei, Lamar	14:16.73
2011 – David Rooney, McNeese	13:46.25
2012 – Matt Johnsen, Lamar	14:40.74
2013 – David Rooney, McNeese	14:48.62
2014 – Ryan Creech, Lamar	14:55.70
2015 – Charles Mathenge, Stephen F. Austin	14:29.61
2016 – Iliass Aouani, Lamar	14:16.51
2017 – Nathan Jones, McNeese	14:30.56

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

2018 – Jamie Crowe, Lamar	14:37.66
2019 – Matthew Arnold, Lamar	14:40.86
2020 – Gideon Cheplak, McNeese	14:32.76
2021 – Shea Foster, Southeastern	13:40.36
2022 – Bradley Makuvire, Southeastern	14:08.34
2023 – Dennis Kipnegeno, Texas A&M-Corpus Christi	14:23.40
2024 – Dennis Kipnegeno, Texas A&M-Corpus Christi	13:33.07

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

1,600-Meter Relay

1995 – UT Arlington	3:17.36
1996 – UT Arlington	3:13.31
1997 – UTSA 3:18.36	
1998 – Stephen F. Austin	3:11.88 [†]
1999 – UT Arlington	3:16.85
2000 – UT Arlington	3:15.14
2001 – McNeese	3:15.75
2002 – Texas State	3:19.23
2003 – Northwestern State	3:12.70
2004 – Texas State	3:18.47
2005 – Sam Houston	3:18.71
2006 – Sam Houston	3:17.24
2007 – Sam Houston	3:16.75
2008 – UT Arlington	3:18.09
2009 – UT Arlington	3:17.51
2010 – Stephen F. Austin	3:15.55
2011 – Sam Houston	3:17.72
2012 – Stephen F. Austin	3:17.49
2013 – Stephen F. Austin	3:17.25
2014 – Stephen F. Austin	3:13.15
2015 – Stephen F. Austin	3:10.86
2016 – Southeastern	3:08.97
2017 – Stephen F. Austin	3:14.81
2018 – Stephen F. Austin	3:14.39
2019 – Abilene Christian	3:13.23
2020 – Abilene Christian	3:10.41
2021 – Stephen F. Austin	3:12.96
2022 – McNeese	3:12.80
2023 – Southeastern	3:12.06
2024 – McNeese	3:14.81

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

Mile Relay

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

Two-Mile Relay

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

Distance Medley Relay

1980 – Lamar	10:13.00
1981 – Lamar	10:09.09
1982 – UT Arlington	10:06.32
1983 – Lamar	10:13.56
1984 – Lamar	10:18.13
1985 – Lamar	10:17.12
1986-93 Event Not Run	
1994 – UTSA 10:19.89	
1995 – UT Arlington	10:06.26
1996 – UT Arlington	9:59.09
1997 – UTSA 10:03.33	
1998 – UTSA	9:46.31
1999 – McNeese	10:13.23
2000 – Sam Houston	10:10.06
2001 – UTSA 10:18.90	
2002 – Stephen F. Austin	10:10.24
2003 – Sam Houston	10:12.13
2004 – Stephen F. Austin	10:08.65
2005 – Stephen F. Austin	10:16.07
2006 – McNeese	10:13.31
2007 – Lamar	10:07.43
2008 – Lamar	10:09.06
2009 – Lamar	10:07.43
2010 – UTSA 10:10.08	
2011 – Lamar	10:08.35
2012 – Lamar	10:07.90
2013 – McNeese	10:09.29
2014 – Lamar	9:54.13
2015 – Lamar	10:05.88
2016 – Lamar	10:05.88
2017 – McNeese	9:58.58
2018 – Lamar	10:00.84
2019 – Lamar	10:10.78
2020 – Southeastern	10:00.42
2021 – Central Arkansas	10:00.82
2022 – New Orleans	9:58.32
2023 – Texas A&M-Corpus Christi	9:54.71
2024 – HCU 9:59.47	

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

High Jump

1980 – Ricky DeWees, Arkansas State	6-10.00
1981 – Darrell Webb, Louisiana Tech	6-11.00
1982 – Thomas Eriksson, Lamar	7-02.75
1983 – Doug Shouse, Arkansas State	7-03.50
1984 – Thomas Eriksson, Lamar	7-03.25
1985 – Thomas Eriksson, Lamar	7-00.00
1986 – John Johnson, Lamar	6-11.75
1987 – Garry Bean, McNeese	7-00.00

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

1988 – Brian Brown, Northwestern State.....	7-05.00
1989 – Brian Brown, Northwestern State.....	7-06.00
1990 – Charles Austin, Texas State.....	7-06.00
1991 – Kirk Meche, McNeese.....	6-09.50
Gary Davidson, Sam Houston.....	6-09.50
1992 – Mike St. Julien, McNeese.....	7-03.00
1993 – Mike St. Julien, McNeese.....	7-00.50
1994 – Terrance Bean, Northwestern State.....	7-00.50
1995 – Terrance Bean, Northwestern State.....	6-11.75
1996 – Michael Roberson, McNeese.....	7-03.75
1997 – Michael Roberson, McNeese.....	7-03.00
1998 – Michael Robbins, ULM.....	6-11.75
1999 – Felipe Apablaza, Northwestern State.....	6-10.75
2000 – Paul Todd, Stephen F. Austin.....	7-01.75
2001 – Paul Todd, Stephen F. Austin.....	7-00.50
2002 – Justin Youngblood, UTSA.....	6-11.00
2003 – Cameron Waugh, Northwestern State.....	6-09.00
2004 – Paul Todd, Stephen F. Austin.....	6-09.50
2005 – Marques Jackson, Texas State.....	6-06.75
2006 – Darrion Harris, Northwestern State.....	6-08.75
2007 – Justin Reyes, Stephen F. Austin.....	6-09.50
2008 – P.J. McGowen, UTSA.....	7-01.00
2009 – Johnathan Whittaker, UTSA.....	6-11.00
2010 – Keith Benford, UTSA.....	6-10.75
2011 – Keith Benford, UTSA.....	7-00.25
2012 – Keith Benford, UTSA.....	7-03.25
2013 – Roger De La Cruz, Texas A&M-Corpus Christi.....	6-10.75
2014 – Clarence Robinson, Southeastern.....	6-9.00
2015 – Tyler Adams, Sam Houston.....	7-01.00
2016 – Eric Moore, Central Arkansas.....	7-02.50
2017 – Eric Moore, Central Arkansas.....	6-10.75
2018 – Tyler Adams, Sam Houston.....	7-01.75
2019 – D.J. Ruffin, Southeastern.....	6-09.75
2020 – Slavko Stevic, Southeastern.....	6-11.00
2021 – Asani Hylton, Stephen F. Austin.....	6-11.75
2022 – Slavko Stevic, Southeastern.....	6-10.75
2023 – Slavko Stevic, Southeastern.....	7-03.00
2024 – Slavko Stevic, Southeastern.....	7-00.50

Pole Vault

1980 – Paul Pilla, Arkansas State.....	17-00.00
1981 – J. W. Korrell, Arkansas State.....	16-08.75
1982 – Steve Stubblefield, Arkansas State.....	17-01.00
1983 – Terry Permenter, UT Arlington.....	16-00.00
1984 – Steve Stubblefield, Arkansas State.....	17-09.00
1985 – Johnny Fewell, Arkansas State.....	16-06.00
1986 – Ricky Keith, Arkansas State.....	16-06.50
1987 – Scott Shaffer, Arkansas State.....	16-09.25
1988 – Mike Freberg, UT Arlington.....	16-06.00
1989 – Scott Hennig, Texas State.....	16-09.25
1990 – Scott Hennig, Texas State.....	16-07.25
1991 – Scott Hennig, Texas State.....	17-05.00
1992 – Scott Hennig, Texas State.....	17-06.50
1993 – Tommy Richards, Stephen F. Austin.....	16-05.50
1994 – Tommy Richards, Stephen F. Austin.....	16-04.25
1995 – Linwood Johnson, Northwestern State.....	17-05.00
1996 – Derrick Kelley, ULM.....	16-08.75
1997 – Shane Stewart, Sam Houston.....	16-07.50
1998 – Shane Stewart, Sam Houston.....	17-01.50
1999 – Shane Stewart, Sam Houston.....	16-08.25
2000 – Joc Mitchell, UT Arlington.....	16-10.75
2001 – Adam Keul, Stephen F. Austin.....	16-10.75
2002 – Adam Keul, Stephen F. Austin.....	17-04.50
2003 – Randy Flach, Sam Houston.....	16-08.75
2004 – Randy Flach, Sam Houston.....	16-10.75

2005 – Cameron Nott, McNeese.....	16-08.75
2006 – Shay Collett, UT Arlington.....	16-07.50
2007 – Brad Gebauer, McNeese.....	17-00.75
2008 – Wade Hayes, UT Arlington.....	16-08.75
2009 – Wade Hayes, UT Arlington.....	16-07.25
2010 – Wade Hayes, UT Arlington.....	16-02.75
2011 – Taylor Reed, UTSA.....	16-04.75
2012 – Jeff Rodriguez, UT Arlington.....	17-06.50
2013 – Jack Whitt, Oral Roberts.....	18-04.75
2014 – Colton Ross, Stephen F. Austin.....	17-04.50
2015 – Cameron Meyer, Stephen F. Austin.....	17-01.00
2016 – Devin King, Southeastern.....	17-11.25
2017 – Devin King, Southeastern.....	18-01.00
2018 – Antonio Ruiz, Stephen F. Austin.....	18-00.50
2019 – Branson Ellis, Stephen F. Austin.....	18-00.50
2020 – Branson Ellis, Stephen F. Austin.....	18-05.25
2021 – Clayton Fritsch, Sam Houston.....	17-10.50
2022 – Trpimir Siroki, Texas A&M-Corpus Christi.....	15-11.00
2023 – Isaiah Hudgens, UTW.....	15-11.00
2024 – Kyle Sieracki, UTW.....	16-06.75

Long Jump

1980 – Gilbert Smith, UT Arlington.....	24-06.25
1981 – Gilbert Smith, UT Arlington.....	25-09.75
1982 – Gilbert Smith, UT Arlington.....	24-10.50
1983 – Verril Young, McNeese.....	24-05.75
1984 – Thomas Eriksson, Lamar.....	24-07.25
1985 – Brian Cooper, McNeese.....	25-10.75
1986 – Brian Cooper, McNeese.....	25-11.00
1987 – Brian Cooper, McNeese.....	26-01.50
1988 – Andre Ester, ULM.....	25-09.75
1989 – Gordon McKee, Texas State.....	25-08.00
1990 – Jerry Harris, ULM.....	25-08.25
1991 – Jerry Harris, ULM.....	26-01.00
1992 – Kevan Mills, Texas State.....	25-02.00
1993 – Ron Jones, Texas State.....	25-04.00
1994 – Kevan Mills, Texas State.....	24-02.25
1995 – Nat Sowell, ULM.....	25-02.00
1996 – Nat Sowell, ULM.....	25-02.00
1997 – Nelson Stewart, UT Arlington.....	24-03.50
1998 – Kenta Bell, Northwestern State.....	24-09.25
1999 – Marcell Williams, Stephen F. Austin.....	25-00.75
2000 – Kenta Bell, Northwestern State.....	24-11.75
2001 – Brian Veal, Texas State.....	24-00.75
2002 – Brian Veal, Texas State.....	24-11.00
2003 – Brian Veal, Texas State.....	24-11.00
2004 – Brian Veal, Texas State.....	24-04.50
2005 – Reggie Lazenby, Stephen F. Austin.....	24-00.25
2006 – Quinchun Carey, UT Arlington.....	24-01.75
2007 – Sumbo Adeniran, Stephen F. Austin.....	24-04.25
2008 – Darrick Brown, McNeese.....	24-04.50
2009 – Michael Rheams, Southeastern.....	23-09.00
2010 – Curtis Patterson, Sam Houston.....	24-06.25
2011 – Tyler Williamson, UTSA.....	24-02.25
2012 – Tyler Williamson, UTSA.....	24-02.25
2013 – Charles White, Sam Houston.....	24-06.25
2014 – Emmanuel Williams, Northwestern State.....	25-06.00
2015 – Aaron Williams, Northwestern State.....	24-07.75
2016 – Emmanuel Williams, Northwestern State.....	25-00.50
2017 – Isaiah Pittman, Stephen F. Austin.....	24-05.50
2018 – Tyler Adams, Sam Houston.....	24-02.25
2019 – D.J. Ruffin, Southeastern.....	25-01.25
2020 – Markeit Stevenson, Northwestern State.....	23-11.00
2021 – Isaiah Cash, HBU.....	24-05.00
2022 – Trpimir Siroki, Texas A&M-Corpus Christi.....	24-03.75

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

2023 – Kenson Tate, Lamar	24-08.50
2024 – Kenson Tate, Lamar	25-10.00

Triple Jump

1980 – Ed Lloyd, McNeese	53-01.00
1981 – Monzell Baker, Lamar	49-02.50
1982 – Al Joyner, Arkansas State	52-10.00
1983 – Al Joyner, Arkansas State	52-10.00
1984 – Frank Rutherford, McNeese	51-11.00
1985 – Thomas Eriksson, Lamar	52-02.50
1986 – James Richardson, Lamar	51-02.50
1987 – William Beasley, Arkansas State	51-04.50
1988 – Ronald Johnson, UT Arlington	52-01.50
1989 – Gordon McKee, Texas State	51-00.25
1990 – Richard Edwards, Texas State	50-09.25
1991 – Ronald Jones, Texas State	51-06.50
1992 – LaMark Carter, Northwestern State	52-10.00
1993 – LaMark Carter, Northwestern State	52-07.50
1994 – Eric Lancelin, Northwestern State	52-06.75
1995 – Nat Sowell, ULM	52-00.00
1996 – Nat Sowell, ULM	50-10.00
1997 – Kenta Bell, Northwestern State	49-02.25
1998 – Kenta Bell, Northwestern State	50-04.75
1999 – Kendrick Turner, Northwestern State	50-03.25
2000 – Kenta Bell, Northwestern State	54-03.25
2001 – Tyson Dillard, Northwestern State	50-03.25
2002 – Shannon Joshua, Northwestern State	49-08.25
2003 – Brian Veal, Texas State	50-08.75
2004 – Brian Veal, Texas State	51-11.75
2005 – DeVaughn Rettig, Stephen F. Austin	48-05.50
2006 – James Randall, Sam Houston	49-05.50
2007 – John Cruse, Stephen F. Austin	49-10.50
2008 – Donovan Loring, Central Arkansas	49-09.25
2009 – Corey Billzone, Southeastern	50-02.00
2010 – Devon Bond, UTSA	52-01.75
2011 – Devon Bond, UTSA	51-09.00
2012 – Jamal Peden, Stephen F. Austin	51-00.25
2013 – Charles White, Sam Houston	51-08.25
2014 – Emmanuel Williams, Northwestern State	50-04.75
2015 – Aaron Williams, Northwestern State	51-01.00
2016 – Aaron Williams, Northwestern State	50-06.75
2017 – John Lemke, McNeese	51-02.25
2018 – Brian O'Bonna, Lamar	49-11.75
2019 – Tylen Guidry, Lamar	50-11.00
2020 – Tylen Guidry, Lamar	52-07.50
2021 – Christopher Welch, HBU	51-09.25
2022 – Preston Whaley, Texas A&M-Corpus Christi	48-00.00
2023 – Andrew Gilreath, Northwestern State	50-00.75
2024 – Lance Hamilton, Southeastern	49-09.75

Shot Put

1980 – Roger Henderson, Louisiana Tech	54-09.00
1981 – Brian Gower, UT Arlington	54-04.50
1982 – Brian Gower, UT Arlington	54-03.25
1983 – Brian Dalatri, Louisiana Tech	60-00.50
1984 – James Parman, ULM	58-06.50
1985 – John Campbell, Louisiana Tech	63-08.00
1986 – Steve Cate, Louisiana Tech	65-01.50
1987 – Ronny Kvist, ULM	55-09.50
1988 – Peter Dajai, UT Arlington	59-02.25
1989 – Weldon Clark, Stephen F. Austin	57-08.25
1990 – Lance Davenport, Texas State	57-00.00
1991 – Kevin Toth, McNeese	59-05.00
1992 – Rick Werline, ULM	58-10.00
1993 – Hakan Karlberg, Texas State	54-09.25

1994 – Ryan Martin, Northwestern State	55-10.25
1995 – Chris Gonzalez, Sam Houston	55-06.25
1996 – Chris Gonzalez, Sam Houston	57-08.50
1997 – Chris Gonzalez, Sam Houston	58-11.50
1998 – Russell Peevy, Texas State	54-06.75
1999 – David Estes, ULM	55-05.75
2000 – David Estes, ULM	57-02.25
2001 – Gene Tennison, Northwestern State	53-00.75
2002 – Jason Reynosa, UTSA	55-09.75
2003 – Byron Tate, Texas State	55-05.00
2004 – Byron Tate, Texas State	58-03.00
2005 – Issa Banna, Northwestern State	57-08.50
2006 – Kenneth McKinley, Stephen F. Austin	57-09.75
2007 – Robert Melin, Texas State	56-06.50
2008 – Luke Johnson, UTSA	56-03.75
2009 – Kemuel Morales, Texas State	59-08.25
2010 – Adonson Shallow, Southeastern	60-02.00
2011 – Richard Garrett, UTSA	61-08.50
2012 – Richard Garrett, UTSA	60-08.50
2013 – Jon Arthur, Stephen F. Austin	59-03.00
2014 – Jeff Milliron, Southeastern	56-08.00
2015 – Cedric Paul, Northwestern State	53-00.25
2016 – Alexander Young, Southeastern Louisiana	56-05.25
2017 – Hiram Morales, McNeese	57-09.76
2018 – Stevon Crooks, Southeastern	56-11.25
2019 – Kai Schmidt, Abilene Christian	58-11.50
2020 – Tyler Richardson, Abilene Christian	56-01.75
2021 – Tommy Nedow, Southeastern	55-06.25
2022 – Tommy Nedow, Southeastern	54-11.50
2023 – Djimon Gumbs, Northwestern State	62-02.25
2024 – Djimon Gums, Northwestern State	63-06.00

Weight Throw

2005 – Kelley Jackson, UT Arlington	59-02.25
2006 – Darwin Johnson, Stephen F. Austin	60-03.25
2007 – Robert Melin, Texas State	61-03.03
2008 – Matt Langdon, Stephen F. Austin	62-02.25
2009 – Adonson Shallow, Southeastern	65-02.25
2010 – Adonson Shallow, Southeastern	68-11.75
2011 – Chris Cralle, Sam Houston	65-07.75
2012 – Phil Steinert, UTSA	61-11.00
2013 – Jon Arthur, Stephen F. Austin	63-01.25
2014 – Jeff Milliron, Southeastern	66-10.50
2015 – Alexander Young, Southeastern	69-11.75
2016 – Alexander Young, Southeastern	71-11.50
2017 – Calvin Singletery, Sam Houston	60-08.75
2018 – Joshua Hernandez, Sam Houston	64-04.50
2019 – Joshua Hernandez, Sam Houston	64-03.00
2020 – Trenton Bridges, Stephen F. Austin	62-08.75
2021 – Tyler Richardson, Abilene Christian	63-08.75
2022 – Diamante Gumbs, Northwestern State	64-02.50
2023 – Garrett Stokes, UIW	61-01.25
2024 – Terrell Webb, Southeastern	65-11.50

Pentathlon

2001 – Justin Youngblood, UTSA	3,842
2002 – Justin Youngblood, UTSA	4,003
2003 – Marquez Jackson, Texas State	3,764
2004 – Event Discontinued	

Heptathlon

2004 – Justin Youngblood, UTSA	5,483
2005 – Brandon Buteaux, UTSA	5,339
2006 – Brandon Buteaux, UTSA	5,357
2007 – Jon Fagan, McNeese	5,216

Men's Repeat Individual Champions

2008 – Tommy Wolfe, UTSA.....	5,251
2009 – Tommy Wolfe, UTSA.....	5,256
2010 – Adolphus Jones, UT Arlington.....	5,475
2011 – Romain Martin, UT Arlington.....	5,728
2012 – Romain Martin, UT Arlington.....	5,552
2013 – Matthew Johnson, Sam Houston.....	5,172
2014 – Cody Rhodes, Stephen F. Austin.....	4,943
2015 – Tyler Adams, Sam Houston.....	5,221
2016 – Tyler Adams, Sam Houston.....	5,227
2017 – Tyler Adams, Sam Houston.....	5,463
2018 – Tyler Adams, Sam Houston.....	5,544
2019 – Denim Rogers, HBU.....	5,528
2020 – Colton Cohea, Texas A&M-Corpus Christi.....	5,325
2021 – Denim Rogers, HBU.....	5,571
2022 – Trpimir Siroki, Texas A&M-Corpus Christi.....	5,604
2023 – Isaiah Hudgens, UIW.....	5,620
2024 – Kyle Sieracki, UIW.....	5,370

Four-Time Winners

Scott Hennig, Texas State, 1989, 90, 91, 92.....	Pole Vault
Brian Veal, Texas State, 2001, 02, 03, 04.....	Long Jump
Tyler Adams, Sam Houston, 2015, 16, 17, 18.....	Heptathlon

Three-Time Winners

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

Two-Time Winners

Tyler Adams, Sam Houston, 2015, 18.....	High Jump
Joe Amburn, Sam Houston, 2002, 03.....	Mile Run
Randy Arias, Texas State, 2001, 02.....	3,000-Meter Run
	5,000-Meter Run
Roger Barker, Louisiana Tech, 1981, 83.....	Mile Run
	Two-Mile Run
Terence Beach, UT Arlington, 1993, 94.....	800-Meter Run
Terrance Bean, Northwestern State, 1994, 95.....	High Jump
Kenta Bell, Northwestern State, 1998, 2000.....	Long Jump
Devon Bond, UTSA, 2010, 11.....	Triple Jump
Courtney Boston, Sam Houston, 2002, 04.....	60-Meter Dash
	200-Meter Dash
Brian Brown, Northwestern State, 1988, 89.....	High Jump
Cass Brown-Stewart, Stephen F. Austin, 2012, 15.....	400-Meter Dash
Clinton Bufuku, UT Arlington, 1994, 95.....	55-Meter Dash
Grover Burnham, Lamar, 1982, 83.....	880-Yard Run
Brandon Buteaux, UTSA, 2005, 06.....	Heptathlon
Leonard Byrd, UTSA, 1994, 97.....	400-Meter Dash
LaMark Carter, Northwestern State, 1992, 93.....	Triple Jump
Elston Cawley, UT Arlington, 1996, 97.....	200-Meter Dash
Jared Connaughton, UT Arlington, 2006, 07.....	200-Meter Dash
Michael Courtney, Sam Houston, 2008, 10.....	400-Meter Dash

Sansiski Daniels, UT Arlington, 1984, 85.....	60-Yard Hurdles
Branson Ellis, Stephen F. Austin, 2019, 20.....	Pole Vault
David Estes, ULM, 1999, 2000.....	Shot Put
Randy Flach, Sam Houston, 2003, 04.....	Pole Vault
Dylan Fugitt, North Texas, 1989, 91.....	Mile Run
Richard Garrett, UTSA, 2011, 12.....	Shot Put
Brian Gower, UT Arlington, 1981, 82.....	Shot Put
Tylen Guidry, Lamar, 2019, 20.....	Triple Jump
Jerry Harris, ULM, 1990, 91.....	Long Jump
Joshua Hernandez, Sam Houston, 2018, 19.....	Weight Throw
Doug Hinds, Lamar, 1981, 82.....	440-Yard Dash
Amir James, Northwestern State, 2016, 17.....	200-Meter Dash
Patrick James, UT Arlington, 2001, 02.....	400-Meter Dash
Chris Jefferson, Sam Houston, 2017, 18.....	60-Meter Dash
Al Joyner, Arkansas State, 1982, 83.....	Triple Jump
Adam Keul, Stephen F. Austin, 2001, 02.....	Pole Vault
Devin King, Southeastern, 2016, 17.....	Pole Vault
Samuel Kosgei, Lamar, 2009, 10.....	3,000-Meter Run
	5,000-Meter Run
Rodger Krueger, UT Arlington, 1992, 94.....	Mile Run
Kevin Loyd, Louisiana Tech, 1986, 87.....	60-Yard Dash
Romain Martin, UT Arlington, 2011, 12.....	Heptathlon
Fabian McCall, Sam Houston, 2018, 19.....	60-Meter Hurdles
Fabian McCall, Sam Houston 2019, 20.....	200-Meter Dash
Nick McCloud, Stephen F. Austin, 2010, 11.....	60-Meter Hurdles
Joel McCray, UT Arlington, 1991, 92.....	400-Meter Dash
Keevan Mills, Texas State, 1992, 94.....	Long Jump
Eric Moore, Central Arkansas, 2016, 17.....	High Jump
Jeffrey Moore, Sam Houston, 2016, 17.....	800-Meter Run
Tommy Nedow, Southeastern, 2021, 22.....	Shot Put
Muriuki Ngatia, Louisiana Tech, 1985, 86.....	Two-Mile Run
Jonah Ngeny, North Texas, 1987, 88.....	Two-Mile Run
Michael Nichols, New Orleans, 2016, 17.....	60-Meter Hurdles
David Peltier, UT Arlington, 1984, 86.....	600-Yard Run
Jason Potter, Stephen F. Austin, 2001, 02.....	800-Meter Run
Ronnie Powell, Northwestern State, 1997, 98.....	55-Meter Dash
Tommy Richards, Stephen F. Austin, 1993, 94.....	Pole Vault
Michael Roberson, McNeese, 1996, 97.....	High Jump
David Rooney, McNeese, 2011, 13.....	5,000-Meter Run
Jordan Rowe, Lamar, 2019, 20.....	Mile Run
	3,000-Meter Run
Joseph Sainah, UT Arlington, 1989, 90.....	800-Meter Run
Adonson Shallow, Southeastern, 2009, 10.....	Weight Throw
Gilbert Smith, UT Arlington, 1980, 82.....	60-Yard Dash
Nat Sowell, ULM, 1995, 96.....	Long Jump
	Triple Jump
Sam Stabler, Lamar, 2014, 15.....	Mile Run
	3,000-Meter Run
Mike St. Julien, McNeese, 1992, 93.....	High Jump
Steve Stubblefield, Arkansas State, 1982, 84.....	Pole Vault
Byron Tate, Texas State, 2003, 04.....	Shot Put
Escoffrey Thomas, UT Arlington, 1997, 98.....	800-Meter Run
Brian Veal, Texas State, 2003, 04.....	Triple Jump
Matthew Viverette, Sam Houston, 2013, 14.....	60-Meter Hurdles
Joe Wade, Lamar, 2012, 13.....	Mile Run
Tom Wade, Lamar, 2011, 12.....	3,000-Meter Run
Tim Wallace, UTSA, 1997, 99.....	5,000-Meter Run
Aaron Williams, Northwestern State, 2015, 16.....	Triple Jump
Teddy Williams, UTSA, 2009, 10.....	200-Meter Dash
Tyler Williamson, UTSA, 2011, 12.....	Long Jump
Kenny Wilson, Arkansas State, 1983, 85.....	1,000-Yard Run
Tommy Wolfe, UTSA, 2008, 09.....	Heptathlon
Alexander Young, Southeastern, 2015, 16.....	Weight Throw
Justin Youngblood, UTSA, 2001, 02.....	Pentathlon

Men's All-Time Top-Five Performances

55-Meter Dash

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

60-Meter Dash

6.55 – JT Smith, TAMUC, 2023
 6.56 – Zachaeus Beard, NWST, 2023
 6.59 – Teddy Williams, UTSA, 2009
 6.61 – Teddy Williams, UTSA, 2010
 6.61 – Clayton Vaughn, UTA, 2012

55-Meter Hurdles

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

60-Meter Hurdles

7.74 – Fabian McCall, SHSU, 2019
 7.81 – Fabian McCall, SHSU, 2020
 7.81 – Carl Johnson, UTSA, 2003
 7.82 – Nick McCloud, SFA, 2011
 7.82 – William Vese, UTSA, 2009

200-Meter Dash

20.64 – Elston Cawley, UTA, 1998
 20.69 – Simon Wulff, NWST, 2024
 20.72 – Keoante Gaines, Northwestern State, 2024
 20.74 – Chris Jefferson, SHSU, 2019
 20.86 – Jo Vaughn Martin, SHSU, 2019

400-Meter Dash

46.23 – Johnathon Sawyer, SLU, 2020
 46.34 – James Benson II, SLU, 2020
 46.43 – Dontrell Lyons, SLU, 2016*
 46.49 – Cass Brown-Stewart, SFA, 2015
 46.56 – Michael Courtney, SHSU, 2010

800-Meter Run

1:48.50 – Escoffrey Thomas, UTA, 1997
 1:48.72 – Larry Brooks, UTSA, 2007
 1:48.82 – Joseph Sainah, UTA, 1990
 1:49.56 – Jessie Wilson, ASU, 1985
 1:49.63 – Jeffrey Moore, SHSU, 2016

Mile Run

3:59.33 – Sam Stabler, LU, 2014*
 4:01.97 – Sam Stabler, LU, 2015*
 4:02.16 – Francis Kasagule, LU, 2009
 4:02.30 – Freddy Richardson, LU, 2024
 4:03.47 – Sam Stabler, LU, 2015

3,000-Meter Run

7:53.98 – Sam Stabler, LU, 2015
 8:00.64 – Sam Stabler, LU, 2014
 8:00.79 – Shea Foster, SLU, 2021
 8:01.19 – Francis Kasagule, LU, 2009
 8:02.07 – Iliass Aouani, LU, 2016

5,000-Meter Run

13:32.38 – Shea Foster, SLU, 2021
 13:46.25 – David Rooney, MCN, 2011
 13:50.46 – Samuel Kosgei, LU, 2009
 13:51.26 – Shadrack Songok, AMCC, 2008
 14:08.34 – Bradley Makuvire, SLU, 2022

Mile Relay

3:07.67 – Southeastern, 2020
 3:07.96 – UT Arlington, 1990
 3:08.54 – UT Arlington, 2001
 3:08.97 – Southeastern, 2016
 3:09.00 – Stephen F. Austin, 2016

Distance Medley

9:52.90 – UTSA, 2012
 9:54.13 – Lamar, 2014
 9:54.71 – Texas AGM-CC, 2023
 9:55.14 – HCU, 2023
 9:57.20 – Lamar, 2016

Two-Mile Relay

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

High Jump

7-08.00 – Brian Brown, NWST, 1990
 7-06.50 – Brian Brown, NWST, 1988
 7-06.00 – Brian Brown, NWST, 1989
 7-06.00 – Charles Austin, TXST, 1990
 7-05.75 – Michael Roberson, MCN, 1996

Pole Vault

19-00.25 – Branson Ellis, SFA, 2020
 18-10.25 – Branson Ellis, SFA, 2020
 18-07.50 – Adam Keul, SFA, 2001
 18-05.50 – Clayton Fritsch, SHSU, 2019
 18-05.50 – Devin King, SLU, 2019

Long Jump

26-11.75 – Brian Cooper, MCN, 1987
 26-08.75 – Andre Ester, ULM, 1987
 26-04.50 – Andre Ester, ULM, 1988
 26-03.75 – Kenta Bell, NWST, 2000
 26-03.75 – Kenson Tate, LU, 2024

Triple Jump

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

Shot Put

65-01.50 – Steve Cate, LTU, 1986
 63-08.00 – John Campbell, LTU, 1985
 63-06.00 – Djimon Gumbs, NWST, 2024
 63-05.00 – Kai Schmidt, ACU, 2019
 62-02.25 – Djimon Gumbs, NWST, 2023

Weight Throw

78-01.00 – Alexander Young, SLU, 2016
 71-11.50 – Alexander Young, SLU, 2016
 70-10.50 – Alexander Young, SLU, 2015
 69-11.75 – Alexander Young, SLU, 2015
 68-11.75 – Adonson Shallow, SLU, 2010

Heptathlon

5,880 – Romain Martin, UTA, 2012
 5,728 – Romain Martin, UTA, 2011
 5,653 – Denim Rogers, HBU, 2021
 5,620 – Isaiah Hudgens, UIW, 2023
 5,604 – Trpimir Siroki, AMCC, 2022

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

All times are converted for altitude as necessary.

Southland NCAA All-Americans – Men

HBU

2019 – Denim Rogers (Decathlon)
2021 – Denim Rogers (First Team Heptathlon)
2021 – Christopher Welch (Second Team Triple Jump) - 12th (52.02.00)

Lamar

2009 – Samuel Kosgei (5,000 meter)

McNeese

1996 – Michael Roberson (high jump)
2005 – Derrick Brown (long jump)
2007 – Brad Gebauer (pole vault)

Northwestern State

1980 – *Jarrot Handy (triple jump)
1987 – *Llewellyn Starks (long jump)
1988 – Llewellyn Starks (long jump)
1989 – Brian Brown (high jump)
1990 – Brian Brown (high jump)
1993 – LaMark Carter (triple jump)
1998 – Ronnie Powell (55-meter dash)
1998 – Kenta Bell (triple jump)
2000 – Kenta Bell (triple jump)
2014 – Emmanuel Williams (long jump)
2015 – Aaron Williams (triple jump)

Southeastern

2011 – Adonson Shallow (weight throw)
2015 – Alexander Young (weight throw)
2016 – Alexander Young (weight throw), Devin King (pole vault)
2017 – Devin King (pole vault)
2019 – Devin King (pole vault)
2021 – Shea Foster (First Team 5,000m)

Texas A&M-Corpus Christi

2008 – Shadrack Songok (5,000 meter)

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

Former Members

Arkansas State

1970 – Tom Hill (60-yard high hurdles)
1975 – Earl Bell (pole vault)
1976 – Earl Bell (pole vault); Anthony Stroman (440 yard dash)
1977 – Earl Bell (pole vault)
1979 – Paul Pilla (pole vault); Andy Pintus (pole vault)
1981 – Al Joyner (triple jump)

ULM

1987 – Andre Ester (long jump)
1988 – Andre Ester (long jump)
1989 – Christoph Koch (hammer)
1990 – Jerry Harris (long jump)
1991 – Jerry Harris (long jump)
1995 – Nat Sowell (triple jump and long jump)
1996 – Nat Sowell (triple jump and long jump)

Oral Roberts

2013 – Jack Whitt (pole vault)

Sam Houston

2010 – Michael Courtney (400-meter dash)
2018 – Tyler Adams (heptathlon, high jump)
2019 – Clayton Fritsch (pole vault)
2019 – Chris Jefferson (200-meter dash)
2019 – Fabian McCall (60-meter hurdles)
2021 – Clayton Fritsch (First Team Pole Vault)

Stephen F. Austin

1995 – Kevin Ellis (55-meter hurdles)
1995 – Rodney Black (triple jump)
1996 – Chris Olsson-O'Neil (high jump)
2001 – Adam Keul (pole vault)
2002 – Adam Keul (pole vault)
2013 – Colton Ross (pole vault)
2018 – Antonio Ruiz (pole vault)
2019 – Branson Ellis (pole vault)
2021 – Branson Ellis (Honorable Mention Pole Vault)

UT Arlington

1981 – Gilbert Smith (long jump)
1982 – Gilbert Smith (long jump)
1983 – Saniski Daniels (55-meter hurdles)
1984 – Saniski Daniels (55-meter hurdles)
1985 – Saniski Daniels (55-meter hurdles)
1988 – Ronald Johnson (triple jump)
1990 – McClinton Neal (55-meter hurdles)
1990 – Joseph Sainah (800 meters)
1998 – Elston Cawley (200-meters)
2011 – Romain Martin (heptathlon)
2012 – Clayton Vaughn (60-meter dash)
2012 – Romain Martin (heptathlon)

UTSA

2004 – Justin Youngblood (heptathlon)
2005 – Brandon Buteaux (heptathlon)
2007 – Larry Brooks (800 meters)
2009 – Teddy Williams (60-meter dash)
2010 – Teddy Williams (60-meter dash)
2011 – Richard Garrett (shot put)
2012 – Keith Benford (high jump)

Texas State

1989 – Charles Austin (high jump)
1989 – Gordon McKee (long jump)
1990 – Charles Austin (high jump)
2003 – Brian Veal (long jump)
2004 – Brian Veal (long jump)
2012 – Logan Cunningham (pole vault)

Southland NCAA Champions – Men

60-Yard High Hurdles

1970 – Thomas Hill, Arkansas State..... 6.09

5,000 Meters

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

High Jump

1990 – Brian Brown, Northwestern State..... 7-08.00
1996 – Michael Roberson, McNeese..... 7-05.25

Pole Vault

1975 – Earl Bell, Arkansas State17-02.00
1976 – Earl Bell, Arkansas State18-00.25
2007 – Brad Gebauer, McNeese 18-00.50

Long Jump

1982 – Gilbert Smith, UT Arlington24-10.50
1987 – Andre Ester, ULM..... 26-8.25
1988 – Andre Ester, ULM 26-4.25

Weight Throw

2016 – Alexander Young, Southeastern..... 78-01

35-Pound Weight Throw

1989 – *Christoph Koch, ULM..... 69-05.50

*Not a Conference event

Women's Year-by-Year Team Champions

1987.....	ULM
1988.....	Texas State
1989.....	ULM
1990.....	Texas State
1991.....	Texas State
1992.....	UTSA
1993.....	UTSA
1994.....	UTSA
1995.....	UT Arlington
1996.....	UT Arlington
1997.....	UT Arlington
1998.....	UT Arlington
1999.....	UT Arlington
2000.....	UT Arlington
2001.....	UT Arlington
2002.....	Texas State
2003.....	Texas State
2004.....	Texas State
2005.....	Stephen F. Austin
2006.....	Stephen F. Austin
2007.....	Sam Houston
2008.....	Sam Houston
2009.....	Stephen F. Austin
2010.....	Stephen F. Austin
2011.....	Stephen F. Austin
2012.....	Stephen F. Austin
2013.....	Stephen F. Austin
2014.....	Sam Houston
2015.....	Stephen F. Austin
2016.....	Sam Houston
2017.....	Sam Houston
2018.....	Sam Houston
2019.....	Stephen F. Austin
2020.....	Stephen F. Austin
2021.....	Abilene Christian
2022.....	McNeese
2023.....	Northwestern State
2024.....	Northwestern State

Team Championships

Stephen F. Austin	10
Northwestern State	2
McNeese.....	1
Sam Houston*.....	6
UT Arlington*.....	7
Texas State *	6
UTSA*	3
ULM*	2
Abilene Christian*	1

*Former Southland Member

Individual Champions

Stephen F. Austin	67
Northwestern State	55
Lamar	43
McNeese.....	32
Southeastern.....	11
Texas A&M-Corpus Christi	11
UIW.....	11
New Orleans	10
HCU	7
Nicholls.....	4
UT Arlington*	73
Texas State*	69
UTSA*	55
Sam Houston*	48
ULM*	34
Abilene Christian*	14

Women's Postseason Honors

North Texas*	4
Central Arkansas*	3
Oral Roberts*	1
Arkansas State*	1

*Former Southland Member

Women's Postseason Honors

Outstanding Track Performer

1987	None selected
1988	LaNell Buckley, Texas State
1989	Nicola Roff, ULM
1990	Troquel Eden, ULM
1991	Robin White, Texas State
1992	Liza Hunter, UTSA
1993	Tami Micham-Grimes, ULM
1994	Angela Nelson, UT Arlington
1995	Angela Nelson, UT Arlington
1996	Tameka Roberts, UTSA
1997	Tameka Roberts, UTSA
1998	Tameka Roberts, UTSA
1999	Dasha Thompson, Northwestern State
2000	Sita Waru, McNeese
2001	Sita Waru, McNeese
2002	Shontae Johnson, Texas State
2003	LaJuana Lovett, Texas State
2004	LaJuana Lovett, Texas State
2005	Rosalind Holmes, UTSA
2006	Ashley Monteau, Stephen F. Austin
2007	Clerc Koenck, Lamar
2008	Clerc Koenck, Lamar
2009	Dana Mecke, UTSA
2010	Jasmine Walls, UT Arlington
2011	Pamela Vinson, UT Arlington
2012	Lauren Smith, Stephen F. Austin
2013	Jackie White, Nicholls
2014	Louise Webb, Lamar
2015	Verity Ockenden, Lamar
2016	Danielle Demas, Sam Houston
2017	Michaela Hackett, Abilene Christian
2018	Rabea Schöneborn, Texas A&M-Corpus Christi
2019	Natashia Jackson, Northwestern State
2020	Natashia Jackson, Northwestern State
2021	Kelsey Ramirez, Stephen F. Austin
2022	Abby Gray, UIW
2023	Jessica Raius, HCU
2024	Alex Weir, New Orleans

Outstanding Field Performer

1987	None selected
1988	Pam Smith, ULM
1989	Pam Smith, ULM
1990	Pam Smith, ULM
1991	Angela Black, ULM
1992	Christia Rogers, Texas State
1993	Jenny Hockett, UT Arlington
1994	Lisa Austin, UT Arlington
1995	Jill Jones, Sam Houston
1996	Unavailable
1997	Eva Jonsson, UT Arlington
1998	Tameka Roberts, UTSA
	Eva Jonsson, UT Arlington
1999	Marion Myer, UT Arlington
2000	Nathalie Daniels, Texas State
2001	Misty Ballard, Stephen F. Austin

2002	Becky Collins, Texas State
2003	Stephanie Sowell, Northwestern State
2004	Stephanie Sowell, Northwestern State
2005	Roshunda Betts, Sam Houston
2006	Roshunda Betts, Sam Houston
2007	Jennie Sewell, Sam Houston
2008	Frednisha Marshall, Stephen F. Austin
2009	Frednisha Marshall, Stephen F. Austin
2010	Camelia Sams, Stephen F. Austin
2011	Trecey Rew, Northwestern State
2012	La'Shantena Rounds, McNeese
2013	La'Tricia Griffin, Stephen F. Austin
2014	La'Shantena Rounds, McNeese
2015	Demi Payne, Stephen F. Austin
2016	Ashley Jenkins, Sam Houston
2017	Thai Williams, Lamar
2018	Sarea Alexander, UIW
2019	Sarea Alexander, UIW
2020	Jasmyrn Steels, Northwestern State
2021	Kaitlin Smith, HBU
2022	Kristian Jackson, Southeastern
2023	Morgan Talley, McNeese
2024	Sanaria Butler, Northwestern State

Most Valuable Performer (Formerly High Point Scorer)

1987	Unavailable
1988	LaNell Buckley, Texas State, 21.5 points
1989	Angela Black, ULM, 30 points
1990	Pam Smith, ULM, 28 points
1991	Angela Black, ULM, 30 points
1992	Liza Hunter, UTSA, 22.5 points
1993	Tami Micham-Grimes, ULM, 28 points
1994	Angela Nelson, UT Arlington, 30 points
1995	Angela Nelson, UT Arlington, 28 points
1996	Tameka Roberts, UTSA, 30 points
1997	Tameka Roberts, UTSA, 23 points
1998	Tameka Roberts, UTSA, 37.5 points
1999	Jennifer Hoppe, Stephen F. Austin, 22.5 points
2000	Sita Waru, McNeese, 22.5 points
2001	Kajsa Haglund, UT Arlington, 24.5 points
2002	Shontae Johnson, Texas State, 22.5 points
2003	LaJuana Lovett, Texas State, 25.5 points
2004	LaJuana Lovett, Texas State, 38.5 points
2005	Katya Kostetskaya, Texas State, 29 points
2006	Ryanne Dupree, UTSA, 28.5 points
2007	Clerc Koenck, Lamar, 22.5 points
2008	Clerc Koenck, Lamar, 22.5 points
2009	Asiya Iskakova, Texas State, 26 points
2010	Camelia Sams, Stephen F. Austin, 22 points
	Jasmine Walls, UT Arlington, 22 points
2011	Pamela Vinson, UT Arlington, 22.5 points
	Kassandra Son, Texas A&M-Corpus Christi, 22.5 points
2012	Lauren Smith, Stephen F. Austin, 20 points
	Shannon Reynolds, UT Arlington, 20 points
2013	Lauren Smith, Stephen F. Austin, 22.5 points
	Brarysheya Simpson, Stephen F. Austin, 26 points
2015	Verity Ockenden, Lamar, 24 points
2016	Danielle Demas, Sam Houston, 28 points
2017	Thai Williams, Lamar, 28 points
2018	Natashia Jackson, Northwestern State, 22.3 points
2019	Natashia Jackson, Northwestern State, 24.5 points
2020	Natashia Jackson, Northwestern State, 27.5 points
2021	Kelsey Ramirez, Stephen F. Austin, 28.5 points
2022	Kaitlin Smith, HBU/Dreunna Washington, McNeese, 26.5 points
2023	

Women's Postseason Honors

2024.....

Athlete of the Year

1987-89..... None selected
 1990..... Pam Smith, ULM
 1991..... Angela Black, ULM
 1992..... Liza Hunter, UTSA
 1993..... Tami Micham-Grimes, ULM
 1994..... Angela Nelson, UT Arlington
 1995..... Angela Nelson, UT Arlington
 1996..... Tameka Roberts, UTSA
 1997..... Tameka Roberts, UTSA
 1998..... Tameka Roberts, UTSA
 1999..... Dasha Thompson, Northwestern State
 2000..... Sita Waru, McNeese
 2001..... Sita Waru, McNeese
 2002..... Becky Collins, Texas State
 2003..... Lajuana Lovett, Texas State
 2004..... Lajuana Lovett, Texas State
 2005..... Katya Kostetskaya, Texas State
 2006..... Rynne Dupree, UTSA
 2007..... Clerc Koenck, Lamar
 2008..... Clerc Koenck, Lamar
 2009..... Asiya Iskakova, Texas State
 2010..... Jasmine Walls, UT Arlington
 2011..... Pamela Vinson, UT Arlington
 2012..... Lauren Smith, Stephen F. Austin
 2013..... Lauren Smith, Stephen F. Austin
 2014..... Louise Webb, Lamar
 2015..... Jannika John, Lamar
 2016..... Danielle Demas, Sam Houston
 2017..... Thai Williams, Lamar
 2018..... Thai Williams, Lamar
 2019..... Sarea Alexander, UIW
 2020..... Natasha Jackson, Northwestern State
 2021..... Kelsey Ramirez, Stephen F. Austin
 2022..... Kaitlin Smith, HBU
 2023..... Morgan Talley, McNeese
 2024..... Sanaria Butler, Northwestern State

Freshman of the Year

1987-2006..... None selected
 2007..... Jessica Fisher, Sam Houston
 2008..... Kassandrea Son, Texas A&M-Corpus Christi
 2009..... Stephanie Ganter, Stephen F. Austin
 2010..... Shannon Reynolds, UT Arlington
 2011..... Pamela Vinson, UT Arlington
 2012..... Melai Carter, Stephen F. Austin
 2013..... Chasity Clark, Stephen F. Austin
 2014..... Kayla de Bondt, Lamar
 2015..... Minttu Hukka, Lamar
 2016..... Silvia LaTella, Lamar
 2017..... Imani Nave, Stephen F. Austin
 2018..... Kelsey Ramirez, Stephen F. Austin
 2019..... Nastassja Campbell, Stephen F. Austin
 2020..... Sierra Temple, Central Arkansas
 2021..... KeAyla Dove, Sam Houston
 2022..... Kayla Warner, McNeese
 2023..... Sanaria Butler, Northwestern State

2024..... Ashton Rainey, Lamar

Newcomer of the Year

1987-2006..... None selected
 2007..... Abby Ruston, Texas State
 2008..... Jordan Haggie, Sam Houston
 2009..... Asiya Iskakova, Texas State
 2010..... Pernilla Savestrand, UTSA
 2011..... Lindsey Putnam, UT Arlington
 2012..... Maria Sandstrom, UT Arlington
 2013..... Shambrail Woods, Stephen F. Austin
 2014..... Louise Webb, Lamar
 2015..... Verity Ockenden, Lamar
 2016..... None selected
 2017..... Daeshon Gordon, Northwestern State
 2018..... Rabea Schöneborn, Texas A&M-Corpus Christi
 2019..... Sophie Wood, Lamar
 2020..... Arina Kleshchukova, New Orleans
 2021..... Shanell Atkins, New Orleans
 2022..... Abby Gray, UIW
 2023..... Tshwanelo Maruping, New Orleans
 2024..... Sophia Wolf, New Orleans

Coach of the Year

1987-88..... None selected
 1989..... Dennis Groll, ULM
 1990..... Jerry Clayton, Texas State
 1991..... Jerry Clayton, Texas State
 1992..... Shawn Flanagan, UTSA
 1993..... Shawn Flanagan, UTSA
 1994..... Shawn Flanagan, UTSA
 1995..... Monte Stratton, UT Arlington
 1996..... John Sauerhage, UT Arlington
 1997..... John Sauerhage, UT Arlington
 1998..... John Sauerhage, UT Arlington
 1999..... John Sauerhage, UT Arlington
 2000..... John Sauerhage, UT Arlington
 2001..... John Sauerhage, UT Arlington
 2002..... Don Hood, Texas State
 2003..... Galina Bukharina, Texas State
 2004..... Galina Bukharina, Texas State
 2005..... Phil Olson, Stephen F. Austin
 2006..... Phil Olson, Stephen F. Austin
 2007..... Curtis Collier, Sam Houston
 2008..... David Self, Sam Houston
 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
 2015..... Phil Olson, Stephen F. Austin
 2016..... Dave Self, Sam Houston
 2017..... Dave Self, Sam Houston
 2018..... Dave Self, Sam Houston
 2019..... Phil Olson, Stephen F. Austin
 2020..... Phil Olson, Stephen F. Austin
 2021..... Jerrod Cook, Abilene Christian
 2022..... Brendon Gilroy, McNeese
 2023..... Mike Heimerman, Northwestern State
 2024..... Mike Heimerman, Northwestern State

Southland Conference Championship Records - Women**Running Events**

55-Meter Dash.....	6.89.....	Tameka Roberts, UTSA, 1998
60-Meter Dash.....	7.32.....	Lynelle Washington, Northwestern State, 2023
55-Meter Hurdles.....	7.87.....	Brigitte Foster, Texas State, 1998
60-Meter Hurdles.....	8.19.....	Sabrina Starr, Sam Houston, 2014
200-Meter Dash.....	23.50.....	Natashia Jackson, Northwestern State, 2020
400-Meter Dash.....	53.25.....	Natashia Jackson, Northwestern State, 2020
800-Meter Run.....	2:09.30.....	Camry Grigsby, Sam Houston, 2018
Mile Run.....	4:45.93.....	Verity Ockenden, Lamar, 2016
3,000 Meters.....	9:30.75.....	Michaela Hackett, Abilene Christian 2017
Two-Mile Run.....	10:43.94.....	Liza Hunter, UTSA, 1992
Three-Mile Run.....	16:42.72.....	Tami Micham-Grimes, ULM, 1993
5,000 Meters.....	16:26.46.....	Rabea Schöneborn, Texas A&M-Corpus Christi, 2018
4x400 Relay.....	3:41.13.....	Sam Houston (Briana McCall, Camry Grigsby, Ruth Amaku, Jordan Grady), 2016
Mile Relay.....	3:54.01.....	UTSA (Rosalyn King, Tamny Booker, Valicia Henderson, Lisa Addison), 1992
Two-Mile Relay.....	9:31.66.....	Texas State (Robin White, Tamny Booker, LeShone Osborne, Wendi Smith), 1989
Distance Medley.....	10:49.14.....	UT Arlington, 1996

Field Events

High Jump.....	1.83m (6-00.00 ft).....	Becky Collins, Texas State, 2002
Pole Vault.....	4.29m (14-00.75 ft).....	Nastassja Campbell, Stephen F. Austin, 2019
Long Jump.....	6.48m (21-03.25 ft).....	Pam Smith, ULM, 1989
Triple Jump.....	13.15m (43-01.75 ft).....	Lisa Austin, UT Arlington, 1994
Shot Put.....	16.65m (54-07.50 ft).....	Ashley Davis, Southeastern, 2019
Weight Throw.....	21.57m (70-9.25 ft).....	Ashley Jenkins, Sam Houston, 2016

Pentathlon

Total Points.....	4,118.....	Kaitlin Smith, HBU, 2022
60-Meter Hurdles.....	8.43.....	Kaitlin Smith, HBU, 2022
High Jump.....	5-10.50.....	Sashane Hanson, Texas A&M-Corpus Christi, 2019
Long Jump.....	19-6.75.....	Leah Matthews, Stephen F. Austin, 2006
Shot Put.....	43-09.75.....	Migle Muraskaite, Lamar, 2020
800 Meters.....	2:15.90.....	Kaitlin Smith, HBU, 2022

Team Records

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

Women's Year-by-Year Team Championship Standings

1987 – Monroe, La.

ULM.....	115.0
UT Arlington.....	81.0
North Texas.....	60.0
Arkansas State.....	44.0
Lamar.....	35.0
Louisiana.....	32.0
McNeese.....	4.0

1988 – Monroe, La.

Texas State.....	98.5
ULM.....	93.0
UT Arlington.....	52.5
North Texas.....	33.0
Stephen F. Austin.....	32.0
Sam Houston.....	28.0
McNeese.....	18.0
Northwestern State.....	17.0

1989 – Monroe, La.

ULM.....	132.0
Texas State.....	87.0
Stephen F. Austin.....	56.0
UT Arlington.....	44.0
North Texas.....	22.0
Northwestern State.....	16.0
Sam Houston.....	12.0
McNeese.....	3.0

1990 – Monroe, La.

Texas State.....	99.0
ULM.....	97.0
Stephen F. Austin.....	44.0
Sam Houston.....	40.0
UT Arlington.....	36.0
North Texas.....	26.0
Northwestern State.....	18.0
McNeese.....	11.0

1991 – Monroe, La.

Texas State.....	112.0
ULM.....	91.0
UT Arlington.....	59.3
Stephen F. Austin.....	33.0
McNeese.....	23.0
North Texas.....	20.3
Northwestern State.....	17.3
Sam Houston.....	16.0

1992 – Monroe, La.

UTSA.....	121.0
Texas State.....	78.0
UT Arlington.....	65.0
ULM.....	27.0
North Texas.....	24.0
Northwestern State.....	20.0
Stephen F. Austin.....	14.0
McNeese.....	13.0
Sam Houston.....	9.0
Nicholls.....	0.0

1993 – Monroe, La.

UTSA.....	122.0
UT Arlington.....	113.0
ULM.....	56.0
Northwestern State.....	23.0
Texas State.....	23.0
McNeese.....	22.0
Stephen F. Austin.....	22.0
Sam Houston.....	14.0
North Texas.....	8.0
Nicholls.....	0.0

1994 – Monroe, La.

UTSA.....	126.3
UT Arlington.....	123.3
Texas State.....	50.0
Northwestern State.....	32.0
ULM.....	23.0
McNeese.....	19.0
Stephen F. Austin.....	19.0
Sam Houston.....	8.0
North Texas.....	2.33
Nicholls.....	0.0

1995 – Fort Worth, Texas

UT Arlington.....	142.0
UTSA.....	127.5
Texas State.....	114.0
Northwestern State.....	37.0
McNeese.....	35.5
Sam Houston.....	26.0
ULM.....	25.0
Stephen F. Austin.....	21.0
North Texas.....	16.0
Nicholls.....	0.0

1996 – Fort Worth, Texas

UT Arlington.....	143.0
UTSA.....	124.5
ULM.....	85.0
Texas State.....	68.0
McNeese.....	32.0
Stephen F. Austin.....	31.5
North Texas.....	26.0
Sam Houston.....	20.0
Northwestern State.....	16.0
Nicholls.....	0.0

1997 – Fort Worth, Texas

UT Arlington.....	116.5
UTSA.....	102.0
ULM.....	76.0
Stephen F. Austin.....	75.0
McNeese.....	61.5
Northwestern State.....	59.0
Sam Houston.....	27.0
Texas State.....	26.0
Nicholls.....	3.0

1998 – Fort Worth, Texas

UT Arlington.....	158.0
McNeese.....	102.0
UTSA.....	69.5
ULM.....	54.0
Northwestern State.....	46.0
Texas State.....	41.0
Stephen F. Austin.....	39.5
Sam Houston.....	33.0
Southeastern.....	2.0
Nicholls.....	0.0

1999 – Houston, Texas

UT Arlington.....	139.0
Stephen F. Austin.....	94.0
Northwestern State.....	91.0
McNeese.....	81.0
Sam Houston.....	62.0
ULM.....	48.5
Texas State.....	32.5
UTSA.....	27.0
Southeastern.....	6.0
Lamar.....	4.0
Nicholls.....	0.0

2000 – Houston, Texas

UT Arlington.....	169.0
McNeese.....	81.0
Northwestern State.....	65.0
Stephen F. Austin.....	62.5
Texas State.....	60.5
Sam Houston.....	38.5
Southeastern.....	34.0
ULM.....	32.5
UTSA.....	24.0
Lamar.....	18.0
Nicholls.....	0.0

2001 – Houston, Texas

UT Arlington.....	142.0
Texas State.....	117.0
Northwestern State.....	75.0
UTSA.....	65.0
Sam Houston.....	61.0
McNeese.....	46.0
Stephen F. Austin.....	36.0
Southeastern.....	34.0
ULM.....	31.0
Lamar.....	16.0
Nicholls.....	1.0

Women's Year-by-Year Team Championship Standings**2002 – Houston, Texas**

Texas State.....	180.5
Stephen F. Austin.....	95.5
UT Arlington.....	78.0
UTSA.....	75.5
Northwestern State.....	55.0
Sam Houston.....	41.0
ULM.....	37.0
McNeese.....	26.0
Lamar.....	16.0
Southeastern.....	12.5
Nicholls.....	7.0

2003 – Houston, Texas

Texas State.....	110.0
Stephen F. Austin.....	105.0
UTSA.....	88.0
Northwestern State.....	88.5
UT Arlington.....	77.5
Sam Houston.....	68.0
McNeese.....	51.0
ULM.....	27.0
Lamar.....	13.0
Southeastern.....	3.0
Nicholls.....	1.0

2004 – Houston, Texas

Texas State.....	128.0
Stephen F. Austin.....	95.7
UTSA.....	84.0
Sam Houston.....	81.5
UT Arlington.....	68.5
McNeese.....	45.0
Northwestern State.....	42.0
Lamar.....	34.0
ULM.....	29.0
Southeastern.....	14.3
Nicholls.....	2.0

2005 – Houston, Texas

Stephen F. Austin.....	112.5
Sam Houston.....	106.0
Texas State.....	105.0
UTSA.....	88.0
UT Arlington.....	74.0
Lamar.....	69.0
Southeastern.....	31.0
Northwestern State.....	27.5
ULM.....	26.0
McNeese.....	24.0
Nicholls.....	0.0

2006 – Houston, Texas

Stephen F. Austin.....	105.3
Sam Houston.....	104.0
Texas State.....	102.3
Lamar.....	90.0
UTSA.....	81.0
UT Arlington.....	74.3
Northwestern State.....	40.0
ULM.....	33.0
Southeastern.....	28.0
McNeese.....	3.0
Nicholls.....	0.0

2007 – Houston, Texas

Sam Houston.....	135.00
Texas State.....	112.92
UT Arlington.....	98.14
Stephen F. Austin.....	85.28
Lamar.....	84.14
UTSA.....	67.00
Northwestern State.....	34.50
Southeastern.....	28.00
AGM-Corpus Christi.....	12.00
Nicholls.....	4.00
McNeese.....	2.00

2008 – Houston, Texas

Sam Houston.....	138.0
Stephen F. Austin.....	114.5
Texas State.....	93.5
Lamar.....	72.0
AGM-Corpus Christi.....	60.0
UT Arlington.....	50.0
UTSA.....	39.0
Southeastern.....	28.5
Northwestern State.....	28.0
McNeese.....	27.5
Nicholls.....	8.0
Central Arkansas.....	4.0

2009 – Houston, Texas

Stephen F. Austin.....	158.0
Texas State.....	113.7
Sam Houston.....	84.0
UT Arlington.....	76.0
UTSA.....	74.0
AGM-Corpus Christi.....	41.3
Southeastern.....	36.0
McNeese.....	35.0
Northwestern State.....	24.0
Nicholls.....	11.0
Lamar.....	10.0

2010 – Norman, Okla.

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

2011 – Norman, Okla.

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

2012 – Norman, Okla.

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

2013 – Norman, Okla.

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

Women's Year-by-Year Team Championship Standings

2014 – Birmingham, Ala.

Sam Houston.....	132.0
Stephen F. Austin	124.0
Lamar	82.0
McNeese.....	53.0
Central Arkansas.....	53.0
Southeastern.....	46.0
Northwestern State	36.0
HBU	26.0
Abilene Christian	25.0
Oral Roberts.....	24.0
Texas AGM-Corpus Christi.....	22.0
Nicholls.....	17.0
New Orleans.....	14.0
UIW.....	9.0

2015 – Birmingham, Ala.

Stephen F. Austin	132.5
Sam Houston.....	118.0
Lamar	106.0
Abilene Christian	69.0
Northwestern State	46.0
McNeese.....	38.0
UIW.....	31.0
HBU	28.0
Southeastern.....	27.0
New Orleans.....	21.5
Nicholls.....	18.0
Texas AGM-Corpus Christi.....	16.0
Central Arkansas.....	11.0

2016 – Birmingham, Ala.

Sam Houston.....	162.0
Abilene Christian	112.5
Stephen F. Austin	106.0
Lamar	63.0
UIW.....	52.0
Southeastern.....	50.0
Northwestern State	39.0
McNeese.....	24.0
Texas AGM-Corpus Christi.....	13.5
Central Arkansas.....	13.0
HBU	11.0
Nicholls.....	9.0
New Orleans.....	8.0

2017 – Birmingham, Ala.

Sam Houston.....	127.0
Lamar	97.0
Northwestern State	96.0
Stephen F. Austin	93.5
Abilene Christian	55.0
McNeese.....	44.0
Southeastern.....	35.0
UIW.....	30.0
HBU	22.5
Texas AGM-Corpus Christi.....	22.5
New Orleans.....	19.0
Central Arkansas.....	15.5
Nicholls.....	5.0

2018 – Birmingham, Ala.

Sam Houston.....	123.0
Northwestern State	95.0
Stephen F. Austin	81.0
Abilene Christian	70.5
Texas AGM-Corpus Christi.....	69.0
UIW.....	56.5
Lamar	54.0
McNeese.....	38.5
Southeastern.....	38.0
HBU	14.0
Central Arkansas.....	14.0
Nicholls.....	6.0

2019 – Birmingham, Ala.

Stephen F. Austin	138.0
Northwestern State	85.0
UIW.....	81.0
McNeese.....	72.0
Abilene Christian	65.0
Lamar	48.0
Central Arkansas.....	43.0
Sam Houston.....	43.0
Texas AGM-Corpus Christi.....	38.0
Southeastern.....	24.0
HBU	16.0
New Orleans.....	7.0
Nicholls.....	0.0

2020 – Birmingham, Ala.

Stephen F. Austin	138.75
Northwestern State	117.5
Abilene Christian	63.0
McNeese.....	50.75
Central Arkansas.....	50.0
UIW.....	47.75
Southeastern.....	44.75
Texas AGM-Corpus Christi.....	31.0
HBU	29.0
Sam Houston.....	26.5
Lamar	24.0
New Orleans.....	22.0
Nicholls.....	18.0

2021 – Birmingham, Ala.

Abilene Christian	107.0
Northwestern State	103.0
Stephen F. Austin	92.0
Central Arkansas.....	52.0
New Orleans.....	48.0
Sam Houston.....	43.0
Southeastern.....	43.0
UIW.....	42.0
HBU	40.0
Texas AGM-Corpus Christi.....	38.0
McNeese.....	26.0
Nicholls.....	17.0
Lamar	10.0

2022 – Birmingham, Ala.

McNeese.....	156.0
UIW.....	134.0
Northwestern State	89.0
HBU	80.5
New Orleans.....	78.0
Southeastern.....	52.5
Texas AGM-Corpus Christi.....	47.0
Nicholls.....	20.0

2023 – Birmingham, Ala.

Northwestern State	111.0
Lamar	108.0
UIW.....	103.0
New Orleans.....	87.0
McNeese State.....	81.0
HCU.....	65.0
Texas AGM-Commerce.....	46.0
Southeastern.....	32.0
Texas AGM-Corpus Christi.....	27.0
Nicholls.....	2.0

2024 – Birmingham, Ala.

Northwestern State	170.0
Lamar	113.0
McNeese.....	106.0
New Orleans.....	93.0
UIW.....	67.0
Texas AGM-Commerce.....	42.0
Texas AGM-Corpus Christi.....	27.0
Southeastern.....	25.0
Nicholls.....	11.0
HCU	8.0

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

55-Meter Dash

1988 – LaNell Buckley, Texas State	7.02
1989 – Tangi Carter, Texas State	6.96
1990 – Troquel Eden, ULM	7.11
1991 – Ginger Dickerson, Texas State	7.16
1992 – Jenny Hockett, UT Arlington	7.01
1993 – Jenny Hockett, UT Arlington	7.06
1994 – Kenya Alex, Texas State	7.02
1995 – Michelle Christie, Texas State	6.95
1996 – Tameka Roberts, UTSA	7.10
1997 – Tameka Roberts, UTSA	7.01
1998 – Tameka Roberts, UTSA	6.89
1999 – Event Discontinued	

60-Meter Dash

1999 – Dasha Thompson, Northwestern State	7.57
2000 – LaQuinta Manahan, UT Arlington	7.53
2001 – LaQuinta Manahan, UT Arlington	7.39
2002 – Shontae Johnson, Texas State	7.53
2003 – LaJuana Lovett, Texas State	7.53
2004 – LaJuana Lovett, Texas State	7.47
2005 – Rosalind Holmes, UTSA	7.45
2006 – Ellen Garrison, UT Arlington	7.61
2007 – Jessica Fisher, Sam Houston	7.50
2008 – Jessica Fisher, Sam Houston	7.55
2009 – Jasmine Walls, UT Arlington	7.62
2010 – Jasmine Walls, UT Arlington	7.56
2011 – Pamela Vinson, UT Arlington	7.48
2012 – Shannon Reynolds, UT Arlington	7.51
2013 – Tanesha Maxwell, Central Arkansas	7.50
2014 – Reyare Thomas, Abilene Christian	7.45
2015 – Brarysheya Simpson, Stephen F. Austin	7.58
2016 – Danielle Demas, Sam Houston	7.48
2017 – Thai Williams, Lamar	7.47
2018 – Thai Williams, Lamar	7.37
2019 – Thai Williams, Lamar	7.51
2020 – Sierra Temple, Central Arkansas	7.46
2021 – Lynelle Washington, Northwestern State	7.49
2022 – Lynelle Washington, Northwestern State	7.41
2023 – Lynelle Washington, Northwestern State	7.39
2024 – Lynelle Washington, Northwestern State	7.41

60-Yard Dash

1987 – Marsha Singleton, UT Arlington	7.07
1988 – Event Discontinued	

55-Meter Hurdles

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

1999 – Event Discontinued

60-Meter Hurdles

1999 – Tiffany Talbert, UTSA	8.75
2000 – Shelley Keys, Stephen F. Austin	8.81
2001 – Brittany Littlejohn, Northwestern State	8.66
2002 – Brittany Littlejohn, Northwestern State	8.45
2003 – Brittany Littlejohn, Northwestern State	8.53
2004 – Tameshia Miller, Northwestern State	8.60
2005 – Tameshia Miller, Northwestern State	8.48
2006 – Chatterra Blake, Sam Houston	8.42
2007 – Shanae Steward, Northwestern State	8.48
2008 – Jordan Heggie, Sam Houston	8.65
2009 – Jessica Jones, UTSA	8.48
2010 – Jessica Jones, UTSA	8.48
2011 – Chelsea Stephen, Stephen F. Austin	8.55
2012 – Chelsea Stephen, Stephen F. Austin	8.40
2013 – Krushell Rolle, Stephen F. Austin	8.70
2014 – Sabrina Starr, Sam Houston	8.19
2015 – Danielle Demas, Sam Houston	8.30
2016 – Danielle Demas, Sam Houston	8.23
2017 – Daeshon Gordon, Northwestern State	8.26
2018 – Daeshon Gordon, Northwestern State	8.26
2019 – Jerica Love, UIW	8.54
2020 – Mathilde Coquillaud-Salomon, Stephen F. Austin	8.48
2021 – Kaitlin Smith, HBU	8.54
2022 – Kaitlin Smith, HBU	8.52
2023 – Morgan Talley, McNeese	8.49
2024 – Vanessa Balde, Northwestern State	8.55

60-Yard Hurdles

1987 – Angela Taylor, North Texas	8.21
1988 – Event Discontinued	

200-Meter Dash

1995 – Gwen Clardy, UT Arlington	24.85
1996 – Tameka Roberts, UTSA	24.36
1997 – Tameka Roberts, UTSA	24.83
1998 – Tameka Roberts, UTSA	23.67 ¹
1999 – Dasha Thompson, Northwestern State	24.95
2000 – Christine Amertil, Southeastern	24.84
2001 – Tonette Dyer, ULM	24.14
2002 – LaJuana Lovett, Texas State	24.88
2003 – LaJuana Lovett, Texas State	24.39
2004 – LaJuana Lovett, Texas State	24.52
2005 – Rosalind Holmes, UTSA	24.27
2006 – Quantinette Fields, Sam Houston	24.89
2007 – Jessica Fisher, Sam Houston	24.30
2008 – Jessica Fisher, Sam Houston	24.67
2009 – Jasmine Walls, UT Arlington	24.43
2010 – Jasmine Walls, UT Arlington	24.61
2011 – Pamela Vinson, UT Arlington	24.35
2012 – Shannon Reynolds, UT Arlington	24.32
2013 – Chasity Clark, Stephen F. Austin	24.60
2014 – Reyare Thomas, Abilene Christian	23.73
2015 – Chasity Clark, Stephen F. Austin	24.29
2016 – Aliyah Davis, Stephen F. Austin	23.92
2017 – Imani Nave, Stephen F. Austin	24.04
2018 – De'Shelyn Jones, Northwestern State	24.02
2019 – Natasha Jackson, Northwestern State	24.02
2020 – Natasha Jackson, Northwestern State	23.50
2021 – Taylor Tolen, Abilene Christian	24.16

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

2022 – Vivette Green, New Orleans.....	24.12
2023 – Lynelle Washington, Northwestern State.....	23.90
2024 – Brianna Howard, Lamar.....	23.70

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

400-Meter Dash

1988 – LaNell Buckley, Texas State.....	57.55
1989 – Debbie Esquivel, Texas State.....	56.31
1990 – Lisa McRae, ULM.....	57.23
1991 – Troquel Eden, ULM.....	58.55
1992 – Tammy Booker, UTSA.....	57.96
1993 – LaKeisha Guyden, UTSA.....	56.65
1994 – Roselyn Shanklin, UT Arlington.....	57.78
1995 – Inez Turner, Texas State.....	54.25
1996 – Roselyn Shanklin, UT Arlington.....	56.28
1997 – Tameka Roberts, UTSA.....	56.75
1998 – Janelle Gibson, Northwestern State.....	55.31
1999 – Kim Buckner, Sam Houston.....	56.47
2000 – Christine Amertil, Southeastern.....	54.54
2001 – Christine Amertil, Southeastern.....	54.06
2002 – Quanta Arrant, Texas State.....	56.10
2003 – Shaniqua White, UT Arlington.....	56.33
2004 – Liudmilla Litvinova, Texas State.....	55.52
2005 – Katya Kostetskaya, Texas State.....	55.12
2006 – Katya Kostetskaya, Texas State.....	55.29
2007 – Liudmila Litvinova, Texas State.....	55.27
2008 – Katrina Roundtree, Stephen F. Austin.....	55.69
2009 – Christi McRae, McNeese.....	55.06
2010 – Antonia Hopkins, UTSA.....	55.97
2011 – Mary Dickerson, Stephen F. Austin.....	55.95
2012 – DeAndrea Smith, UT Arlington.....	55.69
2013 – Lygia Foreman, Sam Houston.....	54.74
2014 – Lygia Foreman, Sam Houston.....	54.37
2015 – Kimone Green, Abilene Christian.....	55.24
2016 – Kimone Green, Abilene Christian.....	54.64
2017 – DeShalyn Jones, Northwestern State.....	54.43
2018 – Natasha Jackson, Northwestern State.....	54.78
2019 – Imani Nave, Stephen F. Austin.....	54.37
2020 – Natasha Jackson, Northwestern State.....	53.25
2021 – Nissi Kabongo, Stephen F. Austin.....	56.05
2022 – Maygan Shaw, Northwestern State.....	55.96
2023 – Maygan Shaw, Northwestern State.....	54.97
2024 – Sanaria Butler, Northwestern State.....	53.52

800-Meter Run

1988 – Wendi Smith, Texas State.....	2:16.83
1989 – Wendi Smith, Texas State.....	2:17.79
1990 – Robin White, Texas State.....	2:18.24
1991 – Robin White, Texas State.....	2:15.80
1992 – LeShon Osborne, Texas State.....	2:21.54
1993 – Cynthia Martinets, Stephen F. Austin.....	2:16.75
1994 – Linda Garcia, UTSA.....	2:17.32
1995 – Janice Turner, Texas State.....	2:13.06
1996 – Asa Hedstrom, UT Arlington.....	2:14.22
1997 – Therese Ahlepil, UT Arlington.....	2:12.21
1998 – Linda Sjostrom, UT Arlington.....	2:09.95
1999 – Mishaël Bertrand, UT Arlington.....	2:10.84
2000 – Mishaël Bertrand, UT Arlington.....	2:14.49
2001 – Mishaël Bertrand, UT Arlington.....	2:13.72
2002 – Letitia Gilkes, UTSA.....	2:11.63
2003 – Katie Poindexter, UTSA.....	2:11.78
2004 – Leticia Gilkes, UTSA.....	2:12.39
2005 – Ruth Waller, McNeese.....	2:15.79
2006 – Ivorita Taylor, UT Arlington.....	2:14.13
2007 – Katya Kostetskaya, Texas State.....	2:16.38

2008 – Dana Mecke, UTSA.....	2:15.86
2009 – Dana Mecke, UTSA.....	2:13.00
2010 – Dana Mecke, UTSA.....	2:14.31
2011 – Esther Abuto, UT Arlington.....	2:11.06
2012 – Danielle Burchett, Stephen F. Austin.....	2:14.74
2013 – Jackie White, Nicholls.....	2:16.41
2014 – Louise Webb, Lamar.....	2:13.68
2015 – Verity Ockenden, Lamar.....	2:13.09
2016 – Camry Grigsby, Sam Houston.....	2:09.68
2017 – Briana McCall, Sam Houston.....	2:10.46
2018 – Camry Grigsby, Sam Houston.....	2:09.30
2019 – Madison Compass, Stephen F. Austin.....	2:10.79
2020 – LaSean Davis, Stephen F. Austin.....	2:09.44
2021 – LaSean Davis, Stephen F. Austin.....	2:11.29
2022 – Jessica Rabius, HBU.....	2:11.18
2023 – Yasmin Austridgem Lamar.....	2:10.96
2024 – Sophia Wolf, New Orleans.....	2:10.45

600-Yard Run

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

1,000-Yard Run

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

One-Mile Run

1987 – Becky Brooke, Lamar.....	5:13.20
1988 – Chris Jasek, ULM.....	5:15.70
1989 – Nicola Roff, ULM.....	5:03.58
1990 – Stephanie Koons, Stephen F. Austin.....	5:15.90
1991 – LeShon Osborne, Texas State.....	5:12.28
1992 – Liza Hunter, UTSA.....	5:00.79
1993 – Angela Nelson, UT Arlington.....	5:03.08
1994 – Angela Nelson, UT Arlington.....	5:04.43
1995 – Janice Turner, Texas State.....	5:00.30
1996 – Janice Turner, Texas State.....	4:57.36
1997 – Therese Ahlepil, UT Arlington.....	5:04.72
1998 – Kristin Ahlepil, UT Arlington.....	4:45.18
1999 – Kristin Ahlepil, UT Arlington.....	4:55.66
2000 – Jessica Gylfe, UT Arlington.....	5:01.01
2001 – Kajsa Haglund, UT Arlington.....	4:57.39
2002 – Kelly Garcia, Texas State.....	5:09.79
2003 – Kajsa Haglund, UT Arlington.....	4:49.79
2004 – Leticia Cerna, UT Arlington.....	4:52.02
2005 – Ruth Waller, McNeese.....	5:05.57
2006 – Amanda King, Lamar.....	4:57.19
2007 – Clerc Koenck, Lamar.....	4:51.66
2008 – Clerc Koenck, Lamar.....	4:47.16
2009 – Dana Mecke, UTSA.....	5:00.35
2010 – Dana Mecke, UTSA.....	4:54.56
2011 – Katrine Vessel, Lamar.....	5:00.16
2012 – Samantha Walkow, Lamar.....	5:02.84
2013 – Alyssa Dooley, Sam Houston.....	4:58.71
2014 – Kayla DeBondt, Lamar.....	4:57.64
2015 – Minnttu Hukka, Lamar.....	4:51.69
2016 – Verity Ockenden, Lamar.....	4:45.93
2017 – Evelyn Chavez, Lamar.....	4:56.83
2018 – Allyson Girard, Texas A&M-Corpus Christi.....	4:53.65
2019 – Kelsey Ramirez, Stephen F. Austin.....	4:56.14
2020 – Kelsey Ramirez, Stephen F. Austin.....	4:48.75
2021 – Kelsey Ramirez, Stephen F. Austin.....	4:52.67
2022 – Alexandra Weir, New Orleans.....	4:54.05
2023 – Jessica Rabius, HCU.....	4:50.59
2024 – Alex Weir, New Orleans.....	5:01.12

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

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

Two-Mile Run

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

Three-Mile Run

1993 – Tami Micham-Grimes, ULM	16:42.72
1994 – Angela Nelson, UT Arlington	16:50.28
1995 – Event Discontinued	

3,000-Meter Run

1995 – Angela Nelson, UT Arlington	10:02.33
1996 – Holly Forester, ULM	10:00.19
1997 – Frida Rosenberg, UT Arlington	9:50.39
1998 – Sarah Salmon, McNeese	¹ 9:47.09
1999 – Sarah Salmon, McNeese	10:00.04
2000 – Sita Waru, McNeese	9:39.43
2001 – Sita Waru, McNeese	9:54.32
2002 – Rebecca Johansson, UT Arlington	10:21.36
2003 – Ana Rodriguez, Stephen F. Austin	10:09.40
2004 – Rowan Baird, Lamar	10:11.31
2005 – Ana Rodriguez, Stephen F. Austin	10:01.75
2006 – Renee Graham, Lamar	9:48.69
2007 – Clerc Koenck, Lamar	9:49.08
2008 – Clerc Koenck, Lamar	9:48.50
2009 – Meghan Lemke, AGM-Corpus Christi	10:16.09
2010 – Pernilla Savestrand, UTSA	10:00.23
2011 – Samantha Walkow, Lamar	9:57.25
2012 – Lauren Smith, Stephen F. Austin	9:57.16
2013 – Becky Gough, McNeese	10:12.90
2014 – Louise Webb, Lamar	10:03.05
2015 – Jannika John, Lamar	9:30.98
2016 – Verity Ockenden, Lamar	9:31.26
2017 – Michaela Hackett, Abilene Christian	9:30.75
2018 – Rabea Schoneborn, Texas AGM-Corpus Christi	9:37.62
2019 – Brittany Innis, Stephen F. Austin	9:52.79
2020 – Kelsey Ramirez, Stephen F. Austin	9:53.41
2021 – Irene Rono, Abilene Christian	9:45.20
2022 – Abby Gray, UIW	9:52.01
2023 – Jessica Rabius, HCU	9:54.37
2024 – Nia Clatworthy, Lamar	9:50.43

5,000-Meter Run

1995 – Angela Nelson, UT Arlington	17:13.87
1996 – Meg Harris, UTSA	17:23.45
1997 – Frida Rosenberg, UT Arlington	17:10.80
1998 – Sita Waru, McNeese	¹ 16:55.15
1999 – Sita Waru, McNeese	17:55.32
2000 – Sita Waru, McNeese	17:40.46
2001 – Sita Waru, McNeese	16:45.10
2002 – Rebecca Johansson, UT Arlington	18:03.58
2003 – Ana Rodriguez, Stephen F. Austin	17:33.63
2004 – Yuliya Stashkiv, Texas State	17:28.62
2005 – Ana Rodriguez, Stephen F. Austin	17:21.14
2006 – Ashley Monteau, Stephen F. Austin	16:47.74
2007 – Renee Graham, Lamar	17:08.92

2008 – Renee Graham, Lamar	17:09.42
2009 – Stephanie Ganter, Stephen F. Austin	17:27.47
2010 – Kayla Pratt, UTSA	17:17.76
2011 – Taylor Cloy, Lamar	17:16.92
2012 – Emily Koenig, UT Arlington	17:00.05
2013 – Randi Plentl, Stephen F. Austin	17:46.12
2014 – Brooke Cassar, Central Arkansas	17:04.84
2015 – Jannika John, Lamar	16:36.01
2016 – Alexandria Hackett, Abilene Christian	16:39.24
2017 – Michaela Hackett, Abilene Christian	16:41.57
2018 – Rabea Schoneborn, Texas AGM-Corpus Christi	16:26.46
2019 – Alex Eykelbosch, McNeese	17:07.04
2020 – Arina Kleshchukova, New Orleans	16:56.92
2021 – Arina Kleshchukova, New Orleans	16:48.21
2022 – Elsa Rijpstra, Nicholls	17:25.06
2023 – Joy Gill, UIW	17:12.60
2024 – Nia Clatworthy, Lamar	17:07.84

4x400-Meter Relay

1995 – Texas State	3:47.17
1996 – UTSA	3:50.92
1997 – Northwestern State	3:53.45
1998 – UTSA	¹ 3:45.48
1999 – ULM	3:51.64
2000 – Lamar	3:51.11
2001 – UT Arlington	3:51.26
2002 – Texas State	3:48.75
2003 – Texas State	3:49.27
2004 – Texas State	3:47.60
2005 – UTSA	3:48.83
2006 – Texas State	3:45.56
2007 – Texas State	3:47.27
2008 – Sam Houston	3:46.98
2009 – Sam Houston	3:48.09
2010 – Stephen F. Austin	3:48.91
2011 – Northwestern State	3:49.30
2012 – Stephen F. Austin	3:48.52
2013 – Sam Houston	3:48.15
2014 – Sam Houston	3:43.30
2015 – Sam Houston	3:43.37
2016 – Sam Houston	3:41.13
2017 – Northwestern State	3:45.43
2018 – Northwestern State	3:43.89
2019 – Northwestern State	3:43.60
2020 – Northwestern State	3:41.29
2021 – Northwestern State	3:47.10
2022 – McNeese	3:48.83
2023 – Texas AGM-Commerce	3:44.66
2024 – Northwestern State	3:42.49

Distance Medley Relay

1994 – UTSA	12:25.93
1995 – Texas State	12:06.76
1996 – UT Arlington	10:49.14
1997 – UT Arlington	12:03.86
1998 – UT Arlington	¹ 11:11.59
1999 – UT Arlington	12:03.70
2000 – McNeese	11:51.83
2001 – McNeese	12:03.32
2002 – UTSA	12:12.04
2003 – UT Arlington	12:07.49
2004 – UTSA	11:49.57
2005 – Lamar	12:01.57

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

2006 – Lamar.....	12:02.15
2007 – Lamar.....	12:03.03
2008 – Lamar.....	12:13.96
2009 – UTSA.....	12:15.90
2010 – UTSA.....	12:12.29
2011 – Nicholls.....	12:04.86
2012 – UTSA.....	11:59.19
2013 – Sam Houston.....	12:09.53
2014 – Lamar.....	11:49.43
2015 – Lamar.....	11:47.06
2016 – Lamar.....	11:47.28
2017 – Lamar.....	12:02.17
2018 – Sam Houston.....	11:59.67
2019 – Stephen F. Austin.....	11:48.93
2020 – Stephen F. Austin.....	12:04.03
2021 – Stephen F. Austin.....	11:53.87
2022 – UIW.....	11:43.51
2023 – Lamar.....	11:42.53
2024 – New Orleans.....	11:47.40

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

Mile Relay

1987 – UT Arlington.....	4:02.44
1988 – ULM.....	3:56.99
1989 – Texas State.....	3:56.31
1990 – ULM.....	3:57.09
1991 – McNeese.....	3:59.32
1992 – UTSA.....	3:54.01
1993 – UTSA.....	3:54.24
1994 – UT Arlington.....	3:54.65
1995 – Event Discontinued	

Two-Mile Relay

1987 – ULM.....	9:58.04
1988 – Texas State.....	9:36.23
1989 – Texas State.....	9:31.66
1990 – Texas State.....	9:37.80
1991 – UT Arlington.....	9:46.65
1992 – UTSA.....	9:33.90
1993 – UT Arlington.....	9:32.14
1994 – Event Discontinued	

High Jump

1987 – Sara Massey, UT Arlington.....	5-08.00
1988 – Kathy Chatman, Sam Houston.....	5-06.25
1989 – Sara Massey, UT Arlington.....	5-08.00
1990 – Sara Massey, UT Arlington.....	5-07.00
1991 – Diana Lindsey, ULM.....	5-07.25
1992 – Kim Newman, McNeese.....	5-07.00
1993 – Janet Booker, UTSA.....	5-06.50
1994 – Janet Booker, UTSA.....	5-07.25
1995 – Lynse Leal, UTSA.....	5-09.25
1996 – Jennifer Robeson, UT Arlington.....	5-08.00
1997 – Jennifer Robeson, UT Arlington.....	5-09.75
1998 – Jhonnette Lemon, ULM.....	5-07.75
1999 – Jennifer Hoppe, Stephen F. Austin.....	5-05.25
2000 – Jacqueline Canton, Northwestern State.....	5-08.00

2001 – Jacqueline Canton, Northwestern State.....	5-08.00
2002 – Becky Collins, Texas State.....	6-00.00
2003 – Jacqueline Canton, Northwestern State.....	5-10.75
2004 – Caroline Wolf, Texas State.....	5-11.25
2005 – Caroline Wolf, Texas State.....	5-10.50
2006 – Audrey Azu, Stephen F. Austin.....	5-06.00
2007 – Meghan Denman, Stephen F. Austin.....	5-07.75
2008 – Valerie Hancock, Texas State.....	5-10.00
2009 – Dess Meek, Sam Houston.....	5-08.75
2010 – Valerie Hancock, Texas State.....	5-07.00
2011 – Carrie Hahn, Stephen F. Austin.....	5-08.75
2012 – Chenale Smith, UTSA.....	5-08.75
2013 – Melai Carter, Stephen F. Austin.....	5-07.00
2014 – Ikea Kaufman, Southeastern.....	5-08.00
2015 – Melai Carter, Stephen F. Austin.....	5-08.50
2016 – Caitlyn Jones, Stephen F. Austin.....	5-07.00
2017 – Sashane Hanson, AGM-Corpus Christi.....	5-08.00
2018 – Hannah Noble, Central Arkansas.....	5-07.75
2019 – Sashane Hanson, Texas AGM-Corpus Christi.....	5-09.75
2020 – Lauren Clarke, Northwestern State.....	5-08.75
2021 – Zoe Spinn, Abilene Christian.....	5-10.75
2022 – Sakari Famous, McNeese.....	5-10.75
2023 – Rebecca Pecora, HCU.....	5-09.75
2024 – Sakari Famous, McNeese.....	5-10.75

Pole Vault

1998 – Kelli Keeton, Sam Houston.....	*7-06.00
1999 – Marion Myer, UT Arlington.....	12-04.50
2000 – Misty Ballard, Stephen F. Austin.....	11-07.75
2001 – Misty Ballard, Stephen F. Austin.....	13-05.25
2002 – Melissa Pundt, Texas State.....	13-01.50
2003 – Jennie Sewell, Sam Houston.....	11-09.75
2004 – Jennie Sewell, Sam Houston.....	11-11.75
2005 – Jennie Sewell, Sam Houston.....	12-11.50
2006 – Lacey Moore, UT Arlington.....	12-01.50
2007 – Jennie Sewell, Sam Houston.....	13-01.75
2008 – Kelsea David, Stephen F. Austin.....	11-09.75
2009 – Jennifer Matthews, Texas State.....	11-11.75
2010 – Elena Horn, Texas State.....	12-07.50
2011 – Elena Horn, Texas State.....	12-09.50
2012 – Britany Pfantz, Southeastern.....	13-01.50
2013 – Lauren McFarland, Oral Roberts.....	12-09.50
2014 – Katelyn Wynn, Sam Houston.....	12-08.75
2015 – Demi Payne, Stephen F. Austin.....	14-00.50
2016 – Kenzie Walker, Abilene Christian.....	13-01.50
2017 – Nicole Casper, McNeese.....	13-04.25
2018 – Kaylee Bizzell, Stephen F. Austin.....	13-02.25
2019 – Nastassja Campbell, Stephen F. Austin.....	14-00.75
2020 – Kaylee Bizzell, Stephen F. Austin.....	13-04.25
2021 – AnnMarie Broussard, Northwestern State.....	12-11.75
2022 – AnnMarie Broussard, Northwestern State.....	12-09.50
2023 – Matilde Poli, UIW.....	12-03.50
2024 – Annemarie Broussard, Northwestern State.....	12-07.50

*Exhibition

Long Jump

1987 – Pam Smith, ULM.....	19-09.00
1988 – Pam Smith, ULM.....	19-10.00
1989 – Pam Smith, ULM.....	21-03.25
1990 – Pam Smith, ULM.....	21-00.50
1991 – Angela Black, ULM.....	20-10.00
1992 – Jenny Hockett, UT Arlington.....	20-00.25
1993 – Jenny Hockett, UT Arlington.....	19-09.75
1994 – Tara Ford, UT Arlington.....	19-07.75
1995 – Jill Jones, Sam Houston.....	19-04.25

1996 – Tameka Roberts, UTSA	19-09.75
1997 – Tara Coston, ULM	19-07.50
1998 – Tameka Roberts, UTSA	20-01.50
1999 – Monika Rolle, UT Arlington	19-00.50
2000 – Rikki Holland, UT Arlington	19-00.00
2001 – Natasha Coleman, Southeastern	19-05.25
2002 – LaToya Payne, Texas State	20-01.00
2003 – Stephanie Sowell, Northwestern State	20-10.50
2004 – Stephanie Sowell, Northwestern State	20-03.50
2005 – Alicia Anthony, Texas State	19-04.75
2006 – Morgan Moszee, UTSA	20-04.25
2007 – Jamie Spivey, Sam Houston	18-11.75
2008 – Kassandrea Son, AGM-Corpus Christi	19-04.00
2009 – Silent-Joy Egboba-Waye, Stephen F. Austin	19-06.75
2010 – Camelia Sams, Stephen F. Austin	19-11.50
2011 – Crystal Walker, Stephen F. Austin	19-06.75
2012 – Shakelia Coleman, Texas AGM-Corpus Christi	19-07.00
2013 – Jasmine Cornelius, McNeese	19-10.25
2014 – Jasmine Cornelius, McNeese	19-06.00
2015 – Taylor Thomas, HBU	19-03.50
2016 – Sarea Alexander, UIW	19-04.75
2017 – Thai Williams, Lamar	19-08.75
2018 – Thai Williams, Lamar	19-08.75
2019 – Sarea Alexander, UIW	20-11.25
2020 – Jasmyn Steels, Northwestern State	20-05.75
2021 – Chelsea Harrington, Nicholls	19-04.75
2022 – Dreunna Washington, McNeese	19-06.25
2023 – Alimot Alowonle, New Orleans	19-06.00
2024 – Alimot Alowonle, New Orleans	20-00.50

Triple Jump

1987 – Sandra Mondy, North Texas	39-10.50
1988 – Michelle Richards, McNeese	39-02.00
1989 – Angela Black, ULM	40-06.00
1990 – Angela Black, ULM	40-06.75
1991 – Christia Rogers, Texas State	41-04.00
1992 – Christia Rogers, Texas State	42-09.75
1993 – Lisa Austin, UT Arlington	41-03.25
1994 – Lisa Austin, UT Arlington	43-01.75
1995 – Lisa Austin, UT Arlington	42-00.00
1996 – Tara Coston, ULM	38-09.50
1997 – Tara Coston, ULM	39-11.50
1998 – Tara Coston, ULM	40-03.25
1999 – Kim Buckner, Sam Houston	39-10.75
2000 – Nathelie Daniels, Texas State	39-05.25
2001 – LaJauna Lovett, Texas State	40-09.75
2002 – Jessica Claiborne, Stephen F. Austin	40-07.75
2003 – Stephanie Sowell, Northwestern State	43-00.25
2004 – Stephanie Sowell, Northwestern State	42-09.50
2005 – Roshunda Betts, Sam Houston	41-07.25
2006 – Jacque Iwuchukwu, Sam Houston	41-09.75
2007 – Sonetriya Mayfield, Texas State	39-05.75
2008 – Sonetriya Mayfield, Texas State	39-03.25
2009 – Asiya Iskakova, Texas State	39-09.75
2010 – Camelia Sams, Stephen F. Austin	40-00.75
2011 – Kassandrea Son, Texas AGM-Corpus Christi	40-05.50
2012 – Michelle Ogashi, Southeastern	40-10.25
2013 – Jerrica Tihlery, Northwestern State	40-08.25
2014 – Porsha Thomas, Northwestern State	39-09.25
2015 – Porsha Thomas, Northwestern State	39-11.25
2016 – Porsha Thomas, Northwestern State	42-04.00
2017 – Tristyn Allen, Sam Houston	40-09.75
2018 – Sarea Alexander, UIW	41-07.25
2019 – Sarea Alexander, UIW	42-07.00
2020 – Lauren Clarke, Northwestern State	42-05.25
2021 – Lauren Clarke, Northwestern State	43-01.50
2022 – Malaiya Jenkins, McNeese	41-05.25

2023 – Morgan Talley, McNeese	40-06.25
2024 – Myla Tate, Texas AGM-Corpus Christi	40-00.00

Shot Put

1987 – Zoretta Edwards, ULM	46-02.25
1988 – Peggy Lewis, Northwestern State	45-07.25
1989 – Marie Rusk, Stephen F. Austin	46-10.75
1990 – Velia Smith, Texas State	47-05.25
1991 – Velia Smith, Texas State	48-07.75
1992 – Kim Bush, UTSA	44-08.00
1993 – Lisa Hawkins, ULM	45-03.00
1994 – Kim Bush, UTSA	45-02.50
1995 – Ceci Becho, Texas State	47-07.00
1996 – Marsha French, ULM	47-07.00
1997 – Marsha French, ULM	50-03.25
1998 – Tammy Green, ULM	49-01.75
1999 – Darnarsha Clark, Sam Houston	49-08.50
2000 – Marsha French, UT Arlington	50-01.25
2001 – Ashley Dorsey, UT Arlington	51-02.25
2002 – Ashley Dorsey, UT Arlington	52-03.75
2003 – Destine Rawls, Stephen F. Austin	48-10.00
2004 – Tiffany Bunton, Texas State	52-06.00
2005 – Tenika Powell, Sam Houston	48-00.75
2006 – Tenika Powell, Sam Houston	46-00.00
2007 – Abby Ruston, Texas State	52-08.25
2008 – Trecey Rew, Northwestern State	49-09.25
2009 – Kaitlyn Andrews, Stephen F. Austin	47-05.25
2010 – Trecey Rew, Northwestern State	52-02.50
2011 – Trecey Rew, Northwestern State	50-08.75
2012 – Kelsey Titzman, Texas State	49-03.50
2013 – La'Tricia Griffin, Stephen F. Austin	49-10.50
2014 – Jermisha Frazier, Southeastern	50-10.75
2015 – Keona Jackson, Northwestern State	49-11.25
2016 – Kristine Hanks, Sam Houston	48-10.00
2017 – Kristine Hanks, Sam Houston	50-02.75
2018 – Ashley Davis, Southeastern	54-06.00
2019 – Ashley Davis, Southeastern	54-07.50
2020 – Annina Brandenburg, Abilene Christian	53-07.00
2021 – Annina Brandenburg, Abilene Christian	50-10.00
2022 – Kristian Jackson, Southeastern	49-01.00
2023 – Klaire Bentley, UIW	50-04.00
2024 – Carnitra Mackey, Northwestern State	47-08.00

Weight Throw

2005 – Sarah Baker, Texas State	56-08.00
2006 – Sarah Stultz, Texas State	60-00.25
2007 – Natalia Clark, Sam Houston	57-06.25
2008 – Frednisha Marshall, Stephen F. Austin	63-11.50
2009 – Frednisha Marshall, Stephen F. Austin	67-01.50
2010 – Frednisha Marshall, Stephen F. Austin	66-01.75
2011 – Trecey Rew, Northwestern State	58-00.25
2012 – La'Shantena Rounds, McNeese	60-10.00
2013 – La'Shantena Rounds, McNeese	66-02.25
2014 – La'Shantena Rounds, McNeese	67-00.00
2015 – Ashley Jenkins, Sam Houston	62-10.00
2016 – Ashley Jenkins, Sam Houston	70-09.25
2017 – Lonnie Smith, Abilene Christian	58-09.25
2018 – Yarixza Rivera, Sam Houston	62-11.50
2019 – Alanna Arvie, McNeese	63-06.00
2020 – Alanna Arvie, McNeese	68-01.50
2021 – Shanel Atkins, New Orleans	63-00.25
2022 – Klaire Bentley, UIW	62-03.25
2023 – Klaire Bentley, UIW	61-04.00
2024 – Mariah Lee, McNeese	62-07.75

Pentathlon

2001 – Rhonda Ray, UTSA.....	3,439
2002 – Rhonda Ray, UTSA.....	3,702
2003 – Rhonda Ray, UTSA.....	3,769
2004 – Ryanne Dupree, UTSA.....	3,800
2005 – Crystal Chang, Stephen F. Austin.....	3,715
2006 – Ryanne Dupree, UTSA.....	4,055
2007 – Ashley Allen, UTSA.....	3,630
2008 – Katy Evans, Texas State.....	3,577
2009 – Asiya Iskakova, Texas State.....	3,605
2010 – Tabitha Riley, Stephen F. Austin.....	3,635
2011 – Aimee Jonas, UTSA.....	3,425
2012 – Morgan Davis, Sam Houston.....	3,641
2013 – Morgan Davis, Sam Houston.....	3,632
2014 – Shambrail Woods, Stephen F. Austin.....	3,698
2015 – Shambrail Woods, Stephen F. Austin.....	3,732
2016 – Avery Zamzow, Sam Houston.....	3,582
2017 – Farydah Inoussa, New Orleans.....	3,780
2018 – Grace McKenzie, McNeese.....	4,030
2019 – Sashane Hanson, Texas A&M-Corpus Christi.....	3,858
2020 – Kaitlin Smith, HBU.....	3,896
2021 – Kaitlin Smith, HBU.....	3,925
2022 – Kaitlin Smith, HBU.....	4,118
2023 – Parl Eelma, Lamar.....	4,018
2024 – Clemence Varin, Lamar.....	3,577

Repeat Individual Champions**Four-Time Winners**

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

Three-Time Winners

Lisa Austin, UT Arlington, 1993, 94, 95.....	Triple Jump
Mishaël Bertrand, UT Arlington, 1999, 2000, 01.....	800-Meter Run
Jacqueline Canton, Northwestern State, 2000, 01, 03.....	High Jump
Tara Coston, ULM, 1996, 97, 98.....	Triple Jump
Marsha French*, ULM/UTA, 1996, 97, 2000.....	Shot Put
Brittany Littlejohn, Northwestern State, 2001, 02, 03.....	60-Meter Hurdles
LaJuana Lovett, Texas State, 2002, 03, 04.....	200-Meter Dash
Frednisha Marshall, Stephen F. Austin, 2008, 09, 10.....	Weight Throw
Sara Massey, UT Arlington, 1987, 89, 90.....	High Jump
Dana Mecke, UTSA, 2008, 09, 10.....	800-Meter Run
Kelsey Ramirez, Stephen F. Austin, 2019, 20, 21.....	Mile Run
Rhonda Ray, UTSA, 2001, 02, 03.....	Pentathlon
Trecey Rew, Northwestern State, 2008, 10, 11.....	Shot Put
Tameka Roberts, UTSA, 1996, 97, 98.....	55-Meter, 200-Meter Dash,
La'Shantena Rounds, McNeese, 2012, 13, 14.....	Weight Throw
Kaitlin Smith, HBU, 2020, 21, 22.....	Pentathlon
Porsha Thomas, Northwestern State, 2014, 15, 16.....	Triple Jump
Thai Williams, Lamar, 2017, 18, 19.....	60-Meter Dash
*1996-97 championships were won while competing for ULM and the 2000 title came as a member of UT Arlington's team.	

Two-Time Winners

Kristin Ahlepil, UT Arlington, 1998, 99.....	Mile Run
Sarea Alexander, UIW, 2016, 19.....	Long Jump
Sarea Alexander, UIW, 2018, 19.....	Triple Jump
Christine Amertil, Southeastern, 2000, 01.....	400-Meter Dash
Alanna Arvie, McNeese, 2019, 20.....	Weight Throw
Misty Ballard, Stephen F. Austin, 2000, 01.....	Pole Vault
Kaylee Bizzell, Stephen F. Austin, 2018, 20.....	Pole Vault
Angela Black, ULM, 1989, 90.....	Triple Jump
Janet Booker, UTSA, 1993, 94.....	High Jump
AnnMarie Broussard, Northwestern State, 2021, 22.....	Pole Vault

Kim Bush, UTSA, 1992, 94.....	Shot Put
Melai Carter, Stephen F. Austin, 2013, 15.....	High Jump
Chasity Clark, Stephen F. Austin, 2013, 15.....	200-Meter Dash
Jasmine Cornelius, McNeese, 2013, 14.....	Long Jump
Ashley Davis, Southeastern, 2018, 19.....	Shot Put
Morgan Davis, Sam Houston, 2012, 13.....	Pentathlon
Danielle Demas, Sam Houston, 2015, 16.....	60-Meter Hurdles
Ashley Dorsey, UT Arlington, 2001, 02.....	Shot Put
Ryanne Dupree, UTSA, 2004, 06.....	Pentathlon
Jessica Fisher, Sam Houston, 2007, 08.....	60-Meter Dash, 200-Meter Dash
Lygia Foreman, Sam Houston, 2013, 14.....	400-Meter Dash
Brigitte Foster, Texas State, 1996, 98.....	55-Meter Hurdles
Letitia Gilkes, UTSA, 2002, 04.....	800-Meter Run
Keri Glover, North Texas, 1991, 92.....	55-Meter Hurdles
Daeshon Gordon, Northwestern State, 2017, 18.....	60m Hurdles
Renee Graham, Lamar, 2007, 08.....	5,000-Meter Run
Kimone Green, Abilene Christian, 2015, 16.....	400-Meter Dash
Camry Grigsby, Sam Houston, 2016, 18.....	800-Meter Run
Kajsa Haglund, UT Arlington, 2001, 03.....	Mile Run
Valerie Hancock, Texas State, 2008, 10.....	High Jump
Kristine Hanks, Sam Houston, 2016, 17.....	Shot Put
Sashane Hanson, Texas A&M-Corpus Christi, 2017, 18.....	High Jump
Jenny Hockett, UT Arlington, 1992, 93.....	55-Meter Dash, Long Jump
Elena Horn, Texas State, 2010, 11.....	Pole Vault
Natashia Jackson, Northwestern State, 2019, 20.....	200-Meter Run
Natashia Jackson, Northwestern State, 2018, 20.....	400-Meter Run
Ashley Jenkins, Sam Houston, 2015, 16.....	Weight Throw
Jessica Jones, UTSA, 2009, 10.....	60-Meter Hurdles
Clerc Koenck, Lamar, 2007, 08.....	Mile Run, 3,000-Meter Run
Katya Kostetskaya, Texas State, 2005, 06.....	400-Meter Dash
LaJuana Lovett, Texas State, 2003, 04.....	60-Meter Dash
LaQuinta Manahan, UT Arlington, 2000, 01.....	60-Meter Dash
Sonetriya Mayfield, Texas State, 2007, 08.....	Triple Jump
Janet Meaux, UT Arlington, 1994, 95.....	55-Meter Hurdles
Dana Mecke, UTSA, 2009, 10.....	Mile Run
Tameshia Miller, Northwestern State, 2004, 05.....	60-Meter Hurdles
Angela Nelson, UT Arlington, 1993, 94.....	Mile Run
Tenika Powell, Sam Houston, 2005, 06.....	Shot Put
Tameka Roberts, UTSA, 1996, 98.....	Long Jump
Jennifer Robeson, UT Arlington, 1996, 97.....	High Jump
Ana Rodriguez, Stephen F. Austin, 2003, 05.....	3,000-Meter, 5,000-Meter
Christia Rogers, Texas State, 1991, 92.....	Triple Jump
Renee Rowell, Stephen F. Austin, 1990, 91.....	Two-Mile Run
Sarah Salmon, McNeese, 1998, 99.....	3,000-Meter Run
Roselyn Shanklin, UT Arlington, 1994, 96.....	400-Meter Dash
Kaitlin Smith, HBU, 2021, 22.....	60-Meter Hurdles
Pam Smith, ULM, 1989, 90.....	55-Meter Hurdles
Velia Smith, Texas State, 1990, 91.....	Shot Put
Wendi Smith, Texas State, 1988, 89.....	800-Meter Run
Stephanie Sowell, Northwestern State, 2003, 04.....	Long Jump, Triple Jump
Chelsea Stephen, Stephen F. Austin, 2011, 12.....	60-Meter Hurdles
Janice Turner, Texas State, 1995, 96.....	Mile Run
Jasmine Walls, UT Arlington, 2009, 10.....	60-Meter Dash, 200-Meter Dash
Sita Waru, McNeese, 2000, 01.....	3,000-Meter Run
Lynelle Washington, Northwestern State, 2021, 22.....	60-Meter Dash
Robin White, Texas State, 1990, 91.....	800-Meter Run
Thai Williams, Lamar, 2017, 18.....	60m Dash, Long Jump
Caroline Wolf, Texas State, 2004, 05.....	High Jump
Shambrail Woods, Stephen F. Austin, 2014, 15.....	Pentathlon

Women's All-Time Top-Five Performances**55-Meter Dash**

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

60-Meter Dash

7.29 – Alicia McIntosh, LU, 2000
7.30 – Kiara Brown, TAMUC, 2024
7.31 – LaQuinta Manahan, UTA, 2001
7.32 – Lynelle Washington, NWST, 2023
7.36 – Lynelle Washington, NWST, 2024

55-Meter Hurdles

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

60-Meter Hurdles

8.15 – Daeshon Gordon, NSU, 2018
8.18 – Danielle Demas, SHSU, 2016*
8.19 – Sabrina Starr, SHSU, 2014
8.20 – Daeshon Gordon, NWST, 2017
8.23 – Danielle Demas, SHSU, 2016

200-Meter Dash

23.04 – Tameka Roberts, UTSA, 1998
23.30 – LaQuinta Manahan, UTA, 2001
23.34 – Kiara Brown, TAMUC, 2024
23.50 – Natasha Jackson, NSU, 2020
23.70 – Brianna Howard, LU, 2024

400-Meter Dash

53.03 – Sanaria Butler, NWST, 2024
53.25 – Natasha Jackson, NSU, 2020
53.76 – Christine Amertil, SLU, 2001
54.01 – Imani Nave, SFA, 2020
54.02 – Katya Kostetskaya, TXST, 2005
54.06 – Christine Amertil, SLU, 2001

800-Meter Run

2:06.05 – Katie Poindexter, UTSA, 2003
2:06.22 – Camry Grigsby, SHSU, 2018
2:06.60 – Mishaël Bertrand, UTA, 2000
2:07.28 – Mishaël Bertrand, UTA, 2000
2:07.81 – Jessica Rabius, HCU, 2023

One-Mile Run

4:44.50 – Yasmin Austridge, Lamar, 2023
4:45.17 – Jessica Rabius, HCU, 2023
4:45.93 – Verity Ockendedn, LU, 2016
4:46.42 – Sarah Salmon, MCN, 1998
4:46.54 – Alexandria Hackett, ACU, 2016

3,000-Meter Run

9:23.20 – Jannika John, LU, 2015
9:28.54 – Leigh Lattimore, LU, 2015
9:28.80 – Alex Weir, New Orleans, 2023
9:29.94 – Sarah Salmon, MCN, 1998
9:29.99 – Rabea Schoneborn, AMCC, 2018

5,000-Meter Run

16:10.65 – Alexandria Hackett, ACU, 2016
16:14.08 – Alexandria Hackett, ACU, 2018
16:15.13 – Michaela Hackett, ACU, 2018
16:19.36 – Michaela Hackett, ACU, 2017
16:26.00 – Sita Waru, MCN, 2001

4x400m-Meter Relay

3:41.29 – Northwestern State, 2020
3:41.36 – Stephen F. Austin, 2019
3:41.76 – Northwestern State, 2018
3:41.77 – Northwestern State, 2024
3:41.97 – Stephen F. Austin, 2020

Distance Medley

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

Two-Mile Relay

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

High Jump

6-00.50 – Nissi Kabongo, SFA, 2021
6-00.00 – Dess Meek, SHSU, 2009
6-00.00 – Becky Collins, TXST, 2003
6-00.00 – Becky Collins, TXST, 2002
5-11.25 – Caroline Wolf, TXST, 2004
5-11.25 – Jhonnette Lemon, ULM, 1999
5-11.25 – Sakari Famous, McNeese, 2024

Pole Vault

15-07.00 – Demi Payne, SFA, 2015
15-03.50 – Demi Payne, SFA, 2015
15-02.25 – Demi Payne, SFA, 2015
15-01.75 – Demi Payne, SFA, 2015
14-11.00 – Demi Payne, SFA, 2015

Long Jump

21-03.75 – Pam Smith, ULM, 1989
21-03.25 – Pam Smith, ULM, 1989
21-02.50 – Jasmyn Steels, NSU, 2019
21-02.00 – Jasmyn Steels, NSU, 2020

20-11.25 – Sarea Alexander, UIW, 2019

Triple Jump

43-01.75 – Lisa Austin, UTA, 1994
43-01.75 – Sarea Alexander, UIW, 2019
43-01.50 – Lauren Clarke, NSU, 2021
43-01.00 – Stephanie Sowell, NSU, 2003
42-11.75 – Lauren Clarke, NSU, 2020

Shot Put

54-08.00 – Ashley Dorsey, UTA, 2002
54-07.50 – Ashley Davis, SLU, 2019
54-06.00 – Ashley Davis, SLU, 2018
53-09.25 – Tiffany Bunton, TXST, 2004
53-07.00 – Annina Brandenburg, ACU, 2020

Weight Throw

71-06.25 – La'Shantena Rounds, MCN, 2014
70-09.25 – Ashley Jenkins, SHSU, 2016
71-00.50 – Ashley Jenkins, SHSU, 2016
69-04.25 – Frednisha Marshall, SFA, 2009
68-09.00 – La'Shantena Rounds, MCN, 2014

Pentathlon

4,230 – Grace McKenzie, MCN, 2019
4,118 – Kaitlin Smith, HBU, 2022
4,055 – Ryanne Dupree, UTSA, 2006
4,030 – Grace McKenzie, MCN, 2018
4,018 – Parl Eelma, Lamar, 2023

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

Southland NCAA All-Americans – Women

HCU

2022 – Kaitlin Smith; 2nd Team (Pentathlon)

UIW

2019 – Sarea Alexander; 1st Team (long jump)

McNeese

2014 – La'Shantena Rounds, (weight throw)

2019 – Gracie McKenzie; 1st Team (pentathlon)

Northwestern State

2003 – Stephanie Sowell, (long jump)

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

2019 – Reagan Darbonne; 2nd Team (pole vault)
Jasmyrn Steels; 1st Team (long jump)

Stephen F. Austin

2001 – Misty Ballard (pole vault)

2009 – Frednisha Marshall (weight throw)

2019 – Cayla Burch; 2nd Team (4x400 relay)

Daijia Carr; 2nd Team (4x400 relay)

Imani Nave; 2nd Team (4x400 relay)

Aaliyah Teel; 2nd Team (4x400 relay)

Nastassja Campbell; 1st Team (pole vault)

Madison Pecot; 2nd Team (pole vault)

2021 – Nissi Kabongo; 1st Team (high jump)

Texas A&M-Corpus Christi

2019 – Sashane Hanson; 2nd Team (high jump)

Southland NCAA Champions – Women

Long Jump

2019 – Jasmyrn Steels, Northwestern State 21-02.50

Former Southland Members

Abilene Christian

2019 – Annina Brandenburg; 2nd Team (discus)

ULM

1984 – Lauri Young, 3rd, (high jump)

1985 – Lauri Young, 7th, (high jump)

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

1990 – Pam Smith, 5th, (long jump)

Sam Houston

2014 – Sabrina Starr, (60-meter hurdles)

UT Arlington

1994 – Lisa Austin (triple jump)

1994 – Tara Ford (long jump)

1995 – Lisa Austin (triple jump)

2000 – Marsha French (shot put)

Mishaël Bertrand (800 meters)

2001 – Ashley Dorsey (shot put)

2002 – Ashley Dorsey (shot put)

UTSA

1996 – Tameka Roberts (long jump)

1997 – Tameka Roberts (200 meters)

1998 – Tameka Roberts (200 meters)

2006 – Ryanne Dupree (pentathlon)

Texas State

1992 – Christia Rogers (triple jump)

1994 – Inez Turner (800 meters)

1994 – Rene Woodard (triple jump)

2002 – Becky Collins (high jump)

2003 – Becky Collins (high jump)

2007 – Katya Kostetskaya (800 meters)

2007 – Abby Ruston (shot put)