

Men's Year-by-Year Team Champions

1964.....	Abilene Christian
1965.....	Abilene Christian
1966.....	Abilene Christian
1967.....	Abilene Christian
1968.....	Abilene Christian
1969.....	Abilene Christian
1970.....	Abilene Christian
1971.....	Lamar
1972.....	Vacated
1973.....	Louisiana Tech
1974.....	Louisiana Tech
1975.....	Louisiana
1976.....	Arkansas State
1977.....	Arkansas State
1978.....	Lamar
1979.....	Lamar
1980.....	Lamar
1981.....	Lamar
1982.....	Lamar
1983.....	Lamar
1984.....	Lamar
1985.....	Lamar
1986.....	Lamar
1987.....	ULM
1988.....	ULM
1989.....	UT-Arlington
1990.....	UT-Arlington
1991.....	UT-Arlington
1992.....	UT-Arlington
1993.....	Northwestern State
1994.....	UT-Arlington
1995.....	Texas State
1996.....	UT-Arlington
1997.....	UT-Arlington
1998.....	Texas State
1999.....	Northwestern State
2000.....	Texas State
2001.....	UTSA
2002.....	Northwestern State
2003.....	Texas State
2004.....	Texas State
2005.....	Sam Houston
2006.....	Sam Houston
2007.....	UT-Arlington
2008.....	UTSA
2009.....	Vacated
2010.....	UTSA
2011.....	Stephen F. Austin
2012.....	UTSA
2013.....	Stephen F. Austin
2014.....	Southeastern
2015.....	Stephen F. Austin
2016.....	Stephen F. Austin
2017.....	Sam Houston
2018.....	Sam Houston
2019.....	Sam Houston
2020.....	N/A Due to COVID-19
2021.....	Stephen F. Austin
2022.....	UIW
2023.....	UIW
2024.....	UIW
2025.....	Stephen F. Austin

Men's Team Championships

Lamar.....	10
Stephen F. Austin.....	6
UIW.....	3
Northwestern State.....	3
Southeastern.....	1
Vacated.....	2
UT-Arlington*.....	8
Abilene Christian*.....	7
Sam Houston*.....	5
Texas State*.....	5
UTSA*.....	4
Arkansas State*.....	2
ULM*.....	2
Louisiana Tech*.....	2
Louisiana*.....	1

*Former Southland Member

Men's Individual Champions

Lamar.....	140
McNeese.....	84
Stephen F. Austin.....	83
Northwestern State.....	77
Southeastern.....	50
Texas A&M-Corpus Christi.....	15
East Texas A&M.....	13
New Orleans.....	12
UIW.....	12
HCU.....	10
Nicholls.....	3
UT-Arlington*.....	117
Abilene Christian*.....	81
Texas State*.....	75
Arkansas State*.....	70
Sam Houston*.....	69
ULM*.....	58
Louisiana Tech*.....	46
UTSA*.....	40
Louisiana*.....	32
North Texas*.....	15
Trinity*.....	9
Central Arkansas*.....	8
Oral Roberts*.....	3

*Former Southland Member



Men's Postseason Honors

Outstanding Running Events Performer

1970.....	Thomas Hill, Arkansas State
1971.....	Jackie Colbert, Lamar
1972.....	Harold Porter, Louisiana
1973.....	Ricky Stubbs, Louisiana Tech
1974.....	Ricky Stubbs, Louisiana Tech
1975.....	Carl Lawson, Louisiana
1976.....	Ed Preston, Arkansas State
1977.....	Pat O'Callaghan, McNeese
1978.....	Junior Holmes, Lamar
1979.....	David Kohrs, McNeese
1980.....	Frank Montebello, Lamar
1981.....	Cornell Garrett, Louisiana Tech
1982.....	Martin Lawson, Louisiana
1983.....	Verril Young, McNeese
1984.....	Troy Amboree, Lamar
1985.....	Jerry Lacy, ULM
1986.....	Sansiski Daniels, UT-Arlington
1987.....	Brian Cooper, McNeese
1988.....	Darrell Hadden, Texas State
1989.....	McClinton Neal, UT-Arlington
1990.....	Trevor Murray, ULM
.....	McClinton Neal, UT-Arlington
1991.....	McClinton Neal, UT-Arlington
1992.....	Fred Fields, ULM
1993.....	Keevan Mills, Texas State
1994.....	Clinton Bufuku, UT-Arlington
1995.....	Leonard Byrd, UTSA
1996.....	David Hartman, UTSA
1997.....	Elston Cawley, UT-Arlington
1998.....	Ronnie Powell, Northwestern State
1999.....	Kevin Smelley, Nicholls
2000.....	Elston Cawley, UT-Arlington
2001.....	Michael Sang, Southeastern
2002.....	Nathan Flores, Stephen F. Austin
2003.....	Chris Stewart, Sam Houston
2004.....	Nathan Flores, Stephen F. Austin
2005.....	Adrian Ray, Sam Houston
2006.....	Jared Connaughton, UT-Arlington
2007.....	Ravyn Hayward, Northwestern State
2008.....	Teddy Williams, UTSA
2009.....	Cordero Gray, UT-Arlington
2010.....	Teddy Williams, UTSA
2011.....	Cordero Gray, UT-Arlington
2012.....	David Rooney, McNeese
2013.....	David Rooney, McNeese
2014.....	Justin Walker, Northwestern State
2015.....	Sam Stabler, Lamar
2016.....	Jeffrey Moore, Sam Houston
2017.....	Chris Jefferson, Sam Houston
2018.....	Chris Jefferson, Sam Houston
2019.....	Chris Jefferson, Sam Houston
2020.....	N/A Due to COVID-19
2021.....	Gideon Cheplak, McNeese
2022.....	Ismael Kone, New Orleans
2023.....	J.T. Smith, Texas A&M Commerce
2024.....	Griffin Neal, UIW
2025.....	Ibrahim Fuseini, East Texas A&M

Outstanding Field Events Performer

1970.....	DeeWayne Gray, UT-Arlington
1971.....	John Whitson, Lamar
1972.....	Edward Robinson, Lamar
1973.....	Charles Cook, Louisiana
1974.....	Barney Hess, Arkansas State
1975.....	Wesley Smith, Louisiana Tech
1976.....	Monroe Ford, Louisiana Tech
1977.....	Earl Bell, Arkansas State
1978.....	Wendell Woods, Louisiana Tech
1979.....	Michael Coleman, Lamar
1980.....	Darrell Webb, Louisiana Tech
1981.....	Gilbert Smith, UT-Arlington
1982.....	Doug Shouse, Arkansas State
1983.....	Thomas Eriksson, Lamar
1984.....	Thomas Eriksson, Lamar
1985.....	Thomas Eriksson, Lamar
1986.....	Steve Cate, Louisiana Tech
1987.....	Andre Ester, ULM
1988.....	Brian Brown, Northwestern State
1989.....	Drew Fucci, Texas State
1990.....	Charles Austin, Texas State
1991.....	Scott Hennig, Texas State
1992.....	Rick Werline, ULM
1993.....	LaMark Carter, Northwestern State
1994.....	Ryan Martin, Northwestern State
1995.....	Chris Gonzales, Sam Houston
1996.....	Nat Sowell, ULM
1997.....	Shane Stewart, Sam Houston
1998.....	Chris Gonzalez, Sam Houston
1999.....	David Estes, ULM
2000.....	David Estes, ULM
2001.....	Kristian Rahn, McNeese
2002.....	Courage Idusuyi, Southeastern
2003.....	Brian Veal, Texas State
2004.....	Brian Veal, Texas State
2005.....	Randy Flach, Sam Houston
2006.....	Reggie Lazenby, Stephen F. Austin
2007.....	Robert Melin, Texas State
2008.....	Teremine White, Southeastern
2009.....	Adonson Shallow, Southeastern
2010.....	Adonson Shallow, Southeastern
2011.....	Jon Arthur, Stephen F. Austin
2012.....	Jamal Peden, Stephen F. Austin
2013.....	Jack Whitt, Oral Roberts
2014.....	Colton Ross, Stephen F. Austin
2015.....	Emmanuel Williams, Northwestern State
2016.....	Emmanuel Williams, Northwestern State
2017.....	Gennard Paul, Southeastern
2018.....	Kai Schmidt, Abilene Christian
2019.....	Aaron Akens, Sam Houston
2020.....	N/A Due to COVID-19
2021.....	Christopher Welch, HBU
2022.....	Djimon Gumbs, Northwestern State
2023.....	Isaiah Hudgens, UIW
2024.....	Kyle Sieracki, UIW
2025.....	Marcus Francis, McNeese

Athlete of the Year

1994.....	Clinton Bufuku, UT-Arlington
1995.....	Patrik Andersson, Texas State
1996.....	Leonard Byrd, UTSA

Men's Postseason Honors

1997.....	Elston Cawley, UT-Arlington	2001.....	Que McMaster, UTSA
1998.....	Ronnie Powell, Northwestern State	2002.....	Leon Johnson, Northwestern State
1999.....	Kenta Bell, Northwestern State	2003.....	Greg Hinze, Sam Houston
2000.....	Elston Cawley, UT-Arlington	Galina Bukharina, Texas State
2001.....	Kristian Rahnu, McNeese	2004.....	Galina Bukharina, Texas State
2002.....	Nathan Flores, Stephen F. Austin	2005.....	Curtis Collier, Sam Houston
2003.....	Chris Stewart, Sam Houston	2006.....	Curtis Collier, Sam Houston
2004.....	Brian Veal, Texas State	2007.....	John Sauerhage, UT-Arlington
2005.....	Adrian Ray, Sam Houston	2008.....	Aaron Fox, UTSA
2006.....	Jared Connaughton, UT-Arlington	2009.....	Sean Brady, Southeastern
2007.....	Kalphys Kemboi, Southeastern	2010.....	Aaron Fox, UTSA
2008.....	Shadrack Songok, A&M-Corpus Christi	2011.....	Phil Olson, Stephen F. Austin
2009.....	Henri Rop, Southeastern	2012.....	Aaron Fox, UTSA
2010.....	Adonson Shallow, Southeastern	2013.....	Phil Olson, Stephen F. Austin
2011.....	Cordero Gray, UT-Arlington	2014.....	Sean Brady, Southeastern
2012.....	David Rooney, McNeese	2015.....	Phil Olson, Stephen F. Austin
2013.....	David Rooney, McNeese	2016.....	Phil Olson, Stephen F. Austin
2014.....	Justin Walker, Northwestern State	2017.....	David Self, Sam Houston
2015.....	Sam Stabler, Lamar	2018.....	David Self, Sam Houston
2016.....	Jeffrey Moore, Sam Houston	2019.....	Dave Self, Sam Houston
2017.....	Alex Young, Southeastern	2020.....	N/A Due to COVID-19
2018.....	Kai Schmidt, Abilene Christian	2021.....	Phil Olson, Stephen F. Austin
2019.....	Chris Jefferson, Sam Houston	2022.....	Derek Riedel, UIW
2020.....	N/A Due to COVID-19	2023.....	Derek Reidel, UIW
2021.....	Gideon Cheplak, McNeese	2024.....	Derek Riedel, UIW
2022.....	Ismael Kone, New Orleans	2025.....	Robert Hansen, Stephen F. Austin
2023.....	J.T. Smith, Texas A&M-Commerce		
2024.....	Kenson Tate, Lamar		
2025.....	Ibrahim Fuseini, East Texas A&M		

Coach of the Year

1973.....	Jim Mize, Louisiana Tech
1974.....	Bob Hayes, McNeese
1975.....	Bob Cole, Southwestern Louisiana
1976.....	Guy Kochel, Arkansas State
1977.....	Guy Kochel, Arkansas State
1978.....	Sonny Jolly, Lamar
1979.....	Sonny Jolly, Lamar
1980.....	Sonny Jolly, Lamar
1981.....	Sonny Jolly, Lamar
1982.....	Sonny Jolly, Lamar
1983.....	Sonny Jolly, Lamar
1984.....	Sonny Jolly, Lamar
1985.....	Bob Groseclose, ULM
1986.....	Sonny Jolly, Lamar
1987.....	Bob Groseclose, ULM
1988.....	Bob Groseclose, ULM
1989.....	Monte Stratton, UT-Arlington
1990.....	Monte Stratton, UT-Arlington
1991.....	Monte Stratton, UT-Arlington
.....	Harry Lehwald, McNeese
1992.....	Monte Stratton, UT-Arlington
1993.....	Jerry Clayton, Texas State
1994.....	Monte Stratton, UT-Arlington
1995.....	Doug Erickson, Texas State
1996.....	John Sauerhage, UT-Arlington
1997.....	John Lumley, Sam Houston
1998.....	Don Hood, Texas State
1999.....	Leon Johnson, Northwestern State
2000.....	Don Hood, Texas State

Freshman of the Year

1964-2006	None Selected
2007.....	Kalphys Kemboi, Southeastern
2008.....	Henry Rop, Southeastern
2009.....	Mitch Ownbey, Stephen F. Austin
2010.....	Justin Walker, Northwestern State
2011.....	Keyunta Hayes, UTSA
2012.....	Darian Brown, Texas State
2013.....	Hanoj Carter, Northwestern State
2014.....	Darius Roy, New Orleans
2015.....	Daniel Spickes, Central Arkansas
2016.....	Michael Nicholls, New Orleans
2017.....	Zhafear Ray, Texas A&M-Corpus Christi
2018.....	Zachary Johnson, Sam Houston
2019.....	Jo'vaughn Martin, Sam Houston
2020.....	N/A Due to COVID-19
2021.....	Dennis Kipngeno, Texas A&M-Corpus Christi
2022.....	Tarajh Hudson, Northwestern State
2023.....	Cameron Chin, Lamar
2024.....	Alex Martin, McNeese
2025.....	Elkana Kipruto, Stephen F. Austin

Newcomer of the Year

1964-2006	None Selected
2007.....	Brad Gebauer, McNeese
2008.....	Takeshi Fujiwara, UT-Arlington
2009.....	Chris Gilchrist, Sam Houston
2010.....	Joonas Harjamaki, Lamar
2011.....	Romain Martin, UT-Arlington
2012.....	Jeff Milliron, Southeastern
2013.....	Morrie Turner, Oral Roberts
2014.....	Bret Olsen, Southeastern
2015.....	Alex Young, Southeastern

Men's Postseason Honors

2016.....George Flaviano, Northwestern State
 2017..... Christoph Graf, McNeese
 2018..... Matthew Arnold, Lamar
 2019.....Josh Smith, Sam Houston
 2020.....N/A Due to COVID-19
 2021.....Gideon Cheplak, McNeese
 2022..... Djimon Gumbs, Northwestern State
 2023.....Jayden Sloan, UNO
 2024..... John Adesola, UNO
 2025..... Emmanuel Ekuma, Texas A&M-CC
Armani Modeste, East Texas A&M

Individual High-Point Scorer (MVP)

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

2010..... Adonson Shallow, Southeastern, 34 points
 2011.....Cordero Gray, UT-Arlington, 22 points
Xavier Rodriguez, Stephen F. Austin 22 points
 2012..... Timothy Young, Texas State, 27.5 points
 2013..... Jon Arthur, Stephen F. Austin, 25 points
 2014.....Jeff Milliron, Southeastern, 25 points
 2015.....Sam Stabler, Lamar, 26 points
Alex Young, Southeastern, 26 points
 2016..... Jeffrey Moore, Sam Houston, 21 points
 2017.....Alex Young, Southeastern, 25 points
 2018.....Kai Schmidt, Abilene Christian, 26 points
 2019.....Chris Jefferson, Sam Houston, 23.75 points
 2020.....N/A Due to COVID-19
 2021..... Johnathon Sawyer, Southeastern, 21.25 points
 2022..... Djimon Gumbs, Northwestern State, 24 points
 2023..... Djimon Gumbs, Northwestern State, 24 points
 2024.....Kyle Sieracki, UIW, 28 points
 2025..... Ibrahim Fuseini, East Texas A&M, 25 points

Men's Year-by-Year Team Championship Standings

1964 — Abilene, Texas	1974 — Lake Charles, La.	1983 — Beaumont, Texas
Abilene Christian 116.0	Louisiana Tech 85.0	Lamar 176.0
Lamar 104.0	McNeese 84.0	McNeese 90.0
UT-Arlington 45.0	Lamar 60.0	ULM 88.0
Arkansas State 22.0	Arkansas State 41.0	Arkansas State 69.0
Trinity 13.0	UT-Arlington 17.0	North Texas 54.0
		Louisiana Tech 42.0
1965 — Jonesboro, Ark.	1975 — Lafayette, La.	UT-Arlington 39.0
Abilene Christian 111.0	Louisiana 76.0	
Lamar 91.0	Louisiana Tech 46.0	1984 — Ruston, La.
Arkansas State 50.0	Lamar 48.0	Lamar 229.0
UT-Arlington 37.0	McNeese 47.0	ULM 92.0
Trinity 11.0	Arkansas State 47.0	UT-Arlington 90.5
	UT-Arlington 11.0	Arkansas State 57.0
1966 — Abilene, Texas	1976 — Jonesboro, Ark.	McNeese 43.0
Abilene Christian 106.0	Arkansas State 139.5	Louisiana Tech 42.0
Lamar 70.0	Louisiana 119.0	North Texas 1.5
Arkansas State 63.0	Louisiana Tech 113.0	
UT-Arlington 37.0	Lamar 102.5	1985 — Monroe, La.
Trinity 18.0	McNeese 64.0	Lamar 151.0
	UT-Arlington 20.0	ULM 122.0
1967 — Beaumont, Texas	1977 — Beaumont, Texas	UT-Arlington 113.0
Abilene Christian 94.0	Arkansas State 155.5	Louisiana Tech 87.0
Lamar 77.0	Lamar 117.0	Arkansas State 38.0
Arkansas State 68.0	Louisiana 113.5	McNeese 36.0
UT-Arlington 43.0	McNeese 93.0	North Texas 10.0
Trinity 18.0	Louisiana Tech 53.0	
	UT-Arlington 25.0	1986 — Arlington, Texas
1968 — Arlington, Texas	1978 — Lafayette, La.	Lamar 132.0
Abilene Christian 99.5	Lamar 140.0	ULM 110.5
Arkansas State 67.5	Louisiana Tech 138.0	UT-Arlington 103.5
Trinity 57.0	Arkansas State 133.0	Louisiana Tech 93.0
Lamar 51.5	Louisiana 56.0	McNeese 52.0
UT-Arlington 44.5	McNeese 52.0	Arkansas State 41.0
	UT-Arlington 38.0	North Texas 26.0
1969 — San Antonio, Texas	1979 — Lake Charles, La.	1987 — Denton, Texas
Abilene Christian 110.0	Lamar 156.0	ULM 166.0
Lamar 79.0	Arkansas State 118.3	Louisiana Tech 103.0
Trinity 45.0	McNeese 110.0	McNeese 97.0
Arkansas State 43.0	UT-Arlington 78.3	Arkansas State 95.0
UT-Arlington 35.0	Louisiana Tech 63.3	North Texas 69.0
	Louisiana 31.0	Lamar 28.0
1970 — Abilene, Texas	1980 — Ruston, La.	
Abilene Christian 102.0	Lamar 133.0	1988 — Natchitoches, La.
Lamar 74.5	UT-Arlington 110.0	ULM 133.0
Arkansas State 52.0	Louisiana Tech 107.0	Texas State 118.0
UT-Arlington 51.5	McNeese 89.0	UT-Arlington 110.0
Trinity 1.0	Arkansas State 64.0	Northwestern State 85.0
	Louisiana 55.0	North Texas 52.0
1971 — Jonesboro, Ark.	1981 — Arlington, Texas	Stephen F. Austin 30.0
Lamar 114.0	Lamar 125.0	McNeese 27.0
Abilene Christian 95.0	McNeese 107.0	Sam Houston 1.0
Arkansas State 60.0	Arkansas State 106.0	
UT-Arlington 21.0	Louisiana 90.0	1989 — Huntsville, Texas
Trinity 1.0	UT-Arlington 81.0	UT-Arlington 155.0
	Louisiana Tech 52.0	Texas State 151.0
1972 — Beaumont, Texas	1982 — Jonesboro, Ark.	ULM 103.0
Louisiana 87.0	Lamar 158.0	Stephen F. Austin 70.0
Louisiana Tech 59.0	Louisiana 130.0	North Texas 69.0
Lamar 55.0	McNeese 92.0	McNeese 44.0
Arkansas State 48.0	UT-Arlington 87.0	Northwestern State 23.0
Abilene Christian 36.0	Arkansas State 70.0	Sam Houston 5.0
Trinity 3.0	Louisiana Tech 20.0	
UT-Arlington 0.0		1990 — San Marcos, Texas
		UT-Arlington 139.0
1973 — Ruston, La.		ULM 99.0
Louisiana Tech 69.0		Northwestern State 98.0
Louisiana 59.0		McNeese 82.0
Lamar 46.5		Texas State 70.0
McNeese 40.0		Stephen F. Austin 64.0
Abilene Christian 37.0		North Texas 35.0
Arkansas State 34.0		Sam Houston 33.0
UT-Arlington 2.5		

Men's Year-by-Year Team Championship Standings

1991 — Nacogdoches, Texas

UT-Arlington.....	171.0
ULM.....	110.0
McNeese.....	70.0
Northwestern State.....	69.0
Stephen F. Austin.....	67.0
Texas State.....	59.0
North Texas.....	44.0
Sam Houston.....	29.0

1992 — Arlington, Texas

UT-Arlington.....	146.0
ULM.....	102.0
Texas State.....	97.0
Northwestern State.....	92.0
Stephen F. Austin.....	53.5
North Texas.....	44.0
McNeese.....	29.5
Sam Houston.....	29.0
UTSA.....	25.0
Nicholls.....	2.0

1993 — Monroe, La.

Texas State.....	176.0
Northwestern State.....	155.5
ULM.....	118.0
Stephen F. Austin.....	110.0
UT-Arlington.....	93.0
North Texas.....	54.0
McNeese.....	35.0
UTSA.....	16.0
Sam Houston.....	14.5
Nicholls.....	3.0

1994 — Lake Charles, La.

UT-Arlington.....	150.0
Texas State.....	124.0
ULM.....	115.0
Northwestern State.....	106.0
Stephen F. Austin.....	97.5
UTSA.....	59.0
McNeese.....	49.0
North Texas.....	38.5
Sam Houston.....	33.0
Nicholls.....	7.0

1995 — Denton, Texas

Texas State.....	172.0
UT-Arlington.....	150.0
ULM.....	97.0
UTSA.....	91.0
Northwestern State.....	63.0
North Texas.....	56.0
Stephen F. Austin.....	53.0
McNeese.....	41.5
Sam Houston.....	33.5
Nicholls.....	22.0

1996 — Natchitoches, La.

UT-Arlington.....	146.0
Texas State.....	141.0
Northwestern State.....	102.0
UTSA.....	101.0
Stephen F. Austin.....	61.0
ULM.....	56.0
McNeese.....	51.0
Sam Houston.....	43.0
Nicholls.....	40.0
North Texas.....	38.0

1997 — Huntsville, Texas

UT-Arlington.....	162.0
Sam Houston.....	134.0
UTSA.....	115.0
Northwestern State.....	80.0
Texas State.....	77.0
McNeese.....	72.0
Stephen F. Austin.....	66.0
ULM.....	52.0
Nicholls.....	19.0

1998 — San Marcos, Texas

Texas State.....	142.0
Sam Houston.....	138.0
Northwestern State.....	120.0
UT-Arlington.....	89.0
McNeese.....	80.5
Stephen F. Austin.....	70.5
UTSA.....	52.0
ULM.....	39.5
Nicholls.....	29.5
Southeastern.....	1.0

1999 — Nacogdoches, Texas

Northwestern State.....	125.0
Sam Houston.....	122.5
Stephen F. Austin.....	114.0
UT-Arlington.....	103.5
Texas State.....	77.0
McNeese.....	69.0
ULM.....	57.5
Lamar.....	40.5
UTSA.....	38.0
Nicholls.....	24.0
Southeastern.....	8.0

2000 — Natchitoches, La.

Texas State.....	154.5
UT-Arlington.....	154.0
Stephen F. Austin.....	99.0
Northwestern State.....	94.0
McNeese.....	78.5
ULM.....	54.0
Sam Houston.....	38.0
UTSA.....	32.5
Lamar.....	30.5
Southeastern.....	29.0
Nicholls.....	16.0

2001 — Arlington, Texas

UTSA.....	131.0
UT-Arlington.....	115.0
Northwestern State.....	112.0
Texas State.....	91.0
Sam Houston.....	77.0
McNeese.....	72.5
Stephen F. Austin.....	66.0
Southeastern.....	45.5
ULM.....	32.0
Lamar.....	24.0
Nicholls.....	13.0

2002 — Arlington, Texas

Northwestern State.....	126.0
Texas State.....	121.0
Stephen F. Austin.....	105.0
UTSA.....	98.0
Sam Houston.....	91.0
UT-Arlington.....	80.0
McNeese.....	63.5
Lamar.....	41.5
Southeastern.....	30.0
Nicholls.....	11.0
ULM.....	10.0

2003 — San Marcos, Texas

Texas State.....	186.0
Sam Houston.....	141.5
Northwestern State.....	135.0
UT-Arlington.....	89.5
Stephen F. Austin.....	68.0
Lamar.....	35.0
UTSA.....	34.0
Southeastern.....	27.5
ULM.....	27.0
McNeese.....	23.5
Nicholls.....	12.0

2004 — San Marcos, Texas

Texas State.....	167.0
Stephen F. Austin.....	155.0
UT-Arlington.....	117.5
UTSA.....	82.0
Northwestern State.....	56.0
Southeastern.....	53.5
McNeese.....	51.0
Sam Houston.....	42.0
Lamar.....	29.0
ULM.....	24.0

2005 — Huntsville, Texas

Sam Houston.....	188.0
Stephen F. Austin.....	126.5
UTSA.....	96.0
Northwestern State.....	95.0
UT-Arlington.....	88.0
Texas State.....	63.0
McNeese.....	56.5
Southeastern.....	55.0
Lamar.....	44.0
ULM.....	6.0

2006 — Arlington, Texas

Sam Houston State.....	169.0
UTSA.....	132.0
UT-Arlington.....	111.0
Stephen F. Austin.....	90.0
Texas State.....	71.0
Southeastern.....	70.0
McNeese.....	64.0
Northwestern State.....	48.0
ULM.....	37.0
Lamar.....	24.0

2007 — Nacogdoches, Texas

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

2008 — Huntsville, Texas

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

Men's Year-by-Year Team Championship Standings

2009 — Nacogdoches, Texas	UIW 19.0	Southeastern..... 29.0
Southeastern..... 140.0	HBU..... 13.0	Nicholls..... 0.0
UT-Arlington..... 139.5		
Sam Houston 118.0	2015 — Hammond, La.	
UTSA..... 99.5	Stephen F. Austin..... 153.5	2020 — Abilene, Texas
Stephen F. Austin..... 98.5	Sam Houston 139.5	Cancelled Due to COVID-19
Texas State 73.0	Southeastern..... 119.5	
Northwestern State 63.5	Abilene Christian 85.0	2021 — Humble, Texas
Lamar 33.0	Central Arkansas 62.0	Stephen F. Austin..... 135.0
Texas A&M-Corpus Christi..... 30.0	Northwestern State 59.5	Southeastern..... 111.0
McNeese 23.0	McNeese 54.0	Sam Houston 104.0
	UIW 31.0	Abilene Christian 81.0
2010 — Arlington, Texas	HBU..... 26.0	Central Arkansas 68.5
UTSA..... 148.0	New Orleans..... 15.0	New Orleans 67.0
Stephen F. Austin..... 134.0	Texas A&M-Corpus Christi..... 12.0	McNeese 50.0
Southeastern..... 99.5		Texas A&M-Corpus Christi..... 48.0
UT-Arlington..... 94.5	2016 — Corpus Christi, Texas	HBU..... 46.5
McNeese 76.0	Stephen F. Austin..... 172.0	UIW 45.0
Northwestern State 73.0	Sam Houston 149.0	Lamar 43.0
Lamar 66.0	Northwestern State 116.0	Northwestern State 27.0
Texas State 52.5	Abilene Christian 79.0	Nicholls..... 0.0
Sam Houston 42.0	Southeastern..... 60.0	
Central Arkansas 23.0	McNeese 58.0	2022 — Humble, Texas
Texas A&M-Corpus Christi..... 7.5	Lamar 52.0	UIW 157.0
	Central Arkansas 35.0	Northwestern St..... 133.0
2011 — Natchitoches, La.	UIW 33.0	McNeese 126.0
Stephen F. Austin..... 162.0	Texas A&M-Corpus Christi..... 31.0	Southeastern..... 109.0
UTSA..... 146.0	HBU..... 17.0	New Orleans 104.0
UT-Arlington..... 127.5	New Orleans..... 17.0	A&M-Corpus Christi..... 94.0
Sam Houston 113.0		HCU 78.0
McNeese 61.5	2017 — New Orleans, La.	Nicholls..... 7.0
Northwestern State 51.0	Sam Houston 179.0	
Texas State 45.5	Stephen F. Austin..... 169.0	2023 — Commerce, Texas
Southeastern..... 41.5	Southeastern..... 90.0	UIW 142.0
Central Arkansas 26.0	Northwestern State 89.0	Northwestern State 116.5
Lamar 23.0	McNeese 67.0	A&M-Commerce 108.0
Texas A&M-Corpus Christi..... 22.0	Abilene Christian 51.0	Southeastern..... 100.0
	HBU..... 36.0	McNeese 89.0
2012 — San Marcos, Texas	Lamar 36.0	New Orleans..... 79.5
UTSA..... 147.5	Central Arkansas 29.0	A&M-Corpus Christi..... 77.0
Texas State 134.5	Texas A&M-Corpus Christi..... 28.0	Lamar 52.0
Stephen F. Austin..... 98.0	UIW 27.0	HCU 51.0
Sam Houston 85.5	New Orleans..... 18.0	
McNeese 81.0		2024 — Houston, Texas
UT-Arlington..... 75.0	2018 — San Antonio, Texas	UIW 167.0
Lamar 54.0	Sam Houston 130.0	Northwestern State 161.0
Southeastern..... 44.5	Abilene Christian 117.0	McNeese 116.0
Northwestern State 42.0	McNeese 98.0	A&M-Commerce 95.0
Texas A&M-Corpus Christi..... 30.0	Stephen F. Austin..... 84.0	Lamar 71.0
Central Arkansas 27.0	Northwestern State 78.0	Southeastern..... 70.0
	Southeastern La..... 72.0	HCU 53.0
2013 — Lake Charles, La.	UIW 63.0	New Orleans 42.0
Stephen F. Austin..... 162.0	Lamar 54.5	A&M-Corpus Christi..... 33.0
Sam Houston 137.5	Central Arkansas 46.5	Nicholls..... 8.0
McNeese 122.0	Texas A&M-Corpus Christi..... 40.0	
Southeastern..... 105.5	HBU..... 10.0	2025 — Houston, Texas
Northwestern State 66.0	New Orleans..... 9.0	SFA 146.0
Oral Roberts..... 64.0		Lamar 113.0
Lamar 55.5	2019 — Natchitoches, La.	UIW 99.0
Texas A&M-Corpus Christi..... 54.5	Sam Houston 164.0	East Texas A&M..... 86.0
Central Arkansas 51.0	Abilene Christian 104.0	Southeastern..... 78.0
	Stephen F. Austin..... 89.0	Northwestern State 70.0
2014 — Conway, Ark.	Northwestern State 79.0	McNeese 64.0
Southeastern..... 157.0	UIW 73.5	UTRGV..... 56.0
Stephen F. Austin..... 156.0	Lamar 70.0	A&M-Corpus Christi..... 48.0
Sam Houston 96.0	Texas A&M-Corpus Christi..... 56.5	HCU 40.0
Abilene Christian 63.0	McNeese 46.0	New Orleans..... 19.0
Lamar 57.0	HBU..... 43.0	Nicholls..... 0.0
Northwestern State 57.0	New Orleans..... 31.0	
McNeese 52.0	Central Arkansas 29.0	
Texas A&M-Corpus Christi..... 49.0		
Oral Roberts..... 43.0		
Central Arkansas 31.0		
New Orleans..... 26.0		

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

100 Yard Dash - Discontinued

1964 — Terry Guidry, Lamar ¹	w9.50
1965 — Riley Dunn, Abilene Christian.....	w10.00
1966 — Clyde Glosson, Trinity.....	w9.40
1967 — Henry Harrison, Lamar.....	w9.50
1968 — Clyde Glosson, Trinity.....	9.50
1969 — Rufus Odem, Trinity.....	9.60
1970 — Thomas Hill, Arkansas State.....	9.40
1971 — Jackie Colbert, Lamar.....	9.90
1972 — Harold Porter, Louisiana.....	9.40
1973 — Harold Porter, Louisiana.....	9.60
1974 — Donald Dunn, McNeese.....	w9.40
1975 — Harold Porter, Louisiana.....	9.60
1976 — Ed Preston, Arkansas State.....	9.50

100 Meter Dash

1977 — Ed Preston, Arkansas State.....	w10.10
1978 — Junior Holmes, Lamar.....	10.80
1979 — Junior Holmes, Lamar.....	10.50
1980 — Gilbert Smith, UT-Arlington.....	10.51
1981 — Cornell Garrett, Louisiana Tech.....	w10.39
1982 — Dwayne Pittman, Arkansas State.....	10.54
1983 — Verril Young, McNeese.....	w10.14
1984 — Troy Amboree, Lamar.....	10.40
1985 — Jerry Lacy, ULM.....	10.26
1986 — Brian Cooper, McNeese.....	w10.22
1987 — Brian Cooper, McNeese.....	10.23
1988 — Al Edwards, Northwestern State.....	10.47
1989 — Mike Murphy, Texas State.....	10.57
1990 — Robert Ligans, Stephen F. Austin.....	10.39
1991 — Ron Clark, Stephen F. Austin.....	10.35
1992 — Fred Fields, ULM.....	10.46
1993 — Keevan Mills, Texas State.....	10.42
1994 — Clinton Bufuku, UT-Arlington.....	10.46
1995 — Clinton Bufuku, UT-Arlington.....	10.31
1996 — Elston Cawley, UT-Arlington.....	10.40
1997 — Elston Cawley, UT-Arlington.....	10.34
1998 — Ronnie Powell, Northwestern State.....	10.27
1999 — Chad Miller, Northwestern State.....	10.44
2000 — Elston Cawley, UT-Arlington.....	10.14
2001 — Francis Ngapout, UTSA.....	10.30
2002 — Courtney Boston, Sam Houston.....	10.36
2003 — Chris Stewart, Sam Houston.....	10.24
2004 — Curtis Johnson, UTSA.....	10.43
2005 — Adam Wooten, Sam Houston.....	10.38
2006 — Jared Connaughton, UT-Arlington.....	10.33
2007 — Ravyn Hayward, Northwestern State.....	10.30
2008 — Teddy Williams, UTSA.....	10.16
2009 — Cordero Gray, UT-Arlington.....	10.35
2010 — Teddy Williams, UTSA.....	w10.03
2011 — Cordero Gray, UT-Arlington.....	10.12
2012 — Timothy Young, Texas State.....	10.49
2013 — Justin Walker, Northwestern State.....	w10.25
2014 — Justin Walker, Northwestern State.....	w9.95
2015 — Justin Jenkins, Sam Houston.....	10.24
2016 — Micah Larkins, Northwestern State.....	w10.15
2017 — Chris Jefferson, Sam Houston.....	10.31
2018 — Micah Larkins, Northwestern State.....	10.12
2019 — Chris Jefferson, Sam Houston.....	10.20
2020 — N/A Due to COVID-19	
2021 — Bryan Henderson, Sam Houston.....	10.11
2022 — Ismael Kone, New Orleans.....	9.94
2023 — J.T. Smith, A&M-Commerce.....	9.92
2024 — Ibrahim Fuseini, A&M-Commerce.....	10.15
2025 — Ibrahim Fuseini, East Texas A&M.....	10.15

220 Yard Dash - Discontinued

1964 — Gale Harrison, Abilene Christian.....	21.40
1965 — Gale Harrison, Abilene Christian.....	21.20
1966 — Clyde Glosson, Trinity.....	w20.60
1967 — Henry Harrison, Lamar.....	22.40
1968 — Clyde Glosson, Trinity.....	21.20
1969 — Jackie Colbert, Lamar.....	21.20
1970 — Jackie Colbert, Lamar.....	21.30
1971 — Jackie Colbert, Lamar.....	21.80
1972 — Harold Porter, Louisiana.....	21.20
1973 — Harold Porter, Louisiana.....	21.10
1974 — Donald Dunn, McNeese.....	21.10
1975 — Harold Porter, Louisiana.....	20.90
1976 — Ed Preston, Arkansas State.....	21.10

200 Meter Dash

1977 — Ed Preston, Arkansas State.....	21.10
1978 — Junior Holmes, Lamar.....	21.20
1979 — Junior Holmes, Lamar.....	20.90
1980 — Cornell Garrett, Louisiana Tech.....	21.29
1981 — Cornell Garrett, Louisiana Tech.....	21.29
1982 — Romero Chevis, Lamar.....	21.30
1983 — Verril Young, McNeese.....	21.55
1984 — Troy Amboree, Lamar.....	20.91
1985 — Vincent Coleman, Louisiana Tech.....	20.89
1986 — Vincent Coleman, Louisiana Tech.....	w20.22
1987 — Vincent Coleman, Louisiana Tech.....	w20.47
1988 — Darrell Hadden, Texas State.....	20.65
1989 — Darrell Hadden, Texas State.....	w20.69
1990 — Robert Ligans, Stephen F. Austin.....	20.88
1991 — Ron Clark, Stephen F. Austin.....	20.80
1992 — Fred Fields, ULM.....	21.10
1993 — Keevan Mills, Texas State.....	20.94
1994 — Clinton Bufuku, UT-Arlington.....	20.81
1995 — Clinton Bufuku, UT-Arlington.....	20.92
1996 — Cornelius Cavitt, UT-Arlington.....	20.38
1997 — Elston Cawley, UT-Arlington.....	20.53
1998 — Ronnie Powell, Northwestern State.....	20.97
1999 — Marcell Williams, Stephen F. Austin.....	21.02
2000 — Elston Cawley, UT-Arlington.....	20.37
2001 — Chris Stewart, Sam Houston.....	20.92
2002 — Courtney Boston, Sam Houston.....	21.12
2003 — Chris Stewart, Sam Houston.....	20.64
2004 — Glen Taylor, UT-Arlington.....	21.05
2005 — Adam Wooten, Sam Houston.....	20.62
2006 — Jared Connaughton, UT-Arlington.....	20.90
2007 — Jared Connaughton, UT-Arlington.....	20.76
2008 — Teddy Williams, UTSA.....	20.60
2009 — Jarid Vaughan, UT-Arlington.....	20.77
2010 — Justin Walker, Northwestern State.....	20.49
2011 — Cordero Gray, UT-Arlington.....	20.56
2012 — James Johnson, Texas State.....	20.61
2013 — Hanoj Carter, Northwestern State.....	w20.73
2014 — Justin Walker, Northwestern State.....	20.47
2015 — Johnathan Farquarshon, Abilene Christian.....	w20.75
2016 — Amir James, Northwestern State.....	w20.74
2017 — Chris Jefferson, Sam Houston.....	20.61
2018 — Chris Jefferson, Sam Houston.....	20.37
2019 — Chris Jefferson, Sam Houston.....	20.48
2020 — N/A Due to COVID-19	
2021 — Zachary Jewell, Central Arkansas.....	20.72
2022 — Ismael Kone, New Orleans.....	20.59
2023 — J.T. Smith, A&M-Commerce.....	20.32
2024 — Ibrahim Fuseini, A&M-Commerce.....	20.32
2025 — Ibrahim Fuseini, East Texas A&M.....	20.20

440 Yard Dash - Discontinued

1964 — Lynn Saunders, Abilene Christian.....	47.60
1965 — Blenden Johnson, UT-Arlington.....	46.80

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

1966 — Riley Dunn, Abilene Christian.....	47.30	1968 — Dennis Bryant, Trinity.....	1:52.60
1967 — Waverly Thomas, Lamar.....	47.30	1969 — Ronnie Crawford, Abilene Christian.....	1:52.60
1968 — Ken Knapp, Abilene Christian.....	47.00	1970 — John Lopez, Abilene Christian.....	1:54.50
1969 — Roger Colglazier, Abilene Christian.....	47.00	1971 — Larry Blackmon, Lamar.....	1:53.40
1970 — Roger Colglazier, Abilene Christian.....	47.00	1972 — John Scurto, Arkansas State.....	1:54.60
1971 — Roger Colglazier, Abilene Christian.....	47.40	1973 — Robert Messer, McNeese.....	1:51.80
1972 — Jackie Colbert, Lamar.....	47.00	1974 — Robert Messer, McNeese.....	1:54.10
1973 — Anthony Stroman, Arkansas State.....	46.30	1975 — Carl Lawson, Louisiana.....	1:53.30
1974 — Davis Collins, McNeese.....	48.20	1976 — Bruce Metcalf, Arkansas State.....	1:49.60
1975 — Pat Gullette, Louisiana.....	47.90		
1976 — Robert Buckingham, Louisiana.....	48.40		
		800 Meter Run	
400 Meter Dash		1977 — Bruce Metcalf, Arkansas State.....	1:51.70
1977 — Anthony Stroman, Arkansas State.....	46.90	1978 — Bruce Metcalf, Arkansas State.....	1:50.90
1978 — Doug Hinds, Lamar.....	47.60	1979 — Ronnie Green, Arkansas State.....	1:51.00
1979 — Doug Hinds, Lamar.....	46.90	1980 — Jessie Kibbles, Lamar.....	1:52.46
1980 — Doug Hinds, Lamar.....	47.37	1981 — Curtis Washington, Louisiana.....	1:49.87
1981 — Sid Appling, Lamar.....	46.71	1982 — Curtis Washington, Louisiana.....	1:49.70
1982 — Doug Hinds, Lamar.....	46.61	1983 — Johnny Walker, North Texas.....	1:48.60
1983 — Jackie Harris, Lamar.....	45.89	1984 — Doug Glover, ULM.....	1:48.87
1984 — Jackie Harris, Lamar.....	45.74	1985 — Frank Morgan, Lamar.....	1:48.92
1985 — David McKinzie, UT-Arlington.....	45.91	1986 — Carlos Ward, Lamar.....	1:49.77
1986 — David Peltier, UT-Arlington.....	46.20	1987 — Russell Mangum, ULM.....	1:52.14
1987 — Steve Armstrong, Arkansas State.....	46.71	1988 — Bill Jones, UT-Arlington.....	1:49.49
1988 — Darrell Hadden, Texas State.....	46.59	1989 — Joseph Sainah, UT-Arlington.....	1:51.90
1989 — Darrel Hadden, Texas State.....	45.90	1990 — Joseph Sainah, UT-Arlington.....	1:50.96
1990 — Joel McCray, UT-Arlington.....	46.56	1991 — Terrance Beach, UT-Arlington.....	1:51.88
1991 — Walter Allen, ULM.....	46.43	1992 — Eddie Castillo, UTSA.....	1:51.29
1992 — Joel McCray, UT-Arlington.....	46.84	1993 — Ian Linton, Texas State.....	1:51.12
1993 — Mitch Maxwell, Texas State.....	47.05	1994 — Terence Beach, UT-Arlington.....	1:51.12
1994 — Leonard Byrd, UTSA.....	46.46	1995 — Sean Goetsch, UTSA.....	1:51.04
1995 — Leonard Byrd, UTSA.....	46.12	1996 — Sean Goetsch, UTSA.....	1:51.28
1996 — Leonard Byrd, UTSA.....	44.88	1997 — Escoffrey Thomas, UT-Arlington.....	1:49.05
1997 — Leonard Byrd, UTSA.....	45.96	1998 — Escoffrey Thomas, UT-Arlington.....	1:51.47
1998 — Daniel Hamilton, Texas State.....	47.30	1999 — Andy Blackmore, McNeese.....	1:50.85
1999 — Lee Hooks, McNeese.....	46.68	2000 — Ruben Norlin, Lamar.....	1:51.76
2000 — Courtney Hale, Stephen F. Austin.....	46.18	2001 — Ras Bowman, UT-Arlington.....	1:51.62
2001 — Dee Dee Overton, ULM.....	46.35	2002 — Jason Potter, Stephen F. Austin.....	1:50.53
2002 — Raheem Travis, Texas State.....	46.81	2003 — Benji Jones, ULM.....	1:50.67
2003 — Raheem Travis, Texas State.....	46.61	2004 — Larry Brooks, UTSA.....	1:51.29
2004 — Robert Gill, Texas State.....	46.52	2005 — Jake Champagne, Lamar.....	1:50.66
2005 — Trenton Price, Lamar.....	46.86	2006 — Larry Brooks, UTSA.....	1:51.36
2006 — Chris Edison, Sam Houston.....	46.77	2007 — Larry Brooks, UTSA.....	1:50.12
2007 — Michael Courtney, Sam Houston.....	46.49	2008 — Idilio Campos, UT-Arlington.....	1:51.28
2008 — Michael Courtney, Sam Houston.....	46.85	2009 — Idilio Campos, UT-Arlington.....	1:50.59
2009 — Darryl Hayes, Sam Houston.....	45.93	2010 — Dwight Robinson, UT-Arlington.....	1:51.00
2010 — Michael Green, Northwestern State.....	46.66	2011 — Joshua Sawe, McNeese.....	1:52.34
2011 — Darryl Hayes, Sam Houston.....	46.49	2012 — Charles Grethen, Texas State.....	1:50.49
2012 — Cass Brown-Stewart, Stephen F. Austin.....	1:00.00*	2013 — De'Quad Binder, Sam Houston.....	1:53.39
2013 — Cass Brown-Stewart, Stephen F. Austin.....	47.09	2014 — De'Quad Binder, Sam Houston.....	1:50.93
2014 — Cass Brown-Stewart, Stephen F. Austin.....	46.30	2015 — Michael Batson, New Orleans.....	1:50.61
2015 — Chance Tanner, Central Arkansas.....	46.09	2016 — Jeffrey Moore, Sam Houston.....	1:52.36
2016 — Rosen Daniel, Abilene Christian.....	46.87	2017 — Jeffrey Moore, Sam Houston.....	1:50.88
2017 — Will Gibson, Stephen F. Austin.....	46.60	2018 — Alex Hanson, Central Arkansas.....	1:48.67
2018 — Avery Williams, Abilene Christian.....	46.30	2019 — Drake Murphy, Stephen F. Austin.....	1:49.67
2019 — Jared Williams, Abilene Christian.....	46.70	2020 — N/A Due to COVID-19	
2020 — N/A Due to COVID-19		2021 — Alec Snell, New Orleans.....	1:50.89
2021 — Johnathon Sawyer, Southeastern.....	45.75	2022 — Parker McBride, New Orleans.....	1:50.96
2022 — Destine Scott, Northwestern State.....	46.38	2023 — Javon-Taye Williams, Southeastern.....	1:50.67
2023 — Eugene Omalla, Southeastern.....	46.06	2024 — Alex Martin, McNeese.....	1:51.76
2024 — Jalon White, McNeese.....	46.56	2025 — Phillip Jensen e Castro, A&M-Corpus Christi.....	1:50.98
2025 — Cameron Chin, Lamar.....	46.53		
		One Mile Run	
		1964 — Bobby Hargraves, Abilene Christian.....	4:22.20
		1965 — Charles Christmas, Abilene Christian.....	4:11.40
		1966 — Charles Christmas, Abilene Christian.....	4:10.20
		1967 — Bob Giersberg, Arkansas State.....	4:09.80
		1968 — Al Van Troba, Abilene Christian.....	4:06.40
		1969 — John Lopez, Abilene Christian.....	4:11.90
		1970 — John Lopez, Abilene Christian.....	4:12.10

*Timer malfunction, no time recorded

880 Yard Run - Discontinued

1964 — Joe Leblanc, Lamar.....	1:53.60
1965 — Charles Christmas, Abilene Christian.....	1:52.90
1966 — Charles Christmas, Abilene Christian.....	1:51.10
1967 — John Richardson, Lamar.....	1:53.40

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

1971 — Paul Chandler, Abilene Christian	4:11.60	1974 — Leroy Hobbs, Louisiana Tech	9:10.00
1972 — Art Botterill, Louisiana	4:10.40	1975 — Russell Crowe, Lamar	9:16.60
1973 — Jim Bailey, Arkansas State	4:08.00	1976 — Pat O'Callaghan, McNeese	8:57.80
1974 — Leroy Hobbs, Louisiana Tech	4:17.30	1977 — Pat O'Callaghan, McNeese	7:45.60
1975 — Carl Lawson, Louisiana	4:12.20	1978 — Paul Kassen, Arkansas State	9:13.10
1976 — Tom Nolan, Louisiana	4:08.60	1979 — David Kohrs, McNeese	8:53.00
1,500 Meter Run			
1977 — Pat O'Callaghan, McNeese	3:42.90	1980 — Frank Montebello, Lamar	8:52.10
1978 — Gary Speyrer, Louisiana Tech	3:55.20	1981 — Daniel Laquerre, McNeese	9:00.35
1979 — David Kohrs, McNeese	3:49.20	1982 — Frank Montebello, Lamar	8:46.65
1980 — Frank Montebello, Lamar	3:48.95	1983 — Mike Plumb, Lamar	9:11.09
1981 — Bob Forsythe, Arkansas State	3:51.32	1984 — Scott Hesketh, Lamar	9:10.90
1982 — Gervy Papion, Louisiana	3:46.40	1985 — Rafael Colmenares, Lamar	8:54.12
1983 — Pedro Caceres, Lamar	3:52.70	1986 — Fredrik Hesslevik, Lamar	8:55.10
1984 — Pedro Caceres, Lamar	3:50.75	1987 — Muriuki Ngatia, Louisiana Tech	9:03.75
1985 — Russell Mangum, ULM	3:48.90	1988 — Joey Chapman, North Texas	9:06.50
1986 — Russell Mangum, ULM	3:49.66	1989 — Reggie Senegal, ULM	9:24.40
1987 — Russell Mangum, ULM	3:47.46	1990 — Trevor Murray, ULM	9:34.71
1988 — Reggie Senegal, ULM	3:48.97	1991 — Derrick Garrett, North Texas	9:13.82
1989 — Tim Martin, North Texas	3:49.81	1992 — Drew Prisner, ULM	9:14.50
1990 — Trevor Murray, ULM	3:50.20	1993 — Reuben Najau, ULM	9:09.93
1991 — Shane Burt, North Texas	3:55.17	1994 — Reuben Najau, ULM	9:00.54
1992 — Eddie Castillo, UTSA	3:51.80	1995 — Dennis Moynihan, Texas State	9:10.13
1993 — Jason Haydel, Stephen F. Austin	3:52.68	1996 — David Hartman, UTSA	9:13.91
1994 — Rodger Krueger, UT-Arlington	3:55.01	1997 — Ryan Taylor, UTSA	9:21.40
1995 — Christopher Strait, UT-Arlington	3:59.17	1998 — Jeremy Dye, Texas State	9:17.53
1996 — Sammy Unberhagen, Texas State	3:55.09	1999 — Henrik Skoog, UT-Arlington	9:14.46
1997 — Ryan Taylor, UTSA	3:54.41	2000 — Bjorn Ahlepil, UT-Arlington	9:24.13
1998 — Philo Saunders, UTSA	3:53.32	2001 — Michael Sang, Southeastern	9:06.45
1999 — Brian Keady, Stephen F. Austin	3:51.10	2002 — Nathan Flores, Stephen F. Austin	9:07.23
2000 — Hector Andujo, Northwestern State	3:55.39	2003 — Mike Thompson, Stephen F. Austin	9:05.62
2001 — Henry Maruping, UTSA	3:53.50	2004 — Mike Thompson, Stephen F. Austin	9:06.24
2002 — Kris Gilmore, McNeese	3:48.83	2005 — Raul Villarreal, Sam Houston	9:09.07
2003 — Chris Verheul, ULM	3:58.22	2006 — Nick Kay, McNeese	9:14.05
2004 — Justin Meier, Stephen F. Austin	3:53.20	2007 — Kalphys Kemboi, Southeastern	9:01.13
2005 — Chance Edwards, Stephen F. Austin	3:49.16	2008 — Kalphys Kemboi, Southeastern	9:03.36
2006 — Danny Shaw, Lamar	3:57.65	2009 — Keith Mahipala, Stephen F. Austin	9:04.74
2007 — Shadrack Songok, Texas A&M-Corpus Christi	3:49.67	2010 — Joonas Harjamaki, Lamar	8:56.26
2008 — Shadrack Songok, Texas A&M-Corpus Christi	3:46.34	2011 — Adam Saloom, Stephen F. Austin	9:07.46
2009 — Michael Cook, UTSA	3:53.03	2012 — Joe Wade, Lamar	8:54.70
2010 — Francis Kasagule, Lamar	3:54.29	2013 — Adam Saloom, Stephen F. Austin	9:00.60
2011 — Patrick Kimeli, Texas A&M-Corpus Christi	3:48.41	2014 — Philipp Baar, Texas A&M-Corpus Christi	9:00.60
2012 — Tom Wade, Lamar	3:45.31	2015 — Brock Moreaux, McNeese	9:09.52
2013 — Joe Wade, Lamar	3:51.17	2016 — Philipp Baar, Texas A&M-Corpus Christi	9:17.94
2014 — Sam Stabler, Lamar	3:51.97	2017 — Christoph Graf, McNeese	8:56.47
2015 — Sam Stabler, Lamar	3:53.02	2018 — Ryan Cleary, Abilene Christian	8:59.62
2016 — Jeffrey Moore, Sam Houston	3:54.58	2019 — Ryan Cleary, Abilene Christian	8:53.71
2017 — Jeffrey Moore, Sam Houston	3:46.47	2020 — N/A Due to COVID-19	
2018 — Garrett Cortez, UIW	3:46.95	2021 — Benjamin Drew, HBU	9:06.02
2019 — Garrett Cortez, UIW	3:52.31	2022 — Benjamin Drew, HBU	9:04.20
2020 — N/A Due to COVID-19		2023 — Kolyn Saltzman, New Orleans	9:06.53
2021 — Andrew Bosquez, Sam Houston	3:59.13	2024 — Christopher Daniels, UIW	9:11.12
2022 — Omar El-Fadl, McNeese	4:00.62	2025 — Christopher Daniels, UIW	9:11.46
2023 — Omer El-Fadl, McNeese	3:57.20		
2024 — Alex Piquart, HCU	3:50.07		
2025 — Edouard Lecrivain, HCU	3:52.14		
3,000 Meter Steeplechase			
1964 — Barry Boecher, Lamar	9:13.90		
1965 — Barry Boecher, Lamar	9:21.90		
1966 — Bruce Johnson, Abilene Christian	9:24.10		
1967 — Dale Drennan, UT-Arlington	9:13.00		
1968 — Doug Boone, Lamar	9:18.50		
1969 — John Lopez, Abilene Christian	9:16.00		
1970 — Bob Gray, Arkansas State	9:39.90		
1971 — Bob Gray, Arkansas State	9:18.30		
1972 — Mike Holt, Arkansas State	9:49.20		
1973 — Pat McSweeney, McNeese	9:27.80		
		1 440 meters	
		Two Mile Run	
		1964 — Barry Boecher, Lamar	9:54.10
		1965 — Barry Boecher, Lamar	9:31.50
		1966 — Charles Christmas, Abilene Christian	9:18.10
		Three Mile Run	
		1967 — Doug Boone, Lamar	14:52.4
		1968 — Doug Boone, Lamar	14:23.6
		1969 — Kenny Link, Abilene Christian	14:33.5
		1970 — Kenny Link, Abilene Christian	14:49.2
		1971 — Bob Gray, Arkansas State	14:35.9
		1972 — Art Botterill, Louisiana	14:49.4
		1973 — Pat McSweeney, McNeese	14:16.5

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

1974 — Pat O'Callaghan, McNeese	14:12.7	2002 — Nathan Flores, Stephen F. Austin.....	31:29.54
1975 — Pat O'Callaghan, McNeese	14:31.3	2003 — Randy Arias, Texas State.....	31:27.46
1976 — Pat O'Callaghan, McNeese	13:54.7	2004 — Julian Acuna, Stephen F. Austin.....	30:47.97
5,000 Meter Run			
1977 — Noel McCarron, McNeese	14:36.30	2005 — Raul Villarreal, Sam Houston	31:51.93
1978 — Noel McCarron, McNeese	15:04.40	2006 — Josh Hawkins, Sam Houston.....	32:20.35
1979 — Glenn Wimer, Arkansas State	14:41.70	2007 — Kalphys Kemboi, Southeastern	31:32.05
1980 — Roger Barker, Louisiana Tech.....	14:21.94	2008 — Henry Rop, Southeastern.....	31:26.23
1981 — Steve Wilson, Arkansas State.....	14:35.76	2009 — Mitch Ownbey, Stephen F. Austin.....	30:54.73
1982 — Brian Regan, McNeese.....	14:37.50	2010 — Mitch Ownbey, Stephen F. Austin.....	31:43.15
1983 — Ron Wakefield, North Texas.....	14:38.94	2011 — Jarrett LeBlanc, McNeese.....	31:45.74
1984 — Pedro Caceres, Lamar.....	14:52.54	2012 — David Rooney, McNeese	30:51.78
1985 — John Ratcliffe, Louisiana Tech.....	14:36.97	2013 — David Rooney, McNeese	29:50.83
1986 — Jonah Ngeny, North Texas	14:37.57	2014 — Nicholas Guerra, Stephen F. Austin	31:06.70
1987 — Jonah Ngeny, North Texas	14:22.01	2015 —	Charles Mathenge, Stephen F. Austin
1988 — Jonah Ngeny, North Texas	14:44.00	2016 —	Charles Mathenge, Stephen F. Austin
1989 — Tom McGrath, McNeese.....	14:48.76	2017 — Nathan Jones, McNeese	30:37.65
1990 — Dylan Fugitt, North Texas.....	14:52.55	2018 — Jamie Crowe, Lamar.....	31:02.09
1991 — Tom McGrath, McNeese.....	14:41.35	2019 — Markus Schweikert, Central Arkansas	31:01.96
1992 — Thomas Teger, UT-Arlington	15:06.82	2020 — N/A Due to COVID-19	31:43.10
1993 — James McGee, North Texas	14:56.11	2021 — Gideon Cheplak, McNeese	29:58.94
1994 — Dennis Moynihan, Texas State.....	14:52.56	2022 — Dennis Kipngeno, Texas A&M-Corpus Christi.....	30:31.83
1995 — David Hartman, UTSA	14:45.10	2023 — Dennis Kipngeno, Texas A&M-Corpus Christi.....	30:35.40
1996 — David Hartman, UTSA	14:55.54	2024 — Griffin Neal, UIW.....	30:06.92
1997 — Trevor Foolkes, McNeese.....	14:56.80	2025 — Elkana Kipruto, Stephen F. Austin.....	29:56.76
1998 — Rob Genzel, Stephen F. Austin.....	14:56.86	120 Yard Hurdles	
1999 — Kevin Smelley, Nicholls.....	14:52.02	1964 — J.C. Modica, Lamar.....	w14.20
2000 — Ciaran Doogan, UT-Arlington.....	15:05.47	1965 — Dell Cothren, Abilene Christian	14.50
2001 — Michael Sang, Southeastern	14:35.01	1966 — Ken Walter, UT-Arlington	14.40
2002 — Nathan Flores, Stephen F. Austin.....	14:44.93	1967 — Craig Fox, Abilene Christian.....	14.50
2003 — Randy Arias, Texas State.....	14:52.20	1968 — Thomas Hill, Arkansas State.....	14.40
2004 — Erik Petersson, UT-Arlington.....	14:37.32	1969 — Thomas Hill, Arkansas State.....	13.70
2005 — Raul Villarreal, Sam Houston	14:52.25	1970 — Thomas Hill, Arkansas State.....	13.70
2006 — Brandon Moseley, Sam Houston.....	14:55.02	1971 — Tom Prejean, Lamar.....	14.50
2007 — Francis Kasagule, Lamar.....	14:36.95	1972 — Thomas Hill, Arkansas State.....	13.80
2008 — Shadrack Songok, Texas A&M-Corpus Christi.....	14:20.81	1973 — Ricky Stubbs, Louisiana Tech	13.50
2009 — Samuel Kosgei, Lamar.....	14:21.60	1974 — Ricky Stubbs, Louisiana Tech.....	w13.30
2010 — Samuel Kosgei, Lamar.....	14:23.85	1975 — Monroe Ford, Louisiana Tech.....	14.20
2011 — Jarrett LeBlanc, McNeese.....	14:55.30	1976 — Monroe Ford, Louisiana Tech.....	13.80
2012 — David Rooney, McNeese	14:05.80	110 Meter Hurdles	
2013 — David Rooney, McNeese	14:22.17	1977 — Donnie Taylor, Arkansas State	w13.50
2014 — Sam Stabler, Lamar	14:55.29	1978 — Monroe Ford, Louisiana Tech.....	14.30
2015 — Sam Stabler, Lamar	14:33.81	1979 — Martin Lawson, Louisiana	14.10
2016 — Iliass Aouani, Lamar	14:40.95	1980 — Al Joyner, Arkansas State.....	14.21
2017 — Nathan Jones, McNeese	14:45.64	1981 — Stephen Starring, McNeese	w14.04
2018 — Enrique Soto, McNeese.....	14:56.81	1982 — Martin Lawson, Louisiana	13.90
2019 — Jamie Crowe, Lamar.....	14:39.85	1983 — Stephen Starring, McNeese	w13.79
2020 — N/A Due to COVID-19		1984 — Sansiski Daniels, UT-Arlington	13.66
2021 — Gideon Cheplak, McNeese	14:33.52	1985 — Sansiski Daniels, UT-Arlington	13.88
2022 — Dennis Kipngeno, Texas A&M-Corpus Christi.....	15:12.93	1986 — Sansiski Daniels, UT-Arlington	w13.69
2023 — Dennis Kipngeno, Texas A&M-Corpus Christi.....	14:56.99	1987 — Pat Griffin, ULM	14.19
2024 — Griffin Neal, UIW.....	14:18.80	1988 — McClinton Neal, UT-Arlington	14.17
2025 — Elkana Kipruto, Stephen F. Austin.....	14:37.08	1989 — McClinton Neal, UT-Arlington	14.17
10,000 Meter Run			
1989 — Mike Braly, Stephen F. Austin.....	31:13.05	1990 — McClinton Neal, UT-Arlington	14.02
1990 — Trevor Murray, ULM	31:21.19	1991 — McClinton Neal, UT-Arlington	w13.75
1991 — Tom McGrath, McNeese.....	30:41.25	1992 — Keevan Mills, Texas State	14.22
1992 — Thomas Teger, UT-Arlington	31:40.70	1993 — Keevan Mills, Texas State.....	w13.72
1993 — James McGee, North Texas	31:01.03	1994 — Kevin Ellis, Stephen F. Austin.....	13.95
1994 — Gary Guererro, UTSA.....	31:34.61	1995 — Phillip Lewis, McNeese	13.79
1995 — David Hartman, UTSA	29:57.48	1996 — Kevin Ellis, Stephen F. Austin.....	13.68
1996 — David Hartman, UTSA	31:28.73	1997 — Errol Byles, UT-Arlington	14.11
1997 — Jason Buie, UT-Arlington.....	31:35.90	1998 — Austin Wighaman, Texas State	14.00
1998 — Kevin Smelley, Nicholls.....	31:38.12	1999 — Michael Robbins, ULM.....	14.38
1999 — Kevin Smelley, Nicholls.....	31:28.25	2000 — Austin Wighaman, Texas State	13.89
2000 — Randy Arias, Texas State.....	31:13.64	2001 — Alex Flores, UTSA.....	14.20
2001 — Randy Arias, Texas State.....	31:07.02	2002 — Carl Johnson, UTSA.....	13.93

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

2003 — Adrian Ray, Sam Houston.....	13.71	2004 — Jamal Collier, Texas State.....	50.79
2004 — Carl Johnson, UTSA.....	13.84	2005 — Adrian Ray, Sam Houston.....	50.85
2005 — Adrian Ray, Sam Houston.....	13.68	2006 — T.R. Sissel, UTSA.....	51.83
2006 — Jon McDowell, UT-Arlington.....	14.02	2007 — Lane Dennis, Sam Houston.....	51.06
2007 — Jon McDowell, UT-Arlington.....	13.79	2008 — Lane Dennis, Sam Houston.....	50.63
2008 — Will Vese, UTSA.....	13.86	2009 — Lane Dennis, Sam Houston.....	50.69
2009 — Damian Manning, Southeastern.....	14.13	2010 — Aundrea Williams, UT-Arlington.....	51.39
2010 — Nick McCloud, Stephen F. Austin.....	13.84	2011 — Keyunta Hayes, UTSA.....	52.25
2011 — Nick McCloud, Stephen F. Austin.....	13.77	2012 — Keyunta Hayes, UTSA.....	50.37
2012 — Keyunta Hayes, UTSA.....	13.86	2013 — Jeffery Gibson, Oral Roberts.....	51.07
2013 — Nick McCloud, Stephen F. Austin.....	w14.19	2014 — Josh Taylor, Stephen F. Austin.....	50.77
2014 — Abram Taylor, Stephen F. Austin.....	w14.13	2015 — Josh Taylor, Stephen F. Austin.....	50.03
2015 — Matthew Viverette, Sam Houston.....	w13.87	2016 — George Flaviano, Northwestern State.....	51.21
2016 — Michael Nicholls, New Orleans.....	w13.91	2017 — Andre Colebrook, Southeastern.....	50.60
2017 — Michael Nicholls, New Orleans.....	13.76	2018 — Kerry Gleason, Stephen F. Austin.....	51.87
2018 — Fabian McCall, Sam Houston.....	14.05	2019 — Garrett Gibson, HBU.....	52.67
2019 — Tremayne Flagler, Northwestern State.....	14.03	2020 — N/A Due to COVID-19	
2020 — N/A Due to COVID-19		2021 — Leonardo Ledgister, Texas A&M-Corpus Christi.....	49.23
2021 — Joshua Smith, Sam Houston.....	13.91	2022 — Agerian Jackson, Southeastern.....	51.00
2022 — Ketavion Humber, Texas A&M-Corpus Christi.....	13.73	2023 — Jayden Sloan, New Orleans.....	51.19
2023 — Garrett Gibson, HCU.....	13.85	2024 — Jaden Powell, McNeese.....	51.32
2024 — John Adesola, New Orleans.....	13.88	2025 — Jarvis Anderson, Stephen F. Austin.....	50.45
2025 — Olufolabo Ogunyemi, Southeastern.....	14.04		
330 Yard Hurdles			
1964 — Billy Pemelton, Abilene Christian.....	38.00	440 Yard Relay	
1965 — Robert Rouse, Lamar.....	38.50	1964 — Lamar.....	41.60
1966 — Craig Fox, Abilene Christian.....	38.00	1965 — Lamar.....	41.20
440 Yard Hurdles			
1967 — Craig Fox, Abilene Christian.....	54.00	1966 — Abilene Christian.....	41.50
1968 — Ken Walter, UT-Arlington.....	55.00	1967 — Lamar.....	41.30
1969 — Lance Adams, UT-Arlington.....	52.20	1968 — Trinity.....	41.00
1970 — Lance Adams, UT-Arlington.....	52.90	1969 — Abilene Christian.....	40.50
1971 — Steve Hinton, Abilene Christian.....	54.10	1970 — Lamar.....	41.30
1972 — Randy Robicheaux, Louisiana Tech.....	52.80	1971 — Lamar.....	41.40
1973 — Ricky Stubbs, Louisiana Tech.....	51.50	1972 — Louisiana.....	40.60
1974 — Ricky Stubbs, Louisiana Tech.....	52.40	1973 — Louisiana.....	40.30
1975 — Alan Smith, Lamar.....	51.80	1974 — Lamar.....	41.00
1976 — Jim Mauldin, Louisiana Tech.....	52.10	1975 — Louisiana.....	41.00
400 Meter Hurdles			
1977 — Daniel Stagg, Lamar.....	51.10	1976 — Arkansas State.....	41.40
1978 — Daniel Stagg, Lamar.....	50.50	1977 — Arkansas State.....	40.50
1979 — Eddie Robinson, Lamar.....	51.80	4x100 Meter Relay	
1980 — Eddie Robinson, Lamar.....	52.55	1978 — Lamar.....	40.70
1981 — Martin Lawson, Louisiana.....	50.65	1979 — Lamar.....	40.50
1982 — Martin Lawson, Louisiana.....	50.43	1980 — UT-Arlington.....	40.60
1983 — Christer Gulstrant, Lamar.....	51.19	1981 — UT-Arlington.....	40.33
1984 — Nicholas Ross, Lamar.....	50.58	1982 — UT-Arlington.....	40.25
1985 — Ulf Sedlacek, Lamar.....	50.64	1983 — Lamar.....	40.51
1986 — Sansiski Daniels, UT-Arlington.....	51.19	1984 — Lamar.....	40.01
1987 — Pat Griffin, ULM.....	51.71	1985 — ULM.....	39.88
1988 — McClinton Neal, UT-Arlington.....	50.25	1986 — Louisiana Tech.....	40.13
1989 — McClinton Neal, UT-Arlington.....	50.05	1987 — Louisiana Tech.....	40.10
1990 — McClinton Neal, UT-Arlington.....	49.53	1988 — Northwestern State.....	39.70
1991 — McClinton Neal, UT-Arlington.....	50.53	1989 — UT-Arlington.....	40.24
1992 — James Lobdell, North Texas.....	52.24	1990 — Northwestern State.....	40.28
1993 — Clinton Williams, Northwestern State.....	51.67	1991 — UT-Arlington.....	40.20
1994 — Errol Byles, UT-Arlington.....	51.75	1992 — ULM.....	40.85
1995 — Errol Byles, UT-Arlington.....	51.42	1993 — Northwestern State.....	40.16
1996 — Errol Byles, UT-Arlington.....	50.81	1994 — Stephen F. Austin.....	40.26
1997 — Errol Byles, UT-Arlington.....	51.02	1995 — ULM.....	40.25
1998 — Jok-Tan Byerly, UTSA.....	50.19	1996 — UT-Arlington.....	39.83
1999 — Mark LeDoux, Lamar.....	51.18	1997 — UT-Arlington.....	39.81
2000 — Mark LeDoux, Lamar.....	50.58	1998 — Northwestern State.....	40.24
2001 — Josh Rosenthal, UT-Arlington.....	51.27	1999 — Lamar.....	40.61
2002 — Adam Hudson, Texas State.....	51.41	2000 — UT-Arlington.....	39.58
2003 — Jamal Collier, Texas State.....	51.25	2001 — Northwestern State.....	40.12
		2002 — UTSA.....	40.35
		2003 — Sam Houston.....	40.19
		2004 — McNeese.....	40.82
		2005 — Sam Houston.....	40.26

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

2008 — Andrew Duncan, UT-Arlington	7-00.50
2009 — Isiah Clements, UT-Arlington.....	6-10.75
2010 — Devon Bond, UTSA	6-11.75
2011 — Keith Benford, UTSA	6-10.75
2012 — Isiah Clements, UT-Arlington.....	7-05.00
2013 — Clarence Robinson, Southeastern	6-08.75
2014 — Andre Moseley, Sam Houston.....	6-09.00
2015 — Tyler Adams, Sam Houston	6-11.50
2016 — Eric Moore, Central Arkansas.....	6-11.75
2017 — Zhafear Ray, Texas A&M-Corpus Christi	6-09.50
2018 — Eric Moore, Central Arkansas.....	7-01.00
2019 — Tyler Adams, Sam Houston	6-09.50
2020 — N/A Due to COVID-19	
2021 — Slavko Stevic, Southeastern.....	6-11.50
2022 — Slavko Stevic, Southeastern.....	7-01.75
2023 — Slavko Stevic, Southeastern.....	7-00.50
2024 — Slavko Stevic, Southeastern.....	6-11.50
2025 — Elijah Jackson, Lamar.....	6-11.75

Pole Vault

1964 — Billy Pemelton, Abilene Christian.....	15-06.25
1965 — James Bishop, Arkansas State	14-11.50
1966 — Gary Hobson, Abilene Christian	15-07.00
1967 — Eugene Beene, Abilene Christian.....	15-00.00
1968 — Gary Hobson, Abilene Christian	15-08.50
1969 — Dennis Sledge, Abilene Christian.....	15-11.50
1970 — Gene Riley, Abilene Christian	15-06.00
1971 — John Whitson, Lamar.....	16-01.75
1972 — Billy Dalton, Louisiana.....	15-06.00
1973 — David Howard, Abilene Christian.....	15-06.00
1974 — Barney Hess, Arkansas State.....	17-00.50
1975 — Earl Bell, Arkansas State.....	16-01.00
1976 — Earl Bell, Arkansas State.....	17-03.00
1977 — Earl Bell, Arkansas State.....	17-05.50
1978 — Andy Pintus, Arkansas State	16-03.00
1979 — J.W. Korell, Arkansas State.....	16-06.00
1980 — Paul Pilla, Arkansas State	16-00.00
1981 — Steve Stubblefield, Arkansas State.....	16-06.00
1982 — Steve Stubblefield, Arkansas State.....	17-00.00
1983 — Scott Shaffer, Arkansas State.....	17-00.00
1984 — Steve Stubblefield, Arkansas State.....	18-00.00
1985 — Johnny Fewell, Arkansas State.....	16-09.00
1986 — Donnie Kemp, UT-Arlington	17-00.00
1987 — Scott Shaffer, Arkansas State.....	17-09.00
1988 — Mike Freeberg, UT-Arlington.....	17-00.00
1989 — Scott Hennig, Texas State	16-06.00
1990 — Keith Finney, UT-Arlington.....	16-08.75
1991 — Scott Hennig, Texas State.....	17-05.00
1992 — Scott Hennig, Texas State.....	17-03.00
1993 — Tommy Richards, Stephen F. Austin	16-05.50
1994 — Barry Hurtt, Texas State.....	16-06.75
1995 — Linwood Johnson, ULM	16-06.00
1996 — Linwood Johnson, ULM.....	17-00.00
1997 — Shane Stewart, Sam Houston	17-08.50
1998 — Shane Stewart, Sam Houston	16-07.25
1999 — Joc Mitchell, UT-Arlington	16-10.00
2000 — Geoffrey Fairbanks, Texas State	18-01.25
2001 — Joc Mitchell, UT-Arlington	16-08.75
2002 — Adam Keul, Stephen F. Austin.....	17-09.25
2003 — Geoff Fairbanks, Texas State.....	17-04.50
2004 — Shay Collett, UT-Arlington.....	17-04.50
2005 — Randy Flach, Sam Houston	18-00.50
2006 — Matt Adkisson, Sam Houston	17-06.50
2007 — Matt Adkisson, Sam Houston	17-06.50

2008 — Wade Hayes, UT-Arlington	17-00.75
2009 — Wade Hayes, UT-Arlington	16-06.75
2010 — Landon Ferguson, Texas State	16-01.75
2011 — Colton Ross, Stephen F. Austin.....	16-06.75
2012 — Logan Cunningham, Texas State.....	18-01.75
2013 — Jack Whitt, Oral Roberts	18-02.50
2014 — Colton Ross, Stephen F. Austin.....	18-02.75
2015 — Daniel Spickes, Central Arkansas	16-09.25
2016 — Devin King, Southeastern.....	17-08.25
2017 — Devin King, Southeastern.....	17-09.25
2018 — Clayton Fritsch, Sam Houston.....	17-04.50
2019 — Branson Ellis, Stephen F. Austin.....	17-10.50
2020 — N/A Due to COVID-19	
2021 — Branson Ellis, Stephen F. Austin.....	18-09.25
2022 — Hayden Barrios, Northwestern State	16-04.75
2023 — Nikita Strogalev, Texas A&M-Commerce	16-04.75
2024 — Kyle Sieracki, UIW.....	16-06.75
2025 — Brayden Hill, Stephen F. Austin	16-04.00

Long Jump

1964 — Jerry Dyes, Abilene Christian.....	w24-10.50
1965 — Ford Brown, Lamar.....	22-10.00
1966 — Gerald Williams, Lamar.....	22-03.25
1967 — Gerald Williams, Lamar.....	w23-11.25
1968 — DeeWayne Gray, UT-Arlington.....	23-01.75
1969 — Brent Schumacher, Trinity.....	23-04.50
1970 — DeeWayne Gray, UT-Arlington.....	24-00.25
1971 — Toby Mitchell, Lamar.....	24-07.25
1972 — Kim Bellis, Arkansas State	24-08.50
1973 — Charles Cook, Louisiana	24-06.00
1974 — Wesley Smith, Louisiana Tech.....	25-09.50
1975 — Wesley Smith, Louisiana Tech.....	26-00.50
1976 — Monroe Ford, Louisiana Tech.....	24-09.75
1977 — William Tate, Arkansas State.....	w25-02.50
1978 — Wendell Woods, Louisiana Tech	25-02.75
1979 — Michael Coleman, Lamar	24-04.50
1980 — Gilbert Smith, UT-Arlington	25-07.75
1981 — Gilbert Smith, UT-Arlington	25-09.25
1982 — Gilbert Smith, UT-Arlington	26-03.00
1983 — Stephen Starring, McNeese	w25-05.50
1984 — Troy Amboree, Lamar.....	26-00.25
1985 — Thomas Eriksson, Lamar.....	w25-08.75
1986 — Andre Ester, ULM	25-10.50
1987 — Andre Ester, ULM	w27-02.00
1988 — Gordon McKee, Texas State	24-11.75
1989 — Gordon McKee, Texas State	25-10.25
1990 — Gordon McKee, Texas State	26-01.25
1991 — Jerry Harris, ULM	25-05.25
1992 — LaMark Carter, Northwestern State	25-04.00
1993 — Nat Sowell, ULM.....	26-00.25
1994 — Nat Sowell, ULM.....	24-09.75
1995 — Nat Sowell, ULM.....	25-11.00
1996 — Nat Sowell, ULM.....	25-02.75
1997 — Nelson Stewart, UT-Arlington	25-00.75
1998 — Marcell Williams, Stephen F. Austin.....	25-10.75
1999 — Marcell Williams, Stephen F. Austin.....	25-07.50
2000 — Garfield Swaby, Texas State.....	26-00.25
2001 — Andre Horn, UT-Arlington	25-02.75
2002 — Courage Idusuyi, Southeastern	25-02.00
2003 — Cedric Scott, Northwestern State	24-09.00
2004 — Brian Veal, Texas State	25-00.50
2005 — Quinchun Carey, UT-Arlington	24-06.50
2006 — Reggie Lazenby, Stephen F. Austin.....	26-02.25
2007 — Mo Jackson, UTSA.....	23-11.50

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

2008 — Quinchun Carey, UT-Arlington	25-01.25	2009 — Chris Gilchrist, Sam Houston	51-00.75
2009 — Chris Gilchrist, Sam Houston	24-01.75	2010 — Devon Bond, UTSA	52-10.75
2010 — Tyler Williamson, UTSA	24-02.25	2011 — Devon Bond, UTSA	52-06.50
2011 — Jaron Criswell, Central Arkansas	24-09.25	2012 — Jamal Peden, Stephen F. Austin	52-06.00
2012 — Jamal Peden, Stephen F. Austin	25-08.75	2013 — Karique Stephen, Sam Houston	51-09.00
2013 — Morrie Turner, Oral Roberts	24-07.00	2014 — Charles White, Sam Houston	51-07.75
2014 — Jamal Peden, Stephen F. Austin	w25-03.25	2015 — Emmanuel Williams, Northwestern State	50-11.00
2015 — Emmanuel Williams, Northwestern State	24-10.00	2016 — Aaron Williams, Northwestern State	51-09.00
2016 — Emmanuel Williams, Northwestern State	25-08.25	2017 — Brian O'Bonna, Lamar	51-05.00
2017 — Isaiah Pittman, Stephen F. Austin	25-06.75	2018 — John Lemke, McNeese	53-04.25
2018 — Zachary Johnson, Sam Houston	25-02.00	2019 — Chris Welch, HBU	51-07.75
2019 — Jacorious Jeter, Northwestern State	24-09.75	2020 — N/A Due to COVID-19	
2020 — N/A Due to COVID-19		2021 — Chris Welch, HBU	52-11.50
2021 — Rodney Ruffin, Southeastern	23-11.75	2022 — Nikaoli Williams, Northwestern State	49-08.50
2022 — Trpimir Siroki, Texas A&M-Corpus Christi	25-08.25	2023 — Trayveon Franklin, Texas A&M-Commerce	52-01.00
2023 — Sean Majors, Texas A&M-Corpus Christi	25-08.75	2024 — Amire Ledet, McNeese	49-07.25
2024 — Kenson Tate, Lamar	25-09.25	2025 — Bryson Wiliams, Stephen F. Austin	52-10.00
2025 — Justin Vincent, Easdt Texas A&M	24-09.25		
Triple Jump			
1964 — Jerry Dyes, Abilene Christian	45-07.25	Shot Put	
1965 — Ed Pruitt, Arkansas State	44-03.25	1964 — Roger Orell, Abilene Christian	54-09.00
1966 — Gerald Williams, Lamar	w45-09.50	1965 — Roger Orell, Abilene Christian	58-00.75
1967 — Gerald Williams, Lamar	w47-02.50	1966 — David Young, Arkansas State	52-00.50
1968 — Brent Schumacher, Trinity	44-08.00	1967 — David Young, Arkansas State	53-03.00
1969 — Gary Parker, Lamar	46-00.50	1968 — Eddie Anderson, UT-Arlington	53-06.00
1970 — Mike Linden, Lamar	48-00.50	1969 — Ken Terrell, Lamar	52-11.25
1971 — Mike Linden, Lamar	47-07.00	1970 — Ken Terrell, Lamar	54-01.50
1972 — Edward Robinson, Lamar	49-07.50	1971 — Don Morrison, UT-Arlington	55-01.00
1973 — Charles Cook, Louisiana	50-01.00	1972 — Steve Martin, Abilene Christian	58-06.25
1974 — Steve Deveaux, McNeese	50-00.75	1973 — Steve Martin, Abilene Christian	60-00.00
1975 — Wesley Smith, Louisiana Tech	52-11.75	1974 — Ray Smith, McNeese	55-09.75
1976 — Kenneth Earls, Lamar	49-06.25	1975 — T.J. Humphreys, Arkansas State	55-08.50
1977 — Mike Martin, Louisiana	w50-06.00	1976 — T.J. Humphreys, Arkansas State	54-07.25
1978 — Wendell Woods, Louisiana Tech	52-08.00	1977 — Ed Perkins, Louisiana	53-07.75
1979 — Michael Coleman, Lamar	51-00.00	1978 — Roger Henderson, Louisiana Tech	53-03.25
1980 — Ed Lloyd, McNeese	51-11.25	1979 — Roger Henderson, Louisiana Tech	54-00.00
1981 — Al Joyner, Arkansas State	51-01.00	1980 — Parnell Lykes, Lamar	53-07.50
1982 — Michael Coleman, Lamar	52-02.00	1981 — Brian Gower, UT-Arlington	54-07.00
1983 — Al Joyner, Arkansas State	w53-09.25	1982 — Brian Gower, UT-Arlington	54-11.25
1984 — Thomas Eriksson, Lamar	53-11.00	1983 — Brian Dalatri, Louisiana Tech	61-01.00
1985 — Thomas Eriksson, Lamar	51-07.25	1984 — Steve Cate, Louisiana Tech	60-06.00
1986 — James Richardson, Lamar	51-09.00	1985 — John Campbell, Louisiana Tech	65-04.50
1987 — William Beasley, Arkansas State	52-10.75	1986 — Steve Cate, Louisiana Tech	64-03.00
1988 — Ronald Johnson, UT-Arlington	51-02.75	1987 — James Parman, ULM	59-09.00
1989 — Derrick Dixon, Stephen F. Austin	49-06.25	1988 — Peter Dajia, UT-Arlington	61-02.00
1990 — Derrick Dixon, Stephen F. Austin	52-02.75	1989 — Ronny Kvist, ULM	55-11.75
1991 — LaMark Carter, Northwestern State	52-05.25	1990 — Kevin Toth, McNeese	56-06.75
1992 — LaMark Carter, Northwestern State	51-07.00	1991 — Kevin Toth, McNeese	58-03.50
1993 — LaMark Carter, Northwestern State	w55-02.75	1992 — Rick Werline, ULM	60-07.75
1994 — Eric Lancelin, Northwestern State	53-03.50	1993 — Hakan Karlberg, Texas State	56-02.00
1995 — Nat Sowell, ULM	53-06.25	1994 — Ryan Martin, Northwestern State	53-11.25
1996 — Nat Sowell, ULM	53-09.75	1995 — Chris Gonzales, Sam Houston	54-07.50
1997 — Rodney Black, Stephen F. Austin	50-01.75	1996 — Mike Heimerman, Northwestern State	56-01.00
1998 — Kenta Bell, Northwestern State	52-06.75	1997 — Chris Gonzales, Sam Houston	58-03.75
1999 — Kenta Bell, Northwestern State	54-02.50	1998 — Chris Gonzales, Sam Houston	59-02.25
2000 — Tyson Dillard, Northwestern State	53-07.75	1999 — David Estes, ULM	55-10.50
2001 — David Williams, Northwestern State	51-10.00	2000 — David Estes, ULM	56-03.00
2002 — Courage Idusuyi, Southeastern	51-09.75	2001 — Terry Coleman, Sam Houston	57-10.25
2003 — Brian Veal, Texas State	53-03.50	2002 — Issa Banna, Northwestern State	53-02.75
2004 — Brian Veal, Texas State	54-02.00	2003 — Issa Banna, Northwestern State	57-01.00
2005 — Brian Veal, Texas State	54-01.75	2004 — Issa Banna, Northwestern State	59-04.25
2006 — Darrick Brown, McNeese	49-04.50	2005 — Kenneth McKinley, Stephen F. Austin	59-07.50
2007 — James Randall, Southeastern	48-10.75	2006 — Kemuel Morales, Texas State	58-03.75
2008 — Michael Rheams, Southeastern	51-07.00	2007 — Kenneth McKinley, Stephen F. Austin	56-08.75
		2008 — Teremine White, Southeastern	57-02.75
		2009 — Kemuel Morales, Texas State	59-09.50
		2010 — Adonson Shallow, Southeastern	60-03.75

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

2011 — Jon Arthur, Stephen F. Austin	58-08.00	2013 — Jeff Milliron, Southeastern	163-01
2012 — Richard Garrett, UTSA	61-08.25	2014 — Jeff Milliron, Southeastern	178-08
2013 — Jon Arthur, Stephen F. Austin	63-08.75	2015 — Brett Olsen, Southeastern.....	181-07
2014 — Jeff Milliron, Southeastern	58-05.75	2016 — Lucas Akins, Stephen F. Austin	173-01
2015 — Alex Young, Southeastern	58-10.00	2017 — Josh Hunter, Abilene Christian.....	176-07
2016 — Cedric Paul, Northwestern State	55-11.00	2018 — Kai Schmidt, Abilene Christian	188-01
2017 — Alex Young, Southeastern	57-11.75	2019 — Aaron Akens, Sam Houston	187-04
2018 — Kai Schmidt, Abilene Christian	60-03.75	2020 — N/A Due to COVID-19	
2019 — Kai Schmidt, Abilene Christian	60-10.50	2021 — Tommy Nedow, Southeastern.....	171-01
2020 — N/A Due to COVID-19		2022 — Djimon Gumbs, Northwestern State	178-00
2021 — Tyler Richardson, Abilene Christian	56-00.50	2023 — Diamante Gumbs, Northwestern State	184-04
2022 — Djimon Gumbs, Northwestern State	60-07.75	2024 — Diamante Gumbs, Northwestern State	184-07
2023 — Djimon Gumbs, Northwestern State	58-09.25	2025 — Marcus Francis, McNeese.....	176-02
2024 — Djimon Gumbs, Northwestern State	62-01.75		
2025 — Marcus Francis, McNeese.....	61-09.75		
Discus		Hammer Throw	
1964 — Roger Orrell, Abilene Christian	174-02	2005 — Kelley Jackson, UT-Arlington	168-00
1965 — Roger Orrell, Abilene Christian	168-09	2006 — Robert Melin, Texas State	177-10
1966 — Peter Nimmo, Lamar.....	165-04	2007 — Robert Melin, Texas State	189-11
1967 — David Parsons, Abilene Christian	160-00	2008 — Chris Cralle, Sam Houston	200-02
1968 — David Parsons, Abilene Christian	167-07	2009 — Chris Cralle, Sam Houston	209-10
1969 — Wayne Walton, Abilene Christian	168-01	2010 — Adonson Shallow, Southeastern.....	205-09
1970 — Wayne Walton, Abilene Christian	177-10	2011 — Chris Cralle, Sam Houston	206-08
1971 — Steve Rice, Lamar.....	173-03	2012 — Jared Crafton, McNeese	187-09
1972 — Steve Rice, Lamar.....	158-08	2013 — Jon Arthur, Stephen F. Austin	204-06
1973 — Bruce Hogan, Abilene Christian	164-05	2014 — Baptiste Kerjean, Abilene Christian.....	210-01
1974 — Steve Rice, Lamar.....	169-06	2015 — Jonathan Kinchen, Southeastern.....	222-02
1975 — Don Davis, Lamar.....	160-10	2016 — Calvin Singletary, Sam Houston	197-07
1976 — Don Davis, Lamar.....	168-00	2017 — Alex Young, Southeastern	228-04
1977 — Don Davis, Lamar.....	168-11	2018 — Joshua Hernandez, Sam Houston.....	220-06
1978 — Roger Henderson, Louisiana Tech.....	166-01	2019 — Joshua Hernandez, Sam Houston.....	197-07
1979 — Ken Justice, UT-Arlington	172-02	2020 — N/A Due to COVID-19	
1980 — Ken Justice, UT-Arlington	170-08	2021 — Trenton Bridges, Stephen F. Austin	209-09
1981 — Craig Lee, Louisiana	169-11	2022 — Vojslav Gvero, New Orleans	207-09
1982 — Paul Blissard, Arkansas State	166-06	2023 — Terrell Webb, Southeastern	209-09
1983 — Nonah Hadnot, Lamar.....	177-08	2024 — Terrell Webb, Southeastern	201-10
1984 — Steve Cate, Louisiana Tech.....	180-03	2025 — Anthony Oliver, Lamar	190-04
1985 — James Parman, ULM	181-04	Javelin	
1986 — Steve Cate, Louisiana Tech.....	185-07	1964 — Jerry Dyes, Abilene Christian	243-03
1987 — James Parman, ULM	184-10	1965 — Jeff Lansdale, Arkansas State.....	230-00
1988 — Ronny Kvist, ULM.....	164-00	1966 — Jeff Lansdale, Arkansas State	230-09
1989 — Lance Davenport, Texas State.....	180-02	1967 — Jeff Lansdale, Arkansas State.....	215-08
1990 — Lance Davenport, Texas State.....	184-04	1968 — Max Harding, Abilene Christian.....	200-03
1991 — Rick Werline, ULM.....	177-05	1969 — Max Harding, Abilene Christian.....	211-10
1992 — Rick Werline, ULM.....	193-06	1970 — Max Harding, Abilene Christian.....	224-03
1993 — Hakan Karlberg, Texas State	181-02	1971 — Max Harding, Abilene Christian.....	227-01
1994 — Ryan Martin, Northwestern State	172-04	1972 — Ronnie Bamburg, Louisiana Tech	247-06
1995 — Fredrick Makk, Texas State	186-07	1973 — Glenn Pere, Lamar	241-03
1996 — Fredrick Makk, Texas State	180-05	1974 — Ronnie Bamburg, Louisiana Tech	237-00
1997 — Howard Brown, Texas State	176-00	1975 — Jim Gonsoulin, McNeese.....	218-06
1998 — Chris Gonzalez, Sam Houston	177-01	1976 — Donald Sonnier, McNeese.....	206-11
1999 — David Estes, ULM	176-03	1977 — Dennis Morris, McNeese	231-10
2000 — David Estes, ULM	178-08	1978 — Allen Lowes, UT-Arlington.....	240-10
2001 — Ronnie Porter, Texas State	170-01	1979 — Allen Lowes, UT-Arlington.....	252-07
2002 — Sam Johnson, Texas State	183-04	1980 — Richard Robinson, Louisiana	223-08
2003 — Sam Johnson, Texas State	183-02	1981 — Clint Bulter, Lamar	220-03
2004 — Sam Johnson, Texas State	182-03	1982 — Greg Buillion, McNeese	221-05
2005 — Ruben Stephens, Southeastern.....	173-03	1983 — Craig Andrus, McNeese	231-11
2006 — Teremine White, Southeastern.....	172-05	1984 — Craig Andrus, McNeese	238-03
2007 — Robert Melin, Texas State	178-10	1985 — Greg Soulis, ULM.....	233-06
2008 — Teremine White, Southeastern.....	177-08	1986 — Olov Nyman, Lamar	225-11
2009 — Jon Tipton, Sam Houston	190-10	1987 — Kenneth Peterson, ULM	243-00
2010 — Adonson Shallow, Southeastern.....	183-10	1988 — Kenneth Peterson, ULM	243-09
2011 — Clint Harris, Stephen F. Austin	180-01	1989 — Kevin Stokes, Texas State	228-11
2012 — Clint Harris, Stephen F. Austin	183-01	1990 — Lyle Guillory, ULM.....	222-00
		1991 — Lyle Guillory, ULM.....	234-09

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

1992 — Shane Culver, Northwestern State	210-11	2021 — Scott Boon, HBU	7,602
1993 — Edgar Baumann, Texas State	228-02	2022 — Scott Boon, HBU	7,421
1994 — Edgar Baumann, Texas State	241-03	2023 — Isaiah Hudgens, UIW	7,519
1995 — Breaux Greer, ULM	232-08	2024 — Kyle Sieracki, UIW	7,833
1996 — Barry Mott, Texas State	213-01	2025 — Leo Chauchard, UIW	7,273
1997 — Breaux Greer, ULM	235-00		
1998 — Breaux Greer, ULM	223-10		
1999 — Breaux Greer, ULM	232-08		
2000 — Latrell Frederick, Northwestern State	228-02		
2001 — Latrell Frederick, Northwestern State	245-00		
2002 — Mike Hazle, Texas State	227-11		
2003 — Latrell Frederick, Northwestern State	231-05		
2004 — Wade Whittington, Stephen F. Austin	211-10		
2005 — Chris Carter, Southeastern	219-07		
2006 — Chris Carter, Southeastern	238-02		
2007 — Cody Fillinich, Northwestern State	237-01		
2008 — Jonathan Ochoa, Texas State	208-04		
2009 — Cody Fillinich, Northwestern State	235-10		
2010 — Sam Vidrine, McNeese	222-02		
2011 — Sam Vidrine, McNeese	218-06		
2012 — Ben Chretien, McNeese	227-11		
2013 — Derek Hampton, Southeastern	225-04		
2014 — Derek Hampton, Southeastern	223-08		
2015 — Derek Hampton, Southeastern	228-06		
2016 — Anthony Garcia, Sam Houston	224-03		
2017 — Gennard Paul, Southeastern	255-04		
2018 — Donavon Banks, McNeese	216-05		
2019 — Cord Neal, Stephen F. Austin	202-11		
2020 — N/A Due to COVID-19			
2021 — Franck DiSanza, Southeastern	242-00		
2022 — Parker Barrett, UIW	201-07		
2023 — Hunter Longino, McNeese	214-00		
2024 — Hunter Longino, McNeese	213-08		
2025 — Thomas Knoop, Lamar	223-05		
Decathlon			
1989 — Drew Fucci, Texas State	7,479		
1990 — Robert Carr, Sam Houston	6,655		
1991 — Mike Lewis, Texas State	6,623		
1992 — Rickey Brown, UT-Arlington	6,616		
1993 — Tommy Richards, Stephen F. Austin	7,689		
1994 — Patrik Anderson, Texas State	7,319		
1995 — James Lewis, Texas State	6,874		
1996 — Ben Ploetz, Texas State	6,779		
1997 — John Cordes, Sam Houston	6,933		
1998 — Ben Ploetz, Texas State	7,446		
1999 — John Cordes, Sam Houston	7,312		
2000 — Justin Nichols, UT-Arlington	6,594		
2001 — Kristian Rahnu, McNeese	7,534		
2002 — Kristian Rahnu, McNeese	8,081		
2003 — Edwin Billot, McNeese	7,259		
2004 — Edwin Billot, McNeese	7,415		
2005 — Jesse Smith, Sam Houston	6,897		
2006 — Bryan Wolfe, UTSA	6,887		
2007 — Brandon Buteaux, UTSA	7,148		
2008 — Tommy Wolfe, UTSA	7,395		
2009 — Cory Roberts, Southeastern	7,451		
2010 — Cory Roberts, Southeastern	7,293		
2011 — Romain Martin, UT-Arlington	7,556		
2012 — Romain Martin, UT-Arlington	7,426		
2013 — Matthew Johnson, Sam Houston	7,496		
2014 — Cody Rhodes, Stephen F. Austin	6,878		
2015 — Cody Rhodes, Stephen F. Austin	7,061		
2016 — Tyler Adams, Sam Houston	7,259		
2017 — Hunter Key, Stephen F. Austin	7,017		
2018 — Brian Donna, Southeastern	7,006		
2019 — Rodney Littlejohn, UIW	7,248		
2020 — N/A Due to COVID-19			

Southland Conference Men's Championship Records

Running Events

100-Meter Dash.....	9.94.....	Ismael Kone, New Orleans, 2022
200-Meter Dash.....	20.20.....	Ibrahim Fuseini, East Texas A&M, 2025
400-Meter Dash.....	44.88.....	Leonard Byrd, UTSA, 1996
800-Meter Run.....	1:48.60.....	Johnny Walker, North Texas, 1983
1,500-Meter Run.....	3:42.90.....	Pat O'Callaghan, McNeese, 1977
3,000-Meter Steeplechase.....	8:46.65.....	Frank Montebello, Lamar, 1982
5,000-Meter Run.....	14:05.80.....	David Rooney, McNeese, 2012
10,000-Meter Run.....	29:50.83.....	David Rooney, McNeese, 2013
110-Meter Hurdles.....	13.66.....	Sansiski Daniels, UT-Arlington, 1984
400-Meter Hurdles.....	49.23.....	Leonardo Ledgister, Texas A&M-Corpus Christi, 2021
400-Meter Relay.....	39.38.....	East Texas A&M, 2025
.....	Oguz Uar, Enoch Fosuhene, Armani Modeste, Ibrahim Fuseini
1,600-Meter Relay.....	3:04.60.....	UT-Arlington, 1989
.....	Joel McCray, Ron Hancock, McClinton Neal, Joseph Sainah

Field Events

High Jump.....	7-08.50.....	Charles Austin, Texas State, 1990
Pole Vault.....	18-09.25.....	Branson Ellis, Stephen F. Austin, 2021
Long Jump.....	26-11.25.....	Brian Cooper, McNeese, 1987
Triple Jump.....	54-02.50.....	Kenta Bell, Northwestern State, 1999
Shot Put.....	65-04.25.....	John Campbell, Louisiana Tech, 1985
Discus.....	205-11.00.....	Djimon Gumbs, Northwestern State, 2023
Hammer.....	228-04.00.....	Alex Young, Southeastern, 2017
Javelin.....	261-03.00.....	Latrell Frederick, Northwestern State, 2003

Decathlon

Total Points.....	8,081.....	Kristian Rahnu, McNeese, 2002
100-Meter Dash.....	10.48.....	Kristian Rahnu, McNeese, 2002
Long Jump.....	24-03.00.....	Kristian Rahnu, McNeese, 2002
Shot Put.....	54-04.75.....	Kristian Rahnu, McNeese, 2002
High Jump.....	6-11.75.....	Steven Ortiz, UTSA, 2001
400-Meter Dash.....	48.03.....	Isaiah Hudgens, UIW, 2023
110-Meter Hurdles.....	14.26.....	Isaiah Hudgens, UIW, 2022
Discus.....	165-01.00.....	Kristian Rahnu, McNeese, 2002
Pole Vault.....	17-06.00.....	Shane Stewart, Sam Houston, 1999
Javelin.....	209-08.00.....	Chris Sitka, Sam Houston, 2000
1,500-Meter Run.....	4:25.76.....	Justin Nichols, UT-Arlington, 2000

Team Totals

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

Men's Southland Championship Repeat Winners

Four-Time Winners

Errol Byles, UT-Arlington, 1994, 95, 96, 97400 Meter Hurdles
 Leonard Byrd, UTSA, 1994, 95, 96, 97 400 Meter Dash
 Breaux Greer, ULM, 1995, 97, 98, 99Javelin
 Max Harding, Abilene Christian, 1968, 69, 70, 71Javelin
 Thomas Hill, Arkansas State, 1968, 69, 70, 72 120 Yard Hurdles
 Doug Hinds, Lamar, 1978, 79, 80, 82 400 Meter Dash
 McClinton Neal, UT-Arlington, 1988, 89, 90, 91 110, 400 Meter Hurdles
 Nat Sowell, ULM, 1993, 94, 95, 96 Long Jump
 Slavko Stevic, Southeastern, 2021, 22, 23, 24High Jump

Three-Time Winners

Randy Arias, Texas State, 2000, 01, 03 10,000 Meter
 Issa Banna, Northwestern State, 2002, 03, 04 Shot Put
 Earl Bell, Arkansas State, 1975, 76, 77Pole Vault
 Larry Brooks, UTSA, 2004, 06, 07 800 Meter Run
 Cass Brown-Stewart, Stephen F. Austin, 2012, 13, 14 400 Meter Dash
 LaMark Carter, Northwestern State, 1991, 92, 93 Triple Jump
 Elston Cawley, UT-Arlington, 96, 97, 2000 100 Meter Dash
 Jackie Colbert, Lamar, 1969, 70, 71 220 Yard Dash
 Vincent Coleman, Louisiana Tech, 1986, 87, 88 200 Meter Dash
 Roger Colglazier, Abilene Christian, 1969, 70, 71 400 Yrd Dash
 Chris Cralle, Sam Houston, 2008, 09, 11 Hammer Throw
 Sansiski Daniels, UT-Arlington, 1984, 85, 86 110 Meter Hurdles
 Don Davis, Lamar, 1975, 76, 77Discus
 Lane Dennis, Sam Houston, 2007, 08, 09400 Meter Hurdles
 Monroe Ford, Louisiana Tech, 1975, 76, 78 110 Meter Hurdles
 Latrell Frederick, Northwestern State, 2000, 01, 03Javelin
 Chris Gonzales, Sam Houston, 1995, 97, 98 Shot Put
 Djimon Gumbs, Northwestern State, 2022, 23, 24 Shot Put
 Derek Hampton, Southeastern, 2013, 14, 15Javelin
 Scott Hennig, Texas State, 1989, 91, 92Pole Vault
 Chris Jefferson, Sam Houston, 2017, 18, 19 200 Meter Dash
 Sam Johnson, Texas State, 2002, 03, 04Discus
 Jeff Lansdale, Arkansas State, 1965, 66, 67Javelin
 Russell Mangum, ULM, 1985, 86, 87 1,500 Meter Run
 Nick McCloud, Stephen F. Austin, 2010, 11, 13 110 Meter Hurdles
 Gordon McKee, Texas State, 1988, 89, 90 Long Jump
 Jonah Ngeny, North Texas, 1986, 87, 885,000 Meter Run
 Pat O'Callaghan, McNeese, 1974, 75, 76Three Mile, 5,000 Meter Run
 Harold Porter, La.-Lafayette, 1972, 73, 75 100 Yard Dash, 200 Yard Dash
 Steve Rice, Lamar, 1971, 72, 74Discus
 Gilbert Smith, UT-Arlington, 1980, 81, 82 Long Jump
 Steve Stubblefield, Arkansas State, 1981, 82, 84 Pole Vault
 Brian Veal, Texas State, 2003, 04, 05 Triple Jump

Two-Time Winners

Lance Adams, UT-Arlington, 1969, 70440 Yard Hurdles
 Tyler Adams, Sam Houston, 2015, 19High Jump
 Matt Adkisson, Sam Houston, 2006, 07 Pole Vault
 Craig Andrus, McNeese, 1983, 84Javelin
 Felipe Apablaza, Northwestern State, 1998, 99High Jump
 Jon Arthur, Stephen F. Austin, 2011, 13 Shot Put
 Charles Austin, Texas State, 1989, 90High Jump
 Phillip Baar, Texas A&M-Corpus Christi, 2014, 163,000MeterSteeplechase
 Ronnie Bamburg, Louisiana Tech, 1972, 74Javelin
 Edgar Baumann, Texas State, 1993, 94Javelin
 Terence Beach, UT-Arlington, 1991, 94 800 Meter Run
 Terrance Bean, Northwestern State, 1995, 96High Jump
 Kenta Bell, Northwestern State, 1998, 99 Triple Jump
 Edwin Billot, McNeese, 2003, 04Decathlon
 De'Quad Binder, Sam Houston, 2013, 14 800 Meter Run
 Barry Boecher, Lamar, 1964, 653,000Meter Steeplechase, Two Mile Run
 Devon Bond, UTSA, 2010, 11 Triple Jump
 Scott Boon, HBU, 2021, 22Decathlon

Doug Boone, Lamar, 1967, 68Three Mile Run
 Clinton Bufuku, UT-Arlington, 1994, 95 100, 200 Meter Dash
 Pedro Caceres, Lamar, 1983, 84 1,500 Meter Run
 Idilio Campos, UT-Arlington, 2008, 09 800 Meter Run
 Quinchun Carey, UT-Arlington, 2005, 08 Long Jump
 Chris Carter, Southeastern, 2005, 06Javelin
 Steve Cate, Louisiana Tech, 1984, 86 Shot Put, Discus
 Elston Cawley, UT-Arlington, 1997, 2000 200 Meter Dash
 Charles Christmas, Abilene Christian, 1965, 66 .880 Yard Run, Mile Run
 Ryan Cleary, Abilene Christian, 2018, 19 3,000 Meter Steeplechase
 Isiah Clements, UT-Arlington, 2009, 12High Jump
 Jared Connaughton, UT-Arlington, 2006, 07 200 Meter Dash
 Michael Coleman, Lamar, 1979, 82 Triple Jump
 Jamal Collier, Texas State, 2003, 04400 Meter Hurdles
 Brian Cooper, McNeese, 1986, 87 100 Meter Dash
 John Cordes, Sam Houston, 1997, 99Decathlon
 Garrett Cortez, UIW, 2018, 19 1,500 Meter Run
 Michael Courtney, Sam Houston, 2007, 08 400 Meter Dash
 Christopher Daniels, UIW, 2024, 25 3000m Steeplechase
 Lance Davenport, Texas State, 1989, 90Discus
 Rickey DeWees, Arkansas State, 1977, 79High Jump
 Derrick Dixon, Stephen F. Austin, 1989, 90 Triple Jump
 Benjamin Drew, HBU, 2021, 22 3,000 Meter Steeplechase
 Branson Ellis, Stephen F. Austin 2019, 21 Pole Vault
 Kevin Ellis, Stephen F. Austin, 1994, 96 110 Meter Hurdles
 Thomas Eriksson, Lamar, 1984, 85 High Jump, Triple Jump
 Andre Ester, ULM, 1986, 87 Long Jump
 David Estes, ULM, 1999, 2000 Shot Put, Discus
 Geoff Fairbanks, Texas State, 2000, 03 Pole Vault
 Cody Fillinich, Northwestern State, 2007, 09Javelin
 Monroe Ford, Louisiana Tech, 1975, 76 120 Yard Hurdles
 Ibrahim Fuseini, East Texas A&M, 2024, 2025 ... 100m Dash, 200m Dash
 Cornell Garrett, Louisiana Tech, 1980, 81 200 Meter Dash
 Clyde Glosson, Trinity, 1966, 68 100, 220 Yard Dash
 Sean Goetsch, UTSA, 1995, 96 800 Meter Run
 Brian Gower, UT-Arlington, 1981, 82 Shot Put
 Bob Gray, Arkansas State, 1970, 71 3,000 Meter Steeplechase
 Cordero Gray, UT-Arlington, 2009, 11 100 Meter Dash
 DeeWayne Gray, UT-Arlington, 1968, 70 Long Jump
 Lyle Guillory, ULM, 1990, 91Javelin
 Diamonate Gumbs, Northwestern State, 2023, 24Discus
 Darrell Hadden, Texas State, 1988, 89 200, 400 Meter Dash
 Clint Harris, Stephen F. Austin, 2011, 12Discus
 Jackie Harris, Lamar, 1983, 84 400 Meter Dash
 Gale Harrison, Abilene Christian, 1964, 65 220 Yard Dash
 David Hartman, UTSA, 1995, 96 5,000, 10,000 Meter Run
 Darryl Hayes, Sam Houston, 2009, 11 400 Meter Dash, Mile Run
 Keyunta Hayes, UTSA, 2011, 12400 Meter Hurdles
 Wade Hayes, UT-Arlington, 2008, 09 Pole Vault
 Roger Henderson, Louisiana Tech, 1978, 79 Shot Put
 Joshua Hernandez, Sam Houston, 2018, 19 Hammer Throw
 Gary Hobson, Abilene Christian, 1966, 68 Pole Vault
 Junior Holmes, Lamar, 1978, 79 100, 200 Meter Dash
 T.J. Humphreys, Arkansas State, 1975, 76 Shot Put
 Chris Jefferson, Sam Houston, 2017, 19 100 Meter Dash
 Carl Johnson, UTSA, 2002, 04 110 Meter Hurdles
 Linwood Johnson, ULM, 1995, 96 Pole Vault
 Al Joyner, Arkansas State, 1981, 83 Triple Jump
 Ken Justice, UT-Arlington, 1979, 80Discus
 Kalphys Kemboi, Southeastern, 2007, 08 3,000 Meter Steeplechase
 Devin King, Southeastern, 2016, 17 Pole Vault
 Dennis Kipngeno, A&M-Corpus Christi, 2022, 23 5,000M, 10,000M
 Samuel Kosgei, Lamar, 2009, 105,000 Meter Run
 Eric Lancellin, Northwestern State, 1991, 93High Jump
 Micah Larkins, Northwestern State, 2016, 18 100 Meter Dash

Men's Southland Championship Repeat Winners

Martin Lawson, Louisiana, 1979, 82.....	110 Meter Hurdles	Paul Todd, Stephen F. Austin, 2000, 04.....	High Jump
1981, 82.....		Kevin Toth, McNeese, 1990, 91.....	Shot Put
Mark LeDoux, Lamar, 1999, 2000.....	400 Meter Hurdles	Raheem Travis, Texas State, 2002, 03.....	400 Meter Dash
Mike Linden, Lamar, 1970, 71.....	Triple Jump	Sam Vidrine, McNeese, 2010, 11.....	Javelin
Kenny Link, Abilene Christian, 1969, 70.....	Three Mile Run	Justin Walker, Northwestern State, 2013, 14.....	100 Meter Dash
Hunter Longino, McNeese, 2023, 24.....	Javelin	2010, 14.....	
John Lopez, Abilene Christian, 1969, 70.....	Mile Run	Wayne Walton, Abilene Christian, 1969, 70.....	Discus
Allen Lowes, UT-Arlington, 1978, 79.....	Javelin	Curtis Washington, Louisiana, 1981, 82.....	800 Meter Run
Fredrick Makk, Texas State, 1995, 96.....	Discus	Terrell Webb, Southeastern, 2023, 24.....	Hammer Throw
Romain Martin, UT-Arlington, 2011, 12.....	Decathlon	Chris Welch, HBU, 2019, 21.....	Triple Jump
Steve Martin, Abilene Christian, 1972, 73.....	Shot Put	Rick Werline, ULM, 1991, 92.....	Discus
Charles Mathenge, Stephen F. Austin, 2015, 16.....	10,000 Meter Run	Austin Wighamman, Texas State, 1998, 2000.....	110 Meter Hurdles
Noel McCarron, McNeese, 1977, 78.....	5,000 Meter Run	Emmanuel Williams, Northwestern State, 2015, 16.....	Long Jump
Joel McCray, UT-Arlington, 1990, 92.....	400 Meter Dash	Gerald Williams, Lamar, 1966, 67.....	Long, Triple Jump
Jon McDowell, UT-Arlington, 2006, 07.....	110 Meter Hurdles	Marcell Williams, Stephen F. Austin, 1998, 99.....	Long Jump
Tom McGrath, McNeese, 1989, 91.....	5,000 Meter Run	Teddy Williams, UTSA, 2008, 10.....	100 Meter Dash
Kenneth McKinley, Stephen F. Austin, 2005, 07.....	Shot Put	Teremine White, Southeastern, 2006, 08.....	Discus
Robert Melin, Texas State, 2006, 07.....	Hammer Throw	Alex Young, Southeastern, 2015, 17.....	Shot Put
Robert Messer, McNeese, 1973, 74.....	880 Yard Run	David Young, Arkansas State, 1966, 67.....	Shot Put
Bruce Metcalf, Arkansas State, 1977, 78.....	800 Meter Run		
Jeff Milliron, Southeastern, 2013, 14.....	Discus		
Keevan Mills, Texas State, 1992, 93.....	110 Meter Hurdles		
Joc Mitchell, UT-Arlington, 1999, 2001.....	Pole Vault		
Frank Montebello, Lamar, 1980, 82.....	3,000 Meter Steeplechase		
Eric Moore, Central Arkansas, 2016, 18.....	High Jump		
Jeffrey Moore, Sam Houston, 2016, 17.....	800 Meter, 1,500 Meter Run		
Kemuel Morales, Texas State, 2006, 09.....	Shot Put		
Reuben Najau, ULM, 1993, 94.....	3,000 Meter Steeplechase		
Michael Nicholls, New Orleans, 2016, 17.....	110 Meter Hurdles		
Pat O'Callaghan, McNeese, 1976, 77.....	3,000 Meter Steeplechase		
Roger Orell, Abilene Christian, 1964, 65.....	Shot Put, Discus		
Mitch Ownbey, Stephen F. Austin, 2009, 10.....	10,000 Meter Run		
James Parman, ULM, 1985, 87.....	Discus		
David Parsons, Abilene Christian, 1967, 68.....	Discus		
Jamal Peden, Stephen F. Austin, 2012, 14.....	Long Jump		
Kenneth Peterson, ULM, 1987, 88.....	Javelin		
Ben Ploetz, Texas State, 1996, 98.....	Decathlon		
Kristian Rahn, McNeese, 2001, 02.....	Decathlon		
Adrian Ray, Sam Houston, 2003, 05.....	110 Meter Hurdles		
Cody Rhodes, Stephen F. Austin, 2014, 15.....	Decathlon		
Cory Roberts, Southeastern, 2009, 10.....	Decathlon		
Eddie Robinson, Lamar, 1979, 80.....	400 Meter Hurdles		
David Rooney, McNeese, 2012, 13.....	5,000, 10,000 Meter Run		
Colton Ross, Stephen F. Austin, 2011, 14.....	Pole Vault		
Joseph Sainah, UT-Arlington, 1989, 90.....	800 Meter Run		
Adam Saloom, Stephen F. Austin, 2011, 13..	3,000 Meter Steeplechase		
Kai Schmidt, Abilene Christian, 2018, 19.....	Shot Put		
Scott Shaffer, Arkansas State, 1983, 87.....	Pole Vault		
Doug Shouse, Arkansas State, 1982, 83.....	High Jump		
Kevin Smelley, Nicholls, 1998, 99.....	10,000 Meter Run		
Wesley Smith, Louisiana Tech, 1974, 75.....	Long Jump		
Shadrack Songok, Texas A&M-Corpus Christi, 2007, 08	1,500 Meter Run		
Nat Sowell, ULM, 1995, 96.....	Triple Jump		
Jerald Spencer, Arkansas State, 1965, 67.....	High Jump		
Sam Stabler, Lamar, 2014, 15.....	1,500, 5,000 Meter Run		
Daniel Stagg, Lamar, 1977, 78.....	400 Meter Hurdles		
Stephen Starring, McNeese, 1981, 83.....	110 Meter Hurdles		
Chris Stewart, Sam Houston, 2001, 03.....	200 Meter Dash		
Shane Stewart, Sam Houston, 1997, 98.....	Pole Vault		
Steve Stubblefield, Arkansas State, 1981, 82.....	Pole Vault		
Ricky Stubbs, Louisiana Tech, 1973, 74.....	120, 440 Yard Hurdles		
Josh Taylor, Stephen F. Austin, 2014, 15.....	400 Meter Hurdles		
Ken Terrell, Lamar, 1969, 70.....	Shot Put		
Escoffrey Thomas, UT-Arlington, 1997, 98.....	800 Meter Run		
Mike Thompson, Stephen F. Austin, 2003, 04	3,000 Meter Steeplechase		
George Thornton, Louisiana Tech, 1972, 73.....	High Jump		

Multi-Event Men's Winners in Same Year

Three-Time Winners

Tyler Adams, Sam Houston, 2019

High Jump/110 Meter Hurdles/Javelin

Troy Amboree, Lamar, 1984

100 Meter Dash/200 Meter Dash/Long Jump

Charles Christmas, Abilene Christian, 1966

880 Yards Run/One Mile Run/Two Mile Run

Jerry Dyes, Abilene Christian, 1964

Long Jump/Triple Jump/Javelin

Thomas Eriksson, Lamar, 1985

High Jump/Long Jump/Triple Jump

Nathan Flores, Stephen F. Austin, 2002

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

Monroe Ford, Louisiana Tech, 1976

120 Yard Hurdles/High Jump/Long Jump

David Hartman, UTSA, 1996

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

Rodney Littlejohn, UIW, 2019

100 Meter Dash/400 Meter Dash/Long Jump

Keevan Mills, Texas State, 1993

100 Meter Dash/200 Meter Dash/110 Meter Hurdles

Trevor Murray, ULM, 1990

1,500 Meter Run/3,000 Meter Steeplechase/10,000 Meter Run

Adonson Shallow, Southeastern, 2010

Shot Put/Discus/Hammer Throw

Raul Villarreal, Sam Houston, 2005

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

Men's All-Time Top-Five Performances

100 Meter Dash

9.92 — J.T. Smith, TAMUC, 2023
 9.93 — Teddy Williams, UTSA, 2009
 9.94 — Ismael Kone, UNO, 2022
 9.96 — Bryan Henderson, SHSU, 2021
 10.02 — Micah Larkins, NSU, 2018

200 Meter Dash

20.09 — Ibrahim Fuseini, EATMU, 2025
 20.14 — Delan Edwin, TAMUC, 2023
 20.14 — Ed Preston, ASU, 1976
 20.21 — Brian Cooper, MCN, 1987
 20.22 — Vincent Coleman, LTU, 1986

400 Meter Dash

44.88 — Leonard Byrd, UTSA, 1996
 45.08 — Leonard Byrd, UTSA, 1996
 45.18 — Johnathon Sawyer, SLU, 2021
 45.24 — Darrell Hadden, TXST, 1988
 45.24 — Leonard Byrd, UTSA, 1995

800 Meter Run

1:47.03 — Edouard Lecrivain, HCU, 2025
 1:47.22 — Johnny Walker, NTU, 1983
 1:47.40 — Jeffrey Moore, SHSU, 2017
 1:47.54 — Carlos Ward, LU, 1986
 1:47.85 — Joseph Sainah, UTA, 1989

1,500 Meter Run

3:40.89 — Francis Kasagule, LU, 2010
 3:41.94 — Edouard Lecrivain, HCU, 2025
 3:42.18 — Sam Stabler, LU, 2014
 3:42.72 — Sam Stabler, LU, 2015
 3:43.14 — Pat O'Callaghan, MCN, 1977

3,000 Meter Steeplechase

8:38.37 — Rafael Colmenares, LU, 1986
 8:39.22 — Joonas Harjamaki, LU, 2010
 8:41.87 — Frank Montebello, LU, 1980
 8:43.26 — Tom Wade, LU, 2012
 8:44.56 — Ryan Cleary, ACU, 2019

5,000 Meter Run

13:30.50 — Sam Stabler, LU, 2015
 13:35.75 — Samuel Kosgei, LU, 2010
 13:44.82 — Freddy Richardson, LU, 2025
 13:46.30 — Shadrock Songok, AMCC, 2007
 13:49.14 — Griffin Neal, UIW, 2024

10,000 Meter Run

28:16.47 — Shadrock Songok, AMCC, 2007
 28:32.62 — Samuel Kosgei, LU, 2010
 28:37.88 — Elkana Kipruto, SFA, 2025
 28:45.24 — Samuel Kosgei, LU, 2009
 28:46.69 — Shadrock Songok, AMCC, 2008

110 Meter Hurdles

13.44 — Adrian Ray, SHSU, 2005
 13.44 — Thomas Hill, ASU, 1972
 13.46 — Monroe Ford, LTU, 1978
 13.47 — Sansiski Daniels, UTA, 1986
 13.56 — John Adesola, UNO, 2024

400 Meter Hurdles

48.79 — Leonardo Ledgister, AMCC, 2021
 48.99 — McClinton Neal, UTA, 1991
 49.23 — McClinton Neal, UTA, 1990
 49.66 — Martin Lawson, ULL, 1982
 49.70 — Joshua Smith, SHSU, 2021

400 Meter Relay

38.92 — Northwestern State, 2018
 39.10 — East Texas A&M, 2025
 39.11 — Sam Houston, 2019
 39.28 — Northwestern State, 2024
 39.34 — Northwestern State, 2018

1600 Meter Relay

3:01.52 — Stephen F. Austin, 2021
 3:02.65 — Lamar, 1984
 3:03.56 — Stephen F. Austin, 2016
 3:04.15 — UT Arlington, 1990
 3:04.27 — UT Arlington, 1982

High Jump

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

Pole Vault

19-00.25 — Devin King, SLU, 2018
 18-10.25 — Clayton Fritsch, SHSU, 2019
 18-09.25 — Branson Ellis, SFA, 2021
 18-08.25 — Devin King, SLU, 2016
 18-08.25 — Colton Ross, SFA, 2014
 18-07.25 — Earl Bell, ASU, 1975

Long Jump

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

Triple Jump

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

Shot Put

69-03.75 — John Campbell, LTU, 1985
 66-07.00 — Djimon Gumbs, NWST, 2024
 65-08.50 — Steve Cate, LTU, 1986
 63-08.75 — Jon Arthur, SFA, 2013
 63-04.75 — James Parman, ULM, 1987

Discus

205-11.00 — Djimon Gumbs, NWST, 2023
 198-09 — Kai Schmidt, ACU, 2019
 198-04 — Jess Grigg, LTU, 1985
 197-07 — James Parman, ULM, 1987
 196-06 — Jon Tipton, SHSU, 2009

Hammer

241-08 — Alex Young, SLU, 2017
 235-05 — Alex Young, SLU, 2017
 234-09 — Alex Young, SLU, 2017
 234-02 — Alex Young, SLU, 2017
 233-09 — Alex Young, SLU, 2017

Javelin

266-06 — Ken Peterson, ULM, 1989
 261-05 — Breaux Greer, ULM, 1998
 261-03 — Latrell Frederick, NWST, 2003
 255-04 — Gennard Paul, SLU, 2017
 255-01 — Breaux Greer, ULM, 1997

Decathlon

8,081 — Kristian Rahn, MCN, 2002
 7,977 — Romain Martin, UTA, 2012
 7,926 — Patrick Andersson, TXST, 1995
 7,922 — Drew Fucci, TXST, 1990
 7,833 — Kyle Sieracki, UIW, 2024

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

Southland NCAA All-Americans – Men

1967.....Jerald Spencer (High Jump)

Central Arkansas

2021.....Zachary Jewell (100m, 16th)

ULM

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

Oral Roberts

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

Sam Houston

2021.....Clayton Fritsch (Pole Vault, 4th)
Joshua Smith (400m Hurdles, 13th)
Bryan Henderson (100m, 15th)
 2019.....Eric Callaway (400m Relay, 21st)
Bryan Henderson (400m Relay, 21st)
Jo'vaughn Martin (400m Relay, 21st)
AJ Tisdell (400m Relay, 21st)
Clayton Fritsch (Pole Vault, 3rd)
 2018.....Lawrence Coleman (400m Relay, 15th)
Chris Jefferson (400m Relay, 15th)
Fabian McCall (400m Relay, 15th)
AJ Tisdell (400m Relay, 15th)
 2017.....Jeffrey Moore (800m, 10th)
Joshua Hernandez (Hammer Throw, 14th)
 2015.....Matthew Viverette (110 Meter Hurdles, 14th)
 2011.....Chris Cralle (Hammer Throw, 7th)
Matt Johnson (Decathlon, 14th)
Morrie Turner (Long Jump, 15th)

UT-Arlington

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

.....Markus Lindahl (400m Relay)
Cristin Wuthrich (400m Relay)
 1995.....Clinton Bufuku (100 Meter Dash, 5th)
 1991.....McClinton Neal (400 Meter Hurdles)
Ron Hancock (200 Meter Dash)
 1990.....McClinton Neal (400 Meter Hurdles)
Joseph Sainah (800 Meter Run)
 1989.....McClinton Neal (400m Hurdles, 1600m Relay)
Joseph Sainah (1600m Relay)
Joel McCray (1600m Relay)
Ron Hancock (1600m Relay)
 1988.....Ronald Johnson (Triple Jump)
 1986.....Sansiki Daniels (110m Hurdles)
 1982.....Gilbert Smith (Long Jump)
 1981.....Gilbert Smith (Long Jump)
 1980.....Gilbert Smith (Long Jump)

UTSA

2012.....Keyunta Hayes (400m Hurdles, 4th)
Richard Garrett (Shot Put, 11th)
 2011.....Devon Bond (Triple Jump, 16th)
Richard Garrett (Shot Put, 14th)
 2010.....Devon Bond (Triple Jump, 5th)
Teddy Williams (100 Meter Dash, 9th)
 2008.....Teddy Williams (100 Meter Dash, 7th)
 2007.....Larry Brooks (800 Meter Run, 8th)
 2004.....Justin Youngblood (Decathlon, 7th)
 2002.....Justin Youngblood (Decathlon, 7th)
 1997.....Leonard Byrd (400 Meter Run)
 1995.....Leonard Byrd (400 Meter Run)
 1994.....Leonard Byrd (400 Meter Run)

Texas State

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

NCAA Men's Champions

.....Robert Thompson (1600m Relay)	
10,000 Meter	
2007 — Shadrack Songok, Texas A&M-Corpus Christi.....	28:55.83
2008 — Shadrack Songok, Texas A&M-Corpus Christi.....	28:46.69
400 Meter Intermediate Hurdles	
1990 — McClinton Neal, UT-Arlington	49.23
400 Meter Relay	
1981 — Northwestern State*.....	39.32
.....(Victor Oatis, Joe Delaney, Mario Johnson, Mark Duper)	
High Jump	
1985 — Thomas Eriksson, Lamar.....	7-7.25
1990 — Charles Austin, Texas State.....	7-7.75
Pole Vault	
1974 — Earl Bell, Arkansas State.....	18-1.00
1975 — Earl Bell, Arkansas State.....	18-1.25
1976 — Earl Bell, Arkansas State.....	17-6.00
1979 — Paul Pilla, Arkansas State.....	17-4.25
1986 — Jeff Pasco, Arkansas State.....	18-0.50
2021 — Branson Ellis, Stephen F. Austin.....	18-8.25
Shot Put	
1985 — John Campbell, Louisiana Tech	69-3.75
Javelin	
1988 — Kenneth Petersen, ULM.....	251-2.00
Hammer Throw**	
1989 — Christoph Koch, ULM.....	233-2.00
1999 — Andras Haklits, ULM.....	243-1.00
Decathlon	
1990 — Drew Fucci, Texas State.....	7,922

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

**not a Southland event at that time

Women's Year-by-Year Team Champions

1986..... ULM
 1987..... ULM
 1988..... ULM
 1989..... ULM
 1990..... Texas State
 1991..... UT-Arlington
 1992..... UTSA
 1993..... UTSA
 1994..... UTSA
 1995..... UT-Arlington
 1996..... UTSA
 1997..... UTSA
 1998..... UT-Arlington
 1999..... UT-Arlington
 2000..... UT-Arlington
 2001..... UT-Arlington
 2002..... Texas State
 2003..... Stephen F. Austin
 2004..... Texas State
 2005..... Sam Houston
 2006..... Sam Houston
 2007..... Texas State
 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..... Stephen F. Austin
 2018..... Sam Houston
 2019..... Stephen F. Austin
 2020..... N/A Due to COVID-19
 2021..... Stephen F. Austin
 2022..... McNeese
 2023..... Lamar
 2024..... Northwestern State
 2025..... Northwestern State

Women's Team Championships

Stephen F. Austin.....10
 Northwestern State.....2
 Lamar.....1
 McNeese.....1
 Sam Houston*.....6
 UT-Arlington*.....6
 UTSA*.....5
 Texas State*.....4
 ULM*.....4
 *Former Southland Member

Individual Champions

Northwestern State.....82
 Stephen F. Austin.....73
 McNeese.....56
 Lamar.....39
 Texas A&M-Corpus Christi.....21
 UIW.....18
 Southeastern.....16
 Nicholls.....11
 HBU/HCU.....9
 New Orleans.....5
 East Texas A&M.....2
 UT-Arlington*.....92
 Texas State*.....84
 ULM*.....58
 UTSA*.....57
 Sam Houston*.....51
 Abilene Christian*.....10
 North Texas*.....9
 Central Arkansas*.....8
 Arkansas State*.....4
 Louisiana*.....2
 Oral Roberts*.....2
 *Former Southland Member

Women's Postseason Honors

Athlete of the Year

1986-93None selected
1994 Inez Turner, Texas State
1995 Angela Nelson, UT-Arlington
 Inez Turner, Texas State
1996 Tameka Roberts, UTSA
1997 Tameka Roberts, UTSA
1998 Brigitte Foster, Texas State
1999 Jennifer Hoppe, Stephen F. Austin
2000 Sita Waru, McNeese
2001 Sita Waru, McNeese
2002 LaJuana Lovett, Texas State
2003 LaJuana Lovett, Texas State
2004 LaJuana Lovett, Texas State
2005 Ryanne Dupree, UTSA
2006 Quantinette Fields, Sam Houston
2007 Ryanne Dupree, UTSA
2008 Clerc Koenck, Lamar
2009 Jasmine Walls, UT-Arlington
2010 Dana Mecke, UTSA
2011 Trecey Rew, Northwestern State
2012 Mariah Georgetown, McNeese
2013 Jasmine Webb, McNeese
2014 Jasmine Webb, McNeese
2015 Demi Payne, Stephen F. Austin
2016 Alexandria Hackett, Abilene Christian
2017 De'Shalyn Jones, Northwestern State
2018 De'Shalyn Jones, Northwestern State
2019 Kayla Melgar, Abilene Christian
2020N/A Due to COVID-19
2021 Natasha Jackson, Northwestern State
2022 Kaitlin Smith, HBU
2023 Sanaria Butler, Northwestern State
2024 Morgan Talley, McNeese
2025 Samari Finney, Northwestern State

Outstanding Running Events Performer

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

2011 Amy Shackelford, Stephen F. Austin
2012 Lauren Smith, Stephen F. Austin
2013 Jasmine Webb, McNeese
2014 Jasmine Webb, McNeese
2015 Simone Johnson, McNeese
2016 Jermeka McBride, Northwestern State
2017 De'Shalyn Jones, Northwestern State
2018 De'Shalyn Jones, Northwestern State
2019 Gracie Hyde, Central Arkansas
2020N/A Due to COVID-19
2021 Natasha Jackson, Northwestern State
2022 Lynell Washington, Northwestern State
2023 Jessica Rabijs, HCU
2024 Brianna Howard, Lamar
2025 Maygan Shaw, Northwestern State

Outstanding Field Events Performer

1986None selected
1987 Rachel Barr, North Texas
1988 Pam Smith, ULM
1989 Sara Massey, UT-Arlington
1990 Velia Smith, Texas State
1991 Sara Massey, UT-Arlington
1992 Jenny Hockett, UT-Arlington
1993 Lisa Hawkins, ULM
1994 Jennifer Robeson, UT-Arlington
1995 Tameka Roberts, UTSA
1996 Eva Jonsson, UT-Arlington
1997 Eva Jonsson, UT-Arlington
1998 Sara Gruvfalt, Texas State
1999 Jennifer Hoppe, Stephen F. Austin
2000 Jacqueline Canton, Northwestern State
2001 LaJuana Lovett, Texas State
2002 Ashely Dorsey, UT-Arlington
2003 Stephanie Sowell, Northwestern State
2004 Tiffany Bunton, Texas State
2005 Stephanie Sowell, Northwestern State
2006 Sarah Stultz, Texas State
2007 Ryanne Dupree, UTSA
2008 Kendall Bass, Sam Houston
2009 Valerie Hancock, Texas State
2010 Trecey Rew, Northwestern State
2011 Trecey Rew, Northwestern State
2012 Ashlee Smith, McNeese
2013 Janae Allen, Northwestern State
2014 La'Tricia Griffin, Stephen F. Austin
2015 Demi Payne, Stephen F. Austin
2016 Sarea Alexander, UIW
2017 Tristyn Allen, Sam Houston
2018 Tristyn Allen, Sam Houston
2019 Sarea Alexander, UIW
2020N/A Due to COVID-19
2021 Annina Brandenburg, Abilene Christian
2022 Kristian Jackson, Southeastern
2023 Parl Eelma, Lamar
2024 Morgan Talley, McNeese
2025 Raven-Symone Jarrett, Northwestern State

Freshman of the Year

1986-2006 None Selected
2007 Jessica Fisher, Sam Houston
2008 Kassandra Son, A&M-Corpus Christi
2009 Stephanie Ganter, Stephen F. Austin
2010 Shannon Reynolds, UT-Arlington
2011 Ernestine Cray, Texas A&M-Corpus Christi
2012 Shahira Ehiemua, UTSA

Women's Postseason Honors

2013.....	Brooke Cassar, Central Arkansas
2014.....	Olivia Olguin, Sam Houston
2015.....	Evelyn Chavez, Lamar
2016.....	Dominique Allen, UIW
2017.....	Baylee Lara, Sam Houston
2018.....	Migle Muraskaite, Lamar
2019.....	Gracie Hyde, Central Arkansas
2020.....	N/A Due to COVID-19
2021.....	Nissi Kabongo, Stephen F. Austin
2022.....	Maygan Shaw, Northwestern State
2023.....	Vanessa Balde, Northwestern State
2024.....	Onyah Favour, Southeastern
2025.....	Elizabeth Khatevi, A&M-Corpus Christi

Newcomer of the Year

1986-2006.....	None Selected
2007.....	Abby Ruston, Texas State
2008.....	Anne Ronoh, A&M-Corpus Christi
2009.....	Asiya Iskakova, Texas State
2010.....	Jerono Patrober, UT-Arlington
2011.....	Lindsey Putman, UT-Arlington
2012.....	Maria Sandstrom, UT-Arlington
2013.....	Jasmine Webb, McNeese
2014.....	Leigh Lattimore, Lamar
2015.....	Demi Payne, Stephen F. Austin
2016.....	Hannah McWilliams, Texas A&M-Corpus Christi
2017.....	Tamara Style, Northwestern State
2018.....	Allyson Girard, Texas A&M-Corpus Christi
2019.....	Madison Pecot, Stephen F. Austin
2020.....	N/A Due to COVID-19
2021.....	Mathilde Coquillard-Salomon, Stephen F. Austin
2022.....	Abby Gray, UIW
2023.....	Rebecca DeKay, New Orleans
2024.....	Jeny Narcenas, McNeese
2025.....	Basia Mitchell, Stephen F. Austin

Individual High-Point Scorer

1986.....	None selected
1987.....	Becky Brooke, Lamar, 30 points
.....	Pam Smith, ULM, 30 points
1988.....	Sherry Anderson, North Texas, 28 points
1989.....	Angela Black, ULM, 32.5 points
1990.....	Angela Black, ULM, 41 points
1991.....	Sara Massey, UT-Arlington, 52 points
1992.....	Joanne Kinnard, UTSA, 30 points
1993.....	Jenny Hockett, UT-Arlington, 26.5 points
1994.....	Gwen Clardy, UT-Arlington, 23 points
1995.....	Angela Nelson, UT-Arlington, 30 points
1996.....	Meg Harris, UTSA, 28 points
1997.....	Tameka Roberts, UTSA, 41 points
1998.....	Brigitte Foster, Texas State, 33 points
1999.....	Jennifer Hoppe, Stephen F. Austin, 24.5 points
2000.....	Sita Waru, McNeese, 30 points
2001.....	LaJuana Lovett, Texas State, 28 points
.....	Sita Waru, McNeese, 28 points
2002.....	LaJuana Lovett, Texas State, 34 points
2003.....	LaJuana Lovett, Texas State, 28.5 points
2004.....	LaJuana Lovett, Texas State, 43 points
2005.....	Ryanne Dupree, UTSA, 25.5 points
2006.....	Camilla Davis, Texas State, 24.25 points
2007.....	Ryanne Dupree, UTSA, 39.5 points

2008.....	Jasmine Walls, UT-Arlington, 22.75 points
2009.....	Kassandra Son, A&M-Corpus Christi, 29.5 points
2010.....	Trecey Rew, Northwestern State, 26 points
2011.....	Trecey Rew, Northwestern State, 26 points
2012.....	Lauren Smith, Stephen F. Austin, 20 points
2013.....	Jasmine Webb, McNeese, 30 points
.....	Brarysheya Simpson, Stephen F. Austin, 30 points
2014.....	Jasmine Webb, McNeese, 20.5 points
.....	Lygia Foreman, Sam Houston, 20.5 points
2015.....	Simone Johnson, McNeese, 27.5 points
2016.....	Danielle Demas, Sam Houston, 22 points
2017.....	De'Shalyn Jones, Northwestern State, 27.5 points
2018.....	De'Shalyn Jones, Northwestern State, 25 points
2019.....	Kayla Melgar, Abilene Christian, 26 points
2020.....	N/A Due to COVID-19
2021.....	Annina Brandenburg, Abilene Christian, 28 points
2022.....	Kaitlin Smith, HBU, 37 points
2023.....	Sanaria Butler, Northwestern State, 30.5 points
2024.....	Morgan Talley, McNeese, 36 points
2025.....	Elizabeth Khatevi, A&M-Corpus Christi, 30 points

Coach of the Year

1986.....	Dennis Groll, ULM
1987.....	Dennis Groll, ULM
1988.....	Dennis Groll, ULM
.....	Rocky Light, Texas State
1989.....	Dennis Groll, ULM
1990.....	Jerry Clayton, Texas State
1991.....	Monte Stratton, UT-Arlington
1992.....	Shawn Flanagan, UTSA
1993.....	Shawn Flanagan, UTSA
1994.....	Shawn Flanagan, UTSA
1995.....	Monte Stratton, UT-Arlington
1996.....	Shawn Flanagan, UTSA
1997.....	Macks Dillon, UTSA
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.....	Phil Olson, Stephen F. Austin
2004.....	Galina Bukharina, Texas State
2005.....	Curtis Collier, Sam Houston
2006.....	Curtis Collier, Sam Houston
2007.....	Galina Bukharina, Texas State
2008.....	Curtis Collier, 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.....	David Self, Sam Houston
2015.....	Phil Olson, Stephen F. Austin
2016.....	David Self, Sam Houston
2017.....	Phil Olson, Stephen F. Austin
2018.....	David Self, Sam Houston
2019.....	Phil Olson, Stephen F. Austin
2020.....	N/A Due to COVID-19
2021.....	Phil Olson, Stephen F. Austin
2022.....	Brendon Gilroy, McNeese
2023.....	Trey Clark, Lamar
2024.....	Mike Heimerman, Northwestern State
2025.....	Mike Heimerman, Northwestern State

Women's Year-by-Year Team Championship Standings

1986 — Arlington, Texas		1992 — Arlington, Texas		1997 — Huntsville, Texas	
ULM	187.0	UTSA.....	174.0	UTSA.....	166.0
Lamar	100.0	UT-Arlington.....	111.0	UT-Arlington.....	152.0
UT-Arlington.....	91.0	Texas State	108.0	Northwestern State	112.0
Louisiana.....	56.0	ULM	83.0	ULM	102.0
Arkansas State	46.0	Northwestern State	38.0	Texas State	66.0
North Texas	28.0	North Texas	32.0	Stephen F. Austin.....	60.0
McNeese	16.0	Stephen F. Austin.....	19.0	McNeese	39.0
		McNeese	15.0	Sam Houston	39.0
		Sam Houston	9.0	Nicholls.....	2.0
		Nicholls.....	0.0		
1987 — Denton, Texas		1993 — Monroe, La.		1998 — San Marcos, Texas	
ULM	148.0	UTSA.....	168.0	UT-Arlington.....	144.0
North Texas	95.0	UT-Arlington.....	167.0	Texas State	132.0
UT-Arlington.....	95.0	Northwestern State	72.0	McNeese	127.0
Arkansas State	80.0	Texas State	70.5	Northwestern State	84.0
Lamar	47.0	ULM	67.5	ULM	72.0
Louisiana.....	45.0	Sam Houston	53.5	Stephen F. Austin.....	67.0
McNeese	17.0	McNeese	53.0	Sam Houston	56.0
		North Texas	46.0	UTSA.....	46.0
		Stephen F. Austin.....	41.0	Southeastern.....	5.0
		Nicholls.....	0.0	Nicholls.....	5.0
1988 — Natchitoches, La.		1994 — Lake Charles, La.		1999 — Nacogdoches, Texas	
ULM	147.0	UTSA.....	170.0	UT-Arlington.....	177.5
Southwest Texas	102.0	UT-Arlington.....	164.0	McNeese	117.5
Stephen F. Austin.....	93.0	Texas State	147.0	Northwestern State	108.0
UT-Arlington.....	74.0	ULM	63.0	Texas State	82.0
North Texas	54.0	McNeese	53.0	Stephen F. Austin.....	73.0
Sam Houston	29.0	Northwestern State	50.0	ULM	64.0
Northwestern State	22.0	North Texas	39.0	Sam Houston	60.5
McNeese	6.0	Stephen F. Austin.....	25.0	UTSA.....	54.5
		Sam Houston	22.0	Southeastern.....	33.0
		Nicholls.....	4.0	Nicholls.....	7.0
				Lamar	3.0
1989 — Huntsville, Texas		1995 — Denton, Texas		2000 — Natchitoches, La.	
ULM	183.0	UT-Arlington.....	179.0	UT-Arlington.....	181.5
Southwest Texas	146.0	UTSA.....	169.0	Texas State	103.0
UT-Arlington.....	97.0	Texas State	128.0	Northwestern State	97.0
Stephen F. Austin.....	50.0	ULM	87.0	McNeese	94.0
North Texas	43.0	McNeese	53.0	Stephen F. Austin.....	87.5
Sam Houston	29.0	Northwestern State	50.0	Southeastern.....	63.0
Northwestern State	27.0	Sam Houston	25.0	UTSA.....	57.0
McNeese	14.0	North Texas	21.0	Lamar	35.0
		Stephen F. Austin.....	21.0	ULM	33.0
		Nicholls.....	8.0	Sam Houston	21.0
				Nicholls.....	6.0
1990 — San Marcos, Texas		1996 — Natchitoches, La.		2001 — Arlington, Texas	
Texas State	151.0	UTSA.....	159.0	UT-Arlington.....	189.0
ULM	134.0	UT-Arlington.....	156.0	Texas State	158.5
UT-Arlington.....	77.0	ULM	130.0	McNeese	86.0
Sam Houston	60.0	Texas State	93.0	Sam Houston	70.0
Stephen F. Austin.....	59.0	Northwestern State	49.0	UTSA.....	64.0
McNeese	52.0	McNeese	43.0	ULM	63.0
North Texas	34.0	Sam Houston	41.0	Northwestern State	56.0
Northwestern State	22.0	Stephen F. Austin.....	35.0	Stephen F. Austin.....	38.5
		North Texas	30.0	Lamar	27.0
		Nicholls.....	4.0	Southeastern.....	20.0
				Nicholls.....	8.0
1991 — Nacogdoches, Texas					
UT-Arlington.....	151.0				
Texas State	120.0				
McNeese	74.0				
ULM	66.0				
North Texas	51.0				
Sam Houston	51.0				
Stephen F. Austin.....	45.0				
Northwestern State	31.0				

Women's Year-by-Year Team Championship Standings

2002 — Arlington, Texas

Texas State	169.75
UT-Arlington.....	124.5
UTSA.....	107.0
Stephen F. Austin.....	93.5
Sam Houston	71.75
Northwestern State	63.5
McNeese	55.5
ULM	50.0
Southeastern.....	22.5
Lamar	12.0
Nicholls.....	9.0

2003 — San Marcos, Texas

Stephen F. Austin.....	161.5
Texas State	126.5
UT-Arlington.....	107.5
Sam Houston	94.5
Northwestern State	80.0
ULM	68.0
Lamar	37.5
McNeese	34.0
UTSA.....	34.0
Southeastern.....	22.5
Nicholls.....	13.0

2004 — San Marcos, Texas

Texas State	195.0
Stephen F. Austin.....	125.0
Sam Houston	94.0
UT-Arlington.....	76.0
UTSA.....	62.5
ULM	56.5
McNeese	50.0
Lamar	48.0
Southeastern.....	35.0
Northwestern State	27.0
Nicholls.....	5.0

2005 — Huntsville, Texas

Sam Houston	172.5
Texas State	137.0
Stephen F. Austin.....	125.0
UTSA.....	113.0
UT-Arlington.....	73.5
Lamar	72.0
ULM	49.0
Northwestern State	46.0
Southeastern.....	19.0
McNeese	12.0
Nicholls.....	0

2006 — Arlington, Texas

Sam Houston	164.0
Texas State	135.0
Stephen F. Austin.....	101.5
UTSA.....	85.0
UT-Arlington.....	68.0
Lamar	63.0
Northwestern State	58.0
Southeastern.....	52.5
ULM	44.0
McNeese	40.0
Nicholls.....	8.0

2007 — Nacogdoches, Texas

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

2008 — Huntsville, Texas

Sam Houston	175.5
Texas State	148.5
Stephen F. Austin.....	124.83
UTSA.....	70.66
Texas A&M-Corpus Christi	69.0
Lamar	48.0
UT-Arlington.....	48.0
Southeastern.....	43.5
McNeese	39.0
Northwestern State	37.0
Nicholls.....	14.0

2009 — Nacogdoches, Texas

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

2010 — Arlington, Texas

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

2011 — Natchitoches, La.

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

2012 — San Marcos, Texas

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

2013 — Lake Charles, La.

Stephen F. Austin.....	171.0
McNeese	134.0
Sam Houston	100.0
Northwestern State	92.5
Central Arkansas.....	80.0
Southeastern.....	60.5
Oral Roberts.....	55.5
Nicholls.....	50.0
Lamar	49.5
Texas A&M-Corpus Christi	26.0

Women's Year-by-Year Team Championship Standings

2014 — Conway, Ark.		2018 — San Antonio, Texas		2023 — Commerce, Texas	
Sam Houston	176.0	Sam Houston	167.0	Lamar	155.0
Stephen F. Austin	135.5	Northwestern State	111.0	Northwestern State	145.0
Northwestern State	75.0	Stephen F. Austin	109.0	New Orleans	98.0
Central Arkansas	67.5	Abilene Christian	92.0	HCU	87.5
McNeese	67.0	UIW	78.5	Texas A&M-Commerce	79.0
Southeastern	60.0	Texas A&M-Corpus Christi	68.0	McNeese	76.0
Lamar	53.0	McNeese	52.0	UIW	67.0
UIW	34.0	Lamar	50.0	Southeastern	61.5
HBU	33.0	HBU	36.0	Texas A&M-Corpus Christi	35.0
Oral Roberts	30.0	Southeastern	31.0	Nicholls	14.0
Texas A&M-Corpus Christi	25.0	New Orleans	11.0		
Abilene Christian	22.0	Central Arkansas	4.5	2024 — Houston, Texas	
Nicholls	22.0	Nicholls	1.0	Northwestern State	182.5
New Orleans	18.0			McNeese	181.0
		2019 — Natchitoches, La.		Lamar	118.5
2015 — Hammond, La.		Stephen F. Austin	192.0	UIW	89.5
Stephen F. Austin	148.0	UIW	120.0	New Orleans	87.0
Sam Houston	143.5	Northwestern State	107.5	HCU	54.0
Northwestern State	90.0	Abilene Christian	104.0	Texas A&M-Commerce	35.5
Lamar	84.0	McNeese	55.0	Texas A&M-Corpus Christi	32.0
McNeese	82.0	Sam Houston	47.0	Southeastern	28.0
Abilene Christian	59.0	Texas A&M-Corpus Christi	47.0	Nicholls	11.0
Southeastern	48.0	Central Arkansas	40.0		
Texas A&M-Corpus Christi	45.0	Lamar	34.0	2025 — Houston, Texas	
HBU	36.0	Southeastern	29.0	Northwestern State	180.5
New Orleans	29.0	HBU	17.0	Lamar	117.5
UIW	27.50	New Orleans	14.0	UTRGV	115.0
Central Arkansas	14.0	Nicholls	9.0	Texas A&M-Corpus Christi	92.0
Nicholls	11.0			SFA	82.5
		2020 — Abilene, Texas		East Texas A&M	63.0
2016 — Corpus Christi, Texas		Cancelled Due to COVID-19		UIW	45.0
Sam Houston	147.0			Southeastern	39.0
Northwestern State	112.33	2021 — Humble, Texas		McNeese	26.0
Stephen F. Austin	104.50	Stephen F. Austin	171.0	HCU	23.5
Abilene Christian	101.0	Northwestern State	125.0	New Orleans	23.0
UIW	82.33	Abilene Christian	119.5	Nicholls	4.0
McNeese	62.83	McNeese	91.0		
Southeastern	57.0	Central Arkansas	62.0		
Lamar	56.0	UIW	50.0		
Nicholls	26.0	Southeastern	46.0		
HBU	24.0	HBU	36.0		
Texas A&M-Corpus Christi	23.0	Sam Houston	33.0		
New Orleans	16.0	New Orleans	28.0		
Central Arkansas	7.0	Texas A&M-Corpus Christi	25.5		
		Lamar	17.0		
2017 — New Orleans, La.		Nicholls	14.0		
Stephen F. Austin	166.0			2022 — Humble, Texas	
Sam Houston	164.5			McNeese	189.0
Northwestern State	133.0			UIW	159.0
Lamar	66.0			Northwestern State	124.0
McNeese	58.0			New Orleans	93.0
UIW	55.5			Texas A&M-Corpus Christi	93.0
Southeastern	47.0			HBU	84.0
Texas A&M-Corpus Christi	41.0			Southeastern	44.0
Abilene Christian	37.0			Nicholls	32.0
HBU	25.0				
Central Arkansas	21.0				
Nicholls	4.0				
New Orleans	1.0				

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

100 Meter Dash

1986 — Janice Marshall, ULM.....	w11.54
1987 — Felicia Adams, Arkansas State.....	11.94
1988 — Rosalyn Jones, Stephen F. Austin.....	11.79
1989 — Troquel Eden, ULM.....	11.63
1990 — Angela Black, ULM.....	11.87
1991 — Ginger Dickerson, Texas State.....	12.06
1992 — Marlene Garner, Northwestern State.....	11.74
1993 — Marlene Garner, Northwestern State.....	11.63
1994 — Gwen Clardy, UT-Arlington.....	11.63
1995 — Loretta Curry, ULM.....	11.57
1996 — Tameka Roberts, UTSA.....	11.32
1997 — Tameka Roberts, UTSA.....	11.46
1998 — Brigitte Foster, Texas State.....	11.54
1999 — LaQuinta Manahan, UT-Arlington.....	11.70
2000 — LaQuinta Manahan, UT-Arlington.....	11.75
2001 — LaQuinta Manahan, UT-Arlington.....	11.36
2002 — LaJuana Lovett, Texas State.....	11.35
2003 — LaJuana Lovett, Texas State.....	11.37
2004 — LaJuana Lovett, Texas State.....	11.36
2005 — Rosalind Holmes, UTSA.....	11.60
2006 — Quantinette Fields, Sam Houston.....	11.55
2007 — Jessica Fisher, Sam Houston.....	11.56
2008 — Jasmine Walls, UT-Arlington.....	11.57
2009 — Jasmine Walls, UT-Arlington.....	11.51
2010 — Jasmine Walls, UT-Arlington.....	11.56
2011 — Samantha Calhoun, Nicholls.....	11.60
2012 — Jhorden Hunter, UTSA.....	11.66
2013 — Jasmine Webb, McNeese.....	w11.36
2014 — Jasmine Webb, McNeese.....	w11.44
2015 — Simone Johnson, McNeese.....	11.55
2016 — Jermeka McBride, Northwestern State.....	w11.44
2017 — De'Shalyn Jones, Northwestern State.....	11.52
2018 — De'Shalyn Jones, Northwestern State.....	11.44
2019 — Deja Keys, UIW.....	11.86
2020 — N/A Due to COVID-19	
2021 — Taylor Tolen, Abilene Christian.....	11.34
2022 — Lynelle Washington, Northwestern State.....	11.44
2023 — Lynelle Washington, Northwestern State.....	11.45
2024 — Brianna Howard, Lamar.....	11.36
2025 — Nayla Harris, UTRGV.....	11.44

200 Meter Dash

1986 — Janice Marshall, ULM.....	w23.87
1987 — Marsha Singleton, UT-Arlington.....	w24.04
1988 — Sherry Anderson, North Texas.....	23.98
1989 — Troquel Eden, ULM.....	23.47
1990 — Troquel Eden, ULM.....	24.40
1991 — Charletta Gaines, North Texas.....	24.53
1992 — Portia Matthews, UTSA.....	24.00
1993 — Gwen Clardy, UT-Arlington.....	24.02
1994 — Gwen Clardy, UT-Arlington.....	23.71
1995 — Loretta Curry, UT-Arlington.....	23.34
1996 — Tameka Roberts, UTSA.....	23.16
1997 — Tameka Roberts, UTSA.....	23.54
1998 — Brigitte Foster, Texas State.....	23.61
1999 — Dasha Thompson, Northwestern State.....	23.81
2000 — Christine Amertil, Southeastern.....	23.12
2001 — LaQuinta Manahan, UT-Arlington.....	23.64
2002 — LaJuana Lovett, Texas State.....	23.50
2003 — LaJuana Lovett, Texas State.....	23.58
2004 — LaJuana Lovett, Texas State.....	23.35
2005 — Quantinette Fields, Sam Houston.....	23.77
2006 — Quantinette Fields, Sam Houston.....	23.59
2007 — Jessica Fisher, Sam Houston.....	23.54
2008 — Jasmine Walls, UT-Arlington.....	23.23
2009 — Jasmine Walls, UT-Arlington.....	23.57
2010 — Jasmine Walls, UT-Arlington.....	23.36
2011 — Ashley Idunoba, Lamar.....	23.80
2012 — Ashley Idunoba, Lamar.....	23.44
2013 — Jasmine Webb, McNeese.....	23.35
2014 — Lygia Foreman, Sam Houston.....	w23.97

2015 — Ebony Collins, Texas A&M-Corpus Christi.....	w23.99
2016 — Jermeka McBride, Northwestern State.....	w23.63
2017 — De'Shalyn Jones, Northwestern State.....	23.16
2018 — De'Shalyn Jones, Northwestern State.....	23.09
2019 — Natasha Jackson, Northwestern State.....	23.55
2020 — N/A Due to COVID-19	
2021 — Ajah Criner, Central Arkansas.....	23.63
2022 — Lynelle Washington, Northwestern State.....	23.94
2023 — Sydne Porter, Lamar.....	23.60
2024 — Brianna Howard, Lamar.....	23.01
2025 — Maygan Shaw, Northwestern State.....	23.47

400 Meter Dash

1986 — Janice Gray, ULM.....	56.60
1987 — Deanie Broussard, Louisiana.....	55.59
1988 — Lisa McRae, ULM.....	56.14
1989 — LaNell Buckley, Texas State.....	54.49
1990 — Lisa McRae, ULM.....	55.46
1991 — Bernadette Dawson, McNeese.....	55.02
1992 — Troquel Eden, ULM.....	55.16
1993 — Kisha Guyden, UTSA.....	54.95
1994 — Inez Turner, Texas State.....	53.40
1995 — Inez Turner, Texas State.....	52.89
1996 — Roselyn Shonekin, UT-Arlington.....	55.16
1997 — Soonja Roberson, UTSA.....	55.22
1998 — Shekerah Kyles, Northwestern State.....	54.96
1999 — Christine Amertil, Southeastern.....	53.43
2000 — Christine Amertil, Southeastern.....	52.77
2001 — Brandy Spencer, McNeese.....	53.82
2002 — Andrea Johnson, UTSA.....	54.10
2003 — Quantinette Fields, Sam Houston.....	54.87
2004 — Liudmilla Litvinova, Texas State.....	53.84
2005 — Chinelo Nwobu, Lamar.....	53.77
2006 — Chinelo Nwobu, Lamar.....	54.10
2007 — Liudmilla Litvinova, Texas State.....	53.74
2008 — Tiffeny Singleton, Sam Houston.....	53.86
2009 — Antonia Hopkins, UT-Arlington.....	54.49
2010 — Antonia Hopkins, UT-Arlington.....	54.25
2011 — Mary Dickerson, Stephen F. Austin.....	54.28
2012 — Mary Dickerson, Stephen F. Austin.....	53.55
2013 — Madison Reynolds, Oral Roberts.....	53.60
2014 — Madison Reynolds, Oral Roberts.....	53.32
2015 — Jordan Grady, Sam Houston.....	53.91
2016 — De'Shalyn Jones, Northwestern State.....	54.34
2017 — Natasha Jackson, Northwestern State.....	53.85
2018 — Natasha Jackson, Northwestern State.....	53.63
2019 — Natasha Jackson, Northwestern State.....	53.49
2020 — N/A Due to COVID-19	
2021 — Natasha Jackson, Northwestern State.....	53.14
2022 — Tranasia Jones, Texas A&M-Corpus Christi.....	55.10
2023 — Maygan Shaw, Northwestern State.....	52.79
2024 — Sanaria Butler, Northwestern State.....	52.56
2025 — Maygan Shaw, Northwestern State.....	52.10

800 Meter Run

1986 — Rhonda Acker, Louisiana.....	2:17.65
1987 — Lisa Farria, ULM.....	2:15.59
1988 — Lisa Farria, ULM.....	2:10.67
1989 — Wendi Smith, Texas State.....	2:12.11
1990 — Cathy Nelson, Sam Houston.....	2:13.54
1991 — Cathy Nelson, Sam Houston.....	2:13.70
1992 — Melissa Eghbali, ULM.....	2:14.29
1993 — Cynthia Martinets, Stephen F. Austin.....	2:09.94
1994 — Inez Turner, Texas State.....	2:09.62
1995 — Inez Turner, Texas State.....	2:12.26
1996 — Janice Turner, Texas State.....	2:06.60
1997 — Therese Ahlepil, UT-Arlington.....	2:11.93
1998 — Bonnie Barlow, Stephen F. Austin.....	2:12.81
1999 — Mishael Bertrand, UT-Arlington.....	2:10.70
2000 — Mishael Bertrand, UT-Arlington.....	2:14.28
2001 — Mishael Bertrand, UT-Arlington.....	2:11.42
2002 — Kajsa Haglund, UT-Arlington.....	2:10.88

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

2003 — Kajsa Haglund, UT-Arlington.....	2:09.15	1991 — LeShon Osborne, Texas State.....	10:14.74
2004 — Ruth Waller, McNeese	2:10.55	1992 — Joanne Kinnard, UTSA	9:46.87
2005 — Ivorita Taylor, UT-Arlington	2:13.16	1993 — Tami Micham-Grimes, ULM	9:56.29
2006 — Veronica Silva, UTSA.....	2:12.79	1994 — Tami Micham-Grimes, ULM	10:03.70
2007 — Katya Kostetskaya, Texas State.....	2:08.01	1995 — Angela Nelson, UT-Arlington	9:52.02
2008 — Hannah Maenius, Texas A&M-Corpus Christi	2:11.69	1996 — Meg Harris, UTSA.....	9:57.01
2009 — Devyn Mitchell, Sam Houston	2:12.12	1997 — Jennifer DeBrecht, UTSA.....	9:50.93
2010 — Dana Mecke, UTSA.....	2:08.36	1998 — Kristin Ahlepil, UT-Arlington.....	9:42.09
2011 — Danielle Burchett, Stephen F. Austin.....	2:10.18	1999 — Kristin Ahlepil, UT-Arlington.....	9:50.66
2012 — Danielle Burchett, Stephen F. Austin	2:08.01	2000 — Sita Waru, McNeese	9:46.38
2013 — DeJernel Jordan, Stephen F. Austin	2:12.10	2001 — event discontinued	
2014 — Jackie White, Nicholls	2:11.44		
2015 — DeJernel Jordan, Stephen F. Austin	2:09.96	3,000 Meter Steeplechase	
2016 — Dominique Allen, UIW.....	2:10.34	2001 — Rebecca Johansson, UT-Arlington	10:52.92
2017 — Dominique Allen, UIW	2:10.59	2002 — Rebecca Johansson, UT-Arlington	10:56.95
2018 — Kierstin Santana, HBU	2:08.01	2003 — Rhonda Sherrer, ULM.....	10:52.03
2019 — Dominique Allen, UIW	2:09.13	2004 — Vicky Jannise, Stephen F. Austin	10:55.06
2020 — N/A Due to COVID-19		2005 — Sarah Hershman, Sam Houston	11:24.91
2021 — Jessica Rabiuss, HBU.....	2:11.00	2006 — Amanda King, Lamar.....	10:31.46
2022 — Jessica Rabiuss, HBU.....	2:11.59	2007 — Amanda King, Lamar.....	10:16.99
2023 — Yasmin Austridge, Lamar	2:09.96	2008 — Allison Ferries, Sam Houston	11:14.58
2024 — Jessica Rabiuss, HCU.....	2:07.56	2009 — Sheila Salil, Texas A&M-Corpus Christi	10:54.53
2025 — Elizabeth Khatevi, Texas A&M-Corpus Christi.....	2:10.42	2010 — Kadi Whisnant, Nicholls.....	10:53.47
		2011 — Kadi Whisnant, Nicholls.....	10:47.15
1,500 Meter Run		2012 — Randi Plentl, Stephen F. Austin.....	10:49.34
1986 — Becky Brooke, Lamar.....	4:37.27	2013 — Erika Setzler, Central Arkansas.....	10:31.90
1987 — Becky Brooke, Lamar.....	4:35.58	2014 — Erika Setzler, Central Arkansas.....	10:20.56
1988 — Chris Jasek, ULM	4:37.80	2015 — Louise Webb, Lamar	10:42.01
1989 — Nicola Roff, ULM	4:32.68	2016 — Shelby Pesek, Stephen F. Austin	10:43.86
1990 — Robin White, Texas State.....	4:45.80	2017 — Jannika John, Lamar.....	10:23.02
1991 — LeShon Osborne, Texas State.....	4:37.19	2018 — Brittany Innis, Stephen F. Austin	10:37.67
1992 — Joanne Kinnard, UTSA	4:31.10	2019 — Gracie Hyde, Central Arkansas.....	10:27.55
1993 — Linda Garcia, UTSA.....	4:35.07	2020 — N/A Due to COVID-19	
1994 — Linda Garcia, UTSA.....	4:39.30	2021 — Sara Steimel, Central Arkansas.....	10:57.13
1995 — Christina Ramirez, UTSA	4:43.37	2022 — Abby Gray, UIW.....	10:18.79
1996 — Janice Turner, Texas State	4:33.38	2023 — Yasmin Austridge, Lamar	10:43.15
1997 — Therese Ahlepil, UT-Arlington.....	4:24.06	2024 — Jeny Barcenass, McNeese	10:34.90
1998 — Kristin Ahlepil, UT-Arlington.....	4:30.68	2025 — Samanth Gonzalex, UTRGV	10:33.31
1999 — Kristin Ahlepil, UT-Arlington.....	4:28.95		
2000 — Sarah Davies, McNeese	4:34.24	5,000 Meter Run	
2001 — Kajsa Haglund, UT-Arlington.....	4:36.51	1986 — Caroline Mullen, Lamar	18:27.30
2002 — Kajsa Haglund, UT-Arlington.....	4:26.92	1987 — Becky Brooke, Lamar.....	17:50.39
2003 — Kajsa Haglund, UT-Arlington.....	4:33.29	1988 — Karin Schardein, Sam Houston.....	17:54.00
2004 — Kajsa Haglund, UT-Arlington.....	4:29.44	1989 — Nicola Roff, ULM	17:42.95
2005 — Lisa Haglund, UT-Arlington	4:38.19	1990 — Karin Schardein, Sam Houston.....	18:38.45
2006 — Clerc Koenck, Lamar.....	4:36.60	1991 — Keri Ange, McNeese	17:59.33
2007 — Clerc Koenck, Lamar.....	4:44.92	1992 — Joanne Kinnard, UTSA	17:29.10
2008 — Clerc Koenck, Lamar	4:30.93	1993 — Keri Ange, McNeese	17:20.21
2009 — Meghan Lemke, Texas A&M-Corpus Christi	4:36.98	1994 — Angela Nelson, UT-Arlington	17:22.01
2010 — Dana Mecke, UTSA.....	4:30.57	1995 — Angela Nelson, UT-Arlington	17:16.16
2011 — Lindsey Putnam, UT-Arlington	4:35.37	1996 — Meg Harris, UTSA.....	17:37.91
2012 — Dana Mecke, UTSA.....	4:29.65	1997 — Frida Rosenberg, UT-Arlington.....	17:36.84
2013 — Tessni Carruthers, Nicholls	4:31.82	1998 — Kristin Ahlepil, UT-Arlington.....	17:46.50
2014 — Alyssa Dooley, Sam Houston.....	4:28.78	1999 — Sarah Salmon, McNeese	17:32.90
2015 — Verity Ockenden, Lamar	4:29.00	2000 — Sita Waru, McNeese	17:24.78
2016 — Verity Ockenden, Lamar	4:33.33	2001 — Sita Waru, McNeese	17:24.33
2017 — Nicole Aponte, Sam Houston.....	4:30.58	2002 — Sita Waru, McNeese	16:53.52
2018 — Allyson Girard, Texas A&M-Corpus Christi	4:31.50	2003 — Ana Rodriguez, Stephen F. Austin	18:22.97
2019 — Kelsey Ramirez, Stephen F. Austin	4:34.46	2004 — Ana Rodriguez, Stephen F. Austin	17:11.54
2020 — N/A Due to COVID-19		2005 — Ana Rodriguez, Stephen F. Austin	17:19.27
2021 — Kelsey Ramirez, Stephen F. Austin	4:26.94	2006 — Ashley Monteau, Stephen F. Austin	17:00.22
2022 — Abby Gray, UIW.....	4:23.96	2007 — Renee Graham, Lamar	17:20.35
2023 — Jessica Rabiuss, HCU.....	4:34.95	2008 — Clerc Koenck, Lamar.....	17:15.61
2024 — Jessica Rabiuss, HCU.....	4:27.43	2009 — Amy Shackelford, Stephen F. Austin.....	17:16.52
2025 — Elizabeth Khatevi, Texas A&M-Corpus Christi.....	4:28.86	2010 — Amy Guinn, McNeese	17:31.38
		2011 — Amy Shackelford, Stephen F. Austin.....	17:13.69
3,000 Meter Run		2012 — Lauren Smith, Stephen F. Austin.....	17:24.55
1986 — Becky Brooke, Lamar.....	10:25.60	2013 — Brooke Cassar, Central Arkansas	17:30.24
1987 — Becky Brooke, Lamar.....	10:07.16	2014 — Leigh Lattimore, Lamar	17:30.15
1988 — Chris Jasek, ULM	10:05.50	2015 — Alexandria Hackett, Abilene Christian	17:21.71
1989 — Nicola Roff, ULM	9:56.70	2016 — Alexandria Hackett, Abilene Christian	16:47.89
1990 — Renee Rowell, Stephen F. Austin.....	10:23.84	2017 — Ana Moreno, Sam Houston.....	17:39.75

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

2018 — Michaela Hackett, Abilene Christian	16:52.63
2019 — Gracie Hyde, Central Arkansas	17:50.89
2020 — N/A Due to COVID-19	
2021 — Irene Rono, Abilene Christian	17:15.20
2022 — Abby Gray, UIW	18:06.50
2023 — Jessica Rabius, HCU	17:35.27
2024 — Nia Clatworthy, Lamar	17:39.87
2025 — Elizabeth Khatevi, Texas A&M-Corpus Christi	17:10.07

10,000 Meter Run

1989 — Monica Carr, UT-Arlington	39:47.90
1990 — Jodi Eakman, Stephen F. Austin	39:52.50
1991 — Keri Ange, McNeese	37:55.40
1992 — Keri Ange, McNeese	36:21.30
1993 — Keri Ange, McNeese	36:07.31
1994 — Angela Nelson, UT-Arlington	36:56.09
1995 — Angela Nelson, UT-Arlington	35:35.83
1996 — Stacy Poole, UTSA	35:49.08
1997 — Jenny Parker, Texas State	38:29.34
1998 — Sita Waru, McNeese	38:15.79
1999 — Jennifer Schultz, McNeese	37:41.84
2000 — Sita Waru, McNeese	36:15.56
2001 — Sita Waru, McNeese	37:21.08
2002 — Sita Waru, McNeese	35:51.47
2003 — Ana Rodriguez, Stephen F. Austin	39:26.49
2004 — Ashley Monteau, Stephen F. Austin	36:14.14
2005 — Ana Rodriguez, Stephen F. Austin	39:16.31
2006 — Ashley Monteau, Stephen F. Austin	36:17.51
2007 — Renee Graham, Lamar	36:12.86
2008 — Tenley Determan, Texas State	38:24.07
2009 — Amy Shackelford, Stephen F. Austin	36:07.56
2010 — Amy Guinn, McNeese	36:24.76
2011 — Amy Shackelford, Stephen F. Austin	36:51.17
2012 — Lauren Smith, Stephen F. Austin	36:13.32
2013 — Brooke Cassar, Central Arkansas	36:12.47
2014 — Brooke Cassar, Central Arkansas	37:06.15
2015 — Evelyn Chavez, Lamar	37:11.04
2016 — Alexandria Hackett, Abilene Christian	34:47.79
2017 — Olivia Olguin, Sam Houston	36:59.39
2018 — Alexandria Hackett, Abilene Christian	36:22.06
2019 — Valentina Campos, Texas A&M-Corpus Christi	37:41.16
2020 — N/A Due to COVID-19	
2021 — Irene Rono, Abilene Christian	37:14.29
2022 — Quin Johnson, Texas A&M-Corpus Christi	37:24.66
2023 — Rebecca DeKay, New Orleans	37:31.24
2024 — Rebecca DeKay, New Orleans	40:08.73
2025 — Valentine Jemutai, Stephen F. Austin	35:41.67

100 Meter Hurdles

1986 — Cheryl Henry, ULM	w13.67
1987 — Monika Klebe, Angelo State	14.13
1988 — Angela Black, ULM	14.06
1989 — Pam Smith, ULM	14.03
1990 — Pam Smith, ULM	14.00
1991 — Angela Black, ULM	13.77
1992 — Valicia Henderson, UTSA	13.83
1993 — Janet Meaux, UT-Arlington	w13.75
1994 — Janet Meaux, UT-Arlington	14.00
1995 — Janet Meaux, UT-Arlington	13.66
1996 — Brigitte Foster, Texas State	13.57
1997 — Shanita Ford, Stephen F. Austin	14.31
1998 — Brigitte Foster, Texas State	13.13
1999 — Tiffany Talbert, UTSA	13.72
2000 — Tiffany Talbert, UTSA	13.62
2001 — Matreen Caldwell, UT-Arlington	13.48
2002 — Brittany Littlejohn, Northwestern State	13.42
2003 — Brittany Littlejohn, Northwestern State	13.47
2004 — Rynne Dupree, UTSA	13.65
2005 — Rynne Dupree, UTSA	13.60
2006 — Shanae Steward, Northwestern State	13.67
2007 — Rynne Dupree, UTSA	13.47
2008 — Jessica Jones, UTSA	13.76

2009 — Jessica Jones, UTSA	13.63
2010 — Jessica Jones, UTSA	13.51
2011 — Chelsea Stephen, Stephen F. Austin	13.64
2012 — Chelsea Stephen, Stephen F. Austin	13.60
2013 — Kryshell Rolle, Nicholls	13.85
2014 — Sabrina Starr, Sam Houston	w13.19
2015 — Alexia Fortenberry, New Orleans	w13.14
2016 — Danielle Demas, Sam Houston	w13.08
2017 — Jerica Love, UIW	13.62
2018 — Daeshon Gordon, Northwestern State	13.14
2019 — Jerica Love, UIW	13.80
2020 — N/A Due to COVID-19	
2021 — Mathilde Coquillaud-Salomon, Stephen F. Austin	13.46
2022 — Kaitlin Smith, HBU	13.51
2023 — Vanessa Balde, Northwestern State	13.46
2024 — Vanessa Balde, Northwestern State	13.63
2025 — Kayli Johnson, Lamar	13.62

400 Meter Hurdles

1986 — Monika Klebe, Arkansas State	58.20
1987 — Monika Klebe, Arkansas State	57.80
1988 — Sandra Cummings, Stephen F. Austin	1:01.08
1989 — LaTaunya Johnson, ULM	1:02.12
1990 — Debbie Esquivel, Texas State	1:01.11
1991 — Sara Massey, UT-Arlington	1:01.94
1992 — Valicia Henderson, UTSA	59.76
1993 — Janet Meaux, UT-Arlington	59.51
1994 — Traci Logan, North Texas	1:00.60
1995 — Janet Meaux, UT-Arlington	1:00.64
1996 — Denise Lee, ULM	1:02.03
1997 — Eva Jonsson, UT-Arlington	1:00.99
1998 — Tiana Cook, Sam Houston	59.54
1999 — Tameeka McFarland, ULM	59.67
2000 — Yamelis Ortiz, Lamar	58.17
2001 — Erica Martensson, UT-Arlington	57.99
2002 — LaShell Nelson, Texas State	59.94
2003 — Jocelyn Stevens, Stephen F. Austin	1:01.06
2004 — Jocelyn Stevens, Stephen F. Austin	1:00.33
2005 — Katya Kostetskaya, Texas State	59.08
2006 — Katya Kostetskaya, Texas State	58.05
2007 — Darnesha Stonum, Sam Houston	1:01.22
2008 — Tiana Lee, Sam Houston	1:01.20
2009 — Tiana Lee, Sam Houston	1:00.94
2010 — Judith Schultheis, Southeastern	1:00.61
2011 — Dakota Stewart, Sam Houston	1:00.05
2012 — Chante'sean White, Texas State	57.34
2013 — Alicia Noel, Southeastern	59.47
2014 — Consuela Lindsay, Northwestern State	58.05
2015 — Ruth Amaku, Sam Houston	58.52
2016 — Kimone Green, Abilene Christian	57.78
2017 — Tamara Style, Northwestern State	59.88
2018 — Daeshon Gordon, Northwestern State	58.83
2019 — Dominique Jackson, Stephen F. Austin	59.86
2020 — N/A Due to COVID-19	
2021 — Mathilde Coquillaud-Salomon, Stephen F. Austin	59.68
2022 — Janiel Moore, Northwestern State	59.81
2023 — Chloe Rodriguez, Lamar	58.81
2024 — Chloe Rodriguez, Lamar	57.02
2025 — Esther Nwanze, Southeastern	58.35

400 Meter Relay

1986 — ULM	46.33
1987 — North Texas	47.00
1988 — Stephen F. Austin	46.17
1989 — ULM	45.50
1990 — ULM	46.44
1991 — Texas State	46.74
1992 — Texas State	46.00
1993 — UT-Arlington	45.54
1994 — UTSA	45.72
1995 — UTSA	45.31
1996 — UTSA	46.01

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

1997 — UTSA.....	45.69	High Jump	
1998 — UT-Arlington.....	45.93	1986 — Nina Sylvester, ULM.....	5-06.25
1999 — UT-Arlington.....	45.62	1987 — Susan Carter, UT-Arlington	5-06.25
2000 — UT-Arlington.....	44.59	1988 — Sara Massey, UT-Arlington	5-06.25
2001 — UT-Arlington.....	45.11	1989 — Sara Massey, UT-Arlington	5-08.00
2002 — Texas State	45.36	1990 — Sonya Roberts, Texas State	5-07.00
2003 — UT-Arlington.....	45.06	1991 — Sara Massey, UT-Arlington	5-10.00
2004 — Texas State	45.14	1992 — Janice Miller, Northwestern State.....	5-06.50
2005 — UTSA.....	45.39	1993 — Janet Booker, UTSA.....	5-06.50
2006 — UT-Arlington.....	45.52	1994 — Janet Booker, UTSA.....	5-10.00
2007 — UT-Arlington.....	45.44	1995 — Karin Petersson, UT-Arlington	5-08.75
2008 — Sam Houston	45.61	1996 — Jennifer Robeson, UT-Arlington.....	5-11.25
2009 — UT-Arlington.....	45.19	1997 — Jennifer Hoppe, Stephen F. Austin.....	5-07.75
2010 — Northwestern State	45.52	1998 — Jhonnette Lemon, ULM.....	5-08.75
2011 — Stephen F. Austin.....	46.06	1999 — Jennifer Hoppe, Stephen F. Austin.....	5-10.00
2012 — UTSA.....	44.81	2000 — Jacqueline Canton, Northwestern State	5-10.50
2013 — McNeese.....	44.94	2001 — Becky Collins, Texas State	5-10.00
2014 — McNeese.....	45.48	2002 — Becky Collins, Texas State	5-10.75
2015 — McNeese.....	45.04	2003 — Alisha Fowler, Sam Houston.....	5-08.75
2016 — Lamar.....	45.85	2004 — Caroline Wolf, Texas State.....	5-10.00
2017 — Northwestern State	45:30	2005 — Alisha Fowler, Sam Houston.....	5-10.75
2018 — Northwestern State	44.75	2006 — Taylor Morrell, McNeese.....	5-08.75
2019 — Stephen F. Austin	45.06	2007 — Valerie Hancock, Texas State	5-10.75
2020 — N/A Due to COVID-19		2008 — Valerie Hancock, Texas State	5-08.75
2021 — Northwestern State.....	45.61	2009 — Valerie Hancock, Texas State	5-08.75
2022 — Northwestern State.....	45.97	2010 — Lisa Bingham, Texas State	5-07.75
2023 — Northwestern State.....	44.99	2011 — Chelsea Dockery, Nicholls.....	5-09.25
2024 — Lamar	44.83	2012 — Danielle Candelaria, Texas State	5-08.00
2025 — Northwestern State.....	44.88	2013 — Caitlin Jones, Stephen F. Austin	5-05.75
1,600 Meter Relay		2014 — Jasmine Waring, UIW.....	5-08.50
1986 — ULM.....	3:48.75	2015 — Melai Carter, Stephen F. Austin.....	5-08.50
1987 — UT-Arlington.....	3:48.43	2016 — Sashane Hanson, Texas A&M-Corpus Christi.....	5-07.00
1988 — Texas State	3:49.67	2017 — Sashane Hanson, Texas A&M-Corpus Christi.....	5-08.75
1989 — ULM	3:44.79	2018 — Sashane Hanson, Texas A&M-Corpus Christi.....	5-10.00
1990 — ULM.....	3:48.00	2019 — Sashane Hanson, Texas A&M-Corpus Christi	5-09.75
1991 — ULM.....	3:50.46	2020 — N/A Due to COVID-19	
1992 — UTSA.....	3:44.47	2021 — Nissi Kabongo, Stephen F. Austin	5-08.75
1993 — UT-Arlington.....	3:39.42	2022 — Sakari Famous, McNeese	5-08.50
1994 — Texas State	3:44.20	2023 — Veronika Kramarenko, Texas A&M-Commerce.....	5-10.75
1995 — Texas State	3:40.27	2024 — Jenneil Jacobie, Texas A&M-Commerce	6-00.75
1996 — UT-Arlington.....	3:46.76	2025 — Veronika Kramarenko, East Texas A&M.....	5-09.75
1997 — UTSA.....	3:42.89	Pole Vault	
1998 — Northwestern State	3:41.67	1998 — Stephanie Hensley, UTSA	*8-11.75
1999 — UT-Arlington.....	3:43.24	1999 — Marion Meyer, UT-Arlington.....	10-11.75
2000 — UT-Arlington.....	3:43.87	2000 — Marion Meyer, UT-Arlington.....	12-06.25
2001 — UT-Arlington.....	3:41.09	2001 — Misty Ballard-Swan, Stephen F. Austin.....	12-08.00
2002 — Texas State	3:37.00	2002 — Misty Ballard-Swan, Stephen F. Austin.....	12-05.50
2003 — Texas State	3:49.08	2003 — Melissa Pundt, Texas State	12-08.00
2004 — Texas State	3:45.14	2004 — Jennie Sewell, Sam Houston	12-09.50
2005 — Texas State	3:39.03	2005 — Jennie Sewell, Sam Houston	11-11.75
2006 — Texas State	3:41.51	2006 — Michelle Rzepka, McNeese	12-11.50
2007 — Texas State	3:41.60	2007 — Jennie Sewell, Sam Houston	13-05.00
2008 — Sam Houston	3:44.28	2008 — Rebekah Vickers, Texas State.....	12-07.50
2009 — UT-Arlington.....	3:42.07	2009 — Jennifer Mathews, Texas State.....	12-07.50
2010 — UT-Arlington.....	3:41.14	2010 — Lacey Sanchez, Southeastern	13-01.50
2011 — Stephen F. Austin.....	3:41.43	2011 — Elena Horn, Texas State	13-03.50
2012 — Stephen F. Austin.....	3:38.19	2012 — Elena Horn, Texas State	13-07.25
2013 — Sam Houston	3:41.40	2013 — Shelbie Zotyka, Sam Houston	12-10.75
2014 — Sam Houston	3:41.08	2014 — Kara Whitson, Sam Houston.....	12-10.00
2015 — Stephen F. Austin.....	3:40.89	2015 — Demi Payne, Stephen F. Austin.....	15-05.50
2016 — Sam Houston	3:40.00	2016 — Nicole Casper, McNeese	13-05.25
2017 — Northwestern State	3:40.66	2017 — Hannah McWilliams, Texas A&M-Corpus Christi	12-11.50
2018 — Northwestern State	3:36.31	2018 — Kaylee Bizzell, Stephen F. Austin.....	13-07.25
2019 — Stephen F. Austin	3:39.12	2019 — Nastassja Campbell, Stephen F. Austin	13-06.25
2020 — N/A Due to COVID-19		2020 — N/A Due to COVID-19	
2021 — Northwestern State.....	3:41.21	2021 — AnnMarie Broussard, Northwestern State.....	12-10.75
2022 — Northwestern State.....	3:44.63	2022 — AnnMarie Broussard, Northwestern State.....	13-09.75
2023 — Northwestern State.....	3:35.77	2023 — Madison Brown, Northwestern State	12-07.50
2024 — Northwestern State.....	3:35.84	2024 — Alisa Novosad, UIW	12-07.50
2025 — Northwestern State.....	3:35.91	2025 — Kalli Knott, Northwestern State.....	12-01.50

*Exhibition

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

Long Jump

1986 — Cheryl Henry, ULM.....	19-08.75
1987 — Pam Smith, ULM.....	20-01.00
1988 — Pam Smith, ULM.....	21-00.00
1989 — Pam Smith, ULM.....	20-06.50
1990 — Angela Black, ULM.....	20-06.00
1991 — Angela Black, ULM.....	20-04.25
1992 — Jenny Hockett, UT-Arlington.....	20-04.25
1993 — Jenny Hockett, UT-Arlington.....	20-00.50
1994 — S'terica Washington, McNeese.....	19-02.75
1995 — Janet Booker, UTSA.....	21-08.00
1996 — Niema Malone, Northwestern State.....	19-07.50
1997 — Tameka Roberts, UTSA.....	20-03.50
1998 — Teenie Williams, McNeese.....	20-01.00
1999 — Nathalie Daniels, Texas State.....	19-09.00
2000 — Nathalie Daniels, Texas State.....	19-08.00
2001 — Natasha Coleman, Southeastern.....	20-04.50
2002 — LaToya Payne, Texas State.....	21-02.00
2003 — Stephanie Sowell, Northwestern State.....	20-09.25
2004 — LaJuana Lovett, Texas State.....	20-01.50
2005 — Morgan Moszee, UTSA.....	20-04.50
2006 — Camilla Davis, Texas State.....	20-07.00
2007 — RYanne Dupree, UTSA.....	20-06.25
2008 — Kassandra Son, Texas A&M-Corpus Christi.....	20-10.00
2009 — Kassandra Son, Texas A&M-Corpus Christi.....	20-02.50
2010 — Kassandra Son, Texas A&M-Corpus Christi.....	20-05.00
2011 — Ernestine Cray, Texas A&M-Corpus Christi.....	19-02.00
2012 — Kassandra Son, Texas A&M-Corpus Christi.....	20-09.75
2013 — Jasmine Cornelius, McNeese.....	19-02.75
2014 — Jasmine Cornelius, McNeese.....	19-06.75
2015 — Simone Johnson, McNeese.....	20-01.50
2016 — Sarea Alexander, UIW.....	20-04.50
2017 — Deja Phillips, Lamar.....	19-05.25
2018 — Sarea Alexander, UIW.....	21-05.50
2019 — Sarea Alexander, UIW.....	21-04.25
2020 — N/A Due to COVID-19.....	
2021 — Jasmyn Steels, Northwestern State.....	21-04.25
2022 — Dreunna Washington, McNeese.....	20-01.00
2023 — Rebecca Pecora, HCU.....	21-00.75
2024 — Morgan Talley, McNeese.....	19-09.00
2025 — Samari Finney, Northwestern State.....	20-09.25

Triple Jump

1986 — Cheryl Henry, ULM.....	40-11.00
1987 — Sandra Mondy, North Texas.....	39-09.50
1988 — Pam Smith, ULM.....	41-03.00
1989 — Billie Byas, Stephen F. Austin.....	40-03.50
1990 — Sandra Mondy, North Texas.....	40-10.00
1991 — Sandra Mondy, North Texas.....	41-08.00
1992 — Portia Matthews, UTSA.....	41-03.25
1993 — Lisa Austin, UT-Arlington.....	43-04.50
1994 — Rene Woodard, Texas State.....	41-11.50
1995 — Lisa Austin, UT-Arlington.....	41-10.75
1996 — Tara Costlon, ULM.....	40-06.00
1997 — Eva Jonsson, UT-Arlington.....	40-10.50
1998 — Nathalie Daniels, Texas State.....	40-01.50
1999 — Tiffany Cronin, Northwestern State.....	42-00.75
2000 — Jacqueline Canton, Northwestern State.....	40-01.25
2001 — LaJuana Lovett, Texas State.....	42-06.75
2002 — Stephanie Sowell, Northwestern State.....	43-00.25
2003 — Stephanie Sowell, Northwestern State.....	42-06.25
2004 — Jacque Iwuchukwu, Texas State.....	41-11.25
2005 — Stephanie Sowell, Northwestern State.....	42-02.75
2006 — Jacque Iwuchukwu, Texas State.....	42-00.75
2007 — Tamequa Poole, Texas State.....	40-01.50
2008 — Alaysha Ford, Texas State.....	39-05.25
2009 — Asiya Iskakova, Texas State.....	40-11.50
2010 — Ambra McCuin, Sam Houston.....	40-04.75
2011 — Ambra McCuin, Sam Houston.....	42-08.75
2012 — Eboni Johnson, UTSA.....	41-07.25
2013 — Kelli Hermes, Stephen F. Austin.....	40-00.00
2014 — Porsha Thomas, Northwestern State.....	41-07.00

2015 — Porsha Thomas, Northwestern State.....	42-01.25
2016 — Porsha Thomas, Northwestern State.....	42-07.50
2017 — Tristyn Allen, Sam Houston.....	40-09.50
2018 — Tristyn Allen, Sam Houston.....	43-01.00
2019 — Sarea Alexander, UIW.....	43-02.50
2020 — N/A Due to COVID-19.....	
2021 — Ella Anttila, Abilene Christian.....	43-07.00
2022 — Gabrielle Thomas, UIW.....	41-04.50
2023 — Crisstin Riley, Lamar.....	42-05.50
2024 — Morgan Talley, McNeese.....	41-05.75
2025 — Jaslyn Smith, Northwestern State.....	42-00.50

Shot Put

1986 — Zoretta Edwards, ULM.....	46-00.00
1987 — Rachel Barr, North Texas.....	45-04.00
1988 — Marie Rusk, Stephen F. Austin.....	46-04.75
1989 — Marie Rusk, Stephen F. Austin.....	49-01.75
1990 — Peggy Lewis, Northwestern State.....	47-01.25
1991 — Peggy Lewis, Northwestern State.....	48-05.25
1992 — Brenda Vanek, Texas State.....	45-08.00
1993 — Lisa Hawkins, ULM.....	47-11.25
1994 — Kim Bush, UTSA.....	45-09.00
1995 — Kim Bush, UTSA.....	46-10.25
1996 — Marsha French, ULM.....	51-01.00
1997 — Tabitha Johnigan, Northwestern State.....	49-07.00
1998 — Nikki Hunter, McNeese.....	49-09.00
1999 — Marsha French, UT-Arlington.....	54-11.25
2000 — Marsha French, UT-Arlington.....	50-09.25
2001 — Ashely Dorsey, UT-Arlington.....	50-08.50
2002 — Ashely Dorsey, UT-Arlington.....	53-10.25
2003 — Blake Gordon, Stephen F. Austin.....	49-07.25
2004 — Tiffany Bunton, Texas State.....	51-05.50
2005 — Markeisha Edwards, Stephen F. Austin.....	49-01.00
2006 — Tenika Powell, Sam Houston.....	46-03.50
2007 — Abby Ruston, Texas State.....	54-10.75
2008 — Kendall Bass, Sam Houston.....	44-06.75
2009 — Frednisha Marshall, Stephen F. Austin.....	48-07.50
2010 — Trecey Rew, Northwestern State.....	54-04.50
2011 — Kaitlyn Andrews, Stephen F. Austin.....	51-00.00
2012 — Zaquita McClanahan, UTSA.....	49-05.50
2013 — La'Tricia Griffin, Stephen F. Austin.....	50-03.25
2014 — La'Tricia Griffin, Stephen F. Austin.....	49-08.25
2015 — Jermisha Frazier, Southeastern.....	50-01.75
2016 — Myah Antwi, UIW.....	50-00.00
2017 — Ashley Davis, Southeastern.....	51-03.00
2018 — Kristine Hanks, Sam Houston.....	49-05.50
2019 — Kayla Melgar, Abilene Christian.....	52-08.00
2020 — N/A Due to COVID-19.....	
2021 — Annina Brandenburg, Abilene Christian.....	54-03.75
2022 — Janell Fullerton, McNeese.....	53-03.00
2023 — Klaire Bentley, UIW.....	50-02.75
2024 — Jaslyn Russell, McNeese.....	47-05.75
2025 — Shakera Williams, Northwestern State.....	51-02.75

Discus

1986 — Sherry Deckard, ULM.....	153-08
1987 — Sherry Deckard, ULM.....	153-00
1988 — Sherry Deckard, ULM.....	161-03
1989 — Velia Smith, Texas State.....	154-09
1990 — Velia Smith, Texas State.....	161-11
1991 — Teresa Barnes, UT-Arlington.....	147-03
1992 — Teresa Barnes, UT-Arlington.....	159-08
1993 — Leatrice Coleman, Sam Houston.....	144-07
1994 — Sonia Wills, UT-Arlington.....	144-07
1995 — Tamara Jackson, Texas State.....	164-07
1996 — Tamara Jackson, Texas State.....	160-08
1997 — Tamara Jackson, Texas State.....	160-09
1998 — Sara Gruvfalt, Texas State.....	174-11
1999 — Christina Arrants, Texas State.....	160-10
2000 — Marsha French, UT-Arlington.....	162-05
2001 — Blake Gordon, Stephen F. Austin.....	163-05
2002 — Destine Rawls, Stephen F. Austin.....	157-03
2003 — Blake Gordon, Stephen F. Austin.....	157-00

Women's Southland Conference Championship Records

Running Events

100 Meter Dash	11.27w	LaJuana Lovett, Texas State, 2002
200 Meter Dash	23.01	Brianna Howard, Lamar, 2024
400 Meter Dash	52.10	Maygan Shaw, Northwestern State, 2025
800 Meter Run	2:06.60	Janice Turner, Texas State 1996
1,500 Meter Run	4:23.96	Abby Gray, UIW, 2022
3,000 Meter Run	9:42.09	Kristin Ahlepil, UT-Arlington, 1998
3,000 Steeplechase	10:16.99	Amanda King, Lamar, 2007
5,000 Meter Run	16:47.89	Alexandria Hackett, Abilene Christian, 2016
10,000 Meter Run	34:47.79	Alexandria Hackett, Abilene Christian, 2016
100 Meter Hurdles	13.03	Danielle Demas, Sam Houston, 2015
400 Meter Hurdles	57.02	Chloe Rodriguez, Lamar, 2024
400 Meter Relay	44.59	UT-Arlington, 2000
		Shani Darthard, Rikki Holland, Sabrina Jordan-Dawkins, LaQuinta Manahan
1,600 Meter Relay	3:35.77	Northwestern State, 2023
		Sian Weller, Maygan Shaw, Vanessa Balde, Sanaria Butler

High Jump	6-00.75	Jenneil Jacobie, Texas A&M-Commerce, 2024
Pole Vault	15-05.50	Demi Payne, Stephen F. Austin, 2015
Long Jump	21-08.00	Tameka Roberts, UTSA, 1995
Triple Jump	43-04.50	Lisa Austin, UT-Arlington, 1993
Shot Put	54-11.25	Marsha French, UT-Arlington, 1999
Discus	180-01.00	Treacey Rew, Northwestern State, 2011
Hammer	215-03.00	Ashley Jenkins, Sam Houston, 2016
Javelin	173-05.00	Sara Massey, UT-Arlington, 1991

Heptathlon

Total Points	5,685	Kaitlin Smith, HBU, 2022
100 Meter Hurdles	13.62	Ryanne Dupree, UTSA, 2007
High Jump	5-10.50	Sashane Hanson, Texas A&M-Corpus Christi, 2019
		Grace McKenzie, McNeese, 2018
Shot Put	43-07.00	Ella Anttila, Abilene Christian, 2021
200 Meter Dash	24.47	Baylee Lara, Sam Houston, 2018
Long Jump	19-09.75	Kaitlin Smith, HBU, 2022
Javelin	147.11	Migle Muraskaite, Lamar, 2018
800 Meter Run	2:12.96	Grace McKenzie, McNeese, 2018

Team Totals

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

Women's Southland Championship Repeat Winners

Four-Time Winners

Kajsa Haglund, UT-Arlington, 2001, 02, 03, 04 1,500 Meter Run
 Sashane Hanson, A&M-Corpus Christi, 2016, 17, 18, 19 High Jump
 Natashia Jackson, Northwestern State, 2017, 18, 19, 21 400m Dash
 Eva Jonsson, UT-Arlington, 1995, 96, 97, 98 Heptathlon
 Sita Waru, McNeese, 1998, 2000, 01, 02 10,000 Meter Run
 Kassandra Son, A&M-Corpus Christi, 2008, 09, 10, 12 Long Jump

Three-Time Winners

Ashley Aldredge, Northwestern State, 2012, 15, 16 Javelin
 Sarea Alexander, UIW, 2016, 18, 19 Long Jump
 Dominique Allen, UIW, 2016, 17, 19 800 Meter Run
 Keri Ange, McNeese, 1991, 92, 93 10,000 Meter Run
 Blance Beard, McNeese, 2022, 23, 24 Javelin
 Mishael Bertrand, UT-Arlington, 1999, 2000, 01 800 Meter Run
 Leslie Bourgeois, Nicholls, 2007, 09, 10 Javelin
 Sherry Deckard, ULM, 1986, 87, 88 Discus
 RYANNE DUPREE, UTSA, 2004, 05, 07 100 Meter Hurdles
 Marsha French, UT-Arlington, 1996, 99, 2000 Shot Put
 (1996 title won while a student-athlete at La.-Monroe)
 Valerie Hancock, Texas State, 2007, 08, 09 High Jump
 Tamara Jackson, Texas State, 1995, 96, 97 Discus
 Jessica Jones, UTSA, 2008, 09, 10 100 Meter Hurdles
 Clerc Koenck, Lamar, 2006, 07, 08 1,500 Meter Run
 LaJuana Lovett, Texas State, 2002, 03, 04 100, 200 Meter Dash
 LaQuinta Manahan, UT-Arlington, 1999, 2000, 01 100 Meter Dash
 Sara Massey, UT-Arlington, 1988, 89, 91 High Jump
 Janet Meaux, UT-Arlington, 1993, 94, 95 100 Meter Hurdles
 Sandra Mondy, North Texas, 1987, 90, 91 Triple Jump
 Jessica Rabiuss, HCU, 2021, 22, 24 800 Meter Run
 Trecey Rew, Northwestern State, 2008, 10, 11 Discus
 Ana Rodriguez, Stephen F. Austin, 2003, 04, 05 5,000 Meter Run
 Jennie Sewell, Sam Houston, 2004, 05, 07 Pole Vault
 Pam Smith, ULM, 1987, 88, 89 Long Jump
 Stephanie Sowell, Northwestern State, 2002, 03, 05 Triple Jump
 Pasha Thomas, Northwestern State, 2014, 15, 16 Triple Jump
 Jasmine Walls, UT-Arlington, 2008, 09, 10 100, 200 Meter Dash
 Sita Waru, McNeese, 2000, 01, 02 5,000 Meter Run

Two-Time Winners

Kristin Ahlepil, UT-Arlington, 1998, 99 1,500, 3,000 Meter Run
 Tristyn Allen, Sam Houston, 2017, 18 Triple Jump
 Christine Amertil, Southeastern, 1999, 2000 400 Meter Dash
 Lisa Austin, UT-Arlington, 1993, 95 Triple Jump
 Keri Ange, McNeese, 1991, 93 5,000 Meter Run
 Vanessa Balde, Northwestern State, 2023, 24 100 Meter Hurdles
 Misty Ballard-Swan, Stephen F. Austin, 2001, 02 Pole Vault
 Teresa Barnes, UT-Arlington, 1991, 92 Discus
 Rechelle Bessard, Northwestern State, 2014, 15 Discus
 Roshunda Betts, Sam Houston, 2005, 06 Javelin
 Angela Black, ULM, 1988, 91 100 Meter Hurdles
 1990, 91 Long Jump
 Janet Booker, UTSA, 1993, 94 High Jump
 Katie Bragg, UTSA, 2011, 12 Hammer Throw
 Annina Brandenburg, 2019, 21 Discus
 Becky Brooke, Lamar, 1986, 87 1,500, 3,000 Meter Run
 AnnMarie Broussard, Northwestern State, 2021, 22 Pole Vault
 Danielle Burchett, Stephen F. Austin, 2011, 12 800 Meter Run
 Kim Bush, UTSA, 1994, 95 Shot Put
 Brooke Cassar, Central Arkansas, 2013, 14 10,000 Meter Run
 Samantha Chesson, McNeese, 1998, 2000 Javelin
 Gwen Clardy, UT-Arlington, 1993, 94 200 Meter Dash
 Becky Collins, Texas State, 2001, 02 High Jump
 Jasmine Cornelius, McNeese, 2013, 14 Long Jump
 Nathalie Daniels, Texas State, 1999, 2000 Long Jump
 Rebecca DeKay, New Orleans, 2023, 24 10,000 Meter Run

Mary Dickerson, Stephen F. Austin, 2011, 12 400 Meter Dash
 Ashely Dorsey, UT-Arlington, 2001, 02 Shot Put
 RYANNE DUPREE, UTSA, 2005, 07 Heptathlon
 Troquel Eden, ULM, 1989, 90 200 Meter Dash
 Katrina Eklof, Texas State, 1996, 97 Javelin
 Lisa Farria, ULM, 1987, 88 800 Meter Run
 Quantinette Fields, Sam Houston, 2005, 06 200 Meter Dash
 Brigitte Foster, Texas State, 1996, 98 100 Meter Hurdles
 Alisha Fowler, Sam Houston, 2003, 05 High Jump
 Kelsey Frank, Northwestern State, 2017, 19 Javelin
 Linda Garcia, UTSA, 1993, 94 1,500 Meter Run
 Marlene Garner, Northwestern State, 1992, 93 100 Meter Dash
 Blake Gordon, Stephen F. Austin, 2001, 03 Discus
 La'Tricia Griffin, Stephen F. Austin, 2013, 14 Shot Put
 Alexandria Hackett, Abilene Christian, 2015, 16 5,000 Meter Run
 2016, 18 10,000 Meter Run
 Kajsa Haglund, UT-Arlington, 2002, 03 800 Meter Run
 Jenny Hockett, UT-Arlington, 1992, 93 Long Jump, Javelin
 Antonia Hopkins, UT-Arlington, 2009, 10 400 Meter Dash
 Jennifer Hoppe, Stephen F. Austin, 1997, 99 High Jump
 1999, 2000 Heptathlon
 Elena Horn, Texas State, 2011, 12 Pole Vault
 Ashley Idunoba, Lamar, 2011, 12 200 Meter Dash
 Jacque Iwuchukwu, Texas State, 2004, 06 Triple Jump
 Ashley Jenkins, Sam Houston, 2015, 16 Hammer Throw
 Rebecca Johansson, UT-Arlington, 2001, 02 3,000 Meter Steeplechase
 De'Shalyn Jones, Northwestern State, 2017, 18 100, 200 Meter Dash
 DeJernel Jordan, Stephen F. Austin, 2013, 15 800 Meter Run
 Amanda King, Lamar, 2006, 07 3,000 Meter Steeplechase
 Monika Klebe, Arkansas State, 1986, 87 400 Meter Hurdles
 Katya Kostetskaya, Texas State, 2005, 06 400 Meter Hurdles
 Veronika Kramarenko, East Texas A&M, 2023, 25 High Jump
 Mariah Lee, McNeese, 2023, 24 Hammer Throw
 Tiana Lee, Sam Houston, 2008, 09 400 Meter Hurdles
 Peggy Lewis, Northwestern State, 1990, 91 Shot Put
 Brittany Littlejohn, Northwestern State, 2002, 03 100 Meter Hurdles
 Jerica Love, UIW, 2017, 2019 100 Meter Hurdles
 Frednisha Marshall, Stephen F. Austin, 2009, 10 Hammer Throw
 Sara Massey, UT-Arlington, 1989, 91 Javelin, Heptathlon
 Ambra McQuin, Sam Houston, 2010, 11 Triple Jump
 Grace McKenzie, McNeese, 2018, 21 Heptathlon
 Lisa McRae, ULM, 1988, 90 400 Meter Dash
 Janet Meaux, UT-Arlington, 1993, 95 400 Meter Hurdles
 Dana Mecke, UTSA, 2010, 12 1,500 Meter Run
 Marion Meyer, UT-Arlington, 1999, 2000 Pole Vault
 Tami Micham-Grimes, ULM, 1993, 94 3,000 Meter Run
 Sandra Mondy, North Texas, 1990, 91 Triple Jump
 Ashley Monteau, Stephen F. Austin, 2004, 06 10,000 Meter Run
 Angela Nelson, UT-Arlington, 1994, 95 5,000, 10,000 Meter Run
 Cathy Nelson, Sam Houston, 1990, 91 800 Meter Run
 Chinelo Nwobu, Lamar, 2005, 06 400 Meter Dash
 Verity Ockenden, Lamar, 2015, 16 1,500 Meter Run
 Adrienne Quillin, Sam Houston, 2013, 14 Hammer Throw
 Jessica Rabiuss, HCU, 2023, 24 1,500 Meter Run
 Kelsey Ramirez, Stephen F. Austin, 2019, 21 1,500 Meter Run
 Rhonda Ray, UTSA, 2001, 02 Heptathlon
 Madison Reynolds, Oral Roberts, 2013, 14 400 Meter Dash
 Trecey Rew, Northwestern State, 2010, 11 Discus
 Yarizza Rivera, Sam Houston, 2017, 18 Hammer Throw
 Tameka Roberts, UTSA, 1996, 97 100, 200 Meter Dash
 Ana Rodriguez, Stephen F. Austin, 2003, 05 10,000 Meter Run
 Chloe Rodriguez, Lamar, 2023, 24 400 Meter Hurdles
 Marie Rusk, Stephen F. Austin, 1988, 89 Shot Put
 Karin Schardein, Sam Houston, 1988, 90 5,000 Meter Run
 Stephanie Scott, Texas State, 1990, 92 Heptathlon
 Erika Setzler, Central Arkansas, 2013, 14 3,000 Meter Steeplechase
 Amy Shackelford, Stephen F. Austin, 2009, 11 5,000, 10,000 Meter Run
 Maygan Shaw, Northwestern State, 2023, 25 400 Meter Dash
 Pam Smith, ULM, 1989, 90 100 Meter Hurdles

Women's Southland Championship Repeat Winners

Velia Smith, Texas State, 1989, 90Discus
 Chelsea Stephen, Stephen F. Austin, 2011, 12100 Meter Hurdles
 Jocelyn Stevens, Stephen F. Austin, 2003, 04400 Meter Hurdles
 Tiffany Talbert, UTSA, 1999, 2000100 Meter Hurdles
 Jessica Talley, Northwestern State, 2011, 14Javelin
 Inez Turner, Texas State, 1994, 95400 Meter Dash, 800 Meter Run
 Lynelle Washington, Northwestern State, 2022, 23100 Meter Dash
 Jasmine Webb, McNeese, 2013, 14100 Meter Dash
 Kadi Whisnant, Nicholls, 2010, 113,000 Meter Steeplechase

Sara Massey, UT-Arlington, 1989
 Javelin/High Jump/Heptathlon

Angela Nelson, UT-Arlington, 1995
 3,000 Meter Run/5,000 Meter Run/10,000 Meter Run

Tameka Roberts, UTSA, 1997
 Long Jump/100 Meter Dash/200 Meter Dash

Nicola Roff, ULM, 1989
 1,500 Meter Run/3,000 Meter Run/5,000 Meter Run

Sita Waru, McNeese, 2000
 3,000 Meter Run/5,000 Meter Run/10,000 Meter Run

Two-Time Winners
 Jillian Turner, Stephen F. Austin, 2019
 100 Meter Hurdles/200 Meter Dash

Migle Muraskaite, Lamar, 2019
 Javelin/800 Meter Run

Irene Rono, Abilene Christian, 2021
 5000 Meter/10,000 Meter

Mathilde Coquillaud-Salomon, Stephen F. Austin, 2021
 100 Meter Hurdles/400 Meter Hurdles

Annina Brandenburg, Abilene Christian, 2021
 Shot Put/Discus

Maygan Shaw, Northwestern State, 2025
 200m/400m

Multi-Event Women's Winners in Same Year

Four-Time Winners

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

Three-Time Winners

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

Becky Brooke, Lamar, 1987
 1,500 Meter Run/3,000 Meter Run/5,000 Meter Run

Ryanne Dupree, UTSA, 2007
 100 Meter Hurdles/Long Jump/Heptathlon

Brigitte Foster, Texas State, 1998
 100 Meter Dash/100 Meter Hurdles/200 Meter Dash

Abby Gray, UIW, 2022
 1,500 Meter Run/5,000 Meter Run, 3,000 Meter Steeplechase

Cheryl Henry, ULM, 1986
 Long Jump/Triple Jump/100 Meter Hurdles

Eva Jonsson, UT-Arlington, 1997
 Triple Jump/Heptathlon/400 Meter Hurdles

Elizabeth Khatevi, Texas A&M-Corpus Christi, 2025
 800m/1500m/5000m

Joanne Kinnard, UTSA, 1992
 1,500 Meter Run/3,000 Meter Run/5,000 Meter Run

LaJuana Lovett, Texas State, 2004
 100 Meter Dash/200 Meter Dash/Long Jump

All-Time Top-Five Performances

100-Meter Dash

11.22 — Nayla Harris, UTRGV, 2025
 11.25 — Tameka Roberts, UTSA, 1997
 11.30 — LaQuinta Manahan, UTA, 2000
 11.30 — Brianna Howard, Lamar, 2024
 11.31 — Loretta Curry, ULM, 1996

200-Meter Dash

22.79 — Brianna Howard, Lamar, 2024
 22.94 — Tameka Roberts, UTSA, 1996
 23.04 — De'Shalyn Jones, NSU, 2018
 23.05 — LaJuana Lovett, TXST, 2004
 23.05 — LaJuana Lovett, TXST, 2003

400-Meter Dash

51.19 — Maygan Shaw, NSU, 2025
 51.93 — Onyah Favour, SLU, 2025
 52.09 — Sanaria Butler, NSU, 2024
 52.13 — Christine Amertil, SLU, 2000
 52.19 — Sanaria Butler, NSU, 2023

800-Meter Run

2:00.27 — Inez Turner, TXST, 1995
 2:03.43 — Inez Turner, TXST, 1994
 2:04.16 — Jessica Rabius, 2023
 2:04.37 — Yasmin Austridge, Lamar, 2023
 2:05.79 — Mishael Bertrand, UTA, 2000

1,500-Meter Run

4:16.48 — Jessica Rabius, HCU, 2024
 4:17.60 — Verity Ockenden, LU, 2016
 4:18.39 — Kajsa Haglund, UTA, 2003
 4:18.69 — Jessica Rabius, HCU, 2023
 4:19.70 — Annabel Hobday, LU, 2025

3,000-Meter Run

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

3,000-Steeplechase

9:52.12 — Yasmin Austridge, Lamar, 2023
 10:16.99 — Amanda King, LU, 2007
 10:18.79 — Abby Gray, UIW, 2022
 10:19.83 — Louise Webb, LU, 2014
 10:19.85 — Gracie Hyde, UCA, 2019

5,000-Meter Run

15:59.77 — Nia Clatworthy, LU, 2024
 16:03.83 — Alexandria Hackett, ACU, 2016
 16:05.79 — Nia Clatworthy, LU, 2025
 16:14.81 — Verity Ockenden, LU, 2016
 16:16.61 — Allyson Girard, AMCC, 2018

10,000-Meter Run

33:12.54 — Nia Clatworthy, LU, 2025
 33:49.46 — Rabea Schoneborn, AMCC, 2018
 33:50.99 — Michaela Hackett, ACU, 2018
 33:51.73 — Alexandria Hackett, ACU, 2018
 34:16.39 — Irene Rono, ACU, 2021
 34:18.90 — Michaela Hackett, ACU, 2018

100-Meter Hurdles

13.03 — Danielle Demas, SHSU, 2015
 13.04 — Daeshon Gordon, NSU, 2018
 13.08 — Danielle Demas, SHSU, 2016
 13.13 — Brittany Littlejohn, NSU, 2003
 13.13 — Brigitte Foster, TXST, 1998

400-Meter Hurdles

56.64 — Monika Klebe, ASU, 1987
 57.01 — Katya Kostetskaya, TXST, 2005
 57.02 — Chloe Rodriguez, Lamar, 2024
 57.06 — Katya Kostetskaya, TXST, 2006
 57.29 — Chante'sean White, TXST, 2012

400-Meter Relay

44.43 — Northwestern State, 2024
 44.59 — UT-Arlington, 2000
 44.74 — Northwestern State, 2018
 44.81 — UTSA, 2012
 44.83 — UTRGV, 2025

1600-Meter Relay

3:29.22 — Northwestern State, 2024
 3:31.79 — Northwestern State, 2025
 3:34.05 — UTSA, 1996
 3:35.16 — Stephen F. Austin, 2019
 3:25.77 — Northwestern State, 2023

High Jump

6-02.00 — Lauri Young, ULM, 1985
 6-00.75 — Sashane Hanson, AMCC, 2019
 Jenneil Jacobie, TAMUC, 2024
 6-00.50 — Caroline Wolf, TXST, 2005
 5-11.50 — Magdaline Campo, EATMU, 2025
 5-11.25 — Katie Evans, TXST, 2009
 Valerie Hancock, TXST, 2009
 Jacqueline Canton, NWST, 2001
 Lynse Leal, UTSA, 1996
 Jennifer Robeson, UTA, 1996

Pole Vault

15-05.50 — Demi Payne, SFA, 2015
 15-05.00 — Demi Payne, SFA, 2015
 15-03.50 — Demi Payne, SFA, 2015
 15-01.50 — Demi Payne, SFA, 2015
 14-09.50 — Demi Payne, SFA, 2015

Long Jump

22-00.25 — Jasmyn Steels, NSU, 2019
 21-10.50 — Tameka Roberts, UTSA, 1994
 21-08.00 — Pam Smith, ULM, 1989
 Sarea Alexander, UIW, 2019
 21-08.00 — Janet Booker, UTSA, 1995
 21-05.50 — Sarea Alexander, UIW, 2018

Triple Jump

44-00.50 — Sarea Alexander, UIW, 2019
 43-07.00 — Ella Anttila, ACU, 2021
 43-04.50 — Lisa Austin, UTA, 1993
 43-04.00 — Cheryl Henry, ULM, 1986
 43-01.00 — Tara Coston, ULM, 1996
 Tristyn Allen, SHSU, 2018

Shot Put

55-08.50 — Tiffany Bunton, TXST, 2004
 55-08.25 — Ashley Davis, SLU, 2018
 55-01.50 — Kayla Melgar, ACU, 2019
 54-11.25 — Trecey Rew, NWST, 2010
 Marsha French, UTA, 1999*
 54-10.75 — Abby Ruston, TXST, 2007

Discus

186-06 — Annina Brandenburg, ACU, 2019
 182-06 — Annina Brandenburg, ACU, 2021
 182-01 — Kayla Melgar, ACU, 2018
 180-01 — Trecey Rew, NWST, 2011
 179-00 — Trecey Rew, NWST, 2010

Hammer

215-05 — Ashley Jenkins, SHSU, 2016
 208-10 — Ashley Jenkins, SHSU, 2015
 208-07 — Alanna Arvie, MCN, 2021
 207-04 — Jermisha Frazier, SLU, 2016
 204-10 — Ashley Jenkins, SHSU, 2015

Javelin

176-09 — Roshunda Betts, SHSU, 2005
 173-10 — Roshunda Betts, SHSU, 2006
 173-05 — Sara Massey, UTA, 1991
 169-05 — Samantha Chesson, MCN, 1999
 168-05 — Kelsey Frank, NSU, 2019

Heptathlon

5,734 — Grace McKenzie, MCN, 2021
 5,723 — Lauri Young, ULM, 1985
 5,685 — Kaitlin Smith, HBU, 2022
 5,619 — Grace McKenzie, MCN, 2018
 5,609 — Grace McKenzie, MCN, 2019

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

*Transfer from UL-Monroe to UT Arlington

Southland NCAA All-Americans

HBU
 2021.....Kaitlin Smith (Heptathlon, 13th)
 2022.....Kaitlin Smith (Heptathlon, 11th)

McNeese
 2022.....Sakari Famous (High Jump, 15th)
 2012.....Ashlee Smith (Discus, 11th)
 2006.....Michelle Rzepka (Pole Vault, 6th)
 1999.....Samantha Chesson (Javelin, 6th)

Northwestern State
 2025.....Maygan Shaw (400m, XX)
 2019.....Reagan Darbonne (Pole Vault, XX)
 Jasmyn Steels, (Long Jump, XX)
 2013.....Janae Allen (Discus, 10th)
 2011.....Trecey Rew (Discus, 1st; Shot Put, 15th)
 2010.....Trecey Rew (Shot Put, t9th)
 2003.....Samantha Ford (Javelin, 4th)

Southeastern
 2025.....Onyah Favour (400m, XX)
 2022.....Kristian Jackson (Discus, 22nd)
 2003.....Christine Amertil (400 Meter Dash, 3rd)

Texas A&M-Corpus Christi
 2019.....Sashane Hanson (High Jump, 16th)

Former Southland Members

Abilene Christian
 2019.....Annina Brandenburg (Discus, 15th)
 Kayla Melgar, (Shot Put, 22nd)

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

Oral Roberts
 2014.....Madison Reynolds (400 Meter Dash, 16th)

Sam Houston
 2015.....Ashley Jenkins (Hammer Throw, 9th)
 2015.....Danielle Demas (100 Meter Hurdles, 10th)
 2007.....Jennie Sewell (Pole Vault, 5th)
 2006.....Roshunda Betts (Javelin, 5th)
 2001.....Precious Madison (Long Jump, 8th)

Stephen F. Austin
 2019.....Cayla Burch (1,600 Meter Relay, 15th)
 Daijia Carr (1,600 Meter Relay, 15th)
 Imani Nave (1,600 Meter Relay, 15th)
 Aaliyah Teel (1,600 Meter Relay, 15th)
 Nastassja Campbell (Pole Vault, 16th)
 Madison Pecot (Pole Vault, 9th)
 2015.....Demi Payne (Pole Vault, 1st)
 2013.....Madison Johnston (Javelin, 9th)

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

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

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

NCAA Women's Champions

Pole Vault
 2015 – Demi Payne, Stephen F. Austin..... 15-05.00

Discus
 2011 – Trecey Rew, Northwestern State..... 192-04

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

Heptathlon
 1985 – Lauri Young, ULM 5,440