



A-STATE TRACK & FIELD

CALEB GARNER, ASSISTANT DIRECTOR/ATHLETICS MEDIA RELATIONS • OFFICE: 870-972-2707 • CELL: 870-316-3382
EMAIL: RGARNER@ASTATE.EDU • MAILING ADDRESS: P.O. BOX 1000, STATE UNIVERSITY, AR, 72467

11 SUN BELT INDOOR CHAMPIONSHIPS | 10 SUN BELT OUTDOOR CHAMPIONSHIPS | 2 SBC CROSS COUNTRY CHAMPIONSHIPS

INDOOR SCHEDULE

December

6-7 Boo Rogers Combined Events Pittsburg, Kan.
7 Crimson & Gold Inv. Pittsburg, Kan.

January

11 Vulcan Invitational Birmingham, Ala.
17 Samford Invitational Birmingham, Ala.
17 Missouri Intercollegiate Columbia, Mo.
24 Green & Gold Invitational Birmingham, Ala.
24-25 Don DeNoon Invite Carbondale, Ill.

February

7-8 New Mexico Collegiate Classic Albuquerque, N.M.
7 Mizzou Open Columbia, Mo.
14-15 Indoor Gorilla Classic Pittsburg, Kan.
24-25 SBC Indoor Champs. Birmingham, Ala.

March

13-14 NCAA Indoor Champs. Albuquerque, N.M.

OUTDOOR SCHEDULE

March

20 South Alabama Inv. Mobile, Ala.
25-28 Clyde Littlefield Texas Relays Austin, Texas
27-28 Al Schmidt Bulldog Relays Starkville, Miss.

April

3-4 Spec Towns Invitational Athens, Ga.
4 Little Rock Open Little Rock, Ark.
10 Joe Walker Classic Oxford, Miss.
17-18 War Eagle Invitational Auburn, Ala.
17-18 Beach Invitational Long Beach, Calif.
17-18 Mt. SAC Relays Walnut, Calif.
24-25 Red Wolves Open Jonesboro, Ark.

May

8-10 Sun Belt Outdoor Champs. Lafayette, La.
28-30 NCAA West Prelims Lawrence, Kan.

June

10-13 NCAA Outdoor Champs. Austin, Texas

2020 SUN BELT CONFERENCE INDOOR CHAMPIONSHIPS March 24-25, 2020 | Birmingham, Ala. | Birmingham CrossPlex



A CHAMPIONSHIP TRADITION

4 Women's Indoor Championships
7 Men's Indoor Championships
6 Women's Outdoor Championships
4 Men's Outdoor Championships
2 Women's Cross Country Championships

WATCH LIVE ON ESPN+

MONDAY: 4:30 p.m. CT
TUESDAY: 2:00 p.m. CT

MEET ENTRIES / SBC INDOOR CHAMPIONSHIPS

60 METERS

Men
Chris Hill, Courtney Thomas
Women
Jonae Cook, Osereme Erewele

200 METERS

Men
Chris Hill, Jermie Walker
Women
Jonae Cook, Osereme Erewele, Briana Hardiman, Blaique Webster

400 METERS

Men
Kobey Hill, Jermie Walker
Women
Briana Hardiman, Kyndall Hudson, Blaique Webster

800 METERS

Men
Handre Jonker, Darrian Lockett, Gregoire Saury, Alejandro Vargas, Seth Waters
Women
McKenzie Cornell, Kayla Wade

MILE

Men
Bennett Pascoe, Gregoire Saury, Seth Waters
Women
Sammy Brainard, McKenzie Cornell, Elizabeth Martin, Pauline Meyer

3000 METERS

Men
John Carder, Ethan Mychajlonka, Bennett Pascoe, Seth Waters, Coleman Wilson
Women
Sammy Brainard, McKenzie Cornell, Elizabeth Gillette,

Madison Grimm, Sophie Leathers, Pauline Meyer, Sarah Trammel

5000 METERS

Men
John Carder, Ethan Mychajlonka, Bennett Pascoe
Women
Elizabeth Gillette, Sophie Leathers, Sarah Trammel

60-METER HURDLES

Men
Hayden Hampton, Ke'Von Holder, Amari James
Women
Raine Bowers, Camryn Newton-Smith, Imani Udoumana, Alexis Woodall

4X400 METER RELAY

Men: One Team
Women: One Team

DMR

Men: One Team
Women: One Team

HIGH JUMP

Men
Frank Massey
Women
Allie Hensley, Megan Knowing, Sydney Lane

POLE VAULT

Men
Matthew Keown
Women
Lauren Beauchamp, Nada Buntic, Callie Hicks

LONG JUMP

Men
Coleton Clifft, Carter Shell, Courtney Thomas
Women
Johnaya Givens, Arabriaun Mack

TRIPLE JUMP

Men
Amari James, Carter Shell, Courtney Thomas
Women
Johnaya Givens, Arabriaun Mack, Imani Udoumana

SHOT PUT

Men
Eron Carter, Eric Williams
Women
Grace Flowers, Chastery Fuamatu, Evangelynn Harris, Babette Vandeput

WEIGHT THROW

Men
Eron Carter, Aimar Palma Simo, Eric Williams
Women
Grace Flowers, Chastery Fuamatu, Evangelynn Harris, Hannah Higgins

PENTATHLON

Allie Hensley, Camryn Newton-Smith

HEPTATHLON

Ty Graser, Hayden Hampton

FOLLOW ON SOCIAL MEDIA



@ASTATETRACK



@ARKANSAS_STATE_TRACK



/AstateTrackAndField

QUICK FACTS

THE BASICS

Location: Jonesboro, Arkansas
Founded: 1909
Enrollment: 14,085
Colors: Scarlet & Black
Nickname: Red Wolves
Conference: Sun Belt
System President: Dr. Charles Welch
Chancellor: Dr. Kelly Dampousse
Director of Athletics: Terry Mohajir
Senior Women's Admin: Amy Holt
Faculty Rep.: Dr. Karen McDaniel
Department Phone: 870-972-3880
Ticket Office Phone: 870-972-2781

TRACK AND FIELD HISTORY

First Year of Track & Field: 1964

Men's Indoor SBC Titles: 7

Most Recent Title: 2018

Individual SBC Titles: 82

All-Americans: 29

Women's Indoor SBC Titles: 4

Most Recent Title: 2013

Individual SBC Titles: 59

All-Americans: 5

Men's Outdoor SBC Titles: 5

Most Recent Title: 2018

Individual SBC Titles: 95

All-Americans: 49

Women's Outdoor SBC Titles: 6

Most Recent Title: 2019

Individual SBC Titles: 81

All-Americans: 13

Men's Cross Country SBC Titles: 0

Best Finish: Second (2019)

Women's Cross Country SBC Titles: 2

Most Recent Title: 2019

TRACK AND FIELD STAFF

Head Coach (Hor. Jumps/Long Sprints):

Jim Patchell, Ph.D.

Associate Head Coach (Throws):

Matt Kraft

Assistant Coach (Distance/XC):

Jesse Duvall

Assistant Coach (Sprints/Relays/Hurdles):

Timothy Thompson

Assistant Coach (Multis/Vertical Jumps):

Matt Vining

Graduate Assistant:

Tiaan Steenkamp

Volunteer Assistants:

Michael Carr

Christian Ravar Ladislau

PR Contact:

Caleb Garner

Phone: 870.972.2707 (O) | 870.316.3382 (C)

Email: RGarner@AState.edu

Twitter: @CalebGarnerSID

2020 ARKANSAS STATE TRACK AND FIELD ROSTERS

MEN

Athlete	Event	Year	Hometown (Previous School)
Sean Adams	Distance	Senior	Maumelle, Ark. (Maumelle HS)
Garrett Becker	Distance	Sophomore	Steelville, Mo. (Steelville HS)
John Carder	Distance	Junior	Little Rock, Ark. (Bryant HS)
Eron Carter	Throws	Junior	Palatka, Fla. (Palatka HS)
Coleton Clift	Multi	Senior	Jonesboro, Ark. (Valley View HS)
Daidren Davis	Multi	Senior	St. Johns, Fla. (Bartram Trail HS)
Ty Graser	Multi	Freshman	Rogers, Ark. (Rogers Heritage HS)
Owen Habeger	Distance	Sophomore	Chillicothe, Ill. (Illinois Valley Central HS)
Hayden Hampton	Multi	Senior	Texarkana, Ark. (Genoa Central HS)
Chris Hill	Sprints	Junior	Garland, Texas (Sachse HS)
Kobey Hill	Sprints	Senior	Memphis, Tenn.
Ke'Von Holder	Hurdles	Junior	Conway, Ark. (Conway HS)
Amari James	Hurdles	Senior	Little Rock, Ark. (Parkview HS)
K'Den Johnson	Sprints	Senior	College Park, Ga. (Banneker HS)
Handre Jonker	Distance	Freshman	Roodeport, South Africa (Helpmekaar)
Matthew Keown	Pole Vault	Junior	Bentonville, Ark. (Bentonville HS)
Darrian Lockett	Distance	Senior	Memphis, Tenn.
Steffan Mallory II	Sprints	Sophomore	Daytona Beach, Fla. (Mainland HS)
Frank Massey	Jumps	Sophomore	Chicago Heights, Ill. (Bloom Township HS)
Ethan Mychajlonka	Distance	Sophomore	Chandler, Ariz. (Basha HS)
Jacob Oury	Distance	Junior	Elmhurst, Ill. (Hampshire HS)
Aimar Palma Simo	Throws	Freshman	Castellon, Spain
Bennett Pascoe	Distance	Junior	Conway, Ark. (Conway Christian)
Gregoire Saury	Distance	Graduate Student	Bram, France (Lycee Jean Durand)
Carter Shell	Jumps	Junior	Orlando, Fla. (Temple HS)
Logan Simington	Distance	Sophomore	Longmont, Colo. (Silver Creek HS)
Courtney Thomas	Sprints/Jumps	Sophomore	Memphis, Tenn. (Central HS)
Alejandro Vargas	Distance	Junior	Chicago, Ill. (Payton HS)
Jermie Walker	Sprints	Sophomore	Metairie, La. (Archbishop Rummel HS)
Seth Waters	Distance	Junior	Harrison, Ark. (Harrison HS)
Eric Williams	Throws	Junior	Montgomery, Ala. (Carver HS)
Coleman Wilson	Distance	Freshman	Bentonville, Ark. (Bentonville HS)

PRONUNCIATION GUIDE

Owen Habeger	HAB-egurr
Handre Jonker	Like "Andre" but add an H
Matthew Keown	KOWN
Ethan Mychajlonka	MY-kuh-LON-kuh
Gregoire Saury	Greg-WA Saw-REE

RETURNING MEDALISTS

GOLD

Carter Shell - Indoor Long Jump (2019)

SILVER

Eron Carter - Indoor Shot Put (2019)

Hayden Hampton - Heptathlon (2019); Decathlon (2019); Decathlon (2018); Decathlon (2017)

Frank Massey - Indoor High Jump (2019)

Carter Shell - Indoor Long Jump (2018); Indoor Triple Jump (2018); Outdoor Long Jump (2018)

Jermie Walker - Indoor 400m (2019); Outdoor 400m (2019)

Seth Waters - 1500m (2018)

BRONZE

Hayden Hampton - Heptathlon (2018)

Amari James - 60m Hurdles (2019)

Bennett Pascoe - 3000m Steeplechase (2019)

Jermie Walker - Indoor 200m (2019)

Seth Waters - Outdoor 1500m (2019)

TEAM YEAR-BY-YEAR RESULTS

1992	Third	97 pts
1993	Second	119 pts
1994	First	175 pts
1995	Third	87 pts
1996	Third	65 pts
1997	First	119 pts
1998	First	100.5 pts
1999	Third	96 pts
2000	First	127.5 pts
2001	Third	96 pts
2002	Third	93.5 pts
2003	Second	100 pts
2004	Seventh	45 pts
2005	Second	124 pts
2006	Third	108.5 pts
2007	First	129 pts
2008	Fourth	72 pts
2009	Fourth	77.5 pts
2010	Fifth	72 pts
2011	Fourth	91 pts
2012	Third	90.5 pts
2013	Third	104 pts
2014	Fifth	74.33 pts
2015	First	132.5 pts
2016	Third	102.5 pts
2017	Fourth	102.5 pts
2018	First	145 pts
2019	Second	119.5 pts

RETURNING MEDALISTS

GOLD

Grace Flowers - Outdoor Discus Throw (2019)

Arabriaun Mack - Indoor Long Jump (2018)

Imani Udoumana - Outdoor Triple Jump (2019)

Babette Vandeput - Outdoor Discus Throw (2019)

SILVER

Briana Hardiman - Outdoor 400m (2018)

Evangelynn Harris - Indoor Shot Put (2019); Outdoor Shot Put (2019)

Babette Vandeput - Outdoor Discus Throw (2019)

BRONZE

Osereme Erewele - 60m (2019)

Grace Flowers - Hammer Throw (2019)

Briana Hardiman - Outdoor 400m (2017)

Sydney Lane - Outdoor High Jump (2019)

TEAM YEAR-BY-YEAR RESULTS

1992	First 104 pts
1993	Third 54 pts
1994	Fourth 52.5 pts
1995	First 86 pts
1996	Second 87.66 pts
1997	Third 77.25 pts
1998	First 104 pts
1999	Fourth 65 pts
2000	Second 87.5 pts
2001	Third 86 pts
2002	Seventh 51 pts
2003	Sixth 56 pts
2004	Eighth 29 pts
2005	Sixth 50 pts
2006	Ninth 26 pts
2007	Sixth 57.25 pts
2008	Seventh 43 pts
2009	Fourth 80.5 pts
2010	Fourth 64 pts
2011	Second 98.5 pts
2012	Fourth 83.5 pts
2013	First 122.5 pts
2014	Third 78.5 pts
2015	Second 117.5 pts
2016	Third 96 pts
2017	Fifth 70 pts
2018	Fourth 82 pts
2019	Second 92 pts

2020 ARKANSAS STATE TRACK AND FIELD ROSTERS

WOMEN

Athlete	Event	Year	Hometown (Previous School)
Megan Adams	Distance	Junior	Carterville, Ill. (Carterville HS)
Monika Ahonen	Jump	Sophomore	Muurame, Finland
Lauren Beauchamp	Pole Vault	Junior	St. Charles, Mo. (Francis Howell HS/Northern Iowa)
Rainee Bowers	Hurdles	Freshman	Arlington, Texas (Mansfield Timberview HS)
Sammy Brainard	Distance	Senior	Collierville, Tenn. (Collierville HS)
Nada Buntic	Pole Vault	Senior	Erie, Penn. (McDowell HS)
Jonae Cook	Sprints	Sophomore	Norristown, Penn. (
McKenzie Cornell	Distance	Sophomore	Phelan, Calif. (Serrano HS)
Nia Davis	Sprints	Junior	Houston, Texas (Cypress Ranch HS)
Brianna De La Rosa	Hurdles	Freshman	Miami, Fla. (Doral Academy)
Emily Efurd	Distance	Sophomore	Rogers, Ark. (Rogers HS)
Osereme Erewele	Sprints/Jumps	Sophomore	Springfield, Ill. (Springfield HS)
Grace Flowers	Throws	RS Junior	Tulsa, Okla. (Union HS)
Chastery Fuamatu	Throws	Sophomore	Gentry, Ark. (Gentry HS)
Elizabeth Gillette	Distance	Senior	Texarkana, Ark. (Trinity Christian)
Johnaya Givens	Sprints/Jump	Sophomore	Little Rock, Ark. (Parkview HS)
Madison Grimm	Distance	Sophomore	Knoxville, Tenn. (Hardin Valley Academy)
Briana Hardiman	Sprints	Senior	Magnolia, Ark. (Magnolia HS)
Evangelynn Harris	Throws	Sophomore	East St. Louis, Ill. (East St. Louis HS)
Heidi Hauptman	Distance	Sophomore	St. Charles, Mo. (Francis Howell HS)
Allie Hensley	Multi	Junior	Clinton, Ark. (Clinton HS)
Callie Hicks	Pole Vault	Senior	Lawrence, Kan. (Lawrence Free State HS/Kansas)
Hannah Higgins	Throws	Junior	Texarkana, Texas (Texas HS)
Jaela Hollie	Sprints/Jumps	Freshman	Orlando, Fla. (Jones HS)
Kyndall Hudson	Sprints	Freshman	Kennesaw, Ga. (Kennesaw Mountain HS)
Kori Jones	Sprints/Hurdles	Sophomore	Dallas, Texas (Hampton Prep/Louisiana Tech)
Megan Knowing	Jumps	Sophomore	Ellington, Conn. (Ellington HS)
Sydney Lane	Jumps	Sophomore	Keiser, Ark. (Rivercrest HS)
Sophie Leathers	Distance	Sophomore	Colleyville, Texas (Colleyville Heritage HS)
Jadyn Lewis	Sprints	Junior	North Little Rock, Ark. (Bryant HS)
Arabriaun (Flash) Mack	Jumps	Senior	Cotton Plant, Ark. (Searcy HS)
Elizabeth Martin	Distance	Freshman	Phelan, Calif. (Serrano HS)
Pauline Meyer	Distance	Junior	Gronau-Epe, Germany (Canisiusschule Ahaus)
Camryn Newton-Smith	Multi	Sophomore	Greenbank, Australia
Sophia Oury	Distance	Sophomore	Hampshire, Ill. (Hampshire HS)
Canaan Richardson	Jumps	Junior	Jonesboro, Ark. (Valley View HS)
Hannah Shelby	Distance	Senior	Bryant, Ark. (Bryant HS)
JeLynn Tatum	Distance	Senior	Carl Junction, Mo. (Carl Junction HS)
Sarah Trammel	Distance	Freshman	Burleson, Texas (Burleson Centennial HS)
Imani Udoumana	Sprints/Jumps	Junior	Nashville, Tenn. (Oakland HS)
Babette Vandeput	Throws	Junior	_, Belgium
Kayla Wade	Distance	Sophomore	Grain Valley, Mo. (Grain Valley HS)
Blaique Webster	Sprints	Freshman	Dallas, Texas (Trinity HS)
Jessica Weiss	Distance	Senior	Gosnell, Ark. (Gosnell HS)
Eva Wilk	Distance	Sophomore	Plano, Texas (Plano East HS)
Kerra Williams	Sprints/Hurdles	Sophomore	Hallandale, Fla. (Hallandale HS)
Alexis Woodall	Hurdles	Freshman	Tampa, Fla. (Hillsborough HS)

PRONUNCIATION GUIDE

Nada Buntic	BUN-titch
Osereme Erewele	OSS-uh-RAY-may ERR-uh-WAY-lay
Chastery Fuamatu	FOO-a-MAH-too
Heidi Hauptman	HAWPT-man
Imani Udoumana	ee-MON-ee OO-doo-MON-ah
Arabriaun Mack	Goes by "Flash"

Goes by "Ozzy"

HONORS AND AWARDS

Lauren Beauchamp	SBC Field AOW (Feb. 19)
Osereme Erewele	SBC Track AOW (Jan. 15)
Grace Flowers	SBC Field AOW (Jan. 15)
Elizabeth Gillette	Second Team All-SBC (XC)
Camryn Newton-Smith	SBC Field AOW (Feb. 12)
Sophie Leathers	Third Team All-SBC (XC)
Pauline Meyer	First Team All-SBC (XC) USTFCCCA All-Academic (XC) USTFCCCA All-Region (XC)
Bennett Pascoe	SBC Track AOW (Feb. 19) SBC Track AOW (Jan. 22) Second Team All-SBC (XC) USTFCCCA All-Academic (XC) USTFCCCA All-Region (XC) SBC Runner of the Week (XC)
Jermie Walker	SBC Track AOW (Feb. 12)
Seth Waters	Third Team All-SBC (XC)

MEET RECORDS

- Arkansas State owns nine meet records, led by three owned by 2020 Tokyo Olympics hopeful Sharika Nelvis (60m, 60m Hurdles and long jump)
- A-State also holds meet records in the men's 60m (Jaylon Bacon), men's 60m Hurdles (Jamil Peeples), women's shot put (Erin Farmer), men's shot put (Richard Chavez), men's pole vault (Kelly Riley) and men's weight throw (Alton Clay)

OLYMPIC HOPEFULS

- Speaking of Nelvis, she is one of multiple A-State alums vying for a spot on the 2020 U.S. Olympic team.
- Multi-time SBC champion sprinter Caitland Smith, Michael Carr (school-record-holder in the pole vault) and Nelvis are among the former Red Wolves looking to land a spot in Tokyo.

NOTEBOOK

"WE'RE NOT IN KANSAS ANYMORE..."

- Prior to the 2019-20 fall semester, Arkansas State gained a big pickup in pole vaulter Callie Hicks, who transferred for her final season of eligibility from Kansas.
- In her first meet as a Red Wolf, Hicks showed out, clearing an indoor-best 3.91m to win the event at the Vulcan Invitational on Jan. 14 and sits second in the conference in the event.

THE "JESSE DUVAL EFFECT"

- Arkansas State's distance program has reached new heights under new distance coach and former A-State distance runner Jesse Duvall, who was promoted prior to the 2019 cross country season.
- In Duvall's first year at the helm of the cross country program, he earned Sun Belt Women's Cross Country Coach of the Year after guiding the Red Wolves to their first conference title since 2013, while also piloting the men to their best finish in program history (runner-up).
- Under his watch, 17 athletes have seen lifetime best performances across the cross country and indoor track and field seasons.

2019: YEAR OF THE RED WOLF

- With Arkansas State's historic finish at the 2019 SBC Cross Country Championships, the Red Wolves capped off an incredible year for the program. In those six events, A-State finished no worse than second, while no other school placed inside the top four in all championship meets during that span.

SHELL YEAH

- Carter Shell returns to the Birmingham CrossPlex to defend his 2019 Sun Belt indoor long jump title.
- Shell earned second-team All-American honors a year ago in the long jump and has finished in the top four in every conference championship meet, with only one finish outside the top two (2019 SBC Outdoor).
- The Orlando, Fla., native is the only reigning indoor champion for the Red Wolves, while several returnees claimed outdoor crowns last season.

REWRITING THE 'BOOKS

- Arkansas State athletes have been busy re-writing the record books this indoor season, with a total of 45 mark moving into the top 10, in addition to three program records.
- Bennett Pascoe has been key in two of those three records, breaking a nearly-60-year-old record in the mile and a 15-year-old DMR record.

A-STATE DMR RECORDS FALL AT PITTSBURG STATE

- In Arkansas State's final tuneup as a squad ahead of the conference championships, both the men's and women's distance medley relay records fell, with the men posting the top time of the week in Division I.

SUCCESS IN THE IRON CITY

- Arkansas State is making its fourth appearance at the Birmingham CrossPlex this season, having run some of its fastest times of the year on the track, especially in the longer distance races.

POLE VAULT TRANSFERS LEAD THE 'PACK

- Arkansas State has two women's pole vaulters who transferred into the program prior to the 2019-20 season, and they have continued the historic success A-State vaulters have had in previous years.
- Lauren Beauchamp (Northern Iowa) and Callie Hicks (Kansas) came into the program and rank first and second entering the conference championships.
- Beauchamp is no stranger to podium finishes, as she claimed the 2018 Missouri Valley Conference indoor crown as a freshman before earning bronze in the outdoor championships that season.
- Both Beauchamp and Hicks rank in the top 10 all-time at A-State, with both clearing the 3.90m threshold in their first season as Red Wolves.

A-STATE IN THE SUN BELT CONFERENCE (TOP 10)

WOMEN

Athlete	Event	Mark	SBC Rank
Osereme Erewele	60m	7.51	2
	200m	24.75	9
Jonae Cook	60m	7.60	7
	200m	24.77	10
Briana Hardiman	400m	56.34	8
	800m	2:15.00	7
Pauline Meyer	Mile	4:52.23	2
	3000m	9:52.51	3
McKenzie Cornell	Mile	5:02.79	8
Sammy Brainard	Mile	5:03.49	9
Elizabeth Martin	Mile	5:03.73	10
Sophie Leathers	3000m	10:00.51	8
	5000m	17:46.49	5
Elizabeth Gillette	5000m	17:34.33	3
Sarah Trammel	5000m	17:56.48	10
Camryn Newton-Smith	60m Hurdles	8.61c	5
	High Jump	1.65m	T8
	Long Jump	6.01m	T2
	Pentathlon	3,701 pts	1
Rainee Bowers	60m Hurdles	8.69	8
Hardiman, Webster	4x400m Relay	3:53.55	8
Hensley, Hudson			
Martin, Hudson, Cornell, Meyer	DMR	11:48.59	2
Sydney Lane	High Jump	1.72m	T2
Allie Hensley	High Jump	1.72m	T2
	Pentathlon	3,438 pts	4
Megan Knowing	High Jump	1.72m	T2
Lauren Beauchamp	Pole Vault	3.92m	1
Callie Hicks	Pole Vault	3.91m	2
Nada Buntic	Pole Vault	3.68m	5
Imani Udoumana	Triple Jump	12.31m	3
Johnaya Givens	Triple Jump	12.16m	5
Grace Flowers	Shot Put	15.53m	1
	Weight Throw	18.97m	2
Evangelynn Harris	Shot Put	15.18m	3
	Weight Throw	16.20m	10
Babette Vandeput	Shot Put	13.30m	7
Chastery Fuamatu	Shot Put	13.12m	8
	Weight Throw	17.68m	4

MEN

Athlete	Event	Mark	SBC Rank
Chris Hill	60m	6.85	5
Jermie Walker	60m	6.87	T9
	200m	21.22c	1
	400m	47.96c	2
Kobey Hill	400m	48.59	5
Seth Waters	800m	1:54.06c	T4
	Mile	4:12.30	3
Handre Jonker	800m	1:54.29c	7
Alejandro Vargas	800m	1:54.72c	10
Bennett Pascoe	Mile	4:07.80c	1
	3000m	8:19.98	1
	5000m	14:35.41	1
Gregoire Saury	Mile	4:12.08	2
John Carder	3000m	8:33.04c	7
Ethan Mychajlonka	5000m	15:00.23	7
Ke'Von Holder	60m Hurdles	7.90	2
Amari James	60m Hurdles	8.13	10
Walker, K. Hill	4x400m Relay	3:13.53	1
Davis, Lockett			
Waters, Walker, Saury, Pascoe	DMR	9:51.34	1
Frank Massey	High Jump	2.09m	3
Hayden Hampton	High Jump	1.99m	T9
Matthew Keown	Pole Vault	4.74m	8
Carter Shell	Long Jump	7.48m	3
Coleton Clift	Long Jump	7.19m	7
Courtney Thomas	Long Jump	7.15m	8
	Triple Jump	14.24m	T10
Eric Williams	Shot Put	15.90m	5
Eron Carter	Shot Put	15.75m	6
	Weight Throw	19.40m	4
Aimar Palma Simo	Weight Throw	18.57m	7

POINT SCORERS AT THE 2019 SBC INDOOR CHAMPIONSHIPS

Name	Place	Event	Mark
Caitland Smith	1st	60m	7.31
Carter Shell	1st	Long Jump	7.55m
Emma Nwofor	1st	60m Hurdles	8.36
Caitland Smith	2nd	200m	23.82
Jermie Walker	2nd	400m	47.78
Heinrich Herbst	2nd	800m	1:54.88
Frank Massey	2nd	High Jump	2.07m
Michael Carr	2nd	Pole Vault	5.13m
Eron Carter	2nd	Shot Put	17.05m
Evangelynn Harris	2nd	Shot Put	14.49m
Emma Nwofor	2nd	Pentathlon	3,852 pts
Hayden Hampton	2nd	Heptathlon	5,194 pts
Osereme Erewele	3rd	60m	7.57
Jermie Walker	3rd	200m	21.48
Amari James	3rd	60m Hurdles	8.22
Walker/Lockett	3rd	4x400m Relay	3:18.50
Johnson/Herbst			
Tiaan Steenkamp	3rd	High Jump	2.07m
Seth Waters	4th	800m	1:55.77
Eric Williams	4th	Shot Put	16.26m
Grace Flowers	4th	Weight Throw	17.77m
Briana Hardiman	5th	400m	56.28

Name	Place	Event	Mark
Seth Waters	5th	Mile	4:19.33
Anaelle Charles	5th	Mile	4:57.18
Sarah Michael	5th	Pole Vault	3.63m
Courtney Thomas	5th	Long Jump	7.15m
Eron Carter	5th	Weight Throw	17.69m
Osereme Erewele	6th	200m	24.81
Jacob Oury	6th	800m	1:57.40
Hayden Hampton	6th	60m Hurdles	8.59
Emma Nwofor	6th	High Jump	1.73m
Imani Udoumana	6th	Triple Jump	12.09m
Chris Hill	7th	60m	7.02
Anaelle Charles	7th	800m	2:14.38
Alex Strong	7th	High Jump	1.99m
Nada Buntic	7th	Pole Vault	3.63m
Camryn Newton-Smith	7th	Long Jump	5.74m
Johnaya Givens	7th	Triple Jump	11.78m
Heinrich Herbst	8th	Mile	4:19.44
Galimah/Lockett	8th	DMR	10:29.12
Vargas/J. Oury			
Sydney Lane	8th	High Jump	1.68m
Matthew Keown	8th	Pole Vault	4.68m
Carter Shell	8th	Triple Jump	14.46m

MEN'S INDIVIDUAL SUN BELT CONFERENCE INDOOR CHAMPIONS

1991			1999			2008		
Anthony Hampton	55-meter	6.30	Daniel Ryland	200-meter	21.98	Carlos Mattis	High Jump	2.12m
Andy Mooneyham	Pole Vault	5.18m	Brad Tyler	Pole Vault	5.18m	B.J. Parish	Heptathlon	5,152 pts
Jeff Pitts	Shot Put	16.89m	Jason Wood	Shot Put	17.84m			
			Andrew Rootz	Weight Throw	16.34m			
1992			2000			2011		
Anthony Hampton	55-meter	6.30	Daniel Ryland	400-meter	48.56	Distance Medley Relay	10:25.52	
Kendricke Bullard	400-meter	47.12	Jason Hinton	High Jump	2.05m	Ethan Sandusky	Pole Vault	5.20m
Kelly Riley	Pole Vault	5.44m	Brad Tyler	Pole Vault	5.18m			
Jeff Pitts	Shot Put	15.25m						
1993			2001			2013		
Anthony Hampton	55-meter	6.31	Seth Bortey	800-meter	1:52.27	Justin Whitfield	55-meter	6.35
John McGrew	800-meter	1:54.10	Seth Bortey	Mile	4:16.55	Chris Nicasio	Weight Throw	19.32m
1600-meter relay		3:13.70	Distance Medley Relay			Ethan Turpen	Heptathlon	5,287 pts
3200-meter relay		7:42.65	Brad Tyler	Pole Vault	5.20m			
Jon Kelley	Pole Vault	5.18m						
1994			2002			2014		
Kendricke Bullard	200-meter	21.61	Daniel Ryland	Pole Vault	4.87m	Roelf Pienaar	Long Jump	7.72m
Gabe Arrington	800-meter	1:54.86	Mesut Yavas	Long Jump	7.63m	Richard Chavez	Shot Put	18.29m
Jakob Jensen	Mile	4:14.28	Candon Powell	Weight Throw	17.88m			
1600-meter Relay		3:13.60						
Distance Medley Relay		10:13.58	2003			2015		
Sam Hill	High Jump	2.18m	Terry LoFrese	High Jump	2.08m	Jaylen Bacon	200-meter	21.37
Sam Hill	Long Jump	7.43m	Gustavo Rehder	Pole Vault	5.18m	Joey Meyer	400-meter	47.44
Chad Harting	Pole Vault	5.20m	Mesut Yavas	Long Jump	7.68m	Roelf Pienaar	Triple Jump	15.83m
Carlo White	Shot Put	16.87m	Candon Powell	Shot Put	17.44m	Richard Chavez	Shot Put	19.61m
			Candon Powell	Weight Throw	17.97m	William Oliver	Heptathlon	5,299 pts
1995			2005			2016		
Eric Boxley	Pole Vault	5.14m	Greg Belger	55-meter hurdles		Jamil Peebles	60-meter hurdles	7.99
Linus Bernhult	Shot Put	15.81m	Nathan Daniels	400-meter	48.06	Roelf Pienaar	Triple Jump	15.73m
1600-meter relay		3:19.97	Shawn Anderson	High Jump	2.05m			
			Brandon Banda	Pole Vault	4.85m			
			Candon Powell	Weight Throw	20.26m			
1996			2006			2017		
Sam Hill	High Jump	2.13m	Darreal Beal	Long Jump	7.44m	Jamil Peebles	60-meter hurdles	7.95
1600-meter relay		3:19.25	Isaiah Rucker	Shot Put	16.56m	Tiaan Steenkamp	High Jump	2.17m
			Matt Vining	Heptathlon	4,909 pts	Cristian Ravar Ladislau	Weight Throw	19.32m
1997			2007			2018		
Franck Waota	55-meter	6.37	Jason Brooks	400-meter	48.71	Jaylen Bacon	60-meter	6.62
Aaron Raney	400-meter	47.99	Michael Davis	Pole Vault	4.89m	Jaylen Bacon	200-meter	21.02
1600-meter relay		3:18.01	Matt Vining	Heptathlon	4,990 pts	Tiaan Steenkamp	High Jump	2.09m
Distance Medley Relay		10:11.90				Michael Carr	Pole Vault	5.28m
1998						2019		
Robert Whitehead	High Jump	4.99m				Carter Shell	Long Jump	7.55m

WOMEN'S INDIVIDUAL SUN BELT CONFERENCE INDOOR CHAMPIONS

1991			2003			2015		
Pedtra Wilson	400-meter	57.48	Isela Mendoza	Shot Put	13.38m	Kristina Knott	200-meter	24.04
Beth Mayo	5000-meter	18:45.84	Isela Mendoza	Weight Throw	17.41m	Alexandra Pevtsova	Pole Vault	3.93m
4x400m Relay		3:56.15						
1992			2005			2016		
Jean Fletcher	400-meter	56.26	Erica Hall	Pole Vault	3.65m	Keturah Smith	400-meter	55.06
Lysbeth Kurpanen	800-meter	2:15.28				Samone Thompson	Pentathlon	3,764 pts
4x400m Relay		3:53.15	2006					
Malisa Harriott	Triple Jump	11.69m	Sara Young	Pole Vault	3.97m	2017		
1993						Erin Farmer	Shot Put	16.44m
Pedtra Wilson	400-meter	56.96	2007			2018		
Malisa Harriott	Triple Jump	12.01m	Amy Fleddermann	Pentathlon	3,740 pts	Arabriaun Mack	Long Jump	5.93m
Serenia Curtis	Shot Put	13.27m	2009			2019		
1994			Stephanie Foreman	Pole Vault	3.90m	Caitland Smith	60 meters	7.31
Salli Smith	High Jump	1.68m	Amy Bowman	Pentathlon	3,649 pts	Emma Nwofor	60m Hurdles	8.36
1995			2010					
Katarina Littenheim	800-meter	2:15.56	Stephanie Foreman	Pole Vault	4.05m			
Krystal White	Shot Put	14.12m	2011					
1996			Sharika Nelvis	55-meter	6.99			
Nicole Brown	55-meter hurdles	8.35	Stephanie Foreman	Pole Vault	4.15m			
Sarah Todd	Long Jump	5.82m	2012					
Krystal White	Shot Put	14.85m	Sharika Nelvis	55-meter	6.91			
1997			Sharika Nelvis	200-meter	23.80			
Nicole Brown	55-meter hurdles	8.25	Sharika Nelvis	55-meter hurdles	7.82			
Eva Knudsen	Long Jump	5.80m	Stephanie Foreman	Pole Vault	4.00m			
1998			Sharika Nelvis	Long Jump	5.99m			
Nicole Brown	55-meter hurdles	8.08	2013					
Edie Montgomery	High Jump	1.56m	Sharika Nelvis	55-meter	6.87			
2000			Sharika Nelvis	200-meter	23.74			
Carla Christian	55-meter	7.12	Kristina Aubert	5,000-meter	17:09.96			
Elena Semyonova	High Jump	1.77m	Sharika Nelvis	55-meter hurdles	7.68			
Elena Semyonova	Triple Jump	11.91m	Alexandra Pevtsova	Pole Vault	3.85m			
2001			Sharika Nelvis	Long Jump	6.32m			
Edie Montgomery	High Jump	1.74m	Julia Agawu	Weight Throw	19.14m			
Michelle Legatt	Pole Vault	3.75m	2014					
2002			Sharika Nelvis	60-meter	7.28			
Amanda Sweeten	Pole Vault	3.64m	Sharika Nelvis	200-meter	23.50			
Isela Mendoza	Weight Throw	16.50m	Kristina Aubert	5,000-meter	16:46.32			
			Sharika Nelvis	60-meter hurdles	8.04			
			Sharika Nelvis	Long Jump	5.93m			

MEN INDOOR PERFORMANCE LIST

60 METERS

School Record: Jaylen Bacon, 6.56 (2017)

SBC Leader: Hakim Montgomery, Troy/Ismael Kone, UT Arlington (6.77)

Chris Hill	6.85	Crimson & Gold Invitational (12/7/19)
Jermie Walker	6.87	Crimson & Gold Invitational (12/7/19)
Courtney Thomas	6.88	Crimson & Gold Invitational (12/7/19)
Ty Graser	7.40	Green & Gold Invitational (1/24/20)

200 METERS

School Record: Jaylen Bacon, 21.02 (2018)

SBC Leader: Jermie Walker, Arkansas State (21.22c)

Jermie Walker	21.41	Crimson & Gold Invitational (12/7/19)
Chris Hill	21.92	Crimson & Gold Invitational (12/7/19)
Kobey Hil	21.93	Crimson & Gold Invitational (12/7/19)
Handre Jonker	22.79	Samford Invite (1/17/20)
Amari James	23.42	Samford Invite (1/17/20)

400 METERS

School Record: Kendrick Bullard, 46.76 (1992)

SBC Leader: Dominik Yancy, UT Arlington (47.76c)

Jermie Walker	48.52	Samford Invite (1/17/20)
Kobey Hill	48.64	Crimson & Gold Invitational (12/7/19)
Daidren Davis	49.62	Crimson & Gold Invitational (12/7/19)
Handre Jonker	50.13	Samford Invite (1/17/20)
Darrian Lockett	51.05	Crimson & Gold Invitational (12/7/19)
K'Den Johnson	51.78	Crimson & Gold Invitational (12/7/19)
Garrett Becker	53.48	Green & Gold Invitational (1/24/20)
Steffan Mallory II	55.77	Samford Invite (1/17/20)

800 METERS

School Record: Seth Bortey, 1:49.51 (2001)

SBC Leader: Harold Murphy, UT Arlington (1:53.47)

Seth Waters	1:54.70	New Mexico Collegiate Classic (2/7/20)
Handre Jonker	1:54.93	New Mexico Collegiate Classic (2/7/20)
Alejandro Vargas	1:56.36	Mizzou Open (2/7/20)
Gregoire Saury	1:56.38	New Mexico Collegiate Classic (2/7/20)
Garrett Becker	1:59.00	Green & Gold Invitational (1/24/20)
Darrian Lockett	2:00.00	New Mexico Collegiate Classic (2/7/20)
Jacob Oury	2:01.73	Mizzou Open (2/7/20)
Sean Adams	2:06.71	Samford Invite (1/17/20)

MILE

School Record: Bennett Pascoe, 4:09.31 (2020)

SBC Leader: Bennett Pascoe, Arkansas State (4:09.31)

Bennett Pascoe	4:09.31	Samford Invite (1/17/20)
Gregoire Saury	4:12.08	Samford Invite (1/17/20)
Seth Waters	4:12.30	Samford Invite (1/17/20)
John Carder	4:21.04	Indoor Gorilla Classic (2/14/20)
Coleman Wilson	4:23.21	Indoor Gorilla Classic (2/14/20)
Garrett Becker	4:24.83	Crimson & Gold Invitational (12/7/19)
Alejandro Vargas	4:31.52	Samford Invite (1/17/20)
Jacob Oury	4:39.69	Samford Invite (1/17/20)
Sean Adams	4:41.68	Crimson & Gold Invitational (12/7/19)

3000 METERS

School Record: Bob Gray, 8:15.34 (1970)

SBC Leader: Bennett Pascoe, Arkansas State (8:19.98)

Bennett Pascoe	8:19.98	Indoor Gorilla Classic (2/14/20)
Ethan Mychajlonka	8:38.79	Green & Gold Invitational (1/24/20)
John Carder	8:39.00	Mizzou Open (2/7/20)
Coleman Wilson	8:44.07	Samford Invite (1/17/20)

5000 METERS

School Record: Bennett Pascoe, 14:35.41 (2020)

SBC Leader: Bennett Pascoe, Arkansas State (14:35.41)

Bennett Pascoe	14:35.41	Vulcan Invitational (1/11/20)
Ethan Mychajlonka	15:00.23	Vulcan Invitational (1/11/20)
John Carder	15:32.33	Vulcan Invitational (1/11/20)
Logan Simington	15:50.15	Green & Gold Invitational (1/24/20)

60-METER HURDLES

School Record: Jamil Peeples, 7.86 (2017)

SBC Leader: Keishaun Limehouse, Coastal Carolina (7.77)

Ke'Von Holder	7.90	Crimson & Gold Invitational (12/7/19)
Amari James	8.13	Crimson & Gold Invitational (12/7/19)
Hayden Hampton	8.47	New Mexico Collegiate Classic (2/7/20)
Daidren Davis	8.64	Crimson & Gold Invitational (12/7/19)
Ty Graser	9.00	Missouri Intercollegiate (1/17/20)

4x400-METER RELAY

School Record: 3:10.41 (1992)

SBC Leader: Walker, K. Hill, Davis, Lockett, Arkansas State (3:13.53)

Jermie Walker, Kobey Hill,	3:13.53	Crimson & Gold Invitational (12/7/19)
Daidren Davis, Darrian Lockett		

DISTANCE MEDLEY RELAY

School Record: 9:51.34 (2020)

SBC Leader: Waters, Walker, Saury, Pascoe, Arkansas State (9:51.34)

Seth Waters, Jermie Walker	9:51.34	Indoor Gorilla Classic (2/14/20)
Gregoire Saury, Bennett Pascoe		

HIGH JUMP

School Record: Doug Shouse, 2.25m (7-4.5) (1983)

SBC Leader: Bryson DeBerry, UT Arlington (2.13m)

Frank Massey	2.09m (6-10.25)	Green & Gold Invitational (1/24/20)
Carter Shell	1.89m (6-2.26)	Green & Gold Invitational (1/24/20)
Hayden Hampton	1.85m (6-0.75)	Crimson & Gold Inv. (12/7/19)

POLE VAULT

School Record: Steve Stubblefield, 5.60m (18-4.5) (1984)

SBC Leader: Julien Olivas, Texas State (5.11m)

Matthew Keown	4.74m (15-6.5)	Green & Gold Invitational (1/24/20)
Ty Graser	4.60m (15-1.0)	Missouri Intercollegiate (1/17/20)

LONG JUMP

School Record: Roelf Pienaar, 7.97m (26-1.75) (2015)

SBC Leader: Eric Haddock, Jr., Appalachian State (7.56m)

Carter Shell	7.48m (24-6.5)	New Mexico Collegiate Classic (2/7/20)
Coleton Clifft	7.19m (23-7.25)	Crimson & Gold Inv. (12/7/19)
Courtney Thomas	7.15m (23-5.5)	Samford Invite (1/17/20)
Ty Graser	6.43m (21-1.25)	Mizzou Open (2/7/20)

TRIPLE JUMP

School Record: Al Joyner, 16.78m (55-0.75) (1982)

SBC Leader: Christian Ellis, South Alabama (15.44m)

Courtney Thomas	14.24m (46-8.75)	Green & Gold Invitational (1/24/20)
Carter Shell	13.90m (45-7.25)	Samford Invite (1/17/20)

SHOT PUT

School Record: Richard Chavez, 20.06m (65-9.75) (2014)

SBC Leader: Rickssen Opont, South Alabama (17.43m)

Eric Williams	15.90m (52-2.0)	Indoor Gorilla Classic (2/14/20)
Eron Carter	15.75m (51-8.25)	Don DeNoon Invite (1/24/20)
Hayden Hampton	12.97m (42-6.75)	New Mexico Collegiate Classic (2/7/20)
Ty Graser	9.99m (32-9.5)	Missouri Intercollegiate (1/17/20)

WEIGHT THROW

School Record: Candon Powell, 22.04m (72-3.75) (2005)

SBC Leader: Dominique Williams, Louisiana (20.56m)

Eron Carter	19.40m (63-7.75)	New Mexico Collegiate Classic (2/7/20)
Aimar Palma Simo	18.57m (60-11.25)	Redhawks Open (2/21/20)

HEPTATHLON

School Record: William Oliver, 5,423 points (2013)

SBC Leader: Julien Olivas, Texas State (5,500 points)

--NO MARKS--

WOMEN'S INDOOR PERFORMANCE LIST

60 METERS

School Record: Kristina Knott, 7.28 (2016)

SBC Leader: Sadi Giles, Texas State (7.46) | NCAA:

Osereme Erewele	7.51	Crimson & Gold Invitational (12/7/19)
Jonae Cook	7.60	Indoor Gorilla Classic (2/14/20)
Briana Hardiman	7.69	Samford Invite (1/17/20)
Jaela Hollie	7.70	New Mexico Collegiate Classic (2/7/20)
Kerra Williams	7.73	Crimson & Gold Invitational (12/7/19)
Camryn Newton-Smith	7.80	Indoor Gorilla Classic (2/14/20)
Alexis Woodall	8.00	Samford Invite (1/17/20)
Blaique Webster	8.08	Samford Invite (1/17/20)
Allie Hensley	8.22	Missouri Intercollegiate (1/17/20)

200 METERS

School Record: Sharika Nelvis, 23.50 (2014)

SBC Leader: Sadi Giles, Texas State (24.28)

Osereme Erewele	24.75	Crimson & Gold Invitational (12/7/19)
Briana Hardiman	24.77	Samford Invite (1/17/20)
Jonae Cook	24.88	Crimson & Gold Invitational (12/7/19)
Kyndall Hudson	25.64	New Mexico Collegiate Classic (2/7/20)
Jaela Hollie	25.87	New Mexico Collegiate Classic (2/7/20)
Blaique Webster	26.08	Samford Invite (1/17/20)
Kori Jones	27.79	Mizzou Open (2/7/20)

400 METERS

School Record: Charmisha Morrow, 54.70 (2009)

SBC Leader: Scovia Ayikoru, Georgia Southern (55.46)

Briana Hardiman	56.34	Green & Gold Invitational (1/24/20)
Kyndall Hudson	58.20	New Mexico Collegiate Classic (2/7/20)
Blaique Webster	1:00.63	Indoor Gorilla Classic (2/14/20)
Kori Jones	1:03.18	Mizzou Open (2/7/20)
Brianna De La Rosa	1:03.73	Samford Invite (1/17/20)

800 METERS

School Record: Monika Klebe, 2:09.64 (1989)

SBC Leader: Gemma Finch, Troy (2:08.16)

Pauline Meyer	2:15.00	Indoor Gorilla Classic (2/14/20)
McKenzie Cornell	2:18.84	New Mexico Collegiate Classic (2/7/20)
Kayla Wade	2:19.75	Indoor Gorilla Classic (2/14/20)
Elizabeth Martin	2:20.36	Indoor Gorilla Classic (2/14/20)
Emily Efurd	2:22.51	Indoor Gorilla Classic (2/14/20)
Heidi Hauptman	2:25.64	Mizzou Open (2/7/20)
JeLynn Tatum	2:30.76	Mizzou Open (2/7/20)
Eva Wilk	2:31.98	Mizzou Open (2/7/20)
Allie Hensley	2:33.69	Boo Rogers Combined Events (12/6/19)
Camryn Newton-Smith	2:34.19	Boo Rogers Combined Events (12/6/19)

MILE

School Record: Anaelle Charles, 4:51.50 (2018)

SBC Leader: Angela Alonso, Georgia State (4:48.21)

Pauline Meyer	4:58.73	New Mexico Collegiate Classic (2/7/20)
McKenzie Cornell	5:02.79	Indoor Gorilla Classic (2/14/20)
Sammy Brainard	5:03.49	Indoor Gorilla Classic (2/14/20)
Elizabeth Martin	5:04.95	Green & Gold Invitational (1/24/20)
Sarah Trammel	5:10.27	Green & Gold Invitational (1/24/20)
Sophie Leathers	5:11.08	Mizzou Open (2/7/20)
Elizabeth Gillette	5:12.80	Indoor Gorilla Classic (2/14/20)
Madison Grimm	5:15.80	Indoor Gorilla Classic (2/14/20)
Emily Efurd	5:24.43	Samford Invitational (1/17/20)
Heidi Hauptman	5:25.57	Crimson & Gold Invitational (12/7/19)
JeLynn Tatum	5:38.92	Samford Invitational (1/17/20)
Eva Wilk	5:55.34	Crimson & Gold Invitational (12/7/19)

3000 METERS

School Record: Kristina Aubert, 9:43.21 (2011)

SBC Leader: Lotte Meyberg, Georgia State (9:40.20)

Pauline Meyer	9:52.51	Green & Gold Invitational (1/24/20)
Sophie Leathers	10:00.51	Indoor Gorilla Classic (2/14/20)
Elizabeth Gillette	10:05.07	Green & Gold Invitational (1/24/20)
Sammy Brainard	10:20.87	Green & Gold Invitational (1/24/20)
Elizabeth Martin	10:23.95	Samford Invitational (1/17/20)
Sarah Trammel	10:24.07	Samford Invitational (1/17/20)
Madison Grimm	10:35.57	Samford Invitational (1/17/20)
Hannah Shelby	11:22.58	Samford Invitational (1/17/20)
Megan Adams	11:38.10	Samford Invitational (1/17/20)
Jessica Weiss	11:55.49	Samford Invitational (1/17/20)

5000 METERS

School Record: Kristina Aubert, 16:46.32 (2014)

SBC Leader: Lotte Meyberg, Georgia State (17:16.80)

Elizabeth Gillette	17:34.33	Indoor Gorilla Classic (2/14/20)
Sophie Leathers	17:46.49	Vulcan Invitational (1/11/20)
Sarah Trammel	17:56.48	Indoor Gorilla Classic (2/14/20)
Madison Grimm	18:56.17	Vulcan Invitational (1/11/20)

60-METER HURDLES

School Record: Sharika Nelvis, 8.03 (2014)

SBC Leader: Kattiana Ealy-Pulido, Texas State (8.43)

Camryn Newton-Smith	8.59	New Mexico Collegiate Classic (2/7/20)
Rainee Bowers	8.69	Mizzou Open (2/7/20)
Imani Udoumana	8.72	New Mexico Collegiate Classic (2/7/20)
Alexis Woodall	8.77	Mizzou Open (2/7/20)
Kerra Williams	9.26	Crimson & Gold Inv. (12/7/19)
Brianna De La Rosa	9.49	Crimson & Gold Inv. (12/7/19)
Allie Hensley	9.58	Indoor Gorilla Classic (2/14/20)
Kori Jones	9.66	Crimson & Gold Inv. (12/7/19)

4x400-METER RELAY

School Record: 3:49.17 (2016)

SBC Leader: Ogba/Kennedy/Finch/Sklenska, Troy (3:50.21)

Briana Hardiman, Blaique Webster,	3:53.55	Green & Gold Invitational (1/24/20)
Allie Hensley, Kyndall Hudson		

DISTANCE MEDLEY RELAY

School Record: 11:48.59 (2020)

SBC Leader: Finch/Kennedy/Sklenska/Guest, Troy (11:49.54)

Elizabeth Martin, Kyndall Hudson,	11:48.59	Indoor Gorilla Classic (2/14/20)
McKenzie Cornell, Pauline Meyer		

HIGH JUMP

School Record: Elena Semyonova, 1.84m (6-0.5) (2000)

SBC Leader: Frankie Griffin, Louisiana (1.75m [5-8.75])

Sydney Lane	1.72m (5-7.75)	Missouri Intercollegiate (1/17/20)
Allie Hensley	1.72m (5-7.75)	Missouri Intercollegiate (1/17/20)
Megan Knowling	1.72m (5-7.75)	Missouri Intercollegiate (1/17/20)
Camryn Newton-Smith	1.65m (5-5.0)	Indoor Gorilla Classic (2/14/20)
Canaan Richardson	1.52m (4-11.75)	Mizzou Open (2/7/20)

POLE VAULT

School Record: Stephanie Foreman, 4.28m (14-0.5) (2013)

SBC Leader: Lauren Beauchamp, Arkansas State (3.92m [12-10.25])

Lauren Beauchamp	3.92m (12-10.25)	Indoor Gorilla Classic (2/14/20)
Callie Hicks	3.91m (12-10.0)	Crimson & Gold Inv. (12/7/19)
Nada Buntic	3.68m (12-0.75)	Green & Gold Invitational (1/24/20)

LONG JUMP

School Record: Sharika Nelvis, 6.32m (20-9.0) (2013)

SBC Leader: Jasmine Scott-Kilgo, Louisiana (6.11m [20-0.5])

Camryn Newton-Smith	6.01m (19-8.75)	New Mexico Collegiate Classic (2/7/20)
Arabiaun Mack	5.78 (18-11.75)	Indoor Gorilla Classic (2/14/20)
Osereme Erewele	5.48m (17-11.75)	Samford Invite (1/17/20)
Jaela Hollie	5.48m (17-11.75)	New Mexico Collegiate Classic (2/7/20)
Johnnaya Givens	5.38m (17-8.0)	Indoor Gorilla Classic (2/14/20)
Allie Hensley	5.31m (17-5.25)	Vulcan Invitational (1/11/20)
Imani Udoumana	5.17m (16-11.5)	Green & Gold Invitational (1/24/20)

TRIPLE JUMP

School Record: Elena Semyonova, 12.95m (42-6.0) (2000)

SBC Leader: Peighton Simmons, Appalachian State (12.77m [41-10.75])

Imani Udoumana	12.31m (40-4.75)	Crimson & Gold Invitational (12/7/19)
Johnnaya Givens	12.16m (39-10.75)	Indoor Gorilla Classic (2/14/20)
Arabiaun Mack	11.68m (38-4.0)	Crimson & Gold Invitational (12/7/19)
Megan Knowling	11.45m (37-6.75)	New Mexico Collegiate Classic (2/7/20)

SHOT PUT

School Record: Erin Farmer, 17.80m (58-4.75) (2017)

SBC Leader: Grace Flowers, Arkansas State (15.53m [50-11.5])

Grace Flowers	15.53m (50-11.5)	Crimson & Gold Inv. (12/7/19)
Evangelynn Harris	15.18m (49-9.75)	Indoor Gorilla Classic (2/14/20)
Babette Vandeput	13.30m (43-7.75)	Crimson & Gold Inv. (12/7/19)
Chastery Fuamatu	13.12m (43-0.5)	Missouri Intercollegiate (1/17/20)
Camryn Newton-Smith	12.09m (39-8.0)	Boo Rogers Combined Events (12/6/19)
Allie Hensley	11.29m (37-0.5)	Missouri Intercollegiate (1/17/20)

WEIGHT THROW

School Record: Erin Farmer, 20.00m (65-8.25) (2017)

SBC Leader: Brianna Sam, ULM (19.48m [63-11.0])

Grace Flowers	18.97m (62-3.0)	Missouri Intercollegiate (1/17/20)
Chastery Fuamatu	17.68m (58-0.25)	Crimson & Gold Inv. (12/7/19)
Evangelynn Harris	16.20m (53-1.75)	Indoor Gorilla Classic (2/14/20)
Hannah Higgins	15.42m (50-7.25)	Vulcan Invitational (1/11/20)

PENTATHLON

School Record: Emma Nwofor, 3,852 points (2019)

SBC Leader: Camryn Newton-Smith, Arkansas State (3,701 pts)

Camryn Newton-Smith	3,701 points	Boo Rogers Combined Events (12/6/19)
Allie Hensley	3,438 points	Boo Rogers Combined Events (12/6/19)

MEN'S INDOOR INDIVIDUAL PERSONAL BESTS

RUNNING EVENTS

Athlete	60m	60mH	200m	400m	800m	1000m	Mile	3000m	5000m
Sean Adams	---	---	---	---	2:01.33	---	4:41.32	---	---
Garrett Becker	---	---	---	53.48	1:59.00	---	4:24.83	---	---
John Carder	---	---	---	---	2:02.88	---	4:21.04	8:39.00	15:21.17
Coleton Clifft	7.22	8.58	---	51.89	---	2:51.17	---	---	---
Daidren Davis	---	8.64	23.17	49.42	---	---	---	---	---
Ty Graser	7.23	9.00	---	---	---	---	---	---	---
Owen Habeger	---	---	---	---	---	---	4:22.17	8:55.68	---
Hayden Hampton	7.34	8.28	23.65	---	---	2:56.14	---	---	---
Chris Hill	6.85	---	21.92	---	---	---	---	---	---
Kobey Hill	---	---	21.93	48.59	---	---	---	---	---
Ke'Von Holder	---	7.90	23.02	---	---	---	---	---	---
Amari James	7.48	8.13	23.31	54.08	---	---	---	---	---
K'Den Johnson	---	---	22.94	51.17	---	---	---	---	---
Handre Jonker	---	---	22.79	50.13	1:54.93	---	---	---	---
Darrian Lockett	---	---	---	50.78	1:58.40	---	---	---	---
Steffan Mallory II	---	---	---	51.21	---	---	---	---	---
Ethan Mychajlonka	---	---	---	---	---	---	---	8:38.79	15:00.23
Jacob Oury	---	---	---	---	1:54.48	---	4:16.48	---	---
Bennett Pascoe	---	---	---	---	1:58.74	---	4:09.31	8:19.98	14:35.41
Gregoire Saury	---	---	---	---	1:56.38	---	4:12.08	---	---
Logan Simington	---	---	---	---	---	---	---	---	15:50.15
Courtney Thomas	6.88	---	---	---	---	---	---	---	---
Alejandro Vargas	---	---	---	---	1:56.14	---	4:28.64	---	---
Jermie Walker	6.87	---	21.15	47.78	---	---	---	---	---
Seth Waters	---	---	---	---	1:53.79	---	4:12.30	8:45.18	15:23.20
Coleman Wilson	---	---	---	---	---	---	4:23.21	8:44.07	---

FIELD EVENTS

Athlete	HJ	PV	LJ	TJ	SP	WT	HEP
Eron Carter	---	---	---	---	17.05m	19.40m	---
Coleton Clifft	1.85m	4.02m	7.19m	---	12.78m	---	4,935 pts
Ty Graser	---	4.60m	6.43m	---	9.99m	---	---
Hayden Hampton	1.99m	4.30m	6.59m	---	13.04m	---	5,194 pts
Amari James	---	---	---	13.91m	---	---	---
Matthew Keown	---	4.83m	---	---	---	---	---
Frank Massey	2.09m	---	6.70m	---	---	---	---
Aimar Palma Simo	---	---	---	---	---	18.57m	---
Carter Shell	1.89m	---	7.55m	14.90m	---	---	---
Courtney Thomas	---	---	7.47m	14.43m	---	---	---
Eric Williams	---	---	---	---	16.26m	17.05m	---

WOMEN'S INDOOR INDIVIDUAL PERSONAL BESTS

RUNNING EVENTS

Athlete	60m	60mH	200m	400m	800m	Mile	3000m	5000m
Megan Adams	---	---	---	---	---	5:35.28	11:10.84	19:42.27
Rainee Bowers	---	8.69	---	---	---	---	---	---
Sammy Brainard	---	---	---	---	2:18.10	5:00.90	10:20.87	---
Jonae Cook	7.60	---	24.88	---	---	---	---	---
McKenzie Cornell	---	---	---	---	2:18.84	5:02.79	---	---
Nia Davis	---	---	---	58.61	---	---	---	---
Brianna De La Rosa	---	9.49	---	1:03.73	---	---	---	---
Emily Efurd	---	---	---	---	2:22.51	5:24.43	---	---
Osereme Erewele	7.51	---	24.69	---	---	---	---	---
Elizabeth Gillette	---	---	---	---	2:25.79	5:12.77	10:04.99	17:34.33
Madison Grimm	---	---	---	---	2:27.92	5:15.63	10:20.66	18:01.76
Briana Hardiman	7.69	---	24.77	56.27	---	---	---	---
Heidi Hauptman	---	---	---	---	2:25.64	5:25.57	---	---
Allie Hensley	8.22	9.47	---	---	2:29.22	---	---	---
Jaela Hollie	7.70	---	25.87	---	---	---	---	---
Kyndall Hudson	---	---	25.64	58.20	---	---	---	---
Kori Jones	---	9.66	27.79	1:03.18	---	---	---	---
Sophie Leathers	---	---	---	---	---	5:11.08	10:00.51	17:46.49
Jadyn Lewis	---	---	---	1:02.62	---	---	---	---
Arabriaun Mack	7.97	---	---	---	---	---	---	---
Elizabeth Martin	---	---	---	---	2:20.36	5:04.95	10:23.95	---
Pauline Meyer	---	---	---	---	2:12.98	4:58.74	9:52.51	---
Camryn Newton-Smith	7.80	8.59	---	---	2:31.88	---	---	---
Sophia Oury	---	---	---	---	---	5:08.86	10:31.56	---
Hannah Shelby	---	---	---	---	---	5:28.46	10:24.28	18:56.90
JeLynn Tatum	---	---	---	---	2:26.83	5:29.32	---	---
Sarah Trammel	---	---	---	---	---	5:10.27	10:24.07	17:56.48
Imani Udoumana	---	8.72	---	---	---	---	---	---
Kayla Wade	---	---	---	---	2:19.75	5:38.21	---	---
Blaique Webster	8.08	---	26.08	1:00.63	---	---	---	---
Jessica Weiss	---	---	---	---	---	5:33.07	10:53.14	19:25.97
Eva Wilk	---	---	---	---	2:31.98	5:55.34	---	---
Kerra Williams	7.73	9.26	26.55	1:01.37	---	---	---	---
Alexis Woodall	8.00	8.77	---	---	---	---	---	---

FIELD EVENTS

Athlete	HJ	PV	LJ	TJ	SP	WT	HEP
Monika Ahonen	---	---	5.08m	11.28m	---	---	---
Lauren Beauchamp	---	3.92m	---	---	---	---	---
Nada Buntic	1.68m	3.68m	---	---	---	---	---
Osereme Erewele	---	---	5.64m	---	---	---	---
Grace Flowers	---	---	---	---	15.53m	18.97m	---
Chastery Fuamatu	---	---	---	---	13.12m	17.68m	---
Johnaya Givens	---	---	5.54m	12.16m	---	---	---
Briana Hardiman	---	---	5.61m	---	---	---	---
Evangelynn Harris	---	---	---	---	15.18m	16.20m	---
Allie Hensley	1.72m	---	5.31m	---	11.29m	---	3,470 pts
Callie Hicks	---	3.91m	---	---	---	---	---
Hannah Higgins	---	---	---	---	11.77m	15.81m	---
Jaela Hollie	---	---	5.48m	---	---	---	---
Megan Knowling	1.72m	---	4.39m	11.56m	---	---	---
Sydney Lane	1.72m	---	---	---	---	---	---
Arabriaun Mack	---	---	5.93m	11.68m	---	---	---
Camryn Newton-Smith	1.68m	---	6.01m	---	12.09m	---	3,701 pts
Canaan Richardson	1.54m	---	---	---	---	---	---
Imani Udoumana	---	---	5.17m	12.31m	---	---	---
Babette Vandeput	---	---	---	---	13.30m	13.68m	---

ARKANSAS STATE TRACK & FIELD

MEN'S INDOOR RECORDS

55 METERS			
1.	6.14	Ed Preston	1976
2.	6.23	Dwayne Pittman	1981
3.	6.24	David McGough	1970
4.	6.25	Anthony Hampton	1990
5.	6.27	Elijah Ross	2018
6.	6.28	Jaylen Bacon	2018
7.	6.30	Judious Lewis	1984
8.	6.31	Leon Moulton	1989
9.	6.33	Lamont Zachary	1999
	6.33	Frank Waota	1997
	6.33	Jeff Casey	1985

60 METERS			
1.	6.56	Jaylen Bacon	2017
2.	6.74	Elijah Ross	2018
3.	6.77	Justin Whitfield	2014
4.	6.79	Elijah Ross	2015
5.	6.82	Roelf Pienaar	2015
6.	6.84	Raymond Jackson	2014
7.	6.85	Chris Hill	2020
	6.85	Joey Meyer	2013
9.	6.86	Darrell Carter	2002
10.	6.87	Jermie Walker	2020

60-METER HURDLES			
1.	7.86	Jamil Peeples	2017
2.	7.90	Ke'Von Holder	2020
	7.90	Greg Belger	2005
4.	7.97	Kazmere Hill	2007
5.	8.01	Solomon Williams	2010
6.	8.07	Billy Ellis	2015
7.	8.13	Amari James	2020
8.	8.21	William Oliver	2015
9.	8.24	Lucas Bateman	2013
10.	8.25	Clarence Simpkins	2017

200 METERS			
1.	21.02	Jaylen Bacon	2018
2.	21.15	Jermie Walker	2020
3.	21.47	Joey Meyer	2015
4.	21.54	Frank Waota	1997
5.	21.56	Kendrick Bullard	1994
6.	21.65	Darrell Carter	2002
7.	21.66	Sean Bakash	1994
8.	21.70	Jason Brooks	2007
9.	21.71	Elijah Ross	2018
10.	21.75	Justin Whitfield	2014

400 METERS			
1.	46.76	Kendrick Bullard	1992
2.	47.22	Nathan Daniels	2005
3.	47.24	Joey Meyer	2013
4.	47.59	Ivory Gwin	1985
5.	47.71	Kevin Hills	1992
6.	47.75	Jason Brooks	2007
7.	47.78	Jermie Walker	2019
8.	47.84	Anthony Stroman	1975
9.	47.94	Ed Preston	1976
10.	47.99	Aaron Rainey	1997

800 METERS			
1.	1:49.51	Seth Bortey	2001
2.	1:49.56	Jessie Wilson	1984
3.	1:50.17	Harold Blood	1988
4.	1:51.24	Gabe Arrington	1994
5.	1:51.34	John Scurto	1972
6.	1:51.48	John McGrew	1993
7.	1:51.54	Bob Forsythe	1980
8.	1:51.58	Jakob Jensen	1994
9.	1:52.24	Jim Bailey	1975
10.	1:52.54	Bruce Metcalf	1976

MILE			
1.	4:08.44	Bob Giersberg	1968
2.	4:09.31	Bennett Pascoe	2020
3.	4:12.08	Gregoire Saury	2020
4.	4:12.30	Seth Waters	2020
5.	4:12.70	Rickus Jacobs	2015
6.	4:12.72	Eric Lynk	1980
7.	4:13.34	Mark Dorsey	1979
8.	4:13.80	Seth Waters	2018
9.	4:14.24	Bob Gray	1970
10.	4:14.28	Jakob Jensen	1994

3000 METERS			
1.	8:15.34	Bob Gray	1970
2.	8:19.98	Bennett Pascoe	2020
3.	8:25.97	Wil Norris	2016
4.	8:29.24	Eric Lynk	1980
5.	8:30.78	Pascal Face	1993
6.	8:31.14	Steve Wilson	1981
7.	8:31.44	Glenn Wilmer	1977
8.	8:31.99	Larry Evans	1992
9.	8:33.02	Jakob Jensen	1994
10.	8:33.24	Doug Mack	1975

5000 METERS			
1.	14:35.41	Bennett Pascoe	2020
2.	14:49.11	Rickus Jacobs	2015
3.	14:49.83	Steve Wilson	1981
4.	14:55.29	Doug Mack	1975
5.	14:57.62	Wil Norris	2016
6.	15:00.23	Ethan Mychajlonka	2020
7.	15:03.53	Darrell Burris	1976
8.	15:04.03	Bill Thom	1980
9.	15:06.48	Bailey Bunyan	2010
10.	15:12.19	Drew Mueller	2016

4X400 METER RELAY			
1.	3:10.41		1992
2.	3:12.64		1976
3.	3:13.53		2020
4.	3:15.30		2005
5.	3:15.94		2015

DISTANCE MEDLEY RELAY			
1.	9:51.34		2020
2.	9:57.33		2005
3.	10:04.84		1974
4.	10:05.87		2018
5.	10:06.06		2001
6.	10:09.56		2013
7.	10:15.37		2005

ARKANSAS STATE TRACK & FIELD

MEN'S INDOOR RECORDS

HIGH JUMP

1.	2.25m	7-04.50	Doug Shouse	1983
2.	2.24m	7-04.25	Sam Hill	1996
3.	2.21m	7-03.00	Steve Banks	1983
4.	2.20m	7-02.50	Greg Schaper	1981
5.	2.16m	7-01.00	Tiaan Steenkamp	2016
6.	2.15m	7-00.75	Kashef Daniel	2014
7.	2.14m	7-00.25	Chase Riley	2017
	2.14m	7-00.25	Jason Hinton	2000
	2.14m	7-00.25	Ricky Dewees	1980
10.	2.13m	6-11.75	David Phillips	2018
	2.13m	6-11.75	David St. John	1988
	2.13m	6-11.75	Bryan Cook	1979

POLE VAULT

1.	5.60m	18-04.50	Steve Stubblefield	1984
2.	5.51m	18-01.00	Kelly Riley	1990
3.	5.50m	18-00.50	Earl Bell	1977
4.	5.44m	17-10.25	Jon Kelley	1990
5.	5.40m	17-08.50	Jeff Hartwig	1990
6.	5.36m	17-07.00	Andy Mooneyhan	1990
7.	5.35m	17-06.50	Adam Sarafian	2007
	5.35m	17-06.50	Will Jones	2000
9.	5.33m	17-05.75	Chad Harting	1995
10.	5.32m	17-05.50	Michael Carr	2019

LONG JUMP

1.	7.97m	26-01.75	Roelf Pienaar	2015
2.	7.89m	25-10.75	Mesut Yavas	2001
3.	7.68m	25-02.50	Cameron Echols-Luper	2016
4.	7.62m	25-00.00	William Tate	1976
5.	7.60m	24-11.25	Barry Malloyd	1985
6.	7.58m	24-10.50	Sam Hill	1994
7.	7.55m	24-09.25	Carter Shell	2019
8.	7.51m	24-07.75	Jamil Peeples	2017
	7.51m	24-07.75	Jay Parham	1998
10.	7.49m	24-07.00	Eric Whittier	1993

TRIPLE JUMP

1.	16.78m	55-00.75	Al Joyner	1982
2.	16.66m	54-08.00	William Beasley	1989
3.	16.45m	53-11.75	Patterson Johnson	1989
4.	15.94m	52-03.75	Roelf Pienaar	2016
5.	15.90m	52-02.00	George Darko	1996
6.	15.75m	51-08.25	Sam Hill	1996
7.	15.72m	51-07.00	Eric Whittier	1993
8.	15.67m	51-05.00	Cleo Kirkwood	1985
9.	15.57m	51-01.00	Luis Rodrigues	1991
10.	15.48m	50-09.50	Carlos Mattis	2009

SHOT PUT

1.	20.06m	65-09.75	Richard Chavez	2014
2.	19.36m	63-06.25	Itamar Levi	2018
3.	17.85m	58-06.76	Jason Wood	1999
4.	17.53m	57-06.25	T.J. Humphreys	1976
5.	17.44m	57-02.75	Candon Powell	2003
6.	17.41m	57-01.50	Victor Johnson	1988
7.	17.05m	55-11.25	Eron Carter	2019
8.	16.82m	55-02.25	Ken Plummer	1990
9.	16.76m	55-00.00	David Rodley	1990
10.	16.57m	54-04.50	Carlos White	1994

WEIGHT THROW

1.	22.04m	72-03.75	Candon Powell	2005
2.	20.20m	66-03.25	Chris Nicasio	2013
3.	20.09m	65-11.00	Cristian Ravar Ladislau	2017
5.	19.42m	63-8.75	Richard Chavez	2015
4.	19.40m	63-7.75	Eron Carter	2020
6.	19.08m	62-07.25	Bryant Hankton	2010
7.	17.30m	56-09.25	Jesse Williams	2010
8.	17.05m	55-11.25	Eric Williams	2019
9.	16.86m	55-03.75	LeeRoi Johnson	2019
10.	16.57m	54-04.50	Nathan Roop	2006

HEPTATHLON

1.	5,423	William Oliver	2013
2.	5,311	Ethan Turpen	2013
3.	5,194	Hayden Hampton	2019
4.	5,193	Matt Vining	2007
5.	5,152	B.J. Parish	2008
6.	5,066	Taylor Short	2011
7.	5,053	Clint Ligon	2016
8.	5,043	Thomas Ligon	2013
9.	5,040	Ethan Sandusky	2014
10.	5,018	Hayden Hampton	2018

ARKANSAS STATE TRACK & FIELD

WOMEN'S INDOOR RECORDS

55 METERS

1.	6.78	Sharika Nelvis	2014
2.	6.90	Kristina Knott	2016
3.	6.91	Caitland Smith	2019
4.	7.01	De'Airis Weakley	2018
	7.01	Carla Christian	1998
6.	7.03	Dominique Dawson	2006
7.	7.05	Latavia Shores	2005
8.	7.08	Osereme Erewele	2019
9.	7.11	Felicia Adams	1988
10.	7.15	Patricia James	1988

55 METERS HURDLES

1.	7.66	Sharika Nelvis	2012
2.	7.96	Shemiah Brooks	2017
3.	7.99	Shundra Smith	1999
	7.99	Valerie Lee	1988
5.	8.00	Emenderlyn Iwuji	2015
6.	8.02	Tiane Burke	2000
7.	8.05	Amy Bowman	2009
8.	8.06	Monike Klebe	1988
9.	8.07	Darragh May	2017
10.	8.11	Shaylynn Cyprien	2015

60 METERS

1.	7.28	Kristina Knott	2016
	7.28	Sharika Nelvis	2014
3.	7.31	Caitland Smith	2019
4.	7.51	Osereme Erewele	2020
5.	7.54	Carla Christian	2001
6.	7.58	De'Airis Weakley	2016
7.	7.60	Jonae Cook	2020
8.	7.66	Latavia Shores	2005
9.	7.69	Briana Hardiman	2020
10.	7.70	Jaela Hollie	2020

60 METERS HURDLES

1.	8.03	Sharika Nelvis	2014
2.	8.36	Emma Nwofor	2019
3.	8.44	Samone Thompson	2016
4.	8.57	Emenderlyn Iwuji	2014
5.	8.59	Camryn Newton-Smith	2020
6.	8.60	Hannah Dunderdale	2018
7.	8.68	Shaylynn Cyprien	2015
8.	8.69	Rainee Bowers	2020
9.	8.71	Shundra Smith	1999
10.	8.72	Imani Udoumana	2020
	8.72	Shemiah Brooks	2017

200 METERS

1.	23.50	Sharika Nelvis	2014
2.	23.82	Caitland Smith	2019
3.	23.87	Kristina Knott	2016
4.	24.37	Charmisha Morrow	2011
5.	24.59	Carla Christian	2001
6.	24.64	Chanell O'Conner	2017
7.	24.69	Osereme Erewele	2019
8.	24.73	De'Airis Weakley	2018
9.	24.77	Briana Hardiman	2020
10.	24.82	Janaya Chambers	2017

400 METERS

1.	54.70	Charmisha Morrow	2009
2.	55.06	Keturah Smith	2016
	55.06	Monika Klebe	1988
4.	55.52	Erika Christian	2015
5.	56.04	Janaya Chambers	2017
6.	56.20	Erica Goodrich	2002
	56.20	Petra Wilson	1993
8.	56.26	Jean Fletcher	1992
9.	56.27	Briana Hardiman	2018
10.	57.32	Kalimah Muhammad	2005

800 METERS

1.	2:09.64	Monika Klebe	1989
2.	2:11.57	Jean Fletcher	1992
3.	2:12.73	Anaëlle Charles	2019
4.	2:12.98	Pauline Meyer	2018
5.	2:14.10	Andrea Perez	2018
6.	2:14.36	Hannah Dunderdale	2018
7.	2:14.51	Lysbeth Curpanen	1992
8.	2:15.45	Katia Soloviva	2000
9.	2:15.56	Katarina Litteheim	1995
10.	2:15.89	Dawn L'Heureux	2011

MILE

1.	4:51.50	Anaëlle Charles	2018
2.	4:54.50	Rexi Parcells	2015
3.	4:57.43	Kristina Aubert	2014
4.	4:58.73	Pauline Meyer	2020
5.	5:00.90	Sammy Brainard	2018
6.	5:02.04	Samantha Salinas	2011
7.	5:02.79	McKenzie Cornell	2020
8.	5:04.95	Elizabeth Martin	2020
9.	5:05.34	Greta Carlberg	2018
10.	5:06.90	Chelsey Roberson	2015

3000 METERS

1.	9:43.21	Kristina Aubert	2011
2.	9:50.17	Rexi Parcells	2015
3.	9:52.51	Pauline Meyer	2020
4.	9:57.04	Samantha Salinas	2012
5.	10:00.51	Sophie Leathers	2020
6.	10:01.70	Tilda Helgesson	2015
7.	10:04.99	Elizabeth Gillette	2017
8.	10:06.22	Abbey Dixon	2016
9.	10:09.73	Arnica Zitting	2016
10.	10:16.21	Chelsea Weaver	2011

5000 METERS

1.	16:46.32	Kristina Aubert	2014
2.	17:18.63	Rexi Parcells	2015
3.	17:20.71	Tilda Helgesson	2015
4.	17:29.01	Abbey Dixon	2016
5.	17:32.23	Bailey Eller	2015
9.	17:34.33	Elizabeth Gillette	2020
6.	17:35.68	Arnica Zitting	2015
7.	17:46.49	Sophie Leathers	2020
8.	17:46.80	Samantha Salinas	2012
10.	17:50.27	Chelsea Weaver	2011

4X400 METER RELAY

1.	3:49.17		2016
2.	3:49.40		2015
3.	3:49.50		1995
4.	3:49.91		2018
5.	3:50.76		2016
6.	3:52.34		1988
7.	3:52.39		1989
8.	3:53.15		1992
9.	3:53.30		2017
10.	3:53.33		2019

DISTANCE MEDLEY RELAY

1.	11:48.59		2020
2.	11:53.17		2011
3.	12:00.57		2015
4.	12:09.47		2013
5.	12:11.00		2017
6.	12:14.75		2010
7.	12:15.12		2019
8.	12:17.94		2018
9.	12:21.13		2016
10.	12:25.10		1995

ARKANSAS STATE TRACK & FIELD

WOMEN'S INDOOR RECORDS

HIGH JUMP				
1.	1.84m	6-00.50	Elena Semyonova	2000
2.	1.83m	6-00.00	Jan Troutt	1985
3.	1.79m	5-10.50	Darragh May	2017
	1.79m	5-10.50	Ami Wyse	1991
5.	1.78m	5-10.00	Edith Montgomery	2000
	1.78m	5-10.00	Stacey Thompson	1990
7.	1.77m	5-09.75	Amy Fleddermann	2007
8.	1.73m	5-08.00	Emma Nwofor	2019
	1.73m	5-08.00	Kolette Niemeyer	1996
10.	1.72m	5-07.75	Allie Hensley	2020
	1.72m	5-07.75	Sydney Lane	2020
	1.72m	5-07.75	Megan Knowing	2020
	1.72m	5-07.75	Lesly Hale	2009
	1.72m	5-07.75	Carolyn Lewis	2008

POLE VAULT				
1.	4.28m	14-00.50	Stephanie Foreman	2013
2.	4.00m	13-01.50	Michelle Legatt	2003
3.	3.98m	13-00.75	Sara Young	2006
4.	3.96m	12-11.75	Erica Naeger	2011
5.	3.93m	12-10.75	Alexandra Pevtsova	2015
6.	3.92m	12-10.25	Lauren Beauchamp	2020
7.	3.91m	12-10.0	Callie Hicks	2020
8.	3.88m	12-08.75	Catherine Frappier	2010
9.	3.87m	12-08.25	Sarah Michael	2018
10.	3.85m	12-07.50	Taylor Swanson	2013

LONG JUMP				
1.	6.32m	20-09.00	Sharika Nelvis	2013
2.	6.09m	19-11.75	Kristina Knott	2016
3.	6.02m	19-09.00	Shemiah Brooks	2017
4.	6.01m	19-8.75	Camryn Newton-Smith	2020
5.	6.00m	19-08.25	Felicia Adams	1988
6.	5.98m	19-07.50	Dominique Dawson	2006
7.	5.93m	19-05.50	Arabriaun Mack	2018
8.	5.86m	19-02.75	Valerie Lee	1988
9.	5.85m	19-02.50	Shundra Smith	1999
10.	5.83m	19-01.50	Sarah Todd	1996

TRIPLE JUMP				
1.	12.95m	42-06.00	Elena Semyonova	2000
2.	12.68m	41-07.25	Oksana Kosyachenko	2001
3.	12.44m	40-09.75	Jasmine Marks	2015
4.	12.41m	40-08.75	Viktoria Sadokhina	2017
5.	12.35m	40-06.25	Sarah Todd	1996
6.	12.31m	40-4.75	Imani Udoumana	2020
7.	12.29m	40-04.00	Shemiah Brooks	2017
8.	12.24m	40-02.00	Darina Semenova	2005
9.	12.16m	39-10.75	Johnaya Givens	2020
10.	12.13m	39-09.75	Tina Collins	1990

SHOT PUT				
1.	17.80m	58-04.75	Erin Farmer	2017
2.	15.53m	50-11.5	Grace Flowers	2020
3.	15.45m	50-08.25	Calea Carr	2016
4.	15.18m	49-9.75	Evangelynn Harris	2020
5.	14.86m	48-09.00	Krystal White	1996
6.	14.84m	48-08.25	Julia Agawu	2013
7.	14.65m	48-00.75	Daneille Lorenz	2018
8.	14.19m	46-06.75	Kim Raath	2013
9.	13.75m	45-01.50	Kristina Johnson	1990
10.	13.39m	43-11.25	Isela Mendoza	2003

WEIGHT THROW				
1.	20.00m	65-08.25	Erin Farmer	2017
2.	19.31m	63-04.25	Julia Agawu	2012
3.	19.21m	63-00.25	Calea Carr	2017
4.	18.97m	62-3.0	Grace Flowers	2020
5.	17.68m	58-0.25	Chastery Fuamatu	2020
6.	17.61m	57-09.50	Isela Mendoza	2003
7.	16.86m	55-03.75	Kiarra Simpson	2015
8.	16.66m	54-08.00	Alyssa Brock	2010
9.	16.20m	53-1.75	Evangelynn Harris	2020
10.	15.81m	51-10.50	Hannah Higgins	2019

PENTATHLON				
1.	3852		Emma Nwofor	2019
2.	3764		Samone Thompson	2016
3.	3750		Hannah Dunderdale	2018
4.	3740		Amy Fleddermann	2007
5.	3701		Camryn Newton-Smith	2020
6.	3672		Carolyn Lewis	2010
7.	3563		Brittney Leftwich	2007
8.	3500		Savannah Hutchinson	2015
9.	3488		Elizabeth Krug	2015
10.	3470		Allie Hensley	2019