



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

13 SUN BELT INDOOR CHAMPIONSHIPS | 10 SUN BELT OUTDOOR CHAMPIONSHIPS | 3 SBC CROSS COUNTRY CHAMPIONSHIPS

INDOOR SCHEDULE

December

13 A-State Kickoff Klassic Jonesboro, Ark.

January

16 Arkansas Invitational Fayetteville, Ark.

21 Samford Multis Birmingham, Ala.

31 Scarlet & Black Invitational Jonesboro, Ark.

February

7 Jaguar Invitational Birmingham, Ala.

12 Division I Challenge Topeka, Kan.

22-23 SBC Indoor Champs. Birmingham, Ala.

March

11-13 NCAA Indoor Champs. Fayetteville, Ark.

OUTDOOR SCHEDULE

March

26-27 Clyde Littlefield Texas Relays Austin, Texas

April

2-3 UAB Invite Birmingham, Ala.

2-3 WashU Invite St. Louis, Mo.

9-10 John McDonnell Invitational Fayetteville, Ark.

16-17 War Eagle Invitational Auburn, Ala.

23-24 Red Wolves Invitational Jonesboro, Ark.

30 Memphis Invite Memphis, Tenn.

May

1 Memphis Invite Memphis, Tenn.

13-15 Sun Belt Outdoor Champs. Mobile, Ala.

27-29 NCAA West Prelims College Station, Texas

June

9-12 NCAA Outdoor Champs. Eugene, Ore.

2021 SUN BELT CONFERENCE INDOOR CHAMPIONSHIPS
March 22-23, 2020 | Birmingham, Ala. | Birmingham CrossPlex



A CHAMPIONSHIP TRADITION

5 Women's Indoor Championships

8 Men's Indoor Championships

6 Women's Outdoor Championships

4 Men's Outdoor Championships

3 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

PJ Hilson, Courtney Thomas

Women

Osereme Erewele, Jonae Cook

200 METERS

Men

Jermie Walker, PJ Hilson

Women

Osereme Erewele

400 METERS

Men

Kobey Hill, Addison Ross, Daidren Davis, Jermie Walker

Women

None

800 METERS

Men

Seth Waters, Alejandro Vargas, Garrett Becker

Women

Kayla Wade, Emily Efur

MILE

Men

Seth Waters, Bennett Pascoe, Gregoire Saury, Royce Fisher, Jacob Pyeatt

Women

Pauline Meyer, Elizabeth Martin, Sophia Oury, McKenzie Cornell

3000 METERS

Men

Bennett Pascoe, Lexington Hilton, Gregoire Saury, Logan Simington, Royce Fisher, Ethan Mychajlonka

Women

Paulnie Meyer, Sophie Leathers, Elizabeth Martin, Sarah Trammel, Elizabeth Gillette

5000 METERS

Men

Lexington Hilton, John Carder, Coleman Wilson

Women

Sarah Trammel, Sophie Leathers, Elizabeth Gillette

60-METER HURDLES

Men

Ke'Von Holder, Will Glass

Women

Camryn Newton-Smith, Raine Bowers, Alexis Woodall

4X400 METER RELAY

Men: One Team

Women: One Team

DMR

Men: One Team

Women: One Team

HIGH JUMP

Men

Dylan Western, Frank Massey

Women

Allie Hensley, Sydney Lane, Jazzmine Harvey, Megan Knowing

POLE VAULT

Men

Bradley Jelmert, Matthew Keown, Trace South, Ty Graser

Women

Lauren Beauchamp, Avery Shell

LONG JUMP

Men

Carter Shell, Courtney Thomas

Women

Camryn Newton-Smith, Osereme Erewele, Johnaya Givens, Imani Udoumana

TRIPLE JUMP

Men

Carter Shell

Women

Imani Udoumana, Johnaya Givens

SHOT PUT

Men

Eron Carter, Eric Williams

Women

Evangelynn Harris, Chastery Fuamatu, Grace Flowers, Babette Vandeput, Marie Reed

WEIGHT THROW

Men

Eron Carter, Aimar Palma Simo, Eric Williams

Women

Grace Flowers, Chastery Fuamatu, Evangelynn Harris

PENTATHLON

Allie Hensley, Camryn Newton-Smith

HEPTATHLON

Ty Graser

FOLLOW ON SOCIAL MEDIA



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@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
Interim sDirector of Athletics: Rich Zvosec
Senior Women's Admin: Amy Holt
Faculty Rep.: Dr. Karen McDaniel
Department Phone: 870-972-3880

TRACK AND FIELD HISTORY

First Year of Track & Field: 1964

Men's Indoor SBC Titles: 8

Most Recent Title: 2020

Individual SBC Titles: 86

All-Americans: 29

Women's Indoor SBC Titles: 5

Most Recent Title: 2020

Individual SBC Titles: 63

All-Americans: 6

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 (Sprints/Long Sprints):

Jim Patchell, Ph.D.

Associate Head Coach (Throws):

Matt Kraft

Assistant Coach (Distance/XC):

Jesse Duvall

Assistant Coach (Horizontal Jumps):

Will Williams

Assistant Coach (Multis/Vertical Jumps):

Matt Vining

Graduate Assistant:

Tiaan Steenkamp

Volunteer Assistants:

Michael Carr (Pole Vault)

Christian Ravar Ladislau (Throws)

Sharika Nelvis (Hurdles)

PR Contact:

Caleb Garner

Phone: 870.972.2707 (O) | 870.316.3382 (C)

Email: RGarner@AState.edu

Twitter: @CalebGarnerSID

2021 ARKANSAS STATE TRACK AND FIELD ROSTERS

MEN

Athlete	Event	Year	Hometown (Previous School)
Garrett Becker	Distance	Junior	Steelville, Mo. (Steelville HS)
John Carder	Distance	Senior	Little Rock, Ark. (Bryant HS)
Eron Carter	Throws	Senior	Palatka, Fla. (Palatka HS)
Daidren Davis	Sprints/Hurdles	Senior	St. Johns, Fla. (Bartram Trail HS)
Royce Fisher	Distance	Freshman	Kansas City, Mo. (Grain Valley HS)
Will Glass	Sprints/Hurdles	Freshman	Jonesboro, Ark. (Nettleton HS)
Ty Graser	Multi	Sophomore	Rogers, Ark. (Rogers Heritage HS)
Owen Habeger	Distance	Junior	Chillicothe, Ill. (Illinois Valley Central HS)
Heinrich Herbst	Distance	Senior	Alberton, South Africa
Chris Hill	Sprints	Senior	Garland, Texas (Sachse HS)
Kobey Hill	Sprints	Senior	Memphis, Tenn.
PJ Hilson	Sprints	Freshman	Jonesboro, Ark. (Nettleton HS)
Lexington Hilton	Distance	Sophomore	Green Forest, Ark. (Green Forest HS/Southern Arkansas)
Ke'Von Holder	Hurdles	Junior	Conway, Ark. (Conway HS)
Amari James	Hurdles	Senior	Little Rock, Ark. (Parkview HS)
Bradley Jelmer	Pole Vault	Freshman	Watchung, N.J. (Watchung Hills HS)
Handre Jonker	Distance	Sophomore	Roodeport, South Africa (Helpmekaar)
Matthew Keown	Pole Vault	Senior	Bentonville, Ark. (Bentonville HS)
Darrian Lockett	Distance	Senior	Memphis, Tenn.
Steffan Mallory II	Sprints	Junior	Daytona Beach, Fla. (Mainland HS)
Frank Massey	Jumps	Junior	Chicago Heights, Ill. (Bloom Township HS)
Ethan Mychajlonka	Distance	Junior	Chandler, Ariz. (Basha HS)
Jacob Oury	Distance	Senior	Elmhurst, Ill. (Hampshire HS)
Aimar Palma Simo	Throws	Sophomore	Castellon, Spain
Bennett Pascoe	Distance	Senior	Conway, Ark. (Conway Christian)
Brady Pascoe	Distance	Freshman	Conway, Ark. (Conway Christian)
Jacob Pyeatt	Distance	Freshman	Mountain Home, Ark. (Mountain Home HS)
Addison Ross	Sprints	Senior	Fort Worth, Texas (Timber Creek HS/Southern Arkansas)
Gregoire Saury	Distance	Graduate Student	Bram, France (Lycee Jean Durand)
Carter Shell	Jumps	Senior	Orlando, Fla. (Temple HS)
Logan Simington	Distance	Sophomore	Longmont, Colo. (Silver Creek HS)
Trace South	Pole Vault	Freshman	Fayetteville, Ark. (Farmington HS)
Courtney Thomas	Sprints/Jumps	Junior	Memphis, Tenn. (Central HS)
Alejandro Vargas	Distance	Senior	Chicago, Ill. (Payton HS)
Jermie Walker	Sprints	Junior	Metairie, La. (Archbishop Rummel HS)
Seth Waters	Distance	Senior	Harrison, Ark. (Harrison HS)
Dylan Western	Multi	Senior	Searcy, Ark. (Bald Knob HS)
Brian Williams	Sprints	Freshman	Fuquay Varina, N.C. (Southeast Raleigh HS)
Eric Williams	Throws	Junior	Montgomery, Ala. (Carver HS)
Coleman Wilson	Distance	Sophomore	Bentonville, Ark. (Bentonville HS)

PRONUNCIATION GUIDE

Owen Habeger	HAB-uh-gurr
Handre Jonker	Like "Andre" but add an H
Matthew Keown	KOWN
Ethan Mychajlonka	MY-kuh-LON-kuh
Gregoire Saury	Greg-WA Saw-REE
Jermie Walker	like "Jeremy"

RETURNING MEDALISTS

GOLD

Bennett Pascoe - Mile (2020); 5000m (2020)

Carter Shell - Ind. LJ (2019)

Seth Waters - Ind. 800m (2020)

4x400m Relay - 2020

SILVER

Eron Carter - Ind. SP (2019); Ind. WT (2020)

Frank Massey - Ind. HJ (2019)

Carter Shell - Ind. LJ (2018); Ind. TJ (2018); Out. LJ (2018)

Jermie Walker - Ind. 400m (2x: 2019, 2020); Out. 400m (2019)

Seth Waters - 1500m (2018)

DMR - 2020

BRONZE

Eron Carter - Ind. SP (2020)

Bennett Pascoe - 3000m Steeplechase (2019)

Carter Shell - Ind. LJ (2020)

Jermie Walker - Ind. 200m (2x: 2019 & 2020)

Seth Waters - Out. 1500m (2019); Mile (2020)

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
2020	First	146 pts

RETURNING MEDALISTS

GOLD

Lauren Beauchamp - Ind. PV (2020)
Grace Flowers - Out. DT (2019)
Pauline Meyer - Mile (2020)
Camryn Newton-Smith - 60m Hurdles; Pentathlon (2020)
Imani Udoumana - Out. TJ (2019)
Babette Vandeput - Out. DT (2019)

SILVER

Grace Flowers - Ind. WT (2020)
Briana Hardiman - Out. 400m (2018)
Evangelynn Harris - Ind. SP (2019); Out. SP (2019); Ind. SP (2020)
Sydney Lane - Ind. HJ (2020)
Babette Vandeput - Out. DT (2019)
DMR - 2020

BRONZE

Osereme Erewele - 60m (2019)
Grace Flowers - Out. HT (2019); Ind. SP (2020)
Briana Hardiman - Out. 400m (2017)
Sydney Lane - Out. HJ (2019)
Pauline Meyer - 3000m (2020)

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	First 138 pts

2021 ARKANSAS STATE TRACK AND FIELD ROSTERS

WOMEN

Athlete	Event	Year	Hometown (Previous School)
Megan Adams	Distance	Senior	Cartersville, Ill. (Cartersville HS)
Ellie Albrecht	Distance	Freshman	Goliad, Texas (Goliad HS)
Lauren Beauchamp	Pole Vault	Senior	St. Charles, Mo. (Francis Howell HS/Northern Iowa)
Rainee Bowers	Hurdles	Sophomore	Arlington, Texas (Mansfield Timberview HS)
Jonae Cook	Sprints	Junior	Norristown, Penn.
McKenzie Cornell	Distance	Junior	Phelan, Calif. (Serrano HS)
Brianna De La Rosa	Hurdles	Sophomore	Miami, Fla. (Doral Academy)
Emily Efurd	Distance	Junior	Rogers, Ark. (Rogers HS)
Osereme Erewele	Sprints/Jumps	Junior	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	Junior	Little Rock, Ark. (Parkview HS)
Madison Grimm	Distance	Junior	Knoxville, Tenn. (Hardin Valley Academy)
Evangelynn Harris	Throws	Junior	East St. Louis, Ill. (East St. Louis HS)
Jazzmine Harvey	Jumps	Freshman	Texarkana, Texas (Pleasant Grove HS)
Heidi Hauptman	Distance	Junior	St. Charles, Mo. (Francis Howell HS)
Allie Hensley	Multi	Senior	Clinton, Ark. (Clinton HS)
Hannah Higgins	Throws	Senior	Texarkana, Texas (Texas HS)
Kyndall Hudson	Sprints	Sophomore	Kennesaw, Ga. (Kennesaw Mountain HS)
Kori Jones	Sprints/Hurdles	Junior	Dallas, Texas (Hampton Prep/Louisiana Tech)
Megan Knowing	Jumps	Junior	Ellington, Conn. (Ellington HS)
Sydney Lane	Jumps	Junior	Keiser, Ark. (Rivercrest HS)
Sophie Leathers	Distance	Junior	Colleyville, Texas (Colleyville Heritage HS)
Jadyn Lewis	Sprints	Sophomore	North Little Rock, Ark. (Bryant HS)
Elizabeth Martin	Distance	Sophomore	Phelan, Calif. (Serrano HS)
Pauline Meyer	Distance	Senior	Gronau-Epe, Germany (Canisiusschule Ahaus)
Camryn Newton-Smith	Multi	Junior	Greenbank, Australia
Sophia Oury	Distance	RS Sophomore	Hampshire, Ill. (Hampshire HS)
Marie Reed	Throws	Sophomore	Gassville, Ark. (Cotter HS/Southern Arkansas)
Katharina Schmidt	Distance	Freshman	Furth, Germany
Avery Shell	Pole Vault	Sophomore	Fort Gratiot, Mich. (Port Huron Northern HS/Grand Valley State)
Carly Strong	Sprints	Freshman	Sheridan, Ark. (Sheridan HS)
Sarah Trammel	Distance	Sophomore	Burleson, Texas (Burleson Centennial HS)
Imani Udoumana	Sprints/Jumps	Junior	Nashville, Tenn. (Oakland HS)
Babette Vandeput	Throws	Senior	Belgium
Kayla Wade	Distance	Junior	Grain Valley, Mo. (Grain Valley HS)
Blaique Webster	Sprints	Sophomore	Dallas, Texas (Trinity HS)
Eva Wilk	Distance	Senior	Plano, Texas (Plano East HS)
Kerra Williams	Sprints/Hurdles	Junior	Hallandale, Fla. (Hallandale HS)
Alexis Woodall	Hurdles	Sophomore	Tampa, Fla. (Hillsborough HS)

PRONUNCIATION GUIDE

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

Goes by "Ozzy"

HONORS AND AWARDS

Lauren Beauchamp	SBC Field AOW (Feb. 4)
Grace Flowers	SBC Field AOW (Feb. 18)
Elizabeth Gillette	Second Team All-SBC (XC)
Lexington Hilton	First Team All-SBC (XC)
Sophie Leathers	First Team All-SBC (XC)
Elizabeth Martin	Third Team All-SBC (XC)
Pauline Meyer	First Team All-SBC (XC) SBC Track AOW (Feb. 11) SBC Track AOW (Feb. 18)
Camryn Newton-Smith	SBC Field AOW (Jan. 28)
Bennett Pascoe	SBC Runner of the Year (XC) SBC Men's XC Champion First Team All-SBC (XC)
Carter Shell	SBC Field AOW (Feb. 4) SBC Field AOW (Feb. 18)
Jermie Walker	SBC Track AOW (Jan. 28)
Seth Waters	SBC Track AOW (Feb. 18)
Coleman Wilson	Third Team All-SBC (XC)

WHOO!

- Former NCAA champion and Texas A&M record-holder Will Williams was hired in the offseason to coach Arkansas State's horizontal jumpers.
- Under his watch, Carter Shell leads the Sun Belt Conference in the long jump while Imani Udoumana is tops in the women's triple jump.

HILSON: TWO-SPORT STANDOUT

- One of the newcomers on the men's side, PJ Hilson, has emerged as one of the top 200m sprinters in the conference. Hilson, younger brother of Olympic gold medalist Kyle Clemons and Arkansas standout Nick Hilson, is also a star on the baseball diamond.
- Hilson was drafted as an outfielder in the sixth round of the 2018 MLB Draft by the San Francisco Giants out of Nettleton High School in Jonesboro.

MEET RECORDS

- Arkansas State owns nine meet records, led by three owned by 2021 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 sprinters Jaylen Bacon, 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.

THANKS, COVID

- The COVID-19 pandemic has impacted the Arkansas State track and field program since March 2020, when it prompted the cancellation of the NCAA Indoor Track and Field Championships, where Camryn Newton-Smith was set to represent both A-State and the Sun Belt Conference as the lone conference representative (male or female).
- Then, this season, A-State hosted not just one, but two meets inside First National Bank Arena, as COVID protocols dictated changes in the Red Wolves' original schedule.

NOTEBOOK

OH SO SWEEP

- Arkansas State is looking to defend indoor titles on both the men's and women's sides after sweeping last season's conference meet. If the Red Wolves are successful, it will mark the first repeat indoor sweep since Middle Tennessee swept four straight from 2001 to 2004. Western Kentucky is the last team to sweep consecutive track and field titles, sweeping four years in a row from 2008 to 2011.

SUCCESS IN THE IRON CITY

- Arkansas State usually fares well in the Birmingham Crossplex, posting some of its fastest times over the past few seasons there, including a few conference titles. A-State sent a pair of athletes to Birmingham for the Samford Multis earlier this season, where Camryn Newton-Smith posted a strong pentathlon score of 4,068 points to put herself in the running for another bid to the NCAA Indoor Track & Field Championships.

AUSSIE AUSSIE AUSSIE! OI OI OI!

- Speaking of Newton-Smith, the Australian enters the conference championship meet ranked sixth in the NCAA in the pentathlon with 4,068 points - three shy of her school record set at last season's SBC indoor championship meet, which she won. That point total this season is the top mark by an athlete in Oceania so far this season by nearly 300 points.
- Newton-Smith also is set to defend her 60m hurdles crown, leading the league with a time of 8.46 this season.
- If Newton-Smith remains inside the top 16 in the NCAA, she will become the first women's athlete since Sharika Nelvis (2013-14) to make back-to-back indoor national championship meets.
- In addition to the pentathlon and 60m hurdles, the junior leads the Sun Belt in the women's long jump.
- Newton-Smith will be competing in several events, including the pentathlon. The Greenbank, Australia, native will also showcase her talents in the 60m hurdles, high jump and long jump, giving the A-State women several scoring opportunities.

CHAMPIONSHIP TRADITION

- Dating back to the 2019 outdoor championships, Arkansas State has won five of the eight championships, not finishing lower than third.
- Going back even further since the 2019 indoor championships, the Red Wolves have finished first or second in eight of the 10 meets. The only outlier was in the 2020 Men's Cross Country Championship, where A-State placed third as a team. No other school has finished in the top four in all 10 meets during that span.
- Since Jim Patchell took over the track and field/cross country program, Arkansas State has won 13 Sun Belt titles. In program history, A-State has won 41 overall conference crowns.

RED WOLVES BREAK TRIO OF RECORDS AT WASHBURN

- In Arkansas State's final tuneup as a squad ahead of the conference championships, both the men's and women's mile records fell. Seth Waters broke the 52-year-old men's mile record with a time of 4:06.94 while Pauline Meyer broke the women's mile with a 4:50.94 mark.
- Grace Flowers capped off the day by shattering Erin Farmer's women's weight throw record set in 2017 with a throw of 20.25m (66-5.25).

RECORDS WERE MADE TO BE BROKEN

- While we're on the topic of school records, five total have been broken this season. In addition to the aforementioned three that were broken in Topeka on Feb. 12, Lexington Hilton broke the men's 5000m record earlier this season (14:17.69) while Pauline Meyer also broke the women's 3000m less than a week before taking down the women's mile mark. All five records fell in the final two meets of the regular season for the Scarlet and Black.

POLE VAULT PACK

- Arkansas State once again boasts a strong pole vaulting corps on both the men's and women's side. Lauren Beauchamp returns to defend her women's conference crown and ranks second in the league with a mark of 3.97m this season. The St. Charles, Missouri, native is fourth in program indoor history, just a centimeter behind third place. Will the reigning champion defend her crown successfully and/or reach the 4.00m mark?
- On the men's side, a pair of rookies lead the Pack, as freshman Bradley Jelmer enters the conference meet ranking second in the conference with a best mark of 5.17m. Trace South is second on the squad, as the Fayetteville, Arkansas, product has a season-best height of 4.94m.

"500 MILES"

- Arkansas State's distance athletes have been responsible for a lot of this season's success, including breaking four school records, all occurring in the last two meets.
- At the Jaguar Invitational (2/7), Pauline Meyer and Lexington Hilton both ran school-record times in the women's and men's 3000m, while the men's mile - the school's oldest indoor record was broken by Seth Waters on Feb. 12 at the Division I Challenge. Meyer also broke the women's mile record in that meet.
- Including those program records, a total of 12 top-10 indoor marks have been achieved by A-State distance athletes.

THE "JESSE DUVALL 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).
- This season, the women repeated as cross country champions, while Bennett Pascoe became the first A-State men's athlete to win the individual crown. Pascoe returns as one of the Sun Belt's top scorers at last season's indoor meet, where he captured wins in the mile and 5000m. The Conway, Arkansas, native also captured the men's cross country crown this past season. He has medaled in five track and field/cross country meets, taking gold three times.
- Under his watch, distance athletes have been responsible for 22 top-10 all-time indoor marks over the past two seasons.

JUST THROWING THIS OUT THERE

- Arkansas State's throws group is consistently one of the best in the Sun Belt Conference and once again leads the league in three of the four throwing events.
- Led by associate head coach Matt Kraft, the throwers have set numerous records under his watch, including this season when Grace Flowers broke the women's weight throw indoor record.
- Entering the conference meet, A-State leads in the men's and women's weight throw (Eron Carter & Flowers) and women's shot put (Evangelynn Harris).
- In the USTFCCA's #EventSquad rankings, A-State boasts the No. 5 women's shot put group in the nation, with

NOTEBOOK

BRINGING BACK A BUNCH

- Arkansas State returns 36 total scorers from last season's sweep, only seven not competing this season.
- On the women's side, A-State boasts 19 returning scorers, while the men return 18. Of the returnees, _ are on the docket to compete this week.

SHELL YEAH

- Carter Shell once again looks to medal in the horizontal jumps, having done so five times in his career - indoor and outdoor combined. The outdoor All-American claimed bronze in the long jump last season after winning the indoor crown in that event in 2019.
- Outdoors, the Orlando native placed second in the long jump in 2018 - the same season in which he earned silver in both the long and triple jumps indoors.

MULTIS LOOKING TO CONTINUE STRONG SHOWING

- A-State's multis group, led by All-American pentathlete Camryn Newton-Smith, are looking to continue their strong showings at conference meets.
- Newton-Smith and Allie Hensley are both in the top three in the league in the pent, while Ty Graser is set to compete in his first heptathlon of the year. As a freshman last season, Graser placed fifth.

JUMP! HOW HIGH?

- A-State boasts the No. 7 women's high jump group in the nation, according to USTFCCCA's #EventSquad rankings, led by Allie Hensley, who leads the conference with a best jump of 1.74m this season.
- Dylan Western is the lone A-State athlete to record a height for the men this season, although 2019 indoor silver medalist Frank Massey is slated to compete this weekend.

RACKING UP THE WEEKLY HONORS

- Arkansas State was a mainstay in this season's Sun Belt Conference weekly honors, having at least one athlete awarded in all four weeks.
- The Red Wolves had two or more in all but one of the weeks, but capped off the regular season by sweeping the four laurels on Feb. 18.

MULERIDERS -> RED WOLVES

- A trio of newcomers to the program came by way of Southern Arkansas University.
- On the men's side, sprinter Addison Ross - an NCAA Division II Outdoor Championships qualifier and distance standout Lexington Hilton came to the program and provided immediate depth in those areas. Hilton placed fourth in the men's cross country championships in October while Ross set an indoor collegiate best in his A-State debut at the Arkansas Invitational.
- Marie Reed is the third member of the trio, joining the already stacked throws corps. Reed competed outdoors for the Muleriders, posting a school record in the javelin throw before coming to Jonesboro.

POINT SCORERS AT THE 2020 SBC INDOOR CHAMPIONSHIPS (W)

Name	Place	Event	Mark
Lauren Beauchamp	1st	W Pole Vault	3.90m
Pauline Meyer	1st	W Mile	5:01.16
	3rd	W 3000m	9:45.48
Camryn Newton-Smith	1st	W 60m Hurdles	8.49
	1st	Pentathlon	4,071 pts
Grace Flowers	2nd	W Weight Throw	19.32m
	3rd	W Shot Put	14.86m
E. Martin/K. Hudson	2nd	W DMR	12:09.55
K. Wade/S. Brainard			
Evangelynn Harris	2nd	W Shot Put	15.14m
Sydney Lane	2nd	W High Jump	1.72m
Callie Hicks	3rd	W Pole Vault	3.80m
Osereme Erewele	4th	W 60m	7.64
Sophie Leathers	4th	W 3000m	9:57.33
	5th	W 5000m	17:25.31
Elizabeth Gillette	4th	W 5000m	17:21.18
Imani Udoumana	4th	W Triple Jump	12.22m
Allie Hensley	4th	Pentathlon	3,707 pts
	T6th	W High Jump	1.64m
Elizabeth Martin	5th	W Mile	5:03.64
Sammy Brainard	6th	W Mile	5:06.46
Megan Knowing	T6th	W High Jump	1.64m
Babette Vandeput	6th	W Shot Put	13.56m
Johnaya Givens	7th	W Triple Jump	11.95m
Chastery Fuamatu	7th	W Shot Put	13.38m
McKenzie Cornell	8th	W Mile	5:07.32

POINT SCORERS AT THE 2020 SBC INDOOR CHAMPIONSHIPS (MEN)

Name	Place	Event	Mark
Bennett Pascoe	1st	M Mile	4:14.61
	1st	M 5000m	14:35.56
	6th	M 3000m	8:30.76
Seth Waters	1st	M 800m	1:51.95
	3rd	M Mile	4:15.79
J. Walker/D. Lockett	1st	M 4x400m Relay	3:16.57
K. Hill/H. Jonker			
Eron Carter	2nd	M Weight Throw	19.32m
	3rd	M Shot Put	15.71m
Jermie Walker	2nd	M 400m	47.55
	3rd	M 200m	21.34
G. Becker/K. Johnson	2nd	M DMR	10:20.94
A. Vargas/C. Wilson			
Amari James	3rd	M 60m Hurdles	8.10
Carter Shell	3rd	M Long Jump	7.40m
	4th	M Triple Jump	15.20m
Hayden Hampton	4th	Heptathlon	5,173 pts
Frank Massey	5th	M High Jump	2.08m
Gregoire Saury	5th	M 800m	4:18.07
Courtney Thomas	5th	M Long Jump	7.28m
Aimar Palma Simo	5th	M Weight Throw	18.68m
Ty Graser	5th	Heptathlon	4,880 pts
Chris Hill	6th	M 60m	6.94
Coletton Clifft	6th	M Long Jump	7.23m
Ethan Mychajlonka	7th	M 3000m	8:33.30
John Carder	7th	M 5000m	14:48.85
	8th	M 3000m	8:34.68

A-STATE IN THE RANKINGS

2021 USTFCCCA NATIONAL RANKINGS

Men

85. Arkansas State 0.66

Women

48. Arkansas State 11.24

2021 USTFCCCA REGIONAL RANKINGS (SOUTH CENTRAL)

Men

8. Arkansas State 90.69

Women

5. Arkansas State 174.68

2021 USTFCCCA CONFERENCE RANKINGS

Men

1. Arkansas State 587.65

Women

1. Arkansas State 633.68

2021 USTFCCCA #EVENTSQUAD RANKINGS (TOP 30)

Men

16. Pole Vault Avg: 4.91m (16-1.75)
 23. 400m Avg: 48.54
 26. Long Jump Avg: 6.88m (22-7.0)
 27. 200m Avg: 21.80
 30. 800m Avg: 1:54.61

Women

5. Shot Put Avg: 14.86m (48-9.0)
 7. High Jump Avg: 1.69m (5-6.5)
 16. Long Jump Avg: 5.75m (18-10.25)
 21. Weight Throw Avg: 17.48m (57-4.25)
 22. 60m Hurdles Avg: 8.80

A-STATE IN THE SUN BELT CONFERENCE [TOP 10]

WOMEN

Athlete	Event	Mark	SBC Rank
Osereme Erewele	60m	7.61c	9
	200m	24.53c	3
	Long Jump	5.90m	2
Pauline Meyer	800m	2:15.51	6
	Mile	4:50.94	1
	3000m	9:32.73	1
Kayla Wade	800m	2:17.50	10
Elizabeth Martin	Mile	5:06.16	8
	3000m	10:06.18c	6
Sophia Oury	Mile	5:08.83c	9
Sophie Leathers	3000m	9:53.55	3
	5000m	17:30.41	2
Sarah Trammel	3000m	10:07.68c	9
	5000m	17:24.78	1
Elizabeth Gillette	5000m	17:43.64	3
Camryn Newton-Smith	60m Hurdles	8.46	1
	High Jump	1.72m	T5
	Long Jump	6.08m	1
	Pentathlon	4,068 pts	1
Rainee Bowers	60m Hurdles	8.66c	5
Newton-Smith, Hensley Webster, Hudson	4x400m Relay	4:03.75c	10
Allie Hensley	High Jump	1.74m	1
	Long Jump	5.80m	4
	Pentathlon	3,602 pts	3
Sydney Lane	High Jump	1.72m	T5
Lauren Beauchamp	Pole Vault	3.97m	2
Avery Shell	Pole Vault	3.67m	5
Imani Udoumana	Triple Jump	12.53m	1
Johnaya Givens	Triple Jump	11.94m	7
Evangelynn Harris	Shot Put	15.92m	1
	Weight Throw	16.29m	8
Chastery Fuamatu	Shot Put	14.92m	2
	Weight Throw	18.15m	3
Grace Flowers	Shot Put	14.89m	3
	Weight Throw	20.25m	1
Babette Vandeput	Shot Put	13.71m	6
Chastery Fuamatu	Shot Put	13.12m	8
	Weight Throw	17.68m	4

MEN

Athlete	Event	Mark	SBC Rank
Jermie Walker	60m	6.90c	8
	200m	21.12	1
	400m	47.96c	2
PJ Hilson	200m	21.56c	2
Kobey Hill	400m	48.17c	2
Addison Ross	400m	48.53c	6
Daidren Davis	400m	48.65c	8
Seth Waters	800m	1:51.65	2
	Mile	4:06.94	1
	3000m	8:21.81c	3
Alejandro Vargas	800m	1:54.53c	10
Bennett Pascoe	Mile	4:08.17	2
	3000m	8:20.78c	1
Gregoire Saury	Mile	4:13.34	3
	3000m	8:23.01	5
Royce Fisher	Mile	4:17.76	9
	3000m	8:37.01c	9
Lexington Hilton	3000m	8:21.76c	2
	5000m	14:17.69	3
Logan Simington	3000m	8:33.95c	7
Owen Habeger	3000m	8:35.55c	8
John Carder	5000m	15:27.19	5
Ke'Von Holder	60m Hurdles	8.10c	4
Will Glass	60m Hurdles	8.18c	8
Walker, Davis	4x400m Relay	3:13.94	2
Lockett, Ross			
Dylan Western	High Jump	1.96m	10
Bradley Jelmert	Pole Vault	5.17m	2
Trace South	Pole Vault	4.94m	5
Ty Graser	Pole Vault	4.77m	9
Carter Shell	Long Jump	7.57m	1
Courtney Thomas	Long Jump	7.09m	5
Eric Williams	Shot Put	16.64m	2
Eron Carter	Shot Put	15.63m	6
	Weight Throw	20.61m	1
Aimar Palma Simo	Weight Throw	19.88m	2

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 Peeples	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 Peeples	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
				2020	
				Seth Waters	800 meters 1:51.95
				Bennett Pascoe	Mile 4:14.61
					5000m 14:35.56
				4x400m Relay	3:16.57

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			
1993			2007			2017		
Pedtra Wilson	400-meter	56.96	Amy Fleddermann	Pentathlon	3,740 pts	Erin Farmer	Shot Put	16.44m
Malisa Harriott	Triple Jump	12.01m						
Serenia Curtis	Shot Put	13.27m	2009			2018		
			Stephanie Foreman	Pole Vault	3.90m	Arabriaun Mack	Long Jump	5.93m
			Amy Bowman	Pentathlon	3,649 pts			
1994			2010			2019		
Salli Smith	High Jump	1.68m	Stephanie Foreman	Pole Vault	4.05m	Caitland Smith	60 meters	7.31
						Emma Nwofor	60m Hurdles	8.36
1995			2011			2020		
Katarina Littenheim	800-meter	2:15.56	Sharika Nelvis	55-meter	6.99	Pauline Meyer	Mile	5:01.16
Krystal White	Shot Put	14.12m	Stephanie Foreman	Pole Vault	4.15m	Camryn Newton Smith	60m Hurdles	8.49
							Pentathlon	4,071 points
1996			2012			Lauren Beauchamp	Pole Vault	3.90m
Nicole Brown	55-meter hurdles	8.35	Sharika Nelvis	55-meter	6.91			
Sarah Todd	Long Jump	5.82m	Sharika Nelvis	200-meter	23.80			
Krystal White	Shot Put	14.85m	Sharika Nelvis	55-meter hurdles	7.82			
			Stephanie Foreman	Pole Vault	4.00m			
1997			Sharika Nelvis	Long Jump	5.99m			
Nicole Brown	55-meter hurdles	8.25						
Eva Knudsen	Long Jump	5.80m						
1998			2013					
Nicole Brown	55-meter hurdles	8.08	Sharika Nelvis	55-meter	6.87			
Edie Montgomery	High Jump	1.56m	Sharika Nelvis	200-meter	23.74			
			Kristina Aubert	5,000-meter	17:09.96			
2000			Sharika Nelvis	55-meter hurdles	7.68			
Carla Christian	55-meter	7.12	Alexandra Pevtsova	Pole Vault	3.85m			
Elena Semyonova	High Jump	1.77m	Sharika Nelvis	Long Jump	6.32m			
Elena Semyonova	Triple Jump	11.91m	Julia Agawu	Weight Throw	19.14m			
2001			2014					
Edie Montgomery	High Jump	1.74m	Sharika Nelvis	60-meter	7.28			
Michelle Legatt	Pole Vault	3.75m	Sharika Nelvis	200-meter	23.50			
			Kristina Aubert	5,000-meter	16:46.32			
2002			Sharika Nelvis	60-meter hurdles	8.04			
Amanda Sweeten	Pole Vault	3.64m	Sharika Nelvis	Long Jump	5.93m			
Isela Mendoza	Weight Throw	16.50m						

MEN INDOOR PERFORMANCE LIST

60 METERS

School Record: Jaylen Bacon, 6.56 (2017)
SBC Leader: Trejun Jones (Louisiana), 6.76
NCAA Leader: Micah Williams (Oregon), 6.56

Jermie Walker	6.90 (55)	Scarlet & Black Invitational (1/31/21)
Courtney Thomas	7.00 (55)	Scarlet & Black Invitational (1/31/21)
PJ Hilson	7.01 (55)	Kickoff Classic (12/13/20)
Carter Shell	7.04 (55)	Kickoff Classic (12/13/20)
Brian Williams	7.17 (55)	Scarlet & Black Invitational (1/31/21)
Ty Graser	7.27 (55)	Scarlet & Black Invitational (1/31/21)

200 METERS

School Record: Jaylen Bacon, 21.02 (2018)
SBC Leader: Jermie Walker (Arkansas State), 21.12
NCAA Leader: Terrance Laird (LSU), 20.41

Jermie Walker	21.12	Arkansas Invitational (1/16/21)
PJ Hilson	21.56c	Scarlet & Black Invitational (1/31/21)
Courtney Thomas	22.03c	Scarlet & Black Invitational (1/31/21)
Carter Shell	22.48c	Scarlet & Black Invitational (1/31/21)
Brian Williams	22.57c	Scarlet & Black Invitational (1/31/21)
Darrian Lockett	22.66	Jaguar Invitational (2/7/21)
Will Glass	22.91c	Scarlet & Black Invitational (1/31/21)

400 METERS

School Record: Kendrick Bullard, 46.76 (1992)
SBC Leader: Jaylen Allen (Texas State), 47.57c
NCAA Leader: Randolph Ross (North Carolina A&T), 45.21

Kobey Hill	48.17c	Kickoff Classic (12/13/20)
Addison Ross	48.53c	Scarlet & Black Invitational (1/31/21)
Daidren Davis	48.65c	Scarlet & Black Invitational (1/31/21)
Darrian Lockett	48.83c	Scarlet & Black Invitational (1/31/21)
Steffan Mallory II	51.69c	Scarlet & Black Invitational (1/31/21)

800 METERS

School Record: Seth Bortey, 1:49.51 (2001)
SBC Leader: Pedro Osorio Lopez (Texas State), 1:50.46
NCAA Leader: Charlie Hunter (Oregon), 1:45.59

Seth Waters	1:51.65	Jaguar Invitational (2/7/21)
Alejandro Vargas	1:54.53c	Scarlet & Black Invitational (1/31/21)
Gregoire Saury	1:55.87	Division I Challenge (2/12/21)
Garrett Becker	1:56.38c	Scarlet & Black Invitational (1/31/21)
Handre Jonker	1:57.08c	Kickoff Classic (12/13/20)
Jacob Pyeatt	1:57.32c	Scarlet & Black Invitational (1/31/21)
Jacob Oury	1:58.87c	Scarlet & Black Invitational (1/31/21)

MILE

School Record: Seth Waters, 4:06.94 (2021)
SBC Leader: Seth Waters (Arkansas State), 4:06.94
NCAA Leader: Cooper Teare (Oregon), 3:50.39

Seth Waters	4:06.94	Division I Challenge (2/12/21)
Bennett Pascoe	4:08.17	Division I Challenge (2/12/21)
Gregoire Saury	4:13.34	Arkansas Invitational (1/16/21)
Royce Fisher	4:17.76	Jaguar Invitational (2/7/21)
Jacob Pyeatt	4:20.52	Jaguar Invitational (2/7/21)
Coleman Wilson	4:21.14	Division I Challenge (2/12/21)
Alejandro Vargas	4:23.80c	Kickoff Classic (12/13/20)
Brady Pascoe	4:27.59	Jaguar Invitational (2/7/21)

3000 METERS

School Record: Bob Gray, 8:15.34 (1970)
SBC Leader: Bennett Pascoe (Arkansas State), 8:20.78c
NCAA Leader: Cooper Teare (Oregon), 7:46.10

Bennett Pascoe	8:20.78c	Kickoff Classic (12/13/20)
Lexington Hilton	8:21.76c	Kickoff Classic (12/13/20)
Seth Waters	8:21.81c	Kickoff Classic (12/13/20)
Gregoire Saury	8:23.01c	Kickoff Classic (12/13/20)
Logan Simington	8:33.95c	Kickoff Classic (12/13/20)
Owen Habeger	8:35.55c	Kickoff Classic (12/13/20)
Royce Fisher	8:37.01c	Scarlet & Black Invitational (1/31/21)
Ethan Mychajlonka	8:37.73	Jaguar Invitational (2/7/21)
Coleman Wilson	8:39.19	Jaguar Invitational (2/7/21)
John Carder	8:56.59	Jaguar Invitational (2/7/21)

5000 METERS

School Record: Lexington Hilton, 14:17.69 (2021)
SBC Leader: Kwanele Mthembu (Texas State), 14:14.21
NCAA Leader: Conner Mantz (BYU), 13:28.00

Lexington Hilton	14:17.69	Jaguar Invitational (2/7/21)
John Carder	15:27.19	Division I Challenge (2/12/21)

60-METER HURDLES

School Record: Jamil Peeples, 7.86 (2017)
SBC Leader: Joel Bengtsson (UT Arlington), 8.06c
NCAA Leader: Trey Cunningham (Florida State), 7.55

Ke'Von Holder	8.10 (55)	Kickoff Classic (12/13/20)
Will Glass	8.18 (55)	Kickoff Classic (12/13/20)
Daidren Davis	8.46 (55)	Scarlet & Black Invitational (1/31/21)
Ty Graser	8.89 (55)	Kickoff Classic (12/13/20)

4x400-METER RELAY

School Record: 3:10.41 (1992)
SBC Leader: Daniels/Osorio Lopez/Allen/Pierre (Texas State), 3:13.60
NCAA Leader: Stokes/Ross/Young/Stewart (North Carolina A&T), 3:04.62

Walker, Davis, Lockett, Ross	3:13.94	Arkansas Invitational (1/16/21)
Walker, Hill, Hilson, Shell	3:16.03c	Kickoff Classic (12/13/20)
Ross, Lockett, Davis, Williams	3:18.22c	Scarlet & Black Invitational (1/31/21)

DISTANCE MEDLEY RELAY

School Record: 9:51.34 (2020)
SBC Leader: NONE
NCAA Leader: Hocker/Peralta/Hunter/Teare (Oregon), 9:19.42
 ---NO MARKS---

HIGH JUMP

School Record: Doug Shouse, 2.25m (7-4.5) (1983)
SBC Leader: Bryson DeBerry (UT Arlington), 2.21m (7-3.0)
NCAA Leader: JuVaughn Harrison (LSU), 2.28m (7-5.75)

Dylan Western	1.96m (6-5.0)	Jaguar Invitational (2/7/21)
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POLE VAULT

School Record: Steve Stubblefield, 5.60m (18-4.5) (1984)
SBC Leader: Kyle Rademeyer (South Alabama), 5.53m (18-1.75)
NCAA Leader: KC Lightfoot (Baylor), 6.00m (19-8.25)

Bradley Jelmer	5.17m (16-11.5)	Division I Challenge (2/12/21)
Trace South	4.94m (16-2.5)	Kickoff Classic (12/13/20)
Ty Graser	4.77m (15-7.75)	Jaguar Invitational (2/7/21)
Matthew Keown	4.75m (15-7.0)	Arkansas Invitational (1/16/21)

LONG JUMP

School Record: Roelf Pienaar, 7.97m (26-1.75) (2015)
SBC Leader: Carter Shell (Arkansas State), 7.57m (24-10.0)
NCAA Leader: Isaac Grimes (Florida State), 8.33m (27-4.0)

Carter Shell	7.57m (24-10.0)	Division I Challenge (2/12/21)
Courtney Thomas	7.09m (23-3.25)	Scarlet & Black Invitational (1/31/21)
Ty Graser	6.55m (21-6.0)	Kickoff Classic (12/13/20)
Dylan Western	6.32m (20-9.0)	Scarlet & Black Invitational (1/31/21)

TRIPLE JUMP

School Record: Al Joyner, 16.78m (55-0.75) (1982)
SBC Leader: John Joseph (Louisiana), 15.20m (49-10.5)
NCAA Leader: Chengetayi Mapaya (TCU), 16.85m (55-3.5)
 ---NO MARKS---

SHOT PUT

School Record: Richard Chavez, 20.06m (65-9.75) (2014)
SBC Leader: Austin Snyder (Troy), 16.89m (55-5.0)
NCAA Leader: Turner Washington (Arizona State), 21.85m (71-8.25)

Eric Williams	16.64m (54-7.25)	Scarlet & Black Invitational (1/31/21)
Eron Carter	15.63m (51-3.5)	Division I Challenge (2/12/21)

WEIGHT THROW

School Record: Candon Powell, 22.04m (72-3.75) (2005)
SBC Leader: Eron Carter (Arkansas State), 20.61m (67-7.5)
NCAA Leader: Thomas Mardal (Florida), 23.14m (75-11.0)

Eron Carter	20.61m (67-7.5)	Scarlet & Black Invitational (1/31/21)
Aimar Palma Simo	19.88m (65-2.75)	Arkansas Invitational (1/16/21)

HEPTATHLON

School Record: William Oliver, 5,423 points (2013)
SBC Leader: Ariel Atias (South Alabama), 5,172 points
NCAA Leader: Leo Neugebauer (Texas), 5,960 points
 ---NO MARKS---

WOMEN'S INDOOR PERFORMANCE LIST

60 METERS

School Record: Kristina Knott, 7.28 (2016)
SBC Leader: Melissa Jefferson (Coastal Carolina), 7.43
NCAA Leader: Twanisha Terry (USC), 7.14

Osereme Erewele	7.61 (55)	Kickoff Klassic (12/13/20)
Camryn Newton-Smith	7.80 (55)	Scarlet & Black Invitational (1/31/21)
Imani Udoumana	7.80 (55)	Kickoff Klassic (12/13/20)
Carly Strong	7.81	Arkansas Invitational (1/16/21)
Blaique Webster	7.92 (55)	Kickoff Klassic (12/13/20)
Johnaya Givens	8.23	Division I Challenge (2/12/21)

200 METERS

School Record: Sharika Nelvis, 23.50 (2014)
SBC Leader: Kiana Foster (Louisiana), 24.34
NCAA Leader: Abby Steiner (Kentucky), 22.52

Osereme Erewele	24.53c	Scarlet & Black Invitational (1/31/21)
Imani Udoumana	25.15c	Scarlet & Black Invitational (1/31/21)
Rainee Bowers	25.53c	Scarlet & Black Invitational (1/31/21)
Blaique Webster	25.75c	Kickoff Klassic (12/13/20)
Alexis Woodall	25.91c	Kickoff Klassic (12/13/20)
Carly Strong	26.04c	Scarlet & Black Invitational (1/31/21)
Kyndall Hudson	26.65c	Kickoff Klassic (12/13/20)
Kerra Williams	26.82c	Kickoff Klassic (12/13/20)
Johnaya Givens	27.12c	Scarlet & Black Invitational (1/31/21)

400 METERS

School Record: Charmisha Morrow, 54.70 (2009)
SBC Leader: Jermaisha Arnold (Coastal Carolina), 54.01
NCAA Leader: Athina Mu (Texas A&M), 50.52

Kyndall Hudson	59.40c	Kickoff Klassic (12/13/20)
Kori Jones	1:01.88	Arkansas Invitational (1/16/21)

800 METERS

School Record: Monika Klebe, 2:09.64 (1989)
SBC Leader: Edita Sklenska (Troy), 2:07.18c
NCAA Leader: Athina Mu (Texas A&M), 2:01.07

Pauline Meyer	2:15.51	Division I Challenge (2/12/21)
Kayla Wade	2:17.50	Division I Challenge (2/12/21)
Emily Efurd	2:19.35	Scarlet & Black Invitational (1/31/21)
Camryn Newton-Smith	2:21.69c	Scarlet & Black Invitational (1/31/21)
Heidi Hauptman	2:22.76	Jaguar Invitational (2/7/21)
Elizabeth Martin	2:23.88	Division I Challenge (2/12/21)
Allie Hensley	2:40.56	Samford Multis (1/21/21)

MILE

School Record: Pauline Meyer, 4:50.94 (2021)
SBC Leader: Pauline Meyer (Arkansas State), 4:50.94
NCAA Leader: Sage Hurta (Colorado), 4:31.80

Pauline Meyer	4:50.94	Division I Challenge (2/12/21)
Elizabeth Martin	5:06.16	Division I Challenge (2/12/21)
Sophia Oury	5:08.83c	Kickoff Klassic (12/13/20)
Kayla Wade	5:11.50c	Kickoff Klassic (12/13/20)
Ellie Albrecht	5:13.96c	Kickoff Klassic (12/13/20)
McKenzie Cornell	5:15.14c	Kickoff Klassic (12/13/20)

3000 METERS

School Record: Pauline Meyer, 9:32.73 (2021)
SBC Leader: Pauline Meyer (Arkansas State), 9:32.73
NCAA Leader: Courtney Waymont (BYU), 8:54.90

Pauline Meyer	9:32.73	Jaguar Invitational (2/7/21)
Sophie Leathers	9:53.55	Arkansas Invitational (1/16/21)
Elizabeth Martin	10:06.18c	Kickoff Klassic (12/13/20)
Sarah Trammel	10:07.68c	Kickoff Klassic (12/13/20)
Elizabeth Gillette	10:18.14c	Scarlet & Black Invitational (1/31/21)
Katharina Schmidt	10:33.18c	Scarlet & Black Invitational (1/31/21)
Madison Grimm	10:57.90c	Scarlet & Black Invitational (1/31/21)
Megan Adams	11:06.74c	Scarlet & Black Invitational (1/31/21)

5000 METERS

School Record: Kristina Aubert, 16:46.32 (2014)
SBC Leader: Sarah Trammel (Arkansas State), 17:24.78
NCAA Leader: Katie Izzo (Arkansas), 15:36.22

Sarah Trammel	17:24.78	Jaguar Invitational (2/7/21)
Sophie Leathers	17:30.41	Division I Challenge (2/12/21)
Elizabeth Gillette	17:43.64	Division I Challenge (2/12/21)

60-METER HURDLES

School Record: Sharika Nelvis, 8.03 (2014)
SBC Leader: Camryn Newton-Smith (Arkansas State), 8.46
NCAA Leader: Grace Stark (Florida), 7.96

Camryn Newton-Smith	8.46	Division I Challenge (2/12/21)
Rainee Bowers	8.66 (55)	Scarlet & Black Invitational (1/31/21)
Alexis Woodall	8.88 (55)	Kickoff Klassic (12/13/20)
Allie Hensley	9.20	Jaguar Invitational (2/7/21)
Kerra Williams	9.51 (55)	Scarlet & Black Invitational (1/31/21)

4x400-METER RELAY

School Record: 3:49.17 (2016)
SBC Leader: K. Cooper/V. Frank/D. Jeanty/E. Sklenska (Troy), 3:46.69c
NCAA Leader: Martin/Young/Richardson/Mu (Texas A&M), 3:26.27

Newton-Smith, Hensley, Webster, Hudson	4:00.56c	Kickoff Klassic (12/13/20)
Jones, Strong, Wade, Webster	4:12.04c	Scarlet & Black Invitational (1/31/21)

DISTANCE MEDLEY RELAY

School Record: 11:48.59 (2020)
SBC Leader: Georgia State, 12:20.12
NCAA Leader: Thomson/Campbell/Maloney/Gear (Arkansas), 10:53.77
 ---NO MARKS---

HIGH JUMP

School Record: Elena Semyonova, 1.84m (6-0.5) (2000)
SBC Leader: Allie Hensley (Arkansas State), 1.74m (5-8.5)
NCAA Leader: Tyra Gittens (Texas A&M), 1.91m (6-3.25)

Allie Hensley	1.74m (5-8.5)	Samford Multis (1/21/21)
Camryn Newton-Smith	1.72m (5-7.75)	Kickoff Klassic (12/13/20)
Sydney Lane	1.72m (5-7.75)	Kickoff Klassic (12/13/20)
Jazzmine Harvey	1.59m (5-2.5)	Kickoff Klassic (12/13/20)
Megan Knowling	1.59m (5-2.5)	Jaguar Invitational (2/7/21)

POLE VAULT

School Record: Stephanie Foreman, 4.28m (14-0.5) (2013)
SBC Leader: Reagan Leleux (Louisiana), 4.05m (13-3.5)
NCAA: Lisa Gunnarsson (LSU), 4.52m (14-10.0)

Lauren Beauchamp	3.97m (13-0.25)	Scarlet & Black Invitational (1/31/21)
Avery Shell	3.67m (12-0.5)	Scarlet & Black Invitational (1/31/21)

LONG JUMP

School Record: Sharika Nelvis, 6.32m (20-9.0) (2013)
SBC Leader: Camryn Newton-Smith (Arkansas State), 6.08m (19-11.5)
NCAA Leader: Monae Nichols (Texas Tech), 6.75m (22-1.75)

Camryn Newton-Smith	6.08m (19-11.5)	Kickoff Klassic (12/13/20)
Osereme Erewele	5.90m (19-4.25)	Scarlet & Black Invitational (1/31/21)
Allie Hensley	5.80m (19-0.5)	Kickoff Klassic (12/13/20)
Johnaya Givens	5.21m (17-1.25)	Division I Challenge (2/12/21)
Imani Udoumana	5.07m (16-7.75)	Kickoff Klassic (12/13/20)

TRIPLE JUMP

School Record: Elena Semyonova, 12.95m (42-6.0) (2000)
SBC Leader: Imani Udoumana (Arkansas State), 12.53m (41-1.5)
NCAA Leader: Ruth Usoro (Texas Tech), 14.28m (46-10.25)

Imani Udoumana	12.53m (41-1.5)	Scarlet & Black Invitational (1/31/21)
Johnaya Givens	11.94m (39-2.25)	Scarlet & Black Invitational (1/31/21)

SHOT PUT

School Record: Erin Farmer, 17.80m (58-4.75) (2017)
SBC Leader: Evangelynn Harris (Arkansas State), 15.92m (52-2.75)
NCAA Leader: Samantha Noennig (Arizona), 18.25m (59-10.5)

Evangelynn Harris	15.92m (52-2.75)	Jaguar Invitational (2/7/21)
Chastery Fuamatu	14.92m (48-11.5)	Jaguar Invitational (2/7/21)
Grace Flowers	14.89m (48-10.25)	Scarlet & Black Invitational (1/31/21)
Babette Vandeput	13.71m (44-11.75)	Kickoff Klassic (12/13/20)
Marie Reed	12.69m (41-7.75)	Kickoff Klassic (12/13/20)
Camryn Newton-Smith	12.12m (39-9.25)	Samford Multis (1/21/21)
Allie Hensley	11.55m (37-10.75)	Samford Multis (1/21/21)
Hannah Higgins	10.99m (36-0.75)	Kickoff Klassic (12/13/20)

WEIGHT THROW

School Record: Grace Flowers, 20.25m (66-5.25) (2021)
SBC Leader: Grace Flowers (Arkansas State), 20.25m (66-5.25)
NCAA Leader: Shey Taiwo (Ole Miss), 22.79m (74-9.25)

Grace Flowers	20.25m (66-5.25)	Division I Challenge (2/12/21)
Chastery Fuamatu	18.15m (59-6.75)	Jaguar Invitational (2/7/21)
Evangelynn Harris	16.29m (53-5.5)	Arkansas Invitational (1/16/21)
Hannah Higgins	15.23m (49-11.75)	Kickoff Klassic (12/13/20)
Marie Reed	13.29m (43-7.25)	Scarlet & Black Invitational (1/31/21)

PENTATHLON

School Record: Camryn Newton-Smith, 4,071 points (2020)
SBC Leader: Camryn Newton-Smith, Arkansas State (4,068 pts)
NCAA Leader: Tyra Gittens (Texas A&M), 4,612 points

Camryn Newton-Smith	4,068 points	Samford Multis (1/21/21)
Allie Hensley	3,602 points	Samford Multis (1/21/21)

MEN'S INDOOR INDIVIDUAL PERSONAL BESTS

RUNNING EVENTS

Athlete	60m	60mH	200m	400m	800m	1000m	Mile	3000m	5000m
Garrett Becker	---	---	---	53.48	1:58.04	---	4:24.83	---	---
John Carder	---	---	---	---	2:02.88	---	4:21.04	8:34.68	14:48.85
Daidren Davis	---	8.64	23.17	49.42	---	---	---	---	---
Royce Fisher	---	---	---	---	---	---	4:17.76	8:43.02	---
Will Glass	---	8.22	23.32	---	---	---	---	---	---
Ty Graser	7.23	9.00	---	---	---	3:02.60	---	---	---
Owen Habeger	---	---	---	---	---	---	4:22.17	8:41.54	---
Heinrich Herbst	---	---	---	51.44	1:52.82	---	4:18.33	---	---
Kobey Hill	---	---	21.93	48.44	---	---	---	---	---
PJ Hilson	7.03	---	21.89	---	---	---	---	---	---
Lexington Hilton	---	---	---	---	---	---	---	8:25.31	14:17.69
Ke'Von Holder	---	7.90	23.02	---	---	---	---	---	---
Amari James	7.48	8.13	23.31	54.08	---	---	---	---	---
Handre Jonker	---	---	22.79	50.13	1:54.93	---	---	---	---
Darrian Lockett	---	---	22.66	49.13	1:58.40	---	---	---	---
Steffan Mallory II	---	---	---	51.21	---	---	---	---	---
Ethan Mychajlonka	---	---	---	---	---	---	---	8:33.30	14:53.60
Jacob Oury	---	---	---	---	1:54.48	---	4:16.48	---	---
Bennett Pascoe	---	---	---	---	1:58.74	---	4:08.17	8:19.98	14:35.41
Brady Pascoe	---	---	---	---	---	---	4:27.59	---	---
Jacob Pyeatt	---	---	---	---	1:58.99	---	4:20.52	---	---
Addison Ross	---	---	---	48.80	---	---	---	---	---
Gregoire Saury	---	---	---	---	1:55.87	---	4:12.08	8:28.86	---
Carter Shell	7.04	---	22.88	---	---	---	---	---	---
Logan Simington	---	---	---	---	---	---	---	8:39.93	15:50.15
Courtney Thomas	6.88	---	22.42	---	---	---	---	---	---
Alejandro Vargas	---	---	---	---	1:54.56	---	4:27.16	---	---
Jermie Walker	6.87	---	21.12	47.55	---	---	---	---	---
Seth Waters	---	---	---	---	1:51.65	---	4:06.94	8:27.64	15:23.20
Brian Williams	---	---	22.97	---	---	---	---	---	---
Coleman Wilson	---	---	---	---	---	---	4:23.21	8:44.07	---

FIELD EVENTS

Athlete	HJ	PV	LJ	TJ	SP	WT	HEP
Eron Carter	---	---	---	---	17.05m	20.61m	---
Ty Graser	1.86m	4.77m	6.68m	---	11.44m	---	4,880 pts
Bradley Jelmert	---	5.17m	---	---	---	---	---
Matthew Keown	---	4.83m	---	---	---	---	---
Frank Massey	2.09m	---	6.70m	---	---	---	---
Aimar Palma Simo	---	---	---	---	---	19.88m	---
Carter Shell	1.89m	---	7.57m	15.20m	---	---	---
Trace South	---	4.94m	---	---	---	---	---
Courtney Thomas	---	---	7.47m	14.43m	---	---	---
Dylan Western	2.05m	---	6.32m	---	---	---	---
Eric Williams	---	---	---	---	16.64m	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
Ellie Albrecht	---	---	---	---	---	5:17.06	---	---
Rainee Bowers	---	8.66	25.58	---	---	---	---	---
Jonae Cook	7.60	---	24.88	---	---	---	---	---
McKenzie Cornell	---	---	---	---	2:18.84	5:00.92	10:20.70	---
Brianna De La Rosa	---	9.49	---	1:03.73	---	---	---	---
Emily Efurd	---	---	---	---	2:20.95	5:24.43	---	---
Osereme Erewele	7.51	---	24.69	---	---	---	---	---
Elizabeth Gillette	---	---	---	---	2:25.79	5:12.77	10:04.99	17:21.18
Johnaya Givens	8.23	---	27.54	---	---	---	---	---
Madison Grimm	---	---	---	---	2:27.92	5:15.63	10:20.66	18:01.76
Briana Hardiman	7.69	---	24.77	56.27	---	---	---	---
Heidi Hauptman	---	---	---	---	2:22.76	5:25.57	---	---
Allie Hensley	8.22	9.20	---	---	2:29.10	---	---	---
Kyndall Hudson	---	---	25.64	58.20	---	---	---	---
Kori Jones	---	9.66	27.79	1:01.88	---	---	---	---
Sophie Leathers	---	---	---	---	---	5:11.08	9:53.55	17:25.31
Jadyn Lewis	---	---	---	1:02.62	---	---	---	---
Elizabeth Martin	---	---	---	---	2:20.36	4:57.75	10:07.26	---
Pauline Meyer	---	---	---	---	2:12.98	4:50.94	9:32.73	---
Camryn Newton-Smith	7.80	8.46	---	---	2:23.32	---	---	---
Sophia Oury	---	---	---	---	---	5:08.86	10:31.56	---
Katharina Schmidt	---	---	---	---	---	---	10:38.60	---
Carly Strong	7.81	---	26.16	---	---	---	---	---
Sarah Trammel	---	---	---	---	---	5:10.27	10:12.89	17:24.78
Imani Udoumana	7.80	8.72	25.54	---	---	---	---	---
Kayla Wade	---	---	---	---	2:17.50	5:14.58	---	---
Blaique Webster	7.96	---	26.01	1:00.63	---	---	---	---
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	26.31	---	---	---	---	---

FIELD EVENTS

Athlete	HJ	PV	LJ	TJ	SP	WT	HEP
Lauren Beauchamp	---	3.97m	---	---	---	---	---
Osereme Erewele	---	---	5.90m	---	---	---	---
Grace Flowers	---	---	---	---	15.53m	20.25m	---
Chastery Fuamatu	---	---	---	---	14.92m	18.15m	---
Johnaya Givens	---	---	5.54m	12.16m	---	---	---
Briana Hardiman	---	---	5.61m	---	---	---	---
Evangelynn Harris	---	---	---	---	15.92m	16.29m	---
Jazzmine Harvey	1.59m	---	---	---	---	---	---
Allie Hensley	1.74m	---	5.80m	---	11.55m	---	3,707 pts
Hannah Higgins	---	---	---	---	11.77m	15.81m	---
Megan Knowling	1.72m	---	4.39m	11.56m	---	---	---
Sydney Lane	1.72m	---	---	---	---	---	---
Camryn Newton-Smith	1.74m	---	6.08m	---	12.12m	---	4,071 pts
Marie Reed	---	---	---	---	12.69m	13.29m	---
Avery Shell	---	3.76m^	---	---	---	---	---
Imani Udoumana	---	---	5.17m	12.53m	---	---	---
Babette Vandeput	---	---	---	---	13.71m	13.68m	---

^ - at previous school

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.	6.82	Roelf Pienaar	2015
5.	6.84	Chris Hill	2020
	6.84	Raymond Jackson	2014
7.	6.85	Joey Meyer	2013
8.	6.86	Darrell Carter	2002
9.	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.	8.10	Amari James	2020
8.	8.21	William Oliver	2015
9.	8.22	Will Glass	2021
10.	8.24	Lucas Bateman	2013

200 METERS			
1.	21.02	Jaylen Bacon	2018
2.	21.12	Jermie Walker	2021
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.	47.55	Jermie Walker	2020
5.	47.59	Ivory Gwin	1985
6.	47.71	Kevin Hills	1992
7.	47.75	Jason Brooks	2007
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.	1:51.65	Seth Waters	2021
10.	1:52.24	Jim Bailey	1975

MILE			
1.	4:06.94	Seth Waters	2021
2.	4:08.17	Bennett Pascoe	2021
3.	4:08.44	Bob Giersberg	1968
4.	4:12.08	Gregoire Saury	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.	8:25.31	Lexington Hilton	2021
4.	8:25.97	Wil Norris	2016
5.	8:27.64	Seth Waters	2021
6.	8:28.86	Gregoire Saury	2021
7.	8:29.24	Eric Lynk	1980
8.	8:30.78	Pascal Face	1993
9.	8:31.14	Steve Wilson	1981
10.	8:31.44	Glenn Wilmer	1977

5000 METERS			
1.	14:17.69	Lexington Hilton	2021
2.	14:35.41	Bennett Pascoe	2020
3.	14:48.85	John Carder	2020
4.	14:49.11	Rickus Jacobs	2015
5.	14:49.83	Steve Wilson	1981
6.	14:53.60	Ethan Mychajlonka	2020
7.	14:55.29	Doug Mack	1975
8.	14:57.62	Wil Norris	2016
9.	15:03.53	Darrell Burris	1976
10.	15:04.03	Bill Thom	1980

4X400 METER RELAY			
1.	3:10.41		1992
2.	3:12.64		1976
3.	3:13.53		2020
4.	3:13.94	Walker/Davis/Lockett/Ross	2021
5.	3:15.30		2005
6.	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.	7.57m	24-10.00	Carter Shell	2021
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.	16.64m	54-7.25	Eric Williams	2021

WEIGHT THROW				
1.	22.04m	72-03.75	Candon Powell	2005
2.	20.61m	67-7.5	Eron Carter	2021
3.	20.20m	66-03.25	Chris Nicasio	2013
4.	20.09m	65-11.00	Cristian Ravar Ladislau	2017
5.	19.88m	65-2.75	Aimar Palma Simo	2021
6.	19.42m	63-8.75	Richard Chavez	2015
7.	19.08m	62-07.25	Bryant Hankton	2010
8.	17.30m	56-09.25	Jesse Williams	2010
9.	17.05m	55-11.25	Eric Williams	2019
10.	16.86m	55-03.75	LeeRoi Johnson	2019

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

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.	7.06	Osereme Erewele	2021
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.	7.98	Camryn Newton-Smith	2021
4.	7.99	Shundra Smith	1999
	7.99	Valerie Lee	1988
6.	8.00	Emenderlyn Iwuji	2015
7.	8.02	Tiane Burke	2000
8.	8.05	Rainee Bowers	2021
		Amy Bowman	2009
9.	8.06	Monike Klebe	1988

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	Jaella Hollie	2020

60 METERS HURDLES			
1.	8.03	Sharika Nelvis	2014
2.	8.36	Emma Nwofor	2019
3.	8.44	Samone Thompson	2016
4.	8.46	Camryn Newton-Smith	2021
5.	8.57	Emenderlyn Iwuji	2014
6.	8.60	Hannah Dunderdale	2018
7.	8.66	Rainee Bowers	2021
8.	8.68	Shaylynn Cyprien	2015
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.	4:50.94	Pauline Meyer	2021
2.	4:51.50	Anaëlle Charles	2018
3.	4:54.50	Rexi Parcells	2015
4.	4:57.43	Kristina Aubert	2014
5.	4:57.75	Elizabeth Martin	2020
6.	4:58.74	Sammy Brainard	2020
7.	5:00.92	McKenzie Cornell	2020
8.	5:02.04	Samantha Salinas	2011
9.	5:05.34	Greta Carlberg	2018
10.	5:06.90	Chelsey Roberson	2015

3000 METERS			
1.	9:32.72	Pauline Meyer	2021
2.	9:43.21	Kristina Aubert	2011
3.	9:50.17	Rexi Parcells	2015
4.	9:53.55	Sophie Leathers	2021
5.	9:57.04	Samantha Salinas	2012
6.	10:01.70	Tilda Helgesson	2015
7.	10:04.99	Elizabeth Gillette	2017
8.	10:06.22	Abbey Dixon	2016
9.	10:07.26	Elizabeth Martin	2021
10.	10:09.73	Arnica Zitting	2016

5000 METERS			
1.	16:46.32	Kristina Aubert	2014
2.	17:18.63	Rexi Parcells	2015
3.	17:20.71	Tilda Helgesson	2015
4.	17:21.18	Elizabeth Gillette	2020
5.	17:24.78	Sarah Trammel	2021
6.	17:25.31	Sophie Leathers	2020
7.	17:29.01	Abbey Dixon	2016
8.	17:32.23	Bailey Eller	2015
9.	17:35.68	Arnica Zitting	2015
10.	17:46.80	Samantha Salinas	2012

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	Martin/Hudson/Cornell/Meyer	2020
2.	11:53.17		2011
3.	12:00.57		2015
4.	12:09.47		2013
5.	12:09.55	Martin/Hudson/Wade/Brainard	2020
6.	12:11.00		2017
7.	12:14.75		2010
8.	12:15.12		2019
9.	12:17.94		2018
10.	12:21.13		2016

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.	1.74m	5-8.5	Camryn Newton-Smith	2020
	1.74m	5-8.5	Allie Hensley	2021
9.	1.73m	5-08.00	Emma Nwofor	2019
	1.73m	5-08.00	Kolette Niemeyer	1996
10.	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.	3.97m	13-0.25	Lauren Beauchamp	2021
5.	3.96m	12-11.75	Erica Naeger	2011
6.	3.93m	12-10.75	Alexandra Pevtsova	2015
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.	6.08m	19-11.5	Camryn Newton-Smith	2021
4.	6.02m	19-09.00	Shemiah Brooks	2017
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.	5.90m	19-4.25	Osereme Erewele	2021
9.	5.86m	19-02.75	Valerie Lee	1988
10.	5.85m	19-02.50	Shundra Smith	1999

TRIPLE JUMP				
1.	12.95m	42-06.00	Elena Semyonova	2000
2.	12.68m	41-07.25	Oksana Kosyachenko	2001
3.	12.53m	41-1.5	Imani Udoumana	2021
4.	12.44m	40-09.75	Jasmine Marks	2015
5.	12.41m	40-08.75	Viktoria Sadokhina	2017
6.	12.35m	40-06.25	Sarah Todd	1996
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.	15.92m	52-2.75	Evangelynn Harris	2021
3.	15.53m	50-11.5	Grace Flowers	2020
4.	15.45m	50-08.25	Calea Carr	2016
5.	14.92m	48-11.5	Chastery Fuamatu	2021
6.	14.86m	48-09.00	Krystal White	1996
7.	14.84m	48-08.25	Julia Agawu	2013
8.	14.65m	48-00.75	Daneille Lorenz	2018
9.	14.19m	46-06.75	Kim Raath	2013
10.	13.75m	45-01.50	Kristina Johnson	1990

WEIGHT THROW				
1.	20.25m	66-5.25	Grace Flowers	2021
2.	20.00m	65-08.25	Erin Farmer	2017
3.	19.31m	63-04.25	Julia Agawu	2012
4.	19.21m	63-00.25	Calea Carr	2017
5.	18.15m	59-6.75	Chastery Fuamatu	2021
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.	16.29m	53-5.50	Evangelynn Harris	2021
10.	15.81m	51-10.50	Hannah Higgins	2019

PENTATHLON			
1.	4071	Camryn Newton-Smith	2020
2.	3852	Emma Nwofor	2019
3.	3764	Samone Thompson	2016
4.	3750	Hannah Dunderdale	2018
5.	3740	Amy Fleddermann	2007
6.	3707	Allie Hensley	2020
7.	3672	Carolyn Lewis	2010
8.	3563	Brittney Leftwich	2007
9.	3500	Savannah Hutchinson	2015
10.	3488	Elizabeth Krug	2015