



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

15 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

20 TCU Invitational Fort Worth, Texas

April

2-3 UAB Invite Birmingham, Ala.

9-10 Spec Towns Invitational Athens, Ga.

10 Little Rock Open Little Rock, Ark.

10 Wichita State Open Wichita, Kan.

16-17 Red Wolves Open Jonesboro, Ark.

23-24 John McDonnell Invitational Fayetteville, Ark.

30 Maroon & White Invite Starkville, Miss.

May

1 Maroon & White Invite Starkville, Miss.

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

26-29 NCAA West Prelims College Station, Texas

June

9-12 NCAA Outdoor Champs. Eugene, Ore.

2021 SUN BELT CONFERENCE OUTDOOR CHAMPIONSHIPS

May 13-15, 2021 | Mobile, Ala. | Jaguar Track



A CHAMPIONSHIP TRADITION

6 Women's Indoor Championships

9 Men's Indoor Championships

6 Women's Outdoor Championships

4 Men's Outdoor Championships

3 Women's Cross Country Championships

WATCH LIVE ON ESPN+

THURSDAY: Starts at 7:00 p.m.

FRIDAY: Starts at 5:00 p.m.

SATURDAY: Starts at 4:00 p.m.

MEET ENTRIES | SBC OUTDOOR CHAMPIONSHIPS

100 METERS

Men
Chris Hill, Courtney Thomas

Women
Osereme Erewele, Jonae Cook, Blaique Webster

200 METERS

Men
Jermie Walker

Women
Blaique Webster

400 METERS

Men
Kobey Hill, Addison Ross, Jermie Walker

Women
Kyndall Hudson, Briana Hardiman

800 METERS

Men
Seth Waters, Alejandro Vargas, Gregoire Saury

Women
Kayla Wade

1500 METERS

Men
Seth Waters, Bennett Pascoe, Gregoire Saury, Jacob Pyeatt, Coleman Wilson

Women
Pauline Meyer, Elizabeth Martin

3000 METERS

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

Women
Pauline Meyer, Sophie Leathers, Elizabeth Martin, Sarah Trammel, Elizabeth Gillette

5000 METERS

Men
Lexington Hilton, John Carder, Coleman Wilson, Ethan Mychajlonka, Jacob

Pyeatt, Bennett Pascoe

Women
Sarah Trammel, Sophie Leathers, Elizabeth Gillette, Pauline Meyer, Sophia Oury

10,000 METERS (THURS.)

Men (9:15 p.m.)

Lexington Hilton, John Carder

Women (8:30 p.m.)
Sarah Trammel, Sophie Leathers, Elizabeth Gillette

110/100-METER HURDLES

Men
Ke'Von Holder, Will Glass

Women
Raine Bowers, Alexis Woodall

400-METER HURDLES

Men
Daidren Davis, Darrian Lockett

STEEPLECHASE (FRI.)

Men (7:25 p.m.)

Bennett Pascoe, Ethan Mychajlonka, Royce Fisher

Women (7 p.m.)
Elizabeth Martin, Sophia Oury

4X100 METER RELAY (SAT.)

Men (4:05 PM): One Team

Women (4 PM): One Team

4X400 METER RELAY (SAT.)

Men: One Team

Women: One Team

HIGH JUMP (FRI./SAT.)

Men (Sat., 2 p.m.)

Dylan Western, Frank Massey

Women (Fri., 2 p.m.)

Allie Hensley, Sydney Lane, Jazzmine Harvey, Megan Knowing

POLE VAULT

Men (Sat., Noon)

Bradley Jelmert, Matthew Keown, Trace South

Women (Thurs, 5:30 p.m.)
Lauren Beauchamp, Avery Shell

LONG JUMP (FRI.)

Men (3 p.m.)

Carter Shell, Courtney Thomas

Women (12:30 p.m.)

Osereme Erewele, Johnaya Givens, Imani Udoumana

TRIPLE JUMP (SAT.)

Men (11:30 a.m.)

Carter Shell

Women (2 p.m.)

Imani Udoumana, Johnaya Givens

SHOT PUT (FRI.)

Men (5 p.m.)

Eron Carter

Women (2 p.m.)

Evangelynn Harris, Chastery Fuamatu, Grace Flowers

DISCUS (SAT.)

Men (Noon)

Eron Carter

Women (2 p.m.)

Hannah Higgins, Grace Flowers, Chastery Fuamatu, Evangelynn Harris, Babette Vandeput

HAMMER THROW (THURS.)

Men (2:30 p.m.)

Eron Carter, Aimar Palma Simo

Women (Noon)

Grace Flowers, Chastery Fuamatu, Hannah Higgins, Marie Reed

JAVELIN (THURS.)

Men (5:30 p.m.)

Dylan Western

HEPTATHLON (THURS-FRI)

Allie Hensley

DECATHLON (THURS-FRI)

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
Director of Athletics: Tom Bowen
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: 9

Most Recent Title: 2021

Individual SBC Titles: 90

All-Americans: 29

Women's Indoor SBC Titles: 6

Most Recent Title: 2021

Individual SBC Titles: 67

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: 3

Most Recent Title: 2020

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.
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 Jelmert	Pole Vault	Freshman	Watchung, N.J. (Watchung Hills HS)
Andre 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
Andre 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"

2021 ARKANSAS STATE TRACK AND FIELD ROSTERS

WOMEN

Athlete	Event	Year	Hometown (Previous School)
Megan Adams	Distance	Senior	Carterville, Ill. (Carterville 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 (2/4)
Grace Flowers	SBC Field AOW (2/18)
Allie Hensley	Women's Indoor Most Outstanding Field Performer
Lexington Hilton	SBC Track AOW (4/15)
Frank Massey	SBC Field AOW (4/22)
Pauline Meyer	SBC Track AOW (4/29) SBC Track AOW (4/22) SBC Track AOW (2/18) SBC Track AOW (2/11) SBC Women's XC Runner-Up
Camryn Newton-Smith	SBC Field AOW (1/28)
Aimar Palma Simo	SBC Field AOW (4/29)
Bennett Pascoe	SBC Track AOW (4/29) SBC Track AOW (4/22) SBC Runner of the Year (XC) SBC Men's XC Champion
Carter Shell	SBC Field AOW (4/15) SBC Field AOW (2/18) SBC Field AOW (2/4)
Babette Vandeput	SBC Field AOW (4/8)
Jermie Walker	SBC Track AOW (1/28)
Seth Waters	SBC Track AOW (5/6) SBC Track AOW (2/18)

NOTEBOOK

A-STATE WOMEN HUNTING TRIPLE CROWN

- Arkansas State's women's track and field and cross country program is hunting an elusive achievement - the conference triple crown. If the A-State women claim the 2021 title this weekend, it will mark the first time the Red Wolves have won cross country, indoor and outdoor track and field titles in the same athletic year.
- It would mark the first Sun Belt women's triple crown since Texas State in 2017-18.

REPEAT!

- Speaking of the A-State women's program, the Red Wolves are looking to repeat as Sun Belt Outdoor Champions, after winning on their home track in Jonesboro in 2019. The 2020 championships were not contested due to the COVID-19 pandemic

OH SO SWEEP!

- Arkansas State swept the past two Sun Belt Conference Indoor Championships and look to do so outdoors for the first time in program history.

CHAMPIONSHIP TRADITION

- Dating back to the 2019 outdoor championships, Arkansas State has won seven of the 10 championships, not finishing lower than third in all of them.
- Going back even further since the 2019 indoor championships, the Red Wolves have finished first or second in 10 of the 12 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 12 meets during that span.
- Since Jim Patchell took over the track and field/cross country program, Arkansas State has won 15 Sun Belt titles. In program history, A-State has won 43 overall conference crowns.

RECORDS WERE MADE TO BE BROKEN

- School records being broken seem to be a common trend this season for Arkansas State, as records have fallen in 11 total events this season, indoor and outdoor combined (5 indoor, 6 outdoor).
- Two of the oldest school records were victim this spring, as the Bennett Pascoe and Seth Waters both set records in the men's 1500m that stood for 53 years, while Pascoe broke the 50-year-old men's steeplechase record at the John McDonnell Invitational in Fayetteville.
- On the women's side, Pauline Meyer continued to etch her name atop the distance records, setting program-best marks in the 1500m and steeplechase.
- Eight of those records were set in distance events, with Lexington Hilton owning school bests in the indoor and outdoor 5000m as well as 10,000m.

POLE VAULT PACK

- Arkansas State once again boasts a strong pole vaulting corps on both the men's and women's side. Lauren Beauchamp enters the week leading the Sun Belt with a mark of 4.08m this season. The St. Charles, Missouri, native is third in program outdoor history, just two centimeters behind second place.
- On the men's side, a talented rookie lead the Pack, as freshman Bradley Jelmert enters the conference meet ranking third in the conference with a best mark of 5.25m. He cemented himself as a vaulter to watch for years to come, earning bronze in his first conference meet back in February.

"500 MILES"

- Arkansas State's distance athletes have been responsible for a lot of this season's success, including breaking eight of the 11 school records broken this season.
- Most recently at the Maroon and White Invite on April 30, Seth Waters broke the men's 1500m record that was set earlier in the season by Bennett Pascoe. Pauline Meyer also went on a stretch of three straight school-record marks, the final time breaking her own record in the steeplechase.
- Including those program records, a total of 20 top-10 outdoor marks have been achieved by A-State distance athletes this season.

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).
- 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, while also the first to compete at the NCAA Cross Country Championships. Pascoe returns as one of the Sun Belt's top scorers at the past two indoor championships. He has medaled in six track and field/cross country meets, taking gold four times.
- Under his watch, distance athletes have been responsible for 44 top-10 current all-time 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 is at or near the top in nearly every throwing event.
- 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 women's discus (Babette Vandeput), while Grace Flowers (hammer), Eron Carter (discus) and Aimar Palma Simo (hammer) rank second.
- In the USTFCCA's #EventSquad rankings, A-State boasts the No. 12 women's discus group in the nation, with an average of 49.32m (161-10.0). They are also 30th in the women's hammer, with an average of 53.35m (175-1.0).

NOTEBOOK

SHELL YEAH

- Carter Shell once again looks to medal in the horizontal jumps, having done so seven times in his career - indoor and outdoor combined. The outdoor All-American long jumper claimed the indoor long jump crown this season, while placing second in the triple jump.
- 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.

HENSLEY'S HIGHLIGHTS

- Allie Hensley has had a tendency to break a personal record every time she competes, having done so in every meet this season.
- The pentathlon champion and reining Indoor Women's Most Outstanding Field Performer looks to keep that going into the outdoor championships, where she enters ranking first in the high jump.

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 after every week in which the Red Wolves competed.
- The Red Wolves had two or more in all but two of the weeks, including three of the four both on April 22 and April 29.

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.
- Hilton wasted little time etching his name to the record books, doing so in the 10,000m in his first time to ever run the event collegiately, as well as in the 5000m.
- 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.

EYES ON CONFERENCE -> THEN REGIONALS

- Arkansas State has a chance to qualify the most NCAA West Regional entries in program history, with 16 individuals currently in qualifying position for the first round of NCAA competition. Additional athletes still have a chance to earn their spot in the prelims, with the deadline being Sunday, May 16.
- The top 48 individual athletes and top 24 relay teams qualify for the meet, held at Texas A&M.

ROAD TO TOKYO

- It's an Olympic year, and that means the talk surrounds Olympic hopefuls.
- Arkansas State has a few current and former athletes vying for spots in the U.S. Olympic Trials, held in June in Eugene, Oregon.
- A-State All-Americans Sharika Nelvis (100m hurdles) and Caitland Smith (100m and 200m) have already qualified automatically with Olympic-standard times. Former Red Wolves Jaylen Bacon (100m) and Michael Carr (pole vault) are still looking to secure spots in the field.
- Current Red Wolves Bennett Pascoe (3000m steeplechase) and Carter Shell (long jump) are currently in position to receive one of the final qualifying bids to the Trials.

SPEAKING OF OLYMPICS...

- Arkansas State has been represented at every Summer Olympic Games from 1972 until 2012.

A-STATE IN THE RANKINGS

2021 USTFCCCA NATIONAL RANKINGS

Men

52. Arkansas State 36.24

Women

166. Arkansas State 0.18

2021 USTFCCCA REGIONAL RANKINGS (SOUTH CENTRAL)

Men

6. Arkansas State 291.21

Women

8. Arkansas State 209.22

2021 USTFCCCA CONFERENCE RANKINGS

Men

1. Arkansas State 1,033.87

Women

1. Arkansas State 947.93

2021 USTFCCCA #EVENTSQUAD RANKINGS (TOP 50)

Men

40. 1500 Meters Avg: 15:04.96

Women

12. Discus Avg: 49.32m (161-10.0)
30. Hammer Avg: 53.35m (175-1.0)

MEN'S YEAR-BY-YEAR RESULTS

1992	Third	116 pts
1993	Second	165 pts
1994	Second	156 pts
1995	Second	185 pts
1996	Second	179 pts
1997	Third	135 pts
1998	Second	119.5 pts
1999	First	185.5 pts
2000	Second	116 pts
2001	Fourth	107 pts
2002	Fifth	88.5 pts
2003	Fifth	62 pts
2004	Second	133.5 pts
2005	First	146.5 pts
2006	Third	103 pts
2007	Fourth	99 pts
2008	Fifth	91 pts
2009	Sixth	72.5 pts
2010	Eighth	66 pts
2011	Third	101 pts
2012	Fifth	84.83 pts
2013	Second	131 pts
2014	Sixth	77 pts
2015	Second	148 pts
2016	First	149.5 pts
2017	Third	98 pts
2018	First	159 pts
2019	Second	117 pts

WOMEN'S YEAR-BY-YEAR RESULTS

1992	Third	145 pts
1993	Second	142.5 pts
1994	First	112 pts
1995	First	136.5 pts
1996	Second	134.25 pts
1997	Third	109.5 pts
1998	First	157 pts
1999	Fifth	89 pts
2000	Fifth	90 pts
2001	First	124 pts
2002	Seventh	70 pts
2003	Eighth	48 pts
2004	Ninth	27.5 pts
2005	Seventh	59.5 pts
2006	Eighth	46 pts
2007	Ninth	40 pts
2008	Tenth	34 pts
2009	Sixth	82 pts
2010	Fifth	69.5 pts
2011	Second	110 pts
2012	Fourth	101 pts
2013	Second	131 pts
2014	Fourth	104 pts
2015	First	138 pts
2016	Second	129 pts
2017	Second	118 pts
2018	Second	138.5 pts
2019	First	155 pts

A-STATE IN THE SUN BELT/WEST REGION/NCAA

WOMEN

Athlete	Event	Mark	SBC	NCAA West	NCAA
Pauline Meyer	1500m	4:26.22	1	--	--
	5000m	16:35.13	1	92	--
	3000mSC	10:25.49	1	37	82
Elizabeth Martin	1500m	4:31.88	4	--	--
	3000mSC	11:17.56	5	--	--
Sarah Trammel	5000m	16:53.38	3	--	--
	10,000m	36:13.24	2	80	--
Sophie Leathers	5000m	16:56.99	5	--	--
	10,000m	35:40.79	1	66	--
Elizabeth Gillette	5000m	17:19.88	3	--	--
	10,000m	36:28.68	3	86	--
Rainee Bowers	100mH	13.55w	2	41	83
Alexis Woodall	100mH	13.83w	8	67	--
Sophia Oury	3000mSC	11:39.34	8	--	--
Hardiman/Webster	4x100m	46.18	8	90	--
Bowers/Erewele					
Allie Hensley	High Jump	1.77m	1	23	46
Sydney Lane	High Jump	1.71m	6	64	--
Lauren Beauchamp	Pole Vault	4.08m	1	32	59
Avery Shell	Pole Vault	3.95m	2	57	--
Imani Udoumana	Triple Jump	12.86m	1	31	52
Johnaya Givens	Triple Jump	12.27m	5	75	--
Evangelynn Harris	Shot Put	15.58m	3	49	95
	Discus	49.72m	5	58	--
Chastery Fuamatu	Shot Put	14.55m	5	81	--
	Discus	45.97m	9	--	--
	Hammer	54.75m	6	90	--
Grace Flowers	Shot Put	14.31m	8	--	--
	Discus	47.85m	7	91	--
	Hammer	58.99m	2	40	81
Babette Vandeput	Discus	53.75m	1	27	47

Bold Italic indicates currently in qualifying position for NCAA West Regionals

MEN

Athlete	Event	Mark	SBC	NCAA West	NCAA
Chris Hill	100m	10.43w	3	46	--
Jermie Walker	200m	21.06	3	56	--
	400m	46.89	2	52	94
Addison Ross	400m	47.47	5	94	--
Kobey Hill	400m	47.99	9	--	--
Seth Waters	800m	1:50.65	2	71	--
	1500m	3:44.32	1	70	--
Bennett Pascoe	800m	1:51.73	3	--	--
	1500m	3:45.27	3	88	--
	3000mSC	8:38.12	1	3	5
Alejandro Vargas	800m	1:53.78	10	--	--
Gregoire Saury	1500m	3:45.16	2	86	--
Lexington Hilton	1500m	3:50.21	7	--	--
	5000m	14:15.72	3	--	--
	10,000m	29:36.67	2	59	--
John Carder	10,000m	32:41.13	7	--	--
Ke'Von Holder	110mH	14.13	6	47	--
Daidren Davis	400mH	51.90	2	37	69
Darrian Lockett	400mH	52.40	3	54	--
Ethan Mychajlonka	3000mSC	9:18.72	4	94	--
Royce Fisher	3000mSC	9:19.59	5	--	--
C. Hill/Thomas	4x100m	40.21	2	42	75
Holder/Walker					
Walker/K. Hill	4x400m	3:12.01	4	70	--
Davis/Ross					
Frank Massey	High Jump	2.17m	1	12	27
Bradley Jelmert	Pole Vault	5.25m	3	30	44
Matthew Keown	Pole Vault	4.91m	10	--	--
Carter Shell	Long Jump	7.96m	1	4	11
	Triple Jump	15.04m	6	54	--
Courtney Thomas	Long Jump	7.28m	10	78	--
Eric Williams	Shot Put	16.22m	6	--	--
Eron Carter	Discus	54.64m	2	42	72
	Hammer	60.62m	4	52	94
Aimar Palma Simo	Hammer	65.55m	2	15	36

Bold Italic indicates currently in qualifying position for NCAA West Regionals

MEN'S INDIVIDUAL SUN BELT CONFERENCE OUTDOOR CHAMPIONS

1992			2001			2013		
Anthony Hampton	100-meter	10.38	Seth Bortey	800-meter	1:51.54	Solomon Williams	110m Hurdles	13.88
Jon Kelley	Pole Vault	5.29m	Jason Hinton	High Jump	2.12m	Ethan Sandusky	Pole Vault	5.03m
Jeff Pitts	Shot Put	16.19m	Brad Tyler	Pole Vault	5.29m	Solomon Williams	Triple Jump	15.71m
1993			2002			Chris Nicasio	Hammer Throw	62.45m
Anthony Hampton	100-meter	10.40	Mesut Yavas	Long Jump	7.94m	Ethan Turpen	Decathlon	7,222 pts
Kelly Koonce	110-hurdles	14.39	Jacob Fehler	Decathlon	7,071 pts	2014		
Jon Kelley	Pole Vault	5.42m	2003			Kashef Daniel	High Jump	2.15m
J.R. Elliott	Discus Throw	47.19m	Gustavo Rehder	Pole Vault	5.14m	Roelf Pienaar	Long Jump	7.97m
1994			Candon Powell	Hammer Throw	50.24m	Roelf Pienaar	Triple Jump	15.60m
Kendricke Bullard	400-meter	46.15	2004			Ethan Turpen	Decathlon	7,292 pts
Chad Harting	Pole Vault	5.20m	Seth Bortey	800-meter	1:53.50	2015		
1995			Terry LoFrese	High Jump	2.15m	Ethan Sandusky	Pole Vault	5.45m
Sean Baksh	100-meter	10.52	Candon Powell	Hammer Throw	54.24m	Roelf Pienaar	Long Jump	7.99m
Sean Baksh	200-meter	21.03	Jacob Fehler	Decathlon	6,941 pts	Roelf Pienaar	Triple Jump	15.61m
4x400m Relay		3:10.24	2005			Richard Chavez	Shot Put	18.12m
Sam Hill	High Jump	2.20m	Nathan Daniels	400-meter		2016		
Chad Harting	Pole Vault	5.30m	Brandon Banda	Pole Vault	5.18m	Jaylen Bacon	100-meter	10.25
Linus Bernhult	Shot Put	15.53m	Shawn Aronson	Long Jump	7.41m	Jaylen Bacon	200-meter	20.75
Linus Bernhult	Discus Throw	51.38m	Candon Powell	Discus Throw	53.26m	Wil Norris	10,000-meter	30:48.53
Carl Long	Decathlon	6,119 pts	Candon Powell	Hammer Throw	62.40m	Roelf Pienaar	Long Jump	7.87m
1996			Craig Robinson	Decathlon	6,511 pts	Roelf Pienaar	Triple Jump	15.88m
Franck Waota	100-meter	10.56	2006			2017		
Franck Waota	200-meter	21.15	Jason Brooks	400-meter	46.99	Jaylen Bacon	100-meter	10.00
4x100m Relay		40.41	Jeremy Willis	Pole Vault	4.75m	Jaylen Bacon	200-meter	20.35
4x400m Relay		3:10.24	2007			Cristian Ravar Ladislau	Hammer Throw	67.33m
Sam Hill	High Jump	2.12m	James Jenkins	High Jump	2.15m	2018		
Sam Hill	Long Jump	7.49m	Brandon Banda	Pole Vault	4.90m	Jaylen Bacon	100-meter	9.99
Kenton Walker	Decathlon	6,754 pts	James Jenkins	Triple Jump	15.62m	Jaylen Bacon	200-meter	20.25
1997			Matt Vining	Decathlon	6,867 pts	Heinrich Herbst	1,500-meter	3:54.60
Aaron Raney	400-meter	46.85	2008			David Phillips	High Jump	2.09m
Neal Andrews	3000-steeplechase	9:03.18	Jeremy Willis	Pole Vault	5.05m	Cristian Ravar Ladislau	Hammer Throw	67.20m
1999			Jesse Williams	Discus Throw	53.32m	2019		
Roderick Wilburn	400-meter	47.45	B.J. Parish	Decathlon	7,253 pts	Tiaan Steenkamp	High Jump	2.14m
Brad Tyler	Pole Vault	5.14m	2011					
Jason Wood	Shot Put	16.52m	Ethan Turpen	Decathlon	6,682 pts			
Daniel Ryland	Decathlon	6,631 pts	2012					
2000			Chris Nicasio	Hammer Throw	61.84m			
Jason Hinton	High Jump	2.12m	Will Oliver	Decathlon	6,774 pts			
Gustavo Rehder	Pole Vault	5.15m						
Paul Buschman	Shot Put	15.94m						

RETURNING MEDALISTS (INDOOR + OUTDOOR)

GOLD

Bennett Pascoe - DMR (2021); Cross Country (2020); Mile (2020); Ind. 5000m (2020)

Carter Shell - Ind. Long Jump (2x: 2021 & 2019)

Jermie Walker - Ind. 400m (2021)

Seth Waters - Mile (2021); Ind. 800m (2020)

DMR - 2021 Indoors

4x400m Relay - 2020 Indoors

SILVER

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

Will Glass - 60m Hurdles (2021)

Lexington Hilton - Ind. 3000m & 5000m (2021)

Frank Massey - Ind. HJ (2019)

Aimar Palma Simo - Ind. Weight Throw (2021)

Bennett Pascoe - Mile (2021)

Carter Shell - Ind. Triple Jump (2x: 2021, 2018); Ind. Long Jump (2018); Out. Long Jump (2018)

Jermie Walker - Ind. 200m (2021); Ind. 400m (2x: 2019, 2020); Out. 400m (2019)

Seth Waters - Ind. 800m (2021); 1500m (2018)

DMR - 2020

BRONZE

Eron Carter - Ind. Weight Throw (2021); Ind. Shot Put (2020)

Amari James - 60m Hurdles (2020); 60m Hurdles & 4x400m Relay (2019)

Bradley Jelmert - Ind. Pole Vault (2021)

Bennett Pascoe - Ind. 3000m (2021); 3000m Steeplechase (2019)

Gregoire Saury - Mile (2021)

Carter Shell - Ind. LJ (2020)

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

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

WOMEN'S INDIVIDUAL SUN BELT CONFERENCE OUTDOOR CHAMPIONS

Ami Wyse High Jump | 1.72m

1992

Jean Fletcher 400-meter | 55.19
Jean Fletcher 800-meter | 2:10.08
Elysbeth Kurpanen 1500-meter | 4:38.40
4x400m Relay 3:48.00

1993

Pedtra Wilson 400-meter | 54.55
Kolette Niemeyer High Jump | 1.68m
Serenia Curtis Shot Put | 13.86m

1994

Sonja Tate Triple Jump | 12.13m

1995

Eva Knudsen Long Jump | 5.88m
Krystal White Shot Put | 14.10m
Eva Knudsen Heptathlon | 4,620 pts

1996

Shundra Smith Long Jump | 5.88m
Sarah Todd Triple Jump | 12.33m
Shundra Smith Heptathlon | 5,083 pts

1997

Shundra Smith Heptathlon | 4,892 pts

1998

Carla Christian 100-meter | 11.64
Carla Christian 200-meter | 24.50
Nicole Brown 100m-hurdles | 14.07
4x100m Relay 46.76
Edie Montgomery High Jump | 1.72m
Shundra Smith Heptathlon | 4,857 pts

2000

Jenny Webster Discus Throw | 51.73m
Edie Montgomery Heptathlon | 4,944 pts

2001

Edie Montgomery High Jump | 1.79m
Oksana Kosyachenko Triple Jump | 13.06m
Jenny Webster Discus Throw | 51.89m
Edie Montgomery Heptathlon | 5,165 pts

2003

Isela Mendoza Hammer Throw | 51.96m

2005

Michelle Legatt Pole Vault | 3.94m

2006

Sara Young Pole Vault | 3.80m

2007

Ronnie Maglaughlin Javelin Throw | 44.35m

2008

Erica Naeger Pole Vault | 3.70m

2009

Charmisha Morrow 400-meter | 53.99
Stephanie Foreman Pole Vault | 4.00m
Amy Bowman Heptathlon | 4,958 pts

2010

Stephanie Foreman Pole Vault | 3.91m

2011

Charmisha Morrow 400-meter | 53.67
Stephanie Foreman Pole Vault | 3.96m
Julia Agawu Discus Throw | 49.02m

2012

Sharika Nelvis 100-meter | 11.39
Sharika Nelvis 200-meter | 23.49
Kristina Aubert 5000-meter | 17:00.59
Kristina Aubert 10000-meter | 35:47.13
Sharika Nelvis 100m-hurdles | 13.30
Sharika Nelvis Long Jump | 6.13m
Julia Agawu Discus Throw | 51.55m

2013

Sharika Nelvis 100-meter | 11.60
Sharika Nelvis 200-meter | 23.54
Kristina Aubert 5000-meter | 17:01.92
Kristina Aubert 10000-meter | 36:04.62
Sharika Nelvis 100m-hurdles | 13.24
Stephanie Foreman Pole Vault | 4.17m
Sharika Nelvis Long Jump | 6.40m
Julia Agawu Discus Throw | 54.59m

2014

Sharika Nelvis 100-meter | 11.17
Sharika Nelvis 200-meter | 22.70
Kristina Aubert 1500-meter | 4:31.84
Kristina Aubert 5000-meter | 16:44.55
Kristina Aubert 10000-meter | 34:58.38
Sharika Nelvis 100m-hurdles | 12.67

2015

Darragh May High Jump | 1.73m

2016

Kristina Knott 100-meter | 11.44
Kristina Knott 200-meter | 23.30
Keturah Smith 400-meter | 53.70
Erin Farmer Shot Put | 17.80m
Samone Thompson Heptathlon | 5,067 pts

2017

Shemiah Brooks 100m-hurdles | 13.43
Shemiah Brooks Long Jump | 6.10m
Erin Farmer Shot Put | 17.44m
Calea Carr Discus Throw | 53.54m

2018

Caitland Smith 100-meter | 11.29
Calea Carr Shot Put | 15.61m
Babette Vandeput Discus Throw | 51.71m

2019

Caitland Smith 100 meters | 11.25
Emma Nwofor 100m Hurdles | 13.63
Cook/Smith/Williams/ 4x100m Relay | 44.70
Erewele
Imani Udoumana Triple Jump | 12.69m
Grace Flowers Discus | 52.90m

RETURNING MEDALISTS (INDOOR + OUTDOOR + XC)

GOLD

Lauren Beauchamp - Ind. Pole Vault (2020)
Grace Flowers - Out. Discus (2019)
Chastery Fuamatu - Ind. Weight Throw (2021)
Evangelynn Harris - Ind. Shot Put (2021)
Allie Hensley - Pentathlon (2021)
Pauline Meyer - Ind. 3000m (2021); Mile (2020)
Camryn Newton-Smith - 60m Hurdles; Pentathlon (2020)
Imani Udoumana - Out. Triple Jump (2019)
Babette Vandeput - Out. Discus (2018)
4x100m Relay - 2019 Outdoors

SILVER

Lauren Beauchamp - Ind. Pole Vault (2021)
Grace Flowers - Ind. Weight Throw (2021 & 2020)
Briana Hardiman - Out. 400m (2018)
Evangelynn Harris - Ind. Shot Put (2019 & 2020); Out. Shot Put (2019);
Sydney Lane - Ind. High Jump (2020)
Pauline Meyer - Ind. Mile (2021); DMR; Cross Country (2021)
Sarah Trammel - Ind. 5000m (2021)
Babette Vandeput - Out. Discus (2019)
DMR - 2020 & 2021 Indoors

BRONZE

Osereme Erewele - Ind. 200m (2021); Ind. Long Jump (2021); 60m (2019)
Grace Flowers - Out. Hammer (2019); Ind. Shot Put (2020)
Briana Hardiman - Out. 400m (2017)
Allie Hensley - Ind. High Jump (2021)
Sydney Lane - Out. High Jump (2019)
Sophie Leathers - Ind. 5000m (2021)
Pauline Meyer - 3000m (2020)

MEN OUTDOOR PERFORMANCE LIST

100 METERS

School Record: Jaylen Bacon, 9.97 (2018)
SBC Leader: Brock Appiah (Louisiana), 10.36
NCAA West Leader: Micah Williams (Oregon), 10.03
NCAA Leader: JoVaughn Martin (Florida State), 9.94

Chris Hill	10.43w	John McDonnell Invitational
Courtney Thomas	10.66w	John McDonnell Invitational
Carter Shell	11.06	Red Wolves Open

200 METERS

School Record: Ed Preston, 20.14 (1976)
SBC Leader: Matthew Likely (Troy), 20.79w
NCAA West Leader: Micaiah Harris (Texas), 20.08w
NCAA Leader: Terrance Laird (LSU), 19.81

Jermie Walker	21.06	Maroon and White Invite
Chris Hill	21.63	Maroon and White Invite
Kobey Hill	21.68	Maroon and White Invite
Addison Ross	21.92	John McDonnell Invitational
Courtney Thomas	22.22	UAB Spring Invitational
Steffan Mallory II	22.59	UAB Spring Invitational
Brian Williams	22.81	Little Rock Invitational

400 METERS

School Record: Kendricke Bullard, 46.15 (1994)
SBC Leader: Jaylen Allen (Texas State), 46.75
NCAA West Leader: Bryce Deadmon (Texas A&M), 44.58
NCAA Leader: Noah Williams (LSU), 44.30

Jermie Walker	46.89	Maroon and White Invite
Addison Ross	47.47	John McDonnell Invitational
Kobey Hill	47.99	John McDonnell Invitational
Seth Waters	50.38	Red Wolves Open
Steffan Mallory II	50.94	Maroon and White Invite
Brian Williams	52.94	Red Wolves Open
Gregoire Saury	53.20	Red Wolves Open

800 METERS

School Record: Harold Blood, 1:49.03 (1988)
SBC Leader: Pedro Osorio Lopez (Texas State), 1:48.38
NCAA West Leader: Isaiah Jewett (USC), 1:45.80
NCAA Leader: Isaiah Jewett (USC), 1:45.80

Seth Waters	1:50.65	Spec Towns Invitational
Bennett Pascoe	1:51.73	Maroon and White Invite
Alejandro Vargas	1:53.78	Spec Towns Invitational
Gregoire Saury	1:53.87	John McDonnell Invitational
Jacob Oury	1:58.10	Red Wolves Open
Lexington Hilton	1:58.20	Red Wolves Open
Garrett Becker	1:59.34	Red Wolves Open

1500 METERS

School Record: Seth Waters, 3:44.32 (2021)
SBC Leader: Seth Waters (Arkansas State), 3:44.32
NCAA West Leader: Cooper Teare (Oregon), 3:35.97
NCAA Leader: Yared Nuguse (Notre Dame), 3:35.96

Seth Waters	3:44.32	Maroon and White Invite
Gregoire Saury	3:45.16	Maroon and White Invite
Bennett Pascoe	3:45.27	Red Wolves Open
Lexington Hilton	3:50.21	Maroon and White Invite
Royce Fisher	3:55.79	Maroon and White Invite
Owen Habeger	3:58.32	Red Wolves Open
Ethan Mychajlonka	3:59.24	Maroon and White Invite
Coleman Wilson	4:00.06	Maroon and White Invite
Jacob Pyeatt	4:00.56	John McDonnell Invitational
Alejandro Vargas	4:09.88	Red Wolves Open
Brady Pascoe	4:11.16	Red Wolves Open
John Carder	4:13.82	UAB Spring Invitational

5000 METERS

School Record: Lexington Hilton, 14:15.72 (2021)
SBC Leader: Kwanele Mthembu (Texas State), 14:01.37
NCAA West Leader: Cole Hocker (Oregon), 13:19.98
NCAA Leader: Cole Hocker (Oregon), 13:19.98

Lexington Hilton	14:15.72	John McDonnell Invitational
Coleman Wilson	14:54.21	John McDonnell Invitational
Ethan Mychajlonka	14:56.62	UAB Spring Invitational
Owen Habeger	15:12.57	UAB Spring Invitational
John Carder	15:19.54	John McDonnell Invitational
Bennett Pascoe	15:44.98	Red Wolves Open
Jacob Pyeatt	15:52.79	UAB Spring Invitational

10,000 METERS

School Record: Lexington Hilton, 29:36.67 (2021)
SBC Leader: Kwanele Mthembu (Texas State), 29:25.41
NCAA West Leader: Abdihamid Nur (Northern Arizona), 27:47.27
NCAA Leader: Abdihamid Nur (Northern Arizona), 27:47.27

Lexington Hilton	29:36.67	Wichita State Open
John Carder	32:42.13	Wichita State Open

110-METER HURDLES

School Record: Tom Hill, 13.22 (1972)
SBC Leader: Yves Cherubin (Louisiana), 13.82
NCAA West Leader: Jaylan McConico (Iowa), 13.42
NCAA Leader: Damion Thomas (LSU), 13.22

Ke Von Holder	14.13	John McDonnell Invitational
Will Glass	14.64	Maroon and White Invite

400-METER HURDLES

School Record: Tom Hill, 13.22 (1972)
SBC Leader: Nathan Fergusson (Louisiana), 51.47
NCAA West Leader: Isaiah Livingston (Oklahoma), 49.32
NCAA Leader: Sean Burrell (LSU), 49.12

Daidren Davis	51.90	UAB Spring Invitational
Darrian Lockett	52.40	Maroon and White Invite
Ty Graser	59.06	Red Wolves Open

3000M STEEPLECHASE

School Record: Bennett Pascoe, 8:38.12 (2021)
SBC Leader: Bennett Pascoe, 8:38.12 (2021)
NCAA West Leader: Ryan Smeeton (Oklahoma State), 8:33.22
NCAA Leader: Ahmed Jaziri (Eastern Kentucky), 8:23.92

Bennett Pascoe	8:38.12	John McDonnell Invitational
Ethan Mychajlonka	9:18.72	John McDonnell Invitational
Royce Fisher	9:19.59	John McDonnell Invitational

4x100-METER RELAY

School Record: 39.98 (2015)
SBC Leader: Jones/Jolla/Booth/Appiah (Louisiana), 40.09
NCAA West Leader: Alexander/Collins/Sumler IV/Maswanganyi (Houston), 38.49
NCAA Leader: Alexander/Collins/Sumler IV/Maswanganyi (Houston), 38.49

C. Hill/C. Thomas/K. Holder/J. Walker	40.21	Maroon and White Invite
C. Hill/C. Shell/J. Walker/C. Thomas	41.13	UAB Spring Invitational

4x400-METER RELAY

School Record: 3:07.22 (1986)
SBC Leader: Daniels/Allen/Osorio Lopez/Kelly (Texas State), 3:08.19
NCAA West Leader: Maas/Harris/Jones/Wright (Texas), 3:01.28
NCAA Leader: Stokes/Ross/Young/Stewart (North Carolina A&T), 3:00.23

Walker/K. Hill/Davis/Ross	3:12.01	UAB Spring Invitational
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HIGH JUMP

School Record: Doug Shouse, 2.25m (7-4.5) (1983)
SBC Leader: Frank Massey, 2.17m (7-1.5)
NCAA West Leader: Zack Anderson (South Dakota), 2.26m (7-5.0)
NCAA Leader: JuVaughn Harrison (LSU), 2.30m (7-6.5)

Frank Massey	2.17m (7-1.5)	Red Wolves Open
Dylan Western	1.98m (6-6.0)	UAB Spring Invitational

POLE VAULT

School Record: Michael Carr, 5.70m (18-8.25) (2019)
SBC Leader: Kyle Rademeyer (South Alabama), 5.40m (17-8.5)
NCAA West Leader: Zach Bradford (Kansas), 5.81m (19-0.75)
NCAA Leader: Zach Bradford (Kansas), 5.81m (19-0.75)

Bradley Jelmert	5.25m (17-2.75)	Spec Towns Invitational
Matthew Keown	4.91m (16-1.25)	Red Wolves Open
Trace South	4.76m (15-7.25)	Red Wolves Open

LONG JUMP

School Record: Roelf Pienaar, 8.13m (26-8.25) (2015)
SBC Leader: Carter Shell (Arkansas State), 7.96m (26-1.5)
NCAA West Leader: Steffin McCarter (Texas), 8.27m (27-1.75)
NCAA Leader: JuVaughn Harrison (LSU), 8.44m (27-8.25)

Carter Shell	7.96m (26-1.5)	Spec Towns Invitational
Courtney Thomas	7.28m (23-10.75)	Spec Towns Invitational

TRIPLE JUMP

School Record: Al Joyner, 17.14m (56-2.75) (1983)
SBC Leader: John Joseph (Louisiana), 15.44m (50-8.0)
NCAA West Leader: O'Brien Wasome (Texas), 17.06m (55-11.75)
NCAA Leader: O'Brien Wasome (Texas), 17.06m (55-11.75)

Carter Shell	15.04m (49-4.25)	Spec Towns Invitational
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SHOT PUT

School Record: Richard Chavez, 19.37m (63-6.75) (2015)
SBC Leader: Rickssen Opont (South Alabama), 18.84m (61-9.75)
NCAA West Leader: Turner Washington (Arizona State), 21.07m (69-1.5)
NCAA Leader: Turner Washington (Arizona State), 21.07m (69-1.5)

Eric Williams	16.22m (53-2.75)	TCU Invitational
Eron Carter	14.14m (46-4.75)	Maroon and White Invite

DISCUS

School Record: Itamar Levi, 57.45m (188-6.0) (2018)
SBC Leader: Francois Prinsloo (South Alabama), 60.17m (197-5.0)
NCAA West Leader: Turner Washington (Arizona State), 66.26m (217-5.0)
NCAA Leader: Turner Washington (Arizona State), 66.26m (217-5.0)

Eron Carter	54.64m (179-3.0)	TCU Invitational
Eric Williams	47.36m (155-4.0)	TCU Invitational

HAMMER THROW

School Record: Cristian Ravar Ladislau, 68.80m (225-9.0) (2018)
SBC Leader: Michael Alvernaz (Troy), 66.13m (216-11.0)
NCAA West Leader: Gleb Dudarev (Kansas), 73.92m (242-6.0)
NCAA Leader: Thomas Mardal (Florida), 76.18m (249-11.0)

Aimar Palma Simo	65.55m (215-1.0)	John McDonnell Invitational
Eron Carter	60.62m (198-11.0)	Red Wolves Open

JAVELIN THROW

School Record: Derek Bowman, 63.07m (206-11.0) (2007)
SBC Leader: Arthur Petersen (UT Arlington), 77.75m (255-1.0)
NCAA West Leader: Arthur Petersen (UT Arlington), 77.75m (255-1.0)
NCAA Leader: Sindri Gudmundsson (Mississippi State), 77.77m (255-2.0)

Eron Carter	52.02m (170-8.0)	Red Wolves Open
Dylan Western	46.57m (152-9.0)	Red Wolves Open
Ty Graser	42.54m (139-7.0)	Little Rock Invitational

DECATHLON

School Record: Daniel Ryland, 7,395 points (2000)
SBC Leader: Chandler Mixon (Louisiana), 7,146 points
NCAA West Leader: Markus Ballengee (Arkansas), 7,895 points
NCAA Leader: Karel Tilga (Georgia), 8,484 points

--NO MARKS--

WOMEN'S OUTDOOR PERFORMANCE LIST

100 METERS

School Record: Sharika Nelvis, 11.17 (2014)
SBC Leader: Melissa Jefferson (Coastal Carolina), 11.22
NCAA West Leader: Twanisha Terry (USC), 11.08
NCAA Leader: Tamara Clark (Alabama), 10.96

Osereme Erewele	11.80	Maroon and White Invite
Jonae Cook	11.95	Maroon and White Invite
Blaique Webster	12.00	John McDonnell Invitational
Briana Hardiman	12.32	John McDonnell Invitational
Carly Strong	12.56	Red Wolves Open
Johnaya Givens	12.71	UAB Spring Invitational

200 METERS

School Record: Caitland Smith, 22.75 (2019)
SBC Leader: Kiana Foster (Louisiana), 23.62
NCAA West Leader: Kynnedi Flannel (Texas), 22.52
NCAA Leader: Favour Ofili (LSU), 22.30

Osereme Erewele	24.57	John McDonnell Invitational
Blaique Webster	24.82	Red Wolves Open
Imani Udoumana	25.05	Red Wolves Open
Allie Hensley	25.23	John McDonnell Invitational
Rainee Bowers	25.33	Red Wolves Open
Kyndall Hudson	25.84	John McDonnell Invitational
Carly Strong	26.00	UAB Spring Invitational
Alexis Woodall	26.04	Red Wolves Open

400 METERS

School Record: Charmisha Morrow, 53.67 (2011)
SBC Leader: Jermaisha Arnold (Coastal Carolina), 52.63
NCAA West Leader: Kaelin Roberts (USC), 51.14
NCAA Leader: Kaelin Roberts (USC), 51.14

Kyndall Hudson	57.10	Maroon and White Invite
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800 METERS

School Record: Jean Fletcher, 2:05.99 (1992)
SBC Leader: Gemma Finch (Troy), 2:05.29
NCAA West Leader: Athing Mu (Texas A&M), 1:57.73
NCAA Leader: Athing Mu (Texas A&M), 1:57.73

Kayla Wade	2:18.42	John McDonnell Invitational
Sophia Oury	2:22.66	Red Wolves Open
Heidi Hauptman	2:24.77	UAB Spring Invitational
McKenzie Cornell	2:26.38	UAB Spring Invitational
Emily Efurd	2:26.59	Red Wolves Open

1500 METERS

School Record: Pauline Meyer, 4:26.22 (2021)
SBC Leader: Pauline Meyer (Arkansas State), 4:26.22
NCAA West Leader: Sage Hurta (Colorado), 4:08.38
NCAA Leader: Sage Hurta (Colorado), 4:08.38

Pauline Meyer	4:26.22	Red Wolves Open
Elizabeth Martin	4:31.88	Maroon and White Invite
Sophie Leathers	4:39.37	Maroon and White Invite
Sarah Trammel	4:39.68	Maroon and White Invite
Sophia Oury	4:41.28	Maroon and White Invite
Kayla Wade	4:42.33	Maroon and White Invite
Elizabeth Gillette	4:44.91	Red Wolves Open
McKenzie Cornell	4:50.91	Red Wolves Open
Megan Adams	5:06.31	Red Wolves Open
Emily Efurd	5:08.09	Little Rock Invitational
Madison Grimm	5:16.56	Red Wolves Open

5000 METERS

School Record: Kristina Aubert, 16:29.83 (2014)
SBC Leader: Pauline Meyer (Arkansas State), 16:35.13
NCAA West Leader: Ella Donaghu (Stanford), 15:29.42
NCAA Leader: Mercy Chelangat (Alabama), 15:17.79

Pauline Meyer	16:35.13	UAB Spring Invitational
Sarah Trammel	16:53.38	John McDonnell Invitational
Sophie Leathers	16:56.99	John McDonnell Invitational
Elizabeth Gillette	17:19.88	John McDonnell Invitational
Sophia Oury	18:13.04	UAB Spring Invitational
Megan Adams	19:21.64	Little Rock Invitational
Madison Grimm	20:15.69	Little Rock Invitational

10,000 METERS

School Record: Kristina Aubert, 33:54.20 (2014)
SBC Leader: Sophie Leathers (Arkansas State), 35:40.79
NCAA West Leader: Grace Forbes (Rice), 32:24.38
NCAA Leader: Grace Forbes (Rice), 32:24.38

Sophie Leathers	35:40.79	Wichita State Open
Sarah Trammel	36:13.24	Wichita State Open
Elizabeth Gillette	36:28.68	Wichita State Open

100-METER HURDLES

School Record: Sharika Nelvis, 12.52 (2014)
SBC Leader: Serenity Rogers (Louisiana), 13.52
NCAA West Leader: Tara Davis (Texas), 12.61w
NCAA Leader: Tonea Marshall (LSU), 12.53w

Rainee Bowers	13.55w	John McDonnell Invitational
Alexis Woodall	13.83w	John McDonnell Invitational
Allie Hensley	14.83	Red Wolves Open

400-METER HURDLES

School Record: Monika Klebe, 56.64 (1987)
SBC Leader: Shani'a Bellamy (Coastal Carolina), 59.50
NCAA West Leader: Anna Cockrell (USC), 55.59
NCAA Leader: Anna Cockrell (USC), 55.59

Kerra Williams	1:10.29	Red Wolves Open
Kori Jones	1:11.73	Red Wolves Open

3000M STEEPLECHASE

School Record: Pauline Meyer, 10:25.49 (2021)
SBC Leader: Pauline Meyer (Arkansas State), 10:25.49
NCAA West Leader: Courtney Waymont (BYU), 9:31.37
NCAA Leader: Courtney Waymont (BYU), 9:31.37

Pauline Meyer	10:25.49	John McDonnell Invitational
Elizabeth Martin	11:17.56	John McDonnell Invitational
Sophia Oury	11:39.34	Wichita State Open

4x100-METER RELAY

School Record: 44.70 (2019)
SBC Leader: London/Spates/Rogers/Foster (Louisiana), 44.81
NCAA West Leader: Yeargin/Annelus/Thomas/Terry (USC), 42.63
NCAA Leader: Yeargin/Annelus/Thomas/Terry (USC), 42.63

Hardiman/Webster/Bowers/Erewele	46.18	John McDonnell Invitational
Erewele/Udoumana/Givens/Webster	47.10	Spec Towns Invitational
Strong/Cook/Givens/Webster	47.85	UAB Spring Invitational

4x400-METER RELAY

School Record: 3:42.62 (2016)
SBC Leader: Finch/Sklenska/Kelly/Cooper (Troy), 3:40.27
NCAA West Leader: Maloney/Peoples/Effiong/Campbell (Arkansas), 3:26.63
NCAA Leader: Maloney/Peoples/Effiong/Campbell (Arkansas), 3:26.63

Jones/Hudson/Williams/Efurd	4:11.25	Red Wolves Open
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HIGH JUMP

School Record: Edith Montgomery, 1.84m (6-0.5) (2001)
SBC Leader: Allie Hensley (Arkansas State), 1.77m (5-9.75)
NCAA West Leader: Tyra Gittens (Texas A&M), 1.90m (6-2.75)
NCAA Leader: Rachel Glenn (South Carolina), 1.91m (6-3.25)

Allie Hensley	1.77m (5-9.75)	John McDonnell Invitational
Sydney Lane	1.71m (5-7.25)	Maroon and White Invite
Jazzmine Harvey	1.60m (5-3.0)	UAB Spring Invitational

POLE VAULT

School Record: Stephanie Foreman, 4.17m (13-8.25) (2013)
SBC Leader: Lauren Beauchamp (Arkansas State), 4.08m (13-4.5)
NCAA West Leader: Nastassja Campbell (Arkansas), 4.51m (14-9.5)
NCAA Leader: Nastassja Campbell (Arkansas), 4.51m (14-9.5)

Lauren Beauchamp	4.08m (13-4.5)	Maroon and White Invite
Avery Shell	3.95m (12-11.5)	Spec Towns Invitational

LONG JUMP

School Record: Sharika Nelvis, 6.40m (21-0.0) (2013)
SBC Leader: Jaeda Hunt (Georgia State), 6.14m (20-1.75)
NCAA West Leader: Tara Davis (Texas), 7.14m (23-5.25)
NCAA Leader: Tara Davis (Texas), 7.14m (23-5.25)

Allie Hensley	5.73m (18-9.75)	Maroon and White Invite
Imani Udoumana	5.67m (18-7.25)	UAB Spring Invitational
Johnaya Givens	5.67m (18-7.25)	Spec Towns Invitational
Osereme Erewele	5.48m (17-11.25)	Maroon and White Invite

TRIPLE JUMP

School Record: Viktoriia Sadokhina, 13.20m (43-3.75) (2017)
SBC Leader: Imani Udoumana (Arkansas State), 12.86m (42-2.25)
NCAA West Leader: Ruth Usoro (Texas Tech), 14.50m (47-7.0)
NCAA Leader: Ruth Usoro (Texas Tech), 14.50m (47-7.0)

Imani Udoumana	12.86m (42-2.25)	John McDonnell Invitational
Johnaya Givens	12.27m (40-3.25)	Maroon and White Invite

SHOT PUT

School Record: Erin Farmer, 18.12m (59-5.5) (2017)
SBC Leader: Autavia Fluker (South Alabama), 16.00m (52-6.0)
NCAA West Leader: Samantha Noennig (Arizona), 18.17m (59-7.5)
NCAA Leader: Khayla Dawson (Indiana), 18.91m (62-0.5)

Evangelynn Harris	15.58m (51-1.5)	Maroon and White Invite
Chastery Fuamatu	14.55m (47-9.0)	John McDonnell Invitational
Grace Flowers	14.31m (46-11.5)	UAB Spring Invitational

DISCUS

School Record: Calea Carr, 54.67m (179-4.0) (2018)
SBC Leader: Babette Vandeput (Arkansas State), 53.75m (176-4.0)
NCAA West Leader: Laulauga Tausaga (Iowa), 60.81m (199-6.0)
NCAA Leader: Laulauga Tausaga (Iowa), 60.81m (199-6.0)

Babette Vandeput	53.75m (176-4.0)	UAB Spring Invitational
Evangelynn Harris	49.72m (163-1.0)	Maroon and White Invite
Grace Flowers	47.85m (157-0.0)	Red Wolves Open
Chastery Fuamatu	45.97m (150-10.0)	UAB Spring Invitational
Hannah Higgins	40.12m (131-7.0)	Maroon and White Invite

HAMMER THROW

School Record: Calea Carr, 60.32m (197-11.0) (2018)
SBC Leader: Autavia Fluker (South Alabama), 67.89m (222-9.0)
NCAA West Leader: Camryn Rogers (California), 73.09m (239-9.0)
NCAA Leader: Camryn Rogers (California), 73.09m (239-9.0)

Grace Flowers	58.99m (193-6.0)	Red Wolves Open
Chastery Fuamatu	54.75m (179-7.0)	John McDonnell Invitational
Hannah Higgins	51.18m (167-11.0)	John McDonnell Invitational
Marie Reed	48.49m (159-1.0)	Maroon and White Invite

JAVELIN THROW

School Record: Ronnie Maglaughlin, 46.47m (152-5.0) (2007)
SBC Leader: Claire Meyers (Louisiana), 53.34m (175-0.0)
NCAA West Leader: Ashton Riner (BYU), 57.31m (188-0.0)
NCAA Leader: Marie-Therese Obst (Georgia), 61.37m (201-4.0)

Allie Hensley	38.30m (125-8.0)	Spec Towns Invitational
Marie Reed	36.22m (118-10.0)	TCU Invitational

HEPTATHLON

School Record: Shundra Smith, 5,377 points (1996)
SBC Leader: Hanna-Mai Vaikla (South Alabama), 5,411 points
NCAA West Leader: Tyra Gittens (Texas A&M), 6,274 points
NCAA Leader: Tyra Gittens (Texas A&M), 6,274 points

--NO MARKS--

MEN'S OUTDOOR INDIVIDUAL PERSONAL BESTS

RUNNING EVENTS

Athlete	100m	110mH	200m	400m	400mH	800m	1500m	3000mS	5000m	10,000m
Garrett Becker	---	---	---	---	---	1:56.40	4:13.26	---	16:27.96	---
John Carder	---	---	---	---	---	---	4:10.31	9:54.77	15:18.44	31:36.23
Daidren Davis	---	---	---	---	51.90	---	---	---	---	---
Royce Fisher	---	---	---	---	---	---	3:55.79	9:19.59	---	---
Will Glass	---	14.64	---	---	---	---	---	---	---	---
Ty Graser	---	---	---	59.06	---	---	---	---	---	---
Owen Habeger	---	---	---	---	---	---	3:58.32	---	15:12.57	---
Heinrich Herbst	---	---	---	---	---	1:49.59	3:49.97	---	15:20.25	---
Chris Hill	10.62	---	21.63	---	---	---	---	---	---	---
Kobey Hill	---	---	21.68	47.99	---	---	---	---	---	---
Lexington Hilton	---	---	---	---	---	1:58.20	3:50.21	---	14:15.72	29:36.67
Ke'Von Holder	---	14.24	22.40	---	56.58	---	---	---	---	---
Amari James	---	14.38	23.03	---	58.07	---	---	---	---	---
Handre Jonker	---	---	---	---	---	---	---	---	---	---
Darrian Lockett	---	---	---	---	52.40	1:55.14	---	---	---	---
Steffan Mallory II	---	---	22.59	50.94	---	---	---	---	---	---
Ethan Mychajlonka	---	---	---	---	---	---	3:59.24	9:18.72	14:56.62	---
Jacob Oury	---	---	---	---	---	1:52.29	4:01.73	---	15:10.04	---
Bennett Pascoe	---	---	---	---	---	1:51.73	3:45.27	8:38.12	14:58.61	---
Brady Pascoe	---	---	---	---	---	---	4:11.16	---	---	---
Jacob Pyeatt	---	---	---	---	---	---	4:00.56	---	15:52.79	---
Addison Ross	---	---	21.92	47.39^	---	---	---	---	---	---
Gregoire Saury	---	---	---	53.20	---	1:53.87	3:45.16	---	---	---
Carter Shell	11.06	---	23.04	---	---	---	---	---	---	---
Logan Simington	---	---	---	---	---	---	---	---	15:47.82	33:17.78
Courtney Thomas	10.75	---	22.22	---	---	---	---	---	---	---
Alejandro Vargas	---	---	---	---	---	1:53.78	4:08.07	10:47.54	16:40.02	---
Jermie Walker	---	---	21.06	46.89	---	---	---	---	---	---
Seth Waters	---	---	---	50.38	---	1:50.65	3:44.32	---	14:47.77	---
Brian Williams	---	---	---	52.94	---	---	---	---	---	---
Coleman Wilson	---	---	---	---	---	---	4:00.06	---	14:54.21	---

FIELD EVENTS

Athlete	HJ	PV	LJ	TJ	SP	DT	HT	JT	DEC
Eron Carter	---	---	---	---	16.07m	54.64m	60.62m	52.02m	---
Ty Graser	---	---	---	---	---	---	---	42.54m	---
Amari James	---	---	6.49m	14.45m	---	---	---	---	---
Bradley Jelmert	---	5.25m	---	---	---	---	---	---	---
Matthew Keown	---	5.07m	---	---	---	---	---	---	---
Frank Massey	2.17m	---	7.09m	---	---	---	---	---	---
Aimar Palma Simo	---	---	---	---	---	---	65.55m	---	---
Carter Shell	1.93m	---	7.96m	15.04m	---	---	---	---	---
Trace South	---	4.94m	---	---	---	---	---	---	---
Courtney Thomas	---	---	7.38m	14.47m	---	---	---	---	---
Dylan Western	2.04m	---	---	---	---	---	---	46.57m	---
Eric Williams	---	---	---	---	16.78m	50.18m	44.05m	---	---

WOMEN'S OUTDOOR INDIVIDUAL PERSONAL BESTS

RUNNING EVENTS

Athlete	100m	100mH	200m	400m	400mH	800m	1500m	3000mS	5000m	10,000m
Megan Adams	---	---	---	---	---	---	5:00.98	---	18:45.11	39:25.90
Ellie Albrecht	---	---	---	---	---	---	---	---	---	---
Rainee Bowers	---	13.55w	---	---	---	---	---	---	---	---
Jonae Cook	11.88	---	24.29	---	---	---	---	---	---	---
McKenzie Cornell	---	---	---	---	---	2:24.08	4:50.91	---	19:04.40	---
Brianna De La Rosa	---	---	---	---	---	---	---	---	---	---
Emily Efurd	---	---	---	---	---	2:26.59	5:08.09	---	---	---
Osereme Erewele	11.75	---	24.29	---	---	---	---	---	---	---
Elizabeth Gillette	---	---	---	---	---	2:31.05	4:44.91	---	17:19.88	36:28.68
Johnaya Givens	12.68	---	26.40	---	---	---	---	---	---	---
Madison Grimm	---	---	---	---	---	---	4:59.02	---	17:54.40	37:35.11
Briana Hardiman	---	---	24.53	54.08	---	---	---	---	---	---
Heidi Hauptman	---	---	---	---	---	2:24.77	---	---	---	---
Allie Hensley	---	14.83	25.23	---	---	2:28.35	---	---	---	---
Kyndall Hudson	---	---	25.84	57.10	---	---	---	---	---	---
Kori Jones	---	---	---	1:02.52^	1:07.36^	---	---	---	---	---
Sophie Leathers	---	---	---	---	---	---	4:39.37	11:20.36	16:56.99	35:40.79
Jadyn Lewis	---	---	---	59.86	---	---	---	---	---	---
Elizabeth Martin	---	---	---	---	---	---	4:31.88	11:17.56	---	---
Pauline Meyer	---	---	---	---	---	2:11.12	4:26.22	10:25.49	16:35.13	---
Camryn Newton-Smith	---	14.44	26.62	---	---	2:33.22	---	---	---	---
Sophia Oury	---	---	---	---	---	2:22.66	4:41.28	10:55.64	18:07.40	---
Katharina Schmidt	---	---	---	---	---	---	---	---	---	---
Carly Strong	12.65	---	26.00	---	---	---	---	---	---	---
Sarah Trammel	---	---	---	---	---	---	4:38.68	---	16:53.38	36:13.24
Imani Udoumana	---	14.57	---	---	1:08.31	---	---	---	---	---
Kayla Wade	---	---	---	---	---	2:18.42	4:42.33	---	20:29.69	---
Blaique Webster	12.19	---	25.13	---	---	---	---	---	---	---
Eva Wilk	---	---	---	---	---	---	---	---	---	---
Kerra Williams	12.27	16.82	---	---	1:04.19	---	---	---	---	---
Alexis Woodall	---	14.26	26.04	---	---	---	---	---	---	---

FIELD EVENTS

Athlete	HJ	PV	LJ	TJ	SP	DT	HT	JT	HEP
Lauren Beauchamp	---	4.08m	---	---	---	---	---	---	---
Osereme Erewele	---	---	5.85m	---	---	---	---	---	---
Grace Flowers	---	---	---	---	15.23m	52.90m	58.99m	---	---
Chastery Fuamatu	---	---	---	---	14.55m	45.97m	54.75m	---	---
Johnaya Givens	---	---	5.67m	12.27m	---	---	---	---	---
Briana Hardiman	---	---	5.30m	---	---	---	---	---	---
Evangelynn Harris	---	---	---	---	15.58m	49.72m	43.20m	---	---
Jazzmine Harvey	1.60m	---	---	---	---	---	---	---	---
Allie Hensley	1.77m	---	5.73m	---	11.05m	---	---	38.30m	4,767 points
Hannah Higgins	---	---	---	---	---	47.44m	51.18m	---	---
Megan Knowling	1.65m	---	---	11.66m	---	---	---	---	---
Sydney Lane	1.75m	---	---	---	---	---	---	---	---
Camryn Newton-Smith	1.65m	---	5.50m	---	11.70m	---	---	45.09m	5,028 points
Marie Reed	---	---	---	---	12.02m^	---	48.49m	40.37m^	---
Avery Shell	---	3.95m	---	---	---	---	---	---	---
Imani Udoumana	---	---	5.67m	12.86m	---	---	---	---	---
Babette Vandeput	---	---	---	---	---	53.75m	46.13m	---	---

^ - at previous school

ARKANSAS STATE TRACK & FIELD

MEN'S OUTDOOR RECORDS

100 METERS

1.	9.97	Jaylen Bacon	2018
2.	10.05	Ed Preston	1976
3.	10.15	Elijah Ross	2017
4.	10.20	Justin Whitfield	2014
5.	10.30	Frank Waota	1996
6.	10.32	Lamont Zachary	1998
7.	10.38	Raymond Jackson	2014
	10.38	Anthony Hampton	1992
9.	10.39	Judious Lewis	1984
10.	10.42	Sean Bakash	1995

110 METER HURDLES

1.	13.22	Tom Hill	1972
2.	13.65	Greg Belger	2004
3.	13.66	Donnie Taylor	1978
4.	13.75	Alex Shell	1991
5.	13.78	Solomon Williams	2012
6.	13.84	Al Joyner	1981
7.	14.05	Barry Malloyd	1984
8.	14.15	Kelly Koonce	1993

200 METERS

1.	20.14	Ed Preston	1976
2.	20.25	Jaylen Bacon	2018
3.	20.68	Elijah Ross	2018
4.	20.90	Fran Waota	1996
5.	20.92	Sean Bakash	1994
6.	20.97	Joey Meyer	2013
7.	20.99	Kendricke Bullard	1994
8.	21.06	Jermie Walker	2021
9.	21.08	Dwayne Pittman	1981
10.	21.09	Justin Whitfield	2014

400 METERS

1.	46.15	Kendricke Bullard	1994
2.	46.16	Nathan Daniels	2005
3.	46.24	Anthony Stroman	1973
4.	46.71	Jason Brooks	2007
5.	46.72	Joey Meyer	2012
6.	46.74	Steve Armstrong	1987
7.	46.85	Aaron Rainey	1997
8.	46.89	Jermie Walker	2021
9.	46.94	Ed Preston	1975
10.	47.14	J.L. Wilburn	1973

400 METERS HURDLES

1.	50.99	Anthony Bell	1984
2.	51.41	Nick Hilson	2018
3.	51.67	Darren Moore	1990
4.	51.74	Alex Shell	1989
5.	51.88	Kelly Koonce	1993
6.	51.90	Daidren Davis	2021
7.	51.94	Dariel Johnson	1979
8.	52.02	Chris Trenn	1998
9.	52.34	Darrel Holyfield	1978
10.	52.40	Darrian Lockett	2021

800 METERS

1.	1:49.03	Harold Blood	1988
2.	1:49.14	Bruce Metcalf	1976
3.	1:49.17	Jessie Wilson	1985
4.	1:49.32	Seth Bortey	2001
5.	1:49.59	Heinrich Herbst	2018
6.	1:50.06	Ivory Gwin	1986
7.	1:50.16	Jakob Jensen	1994
8.	1:50.44	John Scurto	1972
9.	1:50.61	John McGrew	1993
10.	1:50.65	Seth Waters	2021

1500 METERS

1.	3:44.32	Seth Waters	2021
2.	3:45.16	Gregoire Saury	2021
3.	3:45.27	Bennett Pascoe	2021
4.	3:48.54	Bob Giersberg	1968
5.	3:49.33	Larry Evans	1992
6.	3:49.52	Jakob Jensen	1994
7.	3:49.84	Jim Bailey	1973
8.	3:49.97	Heinrich Herbst	2017
9.	3:50.21	Lexington Hilton	2021
10.	3:50.50	Seth Bortey	2001

3000 METER STEEPLE CHASE

1.	8:38.12	Bennett Pascoe	2021
2.	8:52.44	Bob Gray	1971
3.	8:59.42	Wil Norris	2016
4.	9:00.82	Bennett Pascoe	2019
5.	9:03.18	Neal Andrews	1997
6.	9:06.04	Paul Kassen	1979
7.	9:08.64	Eric Lynk	1980
8.	9:09.19	Drew Mueller	2016
9.	9:09.55	Steve Wilson	1981
10.	9:11.32	Tim Isbell	1983

5000 METERS

1.	14:15.72	Lexington Hilton	2021
2.	14:30.75	Wil Norris	2016
3.	14:35.76	Steve Wilson	1981
4.	14:39.40	Rickus Jacobs	2016
5.	14:39.84	Darrell Burris	1976
6.	14:41.94	Glenn Wimer	1979
7.	14:47.24	Bob Gray	1970
8.	14:47.77	Seth Waters	2018
9.	14:50.00	Pascal Face	1993

10000 METERS

1.	29:36.67	Lexington Hilton	2021
2.	30:28.47	Wil Norris	2015
3.	30:40.24	Darrell Burris	1977
4.	30:46.42	Steve Wilson	1981
5.	31:36.23	John Carder	2019
6.	31:36.74	Bill Thom	1982
7.	31:39.94	Rickus Jacobs	2016
8.	32:01.01	Bailey Bunyan	2011
9.	32:15.61	David Mills	2011
10.	32:18.34	Matt Williams	1996

4x100 METERS RELAY

1.	39.98	2015
2.	40.06	2018
3.	40.21	2021
4.	40.24	1982
5.	40.30	2016
6.	40.34	2000
	40.34	1977
8.	40.38	1997
9.	40.41	2019
	40.41	1996

4x400 METERS RELAY

1.	3:07.22	1986
2.	3:08.64	1976
3.	3:09.04	1992
4.	3:09.94	1977
5.	3:10.04	1975
6.	3:10.11	2005
7.	3:10.23	1987
8.	3:10.24	1996
	3:10.24	1995
10.	3:10.58	2006

ARKANSAS STATE TRACK & FIELD

MEN'S OUTDOOR RECORDS

HIGH JUMP

1.	2.25m	7-04.50	Doug Shouse	1983
2.	2.22m	7-03.50	Greg Schaper	1981
3.	2.21m	7-03.00	Sam Hill	1995
4.	2.19m	7-02.25	Steve Banks	1981
5.	2.18m	7-01.75	Tiaan Steenkamp	2017
	2.18m	7-01.75	David St. John	1987
7.	2.17m	7-01.50	Frank Massey	2021
8.	2.16m	7-01.00	James Jenkins	2007
	2.16m	7-01.00	Ricky Dewees	1977
10.	2.15m	7-00.75	Kashef Daniel	2014
	2.15m	7-00.75	Terry Lofrese	2004

POLE VAULT

1.	5.70m	18-08.25	Michael Carr	2019
2.	5.67m	18-07.25	Earl Bell	1976
3.	5.59m	18-04.00	Kelly Riley	1990
4.	5.53m	18-01.75	Scott Schaffer	1987
5.	5.50m	18-00.50	Jon Kelley	1992
	5.50m	18-00.50	Craig Hagan	1987
7.	5.49m	18-00.00	Steve Stubblefield	1984
8.	5.45m	17-10.50	Ethan Sandusky	2015
	5.45m	17-10.50	Paul Pilla	1979
10.	5.42m	17-09.25	Brad Tyler	2000

LONG JUMP

1.	8.13m	26-08.25	Roelf Pienaar	2015
2.	7.96m	26-01.50	Carter Shell	2021
	7.96m	26-01.50	William Tate	1976
4.	7.94m	26-00.75	Mesut Yavas	2002
5.	7.80m	25-07.25	Sam Hill	1995
6.	7.74m	25-04.75	Kim Bellis	1972
7.	7.70m	25-03.25	Cleo Kirkwood	1979
8.	7.62m	25-00.00	Jason Hinton	2000
9.	7.61m	24-11.75	Fred Bowen	1978
10.	7.60m	24-11.25	Jay Parham	2000

TRIPLE JUMP

1.	17.14m	56-02.75	Al Joyner	1983
2.	16.83m	55-02.75	William Beasley	1989
3.	16.69m	54-09.25	Sam Hill	1996
4.	16.40m	53-09.75	Patterson Johnson	1989
5.	16.33m	53-07.00	George Darko	1994
6.	16.13m	52-11.00	Roelf Pienaar	2015
7.	16.06m	52-08.25	James Jenkins	2007
8.	15.71m	51-06.50	Solomon Williams	2013
9.	15.65m	51-04.25	Luis Rodrigues	1988
10.	15.47m	50-09.25	Jason Hinton	2001

SHOT PUT

1.	19.37m	63-06.75	Richard Chavez	2015
2.	18.83m	61-09.50	Itamar Levi	2018
3.	18.35m	60-02.50	Victor Johnson	1988
4.	18.28m	59-11.75	David Rodely	1991
5.	18.03m	59-02.00	Candon Powell	2005
6.	17.56m	57-07.50	T.J. Humphreys	1976
7.	17.03m	55-10.50	David Young	1965
8.	17.02m	55-10.25	Jason Wood	1999
9.	16.99m	55-09.00	Jeff Pitts	1991
10.	16.84m	55-03.00	Isaiah Rucker	2006

HAMMER THROW

1.	68.80m	225-09.00	Cristian Ravar Ladislau	2018
2.	65.55m	215-01.00	Aimar Palma Simo	2021
3.	64.95m	213-01.00	Candon Powell	2005
4.	62.70m	205-08.00	Chris Nicasio	2013
5.	60.73m	199-03.00	Richard Chavez	2015
6.	60.62m	198-11.00	Eron Carter	2021
7.	58.09m	190-07.00	Andrew Rootz	1999
8.	53.06m	174-01.00	Bryan Hankton	2009
9.	52.39m	171-10.00	LeeRoi Johnson	2019
10.	51.79m	169-11.00	Jesse Williams	2009

DISCUS THROW

1.	57.45m	188-06.00	Itamar Levi	2018
2.	57.25m	187-10.00	David Rodely	1991
3.	56.52m	185-05.00	Paul Buschmann	2000
4.	56.11m	184-01.00	Jason Wood	1999
5.	55.40m	181-09.00	Jesse Williams	2010
6.	54.89m	180-01.00	Candon Powell	2004
7.	54.64m	179-03.00	Eron Carter	2021
8.	53.57m	175-09.00	Linus Bernhult	1995
9.	53.28m	174-10.00	Richard Chavez	2015
10.	52.12m	171-00.00	Paul Blissard	1982

JAVELIN THROW

1.	63.07m	206-11.00	Derek Bowman	2007
2.	61.96m	203-03.00	Chris Collins	2017
3.	57.10m	187-04.00	David Rodely	1990
4.	56.95m	186-10.00	Ethan Turpen	2011
5.	56.27m	184-07.00	David Phillips	2016
6.	55.38m	181-08.00	Tommy Chen	1998
7.	54.61m	179-02.00	Matt Vining	2007
8.	54.51m	178-10.00	Thomas Ligon	2012
9.	54.34m	178-03.00	Clint Ligon	2016
10.	53.09m	174-02.00	Hayden Hampton	2017

DECATHLON

1.	7395	Daniel Ryland	2000
2.	7292	Ethan Turpen	2014
3.	7253	B.J. Parish	2008
4.	7180	Pontus Lundkvist	1996
5.	7167	Carl Long	1993
6.	7126	Will Oliver	2015
7.	7123	Bob Williams	1978
8.	7071	Jacob Fehler	2002
9.	7025	Kenton Walker	1996
10.	7002	Kelly Koonce	1993

ARKANSAS STATE TRACK & FIELD

WOMEN'S OUTDOOR RECORDS

100 METERS			
1.	11.17	Sharika Nelvis	2014
2.	11.22	Caitland Smith	2019
3.	11.44	Kristina Knott	2016
4.	11.49	Carla Christian	2001
5.	11.72	Osereme Erewele	2019
6.	11.77	De'Airis Weakley	2015
7.	11.81	Tomisha Edwards	1998
8.	11.87	Latavia Shores	2006
9.	11.88	Jonae Cook	2019
10.	11.94	Dominique Dawson	2006
	11.94	Felicia Adams	1987

100 METER HURDLES			
1.	12.52	Sharika Nelvis	2014
2.	13.43	Shemiah Brooks	2017
3.	13.53	Emma Nwofor	2019
4.	13.55	Rainee Bowers	2021
5.	13.62	Darragh May	2018
6.	13.71	Emenderlyn Iwuji	2015
7.	13.74	Samone Thompson	2017
8.	13.82	Caitlin Winey	2010
9.	13.83	Monika Klebe	1988
10.	13.84	Tiane Burke	2000

200 METERS			
1.	22.75	Caitland Smith	2019
2.	23.23	Kristina Knott	2016
3.	23.39	Sharka Nelvis	2014
4.	23.71	Charmisha Morrow	2011
5.	24.03	Osereme Erewele	2019
6.	24.06	Carla Christian	2001
7.	24.29	Jonae Cook	2019
8.	24.33	De'Airis Weakley	2015
9.	24.38	Keturah Smith	2016
10.	24.49	Petra Wilson	1992

400 METERS			
1.	53.67	Charmisha Morrow	2011
2.	53.70	Keturah Smith	2016
3.	54.08	Briana Hardiman	2018
4.	54.13	Monika Klebe	1988
5.	54.55	Pedtra Wilson	1993
6.	54.62	Sharika Nelvis	2013
7.	54.99	Jean Fletcher	1992
8.	55.06	Erika Christian	2016
9.	56.14	Katia Solovieva	2002
10.	56.27	Yolanda Alexander	1989

400 METERS HURDLES			
1.	56.64	Monika Klebe	1987
2.	59.90	Gracee Damron	2018
3.	59.95	Eva Farneby	1990
4.	1:00.12	Samone Thompson	2016
5.	1:00.96	Caitlin Winey	2010
6.	1:01.17	Katarina Littenheim	1995
7.	1:01.81	Trevene Cowan	2018
8.	1:02.19	LaCarol Baynes	2018
	1:02.19	Eva Knudsen	1995
10.	1:02.24	Nikki Campbell	1996

800 METERS			
1.	2:05.99	Jean Fletcher	1992
2.	2:07.74	Monika Klebe	1987
3.	2:11.12	Pauline Meyer	2018
4.	2:11.33	Lysbeth Curpanen	1992
5.	2:11.90	Anaelle Charles	2019
6.	2:12.02	Katia Soloviva	2001
7.	2:13.88	Andrea Perez	2016
8.	2:14.28	Dawn L'Heureux	2011
9.	2:14.70	Wendy Reid	2001
10.	2:14.87	Fiona Benjamin	1995

1500 METERS			
1.	4:26.22	Pauline Meyer	2021
2.	4:29.76	Anaelle Charles	2018
3.	4:30.71	Rexi Parcells	2015
4.	4:31.84	Kristina Aubert	2014
5.	4:31.88	Elizabeth Martin	2021
6.	4:35.85	Lysbeth Carpanen	1993
7.	4:36.68	Greta Carlberg	2018
8.	4:38.35	Samantha Salinas	2013
9.	4:39.37	Sophie Leathers	2021
10.	4:39.68	Sarah Trammel	2021

3000 METER STEEPLE CHASE			
1.	10:25.49	Pauline Meyer	2021
2.	10:45.37	Sammy Brainard	2019
3.	10:45.93	Tilda Helgesson	2015
4.	10:55.64	Sophia Oury	2019
5.	11:00.57	Chelsea Weaver	2012
6.	11:16.08	Rebecca Eldien	2017
7.	11:17.56	Elizabeth Martin	2021
8.	11:19.61	Chelsey Roberson	2015
9.	11:20.36	Sophie Leathers	2019
10.	11:22.23	Rexi Parcells	2013

5000 METERS			
1.	16:29.83	Kristina Aubert	2014
2.	16:35.13	Pauline Meyer	2021
3.	16:39.71	Rexi Parcells	2015
4.	16:53.38	Sarah Trammel	2021
5.	16:56.99	Sophie Leathers	2021
6.	17:09.91	Abbey Dixon	2016
7.	17:19.88	Elizabeth Gillette	2021
8.	17:22.20	Samantha Salinas	2013
9.	17:31.21	Tilda Helgesson	2015
10.	17:32.63	Arnica Zitting	2016

10000 METERS			
1.	33:54.20	Kristina Aubert	2014
2.	35:40.79	Sophie Leathers	2021
3.	35:54.46	Abbey Dixon	2015
4.	36:13.24	Sarah Trammel	2021
5.	36:28.68	Elizabeth Gillette	2021
6.	36:35.69	Rexi Parcells	2014
7.	36:47.28	Bailey Eller	2015
8.	36:48.96	Arnica Zitting	2015
9.	37:12.74	Samantha Salinas	2013
10.	37:35.11	Madison Grimm	2019

4X100 METER RELAY			
1.	44.70		2019
2.	45.53		2016
3.	45.83		2015
4.	46.01		2018
5.	46.03		2011
6.	46.06		1988
7.	46.07		2006
8.	46.18		2021
9.	46.30		2017
10.	46.32		1990

4x400 METER RELAY			
1.	3:42.62		2016
2.	3:45.07		1992
3.	3:45.36		2018
4.	3:46.42		1990
5.	3:47.27		1988
6.	3:47.78		2015
7.	3:48.47		1987
8.	3:48.76		2002
9.	3:48.83		2010
10.	3:49.77		2000

ARKANSAS STATE TRACK & FIELD

WOMEN'S OUTDOOR RECORDS

HIGH JUMP				
1.	1.84m	6-00.50	Edith Montgomery	2001
2.	1.82m	5-11.50	Jan Troutt	1984
3.	1.80m	5-10.75	Darragh May	2017
	1.80m	5-10.75	Elena Semyonova	2000
5.	1.78m	5-10.00	Amy Wise	1991
6.	1.77m	5-09.75	Allie Hensley	2021
	1.77m	5-09.75	Shundra Smith	1996
8.	1.75m	5-08.75	Sydney Lane	2019
	1.75m	5-08.75	Emma Nwofor	2019
	1.75m	5-08.75	Ivery Guyton	2016
	1.75m	5-08.75	Amy Bowman	2009

POLE VAULT				
1.	4.17m	13-08.25	Stephanie Foreman	2013
2.	4.10m	13-05.25	Michelle Legatt	2003
3.	4.08m	13-04.50	Lauren Beauchamp	2021
4.	4.05m	13-03.50	Erica Naeger	2011
5.	4.00m	13-01.50	Alexandra Pevtsova	2015
6.	3.98m	13-00.75	Kellie Suttle	1996
7.	3.95m	12-11.50	Avery Shell	2021
	3.95m	12-11.50	Elizabeth Boyle	2007
9.	3.93m	12-10.75	Sarah Michael	2019
10.	3.91m	12-10.00	Cathrine Frappier	2010

LONG JUMP				
1.	6.40m	21-00.00	Sharika Nelvis	2013
2.	6.29m	20-07.75	Shemiah Brooks	2017
3.	6.19m	20-03.75	Felicia Adams	1988
4.	6.12m	20-01.00	Emma Nwofor	2019
5.	6.07m	19-11.00	Viktoriiia Sadokhina	2017
6.	6.06m	19-10.75	Valerie Lee	1988
7.	6.03m	19-09.50	Eva Knudsen	1995
8.	6.02m	19-09.00	Arabriaun Mack	2017
	6.02m	19-09.00	Dominique Dawson	2006
	6.02m	19-09.00	Oksana Kosyachenko	2001

TRIPLE JUMP				
1.	13.20m	43-03.75	Viktoriiia Sadokhina	2017
2.	13.06m	42-10.25	Oksana Kosyachenko	2001
3.	12.90m	42-04.00	Elena Semyonova	2000
4.	12.86m	42-02.25	Imani Udoumana	2021
5.	12.63m	41-05.25	Sarah Todd Hill	1997
6.	12.60m	41-04.25	Darina Semyonova	2003
7.	12.52m	41-01.00	Eva Knudsen	1994
8.	12.51m	41-00.50	Kristina Alatalo	2008
9.	12.50m	41-00.25	Shemiah Brooks	2016
10.	12.43m	40-09.50	Jamie Curry	2013

SHOT PUT				
1.	18.12m	59-05.50	Erin Farmer	2017
2.	15.61m	51-02.75	Calea Carr	2018
3.	15.58m	51-01.50	Evangelynn Harris	2021
4.	15.23m	49-11.75	Grace Flowers	2019
5.	14.93m	48-11.75	Danielle Lorenz	2018
6.	14.91m	48-11.00	Julia Agawu	2013
7.	14.55m	47-09.00	Chastery Fuamatu	2021
8.	14.51m	47-07.25	Kim Ludick	2012
9.	14.20m	46-07.25	Serenia Curtis	1993
10.	14.10m	46-03.25	Krystal White	1995

HAMMER THROW				
1.	60.32m	197-11.00	Calea Carr	2018
2.	58.99m	193-06.00	Grace Flowers	2021
3.	58.13m	190-08.00	Julia Agawu	2013
4.	54.66m	179-04.00	Chastery Fuamatu	2021
5.	53.66m	176-00.00	Erin Farmer	2015
6.	52.45m	172-01.00	Isela Mendoza	2003
7.	51.15m	167-10.00	Hannah Higgins	2019
8.	50.50m	165-08.00	Alyssa Brock	2011
9.	49.63m	162-10.00	Jamie Fleming	2010
10.	48.49m	159-01.00	Marie Reed	2021

DISCUS THROW				
1.	54.67m	179-04.00	Calea Carr	2018
2.	54.59m	179-01.00	Julia Agawu	2013
3.	53.75m	176-04.00	Babette Vandeput	2021
4.	53.57m	175-09.00	Jenny Webster	2000
5.	52.90m	173-07.00	Grace Flowers	2019
6.	49.72m	163-01.00	Evangelynn Harris	2021
7.	48.79m	160-01.00	Rhonda Horn	1993
8.	47.79m	156-09.00	Kiarra Simpson	2015
9.	47.44m	155-08.00	Hannah Higgins	2018
10.	45.97m	150-10.00	Chastery Fuamatu	2021

JAVELIN THROW				
1.	46.47m	152-05.00	Ronnie Maglaughlin	2007
2.	45.09m	147-11.00	Camryn Newton-Smith	2019
3.	44.53m	146-01.00	Shundra Smith	1998
4.	42.62m	139-10.00	Larisa Larson	1994
5.	41.41m	160-01.00	Macey Rodely	2015
	41.41m	160-01.00	Rhonda Horn	1993
7.	41.25m	135-04.00	Kim Ludick	2012
8.	40.14m	131-08.00	Emma Nwofor	2019
9.	38.81m	127-04.00	Sonja Tate	1994
10.	38.30m	125-08.00	Allie Hensley	2021

HEPTATHLON				
1.	5,377		Shundra Smith	1996
2.	5,361		Emma Nwofor	2019
3.	5,247		Sonja Tate	1994
4.	5,213		Hannah Dunderdale	2017
5.	5,165		Edith Montgomery	2001
6.	5,067		Samone Thompson	2016
7.	5,028		Camryn Newton-Smith	2019
8.	4,958		Amy Fleddermann	2007
9.	4,923		Judy Galambos	1997
10.	4,839		Eva Knudsen	1996