

*Track and Cross Country
Records*



2012-13

ULMWARHAWKS.COM

WARHAWK

TRADITION



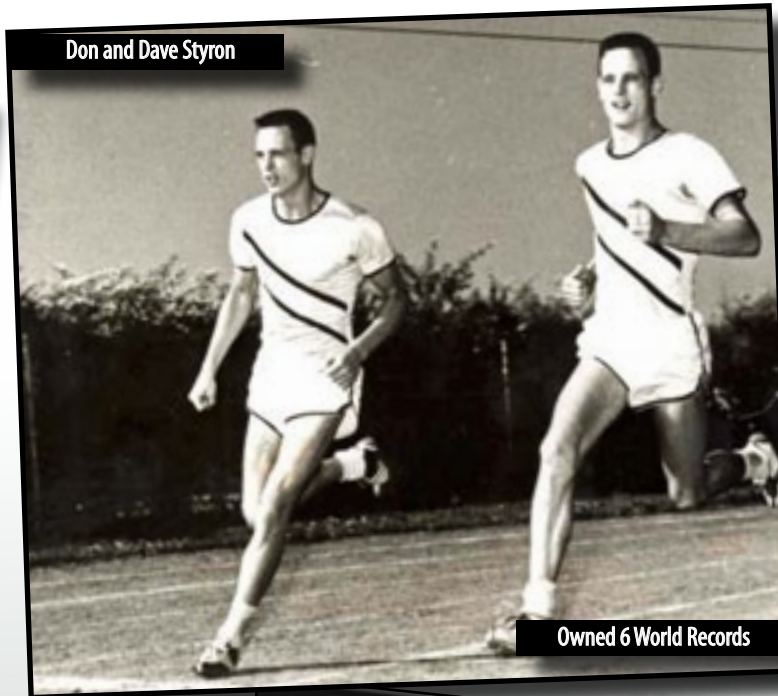
Luther Ambrose

All-American



Lauri Young

All-American



Don and Dave Styron

Owned 6 World Records



Pam Smith

Conference Champion



John Pennell

World Record Holder



Breux Greer

Four time Olympian

By the numbers:

48

All-Americans

16

National

Champions

12

Conference

Championships

6

World Records

3

Olympians



SCHOOL RECORDS

Men's School Records

INDOOR RECORDS

TRACK EVENTS			
55 meter	6.24	Luther Ambrose	2010
60 meter	6.80	Luther Ambrose	2011
200 meter	21.95	Dimitri Hampton	2010
400 meter	48.02	Mychal Word	2008
800 meter	1:50.81	Benji Jones	2004
Mile	4:05.46	Jeff Moss	1987
3,000 meter	8:20.08	Daniel Mutai	2012
5,000 meter	14:30.31	Daniel Mutai	2012
55 meter hurdles	7.25	Ken Link	1984
60 meter hurdles	8.05	Michael Robbins	2000
60 yard	6.24	Dave Styron	1962
	6.24	Bennie Mitchell	1986
300 yard	31.64	Ronnie Fountain	1966
440 yard	48.94	John Floyd	1976
600 yard	1:11.80	Greg Grace	1987
880 yard	1:54.00	Doug Glover	1984
1000 yard	2:26.51	Reggie Senegal	1988
Two mile	9:08.54	Trevor Murray	1989
Three mile	14:17.58	Drew Prisner	1994
60 yard hurdles	7.10	Roger Morgan	1965
RELAYS			
1600 meter relay	3:17.22	Bosworth, Word Opata, Shepherd	2008
Mile relay	3:16.33	Fayard, Opata Shephard, Word	2008
Distance medley relay	10:07.11	Glover, Johnston Mangum, Daily	1984
3200 meter relay	7:47.85	Henderson, Bystrak Senegal, Owen	1989
Two mile relay	7:40.21	Gnatzig, Powers O'Hearn, Moore	1981
FIELD EVENTS			
High jump	7-0.25 (2.14m)	Fred Mitchell	1980
	7-0.25 (2.14m)	David Green	1985
Pole vault	17-5 (5.31m)	Linwood Johnson	1995
Long jump	26-8.25 (8.13m)	Andre Ester	1987
Triple jump	54-2.75 (16.53m)	Nat Sowell	1996
Shot put	59-4.25 (18.09m)	James Parman	1986
Weight throw	71-8 (21.84m)	Andras Haklits	1999
Heptathlon	5,187 pts.	Issac Combs	2009

OUTDOOR RECORDS

TRACK EVENTS			
100 meter	10.19	Luther Ambrose	2010
200 meter	20.82	Marshall Malone	1988
400 meter	46.35	Dee Dee Overton	2001
800 meter	1:47.95	Doug Glover	1985
1500 meter	3:43.77	Russell Mangum	1985
5000 meter	14:26.52	Daniel Mutai	2012
10000 meter	29:10.20	Daniel Mutai	2012
110 meter hurdles	13.72	Ken Link	1984
400 meter hurdles	50.37	Pat Griffin	1988
3000 meter steeplechase	8:54.77	Reuben Njau	1994
RELAYS			
400 meter relay	39.76	Feaster, Mitchell Newsome, Lacy	1985
800 meter relay	1:23.34	Archie, Prince Johnson, Gene	1974
Distance medley relay	9:39.70	Mangum, Grace Griffin, Moss	1987
Sprint medley relay	3:18.12	Martin, Taylor Grace, Mangum	1987
1600 meter relay	3:07.61	Jones, Woodard Floyd, Prince	1976
3200 meter relay	7:23.78	Moore, Daily Gratzig, Glover	1983
440 meter shuttle hurdle relay	58.14	Linck, Greer Addams, Hawkins	1982
FIELD EVENTS			
High jump	7-2 (2.18m)	David Green	1986
Pole vault	17-5.50 (5.32m)	Derrick Kelly	1996
Long jump	27-7.25 (8.41m)	Andre Ester	1987
Triple jump	54-2.75 (16.53m)	Nat Sowell	1996
Shot put	63-4.75 (19.32m)	James Parman	1987
Discus	199-3 (60.74m)	Bruce Navarre	1981
Javelin	266-7 (81.26m)	Ken Peterson	1989
Hammer	248-3 (75.67m)	Andras Haklits	1999
Decathlon	7,218 pts.	Falk Schade	1989

Women's School Records

INDOOR RECORDS

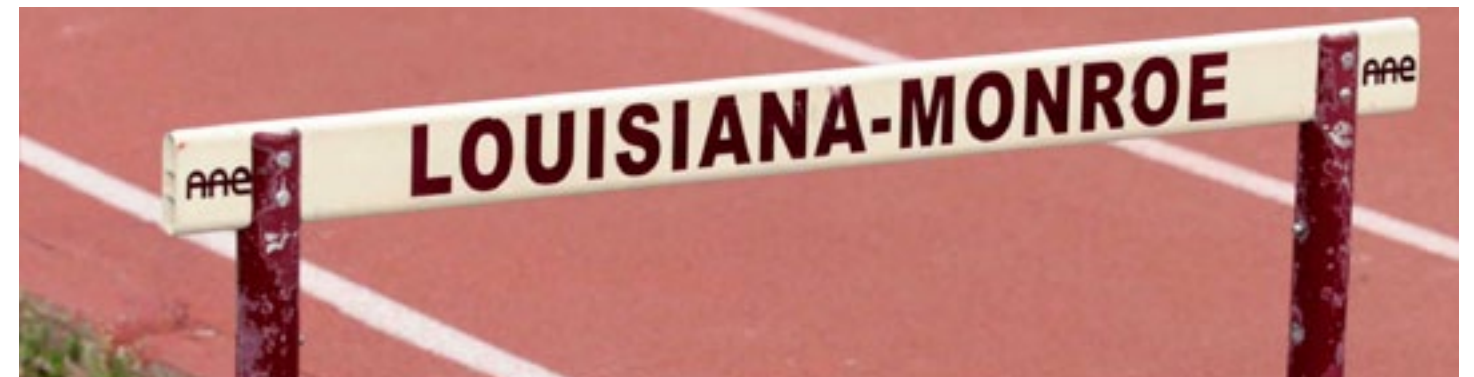
TRACK EVENTS			
55 meter	6.98	Loretta Curry	1995
60 meter	7.53	Tonette Dyer	2001
200 meter	24.14	Tonette Dyer	2001
400 meter	56.83	Loretta Curry	1996
800 meter	2:15.22	Teona Glave	2012
Mile	5:02.14	Nicola Roff	1989
3,000 meter	9:51.00	Nicola Roff	1989
5,000 meter	17:41.02	Rhoda Sherrer	2003
55 meter hurdles	7.97	Pam Smith	1989
60 meter hurdles	8.91	Sadrina Shaw	2006
60 yard	7.03	Clotee Cowans	1984
300 yard	38.37	Bonnie Adger	1986
600 yard	1:25.95	Lisa McRae	1987
880 yard	2:18.27	Pat LeBlanc	1984
1000 yard	2:45.24	Chris Jasek	1987
Two mile	10:49.14	Nicola Roff	1989
60 yard hurdles	7.94	Cheryl Henry	1986
RELAYS			
1600 meter relay	3:51.21	Ford, Watson Matthews, Pickett	2004
Mile relay	3:51.25	Wilson, Jackson Glave, Diggs	2012
Distance medley relay	12:17.36	Johnson, Pickett Matthews, Sherrer	2003
3200 meter relay	9:47.34	Walpole, Gorman Helgadottir, Wilson	1991
Two mile relay	9:58.04	Jasek, Cooper Lobue, Roff	1987
FIELD EVENTS			
High jump	6-0 (1.83m)	Lauri Young	1985
Pole vault	11-3.75 (3.45m)	Sarah O'Neal	2008
Long jump	21-3.75 (6.49m)	Pam Smith	1985
Triple jump	41-7 (12.67m)	Cheryl Henry	1986
Shot put	50-7.25 (15.42m)	Lakeitha Elmore	2011
Weight throw	59-10.5 (18.25m)	Destiny Montemayor	2009
Pentathlon	3,502 pts.	Danielle O'Donnell	2012

OUTDOOR RECORDS

TRACK EVENTS			
100 meter	11.31	Loretta Curry	1996
200 meter	23.34	Loretta Curry	1995
400 meter	54.58	Lisa McRae	1989
800 meter	2:10.67	Lisa Farria	1988
1500 meter	4:32.68	Nicola Roff	1989
3000 meter	9:32.30	Nicola Roff	1989
5000 meter	16:59.67	Tami Micham-Grimes	1994
10000 meter	36:58.29	Holly Forester	1996
100 meter hurdles	13.64	Cheryl Henry	1986
400 meter hurdles	59.67	Tameeka McFarlane	1999
3000 meter steeplechase	10:49.74	Rhonda Sherrer	2003
RELAYS			
400 meter relay	45.50	Black, McRae Washington, Eden	1989
800 meter relay	1:37.08	Holmes, Price Pickett, Shoyebi	2006
Sprint medley relay	1:44.27	McRae, Eden Washington, Farria	1989
Distance medley relay	12:01.70	McKinney, McGinnis Parker, Roff	1989
1600 meter relay	3:43.51	Marshall, Gray Windfield, Henry	1986
3200 meter relay	9:12.40	Farria, Cooper McKinney, Jasek	1988
FIELD EVENTS			
High jump	6-2 (1.88m)	Lauri Young	1985
Pole vault	11-5.75 (3.50m)	Kathleen Gancayco	2007
Long jump	21-8 (6.60m)	Pam Smith	1989
Triple jump	43-4.75 (13.22m)	Cheryl Henry	1986
Shot put	51-6 (15.69m)	Zoretta Edwards	1986
Discus	175-8 (53.55m)	Veronica Karlsson	2005
Javelin	167-9 (51.13m)	Rachel Walker	2005
Hammer	187-7 (57.17m)	Destiny Montemayor	2008
Heptathlon	5,723 pts.	Lauri Young	1985



Luther Ambrose



YEAR BY YEAR

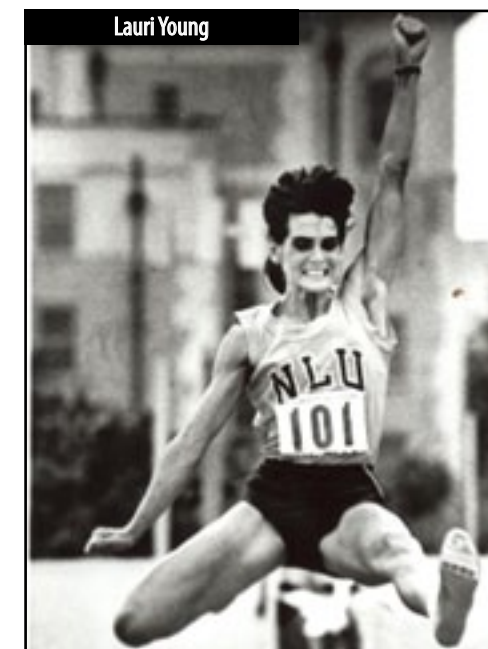
MEN'S YEAR-BY-YEAR RESULTS

Year	Coach	Conference	Cross Country	Indoor	Outdoor
1957-58	Lew Hartzog	Gulf States			Third
1958-59	Lew Hartzog	Gulf States			Champion
1959-60	Lew Hartzog	Gulf States	Champion		Champion
1960-61	Bob Groseclose	Gulf States			Second
1961-62	Bob Groseclose	Gulf States	Champion		Champion
1962-63	Bob Groseclose	Gulf States	Champion		Champion
1963-64	Bob Groseclose	Gulf States			Champion
1964-65	Bob Groseclose	Gulf States	Champion		Second
1965-66	Bob Groseclose	Gulf States	Champion		Second
1966-67	Bob Groseclose	Gulf States			Second
1967-68	Bob Groseclose	Gulf States			Second
1968-69	Bob Groseclose	Gulf States			Champion
1969-70	Bob Groseclose	Gulf States			Champion
1970-71	Bob Groseclose	Gulf States			Fourth
1971-72	Bob Groseclose	Independent			
1972-73	Bob Groseclose	Independent			
1973-74	Bob Groseclose	Independent			
1974-75	Bob Groseclose	Independent			
1975-76	Bob Groseclose	Independent			
1976-77	Bob Groseclose	Independent			
1977-78	Bob Groseclose	Independent			
1978-79	Bob Groseclose	Independent			
1979-80	Bob Groseclose	Independent			
1980-81	Bob Groseclose	Independent			
1981-82	Bob Groseclose	Independent			
1982-83	Bob Groseclose	Southland	Seventh	Fifth	Third
1983-84	Bob Groseclose	Southland	Third	Fourth	Second
1984-85	Bob Groseclose	Southland	Third	Second	Second
1985-86	Bob Groseclose	Southland	Fourth	Champion	Second
1986-87	Bob Groseclose	Southland	Third	Champion	Champion
1987-88	Bob Groseclose	Southland	Third	Champion	Champion
1988-89	Bob Groseclose	Southland	Fifth	Third	Third
1989-90	Dennis Groll	Southland	Seventh	Second	Second
1990-91	Dennis Groll	Southland	Third	Fourth	Second
1991-92	Dennis Groll	Southland	Fifth	Fourth	Second
1992-93	Dennis Groll	Southland	Eighth	Fifth	Third
1993-94	Dennis Groll	Southland	Fifth	Sixth	Third
1994-95	Dennis Groll	Southland	Fifth	Sixth	Third
1995-96	Dennis Groll	Southland	Sixth	Sixth	Sixth
1996-97	Dennis Groll	Southland	Sixth	Eighth	Eighth
1997-98	Dennis Groll	Southland	Fifth	Eighth	Eighth
1998-99	Jon Stuart	Southland	Eleventh	Eighth	Seventh
1999-00	J.D. Malone	Southland	Tenth	Ninth	Sixth
2000-01	J.D. Malone	Southland	Eleventh	Ninth	Ninth
2001-02	J.D. Malone	Southland	Tenth	Ninth	Eleventh
2002-03	J.D. Malone	Southland	Seventh	Eighth	Ninth
2003-04	J.D. Malone	Southland	Fourth	Eighth	Eleventh
2004-05	J.D. Malone	Southland	Eighth	Tenth	Tenth
2005-06	J.D. Malone	Southland	Tenth	Eighth	Ninth
2006-07	J.D. Malone	Sun Belt	Tenth	Seventh	Seventh
2007-08	J.D. Malone	Sun Belt	Eleventh	Sixth	Sixth
2008-09	J.D. Malone	Sun Belt	Ninth	Third	Third
2009-10	J.D. Malone	Sun Belt	Ninth	Seventh	Fifth
2010-11	J.D. Malone	Sun Belt	Fifth	Eighth	Second
2011-12	J.D. Malone	Sun Belt	Fifth	Sixth	Eighth

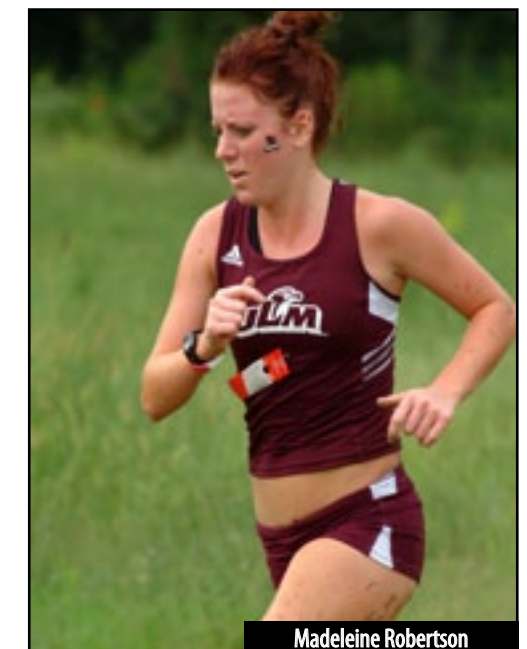
YEAR BY YEAR

WOMEN'S YEAR-BY-YEAR RESULTS

Year	Coach	Conference	Cross Country	Indoor	Outdoor
1980-81	Dennis Groll	Independent			
1981-82	Dennis Groll	Independent			
1982-83	Dennis Groll	Independent			
1983-84	Dennis Groll	Independent			
1984-85	Dennis Groll	Independent			
1985-86	Dennis Groll	Southland	Champion		Champion
1986-87	Dennis Groll	Southland	Co-Champion	Champion	Champion
1987-88	Dennis Groll	Southland	Third	Second	Champion
1988-89	Dennis Groll	Southland	Second	Champion	Champion
1989-90	Dennis Groll	Southland	Sixth	Second	Second
1990-91	Dennis Groll	Southland	Fourth	Second	Fourth
1991-92	Dennis Groll	Southland	Sixth	Third	Fourth
1992-93	Dennis Groll	Southland	Sixth	Third	Fifth
1993-94	Dennis Groll	Southland	Fifth	Fifth	Fourth
1994-95	Dennis Groll	Southland	Eighth	Seventh	Fourth
1995-96	Dennis Groll	Southland	Ninth	Third	Third
1996-97	Dennis Groll	Southland	Fourth	Third	Fourth
1997-98	Dennis Groll	Southland	Seventh	Fourth	Fifth
1998-99	Jon Stuart	Southland	Ninth	Sixth	Sixth
1999-00	J.D. Malone	Southland	Ninth	Eighth	Ninth
2000-01	J.D. Malone	Southland	Sixth	Ninth	Sixth
2001-02	J.D. Malone	Southland	Tenth	Ninth	Eleventh
2002-03	J.D. Malone	Southland	T-Seventh	Eighth	Sixth
2003-04	J.D. Malone	Southland	Tenth	Ninth	Sixth
2004-05	J.D. Malone	Southland	Eleventh	Ninth	Seventh
2005-06	J.D. Malone	Southland	Eighth	Eighth	Ninth
2006-07	J.D. Malone	Sun Belt	Tenth	Tenth	Fifth
2007-08	J.D. Malone	Sun Belt	Ninth	Eighth	Sixth
2008-09	J.D. Malone	Sun Belt	Eleventh	Seventh	Fifth
2009-10	J.D. Malone	Sun Belt	Tenth	Seventh	Eighth
2010-11	J.D. Malone	Sun Belt	Tenth	Tenth	Tenth
2011-12	J.D. Malone	Sun Belt	Ninth	Eleventh	Tenth



Lauri Young



Madeleine Robertson

ACHIEVEMENTS

MEN'S TRACK & FIELD COACHING HISTORY

1958-60	Lew Hartzog
1960-89	Bob Groseclose
1990-98	Dennis Groll
1998-99	Jon Stuart
1999-present	J.D. Malone

MEN'S NCAA INDOOR CHAMPIONSHIPS APPEARANCES (Scored at Meet)

Year	Place	Points	Coach
1987	13th	10 points	Bob Groseclose
1988	T13th	10 points	Bob Groseclose
1989	T16th	10 points	Bob Groseclose
1991	T23rd	8 points	Dennis Groll
1992	T30th	4 points	Dennis Groll
1996	40th	5 points	Dennis Groll

MEN'S INDOOR NATIONAL CHAMPIONS

1987	Andre Ester	Long jump
1989	Christoph Koch	Weight throw

MEN'S INDOOR ALL-AMERICANS

1987	Andre Ester	Long jump
1988	Andre Ester	Long jump
1989	Christoph Koch	Hammer
1989	Christoph Koch	Weight throw
1990	Jerry Harris	Long jump
1991	Jerry Harris	Long jump
1995	Nat Sewell	Triple jump
1995	Nat Sewell	Long jump
1996	Nat Sewell	Triple jump
1996	Nat Sewell	Long jump
1999	Andras Haklits	Weight throw

MEN'S INDOOR TEAM CONFERENCE CHAMPIONS

1986	Southland	Bob Groseclose
1987	Southland	Bob Groseclose
1988	Southland	Bob Groseclose

MEN'S INDOOR CONFERENCE CHAMPIONS

1983	Keith Sims	Southland	440 yards
1983	Ken Link	Southland	60 hurdles
1984	Jerry Lacy	Southland	60 yards
1984	James Parman	Southland	Shot put
1985	Doug Glover	Southland	880 yards
1986	Russell Mangum	Southland	Mile
1987	Pat Griffin	Southland	60 hurdles
1987	Russell Mangum	Southland	1000 yards
1987	Ronny Kvist	Southland	Shot put
1988	Rggie Senegal	Southland	800 meters
1988	Andre Ester	Southland	Long jump
1989	Pat Johnson	Southland	55 hurdles
1990	Jerry Harris	Southland	Long jump
1991	Jerry Harris	Southland	Long jump
1992	Fred Fields	Southland	55 meters
1992	Rick Werline	Southland	Shot put
1994	Drew Prisner	Southland	Three mile
1995	Nat Sowell	Southland	Long jump
1995	Nat Sowell	Southland	Triple jump
1995	Linwood Johnson	Southland	Pole vault
1996	Nat Sowell	Southland	Long jump
1996	Nat Sowell	Southland	Triple jump
1996	Linwood Johnson	Southland	Pole vault
1998	Michael Robbins	Southland	55 hurdles
1998	Michael Robbins	Southland	High jump
1999	Brian Everett	Southland	200 meters
1999	Dave Estes	Southland	Shot put

2000	Dave Estes	Southland	Shot put
2004	Benji Jones	Southland	800 meters
2004	Chris Verheul	Southland	Mile
2008	Issac Combs	Sun Belt	Heptathlon
2011	Luther Ambrose	Sun Belt	55 meters

MEN'S INDOOR TOP MEET SCORER

1988	Reggie Senegal	Southland
1998	Michael Robbins	Southland

MEN'S INDOOR OUTSTANDING FIELD PERFORMER

1990	Jerry Harris	Southland
1995	Nat Sowell	Southland
1996	Nat Sowell	Southland
2006	Rani Giladi	Southland

MEN'S INDOOR ATHLETE OF THE YEAR

1995	Nat Sowell	Southland
1996	Nat Sowell	Southland

MEN'S INDOOR COACH OF THE YEAR

1985	Bob Groseclose	Southland
1987	Bob Groseclose	Southland
1987	Bob Groseclose	Southwest Region
1988	Bob Groseclose	Southland

OLYMPIANS

1964	John Pennel	Pole vault
1968	John Pennel	Pole vault
1996	Breaux Greer	Javelin
2000	Breaux Greer	Javelin
2004	Breaux Greer	Javelin

AAU SULLIVAN AWARD

1963	John Pennel
------	-------------

NCAA OUTDOOR CHAMPIONSHIPS APPEARANCES (Scored at Meet)

Year	Place	Points	Coach
1975	21st	10 points	Bob Groseclose
1987	15th	10 points	Bob Groseclose
1988	11th	21 points	Bob Groseclose
1989	18th	16 points	Bob Groseclose
1990	T56th	4 points	Dennis Groll
1991	36th	7 points	Dennis Groll
1992	T65th	1 point	Dennis Groll
1996	45th	6 points	Dennis Groll
1999	16th	15 points	

MEN'S OUTDOOR NATIONAL CHAMPIONS

1975	Warren Shanklin	High jump
1988	Ken Peterson	Javelin
1989	Christoph Koch	Weight throw
1999	Andras Haklits	Hammer

MEN'S OUTDOOR ALL-AMERICANS

1975	Warren Shanklin	High jump
1981	Bruce Navarre	Discus
1987	James Parman	Shot put
1987	James Parman	Discus
1987	Ken Peterson	Javelin
1988	Ken Peterson	Javelin
1988	Lyle Guillo	Javelin
1989	Ken Peterson	Javelin
1989	Christoph Koch	Hammer
1989	Christoph Koch	Weight throw
1990	Lyle Guillo	Javelin
1991	Jerry Harris	Long jump

1991	Rick Werline	Discus
1992	Rick Werline	Discus
1992	Fred Fields	100 meters
1995	Nat Sowell	Long jump
1995	Nat Sowell	Triple jump
	Nat Sowell	Long jump
1996	Nat Sowell	Triple jump
	Breaux Greer	Javelin
1998	Breaux Greer	Javelin
1999	Breaux Greer	Javelin
1999	Andras Haklits	Hammer
1999	Andras Haklits	Weight throw
2008	Kyle Kent	Javelin
2010	Luther Ambrose	100 meters
2011	Richard McKay	Javelin

MEN'S OUTDOOR TEAM CONFERENCE CHAMPIONS

1959	Gulf States	Lew Hartzog
1960	Gulf States	Lew Hartzog
1962	Gulf States	Bob Groseclose
1963	Gulf States	Bob Groseclose
1964	Gulf States	Bob Groseclose
1969	Gulf States	Bob Groseclose
1970	Gulf States	Bob Groseclose
1987	Southland	Bob Groseclose
1988	Southland	Bob Groseclose

MEN'S OUTDOOR CONFERENCE CHAMPIONS

1958	Dave Styron	Gulf States	100 yards
1958	Dave Styron	Gulf States	220 yards
1959	Dave Styron	Gulf States	100 yards
1959	Dave Styron	Gulf States	220 yards
1959	Don Styron	Gulf States	120 yard HH
1959	Don Styron	Gulf States	220 yard LH
1960	Dave Styron	Gulf States	100 yards
1960	Dave Styron	Gulf States	220 yards
1960	Dick Hays	Gulf States	440 yards
1960	Don Eiland	Gulf States	Mile
1960	Don Styron	Gulf States	120 yard HH
1960	Don Styron	Gulf States	220 yard LH
1960	Hoy Rogers	Gulf States	Shot put
1960	Hoy Rogers	Gulf States	Discus
1960	John Pennel	Gulf States	Pole vault
1961	Randall Walker	Gulf States	440 yards
1961	Don Eiland	Gulf States	880 yards
1961	Don Eiland	Gulf States	Mile
1961	Hoy Rogers	Gulf States	Shot put
1961	Hoy Rogers	Gulf States	Discus
1961	John Pennel	Gulf States	Pole vault
1962	Dave Styron	Gulf States	100 yards
1962	Dave Styron	Gulf States	220 yards
1962	Randall Walker	Gulf States	440 yards
1962	Don Styron	Gulf States	120 yard HH
1962	Don Styron	Gulf States	220 yard LH
1962	Tiffen Stone	Gulf States	Discus
1963	Randall Walker	Gulf States	440 yards
1963	John Pennel	Gulf States	Pole vault
1964	Ronnie Fountain	Gulf States	100 yards
1964	Cline Averett	Gulf States	440 yards
1964	Doug Constant	Gulf States	Triple jump
1964	Gary Walker	Gulf States	Discus
1965	Dalton LeBlanc	Gulf States	100 yards
1965	Randall Walker	Gulf States	120 yard HH
1965	Dalton LeBlanc	Gulf States	220 yard LH
1965	Roger Mann	Gulf States	330 yard IH
1965	Paul Hobgood	Gulf States	Pole vault
1966	Ronnie Fountain	Gulf States	100 yards

1966	Ronnie Fountain	Gulf States	220 yards
1966	John Rhodes	Gulf States	Long jump
1966	Tommy Edmondson	Gulf States	Pole vault
1967	Roger Mann	Gulf States	440 yard IH
1967	Don Warren	Gulf States	Long jump
1967	Mike Shepherd	Gulf States	Shot put
1968	Richard Polk	Gulf States	120 yard HH
1968	John Hollingsworth	Gulf States	Discus
1969	Sylvester McKinney	Gulf States	100 yards
1969	John Hollingsworth	Gulf States	Shot put
1969	John Hollingsworth	Gulf States	Discus
1970	Jim Upton	Gulf States	120 yard HH
1970	Jim Upton	Gulf States	440 yard IH
1970	John Hollingsworth	Gulf States	Shot put
1970	John Hollingsworth	Gulf States	Discus
1971	Jim Upton	Gulf States	120 yard HH
1974	Mark Horner	Gulf States	800 meters
1985	Jerry Lacy	Southland	100 meters
1985	Russell Mangum	Southland	1500 meters
1985	John Feaster	Southland	400 meter relay
1985	Benny Mitchell	Southland	400 meter relay
1985	Al Newsome	Southland	400 meter relay
1985	Jerry Lacy	Southland	400 meter relay
1985	James Parman	Southland	Discus
1985	Greg Soulis	Southland	Javelin
1986	Russell Mangum	Southland	1500 meters
1986	Byron Wright	Southland	High jump
1986	Andre Ester	Southland	Long jump
1987	Russell Mangum	Southland	800 meters
1987	Russell Mangum	Southland	1500 meters
1987	Pat Griffin	Southland	110 hurdles
1987	Pat Griffin	Southland	400 hurdles
1987	Andre Ester	Southland	Long jump
1987	James Parman	Southland	Shot put
1987	James Parman	Southland	Discus
1987	Ken Peterson	Southland	Javelin
1988	Reggie Senegal	Southland	1500 meters
1988	Ronny Kvist	Southland	Discus
1988	Ken Peterson	Southland	Javelin
1989	Reggie Senegal	Southland	3000 steeplechase
1989	Ronny Kvist	Southland	Shot put
1990	Trevor Murray	Southland	1500 meters
1990	Trevor Murray	Southland	10000 meters
1990	Trevor Murray	Southland	3,000 steeplechase
1990	Lyle Guillory	Southland	Javelin
1991	Walter Allen	Southland	400 meters
1991	Jerry Harris	Southland	Long jump
1991	Rick Werline	Southland	Discus
1991	Lyle Guillory	Southland	Javelin
1992	Fred Fields	Southland	100 meters
1992	Fred Fields	Southland	200 meters
1992	Drew Prisner	Southland	3000 steeplechase
1992	Rick Werline	Southland	Shot put
1992	Rick Werline	Southland	Discus
1993	Reuben Njau	Southland	3000 steeplechase
1993	Nat Sowell	Southland	Long jump
1994	Reuben Njau	Southland	3000 steeplechase
1994	Nat Sowell	Southland	Long jump
1995	Nat Sowell	Southland	400 meter relay
1995	Fred Fields	Southland	400 meter relay
1995	Jerme Marshall	Southland	400 meter relay
1995	Linwood Johnson	Southland	400 meter relay
1995	Nat Sowell	Southland	Long jump
1995	Nat Sowell	Southland	Triple jump
1995	Linwood Johnson	Southland	Pole vault
1995	Breaux Greer	Southland	Javelin
1996	Nat Sowell	Southland	Long jump

ACHIEVEMENTS

1996	Nat Sowell	Southland	Triple jump
1996	Linwood Johnson	Southland	Pole vault
1997	Breaux Greer	Southland	Javelin
1997	Gerrick Green	Southland	1600 meter relay
1997	Kishan Winston	Southland	1600 meter relay
1997	Greg Jackson	Southland	1600 meter relay
1997	Derrick Hart	Southland	1600 meter relay
1998	Breaux Greer	Southland	Javelin
1999	Michael Robbins	Southland	110 hurdles
1999	Dave Estes	Southland	Shot put
1999	Dave Estes	Southland	Discus
1999	Breaux Greer	Southland	Javelin
2000	Dave Estes	Southland	Shot put
2000	Dave Estes	Southland	Discus
2001	Dee Dee Overton	Southland	400 meters
2003	Benji Jones	Southland	800 meters
2003	Chris Verheul	Southland	1500 meters
2007	Maya Aden	Sun Belt	3000 steeplechase
2007	Walt Williams	Sun Belt	Shot put
2007	Walt Williams	Sun Belt	Discus
2008	Kyle Kent	Sun Belt	Javelin
2009	Mychal Word	Sun Belt	400 meters
2009	Luther Ambrose	Sun Belt	Long jump
2009	Richard McKay	Sun Belt	Javelin
2010	Luther Ambrose	Sun Belt	100 meters
2010	Luther Ambrose	Sun Belt	200 meters
2010	Kyle Kent	Sun Belt	Javelin
2011	Luther Ambrose	Sun Belt	100 meters
2011	Daniel Mutai	Sun Belt	3000 steeplechase
2011	Clint Broussard	Sun Belt	High jump
2011	Luther Ambrose	Sun Belt	400 meter relay
2011	Brian Blackwell	Sun Belt	400 meter relay
2011	Dimitri Hampton	Sun Belt	400 meter relay
2011	Keyon Jones	Sun Belt	400 meter relay

MEN'S OUTDOOR TOP MEET SCORER

1988	Reggie Senegal	Southland
1998	Michael Robbins	Southland
2010	Luther Ambrose	Sun Belt

MEN'S OUTDOOR OUTSTANDING TRACK PERFORMER

2010	Luther Ambrose	Sun Belt
2011	Daniel Mutai	Sun Belt

MEN'S OUTDOOR OUTSTANDING FIELD PERFORMER

1990	Jerry Harris	Southland
1995	Nat Sowell	Southland
1996	Nat Sowell	Southland
2006	Rani Giladi	Southland
2007	Walt Williams	Sun Belt

MEN'S OUTDOOR ATHLETE OF THE YEAR

1995	Nat Sowell	Southland
1996	Nat Sowell	Southland

MEN'S OUTDOOR COACH OF THE YEAR

1985	Bob Groseclose	Southland
1987	Bob Groseclose	Southland
1987	Bob Groseclose	Southwest Region
1988	Bob Groseclose	Southland
2011	J.D. Malone	Sun Belt

WOMEN'S TRACK & FIELD COACHING HISTORY

1981-98	Dennis Groll
1998-99	Jon Stuart
1999-present	J.D. Malone

WOMEN'S NCAA INDOOR CHAMPIONSHIPS APPEARANCES (Scored at Meet)

Year	Place	Points	Coach
1984	27th	5 points	Dennis Groll
1986	34th	1 point	Dennis Groll
1990	34th	2 points	Dennis Groll

WOMEN'S INDOOR ALL-AMERICANS

1984	Lauri Young	High jump
1985	Lauri Young	High jump
1986	Cheryl Henry	Triple jump
1990	Pam Smith	Long jump

WOMEN'S INDOOR CONFERENCE CHAMPIONS

1987	Pam Smith	Southland	Long jump
1987	Zoretta Edwards	Southland	Shot put
1988	Chris Jasek	Southland	Mile
1988	Angela Black	Southland	55 hurdles
1988	Nelda Freeman	Southland	Mile relay
1988	Felicia Washington	Southland	Mile relay
1988	LaTaunya Johnson	Southland	Mile relay
1988	Lisa Farria	Southland	Mile relay
1988	Pam Smith	Southland	Long jump
1989	Nicola Roff	Southland	Mile
1989	Nicola Roff	Southland	Two mile
1989	Pam Smith	Southland	55 hurdles
1989	Pam Smith	Southland	Long jump
1989	Angela Black	Southland	Triple jump
1990	Troquel Eden	Southland	55 meters
1990	Lisa McRae	Southland	400 meters
1990	Pam Smith	Southland	55 hurdles
1990	Angela Black	Southland	Mile relay
1990	Lisa McRae	Southland	Mile relay
1990	Tonya Wilson	Southland	Mile relay
1990	Troquel Eden	Southland	Mile relay
1990	Pam Smith	Southland	Long jump
1990	Angela Black	Southland	Triple jump
1991	Troquel Eden	Southland	400 meters
1991	Diana Lindsey	Southland	High jump
1991	Angela Black	Southland	Long jump
1993	Tami Micham-Grimes	Southland	Two mile
1993	Tami Micham-Grimes	Southland	Three mile
1993	Erricka Jones	Southland	55 hurdles
1993	Lisa Hawkins	Southland	Shot put
1996	Holly Forester	Southland	3,000 meters
1996	Tara Coston	Southland	Triple jump
1996	Marsha French	Southland	Shot put
1997	Tara Coston	Southland	Long jump
1997	Tara Coston	Southland	Triple jump
1997	Marsha French	Southland	Shot put
1998	Jhonnette Lemon	Southland	High jump
1998	Tara Coston	Southland	Triple jump
1998	Tammy Green	Southland	Shot put
1999	Kelly Folse	Southland	1600 meter relay
1999	Lisa Murphy	Southland	1600 meter relay
1999	Tameela McFarlane	Southland	1600 meter relay
1999	Fese Esimba	Southland	1600 meter relay
2001	Tonette Dyer	Southland	200 meters
2008	Heather Davis	Sun Belt	High jump
2008	Destiny Montemayor	Sun Belt	Weight throw
2009	Heather Davis	Sun Belt	High jump
2009	Lakeitha Elmore	Sun Belt	Shot put
2010	Jerrica Thomas	Sun Belt	Triple jump

2011	Lakeitha Elmore	Sun Belt	Shot put
------	-----------------	----------	----------

WOMEN'S INDOOR TOP MEET SCORER

1989	Angela Black	Southland
1990	Pam Smith	Southland
1991	Angela Black	Southland
1993	Tami Micham-Grimes	Southland

WOMEN'S INDOOR OUTSTANDING TRACK PERFORMER

1989	Nicola Roff	Southland
1990	Troquel Eden	Southland
1993	Tami Micham-Grimes	Southland

WOMEN'S INDOOR OUTSTANDING FIELD PERFORMER

1988	Pam Smith	Southland
1989	Pam Smith	Southland
1990	Pam Smith	Southland
1991	Angela Black	Southland
1996	Marsha French	Southland

WOMEN'S INDOOR ATHLETE OF THE YEAR

1990	Pam Smith	Southland
1991	Angela Black	Southland
1993	Tami Micham-Grimes	Southland

WOMEN'S INDOOR COACH OF THE YEAR

1989	Dennis Groll	Southland
------	--------------	-----------

WOMEN'S NCAA OUTDOOR CHAMPIONSHIPS APPEARANCES (Scored at Meet)

Year	Place	Points	Coach
1985	19th	15 points	Dennis Groll
1989	29th	8 points	Dennis Groll
1990	T34th	6 points	Dennis Groll
1991	T35th	5 points	Dennis Groll

WOMEN'S OUTDOOR NATIONAL CHAMPIONS

1985	Lauri Young	Heptathlon
------	-------------	------------

WOMEN'S OUTDOOR ALL-AMERICANS

1982	Clotee Cowans	100m, 200m
1985	Lauri Young	Heptathlon
1989	Pam Smith	Long jump
1990	Pam Smith	Long jump
1991	Angela Black	Long jump

WOMEN'S OUTDOOR CONFERENCE CHAMPIONS

1986	Janice Marshall	Southland	100 meters
1986	Janice Marshall	Southland	200 meters
1986	Janice Gray	Southland	400 meters
1986	Cheryl Henry	Southland	100 hurdles
1986	Bonnie Adger	Southland	400 meter relay
1986	Cheryl Henry	Southland	400 meter relay
1986	Janice Gray	Southland	400 meter relay
1986	Janice Marshall	Southland	400 meter relay
1986	Janice Marshall	Southland	1600 meter relay
1986	Cheryl Henry	Southland	1600 meter relay
1986	Janice Gray	Southland	1600 meter relay
1986	Pat Windfield	Southland	1600 meter relay
1986	Nina Sylvester	Southland	High jump
1986	Cheryl Henry	Southland	Long jump
1986	Cheryl Henry	Southland	Triple jump
1986	Zoretta Edwards	Southland	Shot put
1986	Sherry Deckard	Southland	Discus
1986	Pernille Jorgenson	Southland	Javelin
1987	Lisa Farria	Southland	800 meters
1987	Chris Jasek	Southland	Two mile relay
1987	Lisa Cooper	Southland	Two mile relay

1987	Chrisa Lobue	Southland	Two mile relay
1987	Nicola Roff	Southland	Two mile relay
1987	Pam Smith	Southland	Long jump
1987	Sherry Deckard	Southland	Discus
1988	Lisa McRae	Southland	400 meters
1988	Lisa Farria	Southland	800 meters
1988	Chris Jasek	Southland	1500 meters
1988	Chris Jasek	Southland	3000 meters
1988	Angela Black	Southland	100 hurdles
1988	Pam Smith	Southland	Long jump
1988	Pam Smith	Southland	Triple jump
1988	Sherry Deckard	Southland	Discus
1989	Troquel Eden	Southland	100 meters
1989	Troquel Eden	Southland	200 meters
1989	Nicola Roff	Southland	1500 meters
1989	Nicola Roff	Southland	3000 meters
1989	Nicola Roff	Southland	5000 meters
1989	Pam Smith	Southland	100 hurdles
1989	LaTaunya Johnson	Southland	400 hurdles
1989	LaTaunya Johnson	Southland	400 meter relay
1989	Felicia Washington	Southland	400 meter relay
1989	Pam Smith	Southland	400 meter relay
1989	Troquel Eden	Southland	400 meter relay
1989	LaTaunya Johnson	Southland	1600 meter relay
1989	Felicia Washington	Southland	1600 meter relay
1989	Lisa McRae	Southland	1600 meter relay
1989	Troquel Eden	Southland	1600 meter relay
1989	Pam Smith	Southland	Long jump
1990	Angela Black	Southland	100 meters
1990	Troquel Eden	Southland	200 meters
1990	Lisa McRae	Southland	400 meters
1990	Pam Smith	Southland	100 hurdles
1990	Pam Smith	Southland	400 meter relay
1990	Lisa McRae	Southland	400 meter relay
1990	Angela Black	Southland	400 meter relay
1990	Troquel Eden	Southland	400 meter relay
1990	Angela Black	Southland	Long jump
1991	Angela Black	Southland	Long jump
1991	Angela Black	Southland	100 hurdles
1991	Angela Black	Southland	1600 meter relay
1991	Lisa McRae	Southland	1600 meter relay
1991	Tonya Wilson	Southland	1600 meter relay
1991	Troquel Eden	Southland	1600 meter relay
1992	Troquel Eden	Southland	400 meters
1992	Melissa Walpole	Southland	800 meters
1993	Tami Micham-Grimes	Southland	3000 meters
1993	Lisa Hawkins	Southland	Shot put
1993	Tonya Wilson	Southland	Heptathlon
1994	Tami Micham-Grimes	Southland	3000 meters
1995	Loretta Curry	Southland	100 meters
1995	Loretta Curry	Southland	200 meters
1996	Denise Lee	Southland	400 hurdles
1996	Tara Coston	Southland	Triple jump
1996	Marsha French	Southland	Shot put
1998	Jhonnette Lemon	Southland	High jump
1999	Tameeka McFarlane	Southland	400 hurdles
2003	Rhonda Sherrer	Southland	3000 steeplechase
2005	Veronica Karlsson	Southland	Discus
2007	Heather Davis	Sun Belt	High jump
2007	Destiny Montemayer	Sun Belt	Hammer
2008	Heather Davis	Sun Belt	High jump
2009	Heather Davis	Sun Belt	High jump
2011	Lakeitha Elmore	Sun Belt	Shot put
2012	Marcie Richard	Sun Belt	Javelin

WOMEN'S OUTDOOR TOP MEET SCORER

1987	Pam Smith	Southland
------	-----------	-----------

ACHEIVEMENTS

1989	Angela Black	Southland
1990	Angela Black	Southland

WOMEN'S OUTDOOR OUTSTANDING TRACK PERFORMER

1988	Chris Jasek	Southland
1989	Nicola Roff	Southland
1990	Angela Black	Southland

WOMEN'S OUTDOOR OUTSTANDING FIELD PERFORMER

1988	Pam Smith	Southland
1993	Lisa Hawkins	Southland

WOMEN'S OUTDOOR ATHLETE OF THE YEAR

1988	Pam Smith	Southland
1989	Pam Smith	Southland

WOMEN'S OUTDOOR COACH OF THE YEAR

1986	Dennis Groll	Southland
1987	Dennis Groll	Southland
1988	Dennis Groll	Southland
1989	Dennis Groll	Southland



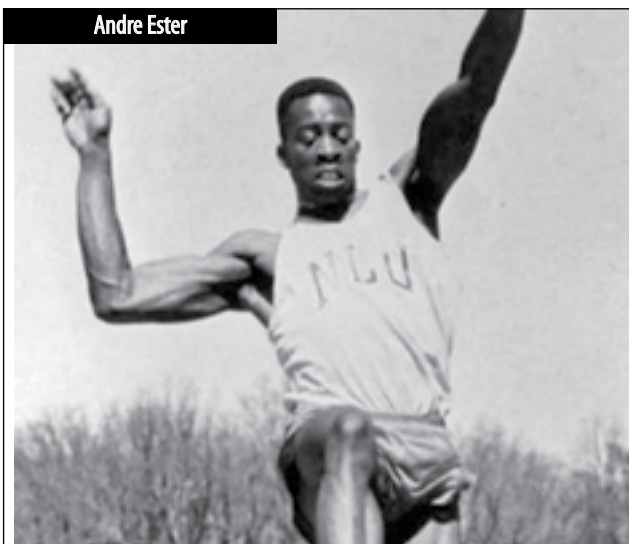
Andras Haklits



Nat Sowell



Styron Twins



Andre Ester