

Meet Schedule

Field Events

11:00 AM	Weight Throw	Women	Prelims & Finals
11:00 AM	Shot Put	Men	Prelims & Finals
1:00 PM	Weight Throw	Men	Prelims & Finals
1:00 PM	Shot Put	Women	Prelims & Finals
3:00 PM	Long Jump	Women	Prelims & Finals
4:00 PM	Pole Vault	Women	Finals
5:00 PM	Long Jump	Men	Prelims & Finals
5:00 PM	High Jump	Women	Finals
6:00 PM	Triple Jump	Women	Prelims & Finals
6:00 PM	Pole Vault	Men	Finals
6:00 PM	High Jump	Men	Finals
7:00 PM	Triple Jump	Men	Prelims & Finals

Running Events

(Down Stairs)

4:00 PM	55m Hurdles	W/M	Prelims (12 Advance)
	55m Dash	W/M	Prelims (12 Advance)
6:30 PM	55m Hurdles	W/M	Final (A&B)
	55m Dash	W/M	Final (A&B)

(Up Stairs)

3:00 PM	DMR	W/M	Final
4:30 PM	1 mile	W/M	Final
	400 Meters	W/M	Final
	600 Meters	W/M	Final
	800 Meters	W/M	Final
	200 Meters	W/M	Final
	3000 Meters	W/M	Final
	4x400 Relay	W/M	Final

*Running events will go on a rolling schedule.

*Schedule is subject to change.

McNeese Indoor Rec Complex Records

MEN'S RECORDS

55 Meter Dash: 6.1,	Brian Cooper, McNeese 1987; Verril Young, unattached 1991; Ruel Paul, USL 1991
55 Hurdles: 6.99,	Derrick Ford, Southern, 1993
200 Meters: 22.64	Keenan Jackson, Northwestern, 2012
400 Meter Dash: 48.3,	Tom Williams, Jackson State 1990
800 Meter Run: 1:51.8,	Alfredo Lahuerta, Houston Baptist, 1985
1000 Meters: 2:27.0,	Sammy Skimhfast, Houston Baptist, 1986
1 mile Run: 4:06.19,	Alex Bruce-Littlewood, McNeese State, 2011
3000 Meter Run: 8:10.9,	Roger Solar, UT San Antonio, 1985
3200 Meter Run: 8:39.1,	Roger Solar, UT San Antonio, 1983
Two Mile Run: 8:31.5,	Chris Bloor, Stephen F. Austin 1984
Three Mile Run: 14:05.4,	Daniel Laquerre, 1981
4x400 Meter Relay: 3:15.3,	USL (1991)
3200 Meter Relay: 7:34.6,	Houston Baptist (1987)
Distance Medley: 10:15.42,	McNeese State. 1996
Shot Put: 61-0,	Kevin Toth, unattached 1992
Weight Throw: 63'11.7"	Adonson Shallow, SELA 2011
Long Jump: 26-1,	Brian Cooper, McNeese State, 1985
Triple Jump: 51-1,	Mdhlongwa, USL, 1995
High Jump: 7-2,	Michael Roberson, McNeese State, 1996
Pole Vault: 17-3,	Jacob Davis, Orangefield High School, 1995

WOMEN'S RECORDS

55 Meter Dash: 6.8,	Theresa Neighbors, UT San Antonio (1990); Sheryl Wilson, unattached, 1991
55 Hurdles: 7.77,	Latey Davenport, Southern, 1993
200 Meters: 25.01,	Ashleigh Wells, McNeese 2012
400 Meter Dash: 56.61,	Amaka Richardson, Unattached, 2012
800 Meter Run: 2:11.80,	Beverly Harrington, unattached, 1996
1600 Meter Run: 5:00.4,	Becky Brooks, Lamar, 1986
3000 Meter Run: 9:29.94,	Sarah Salmon, McNeese 1997
3200 Meter Run: 10:33.9,	Jody Duston, UTSA 1988
5000 Meter Run: 19:00.34,	Keri Ange, McNeese 1993
Two Mile Run: 11:35.2,	Liz Unkel, McNeese 1988
4x400 Meter Relay: 3:53.6,	San Jacinto, 1988
3200 Meter Relay: 9:25.7,	UT San Antonio, 1987
Distance Medley: 12:17.19,	Univ. of Mobile 1998
Shot Put: 50'.4",	Tracey Rew, Northwestern St., 2011
Weight Throw: 66'8.5"	Kristal Kostiew-Yush, NYAC, 2011
Long Jump: 20-1,	Paula Andrews, Prairie View 1991
Triple Jump: 40-8,	Cheryl Henry, Northeast La., 1986
High Jump: 5-9,	Presley, Lamar, 1990
Pole Vault: 12' 11.5"	Erica Bartolina unattached 2010