

Southland Conference Track & Field 2005 Outdoor Performance List

Final List - through NCAA Championships

Compiled by Flash Results Texas

[Coaches should submit corrections to mike@flashresults.com](mailto:mike@flashresults.com)

Women's List

Women 100m Dash

1	11.51	Rosalind Holmes	UT-San Antonio	3/19/05	UTSA/Whataburger Relays
2	11.69	Ellen Garrison	UT-Arlington	5/7/05	UTA Open
3	11.77	RaShandra Harris	Texas State	5/13/05	SLC Outdoor Championships
4	11.78	Shana Rash	UT-Arlington	5/7/05	UTA Open
5	11.82	Morgan Moszee	UT-San Antonio	4/16/05	Spira Invitational
6	11.85	Brittany Williams	UT-Arlington	4/2/05	UTA Invitational
6	11.85	Tiffani Holmes	UL-Monroe	3/12/05	Southern Miss Invitational
8	11.86	Ashanti Smith	Southeastern LA	4/28/05	Ty Terrell Relays
9	11.91	Kourtnee Jones	UT-Arlington	4/2/05	UTA Invitational
10	11.93	Joy Furlow	Sam Houston St.	4/28/05	Ty Terrell Relays
11	11.94	Deontria Finley	Sam Houston St.	3/11/05	York Relays
12	11.96	Leonie Ezegbunam	Southeastern LA	3/12/05	Southern Miss Invitational
13	12.01	Amber Everett	Texas State	5/13/05	SLC Outdoor Championships
14	12.03	Kim Hargers	UT-Arlington	5/7/05	UTA Open
15	12.06	Angela Gonzales	UT-Arlington	4/28/05	Drake Relays
16	12.13	Nicole Lawson	Texas State	5/13/05	SLC Outdoor Championships
16	12.13	Rosalyn Capps	Lamar	5/13/05	SLC Outdoor Championships
18	12.16	Natalie Crump	Southeastern LA	4/16/05	Pelican Relays
19	12.17	Marie Thompson	UL-Monroe	4/30/05	UL-M Indian Classic
19	12.17	Leah Matthews	S. F. Austin St.	5/13/05	SLC Outdoor Championships

Women 200m Dash

1	23.38	Rosalind Holmes	UT-San Antonio	5/27/05	NCAA Midwest Regional
2	23.77	Quantinette Fields	Sam Houston St.	5/13/05	SLC Outdoor Championships
3	24.08	RaShandra Harris	Texas State	5/13/05	SLC Outdoor Championships
4	24.18	Toni Sylvester	Lamar	4/28/05	Ty Terrell Relays
5	24.20	Morgan Moszee	UT-San Antonio	5/13/05	SLC Outdoor Championships
6	24.21	Shana Rash	UT-Arlington	4/2/05	UTA Invitational
7	24.25	Chinelo Nwobu	Lamar	4/28/05	Ty Terrell Relays
7	24.25	Kourtnee Jones	UT-Arlington	4/2/05	UTA Invitational
9	24.40	Chelsea Huddleston	UT-Arlington	5/7/05	UTA Open
10	24.41	Joy Furlow	Sam Houston St.	5/13/05	SLC Outdoor Championships
11	24.48	Ryanne Dupree	UT-San Antonio	6/8/05	NCAA Championships
12	24.54	Brittany Williams	UT-Arlington	4/16/05	John Jacobs Invitational
13	24.55	Ellen Garrison	UT-Arlington	5/13/05	SLC Outdoor Championships
14	24.62	Tiffany Singleton	Sam Houston St.	5/13/05	SLC Outdoor Championships
15	24.65	Amber Everett	Texas State	5/13/05	SLC Outdoor Championships
16	24.68	Adrienne Ford	UL-Monroe	5/13/05	SLC Outdoor Championships
17	24.71	Kim Hargers	UT-Arlington	5/7/05	UTA Open
18	24.82	Natalie Crump	Southeastern LA	4/28/05	Ty Terrell Relays
19	24.86	Liudmila Litvinova	Texas State	5/13/05	SLC Outdoor Championships
20	24.94	Tasha Sinclair	UT-San Antonio	4/16/05	Spira Invitational
20	24.94	Katrina Roundtree	S. F. Austin St.	5/7/05	Houston Invitational
20	24.94	Deidra Truss	Northwestern St.	5/6/05	Louisiana Tech Twilight

Women 400m Dash

1	53.77	Chinelo Nwobu	Lamar	5/13/05	SLC Outdoor Championships
2	54.03	Katya Kostetskaya	Texas State	3/19/05	UTSA/Whataburger Relays
3	54.34	Tiffany Singleton	Sam Houston St.	5/13/05	SLC Outdoor Championships
4	54.45	Toni Sylvester	Lamar	5/13/05	SLC Outdoor Championships
5	54.71	Quantinette Fields	Sam Houston St.	5/13/05	SLC Outdoor Championships
6	54.78	Adrienne Ford	UL-Monroe	5/13/05	SLC Outdoor Championships
7	55.23	Katrina Roundtree	S. F. Austin St.	5/13/05	SLC Outdoor Championships
8	55.24	Liudmila Litvinova	Texas State	5/13/05	SLC Outdoor Championships

9	55.36	Courtney Baker	Texas State	5/13/05	SLC Outdoor Championships
10	55.46	Stevina Wyatt	S. F. Austin St.	4/1/05	Rice Bayou Classic
11	55.54	Shamonica Pickett	UL-Monroe	5/13/05	SLC Outdoor Championships
12	56.26	Deidra Truss	Northwestern St.	4/14/05	Dogwood Invitational
13	56.41	Ellen Garrison	UT-Arlington	4/2/05	UTA Invitational
14	56.56	Crystal Anderson	Sam Houston St.	5/13/05	SLC Outdoor Championships
15	56.78	Courtney Fischer	Texas State	5/13/05	SLC Outdoor Championships
16	57.22	Diane Smith	UT-San Antonio	3/19/05	UTSA/Whataburger Relays
17	57.31	Ashley Mangum	S. F. Austin St.	4/1/05	Rice Bayou Classic
18	57.63	Chelsea Huddleston	UT-Arlington	4/23/05	TCU Invitational
19	57.67	Desiree Boxie	McNeese St.	5/13/05	SLC Outdoor Championships
20	57.78	Tiffany Green	Sam Houston St.	4/1/05	Rice Bayou Classic

Women 800m Run

1	2:10.02	Ivorita Taylor	UT-Arlington	5/27/05	NCAA Midwest Regional
2	2:12.70	Amber Prather	Lamar	5/13/05	SLC Outdoor Championships
3	2:12.79	Diane Smith	UT-San Antonio	5/13/05	SLC Outdoor Championships
4	2:12.81	Candace Taylor	Lamar	5/13/05	SLC Outdoor Championships
5	2:14.06	Meghan Chance	UT-San Antonio	4/23/05	Michael Johnson Invitational
6	2:14.96	Devyn Mitchell	Sam Houston St.	5/13/05	SLC Outdoor Championships
7	2:15.35	Kristina Blrd	UT-Arlington	5/13/05	SLC Outdoor Championships
8	2:15.43	Katya Kostetskaya	Texas State	3/19/05	UTSA/Whataburger Relays
9	2:15.61	Denisha Goldsmith	Texas State	5/13/05	SLC Outdoor Championships
10	2:15.80	Shanna Lilkas	Southeastern LA	3/19/05	Louisiana Classics
11	2:16.81	Margeaux Flsher	Northwestern St.	5/13/05	SLC Outdoor Championships
12	2:16.91	Lisa Haglund	UT-Arlington	3/26/05	Dr Pepper Invitational
13	2:17.37	Carranda Mose	UT-Arlington	5/13/05	SLC Outdoor Championships
14	2:17.88	Lakoa Mckeever	S. F. Austin St.	4/28/05	Mean Green Invitational
15	2:18.71	Nicole Noel	UT-Arlington	4/16/05	John Jacobs Invitational
16	2:19.77	Jill Schenk	Northwestern St.	5/13/05	SLC Outdoor Championships
17	2:19.83	Rita Lambert	UT-San Antonio	3/19/05	UTSA/Whataburger Relays
18	2:20.04	Veronica Silva	UT-San Antonio	3/26/05	Texas Invitational
19	2:20.20	Crystal Chang	S. F. Austin St.	5/13/05	SLC Outdoor Championships
20	2:20.53	Chonna Wright	UT-San Antonio	3/26/05	Texas Invitational

Women 1500m Run

1	4:35.30	Ana Rodriguez	S. F. Austin St.	4/1/05	Rice Bayou Classic
2	4:35.34	Lisa Haglund	UT-Arlington	5/27/05	NCAA Midwest Regional
3	4:36.36	Yuliya Stashkiv	Texas State	4/30/05	Rice/RunSport Twilight
4	4:37.17	Jacqueline John	Lamar	3/25/05	LSU Relays
5	4:39.22	Shanna Lilkas	Southeastern LA	4/23/05	LSU Alumni Gold
6	4:40.25	Clerc Koenck	Lamar	4/23/05	Michael Johnson Invitational
7	4:41.67	Rita Lambert	UT-San Antonio	4/15/05	Mt. SAC Relays
8	4:43.15	Meghan Chance	UT-San Antonio	4/15/05	Mt. SAC Relays
9	4:43.55	Lakoa Mckeever	S. F. Austin St.	4/14/05	Dogwood Invitational
10	4:43.87	Renee Graham	Lamar	3/18/05	Texas Southern Relays
11	4:44.30	Sarah Weir	Lamar	3/25/05	LSU Relays
12	4:44.91	Candace Taylor	Lamar	3/25/05	LSU Relays
13	4:45.84	Savannah Matzinger	S. F. Austin St.	4/14/05	Dogwood Invitational
14	4:47.59	Mandy Wallace	Southeastern LA	3/5/05	Florida State Snowbird Relays
15	4:49.20	Amber Prather	Lamar	4/1/05	Rice Bayou Classic
16	4:49.44	Natasha Williams	Lamar	4/1/05	Rice Bayou Classic
17	4:49.55	Amanda King	Lamar	4/1/05	Rice Bayou Classic
18	4:50.64	Amy Snodgrass	Sam Houston St.	4/23/05	TCU Invitational
19	4:51.64	Sarah Hershman	Sam Houston St.	4/1/05	Rice Bayou Classic
20	4:52.11	Brittany Rosen	Texas State	4/1/05	Rice Bayou Classic

Women 3000m Steeplechase

1	11:17.55	Sarah Hershman	Sam Houston St.	5/27/05	NCAA Midwest Regional
2	11:20.64	Amanda King	Lamar	3/25/05	LSU Relays
3	11:21.26	Jessica Partin	S. F. Austin St.	3/25/05	LSU Relays
4	11:26.14	Katrina Nicholas	S. F. Austin St.	4/14/05	Dogwood Invitational
5	11:36.88	Allison Ferries	Sam Houston St.	5/13/05	SLC Outdoor Championships
6	11:38.71	Karilyn Petty	UT-San Antonio	5/13/05	SLC Outdoor Championships
7	11:43.25	Erika Wright	Sam Houston St.	4/1/05	Rice Bayou Classic

8	11:43.83	Kirsten Wieseman	S. F. Austin St.	5/13/05	SLC Outdoor Championships
9	11:56.31	Melissa Poole	Sam Houston St.	5/13/05	SLC Outdoor Championships
10	12:12.22	Breeka Johnson	Northwestern St.	4/14/05	Dogwood Invitational

Women 5000m Run

1	16:46.77	Ana Rodriguez	S. F. Austin St.	6/8/05	NCAA Championships
2	17:11.73	Yuliya Stashkiv	Texas State	4/5/05	Texas Relays
3	17:12.13	Ashley Monteau	S. F. Austin St.	4/15/05	Mt. SAC Relays
4	17:19.66	Jacqueline John	Lamar	4/23/05	Michael Johnson Invitational
5	17:35.10	Mandy Wallace	Southeastern LA	3/5/05	Florida State Snowbird Relays
6	17:58.63	Jodi Hulett	UT-Arlington	4/2/05	UTA Invitational
7	18:00.40	Natasha Williams	Lamar	4/23/05	Michael Johnson Invitational
8	18:04.00	Amy Snodgrass	Sam Houston St.	4/23/05	TCU Invitational
9	18:05.85	Lisa Haglund	UT-Arlington	5/13/05	SLC Outdoor Championships
10	18:25.21	Erika Wright	Sam Houston St.	5/13/05	SLC Outdoor Championships
11	18:26.14	Ashley McDonald	UT-San Antonio	4/23/05	Michael Johnson Invitational
12	18:28.03	Renee Graham	Lamar	5/13/05	SLC Outdoor Championships
13	18:28.90	Amanda King	Lamar	5/13/05	SLC Outdoor Championships
14	18:44.43	Kimbri Lettkeman	S. F. Austin St.	5/13/05	SLC Outdoor Championships
15	18:45.36	Jessica Partin	S. F. Austin St.	5/13/05	SLC Outdoor Championships
16	18:45.84	Tenley Determan	Texas State	5/13/05	SLC Outdoor Championships
17	18:49.62	Emily Hufstedler	S. F. Austin St.	5/13/05	SLC Outdoor Championships
18	18:57.43	Allison Ferries	Sam Houston St.	4/23/05	TCU Invitational
19	18:57.56	Clerc Koenck	Lamar	5/13/05	SLC Outdoor Championships
20	19:00.13	Abby Salomon	Northwestern St.	4/14/05	Dogwood Invitational

Women 10,000m Run

1	34:35.38	Ana Rodriguez	S. F. Austin St.	4/15/05	Mt. SAC Relays
2	37:12.52	Mandy Wallace	Southeastern LA	3/19/05	Louisiana Classics
3	38:21.20	Jodi Hulett	UT-Arlington	4/5/05	Texas Relays
4	38:25.16	Natasha Williams	Lamar	4/5/05	Texas Relays
5	39:18.71	Ashley Monteau	S. F. Austin St.	5/13/05	SLC Outdoor Championships
6	39:26.91	Yuliya Stashkiv	Texas State	5/13/05	SLC Outdoor Championships
7	39:31.81	Amy Snodgrass	Sam Houston St.	5/13/05	SLC Outdoor Championships
8	39:46.25	Renee Graham	Lamar	5/13/05	SLC Outdoor Championships
9	40:06.42	Emily Hufstedler	S. F. Austin St.	5/13/05	SLC Outdoor Championships
10	40:20.59	Ashley McDonald	UT-San Antonio	5/13/05	SLC Outdoor Championships
11	40:26.82	Nicole Zersen	Sam Houston St.	5/13/05	SLC Outdoor Championships
12	41:31.86	Wongani Phiri	Nicholls St.	3/19/05	Louisiana Classics
13	41:54.85	Anastasia Jones	Nicholls St.	3/19/05	Louisiana Classics
14	41:57.22	Elke Horn	Sam Houston St.	5/13/05	SLC Outdoor Championships
15	42:39.57	Amanda Havens	Lamar	5/13/05	SLC Outdoor Championships

Women 100m Hurdles

1	13.34	Ryanne Dupree	UT-San Antonio	4/16/05	Spira Invitational
2	13.63	TaMeshia Miller	Northwestern St.	4/23/05	John McDonnell Invitational
3	13.67	Katya Kostetskaya	Texas State	5/13/05	SLC Outdoor Championships
4	13.85	Shanae Steward	Northwestern St.	5/13/05	SLC Outdoor Championships
5	13.90	Lyndsey Sidney	UT-San Antonio	3/19/05	UTSA/Whataburger Relays
6	14.13	Jessika Johnson	Lamar	5/13/05	SLC Outdoor Championships
6	14.13	Chaterra Blake	Sam Houston St.	3/11/05	York Relays
6	14.13	Kym Norsworthy	Sam Houston St.	5/13/05	SLC Outdoor Championships
9	14.16	Leah Matthews	S. F. Austin St.	4/23/05	TCU Invitational
10	14.24	Tara Tyler	Sam Houston St.	5/7/05	Houston Invitational
11	14.30	Stevina Wyatt	S. F. Austin St.	4/14/05	Dogwood Invitational
12	14.36	Jocelyn Stevens	S. F. Austin St.	5/13/05	SLC Outdoor Championships
12	14.36	Lindsey Smith	Texas State	3/11/05	Texas State Bobcat Open
14	14.43	Demetria Holmes	UT-San Antonio	3/11/05	Texas State Bobcat Open
15	14.54	Crystal Chang	S. F. Austin St.	4/14/05	Dogwood Invitational
16	14.57	Amy Fleddermann	Southeastern LA	5/13/05	SLC Outdoor Championships
17	14.58	Tara Burns	UT-Arlington	5/7/05	UTA Open
18	14.65	Drew Rentfro	S. F. Austin St.	5/13/05	SLC Outdoor Championships
19	14.67	Signe Vest	Sam Houston St.	5/13/05	SLC Outdoor Championships
20	14.71	Erica Balderson	Sam Houston St.	5/13/05	SLC Outdoor Championships

Women 400m Hurdles

1	57.01	Katya Kostetskaya	Texas State	6/8/05	NCAA Championships
2	59.73	Jocelyn Stevens	S. F. Austin St.	5/27/05	NCAA Midwest Regional
3	59.79	Lyndsey Sidney	UT-San Antonio	5/13/05	SLC Outdoor Championships
4	1:00.18	Stevina Wyatt	S. F. Austin St.	5/13/05	SLC Outdoor Championships
5	1:01.71	Lauren Kershner	Sam Houston St.	5/13/05	SLC Outdoor Championships
6	1:02.15	Demetria Holmes	UT-San Antonio	5/13/05	SLC Outdoor Championships
7	1:02.52	Kelly Gram	McNeese St.	5/13/05	SLC Outdoor Championships
8	1:03.12	Mandy McGee	UT-Arlington	4/23/05	TCU Invitational
9	1:03.30	Tiara Young	Sam Houston St.	5/13/05	SLC Outdoor Championships
10	1:03.42	Darnesha Stonum	Sam Houston St.	5/13/05	SLC Outdoor Championships
11	1:03.56	Alexandra Mayfield	Lamar	4/23/05	Michael Johnson Invitational
12	1:04.07	Kari Michalik	UT-San Antonio	5/13/05	SLC Outdoor Championships
13	1:04.61	Shalesha Lowe	Texas State	5/13/05	SLC Outdoor Championships
14	1:05.08	Lindsey Smith	Texas State	4/5/05	Texas Relays
15	1:05.25	Shamonica Pickett	UL-Monroe	5/6/05	Louisiana Tech Twilight
16	1:05.91	Andrea Hill	UT-Arlington	5/13/05	SLC Outdoor Championships
17	1:06.14	Ashley Allen	UT-San Antonio	5/13/05	SLC Outdoor Championships
18	1:06.73	Jennifer Haverin	McNeese St.	5/7/05	Houston Invitational
19	1:06.77	Rachel Hoffman	Northwestern St.	3/11/05	York Relays
20	1:07.07	Anya Bokeria	Texas State	5/13/05	SLC Outdoor Championships

Women 4x100m Relay

1	45.39		UT-San Antonio	5/13/05	SLC Outdoor Championships
2	45.60		Sam Houston St.	5/13/05	SLC Outdoor Championships
3	45.71		UT-Arlington	4/16/05	John Jacobs Invitational
4	45.87		Texas State	4/30/05	Rice/RunSport Twilight
5	46.09		UL-Monroe	5/13/05	SLC Outdoor Championships
6	46.50		Northwestern St.	5/13/05	SLC Outdoor Championships
7	47.02		Lamar	4/28/05	Ty Terrell Relays
8	47.26		McNeese St.	4/28/05	Ty Terrell Relays
9	47.37		Southeastern LA	5/13/05	SLC Outdoor Championships

Women 4x400m Relay

1	3:39.03		Texas State	5/13/05	SLC Outdoor Championships
2	3:41.75		Sam Houston St.	5/13/05	SLC Outdoor Championships
3	3:42.44		S. F. Austin St.	5/13/05	SLC Outdoor Championships
4	3:45.48		UT-San Antonio	4/28/05	Drake Relays
5	3:46.51		UT-Arlington	5/13/05	SLC Outdoor Championships
6	3:47.82		Lamar	4/14/05	Dogwood Invitational
7	3:48.62		UL-Monroe	5/13/05	SLC Outdoor Championships
8	3:49.93		McNeese St.	5/13/05	SLC Outdoor Championships
9	3:53.79		Northwestern St.	5/13/05	SLC Outdoor Championships
10	3:56.68		Southeastern LA	5/13/05	SLC Outdoor Championships

Women High Jump

1	1.84m	6-00.50	Caroline Wolf	Texas State	4/23/05	Michael Johnson Invitational
2	1.80m	5-10.75	Teresa Murray	S. F. Austin St.	4/14/05	Dogwood Invitational
2	1.80m	5-10.75	Alisha Fowler	Sam Houston St.	5/13/05	SLC Outdoor Championships
4	1.75m	5-08.75	Melissa Jones	Southeastern LA	5/13/05	SLC Outdoor Championships
4	1.75m	5-08.75	Jocelyn Stevens	S. F. Austin St.	5/13/05	SLC Outdoor Championships
6	1.72m	5-07.75	Signe Vest	Sam Houston St.	5/13/05	SLC Outdoor Championships
7	1.70m	5-07.00	Meghan Denman	S. F. Austin St.	4/14/05	Dogwood Invitational
7	1.70m	5-07.00	Audrey Azu	S. F. Austin St.	5/7/05	Houston Invitational
9	1.69m	5-06.50	Ryanne Dupree	UT-San Antonio	5/13/05	SLC Outdoor Championships
10	1.67m	5-05.75	Zizan Seymour	UT-Arlington	4/2/05	UTA Invitational
11	1.66m	5-05.25	Ashley Allen	UT-San Antonio	5/13/05	SLC Outdoor Championships
11	1.66m	5-05.25	Crystal Chang	S. F. Austin St.	5/13/05	SLC Outdoor Championships
13	1.65m	5-05.00	Felicia Lee	UL-Monroe	4/14/05	Dogwood Invitational
13	1.65m	5-05.00	Rikki Gray	UT-San Antonio	5/13/05	SLC Outdoor Championships
13	1.65m	5-05.00	Leah Matthews	S. F. Austin St.	4/14/05	Dogwood Invitational
16	1.63m	5-04.25	Amy Fleddermann	Southeastern LA	4/23/05	LSU Alumni Gold
17	1.62m	5-03.75	Cassandra Krell	Northwestern St.	3/19/05	Louisiana Classics
18	1.61m	5-03.25	Kandace Traywick	UT-San Antonio	4/14/05	Dogwood Invitational
19	1.60m	5-03.00	Erica Balderson	Sam Houston St.	4/5/05	Texas Relays

20	1.59m	5-02.50	Sonya Chalk	Lamar	3/25/05	LSU Relays
Women Pole Vault						
1	4.15m	13-07.25	Jennie Sewell	Sam Houston St.	4/5/05	Texas Relays
2	3.65m	11-11.75	Karen Klintoe	Sam Houston St.	4/1/05	Rice Bayou Classic
2	3.65m	11-11.75	Rebekah Vickers	Texas State	5/13/05	SLC Outdoor Championships
2	3.65m	11-11.75	Kristina Windham	S. F. Austin St.	4/14/05	Dogwood Invitational
5	3.60m	11-09.75	Summer Sizemore	Sam Houston St.	4/28/05	Ty Terrell Relays
6	3.50m	11-05.75	Erica Cronin	Southeastern LA	4/16/05	Pelican Relays
6	3.50m	11-05.75	Emylee Hartwig	S. F. Austin St.	3/11/05	York Relays
6	3.50m	11-05.75	Haley Blount	Northwestern St.	5/13/05	SLC Outdoor Championships
6	3.50m	11-05.75	Lacey Moore	UT-Arlington	5/13/05	SLC Outdoor Championships
6	3.50m	11-05.75	Laura Mikeska	S. F. Austin St.	5/13/05	SLC Outdoor Championships
11	3.45m	11-03.75	Vanessa Maida	UT-Arlington	5/7/05	UTA Open
12	3.35m	10-11.75	Celeste Cantrelle	Southeastern LA	3/25/05	LSU Relays
12	3.35m	10-11.75	Michelle Wiesehan	Texas State	4/1/05	Rice Bayou Classic
12	3.35m	10-11.75	Lauren Jones	Sam Houston St.	3/25/05	Tom Tellez Invitational
12	3.35m	10-11.75	Danielle Moss	Northwestern St.	4/2/05	Ole Miss Invitational
12	3.35m	10-11.75	Madyson Stubbs	Texas State	4/1/05	Rice Bayou Classic
12	3.35m	10-11.75	Amy Stevens	Texas State	4/23/05	Michael Johnson Invitational
18	3.20m	10-06.00	Angel Villa	Northwestern St.	4/2/05	Ole Miss Invitational
18	3.20m	10-06.00	Candace Sewell	Lamar	4/23/05	Michael Johnson Invitational
18	3.20m	10-06.00	Jennifer Michelle	McNeese St.	3/12/05	UNO Invitational
Women Long Jump						
1	6.21m	20-04.50	Morgan Moszee	UT-San Antonio	5/13/05	SLC Outdoor Championships
2	6.11m	20-00.50	Stephanie Sowell	Northwestern St.	4/23/05	John McDonnell Invitational
3	6.07m	19-11.00	Ryanne Dupree	UT-San Antonio	4/16/05	Spira Invitational
4	6.04m	19-09.75	Yvette Green	Texas State	4/1/05	Rice Bayou Classic
5	6.01m	19-08.75	Kym Norsworthy	Sam Houston St.	4/23/05	TCU Invitational
6	5.87m	19-03.25	Camilla Davis	Texas State	5/13/05	SLC Outdoor Championships
7	5.86m	19-02.75	Angela Gonzales	UT-Arlington	3/26/05	Dr Pepper Invitational
8	5.76m	18-10.75	TaMeshia Miller	Northwestern St.	5/13/05	SLC Outdoor Championships
9	5.74m	18-10.00	Desiree Boxie	McNeese St.	4/23/05	LSU Alumni Gold
10	5.70m	18-08.50	Jacque Iwuchukwu	Texas State	5/13/05	SLC Outdoor Championships
11	5.69m	18-08.00	Roshunda Betts	Sam Houston St.	4/28/05	Ty Terrell Relays
12	5.68m	18-07.75	Tara Burns	UT-Arlington	5/7/05	UTA Open
13	5.67m	18-07.25	Randee Wales	UT-Arlington	4/23/05	TCU Invitational
14	5.66m	18-07.00	Tara Tyler	Sam Houston St.	5/13/05	SLC Outdoor Championships
15	5.61m	18-05.00	Chaterra Blake	Sam Houston St.	3/11/05	York Relays
16	5.56m	18-03.00	Brittany Epps	UT-San Antonio	3/26/05	Texas Invitational
16	5.56m	18-03.00	Ashlee Williams	UL-Monroe	4/30/05	UL-M Indian Classic
18	5.53m	18-01.75	Ashley Allen	UT-San Antonio	4/16/05	Spira Invitational
18	5.53m	18-01.75	Jamie Spivey	Sam Houston St.	3/11/05	York Relays
18	5.53m	18-01.75	Erica Balderson	Sam Houston St.	5/7/05	Houston Invitational
Women Triple Jump						
1	12.87m	42-02.75	Stephanie Sowell	Northwestern St.	5/13/05	SLC Outdoor Championships
2	12.78m	41-11.25	Jacque Iwuchukwu	Texas State	4/5/05	Texas Relays
3	12.69m	41-07.75	Yvette Green	Texas State	4/1/05	Rice Bayou Classic
4	12.65m	41-06.00	Kym Norsworthy	Sam Houston St.	5/13/05	SLC Outdoor Championships
5	12.59m	41-03.75	Roshunda Betts	Sam Houston St.	5/13/05	SLC Outdoor Championships
6	12.18m	39-11.50	Katya Kostetskaya	Texas State	5/13/05	SLC Outdoor Championships
7	12.13m	39-09.75	Caroline Wolf	Texas State	5/13/05	SLC Outdoor Championships
8	12.06m	39-07.00	Shanae Steward	Northwestern St.	5/13/05	SLC Outdoor Championships
9	11.92m	39-01.25	Ashlee Williams	UL-Monroe	3/12/05	Southern Miss Invitational
10	11.86m	38-11.00	Morgan Moszee	UT-San Antonio	5/13/05	SLC Outdoor Championships
11	11.78m	38-07.75	Alisha Fowler	Sam Houston St.	5/13/05	SLC Outdoor Championships
12	11.59m	38-00.25	TaMeshia Miller	Northwestern St.	5/13/05	SLC Outdoor Championships
13	11.42m	37-05.75	Ashley Allen	UT-San Antonio	5/13/05	SLC Outdoor Championships
14	11.31m	37-01.25	Demetria Holmes	UT-San Antonio	3/11/05	Texas State Bobcat Open
15	11.23m	36-10.25	Chaterra Blake	Sam Houston St.	4/1/05	Rice Bayou Classic
16	11.19m	36-08.50	Tamequa Poole	Texas State	5/13/05	SLC Outdoor Championships
16	11.19m	36-08.50	Courtney Johnson	Southeastern LA	5/13/05	SLC Outdoor Championships
18	10.96m	35-11.50	Tamia Washington	Lamar	4/28/05	Ty Terrell Relays

19	10.87m	35-08.00	Brittany Epps	UT-San Antonio	3/11/05	Texas State Bobcat Open
20	10.39m	34-01.25	Felicia Lee	UL-Monroe	3/19/05	Louisiana Classics

Women Shot Put

1	14.96m	49-01.00	Markeisha Edwards	S. F. Austin St.	5/13/05	SLC Outdoor Championships
2	14.47m	47-05.75	Tiffanie Reeves	UT-Arlington	5/7/05	UTA Open
3	14.21m	46-07.50	Jasmine Wyatt	Sam Houston St.	5/13/05	SLC Outdoor Championships
4	14.18m	46-06.25	Tenika Powell	Sam Houston St.	4/5/05	Texas Relays
5	13.70m	44-11.50	Veronica Karlsson	UL-Monroe	4/14/05	Dogwood Invitational
6	13.52m	44-04.25	Michelle Crimmins	UL-Monroe	4/30/05	UL-M Indian Classic
7	13.34m	43-09.25	Lilia Rivera	UL-Monroe	5/6/05	Louisiana Tech Twilight
8	13.33m	43-09.00	Natasha Ramos	UT-San Antonio	5/13/05	SLC Outdoor Championships
9	13.32m	43-08.50	LaQuisha Houston	S. F. Austin St.	5/13/05	SLC Outdoor Championships
10	13.29m	43-07.25	Kendall Bass	Sam Houston St.	5/13/05	SLC Outdoor Championships
11	13.07m	42-10.75	Fayola Wilson	Southeastern LA	5/13/05	SLC Outdoor Championships
12	13.05m	42-09.75	Linda Rosema	UT-Arlington	3/19/05	UTSA/Whataburger Relays
13	12.73m	41-09.25	Ashlea Byrom	Texas State	5/13/05	SLC Outdoor Championships
14	12.44m	40-09.75	Deanna Smith	Texas State	5/7/05	Houston Invitational
15	12.38m	40-07.50	Kalette Crawford	Southeastern LA	5/7/05	Houston Invitational
16	12.20m	40-00.50	Megan Sweeney	Texas State	5/13/05	SLC Outdoor Championships
17	12.18m	39-11.50	Dominique Thompson	Southeastern LA	5/13/05	SLC Outdoor Championships
18	12.09m	39-08.00	Kim Carriere	Southeastern LA	3/12/05	Southern Miss Invitational
19	12.00m	39-04.50	Signe Vest	Sam Houston St.	4/14/05	Dogwood Invitational
19	12.00m	39-04.50	Amy Fleddermann	Southeastern LA	4/13/05	Green Wave Invitational

Women Discus

1	53.55m	175-08	Veronica Karlsson	UL-Monroe	5/27/05	NCAA Mideast Regional
2	48.72m	159-10	Sarah Baker	Texas State	4/30/05	Rice/RunSport Twilight
3	47.61m	156-02	Michelle Crimmins	UL-Monroe	5/27/05	NCAA Mideast Regional
4	45.02m	147-08	LaQuisha Houston	S. F. Austin St.	4/14/05	Dogwood Invitational
5	44.96m	147-06	Fayola Wilson	Southeastern LA	4/28/05	Ty Terrell Relays
6	44.74m	146-09	Natasha Ramos	UT-San Antonio	5/13/05	SLC Outdoor Championships
7	44.09m	144-08	Tenika Powell	Sam Houston St.	5/13/05	SLC Outdoor Championships
8	43.99m	144-04	Carista Ward	Lamar	4/28/05	Ty Terrell Relays
9	43.64m	143-02	Renee Fruenan	UL-Monroe	3/19/05	Louisiana Classics
10	43.16m	141-07	Mallory Adams	Sam Houston St.	3/25/05	Tom Tellez Invitational
11	42.20m	138-05	Tiffanie Reeves	UT-Arlington	3/26/05	Dr Pepper Invitational
12	41.08m	134-09	Colleen Lonergan	S. F. Austin St.	4/14/05	Dogwood Invitational
13	40.92m	134-03	Katie Isola	Southeastern LA	3/19/05	Louisiana Classics
14	40.84m	134-00	Linda Rosema	UT-Arlington	4/2/05	UTA Invitational
15	40.72m	133-07	Kim Carriere	Southeastern LA	3/12/05	Southern Miss Invitational
16	40.58m	133-02	Annaline Zerwick	Northwestern St.	5/13/05	SLC Outdoor Championships
17	38.77m	127-02	Dominique Thompson	Southeastern LA	4/13/05	Green Wave Invitational
18	38.64m	126-09	Sonya Strya	UT-San Antonio	3/11/05	Texas State Bobcat Open
19	37.89m	124-04	Elizabeth Miller	UT-San Antonio	3/26/05	Texas Invitational
20	37.81m	124-00	Rachel Walker	UL-Monroe	3/12/05	Southern Miss Invitational

Women Hammer

1	52.16m	171-01	Sarah Baker	Texas State	5/13/05	SLC Outdoor Championships
2	49.39m	162-00	Linda Rosema	UT-Arlington	5/13/05	SLC Outdoor Championships
3	47.71m	156-06	Veronica Karlsson	UL-Monroe	3/25/05	LSU Relays
4	47.09m	154-06	Kendall Bass	Sam Houston St.	5/13/05	SLC Outdoor Championships
5	46.96m	154-01	Katie Isola	Southeastern LA	5/7/05	Houston Invitational
6	46.01m	150-11	Markeisha Edwards	S. F. Austin St.	4/14/05	Dogwood Invitational
7	44.35m	145-06	Natalia Clark	Sam Houston St.	3/11/05	York Relays
8	44.02m	144-05	Kalette Crawford	Southeastern LA	3/25/05	LSU Relays
9	43.86m	143-11	Colleen Lonergan	S. F. Austin St.	5/7/05	Houston Invitational
10	41.85m	137-04	LaQuisha Houston	S. F. Austin St.	4/14/05	Dogwood Invitational
11	41.06m	134-08	Jasmine Wyatt	Sam Houston St.	5/13/05	SLC Outdoor Championships
12	40.88m	134-01	Mindy Toney	Northwestern St.	3/25/05	LSU Relays
13	40.74m	133-08	Alison Holmes	Northwestern St.	4/14/05	Dogwood Invitational
14	40.47m	132-09	Kim Carriere	Southeastern LA	4/23/05	LSU Alumni Gold
14	40.47m	132-09	Mallory Adams	Sam Houston St.	3/11/05	York Relays
16	39.99m	131-02	Natasha Ramos	UT-San Antonio	3/26/05	Texas Invitational
17	39.86m	130-09	Fayola Wilson	Southeastern LA	4/13/05	Green Wave Invitational

18	39.70m	130-03	Melissa Harris	Northwestern St.	4/14/05	Dogwood Invitational
19	39.67m	130-02	Ashlea Byrom	Texas State	5/13/05	SLC Outdoor Championships
20	39.50m	129-07	Megan Sweeney	Texas State	5/13/05	SLC Outdoor Championships

Women Javelin

1	53.88m	176-09	Roshunda Betts	Sam Houston St.	3/25/05	Tom Tellez Invitational
2	51.14m	167-09	Rachel Walker	UL-Monroe	4/5/05	Texas Relays
3	49.13m	161-02	Sarah Emerson	S. F. Austin St.	5/7/05	Houston Invitational
4	47.58m	156-01	Victoria Simon	McNeese St.	4/28/05	Ty Terrell Relays
5	45.48m	149-02	Dawn Comeaux	Northwestern St.	4/2/05	Ole Miss Invitational
6	41.89m	137-05	Signe Vest	Sam Houston St.	5/13/05	SLC Outdoor Championships
7	41.27m	135-05	Brynna Stanley	UL-Monroe	5/6/05	Louisiana Tech Twilight
8	40.15m	131-09	Britney Fesco	Lamar	3/18/05	Texas Southern Relays
9	39.55m	129-09	Chelsea Malina	UT-San Antonio	3/19/05	UTSA/Whataburger Relays
10	38.12m	125-01	Victoria Baudoin	UL-Monroe	4/23/05	Ole Miss Invitational
11	36.21m	118-09	Erica Balderson	Sam Houston St.	5/13/05	SLC Outdoor Championships
12	35.85m	117-07	Ashley Allen	UT-San Antonio	3/26/05	Texas Invitational
13	35.14m	115-03	Randee Wales	UT-Arlington	3/26/05	Dr Pepper Invitational
14	34.59m	113-06	Ryanne Dupree	UT-San Antonio	3/26/05	Texas Invitational
15	34.38m	112-09	Tara Burns	UT-Arlington	3/26/05	Dr Pepper Invitational
16	33.85m	111-01	Amy Fleddermann	Southeastern LA	4/13/05	Green Wave Invitational
17	33.32m	109-04	Kandace Traywick	UT-San Antonio	4/23/05	Michael Johnson Invitational
18	31.74m	104-02	Brittany Epps	UT-San Antonio	3/5/05	2005 Trinity Invitational
19	31.52m	103-05	Kim Ballenger	Lamar	4/28/05	Ty Terrell Relays
20	31.15m	102-02	Crystal Chang	S. F. Austin St.	5/13/05	SLC Outdoor Championships

Women Heptathlon

1	5575		Ryanne Dupree	UT-San Antonio	6/8/05	NCAA Championships
2	5160		Signe Vest	Sam Houston St.	5/13/05	SLC Outdoor Championships
3	5036		Crystal Chang	S. F. Austin St.	5/13/05	SLC Outdoor Championships
4	4871		Ashley Allen	UT-San Antonio	5/13/05	SLC Outdoor Championships
5	4833		Tara Burns	UT-Arlington	4/16/05	David Noble ASU Relays
6	4816		Erica Balderson	Sam Houston St.	5/13/05	SLC Outdoor Championships
7	4750		Mandy McGee	UT-Arlington	4/16/05	David Noble ASU Relays
8	4652		Lindsey Bryson	S. F. Austin St.	5/13/05	SLC Outdoor Championships
9	4611		Tiara Young	Sam Houston St.	5/13/05	SLC Outdoor Championships
10	4523		Amy Fleddermann	Southeastern LA	3/25/05	LSU Relays
11	4380		Kandace Traywick	UT-San Antonio	4/14/05	Dogwood Invitational
12	4276		Rachel Ince	Lamar	5/13/05	SLC Outdoor Championships
12	4276		Randee Wales	UT-Arlington	3/19/05	UTSA/Whataburger Relays
14	4073		Drew Rentfro	S. F. Austin St.	5/13/05	SLC Outdoor Championships
15	3906		Lindsey Bloomquist	Sam Houston St.	3/19/05	UTSA/Whataburger Relays
16	3882		Kim Ballenger	Lamar	5/13/05	SLC Outdoor Championships