

# 2006 MEN'S OUTDOOR BESTS

## FINAL

### 100 Meters (10.50)

10.09	1.5	sr	Xavier Carter	NCAA Championships (6/7-10)
10.19	0.7	r	Kelly Willie	SEC Championships (5/11-14)
10.27	-0.3		Richard Thompson	Sagcor Championships (6/24)
10.70	1.1		Amel Alexander	LSU Alumni Gold (4/22)
10.82	0.6		Paul Thompson	LSU Alumni Gold (4/22)
11.01	0.2		Trindon Holliday	SEC Championships (5/11-14)
11.12	0.6		Felipe Reyes	LSU Alumni Gold (4/22)
11.09	1.8	dec	Edwin Billot	SEC Championships (5/11-14)
11.15	0.9	dec	Darion Powell	SEC Championships (5/11-14)

### Wind-Aided Times

10.04	2.6	w	Kelly Willie	NCAA Mid-east Regional (5/26-27)
10.08	2.3	w	Xavier Carter	NCAA Mid-east Regional (5/26-27)
10.26	4.3	w+	Richard Thompson	Tiger Classic (4/1)
10.66	4.3	w+	Amel Alexander	Tiger Classic (4/1)
10.74	4.3	w+	Paul Thompson	Tiger Classic (4/1)
11.00	2.5	dec/w	Edwin Billot	Texas Relays (4/5-8)
11.06	4.2	dec/w+	Darion Powell	Texas Relays (4/5-8)

### 200 Meters (21.19)

20.13	-0.7	r	Xavier Carter	Miami Elite (4/15)
20.42	0.5	r	Kelly Willie	SEC Championships (5/11-14)
21.01	1.7		Marvin Stevenson	NCAA Mid-east Regional (5/26-27)
21.10	1.5		Amel Alexander	NCAA Mid-east Regional (5/26-27)
21.24	-0.2		Richard Thompson	LSU Alumni Gold (4/22)
21.27	-0.5		Melville Rogers	Miami Elite (4/15)
21.33	-0.8		Reggie Dardar	Miami Elite (4/15)
21.44	1.8		Austin Benton	LSU Alumni Gold (4/22)
21.98	0.7		Ryan Fontenot	LSU Alumni Gold (4/22)
22.57	0.7		Edwin Billot	LSU Alumni Gold (4/22)

### Wind-Aided Times

20.21	3.3	r/w	Kelly Willie	Tiger Classic (4/1)
21.13	3.3	r/w	Amel Alexander	Tiger Classic (4/1)
22.11	3.3	w	Ryan Fontenot	Tiger Classic (4/1)
22.33	3.3	w	Felipe Reyes	Tiger Classic (4/1)

### 400 Meters (47.26)

44.53			Xavier Carter	NCAA Championships (6/7-10)
45.42		r	Kelly Willie	Miami Elite (4/15)
45.86		r	Reggie Dardar	Tiger Classic (4/1)
45.96		r	Melville Rogers	Tiger Classic (4/1)
46.59		r	Marvin Stevenson	Tiger Classic (4/1)
46.64		r	Siraj Williams	LSU Alumni Gold (4/22)
46.97		r	Austin Benton	LSU Alumni Gold (4/22)
50.26		dec	Edwin Billot	SEC Championships (5/11-14)
50.75		dec	Darion Powell	NCAA Championships (6/7-10)

### 800 Meters (1:50.40)

1:50.37		r	Michael Hendry	SEC Championships (5/11-14)
1:53.64			Jeffrey Adolph	LSU Alumni Gold (4/22)
1:54.94			Jeffrey Parker	SEC Championships (5/11-14)
1:57.92			Roland LeBlanc	LSU Alumni Gold (4/22)

### 1,500 Meters (3:47.80)

3:45.03		r	Patrick Gavin	LSU Alumni Gold (4/22)
3:49.93			Michael Hendry	LSU Alumni Gold (4/22)
3:55.24			Jeffrey Parker	LSU Alumni Gold (4/22)
4:02.10			Jeffrey Adolph	SEC Championships (5/11-14)
4:06.55			Jacob Simmons	LSU Tiger Relays (3/23-25)
4:07.27			Jacen Lanclos	LSU Tiger Relays (3/23-25)
4:08.79			Roland LeBlanc	LSU Tiger Relays (3/23-25)
4:14.20			Harold Boutte	LSU Alumni Gold (4/22)
4:49.24		dec	Edwin Billot	Texas Relays (4/5-8)
4:57.27		dec	Darion Powell	SEC Championships (5/11-14)

### Mile (4:06.00)

4:06.62			Patrick Gavin	LSU Tiger Relays (3/23-25)
4:38.02			Jeffrey Adolph	LSU Tiger Relays (3/23-25)

### 3,000 Meters

8:47.36			Roland LeBlanc	Miami Elite (4/15)
8:54.35			Jacob Simmons	Miami Elite (4/15)

### 5,000 Meters (14:10.00)

14:30.96			Patrick Gavin	Tiger Classic (4/1)
14:41.04			Jacob Simmons	SEC Championships (5/11-14)
15:31.47			Matthew Guy	LSU Alumni Gold (4/22)
15:54.46			Jacen Lanclos	LSU Alumni Gold (4/22)
15:57.39			Jace Gohres	LSU Alumni Gold (4/22)
15:57.49			James Presley	LSU Alumni Gold (4/22)

### 110-Meter Hurdles (14.30)

14.16	0.6	r	Ryan Fontenot	Texas Relays (4/5-8)
14.60	0.5		Darion Powell	Miami Elite (4/15)
14.73	0.5		Edwin Billot	SEC Championships (5/11-14)

### Wind-Aided Times

14.09	4.7	w+	Ryan Fontenot	Tiger Classic (4/1)
14.20	4.3	dec/w+	Edwin Billot	Texas Relays (4/5-8)
14.53	2.8	w	Darion Powell	LSU Tiger Relays (3/23-25)

### 400-Meter Hurdles (52.51)

49.36			Isa Phillips	NCAA Championships (6/7-10)
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### 3,000-Meter Steeplechase (9:07.00)

9:20.95			Jake Simmons	SEC Championships (5/11-14)
9:26.49			Roland LeBlanc	LSU Alumni Gold (4/22)

### 4x100-Meter Relay (40.66)

38.44		r	Thompson, Carter, Stevenson, Willie	NCAA Championships (6/7-10)
38.97		r	LSU A	Texas Relays (4/5-8)
39.33		r	Stevenson, Carter, Thompson, Willie	LSU Alumni Gold (4/22)
39.72		r	Stevenson, Carter, Williams, Willie	LSU Tiger Relays (3/23-25)
39.84		r	LSU A	Texas Relays (4/5-8)

### 4x200-Meter Relay

1:21.31			Rogers, Carter, Stevenson, Willie	Penn Relays (4/27-29)
1:24.08			Rogers, Alexander, Thompson, Dardar	Penn Relays (4/27-29)
1:24.30			Benton, Dardar, Alexander, Williams	LSU Tiger Relays (3/23-25)
1:24.50			Dardar, Rogers, Carter, Willie	Texas Relays (4/5-8)

### 4x400-Meter Relay (3:10.00)

3:01.58			Dardar, Willie, Rogers, Carter	NCAA Championships (6/7-10)
3:02.21		r	Dardar, Rogers, Carter, Willie	Penn Relays (4/27-29)
3:02.30			Williams, Rogers, Stevenson, Dardar	NCAA Mid-east Regional (5/26-27)
3:04.46		r	Williams, Dardar, Stevenson, Rogers	LSU Alumni Gold (4/22)
3:04.78		r	Williams, Dardar, Stevenson, Rogers	Penn Relays (4/27-29)
3:05.03		r	Willie, Dardar, Rogers, Carter	LSU Tiger Relays (3/23-25)
3:05.41		r	Williams, Dardar, Stevenson, Rogers	Miami Elite (4/15)
3:10.62			Benton, Phillips, Williams, Stevenson	LSU Tiger Relays (3/23-25)

### 4x800-Meter Relay

7:34.79			Gavin, Phillips, Parker, Hendry	Penn Relays (4/27-29)
7:42.67			LSU A	Texas Relays (4/5-8)
7:48.45			Benton, Parker, Adolph, Gavin	LSU Tiger Relays (3/23-25)

### 1,600-Meter Sprint Medley Relay

3:19.95			Willie, Carter, Rogers, Phillips	LSU Tiger Relays (3/23-25)
3:23.33			Williams, Dardar, Benton, Parker	Penn Relays (4/27-29)
3:28.08			Thompson, Stevenson, Williams, Dardar	LSU Tiger Relays (3/23-25)

### Distance Medley Relay

9:41.76			Hendry, Benton, Phillips, Gavin	Penn Relays (4/27-29)
9:53.35			LSU A	Texas Relays (4/5-8)
10:29.90			LSU A	LSU Tiger Relays (3/23-25)

### High Jump (6-10 3/4 (2.10))

6-9 (2.06)			Travis Nelson	LSU Alumni Gold (4/22)
6-8 3/4 (2.05)		dec	Edwin Billot	Texas Relays (4/5-8)
6-2 (1.88)		dec	Darion Powell	SEC Championships (5/11-14)

### Pole Vault (16-6 3/4 (5.05))

15-5 (4.70)		dec	Darion Powell	SEC Championships (5/11-14)
15-1 (4.60)		dec	Edwin Billot	Texas Relays (4/5-8), NCAA Championships (6/7-10)
14-9 (4.50)			Michael Becker	LSU Alumni Gold (4/22)
14-1 1/4 (4.30)			BJ Brooks	LSU Tiger Relays (3/23-25)

### Long Jump (24-1 (7.34))

25-10 3/4 (7.89)		1.4	r	Jeremy Hicks	SEC Championships (5/11-14)
23-11 3/4 (7.31)		0.6		Paul Thompson	Tiger Classic (4/1)
23-8 3/4 (7.23)		1.2		Felipe Reyes	Tiger Classic (4/1)
23-5 1/4 (7.14)		0.4	dec	Darion Powell	NCAA Championships (6/7-10)
23-1 3/4 (7.05)		1.6		Kwami Roberts	Tiger Classic (4/1)
22-4 1/2 (6.82)		1.8	dec	Edwin Billot	Texas Relays (4/5-8)

### Shot Put (55-1 1/2 (16.80))

59-3 (18.06)		r	Ricky Jean-Francois	Miami Elite (4/15)
52-7 1/4 (16.03)			Adam Wilcox	LSU Alumni Gold (4/22)
52-0 1/2 (15.86)			Jon Chretien	Tiger Classic (4/1)
49-7 1/4 (15.12)		dec	Darion Powell	NCAA Championships (6/7-10)
39-5 (12.01)		dec	Edwin Billot	Texas Relays (4/5-8)

### Discus (169-7 (51.70))

159-9 (48.70)			Jon Chretien	Miami Elite (4/15)
154-3 (47.02)			Ricky Jean-Francois	LSU Tiger Relays (3/23-25)
153-11 (46.91)			Alexis Lewis	Tiger Classic (4/1)
147-10 (45.06)		dec	Darion Powell	SEC Championships (5/11-14)
139-0 (42.37)			Rabun Fox	LSU Alumni Gold (4/22)
138-8 (42.27)			Patrick Frischhertz	Louisiana Classics (3/18)
124-7 (37.98)			Edwin Billot	Tiger Classic (4/1)

### Javelin (202-1 (61.60))

211-1 (64.34)			Chad Radgowski	NCAA Mid-east Regional (5/26-27)
201-10 (61.52)			Pat Perrien	LSU Tiger Relays (3/23-25)
199-7 (60.84)		dec	Darion Powell	SEC Championships (5/11-14)
177-0 (53.96)		dec	Edwin Billot	Texas Relays (4/5-8)

### Hammer (182-5 (55.60))

198-11 (60.64)		r	Rabun Fox	SEC Championships (5/11-14)
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### Decathlon (7,500/7,000)

7,640		a	Darion Powell	SEC Championships (5/11-14)
7,468		p	Edwin Billot	Texas Relays (4/5-8)

### KEY

- a - NCAA automatic qualifying mark
- dec - Mark earned in decathlon competition
- p - NCAA provisional qualifying mark
- r - Regional qualifying time/mark
- sr - School record
- w - Wind-aided
- w+ - Wind reading over the NCAA allowable limits of 4.0.

# 2006 WOMEN'S OUTDOOR BESTS

## FINAL

### 100 Meters (11.75)

11.08	1.4	r	Kelly Baptiste	SEC Championships (5/11-14)
11.30	1.4	r	Brooklyn Morris	SEC Championships (5/11-14)
11.48	1.8	r	Sherry Fletcher	Tiger Classic (4/1), Miami Elite (4/15)
11.54	1.8		Juanita Broaddus	NCAA Mid-east Regional (5/26-27)
11.90	1.8		Tierra McLaurin	Tiger Classic (4/1)
11.93	0.3		Monique Cabral	SEC Championships (5/11-14)
11.95	1.5		Angel Boyd	LSU Alumni Gold (4/22)
12.03	1.8		Kathy Coleman	Tiger Classic (4/1)

### Wind-Aided Times

11.40	2.2	w	Sherry Fletcher	NCAA Mid-east Regional (5/26-27)
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### 200 Meters (23.96)

22.73	-0.4	r	Kelly Baptiste	NCAA Mid-east Regional (5/26-27)
23.03	1.1	r	Brooklyn Morris	SEC Championships (5/11-14)
23.44	1.6	r	Sherry Fletcher	LSU Alumni Gold (4/22)
23.55	0.0	r	Cynethia Rooks	Tiger Classic (4/1)
23.95	0.1	r	Deonna Lawrence	SEC Championships (5/11-14)
24.09	1.6		Monique Cabral	LSU Alumni Gold (4/22)
24.33	1.7		Juanita Broaddus	SEC Championships (5/11-14)
24.79	0.0		Tierra McLaurin	Tiger Classic (4/1)
24.72	0.0	hep	Megan Akre	NCAA Championships (6/7-10)

### Wind-Aided Times

22.76	2.1	r/w	Kelly Baptiste	LSU Alumni Gold (4/22)
22.99	2.1	r/w	Brooklyn Morris	LSU Alumni Gold (4/22)
23.64	3.2	r/w	Deonna Lawrence	Tiger Classic (4/1)
24.21	3.2	w	Monique Cabral	Tiger Classic (4/1)
24.40	3.2	hep/w	Megan Akre	Texas Relays (4/5-8)
24.40	3.2	w	Jessica Ohanaja	Tiger Classic (4/1)

### 400 Meters (54.61)

51.75			Deonna Lawrence	NCAA Mid-east Regional (5/26-27)
52.51			Cynethia Rooks	NCAA Mid-east Regional (5/26-27)
54.54		r	Meisue Francis	Miami Elite (4/15)
54.61		r	Carliesa Meakes	SEC Championships (5/11-14)
54.82			Brittany Harris	Miami Elite (4/15)
56.71			Juanita Broaddus	Miami Elite (4/15)

### 800 Meters (2:09.80)

2:06.26		r	Tanya Osbourne	SEC Championships (5/11-14)
2:06.41			Meisue Francis	NCAA Mid-east Regional (5/26-27)
2:12.58			Lindsay Day	SEC Championships (5/11-14)
2:13.57			Megan Kliebert	Rice Twilight (4/29)
2:16.14			Katie Dawson	SEC Championships (5/11-14)
2:17.15		hep	Megan Akre	NCAA Championships (6/7-10)
2:24.41			Michelle Hymel	LSU Alumni Gold (4/22)

### 1,500 Meters (4:27.80)

4:37.31			Megan Kliebert	LSU Alumni Gold (4/22)
4:37.83			Katie Dawson	LSU Alumni Gold (4/22)
4:38.16			Michelle Hymel	LSU Alumni Gold (4/22)
4:44.79			Kate Accardo	Miami Elite (4/15)
4:44.86			Lindsay Day	LSU Tiger Relays (3/23-25)
4:44.94			Megan Kliebert	Tiger Classic (4/1)
4:50.23			Sarah Colosimo	Rice Twilight (4/29)
4:53.01			Christy Zirkle	LSU Alumni Gold (4/22)
4:57.05			Jennifer Radecker	LSU Alumni Gold (4/22)
5:08.28			Jennifer Stark	Tiger Classic (4/1)
5:14.13			Lynley Roche'	Tiger Classic (4/1)

### 3,000 Meters

10:15.72			Kate Accardo	Miami Elite (4/15)
10:16.25			Michelle Hymel	Miami Elite (4/15)

### 5,000 Meters (16:52.00)

18:07.49			Sarah Colosimo	LSU Tiger Relays (3/23-25)
18:18.39			Jennifer Stark	LSU Alumni Gold (4/22)
18:20.10			Michelle Hymel	SEC Championships (5/11-14)
18:32.28			Christy Zirkle	LSU Tiger Relays (3/23-25)
18:39.41			Kate Accardo	LSU Alumni Gold (4/22)
20:08.82			Lynley Roche'	LSU Tiger Relays (3/23-25)

### 100-Meter Hurdles (13.92)

13.14	0.6	r	Jessica Ohanaja	Texas Relays (4/5-8)
13.25	0.3	r	Angel Boyd	SEC Championships (5/11-14)
13.87	-0.1	hep	Megan Akre	NCAA Championships (6/7-10)

### Wind-Aided Times

13.04	2.8	w	Angel Boyd	NCAA Mid-east Regional (5/26-27)
13.10	3.0	r/w	Jessica Ohanaja	SEC Championships (5/11-14)
13.77	3.1	hep/w	Megan Akre	Texas Relays (4/5-8)
14.09	2.4		Kathryn Coleman	LSU Alumni Gold (4/22)

### 3,000-Meter Steeplechase (10:50.25)

11:39.09			Kate Accardo	SEC Championships (5/11-14)
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### 4x100-Meter Relay (45.70)

42.94			Fletcher, Morris, Broaddus, Baptiste	NCAA Championships (6/7-10)
43.48		r	LSU A	Texas Relays (4/5-8)
43.56		r	Fletcher, Morris, Ohanaja, Baptiste	LSU Alumni Gold (4/22)
44.03		r	LSU A	Texas Relays (4/5-8)
44.67		r	LSU A	Tiger Classic (4/1)
44.74		r	Ohanaja, Broaddus, Morris, Baptiste	LSU Tiger Relays (3/23-25)

### 4x200-Meter Relay

1:31.65			Fletcher, Baptiste, Lawrence, Morris	Penn Relays (4/27-29)
1:32.70			Rooks, Baptiste, Fletcher, Morris	Texas Relays (4/5-8)
1:32.70			Lawrence, Broaddus, Morris, Baptiste	LSU Tiger Relays (3/23-25)
1:34.39			Fletcher, Lawrence, Rooks, Cabral	Penn Relays (4/27-29)
1:34.89			Ohanaja, Fletcher, Rooks, Cabral	LSU Tiger Relays (3/23-25)

### 4x400-Meter Relay (3:42.00)

3:25.78			Morris, Francis, Rooks, Lawrence	NCAA Championships (6/7-10)
3:27.93		r	Morris, Francis, Lawrence, Rooks	Penn Relays (4/27-29)
3:28.23		r	Francis, Morris, Rooks, Lawrence	Texas Relays (4/5-8)
3:28.93			Rooks, Francis, Broaddus, Lawrence	NCAA Mid-east Regional (5/26-27)
3:30.95		r	Lawrence, Francis, Osbourne, Rooks	LSU Alumni Gold (4/22)
3:31.71		r	Morris, Broaddus, Rooks, Lawrence	LSU Tiger Relays (3/23-25)
3:31.91		r	Rooks, Francis, Osbourne, Lawrence	Texas Relays (4/5-8)
3:33.50		r	Rooks, Baptiste, Francis, Lawrence	Miami Elite (4/15)
3:46.74			Harris, Osbourne, Cabral, Dawson	Miami Elite (4/15)
3:48.98			Francis, Cabral, Meakes, Dawson	LSU Tiger Relays (3/23-25)

### 4x800-Meter Relay

8:48.33			Day, Osbourne, Dawson, Francis	Penn Relays (4/27-29)
8:55.23			LSU A	Texas Relays (4/5-8)
9:11.31			Dawson, Kliebert, Hymel, Day	LSU Tiger Relays (3/23-25)

### Shuttle Hurdle Relay

54.24			Coleman, Boyd, Akre, Ohanaja	Penn Relays (4/27-29)
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### 1,600-Meter Sprint Medley Relay

3:46.79			Morris, Baptiste, Lawrence, Osbourne	Texas Relays (4/5-8)
3:49.77			Harris, Lawrence, Meakes, Osbourne	Penn Relays (4/27-29)
3:50.44			Morris, Baptiste, Lawrence, Francis	LSU Tiger Relays (3/23-25)
4:07.59			Fletcher, Cabral, Rooks, Radecker	LSU Tiger Relays (3/23-25)

### Distance Medley Relay

11:59.01			Dawson, Broaddus, Day, Hymel	Penn Relays (4/27-29)
12:06.84			LSU A	Texas Relays (4/5-8)
12:42.82			Hymel, Meakes, Radecker, Accardo	LSU Tiger Relays (3/23-25)

### High Jump (5-8 3/4 {1.75})

5-10 (1.78)		r	Shaunette Davidson	Texas Relays (4/5-8)
5-7 3/4 (1.72)		hep	Megan Akre	Texas Relays (4/5-8)
5-4 1/4 (1.63)			Nedra Gross	LSU Tiger Relays (3/23-25)

### Pole Vault (12-5 1/2 {3.80})

10-10 (3.30)			Jackie Dove	Tiger Classic (4/1)
10-4 (3.15)			Megan Duet	Tiger Classic (4/1)

### Long Jump (19-7 {5.97})

20-10 1/2 (6.36)	1.6		Andrea Linton	NCAA Mid-east Regional (5/26-27)
20-6 1/2 (6.26)	0.1	r	Kathy Coleman	Texas Relays (4/5-8)
20-0 1/4 (6.10)	1.0	r	Tina Harris	Miami Elite (4/15)
17-11 3/4 (5.48)	0.4	hep	Megan Akre	Texas Relays (4/5-8)

### Wind-Aided Marks

18-11 1/4 (5.77)	2.9	w	Megan Akre	Tiger Classic (4/1)
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### Triple Jump (40-5 {12.32})

42-10 3/4 (13.07)	-0.2		Andrea Linton	NCAA Championships (6/7-10)
39-2 1/2 (11.95)	0.1		Nedra Gross	SEC Championships (5/11-14)

### Wind-Aided Marks

44-4 3/4 (13.53)	4.2	w+	Andrea Linton	NCAA Championships (6/7-10)
39-6 3/4 (12.06)	3.0		Kathy Coleman	SEC Championships (5/11-14)
39-2 1/4 (11.94)	3.1		Nedra Gross	Tiger Classic (4/1)

### Shot Put (46-11 {14.30})

33-9 1/2 (10.30)		hep	Megan Akre	Texas Relays (4/5-8)
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### Javelin (142-6 {43.45})

155-0 (47.24)		r	Anna Lyons	Tiger Classic (4/1)
105-5 (32.14)			Julie Bertrand	Tiger Classic (4/1)
102-1 (31.12)		hep	Megan Akre	NCAA Championships (6/7-10)

### Heptathlon (5,500/5,000)

5,352		p	Megan Akre	Texas Relays (4/5-8)
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### Key

- hep - Mark earned in heptathlon competition
- p - NCAA provisional qualifying mark
- r - Regional qualifying time/mark
- w - Wind-aided
- w+ - Wind reading over the NCAA allowable limits of 4.0.

# 2006 MEN'S PERFORMANCE LIST

## FINAL

### JEFFREY ADOLPH

800 Meters		
1:55.59		Tiger Classic (4/1) . . . . .6th
1:53.64		LSU Alumni Gold (4/22) . . . . .10th
1:55.04		Rice Twilight (4/29) . . . . .1st
1:53.70		SEC Championships (5/11-14) . . . . .19th

1,500 Meters		
4:02.10		SEC Championships (5/11-14) . . . . .28th

Mile		
4:38.02		LSU Tiger Relays (3/23-25) . . . . .6th

5,000 Meters		
DNF		SEC Championships (5/11-14) . . . . .N/A

### AMEL ALEXANDER

100 Meters		
10.84	1.2	LSU Tiger Relays (3/23-25) . . . . .7th-prelims
10.78	2.0	LSU Tiger Relays (3/23-25) . . . . .6th
10.66	4.3 w+	Tiger Classic (4/1) . . . . .7th
10.72	0.1	Miami Elite (4/15) . . . . .115th
10.70	1.1	LSU Alumni Gold (4/22) . . . . .17th
10.90	-0.9	Penn Relays (4/27-29) . . . . .20th
10.73	0.2	SEC Championships (5/11-14) . . . . .13th

200 Meters		
21.13	3.3 r/w	Tiger Classic (4/1) . . . . .4th
21.77	-0.5	Miami Elite (4/15) . . . . .16th
21.41	-1.0	SEC Championships (5/11-14) . . . . .10th
21.10	1.5	NCAA Mid-east Regional (5/26-27) . . . . .13th

### MICHAEL BECKER

Pole Vault		
NH		LSU Tiger Relays (3/23-25) . . . . .N/A
14-3 1/4 (4.35)		Tiger Classic (4/1) . . . . .18th
14-9 (4.50)		LSU Alumni Gold (4/22) . . . . .10th

### AUSTIN BENTON

200 Meters		
21.93	-0.5	Miami Elite (4/15) . . . . .18th
22.00	-0.8	SEC Championships (5/11-14) . . . . .20th

400 Meters		
48.47		Tiger Classic (4/1) . . . . .8th
47.29		Miami Elite (4/15) . . . . .9th
46.97	r	LSU Alumni Gold (4/22) . . . . .9th
47.71		SEC Championships (5/11-14) . . . . .18th
48.02		NCAA Mid-east Regional (5/26-27) . . . . .30th

### EDWIN BILLOT

100 Meters		
11.00	2.5 dec/w	Texas Relays (4/5-8) . . . . .9th
11.19	0.6	LSU Alumni Gold (4/22) . . . . .28th
11.09	1.8 dec	SEC Championships (5/11-14) . . . . .1st
11.48	-1.3 dec	NCAA Championships (6/7-10) . . . . .19th

Long Jump		
21-11 1/2 (6.69)	1.4	Tiger Classic (4/1) . . . . .2nd
22-4 1/2 (6.82)	1.8 dec	Texas Relays (4/5-8) . . . . .8th
20-6 1/4 (6.25)	2.6 dec	SEC Championships (5/11-14) . . . . .9th
20-11 1/4 (6.38)	1.4 dec	NCAA Championships (6/7-10) . . . . .23rd

Shot Put		
39-5 (12.01)	dec	Texas Relays (4/5-8) . . . . .6th
37-11 1/2 (11.57)	dec	SEC Championships (5/11-14) . . . . .6th
35-10 1/2 (10.93)	dec	NCAA Championships (6/7-10) . . . . .25th

High Jump		
6-8 3/4 (2.05)	dec	Texas Relays (4/5-8) . . . . .2nd
NM		Penn Relays (4/27-29) . . . . .N/A
6-4 1/4 (1.94)	dec	SEC Championships (5/11-14) . . . . .12nd
6-6 (1.98)	dec	NCAA Championships (6/7-10) . . . . .14th

400 Meters		
50.71	dec	Texas Relays (4/5-8) . . . . .4th
50.26	dec	SEC Championships (5/11-14) . . . . .1st
51.88	dec	NCAA Championships (6/7-10) . . . . .22nd

Day 1 Total		
3,871	dec	Texas Relays (4/5-8) . . . . .4th
3,614	dec	SEC Championships (5/11-14) . . . . .3rd
3,484	dec	NCAA Championships (6/7-10) . . . . .20th

110 Hurdles		
14.25	2.2 w	LSU Tiger Relays (3/23-25) . . . . .N/A
14.20	4.3 declw+	Texas Relays (4/5-8) . . . . .2nd
14.73	0.5 dec	SEC Championships (5/11-14) . . . . .2nd
14.85	-0.8 dec	NCAA Championships (6/7-10) . . . . .6th

Discus		
124-7 (37.98)		Tiger Classic (4/1) . . . . .14th
118-9 (36.21)	dec	Texas Relays (4/5-8) . . . . .12th
106-3 (32.40)	dec	SEC Championships (5/11-14) . . . . .8th
104-2 (31.75)	dec	NCAA Championships (6/7-10) . . . . .22nd

Pole Vault		
15-1 (4.60)	dec	Texas Relays (4/5-8) . . . . .14th
15-1 (4.60)	dec	NCAA Championships (6/7-10) . . . . .15th

Javelin		
177-0 (53.96)	dec	Texas Relays (4/5-8) . . . . .11th
148-11 (45.40)	dec	NCAA Championships (6/7-10) . . . . .17th

1,500 Meters		
4:49.24	dec	Texas Relays (4/5-8) . . . . .2nd
4:57.74	dec	NCAA Championships (6/7-10) . . . . .15th

Decathlon - Day Two Total		
7,468	p	Texas Relays (4/5-8) . . . . .3rd
DNF		SEC Championships (5/11-14) . . . . .N/A
6,735		NCAA Championships (6/7-10) . . . . .15th

### HAROLD BOUTTE

800 Meters		
DNF		Tiger Classic (4/1) . . . . .N/A
FS		LSU Alumni Gold (4/22) . . . . .N/A

1,500 Meters		
4:16.05		LSU Tiger Relays (3/23-25) . . . . .8th
4:18.97		Tiger Classic (4/1) . . . . .13th
4:14.20		LSU Alumni Gold (4/22) . . . . .23rd

### BJ BROOKS

Pole Vault		
14-1 1/4 (4.30)		LSU Tiger Relays (3/23-25) . . . . .9th
NH		Tiger Classic (4/1) . . . . .N/A
NH		LSU Alumni Gold (4/22) . . . . .N/A

# 2006 MEN'S PERFORMANCE LIST

## FINAL

### XAVIER CARTER

#### 100 Meters

10.12	1.5	r	LSU Alumni Gold (4/22)	.1st
10.08	2.3	w	NCAA Mideast Regional (5/26-27)	.3rd-prelims
10.22	-0.6		NCAA Mideast Regional (5/26-27)	.1st
10.25	-0.6		NCAA Championships (6/7-10)	.2nd-1st round
10.15	0.1		NCAA Championships (6/7-10)	.13rd-semifinals
10.09	-0.5	sr	NCAA Championships (6/7-10)	.1st

#### 200 Meters

20.13	-0.7	r	Miami Elite (4/15)	.1st
21.24	-1.0		SEC Championships (5/11-14)	.4th-prelims
20.20	0.5	r	SEC Championships (5/11-14)	.1st

#### 400 Meters

45.78		r	Tiger Classic (4/1)	.1st
46.57		r	SEC Championships (5/11-14)	.4th-prelims
45.26		r	SEC Championships (5/11-14)	.1st
46.60			NCAA Mideast Regional (5/26-27)	.5th-prelims
44.84			NCAA Mideast Regional (5/26-27)	.1st
45.51			NCAA Championships (6/7-10)	.3rd-1st round
44.96			NCAA Championships (6/7-10)	.1st-semifinals
44.53			NCAA Championships (6/7-10)	.1st

### JON CHRETIEN

#### Shot Put

52-0 (15.85)			LSU Tiger Relays (3/23-25)	.6th
52-0 1/2 (15.86)			Tiger Classic (4/1)	.4th
51-9 1/4 (15.78)			Miami Elite (4/15)	.8th
50-6 (15.39)			LSU Alumni Gold (4/22)	.11th
51-6 (15.71)			Penn Relays (4/27-29)	.11th-Coll. Div.

#### Discus

159-4 (48.57)			LSU Tiger Relays (3/23-25)	.4th
157-8 (48.07)			Tiger Classic (4/1)	.7th
ND			Texas Relays (4/5-8)	.N/A
159-9 (48.70)			Miami Elite (4/15)	.6th
157-9 (48.09)			LSU Alumni Gold (4/22)	.10th
156-7 (47.74)			Penn Relays (4/27-29)	.10th-Coll. Div.

### REGGIE DARDAR

#### 200 Meters

21.55	-0.7	r	Miami Elite (4/15)	.12th
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#### 400 Meters

45.86		r	Tiger Classic (4/1)	.2nd
46.83		r	LSU Alumni Gold (4/22)	.8th
46.44		r	SEC Championships (5/11-14)	.2nd-prelims
46.41		r	SEC Championships (5/11-14)	.3rd
46.08			NCAA Mideast Regional (5/26-27)	.2nd-prelims
45.88			NCAA Mideast Regional (5/26-27)	.4th
46.41			NCAA Championships (6/7-10)	.12th-1st round
46.78			NCAA Championships (6/7-10)	.13th

### RYAN FONTENOT

#### 110 Hurdles

14.85	2.2	w	LSU Tiger Relays (3/23-25)	.6th-prelims
14.21	2.5	w	LSU Tiger Relays (3/23-25)	.1st
14.09	4.7	w+	Tiger Classic (4/1)	.2nd
14.16	0.6	r	Texas Relays (4/5-8)	.14th
14.38	0.5		Miami Elite (4/15)	.7th
14.19	1.2	r	LSU Alumni Gold (4/22)	.2nd
14.24	1.1		Penn Relays (4/27-29)	.113th-Coll. Div.
14.17	0.5	r	SEC Championships (5/11-14)	.10th
14.32	2.3	w	NCAA Mideast Regional (5/26-27)	.19th

#### 200 Meters

22.11	3.3	w	Tiger Classic (4/1)	.12th
22.29	-0.5		Miami Elite (4/15)	.27th

### RABUN FOX

#### Hammer

177-6 (54.11)			LSU Tiger Relays (3/23-25)	.1st
21-0 (6.40)			Tiger Classic (4/1)	.6th
190-8 (58.13)		r	Texas Relays (4/5-8)	.9th
180-10 (55.11)			Miami Elite (4/15)	.4th
188-11 (57.58)		r	LSU Alumni Gold (4/22)	.1st
198-11 (60.64)		r	SEC Championships (5/11-14)	.2nd
FOUL			NCAA Mideast Regional (5/26-27)	.N/A

#### Discus

139-0 (42.37)			LSU Alumni Gold (4/22)	.22nd
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### PATRICK FRISCHERTZ

#### Discus

138-8 (42.27)			Louisiana Classics (3/18)	.14th
134-10 (41.11)			Tiger Classic (4/1)	.12th

### PATRICK GAVIN

#### 1,500 Meters

DNF			Tiger Classic (4/1)	.N/A
3:47.74		r	Miami Elite (4/15)	.1st
3:45.03		r	LSU Alumni Gold (4/22)	.1st
3:49.22			SEC Championships (5/11-14)	.10th-prelims
3:48.46			SEC Championships (5/11-14)	.9th
3:56.20			NCAA Mideast Regional (5/26-27)	.15th

#### Mile

4:06.62			LSU Tiger Relays (3/23-25)	.1st
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#### 5,000 Meters

14:30.96			Tiger Classic (4/1)	.2nd
DNF			SEC Championships (5/11-14)	.N/A

### JACE GOHRES

#### 5,000 Meters

15:58.28			LSU Tiger Relays (3/23-25)	.5th
DNF			Tiger Classic (4/1)	.N/A
15:57.39			LSU Alumni Gold (4/22)	.18th

### MATTHEW GUY

#### 5,000 Meters

15:38.04			LSU Tiger Relays (3/23-25)	.3rd
15:39.63			Tiger Classic (4/1)	.5th
15:31.47			LSU Alumni Gold (4/22)	.8th

### MICHAEL HENDRY

#### 800 Meters

1:53.08			LSU Alumni Gold (4/22)	.9th
1:51.52			SEC Championships (5/11-14)	.6th-prelims
1:50.37		r	SEC Championships (5/11-14)	.4th
1:52.05			NCAA Mideast Regional (5/26-27)	.15th

#### 1,500 Meters

3:55.29			Miami Elite (4/15)	.8th
3:49.07			LSU Alumni Gold (4/22)	.4th
3:55.56			SEC Championships (5/11-14)	.21st

#### 5,000 Meters

DNF			SEC Championships (5/11-14)	.N/A
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# 2006 MEN'S PERFORMANCE LIST

## FINAL

### JEREMY HICKS

#### Long Jump

24-5 (7.44)	0.9	r	LSU Tiger Relays (3/23-25)	.1st
24-11 (7.59)	1.5	r	Tiger Classic (4/1)	.1st
23-4 (7.11)	1.1		Texas Relays (4/5-8)	.10th
23-8 1/4 (7.21)	0.8		Miami Elite (4/15)	.5th
24-6 1/4 (7.42)	0.0	r	Penn Relays (4/27-29)	.6th
25-10 3/4 (7.89)	1.3	r	SEC Championships (5/11-14)	.2nd
25-0 (7.62)	1.3		NCAA Mideast Regional (5/26-27)	.4th
FOUL	0.0		NCAA Championships (6/7-10)	.N/A

### TRINDON HOLLIDAY

#### 100 Meters

11.01	0.2		SEC Championships (5/11-14)	.24th
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### RICKY JEAN-FRANCOIS

#### Shot Put

58-8 (17.88)		r	Texas Relays (4/5-8)	.2nd
59-3 (18.06)		r	Miami Elite (4/15)	.3rd
56-6 1/2 (17.23)		r	LSU Alumni Gold (4/22)	.4th
57-3 (17.47)		r	Penn Relays (4/27-29)	.5th-Champ.
57-0 3/4 (17.39)		r	SEC Championships (5/11-14)	.7th
55-9 (16.99)			NCAA Mideast Regional (5/26-27)	.11th

#### Discus

154-3 (47.02)			Miami Elite (4/15)	.7th
154-2 (47.00)			LSU Alumni Gold (4/22)	.12th
NM			Penn Relays (4/27-29)	.N/A
148-2 (45.17)			SEC Championships (5/11-14)	.18th

### JACEN LANCIOS

#### 1,500 Meters

4:07.27			LSU Tiger Relays (3/23-25)	.6th
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#### 5,000 Meters

16:03.83			Tiger Classic (4/1)	.7th
15:54.46			LSU Alumni Gold (4/22)	.17th

### ROLAND LEBLANC

#### 1,500 Meters

4:08.79			LSU Tiger Relays (3/23-25)	.7th
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#### 3,000 Meters

8:47.36			Miami Elite (4/15)	.6th
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#### 5,000 Meters

DNF			SEC Championships (5/11-14)	.N/A
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#### 3,000 Steeplecase

DNF			Tiger Classic (4/1)	.N/A
9:42.61			Texas Relays (4/5-8)	.13th
9:26.49			LSU Alumni Gold (4/22)	.1st
9:34.34			Rice Twilight (4/29)	.6th
9:37.75			SEC Championships (5/11-14)	.17th

### ALEXIS LEWIS

#### Discus

151-6 (46.19)			Louisiana Classics (3/18)	.8th
153-11 (46.91)			Tiger Classic (4/1)	.9th
142-11 (43.56)			LSU Alumni Gold (4/22)	.20th

### TREVIS NELSON

#### High Jump

6-6 3/4 (2.00)			LSU Tiger Relays (3/23-25)	.2nd
6-6 3/4 (2.00)			Tiger Classic (4/1)	.2nd
NH			Texas Relays (4/5-8)	.N/A
6-6 3/4 (2.00)			Miami Elite (4/15)	.3rd
6-9 (2.06)			LSU Alumni Gold (4/22)	.5th
NH			SEC Championships (5/11-14)	.3rd

### JEFFREY PARKER

#### 800 Meters

2:00.89			Miami Elite (4/15)	.23rd
1:57.73			LSU Alumni Gold (4/22)	.17th
1:54.94			SEC Championships (5/11-14)	.22nd

#### 1,500 Meters

3:59.41			Tiger Classic (4/1)	.2nd
3:57.42			Miami Elite (4/15)	.6th
3:55.24			LSU Alumni Gold (4/22)	.7th
4:00.96			SEC Championships (5/11-14)	.25th

#### Mile

DNF			LSU Tiger Relays (3/23-25)	.N/A
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#### 5,000 Meters

DNF			SEC Championships (5/11-14)	.N/A
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### PAT PERRIEN

#### Javelin

192-7 (58.69)			Louisiana Classics (3/18)	.6th
201-10 (61.52)			LSU Tiger Relays (3/23-25)	.5th
185-3 (56.47)			Tiger Classic (4/1)	.5th
193-11 (59.10)			Texas Relays (4/5-8)	.9th
198-7 (60.52)			Miami Elite (4/15)	.4th
192-06 (58.68)			LSU Alumni Gold (4/22)	.10th
181-6 (55.33)			Penn Relays (4/27-29)	.12th-Coll. Div.
185-6 (56.55)			SEC Championships (5/11-14)	.9th

### ISA PHILLIPS

#### 400 Hurdles

51.59		r	LSU Tiger Relays (3/23-25)	.1st
51.71		r	Tiger Classic (4/1)	.1st
51.31		r	Texas Relays (4/5-8)	.3rd-prelims
50.83		r	Texas Relays (4/5-8)	.4th
50.91		r	Miami Elite (4/15)	.1st
50.66		r	LSU Alumni Gold (4/22)	.2nd
50.89		r	SEC Championships (5/11-14)	.1st-prelims
50.46		r	SEC Championships (5/11-14)	.3rd
50.61			NCAA Mideast Regional (5/26-27)	.1st-prelims
49.49			NCAA Mideast Regional (5/26-27)	.3rd
50.07			NCAA Championships (6/7-10)	.4th-1st round
49.36			NCAA Championships (6/7-10)	.3rd-semifinals
49.56			NCAA Championships (6/7-10)	.6th

### DARION POWELL

#### 100 Meters

11.06	4.2 dec/w+		Texas Relays (4/5-8)	.9th
11.22	-0.9 dec		Penn Relays (4/27-29)	.1st
11.15	0.9 dec		SEC Championships (5/11-14)	.2nd
11.20	-1.0 dec		NCAA Championships (6/7-10)	.2nd

#### Long Jump

FOUL	dec		Texas Relays (4/5-8)	.N/A
22-5 3/4 (6.85)	dec/w+		Penn Relays (4/27-29)	.1st
22-9 3/4 (6.95)	-0.9 dec		SEC Championships (5/11-14)	.2nd
23-5 1/4 (7.14)	0.4 dec		NCAA Championships (6/7-10)	.4th

#### Shot Put

47-01 1/2 (14.36)	dec		Penn Relays (4/27-29)	.1st
48-2 1/2 (14.69)	dec		SEC Championships (5/11-14)	.2nd
49-7 1/4 (15.12)	dec		NCAA Championships (6/7-10)	.1st

#### High Jump

6-0 1/2 (1.84)	dec		Penn Relays (4/27-29)	.2nd
6-2 (1.88)	dec		SEC Championships (5/11-14)	.5th
6-0 (1.83)	dec		NCAA Championships (6/7-10)	.117th

#### 400 Meters

51.12			Miami Elite (4/15)	.2nd
52.56	dec		Penn Relays (4/27-29)	.3rd
51.77	dec		SEC Championships (5/11-14)	.4th
50.75	dec		NCAA Championships (6/7-10)	.14th

# 2006 MEN'S PERFORMANCE LIST

## FINAL

### Day 1 Total

DNF	dec	Texas Relays (4/5-8)	.N/A
3,701	dec	Penn Relays (4/27-29)	---
3,831	dec	SEC Championships (5/11-14)	.2nd
3,894	dec	NCAA Championships (6/7-10)	.5th

### 110 Hurdles

14.53	2.8	w	LSU Tiger Relays (3/23-25)	.N/A
14.60	0.5		Miami Elite (4/15)	.12th
14.87	0.8	dec	Penn Relays (4/27-29)	.2nd
14.62	0.4	dec	SEC Championships (5/11-14)	.1st
15.04	-0.8	dec	NCAA Championships (6/7-10)	.8th

### Discus

146-3 (44.59)			Tiger Classic (4/1)	.10th
146-4 (44.61)	dec		Penn Relays (4/27-29)	.1st
147-10 (45.06)	dec		SEC Championships (5/11-14)	.1st
FOUL	dec		NCAA Championships (6/7-10)	.N/A

### Pole Vault

15-3 (4.65)			Tiger Classic (4/1)	.5th
NH	dec		Penn Relays (4/27-29)	.N/A
15-5 (4.70)	dec		SEC Championships (5/11-14)	.12nd

### Javelin

199-7 (60.84)	dec		SEC Championships (5/11-14)	.1st
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### 1,500 Meters

4:57.27	dec		SEC Championships (5/11-14)	.7th
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### Day 2 Total

DNF	dec	Texas Relays (4/5-8)	.N/A
DNF	dec	Penn Relays (4/27-29)	.N/A
7,640	dec	SEC Championships (5/11-14)	.2nd
DNF	dec	NCAA Championships (6/7-10)	.N/A

### JAMES PRESLEY

#### 5,000 Meters

DNF			LSU Tiger Relays (3/23-25)	.N/A
15:58.62			Tiger Classic (4/1)	.6th
15:57.49			LSU Alumni Gold (4/22)	.19th

### CHAD RADGOWSKI

#### Javelin

190-6 (58.06)			Louisiana Classics (3/18)	.9th
200-2 (61.01)			LSU Tiger Relays (3/23-25)	.7th
198-5 (60.47)			Tiger Classic (4/1)	.2nd
189-11 (57.90)			Texas Relays (4/5-8)	.14th
206-7 (62.98)	r		Miami Elite (4/15)	.3rd
205-11 (62.77)	r		LSU Alumni Gold (4/22)	.5th
203-5 (62.01)	r		Penn Relays (4/27-29)	.4th-Coll. Div.
203-0 (61.88)	r		SEC Championships (5/11-14)	.4th
211-1 (64.34)			NCAA Mideast Regional (5/26-27)	.7th

### FELIPE REYES

#### 100 Meters

11.12 (0.6)			LSU Alumni Gold (4/22)	.27th
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#### 200 Meters

22.33 (3.3)			Tiger Classic (4/1)	.13th
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#### Long Jump

23-8 3/4 (7.23)	1.2		Tiger Classic (4/1)	.5th
22-7 1/4 (6.89)	0.6		LSU Alumni Gold (4/22)	.16th

### KWAMI ROBERTS

#### Long Jump

22-9 3/4 (6.95)	-0.2		LSU Tiger Relays (3/23-25)	.6th
23-1 3/4 (7.05)	1.6		Tiger Classic (4/1)	.7th
22-3 1/2 (6.79)	-0.2		LSU Alumni Gold (4/22)	.18th

#### Triple Jump

FOUL			Tiger Classic (4/1)	.N/A
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### MELVILLE ROGERS

#### 200 Meters

21.27	-0.5	r	Miami Elite (4/15)	.6th
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#### 400 Meters

45.96		r	Tiger Classic (4/1)	.3rd
46.56		r	LSU Alumni Gold (4/22)	.6th
46.96		r	SEC Championships (5/11-14)	.9th-prelims
47.20		r	SEC Championships (5/11-14)	.7th
46.31			NCAA Mideast Regional (5/26-27)	.3rd-prelims
46.40			NCAA Mideast Regional (5/26-27)	.6th
46.47			NCAA Championships (6/7-10)	.19th

### JACOB SIMMONS

#### 1,500 Meters

4:06.55			LSU Tiger Relays (3/23-25)	.5th
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#### 3,000 Meters

8:54.35			Miami Elite (4/15)	.11th
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#### 5,000 Meters

DNF			LSU Tiger Relays (3/23-25)	.N/A
15:11.52			LSU Alumni Gold (4/22)	.3rd
14:41.04			SEC Championships (5/11-14)	.18th

#### 3,000 Steeplechase

9:33.94			Tiger Classic (4/1)	.1st
9:52.45			Texas Relays (4/5-8)	.14th
DNF			Rice Twilight (4/29)	.N/A
9:20.95			SEC Championships (5/11-14)	.12th

### MARVIN STEVENSON

#### 200 Meters

21.03	0.7	r	LSU Alumni Gold (4/22)	.3rd
21.57	-0.9		SEC Championships (5/11-14)	.13th
21.01	1.7		NCAA Mideast Regional (5/26-27)	.11th

#### 400 Meters

46.59		r	Tiger Classic (4/1)	.5th
47.19		r	Miami Elite (4/15)	.8th

### PAUL THOMPSON

#### 100 Meters

10.95	-0.5		LSU Tiger Relays (3/23-25)	.2nd
10.74	4.3	w+	Tiger Classic (4/1)	.9th
10.82	0.6		LSU Alumni Gold (4/22)	.15th

#### Long Jump

22-11 (6.98)	1.0		LSU Tiger Relays (3/23-25)	.11th
23-11 3/4 (7.31)	0.6		Tiger Classic (4/1)	.2nd
22-8 (6.91)	3.2		LSU Alumni Gold (4/22)	.14th

### RICHARD THOMPSON

#### 100 Meters

10.61	1.3		LSU Tiger Relays (3/23-25)	.4th-prelims
10.26	4.3	w+	Tiger Classic (4/1)	.3rd
10.45	0.1	r	Miami Elite (4/15)	.5th
10.55	1.5		LSU Alumni Gold (4/22)	.14th
10.53	0.7		Penn Relays (4/27-29)	.7th-prelims
10.57	0.6		Penn Relays (4/27-29)	.4th
10.50	0.2	r	SEC Championships (5/11-14)	.6th-prelims
10.43	0.7	r	SEC Championships (5/11-14)	.6th
10.34	2.3	w	NCAA Mideast Regional (5/26-27)	.14th
10.27	-0.3		Sacigor Championships (6/24)	.2nd

#### 200 Meters

21.33	-0.8	r	Miami Elite (4/15)	.7th
21.24	-0.2		LSU Alumni Gold (4/22)	.6th

# 2006 MEN'S PERFORMANCE LIST

## FINAL

### ADAM WILCOX

#### Shot Put

52-5 1/2 (15.99)	LSU Tiger Relays (3/23-25)	5th
51-11 1/4 (15.83)	Tiger Classic (4/1)	5th
FOUL	Texas Relays (4/5-8)	N/A
51-11 1/4 (15.83)	Miami Elite (4/15)	7th
52-7 1/4 (16.03)	LSU Alumni Gold (4/22)	9th
49-9 (15.18)	Penn Relays (4/27-29)	12th-Coll. Div.

### SIRAJ WILLIAMS

#### 400 Meters

46.88	r	Tiger Classic (4/1)	6th
46.77	r	Miami Elite (4/15)	6th
46.64	r	LSU Alumni Gold (4/22)	7th
48.11		SEC Championships (5/11-14)	20th
47.13		NCAA Mideast Regional (5/26-27)	18th

### KELLY WILLIE

#### 100 Meters

10.42	1.3	r	LSU Tiger Relays (3/23-25)	1st-prelims
10.25	2.0	r	LSU Tiger Relays (3/23-25)	1st
10.42	-0.1	r	Texas Relays (4/5-8)	2nd-prelims
10.18	2.4	r/w	Texas Relays (4/5-8)	1st
10.44	0.1	r	SEC Championships (5/11-14)	4th-prelims
10.19	0.7	r	SEC Championships (5/11-14)	2nd
10.04	2.6	w	NCAA Mideast Regional (5/26-27)	2nd-prelims
FS			NCAA Mideast Regional (5/26-27)	N/A

#### 200 Meters

20.21	3.3	r/w	Tiger Classic (4/1)	1st
20.97	-0.7	r	SEC Championships (5/11-14)	2nd-prelims
20.42	0.5	r	SEC Championships (5/11-14)	2nd
20.64	1.5		NCAA Mideast Regional (5/26-27)	4th-prelims
20.48	-0.9		NCAA Mideast Regional (5/26-27)	1st
20.72	-0.3		NCAA Championships (6/7-10)	2nd-1st round
20.46	-0.7		NCAA Championships (6/7-10)	1st-semifinals
20.48	-0.2		NCAA Championships (6/7-10)	2nd

#### 400 Meters

45.42		r	Miami Elite (4/15)	1st
46.23		r	LSU Alumni Gold (4/22)	4th

### 4X100-METER RELAY

39.72	r	Stevenson, Carter, Williams, Willie	LSU Tiger Relays (3/23-25) - 1st
39.95	r	LSU A	Tiger Classic (4/1) - 1st
39.84	r	LSU A	Texas Relays (4/5-8) - 3rd-prelims
38.97	r	LSU A	Texas Relays (4/5-8) - 1st
38.89	r	Thompson, Carter, Stevenson, Willie	Miami Elite (4/15) - 1st
39.33	r	Stevenson, Carter, Thompson, Willie	LSU Alumni Gold (4/22) - 1st
40.10	r	Thomson, Carter, Stevenson, Willie	Penn Relays (4/27-29) - 3rd-prelims
39.22	r	Thompson, Carter, Stevenson, Willie	Penn Relays (4/27-29) - 1st
39.35	r	Thompson, Carter, Stevenson, Willie	SEC Championships (5/11-14) - 1st
39.71		Thompson, Carter, Stevenson, Willie	NCAA Mideast Regional (5/26-27) - 1st-prelims
39.12		Thompson, Carter, Stevenson, Willie	NCAA Mideast Regional (5/26-27) - 1st
38.87		Thompson, Carter, Stevenson, Willie	NCAA Championships (6/7-10) - 1st-prelims
38.44		Thompson, Carter, Stevenson, Willie	NCAA Championships (6/7-10) - 1st

### 4X200-METER RELAY

1:24.30		Benton (21.81), Dardar (20.82), Alexander (21.02), Williams (20.65)	LSU Tiger Relays (3/23-25) - 1st
1:24.50		Rogers (21.77), Williams (20.67), Alexander (21.44), Dardar (20.62)	Texas Relays (4/5-8) - 4th
1:24.08		Rogers, Alexander, Thompson, Dardar	Penn Relays (4/27-29) - 5th-prelims
1:21.31		Rogers, Carter, Stevenson, Willie	Penn Relays (4/27-29) - 1st

### 4X400-METER RELAY

3:05.03	r	Willie, Dardar, Rogers, Carter	LSU Tiger Relays (3/23-25) - 1st
3:10.62		Benton, Phillips, Williams, Stevenson	LSU Tiger Relays (3/23-25) - 3rd
3:11.22		LSU B	Tiger Classic (4/1) - 1st
3:20.91		LSU C	Tiger Classic (4/1) - 3rd
3:02.01	r	Dardar (46.58), Rogers (45.51), Carter (44.85), Willie (45.38)	Texas Relays (4/5-8) - 1st
3:05.41	r	Williams (47.06), Dardar (45.81), Stevenson (46.89), Rogers (45.64)	Miami Elite (4/15) - 1st
3:04.46	r	Williams, Dardar, Stevenson, Rogers	LSU Alumni Gold (4/22) - 1st
3:04.78	r	Williams, Dardar, Stevenson, Rogers	Penn Relays (4/27-29) - 1st
3:02.21	r	Dardar, Rogers, Carter, Willie	Penn Relays (4/27-29) - 1st
3:05.98	r	Williams, Dardar, Stevenson, Rogers	SEC Championships (5/11-14) - 1st
3:02.30		Williams, Rogers, Stevenson, Dardar	NCAA Mideast Regional (5/26-27) - 1st
3:03.50		Williams, Rogers, Stevenson, Dardar	NCAA Championships (6/7-10) - 1st-prelims
3:01.58		Dardar, Willie, Rogers, Carter	NCAA Championships (6/7-10) - 1st

### 4X800-METER RELAY

7:48.45		Benton, Parker, Adolph, Gavin	LSU Tiger Relays (3/23-25) - 1st
7:42.67		LSU A	Texas Relays (4/5-8) - 12th
7:34.79		Gavin, Phillips, Parker, Hendry	Penn Relays (4/27-29) - 5th

### 1,600-METER SPRINT MEDLEY RELAY

3:19.95		Willie (20.69), Carter (19.77), Rogers (46.78), Phillips (1:52.70)	LSU Tiger Relays (3/23-25) - 2nd
3:28.08		Stevenson (21.00), Thompson (21.51), Williams (46.38), Dardar (1:59.19)	LSU Tiger Relays (3/23-25) - 4th
DQ (3:21.93)		Rogers (21.44), Williams (21.10), Dardar (46.88), Phillips (1:52.51)	Texas Relays (4/5-8) - N/A
3:23.33		Williams, Dardar, Benton, Parker	Penn Relays (4/27-29) - 5th

### DISTANCE MEDLEY RELAY

10:29.90		LSU A	LSU Tiger Relays (3/23-25) - 3rd
9:53.35		LSU A	Texas Relays (4/5-8) - 6th
9:41.76		Hendry, Benton, Phillips, Gavin	Penn Relays (4/27-29) - 1st-Coll. Div.

# 2006 WOMEN'S PERFORMANCE LIST

## FINAL

### KATE ACCARDO

<b>1,500 Meters</b>		
4:44.79		Miami Elite (4/15) ..... 8th
4:50.23		Rice Twilight (4/29) ..... 2nd
<b>3,000 Meters</b>		
10:15.72		Miami Elite (4/15) ..... 2nd
<b>5,000 Meters</b>		
19:48.87		Tiger Classic (4/1) ..... 4th
DNF		Texas Relays (4/5-8) ..... N/A
18:39.41		LSU Alumni Gold (4/22) ..... 4th
DNF		SEC Championships (5/11-14) ..... N/A
<b>3,000 Steeplechase</b>		
12:08.15		LSU Tiger Relays (3/23-25) ..... 6th
12:05.75		Rice Twilight (4/29) ..... 3rd
11:39.09		SEC Championships (5/11-14) ..... 13th

### MEGAN AKRE

<b>100 Hurdles</b>		
14.01	3.0 w	LSU Tiger Relays (3/23-25) ..... N/A
14.17	3.1 w	Tiger Classic (4/1) ..... 3rd
13.77	3.1 hep/w	Texas Relays (4/5-8) ..... 2nd
14.17	0.6 hep	SEC Championships (5/11-14) ..... 6th
14.12	2.8 w	NCAA Mideast Regional (5/26-27) ..... 26th
13.87	-0.1 hep	NCAA Championships (6/7-10) ..... 3rd

### High Jump

5-7 3/4 (1.72)	hep	Texas Relays (4/5-8) ..... 2nd
5-5 (1.65)		Penn Relays (4/27-29) ..... 10th
5-5 1/4 (1.66)	hep	SEC Championships (5/11-14) ..... 4th
5-5 1/4 (1.66)	hep	NCAA Championships (6/7-10) ..... 118th

### Shot Put

33-9 1/2 (10.30)	hep	Texas Relays (4/5-8) ..... 17th
30-7 1/2 (9.33)	hep	SEC Championships (5/11-14) ..... 11th
33-3 1/4 (10.14)	hep	NCAA Championships (6/7-10) ..... 25th

### 200 Meters

24.40	3.2 hep/w	Texas Relays (4/5-8) ..... 1st
24.99	0.8 hep	SEC Championships (5/11-14) ..... 4th
24.72	0.0 hep	NCAA Championships (6/7-10) ..... 6th

### Day 1 Total

3,382	hep	Texas Relays (4/5-8) ..... 2nd
3,134	hep	SEC Championships (5/11-14) ..... 5th
3,255	hep	NCAA Championships (6/7-10) ..... 8th

### Long Jump

18-11 1/4 (5.77)	2.9 w	Tiger Classic (4/1) ..... 6th
17-11 3/4 (5.48)	1.9	Texas Relays (4/5-8) ..... 11th
17-2 1/4 (5.24)	2.2 w	Miami Elite (4/15) ..... 127th
16-3 (4.95)	3.4 hep/w	SEC Championships (5/11-14) ..... 11th
18-5 (5.61)	3.1 hep/w	NCAA Championships (6/7-10) ..... 18th

### Javelin

90-1 (27.47)	hep	Texas Relays (4/5-8) ..... 18th
77-3 (23.54)	hep	SEC Championships (5/11-14) ..... 10th
102-1 (31.12)	hep	NCAA Championships (6/7-10) ..... 24th

### 800 Meters

2:18.28	hep	Texas Relays (4/5-8) ..... 2nd
2:20.16	hep	SEC Championships (5/11-14) ..... 1st
2:17.15	hep	NCAA Championships (6/7-10) ..... 7th

### Heptathlon - Day 2 Total

5,352	p	Texas Relays (4/5-8) ..... 5th
4,856		SEC Championships (5/11-14) ..... 6th
5,348		NCAA Championships (6/7-10) ..... 11th

### KELLY BAPTISTE

<b>100 Meters</b>		
FS		LSU Tiger Relays (3/23-25) ..... N/A
11.35	3.6 r/w	Texas Relays (4/5-8) ..... 1st-prelims
11.14	1.6 r	Texas Relays (4/5-8) ..... 2nd
11.28	0.4 r	Penn Relays (4/27-29) ..... 1st-prelims
11.10	1.9 r	Penn Relays (4/27-29) ..... 1st
11.38	0.3 r	SEC Championships (5/11-14) ..... 3rd-prelims
11.08	1.4 r	SEC Championships (5/11-14) ..... 2nd
11.16	2.7 w	NCAA Mideast Regional (5/26-27) ..... 3rd-prelims
11.36	-1.1	NCAA Mideast Regional (5/26-27) ..... 3rd
11.33	0.3	NCAA Championships (6/7-10) ..... 4th-1st round
11.24	0.4	NCAA Championships (6/7-10) ..... 2nd-semifinals
DNF		NCAA Championships (6/7-10) ..... N/A
11.44	-1.6	Sagicor Championships (6/24) ..... 1st

### 200 Meters

22.94	3.2 r/w	Tiger Classic (4/1) ..... 1st
23.33	-0.6 r	Miami Elite (4/15) ..... 5th
22.76	2.1 r/w	LSU Alumni Gold (4/22) ..... 1st
23.25	0.2 r	SEC Championships (5/11-14) ..... 3rd-prelims
23.05	1.1 r	SEC Championships (5/11-14) ..... 5th
22.93	1.3	NCAA Mideast Regional (5/26-27) ..... 2nd-prelims
22.73	-0.4	NCAA Mideast Regional (5/26-27) ..... 1st
22.85	-1.0	NCAA Championships (6/7-10) ..... 2nd-1st round
22.74	0.7	NCAA Championships (6/7-10) ..... 2nd-semifinals
22.78	0.8	NCAA Championships (6/7-10) ..... 3rd

### JULIE BERTRAND

<b>Javelin</b>		
104-11 (31.99)		Louisiana Classics (3/18) ..... 12th
95-11 (29.25)		LSU Tiger Relays (3/23-25) ..... 12th
105-5 (32.14)		Tiger Classic (4/1) ..... 3rd
92-10 (28.29)		LSU Alumni Gold (4/22) ..... 20th

### ANGEL BOYD

<b>100 Meters</b>		
11.95	1.5	LSU Alumni Gold (4/22) ..... 16th

### 100 Hurdles

14.25	2.1 w	LSU Tiger Relays (3/23-25) ..... 3rd-prelims
14.16	2.6 w	LSU Tiger Relays (3/23-25) ..... 3rd
13.65	3.1 r/w	Tiger Classic (4/1) ..... 2nd
13.67	0.5 r	Texas Relays (4/5-8) ..... 12th
13.39	2.3 r/w	Texas Relays (4/5-8) ..... 5th-Invit.
DNF	-0.1	Miami Elite (4/15) ..... N/A
13.83	1.1 r	LSU Alumni Gold (4/22) ..... 7th
13.76	0.8 r	Penn Relays (4/27-29) ..... 11th-prelims
13.25	0.3 r	SEC Championships (5/11-14) ..... 3rd-prelims
13.14	3.0 r	SEC Championships (5/11-14) ..... 4th
13.04	2.8 w	NCAA Mideast Regional (5/26-27) ..... 1st-prelims
13.28	-0.8	NCAA Mideast Regional (5/26-27) ..... 2nd
13.48	-1.0	NCAA Championships (6/7-10) ..... 17th-1st round
DQ		NCAA Championships (6/7-10) ..... N/A

### JUANITA BROADDUS

<b>100 Meters</b>		
12.00	1.2	LSU Tiger Relays (3/23-25) ..... 3rd-prelims
11.70	1.1 r	LSU Tiger Relays (3/23-25) ..... 3rd
DNF		Tiger Classic (4/1) ..... N/A
11.54	1.8	NCAA Mideast Regional (5/26-27) ..... 15th

### 200 Meters

24.66	1.7	LSU Alumni Gold (4/22) ..... 16th
24.33	0.1	SEC Championships (5/11-14) ..... 14th

### 400 Meters

56.71		Miami Elite (4/15) ..... 11th
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# 2006 WOMEN'S PERFORMANCE LIST

## FINAL

### MONIQUE CABRAL

100 Meters			
11.95	-0.3	LSU Alumni Gold (4/22)	.16th
11.93	0.3	SEC Championships (5/11-14)	.11th

  

200 Meters			
24.21	3.2	Tiger Classic (4/1)	.6th
24.64	-1.0	Miami Elite (4/15)	.13th
24.09	1.6	LSU Alumni Gold (4/22)	.8th
24.80	-0.2	SEC Championships (5/11-14)	.17th

### KATHY COLEMAN

100 Meters			
12.03	1.8	Tiger Classic (4/1)	.17th

  

100 Hurdles			
14.09	2.4	LSU Alumni Gold (4/22)	.13th

  

Long Jump				
19-7 (5.97)	2.0	r	LSU Tiger Relays (3/23-25)	.2nd
19-10 1/4 (6.05)	3.3	r/w	Tiger Classic (4/1)	.1st
20-6 1/2 (6.26)	0.1	r	Texas Relays (4/5-8)	.3rd
19-7 (5.97)	0.0	r	Penn Relays (4/27-29)	.8th
19-1 (5.82)	-0.3		SEC Championships (5/11-14)	.14th
19-6 1/4 (5.95)	1.9		NCAA Mideast Regional (5/26-27)	.15th

### Triple Jump

FOUL			Texas Relays (4/5-8)	.N/A
39-6 3/4 (12.06)	3.0		SEC Championships (5/11-14)	.10th

### SARAH COLOSIMO

1,500 Meters				
4:54.00			Tiger Classic (4/1)	.2nd
4:50.55			Rice Twilight (4/29)	.3rd

  

5,000 Meters				
18:07.49			LSU Tiger Relays (3/23-25)	.6th
DNF			LSU Alumni Gold (4/22)	.N/A

### SHAUNETTE DAVIDSON

High Jump				
5-8 3/4 (1.75)		r	LSU Tiger Relays (3/23-25)	.1st
5-5 1/4 (1.66)			Tiger Classic (4/1)	.1st
5-10 (1.78)		r	Texas Relays (4/5-8)	.6th
5-5 3/4 (1.67)			LSU Alumni Gold (4/22)	.3rd
5-7 1/4 (1.71)			Penn Relays (4/27-29)	.8th
5-8 3/4 (1.75)			SEC Championships (5/11-14)	.6th
5-9 1/4 (1.76)			NCAA Mideast Regional (5/26-27)	.13rd
5-8 1/2 (1.74)			NCAA Championships (6/7-10)	.24th

### LINDSAY DAY

800 Meters				
2:16.55			Tiger Classic (4/1)	.3rd
2:15.94			LSU Alumni Gold (4/22)	.13th
2:12.58			SEC Championships (5/11-14)	.16th

  

1,500 Meters				
4:44.86			LSU Tiger Relays (3/23-25)	.4th
4:48.24			Miami Elite (4/15)	.11th
4:42.80			SEC Championships (5/11-14)	.19th

### 5,000 Meters

DNF			SEC Championships (5/11-14)	.N/A
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### KATIE DAWSON

800 Meters				
2:18.21			Tiger Classic (4/1)	.4th
2:21.54			LSU Alumni Gold (4/22)	.24th
2:16.14			SEC Championships (5/11-14)	.22nd

  

1,500 Meters				
4:47.97			LSU Tiger Relays (3/23-25)	.6th
4:44.05			Miami Elite (4/15)	.7th
4:46.08			SEC Championships (5/11-14)	.23rd

### 5,000 Meters

DNF			SEC Championships (5/11-14)	.N/A
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### JACKIE DOVE

Pole Vault				
NH			LSU Tiger Relays (3/23-25)	.N/A
10-10 (3.30)			Tiger Classic (4/1)	.4th

### MEGAN DUET

Pole Vault				
NH			LSU Tiger Relays (3/23-25)	.N/A
10-4 (3.15)			Tiger Classic (4/1)	.5th

### SHERRY FLETCHER

100 Meters				
11.89	1.2		LSU Tiger Relays (3/23-25)	.2nd-prelims
11.65	1.1	r	LSU Tiger Relays (3/23-25)	.2nd
11.48	1.8	r	Tiger Classic (4/1)	.2nd
11.48	1.4	r	Miami Elite (4/15)	.3rd
11.48	0.4	r	Penn Relays (4/27-29)	.5th-prelims
11.58	1.9	r	Penn Relays (4/27-29)	.4th
11.70	0.3	r	SEC Championships (5/11-14)	.11th
11.40	2.2	w	NCAA Mideast Regional (5/26-27)	.6th-prelims
11.71	-1.1		NCAA Mideast Regional (5/26-27)	.5th
11.58	1.9		NCAA Championships (6/7-10)	.18th-1st round
11.70	0.6		NCAA Championships (6/7-10)	.18th

### 200 Meters

23.54	0.0	r	Tiger Classic (4/1)	.2nd
23.93	-1.0	r	Miami Elite (4/15)	.7th
23.44	1.6	r	LSU Alumni Gold (4/22)	.3rd
23.85	-0.2	r	SEC Championships (5/11-14)	.12th
23.61	2.0		NCAA Mideast Regional (5/26-27)	.8th
23.78	-0.4		NCAA Mideast Regional (5/26-27)	.7th

### MEISUE FRANCIS

400 Meters				
54.54		r	Miami Elite (4/15)	.7th

  

800 Meters				
2:08.42		r	Tiger Classic (4/1)	.1st
2:07.51		r	LSU Alumni Gold (4/22)	.4th
2:08.36		r	SEC Championships (5/11-14)	.4th-prelims
2:07.31		r	SEC Championships (5/11-14)	.3rd
2:06.69			NCAA Mideast Regional (5/26-27)	.2nd-prelims
2:06.41			NCAA Mideast Regional (5/26-27)	.5th
2:07.45			NCAA Championships (6/7-10)	.21st

### NEDRA GROSS

High Jump				
5-4 1/4 (1.63)			LSU Tiger Relays (3/23-25)	.5th
5-3 (1.60)			Miami Elite (4/15)	.11th

### Triple Jump

39-2 1/4 (11.94)	3.1	w	Tiger Classic (4/1)	.2nd
39-1 1/4 (11.92)	0.0		Texas Relays (4/5-8)	.15th
38-6 1/4 (11.74)	0.0		Miami Elite (4/15)	.6th
38-7 1/2 (11.77)	0.5		LSU Alumni Gold (4/22)	.9th
39-2 1/2 (11.95)	0.1		SEC Championships (5/11-14)	.12th

# 2006 WOMEN'S PERFORMANCE LIST

## FINAL

### BRITTANY HARRIS

#### 400 Meters

56.41		Tiger Classic (4/1)	2nd
54.82		Miami Elite (4/15)	9th
55.12		LSU Alumni Gold (4/22)	10th

### TINA HARRIS

#### Long Jump

19-3 1/4 (5.87)	0.7	LSU Tiger Relays (3/23-25)	3rd
19-9 1/2 (6.03)	2.4	r/w Tiger Classic (4/1)	2nd
19-4 1/4 (5.90)	1.2	Texas Relays (4/5-8)	9th
20-0 1/4 (6.10)	1.0	r Miami Elite (4/15)	5th
18-9 1/4 (5.72)	0.5	LSU Alumni Gold (4/22)	11th

#### Triple Jump

FOUL		Texas Relays (4/5-8)	N/A
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### MICHELLE HYMEL

#### 800 Meters

2:24.41		LSU Alumni Gold (4/22)	29th
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#### 1,500 Meters

4:57.89		LSU Tiger Relays (3/23-25)	10th
4:41.47		Miami Elite (4/15)	3rd
4:46.04		SEC Championships (5/11-14)	22nd

#### 3,000 Meters

10:16.25		Miami Elite (4/15)	3rd
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#### 5,000 Meters

18:29.59		Tiger Classic (4/1)	1st
18:49.33		Texas Relays (4/5-8)	10th
18:20.10		SEC Championships (5/11-14)	31st

### MEGAN KLIEBERT

#### 800 Meters

2:19.26		LSU Alumni Gold (4/22)	19th
2:13.57		Rice Twilight (4/29)	3rd
2:14.98		SEC Championships (5/11-14)	18th

#### 1,500 Meters

4:54.94		LSU Tiger Relays (3/23-25)	8th
4:44.94		Tiger Classic (4/1)	1st
4:37.31		LSU Alumni Gold (4/22)	5th
4:43.92		SEC Championships (5/11-14)	20th

#### 5,000 Meters

DNF		SEC Championships (5/11-14)	N/A
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### DEONNA LAWRENCE

#### 200 Meters

23.64	3.2	r/w Tiger Classic (4/1)	4th
23.95	0.1	r SEC Championships (5/11-14)	13th

#### 400 Meters

52.45		r Miami Elite (4/15)	2nd
53.13		r LSU Alumni Gold (4/22)	6th
52.65		r SEC Championships (5/11-14)	3rd-prelims
52.80		r SEC Championships (5/11-14)	4th
52.26		NCAA Mideast Regional (5/26-27)	1st-prelims
51.75		NCAA Mideast Regional (5/26-27)	2nd
52.58		NCAA Championships (6/7-10)	8th-1st round
52.03		NCAA Championships (6/7-10)	8th-semifinals
52.38		NCAA Championships (6/7-10)	8th

### ANDREA LINTON

#### Long Jump

19-2 (5.84)	0.4	LSU Tiger Relays (3/23-25)	5th
18-6 (5.64)	0.3	Texas Relays (4/5-8)	16th
20-5 3/4 (6.24)	0.0	r Miami Elite (4/15)	3rd
20-3 (6.17)	0.0	r Penn Relays (4/27-29)	5th
19-6 1/4 (5.95)	1.1	SEC Championships (5/11-14)	10th
20-10 1/2 (6.36)	1.6	NCAA Mideast Regional (5/26-27)	2nd
19-0 (5.79)	1.0	NCAA Championships (6/7-10)	26th

#### Triple Jump

42-11 1/2 (13.09)	3.4	r/w Tiger Classic (4/1)	1st
42-5 1/2 (12.94)	3.7	r/w Texas Relays (4/5-8)	9th
42-8 (13.00)	1.6	r LSU Alumni Gold (4/22)	1st
42-3 1/2 (12.89)	0.0	r Penn Relays (4/27-29)	6th
41-10 1/2 (12.76)	0.0	r SEC Championships (5/11-14)	6th
41-10 (12.75)	0.0	NCAA Mideast Regional (5/26-27)	5th
42-10 3/4 (13.07)	-0.2	NCAA Championships (6/7-10)	17th
44-4 3/4 (13.53)	4.2	w+ NCAA Championships (6/7-10)	5th
43-0 1/2 (13.12)	3.0	w NCAA Championships (6/7-10)	.....best jump in finals series within NCAA allowable wind limits

### ANNA LYONS

#### Javelin

151-4 (46.12)		r Louisiana Classics (3/18)	3rd
145-11 (44.49)		r LSU Tiger Relays (3/23-25)	6th
155-0 (47.24)		r Tiger Classic (4/1)	1st
138-4 (42.17)		Texas Relays (4/5-8)	9th
135-7 (41.33)		Miami Elite (4/15)	6th
141-7 (43.16)		Penn Relays (4/27-29)	7th
135-1 (41.17)		SEC Championships (5/11-14)	7th
122-0 (37.20)		NCAA Mideast Regional (5/26-27)	21st

### TIARRA MCLAURIN

#### 100 Meters

12.19	-0.2	LSU Tiger Relays (3/23-25)	6th-prelims
12.17	1.1	LSU Tiger Relays (3/23-25)	6th
11.90	1.8	Tiger Classic (4/1)	5th
12.10	-0.3	LSU Alumni Gold (4/22)	9th

#### 200 Meters

24.79	0.0	Tiger Classic (4/1)	12th
25.14	0.3	LSU Alumni Gold (4/22)	25th

### CARLIESA MEAKES

#### 400 Meters

55.12		LSU Alumni Gold (4/22)	11th
DNF		NCAA Mideast Regional (5/26-27)	N/A

### BROOKLYNN MORRIS

#### 100 Meters

11.32	1.8	r Tiger Classic (4/1)	1st
11.45	1.1	r Texas Relays (4/5-8)	5th-prelims
11.38	1.6	r Texas Relays (4/5-8)	5th
11.48	3.3	r/w Penn Relays (4/27-29)	3rd-prelims
11.40	1.9	r Penn Relays (4/27-29)	3rd
11.62	0.3	r SEC Championships (5/11-14)	7th-prelims
11.30	1.4	r SEC Championships (5/11-14)	6th
11.49	2.2	w NCAA Mideast Regional (5/26-27)	5th-prelims
11.76	-1.1	NCAA Mideast Regional (5/26-27)	6th

#### 200 Meters

23.31	-0.6	r Miami Elite (4/15)	4th
22.99	2.1	r/w LSU Alumni Gold (4/22)	2nd
23.32	0.1	r SEC Championships (5/11-14)	4th-prelims
23.03	1.1	r SEC Championships (5/11-14)	4th
23.19	1.4	NCAA Mideast Regional (5/26-27)	3rd-prelims
23.05	-0.4	NCAA Mideast Regional (5/26-27)	2nd
23.14	-0.5	NCAA Championships (6/7-10)	7th-1st round
23.11	0.7	NCAA Championships (6/7-10)	6th-semifinals
23.35	0.8	NCAA Championships (6/7-10)	8th

# 2006 WOMEN'S PERFORMANCE LIST

## FINAL

### JESSICA OHANAJA

200 Meters			
24.40	3.2	Tiger Classic (4/1)	.1st

  

100 Hurdles			
13.45	0.8	r LSU Tiger Relays (3/23-25)	.1st-prelims
13.37	2.6	r/w LSU Tiger Relays (3/23-25)	.1st
13.47	3.1	r/w Tiger Classic (4/1)	.1st
13.23	2.0	r/w Texas Relays (4/5-8)	.2nd-prelims
13.14	0.6	r Texas Relays (4/5-8)	.3rd
15.65	-0.1	Miami Elite (4/15)	.16th
13.18	1.1	r LSU Alumni Gold (4/22)	.2nd
13.39	-1.7	r Penn Relays (4/27-29)	.5th-prelims
FS		Penn Relays (4/27-29)	.N/A
13.24	0.2	r SEC Championships (5/11-14)	.2nd-prelims
13.10	3.0	r SEC Championships (5/11-14)	.2nd
13.15	2.9	w NCAA Mideast Regional (5/26-27)	.3rd-prelims
DNF		NCAA Mideast Regional (5/26-27)	.N/A

### TANYA OSBOURNE

800 Meters			
DNF		Tiger Classic (4/1)	.N/A
2:09.74		r Miami Elite (4/15)	.3rd
2:07.11		r LSU Alumni Gold (4/22)	.3rd
2:07.51		r SEC Championships (5/11-14)	.3rd-prelims
2:06.26		r SEC Championships (5/11-14)	.1st
2:22.66		NCAA Mideast Regional (5/26-27)	.23rd

### JENNIFER RADECKER

1,500 Meters			
5:00.43		Tiger Classic (4/1)	.4th

### LYNLEY ROCHE'

1,500 Meters			
5:14:13		Tiger Classic (4/1)	.7th

### 5,000 Meters

20:08.82		LSU Tiger Relays (3/23-25)	.12th
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### CYNETHEIA ROOKS

200 Meters			
23.55	0.0	r Tiger Classic (4/1)	.3rd

### 400 Meters

53.05		r Miami Elite (4/15)	.3rd
53.22		r LSU Alumni Gold (4/22)	.7th
53.06		r SEC Championships (5/11-14)	.14th
53.50		r SEC Championships (5/11-14)	.7th
53.06		NCAA Mideast Regional (5/26-27)	.4th-prelims
52.51		NCAA Mideast Regional (5/26-27)	.4th
53.22		NCAA Championships (6/7-10)	.16th-1st round
53.32		NCAA Championships (6/7-10)	.13th

### JENNIFER STARK

1,500 Meters			
5:08:28		Tiger Classic (4/1)	.5th

### 5,000 Meters

18:22.65		LSU Tiger Relays (3/23-25)	.8th
18:18.39		LSU Alumni Gold (4/22)	.2nd

### CHRISTY ZIRKLE

1,500 Meters			
4:54.38		Tiger Classic (4/1)	.3rd
4:54.85		Rice Twilight (4/29)	.4th

### 5,000 Meters

18:32.28		LSU Tiger Relays (3/23-25)	.9th
DNF		LSU Alumni Gold (4/22)	.N/A

### 4X100-METER RELAY

44.74	r	Ohanaja, Broaddus, Morris, Baptiste	.LSU Tiger Relays (3/23-25) - 1st
44.67	r	LSU A	.Tiger Classic (4/1) - 1st
44.03	r	LSU A	.Texas Relays (4/5-8) - 2nd-prelims
43.48	r	LSU A	.Texas Relays (4/5-8) - 2nd
43.96	r	Fletcher, Morris, Ohanaja, Baptiste	.Miami Elite (4/15) - 2nd
43.56	r	Fletcher, Morris, Ohanaja, Bapstiste	.LSU Alumni Gold (4/22) - 1st
45.05	r	Fletcher, Morris, Ohanaja, Baptiste	.Penn Relays (4/27-29) - 7th-prelims
43.60	r	Fletcher, Morris, Ohanaja, Baptiste	.Penn Relays (4/27-29) - 2nd
44.43	r	Fletcher, Morris, Ohanaja, Baptiste	.SEC Championships (5/11-14) - 3rd
44.28	r	Fletcher, Morris, Ohanaja, Baptiste	.NCAA Mideast Regional (5/26-27) - 2nd-prelims
43.68	r	Fletcher, Morris, Ohanaja, Baptiste	.NCAA Mideast Regional (5/26-27) - 1st
43.47	r	Fletcher, Morris, Ohanaja, Baptiste	.NCAA Championships (6/7-10) - 4th-prelims
42.94	r	Broaddus, Baptiste	.NCAA Championships (6/7-10) - 2nd

### 4X200-METER RELAY

1:32.70		Lawrence, Broaddus, Morris, Baptiste	.LSU Tiger Relays (3/23-25) - 1st
1:34.89		Ohanaja (23.94), Fletcher (22.67), Rooks (24.53), Cabral (23.76)	.LSU Tiger Relays (3/23-25) - 3rd
1:32.70		Rooks (23.89), Baptiste (22.29), Fletcher (24.17), Morris (22.41)	.Texas Relays (4/5-8) - 1st
1:34.39		Fletcher, Lawrence, Rooks, Cabral	.Penn Relays (4/27-29) - 4th-prelims
1:31.65		Fletcher, Baptiste, Lawrence, Morris	.Penn Relays (4/27-29) - 1st

### 4X400-METER RELAY

3:31.71	r	Morris, Broaddus, Rooks, Lawrence	.LSU Tiger Relays (3/23-25) - 1st
3:48.98		Francis, Cabral, Meakes, Dawson	.LSU Tiger Relays (3/23-25) - 4th
3:33.81	r	LSU A	.Tiger Classic (4/1) - 1st
3:45.60		LSU B	.Tiger Classic (4/1) - 2nd
3:31.91	r	Rooks (52.97), Francis (53.33), Osbourne (54.00), Lawrence (51.60)	.Texas Relays (4/5-8) - 3rd-prelims
3:28.23	r	Francis (54.59), Morris (51.42), Rooks (51.39), Lawrence (50.83)	.Texas Relays (4/5-8) - 2nd
3:33.50	r	Rooks (54.69), Baptiste (52.32), Francis (52.85), Lawrence (52.65)	.Miami Elite (4/15) - 1st
3:46.74		Harris, Osbourne, Cabral, Dawson	.Miami Elite (4/15) - 3rd
3:30.95	r	Lawrence, Francis, Osbourne, Rooks	.LSU Alumni Gold (4/22) - 1st
3:33.56	r	Rooks, Francis, Osbourne, Lawrence	.Penn Relays (4/27-29) - 1st-prelims
3:27.96	r	Morris, Francis, Lawrence, Rooks	.Penn Relays (4/27-29) - 3rd
3:31.44	r	LSU A	.SEC Championships (5/11-14) - 2nd
3:28.93		Rooks, Francis, Broaddus, Lawrence	.NCAA Mideast Regional (5/26-27) - 1st
3:30.38		Rooks, Francis, Broaddus, Lawrence	.NCAA Championships (6/7-10) - 4th-prelims
3:25.78		Morris, Francis, Rooks, Lawrence	.NCAA Championships (6/7-10) - 1st

### SHUTTLE HURDLE RELAY

54.24		LSU A	.Penn Relays (4/27-29) - 1st
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# 2006 WOMEN'S PERFORMANCE LIST

## FINAL

### 4X800-METER RELAY

9:11.31	Dawson, Kliebert, Hymel, Day .....LSU Tiger Relays (3/23-25) - 2nd
8:55.23	LSU A .....Texas Relays (4/5-8) - 3rd
8:48.33	Day, Osbourne, Dawson, Francis .....Penn Relays (4/27-29) - 11th

### 1,600-METER SPRINT MEDLEY RELAY

3:50.44	Morris (23.57), Baptiste (22.79), Lawrence (52.87), Francis (2:11.20) ...LSU Tiger Relays (3/23-25) - 1st
4:07.59	Fletcher (24.11), Cabral (24.04), Rooks (54.25), Starks (2:25.20) .....LSU Tiger Relays (3/23-25) - 4th
3:46.79	Morris (23.30), Baptiste (22.30), Lawrence (51.78), Osbourne (2:09.39) .....Texas Relays (4/5-8) - 2nd
3:49.77	Harris, Lawrence, Meakes, Osbourne .....Penn Relays (4/27-29) - 4th

### DISTANCE MEDLEY RELAY

12:42.82	Hymel, Meakes, Radecker, Accardo .....LSU Tiger Relays (3/23-25) - 3rd
12:06.84	LSU A .....Texas Relays (4/5-8) - 8th
11:59.01	Dawson, Broaddus, Day, Hymel .....Penn Relays (4/27-29) - 12th

# MEN'S ALL-TIME OUTDOOR PERFORMANCE LIST

## 100 Meters

1.	Xavier Carter	2006	10.09
2.	Slip Watkins	1989	10.15
	Fabian Muyaba	1993	10.15
	Byron Logan	1998	10.15
5.	Glenroy Gilbert	1993	10.16
6.	Chris Cummings	1996	10.17
7.	Kelly Willie	2006	10.19
8.	Reggie Jones	1993	10.25
	Kirk Cummins	1996	10.25
10.	Bryant Williams	1992	10.26

## 200 Meters

1.	Xavier Carter	2005	20.02
2.	Rohsaan Griffin	1996	20.21
3.	Curtis Perry	1997	20.25
4.	Efram Coley	1980	20.35
5.	Dino Napier	1989	20.37
	Glenroy Gilbert	1993	20.37
7.	Derrick Brew	1999	20.38
8.	Slip Watkins	1989	20.40
9.	Byron Logan	1998	20.41
10.	Kelly Willie	2006	20.42

## 400 Meters

1.	Derrick Brew	1999	44.29
2.	Xavier Carter	2006	44.53
3.	Kelly Willie	2004	44.63
4.	Alleyne Francique	2002	44.87
5.	Pete Coley	2002	44.89
6.	Al Coffee	1969	45.44c
7.	Lloyd Wills	1972	45.54c
8.	Mike Alridge	1998	45.64
9.	Robert Parham	2001	45.74ht
10.	Reggie Dardar	2006	45.86

## 800 Meters

1.	Robin van Helden	1987	1:45.53
2.	David Singoei	1993	1:45.64
3.	Bob Smith	1972	1:46.9c
4.	Passmore Furusa	1995	1:47.91
5.	Mark Fowler	1988	1:48.19
6.	Rod Green	1984	1:48.34
7.	Maurice Horton	1991	1:48.47
8.	James Epps	1972	1:48.8c
9.	Darrin Browder	1989	1:49.0
10.	Marlon Greensword	2002	1:49.38

## 1,500 Meters

1.	Passmore Furusa	1995	3:39.71
2.	Bobby Beck	1984	3:41.8
3.	Terry Thornton	1989	3:42.20
4.	Mike Quigley	1980	3:42.36
5.	Robin van Helden	1989	3:42.37
6.	John Stewart	1972	3:44.2c
7.	Bob Smith	1974	3:44.3c
8.	Mark Elliott	1989	3:44.52
9.	Pat Gavin	2006	3:45.03
10.	John Sauerhage	1982	3:45.35

## 3,000-Meter Steeplechase

1.	Magnus Bengtsson	1990	8:38.14
2.	Mark Dobbins	1979	8:39.72
3.	Terry Thornton	1991	8:44.19
4.	Passmore Furusa	1994	8:45.33
5.	Bobby Beck	1981	8:47.35
6.	Paul Marmaro	1987	8:47.83
7.	Stuart Mee	1987	8:48.26
8.	David Hall	1986	8:56.01
9.	Bob Wyman	1993	9:00.40
10.	Jaime Bastidas	1998	9:02.64

## 5,000 Meters

1.	Mark Elliott	1989	13:33.10
2.	Terry Thornton	1989	13:49.69
3.	John Stewart	1971	14:04.0c
4.	Mike Smith	1986	14:10.74
5.	Abderrzak Merchoud	1997	14:12.79
6.	Mike Quigley	1980	14:13.43
7.	Tom Douple	1974	14:13.4
8.	Sam Mwape	2004	14:14.52
9.	Jimmy Wiggins	2004	14:14.90
10.	Mark Dobbins	1979	14:23.23

## 10,000 Meters

1.	Terry Thornton	1990	28:18.68
2.	Mark Elliott	1989	28:32.44
3.	Likhaya Dayile	2001	29:16.82
4.	Mike Smith	1986	29:18.88
5.	Jimmy Wiggins	2005	29:50.94
6.	Sam Mwape	2005	30:02.83
7.	Pablo Presedo	1988	30:12.65
8.	Tom Douple	1974	30:40.8c
9.	Ryan Gallup	2003	31:05.71
10.	Jeff Miller	1977	31:21.0

## 110-Meter Hurdles

1.	Eric Reid	1987	13.50
2.	Larry Shipp	1975	13.55
3.	Orlando McDaniel	1980	13.64
4.	Charles James	1984	13.67
5.	Alleyne Lett	2005	13.68
6.	Allen Misher	1973	13.73
	Bernard Williams	1985	13.73
8.	Greg Scott	1999	13.74
9.	Bert Rareshide	1996	13.81
10.	James Rainey	1993	13.88

## 400-Meter Hurdles

1.	Bennie Brazell	2005	47.67
2.	Lueroy Colquhoun	2002	48.91
3.	Isa Phillips	2006	49.36
4.	Regan Nichols	1996	49.43
5.	Bernard Williams	1986	49.65
6.	Billy Hardin	1964	49.94c
7.	Carey Schimph	1975	50.44c
8.	David Singoei	1992	50.69
9.	Slats Hardin	1934	50.74c
10.	John Duhon	1984	51.38

## High Jump

1.	Tom Lange	1990	7-5 3/4
2.	J.J. Barton	1997	7-4 1/2
3.	Larey Weaver	1982	7-3 3/4
4.	Alain Metellus	1986	7-3 1/4
5.	Louis Callaway	1986	7-1
6.	Claston Bernard	2002	7-2 1/4
7.	Bruce Reid	1988	7-0 1/4
8.	John Dupont	1995	6-11 3/4
9.	Juan Thomas	1994	6-11 1/2
10.	Ted Heroman	1972	6-11

## Pole Vault

1.	Russ Buller	2000	18-8 3/4
2.	Greg Duplantis	1986	18-5 1/4
3.	Grey Rappe	1983	18-0 1/2
	Derrick Prentice	1996	18-0 1/2
5.	Edgar Daiz	1991	17-9
6.	Ricky Wright	1986	17-8 1/2
7.	Mark Rose	1983	17-5
8.	Daniel Troclair	2002	17-4 3/4
9.	Mario Sategna	1995	17-2 3/4
10.	Bob Anding	1975	17-2

## Long Jump

1.	John Moffitt	2004	27-2 1/2
2.	Llewellyn Starks	1990	27-0 1/2
3.	Walter Davis	2001	26-8 1/4
4.	Reggie Jones	1993	26-5 3/4
5.	LeJuan Simon	2004	26-3 1/2
6.	Lofli Khaida	1992	26-2 1/4
	Matthew Rose	1989	26-2 1/4
8.	Eugene McCain	1979	26-1 1/2
	Marcus Thomas	2000	26-1 1/2
10.	Jeremy Hicks	2006	25-10 3/4

## Triple Jump

1.	Walter Davis	2002	57-8 1/2
2.	Reggie Jones	1992	56-2
3.	Lofli Khaida	1993	55-6 1/4
4.	Marcus Thomas	2000	54-6 3/4
5.	LeJuan Simon	2004	54-4 1/2
6.	John Moffitt	2003	54-2 3/4
	LeVar Anderson	1999	54-2 3/4
8.	Jermaine Grant	1995	53-1 3/4
9.	Willie Bradley	2004	53-1
10.	Ernest Marvin	1981	52-10 1/2

## Shot Put

1.	Joe Maciejczyk	1982	65-7
2.	Simon Williams	1991	62-10 3/4
3.	Gunnar Pflingsten	1997	62-4 1/2
4.	Rolf Kahles	1997	62-3
5.	Scott Petersen	1993	62-1
6.	Alex Forst	2000	60-10 3/4
7.	John Dermody	1996	60-7 1/4
8.	Frank Mazza	1989	60-4 1/2
9.	Tom Marshall	1980	59-8
10.	Christian Nehme	1998	59-7

## Discus

1.	John Nichols	1989	209-1
2.	Simon Williams	1992	200-7
3.	Alex Forst	1998	195-7
4.	Mike Yasolsky	1989	193-4
5.	Derrick Farrell	1993	192-5
6.	Dave Paddison	1991	183-11
7.	Dave Grant	1995	183-10
8.	Rolf Kahles	1997	181-3
9.	Frank Mazza	1989	180-2
10.	Alleyne Lett	2005	178-4

## Hammer

1.	Dave Paddison	1994	222-3
2.	Javier Nieto	1999	216-5
3.	John Woosley	1998	202-1
4.	Nigel Green	1996	201-8
5.	Rabun Fox	2006	198-11
6.	Dave Galvan	1996	193-10
7.	Nathan Turner	1997	193-0
8.	Gunnar Pflingsten	1998	187-9
9.	Matt Vincent	2004	174-9
10.	Paul Gardner	2000	174-0

## Javelin

1.	Mikael Olander	1987	247-11
2.	Mark Morris	1992	236-1
3.	Willie Boudloche	1993	231-11
4.	Blake Theriot	2000	231-8
5.	Craig Nall	2000	229-6
6.	Enno Tjepkema	1988	220-9
7.	Keith Nunez	2003	218-7
8.	Blake Theriot	1999	213-5
9.	Mike Williamson	1995	213-3
10.	Delye Woods	1995	213-0

## Decathlon (1985 IAAF Tables)

1.	Mario Sategna	1995	8,172
2.	Mikael Olander	1988	8,126
3.	Claston Bernard	2002	8,094
4.	Sheldon Blockburger	1987	7,964
5.	Bruce Reid	1988	7,900w
6.	Bengt Jarlso	1989	7,733
7.	Darion Powell	2006	7,640
8.	Alleyne Lett	2005	7,550
9.	Edwin Billot	2006	7,468
10.	Kanon Vanderhoff	1992	7,449w

## 4x100-Meter Relay

1.	Jermaine Grant, Mike Alridge, Byron Logan, Curtis Perry	1998	38.24
2.	Walter Davis, Robert Parham, Pete Coley, Bennie Brazell	2002	38.32
3.	Richard Thompson, Xavier Carter, Marvin Stevenson, Kelly Willie	2006	38.44
4.	Jermaine Grant, Chris Cummings, Eddie Kennison, Rohsaan Griffin	1995	38.64
5.	Kelly Willie, Robert Parham, Pete Coley, Bennie Brazell	2003	38.65
6.	Reggie Jones, Bryant Williams, Chris King, Jason Sanders (tie) Reggie Jones, Glenroy Gilbert, Chris King, Fabian Muyaba	1992	38.70
	Richard Thompson, Xavier Carter, Kelly Willie, Bennie Brazell	1993	38.70
8.	Chris Cummings, Kirk Cummins, Byron Logan, Rohsaan Griffin	2005	38.77
9.	Marvin Stevenson, Richard Thompson, Kelly Willie, Bennie Brazell	1996	38.86
10.	Marvin Stevenson, Richard Thompson, Kelly Willie, Bennie Brazell	2005	38.90

## 4x400-Meter Relay

1.	Reggie Dardar, Kelly Willie, Bennie Brazell, Xavier Carter	2005	2:59.59
2.	Marvin Stevenson, Bennie Brazell, Kelly Willie, Pete Coley	2004	3:01.39
3.	Reggie Dardar, Kelly Willie, Melville Rogers, Xavier Carter	2006	3:01.58
4.	Robert Parham, Lueroy Colquhoun, Pete Coley, Alleyne Francique	2001	3:01.66
5.	Robert Parham, Bennie Brazell, Pete Coley, Kelly Willie	2003	3:02.01
6.	Reggie Dardar, Melville Rogers, Xavier Carter, Kelly Willie	2006	3:02.21
7.	Marvin Stevenson, Pete Coley, Bennie Brazell, Kelly Willie (tie) Siraj Williams, Melville Rogers, Marvin Stevenson, Reggie Dardar	2004	3:02.30
	LSU A (Texas Relays)	2006	3:02.31
9.	Lueroy Colquhoun, Marlon Greensword, Bennie Brazell, Pete Coley	2002	3:02.33

# WOMEN'S ALL-TIME OUTDOOR PERFORMANCE LIST

## 100 Meters

1.	Dawn Sowell	1989	10.78
2.	D'Andre Hill	1996	10.92
3.	Peta-Gaye Dowdie	1999	11.03
4.	Muna Lee	2003	11.04
5.	Cheryl Taplin	1994	11.07
6.	<b>Kelly Baptiste</b>	<b>2006</b>	<b>11.08</b>
7.	Sheila Echols	1987	11.09
8.	Esther Jones	1991	11.11
9.	Zundra Feagin	1996	11.18
10.	Kwajalein Butler	1995	11.25

## 200 Meters

1.	Dawn Sowell	1989	22.04
2.	Zundra Feagin	1996	22.30
3.	Muna Lee	2004	22.47
4.	Stephanie Durst	2002	22.48
5.	D'Andre Hill	1996	22.49
	Esther Jones	1990	22.49
7.	Peta-Gaye Dowdie	2000	22.51
8.	Astia Walker	1997	22.69
9.	Myra Combs	1998	22.73
	<b>Kelly Baptiste</b>	<b>2006</b>	<b>22.73</b>

## 400 Meters

1.	LaTarsha Stroman	1997	50.60
2.	Hazelann Regis	2004	50.64
3.	Nadia Davy	2003	50.66
4.	Claudine Williams	1999	51.40
5.	Youlanda Warren	1992	51.55
6.	Deonna Lawrence	2006	51.62
7.	Monique Hall	2004	51.75
8.	Charlene Maulseed	1995	51.93
9.	Debbie Parris	1994	52.03
10.			52.14

## 800 Meters

1.	Neisha Bernard-Thomas	2004	2:01.32
2.	Claudine Williams	1999	2:02.52
3.	Camille Cato	1987	2:02.73
4.	Sylvia Brydson	1989	2:03.02
5.	Lee Ann Van Landingham	1982	2:03.54
6.	Christine Slythe	1985	2:03.57
7.	Kathi Harris	1987	2:04.70
8.	<b>Tanya Osbourne</b>	<b>2005</b>	<b>2:04.97</b>
9.	Marian Burnett	2002	2:05.52
10.	Meggie Bobien	1987	2:05.69

## 1,500 Meters

1.	Christine Slythe	1985	4:17.14
2.	Charlotte Mayock	1997	4:18.68
3.	Muffy McLeod	1985	4:20.25
4.	Silje Rasmussen	1996	4:20.96
5.	Lisa Reed	1987	4:27.1
6.	Ruth Nanyinza	2005	4:30.16
7.	Susanne Strunz	2001	4:30.19
8.	Tina Bengtson	1981	4:32.8
9.	Michelle Gross	1981	4:37.2
10.	<b>Megan Kliebert</b>	<b>2006</b>	<b>4:37.31</b>

## 3,000 Meters

1.	Lisa Reed	1987	9:22.04
2.	Charlotte Mayock	1997	9:25.58
3.	Muffy McLeod	1985	9:32.28
4.	Susanne Strunz	2000	9:52.50
5.	Michelle Gross	1981	9:56.1
6.	Colleen Scanlan	1986	9:57.4
7.	Bridget Cusack	2000	9:58.61
8.	Ann Quigley	1980	10:03.92
9.	<b>Kate Accardo</b>	<b>2006</b>	<b>10:15.72</b>
10.	Michelle Hymel	2006	10:16.25

## 5,000 Meters

1.	Muffy McLeod	1985	16:18.89
2.	Lisa Reed	1988	16:27.65
3.	Ruth Nanyinza	2004	17:03.02
4.	Katie Denton	2005	17:10.47
5.	Ann Quigley	1980	17:22.0
6.	Susanne Strunz	2000	17:22.02
7.	Bridget Cusack	2000	17:27.43
8.	Elaine Gomez	1984	17:28.45
9.	Michelle Gross	1981	18:05.0
10.	<b>Sarah Colosimo</b>	<b>2006</b>	<b>18:07.49</b>

## 10,000 Meters

1.	Lisa Reed	1988	35:27.94
2.	Katie Denton	2005	35:39.94
3.	Bridget Cusack	2001	36:32.79
4.	Elaine Gomez	1984	36:37.25
5.	Emily Blake	1997	37:12.76

## 100-Meter Hurdles

1.	Tananjaly Stanley	1989	12.70
2.	Kim Carson	1996	12.72
3.	Lolo Jones	2004	12.77
4.	Dawn Bowles	1991	12.82
	Astia Walker	1997	12.82
6.	Joyce Bates	2000	12.85
7.	Cinnamon Sheffield	1989	12.95
8.	Brittany Littlejohn	2004	13.04
9.	Mary Cobb	1991	13.05
10.	Selena Lewis	1999	13.06

## 400-Meter Hurdles

1.	Schowonda Williams	1987	54.82
2.	Debbie Parris	1994	55.17
3.	Donalda Duprey	1991	56.29
4.	Sylvia Brydson	1989	57.69
5.	Doria Appleberry	2002	58.16
6.	Leslie Nixon	1988	58.25
7.	Althea Thomas	2003	58.30
8.	Celena Clarke	1998	58.34
9.	Wendy Truivillon	1987	58.40
10.	Rhonda Phillips	1988	58.69

## 3,000-Meter Steeplechase

1.	Susanne Strunz	2001	10:18.54ht
2.	<b>Kate Accardo</b>	<b>2006</b>	<b>11:39.09</b>
3.	Sandra Smith	2003	11:57.98

## High Jump

1.	Gai Kapernick	1994	6-2 1/4
2.	Kym Carter	1987	6-0 1/2
	Kelli Flynn	1993	6-0 1/2
4.	Hareldau Argyle	1997	6-0
5.	Gretchen Francois	1998	5-11 1/4
6.	Kim Fenton	1989	5-10 3/4
7.	Sharon Jaklofsky	1991	5-10 1/2
8.	Leslie Nixon	1988	5-10
	<b>Shaunette Davidson</b>	<b>2006</b>	<b>5-10</b>
10.	Lana Zimmerman	1983	5-8 3/4
	Shontae Harris	2005	5-8 3/4
	Dianne Harrison	2005	5-8 3/4

## Pole Vault

1.	Calah Young	2005	11-11 3/4
2.	Randi Opperman	2002	11-5 3/4
	<b>Megan Duet</b>	<b>2005</b>	<b>11-5 3/4</b>
4.	Jackie Dove	2006	10-10
5.	Margaret Reaves	2001	10-2
	Megan Sharkey	2004	9-10
7.	Jessica Biggerstaff	2002	9-6 1/4
	Candice Sigur	2001	9-6 1/4

## Long Jump

1.	Sheila Echols	1987	22-9 1/4
2.	Daphnie Saunders	1993	22-2 1/2
3.	Claire Connor	1988	21-9
4.	Keisha Spencer	2000	21-8 1/4
5.	Marita Hunt	1995	21-5 1/2
6.	<b>Tina Harris</b>	<b>2005</b>	<b>21-4 3/4</b>
7.	Dahlia Duhaney	1991	21-3 1/2
	Camille Jackson	1993	21-3 1/2
9.	Julie Lewis	1988	21-1 1/4
10.	Monique Freeman	1999	20-10 3/4

## Triple Jump

1.	Keisha Spencer	2000	45-10
2.	Suzette Lee	1997	45-8
3.	Nicole Toney	2003	44-6 3/4
4.	Sharon Clarke	1986	43-11 3/4
5.	Camille Jackson	1993	43-6
6.	Bianca Rockett	1999	43-0 1/4
7.	<b>Andrea Linton</b>	<b>2006</b>	<b>42-10 3/4</b>
8.	Daphnie Saunders	1993	42-10
9.	Andria Booker	2002	42-7
10.	Julie Lewis	1988	42-0

## Shot Put

1.	Danyel Mitchell	1994	54-6 1/2
2.	Teresa Williford	1986	53-5
3.	Katie McKeever	2003	51-9 3/4
4.	Laurie Trapp	1992	49-0 3/4
5.	Kym Carter	1987	48-7 1/4
6.	Lavern Eve	1986	48-2
7.	Jacqui Sheffield	1984	47-8 1/2
8.	Jill Lipp	2000	47-0 3/4
9.	Maria Pettersson	1998	46-5
10.	Sharon Jaklofsky	1992	45-4 1/2

## Discus

1.	Danyel Mitchell	1994	194-4
2.	Laurie Trapp	1992	175-11
3.	Katie McKeever	2003	173-10
4.	Teresa Williford	1987	172-10
5.	Mallory McDonald	2002	162-9
6.	Lavern Eve	1987	161-1
7.	Anyssa Olivarez	1996	157-8
8.	Maria Pettersson	1997	156-6
9.	Mattie Cymek	1994	155-1
10.	Stacy Shaw	1986	152-8

## Javelin

1.	Lavern Eve	1987	204-9
2.	Cheryl Coker	1988	179-1
3.	Wanda Ferster	1989	169-11
4.	Maria Romero	2003	157-4
5.	<b>Anna Lyons</b>	<b>2006</b>	<b>155-0</b>
6.	<b>Amanda Harmata</b>	<b>2005</b>	<b>153-8</b>
7.	Kim Poche	1996	153-0
8.	Neely Falgout	2002	150-5
9.	Jacqui Sheffield	1984	150-3
10.	Camilla Strid	1991	145-11

## Hammer

1.	Britney Henry	2004	205-11
2.	Mallory McDonald	2003	197-4
3.	Candice Gonzalez	2002	188-1
4.	Jill Lipp	2001	147-8
5.	Jennifer Wolfinger	2000	142-0
6.	Teresa Williford	1986	108-4

## Heptathlon

1.	Sharon Jaklofsky	1992	6,013w
2.	Cheryl Wilson	1989	5,855
3.	Jovennie McDuffie	1991	5,778
4.	Lana Zimmerman	1985	5,606w
5.	Kym Carter	1987	5,545
6.	Camilla Strid	1991	5,532
7.	Katarina Hallberg	1990	5,506w
8.	Loren Leaverton	2000	5,366
9.	Rhonda Phillips	1988	5,363w
10.	<b>Megan Akre</b>	<b>2006</b>	<b>5,352</b>

## 4x100-Meter Relay

1.	Tananjaly Stanley, Dawn Sowell, Cinnamon Sheffield, Esther Jones	1989	42.50
2.	Stephanie Durst, Monique Hall, Lolo Jones, Muna Lee	2003	42.55
3.	Lolo Jones, Monique Hall, Stephanie Durst, Muna Lee	2004	42.61
4.	Astia Walker, Kwajalein Butler, Zundra Feagin, D'Andre Hill	1996	42.76
5.	Astia Walker, Kwajalein Butler, Sa'Donna Thornton, Peta-Gaye Dowdie	1997	42.92
	Lolo Jones, Monique Hall, Nadia Davy, Muna Lee	2004	42.92
7.	<b>Sherry Fletcher, Brooklynn Morris, Juanita Broadus, Kelly Baptiste</b>	<b>2006</b>	<b>42.94</b>
8.	Cheryl Taplin, Dahlia Duhaney, Dawn Bowles, Esther Jones	1991	42.96
9.	Dawn Bowles, Cheryl Taplin, Cinnamon Sheffield, Dahlia Duhaney	1992	43.00
10.	Sa'Donna Thornton, Kwajalein Butler, Myra Combs, Peta-Gaye Dowdie	1998	43.02

## 4x400-Meter Relay

1.	Neisha Bernard-Thomas, Hazelann Regis, Monique Hall, Nadia Davy	2004	3:25.26
2.	<b>Brooklynn Morris, Meisue Francis, Cynethia Rooks, Deonna Lawrence</b>	<b>2006</b>	<b>3:25.78</b>
3.	Nadia Davy, Neisha Bernard-Thomas, Monique Hall, Hazelann Regis	2003	3:27.04
4.	Nadia Davy, Monique Hall, Neisha Bernard-Thomas, Hazelann Regis	2003	3:27.88
5.	<b>Brooklynn Morris, Meisue Francis, Deonna Lawrence, Cynethia Rooks</b>	<b>2006</b>	<b>3:27.85</b>
6.	Debbie Parris, Indira Hamilton, Heather Van Norman, Youlanda Warren	1993	3:27.97
7.	<b>Meisue Francis, Brooklynn Morris, Cynethia Rooks, Deonna Lawrence</b>	<b>2006</b>	<b>3:28.23</b>
8.	LaTarsha Stroman, Sheila Powell, Charlene Maulseed, Youlanda Warren	1995	3:28.26
9.	<b>Cynethia Rooks, Meisue Francis, Juanita Broadus, Deonna Lawrence</b>	<b>2006</b>	<b>3:28.93</b>
10.	Nadia Davy, Neisha Bernard-Thomas, Monique Hall, Hazelann Regis	2004	3:29.64