

2009 MEN'S INDOOR BESTS

Final

60 Meters (6.63/6.74)

6.55	Trindon Holliday	NCAA Championships (3/14)
6.77	Gabriel Mvumvure	New Balance Invitational (2/6)
6.78	Jerel Hill	Purple Tiger Classic (1/23)
6.84	Armanti Hayes	Purple Tiger Classic (1/23)
6.87	Will Coppage	Purple Tiger Classic (1/23)
6.93	Jeremy Hicks	Tyson Invitational (2/13)
6.93	Ade Alleyne-Forte	Purple Tiger Classic (1/23)
6.95	Zedric Thomas	Purple Tiger Classic (1/23)
6.96	Jeremy Liddell	Purple Tiger Classic (1/23)
7.00	Robert Simmons	Purple Tiger Classic (1/23)
7.02	Jamar Howard	Purple Tiger Classic (1/23)
7.02	Tristan Walker	LSU NCAA Indoor Qualifier (3/6)
7.21	Scott Gibson	Purple Tiger Classic (1/23)

200 Meters (20.83/21.23)

21.31	Trindon Holliday	Tyson Invitational (2/14)
21.45	Gabriel Mvumvure	SEC Championships (2/28)
21.49	Armanti Hayes	SEC Championships (2/28)
21.76	Jerel Hill	SEC/Big 12 Challenge (1/31)
22.02	Tristan Walker	SEC/Big 12 Challenge (1/31)
23.09	Scott Gibson	LSU NCAA Indoor Qualifier (3/6)

400 Meters (46.15/47.25)

46.22	p Robert Simmons	SEC Championships (3/1)
46.93	p Armanti Hayes	Tyson Invitational (2/13)
47.65	Ade Alleyne-Forte	SEC Championships (2/28)
48.85	Jamar Howard	SEC Championships (2/28)
49.39	Jamaal James	SEC/Big 12 Challenge (1/31)
52.14	c Jeremy Handy	LSU Twilight (2/20)
52.57	c Scott Gibson	LSU Twilight (2/20)

800 Meters (1:48.00/1:50.50)

1:49.85	p Jamaal James	New Balance Invitational (2/7)
1:49.66	p Richard Jones	Cyclone National Qualifier (3/7)
1:52.36	Garrek Thompson	SEC Championships (2/28)
1:54.30	Alan Sticker	SEC/Big 12 Challenge (1/31)
2:07.20	c Jeremy Handy	LSU NCAA Indoor Qualifier (3/6)

Mile (3:59.50/4:04.00)

4:08.55	Alan Sticker	Tyson Invitational (2/13)
4:21.10	Jacob Simmons	Tyson Invitational (2/13)
4:30.59	c Jonathan Thomas	LSU NCAA Indoor Qualifier (3/6)
4:32.49	c Frank Bohn	LSU NCAA Indoor Qualifier (3/6)
4:38.32	c Sean Swanner	LSU NCAA Indoor Qualifier (3/6)
4:41.65	c Ken Erhardt	LSU NCAA Indoor Qualifier (3/6)

3,000 Meters (7:54.50/8:05.00)

8:29.24	Jacob Simmons	New Balance Invitational (2/6)
8:39.24	c Alan Sticker	Purple Tiger Classic (1/23)
8:49.63	c Richard Chautin	LSU Twilight (2/20)
9:04.47	c Frank Bohn	LSU Twilight (2/20)
9:07.47	c Ken Erhardt	LSU Twilight (2/20)
9:18.42	c Sean Swanner	Purple Tiger Classic (1/23)
9:22.03	c Jonathan Thomas	LSU Twilight (2/20)
9:29.87	c Kyle Hecker	Purple Tiger Classic (1/23)

5,000 Meters (13:47.00/14:10.00)

14:34.75	Jacob Simmons	SEC/Big 12 Challenge (1/31)
15:03.42	Richard Chautin	SEC/Big 12 Challenge (1/31)
15:18.21	Andy Florek	New Balance Invitational (2/7)

60-Meter Hurdles (7.70/7.91)

7.86	p Patrick Lee	SEC Championships (2/28)
7.93	Barrett Nugent	Tyson Invitational (2/13)

4x400-Meter Relay (3:06.50/3:10.40)

3:07.29	p Alleyne-Forte, Hayes, Howard, Simmons	Cyclone National Qualifier (3/7)
3:08.47	Hayes, Alleyne-Forte, Howard, Simmons	NCAA Championships (3/14)
3:09.58	p Hayes, Howard, Alleyne-Forte, Simmons	New Balance Invitational (2/7)
3:09.81	p Hayes, Howard, Alleyne-Forte, Simmons	SEC Championships (3/1)
3:10.93	Alleyne-Forte, Jones, Simmons, Hayes	Tyson Invitational (2/14)
3:12.78	Hayes, James, Lee, Alleyne-Forte	SEC/Big 12 Challenge (1/31)
3:16.76	Hayes, Jones, Alleyne-Forte, Thompson	Purple Tiger Classic (1/23)
3:20.49	Simmons, James, Howard, Handy	Purple Tiger Classic (1/23)

Distance Medley Relay (9:34.00/9:45.70)

10:06.01	Jones, Howard, Thompson, Sticker	SEC/Big 12 Challenge (1/31)
10:06.10	Sticker, Simmons, Thompson, Florek	New Balance Invitational (2/6)
10:14.17	Jones, Mvumvure, Thompson, Sticker	SEC Championships (3/1)

High Jump (7-4 1/4 (2.24)/7-0 1/4 (2.14))

6-3 1/4 (1.91)	Phillip Thomas	LSU NCAA Indoor Qualifier (3/6)
6-1 1/4 (1.86)	Davide Brown	LSU NCAA Indoor Qualifier (3/6)

Pole Vault (18-0 1/2 (5.50)/17-0 3/4 (5.20))

17-0 3/4 (5.20)	p Josh Dominguez	Tyson Invitational (2/14)
16-8 3/4 (5.10)	Marcus McGehee	LSU Twilight (2/20)
16-2 3/4 (4.95)	Kyle Rose	LSU Twilight (2/20)

Long Jump (25-9 1/4 (7.85)/24-7 1/4 (7.50))

26-3 1/2 (8.01)	Jeremy Hicks	NCAA Championships (3/13)
25-7 1/4 (7.80)	p Will Coppage	New Balance Invitational (2/6)
24-10 (7.57)	p Zedric Thomas	Purple Tiger Classic (1/23)
21-11 (6.68)	Brandon Gordon	LSU NCAA Indoor Qualifier (3/6)

Triple Jump (52-10 (16.10)/50-6 1/4 (15.40))

49-8 1/4 (15.14)	Zedric Thomas	SEC/Big 12 Challenge (1/31)
49-5 3/4 (15.08)	Reggie Haslom	Purple Tiger Classic (1/23)
49-5 (15.06)	Jeremy Hicks	New Balance Invitational (2/7)
45-8 (13.92)	Brandon Gordon	LSU Twilight (2/20)
43-11 1/4 (13.39)	Phillip Thomas	LSU Twilight (2/20)

Shot Put (63-4 (19.30)/58-3 (17.75))

55-11 1/4 (17.05)	Adam Wilcox	SEC Championships (2/28)
54-1 1/4 (16.49)	Walter Henning	SEC Championships (2/28)
45-10 3/4 (13.99)	Chris Bless	LSU NCAA Indoor Qualifier (3/6)

Weight Throw (70-6 1/2 (21.50)/63-11 3/4 (19.50))

74-5 1/2 (22.69)	sr/a Walter Henning	SEC Championships (3/1)
66-5 3/4 (20.26)	p Michael Lauro	LSU Twilight (2/20)
65-7 1/2 (20.00)	p Rabun Fox	LSU NCAA Indoor Qualifier (3/6)
57-8 1/2 (17.59)	Ross Roubion	LSU Twilight (2/20)
55-9 1/4 (17.00)	Chris Bless	LSU NCAA Indoor Qualifier (3/6)

Heptathlon (5,650/5,300)

No marks

KEY

a - NCAA automatic qualifying mark
 p - NCAA provisional qualifying mark
 c - Time converted to banked track
 sr - School record

2009 WOMEN'S INDOOR BESTS

Final

60 Meters (7.26/7.44)

7.19	a	Samantha HenrySEC Championships (2/28)
7.24		Kenyanna WilsonNCAA Championships (3/13)
7.44	p	Kristina DavisSEC Championships (2/28)
7.61		Cassandra TateLSU Twilight (2/20)
7.68		Liann KellmanLSU Twilight (2/20)
7.77		Taylor EvansPurple Tiger Classic (1/23)
8.22		Katelyn RodrigueLSU NCAA Indoor Qualifier (3/6)
8.50		Mallory ThompsonLSU NCAA Indoor Qualifier (3/6)
8.88		Lauren SaucierLSU NCAA Indoor Qualifier (3/6)

200 Meters (23.20/23.90)

23.30	p	Samantha HenrySEC Championships (2/28)
23.85	p	Kenyanna WilsonSEC Championships (3/1)
24.04		Cassandra TateSEC Championships (3/1)
24.20		Kristina DavisSEC Championships (2/28)
24.81	c	Taylor EvansLSU NCAA Indoor Qualifier (3/6)
25.65		Liann KellmanSEC/Big 12 Challenge (1/31)

400 Meters (52.40/54.40)

54.13	p	LaTavia ThomasTyson Invitational (2/13)
57.37	c	Taylor EvansLSU Twilight (2/20)

800 Meters (2:05.00/2:09.00)

2:04.27	a	LaTavia ThomasSEC Championships (3/1)
2:05.70	p	Brittany HallSEC Championships (3/1)
2:05.88	p	Kayann ThompsonSEC Championships (3/1)
2:12.30		Lindsay DaySEC Championships (2/28)
2:49.32	c	Lauren YbarzabalLSU NCAA Indoor Qualifier (3/6)

Mile (4:38.00/4:48.00)

5:09.70	c	Lindsay DayLSU NCAA Indoor Qualifier (3/6)
5:27.62	c	Christina PorterLSU NCAA Indoor Qualifier (3/6)
5:50.17	c	Lauren YbarzabalLSU NCAA Indoor Qualifier (3/6)

3,000 Meters (9:15.00/9:34.00)

11:05.83	c	Christina PorterPurple Tiger Classic (1/23)
11:17.49	c	Lauren YbarzabalLSU Twilight (2/20)

5,000 Meters (16:08.00/16:45.00)

18:36.36		Christina PorterTyson Invitational (2/14)
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60-Meter Hurdles (8.14/8.43)

8.20	p	Tenaya JonesSEC Championships (3/1)
8.61		Cassandra TatePurple Tiger Classic (1/23)

4x400-Meter Relay (3:33.00/3:40.00)

3:37.07	p	Tate, Thompson, Hall, ThomasCyclone National Qualifier (3/7)
3:37.50	p	Tate, Hall, Thompson, ThomasSEC Championships (3/1)
3:38.84	p	Hall, Thompson, Henry, ThomasNew Balance Invitational (2/7)
3:39.56	p	Hall, Thompson, Tate, ThomasTyson Invitational (2/13)
3:42.56	c	Hall, Evans, Thompson, ThomasPurple Tiger Classic (1/23)

High Jump (6-0 3/4 {1.85}/5-10 {1.78})

6-0 (1.83)		Brittani CarterNCAA Championships (3/13)
5-5 (1.65)		Mallory ThompsonLSU NCAA Indoor Qualifier (3/6)
5-1 (1.55)		Katelin PalermoLSU NCAA Indoor Qualifier (3/6)

Pole Vault (13-9 1/4 {4.20}/12-11 1/2 {3.95})

14-0 1/2 (4.28)	sr/a	Rachel LaurentSEC Championships (2/28)
13-5 (4.09)	p	Katelyn RodrigueLSU NCAA Indoor Qualifier (3/6)
11-9 3/4 (3.60)		Mallory ThompsonNew Balance Invitational (2/6)
11-3 1/2 (3.44)		Lauren SaucierLSU NCAA Indoor Qualifier (3/6)

Long Jump (21-10 {6.35}/20-0 1/4 {6.10})

20-3 1/2 (6.18)	p	Andrea LintonLSU Twilight (2/20)
19-10 1/4 (6.05)		Melissa OgbourneNew Balance Invitational (2/6)
17-3 1/4 (5.26)		Rachel FountainLSU Twilight (2/20)
16-7 (5.05)		Katelin PalermoLSU NCAA Indoor Qualifier (3/6)

Triple Jump (43-7 3/4 {13.30}/41-6 {12.65})

43-5 1/4 (13.24)		Andrea LintonNCAA Championships (3/14)
37-1 3/4 (11.32)		Rachel FountainLSU Twilight (2/20)

Shot Put (55-5 1/2 {16.90}/49-10 1/2 {15.20})

46-10 1/4 (14.28)		Brianna KennedyNew Balance Invitational (2/6)
38-9 3/4 (11.83)		Allison HornerLSU NCAA Indoor Qualifier (3/6)
35-1 1/4 (10.70)		Kim WilliamsLSU NCAA Indoor Qualifier (3/6)

Weight Throw (68-10 3/4 {21.00}/61-6 1/4 {18.75})

58-5 1/4 (17.81)		Kim WilliamsTyson Invitational (2/13)
54-4 (16.56)		Brianna KennedyLSU Twilight (2/20)
53-10 1/2 (16.42)		Allison HornerSEC Championships (2/28)
49-1 3/4 (14.98)		Danielle MartinLSU NCAA Indoor Qualifier (3/6)

Pentathlon (4,050/3,700)

2,791		Rachel FountainLSU Combined Events (1/22)
2,765		Katelin PalermoLSU Combined Events (1/22)

KEY

a - NCAA automatic qualifying mark
p - NCAA provisional qualifying mark
c - Time converted to banked track
sr - School record

2009 MEN'S INDOOR PERFORMANCE LIST

Final

ADE ALLEYNE-FORTE

60 Meters

6.93	Purple Tiger Classic (1/23)	.13th-prelims
6.93	Purple Tiger Classic (1/23)	.12th

400 Meters

47.98	SEC/Big 12 Challenge (1/31)	.4th
48.93	New Balance Collegiate Invitational (2/6)	.45th
48.29	Tyson Invitational (2/13)	.23rd
47.65	SEC Championships (2/28)	.11th

CHRIS BLESS

Shot Put

45-10 3/4	LSU NCAA Indoor Qualifier (3/6)	.3rd
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Weight Throw

53-5 1/2	Purple Tiger Classic (1/23)	.5th
54-8 3/4	LSU Twilight (2/20)	.4th
55-9 1/4	LSU NCAA Indoor Qualifier (3/6)	.6th

FRANK BOHN

800 Meters

DNF	LSU NCAA Indoor Qualifier (3/6)	.DNF
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Mile

4:32.49	c LSU NCAA Indoor Qualifier (3/6)	.4th
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3,000 Meters

9:19.45	c Purple Tiger Classic (1/23)	.11th
9:04.47	c LSU Twilight (2/20)	.5th

DAVIDE BROWN

High Jump

NH	Purple Tiger Classic (1/23)	.NH
NH	LSU Twilight (2/20)	.NH
6-1 1/4	LSU NCAA Indoor Qualifier (3/6)	.6th

RICHARD CHAUTIN

Mile

4:24.16	c LSU Twilight (2/20)	.6th
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3,000 Meters

8:54.80	c Purple Tiger Classic (1/23)	.4th
8:49.63	c LSU Twilight (2/20)	.1st

5,000 Meters

15:03.42	SEC/Big 12 Challenge (1/31)	.10th
15:33.80	Tyson Invitational (2/14)	.9th
DNF	SEC Championships (3/1)	.DNF

WILL COPPAGE

60 Meters

6.96	Purple Tiger Classic (1/23)	.18th-prelims
6.87	Purple Tiger Classic (1/23)	.9th-semifinals
6.96	Purple Tiger Classic (1/23)	.7th
6.99	Tyson Invitational (2/13)	.35th

Long Jump

24-6 1/2	Purple Tiger Classic (1/23)	.3rd
23-11	SEC/Big 12 Challenge (1/31)	.6th
25-7 1/4	p New Balance Collegiate Invitational (2/6)	.1st
23-10	Tyson Invitational (2/13)	.9th
FOUL	SEC Championships (2/28)	.FOUL
25-5 1/4	p LSU NCAA Indoor Qualifier (3/6)	.1st
24-8 1/4	NCAA Championships (3/13)	.11th

Triple Jump

FOUL	New Balance Collegiate Invitational (2/7)	.FOUL
FOUL	SEC Championships (3/1)	.FOUL

JOSH DOMINGUEZ

Pole Vault

NH	Purple Tiger Classic (1/23)	.NH
16-6 3/4	SEC/Big 12 Challenge (1/31)	.3rd
17-0 3/4	p New Balance Collegiate Invitational (2/7)	.8th
17-0 3/4	p Tyson Invitational (2/14)	.T3rd
16-8 3/4	LSU Twilight (2/20)	.3rd
16-8 3/4	SEC Championships (3/1)	.5th
16-7 1/2	LSU NCAA Indoor Qualifier (3/6)	.2nd

KEN EHRHARDT

Mile

4:41.65	c LSU NCAA Indoor Qualifier (3/6)	.8th
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3,000 Meters

9:07.47	c LSU Twilight (2/20)	.8th
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MICHAEL FLOREK

Mile

DNF	LSU NCAA Indoor Qualifier (3/6)	.DNF
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5,000 Meters

15:18.21	New Balance Collegiate Invitational (2/7)	.12th-college
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RABUN FOX

Weight Throw

63-8 3/4	Purple Tiger Classic (1/23)	.2nd
61-11 3/4	SEC/Big 12 Challenge (1/31)	.3rd
58-3	New Balance Collegiate Invitational (2/7)	.10th
61-8 1/2	LSU Twilight (2/20)	.2nd
64-1	p SEC Championships (3/1)	.5th
65-7 1/2	p LSU NCAA Indoor Qualifier (3/6)	.1st

SCOTT GIBSON

60 Meters

7.21	Purple Tiger Classic (1/23)	.52nd
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200 Meters

23.09	c LSU NCAA Indoor Qualifier (3/6)	.2nd
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400 Meters

52.57	c LSU Twilight (2/20)	.6th
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BRANDON GORDON

Long Jump

21-2 1/2	Purple Tiger Classic (1/23)	.10th
21-5 1/4	LSU Twilight (2/20)	.8th
21-11	LSU NCAA Indoor Qualifier (3/6)	.3rd

Triple Jump

44-10 1/4	Purple Tiger Classic (1/23)	.11th
45-8	LSU Twilight (2/20)	.6th
45-7	LSU NCAA Indoor Qualifier (3/6)	.4th

JEREMY HANDY

400 Meters

52.14	c LSU Twilight (2/20)	.5th
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800 Meters

2:07.20	c LSU NCAA Indoor Qualifier (3/6)	.2nd
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REGGIE HASLUM

Triple Jump

49-5 3/4	Purple Tiger Classic (1/23)	.1st
49-1 1/2	SEC/Big 12 Challenge (1/31)	.4th
48-4 3/4	Tyson Invitational (2/14)	.8th-college
49-5	LSU Twilight (2/20)	.1st
46-11 1/2	SEC Championships (3/1)	.10th
48-6 3/4	LSU NCAA Indoor Qualifier (3/6)	.3rd

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ARMANTI HAYES

60 Meters

6.86	Purple Tiger Classic (1/23)11th-prelims
6.84	Purple Tiger Classic (1/23)7th-semifinals
6.87	Purple Tiger Classic (1/23)6th

200 Meters

21.70	Tyson Invitational (2/14)19th
21.49	SEC Championships (2/28)17th

400 Meters

47.99	SEC/Big 12 Challenge (1/31)5th
47.60	New Balance Collegiate Invitational (2/6)5th-prelims
48.08	New Balance Collegiate Invitational (2/7)6th
46.93	p Tyson Invitational (2/13)6th
47.50	SEC Championships (2/28)8th-prelims
47.44	SEC Championships (3/1)8th

KYLE HECKER

3,000 Meters

9:29.87	c Purple Tiger Classic (1/23)16th
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WALTER HENNING

Shot Put

51-10 1/2	Purple Tiger Classic (1/23)5th
54-0	New Balance Collegiate Invitational (2/6)16th
54-1 1/4	SEC Championships (2/28)12th

Weight Throw

72-3 3/4	sr/f/a Purple Tiger Classic (1/23)1st
73-4 3/4	sr/a SEC/Big 12 Challenge (1/31)1st
72-8 1/2	mr/a New Balance Collegiate Invitational (2/7)1st
72-3 2/4	a Tyson Invitational (2/14)1st
74-5 1/2	sr/a SEC Championships (3/1)1st
73-4 1/2	NCAA Championships (3/14)4th

JEREMY HICKS

60 Meters

7.01	Purple Tiger Classic (1/23)27th
6.93	Tyson Invitational (2/13)26th

Long Jump

FOUL	Purple Tiger Classic (1/23)	FOUL
24-6 1/4	SEC/Big 12 Challenge (1/31)2nd
25-3 1/2	p New Balance Collegiate Invitational (2/7)2nd
24-11	p Tyson Invitational (2/13)7th
25-8 3/4	p LSU Twilight (2/20)1st
24-11	p SEC Championships (2/28)3rd
26-3 1/2	NCAA Championships (3/13)2nd

Triple Jump

49-5	New Balance Collegiate Invitational (2/7)5th-college
47-5 1/4	SEC Championships (3/1)9th

JEREL HILL

60 Meters

6.82	Purple Tiger Classic (1/23)5th-prelims
6.79	Purple Tiger Classic (1/23)3rd-semifinals
6.78	Purple Tiger Classic (1/23)1st
6.86	SEC/Big 12 Challenge (1/31)5th-prelims
6.82	SEC/Big 12 Challenge (1/31)5th
6.84	New Balance Collegiate Invitational (2/6)20th
6.88	Tyson Invitational (2/13)19th
6.90	LSU Twilight (2/20)12th
6.89	SEC Championships (2/28)20th
6.90	LSU NCAA Indoor Qualifier (3/6)5th-prelims
6.98	LSU NCAA Indoor Qualifier (3/6)4th

200 Meters

21.76	SEC/Big 12 Challenge (1/31)5th
21.88	New Balance Collegiate Invitational (2/7)17th
DQ	Tyson Invitational (2/14)	DQ
21.79	SEC Championships (2/28)23rd

TRINDON HOLLIDAY

60 Meters

6.67	p Purple Tiger Classic (1/23)1st-prelims
6.66	p Purple Tiger Classic (1/23)1st-semifinals
6.67	p SEC/Big 12 Challenge (1/31)1st-prelims
6.56	a SEC/Big 12 Challenge (1/31)1st
6.63	a New Balance Collegiate Invitational (2/6)1st-prelims
6.56	a New Balance Collegiate Invitational (2/6)1st
6.64	p Tyson Invitational (2/13)4th-Invitational
6.65	p SEC Championships (2/28)2nd-prelims
6.58	a SEC Championships (3/1)1st
6.55	NCAA Championships (3/13)2nd-prelims
6.55	NCAA Championships (3/14)2nd

200 Meters

21.55	New Balance Collegiate Invitational (2/7)8th-prelims
21.31	Tyson Invitational (2/14)8th

JAMAR HOWARD

60 Meters

7.02	Purple Tiger Classic (1/23)29th
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400 Meters

48.98	New Balance Collegiate Invitational (2/6)46th
48.85	SEC Championships (2/28)22nd

JAMAAL JAMES

400 Meters

49.39	SEC/Big 12 Challenge (1/31)15th
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800 Meters

1:49.85	p New Balance Collegiate Invitational (2/7)4th
1:50.37	p Tyson Invitational (2/13)7th-Invitational
1:51.30	SEC Championships (2/28)3rd-prelims
1:51.01	SEC Championships (3/1)6th
1:49.94	p Cyclone National Qualifier (3/7)6th

RICHARD JONES

800 Meters

1:50.46	p New Balance Collegiate Invitational (2/7)9th
1:52.11	Tyson Invitational (2/13)7th-Olympic
1:49.87	p SEC Championships (2/28)7th-prelims
1:51.87	SEC Championships (3/1)9th
1:49.66	p Cyclone National Qualifier (3/7)3rd

MICHAEL LAURO

Weight Throw

62-8 1/2	Purple Tiger Classic (1/23)3rd
60-10 1/2	SEC/Big 12 Challenge (1/31)4th
63-3 1/2	New Balance Collegiate Invitational (2/7)5th
FOUL	Tyson Invitational (2/14)	FOUL
66-5 3/4	p LSU Twilight (2/20)1st
64-3 1/4	p SEC Championships (3/1)4th
64-4	p LSU NCAA Indoor Qualifier (3/6)2nd

PATRICK LEE

60-Meter Hurdles

8.15	Purple Tiger Classic (1/23)3rd-prelims
8.16	Purple Tiger Classic (1/23)5th-semifinals
8.16	Purple Tiger Classic (1/23)3rd
8.12	SEC/Big 12 Challenge (1/31)8th
8.09	New Balance Collegiate Invitational (2/6)11th-prelims
7.94	New Balance Collegiate Invitational (2/6)2nd-cons.
8.00	Tyson Invitational (2/13)10th-prelims
7.91	p Tyson Invitational (2/14)4th-consolation final
7.86	p SEC Championships (2/28)7th-prelims
7.89	p SEC Championships (3/1)5th
7.91	p LSU NCAA Indoor Qualifier (3/6)2nd

2009 MEN'S INDOOR PERFORMANCE LIST

Final

JEREMY LIDDELL

60 Meters

6.96	Purple Tiger Classic (1/23)18th-prelims
6.96	Purple Tiger Classic (1/23)15th

MARCUS McGEHEE

Pole Vault

16-4 3/4	Purple Tiger Classic (1/23)1st
15-1	SEC/Big 12 Challenge (1/31)9th
16-2 3/4	New Balance Collegiate Invitational (2/7)2nd-college
16-1 1/4	Tyson Invitational (2/13)2nd-college
16-8 3/4	LSU Twilight (2/20)2nd
16-4 3/4	SEC Championships (3/1)6th
16-1 3/4	LSU NCAA Indoor Qualifier (3/6)3rd

GABRIEL MVUMVURE

60 Meters

6.84	Purple Tiger Classic (1/23)8th-prelims
6.81	Purple Tiger Classic (1/23)4th-semifinals
6.79	Purple Tiger Classic (1/23)2nd
6.77	New Balance Collegiate Invitational (2/6)14th-prelims
6.83	New Balance Collegiate Invitational (2/6)6th-cons.
6.88	Tyson Invitational (2/13)20th
6.82	LSU Twilight (2/20)7th-prelims
6.79	LSU Twilight (2/20)4th
6.82	SEC Championships (2/28)14th
7.00	LSU NCAA Indoor Qualifier (3/6)6th-prelims

200 Meters

21.98	New Balance Collegiate Invitational (2/7)21st
21.77	Tyson Invitational (2/14)23rd
21.45	SEC Championships (2/28)15th

BARRETT NUGENT

60 Meter Hurdles

7.96	Purple Tiger Classic (1/23)2nd-prelims
8.13	Purple Tiger Classic (1/23)3rd-semifinals
7.99	SEC/Big 12 Challenge (1/31)3rd
8.13	New Balance Collegiate Invitational (2/6)13th-prelims
8.06	New Balance Collegiate Invitational (2/6)7th-cons.
7.93	Tyson Invitational (2/13)4th-prelims

200 Meters

DQ	SEC/Big 12 Challenge (1/31)DQ
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KYLE ROSE

Pole Vault

15-11	Purple Tiger Classic (1/23)4th
15-7	SEC/Big 12 Challenge (1/31)8th
15-9	New Balance Collegiate Invitational (2/7)7th-college
15-1 1/2	Tyson Invitational (2/13)19th-college
16-2 3/4	LSU Twilight (2/20)5th
15-7	SEC Championships (3/1)12th
15-7 3/4	LSU NCAA Indoor Qualifier (3/6)4th

ROSS ROUBION

Weight Throw

52-2 3/4	Purple Tiger Classic (1/23)10th
57-8 1/2	LSU Twilight (2/20)3rd
57-5 1/2	LSU NCAA Indoor Qualifier (3/6)5th

JACOB SIMMONS

Mile

4:35.78	c Purple Tiger Classic (1/23)9th
4:21.10	Tyson Invitational (2/13)30th

3,000 Meters

8:29.24	New Balance Collegiate Invitational (2/6)16th
8:36.41	Tyson Invitational (2/14)15th

5,000 Meters

14:34.75	SEC/Big 12 Challenge (1/31)6th
14:53.91	SEC Championships (3/1)13th

ROBERT SIMMONS

60 Meters

7.00	Purple Tiger Classic (1/23)23rd
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400 Meters

47.79	SEC/Big 12 Challenge (1/31)1st
48.27	New Balance Collegiate Invitational (2/6)20th
46.55	p Tyson Invitational (2/13)3rd
46.74	p SEC Championships (2/28)2nd-prelims
46.22	p SEC Championships (3/1)1st
46.63	NCAA Championships (3/13)1st-prelims
46.28	NCAA Championships (3/14)4th

ALAN STICKER

800 Meters

1:54.30	SEC/Big 12 Challenge (1/31)11th
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Mile

4:11.33	New Balance Collegiate Invitational (2/7)4th-college
4:08.55	Tyson Invitational (2/13)5th
4:14.84	SEC Championships (2/28)11th-prelims
4:11.68	SEC Championships (3/1)10th

3,000 Meters

8:39.24	c Purple Tiger Classic (1/23)3rd
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SEAN SWANNER

Mile

4:38.32	c LSU NCAA Indoor Qualifier (3/6)7th
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3,000 Meters

9:18.42	c Purple Tiger Classic (1/23)10th
9:19.31	c LSU Twilight (2/20)12th

JONATHAN THOMAS

Mile

4:30.59	c LSU NCAA Indoor Qualifier (3/6)3rd
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3,000 Meters

9:57.60	c Purple Tiger Classic (1/23)21st
9:22.03	c LSU Twilight (2/20)15th

PHILLIP THOMAS

High Jump

NH	Purple Tiger Classic (1/23)NH
6-2 1/4	LSU Twilight (2/20)6th
6-3 1/4	LSU NCAA Indoor Qualifier (3/6)5th

Triple Jump

FOUL	Purple Tiger Classic (1/23)FOUL
43-11 1/4	LSU Twilight (2/20)9th

ZEDRIC THOMAS

60 Meters

6.95	Purple Tiger Classic (1/23)17th-prelims
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Long Jump

24-10	p Purple Tiger Classic (1/23)2nd
24-1	New Balance Collegiate Invitational (2/6)9th

Triple Jump

49-8 1/4	SEC/Big 12 Challenge (1/31)3rd
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2009 MEN'S INDOOR PERFORMANCE LIST

Final

GARREK THOMPSON

800 Meters

1:55.15	SEC/Big 12 Challenge (1/31)14th
1:55.24	New Balance Collegiate Invitational (2/7)23rd-college
1:53.51	Tyson Invitational (2/14)11th
1:52.36	SEC Championships (2/28)12th

TRISTAN WALKER

60 Meters

7.08	SEC/Big 12 Challenge (1/31)10th
7.08	LSU Twilight (2/20)33rd
7.02	LSU NCAA Indoor Qualifier (3/6)7th-prelims
7.06	LSU NCAA Indoor Qualifier (3/6)5th

200 Meters

22.02	SEC/Big 12 Challenge (1/31)9th
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ADAM WILCOX

Shot Put

54-2	Purple Tiger Classic (1/23)2nd
53-0 1/4	SEC/Big 12 Challenge (1/31)5th
54-2	New Balance Collegiate Invitational (2/6)15th
53-9 1/4	Tyson Invitational (2/13)4th
54-2 1/2	LSU Twilight (2/20)1st
55-11 1/4	SEC Championships (2/28)9th
52-5 1/2	LSU NCAA Indoor Qualifier (3/6)2nd

4X400-METER RELAY

3:16.76	c	Hayes (48.69), Jones (49.95), Alleyne-Forte (49.04), Thompson (49.08) . . .	Purple Tiger (1/23)
3:20.49	c	Simmons (48.45), James (50.28), Howard (49.15), Handy (52.61)	Purple Tiger (1/23) - 5th
3:12.78		Lee, Alleyne-Forte	SEC/Big 12 Challenge (1/31) - 4th
3:09.58	p	Hayes (47.88), Howard (47.90), Alleyne-Forte (47.30), Simmons (46.50)	New Balance (2/7) - 2nd
DQ		Hayes, Howard, Alleyne-Forte, Simmons	Tyson Invitational (2/13) - DQ
3:10.93		Alleyne-Forte, Jones, Simmons, Hayes	Tyson Invitational (2/14) - 2nd
3:09.81	p	Hayes, Howard, Alleyne-Forte, Simmons	SEC Championships (3/1) - 5th
3:07.29	p	Alleyne-Forte (47.78), Hayes (46.59), Howard (47.25), Simmons (45.69)	Cylcone Qualifier (3/7) - 4th
3:08.47		Hayes, Alleyne-Forte, Howard, Simmons	NCAA Championships (3/14) - 6th

DISTANCE MEDLEY RELAY

10:06.01		Jones, Howard, Thompson, Sticker	SEC/Big 12 Challenge (1/31) - 3rd
10:06.10		Sticker, Simmons, Thompson, Florek	New Balance Invitational (2/6) - 15th
10:14.17		Jones, Mvumvure, Thompson, Sticker	SEC Championships (3/1) - 9th

2009 WOMEN'S INDOOR PERFORMANCE LIST

Final

BRITTANI CARTER

High Jump

5-8 3/4		Purple Tiger Classic (1/23)	.1st
5-10	p	SEC/Big 12 Challenge (1/31)	.2nd
5-10	p	New Balance Collegiate Invitational (2/7)	.3rd
5-11 1/2	p	Tyson Invitational (2/14)	.3rd
5-11 1/2	p	SEC Championships (3/1)	.2nd
6-0		NCAA Championships (3/13)	.3rd

KRISTINA DAVIS

60 Meters

7.74		Purple Tiger Classic (1/23)	.12th-prelims
7.66		Purple Tiger Classic (1/23)	.5th-semifinals
7.71		Purple Tiger Classic (1/23)	.6th
7.67		SEC/Big 12 Challenge (1/31)	.11th
7.58		New Balance Collegiate Invitational (2/6)	.31st
7.70		Tyson Invitational (2/13)	.29th
7.44	p	SEC Championships (2/28)	.9th-prelims
7.53		SEC Championships (3/1)	.8th
7.54		LSU NCAA Indoor Qualifier (3/6)	.3rd-prelims
7.58		LSU NCAA Indoor Qualifier (3/6)	.3rd

200 Meters

24.58		New Balance Collegiate Invitational (2/6)	.24th
24.32		Tyson Invitational (2/14)	.17th
24.20		SEC Championships (2/28)	.10th

LINDSAY DAY

800 Meters

2:12.75		SEC/Big 12 Challenge (1/31)	.6th
2:13.64		New Balance Collegiate Invitational (2/7)	.2nd-college
2:12.77		Tyson Invitational (2/14)	.12th
2:12.30		SEC Championships (2/28)	.13th

Mile

5:15.38	c	Purple Tiger Classic (1/23)	.1st
5:12.33	c	LSU Twilight (2/20)	.1st
5:09.70	c	LSU NCAA Indoor Qualifier (3/6)	.1st

TAYLOR EVANS

60 Meters

7.77		Purple Tiger Classic (1/23)	.13th-prelims
7.87		Purple Tiger Classic (1/23)	.15th

200 Meters

24.81	c	LSU NCAA Indoor Qualifier (3/6)	.1st
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400 Meters

57.37	c	LSU Twilight (2/20)	.3rd
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RACHEL FOUNTAIN

Long Jump

17-3 1/4		LSU Twilight (2/20)	.15th
16-10		LSU NCAA Indoor Qualifier (3/6)	.7th

Triple Jump

37-1 3/4		LSU Twilight (2/20)	.8th
36-2 3/4		LSU NCAA Indoor Qualifier (3/6)	.4th

Pentathlon

2,791		LSU Combined Events (1/22)	.8th
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BRITTANY HALL

800 Meters

2:10.97		New Balance Collegiate Invitational (2/7)	.11th
2:07.25	p	Tyson Invitational (2/14)	.3rd
2:08.28	p	SEC Championships (2/28)	.5th-prelims
2:05.70	p	SEC Championships (3/1)	.4th
2:09.81		NCAA Championships (3/13)	.14th

SAMANTHA HENRY

60 Meters

7.58		Purple Tiger Classic (1/23)	.3rd-prelims
7.47		Purple Tiger Classic (1/23)	.11st-semifinals
7.57		Purple Tiger Classic (1/23)	.4th
7.50		SEC/Big 12 Challenge (1/31)	.6th-prelims
7.45		SEC/Big 12 Challenge (1/31)	.5th
7.33	p	New Balance Collegiate Invitational (2/6)	.2nd-prelims
7.40	p	New Balance Collegiate Invitational (2/6)	.8th
7.44	p	Tyson Invitational (2/13)	.8th-Invitational
7.37	p	LSU Twilight (2/20)	.2nd-prelims
7.37		LSU Twilight (2/20)	.2nd
7.19	a	SEC Championships (2/28)	.1st-prelims
7.21	a	SEC Championships (3/1)	.1st
7.26		NCAA Championships (3/13)	.5th-prelims
7.34		NCAA Championships (3/14)	.7th

200 Meters

24.22		SEC/Big 12 Challenge (1/31)	.7th
23.77	p	New Balance Collegiate Invitational (2/7)	.6th-prelims
23.61	p	New Balance Collegiate Invitational (2/7)	.7th
23.61	p	Tyson Invitational (2/14)	.1st
23.30	p	SEC Championships (2/28)	.1st-prelims
23.45	p	SEC Championships (3/1)	.1st
23.42		NCAA Championships (3/13)	.7th-prelims
23.34		NCAA Championships (3/13)	.7th

ALLISON HORNER

Shot Put

38-9 3/4		LSU NCAA Indoor Qualifier (3/6)	.3rd
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Weight Throw

50-4 1/2		Purple Tiger Classic (1/23)	.6th
51-2 3/4		SEC/Big 12 Challenge (1/31)	.7th
FOUL		New Balance Collegiate Invitational (2/7)	.FOUL
47-3 3/4		Tyson Invitational (2/13)	.22nd
48-5 1/4		LSU Twilight (2/20)	.10th
53-10 1/2		SEC Championships (2/28)	.5th
47-11 3/4		LSU NCAA Indoor Qualifier (3/6)	.4th

TENAYA JONES

60-Meter Hurdles

8.57		Purple Tiger Classic (1/23)	.6th-prelims
8.55		Purple Tiger Classic (1/23)	.5th-semifinals
8.50		Purple Tiger Classic (1/23)	.3rd
8.46		SEC/Big 12 Challenge (1/31)	.1st
8.49		New Balance Collegiate Invitational (2/6)	.14th-prelims
8.46		New Balance Collegiate Invitational (2/6)	.7th-cons.
8.47		Tyson Invitational (2/13)	.13th-prelims
8.34	p	Tyson Invitational (2/14)	.2nd-consolation final
8.33	p	LSU Twilight (2/20)	.1st-prelims
8.47		LSU Twilight (2/20)	.4th
8.24	p	SEC Championships (2/28)	.4th-prelims
8.20	p	SEC Championships (3/1)	.2nd
8.42	p	LSU NCAA Indoor Qualifier (3/6)	.2nd
8.37		NCAA Championships (3/13)	.11th

LIANN KELLMAN

60 Meters

7.86		Purple Tiger Classic (1/23)	.16th-prelims
7.80		Purple Tiger Classic (1/23)	.13th
7.86		SEC/Big 12 Challenge (1/31)	.14th
7.68		LSU Twilight (2/20)	.9th-prelims
7.70		LSU Twilight (2/20)	.9th
7.68		LSU NCAA Indoor Qualifier (3/6)	.4th-prelims
7.72		LSU NCAA Indoor Qualifier (3/6)	.5th

200 Meters

25.65		SEC/Big 12 Challenge (1/31)	.15th
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Final

BRIANNA KENNEDY

Shot Put

46-10 1/4	New Balance Collegiate Invitational (2/6)	.8th
41-6	Tyson Invitational (2/14)	.15th
45-9 3/4	LSU Twilight (2/20)	.2nd
39-6	SEC Championships (3/1)	.21st

Weight Throw

51-9 1/4	SEC/Big 12 Challenge (1/31)	.6th
46-10	New Balance Collegiate Invitational (2/7)	.31st
50-4 3/4	Tyson Invitational (2/13)	.17th
54-4	LSU Twilight (2/20)	.2nd
51-2 3/4	SEC Championships (2/28)	.9th

RACHEL LAURENT

Pole Vault

12-5 1/2	Purple Tiger Classic (1/23)	.3rd
12-11 3/4	p SEC/Big 12 Challenge (1/31)	.1st
12-11 1/2	p New Balance Collegiate Invitational (2/6)	.14th
13-9 1/4	sr/a Tyson Invitational (2/14)	.4th
14-0 1/2	sr/a SEC Championships (2/28)	.1st
13-7 1/4	NCAA Championships (3/14)	.5th

ANDREA LINTON

Long Jump

20-3	p Purple Tiger Classic (1/23)	.1st
19-5 1/4	New Balance Collegiate Invitational (2/6)	.12th
19-7	Tyson Invitational (2/13)	.9th
20-3 1/2	p LSU Twilight (2/20)	.1st
19-8 1/4	SEC Championships (2/28)	.5th

Triple Jump

41-1 3/4	SEC/Big 12 Challenge (1/31)	.5th
42-8 3/4	p New Balance Collegiate Invitational (2/7)	.3rd
42-2	p Tyson Invitational (2/14)	.6th
42-10 1/4	p SEC Championships (3/1)	.2nd
42-8	p LSU NCAA Indoor Qualifier (3/6)	.1st
43-5 1/4	NCAA Championships (3/14)	.5th

DANIELLE MARTIN

Weight Throw

FOUL	Purple Tiger Classic (1/23)	.FOUL
44-5 1/4	LSU Twilight (2/20)	.14th
49-1 3/4	LSU NCAA Indoor Qualifier (3/6)	.3rd

MELISSA OGBOURNE

Long Jump

19-8 1/4	Purple Tiger Classic (1/23)	.2nd
18-9	SEC/Big 12 Challenge (1/31)	.6th
19-10 1/4	New Balance Collegiate Invitational (2/6)	.8th
18-4 1/4	Tyson Invitational (2/13)	.10th-college
19-9 3/4	SEC Championships (2/28)	.4th

KATELIN PALERMO

High Jump

NH	LSU Twilight (2/20)	.NH
5-1	LSU NCAA Indoor Qualifier (3/6)	.3rd

Long Jump

15-11 1/2	Purple Tiger Classic (1/23)	.14th
15-9 3/4	LSU Twilight (2/20)	.22nd
16-7	LSU NCAA Indoor Qualifier (3/6)	.8th

Pentathlon

2,765	LSU Combined Events (1/22)	.9th
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CHRISTINA PORTER

Mile

5:32.51	c LSU Twilight (2/20)	.10th
5:27.62	c LSU NCAA Indoor Qualifier (3/6)	.3rd

3,000 Meters

11:05.83	c Purple Tiger Classic (1/23)	.6th
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5,000 Meters

DNF	SEC/Big 12 Challenge (1/31)	.DNF
18:36.36	Tyson Invitational (2/14)	.9th
DNF	SEC Championships (3/1)	.DNF

KATELYN RODRIGUE

60 Meters

8.22	LSU NCAA Indoor Qualifier (3/6)	.9th
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Pole Vault

12-11 1/2	p Purple Tiger Classic (1/23)	.1st
12-6	Purple Tiger Classic (1/31)	.4th
NH	New Balance Collegiate Invitational (2/6)	.NH
12-3 1/2	Tyson Invitational (2/14)	.19th
12-11 3/4	p LSU Twilight (2/20)	.2nd
13-1 1/2	p SEC Championships (2/28)	.5th
13-5	p LSU NCAA Indoor Qualifier (3/6)	.1st

LAUREN SAUCIER

60 Meters

8.88	LSU NCAA Indoor Qualifier (3/6)	.12th
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Pole Vault

NH	Purple Tiger Classic (1/23)	.NH
NH	LSU Twilight (2/20)	.NH
11-3 1/2	LSU NCAA Indoor Qualifier (3/6)	.3rd

CASSANDRA TATE

60 Meters

7.71	New Balance Collegiate Invitational (2/6)	.57th
7.69	LSU Twilight (2/20)	.10th-prelims
7.61	LSU Twilight (2/20)	.8th

200 Meters

24.43	Tyson Invitational (2/14)	.18th
24.16	SEC Championships (2/28)	.9th-prelims
24.04	SEC Championships (3/1)	.8th

60-Meter Hurdles

8.74	Purple Tiger Classic (1/23)	.7th
8.61	Purple Tiger Classic (1/23)	.6th
8.99	Purple Tiger Classic (1/23)	.7th
16.74	SEC/Big 12 Challenge (1/31)	.6th

LATAVIA THOMAS

400 Meters

54.55	SEC/Big 12 Challenge (1/31)	.1st
54.13	p Tyson Invitational (2/13)	.3rd

800 Meters

2:04.54	a New Balance Collegiate Invitational (2/7)	.1st
DNF	Tyson Invitational (2/14)	.DNF
2:08.03	p SEC Championships (2/28)	.4th-prelims
2:04.27	a SEC Championships (3/1)	.2nd
2:05.91	NCAA Championships (3/13)	.6th-prelims
2:04.89	NCAA Championships (3/14)	.5th

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KAYANN THOMPSON

800 Meters

2:08.73	p	SEC/Big 12 Challenge (1/31)	3rd
DNF		New Balance Collegiate Invitational (2/7)	DNF
2:06.54	p	Tyson Invitational (2/14)	2nd
2:08.33	p	SEC Championships (2/28)	6th-prelims
2:05.88	p	SEC Championships (3/1)	5th
2:11.79		NCAA Championships (3/13)	15th

MALLORY THOMPSON

60 Meters

8.50		LSU NCAA Indoor Qualifier (3/6)	10th
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High Jump

5-5		LSU NCAA Indoor Qualifier (3/6)	T1st
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Pole Vault

11-5 3/4		Purple Tiger Classic (1/23)	7th
11-6 1/4		SEC/Big 12 Challenge (1/31)	8th
11-9 3/4		New Balance Collegiate Invitational (2/6)	T4th-college
11-7 3/4		Tyson Invitational (2/14)	32nd
11-6 1/4		LSU Twilight (2/20)	4th
NH		SEC Championships (2/28)	NH
11-9 1/4		LSU NCAA Indoor Qualifier (3/6)	2nd

KIM WILLIAMS

Shot Put

35-1 1/4		LSU NCAA Indoor Qualifier (3/6)	4th
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Weight Throw

52-7 1/4		Purple Tiger Classic (1/23)	4th
56-1		SEC/Big 12 Challenge (1/31)	5th
FOUL		New Balance Collegiate Invitational (2/7)	FOUL
58-5 1/4		Tyson Invitational (2/13)	5th
57-0 1/4		LSU Twilight (2/20)	1st
57-11 1/4		SEC Championships (2/28)	4th
55-4 1/4		LSU NCAA Indoor Qualifier (3/6)	2nd

KENYANNA WILSON

60 Meters

7.59		Purple Tiger Classic (1/23)	4th-prelims
7.51		Purple Tiger Classic (1/23)	4th-semifinals
7.46		Purple Tiger Classic (1/23)	2nd
7.42	p	SEC/Big 12 Challenge (1/31)	3rd-prelims
7.43	p	SEC/Big 12 Challenge (1/31)	4th
7.41	p	Tyson Invitational (2/13)	2nd-prelims
7.37	p	Tyson Invitational (2/13)	3rd
7.46		LSU Twilight (2/20)	4th-prelims
7.39	p	LSU Twilight (2/20)	2nd
7.28	p	SEC Championships (2/28)	4th-prelims
FS		SEC Championships (3/1)	FS
7.34	p	LSU NCAA Indoor Qualifier (3/6)	2nd-prelims
7.33	p	LSU NCAA Indoor Qualifier (3/6)	2nd
7.24		NCAA Championships (3/13)	2nd-prelims
7.27		NCAA Championships (3/14)	3rd

200 Meters

24.93		SEC/Big 12 Challenge (1/31)	14th
24.34		Tyson Invitational (2/14)	18th
23.93		SEC Championships (2/28)	4th-prelims
23.85	p	SEC Championships (3/1)	4th

LAUREN YBARZABAL

800 Meters

2:49.32	c	LSU NCAA Indoor Qualifier (3/6)	4th
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Mile

5:50.17	c	LSU NCAA Indoor Qualifier (3/6)	4th
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3,000 Meters

11:29.13		Purple Tiger Classic (1/23)	8th
11:17.49	c	LSU Twilight (2/20)	8th

4X400-METER RELAY

3:42.56	c	Hall (56.84), Evans (57.25), Thompson (54.18), Thomas (54.29)	Purple Tiger (1/23)-1st
3:38.84	p	Hall (55.82), Thompson (54.91), Henry (55.45), Thomas (52.66)	New Balance Invite (2/7) - 1st
3:39.56	p	Hall (55.84), Thompson (54.96), Tate (55.20), Thomas (53.56)	Tyson Invitational (2/13) - 2nd
3:37.50	p	Tate, Hall, Thompson, Thomas	SEC Championships (3/1) - 4th
3:37.07	p	Tate (54.98), Thompson (54.41), Hall (54.14), Thomas (53.18)	Cyclone Qualifier (3/7) - 6th

MEN'S INDOOR PERSONAL BESTS

JEFF ADOLPH

800 Meters1:54.93
 Mile4:27.20

ADE ALLEYNE-FORTE

400 Meters47.65

CHRIS BLESS

Weight Throw55-9 1/4

WILL COPPAGE

Long Jump25-7 1/4
 Triple Jump47-3 3/4

JOSH DOMINGUEZ

Pole Vault17-0 3/4

RABUN FOX

Weight Throw65-7 1/2

REGGIE HASLUM

Long Jump22-3 3/4
 Triple Jump49-11

ARMANTI HAYES

60 Meters6.84
 200 Meters21.10
 400 Meters46.93

WALTER HENNING

Weight Throw74-5 1/2

JEREMY HICKS

Long Jump26-3 1/2
 Triple Jump49-5 1/2

JEREL HILL

60 Meters6.78
 200 Meters21.76

TRINDON HOLLIDAY

60 Meters6.54
 200 Meters21.31

JAMAAL JAMES

800 Meters1:48.58

RICHARD JONES

800 Meters1:49.66

MICHAEL LAURO

Weight Throw66-5 3/4

PATRICK LEE

60-Meter Hurdles7.86

MARCUS McGEHEE

Pole Vault16-8 3/4

GABRIEL MVUMVURE

60 Meters6.77
 200 Meters21.45

BARRETT NUGENT

60-Meter Hurdles7.93

KYLE ROSE

Pole Vault16-2 3/4

ROSS ROUBION

Weight Throw57-8 1/2

JACOB SIMMONS

Mile4:21.10
 3,000 Meters8:29.24
 5,000 Meters14:34.75

ROBERT SIMMONS

400 Meters46.22

ALAN STICKER

800 Meters1:54.09
 Mile4:08.55

ZEDRIC THOMAS

Long Jump24-10
 Triple Jump50-5 1/2

GARREK THOMPSON

800 Meters1:52.36

ADAM WILCOX

Shot Put55-11 1/4

WOMEN'S INDOOR PERSONAL BESTS

MONIQUE CABRAL

60 Meters7.43
200 Meters23.95

BRITTANI CARTER

High Jump6-0

KRISTINA DAVIS

60 Meters7.44
200 Meters24.20

LINDSAY DAY

800 Meters2:09.32
Mile5:05.21

TAYLOR EVANS

60 Meters7.77
400 Meters57.37

BRITTANY HALL

800 Meters2:05.70

SAMANTHA HENRY

60 Meters7.18
200 Meters23.01

ALLISON HORNER

Weight Throw53-10 1/2

TENAYA JONES

60-Meter Hurdles8.20

LIANN KELLMAN

60 Meters7.68

BRIANNA KENNEDY

Shot Put46-10 1/4
Weight Throw54-4

RACHEL LAURENT

Pole Vault14-0 1/2

ANDREA LINTON

Long Jump20-10
Triple Jump44-6 1/4

MELISSA OGBOURNE

Long Jump19-11 3/4
Triple Jump39-10 3/4

CHRISTINA PORTER

3,000 Meters10:57.85
5,000 Meters18:36.36

KATELYN RODRIGUE

Pole Vault13-6 1/2

LAUREN SAUCIER

Pole Vault11-9

CASSANDRA TATE

60 Meters7.61
60-Meter Hurdles8.61
200 Meters24.04

LaTAVIA THOMAS

400 Meters53.99
800 Meters2:04.27

KAYANN THOMPSON

800 Meters2:05.88

MALLORY THOMPSON

Pole Vault12-0

KIM WILLIAMS

Weight Throw58-5 1/4

KENYANNA WILSON

60 Meters7.24
200 Meters23.85

LAUREN YBARZABAL

3,000 Meters11:18.29

MEN'S ALL-TIME INDOOR PERFORMANCE LIST

c = converted from equivalent distance
y = time achieved at yard equivalent
a = time achieved at altitude

55 Meters

1. Chris Cummings	1998	6.13a
2. Clyde Bishop	1982	6.14y
3. Willie Turner	1978	6.19y
4. Slip Watkins	1990	6.21
5. Jermaine Grant	1998	6.22a
6. Glenroy Gilbert	1993	6.24
ReVey Scott	1978	6.24y
Efram Coley	1979	6.24y
9. Anthony Druilhet	1986	6.25y
Rohsaan Griffin	1996	6.25

60 Meters

1. Richard Thompson	2008	6.51
2. Trindon Holliday	2008	6.54
3. Kelly Willie	2006	6.66
4. Chris Cummings	1997	6.71
5. Devery Henderson	2001	6.72
6. Robert Parham	2003	6.73
7. Xavier Carter	2005	6.74
8. Rohsaan Griffin	1996	6.75
9. Paul Thompson	2004	6.76
10. Jermaine Grant	1998	6.77
Derrick Brew	1999	6.77
Gabriel Mvumvure	2009	6.77

200 Meters

1. Xavier Carter	2006	20.30
2. Kelly Willie	2006	20.46
3. Rohsaan Griffin	1996	20.69
4. Robert Parham	2003	20.91
5. Derrick Brew	1999	20.94
6. Slip Watkins	1990	21.03
7. Armanti Hayes	2007	21.10
8. Melville Rogers	2007	21.15
9. Jermaine Grant	1998	21.21
10. Curtis Perry	1998	21.24

400 Meters

1. Xavier Carter	2006	45.28
2. Alleyne Francique	2002	45.35
3. Pete Coley	2002	45.37
4. Kelly Willie	2005	45.41
5. Reggie Dardar	2007	46.11
6. Derrick Brew	2000	46.12
7. Robert Simmons	2009	46.22
8. Lueroy Colquhoun	2000	46.29
9. Siraj Williams	2007	46.61
10. Maurice Horton	1991	46.67

800 Meters

1. Jeffrey Fisher	2005	1:47.84
2. Elkana Kosgei	2008	1:48.18
3. Reuben Twijukye	2008	1:48.29
4. Jamaal James	2007	1:48.58
5. Mark Fowler	1988	1:49.31
6. Passmore Furlusa	1995	1:49.40
7. Robin van Helden	1985	1:49.61c
8. Richard Jones	2009	1:49.66
9. David Singoei	1993	1:49.99
10. Urban Johansson	1987	1:50.84c

Oversized Track

1. Jeffrey Fisher	2004	1:48.44
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Mile

1. Passmore Furlusa	1995	3:58.77
2. John Kosgei	2008	3:59.85
3. Robin van Helden	1988	4:00.42
4. Patrick Gavin	2006	4:02.73
5. Terry Thornton	1990	4:03.06
6. Bobby Beck	1982	4:03.14
7. Mike Quigley	1980	4:04.29
8. Michael Hendry	2008	4:05.03
9. Mark Elliott	1989	4:06.31
10. Frans Schimper	1999	4:06.85

3,000 Meters

1. John Kosgei	2008	7:55.49
2. Terry Thornton	1989	7:56.66
3. Mark Elliott	1989	8:00.03
4. Passmore Furlusa	1994	8:04.90
5. Mike Quigley	1980	8:07.00c
6. Curtis Conaway	1982	8:08.0
7. Tom Douple	1975	8:10.4c
8. Bobby Beck	1980	8:14.14c
9. Mark Dobbins	1979	8:15.15c
10. Mike Smith	1986	8:19.78c

5,000 Meters

1. Terry Thornton	1990	13:39.68
2. Mark Elliott	1990	13:43.34
3. Jimmy Wiggins	2005	14:14.94
4. Mike Smith	1986	14:16.98c
5. Mark Dobbins	1980	14:21.8c
6. Joseph Simuchimba	2008	14:24.46
7. Likhaya Dayile	2000	14:25.85
8. Jacob Simmons	2009	14:34.75
9. Sam Mwape	2005	14:36.94
10. Drew Haro	2006	14:41.27

Oversized Track

1. Sam Mwape	2004	14:31.39
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55-Meter Hurdles

1. Larry Shipp	1976	7.11y
2. Bernard Williams	1985	7.15y
3. Orlando McDaniel	1981	7.16y
Charles James	1986	7.16y
5. Bert Rareshide	1996	7.17c
6. Eric Reid	1987	7.19y
7. Derek Hopkins	1990	7.22
8. Allen Misher	1973	7.24yc
9. George Boutte	1978	7.26y
10. Sherman Morris	1991	7.31

60-Meter Hurdles

1. Ryan Fontenot	2008	7.69
2. Alleyne Lett	2007	7.70
3. Bert Rareshide	1996	7.77
4. Greg Scott	2000	7.82
5. Patrick Lee	2009	7.86
6. Barrett Nugent	2009	7.93
7. Adrian Mayes	2001	7.98
8. Braxton Cosby	1997	8.00
9. Sean Dupigny	1996	8.05
10. Chris Jackson	2005	8.07

High Jump

1. Tom Lange	1992	7-6 1/2
2. Alain Metellus	1986	7-3 1/2
3. Larey Weaver	1983	7-3
4. J.J. Barton	1999	7-3
5. Claston Bernard	2002	7-1 3/4
6. Louis Callaway	1987	7-1 1/2
7. Bruce Reid	1989	6-11 3/4
8. John Dupont	1995	6-11
9. Phillip Malcolm	2007	6-10 3/4
Juan Thomas	1994	6-10 3/4
Harry Palles	1981	6-10 3/4
Sheldon Blockburger	1988	6-10 3/4
Dennis Harris	1990	6-10 3/4

Pole Vault

1. Russ Buller	1999	19-0 1/4
2. Greg Rappe	1984	18-1
Daniel Troclair	2004	18-1
4. Derrick Prentice	1995	17-7 3/4
5. Ricky Wright	1987	17-7
6. Edgar Diaz	1991	17-6 1/4
7. Greg Duplantis	1986	17-5 1/2
8. Efram Melendez	1990	17-3
9. Bobby DeHollander	1986	17-1 1/2
10. Josh Dominguez	2009	17-0 3/4

Long Jump

1. John Moffitt	2004	27-1 3/4
2. Walter Davis	2002	26-9
3. Llewellyn Starks	1990	26-7 1/4
4. Marcus Thomas	2000	26-3 3/4
5. Jeremy Hicks	2009	26-3 1/2
6. Matthew Rose	1989	25-10
Mike Alridge	1996	25-10
8. Glenroy Gilbert	1993	25-8 3/4
9. Lofki Khaida	1992	25-8
10. LeJuan Simon	2004	25-7 1/2

Triple Jump

1. Walter Davis	2002	56-6 1/2
2. LeJuan Simon	2004	55-11 1/4
3. John Moffitt	2004	55-1
4. LeVar Anderson	1999	55-0 3/4
5. Willie Bradley	2004	54-5 1/4
6. Reggie Jones	1993	54-2 3/4
7. Lofki Khaida	1992	54-1 1/4
8. Marcus Thomas	2001	54-0 1/2
9. Ed Lloyd	1981	53-11
10. Jermaine Grant	1995	52-2

Shot Put

1. Joe Maciejczyk	1981	66-0 1/4
2. Simon Williams	1990	63-1 1/4
3. Rolf Kahles	1997	62-11 1/4
4. Gunnar Pflugsten	1998	62-10 1/2
5. Scott Petersen	1994	62-0 1/4
6. Frank Mazza	1989	61-5 3/4
7. Christian Nehme	1999	61-5
8. Ricky Jean-Francois	2006	60-1 1/4
9. Alex Forst	1999	60-0 1/2
10. Tom Marshall	1980	59-8 1/4

Weight Throw

1. Walter Henning	2009	74-5 1/2
2. Dave Paddison	1994	69-11 1/2
3. Javier Nieto	2002	66-6 1/2
4. Michael Lauro	2009	66-5 3/4
5. Rabun Fox	2009	65-7 1/2
6. Nigel Green	1997	65-5
7. Nathan Turner	1997	62-1 1/4
8. Gunnar Pflugsten	1998	60-2
9. John Woosley	1998	59-0
10. Matt Vincent	2004	57-11 3/4

Pentathlon

1. Sheldon Blockburger	1987	4,451
2. Bruce Reid	1989	4,399
3. Claston Bernard	2002	4,350
4. Bengt Jarlso	1989	4,085
5. Mikael Olander	1988	4,053
6. Enno Tjepkema	1988	3,925
7. Kanon Vanderhoff	1992	3,877

Heptathlon

1. Darion Powell	2006	5,707
2. Edwin Billot	2006	5,652
3. Gavin Fleming	2005	5,077
4. Alleyne Lett	2005	5,072
5. Kwami Roberts	2005	4,822

4x400-Meter Relay

1. Kelly Willie, Reggie Dardar, Melville Rogers, Xavier Carter	2006	3:04.01
2. Robert Parham, Lueroy Colquhoun, Pedro Tunon, Alleyne Francique	2001	3:04.44
3. Lueroy Colquhoun, Pete Coley, Robert Parham, Alleyne Francique	2002	3:04.75
4. Pete Coley, Marlon Greensword, Bennie Brazell, Kelly Willie	2003	3:04.79
5. Robert Parham, Pete Coley, Bennie Brazell, Kelly Willie	2004	3:04.84
6. Pete Coley, Reginald Dardar, Bennie Brazell, Kelly Willie	2005	3:04.90
7. Pete Coley, Austin Benton, Bennie Brazell, Kelly Willie	2005	3:04.96
8. Armanti Hayes, Isa Phillips, Marvin Stevenson, Reggie Dardar	2007	3:06.09
8. Regan Nichols, Eddie Kennison, Milton Mallard, Rohsaan Griffin	1995	3:06.43
9. Chris King, Earl Marcelle, David Singoei, Derrick Thymes	1992	3:06.45

Oversized Track

1. Robert Parham, Pete Coley, Bennie Brazell, Kelly Willie	2004	3:03.97
2. Bernard Whyte, Andre Brown, David Herbert, Bernard Williams	1985	3:04.14
3. Robert Parham, Lueroy Colquhoun, Pedro Tunon, Alleyne Francique	2001	3:06.73
4. Bennie Brazell, Pete Coley, Siraj Williams, Kelly Willie	2004	3:06.79

Distance Medley Relay (800,400,1200,1600)

1. Elkana Kosgei, Armanti Hayes, Jamaal James, John Kosgei	2008	9:35.31
2. Michael Hendry, Austin Benton, Isa Phillips, Patrick Gavin	2006	9:41.04
3. Tre Hendry, Kurt Dietrich, James Hook, Passmore Furlusa	1995	9:45.64
4. Scott Ainsworth, Calvin Kennon, John Sauerhage, Bobby Beck	1982	9:46.24
5. Ben Shumaker, Anthony Ewers, Tomario Thomas, Andrew Huston	2003	9:50.79
6. Jeffrey Fisher, Austin Benton, Jamison Carter, Patrick Gavin	2005	9:52.30
7. Michael Hendry, Jeffrey Fisher, Austin Benton, Patrick Gavin	2005	9:54.02
8. Les Rousel, Greg Hill, Mike Vargas, Mike Quigley	1979	9:56.13
9. Reuben Twijukye, Austin Benton, Jamaal James, Michael Hendry	2007	9:56.68
10. Raven Lewis, David Herbert, Jeff Slater, Robin van Helden	1986	9:57.24

WOMEN'S ALL-TIME INDOOR PERFORMANCE LIST

c = converted from equivalent distance
a = time achieved at altitude

55 Meters

1. Dawn Sowell	1989	6.58
2. D'Andre Hill	1996	6.65
3. Peta-Gaye Dowdie	1998	6.68a
4. Esther Jones	1989	6.69
5. Sheila Echols	1987	6.70
6. Cheryl Taplin	1994	6.72
7. Muna Lee	2003	6.73
8. Kelly Baptiste	2006	6.73
9. Dahlia Duhaney	1993	6.76
10. Kwajalein Butler	1996	6.77

60 Meters

1. Kelly Baptiste	2008	7.13
2. Muna Lee	2003	7.15
3. Samantha Henry	2008	7.18
4. D'Andre Hill	1996	7.21
5. Peta-Gaye Dowdie	1999	7.23
6. Kenyanna Wilson	2009	7.24
7. Sa'Donna Thornton	2000	7.25
Juanita Broaddus	2008	7.25
9. Ashley Owens	2005	7.28
10. Lolo Jones	2003	7.29
Sherry Fletcher	2007	7.29

200 Meters

1. Muna Lee	2003	22.49
2. Peta-Gaye Dowdie	1999	22.83
3. Brooklynn Morris	2006	22.84
4. Dawn Sowell	1989	22.87
5. Kelly Baptiste	2007	22.90
6. Stephanie Durst	2002	23.00
7. Hazelann Regis	2005	23.02
8. Samantha Henry	2008	23.01
9. Astia Walker	1998	23.15
10. Esther Jones	1989	23.24
D'Andre Hill	1996	23.24
Sherry Fletcher	2007	23.24

400 Meters

1. Hazelann Regis	2005	50.92
2. Nadia Davy	2004	52.00
3. Youlanda Warren	1995	52.39
4. LaTarsha Stroman	1997	52.45
5. Deonna Lawrence	2005	52.48
6. Ronetta Smith	2002	52.59
7. Nickiesha Wilson	2007	52.82
8. Heather Van Norman	1992	53.05
9. Dawn Sowell	1989	53.08
10. Debbie Parris	1994	53.10

Oversized Track

1. Hazelann Regis	2004	51.13
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800 Meters

1. Claudine Williams	1999	2:03.38
2. Neisha Bernard-Thomas	2005	2:03.93
3. LaTavia Thomas	2009	2:04.27
4. Marian Burnett	2003	2:04.57
5. Brittany Hall	2009	2:05.70
6. Kayann Thompson	2009	2:05.88
7. Meisue Francis	2007	2:06.02
8. Sylvia Brydson	1989	2:06.59
9. Silje Rasmussen	1997	2:06.95
10. Tanya Osbourne	2006	2:07.47

Mile

1. Christine Slythe	1985	4:38.67
2. Muffy McLeod	1985	4:41.54c
3. Charlotte Mayock	1997	4:41.98
4. Silje Rasmussen	1997	4:42.91
5. Lisa Reed	1987	4:45.20
6. Michelle Gross	1980	4:45.33
7. Susanne Strunz	1999	4:57.08
8. Katie Dawson	2007	4:57.55
9. Martina Barkman	2000	4:58.19
10. Ruth Nanyinza	2005	4:58.38

3,000 Meters

1. Lisa Reed	1987	9:19.11
2. Muffy McLeod	1985	9:40.44c
3. Bridget Cusack	2000	9:51.83
4. Susanne Strunz	2001	9:52.71
5. Michelle Gross	1981	10:00.78c
6. Michelle Hymel	2006	10:01.13
7. Kate Accardo	2008	10:02.43
8. Ruth Nanyinza	2005	10:04.15
9. Ann Qigley	1980	10:09.64c
10. Rachael Graham	2007	10:12.78

5,000 Meters

1. Bridgette Cusack	2000	17:16.95c
2. Katie Denton	2005	17:26.60
3. Elaine Gomez	1984	17:30.21c
4. Kate Accardo	2008	17:35.60
5. Lisa Reed	1985	17:36.58c
6. Rachael Graham	2006	18:19.78
7. Megan Broussard	2008	18:11.13
8. Emily Blake	1999	18:30.31
9. Christina Porter	2009	18:36.36
10. Erin Vandivort	2007	19:12.47

55-Meter Hurdles

1. Kim Carson	1996	7.40
2. Astia Walker	1998	7.46a
3. Tananjalynt Stanley	1989	7.47
4. Dawn Bowles	1992	7.51
5. Lolo Jones	2003	7.57
6. Joyce Bates	1999	7.58
7. Cinnamon Sheffield	1992	7.59
8. Mary Cobb	1991	7.61
9. Jessica Ohanaja	2006	7.62
10. Alicia Bass	1986	7.63y

60-Meter Hurdles

1. Joyce Bates	2000	7.99
2. Lolo Jones	2004	8.00
Jessica Ohanaja	2007	8.00
4. Nickiesha Wilson	2007	8.01
5. Kim Carson	1996	8.05
6. Astia Walker	1998	8.08
7. Selena Lewis	1999	8.09
8. RaNysha LeBlanc	2005	8.18
9. Tenaya Jones	2009	8.20
10. Angel Boyd	2007	8.24

High Jump

1. Gai Kapernick	1993	6-1 1/2
2. Gretchen Francois	1998	6-1 1/4
3. Kym Carter	1987	6-0 3/4
4. Britanni Carter	2009	6-0
5. Kelli Flynn	1991	5-11 1/2
6. Keisha Spencer	1999	5-11 1/4
7. Hareldau Argyle	1996	5-10 3/4
8. Kim Fenton	1989	5-10
Shaunette Davidson	2006	5-10
10. LaTosha Pierce	1998	5-9 3/4

Pole Vault

1. Rachel Laurent	2009	14-0 1/2
2. Katelyn Rodrigue	2008	13-6 1/2
3. Mallory Thompson	2008	12-0
4. Randi Opperman	2002	11-9 3/4
5. Lauren Saucier	2008	11-9
6. Calah Young	2005	11-6 1/2
7. Megan Duet	2005	11-3 3/4
8. Margaret Reaves	2002	10-6
Jackie Dove	2005	10-6
10. Megan Akre	2003	10-4

Long Jump

1. Daphnie Saunders	1994	22-4 1/2
2. Sheila Echols	1987	21-11 3/4
3. Monique Freeman	2000	21-4 1/2
4. Dahlia Duhaney	1991	21-1 1/2
Tina Harris	2005	21-1 1/2
6. Suzette Lee	1997	21-1 1/4
7. Sharon Jaklofsky	1992	20-11 1/4
8. Kathy Coleman	2008	20-10 1/2
9. Andrea Linton	2008	20-10
10. Nicole Toney	2004	20-9 1/4

Triple Jump

1. Suzette Lee	1997	46-9
2. Keisha Spencer	2000	46-1 1/2
3. Nicole Toney	2003	45-2 1/4
4. Andrea Linton	2008	44-6 1/4
5. Daphnie Saunders	1994	44-5 1/4
6. Bianca Rockett	2002	44-0
7. Andria Booker	2002	42-8 3/4
8. Sharon Clarke	1986	42-7
9. Camille Jackson	1991	42-5 1/2
10. Tina Harris	2005	42-1 1/2

Shot Put

1. Danyel Mitchell	1994	55-10 1/2
2. Teresa Williford	1986	55-9 1/4
3. Katie McKeever	2003	52-1
4. Laverne Eve	1987	51-7 3/4
5. Laurie Trapp	1992	49-8 1/4
6. Kym Carter	1987	48-0
7. Jacqui Sheffield	1984	47-1 3/4
8. Mallory McDonald	2002	47-1
9. Brianna Kennedy	2009	46-10 1/4
10. Stacy Shaw	1987	46-4

20-lb. Weight Throw

1. Mallory McDonald	2003	65-2 3/4
2. Candice Gonzalez	2002	60-0 1/2
3. Britney Henry	2004	58-8 1/2
4. Kim Williams	2009	58-5 1/4
5. Katie McKeever	2003	57-8 1/2
6. Brianna Kennedy	2009	54-4
7. Allison Homer	2009	53-10 1/2
8. Kellee Monet Rice	2002	45-3 3/4

Pentathlon

1. Sharon Jaklofsky	1992	4,212
2. Cheryl Wilson	1989	4,002
Katarina Hallberg	1990	4,002
4. Rhonda Phillips	1989	3,988
5. Megan Akre	2006	3,971
6. Shaunette Davidson	2007	3,896
7. Jovennie McDuffie	1992	3,890
8. Camilla Strid	1991	3,853
9. Lana Zimmerman	1982	3,698
10. Mitzie Plaeger	1991	3,688

4x400-Meter Relay

1. Brooklynn Morris, Neisha Bernard-Thomas, Deonna Lawrence, Hazelann Regis	2005	3:29.06
2. Brooklynn Morris, Juanita Broaddus, Cynethia Rooks, Deonna Lawrence	2006	3:29.33
3. Brooklynn Morris, Cynethia Rooks, LaTavia Thomas, Deonna Lawrence	2007	3:29.86
4. Hazelann Regis, Neisha Bernard-Thomas, Monique Hall, Nadia Davy	2004	3:30.14
5. Brooklynn Morris, Nickiesha Wilson, Cynethia Rooks, Deonna Lawrence	2007	3:30.26
6. Brooklynn Morris, Kelly Baptiste, Juanita Broaddus, Deonna Lawrence	2006	3:30.43
7. Brooklynn Morris, Nickiesha Wilson, LaTavia Thomas, Deonna Lawrence	2008	3:31.14
8. Brooklynn Morris, Deonna Lawrence, LaTavia Thomas, Nickiesha Wilson	2007	3:31.77
9. Brooklynn Morris, Nickiesha Wilson, LaTavia Thomas, Deonna Lawrence	2008	3:31.89
10. Celena Clarke, Myra Combs, Peta-Gaye Dowdie, Claudine Williams	1999	3:32.06

Oversized Track

1. Hazelann Regis, Neisha-Bernard-Thomas, Monique Hall, Nadia Davy	2004	3:29.42
2. Michele Morris, Jackie Bobien, Rose Lofton, Wendy Truvillion	1985	3:34.41
3. Ronetta Smith, Stephanie Durst, Muna Lee, Myra Combs	2001	3:37.40
4. Indira Hamilton, Shannon Cox, Dahlia Duhaney, Youlanda Warren	1993	3:38.02
5. Indira Hamilton, Heather Van Norman, Eunice Allen, Youlanda Warren	1993	3:40.62

Distance Medley Relay (1200,400,800,1600)

1. Silje Rasmussen, Eureka Hall, Tanqueray Hayward, Charlotte Mayock	1997	11:29.72
2. Tanqueray Hayward, Eureka Hall, Emily Blake, Charlotte Mayock	1997	11:30.71
3. Jackie Bobien, Wendy Truvillion, Camille Cato, Lisa Reed	1987	11:31.22
4. Franz Battle, LaTarsha Stroman, Shannon Kvien, Silje Rasmussen	1995	11:32.76
5. Leslie Nixon, Danyel Wofford, Christine Slythe, Muffy McLeod	1985	11:34.94c
6. Kim Gardner, Eureka Hall, Franz Battle, Silje Rasmussen	1996	11:36.19
7. Neisha Bernard-Thomas, Stephanie Butler, Althea Thomas, Marian Burnett	2003	11:37.36
8. Neisha Bernard-Thomas, Brittany Harris, Tanya Osbourne, Ruth Nanyinza	2005	11:38.04
9. Emily Blake, Somalia Lindsay, Tanqueray Hayward, Charlotte Mayock	1997	11:38.28
10. Bridget Cusack, Celena Clarke, Claudine Williams, Susanne Strunz	1999	11:40.51