

2004 UTSA Women's Track & Field Indoor Bests

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55 Meters

6.79 / 6.93

7.15	Rosalind Holmes	Tech 6-Way (1/24)
7.19	Rosalind Holmes	Tech 6-Way (1/24)
7.33	Morgan Moszee	Tech 6-Way (1/24)
7.34	Jessica Snitkoff	Tech 6-Way (1/24)
7.36	Morgan Moszee	Tech 6-Way (1/24)
7.55	Jessica Snitkoff	Tech 6-Way (1/24)
7.66	Shadana Hurd	Tech 6-Way (1/24)

60 Meters

7.30 / 7.44

7.78	Rosalind Holmes	Houston Opener (1/17)
7.79	Rosalind Holmes	Houston Opener (1/17)
7.92	Jessica Snitkoff	Houston Inv. (2/7)
7.99	Morgan Moszee	Houston Inv. (2/7)
8.01	Morgan Moszee	Houston Opener (1/17)
8.04	Shadana Hurd	Houston Opener (1/17)
8.57	Crystal Ward	Houston Opener (1/17)
8.66	Crystal Ward	Houston Inv. (2/7)
8.67	Chanel Sams	Houston Inv. (2/7)

200 Meters

23.70 (23.50) / 24.20 (24.00)

24.71	Rosalind Holmes	Tech 6-Way (1/24)
25.14	Rosalind Holmes	Houston Inv. (2/7)
25.79	Jessica Snitkoff	Tech 6-Way (1/24)
25.87	Jessica Snitkoff	Houston Opener (1/17)
25.94	Jessica Snitkoff	Houston Inv. (2/7)
26.24	Landry Oliver	Houston Inv. (2/7)
26.51	Morgan Moszee	Tech 6-Way (1/24)
26.63	Shadana Hurd	Tech 6-Way (1/24)
27.20	Kandace Traywick	Tech 6-Way (1/24)
27.85	Kandace Traywick	Houston Opener (1/17)

400 Meters

53.20 (52.90) / 54.80 (54.50)

57.68	Letitia Gilkes	Red Raiders Classic (1/31)
1:00.22	Landry Oliver	Tech 6-Way (1/24)
1:01.70	Landry Oliver	Houston Opener (1/17)
1:04.00	Breka Adams	Houston Opener (1/17)
1:05.23	Kandace Traywick	Houston Inv. (2/7)

800 Meters

2:06.05 (2:05.65) / 2:09.40 (2:09.00)

2:12.89	Letitia Gilkes	Tech 6-Way (1/24)
2:17.33	Meghan Chance	Houston Inv. (2/7)
2:18.70	Meghan Chance	Tech 6-Way (1/24)
2:20.39	Meghan Chance	Houston Opener (1/17)
2:20.73	Chonna Wright	Houston Inv. (2/7)
2:23.73	Diane Smith	Houston Inv. (2/7)
2:27.44	Amanda Barbosa	Houston Inv. (2/7)
2:29.83	Missy Palomo	Houston Inv. (2/7)
2:30.80	Chonna Wright	Tech 6-Way (1/24)
2:38.92	Missy Palomo	Houston Opener (1/17)

1,000 Yards

Not an NCAA event

2:34.81	Letitia Gilkes	Millrose Games (2/6)
2:37.74	Leticia Cerna	Millrose Games (2/6)

1,000 Meters

Not an NCAA event

2:55.98	Leticia Cerna	Tech 6-Way (1/24)
3:08.54	Veronica Silva	Tech 6-Way (1/24)

Mile

4:39.10 (4:38.50) / 4:49.00 (4:48.40)

5:09.23	Letitia Gilkes	Red Raiders Classic (1/31)
5:22.73	Rita Lambert	Houston Inv. (2/7)
5:23.21	Ashley McDonald	Houston Inv. (2/7)
5:25.48	Veronica Silva	Houston Inv. (2/7)
5:29.61	Veronica Silva	Houston Opener (1/17)

3,000 Meters

9:16.80 (9:16.00) / 9:35.80 (9:35.00)

10:45.94	Ashley McDonald	Tech 6-Way (1/24)
10:52.94	Ashley McDonald	Houston Opener (1/17)
11:18.17	Karilyn Petty	Houston Inv. (2/7)
11:20.09	Karilyn Petty	Houston Opener (1/17)
11:35.98	Karilyn Petty	Tech 6-Way (1/24)

55-Meter Hurdles

7.61 / 7.87

8.15	Ryanne Dupree	Tech 6-Way (1/24)
8.44	Lyndsey Sidney	Tech 6-Way (1/24)
8.82	Kandace Traywick	Tech 6-Way (1/24)
9.10	Katie Kozlowicz	Tech 6-Way (1/24)

60-Meter Hurdles

8.15 / 8.43

8.72	Ryanne Dupree	Houston Opener (1/17)
8.73	Ryanne Dupree	Houston Inv. (2/7)
8.80	Ryanne Dupree	Houston Inv. (2/7)
8.88	Ryanne Dupree	Houston Opener (1/17)
9.49	Kandace Traywick	Houston Opener (1/17)
9.50	Kandace Traywick	Houston Inv. (2/7)
9.90	Katie Kozlowicz	Houston Opener (1/17)
10.34	Lyndsey Sidney	Houston Opener (1/17)
10.58	Lyndsey Sidney	Houston Inv. (2/7)

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4x400-Meter Relay

3:35.70 (3:34.50) / 3:41.20 (3:40.00)

3:49.86 Holmes, Gilkes, Tech 6-Way (1/24)
..... Cerna, Smith
3:52.61 Holmes, Dupree, Houston Inv. (2/7)
..... Snitkoff, Smith
4:00.71 Oliver, Chance, Houston Inv. (2/7)
..... Wright, Silva
4:01.52 Chance, Snitkoff, Tech 6-Way (1/24)
..... Wright, Silva
4:02.68 UTSA "A" Houston Opener (1/17)
4:07.06 Chance, Silva, Houston Opener (1/17)
..... Katie, Wright
4:16.73 Traywick, Hobbs, Houston Inv. (2/7)
..... Moszee, Palomo
4:21.83 Lambert, McDonald Houston Inv. (2/7)
..... Petty, Barbosa

Distance Medley Relay

11:17.00 (11:15.00) / 11:38.00 (11:36.00)

11:56.53 ... Chance, Smith Tech 6-Way (1/23)
..... Gilkes, Cerna
12:46.04 .. Chance, Smith, Houston Opener (1/17)
..... Wright, Silva
12:52.30 .. Silva, Hurd, Tech 6-Way (1/23)
..... Wright, McDonald
13:24.38 .. Lambert, Sidney, Houston Opener (1/17)
..... Palomo, McDonald

High Jump

1.84 (6-0.5) / 1.78 (5-10)

5-0.25 (1.53m) Ryanne Dupree Tech 6-Way (1/24)
4-10.25 (1.48m) .. Shalayne Hobbs Houston Opener (1/17)

Long Jump

6.40 (21-0) / 6.20 (20-4.25)

19-1 (5.82m) Ryanne Dupree Tech 6-Way (1/24)
18-7.25 (5.67m) .. Ryanne Dupree Houston Opener (1/17)
17-11.5 (5.47m) .. Morgan Moszee Houston Inv. (2/7)
17-10.5 (5.45m) .. Morgan Moszee Tech 6-Way (1/24)
17-9 (5.41m) Ryanne Dupree Houston Inv. (2/7)
16-1.5 (4.91m) Morgan Moszee Houston Opener (1/17)
15-4.25 (4.68m) .. Kandace Traywick Tech 6-Way (1/24)
14-10.75 (4.54m) .. Kandace Traywick Houston Inv. (2/7)

Triple Jump

13.30 (43-7.75) / 12.65 (41-6)

37-10.75 (11.55m) .. Morgan Moszee Tech 6-Way (1/24)
35-8.75 (10.89m) .. Morgan Moszee Houston Opener (1/17)

Shot Put

16.50 (54-1.75) / 15.20 (49-10.5)

40-5.5 (12.33m) .. Tasha Ramos Houston Opener (1/17)
40-5 (12.32m) Tasha Ramos Tech 6-Way (1/24)
39-5 (12.01m) Tasha Ramos Houston Inv. (2/7)
37-7.25 (11.46m) .. Shantel Buggs Tech 6-Way (1/24)
37-4 (11.38m) Shantel Buggs Houston Inv. (2/7)
36-2 (11.02m) Shantel Buggs Houston Opener (1/17)
36-1.25 (11.00m) .. Morgan Moszee Houston Inv. (2/7)
35-10 (10.92m) ... Ashley Ackerley Houston Inv. (2/7)
35-7.25 (10.85m) .. Ashley Ackerley Houston Opener (1/17)
35-4 (10.77m) Ashley Ackerley Tech 6-Way (1/24)
35-1.75 (10.71m) .. Ryanne Dupree Houston Inv. (2/7)
33-7.25 (10.24m) .. Kandace Traywick Tech 6-Way (1/24)
30-11.25 (9.43m) .. Kandace Traywick Houston Inv. (2/7)