

2006 Final Women's Outdoor Bests

100 Meters

12.02 (2.7)	Ashley Jackson	SLC Championships (5/13-15)
12.03	Morgan Moszee	UTSA Relays (3/17-18)
12.08	Shanelle Slaughter	UTSA Relays (3/17-18)
12.24	Ashley Jackson	Texas Twilight (4/22)
12.30 (2.4)	Brittany Epps	UTSA Relays (3/17-18)
12.67	Latasha Sinclair	Texas Twilight (4/22)
12.73 (2.3)	Sara Ortiz	Texas Invitational (3/25)
12.76	Sara Ortiz	Texas State Open (3/10)
12.82 (2.3)	Candace Nwaozuru	Texas Invitational (3/25)
12.97	Candace Nwaozuru	Texas Twilight (4/22)
13.01	Calais Savoy	UTSA Relays (3/17-18)
13.29	Crystal Ward	Texas State Open (3/10)

200 Meters

25.25 (3.1)	Shanelle Slaughter	SLC Championships (5/13-15)
24.33 (2.1)	Ashley Jackson	SLC Championships (5/13-15)
24.55	Ashley Jackson	Texas Twilight (4/22)
25.12	Brittany Epps	Texas Invitational (3/25)
25.59	Diane Smith	Texas State Open (3/10)
25.66	Shanelle Slaughter	Trinity Inv. (2/25)
25.71	Kandace Traywick	SLC Championships (5/13-15)
25.74	Latasha Sinclair	Texas Twilight (4/22)
26.07 (2.3)	Ashley Allen	UTSA Relays (3/17-18)
26.30	Veronica Silva	Trinity Inv. (2/25)
26.52	Ashley Allen	SLC Championships (5/13-15)
26.63 (2.8)	Kari Michalik	UTSA Relays (3/17-18)
26.77	Sara Ortiz	Texas Invitational (3/25)
28.24	Crystal Ward	Texas State Open (3/10)

400 Meters

56.82	Brittany Epps	Texas Twilight (4/22)
57.14	Diane Smith	UTSA Relays (3/17-18)
57.54	Veronica Silva	Trinity Inv. (2/25)
1:01.28	Meghan Chance	Trinity Inv. (2/25)
1:02.21	Latasha Sinclair	Trinity Inv. (2/25)
1:03.27	Melissa Appelt	UTSA Relays (3/17-18)

800 Meters

2:10.42	Veronica Silva	Texas Twilight (4/22)
2:14.29	Diane Smith	UTSA Relays (3/17-18)
2:15.57	Rita Lambert	Trinity Inv. (2/25)
2:17.99	Brittany Britton	SLC Championships (5/13-15)
2:18.35	Hope Jimenez	Texas Invitational (3/25)
2:19.32	Meghan Chance	Texas Twilight (4/22)
2:19.93	Samantha Burgess	SLC Championships (5/13-15)
2:25.39	Briana Mendez	UTSA Relays (3/17-18)
2:22.90	Ashley Allen	Drake Relays (4/27)
2:27.92	Kandace Traywick	SLC Championships (5/13-15)
2:28.99	Karilyn Petty	Texas State Open (3/10)
2:35.35	Kari Michalik	UTSA Relays (3/17-18)

1,500 Meters

4:44.69	Rita Lambert	UTSA Relays (3/17-18)
4:44.71	Hope Jimenez	Texas Invitational (3/25)
5:00.23	Briana Mendez	Texas Invitational (3/25)
5:01.14	Karilyn Petty	UTSA Relays (3/17-18)
5:11.69	Samantha Burgess	Texas State Open (3/10)
5:18.13	Meghan Chance	Trinity Inv. (2/25)
5:26.52	Brittany Kennedy	UTSA Relays (3/17-18)
5:31.90	Anne Hollowell	Trinity Inv. (2/25)

2,000-Meter Steeplechase

7:19.99	Karilyn Petty	Texas Twilight (4/22)
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3,000 Meters

10:28.00	Hope Jimenez	Texas State Open (3/10)
11:03.00	Karilyn Petty	Texas State Open (3/10)
11:11.00	Briana Mendez	Texas State Open (3/10)

3,000-Meter Steeplechase

11:37.18	Karilyn Petty	Texas Relays (4/5)
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100-Meter Hurdles

13.81 (2.4)	Lyndsey Sidney	SLC Championships (5/13-15)
13.93 R	Lyndsey Sidney	SLC Championships (5/13-15)
14.07 (2.2)	Kandace Traywick	SLC Championships (5/13-15)
14.09	Kandace Traywick	Drake Relays (4/26)
14.23	Demetria Holmes	SLC Championships (5/13-15)
14.60 (2.5)	Ashley Allen	SLC Championships (5/13-15)
14.88	Ashley Allen	Texas Twilight (4/22)
15.43	Demetria Holmes	Trinity Inv. (2/25)
16.12 (2.2)	Kari Michalik	UTSA Relays (3/17-18)
16.42 (3.4)	Alex De Hoyos	Texas State Open (3/10)
17.15	Alex De Hoyos	UTSA Relays (3/17-18)

400-Meter Hurdles

1:00.81 R	Lyndsey Sidney	SLC Championships (5/13-15)
1:02.87	Demetria Holmes	SLC Championships (5/13-15)
1:04.87	Kandace Traywick	Texas Invitational (3/25)
1:05.06	Kari Michalik	Texas Invitational (3/25)
1:06.48	Ashley Allen	Texas Invitational (3/25)
1:06.92	Melissa Appelt	Trinity Inv. (2/25)
1:07.92	Jessica Bush	UTSA Relays (3/17-18)
1:07.94	Calaia Savoy	Trinity Inv. (2/25)
1:10.99	Brittany Kennedy	UTSA Relays (3/17-18)
1:19.20	Alex De Hoyos	Texas State Open (3/10)

400-Meter Relay

46.27	Shanelle Slaughter, Brittany Epps, Morgan Moszee, Ashley Jackson	Texas Twilight (4/22)
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800-Meter Relay

1:38.57	Shanelle Slaughter, Brittany Epps, Morgan Moszee, Ashley Jackson	UTSA Relays (3/17-18)
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1,600-Meter Relay

3:50.79	UTSA	Texas State Open (3/10)
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3,200-Meter Relay

9:04.82	UTSA	Texas Relays (4/6)
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Sprint Medley Relay

4:01.59	Shanelle Slaughter, Brittany Epps, Diane Smith, Veronica Silva	Drake Relays (4/27-29)
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Shuttle Hurdle Relay

57.20	Lyndsey Sidney, Ashley Allen, Kandace Traywick, Demetria Holmes	Drake Relays (4/27-29)
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Distance Medley Relay

12:08.77 Rita Lambert, Texas Relays (4/8)
Diane Smith, Veronica Silva, Hope Jimenez

High Jump

1.66m Ashley Allen SLC Championships (5/13-15)
1.57m Kandace Traywick SLC Championships (5/13-15)
1.53m Shanelle Slaughter Texas State Open (3/10)
1.35m Kari Michalik UTSA Relays (3/17-18)

Pole Vault

2.75m Janna Bennett Trinity Inv. (2/25)

Long Jump

5.99m R Brittany Epps SLC Championships (5/13-15)
5.99m R Morgan Moszee Trinity Inv. (2/25)
5.68m Kandace Traywick SLC Championships (5/13-15)
5.53m Shanelle Slaughter UTSA Relays (3/17-18)
5.52m Ashley Allen SLC Championships (5/13-15)
5.40m Ashley Jackson Texas State Open (3/10)
4.60m Kari Michalik Texas Twilight (4/22)

Triple Jump

11.13m Ashley Allen SLC Championships (5/13-15)

Shot Put

13.56m Natasha Ramos Texas State Open (3/10)
12.32m Shantel Buggs Texas Twilight (4/22)
11.68m Ashley Allen Trinity Inv. (2/25)
11.48m Kandace Traywick UTSA Relays (3/17-18)
10.92m Sonya Strya Texas State Open (3/10)
9.12m Kari Michalik Texas State Open (3/10)

Discus

46.80m Natasha Ramos UTSA Relays (3/17-18)
41.98m Shantel Buggs UTSA Relays (3/17-18)
39.55m Sonya Strya UTSA Relays (3/17-18)
38.23m Debbie Zambrano Texas State Open (3/10)
37.70m Kelly Carruthers UTSA Relays (3/17-18)

Hammer

43.47m Natasha Ramos Texas Twilight (4/22)
40.70m Sonya Strya Texas Twilight (4/22)
29.78m Debbie Zambrano Texas State Open (3/10)
28.71m Shantel Buggs Texas State Open (3/10)

Javelin

41.01m	Chelsea Malina	SLC Championships (5/13-15)
38.42m	Ashley Allen	SLC Championships (5/13-15)
36.13m	Kandace Traywick	Drake Relays (4/27)
34.80m	Kari Michalik	UTSA Relays (3/17-18)

Heptathlon

5,127 P	Kandace Traywick	SLC Championships (5/13-15)
5,076 P	Ashley Allen	Drake Relays (4/26-27)
4,258	Kari Michalik	SLC Championships (5/13-15)

R – NCAA regional qualifying mark ♦ P – NCAA provisional qualifying mark