

2009 UTSA WOMEN'S TRACK & FIELD OUTDOOR BESTS

@ - NCAA automatic qualifier • # - NCAA provisional qualifier • R - NCAA regional qualifier • w - wind-aided (+2.1-4.0 m/s) • w! - wind-aided illegal (+4.1 m/s)
p - preliminary • s - semifinal • S - school record

100 Meters

12.23 _____ Ashley Jackson _____ UC Irvine Inv. (3/21)
12.32 _____ Shanelle Slaughter _____ Texas Twilight (4/18)
\$ - 11.25, *Tameka Roberts, 1997*

200 Meters

25.44w! _____ Shanelle Slaughter _____ UTEP Inv. (4/11)
25.51w! _____ Shavonne Armbrister _____ UTEP Inv. (4/11)
25.87 _____ Shavonne Armbrister _____ Rice Twilight (4/29)
26.00 _____ Kayla Thomas _____ Texas Twilight (4/18)
26.40w! _____ Aimee Jonas _____ Texas Relays (4/1)
26.80 _____ Celeste Smoote _____ Rice Twilight (4/29)
27.42 _____ Aimee Jonas _____ Texas Twilight (4/18)
\$ - 22.94, *Tameka Roberts, 1996*

400 Meters

56.98 _____ Shavonne Armbrister _____ Texas Twilight (4/18)
58.17 _____ Rebecca Crain _____ Texas Twilight (4/18)
1:01.61 _____ Celeste Smoote _____ SLC Outdoor (5/9)
1:02.29 _____ Kayla Thomas _____ UTSA Relays (3/28)
\$ - 54.10, *Andrea Johnson, 2002*

800 Meters

2:13.62 _____ Jayde James _____ SLC Outdoor (5/10)
2:25.80 _____ Rebecca Crain _____ UTEP Inv. (4/11)
2:30.09 _____ Aimee Jonas _____ SLC Outdoor (5/9)
2:30.67 _____ Courtney Nelson _____ Trinity Open (2/28)
2:35.49 _____ Baylee Holder _____ Trinity Open (2/28)
\$ - 2:08.06, *Cindy Dunagin, 1990*

1,500 Meters

4:43.14 _____ Jayde James _____ Texas Twilight (4/18)
4:49.11 _____ Kayla Pratt _____ Rice Twilight (4/29)
5:02.32 _____ Courtney Nelson _____ UC Irvine Inv. (3/21)
5:06.30 _____ Baylee Holder _____ SLC Outdoor (5/9)
5:20.22 _____ Cuca Jimenez _____ Trinity Open (2/28)
\$ - 4:27.61, *Paula Wiese, 1987*

3,000 Meters

10:12.08 _____ Kayla Pratt _____ UC Irvine Inv. (3/21)
11:18.23 _____ Courtney Nelson _____ UTSA Relays (3/27)
11:27.03 _____ Baylee Holder _____ UTSA Relays (3/27)
\$ - 9:05.98, *Jody Dunston, 1989*

5,000 Meters

18:14.66 _____ Kayla Pratt _____ Johnson Classic (4/18)
20:36.44 _____ Baylee Holder _____ SLC Outdoor (5/10)
\$ - 15:57.1, *Jody Dunston, 1989*

100-Meter Hurdles

13.63R _____ Jessica Jones _____ SLC Outdoor (5/10)
14.87w! _____ Aimee Jonas _____ UTSA Relays (3/27)
15.02 _____ Aimee Jonas _____ SLC Outdoor (5/8)
\$ - 13.23, *Ryanne Dupree, 2007*

400-Meter Hurdles

1:07.30 _____ Jessica Jones _____ UTSA Relays (3/27)
\$ - 59.76, *Valencia Henderson, 1992*

2,000-Meter Steeplechase

8:08.08 _____ Courtney Nelson _____ UTEP Inv. (4/11)

3,000-Meter Steeplechase

11:54.79 _____ Courtney Nelson _____ SLC Outdoor (5/9)
\$ - 10:47.54, *Leticia Cerna, 2004*

4x100-Meter Relay

47.08 (8th) _____ Shanelle Slaughter, _____ Texas Twilight (4/18)
_____ Jessica Jones, Kayla Thomas, Shavonne Armbrister

47.38 (9th) _____ Shanelle Slaughter, _____ SLC Outdoor (5/10)
_____ Jessica Jones, Kayla Thomas, Shavonne Armbrister
48.09 (8th) _____ Shanelle Slaughter, _____ Rice Twilight (4/29)
_____ Jessica Jones, Celeste Smoote, Shavonne Armbrister
48.57 (3rd) _____ Shanelle Slaughter, _____ UTEP Inv. (4/11)
_____ Jessica Jones, Kayla Thomas, Shavonne Armbrister
\$ - 45.31 (C. LeZama, P. Matthews, T. Williams, T. Roberts), 1995

4x200-Meter Relay

1:44.29 (3rd) _____ Shavonne Armbrister, _____ UTSA Relays (3/27)
_____ Shanelle Slaughter, Kayla Thomas, Celeste Smoote

4x400-Meter Relay

3:52.03 (6th) _____ Shavonne Armbrister, _____ SLC Outdoor (5/10)
_____ Jessica Jones, Rebecca Crain, Jayde James
3:53.82 (36th) _____ Shavonne Armbrister, _____ Texas Relays (4/4)
_____ Jessica Jones, Kayla Thomas, Rebecca Crain
3:54.16 (6th) _____ Shavonne Armbrister, _____ Texas Twilight (4/18)
_____ Rebecca Crain, Jayde James, Jessica Jones
\$ - 3:34.05 (R. King, T. Booker, L. Addison, P. Matthews), 1992

4x800-Meter Relay

9:55.43 (9th) _____ Jayde James, _____ Texas Relays (4/2)
_____ Kayla Pratt, Courtney Nelson, Baylee Holder

High Jump

1.66m (5-5.25) _____ Aimee Jonas _____ SLC Outdoor (5/8)
\$ - 1.81m (5-11.25), *Lynse Leal, 1996*

Pole Vault

3.40m\$ (11-1.75) _____ Lindsey Nguyen _____ SLC Outdoor (5/10)
\$ - 3.40m (11-1.75), *Lindsey Nguyen, 2009*

Long Jump

5.64m (18-6) _____ Shanelle Slaughter _____ Texas Twilight (4/18)
5.50m (18-0.5) _____ Kayla Thomas _____ Rice Twilight (4/29)
5.42mw! (17-9.5) _____ Aimee Jonas _____ Texas Relays (4/2)
5.34m (17-6.25) _____ Rebekah Hill _____ Rice Twilight (4/29)
5.18m (17-0) _____ Aimee Jonas _____ SLC Outdoor (5/9)
\$ - 6.66m (21-10.5), *Tameka Roberts, 1994*

Triple Jump

11.89mw! (39-0.25) _____ Rebekah Hill _____ UTEP Inv. (4/11)
11.34m (37-2.5) _____ Rebekah Hill _____ UC Irvine Inv. (3/21)
\$ - 12.98m (42-7), *Kristin Gran, 1984*

Shot Put

10.02m (32-10.5) _____ Taelor Wilson _____ Rice Twilight (4/29)
8.99m (29-6) _____ Aimee Jonas _____ Rice Twilight (4/29)
\$ - 15.19m (49-10), *Kim Bush, 1994*

Discus

42.45m (139-3) _____ Amber Byars _____ UTEP Inv. (4/11)
\$ - 47.51m (155-10), *Edie Christian, 2003*

Javelin

30.71m (100-9) _____ Aimee Jonas _____ Texas Relays (4/2)
\$ - 43.50m (142-8), *Karen Wilkinson, 1990*

Hammer

42.52m (139-6) _____ Amber Byars _____ UTEP Inv. (4/11)
40.96m (134-4) _____ Taelor Wilson _____ UTEP Inv. (4/11)
\$ - 43.50m (142-8), *Karen Wilkinson, 1990*

Heptathlon

4,612 _____ Aimee Jonas _____ Texas Relays (4/1-2)
\$ - 5,818, *Ryanne Dupree, 2007*

2009 UTSA WOMEN'S TRACK & FIELD OUTDOOR PROGRESSIONS

@ - NCAA automatic qualifier • # - NCAA provisional qualifier • R - NCAA regional qualifier • w - wind-aided (+2.1-4.0 m/s) • w! - wind-aided illegal (+4.1 m/s)
p - preliminary • s - semifinal • S - school record

Shavonne Armbrister

200 Meters

25.51w! (+4.9) _____ T-10th _____ UTEP Inv. (4/11)
25.87 (-1.5) _____ 13th _____ Rice Twilight (4/29)

400 Meters

58.22 _____ 11th _____ UC Irvine Inv. (3/21)
59.04 _____ 1st* _____ UTSA Relays (3/28)
56.98 _____ 10th _____ Texas Twilight (4/18)
57.89 _____ 9th _____ SLC Outdoor (5/9)

Amber Byars

Discus

41.53m (136-3) _____ 3rd _____ Tiger Relays (3/7)
39.07m (128-2) _____ 7th _____ UC Irvine Inv. (3/21)
39.83m (130-8) _____ 1st _____ UTSA Relays (3/28)
42.45m (139-3) _____ 4th _____ UTEP Inv. (4/11)
40.50m (132-10) _____ 11th _____ Texas Twilight (4/18)
41.89m (137-5) _____ 9th _____ Rice Twilight (4/29)
42.22m (138-6) _____ 7th _____ SLC Outdoor (5/10)

Hammer

41.04m (134-8) _____ 9th _____ UC Irvine Inv. (3/21)
42.52m (139-6) _____ 7th _____ UTEP Inv. (4/11)
41.07m (134-9) _____ 8th _____ Texas Twilight (4/18)
40.33m (132-4) _____ 17th _____ Rice Twilight (4/29)
40.72m (133-7) _____ 9th _____ SLC Outdoor (5/8)

Rebecca Crain

400 Meters

59.58 _____ 17th _____ UC Irvine Inv. (3/21)
1:00.43 _____ 2nd* _____ UTSA Relays (3/28)
58.17 _____ 16th _____ Texas Twilight (4/18)

800 Meters

2:30.07 _____ 8th _____ UTSA Relays (3/27)
2:25.80 _____ 2nd _____ UTEP Inv. (4/11)

Rebekah Hill

Long Jump

5.21mw (17-1.25) _____ 15th _____ UTEP Inv. (4/11)
5.15m (16-10.75) _____ 17th _____ Texas Twilight (4/18)
5.34m (17-6.25) _____ 10th _____ Rice Twilight (4/29)
5.17m (16-11.5) _____ 17th _____ SLC Outdoor (5/9)

Triple Jump

11.34m (37-2.5) _____ 2nd _____ UC Irvine Inv. (3/21)
11.63mw (38-2) _____ 3rd _____ UTSA Relays (3/28)
11.89mw! (39-0.25) _____ 4th _____ UTEP Inv. (4/11)
11.71m (38-5) _____ 3rd _____ Rice Twilight (4/29)
11.69m (38-4.25) _____ 9th _____ SLC Outdoor (5/10)

Baylee Holder

800 Meters

2:35.49 _____ 8th _____ Trinity Open (2/28)

1,500 Meters

5:11.55 _____ 3rd _____ Tiger Relays (3/7)
5:16.43 _____ 9th _____ UTSA Relays (3/28)
5:24.95 _____ 12th _____ UTEP Inv. (4/11)
5:06.30 _____ 17th (p) _____ SLC Outdoor (5/9)

3,000 Meters

11:27.03 _____ 6th _____ UTSA Relays (3/27)
11:41.04 _____ 24th _____ Texas Twilight (4/18)

5,000 Meters

20:36.44 _____ 28th _____ SLC Outdoor (5/10)

Jayde James

800 Meters

2:19.42 _____ 3rd _____ UTSA Relays (3/27)
2:19.28 _____ 12th* _____ Texas Relays (4/2)
2:24.44 _____ 1st _____ UTEP Inv. (4/11)
2:13.75 _____ 4th _____ Rice Twilight (4/29)
2:17.53 _____ 3rd (p) _____ SLC Outdoor (5/9)
2:13.62 _____ 3rd _____ SLC Outdoor (5/10)

1,500 Meters

4:54.55 _____ 2nd _____ UTSA Relays (3/28)
4:43.14 _____ 5th _____ Texas Twilight (4/18)

Ashley Jackson

100 Meters

12.23 (+0.8) _____ 4th _____ UC Irvine Inv. (3/21)

Aimee Jonas

200 Meters

26.40w! (+4.1) _____ 16th^ _____ Texas Relays (4/1)
27.42 (-0.4) _____ 29th _____ Texas Twilight (4/18)
26.85w (+2.3) _____ 9th^ _____ SLC Outdoor (5/8)

800 Meters

2:32.68 _____ 10th^ _____ Texas Relays (4/2)
2:30.09 _____ 3rd^ _____ SLC Outdoor (5/9)

100-Meter Hurdles

15.84 (+1.1) _____ 16th _____ UC Irvine Inv. (3/21)
14.87w! (+5.9) _____ 6th (p) _____ UTSA Relays (3/27)
15.36 (+1.6) _____ 4th _____ UTSA Relays (3/28)
15.02w (+2.4) _____ 11th^ _____ Texas Relays (4/1)
15.49w (+4.0) _____ 6th _____ UTEP Inv. (4/11)
15.02 (+1.9) _____ 5th^ _____ SLC Outdoor (5/8)

High Jump

1.63m (5-4.25) _____ T-8th^ _____ Texas Relays (4/1)
1.55m (5-1) _____ 4th _____ UTEP Inv. (4/11)
1.66m (5-5.25) _____ T-3rd^ _____ SLC Outdoor (5/8)
1.60m (5-3) _____ 6th _____ SLC Outdoor (5/9)

Long Jump

5.42mw! (17-9.5) _____ T-10th^ _____ Texas Relays (4/2)
5.00mw! (16-5) _____ 17th _____ UTEP Inv. (4/11)
5.18m (17-0) _____ 3rd^ _____ SLC Outdoor (5/9)

Shot Put

8.42m (26-10.5) _____ 18th^ _____ Texas Relays (4/1)
8.99m (29-6) _____ 18th _____ Rice Twilight (4/29)
8.67m (28-5.5) _____ 13th^ _____ SLC Outdoor (5/8)

Javelin

27.17m (89-2) _____ 2nd _____ UTSA Relays (3/28)
30.71m (100-9) _____ 11th^ _____ Texas Relays (4/2)
28.20m (92-6) _____ 13th _____ Texas Twilight (4/18)
27.19m (89-2) _____ 11th^ _____ SLC Outdoor (5/9)

Heptathlon

4,612 _____ 11th _____ Texas Relays (4/1-2)
4,537 _____ 6th _____ SLC Outdoor (5/8-9)

Jessica Jones

100-Meter Hurdles

14.39 (+1.1) _____ 4th _____ UC Irvine Inv. (3/21)
14.07 (+1.4) _____ 22nd (p) _____ Texas Relays (4/3)
13.94w (+4.0) _____ 1st _____ UTEP Inv. (4/11)
13.74R (+0.8) _____ 3rd _____ Texas Twilight (4/18)
14.14 (-0.4) _____ 1st _____ Rice Twilight (4/29)
14.11 (+1.6) _____ 3rd (p) _____ SLC Outdoor (5/9)
13.63R (+1.5) _____ 1st _____ SLC Outdoor (5/10)
13.99 (+1.7) _____ 15th (p) _____ NCAA Regional (5/29)

400-Meter Hurdles

1:07.30 _____ 3rd _____ UTSA Relays (3/27)
1:11.93 _____ 6th _____ UTEP Inv. (4/11)

2009 UTSA WOMEN'S TRACK & FIELD OUTDOOR PROGRESSIONS

@ - NCAA automatic qualifier • # - NCAA provisional qualifier • R - NCAA regional qualifier • w - wind-aided (+2.1-4.0 m/s) • w! - wind-aided illegal (+4.1 m/s)
p - preliminary • s - semifinal • \$ - school record

Cuca Jimenez

1,500 Meters

5:20.22 _____ 4th _____ Trinity Open (2/28)
5:33.38 _____ 7th _____ Tiger Relays (3/7)

Courtney Nelson

800 Meters

2:30.67 _____ 4th _____ Trinity Open (2/28)

1,500 Meters

5:11.99 _____ 4th _____ Tiger Relays (3/7)
5:02.32 _____ 30th _____ UC Irvine Inv. (3/21)
5:09.82 _____ 6th _____ UTSA Relays (3/28)

3,000 Meters

11:18.23 _____ 5th _____ UTSA Relays (3/27)

2,000-Meter Steeplechase

8:08.08 _____ 2nd _____ UTEP Inv. (4/11)

3,000-Meter Steeplechase

12:03.66 _____ 3rd _____ Texas Twilight (4/18)
11:57.35 _____ 1st _____ Rice Twilight (4/29)
11:54.79 _____ 6th _____ SLC Outdoor (5/9)

Lindsey Nguyen

Pole Vault

3.20m (10-6) _____ 2nd _____ UTSA Relays (3/28)
3.10m (10-2) _____ 4th _____ UTEP Inv. (4/11)
3.25m (10-8) _____ 8th _____ Texas Twilight (4/18)
3.40m\$ (11-1.75) _____ 6th _____ SLC Outdoor (5/10)

Kayla Pratt

1,500 Meters

4:59.79 _____ 4th _____ UTSA Relays (3/28)
5:02.60 _____ 7th _____ UTEP Inv. (4/11)
4:49.11 _____ 9th _____ Rice Twilight (4/29)

3,000 Meters

10:12.08 _____ 15th _____ UC Irvine Inv. (3/21)
10:51.77 _____ 2nd _____ UTSA Relays (3/27)

5,000 Meters

18:14.66 _____ 2nd _____ Johnson Classic (4/18)
18:32.08 _____ 10th _____ SLC Outdoor (5/10)

Shanelle Slaughter

100 Meters

12.41w! (+5.4) _____ 5th (p) _____ UTSA Relays (3/27)
12.51 (+1.2) _____ 3rd _____ UTSA Relays (3/28)
12.45 (+0.4) _____ 70th (p) _____ Texas Relays (4/3)
12.32 (+0.0) _____ 13th _____ Texas Twilight (4/18)
12.45 (+0.5) _____ 16th (p) _____ SLC Outdoor (5/9)

200 Meters

25.44w! (+4.9) _____ 9th _____ UTEP Inv. (4/11)

Long Jump

5.48m (17-11.75) _____ 6th _____ UC Irvine Inv. (3/21)
5.63m (18-5.75) _____ 1st _____ UTSA Relays (3/27)
5.50mw! (18-0.5) _____ 8th _____ UTEP Inv. (4/11)
5.64m (18-6) _____ 8th _____ Texas Twilight (4/18)
5.57m (18-3.25) _____ 6th _____ Rice Twilight (4/29)
5.50m (18-0.5) _____ 10th _____ SLC Outdoor (5/9)

Celeste Smoote

200 Meters

26.80 (+0.3) _____ 21st _____ Rice Twilight (4/29)

400 Meters

1:01.95 _____ 23rd _____ UC Irvine Inv. (3/21)
1:02.54 _____ 4th* _____ UTSA Relays (3/27)
1:04.65 _____ 9th _____ UTEP Inv. (4/11)
1:01.61 _____ 22nd _____ SLC Outdoor (5/9)

Kayla Thomas

200 Meters

26.43 (-0.9) _____ 13th _____ UC Irvine Inv. (3/21)
26.00 (NW1) _____ 22nd _____ Texas Twilight (4/18)
26.34 (-1.2) _____ 18th _____ Rice Twilight (4/29)

400 Meters

1:02.29 _____ 3rd* _____ UTSA Relays (3/28)

Long Jump

5.14m (16-10.5) _____ 3rd _____ UTSA Relays (3/27)
5.23mw! (17-2) _____ 14th _____ UTEP Inv. (4/11)
5.28m (17-4) _____ 16th _____ Texas Twilight (4/18)
5.50m (18-0.5) _____ 7th _____ Rice Twilight (4/29)
5.22m (17-1.5) _____ 15th _____ SLC Outdoor (5/9)

Taylor Wilson

Shot Put

10.02m (32-10.5) _____ 14th _____ Rice Twilight (4/29)

Hammer

39.42m (129-4) _____ 11th _____ UC Irvine Inv. (3/21)
40.96m (134-4) _____ 9th _____ UTEP Inv. (4/11)
35.72m (117-2) _____ 13th _____ Texas Twilight (4/18)
32.44m (106-5) _____ 14th _____ Rice Twilight (4/29)
37.52m (123-1) _____ 12th _____ SLC Outdoor (5/8)

^ denotes multi-event competition

* denotes "B" section