



2012-13 UTSA Women's Indoor Track & Field Bests/Progressions



60m • 7.45, Rosalind Holmes, Southland Championships (2/19/05)

1	Shahira Ehiemua (So.)	7.50
	7.56 7) Texas A&M Reveille Invitational College Station 12/8/12	
	7.57 t2p) Leonard Hilton Memorial Houston 1/18/13	
pr	7.50 1s) Leonard Hilton Memorial Houston 1/18/13	
C	7.61 t31p) Armory Collegiate Invitational New York City 2/1/13	
	7.54 a 4p) WAC Championships Albuquerque, N.M. 2/22/13	
	7.54 a 4) WAC Championships Albuquerque, N.M. 2/23/13	

2	Jhorden Hunter (Jr.)	7.66
	7.68 t8p) Leonard Hilton Memorial Houston 1/18/13	
	7.66 9s) Leonard Hilton Memorial Houston 1/18/13	
	7.69 t6p) Howie Ryan Invitational Houston 1/25/13	

3	Krystal Wynn (Jr.)	7.76
	7.76 11) Texas A&M Reveille Invitational College Station 12/8/12	
	7.81 t20p) Armory Collegiate Invitational New York City 2/1/13	
	7.81 a t20p) WAC Championships Albuquerque, N.M. 2/22/13	

4	Chiugo Okonkwo (So.)	7.90
pr	7.90 12) Texas A&M Reveille Invitational College Station 12/8/12	
	7.96 t25p) Leonard Hilton Memorial Houston 1/18/13	
	8.04 t48p) Howie Ryan Invitational Houston 1/25/13	

5	Alexus Daniels (Fr.)	7.93
pr	7.94 13) Texas A&M Reveille Invitational College Station 12/8/12	
	8.12 30p) Texas A&M 12-Team Invitational College Station 1/12/13	
	7.96 t25p) Leonard Hilton Memorial Houston 1/18/13	
pr	7.93 33p) Howie Ryan Invitational Houston 1/25/13	

6	Greneshia Wright (Sr.)	7.95
	7.95 t39p) Howie Ryan Invitational Houston 1/25/13	

200m • 23.26, Tameka Roberts, NCAA Championships (1998)

1	Shahira Ehiemua (So.)	24.62 a b
pr	24.78 b 15) Texas A&M 12-Team Invitational College Station 1/12/13	
pr	24.62 a b 11p) WAC Championships Albuquerque, N.M. 2/22/13	

2	Chiugo Okonkwo (So.)	25.78 b
	25.78 b 28) Texas A&M 12-Team Invitational College Station 1/12/13	

3	Krystal Wynn (Jr.)	26.08 a b
	26.08 a b 22p) WAC Championships Albuquerque, N.M. 2/22/13	

4	Alexus Daniels (Fr.)	26.20 b
pr	26.20 b 63p) Armory Collegiate Invitational New York City 2/1/13	

5	Taylor Montgomery (Fr.)	26.38 b
pr	26.38 b 31) Texas A&M 12-Team Invitational College Station 1/12/13	
B	26.67 21) Howie Ryan Invitational Houston 1/25/13	

6	Briony Miller (Sr.)	26.88
	26.88 18) Leonard Hilton Memorial Houston 1/18/13	

7	Adrienne Mosby (So.)	27.05
B	27.05 28) Howie Ryan Invitational Houston 1/25/13	

400m • 54.86, Portia Matthews (1993)

1	Shantel Swift (Fr.)	56.66 a b
pr	58.44 b 19) Texas A&M 12-Team Invitational College Station 1/12/13	
	59.09 10) Leonard Hilton Memorial Houston 1/18/13	
pr	56.91 b 22p) Armory Collegiate Invitational New York City 2/1/13	
pr	56.66 a b 9p) WAC Championships Albuquerque, N.M. 2/22/13	

2	Briony Miller (Sr.)	58.78 b
	1:00.96 b 27) Texas A&M 12-Team Invitational College Station 1/12/13	
B	59.70 9) Howie Ryan Invitational Houston 1/25/13	
	58.78 b 57p) Armory Collegiate Invitational New York City 2/1/13	
	1:04.02 a b 25p) WAC Championships Albuquerque, N.M. 2/22/13	

3	Evelyn Clark (Fr.)	59.64
pr	1:00.67 16) Leonard Hilton Memorial Houston 1/18/13	
prB	59.64 7) Howie Ryan Invitational Houston 1/25/13	

4	Krystal Wynn (Jr.)	59.90
prB	59.90 12) Howie Ryan Invitational Houston 1/25/13	

5	Kaila James (So.)	1:00.19
pr	1:00.56 b 26) Texas A&M 12-Team Invitational College Station 1/12/13	
pr	1:00.19 13) Leonard Hilton Memorial Houston 1/18/13	
B	1:01.33 23) Howie Ryan Invitational Houston 1/25/13	

6	Taylor Montgomery (Fr.)	1:01.14
pr	1:01.14 19) Leonard Hilton Memorial Houston 1/18/13	

800m • 2:06.05 b, Katie Poindexter, Tyson Invitational (2/15/03)

1	Grace Williamson (Jr.)	2:09.35 a b
pr	2:12.86 b 1) Texas A&M Reveille Invitational College Station 12/8/12	
	DNF -) Texas A&M 12-Team Invitational College Station 1/12/13	
	2:15.17 1) Leonard Hilton Memorial Houston 1/18/13	
	2:21.70 16) Howie Ryan Invitational Houston 1/26/13	
	2:16.14 b t17) Armory Collegiate Invitational New York City 2/2/13	
pr	2:10.67 a b 4p) WAC Championships Albuquerque, N.M. 2/22/13	
pr	2:09.35 a b 3) WAC Championships Albuquerque, N.M. 2/22/13	

2	Stephanie Wangui (So.)	2:12.89 b
pr	2:12.89 b 2) Texas A&M Reveille Invitational College Station 12/8/12	
	2:19.67 b 5) Texas A&M 12-Team Invitational College Station 1/12/13	
	2:18.72 5) Leonard Hilton Memorial Houston 1/18/13	
	2:17.23 5) Howie Ryan Invitational Houston 1/26/13	
	2:17.61 b 27) Armory Collegiate Invitational New York City 2/2/13	

3	Nina Herrera (Jr.)	2:17.34
pr	2:17.34 3) Leonard Hilton Memorial Houston 1/18/13	

4	Sarah Wedgeworth (Jr.)	2:22.43
	2:24.26 b 22) Texas A&M 12-Team Invitational College Station 1/12/13	
	2:24.52 10) Leonard Hilton Memorial Houston 1/18/13	
	2:22.43 20) Howie Ryan Invitational Houston 1/26/13	

5	Kristina Cantu (Fr.)	2:25.63
pr	2:29.05 20) Leonard Hilton Memorial Houston 1/18/13	
pr	2:25.63 30) Howie Ryan Invitational Houston 1/26/13	

6	Isabel Balbontin (Jr.)	2:28.55 b
	2:28.55 b 7) Texas A&M Reveille Invitational College Station 12/8/12	



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800m (continued)

7 Shartanae Swearengin (Sr.) 2:30.82 a b
 2:35.48 m) Howie Ryan Invitational Houston 1/25/13
 2:30.82 a b m) WAC Championships Albuquerque, N.M. 2/21/13

8 Venessa Onwuchekwa (So.) 2:38.88 a b
 pr 2:40.74 m) Howie Ryan Invitational Houston 1/25/13
 pr 2:38.88 a b m) WAC Championships Albuquerque, N.M. 2/21/13

9 Whitney Flannel (So.) 3:02.47
 pr 3:02.47 m) Howie Ryan Invitational Houston 1/25/13

Mile • 4:49.82 b, Dana Mecke, New Balance Invitational (2/6/10)

1 Nina Herrera (Jr.) 4:55.79 a b
 5:01.54 b 1) Texas A&M Reveille Invitational College Station 12/8/12
 pr 4:58.09 b 14) Armory Collegiate Invitational New York City 2/2/13
 5:03.45 a b 6p) WAC Championships Albuquerque, N.M. 2/22/13
 pr 4:55.79 a b 2) WAC Championships Albuquerque, N.M. 2/23/13

2 Emily Perez (Fr.) 4:58.32 a b
 pr 5:08.18 b 4) Texas A&M Reveille Invitational College Station 12/8/12
 5:20.25 b 15) Texas A&M 12-Team Invitational College Station 1/12/13
 5:11.84 9) Howie Ryan Invitational Houston 1/26/13
 pr 5:04.17 b 28) Armory Collegiate Invitational New York City 2/2/13
 5:04.19 a b 8p) WAC Championships Albuquerque, N.M. 2/22/13
 pr 4:58.32 a b 4) WAC Championships Albuquerque, N.M. 2/23/13

3 Alyssa Diaz (Jr.) 5:01.51
 pr 5:05.27 b 2) Texas A&M Reveille Invitational College Station 12/8/12
 pr 5:01.51 3) Leonard Hilton Memorial Houston 1/18/13
 5:05.45 a b 9p) WAC Championships Albuquerque, N.M. 2/22/13
 5:06.95 a b 9) WAC Championships Albuquerque, N.M. 2/23/13

4 Isabel Balbontin (Jr.) 5:06.84
 5:13.93 b 5) Texas A&M Reveille Invitational College Station 12/8/12
 5:06.84 7) Leonard Hilton Memorial Houston 1/18/13

5 Samantha Fish (Jr.) 5:07.22
 pr 5:07.22 8) Leonard Hilton Memorial Houston 1/18/13

6 Kerstin Sheehan (Fr.) 5:20.26 b
 pr 5:20.26 b 7) Texas A&M Reveille Invitational College Station 12/8/12
 5:22.41 14) Leonard Hilton Memorial Houston 1/18/13

7 Carly Kitts (So.) 5:23.50
 5:23.50 15) Leonard Hilton Memorial Houston 1/18/13

8 Jessica Bitterly (Sr.) 5:24.69 b
 5:24.69 b 20) Texas A&M 12-Team Invitational College Station 1/12/13

9 Grace Kohler (Fr.) 5:25.70
 pr 5:30.24 b 23) Texas A&M 12-Team Invitational College Station 1/12/13
 pr 5:25.70 17) Leonard Hilton Memorial Houston 1/18/13

3,000m • 9:05.98, Jody Dunston, NCAA Championships (3/10/89)

1 Alyssa Diaz (Jr.) 9:55.25 b
 prE 9:55.25 b 1) Armory Collegiate Invitational New York City 2/1/13
 10:11.25 a b 5) WAC Championships Albuquerque, N.M. 2/23/13

2 Isabel Balbontin (Jr.) 10:00.16 b
 prE 10:00.16 b 2) Armory Collegiate Invitational New York City 2/1/13
 10:31.54 a b 15) WAC Championships Albuquerque, N.M. 2/23/13

3 Samantha Fish (Jr.) 10:05.42 b
 10:18.70 b 9) Texas A&M 12-Team Invitational College Station 1/12/13
 prE 10:05.42 b 3) Armory Collegiate Invitational New York City 2/1/13
 10:18.34 a b 9) WAC Championships Albuquerque, N.M. 2/23/13

4 Emily Perez (Fr.) 10:17.42 a b
 pr 10:17.42 a b 8) WAC Championships Albuquerque, N.M. 2/23/13

5 Nina Herrera (Jr.) 10:18.63 a b
 10:18.63 a b 8) WAC Championships Albuquerque, N.M. 2/23/13

6 Jessica Bitterly (Sr.) 10:30.49
 pr 10:30.49 15) Howie Ryan Invitational Houston 1/26/13
 10:50.67 a b 27) WAC Championships Albuquerque, N.M. 2/23/13

7 Carly Kitts (So.) 10:33.26 b
 10:38.31 b 13) Texas A&M 12-Team Invitational College Station 1/12/13
 10:45.37 21) Howie Ryan Invitational Houston 1/26/13
 E 10:33.26 b 20) Armory Collegiate Invitational New York City 2/1/13

8 Kerstin Sheehan (Fr.) 10:49.38 b
 pr 10:49.38 b 16) Texas A&M 12-Team Invitational College Station 1/12/13
 10:49.74 24) Howie Ryan Invitational Houston 1/26/13

9 Grace Kohler (Fr.) 10:50.60
 pr 10:50.60 25) Howie Ryan Invitational Houston 1/26/13

5,000m • 17:17.76, Kayla Pratt, Southland Championships (2/27/10)

1 Samantha Fish (Jr.) 17:44.43 b
 pr 17:44.43 b 1) Texas A&M Reveille Invitational College Station 12/8/12
 18:10.56 a b 5) WAC Championships Albuquerque, N.M. 2/22/13

2 Carly Kitts (So.) 18:04.05 b
 pr 18:04.05 b 3) Texas A&M Reveille Invitational College Station 12/8/12

3 Jessica Bitterly (Sr.) 18:08.49 b
 pr 18:08.49 b 5) Texas A&M Reveille Invitational College Station 12/8/12
 18:41.33 3) Leonard Hilton Memorial Houston 1/18/13
 18:10.58 22) Armory Collegiate Invitational New York City 2/2/13
 18:41.29 a b 9) WAC Championships Albuquerque, N.M. 2/22/13

4 Isabel Balbontin (Jr.) 18:27.25 a b
 pr 18:27.25 a b 7) WAC Championships Albuquerque, N.M. 2/22/13

60m hurdles • 8.44 a, Ryanne Dupree, New Mexico Invitational (1/27/06)

1 Adrienne Mosby (So.) 8.68
 8.82 3) Texas A&M Reveille Invitational College Station 12/8/12
 8.94 9p) Leonard Hilton Memorial Houston 1/18/13
 9.32 13s) Leonard Hilton Memorial Houston 1/18/13
 9.16 18p) Howie Ryan Invitational Houston 1/25/13
 9.02 12p) Armory Collegiate Invitational New York City 2/1/13
 8.88 a 8p) WAC Championships Albuquerque, N.M. 2/22/13
 pr 8.68 a 4) WAC Championships Albuquerque, N.M. 2/23/13

2 Shawanna Steplight (Jr.) 8.78
 pr 8.97 10p) Leonard Hilton Memorial Houston 1/18/13
 pr 8.81 7s) Leonard Hilton Memorial Houston 1/18/13
 pr 8.78 6) Leonard Hilton Memorial Houston 1/18/13
 8.82 8p) Howie Ryan Invitational Houston 1/25/13
 pr 8.78 9s) Howie Ryan Invitational Houston 1/26/13



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60m hurdles (continued)

3 Venessa Onwuchekwa (So.) 9.20 a

pr 9.49 27p) Texas A&M 12-Team Invitational College Station 1/12/13
 pr 9.38 21p) Leonard Hilton Memorial Houston 1/18/13
 9.39 m) Howie Ryan Invitational Houston 1/25/13
 pr 9.20 a m) WAC Championships Albuquerque, N.M. 2/21/13
 9.34 a 15p) WAC Championships Albuquerque, N.M. 2/22/13

4 Shartanae Swearengin (Sr.) 9.50

pr 9.50 6) Texas A&M Reveille Invitational College Station 12/8/12
 9.72 29p) Texas A&M 12-Team Invitational College Station 1/12/13
 9.70 25p) Leonard Hilton Memorial Houston 1/18/13
 9.82 m) Howie Ryan Invitational Houston 1/25/13
 9.57 a m) WAC Championships Albuquerque, N.M. 2/21/13

5 Whitney Flannel (So.) 9.69 a

pr 10.20 31p) Texas A&M 12-Team Invitational College Station 1/12/13
 pr 9.93 26p) Leonard Hilton Memorial Houston 1/18/13
 10.11 m) Howie Ryan Invitational Houston 1/25/13
 9.97 62p) Armory Collegiate Invitational New York City 2/1/13
 pr 9.69 a m) WAC Championships Albuquerque, N.M. 2/21/13

1,600m relay • 3:43.70 o; Smith/Dupree/Sidney/Holmes; Wes Kitley 6-Way (1/22/05)

1 Shantel Swift, Grace Williamson, Shahira Ehiemua, Krystal Wynn 3:49.08 a b

3:54.68 b 4) Texas A&M Reveille Invitational College Station 12/8/12
(Krystal Wynn, Shantel Swift, Briony Miller, Kaila James)
 B 3:54.76 b 5) Texas A&M Reveille Invitational College Station 12/8/12
(Evelyn Clark, Shartanae Swearengin, Grace Williamson, Melanie Barrera)
 3:57.08 b 14) Texas A&M 12-Team Invitational College Station 1/12/13
(Krystal Wynn, Shantel Swift, Briony Miller, Kaila James)
 4:03.04 8) Leonard Hilton Memorial Houston 1/18/13
(Briony Miller, Grace Williamson, Evelyn Clark, Taylor Montgomery)
 3:54.45 b 21) Armory Collegiate Invitational New York City 2/2/13
(Shahira Ehiemua, Shantel Swift, Briony Miller, Krystal Wynn)
 3:49.08 a b 6) WAC Championships Albuquerque, N.M. 2/23/13
(Shantel Swift, Grace Williamson, Shahira Ehiemua, Krystal Wynn)

Distance medley relay • 11:41.25 b; Herrera/Williamson/Wangui/Diaz; Armory Invite (2/1/13)

1 Nina Herrera, Grace Williamson, Stephanie Wangui, Alyssa Diaz 11:41.25 b

12:33.07 b 6) Texas A&M 12-Team Invitational College Station 1/12/13
(Krystal Wynn, Shantel Swift, Briony Miller, Kaila James)
 12:08.89 1) Leonard Hilton Memorial Houston 1/18/13
(Alyssa Diaz, Stephanie Wangui, Nina Herrera, Samantha Fish)
 B 12:50.63 5) Leonard Hilton Memorial Houston 1/18/13
(Isabel Balbontin, Kristina Cantu, Jessica Bitterly, Grace Kohler)
 11:41.25 b 3) Armory Collegiate Invitational New York City 2/1/13
(Nina Herrera, Grace Williamson, Stephanie Wangui, Alyssa Diaz)
 12:05.69 a b 4) WAC Championships Albuquerque, N.M. 2/22/13
(Nina Herrera, Shantel Swift, Grace Williamson, Alyssa Diaz)

High jump • 5-9 ¼/1.76, Lynse Leal, (1995)

1 Whitney Flannel (So.) 5-8 ½/1.74

5-4 ½/1.64 3) Texas A&M Reveille Invitational College Station 12/8/12
 5-3/1.60 13) Texas A&M 12-Team Invitational College Station 1/12/13
 pr 5-7/1.70 2) Leonard Hilton Memorial Houston 1/18/13
 5-5 ¼/1.66 m) Howie Ryan Invitational Houston 1/25/13
 5-3/1.60 t9) Howie Ryan Invitational Houston 1/26/13
 E 5-4 ¼/1.63 t6) Armory Collegiate Invitational New York City 2/2/13
 5-4 ½/1.64 m) WAC Championships Albuquerque, N.M. 2/21/13
 pr 5-8 ½/1.74 3) WAC Championships Albuquerque, N.M. 2/22/13

2 Chenale Smith (Sr.) 5-7 ¼/1.71

NH -) Texas A&M Reveille Invitational College Station 12/8/12
 5-3/1.60 t10) Texas A&M 12-Team Invitational College Station 1/12/13
 5-3/1.60 4) Leonard Hilton Memorial Houston 1/18/13
 5-3/1.60 t5) Howie Ryan Invitational Houston 1/26/13
 NH -) Armory Collegiate Invitational New York City 2/1/13
 5-7 ¼/1.71 7) WAC Championships Albuquerque, N.M. 2/22/13

3 Venessa Onwuchekwa (So.) 5-4 ½/1.64

5-2 ½/1.59 t4) Texas A&M Reveille Invitational College Station 12/8/12
 5-3/1.60 t14) Texas A&M 12-Team Invitational College Station 1/12/13
 5-3/1.60 5) Leonard Hilton Memorial Houston 1/18/13
 pr 5-4 ¼/1.63 m) Howie Ryan Invitational Houston 1/25/13
 pr 5-4 ½/1.64 m) WAC Championships Albuquerque, N.M. 2/21/13
 5-0 ½/1.54 t16) WAC Championships Albuquerque, N.M. 2/22/13

4 Shawanna Steplight (Jr.) 5-3/1.60

pr 5-3/1.60 7) Leonard Hilton Memorial Houston 1/18/13

5 Shartanae Swearengin (Sr.) 4-11/1.50

NH -) Texas A&M Reveille Invitational College Station 12/8/12
 4-11/1.50 11) Leonard Hilton Memorial Houston 1/18/13
 4-9/1.45 m) Howie Ryan Invitational Houston 1/25/13
 4-10 ½/1.49 m) WAC Championships Albuquerque, N.M. 2/21/13
 4-10 ½/1.49 20) WAC Championships Albuquerque, N.M. 2/22/13

Britney Carter (So.) NH

NH -) Texas A&M Reveille Invitational College Station 12/8/12
 NH -) Howie Ryan Invitational Houston 1/26/13

Pole vault • 12-3 ½/3.75, April Benavidez, SLC Championships (2/26/11)

1 April Benavidez (Jr.) 12-1 ½/3.70

11-10 ½/3.62 3) Texas A&M Reveille Invitational College Station 12/8/12
 NH -) Texas A&M 12-Team Invitational College Station 1/12/13
 12-1 ½/3.70 5) Leonard Hilton Memorial Houston 1/18/13
 11-1 ¾/3.40 12) Howie Ryan Invitational Houston 1/25/13
 11-10 ½/3.62 3) WAC Championships Albuquerque, N.M. 2/22/13

2 Dinha Callejas (Fr.) 10-10 ¾/3.32

pr 10-8 ¼/3.26 t5) Texas A&M Reveille Invitational College Station 12/8/12
 NH -) Texas A&M 12-Team Invitational College Station 1/12/13
 10-8/3.25 10) Leonard Hilton Memorial Houston 1/18/13
 NH -) Howie Ryan Invitational Houston 1/25/13
 pr 10-10 ¾/3.32 7) WAC Championships Albuquerque, N.M. 2/22/13



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Long jump • 20-4 ¼/6.20, Morgan Moszee, SLC Championships (2/17/06)

1 Kayla Hunt (So.)	18-8/5.69
17-1 ¼/5.21 8) Texas A&M Reveille Invitational College Station 12/8/12	
17-4 ¼/5.29 t13) Texas A&M 12-Team Invitational College Station 1/12/13	
B 17-2 ¾/5.25 10) Howie Ryan Invitational Houston 1/25/13	
pr 18-8/5.69 3) WAC Championships Albuquerque, N.M.2/22/13	
2 Laura Oseghae (Jr.)	18-7/5.66
17-3 ¼/5.26 7) Texas A&M Reveille Invitational College Station 12/8/12	
18-1/5.51 6) Leonard Hilton Memorial Houston 1/18/13	
18-0 ¼/5.49 20) Armory Collegiate Invitational New York City 2/1/13	
18-7/5.66 4) WAC Championships Albuquerque, N.M.2/22/13	
3 Ernestine Cray (Jr.)	18-3 ¾/5.58
16-11 ¼/5.16 13) Leonard Hilton Memorial Houston 1/18/13	
prB 16-5 ¾/5.01 t22) Howie Ryan Invitational Houston 1/25/13	
13-0/3.96 69) Armory Collegiate Invitational New York City 2/1/13	
18-3 ¾/5.58 4) WAC Championships Albuquerque, N.M.2/22/13	
4 Greneshia Wright (Sr.)	17-10 ¾/5.45
17-7/5.36 t9) Texas A&M 12-Team Invitational College Station 1/12/13	
17-7 ½/5.37 9) Leonard Hilton Memorial Houston 1/18/13	
17-10 ¾/5.45 22) Armory Collegiate Invitational New York City 2/1/13	
17-8 ¾/5.40 15) WAC Championships Albuquerque, N.M.2/22/13	
5 Krystal Wynn (Jr.)	17-8/5.38
17-8/5.38 4) Texas A&M Reveille Invitational College Station 12/8/12	
B 16-7 ¼/5.06 17) Howie Ryan Invitational Houston 1/25/13	
16-9 ¾/5.12 23) WAC Championships Albuquerque, N.M.2/22/13	
6 Eboni Johnson (Sr.)	17-6 ¼/5.34
pr 17-6 ¼/5.34 5) Texas A&M Reveille Invitational College Station 12/8/12	
16-10 ½/5.14 14) Leonard Hilton Memorial Houston 1/18/13	
7 Alexis Daniels (Fr.)	17-0 ½/5.19
pr 16-3 ¾/4.97 10) Texas A&M Reveille Invitational College Station 12/8/12	
15-7/4.75 63) Armory Collegiate Invitational New York City 2/1/13	
pr 17-0 ½/5.19 22) WAC Championships Albuquerque, N.M.2/22/13	
8 Shartanae Swearengin (Sr.)	17-0/5.18
16-7 ¾/5.07 24) Texas A&M 12-Team Invitational College Station 1/12/13	
16-9 ¾/5.12 m) Howie Ryan Invitational Houston 1/25/13	
17-0/5.18 m) WAC Championships Albuquerque, N.M.2/21/13	
9 Whitney Flannel (So.)	16-5 ¾/5.02
pr 16-0 ¼/4.88 m) Howie Ryan Invitational Houston 1/25/13	
pr 16-5 ¾/5.02 m) WAC Championships Albuquerque, N.M.2/21/13	
10 Venessa Onwuchekwa (So.)	16-5 ¼/5.01
pr 16-5 ¼/5.01 m) Howie Ryan Invitational Houston 1/25/13	
pr 16-5 ¼/5.01 m) WAC Championships Albuquerque, N.M.2/21/13	
10 Shawanna Steplight (Jr.)	16-5 ¼/5.01
prB 16-5 ¾/5.01 t22) Howie Ryan Invitational Houston 1/25/13	

Triple jump • 41-7/12.67, Portia Matthews, (1992)

1 Eboni Johnson (Sr.)	41-5 ¾/12.64
39-7 ¼/12.07 1) Texas A&M 12-Team Invitational College Station 1/12/13	
39-11 ¼/12.17 1) Leonard Hilton Memorial Houston 1/18/13	
pr 41-5 ¾/12.64 1) WAC Championships Albuquerque, N.M.2/23/13	
2 Ernestine Cray (Jr.)	39-10 ¾/12.16
FOUL -) Leonard Hilton Memorial Houston 1/18/13	
FOUL -) Howie Ryan Invitational Houston 1/26/13	
FOUL -) Armory Collegiate Invitational New York City 2/2/13	
39-10 ¾/12.16 3) WAC Championships Albuquerque, N.M.2/23/13	
3 Laura Oseghae (Jr.)	38-9/11.81
38-1 ¼/11.61 6) Texas A&M 12-Team Invitational College Station 1/12/13	
38-2 ¾/11.65 5) Leonard Hilton Memorial Houston 1/18/13	
36-1 ¼/11.00 32) Armory Collegiate Invitational New York City 2/2/13	
pr 38-9/11.81 6) WAC Championships Albuquerque, N.M.2/23/13	
4 Alexis Daniels (Fr.)	38-8 ¼/11.79
FOUL -) Texas A&M 12-Team Invitational College Station 1/12/13	
pr 38-8 ¼/11.79 4) Leonard Hilton Memorial Houston 1/18/13	
FOUL -) Armory Collegiate Invitational New York City 2/2/13	
5 Kayla Hunt (So.)	38-4/11.68
FOUL -) Howie Ryan Invitational Houston 1/26/13	
pr 38-4/11.68 10) WAC Championships Albuquerque, N.M.2/23/13	
6 Shantel Swift (Fr.)	38-2/11.63
FOUL -) Howie Ryan Invitational Houston 1/26/13	
pr 38-2/11.63 11) WAC Championships Albuquerque, N.M.2/23/13	
Shot put • 47-11 ¼/14.61, Zaquita McClanahan, WAC Championships (2/23/13)	
1 Zaquita McClanahan (Jr.)	47-11 ¼/14.61
pr 47-7 ¾/14.52 2) Texas A&M Reveille Invitational College Station 12/8/12	
42-11 ¾/13.10 7) Texas A&M 12-Team Invitational College Station 1/12/13	
prC 47-8 ½/14.54 15) Armory Collegiate Invitational New York City 2/1/13	
pr 47-11 ¼/14.61 3) WAC Championships Albuquerque, N.M.2/23/12	
2 Madeline Hurd (Jr.)	46-5 ½/14.16
44-0/13.41 6) Texas A&M 12-Team Invitational College Station 1/12/13	
pr 46-2/14.07 2) Leonard Hilton Memorial Houston 1/18/13	
44-5 ½/13.55 9) Howie Ryan Invitational Houston 1/26/13	
C 44-9 ½/13.65 24) Armory Collegiate Invitational New York City 2/1/13	
pr 46-5 ½/14.16 7) WAC Championships Albuquerque, N.M.2/23/12	
3 Shartanae Swearengin (Sr.)	30-7 ¾/9.34
30-3 ½/9.23 20) Leonard Hilton Memorial Houston 1/18/13	
30-7 ¾/9.34 m) Howie Ryan Invitational Houston 1/25/13	
28-0 ¾/8.55 m) WAC Championships Albuquerque, N.M.2/21/13	
4 Venessa Onwuchekwa (So.)	30-2 ¼/9.20
pr 27-8/8.43 21) Leonard Hilton Memorial Houston 1/18/13	
pr 30-2 ¼/9.20 m) Howie Ryan Invitational Houston 1/25/13	
27-8 ¾/8.45 m) WAC Championships Albuquerque, N.M.2/21/13	
5 Whitney Flannel (So.)	29-4/8.94
pr 27-2/8.28 5) Texas A&M Reveille Invitational College Station 12/8/12	
25-9 ½/7.86 26) Texas A&M 12-Team Invitational College Station 1/12/13	
pr 29-4/8.94 m) Howie Ryan Invitational Houston 1/25/13	
27-2/8.28 m) WAC Championships Albuquerque, N.M.2/21/13	



2012-13 UTSA Women's Indoor Track & Field Bests/Progressions



Weight throw • 62-4/19.00, Katie Bragg, WAC Championships (2/22/13)

1 Katie Bragg (Sr.) **62-4/19.00**
54-10 ¾/16.73 4) Texas A&M Reveille Invitational College Station 12/8/12
57-3/17.45 2) Texas A&M 12-Team Invitational College Station 1/12/13
55-11/17.04 2) Leonard Hilton Memorial Houston 1/18/13
51-9 ¾/15.79 35) Armory Collegiate Invitational New York City 2/2/13
 pr 62-4/19.00 1) WAC Championships Albuquerque, N.M. 2/22/13

2 Zaquita McClanahan (Sr.) **53-4 ½/16.27**
 pr 53-4 ½/16.27 6) Texas A&M Reveille Invitational College Station 12/8/12
45-7 ¾/13.91 17) Texas A&M 12-Team Invitational College Station 1/12/13
48-4/14.73 9) Leonard Hilton Memorial Houston 1/18/13
48-11 ¾/14.93 43) Armory Collegiate Invitational New York City 2/2/13
53-0/16.15 11) WAC Championships Albuquerque, N.M. 2/22/13

3 Madeline Hurdt (Jr.) **46-10 ¼/14.29**
 pr 44-1 ½/13.45 19) Texas A&M 12-Team Invitational College Station 1/12/13
 pr 46-4 ¼/14.13 11) Leonard Hilton Memorial Houston 1/18/13
ND -) Howie Ryan Invitational Houston 1/25/13
 pr 46-10 ¼/14.29 16) WAC Championships Albuquerque, N.M. 2/22/13

Pentathlon • 4,193, RYANNE DUPREE, NCAA Championships (3/9-10/06)

1 Venessa Onwuchekwa (So.) **3,228**
 pr 3,204 7) Howie Ryan Invitational Houston 1/25/13
 pr 3,228 10) WAC Championships Albuquerque, N.M. 2/21/13

2 Shartanae SWEARENGIN (Sr.) **3,131**
3,016 10) Howie Ryan Invitational Houston 1/25/13
3,131 13) WAC Championships Albuquerque, N.M. 2/21/13

3 Whitney Flannel (So.) **2,828**
 pr 2,828 11) Howie Ryan Invitational Houston 1/25/13
DNF 13) WAC Championships Albuquerque, N.M. 2/21/13