



# 2015 UTSA Women's Indoor Track & Field Bests/Progressions



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

<b>1</b>	<b>Alexus Daniels (Jr.)</b>	<b>7.85</b>
	7.90 22p) Texas A&M Team Invitational	College Station 1/17/15
pr	7.92 19p) Houston Tune-up	Houston 2/13/15
pr	7.85 t27p) Conference USA Championships	Birmingham, Ala. 2/26/15
<b>2</b>	<b>Keyunt'a Washington (So.)</b>	<b>7.93</b>
	8.10 24p) Houston Opener	Houston 1/9/15
	8.02 24p) Texas A&M Team Invitational	College Station 1/17/15
	8.00 41p) Howie Ryan Invitational	Houston 1/30/15
	7.97 t22p) Houston Tune-up	Houston 2/13/15
	7.93 34p) Conference USA Championships	Birmingham, Ala. 2/26/15

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

<b>1</b>	<b>Paige Patterson (So.)</b>	<b>25.16 ь</b>
	26.05 10) Houston Opener	Houston 1/9/15
B	25.80 9) Howie Ryan Invitational	Houston 1/30/15
	25.16 ь t28) Conference USA Championships	Birmingham, Ala. 2/26/15
<b>2</b>	<b>Shantel Swift (Jr.)</b>	<b>25.65</b>
	25.65 5) Houston Opener	Houston 1/9/15
	25.69 11) Howie Ryan Invitational	Houston 1/31/15
<b>3</b>	<b>Alexus Daniels (Jr.)</b>	<b>25.80 ь</b>
	DQ -) Texas A&M Team Invitational	College Station 1/17/15
pr	25.80 ь 40) Conference USA Championships	Birmingham, Ala. 2/26/15
<b>4</b>	<b>Jennifer Arinze (Fr.)</b>	<b>25.85 ь</b>
prB	26.14 1) Houston Opener	Houston 1/9/15
pr	25.85 ь 19) Texas A&M Team Invitational	College Station 1/17/15

<b>5</b>	<b>Evelyn Clark (Jr.)</b>	<b>26.03</b>
B	26.31 4) Houston Opener	Houston 1/9/15
B	26.03 16) Howie Ryan Invitational	Houston 1/30/15
<b>6</b>	<b>Keyunt'a Washington (So.)</b>	<b>26.56 ь</b>
B	28.10 40) Howie Ryan Invitational	Houston 1/30/15
	FS -) Houston Tune-up	Houston 2/13/15
	26.56 ь 47) Conference USA Championships	Birmingham, Ala. 2/26/15

## 400m • 54.86, Portia Matthews (1993)

<b>1</b>	<b>Shantel Swift (Jr.)</b>	<b>56.03 ь</b>
pr	56.03 ь 3) Texas A&M Team Invitational	College Station 1/17/15
	57.64 5) Howie Ryan Invitational	Houston 1/31/15
<b>2</b>	<b>Evelyn Clark (Jr.)</b>	<b>56.34 ь</b>
	57.41 ь 9) Texas A&M Team Invitational	College Station 1/17/15
B	57.63 1) Howie Ryan Invitational	Houston 1/30/15
	57.21 2) Houston Tune-up	Houston 2/13/15
pr	56.34 ь 8) Conference USA Championships	Birmingham, Ala. 2/26/15
<b>3</b>	<b>Jennifer Arinze (Fr.)</b>	<b>56.85 ь</b>
	58.16 8) Howie Ryan Invitational	Houston 1/31/15
pr	57.34 3) Houston Tune-up	Houston 2/13/15
pr	56.85 ь 10) Conference USA Championships	Birmingham, Ala. 2/26/15

<b>4</b>	<b>Paige Patterson (So.)</b>	<b>57.15 ь</b>
	57.39 ь 8) Texas A&M Team Invitational	College Station 1/17/15
	58.36 12) Houston Tune-up	Houston 2/13/15
	57.15 ь 12) Conference USA Championships	Birmingham, Ala. 2/26/15

<b>5</b>	<b>Chelsea Taylor (So.)</b>	<b>57.76 ь</b>
prB	58.64 7) Howie Ryan Invitational	Houston 1/30/15
pr	57.85 7) Houston Tune-up	Houston 2/13/15
pr	57.76 ь 16) Conference USA Championships	Birmingham, Ala. 2/26/15

<b>6</b>	<b>Kelly Goudeau (So.)</b>	<b>57.91</b>
	1:02.54 12) Houston Opener	Houston 1/9/15
B	57.91 2) Howie Ryan Invitational	Houston 1/30/15
	59.03 17) Houston Tune-up	Houston 2/13/15
	58.53 ь 26) Conference USA Championships	Birmingham, Ala. 2/26/15

<b>7</b>	<b>Kaila James (Sr.)</b>	<b>58.82 ь</b>
	1:00.32 8) Houston Opener	Houston 1/9/15
	1:00.20 24) Houston Tune-up	Houston 2/13/15
pr	58.82 ь 26) Conference USA Championships	Birmingham, Ala. 2/26/15

<b>8</b>	<b>Rachael Grossman (Fr.)</b>	<b>1:01.07 ь</b>
prB	1:04.00 13) Houston Opener	Houston 1/9/15
pr	1:01.07 ь 41) Conference USA Championships	Birmingham, Ala. 2/26/15

<b>9</b>	<b>Kyndall Snider (So.)</b>	<b>1:04.51 ь</b>
	1:04.51 ь 46) Conference USA Championships	Birmingham, Ala. 2/26/15

<b>10</b>	<b>Kristina Cantu (Jr.)</b>	<b>1:08.33</b>
prB	1:08.33 29) Howie Ryan Invitational	Houston 1/30/15

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

<b>1</b>	<b>Stephanie Wangui (Jr.)</b>	<b>2:10.26 ь</b>
	2:18.47 2) Houston Opener	Houston 1/9/15
	2:14.75 ь 3) Texas A&M Team Invitational	College Station 1/17/15
	2:13.93 3) Howie Ryan Invitational	Houston 1/31/15
pr	2:10.26 ь 1) Conference USA Championships	Birmingham, Ala. 2/26/15

<b>2</b>	<b>Emily Perez (Jr.)</b>	<b>2:14.66 ь</b>
	2:18.46 3) Houston Tune-up	Houston 2/13/15
pr	2:14.66 ь 5) Conference USA Championships	Birmingham, Ala. 2/26/15

<b>3</b>	<b>Shantel Swift (Jr.)</b>	<b>2:14.79 ь</b>
pr	2:18.00 2) Houston Tune-up	Houston 2/13/15
pr	2:14.79 ь 6) Conference USA Championships	Birmingham, Ala. 2/26/15

<b>4</b>	<b>Grace Kohler (Jr.)</b>	<b>2:27.21</b>
pr	2:27.21 19) Houston Tune-up	Houston 2/13/15

<b>5</b>	<b>Venessa Onwuchekwa (Sr.)</b>	<b>2:31.89 ь</b>
	2:31.91 22) Houston Opener	Houston 1/9/15
	2:33.22 m) Howie Ryan Invitational	Houston 1/30/15
	2:31.89 ь m) Conference USA Championships	Birmingham, Ala. 2/26/15

<b>6</b>	<b>Kristina Cantu (Jr.)</b>	<b>2:38.30</b>
	2:38.30 28) Houston Opener	Houston 1/9/15
	DNF -) Texas A&M Team Invitational	College Station 1/17/15

<b>7</b>	<b>Whitney Flannel (Sr.)</b>	<b>2:54.60</b>
	2:54.60 m) Howie Ryan Invitational	Houston 1/30/14



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

<b>1 Emily Perez (Jr.)</b>	<b>4:58.40</b>
5:05.72 6) Howie Ryan Invitational	Houston 1/31/15
4:58.40 1) Houston Tune-up	Houston 2/13/15
5:06.06 b 11) Conference USA Championships	Birmingham, Ala. 2/26/15

<b>2 Stephanie Wangui (Jr.)</b>	<b>5:07.99</b>
5:20.26 5) Houston Opener	Houston 1/9/15
pr 5:07.99 5) Houston Tune-up	Houston 2/13/15

<b>3 Grace Kohler (Jr.)</b>	<b>5:09.98</b>
pr 5:18.13 10) Howie Ryan Invitational	Houston 1/31/15
pr 5:09.98 7) Houston Tune-up	Houston 2/13/15
5:14.01 b 16) Conference USA Championships	Birmingham, Ala. 2/26/15

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

<b>1 Emily Perez (Jr.)</b>	<b>10:09.68 b</b>
10:09.68 b 7) Texas A&M Team Invitational	College Station 1/17/15
10:28.57 14) Howie Ryan Invitational	Houston 1/31/15

<b>2 Grace Kohler (Jr.)</b>	<b>10:37.11 b</b>
10:37.11 b 15) Texas A&M Team Invitational	College Station 1/17/15
10:43.10 21) Howie Ryan Invitational	Houston 1/31/15

<b>3 Kerstin Sheehan (Jr.)</b>	<b>10:39.88</b>
pr 10:45.00 22) Howie Ryan Invitational	Houston 1/31/15
pr 10:39.88 8) Houston Tune-up	Houston 2/13/15

<b>4 Lauren Haney (Jr.)</b>	<b>10:44.90 b</b>
pr 10:49.04 31) Howie Ryan Invitational	Houston 1/31/15
10:49.86 14) Houston Tune-up	Houston 2/13/15
pr 10:44.90 b 19) Conference USA Championships	Birmingham, Ala. 2/26/15

<b>5 Brianna Mendiola (Fr.)</b>	<b>10:51.49</b>
pr 11:03.71 b 21) Texas A&M Team Invitational	College Station 1/17/15
pr 10:56.81 34) Howie Ryan Invitational	Houston 1/31/15
pr 10:51.49 16) Houston Tune-up	Houston 2/13/15

<b>6 Vanessa Lerma (Fr.)</b>	<b>11:08.30</b>
pr 11:08.30 38) Howie Ryan Invitational	Houston 1/31/15
11:08.64 18) Houston Tune-up	Houston 2/13/15

## 5,000m • 16:55.14, Isabel Balbontin, Conference USA Championships (2/28/14)

<b>1 Kerstin Sheehan (Jr.)</b>	<b>18:30.16 b</b>
pr 18:42.92 b 4) Texas A&M Team Invitational	College Station 1/16/15
pr 18:30.16 b 16) Conference USA Championships	Birmingham, Ala. 2/26/15

<b>2 Lauren Haney (Jr.)</b>	<b>18:47.14 b</b>
pr 18:47.14 b 5) Texas A&M Team Invitational	College Station 1/16/15

## 60m hurdles • 8.44 a, RYANNE DUPREE, New Mexico Invitational (1/27/06)

<b>1 Venessa Onwuchekwa (Sr.)</b>	<b>8.92</b>
9.23 15p) Houston Opener	Houston 1/9/15
9.42 16s) Houston Opener	Houston 1/9/15
10.95 24p) Texas A&M Team Invitational	College Station 1/17/15
10.06 m) Howie Ryan Invitational	Houston 1/30/15
pr 9.00 8p) Houston Tune-up	Houston 2/13/15
pr 8.92 9s) Houston Tune-up	Houston 2/13/15
8.94 m) Conference USA Championships	Birmingham, Ala. 2/26/15

<b>2 Adrienne Mosby (Sr.)</b>	<b>9.31</b>
10.11 26p) Houston Opener	Houston 1/9/15
9.71 19p) Texas A&M Team Invitational	College Station 1/17/15
9.57 24p) Howie Ryan Invitational	Houston 1/30/15
9.31 19p) Conference USA Championships	Birmingham, Ala. 2/26/15

<b>3 Whitney Flannel (Sr.)</b>	<b>9.58</b>
10.18 23p) Texas A&M Team Invitational	College Station 1/17/15
9.97 m) Howie Ryan Invitational	Houston 1/30/15
9.84 20p) Houston Tune-up	Houston 2/13/15
9.58 m) Conference USA Championships	Birmingham, Ala. 2/26/15

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

<b>1 Evelyn Clark, Jennifer Arinze, Kelly Goudeau, Paige Patterson</b>	<b>3:45.76 b</b>
3:55.25 3) Houston Opener	Houston 1/9/15
<i>(Paige Patterson, Shantel Swift, Jennifer Arinze, Evelyn Clark)</i>	
4:09.18 12) Houston Opener	Houston 1/9/15
<i>(Kaila James, Kelly Goudeau, Rachael Grossman, Kyndall Snider)</i>	
3:49.64 b 8) Texas A&M Team Invitational	College Station 1/17/15
<i>(Jennifer Arinze, Paige Patterson, Evelyn Clark, Shantel Swift)</i>	
3:57.56 b 14) Texas A&M Team Invitational	College Station 1/17/15
<i>(Kaila James, Chelsea Taylor, Kelly Goudeau, Desiree Stevenson)</i>	
3:51.83 2) Howie Ryan Invitational	Houston 1/31/15
<i>(Kelly Goudeau, Shantel Swift, Jennifer Arinze, Paige Patterson)</i>	
4:05.81 16) Howie Ryan Invitational	Houston 1/31/15
<i>(Kaila James, Venessa Onwuchekwa, Rachael Grossman, Kyndall Snider)</i>	
3:51.14 2) Houston Tune-up	Houston 2/13/15
<i>(Evelyn Clark, Kelly Goudeau, Shantel Swift, Paige Patterson)</i>	
4:05.04 13) Houston Tune-up	Houston 2/13/15
<i>(Kaila James, Jennifer Arinze, Rachael Grossman, Kyndall Snider)</i>	
3:45.76 b ) Conference USA Championships	Birmingham, Ala. 2/26/15
<i>(Evelyn Clark, Jennifer Arinze, Kelly Goudeau, Paige Patterson)</i>	

## Distance medley relay • 11:39.14 b, Herrera/Onwuchekwa/Wangui/Perez; Armory Invite (2/7/14)

<b>1 Stephanie Wangui, Shantel Swift, Grace Kohler, Emily Perez</b>	<b>11:48.95 b</b>
11:48.95 b 1) Conference USA Championships	Birmingham, Ala. 2/26/15
<i>(Grace Kohler, Shantel Swift, Stephanie Wangui, Emily Perez)</i>	

## High jump • 5-10 ½/1.79, Whitney Flannel, C-USA Championships (2/26/15)

<b>1 Whitney Flannel (Sr.)</b>	<b>5-10 ½/1.79</b>
5-7 ¾/1.72 2) Houston Opener	Houston 1/9/15
5-5 ¾/1.67 t6) Texas A&M Team Invitational	College Station 1/17/15
pr 5-9 ¾/1.77 m) Howie Ryan Invitational	Houston 1/30/15
5-8 ¾/1.75 3) Howie Ryan Invitational	Houston 1/31/15
5-7/1.70 1) Houston Tune-up	Houston 2/13/15
5-9 ¾/1.76 m) Conference USA Championships	Birmingham, Ala. 2/26/15
pr 5-10 ½/1.79 2) Conference USA Championships	Birmingham, Ala. 2/26/15

<b>2 Venessa Onwuchekwa (Sr.)</b>	<b>5-1/1.55</b>
4-11 ¾/1.52 t12) Houston Opener	Houston 1/9/15
NH -) Texas A&M Team Invitational	College Station 1/17/15
5-0 ¾/1.53 m) Howie Ryan Invitational	Houston 1/30/15
NH -) Houston Tune-up	Houston 2/13/15
5-1/1.55 m) Conference USA Championships	Birmingham, Ala. 2/26/15



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## Pole vault • 12-10 ¾/3.93, Lindsey Pew, Texas A&M 10-Team Invite (1/18/14)

<b>1 Lindsey Pew (Sr.)</b>	<b>11-11 ¾/3.65</b>
NH -) Houston Opener	Houston 1/9/15
11-11 ¾/3.65 8) Texas A&M Team Invitational	College Station 1/17/15
11-7 ¾/3.55 7) Howie Ryan Invitational	Houston 1/30/15
NH -) Houston Tune-up	Houston 2/13/15
NH -) Conference USA Championships	Birmingham, Ala. 2/26/15

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

<b>1 Kayla Hunt (Sr.)</b>	<b>17-5 ¼/5.31</b>
17-0/5.18 17) Texas A&M Team Invitational	College Station 1/17/15
17-5 ¼/5.31 15) Howie Ryan Invitational	Houston 1/31/15
16-11 ¼/5.16 18) Houston Tune-up	Houston 2/13/15
17-4 ¾/5.30 26) Conference USA Championships	Birmingham, Ala. 2/26/15

<b>2 Whitney Flannel (Sr.)</b>	<b>16-3 ¼/4.96</b>
16-3 ¼/4.96 m) Howie Ryan Invitational	Houston 1/30/15
15-9/4.80 m) Conference USA Championships	Birmingham, Ala. 2/26/15

<b>3 Venessa Onwuchekwa (Sr.)</b>	<b>15-6 ¼/4.73</b>
15-6 ¼/4.73 m) Howie Ryan Invitational	Houston 1/30/15
15-5 ½/4.71 m) Conference USA Championships	Birmingham, Ala. 2/26/15

<b>4 Kelly Goudeau (So.)</b>	<b>15-1 ½/4.61</b>
pr 15-1 ½/4.61 21) Texas A&M Team Invitational	College Station 1/17/15

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

<b>1 Kayla Hunt (Sr.)</b>	<b>38-1 ½/11.62</b>
37-10 ¾/11.54 6) Houston Opener	Houston 1/9/15
36-9/11.20 7) Texas A&M Team Invitational	College Station 1/17/15
36-11 ¾/11.27 14) Howie Ryan Invitational	Houston 1/31/15
38-1 ½/11.62 15) Conference USA Championships	Birmingham, Ala. 2/26/15

<b>2 Desiree Stevenson (So.)</b>	<b>37-9 ½/11.52</b>
pr 37-6 ½/11.44 7) Houston Opener	Houston 1/9/15
36-8 ½/11.19 8) Texas A&M Team Invitational	College Station 1/17/15
pr 37-9 ½/11.52 t10) Howie Ryan Invitational	Houston 1/31/15
36-9 ½/11.21 8) Houston Tune-up	Houston 2/13/15
FOUL -) Conference USA Championships	Birmingham, Ala. 2/26/15

<b>3 Alexis Daniels (Jr.)</b>	<b>36-11 ½/11.26</b>
FOUL -) Houston Opener	Houston 1/9/15
36-4 ¾/11.09 9) Texas A&M Team Invitational	College Station 1/17/15
36-11 ½/11.26 6) Houston Tune-up	Houston 2/13/15
FOUL -) Conference USA Championships	Birmingham, Ala. 2/26/15

## Shot put • 47-11 ¼/14.61, Zaquita McClanahan, WAC Championships (2/23/13)

<b>1 Katelynn Homb (So.)</b>	<b>39-1/11.91</b>
pr 37-9 ½/11.52 9) Houston Opener	Houston 1/9/15
34-11 ¾/10.66 13) Texas A&M Team Invitational	College Station 1/17/15
pr 39-1/11.91 19) Conference USA Championships	Birmingham, Ala. 2/26/15

<b>2 Venessa Onwuchekwa (Sr.)</b>	<b>30-6 ¼/9.30</b>
30-6 ¼/9.30 18) Houston Opener	Houston 1/9/15
30-0 ¾/9.16 m) Howie Ryan Invitational	Houston 1/30/15
29-2 ¾/8.91 19) Houston Tune-up	Houston 2/13/15
29-1/8.86 m) Conference USA Championships	Birmingham, Ala. 2/26/15

<b>3 Whitney Flannel (Sr.)</b>	<b>29-0/8.84</b>
pr 29-0/8.84 m) Howie Ryan Invitational	Houston 1/30/15
25-10 ¾/7.89 22) Houston Tune-up	Houston 2/13/15
24-6 ¼/7.47 m) Conference USA Championships	Birmingham, Ala. 2/26/15

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

<b>1 Katelynn Homb (So.)</b>	<b>49-8 ¼/15.14</b>
pr 46-3 ¾/14.10 8) Houston Opener	Houston 1/9/15
44-6 ¾/13.58 17) Texas A&M Team Invitational	College Station 1/17/15
pr 49-8 ¼/15.14 t14) Howie Ryan Invitational	Houston 1/30/15
47-8 ½/14.54 14) Houston Tune-up	Houston 2/13/15
48-7 ¼/14.81 9) Conference USA Championships	Birmingham, Ala. 2/26/15

<b>— Adrienne Mosby (Sr.)</b>	<b>FOUL</b>
FOUL -) Texas A&M Team Invitational	College Station 1/17/15

## Pentathlon • 4,193, Ryanne Dupree, NCAA Championships (3/11/06)

<b>1 Venessa Onwuchekwa (Sr.)</b>	<b>3,206</b>
2,971 9) Howie Ryan Invitational	Houston 1/30/15
3,206 11) Conference USA Championships	Birmingham, Ala. 2/26/15

<b>2 Whitney Flannel (Sr.)</b>	<b>3,078</b>
3,078 8) Howie Ryan Invitational	Houston 1/30/15
DNF -) Conference USA Championships	Birmingham, Ala. 2/26/15