



2015 UTSA Women's Outdoor Track & Field Bests/Progressions



100 meters • 11.25, Tameka Roberts (1997)

1	Alexus Daniels (Jr.)	12.30	a w
	12.66 20) Texas Invitational Austin		4/11/15
	12.30 a w 31p) Conference USA Championships El Paso		5/16/15
2	Keyunt'a Washington (So.)	12.62	
	12.62 8) UTSA Challenge Invitational San Antonio		3/21/15

200 meters • 22.94, Tameka Roberts (1996)

1	Shantel Swift (Jr.)	24.38	
pr	24.38 1) UTSA Invitational San Antonio		4/4/15
	24.77 27) Longhorns Invitational Austin		5/2/15
2	Paige Patterson (So.)	24.75	
	25.27 23) Texas Invitational Austin		4/11/15
	24.75 7) J. Fred Duckett Twilight Houston		4/25/15

3	Jennifer Arinze (Fr.)	24.97	
pr	24.97 20) Texas Invitational Austin		4/11/15

4	Zoe Meade (Sr.)	25.33	
	25.33 m) UTSA Challenge Invitational San Antonio		3/20/15

5	Alexus Daniels (Jr.)	25.34	
	25.34 3) UTSA Invitational San Antonio		4/4/15
	25.64 21) J. Fred Duckett Twilight Houston		4/25/15

6	Chelsea Taylor (So.)	25.78	
	25.78 32) Texas Invitational Austin		4/11/15

7	Kelly Goudeau (So.)	26.36	
pr	26.36 38) Texas Invitational Austin		4/11/15

400 meters • 54.10, Andrea Johnson (2002)

1	Shantel Swift (Jr.)	54.65	
	55.57 6) UTSA Challenge Invitational San Antonio		3/21/15
pr	54.65 8) Texas Invitational Austin		4/11/15
	54.73 8) Mt. SAC Relays Walnut, Calif.		4/17/15
	56.80 a 12p) Conference USA Championships El Paso		5/16/15
	55.27 42p) NCAA Championships Austin		5/28/15

2	Evelyn Clark (Jr.)	55.01	
	56.73 9) UTSA Challenge Invitational San Antonio		3/21/15
	56.07 3) UTSA Invitational San Antonio		4/4/15
pr	55.16 10) Texas Invitational Austin		4/11/15
pr	55.01 3) J. Fred Duckett Twilight Houston		4/25/15
	55.40 12) Longhorns Invitational Austin		5/2/15

3	Paige Patterson (So.)	55.05	
	56.43 8) UTSA Challenge Invitational San Antonio		3/21/15
	55.90 2) UTSA Invitational San Antonio		4/4/15
pr	55.05 19) Mt. SAC Relays Walnut, Calif.		4/17/15
	55.85 a 6p) Conference USA Championships El Paso		5/16/15
	55.22 a 7) Conference USA Championships El Paso		5/17/15

4	Jennifer Arinze (Fr.)	55.29	a
pr	56.36 7) UTSA Challenge Invitational San Antonio		3/21/15
pr	55.83 1) UTSA Invitational San Antonio		4/4/15
pr	55.76 32) Mt. SAC Relays Walnut, Calif.		4/17/15
	56.06 a 7p) Conference USA Championships El Paso		5/16/15
pr	55.29 a 8) Conference USA Championships El Paso		5/17/15

5	Chelsea Taylor (So.)	57.32	
	57.70 10) UTSA Challenge Invitational San Antonio		3/21/15
	DQ -) UTSA Invitational San Antonio		4/4/15
	57.32 52) Mt. SAC Relays Walnut, Calif.		4/17/15
	58.20 15) J. Fred Duckett Twilight Houston		4/25/15
	59.50 a 26p) Conference USA Championships El Paso		5/16/15

6	Kelly Goudeau (So.)	57.34	
	57.90 4) UTSA Invitational San Antonio		4/4/15
	57.34 53) Mt. SAC Relays Walnut, Calif.		4/17/15

800 meters • 2:05.00, Katie Poindexter (2002)

1	Stephanie Wangui (Sr.)	2:08.44	
pr	2:10.84 3) UTSA Challenge Invitational San Antonio		3/21/15
pr	2:09.49 2) Texas Relays Austin		3/26/15
	2:09.69 15) Mt. SAC Relays Walnut, Calif.		4/17/15
pr	2:08.44 1) J. Fred Duckett Twilight Houston		4/25/15
	2:16.61 a 2p) Conference USA Championships El Paso		5/16/15
	2:13.85 a 1) Conference USA Championships El Paso		5/17/15
	2:09.19 14p) NCAA Championships Austin		5/28/15
	2:08.64 20q) NCAA Championships Austin		5/29/15

2	Emily Perez (Jr.)	2:14.18	
pr	2:14.18 1) UTSA Invitational San Antonio		4/4/15
	2:17.09 a 3p) Conference USA Championships El Paso		5/16/15
	2:16.61 a 3) Conference USA Championships El Paso		5/17/15

3	Shantel Swift (Jr.)	2:15.70	
pr	2:15.70 9) J. Fred Duckett Twilight Houston		4/25/15

4	Zoe Meade (Sr.)	2:28.19	
	2:28.19 m) UTSA Challenge Invitational San Antonio		3/21/15

1,500 meters • 4:24.33, Dana Mecke (2012)

1	Emily Perez (Jr.)	4:28.81	
	4:28.81 2) Texas Invitational Austin		4/11/15
	4:28.83 24) Mt. SAC Relays Walnut, Calif.		4/17/15
	4:35.59 10) J. Fred Duckett Twilight Houston		4/25/15
	4:35.10 12) Longhorns Invitational Austin		5/2/15
	4:51.79 a 10p) Conference USA Championships El Paso		5/16/15
	4:53.97 a 11) Conference USA Championships El Paso		5/17/15

2	Stephanie Wangui (Jr.)	4:29.58	
pr	4:32.32 1) UTSA Invitational San Antonio		4/4/15
	4:39.79 14) J. Fred Duckett Twilight Houston		4/25/15
pr	4:29.58 7) Longhorns Invitational Austin		5/2/15
	4:48.43 a 2p) Conference USA Championships El Paso		5/16/15
	4:44.29 a 2) Conference USA Championships El Paso		5/17/15

3	Grace Kohler (Jr.)	4:50.95	
	4:50.95 3) UTSA Invitational San Antonio		4/4/15



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3,000 meters

1 Kerstin Sheehan (Jr.)	10:40.24
pr 10:40.24 6) UTSA Challenge Invitational San Antonio	3/21/15
2 Lauren Haney (Jr.)	10:48.08
pr 11:00.70 10) UTSA Challenge Invitational San Antonio	3/21/15
pr 10:48.08 9) Longhorns Invitational Austin	5/2/15
3 Brianna Mendiola (Fr.)	11:03.18
pr 11:03.18 11) UTSA Challenge Invitational San Antonio	3/21/15
11:23.06 16) Longhorns Invitational Austin	5/2/15
4 Venessa Lerma (Fr.)	11:12.52
pr 11:12.52 13) UTSA Challenge Invitational San Antonio	3/21/15
11:20.34 15) Longhorns Invitational Austin	5/2/15

5,000 meters • 15:57.1, Jody Dunston (1989)

1 Emily Perez (Jr.)	17:11.77
pr 17:11.77 1) UTSA Invitational San Antonio	4/4/15
17:40.51 2) J. Fred Duckett Twilight Houston	4/25/15
18:51.83 a 16) Conference USA Championships El Paso	5/17/15
2 Lauren Haney (Jr.)	18:37.05
pr 18:37.05 9) J. Fred Duckett Twilight Houston	4/25/15
DNF -) Conference USA Championships El Paso	5/17/15
3 Grace Kohler (Jr.)	18:42.99
pr 18:42.99 2) UTSA Invitational San Antonio	4/4/15
19:10.97 a 21) Conference USA Championships El Paso	5/17/15
4 Vanessa Lerma (Fr.)	19:02.75
pr 19:02.75 3) UTSA Invitational San Antonio	4/4/15
19:37.43 a 29) Conference USA Championships El Paso	5/17/15
5 Kerstin Sheehan (Jr.)	18:27.02
19:26.54 a 24) Conference USA Championships El Paso	5/17/15
6 Brianna Mendiola (Fr.)	19:30.06
pr 19:47.11 4) UTSA Invitational San Antonio	4/4/15
pr 19:30.06 21) J. Fred Duckett Twilight Houston	4/25/15
20:48.94 a 32) Conference USA Championships El Paso	5/17/15

10,000 meters • 32:47.9, Jody Dunston (1989)

1 Kerstin Sheehan (Jr.)	38:48.34
pr 38:48.34 5) Victor Lopez Bayou Classic Houston	4/3/15
2 Lauren Haney (Jr.)	39:46.54
pr 39:46.54 13) Victor Lopez Bayou Classic Houston	4/3/15
43:18.37 a 8) Conference USA Championships El Paso	5/15/15

100-meter hurdles • 13.23, Ryanne Dupree (2007)

1 Zoe Meade (Sr.)	15.35
pr 15.35 m) UTSA Challenge Invitational San Antonio	3/20/15
15.55 3) UTSA Invitational San Antonio	4/4/15

400-meter hurdles • 59.76, Valicia Henderson (1992)

1 Venessa Onwuchekwa (Sr.)	1:01.67
1:03.52 4) UTSA Challenge Invitational San Antonio	3/21/15
1:01.67 31p) Texas Relays Austin	3/26/15
1:02.65 1) UTSA Invitational San Antonio	4/4/15
1:02.83 8) Texas Invitational Austin	4/11/15
1:02.30 28) Mt. SAC Relays Walnut, Calif.	4/17/15
1:02.00 6) J. Fred Duckett Twilight Houston	4/25/15
1:03.88 a 7p) Conference USA Championships El Paso	5/16/15
1:02.66 a 5) Conference USA Championships El Paso	5/17/15
2 Kaila James (Sr.)	1:02.67 a
1:04.62 5) UTSA Challenge Invitational San Antonio	3/21/15
1:03.16 49p) Texas Relays Austin	3/26/15
1:07.39 4) UTSA Invitational San Antonio	4/4/15
1:03.88 12) Texas Invitational Austin	4/11/15
1:08.87 39) Mt. SAC Relays Walnut, Calif.	4/17/15
1:03.45 12) J. Fred Duckett Twilight Houston	4/25/15
1:03.71 12) Longhorns Invitational Austin	5/2/15
1:02.67 a p) Conference USA Championships El Paso	5/16/15
1:05.00 a 7) Conference USA Championships El Paso	5/17/15

3 Rachael Grossman (Fr.)	1:05.06
pr 1:06.05 7) UTSA Challenge Invitational San Antonio	3/21/15
pr 1:05.06 2) UTSA Invitational San Antonio	4/4/15
1:05.55 15) Texas Invitational Austin	4/11/15
1:05.31 15) J. Fred Duckett Twilight Houston	4/25/15
1:07.84 16) Longhorns Invitational Austin	5/2/15
1:08.44 a 12p) Conference USA Championships El Paso	5/16/15

4 Kyndall Snider (So.)	1:10.03
1:12.17 8) UTSA Challenge Invitational San Antonio	3/21/15
1:10.03 5) UTSA Invitational San Antonio	4/4/15
1:11.79 18) Texas Invitational Austin	4/11/15
1:13.42 23) J. Fred Duckett Twilight Houston	4/25/15
1:10.66 18) Longhorns Invitational Austin	5/2/15

3,000-meter steeplechase • 10:47.54, Leticia Cerna (2004)

1 Grace Kohler (Jr.)	11:08.94
pr 11:12.87 7) Texas Relays Austin	3/26/15
11:14.02 1) Texas Invitational Austin	4/11/15
11:36.59 4) J. Fred Duckett Twilight Houston	4/25/15
pr 11:08.94 1) Longhorns Invitational Austin	5/2/15
11:55.45 a 9) Conference USA Championships El Paso	5/16/15

400-meter relay 44.81; Ehiemua, Okonkwo, Wynn, Hunter (2012)

1 Paige Patterson, Jennifer Arinze, Alexis Daniels, Shantel Swift	46.41
DQ -) UTSA Invitational San Antonio	4/4/15
(Jennifer Arinze, Paige Patterson, Zoe Meade, Alexis Daniels)	
46.41 9) J. Fred Duckett Twilight Houston	4/25/15
(Paige Patterson, Jennifer Arinze, Alexis Daniels, Shantel Swift)	



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1,600-meter relay

3:34.05; King, Booker, Addison, Matthews (1992)

1	Shantel Swift, Paige Patterson, Chelsea Taylor, Jennifer Arinze	3:38.68 a
3:45.89	2) UTSA Challenge Invitational San Antonio (Evelyn Clark, Shantel Swift, Paige Patterson, Jennifer Arinze)	3/21/15
3:44.00	15p) Texas Relays Austin (Shantel Swift, Jennifer Arinze, Chelsea Taylor, Paige Patterson)	3/27/15
3:47.68	1) UTSA Invitational San Antonio (Shantel Swift, Jennifer Arinze, Evelyn Clark, Paige Patterson)	4/4/15
3:53.19	2) UTSA Invitational San Antonio (Chelsea Taylor, Zoe Meade, Kelly Goudeau, Venessa Onwuchekwa)	4/4/15
4:06.23	4) UTSA Invitational San Antonio (Kaila James, Rachael Grossman, Alexis Daniels, Kyndall Snider)	4/4/15
3:42.45	2) Texas Invitational Austin (Evelyn Clark, Kelly Goudeau, Chelsea Taylor, Shantel Swift)	4/11/15
3:44.02	11) Mt. SAC Relays Walnut, Calif. (Jennifer Arinze, Kelly Goudeau, Paige Patterson, Shantel Swift)	4/17/15
3:46.50	4) J. Fred Duckett Twilight Houston (Evelyn Clark, Venessa Onwuchekwa, Chelsea Taylor, Jennifer Arinze)	4/25/15
3:38.68 a	3) Conference USA Championships El Paso (Shantel Swift, Paige Patterson, Chelsea Taylor, Jennifer Arinze)	5/17/15
3:38.95	19q) NCAA Championships Austin (Shantel Swift, Paige Patterson, Chelsea Taylor, Jennifer Arinze)	5/30/15

High jump • 5-11 ¼/1.81, Whitney Flannel (2015) & Lynse Leal (1996)

1	Whitney Flannel (Sr.)	5-10 ½/1.79
5-7/1.70	t2) UTSA Challenge Invitational San Antonio	3/21/15
B 5-9 ¼/1.76	3) Texas Relays Austin	3/27/15
5-9 ¼/1.76	1) UTSA Invitational San Antonio	4/4/15
5-5/1.65	t5) Texas Invitational Austin	4/11/15
5-8 ¾/1.75	2) Mt. SAC Relays Walnut, Calif.	4/17/15
5-9 ¼/1.76	1) J. Fred Duckett Twilight Houston	4/25/15
5-8 ¾/1.75	t2) Longhorns Invitational Austin	5/2/15
pr 5-10 ½/1.79	1) Conference USA Championships El Paso	5/17/15
5-10/1.78	8q) NCAA Championships Austin	5/29/15
pr 5-11 ¼/1.81	11) NCAA Championships Eugene, Ore.	6/13/15

2	Zoe Meade (Sr.)	5-1 ¾/1.57
5-1 ¾/1.57	m) UTSA Challenge Invitational San Antonio	3/20/15

Pole vault • 13-6 ¾/4.12, Lindsey Pew (2014)

1	Lindsey Pew (Sr.)	12-4 ½/3.77
11-5 ¾/3.50	5) UTSA Challenge Invitational San Antonio	3/21/15
12-1 ½/3.70	1) UTSA Invitational San Antonio	4/4/15
11-5 ¾/3.50	10) Texas Invitational Austin	4/11/15
12-3 ¾/3.74	6) J. Fred Duckett Twilight Houston	4/25/15
11-10/3.61	19) Longhorns Invitational Austin	5/2/15
12-4 ½/3.77	3) Conference USA Championships El Paso	5/16/15

Long jump • 21-10 ¼/6.66, Tameka Roberts (1994)

1	Zoe Meade (Sr.)	18-1 ½/5.52
16-4 ¾/4.99	w m) UTSA Challenge Invitational San Antonio	3/21/15
17-10 ¾/5.45	1) UTSA Invitational San Antonio	4/4/15
18-1 ½/5.52	6) Texas Invitational Austin	4/11/15

2	Kayla Hunt (Sr.)	16-10 ½/5.14
16-10 ½/5.14	11) UTSA Challenge Invitational San Antonio	3/21/15

3	Whitney Flannel (Sr.)	15-8 ¾/4.79
pr 15-8 ¾/4.79	23) J. Fred Duckett Twilight Houston	4/25/15

Triple jump • 42-7/12.98, Kristin Grant (1984)

1	Desiree Stevenson (So.)	37-10 ¾/11.55
37-10 ¾/11.55	4) UTSA Challenge Invitational San Antonio	3/21/15

2	Kayla Hunt (Sr.)	37-9 ½/11.52
37-9 ½/11.52	5) UTSA Challenge Invitational San Antonio	3/21/15

3	Alexus Daniels (Jr.)	35-8 ½/10.88
35-8 ½/10.88	10) Texas Invitational Austin	4/11/15

Shot put • 50-6/15.39, Zaquita McClanahan (2013)

1	Zoe Meade (Sr.)	38-10 ¾/11.84
pr 38-10 ¾/11.84	m) UTSA Challenge Invitational San Antonio	3/20/15

Discus • 155-10/47.51, Edie Christian (2003)

1	Katelynn Homb (So.)	143-11/43.86
126-6/38.57	10) UTSA Challenge Invitational San Antonio	3/21/15
142-3/43.37	2) UTSA Invitational San Antonio	4/4/15
139-0/42.37	8) Texas Invitational Austin	4/11/15
126-5/38.53	11) J. Fred Duckett Twilight Houston	4/25/15
129-9/39.54	15) Longhorns Invitational Austin	5/2/15
143-11/43.86	10) Conference USA Championships El Paso	5/16/15

Hammer • 189-10/57.86, Katie Bragg (2012)

1	Katelynn Homb (So.)	148-7/45.29
pr 142-0/43.28	6) UTSA Challenge Invitational San Antonio	3/20/15
pr 144-2/43.95	1) UTSA Invitational San Antonio	4/4/15
pr 148-7/45.29	12) Texas Invitational Austin	4/11/15
139-2/42.43	11) J. Fred Duckett Twilight Houston	4/25/15
129-10/39.57	13) Longhorns Invitational Austin	5/2/15
150-3/45.81	15) Conference USA Championships El Paso	5/15/15

Javelin • 143-1/43.62, Angel Sifuentes (2014)

1	Zoe Meade (Sr.)	90-6/27.59
74-8/22.75	m) UTSA Challenge Invitational San Antonio	3/21/15
90-6/27.59	2) UTSA Invitational San Antonio	4/4/15

Heptathlon • 5,818, Ryanne Dupree (2007)

1	Zoe Meade (Sr.)	4,618
4,618	2) UTSA Challenge Invitational San Antonio	3/20-21/15