

2004-05 Southeastern Women's Indoor Track and Field Performances

Dena Aden

Pole vault

10-0 (3rd)	McNeese Indoor Invite	12/4/04
9-6 ^{1/4} (17th)	LSU Purple Tiger	1/15/05

Celeste Cantrelle

Pole vault

10-10 (4th)	Leonard Hilton Memorial	1/21/05
10-6 (6th)	LSU Purple Tiger	1/15/05
9-6 ^{1/4} (4th)	McNeese Indoor Invite	12/4/04

Kim Carriere

Shot put

38-6 ^{3/4} (17th)	Leonard Hilton Memorial	1/21/05
38-5 (13th)	LSU Bayou Bengal	1/28/05

Weight throw

48-2 ^{3/4} (3rd)	LSU Purple Tiger	1/15/05
45-2 ^{1/4} (9th)	Leonard Hilton Memorial	1/21/05

Kalette Crawford

Shot put

38-11 (16th)	Leonard Hilton Memorial	1/21/05
--------------	-------------------------	---------

Weight throw

38-9 ^{1/2} (17th)	LSU Bayou Bengal	1/28/05
32-11 ^{3/4} (21st)	Leonard Hilton Memorial	1/21/05

Erica Cronin

Pole vault

10-6 (1st)	McNeese Indoor Invite	12/4/04
9-10 (8th)	Leonard Hilton Memorial	1/21/05
9-6 ^{1/4} (16th)	LSU Purple Tiger	1/15/05
9-4 ^{1/4} (14th)	LSU Bayou Bengal	1/28/05

Natalie Crump

200-meters

25.99 (6th)	LSU Purple Tiger	1/15/05
-------------	------------------	---------

300-yards

41.83 (2nd)	McNeese Indoor Invite	12/4/04
-------------	-----------------------	---------

Janice Ezeibunam

High jump

5-7 ^{3/4} (1st)	McNeese Indoor Invite	12/4/04
5-6 ^{1/2} (4th)	Leonard Hilton Memorial	1/21/05

Leonie Ezeibunam

60-meter dash

8.04 (prelims)	Leonard Hilton Memorial	1/21/05
8.16 (prelims)	LSU Purple Tiger	1/15/05

200-meter dash

26.90 (30th)	Leonard Hilton Memorial	1/21/05
28.15 (31st)	LSU Purple Tiger	1/15/05

Amy Fleddermann

60-meter hurdles

9.27 (prelims)	LSU Bayou Bengal	1/28/05
9.33 (11th)	LSU Purple Tiger	1/15/05
9.36 (12th)	LSU Bayou Bengal	1/28/05
9.43 (prelims)	LSU Purple Tiger	1/15/05

55-yard hurdles

8.46 (3rd)	McNeese Indoor Invite	12/4/04
8.54 (prelims)	McNeese Indoor Invite	12/4/04

300-yards

44.45 (13th)	McNeese Indoor Invite	12/4/04
--------------	-----------------------	---------

High jump

5-1 ^{3/4} (3rd)	McNeese Indoor Invite	12/4/04
--------------------------	-----------------------	---------

Long jump

16-4 ^{1/2} (11th)	LSU Purple Tiger	1/15/05
15-7 ^{1/2} (18th)	LSU Bayou Bengal	1/28/05
15-5 (10th)	McNeese Indoor Invite	12/4/04
15-4 (14th)	Leonard Hilton Memorial	1/21/05

Shot put

36-7 ^{1/2} (20th)	Leonard Hilton Memorial	1/21/05
34-5 (7th)	McNeese Indoor Invite	12/4/04

Lakeisha Gardiner

60-meter hurdles

9.71 (prelims)	LSU Bayou Bengal	1/28/05
----------------	------------------	---------

300-yards

44.44 (12th)	McNeese Indoor Invite	12/4/04
--------------	-----------------------	---------

High jump

4-9 ^{3/4} (6th)	McNeese Indoor Invite	12/4/04
--------------------------	-----------------------	---------

Long jump

16-9 ^{3/4} (8th)	LSU Purple Tiger	1/15/05
16-3 ^{3/4} (16th)	LSU Bayou Bengal	1/28/05
16-2 ^{1/4} (5th)	McNeese Indoor Invite	12/4/04
16-0 ^{1/4} (11th)	Leonard Hilton Memorial	1/21/05

Shot put

40-1 ^{1/2} (1st)	McNeese Indoor Invite	12/4/04
39-8 ^{3/4} (13th)	Leonard Hilton Memorial	1/21/05

Kerri Green

100-yards

8.21 (prelims)	McNeese Indoor Invite	12/4/04
----------------	-----------------------	---------

300-yards

46.08 (21st)	McNeese Indoor Invite	12/4/04
--------------	-----------------------	---------

Shakeitha Henfield

60-meter dash

2004-05 Southeastern Women's Indoor Track and Field Performances

7.68 (prelims)	Leonard Hilton Memorial	1/21/05	Jeuri McCon		
7.71 (4th)	LSU Purple Tiger	1/15/05	800-meter run		
7.85 (prelims)	LSU Purple Tiger	1/15/05	2:53.73 (19th)	LSU Purple Tiger	1/15/05
200-meter dash			600-yards		
25.61 (10th)	Leonard Hilton Memorial	1/21/05	1:55.34 (16th)	McNeese Indoor Invite	12/4/04
400-meter dash			Ashanti Smith		
57.26 (4th)	Leonard Hilton Memorial	1/21/05	60-meter dash		
58.39 (1st)	LSU Purple Tiger	1/15/05	8.03 (prelims)	LSU Purple Tiger	1/15/05
			8.08 (prelims)	Leonard Hilton Memorial	1/21/05
300-yards			200-meter dash		
41.11 (1st)	McNeese Indoor Invite	12/4/04	27.23 (24th)	LSU Purple Tiger	1/15/05
Sheena Horton			100-yards		
400-meter dash			7.32 (prelims)	McNeese Indoor Invite	12/4/04
1:02.71 (18th)	LSU Purple Tiger	1/15/05	7.44 (6th)	McNeese Indoor Invite	12/4/04
300-yards			300-yards		
45.17 (17th)	McNeese Indoor Invite	12/4/04	44.16 (11th)	McNeese Indoor Invite	12/4/04
Katie Isola			Dominique Thompson		
Shot put			Shot put		
40-8 ^{1/4} (7th)	LSU Purple Tiger	1/15/05	39-0 ^{1/2} (4th)	McNeese Indoor Invite	12/4/04
39-0 ^{1/4} (15th)	Leonard Hilton Memorial	1/21/05	32-8 ^{1/4} (25th)	Leonard Hilton Memorial	1/21/05
37-2 ^{1/4} (14th)	LSU Bayou Bengal	1/28/05	Mandy Wallace		
Weight throw			3,000-meter run		
48-0 (6th)	LSU Bayou Bengal	1/28/05	10:20.43 (2nd)	LSU Purple Tiger	1/15/05
45-1 ^{3/4} (10th)	Leonard Hilton Memorial	1/21/05	5,000-meter run		
Courtney Johnson			18:15.47 (2nd)	Leonard Hilton Memorial	1/21/05
200-meter dash			Fayola Wilson		
27.54 (30th)	Leonard Hilton Memorial	1/21/05	Shot put		
Long jump			41-2 ^{1/4} (6th)	LSU Purple Tiger	1/15/05
15-9 (8th)	McNeese Indoor Invite	12/4/04	40-10 ^{1/2} (10th)	Leonard Hilton Memorial	1/21/05
Triple jump			40-5 ^{1/2} (10th)	LSU Bayou Bengal	1/28/05
36-0 ^{3/4} (10th)	LSU Purple Tiger	1/15/05	Weight throw		
35-10 ^{3/4} (9th)	LSU Bayou Bengal	1/28/05	51-0 ^{1/4} (2nd)	LSU Purple Tiger	1/15/05
35-0 ^{1/2} (9th)	Leonard Hilton Memorial	1/21/05	46-7 ^{1/4} (7th)	LSU Bayou Bengal	1/28/05
Melissa Jones			42-5 ^{1/2} (13th)	Leonard Hilton Memorial	1/21/05
High jump			Distance Medley Relay		
5-3 ^{3/4} (2nd)	McNeese Indoor Invite	12/4/04	TBA		
5-1 ^{3/4} (8th)	LSU Purple Tiger	1/15/05	13:15.49 (7th)	Leonard Hilton Memorial	1/21/05
5-1 ^{1/4} (11th)	LSU Bayou Bengal	1/28/05	4x400 Yard Relay		
Shanna Lilkas			McCon-Fledermann-Johnson-Horton		
800-meter run			4:09.08 (3rd)	McNeese Indoor Invite	12/4/04
2:20.27 (3rd)	LSU Bayou Bengal	1/28/05	Team Scoring		
Mile run			103.50 (1st)	McNeese Indoor Invite	12/4/04
5:07.78 (7th)	Leonard Hilton Memorial	1/21/05	21.50 (7th)	Leonard Hilton Memorial	1/21/05

2004-05 Southeastern Women's Indoor Track and Field Performances

2004-05 Southeastern Men's Indoor Track and Field Performances

Brent Alford

800-meter run			55-yard hurdles		
2:08.92 (9th)	LSU Purple Tiger	1/15/05	7.77 (prelims)	McNeese Indoor Invite	12/4/04

600-yards			300-yards		
1:30.85 (17th)	McNeese Indoor Invite	12/4/04	39.31 (15th)	McNeese Indoor Invite	12/4/04

Sean Allerton

3,000-meter run			Lazedrick Cowart		
9:18.29 (7th)	LSU Bayou Bengal	1/28/05	60-meter dash		

5,000-meter run			400-meter dash		
16:07.03 (8th)	Leonard Hilton Memorial	1/21/05	51.21 (10th)	LSU Bayou Bengal	1/28/05
16:16.03 (8th)	LSU Purple Tiger	1/15/05	51.26 (10th)	Leonard Hilton Memorial	1/21/05

Jamien Anderson

400-meter run			Desmond Dunn		
52.48 (21st)	Leonard Hilton Memorial	1/21/05	60-meter dash		
54.51 (9th)	LSU Purple Tiger	1/15/05	7.14 (prelims)	LSU Purple Tiger	1/15/05

60-meter hurdles			55-yards		
8.82 (prelims)	LSU Purple Tiger	1/15/05	6.68 (prelims)	McNeese Indoor Invite	12/4/04

55-yard hurdles			Long jump		
8.14 (prelims)	McNeese Indoor Invite	12/4/04	22-6 ^{1/4} (14th)	LSU Bayou Bengal	1/28/05
			21-2 ^{3/4} (3rd)	McNeese Indoor Invite	12/4/04

300-yards			Jonny Ellis		
37.08 (1st)	McNeese Indoor Invite	12/4/04	Pole Vault		

Triple jump			14-9 (5th)	LSU Bayou Bengal	1/28/05
46-1 ^{1/2} (9th)	LSU Bayou Bengal	1/28/05	14-1 ^{1/4} (11th)	LSU Purple Tiger	1/15/05
			13-0 ^{1/4} (5th)	McNeese Indoor Invite	12/4/04

Alex Aschenbrenner

800-meter dash			Choni Francis		
2:05.41 (17th)	LSU Bayou Bengal	1/28/05	60-meter dash		
2:06.24 (21st)	Leonard Hilton Memorial	1/21/05	7.26 (prelims)	LSU Purple Tiger	1/15/05

Mile run			Elgin Garnette		
4:42.81 (28th)	Leonard Hilton Memorial	1/21/05	60-meter dash		
4:44.25 (2nd)	LSU Purple Tiger	1/15/05	7.07 (prelims)	LSU Purple Tiger	1/15/05
			7.11 (prelims)	Leonard Hilton Memorial	1/21/05
			7.13 (19th)	LSU Purple Tiger	1/15/05

Kevin Coates

60-meter dash			200-meter dash		
7.16 (prelims)	LSU Purple Tiger	1/15/05	23.63 (22nd)	LSU Purple Tiger	1/15/05

200-meter dash			23.73 (32nd)	Leonard Hilton Memorial	1/21/05
23.66 (31st)	Leonard Hilton Memorial	1/21/05	55-yards		

60-meter hurdles			6.68 (prelims)	McNeese Indoor Invite	12/4/04
8.48 (10th)	LSU Bayou Bengal	1/28/05	300-yards		

8.75 (prelims)	Leonard Hilton Memorial	1/21/05	41.04 (22nd)	McNeese Indoor Invite	12/4/04
8.83 (prelims)	LSU Bayou Bengal	1/28/05			

8.93 (prelims)	LSU Purple Tiger	1/15/05	Jermaine Henfield		
8.96 (13th)	Leonard Hilton Memorial	1/21/05			

2004-05 Southeastern Men's Indoor Track and Field Performances

800-meter dash

1:57.94 (8th) Leonard Hilton Memorial 1/21/05

600-yards

1:26.36 (8th) McNeese Indoor Invite 12/4/04

Carl Hurst

60-meter dash

6.98 (11th) Leonard Hilton Memorial 1/21/05

7.03 (prelims) Leonard Hilton Memorial 1/21/05

7.09 (prelims) LSU Purple Tiger 1/15/05

200-meter dash

22.70 (9th) Leonard Hilton Memorial 1/21/05

23.23 (14th) LSU Purple Tiger 1/15/05

55-yards

6.56 (prelims) McNeese Indoor Invite 12/4/04

6.58 (3rd) McNeese Indoor Invite 12/4/04

300-yards

38.54 (8th) McNeese Indoor Invite 12/4/04

Chris Labat

Weight throw

40-7^{1/2} (13th) LSU Bayou Bengal 1/28/05

40-6^{3/4} (9th) Leonard Hilton Memorial 1/21/05

Andrew Moses

Weight throw

43-1^{3/4} (10th) LSU Bayou Bengal 1/28/05

40-8^{1/4} (8th) Leonard Hilton Memorial 1/21/05

Asbel Ngetich

5,000-meter run

15:48.64 (6th) LSU Purple Tiger 1/15/05

3000-yards

8:49.91 (1st) McNeese Indoor Invite 12/4/04

James Randall

60-meter dash

7.73 (prelims) LSU Purple Tiger 1/15/05

55-yards

6.96 (prelims) McNeese Indoor Invite 12/4/04

Long jump

19-4^{3/4} (13th) Leonard Hilton Memorial 1/21/05

Triple jump

47-7^{3/4} (4th) LSU Purple Tiger 1/15/05

47-5 (5th) LSU Bayou Bengal 1/28/05

47-1^{3/4} (4th) Leonard Hilton Memorial 1/21/05

Avery Saparou

60-meter hurdles

8.43 (prelims) LSU Purple Tiger 1/15/05

8.48 (prelims) Leonard Hilton Memorial 1/21/05

8.59 (10th) Leonard Hilton Memorial 1/21/05

8.78 (prelims) LSU Bayou Bengal 1/28/05

11.51 (20th) LSU Purple Tiger 1/15/05

55-yard hurdles

7.78 (prelims) McNeese Indoor Invite 12/4/04

8.01 (4th) McNeese Indoor Invite 12/4/04

Long jump

22-3^{3/4} (7th) LSU Purple Tiger 1/15/05

22-3 (16th) LSU Bayou Bengal 1/28/05

21-4 (11th) Leonard Hilton Memorial 1/21/05

20-2^{1/2} (15th) McNeese Indoor Invite 12/4/04

Triple jump

45-0^{1/2} (8th) Leonard Hilton Memorial 1/21/05

Ruben Stephens

Shot put

51-6^{1/2} (6th) Leonard Hilton Memorial 1/21/05

51-0^{1/4} (3rd) LSU Purple Tiger 1/15/05

50-3^{1/4} (8th) LSU Bayou Bengal 1/28/05

Craig Thomas

60-meter dash

7.27 (prelims) Leonard Hilton Memorial 1/21/05

7.29 (prelims) LSU Purple Tiger 1/15/05

200-meter dash

24.14 (29th) LSU Purple Tiger 1/15/05

24.22 (40th) Leonard Hilton Memorial 1/21/05

55-yards

6.95 (prelims) McNeese Indoor Invite 12/4/04

Demarris Triggs

400-meter dash

52.81 (24th) Leonard Hilton Memorial 1/21/05

53.18 (22nd) LSU Bayou Bengal 1/28/05

800-meter dash

2:14.77 (14th) LSU Purple Tiger 1/15/05

600-yards

1:31.38 (18th) McNeese Indoor Invite 12/4/04

Tony Vaccarella

Long jump

21-11^{3/4} (5th) McNeese Indoor Invite 12/4/04

2004-05 Southeastern Men's Indoor Track and Field Performances

21-11 (8th)	LSU Purple Tiger	1/15/05	3:27.85 (9th)	Leonard Hilton Memorial	1/21/05
18-5 (14th)	Leonard Hilton Memorial	1/21/05			

High jump

6-4 (5th)	Leonard Hilton Memorial	1/21/05			
6-4 (5th)	LSU Purple Tiger	1/15/05			
6-2 ^{3/4} (2nd)	LSU Bayou Bengal	1/28/05			

Joey Valure

800-meter run

1:53.98 (1st)	LSU Bayou Bengal	1/28/05			
---------------	------------------	---------	--	--	--

Mile run

4:12.34 (5th)	Leonard Hilton Memorial	1/21/05			
4:25.74 (6th)	LSU Purple Tiger	1/15/05			

Daniel Varnado

200-meter dash

22.87 (11th)	Leonard Hilton Memorial	1/21/05			
--------------	-------------------------	---------	--	--	--

300-yards

37.66 (3rd)	McNeese Indoor Invite	12/4/04			
-------------	-----------------------	---------	--	--	--

Tremaine White

Shot put

52-9 ^{1/2} (4th)	Leonard Hilton Memorial	1/21/05			
52-8 ^{3/4} (4th)	LSU Bayou Bengal	1/28/05			
50-4 (4th)	LSU Purple Tiger	1/15/05			
48-10 (1st)	McNeese Indoor Invite	12/4/04			

Dwight Womack

Shot put

46-4 (15th)	Leonard Hilton Memorial	1/21/05			
-------------	-------------------------	---------	--	--	--

Weight throw

46-10 (9th)	LSU Purple Tiger	1/15/05			
46-7 ^{1/2} (7th)	Leonard Hilton Memorial	1/21/05			

Distance Medley Relay

Valure-Varnado-Triggs-Ngetich

10:45.30 (4th)	LSU Purple Tiger	1/15/05			
----------------	------------------	---------	--	--	--

Aschenbrenner-Triggs-Alford-Allerton

11:04.36 (4th)	LSU Bayou Bengal	1/28/05			
----------------	------------------	---------	--	--	--

10:53.26 (7th)	Leonard Hilton Memorial	1/21/05			
----------------	-------------------------	---------	--	--	--

4x400-Meter Relay

Varnado-Anderson-Alford-Cowart

3:30.01 (12th)	LSU Purple Tiger	1/15/05			
----------------	------------------	---------	--	--	--

Varnado-Cowart-Henfield-Hurst

3:30.29 (7th)	LSU Bayou Bengal	1/28/05			
---------------	------------------	---------	--	--	--

4x400 Yard Relay

Triggs-Varnado-Henfield-Anderson

3:27.99 (3rd)	McNeese Indoor Invite	12/4/04			
---------------	-----------------------	---------	--	--	--

Coates-Garnette-Hurst-Saparou

3:42.14 (13th)	McNeese Indoor Invite	12/4/04			
----------------	-----------------------	---------	--	--	--

Team Scoring

68.50 (3rd)	McNeese Indoor Invite	12/4/04			
-------------	-----------------------	---------	--	--	--

12.50 (11th)	Leonard Hilton Memorial	1/21/05			
--------------	-------------------------	---------	--	--	--