

# 2004-05 Southeastern Track and Field Women's Outdoor Performances

## Dena Aden

### Pole Vault

9-0<sup>1/4</sup> (6th) Southern Miss Invitational 3/12/05

## Celeste Cantrelle

### Pole Vault

10-11<sup>3/4</sup> (4th) Ty Terrell Relays 4/28/05  
 10-11<sup>3/4</sup> (11th) LSU Alumni Gold 4/23/05  
 10-11<sup>3/4</sup> (2nd) LSU Tiger Relays 3/26/05  
 10-6 (14th) SLC Championships 5/13/05  
 10-6 (4th) Louisiana Classics 3/19/05  
 10-6 (2nd) Southern Miss Invitational 3/12/05  
 10-6 (3rd) FSU Snowbird Invitational 3/5/05  
 10-0 (2nd) Pelican Relays 4/16/05

## Kim Carriere

### Shot Put

39-8 (5th) Southern Miss Invitational 3/12/05  
 38-7<sup>1/4</sup> (6th) Pelican Relays 4/16/05  
 38-0 (5th) FSU Snowbird Invitational 3/5/05  
 37-7<sup>1/4</sup> (15th) LSU Tiger Relays 3/26/05

### Discus

133-7 (5th) Southern Miss Invitational 3/12/05  
 133-3 (2nd) Tulane Green Wave Invitational 4/13/05  
 131-9 (7th) Louisiana Classics 3/19/05  
 131-6 (14th) LSU Tiger Relays 3/26/05  
 130-0 (18th) LSU Alumni Gold 4/23/05  
 128-1 (13th) SLC Championships 5/13/05  
 126-2 (6th) FSU Snowbird Invitational 3/5/05  
 119-10 (11th) Houston Invitational 5/7/05

### Hammer Throw

132-9 (16th) LSU Alumni Gold 4/23/05  
 130-10 (3rd) Tulane Green Wave Invitational 4/13/05  
 124-1 (13th) Houston Invitational 5/7/05  
 120-8 (5th) Southern Miss Invitational 3/12/05  
 120-1 (5th) FSU Snowbird Invitational 3/5/05  
 115-6 (4th) TSU Relays 3/19/05

## Kalette Crawford

### Shot Put

40-7<sup>1/2</sup> (7th) Houston Invitational 5/7/05  
 39-10<sup>3/4</sup> (15th) SLC Championships 5/13/05  
 39-9<sup>3/4</sup> (14th) LSU Alumni Gold 4/23/05  
 39-9<sup>3/4</sup> (6th) Louisiana Classics 3/19/05  
 39-5<sup>1/4</sup> (2nd) Tulane Green Wave Invitational 4/13/05  
 38-5<sup>1/4</sup> (7th) Pelican Relays 4/16/05  
 37-10 (6th) FSU Snowbird Invitational 3/5/05  
 37-6<sup>3/4</sup> (16th) LSU Tiger Relays 3/26/05  
 36-7 (10th) Southern Miss Invitational 3/12/05

### Hammer Throw

144-5 (6th) LSU Tiger Relays 3/26/05

143-0 (5th) SLC Championships 5/13/05  
 138-4 (2nd) Southern Miss Invitational 3/12/05  
 137-4 (2nd) Tulane Green Wave Invitational 4/13/05  
 136-7 (9th) Houston Invitational 5/7/05  
 135-0 (14th) LSU Alumni Gold 4/23/05  
 130-7 (12th) SLC Championships 5/13/05  
 115-8 (6th) FSU Snowbird Invitational 3/5/05

## Erica Cronin

### Pole Vault

**11-6 (1st) Pelican Relays 4/16/05**  
**11-5 (1st) Southern Miss Invitational 3/12/05**  
 10-11<sup>3/4</sup> (12th) SLC Championships 5/13/05  
 10-11<sup>3/4</sup> (1st) Tulane Green Wave Invitational 4/13/05  
 10-11 (2nd) FSU Snowbird Invitational 3/5/05  
 10-6 (13th) LSU Alumni Gold 4/23/05  
 10-0 (7th) Louisiana Classics 3/19/05

## Natalie Crump

### 100-Meter Dash

12.16 (prelims) Pelican Relays 4/16/05  
 12.24 (prelims) SLC Championships 5/13/05  
 12.58 (8th) FSU Snowbird Invitational 3/5/05  
 12.65 (5th) Pelican Relays 4/16/05

### 200-Meter Dash

24.82 (4th) Ty Terrell Relays 4/28/05  
 25.16 (28th) LSU Alumni Gold 4/23/05  
 25.22 (6th) Louisiana Classics 3/19/05  
 25.26 (prelims) SLC Championships 5/13/05  
 25.85 (2nd) Tulane Green Wave Invitational 4/13/05

### 400-Meter Dash

1:01.37 (6th) Tulane Green Wave Invitational 4/13/05

## Shari Duncanson

### 200-Meter Dash

26.88 (15th) Southern Miss Invitational 3/12/05

### 400-Meter Dash

59.43 (24th) LSU Alumni Gold 4/23/05  
 1:01.06 (prelims) SLC Championships 5/13/05  
 1:01.07 (5th) Tulane Green Wave Invitational 4/13/05  
 1:01.75 (5th) Southern Miss Invitational 3/12/05  
 1:04.04 (15th) FSU Snowbird Invitational 3/5/05  
 1:05.15 (15th) Louisiana Classics 3/19/05

## Leonie Ezegbaunam

### 100-Meter Dash

11.96 (6th) Southern Miss Invitational 3/12/05  
 12.01 (5th) Ty Terrell Relays 4/28/05  
 12.18 (prelims) Pelican Relays 4/16/05  
 12.31 (25th) LSU Alumni Gold 4/23/05  
 12.47 (prelims) SLC Championships 5/13/05

# 2004-05 Southeastern Track and Field Women's Outdoor Performances

12.69 (4th)	Tulane Green Wave Invitational	4/13/05	<b>400-Meter Dash</b>		
12.76 (prelims)	LSU Tiger Relays	3/26/05	1:01.28 (30th)	LSU Alumni Gold	4/23/05
12.77 (9th)	Louisiana Classics	3/19/05	1:02.52 (38th)	LSU Tiger Relays	3/26/05
12.78 (6th)	Pelican Relays	4/16/05	1:03.18 (7th)	Tulane Green Wave Invitational	4/13/05
			1:03.41 (12th)	Louisiana Classics	3/19/05
			1:03.86 (8th)	Southern Miss Invitational	3/12/05
<b>200-Meter Dash</b>			<b>Katie Isola</b>		
25.47 (8th)	Ty Terrell Relays	4/28/05	<b>Discus Throw</b>		
25.92 (prelims)	SLC Championships	5/13/05	134-3 (6th)	Louisiana Classics	3/19/05
26.12 (39th)	LSU Alumni Gold	4/23/05	132-4 (4th)	FSU Snowbird Invitational	3/5/05
26.25 (4th)	Tulane Green Wave Invitational	4/13/05	127-11 (14th)	SLC Championships	5/13/05
26.28 (13th)	Southern Miss Invitational	3/12/05	126-2 (21st)	LSU Alumni Gold	4/23/05
26.36 (15th)	Louisiana Classics	3/19/05	124-4 (17th)	LSU Tiger Relays	3/26/05
26.79 (15th)	FSU Snowbird Invitational	3/5/05	123-1 (7th)	Southern Miss Invitational	3/12/05
<b>Amy Fleddermann</b>			<b>Shot Put</b>		
<b>200-Meter Dash</b>			37-7 (7th)	FSU Snowbird Invitational	3/5/05
26.75	Southern Miss Invitational	3/12/05	35-8 (11th)	Southern Miss Invitational	3/12/05
27.22 (6th)	Tulane Green Wave Invitational	4/13/05	<b>Hammer Throw</b>		
<b>100-Meter Hurdles</b>			154-1 (3rd)	Houston Invitational	5/7/05
14.87 (7th)	Ty Terrell Relays	4/28/05	145-2 (5th)	LSU Tiger Relays	3/26/05
14.98 (4th)	Louisiana Classics	3/19/05	142-11 (1st)	Tulane Green Wave Invitational	4/13/05
14.99 (3rd)	FSU Snowbird Invitational	3/5/05	141-11 (6th)	SLC Championships	5/13/05
15.16 (3rd)	Pelican Relays	4/16/05	139-3 (2nd)	FSU Snowbird Invitational	3/5/05
15.17 (prelims)	SLC Championships	5/13/05	136-1 (13th)	LSU Alumni Gold	4/23/05
<b>High Jump</b>			134-1 (3rd)	Southern Miss Invitational	3/12/05
5-4 <sup>1/4</sup> (13th)	LSU Alumni Gold	4/23/05	132-5 (1st)	TSU Relays	3/19/05
5-2 (6th)	Louisiana Classics	3/19/05	<b>Brooke Johnson</b>		
5-0 (8th)	FSU Snowbird Invitational	3/5/05	<b>5,000-Meter Run</b>		
<b>Long Jump</b>			22:59.69 (9th)	Louisiana Classics	3/19/05
16-6 <sup>1/2</sup> (9th)	Southern Miss Invitational	3/12/05	23:14.57 (18th)	LSU Alumni Gold	4/23/05
16-6 (6th)	FSU Snowbird Invitational	3/5/05	<b>Courtney Johnson</b>		
16-4 <sup>1/4</sup> (5th)	Tulane Green Wave Invitational	4/13/05	<b>Long Jump</b>		
15-9 <sup>1/2</sup> (9th)	Louisiana Classics	3/19/05	16-5 (26th)	SLC Championships	5/13/05
<b>Javelin</b>			16-3 <sup>1/4</sup> (7th)	Tulane Green Wave Invitational	4/13/05
111-1 (2nd)	Tulane Green Wave Invitational	4/13/05	15-9 (9th)	FSU Snowbird Invitational	3/5/05
106-1 (8th)	Southern Miss Invitational	3/12/05	<b>Triple Jump</b>		
<b>Shot Put</b>			36-8 <sup>1/2</sup> (12th)	SLC Championships	5/13/05
39-4 <sup>1/2</sup> (3rd)	Tulane Green Wave Invitational	4/13/05	35-0 (3rd)	FSU Snowbird Invitational	3/5/05
38-7 (8th)	Louisiana Classics	3/19/05	34-9 (4th)	Louisiana Classics	3/19/05
36-8 <sup>1/2</sup> (6th)	Ty Terrell Relays	4/28/05	34-8 <sup>1/2</sup> (6th)	Southern Miss Invitational	3/12/05
<b>Heptathlon</b>			<b>Melissa Jones</b>		
4,523 (6th)	LSU Tiger Relays	3/26/05	<b>High Jump</b>		
4,502 (8th)	SLC Championships	5/13/05	* 5-8 <sup>3/4</sup> (5th)	SLC Championships	5/13/05
<b>Sheena Horton</b>			5-4 (3rd)	Louisiana Classics	3/19/05
<b>100-Meter Dash</b>			5-4 (1st)	FSU Snowbird Invitational	3/5/05
12.26 (prelims)	SLC Championships	5/13/05	5-3 <sup>3/4</sup> (1st)	Tulane Green Wave Invitational	4/13/05
12.36 (7th)	Ty Terrell Relays	4/28/05	5-2 <sup>1/2</sup> (15th)	LSU Alumni Gold	4/23/05

# 2004-05 Southeastern Track and Field Women's Outdoor Performances

5-2 <sup>1/2</sup> (13th)	LSU Tiger Relays	3/26/05	<b>Discus</b>		
			127-2 (3rd)	Tulane Green Wave Invitational	4/13/05
			121-5 (16th)	SLC Championships	5/13/05
			116-8 (9th)	Southern Miss Invitational	3/12/05
<b>Shanna Lilkas</b>					
<b>800-Meter Run</b>					
2:15.80 (1st)	<i>Louisiana Classics</i>	3/19/05			
2:17.44 (2nd)	FSU Snowbird Invitational	3/5/05	<b>Mandy Wallace</b>		
2:18.13 (prelims)	SLC Championships	5/13/05	<b>1,500-Meter</b>		
			4:47.59 (9th)	FSU Snowbird Invitational	3/5/05
<b>1,500-Meter Run</b>					
4:39.22 (9th)	<i>LSU Alumni Gold</i>	4/23/05	<b>5,000-Meter Run</b>		
4:40.99 (5th)	<i>FSU Snowbird Invitational</i>	3/5/05	17:35.10 (3rd)	FSU Snowbird Invitational	3/5/05
4:41.35 (6th)	Texas Relays	4/6/05			
4:43.43 (1st)	Louisiana Classics	3/19/05	<b>10,000-Meter Run</b>		
4:44.61 (7th)	SLC Championships	5/13/05	37:12.52 (1st)	<i>Louisiana Classics</i>	3/19/05
4:49.88 (prelims)	SLC Championships	5/13/05			
<b>Jeuri McCon</b>			<b>Fayola Wilson</b>		
<b>400-Meter Hurdles</b>			<b>Discus</b>		
1:08.51 (prelims)	Pelican Relays	4/16/05	147-6 (1st)	Ty Terrell Relays	4/28/05
1:08.61 (17th)	LSU Alumni Gold	4/23/05	141-8 (10th)	LSU Alumni Gold	4/23/05
1:08.76 (5th)	Pelican Relays	4/16/05	139-11 (2nd)	Southern Miss Invitational	3/12/05
1:09.48 (16th)	LSU Tiger Relays	3/26/05	139-7 (6th)	Houston Invitational	5/7/05
1:09.79 (2nd)	Tulane Green Wave Invitational	4/13/05	139-6 (6th)	SLC Championships	5/13/05
1:10.09 (prelims)	SLC Championships	5/13/05	139-3 (2nd)	FSU Snowbird Invitational	3/5/05
1:14.37 (10th)	Louisiana Classics	3/19/05	138-5 (4th)	Louisiana Classics	3/19/05
			137-6 (8th)	LSU Tiger Relays	3/26/05
			135-0 (1st)	Tulane Green Wave Invitational	4/13/05
<b>Ashanti Smith</b>			<b>Shot Put</b>		
<b>100-Meter Dash</b>			42-10 <sup>3/4</sup> (11th)	SLC Championships	5/13/05
11.86 (3rd)	Ty Terrell Relays	4/28/05	42-5 (2nd)	Pelican Relays	4/16/05
12.01 (prelims)	Pelican Relays	4/16/05	40-11 (4th)	FSU Snowbird Invitational	3/5/05
12.21 (10th)	Southern Miss Invitational	3/12/05	40-0 (1st)	Tulane Green Wave Invitational	4/13/05
12.36 (26th)	LSU Alumni Gold	4/23/05	39-7 <sup>1/4</sup> (6th)	Southern Miss Invitational	3/12/05
12.38 (prelims)	SLC Championships	5/13/05	39-1 <sup>3/4</sup> (9th)	Houston Invitational	5/7/05
12.51 (prelims)	LSU Tiger Relays	3/26/05	38-7 <sup>1/4</sup> (14th)	LSU Tiger Relays	3/26/05
12.57 (3rd)	Louisiana Classics	3/19/05	38-5 (4th)	Ty Terrell Relays	4/28/05
12.58 (4th)	Pelican Relays	4/16/05	37-5 (9th)	Louisiana Classics	3/19/05
12.87 (6th)	Tulane Green Wave Invitational	4/13/05	36-0 <sup>1/4</sup> (18th)	LSU Alumni Gold	4/23/05
12.91 (14th)	FSU Snowbird Invitational	3/5/05			
<b>200-Meter Dash</b>			<b>Hammer Throw</b>		
25.61 (8th)	Louisiana Classics	3/19/05	130-9 (4th)	Tulane Green Wave Invitational	4/13/05
25.67 (36th)	LSU Alumni Gold	4/23/05	121-2 (19th)	SLC Championships	5/13/05
25.80 (9th)	Ty Terrell Relays	4/28/05			
25.97 (11th)	Southern Miss Invitational	3/12/05	<b>4x100-Meter Relay</b>		
26.04 (prelims)	SLC Championships	5/13/05	<b>(Smith-Ezeibunam-C. Johnson-Crump)</b>		
26.17 (3rd)	Tulane Green Wave Invitational	4/13/05	47.63 (4th)	Louisiana Classics	3/19/05
			48.65 (6th)	LSU Tiger Relays	3/26/05
			49.92 (1st)	Tulane Green Wave Invitational	4/13/05
<b>Dominique Thompson</b>			<b>(Crump-Ezeibunam-Horton-C. Johnson)</b>		
<b>Shot Put</b>			47.88 (4th)	Pelican Relays	4/16/05
39-11 <sup>1/2</sup> (14th)	SLC Championships	5/13/05	<b>(Crump-Ezeibunam-Horton-Smith)</b>		
38-2 (4th)	Tulane Green Wave Invitational	4/13/05	47.79 (3rd)	Ty Terrell Relays	4/28/05
36-8 <sup>1/2</sup> (9th)	Southern Miss Invitational	3/12/05			

# 2004-05 Southeastern Track and Field Women's Outdoor Performances

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48.20 (6th) LSU Alumni Gold 4/23/05

**(Smith-C. Johnson-Ezegbaunam-Crump)**

48.30 (3rd) FSU Snowbird Invitational 3/5/05

**(TBA)**

47.37 (7th) SLC Championships 5/13/05

## **4x400-Meter Relay**

**(Crump-C. Johnson-Horton-Duncanson)**

3:59.87 (15th) LSU Tiger Relays 3/26/05

**(Crump-Ezegbunam-Fledderman-Horton)**

4:02.99 (10th) LSU Alumni Gold 4/23/05

**(Crump-Duncanson-Horton-C. Johnson)**

4:08.57 (8th) Louisiana Classics 3/19/05

**(TBA)**

3:56.68 (9th) SLC Championships 5/13/05

## **Sprint Medley Relay**

**(Smith-Lilkas-Crump-Ezegbunam)**

***1:48.93 (6th) LSU Tiger Relays 3/26/05***

School records in *bold italics*

\* - NCAA Mideast Regional Qualifier

# 2004-05 Southeastern Track and Field Men's Outdoor Performances

## Brent Alfred

### 400-Meter Dash

49.78 (prelims)	SLC Championships	5/13/05
50.06 (8th)	Ty Terrell Relays	4/28/05
50.32 (7th)	Southern Miss Invitational	3/12/05
50.47 (25th)	LSU Alumni Gold	4/23/05
50.53 (35th)	LSU Tiger Relays	3/26/05

### 800-Meter Run

2:00.73 (21st)	FSU Snowbird Invitational	3/5/05
2:06.55 (18th)	Louisiana Classics	3/19/05

## Sean Allerton

### 1,500-Meter Run

4:17.86 (29th)	FSU Snowbird Invitational	3/5/05
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### 3,000-Meter Run

9:14.82 (5th)	Tulane Green Wave Invitational	4/13/05
9:31.34 (7th)	Ty Terrell Relays	4/28/05

### 5,000-Meter Run

15:28.36 (32nd)	FSU Snowbird Invitational	3/5/05
15:54.32 (18th)	LSU Alumni Gold	4/23/05
16:23.10 (22nd)	SLC Championships	5/13/05

### 10,000-Meter Run

33:22.37 (3rd)	Louisiana Classics	3/19/05
34:08.06 (11th)	SLC Championships	5/13/05

## Jamion Anderson

### 400-Meter Hurdles

54.25 (3rd)	Southern Miss Invitational	3/12/05
57.00 (15th)	LSU Tiger Relays	3/26/05
58.35 (10th)	Pelican Relays	4/16/05
58.72 (20th)	SLC Championships	5/13/05

### Triple Jump

46-3 <sup>1/2</sup> (11th)	SLC Championships	5/13/05
44-6 <sup>1/4</sup> (4th)	Tulane Green Wave Invitational	4/13/05

## Alex Aschenbrenner

### 800-Meter Run

2:07.04 (28th)	FSU Snowbird Invitational	3/5/2005
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### 1,500-Meter Run

4:11.57 (prelims)	SLC Championships	5/13/05
4:13.64 (31st)	LSU Tiger Relays	3/26/05
4:14.39 (12th)	Louisiana Classics	3/19/05
4:15.34 (27th)	FSU Snowbird Invitational	3/5/05
4:16.10 (4th)	Ty Terrell Relays	4/28/05
4:17.11 (33rd)	LSU Alumni Gold	4/23/05

### 3,000-Meter Run

9:33.48 (6th)	Tulane Green Wave Invitational	4/13/05
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## Derek Bowman

### Javelin

* 208-5 (5th)	LSU Alumni Gold	4/23/05
201-9 (4th)	LSU Tiger Relays	3/26/05
200-3 (9th)	Texas Relays	4/8/05
199-3 (2nd)	Southern Miss Invitational	3/12/05
198-7 (2nd)	FSU Snowbird Invitational	3/5/05
198-1 (4th)	Houston Invitational	5/7/05
195-4 (12th)	NCAA Mideast Regionals	5/27/05
194-4 (1st)	Tulane Green Wave Invitational	4/13/05
193-7 (8th)	SLC Championships	5/13/05
190-9 (3rd)	TSU Relays	3/19/05

## Chris Carter

### Javelin

* 236-7 (1st)	LSU Tiger Relays	3/26/05
* 232-7 (1st)	Houston Invitational	5/7/05
* 221-9 (1st)	FSU Snowbird Invitational	3/5/05
221-4 (2nd)	NCAA Mideast Regionals	5/27/05
221-3 (prelims)	NCAA Championships	6/8/05
* 220-10 (5th)	Mt. SAC Relays	4/17/05
* 219-7 (1st)	SLC Championships	5/13/05
* 219-5 (6th)	Texas Relays	4/9/05
* 218-8 (1st)	TSU Relays	3/19/05
* 218-6 (1st)	Southern Miss Invitational	3/12/05

## Kevin Coates

### 200-Meter Dash

22.39 (4th)	Southern Miss Invitational	3/12/05
22.55 (12th)	Ty Terrell Relays	4/28/05
22.96 (prelims)	SLC Championships	5/13/05
24.01 (9th)	Tulane Green Wave Invitational	4/13/05

### 110-Meter Hurdles

15.23 (prelims)	SLC Championships	5/13/05
15.61 (20th)	LSU Alumni Gold	4/23/05
16.20 (5th)	Ty Terrell Relays	4/28/05
18.70 (6th)	Southern Miss Invitational	3/12/05

## Lazedrick Cowart

### 200-Meter Dash

21.91 (2nd)	Southern Miss Invitational	3/12/05
22.28 (9th)	Ty Terrell Relays	4/28/05
22.32 (38th)	LSU Alumni Gold	4/23/05

### 400-Meter Dash

48.97 (prelims)	SLC Championships	5/13/05
49.29 (5th)	FSU Snowbird Invitational	3/5/05
49.38 (1st)	Louisiana Classics	3/19/05
49.62 (4th)	Southern Miss Invitational	3/12/05
49.67 (2nd)	Tulane Green Wave Invitational	4/13/05

## Desmond Dunn

### 100-Meter Dash

10.79 (5th)	Ty Terrell Relays	4/28/05
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# 2004-05 Southeastern Track and Field Men's Outdoor Performances

10.87 (prelims)	SLC Championships	5/13/05
10.92 (6th)	Louisiana Classics	3/19/05
10.96 (3rd)	Southern Miss Invitational	3/12/05
11.09 (prelims)	LSU Tiger Relays	3/26/05

## 200-Meter Dash

22.70 (6th)	Tulane Green Wave Invitational	4/13/05
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## Long Jump

23-8 <sup>3/4</sup> (12th)	LSU Alumni Gold	4/23/05
23-6 <sup>1/4</sup> (2nd)	Southern Miss Invitational	3/12/05
23-5 (3rd)	FSU Snowbird Invitational	3/5/05
23-4 (6th)	LSU Tiger Relays	3/26/05
23-2 <sup>1/2</sup> (3rd)	Tulane Green Wave Invitational	4/13/05
23-1 <sup>1/4</sup> (3rd)	Ty Terrell Relays	4/28/05
23-0 (4th)	Louisiana Classics	3/19/05
22-10 <sup>1/4</sup> (2nd)	Pelican Relays	4/16/05
22-9 <sup>3/4</sup> (10th)	SLC Championships	5/13/05

## Johnny Ellis

### Pole Vault

15-11 (6th)	LSU Alumni Gold	4/23/05
15-0 (1st)	Southern Miss Invitational	3/12/05
14-7 <sup>1/4</sup> (11th)	LSU Tiger Relays	3/26/05
14-6 (2nd)	Louisiana Classics	3/19/05
13-11 (9th)	FSU Snowbird Invitational	3/5/05

## Choni Francis

### 100-Meter Dash

11.55 (15th)	Southern Miss Invitational	3/12/05
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### 200-Meter Dash

23.28 (14th)	Southern Miss Invitational	3/12/05
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## Elgin Garnette

### 100-Meter Dash

10.84 (25th)	LSU Alumni Gold	4/23/05
10.99 (7th)	Ty Terrell Relays	4/28/05
11.00 (prelims)	SLC Championships	5/13/05
11.00 (10th)	Louisiana Classics	3/19/05
11.00 (5th)	Southern Miss Invitational	3/12/05
11.08 (prelims)	LSU Tiger Relays	3/26/05

### 200-Meter Dash

22.09 (prelims)	SLC Championships	5/13/05
22.21 (35th)	LSU Alumni Gold	4/23/05
22.39 (11th)	Ty Terrell Relays	4/28/05
22.59 (4th)	Tulane Green Wave Invitational	4/13/05
22.71 (12th)	Louisiana Classics	3/19/05

## Long Jump

21-8 (5th)	Tulane Green Wave Invitational	4/13/05
21-1 <sup>1/2</sup> (9th)	Southern Miss Invitational	3/12/05

## Cal Hamilton

### Javelin

* 205-8 (4th)	Texas Relays	4/8/05
203-6 (3rd)	LSU Tiger Relays	3/26/05
199-10 (7th)	LSU Alumni Gold	4/23/05
199-8 (7th)	NCAA Mideast Regionals	5/27/05
194-8 (2nd)	TSU Relays	3/19/05
194-5 (6th)	SLC Championships	5/13/05
193-11 (5th)	Houston Invitational	5/7/05
187-06 (4th)	FSU Snowbird Invitational	3/5/05
181-2 (3rd)	Tulane Green Wave Invitational	4/13/05

## Carl Hurst

### 100-Meter Dash

10.63 (prelims)	Pelican Relays	4/16/05
10.76 (17th)	LSU Alumni Gold	4/23/05
10.92 (prelims)	LSU Tiger Relays	3/26/05
10.95 (7th)	Louisiana Classics	3/19/05
10.95 (2nd)	Southern Miss Invitational	3/12/05
11.03 (prelims)	SLC Championships	5/13/05
11.03 (2nd)	Tulane Green Wave Invitational	4/13/05
11.23 (7th)	Pelican Relays	4/16/05

### 200-Meter Dash

22.34 (prelims)	SLC Championships	5/13/05
22.62 (8th)	Southern Miss Invitational	3/12/05
22.65 (5th)	Tulane Green Wave Invitational	4/13/05
22.83 (13th)	Louisiana Classics	3/19/05

## Chris Labat

### Hammer Throw

156-9 (7th)	Houston Invitational	5/7/05
149-10 (8th)	SLC Championships	5/13/05
145-3 (3rd)	TSU Relays	3/19/05
143-0 (1st)	Southern Miss Invitational	3/12/05
142-9 (5th)	FSU Snowbird Invitational	3/5/05
140-8 (12th)	LSU Tiger Relays	3/26/05
137-11 (2nd)	Tulane Green Wave Invitational	4/13/05

### Javelin Throw

179-5 (4th)	Tulane Green Wave Invitational	4/13/05
178-0 (13th)	SLC Championships	5/13/05
176-0 (17th)	LSU Alumni Gold	4/23/05
173-2 (6th)	TSU Relays	3/19/05
171-7 (6th)	Southern Miss Invitational	3/12/05
171-7 (7th)	FSU Snowbird Invitational	3/5/05
163-8 (7th)	Houston Invitational	5/7/05

## Andrew Moses

### Discus

121-8 (4th)	Tulane Green Wave Invitational	4/13/05
112-6 (12th)	Southern Miss Invitational	3/12/05

### Hammer Throw

111-3 (3rd)	Tulane Green Wave Invitational	4/13/05
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# 2004-05 Southeastern Track and Field Men's Outdoor Performances

109-10 (6th) Southern Miss Invitational 3/12/05

## Asbel Ngetich

### 1,500-Meter Run

4:03.35 (17th) LSU Alumni Gold 4/23/05  
4:05.33 (16th) FSU Snowbird Invitational 3/5/05

### 3,000-Meter Steeplechase

9:22.25 (1st) LSU Tiger Relays 3/26/05  
9:34.48 (6th) SLC Championships 5/13/05  
9:37.90 (4th) Texas Relays 4/6/05  
9:38.14 (1st) Louisiana Classics 3/19/05

### 5,000-Meter Run

14:53.21 (10th) FSU Snowbird Invitational 3/5/05  
15:03.38 (5th) LSU Alumni Gold 4/23/05  
15:05.31 (7th) SLC Championships 5/13/05

## James Randall

### Long Jump

21-11<sup>3/4</sup> (14th) SLC Championships 5/13/05  
20-10<sup>1/2</sup> (6th) Tulane Green Wave Invitational 4/13/05  
20-0<sup>1/4</sup> (11th) Houston Invitational 5/7/05  
18-8 (14th) Southern Miss Invitational 3/12/05

### Triple Jump

\* 50-2<sup>1/2</sup> (3rd) SLC Championships 5/13/05  
\* 49-11<sup>3/4</sup> (1st) Houston Invitational 5/7/05  
49-7 (2nd) Ty Terrell Relays 4/28/05  
49-1 (1st) Southern Miss Invitational 3/12/05  
48-7<sup>1/4</sup> (5th) LSU Alumni Gold 4/23/05  
48-6 (2nd) Pelican Relays 4/16/05  
47-11<sup>3/4</sup> (4th) LSU Tiger Relays 3/26/05  
47-9<sup>1/4</sup> (3rd) Tulane Green Wave Invitational 4/13/05  
45-6<sup>1/4</sup> (8th) Louisiana Classics 3/19/05

## Bobby Raymond

### 400-Meter Dash

53.39 (12th) Southern Miss Invitational 3/12/05  
54.52 (46th) LSU Tiger Relays 3/26/05

## Avery Sorapuru

### 110-Meter Hurdles

15.05 (prelims) SLC Championships 5/13/05  
15.12 (prelims) LSU Tiger Relays 3/26/05  
15.47 (9th) Louisiana Classics 3/19/05

### Long Jump

23-7<sup>1/2</sup> (13th) LSU Alumni Gold 4/23/05  
23-4 (2nd) Tulane Green Wave Invitational 4/13/05  
22-9<sup>1/4</sup> (10th) LSU Tiger Relays 3/26/05  
22-9<sup>1/4</sup> (5th) Louisiana Classics 3/19/05  
22-7<sup>3/4</sup> (4th) Ty Terrell Relays 4/28/05  
22-5<sup>1/4</sup> (13th) SLC Championships 5/13/05

### Triple Jump

48-0 (2nd) Tulane Green Wave Invitational 4/13/05  
47-8 (3rd) Ty Terrell Relays 4/28/05  
47-6<sup>1/2</sup> (6th) LSU Alumni Gold 4/23/05  
46-2 (12th) SLC Championships 5/13/05  
45-1<sup>3/4</sup> (5th) Southern Miss Invitational 3/12/05  
43-11<sup>3/4</sup> (10th) Louisiana Classics 3/19/05

## Ruben Stephens

### Shot Put

50-11 (2nd) Tulane Green Wave Invitational 4/13/05  
50-10<sup>1/4</sup> (5th) Louisiana Classics 3/19/05  
49-11<sup>1/4</sup> (9th) Houston Invitational 5/7/05  
48-2 (4th) Pelican Relays 4/16/05  
48-1 (6th) FSU Snowbird Invitational 3/5/05  
47-1<sup>1/2</sup> (14th) LSU Alumni Gold 4/23/05  
47-0<sup>3/4</sup> (13th) LSU Tiger Relays 3/26/05  
46-10<sup>1/4</sup> (14th) SLC Championships 5/13/05

### Discus

\* 173-3 (1st) SLC Championships 5/13/05  
\* 165-8 (5th) Houston Invitational 5/7/05  
165-4 (1st) Tulane Green Wave Invitational 4/13/05  
164-7 (4th) Texas Relays 4/8/05  
164-6 (3rd) LSU Tiger Relays 3/26/05  
162-6 (19th) NCAA Mideast Regionals 5/27/05  
160-5 (4th) Louisiana Classics 3/19/05  
159-2 (9th) LSU Alumni Gold 4/23/05  
158-4 (4th) FSU Snowbird Invitational 3/5/05

## Craig Thomas

### 100-Meter Dash

11.14 (prelims) SLC Championships 5/13/05  
11.15 (37th) LSU Alumni Gold 4/23/05  
11.34 (10th) Tulane Green Wave Invitational 4/13/05  
11.43 (prelims) LSU Tiger Relays 3/26/05  
11.45 (10th) Southern Miss Invitational 3/12/05  
11.57 (21st) Louisiana Classics 3/19/05

### 200-Meter Dash

22.99 (prelims) SLC Championships 5/13/05  
23.51 (15th) Southern Miss Invitational 3/12/05  
23.59 (8th) Tulane Green Wave Invitational 4/13/05

## Demarris Triggs

### 400-Meter Dash

50.61 (26th) LSU Alumni Gold 4/23/05  
50.78 (38th) LSU Tiger Relays 3/26/05  
50.83 (9th) Ty Terrell Relays 4/28/05  
51.20 (prelims) SLC Championships 5/13/05  
52.15 (4th) Tulane Green Wave Invitational 4/13/05

### 800-Meter Run

2:00.83 (6th) Southern Miss Invitational 3/12/05  
2:03.53 (15th) Louisiana Classics 3/19/05

# 2004-05 Southeastern Track and Field Men's Outdoor Performances

## Tony Vaccarella

### High Jump

6-8 (1st)	Southern Miss Invitational	3/12/05
6-7 <sup>1/2</sup> (5th)	LSU Alumni Gold	4/23/05
6-6 <sup>3/4</sup> (4th)	Ty Terrell Relays	4/28/05
6-4 <sup>3/4</sup> (4th)	LSU Tiger Relays	3/26/05
6-4 (4th)	FSU Snowbird Invitational	3/5/05
6-2 <sup>3/4</sup> (13th)	SLC Championships	5/13/05
5-11 <sup>1/2</sup> (1st)	Tulane Green Wave Invitational	4/13/05

### Long Jump

22-5 <sup>3/4</sup> (6th)	Southern Miss Invitational	3/12/05
22-5 (7th)	FSU Snowbird Invitational	3/5/05
21-8 <sup>1/4</sup> (4th)	Tulane Green Wave Invitational	4/13/05
21-4 (15th)	SLC Championships	5/13/05
21-2 <sup>3/4</sup> (7th)	Louisiana Classics	3/19/05

## Rosendo Vallejos

### 3,000-Meter Run

9:45.19 (7th)	Tulane Green Wave Invitational	4/13/05
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### 5,000-Meter Run

16:51.80 (22nd)	LSU Alumni Gold	4/23/05
17:20.60 (25th)	LSU Tiger Relays	3/26/05

### 10,000-Meter Run

35:40.03 (5th)	Louisiana Classics	3/19/05
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## Joey Valure

### 800-Meter Run

1:53.91 (8th)	LSU Alumni Gold	4/23/05
1:58.20 (prelims)	SLC Championships	5/13/05
2:05.19 (16th)	Louisiana Classics	3/19/05

### 1,500-Meter Run

<b>*3:47.85 (4th)</b>	<b>LSU Tiger Relays</b>	<b>3/26/05</b>
3:55.83 (4th)	SLC Championships	5/13/05
3:57.99 (prelims)	SLC Championships	5/13/05
3:59.57 (3rd)	Louisiana Classics	3/19/05
4:04.71 (9th)	Texas Relays	4/8/05

### 3,000-Meter Run

8:45.80 (1st)	Tulane Green Wave Invitational	4/13/05
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## Daniel Varnado

### 100-Meter Dash

10.52 (prelims)	Pelican Relays	4/16/05
10.76 (prelims)	SLC Championships	5/13/05
10.85 (27th)	LSU Alumni Gold	4/23/05
11.02 (5th)	Pelican Relays	4/16/05

### 200-Meter Dash

21.56 (5th)	Ty Terrell Relays	4/28/05
21.75 (prelims)	SLC Championships	5/13/05
21.94 (28th)	LSU Alumni Gold	4/23/05

22.15 (2nd)	Tulane Green Wave Invitational	4/13/05
22.09 (8th)	Louisiana Classics	3/19/05

### 400-Meter Dash

49.66 (6th)	FSU Snowbird Invitational	3/5/05
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## Teremine White

### Shot Put

<b>53-3<sup>3/4</sup> (2nd)</b>	<b>Louisiana Classics</b>	<b>3/19/05</b>
<b>53-3<sup>3/4</sup> (1st)</b>	<b>Pelican Relays</b>	<b>4/16/05</b>
53-1 <sup>3/4</sup> (1st)	Ty Terrell Relays	4/28/05
52-6 (5th)	Houston Invitational	5/7/05
52-1 <sup>3/4</sup> (1st)	Tulane Green Wave Invitational	4/13/05
51-10 (3rd)	FSU Snowbird Invitational	3/5/05
51-9 <sup>1/4</sup> (1st)	Southern Miss Invitational	3/12/05
50-10 <sup>1/4</sup> (6th)	LSU Tiger Relays	3/26/05
50-5 <sup>1/2</sup> (9th)	LSU Alumni Gold	4/23/05
49-1 <sup>3/4</sup> (9th)	Texas Relays	4/8/05

### Discus Throw

* 171-7 (2nd)	Ty Terrell Relays	4/28/05
* 166-4 (4th)	LSU Alumni Gold	4/23/05
164-6 (4th)	SLC Championships	5/13/05
163-1 (1st)	FSU Snowbird Invitational	3/5/05
162-4 (9th)	Texas Relays	4/8/05
158-1 (2nd)	Tulane Green Wave Invitational	4/13/05
152-2 (9th)	LSU Tiger Relays	3/26/05
150-7 (4th)	Southern Miss Invitational	3/12/05

## Dwight Womack

### Shot Put

48-2 <sup>1/2</sup> (3rd)	Tulane Green Wave Invitational	4/13/05
47-7 <sup>3/4</sup> (5th)	Pelican Relays	4/16/05
46-11 <sup>3/4</sup> (15th)	LSU Alumni Gold	4/23/05
46-11 <sup>1/2</sup> (13th)	SLC Championships	5/13/05
46-1 (10th)	FSU Snowbird Invitational	3/5/05
45-3 <sup>1/2</sup> (14th)	LSU Tiger Relays	3/26/05
45-0 <sup>1/4</sup> (7th)	Louisiana Classics	3/19/05

### Discus Throw

158-9 (8th)	Houston Invitational	5/7/05
150-3 (3rd)	Tulane Green Wave Invitational	4/13/05
148-4 (7th)	FSU Snowbird Invitational	3/5/05
146-10 (12th)	SLC Championships	5/13/05
146-0 (5th)	Louisiana Classics	3/19/05
145-6 (12th)	LSU Alumni Gold	4/23/05
143-6 (7th)	Southern Miss Invitational	3/12/05
140-2 (14th)	LSU Tiger Relays	3/26/05

### Hammer Throw

154-9 (7th)	SLC Championships	5/13/05
152-11 (8th)	Houston Invitational	5/7/05
147-9 (4th)	FSU Snowbird Invitational	3/5/05
147-4 (1st)	Tulane Green Wave Invitational	4/13/05
146-2 (7th)	LSU Alumni Gold	4/23/05

# 2004-05 Southeastern Track and Field Men's Outdoor Performances

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143-4 (4th)	TSU Relays	3/19/05
142-9 (11th)	LSU Tiger Relays	3/26/05
141-7 (3rd)	Southern Miss Invitational	3/12/05

## **4x100-Meter Relay**

### **(Varnado-Hurst-Garnette-Dunn)**

41.14 (3rd)	Louisiana Classics	3/19/05
41.18 (4th)	LSU Tiger Relays	3/26/05
41.51 (2nd)	Southern Miss Invitational	3/12/05
41.72 (1st)	Tulane Green Wave Invitational	4/13/05

### **(Dunn-Hurst-Garnette-Varnado)**

41.24 (2nd)	Ty Terrell Relays	4/28/05
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### **(Coward-Dunn-Garnette-Hurst)**

41.37 (2nd)	Pelican Relays	4/16/05
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### **(TBA)**

41.07 (7th)	SLC Championships	5/13/05
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## **4x400-Meter Relay**

### **(Varnado-Coward-Alford-Anderson)**

3:17.57 (12th)	LSU Tiger Relays	3/26/05
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### **(Anderson-Alford-Coward-Triggs)**

3:22.75 (9th)	LSU Alumni Gold	4/23/05
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### **(TBA)**

3:14.34 (6th)	SLC Championships	5/13/05
3:22.95 (3rd)	Southern Miss Invitational	3/12/05

## **Sprint Medley Relay**

### **(Varnado-Hurst-Coward-Valure)**

<b>3:25.72 (1st)</b>	<b><i>Pelican Relays</i></b>	<b>4/16/05</b>
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School records in *bold italics*

\* - NCAA Mideast Regional Qualifier