

**Conference USA Indoor Track & Field  
2010 Performance List**

**Women**

Marks received as of 1/18/10

[Links to meet results](#)

# - 55m marks converted to 60m standards

\* - 200m flat track marks converted to 200m banked track standards

**Women 60m Dash**

1	7.43		Christie Jones	Houston	1/15/10	Leonard Hilton Mem.
2	7.45		Whitney Harris	Houston	1/15/10	Leonard Hilton Mem.
2	7.45		Grecia Bolton	Houston	1/15/10	Leonard Hilton Mem.
4	7.48		Shakera Reece	Rice	1/15/10	Leonard Hilton Mem.
4	7.48		Kalyn Floyd	Houston	1/15/10	Leonard Hilton Mem.
6	7.51		Olivia Kizzee	Tulane	1/15/10	Leonard Hilton Mem.
7	7.57	#	LaShandra Kershaw	Memphis	12/5/09	ASU Kickoff Klassic
8	7.63		Kasey Rodgers	Tulane	1/15/10	Leonard Hilton Mem.
9	7.72		Ashley Wills	Tulsa	1/15/10	Wichita State
10	7.73		Tenesia Simpson	East Carolina	12/5/09	Christopher Newport
11	7.77		Amanda Leland	UCF	1/16/10	Kentucky Invit.
12	7.82		Tanisha Glover	East Carolina	12/5/09	Christopher Newport
13	7.85		Lenora Guion-Firmin	Tulsa	1/15/10	Wichita State
14	7.86	#	Kyosha Yarbrough	Memphis	12/5/09	ASU Kickoff Klassic
15	7.88		Tai'shea Reese	Houston	1/15/10	Leonard Hilton Mem.
16	7.89	#	Tayanna Simpson	Memphis	12/5/09	ASU Kickoff Klassic
17	7.94		Alysha Cook	Houston	12/12/09	Texas A&M Reveille Invit.
18	8.00	#	Holly Joiner	Memphis	12/5/09	ASU Kickoff Klassic
19	8.02		Tamara Little	East Carolina	12/5/09	Christopher Newport
20	8.03		Rachel McCallum	East Carolina	1/16/10	Virginia Tech Invit,

**Women 200m Dash**

1	24.52	*	Ashley Wills	Tulsa	1/15/10	Wichita State
1	24.52	*	Olivia Kizzee	Tulane	1/15/10	Leonard Hilton Mem.
3	24.75		Jacquelyn Coward	UCF	1/16/10	Kentucky Invit.
4	24.77	*	Lenora Guion-Firmin	Tulsa	1/15/10	Wichita State
5	24.78	*	Deneen Kirk	Memphis	12/5/09	ASU Kickoff Klassic
6	24.80	*	LaShandra Kershaw	Memphis	12/5/09	ASU Kickoff Klassic
7	25.02		Champelle Brown	UCF	1/16/10	Kentucky Invit.
8	25.07	*	Jamie Riles	Tulane	1/15/10	Leonard Hilton Mem.
9	25.08	*	Tayanna Simpson	Memphis	12/5/09	ASU Kickoff Klassic
10	25.35		Tiki James	UCF	1/16/10	Kentucky Invit.
11	25.47		Sonnisha Williams	UCF	1/16/10	Kentucky Invit.
12	25.57	*	Kasey Rodgers	Tulane	1/15/10	Leonard Hilton Mem.
13	25.59		Micaeala Wimberly	UCF	1/16/10	Kentucky Invit.
14	25.97	*	Holland Thomas	Memphis	12/5/09	ASU Kickoff Klassic
14	25.97	*	Leonie Fiebig	Memphis	12/5/09	ASU Kickoff Klassic
16	25.98	*	Sarah Lyons	Rice	1/15/10	Leonard Hilton Mem.
16	25.98		Amanda Leland	UCF	1/16/10	Kentucky Invit.
16	25.98	*	Holly Joiner	Memphis	12/5/09	ASU Kickoff Klassic
19	26.14	*	Tiffanie Smith	Tulane	1/15/10	Leonard Hilton Mem.
20	26.18	*	Nicole Saunders	East Carolina	12/5/09	Christopher Newport

**Women 400m Dash**

1	56.32		Champelle Brown	UCF	1/16/10	Kentucky Invit.
2	56.86	*	Jessica Ford	Tulsa	1/15/10	Wichita State
3	56.97	*	Monica Mason	Memphis	12/5/09	ASU Kickoff Klassic
4	57.26	*	Brittany Washington	Rice	1/15/10	Leonard Hilton Mem.

5	57.30	*	Keyona Neal	Memphis	12/5/09	ASU Kickoff Klassic
6	58.12		Tiffany Harris	East Carolina	1/16/10	Virginia Tech Invit,
7	58.29	*	Racquell Powell	Tulsa	1/15/10	Wichita State
8	59.88	*	Candice St Etienne	Tulane	1/15/10	Leonard Hilton Mem.
9	1:00.20	*	Jerica Banks	Tulane	1/15/10	Leonard Hilton Mem.
10	1:00.23		Ericka Charles	East Carolina	1/16/10	Virginia Tech Invit,
11	1:00.96		Dan'Elle Bellamy	UCF	1/16/10	Kentucky Invit.
12	1:01.06	*	Danielle Pensack	Tulane	1/15/10	Leonard Hilton Mem.
13	1:01.15	*	Lauren DeHays	Marshall	12/5/09	Oiler Opener
14	1:01.22		Aisha Frazier	UCF	1/16/10	Kentucky Invit.
15	1:01.39	*	Tyra Green	East Carolina	12/5/09	Christopher Newport
16	1:01.46	*	Zandria DeBowles	Tulane	1/15/10	Leonard Hilton Mem.
17	1:01.62	*	Amber Pierson	Marshall	12/5/09	Oiler Opener
18	1:02.81	*	Maya Kirk	Rice	1/15/10	Leonard Hilton Mem.
19	1:03.28	*	Kia Haskins	East Carolina	12/5/09	Christopher Newport
20	1:06.48	*	Brittany Lombardo	East Carolina	12/5/09	Christopher Newport

**Women 800m Run**

1	2:13.12	*	Taylor Rigsby	Tulsa	1/15/10	Wichita State
2	2:14.94	*	Keltie John	Rice	1/15/10	Leonard Hilton Mem.
3	2:15.18	*	Stephanie Aldea	Houston	1/15/10	Leonard Hilton Mem.
4	2:15.98		Ciera Johnson	Houston	12/12/09	Texas A&M Reveille Invit.
5	2:17.71		Clarissa Payton	Houston	12/12/09	Texas A&M Reveille Invit.
6	2:18.81	*	Sophie Peeters	Rice	1/15/10	Leonard Hilton Mem.
7	2:20.66	*	Vicki Walker	Rice	1/15/10	Leonard Hilton Mem.
8	2:20.85	*	Claire Shorall	Rice	1/15/10	Leonard Hilton Mem.
9	2:25.29	*	Lindsey Marshall	Houston	1/15/10	Leonard Hilton Mem.
10	2:25.54	*	Addie Quinn	Rice	1/15/10	Leonard Hilton Mem.
11	2:25.93	*	Sarah Mason	Rice	1/15/10	Leonard Hilton Mem.

**Women 1 Mile Run**

1	4:54.17	*	Britany Williams	Rice	1/15/10	Leonard Hilton Mem.
2	4:55.18		Brittany Copeland	East Carolina	1/16/10	Virginia Tech Invit,
3	4:57.42	*	Melanie Cleland	Tulsa	1/15/10	Wichita State
4	4:59.61	*	Ashley Scott	Tulsa	1/15/10	Wichita State
5	5:01.31	*	Marie Thompson	Rice	1/15/10	Leonard Hilton Mem.
6	5:02.14	*	Claire Shorall	Rice	1/15/10	Leonard Hilton Mem.
7	5:06.43	*	Johanna Gretschel	Tulane	1/15/10	Leonard Hilton Mem.
8	5:08.26	*	Heather Olson	Rice	1/15/10	Leonard Hilton Mem.
9	5:13.29	*	Halsey Fowler	Rice	1/15/10	Leonard Hilton Mem.
10	5:14.17	*	Erin Huddleston	Tulsa	1/15/10	Wichita State
11	5:17.74	*	Kathryn Ducommun	Houston	1/15/10	Leonard Hilton Mem.
12	5:19.68		Tara Wilson	East Carolina	1/16/10	Virginia Tech Invit,
13	5:20.27	*	Erin Watson	Rice	1/15/10	Leonard Hilton Mem.
14	5:28.94	*	Brandi Witte	Houston	1/15/10	Leonard Hilton Mem.
15	5:31.59	*	Jasmine Trier	Houston	1/15/10	Leonard Hilton Mem.
16	5:34.45	*	Jessica Dallager	Tulane	1/15/10	Leonard Hilton Mem.
17	5:37.17		Alyssa Franks	UCF	1/16/10	Kentucky Invit.
18	5:37.47	*	Ciera Johnson	Houston	1/15/10	Leonard Hilton Mem.
19	5:39.13	*	Rebecca Coady	Tulane	1/15/10	Leonard Hilton Mem.
20	5:43.99	*	Annette Glaz	Tulane	1/15/10	Leonard Hilton Mem.

**Women 3000m Run**

1	9:45.66		Brittany Copeland	East Carolina	1/16/10	Virginia Tech Invit,
2	10:21.61	*	Lana Kelley	Tulsa	1/15/10	Wichita State
3	10:23.12		Samantha Lichtner	East Carolina	1/16/10	Virginia Tech Invit,
4	10:23.51		Tara Wilson	East Carolina	1/16/10	Virginia Tech Invit,

5	10:26.70	*	Laura Englehutt	Tulsa	1/15/10	Wichita State
6	10:29.96	*	Kayleigh Brown	Memphis	12/5/09	ASU Kickoff Klassic
7	10:52.92		Erica Weitz	UCF	1/16/10	Kentucky Invit.
8	10:53.65		Ocean Cohen	UCF	1/16/10	Kentucky Invit.
9	10:58.17	*	Jasmine Darden	Memphis	12/5/09	ASU Kickoff Klassic
10	11:53.61		Andrea Barletta	East Carolina	1/16/10	Virginia Tech Invit,

**Women 5000m Run**

1	17:39.92		Stephanie Aldea	Houston	12/12/09	Texas A&M Reveille Invit.
2	17:55.53	*	Julia Whitrock	Tulane	1/15/10	Leonard Hilton Mem.
3	18:22.84		Brandi Witte	Houston	12/12/09	Texas A&M Reveille Invit.
4	18:36.06	*	Megan Munoz	Houston	1/15/10	Leonard Hilton Mem.
5	18:36.89	*	Michaela Reynolds	Rice	1/15/10	Leonard Hilton Mem.
6	21:08.48	*	Caitlin Hornbeck	Tulane	1/15/10	Leonard Hilton Mem.

**Women 60m Hurdles**

1	8.22		Tiki James	UCF	1/16/10	Kentucky Invit.
2	8.39		Jacquelyn Coward	UCF	1/16/10	Kentucky Invit.
3	8.65	#	Tayanna Simpson	Memphis	12/5/09	ASU Kickoff Klassic
4	8.69		Alysha Cook	Houston	1/15/10	Leonard Hilton Mem.
5	8.82		Micaeala Wimberly	UCF	1/16/10	Kentucky Invit.
6	8.85	#	Holland Thomas	Memphis	12/5/09	ASU Kickoff Klassic
7	8.88		Lucie Cincinatis	Rice	1/15/10	Leonard Hilton Mem.
8	8.91		Kimberly Stanford	Rice	1/15/10	Leonard Hilton Mem.
9	8.93		Olivia Amy	Houston	1/15/10	Leonard Hilton Mem.
10	8.95		JaQuanda Wright	East Carolina	12/5/09	Christopher Newport
11	9.05		Bridget Ugoh	Rice	1/15/10	Leonard Hilton Mem.
12	9.07		Ashley Bolling	UCF	1/16/10	Kentucky Invit.
13	9.14		Megan Bibbs	Houston	1/15/10	Leonard Hilton Mem.
14	9.18		Alex Gibbs	Rice	1/15/10	Leonard Hilton Mem.
14	9.18		Alecia Daniels	Marshall	12/5/09	Oiler Opener
16	9.22		Rachel Coaxum	Marshall	12/5/09	Oiler Opener
17	9.30	#	Deneen Kirk	Memphis	12/5/09	ASU Kickoff Klassic
18	9.34		Nicole Saunders	East Carolina	12/5/09	Christopher Newport
19	9.44		Samatha Shields	UCF	1/16/10	Kentucky Invit.
20	9.66		Brianna Steel	Tulsa	12/12/09	Kansas State All-Comers
20	9.66		Britney Blodgett	Rice	1/15/10	Leonard Hilton Mem.

**Women 4x400m Relay**

1	3:43.77	*		Houston	1/15/10	Leonard Hilton Mem.
2	3:48.13			UCF	1/16/10	Kentucky Invit.
3	3:49.38	*		Tulsa	1/15/10	Wichita State
4	3:51.21	*		Memphis	12/5/09	ASU Kickoff Klassic
5	3:53.21	*		Tulane	1/15/10	Leonard Hilton Mem.
6	3:54.52	*		Rice	1/15/10	Leonard Hilton Mem.
7	3:57.34			East Carolina	1/16/10	Virginia Tech Invit,
8	4:27.37	*		Marshall	12/5/09	Oiler Opener

**Women 4000m Distance Medley Relay**

1	12:37.63	*		Rice	1/15/10	Leonard Hilton Mem.
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**Women High Jump**

1	1.78m	5-10.00	Tynita Butts	East Carolina	12/5/09	Christopher Newport
2	1.70m	5-07.00	Kirsten Berding	Memphis	12/5/09	ASU Kickoff Klassic
3	1.65m	5-05.00	Brianna Steel	Tulsa	12/12/09	Kansas State All-Comers
4	1.63m	5-04.25	Vanessa Jules	Marshall	12/5/09	Oiler Opener
5	1.60m	5-03.00	Kiri Kendall	Rice	1/15/10	Leonard Hilton Mem.

5	1.60m	5-03.00	Leonie Fiebig	Memphis	12/5/09	ASU Kickoff Klassic
5	1.60m	5-03.00	Valeria Moore	East Carolina	1/16/10	Virginia Tech Invit,
5	1.60m	5-03.00	Laura Allred	Houston	1/15/10	Leonard Hilton Mem.
9	1.55m	5-01.00	Vivian Haynes	Memphis	12/5/09	ASU Kickoff Klassic
9	1.55m	5-01.00	Kelly Curtis	Tulane	1/15/10	Leonard Hilton Mem.
9	1.55m	5-01.00	Tiffany Gill	Rice	1/15/10	Leonard Hilton Mem.
12	1.48m	4-10.25	Jordan Meadows	Marshall	12/5/09	Oiler Opener
12	1.48m	4-10.25	Lauren DeHays	Marshall	12/5/09	Oiler Opener

**Women Pole Vault**

1	3.70m	12-01.50	Ari Ince	Rice	1/15/10	Leonard Hilton Mem.
2	3.46m	11-04.25	Caitlin Clancy	Tulsa	1/15/10	Wichita State
3	3.43m	11-03.00	Shannan Arnold	Houston	12/12/09	Texas A&M Reveille Invit.
4	3.40m	11-01.75	Stephanie McDougal	East Carolina	1/16/10	Virginia Tech Invit,
5	3.27m	10-08.75	Alyssa Northcut	Memphis	12/5/09	ASU Kickoff Klassic
6	3.25m	10-08.00	Cleona Oliver	Rice	1/15/10	Leonard Hilton Mem.
6	3.25m	10-08.00	Brittany Brewster	Memphis	12/5/09	ASU Kickoff Klassic
8	3.12m	10-02.75	Lauren Gale	Memphis	12/5/09	ASU Kickoff Klassic
9	3.10m	10-02.00	Karley King	Houston	1/15/10	Leonard Hilton Mem.
9	3.10m	10-02.00	Casie Wilson	Rice	1/15/10	Leonard Hilton Mem.
11	2.50m	8-02.50	Kelsey Moran	Tulane	1/15/10	Leonard Hilton Mem.

**Women Long Jump**

1	6.10m	20-00.25	Tynita Butts	East Carolina	12/5/09	Christopher Newport
2	5.92m	19-05.25	Sonnisha Williams	UCF	1/16/10	Kentucky Invit.
2	5.92m	19-05.25	Tai'shea Reese	Houston	1/15/10	Leonard Hilton Mem.
4	5.77m	18-11.25	Quinshundolyn McPher	Houston	12/12/09	Texas A&M Reveille Invit.
5	5.76m	18-10.75	Deneen Kirk	Memphis	12/5/09	ASU Kickoff Klassic
6	5.73m	18-09.75	Kyosha Yarbrough	Memphis	12/5/09	ASU Kickoff Klassic
7	5.64m	18-06.00	Jacquelyn Gilchrist	UCF	1/16/10	Kentucky Invit.
8	5.60m	18-04.50	Lydia Chamberlin	Tulsa	1/15/10	Wichita State
9	5.56m	18-03.00	Megan Frausto	Houston	12/12/09	Texas A&M Reveille Invit.
10	5.44m	17-10.25	Kiri Kendall	Rice	1/15/10	Leonard Hilton Mem.
10	5.44m	17-10.25	Carolin Imhof	Tulsa	1/15/10	Wichita State
12	5.38m	17-08.00	Tanisha Glover	East Carolina	12/5/09	Christopher Newport
13	5.35m	17-06.75	Leonie Fiebig	Memphis	12/5/09	ASU Kickoff Klassic
14	5.32m	17-05.50	Shannon Moran	Rice	1/15/10	Leonard Hilton Mem.
15	5.31m	17-05.25	Andrea Jackson	Marshall	12/5/09	Oiler Opener
16	5.30m	17-04.75	Tomika Story	UCF	1/16/10	Kentucky Invit.
17	5.29m	17-04.25	Nicolette Taku	Tulane	1/15/10	Leonard Hilton Mem.
18	5.21m	17-01.25	Desiree' Blow	Memphis	12/5/09	ASU Kickoff Klassic
19	5.18m	17-00.00	Raquelle Collins	Tulane	1/15/10	Leonard Hilton Mem.
20	5.11m	16-09.25	Samatha Shields	UCF	1/16/10	Kentucky Invit.

**Women Triple Jump**

1	12.27m	40-03.25	Camelia Morman	East Carolina	1/16/10	Virginia Tech Invit,
2	12.09m	39-08.00	Nadirah Shakir	Houston	1/15/10	Leonard Hilton Mem.
3	12.07m	39-07.25	Tomika Story	UCF	1/16/10	Kentucky Invit.
4	11.99m	39-04.00	Sarah Agara	Rice	1/15/10	Leonard Hilton Mem.
5	11.85m	38-10.50	Nicolette Taku	Tulane	1/15/10	Leonard Hilton Mem.
6	11.77m	38-07.50	Kyosha Yarbrough	Memphis	12/5/09	ASU Kickoff Klassic
7	11.70m	38-04.75	Kiri Kendall	Rice	1/15/10	Leonard Hilton Mem.
8	11.13m	36-06.25	Shannon Moran	Rice	1/15/10	Leonard Hilton Mem.
9	10.33m	33-10.75	Lakeya O'Neal	East Carolina	12/5/09	Christopher Newport

**Women Shot Put**

1	14.30m	46-11.00	Charlissa Foster	Houston	12/12/09	Texas A&M Reveille Invit.
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2	14.07m	46-02.00	LaKendra Thames	UCF	1/16/10	Kentucky Invit.
3	13.84m	45-05.00	Kiera Pulliam	Houston	12/12/09	Texas A&M Reveille Invit.
4	13.16m	43-02.25	Marina Vojinovic	Memphis	12/5/09	ASU Kickoff Klassic
5	13.08m	42-11.00	Karmyn Clarke	Memphis	12/5/09	ASU Kickoff Klassic
6	12.94m	42-05.50	Latricia Jones	Marshall	12/5/09	Oiler Opener
7	12.53m	41-01.50	Jessica Francis	UCF	1/16/10	Kentucky Invit.
8	11.96m	39-03.00	Tina Robinson	Rice	1/15/10	Leonard Hilton Mem.
9	11.79m	38-08.25	Katie Dollinger	Rice	1/15/10	Leonard Hilton Mem.
10	11.71m	38-05.00	Brittany Brown	Rice	1/15/10	Leonard Hilton Mem.
11	11.59m	38-00.25	Cara Rumburg	Marshall	12/5/09	Oiler Opener
12	11.50m	37-08.75	Lydia Chamberlin	Tulsa	1/15/10	Wichita State
13	10.72m	35-02.00	Carolyn Imhof	Tulsa	1/15/10	Wichita State
14	10.70m	35-01.25	Arielle Minor	Tulane	1/15/10	Leonard Hilton Mem.
15	10.54m	34-07.00	Sharae Robinson	Rice	1/15/10	Leonard Hilton Mem.
16	10.49m	34-05.00	Brianna Steel	Tulsa	1/15/10	Wichita State
17	10.10m	33-01.75	Jordan Meadows	Marshall	12/5/09	Oiler Opener
18	9.75m	32-00.00	Morgan Bryant	Marshall	12/5/09	Oiler Opener
19	9.66m	31-08.50	Kelly Curtis	Tulane	1/15/10	Leonard Hilton Mem.
20	9.12m	29-11.25	Ana Ruzevic	Tulane	1/15/10	Leonard Hilton Mem.

**Women Weight Throw**

1	16.91m	55-05.75	Latricia Jones	Marshall	12/5/09	Oiler Opener
2	16.14m	52-11.50	Karmyn Clarke	Memphis	12/5/09	ASU Kickoff Klassic
3	16.10m	52-10.00	Angela Wigley	Memphis	12/5/09	ASU Kickoff Klassic
4	16.07m	52-08.75	LaKendra Thames	UCF	1/16/10	Kentucky Invit.
5	15.74m	51-07.75	Jessica Francis	UCF	1/16/10	Kentucky Invit.
6	15.50m	50-10.25	Tina Robinson	Rice	1/15/10	Leonard Hilton Mem.
7	15.46m	50-08.75	Kelsey Klein	Tulsa	1/15/10	Wichita State
8	14.83m	48-08.00	Katie Dollinger	Rice	1/15/10	Leonard Hilton Mem.
9	14.48m	47-06.25	Rachel Bilek	Marshall	12/5/09	Oiler Opener
10	14.18m	46-06.25	Charlene Grady	East Carolina	1/16/10	Virginia Tech Invit,
11	14.03m	46-00.50	Elizabeth Barnhart	Marshall	12/5/09	Oiler Opener
12	14.01m	45-11.75	Brittany Brown	Rice	1/15/10	Leonard Hilton Mem.
13	13.68m	44-10.75	Molly Grove	Marshall	12/5/09	Oiler Opener
14	13.60m	44-07.50	Donisha Brown	East Carolina	1/16/10	Virginia Tech Invit,
15	13.50m	44-03.50	Cara Rumburg	Marshall	12/5/09	Oiler Opener
16	13.29m	43-07.25	Ashley Kirkpatrick	UCF	1/16/10	Kentucky Invit.
17	13.00m	42-08.00	Morgan Bolom	Tulsa	1/15/10	Wichita State
18	12.97m	42-06.75	Marina Vojinovic	Memphis	12/5/09	ASU Kickoff Klassic
19	12.87m	42-02.75	Sharae Robinson	Rice	1/15/10	Leonard Hilton Mem.
20	12.63m	41-05.25	Brittani Stanley	Marshall	12/5/09	Oiler Opener