



HOUSTON COUGARS OUTDOOR TRACK & FIELD

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2009 OUTDOOR SCHEDULE

Date	Meet	Location	Finish
March 20-21	TSU Relays	Houston, Texas	No Team Scoring
March 27-28	Rice Bayou Classic	Houston, Texas	Third, 75.5 Points
April 1-4	Texas Relays	Austin, Texas	No Team Scoring
April 10-11	ASU Sun Angel Classic	Tempe, Ariz.	No Team Scoring
April 18	LSU Alumni Gold	Baton Rouge, La.	No Team Scoring
April 23-25	Penn Relays	Philadelphia, Pa.	No Team Scoring
April 24 -25	Brutus Hamilton Invitational	Baton Rouge, La.	No Team Scoring
April 29	J. Fred Duckett Rice Twilight	Houston, Texas	No Team Scoring
May 2	Texas Invite	Austin, Texas	No Team Scoring
May 14-16	C-USA Championships	Tulsa, Okla.	Fourth, 86.5 Points
May 29-30	NCAA Midwest Regional	Norman, Okla.	17th, 14 Points
June 10-13	NCAA Championships	Fayetteville, Ark.	Tied 43rd, 6 Points
June 25-28	USATF Outdoor Championships	Eugene, Ore.	----

2009 ATHLETE MARKS

100-METER DASH

Grecia Bolton	11.50	Midwest Regional
Christie Jones	11.52	Texas Invite
Seun Adigun	11.67	Texas Invite
Tai'Shea Reese	12.15	Texas Invite
Whitney Harris	12.15	Sun Angel Classic
Dayo Ogunniyi	12.77	Rice Bayou Classic

200-METER DASH

Christie Jones	23.31	Texas Invite
Grecia Bolton	23.34	NCAA Champs
Whitney Harris	23.72	Rice Twilight
Seun Adigun	23.85	Rice Twilight
Kalyn Floyd	23.95	LSU Alumni
Shaunda McPherson	24.38	Rice Bayou Classic
Tai'shea Reese	25.47	LSU Alumni
Candyce Cross	25.76	Rice Twilight

400-METER DASH

Kalyn Floyd	53.03	Sun Angel Classic
Whitney Harris	53.83	LSU Alumni
Candyce Cross	55.47	C-USA Champs
Crysta Swayzer	56.08	C-USA Champs
Ciera Johnson	57.21	LSU Alumni
Clarissa Payton	1:00.11	Rice Twilight

800-METER RUN

Stephanie Aldea	2:11.73	Texas Invite
Ciera Johnson	2:12.04	C-USA Champs
Erica Hannemann	2:14.37	Brutus Hamilton
Clarissa Payton	2:15.29	Rice Twilight
Crysta Swayzer	2:18.79	Texas Invite
Lindsey Marshall	2:24.76	Sun Angel Classic
Megan Munoz	2:26.38	TSU Relays
Starla Garcia	2:33.54	Rice Bayou Classic
Jasmine Trier	2:41.15	Rice Bayou Classic

1500-METER RUN

Stephanie Aldea	4:29.46	Brutus Hamilton
Erica Hannemann	4:38.15	LSU Alumni
Starla Garcia	4:54.35	TSU Relays
Megan Munoz	4:56.66	Texas Invite
Jasmine Trier	5:19.13	TSU Relays

3,000-METER STEEPLE

Jasmine Trier	12:26.36	Rice Twilight
Megan Munoz	12:26.91	Mesa CC Invite

5,000-METER RUN

Stephanie Aldea	17:19.94	Sun Angel Classic
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Starla Garcia	17:37.69	Brutus Hamilton
Erica Hannemann	18:21.86	Rice Twilight
Megan Munoz	18:31.51	Rice Twilight

100-METER HURDLES

Seun Adigun	12.88	Midwest Regional
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400-METER HURDLES

Lindsey Marshall	1:02.76	Texas Invite
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4X100-METER RELAY

Houston	43.72	Midwest Regional
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4X400-METER RELAY

Houston	3:37.44	Texas Relays
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HIGH JUMP

Laura Allred	1.70m (5-07.00)	LSU Alumni
Kim Brown	1.55m (5-01.00)	C-USA Champs

POLE VAULT

Shannan Arnold	3.55m (11-07.75)	Sun Angel Classic
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LONG JUMP

Quin'shundolyn McPherson	6.26m (20-06.50)	C-USA Champs
Tai'shea Reese	6.12m (20-01.00)	Rice Bayou Classic
Dayo Ogunniyi	6.03m (19-09.50)	C-USA Champs
Kim Brown	5.51m (18-01.00)	C-USA Champs
Seun Adigun	4.96m (16-03.25)	Texas Invite

TRIPLE JUMP

Nadirah Shakir	12.66m (41-06.50)	Midwest Regional
Alaysha Ford	12.15m (39-10.50)	LSU Alumni

SHOT PUT

Kiara Pulliam	14.95m (49-00.75)	Rice All-Comers
Charlissa Foster	13.56m (44-06.00)	Rice Twilight

DISCUS

Charlissa Foster	46.49m (152-06)	Texas Invite
Amanda Villanueva	46.21m (151-07)	Mesa CC Invite

JAVELIN

Brittani Williams	48.23m (158-03)	Midwest Regional
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HEPTATHLON

Kim Brown	4,296 Points	C-USA Champs
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