



2017 OUTDOOR MEN'S BEST

100m		
Cameron Burrell	NCAA Championships	9.93 ⁹
Eli Hall	Penn Relays	10.00(w)
Mario Burke	Penn Relays	10.17(w)
John Lewis III	NCAA West Prelims	10.24(w)
Jacarias Martin	Houston Alumni Invitational	10.40(w)
Cameron Prejean	Houston Alumni Invitational	10.41(w)
Trumaine Jefferson	Houston Alumni Invitational	10.53(w)
Curtis Brown	The American Championships	10.60
Nate Mechler	Texas Relays	11.05
Antwan Dickerson	Victor Lopez Classic	11.14(w)
Chris Morales	The American Championships	11.41
Sebastian Russi	The American Championships	11.88
Emiliano Troitino	The American Championships	12.13

200m		
Eli Hall	The American Championships	19.96(w)
Jacarias Martin	NCAA West Prelims	20.49(w)
Mario Burke	The American Championships	20.52(w)
Amere Lattin	Cougar Spring Break Invitational	20.86(w)
Cameron Burrell	The American Championships	20.90(w)
Trumaine Jefferson	Houston Alumni Invitational	21.06(w)
John Lewis III	The American Championships	21.23(w)
Curtis Brown	The American Championships	21.26
Cameron Prejean	The American Championships	21.75(w)
Daniel Ford	Cougar Spring Break Invitational	21.88(w)
Brennan Dorsey	Victor Lopez Classic	22.87

400m		
Trumaine Jefferson	The American Championships	46.43
Raymund Clarke	Victor Lopez Classic	47.11
Nate Mechler	Texas Relays	48.36
Brennan Dorsey	Tom Tellez Invitational	49.81
Colin George	Houston Alumni Invitational	51.29
Chris Morales	The American Championships	51.38
Sebastian Russi	The American Championships	52.43
Emiliano Troitino	Long Beach Invitational	53.43

800m		
Chris Ibarra	Mt. SAC Relays	1:51.35
Cameron Laverty	Victor Lopez Classic	1:53.09
Nicholas Hamilton	J. Fred Duckett Twilight Invitational	1:53.02
Drake Murphy	Long Beach Invitational	1:54.96
Blake Contreras	Houston Alumni Invitational	1:56.57
Aaron Hurd	Tom Tellez Invitational	1:56.71
Isaac Pearce	J. Fred Duckett Twilight Invitational	1:56.78
Caleb Beacham	Tom Tellez Invitational	1:57.56

1500m		
Chris Ibarra	Victor Lopez Classic	3:51.32
GJ Reyna	Victor Lopez Classic	3:54.73
Blake Contreras	The American Championships	3:56.86
Nicholas Hamilton	Mt. SAC Relays	3:57.95
Matt Parmley	Victor Lopez Classic	4:06.96
Drake Murphy	Cougar Spring Break Invitational	4:07.10
Isaac Pearce	Tom Tellez Invitational	4:08.84
Chris Wallace	Houston Alumni Invitational	4:10.02
Alex Arnold	J. Fred Duckett Twilight Invitational	4:11.37
Aaron Hurd	Victor Lopez Classic	4:23.87
Nate Mechler	The American Championships	4:26.28
Chris Morales	The American Championships	4:28.67
Liam Gallagher	Houston Alumni Invitational	4:28.80
Zach Stewart	Victor Lopez Classic	4:32.16
Chris Morales	The American Championships	5:05.18

3000m		
Chris Wallace	Longhorn Invitational	9:11.39
Matt Parmley	Cougar Spring Break Invitational	9:19.53

5000m		
GJ Reyna	The American Championships	14:48.29
Chris Wallace	J. Fred Duckett Twilight Invitational	15:12.41

110m Hurdles		
Amere Lattin	Houston Alumni Invitational	13.73(w)
Nate Mechler	The American Championships	14.87(w)
Chris Morales	Victor Lopez Classic	15.49
Antwan Dickerson	Houston Alumni Invitational	15.69(w)
Emiliano Troitino	Cougar Spring Break Invitational	15.69(w)
Sebastian Russi	The American Championships	15.97(w)

400m Hurdles		
Amere Lattin	NCAA West Regional	50.59
Raymund Clarke	Cougar Spring Break Invitational	53.14

4x100m Relay		
Lewis III, Burke		
Martin, Burrell	NCAA Championships	38.34 ⁹

4x400m Relay		
Clarke, Lattin		
Burke, Jefferson	Mt. SAC Relays	3:04.38 ⁹

High Jump		
Colin George	The American Championships	6-8.75 (2.05m)
Antwan Dickerson	The American Championships	6-5.5 (1.97m)
Sebastian Russi	The American Championships	6-4.75 (1.95m)
Nate Mechler	Texas Relays	6-0.75 (1.85m)
Chris Morales	The American Championships	5-9.75 (1.77m)
Emiliano Troitino	The American Championships	5-3.75 (1.62m)

Pole Vault		
Chris Morales	The American Championships	16-0.75 (4.90m)
Nate Mechler	The American Championships	15-5.0 (4.70m)
Hayden Flores	The American Championships	15-1.5 (4.61m)
Sebastian Russi	The American Championships	15-1.0 (4.60m)
Edward Trevino	Houston Alumni Invitational	14-1.25 (4.30m)

Long Jump		
Trumaine Jefferson	The American Championships	25-10.0 (7.87m)(w)
Antwan Dickerson	The American Championships	25-9.5 (7.86m)(w)
Jared Kerr	Cougar Spring Break Invitational	24-4.25 (7.42m)(w)
Nate Mechler	Texas Relays	23-6.0 (7.16m)
Chris Morales	The American Championships	21-7.25 (6.58m)
Breyon Thurman	Tom Tellez Invitational	20-4.25 (6.20m)
Sebastian Russi	The American Championships	20-4.25 (6.20m)
Emiliano Troitino	The American Championships	18-6.5 (5.65m)
Zach Stewart	Tom Tellez Invitational	18-2.5 (5.55m)

Triple Jump		
Jared Kerr	The American Championships	51-9.0 (15.77m)(w)
Antwan Dickerson	The American Championships	48-6.5 (14.79m)
Breyon Thurman	Houston Alumni Invitational	46-9 (14.25m)(w)

Shot Put		
Cameron Cornelius	Cougar Spring Break Invitational	61-11.5 (18.88m)
Alex Garza	Penn Relays	59-2.75 (18.05m)
Nate Mechler	The American Championships	40-2.75 (12.26m)
Chris Morales	The American Championships	39-6.5 (12.05m)
Emiliano Troitino	The American Championships	38-4.0 (11.68m)
Sebastian Russi	The American Championships	37-2.5 (11.34m)

Discus		
Zachary Oliva	The American Championships	169-9 (51.75m)
Damon Thompson	Tom Tellez Invitational	161-7 (49.26m)
Kenneth Sessums	Cougar Spring Break Invitational	158-5 (48.30m)
Jose Rodriguez	Cougar Spring Break Invitational	150-7 (45.91m)
Sebastian Russi	The American Championships	126-0 (38.40m)
Emiliano Troitino	Houston Alumni Invitational	122-10 (37.43m)
Chris Morales	Victor Lopez Classic	118-6 (36.13m)
Nate Mechler	Houston Alumni Invitational	115-4 (35.15m)
Joe Meyer	Cougar Spring Break Invitational	114-6 (34.89m)

Javelin		
Chris Morales	The American Championships	175-9 (53.56m)
Nate Mechler	The American Championships	165-10 (50.56m)
Sebastian Russi	The American Championships	149-9 (45.64m)
Emiliano Troitino	J. Fred Duckett Twilight Invitational	131-11 (40.20m)

Hammer Throw		
Damon Thompson	Long Beach Invitational	198-0 (60.36m)
Curtis Dalton	J. Fred Duckett Twilight Invitational	159-1 (48.48m)
Alex Garza	Houston Alumni Invitational	145-0 (44.20m)

Decathlon		
Nate Mechler	The American Championships	7,374 points
Christopher Morales	The American Championships	6,857 points
Sebastian Russi	The American Championships	6,770 points
Emiliano Troitino	The American Championships (Limited by injury)	3,264 points



2017 OUTDOOR WOMEN'S BEST

100m		
Brianne Bethel	The American Championships	11.40
Tori Williams	Houston Alumni Invitational	11.50(w)
Sierra Smith	Houston Alumni Invitational	11.52(w)
Samiyah Samuels	The American Championships	11.81(w)
Justice Henderson	The American Championships	11.82
Bria Carter	Cougar Spring Break Invitational	11.85(w)
Tonye'cia Burks	J. Fred Duckett Twilight Invitational	12.06(w)
Paige Lawrence	Victor Lopez Classic	12.37(w)
Kelsey Roy	J. Fred Duckett Twilight Invitational	12.96
Kamille Robinzine	Victor Lopez Classic	13.01

200m		
Brianne Bethel	The American Championships	23.12(w)
Tori Williams	Houston Alumni Invitational	23.18(w)
Sierra Smith	Houston Alumni Invitational	23.84(w)
Tonye'cia Burks	Victor Lopez Classic	24.42
Nikesha Keith	Cougar Spring Break Invitational	24.78(w)
Samiyah Samuels	Tom Tellez Invitational	25.12
Bria Carter	Cougar Spring Break Invitational	25.31(w)
Jazmyn Tilford-Rutherford	Cougar Spring Break Invitational	25.39(w)
Kelsey Roy	Cougar Spring Break Invitational	25.61(w)
Brittini Bethel	The American Championships	25.81(w)
Anna Larsson	J. Fred Duckett Twilight Invitational	27.01
Kelly Goudeau	Victor Lopez Classic	27.17
Kamille Robinzine	Victor Lopez Classic	27.73
Macey Sims	Cougar Spring Break Invitational	28.80(w)

400m		
Birexus Hawkins	The American Championships	53.64
Nikesha Keith	J. Fred Duckett Twilight Invitational	55.96
Jazmyn Tilford-Rutherford	The American Championships	56.33
Brittini Bethel	The American Championships	58.05
Tori Williams	Tom Tellez Invitational	58.42
Kelly Goudeau	Victor Lopez Classic	1:00.28

800m		
Britani Gonzales	Longhorn Invitational	2:15.76
Jennifer Dunlap	Longhorn Invitational	2:16.24
Kelly Goudeau	The American Championships	2:18.22
Debra Taylor	Tom Tellez Invitational	2:19.33
Meredith Sorensen	Tom Tellez Invitational	2:20.21
Jessica Thurman	Tom Tellez Invitational	2:26.95
Claudia Santos	Tom Tellez Invitational	2:28.76
Anna Larsson	The American Championships	2:32.72
Kristina Knowles	The American Championships	2:33.93
Mackenzie Illari	Tom Tellez Invitational	2:34.60

1500m		
Jennifer Dunlap	Victor Lopez Classic	4:31.81
Selena Sierra	J. Fred Duckett Twilight Invitational	4:41.48
Britani Gonzales	The American Championships	4:43.53
Jahnavi Schnedier	J. Fred Duckett Twilight Invitational	4:44.04
Meredith Sorensen	The American Championships	4:46.05
Maddie Brown	Victor Lopez Classic	4:52.12
Claudia Santos	The American Championships	4:55.38
Emely Morgado	Tom Tellez Invitational	4:56.30
Jessica Thurman	J. Fred Duckett Twilight Invitational	4:57.89
Claudia Santos	Houston Alumni Invitational	5:04.94
Debra Taylor	Victor Lopez Classic	5:15.16
Mackenzie Illari	Houston Alumni Invitational	5:18.25

3000m		
Mackenzie Illari	Cougar Spring Break Invitational	11:06.81

3000m Steeplechase		
Selena Sierra	Mt. SAC Relays	10:26.41

5000m		
Maddie Brown	Mt. SAC Relays	16:56.51
Jahnavi Schneider	Mt. SAC Relays	16:57.67
Selena Sierra	The American Championships	17:40.36
Emely Morgado	J. Fred Duckett Twilight Invitational	18:04.44
Mackenzie Illari	J. Fred Duckett Twilight Invitational	18:46.76

100m Hurdles		
Kelsey Roy	The American Championships	13.82(w)
Birexus Hawkins	The American Championships	13.92
Macey Sims	Tom Tellez Invitational	15.73(w)
Anna Larsson	The American Championships	15.99

400m Hurdles		
Birexus Hawkins	The American Championships	59.59

4x100m Relay		
Bria. Bethel, Samuels Smith, Williams	Cougar Spring Break Invitational	44.23

4x400m Relay		
Tilford-Rutherford, Smith Bethel, Keith	The American Championships	3:48.66

High Jump		
Anna Larsson	The American Championships	5-3.25 (1.61m)

Pole Vault		
Haley Houston	Tom Tellez Invitational	12-7.5 (3.85m)

Long Jump		
Samiyah Samuels	The American Championships	21-7.25 (6.58m)(w)
Tonye'cia Burks	Houston Alumni Invitational	21-0.5 (6.41m)(w)
Justice Henderson	The American Championships	19-9.5 (6.03m)
Paige Lawrence	The American Championships	19-6.25 (5.95m)
Phedenia George-Moseby	Victor Lopez Classic	18-7.0 (5.66m)
Anna Larsson	The American Championships	18-6.0 (5.64m)

Triple Jump		
Tonye'cia Burks	Mt. SAC Relays	44-4.75 (13.53m)*
Paige Lawrence	Victor Lopez Classic	39-0.5 (11.90m)
Jazmyn Tilford-Rutherford	Tom Tellez Invitational	38-3.5 (11.67m)

Shot Put		
A'Nease Linnear	Longhorn Invitational	47-0.75 (14.34m)
Nora Monie	Cougar Spring Break Invitational	44-0.75 (13.43m)
Taylor Scaife	The American Championships	43-5.0 (13.23m)
Mikaila Martin	The American Championships	40-9.5 (12.43m)
Anna Larsson	Cougar Spring Break Invitational	31-9.25 (9.68m)

Discus		
Nora Monie	Penn Relays	164-4 (50.10m)

Hammer Throw		
Mikaila Martin	The American Championships	195-0 (59.44m)*
Taylor Scaife	The American Championships	193-11 (59.10m)

Javelin		
Anna Larsson	The American Championships	119-6 (36.42m)

Heptathlon		
Anna Larsson	The American Championships	4,624 points