

Southland Conference Indoor Championships 2025
Birmingham CrossPlex - 3/2/2025 to 3/3/2025
Meet Program - Sunday Running Events

Event 17 Heptathlon: #1 Men 60 Meter Dash

Sunday 3/2/2025 - 8:30 AM			
SLC Meet:	6.91	2/26/2023	Dallas Williams
CrossPlex:	6.71	3/11/2022	Andrei Iosivas

Lane	Name	Yr	School	Seed	Time
Section 1 of 2 Finals					
1	38 Joshua Nate	JR	East Texas A	NT	_____
2	127 Kyle Sieracki	SR	Incarnate Wo	NT	_____
3	321 Bruce Boon	FR	Northwestern	NT	_____
4	420 Semion Brodski	JR	Stephen F. A	NT	_____
5	35 Joshua Kommer	FR	East Texas A	NT	_____
6	108 Leo Chauchard	JR	Incarnate Wo	NT	_____
7	203 Logan Broussard	JR	McNeese Stat	NT	_____
8	441 Anthony White	FR	Stephen F. A	NT	_____

Section 2 of 2 Finals					
1	130 Jonah Ulbricht	JR	Incarnate Wo	NT	_____
2	340 Tim Pelkmans	SO	Northwestern	NT	_____
3	72 Benny Haywood	FR	Houston Chri	NT	_____
4	121 Nicolai Nelson	FR	Incarnate Wo	NT	_____
5	422 Ayden Colbert	JR	Stephen F. A	NT	_____
6	33 Jonas Gran	FR	East Texas A	NT	_____
7	378 Ian McAlpine	SO	SE Louisiana	NT	_____
8	113 Mika Funck	FR	Incarnate Wo	NT	_____

Event 34 Indoor Pentathlon: #1 Women 60 Meter Hurdles

Sunday 3/2/2025 - 8:50 AM			
SLC Meet:	8.50	2006	Ryanne Dupree
CrossPlex:	8.09	3/11/2016	Kendall Williams

Lane	Name	Yr	School	Seed	Time
Section 1 of 6 Finals					
1	93 Lexie Leal	SO	Incarnate Wo	NT	_____
3	271 Andrea Tirado	JR	Nicholls Sta	NT	_____
5	18 Tina Samson	SO	East Texas A	NT	_____
Section 2 of 6 Finals					
1	2 Magdaline Campo	SO	East Texas A	NT	_____
3	306 Raven-Symone Jarrett	SR	Northwestern	NT	_____
5	144 Bethany Kelly	SR	Lamar	NT	_____
7	89 Isabella Gonzalez-Velasqu	SO	Incarnate Wo	NT	_____

Section 3 of 6 Finals					
1	350 Kayla Cleveland	FR	SE Louisiana	NT	_____
3	405 Basia Mitchell	SO	Stephen F. A	NT	_____
5	135 Mariam Buenanueva-Salc	SR	Lamar	NT	_____

Section 4 of 6 Finals					
1	91 Jai'Lin King	SR	Incarnate Wo	NT	_____
3	404 Kenisa Meyer	SR	Stephen F. A	NT	_____
5	312 Cherie Neal	SO	Northwestern	NT	_____
7	86 Aleah Constantine	SR	Incarnate Wo	NT	_____

Section 5 of 6 Finals					
1	155 Clemence Varin	SR	Lamar	NT	_____
3	257 Jinte Braas	SO	Nicholls Sta	NT	_____
5	61 Samantha Rabius	SO	Houston Chri	NT	_____

Section 6 of 6 Finals

1	410 Kaya Russler	FR	Stephen F. A	NT	_____
3	224 Helen Baumgarten	SO	New Orleans	NT	_____
5	252 Alaila Allen	FR	Nicholls Sta	NT	_____
7	390 Brooklyn Barger	FR	Stephen F. A	NT	_____

Event 24 Women 5000 Meter Run

Sunday 3/2/2025 - 12:00 PM			
2-alley start, 2-turn stagger LAPPED RUNNERS REMOVED TO 16			
SLC Meet:	16:26.46	2/21/2018	Rabea Schoneborn
CrossPlex:	15:15.21	3/11/2016	Molly Seidel

Lane	Name	Yr	School	Seed	Time
Section 1 of 1 Finals					
1	94 Vera Maisaje	FR	Incarnate Wo	NT	_____
2	50 Arlette Concepcion	SR	Houston Chri	NT	_____
3	358 Ava Pitarro	SO	SE Louisiana	NT	_____
4	92 Alyssa Laspada	FR	Incarnate Wo	NT	_____
5	150 Ashton Rainey	SO	Lamar	NT	_____
6	142 Cara Inch	SR	Lamar	16:29.41	_____
7	393 Garance Dubray	JR	Stephen F. A	17:21.15	_____
8	229 Petra Imre	FR	New Orleans	NT	_____
9	55 Macie Hunter	SR	Houston Chri	18:07.49	_____
10	147 Inca Padfield	JR	Lamar	NT	_____
11	102 Emily Torres	FR	Incarnate Wo	NT	_____
12	401 Mercy Kipchumba	FR	Stephen F. A	NT	_____
13	263 Elaina Hansen	SR	Nicholls Sta	NT	_____
14	451 Neele Heyne	FR	Texas A&M-CC	NT	_____
15	226 Emma Bourg	SO	New Orleans	17:30.63	_____
16	446 Julie Cernoch	FR	Texas A&M-CC	19:00.88	_____
17	448 Alicia Finnis	FR	Texas A&M-CC	NT	_____
18	485 Faith Cruz	SO	UT-Rio Grand	NT	_____
19	180 Jeny Barcenass	JR	McNeese Stat	NT	_____
20	268 Issy Rivault	SO	Nicholls Sta	NT	_____
21	462 Faith Ramos	SO	Texas A&M-CC	NT	_____
22	398 Valentine Jemutai	FR	Stephen F. A	NT	_____
23	458 Chloe Leather	JR	Texas A&M-CC	18:10.03	_____
24	261 Avery Guidry	SO	Nicholls Sta	NT	_____
25	186 Grace French	FR	McNeese Stat	19:20.79	_____
26	461 Micah Mizell	FR	Texas A&M-CC	NT	_____

Southland Conference Indoor Championships 2025**Birmingham CrossPlex - 3/2/2025 to 3/3/2025****Meet Program - Sunday Running Events****Event 7 Men 5000 Meter Run****Sunday 3/2/2025 - 12:30 PM****2-alley start, 2-turn stagger LAPPED RUNNERS REMOVED TO 16****SLC Meet: 13:40.36 2/28/2021 Shea Foster****CrossPlex: 13:19.01 3/11/2022 Abdihamid Nur**

Lane	Name	Yr	School	Seed Time
Section 1 of 1 Finals				
1	39 Casey Novelo	SR	East Texas A	14:41.27
2	68 Abderahman Benfodda	SO	Houston Chri	NT
3	176 Riley Trent	FR	Lamar	NT
4	109 Christopher Daniels	SR	Incarnate Wo	NT
5	118 Kamron Loera	JR	Incarnate Wo	NT
6	75 Leandre Lahalle	JR	Houston Chri	14:58.91
7	173 Lloyd Sheppard-Brown	JR	Lamar	14:15.31
8	248 Evan Pardo	JR	New Orleans	14:17.15
9	467 Diego Canto	FR	Texas A&M-CC	NT
10	120 Griffin Neal	SR	Incarnate Wo	14:09.61
11	476 Kye Lowth	FR	Texas A&M-CC	NT
12	474 Dominic Kiptum	FR	Texas A&M-CC	NT
13	281 Lucas Futey	SR	Nicholls Sta	NT
14	216 Ryan McCarthy	FR	McNeese Stat	NT
15	430 Elkana Kipruto	SO	Stephen F. A	13:37.01
16	125 Eric Pineda	JR	Incarnate Wo	NT
17	115 Kevin Hernandez	JR	Incarnate Wo	15:04.49
18	106 James Butler	FR	Incarnate Wo	15:05.77
19	418 Ryan Binskin	FR	Stephen F. A	NT
20	377 Euan Lagan	SR	SE Louisiana	NT
21	432 Andrew Mullen	SO	Stephen F. A	NT
22	240 Antonio Delgado	JR	New Orleans	NT
23	244 Josh Johnston	SO	New Orleans	NT
24	44 John Speer	SR	East Texas A	14:36.81
25	466 Mathayo Bundotich	FR	Texas A&M-CC	NT
26	424 Zephirin Darhan	JR	Stephen F. A	NT
27	31 Jeremiah Garcia	SO	East Texas A	14:44.58
28	249 Gary Sandrock	SR	New Orleans	15:52.71

Event 25 Women 60 Meter Hurdles**Sunday 3/2/2025 - 3:00 PM****Top Two in Heat + Next 2 on Time Advance****SLC Meet: 8.19 2014 Sabrina Starr****CrossPlex: 7.78 3/11/2022 Grace Stark**

Lane	Name	Yr	School	Seed Time
Heat 1 of 3 Prelims				
1	100 LaTavia Smith	FR	Incarnate Wo	9.47
2	101 Dasya Tolbert	SO	Incarnate Wo	NT
3	135 Mariam Buenanueva-Sale	SR	Lamar	8.74
4	404 Kenisa Meyer	SR	Stephen F. A	8.61
5	309 Dynia Lewis	JR	Northwestern	8.42
6	303 Silet Gray	JR	Northwestern	8.94
7	87 Charnay Derrick	SO	Incarnate Wo	8.99
8	5 Kayla Effiong	FR	East Texas A	9.09

Heat 2 of 3 Prelims

1	297 Madison Brown	SR	Northwestern	9.00
2	56 Lanaye Keys	SR	Houston Chri	9.08
3	405 Basia Mitchell	SO	Stephen F. A	8.87
4	484 Trezur Connley	FR	UT-Rio Grand	8.61
5	89 Isabella Gonzalez-Velasquez	SO	Incarnate Wo	8.86
6	482 Krystan Bright	FR	UT-Rio Grand	8.44
7	259 Ava-Claire Calais	FR	Nicholls Sta	9.99
8	313 Jessica Pitcher	JR	Northwestern	9.75

Heat 3 of 3 Prelims

1	86 Aleah Constantine	SR	Incarnate Wo	8.99
2	136 Bria DeGray	FR	Lamar	9.32
3	306 Raven-Symone Jarrett	SR	Northwestern	8.67
4	143 Kayli Johnson	SR	Lamar	8.42
5	236 Olga Skolasinska	FR	New Orleans	8.95
6	397 Amani Graham	SO	Stephen F. A	8.67
7	199 Bridget Trahan	SO	McNeese Stat	9.10

Event 8 Men 60 Meter Hurdles**Sunday 3/2/2025 - 3:10 PM****Top Two in Heat + Next 2 on Time Advance****SLC Meet: 7.75 2/25/2019 Fabian McCall****CrossPlex: 7.35 3/9/2019 Grant Holloway**

Lane	Name	Yr	School	Seed Time
Heat 1 of 3 Prelims				
2	385 Brian Simon	FR	SE Louisiana	9.00
3	381 Olufolabo Ogunyemi	SR	SE Louisiana	7.91
4	334 Dishawn Lamb	JR	Northwestern	8.07
5	72 Benny Haywood	FR	Houston Chri	8.11
6	506 Jaylen Critton	JR	UT-Rio Grand	8.36
7	427 Nicholas Grullon	JR	Stephen F. A	8.44
8	324 Brian Fisher	SO	Northwestern	8.81
Heat 2 of 3 Prelims				
2	218 Daniel Miller	FR	McNeese Stat	8.57
3	25 Evan Ealy	FR	East Texas A	8.35
4	124 Alyas Phillips	SO	Incarnate Wo	8.06
5	108 Leo Chauchard	JR	Incarnate Wo	8.20
6	245 Taj Morris	JR	New Orleans	8.05
7	468 Aiden Chalk	SO	Texas A&M-CC	8.59

Heat 3 of 3 Prelims

2	286 Isaac Hayes	SR	Nicholls Sta	9.39
3	78 SJ Marais	SO	Houston Chri	8.15
4	79 Ashton Munoz-Nieves	SO	Houston Chri	8.06
5	159 Ethan Ellis	JR	Lamar	8.53
6	127 Kyle Sieracki	SR	Incarnate Wo	7.92
7	32 Cash Goodman	FR	East Texas A	8.35
8	167 Blake Richards	FR	Lamar	8.60

Southland Conference Indoor Championships 2025**Birmingham CrossPlex - 3/2/2025 to 3/3/2025****Meet Program - Sunday Running Events****Event 18 Women 60 Meter Dash****Sunday 3/2/2025 - 3:20 PM****Heat Winner + Next 4 on Time Advance to Finals**

SLC Meet: 7.32 2/26/2023 Lynelle Washington
 CrossPlex: 7.04 3/11/2022 Julien Alfred

Lane	Name	Yr	School	Seed Time
Heat 1 of 4 Prelims				
2	134 Ahmasia Brown	FR	Lamar	7.78
3	309 Dynia Lewis	JR	Northwestern	7.55
4	14 Leah Pettis	JR	East Texas A	7.46
5	148 Sydne Porter	SR	Lamar	7.71
6	96 Kallie Morrison	JR	Incarnate Wo	7.64
7	189 Makayla Heath	SR	McNeese Stat	7.84
8	197 Chelsi Tatum	SO	McNeese Stat	7.95
Heat 2 of 4 Prelims				
2	313 Jessica Pitcher	JR	Northwestern	7.96
3	301 Sileena Farrell	JR	Northwestern	7.50
4	412 Kennedy Swann	JR	Stephen F. A	7.53
5	1 Hailey Ayers	SO	East Texas A	7.70
6	486 Jizzale Davis	FR	UT-Rio Grand	7.68
7	87 Charnay Derrick	SO	Incarnate Wo	7.83
8	138 Favor Ezeoka	SO	Lamar	7.84
Heat 3 of 4 Prelims				
2	304 Briana Green	SO	Northwestern	7.88
3	490 Nayla Harris	JR	UT-Rio Grand	7.28
4	10 Savannah Harvey	SO	East Texas A	7.58
5	394 Timiejha Furlow	JR	Stephen F. A	7.59
6	98 Harmonyey Rector	SO	Incarnate Wo	7.73
7	179 Gabriele Andrews	FR	McNeese Stat	7.89
8	4 Anayah Copeland	SR	East Texas A	7.74
Heat 4 of 4 Prelims				
2	82 Victoria Arowosegbe	FR	Incarnate Wo	7.85
3	346 Marvellous Asemota	SO	SE Louisiana	7.46
4	415 Kierra Yarbrough	SR	Stephen F. A	7.63
5	190 Latavia Jack	SR	McNeese Stat	7.57
6	20 Sydnee Wilson	FR	East Texas A	7.72
7	298 Victoria Byrd	JR	Northwestern	7.78
8	63 Raylen Russell	JR	Houston Chri	7.94

Event 1 Men 60 Meter Dash**Sunday 3/2/2025 - 3:35 PM****Heat Winner + Next 3 on Time Advance to Finals**

SLC Meet: 6.64 2009 Teddy Williams
 CrossPlex: 6.47 3/12/2016 Ronnie Baker

Lane	Name	Yr	School	Seed Time
Heat 1 of 5 Prelims				
2	276 Michael Crawford	SO	Nicholls Sta	7.32
3	30 Ibrahim Fuseini	JR	East Texas A	6.53
4	47 Oguz Uyar	SO	East Texas A	6.78
5	341 Elijah Rowe	JR	Northwestern	6.93
6	501 Keamonie Archie	SO	UT-Rio Grand	6.80
7	365 Jaden Bardales	FR	SE Louisiana	6.95
8	67 Aidan Bates	FR	Houston Chri	7.18
Heat 2 of 5 Prelims				
2	283 Connor Gil	FR	Nicholls Sta	7.36
3	175 Kenson Tate	SR	Lamar	6.90
4	241 Madonna Favour	SO	New Orleans	6.78
5	122 Ikenna Opara	SO	Incarnate Wo	6.81
6	29 Enoch Fosuhene	SO	East Texas A	6.66
7	473 David Johnson	FR	Texas A&M-CC	6.99
8	287 Jordan Jackson	SR	Nicholls Sta	7.13
Heat 3 of 5 Prelims				
2	69 Zyyare Brown	SR	Houston Chri	7.03
3	345 Tavis Wilson	SR	Northwestern	6.72
4	40 Ronald Owens	SR	East Texas A	6.83
5	517 Ricky Young	FR	UT-Rio Grand	6.71
6	325 Tajae Francis	JR	Northwestern	6.82
7	274 Nisaiah Bennett	SO	Nicholls Sta	7.07
Heat 4 of 5 Prelims				
2	77 Alexander Long-Craine	SO	Houston Chri	7.01
3	440 Perry Watkins	FR	Stephen F. A	6.81
4	22 Kingsley Ayebeide	SO	East Texas A	6.70
5	375 Alex Gordon	JR	SE Louisiana	6.86
6	509 Jamari Harts	SO	UT-Rio Grand	6.77
7	174 Allen Tabb	JR	Lamar	7.38
8	247 Tshildizi Netshiombo	FR	New Orleans	7.10
Heat 5 of 5 Prelims				
2	238 Daryl Bachmann	FR	New Orleans	7.02
3	211 Amari Godette	SR	McNeese Stat	6.76
4	200 Kalen Beavers	SO	McNeese Stat	6.84
5	201 Koen Beavers	SO	McNeese Stat	6.82
6	503 Corin Burns	JR	UT-Rio Grand	6.70
7	370 Kendall Cleveland	SR	SE Louisiana	7.10

Southland Conference Indoor Championships 2025
Birmingham CrossPlex - 3/2/2025 to 3/3/2025
Meet Program - Sunday Running Events

Event 22 Women 1 Mile Run**Sunday 3/2/2025 - 4:00 PM****2-alley start; 2-turn stagger****Top Three in Heat + Next 4 on Time Advance****SLC Meet: 4:45.93 2/16/2016 Verity Ockenden****CrossPlex: 4:33.13 3/11/2022 Sintayehu Vissa**

Lane	Name	Yr	School	Seed Time
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Heat 1 of 2 Prelims

1	88 Didi Garcia	JR	Incarnate Wo	NT
2	85 Oceane Cercueil	SO	Incarnate Wo	5:09.84
3	193 Jasmine Perez	SR	McNeese Stat	5:10.83
4	402 Trude Lamb	SO	Stephen F. A	5:04.13
5	316 Leah Thompson	SR	Northwestern	5:35.56
6	141 Annabel Hobday	SR	Lamar	4:49.00
7	456 Phylis Kibet	FR	Texas A&M-CC	4:44.65
8	233 Annika Metzger	FR	New Orleans	4:58.31

Heat 2 of 2 Prelims

1	196 Grace Sullivan	SR	McNeese Stat	5:09.03
2	149 Emma Powell	JR	Lamar	NT
3	57 Eline Mast	JR	Houston Chri	4:40.41
4	195 Danielle Salinas	JR	McNeese Stat	5:22.78
5	488 Samantha Gonzalez	SR	UT-Rio Grand	4:50.93
6	453 Embla Hreimsdottir	FR	Texas A&M-CC	4:56.28
7	392 Sharon Boyani Omwoyo	FR	Stephen F. A	5:20.53
8	103 Marie Vazeilles	FR	Incarnate Wo	5:09.50

Event 5 Men 1 Mile Run**Sunday 3/2/2025 - 4:15 PM****2-alley start; 2-turn stagger****Top Three in Heat + Next 4 on Time Advance****SLC Meet: 4:03.14 2014 Sam Stabler****CrossPlex: 3:57.04 3/12/2022 Johnathan Davis**

Lane	Name	Yr	School	Seed Time
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Heat 1 of 2 Prelims

1	160 Adrian Hahn Vadstein	SO	Lamar	4:24.17
2	429 Wyatt Hoover	SO	Stephen F. A	4:14.83
3	479 Ewan Wheelwright	JR	Texas A&M-CC	4:17.12
4	168 Freddy Richardson	SR	Lamar	4:03.55
5	425 Riley Elliott	JR	Stephen F. A	4:05.78
6	250 Alex Williams	FR	New Orleans	4:47.90
7	131 Anthony Zapata	FR	Incarnate Wo	4:10.82
8	213 Kevin Kimaiyo	SO	McNeese Stat	4:35.58
9	285 Alex Hartline	SO	Nicholls Sta	4:31.82
10	43 Josh Shanahan	FR	East Texas A	4:09.53

Heat 2 of 2 Prelims

1	386 Triston Watford	SO	SE Louisiana	4:53.80
2	76 Edouard Lecrivain	SR	Houston Chri	3:59.02
3	212 Sullivan Hanna	SO	McNeese Stat	4:23.35
4	288 William Nizzo	SO	Nicholls Sta	4:33.42
5	169 Jonathan Rivera	JR	Lamar	4:14.45
6	119 Ethan Malesich	SO	Incarnate Wo	4:11.58
7	171 Alexis Rodriguez	FR	Lamar	4:18.84
8	426 Robert Fulle	SR	Stephen F. A	4:09.40
9	290 Brady Sins	FR	Nicholls Sta	4:34.45
10	23 Nicholas Deutsch	SR	East Texas A	4:09.45

Event 20 Women 400 Meter Dash**Sunday 3/2/2025 - 4:30 PM****Two heat final - BASED ON TIME****Heat #1 3,4,6,8 Heat #2 1,2,5,7****SLC Meet: 53.25 3/2/2020 Natasha Jackson****CrossPlex: 50.69 3/12/2016 Courtney Okolo**

Lane	Name	Yr	School	Seed Time
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Heat 1 of 8 Prelims

3	492 Trinity Kirk	JR	UT-Rio Grand	58.97
4	411 Mya Sanders	FR	Stephen F. A	57.44
5	314 Maygan Shaw	SR	Northwestern	52.90
6	299 Margaret Conteh	SR	Northwestern	54.05

Heat 2 of 8 Prelims

3	230 Layden Jack	FR	New Orleans	57.63
4	146 Adebola Odunlami	SR	Lamar	59.30
5	307 Tranasia Jones	SR	Northwestern	55.23
6	352 Onya Onyinye Favour	SO	SE Louisiana	54.62

Heat 3 of 8 Prelims

3	185 Janayah Dotson	FR	McNeese Stat	59.41
4	13 Roane Lion	FR	East Texas A	57.77
5	311 Jayla Mason	FR	Northwestern	55.94
6	296 Kahliyah Anderson	SR	Northwestern	55.44

Heat 4 of 8 Prelims

3	357 Esther Nwanze	SR	SE Louisiana	58.00
4	154 Mikalette Thompson	FR	Lamar	1:00.52
5	480 Zoe Adams	SR	UT-Rio Grand	56.06
6	302 Samari Finney	JR	Northwestern	56.07

Heat 5 of 8 Prelims

3	359 Nina Sorapuru	SR	SE Louisiana	1:02.56
4	395 Jada Gibson	SO	Stephen F. A	58.18
5	457 Khiah Lara-Turner	JR	Texas A&M-CC	56.75
6	3 Cece Charles	SO	East Texas A	56.40

Heat 6 of 8 Prelims

4	139 Erial Fontenot	JR	Lamar	58.39
5	8 Oriana Gee	SR	East Texas A	56.79
6	198 Jashyra Thomas	SO	McNeese Stat	56.82

Heat 7 of 8 Prelims

4	237 Agathe Tronchon	FR	New Orleans	58.74
5	356 Miriam Kauer	SO	SE Louisiana	56.91
6	153 Kayla Smith	JR	Lamar	56.88

Southland Conference Indoor Championships 2025**Birmingham CrossPlex - 3/2/2025 to 3/3/2025****Meet Program - Sunday Running Events****Heat 8 of 8 Prelims...(Event 20 Women 400 Meter Dash)**

4	133 Chantell Bowman	FR	Lamar	58.88	_____
5	483 Aliyah Castillo	JR	UT-Rio Grand	57.42	_____
6	98 Harmonyey Rector	SO	Incarnate Wo	56.97	_____

Event 3 Men 400 Meter Dash**Sunday 3/2/2025 - 4:55 PM****Two heat final - BASED ON TIME****Heat #1 3,4,6,8 Heat #2 1,2,5,7****SLC Meet: 46.23 3/2/2020 Johnathan Sawyer****CrossPlex: 44.62 3/12/2022 Randolph Ross**

Lane	Name	Yr	School	Seed Time	
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Heat 1 of 10 Prelims

3	122 Ikenna Opara	SO	Incarnate Wo	49.17	_____
4	164 Jonah Lane	FR	Lamar	50.67	_____
5	336 Galen Loyd	SR	Northwestern	47.45	_____
6	331 Kason Jones	JR	Northwestern	47.51	_____

Heat 2 of 10 Prelims

3	339 Robert Norton	JR	Northwestern	50.91	_____
4	251 Jameel Williamson	JR	New Orleans	49.22	_____
5	36 Philip Krenek	JR	East Texas A	47.65	_____
6	320 William Achee	FR	Northwestern	47.60	_____

Heat 3 of 10 Prelims

3	208 Jaylen Etheridge	FR	McNeese Stat	51.67	_____
4	515 Cerrone Thompson	JR	UT-Rio Grand	49.28	_____
5	511 Sam Johnson II	JR	UT-Rio Grand	47.91	_____
6	510 Derrius Henry	JR	UT-Rio Grand	47.79	_____

Heat 4 of 10 Prelims

3	242 Darryl George Jr.	SO	New Orleans	49.35	_____
4	243 Travian Johnson	SO	New Orleans	51.71	_____
5	327 Vincente Graini	SO	Northwestern	47.91	_____
6	509 Jamari Harts	SO	UT-Rio Grand	48.00	_____

Heat 5 of 10 Prelims

3	116 Taye Jackson	JR	Incarnate Wo	49.56	_____
4	128 Michael Thomas	JR	Incarnate Wo	52.03	_____
5	217 Ondray Miles	SR	McNeese Stat	48.09	_____
6	42 Myles Redding	FR	East Texas A	48.01	_____

Heat 6 of 10 Prelims

3	161 Josh Harmon	FR	Lamar	52.64	_____
4	163 Christian Johnson	JR	Lamar	49.66	_____
5	502 Alejandro Arellano	FR	UT-Rio Grand	48.12	_____
6	362 Victory Achakpoekri	SO	SE Louisiana	48.11	_____

Heat 7 of 10 Prelims

3	364 Daniel Atinaya	FR	SE Louisiana	NT	_____
4	506 Jaylen Critton	JR	UT-Rio Grand	49.98	_____
5	221 Jaden Powell	SR	McNeese Stat	48.26	_____
6	388 Javon-Taye Williams	SR	SE Louisiana	48.31	_____

Heat 8 of 10 Prelims

3	514 Daniel Siaffa	JR	UT-Rio Grand	50.10	_____
4	416 Jarvis Anderson	SO	Stephen F. A	NT	_____
5	465 Jeremiah Batiste	FR	Texas A&M-CC	48.65	_____
6	438 Mason Roseboro	FR	Stephen F. A	48.40	_____

Heat 9 of 10 Prelims

3	464 Luke Bartnick	FR	Texas A&M-CC	50.36	_____
4	329 Mikkel Johansson	SO	Northwestern	NT	_____
5	323 Desmond Duncan	JR	Northwestern	48.67	_____
6	45 Jedadiah Stockton	FR	East Texas A	48.73	_____

Heat 10 of 10 Prelims

4	363 Joshua Anding	SO	SE Louisiana	50.64	_____
5	73 Denzel Hinds	SR	Houston Chri	49.07	_____
6	220 Nicholas Moron	SO	McNeese Stat	48.82	_____

Event 21 Women 800 Meter Run**Sunday 3/2/2025 - 5:20 PM****2-alley start; 2-turn stagger****Top Two in Heat + Next 2 on Time Advance****SLC Meet: 2:09.30 2/22/2018 Camry Grigsby****CrossPlex: 2:01.37 3/11/2022 Lindsey Butler**

Lane	Name	Yr	School	Seed Time	
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Heat 1 of 3 Prelims

1	449 Chloe Garcia Grafing	SR	Texas A&M-CC	2:14.60	_____
2	52 Jazlynn Estrada	SO	Houston Chri	2:19.63	_____
3	57 Eline Mast	JR	Houston Chri	2:09.98	_____
4	184 Keelei Dorsey	FR	McNeese Stat	2:20.72	_____
5	183 Uxue Castro-Martin	FR	McNeese Stat	2:25.59	_____
6	233 Annika Metzger	FR	New Orleans	2:14.57	_____
7	253 Kalin Baratka	JR	Nicholls Sta	2:29.33	_____

Heat 2 of 3 Prelims

1	408 Landry Perkin	FR	Stephen F. A	2:24.99	_____
2	455 Elizabeth Khatevi	FR	Texas A&M-CC	NT	_____
3	266 Maria Nikolaou	SO	Nicholls Sta	2:17.28	_____
4	260 Anne de Jong	JR	Nicholls Sta	2:16.26	_____
5	499 Kailey Salazar	SO	UT-Rio Grand	2:12.38	_____
6	151 Hannah Roberts	JR	Lamar	2:12.54	_____
7	361 Laney Wilkes	JR	SE Louisiana	2:29.81	_____
8	187 Kaylie Goad	SO	McNeese Stat	2:24.59	_____

Heat 3 of 3 Prelims

1	254 Kalyann Beacom	FR	Nicholls Sta	2:29.44	_____
2	489 Lilliana Guerrero	JR	UT-Rio Grand	2:11.82	_____
3	269 Isabelle Seijlhouwer	SO	Nicholls Sta	2:21.54	_____
4	181 Irene Barreiro-Lopez	SR	McNeese Stat	2:18.07	_____
5	445 Kate Brockman	SR	Texas A&M-CC	2:15.65	_____
6	348 Cayden Boudreaux	FR	SE Louisiana	2:25.56	_____
7	495 Estrella Medellin	SR	UT-Rio Grand	2:14.04	_____
8	264 Layla Ingalls	SR	Nicholls Sta	NT	_____

Southland Conference Indoor Championships 2025

Birmingham CrossPlex - 3/2/2025 to 3/3/2025

Meet Program - Sunday Running Events

Event 4 Men 800 Meter Run

Sunday 3/2/2025 - 5:35 PM

2-alley start; 2-turn stagger

Heat Winner + Next 4 on Time Advance

SLC Meet: 1:48.82 1990 Joseph Sainah

CrossPlex: 1:46.46 3/9/2019 Bryce Hoppel

Lane	Name	Yr	School	Seed Time
Heat 1 of 4 Prelims				
1	117 Jared Laverty	JR	Incarnate Wo	1:51.22
2	512 Abraham Morales	JR	UT-Rio Grand	1:54.55
3	277 Goran Duijsters	SR	Nicholls Sta	1:57.76
4	423 Kevin Curry IV	SO	Stephen F. A	1:54.44
5	289 Wesley O'Neal	SR	Nicholls Sta	2:05.04
6	284 Cesar Gonzalez	FR	Nicholls Sta	2:05.67
7	426 Robert Fulle	SR	Stephen F. A	1:51.69
8	475 Max Lowrey	FR	Texas A&M-CC	1:57.56
Heat 2 of 4 Prelims				
1	239 Kenneth Cerrato	SR	New Orleans	2:00.66
2	513 Diego Pina	FR	UT-Rio Grand	1:55.09
3	76 Edouard Lecrivain	SR	Houston Chri	1:47.99
4	504 Mario Cantarero	FR	UT-Rio Grand	1:55.21
5	273 William Bellina	JR	Nicholls Sta	2:02.44
6	166 Luke Parker	FR	Lamar	1:52.37
7	207 Abdullah Elkhair	JR	McNeese Stat	1:52.65
Heat 3 of 4 Prelims				
1	222 Filippo Squassina	SR	McNeese Stat	1:53.36
2	215 Alex Martin	SO	McNeese Stat	1:49.10
3	382 Edwin Portillo	SO	SE Louisiana	1:59.37
4	210 Tray'Quan Francis	JR	McNeese Stat	1:52.10
5	278 Jake Fabacher	JR	Nicholls Sta	2:03.14
6	219 Obied Mohamed	JR	McNeese Stat	1:54.87
7	435 Jackson Parrish	JR	Stephen F. A	1:55.39
Heat 4 of 4 Prelims				
1	369 Darian Chestnut	JR	SE Louisiana	1:58.77
2	344 Evan Wilson	SR	Northwestern	2:05.98
3	471 Emil Hajjaj	SR	Texas A&M-CC	1:51.92
4	282 Adam Gautreaux	SO	Nicholls Sta	2:03.73
5	472 Phillip Jensen e Castro	FR	Texas A&M-CC	1:54.05
6	223 Colby Trahan	JR	McNeese Stat	1:56.63
7	477 Dillon Smith	FR	Texas A&M-CC	1:50.89
8	119 Ethan Malesich	SO	Incarnate Wo	1:54.62

Event 19 Women 200 Meter Dash

Sunday 3/2/2025 - 5:50 PM

Two heat final - BASED ON TIME

Heat #1 3,4,6,8 Heat #2 1,2,5,7

SLC Meet: 23.50 3/2/2020 Natasha Jackson

CrossPlex: 22.16 3/12/2022 Abby Steiner

Lane	Name	Yr	School	Seed Time
Heat 1 of 8 Prelims				
3	490 Nayla Harris	JR	UT-Rio Grand	24.90
4	303 Silet Gray	JR	Northwestern	25.87
5	314 Maygan Shaw	SR	Northwestern	23.67
6	14 Leah Pettis	JR	East Texas A	23.78
Heat 2 of 8 Prelims				
3	394 Timiejha Furlow	JR	Stephen F. A	24.94
4	138 Favor Ezeoka	SO	Lamar	25.89
5	20 Sydnee Wilson	FR	East Texas A	24.45
6	299 Margaret Conteh	SR	Northwestern	24.18
Heat 3 of 8 Prelims				
3	272 Iyauna Vicks	FR	Nicholls Sta	27.32
4	311 Jayla Mason	FR	Northwestern	25.04
5	296 Kahliyah Anderson	SR	Northwestern	24.53
6	346 Marvellous Asemota	SO	SE Louisiana	24.49
Heat 4 of 8 Prelims				
3	101 Dasya Tolbert	SO	Incarnate Wo	NT
4	96 Kallie Morrison	JR	Incarnate Wo	25.09
5	412 Kennedy Swann	JR	Stephen F. A	24.55
6	4 Anayah Copeland	SR	East Texas A	24.62
Heat 5 of 8 Prelims				
3	134 Ahmasia Brown	FR	Lamar	25.10
4	356 Miriam Kauer	SO	SE Louisiana	NT
5	352 Onya Onyinye Favour	SO	SE Louisiana	24.69
6	486 Jizzale Davis	FR	UT-Rio Grand	24.66
Heat 6 of 8 Prelims				
3	309 Dynia Lewis	JR	Northwestern	NT
4	82 Victoria Arowosegbe	FR	Incarnate Wo	25.21
5	10 Savannah Harvey	SO	East Texas A	24.76
6	480 Zoe Adams	SR	UT-Rio Grand	24.76
Heat 7 of 8 Prelims				
3	298 Victoria Byrd	JR	Northwestern	NT
4	179 Gabriele Andrews	FR	McNeese Stat	25.43
5	148 Sydne Porter	SR	Lamar	24.77
6	104 Emma Williams	FR	Incarnate Wo	24.84
Heat 8 of 8 Prelims				
4	189 Makayla Heath	SR	McNeese Stat	25.86
5	98 Harmony Rector	SO	Incarnate Wo	24.88
6	457 Khiah Lara-Turner	JR	Texas A&M-CC	24.86

Southland Conference Indoor Championships 2025
Birmingham CrossPlex - 3/2/2025 to 3/3/2025
Meet Program - Sunday Running Events

Event 2 Men 200 Meter Dash

Sunday 3/2/2025 - 6:15 PM
Two heat final - BASED ON TIME
Heat #1 3,4,6,8 Heat #2 1,2,5,7

SLC Meet:	20.72	2/26/2024	Keontae' Gaines	
CrossPlex:	20.34	3/8/2019	Divine Oduduru	
Lane	Name	Yr	School	Seed Time
Heat 1 of 9 Prelims				
3	274 Nisaiah Bennett	SO	Nicholls Sta	22.01
4	280 Andrei Fuentes	JR	Nicholls Sta	23.61
5	29 Enoch Fosuhene	SO	East Texas A	20.90
6	30 Ibrahim Fuseini	JR	East Texas A	20.97
Heat 2 of 9 Prelims				
3	283 Connor Gil	FR	Nicholls Sta	23.94
4	77 Alexander Long-Craigne	SO	Houston Chri	22.39
5	503 Corin Burns	JR	UT-Rio Grand	21.30
6	47 Oguz Uyar	SO	East Texas A	21.01
Heat 3 of 9 Prelims				
3	208 Jaylen Etheridge	FR	McNeese Stat	NT
4	473 David Johnson	FR	Texas A&M-CC	22.44
5	509 Jamari Harts	SO	UT-Rio Grand	21.38
6	200 Kalen Beavers	SO	McNeese Stat	21.42
Heat 4 of 9 Prelims				
3	365 Jaden Bardales	FR	SE Louisiana	22.55
4	107 William Camacho	SR	Incarnate Wo	NT
5	336 Galen Loyd	SR	Northwestern	21.49
6	341 Elijah Rowe	JR	Northwestern	21.54
Heat 5 of 9 Prelims				
3	323 Desmond Duncan	JR	Northwestern	22.70
4	126 Eric Quilantan	SR	Incarnate Wo	NT
5	502 Alejandro Arellano	FR	UT-Rio Grand	21.60
6	511 Sam Johnson II	JR	UT-Rio Grand	21.59
Heat 6 of 9 Prelims				
3	325 Tajae Francis	JR	Northwestern	NT
4	247 Tshilidzi Netshiombo	FR	New Orleans	22.70
5	175 Kenson Tate	SR	Lamar	21.66
6	320 William Achee	FR	Northwestern	21.65
Heat 7 of 9 Prelims				
3	370 Kendall Cleveland	SR	SE Louisiana	NT
4	375 Alex Gordon	JR	SE Louisiana	22.89
5	122 Ikenna Opara	SO	Incarnate Wo	21.70
6	517 Ricky Young	FR	UT-Rio Grand	21.67
Heat 8 of 9 Prelims				
3	276 Michael Crawford	SO	Nicholls Sta	23.42
4	329 Mikkel Johansson	SO	Northwestern	NT
5	331 Kason Jones	JR	Northwestern	21.73
6	242 Darryl George Jr.	SO	New Orleans	21.74
Heat 9 of 9 Prelims				
4	287 Jordan Jackson	SR	Nicholls Sta	23.59
5	211 Amari Godette	SR	McNeese Stat	21.77
6	345 Tavis Wilson	SR	Northwestern	21.92

Event 27 Women Distance Medley

Sunday 3/2/2025 - 6:40 PM
SLC Meet: 10:49.14 1996 UT Arlington
CrossPlex: 10:51.37 3/11/2022 Arkansas
I Van Camp, P Peoples, K Gear, L Jolly

Lane	Team	Relay	Seed Time
Section 1 of 1 Finals			
1	McNeese Stat		NT
2	Nicholls Sta		NT
3	East Texas A		NT
4	Texas A&M-CC		NT
5	Houston Chri		11:46.99
6	Stephen F. A		NT
7	Incarnate Wo		NT
8	Lamar		NT
9	New Orleans		NT
10	UT-Rio Grand		11:49.55

Event 10 Men Distance Medley

Sunday 3/2/2025 - 7:00 PM
SLC Meet: 9:54.13 2014 Lamar
S. Guiney, C. Williams, A. Bennett, S. Stabler
CrossPlex: 9:25.20 3/11/2022 Texas
C Gomez, W Wright, C Carrozza, Y Abdalla

Lane	Team	Relay	Seed Time
Section 1 of 1 Finals			
1	Houston Chri		NT
2	Incarnate Wo		NT
3	McNeese Stat		NT
4	Stephen F. A		NT
5	East Texas A		NT
6	SE Louisiana		NT
7	Northwestern		NT
8	UT-Rio Grand		NT
9	New Orleans		NT
10	Texas A&M-CC		10:25.56
11	Lamar		NT
12	Nicholls Sta		NT