

Southland Conference Indoor Championships 2025**Birmingham CrossPlex - 3/2/2025 to 3/3/2025****Meet Program - Monday Running Events****Event 17 Heptathlon: #5 Men 60 Meter Hurdles****Monday 3/3/2025 - 9:00 AM****SLC Meet: 8.10 2/26/2023 Isaiah Hudgens****CrossPlex: 7.80 3/12/2022 Ayden Owens**

Lane	Name	Yr	School	Seed Time
Section 1 of 4 Finals				
1	203 Logan Broussard	JR	McNeese Stat	NT
3	35 Joshua Kommer	FR	East Texas A	NT
5	113 Mika Funck	FR	Incarnate Wo	NT
7	72 Benny Haywood	FR	Houston Chri	NT
Section 2 of 4 Finals				
1	378 Ian McAlpine	SO	SE Louisiana	NT
3	108 Leo Chauchard	JR	Incarnate Wo	NT
5	422 Ayden Colbert	JR	Stephen F. A	NT
7	130 Jonah Ulbricht	JR	Incarnate Wo	NT
Section 3 of 4 Finals				
1	121 Nicolai Nelson	FR	Incarnate Wo	NT
3	340 Tim Pelkmans	SO	Northwestern	NT
5	441 Anthony White	FR	Stephen F. A	NT
7	33 Jonas Gran	FR	East Texas A	NT
Section 4 of 4 Finals				
1	127 Kyle Sieracki	SR	Incarnate Wo	NT
3	420 Semion Brodski	JR	Stephen F. A	NT
5	38 Joshua Nate	JR	East Texas A	NT
7	321 Bruce Boon	FR	Northwestern	NT

Event 17 Heptathlon: #7 Men 1000 Meter Run**Monday 3/3/2025 - 0:00 AM****SLC Meet: 2:35.30 2/25/2019 Rodney Littlejohn****CrossPlex: 2:31.55 3/12/2022 Ayden Owens**

Lane	Name	Yr	School	Seed Time
Section 1 of 1 Finals				
1	113 Mika Funck	FR	Incarnate Wo	NT
2	441 Anthony White	FR	Stephen F. A	NT
3	321 Bruce Boon	FR	Northwestern	NT
4	378 Ian McAlpine	SO	SE Louisiana	NT
5	130 Jonah Ulbricht	JR	Incarnate Wo	NT
6	38 Joshua Nate	JR	East Texas A	NT
7	420 Semion Brodski	JR	Stephen F. A	NT
8	108 Leo Chauchard	JR	Incarnate Wo	NT
9	422 Ayden Colbert	JR	Stephen F. A	NT
10	35 Joshua Kommer	FR	East Texas A	NT
11	72 Benny Haywood	FR	Houston Chri	NT
12	33 Jonas Gran	FR	East Texas A	NT
13	127 Kyle Sieracki	SR	Incarnate Wo	NT
14	203 Logan Broussard	JR	McNeese Stat	NT
15	121 Nicolai Nelson	FR	Incarnate Wo	NT
16	340 Tim Pelkmans	SO	Northwestern	NT

Event 23 Women 3000 Meter Run**Monday 3/3/2025 - 1:30 PM****2-alley start, 2-turn stagger -- No changes in sections due to scratches LAPPED RUNNERS REMOVED TO 16****SLC Meet: 9:30.98 2/17/2015 Jannika John****CrossPlex: 8:57.86 3/12/2016 Molly Seidel**

Lane	Name	Yr	School	Seed Time
Section 1 of 2 Finals				
1	103 Marie Vazeilles	FR	Incarnate Wo	NT
2	235 Michela Papalia	FR	New Orleans	10:15.74
3	265 Ana Letran	SO	Nicholls Sta	NT
4	195 Danielle Salinas	JR	McNeese Stat	11:27.64
5	55 Macie Hunter	SR	Houston Chri	10:29.41
6	485 Faith Cruz	SO	UT-Rio Grand	10:25.57
7	270 Payton Theriot	FR	Nicholls Sta	11:09.78
8	268 Issy Rivault	SO	Nicholls Sta	10:30.66
9	92 Alyssa Laspada	FR	Incarnate Wo	10:18.69
10	458 Chloe Leather	JR	Texas A&M-CC	NT
11	488 Samantha Gonzalez	SR	UT-Rio Grand	10:13.05
12	193 Jasmine Perez	SR	McNeese Stat	10:45.18
13	446 Julie Cernoch	FR	Texas A&M-CC	10:57.02
14	255 Cassidy Besson	SO	Nicholls Sta	NT
15	181 Irene Barreiro-Lopez	SR	McNeese Stat	NT
16	389 Elina Bailey	FR	Stephen F. A	NT
17	451 Neele Heyne	FR	Texas A&M-CC	10:22.74
18	261 Avery Guidry	SO	Nicholls Sta	11:11.24
19	462 Faith Ramos	SO	Texas A&M-CC	NT
20	408 Landry Perkin	FR	Stephen F. A	NT
21	263 Elaina Hansen	SR	Nicholls Sta	10:50.74
22	186 Grace French	FR	McNeese Stat	10:42.72
23	225 Oxana Bonjorn-Giros	SR	New Orleans	10:40.23
24	102 Emily Torres	FR	Incarnate Wo	11:00.77
25	229 Petra Imre	FR	New Orleans	10:43.02
26	358 Ava Pitarro	SO	SE Louisiana	10:29.23
27	94 Vera Maisaje	FR	Incarnate Wo	10:25.91
28	88 Didi Garcia	JR	Incarnate Wo	NT
29	85 Oceane Cercueil	SO	Incarnate Wo	NT
30	266 Maria Nikolaou	SO	Nicholls Sta	NT

Southland Conference Indoor Championships 2025**Birmingham CrossPlex - 3/2/2025 to 3/3/2025****Meet Program - Monday Running Events****Section 2 of 2 Finals...(Event 23 Women 3000 Meter Run)**

1	149 Emma Powell	JR	Lamar	9:44.32	_____
2	456 Phylis Kibet	FR	Texas A&M-CC	9:26.97	_____
3	453 Embla Hreimsdottir	FR	Texas A&M-CC	9:57.89	_____
4	141 Annabel Hobday	SR	Lamar	9:34.07	_____
5	62 Katherine Rogers	FR	Houston Chri	10:05.21	_____
6	226 Emma Bourg	SO	New Orleans	9:55.07	_____
7	392 Sharon Boyani Omwoyo	FR	Stephen F. A	10:00.90	_____
8	50 Arlette Concepcion	SR	Houston Chri	10:02.09	_____
9	142 Cara Inch	SR	Lamar	9:42.99	_____
10	398 Valentine Jemutai	FR	Stephen F. A	9:47.79	_____
11	60 Destiny Quintanilla	JR	Houston Chri	10:00.18	_____
12	402 Trude Lamb	SO	Stephen F. A	10:12.43	_____
13	180 Jeny Barcenias	JR	McNeese Stat	9:52.38	_____
14	461 Micah Mizell	FR	Texas A&M-CC	10:06.00	_____
15	393 Garance Dubray	JR	Stephen F. A	10:06.90	_____
16	448 Alicia Finnis	FR	Texas A&M-CC	9:33.88	_____
17	150 Ashton Rainey	SO	Lamar	9:48.09	_____
18	401 Mercy Kipchumba	FR	Stephen F. A	9:48.09	_____
19	147 Inca Padfield	JR	Lamar	9:35.81	_____
20	196 Grace Sullivan	SR	McNeese Stat	10:11.02	_____

Event 6 Men 3000 Meter Run**Monday 3/3/2025 - 1:55 PM****2-alley start, 2-turn stagger -- No changes in sections due to scratches LAPPED RUNNERS REMOVED TO 16****SLC Meet: 8:00.79 3/1/2021 Shea Foster****CrossPlex: 7:51.46 1/31/2021 Christian Noble**

Lane	Name	Yr	School	Seed Time	
Section 1 of 2 Finals					
1	466 Mathayo Bundotich	FR	Texas A&M-CC	8:46.03	_____
2	386 Triston Watford	SO	SE Louisiana	NT	_____
3	240 Antonio Delgado	JR	New Orleans	9:11.62	_____
4	176 Riley Trent	FR	Lamar	8:50.19	_____
5	65 Jaxson Artisst	SO	Houston Chri	8:52.99	_____
6	342 Korbin Shumate	SR	Northwestern	8:45.70	_____
7	423 Kevin Curry IV	SO	Stephen F. A	NT	_____
8	23 Nicholas Deutsch	SR	East Texas A	8:40.52	_____
9	120 Griffin Neal	SR	Incarnate Wo	NT	_____
10	279 Ty Frazier	SO	Nicholls Sta	9:28.87	_____
11	244 Josh Johnston	SO	New Orleans	8:44.19	_____
12	292 Chase Walker	JR	Nicholls Sta	NT	_____
13	431 Pablo Lesarri	FR	Stephen F. A	NT	_____
14	131 Anthony Zapata	FR	Incarnate Wo	8:40.63	_____
15	169 Jonathan Rivera	JR	Lamar	8:49.01	_____
16	115 Kevin Hernandez	JR	Incarnate Wo	8:44.57	_____
17	171 Alexis Rodriguez	FR	Lamar	8:41.84	_____
18	290 Brady Sins	FR	Nicholls Sta	9:12.34	_____
19	424 Zephirin Darhan	JR	Stephen F. A	8:38.34	_____
20	74 Colby Kurtz	SO	Houston Chri	8:47.13	_____
21	117 Jared Laverty	JR	Incarnate Wo	NT	_____
22	28 Noah Fernandez	FR	East Texas A	NT	_____
23	213 Kevin Kimaiyo	SO	McNeese Stat	9:02.03	_____
24	160 Adrian Hahn Vadstein	SO	Lamar	8:54.80	_____
25	467 Diego Canto	FR	Texas A&M-CC	9:00.62	_____
26	288 William Nizzo	SO	Nicholls Sta	NT	_____
27	212 Sullivan Hanna	SO	McNeese Stat	NT	_____
28	249 Gary Sandrock	SR	New Orleans	9:04.29	_____
29	216 Ryan McCarthy	FR	McNeese Stat	8:39.79	_____
30	118 Kamron Loera	JR	Incarnate Wo	NT	_____
31	384 Landen Schillage	JR	SE Louisiana	9:19.10	_____
32	39 Casey Novelo	SR	East Texas A	NT	_____
33	31 Jeremiah Garcia	SO	East Texas A	8:40.33	_____
34	281 Lucas Futey	SR	Nicholls Sta	8:53.14	_____
35	109 Christopher Daniels	SR	Incarnate Wo	NT	_____
36	119 Ethan Malesich	SO	Incarnate Wo	NT	_____
37	475 Max Lowrey	FR	Texas A&M-CC	NT	_____
38	383 Tanner Salsman	FR	SE Louisiana	9:21.32	_____

Southland Conference Indoor Championships 2025**Birmingham CrossPlex - 3/2/2025 to 3/3/2025****Meet Program - Monday Running Events****Section 2 of 2 Finals...(Event 6 Men 3000 Meter Run)**

1	68 Abderahman Benfodda	SO	Houston Chri	8:24.84	_____
2	106 James Butler	FR	Incarnate Wo	8:37.91	_____
3	125 Eric Pineda	JR	Incarnate Wo	8:23.79	_____
4	168 Freddy Richardson	SR	Lamar	8:04.34	_____
5	432 Andrew Mullen	SO	Stephen F. A	8:26.30	_____
6	377 Euan Lagan	SR	SE Louisiana	8:28.16	_____
7	476 Kye Lowth	FR	Texas A&M-CC	8:31.19	_____
8	425 Riley Elliott	JR	Stephen F. A	8:25.72	_____
9	429 Wyatt Hoover	SO	Stephen F. A	8:22.75	_____
10	173 Lloyd Sheppard-Brown	JR	Lamar	8:19.42	_____
11	75 Leandre Lahalle	JR	Houston Chri	8:29.03	_____
12	479 Ewan Wheelwright	JR	Texas A&M-CC	8:30.49	_____
13	430 Elkana Kipruto	SO	Stephen F. A	8:11.35	_____
14	474 Dominic Kiptum	FR	Texas A&M-CC	8:21.14	_____
15	43 Josh Shanahan	FR	East Texas A	8:26.85	_____
16	248 Evan Pardo	JR	New Orleans	8:22.26	_____
17	112 Alexandre Fetizon	SR	Incarnate Wo	8:28.64	_____
18	333 John Klein	SR	Northwestern	8:36.50	_____
19	44 John Speer	SR	East Texas A	8:32.78	_____
20	418 Ryan Binskin	FR	Stephen F. A	8:21.80	_____

Event 26 Women 4x400 Meter Relay**Monday 3/3/2025 - 2:20 PM****3-section final, seeded by entry times****SLC Meet: 3:41.13 2/16/2016 Sam Houston St.****B McCall, C Grigsby, R Amaku, J Grady****CrossPlex: 3:27.23 3/12/2022 Arkansas****R Effiong, J Hollis, S Maloney, B Wilson**

Lane	Team	Relay	Seed Time
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Section 1 of 3 Finals

3	Nicholls Sta	4:05.38	_____
4	Houston Chri	4:01.74	_____
5	Incarnate Wo	3:58.30	_____
6	Stephen F. A	4:00.85	_____

Section 2 of 3 Finals

3	New Orleans	3:57.45	_____
4	Texas A&M-CC	3:55.71	_____
5	Lamar	3:52.29	_____
6	McNeese Stat	3:52.38	_____

Section 3 of 3 Finals

3	UT-Rio Grand	3:51.89	_____
4	SE Louisiana	3:49.13	_____
5	Northwestern	3:37.20	_____
6	East Texas A	3:46.57	_____

Event 9 Men 4x400 Meter Relay**Monday 3/3/2025 - 2:40 PM****3-section final, seeded by entry times****SLC Meet: 3:08.97 2/16/2016 Southeastern Louisiana****D Lyons, M Bowleg, A Colebrook, A Riley****CrossPlex: 3:04.16 3/12/2022 Texas A&M****C Hanson, O Etiwe, B Miller, E Bamidele**

Lane	Team	Relay	Seed Time
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Section 1 of 3 Finals

3	New Orleans	3:29.88	_____
4	Nicholls Sta	3:29.41	_____
5	Lamar	3:20.35	_____
6	Houston Chri	3:23.29	_____

Section 2 of 3 Finals

3	Texas A&M-CC	3:18.63	_____
4	Incarnate Wo	3:16.46	_____
5	SE Louisiana	3:13.96	_____
6	Stephen F. A	3:15.04	_____

Section 3 of 3 Finals

3	McNeese Stat	3:12.20	_____
4	UT-Rio Grand	3:10.95	_____
5	Northwestern	3:09.05	_____
6	East Texas A	3:09.29	_____