

# CONCORDIA TEXAS TORNADOS

## WOMEN'S TRACK & FIELD // 2016 PERFORMANCE LIST

ALEXIS AMARO							
Event	Mark/Time	Meet (Date)	Place				
200m	28.32	Trinity Open (2/27/16)	25th	200m	14.47	ASC Championships (4/23/16)	11th
					29.49	Marc Randle Classic (3/4/16)	14th
	28.25	Marc Randle Classic (3/4/16)	9th		29.21w	Islander Collegiate Open (3/12/16)	30th
400m	27.69	ASC Championships (4/22/16)	9th	400m	29.45w	War Hawk Classic (3/25/16)	24th
	1:04.25	Trinity Open (2/27/16)	16th		1:06.91	Trinity Open (2/27/16)	23rd
	1:03.12	Islander Collegiate Open (4/12/16)	6th		1:07.21	Islander Collegiate Open (3/12/16)	22nd
	59.79	UIW Private Quad Invite (4/18/16)	6th		1:03.60	UIW Private Quad Invite (3/18/16)	9th
	1:07.01	War Hawk Classic (3/25/16)	13th		1:08.03	Trinity Invitational (4/1/16)	11th
4x100m	1:03.39	ASC Championships (4/22/16)	5th	4x100m	1:07.55	ASC Championships (4/23/16)	9th
	53.80	Trinity Open (2/27/16)	8th		53.80	Trinity Open (2/27/16)	8th
	54.10	Marc Randle Classic (3/4/16)	5th		54.10	Marc Randle Classic (3/4/16)	5th
	53.69	Islander Collegiate Open (4/12/16)	2nd		53.69	Islander Collegiate Open (3/12/16)	4th
	53.27	UIW Private Quad Invite (4/18/16)	3rd		53.27	UIW Private Quad Invite (3/18/16)	2nd
	53.64	War Hawk Classic (3/25/16)	9th		53.64	War Hawk Classic (3/25/16)	9th
	53.25	UIW Cardinal Invitational (4/9/16)	3rd		53.25	UIW Cardinal Invitational (4/9/16)	3rd
	53.19	ASC Championships (4/23/17)	4th	4x400m	53.19	ASC Championships (4/23/19)	4th
	4:30.32	Marc Randle Classic (3/4/16)	4th		4:30.32	Marc Randle Classic (3/4/16)	4th
	4:30.45	Islander Collegiate Open (4/12/16)	10th		4:30.45	Islander Collegiate Open (3/12/16)	10th
4x400m	4:27.26	UIW Private Quad Invite (4/18/16)	3rd		4:27.26	UIW Private Quad Invite (3/18/16)	3rd
	4:21.23	UIW Cardinal Invitational (4/9/17)	3rd		4:21.23	UIW Cardinal Invitational (4/9/16)	3rd
	4:24.00	ASC Championships (4/23/16)	4th		4:24.00	ASC Championships (4/23/16)	4th

SOFIA ELIZONDO				REGAN LAIN			
Event	Mark/Time	Meet (Date)	Place	Event	Mark/Time	Meet (Date)	Place
100m	14.75w	Trinity Open (2/27/16)	37th	400m	1:11.02	Trinity Open (2/27/16)	29th
	14.73	Marc Randle Classic (3/4/16)	12th		1:08.76	Marc Randle Classic (2/27/16)	13th
	14.96	Islander Collegiate Open (3/12/16)	24th		1:11.09	Islander Collegiate Open (3/12/16)	25th
	15.83	UIW Private Quad Invite (3/18/16)	8th	800m	1:09.33	UIW Private Quad Invite (3/18/16)	12th
	14.30w	War Hawk Classic (3/25/16)	30th		2:50.49	Trinity Invitational (4/1/16)	20th
	14.31w	Trinity Invitational (4/1/16)	19th		2:38.25	UIW Cardinal Invitational (4/9/16)	17th
	14.43	UIW Cardinal Invitational (4/9/16)	20th	1,500m	2:49.61	ASC Championships (4/23/16)	14th
	14.34	ASC Championships (4/23/16)	10th		5:43.37	War Hawk Classic (3/25/16)	11th
	31.50	Trinity Open (2/27/16)	48th		5:34.06	Trinity Invitational (4/1/16)	24th
	30.34	Marc Randle Classic (3/4/16)	17th	4x400m	5:26.94	UIW Cardinal Invitational (4/9/16)	22nd
200m	31.11w	Islander Collegiate Open (3/12/16)	34th		5:28.01	ASC Championships (4/23/16)	6th
	30.30w	War Hawk Classic (3/25/16)	26th		4:30.32	Marc Randle Classic (2/27/16)	4th
					4:30.45	Islander Collegiate Open (3/12/16)	10th
					4:27.26	UIW Private Quad Invite (3/18/16)	3rd
					4:21.23	UIW Cardinal Invitational (4/9/16)	3rd
					4:24.00	ASC Championships (4/23/16)	4th

ASHTYN GLASSER				SKYLAR LARKIN			
Event	Mark/Time	Meet (Date)	Place	Event	Mark/Time	Meet (Date)	Place
100m	15.49	Trinity Open (2/27/16)	39th	Long Jump	36.8m	War Hawk Classic (3/25/16)	22nd
	15.53	Marc Randle Classic (3/4/16)	14th				
	15.34	Islander Collegiate Open (3/12/16)	25th				
	15.70	UIW Private Quad Invite (3/18/16)	7th				
	15.29w	War Hawk Classic (3/25/16)	33rd				
Javelin	23.90m	Trinity Open (2/27/16)	14th				
	24.79m	Islander Collegiate Open (3/12/16)	8th				
	22.38m	War Hawk Classic (3/25/16)	13th				
	22.89m	UIW Cardinal Invitational (4/9/16)	7th				
	20.97	ASC Championships (4/23/16)	13th				
Long Jump	4.01m	Marc Randle Classic (3/4/16)	12th				

KATHLEEN GONZALEZ				MEGAN MARTINEZ			
Event	Mark/Time	Meet (Date)	Place	Event	Mark/Time	Meet (Date)	Place
100m	13.83	UIW Cardinal Invitational (4/9/16)	17th	100m	13.66w	Trinity Open (2/27/16)	28th
					14.12	Islander Collegiate Open (3/12/16)	23rd
					13.55w	War Hawk Classic (3/25/16)	22nd
					13.91w	Trinity Invitational (4/1/16)	17th
					13.47w	UIW Cardinal Invitational (4/9/16)	14th
					13.82	ASC Championships (4/22/16)	9th
				4x100m	53.80	Trinity Open (2/27/16)	8th
					54.10	Marc Randle Classic (3/4/16)	5th

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	53.69	Islander Collegiate Open (3/12/16)	4th	200m	33.42	UIW Private Quad Invite (3/18/16)	15th
	53.27	UIW Private Quad Invite (3/18/16)	2nd		33.31w	War Hawk Classic (3/25/16)	29th
	53.64	War Hawk Classic (3/25/16)	9th	High Jump	1.32m	Marc Randle Classic (3/4/16)	1st
	53.25	UIW Cardinal Invitational (4/9/16)	3rd		1.33m	War Hawk Classic (3/25/16)	9th
	53.19	ASC Championships (4/23/16)	4th				
4x400m	4:30.32	Marc Randle Classic (3/4/16)	4th			<b>RACHEL PUDELL</b>	
	4:30.45	Islander Collegiate Open (3/12/16)	10th	<b>Event</b>	<b>Mark/Time</b>	<b>Meet (Date)</b>	<b>Place</b>
	4:27.26	UIW Private Quad Invite (3/18/16)	3rd	100m	14.82	Marc Randle Classic (3/4/16)	13th
	4:21.23	UIW Cardinal Invitational (4/9/16)	3rd		15.41	Islander Collegiate Open (3/12/16)	35th
	4:24.00	ASC Championships (4/23/16)	4th		14.67w	Trinity Invitational (4/1/16)	20th
Long Jump	4.61mw	Trinity Open (2/27/16)	11th		14.51w	UIW Cardinal Invitational (4/9/16)	22nd
	4.63m	Marc Randle Classic (3/4/16)	7th		14.64	ASC Championships (4/23/16)	12th
	4.55m	Islander Collegiate Open (3/12/16)	12th	200m	31.61	Marc Randle Classic (3/4/16)	19th
	4.75mw	UIW Private Quad Invite (3/18/16)	6th		32.30w	Islander Collegiate Open (3/12/16)	35th
	4.71m	Trinity Invitational (4/1/16)	7th		32.08	UIW Private Quad Invite (3/18/16)	14th
	4.56m	UIW Cardinal Invitational (4/9/16)	8th	Triple Jump	8.56mw	UIW Private Quad Invite (3/18/16)	5th
	4.87m	ASC Championships (4/23/16)	8th		8.81m	Trinity Invitational (4/1/16)	12th
					9.12m	ASC Championships (4/23/16)	5th

### KENIA MEDINA

Event	Mark/Time	Meet (Date)	Place
Shot Put	7.00m	War Hawk Classic (3/25/16)	20th

### NACOLE MILLER

Event	Mark/Time	Meet (Date)	Place
100m	14.76	UIW Private Quad Invite (3/18/16)	6th
	14.64	ASC Championships (4/23/16)	13th
200m	30.71w	Trinity Invitational (4/1/16)	17th
	30.81w	UIW Cardinal Invitational (4/9/16)	21st
400m	1:16.12	War Hawk Classic (3/25/16)	18th
4X100m	53.80	Trinity Open (2/27/16)	8th
	54.10	Marc Randle Classic (3/4/16)	5th
	53.69	Islander Collegiate Open (3/12/16)	4th
	53.27	UIW Private Quad Invite (3/18/16)	2nd
	53.64	War Hawk Classic (3/25/16)	9th
	53.19	ASC Championships (4/23/16)	4th
Long Jump	4.48mw	Trinity Open (2/27/16)	15th
	4.52m	Marc Randle Classic (3/4/16)	10th
	4.05m	Islander Collegiate Open (3/12/16)	13th
	4.34m	War Hawk Classic (3/25/16)	15th
	4.05m	Trinity Invitational (4/1/16)	11th
	4.38mw	ASC Championships (4/23/16)	9th

### SARAY MONDRAGON-OLIVAREZ

Event	Mark/Time	Meet (Date)	Place
Long Jump	4.04m	UIW Private Quad Invite (3/18/16)	8th

### SARAH PARKER

Event	Mark/Time	Meet (Date)	Place
800m	2:57.05	UIW Cardinal Invitational (4/9/16)	26th
1,500m	5:58.29	Trinity Invitational (4/1/16)	31st
	6:11.40	UIW Cardinal Invitational (4/9/16)	31st
10,000m	50:19.40	ASC Championships (4/23/16)	6th

### BRENISHA PAYNE

Event	Mark/Time	Meet (Date)	Place
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### KARLEY ROSALES

Event	Mark/Time	Meet (Date)	Place
Long Jump	3.51W	UIW Private Quad Invite (3/18/16)	10th

### KYLAH SIMS

Event	Mark/Time	Meet (Date)	Place
100m	13.83w	War Hawk Classic (3/25/16)	26th
	13.87w	Trinity Invitational (4/1/16)	16th
	13.52W	UIW Cardinal Invitational (4/9/16)	15th
100H	18.32	Trinity Open (2/27/16)	13th
	18.34	Marc Randle Classic (3/4/16)	3rd
	18.49	Islander Collegiate Open (3/12/16)	13th
	17.75	UIW Private Quad Invite (3/18/16)	4th
	17.97w	War Hawk Classic (3/25/16)	10th
	17.97	Trinity Invitational (4/1/16)	10th
	17.53	UIW Cardinal Invitational (4/9/16)	7th
200m	30.09	UIW Private Quad invite (3/18/16)	12th
300H	54.38	Marc Randle Classic (3/4/16)	1st
400H	1:35.63	Trinity Open (2/27/16)	20th
	1:25.51	Islander Collegiate Open (3/12/16)	7th
4x100m	53.27	UIW Private Quad Invite (3/18/16)	2nd
	53.25	UIW Cardinal Invitational (4/9/16)	3rd

### DENISE VARGAS

Event	Mark/Time	Meet (Date)	Place
100m	15.89	Marc Randle Classic (3/4/16)	15th
	16.18	Islander Collegiate Open (3/12/16)	27th
	14.73	UIW Private Quad Invite (3/18/16)	9th
	15.46w	War Hawk Classic (3/25/16)	35th
	16.41w	Trinity Invitational (4/1/16)	22nd
	16.05w	UIW Cardinal Invitational (4/9/16)	24th
200m	34.00	Marc Randle Classic (3/4/16)	22nd
	34.05w	Islander Collegiate Open (3/12/16)	36th
	34.60w	War Hawk Classic (3/25/16)	31st
	33.39w	Trinity Invitational (4/1/16)	21st
	33.50w	UIW Cardinal Invitational (4/9/16)	24th

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4x100m	53.64	War Hawk Classic (3/25/16)	9th
Long Jump	3.77m	Marc Randle Classic (3/4/16)	13th
	3.78m	Islander Collegiate Open (3/12/16)	14th
	3.64m	UIW Private Quad Invite (3/18/16)	9th
	3.63m	UIW Cardinal Invitational (4/9/16)	10th

### MARIA VELA

Event	Mark/Time	Meet (Date)	Place
Long Jump	3.90m	UIW Cardinal Invitational (4/9/16)	9th

### EMILY VILLINES

Event	Mark/Time	Meet (Date)	Place
800m	2:33.70	Marc Randle Classic (3/4/16)	3rd
	2:37.02	UIW Private Quad Invite (3/18/16)	12th
	2:37.83	War Hawk Classic (3/25/16)	7th
	2:35.98	Trinity Invitational (4/1/16)	12th
	2:43.82	UIW Cardinal Invitational (4/9/16)	21st
	2:47.19	ASC Championships (4/23/16)	12th
1,500m	5:17.09	Marc Randle Classic (3/4/16)	4th
	5:18.90	UIW Private Quad Invite (3/18/16)	12th
	5:24.64	Trinity Invitational (4/1/16)	17th
	5:25.59	ASC Championships (4/23/16)	5th
5,000m	20:01.40	Trinity Open (2/27/16)	15th
	20:35.62	Islander Collegiate Open (3/12/16)	9th
	20:06.37	War Hawk Classic (3/25/16)	3rd
	19:56.42	UIW Cardinal Invitational (4/9/16)	8th
	20:16.01	ASC Championships (4/23/16)	2nd