

CONCORDIA TEXAS TORNADOS

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

100-METER DASH

Megan Martinez	UIW Cardinal Invitational	13.47w
Megan Martinez	War Hawk Classic	13.55w
Megan Martinez	Trinity Open	13.66w
Megan Martinez	ASC Championships	13.82
Megan Martinez	Trinity Invitational	13.91w

200-METER DASH

Alexis Amaro	ASC Championships	27.69
Alexis Amaro	Marc Randle Classic	28.25
Alexis Amaro	Trinity Open	28.32
Khylah Sims	UIW Private Quad Invite	30.09
Sofia Elizondo	War Hawk Classic	30.30w

400-METER DASH

Alexis Amaro	UIW Private Quad Invite	59.79
Alexis Amaro	Islander Collegiate Open	1:03.12
Alexis Amaro	ASC Championships	1:03.39
Kathleen Gonzalez	UIW Private Quad Invite	1:03.60
Alexis Amaro	ASC Championships	1:03.65

800-METERS

Emily Villines	Marc Randle Classic	2:33.70
Emily Villines	Trinity Invitational	2:35.98
Emily Villines	UIW Private Quad Invite	2:37.02
Emily Villines	War Hawk Classic	2:37.83
Regan Lain	UIW Cardinal Invitational	2:38.25

1,500-METER RUN

Emily Villines	Marc Randle Classic	5:17.09
Emily Villines	UIW Private Quad Invite	5:18.90
Emily Villines	Trinity Invitational	5:24.64
Emily Villines	ASC Championships	5:25.59
Regan Lain	UIW Cardinal Invitational	5:26.94

5,000-METER RUN

Emily Villines	UIW Cardinal Invitational	19:56.42
Emily Villines	Trinity Open	20:01.40
Emily Villines	War Hawk Classic	20:06.37
Emily Villines	ASC Championships	20:16.01
Emily Villines	Islander Collegiate Open	20:35.62

10,000-METER RUN

Sarah Parker	ASC Championships	50:19.40
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100-METER HURDLES

Khylah Sims	UIW Cardinal Invitational	17.53
Khylah Sims	UIW Private Quad Invite	17.75
Khylah Sims	Trinity Invitational	17.97w
Khylah Sims	War Hawk Classic	17.97
Khylah Sims	Trinity Open	18.32

4x100-METER RELAY

Martinez, Gonzalez, Miller, Amaro	ASC Championships	53.19
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4x400-METER RELAY

Amaro, Gonzalez, Martinez, Lain	UIW Cardinal Invitational	4:21.23
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HIGH JUMP

Brenisha Payne	War Hawk Classic	1.33m (4'4.25")
Brenisha Payne	Marc Randle Classic	1.32m (4'4")

LONG JUMP

Megan Martinez	ASC Championships	4.87mw (15'11.75")
Megan Martinez	UIW Private Quad Invite	4.75mw (15'7")
Megan Martinez	Trinity Invitational	4.71m (15'5.5")
Megan Martinez	Marc Randle Classic	4.63m (15'2.25")
Megan Martinez	Trinity Open	4.61mw (15'1.5")

TRIPLE JUMP

Rachel Pudell	ASC Championships	9.12m (29'11.25")
Rachel Pudell	Trinity Invitational	8.81mw (28'11")
Rachel Pudell	UIW Private Quad Invite	8.56mw (28'1")

SHOT PUT

Kenia Medina	War Hawk Classic	7.00m (22'11.75")
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JAVELIN

Ashtyn Glasser	Islander Collegiate Open	24.79m (81'4")
Ashtyn Glasser	Trinity Open	23.90m (78'5")
Ashtyn Glasser	UIW Cardinal Invitational	22.89m (75'1")
Ashtyn Glasser	War Hawk Classic	22.38m (73'5")
Ashtyn Glasser	ASC Championships	20.97m (68'9")