

CONCORDIA TEXAS TORNADOS

WOMEN'S TRACK & FIELD // 2019 TOP PERFORMANCE LIST

100-METER DASH

Raven Cato	Jet Relays	13.59
Kendall Simpson	Trinity Open	13.73
Raven Cato	ASC Championships	13.75w
Ashley Vallejo	Bobcat Invitational	13.76w
Raven Cato	Trinity Open	13.91

200-METER DASH

Bayli Luke	Trinity Invitational	28.02
Kendall Sheppard	Bobcat Invitational	28.39
Kendall Simpson	Bobcat Invitational	28.69w
Kendall Sheppard	Trinity Open	28.93w
Kendall Simpson	HSU Relays	29.09

400-METER DASH

Bayli Luke	ASC Championships	58.23
Bayli Luke	ASC Championships	59.39
Alexis Amaro	TLU D3 Challenge	1:01.28
Bayli Luke	Bobcat Invitational	1:01.50
Alexis Amaro	ASC Championships	1:02.40

800-METER RUN

Alexis Amaro	Bobcat Invitational	2:31.27
Kendall Simpson	Bobcat Invitational	2:47.27
Meghan Kevil	Trinity Invitational	2:48.66
Meghan Kevil	TLU D3 Challenge	2:52.45
Meghan Kevil	ASC Championships	2:52.8

1,500-METER RUN

Meghan Kevil	Carl Knight Invitational	5:47.65
Meghan Kevil	Trinity Open	5:48.38
Meghan Kevil	Bobcat Invitational	5:50.39
Meghan Kevil	ASC Championships	5:50.87
Jailin Munoz	Bobcat Invitational	6:30.93

MILE RUN

Meghan Kevil	TLU D3 Challenge	6:22.78
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5,000-METER RUN

Meghan Kevil	HSU Relays	23:10.82
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100-METER HURDLES

Sadie Ingram	ASC Championships	18.09
Sadie Ingram	ASC Championships	18.47
Sadie Ingram	TLU D3 Challenge	18.61w
Sadie Ingram	Jet Relays	19.00
Sadie Ingram	Bobcat Invitational	19.05

400-METER HURDLES

Ava Gomez	ASC Championships	1:09.76
Alexis Amaro	ASC Championships	1:10.71
Alexis Amaro	ASC Championships	1:10.71
Ava Gomez	Trinity Invitational	1:10.97
Ava Gomez	Bobcat Invitational	1:11.41

3000 STEEPLECHASE

Regan Lain	Bobcat Invitational	15:40.93
Regan Lain	ASC Championships	16:12.81

4x100-METER RELAY

Vallejo, Sheppard Ingram, Simpson	ASC Championships	52.97
Simpson, Vallejo Cato, Sheppard	Jet Relays	53.21
Vallejo, Cato Sheppard, Simpson	TLU D3 Challenge	53.22
Vallejo, Sheppard Cato, Simpson	Trinity Open	53.95
Vallejo, Sheppard		

Simpson, Ingram	HSU Relays	55.23
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4x200-METER RELAY

Simpson, Sheppard Ingram, Cato	Jet Relays	1:59.07
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4x400-METER RELAY

Amaro, Simpson Gomez, Luke	ASC Championships	4:13.41
Gomez, Luke Simpson, Amaro	Bobcat Invitational	4:13.93
Gomez, Luke Simpson, Amaro	TLU D3 Challenge	4:14.09
Gomez, Luke Simpson, Amaro	Trinity Open	4:18.88
Amaro, Gomez Simpson, Luke	Jet Relays	4:25.51

4x800-METER RELAY

Gomez, Kevil Seth, Mata	Jet Relays	12:09.8
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DISTANCE MEDLEY RELAY

Amaro, Gomez Luke, Kevil	Jet Relays	15:08.8
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HIGH JUMP

Sadie Ingram	TLU D3 Challenge	1.47m
Sadie Ingram	Jet Relays	1.45m
Sadie Ingram	ASC Championships	1.44m
Sadie Ingram	HSU Relays	1.42m
Sadie Ingram	Bobcat Invitational	1.40m

LONG JUMP

Kendall Simpson	TLU D3 Challenge	4.46m
Kendall Sheppard	ASC Championships	4.45m
Kendall Simpson	Trinity Open	4.41m
Sadie Ingram	Bobcat Invitational	4.40m
Sadie Ingram	HSU Relays	4.31m

TRIPLE JUMP

Sadie Ingram	TLU D3 Challenge	10.50mw
Sadie Ingram	Carl Knight Invitational	10.23m
Sadie Ingram	ASC Championships	9.93mw
Sadie Ingram	HSU Relays	9.84m
Sadie Ingram	Trinity Open	9.75m

POLE VAULT

Kendall Simpson	ASC Championships	2.43m
Kendall Simpson	Trinity Invitational	2.25m

SHOT PUT

Sadie Ingram	Bobcat Invitational	9.99m
Rean Vanderbilt	Bobcat Invitational	9.56m
Rean Vanderbilt	HSU Relays	9.50m
Rean Vanderbilt	Jet Relays	9.45m
Rean Vanderbilt	TLU D3 Challenge	9.32m

DISCUS

Victoria Cortez	HSU Relays	30.29m
Victoria Cortez	Jet Relays	30.06m
Julia Kasper	ASC Championships	27.89m
Julia Kasper	TLU D3 Challenge	26.55m
Victoria Cortez	ASC Championships	26.38m

HAMMER

Rean Vanderbilt	ASC Championships	29.43m
Victoria Cortez	ASC Championships	27.33m
Victoria Cortez	HSU Relays	25.38m

Victoria Cortez	Bobcat Invitational	24.64m
Rean Vanderbilt	TLU D3 Challenge	22.53m

JAVELIN

Kendall Sheppard	ASC Championships	32.36m
Victoria Cortez	ASC Championships	30.58m
Victoria Cortez	Trinity Invitational	29.03m
Victoria Cortez	Jet Relays	28.95m
Victoria Cortez	Bobcat Invitational	28.56m

HEPTATHLON

Sadie Ingram	Bobcat Invitational	3078
Kendall Sheppard	Bobcat Invitational	2778
Kendall Simpson	Bobcat Invitational	2554