

2022 MISSISSIPPI VALLEY STATE WOMEN'S TRACK & FIELD INDOOR SEASON-BESTS

60 METERS

7.96	Myah Sherman (Jr.)	SWAC Championships (2/17/22)
8.00	Makiah Sherman (Jr.)	SWAC Championships (2/17/22)
8.22	Averi Sanders (Fr.)	Bulldog Open (2/12/22)
8.54	Carrie Snipes (Fr.)	KMS Invite (1/23/22)

200 METERS

25.79	Chelsea Okusagah (Fr.)	SWAC Championships (2/17/22)
26.72	Chanelle Houston (Jr.)	SWAC Championships (2/17/22)
26.75	Myah Sherman (Jr.)	SWAC Championships (2/17/22)
26.84	Chanel Watts (So.)	Bulldog Open (2/12/22)
26.86	Terreka Gibson (Fr.)	SWAC Championships (2/17/22)
29.16	Chemyah Winn (Fr.)	SWAC Championships (2/17/22)

400 METERS

58.16	Chelsea Okusagah (Fr.)	SWAC Championships (2/17/22)
1:01.19	Terreka Gibson (Fr.)	SWAC Championships (2/17/22)
1:02.60	Chanel Watts (So.)	Bulldog Open (2/12/22)
1:02.84	Chanelle Houston (Jr.)	Bulldog Invite (2/11/22)
1:08.26	Imani Walker (Sr.)	Bulldog Invite (2/11/22)
1:08.42	Myah Sherman (Jr.)	Vulcan Invite (1/15/22)

600 METERS

2:02.67	Imani Walker (Sr.)	KMS Invite (1/23/22)
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800 METERS

2:50.27	Trenity Hill (Sr.)	SWAC Championships (2/17/22)
3:12.50	Imani Walker (Sr.)	Bulldog Open (2/12/22)

60 HURDLES

8.73	Darrione Joseph (Fr.)	SWAC Championships (2/17/22)
10.17	Trenity Hill (Sr.)	Bulldog Open (2/12/22)

4x200 METER RELAYS

1:48.10	Darrione Joseph (Fr.)	KMS Invite (1/23/22)
	Makiah Sherman (Jr.)	
	Terreka Gibson (Fr.)	
	Myah Sherman (Jr.)	

4x400 METER RELAYS

4:08.88	Chelsea Okusagah (Fr.)	KMS Invite (1/23/22)
	Darrione Joseph (Fr.)	
	Chanelle Houston (Jr.)	
	Terreka Gibson (Fr.)	
4:20.51	Chelsea Okusagah (Fr.)	Vulcan Invite (1/15/22)
	Darrione Joseph (Fr.)	
	Shyanne Mayes (Jr.)	
	Terreka Gibson (Fr.)	

HIGH JUMP

1.45m	Destini Banks (Sr.)	KMS Invite (1/23/22)
1.31m	Trenity Hill (Sr.)	SWAC Championships (2/17/22)

LONG JUMP

5.34m	Carrie Snipes (Fr.)	SWAC Championships (2/17/22)
4.73m	Trenity Hill (Sr.)	KMS Invite (1/23/22)
4.37m	Averi Sanders (Fr.)	KMS Invite (1/23/22)

SHOT PUT

11.96m	Tremajia Neal (Jr.)	SWAC Championships (2/17/22)
11.24m	Michaela Brown (Jr.)	SWAC Championships (2/17/22)
8.02m	Trenity Hill (Sr.)	SWAC Championships (2/17/22)

WEIGHT THROW

11.03m	Tremajia Neal (Jr.)	SWAC Championships (2/17/22)
10.07m	Michaela Brown (Jr.)	Bulldog Open (2/12/22)

PENTATHLON

2,254	Trenity Hill (Sr.)	SWAC Championships (2/17/22)
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2022 MISSISSIPPI VALLEY STATE WOMEN'S TRACK & FIELD OUTDOOR SEASON-BESTS

100 METERS

12.31	Makiah Sherman (Jr.)	Southern Miss Invite (4/2/22)
12.52	Myah Sherman (Jr.)	Bulldog Relays (3/26/22)
13.17	Averi Sanders (Fr.)	Rhodes Invite (3/19/22)

200 METERS

25.62	Chelsea Okusagah (Fr.)	Joe Walker Invite (4/9/22)
25.64	Makiah Sherman (Jr.)	Southern Miss Invite (4/2/22)
26.06	Myah Sherman (Jr.)	Joe Walker Invite (4/9/22)
26.27	Terreka Gibson (Fr.)	Southern Miss Invite (4/2/22)
26.60	Chanel Watts (So.)	Southern Miss Invite (4/2/22)
26.61	Carrie Snipes (Fr.)	Southern Miss Invite (4/2/22)
27.74	Imani Walker (Sr.)	Southern Miss Invite (4/2/22)
28.07	Trenity Hill (Sr.)	ULM Warhawk Classic (4/23/22)
28.30	Chemyah Winn (Fr.)	Southern Miss Invite (4/2/22)

400 METERS

58.15	Chelsea Okusagah (Fr.)	ULM Warhawk Classic (4/23/22)
59.67	Chanel Watts (So.)	Southern Miss Invite (4/2/22)
59.86	Terreka Gibson (Fr.)	Southern Miss Invite (4/2/22)
1:02.68	Chanelle Houston (Jr.)	Bulldog Relays (3/26/22)

100 HURDLES

13.93	Darrione Joseph (Fr.)	ULM Warhawk Classic (4/23/22)
16.83	Trenity Hill (Sr.)	Southern Miss Invite (4/2/22)

400 HURDLES

1:05.14	Chanelle Houston (Jr.)	SWAC Championships (5/7/22)
1:11.15	Darrione Joseph (Fr.)	ULM Warhawk Classic (4/23/22)

4x400 METER RELAYS

4:00.96	Terreka Gibson (Fr.)	ULM Warhawk Classic (4/23/22)
	Darrione Joseph (Fr.)	
	Chanelle Houston (Jr.)	
	Chelsea Okusagah (Fr.)	
4:13.78	Darrione Joseph (Fr.)	Rhodes Invite (3/19/22)
	Carrie Snipes (Fr.)	
	Chanelle Houston (Jr.)	
	Trenity Hill (Sr.)	

HIGH JUMP

1.47m	Destini Banks (Sr.)	ULM Warhawk Classic (4/23/22)
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LONG JUMP

5.54m	Carrie Snipes (Fr.)	SWAC Championships (5/7/22)
4.95m	Averi Sanders (Fr.)	Bulldog Relays (3/26/22)
4.90m	Trenity Hill (Sr.)	Bulldog Relays (3/26/22)
4.65m	Destini Banks (Sr.)	SWAC Championships (5/7/22)

TRIPLE JUMP

11.59m	Carrie Snipes (Fr.)	SWAC Championships (5/7/22)
10.26m	Destini Banks (Sr.)	ULM Warhawk Classic (4/23/22)

DISCUS

35.81m	Michaela Brown (Jr.)	SWAC Championships (5/7/22)
33.17m	Tremaija Neal (Jr.)	Joe Walker Invite (4/9/22)
32.49m	Chasity Houston (Sr.)	Rhodes Invite (3/19/22)

SHOT PUT

12.65m	Michaela Brown (Jr.)	Bulldog Relays (3/26/22)
11.37m	Tremaija Neal (Jr.)	Bulldog Relays (3/26/22)
10.97m	Chasity Houston (Sr.)	Bulldog Relays (3/26/22)
8.99m	Trenity Hill (Sr.)	ULM Warhawk Classic (4/23/22)

JAVELIN

28.47m	Michaela Brown (Jr.)	SWAC Championships (5/7/22)
26.54m	Tremaija Neal (Jr.)	SWAC Championships (5/7/22)
25.03m	Trenity Hill (Sr.)	Bulldog Relays (3/26/22)

MISSISSIPPI VALLEY STATE WOMEN'S TRACK & FIELD PERSONAL RECORDS

Merica Abnathy (Sophomore | Lakeland, Florida | George Jenkins HS)
 100 Meters 14.01 I-20 Twilight (4/22/21)

Destini Banks (Senior | Crowley, Texas | Crowley HS)
 Long Jump 4.65m SWAC Championships (5/7/22)
 High Jump 1.47m ULM Warhawk Classic (4/23/22)
 Triple Jump 10.26m ULM Warhawk Classic (4/23/22)

Michaela Brown (Junior | Memphis, Tennessee | Whitehaven HS)
 Discus 35.81m SWAC Championships (5/7/22)
 Javelin 28.47m SWAC Championships (5/7/22)
 Shot Put 12.65m Al Schmidt Bulldog Relays (3/26/22)
 Weight Throw 10.07m Bulldog Open (2/12/22)

Terreka Gibson (Freshman | Miami, Florida | North Miami HS)
 4x400m Relays 4:00.96 ULM Warhawk Classic (4/23/22)
 200 Meters 26.27 Southern Miss Invite (4/2/22)
 400 Meters 59.86 Southern Miss Invite (4/2/22)
 4x200m Relays 1:48.10 KMS Invite (1/23/22)

Trenity Hill (Senior | Cordova, Tennessee | Arlington HS)
 Shot Put 8.99m ULM Warhawk Classic (4/23/22)
 200 Meters 28.07 ULM Warhawk Classic (4/23/22)
 100 Hurdles 16.83 Southern Miss Invite (4/2/22)
 Long Jump 4.90m Al Schmidt Bulldog Relays (3/26/22)
 Javelin 25.03m Al Schmidt Bulldog Relays (3/26/22)
 4x400m Relays 4:13.78 Rhodes Invite (3/19/22)
 Pentathlon 2,254 SWAC Championships (2/17/22)
 High Jump 1.31m SWAC Championships (2/17/22)
 60 Hurdles 10.17 Bulldog Open (2/12/22)
 Heptathlon 2,585 SWAC Championships (5/8/21)
 800 Meters 2:34.16 SWAC Championships (5/8/21)

Chanelle Houston (Junior | Humble, Texas | Eisenhower HS)
 400 Hurdles 1:05.14 SWAC Championships (5/7/22)
 4x400m Relays 4:00.96 ULM Warhawk Classic (4/23/22)
 400 Meters 1:02.68 Al Schmidt Bulldog Relays (3/26/22)
 4x100m Relays 48.31 SWAC Championships (5/8/21)
 100 Hurdles 16.16 Al Schmidt Bulldog Relays (3/27/21)
 200 Meters 26.66 Carey Outdoor Challenge (3/19/21)
 4x200m Relays 1:49.34 KMS Open (1/31/21)
 60 Hurdles 9.24 SWAC Championships (2/21/20)
 DMR 14:16.65 SWAC Championships (2/21/20)

Chasity Houston (Senior | Humble, Texas | Lone Star College)
 Shot Put 10.97m Al Schmidt Bulldog Relays (3/26/22)
 Discus 32.49m Rhodes Invite (3/19/22)

Darrione Joseph (Freshman | Marrero, Louisiana | West Jefferson HS)
 100 Hurdles 13.93 ULM Warhawk Classic (4/23/22)
 400 Hurdles 1:11.15 ULM Warhawk Classic (4/23/22)
 4x400m Relays 4:00.96 ULM Warhawk Classic (4/23/22)
 60 Hurdles 8.73 SWAC Championships (2/17/22)
 4x200m Relays 1:48.10 KMS Invite (1/23/22)

Shyanne Mayes (Junior | Ocoee, Florida | Bethune-Cookman)
 800 Meters 2:24.29 I-20 Twilight (4/22/21)
 4x400m Relays 4:06.66 Joe Walker Invite (4/10/21)
 400 Meters 1:02.51 Jaguar Invite (2/7/21)

Tremaija Neal (Junior | Milledgeville, Georgia | Paine)
 Javelin 26.54m SWAC Championships (5/7/22)
 Discus 33.17m Joe Walker Invite (4/9/22)

Shot Put 11.96m SWAC Championships (2/17/22)
 Weight Throw 11.03m SWAC Championships (2/17/22)

Chelsea Okusagah (Freshman | McKinney, Texas | Allen HS)
 400 Meters 58.15 ULM Warhawk Classic (4/23/22)
 4x400m Relays 4:00.96 ULM Warhawk Classic (4/23/22)
 200 Meters 25.62 Joe Walker Invite (4/9/22)

Averi Sanders (Freshman | Columbus, Mississippi | West Lowndes HS)
 Long Jump 4.95m Al Schmidt Bulldog Relays (3/26/22)
 100 Meters 13.17 Rhodes Invite (3/19/22)
 60 Meters 8.22 Bulldog Open (2/12/22)

Makiah Sherman (Junior | Park Forest, Illinois | Rich East HS)
 100 Meters 12.31 Southern Miss Invite (4/2/22)
 200 Meters 25.64 Southern Miss Invite (4/2/22)
 4x200m Relays 1:48.10 KMS Invite (1/23/22)
 4x100m Relays 48.81 I-20 Twilight (4/22/21)
 4x400m Relays 4:01.97 I-20 Twilight (4/22/21)
 60 Meters 7.90 KMS Invite (1/26/20)

Myah Sherman (Junior | Park Forest, Illinois | Rich East HS)
 4x200m Relays 1:48.10 KMS Invite (1/23/22)
 400 Meters 1:08.42 Vulcan Invite (1/15/22)
 4x100m Relays 48.31 SWAC Championships (5/8/21)
 100 Meters 12.26 I-20 Twilight (4/22/21)
 4x400m Relays 4:01.97 I-20 Twilight (4/22/21)
 200 Meters 25.65 Joe Walker Invite (4/10/21)
 60 Meters 7.94 SWAC Championships (2/21/20)

Carrie Snipes (Freshman | Miami, Florida | North Miami HS)
 Long Jump 5.54m SWAC Championships (5/7/22)
 Triple Jump 11.59m SWAC Championships (5/7/22)
 200 Meters 26.61 Southern Miss Invite (4/2/22)
 4x400m Relays 4:13.78 Rhodes Invite (3/19/22)
 60 Meters 8.54 KMS Invite (1/23/22)

Imani Walker (Senior | Ewa Beach, Hawaii | James Campbell HS)
 800 Meters 3:12.50 Bulldog Open (2/12/22)
 600 Meters 2:02.67 KMS Invite (1/23/22)
 200 Meters 27.65 I-20 Twilight (4/22/21)
 400 Meters 1:07.03 Joe Walker Invite (4/10/21)
 4x200m Relays 1:49.05 KMS Invite (1/26/20)

Chanel Watts (Sophomore | Kansas City, Missouri | Raytown HS)
 200 Meters 26.60 Southern Miss Invite (4/2/22)
 400 Meters 59.30 SWAC Championships (5/8/21)
 4x100m Relays 48.31 SWAC Championships (5/8/21)
 4x400m Relays 4:06.66 Joe Walker Invite (4/10/21)
 4x200m Relays 1:49.34 KMS Open (1/31/21)

Rickeyshia White (Junior | Hollandale, Mississippi | Simmons HS)
 400 Meters 1:03.87 Joe Walker Invite (4/10/21)
 200 Meters 27.71 Al Schmidt Bulldog Relays (3/27/21)
 4x400m Relays 4:27.19 KMS Open (1/31/21)

Chemyah Winn (Freshman | Canton, Mississippi | Canton HS)
 200 Meters 28.30 Southern Miss Invite (4/2/22)