



MIDWESTERN STATE TRACK & FIELD

2025 INDOOR EVENT PERFORMANCE LIST (AS OF 03.02.25)

p-prelim | f-final | a-NCAA automatic mark | n-NCAA provisional mark



60 METERS

MSU Record: 7.61 - Jaylen Hogue (2022)

Student-Athlete	Meet	Time	Place
Corinne Thorpe	Owen Hewett Invitational	7.74	15th
Hailee Janzen	Crimson & Gold Invitational	7.82	28th
Trell'Kyras Watkins	Owen Hewett Invitational	7.86	3rd
Kennedy Johnson	LSC Indoor Championships	7.91	16th
Karissa Nixon	Owen Hewett Invitational	7.97	5th
Jazzmine Vickers	Crimson & Gold Invitational	7.98	48th
Brianna Estrada	Crimson & Gold Invitational	8.07	55th
Daiza Jones	Owen Hewett Invitational	8.08	8th
Christasia Jones	Owen Hewett Invitational	8.23	27th
Shalisa Williams	Owen Hewett Invitational	8.27	31st
Da'Shrana Sims	Owen Hewett Invitational	8.35	35th
Abigail Cavender	Owen Hewett Invitational	8.44	41st
Amaya Broils	Crimson & Gold Invitational	8.55	87th

60 METER HURDLES

MSU Record: 9.30 - Shalisa Williams (2025)

Student-Athlete	Meet	Time	Place
Shalisa Williams	Owen Hewett Invitational	9.30	p-11th

200 METERS

MSU Record: 24.59 - Jaylen Hogue (2023)

Student-Athlete	Meet	Time	Place
Corinne Thorpe	LSC Indoor Championships	25.06	14th
Hailee Janzen	LSC Indoor Championships	25.16	16th
Karissa Nixon	Jarvis Scott Invitational	25.39	22nd
Trell'Kyras Watkins	Jarvis Scott Invitational	25.65	37th
Da'Shrana Sims	Crimson & Gold Invitational	26.03	20th
Daiza Jones	Stan Scott Invitational	26.31	92nd
Nidhi Singh	Owen Hewett Invitational	26.43	5th
Brianna Estrada	Crimson & Gold Invitational	26.83	41st
Maggie Neal	Owen Hewett Invitational	27.63	22nd
Abigail Cavender	Owen Hewett Invitational	27.83	29th

400 METERS

MSU Record: 56.44 - Daiza Jones (2024)

Student-Athlete	Meet	Time	Place
Nidhi Singh	Owen Hewett Invitational	56.68	1st
Jessie Heath	LSC Indoor Championships	56.85	14th
Trell'Kyras Watkins	Crimson & Gold Invitational	57.51	10th
Maggie Neal	Stan Scott Invitational	57.81	33rd
Daiza Jones	Stan Scott Invitational	57.92	34th
Christasia Jones	Crimson & Gold Invitational	59.26	31st
Da'Shrana Sims	Crimson & Gold Invitational	59.65	34th
Abigail Cavender	Crimson & Gold Invitational	1:01.39	43rd
Brianna Estrada	Owen Hewett Invitational	1:05.97	26th
Amaya Broils	Owen Hewett Invitational	1:09.07	37th

600 YARDS

MSU Record: 1:27.58 - Nathalia Escontrias (2025)

Student-Athlete	Meet	Time	Place
Nathalia Escontrias	Crimson & Gold Invitational	1:27.58	5th
Abigail Michaelis	Crimson & Gold Invitational	1:38.72	19th

800 METERS

MSU Record: 2:06.48 - Nidhi Singh (2025)

Student-Athlete	Meet	Time	Place
Nidhi Singh	BU Last Chance Meet	2:06.48	3rd
Maggie Neal	LSC Indoor Championships	2:12.57	3rd
Jadyn Dangerfield	Crimson & Gold Invitational	2:14.57	6th
Nathalia Escontrias	Stan Scott Invitational	2:21.70	22nd
Bailee Bowers	LSC Indoor Championships	2:21.88	5th
Jaycee Lyons	Owen Hewett Invitational	2:25.96	9th
Grace Pineda	Owen Hewett Invitational	2:28.69	7th
Daiza Jones	Owen Hewett Invitational	2:29.66	9th
Ella Pando	Owen Hewett Invitational	2:34.02	13th
Christasia Jones	Owen Hewett Invitational	2:35.75	15th
Evelyn Daugherty	Owen Hewett Invitational	2:42.29	21st
Abigail Michaelis	Owen Hewett Invitational	2:44.24	22nd

1000 METERS

MSU Record: 3:01.60 - Ashley Flores (2013)

Student-Athlete	Meet	Time	Place
Nathalia Escontrias	Javis Scott Invitational	3:07.67	9th

MILE

MSU Record: 5:00.56 - Ashley Flores (2015)

Student-Athlete	Meet	Time	Place
Grace Pineda	Crimson & Gold Invitational	5:03.43	3rd
Jaycee Lyons	Crimson & Gold Invitational	5:06.28	5th
Nathalia Escontrias	Crimson & Gold Invitational	5:06.73	6th
Lula Nolen	Crimson & Gold Invitational	5:24.21	18th
Ella Pando	Stan Scott Invitational	5:24.85	29th
Rosalene Reyes Perez	Owen Hewett Invitational	5:29.88	2nd
Maggie Neal	Owen Hewett Invitational	5:32.34	5th
Perla Flores	Crimson & Gold Invitational	5:33.09	31st
Hallie Kogler	Crimson & Gold Invitational	5:38.00	36th
Evelyn Daugherty	Crimson & Gold Invitational	5:43.48	40th
Abigail Michaelis	Crimson & Gold Invitational	5:47.98	45th

3000 METERS

MSU Record: 10:21.03 - Gabby Ruiz (2014)

Student-Athlete	Meet	Time	Place
Ella Pando	Crimson & Gold Invitational	10:21.36	11th
Grace Pineda	Crimson & Gold Invitational	10:22.81	12th
Jaycee Lyons	Crimson & Gold Invitational	10:27.21	14th
Lula Nolen	Stan Scott Invitational	10:42.87	15th
Rosalene Reyes Perez	Stan Scott Invitational	10:43.28	16th
Nathalia Escontrias	Owen Hewett Invitational	10:50.47	4th
Jadyn Dangerfield	Owen Hewett Invitational	10:51.50	5th
Perla Flores	Stan Scott Invitational	11:02.50	25th
Jazira Perez	Owen Hewett Invitational	11:25.57	4th
Abigail Michaelis	Owen Hewett Invitational	12:17.90	10th

5000 METERS

MSU Record: 17:39.00 - Ella Pando (2025)

Student-Athlete	Meet	Time	Place
Ella Pando	Crimson & Gold Invitational	17:39.00	10th
Rosalene Reyes Perez	Crimson & Gold Invitational	18:14.63	16th
Lula Nolen	Crimson & Gold Invitational	18:44.34	26th
Perla Flores	Crimson & Gold Invitational	19:01.20	33rd
Evelyn Daugherty	Crimson & Gold Invitational	20:10.12	42nd



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4X400 METER RELAY

MSU Record: 3:43.43 - Heath, Watkins, Neal, Singh (2025)

Student-Athlete	Meet	Time	Place
Heath, Watkins	LSC Indoor Championships	3:43.43	3rd
Neal, Singh			
D. Jones, Heath	Crimson & Gold Invitational	3:46.41	n-4th
Neal, Singh			
Thorpe, Estrada	Crimson & Gold Invitational	3:58.69	13th
C. Jones, Dangerfield			

DISTANCE MEDLEY RELAY

MSU Record: 12:06.75 - Alcantar, Frizzell, Lopez, Flores (2014)

Student-Athletes	Meet	Time	Place
Escontrias, Watkins	Stan Scott Invitational	12:24.43	9th
Dangerfield, Pando			
Lyons, Jones	LSC Indoor Championships	12:37.32	6th
Escontrias, Pineda			

HIGH JUMP

MSU Record: 5-0.75 - Emily Hurst (2023)

Student-Athlete	Meet	Mark	Place
None			

POLE VAULT

MSU Record: 10-8 -- Delaini Hanna (2024)

Student-Athlete	Meet	Mark	Place
Delaini Hanna	Owen Hewett Invitational	9-4.25	5

LONG JUMP

MSU Record: 17-8.75 - Peyton Lewis (2023)

Student-Athlete	Meet	Mark	Place
Abigail Cavender	Owen Hewett Invitational	16-7	15
Kennedy Johnson	Owen Hewett Invitational	16-5	16

TRIPLE JUMP

MSU Record: 37-8 - Peyton Lewis (2024)

Student-Athlete	Meet	Mark	Place
Kennedy Johnson	Owen Hewett Invitational	36-7.50	6th

SHOT PUT

MSU Record: 41-5 - Skyler Gaines (2019)

Student-Athlete	Meet	Mark	Place
None			

WEIGHT THROW

MSU Record: 42-0.75 - Hannah Ponder (2019, 2020)

Student-Athlete	Meet	Mark	Place
None			