



ATHLETIC DEPARTMENT

Reed, Womack Finish Second at Lone Star Conference Championships



[Click here for full meet results.](#)

On the final day of competition at the Lone Star Conference Championships in San Angelo, Texas, things seemed to reflect the majority of the season for the men's track and field team. As was the case for most meets this season, the middle-distance duo of **Robert Reed** and **Brandon Womack** set the tone for the Lions.

Reed (*pictured*), a redshirt junior who did not compete last season due to injury, finished second in the 1,500-meter run in a time of 4:00.04. The place, which earned the Lions 8 points, represents Reed's best finish ever in the LSC Championships.

In the finals of the 800-meter run, Womack, a junior, finished second in 1:55.51. Womack, who is currently ranked third in the event in the LSC, also set a career-best finish at the LSC Championships with his placing.

Redshirt junior **Tyler Tyndell** placed fourth in the 5,000-meter run, following his fifth-place finish in the 10,000-meter run yesterday. Tyndell finished the 5,000 in a time of 15:22.33.

With two contestants in the finals of the 400-meter dash, the Lions picked up five points. Junior **Cairo Thornton** finished the event in fifth place with a time of 49.39 and sophomore **Albert Sinegal** finished eighth in 50.66.

In the finals of the 110-meter hurdles, freshman **Craig Shelton** and sophomore **Demetrius Holmes** finished seventh and eighth, respectively. Shelton ran a season-best time of 15.50 and Holmes ran a time of 15.82. Holmes followed his 110-meter hurdles performance with a seventh-place finish in the 400-meter hurdles, running a time of 56.76.

The Lions' 4x400-meter relay team – consisting of Thornton, Sinegal, and freshmen **Joel Day** and **Akeem Jackson** – finished third in a season-best time of 3:16.30. The 4x100-meter relay team – consisting of Day, sophomore **Justin McGuffey**, and seniors **Anthony Valle** and **Cody Bolton** – finished seventh in a season-best time of 42.44.



ATHLETIC DEPARTMENT

Freshman **Derek Denton** also contributed for the Lions, finishing eighth in the high jump, with a clearance of 1.86 meters (6-1.25). In the javelin, Valle set a career best with a throw of 46.27 meters (151-10), which placed him 12th.

The Lions finished the meet with 44 points, placing seventh.