2007-08 Middle Tennessee Track & Field

2007-08 MEN'S INDOOR PERFORMANCE CHART (FINAL)

● * - NCAA automatic mark ● + - NCAA provisional mark ● ! - personal best ● ^ - oversized track ● $ - Non-NCAA event
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55m (Auto: 6.14, Prov: 6.26)

MT Record: Mardy Scales 6.14 2003

Greg Franklin	6.33p!	Middle Tennessee Classic
Samuel Adade	6.37p	MT Christmas Invitational
Chaz Ward	6.47 !	MT Valentine Invitational
Robert Ezell	6.50 !	Sun Belt Championships
Phillip Tanner	6.51	Sun Belt Championships
Lee Johnson	6.65p	Middle Tennessee Classic
Jeremy Turner	6.79p	Middle Tennessee Classic
Robert Carter	6.84p	Blue Raider Invitational
Freddie Rankin	6.89p	Middle Tennessee Classic

55mH (Auto: 7.17, Prov: 7.38)

MT Record: Linnie Yarbrough 7.20 2006

DeRay Sloss	7.45 !	MT Valentine Invitational
Pete Senatus	7.60	Sun Belt Championships
Freddie Rankin	7.66 !	MT Christmas Invitational
Jeremy Turner	8.10p	MT Valentine Invitational
Frederick Middlebrooks	8.18p	Sun Belt Championships

60m (Auto: 6.62, Prov: 6.74)

Samuel Adade	6.83	Rod McCravy Memorial
Greg Franklin	6.91	Rod McCravy Memorial
Chaz Ward	7.02p	Rod McCravy Memorial
Lee Johnson	7.12p	Rod McCravy Memorial
Phillip Tanner	7.16	Kentucky Invitational

60mH (Auto: 7.70, Prov: 7.91)

DeRay Sloss	8.15p	Rod McCravy Memorial
Pete Senatus	8.32	Rod McCravy Memorial
Freddie Rankin	8.55	Kentucky Invitational
Frederick Middlebrooks	8.94p	Rod McCravy Memorial

200m (Auto: 21.08, Prov: 21.48)%

MT Record: Mardy Scales 20.84 2004

Samuel Adade	21.44	Middle Tennessee Classic
Greg Franklin	21.60p	Sun Belt Championships
Pete Senatus	21.95	MT Christmas Invitational
DeRay Sloss	22.29	Blue Raider Invitational
Robert Ezell	22.56	Rod McCravy Memorial
Phillip Tanner	22.66	MT Valentine Invitational
Daniel Oketch	22.72	Rod McCravy Memorial
Freddie Rankin	22.79	MT Christmas Invitational
Carlos Morgan	22.82p	Sun Belt Championships
Chaz Ward	22.91 !	MT Valentine Invitational
Jeremy Turner	22.99	Middle Tennessee Classic
Brandon Lucas	23.25	MT Christmas Invitational
Robert Carter	23.32	Middle Tennessee Classic
Terrenace Maxwell	23.39	Middle Tennessee Classic
Frederick Middlebrooks	23.76	MT Valentine Invitational

400m (Auto: 46.45, Prov: 47.65)%

MT Record: Godfrey Herring 46.36 2001

Greg Franklin	49.05	Kentucky Invitational
Carl Morgan	49.37	Middle Tennessee Classic
Carlos Morgan	50.10	Kentucky Invitational
Brandon Lucas	50.26	Rod McCravy Memorial
Daniel Oketch	50.45	Rod McCravy Memorial
Freddie Rankin	50.75	Rod McCravy Memorial
Terrenace Maxwell	51.95	Middle Tennessee Classic
Robert Carter	52.12p	Sun Belt Championships
Robert Ezell	53.62	Middle Tennessee Classic

800m (Auto: 1:47.80, Prov: 1:49.90)%

MT Record: Dennis Votava 1:51.84 1977

Isaac Biwott	1:58.11p	Sun Belt Championships
Chris Travis	1:59.08	MT Valentine Invitational
Julius Kirui	2:00.08	MT Valentine Invitational
William Songock	2:00.29	MT Valentine Invitational
David Emery	2:02.35	Rod McCravy Memorial
Festus Chemaoi	2:02.95	MT Valentine Invitational

Mile (Auto: 3:59.00, Prov: 4:04.90)%

MT Record: Joe O'Loughlin 4:03.47 1982

Festus Chemaoi	4:13.59	Rod McCravy Memorial
William Songock	4:19.22 !	Kentucky Invitational
Isaac Biwott	4:20.28	Sun Belt Championships
David Emery	4:20.94	Rod McCravy Memorial
Julius Kirui	4:22.16	MT Christmas Invitational
Philip Benavides	4:33.35	MT Christmas Invitational
Matthew Young	4:56.90	MT Valentine Invitational

3000m (Auto: 7:54.00, Prov: 8:05.00)%

MT Record: Joe O'Loughlin 8:12.64 1981

Festus Chemaoi	8:30.61 !	Kentucky Invitational
William Songock	8:34.80 !	Sun Belt Championships
Julius Kirui	8:40.70 !	Rod McCravy Memorial
David Emery	8:55.87	Middle Tennessee Classic
Phillip Benavides	9:01.95 !	Rod McCravy Memorial
Matthew Young	9:57.96 !	MT Christmas Invitational

5000m (Auto: 13.49.00, Prov: 14:10.00)%

MT Record: Geoffrey Lagat 14:39.99 2001

William Songock	15:06.22 !	Sun Belt Championships
Isaac Biwott	15:08.14 !	Sun Belt Championships
Julius Kirui	15:15.82 !	Sun Belt Championships
Festus Chemaoi	15:19.66 !	Sun Belt Championships
David Emery	16:55.60	Sun Belt Championships
Matthew Young	18:03.77	Sun Belt Championships

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Mile Relay (Auto: 3:09.30, Prov: 3:13.20)%

MT Record: Okorie, Darden, Hicks, Waller	3:08.32	2004
Relay A	3:18.71	Middle Tennessee Classic
		Franklin, Morgan, Morgan, Oketch
Relay A	3:18.99	MT Christmas Invitational
		Senatus, Rankin, Lucas, Sloss
Relay B	3:45.65	MT Christmas Invitational
		Biwott, Travis, Benavides, Young

4x400m Relay (Auto: 3:08.10, Prov: 3:12.00)

Relay A	3:16.78	Rod McCravy Memorial
		Senatus, Rankin, Franklin, Adade
Relay A	3:23.00	Kentucky Invitational
		Oketch, Morgan, Morgan, Travis
Relay B	3:25.81	Rod McCravy Memorial
		Oketch, Ezell, Jones, Travis
Relay B	3:43.27	Kentucky Invitational
		Kirui, Songock, Emery, Biwott

4x800m Relay

Distance Medley Relay (Auto: 9:34.00, Prov: 9:45.70)%

MT Record: Johnson, Mitchell, David, O'Loughlin	9:48.04	1981
Relay A	10:18.16	Sun Belt Championships
		Biwott, Lucas, Travis, Emery

High Jump (Auto: 2.24, Prov: 2.16)

MT Record: Alex Pruitt	7-1.5	2005

Long Jump (Auto: 7.85, Prov: 7.50)

MT Record: Roland McGhee	27-0.75	1993
Carl Morgan	24-10 (7.57m) +!	Sun Belt Championships
Carlos Morgan	24-3.5 (7.40m) +	Sun Belt Championships
Lee Johnson	23-2.5 (7.07m)	Rod McCravy Memorial
DeRay Sloss	23-1.75 (7.05m) !	Sun Belt Championships
Brandon Jones	21-10.25 (6.66m) !	Blue Raider Invitational

Triple Jump (Auto: 16.10, Prov: 15.40)

MT Record: Tommy Haynes	54-6.5	1974
Carl Morgan	50-1.75 (15.28m) !	Sun Belt Championships
Carlos Morgan	48-2 (14.68m)	Sun Belt Championships
Brandon Jones	47-6.25 (14.48m) !	Sun Belt Championships
Frederick Middlebrooks	45-3 (13.79m)	MT Valentine Invitational

Shot Put (Auto: 19.30, Prov: 17.75)

MT Record: Brian Oldfield	57-7	1966

Weight Throw (Auto: 21.50, Prov: 19.50)

MT Record: James Thomas	58-8.75	2007

MT Christmas Invitational -- Murfreesboro, Tenn. (12/08/07)
Kentucky Invitational -- Lexington, Ky. (01/11-12/08)
Blue Raider Invitational -- Murfreesboro, Tenn. (01/19/08)
Middle Tennessee Classic -- Murfreesboro, Tenn. (01/26/08)
Rod McCravy Memorial -- Lexington, Ky. (02/01-02/08)
MT Valentine Invitational -- Murfreesboro, Tenn. (02/09/08)
Sun Belt Championships -- Murfreesboro, Tenn. (02/23-24/08)
NCAA Last Chance Meet -- Ames, Iowa (03/08/08)
NCAA Championships -- Fayetteville, Ark. (03/14-15/08)

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55m (Auto: 6.75, Prov: 6.92)

MT Record: Dionne Rose	6.89	1994
Tenesha Hill	7.01 !	MT Valentine Invitational
Erika Palmer	7.29p	MT Christmas Invitational

55mH (Auto: 7.58, Prov: 7.86)

MT Record: Dionne Rose	7.59	1994

60m (Auto: 7.27, Prov: 7.44)

Tenesha Hill	7.61	Rod McCravy Memorial

60mH (Auto: 8.15, Prov: 8.43)

200m (Auto: 23.50, Prov: 24.10)%

MT Record: Nadia Graham	23.54	1996
TraMayne Gillyard	24.85 p!	Sun Belt Championships
Tenesha Hill	24.94	Rod McCravy Memorial
Sarah Nambawa	25.10 !	Rod McCravy Memorial
Antranette Stringer	25.55	MT Valentine Invitational
Erika Palmer	25.84	MT Christmas Invitational
Kortney Thurman	26.44	Rod McCravy Memorial

400m (Auto: 52.70, Prov: 54.70)%

MT Record: Rosemary Okafor	52.41	2004
TraMayne Gillyard	55.41 !	Sun Belt Championships
Sarah Nambawa	55.87p!	Sun Belt Championships
Antranette Stringer	57.38p	Sun Belt Championships

600 (Non-NCAA Event)

800m (Auto: 2:05.20, Prov: 2:09.00)%

MT Record: Kapreia Kirk	2:13.95	2000
Zamzam Sangau	2:12.63 !r	Blue Raider Invitational
Marjorie Gombert	2:19.13p	Sun Belt Championships
Ashley Comstock	2:22.77 !	Rod McCravy Memorial
Marla Bailey	2:40.01	Kentucky Invitational

Mile (Auto: 4:40.00, Prov: 4:48.00)%

MT Record: Dianne DeOliveira	5:01.73	1991
Zamzam Sangau	4:48.27 !r	Rod McCravy Memorial
Marjorie Gombert	5:07.27 !	Rod McCravy Memorial
Ashley Comstock	5:08.88 !	Sun Belt Championships
Marla Bailey	5:21.57 !	MT Valentine Invitational
Kaitlyn Hammond	5:33.16	Sun Belt Championships
Tiffany Sawyer	5:33.44	MT Valentine Invitational

3000m (Auto: 9:15.00, Prov: 9:34.00)%

MT Record: Zamzam Sangau	10:20.49	2007
Zamzam Sangau	10:17.08 !r	Middle Tennessee Classic
Marjorie Gombert	10:23.93 !	MT Christmas Invitational
Ashley Comstock	10:28.84 !	Middle Tennessee Classic
Marla Bailey	10:35.22	Blue Raider Invitational
Ashleigh Thaler	10:47.05 !	Kentucky Invitational
Kaitlyn Hammond	10:56.56	Sun Belt Championships
Tiffany Sawyer	11:04.44 !	Rod McCravy Memorial
Catherine Chester	11:55.20	MT Christmas Invitational

5000m (Auto: 16:08.00, Prov: 16:42.00)%

MT Record: Sara Lunning	18:37.38	2007
Zamzam Sangau	17:54.42 !	Sun Belt Championships
Ashley Comstock	18:28.97 !	Sun Belt Championships
Ashleigh Thaler	18:50.60 !	Sun Belt Championships
Marla Bailey	18:55.16 !	Sun Belt Championships

Mile Relay (Auto: 3:35.40, Prov. 3:42.40)%

MT Record: Hall, Parrish, Phillips, Graham	3:42.78	1996
Relay A	3:48.25	Sun Belt Championships
		Stringer, Nambawa, Gillyard, Sangau

4x400m Relay (Auto: 3:34.20, Prov: 3:41.20)

Relay A	3:48.25	Rod McCravy Memorial
		Stringer, Nambawa, Gillyard, Sangau
Relay A	4:23.54	Kentucky Invitational
		Gombert, Comstock, Bailey, Sangau

4x800m Relay

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Distance Medley Relay (Auto: 11:09.00, Prov: 11:30.00)%

MT Record: Barnes, McGill, Smith, DeOliveira	12:22.45	1992
Relay A	12:07.87 r	Sun Belt Championships
		Comstock, Stringer, Gombert, Sangau

High Jump (Auto: 1.84, Prov: 1.78)

MT Record: Tipton, Florence	5-8	1991, 1995

Pole Vault (Auto: 4.20, Prov: 3.95)

MT Record: Jennifer Howard	10-8.25	2003

Long Jump (Auto: 6.40, Prov: 6.10)

MT Record: Dionne Rose	20-8.25	1994
Sarah Nambawa	19-7.5 (5.98m) !	Sun Belt Championships
Kortney Thurman	19-4.75 (5.91m) !	Sun Belt Championships

Triple Jump (Auto: 13.30, Prov: 12.65)

MT Record: Andreja Ribac	43-7.25	2000
Sarah Nambawa	44-8.25 (13.62m) r!*	Sun Belt Championships
Kortney Thurman	35-8.75 (10.89m)	Sun Belt Championships

Shot Put (Auto: 16.90, Prov: 15.20)

MT Record: Shelly Johnson	48-7.25	1996
MeLyn Thompson	47-11.25 (14.61m)	Kentucky Invitational
Brittany Cox	47-3.75 (14.42m)	Kentucky Invitational
Maite Cortin	36-4 (11.07m)	MT Christmas Invitational
Candace Lester	28-6.5 (8.70m)	Sun Belt Championships

Weight Throw (Auto: 21.00, Prov: 19.00)

MT Record: Brittany Cox	56-10.25	2007
Brittany Cox	59-0.25 (17.99m) !r	Rod McCravy Memorial
Maite Cortin	51-1 (15.57m) !	Sun Belt Championships
MeLyn Thompson	43-5.5 (13.24m)	MT Christmas Invitational
Candace Lester	31-5.75 (9.59m)	Sun Belt Championships

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