

April 23, 2008

Adade, Morgan Earn AOW Honors

Adade named Track Athlete of the Week, Morgan takes Field Athlete of the Week

MT Media Relations

MURFREESBORO, Tenn. - Middle Tennessee's Samuel Adade and Carl Morgan were both voted Sun Belt Athletes of the Week after their performances at last week's Vanderbilt Invitational.

Adade placed second in the 200-meters in an NCAA regional qualifying time and was fourth in the 100-meters at Vandy over the weekend.

The junior was the top collegian in the 200 on Friday, behind only former Blue Raider All-American Mardy Scales. Adade finished in an NCAA regional mark of 21.21, tying for the second fastest mark in the SBC this season. The time ranks 58th on the NCAA Descending Order List this week.

On Saturday Adade finished fourth in the 100 in 10.78. Adade owns the best 100 mark in the SBC this season at 10.46, also an NCAA regional time, and the mark ranks 36th in the nation.

Adade earned the first Track AOW award for the Blue Raiders this outdoor season and the 21st for the Middle Tennessee men since joining the SBC.

Morgan finished second in the long jump, fourth in the javelin and fifth in the triple jump over the weekend.

The junior posted an NCAA regional qualifying mark in the long jump, placing second with a mark of 25-2.75, second best in the SBC this season. The mark also ranks 17th in the nation this week.

He placed fourth in the javelin with a mark of 178-0, eighth best in the SBC, and was fifth in the triple jump with a mark of 48-1.75. Morgan owns the second best triple jump mark in the SBC this season.

Morgan garnered the first Field AOW accolade for the Blue Raider men this outdoor season and the third for Middle Tennessee after Sarah Nambawa and Brittany Cox claimed the honor for the women. Morgan earned the sixth Field AOW honor for the men since joining the SBC.

Brother Carlos Morgan's NCAA regional qualifying mark of 24-07.25 in the long jump ranks fourth on the NCAA Descending Order List. Sophomore DeRay Sloss posted an NCAA regional qualifying mark of 14.29 in the 110-meter hurdles over the weekend as well, a time that ranks 80th on the NCAA Descending Order List.

Sun Belt Outdoor Track Top 10


April 22, 2008

Men

100 Meters

1. Samuel Adade, 10.46*



Juniors Samuel Adade and Carl Morgan were both voted Sun Belt Athletes of the Week after their performances at last week's Vanderbilt Invitational. (MT) 

5. Carlos Morgan, 10.79

200 Meters

2. Samuel Adade, 21.21*

1500 Meters

4. Festus Chemaoui, 3:59.15

6. David Emery, 3:59.93

9. Isaac Biwott, 4:01.70

5000 Meters

2. Festus Chemaoui, 14:54.48

4. Isaac Biwott, 14:55.22

6. William Songock, 15:00.70

110 Meter Hurdles

4. DeRay Sloss, 14.29*

400 Meter Hurdles

8. DeRay Sloss, 54.77

3000 Meter Steeplechase

1. Festus Chemaoui, 9:28.82

4. Julius Kirui, 9:47.60

4x100 Meter Relay

3. 41.30

4x400 Meter Relay

8. 3:24.15

Long Jump

2. Carl Morgan, 25-2.75*

3. Carlos Morgan, 24-7.25*

7. DeRay Sloss, 23-6.75

Triple Jump

2. Carl Morgan, 48-2.75

5. Brandon Jones, 47-8

Javelin

5. Carlos Morgan, 192-11

8. Carl Morgan, 178-0

WOMEN

100 Meters

7. Tenesha Hill, 12.15

1500 Meters

1. Zamzam Sangau, 4:31.99

5. Ashley Comstock, 4:46.94

6. Marjorie Gombert, 4:47.07

5000 Meters

5. Kaitlyn Hammond, 18:34.60

6. Ashleigh Thaler, 18:35.46

7. Tiffany Sawyer, 18:37.55

3000 Meter Steeplechase

3. Marla Bailey, 11:47.50

4x400 Meter Relay

8. 3:52.71

Long Jump

4. Sarah Nambawa, 19-6

6. Kortney Thurman, 19-0.75

Triple Jump

1. Sarah Nambawa, 43-1.75*

Shot Put

1. Brittany Cox, 48-3.5

2. MeLyn Thompson, 46-9

Discus Throw

7. Brittany Cox, 136-7

Hammer Throw

4. Brittany Cox, 162-11

5. Maite Cortin, 162-7

* - NCAA Regional Qualifying Mark

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