2008 Middle Tennessee Track

Mideast Regional, May 30-31, Fayetteville, Ark.

MIDEAST REGIONAL QUALIFIERS

MEN

NAME, CLASS	EVENT	MARK
Samuel Adade	100	10.36
	200	21.21
DeRay Sloss	110H	14.29
	400H	51.92
William Songock	5000	15:02.87*
Festus Chemaoi	3000ST	9:40.33*
	4x100 Relay	40.53
Carl Morgan	LJ	25-8
	TJ	51-8.25
Carlos Morgan	LJ	24-11.75
	JV	208-4

WOMEN

NAME, CLASS	EVENT	MARK
Antranette Stringer	100	11.63
Sarah Nambawa	LJ	20-5.25
	TJ	44-2
Brittany Cox	SP	49-0.25
	Discus	153-11*
MeLyn Thompson	SP	47-11.25

* - Conference champion

2008 MIDDLE TENNESSEE OUTDOOR SCHEDULE

DATE	MEET	PLACE
M. 21-22	Clemson Relays	Clemson, S.C.
29	Yellowjacket Invitational	Atlanta, Ga.
A. 4-5	Texas Relays	Austin, Texas
5	Auburn Invitational	Auburn, Ala.
11-12	Sea Ray Relays	Knoxville, Tenn.
12	Boston-Moon Classic	Nashville, Tenn.
18-19	Vanderbilt Invitational	Nashville, Tenn.
24-26	Penn Relays	Philadelphia, Pa.
26	Coach O Invitational	Troy, Ala.
M. 9-11	Sun Belt Championships	Denton, Texas
17	Ga. Tech Last Chance Meet	Atlanta, Ga.
30-31	NCAA Mideast Regional	Fayetteville, Ark.
J. 11-14	NCAA Championships	Des Moines, Iowa

Meet Information

Site: John McDonnell Field (Fayetteville, Ark.)

Notes: The Blue Raiders compete in the NCAA Mideast Regional in Fayetteville, Ark., Friday and Saturday ... Samuel Adade (4x100 relay), Brittany Cox (shot put), Carlos Morgan (long jump), Sarah Nambawa (triple jump, 4x400 relay) and MeLyn Thompson (shot put) all participated in last year's Mideast Regional in Columbia, Mo. Adade is the only Blue Raider to compete in an NCAA regional in every year at Middle Tennessee, participating in the 2006 event in Knoxville, Tenn. ... Antranette Stringer has twice before competed at the Mideast Regional, in 2005 (Bloomington, Ind.) and 2006 (Knoxville) as a member of the 4x400 relay team

Adade Participating in Third Regional Meet

Junior Samuel Adade will compete in his third straight NCAA Mideast Regional, but will be taking part in individual events for the first time in his career. Adade has been a member of the 4x100 relay squad the past two years for the Blue Raiders. This season the Kumasi, Ghana, native has qualified in both the 100 and 200-meters and is again a member of the 4x100 relay. Adade's time of 10.36 in the 100 ranks 36th nationally and 15th in the region, while his mark of 21.21 in the 200 is 111th in the country and 32nd in the region. The Blue Raider 4x100 relay team has finished third the last two years at the Mideast Regional.

Twins Are a Double Threat

Junior Carl Morgan and senior Carlos Morgan are quite a tandem in many ways, not the least of which pertains to being twin brothers. Both have qualified for a pair of regional events, with Carl Morgan ranking in the Top 25 nationally in both the long jump and triple jump.

Carl's mark of 25-8 in the long jump ranks 15th nationally (seventh in the Mideast Region), while his mark of 51-8.25 in the triple jump is 24th in the nation, sixth in the region. Carl earned the Most Outstanding Field Performer award at the Sun Belt Championships both indoors and outdoors this season after sitting out the 2006-07 academic year because of injury.

Carlos Morgan's mark of 24-11.75 in the long jump ranks 40th in the nation (19th in the Mideast region) and his javelin distance of 208-4 is 69th in the country, 17th in the region. Carlos competed in the regional last season in the long jump, finishing eighth.

Coaching Staff

Head Coach: Dean Hayes
Assistant Coach: Roger Kerr
Assistant Coach: Keith Vroman
Administrative Asst.: Thomas Keith
Assistant Coach: Andrew Owusu
Assistant Coach: Laetitia Florimond
Graduate Assistant: Matt Gooch

Nambawa Back Again

Sophomore Sarah Nambawa qualified for the Mideast Regional for the second straight year and has posted a stellar season for Middle Tennessee. Nambawa was named the Most Outstanding Field Performer award at the Sun Belt Championships both indoors and outdoors this season. She set the school record in the triple jump and posted the third best mark in the long jump in school history at the SBC meet as well. Nambawa's mark of 20-5.25 in the long jump ranks 39th in the nation (eighth in the Mideast Region) and her mark of 44-2 in the triple jump is 10th best in the country and tops the region rankings. The Kampala, Uganda, native finished 13th in the triple jump at last year's meet and was a member of the 4x400 relay that placed 13th as well.

Sloss, Cox Both Qualified in Two Events

Sophomores DeRay Sloss and Brittany Cox both qualified for a pair of events in the Mideast Regional this weekend.

Sloss will compete in the 110-meter hurdles as well as the 400-meter hurdles. His time of 14.29 in the high hurdles ranks 106th nationally (23rd in the Mideast Region) and his mark of 51.92 in the intermediate hurdles is 70th in the nation,

43 CONFERENCE CHAMPIONSHIPS

19th in the region. Sloss is the fifth different Blue Raider to qualify in the high hurdles in six years of regional competition.

Cox's mark of 49-0.25 in the shot put ranks 68th in the nation (25th in the Mideast Region) and her mark of 153-11 in the discus ranks 100th in the nation, 31st in the region. Cox set the school record in the hammer throw three times this season.

Stringer Has Strong Final Push

Senior Antranette Stringer made her final days as a Blue Raider count, qualifying for her third Mideast Regional and first in an individual event with strong efforts at the Sun Belt Championships three weeks ago. Stringer's time of 11.63 in the 100-meters ranks 65th nationally, 16th in the Mideast Regional. The Hephzibah, Ga., native was a member of the 4x400 relay squad in 2005 and 2006, teams that finished 13th and 10th, respectively, at the region meet.

Men's 4x100 Relay Has Good History

Middle Tennessee's men's 4x100 relay has enjoyed good success at the Mideast Regional, posting a second-place finish in 2003 and a pair of third-place showings, in 2006 and 2007. The 2004 foursome automatically qualified for the NCAA Championships and did not run in the finals at the region meet. Junior Samuel Adade has been a member of the last two 4x100 relay tandems at the regional and will be joined this year by sophomore Phillip Tanner (also a Middle Tennessee football player) as well as junior Carl Morgan and senior Carlos Morgan.

Two SBC Champions Make the Field

A pair of Middle Tennessee distance runners made the Mideast Regional field by virtue of winning events at the Sun Belt Championships three weeks ago in Denton, Texas.

Freshman Festus Chemaoi was voted the SBC Freshman of the Year after winning the steeplechase, placing third in the 1500-meters, seventh in the 5000-meters and eighth in the 800-meters. Chemaoi was also the SBC Freshman of the Year indoors after winning the mile run, placing third in the 3000-meters and seventh in the 5000.

Sophomore William Songock won the 5000 at the SBC Outdoor meet and also finished second in the 10000-meters.

Thompson Qualifies in Shot Put

Sophomore MeLyn Thompson qualified for the Mideast Regional for the second straight year, both in the shot put. The Chattanooga, Tenn., native posted a mark of 47-11.25, ranking 90th in the nation and 35th in the Mideast Region. Thompson placed 10th last year at the regional with a mark of 48-10.25.

Individual Participants/Relays in the Mideast Regional

MEN

2003: 5th (37 points)

Mardy Scales	100	10.21/10.02 (1)
Pedro Holiday	100	10.63 (19)
Sean Waller	400	47.23 (10)
Fred Williams	400	48.68 (19)
Jasper Demps	110H	14.13 (12)
Linnie Yarbrough	110H	14.15 (13)
Garland Martin	110H	14.31 (16)
Victor Okorie	400H	50.01/50.85 (2)
DJ Spann	400H	50.91/52.03 (5)
Brad Orr	400H	52.11 (12)
Levi Sybert	3000ST	9:48.49 (32)
Rob Jordan	LJ	25-0.75 (7)
JJ Sturm	LJ	23-0.75 (32)
	4x100	39.60/39.85 (2)
	Spann, Scales, Orr, Holiday	
	4x400	3:10.98 (4)
	Okorie, Williams, Tim Hicks, Waller	

2004: 12th (22 points)

Mardy Scales	100	10.04/10.02 (2)
Mardy Scales	200	20.49/20.62 (4)
Linnie Yarbrough	110H	13.89/14.00 (8)
Sean Waller	400	46.99 (12)
JJ Sturm	LJ	24-5.75 (9)
	4x100	39.79/DQ
	Xavier Darden, Scales, Wesley Dupar-Scott, Pedro Holiday	
	4x400	3:05.65 (2)
	Xavier Darden, Scales, Wesley Dupar-Scott, Sean Waller	

2005: 34th (4 points)

VanTonio Fraley	100	10.58 (13)
VanTonio Fraley	200	21.25 (15)
Linnie Yarbrough	110H	13.96/13.89 (5)
Alex Pruitt	HJ	6-9 (t9)
Lindsay Sims	JV	195-6 (11)

2006: 8th (29 points)

Orlando Reid	100	10.07/10.28 (3)
VanTonio Fraley	100	10.50 (22)
Orlando Reid	200	20.54/20.77 (3)
VanTonio Fraley	200	21.04 (12)
Linnie Yarbrough	110H	13.49/13.67 (2)
Pete Senatus	400H	53.08 (18)
	4x100	40.09/39.94 (3)
	Samuel Adade, Fraley, Reid, Daryl Terrell	
	4x400	3:06.68 (6)
	Daryl Terrell, Sean Waller, Jermaine Barton, Fraley	

2007: 12th (27 points)

Orlando Reid	100	10.31/10.25 (3)
Orlando Reid	200	20.77/20.58 (2)
Sean Waller	400	48.29 (30)
Juan Walker	110H	14.11/14.06 (7)
Juan Walker	LJ	24-8.5 (5)
Carlos Morgan	LJ	24-1.5 (8)
James Thomas	Hammer	170-9 (30)
	4x100	39.74/39.91 (3)
	Walker, Reid, Waller, Samuel Adade	
	4x400	DNS
	Walker, Pete Senatus, Reid, Waller	

WOMEN

2003: 6 points

Rosemary Okafor	400	54.32/54.17 (5)
Kishara George	400H	59.57/1:02.32 (7)
Kim Freeman	LJ	18-4.5 (30)
Kim Freeman	TJ	Foul
	4x400	3:47.01 (13)
	Kerry Barrow, Lanora Gray, George, Okafor	

2004: 23rd (8 points)

Rosemary Okafor	400	53.18/52.29 (5)
Kishara George	400H	58.60/58.37 (7)
	4x400	3:39.75 (7)
	Kerry Barrow, Tiffany Owens, George, Okafor	

2005: No points

Candice Robertson	100H	14.29 (23)
Kishara George	400H	1:00.54 (11)
Stephanie Tamgho	LJ	18-2.25 (22)
Sierra Douglas	TJ	38-4.75 (24)
Stephanie Tamgho	TJ	38-3.25 (25)
Laetitia Florimond	SP	46-3.5 (25)
Laetitia Florimond	JV	123-4 (21)
	4x400	3:41.39 (13)
	Kerry Barrow, Antranette Stringer, Shanna-Kay Campbell, George	

2006: No points

Antranette Stringer	200	24.56 (18)
Shanna-Kay Campbell	400	56.37 (23)
Candice Robertson	100H	13.64 (14)
Veronia Patterson	400H	1:00.98 (16)
	4x400	3:41.44 (10)
	TraMayne Gillyard, Antranette Stringer, Campbell, Patterson	

2007: 29th (5 points)

Erika Palmer	100	12.14 (24)
Veronia Patterson	400	54.96 (17)
Zamzam Sangau	1500	4:31.61 (20)
Stephanie Tamgho	LJ	19-7 (4)
Sarah Nambawa	TJ	41-2.25 (13)
MeLyn Thompson	SP	48-10.25 (10)
Brittany Cox	SP	42-6.75 (26)
	4x400	3:41.99 (13)
	TraMayne Gillyard, Nambawa, Shanna-Kay Campbell, Patterson	

2007-08 Middle Tennessee Track & Field

2007-08 MEN'S OUTDOOR PERFORMANCE LIST (MAY 19)

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100m (Regional: 10.55)

MT Record: Mardy Scales	10.07	2004
Samuel Adade	10.36 *	Sun Belt Championships
Phillip Tanner	10.78p	Sun Belt Championships
Carlos Morgan	10.79	Vanderbilt Invitational
Carl Morgan	11.11	Yellowjacket Invitational
D.D. Kyles	11.33	Sun Belt Championships
Lee Johnson	11.82	Sun Belt Championships

110mH (Regional: 14.30)

MT Record: Linnie Yarbrough	13.67	2006
DeRay Sloss	14.29p !*	Sun Belt Championships
Pete Senatus	14.49	Clemson Relays
Freddie Rankin	15.06	Boston-Moon Classic
Frederick Middlebrooks	15.58p !	Sun Belt Championships
Jeremy Turner	15.97	Coach O Invitational

200m (Regional: 21.35)

MT Record: Roland McGhee	20.44	1994
Samuel Adade	21.21 *	Vanderbilt Invitational
D.D. Kyles	21.88	Coach O Invitational
Phillip Tanner	22.10	Vanderbilt Invitational
Robert Carter	22.76	Coach O Invitational
Daniel Oketch	23.25	Tiger Track Classic

400m (Regional: 47.20)

MT Record: Godfrey Herring	45.35	2001
Daniel Oketch	50.46	Tiger Track Classic
Robert Carter	52.26	Tiger Track Classic

400mH (Regional: 52.51)

MT Record: Victor Okorie	49.19	2003
DeRay Sloss	51.92	Georgia Tech Last Chance Invitational
Freddie Rankin	54.01 !	Coach O Invitational
Jeremy Turner	55.97p	Sun Belt Championships
Frederick Middlebrooks	1:02.34p	Sun Belt Championships

800m (Regional: 1:50.40)

MT Record: Jerry Singleton	1:49.6	1969
Festus Chemaoi	1:54.72 !	Coach O Invitational
David Emery	1:56.15p	Sun Belt Championships
Daniel Oketch	2:01.48	Yellowjacket Invitational

1500m (Regional: 3:47.80)

MT Record: Gary Perry	3:42.9	1977
Festus Chemaoi	3:56.34	Coach O Invitational
Isaac Biwott	3:59.24	Coach O Invitational
David Emery	3:59.93	Tiger Track Classic
William Songock	4:03.41	Tiger Track Classic
Philip Benavides	4:07.14 !	Boston-Moon Classic
Julius Kirui	4:11.30	Boston-Moon Classic

3000m

William Songock	8:35.13	Coach O Invitational
Julius Kirui	8:49.36	Coach O Invitational
Matthew Young	9:50.31	Tiger Track Classic

3000mST (Regional: 9:07.00)

MT Record: Danny Green	9:08.37	1986
Festus Chemaoi	9:28.82	Tiger Track Classic
Julius Kirui	9:47.60 !	Vanderbilt Invitational
Philip Benavides	10:39.33	Sun Belt Championships
Matthew Young	10:43.60	Boston-Moon Classic

5000m (Regional: 14:12.00)

MT Record: Ross Dowland	14:20.84	1981
Festus Chemaoi	14:54.48 !	Vanderbilt Invitational
Isaac Biwott	14:55.22 !	Vanderbilt Invitational
William Songock	15:00.70 !	Vanderbilt Invitational
Julius Kirui	15:24.72	Sun Belt Championships
Philip Benavides	15:38.88 !	Vanderbilt Invitational

10000m (Auto: 28:45.00; Prov.: 29:30.00)

MT Record: Robert Willis	30:51.20	1983
William Songock	31:54.10	Sun Belt Championships
Isaac Biwott	32:38.33	Sun Belt Championships

4x110m Shuttle Hurdle Relay

MT Record: R. Davis, Kirnes, Nesbitt, Williams	56.73	1983

Distance Medley Relay

MT Record: Lawrence, Farris, Davis, O'Loughlin	9:50.64	1982
Relay A	10:32.47	Sea Ray Relays
		Chemaoi, Biwott, Songock, Emery
Relay A	10:47.37	Clemson Relays
		Emery, Oketch, Benavides, Biwott

4x100m Relay (Regional: 40.66)

MT Record: Spann, Scales, Orr, Holiday	38.94	2003
Relay A	40.53 *	Sun Belt Championships
		Tanner, Morgan, Morgan, Adade
Relay A	41.30	Sea Ray Relays
		Sloss, Morgan, Morgan, Adade
Relay A	42.76	Coach O Invitational
		Sloss, Rankin, Turner, Jones
Relay A	43.97	Boston-Moon Classic
		Turner, Rankin, Johnson, Jones

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4x200m Relay

MT Record: Loyd, McGhee, Gupton, Otis	1:21.17	1994
Relay A	1:25.34	Penn Relays
		Tanner, Morgan, Morgan, Adade
Relay A	1:26.44	Clemson Relays
		Adade, Morgan, Morgan, Tanner

4x400m Relay (Regional: 3:10.00)

MT Record: Darden, Scales, Dupar-Scott, Waller	3:05.65	2004
Relay A	3:24.15	Clemson Relays
		Oketch, Morgan, Morgan, Emery
Relay A	3:31.68	Sun Belt Championships
		Rankin, Kyles, Middlebrooks, Turner

4x1500 Relay

MT Record: Green, Flint, Burn, Porter	16:13.80	1985
Relay A	16:23.42	Sea Ray Relays
		Benavides, Chemaoi, Songock, Emery
Relay A	16:51.40	Clemson Relays
		Biwott, Emery, Chemaoi, Benavides

1600 Sprint Medley Relay

MT Record: Shannon, Mitchell, T. Johnson, Davis	3:20.68	1982

High Jump (Regional: 2.10m)

MT Record: Chris Koger	7-1.75	2002

Long Jump (Regional: 7.34m)

MT Record: Roland McGhee	27-6	1993
Carl Morgan	7.82m (25-8) !*	Sun Belt Championships
Carlos Morgan	7.61m (24-11.75) *	Sun Belt Championships
DeRay Sloss	7.18m (23-6.75)	Clemson Relays
Brandon Jones	6.80m (22-3.75) !	Boston-Moon Classic
Lee Johnson	6.73m (22-1)	Boston-Moon Classic
Freddie Rankin	6.12m (20-1)	Boston-Moon Classic

Triple Jump (Regional: 15.00m)

MT Record: Eddie Loyd	55-2	1982
Carl Morgan	15.75m (51-8.25) *	Sun Belt Championships
Carlos Morgan	14.68m (48-2)	Sun Belt Championships
Brandon Jones	14.53m (47-8) !	Boston-Moon Classic
Frederick Middlebrooks	13.63m (44-8.75)	Sun Belt Championships

Shot Put (Regional: 16.80m)

MT Record: Brian Oldfield	59-2	1966

Discus (Regional: 51.70m)

MT Record: Harrison Salami	182-9	1977

Hammer (Regional: 56.80m)

MT Record: James Thomas	182-6	2007

Javelin (Regional: 61.60m)

MT Record: Jeff Sims	220-11	1984
Carlos Morgan	63.51m (208-4) *	Sun Belt Championships
Carl Morgan	56.87m (186-7)	Sun Belt Championships

Clemson Relays -- Clemson, S.C. (3/21-22/08)
Yellowjacket Invitational -- Atlanta, Ga. (3/28-29/08)
Tiger Track Classic -- Auburn, Ala. (04/04-05/08)
Sea Ray Relays -- Knoxville, Tenn. (04/11-12/08)
Boston-Moon Classic -- Nashville, Tenn. (04/12/08)
Vanderbilt Invitational -- Nashville, Tenn. (04/18-19/08)
Penn Relays -- Philadelphia, Pa. (04/24-26/08)
Coach O Invitational -- Troy, Ala. (04/26/08)
Sun Belt Championships -- Denton, Texas (05/09-11/08)
Georgia Tech Last Chance Invitational -- Atlanta, Ga. (05/16-17/08)

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100m (Regional: 11.75)

MT Record: Douglas, Okafor	11.34	1994, 2003
Antranette Stringer	11.63p *	Sun Belt Championships
Tenesha Hill	11.79p	Sun Belt Championships
Kortney Thurman	12.14p	Sun Belt Championships

100mH (Regional: 13.92)

MT Record: Dionne Rose	13.14	1994

200m (Regional: 23.96)

MT Record: Rosemary Okafor	23.18	2003
Antranette Stringer	24.25p	Sun Belt Championships
Tenesha Hill	24.69p	Sun Belt Championships

400m (Regional: 54.61)

MT Record: Rosemary Okafor	52.29	2004
Sarah Nambawa	55.41p	Sun Belt Championships
TraMayne Gillyard	55.86	Yellowjacket Invitational
Antranette Stringer	58.25	Boston-Moon Classic

400mH (Regional: 1:00.82)

MT Record: Kishara George	58.72	2005

800m (Regional: 2:09.80)

MT Record: Leigh Weathers	2:10.03	2004
Zamzam Sangau	2:10.40 !	Coach O Invitational
Marjorie Gombert	2:14.49	Coach O Invitational

1500m (Regional: 4:27.80)

MT Record: Zamzam Sangau	4:31.61	2007
Zamzam Sangau	4:31.99	Vanderbilt Invitational
Marjorie Gombert	4:42.04	Sun Belt Championships
Ashley Comstock	4:46.94	Yellowjacket Invitational
Kaitlyn Hammond	5:00.21	Coach O Invitational
Ashleigh Thaler	5:06.26 !	Coach O Invitational
Tiffany Sawyer	5:06.85 !	Coach O Invitational

3000m

MT Record: Sharon Smith	10:21.74	1989
Zamzam Sangau	10:07.40 !r	Tiger Track Classic
Marjorie Gombert	10:31.26	Tiger Track Classic
Marla Bailey	10:48.55	Coach O Invitational
Kaitlyn Hammond	10:53.57	Tiger Track Classic
Tiffany Sawyer	10:58.99	Tiger Track Classic
Ashleigh Thaler	11:08.91	Tiger Track Classic

3000mST (10.50.25)

MT Record: Sara Lunning	11:37.41	2005
Marla Bailey	11:47.50	Tiger Track Classic

5000m (Regional: 16:52.00)

MT Record: Zamzam Sangau	17:21.42	2007
Zamzam Sangau	17:51.86	Sun Belt Championships
Marla Bailey	18:26.78	Sun Belt Championships
Kaitlyn Hammond	18:34.60 !	Vanderbilt Invitational
Ashleigh Thaler	18:35.46	Vanderbilt Invitational
Tiffany Sawyer	18:37.75 !	Vanderbilt Invitational

10000m (Regional - Auto: 33:30.00; Prov.: 35:00.00)

MT Record: Lea White	37:38.5	1992
Ashleigh Thaler	39:20.32	Sun Belt Championships
Tiffany Sawyer	41:19.39	Sun Belt Championships

4x100m Relay (Regional: 45.70)

MT Record: Douglas, Rose, Brown, Watson	44.87	1994
Relay A	46.27	Sun Belt Championships
		Hill, Thurman, Stringer, Nambawa

4x100 Shuttle Hurdle Relay

4x200m Relay

MT Record: Brrow, Owens, George, Okafor	1:34.74	2004

4x400m Relay (Regional: 3:42.00)

MT Record: Gillyard, Nambawa, Campbell, Patterson	3:38.12	2007
Relay A	3:52.71	Clemson Relays
		Stringer, Nambawa, Gillyard, Sangau

Distance Medley Relay

MT Record: Barnes, McGill, Smith, DeOliveira	12:07.74	1991
Relay A	12:34.46	Clemson Relays
		Comstock, Gillyard, Gombert, Sangau
Relay A	12:44.24	Sea Ray Relays
		Sangau, Nambawa, Bailey, Gombert

4x1500m Relay

MT Record: Barnes, Smith, DeOliveira, Thomas	19:57.23	1991
Relay A	19:45.74 r	Clemson Relays
		Bailey, Sangau, Gombert, Comstock
Relay A	20:16.78	Sea Ray Relays
		Gombert, Bailey, Sangau, Sawyer

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High Jump (Regional: 1.75m)

MT Record: Veronica Tipton	5-10.5	1992

Long Jump (Regional: 6.00m)

MT Record: Dionne Rose	21-9	1994
Sarah Nambawa	6.23m (20-5.25) *	Sun Belt Championships
Kortney Thurman	5.95m (19-6.25) !	Coach O Invitational
Antranette Stringer	5.20m (17-0.75)	Sun Belt Championships

Triple Jump (Regional: 12.32m)

MT Record: Andreja Ribac	43-7.5	2000
Sarah Nambawa	13.46m (44-2) *	Sun Belt Championships
Kortney Thurman	11.41m (37-5.25)	Sun Belt Championships

Shot Put (Regional: 14.30m)

MT Record: MeLyn Thompson	50-8.75	2007
Brittany Cox	14.94m (49-0.25) *	Coach O Invitational
MeLyn Thompson	14.62m (47-11.75) *	Sun Belt Championships
Candace Lester	8.64m (28-4.25)	Clemson Relays

Discus (Regional: 47.30m)

MT Record: Shelly Johnson	168-5	1995
Brittany Cox	46.92m (153-11)	Sun Belt Championships
MeLyn Thompson	40.44m (132-8)	Coach O Invitational
Maite Cortin	31.81m (104-4)	Coach O Invitational
Candace Lester	23.59m (77-5)	Boston-Moon Classic

Hammer (Regional: 54.15m)

MT Record: Meaghan Byrd	162-5	2005
Brittany Cox	50.39m (165-4) !r	Sun Belt Championships
Maite Cortin	49.57m (162-7) !r	Tiger Track Classic
MeLyn Thompson	42.16m (138-4)	Coach O Invitational
Candace Lester	32.83m (107-8)	Clemson Relays

Javelin (Regional: 43.45m)

MT Record: Laetitia Florimond	140-9	2005
Brittany Cox	32.64m (107-1)	Sun Belt Championships
Maite Cortin	19.33m (63-5)	Clemson Relays
Candace Lester	18.55m (60-10)	Clemson Relays

Clemson Relays -- Clemson, S.C. (3/21-22/08)
Yellowjacket Invitational -- Atlanta, Ga. (3/28-29/08)
Tiger Track Classic -- Auburn, Ala. (04/04-05/08)
Sea Ray Relays -- Knoxville, Tenn. (04/11-12/08)
Boston-Moon Classic -- Nashville, Tenn. (04/12/08)
Vanderbilt Invitational -- Nashville, Tenn. (04/18-19/08)
Penn Relays -- Philadelphia, Pa. (04/24-26/08)
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Sun Belt Championships -- Denton, Texas (05/09-11/08)
Georgia Tech Last Chance Invitational -- Atlanta, Ga. (05/16-17/08)

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Samuel Adade	100m	200m	4x100m Relay	4x200m Relay
Clemson Relays (03/21-22/08)	10.61 (4)			1:26.44 (3)
Yellowjacket Invitational (03/28-29/08)	10.76 (1)			
Tiger Track Classic (04/04-05/08)	10.91 (15)		DNF	
Sea Ray Relays (04/11-12/08)	10.46 (22) *		41.30 (6)	
Vanderbilt Invitational (04/18-19/08)	10.78 (4)	21.21 (2) *	DNF	
Penn Relays (4/24-26/08)			41.18p	1:25.34p
Sun Belt Championships (05/09-11/08)	10.36p*!/10.66 (3)	21.29p/21.39 (6)	40.53 (2) *	

Festus Chemaoi	800m	1500m	3000mST	5000m	4x1500m Relay	DMR
Clemson Relays (03/21-22/08)					16:51.40 (3)	
Yellowjacket Invitational (03/28-29/08)			9:45.18 (3)			
Tiger Track Classic (04/04-05/08)		3:59.15 (19)	9:28.82 (3)			
Sea Ray Relays (04/11-12/08)					16:23.42 (1)	10:32.47 (8)
Vanderbilt Invitational (04/18-19/08)	1:57.24 (22) !			14:54.48 (3) !		
Coach O Invitational (04/26/08)	1:54.72 (2) !	3:56.34 (1)				
Sun Belt Championships (05/09-11/08)	1:55.77p/2:11.45 (8)	3:57.38 (3)	9:40.33 (1)	15:34.83 (7)		
Ga. Tech Last Chance Invit. (05/16-17/08)		4:04.06 (36)				

Brittany Cox	SP	Hammer	Discus	Javelin
Clemson Relays (03/21-22/08)	44-8 (2)	161-1 (1)		96-5 (2) !
Yellowjacket Invitational (03/28-29/08)	48-3.5 (3) *!	151-8 (14)	Foul	
Tiger Track Classic (04/04-05/08)	46-6 (6)	151-2 (10)	131-9 (8)	
Sea Ray Relays (04/11-12/08)	NM	158-7 (10) !	136-7 (21)	
Vanderbilt Invitational (04/18-19/08)	46-6.75 (2)	162-11 (3) !r	131-4 (11)	
Coach O Invitational (04/26/08)	49-0.25 (2) !*	164-2 (2) !r	135-6 (4)	
Sun Belt Championships (05/09-11/08)	47-8 (2)	165-4 (5) !r	153-11 (1) !	107-1 (13) !

Carl Morgan	LJ	TJ	Javelin	100m	4x200m Relay	4x400m Relay
Clemson Relays (03/21-22/08)		48-2.75 (1)	173-11 (4)		1:26.44 (3)	3:24.15 (7)
Yellowjacket Invitational (03/28-29/08)	22-7.75 (5)			11.11 (7)		
Tiger Track Classic (04/04-05/08)	24-0.75 (2)	Foul	171-10 (9)			
Sea Ray Relays (04/11-12/08)	24-9.75 (7) *	47-4.5 (16)				
Vanderbilt Invitational (04/18-19/08)	25-2.75 (2) !*	48-1.75 (5)	178-0 (4)	DNF		
Penn Relays (4/24-26/08)					1:25.34p	
Sun Belt Championships (05/09-11/08)	25-8 (2) !*	51-8.25 (1) *	186-7 (6)			
Ga. Tech Last Chance Invit. (05/16-17/08)		48-0 (17)				

Carl Morgan	4x100m Relay
Tiger Track Classic (04/04-05/08)	DNF
Sea Ray Relays (04/11-12/08)	41.30 (6)
Vanderbilt Invitational (04/18-19/08)	DNF
Penn Relays (4/24-26/08)	41.18p
Sun Belt Championships (05/09-11/08)	40.53 (2) *

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Carlos Morgan	LJ	TJ	Javelin	100m	4x200m Relay	4x400m Relay
Clemson Relays (03/21-22/08)		NM	192-11 (3)		1:26.44 (3)	3:24.15 (7)
Yellowjacket Invitational (03/28-29/08)	23-2 (4)			11.15 (8)		
Tiger Track Classic (04/04-05/08)	23-11 (3)	Foul	158-3 (13)			
Sea Ray Relays (04/11-12/08)	23-10 (12)	ND				
Vanderbilt Invitational (04/18-19/08)	24-7.25 (4) *		186-9 (3)	10.79 (5)		
Penn Relays (4/24-26/08)	16-0.25 (20)				1:25.34p	
Sun Belt Championships (05/09-11/08)	24-11.75 (3) *	48-2 (6)	208-4 (3) *			

Carlos Morgan	4x100m Relay
Tiger Track Classic (04/04-05/08)	DNF
Sea Ray Relays (04/11-12/08)	41.30 (6)
Vanderbilt Invitational (04/18-19/08)	DNF
Penn Relays (4/24-26/08)	41.18p
Sun Belt Championships (05/09-11/08)	40.53 (2) *

Sarah Nambawa	LJ	TJ	400m	4x100m Relay	4x400m Relay	DMR
Clemson Relays (03/21-22/08)	19-1.5 (1)	42-5.5 (1)			3:52.71 (1)	
Tiger Track Classic (04/04-05/08)	19-0 (3)	42-0 (3)				
Sea Ray Relays (04/11-12/08)	19-1.25 (13)	41-7.25 (4)				12:44.24 (8)
Vanderbilt Invitational (04/18-19/08)	19-6 (3)	43-1.5 (1) *				
Sun Belt Championships (05/09-11/08)	20-5.25 (2) !*	44-2 (1) *	55.41p/58.30 (8)	46.27 (4)		

DeRay Sloss	LJ	110mH	400mH	4x100m Relay
Clemson Relays (03/21-22/08)	23-6.75 (2) !	15.53 (7)	54.77 (3)	
Yellowjacket Invitational (03/28-29/08)		19.55 (20)		
Tiger Track Classic (04/04-05/08)				DNF
Sea Ray Relays (04/11-12/08)		14.65 (23)		41.30 (6)
Vanderbilt Invitational (04/18-19/08)	23-5.25 (9)	14.29 (2) !*		DNF
Coach O Invitational (04/26/08)	23-0 (3)	14.39 (2)		42.76 (4)
Sun Belt Championships (05/09-11/08)	22-4.5 (15)	14.29p!*/15.05 (7)	53.59p/52.52 (2)	
Ga. Tech Last Chance Invit. (05/16-17/08)	22-2.5 (20)	14.64p	51.92 (9) !*	

William Songock	1500m	3000m	5000m	10000m	4x1500m Relay	DMR
Clemson Relays (03/21-22/08)			15:49.50 (2)			
Tiger Track Classic (04/04-05/08)	4:03.41 (27) !					
Sea Ray Relays (04/11-12/08)					16:23.42 (1)	10:32.47 (8)
Vanderbilt Invitational (04/18-19/08)			15:00.72 (8) !			
Coach O Invitational (04/26/08)		8:35.13 (1)				
Sun Belt Championships (05/09-11/08)			15:02.87 (1)	31:54.10 (2)		

Antranette Stringer	100m	200m	400m	LJ	4x100m Relay	4x400m Relay
Clemson Relays (03/21-22/08)						3:52.71 (1)
Yellowjacket Invitational (03/28-29/08)	12.20 (13)					
Tiger Track Classic (04/04-05/08)	12.34 (14)	24.83 (18)				
Boston-Moon Classic (04/12/08)		24.99 (2)	58.25 (2)	16-10.75 (6)		
Vanderbilt Invitational (04/18-19/08)	12.25 (12)	24.67 (16)		NM		
Coach O Invitational (04/26/08)		24.70 (3)	1:01.46 (12)	16-4.25 (16)		
Sun Belt Championships (05/09-11/08)	11.63p!*/15.86 (7)	24.25p/30.93 (8)		17-0.25 (18)	46.27 (4)	

Phillip Tanner	100m	200m	4x100m Relay	4x200m Relay
Clemson Relays (03/21-22/08)	11.11 (9)			1:26.44 (3)
Vanderbilt Invitational (04/18-19/08)		22.10 (18)	DNF	
Penn Relays (4/24-26/08)			41.18p	1:25.34p
Sun Belt Championships (05/09-11/08)	10.78p!	22.24p	40.53 (2) *	

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MeLyn Thompson	SP	Hammer	Discus	Javelin
Clemson Relays (03/21-22/08)	46-9 (1)	129-1 (3) !		
Yellowjacket Invitational (03/28-29/08)	46-3.25 (7)		Foul	
Tiger Track Classic (04/04-05/08)	42-11 (9)		Foul	
Sea Ray Relays (04/11-12/08)	41-9.75 (35)		ND	
Vanderbilt Invitational (04/18-19/08)	44-0.75 (8)	124-3 (25)	Foul	
Coach O Invitational (04/26/08)	46-9 (3)	138-4 (8) !	132-8 (5) !	
Sun Belt Championships (05/09-11/08)	47-11.75 (1) *	136-1 (13)	112-2 (17)	

RELAYS
Men
4x100

Tiger Track Classic (04/04-05/08)	DNF - Sloss, Morgan, Morgan, Adade
Boston-Moon Classic (04/12/08)	43.97 (3) - Turner, Rankin, Johnson, Jones
Sea Ray Relays (04/11-12/08)	41.30 (6) - Sloss, Morgan, Morgan, Adade
Vanderbilt Invitational (04/18-19/08)	DNF - Sloss, Morgan, Morgan, Adade
Vanderbilt Invitational (04/18-19/08)	DNF - Tanner, Rankin, Jones, Turner
Coach O Invitational (04/26/08)	42.76 (4) - Sloss, Rankin, Turner, Jones
Penn Relays (4/24-26/08)	41.18p - Tanner, Morgan, Morgan, Adade
Sun Belt Championships (05/09-11/08)	40.53 (2) * - Tanner, Morgan, Morgan, Adade

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