2008 Middle Tennessee Track

NCAA Championships, June 11-14, Des Moines, Iowa

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

Pronunciation

Sarah Nambawa. . . . . NAM-bah-wuh

Recent NCAA Championships Results - Women

2004	Event	Mark
Kishara George	400H	1:02.56 (27)
Rosemary Okafor	400	53.47 (14)

2003	Event	Mark
Rosemary Okafor	400	53.51 (21)

2000	Event	Mark
Andreja Ribac	TJ	43-6.5 (6)

1994	Event	Mark
Dionne Rose	LJ	21-9 (4)
Jacqui Brown	LJ	20-3 (12)
Dionne Rose	100H	DNF
Jacqui Brown	TJ	42-2.25 (9)

Meet Information

Site: Drake Stadium (Des Moines, Iowa)

Notes: Middle Tennessee has only one participant in this year's NCAA Outdoor Track & Field Championships, sophomore Sarah Nambawa. She is ranked 10th nationally in the triple jump with a legal mark of 44-4 achieved at the NCAA Mideast Regional two weeks ago in Fayetteville, Ark. Nambawa won the triple jump at the regional meet. It is the first NCAA Outdoor meet for Nambawa. She earned All-America honors indoors in March in the triple jump. She can become the first Blue Raider female to garner All-America accolades outdoors since Andreja Ribac and only the fifth female in school history to earn All-America honors.

Nambawa Makes First NCAA Outdoor Championships Appearance

Sophomore Sarah Nambawa will make her first NCAA Outdoor Track & Field Championships appearance this week, participating in the triple jump Friday at 7 p.m. Central Time.

The Kampala, Uganda native has enjoyed a stellar year both indoors and outdoors. She was named the Most Outstanding Field Performer at the Sun Belt Championships both indoors and outdoors this season, winning the triple jump and placing second in the long jump at both meets. She set the school record in the triple jump indoors at the SBC meet, then did it again outdoors at the conference championships and posted the third best mark in the long jump in school history at the SBC Outdoor meet as well.

Nambawa won the triple jump at the NCAA Mideast Regional in Fayetteville, Ark., two weeks ago with a mark of 44-4, breaking the school record for the second straight meet. The mark ranks 10th in the nation and tops the Mideast Region. She previously set the school record at the Sun Belt Championships four weeks ago with a mark of 44-2.

It will be Nambawa's first NCAA Outdoor meet. She earned All-America honors indoors in the triple jump this year after placing eighth at the national championships in Fayetteville. She is the first Middle Tennessee female to participate in the outdoor championships since Kishara George and Rosemary Okafor in 2004 and could become the first Blue Raider female to garner All-America honors outdoors since Andreja Ribac in the triple jump in 2000. Only four females have ever earned All-America accolades in program history:

	Indoors	Outdoors	Year
Jacqui Brown	LJ, TJ	LJ, TJ	1994
Dionne Rose*	55H, LJ	100H, LJ	1994
Andreja Ribac		TJ	2000
Kim Freeman	TJ		2001

** - NCAA 55-meter hurdle champion indoors*

NCAA CHAMPIONSHIPS QUALIFIERS

WOMEN

NAME, CLASS	EVENT	MARK
Sarah Nambawa.	TJ	44-4

2008 MIDDLE TENNESSEE OUTDOOR SCHEDULE

DATE		MEET	PLACE
March	21-22	Clemson Relays	Clemson, S.C.
	29	Yellowjacket Invitational	Atlanta, Ga.
April	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.
May	9-11	Sun Belt Championships	Denton, Texas
	17	Ga. Tech Last Chance Meet	Atlanta, Ga.
	30-31	NCAA Mideast Regional	Fayetteville, Ark.
June	11-14	NCAA Championships	Des Moines, Iowa

43 CONFERENCE CHAMPIONSHIPS

2007-08 Middle Tennessee Track & Field

2007-08 MEN'S OUTDOOR PERFORMANCE LIST (JUNE 2)

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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	20.97 !	NCAA Mideast Regional
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)
NCAA Mideast Regional -- Fayetteville, Ark. (05/30-31/08)

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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	13.55m (44-5.5) w	NCAA Mideast Regional
Sarah Nambawa	13.51m (44-4) !r	NCAA Mideast Regional
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)
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)
NCAA Mideast Regional -- Fayetteville, Ark. (05/30-31/08)

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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) *	
NCAA Mideast Regional (05/30-31/08)	10.39p	20.97p!	40.80p	

Marla Bailey	800m	3000m	3000mST	5000m	4x1500m Relay	DMR
Clemson Relays (03/21-22/08)					19:45.74 (1) r	
Tiger Track Classic (04/04-05/08)			11:47.50 (3)			
Sea Ray Relays (04/11-12/08)					20:16.78 (5)	12:44.24 (8)
Vanderbilt Invitational (04/18-19/08)	DNF					
Coach O Invitational (04/26/08)		10:48.55 (3)				
Sun Belt Championships (05/09-11/08)			11:56.71 (9)	18:26.78 (6) !		

Philip Benavides	1500m	3000mST	5000m	4x1500m Relay	DMR
Clemson Relays (03/21-22/08)				16:51.40 (3)	10:47.37 (2)
Tiger Track Classic (04/04-05/08)	4:08.98 (34) !				
Boston-Moon Classic (04/12/08)	4:07.14 (15) !				
Sea Ray Relays (04/11-12/08)				16:23.42 (1)	
Vanderbilt Invitational (04/18-19/08)			15:38.88 (21) !		
Sun Belt Championships (05/09-11/08)		10:39.33 (13)	DNF		

Isaac Biwott	1500m	5000m	10000m	4x1500m Relay	DMR
Clemson Relays (03/21-22/08)				16:51.40 (3)	10:47.37 (2)
Tiger Track Classic (04/04-05/08)	4:01.70 (25)				
Sea Ray Relays (04/11-12/08)					10:32.47 (8)
Vanderbilt Invitational (04/18-19/08)		14:55.22 (4) !			
Coach O Invitational (04/26/08)	3:59.24 (2)				
Sun Belt Championships (05/09-11/08)			32:38.33 (4)		

Robert Carter	200m	400m
Yellowjacket Invitational (03/28-29/08)		52.77 (29)
Tiger Track Classic (04/04-05/08)	23.15 (44)	52.26 (44)
Coach O Invitational (04/26/08)	22.76 (19)	52.69 (17)

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)				
NCAA Mideast Regional (05/30-31/08)			9:40.18 (22)			

Ashley Comstock	1500m	4x1500m Relay	DMR
Clemson Relays (03/21-22/08)		19:45.74 (1) r	12:34.46 (1)
Yellowjacket Invitational (03/28-29/08)	4:46.94 (10)		

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Maite Cortin	Hammer	Discus	Javelin
Clemson Relays (03/21-22/08)	155-4 (2)		63-5 (4)
Yellowjacket Invitational (03/28-29/08)	152-10 (12)	Foul	
Tiger Track Classic (04/04-05/08)	162-7 (7) !r	Foul	
Sea Ray Relays (04/11-12/08)	149-2 (18)		
Vanderbilt Invitational (04/18-19/08)	158-2 (8)		
Coach O Invitational (04/26/08)	155-8 (3)	104-4 (15)	
Sun Belt Championships (05/09-11/08)	161-2 (6)	101-1 (20)	

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) !
NCAA Mideast Regional (05/30-31/08)	45-8.5 (29)		136-11 (29)	

David Emery	800m	1500m	4x400m Relay	4x1500m Relay	DMR
Clemson Relays (03/21-22/08)			3:24.15 (7)	16:51.40 (3)	10:47.37 (2)
Yellowjacket Invitational (03/28-29/08)		4:08.19 (39)			
Tiger Track Classic (04/04-05/08)	1:59.31 (26)	3:59.93 (20)			
Sea Ray Relays (04/11-12/08)				16:23.42 (1)	10:32.47 (8)
Vanderbilt Invitational (04/18-19/08)		4:00.93 (15)			
Coach O Invitational (04/26/08)	1:56.16 (5)				
Sun Belt Championships (05/09-11/08)	1:56.15p/1:59.82 (7)	3:59.62 (4)			

TraMayne Gillyard	400m	4x400m Relay	DMR
Clemson Relays (03/21-22/08)		3:52.71 (1)	12:34.46 (1)
Yellowjacket Invitational (03/28-29/08)	55.86 (5)		

Marjorie Gombert	800m	1500m	3000m	4x1500m Relay	DMR
Clemson Relays (03/21-22/08)				19:45.74 (1) r	12:34.46 (1)
Yellowjacket Invitational (03/28-29/08)		4:47.07 (12)			
Tiger Track Classic (04/04-05/08)			10:31.26 (4)		
Sea Ray Relays (04/11-12/08)				20:16.78 (5)	12:44.24 (8)
Vanderbilt Invitational (04/18-19/08)		4:50.26 (21)			
Coach O Invitational (04/26/08)	2:14.49 (3)				
Sun Belt Championships (05/09-11/08)	2:18.81p/2:38.73 (8)	4:42.04 (3)			
Ga. Tech Last Chance Invit. (05/16-17/08)	2:28.61 (42)				

Kaitlyn Hammond	1500m	3000m	5000m
Clemson Relays (03/21-22/08)			20:27.52 (8)
Yellowjacket Invitational (03/28-29/08)	5:11.08 (43)		
Tiger Track Classic (04/04-05/08)		10:53.57 (14)	
Boston-Moon Classic (04/12/08)	5:08.47 (7)		
Vanderbilt Invitational (04/18-19/08)			18:34.60 (13) !
Coach O Invitational (04/26/08)	5:00.21 (7)		
Sun Belt Championships (05/09-11/08)			19:18.51 (21)

Tenesha Hill	100m	200m	4x100m Relay
Yellowjacket Invitational (03/28-29/08)	12.24 (15)		
Tiger Track Classic (04/04-05/08)	12.15 (11)	25.34 (25)	
Boston-Moon Classic (04/12/08)	12.26 (3)	25.48 (4)	
Vanderbilt Invitational (04/18-19/08)	12.31 (13)	25.03 (21)	
Coach O Invitational (04/26/08)	12.47 (7)	DNF	
Sun Belt Championships (05/09-11/08)	11.79p!/21.74 (8) !	24.69p!	46.27 (4)

2007-08 Middle Tennessee Track & Field

2007-08 MEN'S/WOMEN'S OUTDOOR PERFORMANCE LIST (JUNE 2)

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Lee Johnson	LJ	100m	4x100m Relay
Boston-Moon Classic (04/12/08)	22-1 (8)		43.97 (3)
Vanderbilt Invitational (04/18-19/08)	22-0.75 (18)		
Sun Belt Championships (05/09-11/08)	21-11 (18)	11.82p	

Brandon Jones	LJ	TJ	4x100m Relay
Clemson Relays (03/21-22/08)	21-3.25 (6)	44-10.75 (6)	
Yellowjacket Invitational (03/28-29/08)	NM		
Tiger Track Classic (04/04-05/08)		Foul	
Boston-Moon Classic (04/12/08)	22-3.75 (7) !	47-8 (4) !	43.97 (3)
Vanderbilt Invitational (04/18-19/08)	21-11.75 (19)	47-0.75 (8)	DNF
Coach O Invitational (04/26/08)	22-0.25 (9)	47-6.5 (1)	42.76 (4)
Sun Belt Championships (05/09-11/08)	22-3 (16)	45-3 (11)	
Ga. Tech Last Chance Invit. (05/16-17/08)		ND	

Julius Kirui	1500m	3000m	3000mST	5000m
Clemson Relays (03/21-22/08)				16:09.43 (4)
Yellowjacket Invitational (03/28-29/08)			DNF	
Tiger Track Classic (04/04-05/08)	DNF			
Boston-Moon Classic (04/12/08)	4:11.30 (22)	9:05.72 (4)		
Vanderbilt Invitational (04/18-19/08)			9:47.60 (9) !	
Coach O Invitational (04/26/08)		8:49.36 (4)		
Sun Belt Championships (05/09-11/08)			9:48.24 (3)	15:24.72 (5)

D.D. Kyles	100m	200m	4x400m Relay
Coach O Invitational (04/26/08)	FS	21.88 (7)	
Sun Belt Championships (05/09-11/08)	11.33p	22.00p	3:31.68 (8)

Candace Lester	SP	Hammer	Discus	Javelin
Clemson Relays (03/21-22/08)	28-4.25 (6)	107-8 (7) !		60-10 (5)
Yellowjacket Invitational (03/28-29/08)	NM		Foul	
Tiger Track Classic (04/04-05/08)	Foul	Foul	Foul	
Boston-Moon Classic (04/12/08)	28-0.25 (22)	105-8 (10)	77-5 (24)	
Vanderbilt Invitational (04/18-19/08)	Foul			
Coach O Invitational (04/26/08)	26-9.25 (18)			

Terrance Maxwell (Unattached)	200m	400m
Vanderbilt Invitational (04/18-19/08)	23.38 (35)	52.76 (22)

Frederick Middlebrooks	110mH	400mH	TJ	4x400m Relay
Yellowjacket Invitational (03/28-29/08)	15.96 (16)			
Tiger Track Classic (04/04-05/08)	16.02 (22)		Foul	
Vanderbilt Invitational (04/18-19/08)	16.49 (19)		43-3.75 (13)	
Coach O Invitational (04/26/08)	15.67 (8) !		44-2.75 (4)	
Sun Belt Championships (05/09-11/08)	15.58p	1:02.34p	44-8.75 (12)	3:31.68 (8)

2007-08 Middle Tennessee Track & Field

2007-08 MEN'S/WOMEN'S OUTDOOR PERFORMANCE LIST (JUNE 2)

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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)				
NCAA Mideast Regional (05/30-31/08)	Foul	50-8.75 (9)				

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) *
NCAA Mideast Regional (05/30-31/08)	40.80p

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) *			
NCAA Mideast Regional (05/30-31/08)	24-7.25 (12)		176-0 (27)			

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) *
NCAA Mideast Regional (05/30-31/08)	40.80p

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)		
NCAA Mideast Regional (05/30-31/08)	19-0.75 (21)	44-5.5 (1) w				
NCAA Mideast Regional (05/30-31/08)		44-4 (1) !r				

Daniel Oketch	200m	400m	800m	4x400m Relay	4x800m Relay	DMR
Clemson Relays (03/21-22/08)				3:24.15 (7)	DNF	10:47.37 (2)
Yellowjacket Invitational (03/28-29/08)			2:01.48 (16)			
Tiger Track Classic (04/04-05/08)	23.25 (46)	50.46 (38)				
Sun Belt Championships (05/09-11/08)	23.40p	51.66p				

Freddie Rankin	110mH	400mH	LJ	4x100m Relay	4x400m Relay
Tiger Track Classic (04/04-05/08)	15.74 (20)				
Boston-Moon Classic (04/12/08)	15.06 (4) !	DNF	20-1 (13)	43.97 (3)	
Vanderbilt Invitational (04/18-19/08)	15.21 (8)			DNF	
Coach O Invitational (04/26/08)	15.35 (6)	54.01 (4) !	Foul	42.76 (4)	
Sun Belt Championships (05/09-11/08)	15.07p	54.58p/58.52 (8)			3:31.68 (8)

2007-08 Middle Tennessee Track & Field

2007-08 MEN'S/WOMEN'S OUTDOOR PERFORMANCE LIST (JUNE 2)

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Zamzam Sangau	800m	1500m	3000m	4x400m Relay	4x1500m Relay	DMR
Clemson Relays (03/21-22/08)				3:52.71 (1)	19:45.74 (1) r	12:34.46 (1)
Tiger Track Classic (04/04-05/08)			10:07.40 (3) !r			
Sea Ray Relays (04/11-12/08)		4:49.42 (31)			20:16.78 (5)	12:44.24 (8)
Vanderbilt Invitational (04/18-19/08)		4:31.99 (6)				
Coach O Invitational (04/26/08)	2:10.40 (2) !					
Sun Belt Championships (05/09-11/08)	2:16.73p/2:11.82 (2)	4:33.79 (1)				

Zamzam Sangau	5000m
Sun Belt Championships (05/09-11/08)	17:51.86 (2)

Tiffany Sawyer	1500m	3000m	5000m	10000m	4x1500m Relay
Clemson Relays (03/21-22/08)			19:44.76 (3)		
Yellowjacket Invitational (03/28-29/08)	5:10.57 (42)				
Tiger Track Classic (04/04-05/08)		10:58.99 (18)			
Sea Ray Relays (04/11-12/08)					20:16.78 (5)
Vanderbilt Invitational (04/18-19/08)			18:37.75 (16) !		
Coach O Invitational (04/26/08)	5:06.85 (12) !				
Sun Belt Championships (05/09-11/08)				41:19.39 (13)	

Pete Senatus	110mH
Clemson Relays (03/21-22/08)	14.49 (2)

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) !*	
NCAA Mideast Regional (05/30-31/08)		14.72p	52.31p	

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)		
NCAA Mideast Regional (05/30-31/08)			DNF			

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)	
NCAA Mideast Regional (05/30-31/08)	11.88p					

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) *	
NCAA Mideast Regional (05/30-31/08)			40.80p	

2007-08 Middle Tennessee Track & Field

2007-08 MEN'S/WOMEN'S OUTDOOR PERFORMANCE LIST (JUNE 2)

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Ashleigh Thaler	1500m	3000m	5000m	10000m
Clemson Relays (03/21-22/08)			19:51.02 (5)	
Tiger Track Classic (04/04-05/08)		11:08.91 (20)		
Boston-Moon Classic (04/12/08)	5:14.11 (8)			
Vanderbilt Invitational (04/18-19/08)			18:35.46 (14)	
Coach O Invitational (04/26/08)	5:06.26 (11) !			
Sun Belt Championships (05/09-11/08)			18:58.35 (14)	39:20.32 (4) !

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)	
NCAA Mideast Regional (05/30-31/08)	44-2 (35)			

Kortney Thurman	LJ	TJ	100m	4x100m Relay
Clemson Relays (03/21-22/08)	18-11.25 (2)			
Tiger Track Classic (04/04-05/08)	17-4.75 (4)	Foul		
Sea Ray Relays (04/11-12/08)	19-0.75 (14)	33-10 (30)		
Vanderbilt Invitational (04/18-19/08)	18-7.25 (8)		12.58 (20)	
Coach O Invitational (04/26/08)	19-6.25 (1) !		12.15 (4)	
Sun Belt Championships (05/09-11/08)	19-4 (4)	37-5.25 (11)	12.14p	46.27 (4)
Ga. Tech Last Chance Invit. (05/16-17/08)	Foul			

Jeremy Turner	110mH	400mH	4x100m Relay	4x400m Relay
Clemson Relays (03/21-22/08)	FS	59.92 (7)		
Yellowjacket Invitational (03/28-29/08)	16.67 (19)			
Tiger Track Classic (04/04-05/08)	16.46 (24)	57.22 (17)		
Boston-Moon Classic (04/12/08)	15.99 (8)	57.93 (7)	43.97 (3)	
Vanderbilt Invitational (04/18-19/08)		DNF	DNF	
Coach O Invitational (04/26/08)	15.97 (9)	56.57 (10)	42.76 (4)	
Sun Belt Championships (05/09-11/08)	17.14p	55.97p		3:31.68 (8)

Jessica Ward (Unattached)	HJ
Boston-Moon Classic (04/12/08)	4-10 (5)

Nyeisha Wright (Unattached)	LJ	TJ
Vanderbilt Invitational (04/18-19/08)	17-8.75 (16)	Foul

Matthew Young	3000m	3000mST
Yellowjacket Invitational (03/28-29/08)		10:56.58 (8)
Tiger Track Classic (04/04-05/08)	9:50.31 (30)	
Boston-Moon Classic (04/12/08)		10:43.60 (12)
Vanderbilt Invitational (04/18-19/08)		10:45.26 (18)
Coach O Invitational (04/26/08)	9:50.42 (22)	
Sun Belt Championships (05/09-11/08)		11:00.63 (16)

2007-08 Middle Tennessee Track & Field

2007-08 MEN'S/WOMEN'S OUTDOOR PERFORMANCE LIST (JUNE 2)

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RELAYS
Women
4x100

Sun Belt Championships (05/09-11/08)	46.27 (4) - Hill, Thurman, Stringer, Nambawa

4x400

Clemson Relays (03/21-22/08)	3:52.71 (1) - Stringer, Nambawa, Gillyard, Sangau

4x1500

Clemson Relays (03/21-22/08)	19:45.74 (1) r - Bailey, Sangau, Gombert, Comstock
Sea Ray Relays (04/11-12/08)	20:16.78 (5) - Gombert, Bailey, Sangau, Sawyer

DMR

Clemson Relays (03/21-22/08)	12:34.46 (1) - Comstock, Gillyard, Gombert, Sangau
Sea Ray Relays (04/11-12/08)	12:44.24 (8) - Sangau, Nambawa, Bailey, Gombert

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
NCAA Mideast Regional (05/30-31/08)	40.80p - Tanner, Morgan, Morgan, Adade

4x200

Clemson Relays (03/21-22/08)	1:26.44 (3) - Adade, Morgan, Morgan, Tanner
Penn Relays (4/24-26/08)	1:25.34p - Tanner, Morgan, Morgan, Adade

4x400

Clemson Relays (03/21-22/08)	3:24.15 (7) - Oketch, Morgan, Morgan, Emery
Sun Belt Championships (05/09-11/08)	3:31.68 (8) - Rankin, Kyles, Middlebrooks, Turner

4x800

Clemson Relays (03/21-22/08)	DNF - Oketch

4x1500

Clemson Relays (03/21-22/08)	16:51.40 (3) - Biwott, Emery, Chemaoi, Benavides
Sea Ray Relays (04/11-12/08)	16:23.42 (1) - Benavides, Chemaoi, Songock, Emery

DMR

Clemson Relays (03/21-22/08)	10:47.37 (2) - Emery, Oketch, Benavides, Biwott
Sea Ray Relays (04/11-12/08)	10:32.47 (8) - Chemaoi, Biwott, Songock, Emery

Clemson Relays -- Clemson, S.C. (03/21-22/08)
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)
NCAA Mideast Regional -- Fayetteville, Ark. (05/30-31/08)