

# 2009-10 Middle Tennessee Track & Field

## OVERALL MEN'S/WOMEN'S INDOOR PERFORMANCE CHART

● \* - NCAA automatic mark ● + - NCAA provisional mark ● ! - indoor personal best ● ^ - oversized track ● \$ - Non-NCAA event  
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<b>Marla Bailey</b>	<b>Mile Run</b>	<b>3,000 Meters</b>	<b>4x400 Relay</b>		
MT Christmas Invitational (12/12/09)		10:23.36 (3)!			
Kentucky Invitational (1/15-16/10)	5:14.90 (30)!				
Blue Raider Invitational (1/23/10)	5:12.53 (2)!		4:24.58 (6)		
Rod McCravy Memorial (1/29-30/10)		9:59.73 (7)!			
<b>Philip Benavides</b>	<b>800 Meters</b>				
MT Christmas Invitational (12/12/09)	1:57.88 (3)				
<b>Isaac Biwott</b>	<b>800 Meters</b>	<b>Mile Run</b>	<b>DMR</b>		
MT Christmas Invitational (12/12/09)		4:29.60 (3)			
Ed Temple Classic (1/11/10)	2:03.81 (10)		10:26.04 (1)		
Kentucky Invitational (1/15-16/10)		4:30.47 (26)			
Blue Raider Invitational (1/23/10)	1:59.94 (2)				
Rod McCravy Memorial (1/29-30/10)		4:20.91 (26)			
<b>David Boiywo</b>	<b>Mile Run</b>				
MT Christmas Invitational (12/12/09)	4:35.68 (16)				
<b>Kayla Bryan</b>	<b>800 Meters</b>	<b>Mile Run</b>	<b>3,000 Meters</b>		
MT Christmas Invitational (12/12/09)			11:52.99 (9)		
Kentucky Invitational (1/15-16/10)		5:42.62 (50)			
Blue Raider Invitational (1/23/10)			11:30.52 (12)		
Rod McCravy Memorial (1/29-30/10)	2:31.05 (18)	5:57.66 (45)			
<b>Robert Carter</b>	<b>55 Meters</b>	<b>60 Meters</b>	<b>200 Meters</b>	<b>400 Meters</b>	<b>4x400 Relay</b>
MT Christmas Invitational (12/12/09)	6.41 (2)!		22.41 (6)		3:26.45 (5)
Ed Temple Classic (1/11/10)	6.61 (11) p		22.95 (12)		
Kentucky Invitational (1/15-16/10)				50.20 (28)	
Blue Raider Invitational (1/23/10)	6.53 (5)p/6.45 (2)				3:18.88 (9)
Rod McCravy Memorial (1/29-30/10)		7.06 (18)p/6.97 (15)	22.22 (		
Middle Tennessee Invitational (2/6/10)	6.49 (3)p/6.51 (3)		22.24 (4)		
<b>Justin Chambers</b>	<b>200 Meters</b>	<b>400 Meters</b>	<b>4x400 Relay</b>		
MT Christmas Invitational (12/12/09)	23.18 (14)	51.71 (4)			
Ed Temple Classic (1/11/10)		50.54 (6)	3:26.45 (5)		
Kentucky Invitational (1/15-16/10)	22.59 (24)	50.31 (30)			
Blue Raider Invitational (1/23/10)		51.0 (1)			
Rod McCravy Memorial (1/29-30/10)		50.30 (27)	3:18.88 (9)		
Middle Tennessee Invitational (2/6/10)	22.77 (8)	51.02 (8)			
<b>Festus Chemaai</b>	<b>400 Meters</b>	<b>800 Meters</b>	<b>Mile Run</b>	<b>3,000 Meters</b>	<b>4x400 Relay</b>
MT Christmas Invitational (12/12/09)		1:54.74 (1)			3:26.45 (5)
Ed Temple Classic (1/11/10)		1:54.51 (1)		8:28.53 (10)	
Kentucky Invitational (1/15-16/10)					
Blue Raider Invitational (1/23/10)	51.03 (2)				
Rod McCravy Memorial (1/29-30/10)		1:54.95	4:09.67 (8)		
<b>Ed Temple Classic (1/11/10)</b>	<b>DMR</b>				
	10:26.04 (1)				
<b>Brittany Cox</b>	<b>Shot Put</b>	<b>Weight Throw</b>			
MT Christmas Invitational (12/12/09)	49-5.5 (1)!r	57-4.5 (1)			
Ed Temple Classic (1/11/10)	49-00.75 (1)	60-10.75 (2)!r			
Kentucky Invitational (1/15-16/10)	50-2 (7)!r+	61-0.25 (5)!r			
Blue Raider Invitational (1/23/10)	48-5 (1)	62-8 (1)!r+			
Rod McCravy Memorial (1/29-30/10)	52-10.75 (2)!r+	66-8.75 (3)!r+			
Middle Tennessee Invitational (2/6/10)	53-5.5 (1)!r+	67-6 (1)!r+			

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### Jarell Dorsey

Rod McCravy Memorial (1/29-30/10)

### 60 Meters

7.37 (41)

### Ann Dudley

MT Christmas Invitational (12/12/09)

Ed Temple Classic (1/11/10)

Kentucky Invitational (1/15-16/10)

### 55 Meter Hurdles

8.44 (4)

8.71 (5)p/ 8.59 (8.59)

### 60 Meter Hurdles

9.45 (41)

### High Jump

5-2 (2)

5-2.25 (4)

### David Emery

MT Christmas Invitational (12/12/09)

Ed Temple Classic (1/11/10)

Kentucky Invitational (1/15-16/10)

Blue Raider Invitational (1/23/10)

Rod McCravy Memorial (1/29-30/10)

### 800 Meters

1:56.08 (2)

1:56.07 (2)!

1:58.40 (1)

### Mile Run

4:12.12 (1)!

4:13.79 (14)

### 3000 Meters

8:38.57 (16)!

### DMR

10:26.04 (1)

### Matt Farris

MT Christmas Invitational (12/12/09)

### 400 Meters

54.35 (9)

### Sean Giffin

MT Christmas Invitational (12/12/09)

Kentucky Invitational (1/15-16/10)

Blue Raider Invitational (1/23/10)

Rod McCravy Memorial (1/29-30/10)

Middle Tennessee Invitational (2/6/10)

### 800 Meters

2:12.57 (8)

2:18.45 (27)

2:10.88 (9)

2:15.86 (34)

2:15.83 (20)

### Stanley Gbagbeke

MT Christmas Invitational (12/12/09)

Ed Temple Classic (1/11/10)

Kentucky Invitational (1/15-16/10)

Blue Raider Invitational (1/23/10)

Rod McCravy Memorial (1/29-30/10)

Middle Tennessee Invitational (2/6/10)

Kentucky Invitational (1/15-16/10)

### 55 Meters

6.57 (9)p

6.50 (4)p/6.47 (3)

6.40 (2)p

### 4x400 Relay

3:26.45 (5)

### 60 Meters

6.93 (17)p/6.94 (16)

6.86 (8)p

### 200 Meters

21.92 (3)

21.68 (10)

### Long Jump

25-3 (1)+

24-1.25 (3)

25-5.25 (1)+

### Triple Jump

42-4 (3)

### Kiara Henry

MT Christmas Invitational (12/12/09)

Ed Temple Classic (1/11/10)

Kentucky Invitational (1/15-16/10)

Blue Raider Invitational (1/23/10)

Rod McCravy Memorial (1/29-30/10)

Middle Tennessee Invitational (2/6/10)

### 55 Meters

7.12 (2)!

7.30 (5)p/ 7.15 (1)

7.23 (4)p/7.23 (3)

7.17 (2)p/7.18 (2)

### 60 Meters

7.72 (21)

### 200 Meters

25.84 (3)

25.26 (22)!

25.43 (3)

### Long Jump

18-5.25 (3)

17-3.25 (5)

18-7 (8)

17-6.75 (4)

18-10.75 (4)

19-1.5 (3)!

### 4x400 Relay

3:54.03 (1)

### Samantha Hunt

MT Christmas Invitational (12/12/09)

Kentucky Invitational (1/15-16/10)

Blue Raider Invitational (1/23/10)

Rod McCravy Memorial (1/29-30/10)

### 800 Meters

2:44.86 (34)

2:38.96 (26)

### Mile Run

5:59.72 (54)

5:35.33 (40)

### 3,000 Meters

11:31.52 (7)

11:30.02 (11)

### Amber Jackson

MT Christmas Invitational (12/12/09)

Ed Temple Classic (1/11/10)

Kentucky Invitational (1/15-16/10)

Blue Raider Invitational (1/23/10)

Rod McCravy Memorial (1/29-30/10)

### 200 Meters

26.28 (7)

### 400 Meters

1:00.20 (4)

1:00.14 (6)

58.10 (25)

57.79 (1)

57.76 (13)

### 4x400 Meter Relay

3:51.9 (1)

3:54.03 (1)

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<b>Vincent Johnson</b>	<b>200 Meters</b>	<b>400 Meters</b>	<b>Long Jump</b>	<b>Triple Jump</b>	<b>4x400 Relay</b>
MT Christmas Invitational (12/12/09)	23.17 (13)	53.60 (8)			
Ed Temple Classic (1/11/10)			20-6.25 (9)	39-7.25 (11)	
Kentucky Invitational (1/15-16/10)	22.88 (29)	52.41 (43)	20-5 (20)		
Blue Raider Invitational (1/23/10)		53.19 (4)	21-1.25 (6)		
Rod McCravy Memorial (1/29-30/10)			22-0.25 (6)		3:18.88 (9)
Middle Tennessee Invitational (2/6/10)		52.38 (13)	20-9.5 (9)		
<b>Amber Kassuba</b>	<b>800 Meters</b>	<b>Mile Run</b>	<b>3,000 Meters</b>		
MT Christmas Invitational (12/12/09)	2:38.22 (6)	5:47.18 (12)			
Kentucky Invitational (1/15-16/10)	2:45.82 (35)	5:51.13 (52)			
Blue Raider Invitational (1/23/10)			11:26.69 (10)		
Rod McCravy Memorial (1/29-30/10)		5:37.89 (41)			
Middle Tennessee Invitational (2/6/10)	2:27.81 (10)				
<b>Curtis King</b>	<b>55 Meters</b>	<b>200 Meters</b>	<b>400 Meters</b>		
MT Christmas Invitational (12/12/09)	6.37 (1)!	21.46 (1)			
Ed Temple Classic (1/11/10)	6.51 (1)p /6.42 (4)	22.24 (3)			
Middle Tennessee Invitational (2/6/10)			49.73 (3)		
<b>Chris Mason</b>	<b>800 Meters</b>	<b>Mile Run</b>	<b>3,000 Meters</b>		
MT Christmas Invitational (12/12/09)			8:57.72 (3)		
Kentucky Invitational (1/15-16/10)			8:54.60 (31)		
Blue Raider Invitational (1/23/10)	2:08.51 (8)	4:27.57 (5)!			
Rod McCravy Memorial (1/29-30/10)			8:45.68 (28)		
Middle Tennessee Invitational (2/6/10)		4:28.68 (9)			
<b>Sarah Nambawa</b>	<b>55 Meters</b>	<b>200 Meters</b>	<b>Long Jump</b>	<b>Triple Jump</b>	<b>4x400 Meter Relay</b>
MT Christmas Invitational (12/12/09)	7.33 (5)	25.74 (2)	20-10.5 (1)!r+	44-3 (1)*	3:51.9 (1)
<b>Roscoe Payne</b>	<b>55 Meter Hurdles</b>	<b>60 Meter Hurdles</b>	<b>4x400 Relay</b>		
Ed Temple Classic (1/11/10)	7.59 (2) p/12.20 (10)				
Kentucky Invitational (1/15-16/10)		FS			
Blue Raider Invitational (1/23/10)	7.75 (2) p/7.50 (1)				
Rod McCravy Memorial (1/29-30/10)		8.26 (7)p/8.34 (8)	3:18.88 (9)		
Middle Tennessee Invitational (2/6/10)	7.54 (2)p/7.44 (2)!				
<b>Philip Tanner</b>	<b>55 Meters</b>				
MT Christmas Invitational (12/12/09)	6.57 (8)p/6.57 (6)				
<b>Cherice Robertson</b>	<b>55 Meters Hurdles</b>	<b>60 Meter Hurdles</b>	<b>High Jump</b>	<b>Triple Jump</b>	
MT Christmas Invitational (12/12/09)	7.99 (1)		5-6 (1)		
Ed Temple Classic (1/11/10)	8.04 (1)p/ 8.06 (1)		5-8 (1)!r		
Kentucky Invitational (1/15-16/10)		8.61 (13) p/8.57 (13)	5-6 (11)		
Blue Raider Invitational (1/23/10)	7.84 (1)p!+/7.87 (2)		5-8 (1)!r		
Rod McCravy Memorial (1/29-30/10)		8.54 (5)p/8.61 (7)	5-6 (4)	37-0.25 (8)	
Middle Tennessee Invitational (2/6/10)	8.01 (1)p/7.91 (1)		5-7 (1)		
<b>Alissa Ruggle</b>	<b>800 Meters</b>	<b>Mile Run</b>	<b>3,000 Meters</b>	<b>4x400 Relay</b>	<b>DMR</b>
MT Christmas Invitational (12/12/09)	2:30.02 (2)	5:33.18 (8)			
Ed Temple Classic (1/11/10)	2:32.25 (8)				12:45.41 (1)
Kentucky Invitational (1/15-16/10)	2:26.51 (20)				
Blue Raider Invitational (1/23/10)	2:22.66 (2)			4:24.58 (6)	
Rod McCravy Memorial (1/29-30/10)		5:16.51. (31)	10:43.97 (6)	4:13.25 (11)	
Middle Tennessee Invitational (2/6/10)					

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<b>Zamzam Sangau</b>	<b>800 Meters</b>	<b>Mile Run</b>	<b>3,000 Meters</b>	<b>4x400 Relay</b>	<b>DMR</b>
MT Christmas Invitational (12/12/09)	2:13.73 (1)			3:51.9 (1)	
Ed Temple Classic (1/11/10)				3:54.03 (1)	12:45.41 (1)
Kentucky Invitational (1/15-16/10)	2:07.23 (2)!r+				
Blue Raider Invitational (1/23/10)			9:55.63 (1)		
Rod McCravy Memorial (1/29-30/10)	2:10.32 (1)	4:53.72 (5)		4:13.25 (11)	
<b>Jackie Serem</b>	<b>800 Meters</b>	<b>Mile Run</b>	<b>3,000 Meters</b>	<b>4x400 Relay</b>	<b>DMR</b>
MT Christmas Invitational (12/12/09)			10:39.49 (5)		
Ed Temple Classic (1/11/10)					12:45.41 (1)
Kentucky Invitational (1/15-16/10)	2:29.39 (25)	5:25.30 (43)			
Blue Raider Invitational (1/23/10)		5:13.66 (3)!		4:24.58 (6)	
Rod McCravy Memorial (1/29-30/10)			10:21.63 (14)		
<b>Stephanie Smith</b>	<b>800 Meters</b>	<b>Mile Run</b>	<b>3,000 Meters</b>	<b>4x400 Relay</b>	<b>DMR</b>
Ed Temple Classic (1/11/10)	2:27.30 (5)				12:45.41 (1)
Kentucky Invitational (1/15-16/10)		5:24.30 (42)			
Blue Raider Invitational (1/23/10)	2:20.61 (1)			4:24.58 (6)	
Rod McCravy Memorial (1/29-30/10)		5:11.58 (24)		4:13.26 (11)	
Middle Tennessee Invitational (2/6/10)			10:34.45 (2)		
<b>DeRey Sloss</b>	<b>55 Meter Hurdles</b>	<b>60 Meter Hurdles</b>			
Ed Temple Classic (1/11/10)	7.68 (3)p/ 7.55 (2)				
Kentucky Invitational (1/15-16/10)		8.19 (7)p/8.42 (13)			
Blue Raider Invitational (1/23/10)	7.59 (1)p/7.54 (2)				
Rod McCravy Memorial (1/29-30/10)		8.14 (4)p/8.43 (10)			
Middle Tennessee Invitational (2/6/10)	7.60 (3)p/7.50 (3)				
<b>William Songock</b>	<b>3000 Meters</b>				
MT Christmas Invitational (12/12/09)	8:44.12 (1)				
<b>Caroline Tanui</b>	<b>800 Meters</b>	<b>Mile Run</b>	<b>4x400 Relay</b>		
Blue Raider Invitational (1/23/10)	2:32.34 (11)	5:39.41 (10)			
Rod McCravy Memorial (1/29-30/10)	2:36.18 (24)	5:33.70 (38)	4:13.25 (11)		
Middle Tennessee Invitational (2/6/10)		5:28.67 (21)			
<b>MeLyn Thompson</b>	<b>Shot Put</b>				
MT Christmas Invitational (12/12/09)	42-10.5 (2)				
Ed Temple (1/10/10)	44-4.75 (2)				
Kentucky Invitational (1/15-16/10)	46-2.5 (12)				
Blue Raider Invitational (1/23/10)	47-5 (2)				
<b>Kristen Tithof</b>	<b>800 Meters</b>	<b>Mile Run</b>	<b>3,000 Meters</b>		
Kentucky Invitational (1/15-16/10)		5:38.30 (48)			
Blue Raider Invitational (1/23/10)			11:00.85 (5)!		
Rod McCravy Memorial (1/29-30/10)	2:38.05 (25)	5:33.04 (37)			
<b>Kortney Thurman</b>	<b>200 Meters</b>	<b>Long Jump</b>	<b>Triple Jump</b>		
MT Christmas Invitational (12/12/09)		19-5 (2)!			
Ed Temple Classic (1/10/10)		18-1.5 (2)	Foul		
Kentucky Invitational (1/15-16/10)		17-8 (20)	35-11.25 (12)		
Blue Raider Invitational (1/23/10)		17-9 (3)	36-5.5 (2)		
Rod McCravy Memorial (1/29-30/10)	27.25 (48)		35-4 (11)		
Middle Tennessee Invitational (2/6/10)		18-3.5 (5)	33-9.75 (6)		

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### Andrew Wagner

MT Christmas Invitational (12/12/09)  
Kentucky Invitational (1/15-16/10)  
Blue Raider Invitational (1/23/10)  
Middle Tennessee Invitational (2/6/10)

### Shot Put

21-1.25 (20)  
33-0 (4)

### Weight Throw

Foul  
33-8 (14)

### Nyeisha Wright

MT Christmas Invitational (12/12/09)  
Ed Temple Classic (1/11/10)  
Kentucky Invitational (1/15-16/10)  
Blue Raider Invitational (1/23/10)  
Rod McCravy Memorial (1/29-30/10)  
Middle Tennessee Invitational (2/6/10)

### 55 Meters

7.18 (3)  
7.28 (4)p

### 60 Meters

7.90 (34)  
7.77 (13)p/7.78 (16)

### 200 Meters

25.02 (1)  
25.12 (2)  
25.00 (11)

### Long Jump

18-8 (1)  
16-9.75 (30)  
19-0 (1)  
19-11 (1)!

### Triple Jump

39-4.25 (2)  
38-11 (1)  
39-9.75 (3)!  
39-10.25 (1)!  
38-11.5 (5)  
38-8.75 (1)

### 4x400 Relay

MT Christmas Invitational (12/12/09)  
Ed Temple Classic (1/11/10)

3:51.9 (1)  
3:54.03 (1)

## Relays

### Men

#### 4x400 Meter Relay

Ed Temple Classic (1/11/10)

Carter, Gbagbeke, Chemaoui, Chambers

3:26.45 (5)

Rod McCravy Memorial (1/29-30/10)

Carter, Payne, Chambers, Johnson

3:13.88 (9)

#### Distance Medley Relay

Ed Temple Classic (1/11/10)

Chemaoui, Payne, Biwott, Emery

10:26.04 (1)

### Women

#### 4x400 Meter Relay

MT Christmas Invitational (12/12/09)

Jackson, Nambawa, Wright, Sangau

3:51.9 (1)

Ed Temple Classic (1/11/10)

Jackson, Wright, Henry, Sangau

3:54.03 (1)

Blue Raider Invitational (1/23/10)

Bailey, Smith, Ruggle, Serem

4:24.58 (6)

Rod McCravy Memorial (1/29-30/10)

Smith, Sangau, Ruggle, Tanui

4:13.25 (11)

Middle Tennessee Invitational (2/6/10)

Kassuba, Ruggle, Hunt, Smith

4:26.81 (7)

#### Distance Medley Relay

Ed Temple Classic (1/11/10)

Sangau, Ruggle, Smith, Serem

12:45.41 (1)