

2009-10 Middle Tennessee Track & Field

2009-10 MEN'S INDOOR PERFORMANCE LIST (FINAL)

● * - NCAA automatic mark ● + - NCAA provisional mark ● ! - indoor personal best ● ^ - oversized track ● \$ - Non-NCAA event
● f - facility record ● h - hand-timed ● p - prelim mark ● s - semifinals ● r - school record ● % Standards based upon banked/oversized track

55m (Auto: 6.14, Prov: 6.25)		2003
MT Record: Mardy Scales	6.14	
Curtis King	6.37!	MT Christmas Invitational
Robert Carter	6.41!	MT Christmas Invitational
Stanley Gbagbeke	6.47	Blue Raider Invitational

55mH (Auto: 7.17, Prov: 7.38)		2006
MT Record: Linnie Yarbrough	7.20	
Roscoe Payne	7.50	Blue Raider Invitational
DeRay Sloss	7.54	Blue Raider Invitational

60m (Auto: 6.63, Prov: 6.74)		
Stanley Gbagbeke	6.86p	Rod McCravy Memorial
Robert Carter	6.97	Rod McCravy Memorial
Jarell Dorsey	7.37	Rod McCravy Memorial

60mH (Auto: 7.70, Prov: 7.91)		
DeRay Sloss	8.14p	Rod McCravy Memorial
Roscoe Payne	8.26p	Rod McCravy Memorial

200m (Auto: 20.83, Prov: 21.23)%		2004
MT Record: Mardy Scales	20.84	
Curtis King	21.46	MT Christmas Invitational
Stanley Gbagbeke	21.68	Rod McCravy Memorial
Robert Carter	22.22	Rod McCravy Memorial
Justin Chambers	22.59	Kentucky Invitational
Vincent Johnson	23.88	Kentucky Invitational

400m (Auto: 46.15, Prov: 47.25)		2001
MT Record: Godfrey Herring	46.36	
Robert Carter	50.20	Kentucky Invitational
Justin Chambers	50.33	Rod McCravy Memorial
Vincent Johnson	52.38	Middle Tennessee Invitational
Matt Farris	54.35	MT Christmas Invitational

800m (Auto: 1:48.00, Prov: 1:50.50)		2009
MT Record: Festus Chemaoui	1:50.27	
Festus Chemaoui	1:54.51	Ed Temple Classic
David Emery	1:54.78!	Middle Tennessee Invitational
Philip Benavides	1:57.88	MT Christmas Invitational
Isaac Biwott	1:59.94	Blue Raider Invitational
Chris Mason	2:08.51	Blue Raider Invitational
Sean Giffin	2:10.88	Blue Raider Invitational

Mile (Auto: 3:59.00, Prov: 4:03.50)		1982
MT Record: Joe O'Loughlin	4:03.47	
Festus Chemaoui	4:09.67	Rod McCravy Memorial
David Emery	4:12.12!	MT Christmas Invitational
Isaac Biwott	4:20.91	Rod McCravy Memorial
Chris Mason	4:27.57!	Blue Raider Invitational
David Boiywo	4:35.68	Middle Tennessee Invitational

3000m (Auto: 7:54.50, Prov: 8:05.00)%		1981
MT Record: Joe O'Loughlin	8:12.64	
Festus Chemaoui	8:28.53	Kentucky Invitational
David Emery	8:38.57	Kentucky Invitational
William Songock	8:44.12	MT Christmas Invitational
Chris Mason	8:45.68	Rod McCravy Memorial

5000m (Auto: 13:48.90, Prov: 14:11.90)%		2001
MT Record: William Songock	14:35.36	

Mile Relay (Auto: 3:06.50, Prov: 3:10.40)%		2004
MT Record: Okorie, Darden, Hicks, Waller	3:08.32	
Relay A	3:13.88	Rod McCravy Memorial Carter, Payne, Chambers, Johnson
Relay A	3:26.45	Ed Temple Classic Carter, Gbagbeke, Chemaoui, Chambers

Distance Medley Relay (Auto: 9:30.00, Prov: 9:41.70)%		1981
MT Record: Johnson, Mitchell, David, O'Loughlin	9:48.04	
Relay A	10:26.04	Ed Temple Classic Chemaoui, Payne, Biwott, Emery

High Jump (Auto: 2.24, Prov: 2.14)		2005
MT Record: Alex Pruitt	7-1.5	

Pole Vault (Auto: 5.50, Prov: 5.20)		1981
MT Record: Tom Yelverton	15-8.5	

Long Jump (Auto: 7.85, Prov: 7.50)		1993
MT Record: Roland McGhee	27-0.75	
Stanley Gbagbeke	25-5.25 (7.75m)!+	Middle Tennessee Invitational
Vincent Johnson	22-0.25 (6.71m)	Rod McCravy Memorial

Triple Jump (Auto: 16.10, Prov: 15.40)		1974
MT Record: Tommy Haynes	54-6.5	
Stanley Gbagbeke	42-4 (12.90m)	MT Christmas Invitational
Vincent Johnson	39-7.25 (12.07m)	Ed Temple Classic

Shot Put (Auto: 19.30, Prov: 17.75)		1966
MT Record: Brian Oldfield	57-7	
Andrew Wagner	21-1.25 (6.40m)	Kentucky Invitational

Weight Throw (Auto: 21.50, Prov: 19.50)		2007
MT Record: James Thomas	58-8.75	
Andrew Wagner	33-8 (10.26m)	Middle Tennessee Invitational

MT Christmas Invitational (12/12/09)
Ed Temple Classic (1/10/10)
Kentucky Invitational (1/16-17/10)
Blue Raider Invitational (1/23/10)
Rod McCravy Memorial (1/29-30/10)
Middle Tennessee Invitational (2/6/10)

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55m (Auto: 6.74, Prov: 6.92)

MT Record: Dionne Rose	6.89	1994
Kiara Henry	7.12!	MT Christmas Invitational
Nyeisha Wright	7.18	MT Christmas Invitational
Sarah Nambawa	7.33	MT Christmas Invitational

55mH (Auto: 7.57, Prov: 7.86)

MT Record: Dionne Rose	7.59	1994
Cherice Robertson	7.84p!+	Blue Raider Invitational
Ann Dudley	8.44	MT Christmas Invitational

60m (Auto: 7.26, Prov: 7.44)

Kiara Henry	7.72	Kentucky Invitational
Nyeisha Wright	7.77	Rod McCravy Memorial

60mH (Auto: 8.14, Prov: 8.43)

Cherice Robertson	8.54	Rod McCravy Memorial
Ann Dudley	9.45	Kentucky Invitational

200m (Auto: 23.20, Prov: 23.90)%

MT Record: Nadia Graham	23.54	1996
Nyeisha Wright	25.00	Rod McCravy Memorial
Kiara Henry	25.26!	Kentucky Invitational
Sarah Nambawa	25.74	MT Christmas Invitational
Amber Jackson	26.28	Blue Raider Invitational
Kortney Thurman	27.25	Rod McCravy Memorial

400m (Auto: 52.40, Prov: 54.40)%

MT Record: Rosemary Okafor	52.41	2004
Amber Jackson	57.76	Rod McCravy Memorial

800m (Auto: 2:05.00, Prov: 2:09.00)%

MT Record: Zamzam Sangau	2:12.36	2009
Zamzam Sangau	2:08.23!r+	Kentucky Invitational
Stephanie Smith	2:20.61	Blue Raider Invitational
Alissa Ruggle	2:22.26	Blue Raider Invitational
Amber Kassuba	2:27.81	Middle Tennessee Invitational
Jackie Serem	2:29.39	Kentucky Invitational
Kayla Bryan	2:29.98	Middle Tennessee Invitational
Caroline Tanui	2:30.46	Middle Tennessee Invitational
Kristen Tithof	2:36.38	Middle Tennessee Invitational
Samantha Hunt	2:41.82	Middle Tennessee Invitational

Mile (Auto: 4:37.00, Prov: 4:47.00)%

MT Record: Zamzam Sangau	4:48.37	2008
Zamzam Sangau	4:53.72	Rod McCravy Memorial
Stephanie Smith	5:11.58	Rod McCravy Memorial
Marla Bailey	5:12.53!	Blue Raider Invitational
Jackie Serem	5:13.66!	Blue Raider Invitational
Alissa Ruggle	5:16.51	Rod McCravy Memorial
Caroline Tanui	5:28.67	Middle Tennessee Invitational
Kristen Tithof	5:33.04	Rod McCravy Memorial
Samantha Hunt	5:35.33	Rod McCravy Memorial
Amber Kassuba	5:37.89	Rod McCravy Memorial
Kayla Bryan	5:42.62	Kentucky Invitational

3,000m (Auto: 9:13.00, Prov: 9:32.00)%

MT Record: Zamzam Sangau	9:55.28	2009
Zamzam Sangau	9:55.63	Blue Raider Invitational
Marla Bailey	9:59.73!	Rod McCravy Memorial
Jackie Serem	10:21.63!	Rod McCravy Memorial
Stephanie Smith	10:34.45	Middle Tennessee Invitational
Alissa Ruggle	10:43.97	Middle Tennessee Invitational
Kristen Tithof	11:00.85!	Blue Raider Invitational
Amber Kassuba	11:26.69	Blue Raider Invitational
Samantha Hunt	11:30.02	Blue Raider Invitational
Kayla Bryan	11:30.52	Blue Raider Invitational

5000m (Auto: 16:07.50, Prov: 16:44.50)%

MT Record: Zamzam Sangau	17:54.42	2008
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Mile Relay (Auto: 3:33.00, Prov: 3:40.00)%

MT Record: Hall, Parrish, Phillips, Graham	3:42.78	1996
Relay A	3:51.90	MT Christmas Invitational Jackson, Nambawa, Wright, Sangau
Relay A	3:54.03	Ed Temple Classic Jackson, Wright, Henry, Sangau
Relay A	4:13.25	Rod McCravy Memorial Smith, Sangau, Ruggle, Tanui
Relay A	4:24.58	Blue Raider Invitational Bailey, Smith, Ruggle, Sangau
Relay A	4:26.81	Middle Tennessee Invitational Kassuba, Ruggle, Hunt, Smith

Distance Medley Relay (Auto: 11:05.50, Prov: 11:26.50)%

MT Record: Barnes, McGill, Smith, DeOliveira	12:22.45	1992
Relay A	12:45.41	Ed Temple Classic Sangau, Ruggle, Smith, Serem

High Jump (Auto: 1.85, Prov: 1.78)

MT Record: Tipton, Florence, Robertson	5-8	1991, 1995, 2010
Cherice Robertson	5-8 (1.79)lr	Ed Temple Classic
Ann Dudley	5-2.25 (1.53)	Ed Temple Classic

Pole Vault (Auto: 4.20, Prov: 3.95)

MT Record: Jennifer Howard	10-8.25	2003
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Long Jump (Auto: 6.38, Prov: 6.13)

MT Record: Sarah Nambawa	20-10	2009
Sarah Nambawa	20-10.5 (6.36)lr+	MT Christmas Invitational
Nyeisha Wright	19-11 (6.07m)!	Middle Tennessee Invitational
Kortney Thurman	19-5 (5.92m)!	MT Christmas Invitational
Kiara Henry	19-1.5 (5.82m)	Middle Tennessee Invitational

Triple Jump (Auto: 13.30, Prov: 12.65)

MT Record: Sarah Nambawa	44-8.25	2009
Sarah Nambawa	44-3 (13.49m)*	MT Christmas Invitational
Nyeisha Wright	39-10.25 (12.14m)	Blue Raider Invitational
Cherice Robertson	37-0.25 (11.28m)	Rod McCravy Memorial
Kortney Thurman	36-5.5 (11.11m)	Blue Raider Invitational

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Shot Put (Auto: 16.90, Prov: 15.20)

MT Record: Brittany Cox **53-5.5** **2010**

Brittany Cox 53-5.5 (16.29m)!r+ . . . Middle Tennessee Invitational
 MeLyn Thompson 47-5 (14.45m) Blue Raider Invitational

Weight Throw (Auto: 21.00, Prov: 18.75)

MT Record: Brittany Cox **67-6** **2010**

Brittany Cox 67-6 (20.57m)!r+ Middle Tennessee Invitational

- MT Christmas Invitational (12/06/08)
- Ed Temple Classic (1/11/09)
- Kentucky Invitational (1/16-17/10)
- Blue Raider Invitational (1/23/10)
- Rod McCravy Memorial (1/29-30/10)
- Middle Tennessee Invitational (2/6/10)