2010 Middle Tennessee Track and Field

Sun Belt Conference Championships

Feb. 27-28 • Murfreesboro, Tenn. • Murphy Center

18 NCAA Top 25 Finishes, 16 SBC Championships, 24 OVC Championships

2010 Indoor Schedule

Dec. 12	**MT Christmas Invitional**	**Murfreesboro, Tenn.**
Jan. 10	Ed Temple Classic	Nashville, Tenn.
Jan. 15-16	Kentucky Invitational	Lexington, Ky.
Jan. 23	**Blue Raider Invitational**	**Murfreesboro, Tenn.**
Jan. 29-30	Rod McCravy Memorial	Lexington, Ky.
Feb. 6	**Middle Tennessee Invitational**	**Murfreesboro, Tenn.**
Feb. 13	**MT Valentine Invitational**	**Murfreesboro, Tenn.**
Feb. 27-28	**Sun Belt Championships**	**Murfreesboro, Tenn.**
March 6	NCAA Last Chance Meet	Ames, Iowa
March 12-13	NCAA Indoor Championships	Fayetteville, Ark.

2010 Outdoor Schedule

March 20	Rhodes Invitational	Memephis, Tenn.
March 26-27	Yellow Jacket Invitational	Atlanta, Ga.
April 2-3	Tiger Track Classic	Auburn, Ala.
April 9-10	Sea Rays Relays	Knoxville, Tenn.
April 10	Boston-Moon Invitational	Nashville, Tenn.
April 16-17	Vanderbilt Invitational	Nashville, Tenn.
April 22-24	Penn Relays	Philadelphia, Pa.
April 24	WKU Invitational	Bowling Green, Ky.
May 7-9	Sun Belt Championships	Denton, Texas
May 14-15	Georgia Tech Invitational	Atlanta, Ga.
May 28-29	NCAA Mideast Regional	Louisville, Ky.
June 9-12	NCAA Outdoor Championships	Eugene, Ore.

Quick Facts

Location	Murfreesboro, Tenn.
Nickname	Blue Raiders
Enrollment	25,151
Colors	Royal Blue and White
Conference	Sun Belt
President	Dr. Sidney A. McPhee
Athletic Director	Chris Massaro
Head Coach	Dean Hayes
Asst. Coaches	Keith Vroman, Thomas Keith
	Andrew Owusu, Willie Parker

Athletic Communications

Athletic Communications Director	Mark Owens
Owens Office	(615) 898-5270
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Student Assistant	Christian Lemon
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SBC Championships television Broadcast

The 2010 Sun Belt Indoor Championships will be broadcast on goblueraiders.com and sunbeltsports.org. Catch the excitement and live coverage off all events. Check the attached schedule for start time for each event.

Blue Raiders host SBC Championships

For the 24th time in the program's history, Middle Tennessee will host the conference championships at Murphy Center. This is the fifth time since joining the Sun Belt Conference in 2001 the team has hosted the event. The program as taken 18 titles (11 men, 7 women) between the men's and women's when competing in their home venue.

Women cracks top 25

The Middle Tennessee women's track and field team earned a top 25 ranking in this week's United States Track & Field Cross Country Coaches Association weekly poll.

The women's squad dropped one spots from 22nd overall to 23rd after not competing last weekend. The top 25 ranking is largely as a result of the performance of senior Zamzam Sangau two weekends ago at the GVSU Big Meet in Allendale, Mich. Sangau took first place overall in the 800 meters in an NCAA Provisional time of 2:06.11. Her time ranks 14th in the NCAA.

Women's team boast four NCAA Qualifiers

Four of Middle Tennessee's top female athletes have qualified in six different events for the NCAA Indoor Championships next month.

Sarah Nambawa earned the team's only NCAA automatic mark coming in the triple jump as she leapt 44-3 (13.48m) at the MT Christmas Invitational. She also earned an NCAA provisional at the same meet in the long jump recording a jump of 20-10.5 (6.36m) just

2009 Sun Belt Indoor Championships Medalists

Men's

55 Meters
1. Awesu Ahmed, (USA)
2. Gavin Smellie, (WKU
3. ***Greg Franklin, (MT)***

200 Meters
1. Gavin Smellie, (WKU)
2. Keyth Talley, (UNT)
3. ***Greg Franklin, (MT)***

400 Meters
1. Alexander Larin, (WKU)
2. Mychal Word, (ULM)
3. Terrill McCombs, (WKU)

800 Meters
1. ***Festus Chemaoi, (MT)***
2. Andrew Opata, (ULM)
3. Reggie Hayter, (UNT)

Mile Run
1. ***Festus Chemaoi, (MT)***
2. Zac Edwards, (USA)
3. Rich Schmitz, (USA)

3,000 Meters
1. Zac Edwards, (USA)
2. ***Festus Chemaoi, (MT)***
3. ***William Songock, (MT)***

5,000 Meters
1. Zac Edwards, (USA)
2. ***William Songock, (MT)***
3. Patrick Cheptoek, (WKU)

55 Meter Hurdles
1. Roscoe Payne, (MT)
2. Louis Stevens, (UL)
3. Jarvis Mansfield, (ULM)

4x400 Meter Relay
1. North Texas
2. Western Kentucky
3. Florida International

Distance Medley Relay
1. South Alabama
2. UALR
3. ***Middle Tennessee***

High Jump
1. Carlos Mattis, (ASU)
2. Antwain Keyes, (UL)
3. Isaac Combs, (ULM)

Pole Vault
1. Chris Roy, (UL)
2. Jeremy Willis, (ASU)
3. Josh Papagno, (UNT)

Long Jump
1. ***Carl Morgan, (MT)***
2. ***Stanley Gbagbeke, (MT)***
3. Mandhla Mgijima, (WKU)

Triple Jump
1. ***Carl Morgan, (MT)***
2. Carlos Mattis, (ASU)
3. Josh Howard, (ULM)

Shot Put
1. Brian Soverns, (WKU)
2. Matt Taitt, (WKU)
3. Corwin Pace, (ASU)

Weight Throw
1. Brian Soverns, (WKU)
2. Bryant Hankton, (ASU)
3. Kirby Atkins, (UALR)

Heptathlon
1. Isaac Combs, (ULM)
2. Jordan Wehr, (UNT)
3. Ruslan Hemed, (ULM)

Women's

55 Meters
1. Miaie Williams, (WKU)
2. Tiffany Williams, (FAU)
3. Trishauna Clarke, (FAU)

200 Meters
1. Valerie Brown, (WKU)
2. Brittani Simmons, (UNT)
3. ***Nyeisha Wright, (MT)***

400 Meters
1. Valerie Brown, (WKU)
2. Alecia Brown, (WKU)
3. Ciara Smith, (UNT)

800 Meters
1. Louise Faye, (USA)
2. ***Zamzam Sangau, (MT)***
3. Patricia Gumbs, (FAU)

Mile Run
1. Janet Jesang, (WKU)
2. ***Zamzam Sangau, (MT)***
3. Friederike Feil, (FAU)

3,000 Meters
1. Janet Jesang, (WKU)
2. Friederike Feil, (FAU)
3. ***Zamzam Sangau, (MT)***

5,000 Meters
1. Eimear O'Brien, (WKU)
2. Friederike Feil, (FAU)
3. Whitney Kerth, (UALR)

55 Meter Hurdles
1. Lauren Wiggins, (UNT)
2. Latoya Ragland, (TROY)
3. Amy Bowman, (UALR)

4x400 Meter Relay
1. North Texas
2. Florida Atlantic
3. Louisiana

Distance Medley Relay
1. Florida Atlantic
2. Florida International
3. Arkansas-Little Rock

High Jump
1. Heather Davis, (ULM)
2. Amy Bowman, (ASU)
3. Lesly Hale, (ASU)

Pole Vault
1. Stephanie Foreman, (ASU)
2. Christal Brewster, (UNT)
3. Catheryn Frappier, (ASU)

Long Jump
1. Sharika Smith, (WKU)
2. ***Sarah Nambawa, (MT)***
3. Samantha Smith (WKU)

Triple Jump
1. ***Sarah Nambawa, (MT)***
2. Agata Cichoszewska, (TROY)
3. Jasmine Manuel, (UL)

Shot Put
1. Lakeitha Elmore, (ULM)
2. ***Brittany Cox, (MT)***
3. ***MeLyn Thompson, (MT)***

Weight Throw
1. Tiphanie Baker, (TROY)
2. Destiny Montemayor, (ULM)
3. ***Brittany Cox, (MT)***

Pentathlon
1. Amy Bowman, (ASU)
2. Carolyn Lewis, (ASU)
3. Laurenie Louissaint, (FIU)

missing an NCAA Automatic.

Brittany Cox has provisional marks in the women's weight throw and shot put. The Antioch, Tenn. native's throws of 67-6 (20.57m) and 53-5.5 (16.29m) were both earned at the Middle Tennessee Invitational both were Middle Tennessee records.

Zamzam Sangau ran to an NCAA provisional time of 2:06.11 at the GVSU Big Meet breaking her own school record.

Cherice Robertson is the final qualifier running to a 8.41 in the 60 meter hurdles at the Blue Raider Invitational.

Gbagbeke qualifies at MT Christmas Invitational

Long jumper Stanley Gbagbeke, the top jumper in the Sun Belt Conference, earned an NCAA provisional mark of 25-5.25 (7.75m) at the Middle Tennessee Invitational. He currently ranks 12th in the nation on the NCAA descending order list.

Versatile and Dominant

Distance runner Festus Chemaoi is as versatile as he is dominant. The five time Sun Belt Champion has the speed and endurance to race and win any event from the 800 to 5,000 meters. He is currently the top middle distance runner in the Sun Belt as the reigning 2009 800 meter indoor and outdoor champion as well as the indoor mile and outdoor 1,500 meter winner. He finished runner-up in the 2009 SBC cross country championship and qualified for the NCAA Cross Country Championships.

Cox dominant in 2010

Female thrower Brittany Cox has proven herself as one of the most dominant athletes in conference history. In the 2010 campaign, Cox has set and broken

2009 Sun Belt Indoor Championships

Men's

1.	***Middle Tennessee***	***131***
2.	Western Kentucky	127
3.	Louisiana-Monroe	90
4.	Arkansas State	77.5
5.	North Texas	69
6.	South Alabama	60.5
7.	Louisiana	55
8.	Arkansas-Little Rock	34
9.	Florida International	19

Women's

1.	Western Kentucky	142
2.	***Middle Tennessee***	***93***
3.	Florida Atlantic	86
4.	Arkansas State	80.5
5.	North Texas	73
6.	Troy	51.5
7.	Louisiana-Monroe	40.5
8.	Arkansas-Little Rock	32
9.	South Alabama	23.5
10.	Florida International	21
11.	Louisiana	***20***

2010 Sun Belt Conference Indoor Championships Schedule

Friday

Morning Sessions	*Field Events (Finals) (Multi)*
8:00	55 Meter Hurdles/women/Pen.
8:15	55 Meter Hurdles/men/Hep.
8:45	High Jump/women/Pen.
9:00	Long Jump/men/Hep.
10:15	Shot Put/women/Pen.
10:30	Long Jump/women/Pen.
	High Jump/men/Hep.
2:30	800 Meter/women/Pen.
10:00	Shot Put/women *(9 qualify)*
10:15	Long Jump/women *(9 qualify)*
10:30	High Jump/men
2:00	Long Jump/men *(9 qualify)*
	High Jump/women
	Shot Put/men *(9qualify)*
Evening Session	*Running Events*
5:00	800 Meters/women *(9 qualify)*
	800 Meters/men *(9 qualify)*
5:35	400 Meters/women *(12 qualify)*
	400 Meters/men *(9 qualify)*
6:15	55 Meters/women *(12 qualify)*
	55 Meters/men *(9 qualify)*
6:55	55 M Hurdles/women *(12 qualify)*
	55 M Hurdles/men *(12 qualify)*
7:30	3,000 Meters Final/women
	3,000 Meters Final/men
8:30	200 Meter/women *(12 qualify)*
	200 Meter/men *(12 qualify)*
9:15	Distance Medley Relay Final/women
	Distance Medley Relay Final/men

Saturday

Morning Sessions	*Field Events (Finals) (Multi)*
8:00	55 Meter Hurdles/men/Hep.
8:45	Pole Vault/men/Hep.
10:45	1,000 Meters/men/Hep.
9:30	Triple Jump/women (9 qualify)
	Weight Throw/men (9 qualify)
11:00	Pole Vault/men
12:00	Triple Jump/men (9 qualify)
	Weight Throw/women (9 qualify)
2:30	Mile Run Final/women
	Mile Run Final/men
2:55	400 Meter Final/women
	400 Meter Final/men
3:10	55 Meter Final/women
	55 Meter Final/men
3:30	55 Meter Hurdles Final/women
	55 Meter Hurdles Final/men
3:50	5,000 Meter Final/women/slow heat
	5,000 Meter Final/men/slow heat
4:35	800 Meter Final/women
	800 Meter Final/men
4:50	200 Meter/Final/women
	200 Meter/Final/men
5:10	5,000 Meter Final/women/fast heat
	5,000 Meter Final/men/fast heat
5:50	4x400 Meter Relay/women
	4x400 Meter Relay/men

her own Middle Tennessee and Sun Belt records in the shot put and weight throw different times. She has currently set the standards at 53-5.5 (16.29m) in the shot put and 67-6 (20.57m).

Transfer Robertson big contributor

Since transferring to Middle Tennessee's high jumper and hurdler, Cherice Robertson has proven herself as one of the top conference athletes. The Memphis, Tenn.. native holds the top conference marks in both the high jump and 55 meter hurdles. She earned an NCAA Provisional time of 7.84 in the hurdles and tied the school record in the high jump leaping 5-8 (1.73m).

Wright does it all

Nyeisha Wright holds the top conference time in the 200 meters as well as ranking in the top five in three other disciplines. She currently sits second behind teammate and three time All-American Sarah Nambawa in the triple jump and the long jump. She is fifth in the 55 meters. The Colorado Springs, Colo. native is expected to score big points for the Blue Raiders at the conference championships.

Jackson makes early name

Freshman Amber Jackson holds the second best conference time in the 400 meters running 57.2 at the MT Valentine Invitational. She has shown excellent progression as she has improved her time every week in which she has competed in 2010.

King to challenge for points in the sprints

Senior Curtis King currently holds the third fastest time in the Sun Belt Conference in the 200 meters running a 21.46 at the MT Christmas Invitational. He also is the fifth fastest in the 55 meters with a time of 6.37 also from the MT Christmas Invitational.

2010 Middle Tennessee Rosters

Men's

Name	Event	Ht.	Wt.	Cl.	Hometown (Previous School)
Philip Benavides	Distance	6-1	165	Sr.	Knoxville, Tenn. (Knoxville Catholic HS)
Malcolm Beyah	Sprints	5-11	182	Jr.	Chamblee, Ga. (Chamblee HS)
Isaac Biwott	Distance	5-9	130	Jr.	Burnt Forest, Kenya (Kapngetuny)
Joshua Butler	Jumps	5-11	168	Jr.	Glassboro, N.J. (Delsea Regional HS [Neosho County C.C.])
Robert Carter	Sprints	5-9	130	Jr.	Chattanooga, Tenn. (Central HS)
Justin Chambers	Sprints	5-9	160	Fr.	Acworth, Ga. (Kell HS [The Cottage Schoo])
Festus Chemaoi	Distance	5-9	128	Jr.	Ainobkoi, Kenya (Kapngetuny)
Jarell Dorsey	Sprints	5-6	155	Fr.	Baltimore, Md. (Calvert Hall College HS [Temple Univ.])
David Emery	Distance	6-3	154	Jr.	Pinckney, Mich. (Pinckney HS)
Robert Ezell	Sprints	6-1	155	Jr.	Antioch, Tenn. (Antioch HS)
Matthew Farris	Distance	6-0	170	Fr.	Winchester, Tenn. (Franklin County HS)
Stanley Gbagbeke	Jumps/Sprints	6-0	154	Jr.	Oginibo, Nigeria (Oviorie [Delta State])
Sean Giffin	Distance	5-7	145	Fr.	Shelbyville, Tenn. (Shelbyville Central HS)
Rod Issac	Sprints	5-11	188	Sr.	Miami, Fla. (Miami-Dade Central HS)
Vincent Johnson	Jumps/Sprints	5-9	160	Fr.	Nashville, Tenn. (Glencliff HS)
Curtis King	Sprints	5-9	165	Sr.	Montgomery, Ala. (Jefferson Davis HS [Johnson City CC/Pratt CC])
Chris Mason	Distance	5-10	135	Jr.	Auburn, N.Y. (Auburn HS [S.U.N.Y. Delhi])
Roscoe Payne	Hurdles	6-3	172	So.	Flint, Mich. (Carman-Ainsworth HS)
DeRay Sloss	Hurdles	6-2	194	Sr.	Nashville, Tenn. (McGavock HS [Belmont])
William Songock	Distance	5-9	116	Sr.	Moiben, Kenya (Uasin Gishu HS)
Andrew Wagner	Throws	6-2	175	Fr.	Germantown, Tenn. (Houston HS)
Joshua Wheeler	Distance	5-10	155	Sr.	Milwaukee, Wis. (Riverside HS [Concordia])

Women's

Name	Event	Ht.	Cl.	Hometown (Previous School)
Marla Bailey	Distance	5-9	Jr.	Barrie, Ontario (Barrie Central HS)
Kayla Bryan	Distance	5-5	Fr.	Knoxville, Tenn. (Karns HS)
Brittany Cox	Throws	5-9	Sr.	Antioch, Tenn. (Glencliff HS)
Anntoinette Dudley	Hurdles/Jump	5-11	Fr.	Jacksonville, Fla. (Terry Parker HS)
Samantha Hunt	Distance	5-6	Fr.	Gaylord, Mich. (Gaylord HS)
Kiara Henry	Sprints	5-6	So.	Atmore, Ala. (Escambia Country HS)
Amber Jackson	Middle Distance	5-7	Fr.	Chicago, Ill. (Evanston Township HS)
Amber Kassuba	Distance	5-4	Fr.	Vanderbilt, Mich. (Gaylord HS)
Sarah Nambawa	Jumps	5-5	Sr.	Kampala, Uganda (Ndejje University)
Cherice Robertson	Hurdles/Jump	5-8	r-Jr.	Memphis, Tenn. (Ridgeway HS)
Alissa Ruggle	Distance	5-2	Fr.	Mahattan, Kan. (Riley HS)
Zamzam Sangau	Distance	5-6	Sr.	Kampala, Uganda (Kyambog University)
Rispah Sang	Distance	5-2	Fr.	Kericho, Kenya (Kabokyek Adventist Secondary)
Jackline Serem	Distance	5-1	So.	Rift Valley, Kenya (Sacho HS)
Stephanie Smith	Distance	5-4	Fr.	Aurora, Ontario (Dr. G.W. Williams S.S.)
Caroline Tanui	Distance	5-2	Fr.	Eldoret, Kenya (Loreto HS)
MeLyn Thompson	Throws	5-6	Sr.	Chattanooga, Tenn. (Girls Prepatory School)
Kortney Thurman	Jumps/Sprints	5-7	Jr.	Powder Springs, Ga. (McEachern HS)
Kristen Tithof	Distance	5-6	So.	Friendsville, Tenn. (William Blount HS)
Nyeisha Wright	Jumps/Sprints	5-7	r-Jr.	Colorado Springs, Colo. (Widefield HS [Southern Mississippi])

Head Coach: Dean Hayes

Assistant Coach: Keith Vroman

Assistant Coach: Thomas Keith

Assistant Coach: Andrew Owusu

Assistant Coach: Willie Parker

Middle Tennessee Indoor Records

	Men's		Women's	
55 Meters	***6.14***	Mardy Scales, 2003	***6.89***	Dionne Rose, 1994
200 Meters	***21.07***	Mardy Scales, 2004	***23.54***	Nadia Graham, 1996
400 Meters	***46.36***	Godfrey Herring, 2001	***52.41***	Rosemary Okafor 2004
800 Meters	***1:50.27***	***Festus Chemaoi, 2009***	***2:12.36***	***Zamzam Sangau, 2008***
Mile Run	***4:03.47***	Joe O'Loughlin, 1982	***4:48.37***	***Zamzam Sangau, 2008***
3,000 Meters	***8:12.64***	Joe O'Loughlin, 1981	***9:55.28***	***Zamzam Sangau, 2008***
5,000 Meters	***14:35.36***	***William Songock, 2009***	***17:54.42***	***Zamzam Sangau, 2008***
55-Meter Hurdles	***7.20***	Linnie Yarbrough, 2006	***7.59***	Dionne Rose, 1994
4x400 Meter Relay	***3:08.32***	Okorie, Darden, Hicks, Waller, 2004	***3:42.78***	Hall, Parrish, Phillips, Graham, 1996
DMR	***9:48.04***	Johnson, Mitchell, David, O'Loughlin, 1981	***12:22.45***	Barnes, McGill, Smith, DeOliveira, 1992
High Jump	***7-1.5***	Alex Pruitt, 2005	***5-8***	Veronica Tipton, 1991 Mia Florence,1995 ***Cherice Roberson, 2010***
Pole Vault	***15-8.5***	Tom Yelverton, 1981	***10-8.25***	Jennifer Howard, 2003
Long Jump	***27-0.75***	Roland McGhee, 1993	***20-10.5***	***Sarah Nambawa, 2010***
Triple Jump	***54-6.5***	Tommy Haynes, 1974	***44-8.25***	***Sarah Nambawa, 2008***
Shot Put	***57-7***	Brian Oldfield, 1966	***53-5.5***	***Brittany Cox, 2010***
Weight Throw	***58-8.75***	James Thomas, 2007	***67-6***	***Brittany Cox, 2010***

**** Bold Italic Denotes Current Athlete***

Current as of 2/26/10

USTFCCCA Top 25

1.	Texas A&M	182.08	1.	Oregon	198.11
2.	Oregon	135.07	2.	Texas A&M	158.38
3.	LSU	107.40	3.	Florida	117.39
4.	Florida	93.03	4.	Tennessee	106.73
5.	Arizona State	83.61	5.	LSU	99.82
6.	Arkansas	80.38	6.	Arkansas	98.64
7.	Indiana	79.80	7.	Clemson	89.55
8.	Nebraska	77.84	8.	Villanova	89.04
9.	Texas Tech	73.95	9.	Auburn	83.40
10.	Baylor	70.94	10.	Penn State	81.59
11.	Penn State	69.66	11.	BYU	73.78
12.	Oklahoma	61.36	12.	Southern Illi.	72.79
13.	Florida State	55.45	13.	Louisville	66.39
14.	Stanford	55.13	14.	Nebraska	65.55
15.	Virginia Tech	54.34	15.	Oklahoma	62.25
16.	Auburn	52.12	16.	Arizona	61.10
17.	Minnesota	51.48	17.	UTEP	54.79
18.	Arizona	50.95	18.	Indiana State	53.73
19.	Northern Ari.	49.69	19.	Indiana	50.39
20.	Ohio State	46.10	20.	Florida State	44.87
21.	Alabama	45.45	21.	Virginia Tech	43.95
22.	New Mexico	44.90	22.	West Virginia	43.10
23.	Kentucky	44.03	**23.**	**Mid. Tennessee**	**39.25**
24.	California	42.96	24.	Georgetown	38.55
25.	Georgia	41.32	25.	San Diego St.	34.40
86.	**Mid. Tennessee**	**4.61**			

Middle Tennessee in NCAA Top 100

Men's

55 Meters	Curtis King	6.37	85
200 Meters	Curtis King	21.46	57
800 Meters	Festus Chemaoi	1:50.8	59
55 M Hurdles	Roscoe Payne	7.84	47
	DeRay Sloss	7.91	48
Long Jump	Stanley Gbagbeke	25-5.5	12

Women's

200 Meters	Nyeisha Wright	24.33	82
800 Meters	Zamzam Sangau	2:06.1	14
55 M Hurdles	Cherice Robertson	8.41	40
High Jump	Cherice Robertson	5-8	65
Long Jump	Sarah Nambawa	20-10.5	6
	Nyeisha Wright	19-11	44
	Kortney Thurman	19-5	93
Triple Jump	Sarah Nambawa	44-3	5
	Nyeisha Wright	39-10.25	85
Weight Throw	Brittany Cox	67-6	7
Shot Put	Brittany Cox	47-8	96
Pentathalon	Cherice Robertson	3574	49

2009-10 Indoor Performance List

2009-10 MEN'S (WEEK 7)

● * - NCAA regional mark ● ! - personal best ● $ - Non-NCAA event ● w - wind-aided ● f - facility record
● h - hand-timed ● p - prelim mark ● s - semifinals ● r - school record ● M - Multi-event

55m (Auto: 6.14, Prov: 6.25)

MT Record: Mardy Scales	6.14	2003
Curtis King	6.37!	MT Christmas Invitational
Robert Carter	6.41!	MT Christmas Invitational
Stanley Gbagbeke	6.47	Blue Raider Invitational
Philip Tanner	6.55	MT Valentine Invitational
D.D. Kyles	6.61	MT Valentine Invitational
Jarell Dorsey	6.88	MT Valentine Invitational

55mH (Auto: 7.17, Prov: 7.38)

MT Record: Linnie Yarbrough	7.20	2006
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)%

MT Record: Mardy Scales	20.84	2004
Curtis King	21.46	MT Christmas Invitational
Stanley Gbagbeke	21.68	Rod McCravy Memorial
Robert Carter	22.11	MT Valentine Invitational
Justin Chambers	22.59	Kentucky Invitational
Philip Tanner	23.14	MT Valentine Invitational
Vincent Johnson	23.88	Kentucky Invitational

400m (Auto: 46.15, Prov: 47.25)

MT Record: Godfrey Herring	46.36	2001
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)

MT Record: Festus Chemaoi	1:50.27	2009
Festus Chemaoi	1:50.77	GVSU Big Meet
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)

MT Record: Joe O'Loughlin	4:03.47	1982
Festus Chemaoi	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)%

MT Record: Joe O'Loughlin	8:12.64	1981
Festus Chemaoi	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
Isaac Biwott	8:49.86	MT Valentine Invitational
David Boiywo	9:06.03	MT Valentine Invitational

5000m (Auto: 13.48.90, Prov: 14:11.90)%

MT Record: William Songock	14:35.36	2001

Mile Relay (Auto: 3:06.50, Prov: 3:10.40)%

MT Record: Okorie, Darden, Hicks, Waller	3:08.32	2004
Relay A	3:13.88	Rod McCravy Memorial
		Carter, Payne, Chambers, Johnson
Relay A	3:26.45	Ed Temple Classic
		Carter, Gbagbeke, Chemaoi, Chambers

Distance Medley Relay (Auto: 9:30.00, Prov: 9:41.70)%

MT Record: Johnson, Mitchell, David, O'Loughlin	9:48.04	1981
Relay A	10:26.04	Ed Temple Classic
		Chemaoi, Payne, Biwott, Emery

High Jump (Auto: 2.24, Prov: 2.14)

MT Record: Alex Pruitt	7-1.5	2005

Pole Vault (Auto: 5.50, Prov: 5.20)

MT Record: Tom Yelverton	15-8.5	1981

Long Jump (Auto: 7.85, Prov: 7.50)

MT Record: Roland McGhee	27-0.75	1993
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)

MT Record: Tommy Haynes	54-6.5	1974
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)

MT Record: Brian Oldfield	57-7	1966
Andrew Wagner	21-1.25 (6.40m)	Kentucky Invitational

Weight Throw (Auto: 21.50, Prov: 19.50)

MT Record: James Thomas	58-8.75	2007
Andrew Wagner	34-6.5 (10.52m)	MT Valentine 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)
GVSU Big Meet (2/12/10)
MT Valentine Invitatinoal (2/13/10)

2009-10 Indoor Performance List

2009-10 WOMEN'S (WEEK 7)

● * - NCAA regional mark ● ! - personal best ● $ - Non-NCAA event ● w - wind-aided ● f - facility record
● h - hand-timed ● p - prelim mark ● s - semifinals ● r - school record ● M - Multi-event

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	24.33!	MT Valentine Invitational
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	57.20	MT Valentine Invitational

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

MT Record: Zamzam Sangau	2:06.11	2010
Zamzam Sangau	2:06.11!r+	GVSU Big Meet
Stephanie Smith	2:20.61!	Blue Raider Invitational
Alissa Ruggle	2:22.26	Blue Raider Invitational
Kayla Bryan	2:25.58	MT Valentine Invitational
Amber Kassuba	2:27.81	Middle Tennessee Invitational
Jackie Serem	2:29.39	Kentucky 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	10:45.49!	MT Valentine Invitational
Caroline Tanui	10:49.72	MT Valentine 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

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)!r	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

Long Jump (Auto: 6.38, Prov: 6.13)

MT Record: Sarah Nambawa	20-10	2009
Sarah Nambawa	20-10.5 (6.36)!r+	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 Roberston	37-0.25 (11.28m)	Rod McCravy Memorial
Kortney Thurman	36-5.5 (11.11m)	Blue Raider Invitational

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)
GVSU Big Meet (2/12/10)
MT Valentine Invitational (2/13/10)