

2009-10 Middle Tennessee Track & Field

2009-10 MEN'S INDOOR PERFORMANCE LIST (WEEK 7)

● * - 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)

MT Record: Mardy Scales	6.14	2003
Stanley Gbagbeke	6.35	Sun Belt Championships
Curtis King	6.37!	MT Christmas Invitational
Robert Carter	6.41!	MT Christmas Invitational
D.D. Kyles	6.51	Sun Belt Championships
Philip Tanner	6.55	MT Valentine Invitational
Jarell Dorsey	6.77	Sun Belt Championships

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 Chemaoui	1:50.27	2009
Festus Chemaoui	1:54.51	Ed Temple Classic
David Emery	1:54.62!	Sun Belt Championships
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 Chemaoui	4:09.67	Rod McCravy Memorial
David Emery	4:12.12!	MT Christmas Invitational
Isaac Biwott	4:14.89!	Sun Belt Championships
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	8:12.94	1981
Festus Chemaoui	8:15.54	Sun Belt Championships
William Songock	8:31.59	Sun Belt Championships
David Emery	8:38.57	Kentucky Invitational
Chris Mason	8:41.56	Sun Belt Championships
Isaac Biwott	8:49.86	MT Valentine Invitational
David Boiywo	9:01.17	Sun Belt Championships

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

MT Record: William Songock	14:35.36	2001
Chris Mason	15:08.06	Sun Belt Championships
David Boiywo	15:35.78	Sun Belt Championships

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	3:20.96	Sun Belt Championships Carter, Payne, Chambers, King
Relay A	3:26.45	Ed Temple Classic Carter, Gbagbeke, Chemaoui, Chambers

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

MT Record: Johnson, Mitchell, David, O'Loughlin	9:48.04	1981
Relay	10:10.34	Sun Belt Championships Biwott, Chambers, Emery, Chemaoui
Relay A	10:26.04	Ed Temple Classic Chemaoui, Payne, Biwott, Emery

High Jump (Auto: 2.24, Prov: 2.14)

MT Record: Alex Pruitt	7-1.5	2005
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Pole Vault (Auto: 5.50, Prov: 5.20)

MT Record: Tom Yelverton	15-8.5	1981
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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	44-6.25 (13.57m)	Sun Belt Championships
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	35-0.5 (10.68m)	Sun Belt Championships

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2009-10 WOMEN'S INDOOR PERFORMANCE LIST (WEEK 6)

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55m (Auto: 6.74, Prov: 6.92)

MT Record: Dionne Rose	6.89	1994
Kiara Henry	6.99!	Sun Belt Championships
Nyeisha Wright	7.07	Sun Belt Championships
Sarah Nambawa	7.33	MT Christmas Invitational

55mH (Auto: 7.57, Prov: 7.86)

MT Record: Dionne Rose	7.59	1994
Cherice Robertson	7.77!+	Sun Belt Championships
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
Zamzam Sangau	56.19!	Sun Belt Championships
Amber Jackson	57.20	MT Valentine Invitational

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

MT Record: Zamzam Sangau	2:12.36	2009
Zamzam Sangau	2:06.11!r+	MT Valentine Invitational
Stephanie Smith	2:17.51!	Sun Belt Championships
Alissa Ruggle	2:22.53!	Sun Belt Championships
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	5:10.84	Sun Belt Championships
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	10:48.56	Sun Belt Championships
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	12:12.59r.	Sun Belt Championships Smith, Jackson, Ruggle, Sangau
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
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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)!r+	MT Christmas Invitational
Nyeisha Wright	20-6.5 (6.26m)!	Sun Belt Championships
Cherice Robertson	17-4.75 (5.91m)	Sun Belt Championships
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

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Nyeisha Wright39-10.25 (12.14m) Blue Raider Invitational
 Cherice Robertson.....38-6.25 (11.74m) Sun Belt Championships
 Kortney Thurman.....38-4.75 (11.7m) Sun Belt Championships
 Ann Dudley36-5.75 (11.12m) Sun Belt Championships

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 Thompson47-5 (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)
 MT Valentine Invitational (2/13/10)
 Sun Belt Championships (2/27-28/10)