2009-10 Middle Tennessee Track & Field

OVERALL MEN'S/WOMEN'S OUTDOOR PERFORMANCE CHART

● * - NCAA Regional mark ● ! - outdoor personal best ● ^ - oversized track ● $ - Non-NCAA event
● f - facility record ● h - hand-timed ● p - prelim mark ● s - semifinals ● r - school record ● w - Wind Aided

100m

MT Record: Mardy Scales 10.07 2004

Stanley Gbagbeke	10.57	Sea-Rays Relays
Greg Franklin	10.70	Yellow Jacket Invitational
Jarell Dorsey	10.81	Tiger Track Classic
Robert Carter	10.86	Yellow Jacket Invitational
Curtis King	11.11	Rhodes Open Meet
Philip Tanner	11.23	Vanderbilt Invitational
DeRay Sloss	11.31	Vanderbilt Invitational

110mH

MT Record: Linnie Yarbrough 13.67 2006

Roscoe Payne	14.14	Sea-Rays Relays
DeRay Sloss	14.76	Sea-Rays Relays

200m

MT Record: Roland McGhee 20.44 1994

Greg Franklin	21.21	Vanderbilt Invitational
Curtis King	21.37	Georgia Tech Invitational
Robert Carter	21.87	Yellow Jacket Invitational
Stanley Gbagbeke	22.28	Boston-Moon Classic
Justin Chambers	22.43	Yellow Jacket Invitational

400m

MT Record: Godfrey Herring 45.35 2001

Robert Carter	48.57!	Tiger Track Classic
Justin Chambers	49.31	Tiger Track Classic
Curtis King	51.05	Tiger Track Classic
Vincent Johnson	51.15	Tiger Track Classic

400mH

MT Record: Victor Okorie 49.19 2003

Roscoe Payne	51.0	NCAA East Region Prelims
DeRay Sloss	53.95	Vanderbilt Invitational

800m

MT Record: Festus Chemaoi 1:49.4 2009

Festus Chemaoi	1:50.93	Georgia Tech Invitational
David Emery	1:53.16!	Boston-Moon Classic
Philip Benavides	1:57.33	Sea-Rays Relays
Isaac Biwott	1:57.63	Sea-Rays Relays
David Boiywo	2:04.86	Yellow Jacket Invitational
Chris Mason	2:07.52!	Vanderbilt Invitational
Sean Giffin	2:08.13	Vanderbilt Invitational

1,500m

MT Record: Gary Perry 3:42.9 1977

Festus Chemaoi	3:45.69!	Georgia Tech Invitational
David Emery	3:55.30	Yellow Jacket Invitational
William Songock	3:56.23	Boston-Moon Classic
Isaac Biwott	4:01.19	Yellow Jacket Invitational
Chris Mason	4:06.96!	Vanderbilt Invitational
David Boiywo	4:15.53	Rhodes Open Meet
Sean Giffin	4:40.50	Vanderbilt Invitational

3,000m

William Songock	8:29.88	Boston-Moon Classic
Chris Mason	8:55.98	Tiger Track Classic
David Boiywo	9:00.93	Boston-Moon Classic

3,000mST

MT Record: Danny Green 9:08.37 1986

Isaac Biwott	9:23.45	Yellow Jacket Invitational
David Boiywo	9:45.42	Boston-Moon Classic

5,000m

MT Record: Festus Chemaoi 14:17.49 2009

Festus Chemaoi	14:18.17	The Penn Relays
William Songock	14:18.55!	Vanderbilt Invitational
Chris Mason	14:53.05	Rhodes Open Meet
David Boiywo	15:31.56	Rhodes Open Meet
David Emery	15:46.22	Rhodes Open Meet

10,000m

MT Record: Chris Mason 30:31.85 2010

Chris Mason	30:31.85	Sea-Rays Relay

4x100m Relay

MT Record: Spann, Scales, Orr, Holiday 38.94 2003

Team A	40.44	Georgia Tech Invitational
		Franklin, King, Carter, Gbagbeke
Team A	41.06	Tiger Track Classic
		Franklin, Carter, King, Payne
Team A	41.58	The Penn Relays
		Franklin, King, Carter, Tanner

4x200m Relay

MT Record: Lloyd, McGhee, Gupton, Orr 1:21.17 1994

Team A	1:25.12	The Penn Relay
		Franklin, Payne, Carter, King

4x400m Relay

MT Record: Spann, Scales, Orr, Holiday 38.94 2003

Team A	3:14.12	Sea-Rays Relays
		Carter, Franklin, King, Payne
Team B	3:32.82	Vanderbilt Invitaional
		Benavides, Chambers, Chemaoi, Sloss

4x800m Relay

MT Record: Yates, Anderson, Bandy, Singleton 7:34.4 1967

Team A	8:14.58	Rhodes Open Meet
		Biwott, Benavides, Emery, Giffin

Distance Medley Relay

MT Record: Lawrence, Farris, Davis, O'Loughlin 9:50.64 1982

Team A	10:05.04	Sea-Rays Relays
		Biwott, Sloss, Benavides, Chemaoi

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High Jump

MT Record: Chris Koger 7-1.75 2002

Josh Butler. . . . . 6-8.75 (2.05m) . .Sun Belt Championships

Long Jump

MT Record: Roland McGhee 27-6 1993

Stanley Gbagbeke . . . . . 26-1.25 (7.96m) NCAA Outdoor Championships
Josh Butler. . . . . 22-6.25 (6.84m) .Sun Belt Championships
Vincent Johnson . . . . . .20-11 (6.38m) . . . . Boston-Moon Classic

Triple Jump

MT Record: Eddie Loyd 55-2 1982

Josh Butler. . . . . 51-3.5 (15.63m) .Sun Belt Championships

Discus

MT Record: Harrison Salami 182-9 1977

Andrew Wagner . . . . . .121-1 (36.9m) . Yellow Jacket Invitational

Hammer

MT Record: James Thomas 182-4 2007

Andrew Wagner . . . . . 114-10 (35.0m). . . . . Rhodes Open Meet

March 20	**Rhodes Invitational**	**Memphis, Tenn.**
March 26-27	**Yellow Jacket Invitational**	**Atlanta, Ga.**
April 2-3	**Tiger Track Classic**	**Auburn, Ala.**
April 9-10	**Sea-Ray Relays**	**Knoxville, Tenn.**
April 10	**Boston-Moon Invitational**	**Nashville, Tenn.**
April 16-17	**Vanderbilt Invitational**	**Nashville, Tenn.**
April 22-24	**The Penn Relays**	**Philadelphia, Pa.**
April 24	**WKU Invitational**	**Bowling Green, Ky.**
May 7	**Sun Belt Championships**	**Denton, Texas**
May 27-29	**NCAA East Region Preliminary**	**Greensboro, N.C.**

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100m

MT Record: Douglas, Okafor	11.34	1994, 2003
Nyeisha Wright	11.74!	Vanderbilt Invitational
Kiara Henry	11.77!	Vanderbilt Invitational

100mH

MT Record:	13.67	2006
Cherice Robertson	13.68	Georgia Tech Invitational
Ann Dudley	15.21!	Vanderbilt Invitational

200m

MT Record: Rosemary Okafor	23.18	2003
Kiara Henry	24.37!	Tiger Track Classic
Nyeisha Wright	24.54	Tiger Track Classic
Amber Jackson	25.40	Tiger Track Classic

400m

MT Record: Rosemary Okafor	52.29	2004
Zamzam Sangau	55.02	Georgia Tech Invitational
Amber Jackson	55.28	Georgia Tech Invitational
Sarah Nambawa	1:03.55	Yellow Jacket Invitational

400mH

MT Record:	49.19	2003
Ann Dudley	1:13.38	Boston-Moon Classic

800m

MT Record: Zamzam Sangau	2:04.97	2010
Zamzam Sangau	2:04.97!r	NCAA East Region Prelims
Stephanie Smith	2:18.02	Vanderbilt Invitational
Alissa Ruggle	2:18.41	Vanderbilt Invitational
Kayla Bryan	2:23.67!	Vanderbilt Invitational
Jackie Serem	2:25.98!	Vanderbilt Invitational
Caroline Tanui	2:26.86!	Vanderbilt Invitational
Marla Bailey	2:28.65!	Vanderbilt Invitational
Amber Kassuba	2:33.04	Vanderbilt Invitational
Kristen Tithof	2:36.97	Vanderbilt Invitational
Samantha Hunt	2:46.47	Vanderbilt Invitational
Rispah Sang	3:08.58	Yellow Jacket Invitational

1,500m

MT Record: Zamzam Sangau	4:24.22	2009
Zamzam Sangau	4:27.10	Vanderbilt Invitational
Ashley Comstock	4:37.65!	Yellow Jacket Invitational
Stephanie Smith	4:48.97	Sea-Rays Relays
Alissa Ruggle	4:50.12!	Vanderbilt Invitational
Jackie Serem	4:53.11!	Vanderbilt Invitational
Kayla Bryan	4:56.13!	Vanderbilt Invitational
Marla Bailey	4:56.65	Yellow Jacket Invitational
Caroline Tanui	5:02.36	Boston-Moon Classic
Amber Kassuba	5:08.68	Boston-Moon Classic
Kristen Tithof	5:13.12	Boston-Moon Classic
Samantha Hunt	5:19.06	Yellow Jacket Invitaitonal
Rispah Sang	6:04.19	Georgia Tech Invitational

3,000m

MT Record: Zamzam Sangau	9:46.42	2010
Zamzam Sangau	9:46.42!r	The Penn Relay
Marla Bailey	10:03.8!	Sea-Rays Relays
Ashley Comstock	10:08.22	Tiger Track Classic
Caroline Tanui	10:46.88	Boston-Moon Classic
Kristen Tithof	11:05.78	Tiger Track Classic
Rispah Sang	13:54.50	Tiger Track Classic

3,000mST

MT Record: Marla Bailey	11:05.20	2010
Marla Bailey	11:05.20!r	Vanderbilt Invitational
Samantha Hunt	12:05.54	Tiger Track Classic
Amber Kassuba	12:35.78	Vanderbilt Invitational

5,000m

MT Record: Zamzam Sangau	17:21.42	2007
Zamzam Sangau	17:34.28	Yellow Jacket Invitational
Ashley Comstock	17:38.74!	Rhodes Open Meet
Jackie Serem	18:07.58	Rhodes Open Meet
Marla Bailey	18:10.09	Rhodes Open Meet
Stephanie Smith	18:11.38	Rhodes Open Meet
Caroline Tanui	18:35.81	Rhodes Open Meet
Kristen Tithof	18:48.27	Rhodes Open Meet

10,000m

MT Record: Jackie Serem	37:16.12	2010
Jackie Serem	37:16.12!r	Sea-Rays Relays

4x100m Relay

MT Record: Douglas, Rose, Brown, Watson	44.87	1994
Team A	45.94	Vanderbilt Invitational
		Henry, Thurman, Wright, Robertson

4x200m Relay

MT Record: Hill, Thurman, Wright, Henry	1:25.79	2009
Team A	1:37.05	Sea-Rays Relays
		Jackson, Henry, Thurman, Wright

4x400m Relay

MT Record: Gillyard, Nambawa, Campbell, Patterson	3:3812	2009
Team A	3:49.49	Tiger Track Classi
		Jackson, Thurman, Wright, Sangau
Team A	3:52.46	Vanderbilt Invitational
		Jackson, Nambawa, Wright, Sangau
Team A	4:16.64	Yellow Jacket Invitational
		Comstock, Ruggle, Bryan, Smith

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4x1,500m Relay

MT Record: Comstock, Sangau, Smith, Ruggle 19:01.81 2010

Team A . . . . . 19:01.81!r . . . . . Sea-Rays Relay
. . . . . .Comstock, Sangau, Smith, Ruggle

Distance Medley Relay

MT Record: Comstock, Jackson, Smith, Sangau 11:38.88 2010

Team A . . . . . 11:38.88!r . . . . . Sea-Rays Relays
. . . . . Comstock, Jackson, Smith, Sangau

High Jump

MT Record: Veronica Tipton 5-10.5 1992

Cherice Robertson. . . . . 5-8.75 (1.75m) Yellow Jacket Invitational
Ann Dudley . . . . . 5-5 (1.65m) . . Georgia Tech Invitational

Long Jump

MT Record: Dionne Rose 21-9 1994

Nyeisha Wright . . . . . 20-9.25 (6.33m) NCAA East Region Prelims
Kiara Henry . . . . . 20-6.5 (6.26m) . .Sun Belt Championships
Sarah Nambawa . . . . . 19-11.5 (6.08m) . . . Boston-Moon Classic
Kortney Thurman . . . .19-8.75 (6.01m)! . . Yellow Jacket Invitational

Triple Jump

MT Record: Sarah Nambawa 45-9 2009

Sarah Nambawa . . . . . .44-9.75 (13.66m)NCAA Outdoor Championships
Kortney Thurman . . . . . .39-3.25 (11.97m) Yellow Jacket Invitational
Ann Dudley . . . . . 38-1.5 (11.62m) Yellow Jacket Invitational

Shot Put

MT Record: Brittany Cox 54-1.25 2010

Brittany Cox . . . . . .54-3.75 (16.55m) NCAA East Region Prelims
MeLyn Thompson . . . . . .44-3 (13.49m) . . . . Boston-Moon Classic

Discus

MT Record: Shelly Johnson 168-5 1995

Brittany Cox . . . . . 167-8 (51.10m) . . . . . The Penn Relays
MeLyn Thompson . . . . . .130-10 (39.88m) . . . . Rhodes Open Meet

Hammer

MT Record: Brittany Cox 181-7 2010

Brittany Cox . . . . . 181-7 (55.37m) . . . . . The Penn Relays

Javelin

MT Record: Laetitita Florimond 140-9 2005

Brittany Cox . . . . . 121-0 (36.88m). . . . . Tiger Track Classic

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