

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 Chemaoui	1:49.4	2009
Festus Chemaoui	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 Chemaoui	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 Chemaoui	14:17.49	2009
Festus Chemaoui	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 Invitational
.	Benavides, Chambers, Chemaoui, 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, Chemaoui

* Parenthesis denotes Ranking in East Preliminary Region

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

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.

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: 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
Rispath 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 Invitational

Rispath 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
Rispath 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 3:38.12 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

* Parenthesis denotes Ranking in East Preliminary Region

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

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

March 20
March 26-27
April 2-3
April 9-10
April 10
April 16-17
April 22-24
April 24
May 7
May 27-29

Rhodes Invitational
Yellow Jacket Invitational
Tiger Track Classic
Sea-Ray Relays
Boston-Moon Invitational
Vanderbilt Invitational
The Penn Relays
WKU Invitational
Sun Belt Championships
NCAA East Region Preliminary

Memphis, Tenn.
Atlanta, Ga.
Auburn, Ala.
Knoxville, Tenn.
Nashville, Tenn.
Nashville, Tenn.
Philadelphia, Pa.
Bowling Green, Ky.
Denton, Texas
Greensboro, N.C.