2010-11 Middle Tennessee Track & Field

OVERALL MEN'S INDOOR TOP PERFORMANCE CHART (THRU 2/28)

* - NCAA Automatic 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 (NCAA Auto: 6.14)

MT Record: Mardy Scales	6.14	2003
Kenneth Gilstrap	6.32	Blue Raider Invitational
Noah Akwu	6.41	MT Valentine Invitational
Kendall Bacchus	6.48	MT Valentine Invitational
Malcolm Beyeh	6.51	MT Valentine Invitational
Steven Palmer	6.56	Blue Raider Invitaitonal
Robert Carter	6.64	Blue Raider Invitational
Nathaniel Moore	6.76	Blue Raider Invitational
Brandon Grady	6.98	MT Christmas Invitational

60m (NCAA Auto: 6.60)

Kenneth Gilstrap	6.83	Rod McCravy Memorial
Kendall Bacchus	6.96	Kentucky Invitational

200m (NCAA Auto: 20.83)

MT Record: Mardy Scales	20.84	2004
Noah Akwu	21.01!*	Sun Belt Indoor Championships
Kendall Bacchus	21.70	Kentucky Invitational
Kenneth Gilstrap	21.71	MT Valentine Invitational
Steven Palmer	21.95	Middle Tennessee Classic
Roscoe Payne	22.05	Blue Raider Invitational
Robert Carter	22.43	MT Christmas Invitational
Nathaniel Moore	22.52	Rod McCravy Memorial
Brandon Grady	24.97	MT Christmas Invitational
Jamarious Jones	25.10	Blue Raider Invitational

400m (NCAA Auto: 46.15)

MT Record: Godfrey Herring	46.36	2001
Noah Akwu	47.90!	Kentucky Invitational
Steven Palmer	47.95!	MT Valentine Invitational
Nathaniel Moore	50.08	MT Valentine Invitational
Robert Carter	50.26	Sun Belt Indoor Championships
Kendall Bacchus	51.37	Blue Raider Invitational
Vincent Johnson	52.38	MT Christmas Invitational
Kameron Rory	53.15	MT Christmas Invitational
Jamarious Jones	55.47	Blue Raider Invitational

800m (NCAA Auto: 1:48.00)

MT Record: Festus Chemaoi	1:50.27	2009
Justus David	1:52.38!	Middle Tennessee Classic
Festus Chemaoi	1:54.78	MT Valentine Invitational
Isaac Biwott	1:59.61	MT Christmas Invitational
Fredrick Kipsang	1:59.95	Rod McCravy Memorial
David Boiywo	2:01.40	Rod McCravy Memorial
Jamarious Jones	2:03.05	MT Valentine Invitational
Justin Cacaro	2:06.26	Blue Raider Invitational
Chris Mason	2:12.57	Blue Raider Invitational

Mile Run (NCAA Auto: 3:59.00)

MT Record: Joe O'Loughlin	4:03.47	1982
Festus Chemaoi	4:11.57	GVSU Big Meet
Justus David	4:13.05	Sun Belt Indoor Championships
Justin Cacaro	4:21.40	MT Valentine Invitational
David Boiywo	4:23.58	Rod McCravy Memorial
Isaac Biwott	4:26.91	MT Valentine Invitational
Keith Davis	4:32.76	Sun Belt Indoor Championships
Chris Mason	4:35.30	MT Christmas Invitational
Fredrick Kipsang	4:43.10	Rod McCravy Memorial

3,000m (NCAA Auto: 7:54.60)

MT Record: Justus David	8:06.95	2011
Justus David	8:06.95!r	GVSU Big Meet
Festus Chemaoi	8:32.85	MT Christmas Invitational
Justin Cacaro	8:39.66	Kentucky Invitational
David Boiywo	8:45.89	MT Valentine Invitational
Chris Mason	8:46.50	Rod McCravy Memorial
Fredrick Kipsang	9:07.84	Sun Belt Indoor Championships
Keith Davis	9:12.08	Rod McCravy Memorial

5,000m (NCAA Auto: 13:47.00)

MT Record: William Songock	14:35.36	2009
Justus David	14:40.80!	Sun Belt Indoor Championships
Festus Chemaoi	14:56.52	Middle Tennessee Classic
Chris Mason	15:03.51!	Sun Belt Indoor Championships
Justin Cacaro	15:06.94	Sun Belt Indoor Championships
David Boiywo	15:14.36	Sun Belt Indoor Championships
Fredrick Kipsang	15:59.86	Sun Belt Indoor Championships

55m Hurdles (NCAA Auto: 7.17)

MT Record: Linnie Yarbrough	7.70	2006
Roscoe Payne	7.40	MT Christmas Invitational

60m Hurdles (NCAA Auto: 7.70)

Roscoe Payne	8.04	Kentucky Invitational

4x400m Relay (NCAA Auto: 3:06.50)

MT Record: Okorie, Darden, Hicks, Waller	3:08.32	2004
Team 'A'	3:14.15	Kentucky Invitational
		Bacchus, Palmer, Payne, Akwu

4x440y Relay

MT Record: Okorie, Darden, Hicks, Waller	3:08.32	2004
Team 'A'	3:14.15	Kentucky Invitational
		Bacchus, Palmer, Payne, Akwu

2010-11 Middle Tennessee Track & Field

OVERALL MEN'S INDOOR TOP PERFORMANCE CHART (THRU 2/28)

* - NCAA Automatic 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

Distance Medley Relay (NCAA Auto: 9:32.00)

MT Record: Johnson, Mitchell, David, O'Loughlin	**9:48.04**		**1981**
Team 'A'	10:40.20	Sun Belt Indoor Championships	
	Isaac Biwott, Keith Davis, Robert Carter, David Boiywo		
Team 'A'	10:42.53	Ed Temple Classic	
	Isaac Biwott, Kameron Rory, Festus Chemaoi, Justin Cacaro		

High Jump (NCAA Auto: 2.24m)

MT Record: Alex Pruitt	**7-1.5**		**2005**
Josh Butler	6-6.25 (1.99m)	Kentucky Invitaitonal	
Cordario Golden	6-1.5 (1.87m)	Sun Belt Indoor Championships	

Long Jump (NCAA Auto: 7.90m)

MT Record: Roland McGhee	**27-0.75**		**1993**
Cordario Golden	23-0.25 (7.01m)	MT Christmas Invitational	
Josh Butler	22-3.75 (6.80m)	Kentucky Invitational	
Vincent Johnson	21-10.25 (6.66m)	MT Christmas Invitational	
Kameron Rory	21-8.5 (6.61m)	Blue Raider Invitational	

Triple Jump (NCAA Auto: 16.15m)

MT Record: Tommy Haynes	**54-6.5**		**1974**
Josh Butler	51-3.25 (15.62m)	Blue Raider Invitational	
Cordario Golden	48-8.25 (14.83m)	MT Christmas Invitational	
Kameron Rory	43-3.5 (13.19m)	Blue Raider Invitational	

MT Christmas Invitational (Murfreesboro, Tenn.) 12/11/10
TSU/Ed Temple Classic (Nashville, Tenn.) 1/8/11
Kentucky Invitational (Lexington, Ky.) 1/14-15/11
Blue Raider Invitational (Murfreesboro, Tenn.) 1/22/11
Rod McCravy Memorial (Lexington, Ky.) 1/28-29/11
Middle Tennessee Classic (Murfreesboro, Tenn.) 2/5/211
MT Valentine Invitational (Murfreesboro, Tenn.) 2/12/11
Sun Belt Indoor Championships (Jonesboro, Ark.) 2/27-28/11

2010-11 Middle Tennessee Track & Field

OVERALL WOMEN'S INDOOR TOP PERFORMANCE CHART (THRU 2/28)

* - NCAA Automatic 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 (NCAA Auto: 6.74)

MT Record: Dionne Rose	6.89	1994
Kiara Henry	7.03	Middle Tennessee Classic
Rosina Amenebede	7.18	MT Valentine Invitational
Nyeisha Wright	7.18	MT Christmas Invitational
Kortney Thurman	7.31	Middle Tennessee Classic
Keana Richardson	8.21	Sun Belt Indoor Championships
Jasmine Watts	8.24	Blue Raider Invitational

60m (NCAA Auto: 7.26)

Kiara Henry	7.58	Rod McCravy Memorial
Rosina Amenebede	7.76	Kentucky Invitational
Nyeisha Wright	7.79	Rod McCravy Memorial
Keana Richardson	8.79	Rod McCravy Memorial
Jasmine Watts	8.88	Rod McCravy Memorial

200m (NCAA Auto: 23.20)

MT Record: Nadia Graham	23.54	1996
Kiara Henry	24.37	Middle Tennessee Classic
Nyeisha Wright	25.14	Kentucky Invitational
Rosina Amenebede	25.24	MT Valentine Invitational
Amber Jackson	25.91	Middle Tennessee Classic
Kortney Thurman	26.22	Blue Raider Invitational
Cherice Robertson	26.31	Kentucky Invitational
France Makabu	26.37	Middle Tennessee Classic
Ann Dudley	27.36	MT Christmas Invitational
Corzaria Harpe	27.43	Sun Belt Indoor Championships
Keana Richardson	27.61	Middle Tennessee Classic
Jasmine Nesbitt	27.74	Middle Tennessee Classic
Jasmine Watts	29.47	MT Christmas Invitational

400m (NCAA Auto: 52.60)

MT Record: Rosemary Okafor	52.41	2004
Amber Jackson	55.82!	Rod McCravy Memorial
France Makabu	58.76!	Rod McCravy Memorial
Rachel Islam	1:01.93	Blue Raider Invitational
Corzaria Harpe	1:01.96	MT Valentine Invitational
Jasmine Nesbitt	1:03.22	MT Valentine Invitational
Autumn Gipson	1:06.01	Blue Raider Invitational

800m (NCAA Auto: 2:05.00)

MT Record: Zamzam Sangau	2:06.11	2010
Stephanie Smith	2:17.64	Sun Belt Indoor Championships
Rachel Islam	2:17.85	Rod McCravy Memorial
Autumn Gipson	2:19.32	MT Christmas Invitational
Deanna Brasz	2:25.86	Blue Raider Invitational
Alissa Ruggle	2:28.04	Blue Raider Invitational
Kayla Bryan	2:39.78	MT Valentine Invitational
Cherice Robertson	2:51.25	Sun Belt Indoor Championships
Ann Dudley	2:59.09	Sun Belt Indoor Championships

Mile Run (NCAA Auto: 4:37.00)

MT Record: Zamzam Sangau	4:48.37	2008
Deanna Brasz	5:07.80	Kentucky Invitational
Stephanie Smith	5:10.44!	Rod McCravy Memorial
Autumn Gipson	5:20.08	Middle Tennessee Classic
Alissa Ruggle	5:20.98	Middle Tennessee Classic
Caroline Tanui	5:26.66	Blue Raider Invitational
Rachel Islam	5:40.61	Middle Tennessee Classic
Kristen Tithof	5:48.60	Blue Raider Invitational

3,000m (NCAA Auto: 9:13.00)

MT Record: Zamzam Sangau	9:55.28	2008
Deanna Brasz	10:12.27!	Rod McCravy Memorial
Stephanie Smith	10:29.82!	MT Valentine Invitational
Caroline Tanui	10:37.75!	MT Valentine Invitational
Alissa Ruggle	10:38.02!	MT Valentine Invitational
Marla Bailey	10:39.25	MT Valentine Invitational
Kristen Tithof	11:08.41	MT Christmas Invitational

5,000m (NCAA Auto: 13:47.00)

MT Record: Zamzam Sangau	17:54.42	2008
Caroline Tanui	18:36.57	Sun Belt Indoor Championships
Kristen Tithof	19:25.46	Sun Belt Indoor Championships

55m Hurdles (NCAA Auto: 7.57)

MT Record: Dionne Rose	7.70	2006
Rosina Amenebede	8.48	MT Valentine Invitational
Cherice Robertson	7.92	Sun Belt Indoor Championships
Ann Dudley	8.12	Middle Tennessee Classic

60m Hurdles (NCAA Auto: 8.14)

Rosina Amenebede	8.48	Kentucky Invitational
Cherice Robertson	8.62	Rod McCravy Memorial
Ann Dudley	8.91	Rod McCravy Memorial

2010-11 Middle Tennessee Track & Field

OVERALL WOMEN'S INDOOR TOP PERFORMANCE CHART (THRU 2/28)

* - NCAA Automatic 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

4x400m Relay (NCAA Auto: 3:34.00)

MT Record: Hall, Parrish, Philips, Graham 3:42.78 1996

Team 'A' ..... 3:55.17..... Kentucky Invitational
.....Amber Jackson, France Makabu, Kiara Henry, Autumn Gipson
Team 'A' ..... 3:55.67..... Sun Belt Indoor Championships
..... Amber Jackson, Kortney Thurman, Corzaria Harpe, France Makabu

4x440y Relay

Team 'A' ..... 4:08.35..... MT Christmas Invitational
.....

Distance Medley Relay (NCAA Auto: 9:32.00)

MT Record: Barnes, McGill, Smith DeOliveria 12:22.45 1992

Team 'A' ..... 12:38.55.....Ed Temple Classic
.....Alissa Ruggle, Rachel Islam, Stephanie Smith, Deanna Brasz
Team 'A' ..... 12:40.56..... Sun Belt Indoor Championships
.....Alissa Ruggle, Autumn Gipson, Rachel Islam, Stephanie Smith

High Jump (NCAA Auto: 1.85m)

MT Record: Ann Dudley 5-11.25 2011

Ann Dudley..... 5-11.25 (1.81m) !r .....Ed Temple Classic
Cherice Robertson ..... 5-8 (1.73m).....Ed Temple Classic

Long Jump (NCAA Auto: 6.38m)

MT Record: Sarah Nambawa 20-10.5 2010

Kortney Thurman..... 20-5.25 (6.23m)! .....MT Valentine Invitational
Kiara Henry..... 20-1 (6.12m)! .... Sun Belt Indoor Championships
Nyeisha Wright..... 20-1 (6.12m)! ..... MT Christmas Invitational
Rosina Amenebede ..... 19-6 (5.94m)..... Sun Belt Indoor Championships
Cherice Robertson ..... 18-8.5 (5.70m) ... Sun Belt Indoor Championships
France Makabu..... 17-3.25 (5.26m) .. Sun Belt Indoor Championships
Ann Dudley..... 16-0.5 (4.89m) ... Sun Belt Indoor Championships

Triple Jump (NCAA Auto: 13.30m)

MT Record: Sarah Nambawa 44-8.25 2008

France Makabu..... 41-5.25 (12.63m)! .....MT Valentine Invitational
Kortney Thurman..... 40-2.25 (12.24m)..... MT Christmas Invitational
Nyeisha Wright..... 38-7.75 (11.78m).....MT Valentine Invitational
Ann Dudley..... 38-7 (11.76m)..... MT Christmas Invitational
Rosina Amenebede ..... 35-3.75 (10.76m)..... Rod McCravy Memorial

Shot Put (NCAA Auto: 15.20m)

MT Record: Brittany Cox 53-5.5 2010

Cherice Robertson ..... 34-7.75 (10.56m). Sun Belt Indoor Championships
Ann Dudley..... 27-6.5 (8.39m) ... Sun Belt Indoor Championships

Indoor Pentathlon

MT Record:

Cherice Robertson ..... 3523..... Sun Belt Indoor Championships
Ann Dudley..... 2551..... Sun Belt Indoor Championships

MT Christmas Invitational (Murfreesboro, Tenn.) 12/11/10
TSU/Ed Temple Classic (Nashville, Tenn.) 1/8/11
Kentucky Invitational (Lexington, Ky.) 1/14-15/11
Blue Raider Invitational (Murfreesboro, Tenn.) 1/22/11
Rod McCravy Memorial (Lexington, Ky.) 1/28-29/11
Middle Tennessee Classic (Murfreesboro, Tenn.) 2/5/11
MT Valentine Invitational (Murfreesboro, Tenn.) 2/12/11
Sun Belt Indoor Championships (Jonesboro, Ark.) 2/27-28/11