Middle Tennessee Track and Field

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UPDATED JAN. 14, 2013

INDOOR

D8	Christmas Invitational	Murfreesboro, Tenn.
J5	Ed Temple Invitational	Nashville, Tenn.
J11-12	Kentucky Invitational	Lexington, Ky.
J18-19	Niswonger Invitational	Johnson City, Tenn.
J25-26	Rod McCravey Memorial	Lexington, Ky.
F2	MT Invitational	Murfreesboro, Tenn.
F9	Valentine Invitational	Murfreesboro, Tenn.
F23-24	Sun Belt Conference Championships	Jonesboro, Ark.
M2	Last Chance Invitational	Blacksburg, Va.
M8-9	NCAA Championships	Fayetteville, Ark.

OUTDOOR

M16	Rhodes Invitational	Memphis, Tenn.
M23	Vanderbilt Open	Nashville, Tenn.
M30	Yellow Jacket Invitational	Atlanta, Ga.
A6	Tiger Invitational	Auburn, Ala.
A12-13	Sea Ray Invitational	Knoxville, Tenn.
A13	Boston-Moon Invitational	Nashville, Tenn.
A19-20	Vanderbilt Invitational	Nashville, Tenn.
A25-27	Penn Relays	Philadelphia, Pa.
A27	Troy Invitational	Troy, Ala.
M10-12	Sun Belt Conference Championships	Miami, Fla.
M23-25	NCAA Regional	Greensboro, N.C.
J5-8	NCAA Championships	Eugene, Ore.

2012-13 ROSTER PERSONAL BESTS

MEN'S ROSTER

Geoffrey Akena	Sprints	FR
Noah Akwu	Sprints	SR
Solomon Atosona	Jumps	JR
Kendall Bacchus	Sprints	JR
Shubert Bastien	Javelin	SO
Asa Bowman	Sprints	SO
Junior Cadet	Jumps	JR
Drayton Calhoun	Sprints	SO
Keith Davis	Distance	JR
Alden Dixon	Distance	FR
Rycine Ellison	Sprints/Jumps	SO
Kenneth Gilstrap	Sprints	JR
Cordairo Golden	Jumps	JR
Andre Hamilton	Sprints	FR
Lyle Haywood	Middle Distance	SR
Jamarious Jones	Sprints	JR
Daniel Ketter	Distance	FR
Bryson Lillard	Sprints/Hurdles	FR
James Messick	Sprints	JR
Daniel Mitchell	Sprints	FR
Nathaniel Moore	Sprints	SR
Steven Palmer	Sprints/Jumps	JR
Kameron Rory	Sprints/Jumps	JR
Demarco Scales	Middle Distance	SO
Demitrius Shelton	Sprints	SO
Robinson Simatei	Middle Distance	JR
Silas Taiget	Distance	SO

WOMEN'S ROSTER

Jasmine Abrams	Sprints	FR
Rosina Amenebede	Sprints/Jumps	SR
Amber Dandy	Jumps	SO
Sheniece Daphness	Sprints	SO
Ann Dudley	Jumps	SR
Autumn Gipson	Middle Distance	JR
Ginasia Hamilton	Sprints	FR
India Hammond	Sprints/Hurdles	FR
Tressanique Hampton	Middle Distance	SR
Rachel Islam	Middle Distance	JR
Amber Jackson	Middle Distance	SR
Lucy Kapkiai	Distance	SO
Julia Kitevski	Distance	FR
Danielle Lipscomb	Jumps	FR
France Makabu	Jumps	JR
Jasmine Nesbitt	Sprints	FR
Hannah Northam	Distance	SO
Stephanie Smith	Distance	SR
Andreonna Williams	Sprints	FR
Pershawna Williams	Jumps/Sprints	FR
Christal Wilson	Sprints/Hurdles	SO

Head Coach	Dean Hayes
Assistant Coach	Kelly Carter
Assistant Coach	Keith Vroman
Assistant Coach	Andrew Owusu
Assistant Coach	Thomas Keith
Assistant Coach	Festus Chemaoi

GEOFFREY AKENA

200 METERS

22.37	Sun Belt Championships	2011-12

400 METERS

49.75	Rod McCravy Memorial	2011-12

NOAH AKWU

55 METERS

6.39	MT Invitational	2011-12

60 METERS

6.74	Kentucky Invitational (Finals)	2012-13

200 METERS

20.86	NCAA Indoor Championships	2010-11

400 METERS

47.49	MT Valentine Invitational	2010-11

SOLOMON ATOSONA

200 METERS

23.36	MT Christmas Invitational	2011-12

LONG JUMP

23-8.25 (7.22m)	Sun Belt Championships	2011-12

TRIPLE JUMP

46-4.00 (14.12m)	Sun Belt Championships	2011-12

KENDALL BACCHUS

55 METERS

6.45	Sun Belt Championships	2011-12

60 METERS

6.93	Rod McCravy Memorial	2010-11

200 METERS

21.68	Sun Belt Championships	2011-12

400 METERS

50.81	MT Invitational	2011-12

SHUBERT BASTIEN

SHOT PUT

42-0.00 (12.80m)	MT Invitational	2011-12

ASA BOWMAN

200 METERS

22.30	MT Invitational	2011-12

400 METERS

49.15	Sun Belt Championships	2011-12

800 METERS

1:56.29	MT Christmas Invitational	2012-13

DRAYTON CALHOUN

55 METERS

6.33	Sun Belt Championships	2011-12

60 METERS

6.83	Rod McCravy Invitational	2011-12

200 METERS

21.97	Sun Belt Championships	2011-12

JUNIOR CADET

55 METER HURDLES

7.81	Valentine Invitational	2011-12

60 METER HURDLES

8.42	Niswonger Invitational (Prelims)	2012-13

400 METERS

52.64	Christmas Invitational	2012-13

TRIPLE JUMP

47-4.25 (14.43m)	Christmas Invitational	2012-13

LONG JUMP

26-6.00 (7.16m)	Ed Temple Invitational	2012-13

KEITH DAVIS

800 METERS

2:01.25	MT Invitational	2011-12

MILE

4:30.17	Kentucky Invitational	2012-13

3000 METERS

8:43.72	MT Christmas Invitational	2012-13

5000 METERS

15:30.94	Sun Belt Championships	2011-12

ALDEN DIXON

3000 METERS

8:41.80	MT Christmas Invitational	2012-13

5000 METERS

15:10.16	Niswonger Invitational	2012-13

RYCINE ELLISON

200 METERS

22.57	Kentucky Invitational	2011-12

400 METERS

49.92	Rod McCravy Memorial	2011-12

KENNETH GILSTRAP

55 METERS

6.30	Sun Belt Championships	2011-12

60 METERS

6.83	Rod McCravy Memorial	2011-12

200 METERS

21.71	Valentine Invitational	2010-11

CORDAIRO GOLDEN

200 METERS

23.35	MT Christmas Invitational	2011-12

HIGH JUMP

6-4.75 (1.95m)	Blue Raider Invitational	2011-12

LONG JUMP

24-5.75 (7.46m)	Sun Belt Championships	2011-12

TRIPLE JUMP

52-1.75 (15.89m)	Sun Belt Championships	2011-12

ANDRE HAMILTON

400 METERS

48.19	Kentucky Invitational	2012-13

LYLE HAYWOOD

800 METERS

1:56.23	Rod McCravy Memorial	2011-12

MILE

4:32.46	MT Invitational	2011-12

JAMARIOUS JONES

200 METERS

25.10	MT Invitational	2010-11

40 METERS

55.75	Kentucky Invitational	2010-11

800 METERS

1:59.84	Kentucky Invitational	2012-13

NIGEL JONES

LONG JUMP

23-0.50 (7.02m)	Ed Temple Invitational	2012-13

TRIPLE JUMP

45-0.25 (13.73m)	Niswonger Invitational	2012-13

DANIEL KETTER

800 METERS

1:56.29	MT Christmas Invitational	2012-13

MILE

4:23.62	Kentucky Invitational	2012-13

BRYSON LILLARD

200 METERS

23.41	MT Christmas Invitational	2012-13

55 METER HURDLES

7.77	Ed Temple Invitational	2012-13

60 METER HURDLES

8.40	Kentucky Invitational (Prelims)	2012-13

JAMES MESSICK

55 METERS

6.80	Sun Belt Championships	2011-12

200 METERS

22.55	Kentucky Invitational	2012-13

400 METERS

49.57	Kentucky Invitational	2012-13

DANIEL MITCHELL

55 METERS

6.66	MT Christmas Invitational	2012-13

60 METERS

7.15	Kentucky Invitational (Finals)	2012-13
	Niswonger Invitational (Prelims)	2012-13

200 METERS

23.47	MT Christmas Invitational	2012-13

NATHANIEL MOORE

55 METERS

6.69	Valentine Invitational	2011-12

200 METERS

22.56	MT Christmas Invitational	2011-12

400 METERS

49.59	MT Invitational	2011-12

STEVEN PALMER

55 METERS

6.56	MT Invitational	2010-11

200 METERS

21.84	Sun Belt Championships	2011-12

400 METERS

47.84	Sun Belt Championships	2011-12

LONG JUMP

22-5.00 (6.83m)	Valentine Invitational	2011-12

KAMERON RORY

400 METERS

53.15	MT Christmas Invitational	2010-11

LONG JUMP

23-8.00 (7.21m)	MT Christmas Invitational	2012-13

TRIPLE JUMP

46-3.25 (14.10m)	MT Invitational	2011-12

DEMARCO SCALES

400 METERS

53.78	MT Invitational	2011-12

800 METERS

1:59.68	Kentucky Invitational	2012-13

DEMETRIUS SHELTON

55 METERS

6.55	MT Christmas Invitational	2011-12

60 METERS

7.10	Kentucky Invitational	2011-12

200 METERS

22.22	Valentine Invitational	2011-12

400 METERS

49.87	Kentucky Invitational	2012-13

ROBINSON SIMATEI

800 METERS

1:54.18	MT Invitational	2011-12

MILE

4:16.35	Kentucky Invitational	2012-13

SILAS TAIGET

MILE

4:24.70	Blue Raider Invitational	2011-12

3000 METERS

8:32.44	Kentucky Invitational	2012-13

JASMINE ABRAMS

60 METERS

7.79	Niswonger Invitational (Prelims)	2012-13

200 METERS

25.79	Niswonger Invitational (Prelims)	2012-13

ROSINA AMENEBEDE

55 METERS

7.18 (twice)	Valentine Invitational	2010-11

60 METERS

7.76	Kentucky Invitational	2010-11

55 METER HURDLES

7.86	Sun Belt Championships	2011-12

60 METER HURDLES

8.48	Kentucky Invitational	2010-11

200 METERS

25.24	Valentine Invitational	2010-11

LONG JUMP

20-1.50 (6.13m)	Ed Temple Invitational	2012-13

TRIPLE JUMP

35-3.75 (11.37m)	Rod McCravy Memorial	2010-11

AMBER DANDY

55 METERS

7.30	Blue Raider Invitational	2011-12

60 METERS

7.98	Rod McCravy Invitational	2011-12

LONG JUMP

18-8.50 (5.7m)	MT Christmas Invitational	2011-12

SHENIECE DAPHNESS

55 METERS

7.10	MT Invitational	2011-12

60 METERS

7.85	Niswonger Invitational (Prelims)	2012-13

200 METERS

25.57	Kentucky Invitational	2011-12

ANN DUDLEY

200 METERS

27.36	MT Christmas Invitational	2010-11

55 METER HURDLES

7.97	Sun Belt Championships	2011-12

60 METER HURDLES

8.81	Niswonger Invitational (Finals)	2012-13

HIGH JUMP

6-0.00 (1.83m)	MT Christmas Invitational	2011-12

LONG JUMP

17-8.75 (5.40m)	Christmas Invitational	2012-13

TRIPLE JUMP

38-7 (11.76m)	MT Christmas Invitational	2010-11

INDOOR PENTATHLON

3509	Sun Belt Championships	2011-12

AUTUMN GIPSON

400 METERS

1:06.01	Blue Raider Invitational	2010-11

800 METERS

2:15.28	Sun Belt Championships	2011-12

MILE RUN

5:01.61	Kentucky Invitational	2012-13

GINASIA HAMILTON

200 METERS

25.80	Christmas Invitational	2012-13

400 Meters

59.13	Kentucky Invitational	2012-13

INDIA HAMMOND

55 METER HURDLES

8.22	Christmas Invitational	2012-13

60 METER HURDLES

8.81	Niswonger Invitational (Finals)	2012-13

LONG JUMP

18-1.00 (5.51m)	Ed Temple Invitational	2012-13

TRIPLE JUMP

39-1.75 (11.93m)	Christmas Invitational	2012-13

TRESSANIQUE HAMPTON

400 METERS

1:03.63	Valentine Invitational	2011-12

800 METERS

2:18.75	MT Christmas Invitational	2012-13

RACHEL ISLAM

400 METERS

1:01.93	Blue Raider Invitational	2010-11

800 METERS

2:14.96	Rod McCravy Memorial	2011-12

MILE

5:16.20	MT Invitational	2011-12

AMBER JACKSON

200 METERS

25.40	MT Invitational	2010-11

400 METERS

55.82	Rod McCravy Memorial	2011-12

800 METERS

2:11.63	Rod McCravy Memorial	2011-12

LUCY KAPKIAI

800 METERS

2:17.12	Valentine Invitational	2011-12

MILE

5:03.98	Sun Belt Championships	2011-12

3000 METERS

9:43.77	Sun Belt Championships	2011-12

5000 METERS

17:04.70	Sun Belt Championships	2011-12

JULIA KITEVSKI

MILE RUN

5:05.92	Niswonger Invitational (Invitational Finals)	1st

3000 METERS

10:20.43	Kentucky Invitational	2012-13

FRANCE MAKABU

200 METERS

26.37	MT Invitational	2010-11

400 METERS

58.76	Rod McCravy Memorial	2010-11

LONG JUMP

17-8.25 (5.39m)	Valentine Invitational	2011-12

TRIPLE JUMP

42-9.75 (13.05m)	Sun Belt Championships	2011-12

JASMINE NESBITT

400 METERS

1:09.32	Kentucky Invitational	2012-13

STEPHANIE SMITH

800 METERS

2:17.51	Sun Belt Championships	2009-10

MILE RUN

5:10.44	Rod McCravy Memorial	2010-11

3000 METERS

10:29.82	Sun Belt Championships	2010-11

ANDREONNA WILLIAMS

400 METERS

1:05.66	Niswonger Invitational	2012-13

CHRISTAL WILSON

55 METER HURDLES

7.82	Sun Belt Championships	2011-12

60 METER HURDLES

8.64	Niswonger Invitational (Finals)	2012-13

200 METERS

25.08	Sun Belt Championships	2011-12

PERSHAWNA WILLIAMS

HIGH JUMP

5-4.50 (1.63m)	MT Christmas Invitational	2012-13

LONG JUMP

17-11.50 (5.47m)	Ed Temple Invitational	2012-13

TRIPLE JUMP

37-8.75 (11.50m)	Ed Temple Invitational	2012-13