

# **Middle Tennessee Track and Field**

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Athletic Communications Intern (Track and Field Contact)

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	INDOOR			OUTDOOR	
D8	Christmas Invitational	Murfreesboro, Tenn.	M16	Rhodes Invitational	Memphis, Tenn.
J5	Tennssee State Invitational	Nashville, Tenn.	M23	Vanderbilt Open	Nashville, Tenn.
J11-12	Kentucky Invitational	Lexington, Ky.	M30	Yellow Jacket Invitational	Atlanta, Ga.
J18-19	Niswonger Invitational	Johnson City, Tenn.	A6	Tiger Invitational	Auburn, Ala.
J25-26	Rod McCravey Memorial	Lexington, Ky.	A12-13	Sea Ray Invitational	Knoxville, Tenn.
F2	MT Invitational	Murfreesboro, Tenn.	A13	Boston-Moon Invitational	Nashville, Tenn.
F9	Valentine Invitational	Murfreesboro, Tenn.	A19-20	Vanderbilt Invitational	Nashville, Tenn.
F23-24	Sun Belt Conference Championships	Jonesboro, Ark.	A25-27	Penn Relays	Philadelphia, Pa.
M2	Last Chance Invitational	Blacksburg, Va.	A27	Troy Invitational	Troy, Ala.
M8-9	NCAA Championships	Fayetteville, Ark.	M10-12	Sun Belt Conference Championships	Miami, Fla.
	•		M23-25	NCAA Regional	Greensboro, N.C.
			J5-8	NCAA Championships	Eugene, Ore.

#### This Week...

Middle Tennessee will compete at the Rod McCravy Memorial in Lexington, Ky. The event will be held at the E.J. Nutter Field House, where MT competed two weeks ago in the Kentucky Invitational. A complete schedule of events can be found here.

#### Competitors...

Athletes from over 20 different schools will compete in this weekend's events. Included in the schedule is the men's and women's pentathalon, which MT has not competed in this season. Future C-USA foe Marshall will have athletes competing Friday and Saturday.

#### Last time out...

Middle Tennessee competed in the Niswonger Invitational in Johnson City, Tenn., last weekend. The squad claimed three individual and one relay title. Ann Dudley (High Jump), Julia Kitevski (1 Mile Invitational) and Christal Wilson (60m hurdles) grabbed individual titles while the men's DMR team won their race.

#### The Trophy Shelf...

Middle Tennessee has picked up three Sun Belt Conference Athlete of the Week honors. Noah Akwu won the men's Sun Belt Track Athlete of the week after claiming titles in the men's 60 and 200-meter dashes at the Kentucky Invitational, while Rosina Amenebede and Cordairo Golden each won Sun Belt Field Athlete of the Week on Jan. 9.

#### Atop the Sun Belt...

Middle Tennessee has seven athletes leading the Sun Belt in eight different events so far this year: Rosina Amenebede (Long Jump), Noah Awku (60m and 200m), Alden Dixon (5000m), Ann Dudley (High Jump), Autumn Gipson (Mile), Cordairo Golden (Triple Jump), Rachel Islam (800m) and France Makabu (Triple Jump). In addition, the women's Distance Medley Relay team of Gipson, Ginasia

Hamilton, Rachel Islam and Lucy Kapkiai is leading the Sun Belt.

#### National Rankings...

Despite the season being relatively young, MT has several athletes currently in the top 20:

- Rosina Amenebede: Long Jump (3rd)
- Noah Awku: 200m (6th)
- Ann Dudley: High Jump (16th)
- France Makabu: Triple Jump (9th)

#### Olympian challenge...

Noah Akwu, who returned to the track for the first time after representing Nigeria in the 2012 Summer Olympic Games, ran a 20.91 in the men's 200 meter dash at the Kentucky Invitational. U.S. Olympian Tyson Gay holds the 200m track record with a time of 20.41 seconds. Akwu will perform this weekend on the same track.

#### Comments from the Coach...

"We are getting a few more individuals back this weekend, so we'll almost have a complete team," head coach Dean Hayes said. "This meet will really about getting our runners, especially our distance runners, qualified for the appropriate heats in the Sun Belt, and gearing up for the final push this season. We only have three more meets, and two at home before the Sun Belt Championships, so it's coming up fast."

# Middle Tennessee Track and Field

# **MEN'S ROSTER**

Geoffrey Akena	Cariato	FR
•	Sprints	
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
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

400 METERS		
49.81	Christmas Invitational	3th

60 METERS		
6.74	Kentucky Invitational (Finals)	1st
6.85	Kentucky Invitational (Prelims)	3rd
200 METERS	•	
20.91	Kentucky Invitational	1st

# **KENDALL BACCHUS**

55 METERS		
6.48	Christmas Invitational	2nd
<b>200 METER</b>	S	
22.14	Christmas Invitational	2nd

# **ASA BOWMAN**

800 METERS		
1:56.29	Christmas Invitational	3th
1:57.04	Kentucky Invitational	7th
1:58.58	Niswonger Invitational	14th
2:01.29	Ed Temple Invitational	9th
	•	

JUNIOR CADET				
<b>60 METER HUI</b>	RDLES			
8.42	Niswonger Invitational (Prelims)	2nd		
8.92	Kentucky Invitational	12th		
400 METERS				
52.64	Christmas Invitational	13th		
TRIPLE JUMP				
47-4.25 (14.43m)	Christmas Invitational	2nd		
47-0.25 (14.34m)	Niswonger Invitational	4th		
LONG JUMP				
26-6.00 (7.16m)	Ed Temple Invitational	5th		
22-11.75 (7.00m)	Kentucky Invitational	7th		
22-4.25 (6.81m)	Niswonger Invitational	6th		

# **DRAYTON CALHOUN**

55 METERS		
6.64	Ed Temple Invitational	16th
60 METERS		
7.09	Kentucky Invitational (Prelims)	7th
7.17	Kentucky Invitational (Finals)	9th
7.25	Niswonger Invitational (Prelims)	30th
200 METERS		
24.72	Kentucky Invitational	19th

MILE		
4:30.17	Kentucky Invitational	17th
<b>3000 METE</b>	RS	
8:43.72	Christmas Invitational	4th
<b>5000 METE</b>	RS	
15:43.86	Niswonger Invitational	16th

<b>3000 METERS</b>		
8:41.80	Christmas Invitational	3rd
8:49.44	Kentucky Invitational	17th
5000 METERS	·	
15:10.16	Niswonger Invitational	6th

#### **RYCINE ELLISON**

200 METERS	KICINE ELLISON	
23.09	Niswonger Invitational (Prelims)	28th
	47	
		4

# **CORDAIRO GOLDEN**

HIGH JUMP		
6-0.75 (1.85m)	Kentucky Invitational	T-9th
LONG JUMP		
23-11.75 (7.31m)	Christmas Invitational	2nd
23-11.50 (7.30m)	Ed Temple Invitational	2nd
23-1.75 (7.05m)	Kentucky Invitational	5th
TRIPLE JUMP		
49-7.00 (15.11m)	Ed Temple Invitational	1st
49-6.25 (15.09m)	Kentucky Invitational	2nd
49-1.50 (14.97m)	Christmas Invitational	1st
42-10.25 (13.06m)	Niswonger Invitational	10th

# **ANDRE HAMILTON**

400 METERS		
48.19	Kentucky Invitational	3rd
49.02	Christmas Invitational	2nd

# **LYLE HAYWOOD**

S	
Christmas Invitational	5th
Kentucky Invitational	8th
Niswonger Invitational	18th
	Christmas Invitational Kentucky Invitational

### **JAMARIOUS JONES**

800 METERS		
1:59.84	Kentucky Invitational	14th
2:01.71	Christmas Invitational	9th
2:02.44	Niswonger Invitational	11th

#### **NIGEL JONES**

LONG JUMP		
23-0.50 (7.02m)	Ed Temple Invitational	7th
21-0.00 (6.40m)	Kentucky Invitational	10th
FOUL	Niswonger Invitational	
TRIPLE JUMP		
45-0.25 (13.73m)	Niswonger Invitational	8th
	Kentucky Invitational	7th
42-7.50 (12.99m)	Ed Temple Invitational	12th

### DANIEL KETTER

800 METERS		_1_/
1:56.29	Christmas Invitational	4th
1:58.57	Niswonger Invitational	13th
2:02.45	Ed Temple Invitational	10th
MILE		
4:23.62	Kentucky Invitational	13th

#### **BRYSON LILLARD**

55 METER HU	RDLES	
7.77	Ed Temple Invitational	4th
7.88	Christmas Invitational	2nd
60 METER HU	RDLES	
8.40	Kentucky Invitational (Prelims)	7th
8.51	Niswonger Invitational (Finals)	4th
8.58	Kentucky Invitational (Finals)	7th
8.60	Niswonger Invitational (Prelims)	4th
200 METERS		
23.41	Christmas Invitational	14th

### **JAMES MESSICK**

Kentucky Invitational	8th
•	
Kentucky Invitational	7th

### **DANIEL MITCHELL**

55 METERS		
6.66	Christmas Invitational	9th
60 METERS		
7.15	Kentucky Invitational (Finals)	8th
7.15	Niswonger Invitational (Prelims)	22nd
7.16	Kentucky Invitational (Prelims)	9th
200 METERS		
23.47	Christmas Invitational	15th
23.48	Niswonger Invitational (Prelims)	39th

### **STEVEN PALMER**

200 METERS		
22.75	Niswonger Invitational (Prelims)	21st
400 METERS		
48.27	Christmas Invitational	1st
49.63	Niswonger Invitational (Prelims)	3rd
50.06	Niswonger Invitational (Finals)	6th

#### **KAMERON RORY**

LONG JUMP		
23-8.00 (7.21m)	Christmas Invitational	3rd
23-4.50 (7.12m)	Niswonger Invitational	2nd
FOUL	Kentucky Invitational	
TRIPLE JUMP	•	
45-11.25 (14.00m	) Christmas Invitational	5th
	) Kentucky Invitational	5th
40-11.00 (12.47m	Niswonger Invitational	13th

### **DEMARCO SCALES**

800 METERS		$\neg \cdot \prime$
1:59.68	Kentucky Invitational	13th
2:04.68	Christmas Invitational	14th

#### **DEMETRIUS SHELTON**

200 METERS		
22.75	Ed Temple Invitational	6th
23.87	Niswonger Invitational (Prelims)	51st
400 METERS		
49.87	Kentucky Invitational	8th
50.86	Christmas Invitational	7th
51.05	Niswonger Invitational (Prelims)	13th

### **ROBINSON SIMATEI**

<b>800 METERS</b>		
1:55.92	Christmas Invitational	2nd
1:57.02	Niswonger Invitational	6th
MILE		
4:16.35	Kentucky Invitational	7th

#### **SILAS TAIGET**

MILE		
4:25.92	Christmas Invitational	1st
3000 METERS		
8:32.44	Kentucky Invitational	7th
8:47.16	Christmas Invitational	5th

6.48	Kendall Bacchus	Christmas Invitational
6.64	Drayton Calhoun	Ed Temple Invitational
6.66	Daniel Mitchell	Christmas Invitational

#### **60 METERS**

6.74	Noah Akwu	Kentucky Invitational
6.85	Noah Akwu	Kentucky Invitational
7.09	Drayton Calhoun	Kentucky Invitational
7.15	Daniel Mitchell	Kentucky Invitational
7.15	Daniel Mitchell	Niswonger Invitational
7.16	Daniel Mitchell	Kentucky Invitational
7.17	Drayton Calhoun	Kentucky Invitational
7.25	Drayton Calhoun	Niswonger Invitational



# **200 METERS**

20.91	Noah Akwu	Kentucky Invitational
22.14	Kendall Bacchus	Christmas Invitational
22.55	James Messick	Kentucky Invitational
22.75	Demetrius Shelton	Ed Temple Invitational
22.75	Steven Palmer	Niswonger Invitational
23.09	Rycine Ellison	Niswonger Invitational
23.41	Bryson Lillard	Christmas Invitational
23.47	Daniel Mitchell	Christmas Invitational
23.48	Daniel Mitchell	Niswonger Invitational
23.87	Demetrius Shelton	Niswonger Invitational
24.72	Drayton Calhoun	Kentucky Invitational

#### **400 METERS**

48.19	Andre Hamilton	Kentucky Invitational
48.27	Steven Palmer	Christmas Invitational
49.02	Andre Hamilton	Christmas Invitational
49.57	James Messick	Kentucky Invitational
49.63	Steven Palmer	Niswonger Invitational
49.81	Geoffrey Akena	Christmas Invitational
49.87	Demetrius Shelton	Kentucky Invitational
50.06	Steven Palmer	Niswonger Invitational
50.86	Demetrius Shelton	Christmas Invitational
51.05	Demetrius Shelton	Niswonger Invitational
52.64	Iunior Cadet	Christmas Invitational

1:55.92	Robinson Simatei	Christmas Invitational
1:56.29	Asa Bowman	Christmas Invitational
1:56.29	Daniel Ketter	Christmas Invitational
1:57.04	Asa Bowman	Kentucky Invitational
1:57.02	Robinson Simatei	Niswonger Invitational
1:57.17	Lyle Haywood	Christmas Invitational
1:57.34	Lyle Haywood	Kentucky Invitational
1:58.57	Daniel Ketter	Niswonger Invitational
1:58.58	Asa Bowman	Niswonger Invitational
1:59.68	DeMarco Scales	Kentucky Invitational
1:59.84	Jamarious Jones	Kentucky Invitational
2:00.52	Lyle Haywood	Niswonger Invitational
2:01.29	Asa Bowman	Ed Temple Invitational
2:01.71	Jamarious Jones	Christmas Invitational
2:02.44	Jamarious Jones	Niswonger Invitational
2:02.45	Daniel Ketter	Ed Temple Invitational
2:04.68	DeMarco Scales	Christmas Invitational

#### **MILE**

4:16.35	Robinson Simatei	Kentucky Invitational
4:23.62	Daniel Ketter	Kentucky Invitational
4:25.92	Silas Taiget	Christmas Invitational
4:30.17	Keith Davis	Kentucky Invitational

#### **3,000 METERS 5,000 METERS** Silas Taiget Kentucky Invitational 15:10.16 Alden Dixon 8:32.44 Niswonger Invitational 8:41.80 Alden Dixon Christmas Invitational 15:43.86 Keith Davis Niswonger Invitational 8:43.72 Keith Davis Christmas Invitational Silas Taiget Christmas Invitational 8:47.16 Alden Dixon Kentucky Invitational 8:49.44 Jake Levin Christmas Invitational 10:54.37

### 1,600 METER RELAY

3:21.07	Palmer, Bowman, Shelton, Ellison	Niswonger Invitational
3:22.40	Middle Tennessee "A"	Christmas Invitational
3:28.83	Middle Tennessee "B"	Christmas Invitational

### **DISTANCE MEDLEY RELAY**

10:18.09	Haywood, Scales, Bowman, Simatei	Niswonger Invitational
10:19.11	Simatei, Bowman, Ketter, Dixon	Kentucky Invitational
10:37.91	Simatei, Jones, Dixon, Shelton	Ed Temple Invitational
10:40.01	Davis, Bowman, Haywood, Ketter	Ed Temple Invitational

# **HIGH JUMP**

6-0.75 (1.85m) Cordairo Golden Kentucky Invitation
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# **LONG JUMP**

23-11.75 (7.31m)	Cordairo Golden	Christmas Invitational
23-11.50 (7.30m)	Cordairo Golden	Ed Temple Invitational
23-8.00(7.21m)	Kameron Rory	Christmas Invitational
26-6.00 (7.16m)	Junior Cadet	Ed Temple Invitational
23-4.75 (7.13m)	Kameron Rory	Ed Temple Invitational
23-4.50 (7.12m)	Kameron Rory	Niswonger Invitational
23-1.75 (7.05m)	Cordairo Colden	Kentucky Invitational
23-0.50 (7.02m)	Nigel Jones	Ed Temple Invitational
22-11.75 (7.00m)	Junior Cadet	Kentucky Invitational
22-4.25 (6.81m)	Junior Cadet	Niswonger Invitational
21-0.00 (6.40m)	Nigel Jones	Kentucky Invitational
FOUL	Kameron Rory	Kentucky Invitational
FOUL	Nigel Jones	Niswonger Invitational

# TRIPLE JUMP

49-7 (15.11m)	Cordairo Golden	Ed Temple Invitational
49-6.25 (15.09m)	Cordairo Golden	Kentucky Invitational
49-1.50 (14.97m)	Cordairo Golden	Christmas Invitational
47-4.25 (14.43m)	Junior Cadet	Christmas Invitational
47-0.25 (14.34m)	Junior Cadet	Niswonger Invitational
45-11.25 (14.00m)	Kameron Rory	Christmas Invitational
45-0.25 (13.73m)		Niswonger Invitational
44-11.75 (13.71m)	Kameron Rory	Kentucky Invitational
43-10.00 (13.36m)	Nigel Jones	Kentucky Invitational
42-10.25 (13.06m)		Niswonger Invitational
42-7.50 (12.99m)	Nigel Jones	Ed Temple Invitational
40-11.00 (12.47m)		Niswonger Invitational

### **JASMINE ABRAMS**

60 METERS		
7.79	Niswonger Invitational (Prelims)	11th
7.81	Kentucky Invitational	18th
7.87	Niswonger Invitational (Finals)	10th
<b>200 METER</b>	S	
25.79	Niswonger Invitational (Prelims)	18th

### **ROSINA AMENEBEDE**

55 METERS		
7.21	Christmas Invitational	3rd
55 METER HUI	RDLES	
8.01	Ed Temple Invitational (prelims)	
8.06	Christmas Invitational	1st
8.70	Ed Temple Invitaional	9th
60 METER HUI	RDLES	
DNF	Kentucky Invitational (Prelims)	
LONG JUMP	·	
20-1.50 (6.13m)	Ed Temple Invitational	1st
19-7.50 (5.98m)	Kentucky Invitational	1st
18-10.75 (5.76m)	Christmas Invitational	4th

#### AMBER DANDY

55 METERS		
7.45	Christmas Invitational	8th
60 METERS		
8.12	Niswonger Invitational (Prelims)	36th
LONG JUMP		
17-9.50 (5.42m)	Niswonger Invitational	9th
FOUL	Christmas Invitational	

### **SHENIECE DAPHNESS**

55 METERS		
7.33	Christmas Invitational	4th
7.43	Ed Temple Invitational	12th
60 METERS	•	
7.85	Niswonger Invitational (Prelims)	15th
7.94	Kentucky Invitational	23rd
200 METERS		
25.76	Christmas Invitational	6th
25.85	Kentucky Invitational	21st
DNF	Niswonger Invitational (Prelims)	

ANN DUDLEY		
55 METER HU	RDLES	
8.19	Christmas Invitational	2nd
8.36	Ed Temple Invitational	6th
60 METER HU	RDLES	
8.81	Niswonger Invitational (Finals)	5th
8.86	Niswonger Invitational (Prelims)	3rd
8.88	Kentucky Invitational (Prelims)	8th
FS	Kentucky Invitational (Finals)	
HIGH JUMP	·	
5-10.00 (1.78m)	Christmas Invitational	1st
5-10.00 (1.78m)	Niswonger Invitational	1st
5-8.75 (1.75m)	Kentucky Invitational	3rd
5-8.00 (1.73m)	Ed Temple Invitational	T-1st
LONG JUMP		
17-8.75 (5.40m)	Christmas Invitational	8th

### **AUTUMN GIPSON**

800 METERS	S	
2:18.91	Niswonger Invitational	12th
MILE RUN		
5:01.61	Kentucky Invitational	7th
5:08.55	Christmas Invitational	2nd

### **GINASIA HAMILTON**

200 METERS	i	
25.80	Christmas Invitational	7th
400 METERS		
59.13	Kentucky Invitational	13th
1:00.70	Niswonger Invitational (Prelims)	18th
1:02.81	Christmas Invitational	14th

### **INDIA HAMMOND**

55 METER HURDLES		
8.22	Christmas Invitational	3rd
60 METER HU	RDLES	
8.81	Niswonger Invitational (Finals)	6th
8.98	Kentucky Invitational (Prelims)	12th
9.08	Niswonger Invitational (Prelims)	7th
LONG JUMP		
18-1.00 (5.51m)	Ed Temple Invitational	11th
17-11.50 (5.47m)	Christmas Invitational	6th
17-7.50 (5.37m)	Kentucky Invitational	15th
FOUL	Niswonger Invitational	
TRIPLE JUMP		
39-1.75 (11.93m)	Christmas Invitational	3rd
38-4.25 (11.69m)	Niswonger Invitational	6th
37-6.50 (11.44m)	Kentucky Invitational	6th

# **TRESSANIQUE HAMPTON**

<b><u>800 METERS</u></b>		
2:18.75	Christmas Invitational	2nd
2:24.83	Niswonger Invitational	6th
2:25.47	Kentucky Invitational	19th

### **RACHEL ISLAM**

(3)	
Christmas Invitational	1st
Niswonger Invitational	9th
Kentucky Invitational	12th
	Christmas Invitational Niswonger Invitational

### **AMBER JACKSON**

<b>400 METERS</b>		
59.11	Christmas Invitational	4th
800 METERS		
2:15.66	Niswonger Invitational	5th

### **JULIA KITEVSKI**

MILE RUN		
5:05.92	Niswonger Invitational (Invitational Finals)	1st
5:17.17	Christmas Invitational	3rd
3000 METERS		
10:20.43	Kentucky Invitational	11th

### **FRANCE MAKABU**

LONG JUMP		
13-6.75 (4.13m)	Niswonger Invitational	25th
TRIPLE JUMP		
41-3.75 (12.59m)	Ed Temple Invitational	1st
	Niswonger Invitational	3rd
39-9.25 (12.12m)	Kentucky Invitational	3rd
39-3.00 (11.96m)	Christmas Invitational	2nd

### **JASMINE NESBITT**

<u>400 METERS</u>		
1:09.32	Kentucky Invitational	24th
1:10.27	Niswonger Invitational (Prelims)	71st

#### **STEPHANIE SMITH**

MILE RUN		
5:13.17	Kentucky Invitational	13th
5:21.59	Christmas Invitational	5th

#### **ANDREONNA WILLIAMS**

400 METER	RS	
1:05.65	Niswonger Invitational	60th
1:06.66	Christmas Invitational	21st

### **PERSHAWNA WILLIAMS**

HIGH JUMP		
5-4.50 (1.63m)	Christmas Invitational	3rd
5-4.50 (1.63m)	Ed Temple Invitational	T-3rd
LONG JUMP	-	
17-11.50 (5.47m)	Ed Temple Invitational	12th
17-7.00 (5.36m)	Christmas Invitational	9th
TRIPLE IUMP		
37-8.75 (11.50m)	Ed Temple Invitational	9th
37-8.00 (11.48m)	Christmas Invitational	4th

# **CHRISTAL WILSON**

60 METER HURDLES		
8.64	Niswonger Invitational (Finals)	1st
8.72	Kentucky Invitational (Prelims)	4th
8.72	Kentucky Invitational (Finals)	7th
8.81	Niswonger Invitational (Prelims)	1st
200 METER	S	
25.65	Christmas Invitational	5th
26.22	Niswonger Invitational (Prelims)	32nd

7.21	Rosina Amenebede	Christmas Invitational
7.33	Sheniece Daphness	Christmas Invitational
7.43	Sheniece Daphness	Ed Temple Invitational
7.45	Amber Dandy	Christmas Invitational

#### **60 METERS**

7.79	Jasmine Abrams	Niswonger Invitational
7.81	Jasmine Abrams	Kentucky Invitational
7.85	Sheniece Daphness	Niswonger Invitational
7.94	Sheniece Daphness	Kentucky Invitational
8.12	Amber Dandy	Niswonger Invitational

# **55 METER HURDLES**

8:06	Rosina Amenebede	Christmas Invitational
8.19	Ann Dudley	Christmas Invitational
8.22	India Hammond	Christmas Invitational
8.36	Ann Dudley	Ed Temple Invitational
8.70	Rosina Amenebede	Ed Temple Invitational

### **60 METER HURDLES**

8.64	Christal Wilson	Niswonger Invitational
8.72	Christal Wilson	Kentucky Invitational
8.72	Christal Wilson	Kentucky Invitational
8.81	Christal Wilson	Niswonger Invitational
8.81	Ann Dudley	Niswonger Invitational
8.81	India Hammond	Niswonger Invitational
8.86	Ann Dudley	Niswonger Invitational
8.88	Ann Dudley	Kentucky Invitational
8.98	India Hammond	Kentucky Invitational
9.08	India Hammond	Niswonger Invitational
DNF	Rosina Amenebede	Kentucky Invitational
FS	Ann <mark>Du</mark> dley	Kentucky Invitational

# **200 METERS**

25.65	Christal Wilson	Christmas Invitational
25.76	Sheniece Daphness	Christmas Invitational
25.79	Jasmine Abrams	Niswonger Invitational
25.80	Ginasia Hamilton	Christmas Invitational
25.85	Sheniece Daphness	Kentucky Invitational
26.22	Christal Wilson	Niswonger Invitational
DNF	Sheniece Daphness	Niswonger Invitational

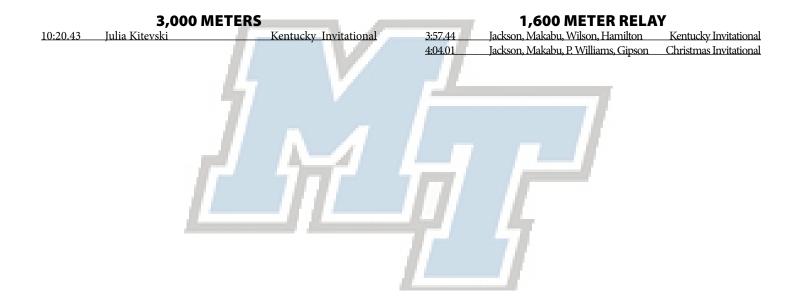
# **400 METERS**

1:00.70Ginasia HamiltonNiswonger Invitational1:02.81Ginasia HamiltonChristmas Invitational1:05.65Andreonna WilliamsNiswonger Invitational1:06.66Andreonna WilliamsChristmas Invitational1:09.32Jasmine NesbittKentucky Invitational	59.11	Amber Jackson	Christmas Invitational
1:02.81Ginasia HamiltonChristmas Invitational1:05.65Andreonna WilliamsNiswonger Invitational1:06.66Andreonna WilliamsChristmas Invitational1:09.32Jasmine NesbittKentucky Invitational	59.13	Ginasia Hamilton	Kentucky Invitational
1:05.65Andreonna WilliamsNiswonger Invitational1:06.66Andreonna WilliamsChristmas Invitational1:09.32Jasmine NesbittKentucky Invitational	1:00.70	Ginasia Hamilton	Niswonger Invitational
1:06.66 Andreonna Williams Christmas Invitational 1:09.32 Jasmine Nesbitt Kentucky Invitational	1:02.81	Ginasia Hamilton	Christmas Invitational
1:09.32 Jasmine Nesbitt Kentucky Invitational	1:05.65	Andreonna Williams	Niswonger Invitational
,	1:06.66	Andreonna Williams	Christmas Invitational
1:10.27 Jasmine Nesbitt Niswonger Invitational	1:09.32	Jasmine Nesbitt	Kentucky Invitational
	1:10.27	Jasmine Nesbitt	Niswonger Invitational

2:15.66	Amber Jackson	Niswonger Invitational
2:17.58	Rachel Islam	Christmas Invitational
2:17.82	Rachel Islam	Niswonger Invitational
2:18.75	Tressanique Hampton	Christmas Invitational
2:18.91	Autumn Gipson	Niswonger Invitational
2:18.99	Rachel Islam	Kentucky Invitational
2:24.83	Tressanique Hampton	Niswonger Invitational
2:25.47	Tressanique Hampton	Kentucky Invitational

#### MILE

5:01.61	Autumn Gipson	Kentucky Invitational
5:05.92	Julia Kitevski	Niswonger Invitational
5:08.55	Autumn Gipson	Christmas Invitational
5:13.17	Stephanie Smith	Kentucky Invitational
5:17.17	Julia Kitevski	Christmas Invitational
5:21.59	Stephanie Smith	Christmas Invitational



### **DISTANCE MEDLEY RELAY**

12:08.41	Gipson, Hamilton, Islam, Kapkiai	Niswonger Invitational
12:26.91	Gipson, Hampton, Islam, Kapkiai	Kentucky Invitational
12:29.26	Gipson, Wilson, Islam, Kitevski	Ed Temple Invitational

#### **HIGH JUMP**

5-10.00 (1.78m)	Ann Dudley	Christmas Invitational
5-10.00 (1.78m)	Ann Dudley	Niswonger Invitational
5-8.75 (1.75m)	Ann Dudley	Kentucky Invitational
5-8.00 (1.73m)	Ann Dudley	Ed Temple Invitational
5-4.50 (1.63m)	Pershawna Williams	Christmas Invitational

# **LONG JUMP**

20-1.50 (6.13m)	Rosina Amenebede	Ed Temple Invitational
19-7.50 (5.98m)	Rosina Amenebede	Kentucky Invitational
18-10.75 (5.76m)	Rosina Amenebede	Christmas Invitational
18-1.00 (5.51m)	India Hammond	Ed Temple Invitational
17-11.50 (5.47m)	India Hammond	Christmas Invitationa
17-11.50 (5.47m)	Pershawna Williams	Ed Temple Invitational
17-9.50 (5.42m)	Amber Dandy	Niswonger Invitational
17-8.75 (5.40m)	Ann Dudley	Christmas Invitational
17-7.50 (5.37m)	India Hammond	Kentucky Invitational
17-7.00 (5.36m)	Pershawna Williams	Christmas Invitational
13-6.75 (4.13m)	France Makabu	Niswonger Invitational
FOUL	India Hammond	Niswonger Invitational
FOUL	Amber Dandy	Christmas Invitational

# **TRIPLE JUMP**

41-3.75 (12.59m)	France Makabu	Ed Temple Invitational
39-10.50 (12.15m)	France Makabu	Niswonger Invitational
39-9.25 (12.12m)	France Makabu	Kentucky Invitational
39-3.00 (11.96m)	France Makabu	Christmas Invitational
39-1.75 (11.93m)	India Hammond	Christmas Invitational
38-4.25 (11.69m)	India Hammond	Niswonger Invitational
37-8.75 (11.50m)	Pershawna Williams	Ed Temple Invitational
37-8.00 (11.48m)	Pershawna Williams	Christmas Invitational
37-6.50 (11.44m)	India Hammond	Kentucky Invitational

