

**Christmas Invitational** 

Ed Temple Invitational

Valentine Invitational

Last Chance Invitational

**NCAA** Championships

J11-12 Kentucky Invitational

J18-19 Niswonger Invitational J25-26 Rod McCravy Memorial

MT Invitational

D8

J5

F2

M2 M8-9

# Middle Tennessee Track and Field

Twitter: MT\_TrackField • Facebook: MT Track and Field • GoBlueRaiders.com

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#### **INDOOR**

#### Murfreesboro, Tenn. Nashville, Tenn. Lexington, Ky. Johnson City, Tenn. Lexington, Ky. Murfreesboro, Tenn. Murfreesboro, Tenn. F23-24 Sun Belt Conference Championships Jonesboro, Ark. Blacksburg, Va. 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.

#### **MEN'S ROSTER**

Geoffrey Akena	Sprints	FR
Noah Akwu	Sprints	SR
Kendall Bacchus	Sprints	JR
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
Shadrack Matelong	Distance	FR
James Messick	Sprints	JR
Daniel Mitchell	Sprints	FR
Nathaniel Moore	Sprints	SR
Steven Palmer	Sprints/Jumps	JR
Kameron Rory	Sprints/Jumps	JR
Eluid Rutto	Middle Distance	FR
Demarco Scales	Middle Distance	SO
Demetrius Shelton	Sprints	SO
Robinson Simatei	Middle Distance	JR
Silas Taiget	Distance	SO
Emmanuel Tugumisirize	Middle Distance	FR

#### **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
Jackline Kiprono	Middle Distance	FR
Julia Kitevski	Distance	FR
France Makabu	Jumps	JR
Jasmine Nesbitt	Sprints	FR
Stephanie Smith	Distance	SR
Adreonna 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**

<b>400 METER</b>	RS	
48.07	Yellow Jacket Invitational	10th
48.86	Tiger Track Classic	22nd
49.43	Black and Gold	13th

#### **KENDALL BACCHUS**

<b>100 METE</b>	RS	
10.88	Tiger Track Classic	17th
10.98	Black and Gold	8th
11.06	Yellow Jacket Invitational	14th
<b>200 METEI</b>	RS	
22.29	Tiger Track Classic	33rd
22.29	Yellow Jacket Invitational	14th

#### **ASA BOWMAN**

400 METERS		
49.04	Black and Gold	10th
49.86	Tiger Track Classic	35th
800 METERS		
1:55.23	Yellow Jacket Invitational	10th
1:58.19	Rhodes Invitational	1st

#### **JUNIOR CADET**

400 METER	(S	
52.63	Tiger Track Classic	52nd
00 METER	HURDĽES	
1:00.55	Yellow Iacket Invitational	9th
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#### **KEITH DAVIS**

1,500 METE	ERS	
4:12.50	Yellow Jacket Invitational	21st
3,000 METE	ERS	
8:50.69	Black and Gold	21st
5,000 METE	ERS	
15:25.53	Yellow Jacket Invitational	17th
10,000 MET	ERS	
33:22.73	Rhodes Invitational	7th

#### **ALDEN DIXON**

800 METE	RS	
1:57.09	Yellow Jacket Invitational	18th
3,000 MET	ER STEEPLECHASE	
9:34.91	Tiger Track Classic	10th
9:39.39	Rhodes Invitational	1st
5,000 MET	ERS	
15:20.75	Yellow Iacket Invitational	13th

#### **RYCINE ELLISON**

200 METERS		
22.35	Tiger Track Classic	40th
22.37	Black and Gold	12th
400 METERS		
48.34	Tiger Track Classic	14th
48.55	Rhodes Invitational	3rd
48.70	Yellow Jacket Invitational	14th

#### **CORDAIRO GOLDEN**

LONG JUMP		
24-00.75 (7.33m)	Tiger Track Classic	3rd
22-5.75 (6.85m)	Rhodes Invitational	5th
22-1.75 (6.75m)	Yellow Jacket Invitational	7th
TRIPLE JUMP		
51-9.00 (15.77m)	Yellow Jacket Invitational	2nd
	Tiger Track Classic	1st
48-4.50 (14.74m)	Rhodes Invitational	1st

#### **ANDRE HAMILTON**

200 METERS		
21.46	Tiger Track Classic	14th
400 METERS		
47.89	Tiger Track Classic	9th
48 15	Yellow Jacket Invitational	12th

### **LYLE HAYWOOD**

<b>400 METEI</b>	RS	
52.36	Yellow Jacket Invitational	29th
<b>800 METEI</b>	RS	
1:59.93	Rhodes Invitational	3rd
2:00.05	Yellow Jacket Invitational	29th
2:03.18	Black and Gold	34th

#### **JAMARIOUS JONES**

800 METERS		
2:00.55	Black and Gold	32nd

#### **NIGEL JONES**

100 METERS		
11.65	Yellow Jacket Invitational	22nd
LONG JUMP		
22-1.75 (6.75m)	Black and Gold	10th
22-00.25 (6.71m)	Tiger Track Classic	12th
FOUL	Yellow Jacket Invitational	
FOUL	Rhodes Invitational	
TRIPLE JUMP		
42-8.75 (13.02m)	Black and Gold	8th
41-3.75 (12.59m)	Rhodes Invitational	13th
FOUL	Yellow Jacket Invitational	

#### **DANIEL KETTER**

<b>800 METER</b>	<u>s</u>	
1:56.15	Yellow Jacket Invitational	12th
1,500 METH	ERS	
4:00.38	Yellow Jacket Invitational	10th
3,000 METH	ERS	
8:46.16	Black and Gold (Invitational)	12th
3,000 METI	ER STEEPLECHASE	
9:35.17	Tiger Track Classic	11th
10:06.86	Rhodes Invitational	4th

#### **BRYSON LILLARD**

110 METE	R HURDLES	
15.88	Yellow Jacket Invitational	13th
<b>400 METE</b>	R HURDLES	
56.60	Tiger Track Classic	36th
57.29	Yellow Jacket Invitational	6th

	SHADRACK MATELONG	
1,500 METER	RS	
4:01.01	Black and Gold (Invitational)	10th
4:03.60	Tiger Track Classic	21st
2,000 METER	R STEEPLECHASE	
6:02.15	Black and Gold	6th
5,000 METER	RS	
15:09.94	Yellow Jacket Invitational	7th
10,000 METE	ERS	
32:02.74	Rhodes Invitational	2nd

### **JAMES MESSICK**

100 METERS		
11.31	Black and Gold	T-15th
200 METERS		
22.36	Rhodes Invitational	8th
400 METERS		
49.13	Rhodes Invitational	5th
49.43	Black and Gold	13th
49.65	Yellow Jacket Invitational	21st
49.73	Tiger Track Classic	33rd

#### **DANIEL MITCHELL**

100 METE	RS	
11.31	Black and Gold	T-15th
11.35	Rhodes Invitational	14th
11.56	Yellow Jacket Invitational	21st
<b>200 METE</b>	RS	
22.08	Black and Gold	9th
23.32	Rhodes Invitational	30th
23.70	Yellow Jacket Invitational	30th

### **STEVEN PALMER**

400 METERS		
48.89	Black and Gold	8th

#### **KAMERON RORY**

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LONG JUMP		
24-1.00 (7.34m)	Black and Gold	T-2nd
23-7.25 (7.19m)	Tiger Track Classic	5th
23-0.00 (7.01m)	Yellow Jacket Invitational	4th
22-6.25 (6.86m)	Rhodes Invitational	4th
TRIPLE JUMP		
45-9.75 (13.96m)	Tiger Track Classic	10th
	Black and Gold	4th
44-3.50 (13.50m)	Rhodes Invitational	6th
FOUL	Yellow Jacket Invitational	

#### **ELIUD RUTTO**

<b>800 METER</b>	S	
1:49.13	Yellow Jacket Invitational	2nd
1:52.99	Black and Gold	6th
1,500 METH	ERS	
3:57.05	Black and Gold (Invitational)	8th
MILE RUN	,	
4:16.96	Rhodes Invitational	1st

#### **DEMARCO SCALES**

800 METERS		
1:58.69	Yellow Jacket Invitational	24th
1:58.80	Black and Gold	25th
1:59.74	Tiger Track Classic	47tg
2:04.61	Rhodes Invitational	23rd

## DEMETRIUS SHELTON

100 METEI	RS	
10.98	Tiger Track Classic	26th
11.02	Black and Gold Invitational	9th
<b>200 METE</b>	RS	
21.80	Black and Gold	5th
21.82	Rhodes Invitational	1st
21.89	Tiger Track Classic	19th
<b>400 METE</b>	RS	
48.91	Yellow Jacket Invitational	15th
49.73	Rhodes Invitational	7th

#### **ROBINSON SIMATEI**

<b>800 METER</b>	S	
1:58.33	Tiger Track Classic	43rd
1,500 METE	ERS	
DNF	Tiger Track Classic	
2,000 METE	ER STEEPLECHASE	
6:08.27	Black and Gold	11th
3,000 METE	ER STEEPLECHASE	
9:19.73	Yellow Jacket Invitational	1st
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#### **SILAS TAIGET**

1,500 METERS		
3:57.55	Tiger Track Classic	10th
MILE RUN		
4:19.97	Rhodes Invitational	3rd
<b>5,000 METERS</b>		
14:58.53	Yellow Jacket Invitational	5th

#### **EMMANUEL TUGUMISIRIZE**

200	METERS	
22.0	1	

22.01	Black and Gold	8th
<b>400 METER</b>	RS	
46.51	Tiger Track Classic	4th
46.89	Yellow Jacket Invitational	4th
47.16	Rhodes Invitational	1st

#### **100 METERS**

10.88 (1.4 wind)	Kendall Bacchus	Tiger Track Classic
10.98 (-0.6 wind)	Demetrius Shelton	Tiger Track Classic
10.98 (0.0 wind)	Kendall Bacchus	Black and Gold
11.02 (-0.2 wind)	Demetrius Shelton	Black and Gold
11.06 (-1.4 wind)	Kendall Bacchus	Yellow Jacket Invitational
11.31 (-0.2 wind)	Daniel Mitchell	Black and Gold
11.31 (0.0 wind)	James Messick	Black and Gold
11.35 (3.5 wind)	Daniel Mitchell	Rhodes Invitational
11.56 (-1.4 wind)	Daniel Mitchell	Yellow Jacket Invitational
11.65 (-0.6 wind)	Nigel Iones	Yellow lacket Invitational

#### **110 METER HURDLES**

15.88 (-0.4 wind) Bryson Lillard	Yellow Jacket Invitational
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## 200 METERS

21.46 (2.4 wind)	Andre Hamilton	Tiger Track Classic
21.80 (0.7 wind)	Demetrius Shelton	Black and Gold
21.82 (2.3 wind)	Demetrius Shelton	Rhodes Invitational
21.89 (-0.1 wind)	Demetrius Shelton	Tiger Track Classic
22.01 (1.0 wind)	Emmanuel Tugumisirize	Black and Gold
22.08 (1.0 wind)	Daniel Mitchell	Black and Gold
22.29 (1.2 wind)	Kendall Bacchus	Tiger Track Classic
22.29 (-1.4 wind)	Kendall Bacchus	Yellow Jacket Invitational
22.35 (1.2 wind)	Rycine Ellison	Tiger Track Classic
22.36 (2.4 wind)	James Messick	Rhodes Invitational
22.37 (0.7 wind)	Rycine Ellison	Black and Gold
23.32 (1.6 wind)	Daniel Mitchell	Rhodes Invitational
23.70 (0.5 wind)	Daniel Mitchell	Yellow Jacket Invitational

## 400 METERS

46.51	Emmanuel Tugumisirize	Tiger Track Classic
46.89	Emmanuel Tugumisirize	Yellow Jacket Invitational
47.16	Emmanuel Tugumisirize	Rhodes Invitational
47.83	Andre Hamilton	Tiger Track Classic
48.07	Geoffrey Akena	Yellow Jacket Invitational
48.15	Andre Hamilton	Yellow Jacket Invitational
48.34	Rycine Ellison	Tiger Track Classic
48.55	Rycine Ellison	Rhodes Invitational
48.70	Rycine Ellison	Yellow Jacket Invitational
48.86	Geoffrey Akena	Tiger Track Classic
48.89	Steven Palmer	Black and Gold
48.91	Demetrius Shelton	Yellow Jacket Invitational
49.04	Asa Bowman	Black and Gold
49.13	James Messick	Rhodes Invitational
49.43	Geoffrey Akena	Black and Gold
49.65	James Messick	Yellow Jacket Invitational
49.73	James Messic	Tiger Track Classic
49.73	Demetrius Shelton	Rhodes Invitational
49.86	Asa Bowman	Tiger Track Classic
52.36	Lyle Haywood	Yellow Jacket Invitational
52.63	Junior Cadet	Tiger Track Classic

#### **400 METER HURDLES**

56.60	Bryson Lillard	Tiger Track Classic
57.29	Bryson Lillard	Yellow Jacket Invitational
1:00.55	Junior Cadet	Yellow Jacket Invitational

#### **800 METERS**

1:49.13	Eliud Rutto	Yellow Jacket Invitational
1:52.99	Eliud Rutto	Black and Gold
1:55.23	Asa Bowman	Yellow Jacket Invitational
1:56.15	Daniel Ketter	Yellow Jacket Invitational
1:57.09	Alden Dixon	Yellow Jacket Invitational
1:58.19	Asa Bowman	Rhodes Invitational
1:58.33	Robinson Simatei	Tiger Track Classic
1:58.69	DeMarco Scales	Yellow Jacket Invitational
1:58.80	DeMarco Scales	Black and Gold
1:59.74	DeMarco Scales	Tiger Track Classic
1:59.93	Lyle Haywood	Rhodes Invitational
2:00.05	Jamarious Jones	Yellow Jacket Invitational
2:00.55	Jamarious Jones	Black and Gold
2:03.18	Lyle Haywood	Black and Gold
2:04.61	DeMarco Scales	Rhodes Invitational

# 1,500 METERS Eliud Rutto

3:57.05	Eliud Rutto	Black and Gold
3:57.55	Silas Taiget	Tiger Track Classic
4:00.38	Daniel Ketter	Yellow Jacket Invitational
4:01.01	Shadrack Matelong	Black and Gold
4:03.60	Shadrack Matelong	Tiger Track Classic
4:12.50	Keith Davis	Yellow Jacket Invitational
DNF	Robinson Simatei	Tiger Track Classic

#### **MILE RUN**

4:16.96	Eliud Rutto	Rhodes Invitational
4:19.97	Silas Taiget	Rhodes Invitational

### 2,000 METER STEEPLECHASE

6:02.15	Shadrack Matelong	Black and Gold
6:08.27	Robinson Simatei	Black and Gold

### **3,000 METERS**

8:46.16	Daniel Ketter	Black and Gold
8:50.69	Keith Davis	Black and Gold

### 3,000 METER STEEPLECHASE

9:19.73	Robinson Simatei	Yellow Jacket Invitational
9:34.91	Alden Dixon	Tiger Track Classic
9:35.17	Daniel Ketter	Tiger Track Classic
9:39.39	Alden Dixon	Rhodes Invitational
10:06.86	Daniel Ketter	Rhodes Invitational

### **5,000 METERS**

14:58.53	Silas Taiget	Yellow Jacket Invitational
15:09.94	Shadrack Matelong	Yellow Jacket Invitational
15:20.75	Alden Dixon	Yellow Jacket Invitational
15:25.53	Keith Davis	Yellow Jacket Invitational

### **10,000 METERS**

32:02.74	Shadrack Matelong	Rhodes Invitational
33:22.73	Keith Davis	Rhodes Invitational

#### **4 X 400 METER RELAY**

3:08.91	Tugumisirize, Hamilton, Rutto, Akwu Yellow Jacket Invitational
3:12.90	Tugumisirize, Bowman, Rutto, Palmer Black and Gold
3:14.04	Akena, Shelton, Palmer, Ellison Yellow Jacket Invitational
3:16.37	Shelton, Messick, Ellison, Hamilton Black and Gold
3:17.35	Shelton, Bowman, Ellison, Tugumisirize Rhodes Invitational
3:20.29	Haywood, Scales, Bowman, Akena Tiger Track Classic
3:24.30	Bowman, Messick, Haywood, Cadet Yellow Jacket Invitational

4 X 800 METER RELAY
7:54.98 Haywood, Jones, Simatei, Rutto Rhodes Invitational

#### **LONG JUMP**

24-1.00 (7.34m)	Kameron Rory	Black and Gold
24-00.75 (7.33m)	Cordairo Golden	Tiger Track Classic
23-7.25 (5.32m)	Kameron Rory	Tiger Track Classic
23-0.00 (7.01m)	Kameron Rory	Yellow Jacket Invitational
22-6.25 (6.86m)	Kameron Rory	Rhodes Invitational
22-5.75 (6.85m)	Cordairo Golden	Rhodes Invitational
22-1.75 (6.75m)	Nigel Jones	Black and Gold
22-1.75 (6.75m)	Cordairo Golden	Yellow Jacket Invitational
22-00.25 (6.71m)	Nigel Jones	Tiger Track Classic
FOUL	Nigel Jones	Yellow Jacket Invitational
FOUL	Nigel Iones	Rhodes Invitational

#### **TRIPLE JUMP**

51-9.00 (15.77m)	Cordairo Golden	Yellow Jacket Invitational
50-4.75 (15.36m)		Tiger Track Classic
48-4.50 (14.74m)	Cordairo Golden	Rhodes Invitational
45-9.75 (13.96m)	Kameron Rory	Tiger Track Classic
45-6.25 (13.87m)	Kameron Rory	Black and Gold
44-3.50 (13.50m)		Rhodes Invitational
42-8.75 (13.02m)	Nigel Jones	Black and Gold
41-3.75 (12.59m)	Nigel Jones	Rhodes Invitational
FOUL	Kameron Rory	Yellow Jacket Invitational
FOUL	Nigel Iones	Yellow Jacket Invitational

#### **JASMINE ABRAMS**

<b>100 METEI</b>	RS	
12.14	Tiger Track Classic	24th
12.34	Black and Gold	T-9th
12.46	Yellow Jacket Invitational	13th
<b>200 METEI</b>	RS	
24.80	Black and Gold	5th

#### **AMBER DANDY**

d Gold
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#### **SHENIECE DAPHNESS**

100 METERS		
12.40	Tiger Track Classic	37th
200 METERS		
25.20	Tiger Track Classic	31st
25.82	Black and Gold	21st
26.21	Yellow Jacket Invitational	29th
400 METERS		
1:01.20	Black and Gold	16th
1:03.96	Yellow Jacket Invitational	26th

#### **ANN DUDLEY**

100 METER HURDLES				
14.24	Tiger Track Classic	15th		
14.65	Yellow Jacket Invitational	7th		
HIGH JUMP				
5-11.25 (1.81m)	Yellow Jacket Invitational	1st		
5-10.75 (1.80m)	Black and Gold	1st		

#### **AUTUMN GIPSON**

<b>800 METEI</b>	RS	
2:19.71	Black and Gold	31st
1,500 MET	ERS	
4:40.63	Tiger Track Classic	2nd
4:40.90	Black and Gold	11th
3,000 MET	ER STEEPLECHASE	
11:15.54	Yellow Jacket Invitational	4th
11:22.57	Rhodes Invitational	1st

#### **GINASIA HAMILTON**

<b>200 METERS</b>	<u>S</u>	
25.72	Rhodes Invitational	7th
25.84	Black and Gold	22nd
400 METERS	S	
57.54	Yellow Jacket Invitational	12th
58.17	Tiger Track Classic	28th
59.18	Rhodes Invitational	4th
FS	Black and Gold	

### **INDIA HAMMOND**

100 METER HU	IRDLES		
14.43	Tiger Track Classic	22nd	
14.68	Yellow Jacket Invitational	8th	
14.80	Black and Gold	6th	
400 METER HU	IRDLES		
1:05.33	Yellow Jacket Invitational	5th	
LONG JUMP			
19-00.75 (5.81m)	Black and Gold	2nd	
18-1.50 (5.52m)	Yellow Jacket Invitational	7th	
17-6.75 (5.35m)	Tiger Track Classic	20th	
TRIPLE JUMP			
38-11.75 (11.88m)	Black and Gold	5th	
FOUL	Tiger Track Classic		
	2		

# TRESSANIQUE HAMPTON

(5	
Black and Gold	18th
Tiger Track Classic	17th
Rhodes Invitational	1st
ERS	
Yellow Jacket Invitational	25th
	Black and Gold Tiger Track Classic Rhodes Invitational ERS

#### **RACHEL ISLAM**

800 METE	RS	
2:16.42	Tiger Track Classic	18th
1,500 MET	CERS	
4:55.04	Yellow Jacket Invitational	21st
MILE RUN	N .	
5:29.04	Rhodes Invitational	4th
2,000 MET	TER STEEPLECHASE	
7:23.83	Black and Gold	13th

#### **AMBER JACKSON**

<b>400 METER</b>	RS .	
56.78	Yellow Jacket Invitational	10th
800 METER	RS	
2:13.68	Black and Gold	12th
2:15.40	Tiger Track Classic	14th

#### **LUCY KAPKIAI**

1.300 MET	ERS .	
4:40.24	Tiger Track Classic	1st
4:44.43	Black and Gold	15th
<b>5000 METE</b>	ERS	
17:35.42	Yellow Jacket Invitational	1st
10,000 MET	TERS	
36:57.65	Rhodes Invitational	1st

### **JACKLINE KIPRONO**

1,500 METE	ERS	
4:59.46	Tiger Track Classic	16th
3,000 METE	ERS	
10:36.99	Black and Gold	28th
5,000 METE	ERS	
18:33.30	Yellow Jacket Invitational	8th
18:42.34	Rhodes Invitational	6th

#### **JULIA KITEVSKI**

<b>800 METEI</b>	RS	
2:21.38	Black and Gold	35th
2:24.00	Tiger Track Classic	35th
1,500 MET	ERS	
4:52.62	Tiger Track Classic	12th
DNF	Yellow Jacket Invitational	
5,000 MET	ERS	
DNF	Rhodes Invitational	

#### **FRANCE MAKABU**

LONG JUMP		
•	Yellow Jacket Invitational	T-10th
16-6.00 (5.03m)	Black and Gold	12th
16-00.25 (4.88m)	Tiger Track Classic	31st
TRIPLE JUMP		
41-3.25 (12.62m)	Tiger Track Classic	3rd
	Yellow Jacket Invitational	4th
40-00.75 (12.21m)	Black and Gold	1st

#### **JASMINE NESBITT**

400 METERS		
1:03.49	Yellow Jacket Invitational	25th
1:05.78	Black and Gold	23rd

#### **STEPHANIE SMITH**

800 METERS		
2:25.18	Yellow Jacket Invitational	14th
<b>1,500 METERS</b>		
4:52.15	Yellow Jacket Invitational	18th
4:55.28	Tiger Track Classic	14th
DNF	Black and Gold	
5,000 METERS		
19:13.64	Rhodes Invitational	9th

#### **ADREONNA WILLIAMS**

<b>200 METE</b>	RS	
27.07	Tiger Track Classic	70th
<b>400 METE</b>		
1:00.97	Rhodes Invitational	11th
1:01.63	Black and Gold	18th
1:02.61	Tiger Track Classic	49th

# CHRISTAL WILSON

100 METER	RHURDLES	
14.27	Tiger Track Classic	16th
14.32	Black and Gold	6th
14.46	Rhodes Invitational	2nd
15.00	Yellow Jacket Invitational	11th
<b>400 METER</b>	HURDLES	
1:02.23	Yellow Jacket Invitational	2nd
1:06.15	Rhodes Invitational	3rd

## PERSHAWNA WILLIAMS 5,000 METERS

5,000 METERS		
DNF	Rhodes Invitational	
HIGH JUMP		
5-7.00 (1.70m)	Black and Gold	3rd
5-3.75 (1.62m)	Tiger Track Classic	T-7th
5-3.00 (1.60m)	Yellow Jacket Invitational	9th
LONG JUMP		
17-6.75 (5.35m)	Black and Gold	8th
17-6.25 (5.34m)	Yellow Jacket Invitational	12th
17-5.50 (5.32m)	Tiger Track Classic	21st
TRIPLE JUMP		
38-00.75 (11.60m)	Yellow Jacket Invitational	6th
37-8.50 (11.49m)	Black and Gold	6th
37-7.25 (11.46m)	Tiger Track Classic	19th

#### **100 METERS**

12.14 (3.4 wind)	Jasmine Abrams	<u>Tiger Track Classic</u>
12.34 (-0.3 wind)	Jasmine Abrams	Black and Gold
12.40 (0.0 wind)	Sheniece Daphness	Tiger Track Classic
1 1.	Jasmine Abrams	Yellow Jacket Invitational

#### **100 METER HURDLES**

14.24 (-0.6 wind)	Ann Dudley	<u>Tiger Track Classic</u>
14.27 (-0.6 wind)	Christal Wilson	Tiger Track Classic
14.32 (0.9 wind)	Christal Wilson	Black and Gold
14.43 (0.5 wind)	India Hammond	Tiger Track Classic
14.46 (1.8 wind)	Christal Wilson	Rhodes Invitational
14.65 (4.9 wind)	Ann Dudley	Yellow Jacket Invitational
14.68 (-1.1 wind)	India Hammond	Yellow Jacket Invitational
14.80 (0.5 wind)	India Hammond	Black and Gold
15.00 (4.9 wind)	Christal Wilson	Yellow Jacket Invitational

#### **200 METERS**

24.80 (2.6 wind)	Jasmine Abrams	Black and Gold
25.20 (2.6 wind)	Sheniece Daphness	Tiger Track Classic
25.72 (1.8 wind)	Ginasia Hamilton	Rhodes Invitational
25.82 (1.1 wind)	Sheniece Daphness	Black and Gold
25.84 (0.6 wind)	Ginasia Hamilton	Black and Gold
26.21 (1.0 wind)	Sheniece Daphness	Yellow Jacket Invitational
27.07 (1.3 wind)	Adreonna Williams	Tiger Track Classic
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#### **400 METERS**

56.78	Amber Jackson	Yellow Jacket Invitational
57.54	Ginasia Hamilton	Yellow Jacket Invitational
58.17	Ginasia Hamilton	Tiger Track Classic
59.18	Ginasia Hamilton	Rhodes Invitational
1:00.97	Adreonna Williams	Rhodes Invitational
1:01.20	Sheniece Daphness	Black and Gold
1:01.63	Adreonna Williams	Black and Gold
1:02.61	Adreonna Williams	Tiger Track Classic
1:03.49	Jasmine Nesbitt	Yellow Jacket Invitational
1:03.96	Sheniece Daphness	Yellow Jacket Invitational
1:05.78	Jasmine Nesbitt	Black and Gold
FS	Ginasia Hamilton	Black and Gold

#### **400 METER HURDLES**

1:02.23	Christal Wilson	Yellow Jacket Invitational
1:05.33	India Hammond	Yellow Jacket Invitational
1:06.15	Christal Wilson	Rhodes Invitational

#### **800 METERS**

2:13.68	Amber Jackson	Black and Gold
2:14.36	Tressanique Hampton	Black and Gold
2:15.40	Amber Jackson	Tiger Track Classic
2:16.25	Tressanique Hampton	Tiger Track Classic
2:16.42	Rachel Islam	Tiger Track Classic
2:19.16	Tressanique Hampton	Rhodes Invitational
2:19.71	Autumn Gipson	Black and Gold
2:21.38	Julia Kitevski	Black and Gold
2:24.00	Julia Kitevski	Tiger Track Classic
2:25.18	Stephanie Smith	Yellow Jacket Invitational

## 1,500 METERS Lucy Kapkiai

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4:40.24	Lucy Kapkiai	Tiger Track Classic
4:40.63	Autumn Gipson	Tiger Track Classic
4:40.90	Autumn Gipson	Black and Gold
4:44.43	Lucy Kapkiai	Black and Gold
4:52.15	Stephanie Smith	Yellow Jacket Invitational
4:52.62	Julia Kitevski	Tiger Track Classic
4:55.04	Rachel Islam	Yellow Jacket Invitational
4:55.28	Stephanie Smith	Tiger Track Classic
4:59.46	Jackline Kiprono	Tiger Track Classic
5:01.31	Tressanique Hampton	Yellow Jacket Invitational
DNF	Julia Kitevski	Yellow Jacket Invitational
DNF	Stephanie Smith	Black and Gold
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#### **MILE RUN**

#### 2,000 METER STEEPLECHASE

#### **3,000 METERS**

7:23.83 Rachel Islam Black and Gold 10:36.99 Jackline Kiprono Black and Gold

### **3,000 METER STEEPLECHASE**

11:15.54	Autumn Gipson	Yellow Jacket Invitational
11:22.57	Autumn Gipson	Rhodes Invitational

### **5,000 METERS**

17:35.42	Lucy Kapkiai	Yellow Jacket Invitational
18:33.30	Jackline Kiprono	Yellow Jacket Invitational
18:42.34	Jackline Kiprono	Rhodes Invitational
19:13.64	Stephanie Smith	Rhodes Invitational
DNF	Julia Kitevski	Rhodes Invitational

10,000 METERS
36:57.65 Lucy Kapkiai Rhodes Invitational

#### **4 X 400 METER RELAY**

3:51.99	Jackson, Abrams, Hamilton, Hampton	Yellow Jacket Invitational
3:59.17	Abrams, Hamilton, Hammond, Hampton	n Black and Gold

HIGH JUMP			
5-11.25 (1.81m)	Ann Dudley	Yellow Jacket Invitational	
5-10.75 (1.80m)	Ann Dudley	Black and Gold	
5-7.00 (1.70m)	Pershawna Williams	Black and Gold	
5-3.75 (1.62m)	Pershawna Williams	Tiger Track Classic	
5-3.00 (1.60m)	Pershawna Williams	Yellow Jacket Invitational	

#### **LONG JUMP**

19-00.75 (5.81m)	India Hammond	Black and Gold
18-1.50 (5.52m)	India Hammond	Yellow Jacket Invitational
17-6.75 (5.35m)	India Hammond	Tiger Track Classic
17-6.75 (5.35m)	France Makabu	Yellow Jacket Invitational
17-6.75 (5.35m)	Pershawna Williams	Black and Gold
17-6.25 (5.34m)	Pershawna Williams	Yellow Jacket Invitational
17-5.50 (5.32m)	Pershawna Williams	Tiger Track Classic
16-6.00 (5.03m)	France Makabu	Black and Gold
16-00.25 (4.88m)	France Makabu	Tiger Track Classic
FOUL.	Amber Dandy	Black and Gold

#### **TRIPLE JUMP**

41-3.25 (12.62m)	France Makabu	Tiger Track Classic
40-6.25 (12.35m)	France Makabu	Yellow Jacket Invitational
40-00.75 (12.21m)	France Makabu	Black and Gold
38-11.75 (11.88m)	India Hammond	Black and Gold
38-00.75 (11.60m)	Pershawna Williams	Yellwo Jacket Invitational
37-8.50 (11.49m)	Pershawna Williams	Black and Gold
37-7.25 (11.56m)	Pershawna Williams	Tiger Track Classic
FOUL	India Hammond	Tiger Track Classic