



UNIVERSITY OF HOUSTON TRACK & FIELD

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2009 HOUSTON INDOOR TRACK & FIELD HONORS

2009 C-USA Men's Team Title

2009 C-USA Men's Freshman of the Year
D'Korian Ford

2009 C-USA Men's Coach of the Year
Leroy Burrell

C-USA Champions / All-C-USA First Team

Seun Adigun - 60 Meter Hurdles
Kalyn Floyd - 200 Meters
Morgan Floyd - Heptathlon
D'Korian Ford - High Jump
Quin'shundolyn McPherson - Long Jump
Ed Turner - Long Jump

All-C-USA Second Team

Bryan Brown - Pole Vault
Lamar Delaney - Long Jump
Matt Dudley - Shot Put
Christie Jones - 60 Meters
Steven Jones - 60 Meter Hurdles
Jeremy Kelley - 400 Meters
Quin'shundolyn McPherson - 200 Meters

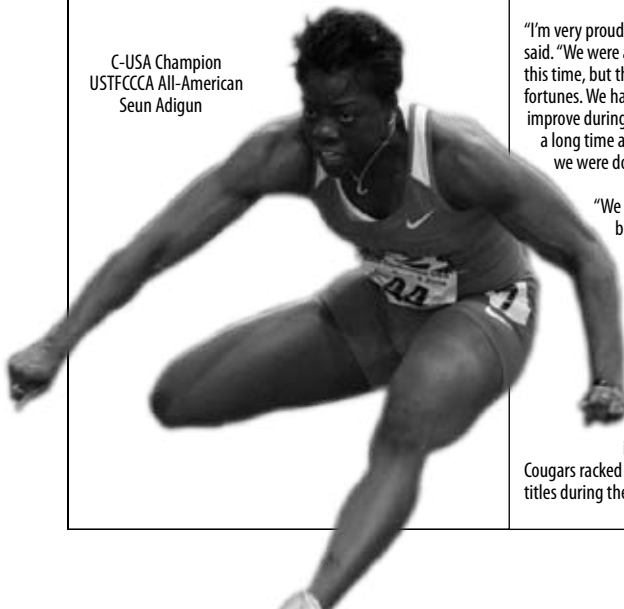
All-C-USA Third Team

Tyron Carrier - 200 Meters
Chris Carter - Triple Jump
D'Korian Ford - 60 Meter Hurdles
Isaiah Sweeney - 60 Meters, Long Jump

C-USA Athlete of the Week

Seun Adigun - Week of Feb. 10
Chris Carter - Week of Jan. 27
Christie Jones - Week of Feb. 3

C-USA Champion
USTFCCA All-American
Seun Adigun



HOUSTON - The University of Houston men's track and field team notched its third-consecutive team championship Saturday - the program's 10th indoor title since joining Conference USA in 1997 - at the 2009 C-USA Indoor Track and Field Championships.

The Cougars racked up 147.50 points to edge UTEP's 113 and Rice's 104.50.

After guiding UH to the 20th combined conference team championship under his watch, Houston head coach Leroy Burrell was named the Men's Indoor Track and Field Coach of the Year for the eighth time in his career.

"It was a very good all-around team effort. We have a very young team, but for them to perform so well here is really great," Burrell said. "I've been trying to get the team to understand that we are trying to move out beyond Conference USA and really perform on the national level. I think this is really a step in the right direction."

The Cougar women finished in second place with a total of 108 points, trailing Rice's 148 points. UCF rounded out the top three with a total of 86 points.

"I'm very proud of the women's team," Burrell said. "We were a little down last year at this time, but this is a complete reversal of fortunes. We had a lot of athletes step up and improve during the year. They could have quit a long time ago but they believed in what we were doing and kept working hard."

"We came up a little short today, but I think we are going to be a better outdoor team. This conference is really competitive, you really have to put together a strong team to be good."

Overall, Houston pocketed a total of 16 medals on the second day of competition, including five golds, as the Cougars racked up a total of seven individual titles during the meet.

D'Korian Ford was named the 2009 Male Freshman of the Year following the meet, grabbing a gold medal in high jump with a season best clearance of 1.99m (6-06.25). Ford captured his second medal of the day in the 60m hurdles, taking bronze with a time of 8.17.

"Coming into the meet, we had several freshmen who could have won that award, but I'm very proud D'Korian earned it," Burrell said. "He really grew up during the indoor season. He struggled a little bit at the beginning of the year but he really focused himself."

"He showed up and competed when it mattered most. He got his gold in the high jump and really put together a nice run in the hurdles."

A day after claiming the long jump title, junior Quin'shundolyn McPherson captured her second gold medal of the meet, helping the women's 4X400-meter relay team of sophomore Kalyn Floyd and freshmen Whitney Harris and Ciera Johnson to a first place finish with a mark of 3:42.48.

McPherson also added a silver medal in the 200m with a time of 24.34 and finished behind only Rice's Lennie Waite in the running for the women's high point scorer of the meet.

Senior Seun Adigun captured her third-consecutive conference title in the 60m hurdles, becoming the first three-time champion in the event in the 13-year history of C-USA.

Adigun recorded a provisional qualifying time of 8.20 to take the gold medal. She currently stands fourth in the nation after setting an NCAA automatic qualifying time of 8.09 earlier this month.

Senior Morgan Floyd captured his first career conference championship, winning the men's heptathlon competition with a total of 5,132 points. Floyd's point total was the third-highest recorded in program history.

The Sherman, Texas, native entered the second day of the heptathlon trailing by

more than 110 points but overcame Southern Miss' Leonard McLeggon during the pole vault competition, cruising to gold in the 1,000-meter run.

In the women's 200m, Kalyn Floyd won her first collegiate championship, taking gold with a 24.30 finish.

After running a personal best time of 8.03 in the prelims, junior Steven Jones took silver in the 60m hurdles final with a time of 8.09. Junior Darryl Cloud placed sixth with a time of 8.39.

Joining D'Korian Ford on the awards podium in the men's high jump was fellow freshman Selleck Keene, who finished in a tie for second with a mark of 1.99m (6-06.25).

Freshman Doug Kelley snatched silver in the 400-meter dash, running a time of 48.67, while fellow freshman Isaiah Sweeney took the bronze in the 60m dash with a time of 6.90.

Sophomore Christie Jones took silver for the women in the 60m with a time of 7.47. Also placing for Houston were freshman Grecia Bolton, sophomore Kalyn Floyd and Adigun.

One of the top young throwers in the conference, freshman Matt Dudley set a season-best with a heave of 15.91m (52-02.50) to secure a silver-medal finish. Also placing for Houston was freshman Adrian Edmonds, who finished with a mark of 14.77m (48-05.50).

In the 200m dash, sophomore Tyron Carrier finished second, taking silver with a time of 22:04. Sophomore Chris Carter posted a third-place finish in the triple jump competition, leaping 15.33m (50-03.50) for the bronze. Teammates Lamar Delaney and Jeremy Kelley followed in fourth and fifth, respectively.

Also taking bronze was sophomore Shannan Arnold, who finished in a three-way tie for third place in the pole vault competition. Arnold finished with a clearance of 3.52m (11-06.50), a new career best.

NEW YORK - Already one of the nation's elite hurdlers, senior Seun Adigun joined the ranks of the world's elite this weekend, setting a school record and cracking into the top five in the NCAA and the top 15 in the world in the 60-meter hurdles to lead the Cougars through the 2009 New Balance Invitational in New York City.

Adigun's first-place time of 8.09 obliterated her previous personal best of 8.22 set earlier on Friday in the prelims and topped former Cougar standout Jenny Adams' school record of 8.10. The mark also stands in a tie for the 14th fastest in the world this year.

The Chicago, Ill., native now tops the Conference USA rankings and stands fourth in the country. Adigun also ran in the 60-meter dash, recording a new personal-best time of 7.51.

Joining Adigun in the 60m was sophomore Christie Jones. Fresh off notching the second-fastest mark in school history in the 60m with a time of 7.40 and earning C-USA Co-Women's Athlete of the Week honors, Jones posted a time of 7.45 to finish 13th.

Also running the 60m were sophomore Kalyn Floyd and freshman Grecia Bolton, who set new personal-bests with marks of 7.58 and 7.68, respectively.

Freshman Starla Garcia also posted one of the top marks in school history, running the fifth-fastest time in program history in the 5,000m with a 17:58.54 finish.

Freshmen Isaiah Sweeney and Kevin Hobson turned in good times in the 60-meter dash. Sweeney tied his season-best time of 6.85, while Hobson set a new best with a time of 7.00. Hobson (22.13) and Sweeney (22.43) also ran the 200m, with Sweeney's time setting a new season-best.

Three Cougar women set season bests in the 200m, Floyd led the trio with a time of 24.46. Also competing were junior Quin'shundoyn McPherson with a time of 24.74 and Bolton with a mark of 25.02.

In the triple jump, freshman Alaysha Ford set a new season-best, clearing 12.20m (40-00.50). Entering the weekend ranked second in the conference, transfer Lamar Delaney cleared 15.06m (49-05.00).

Sophomore Kiara Pulliam finished 11th in the shot put, recording a toss of 14.00m (45-11.25). One of the top young throwers in C-USA, freshman Matt Dudley recorded a mark of 14.49m (47-06.50) in the shot put.

In other distance events, freshman Stephanie Aldea posted a sub five-minute mile, recording a time of 4:59.73 to finish in eighth place. Junior Erica Hannemann set a personal best with a mark of 5:09.06 as she finished in 22nd place.

For the men, Ahmed Harb posted a season-best time of 4:26.34 in the mile, while freshmen Jesse Rodriguez and Nate Pineda posted times of 4:31.32 and 4:38.37, respectively.

In the 400-meter dash, freshman Doug Kelley turned in a season-best finish of 48.10 to take 13th, while fellow freshman Joe Iboror posted a time of 50.58.

IRVING, Texas - University of Houston senior Seun Adigun was named the Conference USA Women's Track & Field Athlete of the Week, as announced by the conference office on Tuesday. Already one of the nation's elite hurdlers, Adigun

joined the ranks of the world's elite last weekend, setting a school record and cracking into the top five in the NCAA and the top 20 in the world in the 60-meter hurdles to lead the Cougars through the 2009 New Balance Invitational in New York City.

Adigun's first-place and NCAA automatic qualifying time of 8.09 obliterated her previous personal best of 8.22 set earlier in the meet during the prelims and topped former Cougar standout Jenny Adams' school record of 8.10. The mark ranks her in a tie for 19th in the world standings.

The Chicago, Ill., native now tops the Conference USA rankings and stands fourth in the country. Adigun also ran in the 60-meter dash, recording a new personal-best time of 7.51.

This marked the third career athlete of the week honor for Adigun, the first this year. It also marked the third-consecutive week a Cougar has garnered the honor, following sophomores Chris Carter and Christie Jones.

IRVING, Texas - University of Houston sophomore Christie Jones was named the Conference USA Co-Female Track & Field Athlete of the Week, as announced by the conference office on Tuesday.

The Katy, Texas, native set a personal-best and NCAA provisional time of 7.40, winning the 60-meter dash at the Houston Indoor Invitational on Saturday.

Entering the meet with the second-fastest mark in C-USA, Jones shattered her previous time by 0.11 seconds to gain sole possession of the fastest time in C-USA this season. The time also ranked among the top 15 recorded in the nation this season.

ALBUQUERQUE, N.M. - Sophomore Chris Carter recorded the fifth-longest leap in the triple jump in the country to set a NCAA provisional mark and lead the University of Houston track and field team through the inaugural Cherry & Silver Invitational on Saturday inside the Albuquerque Convention Center in Albuquerque, N.M.

Carter took first place in the triple jump competition with a career-best leap of 15.89m (52-01.75), tops in Conference USA and the fifth-best mark in the NCAA this year. Carter also finished fourth in the long jump with a clearance of 7.11m (23-04.00).

Also setting a provisional mark in the triple jump was junior transfer Lamar Delaney, who cleared 15.57m (51-01.00) to break into the NCAA Top-10 in the event.

Sophomore Kalyn Floyd turned in solid performances in the 200m and the 400m to lead the women's team. Floyd finished fourth in the 400m with a time of 56.00, tops in C-USA this season. Her time of 24.50 in the 200m was good for a third-place finish and ranked her second in conference.

In the high jump, freshman Selleck Keene cleared 1.99m (6-06.25), tops in C-USA this season.

The Cougars finished third through seventh in the men's long jump, led by sophomore Ed Turner, who finished third with a mark of 7.21m (23-08.00). Following Carter in fourth were Delaney and senior Grant Hightower, who finished in a tie for fifth, and sophomore Thomas Lang in seventh.

Freshman Alaysha Ford set season-bests in both the long jump and triple jump with marks 5.30m

(17-04.75) and 11.95m (39-02.50), respectively.

Fellow freshman sprinter Isaiah Sweeney made his Cougar debut, finishing second in the 60-meter dash with a mark of 6.84, the second-fastest time in C-USA this year.

For the women, sophomore Christi Jones took second in the 60m with a clocking of 7.49, while freshman Grecia Bolton finished seventh with a time of 7.69.

IRVING, Texas - University of Houston sophomore Chris Carter was named the Conference USA Male Track & Field Athlete of the Week, as announced by the conference office on Tuesday.

The Hearne, Texas, native set a provisional mark with a personal-best and first-place leap of 15.89m (52-01.75) in the triple jump at the Cherry & Silver Invitational in Albuquerque, N.M. on Saturday.

Carter's leap sits atop the C-USA charts and ranks as the fifth-longest mark in the NCAA this year.

Carter also placed fourth in the long jump with a clearance of 7.11m (23-04.00), which ranks among the Top 5 marks recorded in conference this year.

It marked the second-career athlete of the week award for Carter.

PHILADELPHIA -- University of Houston track and field head coach Leroy Burrell will be enshrined into the Philadelphia Sports Hall of Fame on Thursday in recognition of his outstanding career as a world-class sprinter and collegiate coach.

A native of Lansdowne, Penn., - a suburb of nearby Philadelphia - Burrell joins twelve fellow athletes and one team as part of the fifth induction class into the Hall of Fame.

"It's a tremendous honor to be recognized for your accomplishments and to go into the Hall of Fame in your hometown," Burrell said. "It makes it even better that it's in an Olympic year.

"I haven't run a step competitively in more than 12 years, and there are still people who want to recognize you for what you accomplished. That means a lot to me."

Twice crowned the "World's Fastest Man," Burrell set the world record in the 100 meters with a time of 9.90 seconds at the USA Championships in 1991. After seeing his record broken, Burrell would reclaim the title, posting a clocking of 9.85 seconds just three years later.

In the 1992 Summer Olympic Games in Barcelona, Burrell joined former Cougar teammate Carl Lewis to lead the US men to gold in the 4X100 with a world record breaking time of 37.40 seconds.

Burrell first rose to national prominence competing for the UH track and field team from 1986-1990, where he was a three-time NCAA champion and earned All-America honors 10 times.

Over the last eleven years, he has led the program to a combined 21 Conference USA Team Championships, while being named C-USA Coach of the Year 16 times as well as the C-USA Indoor and Outdoor Coach of the Decade (1996-2005).

Burrell also has coached 41 NCAA All-Americans, continuing the program's proud legacy. In 2000, he was inducted into UH's Hall of Honor for all of his contributions to the school.



C-USA Champion
Morgan Floyd

2009 HOUSTON OUTDOOR TRACK & FIELD HONORS

2009 USTFCCA All-America

Seun Adigun
Grecia Bolton

2009 C-USA Men's Team Title

2009 C-USA Female Track Athlete of the Year

Seun Adigun

2009 C-USA Men's Freshman of the Year

D'Korian Ford

2009 C-USA Men's Coach of the Year

Leroy Burrell

NCAA Championship Qualifiers

Seun Adigun
Grecia Bolton
Tyron Carrier
Chris Carter
Ivan Diggs
Brittani Williams

C-USA Champions / All-C-USA First Team

Chris Carter - Triple Jump
Ivan Diggs - High Jump
Seun Adigun - 100 Meter Hurdles
Ed Turner - 100 Meters
Jason Perez - 400 Meter Hurdles
Grecia Bolton - 200 Meters
Bryan Brown - Pole Vault

All-C-USA Second Team

D'Korian Ford - 110 Meter Hurdles
Morgan Floyd - Decathlon
Alex Bentley - Pole Vault
Matt Dudley - Discus

All-C-USA Third Team

D'Korian Ford - High Jump, 400 Meter Hurdles
Tyron Carrier - 200 Meters
Brandon Hubbard - Hammer Throw, Discus
Ed Turner - Long Jump

C-USA All-Academic Team

Morgan Floyd
Emmanuel Osadebey

C-USA Athlete of the Week

Seun Adigun - Week of April 28
Chris Carter - Week of April 28
Ivan Diggs - Week of April 21
Ivan Diggs - Week of April 14
Kalyn Floyd - Week of April 14
Ivan Diggs - Week of March 24

C-USA Champion Ivan Diggs



TULSA, Okla. - TULSA, Okla. - The University of Houston men's track and field team claimed the team championship at the 2009 Conference USA Outdoor Championships on Saturday, notching their first outdoor title since the 2005 season.

The Cougar men rolled to victory after racking up 198 points to edge UTEP's 149, while the women's team finished in fourth place with 86.5 points.

After guiding UH to the 21st combined conference team championship under his watch, Houston head coach Leroy Burrell was named the Men's Outdoor Track and Field Coach of the Year for the fourth time in his career.

"I'm really excited for our men's team," Burrell said. "It's been a long time since our men have been able to put it all together and win the outdoor championship.

"It's a testament to our seniors like Ivan Diggs and Morgan Floyd who both did a great job and scored a lot of points today. We also had a freshman in D'Korian Ford who scored a lot of points as well, so it was an admirable team effort.

"We fought through some injuries and some disqualifications, and put together a real clutch performance. I'm really proud of the way they performed."

Overall, Houston pocketed 13 medals, including six golds on the final day of competition as the Cougars notched a total of seven individual titles during the meet.

Sophomore Chris Carter pocketed his second career conference title, taking gold in the triple jump en route to earning Male Performance of the Meet honors.

Entering the championships ranked fifth in the nation in the event, Carter cleared a wind-aided 16.30m (53-05.75) on

his third attempt to cruise to the victory.

After pocketing three medals on the final day of competition, Ford was named C-USA Freshman of the Year, sweeping both the indoor and outdoor honors this year.

Ford took silver in the 110-meter hurdles with a time of 14.61 before taking bronze in the 400-meter hurdles (52.12) and the high jump (2.00m/6-06.75).

Ranked third in the nation in the high jump, Diggs took home gold with a clearance of 2.15m (7-00.50) to set his sixth NCAA regional mark of the season. Ranked third in the nation in the 100-meter hurdles, senior Seun Adigun captured her second career conference title in the event with a wind-aided time of 13.11.

Adigun would add a bronze medal running the anchor in the 4X100-meter relay and a fourth-place finish in the 200m with a clocking of 24.04.

Junior Jason Perez successfully defended his 400-meter hurdles title, winning his second career conference championship with a stadium record time of 51.54.

A day after taking bronze in the long jump, sophomore Ed Turner snatched his third career conference title winning gold in 100m with a time of 10.40. Turner would pocket his third medal of the meet with a silver in the 4X100-meter relay.

Freshman Grecia Bolton brought home the Cougars' final gold medal of the meet, taking All-C-USA First Team honors in the 200m with a time of 23.48. Bolton added a silver in the 4X100 where she joined Adigun, sophomore Christie Jones and junior Quin'shundaylyn McPherson.

Sophomore Tyron Carrier took bronze in the men's 200m, posting an NCAA regional qualifying time of 21.12. Carrier joined Turner, sophomore Lazarus Crumedy and freshman Isaiah Sweeney in the 4X100 as the foursome posted a silver-medal and season-best finish of 40.47.

Junior Brittani Williams pocketed her first career conference medal, earning All-C-USA Third Team honors in the javelin. Williams recorded a

personal-best NCAA regional mark of 44.43m (145-09) on her final attempt.

FAYETTEVILLE, Ark. - Senior Seun Adigun finished third in the 100-meter hurdles final as the 2009 NCAA Outdoor Championships came to a close Saturday on John McDonnell Field in Fayetteville, Ark.

Adigun, the 2009 Conference USA Female Track Athlete of the Year, turned in a time of 13.20 running in a headwind to take third place. The Chicago, Ill., native closed out her UH career earning USTFCCA All-America honors, leaving the program as one of the top hurdlers in school history.

HOUSTON -- The University of Houston track and field team will send six individuals to the 2009 NCAA Outdoor Track and Field Championships held June 10-13 in Fayetteville, Ark.

Senior Seun Adigun will make her third-consecutive appearance at the NCAA Championships to lead the Cougars, entering the meet ranked second in the nation in the 100-meter hurdles.

Just days after being named the 2009 Conference USA Female Track Athlete of the Year, Adigun won an automatic bid to the national meet by setting a personal best of 12.88 to set a NCAA Midwest Regional record.

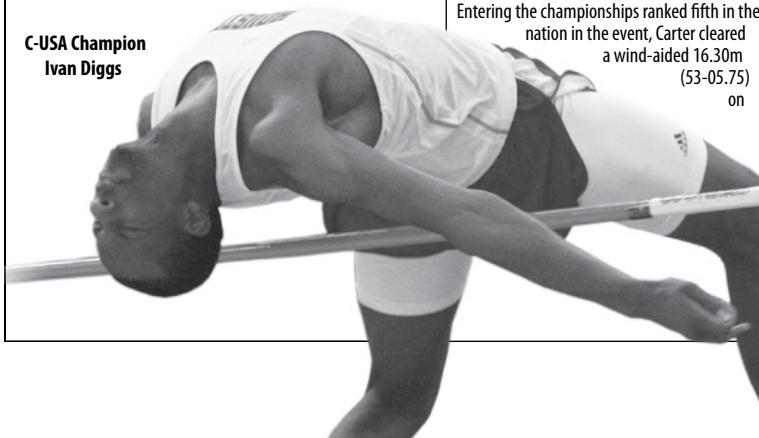
Her time ranked as the second fastest in school history, trailing former Cougar standout Jenny Adams' best of 12.86.

Senior Ivan Diggs also snagged an automatic bid to the NCAA championships, taking second in the high jump at the Midwest Regional.

Currently ranked third in the nation, Diggs cleared 2.22m (7-03.25), finishing just one hundredth of a meter off his personal best of 2.23m (7-03.25).

Sophomore Chris Carter locked up the Cougars' final automatic bid, finishing fifth in the triple jump at the regional last weekend after recording a leap of 16.20m (53-01.75).

Sophomore Tyron Carrier (200m), junior Brittani Williams (javelin) and freshman Grecia Bolton (200m) all earned at-large bids and will represent UH at the NCAA meet.



NORMAN, Okla. - Senior Seun Adigun qualified for the 2009 NCAA Championships, leading the University of Houston track and field team by winning the 100-meter hurdles with a NCAA Midwest Regional record time on Saturday at John Jacobs Field in Norman, Okla.

Adigun, the 2009 Conference USA Female Track Athlete of the Year, crossed the finish line with a personal best of 12.88, just two hundredths of a second off the school record set by former Cougar Jenny Adams (12.86).

Also qualifying for the upcoming NCAA Championships was sophomore Chris Carter, who finished fifth in the triple jump clearing 16.20m (53-01.75).

Junior Britanni Williams just missed qualifying for the NCAAs in the javelin, taking sixth place with a personal best throw of 48.23m (158-03).

On the track, freshman Isaiiah Sweeney took seventh in the 100m with a time of 10.42, while sophomore Tyron Carrier finished eighth in the 200m with a 21.03 finish.

Freshman Grecia Bolton also placed eighth in the 200m for the women, turning in a time of 23.78.

In the pole vault, junior Alex Bentley took eighth, clearing 5.06m (16-07.25).

The Houston men finished the meet 16th in the team standings, racking up a total of 15.25 points, while the women finished 17th with 14 total points.

IRVING, Texas - University of Houston senior Seun Adigun was named the 2009 Conference USA Female Track Athlete of the Year, the conference office announced Wednesday following a vote by the league's head coaches.

Adigun emerged as one of the nation's elite hurdlers this season. She enters this weekend's NCAA Midwest Regional ranked third in the NCAA with a time of 12.98 in the 100m hurdles. She recorded that personal-best and winning performance at the Penn Relays. It also marked the second-fastest time in school history.

Most recently, the Chicago, Ill., native won her second career C-USA title with a finish of 13.11, earning All-C-USA first team honors. That time was one-tenth of a second off the meet record of 13.10, set by former Cougar Jenny Adams in 2000.

Adigun also has set regional marks in the 100m (11.67), 200m (23.85) and as a member of the conference-leading 4x100 relay team (44.30), which ranks eighth in the nation.

She is the third female Cougar to take home the coveted award, joining fellow standouts Adams (1997) and Ebonie Floyd (2006, 2007).

PHILADELPHIA, Penn. - Senior Seun Adigun turned in the fifth-fastest time in the nation in the 100-meter hurdles to lead the University of Houston track and field team through the final day of the Penn Relays on Saturday in Philadelphia, Penn.

Adigun, who set a then-personal best in the prelims on Friday with a time of 13.19, set another PR in the 100m hurdles championship, turning in a NCAA regional qualifying time of 12.98 to take first place.

The mark stands atop the Conference USA standings and ranks as the second-fastest posted in school history, trailing only former Cougar standout Jenny Adams' 12.86.

Sophomore Chris Carter finished fourth in the men's triple jump championship, clearing an NCAA RQ 16.23m (53-03.00). Carter currently ranks seventh in the nation in the triple jump and has cracked the 16-meter mark three times this season.

Ranked fourth in the nation in the high jump, senior Ivan Diggs cleared 2.12m (6-11.50) to finish sixth. Diggs saw his four-meet winning streak in the event snapped, but notched his fifth regional qualifying mark this season.

The Wichita, Kan., native currently remains the only C-USA jumper to clear any mark over two meters this season.

Junior Lamar Delaney placed third in the men's collegiate triple jump. Delaney set the Cougars' third NCAA qualifying mark with a leap of 15.23m (49-11.75).

He currently ranks third in C-USA in the triple jump.

In the relays, the women's 4x200-meter four-some of sophomore Christie Jones, freshman Whitney Harris, sophomore Candyce Cross and junior Quin'shundolyn McPherson finished fifth with a time of 1:33.50.

In the 4x400-meter relay, Houston finished eighth as Harris, Cross, McPherson and sophomore Lindsey Marshallwith notched a time of 3:42.19 in the championship.

IRVING, Texas - University of Houston senior Seun Adigun and sophomore Chris Carter were named Conference USA Track & Field Athletes of the Week on Tuesday, as the University of Houston track and field team grabbed a share of both the male and female awards for the second time this season.

It marked the fourth career and the first C-USA Athlete of the Week honor this season for Adigun, while Carter earned his third career weekly honor, also his first this season.

Adigun crossed the finish line with the fourth fastest time in the NCAA with a winning 12.98 in the 100-meter hurdles. The Chicago, Ill., native established a personal best and NCAA Regional qualifying mark at the prestigious Penn Relays last weekend.

Her time is the second best in school history, surpassed only by former Cougar Jenny Adams' 12.86 and sits atop the Conference USA standings, nearly half a second faster than the next competitor.

Carter recorded an NCAA Regional qualifying 16.23m (53-03.00) in the triple jump at the Penn Relays last weekend. His clearance placed him fourth in the event, as he surpassed the 16-meter mark for the third time this season.

The sophomore sits atop the Conference USA performance list and remains the only conference athlete to leap 16 meters.

IRVING, Texas - University of Houston senior captain Ivan Diggs was named the Conference USA Track & Field Co-Male Athlete of the Week, the conference office announced on Tuesday.

It marked the third conference athlete of the week honor this year for the three-time All-American.

Entering the meet ranked third in the nation, Diggs racked up his fourth-consecutive collegiate win in the high jump to lead the Cougars at the 2009 LSU Alumni Gold Invitational last weekend.

The Wichita, Kan., native cleared an NCAA regional qualifying 2.14m (7-00.25) to take first place. Diggs is the only high-jumper in C-USA to clear any mark higher than two meters this season, surpassing it for the fourth time.

IRVING, Texas - University of Houston senior Ivan Diggs and sophomore Kalyn Floyd were named Conference USA Track & Field Athletes of the Week on Tuesday, as the University of Houston track and field team grabbed a share of both the male and female awards.

Diggs was honored by the conference office for the second time this season and the third time in his career, while Floyd garnered her first athlete of the week award.

Diggs was named C-USA Co-Male Athlete of the Week after racking up his third-consecutive collegiate win in the high jump at the ASU Sun Angel Classic.

Entering the meet ranked fifth in the nation, the Wichita, Kan., native set an NCAA Regional qualifying mark, clearing 2.15m (7-00.50) to take first place. Diggs is the only high jumper in C-USA to clear any mark higher than two-meters this season, surpassing it for the third time on Saturday.

Floyd set a pair of NCAA Regional qualifying marks at the 2009 ASU Sun Angel Classic last weekend to earn C-USA Co-Female Athlete of the Week honors.

The Houston native turned in a conference- and personal-best time of 53.03 in the 400-meter dash to notch her first win of the season. Floyd then competed as a member of the women's 4x100-meter relay team, helping guide them to a fourth-place finish with a NCAA regional qualifying time of 45:06.

IRVING, Texas - University of Houston senior captain Ivan Diggs was named the Conference USA Track & Field Male Co-Athlete of the Week, the conference office announced on Tuesday.

It marked the second-career conference athlete of the week honor for the three-time All-American.

After being forced to miss the entire 2008 outdoor season due to injury, Diggs made his return to competitive action for the Cougars last weekend at the TSU Relays, setting an NCAA regional qualifying mark in the high jump.

The Wichita, Kan., native cleared 2.13m (6-11.75) to take first place and notch his first win of the year in the team's season-opening meet.

2009 Indoor & Outdoor
Freshman of the Year
D'Korian Ford

