

Memphis Men's Outdoor Best Performance List

5/15/04

100m

Ivan Williams	10.61	Mississippi Invitational (4/17)
Michael Woods	10.74	SEMO Gatorade Classic (4/3)
Willie Green	10.80	C-USA Championships (5/15)

200m

Ivan Williams	21.05	Bulldog Invitational (3/27)
Michael Woods	21.77	SEMO Gatorade Classic (4/3)
Willie Green	21.92	C-USA Championships (5/15)
Cody Rushing	23.84	Ole Miss Open (5/1)

400m

Austin Hunter	48.19	C-USA Championships (5/15)
Willie Green	52.46	Ole Miss Dual (4/10)
Cody Rushing	54.45	SEMO Gatorade Classic (4/3)

800m

Istvan Kerekjarto	1:48.13	Sea Ray Relays (4/10)
Abraham Shaposhnik	1:54.61	Bulldog Invitational (3/27)
Michael Mentz	1:55.50	Mississippi Invitational (4/17)
Austin Hunter	2:00.34	Mississippi Invitational (4/17)

1500m

Istvan Kerekjarto	3:44.22	Cardinal Invitational (4/30/04)
Szilard Toth	3:52.40	C-USA Championships (5/15)
Szaboles Karadi	4:00.76	Mississippi Invitational (4/17)
Michael Mentz	4:01.12	Bulldog Invitational (3/27)

5000m

Mate Nemeth	14:35.25	C-USA Championships (5/15)
Szaboles Karadi	15:10.60	Bulldog Invitational (3/27)

10000m

Szaboles Karadi	31:56.14	C-USA Championships (5/15)
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110m Hurdles

Preston Taylor	14.77	C-USA Championships (5/15)
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400m Hurdles

Larry Harris	52.37	Mississippi Invitational (4/17)
Preston Taylor	54.66	Ole Miss Open (5/1)

3000m Steeplechase

Mate Nemeth	8:45.88	Cardinal Invitational (4/30/04)
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4x100m Relay

Memphis	41.30	C-USA Championships (5/15)
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4x400m Relay

Memphis	3:18.61	SEMO Gatorade Classic (4/3)
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High Jump

Janon Busby 2.00m SEMO Gatorade Classic (4/3)

Long Jump

Cody Rushing 6.26m Mississippi Invitational (4/17)

Triple Jump

Janon Busby 14.93m Sea Ray Relays (4/10)

Pole Vault

Cody Rushing 3.96m Mississippi Invitational (4/17)

Javelin

Cody Rushing 45.96m Ole Miss Open (5/1)

Shot Put

Gaute Myklebust 18.12m Mississippi Invitational (4/17)
Adam Martin 16.96m Bulldog Invitational (3/27)
Stein Syverson 16.48m Modesto Relays (5/8)
Norbert Gulyas 15.81m SEMO Gatorade Classic (4/3)
Darius Frye 14.09m Murray State Twilight (4/24)

Discus

Gaute Myklebust 60.85m Modesto Relays (5/8)
Norbert Gulyas 49.35m Bulldog Invitational (3/27)
Darius Frye 48.30m SEMO Gatorade Classic (4/3)
Adam Martin 42.75m SEMO Gatorade Classic (4/3)

Hammer

Adam Martin 52.28m Mississippi Invitational (4/17)

Decathlon

Cody Rushing 5,680 pts. C-USA Championships (5/15)

Memphis Women's Outdoor Best Performance List 5/15/04

100m

LaShunda Flake	12.54	SEMO Gatorade Classic (4/3)
Sheena Ohlig	12.58	Ole Miss Open (5/1)
Sue-Ann Bowen	12.60	Murray State Twilight (4/24)
Alicia Marner	12.93	C-USA Championships (5/15)
Zsofia Nagy	13.01	Vanderbilt Invitational (4/17)

200m

Sue-Ann Bowen	25.50	Bulldog Invitational (3/27)
LaShunda Flake	26.25	Bulldog Invitational (3/27)
Cassandra Harding	26.78	Murray State Twilight (4/24)
Zsofia Nagy	26.86	SEMO Gatorade Classic (4/3)
Alicia Marner	26.93	Vanderbilt Invitational (4/17)
Ali Baker	27.23	Murray State Twilight (4/24)
Sheena Ohlig	27.81	Bulldog Invitational (3/27)
Becca McMahon	28.04	Murray State Twilight (4/24)
Mary Claire Dake	28.98	Murray State Twilight (4/24)
Ashley Harris	29.19	Ole Miss Dual (4/10)

400m

Sue-Ann Bowen	55.62	Bulldog Invitational (3/27)
Zsofia Nagy	1:02.85	Ole Miss Open (5/1)
LaShunda Flake	1:02.98	Ole Miss Dual (4/10)
Josetta Brooks	1:03.65	Ole Miss Dual (4/10)
Ashley Harris	1:05.55	Ole Miss Open (5/1)
Camillia Lucas	1:08.50	Bulldog Invitational (3/27)
Alicia Marner	1:09.85	Ole Miss Dual (4/10)

800m

Ali Baker	2:14.34	Bulldog Invitational (3/27)
Daniele Riendeau	2:19.23	Bulldog Invitational (3/27)
Mary Claire Dake	2:19.61	Ole Miss Dual (4/10)
Becca McMahon	2:19:91	Vanderbilt Invitational (4/17)
Shermekia Plez	2:22.44	C-USA Championships (5/15)
Daniele Riendeau	2:24.53	Ole Miss Dual Meet (4/10)
Michel Wilson	2:26.74	SEMO Gatorade Classic (4/3)
Tabitha Russell	2:30.78	Ole Miss Dual (4/10)
Heather Woolls	2:29.71	Vanderbilt Invitational (4/17)
Kimberly McVeigh	2:39.42	Vanderbilt Invitational (4/17)
Ashley Harris	2:46.33	Murray State Twilight (4/24)
Karin Brooks	2:48.86	Vanderbilt Invitational (4/17)
Camillia Lucas	3:00.19	Vanderbilt Invitational (4/17)

1500m

Daniele Riendeau	4:45.21	Vanderbilt Invitational (4/17)
Becca McMahon	4:50.17	Vanderbilt Invitational (4/17)
Ali Baker	4:51.33	Vanderbilt Invitational (4/17)
Michel Wilson	4:54.97	Murray State Twilight (4/24)
Mary Claire Dake	4:55.72	Vanderbilt Invitational (4/17)
Kara Cassel	5:03.99	Ole Miss Dual (4/10)
Nora Nemere	5:04.32	Ole Miss Dual (4/10)

Shermekia Plez	5:09.78	Ole Miss Dual (4/10)
Sarah Janecek	5:09.80	Ole Miss Dual (4/10)
Kimberly McVeigh	5:19.19	Vanderbilt Invitational (4/17)
Heather Woolls	5:35.31	SEMO Gatorade Classic (4/3)
Brittany Pieraccini	5:42.12	Ole Miss Open (5/1)
Karin Brooks	5:47.95	Ole Miss Open (5/1)

5000m

Nora Nemere	19:06.22	Vanderbilt Invitational (4/17)
Michel Wilson	19:16.35	Vanderbilt Invitational (4/17)
Kara Cassel	19:46.31	Murray State Twilight (4/24)
Mary Claire Dake	19:54.47	Murray State Twilight (4/24)
Sarah Janecek	21:39.48	Bulldog Invitational (3/27)

100m Hurdles

Sheena Ohlig	14.81	C-USA Championships (5/15)
Cassandra Harding	15.41	SEMO Gatorade Classic (4/3)

400m Hurdles

Tabitha Russell	1:05.42	Murray State Twilight (4/24)
Camillia Lucas	1:07.00	Murray State Twilight (4/24)

3000m Steeplechase

Kara Cassel	11:42.40	Ole Miss Open (5/1)
Nora Nemere	11:44.34	C-USA Championships (5/15)

4x100m Relay

Memphis	49.50	SEMO Gatorade Classic (4/3)
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4x400m Relay

Memphis	3:56.17	C-USA Championships (5/15)
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400m Hurdles

Tabitha Russell	1:07.54	Bulldog Invitational (3/27)
Camillia Lucas	1:20.22	Bulldog Invitational (3/27)

High Jump

Victoria Crawford	1.68m	C-USA Championships (5/15)
Lindsay Cade	1.63m	Murray State Twilight (4/24)
Shelly Alexin	1.57m	Ole Miss Dual (4/10)

Long Jump

Victoria Crawford	5.70m	C-USA Championships (5/15)
Cassandra Harding	5.40m	Mississippi Invitational (4/17)

Triple Jump

Victoria Crawford	12.52m	C-USA Championships (5/15)
Cassandra Harding	12.01m	C-USA Championships (5/15)

Javelin

Victoria Crawford	28.10m	Mississippi Invitational (4/17)
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Heptathlon

Victoria Crawford	4,849 pts.	C-USA Championships (5/15)
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