

2007 MEMPHIS

TRACK



Gail Lee
Throws

2007 PREVIEW

Making the Turn

Tiger Track Team Looks to Join Conference Elite

While it may only be his first season as head track and field coach at the University of Memphis, Kevin Robinson is already expecting to see his athletes make major improvements and for the Tigers to have one of their highest ever finishes in Conference USA.

The Tigers' 2007 schedule reflects the lofty expectations of their new head coach. The team is slated to compete in several events hosted by national powerhouses such as Arkansas and LSU as well as the widely respected Texas Relays.

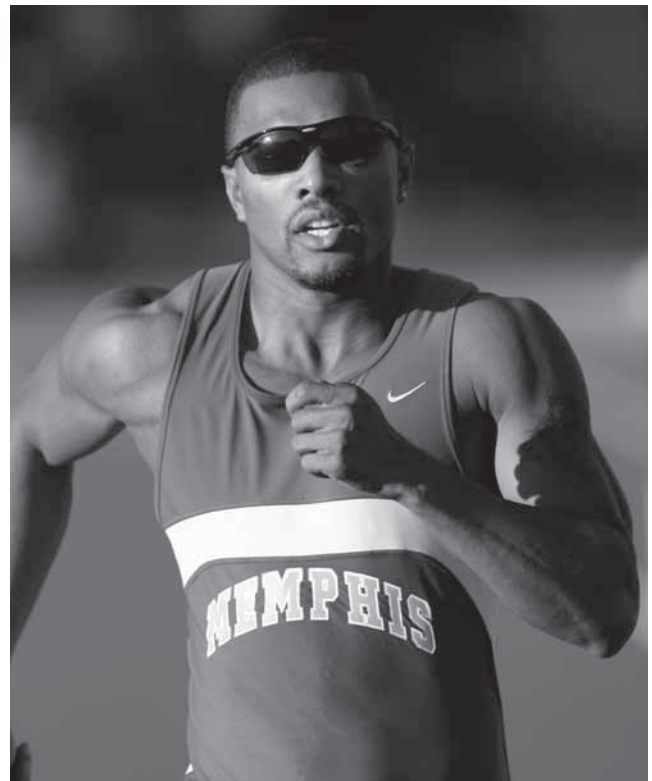
Sprints

One of the most improved areas on the team should be the sprints, where Memphis returns a host of experienced runners. Senior Willie Green figures to be one of the Tigers' biggest

standouts in the short events. Green has one season of outdoor eligibility remaining, and the school record holder in the 100 meters will try to improve on his third-place conference finish from 2006.

"I think we're going to be the best that we've been in sprints for years," said Robinson. "We bring Willie back, and he's taken as high as third in three different conference championships, both indoor and outdoor. He's the best sprinter we've had here in the past five years."

During the indoor season look for Barton Community College transfer Andre Hicks to make an impact in the 60-meters. The Tigers will also look for points from Dae-mien Jefferson, Larry Harris and Stephon Greenlee in the 200-meters and the 400-meters. Greenlee missed much of last season with an injury,



100-Meter Record Holder Willie Green

and will return to shore up an already strong squad of hurdlers. Harris, a 2004 NCAA Regional Qualifier, took fourth in the conference in the 100-meter hurdles at the 2006 outdoor meet and second in the 60-meter hurdles at the indoor meet. Fellow Tiger hurdler Amaechi Oselukwue took second in the 400-IM.

"Our hurdlers will be among the best in the conference," said Robinson. "We return both Amaechi and Larry who were solid scorers last year and we get back Stephon, who we didn't have last year in the outdoors. I'm looking for hurdles to be one our biggest strengths this year."

Sophomore Jarred Jones had a strong fall and is expected to lead Memphis in the 400-meters. Green, Thomas and Jefferson return to anchor the Tiger 4x100 team that reached the NCAA regionals in 2006.

Middle Distance

Led by Coach Mike Power, the Tigers' middle distance group will see immediate results.

Geoff Standen will likely be the Tigers' standout in the middle distance events. The sophomore had a great fall, leading the Memphis cross country team in two of their meets.

"Geoff's personal best is very competitive with the rest of the conference," said Robinson. "He had a good fall in cross-country and made some major improvements there. I think that's going to make him much stronger this year."

Standen will be joined in the 800 by fellow cross country runner Sam James, who specialized in the 400-meters last season.



2006 Regional Qualifier Damien Jefferson



Two-Time Regional Qualifier Brandon Winbush

Distance

In the distance events, sophomore Juan Arboleda will be called upon to jump into the forefront. Arboleda was the Tigers' top runner in the fall cross country season and was named C-USA Male Athlete of the Week after his performance at the Arkansas State Sweepstakes.

"Juan has the potential to be a factor," said Robinson. "We hope that he continues to improve. He worked hard during the cross-country season and made some significant strides, so we hope that he will be a factor."

Jumps

During Robinson's four years as a field coach, the Tigers experienced unprecedented success, and now Memphis looks to move to the front of the pack in C-USA in the jumping and throwing events. In the jumps, Memphis returns Brandon Winbush, who was an NCAA Championships automatic qualifier in the long jump in 2005 and 2006. He has finished second in the event at both the C-USA Outdoor and

Indoor Championships and is a two-time all-region athlete.

"Brandon is an excellent jumper," said Robinson. "We're looking for him to go well over 25 feet this year and possibly get to all-American status."

Triple jumper Richard Swaby had a rough transition last season after coming to Memphis from Jamaica. However, Robinson is impressed with the sophomore's athleticism and expects him to compete well in 2006.

"I don't think Richard ever found his groove last season," said Robinson. "He has a lot of talent and a tremendous work ethic. I've seen him long jump 24 feet before. Now we just need him to put it together in a meet situation."

Andre Hicks will compete in the high jump. The transfer set a personal best of 6-10 in the high jump last season while helping to lead Barton Community College to the Junior College National Championship.

"Andre is another kid who has a lot of untapped potential," said Robinson. "He has phenomenal work ethic and a

great disposition. I think he'll go on to great things while he is here."

Sophomore Brian Prackett will be the Tigers' sole competitor in the pole vault. The West Memphis, Ark., native scored for the Tigers at the conference level during his first year at the U of M and can provide solid scoring for the Tigers again this season.

Throws

The Tiger throwers group will have to replace NCAA Championship qualifier J. D. Erickson, who set a school record in the indoor weight throw last season. The most likely candidate is Nobert Guylas, a multiple time regional qualifier who has scored in every conference meet he has competed in during his collegiate career.

Robinson is also excited about the potential of transfer Glen Edwards, who the coach feels has a good chance to challenge for the C-USA title in the shot put. Edwards was a two-time junior college all-American at Barton Community College.

"Glen is going to be a great thrower," said Robinson. "He has a lot of talent and a lot of heart. I'm really excited to see how he performs for us this year."

Memphis will also count on Greg Norrid who scored in both the javelin and the shot put at the C-USA outdoors and should be a factor in both events this season. Senior Tyler Frazier, who will represent the Tigers in the javelin, is coming off a fifth-place finish in the C-USA Tournament in 2005. Rounding out the throws group will be redshirt freshman Harding Zills in the shot put, discus and weight throw.

Multi

Local product Jason Morgan will be the Tigers' lone representative in the multi-events. The Germantown native was third in the heptathlon at the conference indoor meet before being forced to withdraw because of injury. This season he will compete in both the heptathlon and the decathlon in the outdoor season. He will also provide help in the javelin and 400IM as well.



Two-Time Regional Discus Competitor Norbert Guylas

A New Dawn

First-Year Coaching Staff Looks to Move Lady Tigers to New Ground

After finishing eighth in Conference USA in 2006, first year head coach Kevin Robinson is looking to move the Lady Tiger track program to a level of success that it has not experienced for many seasons.

Rebuilding the program will be a difficult task, and Robinson is looking to add new talent to his squad. However, the first-year head man inherits a number of experienced athletes, particularly in the field events where he has worked as an assistant for five years.

Sprints

For the first time in years, the Lady Tiger sprint group looks as though it will have legitimate conference title contenders, and first-year sprints coach Nic Fortenberry has an abundance of raw talent on his hands.

Freshman LaShundra Kershaw turned heads in fall practice with her blinding speed in the 100 meters. The freshman from Lambert, Miss., was a state champion in both the 100 and 200-meters in high school.

The Lady Tigers' other challenger in the sprints will be senior LaShunda Flake. Flake is the team's top returning sprinter, after setting a personal-best 11.92 in the 100 meters last season.

"We have two really solid sprinters in LaShundra Kershaw and LaShunda Flake," said Robinson. "LaShundra runs under 12 seconds in the 100-meters, and she's had almost no training up to this point. Flake is another athlete with a lot of potential, and she just needs to continue to improve."

Ashley Stewart, who hails from nearby Little Rock, Ark.,



Steeplechase Record Holder Emily Malinowski

will compete for the Lady Tigers in the hurdles, as will heptathlete Eryka Morris.

Middle Distance

Mary Claire Dake and Becca McMahon will lead the Lady Tigers in the 800 and 1500 meters. Both competitors are coming off strong cross country campaigns that saw them set new personal best marks.

Dake ran particularly well developing in to a strong No. 2 runner for Memphis in the cross-country season. McMahon and Dake are two of only

five seniors on the Lady Tiger squad, and their meet experience should help to make them competitive this season.

Distance

Emily Malinowski is coming off of a cross country campaign that saw her lead the Lady Tigers in every meet. In the 2006 outdoor season Malinowski set school records in both the 3000 meters (9:58.94) and the 3000-meter steeplechase (10:55.92). The sophomore was just four seconds from qualifying for the regionals in steeplechase in 2006, and should be one of the league's top competitors in the event again this season.

"Emily is just great to coach," said Robinson. "She is a great athlete, and great student. We expect her to be a contender for the conference title in the steeplechase. She's probably the best returning competitor in Conference USA in that event."

With the addition of Coach Mike Power, look for the distance events to explode in the near future.



Three-Time Regional Participant Chen Edri



Pole Vault Record Holder Whitney Bolton

Jumps

Memphis' jumps group will be led by former Lady Tiger triple jumper Lisa-Marie Hyman, who is in her first year as an assistant coach.

Gaylon Muhammad and Cassandra Harding will represent Memphis in the triple jump and long jump, and the duo should be very competitive. Harding holds a personal best of 40-7.75 in the triple jump. Sprinter LaShundra Kershaw will also participate in the long jump along with heptathlete Eryka Morris. In addition to her high school titles on the track, Kershaw was third in the state in the long jump in 2006 with a mark of 17-11.

Whitney Bolton returns after remarkable freshman cam-

paign that saw set the school record in both the indoor (11-0) and outdoor (11-5.75) pole vault. Now a sophomore, she looks to improve on her fourth-place-finish from last year at the C-USA Outdoor Championships. She will be complemented by the arrival of sophomore transfer Ashton Baldwin, whose personal best last year at Texas State would have placed her second in C-USA.

Junior Chen Edri will also be a strong performer for Memphis in the high jump. After struggling somewhat in the high jump last season, Edri will try to return to her 2005 form when she qualified the NCAA Regionals and was named the C-USA Freshman of the Year.

Throws

With the return of several promising athletes, including two-time national championships qualifier and 2005 All-American Gail Lee, the Memphis throws group looks to be one of the best in Conference USA in 2007.

The only All-American in the history of the Lady Tiger track program, Lee returns for her final season and for the first time will compete both indoors and outdoors. The senior reached the NCAA Championships for a second consecutive season last year, and was also the conference champion in the outdoor shot put. This year, she will look to claim her second C-USA outdoor and indoor shot titles and will try bring home the national championship that has eluded her over the past two years.

"The only person that can beat Gail is Gail," said Robinson. "She's the best there is and one of the best that I've ever coached. She has every opportunity to go to the national championships and compete at the highest level."

Lee will be joined in the shot by Sivan Aballi, Susan

King and Nicole Jackson. Aballi and King both qualified for the NCAA Regional in the shot and discus. The pair was among C-USA's top five in the shot put and discus in 2005 and should push Lee for the title again this season.

Robinson also has high hopes for thrower Angela Wigley, another freshman who possesses a lot of raw talent.

Rounding out the throws group will be Edri, who in addition to her jumping ability has twice qualified for the regionals in the javelin, and last season set a school record in the event with a throw of 143-6.

Multi

Eryka Morris will compete for Memphis in the heptathlon and pentathlon. Morris was a 19-foot long jumper and state champion sprinter coming out of high school, but nagging hamstring injuries have hampered her through much of her collegiate career. Healthy again, Morris is expected to perform well and provide the Lady Tigers with valuable points in the conference championships.



Two-Time Regional Qualifier Sivan Aballi

INTRO

PREVIEW

ATHLETES

COACHES

06 PREVIEW

HISTORY

2007 NCAA QUALIFYING STANDARDS

INTRO

PREVIEW

ATHLETES

COACHES

06 REVIEW

HISTORY

2007 NCAA Men's Indoor Qualifying Standards

Event	AUTOMATIC		PROVISIONAL	
	FAT	MT	FAT	MT
55 Meters	6.14@	—	6.26@	—
60 Meters	6.62@	—	6.74@	—
55-Meter Hurdles	7.17@	—	7.38@	—
60-Meter Hurdles	7.70@	—	7.91@	—
200 Meters				
(Under 200m/220 yds)*	21.33	—	21.73	—
(200m/220 yds)*	21.08	—	21.48	—
(Banked or Over 200m/220 yds)*	20.83	—	21.23	—
400 Meters				
(Under 200m/220 yds)*	46.85	46.6	48.05	47.8
(200m/220 yds)*	46.45	46.2	47.65	47.4
(Banked or Over 200m/220 yds)*	46.05	45.8	47.25	47.0
800 Meters#				
(200m/220 yds or less)*	1:48.40	1:48.1	1:50.50	1:50.2
(Banked or Over 200m/220 yds)*	1:47.80	1:47.5	1:49.90	1:49.6
Mile#				
(200m/220 yds or less)*	3:59.80	3:59.5	4:04.80	4:04.5
(Banked or Over 200m/220 yds)*	3:59.00	3:58.7	4:04.00	4:03.7
3,000 Meters#				
(200m/220 yds or less)*	7:55.30	7:55.0	8:06.30	8:06.0
(Banked or Over 200m/220 yds)*	7:54.00	7:53.7	8:05.00	8:04.7
5,000 Meters#				
(200m/220 yds or less)*	13:49.90	13:49.6	14:11.90	14:11.6
(Banked or Over 200m/220 yds)*	13:48.00	13:47.7	14:10.00	14:09.7
1,600-Meter Relay				
(Under 200m/220 yds)*	3:09.70	3:09.4	3:13.60	3:13.3
(200m/220 yds)*	3:08.10	3:07.8	3:12.00	3:11.7
(Banked or Over 200m/220 yds)*	3:06.50	3:06.2	3:10.40	3:10.1
Mile Relay				
(Under 200m/220 yds)*	3:10.90	3:10.6	3:14.80	3:14.5
(200m/220 yds)*	3:09.30	3:09.0	3:13.20	3:12.9
(Banked or Over 200m/220 yds)*	3:07.70	3:07.4	3:11.60	3:11.3
Distance Medley Relay—Meters#				
(200m/220 yds or less)*	9:36.20	9:35.9	9:47.90	9:47.6
(Banked or Over 200m/220 yds)*	9:34.00	9:33.7	9:45.70	9:45.4
Distance Medley Relay—Yards#				
(200 m/220 yds or less)*	9:39.70	9:39.4	9:51.40	9:51.1
(Banked or Over 200 m/220 yds)	*9:37.50	9:37.2	9:49.20	9:48.9

@ Qualifying times attained at altitude of 6,000 feet and above, add .04 seconds. Times attained at altitude of 3,000-5,999 feet, add .02 seconds.

High Jump	7-4 1/2 (2.24)	7-1 (2.16)
Pole Vault	18-0 1/2 (5.50)	17-0 3/4 (5.20)
Long Jump	25-9 1/4 (7.85)	24-7 1/4 (7.50)
Triple Jump	52-9 3/4 (16.10)	50-6 (15.40)
Shot Put	63-4 (19.30)	58-3 (17.75)
35-Pound Weight	70-6 1/3 (21.50)	63-11 3/4 (19.50)
Heptathlon	5,650 points	5,300 points

*—Size of track.
#—Altitude adjustment available.
()—Metric Distance

2007 NCAA Men's Outdoor Regional Qualifying Standards

Event	FAT	MT	Altitude
			Adjustment
100 Meters	10.50	--	+0.03/+0.06
200 Meters	21.19	--	+0.07/+0.12
400 Meters	47.20	46.9	+0.11/+0.21
800 Meters#	1:50.40	1:50.1	
1,500 Meters#	3:47.80	3:47.5	
Mile#	4:03.75	4:03.5	
3,000-Meter Steeplechase#	9:07.00	9:06.7	
5,000 Meters#	14:12.00	14:11.7	
10,000 Meters# - Auto	28:45.00	28:44.7	
10,000 Meters# - Prov	29:30.00	29:29.7	
110-Meter Hurdles	14.30	--	+0.04/+0.08
400-Meter Hurdles	52.51	52.2	+0.11/+0.21
400-Meter Relay	40.66	40.4	+0.12/+0.24
440-Yard Relay	40.86	40.6	+0.12/+0.24
1,600-Meter Relay	3:10.00	3:09.7	+0.44/+0.84
Mile Relay	3:11.20	3:10.9	+0.44/+0.84
High Jump	6-10 3/4 (2.10)		
Pole Vault	16-6 3/4 (5.05)		
Long Jump	24-1 (7.34)		
Triple Jump	49-5 3/4 (15.00)		
Shot Put	55-1 1/2 (16.80)		
Discus	169-7 (51.70)		
Javelin	202-1 (61.60)		
Hammer	182-5 (55.60)		
Decathlon - Auto	7,500 points		
Decathlon - Prov	6,900 points		

#—Altitude adjustment available.
()—Metric Distance

2007 NCAA Women's Indoor Qualifying Standards

Event	AUTOMATIC		PROVISIONAL	
	FAT	MT	FAT	MT
55 Meters	6.75@	—	6.92@	—
60 Meters	7.27@	—	7.44@	—
55-Meter Hurdles	7.58@	—	7.86@	—
60-Meter Hurdles	8.15@	—	8.43@	—
200 Meters				
(Under 200m/220 yds)*	23.70	—	24.30	—
(200m/220 yds)*	23.50	—	24.10	—
(Banked or Over 200m/220 yds)*	23.30	—	23.90	—
400 Meters				
(Under 200m/220 yds)*	53.00	52.7	55.00	54.7
(200m/220 yds)*	52.70	52.4	54.70	54.4
(Banked or Over 200m/220 yds)*	52.40	52.1	54.40	54.1
800 Meters#				
(200m/220 yds or less)*	2:05.60	2:05.3	2:09.40	2:09.1
(Banked or Over 200m/220 yds)*	2:05.20	2:04.9	2:09.00	2:08.7
Mile#				
(200m/220 yds or less)*	4:40.60	4:40.3	4:48.60	4:48.3
(Banked or Over 200m/220 yds)*	4:40.00	4:39.7	4:48.00	4:47.7
3,000 Meters#				
(200m/220 yds or less)*	9:15.80	9:15.5	9:34.80	9:34.5
(Banked or Over 200m/220 yds)*	9:15.00	9:14.7	9:34.00	9:33.7
5,000 Meters#				
(200m/220 yds or less)*	16:09.60	16:09.3	16:43.60	16:43.3
(Banked or Over 200m/220 yds)*	16:08.00	16:07.7	16:42.00	16:41.7
1,600-Meter Relay				
(Under 200m/220 yds)*	3:35.40	3:35.1	3:42.40	3:42.1
(200m/220 yds)*	3:34.20	3:33.9	3:41.20	3:40.9
(Banked or Over 200m/220 yds)*	3:33.00	3:32.7	3:40.00	3:39.7
Mile Relay				
(Under 200m/220 yds)*	3:36.60	3:36.3	3:43.60	3:43.3
(200m/220 yds)*	3:35.40	3:35.1	3:42.40	3:42.1
(Banked or Over 200m/220 yds)*	3:34.20	3:33.9	3:41.20	3:40.9
Distance Medley Relay—Meters#				
(200m/220 yds or less)*	11:11.00	11:10.7	11:32.00	11:31.7
(Banked or Over 200m/220 yds)*	11:09.00	11:08.7	11:30.00	11:29.7
Distance Medley Relay—Yards#				
(200m/220 yds or less)*	11:14.50	11:14.2	11:35.50	11:35.2
(Banked or Over 200m/220 yds)*	11:12.50	11:12.2	11:33.50	11:33.2

@ Qualifying times attained at altitude of 6,000 feet and above, add .04 seconds. Times attained at altitude of 3,000-5,999 feet, add .02 seconds.

High Jump	6-0 1/2 (1.84)	5-10 (1.78)
Pole Vault	13-9 1/4 (4.20)	12-11 1/2 (3.95)
Long Jump	21-0 (6.40)	20-0 1/4 (6.10)
Triple Jump	47-3 3/4 (13.30)	41-6 (12.65)
Shot Put	55-5 1/2 (16.90)	49-10 1/3 (15.20)
20-Pound Weight	68-10 3/4 (21.00)	62-4 (19.00)
Pentathlon	4,050 points	3,700 points

*—Size of track.
#—Altitude adjustment available.
()—Metric Distance

2007 NCAA Women's Outdoor Regional Qualifying Standards

Event	FAT	MT	Altitude
			Adjustment
100 Meters	11.75	--	+0.03/+0.07
200 Meters	23.96	--	+0.07/+0.14
400 Meters	54.61	54.3	+0.11/+0.21
800 Meters#	2:09.80	2:09.5	
1,500 Meters#	4:27.80	4:27.5	
Mile#	4:49.60	4:49.3	
3,000-Meter Steeplechase#	10:50.25	10:50.0	
5,000 Meters#	16:52.00	16:51.7	
10,000 Meters# - Auto	33:30.00	33:29.7	
10,000 Meters# - Prov	35:00.00	34:59.7	
100-Meter Hurdles	13.92	--	+0.04/+0.08
400-Meter Hurdles	1:00.82	1:00.5	+0.11/+0.21
400-Meter Relay	45.70	45.4	+0.12/+0.28
440-Yard Relay	45.90	45.6	+0.12/+0.28
1,600-Meter Relay	3:42.00	3:41.7	+0.44/+0.84
Mile Relay	3:43.20	3:42.9	+0.44/+0.84
High Jump	5-8 3/4 (1.75)		
Pole Vault	12-5 1/2 (3.80)		
Long Jump	19-8 (6.00)		
Triple Jump	40-5 (12.32)		
Shot Put	46-11 (14.30)		
Discus	155-2 (47.30)		
Javelin	142-6 (43.45)		
Hammer	177-8 (54.15)		
Heptathlon - Auto	5,500 points		
Heptathlon - Prov	5,050 points		

#—Altitude adjustment available.
()—Metric Distance