

2008 Memphis Track and Field



08 PREVIEW

Continued Success

After claiming the C-USA Outdoor crown, Memphis men look to repeat in 2008.

The University of Memphis men's track and field team is coming off an amazing outdoor season, where it claimed the 2007 Conference USA Outdoor title, for the first time in school history. Led by head coach Kevin Robinson, the Tigers shocked the conference and came home victorious with a lot to be happy about.

The Tigers return conference champions in Glen Edwards, Steffen Nerdal and Amaechi Oselukwue, while adding several talented newcomers this year that all are capable of being conference champions in their own right.

"I told the team that we surprised everybody last year

at conference, so now they're all out to get us this year. We have a deeper team than last time and the goal is to win it all. We will do our part and train the best we can, and hopefully when the time comes, we will be ready."

Sprints/Hurdles

In the hurdles, C-USA 110 hurdle-champion Amaechi Oselukwue is on the rise. After capturing first in the 110 hurdles and fourth in the 400-meter hurdles, Oselukwue has a lot to look forward to in 2008. He will be joined by a few young hurdlers that will bolster the hurdles unit and look to make a 1-2-3 punch at conference.

Freshman Darius Ander-

son will also enter the hurdle scene. Hailing from Texas, Anderson will leave his talent on the track and look to be right in the hurdles race this season.

"Darius is a really competitive guy and has been keeping Amaechi on his toes. They tend to keep each other in check," said assistant coach Nic Fortenberry. "I have been very pleased with what I have seen and I hope there's more to come. The hurdles depth is there on the men's side, and I am very pleased."

Filling the void in the 100 meters will be freshman Frashod Barlow. The Franklin, Tenn. native will compete in the sprints for the U of M and is someone to keep an eye out for.

"Frashod is a local guy,

who had some success at the state meet in the 100 meters and 200 meters, but I expect him to do way better on the college level. The pressure to come in and replace a conference champion is hard, so he is feeling it," said Fortenberry. "I feel he can come in and place in both the 100 meters and 200 meters."

Distance

Something new to the distance scene will be the amount of newcomers for the 2008 season. With Sam James the only returning veteran distance runner, the Memphis native will be the leader.

"On the men's side, we have Sam, who is ready to run low 1:50's, and he really wants to do that," said assistant coach Mike Power.



Steffen Nerdal 2007 NCAA Championship Qualifier



Amaechi Oselukwue C-USA 110 Hurdle Champion



Glen Edwards C-USA Indoor Shot Put Champion

Guy Hudson will join James in the 800 meters. With a season of cross country under him, he will look to compete for the top 800 meter spot during the indoor season.

“He (Guy) should come in and really battle with Sam for the top 800 position,” said Power.

Hudson and Jorgen Ekdahl both ran cross country this season for the Tigers, and both improved with every meet. While Hudson will concentrate more on the 800 meters, Ekdahl will be competing in the longer distance races for Memphis.

“Jorgen is going to be really good for us this year. I expect him to move into the steeplechase role and be very effective in the outdoor season ,and he’s going to be great in the indoor in the 3k and 5k,” said Power.

Throws

In only his first year at the

U of M after transferring from Barton Community College, Glen Edwards became the C-USA Indoor shot put champion and will be returning to defend his title. Edwards won the shot put with a distance of 16.88 meters. Edwards came in second in the shot put in the outdoor season, while also placing in the discus.

Freshman Steffen Nerdal made a huge impact in his freshman campaign. Nerdal was named C-USA Outdoor Male Freshman of the Year. At C-USA Outdoors, he won the hammer throw with a distance of 60.59 meters and placed fourth in the discus. His distance of 60.59 meters broke the 11-year old school record previously by Robinson. Nerdal qualified for the NCAA Mideast Regional in both the discus and hammer and was the first freshman in U of M track and field history to compete at the NCAA Championships.

The men are stacked in the throws, as they have four returnees and four newcomers

all capable of placing in their respective events come conference time.

Greg Norrid and Harding Zills, who both scored at conference last year are also back. Norrid placed in the shot put and discus, while Zills placed in the hammer.

Christian McDonald, in his first year at Memphis, qualified for the NCAA Mid-east Regionals in the javelin. He had a season best throw of 63.39 meters at C-USA Outdoors, which earned him a second-place finish.

Jumps

Richard Swaby and Andre Hicks will provide experience, as they both scored in their respective jumping events at 2007 outdoor conference. They will be joined by freshmen Aaron Whetstone and Jerome Leslie, who will add depth to the jumps and will fill the void left by Brandon Winbush. Whetstone and Leslie should fit right in and make an

immediate impact.

Junior Brian Prackett, who placed sixth in the pole vault at indoor conference and third in outdoor, is back to make sure that he leaps to new heights.

“We added Robbey Rasmussen in the pole vault for men to help aid Brian. He’s going to be a very, very good vaulter and was state champion last year,” added Robinson. “He has a strong background in the pole vault coming in, and is already looking to be a strong contender as a freshman at conference.”

Multis

Jason Morgan, who has the school record in the heptathlon with 4,728 points, will no longer be alone. With the addition of two multi-event athletes, the Tigers will have a new look in 2008. Morgan placed seventh at C-USA Indoors in the heptathlon and fifth at C-USA Outdoors in the decathlon.



Jason Morgan Heptathlon Record Holder



No Holding Back

Memphis women are aiming high in 2008.

Under head coach Kevin Robinson, the U of M's women's track and field team made some major improvements in the 2007 season. Now, in his second season, Robinson is counting on his veterans and newcomers to make their mark in Conference USA.

With seven new faces, the women's team will have the depth it needs to be a strong contender come conference time. New additions in the sprints, hurdles and multi-events give the women the edge they need in 2008.

Sprints/Hurdles

With a lack of numbers and a few injuries on the women's sprint side, the results were not exactly what they had hoped for in the 2007 season. This year, with Ashley Stewart and LaShundra Kershaw healthy

and the addition of several talented freshmen, the Lady Tigers seem to have found what they were looking for.

Newcomer Jessica Wright will fit right in the sprints line-up. The Mississippi native was state champion in the long jump and 400 meters as a high school senior.

On the hurdles side, things have flipped with the men's team. It is now the women that have a good amount of hurdlers for the 2008 season.

"All of the newcomers that we brought in were conference or state champions, so I am expecting all of them to do well," said assistant coach Fortenberry. "We didn't have any female hurdlers last year, so the pressure to live up to any standards isn't there, but I believe all the ladies will place



Emily Malinowski Two-Time NCAA Regional Qualifier

well come conference time."

Distance

The women's distance team is no stranger to breaking school records. Emily Malinowski and Tina Sherratt broke a combined eight school records last year. With a year of valuable experience under their belt, the 2008 season may be another one for the record books.

In Sherratt's first season here, she broke the indoor 800 meter and mile marks and was a part of the distance medley—along with Malinowski—that set a school record. Come outdoor season, she continued where she left off, claiming the outdoor 800-meter and 1500 meter records.

Malinowski broke the indoor 5000-meter record and then broke the outdoor 3000-meter steeplechase and 5000-meter records. She has had nothing short of success while at the U of M, and Malinowski will lead the women's distance

side in 2008 in hopes of a winning season.

"I really believe that Emily and Tina can improve on what they accomplished last season. We are stronger now and we want to perform better," said assistant coach Mike Power.

Throws

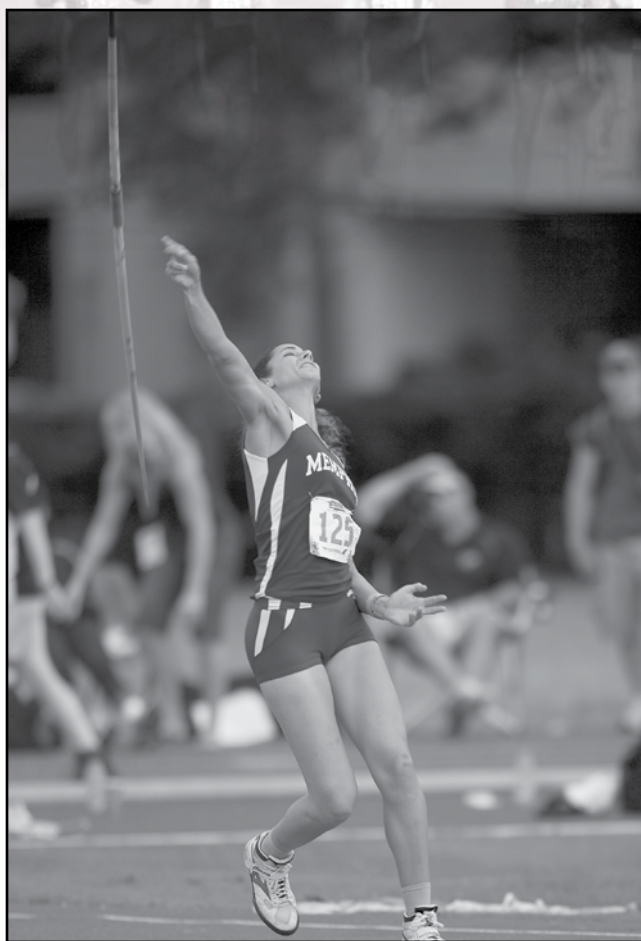
The women's throws will be nothing short of exciting come the 2008 season. With Sivan Aballi redshirting the 2007 outdoor season and Susan King redshirting both seasons, the women's throws will be looking to come back in full force.

"I took Susan out and redshirted her the whole year because I knew what type of season Gail was going to have," said Robinson. "Coming into this season, Susan should be the most dominant thrower in the conference. I look for Susan to be able to come in and compete at nearly the same level as Gail was performing. She is already throwing



Tina Sherratt 2007 NCAA Regional Qualifier





Chen Edri Four-Time NCAA Regional Qualifier

in practice what would have been all-American marks this past season. I think she can challenge the conference record set last year.

“We redshirted Sivan in the outdoors so that she would be able to come back and be competitive this year. Her and Susan combined can dominate the conference. I look for both of them to qualify for the indoor nationals and outdoor regionals,” added Robinson.

The Lady Tigers will suffer a loss with All-American, NCAA Regional and C-USA Champion Gail Lee having graduated, but there are still a few throwers who are ready to make an impact in their own way. “You don’t replace

Gail. Athletes like that are irreplaceable,” said Robinson.

Jumps

Chen Edri will, once again, be the high jumper to beat on the women’s side. Edri broke both of her own school records in the high jump in 2007, improving to 1.73 meters in the indoor high jump and 1.78 meters in the outdoor high jump. She brought home second place at conference outdoor in the high jump and qualified for NCAA Midwest Regionals for the third time in high jump. Edri has qualified every year since she was a freshman.

Gaylon Muhammad will be the lone triple jumper once

again this season. She set a personal record in the triple jump with a mark of 11.93 meters. Entering her senior campaign, she is ready to improve her mark. “Gaylon will provide the leadership role and help to keep the team together and focused,” said Fortenberry.

School record holders Ashton Baldwin and Whitney Bolton will be returning to lead the women’s pole vault. As juniors, they shared the school indoor and outdoor records in the pole vault. In the indoor season, they jumped 3.55 meters and in the outdoor they improved to 3.65 meters. Finishing in second and third place at C-USA Indoors last year, the duo will look to catapult to the top at the C-USA Championships.

“I look for Ashton and Whitney to be at the top this year. Hopefully, they will be battling each other for the top spot come conference time,” said Robinson.

Multis

Eryka Morris, in her first year with the Tigers, broke the pentathlon school record with a point total of 3,375 at the C-USA Indoor Championships, while placing fifth. In only her junior season, she will look to improve on her record and move up in the conference rankings. Morris will have a partner this year as Charlotte Abrahamsen, a native of Norway, will be joining her.

“Charlotte will help us in all areas. She is a regional qualifier in the shot put, javelin and a national qualifier in the heptathlon coming in, and her personal best in the high jump rivals our school record,” said Robinson. “She is one of the best recruits that we have had on the women’s side. As long as she stays healthy, I expect to see great things come from her.”



Susan King Two-Time NCAA Regional Qualifier



2008 NCAA QUALIFYING STANDARDS

2008 NCAA MEN'S INDOOR QUALIFYING STANDARDS

Event	AUTOMATIC		PROVISIONAL	
	FAT	MT	FAT	MT
55 Meters	6.14@	—	6.26@	—
60 Meters	6.63@	—	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)* 46.95	46.9	48.05	47.8	—
(200m/220 yds)* 46.55	46.3	47.65	47.4	—
(Banked or Over 200m/220 yds)*	46.15	45.9	47.25	47.0
800 Meters#				
(200m/220 yds or less)*	1:48.80	1:48.5	1:51.10	1:50.8
(Banked or Over 200m/220 yds)*	1:48.20	1:47.9	1:50.50	1:50.2
Mile#				
(200m/220 yds or less)*	4:00.30	4:00.0	4:04.80	4:04.5
(Banked or Over 200m/220 yds)*	3:59.50	3:59.2	4:04.00	4:03.7
3,000 Meters#				
(200m/220 yds or less)* 7:55.80	7:55.5	8:06.30	8:06.0	—
(Banked or Over 200m/220 yds)*	7:54.50	7:54.2	8:05.00	8:04.7
5,000 Meters#				
(200m/220 yds or less)* 13:48.90	13:48.6	14:11.90	14:11.6	—
(Banked or Over 200m/220 yds)*	13:47.00	13:46.7	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)* 3:10.70	3:10.4	3:14.80	3:14.5	—
(200m/220 yds)* 3:09.10	3:08.8	3:13.20	3:12.9	—
(Banked or Over 200m/220 yds)*	3:07.50	3:07.2	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.

	METRIC	METRIC
High Jump	2.24	2.14
Pole Vault	5.50	5.20
Long Jump	7.85	7.50
Triple Jump	16.10	15.40
Shot Put	19.30	17.75
35-Pound Weight	21.50	19.50
Heptathlon	5,650 points	5,300 points

*—Size of track.
#—Altitude adjustment available.

2008 NCAA Men's Outdoor Regional Qualifying Standards

Event	FAT	MT	Altitude
			Adjustment 3k-5,999/6k+
100 Meters	10.55	--	+03/+06
200 Meters	21.35	--	+07/+12
400 Meters	47.20	46.9	+11/+21
800 Meters#	1:50.40	1:50.1	—
1,500 Meters#	3:47.80	3:47.5	—
Mile#	4:06.00	4:05.7	—
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	--	+04/+08
400-Meter Hurdles	52.51	52.2	+11/+21
400-Meter Relay	40.66	40.4	+12/+24
440-Yard Relay	40.86	40.6	+12/+24
1,600-Meter Relay	3:10.00	3:09.7	+44/+84
Mile Relay	3:11.10	3:10.8	+44/+84
	Metric		
High Jump	2.10		
Pole Vault	5.05		
Long Jump	7.34		
Triple Jump	15.00		
Shot Put	16.80		
Discus	51.70		
Javelin	61.60		
Hammer	56.80		
Decathlon - Auto	7,500 points		
Decathlon - Prov	6,900 points		

- Altitude adjustment available

2008 NCAA WOMEN'S INDOOR QUALIFYING STANDARDS

Event	AUTOMATIC		PROVISIONAL	
	FAT	MT	FAT	MT
55 Meters	6.74@	—	6.92@	—
60 Meters	7.26@	—	7.44@	—
55-Meter Hurdles	7.57@	—	7.86@	—
60-Meter Hurdles	8.14@	—	8.43@	—
200 Meters				
(Under 200m/220 yds)*	23.60	—	24.30	—
(200m/220 yds)*	23.40	—	24.10	—
(Banked or Over 200m/220 yds)*	23.20	—	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)*	2:05.40	2:05.1	2:09.40	2:09.1
(Banked or Over 200m/220 yds)*	2:05.00	2:04.7	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	16:46.60	16:46.3
(Banked or Over 200m/220 yds)*	16:08.00	16:07.7	16:45.00	16:44.7
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.

	METRIC	METRIC
High Jump	1.85	1.78
Pole Vault	4.20	3.95
Long Jump	6.35	6.10
Triple Jump	13.30	12.65
Shot Put	16.90	15.20
20-Pound Weight	21.00	18.75
Pentathlon	4,050 points	3,700 points

*—Size of track.
#—Altitude adjustment available.

2008 NCAA Women's Outdoor Regional Qualifying Standards

Event	FAT	MT	Altitude
			Adjustment 3k-5,999/6k+
100 Meters	11.75	--	+03/+07
200 Meters	23.96	--	+07/+14
400 Meters	54.61	54.3	+11/+21
800 Meters#	2:09.80	2:09.5	—
1,500 Meters#	4:27.80	4:27.5	—
Mile#	4:49.30	4:49.0	—
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	--	+04/+08
400-Meters Hurdles	1:00.82	1:00.5	+11/+21
400-Meter Relay	45.70	45.4	+12/+28
440-Yard Relay	45.90	45.6	+12/+28
1,600-Meter Relay	3:42.00	3:41.7	+44/+84
Mile Relay	3:43.30	3:43.0	+44/+84
	Metric		
High Jump	1.75		
Pole Vault	3.85		
Long Jump	6.00		
Triple Jump	12.32		
Shot Put	14.30		
Discus	47.30		
Javelin	43.45		
Hammer	54.15		
Heptathlon - Auto	5,500 points		
Heptathlon - Prov	5,050 points		

- Altitude adjustment available