

2007 TCU TRACK AND FIELD

2007 Indoor Accolades

2007 All-Conference Team

Men

Delwayne Delaney, TCU (60-meter dash, 200-meter dash)
Dell Guy, TCU (400-meter dash)
Trey Jordan, TCU (Shot Put)
Justyn Warner, TCU (60-meter dash)

Women

Neidra Covington, TCU (Triple Jump)
Virgil Hodge, TCU (60-meter dash, 200-meter dash)
Nathandra John, TCU (400-meter dash)
Deborah Jones, TCU (400-meter dash)
Jamee Jones, TCU (60-meter dash)
Candis Kelley, TCU (Shot Put)
Kishelle Paul, TCU (200-meter dash, 60-meter hurdles)
Calandra Stewart, TCU (1 mile run)

Women's Relay

TCU 4x400 relay
(Marquita Davis, Kishelle Paul, Virgil Hodge, Nathandra John)

Conference Champions

Men

Delwayne Delaney (60 meters)

Women

Neidra Covington (Triple Jump)
Virgil Hodge (60 meters, 200 meters)
Candis Kelley (Shot Put)
4x400 relay (Marquita Davis, Kishelle Paul, Virgil Hodge, Nathandra John)

2007 NCAA Indoor Participants

Women

Virgil Hodge (60m, 200m)
Deborah Jones (4x400m)
Jamee Jones (4x400m)
Nathandra John (4x400m)
Kishelle Paul (4x400m)

All-Americans

Virgil Hodge (200m)
Deborah Jones (4x400m)
Jamee Jones (4x400m)
Nathandra John (4x400m)
Kishelle Paul (4x400m)

Freshman of the Year

Female
Neidra Covington
Male
Dell Guy

High-Point Award

Female
Virgil Hodge

2007 Outdoor Accolades

2007 All-Conference Team

Men

Delwayne Delaney (100-meter dash, 200-meter dash)
Dell Guy (200-meter dash, 400-meter dash)
Jonathan Jackson (Long Jump, Triple Jump)
Clint Renfro (400-meter hurdles)
Justyn Warner (100-meter dash)

Men's Relays

4x100 relay
(Raymond Jones, Delwayne Delaney, Justyn Warner, Dell Guy)
4x400 relay
(Clint Renfro, Delwayne Delaney, Raymond Jones, Dell Guy)

Women

Neidra Covington (Triple Jump)
McKale Davis (10,000-meter run)
Virgil Hodge (100-meter dash, 200-meter dash)
Nathandra John (400-meter dash)
Deborah Jones (200-meter dash, 400-meter dash)
Jamee Jones (100-meter dash, 200-meter dash)
Candis Kelley (Shot Put)
Kishelle Paul (100-meter hurdles, 400-meter hurdles)

Women's Relays

4x100 relay
(Kandis Bell, Jamee Jones, Deborah Jones, Virgil Hodge)
4x400 relay
(Kishelle Paul, Deborah Jones, Brittany Blaylock, Nathandra John)

Conference Champions

Men

Delwayne Delaney (100 meters, 200 meters)
Jonathan Jackson (triple jump, long jump)
Clint Renfro (400-meter hurdles)
4x100 relay
(Raymond Jones, Delwayne Delaney, Justyn Warner and Dell Guy)
4x400 relay
(Clint Renfro, Delwayne Delaney, Raymond Jones and Dell Guy)

Women

McKale Davis (10,000 meters)
Virgil Hodge (100 meters, 200 meters)
Deborah Jones (400 meters)
Candis Kelley (Shot put)
Kishelle Paul (100-meter hurdles)
4x100 relay
(Kandis Bell, Jamee Jones, Deborah Jones and Virgil Hodge)
4x400 relay
(Kishelle Paul, Deborah Jones, Brittany Blaylock and Nathandra John)

2007 NCAA Outdoor Participants

Men

Delwayne Delaney (100 meters)
Justyn Warner (100 meters)
Jonathan Jackson (Triple Jump)
4x100 Relay
(Raymond Jones, Delwayne Delaney, Warner and Dell Guy)
4x400 Relay
(Clint Renfro, Delaney, Raymond Jones and Dell Guy)

Women

Virgil Hodge (200 meters)
Deborah Jones (400 meters)
Nathandra John (400 meters)
Kishelle Paul (400-meter hurdles)
4x100 Relay
(Kandis Bell, Jamee Jones, Deborah Jones and Virgil Hodge)
4x400 Relay
(Marquita Davis, Deborah Jones, Kishelle Paul and Nathandra John)

All-Americans

Virgil Hodge (200 meters, 4x100m)
Jonathan Jackson (triple jump)
Kandis Bell (4x100m)
Deborah Jones (4x100m)
Jamee Jones (4x100m)

Academic All-District (ESPN The Magazine)

McKale Davis (First Team)

Freshman of the Year

Male
Dell Guy

High-Point Award

Male
Delwayne Delaney

Mountain West Conference Indoor Championships

Men

1.	BYU	180
2.	Colorado State	143
3.	Air Force	103
4.	Wyoming	100
5.	TCU	69
6.	New Mexico	62

Women

1.	BYU	179
2.	Colorado State	122
3.	TCU	116
4.	San Diego State	76
5.	Wyoming	47
6.	Utah	45
7.	New Mexico	38
8.	Air Force	21
9.	UNLV	18

NCAA Indoor Championships

41.	TCU	5
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Mountain West Conference Outdoor Championships

Men

1.	BYU	214
2.	Colorado State	166
3.	Air Force	146
4.	TCU	123
5.	Wyoming	88
6.	New Mexico	75

Women

1.	BYU	195
2.	TCU	152
3.	San Diego State	128
4.	Colorado State	119
5.	New Mexico	68
6.	Utah	49.50
7.	Air Force	47.50
8.	Wyoming	42
9.	UNLV	18

NCAA Midwest Regional

Men

Did not compete

Women

1.	Texas A&M	99
2.	Texas	67
3.	Nebraska	55
4.	Texas Tech	43
5.	TCU	42
6.	Minnesota	41.50
7.	Kansas State	38
8.	Iowa	34.50
9.	Texas-El Paso	29
10.	Oklahoma	26
	Oral Roberts	26
	Kansas	26

NCAA Outdoor Championships

t27.	TCU	9
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Mountain West Conference Athletes of the week

Women

Jan. 23	Virgil Hodge
Feb. 13	Candis Kelley
April 24	Virgil Hodge
May 2	Kishelle Paul

Male

March 27	Delwayne Delaney
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Men's 2007 Indoor Progressions

@ = NCAA automatic mark # = NCAA provisional mark sr = TCU record pr = Personal record ^ = Collegiate best P = Prelims

60 Meters

NCAA automatic/provisional: 6.62/6.74			
Mark	Athlete	Event (Date)	Place
6.68pr#	Delwayne Delaney	MWC Championships (2/23-24)	1
6.74pr	Justyn Warner	MWC Championships (2/23-24)	2
6.75 (P)	Delwayne Delaney	MWC Championships (2/23-24)	1
6.76 pr	Delwayne Delaney	Razorback Inv. (1/19-20)	6
6.77	Delwayne Delaney	Arkansas Last Chance (3/2)	4
6.78 (P)	Delwayne Delaney	Arkansas Last Chance (3/2)	3
6.79	Delwayne Delaney	Tyson Inv. (2/9)	7
6.80 (P)	Justyn Warner	MWC Championships (2/23-24)	1
6.80 (P)	Delwayne Delaney	Tyson Inv. (2/9)	9
6.80 (P)	Delwayne Delaney	Razorback Inv. (1/19-20)	5
6.84 (P)	Justyn Warner	Tyson Inv. (2/9)	16
6.86	Justyn Warner	Arkansas Inv. (1/12)	9
6.89 (P)pr	Jay Cooper	MWC Championships (2/23-24)	5
6.90 (P)	Justyn Warner	Arkansas Inv. (1/12)	10
6.91 (consolation)	Justyn Warner	Tyson Inv. (2/9)	7
6.92	Jay Cooper	MWC Championships (2/23-24)	6
6.92	Justyn Warner	Razorback Inv. (1/19-20)	10
6.94 (P)	Justyn Warner	Razorback Inv. (1/19-20)	10
7.07 (P)	Raymond Jones	MWC Championships (2/23-24)	10
7.06 (P)	Jay Cooper	Tyson Inv. (2/9)	41
7.16 (P)	Jay Cooper	Razorback Inv. (1/19-20)	27
7.17 (P)	Ray Jones	Razorback Inv. (1/19-20)	28
7.39 (P)	Adam Benz	Tyson Inv. (2/9)	53
7.43 (P)	Adam Benz	Arkansas Inv. (1/12)	40
7.90 (P)	Raymond Jones	Tyson Inv. (2/9)	56

200 Meters

NCAA automatic/provisional: 21.08/21.48			
Mark	Athlete	Event (Date)	Place
21.21#pr	Delwayne Delaney	MWC Championships (2/23-24)	3
21.39 (P)pr	Dell Guy	MWC Championships (2/23-24)	3
21.48	Delwayne Delaney	Razorback Inv. (1/19-20)	4
21.50 (P)	Delwayne Delaney	Tyson Inv. (2/10)	15
21.56 (P)	Delwayne Delaney	MWC Championships (2/23-24)	4
21.60	Delwayne Delaney	Arkansas Inv. (1/12)	4
21.74pr	Justyn Warner	MWC Championships (2/23-24)	4
21.81	Dell Guy	MWC Championships (2/23-24)	5
21.98pr	Jay Cooper	MWC Championships (2/23-24)	6
21.99 (P)	Justyn Warner	MWC Championships (2/23-24)	6
22.02 (P)	Jay Cooper	MWC Championships (2/23-24)	7
22.06	Dell Guy	Razorback Inv. (1/19-20)	13
22.06 (P)	Justyn Warner	Tyson Inv. (2/10)	40
22.11	Jay Cooper	Arkansas Inv. (1/12)	14
22.13	Clint Renfro	Arkansas Inv. (1/12)	15
22.19	Justyn Waner	Razorback Inv. (1/19-20)	16
22.23 (P)	Jay Cooper	Tyson Inv. (2/10)	43
22.25	Raymond Jones	Arkansas Inv. (1/12)	19
22.28	Jay Cooper	Razorback Inv. (1/19-20)	19
22.35	Clint Renfro	Razorback Inv. (1/19-20)	20
23.08	Evan Wright	Razorback Inv. (1/19-20)	44
23.16	Evan Wright	Arkansas Inv. (1/12)	30
23.17	Adam Benz	Arkansas Inv. (1/12)	31

400 Meters

NCAA automatic/provisional: 46.45/47.65			
Mark	Athlete	Event (Date)	Place
47.06#pr	Dell Guy	MWC Championships (2/23-24)	3
47.32(P)	Dell Guy	MWC Championships (2/23-24)	1
47.59	Dell Guy	Arkansas Last Chance (3/2)	7
47.95	Dell Guy	Tyson Inv. (2/9)	27
48.24 pr	Clint Renfro	MWC Championships (2/23-24)	5
48.41	Dell Guy	Arkansas Inv. (1/12)	15
48.53	Clint Renfro	Tyson Inv. (2/9)	38
48.65	Dell Guy	Razorback Inv. (1/19-20)	9
48.74 (P)	Clint Renfro	MWC Championships (2/23-24)	7
49.91 (P)	Evan Wright	MWC Championships (2/23-24)	14
50.78	Evan Wright	Tyson Inv. (2/9)	68
50.84	Evan Wright	Razorback Inv. (1/19-20)	37

1000 Meters

NCAA automatic/provisional: N/A			
Mark	Athlete	Event (Date)	Place
2:38.21	Cody Cook	Texas Tech Open	4

Mile Run

NCAA automatic/provisional: 3:59.80/4:04.80			
Mark	Athlete	Event (Date)	Place
4:33.23	Cody Cook	Arkansas Inv. (1/12)	21
4:33.85	Cody Cook	Tyson Inv. (2/9)	22
4:45.45	Michael Garcia	Texas Tech Open (2/3)	15

3000 Meters

NCAA automatic/provisional: 7:55.30/8:06.30			
Mark	Athlete	Event (Date)	Place
8:16.79 pr	Festus Kigen	Arkansas Inv. (1/12)	4
8:29.31	Festus Kigen	MWC Championships (2/23-24)	5
8:48.87 pr	Matt Manly	Arkansas Inv. (1/12)	6
8:59.12 pr	Michael Garcia	Tyson Inv. (2/10)	12
9:04.05	Matt Manly	MWC Championships (2/23-24)	18
9:21.44	Michael Garcia	Arkansas Inv. (1/12)	19

5000 Meters

NCAA automatic/provisional: 13:49.90/14:11.90			
Mark	Athlete	Event (Date)	Place
14:59.23 pr	Matt Manly	Tyson Inv. (2/9)	17
15:06.21	Matt Manly	Razorback Inv. (1/19-20)	4
15:31.45	Festus Kigen	MWC Championships (2/23-24)	10
15:45.52	Matt Manly	MWC Championships (2/23-24)	13

60-Meter Hurdles

NCAA automatic/provisional: 7.70/7.91			
Mark	Athlete	Event (Date)	Place

4x400-Meter Relay

NCAA automatic/provisional: 3:08.10/3:12.00			
Mark	Athlete	Event (Date)	Place
3:10.62	Clint Renfro Raymond Jones Dell Guy Delwayne Delaney	Arkansas Last Chance (3/2)	1
3:18.81	Clint Renfro Delwayne Delaney Jay Cooper Dell Guy	MWC Championships (2/23-24)	5

Distance Medley Relay

NCAA automatic/provisional: 9:36.20/9:47.90			
Mark	Athlete	Event (Date)	Place
11:33.10	Michael Garcia Evan Wright Cody Cook J.T. Reinert	MWC Championships (2/23-24)	6

High Jump

NCAA automatic/provisional: 7-04.25/7-01.00			
Mark	Athlete	Event (Date)	Place

Pole Vault

NCAA automatic/provisional: 18-00.50/17-00.75			
Mark	Athlete	Event (Date)	Place

Long Jump

NCAA automatic/provisional: 25-09.25/24-07.25			
Mark	Athlete	Event (Date)	Place

Triple Jump

NCAA automatic/provisional: 53-01.75/50-10.25

Mark	Athlete	Event (Date)	Place
51-08.50 (15.76m)#pr	Jonathan Jackson	Tyson Inv. (2/10)	7
51-03.50 (15.63m)#	Jonathan Jackson	Arkansas Inv. (1/12)	1

Shot Put

NCAA automatic/provisional: 63-04.00/58-03.00

Mark	Athlete	Event (Date)	Place
56-03.25 (16.94m)pr	Trey Jordan	MWC Championships (2/23-24)	3
55-07.00 (16.94m)	Trey Jordan	Razorback Inv. (1/19-20)	3
55-06.25 (16.92m)	Trey Jordan	Texas Tech Open (2/3)	1
54-11.50 (16.75m)	Trey Jordan	Arkansas Inv. (1/12)	1
53-05.00 (16.28m)	Tommy Killen	MWC Championships (2/23-24)	5
50-08.25 (15.45m)	Trey Jordan	Tyson Inv. (2/9)	20
50-03.50 (15.33m)	Tommy Killen	Texas Tech Open (2/3)	3
46-07.50 (14.21m)	Tommy Killen	Tyson Inv. (2/9)	25

Adam Benz

60 Meters		
Mark	Event (Date)	Place
7.39 (P)	Tyson Inv. (2/9)	53
7.43 (P)pr	Arkansas Inv. (1/12)	40

200 Meters		
Mark	Event (Date)	Place
23.17pr	Arkansas Inv. (1/12)	31

Cody Cook

1000 Meters		
Mark	Event (Date)	Place
2:38.21	Texas Tech Open (2/3)	4

Mile Run		
Mark	Event (Date)	Place
4:33.23	Arkansas Inv. (1/12)	21
4:33.85	Tyson Inv. (2/9)	22

Distance Medley Relay		
Mark	Event (Date)	Place
11:33.10	MWC Championships (2/23-24)	6

Jay Cooper

60 Meters		
Mark	Event (Date)	Place
6.89 (P)pr	MWC Championships (2/23-24)	5
6.92	MWC Championships (2/23-24)	6
7.06 (P)	Tyson Inv. (2/9)	41
7.16 (P)	Razorback Inv. (1/19-20)	27

200 Meters		
Mark	Event (Date)	Place
21.98 pr	MWC Championships (2/23-24)	6
22.02 (P)	MWC Championships (2/23-24)	7
22.11	Arkansas Inv. (1/12)	14
22.23 (P)	Tyson Inv. (2/10)	43
22.28	Razorback Inv. (1/19-20)	19

4X400 Meter Relay		
Mark	Event (Date)	Place
3:18.81	MWC Championships (2/23-24)	5

Delwayne Delaney

60 Meters		
Mark	Event (Date)	Place
6.68#pr	MWC Championships (2/23-24)	1
6.75 (P)	MWC Championships (2/23-24)	1
6.76	Razorback Inv. (1/19-20)	6
6.79	Tyson Inv. (2/9)	7
6.80 (p)	Tyson Inv. (2/9)	9
6.80 (P)	Razorback Inv. (1/19-20)	5

200 Meters		
Mark	Event (Date)	Place
21.21#pr	MWC Championships (2/23-24)	3
21.48	Razorback Inv. (1/19-20)	4
21.50 (P)	Tyson Inv. (2/10)	15
21.56 (P)	MWC Championships (2/23-24)	4
21.60	Arkansas Inv. (1/12)	4

4X400 Meter Relay		
Mark	Event (Date)	Place
3:10.62	Arkansas Last Chance (3/2)	1
3:18.81	MWC Championships (2/23-24)	5

Michael Garcia

Mile Run		
Mark	Event (Date)	Place
4:45.45pr	Texas Tech Open (2/3)	15

3000 Meters		
Mark	Event (Date)	Place
8:59.12 pr	Tyson Inv. (2/10)	12
9:21.44	Arkansas Inv. (1/12)	19

Distance Medley Relay		
Mark	Event (Date)	Place
11:33.10	MWC Championships (2/23-24)	6

Dell Guy

200 Meters		
Mark	Event (Date)	Place
21.39pr(P)	MWC Championships (2/23-24)	3
21.81	MWC Championships (2/23-24)	5
22.06	Razorback Inv. (1/19-20)	13

400 Meters		
Mark	Event (Date)	Place
47.06pr#	MWC Championships (2/23-24)	3
47.32 (P)	MWC Championships (2/23-24)	1
47.95	Tyson Inv. (2/9)	27
48.41	Arkansas Inv. (1/12)	15
48.65	Razorback Inv. (1/19-20)	9

4X400 Meter Relay		
Mark	Event (Date)	Place
3:10.62	Arkansas Last Chance (3/2)	1
3:18.81	MWC Championships (2/23-24)	5

Jonathan Jackson

Triple Jump		
Mark	Event (Date)	Place
51-08.50 (15.76m)#pr	Tyson Inv. (2/10)	7
51-03.50 (15.63m)#	Arkansas Inv. (1/12)	1

Raymond Jones

60 Meters		
Mark	Event (Date)	Place
7.07 (P)	MWC Championships (2/23-24)	10
7.17 (P)	Razorback Inv. (1/19-20)	28
7.90 (P)	Tyson Inv. (2/9)	56

200 Meters		
Mark	Event (Date)	Place
22.25	Arkansas Inv. (1/12)	19

4X400 Meter Relay		
Mark	Event (Date)	Place
3:10.62	Arkansas Last Chance (3/2)	1

Trey Jordan

Shot Put		
Mark	Event (Date)	Place
56-03.25 (17.15m)pr	MWC Championships (2/23-24)	3
55-07.50 (16.94m)	Razorback Inv. (1/19-20)	3
55-06.25 (16.92m)	Texas Tech Open (2/3)	1
54-11.50 (16.75m)	Arkansas Inv. (1/12)	1
50-08.25 (15.45m)	Tyson Inv. (2/9)	20

Tommy Killen

Shot Put		
Mark	Event (Date)	Place
53-05.00 (16.28m)	MWC Championships (2/23-24)	5
50-03.50 (15.33m)	Texas Tech Open (2/3)	3
46-07.50 (14.21m)	Tyson Inv. (2/9)	25

Festus Kigen

3000 Meters		
Mark	Event (Date)	Place
8:16.79pr	Arkansas Inv. (1/12)	4
8:29.31	MWC Championships (2/23-24)	5

5000 Meters		
Mark	Event (Date)	Place
15:31.45	MWC Championships (2/23-24)	10

Matt Manly

3000 Meters		
Mark	Event (Date)	Place
8:48.87pr	Arkansas Inv. (1/12)	6
9:04.05	MWC Championships (2/23-24)	18

5000 Meters		
Mark	Event (Date)	Place
14:59.23 pr	Tyson Inv. (2/9)	17
15:06.21	Razorback Inv. (1/19-20)	4
15:45.52	MWC Championships (2/23-24)	13

Clint Renfro

200 Meters		
Mark	Event (Date)	Place
22.13pr	Arkansas Inv. (1/12)	15
22.35	Razorback Inv. (1/19-20)	20
400 Meters		
Mark	Event (Date)	Place
48.24pr	MWC Championships (2/23-24)	5
48.53	Tyson Inv. (2/9)	38
48.74 (P)	MWC Championships (2/23-24)	7
4X400 Meter Relay		
Mark	Event (Date)	Place
3:10.62	Arkansas Last Chance (3/2)	1
3:18.81	MWC Championships (2/23-24)	5

J.T. Reinert

Distance Medley Relay		
Mark	Event (Date)	Place
11:33.10	MWC Championships (2/23-24)	6

Justyn Warner

60 Meters		
Mark	Event (Date)	Place
6.74 pr	MWC Championships (2/23-24)	2
6.80 (P)	MWC Championships (2/23-24)	3
6.84 (P)	Tyson Inv. (2/9)	16
6.86	Arkansas Inv. (1/12)	9
6.90 (P)	Arkansas Inv. (1/12)	10
6.91 (consolation)	Tyson Inv. (2/9)	7
6.92	Razorback Inv. (1/19-20)	10
6.94 (P)	Razorback Inv. (1/19-20)	10
200 Meters		
Mark	Event (Date)	Place
21.74 pr	MWC Championships (2/23-24)	4
21.99 (P)	MWC Championships (2/23-24)	6
22.06 (P)	Tyson Inv. (2/10)	40
22.19pr	Razorback Inv. (1/19-20)	16
400 Meters		
Mark	Event (Date)	Place
50.84pr	Razorback Inv. (1/19-20)	37
Evan Wright		
200 Meters		
Mark	Event (Date)	Place
23.08pr	Razorback Inv. (1/19-20)	44
23.16	Arkansas Inv. (1/12)	30
400 Meters		
Mark	Event (Date)	Place
49.91(P)	MWC Championships (2/23-24)	14
50.78	Tyson Inv. (2/9)	68
50.84	Razorback Inv. (1/19-20)	37
Distance Medley Relay		
Mark	Event (Date)	Place
11:33.10	MWC Championships (2/23-24)	6