

MAC Indoor Track and Field Championship - 2/29/2008 to 3/1/2008
Timing / Results by www.FinishTiming.com
Eastern Michigan University

MAC Meet Rec - Records

1 Men Weight Throw	70-05.00	2002	Dale Cowper - Western Michigan
2 Men Pole Vault	17-10.50	1996	John Russell - Akron
3 Men Long Jump	25-08.00	1996	Eddie Russell - Toledo
4 Men Shot Put	60-10.50	1996	Burger Lambrechts - Western Michigan
5 Men High Jump	7-03.00	1999	James Nieto - Eastern Michigan
6 Men Triple Jump	51-05.50	1998	Samuel Okantey - Central Michigan
7 Men 60 Meter Hurdles	7.72	2002	Ron Andrews - Kent State
8 Men 60 Meter Dash	6.65	2000	Bobby Cruse - Kent State
9 Men 5000 Meter Run	14:13.52	2/23/2007	Jeff Powers - CMU
10 Men 1 Mile Run	4:06.10	2004	Jordan Desilets - Eastern Michigan
11 Men 400 Meter Dash	47.12	1999	Clement Chukwu - Eastern Michigan
13 Men 800 Meter Run	1:49.80	2004	Mike Inge - Kent State
14 Men 200 Meter Dash	20.79	2000	Bobby Cruse - Kent State
15 Men 3000 Meter Run	8:11.41	2/24/2007	Jeff Powers - CMU
16 Men 4x400 Meter Relay	3:11.83	2/24/2007	Eastern Michigan - EMU E Alejandro, N Blackwell, F Blackwell, R Shavers
17 Men Distance Medley	9:43.30	2000	Eastern Michigan - EMU
18 Men Heptathlon	5467	1999	Alex Sprague - Bowling Green
19 Women Weight Throw	64-08.00	2005	Faith Thompson - Buffalo
20 Women Pole Vault	14-00.00	2004	Kira Sims - Akron
21 Women Long Jump	20-08.75	2006	April Williams - Toledo
22 Women Shot Put	54-04.75	1998	Leslie Vidmar - Kent State
23 Women High Jump	6-01.25	2001	Mary Varga - Akron
24 Women Triple Jump	43-01.00	2003	Patricia Soman - Ball State
25 Women 60 Meter Hurdles	8.19	2/24/2007	Amber Williams - BSU
26 Women 60 Meter Dash	7.35	1999	LaTasha Jenkins - Ball State
27 Women 5000 Meter Run	16:33.00	2003	Briana Shook - Toledo
28 Women 1 Mile Run	4:49.10	2003	Everlyne Lagat - Toledo
29 Women 400 Meter Dash	53.82	2/24/2007	Jenaie Edwards - CMU
31 Women 800 Meter Run	2:06.27	2003	Beata Rudzinska - Akron
32 Women 200 Meter Dash	23.29	1998	LaTasha Jenkins - Ball State
33 Women 3000 Meter Run	9:25.91	2003	Briana Shook - Toledo
34 Women 4x400 Meter Relay	3:40.71	2/24/2007	Western Michigan - WMU S Sangster, J Eloms, S Lucas, B Horn
35 Women Distance Medley	11:35.55	1997	Miami - Miami
36 Women Indoor Pentathlon	4078	2001	Mary Varga - Akron