



# TENNESSEE STATE

## 2016 CROSS COUNTRY

### ► MEN

DATE	MEET	LOCATION / VENUE	RESULT
9/3/16	Belmont Opener (5K)	Nashville, Tenn. / Percy Warner Park	7th/7 (208 pts)
9/17/16	Asics Embry Riddle Classic (8K)	Daytona Beach, Fla. / Embry-Riddle University	7th/9 (190 pts)
9/24/16	Austin Peay Cross Country Festival (4 Mile)	Clarksville, Tenn. / Hillsdale Baptist Family Life Center	9th/10 (232 pts)
10/1/16	Louisville Sports Commission Cross Country Classic (8K - Blue Race)	Louisville, Ky. / E.P. "Tom" Sawyer State Park	40th/41 (1,108 pts)
10/29/16	Ohio Valley Conference Championship (8K)	Nashville, Tenn. / Percy Warner Park	12th/12 (367 pts)

### ► WOMEN

DATE	MEET	LOCATION / VENUE	RESULT
9/3/16	Belmont Opener (5K)	Nashville, Tenn. / Percy Warner Park	6th/6 (175 pts)
9/17/16	Asics Embry Riddle Classic (5K)	Daytona Beach, Fla. / Embry-Riddle University	5th/7 (113 pts)
9/24/16	Austin Peay Cross Country Festival (5K)	Clarksville, Tenn. / Hillsdale Baptist Family Life Center	8th/9 (228 pts)
10/1/16	Louisville Sports Commission Cross Country Classic (5K - Blue Race)	Louisville, Ky. / E.P. "Tom" Sawyer State Park	38th/48 (1,145 pts)
10/29/16	Ohio Valley Conference Championship (5K)	Nashville, Tenn. / Percy Warner Park	12th/12 (357 pts)

### ADIDAS OHIO VALLEY CONFERENCE WEEKLY AWARDS - MEN

9/27/16	Quamel Prince	Male Cross Country Runner of the Week	TSU Men's Program's First-Ever OVC Weekly Cross Country Award
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# TENNESSEE STATE

## 2016 MEN'S CROSS COUNTRY

### SEPT. 3, 2016 - BELMONT OPENER - NASHVILLE, TENN. - PERCY WARNER PARK - 5K

NAME	TIME	OVERALL PLACE	TEAM POINTS
Quamel Prince	16:09.9	39	26
Zebedee Lunsford	19:06.3	94	44
Deontae Henderson	19:20.0	95	45
Zyhir Baker-Elam	19:20.9	96	46
Jontue McDowell	19:26.9	97	47
Quintsontró Irby, Jr.	20:59.7	100	(48)

TENNESSEE STATE (7th PLACE out of 7 ▶ 208 points)

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### SEPT. 17, 2016 - ASICS EMBRY-RIDDLE CLASSIC - DAYTONA BEACH, FLA. - EMBRY-RIDDLE UNIVERSITY- 8K

NAME	TIME	OVERALL PLACE	TEAM POINTS
Quamel Prince	27:50.82	13	11
Zebedee Lunsford	31:33.26	54	38
Jontue McDowell	32:18.22	61	43
Deontae Henderson	33:55.13	68	47
Zyhir Baker-Elam	34:57.96	72	51
Jamario Scott	35:28.07	77	(55)
Quintsontró Irby, Jr.	37:16.69	81	(58)

TENNESSEE STATE (7th PLACE out of 9 ▶ 190 points)

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### SEPT. 24, 2016 - AUSTIN PEAY CROSS COUNTRY FESTIVAL - CLARKSVILLE, TENN. - HILLSDALE BAPTIST FAMILY LIFE CENTER - 4 MILE

NAME	TIME	OVERALL PLACE	TEAM POINTS
Quamel Prince	22:32	13	8
Zebedee Lunsford	25:11	65	51
Jontue McDowell	26:44	72	56
Zyhir Baker-Elam	28:04	79	58
Quintsontró Irby, Jr.	28:06	80	59
Jamario Scott	28:22	82	(60)

TENNESSEE STATE (9th PLACE out of 10 ▶ 232 points)

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### OCT. 1, 2016 - LOUISVILLE SPORTS COMMISSION CROSS COUNTRY CLASSIC - BLUE RACE - LOUISVILLE, KY. - E.P. "TOM" SAWYER STATE PARK - 8K

NAME	TIME	OVERALL PLACE	TEAM POINTS
Quamel Prince	26:46.73	86	83
Jontue McDowell	30:58.37	320	250
Zebedee Lunsford	31:44.44	332	256
Zyhir Baker-Elam	31:55.34	335	259
Deontae Henderson	31:56.63	336	260
Quintsontró Irby, Jr.	33:25.85	348	(266)

TENNESSEE STATE (40th PLACE out of 41 ▶ 1,108 points)

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### OCT. 29, 2016 - OHIO VALLEY CONFERENCE CHAMPIONSHIP - NASHVILLE, TENN. - PERCY WARNER PARK - 8K

NAME	TIME	OVERALL PLACE	TEAM POINTS
Quamel Prince	27:29.8	53	52
Zebedee Lunsford	31:11.9	81	75
Jontue McDowell	32:12.4	85	79
Zyhir Baker-Elam	32:23.0	86	80
Jamario Scott	33:14.9	88	81
Deontae Henderson	34:06.6	89	(82)
Quintsontró Irby, Jr.	36:41.9	90	(83)

TENNESSEE STATE (12th PLACE out of 12 ▶ 367 points)



# TENNESSEE STATE

## 2016 WOMEN'S CROSS COUNTRY

### SEPT. 3, 2016 - BELMONT OPENER - NASHVILLE, TENN. - PERCY WARNER PARK - 5K

NAME	TIME	OVERALL PLACE	TEAM POINTS
Christian Pryor	23:00.9	78	33
Kayla Pryor	23:17.7	79	34
Jasmir Spearman	23:34.9	80	35
Alexia King	24:24.1	81	36
Mikayla Banks	24:33.5	82	37

TENNESSEE STATE (6th PLACE out of 6 ▶ 175 points)

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### SEPT. 17, 2016 - ASICS EMBRY-RIDDLE CLASSIC - DAYTONA BEACH, FLA. - EMBRY-RIDDLE UNIVERSITY - 5K

NAME	TIME	OVERALL PLACE	TEAM POINTS
Kenyana Hampton	20:02.13	9	5
Christian Pryor	22:34.44	31	23
Kayla Pryor	23:05.63	35	26
Jasmir Spearman	23:43.53	38	28
Alexia King	25:07.28	41	31
Mikayla Banks	29:04.24	59	(45)

TENNESSEE STATE (5th PLACE out of 7 ▶ 113 points)

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### SEPT. 24, 2016 - AUSTIN PEAY CROSS COUNTRY FESTIVAL - CLARKSVILLE, TENN. - HILLSDALE BAPTIST FAMILY LIFE CENTER - 5K

NAME	TIME	OVERALL PLACE	TEAM POINTS
Christian Pryor	21:49	47	38
Kayla Pryor	21:54	50	41
Jasmir Spearman	22:16	53	44
Alexia King	23:53	67	51
Mikayla Banks	26:59	72	54

TENNESSEE STATE (8th PLACE out of 9 ▶ 228 points)

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### OCT. 1, 2016 - LOUISVILLE SPORTS COMMISSION CROSS COUNTRY CLASSIC - BLUE RACE - LOUISVILLE, KY. - E.P. "TOM" SAWYER STATE PARK - 5K

NAME	TIME	OVERALL PLACE	TEAM POINTS
Kenyana Hampton	19:33.25	75	75
Kayla Pryor	21:35.43	292	244
Christian Pryor	21:40.63	299	250
Jasmir Spearman	22:46.10	346	282
Alexia King	23:14.15	361	294
Mikayla Banks	26:39.84	399	(315)

TENNESSEE STATE (38th PLACE out of 48 ▶ 1,145 points)

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### OCT. 29, 2016 - OHIO VALLEY CONFERENCE CHAMPIONSHIP - NASHVILLE, TENN. - PERCY WARNER PARK - 5K

NAME	TIME	OVERALL PLACE	TEAM POINTS
Kenyana Hampton	19:45.6	66	62
Kayla Pryor	21:05.6	78	71
Christian Pryor	21:10.8	79	72
Jasmir Spearman	21:28.4	81	74
Alexia King	23:03.4	86	78
Mikayla Banks	28:18.9	89	(81)

TENNESSEE STATE (12th PLACE out of 12 ▶ 357 points)