Nambawa, Relays Lead Final Day at Alabama

Freshman sets personal-best in triple jump, women's 4x400-meter relay breaks school record

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MURFREESBORO, Tenn. - Freshman Sarah Nambawa placed second in the triple jump, while the women's 4x400-meter relay set the school record and both the women's distance medley relay and men's 4x200-meter relay placed second, leading Middle Tennessee's track teams on Sunday at the Alabama Relays. Nambawa finished second in the triple jump with a mark of 41-7.75, while junior Stephanie Tamgho was sixth in the event with a mark of 39-6.5. For the men, senior JaKeith Hairston placed fifth in the triple jump with a mark of 47-3.5 and sophomore Brandon Jones was sixth with a mark of 46-4. Senior James Thomas finished seventh in both the discus and shot put on Sunday, posting marks of 154-7 and 50-9.5, respectively. The women's 4x400-meter relay of sophomore TraMayne Gillyard, Nambawa, senior Shanna-Kay Campbell and senior Veronia Patterson broke the school record by six one-hundredths of a second, finishing in 3:38.12, also an NCAA regional qualifying time. The women's distance medley relay of sophomore Ashley Comstock, sophomore Erika Palmer, junior Marjorie Gombert and freshman Sangau Zamzam also finished second in 12:15.62, just shy of the school record. On the men's side, the 4x200-meter relay of sophomore Samuel Adade, senior Jermaine Barton, senior Orlando Reid and senior Sean Waller placed second in 1:23.65, while the 4x400-meter relay was third in an NCAA regional qualifying time of 3:08.82. The distance medley relay of freshman Julius Kurui, sophomore

Peterson Senatus, senior Tony Carufe and freshman William Songock finished sixth in 10:45.01, and the 1600-meter sprint medley relay of Hairston, freshman Freddie Rankin, Senatus and junior Chris Travis came in seventh in 3:37.48. Middle Tennessee continues the outdoor season this Saturday at the Yellowjacket Invitational in Atlanta, Ga.

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