Middle Tennessee set to host Blue Raider Classic

Track teams begin a two week home stand this Saturday at Murphy Center

January 22, 2009 · Christian Lemon

MURFREESBORO, Tenn. - The Middle Tennessee indoor track and field teams begin a two week homestand Saturday at 11 a.m. at Murphy Center as they play host to the Blue Raider Classic.

Along with the Blue Raiders, teams from Chattanooga, Troy, Belmont, Jacksonville State, Tennessee State and Milligan College will be competing on Saturday.

Both Blue Raider men's and women's teams have assimilated some of the best athletes in the Sun Belt Conference.

With outstanding athletes on the track and field side, the Blue Raider men have a strong core of jumpers, sprinters and distance runners.

Freshman Roscoe Payne has posted solid performances in his first three meets running the 55m hurdles for Middle including two second place finishes, but will look to get his first collegiate win in his primary event.

Distance runners Festus Chemaoi and William Songock each posted a personal best last weekend in Lexington, Ky., at the Kentucky Invitational in the 3000m run. Chemaoi was last season's Sun Belt Freshman of the Year in both the indoor and outdoor seasons.

The Middle Tennessee women are having a tremendous season and have their sights on another Sun Belt Championship for Coach Dean Hayes.

Led by All-American Sarah Nambawa, the women have posted 12 event wins in the three meets thus far this season. Nambawa has posted five out of the 12 wins and is perfect in her three triple jump performances.

Other notable female competitors include Zamzam Sangau, Brittany Cox and MeLyn Thompson. Cox and Thompson both set personal bests in shot put last weekend at the Kentucky Invitational.

The meet is scheduled to begin with the weight throw at 11 a.m. Results will be posted after the meet on GoBlueRaiders.com.

Printed on December 9, 2013
Original URL: http://www.goblueraiders.com/content.cfm/id/36482