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Track team heads back to Kentucky

Teams prepare for SBC Championships in Lexington

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MURFREESBORO, Tenn. - Friday and Saturday not only marks the Middle Tennessee track and field teams' sixth meet of the season as they travel to the Rod McCravy Memorial meet in Lexington, Ky., but it is the first competition where all Blue Raider athletes will participate in their primary events this season.

this point in the season, the Blue Raiders have mixed the heat sheets and run events that may not necessarily be the athlete's specialty. In doing this, the coaching staff has been able to see the strengths and weaknesses of the team and determine team depth. But with the Sun Belt Indoor Championships less than a month away, the athletes must now focus on what may not be the best for them, but what is best for the team.

Coach Dean Hayes said, "The first weekend of February is usually when we start narrowing in on what events the athletes will compete in at the Sun Belt."

With up to six entries per school per event at the Sun Belt Championships, the concern is not if there will be enough athletes to compete, but making sure each athlete has a set goal and the opportunity earn the maximum number of team points possible.

Thus far, the teams have experienced success this season. Zamzam Sangau and Brittany Cox set two school indoor records and multiple athletes set personal bests. However, there is always room team will continue to improve.

Hayes said, "Every week we hope we get a little better. We want to improve to the best we can be in the sprints and jumps this is what we do best. Our large group of sprinters is getting better, but we really want to come out hard at the Sun Belt."

This means tough competition this weekend and lighter work load as the teams get closer to the conference meet.

The Rod McCravy meet will provide a good challenge with some of the Southeast's best teams in attendance. With a full team in all competing events for the first time, the Blue Raiders are ready at the right time.

Live meet results will be available on ukathletics.com and full meet results will posted on goblueraiders.com.

Competing Teams

Women's

Middle Tennessee
Kentucky
Illinois State
Louisville
Western Kentucky
Cincinnati
Eastern Kentucky
Memphis
Chattanooga
SIU Edwardsville
Miami (OH)
Clemson
Mississippi State
Alabama
Vanderbilt
Illinois

Men's

Middle Tennessee



Zamzam Sangau will run the 5000 meters at the Yellow Jacket Invitational ()

Kentucky
Illinois State
Louisville
Western Kentucky
Cincinnati
Eastern Kentucky
Memphis
Southern Illinois
Chattanooga
SIU Edwardsville
Miami (OH)
Clemson

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