Raiders qualify in three events on Saturday

Nambawa and Cox set Middle Tennessee standards in events

May 30, 2009 · Christian Lemon

LOUISVILLE, Ky. - Sarah Nambawa won the triple jump at the NCAA Mideast Regional meet in Louisville, Ky. Saturday setting a new Middle Tennessee standard of 45-9 (13.94m) in the event.

Nambawa's mark broke her previous school record of 44-11.25 (13.71m) and ranks her second in the nation behind Florida State's Kim Williams, who jumped a season best of 45-10 (13.98m) Saturday at the NCAA East Regional in Greensboro, N.C. The two will compete in two weeks at the NCAA Outdoor Championships in Fayetteville, Ark.

Brittany Cox qualified for her first NCAA Championships in the shot put placing fourth overall with a toss of 53-6.25 (16.31m). The junior and Antioch, Tenn. native broke her own Middle Tennessee record in the event set earlier this season at the Tiger Track Classic in Auburn, Ala.

Senior Carl Morgan placed second overall in the triple jump with a leap of 52-8.75 (16.09m) earning a lifetime best and qualifying for the NCAA Championships.

On the track, Zamzam Sangau placed seventh in the 1500 meters in a time of 4:29.95. Sangau did not automatically qualify for the Championships, but may still earn a spot when her time is placed with all the competitors from this weekend's regional meets.

The women's 4x400 meter relay placed 15th in a time of 3:44.99.

Over the weekend, the Blue Raiders had a total of four athletes qualify in five events for the NCAA Championships in two weeks.

Full results will be available on arkansasrazorbacks.com and goblueraiders.com.

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