

Track teams split this weekend

Nambawa returns to jump after three-month hiatus

April 9, 2010 · Christian Lemon

MURFREESBORO, Tenn. - Three-time All-American triple jumper Sarah Nambawa will return to action for Middle Tennessee this weekend in Nashville, Tenn., at the Boston-Moon Invitational after being sidelined for almost three months with a knee injury.

Nambawa has not competed since early January upon sustaining an injury in practice. She will compete in the long and triple jump events. Nambawa garnered All-American titles in the triple jump at the 2008 and 2009 NCAA Indoor Championships and at the 2009 NCAA Outdoor Championships.

"We just want to see where she is with her recovery," said head coach Dean Hayes. "It will be good for her to get back into a competition."

With half of the team to participate in the Boston-Moon Invitational with Nambawa, another handful of athletes will travel to Knoxville, Tenn., to compete in the Sea-Rays Relays hosted by Tennessee. The highly competitive field at the Sea-Rays meet will give some of MT top athletes a chance to perform against the best in the region.

"We like this meet because it is a good tune-up before we compete at the Vanderbilt Invitational next weekend. They will all be in competitive events that will help them improve in the middle part of this season."

Entering the weekend, four women hold NCAA East Regional qualifying spots in seven events. They



are scheduled to compete in Knoxville.

Brittany Cox leads the team with qualifying places in three events: the shot put, discus and hammer throw. At the Rhodes Open, she threw 51-10 (15.8m) in the shot placing her eighth in the region and 178-10 (54.54m) in the hammer slotting her 27th. The Antioch, Tenn., native threw 160-8 (48.97m) in the discus last weekend at the Auburn Tiger Track Classic ranking her 28th regionally.

Cherice Robertson holds qualifying spots in the high jump and 100-meter hurdles. Her jump of 5-8.75 (1.75m) from the Yellow Jacket Invitational is a personal best and places her 18th and 13.77 in the 100 hurdles from last weekend's Auburn meet listing her at 31st in the region.

In the long jump, Kortney Thurman set a lifetime best of 19-8.75 (6.01m) at the Yellow Jacket Invitational to currently place 11th in the region.

Zamzam Sangau is ranked ninth regionally in the 800 meters with a time of 2:08.13.

For the men, Roscoe Payne is fifth in the East Region in the 400-meter intermediate hurdles and 24th in the 110 meter high hurdles with respective time of 51.35 and 14.30. Both times were clocked at Auburn last weekend.

Festus Chemaoui is currently ranked 22nd regionally in the 1,500 meters with a time of 3:47.99 and 40th in the 800 meters clocking 1:51.57 at the Tiger Track Classic.

Full results and coverage for both the Boston-Moon Invitational and the Sea-Rays Relays will be available at the conclusion of both meets on GoBlueRaiders.com.

Printed on July 30, 2014

Original URL: <http://www.goblueraiders.com/content.cfm/id/45359>