Teams compete in final day at Sea-Rays Relays

Women's DMR sets school record

April 10, 2010 · Christian Lemon

NASHVILLE, Tenn. - The Middle Tennessee track and field teams competed in the final day at the Sea-Rays Relays in Knoxville, Tenn., and the Boston-Moon Invitational, Saturday.

2010 Sea-Rays Relays Results

At the Sea-Rays Relays, the women's distance medley relay team of Ashley Comstock, Amber Jackson, Stephanie Smith and Zamzam Sangau set a new Middle Tennessee outdoor record and finished first place overall in a competitive field. The quartet's time of 11:38.88 tops 12:07.34 which has stood as the MT standard in the event since 1992.

Comstock, Smith and Sangau would also team with Alissa Ruggle to win the 4x1,500 meter relay in school record setting time of 19:01.81. Comstock and Sangau were part of a 2008 relay team who posted a then record time of 19:45.54.

The 4x200 meter team of Jackson, Kiara Henry, Kortney Thurman and Nyeisha Wright took second in 1:37.05.

In field events, Brittany Cox finished fourth in the shot put, tossing 51-0 (15.54m) and fifth in the discus with a mark of 157-1 (47.87m).

"Meets that feature relays really build team pride," said head coach Dean Hayes. "Track is an individual sport, but you compete and win as a team. The athletes work together in these relay events and it helps individuals buy into the team concept."

At the Boston-Moon Invitational, Sarah Nambawa won the long jump in her return first meet since knee surgery. The Uganda native leapt 19-7 (6.03m).

Full results for the Boston-Moon Invitational will be posted when they are released.

The teams will return to action next weekend when they take part in the Vanderbilt Invitational. Full results and coverage will be available on GoBlueRaiders.com.

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