

# Track & Field Notebook

June 14, 2012 ·

## 2012 OUTDOOR SEASON IN REVIEW

**MURFREESBORO, Tenn. --**

The offseason has officially begun for the MT track & field teams as the 2012 season is in the books. We encourage you to check out the official 2012 Outdoor Season in Review. You can read the season recap [here](#).

2012 was another great season for the Blue Raiders as both the men and women chalked up some fantastic performances. Each team brought home 13 individual titles during the year to go along with numerous top-five finishes and personal-best results.

The Blue Raiders set four new school records this spring. Lucy Kapkiai led the way as she posted new school-best marks in the women's 5,000 and 10,000-meter runs. Ann Dudley meanwhile posted a new mark in the high jump while Justus David clocked a new record in the men's 10,000 meters.

There certainly were many memorable moments from this past spring. We congratulate both teams for what they were able to accomplish and for representing Middle Tennessee in tremendous fashion.

In other news, just as Blue Raiders enter and leave the track and field program, we also have staff members come and go. So unfortunately this will be the last update this summer and possibly ever as we experience some changes.

We hope all of you enjoyed this season as much as we did! Thank you for all of your support of Middle Tennessee track and field and we look forward to another fantastic season in 2012-13. Have a great summer, everyone! Until next time, Go Blue Raiders!

## NCAA CHAMPIONSHIPS RECAP

**MURFREESBORO, Tenn. --** The 2012 Middle Tennessee Outdoor Track & Field season came to a

close this past weekend with Ann Dudley and the MT women's 4x100-meter relay team competing at the NCAA Championships. You can read the official recaps of the women's performances at the schedule/results page [here](#).

The women's relay team got things started for Middle Tennessee, competing in the preliminaries of the 4x100-meter relays on Wednesday. Rosina Amenebede, Christal Wilson, Nyeisha Wright and Kiara Henry clocked a time of 45.37 seconds to place sixth in their heat which put them 19th overall. Unfortunately for the ladies it was not good enough to advance to Saturday's event finals.

Two days later Ann Dudley performed in the finals of the women's high jump. The 2012 Indoor All-American successfully cleared the bar at 5-10.50 (1.79m), good enough for a 13th-place finish. The result earned her the honor of being named Second-Team All-American in the event.

Congratulations to all five women who competed this weekend! They all had tremendous seasons and represented Middle Tennessee very well at the NCAA Championships.

We must also once again congratulate all the Blue Raiders on a terrific 2012 outdoor season. It was another great year for the squads and it was a joy to watch everyone compete this year.

Be sure to keep an eye on GoBlueRaiders.com for the 2012 Outdoor Season in Review coming later this week. Also, check back here for a final 2012 season wrap-up post which will also be coming later this week.

Have a great few days, everyone! Until next time, Go Blue Raiders!

## **NCAA CHAMPIONSHIPS PREVIEW - PART 2**

**DES MOINES, Iowa** -- The NCAA Outdoor Track & Field National Championships are just one day away! Ann Dudley and the women's 4x100-meter relay team are in Des Moines and set to compete. You can read the official meet preview [here](#).

The women's relay team will be comprised of seniors Rosina Amenebede, Kiara Henry and Nyeisha Wright and freshman Christal Wilson. The quartet will run in the preliminaries of the event which are scheduled for Wednesday at 5:45 p.m. CT. The event finals are set for Saturday at 11:10 a.m.

Meanwhile Dudley will take part in the women's high jump on Friday at 4:30 p.m. She will be trying to become the first Blue Raider female to earn All-America status since Sarah Nambawa accomplished the feat in the triple jump in 2009.

Dudley became the first Blue Raider female to become an All-American in the high jump with her performance at this season's NCAA Indoor Championships. Middle Tennessee has never had a female All-American relay team. The last time the men had a relay team capture All-America honors was in 2007 with the 4x100-meter relay team.

We encourage you to visit the NCAA Division I Outdoor Track & Field Championship page on NCAA.com. The page can be found [here](#). The complete list of competitors in this weekend's meet can be viewed [here](#) while the schedule of events can be accessed [here](#).

Live web streaming will be available for the entire event with coverage at NCAA.com on Wednesday while Thursday-Saturday's events can be seen at ESPN3.com. In addition, ESPNU will televise a

portion of the meet on Saturday from 11 a.m.-1 p.m. CT.

We will have a recap of the meet coming on Monday. Hopefully we will have some great results to review. Have a great weekend, Blue Raider fans! Until next time, Go Blue Raiders!

## **NCAA CHAMPIONSHIPS PREVIEW - PART 1**

**MURFREESBORO, Tenn.** -- We are less than one week away from Ann Dudley and the MT women's 4x100-meter relay team competing at the 2012 NCAA Outdoor Track & Field Championships!

The Championships begin Wednesday with the men's discus throw kicking off the meet. The Blue Raider women's relay team will take part in the 4x100-meter relays later in the day as the semifinals of the competition are scheduled for 5:45 p.m. CT. If the women advance, they will run in the finals Saturday at 11:10 a.m.

The relay team will be comprised of seniors Rosina Amenebede, Nyeisha Wright and Kiara Henry along with freshman Christal Wilson. Ann Dudley and Sheniece Daphness will also be on hand as reserves.

Meanwhile Ann Dudley will participate in the women's high jump Friday at 4:30 p.m. You can find the complete meet schedule [here](#) as well as the list of participants [here](#).

Be sure to check back here Tuesday as we will finish our preview of next week's Championships. The official meet preview will also be coming to GoBlueRaiders.com on Tuesday as well.

Have a great weekend, Blue Raider fans! Until next time, Go Blue Raiders!

## **NCAA REGIONAL RECAP**

**MURFREESBORO, Tenn.** -- Congratulations to the MT track and field teams on a great weekend in Jacksonville! The Blue Raiders certainly represented themselves well at the Regional. You can read the official recaps from each day of competition at the schedule/results page [here](#).

Ann Dudley once again led the way for the teams as she placed fifth in the women's high jump, clearing the bar at 5-11.25 (1.82m). The result was good enough to advance her to next month's NCAA Championships in Des Moines, Iowa.

Meanwhile the Blue Raider women's 4x100-meter relay team also qualified for the Championship meet. Rosina Amenebede, Christal Wilson, Nyeisha Wright and Kiara Henry completed Friday's race in 44.89 seconds, finishing eighth overall.

The five Blue Raider women will now get set for the country's ultimate meet which will begin next week. We will let you know of the exact dates and times of competition as soon as we get them.

We would also like to congratulate all the other MT competitors for a job well done this weekend and a tremendous 2012 outdoor season. Making it to the NCAA Regional is a tremendous accomplishment and everyone should be proud of their performances.

And a special congratulations to the MT seniors who concluded their careers this past weekend.

Roscoe Payne, Justus David, Kiara Henry, Rosina Amenebede and Nyeisha Wright all performed for the final time as Blue Raiders. It certainly is sad to see them go.

Be sure to check back late this week as we will be looking ahead to the NCAA Championships. Hopefully MT can add to its All-America count! Until next time, Go Blue Raiders!

## **NCAA REGIONALS PREVIEW - PART 2**

**MURFREESBORO, Tenn.** -- The 2012 NCAA Outdoor Track & Field East Regionals officially get under way today in Jacksonville and six Blue Raiders will be in competition on the opening day. You can read the official meet preview [here](#).

Solomon Atosona will get the day started for the Blue Raiders as he competes in the men's long jump scheduled to begin at noon CT. Roscoe Payne will follow at 3:30 p.m. in the men's 400-meter hurdles while Nyeisha Wright and Kiara Henry will compete in the women's long jump at 4:30 p.m. Steven Palmer will take part in the 400-meter dash scheduled for 6:20 p.m. Justus David will help close out the day as he runs in the 10,000-meter run at 8 p.m.

The meet will continue Friday and Saturday, coming to a close Saturday evening with the men's and women's 4x400-meter relays beginning at 8:25 p.m.

These next several days should certainly be fun as the Blue Raiders look to advance to next month's NCAA Championships. Like Coach Hayes was quoted as saying, the NCAA Championship meet is every athlete's ultimate goal, so they will be laying it all on the line over the next several days.

Remember that you can follow live stats and find everything else you need at the meet information page [here](#).

Check back here Tuesday as we will recap this weekend's competition. Have a great Memorial Day weekend, everyone! Remember all of those that have died for this country as you celebrate this weekend. Until next time, Go Blue Raiders!

## **NCAA REGIONALS PREVIEW - PART 1**

**MURFREESBORO, Tenn.** -- The 2012 NCAA Regional fields were recently announced and MT will be sending a number of athletes to Jacksonville, Fla., later this week to compete in hopes of advancing to the NCAA Championships. You can find the complete list of competitors [here](#).

The following Blue Raiders qualified for the NCAA Regionals:

### **Men**

Noah Akwu - 200 meters

Steven Palmer - 400 meters

Justus David - 10,000 meters

Roscoe Payne - 400-meter Hurdles

MT 4x400-meter Relays

Solomon Atosona - Long Jump

Cordairo Golden - Triple Jump

### **Women**

Kiara Henry - 200 meters

Rosina Amenebde - 100-meter Hurdles

MT 4x100-meter Relays

Ann Dudley - High Jump

Nyeisha Wright - Long Jump

Kiara Henry - Long Jump

France Makabu - Triple Jump

Nyeisha Wright - Triple Jump

The meet begins Thursday at 3:30 p.m. CT with the men's 400-meter Hurdles getting the weekend started. You can view the complete meet schedule [here](#). Complete meet information can be found [here](#).

Live results will be provided at the link immediately above. Results will be posted to Facebook and Twitter with a complete recap on GoBlueRaiders.com at the end of each day.

In other news, if you have not seen the photos and videos from the Sun Belt Championships, check out the teams' Facebook page (MT Track & Field). We will continue to post videos for the next couple of days.

Check back here on Thursday as we continue our preview of the Regionals. Have a great week, Blue Raider fans! Until next time, Go Blue Raiders!

## **2012 SUN BELT OUTDOOR CHAMPIONSHIPS RECAP**

**MURFREESBORO, Tenn.** -- The 2012 Sun Belt Outdoor Track & Field Championships are in the books! You can recaps of each day of competition at the 2012 schedule/results page [here](#).

The men came away with a third-place finish in Lafayette while the women finished sixth as a team. And while the teams may not have placed where they would have liked, there were many great performances from Blue Raiders this weekend.

In the jumps events, Ann Dudley once again led the way as she finished as the runner-up in the women's high jump competition. Three Blue Raiders placed in the top five of the triple jump while the squad had three top 10 finishers in the long jump.

Kiara Henry paced the women in the sprints as she came in second in the 200 meters while placing

third in the 100 meters. Christal Wilson meanwhile also captured a runner-up finish in the 400-meter hurdles.

Lucy Kapkiai came in sixth in the women's 5,000 meters while recording a third-place finish in the 10,000 meters. Her time in the 10,000 meters set a new school record as she broke the record she set earlier this year. In addition, Autumn Gipson placed fifth in the 3,000-meter steeplechase competition.

On the men's side, Roscoe Payne won the 110-meter hurdles while placing third in the 400-meter hurdles. Meanwhile Noah Akwu also had a great day on the final day of competition as he won the 200-meter dash. He also placed fourth in the 400 meters and was trailed by Steven Palmer and Rycine Ellison who came in fifth and sixth.

The men were paced in the jumps events by Cordairo Golden and Solomon Atosona. Golden placed second in the triple jump and fifth in the high jump. Cameron Zeman followed immediately behind with a sixth-place finish. In the long jump event, Atosona led the way with a fourth-place result.

Justus David and Robinson Simatei steered the men to good results in the distance events. David recorded runner-up finishes in both the 1,500 and 10,000-meter runs while Simatei finished eighth in the 800 meters.

Finally, in the relay competitions, the men took home first place in the 4x400. Additionally, both the Blue Raider men and women captured second-place finishes in the 4x100-meter relays.

We hope everyone enjoyed the meet this past weekend. It was certainly a great competition among many great competitors.

Over the next week or so, we will be posting photos and videos from the competition on the teams' Facebook page (MT Track & Field. So, be sure to check the page daily!

Next up for the Blue Raiders is the NCAA Regionals. MT will send a number of competitors to Jacksonville, Fla., in hopes of advancing to the NCAA Championship meet. Once we get official word of who will be competing in Jacksonville, which should come later this week, we will pass it on to you.

Have a great day, Blue Raider fans! Until next time, Go Blue Raiders!

## **2012 SUN BELT OUTDOOR CHAMPIONSHIPS PREVIEW - PART 2**

**LAFAYETTE, La.** -- Hello from Lafayette! The 2012 Sun Belt Outdoor Track & Field Championships officially got under way Friday morning with the heptathlon and pentathlon events. You can read the official meet preview [here](#).

The Blue Raiders will not begin competing until Friday night at approximately 9 p.m. when Justus David and Keith Davis compete in the men's 10,000-meter run and Lucy Kapkiai takes part in the women's race.

The MT men are predicted to finish second in this year's outdoor meet behind rival Western Kentucky and just ahead of host UL-Lafayette. The women's squad are slated to place third this weekend behind North Texas and the Lady Toppers and ahead of FIU. You can read the Sun Belt's

official meet preview [here](#).

Western Kentucky has dominated the Outdoor Championships as of late as its men's team has won four-consecutive championships while the women have captured six in-a-row. The Blue Raiders would love nothing more than to snap those streaks this weekend in Lafayette. The good news is the MT men won the championship the last time it was here in Lafayette, which came in 2007.

You can find all the Championship info you need including live results, a schedule of events, history of the event and much more [here](#).

We encourage you to follow the MT teams this weekend on Twitter (@MT\_TrackField) and Facebook (MT Track & Field) as photos and video from Lafayette will be posted to the sites. We will have a photo gallery from this weekend coming early next week.

Check back here Tuesday as we will recap this weekend's meet. Hopefully we will have some great news to report! Have a great weekend, Blue Raider fans! Until next time, Go Blue Raiders!

## **2012 SUN BELT OUTDOOR CHAMPIONSHIPS PREVIEW - PART 1**

**MURFREESBORO, Tenn.** -- The MT track and field teams enjoyed some much-needed time away from the track this past weekend. Now the squads turn their full focus to this weekend's Sun Belt Outdoor Championships which begin Friday in Lafayette.

With classes and final exams complete, the Blue Raiders will be able to practice and rest both physically and mentally this week prior to leaving campus Wednesday for the trek down to Lafayette.

Middle Tennessee will be looking to cap what has been a fantastic 2012 outdoor season with great team results this weekend. With the women winning this season's Sun Belt Indoor Championship and the men placing second, a couple of high finishes for the teams in Lafayette could put the 2011-12 year among the all-time best in MT program history.

Last season in Murfreesboro, the MT women claimed a fourth-place finish while the men came in sixth. Meanwhile the women placed second and the Blue Raider men claimed a third-place finish in Denton in 2010.

Check back here on Thursday as we continue to preview this weekend's meet. Until next time, Go Blue Raiders!

## **2012 SEASON UPDATE**

**MURFREESBORO, Tenn.** -- What a season it has been for the MT track and field teams! And it was just made even better Wednesday with the news that Ann Dudley had been named Sun Belt Female Field Athlete of the Week!

She became the third different Blue Raider to earn a conference weekly accolade this season, joining Roscoe Payne who has collected two honors this season while Amber Jackson has one honor.

The Blue Raiders will be away from the track this weekend for the first time this season as they rest up for next week's Sun Belt Championships. The teams will leave Murfreesboro on Wednesday for

what should be a great couple of days of competition in Lafayette. We will have much more on the big meet next week.

Taking a moment to look back at what MT has accomplished on the track so far this season, Cordairo Golden has once again paced the Blue Raider men. He has claimed four individual event titles and a total of nine top-five finishes. Roscoe Payne has led MT in the sprints events as he has four event wins while placing in the top five seven times.

Overall, 25 different Blue Raider men have recorded a total of 54 new personal-bests. The men have claimed 11 individual event titles and a total of 50 top-five finishes. In addition, the men have broken one school record this spring as Justus David set a new MT record in the 10,000 meters last month at the Stanford Invitational.

On the women's side, Ann Dudley has picked up three wins on the season to go along with a total of 10 top-five finishes. And of course she also set a new school record this past weekend at the Penn Relays. Neyisha Wright, France Makabu and Kiara Henry have also had terrific outdoor seasons. Wright has four wins with seven top-five placements. Meanwhile Henry has finished in the top five nine different times while Makabu has done so on six occasions.

A total of 16 MT women have set new personal-bests in at least one event this spring for a total of 37 new top marks. The women's squad has 13 individual event victories and a total of 54 top-five finishes.

You can find all of the results from this season on the Outdoor Performance Lists [here](#). Also, you can see all of the results and recap of each meet on the 2012 schedule/results page [here](#).

It has been a great season for both the men's and women's squads so far and hopefully it will continue next weekend in Lafayette!

Have a great weekend, Blue Raider fans! Enjoy the weekend off before next weekend's huge meet! Until next time, Go Blue Raiders!

## **PENN RELAYS/COACH "O" INVITATIONAL RECAP**

**MURFREESBORO, Tenn.** -- It was another historic weekend for the MT track and field teams this past weekend as records and personal-bests continued to fall. You can find all of the results and recaps of each day of competition in Philadelphia and Troy on the 2012 schedule/results page [here](#).

There is no question we have to been this notebook post by congratulating Ann Dudley on another school record! She cleared the bar at a remarkable height of 6-0.50 (1.84m) to win the Penn Relay high jump competition. The mark smashed Veronica Tipton's previous school record of 5-10.50 set way back in 1992. The result also met the Olympic Trial "B" Standard which gives Dudley the opportunity to try out for the U.S. Olympic Team. As if that was not enough, she did all of this a day after being named MT Female Athlete of the Year at the Raiders' Choice Awards. Congratulations to Ann!!

Cordairo Golden meanwhile led the men's jumpers this past weekend in Philadelphia. He set a personal-best with a leap of 24-1.50 (7.35m) in the men's collegiate long jump event, placing second overall.

Nyeisha Wright and Euphemia Edem got the weekend off to a great start on Thursday night. The duo finished second and third in the women's long jump with respective leaps of 20-0.25 (6.10m) and 19-9.75 (6.04m). France Makabu followed up on Friday by jumping 41-2.25 (12.55m) to finish third in the triple jump.

The Blue Raiders also had a great day on Saturday at the Coach "O" Invitational. Lucy Kapkiai won the women's 1,500-meter competition, finishing the race in 4:41.51.

Solomon Atosona led the way for the MT men's jumpers in Troy. He captured the men's long jump title with a leap of 7.38 meters on Saturday.

Finally, Vincent Bett also picked up an individual event title. The Kenya native logged a time of 15:19.72 to win the men's 5,000 meters.

Honestly, we could go on and on about this past weekend for the Blue Raiders! What a weekend it was! Congratulations to both teams at both meets!

Check back here on Thursday as we take a look back at the season's results so far. And then next week we will begin previewing "the big one" as we will call it.

Have a great few days, Blue Raider fans! Until next time, Go Blue Raiders!

## **PENN RELAYS/COACH "O" INVITATIONAL PREVIEW**

**PHILADELPHIA, Penn.** -- The MT track and field teams will make the trek up to Philadelphia this week as they take part in the prestigious Penn Relays. You can read the official meet preview [here](#).

It is quite an honor for MT athletes to be able to compete in such a great event. Dating all the way back to 1895, the meet has known grown into the biggest and best annual track meet in the United States.

The meet got under way Tuesday with the men's decathlon and women's heptathlon kicking off the week-long festivities. The Blue Raiders will begin competing Thursday as Lucy Kapkiai and Justus David take part in distance events while Kiara Henry, Euphemia Edem and Nyeisha Wright perform in the women's collegiate long jump. MT athletes will continue competing at the meet through Saturday's conclusion.

A number of Blue Raiders will head down to Troy to take part in the Coach "O" Invitational. Middle Tennessee was originally scheduled to compete in the Memphis Invitational but schedule conflicts forced the squads to make a change in their plans.

This meet will be a good opportunity for MT athletes who need to gain experience and continue to work on specific things. While there will be some good competition in the field, it certainly will be nothing like the Penn Relays.

Believe it or not, the Sun Belt Championships are just two weeks away. So, these two meets this weekend will be the last time MT athletes compete prior to making the trip down to Lafayette. The Blue Raiders will take next weekend off to rest up both physically and mentally for the big meet.

As always, be sure to check back here Monday for the meet recaps. Have a great rest of the week and weekend, Blue Raider fans! Until next time, Go Blue Raiders!

## VANDERBILT INVITATIONAL RECAP

**NASHVILLE, Tenn.** -- It seems as if we say it every week, but hey, we must speak the truth! The MT track and field teams had another great weekend, posting more great results at the Vanderbilt Invitational in Nashville. You can read the official meet recaps on the track & field page [here](#).

We hate to even begin naming individual names this week because it seems everyone did something noteworthy this past weekend and we would not want to leave anyone out. However, we will mention a couple of people who had especially outstanding meets.

First, Nyeisha Wright and Ann Dudley posted great results to lead the MT women on Saturday. Wright captured the women's long jump event, leaping 20-00.50 (6.11m) to come away with the win. The Colorado Springs, Colo., native was also a member of the winning MT women's 4x100-meter relay team. Wright also placed sixth in both the 100 meters and triple jump events while notching a 14th-place result in the 200 meters.

Dudley captured another high jump event title with a successful leap of 5-8.75 (1.75m). She also placed fifth in the 100-meter hurdles.

On the men's side, Roscoe Payne came away the victory in the 110-meter hurdle event. The victory was his second in the event this season and fourth top-five finish. He is really having a phenomenal senior campaign to conclude what has been an exceptional career at MT.

Like we mentioned a moment ago, everyone had a great weekend in Nashville. So congratulations to both teams on another job well done!

Check back here Thursday as we take a look forward to this weekend's meets. MT will send a number of athletes to the prestigious Penn Relays in Philadelphia while others will stay closer to home and compete in the Memphis Invitational on Saturday.

Have a great few days, Blue Raider fans! Until next time, Go Blue Raiders!

## VANDERBILT INVITATIONAL PREVIEW

**NASHVILLE, Tenn.** -- The Blue Raider track and field squads will make another visit to Nashville this weekend as MT takes part in the Vanderbilt Invitational. You can read the official meet preview [here](#).

The competition will begin Friday at 3 p.m. and will run through the afternoon and evening. Saturday's schedule has the meet picking up at 10 a.m. and concluding at around 4 p.m.

The Blue Raiders have had great success in Nashville recently. Earlier this season MT put up some great results at the Black and Gold Meet. The teams also had a great weekend at last season's Vanderbilt Invitational as they racked up a total of five individual-event titles, led by Roscoe Payne who won the 110-meter and 400-meter titles. Hopefully the Blue Raiders can put up similar performances this weekend.

In addition to continuing to get everyone sharp and ready to go for the conference championships in a few weeks, the teams' focus this weekend will be on the relay teams. MT is still looking to find the right combination of competitors in some of the relays, so this meet will be important as the squads attempt to find the best mix in each event.

With no home meets this season, we encourage everyone to make the short trip up to Nashville this weekend for the meet. It will be a very fun and competitive competition at a great facility at Vanderbilt.

As always, we will have results at the end of the day on both Friday and Saturday on Facebook, Twitter and GoBlueRaiders.com. And be sure to check back here on Monday for the meet recap.

Have a great weekend, Blue Raider fans! Until next time, Go Blue Raiders!

## **SEA RAY INVITATIONAL/BOSTON MOON CLASSIC RECAP**

**MURFREESBORO, Tenn.** -- The MT track and field teams just keep rolling along as they had another great weekend at both the Sea Ray Invitational and Boston Moon Classic. You can read the official meet recap [here](#). In addition, you can find the complete results from both meets on the 2012 schedule/results page [here](#).

At the Sea Ray Classic in Knoxville, MT was led by the jumpers on Friday while the relay teams propelled the team on Saturday. Cordairo Golden, Ann Dudley and France Makabu all recorded top-collegiate finishes in their respective events (triple jump, high jump and triple jump) Friday night. The three continue to dominate in their specialties and it will be fun to watch the three as we head down the stretch this season.

The Blue Raider women's 4x100-meter shuttle hurdle relay team comprised of Nyeisha Wright, Christal Wilson, Ann Dudley and Rosina Amenebede provided the highlight of Saturday's action. They clocked a time of 56.27 seconds to take home the event title.

Meanwhile the Blue Raider women also placed in the top five of both the 4x100-meter relays and the distance medley relay competition.

The men's squad also grabbed a total of three top-five finishes in the relay events. Asa Bowman, Roscoe Payne, Steven Palmer and Noah Akwu logged a time of 3:09.10 in the 4x400-meter relays, good enough for a runner-up finish. The men also placed as the runner-up in the distance medley relay while the 4x200-meter relay team finished fourth on Saturday.

Amber Dandy and Nathaniel Moore guided MT in the sprints events at the Boston Moon Classic on Saturday. Dandy ran a time of 12.51 seconds in the women's 100 meters to finish seventh. She also placed third in the women's long jump competition. Meanwhile Moore placed third in the men's 400 meters with a finals time of 49.80 while also finishing 11th in the 200 meters.

The MT men jumpers also had a great Saturday in Nashville as Solomon Atosona and Roscoe Payne finished second and third in the long jump. Atosona leaped 23-4.50 (7.22m) while Payne recorded a measurement of 23-0.00 (7.11m).

All in all, it was definitely another great weekend for MT. Hopefully the teams can keep it going this upcoming weekend as the teams return to Nashville for the Vanderbilt Invitational.

Be sure to check back here on Thursday as we preview this weekend's meet. Have a great day, Blue Raider fans! Until next time, Go Blue Raiders!

## **SEA RAY INVITATIONAL/BOSTON MOON CLASSIC PREVIEW**

**MURFREESBORO, Tenn.** -- The Blue Raiders will be all over the state of Tennessee this weekend as members of the squads head to the Sea Ray Invitational in Knoxville while others travel to Nashville for the Boston Moon Classic. You can read the official meet previews [here](#).

This is a very important weekend for the teams as those in Knoxville look to sharpen their skills against some very good competition in a nice-sized field. Meanwhile the Blue Raiders that are competing at the Boston Moon Classic are focusing on gaining experience as we begin the stretch run leading up to the Sun Belt Championships next month.

Believe it or not, the conference meet is just four weeks away! Following this weekend's meets, MT will have just two meets left prior to heading down to Lafayette. So this is definitely a critical time as everyone needs to begin getting focused and prepared for the big meet in May.

The official schedules of both meets can be seen at the links provided below.

[Sea Ray Invitational Schedule](#)

[Boston Moon Classic Schedule](#)

Live statistics of the Sea Ray Invitational can be followed [here](#) while the Boston Moon Classic can be kept up with [here](#).

As always, be sure to check GoBlueRaiders.com for the official recaps this weekend. We will have stories on both Friday and Saturday night. And of course we encourage you to keep up with MT on Facebook at the MT Track & Field page and on Twitter @MTTrackField.

Have a great weekend, Blue Raider fans! We hope to have a great weekend recap for you on Monday! Until next time, Go Blue Raiders!

## **TIGER TRACK CLASSIC RECAP**

**MURFREESBORO, Tenn.** -- The MT track and field teams had another nice 2012 spring outdoor performance this past weekend at the Tiger Track Classic in Auburn. You can read the official meet recap [here](#).

Nyeisha Wright led the Blue Raiders as she won the long jump competition with a leap of 19-9.75 (6.04m). The victory was her third in the event so far this season.

The men's squad was propelled by jumpers Kameron Rory and Cordairo Golden. The duo recorded respective third and seventh-place finishes in the triple jump event.

MT also had a very nice day in the relay events. The Blue Raider women captured a third-place finish in the 4x100-meter competition while the men's squad also finished third in the 4x400-meter event.

A special congratulations to Justus David and Lucy Kapkiai as they both set school records this past weekend at the Stanford Invitational in Palo Alto, Calif. David clocked a 28:55.69 in the 10,000 meters at the Stanford Invitational, breaking Chris Mason's record of 30:31.85 set in 2010. Saturday's run currently stands as the 10th best in the country so far this outdoor season.

Meanwhile Kapkiai posted a time of 16:48.41 in the women's 5,000 meters. The time bests Zamzam Sangau's time of 17:21.42 which she ran in 2007. Congratulations to both Justus and Lucy and terrific performances!

Check back here on Thursday as we preview this weekend's Sea Ray Invitational in Knoxville and Boston-Moon Invitational in Nashville. Have a great day, Blue Raider fans! Until next time, Go Blue Raiders!

## **TIGER TRACK CLASSIC PREVIEW**

**AUBURN, Ala.** -- The MT track and field teams will look to carry their successful start to this outdoor season into Auburn as the squads take part in the Tiger Track Classic this weekend on the plains. You can read the official meet preview [here](#).

This meet will be the Blue Raiders' most challenging meet of the season so far as they will meet a very large and competitive field of teams. It will be nice to see the teams go up against some very good competitors this weekend which will help them see exactly where they stand at this point in the season. It will also be exciting for fans to see some great action.

The meet will officially get under way on Friday evening, but the Blue Raiders will not have anyone competing. Saturday's competitions will run from 11 a.m. CT until about 6 p.m.

You can view the complete meet schedule [here](#) as well as the heat sheets [here](#).

Also, live results will be provided from Auburn, and they can be accessed [here](#). As always, we will have results on the teams' social media pages as soon as we get them with the full meet results and recap on GoBlueRaiders.com on Saturday night.

Have a great Easter weekend, everyone! We hope you have a great time of celebration with your family and friends! Until next time, Go Blue Raiders!

## **YELLOW JACKET INVITATIONAL RECAP**

**MURFREESBORO, Tenn.** -- Another meet, another fantastic showing for MT! The Blue Raiders had another successful 2012 outdoor meet this past weekend at the Georgia Tech Yellow Jacket Invitational. You can read the official meet recap [here](#).

The jumpers led the way this weekend as France Makabu finished as the top collegiate finisher in the women's triple jump with a leap of 41-10.00 (12.75). She was also part of the 4x400-meter relay team which captured a third-place finish.

Nyeisha Wright and Euphemia Edem came away with respective third and fourth-place finishes in the long jump competition. Like Makabu, Wright also was a part of a successful relay team as she helped make up the 4x100-meter squad which finished second. Ann Dudley had another nice meet.

Despite not coming away with the title, she posted a solid third-place finish in the high jump.

The men jumpers were led once again by Cordairo Golden who notched third-place finishes in both the long and triple jump events. Cameron Zeman also had a good performance as he successfully cleared the bar at 6-6.00 (1.98m) to finish fifth in the high jump. The Gainesville, Fla., native has really gotten off to a great start to his Blue Raider career this spring.

Meanwhile on the track, Amber Jackson continued to run extremely well as she was the top collegiate finisher in the 800 meters with a time of 2:10.06. Congratulations to her on another fantastic run.

Steven Palmer paced the men with a third-place finish in the 400 meters, crossing the finish line in 47.26 seconds.

We should also mention the successful performances of Robinson Simatei and Vincent Bett in the 3,000-meter steeplechase competition. Simatei clocked a time of 9:36.53 to finish third while Bett rounded out the top five, logging a 9:48.73.

In all, the men and women combined to capture nine top-three finishes on Saturday. Congratulations to everyone on another great showing. The teams are really representing MT extremely well this spring and it appears both teams could be on their way to a special spring season.

Now the teams will return to practice and look to continue to build on what they have done this year. Up next is the Tiger Invitational this weekend in Auburn.

Check back here later this week as we will preview this weekend's competition. Have a great week, Blue Raider fans! Until next time, Go Blue Raiders!

## **BLACK AND GOLD MEET RECAP**

**MURFREESBORO, Tenn.** -- It was another great weekend for the Blue Raider track and field teams as they posted outstanding results at the Black and Gold Meet in Nashville. You can read the official meet recap [here](#).

In all, the women claimed five individual events while the men came away with four.

The women's squad was led this weekend by Rosina Amenebede who had perhaps the best meet of her career. She won both the 100-meter dash and 100-meter hurdles as well as taking part in the winning 4x100-meter relay team.

Meanwhile in a complete shocker (sarcasm intended), Ann Dudley claimed victory in the women's high jump as she cleared the bar at 5 feet, 10.50 inches to take the crown. Nyeisha Wright also picked up an event championship as she won the long jump. She was immediately followed by Kiara Henry who also had a nice day while finishing second in the long jump competition.

Roscoe Payne and Cordairo Golden once again led the men this past weekend in Nashville. Payne took first in the 400-meter hurdles while placing second in the 100-meter hurdle competition.

Like Dudley, Golden shocked the world by capturing the long and triple jump events on Saturday. He leaped 23-8.25 (7.22m) to win the long jump and 50-5.25 (15.37m) to claim victory in the triple jump.

It was great to see Noah Akwu place first in the 200 meters as he seems to finally be coming back nicely from injury. He clocked a time of 21.50 seconds to win the event.

All in all, this past weekend was another great meet for both teams. Everyone seems to be right where they should be at this point in the season.

Check back here later this week as we preview this upcoming weekend's Yellow Jacket Invitational. Until next time, Go Blue Raiders!

## **BLACK AND GOLD MEET PREVIEW**

**NASHVILLE, Tenn.** -- The MT track and field teams will once again hit the track this weekend as they make the short trip up to Nashville for the Vanderbilt Black and Gold Meet. You can read the official meet preview [here](#).

The competition will begin Friday evening at 5 p.m. CT with a few field events. On Saturday, it will pick up at 9 a.m. and continue until approximately 5:30 p.m.

This is another competition where the squads are simply trying to get comfortable with competing outdoors and slowly improve in preparation for the bigger meets later in the season.

There will be about 20 teams competing this weekend, so it will be a good experience for everyone to compete against a large number of competitors, especially the freshmen who are not used to such large fields of teams and performers.

We encourage everyone in the area to head out to the meet this weekend and support the Blue Raiders. It should be a fun, competitive meet.

Unfortunately there will be no live stats, but we will be sure to post results to Facebook and Twitter as soon as we get them. And of course the complete recap and results will be up on GoBlueRaiders.com at the end of each day.

Check back here on Monday for a meet recap. Have a great weekend, Blue Raider fans! Until next time, Go Blue Raiders!

## **RHODES OPEN MEET RECAP**

**MURFREESBORO, Tenn.** -- The Blue Raider track and field teams got off to a great start to their 2012 outdoor seasons this past weekend in Memphis. You can read the official recap [here](#).

A number of MT student-athletes picked up event titles including Cordairo Golden and Roscoe Payne who each collected two event championships. Golden won the triple jump with a leap of 49-5.50 (15.07m) and the long jump, posting a measurement of 23-8.75 (7.23m). Congratulations to Cordairo for a great meet in his return home to Memphis!

Meanwhile Payne won the 110-meter hurdles in 14.12 seconds while also capturing the 400-meter hurdles, clocking a time of 51.43 seconds.

On the women's side, Christal Wilson took home the title in the 100-meter hurdles in 14.03 seconds.

Ann Dudley recorded a third-place finish in the event with a time of 14.27 seconds.

Amber Jackson led the MT women in the intermediate events as she won the women's 400 meters in 56.83 seconds.

Congratulations to everyone on a terrific performance overall in Memphis. The Blue Raiders will now return to practice this week to prepare for this upcoming weekend's Vanderbilt Invitational.

Be sure to check back later this week as we preview the meet this weekend in Nashville. Until next time, Go Blue Raiders!

## **RHODES OPEN MEET PREVIEW**

**MURFREESBORO, Tenn.** -- The MT track and field teams will open up their 2012 outdoor seasons this weekend as they head to Memphis to compete in the Rhodes Open Meet.

The competition was originally scheduled to begin on Friday, but meet organizers chose to push Friday evening's events back to Saturday.

The competition is set to kick off Saturday morning at 8:30 a.m. CT with a variety of field events including the men's and women's high jump. The meet will conclude with the men's and women's 1600-meter relays on Saturday afternoon. The full schedule of events along with the list of competing teams and heat sheets can be found [here](#).

Among the schools joining Middle Tennessee in the field are Belmont, Lipscomb, Ole Miss, UALR and Vanderbilt along with meet host Rhodes College.

The goal for the Blue Raiders this weekend will be to begin getting adjusted to competing outdoors once again after training and competing inside over the past few months. It will also serve as a good barometer to see where everyone stands after a couple of weeks off for many MT student-athletes.

Be on the lookout for the official meet preview on GoBlueRaiders.com on Friday. Also, be sure to check back here on Monday as we will have a meet recap.

As always, we will have results of the meet posted to the teams' Facebook (MT Track & Field) and Twitter (@MTTrackField) as soon as we get results. The official meet results and recap will be up on GoBlueRaiders.com on Saturday night.

Have a great weekend, Blue Raider fans! Until next time, Go Blue Raiders!

## **NCAA CHAMPIONSHIPS RECAP**

**NAMPA, Idaho** -- Congratulations to Ann Dudley for earning All-America honors this past weekend at the NCAA Indoor Championships!

Dudley successfully cleared the bar at 5-11.25 (1.81m), finishing in sixth place in the women's high jump. She became the first Blue Raider (male or female) high jump All-American in school history and just the eighth MT female to earn the honor in any indoor event. You can read the official meet recap [here](#).

Congratulations also go out to Cordairo Golden, France Makabu and Roscoe Payne for their fantastic performances this past weekend. Payne ran a 7.99 in the prelims of the 60-meter hurdles on Friday to finish 15th in the preliminary round. While he did not advance to the finals, the time is a personal-best of his.

Meanwhile Golden and Makabu both came away with 14th-place finishes in the triple jump competitions on Saturday night. Golden leaped 51-0.00 (15.54m) while Makabu recorded a measurement of 40-6.00 (12.34m) in the women's event.

With the NCAA Indoor Championships now behind us, later this week we will take one last look at what was a tremendous indoor season for the Blue Raiders.

On Wednesday, we will begin looking ahead to this weekend's Rhodes Open Meet as MT officially opens its indoor season. The teams were originally scheduled to be off this weekend, but they decided to go ahead and compete this weekend in Memphis.

Have a great day, Blue Raider fans! Until next time, Go Blue Raiders!

## **NCAA CHAMPIONSHIPS PREVIEW - PART 2**

**NAMPA, Idaho** -- The "Fantastic Four," as we will call them this weekend, are set to compete this weekend at the NCAA Indoor Championships in Nampa, Idaho. You can read the official meet preview [here](#).

Roscoe Payne and Ann Dudley will each compete Friday night while Ann Dudley and Cordairo Golden will perform on Saturday. It should be an exciting couple of days as the four Blue Raiders attempt to bring home All-America honors.

Check out the official meet preview for all the info on how you can watch and keep track of the meet. As always, we will post results on Facebook (MTSU Track & Field) and Twitter (MTTrackField) as soon as we can. The full recap and day's results will be up on GoBlueRaiders.com at the end of each day.

Check back here on Monday as we will have a complete meet recap.

Enjoy the weekend, Blue Raider fans! Hopefully we will witness some history over the next two days! Until next time, Go Blue Raiders!

## **NCAA CHAMPIONSHIPS PREVIEW - PART 1**

**MURFREESBORO, Tenn.** -- Congratulations to Ann Dudley, Cordairo Golden, France Makabu and Roscoe Payne for officially being selected to participate in this weekend's NCAA Indoor Championships!

Dudley will represent the Blue Raider women in the high jump while Makabu will take part in the triple jump. On the men's side, Golden will compete in the triple jump and Payne will run in the 60-meter hurdles.

You can view the complete list of competitors [here](#) and the full schedule of events [here](#).

Be on the lookout for the official meet preview coming Thursday to GoBlueRaiders.com. On Friday, we will take a closer look at this weekend's Championships.

Below you will find the list of Blue Raiders who set personal-bests at the Sun Belt Championships. As you can tell, many MT performers put on quite a show at the meet.

Have a great day, everyone! Until next time, Go Blue Raiders!

### **Men**

Solomon Atosona – Long jump – 23-8.25 (7.22m); Triple jump – 46-4.00 (14.12m)

Kendall Bacchus – 55 meters – 6.45; 200 meters – 21.68

Vincent Bett – 5,000 meters – 15:33.25

Asa Bowman – 400 meters – 49.15

Drayton Calhoun – 55 meters – 6.33

Justus David – 5,000 meters – 14:05.10

Keith Davis – 5,000 meters – 15:30.94

Kenneth Gilstrap – 55 meters – 6.30

Cordairo Golden – Long jump – 24-5.75 (7.46m); Triple jump – 52-1.75 (15.89m)

Jamarious Jones – 800 meters – 1:59.96

Steven Palmer – 400 meters – 47.84

Kameron Rory – Long jump – 22-9.75 (6.95m)

### **Women**

Rosina Amenebede – Long jump – 19-6.25 (5.95m)

Ann Dudley – 55-meter Hurdles – 7.97

Euphemia Edem – Long jump – 19-11.50 (6.08m); Triple jump – 41-5.75 (12.64m)

Kaila Frazier – 200 meters – 29.03

Autumn Gipson – 800 meters – 2:15.28

Lucy Kapkiai – Mile run – 5:03.98; 3,000 meters – 9:43.77; 5,000 meters – 17:04.70

Christal Wilson – 55-meter Hurdles – 7.82

### **LAST CHANCE INVITATIONAL RECAP**

**MURFREESBORO, Tenn.** -- Congratulations to Justus David for breaking the Middle Tennessee school record in the indoor 5,000 meters!

David clocked a time of 14:05.10 on Friday evening, smashing the previous record of 14:35.36 held by William Sangock. You can read the official recap [here](#).

While the senior did not advance to the NCAA Indoor Championships, breaking a school record in his last indoor run as a Blue Raider is certainly a great way to go out.

On Saturday, Drayton Calhoun and Kenneth Gilstrap competed in the 60-meter dash. Calhoun logged a time of 6.86 seconds to finish fourth in the finals. Meanwhile Gilstrap ran a 6.94 in the prelims and did not qualify for the finals.

Like David, neither of these Blue Raiders were able to qualify for the NCAA Championships. However, they both put together fantastic 2012 indoor seasons and should be extremely proud of their accomplishments. The future is certainly bright for these young MT sprinters.

On Wednesday, we will finally take a look at the performances from this past weekend as well as the Sun Belt Championships. And on Friday, we will preview the NCAA Indoor Championships.

Speaking of the NCAA Championships, we are still waiting to hear who will represent MT in Idaho this weekend. Once we find out, you will find out as well. Until next time, Go Blue Raiders!

## **LAST CHANCE INVITATIONAL PREVIEW**

**MURFREESBORO, Tenn.** -- Justus David, Drayton Calhoun and Kenneth Gilstrap will travel to South Bend, Ind., this weekend for the Alex Wilson Invitational hosted by Notre Dame.

The meet will serve as a final opportunity for these three athletes to qualify for the NCAA Indoor Championships next weekend in Nampa, Idaho. David will compete in the 5,000 meters on Friday evening while Calhoun and Gilstrap will run the 60 meters on Saturday. You can read the official preview [here](#).

You can follow the meet via live results [here](#). We will have updates on Twitter and Facebook as soon as we results become available with recaps coming on Friday and Saturday evening.

In other news, we decided to push back this week's performance updates to next week. We apologize for delay. Hopefully we will have a few more great performances to highlight next week!

Have a great weekend, Blue Raider fans! Until next time, Go Blue Raiders!

## **CHAMPIONS!!**

**MURFREESBORO, Tenn.** -- Congratulations to the MT women's track and field team for winning the 2012 Sun Belt Indoor Championship!!

What an amazing meet it was for the women! Congratulations to everyone on the team for a job well done.

Congratulations also go out to the men's team for their second-place finish! The guys put up some

great performances during the two day competition, led by Cordairo Golden who was named Male Field Athlete of the Year. He won the long jump on Saturday and blew away the competition in the triple jump on Sunday. It has been quite the season for the sophomore!

Kenneth Gilstrap also picked up an individual title this past weekend, winning the men's 55 meters. Meanwhile Ann Dudley and Lucy Kapkiai each came away with titles. Dudley won the high jump while Kapkiai claimed the 5,000 meters.

We hope everyone enjoyed this weekend's meet. Thank you to all the fans who came out to cheer on the Blue Raiders! If you have not read the official meet recap, you can do so [here](#).

We hope to have photos and possibly some video from the competition at some point later this week. We will let you know as soon we learn something.

On Wednesday, we will break down individual performances from the meet. Many Blue Raiders posted some impressive results. Until next time, Go Blue Raiders!

### **SUN BELT CHAMPIONSHIPS PREVIEW - PART 3**

**MURFREESBORO, Tenn.** -- We are now down to just one day before the Blue Raiders host the 2012 Sun Belt Indoor Track & Field Championships!

We hope everyone has made plans to attend as this should be a very exciting meet. Even if you can only come for a few hours on either Saturday or Sunday, we encourage you to come out and support the Blue Raider track and field teams.

Be sure to check out the Championship Central page on SunBeltSports.org if you have not already. It is your place before, during and after the meet. You can view the page [here](#).

On Monday, we will have a complete recap of the Championships. We hope to have pictures and possibly video for you at some point next week. We will know more about this on Monday.

Have a great Championship weekend, everyone! Until next time, Go Blue Raiders!

### **SUN BELT CHAMPIONSHIPS PREVIEW - PART 2**

**MURFREESBORO, Tenn.** -- The 2012 Sun Belt Indoor Track & Field Championships are just two days away!

The Sun Belt league office released the coaches' predicted order of finish on Wednesday. The Middle Tennessee men and women were both selected to finish second. You can see the complete predictions below.

Be sure to check out the Championship Central page on SunBeltSports.org where you can find the schedule of events, heat sheets, past championship info and much more. You can view it [here](#).

On Friday, we will have the official meet preview on GoBlueRaiders.com. Until next time, Go Blue Raiders!

### **2012 Sun Belt Conference Indoor Track & Field Predicted Order of Finish**

## **Men**

1. Western Kentucky

### **2. Middle Tennessee**

3. Arkansas State

4. UL-Lafayette

5. North Texas

6. South Alabama

7. UALR

8. ULM

9. FIU

## **Women**

1. FIU

### **2. Middle Tennessee**

3. North Texas

4. Arkansas State

4. Western Kentucky

6. South Alabama

7. Florida Atlantic

8. UL-Lafayette

9. Troy

10. ULM

11. UALR

## **SUN BELT CHAMPIONSHIPS PREVIEW**

**MURFREESBORO, Tenn.** -- We hope everyone had a nice, restful few days off this past weekend as now it is time to turn our attention to this weekend's Sun Belt Championships.

The Blue Raider men will be looking to capture their second-consecutive indoor title and third in the past four seasons. Meanwhile the women hope to pick up their first championship since winning four straight from 2001-04.

Justus David led the men at last year's meet. He tallied 34 points for the squad, winning the 3,000 meters and mile-run competitions. He was consequently named 2011 Sun Belt Indoor Track Athlete of the Year.

The women were paced by Cherice Robertson who placed second in both the indoor pentathlon and 55-meter hurdles. Overall, the Blue Raiders took home a fourth-place finish.

We will have more on the Championships later this week. We encourage you to check out the Championship page on SunBeltSports.org which you can view [here](#).

Until next time, Go Blue Raiders!

## **2012 SEASON UPDATE**

**MURFREESBORO, Tenn.** -- The Middle Tennessee track and field teams have a rare break this weekend as the team prepares for the Sun Belt Championships.

It has been quite a year so far for MT as both the men and women have won numerous event titles and posted many personal bests. In addition, two school records have fallen this season thanks to Ann Dudley and Lucy Kapkiai.

Below we have posted a list of Middle Tennessee athletes who set personal bests at last Saturday's Valentine Invitational. Also, you can find the complete 2012 indoor performance lists [here](#).

We hope you have a wonderful weekend, Blue Raider track and field fans! Enjoy the break before next weekend's big meet! Until next time, Go Blue Raiders!

### **Men**

Kendall Bacchus – 200 meters – 22.90

Deangelo Blair – 800 meters – 2:03.84

Junior Cadet – Triple jump – 45-0.25 (13.72m)

Keith Davis – 3,000 meters – 8:54.95

Cordairo Golden – Triple jump – 50-3.25 (15.32m)

Nathaniel Moore – 55 meters – 6.69

Steven Palmer – Long jump – 22-5.00 (6.83m)

Demarco Scales – 800 meters – 2:01.20

Demetrius Shelton – 200 meters – 22.22

Robinson Simatei – Mile run – 4:17.35

### **Women**

Kaila Frazier – 400 meters – 1:05.42

Autumn Gipson – Mile run – 5:08.76

Lucy Kapkiai – 800 meters – 2:17.12

Jelagat Kimaiyo – 800 meters – 2:46.59

France Makabu – Long jump - 17-8.25 (5.39m)

Christal Wilson – 55-meter hurdles – 8.11

## **VALENTINE INVITATIONAL RECAP**

**MURFREESBORO, Tenn.** -- The Blue Raiders had yet another great performance this past weekend at the Valentine Invitational presented by MarineOfficer.com! Congratulations to both teams on a job well done. You can read the official meet recap [here](#).

It truly was a complete team effort as the squads received contributions from every member of the team. The men's team completed the meet with seven event titles to go along with two top collegiate finishes. Meanwhile the women won four events and also had a pair of top collegiate finishes as well.

We have posted the photo gallery to GBR. You can see the gallery [here](#). Even more pictures can be found on the teams' Facebook page [here](#).

On Wednesday, we will once again take a look at the team's updated performances this season. We had more Blue Raiders set personal bests this past Saturday.

Until next time, Go Blue Raiders!

## **VALENTINE INVITATIONAL PREVIEW**

**MURFREESBORO, Tenn.** -- The Blue Raider track and field teams return to action this weekend, hosting the Valentine Invitational presented by MarineOfficer.com on Saturday at 3 p.m. You can read the official meet preview [here](#).

UALR, Arkansas-Pine Bluff, Chattanooga, Milligan, Tennessee State and Western Kentucky will all have their men's and women's team in town for the meet. Meanwhile Belmont will be represented by its men's squad.

Fans are reminded that the meet will begin at 3 p.m. following the MT basketball game against UALR. You can see the complete meet schedule [here](#).

We encourage everyone to come to campus this weekend to take part in the festivities. The basketball game tips off at noon and will be shown to a national television audience on ESPN2. Just remember to wear blue for the Blue Out!

Once again, on Monday we will have a photo gallery posted to the post-meet story on GBR. Additional meet pictures will be up on Facebook.

Have a great weekend, everyone! We hope to see everyone on campus on Saturday!

## **BLUE RAIDER 2012 SEASON UPDATE**

**MURFREESBORO, Tenn.** -- The MT track and field teams had perhaps their best meet of the year this past weekend at the MTSU Invitational. Both squads came away with three event titles as well as two top collegiate finishes. In addition, numerous Blue Raiders finished in the top five of their events.

This past weekend also saw many Blue Raiders set new personal bests. Below is a list of performers who had career-best days in their events. You can view the complete indoor performance lists [here](#). Also, we have listed the Blue Raiders who have posted times/marks that currently stand in the top 25 in the country in their respective events.

On Friday, we will preview this weekend's Valentine Invitational. Once again, please remember that this weekend's meet will begin at 3 p.m. following the MT basketball game against UALR. Until next time, Go Blue Raiders!

### **Men**

Noah Akwu – 55 meters – 6.39

Kendall Bacchus – 400 meters – 50.81

Shubert Bastien – Shot put – 42-0.00 (12.80m)

Deangelo Blair – 800 meters – 2:04.79

Asa Bowman – 200 meters – 22.30; 400 meters – 49.25

Junior Cadet – Long jump – 23-5.50 (7.15m)

Keith Davis – 800 meters – 2:01.25

Kenneth Gilstrap – 55 meters – 6.32

Cordairo Golden – Long jump – 23-6.25 (7.17m)

Lyle Haywood – Mile run – 4:32.46

Jamarious Jones – 800 meters – 2:01.47

Nathaniel Moore – 400 meters – 49.59

Steven Palmer – 400 meters – 47.90

Roscoe Payne – 400 meters – 48.53

Kameron Rory – Long jump – 22-7.75 (6.90m); Triple jump – 46-3.25 (14.10m)

Demarco Scales – 400 meters – 53.78

Demetrius Shelton – 200 meters – 22.27

Robinson Simatei – 800 meters – 1:54.18

### **Women**

Sheniece Daphness – 55 meters – 7.10

Ann Dudley – 55-meter hurdles – 8.05

Euphemia Edem – Triple jump – 40-7.50 (12.38m)

Kaila Frazier – 200 meters – 29.23

Autumn Gipson – 800 meters – 2:17.62

Rachel Islam – Mile run – 5:16.20

### **Top 25 Performances - Men**

Kenneth Gilstrap – 55 meters – 6.32 – 7th

Noah Akwu – 55 meters – 6.39 – 25th

Roscoe Payne – 55-meter hurdles – 7.39 – 4th

### **Top 25 Performances - Women**

Rosina Amenebede – 55m hurdles – 7.99 – 12th

Ann Dudley – High jump – 6-0.00 (1.83m) – 5th; 55m hurdles – 8.02 – 14th

France Makabu – Triple jump – 41-5.00 (12.62m) – 21st

## **MTSU INVITATIONAL RECAP**

**MURFREESBORO, Tenn.** -- It was another great weekend for the MT track and field teams as both squads put up great performances at this past weekend's MTSU Invitational. You can read the complete meet recap [here](#).

Be sure to check out the photo gallery on GoBlueRaiders.com [here](#) as well as additional photos on the teams' Facebook page [here](#).

Ann Dudley led the way for the Blue Raider women, once again taking the high jump competition with a leap of 5-9.25 (1.76m) while also winning the women's 55-meter hurdles in 8.05 seconds.

Cordairo Golden paced the men's squad as he won the long jump competition and finished as the top collegiate in both the high and triple jumps. He posted a new personal best mark in the triple jump with a measurement of 23-6.25 (7.17m).

Be sure to check back on Wednesday as we highlight the Blue Raiders who set new personal-bests

this past weekend and update where everyone sits compared to the rest of the nation.

Also, remember that this upcoming weekend's Valentine Invitational has been moved to 3 p.m. following the men's basketball game against UALR. It is going to be a very exciting day in MT athletics, so we hope you make plans to attend both events.

Have a great day, Blue Raider fans! Until next time, Go Blue Raiders!

## **MTSU INVITATIONAL PREVIEW**

**MURFREESBORO, Tenn.** -- The MT track and field teams are set to host the MTSU Invitational presented by MarineOfficer.com on Saturday at the Murphy Center. You can read the complete meet preview [here](#).

Eastern Kentucky, South Alabama and UALR will be represented by their men's and women's teams, joining the Troy women's team to make up the field of visiting teams. The day's events are set to begin at 11 a.m. with a variety of field events.

As always, the meet will be free to attend. So, if you are going to be in the Murfreesboro area, we encourage you to come support the Blue Raider men and women.

We will have results posted to the Twitter and Facebook pages shortly following the meet with a complete recap on GoBlueRaiders.com on Saturday night. On Monday, we will have a complete photo gallery on "GBR" along with additional photos on Facebook.

The MT track and field program would also like to welcome MarineOfficer.com as a new sponsor of the teams. Please take a moment to go check out the site to learn more about the Marines.

Have a great weekend, everyone! We hope to see you at the Murphy Center on Saturday. Until next time, Go Blue Raiders!

## **BLUE RAIDER 2012 SEASON UPDATE**

**MURFREESBORO, Tenn.** -- It was a great weekend in Lexington for the Blue Raiders!

Congratulations to Lucy Kapkiai for setting a new school record in the women's indoor 3,000 meters. She clocked a 9:49.37, breaking the record previously held by former Blue Raider standout Zamzam Sangau by more than five seconds.

While MT failed to collect any event titles, numerous Blue Raiders set personal records this past weekend. Below is a list of everyone who notched new personal bests. The entire performance lists can be seen [here](#).

On Friday, we will preview this weekend's MTSU Invitational. The Blue Raiders will be joined in the field by Arkansas-Little Rock, Eastern Kentucky, South Alabama and the Troy women. The schedule of events can be viewed [here](#).

Until next time, Go Blue Raiders!

### **Men**

Geoffrey Akena – 400 meters – 49.75

Shubert Bastien – Shot put – 34-04.25 (10.42m)

Asa Bowman – 400 meters – 49.33

Junior Cadet – Triple jump – 42-3.50 (12.89m); 60-meter hurdles – 8.76

Drayton Calhoun – 60 meters – 6.83

Keith Davis – 3000 meters – 8:58.96

Rycine Ellison – 400 meters – 49.92

Lyle Haywood – 800 meters – 1:56.23

James Messick – 400 meters – 50.58

Kameron Rory – Long jump – 22-6.50 (6.87m)

Demarco Scales – 800 meters – 2:02.57

Demetrius Shelton – 400 meters – 50.40

Robinson Simatei – Mile run – 4:17.68

### **Women**

Amber Dandy – 60 meters – 7.98

Sheniece Daphness – 60 meters – 7.91

Autumn Gipson – Mile run – 5:12.36

Rachel Islam – 800 meters – 2:14.96

Amber Jackson – 800 meters – 2:11.63

Lucy Kapkiai – 3000 meters – 9:49.37

Christal Wilson – 200 meters – 25.34; 60-meter hurdles – 8.91

### **ROD McCRAVY MEMORIAL RECAP**

**MURFREESBORO, Tenn.** -- The Blue Raider track and field teams had another solid meet this weekend at the Rod McCravy Memorial in Lexington, Ky. You can read the official meet recap [here](#).

Lucy Kapkiai led the way for the women's squad as she set a new school record in the 3,000 meters. Her time of 9:49.37 was nearly six seconds better than the previous record held by Zamzam Sangau.

Amber Jackson and Rachel Islam also had great days on Saturday. They both set new personal-

bests in the 800 meters, clocking respective times of 2:11.63 and 2:14.96.

Justus David guided the MT men in the distance events. his 3,000-meter time of 8:20.66 was good enough for an eighth-place finish.

In the jumps events, Ann Dudley posted another solid mark in the high jump, successfully clearing the bar at 5-10.50 (1.79m). The leap gave her a second-place finish. Meanwhile in the triple jump, Euphemia Edem came in fifth with a jump of 39-11.25 (12.17) while France Makabu leaped 38-11.75 (11.88) to finish seventh.

A Photo Gallery has been posted to GoBlueRaiders.com. You can view it [here](#). Additional photos are up on the teams' Facebook page and can be seen [here](#).

On Wednesday, we will have updated performance lists which of course will include an edit in the "school records" section. Until next time, Go Blue Raiders!

## **ROD McCRAVY MEMORIAL PREVIEW**

**MURFREESBORO, Tenn.** -- The MT track and field teams depart for Lexington, Ky., to take part in this weekend's Rod McCravy Memorial. You can read the official meet preview [here](#).

The meet will get under way Friday evening at 5 p.m. CT with several field events including the men's high jump and the men's and women's long jump. The action will resume Saturday morning at 9:30 a.m. with the conclusion of the meet coming around 4 p.m. The full schedule can be seen [here](#).

Live results of the meet can be followed [here](#). We will have results of each day's events on Facebook and Twitter as soon as they become available. A complete recap with full results will be up on GoBlueRaiders.com late Friday and Saturday night.

Be sure to check back here Monday as we will review the meet. We will also have pictures posted to Facebook early next week.

Have a great weekend, everyone! Until next time, Go Blue Raiders!

## **SBC ATHLETES OF THE WEEK/2012 PERFORMANCES**

**MURFREESBORO, Tenn.** -- Congratulations to Kenneth Gilstrap, Cordairo Golden and Kiara Henry for being named Sun Belt athletes of the week. You can read the official story [here](#).

2012 has gotten off to a terrific start for the MT track and field teams. Through four events, each team has racked up 11 event championships and numerous top-five finishes.

The highlight of the season thus far came early in the first meet of the season when Ann Dudley jumped an even six feet to win the high jump at the MT Christmas Invitational. The mark broke the school record in the event and is a personal-best and NCAA-automatic qualifying measurement.

Many other Blue Raiders have posted personal bests so far this season. Please check out the 2012 Performance Lists [here](#) to see just how well everyone has done.

Be sure to check back here Friday as we will preview this weekend's Rod McCravy Memorial. Until

next time, Go Blue Raiders!

## **BLUE RAIDER INVITATIONAL RECAP**

**MURFREESBORO, Tenn.** -- Congratulations to both the MT men and women on great performances this weekend at the Blue Raider Invitational! You can read the official recap with the box score and a photo gallery [here](#). Also, be sure to check out additional photos on the teams' Facebook page [here](#).

The Blue Raider men won five events on Saturday while the women's squad claimed three event championships. Steven Palmer paced the men's team with victories in the 200 and 400 meters. Meanwhile Roscoe Payne continued his dominance in the 55-meter hurdles, winning the event in 7.40 seconds which equals his personal best. In his first competition of the season, Kenneth Gilstrap took home the 55 meter title, outpacing MT newcomer Drayton Calhoun by .03 seconds. Cordairo Golden once again led the way for the Blue Raider men in the jumps events as he posted three top-five finishes. Ann Dudley guided the women's team, coming away with another win in the high jump. She also came in second in the 55-meter hurdles, only finishing behind teammate Rosina Amenebede who took the title in 8.07 seconds. Kiara Henry had more solid efforts in the sprints events. She won the 200 meters while finishing as the top collegiate finisher in the 55 meters. The MT distance runners also had a great meet this weekend. Justus David and Robinson Simatei finishes one-two in the men's 800 meters while Rachel Islam and Lucy Kapkiai both placed in the top five in the women's competition. On Wednesday, we will take an in-depth look at the Blue Raiders' performances through the first four meets of the season. Until next time, Go Blue Raiders!

## **MT SET FOR BLUE RAIDER INVITATIONAL**

**MURFREESBORO, Tenn.** -- The Blue Raider track and field teams will welcome six schools to Murfreesboro when they host they Blue Raider Invitational on Saturday at the Murphy Center.

The meet will kick off at 11 a.m. CT and should conclude around 5 p.m. You can read the official preview [here](#).

As always, admission is free to the meet, so fans are encouraged to come out and support the Blue Raiders this weekend.

We will have results of the competition on the teams' Facebook and Twitter pages as soon as we get them with a full recap and results on GoBlueRaiders.com on Saturday night. We will also have some photos on the website, with a complete album on the teams' Facebook page.

We hope to see everyone at the meet on Saturday! Until next time, Go Blue Raiders!

## **BLUE RAIDER INVITATIONAL PREVIEW**

**MURFREESBORO, Tenn.** -- The MT track and field teams will remain home this weekend when they host the Blue Raider Invitational on Saturday at the Murphy Center.

The meet is scheduled to begin at 11 a.m. CT with the men's and women's shot put and will conclude with the one mile relays at approximately 4:40 p.m.

The Blue Raiders will be joined in the field by Chattanooga, UL-Lafayette, Milligan and Western

Kentucky as well as the Belmont and Troy women's squads.

The Middle Tennessee men and women both claimed three event titles at least season's meet. Former Blue Raider Josh Butler led the way for the men's squad, winning the triple jump and finishing second in the high jump competition.

On Friday, we will continue looking ahead to this weekend's home meet. Until next time, Go Blue Raiders!

## **KENTUCKY INVITATIONAL RECAP**

**MURFREESBORO, Tenn.** -- Congratulations to the MT track and field teams for a great performance at this past weekend's Kentucky Invitational! You can see the official meet recap story [here](#).

The Blue Raider jumpers and sprinters piloted the way for the squads. Ann Dudley claimed the title in the women's high jump, leaping a 5-11.50 (1.82m), just shy of her personal-best mark of 6-0.00 (1.83m) set earlier this season.

The women's squad also received strong efforts from France Makabu and Kiara Henry, among others. Makabu placed fifth in the women's triple jump, posting a mark of 39-05.00 (12.01m). Meanwhile Henry finished sixth in the 200 meters on Saturday, a day after finishing third in the long jump competition with a jump of 19-02.75 (5.86m).

Amber Jackson led the women's distance runners in the 800 meters, clocking a time of 2:12.43 to place sixth.

Middle Tennessee's men's team was led by Cordairo Golden. On Friday evening, he leaped 22-11.75 (7.00m) to finish third in the long jump as well as posting a mark of 6-04.25 (1.94m), good enough for a fifth-place finish in the high jump. On Saturday, he finished second in the triple jump with a leap of 50-00.75 (15.26m) to place second in the event.

Roscoe Payne and Demetrius Shelton guided the men in the sprints events. Payne ran an even 8.00 seconds to finish second in the 60-meter hurdles while Shelton led a trio of MT top-10 finishers in the 200 meters, clocking a 22.37 to place fifth.

The Blue Raiders also had a great performance in the men's 4x400-meter relays as Payne, Shelton, Asa Bowman and Nathaniel Moore helped the "A" team to a second-place finish while Rycine Ellison, James Messick, Lyle Haywood and Demarco Scales comprised the "B" team and finished sixth.

Be sure to check the MT Track & Field Facebook page on Tuesday afternoon as we will have a photo gallery from this past weekend's competition. On Wednesday, we will begin looking ahead to this upcoming weekend's Blue Raider Invitational. Until next time, Go Blue Raiders!

## **KENTUCKY INVITATIONAL PREVIEW**

**MURFREESBORO, Tenn.** -- The MT track and field teams will make the first of their two January trips to Lexington, Ky., this weekend for the Kentucky Invitational.

The competition begins Friday at 5 p.m. CT with the weight throw and will conclude Saturday evening with the 1,600-meter relays.

Joining the Blue Raiders in the field are host Kentucky, Arkansas (women only), Eastern Kentucky, Georgia, Georgia Tech, Louisville, Marshall (women only), Tennessee and Vanderbilt (women only). This will be MT's toughest competition of the young season as several of the team's are ranked in the USTFCCA Preseason Top 25 and all of them feature some very talented athletes.

Be sure to check GoBlueRaiders.com on Thursday afternoon for the full preview which will include the entire meet schedule. Also, as always, results of the competition will be posted on the teams' Facebook and Twitter pages as soon as they become available.

We are hoping to have some photos from the meet early next week, but we cannot guarantee anything.

Until next time, Go Blue Raiders!

## **ED TEMPLE CLASSIC RECAP**

**MURFREESBORO, Tenn.** -- Congratulations to the Blue Raiders on a solid performance at the Ed Temple Classic this past Saturday! You can read the full meet recap with the box score attached [here](#).

The men's and women's teams each claimed two event titles at the meet while several performers finished just behind unattached and professional athletes.

Both teams were led by the distance runners. Vincent Bett led the men's squad, claiming the 3,000 meters title. Silas Taiget and Keith Davis placed fourth and fifth, respectively, in the event.

The MT men dominated the distance medley as Davis and Taiget joined Rycine Ellison and Jamarious Jones as the team's "B" squad to win the competition. The Blue Raider "A" team comprised of Robinson Simatei, Asa Bowman, Lyle Haywood and Justus David placed second.

The Blue Raider women also won the distance medley. Tressanique Hampton, Autumn Gipson, Rachel Islam and Lucky Kapkiai joined together to take home the title.

Ann Dudley followed up her performance in last season's Ed Temple Classic with another great meet on Saturday. She won the women's 55-meter hurdles in 8.19 seconds, finishing just ahead of teammate Christal Wilson. Dudley also finished as the top collegiate finisher in the women's high jump event.

Sarah Nambawa raced unattached on Saturday and came away with titles in the women's triple jump and long jump competitions. Kiara Henry and Euphemia Edem followed behind with respective second and fourth-place finishes in the long jump while Edem and Makabu came in second and third, respectively, in the triple jump.

On the men's side, Roscoe Payne collected a fourth-place finish in the 55-meter hurdles while Solomon Atosona placed fourth as well in the long jump.

The Blue Raiders will head up to Lexington, Ky., for the Kentucky Invitational this weekend. The

meet will take place on Friday and Saturday. On Wednesday, we will begin looking ahead to the competition.

Until next time, Go Blue Raiders!

## **ED TEMPLE CLASSIC PREVIEW**

**MURFREESBORO, Tenn.** -- The MT track and field teams are set to open the 2012 calendar schedule as they will participate in the Ed Temple Classic on Saturday in Nashville.

The meet, hosted by Tennessee State, is slated to begin at 8 a.m. CT. You can read the full preview [here](#).

The latest list of teams scheduled to compete has host Tennessee State, Alabama A&M, Austin Peay, Chattahoochee Tech, Florida A&M, Jackson State, Lipscomb, Savannah State and Western Kentucky joining Middle Tennessee at the meet.

Traditionally, this has been a meet much like the MT Christmas Invitational in which not all Blue Raiders will compete. This competition serves as a way for those who wish to compete to get back in the mode of competition after the winter break.

As always, results of the meet will be posted to the Facebook and Twitter pages as soon as we get them. The full recap and results will be posted to GoBlueRaiders.com on Saturday evening.

Unfortunately we do not expect to have any pictures or video from the meet, but we will do our best to see what we can get and post them to the team's Facebook page next week.

We will have a Track & Field Notebook recap of the meet early next week. Until next time, Go Blue Raiders!

## **THE NEW YEAR IS HERE**

**MURFREESBORO, Tenn.** -- Happy New Year, everyone! We hope 2012 has gotten off to a terrific start for all of you.

After taking some time off for the holidays, the MT track & field teams will return to action this weekend at the Ed Temple Classic in Nashville, Tenn.

The action will begin bright and early at 8 a.m. on Saturday at Tennessee State's Gentry Center. A full schedule of the day's events can be found [here](#).

The Blue Raiders had a great day at last year's Classic as Ann Dudley won the women's high jump with a school record leap of 5 feet, 11.25 inches (1.81m). Meanwhile Nyeisha Wright, Kiara Henry and Amber Jackson also came away with event victories while France Makabu was the top collegiate finisher in the triple jump.

The men were led by Noah Akwu who won the 400 meters while Festus Chemaoui finished as the top men's performer in the 800 meters.

On Friday, we will have a complete preview of this year's meet. Also, be on the lookout over the next

couple of weeks for new editions of "Cool Downs" as well as a new weekly feature.

Have a great few days, Blue Raiders, and do your best to keep up those resolutions! Until next time, Go Blue Raiders!

## **MT CHRISTMAS INVITATIONAL RECAP**

**MURFREESBORO, Tenn.** -- Congratulations to the Blue Raider track & field teams on a successful day at the MT Christmas Invitational. You can read the full recap [here](#).

The women's squad won a total of six events on Saturday while the men came away with four event titles.

Juniors France Makabu and Euphemia Edem led the women in the triple and long jump events while Ann Dudley took the crown in the high jump as well as the 55-meter hurdles. Meanwhile senior Kiara Henry won the 400 meters.

Several freshmen had great days for the women's squad including Lucy Kapkiai who won the 3,000 meters while Amber Dandy, Sheniece Daphness and Christal Wilson all performed well in the sprints events.

Distance runners Autumn Gipson, Rachel Islam and Tressanique Hampton also had solid days for MT.

Junior Cordairo Golden led the men's squad in the jumps with a win in the triple jump and a runner-up finish in the long jump. Senior Michael Stokes won the 55 meters and finished third in the triple jump and fourth in the long jump. Solomon Atosona provided the men with a good day in the triple and long jump events as well.

Roscoe Payne dominated the 55-meter hurdles to pace the way for the men in the sprints events. Meanwhile Robinson Simatei claimed victory in the mile run. Lyle Haywood, Silas Taiget, Keith Davis, Vincent Bett and Jamarious Jones also had great days for the men in the distance events.

The Blue Raiders will step away from competition for Christmas break before returning on Jan. 7 at the Tennessee State Invitational in Nashville.

Be sure to check out the photo gallery on the teams' Facebook page (MT Track & Field) if you have not done so already.

Have a great week, Blue Raider track & field fans! Until next time, Go Blue Raiders!

## **BLUE RAIDERS SET TO OPEN INDOOR SEASON**

**MURFREESBORO, Tenn.** -- The MT track & field teams will begin their indoor season on Saturday when they host the MT Christmas Invitational at the Murphy Center at 10 a.m. You can read the full story [here](#).

The Blue Raiders have trained all fall and are anxious to get the season under way. As Coach Hayes mentions in the official preview, this meet will provide the team with a good idea of where they stand as teams right now and in which areas they need to improve.

If you are in the Murfreesboro area, we encourage you to come out on Saturday to see the Blue Raiders in action. The meet begins at 10 a.m. and should conclude some time around 3 p.m. Also, following the meet, the MT basketball team faces UT-Martin at 5 p.m. at the Murphy Center. So, we have a fun, full day of action this weekend!

Have a great weekend, Blue Raider fans! Until next time, Go Blue Raiders!

## **INDOOR TRACK SEASON PREVIEW: MT MEN**

**MURFREESBORO, Tenn.** -- As the Blue Raiders get set to open up their 2011-12 indoor season on Saturday, today we took a look at this season's men's squad.

The Blue Raider men will be led in sprints this year by Noah Akwu. The junior put together a phenomenal season a year ago, culminating in earning an All-American honor in the 200 meters at the NCAA Championship. He also ran extremely well all season in the 400 meters, setting a personal best.

Kenneth Gilstrap will join Akwu in the sprint events and will aim to follow up on his successful 2010-11 indoor season. The Lithonia, Ga., native set preliminary marks in the 55 meters, 60 meters and 200 meters. Roscoe Payne will also be looking to build off his success from last season as he posted great results all season in the 55-meter hurdles.

Cordario Golden figures to lead the men in the jumps events. The junior racked up some solid performances last year in the high jump, long jump and triple jump events. Newcomers Solomon Atozona and Michael Stokes should provide the men with depth in the jumps as well.

Justus David returns for his final season and will guide the men in the distance events. He set several personal bests last year as well as a school record in the 3,000 meters. The distance events will also feature many fresh faces to the Blue Raider program. Transfers Vincent Bett, Lyle Haywood, Jamarious Jones and Robinson Simatei will join freshmen Nathaniel Moore, Jonathan Rivers, Demarcus Scales and Silas Taiget in the middle and long distance races.

If the returnees follow up on their previous seasons and the men receive solid contributions from the newcomers, the Blue Raiders will be in excellent position to once again capture the conference title.

Be sure to check back here on Friday when we will take one final look at the upcoming season. Until next time, Go Blue Raiders!

## **INDOOR TRACK SEASON PREVIEW: MT WOMEN**

**MURFREESBORO, Tenn.** -- The Blue Raiders open up their 2011-12 indoor season with the MT Christmas Invitational on Saturday at 10 a.m. at the Murphy Center.

Today we are looking at this year's women's squad with the men's preview coming on Wednesday.

Ann Dudley, Kiara Henry, France Makabu and Nyeisha Wright will lead the MT women in jumps events as well as on the track. Dudley returns following winning the Sun Belt championship in the high jumps last season while also posting a school record in the event earlier in the year.

Makabu placed fourth in the triple jump at the conference championships to conclude her successful season. She also had a great season on the track, posting several quality finishes in the 400 meters. Henry and Wright are also coming off promising 2010-11 indoor seasons. Henry set a personal best in the 200 meters while Wright set a personal best in the long jump event.

Meanwhile Amber Jackson will attempt to guide the women in the 400 meters after her phenomenal season a year ago.

The Blue Raider women will also benefit from the addition of several talented newcomers. Lucy Kapkiai is coming off a fantastic freshman cross country season and will look to achieve similar results in distance events. She will be joined by transfers Euphemia Edem and Tressanique Hampton as well as freshman Kaila Frazier.

Freshmen Sheniece Daphness and Christal Wilson and transfer Jazmyne McCullough will be among those the women's squad will be counting on in the sprint events.

Be sure to check back on Wednesday as we will look at this season's men's team. Until next time, Go Blue Raiders!

## **INDOOR TRACK SEASON BEGINS NEXT WEEKEND**

**MURFREESBORO, Tenn.** -- The Middle Tennessee track & field team will its 2011-12 indoor season next Saturday when it hosts the MT Christmas Invitational.

Western Kentucky, Tennessee State and Lipscomb will join MT in the field. The meet is scheduled to begin at 10 a.m. CST.

On Monday, we will begin taking a look at the upcoming indoor season. Have a fantastic weekend, Blue Raider track fans! Until next time, Go Blue Raiders!

## **2011 SEASON RECAP**

**MURFREESBORO, Tenn.** -- Congratulations once again to Justus David for his performance earlier this week at the NCAA Championships! His accomplishment should be held in high regards by all Blue Raider fans.

Justus' run at the Championships officially wraps up the 2011 Cross Country season for the Blue Raiders. And what a season it was!

While Justus David led the men's squad all season, the team received great contributions from its many other newcomers as well. Robinson Simatei, Silas Taiget, Vincent Bett, Lyle Haywood and Jamarious Jones all made their MT cross country debuts this year and posted great results.

The squad's only returnee – Keith Davis – provided great leadership and set personal bests in 2011. All in all, the men had a great year and the future certainly looks very bright.

Meanwhile the women were led by Lucy Kapkiai who put up one of the best seasons ever for a Blue Raider female. She was joined by sophomores Deanna Brasz, Autumn Gipson and Rachel Islam who all ran well in their second seasons in Murfreesboro.

Stephanie Smith returned as a junior and delivered a solid season while supplying the team with great leadership. Junior transfer Tressanique Hampton joined the squad mid-season and notched a few nice performances.

Congratulations to both teams on jobs well done in 2011! Now the Blue Raider track & field program turns its attention to the indoor track season which begins Dec. 10 with the Christmas Invitational. Next week, we will begin looking ahead to indoor season as it will be here before we know it.

Have a very happy Thanksgiving, Blue Raider track fans! We hope you enjoy some great food with your families this week! Until next time, Go Blue Raiders!

## **JUSTUS DAVID MAKES HISTORY AT NCAA CHAMPIONSHIPS**

**TERRE HAUTE, Ind.** -- Congratulations to Justus David on a historical performance at today's NCAA Cross Country Championships in Terre Haute, Ind.

Justus finished 97th overall in the men's 10k, completing the course in 30 minutes, 47.20 seconds. His finish is the best of any Blue Raider at the NCAA Championships in the history of the program.

On Wednesday, we will take a look back and recap the cross country season. What a year it was for many of the Blue Raiders!

Until next time, Go Blue Raiders

## **JUSTUS DAVID READY FOR NCAA CHAMPIONSHIPS**

**MURFREESBORO, Tenn.** -- The NCAA Cross Country Championships are now just three days away!

Justus David will take the course in the biggest cross country race of his life. He will be looking to make history and become the first Blue Raider to finish in the top 100 of the national meet in the modern NCAA era.

31 teams will make up the field on Monday with an additional 38 individual qualifiers joining them. So, in all, there will be approximately 250 runners taking the course.

Please be aware that the meet will be shown live on NCAA.com. Coverage will begin at 11 a.m. CST with the men's 10k race beginning at 11:08.

Be sure to check GoBlueRaiders.com on Sunday for the official pre-meet story. Until next time, Go Blue Raiders!

## **NCAA Championships Preview**

**MURFREESBORO, Tenn.** -- Justus David is just five days away from taking the course at the NCAA Championships.

The national meet will be held at the LaVern Gibson Championship Cross Country Course in Terre Haute, Ind. The course is known as one of the best in the entire country.

The men's 10k race is scheduled for 11:07 p.m. CST with the women's 6k competition scheduled for 11:58 a.m. Please take note that the meet can be seen live on NCAA.com.

On Friday, we will continue to look ahead to the meet. Until next time, Go Blue Raiders!

## **NCAA REGIONALS RECAP**

**MURFREESBORO, Tenn.** -- Congratulations to Justus David for qualifying for the NCAA Cross Country Championships!

David finished second on Saturday in Tuscaloosa with a 10k time of 30 minutes, 31.5 seconds. He will be the first Blue Raider to run at the national meet since Festus Chemaoui in 2009.

Meanwhile in the women's 6k, Lucy Kapkiai placed 19th while clocking a 21:05.4. Unfortunately, the time was not good enough to earn an at-large bid to the Championships which were announced Sunday evening. While she did not earn a spot in the NCAA Championships, Kapkiai's 2011 season will go down as one of the greatest in Middle Tennessee Cross Country history. Congratulations to Lucy on an incredible year!

The Blue Raiders received very strong performances from several others on Saturday as well. The freshman trio of Robinson Simatei, Silas Taiget and Vincent Bett all placed in the top 50. Simatei finished 30th with a time of 32:14.0, Taiget clocked a 32:30.6 to place 37th and Bett came away with a 49th-place finish in 32:53.8. Meanwhile sophomores Keith Davis and Autumn Gipson represented the teams well with similar strong efforts. Davis finished 82nd with a time of 33:33.0 while Gipson clocked a 6k time of 23:37.7 to place 130th in the women's race.

In the team standings, MT placed fifth in the men's race while the Blue Raider women did not qualify a team score due to only having two people run.

Congratulations can not be said enough to everyone who competed on Saturday and all season long. The Blue Raider cross country teams have much to be proud of this season.

On Wednesday, we will begin looking ahead to next Monday's NCAA Championships. Until next time, Go Blue Raiders!

## **MT SET FOR NCAA REGIONALS**

**MURFREESBORO, Tenn.** -- The Blue Raiders have put in their work this week and are now ready to take the course on Saturday morning in Tuscaloosa, Ala.

The men will begin the day on Saturday at the Harry Pritchett Running Course with a 10k at 10 a.m. CST and the women will follow with a 6k run at 11:15 a.m. You can read the full preview [here](#).

The teams will be leaving campus this afternoon for the four-hour trek down to Tuscaloosa. After an afternoon run, the Blue Raiders will head for dinner before retiring for the night at the team hotel.

We will post the results as soon as we get them following each race on Saturday. Be sure to check Twitter and Facebook in the early afternoon for the results. The full story will be posted on GoBlueRaiders.com in the evening.

Unfortunately we may not have photos or videos from the meet. We are hopeful to receive some pictures, so if and when we do, we will post them.

Until next time, Go Blue Raiders!

## **BLUE RAIDERS PREPARE FOR NCAA REGIONALS**

**MURFREESBORO, Tenn.** -- The five MT cross country runners heading to the NCAA Regionals this weekend are in full preparation mode.

Justus David, Robinson Simatei, Keith Davis, Lucy Kapkiai and Autumn Gipson will face quite a challenge on Saturday in Tuscaloosa. The Blue Raider men are currently ranked fifth in the NCAA South Region, behind Florida State, Florida, Georgia and Georgia Tech. Meanwhile the women are not ranked in the top 15 of the region.

In order for the Blue Raider men and women to qualify for the NCAA Championships as teams, they must finish in the top two at Saturday's meet. 13 teams will also be selected from across the country as at-large selections, but the Blue Raiders would be very unlikely to receive one of these selections.

As far as qualifying for the NCAA Championships individually, the top four runners from the men's and women's race who are not on one of the top two finishing teams automatically qualify for the NCAA Championships. Two additional runners from across the country will receive at-large bids.

On Friday, we will continue to look ahead to this weekend's meet. Until next time, Go Blue Raiders!

## **FIVE BLUE RAIDERS WILL RUN AT REGIONALS**

**MURFREESBORO, Tenn.** -- Justus David, Robinson Simatei and Keith Davis will represent the Blue Raider men and MT women Lucy Kapkiai and Autumn Gipson will take part in the NCAA South Regional on Saturday in Tuscaloosa, Ala.

The men will lead off on Saturday with a 10k beginning at 10 a.m. CST. The women will run a 6k race at 11:15 a.m. The meet will take place at the University of Alabama Arboretum.

Complete meet information can be found [here](#).

We will continue to preview the meet on Wednesday. Also, be on the lookout for the last couple editions of "Cool Downs" coming later this week.

Until next time, Go Blue Raiders!

## **SUN BELT CHAMPS PHOTOS AND VIDEOS**

**MURFREESBORO, Tenn.** -- The MT men's and women's cross country teams completed their regular seasons at last weekend's Sun Belt Championships. Several runners from each team will run at next weekend's NCAA South Regional Championships. We will know who those runners are and begin previewing the meet on Monday.

Congratulations once again to Justus David for his Sun Belt individual title last weekend and to Lucy Kapkiai and Robinson Simatei for earning All-Sun Belt honors. They all ran exceptional races and

their accomplishments are well-deserved.

Congratulations are also in order for the entire Blue Raider cross country teams. Everyone represented the school well all soon culminating with last weekend's conference championships.

We recently uploaded a few additional videos to the MT Track & Field Facebook and Twitter pages. You can see them [here](#). Special thanks to Jim Robinson of Western Kentucky for all the photos in the album entitled "Sun Belt Conference Championships – Part 2." And a special thank you as well to the entire Sun Belt Conference staff including Travis Llewellyn for the excellent videos.

Have a great weekend, everyone! Until next time, Go Blue Raiders!

## **SUN BELT CHAMPIONSHIPS RECAP**

**MURFREESBORO, Tenn.** -- Congratulations to Justus David for winning the Sun Belt Conference Championships men's individual title!

Justus ran a phenomenal race and outlasted Deus Rwaheru of Western Kentucky at the finish line, clocking an 8k time of 24:25.70. He became the first Blue Raider to claim the conference individual title since Geoffrey Lagat won it in 2001.

Robinson Simatei had a great performance on Saturday as well, finishing sixth with a time of 25:03.70 to earn All-Sun Belt honors.

Meanwhile in the women's 5k, Lucy Kapkiai continued her fantastic season, notching a second-place finish in a time of 17:45.70. It is the best finish for a Blue Raider female since Zamzam Sangau also placed second at the league meet in 2008.

As teams, the men's squad came away with a third-place finish while the Blue Raider women placed seventh.

The official photo gallery is now up on GoBlueRaiders.com. You can see it [here](#). Also, more photos and video is on the teams' Facebook page [here](#).

Until next time, Go Blue Raiders!

## **BLUE RAIDERS ARE SET FOR SUN BELT**

**MURFREESBORO, Tenn.** -- The MT cross country teams are set to take on the rest of the Sun Belt as they travel to Bowling Green, Ky., for the 2011 Sun Belt Cross Country Championships. You can read the official story [here](#).

The men's team was predicted to finish third by the Sun Belt coaches while the Blue Raider women were slated to place fifth. The coaches picked Western Kentucky to claim both team championships.

The teams will be leaving campus at around 1 p.m. on Friday. They will get in an afternoon run before the annual Sun Belt cross country banquet on Friday night.

As always, results of the meet will be posted on the teams' Twitter (@MTTrackField) and Facebook (MT Track & Field) pages as soon as they become available. A full recap and results will be up on

GoBlueRaiders.com on Saturday night.

On Monday, we will recap the meet and have photos and video from the competition. Until next time, Go Blue Raiders!

## **SUN BELT PREDICTIONS**

**MURFREESBORO, Tenn.** -- We are just three days away from the 2011 Sun Belt Cross Country Championships!

The Sun Belt Championship predictions were released by the league office on Wednesday. The Blue Raider men were predicted to finish third at the meet behind Western Kentucky and UALR. Meanwhile the women were selected to place fifth at the competition behind Western Kentucky, Florida Atlantic, Arkansas State and UALR.

The official race times were also made known on Wednesday. The women will lead off on Saturday with a 5k race beginning at 10 a.m. CT. The men will follow with an 8k run at 11 a.m.

Be on the lookout for another edition of "Cool Downs" on Thursday. On Friday, we will take a final look at the meet.

Until next time, Go Blue Raiders!

## **LOOKING AHEAD TO SATURDAY**

**MURFREESBORO, Tenn.** -- The MT cross country teams will continue their preparations this week as the teams ready themselves for the Sun Belt Championships on Saturday in Bowling Green, Ky.

The meet will begin at 10 a.m. CT at Kereiakes Park which is located about three miles from the Western Kentucky campus. The men will run an 8k while the women will run a 5k race. The exact start times will be known later this week.

The Blue Raider men will be looking for their first Sun Belt Championship since 2009 when MT took the title in Monroe, La. The women are still looking for that elusive first championship despite finishing second in 2008 and 2009.

Check back to the Notebook on Wednesday as we will continue to preview Saturday with a look at the teams competing. Until next time, Go Blue Raiders!

## **FINAL BREAK**

**MURFREESBORO, Tenn.** -- The Blue Raider cross country teams take another break away from competition this weekend before next weekend's Sun Belt Championships.

The teams practiced all week and will continue preparations through the weekend and into next week for the huge day in Bowling Green, Ky.

On Monday, we will begin previewing the Sun Belt Championships. In the mean time, be sure to see the latest editions of "Cool Downs" which can be found on the teams' Facebook (MT Track & Field) and Twitter (MTTrackField) pages.

Have a great weekend, everyone. Until next time, Go Blue Raiders!

## **FRONT RUNNER INVITATIONAL RECAP**

**MURFREESBORO, Tenn.** -- Congratulations to Justus David, Lucy Kapkiai and the MT men's and women's cross country teams for their individual and team titles on Saturday at the Front Runner Invitational!

The Blue Raider women dominated their competition, defeating runner-up Chattanooga by 16 points. They were led by Kapkiai who finished the two-mile course in 11:07. Autumn Gipson, Deanna Brasz, Rachel Islam, Stephanie Smith and Tressanique Hampton all finished in the top 14 of the field as well in what was the women's best performance of the season.

Meanwhile the men edged Chattanooga by a single point to claim the men's team title. David paced the guys as he narrowly beat Chattanooga's Chris Berry for the men's individual title.

Like the women, the MT men received great efforts by the entire team to win the meet, their first victory of the 2011 season.

Check out the photo gallery from Saturday [here](#). In addition, you can find a video as well as other photos on the team's Facebook page (MT Track & Field).

Keep your eyes open for another edition of "Cool Downs" coming later this week. Until next time, Go Blue Raiders!

## **BLUE READERS RETURN TO CHATTANOOGA**

**MURFREESBORO, Tenn.** -- The MT men's and women's cross country teams will head to Chattanooga for the second time this season on Saturday as they compete in the Front Runner Invitational.

The women will run a two-mile race at 2:30 p.m. CDT with the men's 5k following at 3 p.m. The full story can be found [here](#).

The weather is expected to be tremendous on Saturday, with the temperature right around 70 degrees for the start of the meet. This should benefit the Blue Raiders as they hope to run fast in preparation for the Sun Belt Championships in two weeks.

Results of the meet will be posted to our Facebook and Twitter pages once they become available. The full recap and results will be up on GoBlueRaiders.com on Saturday evening.

However, in order to avoid having to wait for the results (which we all know can be frustrating), I encourage you to make the trip to Chattanooga and enjoy the great weather watching the Blue Raiders in action. Directions to the meet can be found in the official story linked above.

Check back here on Monday as we will recap the meet and post the photo gallery and video. Have a great weekend, everyone! Until next time, Go Blue Raiders!

## **NEW EDITIONS OF "COOL DOWNS"**

**MURFREESBORO, Tenn.** -- We have a couple new editions of "Cool Downs" which we have posted to Facebook and Twitter.

We highlighted Justus David on Thursday which turned out to be the most popular edition thus far. Today we showcased Blue Raider junior Stephanie Smith. We will have to wait and see if Stephanie can generate the amount of buzz that Justus has.

You can access the videos [here](#). Be sure to let us know what you think by posting a comment.

We hope everyone has a great weekend as the cross country teams are away from competition this weekend before heading to Chattanooga next weekend for the Front Runner Invitational.

Until next time, Go Blue Raiders

## **DAVID, KAPKIAI NAMED SBC RUNNERS OF THE WEEK**

**MURFREESBORO, Tenn.** -- Congratulations to Justus David and Lucy Kapkiai for being named Sun Belt Male and Female Runners of the Week on Wednesday.

If you have not seen it yet, you can read the official story [here](#).

David continues to rack up weekly honors as this is his third this season. He is quickly putting himself among the best cross country runners in the history of the program, despite only running one season.

The accolade is much deserved for Kapkiai as well who may end up putting together the best freshman season ever for a Blue Raider runner.

Obviously these are two very special athletes, so take advantage of seeing them run while you can. The teams will run Oct. 15 at the Front Runner Invitational in Chattanooga and will then close out the season at the Sun Belt Championships on Oct. 29 in Bowling Green, Ky.

So I encourage you to make plans for a road trip or two to see these two runners as well as the rest of the talented MT cross country teams.

In other news, check back here tomorrow for another edition of "Cool Downs." Until next time, Go Blue Raiders!

## **2011-12 TRACK & FIELD SCHEDULE RELEASED**

**MURFREESBORO, Tenn.** -- We may be in the middle of cross country season, but it is never too early to start thinking about the upcoming track & field season.

With that said, the 2011-12 indoor and outdoor schedules have been posted and can be viewed [here](#).

Fans will find that this season's schedule is very similar to past seasons, with the Vanderbilt Open on March 24 and the Sea Ray Invitational on April 13-14 as the only events the Blue Raiders did not compete in last season.

MT will once again host four indoor events and will also host this season's Sun Belt Indoor

Championships on Feb. 25-26.

So go ahead and mark your calendars because it should be another exciting season!

Until next time, Go Blue Raiders!

## **GREATER LOUISVILLE CLASSIC RECAP**

**MURFREESBORO, Tenn.** -- It may have been a different meet, but it was the same story for Justus David and Lucy Kapkiai at the Greater Louisville Classic on Saturday.

David finished second overall in the men's race, less than two seconds behind Louisville's Tyler Byrne. He has now finished in the top three in all of his competitions this season (and his career at MT since this is his first season competing here).

Meanwhile Kapkiai continued her brilliant freshman season with an 11th-place finish. Her 5k time of 17:20.20 is more than 33 seconds better than her time at last month's Commodore Invitational.

Aside from David and Kapkiai, Robinson Simatei also had a strong performance in the men's 8k. His time of 24:38.08 was good enough for 28th place. Fellow freshman Silas Taiget also ran well on Saturday, clocking a 25:14.70 to finish 72nd.

Be sure to check out the photo gallery from Saturday which was added to the post-meet story. It can be found [here](#).

Also, video from the meet can be found on the team's Facebook (MT Track & Field) and Twitter (@MTTrackField) pages.

Until next time, Go Blue Raiders!

## **GREATER LOUISVILLE CLASSIC PREVIEW**

**MURFREESBORO, Tenn.** -- The MT men's and women's cross country teams will travel to Louisville, Ky., to run in this weekend's Greater Louisville Classic. You can find the full preview [here](#).

The teams will leave campus Friday at 2 p.m. and stay in Louisville tonight. The men will run Saturday at 8:30 a.m. CDT followed by the women's race at 9:15.

Saturday's meet will be the toughest challenge of the season to this point as more than 90 teams are participating in the event. Due to the large number of teams competing, the meet will be divided into three races each for the men and women.

The men's race features three teams ranked in this week's USTFCCA Men's Cross Country Coaches Poll - No. 26 Eastern Kentucky, No. 27 Louisville, No. 28 Michigan. Meanwhile No. 13 Michigan and No. 30 Vanderbilt will compete in the women's run.

Results will be posted to the Facebook and Twitter pages as soon as they become available on Saturday. A full recap and results will be found on GoBlueRaiders.com on Saturday night.

Until next time, Go Blue Raiders!

## LATEST "COOL DOWNS"

**MURFREESBORO, Tenn.** -- Be sure to check out the latest editions of "Cool Downs." On Tuesday, we highlighted sophomore Robinson Simatei and today we featured freshman Lucy Kapkiai. The videos can be found on the team's Facebook (MT Track & Field) and Twitter (@MTTrackField) pages. Or, just click [here](#).

Also, Friday we will preview this weekend's Greater Louisville Classic. The cross country teams are fresh and ready to go after a weekend off.

Until next time, Go Blue Raiders!

## JUSTUS DAVID MAKES HISTORY

**MURFREESBORO, Tenn.** -- Congratulations to Justus David for being named Sun Belt Male Runner of the Week on Wednesday.

Justus received the honor for the second consecutive week, the first time a Blue Raider cross country runner has ever accomplished the feat. Even though MT has only been in the Sun Belt since the 2000-2001 season, considering the runners that have competed in that time span, it is quite an accomplishment.

## COMMODORE CLASSIC RECAP

**MURFREESBORO, Tenn.** -- The Middle Tennessee cross country teams had another strong outing on Saturday morning at the Commodore Classic in Nashville, Tenn.

Freshman Lucy Kapkiai stole the show once again as she claimed her second consecutive individual title. She clocked a 5k time of 17:53.40 to outpace runner-up Tessa Hoefle of Lipscomb by a staggering 12 seconds. With her effort, Lucy became the first Blue Raider woman to win consecutive titles since the turn of the century.

The Blue Raider men were once again led by senior Justus David who backed up his win at last weekend's PowerAde Invitational with a third-place showing this weekend in Nashville.

Justus became the first Blue Raider newcomer to post top-five finishes in back-to-back meets since Festus Chemaoui accomplished the feat in 2007.

Robinson Simatei and Silas Taiget also had strong performances on Saturday as they each finished in the top 20. Meanwhile Vincent Bett made his Blue Raider debut at the Commodore Classic and notched an 8k time of 26:46.50 to place 47th. Overall, the men came away with a very solid fifth-place finish.

The teams will take this weekend off before returning to action on Oct. 1 at the Greater Louisville Classic in Louisville, Ky. Be on the lookout for a couple of new editions of "Cool Downs" this week and please continue to help spread the word about our new Facebook and Twitter pages.

Until next time, Go Blue Raiders!

## COMMODORE CLASSIC PREVIEW

**MURFREESBORO, Tenn.** -- The Blue Raider men's and women's cross country teams will hit the trails again on Saturday morning at the 2011 Commodore Classic in Nashville, Tenn.

The teams will look to run solid races as the men and take on respective distances of 8k and 5k for the first time this season.

The full preview of Saturday's competition can be found [here](#).

Be sure to follow the teams on Twitter (@MTTrackField) and Facebook (MT Track & Field). Results will be posted on the social media pages as soon as they become available Saturday and a full recap, results and photos will be found on GoBlueRaiders.com on Saturday afternoon.

Until next time, Go Blue Raiders!

## **JUSTUS DAVID NAMED SBC RUNNER OF THE WEEK**

**MURFREESBORO, Tenn.** -- Congratulations to Justus David for being named Sun Belt Male Runner of the Week. The honor comes after he won the men's individual title at last weekend's PowerAde Invitational. You can read the full story [here](#).

Be on the lookout for the next edition of "Cool Downs" on Thursday. Blue Raider junior Lyle Haywood will be featured.

Until next time, Go Blue Raiders!

## **"COOL DOWNS" HAVE BEGUN**

**MURFREESBORO, Tenn.** -- The new feature entitled "Cool Downs" officially began today. If you haven't seen the first edition, you can find it on the team's Facebook page (MT Track & Field) and Twitter page (@MTTrackField).

We will highlight two cross country athletes each week for the next couple of months, so be on the lookout for many more "Cool Downs" to come.

Until next time, Go Blue Raiders!

## **POWERADE INVITATIONAL RECAP**

**MURFREESBORO, Tenn.** -- Congratulations to Justus David and Lucy Kapkiai for winning the 2011 PowerAde Invitational individual championships on Friday! Justus finished the men's 5k in 14:57 while Lucy crossed the finish line of the women's two-mile course in 10:57.

The men's and women's teams also had great days collectively as they each claimed second-place finishes. The men held off Lipscomb by a point while the women pulled the same stunt on Jacksonville State.

Robinson Simatei had a great race as well, clocking a 15:20 to finish in third. Silas Taiget finished ninth with a time of 15:38 to give the Blue Raiders three top-10 finishers. Meanwhile Autumn Gipson finished 19th in 11:58 to give the women's team two runners in the top 20.

A full recap and results of the PowerAde Invitational can be found on GoBlueRaiders.com along with photos from the meet. Also, a video from the competition can be found on the team's Facebook and Twitter pages.

The Blue Raiders are back to work preparing for this weekend's Commodore Classic. We will take a closer look at that meet later this week.

Be on the lookout on Tuesday for the first installment of "Cool Downs" in which we will begin taking a closer look at each of the Blue Raider cross country runners. Also, keep spreading the word about this blog and the new Twitter and Facebook pages!

Until next time, Go Blue Raiders!

## **ANOTHER MEET DAY IS UPON US!**

**MURFREESBORO, Tenn.** -- The Middle Tennessee men's and women's cross country teams return to action later today when they head Chattanooga to take part in the PowerAde Invitational. You can read the full story [here](#).

We will be leaving campus today around 1:30 p.m. to make the 100-mile journey to Chattanooga. Results will be posted on Twitter and Facebook as soon as they become available and the complete recap will be on GoBlueRaiders.com later tonight. Also, photos and video will be posted to Twitter and Facebook within the next few days.

That's all for now! Until next time, Go Blue Raiders!

## **BELMONT OPENER RECAP**

**MURFREESBORO, Tenn.** -- Despite a sixth-place finish for the Blue Raider and the women failing to qualify a score, the Middle Tennessee cross country teams got their seasons off to a nice start on Friday.

The men were led by Robinson Simatei who finished third in his first race as a Blue Raider. Fellow newcomer Silas Taiget also ran well, finishing 18th. Meanwhile Lucy Kapkiai guided the women as she placed eighth and sophomore Deanna Brasz came away with a 24th-place finish.

Complete results of the races along with photos can be found [here](#).

Also be sure to check out a video from the races on the teams' Facebook and Twitter pages (Twitter: @MTTrackField; Facebook: MT Track & Field). And remember to tell your family and friends about these pages.

Until next time, Go Blue Raiders!

## **IT'S MEET DAY!**

**MURFREESBORO, Tenn.** -- The Middle Tennessee men's and women's cross country teams will get their seasons under way this evening at the Belmont Opener in Nashville.

Results will be posted on Facebook and Twitter as soon as the races conclude. A full recap and

results will be found on GoBlueRaiders.com later tonight along with photos and video.

If you happen to be in the Nashville area today, I encourage you to come cheer on the Blue Raider men and women. Directions to the meet along with a course map and parking map can be found below, courtesy of VUCommodores.com. [Belmont Opener meet information](#)

Here's to a great meet! Until next time, Go Blue Raiders!

## **MEET WEEK IS HERE!**

**MURFREESBORO, Tenn.** -- The 2011 Middle Tennessee men's and women's cross country seasons get under way this Friday at the Belmont Opener in Nashville.

The races will take place at the Vaughn's Creek Cross Country Course at Percy Warner Park. The women will lead things off with a 4k beginning at 5:30 p.m. CDT. The men's 5k will follow at 6 p.m.

Be on the lookout for the 2011 MT cross country preview coming later this week.

Until then, Go Blue Raiders!

## **TRACK & FIELD BEGINS SOCIAL MEDIA CAMPAIGN**

**MURFREESBORO, Tenn.** -- As announced earlier on GoBlueRaiders.com, the Middle Tennessee track & field teams have begun a new social media campaign.

With the cross country teams beginning their seasons next week, you will find the latest news as well as photos and videos of the teams as they embark on their 2011 campaigns.

The goal of the social media initiative is to give Middle Tennessee track & field fans a better connection to the team. Since this is ultimately about you – the fans – we invite you to share your opinions and give us ideas on how we can better serve you. This can be done by posting on the Facebook page, sending direct messages via Twitter and by emailing me – the track & field media contact – at [slavich@goblueraiders.com](mailto:slavich@goblueraiders.com).

So, be sure to follow the team on Facebook.com/MTTrackField and on Twitter @MTTrackField and check back to GoBlueRaiders.com and you can find this blog linked on the track & field team page. Also, tell your family and friends to do the same.

Until next time, Go Blue Raiders!

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