Track & Field posts successful outdoor opener

Golden dominant in return home to Memphis

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MEMPHIS, Tenn. -- The Middle Tennessee track and field teams picked up where they left off at the end of the indoor season as they notched a solid day on Saturday at the Rhodes Open Meet.

Cordairo Golden followed up on his magnificent indoor season with a fabulous day on Saturday in his hometown. He won the triple jump with a leap of 49 feet, 5.50 inches (15.07m). The sophomore also claimed the long jump, posting a measurement of 23-8.75 (7.23m). He was followed in the competition by Solomon Atosona and Kameron Rory who placed second and third.

Meanwhile Nyeisha Wright picked up the women's lump jump title with a jump of 19-6.75 (5.96m).

Roscoe Payne continued his terrific 2012 season on Saturday. The senior took the 110-meter hurdles, posting a time of 14.12 seconds while also winning the 400-meter hurdles while clocking a 51.43.

Lucky Kapkiai led the women in the distance events, taking the title in the 10,000 meters with a time of 36 minutes, 42.07 seconds. Vincent Bett led the Blue Raiders in the men's event, placing fifth while clocking a 31:37.00.

The men came away with third and fourth-place finishes in the mile run as Justus David logged a 4:21.73 to place third while Robinson Simatei followed immediately behind with a time of 4:22.47.

Christal Wilson paced the Blue Raider women in the sprints events, capturing the 100-meter hurdles in 14.03 seconds. Ann Dudley came in third, crossing the finish line in 14.27 seconds.

Amber Jackson won the women's 400 meters in 56.83 seconds. Meanwhile Steven Palmer claimed a runner-up finish in the men's event with a time of 47.93 seconds.

"Today was just what we needed to begin the outdoor season," said Middle Tennessee head coach Dean Hayes. "The weather was perfect and we had a number of people have great performances. We will get back to work this week and look to build upon this next weekend in Nashville."

The Blue Raiders will be in action once again next weekend when they travel to Nashville to compete in the Vanderbilt Open.

Follow the Blue Raider track and field teams on Twitter @MTTrackField and on Facebook at the MT Track & Field page. Also, stay up-to-date on the teams on the new Track & Field Notebook, which can be found here as well as linked on the Track & Field page on GoBlueRaiders.com.

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