Relays route track & field in Knoxville

MT women capture relay title

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KNOXVILLE, Tenn. -- The Middle Tennessee women's track and field team captured victory in the 4x100-meter shuttle hurdles, highlighting another successful day for the Blue Raiders on Saturday at the Sea Ray Invitational.

Nyeisha Wright, Christal Wilson, Ann Dudley and Rosina Amenebede came together to post a time of 56.27 seconds, edging the relay team of Western Michigan by .39 seconds to claim victory in the event.

The Blue Raiders also came away with top-five finishes in five other relay competitions. Asa Bowman, Roscoe Payne, Steven Palmer and Noah Akwu led the men to a runner-up finish in the 4x400-meter relays, clocking a time of 3 minutes, 9.10 seconds. Meanwhile Robinson Simatei, Rycine Ellison, Lyle Haywood and Justus David crossed the finish line in 10:18.43 in the men's distance medley to also bag a runner-up finish. The Blue Raider men also placed fourth in the 4x200-meter relay competition.

Autumn Gipson, Rachel Islam, Stephanie Smith and Lucy Kapkiai took fourth in the women's distance medley, logging a time of 12:13.21 while Amenebede and Wright joined Sheniece Daphness and Kiara Henry to finish fifth in the 4x100-meter relays with a time of 45.90 seconds.

Akwu and Henry guided Middle Tennessee in the sprints events on Saturday, both placing fourth in their respective events. Akwu clocked a 47.43 in the men's 400 meters while Henry recorded a time of 24.08 seconds in the women's 200 meters.

In the 400-meter hurdle competitions, Payne put up a time of 52.24 seconds to finish fourth on the men's side while Wilson placed seventh for the women in 1:03.19.

The Blue Raiders once again posted great results in the long jump competition. Cordairo Golden led the men with a seventh-place finish, jumping 23 feet, 4.75 inches (7.13 meters). Meanwhile Henry, Wright and Amenebede each finished in the top five in the women's event. Henry leaped 19-10.25 (6.05m) to place second and Wright followed in third with a jump of 19-8.25 (6.00m). Amenebede recorded a measurement of 19-1.25 (5.82m) to round out the top five.

"I am pleased overall with how today went," said Middle Tennessee coach Dean Hayes. "Our relay teams really competed hard and came away with some good results. Our sprinters also had nice performances in their individual events."

The Middle Tennessee track and field teams will return to Nashville next weekend as they compete in the Vanderbilt Invitational which is set to begin Friday.

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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