

Track & Field finishes up at Penn Relays

Blue Raiders also enjoy successful day in Troy

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PHILADELPHIA, Pa. -- Middle Tennessee jumper Cordairo Golden amassed a top-10 finish in the men's collegiate triple jump to highlight Middle Tennessee's day on Saturday at the Penn Relays.

A day after setting a new personal-best in the long jump, Cordairo Golden recorded a leap of 47 feet, 5.00 inches in the men's collegiate triple jump, finishing ninth overall. The result was his fifth top-10 finish in the triple jump this outdoor season.

The disappointing result of the day came when the Blue Raider men's 4x400-meter relay team consisting of Rycine Ellison, Roscoe Payne, Steven Palmer and Noah Akwu was disqualified.

Meanwhile at the Coach "O" Invitational in Troy, Ala., the Blue Raider women's distance runners paced Middle Tennessee to a solid day of competition.

Lucy Kapkiai led the way for the women as the freshman won the women's 1,500-meter title, clocking a time of 4:41.51 in the event finals to come away with the championship. She also



placed 10th in the 800 meters, crossing the finish line in 2:23.49. Teammate



Tressanique Hampton finished

immediately ahead of Kapkiai in the 800 meters, placing ninth with a time of 2:22.84.

Stephanie Smith notched a runner-up finish in the 5,000-meter competition, finishing with a time of 19:03.08. Autumn Gipson also collected a runner-up finish on the day as the Knoxville, Tenn., native logged a time of 11:18.54 in the in the women's 3,000-meter steeplechase event.

In the women's 400-meter hurdles, Rachel Islam placed fourth while running a 1:03.57.

Solomon Atosona and Cameron Zeman meanwhile led the Blue Raider men in the jumps events. Atosona won the men's long jump title, leaping 7.38 meters in the finals of the event to collect the first-place finish. The sophomore also placed in the top 10 of the triple jump as he jumped 13.64 meters to finish seventh overall. Zeman meanwhile tallied a runner-up finish in the high jump, successfully clearing the bar at 1.94 meters.

In the sprints events, Junior Cadet paced the men with a pair of top-10 finishes. He clocked a time of 53.06 seconds to finish third in the 400-meter hurdles while notching a sixth-place result in the 110-meter hurdles while running a 14.85. Geoffrey Akena and Nathaniel Moore also provided the Blue Raiders with successful runs in the 400-meter dash. The teammates finished fifth and sixth with respective times of 48.76 and 49.28.

The Middle Tennessee men's distance runners were not to be outshadowed on Saturday, propelled by Vincent Bett and Robinson Simatei. Bett took home the event championship in the 5,000 meters with a time of 15:19.72. Robinson Simatei helped guide the squad by placing third in the 1,500 meters with a finals time of 3:55.05. He also finished eighth in the 800 meters, clocking a 1:57.21. Lyle Haywood finished just behind in the race with a time of 1:57.46. Meanwhile Jamarious Jones, Deangelo Blair and Demarco Scales came away with respective 13th, 19th and 20th-place finishes as a total of five Blue Raiders finished in the top 20 of the competition.

Middle Tennessee will step away from the track next weekend prior to heading to Lafayette, La., for the 2012 Sun Belt Outdoor Track & Field Championships held May 11-13.

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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