Track & Field primed for Sun Belt Championships

MT looks to copy 2012 SBC Indoor success

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LAFAYETTE, La. -- The Middle Tennessee track and field teams will aim to close out their terrific 2012 outdoor seasons in style this weekend when they head to compete in the 2012 Sun Belt Outdoor Track & Field Championships which begin Friday in Lafayette, La.

The competition is set to begin Friday morning with the decathlon and heptathlon events opening the meet at 9 a.m. CT. The men's and women's 10,000-meter runs will close the day at 9 p.m. Complete 2012 Sun Belt Outdoor Track & Field Championship information including a schedule of events, heat sheets and live results can be found here.

Last season in Murfreesboro, the Middle Tennessee women came away with a fourth-place finish at the Outdoor Championships while the men placed sixth. The women will be looking for its first outdoor championship since winning the league crown in 2005 while the men's last title came the last time the meet was held in Lafayette in 2007.

"This should be another very competitive and exciting conference championship meet," said Middle Tennessee head coach Dean Hayes. "We are prepared and ready to go, so hopefully we will perform to the best of our abilities and see what happens."

The Blue Raiders hope to complete what has been another successful season this weekend. The Blue Raider women have captured 13 individual event titles and a total of 54 top-five finishes this year while the men's squad has won 11 events to go along with 50 top-five results.

2012 Indoor All-American Ann Dudley will guide the women's squad in the high jump competition this weekend. The junior has won her specialty event at three different meets this season while coming away with a total of six top-five finishes. She is coming off taking the event crown April 28 at the Penn Relays in which she set a new school record by clearing the bar at 6 feet, 0.50 inches (1.84 meters).

France Makabu and Nyeisha Wright will steer the women in the triple and long jump events. Makabu has tallied six top-five results in the triple jump this season while Wright has led the way in the long jump with seven such results including four event titles.

On the track, the women's team will be paced by Rosina Amenebede and Kiara Henry. Amenebede has recorded five top-five placements in the 100-meter hurdles including an event title at the Vanderbilt Black and Gold Meet. She also won the 100-meter championship at the March meet. Meanwhile Henry has logged successful results in the 100 and 200-meter dash events. The senior has collected a total of 10 top-10 finishes in the competitions.

Cordairo Golden, the 2012 Sun Belt Indoor Male Field Performer of the Year, will strive to provide the men's team with valuable points this weekend. The Memphis, Tenn., native has registered two wins and seven top-10 finishes in the long jump while also capturing a pair of titles and five top-10 results in the triple jump. In addition, he has set new personal-bests in both events this season. He leaped 24-1.50 (7.35m) at the Penn Relays to place second overall and won the event title at the Vanderbilt Black and Gold Meet with a 2012 Sun Belt-leading jump of 50-5.25 (15.37m).

The Middle Tennessee men have once again been led on the track this season by senior Roscoe Payne. Despite missing part of the season due to injury, Payne has put together another brilliant campaign, capturing a pair of titles in both the 100 and 400-meter hurdle events. The highlight of his season came at the Vanderbilt Black and Gold Meet where he set a new personal-best in the 100-meter hurdles with a time of 13.97 seconds which currently stands as the best time in the event this season among Sun Belt performers.

Fans are encouraged to follow the teams this weekend on Twitter @MTTrackField and on Facebook at the MT Track & Field page as photos and videos will be posted throughout the weekend.

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.