Track & Field heads to NCAA Regionals

Blue Raiders aim to advance to NCAA Championships

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JACKSONVILLE, Fla. -- The Middle Tennessee track and field teams will send a select number of athletes to compete in the NCAA Regionals which begin Thursday in Jacksonville, Fla.

A total of 11 individual Blue Raider athletes are scheduled to compete this week along with a pair of relay teams. A list of Blue Raiders competing this week in Jacksonville can be found below while a complete list of participants can be found here.

The meet is scheduled to begin Thursday at 3:30 p.m. CT with the men's 400-meter hurdles. Events will continue on Friday and Saturday with the weekend coming to a close with the men's and women's 4x400-meter relays Saturday night. The complete schedule of events can be seen here. Complete meet information can be found here.

"This is what it is all about," said Middle Tennessee head coach Dean Hayes. "The ultimate goal is to compete at the NCAA Championships, so we look forward to giving it our best and seeing what happens."

Ann Dudley, Cordairo Golden, France Makabu and Roscoe Payne will all be looking to pull off the impressive feat of participating in the NCAA Championships in both the indoor and outdoor seasons. The quartet advanced to the Indoor Championships earlier this spring with Dudley earning All-America status when she finished sixth in the women's high jump competition. The Jacksonville, Fla., native will return to her hometown this week, once again taking part in the women's high jump which is scheduled for Thursday at 4 p.m.

Seniors Nyeisha Wright and Kiara Henry will also be among the Blue Raider females in competition. Wright is the only current Blue Raider to have previous experience at the NCAA Outdoor Championships as she advanced to the 2010 Championships where she finished 17th in the long jump competition. The Colorado Springs, Colo., product will participate in the long jump on Thursday afternoon as well as Friday's triple jump competition. She qualified for the jumps events with a personal-best triple jump of 41 feet, 5 inches (12.62 meters) at Sun Belt Championships while jumping 20-0.50 (6.11m) in the long jump at the Vanderbilt Invitational.

Henry will run in the women's 200 meters which begin Friday at 7:25 p.m. with the finals Saturday at 6:50 p.m. She set a personal-best time of 23.61 seconds at the Sun Belt Championships, earning her a spot in the Regionals.

On the men's side, Payne and Golden will have their sights set on advancing to next month's NCAA Championships. Payne will help kick off the meet Thursday when he takes part in the men's 400-meter hurdles with Golden jumping in the triple jump event Friday. Like Henry and Wright, Payne and Golden both qualified for this week's meet with their performances at the Sun Belt Championships. Payne recorded a personal-best 400-meter hurdle time of 50.76 seconds while Golden posted a measurement of 50-6.25 (15.40m) in the triple jump.

Justus David will represent the Blue Raider distance runners this week as he runs in the men's 10,000 meters Thursday at 8 p.m. His school-record time of 28 minutes, 55.69 seconds puts him fourth in the event.

Fans are encouraged to follow live results which can be accessed from the meet information page. Results will be posted to Facebook and Twitter with a complete recap on GoBlueRaiders.com at the end of each day.

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.

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

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