Middle Tennessee Track and Field

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Athletic Communications Intern (Track and Field Contact)
Andrew Sogn | 605.310.6498 | sogn@goblueraiders.com

FOR IMMEDIATE RELEASE
JAN. 2, 2013

INDOOR

D8	Christmas Invitational	Murfreesboro, Tenn.
J5	Tennssee State Invitational	Nashville, Tenn.
J11-12	Kentucky Invitational	Lexington, Ky.
J18-19	Niswonger Invitational	Johnson City, Tenn.
J25-26	Rod McCravey Memorial	Lexington, Ky.
F2	MT Invitational	Murfreesboro, Tenn.
F9	Valentine Invitational	Murfreesboro, Tenn.
F23-24	Sun Belt Conference Championships	Jonesboro, Ark.
M2	Last Chance Invitational	Blacksburg, Va.
M8-9	NCAA Championships	Fayetteville, Ark.

OUTDOOR

M16	Rhodes Invitational	Memphis, Tenn.
M23	Vanderbilt Open	Nashville, Tenn.
M30	Yellow Jacket Invitational	Atlanta, Ga.
A6	Tiger Invitational	Auburn, Ala.
A12-13	Sea Ray Invitational	Knoxville, Tenn.
A13	Boston-Moon Invitational	Nashville, Tenn.
A19-20	Vanderbilt Invitational	Nashville, Tenn.
A25-27	Penn Relays	Philadelphia, Pa.
A27	Troy Invitational	Troy, Ala.
M10-12	Sun Belt Conference Championships	Miami, Fla.
M23-25	NCAA Regional	Greensboro, N.C.
J5-8	NCAA Championships	Eugene, Ore.

This Week...
Middle Tennessee will compete at the Tennessee State Invitational in Nashville, Tenn., on Saturday.

Competitors...
This weekend is an open meet, but athletes from Florida A&M, Tennessee State, Jackson State, Middle Tennessee and South Carolina State will be among the individuals competing.

Last time out...
Middle Tennessee kicked off the 2012-13 indoor season at home for the Christmas Invitational on Dec. 8, claiming seven titles (six individually).

Early success...
Perhaps the most successful Blue Raider event of the Christmas Invitational was the women's 55-meter hurdles, where Rosina Amenebede claimed the individual title with a time of 8.06 and MT landed four finishers in the Top 5. Ann Dudley and India Hammond were Nos. 2 and 3, notching times of 8.19 and 8.22 seconds. Christal Wilson earned fifth place after crossing the finish line in 8.30 seconds.

Picking up where she left off...
Ann Dudley earned a spot competing in the high jump at the NCAA Championships last year, and continued to prove herself by winning the Christmas Invitational with a jump of 1.78 meters (five feet, 10 inches).

Cordairo is Golden...
Cordairo Golden took home the individual crown in the men's triple jump at the season opener, jumping 14.97 meters, or 49 feet and two and a half inches. Golden was also second in the men's long jump, just .18 meters behind the men's champion.

Miles to go...
Silas Taiget claimed the Christmas Invitational men's mile title after cruising around the track in 4:25.92, just over one second behind his personal best (4:24.70).

Once around...
In the 400 meter, Steven Palmer was No. 1 in 48.27 seconds while Andre Hamilton and Geoffrey Akena were Nos. 2 and 3, respectively. Hamilton notched a time of 49.02 and Akena finished in 49.81. The final MT finisher in the event was Demetrius Shelton, whose sprint of 50.86 seconds earned him seventh.

Still going strong...
After a successful cross country season, Rachel Islam clinched the women's 800 meter run, pacing the field in 2:17.58. Her cross country teammate, Tressanique Hampton, was second (2:18.75).

Group effort...
The Blue Raiders' "A" 4x400 relay squad, made up of Demetrius Shelton, Andre Hamilton, Geoffrey Akena and Bryson Lillard, cruised through their race in 3:22.40 with a comfortable lead throughout, claiming the lone relay title for Middle Tennessee.

Comments from the coach...
Head coach Dean Hayes discussed the upcoming Tennessee State Invitational earlier this week, saying it was a meet "we don't force our athletes to go to, but if they want to compete, we let them." With the team coming back from their Holiday break, Hayes didn't know what to expect for workouts this week, but he said, "we had over 15 or so show up last night (Tuesday) and everyone wasn't supposed to report until Wednesday. They seem like they're ready to get to work."

Middle Tennessee Track and Field

MEN'S ROSTER

Geoffrey Akena	Sprints	FR
Noah Akwu	Sprints	SR
Solomon Atosona	Jumps	JR
Kendall Bacchus	Sprints	JR
Shubert Bastien	Javelin	SO
Asa Bowman	Sprints	SO
Junior Cadet	Jumps	JR
Drayton Calhoun	Sprints	SO
Keith Davis	Distance	JR
Alden Dixon	Distance	FR
Rycine Ellison	Sprints/Jumps	SO
Kenneth Gilstrap	Sprints	JR
Cordairo Golden	Jumps	JR
Andre Hamilton	Sprints	FR
Lyle Haywood	Middle Distance	SR
Jamarious Jones	Sprints	JR
Daniel Ketter	Distance	FR
Jake Levin	Middle Distance	FR
Bryson Lillard	Sprints/Hurdles	FR
James Messick	Sprints	JR
Daniel Mitchell	Sprints	FR
Nathaniel Moore	Sprints	SR
Steven Palmer	Sprints/Jumps	JR
Kameron Rory	Sprints/Jumps	JR
Demarco Scales	Middle Distance	SO
Demitrius Shelton	Sprints	SO
Robinson Simatei	Middle Distance	JR
Silas Taiget	Distance	SO

WOMEN'S ROSTER

Rosina Amenebede	Sprints/Jumps	SR
Amber Dandy	Jumps	SO
Sheniece Daphness	Sprints	SO
Ann Dudley	Jumps	SR
Autumn Gipson	Middle Distance	JR
Ginasia Hamilton	Sprints	FR
India Hammond	Sprints/Hurdles	FR
Tressanique Hampton	Middle Distance	SR
Sunnetta Hickey	Sprints	FR
Rachel Islam	Middle Distance	JR
Amber Jackson	Middle Distance	SR
Lucy Kapkiai	Distance	SO
Julia Kitevski	Distance	FR
Danielle Lipscomb	Jumps	FR
France Makabu	Jumps	JR
Jasmine Nesbitt	Sprints	FR
Hannah Northam	Distance	SO
Stephanie Smith	Distance	SR
Andreonna Williams	Sprints	FR
Pershawna Williams	Jumps/Sprints	FR
Christal Wilson	Sprints/Hurdles	SO

Head Coach	Dean Hayes
Assistant Coach	Kelly Carter
Assistant Coach	Keith Vroman
Assistant Coach	Andrew Owusu
Assistant Coach	Thomas Keith
Assistant Coach	Festus Chemaoi

GEOFFREY AKENA

400 METERS

49.81	Christmas Invitational	3th

ASA BOWMAN

800 METERS

1:56.29	Christmas Invitational	3th

KEITH DAVIS

3000 METERS

8:43.72	Christmas Invitational	4th

CORDAIRO GOLDEN

LONG JUMP

23-11.75 (7.31m)	Christmas Invitational	2nd

TRIPLE JUMP

49-1.50 (14.97m)	Christmas Invitational	1st

LYLE HAYWOOD

800 METERS

1:57.17	Christmas Invitational	5th

KENDALL BACCHUS

55 METERS

6.48	Christmas Invitational	2nd

200 METERS

22.14	Christmas Invitational	2nd

JUNIOR CADET

400 METERS

52.64	Christmas Invitational	13th

TRIPLE JUMP

47-4.25 (14.43m)	Christmas Invitational	2nd

ALDEN DIXON

3000 METERS

8:41.80	Christmas Invitational	3rd

ANDRE HAMILTON

400 METERS

49.02	Christmas Invitational	2nd

JAMARIOUS JONES

800 METERS

2:01.71	Christmas Invitational	9th

DANIEL KETTER

800 METERS

1:56.29	Christmas Invitational	4th

BRYSON LILLARD

200 METERS

23.41	Christmas Invitational	14th

55 METER HURDLES

7.88	Christmas Invitational	2nd

STEVEN PALMER

400 METERS

48.27	Christmas Invitational	1st

DEMARCO SCALES

800 METERS

2:04.68	Christmas Invitational	14th

ROBINSON SIMATEI

800 METERS

1:55.92	Christmas Invitational	2nd

JAKE LEVIN

3000 METERS

10:54.37	Christmas Invitational	9th

DANIEL MITCHELL

55 METERS

6.66	Christmas Invitational	9th

200 METERS

23.47	Christmas Invitational	15th

KAMERON RORY

LONG JUMP

23-8.00 (7.21m)	Christmas Invitational	3rd

TRIPLE JUMP

45-11.25 (14.00m)	Christmas Invitational	5th

DEMITRIUS SHELTON

400 METERS

50.86	Christmas Invitational	7th

SILAS TAIGET

MILE

4:25.92	Christmas Invitational	1st

3000 METERS

8:47.16	Christmas Invitational	5th

55 METERS

6.48	Kendall Bacchus	Christmas Invitational
6.66	Daniel Mitchell	Christmas Invitational

200 METERS

22.14	Kendall Bacchus	Christmas Invitational
23.41	Bryson Lillard	Christmas Invitational
23.47	Daniel Mitchell	Christmas Invitational

400 METERS

48.27	Steven Palmer	Christmas Invitational
49.02	Andre Hamilton	Christmas Invitational
49.81	Geoffrey Akena	Christmas Invitational
50.86	Demetrius Shelton	Christmas Invitational
52.64	Junior Cadet	Christmas Invitational

800 METERS

1:55.92	Robinson Simatei	Christmas Invitational
1:56.29	Asa Bowman	Christmas Invitational
1:56.29	Daniel Ketter	Christmas Invitational
1:57.17	Lyle Haywood	Christmas Invitational
2:01.71	Jamarious Jones	Christmas Invitational
2:04.68	DeMarco Scales	Christmas Invitational

MILE

4:25.92	Silas Taiget	Christmas Invitational

3000 METERS

8:41.80	Alden Dixon	Christmas Invitational
8:43.72	Keith Davis	Christmas Invitational
8:47.16	Silas Taiget	Christmas Invitational
10:54.37	Jake Levin	Christmas Invitational

55 METER HURDLES

7.88	Bryson Lillard	Christmas Invitational

4X400 METER RELAY

3:22.40	Middle Tennessee "A"	Christmas Invitational
3:28.83	Middle Tennessee "B"	Christmas Invitational

LONG JUMP

23-11.75 (7.31m)	Cordairo Golden	Christmas Invitational
23-8.00(7.21m)	Kameron Rory	Christmas Invitational

TRIPLE JUMP

49-1.50 (14.97m)	Cordairo Golden	Christmas Invitational
47-4.25 (14.43m)	Junior Cadet	Christmas Invitational
45-11.25 (14.00m)	Kameron Rory	Christmas Invitational

ROSINA AMENEBEDE

55 METERS

7.21	Christmas Invitational	3rd

55 METER HURDLES

8.06	Christmas Invitational	1st

LONG JUMP

18-10.75 (5.76m)	Christmas Invitational	4th

SHENIECE DAPHNESS

55 METERS

7.33	Christmas Invitational	4th

200 METERS

25.76	Christmas Invitational	6th

AUTUMN GIPSON

MILE RUN

5:08.55	Christmas Invitational	2nd

INDIA HAMMOND

55 METER HURDLES

8.22	Christmas Invitational	3rd

LONG JUMP

17-11.50 (5.47m)	Christmas Invitational	6th

TRIPLE JUMP

39-1.75 (11.93m)	Christmas Invitational	3rd

RACHEL ISLAM

800 METERS

2:17.58	Christmas Invitational	1st

AMBER DANDY

55 METERS

7.45	Christmas Invitational	8th

LONG JUMP

FOUL	Christmas Invitational	--

ANN DUDLEY

55 METER HURDLES

8.19	Christmas Invitational	2nd

HIGH JUMP

5-10.00 (1.78m)	Christmas Invitational	1st

LONG JUMP

17-8.75 (5.40m)	Christmas Invitational	8th

GINASIA HAMILTON

200 METERS

25.80	Christmas Invitational	7th

400 Meters

1:02.81	Christmas Invitational	14th

TRESSANIQUE HAMPTON

800 METERS

2:18.75	Christmas Invitational	2nd

AMBER JACKSON

400 METERS

59.11	Christmas Invitational	4th

JULIA KITEVSKI

MILE RUN

5:17.17	Christmas Invitational	3rd

STEPHANIE SMITH

MILE RUN

5:21.59	Christmas Invitational	5th

PERSHAWNA WILLIAMS

HIGH JUMP

5-4.50 (1.63m)	Christmas Invitational	3rd

LONG JUMP

17-7.00 (5.36m)	Christmas Invitational	9th

TRIPLE JUMP

37-8.00 (11.48m)	Christmas Invitational	4th

FRANCE MAKABU

TRIPLE JUMP

39-3.00 (11.96m)	Christmas Invitational	2nd

ANDREONNA WILLIAMS

400 METERS

1:06.66	Christmas Invitational	21st

CHRISTAL WILSON

200 METERS

25.65	Christmas Invitational	5th

55 METERS

7.21	Rosina Amenebede	Christmas Invitational
7.33	Sheniece Daphness	Christmas Invitational
7.45	Amber Dandy	Christmas Invitational

200 METERS

25.65	Christal Wilson	Christmas Invitational
25.76	Sheniece Daphness	Christmas Invitational
25.80	Ginasia Hamilton	Christmas Invitational

400 METERS

59.11	Amber Jackson	Christmas Invitational
1:02.81	Ginasia Hamilton	Christmas Invitational
1:06.66	Andreonna Williams	Christmas Invitational

800 METERS

2:17.58	Rachel Islam	Christmas Invitational
2:18.75	Tressanique Hampton	Christmas Invitational

MILE

5:08.55	Autumn Gipson	Christmas Invitational
5:17.17	Julia Kitevski	Christmas Invitational
5:21.59	Stephanie Smith	Christmas Invitational

55 METER HURDLES

8:06	Rosina Amenebede	Christmas Invitational
8.19	Ann Dudley	Christmas Invitational
8.22	India Hammond	Christmas Invitational

4X400 METER RELAY

4:04.01	Middle Tennessee "A"	Christmas Invitational

HIGH JUMP

5-10.00 (1.78m)	Ann Dudley	Christmas Invitational
5-4.50 (1.63m)	Pershawna Williams	Christmas Invitational

LONG JUMP

18-10.75 (5.76m)	Rosina Amenebede	Christmas Invitational
17-11.50 (5.47m)	India Hammond	Christmas Invitationa
17-8.75 (5.40m)	Ann Dudley	Christmas Invitational
17-7.00 (5.36m)	Pershawna Williams	Christmas Invitational
FOUL	Amber Dandy	Christmas Invitational

TRIPLE JUMP

39-3.00 (11.96m)	France Makabu	Christmas Invitational
39-1.75 (11.93m)	India Hammond	Christmas Invitational
37-8.00 (11.48m)	Pershawna Williams	Christmas Invitational