Track and Field heads for Niswonger Invitational

Two-day event features over 60 teams and 800 student-athletes

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This Week...
Middle Tennessee will compete at the Niswonger Invitational in Johnson City, Tenn., on Friday and Saturday (Jan. 11-12). The event is hosted by Eastern Tennessee State University and will be held inside the ETSU/MSHA Athletics Center. Live streaming of the event is available through timinginc.com, and meet information can be found here.

Competitors...
Over 800 student-athletes will be competing from over 60 teams this weekend, including Sun Belt opponent Georgia State.

Last time out...
Middle Tennessee competed in the Kentucky Invitational in Lexington, Ky., last weekend. Rosina Amenebede claimed a title in the women's long jump, and Noah Akwu nabbed titles in the men's 60-meter and 200-meter dashes.

The Trophy Shelf...
In just two weeks, Middle Tennessee has picked up three Sun Belt Conference Athlete of the Week honors. Noah Akwu won the men's Sun Belt Track Athlete of the week after claiming titles in the men's 60 and 200-meter dashes at the Kentucky Invitational, while Rosina Amenebede and Cordairo Golden each won Sun Belt Field Athlete of the Week on Jan. 9.

Atop the Sun Belt...
Middle Tennessee has eight athletes leading the Sun Belt in 10 different events so far this year: Rosina Amenebede (Long Jump), Noah Awku (60m and 200m), Ann Dudley (High Jump), Autumn

Gipson (Mile), Cordairo Golden (Triple Jump), Rachel Islam (800m), France Makabu (Triple Jump) and Robinson Simatei (800m and Mile).

National Rankings...

Despite the season being relatively young, MT has several athletes currently in the top-20:
Rosina Amenebede: Long Jump (3rd)
Noah Awku: 60m (16th) and 200m (5th)
Ann Dudley: High Jump (12th)
Cordairo Golden: Triple Jump (10th) and Long Jump (16th)
France Makabu: Triple Jump (6th)

Olympian challenge...

Noah Akwu, who returned to the track for the first time last week after representing Nigeria in the 2012 Summer Olympic Games, ran a 20.91 in the men's 200 meter dash at the Kentucky Invitational. U.S. Olympian Tyson Gay holds the 200m track record with a time of 20.41 seconds.

Top Competition...

Several top athletes will compete with MT at this weekend's Invitational, including Devin Jenkins of Southern (200m), Applalachian State's Raphael Rojas (800m), Chris Moen (3000m), Amanda Hamilton (3000m), Henry Bustle (Triple Jump) and Georgia State's 5000m runners Katharine Showalter, Hannah Stefanoff and Anna Sinclair.

Comments from the Coach...

"This is a meet we haven't been to in a number of years, so the excitement of something new will be good for our team," head coach Dean Hayes said. "The meet has a lot of people, so there will be good competition, and because it's a two-day meet-with prelims and finals-it's set up a lot like the Sun Belt. It'll be a good chance for our team to get out and see what they can do."

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