Middle Tennessee Track and Field

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FOR IMMEDIATE RELEASE
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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 McCravy 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 host the MT Invitational this Saturday, Feb. 2 inside the Murphy Center. The meet is scheduled to begin at 11 a.m. A complete schedule of events can be found here.

Competitors...
Athletes from seven different schools will compete in this weekend's events, including Sun Belt foes Georgia State, Troy and WKU.

Last time out...
Middle Tennessee competed in the Rod McCravy Memorial last weekend in Lexington, Ky. The event, hosted by Kentucky, featured athletes from more than 20 schools. MT set 20 personal records and grabbed several runner-up finishes at the two-day meet.

The Trophy Shelf...
Middle Tennessee has picked up four Sun Belt Conference Athlete of the Week honors so far this season. Cordairo Golden picked up SBC Field Athlete of the Week honors after breaking the 50-foot barrier for the first time this season in the men's triple jump. He previously won the award on Jan. 9. 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 won SBC Field Athlete of the Week on Jan. 9.

Atop the Sun Belt...
Several Blue Raiders are ranked in the top 10 of the Sun Belt performance lists. For a complete ranking, turn to pages 4-7.

National Rankings...
With NCAA Nationals just over a month away, Middle Tennessee has had several athletes qualify, and four currently ranked in the top 20. For a complete ranking, turn to page 3.

Over the hill...
Cordairo Golden hit the 50 foot mark for the first time this season in the men's triple jump at the Rod McCravy Memorial. Golden's jump of 15.26 meters (50-0.75 ft) earned him fifth place.

It's Personal...
The Blue Raiders had 20 different personal records fall last Saturday. Jasmine Abrams, Geoffrey Akena, Rosina Amenebede, Keith Davis, Tressanique Hampton, Ginasia Hamilton, Jamarious Jones, Nigel Jones, Julia Kitevski, Bryson Lillard, James Messick, Jasmine Nesbitt, Eluid Rutto, Demetrius Shelton, Robinson Simatei, Stephanie Smith, Silas Taiget and Andreonne Williams all put together career-best performances. Davis (800 meters, mile) and Williams (200 meters, 400 meters) each set two PR's on the day.

Comments from the Coach...
"More than anything, it's good to be home," head coach Dean Hayes said. "Last week was great for us because we ran extremely well and got our distance runners into the faster heats for the Sun Belt Championships. With us being home for the next two weeks, it will hopefully give us a solid opportunity to prepare as best we can for the Sun Belt meet on Feb. 23-24."

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
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
Eluid Rutto	Middle Distance	FR
Demarco Scales	Middle Distance	SO
Demitrius Shelton	Sprints	SO
Robinson Simatei	Middle Distance	JR
Silas Taiget	Distance	SO

WOMEN'S ROSTER

Jasmine Abrams	Sprints	FR
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
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
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

NCAA Qualifiers Chart (MT)

60M (MEN)

RANK	*ATHLETE*	*YEAR*	*TIME*	*MEET*
31	Akwu, Noah	SR	6.74	Kentucky Invitational

200M (MEN)

RANK	*ATHLETE*	*YEAR*	*TIME*	*MEET*
7	Akwu, Noah	SR	20.91	Kentucky Invitational

400M (MEN)

RANK	*ATHLETE*	*YEAR*	*TIME*	*MEET*
34	Akwu, Noah	SR	47.50	Rod McCravy Memorial

60H (WOMEN)

RANK	*ATHLETE*	*YEAR*	*TIME*	*MEET*
21	Amenebede, Rosina	SR	8.37	Rod McCravy Memorial

4 X 400 RELAY (MEN)

RANK	*TEAM*	*YEAR*	*TIME*	*MEET*
22	Middle Tennessee	N/A	3:11.61	Rod McCravy Memorial

HIGH JUMP (WOMEN)

RANK	*ATHLETE*	*YEAR*	*METRIC*	*MEET*
16	Dudley, Ann	SR	1.80m	Rod McCravy Memorial

LONG JUMP (MEN)

RANK	*ATHLETE*	*YEAR*	*METRIC*	*MEET*
34	Golden, Cordairo	JR	7.31m	Christmas Invitational

LONG JUMP (WOMEN)

RANK	*ATHLETE*	*YEAR*	*METRIC*	*MEET*
10	Amenebede, Rosina	SR	6.13m	Edward S. Temple Classic

TRIPLE JUMP (MEN)

RANK	*ATHLETE*	*YEAR*	*METRIC*	*MEET*
30	Golden, Cordairo	JR	15.26m	Rod McCravy Memorial

TRIPLE JUMP (WOMEN)

RANK	*ATHLETE*	*YEAR*	*METRIC*	*MEET*
16	Makabu, France	SR	12.65m	Rod McCravy Memorial

Sun Belt Leaders Chart (MT)

55m (Men)

RANK	*ATHLETE*	*YEAR*	*TIME*	*MEET*
1	Akwu, Noah	SR	6.27(60)	Kentucky Invitational
9	Bacchus, Kendall	JR	6.48	Christmas Invitational
15	Calhoun, Drayton	JR	6.60(60)	Rod McCravy Memorial
18	Shelton, Demetrius	SO	6.62(60)	Rod McCravy Memorial

55m (Women)

RANK	*ATHLETE*	*YEAR*	*TIME*	*MEET*
7	Amenebede, Rosina	SR	7.21	Christmas Invitational
12	Abrams, Jasmine	FR	7.24(60)	Niswonger Invitational
16	Daphness, Sheniece	SO	7.29(60)	Niswonger Invitational

200m (Men)

RANK	*ATHLETE*	*YEAR*	*TIME*	*MEET*
1	Akwu, Noah	SR	20.91	Kentucky Invitational
8	Shelton, Demetrius	SO	22.09	Rod McCravy Memorial
10	Bacchus, Kendall	JR	22.14	Christmas Invitational
14	Messick, James	JR	22.48	Rod McCravy Memorial
17	Palmer, Steven	JR	22.75	Niswonger Invitational
20	Ellison, Rycine	SO	23.09	Niswonger Invitational

200m (Women)

RANK	*ATHLETE*	*YEAR*	*TIME*	*MEET*
8	Abrams, Jasmine	FR	25.25	Rod McCravy Memorial
10	Wilson, Christal	SO	25.31	Rod McCravy Memorial
18	Daphness, Sheniece	SO	25.76	Christmas Invitational
20	Hamilton, Ginasia	FR	25.8	Christmas Invitational

400m (Men)

RANK	*ATHLETE*	*YEAR*	*TIME*	*MEET*
3	Akwu, Noah	SR	47.50	Rod McCravy Memorial
4	Hamilton, Andre	JR	48.19	Kentucky Invitational
5	Palmer, Steven	JR	48.27	Christmas Invitational
8	Messick, James	JR	49.57	Kentucky Invitational
9	Akena, Geoffrey	SO	49.73	Rod McCravy Memorial
10	Shelton, Demetrius	SO	49.87	Kentucky Invitational
19	Ellison, Rycine	SO	50.78	Rod McCravy Memorial

400m (Women)

RANK	*ATHLETE*	*YEAR*	*TIME*	*MEET*
11	Jackson, Amber	SR	58.65	Rod McCravy Memorial
13	Hamilton, Ginasia	FR	58.88	Rod McCravy Memorial

Sun Belt Leaders Chart (MT)

800m (Men)

RANK	*ATHLETE*	*YEAR*	*TIME*	*MEET*
4	Rutto, Eliud	FR	1:55.08	Rod McCravy Memorial
7	Simatei, Robinson	JR	1:55.93	Christmas Invitational
8	Bowman, Asa	SO	1:56.29	Christmas Invitational
9	Haywood, Lyle	SR	1:57.11	Rod McCravy Memorial
10	Ketter, Daniel	FR	1:57.17	Christmas Invitational
18	Scales, Demarco	SO	1:59.68	Kentucky Invitational
19	Jones, Jamarious	JR	1:59.71	Rod McCravy Memorial

800m (Women)

RANK	*ATHLETE*	*YEAR*	*TIME*	*MEET*
2	Islam, Rachel	JR	2:15.12	Rod McCravy Memorial
3	Jackson, Amber	SR	2:15.66	Niswonger Invitational
10	Hampton, Tressanique	SR	2:18.75	Christmas Invitational
11	Gipson, Autumn	JR	2:18.91	Niswonger Invitational

Mile (Men)

RANK	*ATHLETE*	*YEAR*	*TIME*	*MEET*
2	Dixon, Alden	FR	4:13.19	Rod McCravy Memorial
4	Simatei, Robinson	JR	4:16.35	Kentucky Invitational
8	Taiget, Silas	SO	4:19.36	Niswonger Invitational
11	Ketter, Daniel	FR	4:23.62	Kentucky Invitational
17	Davis, Keith	JR	4:27.09	Rod McCravy Memorial
18	Rutto, Eliud	FR	4:27.14	Rod McCravy Memorial

Mile (Women)

RANK	*ATHLETE*	*YEAR*	*TIME*	*MEET*
2	Gipson, Autumn	JR	5:01.61	Kentucky Invitational
3	Kitevski, Julia	FR	5:05.92	Niswonger Invitational
7	Smith, Stephanie	SR	5:08.39	Rod McCravy Memorial

3000m (Men)

RANK	*ATHLETE*	*YEAR*	*TIME*	*MEET*
4	Taiget, Silas	SO	8:26.57	Rod McCravy Memorial
10	Simatei, Robinson	JR	8:35.29	Rod McCravy Memorial
14	Dixon, Alden	FR	8:41.80	Christmas Invitational
16	Davis, Keith	JR	8:43.72	Christmas Invitational

3000m (Women)

RANK	*ATHLETE*	*YEAR*	*TIME*	*MEET*
3	Kapkiai, Lucy	SO	9:57.66	Rod McCravy Memorial
4	Kitevski, Julia	FR	10:02.22	Rod McCravy Memorial

Sun Belt Leaders Chart (MT)

5000m (Men)

RANK	*ATHLETE*	*YEAR*	*TIME*	*MEET*
2	Dixon, Alden	FR	15:10.16	Niswonger Invitational
7	Davis, Keith	JR	15:43.86	Niswonger Invitational

55H (Men)

RANK	*ATHLETE*	*YEAR*	*TIME*	*MEET*
8	Lillard, Bryson	SO	7.77	Edward S. Temple Classic
10	Cadet, Junior	JR	7.82(60)	Niswonger Invitational

55H (Women)

RANK	*ATHLETE*	*YEAR*	*TIME*	*MEET*
2	Amenebede, Rosina	SR	7.79(60)	Rod McCravy Memorial
6	Wilson, Christal	SO	8.04(60)	Niswonger Invitational
15	Dudley, Ann	SR	8.19	Christmas Invitational
16	Hammond, India	FR	8.20(60)	Niswonger Invitational

4 x 400 Relay (Men)

RANK	*TEAM*	*YEAR*	*TIME*	*MEET*
1	Mid. Tenn. State	N/A	3:11.61	Rod McCravy Memorial

4 x 400 Relay (Women)

RANK	*TEAM*	*YEAR*	*TIME*	*MEET*
8	Mid. Tenn. State	N/A	3:57.44	Kentucky Invitational

Distance Medley (Men)

RANK	*TEAM*	*YEAR*	*TIME*	*MEET*
2	Mid. Tenn. State	N/A	10:18.09	Niswonger Invitational

Distance Medley (Women)

RANK	*TEAM*	*YEAR*	*TIME*	*MEET*
1	Mid. Tenn. State	N/A	12:08.41	Niswonger Invitational

High Jump (Men)

RANK	*ATHLETE*	*YEAR*	*METRIC*	*MEET*
15	Golden, Cordairo	JR	1.85m	Kentucky Invitational

High Jump (Women)

RANK	*ATHLETE*	*YEAR*	*METRIC*	*MEET*
1	Dudley, Ann	SR	1.80m	Rod McCravy Memorial
10	Williams, Pershawna	FR	1.63m	Christmas Invite

Long Jump (Men)

RANK	*ATHLETE*	*YEAR*	*METRIC*	*MEET*
3	Golden, Cordairo	JR	7.31m	Christmas Invitational
4	Rory, Kameron	JR	7.21m	Christmas Invitational
5	Cadet, Junior	JR	7.16m	Edward S. Temple Classic
13	Jones, Nigel	FR	6.67m	Rod McCravy Memorial

Sun Belt Leaders Chart (MT)

Long Jump (Women)

RANK	*ATHLETE*	*YEAR*	*METRIC*	*MEET*
1	Amenebede, Rosina	SR	6.13m	Edward S. Temple Classic
16	Hammond, India	FR	5.51m	Edward S. Temple Classic
18	Williams, Pershawna	FR	5.47m	Edward S. Temple Classic
19	Dandy, Amber	SO	5.42m	Niswonger Invitational
20	Dudley, Ann	SR	5.40m	Christmas Invitational

Triple Jump (Men)

RANK	*ATHLETE*	*YEAR*	*METRIC*	*MEET*
1	Golden, Cordairo	JR	15.26m	Rod McCravy Memorial
4	Cadet, Junior	JR	14.43m	Christmas Invitational
9	Rory, Kameron	JR	14.00m	Christmas Invitational
11	Jones, Nigel	FR	13.79m	Rod McCravy Memorial

Triple Jump (Women)

RANK	*ATHLETE*	*YEAR*	*METRIC*	*MEET*
1	Makabu, France	SR	12.65m	Rod McCravy Memorial
4	Hammond, India	FR	11.93m	Christmas Invitational
13	Williams, Pershawna	FR	11.48m	Christmas Invitational