Track and Field hosts Valentine Invitational

Final meet before Sun Belt Championships

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Complete Release (PDF)

This Week...
Middle Tennessee will host the Valentine Invitational this Saturday, Feb. 9 inside the Murphy Center. The meet is scheduled to begin at 10 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 UALR and WKU.

Last time out...
Middle Tennessee hosted the MT Invitational last weekend inside the Murphy Center. MT set 26 personal records and grabbed 11 titles at the one-day meet.

Blue Raider Jumping Beans...
Middle Tennessee's jumpers were impressive last weekend, winning four of six jumping events at the MT Invitational. Kameron Rory hit a personal best mark in the long jump, while Cordairo Golden grabbed the triple jump. On the women's side, Rosina Amenebede jumped 5.94 meters for first place in the long jump, and Ann Dudley's height of 5 feet, eight inches was enough for first in the high jump.

Exploring new territory...
Over the past two meets, 47 Blue Raider personal records have fallen. Last Saturday, Middle Tennessee's athletes had 26 career-best performances. MT's Jasmine Abrams, India Hammond, Nigel Jones, Daniel Mitchell Kameron Rory and Eluid Rutto each set two personal marks at the meet.

Youthful energy..
Freshmen Alden Dixon, Shadrack Matelong and Eluid Rutto are three of MT's top distance performers, setting the tone for a productive future in the Blue Raider program. Matelong won the MT Invitational 3000 meters, while Rutto grabbed the 800 meter and mile run titles. Dixon ranks

second on the Sun Belt performance list in the mile run.

Coming back strong...
Sophomore Lucy Kapkiai won the SBC Cross Country Freshman of the Year award last season, but has missed a majority of the 2012-13 year with a hip injury. Kapkiai returned a couple weeks ago to competition, and last week grabbed sixth on the SBC Performance list in the women's mile. Kapkiai's time of 5:05.44 was third best at the MT Invitational.

The Trophy Shelf...
Four Blue Raiders have earned five Sun Belt Athlete of the Week honors so far this season:
Male Track: Noah Akwu (Jan. 16), Eluid Rutto (Feb. 6)
Male Field: Cordairo Golden (Jan. 9 and Jan. 30)
Female Field: Rosina Amenebede (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 three currently ranked in the top 20. For a complete ranking, turn to page 3.

Comments from the Coach...
"With this being our last meet before the Sun Belt, we are looking to get healthy and have one last tune-up," head coach Dean Hayes said. "Our athletes have performed well over the past month or so, and I think we are ready to compete at the SBC Championships."

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