10 titles highlight Track and Field outdoor season opener

Eight individual, two relay championships highlight Rhodes Invitational

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MEMPHIS, Tenn. - Middle Tennessee's track and field squads kicked off their 2013 outdoor season at the Rhodes Invitational on Saturday, and grabbed eight individual and two relay titles.

Demetrius Shelton was first in the men's 200 meters, cruising down the track in 21.82, and was a part of the men's 4x400 meter relay team, which took first in 3:17.35. Shelton was joined by Asa Bowman, Rycine Ellison and Emmanuel Tugumisirize in the relay.

Bowman won the men's 800 meters for MT's third title, finishing in 1:58.19, hitting a sub-two minute mark in his first outdoor meet of the season. In the mile run, Eliud Rutto was first in a time of 4:16.96. This was Rutto's first outdoor meet as a Blue Raider.

Another newcomer, Tugumisirize, took first in the men's 400 meter run, finishing in 47.16.

MT swept both 3000 meter steeplechase races, as Alden Dixon took the men's title in 9:39.39 and Autumn Gipson (11:22.57) was first for the women.

Cordairo Golden continued his reign as perhaps MT's top male triple jumper, winning the men's triple jump with a mark of 14.74m (48-4.5 feet). The final men's title was won by MT's 4x800 meter relay squad. Lyle Haywood, Jamarious Jones, Robinson Simatei and Rutto raced around the course and grabbed the win in 7:54.98.

The women won three titles, with Gipson's being the first. Tressanique Hampton (800 meters) and Lucy Kapkiai (10,000 meters) won their respective events. Hampton's mark of 2:19.16 was just over .5 seconds ahead of second-place finisher Jordan Chadwick of Arkansas, while Kapkiai ran away with the title, finishing in 36:57.66, nearly two full seconds in front of Albion's Amanda Weaver.

With not every team member competing in the Rhodes Invitational, MT's outdoor season will kick into full effect next weekend, March 23, at the Vanderbilt Open in Nashville.

Complete Results (MT Only)

Men's 100 Meters
14. Daniel Mitchell (11.35)

Men's 200 Meters
1. Demetrius Shelton (21.82)
8. James Messick (22.36)
30. Daniel Mitchell (23.32)

Men's 400 Meters
1. Emmanuel Tugumisirize (47.16)
3. Rycine Ellison (48.55)
7. Demetrius Shelton (49.73)

Men's 800 Meters
1. Asa Bowman (1:58.19)
3. Lyle Haywood (1:59.93)
14. Jamarious Jones (2:02.82)
23. DeMarco Scales (2:04.61)

Men's Mile Run
1. Eliud Rutto (4:16.96)
3. Silas Taiget (4:19.97)

Men's 10,000 Meter Run
2. Shadrack Matelong (32:02.74)
7. Keith Davis (33:22.73)

Men's 3000 Meter Steeplechase
1. Alden Dixon (9:39.39)
4. Daniel Ketter (10:06.86)

Men's 4x400 Meter Run
1. Middle Tennessee "A" (3:17.35)
Demetrius Shelton, Asa Bowman, Rycine Ellison, Emmanuel Tugumisirize

Men's 4x800 Meter Run
1. Middle Tennessee "A" (7:54.98)
Lyle Haywood, Jamarious Jones, Robinson Simatei, Eliud Rutto

Men's Long Jump
4. Kameron Rory (6.86m / 22-6.25 feet)
5. Cordairo Golden (6.54m / 22-5.75 feet)
10. Nigel Jones (FOUL)

Men's Triple Jump
1. Cordairo Golden (14.74m / 48-4.5 feet)
6. Kameron Rory (13.50m / 44-3.50 feet)
13. Nigel Jones (12.59m / 41-3.75 feet)

Women's 200 Meters
7. Ginasia Hamilton (25.72)

Women's 400 Meters
4. Ginasia Hamilton (59.18)
11. Adreonna Williams (1:00.97)

Women's 800 Meters
1. Tressanique Hampton (2:19.16)

Women's Mile Run
4. Rachel Islam (5:29.04)

Women's 5000 Meters
6. Jackline Kiprono (19:13.64)
21. Julia Kitevski (NT)

Women's 10,000 Meters
1. Lucy Kapkiai (36:57.65)

Women's 100 Meter Hurdles
2. Christal Wilson (14.46)

Women's 400 Meter Hurdles
3. Christal Wilson (1:06.15)

Women's 3000 Meter Steeplechase
1. Autumn Gipson (11:22.57)

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