

C-USA Indoor T&F Championships start Friday

Running events start at 5 p.m. Friday

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MURFREESBORO, Tenn. -

The Middle Tennessee men's and women's track & field teams are set to compete in their first ever Conference USA Indoor Track & Field Championships Friday and Saturday at the Birmingham CrossPlex in Birmingham, Ala.



The Blue Raiders have competed at the CrossPlex three times in 2014, which includes the Blazer Invite Jan. 11, the Auburn Invitational Jan. 18 and the Cupid Classic Feb. 14.

Three athletes and the men's 4x400-meter relay have the best time or distance in C-USA. The men's squad has two individual athletes, Emmanuel Tugumisirize in the 400-meter and Eliud Rutto in the 800-meter. Tugumisirize set his conference-best mark Jan. 24 at the Vanderbilt Invitational, running a school record 46.05 seconds. Rutto also broke the MT school record at the Hilton Garden Invitational Jan. 31, running a 1:47.45 second time that has him ranked third in the NCAA.

Both Rutto and Tugumisirize along with Steven Palmer and Andre Hamilton are members of the men's 4x400-meter relay that set their C-USA best time at the Iowa State Classic Feb. 14 (3:08.01).

India Hammond set the new triple jump mark with a personal-best distance at the Alex Wilson Invitational Feb. 22 (12.95-meters).

A meet schedule of the C-USA Championships and live results can be found by clicking [here](#).

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