

Middle distance leads team at LSU

Contributed by UAH Track Staff
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Baton Rouge, La. - The LSU Alumni Gold Invitational went well for the Charger middle distance group as several runners set personal best times.

Parris Heilman lowered his best time in the 800m down to 1:57.28, placing 6th. Josh Moshier ran his best time in the 1500m placing third in a time of 3:57.28. Dante Dorsey had a breakthrough performance in the 3000m Steeplechase as he lowered his best time by over 20 seconds. Dorsey finished in 10:06.98 and placed seventh.

Haley Hancock ran a great race as she broke 5:00 for the first time in the 1500m. Hancock finished fourth in a time of 4:58.20. Melanie Ferry dropped her time in the 3000m steeplechase down to 13:26.24 and placed 12th.

In the sprint and field events, Stacia Watts ran her best 400m Hurdles race of the season, finishing in a time of 69.81. Nadia Araiinejad threw over six feet further than her previous best in the Javelin with a mark of 113'6" and Luke Beck also set his best mark in the Javelin with a throw of 139'11".

The Chargers now prepare to host the DII South Region Track & Field Championship on May 1st at Milton Frank Stadium. Both men's and women's teams are the defending champs, as they swept titles in 2009, in Atlanta, GA.

"We had some very good performances at LSU, but I was a bit disappointed that we did not have any national qualifying performances," said head track coach David Cain. "Usually when we go to a meet of this caliber we get those kind of performances and it just didn't happen."

"We have our work cut out for us next week at the Region meet. We have to improve and be ready to compete at our highest level to have a chance to win next week."

