



MEN'S TRACK & FIELD

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Track & Field Competes At Iowa Musco Invitational

Joseph Mbari takes top honors in 3,000-meter race.

April 24, 2007

Iowa City, Iowa - The UIC track and field team continued to prep for next month's Horizon League Championship meet with a solid showing at the Iowa Musco Invitational on April 21.

Joseph Mbari gave the Flames their lone individual event title on the day, winning the 3,000-meter race in 8:34.54. He was one of three UIC runners to crack the top five in the event, joining Jim Sulzberger (8:45.97/3rd) and Sam Watson (8:52.48/5th).

While the meet didn't produce any other top finishes, there were plenty of highlights and season best efforts for the Flames.

On the women's side, junior Idara Essien posted season-best marks in both the long jump and triple jump. Essien took fourth in the triple jump, leaping 11.40m. Her long jump distance of 5.10m was the top mark posted by a UIC performer this year and cracked the top ten in the Horizon League rankings.

Jessica Cwiak and Kristina Finley also cracked the top five in the league rankings with their finishes in the high jump and pole vault respectively. Cwiak went over the bar at 1.45m in the high jump while Finley cleared 3.15m in the pole vault.

On the men's side, Terrell Williams recorded the top mark in the Horizon League this season in the javelin with his distance of 52.26m. Williams finished fourth in the event on Saturday. Andy Wall cracked the top five in the league rankings in the triple jump, leaping 13.41m.

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Joseph Mbari won the 3,000-meter race at the Musco Invite.