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EMU Men's Track and Field: Men's Track and Field Names Captains January 14, 2014

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YPSILANTI, Mich. (EMUeagles.com) — Eastern Michigan University's men's track and field Head Coach John Goodridge has named the captains for the 2013-14 campaign. Seniors Josh George (Toronto, Ontario-Frontinac Secondary) and Teron Turner (Ypsilanti, Mich.-Southfield Senior) along with junior Solomon Ijah (Murrieta, Calif.-Murrieta Valley) were identified by Coach Goodridge as the trio of athletes expected to provide leadership for the Green and White in the upcoming meets.

George has consistently been a contributor in the mid-distance events as he represented the Eagles in nine meets and was also named to the Academic All-Mid-American Conference team during the previous season. The Toronto, Ontario native's highest finish was a victory in the 800m at the 2012 MAC Outdoor Championships after posting a time of 1:51.68, earning him All-MAC First Team honors. Earlier in the year, George was the runner-up in the 800m at the 2012 MAC Indoor Championships, finishing in 1:52.84. Most recently, he ran the second portion of the 4x400m relay at the EMU Triangular, Jan. 10, which clinched a victory in 3:22.91.
A local product out of Ypsilanti, Turner is a vital part of the throwing events, specializing in the hammer throw and weight throw. Last season, the redshirt-senior finished third at the MAC Indoor Championships with a distance of 18.68-meters/61-feet 3.50-inches in the weight throw. He then posted a season-best distance of 47.05-meters/154-feet 4-inches in the hammer throw at the Spartan Invitational. Turner has already bested his career-high this season, as he threw for a distance of 18.98-meters/62-feet 3.75 inches at the EMU Triangular to claim a win for the Green and White.

Ijah has already etched his name into EMU laurels this season, as the junior broke Kevin Lanier's previous heptathlon record by nearly 100 points with a score of 5,323 at the Findlay Oiler Opener, Dec. 6-7, 2013. Ijah had a breakout season during the 2012-13 campaign, as he was a two-time Academic All-MAC selection and scored 7,092 in the decathlon at the 2013 MAC Outdoor Championships to claim third. He has also earned victories in the long jump, triple jump, javelin throw, and 60m hurdles throughout his career.

Coach Goodridge is confident that the decision to name the three athletes to their leadership position will result in success for the program. "This trio embodies the virtues demanded of being named team captains, and the coaching staff welcomes the support and leadership they will provide us and the members of the 2013-14 Eastern Michigan track and field team," explained the 13th year head coach.

The Eagles will certainly be put to the test this weekend, when they head to the University of Michigan to compete in the Simmons/Harvey Invitational, Saturday, Jan. 18.