Sydney McLaughlin Breaks Her World Junior 400H Record, Shines In All 3 Sprints

2 Collegiate Records For Maggie Ewen

Marathon Month: Frozen Boston, Torrid London

Edrick Floréal In Charge At Hurdles Central

T&FN Interview: Ryan Crouser

What A Month For Syd The Kid!
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COVER — April

By Sieg Lindstrom | April 2018
Sydney McLaughlin Breaks Her World Junior 400H Record, Shines In All 3 Sprints

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On Your Marks

By Sieg Lindstrom | April 2018

Georgia frosh Tara Davis won 2 titles at Mt. SAC: the long jump and Best Hair. (JEFF COHEN)

The Endless Winter

To say that the lingering snow season in much of the country was frustrating to many is probably an understatement. The SUNY Cortland staff, after two weather-canceled meets in three weeks, put on the “Please Stop Snowing Team Classic” in early April, drawing 7 other teams on a day that the conditions finally let up...

The apparent indoor World Junior Record in the 1500—3:36.05—that was set by Ethiopian Samuel Tafera in January will not be ratified for lack of a drug test. Sadly, this often happens to the U20 crowd, since rarely is anybody expecting them to set a record...

Even in retirement, Andrew Wheating can’t stay far from the track. He is helping coach runners at Madison High School in Portland...

The British government will be investing $95 million into improvements for Alexander Stadium in Birmingham, which will be hosting the ’22 Commonwealth Games. Currently the home of the Birmingham DL meet, the stadium’s seating will be boosted from 12,700 to 40,000 and get a permanent warmup track.

Retired German vaulter Tim Lobinger has been diagnosed again with leukemia...

An armed man threatened the Miami Gardens Xpress while its young athletes were holding hands in prayer. Police later arrested the perpetrator and charged him with aggravated assault with a firearm...
Scratch That Idea

Laura Muir announced that she would be working with Nike Oregon Project strength and conditioning coach Dave McHenry, but did an about-face when many in Britain pointed out the ongoing investigation into NOP and Muir’s own statements about doping...

German authorities arrested 6 people for planning an extremist attack on the Berlin Half-Marathon...

Tennessee Relays organizers recognized sprint great Ivory Crockett for his 100-yard WR of 9.0 from ’74 at the school’s Tom Black Classic. Both Christian Coleman and Justin Gatlin were part of the ceremony, which sadly, did not include an actual 100-yard dash. The fastest time on record is the 9.07 that Asafa Powell of Jamaica split en route to a 9.83 100m in Ostrava in ’10. The best U.S. mark—and the best-ever in a race that ended at 100y—is Charlie Greene’s 9.21 that won the ‘67 NCAA title in Provo’s high-altitude.

Miler Riley Masters is marrying Sara Sutherland this September. So of his final stages in the USATF road mile champs at Drake, he says, “I was in second place with about 40m to go and thought, ‘If I win this it’s a lot more money for the wedding.’” He won in 4:03.12, worth $5000.

Atlanta has been chosen to host the ‘20 Olympic Marathon Trials on February 29, 2020—the day before the Atlanta Marathon.

Norman A World Record Candidate?

USC sprint coach Quincy Watts, an Olympic 400 gold medalist himself, tells Gene Cherry of Reuters that current Trojan sensation Michael Norman has the ability to eventually break the World Record.

“I've seen Butch Reynolds, Steve Lewis, Michael and Wayde. I have never seen anyone like him,” says the ’92 winner. “He has a potential speedwise to be faster than them all. Just straight raw speed.”

Norman, a soph, adds, “My speed is a huge advantage in the 400. But I think what makes me great is that Coach Watts and I sit down and nitpick every part of the race to make sure I perfect it.”

Peter Norman, the Australian great who shared the controversial 200 victory stand in Mexico City with Tommie Smith and John Carlos, has been posthumously awarded the Order of Merit by the Australian Olympic Committee.

Former 10,000 WR holder Dave Bedford is stepping down as elite athlete recruiter for the London Marathon after 30 years with the organization.

Jessica Chichester, the surprise 5th-placer at Boston, will not be receiving the prize money of $15,000 for that spot because she was not seeded with the top qualifiers and did not cross the starting line with the elite women. It would have taken a 2:47:50 to be allowed to start in the lead group. Chichester had a best of only 2:53:30 going into the race but finished with a 2:45:23. Two other women also missed out on cash prizes for that reason. “It’s not a time trial,” said a BAA official...

The European Athletics Council is all-in on the IAAF’s coming strictures on nationality switches and is asking that the waiting period be extended from 3 years to 4...

Tracking Football has found that 88% of the football players picked up in the recent NFL draft were multi-sport athletes in high school. Track & field claimed the biggest share, at 59%

New IAAF rule changes in play this year: in the throws, incidental touches at the back of the circle will no longer be fouls (a little late for Ryan Crouser to grab the London gold); in the LJ/TJ, athletes don’t have to wear bibs on their backs (see Ivana Španović, London); and the exchange zone in the 4×1 is now a full 30m, rather than a 10m acceleration zone preceding the traditional 20m zone. □
T&FN Interview: Ryan Crouser

By Jeff Hollobaugh | April 2018

From an early age, Ryan Crouser staked his claim as a boy wonder of the throws. He had little choice, as the name “Crouser” is how a lot of people in Oregon spell “thrower.”

Crouser says he’s looking forward to Pre, “the last meet at Hayward Field as we know it before it gets torn down.” (JEFF COHEN)

From an extended family that has produced some of America’s best, Crouser started throwing at age 10 and by the time he graduated from high school had thrown the prep implements 77-2¼ (23.52; still the indoor HSR) and 237-6 (72.39; another HSR). He won four NCAA shot titles for Texas.

As a professional, he has put the discus on the back burner (see sidebar) and focused on the shot, a move that paid huge dividends in his first year out in ’16, as he ascended to the top of the world stage, producing lifetime bests to win both the Olympic Trials and the Olympic Games.

Last year was nearly a repeat of that fairytale season, as he won USATF with a PR 74-3¼ (22.65) and again ranked No. 1 globally despite not winning either of the two biggest meets of the year. Not making the podium at the World Championships stung, as he had produced a third-round monster of a throw that would have won but for the controversial red flag that flew up. Officials said his heel had grazed the top edge of the circle at the back of the ring. Appeals came to naught and Crouser, admittedly having an off day, failed to medal.

A finger injury over the winter hampered his off-season practice, but the 25-year-old strongman, who trains at the Chula Vista Elite Athlete Training Center outside of San Diego, took a break from working on his bass boat (see sidebar) to talk about how
excited he is to compete again.

T&FN: How has the off-season been treating you?

Crouser: Overall, it’s been good. I had the hand injury the last week of January and so that was frustrating because I felt like I
was in really good shape going in. I was planning on doing the indoor season, but I had to sit out 2 months. I’ve just finished 4
weeks back throwing, so I’m happy with where things are at, especially with minimal throwing under my belt.

T&FN: Who would you call your coach at this point?

Crouser: Kind of a mixture. I’m pretty relatively self-reliant. I work with my Dad [Mitch] a little bit, check in with him about once
a week, send him some videos and he goes over them. And I work with John Dagata, the resident coach. He oversees a lot of
day-to-day stuff and does a good job at facilitating everything in terms of just keeping an eye out and making sure I have
everything that I need.

T&FN: Is there any other thrower that you kind of use as a technical model?

Crouser: Not too much. I take little things here and there from everyone. In general the rotational technique is still relatively
new. I mean, it didn’t really start catching on until the ’80s and I would say hasn’t really been perfected. You see recently the
spin has really kind of taken over as we’ve become more technically proficient.

As one of the tallest rotational shop putters, it’s also a little bit different because the technique is definitely quite different for me
being 6-7 compared to say Joe Kovacs who’s about 6-0.

T&FN: Tripp Piperi at Texas says he can’t model his throwing off you because you’re too tall.

Ryan Crouser In A Nutshell

Personal: Ryan Crouser was born December 18, 1992, in Boring, Oregon; 6-7/305 (2.01/138)

PRs:
SP—74-3¾ (22.65) ’17 (7, 11 W; 3, 3 A); DT—209-8 (63.90) ’14

Schools:
Barlow HS (Gresham, Oregon) ’11; Texas ‘16; now represents Nike

Coaches:
Mitch Crouser high school; Mario Sategna college; self/Mitch Crouser/John Dagata pro (agent Paul Doyle)

Shot—1)USJ, 1WYC ’09; 5)NCi, 16)NC ‘12; 1)NC ’13; 1)NCi, 1)NC ’14; 2)NCi, 5)NC ’15; 1)NCi, 1)OT, 1)OG ’16; 1)US, 6)WC, 2)GPF
’17
Discus—1)USJ, 2)WYC ’09; 4)NC ’12; 8)NC ’13; 5)NCi, 12)US ’15

World/U.S. SP Rankings:
‘13—x,7; ‘14—x,6; ‘15—x,8; ‘16—1,1; ‘17 —1,1.

Crouser: Yeah, height definitely makes a difference. In discus a little bit, but when you take away that ring and make it over a
foot smaller [in the shot] that’s a pretty big difference for us tall guys.

T&FN: Are there any specific things you’re trying to work on now with your style?

Crouser: Nothing too big. Last year there was a lot of potential there. Definitely being very consistent over 22 [72-2¼], in that
kind of 22.20-22.40 range [c72-10-73-6]. And then when I went to peak for World Championships, I kind of lost my feeling for
the throw a little bit.

The biggest thing I’ve really worked on since then is more just the feeling for the throw, going back to working a lot on rhythm
and timing and having an athletic approach to throw as opposed to just being big and strong and trying to muscle it out there.
So I’m about 10 pounds [4.5kg] lighter this year and quite a bit leaner.
The biggest change for me technically is not focusing so much on just the movement in hitting certain positions, but kind of transitioning through the positions and making it more fluid.

**T&FN: How does your weight fluctuate throughout the season?**

**Crouser:** I’m about 300-305 (c135kg), right in there. I’ll probably start off the competitive season about 305 and end up around 303 or 300 through most of the season. Towards the end if I get down to 295 (c135kg), I think I’ll still throw plenty far at that weight.

In the past I’ve always been surprised—kind of towards the end of the European season—as my body weight starts to drop, I expect the throws to go down, but I kind of make up for that with the speed and the feeling of throws. Once you get, say, 10 or 20 meets under your belt towards the end of the year, that technique and the feeling for the throw get a lot better.

**T&FN: Do you have to stay on a diet to be where you want to be?**

**Crouser:** Yeah. For me it’s always been difficult to gain weight and so as soon as I stop training, I drop weight pretty fast. For this year, even though I’m 10 pounds lighter, I still have to gain close to 20 pounds at the start of the season, all through the fall. I stay close to 5000 calories a day to maintain body weight and about 5500 if I’m trying to gain muscle.

So I eat usually 5–6 meals a day and try to space them out. I’m kind of constantly eating—for me—relatively small meals. They are about 1000 calories each, so it’s more than a normal person should eat.

**T&FN: At 5 or 6 meals a day is eating fun anymore? Or is it just a chore?**

**Crouser:** For me, training eating is more like training than it is enjoyable. Everybody says, “Oh, I wish I could eat 5000 calories a day.” But it’s definitely different when you have to eat 5000 calories a day every day, 7 days a week. It’s funny for me when I have my “cheat,” if I take a cheat meal, usually on a Sunday, I just skip a meal.

**T&FN: When you were talking about speeding up your throw and working on the athleticism of that process, do you work with different weights of shots?**

**Crouser:** I do. I’m a big fan of throwing lighter shots; for me it helps the feeling for the throw. And also, I mean if you can’t throw a light shot far, you’re not gonna throw the comp weight shot far. So that’s how I go about it. I throw a little bit of heavy shot but not very much. For me I just don’t respond to them as well as some of the other throwers. And so I focus on throwing lighter shots quite a bit more.

**T&FN: What range of balls do you work with?**

**Crouser:** I’ll throw an 18-pound [8.16kg] shot just on my stand throws, to work on that specific strength and then if I do full throws, I’ll use the 17-pound [7.71kg]—so just a pound over comp weight. For me the 17-pound or anything more than that really starts to slow me down. Even then I limit my throws with the 17-pound.

I throw quite a variety. I’ll throw the 15.5 [7.03kg], the 15 [6.8kg], the 14.5 [6.58kg] and down to 14 [6.35kg]. I have gone as light as a 3K [6.61lb] before, but usually don’t go below 14 unless I’m really trying to work on something.

**T&FN:** I’m curious. For so many years in our sport we’ve idolized Mike Carter’s big high school record in the shot [81-3½/24.77]. Have you ever as a pro thrown a 12-pound [5.44kg] shot to just see if you can go past that?

**Crouser:** I’m sure I could if I gave it a couple of days of training. If I’m in shape to move at that speed, I think I could probably throw pretty close to that. But even when I was in high school and throwing well—I had throws at Carter’s record before I got hurt my senior year in training. I’ve also thrown a 14-pound over Carter’s high school record. That wasn’t an easy throw—that’s throwing all out.

So it’s impressive that a high schooler could throw that far and now at the elite level as the Olympic gold medalist, it’s still not an easy distance to throw with a shot that is only 2 pounds heavier. That record is way out there.

**T&FN: With your family back in Oregon and you having spent so much time in Texas and now living in California, how do you self-identify as these days? Are you a Texan?**

**Crouser:** I don’t even know at this point. I was born and raised in Oregon, so I guess probably an Oregonian. I still have an affiliation and love for Texas. I feel like California for me is right now I’m just passing through in training.
Crouser The Outdoorsman

Ryan Crouser has talked of his enjoyment of hunting and fishing. Does he think that recreational activity has helped his throwing?

“I’d say especially during the off-season. I have a little bass boat. I take that out just as a means to get away. I think you’ll find that any elite athlete at this level when you’re training full time has had a means to an escape. Just to clear your head and get away from it because the sport can become so encompassing that that’s really all you can focus on.

“For me fishing and hunting have been really beneficial in terms of just giving myself a little break. I might just take the boat out for a few hours on a Wednesday after practice on my recovery day and just clear my head. Just do something to get my mind off it, something relaxing to do. It’s a good thing to practice being able to clear your head.

“That benefits throwing and if you’ve got a hundred thoughts running around a thousand mph in your head, it’s not going to do you any good in general, especially when you’re trying to throw.”

T&FN: When you’re competing, what do you think about out there?

Crouser: On my best throws, my mind is pretty much blank. There’s not really any thinking at all. You’re almost in a Zen state. It’s called different things: being in the flow or the zone. For me it’s almost like if I meditate. Your mind is completely blank and your body is relaxed and you just react.

It’s never a good thing if I’m having other thoughts running through my head at all, especially, if they’re not throwing-related. But when I am throwing really well, my mind is completely blank.

T&FN: What is your favorite ring to throw at?

Crouser: I’d say it would be Hayward Field. I mean it has good memories and the crowd and the atmosphere that goes along with it is always good and that field has more 70-foot throws than anywhere else in the world. But I’m not too picky. I mean, if it’s a nice, decent ring with a flat place to land, it’s pretty good. As long as I’m not throwing out or anything like that, I’m pretty easy to please.

T&FN: Jumping way back to 2010–11, you had some injury problems. Do you think that changed your longterm progression as a thrower?

Crouser: 2010 was a rough year and it was in May I broke my fifth metatarsal in my left foot with a Jones fracture and that had to be surgically reconstructed and put me in a cast in a walking boot until about October. That really slowed things down.

But the most frustrating was my senior year [in high school, 2011]. I was in unbelievable shape and threw 77 indoors and got the indoor record and was really throwing well going into the outdoor season. And then I just had a series of small injuries messing up my back, rotating my L4 and L5 vertebrae a little bit. Then I tore my adductor right after I got over that.

It was just a series of really unfortunate smaller injuries and that slowed me down because I realistically thought I could have thrown in the 240s, maybe 250 [73-76m] in disc and got Carter’s outdoor record. I really started to learn to deal with injury and battle back from those. It did slow me down but I think since then the progression has caught back up. If I had stayed healthy then I don’t think I would be any farther than I am now. None of them luckily were lingering injuries that stuck with me.

T&FN: Is there anything on your bucket list that you don’t do as an athlete for fear of injury?

Crouser: Some of the big trips and stuff that I would like to do, I have to sit out. My cousin Sam, he was in Rio with me in 2016 and he’s looking at going to Christmas Island in the Indian Ocean to go on a big fishing trip. I was looking at that, but I can’t really take two weeks off of training in the early spring and do that. Trips like that take a backseat until I’m done training.

T&FN: Let’s talk about last year a little bit. You ended up No. 1 in our rankings, but with no podium and not winning the DL Final, it wasn’t really a fairytale year like 2016. Did you end up feeling disappointed?
Crouser: It was a year of mixed emotions. In terms of average distance, I think it was one of the most dominant years ever. If you took out the two major meets, I definitely think it was close to a perfect year and that it really laid a lot of foundation going forward into this year. My training is definitely working and the consistency is there and it really showed me where I need to get better, which is my peaking. I consistently go off about 70cm to a meter from my training load to when I peak.

I just didn’t get that at World Champs when my technique really went down the drain. On the bright side it shows me that there was still a ton more there, but unfortunately, I had to lose my rhythm and feeling for the throw at World Champs.

All-Time Shot Put World Top 10
23.06 | 75-8  Ulf Timmermann (East Germany) 5/22/88
22.91 | 75-2  Alessandro Andrei (Italy) 8/12/87
22.86 | 75-0  Brian Oldfield (US) 5/10/75
22.75 | 74-7¾ Werner Günthör (Switzerland) 8/23/88
22.67 | 74-4½ Tom Walsh (New Zealand) 3/25/18
22.66 | 74-4¼i Randy Barnes (US) 1/20/89
22.65 | 74-3¾ Ryan Crouser (US) 6/25/17
22.64 | 74-3½ Udo Beyer (East Germany) 8/20/86
22.57 | 74-¾ Joe Kovacs (US) 5/18/17
22.54 | 73-11½ Christian Cantwell (US) 6/05/04

And Diamond League was really kind of a different story. I started getting my feeling back after Worlds. I went down to Portugal and trained at a semi-training camp. Almost just a little bit of a vacation. I was still throwing every other day, hanging on the beach, having a good time waiting for the season to end and I kind of checked out and got away from it. That was after I had spent, I think it was almost eight weeks in Europe, and every day focused on throwing.

I just went and hung out on the beach, threw a little bit, trained a little bit and my throwing was really starting to come back together and then I had a meet and threw 22.35 [73-4] in Portugal and felt really good going to the Diamond League Final.

I threw 22.37 [73-4¼] there on my opening throw. Seeing how everyone else was throwing, I just thought for sure that was going to win. And I had some pretty big throws in practice going into that meet. So I felt comfortable just going all-out and saying, “OK, I’m just going to go for a big PR, try and get over 22.70 [74-5¾].” And out of nowhere Darrell [Hill] came with that 22.44 [73-7½] throw. That was just as much a surprise to him. And a surprise to everybody there. He just had an unbelievable throw. So he deserved to win that one.

Looking back on the season, it was a couple of frustrating moments, but I learned a lot from it and came into this year very, very motivated and so I’m just excited to be back throwing and healthy now and I’m looking forward to learning from those experiences. I’ve definitely used them to motivate me going into this year.

T&FN: With London and all the controversial foul calls, looking back on it now, was it that your technique was off or was it over-aggressive officiating?

Crouser: It was a frustrating, frustrating moment. I still believe I didn’t foul. It is what it is. There was just difficulty with the officiating. It was a similar throw to all the other ones I had. At least they kind of clarified that rule now. They’ve made a new clarification on the heel foul out of the back and so I’m just glad that some positive came out of that. At least now we know going
forward whether those fouls will probably be a little more concrete with evidence required to call them.

“My technique really went down the drain,” Crouser says of his disaster at last year’s World Championships. (KIRBY LEE/IMAGE OF SPORT)

**T&FN:** We understand that you had to be ready to go to the medal ceremony because you thought the appeal might go through. But apparently not everyone was happy about that.

Crouser: Yeah. That kind of got taken the wrong way. The appeals do take a long time. We did the in-competition appeal where they just look at the camera but when you don’t have a camera at the back of the ring, the protest came back as inconclusive, as in no evidence to overturn it.

So then the burden goes upon USATF to prove whether or not it was a foul. That appeal takes a lot of time and right within an hour before of the podium [the next day], they still had not processed the appeal and it [usually] takes an hour. It took an hour to get from the hotel to the stadium in London with the traffic. So they said go to the stadium because your appeal has not been processed and they won’t postpone the medal ceremony. They said go and wear your podium attire because if it goes through, you won, if it doesn’t, you won’t be on the podium. I just did what I was supposed to do.

And a lot of people took that as, “Oh, he’s protesting the officiating” or “he’s trying to prove a point that he should’ve won.” A lot of people took it a lot of different ways. I just did what I was supposed to do; the appeal had not yet been settled and the protests had not been settled and it was still up in the air. That throw was not verified as being a foul. We were just waiting. And then it turned out it didn’t get a chance to be reviewed. I didn’t find out until 5 minutes before the medal ceremony.

**T&FN:** Just being there and watching the ceremony had to put you in a bad spot.

Crouser: It was just frustrating. I went and I was sitting in the stands waiting for a call or text saying either it’s been verified and you won or it’s been rejected and you didn’t. I just tried to handle it as best I could. I went to the USA camp and hung out there and then just went and sat in the stands. I didn’t really feel like being around people too much.
Then There’s The Discus

At this stage in Ryan Crouser’s career, we wondered if he could offer any hope to his many fans who want to see him throw the discus seriously.

“It might be a ways down the road. I’m sticking with shot through 2020 for sure. I would really like to win World Championships in 2021 in Eugene. That would be a really special homecoming for me.

“But maybe after—2022 is a year with no majors. And so I might go back to the discus then. If it happens it probably won’t be until then. I was thinking about messing around with it a little bit this year and I tried it after the hand injury because I couldn’t throw shot for a couple of months. Unfortunately, the injury was on my index finger, so it kept me from throwing discus as well.”

T&FN: We saw a quote recently from Tom Walsh where he said, “I hate losing to anybody but I especially hate losing to him.” He’s referring to you. Is that rivalry mutual?

Crouser: I feel the same way—I don’t like losing as well. I’d say in general for me it’s nothing personal. I just don’t like to lose to anybody regardless. I guess Tom might take it a little bit personal, really not liking to lose to me, but I mean we’re all out there competing, doing our best. If somebody throws better than me on that day and it gets the best of me, all the credit to them.

T&FN: With your delay getting started this year with your finger injury, is there any extra frustration with Walsh and some other throwers opening up so hot?

Crouser: Just knowing I had been in definitely the best shape of my life for December and January and felt like I was really ahead of schedule. And I enjoy throwing indoors. I was really looking forward to that.

Missing all the indoor season was frustrating, and then, seeing some big marks come out from people all over the world, especially Walsh and [Tomáš] Staněk, it was just tough.

Any time you’re injured is tough. And to see guys that you compete against throwing well when you can’t throw at all, it’s frustrating. I just used it to motivate me and have come back pretty well. The hand is finally healthy. I did try to use it to my advantage a little bit. I have been hitting the weight room harder. I felt like I at least made some strength gains during that time even though I wasn’t able to throw.

T&FN: Both you and Walsh have referred to wanting to go after that World Record. Is its expiration date almost up?

Crouser: It’s definitely getting closer. I mean you can see the throws are creeping up slowly. You see Tom moved from a PR, it was going into this year [72-7¾/22.14] and then you see a big throw at 22.31 [73-2½] indoors and then a 22.67 [74-4½] down in New Zealand. You can see people closing in. He’s made a big jump this year in terms of what his maximum distance is. I’m just kind of hoping for one of those.

I’ve been consistent in that 22.20–40 [72-10–73-6] range with my farther throws being in the 22.50s [73-10+]. If I can have a 40–50 centimeter jump like that, that’ll put me right at the World Record.

I’m all about consistency because that’s what wins big meets, you being consistent day in and day out. You’re gonna win meets. And so if I can get this year, hoping to be more consistent in that 22.40–22.60 range [72-10–74-1¾] and if I can get to that level, you start looking at those big throws that could be close to the World Record.

It’s just kind of slowly chipping away and keep working and doing everything I can to line things up for that to happen. If I have to say, I would say we see that World Record go down before Tokyo, if not this year.

T&FN: Do you still consider yourself a young thrower? Where are you in your career arc?

Crouser: I’d say in terms of throwing age, I’m definitely not young anymore. I’ve been throwing, what is it, 13 or 14 years now. In training age, I’m up there, but physically, I’m still definitely on the upward trend. I still think I definitely have a long way to improve and so I’m excited to see not only this year but also just looking long term towards 2020. I think that is when I’ll be really in my prime.

Taking things relatively conservative and not trying to get it all at once but just prolonging my training and my career so that I can avoid injuries and stay healthy and hopefully hit my true peak in a few years.

T&FN: Looking at a 2016, knowing in your heart that you can pull off a perfect season and win the Olympic gold, does that take
anything away from your hunger or is it more of an advantage knowing that you know how to get there?

Crouser: It’s definitely just a motivator. Knowing that in terms of throwing, I’m definitely a perfectionist and extremely competitive. I go into every meeting wanting to throw a PR and wanting to win. I look forward to every chance I have to compete at every opportunity and this hand injury has really just reinforced that. For me, it’s just a motivator to look forward to having a perfect season, going undefeated.

T&FN: What’s on your calendar for this year?

Crouser: I’m looking forward to opening up at Drake. And then probably have one meet between Drake and Prefontaine, most likely the meet here in Chula Vista. We have an event here that’s got all the throws involved. I think it might have a couple of jumps and sprints as well.

Then my big focus is on Prefontaine. I’m definitely excited for that. The last meet at Hayward Field as we know it before it gets torn down. Then I’ll definitely be at USATF and hoping to qualify for both the Continental Cup and the Athletics World Cup in London.
National Relays — Yet Another Recordsetting Day For Sydney McLaughlin

By Jeff Hollobaugh | April 2018

Fayetteville, Arkansas, April 27-28—“The pressure is still there,” Sydney McLaughlin told T&FN just before Arkansas’s inaugural National Relay Championships.

McLaughlin’s yearly debut in the long hurdles found her lowering her own World Junior Record to 53.60. (COURTESY UK ATHLETICS)

“My mindset has changed, which has made it a little bit more bearable. Making that transition from high school to college took a lot of mental and physical maturity. I’m still not completely there yet, but a lot of that pressure has been handled much better than it has in the past.”

That poise showed as Kentucky’s yearling sensation stepped up to her signature event, the 400H, for the first time this year. Running unchallenged in lane 5, the 18-year-old New Jersey native made up the stagger on the outer lanes in the first 200 and cruised to a massive win, her 53.60 topping the field by 4.28.

The time also bettered her World and American Junior Records and is a world leader, in addition to making her No. 4 collegian ever.

The question of whether it will hold up to paperwork scrutiny is another matter: doping control was on hand to make sure the necessary tests were done afterward; however, false-start-detecting blocks were not used. That will render the mark unratifiable by the IAAF, while USATF rules on the subject aren’t quite clear.

Not that it matters to the young Wildcat and her coach, who are looking to faster performances in the future.

“Sydney knows what she’s capable of,” said head man Edrick Floréal after her latest exploit. “She knows what’s at stake and she
knows what she wants to get accomplished. She saw some stuff that she didn’t do well and obviously she’s not very happy.

“You look at the race, when she crossed the line and looked at the clock, you can tell by her reaction. She already knew halfway through the race that this was not what she wanted to get accomplished as far as the technical execution.”

5:33.60

400m hurdles world U20 record

Fastest time ever recorded this early in the year @GoSydGo what a @pic.twitter.com/9xF6k8iz0q

— SPIKES (@spikesmag) April 28, 2018

The 400H, like all of the other individual running events, was scheduled for Friday. The initial race of the day saw McLaughlin’s training partner, ’16 NCAA 100H champ Jasmine Camacho-Quinn, demonstrate that she will be a formidable challenger to regain her crown. Her 12.53, pushed along by a 2.6 wind, made her No. 6 on the all-conditions collegiate all-time list.

There too, Floréal saw room for improvement: “She’s very disappointed that she wasn’t able to finish the entire race the way she wanted to. It kind of fell apart a little bit technically. We’ll go back to work and try to clean that up.”

Tennessee senior Shania Collins impressed with a double-PR 11.10/22.57 combo, the latter bringing her to the line just ahead of Camacho-Quinn’s PR 22.69. Florida’s Sharrrika Barnett easily handled the 400 field with her 51.50.

The women’s field events saw twin sisters Lexi Jacobus and Tori Hoggard of Arkansas go 1–2 in the vault at 14-9½ (4.51), ahead of the American Junior leader of Virginia Tech frosh Rachel Baxter (14-3½/4.36). In the triple, Florida’s Yanis David moved to No. 9 among collegians with her 46-4¾ (14.13), as Kentucky junior Marie-Josée Ebwea-Bile bounced 45-11¼ (14.00).

In the men’s individual events, Tennessee’s Nathan Strother ran a PR 45.01 lap ahead of Kentucky frosh Dwight St. Hilaire (45.48 PR).

Japan’s Hakim Sani-Brown scored his first collegiate win for Florida in the 200, 20.64. The high hurdles saw Daniel Roberts of Kentucky (13.53) top Florida State frosh Trey Cunningham (13.61) in a battle of lifetime bests.

On the field, Florida’s KeAndre Bates lost the long jump to Marquis Dendy, as the veteran leaped 26-1½w (7.96) to Bates’ 25-10 (7.87). The next day, Bates came back with a vengeance, winning the triple with an American collegiate leader of 54-9¼ (16.69).

Getting Down To Relay Business

Relays were the focus of the meet, however, and while some were thin (the men’s 4×2 had one finisher) they didn’t disappoint. On Friday night, Stanford’s Olivia Baker blitzed a 2:00.90 anchor to hand the Cardinal a 3:41.59 sprint medley victory, moving to No. 3 on the all-time collegiate list. Baylor, with Aaliyah Miller clocking 2:01.70, finished 2nd in 3:42.11, becoming the No. 6 school ever.

Florida barely held on to a men’s sprint medley win, as anchor Kyren Hollis held off fast-closing Ian Jones of Kentucky by just 0.001 as both teams clocked 3:16.94. The men’s 4 x 1500 was another thrilling race, Arkansas edging Kentucky, 15:14.18–15:14.38.

On Saturday, McLaughlin was back, leading off the Kentucky women as they crushed the 4×1 in 42.84, well ahead of Arkansas (43.38) and Tennessee (43.59). In the men’s 4×1, a spirited second leg by Grant Holloway was not enough to keep Florida ahead of Arkansas, as the Razorbacks triumphed 38.59–39.05.

The 4×8 saw Virginia Tech win both races, as Rachel Pocratsky finish with a 2:03.29 to seal an 8:25.24–8:29.98 win over Baylor. On the men’s side, the Hokies handily won in 7:25.97.

Texas took the women’s 4×2 in 1:33.46; Arkansas the men in 1:22.12. Michigan’s Jamie Morrissey anchored a big distance medley win in 11:07.49, while Texas won the men’s race in 9:34.70. Sam Worley closed in 4:00.57 but fans went to the edge of their seats as the Wisconsin anchor, Oliver Hoare, churned a 3:56.96 anchor to bring the Badgers close at the end with their 9:35.19.
In classic fashion, the 4 x 400s wrapped up the weekend. In the women’s race, Florida took the lead at the first exchange but Camacho-Quinn owned the backstretch for Kentucky. Her 50.4 gave McLaughlin a 12m lead at the halfway point. And while Barnett zipped a 50.86 for Florida, she steadily lost ground to McLaughlin, who produced an otherworldly 49.47.

By the time Kayelle Clarke closed with a 52.79, the Wildcats sported a 30m margin, winning in 3:27.07 to Florida’s 3:31.21. That helped Kentucky win the team crown with 42 points to the 28 of Arkansas.

Florida led the men’s race, with Holloway on anchor. After getting the stick he saw Arkansas’s Obi Igobokwe fly past. Holloway waited until the final turn before steaming past for the win, 3:02.68–3:03.36. Holloway split 44.54 to Igobokwe’s 44.90, though the fastest leg belonged to Baylor’s Wil London, who ran 44.01 to conclude the Bears’ 3:03.44 in 3rd.

Despite the Florida relay win, Arkansas had enough points to hold on for the overall team victory, 52-43.

NATIONAL RELAYS MEN’S RESULTS
Fayetteville, Arkansas, April 27-28—
(4/27—100, 200, 400, 800, 1500, St, 110H, 400H, 4×15, SM, LJ, JT)


200: IV(1.6)—1. Nathan Strother (Tn) 20.76 PR. V(1.4)—1. ***Hakim Sani-Brown’ (Fl) 20.64; 2. *Kwantreyi McConico (Tn) 20.68; 3. Williams 20.77.

400: 1. Strother 45.01 PR; 2. ***Dwight St. Hillaire’ (Ky) 45.48 PR; 3. **Derrick Mokaleng’ (TCU) 45.87; 4. *Obi Igobokwe (Ar) 45.91; 5. *Kunle Fasasi’ (Fl) 46.31; 6. ***Howard Fields (Bay) 46.38.

800: 1. **Bryce Hoppel (Ks) 1:48.64; 2. ***Justin Pacifico (Fl) 1:49.39 PR.

1500: 1. Vincent Ciattei (VaT) 3:42.59 PR.

St: 1. *Obsa Ali (Mn) 8:51.25.

110H(1.4): 1. **Daniel Roberts (Ky) 13.53 PR; 2. ***Trey Cunningham (FlSt) 13.61 PR.

400H: 1. Kemar Mowatt’ (Ar) 49.80; 2. Eric Futch (adi) 50.22; 3. ***Jayson Baldridge (Bay) 50.29 PR (AjL).

4. ***Cory Poole (Fl) 50.68; 5. *Taylor McLaughlin (Mi) 50.76.

Relay Events

4 x 200: 1. Arkansas 1:22.12 (Schrage, Igbokwe, Harris, Cotton);... dnf—Florida.

4 x 400: 1. Florida 3:02.68 (Vedel’, Sawyers’, Fasasi’ 45.90, Holloway 44.54); 2. Arkansas 3:03.36 (Igbokwe 44.90); 3. Baylor 3:03.44 (London 44.01); 4. TCU 3:03.74 (Mokaleng 44.62); 5. Stanford 3:05.76; 6. Minnesota 3:07.80.


4 x 1500: 1. Arkansas 15:14.18 (WL, CL) (Hosting, Bruce’, Dalquist, Griffith’);

2. Kentucky 15:14.38 (AL) (Fields, Thomson, Thomas, Young);


DisMed: 1. Texas 9:34.70 (AL) (Rogers 2:54.03, Brown 47.44, Emery 1:52.67, Worley 4:00.56); 2. Wisconsin 9:35.19 (Hoare' 3:56.96); 3. Florida 9:35.90.

Field Events

HJ: 1. ***Brandon Piwinski (Mi) 6-11 (2.11) PR.

PV: 1. Torben Laidig' (VaT) 18-2½ (5.55); 2. Jake Albright (unat) 18-2½; 3. *Barrett Poth (Tx) 17-10½ (5.45); 4. ***Joel Benitez' (VaT) 17-10½; 5. Nick Maestretti (unat) 17-6½ (5.35); 6. *Hussain Al Hizam (Ks) 17-6½; 7. Nick Meyer (Ks) 17-6½.

LJ: 1. Marquis Dendy (Nik) 26-1½w (7.96) (25-6¼/7.78); 2. KeAndre Bates (Fl) 25-10 (7.87); 3. Mohammed Abubakar’ (Ky) 25-8¾w (7.84); 4. Kenneth Fisher (FiSt) 25-5¼ (7.75); 5. Corion Knight (FiSt) 25-4¾ (7.74); 6. **Grant Holloway (Fl) 25-4 (7.72).

TJ: 1. Bates 54-9¼ (16.69) (AmCL, out CL);

2. Barden Adams (Ks) 54-5¼ (16.59); 3. Scotty Newton (TCU) 54-4½ (16.57); 4. **Clayton Brown’ (Fl) 54-1½w (16.50); 5. **O’Brien Wasome’ (Tx) 53-11w (16.43); 6. *Armani Wallace (FiSt) 53-4¼w (16.27); 7. ***Chengetayi Mapaya’ (TCU) 53-3¼ (16.25); 8. Montel Nevers’ (FiSt) 52-5½ (15.99).

SP: 1. **Andrew Liskowitz (Mi) 66-6½ (20.28);

2. ***Jordan West (Tn) 64-7¾ (19.70) out WJL, out AJL) (8, x AJ);

3. ***Tripp Piperi (Tx) 64-1¼ (19.54); 4. **Charles Lenford (Ky) 62-8½ (19.12).

DT: 1. Nicolai Ceban’ (Ks) 182-1 (55.50).

HT: 1. *Joseph Ellis’ (Mi) 236-9 (72.16); 2. *Anders Eriksson’ (Fl) 235-7 (71.82); 3. ***Thomas Mardal’ (Fl) 229-10 (70.05); 4. ***Kevin Arreaga’ (Mia) 224-8 (68.48); 5. Grant Cartwright (Mi) 220-2 (67.12); 6. ***Georgios Korakidis’ (Tn) 220-1 (67.09); 7. *AJ McFarland (Fl) 217-8 (66.35).

JT: 1. Fabian Dohmann’ (Tx) 242-4 (73.86).

NATIONAL RELAYS WOMEN’S RESULTS

(4/27—100, 200, 400, 800, 1500, 100H, 400H, 4x15, SM, Hj, LJ, DT, HT)


100: Ill(1.1)-1. Shania Collins (Tn) 11.10 PR; 2. *Maia McCoy (Tn) 11.38 PR; 3. *Taylor Bennett (Bay) 11.41.


400: 1. *Sharrika Barnett (Fl) 51.50; 2. **Serenity Douglas (Tx) 52.20 PR; 3. ***Taylor Manson (Fl) 52.26 PR; 4. *Zola Golden (Tx) 52.48.

800: 1. Chrishuna Williams (unat) 2:05.67; 2. **Laurie Barton (VaT) 2:05.90; 3. *Marleena Eubanks (Ks) 2:06.05; 4. Jamie Morrissey (Mi) 2:06.20.


St: 1. ***Alissa Niggemann (Wi) 10:36.25.

5000: 1. Sophie Linn (Mi) 16:35.20 PR.
100H: III(2.1)-1. ***Tiara McMinn (Mia) 13.22w; 2. **Brandee Johnson (Fl) 13.23w.
IV(2.6)-1. Camacho-Quinn’ 12.53w (a-c CL) (a-c: 6, =8 C);
2. ***Janeek Brown’ (Ar) 12.73w; 3. **Rushelle Burton’ (Tx) 12.73w; 4. Taliyah Brooks (Ar) 12.82w; 5. Jacklyn Howell (Ky) 12.94w; 6. Pedrya Seymour’ (Tx) 13.04w; 7. **Cortney Jones (FlSt) 13.27w.

400H: II-1. **Faith Ross (Ky) 58.28.
III–1. ***Sydney McLaughlin (Ky) 53.60 WJR, AJR (old records 53.82 McLaughlin [NJHS] ’17) (WL, AL, CL) (15, x A; 4, 4 C) (no false-start blocks);
2. *Samantha Gonzalez (Mia) 57.88 PR; 3. Ariel Jones (Tx) 58.32; 4. **Brandee Johnson (Fl) 58.73.

Relay Events
4 x 100: 1. Kentucky 42.84 (McLaughlin, Camacho-Quinn’, Clarke’, Gray); 2. Arkansas 43.38 (Brown, Parker, Baylark, Burks Magee); 3. Tennessee 43.59; 4. Miami 43.91; 5. Texas 44.12; 6. Florida State 44.42; 7. Baylor 44.49.

4 x 200: 1. Texas 1:33.46 (Burton’, Seymour’, Golden, Daniels); 2. Baylor 1:34.29; 3. Kentucky 1:34.89.


SpMed: 1. Stanford 3:41.59 (WL, CL) (3 C; #3 school) (Gayles, Best’, Wilson, Baker 2:00.90); 2. Baylor 3:42.11(AL) (7 C; #6 school) (Bennett, Horton, Powell, Miller 2:01.70);


Field Events
HJ: 1. **Ellen Ekholm’ (Ky) 6-0 (1.83) =PR.
PV: 1. *Lexi Jacobus (Ar) 14-9½ (4.51); 2. *Tori Hoggard (Ar) 14-9½;
3. ***Rachel Baxter (VaT) 14-3½ (4.36) (AJL) (x, =10 A);
4. Kally Long (Tx) 14-3½; 5. **Kaitlyn Merritt (Stan) 13-9¾ (4.21); 6. Taylor Amann (Wi) 13-9¾; 7. **Andrea Willis (Ks) 13-9¾.

LJ: 1. Sha’Keela Saunders (adi) 21-7½ (6.59); 2. Darrielle McQueen (Fl) 21-5½ (6.54); 3. *Yanis David’ (Fl) 20-9¼ (6.33); 4. *Marie-Josée Ebwea-Bile’ (Ky) 20-7¼ (6.28).

TJ: 1. David’ 46-4½ (14.13) (9, x C) (43-10¾w, 45-5¼w, 45-10, 46-4¼, f, 40-6¼) (13.38w, 13.85w, 13.97, 14.13, f, 12.35);
2. Ebwea-Bile’ 45-11½ (14.00); 3. McQueen 43-10½w (13.37) (43-5/13.23); 4. *LaChyna Roe (Tn) 43-1½ (13.14); 5. *Latavia Coombs’ (Ky) 42-5¼w (12.93).

SP: 1. Lena Giger (Stan) 57-¾ (17.38); 2. Lloydricia Cameron (Fl) 55-6¼ (16.92); 3. ***Alexranda Emilianov’ (Ks) 54-7½ (16.64).

DT: 1. Emilianov’ 178-9 (54.49); 2. **Zakiya Rashid (Mia) 174-6 (53.18); 3. **Elena Bruckner (Tx) 174-0 (53.05).
HT: 1. *Stamatia Scarvelis' (Tn) 215-11 (65.82); 2. Valarie Allman (Stan) 204-3 (62.26) PR.

JT: 1. Avione Allgood (Fl) 182-10 (55.73); 2. *Mackenzie Little' (Stan) 178-10 (54.50).
2 Collegiate Records At Desert Heat Classic

By Sieg Lindstrom | April 2018
Tucson, Arizona, April 28—The new Desert Heat Classic delivered performances as hot as its name suggested. Specifically a pair of Collegiate Records from Michael Saruni in the men’s 800 and Maggie Ewen in the women’s shot.

Saruni didn’t target the 800 CR but he got it. See video interview by Paul Merca below.

UTEP soph Saruni’s 1:43.25 clipped 0.30 from the old standard set by Texas A&M’s Donavan Brazier in ’16.

Arizona State senior Ewen, having raised her CR in the hammer three weeks ago, lifted Raven Saunders’ shot standard by 5¼ inches (13cm) to 63-10¼ (19.46). Read more about Ewen’s performance here.

Saruni Runs 1:43.25

Saruni and Miner middle distance coach Paul Ereng came in with no intent to set a CR this time out even though it has been obvious for a while that the NCAA indoor champion who set a new indoor 600 WR in January (1:14.79) is a world-class talent, having run 1:44.61 last year.

“Honestly, no,” Saruni told meet announcer Paul Merca (see video), when asked if the record was on the agenda all along, “but I was just doing my thing. The last lap I felt good so I felt, ‘Man, this is the time here to do my best,’ and it came down to the Collegiate Record.”

Ereng explained, “My approach is always not to think about the time but to run a very good race. So we were kind of focusing to go just under 1:44, but it looked like we were almost going under 1:43 at the end of it. So, yeah, that was a very good run and he’s in good shape.”

One might by now surmise rounding into shape the last weekend in April is a UTEP trademark. Emmanuel Korir, last year’s double NCAA champ who is still Saruni’s training partner, set his collegiate best just a day shy of one year earlier. And UTEP did request a rabbit for Saruni.

Blake Eichler performed as requested, pulling Saruni, with the field single-file behind them, through 200 in 25.0 and 400 in 51.1.

“We planned the first 400 going past in 50. That’s what went down,” Saruni said.

??BREAKING NEWS??
Michael Saruni (1:43.25) sets a new NCAA 800m Record!!! pic.twitter.com/DA3X6j91ou
— UTEP Track & Field (@UTEPTrack) April 29, 2018

“But we also wanted to get a push to about 500,” Ereng explained. “But by the time they crossed the 400 he was already on
[Eichler’s] neck. That put a little pressure on him and there was a little tangle when he was exiting the field.”

As Saruni sped past the rabbit on his outside early in the penultimate curve, the pair bumped elbows and Eichler stepped off into the infield.

“The only problem was that I was not part of the discussion of the exit strategy,” said Ereng. “Either you go out or you go in and the other guy comes out. When you are very clear about that, then there are no accidents. But that’s fine, we achieved what we wanted.”

The coach, oh, sorta knows his subject, having won Olympic 800 gold for Kenya in ‘88 after winning the first of his pair of NCAA crowns as a Virginia frosh earlier that year.

Down the backstretch Saruni was all gaiters & gas, full of run, pulling steadily farther ahead and passing 600 in 1:17.5—remarkably even pacing.

“I think the hardest part was the last 200 ‘cause I was kinda out of gas,” Saruni said, “but I still pushed it through. But luckily we made it through. Everything went according to plan.”

Ereng feels sure we all should plan to watch a faster Saruni race in the future. “When you look at the whole conditions and the way he did it,” said the coach, “it’s not a normal 800 that you run that fast. If we had a very big field that took him all the way to 600 then you would have seen a pretty fast time.”

So we ain’t seen nothing yet?

Ereng: “Yeah, correct.”

When talking with Ereng about Saruni, the question naturally arises: With regard to his specific talents as an 800 man is the soph more like Ereng himself in his competitive days or Korir?

“He is neither,” the coach said. “Saruni is very different because he’s a guy who is versatile. He’s got a range from the 400 all the way to about 3000. We’ve not worked on his speed as such, you know. So I believe he can actually also go under 45 seconds in the 400, and I also believe that he can run under 3:35 in the 1500. He’s that versatile.

“Korir, on the other hand, is specifically 4/8. He can still run a good 15. You know, right? But he will be feeling some pain at the end of it, but Saruni is different.”

Paul Merca (@paulmerca70601), also the stadium announcer for the record race, video-interviewed Saruni afterwards.

He also is nowhere near a peak for the year yet, according to Ereng: “We’ve cut a lot of mileage so we are reducing. You know, as the season goes by and you get to this part you kind of reduce the mileage. But you still keep the base, keep on going on for the remainder of the season.

“But we always go up and down, you know. The moment you sharpen it is very difficult to peak several times. So I’m kind of holding, pushing the ball under the pool and holding it down for now. Holding it down and letting it go, and then push it again and letting it go. So the training kind of varies from time to time to keep them going. It’s fine that Saruni ran fast this weekend.”

If Saruni is, indeed, a 3:34 metric miler waiting in the wings of that event, might we see that this spring?

“Well, we have the conference coming,” Ereng said. “We’ll see, we’ll see. I’m still debating on that. We’ll see how the season goes, what he will do at the end.”

Don’t expect a burner of a time in any event at the Conference USA meet, though.

“Usually when you go to conference it’s not an issue of how fast you run. It’s just win the team points,” Ereng said. “It kind of reminds me of when I used to race. I used to just have to tighten the screw when things got tough and get going. Usually it was
just a matter of running to win the races. It was not reaching for a championship record every other day or whatever.

“But when you want to do it, you want to do it. When it’s an Olympics, you’ve got to sign up and know what you’ve got on your plate.”

Again, Ereng ought to know. And Saruni?

“Saruni is a few-words guy,” the coach explained. “He doesn’t say much, he just says, ‘Thank you, coach, I did it.’ But he was very excited.

“You know, these youngsters when they are excited they kind of, they are tongue-tied. But later on...”

We eagerly await Saruni’s later on—on the oval.

**DESSERT HEAT MEN’S RESULTS**

Tucson, Arizona, April 28 (elevation 747m)—

200(0.8): 1. Asa Guevara’ (UTEP) 20.51; 2. *Cravon Gillespie (Or) 20.64.

800: 1. **Michael Saruni’ (UTEP) 1:43.25 CR (old CR 1:43.55 Donavan Brazier [TxAM] ’16) (WL) (51.1/52.2); 2. **Carlos Villarreal’ (Az) 1:46.70; 3. *Jonah Koech’ (UTEP) 1:47.12; 4. Collins Kibet’ (Az) 1:47.83.

110H(0.1): 1. **Braxton Canady (Or) 13.79.

4 x 100: 1. Oregon 39.05 (Simpson, Gillespie, Shellmire, Daniel); 2. Oregon B 39.95; 3. Arizona 39.98.


SP: 1. ***Jordan Geist (Az) 66-11½ (20.41) (out CL).

DT: 1. ***Turner Washington (Az) 185-4 (56.50).


**DESSERT HEAT WOMEN’S RESULTS**

100(0.3): 1. *Ashley Henderson (SDi) 10.98 (WL, AL, CL) (=9, =10 C; 8, 9 AmC); 2. **Makenzie Dunmore (Or) 11.25; 3. ***Lauren Rain Williams (Or) 11.29; 4. *Ariana Washington (Or) 11.31; 5. ***Jasmin Reed (Or) 11.42; 6. *Venessa D’Arpino (Or) 11.48.


400: 1. Katara Nelson (NMSt) 51.98; 2. *Tatum Waggoner (Az) 52.60; 3. *Lisa-Anne Barrow (SDi) 52.71.

800: 1. *Lilian Koech’ (UTEP) 2:07.06.

100H(-0.3): 1. *Alaysha Johnson (Or) 12.75 (AmCL).

400H: 1. ***De’Andreah Young (CSN) 57.81; 2. Karolina Pahlitzsch’ (Az) 58.55.

4 x 100: 1. Oregon 42.70 (Johnson, Williams, Reed, Washington); 2. Oregon B 43.30; 3. San Diego State 43.46; 4. New Mexico State 44.66.

Field Events

HJ: 1. Ty Butts (unat) 5-10½ (1.79).


SP: 1. Maggie Ewen (AzSt) 63-10¼ (19.46) CR (old CR 63-5/19.33 Raven Saunders [Ms] ’16) (2, 2 C) (f, 60-6¾, 60-6½, f, 60-6¾, 63-10¼) (f, 18.46, 18.45, f, 18.46, 19.46);
   2. ***Samantha Noennig (AzSt) 56-9½ (17.31).

DT: 1. Rachel Dincoff (unat) 186-6 (56.84); 2. Noennig 170-7 (52.01).

HT: 1. Brooke Andersen (NnAz) 243-5 (74.20) (=6, x A; 2, 2 C) (236-3, f, 218-0, 243-5, 234-1, 240-7 [x, 5 C]) (72.00, f, 66.46, 74.20, 71.35, 73.33); 2. Ewen 239-6 (73.01) (x, 6 C) (f, 231-5, 225-1, 239-6, 238-11 [x, 9 C], f) (f, 70.54, 68.60, 73.01, 72.82, f).
Edrick Floréal In Charge At Hurdles Central

By Jeff Hollobaugh | April 2018
At 51, Kentucky’s “Coach Flo”—Edrick Floréal—has arrived at an enviable position in the sport.

The Wildcat mentor need only take a glance around his Lexington track to see an assemblage of talent that would sell tickets at any meet. There’s Kori Carter, the world champ in the 400 hurdles. She often works with World Indoor hurdle champ Kendra Harrison, who is also the WR holder in the 100H. And don’t forget Jamaica’s Omar McLeod, the Olympic and world champion in the 110 hurdles.

And Floréal’s collegiate stars, Sydney McLaughlin, the World Junior Record holder in the long hurdles, and Jasmine Camacho-Quinn, the ‘16 NCAA champion over the straightaway barriers.

In a wide-ranging chat with us, the Haitian-born Floréal, a 2-time Canadian Olympian and 3-time NCAA triple...

Floréal’s roster of current pupils contains such huge hurdle names as McLaughlin, Harrison, Carter, McLeod &
jump champ for Arkansas, shared with us his thoughts on everything from coaching the prodigy McLaughlin to how to race rounds in a major championship.

**The Sydney McLaughlin Plan**

After a spectacular indoor campaign, super-frosh Sydney McLaughlin opened outdoors even better, moving high on the all-time Junior lists with PRs in both the 200 (22.39) and 400 (50.07), not to mention a 49.95 relay carry.

And what about her subsequent 11.07w display of speed at Tennessee?

Floréal says to prepare for more surprises: “To be honest, the thing that we are going to do is fully expose her range. Sydney has a tremendous amount of range. She can do lots of stuff. And I think people see her primarily as a quartermiler or a hurdler. But what I want to do outdoors is dispel that myth that she can’t sprint.

“And I’m sure she could do 2:03 halfmile right now—but she just hates the event and doesn’t want anything to do with it. She can probably run sub-13 second 100 hurdles. It’s just a matter of letting people know that this isn’t just a one-trick pony, so to speak. So I’m just going to show people that Sydney can do lots of stuff. Not just do them but do them at a high level.”

He cautions, though, “It’s too risky,” when asked about McLaughlin’s desire to long jump. “She just asked me. She really wants to long jump, but she just wants to run and jump.

“And I’m sort of a nerd, I like preparation. So if we’re going to long jump, we’re going to spend a month and a half long jumping and she’s like, ‘I don’t want to do that. I just want to long jump.’

“So I told her, ‘We’re not going to long jump until we long jump in practice and I feel confident that you are not going get hurt.’

“And the same thing with the 400 hurdles. We have a few more things to clean up mechanically and with the stride pattern. She’s not completely comfortable with all the adjustments we have made, but until she gets comfortable in practice I’m just not going to run her.

“I’m just going to run her in things that I know she can come through with. And as we improve we might see her do some things that people probably don’t think they’re going to see from her.”

Which brings to mind previous statements that McLaughlin would not be running in her flagship event during her frosh year. No longer the case, confirms Floréal. “I’m not saying that anymore because she’s just made a, what do they say, ‘A left at Albuquerque?’ as the saying goes.

“We were having some issues with the hurdles mechanically—technically I couldn’t get her to do some the things I wanted to get done and she admitted in numerous interviews that the thing that brought her the most stress was the hurdles. So I had to water down my teaching.

“We were having some issues with the hurdles mechanically—technically I couldn’t get her to do some the things I wanted to get done and she admitted in numerous interviews that the thing that brought her the most stress was the hurdles. So I had to water down my teaching.

“I think I get too technical. I’m all X’s and O’s and we were looking at angles and takeoffs and touchdowns. You have to be precise and I think for an 18-year-old mind sometimes that is like this is too much. I backed up a little bit, watered it down and lo and behold, we’re on a roll. The 400 hurdles are looking really, really good.”

He adds, “From day 1 we’ve adjusted her running mechanics to try to make it a little more efficient so that when she does it she doesn’t appear to be running fast. She has done a wonderful job of adjusting. She’s going pretty high, B+ mechanically, and the goal is that the easier it looks the better it is. Once you do this thing well, it will not look like you are running fast.

“Until somebody is standing next to you and they look and say, ‘Holy smokes, she just ran 22.3 and it looks like she was jogging.’ And that’s kind of the goal with mechanics in the hurdles. We’re getting close, but we’re not there yet. We’re going to
keep pushing until we can get her to look effortless and if that happens, we’re going to throw her out there.”

An important theme in Floréal’s coaching emerges. He doesn’t want McLaughlin racing unless he feels she’s ready for success, because at this point in the game, a failure isn’t going to help her build her confidence. That colors his answer to whether she will run in Europe this summer.

“We might see her dabble in a meet or two in Europe and it’s going to depend on June. If she’s dead exhausted physically and mentally, I’m going to send her home to take a break. But if she has some juice left in her legs and she’s excited—that’s the goal. You don’t want to go to Europe and flop. If you go to Europe and you run terrible, you’re sort of a failure.

“I don’t want a repeat of what happened in Rio: she goes there, she doesn’t look comfortable in the environment, and doesn’t get the best out of herself. I want a bulletproof vest for her. I want to put her into a situation where we know she can be successful. Because the worst that you can do with a kid like that is you throw them out there, they fail, they become gunshy and they’re definitely afraid, confidence goes down.

“So I’ve been strategic about when do I run her and what do I run her in. And I have to be certain within the shadow of a doubt that if I’m putting her in, the results are going to be good.”

He explains further: “Sydney doesn’t want to be the high school phenom that went to college and became a flop. That’s the one thing she made me promise her. ‘Promise me you’re going to do everything you can to make sure that I am not one of them should-a-been/coulda-been/but never was,’ so we are just being strategic and that takes lots of conversations.

“That’s one of the things that I think she appreciates, that there are no surprises. I tell her what I’m thinking, how I’m thinking and what I’m expecting way before it comes, so when it comes she knows that A. I am capable of that because of A-B-C-D.”

**Kori Carter The 100 Hurdler?**

The world champion 400 hurdler is still planning to take a break from the event in ‘18 to work on speed, but Floréal confesses there is much work in store: “Kori is only doing the 100m hurdles and the sprints this year. I did not like the indoor season at all. I thought she could have done significantly better, but then again, the year after you have a major breakthrough, most everybody wants to excel and I think Kori excelled, but indoor she just took a mental break. She trained hard and did what I told her to do, but I don’t think she was mentally connected.

“Last year she was just a demon. She was eating workouts. In the beginning it was ugly, but once she got fit and in shape, the things she was doing were just amazing. She was gobbling information left and right. She was dragging me in the mud. But this year, not so much.

“So I think after winning Worlds and being No. 1 in the world, she took a deep sigh. In the time she took that sigh, we didn’t make the progress that I expected. I didn’t like the way she hurdled, didn’t like the intensity, didn’t like the progress we made technically.” Yet the coach knows the athlete and knows that good things are ahead.

**Kendra Harrison The 400 Hurdler?**

This potential event-switch is not so certain, says Floréal. “The goal was to not do the 100 hurdles this year, but it was based on her winning the World Championships outdoors and doing all those wonderful things that didn’t happen and then all of a sudden you find yourself behind the 8-ball again.
Under Floréal’s tutelage Harrison has turned into a World Record holder. (KIRBY LEE/IMAGE OF SPORT)

“I think that after winning World Indoors, you take a deep breath, and refocus. We’ve got to win a major outdoor championship, which we just haven’t done. We—she and I—just sort of failed. I think people want to see Keni win the Worlds or Olympics, just to further validate her, so I’m going to try to get her to that podium outdoor. And doing it indoor I think helps her.

“You wouldn’t believe, her level of confidence has changed tremendously. When she came across that line, it’s like ‘I can actually win a major championship and do it in pretty grand fashion.’ It’s a statement. Sometimes you’re just trying to sneak past and say, ‘God please let me win this one so they don’t say I’m a choker.’ I tell her now, we’re going to kick the door down. We’re going to run each round like we’re out for blood.

“She executed perfectly. And typically that’s what I want. I want these type of aggressive rounds to sort of relax her. You could go the other way and run slower but at World Indoor she did exactly what I told her to do. You run each round like you don’t give a hoot and then by the time the final came she was so confident she was ready to just ask for seconds.”

Will His Athletes Race At USATF?

“We plan on doing that,” Floréal says of attendance at Des Moines in June. “I think there’s some validity to getting to a championship, the qualifying rounds stress, the preparation—it’s helpful and good. There’s World Cup this year, I’m not sure what the format of that is.

“We’ve got to keep continuing to grind and I like the idea of taking them to a championship to prepare them for next year’s World Championship Trials. Obviously Kori doesn’t need to worry about that because she has a bye and helping Keni to get that bye by winning the Diamond League hurdles would be good.
“So they’re going to all go and compete there. Plus it makes it easier for me if I’m there competing with somebody that three or four other people in the group don’t have to be at home training by themselves.

“I’m not even sure what we’ll do with Sydney, she may run some alternate events in Des Moines and then we’ll will play it by ear. I’m not even sure what I’m going to do with her at SECs or NCAAs. We’re just going to take it one meet at a time and then once we get into SECs we’re just going to sit down and figure out what she’s passionate about. The good thing is with so many good skill sets, she can pick the event.”

Kentucky’s Relay Teams

At Florida, the Wildcat women rocked a 3:26.92 college leader with McLaughlin burning a 49.45 anchor. The 4×1 cruised 43.13, No. 2 on the NCAA list at the time. Two weeks later at Tennessee, the team produced a collegiate-leading 1:30.76 in the 4×2.

Floréal quickly says none of his foursomes are engraved in stone: “There’s a lot of moving parts. And some people that I think are going to get better and get a little faster. Things change. I always tell them that we are going to run the four fastest people and it doesn’t matter who’s on it. If somebody’s faster than you, I’m going to put them in.

“And sometimes a person just has to fit. You got a tall person taking a baton from a short person and you’re sitting there thinking, ‘That is not going to work.’ Other than that, it’s just that I’m going to run the four fastest people on the team. And try to get us to run as fast as possible.”

Who Else To Watch For

Floréal also has a Puerto Rican hurdle ace in Jasmine Camacho-Quinn and he says she is on a tear: “She made some good lifestyle adjustments. She was sort of a junk food fanatic, and thank you God, she’s finally decided to do a little bit better for her body and make some better food choices, which has helped.

“You have a girl that opens up at 12.77 in a negative wind in the pouring rain and then runs 22.59w and splits 50.8 and also runs the second leg in the 4×1 and that was a monster. You’re so focused on Sydney because Sydney draws monster attention and Jasmine did four events—it’s not like she’s chopped liver.”

How To Run The Rounds—At Full Speed

Edrick Floréal doesn’t believe in holding back in the races leading up to the final. “It’s like a racecar driver that drives the practice track at 70% speed. And then when you’re racing at 100% speed, man, the rhythm and timing of those curves is going to be different,” he explains. “If you look at the World Indoor, it’s really the same race three times. Keni Harrison just kept running the same rhythm over and over.

“The most difficult thing to do for any athlete is to go out there run fast by yourself. To know that I know enough about myself and my technical expertise to hit the right buttons and run fast without caring who’s next to me.

“Bobby Kersee used to do that a lot. Gail Devers used to open up with 12.50-something and 2nd place would be 14 seconds. It was like, ‘Holy smokes!’ It tells the athlete that they are ready.”

“I do believe that it is tougher to go from slow to fast than to go from fast and maintain that. At first your mind is uncomfortable, you just open up at 7.70-something and the next best time going into the finals is 8-seconds and you think, ‘Oh my goodness!’ You feel a little bit more dominant over the other competitors and then you come back and you do it again, even a little bit faster.

“Coincidentally for Keni it was the fastest three rounds in 60m hurdle history. She ran the fastest prelim ever. She ran the fastest semi ever. And the fastest final ever at the World Indoor Championships. That’s kind of what we wanted.

“She got more and more confident. She got more and more relaxed, like ‘I’ve just got to run the exact same race again. If I get beat, I deserve to get beat. That means somebody better than me on that day beat me.’ As opposed to, ‘Hey I just ran 7.85, I ran a poor race, I tried to adapt, and she beat me.’”

And of course, there are more. Floréal is excited to talk about some of the up-and-comers he has on the collegiate side. But he acknowledges that the almost obscene level of quality around the track can make some of his younger stars feel like chopped
liver. But he knows it also shows them a path to greatness.

He adds, “Our triple jumper is also going to surprise some people, Marie-Josée Ebwea-Bile. She kind of came out of nowhere a little bit. We’ve got to make some adjustments but I think she is the one that is probably not getting as much of the credit she deserves because you got a team that’s a bunch of superstars.

“Daniel Roberts (13.82 PR), he’s going to surprise some people once he gets himself completely healthy.” Floréal also notes that sprinters Kayelle Clarke (11.31/22.83) and Kianna Gray (11.20/22.79) expect to contribute well, as will frosh Dwight St. Hillare, a Trinidadian recruit who is already at 45.62 in the 400.

“And Tim Duckworth [8145 decathlon], don’t forget about that guy. He’s just a fantastic guy who takes care of business. And finally, Jacob Thomson [13:41.33/28:47.55]. So we have a handful of people who I think are going to make some noise outdoors. Hopefully we keep giving you some stuff to write about.”
Drake Relays Pros — A Nifty Homecoming for Jenny Simpson

By Sieg Lindstrom | April 2018

Iowa native Simpson has never lost a race on the Drake oval. (DRAKE ATHLETICS)

Des Moines, Iowa, April 25-28—A miserable month of Midwest weather dawned clear and sunny for April’s last weekend, just in time for the professionals to do their thing at the 109th Drake Relays.

Lured by the big bucks offered by Relays sponsor Hy-Vee for the top three performances, pros have in recent years found Des Moines a lucrative and ideal spot to kick-start their outdoor campaigns.

And that they have, with 5 American outdoor leaders and a host of other national-class marks a harbinger of what could be on tap at the USATF Championships here in late June.

It’s hard to pick what was first among equals, but “home-state girl returns and makes good (again)” isn’t a bad story line. Right, Jenny Simpson?

All that the state’s (and Webster City’s) favorite track daughter did was run a world-leading 9:16.78 in the seldom-run 2-mile in the first time the distance has been run at Drake. If USATF recognized the event as an American Record, this would have been it (although Regina Jacobs did run 9:11.75 in a mixed-sex race back in ’99).

Unpressured, Simpson steadily built her lead, passed through the mile in 4:33.4 and had enough in her tank for a 63.5 closing quartermile over a good field that included Rachel Schneider (9:31.89), Brenda Martinez (9:37.82) and Stephanie Garcia (9:37.86).

“I knew with 400 meters to go, with 200 meters to go, how much I had to go to get the record,” Simpson said. “It was really windy, and I was out there on my own. I talked to my coach about how I was really putting myself in a vulnerable position by
going out hard and being alone with all the wind. But I really wanted to do it for the fans, even though the conditions weren’t perfect.

Referring to the crowd’s standing ovation as she finished, she continued, “It feels like these people have been on a journey with me. I felt a story here and the fans are a big part of it.”

It was Simpson’s sixth Drake title and 11th win overall—against no losses—on the Drake oval, including 3 steeple wins as a Colorado collegian.

Traditionally, the hurdles and pole vault have been good events for the pros here, and popular with the fans, and again they didn’t disappoint.

Kendra Harrison zipped a windy (2.5) 12.37 to claim the straightaway hurdles while Georganne Moline successfully defended in the longer version at 54.86.

Devon Allen surprised a little with his legal 13.42 highs win over Aries Merritt (13.45) and Jeffery Gibson smoked a good field with a 49.02 1-lap hurdles victory.

Said Harrison, “I’m really happy. My coach told me to come out here and get my rhythm. This race is definitely one that I needed and is going to set me up for my next one. This track brings me luck.”

The men’s vault, never disappointing even when weather has forced it indoors, produced a U.S. outdoor leader at 19-1½ (5.83) by Sam Kendricks, who took his third Drake win, this time over up-and-coming South Dakota soph Chris Nilsen (a near PR at 18-11½/5.78), Scott Houston and Shawn Barber. The three pros had “warmed up” indoors for the real event with a “mall vault” three days earlier won by Andrew Irwin at 18-4½ (5.60).

Kendricks said that the strong tailwind “really favors the experienced athlete. I was really pushed by that young kid and I had to make a lot of bars.”

No less competitive was the women’s PV, where Sandi Morris jumped 16-0 (4.88) to get the better of Jenn Suhr’s 15-5 (4.70).

Vashti Cunningham, now 20, high jumped 6-4¼ (1.94) to claim the U.S. outdoor lead and move to No. 2 on the yearly global list. Inika McPherson pressured her by jumping 6-3¼ (1.91), which Cunningham had to clear on her final attempt.

“I don’t like when Inika puts the pressure on me like that but she’s going to do it. I just have to react with her,” Cunningham said. “I felt good in my first two attempts at 1.91 but that last jump [at 1.94] made up for it. I love when the competition is up there with me. I need that.”

The men’s shot was on fire. Ryan Crouser burned his opponents with a U.S.-leading 72-2½ (22.01) to kick off the event; despite 5 following fouls, it was enough to win as the rest of the field played catch-up.

But his mark gave the rest a good target and they responded, with world champ New Zealander Tom Walsh putting 71-7¼ (21.82) on his second effort and uncorking four more 70+ throws. Curt Jensen nailed down third with a 69-6 (21.18) PR on his final heave.

Said Crouser, “It was really good for me. I’ve been out and this is the latest I’ve ever started. I had 8 weeks off with the hand injury and then 5 weeks to get back into shape. I’m not quite there but it’s a sign of good things to come.

“One throw and five fouls,” he laughed. “That shows the inconsistency that’s there, but this is only my third day of throwing hard. There’s a lot to work on but it’s always good to have a 22-meter opener.”

The mile, always a crowd favorite, produced the sub-4:00 race that fans never tire of seeing. Eric Avila and Drew Hunter waged a spirited see-saw battle down the homestretch, with the former hanging on by an eyelash in 3:58.81 to the latter’s 3:58.83.

Brannon Kidder also went under at 3:59.86 while 800 specialist Erik Sowinski clocked a creditable 4:01.44 in his first pro effort in the mile.
DRAKE INVITATIONAL MEN’S RESULTS

(4/27—PV)


400H: 1. Jeffery Gibson’ (Bah) 49.09; 2. Michael Stigler (adi) 49.24; 3. TJ Holmes (Nik) 49.29; 4. Annsert Whyte’ (Jam) 49.34; 5. Bershawn Jackson (Nik) 49.64; 6. Javier Culson’ (PR) 49.99; 7. Andre Clarke’ (Jam) 50.06; 8. Eric Cray’ (Phi) 51.34.

Field Events

Mall Vault (4/25): 1. Andrew Irwin (unat) 18-4½ (5.60); 2. Shawn Barber’ (Can) 18-4½; 3. Sam Kendricks (Nik) 18-½ (5.50); 4. Mike Arnold (Nik) 18-½; 5. Scott Houston (Shore) 17-8½ (5.40).

PV: 1. Kendricks 19-1½ (5.83) (out AL) (17-6½, 18-½, 18-4½, 18-8¼, 18-11½, 19-1½ [2]) (5.35, 5.50, 5.60, 5.70, 5.78, 5.83 [2]); 2. **Chris Nilsen (SD) 18-11½ (5.78); 3. Houston 18-8¼ (5.70); 4. Barber’ 18-½ (5.50); 5. German Chiaraviglio’ (Arg) 18-½.

SP: 1. Ryan Crouser (Nik) 72-2½ (22.01) (AL) (72-2½, f, f, f, f) (22.01, f, f, f, f);


DT: 1. Reggie Jagers (CVE) 211-11 (64.59); 2. Traves Smikle’ (Jam) 210-2 (64.07); 3. Jarred Schuermans (unat) 201-1 (61.29).

DRAKE INVITATIONAL WOMEN’S RESULTS

(4/27—3K, 2M, HJ)


(67.6, 73.3 [2:20.9], 11.7 [2:32.6], 2:10.8 [4:43.4], 69.2 [5:52.6], 71.1 [7:03.7], 69.6 [8:13.3], 63.5) (63.5, 2:13.1, 4:33.4) (4:43.4/4:33.4); 2. Rachel Schneider (UArm) 9:31.89 (8, 11 A) (8:56.75 PR); 3. Brenda Martinez (NBal) 9:32.82 (9, 12 A) (8:57.30 PR);

Maggie Ewen Claims Collegiate Shot Record

By Sieg Lindstrom | April 2018

Sun Devil senior Maggie Ewen’s second CR-setting meet of the season, and April, began, believe it or not, with a loss—and ended on a decided high note.

Ewen now appears on the Collegiate Record board in two events. (SUN DEVIL ATHLETICS)

The owner of collegiate hammer throwing’s longest heave since her blockbuster day at Sun Angel 3 weekends ago, Ewen opened at the Desert Heat Classic with a rare collegiate loss, a 2nd-place finish to Brooke Andersen of Northern Arizona.

Lumberjack senior Andersen started off hot with a 236-3 (72.00) cast and kept Ewen in her shadow throughout. The defending NCAA champ reached 239-6 (73.01) in round 4 but Andersen’s effort in that round was longer, 243-5 (74.20).

The throw not only earned Andersen the win but was the No. 2 college mark ever, exceeded only by Ewen’s 244-6 (74.53).

“Brooke Anderson threw outstanding in the hammer today,” Ewen said after the meet was done, “so it’s going to be really fun and a really cool hammer competition at Nationals, so I just have to be ready for that and keep going.”

Keep going in this meet, she did. Ewen began the shot with a foul but spun the ball out to 60-6¾ (18.46), the exact same distance which she had lofted the ball to win the NCAA Indoor title in March.

Consistent on her next two legal tosses (60-6½/18.45 and then another 60-6¾), the 23-year-old Ewen kicked it up by more than 3-feet on her last trip to the circle: 63-10¼ (19.46). The throw was 5¼ inches past Raven Saunders’ CR set in ’17.

“I didn’t expect to break it today, but practices have been going well and we’ve been working on a lot of really good things, so my consistency has been there,” Ewen said.

Her mentor, Arizona State throws coach Brian Blutreich, had offered a subdued signal she was ready before the record cast.

“Even Coach Blu, who is not overly positive, has been like, ‘Yeah, there’s a good one, you’re so close,’ “ Ewen said.

Statistical note: although Ewen’s mark currently stands as the Absolute (indoors or out) CR, it’s not the top mark on the all-time...
That honor goes to the 64-2¼ (19.56) Raven Saunders of Mississippi used to win the '17 NCAA Indoor. That mark, however, was made with an indoor shot, and those plastic-shelled implements aren't acceptable for overall record recognition.
Penn’s USA vs. The World — Many Wins For The Home Team

By Sieg Lindstrom | April 2018

Philadelphia, April 26-28—The USA vs. The World races that have in recent years highlighted the pro slate at the Penn Relays were somewhat lacking in star power this year, but the intense U.S.-Jamaica rivalry entertained the crowd of 47,756, which cared more about the uniforms than who was wearing them.

A 50.48 anchor by Raevyn Rogers brought Team USA home in the fast 800 medley time ever. (KIRBY LEE/IMAGE OF SPORT)

A few big-name veterans were on hand, most notably world 100 champ Justin Gatlin, but the rosters were dominated by a younger generation hoping to build their résumés.

Though many Jamaicans were coming off the Commonwealth Games, they couldn't quite capitalize on that early-season form, and won just 1 of the 6 events in the series. That was the opening women’s 4x1, where shaky second handoffs plagued both teams. Jura Levy got the baton slightly ahead of American Kyra Jefferson for the anchor and held on for an 0.04 victory in 43.14.

The men’s 1-lapper was far less competitive, thanks to 36-year-old Gatlin’s storming second-leg backstretch. Pointing skyward as he handed off, he gave the USA Red team a sizable lead, which they held to the tape for a 38.39–38.72 win over their USA Blue teammates, while Jamaica (39.17) was never in contention.

“Even when it's not a championship year, this stadium always has that electricity,” Gatlin said. He marveled at the poise shown by his younger teammates (Lashon Collins, Tevin Hester and Justin Walker) in that atmosphere. “Those guys went out and handled their business like true Americans should on a relay.”

The women’s 800 medley (the rarely run combination of 100, 100, 200 and 400 legs), returned to the lineup for the second year...
in a row, and once again yielded a world best.

Destinee Brown, Aaliyah Brown & Kimberlyn Duncan—all doubling back from the 4×1—gave Raevyn Rogers a 10m advantage. The former Oregon star blasted her lap in 50.48 to stop the clock in 1:35.20, ahead of the 1:35.59 that another American team set a year ago.

“The [Jamaican] fans are really intimidating,” Rogers admitted of the vocal majority, who dominated the stands with their black, green and gold colors. “They make it seem like it’s their territory, and in a sense we’re trying to earn it back.”

The men’s medley was over the more traditional 200/200/400/800 distance and followed a similar script, with anchor leg Jesse Garn (1:47.42) handed a big lead and pushing hard to the finish in 3:14.91. Jamaica was nearly 3 seconds behind, but eventually DQed for a bad pass between the 200 legs.

In the men’s 4×4, Marcus Chambers blew the race open with a 44.84 carry on the third leg, allowing Mike Berry to cruise home on the anchor en route to a 3:01.31 clocking. The Bahamas’ Alonzo Russell (44.29) had the fastest split of the race to move his squad (3:02.54) ahead of Jamaica (3:03.12).

Finally, the women’s 4×4 featured a back-and-forth battle, Jamaica taking the lead early in the opening legs before strong finishes by the Americans to move in front. Daina Harper’s 51.38 anchor ended the conversation, capping a 3:26.73 finish for USA Red, nearly 2 seconds ahead of the islanders.

In individual competition, Johnny Gregorek had the top mark, winning the mile in 3:54.94 after a hard push behind the rabbit with 2 laps to go.

“This year I want to focus on having a lot of confidence, taking the lead early, and being in a good position,” the Columbia/Oregon alum said. “I want to be seen as someone who controls the race, and makes the race my own.”


PENN INVITATIONAL MEN’S RESULTS

(4/26—St, 5000, 10,000)

2 Colby Alexander (HokaNJNY) 10.31.
3 Rob Napolitano (HokaNJNY) 10.38.
4 Travis Mahoney (HokaNJNY) 10.40.
5 Jacob Dumford (NDm) 10.45.
6 Chris Hatler (Dist) 10.46.
7 Andy Bayer (Nik) 10.46.
8 Charlie Marquardt (BrynMRC) 10.47.
9 Ben Veatch (In) 10.48.

St: 1. Travis Mahoney (HokaNJNY) 8:43.21.
2. Kent Pecora (unat) 8:56.89.
3. ***Gavin Gaynor (NCSt) 8:57.99.
4. Geoffrey Cheruiyot’ (MTn) 9:00.39.
5. ***Ed Trippas (Prin) 9:00.54.
6. Paul Thistle (Pacers) 9:03.59.
7. **Perrin Hagge (Prin) 9:03.83.
8. Kyle Barber (Ct) 9:04.20.

2. Louis Serafini (TSHare) 13:59.31.
3. **Alex Masai (Hof) 14:00.07.

10,000: 1. **Ryan Kutch (Ford) 29:43.54 PR.
2. **Cameron Avery (SB) 29:44.84 PR.
3. Adam Craig (MtO) 29:50.13.
4. **Aaron Bienenfeld (Cinc) 29:52.13 PR.

110H(0.8): 1. Eddie Lovett’ (VI) 13.78.

400H: 1. Romel Lewis (Exec) 51.20.

2. Emilio Mancha (StAm) 23:12.43.

USA vs. The World Relays
4 x 100: 1. USA Red 38.39 (Lashon Collins, Justin Gatlin, Tevin Hester, Justin Walker);
2. USA Blue 38.72 (Blake Smith, Bryce Robinson, Jeff Demps, Remantay McClain);
4 x 400: 1. USA Red 3:01.31 (AL) (Marqueze Washington 46.4, Michael Cherry 44.5, Marcus Chambers 44.8, Mike Berry 45.57);
2. Bahamas 3:02.54 (Ramon Miller 46.5, Teray Smith 45.8, Michael Mathieu 45.96, Alonzo Russell 44.29);
3. Jamaica 3:03.12 (Peter Matthews 46.3, Demish Gaye 45.2, Jamari Rose 46.19, Jermaine Gayle 45.38);
4. USA Blue 3:04.87 (Brycen Spratling 46.8, Calvin Smith 45.0, Najee Glass 47.49, Kyle Collins 45.55);
5. Guyana 3:11.01; ... dnf—Canada.

Sprint Relays: 1. USA 3:14.91 (AL) (Cordero Gray, Bryce Robinson, Jevon Hutchinson 46.1, Jesse Garn 1:47.42);

PENN INVITATIONAL WOMEN’S RESULTS
(4/26—St, 3000, 5000, 10,000)
Mile: 1. Charlene Lipsey (adi) 4:31.19 (out WL, AL);


St: 1. Amy Cashin’ (WV) 9:59.40 PR; 2. **Paige Duca (BC) 10:09.55 PR; 3. Colett Rampf (StLeo) 10:10.28; 4. Rolanda Bell’ (Pan) 10:11.71 PR;


10,000: 1. **Anna Rohrer (NDm) 33:25.24; 2. Taryn Cordani (Ithaca) 33:44.06 PR; 3. **Annie Heffernan (NDm) 33:48.25 PR; 4. Dylan Hassett (NED) 34:10.62 PR.


USA vs. The World Relays
4 x 100: 1. Jamaica 43.14 (Gayon Evans, Kerron Stewart, Schillone Calvert-Powell, Jura Levy);
2. USA Red 43.18 (Aaliyah Brown, Kimberly Duncan, Destinee Brown, Kyra Jefferson);
3. USA Blue 43.71 (Destiny Carter, Tawanna Meadows, Asha Ruth, Candace Hill);
4. Guyana 46.40;... dnf—Trinidad.
4 x 400: 1. USA Red 3:26.73 (Jaide Stepter 51.1, Jasmine Blocker 51.1, Kendra Chambers 53.10, Daina Harper 51.38);
2. Jamaica 3:28.59 (Christine Day 51.5, Anastasia Leroy 51.7, Rhonda Whyte 52.89, Tiffany James 52.47);

3. USA Blue 3:32.94 (T’Sheilla Mungo 52.9, Kiah Seymour 52.1, Asha Ruth 52.89, Gabrielle Farquharson 55.01);

4. World All Stars 3:36.09 (Pariis Garcia 54.2, Yanique Haye-Smith 52.2, Shenika King 54.74, Marissa Gale 54.92).

800Med: 1. USA Red 1:35.20 WR, AR (old records 1:35.59 USA Penn Red ’17 (Destinee Brown, Aaliyah Brown, Kimberlyn Duncan, Raevyn Rogers 50.48);

2. Trinidad 1:37.42 (Khalifa St. Fort, Reyare Thomas, Kai Selvon, Sparkle McKnight 52.14);

3. Jamaica 1:38.31 (Sherone Simpson, Gayon Evans, Verone Chambers, Kaliese Spencer 52.54);

4. Bahamas 1:39.03 (Shequania Ferguson, Tamara Myers, Tynia Gaither, Katrina Seymour 52.65);

5. Guyana 1:42.36; 6. USA Blue 1:46.18).
Penn Relays University Division Dominated By Houston & Villanova

By Sieg Lindstrom | April 2018

Much of the premeet focus was on who was not going to be at the Penn Relays this year, but in the end the college teams that showed up (some sending just a portion of their squads) produced a host of impressive marks.

Houston’s Cougars and Villanova’s Wildcats were the dominant schools over the three days of the 124th version of the meet, which drew 108,755 fans.

Cameron Burrell anchored Houston to a 38.95 win. (ERROL ANDERSON/THE SPORTING IMAGE)

Houston lived up to its self-proclaimed nickname of “Speed City” by taking the men’s 4×1 and 4×4. In the shorter race, running without NCAA Indoor 60/200 champ Elijah Hall (who was on a pre-planned break to rest, ahead of Conference and NCAA competition), Nicholas Alexander stormed the third leg to give Burrell an insurmountable lead and a comfortable 38.95 win.

Burrell was back on the track 4½ hours later to run the third leg of the 4×4, handing a slight lead to Kahlari Montgomery. The junior transfer from Missouri proceeded to blast a 43.38, the fastest in meet history, to score a 3:01.82 victory.

Auburn unleashed a pair of sub-44 performers, Akeem Bloomfield crushing the second leg with a hand-timed 43.4. Nathon Allen had the unusual experience of splitting 43.77 but actually losing ground and the Tigers (3:03.52) had to settle for 2nd.
The Villanova women won the distance triple for the second straight year, taking the DMR (11:01.94), 4×15 (17:35.48) and 4×8 (8:19.98, the fastest collegiate time in 5 years) on successive days.

Canadian junior Nicole Hutchinson took all the drama out of the DMR with an opening 1200 leg of 3:21.86 that built a lead of nearly 5 seconds, then used a 4:17.0 anchor in the 4×15 to hold off a tenacious upset effort from Indiana (17:41.32).

Nicole Hutchinson (l) was mobbed by her Villanova mates after the 4 x 1500. (ERROL ANDERSON/THE SPORTING IMAGE)

Síofra Cléirigh-Büttner anchored the DMR win with a 4:36.09 carry for 1600, and ran a solo 2:02.63 to cap the 4×8, with the Hoosiers (8:25.79) once again 2nd.

“My hat’s off to Indiana,” said Wildcat coach Gina Procaccio, herself a decorated Penn Relays performer. “They came at us yesterday in the 4 x 1500 and they were right back at it today in the 4 x 800. They really pushed us to show what we’re made of.”

Nova considers Penn to be a home meet (the campus is less than 20M away from Franklin Field), but the men’s team was frustrated to leave without a title the past two years. That dry spell ended with wins in the DMR (9:34.37) and 4 x Mile (16:23.75), both secured by strong kicks from Casey Comber.
In the 4xM, Comber bolted to the front a full lap out, and held off Georgetown’s Amos Bartelsmeyer, whose stride broke down in the final 30m.

“If I said I felt fresh that would probably be a lie,” Comber said after the race, less than 24 hours after his DMR heroics (in his Penn debut). “That last lap was about fighting and fighting and fighting as hard as I could to bring it home.”

Prior to Montgomery’s epic split in the 4×4, it looked like the carry of the meet belonged to Isaiah Harris in the sprint medley. The Penn State junior, a member of Team USA at the World Championships last summer, clocked 1:44.74 on his 800 assignment to score a come-from-behind 3:15.25 win, passing Clemson (3:15.52) and Mississippi State (3:15.70) in a tight battle.

“I am so happy for this relay, because last year in the same event we won our heat, but a team from the second heat ended up beating our time,” Harris said. “That hurt and we know we wanted that wheel. We have been waiting for this meet and to get the wheel,” referring to Penn’s signature championship trophies. He later showed off his raw speed with a 46.02 anchor on Penn State’s 5th-place 4×4 unit.

Mississippi State didn’t leave empty-handed, taking the 4×8 in 7:14.16 (just outside the all-time collegiate Top 10) thanks to swift carries from Marco Arop (1:46.00) and Dejon Devroe (1:46.85).

The biggest surprise of the weekend may have been Duke’s unlikely triumph in the women’s 4×4 (3:32.43), thanks to a 51.49 anchor from Canadian Maddy Price to edge Clemson (3:32.79).

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Thursday 59-67, sunny; Friday 54-59, rain in morning, overcast; Saturday 68-74, partly cloudy. Attendance 22,862/38,137/47,756—108,755

PENN UNIVERSITY MEN’S RESULTS
(4/27—SM, DM, SH, LJ, SP)


400H: 1. **Jaelen Williams (Hamp) 51.23; 2. *Chad Miller (Amer) 51.35; 3. Demar Murray’ (Jam) 51.47; 4. Deron Gordon’ (Clem) 51.73; 5. **Rivaldo Leacock (SC) 51.79; 6. *Rasheed Tatham (MsSt) 51.85.

Relay Events


4 x 400: 1. Houston 3:01.82 (Lattin 46.0, Burke’ 45.7, Burrell 46.74, Montgomery 43.38); 2. Auburn 3:03.52 (Coakley’ 48.9, Bloomfield’ 43.4, Tenkiang’ 47.46, Allen’ 43.77); 3. Mississippi State 3:04.61 (James 45.78); 4. Rutgers 3:04.67 (Burgess 44.82); 5. Penn State 3:05.13; 6. Clemson 3:06.95; 7. Eastern Michigan 3:07.71; 8. Pitt 3:08.43.


Field Events

HJ: 1. ***Vernon Turner (Ok) 7-2¼ (2.19); 2. tie, Dakarai Hightower (StA) & Kareem Roberts’ (LIUB-Tri) 7-1 (2.16) NR; 4. *Samuel Shoutlz (Md) 7-1.

PV: 1. Nate Richartz (NDm) 17-8½ (5.40); 2. **Sean Clarke (Penn) 17-4½ (5.30); 3. *Armand Woodley (SC) 17-¼ (5.20).

LJ: 1. *Yann Randrianasolo’ (SC) 25-1¼ (7.65); 2. Shawn-D Thompson’ (Jam) 24-11¾ (7.61); 3. *Treyton Harris (In) 24-9¾ (7.56); 4. **Jared Kerr’ (Hous) 24-5 (7.44).

TJ: 1. David Oluwadara (BU) 51-10½ (15.81); 2. Jeremiah Green (Clem) 51-5w (15.67) (51-4¼/15.65); 3. *Devon Willis (Alb) 51-0 (15.54).


DT: 1. *Greg Thompson’ (Md) 201-1 (61.29) PR; 2. *David Lucas (PennSt) 200-0 (60.97); 3. Eric Mellusi (NEn) 189-2 (57.66) PR; 4. Josh Awotunde (SC) 185-3 (56.46) PR.

HT: 1. *Adam Kelly (Prin) 225-9 (68.82); 2. *Morgan Shigo (PennSt) 225-2 (68.65); 3. Michael Shanahan (NH) 222-5 (67.81); 4. Tom Parker (WM) 209-8 (63.90); 5. **Alexios Prodanas’ (MdBC) 207-3 (63.19).

JT: 1. Nicolas Quijera’ (MsSt) 242-1 (73.80); 2. ***Anderson Peters’ (MsSt) 237-10 (72.51); 3. Seth Zuidema (Ct) 223-2 (68.03); 4. **Michael Biddle (PennSt) 218-9 (66.68); 5. Zaavan Richards’ (Jam) 218-1 (66.49).

PENN UNIVERSITY WOMEN’S RESULTS

(4/26—400H, DM, PV, LJ, SP, HT, JT; 4/27—100h, 4x1, 4x2h, 4x15, SM, SH, TJ, DT)

100(0.5): 1. **Rebekah Smith (Clem) 11.31; 2. Torie Robinson (Clem) 11.32; 3. Leya Buchanan’ (Ok) 11.35; 4. *Gabriele Cunningham (NCSf) 11.45.


400H: II–1. **Shannon Kalawan’ (STA) 57.30; 2. Candice McLeod’ (Jam) 57.78 PR; 3. *Markeeta Thomas (Clem) 58.73; 4. Jordan Shead (NDm) 59.43. III–1. Medinah Spencer (Ok) 58.76 PR.

Relay Events

4 x 100: 1. Auburn 44.14 (Shaw, Smith’, Bullock, Whyte’); 2. G.C. Foster’ 44.56; 3. Albany 44.83; 4. Clemson 44.85; 5. Houston 45.00; 6. Oklahoma 45.34; 7. Penn State 45.35; 8. Middle Tennessee State 45.36.


4 x 800: 1. Villanova 8:19.98 (CL; out WL) (8 C) (Margrey 2:06.67, McArthur 2:05.78, Keegan 2:04.91, Cléirigh-Büttner’ 2:02.63);

4 x 1500: 1. Villanova 17:37.45 (WL, CL) (Margrey 4:29.2, Ciluffo 4:24.2, Ryan 4:25.1, Hutchinson’ 4:17.0); 2. Indiana 17:41.32 (AL);


DisMed: 1. Villanova 11:01.94 (out WL, CL) (Hutchinson’ 3:21.86, Keegan 55.71, McArthur 2:08.30, Cléirigh-Büttner’ 4:36.09); 2. Notre Dame 11:03.71 (out AL) (Hart 3:29.13, Sheed 53.72, Murray 2:06.86, Harris 4:34.02);

4 x 100H: I–1. Notre Dame 54.87 (AL) (Cronin, Sharp, Hunter, Thorpe);

Field Events

HJ: 1. **Lissa Labiche’ (SC) 5-11½ (1.82); 2. *Anna Peyton Malizia (Penn) 5-10 (1.78) PR; 3. Megan McCloskey (PennSt) 5-10.

PV: 1. Katherine Pitman (Ithaca) 13-9¼ (4.20); 2. **Hailey Sweatman (SC) 13-8½ (4.10); 3. Hannah Mulhern (PennSt) 13-7½ (4.00).


TJ: 1. **Natricia Hooper’ (Essex) 43-9½ (13.34); 2. *Hanifah Abdulqadir’ (SC) 42-9½ (13.04); 3. Jakayla Hand (Aub) 42-3¾w (12.88); 4. ***Essence Thomas (Ok) 40-4¾ (12.31).

SP: 1. Jessica Woodard (Ok) 55-7½ (16.96); 2. **Khayla Dawson (In) 55-4½ (16.88); 3. Gleneve Grange’ (FSt) 53-9½ (16.40); 4. *Sunflower Greene (Millersv) 53-3½ (15.94) PR; 5. Ieva Zarankaite’ (FSt) 52-2½ (15.91); 7. ***Kathleen Young (SC) 51-4½ (15.65).

DT: 1. **Shanice Love’ (FSt) 184-1 (56.10); 2. Isheka Binns’ (Jam) 183-5 (55.92); 3. Ieva Zarankaite’ (FSt) 174-6 (53.18); 4. Jessica Woodard (Ok) 172-11 (52.72).

Coll DT: 1. ***Divine Oladipo’ (Ct) 177-11 (54.23) PR; 2. ***Lauren Jones (Ok) 174-9 (53.26) PR.

JT: 1. *Kylee Carter (Aub) 179-9 (54.78) PR; 2. ***Maura Fiamoncini (Buck) 176-11 (53.93); 3. ***Laura Paredes’ (FSt) 172-1 (52.46); 4. ****Kelechi Nwanaga (MdBC) 170-4 (51.92); 5. **Gabrielle Kearney (Ok) 165-1 (50.33); 6. *Peyton Montgomery (Aub)
162-2 (49.43); 7. *Stephanie Sievers (PennSt) 157-0 (47.87); 8. ***Danielle Steff (Monm) 156-0 (47.55).
Penn HS — U.S. Schools Still Have The Distance Medley

By Sieg Lindstrom | April 2018

Philadelphia, Pennsylvania, April 26–28—As usual, Jamaican teams dominated the prep schedule at the Penn Relays, sweeping the 4×1, 4×4 and 4×8 races, leaving only the distance medleys for U.S. schools.

In the boys DMR, Loudoun Valley (Purcelleville, Virginia) looked to have the race in the bag, but anchor leg Sam Affolder crumbled on the last lap, allowing Hopewell Valley (Pennington, New Jersey) and St. Anthony’s (South Huntington, New York) to sweep by and break 10:00, in 9:57.77 and 9:59.87.

Hopewell Valley’s anchor, Sean Dolan (the son of Penn head coach Steve Dolan) clocked 4:07.57 for his split, securing a nation-leading time and breaking the ’01 meet record set by an Alan Webb-anchored South Lakes (Reston, Virginia).

“There were 250 to go I just started using my kick as hard as I could,” Dolan told NJ.com. “I started to break away from the guys that were with me and catch the guy out front. I saw him starting to tire a little bit so I thought if I keep grinding I can get him in the home stretch. When I got him it was crazy and loud down the home stretch.”

In the girls race, New Yorker Kelsey Chmiel used a 4:49.22 anchor to move up six spots and give Saratoga Springs the win in 11:59.31.

Green Hope (Cary, North Carolina) came in behind a trio of Jamaican schools in the boys 4×8, but their 7:39.28 was a new yearly leader.

Other national leaders came in both the boys and girls 400H, from Emmanuel Waller (Glass, Lynchburg, Virginia) and Massai Russell (Bullis, Potomac, Maryland) in 51.36 and 58.49. Russell later ran a 55.3 leadoff in the 4×4, where Bullis (3:41.51) finished 3rd as the top U.S. team.
Jamaicans also dominated on the field, but Tzuriel Pedigo (Parkview, Baton Rouge) got off a monster javelin winner at 238-6, No. 5 all-time among preps, and No. 10 on the all-time U.S. Junior list.

On the girls side, there were list-leading victories in the shot, discus & javelin: Payden Montana (Berwick, Pennsylvania) at 50-7, Veronica Fraley (Wakefield, Raleigh) at 175-9 & Skylar Ciccolini (Mifflin, Lewistown, Pennsylvania) at 172-2.

The best of the Jamaican schools was Calabar on the boy’s side with 4×1 (39.51) and 4×4 (3:03.79) wins, the latter missing the Jamaican Junior Record by just 0.02, Christopher Taylor anchoring in a brilliant 44.84.

Brilliant soph Taylor Ewert (Beavercreek, Ohio) claimed American Junior and High School Records in the 5000 walk with her 22:38.16, crushing the old standard of 23:00.78 set by Anya-Maria Ruoss way back in ’94. En route, she also claimed the 3000 records with her 13:31.79 (old mark 13:41.25 Ruoss in ’94).

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**PENN HS BOYS RESULTS**

**Mile:** 1. Kieran McDermott (Bel Air, Md) 4:09.63; 2. Cameron Ponder (Mt Tabor, Winston-Salem) 4:10.98; 3. Drew Maher (Shore, West Long Branch, NJ) 4:11.94.


**400H:** 1. Rovane Williams’ (Jam) 51.22;

2. Emmanuel Waller (Glass, Lynchburg, Va) 51.36 (HSL);


**Relay Events**


**4 x 400:** 1. Calabar 3:03.79 (WJL) (James-King 47.6, Danvers 45.5, Chambers 45.82, Taylor 44.84);


**4 x 800:** 1. Calabar 7:26.09 (Farquharson 1:50.61, Williams 1:50.70); 2. St. Elizabeth, Santa Cruz, Jamaica 7:27.54 (James 1:48.47); 3. Jamaica College 7:32.32;

4. Green Hope, Cary, NC 7:39.28 (HSL);

5. Wadsworth, Oh 7:44.01; 6. Lake Braddock, Burke, Va 7:46.38.

**DisMed:** 1. Hopewell Valley, Pennington, NJ 9:57.77 (HSL) (Dolan 4:07.57);


**Field Events**

**Hj:** 1. Lushane Wilson’ (Jam) 7-1.

**PV:** 1. Payton Morris (East Pennsboro, Enola, Pa) 16-4¾; 2. Charles Dever (Rustin, West Chester, Pa) 16-¾.

**Lj:** 1. Wayne Pinnock’ (Jam) 25-10¾; 2. Alexander Thompson’ (Jam) 24-6¾; 3. *Frank Royal (St Christopher’s, Richmond, Va) 24-4¾.

**Tj:** 1. Owayne Owens’ (Jam) 50-¾; 2. Safin Willis’ (Jam) 49-8¼w; 3. Treyvon Ferguson (Milton Hershey, Hershey, Pa) 49-3½; 4. Khaiel Burnett (Delsea, Franklinville, NJ) 49-1¼.


JT: 1. Tzuriel Pedigo (Parkview, Baton Rouge) 238-6 (72.72) (AJL, HSL) (10, x AJ; 5, x HS);


PENN HS GIRLS RESULTS

Mile: 1. **Marlee Starliper (Northern, Dillsburg) 4:47.51; 2. **Victoria Starcher (Ripley, WV) 4:51.15; 3. Savannah Shaw (Upper St Clair, Pittsburgh) 4:55.74.


400H: 1. Massai Russell (Bullis, Potomac) 58.49 (HSL);


Relay Events

4 x 100: 1. Edwin Allen, Jamaica 44.79; 2. Holmwood, Jamaica 45.05; 3. Hydel, Jamaica 45.38; 4. Western Branch, Chesapeake, Va 45.46; 5. St. Jago, Jamaica 46.07...9. Bullis, Potomac, Md 47.69 (46.10h).


Field Events

HJ: 1. Janique Burgher’ (Jam) 5-11½; 2. Lamara Distin’ (Jam) 5-8¾.


TJ: 1. Lotavia Brown’ (Jam) 43-2½w (42-9); 2. Ackelia Smith’ (Jam) 42-11¾; 3. Keneva Headley’ (Jam) 41-7¾; 4. *Christina Warren (Perkiomen Valley, Collegeville, Pa) 41-½w (40-11).

SP: 1. Payden Montana (Berwick, Pa) 50-7 (HSL);


DT: 1. Veronica Fraley (Wakefield, Raleigh) 175-9 (HSL);

2. Fiona Richards’ (Jam) 171-9; 3. Marie Forbes’ (Jam) 161-7; 4. Piper Klinger (Selinsgrove, Pa) 151-9.

JT: 1. *Skylar Ciccolini (Mifflin, Lewistown, Pa) 172-2 (HSL);

Drake Relays Collegiate — Schweizer & Bazile Stand Out

By Sieg Lindstrom | April 2018

Des Moines, Iowa, April 25-28—A little bit of track, a little bit of field and a little bit of relays proved a winning formula for Missouri’s Karissa Schweizer and Ohio State’s Zach Bazile, the outstanding athletes of the Drake Relays.

Throw in a bit of history as well.

Schweizer, a native of suburban Urbandale, bided her time through a mile behind the pacesetter but then made the race her own—and then some—romping to a 15:23.21 collegiate-leading 5K performance on Thursday’s distance night. And as if that weren’t enough, she powered her distance medley quartet to an 11:07.59 victory two days later with a come-from-behind-in-4th 1600 effort in 4:32.19.

Not a bad 6600M of racing, and it made the 5-time NCAA champ a near-unanimous choice as the meet’s woman MVP.

“I knew it was going to be all me after a mile,” the Tiger senior said. “It feels awesome to be back home and have the home crowd cheering me on. The last lap was hard and they pushed me forward. My goal was to go for the record and not let external factors bother me. I just tried to kick it into another gear the last couple of laps.”

Ohio State senior Bazile won the long jump with a windy 25-3¼ (7.70) on his third jump; he skipped his next attempts to run the 100. Also historically noteworthy is that he became only the second Buckeye man to win the LJ; Olympic legend Jesse Owens first did so in ’35.

Not content to just jump, Bazile also took 3rd in the 100 (10.78 into a stiff 2.3 breeze) and then anchored Ohio State's 4×1 to a 39.69 win over Purdue (39.74) and Illinois (39.89).

Also notable—and remarkable—was Schweizer teammate Megan Cunningham, who won the 10K in 33:19.25 about an hour...
before Schweizer’s race. Cunningham suffered a fractured skull and other injuries in a near-fatal vehicle accident in the summer of ’15. Committed to winning and not simply racing, she has captured an SEC crown and now a Drake title.

Iowa’s men won the Hy-Vee Cup with 32 points for its top relay finishes, with a win in the 4×4 and runners-up finishes in the 4×8 and sprint medley, enough to edge in-state rival Iowa State (28), which won the 4×8 and sprint medley.

Purdue women dominated the relays for their Cup win, taking the 4×1, 4×2, 4×4 and sprint medley. Their 1:32.24 in the 4×2 now stands as the U.S. leader.

Des Moines, Iowa, April 25-28—

DRAKE UNIVERSITY MEN’S RESULTS
(4/26—St; 4/27—100h, 200, 4×8, 4×16, HJ, TJ, SP, JT)

Teams: 1. Iowa 32; 2. Iowa State 28; 3. tie, Illinois & Ohio State 18; 5. tie, Purdue & Tulsa 13.

100(-2.3): 1. Riak Reese (Kent) 10.63; 2. **Eric Harrison (OhSt) 10.66; 3. Zack Bazile (OhSt) 10.78. Heats: IV(2.6)–1. Reese 10.14w.

200(3.8): 1. ***Eric Harrison (OhSt) 20.59w.

800: 1. *Erik Martinsson (UTA) 1:49.16; 2. **Alexander Lomong (OhSt) 1:49.88.

1500: 1. *Kyle Burdick (SDSt) 3:46.22.

St: 1. Riley McInerney (EnIl) 8:55.18.

5000: 1. Reed Fischer (unat) 13:53.32.


400H: 1. David Kendziera (Il) 49.94; 2. *Chris Douglas (Ia) 50.52; 3. Landon Huslig (OkCh) 50.53; 4. **Jacob Smith (NnIa) 50.94.

Relay Evnts

4 x 100: 1. Ohio State 39.69 (Mott, Harrison, Asemota, Bazile); 2. Purdue 39.74; 3. Illinois 39.89.

4 x 200: 1. Purdue 1:24.50 (Dotson, Hollis, McLaren, Williams’).

4 x 400: 1. Iowa 3:05.05 (Frye, Hofacker, Thompson, Harris); 2. Ohio State 3:06.78; 3. Illinois 3:07.64.

4 x 800: 1. Iowa State 7:27.98 (Lagat, Roomes, Hayes, Dennison); 2. Iowa 7:28.37.

4 x 110H: 1. UT Arlington 57.93 (Gustafsson, Fincher, Moore, Nwangwu); 2. Kent State 59.71.


DisMed: 1. Tulsa 9:42.75 (Tully, Stewart, Howard, Middleton); 2. Iowa State 9:42.95.

Field Events

HJ: 1. ***Rahman Minor (Pur) 7-1 (2.16).

PV: 1. **Ethan Bray (SD) 17-8½ (5.40); 2. Luke Winder (NCen) 17-8½.

SP: 1. *Reno Tuufuli (Ia) 60-8½ (18.50).

DT: 1. *Ben Hammer (SD) 191-3 (58.30); 2. Tuufuli 190-6 (58.07); 3. *Payton Otterdahl (NDSt) 188-1 (57.32).


JT: 1. Michael Shuey (Vel) 247-0 (75.28).


DRAKE UNIVERSITY WOMEN’S RESULTS

(4/26—St, 5K, 10K, Hept; 4/27—200, 4x1h, 4x4h, 4×8, 4×16, SP, DT)

100(0.3): 1. ***Anavia Battle (OhSt) 11.60.


800: 1. **Annie Ubbing (OhSt) 2:07.97.

1500: 1. **Julia Rizk (OhSt) 4:25.22; 2. Madeline Strandemo (Mn) 4:26.46.

ST: 1. ***Adva Cohen’ (IaC) 9:52.37 JCR.

5000: 1. Karissa Schweizer (Mo) 15:23.21 (CL; out AL).

10,000: 1. Megan Cunningham (Mo) 33:19.25.

100H(-0.2): 1. Savannah Roberson (Pur) 13.20.

400H: 1. Sommer Sharpe (Ia) 59.73.

Relay Events

4 x 100: 1. Purdue 44.62 (Bracey, Roberson, Love, Charlton’).


4 x 800: 1. Iowa State 8:36.51 (Chapman, Guay, Staebler, Logue); 2. Ohio State 8:41.48; 3. Utah 8:44.72.


4 x 100H: I–1. Indiana State 55.74 (Ince, Morgan, Redmon, Dziekonska); 2. Kent State 56.46. Ill–1. Purdue 56.00.

Field Events

HJ: 1. *Janae Moffitt (Pur) 5-10¾ (1.80); 2. Stephanie Ahrens (NbO) 5-10¾; 3. *Alexus Henry (UTA) 5-10¾.


SP: 1. **Laualauga Tausaga (la) 54-11¾ (16.74); 2. Courtney Pasiowitz (NDSt) 53-9¾ (16.40); 3. **Bailey Retzlaff (NDSt) 52-8 (16.05).

DT: 1. Micaela Hazlewood (Pur) 188-1 (57.34); 2. *Gabi Jacobs (Mo) 181-3 (55.26).

HT: 1. Carly Fehringer (unat) 212-5 (64.76); 2. **Maddy Nilles (NDSt) 205-8 (62.69); 3. Gabrielle Figueroa (Kent) 200-5 (61.10); 4. Michaela Dendinger (WayneSt) 199-8 (60.87).

Clay Invitational — Josh Kerr Claims Collegiate 1500 Record

By Jeff Hollobaugh | April 2018

Azusa, California, April 19-20—Josh Kerr confessed that he had been planning his big night for a while.

“The Collegiate Record was very important to me,” said the New Mexico junior after recording a 3:35.01 win at the Bryan Clay Invitational.

“We looked at it right at the start of the year and thought, ‘You know, especially after last year’s race, that’s kind of always being in the back of our minds—that it’s point seven of a second over 1500 meters. It’s not a lot of time.’

“We knew we were going to be thereabouts, but yeah, the record was definitely the first thought on my mind.”

Sydney Maree’s standard of 3:35.30 had stood for 37 years, taunting generations of talented runners. The time won the ’81 NCAA title in steamy Baton Rouge for the Villanova great. Kerr knew all that: “The history of the very old NCAA record was definitely right in my mind when I was running the race.”

With a trio of rabbits at the fore on a balmy evening at the Azusa Pacific track, the young Scot—still just 20—clicked off his first lap in 55-point, a couple of seconds faster than last year, when he had run his breakthrough 3:35.99 on this same track.

Behind him, a powerful field of collegians lurked, headlined by Oregon’s Sam Prakel and Justyn Knight of Syracuse. The pace eventually settled down and entering the penultimate turn, Kerr flew past the final rabbit. “He was kind of slowing down, so I just took over from there,” he said.

Finally free to stretch out his stride, the NCAA mile winner indoors widened his lead over Knight and hit the backstretch in full flight: “I feel comfortable running the front. I’m not really a guy that hangs back and plays around at the back before kind of doing this massive kick at the end. I knew I had to be up at the front behind the pacers and if the pace slowed then I would have to push it home.”

That he did, crossing the line in 3:35.01, just a few ticks away from Elijah Manangoi’s yearly world leader, having taken 0.29 from Maree’s record. His last lap took 54.85, his last two 1:53.66.

“It was an awesome experience,” said Kerr.
Behind him, Knight moved up to No. 7 all-time collegian at 3:36.07 and Mississippi’s Robert Domanic took 2.4 seconds off his PR to run a U.S.-leading 3:36.33. Prakel, 3:36.84 in 4th, moved to No. 7 among U.S. collegians.

Note that T&FN’s definition of a collegiate season ends with the NCAA Championships. If you look at “extended-season” marks, those made after the NCAA, the fastest ever are a 3:33.07 by Mt. St. Mary’s Kip Cheruiyot in ’86 and a hand-timed 3:33.1 by Jim Ryun of Kansas in ‘67.

The All-Time Collegiate Men’s 1500 List

<table>
<thead>
<tr>
<th>Time</th>
<th>Athlete</th>
<th>Date</th>
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<tbody>
<tr>
<td>3:35.01</td>
<td>Josh Kerr’ (New Mexico)</td>
<td>4/20/18</td>
</tr>
<tr>
<td>3:35.30</td>
<td>Sydney Maree’ (Villanova)</td>
<td>6/06/81</td>
</tr>
<tr>
<td>3:35.59</td>
<td>Kyle Merber (Columbia)</td>
<td>5/14/12</td>
</tr>
<tr>
<td>3:36.07</td>
<td>Justyn Knight’ (Syracuse)</td>
<td>4/20/18</td>
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<tr>
<td>3:36.25</td>
<td>Miles Batty (BYU)</td>
<td>4/15/11</td>
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<tr>
<td>3:36.34</td>
<td>Lawi Lalang’ (Arizona)</td>
<td>5/18/14</td>
</tr>
<tr>
<td>3:36.33</td>
<td>Robert Domanic (Mississippi)</td>
<td>4/10/18</td>
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<tr>
<td>3:36.38</td>
<td>Clayton Murphy (Akron)</td>
<td>6/10/16</td>
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<tr>
<td>3:36.48</td>
<td>Joaquim Cruz’ (Oregon)</td>
<td>6/02/84</td>
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<tr>
<td>3:36.50</td>
<td>Edward Cheserek’ (Oregon)</td>
<td>5/18/14</td>
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<tr>
<td>3:36.62</td>
<td>Kevin Sullivan’ (Michigan)</td>
<td>5/15/98</td>
</tr>
<tr>
<td>3:36.92</td>
<td>Matthew Centrowitz (Oregon)</td>
<td>5/02/09</td>
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</tbody>
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The meet served as the season opener for a number of the Bowerman TC runners. In the women’s 1500 they put on a show, with Shelby Houlihan (4:06.07 AL) topping teammates Colleen Quigley (4:07.01) and Kate Grace (4:08.82). In the 5000s, Evan Jager kicked to a narrow win in 13:24.77 while Marielle Hall had more breathing room in her 15:39.42 victory.

Yet the night belonged to Kerr, who now sits atop collegiate history despite the fact that a few years ago, he was turned down by most of the D1 distance powerhouses after he started a letterwriting campaign to get an athletic scholarship.

“In Scotland you leave a year earlier from high school than you do here,” he explained. “The times that I’d run (1:51.18/3:44.12) were quick for a 16, 17-year-old, but for a D1 university, it wasn’t that quick.

“A lot of universities were turning me down saying, ‘Look, come back next year.’ But I heard back from the head coach here, Joseph Franklin and he said, ‘Look, we think you’ve got talent and you know how to win a race, so we want you.’ To have a coach that can see potential in you even in a young age without running extremely fast times is just awesome. It made me go, ‘Yeah, I’m really up for that.’ And I didn’t even come take a visit, I just committed.

“Since then, it’s been a heck of a lot of fun and there’s obviously been up-and-downs but the coaching staff and everyone at the University of New Mexico is just making it so much easier to compete at a high level as well as getting my education.”

After a rough first year saw him finish 10th in the NCAA as well as 10th in that summer’s World Junior Championships, Kerr’s belief in his abilities has steadily grown. As a soph, he won NCAA titles in and out. This past winter, he repeated indoors, running a dominating 3:57.01 five weeks after a Millrose performance of 3:54.72.

“From race to race, I’m just getting more and more confident,” Kerr revealed. “You can say I’m very confident in my coaches and my training and I believe in that. So as soon as you believe in that and you have the confidence to say, ‘I’m one of the best in the NCAA,’ then it gets kind of interesting when it comes to races.”

Training-wise, not a lot has changed in the past year. “We like consistency,” he explained, noting that Franklin is from the “if it’s not broken, don’t fix it” school of coaching. “We do similar sessions each year just to kind of pinpoint where we’re at. Obviously, we’re going to try and hit faster times, but the sessions we do don’t vary too much. But it gives us great indicators to see where we’re at from the year before and to know I was in a pretty good position last year.

“I didn’t feel like 3:35.99 was my peak last year. I just had one go at a fast race. So I definitely don’t believe that 3:35.01 is my
fastest this year either.

“We’re going to keep hitting the consistency with the sessions and the mileage and we’re gonna come out for the next couple races and hit it hard and see where we’re at.”

Franklin’s runners compete sparingly, and Kerr feels that’s a big advantage while trying to juggle his opportunities to represent Britain internationally: “We underrace as much as possible and make sure that every race we do is on point and we’re making sure that we’re getting everything out of it. So when it comes to an 7- or 8-month-long season, you have to be pretty particular in the way you choose your races. When it comes to the business end of the NCAA season, I might be great, but when it comes to the business end of the European or world season, then I might be a bit flat.

“So yeah, we definitely factor in professional races as well or, you know, just the European Championships in the summer. We’d definitely go right on that, but you have to take it one step at a time and we’re definitely taking it one step at a time in the moment towards NCAAs.”

With 2019 being his senior campaign, and also a World Championship year, what are the odds that the young talent may want to leave the college ranks, go pro and try to improve on his performance at Worlds, where he got stuck in the heats last year?

“Right now, I’m enjoying where I’m at. I’m definitely getting my education and I’m on a 3/2 program to get an MBA with my 5 years. I can guarantee 100% I’ll be doing that.

“Whatever happens I’m definitely going to be attending the University of New Mexico, but I’m loving running collegiately, I love my team. They get me up in the morning and then make sure that I have a great time at practice. I’m not looking to be leaving anytime soon, but you never know. So you know, I definitely am going to be pretty vocal about it. It’s not really going to be something that I hide, but as of now, yes, I’m enjoying my school and I’m enjoying my running here. I’m here now and I’m not looking to change that.”

And why would he want to change anything when he has teammates that give him a bad time about the 0.01 at the end of his latest performance? "They give me a bit ‘a spit for that,’ saying, ‘You may have just taken a whole second off your time, but you’re still a 3:35 guy,’ he said in his Scottish burr.

“It’s all part of the fun and it’s not like it’s going to be my last-ever race. There’s plenty more opportunities to bring that record down even further and I’m hoping to do that.”

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BRYAN CLAY INVITATIONAL MEN’S RESULTS

Azusa, California, April 19-20—

(4/19—St, 5K)


800: I–1. **Thomas Staines’ (CoStP) 1:48.29 PR; 2. Dean Cronin’ (FtH) 1:49.04.


XV–1. *Josh Kerr’ (NM) 3:35.01 CR; old CR 3:35.30 Sydney Maree’ [Vill] ’81 (54.85, 1:53.66);

2. Justyn Knight’ (Syr) 3:36.07 PR (7, 8 C); 3. Robert Domanic (Ms) 3:36.33 PR (AL, out AmCL) (9, 10 C; 5, 5 AmC); 4. Sam Prakel (Or) 3:36.84 PR (7, x AmC);

St: 1. Kyle Hosting (Ar) 8:53.73 PR; 2. **Jackson Mestler (Or) 8:55.77 PR; VI-1. *Haran Dunderdale’ (Brad) 8:50.90; 2. Evan Verbal (CoChr) 8:51.06 PR; 3. ***Riley Osen (Port) 8:52.98; 4. *Kellen Manley (Gonz) 8:54.17; 5. **Parker Scott (Ms) 8:55.63 PR; 6. Jackson Sayler (unat) 8:55.67.


Field Events
HJ: 1. Corion Knight (FlSt) 7-1 (2.16).

PV: 1. ***Sander Moldau (WaSt) 17-8¼ (5.39) PR.

LJ: 1. Corion Knight (FlSt) 25-9¼ (7.85) PR; 2. Kenneth Fisher (FlSt) 25-5¼ (7.75).

TJ: 1. *Armani Wallace (FlSt) 53-3¼ (16.25); 2. *Jalon Monigan (Tif) 52-5¼ (15.98) PR.

DT: 1. *Kordell Hampton (UCSB) 186-0 (56.70).

Dec(4/18-19): 1. Zach Ziemek (adi) 8181 (AL) (10.72, 24-1/7.34, 44-10¼/13.68, 6-9½/2.07, 50.03, 14.53, 159-3/48.54, 17-3½/5.20, 167-9/51.14, 4:45.28);


BRYAN CLAY WOMEN’S RESULTS
(4/19—St, 5K)

100(-1.5): 1. Destiny Smith-Barnett (UNLV) 11.29.


400: 1. Emerald Egwim’ (Mn) 52.59; 2. Titania Markland’ (Mn) 52.64 PR; 3. Nicole Fotinos (NnAz) 53.04 PR.


II-1. *Gabby Crank (Tx) 2:05.22 PR 2. Sonia Gaskin’ (Bar) 2:05.44; 3. **Carly Smedala (Mt) 2:06.22 PR.

1500: 1. Shelby Houlihan (BowTC) 4:06.07 (AL);


St: 1. **Charlotte Prouse’ (NM) 10:03.97; 2. Julia Howley’ (Can) 10:05.65 PR; 3. Sarah Berger (Walsh) 10:06.10 PR; 4. Anna McDonald (Boise) 10:08.69 PR; 5. *Minttu Hukka’ (Boise) 10:18.00; 6. **Olivia Hoj (BYU) 10:20.53 PR.
5000: 1. Marielle Hall (BowTC) 15:39.42 (out AL);

100H(0.9): 1. *Jasmyne Graham* (UNLV) 13.13 PR; 2. Emma Spagnola (Mn) 13.23.

400H: I–1. Spagnola 57.76 PR; 2. **Rachel Schow** (Mn) 58.41 PR; 3. ***Nicolee Foster** (CAz) 59.04; 4. *Stephanie Cho* (WaSt) 59.29.

II–1. ***Kate Sorensen** (Web) 58.92 PR.

Field Events

HJ: 1. Stephanie Ahrens (NbO) 5-11½ (1.82) PR.

PV: 1. Taylor Amann (Wi) 14-0 (4.27) PR.


SP: 1. **Mackenna Howard** (UNLV) 52-6½ (16.01) PR.

DT: 1. *Hanna Barton* (Wi) 168-8 (51.43).

London Marathon — Kipchoge & Cheruiyot Handle Heat Best

By Sieg Lindstrom | April 2018
London, England, April 22—Just 6 days after a hypothermic Boston race, the London Marathon swung to the opposite end of the climatic spectrum as runners were challenged by the warmest race in the event’s 38-year history.

While the sunny 71-degree (22C) weather and 57-degree (14C) dew point posed significant obstacles to fast racing, it was the way-too-hot opening pace that inevitably cast this as a day for survivors. Ageless Kenyan veterans Vivian Cheruiyot and Eliud Kipchoge best weathered the conditions to take impressive wins over the usual richly talented fields.

Kipchoge continued his extraordinary mastery of the 26-mile distance with an extremely ordinary effort as he ran in complete control every step of the way to his third London title, and eighth straight marathon victory—ninth if you count his 2:00:25 Monza clocking in what he refers to as the “Human World Record.”

**Big PR In Women’s Race For Cheruiyot**

*Kipchoge’s victory brought his win streak to 8 marathons since ’13, not counting his Monza run.* (MARK SHEARMAN)
Cheruiyot, a 4-time Kenyan Olympic trackster who struck gold in the Rio 5000, has made a swift and effective transition to the road with this huge win and 5:00 PR to 2:18:31 that moved her to No. 4 all-time in just her third marathon attempt.

“Patience is what let me win the race today,” the 34-year old Kenyan said as she laid off the WR-speed opening pace, running in the third group through halfway before charging past the fading Mary Keitany and Tirunesh Dibaba to clock the No. 6 time ever.

While Cheruiyot owned the finish, much of the race was focused on the long anticipated assault on Paula Radcliffe’s 15-year-old WR of 2:15:25. After setting the women’s-only WR of 2:17:01 in last year’s race, the London organizers accommodated Keitany’s request for male pacers, and it was game-on regardless of imperfect heat and humidity.

With Keitany committed to dialing back last year’s ballistic start, and Dibaba determined to stick with whatever pace, it was no surprise that the duo ran side by side—covering the downhill opening 5K in 15:46, then settled into a 16:00 clip splitting 31:46 at 10K, and 47:46 at 15K (2:14:21 pace).

Heading towards the Tower Bridge, Dibaba fell off the tempo and Keitany built a lead that grew to 15 seconds at 20K (1:03:50) and 23 at halfway (1:07:16). While Dibaba faded away, Keitany also began to tire such that by 25K (1:20:24) she had lost all of her advantage over Radcliffe’s WR pace.

Cheruiyot crossed halfway in 1:08:56, more than content to enjoy the company of Brigid Kosgei and Gladys Cherono. “I didn’t want to make the mistake that I did last year,” she said. “Last year I was so quick in the first half, but was ‘no way’ in the second half. We made it with my manager Ricky Simms and my husband Moses saying that I...
have to be patient, that I have to stay in the second group.”

While Keitany and Dibaba were paying a heavy price for their WR gambit, Cheruiyot was feeling full of run: “When we were at 25K somebody was telling us that we are behind 1:05. I was coming slowly by slowly, and it was good for me so I pushed it and pushed it.”

Up front, Keitany was doing her best to hold it together as she slowed to 2:16:30 pace at 30K (1:37:03). Dibaba barely made it past the 30K aid station before slowing to a walk and an eventual DNF.

Cheruiyot, who continued to run with Kosgei through 30K, suddenly had the race coming back to her: “I saw Tirunesh, and we caught Tirunesh. I was feeling that I had the energy because the training I did this year was different.” She added with a modest smile, “I improved some things because I was still new.”

Keitany had lost almost all energy as she passed 35K in 1:54:36 (2:18:10 pace), and Cheruiyot was closing fast. “I saw Mary, and when I caught Mary I was like, ‘Today I am going to win the London Marathon!’ It was unbelievable,” she said. “I am so happy because 2:18 from 2:23 is a very big personal best.”

Kosgei also passed the tapped-out Keitany to finish 2nd in 2:20:13. For her part the gritty Keitany got home 5th with the consolation of claiming the $250,000 AbbottWMM Series XI prize.

**Kipchoge Chases The WR Again**

In the moments before the start of the men’s race the storyline was already cast as Eliud Kipchoge stood alone in the center gathering his thoughts for another attempt at an elusive WR, and the rest of the illustrious field moved about just hoping to stay with the targeted 61:00 opening-half pace.

Kipchoge has benefited both mentally and physically from his Breaking2 quest and this was fully evident as he stared down WR pace despite considerable heat and humidity, while also taking on all comers in a field that included Ethiopians Kenenisa Bekele, Guye Adola & Tola Kiata and fellow Kenyans Daniel Wanjiru (the defending champ), Abel Kirui, Bedan Muchiri & Lawrence Cherono.

And lest we forget Kipchoge also had to contend with local favorite [Mo Farah](#) making his second marathon attempt (in a test-the-waters debut at London in '14 he took 8th in 2:08:21).

Such it was with all this pent-up WR energy—riding a 13mph tailwind—the elite field blitzed through a 2:43 opening K, then kept up the torrid pace falling downhill through 5K in 13:48 (1:56:27 pace).

The pace eased significantly to 14:31 over the second 5K segment with Kipchoge positioned amidst the three pacers and splitting 28:19 (1:59:29 pace). As the course tacked back into the wind the pace slowed as the competitors settled in behind Kipchoge.

Shortly after 15 in 43:05 (2:01:12 pace), it became apparent that Cherono and Adola weren’t up to the brazen tempo. The high speed tapered a bit as the group of 3 pacers and 7 racers crossed the 20K mats on Tower Bridge in 57:52, and the half in exactly the 61-flat that Kipchoge had requested.

Reduced to one pacer, some real racing began in The Isle Of Dogs as they zipped down narrow roads racing jam-packed with boisterous fans. In a way this race resembled Kipchoge’s Monza contest with the favorite playing the role of the Tesla pace car and everyone else seeing just how long could they stay in the slipstream.

The 7+1 pack remained intact until 27K (16.8M)—then began to unravel rather quickly as Kirui and Wanjiru slipped off the back. Bekele was the next to go a kilometer later followed by Muchiri.

Almost instantly it was down to a 3-man race with Kipchoge shadowed by Kiata and Farah (who hung on the pace despite making shambles of many of his bottle pickups). Just after the trio spread across the road Farah lost ground as Kipchoge sped through 30K in 1:27:24 (2:02:56 pace), 7 seconds up on Farah.

Kipchoge pressed on seemingly alone even though Kiata was tucked right behind him, never slipping from the slipstream. This seemed very much of a rerun of Kipchoge’s race last September in Berlin where weather doomed the WR and he had to contend an Ethiopian rising star who turned meteoric with the prospect of challenging The King.
Kiata is no novice, a veteran of 5 marathons at just 21, including warm-weather wins last year in Rome and Frankfurt (2:05:50 PR). “The weather and the pace didn’t surprise me because I prepared very well for this competition,” he said.

For the most part Kipchoge seemed unfazed by the challenger until the 35th kilometer when he swerved from side to side as if trying to shed a pesky deerfly. “I just tried to shake him off,” Kipchoge admitted.

Kiata remained in place as the two ran past the Tower Of London, then 5K from the finish Kipchoge sped up heading into the Blackfriars Underpass and Kiata finally had to let go. “We were under the World Record for a long time,” Kiata said, “but the race became very serious after 37K because the weather was becoming warm and I tired.”

With a heavy day of running behind him, Kipchoge (2:04:17) ran unpressed to finish off his third London win, the three averaging a nifty 2:04:01. He also claimed the men’s $250,000 AbbottWMM Series XI prize.

Kiata finished a strong 2nd in taking his PR down to 2:04:49, and Farah rode the crowd’s support home to finish on the podium and set a new UK Record of 2:06:21.

“This year I have gone completely to the marathon,” Farah said. “I really enjoyed preparing for the marathon, and I am definitely pleased how I ran the marathon today.”

Equally pleased was Kipchoge: “I can say I enjoyed the race. Winning for the third time in London it was a beautiful race. All the athletes came here truly prepared to see who wants to be No. 1.”

Kipchoge admitted that with the heat and fast start, “It was the slowest I’ve run the second half but all in all that is sport. Yes at some point I was a little bit worried about [Kiata] but I had to fight through the last kilometers.”

Above all Kipchoge embraced the challenges to his throne and looks ahead to future competitions. “They say if success is your goal then winning is not an option it is a necessity,” he said. “That is sport; that is why I enjoy running with all these colleagues. I hope one day I run a World Record in a race recognized by the IAAF.

“Tokyo is in the front of my mind not in the back of my mind.”

LONDON MARATHON RESULTS

World Marathon Major; London, England, April 22—


Women:

1. Vivian Cheruiyot (Ken) 2:18:31 PR (WL) (4, =6 W);

Mo Farah Learns Some Marathon Lessons

By Sieg Lindstrom | April 2018

At high noon on the 22nd of April, Mo Farah ran alone down The Embankment towards Big Ben, and with each labored stride the much-decorated trackster was earning his stripes as a marathoner.

No: Mo was not covering London Marathon ground at the breathtaking speeds that he brought to the Olympic oval a few kilometers east of here. In this case—after sticking to Eliud Kipchoge’s WR pace through almost 30K—holding form, defending his podium position and getting home in 2:06:21 to better Steve Jones’ venerable 33 year-old UK record were all major wins on this day.

Four years after dabbling in a 2:08:21 debut marathon, this was Mo’s first post-track career effort. He is in a good place with the management of Ricky Simms and the guidance of Gary Lough, who comes to Farah’s corner benefiting from a long-term spousal and coaching relationship with one Paula Radcliffe.

Farah adds a whole lot of talent, personality, and some casual cool to the serious business of marathoning – and this is just considering the media events. Based on his 3rd-place showing in London, it also appears Mo will also have an expanding imprint on the racing.

From the get-go it has been readily apparent that Mo has been all-in as a marathoner. “This year I have gone completely to the marathon,” he says with a wide smile, adding “I really enjoyed preparing for the marathon. The last 3 months I’ve been in Ethiopia, training hard with Gary, I really enjoyed it—but today was different. The pace was so fast and that surprised me.”

There was no easy glidepath into big time marathon racing for Mo in London as he had to think on his feet and adjust his plan just a minute into the race.
“In the meeting we said the first-group goal is 61-flat and the second group 61:45. The plan was to see who would go with it and make a judgment from there. When the race went off, boom! It was gone; there was nobody in the second group. So it was like, ‘Go with these guys and if you die, you die.’ ”

While the WR pace was over his expectations, after 10K of running Mo was not in over his head, however. His loping track stride has been effectively compressed for the road, and he ran smoothly amidst the pack—save at the fluid stations.

“I made the mistake of picking up the wrong bottle,” he fesses. “Another athlete had the same bottle on the same table and I didn’t know which one was mine.” Farah consulted a bike driver, and got back to the furious racing.

“The pace that I set off from the first mile through 30K was incredible,” he exults. It looked like Farah had fully arrived as a marathoner when he ran alongside Kipchoge and Tola Kiata at 29K. A minute later he was learning about marathon mood swings as his form broke and he quickly faded from contention.

“They say you hit a wall and get tired,” Mo ventures, “I was tired from there. But I managed to keep going and keep fighting, and obviously I wanted to finish on the podium.”

Regrouping and running alone over the final 12 kilometers Mo became a marathoner. He lost ground to the best in the world, but he didn’t crack. “I enjoyed it with the crowd behind me even though the last 10K I was knackered I should say,” he admits.

“I am definitely pleased with how I ran the marathon today. There were so many guys there and to finish 3rd and run a personal best, British record and finish on the podium—it can’t get better than that.”

“I’ve been on the track and it’s taken me seven years to get it right and win medals, the 35 year-old Farah asserts. “Same with the marathon. It will take me time to understand it and learn, and work through it. Over time I hope to get it right. I enjoy it, chilling and living the dream.”

Part of that dream was earning his marathon street cred running solo down The Embankment at left-right-get-it-home pace. This experience in hand, you get the feeling that someday Mo will fly down this same stretch in a full-out race for the tape.”
Boston Marathon — Linden & Kawauchi Prevail In Brutal Conditions

By Sieg Lindstrom | April 2018

Hopkinton-to-Boston, April 16—The 122nd running of the Boston Marathon set a new standard for level of difficulty as the brutal combination of pelting rain, 40-degree (c5C) temperatures and relentless 15-25mph (c7–11mps) headwinds cast this race as one of mere survival.

Nobody was having any fun as Linden led Burla and Flanagan. (VICTOR SAILER/PHOTORUN)

With the usual racing concerns of pace, terrain and tactics displaced by merely fighting off hypothermia, the only certain thing in this footrace was that champions would indeed be crowned.

Persevering best were Japan’s Yuki Kawauchi (2:14:01), who moved past Geoffrey Kirui in the final 5 kilometers, and Desiree Linden (2:39:54), who overcame midrace thoughts of dropping out to become the first American woman to win Boston in 33 years.

“This was hands down the best day of my running career,” the 34-year-old Linden exclaimed. “Boston is the greatest marathon in the world and it is an honor to be the champion.”

The start of the race was not very kind on Linden or any of the elite women who managed just 6:00 pace over the downhill opening 10K.

“I just felt very bad very early on,” Linden recounted. “I was way too cold, my hands were wet, my gloves were saturated, I was missing bottles, and I couldn’t squeeze the bottles as I got them because my hands were too cold.”

She admitted, “I felt pretty awful. I thought this is not my day and staying out in these conditions could be detrimental long
term. Sometimes the wind gusts just stood us up and I was thinking, ‘I’m probably going to step off and try again next year.’ Sometimes it is better for your career to step off and save it for another day.”

She admitted that her thoughts turned to helping her rivals: “It was setting up for disaster. I had so much pride in the American field that I thought, ‘I’m going to do as much as I can to help these guys have a day since it is not going to be my day.’"

“I tapped Shalane [Flanagan] and said, ‘Hey, if you need anything let me know I’m probably dropping out today.’"

Indeed, at 12M (c20km), “Shalane nudged me and said, ‘I’m going to hit the bathroom, if it slows up great, if not I’ll try to help you back to the group.’"

The pair caught back up to the lead group which passed the half in 1:19:41, before Mamitu Daska surged away from the group and built a 34-second lead at 30K.

Then Linden shifted into Sherpa mode again, this time helping marathon debutante Molly Huddle close the gap on the Ethiopian. Said Linden, “As I was trying to bridge Molly back to Daska, I looked back and I had pulled away from everybody.” Linden and Kenyan Gladys Chesire moved past the fading Daska on Heartbreak Hill and the race was on.

“When I was working with Shalane and Molly I became less aware of how awful I felt,” Linden said. “The miles were going by way quicker, and I started getting a little pop in my legs. Sometimes when you pick it up it can turn around. By that time I was in 3rd or 4th and I thought, ‘I probably shouldn’t drop out.’"

“That is when it occurred to me that everyone was suffering, it wasn’t just a me thing. It was hard for everybody, and I’m actually being quite a bit tougher than everybody else now. So I just focused mile by mile and if it all blows up running is still the quickest way to get home.

“When I found myself in the lead I wasn’t sure that it was real because I was running so slow. I thought, ‘Keep pushing, persevere, and try to break the tape.’"

Approaching the finish she thought “It was nice to get it right down Boylston. I didn’t know how big a lead I had, if I did I probably would have slowed down because I was hurting. I remember passing the spot where I lost the race in 2011 and I thought, ‘Not today.’"

The race blew up behind Linden as Daska and Chesire dropped out and Flanagan and Huddle faded to finish 7th (2:46:31) and 16th (2:50:28).

Making her way through the wreckage was Sarah Sellers (née Callister)—a Weber State grad coached by formidable marathoner Paul Pilkington who finished 2nd in 2:44:04—with 41-year-old Canadian Krista Duchene taking 3rd in 2:44:20.

Linden’s sixth Boston was one to relish. She explained, “As a marathoner I grew up on this course. I’ve had every experience on this course—debut, breakthrough, heartbreak at the Trials—Boston is my story. This one was blood, sweat and tears like nobody knows. The last couple of miles I just thought, ‘I’m going to break the tape.’"

Said Flanagan, “I don’t know what’s next but for sure I think this was my last Boston Marathon.”

A Great Debut For Kawauchi

For Kawauchi his first Boston race was the charm as he racked up his 33rd and most unexpected career victory as the Japanese marathon maniac bested perhaps the best Boston field ever assembled.
Kawauchi kept on pounding as many of the big-name favorites fell by the wayside. (KEVIN MORRIS/PHOTORUN)

Eschewing the opportunity for a fast time in Tokyo back in February, he logged four training runs on the Boston course and sped away from the start, blitzing the downhill opening mile in 4:37. “Going out in the beginning was one of several scenarios I had considered,” he explained. “I wanted to make sure that it was a challenging pace.”

The pack was attuned to his bad-weather potential and caught him by 5K (15:01). For most of the next 20 kilos a large—and talented—pack of 15 ran together as the pace bobbed up and down with the gusting winds.

Defending champ Kirui and last year’s runner-up Galen Rupp looked very comfortable and Tamirat Tola and Felix Kandie took turns at the front of a variety of drafting formations that passed halfway in 65:59.

Kawauchi made perhaps his most crucial move at 25K as he charged downhill to the Charles River bridge. This set Kirui off as the 25-year-old Kenyan looked full of run. Clad in a white windbreaker, Kirui launched a powerful attack at the base of the hills still 10M out from the finish.

Within a mile, Kirui’s radical surge had blown the race wide open. Among the first to be dispatched was Rupp, who would drop out after 30K and was one of 14 elite athletes treated for hypothermia.

As Kirui sped up the hills, Kawauchi gave chase with Shadrack Biwott and Abdi Nageeye. “When Kirui went to the front I thought that he was making a move that hard to try to get rid of Rupp,” Kawauchi said. “So I went with it but Kirui was very strong so I ran with two guys up Heartbreak and at the top I made another move and was chasing Kirui in second place.”

Kirui continued his splendid running through the buffeting wind and built a 91-second lead at 35K—and then he began to struggle. Amidst a 5:30 for mile 24 he reappeared on the road, closing fast. A 6:32 for mile 25 was Kirui’s Waterloo, as Kawauchi passed him on the opposite side of the road just before 40K—and another hellacious burst of wind and rain.

“At the Citgo sign with one mile to go I passed somebody,” the winner recalled. “I thought maybe it was Kirui but I didn’t look, I had been passing quite a few women. I didn’t really worry about it, I just focused on running as best I could and moving forward. I knew I was in the top 2, but I didn’t know if I was 2nd or 1st until right before the finish.”
A school administrator who combines fulltime work with fulltime marathoning, Kawauchi analyzed, “This was my 81st marathon and I would say it was certainly the toughest conditions I’ve run in. I have run in other marathons with tough conditions, particularly the 2013 Nagano and the 2016 Zürich Marathons, and the Marshfield Marathon on January 1 this year. Those kinds of tough conditions provided valuable experience.”

He offered one final bit of perspective: “The last Japanese runner to win Boston was Toshihiko Seko in 1987, the year that I was born. I have been running for 26 years and by far this is the best day of my life. It feels like a dream.”

BOSTON MARATHON RESULTS

World Marathon Major; Hopkinton-to-Boston, April 16 (cold & wet with strong headwinds)—


Women:

A New Kenyan Star Rises On The Road

By Sieg Lindstrom | April 2018

New York City, April 29, 2018—The Big Apple’s Healthy Kidney 10K featured a display not just of potential but also he’s-got-chops-now running from one very fast teenager.

Kenyan Rhonex Kipruto, 18, and his training partner Mathew Kimeli—just 20 and a 27:14.43 track performer last summer—wasted no time after the gun in their rush over a rolling Central Park route to the finish line.

Kipruto got there in 27:08—a World Junior (U20) Record and the U.S. soil best for a record-standard course—after starting to stretch the rubber band on Kimeli (27:19) in the fourth mile.

The splits the teen mentored by noted coach Brother Colm O’Connell laid down were eye opening. For example these mile figures: (4:31, 4:15 [8:46], 4:23 [13:09], 4:28 [17:37], 4:14 [21:51], 4:27).

After a 13:39 split at halfway, in the stretch where he was essaying that 4:14 split for mile 5 Kipruto charged through 8K in 21:45 (certified auto split), 17 seconds under Stephen Sambu’s former world best 4 years ago. He slowed some after that but “slow” is, of course, relative.

Kipruto’s performance earned him a $30,000 bonus for breaking the “Central Park Record” on top of $10K for the win.

Kipruto has track ambitions for the coming summer. “Our goal,” O’Connell told the Nairobi Star, “is ensure Kipruto makes it to the Kenyan team to the World Junior Championships. He will be competing in the 10,000 meters race.”

Buze Diriba, the ‘12 World Junior champion at 5000, won the women’s race in 32:04 with fellow Ethiopian Aselefech Mergia 2 seconds behind.
Top American Laura Thweatt ended up 4th in a PR 32:22. Thweatt, regaining strength after a 6-month injury layoff in ’17, kept the tempo rolling at the front most of the way: 16:12 at 5K, 25:52 at 8K.

“Thank you @nyrr for having me,” Thweatt tweeted. “Loved the race, being competitive & getting a 15sec road PR. Thought I died last mile but splits were 16:11/16:10—I just couldn’t close, which is fair considering I’ve done no fast/track work yet. Now time to enjoy the Big Apple with my parents.”

UAE HEALTHY KIDNEY 10K

New York City, New York, April 29—


HEALTHY KIDNEY WOMEN’S RESULTS

Mt. SAC Relays—USC Flexes Its Speed Muscles

By Sieg Lindstrom | April 2018

Norman and Benjamin combined to give USC a powerful pair of sub-45 performances in the 400. (KIRBY LEE/IMAGE OF SPORT)

Torrance, California, April 19-21—The Saturday portion of the Mt. SAC Relays showcased many list-leading efforts and also provided learning lessons to those whose hibernation from the indoor to outdoor season came to an end.

A significant number of the biggest performances at Murdock Stadium came from resurging collegiate power USC.

The men kicked off the Invitational side of the meet on Saturday with a Team USA 4×1 quartet of Blake Smith, Bryce Robinson, Jeff Demps, Kyree King crossing the line in 39.36, but it would be the women's race which followed that set the tone.

USC and Oregon provided the highlight, with the Trojan foursome of Angie Annelus, Deanna Hill, Ky Westbrook and Twanisha Terry prevailing in a school record 42.57 that made them the No. 6 school ever.

The Ducks' Shae Anderson, Lauren Rain Williams, Hannah Waller and Venessa D'Arpino ran 42.93 and a U.S. all-star team that included Allyson Felix on the second leg finished 3rd in 42.94.

But that was just the beginning for Terry (see sidebar). After a windy 10.97 at the Power 5 Trailblazer Challenge at USC on March 24, the Trojan frosh would back that up, storming to a wind-legal (1.7) 10.99 victory 90 minutes later over San Diego State's Ashley Henderson (11.06).

For the 19-year-old Terry, the time was not only a yearly world-leader, but also missed the American Junior Record by just 0.01.

The jubilant victor said, “Everyone was telling me, ‘If you ran 10.97, that’s 10.97, wind-aided or not,’ so I started to accept that and my goal was to decrease each meet. I came in confident, but not expecting to go 10.99. I knew I was going to run fast and hopefully PR, but I didn’t expect 10.99.”
USC fared just as well in the men’s 400. Trojans Michael Norman and Rai Benjamin trailed Olympian Gil Roberts at the 300 mark, but they poured in on down the stretch for a 1-2 finish.

Indoor WR holder Norman missed his undercover best by just 0.01 as he PRed at 44.53. Benjamin’s 44.74 PR edged Paul Dedewo’s 44.78 and Kahmari Montgomery’s 44.91 PR. Roberts faded to 6th behind Blake Leeper, who ran 45.05 with prosthetics.

USC also did well in the women’s 400, frosh Kaelin Roberts taking 0.29 off her PR in winning her section in 51.98.

The fastest section—one which may have given an important peek at the upcoming NCAA team battle between USC and Georgia—was won by Bulldog frosh sensation Lynna Irby in an outdoor PR 50.95. USC’s indoor champ, Kendall Ellis, ended up 3rd at 51.43.

That wasn’t all from Georgia, as Tara Davis won the long jump at 21-9 (6.63) against a 2.1 wind, with fellow Bulldog and reigning NCAA indoor and outdoor champion Kate Hall taking 3rd at 21-1¼ (6.43).

Georgia wasn’t finished, as American Record holder Keturah Orji triple jumped an outdoor CL 47-¼ (14.33), the No. 3 collegiate performance ever.

The Trojans were much in evidence in the women’s 100H, where Brianna Rollins-McNeal bettered her world-leading 12.62 with a stellar 12.43 over Bridgette Owens (12.79) and USC’s duo of Dior Hall (12.85 AmCL) and Anna Cockrell (12.89 =PR).

Additionally, prize Trojan frosh Chanel Brissett won a secondary section in a PR 12.94 that took the yearly World Junior lead and moved her to No. 6 American Junior ever.

In the women’s 400H, Olympic champion Dalilah Muhammad shook off the rust, winning by more than a second with a solid 55.25 AL. Feeling the second half of her race needed some fine tuning, she explained, saying, “I feel like a need more racing. I will definitely be focusing on the back end next time going around. I felt my front end was good and I didn’t perform as well as I wanted to on the back end.”

MT. SAC RELAYS MEN’S RESULTS

Torrance, California, April 19-21—

(4/19—10K, HT; 4/20—1500, St, 5K)


II(0.5)-1. Ronnie Baker (Nik) 9.97 (AL); 2. Jeff Demps (adi) 10.08; 3. CJ Ujah’ (GB) 10.08; 4. *Kendal Williams (Ga) 10.15; 5. Ameer Webb (Nik) 10.19; 6. Damarcus Simpson (Or) 10.23; 7. Cameron Burrell (Hous) 10.30.


400: 1. **Michael Norman (USC) 44.53 out PR (out AL, CL); 2. *Rai Benjamin’ (USC-Ant) 44.74 NR; 3. Paul Dedewo (Altis) 44.78; 4. *Kahmari Montgomery (Hous) 44.91 PR; 5. Blake Leeper (unat) 45.05 (with prosthetics); 6. Gil Roberts (unat) 45.47; 7. Ricardo Dos Santos’ (Por) 46.24; 8. Marcus Chambers (US) 46.38.


1500: 1. Chad Noelle (Asics) 3:44.07.
St: I–1. **Kale Adams’ (Adams) 8:45.23; 2. Quetzalcoatl Delgado’ (Mex) 8:48.99; 3. Mauricio Ceballos’ (Col) 8:52.57; 4. Jonathan Dahike (MtO) 8:53.36; 5. Jordan Carpenter (unat) 8:53.51; 6. Andrew Milliron (AF) 8:53.69; 7. *Craig Huff (SjSt) 8:54.39.

II–1. *Simon Grannetia’ (Port) 8:43.94; 2. Emmanuel Rotich’ (Tul) 8:45.49; 3. *Noah Schutte’ (Port) 8:47.53; 4. Jeroen D’Hoedt’ (Bel) 8:50.96; 5. Mario Bazan’ (Per) 8:51.07; 6. Sean Tobin’ (Ms) 8:53.09; 7. Austin O’Neil (unat) 8:54.08; 8. *Bailey Roth (Az) 8:55.64.

Open St: 1. Spencer Fehlberg (UtSt) 8:48.80; 2. ***Harry Ewing (Wy) 8:52.70; 3. Michael Leet (Lewis) 8:54.13.


4 x 400: 1. Team USA 3:05.92; 2. Oregon 3:06.90; 3. Iowa 3:07.45.

Field Events

HJ: 1. *Keenon Laine (Ga) 7-4¼ (2.24); 2. **Darius Carbin (Ga) 7-2¼ (2.19); 3. Arturo Burgueño’ (Spa) 7-2¼; 4. *Ben Milligan (Or) 7-2¼.

PV: 1. German Chiaraviglio’ (Arg) 17-10½ (5.45); 2. tie, Logan Cunningham (unat) & Garrett Starkey (unat) 17-6½ (5.35); 4. Adam Bragg (unat) 17-6½.

LJ: 1. Jarvis Gotch (unat) 27-1¼ (8.27) (out AL); 2. Damarcus Simpson (Or) 26-0 (7.92); 3. Bryan McBride (Nik) 25-8 (7.82); 4. Ju Eun-Jae’ (SK) 25-6½ (7.78); 5. Shotaro Shiroyama (Jpn) 25-3½w (7.71).


SP: 1. *Denzel Comenentia’ (Ga) 65-8¾ (20.03); 2. Nicholas Ponizio (USC) 62-1¼ (18.94).

DT: 1. Luke Vaughn (Mem) 204-0 (62.18); 2. Austin Droogsma (FlSt) 187-3 (57.07).

HT: 1. Alex Young (Vel) 249-10 (76.14) PR (AL) (232-1, 236-11, 244-9, 247-4, 249-10, 245-8) (70.75, 72.22, 74.61, 75.39, 76.14, 74.88);

2. Comenentia’ 249-3 (75.97); 3. Diego Del Real’ (Mex) 243-0 (74.07); 4. Sean Donnelly (Iron) 236-2 (71.98); 5. Colin Dunbar (Iron) 234-1 (71.35); 6. Conor McCullough (NYAC) 233-7 (71.21); 7. Gary Randolph (unat) 224-10 (68.54).

MT. SAC RELAYS WOMEN’S RESULTS

(4/19—10K, HT; 4/20—1500, St, 5K)

100: ((0.1)—1. Brittany Brown (La) 11.28; 2. **Brianne Bethel’ (Hous) 11.32; 3. *Latessa Johnson (SMU) 11.43; 4. ***Lauren Rain Williams (Or) 11.46.
II(1.7)–1. ***Twanisha Terry (USC) 10.99 (WL, AL, WJL, AJL) (=10, x C; =8, x AmC; =4, =4 WJ; 2, 2 AJ);


400: I–1. ***Kaelin Roberts (USC) 51.99 PR; 2. **Hannah Waller (Or) 52.49; 3. ***Shae Anderson (Or) 52.71; 4. *Tatum Waggoner (Az) 53.02.

II–1. **Lynna Irby (Ga) 50.95 out PR; 2. Jaide Stepter (unat) 51.24; 3. Kendall Ellis (USC) 51.43; 4. **Makenzie Dunmore (Or) 52.05; 5. Quanera Hayes (Nik) 53.23.

800: I–1. Luisa Real’ (Mex) 2:03.08; 2. *Susan Ejore’ (Or) 2:04.53; 3. Sonia Gaskin’ (Bar) 2:05.70.

II–1. Kaela Edwards (adi) 2:01.06 (out AL); 2. Sabrina Southerland (Or) 2:01.44 (AmCL);
3. Stephanie Brown (unat) 2:01.71; 4. Deborah Rodriguez’ (Uru) 2:04.08; 5. Alethia Marrero (AzSt) 2:04.55.

1500: 1. Yui Fukuda’ (Jpn) 4:16.64; 2. Charlene Lipsey (adi) 4:16.76; 3. Dana Mecke (TxEl) 4:17.41; 4. Emily Lipari (BAA) 4:18.31;
5. Grace Barnett (Clem) 4:18.47.

St: 1. Aimee Pratt’ (GB) 9:54.16; 2. Emily Oren (Ois) 9:55.56; 3. Madeline Strandemo (Mn) 9:56.28; 4. Sarah Pease (unat) 9:57.01; 5. *Shelby Brown (Ms) 9:58.98; 6. *Cierra Simmons (UtSt) 9:59.85; 7. ***Aneta Konieczek’ (WnCo) 10:01.69; 8. **Leah Hanle’ (MtO) 10:04.82; 9. Alex Burkhart (Chico) 10:09.79.


10,000: I–1. Camilla Richardsson’ (Fin) 32:39.01; 2. Gladys Tejeda’ (Per) 32:44.49; 3. Elaina Tabb (BAA) 32:47.83; 4. Vianey Rojas’ (Mex) 33:03.73; 5. Grayson Murphy (Ut) 33:17.85; 6. *Lauren LaRocco (Port) 33:18.62; 7. **Samantha Drop (Ga) 33:28.89;


100H: I(1.9)–1. ***Chanel Brissett (USC) 12.94 (WJL, AJL) (6, 10 AJ);
2. Erica Bougard (Nik) 13.00; 3. ***Tara Davis (Ga) 13.17; 4. Ayako Kimura’ (Jpn) 13.32.

II(1.5)–1. Brianna Rollins-McNeal (Nik) 12.43 (WL, AL);


II–1. Dallilah Muhammad (Nik) 55.25 (AL);
2. Gianna Woodruff’ (Pan) 56.37; 3. Cockrell 56.66; 4. Zudikey Rodriguez’ (Mex) 57.36; 5. ***De’Andreah Young (CSN) 58.08; 6. Aisha Wey (unat) 58.92.

4 x 100: 1. USC 42.57 (#6 school) (Annelus, Hill, Westbrook, Terry);
2. Oregon 42.93 (Anderson, Williams, Waller, D’Arpino); 3. All Stars 42.94 (Brown, Felix, Brown, Baisden); 4. USA Red 43.55; 5. Georgia 43.90 (Davis, Irby, Ransby, Hall); 6. USA Blue 44.91.
Field Events

HJ: 1. Vashti Cunningham (Nik) 6-3¼ (1.91) (out AL) (5-10, 6-0, 6-2, 6-3¼ [2], 6-5 [xxx]) (1.78, 1.83, 1.88, 1.91 [2], 1.96 [xxx]); 2. Liz Patterson (unat) 6-2 (1.88); 3. Tatiana Gusal’ (Ga) 6-2 (out CL); 4. Amina Smith (adl) 6-0 (1.83); 5. **Lily Lowe’ (Hi) 6-0; 6. Amber Melville (unat) 6-0.


LJ: 1. Davis 21-9 (6.63) (=WJL, AJL); 2. Jessamyn Sauced’ (Mex) 21-3¼ (6.48); 3. **Kate Hall (Ga) 21-1¼ (6.43); 4. Maria Londa’ (Ino) 20-11½w (6.39); 5. Jessie Gaines (GSTC) 20-6¼ (6.25); 6. **Samiyah Samuels (Hous) 20-4¼ (6.20); 7. Kylie Price (CVE) 20-4½w (6.20); 8. Je’Nia Sears (unat) 20-3½ (6.18).

TJ: 1. Keturah Orji (Ga) 47-¼ (14.33) (out CL) (x, 3 C) (47-¼, 46-10, f, 44-11, f, 46-0) (14.33, 14.27, f, 13.69, f, 14.02); 2. Tori Franklin (US) 46-¾w (14.04) (45-8½/13.93); 3. *Chaquinn Cook (Or) 45-7 (13.89); 4. Amber Hughes (unat) 43-10½w (13.37) (43-6½/13.27); 5. Danylle Kuryswchak (unat) 42-8¼ (13.02); 6. *Aliyah Johnson’ (Ga) 42-4w (12.90); 7. Tonyecia Burks (Hous) 42-1½ (12.84).

SP: 1. Chase Ealey (unat) 56-9½ (17.31); 2. Breana Jemison (USC) 54-11¼ (16.74); 3. ***Tochi Nlemchi (SMU) 53-10¼ (16.41); 4. Gleneve Grange’ (FlSt) 52-9¼ (16.08).

DT: 1. Tarasue Barnett’ (GCan) 191-2 (58.27); 2. **Shanice Love’ (FlSt) 189-6 (57.77); 3. Ieva Zarankaite’ (FlSt) 187-6 (57.15); 4. Kayla Hopkins (Fres) 182-8 (55.69); 5. *Nora Monie (Hous) 171-6 (52.27); 6. **Kiana Phelps (Or) 171-5 (52.26).

HT: 1. Brooke Andersen (NnAz) 236-8 (72.15) (10, x A; 5, x C; 4, x AmC) (222-5, 236-8, 231-8, 228-9, f, 220-8) (67.79, 72.15, 70.63, 69.73, f, 67.27); 2. *Temi Ogunrindie (Mn) 221-3 (67.45); 3. **Emma Thor’ (VaT) 212-9 (64.85); 4. Lauren Stuart (unat) 212-7 (64.80); 5. Agnes Esser’ (Mn) 207-11 (63.38); 6. *Pavla Kuklova’ (VaT) 202-3 (61.64); 7. *Michaela Preachuk (SAI) 202-0 (61.58).
Kansas Relays — Dudarev Climbs Collegiate Hammer List Before Home Fans

By Sieg Lindstrom | April 2018

Lawrence, Kansas, April 19-21—There’s no place like home. In this case Gleb Dudarev’s collegiate domicile. Throwing in his home ring at the Kansas Relays on Friday, KU soph Gleb Dudarev whirled himself up to No. 5 on the all-time collegiate hammer list with a whopping 256-0 (78.04) fifth-round heave.

The 21-year-old Belarusian, who placed 3rd last year at the NCAA, got there in steps. His first two throws flew 239-0 (72.86) and 238-5 (72.67). Then Dudarev got on a 3-throw roll: 246-5 (75.12), a Kansas Relays record and 2½-foot improvement on his PR set at Sun Angel two weeks ago.

At that juncture, “I told him he just had to stay more relaxed and deal with his technical throwing instead of trying to force it and throw far,” said KU throws coach Andy Kokhanovsky. The advice took as Dudarev bombed 251-1 (76.54) on his fourth and then the topper.

“Yeah, Coach told me this, that I could do better because I was ready for those big throws,” said Dudarev. “I worked hard, I was
That assessment verged on understatement. Dudarev’s final toss reached 255-3 (77.80), and that 5th-rounder earned further distinction in a couple ways. The 35-year-meet record he knocked off (244-2/74.43) belonged to Estonian Yuriy Tamm whose affiliation back in ’83 was Soviet Union. Tamm won bronze medals at the Olympics of ’80 and ’88 and a silver at the ’87 World Championships.

By one centimeter, Dudarev’s mark would have earned him bronze had he thrown it at last summer’s World Championships. As Kokhanovsky observed, Dudarev doesn’t even need to throw farther to be competitive internationally. “I think it’s pretty far from an issue,” said the coach. “He just needs to throw far in the big meets when it matters, in a big competition. This is enough to throw in the Olympics or probably the World Championships.”

Dudarev finished the competition, a win by more than 35ft over Nebraska’s Nicholas Percy, in a state of minor shock. “I didn’t feel like I can do that but I did,” he said. “I don’t feel now, maybe I will feel for future, like tomorrow, what I did.” What’s in that future?, he was asked: “Next [NCAA] national championships and probably European Championships.”
Commonwealth Games — Nifty Middle Distance Double For Caster Semenya

By Sieg Lindstrom | April 2018

Semenya began her double-gold meet with a South African Record 4:00.71 in the 1500. (MARK SHEARMAN)

Gold Coast, Australia, April 8-15—With storm clouds brewing on the horizon for Caster Semenya’s career, the embattled South African focused on the task at hand and dominated the middle distances at the 21st Commonwealth Games with a pair of meet records.

After a 4:05.86 heat in the 1500, Semenya ran from behind and used a 60.2 kick to outleg Kenya’s Beatrice Chepkoech on the final lap of the next day’s final, crossing the line in a national record 4:00.71.

Said the winner, “If I say I will do something, I will do it. I’m ready for anything.”

After a day of rest, Semenya came back to lead 800 qualifiers with her 1:59.26. The next evening, she showed similar dominance by leading from the gun to negative-split her 1:56.68.

That left Kenyan Margaret Wambui (1:58.07) well behind. Jamaica’s Natoya Goule grabbed bronze in 1:58.82.

“I’m still young,” said Semenya, 27. “What’s important now is to be able to win every race that I run.”

Isaac Makwala impressed with a 44.35 lap in the 400, adding his trademark pushups at the finish as if to show what he might have done if allowed to race his main event in London last year.

That was one of a raft of world-leading marks that included a 48.25 for Kyron McMaster in the hurdles. Janieve Russell of Jamaica won the women’s race in 54.33 with a world-leading 54.01 heat.
One of the most shocking wins came in the steeple, where Celliphine Chespol was outkicked on the final lap by Jamaica's Aisha Praught Leer, 9:21.00–9:22.61.

On the field, Kathryn Mitchell of Australia lobbed the javelin 226-1 (68.92), a national record that made her No. 7 all-time.

Kiwi Tom Walsh, readying for a sequence of meets against the U.S.'s best, won the shot easily at 70-3 (21.41), but his biggest put was a 73-8 (22.45) that rated as the farthest qualifying-round throw in history.

COMMONWEALTH GAMES MEN'S RESULTS


400: 1. Isaac Makwala (Bot) 44.35 (WL);
2. Baboloki Thebe (Bot) 45.09; 3. Javon Francis (Jam) 45.11; 4. Y. Muhammed Anas (Ind) 45.31 NR.

800: 1. Wycliffe Kinyamal (Ken) 1:45.11; 2. Kyle Langford (Eng) 1:45.16 PR; 3. Luke Mathews (Aus) 1:45.60; 4. Jake Wightman (Sco) 1:45.82.

1500: 1. Elijah Manangoi (Ken) 3:34.78 (WL);

St: 1. Conseslus Kipruto (Ken) 8:10.08 (WL);


10,000: 1. Cheptegei 27:19.62 (WL);

110H(-0.3): 1. Ronald Levy (Jam) 13.19 (WL);

400H: 1. Kyron McMaster (BVI) 48.25 (WL);
2. Jeffery Gibson (Bah) 49.10; 3. Jaheel Hyde (Jam) 49.16; 4. Jack Green (Eng) 49.18.


4 x 100: 1. England 38.13 (WL) (Arthur, Hughes, Kilty, Aikines-Aryeetey);

4 x 400: 1. Botswana 3:01.78 (Maotoanong 46.5, Thebe 44.3, Nkobolo 46.38, Isaac 44.54); 2. Bahamas 3:01.92 (Ferguson 46.0, Smith 46.0, Newbold 45.31, Russell 44.52); 3. Jamaica 3:01.97 (Gayle 46.2, Gaye 44.8, Rose 46.40, Francis 44.54); 4. Trinidad
Field Events

HJ: 1. Brandon Starc (Aus) 7-7¼ (2.32) PR (outWL);
2. Jamal Wilson (Bah) 7-6½ (2.30) =PR; 3. Django Lovett (Can) 7-6½ (5.65); 4. Donald Thomas (Bah) 7-5¼ (2.27).

PV: 1. Kurtis Marschall (Aus) 18-8¼ (5.70); 2. Shawn Barber (Can) 18-6½ (5.65); 3. Luke Cutts (Eng) 17-10½ (5.45); 4. Adam Hague (Eng) 17-10½.

LJ: 1. Luvo Manyonga (SA) 27-7¾ (8.41) (out WL) (27-½, 26-11¼, f, 27-4¾, f, 27-7¼) (8.24, 8.21, f, 8.35, f, 8.41);
2. Henry Frayne (Aus) 27-4 (8.33) (26-3, 27-4, f, 26-6¼, f, f) (8.00, 8.33, f, 8.08, f, f); 3. Ruswahl Samaai (SA) 26-11¼ (8.22) (26-5½, 26-11¼, 26-9¾, 25-10¼, 26-10, 26-6¼) (8.06, 8.22, 8.17, 7.89, 8.18, 8.08); 4. Tajay Gayle (Jam) 26-7¾ (8.12) PR.

TJ: 1. Troy Doris (Guy) 55-4¾ (16.88); 2. Yordanis Durañona (Dom) 55-3¼ (16.86); 3. Marcel Mayack (Cmr) 55-1½ (16.80) PR); 4. Arpinder Singh (Ind) 54-0 (16.46).

SP: 1. Tom Walsh (NZ) 70-3 (21.41); 2. Chuk Enekwechi (Ngr) 69-4¼ (21.14) PR; 3. Tim Nedow (Can) 68-7¼ (20.91); 4. O’Dayne Richards (Jam) 68-3 (20.80).

Qual: Walsh 73-8 (22.45) (farthest qualifier ever).

DT: 1. Fedrick Dacres (Jam) 223-9 (68.20); 2. Traves Smikle (Jam) 209-11 (63.98); 3. Apostolos Parellis (Cyp) 208-8 (63.61); 4. Matt Denny (Aus) 205-2 (62.53).

HT: 1. Nick Miller (Eng) 263-4 (80.26) NR (WL);
2. Matt Denny (Aus) 245-8 (74.88) PR; 3. Mark Dry (Sco) 239-11 (73.12); 4. Adam Keenan (Can) 236-8 (72.15).

JT: 1. Neeraj Chopra (Ind) 283-8 (86.47); 2. Hamish Peacock (Aus) 270-11 (82.59);
3. Anderson Peters (Grn-MsSt) 269-8 (82.20) (CL) (8, x C);

Dec: 1. Lindon Victor (Grn) 8303 (10.70, 23-9/7.24, 51-9¾/15.79, 6-7/2.01, 49.48, 14.87, 171-8/52.32, 15-⅓/4.60, 233-3/71.10, 5:04.75);
2. Pierce LePage (Can) 8171 PR (10.62, 24-5/7.44, 45-10½/13.98, 6-9½/2.07, 47.81, 14.71, 144-0/43.90, 16-⅓/4.90, 191-1/58.24, 4:58.00);
3. Cedric Dubler (Aus) 7983; 4. Kurt Felix (Grn) 7756.

COMMONWEALTH WOMEN’S RESULTS

(4/08—20W; 4/09—100, 10K; 4/10—1500, TJ, HT; 4/11—400, St, JT; 4/12—200, 400H, Lj, DT; 4/13—800, 100H, PV, SP, Hept; 4/14—5000, 4×1, 4×4, Hj; 4/15—Mar)

100(1.0): 1. Michelle-Lee Ahye (Tri) 11.14; 2. Christiania Williams (Jam) 11.21; 3. Gayon Evans (Jam) 11.22 PR.

200(0.9): 1. Shauna Miller-Uibo (Bah) 22.09; 2. Shericka Jackson (Jam) 22.18 PR; 3. Dina Asher-Smith (Eng) 22.29; 4. Elaine Thompson (Jam) 22.30.

400: 1. Antamile Montsho (Bot) 50.15; 2. Anastasia Le-Roy (Jam) 50.57 PR; 3. Stephenie Ann McPherson (Jam) 50.93; 4. Christine Botiogwets (Bot) 51.17 PR.

800: 1. Caster Semenya (SA) 1:56.68 (WL) (58.66/58.02);
2. Margaret Wambui (Ken) 1:58.07; 3. Natoya Goule (Jam) 1:58.82 PR; 4. Winnie Nanyondo (Uga) 2:00.36.
1500: 1. Caster Semenya (SA) 4:00.71 NR (WL) (60.2); 2. Beatrice Chepkoech (Ken) 4:03.09 PR (63.82, 66.99 [2:10.81], 65.42 [3:16.23]); 3. Melissa Courtney (Wal) 4:03.44 PR; 4. Linden Hall (Aus) 4:03.67.

St: 1. Aisha Praught Leer (Jam) 9:21.00 (WL); 2. Celliphine Chespol (Ken) 9:22.61 (WJL); 3. Purity Kirui (Ken) 9:25.74; 4. Rosie Clarke (Eng) 9:36.29.


10,000: 1. Stella Chesang (Uga) 31:45.30; 2. Stacy Ndiwa (Ken) 31:46.36 PR; 3. Mercyline Che Lagat (Uga) 31:48.41; 4. Beatrice Mutai (Ken) 31:49.81 PR.


400H: 1. Janieve Russell (Jam) 54.33 (54.01h WL); 2. Eilidh Doyle (Sco) 54.80; 3. Wenda Nel (SA) 54.96; 4. Rhonda Whyte (Jam) 55.02.


4 x 100: 1. England 42.46 (WL) (Philip, Asher-Smith, Williams, Ugen); 2. Jamaica 42.52 (Williams, Morrison, Evans, Thompson); 3. Nigeria 42.75 (Udo-Gabriel, Okagbare, Amusan, Chukwuma); 4. Trinidad 43.50 (St. Fort, Hackett, Thomas, Selvon).


Field Events

HJ: 1. Levern Spencer (StL) 6-4¾ (1.95) (out WL); 2. Morgan Lake (Eng) 6-4 (1.93); 3. Nicola McDermott (Aus) 6-3¼ (1.91) PR; 4. Alyx Treasure (Can) 6-3¼.


LJ: 1. Christabel Nettey (Can) 22-5¼ (6.84); 2. Brooke Stratton (Aus) 22-2½ (6.77); 3. Shara Proctor (Eng) 22-1¾ (6.75); 4. Lorraine Ugen (Eng) 21-11½ (6.69).

TJ: 1. Kim Williams (Jam) 48-½ (14.64) PR (out WL); 2. Shanieka Ricketts (Jam) 47-7¾ (14.52); 3. Thea Lafond (Dom) 45-8 (13.92); 4. Lerato Schele (Les) 44-6¼ (13.57) NR.

SP: 1. Danniell Thomas-Dodd (Jam) 63-6¼ (19.36) NR; 2. Valerie Adams (NZ) 61-4¼ (18.70); 3. Brittany Crew (Can) 60-1¼ (18.32); 4. Cleopatra Borel (Tri) 59-2¾ (18.05).

DT: 1. Dani Stevens (Aus) 223-11 (68.26); 2. Seema Antil (Ind) 198-2 (60.41); 3. Navjeet Kaur Dhillon (Ind) 188-5 (57.43); 4. Siositina Hakeai (NZ) 187-6 (57.16).

HT: 1. Julia Ratcliffe (NZ) 229-5 (69.94); 2. Alex Hulley (Aus) 223-9 (68.20); 3. Lara Nielsen (Aus) 213-4 (65.03); 4. Sultana Frizell
(Can) 209-9 (63.94).

JT: 1. Kathryn Mitchell (Aus) 226-1 (68.92) NR (WL) (7, x W) (226-1, f, f, 204-9, 223-7) (68.92, f, f, 62.40, 68.14);

   2. Nina Schultz (Can-KsSt) 6133 PR (CL) (13.47, 6-½/1.84, 39-9¾/12.13, 25.02 [3639–2], 20-3¾/6.19, 141-5/43.11, 2:17.40); 3. Niamh Emerson (Eng) 6043 PR (WJL) (14.08, 6-½/1.84, 39-9¾/12.13, 24.83 [3568–4], 19-10¾/6.06, 132-4/40.34, 2:12.18);
   4. Celeste Mucci (Aus) 5915 NJR.□
Tennessee Relays — Gatlin & Coleman Team Up On Loaded 4×1

By Sieg Lindstrom | April 2018

Knoxville, Tennessee, April 12-14—Justin Gatlin and Christian Coleman teamed up at last year’s World Championships to give Team USA an unexpected gold/silver haul in the 100.

The gold & silver 100 pair from last summer’s World Championships ran the first two legs on a 4×1 in front of Vol fans. (TENNESSEE MEDIA RELATIONS)

While in England they began to talk about a new outlet for the country’s elite sprinters and that plan made its debut at the Tennessee Relays. In what was billed as a shot at the American Record of 37.38, the two Vol alums ran the first two legs on an elite 4×1 that finished off with fellow internationalists Ronnie Baker and Mike Rodgers.

“We are trying to make a different platform for the sprinters instead of competing against each other all the time,” Gatlin told Knox News the day before the race. “It’s really coming together and trying to show some camaraderie throughout the year.”

He continued, “Even just competing against these guys has been awesome. To be able to be on the same team with them—and not forced to be on the same team with them, but wanting to do it together—it’s been something that has been a bucket list thing for me to be able to do and I’m happy to be able to do this tomorrow with these guys.”

Needless to say, the foursome—billed as ProForm Sports—ran away with the race, the quick-starting Coleman giving them a first-leg lead that only grew. The Gatlin/Baker exchange was dangerously close to the end of the zone, but no flags flew and Rodgers crossed the line in a world-leading 38.08, one of the fastest times ever for so early in the year.

“It’s still April,” the 22-year-old Coleman told SEC Country. “We only worked the handoff one time, so the next time around we’ll be more in sync with each other and obviously we’ll be faster later in the season.

“We’re not satisfied with the time, but it’s still a fast time. Later this summer, we’ll definitely run faster.” There are apparently plans for two more runs together, although no details were given.
The women produced a pair of fast—albeit wind-aided—straightaway races. Kendra Harrison used a 3.1 to produce the year’s fastest flight of hurdles, 12.40w, and an even stiffer 3.5 gust helped blow Javiene Oliver (11.04w) and Sydney McLaughlin (11.07w) to fast flat 100s. It should be noted that a wind of that speed is estimated to add 0.18 to a 100 time, so that would adjust to 11.22 and 11.25.

TENNESSEE RELAYS MEN’S RESULTS

Knoxville, April 12-14—

(4/12—HT; 4/13—100, 800, 110H, 400H, LJ, SP, JT)

100(1.6): 1. Riak Reese (Kent) 10.18 PR; 2. Ncincili Titi’ (SC) 10.19 PR; 3. *Mustaqeem Williams (Tn) 10.22 PR; 4. ***Eric Harrison (OhSt) 10.32; 5. ***Dwight St. Hillaire’ (Ky) 10.33 PR; 6. *Kwanteyle McConico (Tn) 10.35 PR.


800: 1. ***Marco Arop’ (MsSt) 1:47.89; 2. *Daniel Kuhn (In) 1:48.20; 3. **Cooper Williams (In) 1:48.37 PR; 4. *Otis Jones (SC) 1:48.38 PR.

1500: 1. Zach Long (Tennessee) 3:45.51 PR.

110H(2.4): 1. **William Session (In) 13.75w.

400H: 1. Greg Chiles (VaT) 51.25; 2. *Rasheed Tatham (MsSt) 51.34.

4 x 100: 1. ProForm Sports 38.08 (WL, AL) (Coleman, Gatlin, Baker, Rodgers);


4 x 200: 1. Tennessee 1:23.29.


4 x 800: 1. Indiana 7:22.96.

Field Events


LJ: 1. ‘Yann Randrianasolo’ (SC) 26-2¾w (7.99); 2. *Samory Fraga’ (Kent) 25-8 (7.82); 3. Zack Bazile (OhSt) 25-6¾w (7.79).

TJ: 1. Donald Scott (unat) 56-9½w (17.31) (a-c AL) (54-4½w, 54-10¾w, 56-0w, 56-6¾w, 56-9½w, 56-2¾w) (16.57w, 16.73w, 17.07w, 17.24w, 17.31w, 17.14w);

2. *Craig Stevens (Kent) 53-1½w (16.19); 3. *DaJuan Seward (OhSt) 52-8w (16.05).


DT: 1. **Ricky Hurley (SnIl) 183-11 (56.07).

HT: 1. ***Georgios Korakidis’ (Tn) 208-9 (63.64).

JT: 1. Nicolas Quijera’ (MsSt) 261-7 (79.75).

Dec: 1. **TJ Lawson (Kent) 7724.

TENNESSEE RELAYS WOMEN’S RESULTS

(4/12—HT; 4/13—100, 200, 400, 800, 1500, 100H, 400H, HJ, LJ, SP, Hept)
100(3.5): 1. Javianne Oliver (Nik) 11.04w;  
2. ***Sydney McLaughlin (Ky) 11.07w (a-c: =7, =11 Al);  
3. *Jasmine Camacho-Quinn’ (Ky) 11.24w; 4. *Kianna Gray (Ky) 11.27w; 5. ***Celera Barnes (Ky) 11.31w; 6. Felicia Brown (adi) 11.34w.

200: I(2.6)–1. Kayelle Clarke’ (Ky) 22.88w; 2. Felicia Brown (adi) 22.96w; 3. Oliver 22.98w; 4. Shania Collins (Tn) 23.12w; 5. *Kianna Gray (Ky) 23.20w.

II(3.8)–1. *Lenysse Dyer (Tn) 23.28w; 2. Felecia Majors (Tn) 23.36w; 3. ***Edidiong Odiong’ (MTn) 23.40w. Ill(2.0)–1. Maggie Barrie’ (OhSt) 23.37. IV(2.0)–1. *Maia McCoy (Tn) 23.34.

400: 1. **Aliyah Abrams’ (SC) 52.78; 2. Barrie’ 52.88.

800: 1. *Abike Egbeniyi’ (MTn) 2:03.66 (out CL); 2. Marta Freitas’ (Por) 2:03.95; 3. Rhianwedd Price-Weimer’ (MsSt) 2:06.29; 4. **Nia Akins (Penn) 2:06.74 PR; 5. **Mikayla Schneider (Penn) 2:07.08.


400H: 1. **Faith Ross (Ky) 58.37.

4 x 100: 1. Kentucky 43.47 (Barnes, Camacho-Quinn’, Clarke’, Gray); 2. Tennessee 43.74.


4 x 800: 1. Indiana 8:43.43 (Pinkston, Calder, Harris, Wiles).


Fieldl Events

HJ: 1. *Loretta Blaut (Cinc) 5-11¼ (1.81); 2. **Lissa Labiche’ (SC) 5-11¼.

PV: 1. ***Rachel Baxter (VaT) 14-1¼ (4.30); 2. **Kristen Denk (Vand) 14-1½ PR; 3. Marissa Kelsey (unat) 14-1½ PR; 4. **Laura Marty (Duke) 13-9¼ (4.20) =PR.


TJ: 1. *LaChyna Roe (Tn) 43-6w (13.26); 2. *Latavia Coombs (Ky) 42-11¾w (13.10); 3. **Leah Moran (In) 42-6½w (12.97); 4. Woods 42-5¼w (12.93); 5. **Alexis Farley (MsSt) 42-4½w (12.92); 6. Dace Dreimane’ (EnMi) 42-2w (12.85).

SP: 1. **Khayla Dawson (In) 55-7 (16.94) PR.

DT: 1. Alex Morgan (Iron) 179-6 (54.72); 2. ***Ashley Anumba (Penn) 171-11 (52.41); 3. *Stamatia Scarvelis’ (Tn) 170-5 (51.94).

Hept: 1. *Maya Neal* (Tn-Lbr) S456 NR.
Texas Invitational — Austin Once Again Vault Central

By Sieg Lindstrom | April 2018

Austin, Texas, April 13-14—Asked premeet why vaulting superstars like World Record holder Renaud Lavillenie and American Record holder Jenn Suhr would compete in a relatively minor meet like the Texas Invitational, a University spokesman answered, “Because Myers Stadium is the best vaulting stadium in America.”

A few hours later, he had yet more numbers to back that claim. In fact, although it lacked the drama of the Texas Relays 2 weeks before, the Invitational actually produced better winning marks, with Lavillenie claiming the yearly world lead and Suhr producing the highest outdoor jump of the year.

The 36-year-old Suhr leapt to a first-attempt 16-2 (4.93)—her first outdoor PR in almost 10 years—while Lavillenie scored a third-attempt 19-6¼ (5.95), 3cm higher than his Relays duel with Shawn Barber and Mondo Duplantis.

The two Invitational “competitions” weren’t too competitive—instead, they were individual showcases for the respective stars, both passing until all other entrants were eliminated, and entering at substantially higher heights than the runners-up.

Suhr started with easy clearances at 15-1½ (4.61) and 15-5½ (4.71). The ’12 Olympic gold medalist had only marginally more trouble at 16-2, brushing the bar but still getting another first-time make. She tried twice at 16-5¼ (5.01) and called it a day without trying a third.

“A little bit of shifty winds” were to blame for skipping the third attempt, Suhr said, “and it was catching my pole tip a little bit. At 4.93 I felt it, and at 5.01 my first attempt was good, the second attempt it caught my pole tip, and the third I could feel it. The winds were swirling, and we just decided it was best to put the pole away.”

Suhr’s good day, one which produced the 16th 16-footer of her career, almost didn’t happen: “I had one of the worst warmups I’ve ever had, to the point that we thought maybe it shouldn’t happen today, maybe today’s not my day. I sucked it up and made some bars.”

After a couple of summers that have seen her perform poorly at global championships, Suhr looks to be back on the upswing.

“I’ve been pretty healthy the last couple of years,” she said. “It’s really just getting into the swing of things. Enjoying jumping, that’s the hardest part. When you’ve been in the sport so long, you lose a little bit of that passion. We’ve been based in Texas, and jumping with high school and college kids, and they have that energy, and it’s really helped.”

Why Texas?

“The sun! Back in New York I think they’re under freeze and winter storm warnings.”

And hour and a half later, it was Lavillenie’s turn. An expected battle of multiple Olympic or world-class vaulters quickly fizzled out: his French compatriots either stalled out or did not start and Texan Logan Cunningham no-heighted.

Lavillenie joined in at 18-4½ (5.60) and was perfect through 18-10¼ (5.75) and 19-2¼ (5.85).

Then it was time to up his outdoor world lead from 14 days earlier and things finally got challenging. At 19-6¼, he brushed the bar off with his knee on first attempt and kicked it off on his second, before a triumphant, fist-pumping success on the third.

Of three shots at 19-8½ (6.01), the first had promise, while the third had him grimacing in pain. “The last jump was quite hard,” he said. “The bar fell on my head. It happens, that’s the pole vault. I just have to put some ice on it.

“I’m feeling very happy,” the 31-year-old Frenchman said of his day. “Because the beginning was very hard, very tough. Two weeks ago, the wind was easy, the jump was easy. I was very confident to jump high today. I was more confident about jumping 5.70, maybe high 5.80s, but not that kind of height. I was very happy to be able to improve my level, height after height. It’s still 5.95. I still have some work to do.

“You saw a problem from guys [capable of] jumping 5.60 just able to do 5.30 because the wind was really hard to manage. Sometimes it was very strong, sometimes a crosswind, so it was not very easy to manage the pole. It was just a question of, I
needed a window at a good time.”

Like Suhr, Lavillenie and his compatriots have enjoyed an extended stay in the Lone Star State.

“I’ve been training here,” he explained. “I’m very happy about the time I spent here. The two competitions were very good, the place for training is just amazing. I will think about it for next year and maybe come back and try to do better than this year.

“Now we can go back home and have some very good memories for next year.”

Judging by the very lengthy post-competition line of fans, athletes, and meet officials waiting for selfies with him, it’s fair to say Austin is looking forward to it.

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**TEXAS INVITATIONAL MEN’S RESULTS**

Austin, April 13-14—

(4/13—200, 800, LJ, SP, HT, JT)

100(3.2): 1. Bryce Robinson (unat) 10.10w; 2. *Mario Burke’ (Hous) 10.28w; 3. Emmanuel Matadi’ (Lbr) 10.29w.

200: l(5.6)—1. Robinson 20.41w; 2. Terrell Smith (KsSt) 20.60w.

II(2.5)—1. Amir James (NWnLa) 20.70w; 2. *Wil London (Bay) 20.72w; 3. *Kahmari Montgomery (Hous) 20.74w.

800: 1. **Michael Saruni’ (UTEP) 1:48.39; 2. ***Sam Worley (Tx) 1:48.63.

**Field Events**

HJ: 1. Ty Anderson (UTSA) 7-1¾ (2.18) PR.


Inv PV: 1. Renaud Lavillenie’ (Fra) 19-6¼ (5.95) (WL) (18-4½, 18-10¼, 19-2¼, 19-6¼ [3], 19-8½ [xxx]) (5.60, 5.75, 5.85, 5.95 [3], 6.01 [xxx]);

2. Stanley Joseph’ (Fra) 17-6½ (5.35);... nh—Logan Cunningham (Nik).

LJ: 1. Adrian Riley’ (UTSA) 25-5¼ (7.75); 2. ***Denzel Green (SFA) 25-3½ (7.71) PR.

SP: 1. ***Tripp Piperi (Tx) 64-3¼ (19.59); 2. *T’Mond Johnson (TxSt) 63-4¼ (19.32); 3. **Andrew Liskowitz (Mi) 62-9¼ (19.13); 4. *Brett Neelly (KsSt) 62-3¼ (18.98).

HT: 1. *Joe Ellis’ (Mi) 232-11 (71.00) PR; 2. *Adam Kelly (Prin) 224-8 (68.48); 3. Mitch Dixon (KsSt) 220-3 (67.14).

JT: 1. Fabian Dohmann’ (Tx) 234-6 (71.48).

**TEXAS INVITATIONAL WOMEN’S RESULTS**

(4/13—200, LJ, SP, HT, JT)


200: I(2.2)—1. Natasha Hastings (UArm) 22.75w; 2. *Taylor Bennett (Bay) 23.23w; 3. Courtney Okolo (Nik) 23.34w.

II(2.0)—1. De’Shalyn Jones (NWnLa) 23.04 PR; 2. A’Keyla Mitchell (KsSt) 23.24.

400: 1. *Zola Golden (Tx) 52.93.

100H(2.8): 1. Pedrya Seymour’ (Tx) 13.16w.
400H: 1. Melissa Gonzalez’ (Col) 58.30; 2. Ariel Jones (Tx) 59.06.

Field Events

PV: 1. Jenn Suhr (adi) 16-2 (4.93) outPR (out WL, AL) (x, =21 W; x, =8 A; non-Isi: x, =8 W) (her 16th 16-footer) (15-1½, 15-5½, 16-2, 16-5¼ [xxx]) (4.61, 4.71, 4.93, 5.01 [xxx]).

LJ: 1. **Wurrie Njadoe (KsSt) 20-2½w (6.16).

TJ: 1. *Shardia Lawrence’ (KsSt) 43-5¼ (13.24); 2. **Konstantina Romaiou’ (KsSt) 42-2 (12.85).

DT: 1. *Shadae Lawrence’ (KsSt) 192-6 (58.68); 2. ***Obiageri Amaechi (Prin) 176-0 (53.64); 3. **Elena Bruckner (Tx) 171-10 (52.37).

HT: 1. Janee’ Kassanavoid (KsSt) 213-6 (65.09); 2. **Helene Ingvaldsen’ (KsSt) 209-2 (63.76); 3. *Taylor Scaife (Hous) 204-7 (62.37) PR.

Hurdle Prodigy Tia Jones Remains Humble

By Jeff Hollobaugh | April 2018

Tyronne Jones remembers the moment well. His youngest daughter, Tia, had just lost a race. It was her first season running age-group track. “She came in the tent,” he says, “threw her spikes down, and she was like, ‘I’m tired of losing!’ I want to train with you and Tyree [her footballer brother].’

“If I train, will I get faster?” she added.

“Eventually you would, but it doesn’t happen so fast,” said her father, who knew plenty about training from his football days—he was SWAC player of the year at Grambling and did 10 seasons as a wide receiver in the Arena Football League.

Tia soon enough got a lot faster, taking down the 100 hurdles High School Record as a frosh two seasons ago. Now a junior hurdling star at Walton High in Marietta, Georgia, she was only 8 when she threw her spikes down. She didn’t wait around for the training to kick in. That summer she won a Junior Olympic national title in the 200, running 29.27.

Jones fell in love with the hurdles by watching one of her hometown heroes, Kendell Williams—later a 5-time NCAA multis champion for Georgia—practice over the barriers.

“I always was like, ‘Dad, I want to try hurdles, I want to try hurdles!’ ” Finally her father and the club coach relented and said, “Come on over here and try it out.”

“So I literally jumped in and he was like, ‘Well, your technique’s not bad. Looks like you might be a natural.’ From there on, I just loved it.”
She didn’t solely focus on the hurdles, though. Dad made sure daughter tried everything. She even won JO regional titles in the multis—and her PRs for the heptathlon events add up to a solid 4925.

She had one of the most spectacular 8th-grade seasons ever, hurdling 13.45/13.08w, winning New Balance and earning No. 2 in our All-America rankings, putting her on course to become the event’s only 5-time scorer.

Then she stunned observers in the prelims at the ’16 U.S. Juniors, whacking 0.30 off her PR with a national record 12.84. Later that summer she confirmed the time was no fluke when she won bronze at the World Juniors in the No. 2 prep time ever, 12.89. And she earned a second No. 2 in the All-Am department.

Impressive enough, but remember, she was only a 9th-grader at the time.

All-Time HS Girls 100 Hurdles Top 10

<table>
<thead>
<tr>
<th>Time</th>
<th>Athlete</th>
<th>Year</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>12.84</strong></td>
<td>***Tia Jones (Walton, Marietta, Georgia)</td>
<td>2016</td>
</tr>
<tr>
<td>12.92</td>
<td>Dior Hall (Washington, Denver, Colorado)</td>
<td>2014</td>
</tr>
<tr>
<td>12.93</td>
<td>Alexis Duncan (DeSoto, Texas)</td>
<td>2016</td>
</tr>
<tr>
<td>12.95</td>
<td>*Candy Young (Beaver Falls, Pennsylvania)</td>
<td>1979</td>
</tr>
<tr>
<td></td>
<td>*Chanel Brissett (Cheltenham, Wyncote, Pennsylvania)</td>
<td>2016</td>
</tr>
<tr>
<td></td>
<td>Tara Davis (Agoura, Agoura Hills, California)</td>
<td>2017</td>
</tr>
<tr>
<td>13.03</td>
<td>*Vashti Thomas (Mt. Pleasant, San José, California)</td>
<td>2007</td>
</tr>
<tr>
<td>13.08</td>
<td>Brandee’ Johnson (Nansemond River, Suffolk, Virginia)</td>
<td>2016</td>
</tr>
<tr>
<td>13.15</td>
<td>*Trinity Wilson (St. Mary’s, Berkeley, California)</td>
<td>2011</td>
</tr>
</tbody>
</table>

Last year, her time didn’t improve, though she won New Balance (13.03), USATF Juniors (13.02), and the Pan-Am Juniors (13.01). She also claimed the soph-class record and was named No. 2 All-America for the third year in a row.

Not to worry. She knows why she didn’t PR: “I didn’t train as hard as I did freshman year because I felt when I got to sophomore year in high school, my classes just got harder,” she explains. “I was really focused on my grades and it was hard trying to find time because I go to a pretty challenging school.

“After school I have to go to practice and I’ll get home late, but I have tons of homework so I just have to balance that out.”

Now Jones is on track again, with her hopes set on the 12.50s, and father/coach has upped the intensity and incorporated more 400 training, “To get my strength up,” she says.

It showed indoors, where she needed every bit of that strength to win her first New Balance Indoor title, topping Grace Stark (Lakeland, White Lake, Michigan) by just 0.003, both clocking 8.05 for the national junior-class record.

“I love competition because,” she says, “I love the push. Of course, I’m nervous, but it’s a good nervous. I’m a competitive person so I’d rather have competition than no competition.”

Dad says the early success has had no impact on her outlook. “She didn’t know she was doing,” he explains. “She just was running. People don’t realize that Tia is one of the humblest athletes out there. When I told her what schools called for her on signing day, she said, ‘Oh my God, do they really want me?’ I’m looking at her like, ‘You know who you are? You know the kind of work you put in?’ She said, ‘Daddy, are you serious? Are you serious?’

“I’m looking at her in disbelief. Let her stay like that. Let her stay humble. She’s just running. She knows she’s winning, but she doesn’t know to what magnitude she’s winning.”

“I’ve been running track for so long,” she says. “I’ve really been seeing myself grow into a person. I’ve always run against older athletes and higher-ranked athletes. I’ve always been the youngest one on the track. I don’t even want to just make it to the Olympics. I’d like to make it to the record books.”
In early February, Raven Saunders’ collegiate career at Ole Miss came to a screaming halt. In a statement at the time, the 4-time NCAA champion referred to personal and medical issues bringing her to the decision.

On Twitter, she was more specific, saying, “I am using this time to focus on myself and getting back to full health. To my fellow athletes, you don’t always have to act like you have it all together. As a college student-athlete, times can get very hard. Take the time to focus on your mental health as you would the physical.”

Still training in Oxford with Bulldog coach John Smith, Saunders reemerged this spring in a big way. Her 64-2¼ (19.56) at the War Eagle Invitational at Auburn was a world leader and the second-best toss of her life. A week later, she went nearly as far, 64-¼ (19.51), to win at the LSU Invitational.

The Hulk has returned, putting up back-to-back 64-foot meets for the first time ever. And she’s thrilled about it, saying, “I’m just happy to be back training and competing again.”

In all, she missed 6–8 weeks of throwing, and about 2 weeks of lifting. But she’s not surprised that she came back on top: “The way that my practices were going, I knew I had a lot of potential.” It’s nice, she says, to be doing better than when she left off.

Even so, not being on the college team is hard. “Ole Miss holds a dear spot in my heart,” she admits. “It does kind of hurt a little bit when I see my teammates are competing, especially around conference and things that are starting to come up.

“Life sometimes has its own plan for you and you really can’t control that. You just have to live, learn and grow from it. Definitely am wishing my teammates all the best for the rest of their season.”

Saunders, who will turn 22 in mid-May, says that eventually she will probably talk publicly about the details of her situation. “But everything right now is just so fresh,” she explains. “I kind of want to keep it on more of a personal level, until I actually feel more comfortable opening up to more people about it.”

She adds, “I feel like in the future, my story can help a lot of student-athletes.”
For now, her focus is completely forward. As for her goals, she says, “I’m really just continuing on and hoping to finish out as the top thrower in the world. The way that my training and things have been going and mentally where I’m at... and the things that coach believes...

“Going forward into this season I really do believe that I could have the best track season of my career.”
Jones Memorial — Holloway Hurdles 13.16

By Sieg Lindstrom | April 2018

Gainesville, Florida, April 13—Grant Holloway has the potential to be an all-time great in multiple events, but based on current form, let’s suggest that the straightaway hurdles is his best discipline. At least for now.

That was the message hammered home at the Tom Jones Memorial, as the 20-year-old Gator supersoph ran away from the field in moving to =No. 2 on the all-time list with his world-leading 13.16 PR. Alabama’s Ruebin Walters was a well-back 2nd despite running 13.31, just 0.01 off his PR.

*checks @USTFCCCA Collegiate Top 10*

1. Renaldo NEHEMIAH - 13.00 (1979)
2. NEHEMIAH - 13.16 (1979) @DevonAllen13 - 13.16 (2014)
Grant HOLLOWAY (@Flaamingoo_) - 13.16 (2018)

???????

Watch more Tom Jones Memorial action: https://t.co/B4Pi6qeUMg pic.twitter.com/N9ggcoiA58
— Gators Track and Field & Cross Country (@GatorsTF) April 13, 2018

Said Florida head Mike Holloway, “We’ve seen that in practice and knew it was coming. I didn’t know it was coming today, but I knew it was coming. Grant has the ability to rise up to the occasion. He knew there were some good hurdlers here, and I warned him and said, ‘Look, this is your home turf. You need to defend it.’ He defended it well.”

Grant (no relation) said, “I never really go out here and chase a time. Coach Holloway’s been ramping on me about being the best executor we can be. Today, we just came out and executed on all cylinders.

“It was a great day. I was glad I did it, because I knew I had the capability. I just didn’t know when it was going to happen, and I didn’t want to wait until towards the end of the season. I’m glad it came now so we’ve got more building blocks going toward SECs, Nationals, USAs.”

The 12 Fastest Collegiate Hurdle Times Ever
13.00 Renaldo Nehemiah (Maryland) 5/06/79
13.16 Nehemiah 4/14/79
Devon Allen (Oregon) 6/14/14
Grant Holloway (Florida) 4/13/18
13.18 Aleec Harris (USC) 5/31/14
Harris 6/14/14
13.20 Wayne Davis’ (Texas A&M) 5/31/14
13.21 Aries Merritt (Tennessee) 6/09/06
Jason Richardson (South Carolina) 5/31/08
Omar McLeod’ (Arkansas) 4/25/15

On getting into the upper reaches of the all-time list, Holloway said, “Devon Allen is definitely one of my role models. Renaldo Nehemiah is the last one we’ve got to capture. I don’t know what it’s going to take. I don’t know when it’s going to happen. I’m going to keep working my butt off here at practice and make sure I execute.”

Overall, it was a day in which the Pearcy Beard Track’s straightaway was happy to cough up fast times.

In the men’s 100, young pro Noah Lyles ran the fastest time of his life, a 9.86w (wind 4.1). In another section, Alabama junior Keitavious Walter took over the yearly American and collegiate leads with his PR 10.12.
The women’s 100 also provided a U.S. leader as world champ Tori Bowie sped to an 11.04, aided by a mild 0.2 breeze.

**TOM JONES MEMORIAL MEN’S RESULTS**

Gainesville, Florida, April 13—

100: I(4.1)—1. Noah Lyles (Pure) 9.86w (a-c WL, AL);
2. Isaiah Young (Nik) 9.92w; 3. Alonso Edward’ (Pan) 10.05w; 4. **Cravont Charleston (NCSt) 10.10w; 5. Jeff Demps (API) 10.12w; 6. Derick Silva’ (Bra) 10.13w; 7. Justin Walker (StarA) 10.16w; 8. Xavier Atkins’ (Bah) 10.24w.

III(2.1)—1. *Ryan Clark (Fl) 10.16w; 2. ***Hakim Sani Brown’ (Fl) 10.19w; 3. Kareem Fair (B-C) 10.22w; 4. *Michael Timpson (Fl) 10.25w.

V(0.9)—1. *Keitavious Walter (Al) 10.12 PR (AL, CL).

200: I(0.3)—1. LaShawn Merritt (Nik) 20.48; 2. Churandy Martina’ (Hol) 20.58; 3. Wallace Spearmon (unat) 20.64; 4. Ahmed Ali’ (Sud) 20.73.

III(3.1)—1. *Andre Ewers (FlSt) 20.05w (a-c AL, CL);
2. Derick Silva’ (Bra) 20.28w; 3. **Dylan Peebles (NCSt) 20.46w; 4. *Shannon Patterson (NCSt) 20.65w; 5. Timpson 20.66w.

400: 1. Josephus Lyles (adi) 45.28 PR; 2. Christian Taylor (unat) 45.44; 3. ***Chantz Sawyers’ (Fl) 45.71 PR; 4. Steven Gayle’ (Jam) 45.88; 5. *Kunle Fasasi’ (Fl) 45.93.


110H(1.9): 1. **Grant Holloway (Fl) 13.16 PR (WL, AL, CL) (=2, =2 C);

400H: 1. Annsert Whyte’ (Jam) 49.36;
2. Tj Holmes (Nik) 49.59 (AL);

4 x 100: 1. USA Blue 38.73 (AL) (Demps, Walker, Young, Spearmon);

4 x 400: 1. Florida 3:03.07 (Fasasi’, Holloway, Sawyers’, Vedel’).

Field Events

HJ: 1. **Clayton Brown’ (Fl) 7-4¼ (2.24) PR; 2. **Shelby McEwen (Al) 7-1¼ (2.18); 3. *Jhonny Victor (Fl) 7-1¼ PR.

PV: 1. *David Bell (SFl) 17-7.5 (5.36) PR.


DT: 1. **Ryan Camp (TCU) 185-3 (56.46).

HT: 1. *Anders Eriksson’ (Fl) 241-5 (73.58) PR; 2. ***Thomas Mardal’ (Fl) 227-0 (69.19); 3. *AJ McFarland (Fl) 223-0 (67.99).
TOM JONES MEMORIAL WOMEN’S RESULTS

100: I(0.2)-1. Tori Bowie (Pure) 11.04 (AL, I-a WL);
II(2.4)-1. *Gabriele Cunningham (NCSt) 11.25w; 2. Kaylin Whitney (Nik) 11.45w.


800: 1. *Kristen Metcalfe (EmR) 2:06.46.

100H(1.8): 1. Raven Clay (unat) 13.04; 2. **Brandee Johnson (Fl) 13.21.

II–1. Kaitlin Walker (Al) 58.34 PR; 2. ***Nikki Stephens (Fl) 58.82 PR.

Field Events

LJ: 1. *Yanis David’ (Fl) 21-11½w (6.69) (20-2½/6.16); 2. Darrielle McQueen (Fl) 21-½w (6.41) (20-10¾/6.37); 3. ***Monae’ Nichols (B-C) 20-8w (6.30) (20-5¾/6.24); 4. Filippa Fotopoulou’ (Al) 20-7 (6.27); 5. *Kiara Williams (Al) 20-3½ (6.19).

SP: 1. Melissa Boekelman’ (Hol) 58-3 (17.75); 2. Lloydricia Cameron (Fl) 57-11¼ (17.66) PR; 3. *Portious Warren’ (Al) 55-4¼ (16.88).

DT: 1. Kellion Knibb’ (Jam) 193-3 (58.91); 2. Vanessa Kamga’ (Swe) 178-6 (54.41); 3. Cameron 174-0 (53.04).

JT: 1. Coralys Ortiz’ (PR) 189-1 (57.63); 2. Avione Allgood (Fl) 173-4 (52.83).

Jon Roy Hendershott, part of Track & Field News for more than 50 years, died peacefully on Monday at the age of 71 from complications from a stroke he suffered at his home in Salem, Oregon, on Sunday.

If you ever read T&FN, you knew his name. Track was his life and he lived it to fullest. He enjoyed people and often said, “Every person has a story to tell.” He was right and boy did he tell some stories. Probably too many to count.

Jon was born in Bend, Oregon (something he greatly enjoyed telling Ashton Eaton), not that long after the end of World War II, to Bob and Margaret Hendershott.

Jon’s birth on a Saturday would be the first of many more weekend days filled with the sport he would love. The scene was set for Jon’s path in track all around the world, a path that would twice finding him enjoying his birthday at an Olympic Games.

Bob had been a very good pole vaulter both in high school (Oregon state champion) and at the University of Oregon where his coach was the famed Bill Hayward. Jon’s dad was also a starting player on the Duck football team. After college, he was a Navy pilot in the Pacific during World War II.

When Jon was born, Bob was coaching high school track in Bend. The Hendershott family of four moved to Klamath Falls, Oregon, where Jon’s dad coached high school track. Jon’s older brother Bob had an interest in track and it was inevitable that Jon would turn to the sport.

Jon was only 11 when he was diagnosed with diabetes, a disease he would live with for the next 60 years.

The family made another move, this time to Seattle, where father Bob took a job as assistant coach at the University of Washington. It was in Seattle that Jon really became bitten
by the track bug. He fell in love with the sport as a competitor in junior high school and at Roosevelt High. The hurdles were his events and the Olympic Games were his goal.

It was in Seattle in ’62 that Jon heard about a magazine devoted to the sport he loved and by the end of the year he was subscribing to Track & Field News. Little did he know (maybe) that this would be the start of a 56 year relationship with the magazine we all love and know.

Many high school athletes probably dream of competing in the Olympic Games for their country and little did Jon know that he would “make” nine Olympic teams and 15 World Championships teams (including two World Indoors). Unfortunately, he didn’t hurdle in any of those championship meets, however very fortunately for readers of T&FN, he wrote many articles and told many great stories.

It was at Roosevelt High that Jon became a sportswriter on the school newspaper. He would continue this profession at Washington and later at San José State where he would graduate from the school of Journalism in ’70.

In the summer of 1967 Jon married Carol and two years later the couple would have a girl named Megan. That October Jon’s name first appeared in T&FN as a working member of the magazine and the rest is a history you know well.

By the early ’70s Jon’s interviews with athletes were becoming more and more interesting. He won awards for his writing and went on to be president of the Track & Field Writers of America (TAFWA).

He authored Track’s Greatest Women and edited Ron Clarke Talks Track. He brought to life many athletes and their stories from all over the world.

Trey Hardee, the Olympic silver medalist in the decathlon and two-time World Championships gold medalist, said he and Jon talked a lot about “daughters and weddings and how we never even spoke of track & field.”
In his “retirement,” Jon enjoyed hobbies including interviewing athletes (Christian Taylor at the ’17 USATF Championships) and writing about the sport he loved.

Jon had a way with people and words and those who were members of Track & Field News Tours will remember his many on-stage interviews at dinners and luncheons around the world.

Jon continued his work at T&FN until his retirement at the end of ’15. In May of ’16 he moved from the Bay Area to Salem, Oregon, where he continued to do valuable freelance writing for T&FN and was also a contributor to the webpages of TrackTown USA and the IAAF.

Jon never really left the sport and the sport never really left Jon.

He wasn’t always the luckiest person in life, but in a way, he was because he got to do what he loved for most of his life and so many people appreciate all that “work.”

Jon left a daughter (Megan) and her husband (Roger Rudikoff) and two grandchildren. Zackery is now an 18-year-old frosh at Boise State and 15-year-old Kailey lives with her parents in Stanwood, Washington.

Jon was the last of the Hendershott family of four to pass and it is true that every person has a story to tell. Jon will be remembered as one who told so many such stories so very well.

In the wake of our publishing of Jon’s obituary the track world responded in a large and moving manner. Here’s a small collection of notes harvested from e-mails and Twitter & Facebook postings:

Seb Coe—IAAF president
“Jon was already a writer of stature when I graduated onto the circuit. The sport has lost an erudite, passionate and knowledgeable man of athletics.”

**Edwin Moses—hurdle legend**

“I received the notice of Jon’s passing from my dear friend up at Syracuse, Herman Frazier, this morning. I also saw online your obituary on Jon in T&FN which really captured his essence. He was a very creative writer and very passionate man not only about the sport but about those he connected personally with as he did with me.

He will always be my favorite guy at the magazine and I will truly miss him.”

**Joe Kovacs—world champion shot putter**

“I am very saddened to learn of the passing of Track & Field News writer Jon Hendershott. He had such a great passion for every event in the sport of track & field. He was always very supportive and kind to me and my coach Art Venegas. He will be greatly missed!”

**Jon Anderson—Olympian, Boston Marathon winner**

“Totally bummed to hear of Jon’s death. He was a gentleman. Always fun to see and be around. One of those great people who you might not see for years, but when you finally crossed paths again it was like you saw each other the day before. We welcomed him back to his home state a few years ago. We say goodbye much too soon.”

**Pat Winslow Connolly—Olympian & coach**

For many years I spoke with Jon on a regular basis—about life, his daughter, my kids, and most of all, athletes I was coaching. To women’s T&F, he was a blessing; helping us establish some parity in the media and thereby get access to “equal pay” when the sport went pro. He will be missed, immensely.”

**Al Joyner—Olympic triple jump gold medalist**

“Jon, you will be missed; thank you for always writing great articles on our family over years of great sportswriting. My condolences to your family. May you rest in heaven. You will be missed by the Joyners, track fans forever.”

**Trey Hardee—world champion decathlete**

“No one wrote about us more eloquently than Jon. He was kind, genuinely cared about us, and we will miss him. My heart aches for his family and I selfishly wish he could pen one more line about the sport he made us all love so dearly.”

**Ruth Wysocki—Olympic 1500 finalist**

“I knew that I was starting to make it as an athlete when T&FN writers Jon, Scott Davis & Tom Jordan would greet me and actually knew my name. Over the years, we would get together and tell stories, whether at the National Champs in Eugene, the Olympic Trials and Games in Los Angeles, or at some stop on the European circuit. The jokes and BS would fly! It is a sad day today. RIP Jon!”

**Kory Tarpenning—Olympic vault finalist**

“Very sad news. My condolences to his family and all at Track & Field News. He will be missed!”

**USATF**

“We have lost a great friend to our sport. Thanks for all you’ve done, Jon. Your warm smile, commitment and love of athletics will be missed.”

**Ken Flax—Olympic hammer thrower**

“Jon was one of the greats of the greats! He will be sorely missed.”

**Al Feuerbach—WR-setting shot putter**

“Sad to hear. RIP Jon.”

**Deena Kastor—Olympic marathon bronze medalist**

“What a gift he was to this sport. What a loss this is for all of us. Thanks to this track & field community for the support as we all reflect on his contributions.”

**Photos of Jon plying his trade may be viewed here**
Sun Angel Classic — Ewen Caps Triple With Pair Of Collegiate Hammer Records

By Sieg Lindstrom | April 2018

Tempe, Arizona, April 06-07—Maggie Ewen had two fantastic days of throwing at the Sun Angel Classic, stamping herself as the best collegiate all-rounder ever.

Friday was her best day of collegiate hammer throwing yet, as the 23-year-old Arizona State senior had a phenomenal series which found her breaking her own Collegiate Record twice. She let fly the capper in round 5, 244-6 (74.53).

As she surpassed the 240-7 (73.32) standard she set at the NCAA last June, Arizona State senior Ewen finished the day with all-time throws Nos. 1, 2, 3 & 6. Overall, she now owns 7 of the top 8 collegiate performances ever (and also holds the out-of-season CR with her PR of 244-7/74.56 from last summer).

“When I walked to the stadium this morning, I felt the potential was there for something special,” she told T&FN correspondent Don Steffens, explaining that she and Sun Devil throws coach Brian Blutreich “have been working on a change to my entry, and we had a couple of really good practices this week.

“The first throw [239-0/72.86] was just what we wanted… easy and set things up for a good series. The foul on my second slowed me down.”

Next came Ewen’s first record blast of the series, 241-6 (73.61): “The third was just, ‘Oh, yeah. This is OK, alright. It’s happening.’ I just liked throwing it.
“We didn’t have a break after 3, and that kept it smooth. The foul on number 4 was no problem. I felt like I had a big throw in there.” Oh, yes, she did, the round 5 long shot.

She finished the day with the No. 2 collegiate toss ever, a 242-5 (73.89) that was superior to the CR coming in.

“Was the big one a good one?” she reflected. “Yes and no. I can think of some things I could do better. Of course, I’m happy with the distance. It’s always fun to get a record.”

Said Blutreich, “We had some decent practices, but she hadn’t been at her best coming into today. We found some things to fix and she kind of fixed them, but to be quite honest, today is just the beginning for her.

“I see some way bigger and better things down the road in the next coming months for her, and she’s putting herself in a great position to be ready to perform when it’s championship season. She executed the way we wanted her to, and with what I saw today, there’s way more to come if we keep working and executing like that.”

The all-time collegiate hammer top 10 after Ewen’s commanding series:

<table>
<thead>
<tr>
<th>Distance</th>
<th>Mark</th>
<th>Athlete</th>
<th>Date</th>
</tr>
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<tbody>
<tr>
<td>74.53</td>
<td>244-6</td>
<td>Maggie Ewen (Arizona State)</td>
<td>4/06/18</td>
</tr>
<tr>
<td>73.89</td>
<td>242-5</td>
<td>————Ewen !</td>
<td>4/06/18</td>
</tr>
<tr>
<td>73.61</td>
<td>241-6</td>
<td>————Ewen !</td>
<td>4/06/18</td>
</tr>
<tr>
<td>73.32</td>
<td>240-7</td>
<td>————Ewen</td>
<td>6/08/17</td>
</tr>
<tr>
<td>72.94</td>
<td>239-4</td>
<td>Jenny Dahlgren' (Georgia)</td>
<td>4/13/07</td>
</tr>
<tr>
<td>72.86</td>
<td>239-0</td>
<td>————Ewen !</td>
<td>4/06/18</td>
</tr>
<tr>
<td>72.81</td>
<td>238-10</td>
<td>————Ewen</td>
<td>4/29/17</td>
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<td>72.71</td>
<td>238-6</td>
<td>————Ewen</td>
<td>3/17/17</td>
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<tr>
<td>72.66</td>
<td>238-5</td>
<td>DeAnna Price (Southern Illinois)</td>
<td>4/29/16</td>
</tr>
<tr>
<td>72.51</td>
<td>237-10</td>
<td>Brittany Riley (Southern Illinois)</td>
<td>4/28/07</td>
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Blutreich’s “today is just the beginning” assessment proved out on the meet’s second day when Ewen PRed in winning both the shot (63-¾/19.22) and discus (201-0/61.27).

The shot mark was an outdoor world leader and moved her to No. 11 on the all-time U.S. list and to =No. 2 on the collegiate compilation, while the discus mark took over the U.S. and collegiate yearly lists.

“I’m really happy today went the way that it went with it being the day that it is,” she said. “My whole family, a huge group from my high school, my aunt and uncle were here, and to see all of the parents from all of the athletes being recognized today just added to everything else surrounding the meet.”

Said ASU head Greg Kraft, “I think this was the greatest throwing weekend ever by a woman. When you look at her training and her youth in the sport, typically those kinds of marks are for post-collegiate athletes, so for her to do all of that as a fifth-year senior in one weekend is truly remarkable.

“The scary part is—and I believe coach Blutreich when he says it and Maggie when she says it—there’s more in the tank.”

There was versatility on the track as well, as Quincy Hall, heretofore better known as a 400 hurdler—he was last year’s national Junior champ and ran 49.02 to win the Pan-Am U20 crown—made a big breakthrough in the flat 400.

The 19-year-old Sequoias JC soph came to the meet with a PR of 45.12, but cranked out a 44.60 to edge the lifetime best 44.62 for Paul Dedewo.

The men’s half-lapper was also a blazer, with USC’s World Indoor 400 recordsetter Michael Norman lowering his PR to 20.06, easily beating Texas Tech’s Divine Oduduru (20.54) and pro Fred Kerley (20.55).

SUN ANGEL MEN’S RESULTS

Tempe, Arizona, April 06-07—
100(-1.1): 1. CJ Ujah’ (GB) 10.15; 2. *Andrew Hudson (TxT) 10.31 PR.
200(-1.4): 1. **Michael Norman (USC) 20.06 PR (out AL, CL);
2. **Divine Oduduru’ (TxT) 20.54; 3. Fred Kerley (Nik) 20.55; 4. Ujah’ 20.92.
400: 1. **Quincy Hall (SeqCC) 44.60 PR (out WL, AL);
2. Paul Dedewo (Altis) 44.62 PR;
3. **Derrick Mokaleng’ (TCU) 45.17 PR (out CL);
4. Myles Pringle (Ash) 45.57 PR; 5. Ricky Morgan (USC) 45.99; 6. Ricardo Dos Santos’ (Por) 46.09; 7. Dontavius Wright (unat) 46.16.
800: 1. *Vincent Crisp (TxT) 1:46.31 PR (out AL, out CL);
2. Robert Ford (USC) 1:46.64 PR; 3. Charles Jones (TxT) 1:47.25; 4. **Roshon Roomes (IaSt) 1:47.60 PR; 5. Jaymes Dennison (IaSt) 1:47.97; 6. **Festus Lagat’ (IaSt) 1:48.45 PR; 7. Allen Eke (NBal) 1:49.12.
400H: 1. Jeshua Anderson (unat) 50.00; 2. Michael Stigler (adi) 50.66.
4 x 100: 1. Texas Tech 39.01 (Tennon, Oduduru’, Hudson, Brown).

Field Events
HJ: 1. Deante Kemper (unat) 7-4¼ (2.24) =PR; 2. ***Earnie Sears (USC) 7-1¾ (2.18) PR.
PV: 1. Nate Richartz (NDm) 18-2½ (5.55); 2. Pau Tonnesen’ (Spa) 18-2½ PR; 3. Garrett Starkey (unat) 17-6½ (5.35); 4. **Cole Riddle (AzSt) 17-6¼ =PR; 5. *Hussain Al Hizam’ (Ks) 17-6½; 6. *Drew McMichael (TxT) 17-6½.
SP: 1. Nicolai Ceban’ (Ks) 61-1¼ (18.62).
DT: 1. Jason Harrell (unat) 195-11 (59.73); 2. **Ryan Camp (TCU) 192-1 (58.55) PR; 3. Nicolai Ceban’ (Ks) 189-1 (57.63); 4. Michael Ohakwe (unat) 188-7 (57.49).
HT(4/06): 1. **Gleb Dudarev’ (Ks) 243-11 (74.35) PR; 2. ***Kieran McKeag (Mn) 209-10 (63.96) PR; 3. *Fellan McGuigan’ (TCU) 209-4 (63.81).

SUN ANGEL WOMEN’S RESULTS
100(0.1): 1. ***Twanisha Terry (USC) 11.20 PR; 2. Deanna Hill (USC) 11.28; 3. **Angie Annelus (USC) 11.40 PR.
200(-0.6): 1. Hill 22.78; 2. Kendall Ellis (USC) 22.91; 3. Annelus 22.92 PR; 4. Terry 23.01 PR.
400: 1. *Sara Limp (TxT) 52.39 PR; 2. *Jasmine Malone (NnAz) 52.61 PR; 3. **Kyra Constantine’ (USC) 52.73; 4. ***Kaelin Roberts (USC) 52.73.
800: 1. Rachel Schneider (UArm) 2:01.98 PR (out AL);
2. Emily Richards (OhNn) 2:02.84; 3. *Jasmine Staebler (IaSt) 2:04.54 PR; 4. *Erinn Stenman-Fahey’ (IaSt) 2:06.68 PR.
100H(-0.9): 1. **Anna Cockrell (USC) 12.89 =PR (AmCL);

400H: 1. Cockrell 58.30; 2. ***Faith Roberson (TxT) 59.14 PR; 3. ***Nicolee Foster (CAz) 59.28.

4 x 100: 1. USC 43.11 (Annelus, Ellis, Hill, Terry); 2. Texas Tech 44.23.


Field Events

HJ: 1. Ty Butts (unat) 6-1¼ (1.86) (=out AL); 2. *Zarriea Willis (TxT) 6-1¼ PR (out CL; =out AL).

PV: 1. *Kathryn Tomczak (AF) 13-7¼ (4.15); 2. **Andrea Willis (Ks) 13-7¼.


SP: 1. Maggie Ewen (AzSt) 63-¾ (19.22) (AL, CL, out WL) (11, x A; =2, =4 C) (57-11¼, 63-¾, 62-6½, 60-¼, f, 61-9½) (17.66, 19.22, 19.06, 18.29, f, 18.83); 2. Chase Ealey (Arete) 56-8 (17.27); 3. Breana Jemison (USC) 54-8¼ (16.67); 4. ***Samantha Noennig (AzSt) 54-7½ (16.65); 5. **Crystal Onwukaife (TxT) 53-11 (16.43) PR.

DT: 1. Ewen 201-0 (61.27) PR (AL, CL) (172-2, 190-1, 201-0, 198-8, 193-10, 199-6) (52.49, 57.94, 61.27, 60.56, 59.09, 60.82); 2. ***Alexranda Emilianov’ (Ks) 182-4 (55.58); 3. ***Seasons Usual (TxT) 173-4 (52.83).

HT: 1. Ewen 244-6 (74.53) CR (old CR 241-6/73.61 Ewen in series) (239-0 [x, 3 C; x, 2 AmC], f, 241-6 CR [old CR 240-7/73.32 Ewen ’17], f, 244-6, 242-5 [x, 2 C]) (72.86, f, 73.61, f, 74.53, 73.89); 2. Brooke Andersen (NnAz) 229-7 (69.99).
Arcadia HS Invitational Boys — Sprint Double For Kratz

By Sieg Lindstrom | April 2018

Arcadia, California, April 05-07—Athletes from across the state, country and—in some cases, the world—flocked to a renowned San Gabriel Valley venue to take on the best of the best at the Arcadia Invitational, and they did not disappoint.

Transitioning from indoor to outdoor track & field can be fickle. Some may need a few weeks of low-key training before hitting it hard again for the outdoor season, while others may keep it going if they feel they are on a roll. That is why Arcadia can be a great gauge for those on a roll or on the rebuild.

On Saturday, things got cracking with Chandler (Arizona), nipping Rancho Verde (Moreno Valley, California) 41.44–41.49 in the 4×1. That was followed by a 13.82—the No. 2 time in the country—in the 110H by Georgian Cameron Murray (Westlake, Atlanta).

That set the stage for the 100. The middle lanes were filled with premier sprinters, but in lane 1 was one of the athletes who was on a roll.

Austin Kratz (Dock Mennonite, Lansdale, Pennsylvania) had a PR of just 10.66 from ’17 but finished this year’s indoor season running 21.01 to win the 200 at the New Balance Indoor Nationals after finishing 3rd in the 60m.

Kratz burst out of the blocks and streaked past his rivals to win going away in a big PR of 10.34, 0.09 ahead of Eric Allen (Bullis, Potomac, Maryland) in 10.43 with Yucaipa, California’s Asani Hampton (10.47) 3rd.

Kratz confided afterwards, “In the 100, I really don’t worry about the lane, it’s a straightaway event and I don’t have to worry about catching anyone, but I kind of like it, too, because it means some people aren’t thinking about me, they’re thinking about lanes 4, 5, and 6 and being in lane 1, was like, I got to show ‘em, I gotta go sneak up on them when they don’t expect me and that’s what I did.”

He was also a bit shocked when his time was announced: “It was a little bit of a surprise, but for me my PRs last year outdoor, I broke my outdoor PR in the 200, it was a 21.17 and to be able to run 21.01 indoor, I knew had a good chance to get a big PR, but I didn’t have any idea it would be a 10.3, I thought maybe it would be a 10.5 or something like that.”

When asked whether he had any predictions about the upcoming 200, he simply said, “Fast, that’s all I know.” He came back to win in 20.74, 0.20 ahead of Allen. Kratz is now No. 2 on the yearly lists in both the 100 and 200.

Soon thereafter, the focus turned to the field and the pole vault, where Sondre Guttormsen (Davis, California) was trying to accomplish a series of goals.

After a couple of early misses at lower heights, the Norwegian native found himself in 2nd after clearing 16-7 and 17-1, Mexico’s Pablo Zaffaroni ahead on the countback.

Guttormsen, whose outdoor PR of 17-11 came at the Texas Relays (his indoor best of 18-0 came at the Pole Vault Summit), then cleared 17-7 and Zaffaroni missed his 3 attempts.

The bar was raised to 18-2½ (5.55) and Guttormsen cleared that on his second attempt. Aware that the Norwegian federation requires that all record-eligible marks be made on IAAF regulation pegs, he had requested meet organizers switch away from the longer supports used in prep competition if he was the only vaulter left.

That made his day, as he bettered the Norwegian Junior Record and qualified for this year’s European Senior Championships, in addition to breaking Brandon Richards’ California State Record of 18-2 from ’85.

The UCLA signee, now No. 5 on the all-time list, said, “The European qualifying was my main thing and I wanted to get it done and things happen, but California State Record is bigger than the national Junior record because California is much, much bigger than Norway.”

A big highlight of the meet is always the 3200 and how many competitors would break the 9:00 barrier. The ‘18 race was no different, with the eventual answer being 16.

Coming into the race, there were only a handful of runners who had broken or were close to 9:00, but the talent was there and...
after a 65 first lap and 4:27.80 at the halfway point, things began to take shape.

James Mwaura (Lincoln, Tacoma, Washington) had a 5m lead at 1600, but slowed during lap 5, prompting Danny Kilrae (Lyons, La Grange, Illinois) to push the pace and come through 6 laps in 6:42.8 after a 66-second circuit, with Mwaura, Canadian Marcus Kemp, Michael Phillips (Chiles, Tallahassee, Florida), Ryan Oosting (Arlington, Massachusetts) and Jacob McLeod (Trinity, Dublin, Georgia) challenging.

A 66.7 penultimate lap saw Michael Mooney (Broomfield, Colorado) take the lead with 600m to go and begin the charge to the finish. It was then that Drew Bosley (Homestead, Mequon, Wisconsin) took a chance and bolted to the lead at the bell.

His lead did not last long, as Kemp passed Mooney, and then Bosley at the 300m mark and had a 2-step lead with half a lap left. Mooney and Mwaura waited for the homestretch to make their final challenge but came up short as Kemp kept checking over his shoulder and held form to win in a photofinish over Mooney, 8:50.95–8:50.96, with Mwaura 3rd (8:51.62).

Of the 16 who broke the 9:00 barrier, 15 established PRs and overall 21 set lifetime bests. The meet’s record for most sub-9:00s is the 25 from last year (when all-time best-mark-for-place times were turned in from 5th through 30th).

Cruz Culpepper (Niwot, Colorado), the son of Olympians Alan & Shayne Culpepper, won the mile in 4:13.14 with a 56.8 last lap.

Friday’s “Burning Batons Relays” was highlighted by a thrilling finish in the 4 x 1600 between two schools located just 32 miles apart in Northern California, Dublin and Bellarmine (San José).

Having built a 50m lead with 2 laps remaining, Dublin’s Adrian Schroeder hung on to hold off Bellarmine’s Alex Scales, 17:29.92–17:30.20, the two top marks in the country.
Arcadia, California, April 5-7—

100(1.5): 1. Austin Kratz (Dock, Lansdale, Pa) 10.34; 2. Eric Allen (Bullis, Potomac, Md) 10.43; 3. Asani Hampton (Yucaipa, Ca) 10.47.


400: 1. *Zach Larrier (Monterey Trail, Elk Grove, Ca) 47.12; 2. **Justin Robinson (West, Hazelwood, Mo) 47.24; 3. *Karson Lippert (La Costa Canyon, Carlsbad, Ca) 47.44.

800: 1. Jett Charvet (Heritage, Brentwood, Ca) 1:52.60; 2. Ryan Bush (Tesoro, Las Flores, Ca) 1:53.55; 3. Alex Scales (Bellarmine, San José) 1:53.71.

Mile: 1. **Cruz Culpepper (Niwot, Co) 4:13.14; 2. James Lee (Silver Creek, Longmont, Co) 4:13.94.


Relay Events

4 x 100: 1. Chandler, Az 41.44; 2. Rancho Verde, Moreno Valley, ca 41.49; 3. Murrieta Mesa, Murrieta 41.67; 4. Gorman, Las Vegas 41.69


4 x 1600: 1. Dublin 17:29.92 (HSL); 2. Bellarmine 17:30.20; 3. Timpview, Provo, Ut 17:37.53; 4. Lone Peak, Highland, Ut 17:41.73; 5. Great Oak 17:44.45.

800Med: 1. Harvard-Westlake, Studio City 1:32.75; 2. Dana Hills, Dana Point 1:33.94.

SpMed: 1. Mission Viejo 3:27.64 (HSL);


4 x 110H: 1. Red Mountain 60.68 (HSL);

2. Desert Vista, Phoenix, Az 60.80.

Field Events

HJ: 1. Tyler Cronk (Kentridge, Kent, Wa) 6-9.

PV: 1. Sondre Guttormsen’ (Davis) 18-2½ (5, x HS); 2. Pablo Zaffaroni’ (Mex) 17-1; 3. Andrew Ference (Salpointe, Tucson) 16-1; 4. Sam Care (Boise, Id) 16-1.
LJ: 1. C.J. Stevenson (Great Oak) 24-3; 2. Malcolm Clemens (St Mary's, Berkeley) 23-10½; 3. Alex Enos (St Ignatius, San Francisco) 23-8¾.


Is that what we might see from Diamond League 2.0?

As noted in the “Last Lap” section of this month’s issue, the IAAF and the DL folks are dickering about ways to improve the product of the sport’s biggest series of invitational meets (as Monaco likes to call them, “1-day events”) when the current contract expires after the ’19 sequence of 14 meets.

Very much on the table, apparently, is serious discussion about reducing the number of meets.

How many remains open to speculation, and perhaps he was only spitballing, but IAAF majordomo Seb Coe floated the thought of a mere 8 fixtures.

That got me to some spitballing of my own. Cutting 6 (that’s 43%) from the current roster would be quite a task.

Let’s look at reasons why each of them—recognizing what an outsized role both politics & geography play—has a good case for staying, but also has a weakness, if any.

In the order in which the DL meets will be staged this year, my strengths and weaknesses for each:

**Doha, Qatar**

Strengths—The only meet in the Middle East also has vast financial resources and strong government backing. Weaknesses—No real culture of the sport exists, weather can be brutal.
Shanghai, China
Strengths—The only meet in Asia also has good financial underpinnings.
Weaknesses—Another where the culture of the sport isn’t deeply ingrained in the populace.

Eugene, Oregon
Strengths—The only meet in the Americas boasts fabulous fan support and the firm backing of shoe/apparel giant Nike. Overall, the federation’s marketing boys wouldn’t want to lose the valuable American market.
Weaknesses—Staged in a small, not-easy-to-get-to city that’s not on the international radar.

Rome, Italy
Strengths—Is staged in one of the world’s great destination cities, still benefits from the power it gained during the IAAF’s Nebiolo era.
Weaknesses—Hasn’t been an inspiring meet as of late; stadium perhaps too big for the crowds it draws.

Oslo, Norway
Strengths—Long regarded as one of the gems of the international circuit; hard to imagine European Athletics head (and former longtime Bislett Games organizer) Svein-Arne Hansen not packing oversized weight in any discussions.
Weaknesses—Given the Nordic weather, perhaps staged too early in the year in recent iterations; small nation lacking in local star power.

Stockholm, Sweden
Strengths—The most venerable stadium on the circuit, host to countless World Records.
Weaknesses—Tales of ongoing financial frailty, and will the concept of two Scandinavian cities fly?

Paris, France
Strengths—Who doesn’t want to visit the City Of Light, be it athlete or fan? French remains the second language of the IAAF.
Weaknesses—Once the bloom came off the rose of staging the meet at the massive facility in St.-Denis, will the switch to the more friendly confines of Charléty bring needed life back to the meet?

Lausanne, Switzerland
Strengths—Staged in the home city of the IOC, which counts for lots. Fast track frequently kicks out impressive times.
Weaknesses—The No. 2 meet in one of the only two countries to have more than one meet. Is that overkill on a limited circuit? Like Zürich to come, bring plenty of bitcoin.

Rabat, Morocco
Strengths—The only meet in Africa also has great government backing.
Weaknesses—Little culture for the sport other than past glories at longer track distances.

Fontvieille, Monaco
Strengths—Home offices of the IAAF. That should be ‘nuff said, but meet also carries the imprimatur of Prince Albert in a delightfully telegenic venue.
Weaknesses—Hard to think of any, unless it’s the fact that you can’t stage the hammer on the unique building-top track for fear that one might plunge through the floor into the parking garage right below. Oh, wait—the DL doesn’t have the hammer.

London, England
Strengths—Even if Lord Coe didn’t run things at the top end of the sport, in the wake of the immensely successful London Olympics the meet remains a huge attendance draw.
Weaknesses—Some soccer team will take over the stadium the day of the meet?
Birmingham, England

Strengths—The backing of the embedded British power in the IAAF power structure certainly doesn’t hurt. But fervent—and knowledgeable—crowds don’t cause pain either.
Weaknesses—There’s that second-city-in-one-country problem. But that’s about it.

Zürich, Switzerland

Strengths—Weltklasse means “world class” and that pretty much sums things up in the longtime king of invitational meets. The country will stop making cuckoo clocks before the meet ceases to be a DL fixture.
Weaknesses—I believe we slyly alluded to the exchange rate with the rest of the world’s currencies under the Lausanne category. I mean, who doesn’t enjoy a nice frosty $15 glass of their favorite adult beverage? Moving right along...

Brussels, Belgium

Strengths—The press corps gets free Stella Artois in the stands. Oh sorry, got distracted there for a minute... Huge crowds—with great in-stadium entertainment—make it a delightful destination. There’s a reason it’s one of the DL’s two finale meets.

So Who Makes The Cut?

Did that quickie analysis help you decide which cities become the Elite 8?

It’s not at all an easy decision to make. It won’t be easy for the IAAF either, and if contraction is indeed in the cards I can see them starting the winnowing process by imposing dollar-based regulations which will force some of the current hosts to bail on their own, saving the IAAF from having to play bad cop.

For starters, I’d call 5 meets slam dunks: Brussels, London, Monaco, Oslo & Zürich. That only leaves me with 2 more choices. Why 2 and not 3? Because my guess is that when DL 2.0 is released Berlin will be back in the mix, reuniting the original Golden 4 from the ‘90s (Berlin, Brussels, Oslo, Zürich).

My prediction for the final positions is based on the size of their overall status of their nations in the world economy: Shanghai and “Eugene.”

I qualify the Eugene choice because I can envision a world where the bean counters want the American presence to be in a media center that’s also 3 hours closer to Europe. That would be New York.

That sounds like 8 great meets, but I’m left with a nagging question. Track already suffers from being a niche sport that doesn’t reach enough people. I’d suggest that DL 3.0 might be the better answer: a larger series, not a smaller one. Less is not always more. □
Arcadia HS Invitational Girls — Bullis Relays Romp

By Sieg Lindstrom | April 2018

Arcadia, California, April 05-07—The Bullis School of Potomac, Maryland, headed to Arcadia with the intention that the East Coast powerhouse could tame the Wild, Wild West.

It did so in convincing fashion with relay wins in the 4 x 100, 4 x 200 and 4 x 400, along with an individual victory from 300H standout Masai Russell, who was also a member of all three of the relays.

Masai Russell was busy, scoring a list-leading 300H win amid all her baton carries. (KIRBY LEE/IMAGE OF SPORT)

The Bulldogs began their quest Friday night with a solid win in the 4×2. The team of Ashley Seymore, Leah Phillips, Lauren Harris and Russell combined for a 1:36.18–1:37.21 victory over Rancho (Las Vegas).

Fast forward to Saturday and the team of Russell, Seymore, Sierra Leonard and Phillips had a bit more trouble with Upland’s team of Jada Hicks, Chelsea Daye, Kennedy Smith and Jordyn Grady in the 4×1, edging the Californians 45.72–45.78.

The next victory was a solo effort by Russell in the long hurdles. What was to be a showdown between Russell and Emily Sloan (Rock Canyon, Highlands Ranch, Colorado), who had already won the 100 hurdles in 13.43 (the No. 2 time nationally), finished with an 0.97 advantage to the Bullis senior, whose list-leading 41.28 (#1 nationally) topped Sloan’s 42.25.

The Easterners capped their weekend with the 4×4 unit of Russell, Harris, Phillips and Leonard’s comfortable victory over Rancho 3:44.58–3:47.35.

Friday night’s “Burning Batons” was highlighted by the long relay dominance of Great Oak (Temecula, California). It ran list-leading times in both the 4×8 and 4×16.

In the 4×8, a team of Ericka Burgess, Arianna Griffiths, Fatima Cortes and Tori Gaitan combined for a 9:05.34–9:08.84 win over Santa Cruz (California). It was the fastest outdoor time in the nation this year.
Three hours later in the 4×16 Great Oak did not panic after Saugus High’s Mariah Castillo opened in 4:51.5 while Sandra Pflughoft led off with a 5:06.6 that left Great Oak well positioned for its latter legs.

Griffiths’ 5:01.9 (10:08.5) moved Great Oak up to 2nd, 6 seconds behind Saugus, but that deficit did not last long as Cortes’ 4:56.0 gave the Wolfpack an insurmountable lead before handing off Gaitan, whose 5:04.4 added up to a nation-leading 20:09.46.

Defending champion Sterling Lester (Marietta, Georgia) knew she would have her hands full in the 400, as she was scheduled to go up against ‘17 runner-up Tierra Robinson-Jones (O’Dowd, Oakland).

Both ran sub-54s last year and this year Lester may have still had some fatigue in her legs after setting a new meet record in a heptathlon (5288) finished off by a 2:12.16 earlier in the afternoon.

Robinson-Jones may have felt an advantage being in lane 4, inside of Lester’s 5, but at the gun both preps were chasing Kennedy Simon (Westlake, Atlanta) in lane 6, who led coming out of turn 2 into the homestraight.

The alarm sounded for Lester and Robinson-Jones, as both shifted into another gear and passed Simon 40m from the finish. As they neared the line, Lester and Robinson-Jones were neck and neck and the better lean would decide the winner.

After studying the photo, both were given 53.37 with Lester getting the nod for the win after going to the 1000ths, 53.366 – 53.370.

Not far behind was Gizelle Reid of Rancho in 53.64, followed by Megan Hunter (Provo, Utah) in 53.79 as Simon slipped to 5th in 54.07.
With no Claudia Lane to contend with (she opted not to run after winning the 3200 in 10:24.72 at the Stanford Invitational on March 31), the 3200m turned into a solo effort by soph Katelynne Hart (Glenbard West, Glen Ellyn, Illinois).

Her list-leading 10:02.56 (worth 10:06.06 for 2M) was remarkable given that she ran wire-to-wire and kept even splits throughout the race. After coming through 1600 in 5:00, she maintained 75-second pace for another 600m before slowing down to 76 on lap 6 and 77 on lap 7. She rebounded and finished with a 75 for a 6.5-second margin over Mariah Castillo (10:09.12).

Four jumpers surpassed 40-feet in the triple jump and the 42-2¼ PR for Kali Hatcher (St. Mary's, Berkeley) topped the list. Lexi Ellis (Curtis, University Place, Washington) was an inch back at 42-1¼.

ARCADIA GIRLS RESULTS

Arcadia, California, April 05-07—


4. Aalyiah Wilson (Stockdale, Bakersfield) 11.69; 5. **Jaydn Mays (North Canyon, Phoenix) 11.75; 6. **Hannah Waller (South Lakes, Reston, Va) 11.76.


Hart went wire to wire with even splits. (KIRBY LEE/IMAGE OF SPORT)


300H: 1. Masai Russell (Bullis) 41.28 (HSL); 2. Sloan 42.25; 3. Sadye Peschke (Bella Vista, Fair Oaks) 42.71.

Seeded 300H: 1. *Kyla Robinson-Hubbard (Calabasas) 42.37; 2. Nikki Merritt (Santa Margarita, Rancho Santa Margarita) 42.50.

Relay Events

4 x 100: 1. Bullis 45.72; 2. Upland 45.78; 3. Rancho 46.07; 4. Westlake, Atlanta 46.40; 5. Serra 46.70; 6. Chandler 46.77.
800Med: 1. O'Dowd 1:44.33; 2. Poly 1:45.64; 3. Dana Hills 1:45.74; 4. Sheldon, Sacramento 1:45.96.
4 x 100H: 1. Upland 58.50.

Field Events

HJ: 1. **Rachel Glenn (Wilson, Long Beach) 5-9.
LJ: 1. Jai Gruenwald (Chandler) 19-4½; 2. ***Jade McDonald (Mater Dei, Santa Ana) 19-4½.
TJ: 1. Kali Hatcher (St Mary’s, Berkeley) 42-2½; 2. Lexi Ellis (Curtis, University Place, Wa) 42-1¾; 3. Allanah Lee (Castro Valley) 40-6¾; 4. *Jazlynn Shearer (Silver Creek, San José) 40-5.


Hept: 1. 1. Lester 5288 (HSL);

Texas Relays — Duplantis Raises High School & World Junior Vault Records

By Sieg Lindstrom | April 2018

Austin, Texas, March 28-31—Last year, the world champion wasn’t enough to defeat Mondo Duplantis. So this year, the Texas Relays brought the world champion back, and added the World Record holder for good measure.

This time they both beat him, but didn’t out-height the senior at Louisiana’s Lafayette High. And they only spurred him on to yet another pair of World Junior & High School Records on a Saturday full of fabulous vaulting that benefited from strong tailwinds.

At 18-9¼ (5.72), the field was trimmed to those three: Duplantis, Canada’s ’15 world champ Shawn Barber, and superstar Frenchman Renaud Lavillenie, all on first-time makes.

Duplantis then strategically passed (!) at 19-1 (5.82). Barber had a miss, and after Lavillenie cleared, he too decided to pass.

At this point, meet directors wisely suspended action on the track so that the whole crowd could focus on the magic happening in the northwest corner of Myers Stadium.

The bar now went to 19-5 (5.92), 2cm above the 19-4¼ WJR Duplantis set at last year’s Austin extravaganza. The two older jumpers cleared on first attempts, but Mondo hit the bar twice. Just like last year, he faced the pressure of a third attempt.

The third time was charmed—he brushed the bar but it stayed put (see photo). The vaulting fraternity being what it is, Lavillenie...
and Barber were quick to rush over and congratulate him.

That would be as high as anyone would go. All passed at 19-7, and all failed at 19-9 (6.02)—a height only 10 men have ever cleared—giving Lavillenie gold, Barber silver and Duplantis bronze.

Clearly, breaking the WJR takes the sting out of not winning, and the crowd left with the impression that he was the star of the day.

“I don’t really care,” Duplantis grinned afterward. He was simply focused on himself: “At 5.92 all my jumps were all good jumps and I could have made them. If I could have made 5.92 on my first attempt, then possibly I would have had a chance at 6.02.”

Facing the choice of third-attempt record glory or elimination, Duplantis was unfazed. “It’s the same as every other attempt. If I miss it, I know I’m out. Just maybe a little notch up in focus.”

The drama on the field was almost superseded by premeet controversy. The Louisiana High School Athletic Association actually threatened to strip its wunderkind of his high school eligibility if he competed in the elite division, citing a rule prohibiting preps from competing with adults (apparently last season’s Texas appearance went unnoticed, and he received waivers for the ’17 Worlds and ’18 World Indoor). Eventually, an intense lobbying effort that included some Louisiana state senators convinced LHSAA to see reason, and another waiver was granted.

“I tried not to think about it too much,” Duplantis said. “I tried to just let it handle itself. I don’t think there was really much I could do. I probably wouldn’t have come if it wasn’t in the elite [division].”

Lavillenie was impressed by his young challenger.

“Competing with Mondo is special, because I remember the first time I met him was 2013,” the WR holder said. “He was height like that [holding his hand down low], and jumping 3.80, something like that, and year after year he’s improving. It’s great for him and it’s great for the sport.

“It’s interesting to see him jumping high. Now the most important thing is to be able to jump high in the biggest events. He still has time, he’s still a junior, he will be able to learn about it.”

Lavillenie was impressed with Texas, as well, saying, “I have friends who train here. They said, ‘You have to go there, you will see, it’s a crazy atmosphere, everything is made for you to compete and be the best.’ ... At one point, you say, ‘I have to go there and see it for myself.’ The crowd was amazing.”

Quality vaulting wasn’t restricted to the elite men. In the elite women’s competition, London Olympic champ and American Record holder Jenn Suhr appeared to have turned a corner on recent injury woes with an impressive-looking 15-10 (4.83) victory.

In the college men’s event, South Dakota’s Chris Nilsen—Duplantis’s predecessor as the holder of the HSR—won a 19-¼ (5.80) duel with Southeastern Louisiana’s Devin King, Nilsen’s first-attempt clearance being the difference. It was an =PR for Nilsen and King’s first-ever 19-footer as they now stand =No. 8 on the all-time collegiate list.

The day before and less noticed, Tori Franklin did some list rewriting in the triple jump. She hit the sand at 47-6¼ (14.48), making her the second American performer all-time, behind only Keturah Orji. Lest it seem like a fluke, she threw in an earlier PR of 47-1½ (14.36) as well. She attributed her improvement from a 46-5¼ (14.15) at USATF Indoors to coaching and an improved diet. “I’ve cut down on cake,” she laughed.

On the track (this is a relay meet, remember?) the big stories were the dominance of Houston’s men and LSU’s women.

In the 4×2 and 4×1, Houston twice ran down LSU from behind. In the former, Cameron Burrell ran the second leg and Elijah Hall was the anchoring Tiger-slayer, making up a huge chunk of real estate to secure a 1:21.20–1:21.48 victory. In the 4×1, they switched assignments, and Burrell nipped LSU by 0.004, both teams timed in 38.92.

Individually, Burrell and Hall notched wins of 10.01w (4.1) and 20.11 (1.6).
LSU’s women fared better than their men—in fact, they were only beaten by themselves. Their 42.66 left Texas A&M (43.28) far behind, and they would have notched a similarly dominant 4×2 victory if not for a dropped final exchange.

The Bengals also went 1-2 in a 100 aided by a 3.7 wind (Aleia Hobbs 10.86w, Kortnei Johnson 10.98w). And in the invitational 100 (2.7), teammate Mikiah Brisco’s 10.99w was bested only by Blessing Okagbare’s 10.72w (the =No. 6 world performer ever, under all conditions).

Other fast sprints boosted by illegal winds included Harvard’s Gabrielle Thomas in the 200 (22.13w with a 4.6) and Texas’ Rushelle Burton in the 100H (12.64w with a 3.3).

Officially, the meet drew 45,612 spectators over the 4 days, with Friday and Saturday capping things at 19,058 and 20,704. Results follow.

About The Author: Since 1986, Lee Nichols has been the Rockdale (Texas) High School record holder in the mile and 2-miles. He followed those feats with a brief and highly undistinguished tenure with the Texas Longhorns. He has been writing for Track & Field News since 2004. When he’s not writing about track, he’s either writing about or drinking craft beer and watching Tottenham Hotspur play soccer.

### TEXAS INVITATIONAL MEN

(3/29—800; 3/30—400H, DT)

100(2.7): I–1. Tevin Hester (unat) 10.09w; 2. Tinotenda Matiyenga’ (Zim) 10.27w.


Mile: 1. Jose Eduardo Silvestre’ (Mex) 4:00.50; 2. *Jonah Koech’ (UITEP) 4:01.94; 3. Bryan Kamau (Ga) 4:02.42; 4. Henry Dwyer (Ga) 4:02.73.


400H: 1. Kemar Mowatt’ (Ar) 50.49.

4 x 100: 1. USA Red 39.30 (Demps, Robinson, Silmon, Mike Rogers); 2. Arkansas 39.52.

4 x 400: 1. USA Red 3:04.73 (Downing, Cherry, Chambers, Spratling).

Field Events

PV: 1. Renaud Lavillenie’ (Fra) 19-5 (5.92) (18-5¼, 18-9¼, 19-1, 19-5, 19-9 [xxx]) (5.62, 5.72, 5.82, 5.92, 6.02 [xxx]);

2. Shawn Barber’ (Can) 19-5 (5.92) (17-11¼, 18-5¼, 18-9¼, 19-1 [xpp], 19-5, 19-9 [xxx]) (5.47, 5.62, 5.72, 5.82 [xpp], 5.92, 6.02 [xxx]);

3. Mondo Duplantis’ (LaHS) 19-5 (5.92) WJR, AJR, HSR (5.92) (old records 19-4¼/5.90 Duplantis ’17) (17-11¼, 18-9¼, 19-5 [3], 19-9 [xxx]) (5.47, 5.72, 5.92 [3], 6.02 [xxx]);
4. Stanley Joseph’ (Fra) 18-5¼ (5.62); 5. Scott Houston (US) 18-5¼; 6. tie, Kevin Menaldo’ (Fra) & Logan Cunningham (unat) 17-11¼ (5.47); 8. tie, Pauls Pujats’ (Lat) & Valentin Lavillenie’ (Fra) 17-5½ (5.32).


TEXAS UNIVERSITY MEN
(3/29—St, HT; 3/30—100h, 110Hh, 400H, SM, TJ, JT)

100(3.6): 1. *Christian Lyon (Bart) 10.00w; 2. *Micah Larkins (NWnLa) 10.02w; 3. *Andre Ewers (FSt) 10.04w; 4. *Chris Jefferson (SHous) 10.08w; 5. **Travis Collins (ButCC) 10.09w; 6. Amir James (NWnLa) 10.12w; 7. **Marcus Parker (EnNM) 10.17w; 8. Cejhae Greene’ (Ga) 10.17w; dnc—*Kendal Williams (Ga).

St: 1. **John Rice (Tx) 8:46.52; 2. *James Quattlebaum (Clem) 8:56.13.


400H: 1. *Ilolo Izu (TxAM) 50.00; 2. *Amere Lattin (Hous) 50.29; 3. Gregory Chiles (VaT) 50.77; 4. Deron Gordon (Clem) 50.88; 5. Larry Donald (Ar) 51.15.

Relay Events


4 x 400: 1. Texas A&M 3:02.74 (Deadmon, Johnson, Izu 45.20, Dixon 45.06); 2. TCU 3:04.90 (Ogwo 45.81); 3. Baylor 3:05.09 (London 44.60); 4. Clemson 3:05.11 (Green 44.85); 5. LSU 3:07.61; 6. Houston 3:07.81.


Jumping Events

HJ: 1. Jeron Robinson (unat) 7-7 (2.31) (missed 7-8/2.34); 2. Trey Culver (TxT) 7-3¼ (2.23); 3. ***Vernon Turner (Ok) 7-3¼; 4. Bradley Adkins (unat) 7-1¼ (2.18).

PV: 1. **Chris Nilsen (SD) 19-¼ (5.80) =PR (>=8, x C; =6, x AmC) (17-6½ [2], 18-½, 18-4½, 18-8¼, 19-¼, 19-2¼ [xxx]) (5.35 [2], 5.50, 5.60, 5.70, 5.80, 5.85 [xxx]); 2. Devin King (SEnLa) 19-¼ (=8, x C; =6, x AmC) (17-6½ [2], 18-½, 18-4½ [2], 18-8¼, 19-¼ [2], 19-2¼ [xxx]) (5.35 [2], 5.50, 5.60 [2], 5.70, 5.80 [2], 5.85 [xxx]);

3. Audie Wyatt (TxAM) 18-4½ (5.60); 4. tie, *Hussain Al Hizam (Ks) & Drew Volz (unat) 18-4½; 6. tie, *Matt Ludwig (Akr) & *Deakin Volz (VaT) 18-½ (5.50); 8. *Antonio Ruiz’ (SFA) 18-½; 9. tie, *Jacob Wooten (TxAM) & Garett Starkey (unat) 17-6½ (5.35); 11. Torben Laidig’ (VaT) 17-6½ (5.35).

LJ: 1. Jarvis Gotch (unat) 26-11w (8.20) (26-11w, f, f, f, 26-7¼w, 25-8w) (8.20w, f, f, f, 8.11w, 7.82w);
2. *Charles Brown (TxT) 26-9¼w (8.16) (25-11/7.90); 3. *Odaine Lewis’ (TxT) 26-1½w (7.94) (25-10/7.88); 4. **Fabian Edoki’ (SPI) 26-0w (7.92) (25-11/7.59); 5. *Jacob Fincham-Dukes’ (OkSt) 25-10¾ (7.89); 6. *Jordan Latimer (Akr) 25-8¼ (7.83); 7. Terrell McClain (Akr) 25-8¼w (7.83); 8. Antwan Dickerson (Hous) 25-9/4w (7.75); 9. Akindele 25-1½w (7.65).

TJ: 1. Matthew O’Neal (unat) 54-5¼w (16.59) (53-4¼/16.26); 2. Scotty Newton (TCU) 52-11½ (16.14); 3. ***Chengetayi Mapaya’ (TCU) 52-8w (16.05) (51-11/15.82); 4. **Tahar Triki (TxAM) 51-9¾w (15.79); 5. DeVontae Steele (AMC) 51-5 (15.67); 6. Tony Carodine (unat) 51-5 (15.67); 7. John Reynolds (AF) 51-2½ (15.60).

Throwing Events

SP: 1. Adrian Piperi (Tx) 64-3¾ (19.60); 2. *T’Mond Johnson (TxSt) 63-1½ (19.24); 3. *Richard Cervantes (AMK) 61-9½ (18.83).

DT: 1. David Hirschman (UtSt) 181-1 (55.20).

HT: 1. *Denzel Comenentia’ (Ga) 250-3 (76.29) (9, x C) (f, 249-8, f, 240-4, 234-11) (f, 76.11, f, 73.25, 76.29, 74.34); 2. ***Jake Norris (LSU) 233-2 (71.06); 3. Austin Riddle (Rice) 212-9 (64.84); 4. *Fellan McGuigan’ (TCU) 210-11 (64.28); 5. Alton Clay (LaM) 210-0 (64.01).

JT: 1. **Sindri Gudmundsson’ (UtSt) 256-0 (78.04); 2. Fabian Dohmann’ (Tx) 243-2 (74.13); 3. ***Markim Felix’ (SPI) 240-3 (73.23); 4. Sam Hardin (TxAM) 235-11 (71.91); 5. **Nil Fischer’ (Ang) 232-3 (70.79); 6. **William Petersson (TxAM) 229-0 (69.80); 7. *Aaron True (Wich) 226-11 (69.17).


TEXAS INVITATIONAL WOMEN

(3/30—400H)


1500: 1. Dana Mecke (unat) 4:13.53.


400H: 1. Ashley Spencer (Nik) 56.43; 2. Sparkle McKight (Tri) 57.07; 3. Melissa Gonzalez’ (Col) 58.02; 4. *Hanna Tarleton (Wa) 59.20.

4 x 100: 1. USA Red 43.88 (Brown, Cunliffe, Duncan, Meadows).

4 x 200: 1. USA Red 1:34.62 (Cunliffe, Harper, Meadows, Duncan); 2. Oklahoma 1:35.99.

4 x 400: 1. USA Red 3:26.16 (Little, Hayes, Spencer, Okolo); 2. USA Blue 3:27.32 (Stepter, Harper, Blake’, Blocker); 3. Underdogs TC 3:37.55.

Field Events

Hj: 1. Susan Jackson (unat) 6-1¼ (1.86); 2. Erika Kinsey’ (Swe) 6-1¼ (1.86); 3. Shelley Spires (AF) 6-0 (1.83); 4. *Zarriea Willis (TxT) 5-10¾ (1.80).

PV: 1. Jenn Suhr (adi) 15-10 (4.83) (out AL) (15-1, 15-5, 15-10 [2], 16-5¼ [xxx]) (4.60, 4.70, 4.83 [2], 5.01 [xxx]);
2. ***Lisa Gunnarsson’ (VaT) 15-1 (4.60) (out CL) (=9, x C; =5, =7 WJ) (missed 15-3/4.65);


TEXAS UNIVERSITY WOMEN

(3/29—St, 400Hh, HT; 3/30—100h, 400H, 4x1h, SM, DM, Open LJ, TJ, JT)

100(3.7): 1. Aleia Hobbs (LSU) 10.86w (a-c: x, =3 C);


200(4.6)–1. Thomas 22.13w (a-c: 6, 7 C);

2. *Hannah Jackson (Rice) 23.05w; 3. **Serenity Douglas (Tx) 23.40w; 4. Daniels 23.56w; 5. Olivia Ekpone (unat) 23.73w; 6. Sharika Nelvis (TGE) 23.73.

St: 1. **Logan Morris (Clem) 10:11.02; 2. *Meghan Lloyd (Tx) 10:13.35.


400H: 1. Kymber Payne (LSU) 55.92; 2. Deonca Bookman (PV) 56.78; 3. *Mariam Abdul-Rashid’ (Tx) 57.87; 4. Ariel Jones (Tx) 58.05; 5. Kiana Hawn (Bay) 58.38; 6. *Markeeta Thomas (Clem) 59.46;... dnc—**Kimisha Chambers’ (WnTx).

Relay Events

4 x 100: 1. LSU 42.66 (Brisco, Johnson, Hall, Hobbs); 2. Texas A&M 43.28 (Ivy, Spaulding, Thompson’, Madubuike); 3. Arkansas 43.71; 4. Texas 44.55; 5. Baylor 44.75; 6. New Mexico JC 44.91; 7. Oklahoma 45.14.

4 x 200: 1. Stephen F. Austin 1:37.68.


4 x 800: 1. Texas A&M 8:29.25 (Jenkins 2:10.59, Fray’ 2:03.22, Parker 2:09.84, Watson 2:05.60); 2. Clemson 8:30.58 (Fortner 2:11.32, McIntosh 2:03.02, Barnett 2:09.09, Ferguson’ 2:07.05); 3. Baylor 8:48.44; 4. Wayland Baptist 8:56.26.

SpMed: 1. Baylor 3:43.87 (Bennett, Horton, Powell, Miller 2:04.11); 2. LSU 3:47.00 (Farrow 2:06.68); 3. Texas A&M 3:47.10 (Jenkins 2:08.97); 4. Georgia 3:48.51 (Tanner 2:08.91); 5. Duke 3:49.04 (2:08.93).

DisMed: 1. Clemson 11:08.71 (McIntosh 3:27.37, Clarke 53.40, Ferguson’ 2:04.31, Barnett 4:44.01); 2. Texas A&M 11:09.43 (Fray 3:25.06, Carter 52.81, Parker 2:06.61, Watson 4:44.96); 3. Oklahoma 11:27.52.

Jumping Events

Hj(jumpoff): 1. **Cyre Virgo (TxT) 5-10 (1.78); 2. *LaTyria Jefferson (Ks) 5-10.

PV: 1. **Andrea Willis (Ks) 13-11¼ (4.25); 2. Shay Petty (Tx) 13-11¼; 3. **Jenna Frantz (Akr) 13-11¼; 4. tie, **Laura Marty
LJ: 1. **Fatim Affessi' (WTxAM) 20-9¼w (6.33); 2. *Sydney Murphy (Duke) 20-5¼w (6.23); 3. *Sarena Alexander (IncW) 20-5¼w (6.23); 4. **Alexis Gibbons (Louis) 20-4½w (6.21); 5. **Breanna Eckels (NTx) 20-3¾w (6.19); 6. **Samiyah Samuels (Hous) 20-2½w (6.16).

TJ: 1. Tori Franklin (unat) 47-6¼ (14.48) (2, 5 A) (f, f, 45-11¾, 47-1½ PR [5, x A], 47-6¼, f) (f, f, 14.01, 14.36, 14.48, f);
2. **Simi Fajemisin' (Harv) 42-10¾ (13.07); 3. ***Stefanie Aeschlimann (VaT) 42-6¼ (12.96); 4. **Lajarvia Brown (TxAM) 42-3½ (12.89); 5. Mylana Hearn (TxSt) 42-2 (12.85); 6. Paetyn Revell (TxT) 42-1½w (12.84); 7. Georgia Wahl (Tx) 42-1½ (12.84); 8. *Tristyn Allen (SHous) 42-0 (12.80); 9. Tonyecia Burks (Hous) 41-7½ (12.76).

Throwing Events

SP: 1. Jessica Woodard (Ok) 56-6½ (17.23); 2. ***Tochi Nlemchi (SMU) 54-10 (16.71); 3. **Crystal Onwukaife (TxT) 53-9¾ (16.40); 4. **Meia Gordon (Ok) 52-8¼ (16.07); 5. Kristine Hanks (SHous) 51-6¾ (15.70).

DT: 1. **Serena Brown' (TxAM) 198-1 (60.39); 2. Tarasue Barnett' (GC) 194-2 (59.19); 3. Jessica Woodard (Ok) 190-9 (58.14); 4. **Daisy Osakue' (Ang) 180-4 (54.96); 5. ***Seasons Usual (TxT) 176-8 (53.86); 6. *Kayla Melgar (ACU) 175-1 (53.36); 7. *Alex Meyer (Nb) 173-5 (52.86); 8. Tyra Bickham (Wich) 169-3 (51.58).

HT: 1. Brooke Andersen (NnAz) 225-2 (68.63); 2. Ashley Bryant (Ok) 211-6 (64.46); 3. *Stefani Vukajlovic' (Duke) 203-1 (61.90); 4. Dasiana Larson (Lib) 198-2 (60.41); 5. *Taylor Scaife (Hous) 195-6 (59.60).

JT: 1. Ariana Ince (unat) 190-2 (57.97); 2. Haley Crouser (Tx) 168-3 (51.29); 3. Kristen Clark (TxAM) 166-11 (50.88); 4. **Gabrielle Kearney (Ok) 166-3 (50.69); 5. *Ashley Pryke' (Mem) 165-3 (50.38); 6. *Carlea Miles (Wich) 156-5 (47.68); 7. **Tairyn Montgomery (Ga) 154-6 (47.11); 8. *Megan SaxvanderWeyden (Bay) 154-4 (47.04).
Texas Relays High School—Vaulters Making More Headlines

By Sieg Lindstrom | April 2018

Austin, Texas, March 29-31—The biggest high school news at the Texas Relays came in the invitational division, where Mondo Duplantis (Lafayette, Louisiana) raised his own national record to 19-5. See extended Duplantis coverage, including video interview, here.

But Duplantis wasn’t the only vaulter who made headlines. In the boys section, indoor 18-footer Sondre Guttormsen (Davis, California) upped his outdoor PR to 17-11. That beat a pair of big names who each cleared 17-2, Zachery Bradford (Bloomington, Illinois) and KC Lightfoot (Lees Summit, Missouri).

Guttormsen, a Norwegian, found himself behind the other two on the countback after the vaulting at 17-2 was complete. He boldly decided to pass at 17-8, which they missed. Guttormsen then cleared 17-11 on his third try before missing a trio at 18-2¾, a height only 4 other preps have ever mastered.

The girls PV also featured some barrier-breaking as senior Nastassja Campbell (New Caney, Texas) and junior Mackenzie Hayward (Marcus, Texas) joined the 14-foot club, each earning a share of =No. 9 on the all-time list. Campbell won by clearing on first try, Hayward needing three.

A pair of performers moved to No. 7 on the all-time lists. In the boys’ javelin it was Tzuriel Pedigo (Parkview, Baton Rouge, Louisiana) reaching 234-11 and Jasmine Moore (Lake Ridge, Mansfield, Texas) tripling 44-1.

“I kind of knew when I landed that it was a good jump,” said Moore, who was a double winner, also taking the long jump at 20-7.
TEXAS RELAYS HS BOYS RESULTS

Austin, Texas, March 29-31—


1600: 1. Dereck Elkins (Stony Point, Round Rock) 4:11.30; 2. **Cruz Culpepper (Niwot, Co) 4:11.54; 3. *Crayton Carrozza (St Stephens, Austin) 4:11.79; 4. Jake Merrell (Turkey, Turkey Valley) 4:11.81.

3200: 1. **Graydon Morris (Aledo) 9:08.84.

2000St: 1. **Cesar Gomez-Ponce' (Mex) 6:01.04.


Relay Events

4 x 100: 1. Seven Lakes, Katy 40.88; 2. DeSoto 41.02; 3. Cedar Hill 41.05.


4 x 800: 1. Foster, Richmond 7:51.56; 2. St. Anthony’s, South Huntington, NY 7:53.36.


Field Events

Elite PV: 3. Mondo Duplantis’ (Lafayette, La) 19-5 HSR 19-5 WJR, AJR, HSR (old records 19-4¼/5.90 Duplantis ‘17) (17-11¼, 18-9¼, 19-5 [3], 19-9 [xxx]) (5.47, 5.72, 5.92 [3], 6.02 [xxx]).

PV: 1. Sondre Guttormsen’ (Davis, Ca) 17-11; 2. tie, Zachery Bradford (Bloomington, Il) & KC Lightfoot (Lees Summit, Mo) 17-2.


JT: 1. Tzuriel Pedigo (Parkview, Baton Rouge) 234-11 (7, x HS) (230-1 PR, 229-0, 213-2, 224-10, 223-9, 234-11).

texas relays hs girls results


2000St: 1. Arian Chia-Hernendez’ (Mex) 7:04.02. 2. ***Hayden Gold (Thompkins, Katy) 7:13.35.
100H: 1. Antoinette Bradley (DeSoto) 13.96w; 2. Alyssa Miller (McKinney Boyd, McKinney) 14.08w.

300H: 1. Lauren Lowe (St Agnes, Houston) 43.59; 2. *Kiara Smith (Lancaster) 43.67; 3. *Kyla Robinson-Hubbard (Calabasas, Ca.) 43.71.

Relay Events


4 x 200: 1. DeSoto 1:35.24; 2. Summer Creek, Houston 1:37.82; 3. Lake Ridge 1:38.01; 4. Duncanville 1:38.71; 5. Hightower, Missouri City 1:38.73.

4 x 400: 1. DeSoto 3:41.43; 2. Cypress Springs 3:42.56; 3. Hertitage, Frisco 3:44.03; 4. Duncanville 3:49.44.


Field Events


PV: 1. Nastassja Campbell (New Caney) 14-0 (out HSL) (=9, x HS); 2. *Mackenzie Hayward (Marcus) 14-0 (out HSL) (=9, x HS);


TJ: 1. Moore 44-1 (HSL) (7, x HS);


DT: 1. Hailey Pollard (Shadow Creek, Pearland) 155-11.

JT: 1. Emily Wilson (St Mary's, San Antonio) 140-0.
Florida Relays — McLaughlin’s Outdoor Debut Is Explosive

By Sieg Lindstrom | April 2018

Gainesville, Florida, March 29-31—In both sunny and stormy conditions Sydney McLaughlin’s collegiate outdoor debut left fans gaping as she stunned observers at the Florida Relays.

Weather conditions were anything but optimal as McLaughlin’s PR 50.07 took the yearly world lead. (FLORIDA COMMUNICATIONS)

On Thursday—with skies still sunny—the Kentucky yearling lined up for the 200 against fellow hurdlers Kendra Harrison and Kori Carter and delivered a convincing 22.39 victory from lane 6 over Joanna Atkins (22.81), as Harrison nabbed a PR 22.81 in 3rd.

The time made McLaughlin No. 24 all-time among world Juniors all-time, and No. 2 among the American U20 set as she cut her PR from the 22.68 she ran at the NCAA Indoor. Perhaps most significantly, it’s the fastest Junior time in nearly 14 years.

Friday—as the photo shows—brought pounding rain. McLaughlin nonetheless brought her best game to the 400, strongly pulling away from Florida’s Sharrika Barnett and driving home in a PR 50.07, moving to No. 2 all-time collegian behind Courtney Okolo (49.71), as well as No. 2 U.S. Junior ever behind Sanya Richards-Ross (49.89).

Barnett finished in 50.93, slashing her outdoor best by 0.74.

On Saturday the weather relented and the baton events took center stage. A Kentucky foursome led the 4×1 in 43.13 and an all-star team with Tori Bowie on third leg took the 4×2 in 1:28.77.

But the drama came in the 4×4, with Purdue getting out to a 5m lead in the first half despite a strong second leg for Kentucky’s Jasmine Camacho-Quinn. That’s when McLaughlin took the stick, and after 100 she charged into the lead and soon put Purdue and the rest of the field out of contention.

She had a 10m lead entering the final straight, a lead that become more insurmountable with every stride as she held her form to the end to clock 49.45 as she handed off to Kayelle Clarke. The Wildcats won in 3:26.92, becoming the No. 10 school ever, as
Purdue notched a very respectable 3:28.52.

“I felt good,” the 18-year-old McLaughlin said. “I'm just shaking the rust off. There are a lot of technical things I need to fix, but this is just prep for the 400m hurdles. It's great to be able to come out and set a PR in my first race like that. It's a good indication of how the rest of the season is going to go.”

In the 4 x 100H, Georgia Tech showed solid form to clock 53.16, becoming the No. 5 school in history. In the 4x8, a HOKA NJ/NYTC team won handily in 8:24.79, with Princeton alum Cecilia Barowski impressing on a 2:00.65 third leg that shows she is ready to go after her PR of 2:00.90 this spring.

In other action, Camacho-Quinn dominated the hurdles with a 12.77 into an 0.8 wind to run away from Raven Clay (13.27).

On the field, Yanis David of Florida led the triple jump with her second-round 44-6¼ (13.57), but on the final round, Iowa State’s Jhoanny Luque recovered from a rough series that included four fouls and popped an outdoor PR 44-9½ (13.65) to take the win.

**Holloway Lights Up The Men’s Side**

Strong performances by Grant Holloway and other Florida Gators produced some of the best moments in the men’s events.

On Friday the super-soph crushed the hurdles in 13.45, the fourth-best time of his career, putting him well ahead of the 13.70 of Florida State yearling Trey Cunningham.

No jumping made it onto Holloway’s dance card this time out, but he produced a 44.6 second leg on the Gators’ world-leading 3:01.00 winner.

The most inspired stickwork in the race belonged to Tennessee senior Nathan Strother, no stranger to running quickly from far back, who blistered a 43.95 leg on the Vols’ 6th-place squad. The day before Strother had won the rainy 400 in 45.46.

Gator frosh Cory Poole took the collegiate lead in the 400H at 50.35. Olympic/World hurdle champ Omar McLeod jumped into both sprints, finishing 2nd in the 200 in a PR 20.49 to Bahamian Steven Gardiner’s lifetime best 20.20 before winning the next day’s 100 in 10.32.

Another world champ, Justin Gatlin, led off the U.S.A. Red 4×1, though the team was edged by the Dominican Republic, 38.89-38.96.

On the field, Samford senior Tray Oates vaulted a PR 18-6¾ (5.66) to win by over a foot as Matthew Campbell of Albany State took the high jump at 7-5.

The throws saw Florida State’s Austin Droogsma win the shot at 66-8 (20.32), Marek Bártá of Virginia Tech the discus at 200-6 (61.13) and Mississippi State’s Anderson Peters dominate the javelin with his best of 267-7 (81.57).

**COLLEGE INVITATIONAL MEN’S RESULTS**

Gainesville, Florida; March 29-31—

(3/29—400; 3/30—200, HJ, LJ, HT)

200: I(0.9)—1. Ncincilili Titi’ (SC) 20.36; 2. ***Terrance Laird (PennSt) 20.41 PR; 3. Riak Reese (Kent) 20.43 =PR; 4. *Mustaqeem Williams (Tn) 20.50 PR; 5. Malik Moffett (PennSt) 20.66. II(0.7)—1. *Rodney Rowe (NCAT) 20.58 PR.

400: 1. Alonzo Russell’ (Bah) 45.44; 2. Christian Taylor (unat) 45.48; 3. TJ Holmes (Nik) 46.45; 4. Bershawn Jackson (Nik) 46.50.


II–1. Shawn Rowe’ (Jam) 49.17; 2. Kalmon Stokes (unat) 50.35; 3. Romel Lewis’ (Jam) 50.51.

Field Events
HJ: 1. Matthew Campbell’ (Alb) 7-5 (2.26) PR; 2. **Clayton Brown’ (Fl) 7-3¾ (2.23) PR; 3. *Samuel Shoultz (Md) 7-3¾ PR; 4. Jalen Ford (IaSt) 7-1 (2.16) PR; 5. *Jhonny Victor (Fl) 7-1 PR; 6. ***Rahman Minor (Pur) 7-1 PR.

LJ: 1. KeAndre Bates (Fl) 25-2¾ (7.69); 2. Corion Knight (FiSt) 25-¼ (7.64).

HT: 1. Diego Del Real’ (Mex) 247-1 (75.33); 2. *Anders Eriksson’ (Fi) 240-6 (73.31) PR; 3. ***Thomas Mardal’ (Fl) 235-10 (71.88) PR; 4. Rudy Winkler (Rut) 235-5 (71.76); 5. ***Kevin Arreaga’ (Mia) 227-5 (69.33); 6. *Morgan Shigo (PennSt) 222-2 (67.72); 7. *AJ McFarland (Fl) 219-4 (66.87); 8. *Stevan Veselinović’ (Char) 218-0 (66.44).

COLLEGE OPEN MEN’S RESULTS
(3/29—200, JT; 3/30—100, 400, 800, 1500, St, 110H, 400H, LJ)

100(0.2): 1. Omar McLeod’ (Jam) 10.32.

200(2.0): 1. Steven Gardiner’ (Bah) 20.20 PR; 2. McLeod’ 20.49 PR; 3. Yancarlos Martinez’ (DR) 20.50; 4. Teray Smith’ (Bah) 20.50. II(2.2)–1. *Mobolade Ajomale (AArt) 20.82w. III(2.3)–1. ***Dwight St. Hillaire’ (Ky) 20.61w. IV(1.6)–1. *Kwantreyl McConico (Tn) 20.56 PR. V(3.6)–1. ***Jelani Walker (Ky) 20.73w.

400: I–1. Nathan Strother (Tn) 45.46; 2. St. Hillaire’ 45.62; 3. *Kunle Fasasi’ (Fl) 45.83. II–1. ***Chantz Sawyers’ (Fl) 45.88 PR; 2. ***Benjamin Vedel’ (Fl) 46.20.

800: I–1. Avery Bartlett (GaT) 1:47.76; 2. *Isaiah Harris (PennSt) 1:47.90; 3. *Dejon Devroe (MsSt) 1:47.97 PR; 4. Edward Kemboi’ (Ken) 1:48.14; 5. Dage Minors’ (FP) 1:48.99 PR. II–1. Shaquille Dill’ (STA) 1:48.70; 2. Brandon Lasater (AtTC) 1:48.94.

1500: 1. Ford Palmer (HokaNJNY) 3:42.66; 2. **Ben Young (Ky) 3:42.75 PR; 3. Rob Napolitano (unat) 3:43.37; 4. *Jack Guyton (Fl) 3:43.57 PR; 5. Andreas Arroyo’ (Pr) 3:43.60.

St: 1. Mark Parrish (unat) 8:55.37.

110H(0.7): 1. **Grant Holloway (Fl) 13.45; 2. ***Trey Cunningham (FlSt) 13.70; 3. Freddie Crittenden (unat) 13.72; 4. Nicholas Anderson (unat) 13.80.

400H: 1. ***Cory Poole (Fl) 50.35; 2. **Jaelen Williams (Hamp) 50.73.

Relay Events
4 x 100: I–1. Dominican Republic 38.89 (Valdez’, Andujar’, De Oleo’, Martinez’); 2. USA Red 38.96 (Gatlin, Spearmon, Mitchell, Atkins); 3. USA White 38.96 (Young, Walker, Friday, Belcher); 4. Holland 39.17.


4 x 400: I–1. PURE Athletics 3:03.00 (Verburg, N. Lyles, McQuay 45.57, J. Lyles 45.05); 2. USA Blue 3:03.44 (Clement, Holmes, Futch 44.77, Glass 44.84); 3. USA White 3:03.69 (Berry, Merritt, Smith 45.80, Hutchinson 45.26); 4. USA Red 3:04.80 (Clemons, Robinson, Mitchell 46.28, Spearmon 46.10); 5. Florida 3:01.00 (WL) (Fasasi’ 46.4, Holloway 44.6, Sawyers’ 45.29, Vedel’ 44.74);


Field Events
HJ: 1. **Reggie Miller (MsSt) 6-11 (2.11) PR.

PV: 1. Tray Oates (Samf) 18-6¾ (5.66) PR; 2. **Sean Clarke (Penn) 17-5½ (5.32).

LJ: 1. Lloyd Hylton (Morg) 25-1¼ (7.65) PR; 2. *Travis Riley (Ky) 25-½ (7.63).

TJ: 1. Bates 52-11½ (16.14); 2. *Armani Wallace (FlSt) 52-8½ (16.07); 3. *Eric Bethea (In) 51-8½ (15.76); 4. John Lemke (McN) 51-7¾w (15.73); 5. Montel Nevers’ (FlSt) 51-1 (15.57).

SP: 1. Austin Droogsma (FlSt) 66-8 (20.32) PR; 2. Josh Awotunde (SC) 64-10¾ (19.78); 3. ***Connor Bandel (Fl) 61-5¼ (18.74); 4. Gian Ragonesi’ (Mia) 61-3 (18.67).

DT: 1. Marek Bárt’a’ (VaT) 200-6 (61.13); 2. *Reno Tuufuli (Ia) 193-8 (59.03); 3. *Greg Thompson’ (Md) 190-3 (57.99); 4. *Noah Castle (Ky) 190-1 (57.95) PR; 5. Jared Thomas (unat) 187-6 (57.17); 6. *David Lucas (PennSt) 185-4 (56.51); 7. Ragonesi’ 183-9 (56.02).

HT: 1. **Aléxios Prodanás’ (UMBC) 212-5 (64.76); 2. *Michael Alvernez (Troy) 207-0 (63.09) PR.

JT: 1. *Anderson Peters’ (MsSt) 267-7 (81.57); 2. Nicolas Quijera’ (MsSt) 248-7 (75.78); 3. Capers Williamson (unat) 229-10 (70.06).

COLLEGE INVITATIONAL WOMEN’S RESULTS
(3/29—400, 400H; 3/30—200, HJ, LJ, DT, HT)

200: I(0.5)–1. ***Ka’Tia Seymour (FlSt) 22.96; 2. Shania Collins (Tn) 23.08; 3. ***Alfreda Steele (Mia) 23.22 PR; 4. *Shauna Helps’ (FlSt) 23.31. II(0.6)–1. *Maia McCoy (Tn) 23.30 PR.

400: 1. Robin Reynolds (unat) 52.38; 2. Kyra Jefferson (Nik) 53.58.

400H: 1. Grace Claxton’ (PR) 56.30; 2. Noelle Montcalm’ (Can) 57.24; 3. Kiah Seymour (unat) 58.25; 4. **Faith Ross (Ky) 58.86.

4 x 400: 1. USA Red 3:27.07 (Jefferson, Beard, Wimbley 50.75, Seymour 52.20); 2. USA White 3:30.23 (Reynolds, Atkins, Muscaro 52.49, Dismuke 52.21); 3. Holland 3:33.40.

Field Events:
Hj: 1. *Clarissa Cutliff (FlInt) 5-11¼ (1.81).

LJ: 1. Darrielle McQueen (Fl) 20-11¼ (6.39); 2. Jhoanmy Luque’ (IaSt) 20-5 (6.22).

SP: 1. Lloydricia Cameron (Fl) 55-10¼ (17.02); 2. Gleneve Grange’ (FlSt) 54-3¼ (16.54); 3. **Divine Oladipo’ (Ct) 51-9 (15.77).

DT: 1. **Shanice Love’ (FlSt) 188-3 (57.39) PR; 2. **Laualuga Tausaga (Ia) 188-1 (57.33); 3. leva Zarankaité’ (FlSt) 175-10 (53.59); 4. Claudia Ababio (Md) 175-5 (53.47); 5. Cameron 173-2 (52.78); 6. Micaela Hazlewood (Pur) 170-7 (52.01); 7. Chioma Onyekwere’ (Ngr) 167-11 (51.19).

HT: 1. **Emma Thor’ (VaT) 206-3 (62.86); 2. *Pavla Kuklova’ (VaT) 205-0 (62.49); 3. Michaela Preachuk (SAl) 201-9 (61.50) PR.

COLLEGE OPEN WOMEN’S RESULTS
(3/29—200; 3/30—100, 400, 800, 100H, 400H, HT)


200: I(1.5)–1. ***Sydney McLaughlin (Ky) 22.39 PR (WJL, AJL) (4, =9 WJ; 2, =5 Aj); 2. Joanna Atkins (LSpeed) 22.81; 3. Kendra Harrison (adi) 22.81 PR; 4. *Kianna Gray (Ky) 22.96; 5. Kori Carter (Nik) 23.23. II(3.0)–1. *Jasmine Camacho-Quinn’ (Ky) 22.59w; 2. Kayelle Clarke’ (Ky) 22.91w; 3. Oliver 23.13w. III(2.3)–1. ***Celera Barnes (Ky) 23.30w.

400: I–1. McLaughlin 50.07 PR (WL, AL, CL, WJL, AJL) (2, 3 C; 5, 11 WJ; 2, 2 Aj);
2. *Sharrika Barnett (Fl) 50.93 PR; 3. Brionna Thomas (Pur) 51.72 PR; 4. Akua Obeng-Akrofi’ (Col) 52.75; 5. **Aliyah Abrams’ (SC) 52.91; 6. **Chloe Abbott (Pur) 53.08. II–1. ***Taylor Manson (Fl) 52.43; 2. Jahneya Mitchell (Pur) 52.68; 3. **Wadeline Jonathas (MaB) 53.18.


900: I–1. ***Taylor Manson (Fl) 2:03.92 PR (WJL, AJL); 2. Kendell Wiles (In) 2:05.44 PR; 3. *Kristen Metcalfe (EmR) 2:05.76 PR; 4. **McKenna Keegan (Vill) 2:06.20 PR; 5. Danielle Aragon (HokaNJNY) 2:06.21; 6. Kelsey Margey (Vill) 2:06.46; 7. **Reagan Bustamante (Vand) 2:06.50 PR; 8. Ericka Charles (Nik) 2:07.18.

1500: 1. Ce’aira Brown (HokaNJNY) 4:09.44 PR; 2. Rhianwedd Price-Weimer’ (MsSt) 4:10.31; 3. **Danae Rivers (PennSt) 4:10.82 PR; 4. Angela Piccirillo (Juv) 4:15.94; 5. **Elisabeth Bergh’ (Fl) 4:19.71 PR; 6. **Kaley Ciluffo (Vill) 4:19.79 PR.

St: 1. Katy Kunc (Ky) 10:17.40; 2. *Haley Harris (In) 10:24.81 PR.

100H: I(-0.8)–1. Camacho-Quinn’ 12.77; 2. Raven Clay (unat) 13.27; 3. *Kayla White (NCAT) 13.30; 4. Ebony Morrison (TruF) 13.32. III(-0.3)–1. *Jeanine Williams’ (GaT) 13.15.

400H: I–1. **Shannon Kalawan’ (StA) 56.99; 2. Symone Black (Pur) 57.03. II–1. *Samantha Gonzalez (Mia) 58.49 PR.

Relay Events
4 x 100: I–1. USA Red 43.76 (Bryant, Hill, Conley, Whitney); 2. USA White 43.79 (Carter, Pierre, Manning, Townsend). II–1. Kentucky 43.13 (Barnes, Camacho-Quinn’, Clarke’, Gray); 2. Miami 43.76 (Knott, Steele, Mason, McMinn); 3. Tennessee 43.96 (Collins, Cantrell, Dyer, Majors).

4 x 200: 1. PURE Athletics 1:28.77 (=3 W) (Baptiste’, Wimbley, Bowie, Henry-Robinson’)
2. USA Blue 1:32.90 (Bryant, Whitney, Carter, Manning).


III–1. Iowa 1:35.11. IV–1. Nebraska 1:34.07.


II–1. Kentucky 3:26.92 (#10 school) (Ross, Camacho-Quinn’, McLaughlin 49.45, Clarke’ 52.72);


SpMed: 1. Indiana 3:49.09 (Grabowski, Williams, Price, Harris); 2. Purdue 3:51.96; 3. Hampton 3:52.54.


Field Events
Hj: 1. **Jūlija Tarvide’ (Kenn) 5-8¾ (1.75).


HT: 1. *Gabby Durant (UCF) 195-11 (59.73) PR.

JT: 1. Avione Allgood (Fl) 173-1 (52.77); 2. ***Laura Paredes’ (FlSt) 171-10 (52.38); 3. ***Kelechi Nwanaga (MdBC) 169-5 (51.64); 4. *Megan Reed (Fl) 156-5 (47.69).
Stanford Invitational—Typically Great Distance Races

By Sieg Lindstrom | April 2018

Stanford, California, March 30-31—Olympic 100H champion Brianna Rollins-McNeal, returning from a year-plus layoff, and defending NCAA steeple winner Allie Ostrander (see sidebar) put up performances at the Stanford Invitational that are auspicious for the young ‘18 outdoor season. The annual fixture also served up its trademark 10K offerings.
Friday evenings at Stanford each year often frame 10,000s as their set pieces. This edition did that late in the session when temperatures had dropped into the ’60s after record Bay Area highs during the day.

Alabama’s Vincent Kiprop got the men’s win in a PR 28:19.07 from 33-year-old débutant Lopez Lomong (28:21.37), scampering away over the last 100.

The women’s 25-lapper ended in similar fashion, but with two 30-somethings at the fore. Olympic triathlon gold medalist Gwen Jorgensen, who is 31, hammered her 33:38.38 PR from ’09—when she was a Wisconsin senior—down to 31:55.68. To secure the victory, Jorgensen had to sprint away from fellow Bowerman TC marathoner Carrie Dimoff, also in the final homestraight. Dimoff, mother of two and a Nike shoe designer, was timed in 31:57.85, a 48.90 reduction of her PR set 3 years ago.

Placing 3rd was NCAA 5K ace Karissa Schweizer,
In the 80-degrees-plus speed-conducive warmth of the afternoon, though, Rio winner Rollins-McNeal rolled out a world-leading 12.62 in the 100H some 2 hours after a 12.70 heat.

“Feels great to be back on the track competing again,” Rollins-McNeal tweeted. “First hurdle race since the Olympics and it felt great! All...” Here she inserted a smiling emoticon.

Feels great to be back on the track competing again. First hurdle race since the Olympics and it felt great! All 😊
— Brianna McNeal (@Bri_Rollin) March 30, 2018

Rollins-McNeal, the former American Record holder, had three drug-testing whereabouts failures in ’16 resulting in a sitdown for all of ’17, despite the arbitration panel that ruled on her appeal describing the hurdler as “a brilliant athlete who is not charged or suspected of using banned substances of any kind.”

Back on the track again on Saturday afternoon, Rollins-McNeal churned a runaway win in the 200, with her 23.12 time (wind 0.9) her fastest since ’13, and tweeted after that race, “A hot bubbly Epsom salt bath is calling my name right about now.”

The 12.62 was the second world leader of the meet, with Briton Nick Miller having whirled a 256-10 (78.29) hammer throw, in the third round of his morning final.

Boise State redshirt soph Ostrander is making PRs in the steeple at Stanford a tradition of her own. Ostrander debuted in the barrier race here last year with a win (9:55.61) and went on to grab the NCAA crown. This time, after opening a gap on USF’s Marie Bouchard, the tiny Alaskan native finished with a turn of speed to lower her best to 9:38.57, good for No. 8 on the all-time collegiate list. Bouchard, a French senior, followed in 9:47.03.

“I didn’t go in with any really big expectations,” said Ostrander, who placed 2nd to Schweizer in the NCAA Indoor 3000 last month. “It was just an opener and I just kind of wanted to get in the race and feel it out. I was really happy with how it went.”

Ostrander has diverse racing experience for a 21-year-old, from 300H races in high school to a World Junior mountain running title. She is finding the steeple suits her, counterintuitive as that might seem given her compact stature.

“It’s just the challenge of the event,” she said, “and how it keeps you engaged and is constantly changing throughout the race. I like the different elements that the barriers and the water provide. It changes things up and makes the race a little bit more interesting for me.”

The two 10Ks, while neither was world class fast from the get-go, ended with shape-testing finishes for early spring. True on the men’s side even after NCAA XC/indoor 5K champ Justyn Knight’s withdrawal from the meet.
Kiprop surged 64.4 for the 21st lap, cutting the lead group to 5, including his fellow Alabama Kenyans Gilbert Kigen and Alfred Chelanga, and BYU’s Clayton Young.

Lomong rebuffed the move and led the next three circuits (63.5 for lap 24) to set up a two-man contest with Kiprop at the bell. The Crimson Tide senior, the top of his head barely peaking higher than Lomong’s shoulders, tore into a sprint in the final turn, took the lead just before the straight and rushed away on the wings of his 28.1 last 200.

The plan, for Kiprop and his teammates said the winner—twice an NCAA Div. II 10,000 champion for Missouri Southern before his transfer and runner-up in the NCAA Indoor 5K in March—was “just to come here and do our best because our coaches have done a very good job so far. We are very fortunate with that and we came here to see where we are at, to go improve and see what to work on. I like the 10K the best.”

Lomong, an Olympian at 1500 in '08 and 5000 in '12 (10th), said of his debut in the long track event, “What a tough race. Jeez. I mean this is 25 laps and it really hurt the last mile. We ran maybe 63s, 64s, maybe a little bit there. Man, it’s tough but I’m happy I put the mark somewhere and I’ll improve on that mark and perfect it next time.”

Next time, he’ll be more prepared. “This is a good tempo,” the Northern Arizona alum said of the evening’s exertion. “We haven’t done anything yet specifically for 10,000 but we did a lot of mileage so I’m happy to see 28:21 on the board. That’s a good start.”

Jorgensen effectively came down to the 10K having set marathon goals after winning the first-ever U.S. triathlon Olympic gold in Rio. She ran 2:41:01 for 14th at the ’16 New York City Marathon. But there’s more to her story, though.

Just 7 months ago, she gave birth to her first child, son Stanley—further wowing perspective on her PR win here.

The prerace buzz was around Jorgensen’s meeting with first-time 10K racer Schweizer, who has not lost an NCAA 5000 in or out since she took the ’16 NCAA XC crown.

The Missouri senior did most of the leading for 20 laps before the 30-somethings took over. Dimoff led at the bell after three 76-range laps and looked to have the upper hand until Jorgensen, her hair wrapped back by a headband, swung past late in the final curve and won going away with a 33.3 last 200.

While the first two spots went to the veterans, Schweizer closed in 35.0 and gained ground on Dimoff in the stretch.

Schweizer’s tweet the next day reacting to a Flotrack photo of her expression on the start line: “Probably questioning what I got myself into.”

A fine debut is the answer.

STANFORD INVITATIONAL MEN’S RESULTS
Stanford, California, March 30-31—

(3/30—1500, St, 5K, 10K, 110H, 400H, HJ, DT, JT)

800: 1. Nijel Amos’ (Bot) 1:44.65; 2. David Ribich (WnOr) 1:48.09 PR; 3. Harun Abda (OTC) 1:48.66; 4. Trevor Guerrera (SHeart) 1:49.48 PR.


III–1. Shoma Funatsu (Jpn) 3:42.66; 2. *Chandler Teigen (WaSt) 3:43.13 PR; 3. **Jack Anstey (IlSt) 3:43.22 PR; 4. *Trent Mazelli (Port) 3:43.57 PR.

5. **Jacob Heslington (BYU) 8:43.41; 6. Adam Visokay (unat) 8:44.28; 7. Kyle Medina (Chico) 8:44.40; 8. *Dylan Hodgson (Ks) 8:47.81; 9. **Nathan Mylenek (Ia) 8:48.66; 10. *Bailey Roth (Az) 8:56.23.

II–1. *Simon Granneta’ (Port) 8:42.91; 2. Gatien Airiau’ (AArt) 8:49.73; 3. *Kellen Manley (Gonz) 8:51.26; 4. ***Riley Osen (Port) 8:52.70;
5. *Kai Benedict (Cal) 8:56.36; 6. Spencer Fehlberg (UtSt) 8:56.66; 7. **Samuel Abascal’ (EnKy) 8:56.85; 8. Michael Leet (Lewis) 8:58.21.

III–1. Andrew Milliron (AF) 8:54.56; 2. ***Carter Persyn (Ar) 8:55.81; 3. **Sammy Truax (Gonz) 8:55.95; 4. Alexander Howard (USF) 8:56.78.


400H: 1. Quincy Hall (SeqCC) 49.65; 2. Jeshua Anderson (unat) 49.96; 3. Jehue Gordon’ (Tri) 51.21.

Field Events

HJ: 1. *Tyler Arroyo (Chico) 7-1½ (2.17) PR.
PV: 1. Nate Richartz (NDm) 18-2½ (5.55).


DT: 1. Otterdahl 184-9 (56.33).

HT: I–1. Alex Young (Vel) 234-1 (71.36); 2. *Brock Eager (WaSt) 228-3 (69.57) PR; 3. ***Georgios Korakidis’ (Tn) 215-3 (65.61); 4. Gary Randolph (unat) 214-11 (65.51).

II–1. Nick Miller’ (GB) 256-10 (78.29) PR (WL);
2. Taylor Campbell’ (GB) 231-0 (70.42).

JT: 1. Dejan Mileusnic’ (Bos) 247-9 (75.52); 2. Brent Lagace (unat) 236-4 (72.05).

STANFORD WOMEN

(3/30—100, 400, 1500, St, 5K, 10K, 100Hh, 100H, 400H, Hj, PV, SP, HT, JT)
100(0.7): 1. Ashton Purvis (unat) 11.42.
200(0.9): 1. Brianna Rollins-McNeal (Nik) 23.12.
400: 1. Dalliah Muhammad (Nik) 52.72; 2. *Jasmine Malone (NnAz) 53.12 PR.
800: V–1. Dalanne Zanotelli (unat) 2:05.77; 2. *Jessica Harris (NDm) 2:07.24.
VI–1. Lindsey Butterworth’ (Can) 2:04.25; 2. Laurence Cote’ (Can) 2:05.86; 3. Adrea Propp’ (Can) 2:06.71.
II–1. *Alexis Fuller (Boise) 4:17.80 PR.
III–1. Madelyn Brooks (BYU) 4:19.56 PR; 2. *Jasmine Staebler (IaSt) 4:19.68 PR.
10,000: I–1. Gwen Jorgensen (BowTC) 31:55.68 PR; 2. Carrie Dimoff (BowTC) 31:57.85 PR;
100H(2.0): 1. Rollins-McNeal 12.62 (WL, AL);
2. Bridgette Owens (unat) 12.98.
400H: 1. ***De’Andreah Young (CSN) 58.15.
Field Events
Hj: 1. Liz Patterson (unat) 6-¾ (1.85).
PV: 1. *Lauren Martinez (Cal) 13-7¾ (4.15); 2. **Kaitlyn Merritt (Stan) 13-7¾.
Tj: 1. *Isabella Marten’ (Cal) 42-9¾ (13.05); 2. Ashley Anderson (Cal) 42-7½ (12.99).
SP: 1. Lena Giger (Stan) 57-9½ (17.61); 2. Courtney Pasiowitz (NDSt) 52-7½ (16.04).
DT: 1. Valarie Allman (Stan) 198-11 (60.65); 2. Kayla Hopkins (Fres) 175-11 (53.62); 3. *Stamatia Scarvelis’ (Tn) 171-3 (52.21); 
4. **Maddy Nilles (NDS) 170-4 (51.92); 5. *Kendall Mader (Cal) 169-1 (51.54); 6. Amarie Bremel (Cal) 167-9 (51.14).

HT: 1. Sophie Hitchon’ (GB) 234-3 (71.41); 2. Scarvelis’ 222-11 (67.96); 3. ***Camryn Rogers’ (Cal) 207-3 (63.17); 4. **Maddy Nilles (NDS) 203-2 (61.92).

JT: I–1. *Mackenzie Little’ (Stan) 182-7 (55.67); 2. Alyssa Olin (NDS) 176-11 (53.92); 3. *Destiny Dawson (OrSt) 163-8 (49.88); 
4. *Vanja Spaic’ (Fres) 163-4 (49.78); 5. Channing Wilson (unat) 159-2 (48.52); 6. ***Virginia Miller (Stan) 159-0 (48.47).

II–1. ***Kari Wolfe (NDS) 170-0 (51.82) PR; 2. **Raquel Pellecer (WnWa) 157-2 (47.91) PR.
Boise State A Burgeoning Steeplechase Power

By Sieg Lindstrom | April 2018

Ostrander has a steeple win streak going at Stanford (DON GOSNEY PHOTO)

What the steeple’s going on at Boise State? The question arose at the Stanford Invitational [read about the meet here] when defending women’s NCAA champ Allie Ostrander PRed with a 9:38.57 win and Bronco senior Yusuke Uchikoshi underscored his school’s steeplechase status with an 8:38.32 victory in the men’s race.

That made two collegiate list leads in one night of early season action for coach Corey Ihmels’ squad.

“No, I wasn’t surprised,” at Ostrander’s PR, says Ihmels. “I think that was a really good place for her to start and she’s got room to improve from there.”

After placing 2nd in the NCAA Indoor 3000, Ostrander is just getting started over the barriers for the year.

“I haven’t thought about it a lot,” she says, “but I’m definitely hoping to improve throughout the season and see what I can do later on.”

However, the statement by Uchikoshi opened some eyes. At Boise since the winter of ’16, the 23-year-old Japanese has yet to qualify for an NCAA Championships on the oval, although his 18th-place finish at the NCAA Cross Country in ’16 showed he had potential.

He also has running genes on his father’s side. Dad Tadao Uchikoshi ran 2:12:52 in the marathon in ’94 and placed 5th at the ‘93 World Championships.

Uchikoshi, says Ihmels, ran “13:58 for 5K as a high school kid so he was obviously really good.” Last year Uchikoshi won the open steeple at Mt. SAC in 8:48.88.

Ostrander has a steeple win streak going at Stanford (DON GOSNEY PHOTO)

What’s Boise’s secret formula for building steeplechasers?

Ihmels, himself a sub-4:00 miler at Iowa State a couple of decades back, explains, “We kind of with every kid that we have—it’s not scientific at all but we’ll be at the track and I’ll say, ‘Run over a hurdle.’
“Allie was a little different because I knew Allie had done the 300 hurdles and I knew that she’s a pretty good athlete so that was a pretty easy transition.

“But yeah, [Uchikoshi] just took to it really quickly and I’ve had Hillary Bor at Iowa State who was a really good steepler [3-time NCAA scorer]. We had some luck so we try to find the kids that are athletic and away we go.”

With Alaska native Ostrander, “It was kind of the same sort of deal,” Ihmels says. “We were at practice and I knew she’d hurdled in high school and I asked her to go over a hurdle and I was like, ‘Wow, she’s pretty smooth over the hurdle.’

“But I think last year at this time she was coming off some injuries and we were just trying to figure out what she can and what she can’t do in training. And she’d been successful in cross country and indoors in the 5 and the 3, and I was just looking for something for her where she didn’t have any preconceived notion of how fast she needed to run.

“It was kind of counterintuitive a little bit but my thought process last year at this time was, ‘Let’s just go run the steeple. You’ve never run it before, you can hurdle.’ The water jump, she took to it really quickly.”

The steeplechase may not remain redshirt soph Ostrander’s event forever.

“She likes the challenge,” says Ihmels. “I kind of liken it to the mountain running [in which Ostrander won a World Junior title in ‘15 before placing 3rd in NCAA Cross as a frosh]. It’s just a little different.

“I think she could be a really good 10K runner. I’ve had some good 10K runners in the past and she’s as good if not better. But we’ve got time to get there eventually. She’s got time later in her career or whatever, but now I think the steeple is something fun and different and she’s being really successful in it.”

Before Ostrander hits the Conference/Regionals/Nationals portion of her season in May and June, she says, “We’ll probably race at Mt. SAC and maybe at Payton Jordan too. I don’t think that we have any other meets on the schedule right now.”

Ihmels also related an event-choice anecdote to T&FN on the morning after the Stanford win.

“Right now on the bus to the airport today she asked about running an 800,” said the coach. “We can’t do it all but we have a home meet and maybe she’ll run an 800 or something for fun. I think we just need to keep her excited about it and moving in the right direction.”
USATF Throws Monkey Wrench Into Mt. SAC’s ’20 Trials Plans

By Sieg Lindstrom | April 2018

For the 10 months since the end of June last year, Mt. San Antonio College—the Walnut, California, campus better known as Mt. SAC and famed for the April relays meet it has put on for six decades—was set to host the ’20 Olympic Trials. Now that is apparently off the table.

Mt. SAC officials say the complete reconstruction of Hilmer Lodge Stadium will be complete by ’20 but the new facility won’t host the Trials. (HMC ARCHITECTS RENDERING COURTESY MT. SAC)

On a May 1 conference call with the Southern California would-be Trials organizers, USATF delivered the news that its Board had voted unanimously to nullify the site selection and reopen bidding for the Olympic selection meet and choose a new Trials site. Reportedly, neither USATF CEO Max Siegel nor any Board member joined the call.

In a release announcing its decision, the USATF Board cited uncertainty over “two lawsuits seeking to halt construction of [a planned new] stadium: one between the City of Walnut and Mt. SAC and a second, between United Walnut Taxpayers (UWT), a group of local citizens and Mt. SAC.”

The USATF release affirmed the Board’s intent to select a new Trials site “no later than this June.”

Bid groups from the two cities that lost out to Mt. SAC last summer immediately signaled intent to bid again. Despite having stadium replacement hurdles of its own to clear, TrackTown USA, Eugene—site of the last three Trials and the venue picked to host the ’21 World Championships—is very interested. So is Sacramento, site of the ’00 and ’04 selection meets.

“We’re very excited about the possibility of welcoming America’s best track & field athletes to the Eugene-Springfield community, to a beautiful new Hayward Field in 2020 as they pursue their Olympic dreams,” TrackTown CEO Michael Reilly told
Sacramento Sports Commission director Mike Sophia told the Orange County Register, “We are interested in bringing the Trials back to Sacramento and we look forward to seeing the details of the bid process.”

Mt. SAC officials, for their part, reportedly had no inkling rejection was bearing down on them. “I think we were a little blindsided. We’re disappointed. The [legal] cases were going our way,” Brian Yokoyama, Mt. SAC division information director, told OCR reporter Scott Reid.

Mt. SAC President William T. Scroggins responded with a written statement that read in part, “The two lawsuits that were mentioned have either been settled or ruled by a judge in our favor. We remain confident in our ability to deliver a completed stadium on time and a successful event.”

The City of Walnut has dropped its dispute with Mt. SAC over site grading permits and other concerns and settled out of court. Resolution of the UWT suit, scheduled for trial in January, may also lie just over the horizon, according to Mt. SAC officials.

San Diego Times reporter Ken Stone penned a piece quoting Abou Taleb, president of the UWT group to the effect that her organization has never opposed the ‘20 Trials hosting in their town or even construction of the stadium. UWT’s issue, Taleb told Stone, is Mt. SAC’s funding source for stadium construction, a bond measure UWT asserts was never intended to fund the $87 million renovation of SAC’s Hilmer Lodge Stadium.

According to Stone, Taleb even expressed an interest in settling with Mt. SAC out of court. “I’m baffled,” Abou-Taleb said. “I really don’t know why [USATF] made the decision initially to give it to Mt. SAC or why they made the decision at this point to withdraw it.”

Among the two past hosts who’ve expressed interest in tilting for the Trials again, Sacramento has its venue, Hornet Stadium, most recently the site of the ’17 USATF Championships, lined up free and clear.

Eugene Not A Slam-Dunk Option

In April after two years of direction changes and delays on the Hayward Field renovation it must complete for its ’21 World Champs hosting, Oregon unveiled its plan for a total rebuild of the iconic track stadium—at a cost, according to some sources, of $200 million in private donations—with a projected completion date before the ’20 season.

“When complete, Hayward Field will be nothing less than the finest track & field facility in the world, emblematic of the risk takers and innovators who have made Oregon great,” university president Michael H. Schill wrote. “The new design for Hayward Field is awe-inspiring, amazing, and completely in accord with the university’s relentless pursuit of excellence in everything that we do.”

Probably? Maybe? A week after those plans were unveiled, Eugene’s City Council voted unanimously to consider an application by rebuild opponents to nominate Hayward’s East Grandstand as a protected landmark. If that application is approved, sending the architects back to the drawing board, further construction delays are a near certainty.

At the other end of the West Coast, Mt. SAC’s Yokoyama told the OCR, “Our stadium will be finished [by 2020]. That’s a non-issue, although apparently not to USA Track.”

Subsequently Doug Todd, Mt. SAC’s director of special events (which include the Relays and the college’s venerable cross country invitational), told T&FN via email, “As of right now we have no plans to bid [for the Trials] during this new window. Our President, Dr. William Scroggins, spoke with a USATF official this afternoon and agreed on the importance of maintain a positive ongoing relationship.”

With regard to UWT’s legal challenge to stadium construction, Todd wrote, “Our position is and has been throughout this process that even if they are successful in their request to prevent us from spending bond money on our project we have alternative funding resources. This means that construction will continue unabated regardless of the outcome.”

Short conclusion: Don’t book your tickets to any ’20 Trials site just yet.
Status Quo

By Sieg Lindstrom | April 2018

THE LATEST in the aches, pains & eligibility departments:

Marina Arzamasova of Belarus, the ’15 world 800 champ, will skip ’18 due to pregnancy.

A fracture in her right foot kept Portugal’s Jessica Augusto out of Boston.

Former NYC marathon champ Stanley Biwott withdrew from London with a leg injury.

Canadian middle distance star Nate Brannen, twice an NCAA 800 champ for Michigan, has retired at age 35.

Washington State Tjer Tonye’cia Burks tore a ligament in her ankle during the indoor season that cost her 2 months of jumping.

Ryan Crouser missed the entire indoor season with an injured index finger on his throwing hand.

Sara Hall withdrew from the Boston Marathon with an injury to her sacroiliac.

German discus ace Robert Harting, 33, has torn his right quadriceps tendon in his knee. The 3-time world champ is nonetheless planning to compete this season.

Jordan Hasay was a last-minute drop from Boston due to a stress reaction in her heel, in the same foot where plantar fascia troubled her several weeks earlier.

Callum Hawkins is taking 3-4 weeks off after his dramatic collapse in the Commonwealth Games marathon.

Southeastern Louisiana’s Devin King suffered a minor hand injury when a pole broke on him at the LSU Alumni Gold meet. He will skip Conference, but plans to be back for NCAA Regionals.

Doping Bans

4 years—Aleksandr Pogorelov (Russia, decathlon), Suleiman Simotwo (Kenya, 1500), Jemima Sumgong (Kenya, marathon);
2 years—Liu Xiangrong (China, shot),
18 months—Krisztián Pars (Hungary, hammer).
1 year—Yekaterina Sariyeva (Azerbaijan, triple jump).

An EPO ban coming for 3-time world 1500 champ Asbel Kiprop? The UK Press Association is reporting that the 28-year-old Kenyan has failed an out-of-competition test for the illegal blood-boosting substance.

A spine injury knocked Eunice Kirwa out of Boston.

Texas A&M javelin thrower Ioánnis Kyriazís has been recovering from a groin injury this spring, but the defending NCAA champ remains our NCAA favorite and plans to throw at the SEC meet.

Oregon’s Sam Nadel, who transferred from Georgetown last year as a fifth-year senior, has been granted a sixth year of eligibility by the NCAA because of her injuries last season.

A dicey Achilles knocked Aussie hurdler Sally Pearson out of the Commonwealth Games.

Chanelle Price had surgery in February to fix a rebreak of the fifth metatarsal in her foot.

Dathan Ritzenhein was sidelined by an inflammation of the SI joint in his buildup to Boston.
Galen Rupp was treated for asthma and hypothermia after dropping out of the Boston Marathon.

Tanzanian Alphonce Simbu withdrew from London with a bad hamstring.

A minor foot injury has briefly sidelined Chinese sprinter Bingtian Su.

South African 400 hurdler LJ van Zyl, 9 times a world ranker, has retired at 32.
For The Record

By Sieg Lindstrom | April 2018

Record alterations reported since the March issue. W = World; A or Am = American; C = Collegiate; J = Junior; HS = High School; + = event not recognized by official ratifying body; ¶ = can’t be ratified for technical reasons.

MEN ABSOLUTE TRACK

800 1:43.25 C Michael Saruni’ (UTEP) Tucson, Arizona April 28
1500 3:35.01 C Josh Kerr’ (New Mexico) Azusa, California April 20

MEN ABSOLUTE FIELD

Wt 5.92 | 19-5 WJ, AJ, HS Mondo Duplantis (Sweden–Lafayette, Louisiana) Austin, Texas March 31

WOMEN ABSOLUTE TRACK

400H 53.60 WJ¶, AJ Sydney McLaughlin (Kentucky) Fayetteville, Arkansas April 27
5000W 22:38.16 AJ, HS Taylor Ewert (Beavercreek, Ohio) Philadelphia, Pennsylvania April 28
800Med 1:35.20 W+, A Team USA Penn Red Philadelphia, Pennsylvania April 28
(Destinee Brown, Aaliyah Brown, Kimberlyn Duncan, Raevyn Rogers 50.48)

WOMEN ABSOLUTE FIELD

SP 19.46 | 63-10¼ C Maggie Ewen (Arizona State) Tucson, Arizona April 28
HT 73.61 | 241-6 C Maggie Ewen (Arizona State) Tempe, Arizona April 06
HT 74.53 | 244-6 C Maggie Ewen (Arizona State) Tempe, Arizona April 06
Landmarks

By Sieg Lindstrom | April 2018

Died: Longtime T&FN stalwart Jon Hendershott, 71; on April 9, in Salem, Oregon; of complications from a stroke (see more).

Died: James McAlister, 66; on March 31, in Corona, California; of cancer. UCLA’s NCAA long jump scorer ranked No. 5 in the world in ’73, the year he got his PR of 27-½ (8.24), which topped the world outdoor list.

Died: Mel Rosen, 90; on March 25, in Auburn, Alabama. The longtime Auburn coach mentored 143 All-Americans and was the ’92 men’s Olympic coach.

Died: Bruce Tulloh, 82; on April 28, in Marlborough, England; of cancer. Famous for competing barefoot, he was World Ranked 4 times in the 5000, topped by No. 3 in ’62. He also rated twice at 10,000, with a No. 4 in ’62.
Upcoming U.S. Meets

By Sieg Lindstrom | April 2018

U.S. Relays & Invitationals

May
11-12 BYU Last Chance; Provo, Utah
12 Oxy Invitational; Eagle Rock, California
17 USATF High Performance, Eagle Rock, California
17 & 19 Elite Classics; Tucson, Arizona
20 Alan Webb Mile; Portland, Oregon
25-26 Pre Classic; Eugene, Oregon

June
09-10 Track Festival; Portland, Oregon
15 Stumptown Twilight; Portland, Oregon

Collegiate Conferences

May
03 MEAC; Greensboro, North Carolina
04-05 Colonial; Williamsburg, Virginia
  Patriot League; Easton, Pennsylvania
04-06 Horizon League; Rochester, Michigan
  Southland; San Antonio, Texas
  SWAC; Prairie View, Texas
05-06 America East; Catonsville, Maryland
  Atlantic 10; Fairfax, Virginia
  Hept.; Philadelphia, Pennsylvania
  Metro Atlantic; West Long Branch, New Jersey
  Northeast; Emmitsburg, Maryland
  Pac-12 Multis; Stanford, California
08-11 Big Sky; Moscow, Idaho
09-11 Big South; Radford, Virginia
09-12 Mountain West; Fresno, California
  WAC; Lawrence, Kansas
10-11 Southern; Cullowhee, North Carolina
10-12 ACC; Miami, Florida
  Mid-American; Buffalo, New York
  Ohio Valley; Cookeville, Tennessee
  Summit League; Tulsa, Oklahoma
10-13 Conference USA; Houston, Texas
11-12 Atlantic Sun; Jacksonville, Florida
  Big East; Geneva, Ohio
  Big West; Northridge, California
  New England; Springfield, Massachusetts
11-13 American Athletic; Cincinnati, Ohio
  Big 10; Bloomington, Indiana
  Big 12; Waco, Texas
  Missouri Valley; Terre Haute, Indiana
  SEC; Knoxville, Tennessee
  Sun Belt; San Marcos, Texas
12-13 IC4A/ECAC; Princeton, New Jersey
Pac-12; Stanford, California
18–19 California JC; Bakersfield, California
21–22 Northwest JC; Gresham, Oregon

Major HS Meets

May
10–12 Loucks Games; White Plains, New York
19 Golden South; Orlando, Florida
19–20 adidas Dream; Boston, Massachusetts
31–6/02 Great Southwest; Albuquerque, New Mexico

June
01–02 Ironwood Throws; Rathdrum, Idaho
06–10 Caribbean Interscholastic; Havana, Cuba
09 New Englands; Durham, New Hampshire
Midwest Distance Classic; Lisle, Illinois
Midwest MOC; East Lansing, Michigan
15–17 New Balance Nationals; Greensboro, North Carolina
08 Brooks PR Invitational; Shoreline, Washington
15–17 USATF Juniors; Bloomington, Indiana
26–7/01 USATF Youth; Rochester, New York
29–7/01 JavFest; E. Stroudsburg, Pennsylvania

July
23–29 USATF Junior Olympics; Greensboro, NC
28–8/04 AAU Junior Olympics; Des Moines, Iowa

National Championships

May
17–19 JUCO; El Dorado, Kansas
24–26 NAIA; Gulf Shores, Alabama
NCAA II; Charlotte, North Carolina
NCAA III; La Crosse, Wisconsin
NCAA East Regional; Tampa, Florida
NCAA West Regional; Sacramento, California

June
06–08 NCAA Men; Eugene, Oregon
07–09 NCAA Women; Eugene, Oregon
15–17 USATF Juniors; Bloomington, Indiana
21–24 USATF; Des Moines, Iowa
26–7/01 USATF Youth; Rochester, New York

July
23–29 USATF Junior Olympics; Greensboro, North Carolina
26–29 USATF Masters; Spokane, Washington
28–Aug 04 AAU Junior Olympics, Des Moines, Iowa
Last Lap

By Sieg Lindstrom | April 2018

Here’s this month’s collection of generally off-track activities that have gone a long way towards shaping the way the sport is headed:

Bolt says that what the sport is missing is something that looks very much like this. (MARK SHEARMAN)

Bolt Knows What Track Needs

The only thing our sport needs, says Usain Bolt, is another Usain Bolt.

Well, not in so many words, exactly. Speaking at a press conference for the Commonwealth Games, the Jamaican legend referenced the need for the sport to showcase major stars. “The sport needs somebody else to really step up and be that person,” he said. “So it’s a wide-open playing field. It’s just that person. Step up and then do it.”

Asked if he had anybody in mind, he explained, “It’s definitely going to take time. It's not always going to be like this, I know that much. I've said to a few of the athletes that ‘This is your time.’ ”

His own place in the sport, he feels, is already secured. “I’m still track & field, so no matter if they talk about me, I’m still part of the sport.”

Texas To Host NCAA In ’19 & ’20

Oregon was originally slated to be the site of the NCAA Championships through ’21, but after Eugene won the ’21 World Champs
bid and new-stadium construction became an issue, the Ducks had to drop out and bidding reopened for ‘19 & ‘20.

The winner was Texas. With a seating capacity of 20,000, its stadium is one of the largest track facilities in the nation, and hosted the ’04 edition of the NCAA.

“This is an exciting moment for Texas,” said the Longhorns’ interim Head Coach, Tonja Buford-Bailey. “Mike A. Myers Stadium is among the best track venues in the nation and I’m just excited to showcase our facility and our amazing city of Austin as we welcome the best track & field athletes here to compete for championships.

“Our fans are dedicated and have shown great support for track & field by filling the stands each year for Texas Relays, and I know they will do us proud and make Myers Stadium an incredible atmosphere for these national championship meets.”

Who Gets To Keep The Trophy?

This summer’s first-ever Athletics World Cup (not to be confused with past meets which went off under a similar name), will be offering what London organizers are calling the “most valuable sporting trophy ever.”

The winning team from among the 8 contending nations—China, France, Germany, Great Britain, Jamaica, Poland, South Africa, United States—will get the big prize.

Called the Global Platinum Trophy, the cup will cost over $250,000, with parts covered in actual platinum, which these days is selling for about $900 an ounce.

Says Niels de Vos, CEO of the meet, “The Athletics World Cup is all about the highest level of team competition, between the world’s top athletics nations.

“To celebrate this, we wanted to create exceptional awards that are unlike any existing rewards. By using the world’s most precious metal, platinum, we have created a unique edge to the event, which is sure to excite athletes across the world.”

We have to wonder if the athletes involved—if given a vote—wouldn’t choose to melt the trophy down and split the proceeds of the platinum sale?

Is The Diamond League In For A Major Facelift?

It may sound mundane: “Criteria by which future Diamond League meetings may be judged,” but at its heart is quite possibly a massive retooling of how the sport’s top invitationals look during the ’20 Olympic year and thereafter.

A working party has been established with representatives of the IAAF and the Diamond League meeting to decide on a checklist to analyze which meets are doing the best job of representing the sport. That checklist will be instrumental in any reconfiguration of the DL circuit when the current contract expires at the end of the ’19 season.

In an important foreshadowing last November IAAF supremo Seb Coe said, “We have to sell the broadcast rights, and the individual meet directors have to be able to sell their sponsorships around the new format. These are not easy decisions. It’s not about saying, ‘Well we have 14 races, maybe we only need 8.’ It’s about the look of the events.”

Mike Rowbottom of insidethegames.biz reports that the number of meets could also be 12 or 10, and that the host cities might include sites like current non-member Berlin, which was a major player in the DL’s predecessors, The Golden League and The Golden 4.

The new look will also involve the IAAF’s—still to be clarified—new ranking system and a push to disincentivize top athletes from skipping major DL meets. If it is successful, it may mean a big boost in finding a new title sponsor for the DL—something the circuit lost when Samsung backed out just a month before the ’13 series began.

An IAAF rep told Rowbottom, “The criteria are not yet set, but the idea is that each meet will have key information by the end of this season by which to judge themselves.”
’19 & ’20 USATF Indoors To Staten Island

USATF’s next two national indoor championships meets will have a first-time host as the Ocean Breeze facility on New York City’s Staten Island is set to go.

“I am proud to welcome world-class track & field athletes from across the country,” said Mayor Bill de Blasio. “The City is committed to producing an unforgettable event for all who travel to Staten Island for this elite competition.”

Ocean Breeze, which opened in ’15, features a 200m banked track and is IAAF-certified. It hosted the last two editions of the USATF Youth Indoor Championships.

Bad Boy Walk Coach Could Put Russia In Trouble

Viktor Chegin, implicated in more than 30 doping cases and banned for life by Russian doping authorities (RUSADA) in March of ’16, is apparently back coaching walkers.

RUSADA investigators sent to check out a national team training camp in Karakol, Kyrgyzstan, discovered that Chegin—the coach of many international medalists—was part of the support staff.

Monaco’s reaction to the news was predictably strong. The IAAF’s Russia taskforce announced, “If it is confirmed that Russian race walkers are still working with Viktor Chegin, despite them having been specifically warned not to do so following his life ban from the sport, then it would appear that there has been no real change in culture in Russian track & field.

“It is hard to see how these athletes could be permitted to return to international competition without threatening the integrity of that competition."

Walsh Chasing Shot World Record

World champion Tom Walsh of New Zealand wants the best mark ever in the shot. With a list-leading PR this year of 74-4½ (22.67), he’s not quite 18 inches away from Randy Barnes’s official standard of 75-10¼ (23.12) set in ’90. Since Barnes had a positive steroid test that year, T&FN recognizes Ulf Timmermann’s 75-8 (23.06) from ‘88 at the top of the all-time list.

When Walsh tossed his PR, which moved him to No. 5 on the all-time list, American putter Ryan Whiting, who finished 2nd in the competition, said, “For me, what he did today was the ‘clean’ World Record.

“All the guys in the ’80s and ’90s were as dirty as can be, and I think Tom’s now the top of what you’ve seen as a clean shot putter."

Walsh told Ian Anderson of New Zealand Stuff, “I hate that. Look, the World Record is 23.12. He may have been done for drugs... but it is the World Record, and I intend to break that World Record.

“If it was a dirty World Record, it wouldn’t be there, would it?”

As to when he might challenge Barnes’ mark, the powerful Kiwi made no predictions, saying only, “I don’t like to try and throw distance. As soon as I start thinking about the outcome, that’s when it starts going wrong.”

Tyrese Cooper Runs Afoul Of The Law

Florida’s State Meet may be missing one of it’s biggest stars. Sprint phenom Tyrese Cooper ran into trouble at the end of April when he was arrested for trying to steal cars near the Miami International Airport.
Cooper, still just a junior, is one of the top prospects in the nation with bests of 10.36, 20.51 and 45.23. As a frosh and soph he won a total of 5 All-America spots in the three dashes. He won New Balance titles indoors and out last year at 200 & 400, along with the USATF Junior 200.

He was arrested along with three companions at a ground transportation hub. He was charged with possession of burglary tools, criminal mischief and loitering and prowling.

“Wrong place, wrong time, wrong crowd,” he said to a local-TV news crew, insisting that he is not a criminal.

He’s out on bail, but at press time it was unclear whether or not he will participate at State.

Hurdle Vet DHN Gets Ready To Retire

Dawn Harper Nelson will be hanging up her spikes at the end of the season. The ’08 Olympic champion in the 100 hurdles, she has World Ranked 9 of the last 10 years.

She told Gene Cherry of Reuters, “Since I was a child, there were always three things I wanted: To be an Olympic gold medalist, a wife and a mom.

“Right now, I am two for three and I’m feeling the urge to be someone’s mom. So this is it for me.”

She will be 34 when the season closes, and even though she has won two Olympic medals and made a pair of World Championships podiums, there are a couple more things she wants: “I want to run a personal best—it’s 12.37 now—and win the Diamond League final.”

An NCAA Indoor Champs In Virginia?

Virginia Beach is hoping to become a major indoor track & field center, with ambitious plans to put a state-of-the-art hydraulic track into a new sports center.

In a presentation, Mayor Will Sessoms said that the NCAA Indoor would be one of the meets they hope to land, with the advantage that Virginia Beach would be neutral ground.

City officials had originally planned a $40 million addition to the city’s Convention Center. Now with the $15 million track add-on, the sports center may be a freestanding venue.

The extra cost, city manager Ron Williams told the Virginian-Pilot, will be covered by track’s marketability: “Indoor track is one of the fastest growing sports in the indoor market.

“We fully believe that, essentially, this center makes us the amateur sports capital of the East Coast. We’re being aspirational.”
We’re pretty sure the timers caught the flash in this great picture from a HS 4×4 in Averill Park, New York, submitted by Andrew Flanagan.