More World Junior Records For Mondo Duplantis & Sydney McLaughlin
Another Fabulous Pre Classic
Keturah Orji & Tori Franklin Lighting Up The Triple Jump
Mike Holloway, The Man Behind The Florida Dynasty
T&FN Interview: Ajee’ Wilson

Ryan Crouser Ripping The Shot
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From The Editor—I Missed A Major Anniversary

By E. Garry Hill | May 2018

April & May are annually the most hectic months here at T&FN, and when you combine the peak of the U.S. season with our changing over to a fully digital product you get utter chaos. And you can miss important dates.

Case in point: April 19 marked the 50th anniversary of my first visit to Eugene, way back in ‘68. Or, more properly, first visit to what is now known as Historic Hayward Field. "Historic" wasn’t part of the lexicon at that juncture, and probably didn’t yet belong, given that to that point Oregon had hosted only a pair of NCAA Championships, no Olympic Trials (other than a separate decathlon meet) and no USATF Championships. Things obviously underwent a sea change shortly thereafter.

A redshirt-soph triple jumper of no particular distinction, I was in town with my Washington State teammates for a dual meet against prime rival Oregon, prepared to hate the Ducks for all their worth (even if Oregon had been the only other school I considered attending).

But being much better as a fan than I was as a competitor, I couldn’t help but be taken by Hayward the minute we walked in. Even if by then, 49 years into its life, the old barn was already showing its age. But it was a track stadium! I had never seen—or even dared imagine—such a thing. There were no goalposts, no sign of football at all. And there were actually fans in the stands... for an afternoon workout session.

There were many more fans in the stands for the next day’s meet. Probably no more than 5000 (an astounding number for a dual meet by today’s standards) but certainly the most I had ever seen at a meet. So many were they, and so passionate were they for their beloved Ducks that I actually felt almost intimidated. The concept of “home & away” was something I had felt as a high school basketballer, but at a track meet?!
But I digress, as I wallow in memories, as people of a certain age are wont to do.

In the subsequent years, given all the meets that I’ve been to at Hayward in various capacities—fan, journalist, on-field gopher, Olympic Trials marks verifier, announcer—I figure I’ve made the 450-odd mile journey from Silicon Valley to Eugene at least 75 times. My memories are many, but I shan’t bore you with them here, because most of them are ingrained in the psyche of you, dear reader, and all hardcore fans. And they are so legion that I couldn’t possibly pick out a favorite. (I’d love to hear from the readership their picks, though.)

And now it’s time to bid farewell—barring some shocking last-second change in construction plans—to Hayward as it has come to be known and loved. Not that the fabled venue hasn’t already undergone other serious modifications through the years.

Given my many years of attachment to attending meets at the iconic venue, you might think you could count me among those ready to chain themselves to the East Grandstand to save it from the wrecking ball, but I say (already creating enmity among some I call friends) they can’t tear the whole place down soon enough. I’m sadder to see that construction requires pulling down a couple of vintage elm trees on bordering Agate Street.

But they’ll grow back, in some fashion. So will the affections of fans both current and future as Nike money—and make no mistake, all this will clearly be The House That Phil Built—helps fund what projects to be unquestionably the best pure track facility in the nation. Indeed, in most nations.

What exists now is not remotely one of the best facilities. Truth be said, Hayward Field is well past its sell date in virtually all aspects, be you a fan, athlete or official.

But there are two things that prop it up as still the best place in the country to watch a meet (and isn’t that still the bottom line?):

One is a large and informed fan base. Of course they’re Duck-biased, but that doesn’t stop them from going over the top for a good performance when they see one, and they know when they’re seeing one better than any other crowd in the country.

Two is the unstinting loyalty of the Oregon Track Club, which for decades has provided an infrastructure that no other city in the country can match. Good officials, to be sure, but even more importantly, a massive army of involved volunteers who spend countless hours laboring in anonymity for little/no reward, even if the USATF people all too frequently accord them absolutely zero respect. This isn’t a new phenomenon and it may well yet come back to bite Indy in the you-know-what.

But that’s all background material. In the foreground all these years has been a Hayward full of vibrant and passionate fans who have cheered on multiple generations of athletes to over-the-top marks they may well never have achieved elsewhere. And they have been made to feel right at home, no matter where they are from.

We see no reason to think that Hayward II won’t provide more of the same.

(ps—I’d love to say that the single point I tallied made the difference, but the final score was Washington State 77–Oregon 68)
T&FN Interview: Ajee’ Wilson

By Jeff Hollobaugh | May 2018

Ajee’ Wilson, it seems, has been around forever, but the leading U.S. 800 runner is still only 24. A one-time age-group phenom, she remains No. 4 on the all-time high school list with her 2:00.91 from ‘12. That year she made it to the semis of the Olympic Trials. Later that fall she shocked many by turning down an NCAA career to go pro, but the next summer, she silenced her doubters by placing 5th at the Worlds with a still-standing American Junior Record of 1:58.21 and earned the No. 8 spot in the World Rankings.

Since then, working alongside coach Derek Thompson, the Philly-based Wilson has been a perennial powerhouse on the world stage. Last year she foreshadowed her World bronze with an American Record 1:55.61 in Monaco. Her key training partner, Charlene Lipsey, herself broke through last year with a 1:57.38 PR and a No. 8 World Ranking.

Wilson’s ’18 outdoor campaign has opened well, with a PR 4:05.18 in winning a 1500 at Swarthmore and the No. 6 American 800 ever, 1:56.86, to take 2nd at Pre.

**Ajee’ Wilson In A Nutshell**

**Personal:** Ajee’ (“ah-zhay”) Lenee’ Wilson was born May 8, 1994, in Neptune, New Jersey; 5-8/135 (173/61)

**PRs:** 400—53.63 ’14; 600—1:22.39 ’17; 800—1:55.61 AR ’17; 1000—2:42.71i ’16; 1500—4:05.18 ’18; Mile—4:33.57 ’16; 3000—10:13.41 ’07.

**Schools:** Neptune HS (New Jersey) ’12; graduated from Temple ’17 but has competed professionally for adidas and the Juventus TC since ’13
Wilson talked with us at the end of May about her beginnings, her training and where she wants her career to go from here.

T&FN: Looking back on your earliest days in the sport, does it ever surprise you how far you’ve come?

Wilson: I’d say every year—especially through high school—there was always something kind of new that I didn’t even know existed in our sport. The first time that I did well at World Juniors, I didn’t even know that was a thing. I didn’t know it was even a possibility. So every new step it’s just like a surprise that I never would have imagined in the past.

T&FN: What got you started as a runner?
Wilson: I started running because my little sister, Brietta, did it. She’s just almost a year younger than me—we’re “Irish twins.” She started running track and she would come home and say how fun it was and how many friends she had. So, I just followed her lead and started running because of that.

T&FN: Was there any point as a young runner when you started to dream of glory and say, “Wow, I could do something here”?

Wilson: It wasn’t until I got to World Juniors where I got 5th. Just running there opened up my eyes. I looked at track differently and I was like, “OK, next opportunity to do this is another two years and next time I come here, I want to win.” I would say that’s kind of when I started actually following goals in track & field.

T&FN: You bypassed a scholarship at Florida State and an NCAA career to go straight to the pros. Do you ever have any second thoughts about that?

Wilson: Currently no, I think because like the outcome has been successful, it’s been positive. I struggle to imagine seeing my life any other way now because it’s just my normal. It was easily one of the best decisions me and my family had ever made. I have no regrets. When I first signed initially it was difficult, even being around town—I went to community college my first year. It was like, “Oh, you’re still here. I thought you were going to Florida.” Having those awkward conversations, you know. I was more reserved and not as confident in my decision. But as time went on and I was comfortable and I was doing well, it was definitely easy to just to be happy where I was.

T&FN: And you graduated from Temple last year?

Wilson: In kinesiology. My concentration was exercise and sports science.

T&FN: Did you find it tough to juggle being a serious student with being a pro athlete?

Wilson: I didn’t find it too difficult. The high school that I went to was Allied Health & Science. I didn’t actually go to Neptune High School. Allied was a strong academic school, so in my years there I did find it difficult to find that balance. But it did prepare me for college. So it was relatively seamless to me to get the work that I needed done, study when I needed to and prioritize and just plan my time accordingly. I definitely enjoyed being a student while I was running. I miss it every now and again, having done it so long and having that balance.

T&FN: So now you’re an experienced international veteran athlete at the age of 24. How does it feel to be young in age and so old in the sport?
Wilson: I do forget sometimes how age is a thing, you know? When I first started, a lot of other runners on the circuit were like, “Oh, you’re like 12?” Nowadays my age isn’t a question even though I’m still on the younger side. It used to be kind of weird. But now I just feel like I fit in.

T&FN: Do you feel like you’re coming into your physical prime?

Wilson: Over the past couple of years I’ve felt myself change. I deal with or handle workouts better and I’m training better. I definitely think there’s more than 800 I want to do, I can do, and as I get older, you will see me stepping into the 1500. I don’t know if it’s my prime yet, but I definitely know that I’m coming into my own.

T&FN: What’s your offseason training like?

Wilson: We’re at this local park and I’m not really sure how long exactly this loop is. But we have this little loop that we do and it’s usually just like intervals, so it’ll be like 6×1 lap or like 2-lap/1-lap/2-lap/1-lap 3 times. When I first started running professionally we were there and I hated it. We went to the park so much. Like there’s hills and it’s hot. But I definitely think it’s done wonders for our training group in making us strong. It gets you fit. I’ve gotten to love it and I prefer it during the fall, over, say the longer run.

T&FN: Do you keep track of how many miles you’re putting in?

Wilson: Kori Carter created a training journal so I bought one and I started logging my stuff. I just wasn’t consistent enough with it. Mentally I’m a lot tougher now, but when I was younger, if I knew “OK, we’re doing this amount of miles per week,” it was daunting and I really don’t want to do it. So I don’t typically... Well, I don’t at all keep track of mileage or anything like that.

T&FN: You must have a feel for how your training compares to your peers on the circuit.

Wilson: I don’t really talk to a lot of people about their workouts, but what I will say that I think is unique which we have built on over the years, it’s the approaching the 8 more from the strength side. So when Marielle [Hall] was here, we were with her most of the fall, a good part of the beginning of the season and just holding on and trying to hang in there for her workouts, or it was tapered down a little bit for us. So I think in comparison we might do a little more strength work than other people, more 1500/mile-based work. But I think when it comes down to core 800 workouts, we all pretty much do the same thing, 200s, 300s, you know.

T&FN: Do you incorporate much weight training?

Wilson: In the fall we do. When it comes to outdoors in the season we focus more on bodyweight exercises, a lot of med-ball stuff and a lot of core, but we don’t really see the weight room much once the season is in play.

T&FN: What’s the workout that you most hate?

Wilson: We’ll do 1200 and then a 400 and we have to do that 3 times. Some people have to do it 4, but if it’s me I may make it through 3 and it just kills me. I think I’ve gotten better at it but I’ve yet to officially master it. It just does not like me at all.

T&FN: What are your fun workouts?

Wilson: I love 200s. Preliminary events, we’ll do like six 200s. That’s probably one of my favorite ones. Another fun one is the 300 repeats as well, with long recoveries. Those are probably my top two favorites.

T&FN: In the last year, has there been any change in the emphasis of your workouts?

Wilson: Getting stronger on the 1500/mile side, because running the 800 in Berlin last year, I wasn’t too far off so it’s like my speed is there, but in the last phases of the race, that last 60-70m is kind of where I end up dropping off. So just getting a little stronger has been the focus.

Wilson’s Favorite Places To Race

Where in the United States does Ajee’ Wilson like to compete:

“It might be the Armory in New York because it’s maybe an hour and a half for me. So a lot of my family often come to see me
race and just over the years, racing there in high school, you see a lot of coaches or officials and athletes that you know, so it’s always just a really warm and homey feeling at the Armory.”

And internationally?

“Stockholm. I think that the whole trip experience in general is why that was my favorite place. It was the first meet that I went to by myself when I first started. Zürich was after so I stayed over and Alysia [Montaño] and her husband were there so they took me under their wing and I stayed in the same place that they did for a few days. Having looked up to her, I was following her around and still kind of in awe, I was just feeling her energy and a genuine, ‘Hey, I care and I’m looking out for you.’ That was my favorite trip so far.”

T&FN: That 4:05.18 at Swarthmore says a lot about your strength.

Wilson: Typically one or two times a year I’ll do a 1500 or a mile. This year yet we’ve just done a couple more because training has been going so well. It’s the same approach, but he’s really keen on just gradually improving and not trying to shock your system too much. So it’s been a slow work in progress. But like I said, I feel like I’ve adapted and gotten used to training and my body’s ready and mature to test those things a little bit more now.

T&FN: Are we ever going to see you be a 1500m specialist?

Wilson: Hopefully. My coach is really a kind of gradually-chip-away kind of person. Definitely as I get older I’ll be testing out the 1500 a little bit more. Charlene is kind of doing that now. We’ll see how things go and what he has planned. But I’m definitely sure that I’ll be moving up to the 15 soon enough.

T&FN: Charlene Lipsey has improved so much since she started training with you and coach Thompson. Are you benefiting from her being there?

Wilson: Definitely. Charlene’s work ethic is insane. Her attitude at practice is uplifting and positive and having her around has been huge. Training-wise, this year I’ve done a lot better. Anything on the longer end it was just me trying to stay close and trying not to fall off so hard that I had to get pulled out of a run or a rep. She was just like that much better and that much stronger than me. It was a real give-and-take. On the speed stuff, we were working together and she was getting more help from me than on the strength stuff. The longer distances, you know, I was getting a lot from having her there. So yeah. I’m so glad that she decided to come out here and it’s definitely paid off for the both of us.

T&FN: You’re obviously quite close. What’s it like having a friendship with someone who lines up to race against you regularly?

Wilson: Everyone always asks that and I don’t know how to explain it but it’s really easy actually. We have so much in common and we get each other; we get what we have to go through, especially when it comes to racing. It’s nice to have that kind of us-against-them type thing. If I’m not confident or I’m not feeling the best going into the race, it’s like, “Hey, we do the same thing. We train the same, we both got this,” and it’s easier sometimes to put your confidence and belief in someone else than yourself. So we definitely feed off each other’s energy when it comes to racing. That being said, we’re still competitive and when I’m racing, I know that if anybody’s coming, I know she’s going to be there and I know that I need to make sure I’m going to the line or else she’s coming.

T&FN: What is it about the coaching relationship you both have with Coach Thompson that makes it so effective for you?

Wilson: I have an amazing coach, you know? He’s truly a student of the sport—he can run you back stats from years ago. He knows everybody. He knows how they race, he knows just a bunch of information that he has constantly been observing over the past 25 years. He never ran track. So everything that he knows and he does, he learned from reading and studying and talking to people. He’s had a lot of time to practice and he’s found a formula that works and training that works. And outside of the training, he didn’t run track, but he used to be an athlete. So he gets it. He definitely understands where we’re coming from and how it is to train and maybe not 100% all the time, but he gets what it is like to be an athlete. I think that dynamic helps with the whole process of training.

T&FN: In your job, you have to travel a lot. Does it get tiresome?

Wilson: I actually do like traveling. I do well on planes. Usually before we take off, I’m asleep. I like to travel and more importantly I like to just go different places. It’s easily the best part about what we do. Running age-group in the summers—we
didn’t go on vacations as a family that often but track was a surefire way. Every summer we were going somewhere and it was always super cool places like New Orleans or Tennessee or Michigan. The traveling part—I love it.

_T&FN:_ As opposed to simply the big ones that figure in the World Rankings, are there any races in the past that stand out in your memory?

_Wilson:_ One of my favorite races—with my parents, it always was small stuff like, “Hey, if you run this time or you win the race, like you’ll get this snack or whatever.” And when I was in high school the bet was that if I ran 2:04, then I could get a dog. And I wanted a dog for like forever. I would toe the line and it was like, “I need this puppy.” Yeah, [2:04.94 at the New Jersey high school state meet in ’10] was one of those memorable races. I got a dog. His name is Zeus. He’s a Shih Tzu/Yorkie mix.

_T&FN:_ In races, you seem to love to lead. What’s your thinking behind that?

_Wilson:_ That’s been something that’s worked and something that I feel comfortable doing. When I first started running professionally that was not how I approached races. It was just hang in there and give it what you had towards the end. I think the first race where I kind of went after it was 2013 in Stockholm where I went a little earlier and towards the front of the pack. I remember thinking, “Whoa, you’re going for it! Finish now!” My body’s gotten stronger and I’ve gotten more mature. My coach lets me do whatever I feel comfortable with and you know, in high school that’s what I was used to. His goal was to make sure that physically I was able to still do that. That’s just what’s comfortable and what works for me.

_T&FN:_ Would you ever rather have the fast time than the win?

_Wilson:_ Every race, the goal is always to win. Very rarely do we run for time. My coach always says, “If you run for place, the time will come.”

_T&FN:_ On the circuit, who are the peers that give you a boost and make you feel ready to race?

_Wilson:_ I would say it’s a tie between like Chanelle Price and Kori Carter. Chanelle is positive, inspirational, just a great all-around person. Any time I’m around her, I feel her energy. And then Kori is similar, she’s high energy, no chill and great person to be around. And of course, Charlene. Charlene is my road dog now, she can’t get away from me if she tried.

_T&FN:_ Not to bring you down, but it’s time for some tough questions. What’s been your toughest moment in the sport?
Wilson: I think the toughest thing definitely was last season. It was easily the toughest in track and the toughest in my life. It turned around towards the end, but yeah, that was definitely a rough time.

T&FN: The “positive test” and the USADA warning—how do you get past something like that?

Wilson: I think what made it kind of easy—not “easy”—scratch that word. What helped, I finally internally knew my truth and I had faith. I knew what the truth was, but it wasn’t until having my peers and other athletes reach out and let me know that they were thinking of me, that they understood the situation. More than anything, that they believed me made it a little less difficult to deal with and work through.

T&FN: You’ve had other frustrations, most notably missing the ’15 Worlds in Beijing with injury. Does that pale in comparison with the USADA experience?

Wilson: [The doping warning] is still pretty sore. It wasn’t too long ago. That’s the first thing that hit me. At the end of the day, it happened and it’s not something I’m ever going to be able to forget about or shy away from. I’ve made that mistake [of trying to forget it] before and now it’s kind of like a slap. Not even a slap. It’s just like a harsh reminder. It happened and I just have to accept that and now I’m going to get asked about it.

T&FN: You’ve always been so calm and reserved in public, and we’ve seen that in your responses to questions on the hyperandrogenism controversy that’s affected the 800. What’s behind your approach on that?

Wilson: People have been talking a lot about it now because [the IAAF] recently changed the rule. But even before my approach is just—it’s unfortunate. You can only control and really be invested and concerned about the things that you have control over and at the end of the day that’s not something that I do. And so my job, I’ve got to train and focus on what I can and race and compete. I’ve been that way with everything in my life. Even with school, like my mom would laugh at me because in high school I was really super-academic and my friends would be like, “Oh my gosh, what’s going to happen on the test?” And I would just be chilling in the back like, “Hey, either I’m ready or I’m not. I studied. I know that I’m prepared. I can do as much as I can. I don’t know what the questions are going to be. I just have to go and you just do what you can, you know?” I typically leave it up to the people in charge.

T&FN: Some would argue that if those coming hyperandrogenism rules had been in place all along, you would have a few more gold medals in your pocket and maybe a little bit more money in your bank account. Is that a frustration at all?

Wilson: I can’t say I haven’t thought about. Anybody who says they haven’t, it wouldn’t be truthful at all, but I wouldn’t say that I’ve been frustrated. The background that I came from, you know, what I get now is more than I would’ve ever dreamed or imagined. So I’m super grateful and thankful for what I have and what I’m able to do for my family and my community. I definitely don’t think that looking at it as “I’m missing out” would be greedy or anything. But I don’t have any super-serious or major desperation about having missed out on stuff like that.

T&FN: In a sport with the World Champs, the World Indoors and the Diamond League, how important are the Olympics to you?

Wilson: Super important. Making another Olympic team is huge. And you know, doing better at the Olympics is more important than anything. It was a really weird feeling being there. Being excited I was at the Olympics, because I hadn’t even dreamed of it, but there was a little cloud over it because I knew where I was physically and I just didn’t feel like that was the best that I could put forward at that stage. Having my family and friends being so supportive and so excited that I was there, but there was a little element of feeling like I hadn’t done all that I could have to make them a little more proud. I just want to do better at this, making the next Olympics and do better. That is definitely something that I think about and is one of my goals.

I love running. I love competing. One of my favorite things about running was just the “socialness” of it. It’s an individual sport, but it’s still very much a collective.

T&FN: In terms of unfinished business, you’ve got the World Youth gold medal and the World Junior gold. Is it a goal to finish the set with a senior gold at the Worlds?

Wilson: That’d be awesome. I think Kirani James has done it and I was like, “Oh, that’d be cool to get all of the levels.” In any meet, I want to win. I want to get that gold. So with that approach, I think that, well—I hope that I’ll be able to accomplish that someday.

T&FN: But if you do complete the set, then you have to do the World Masters.
Wilson: [laughs] I don’t know about all that. I’m always on the fence about when I’m done like, am I going to be done-done? Or you know, still dabble a little bit, but we’ll see.

T&FN: Your American record is 1:55.61. Do you have more in you?

Wilson: I think that I do. Like I said, my coach is a student, so he’s watched the race over a bunch of times. Of course, after the initial excitement and happiness settled down, Derek went into critique-mode and he’s like, “Hey, you could have done this better.” And if we work on this, I can be better at that. So I definitely think there’s more there. A little bit. How much I don’t know, but I definitely think that there should be more.

T&FN: Is the sport still as fun to you right now as it was when you were in age-group track?

Wilson: I love running. I love competing. One of my favorite things about running was just the “socialness” of it. It’s an individual sport, but it’s still very much a collective. Over the years I’ve just been blessed with a lot of great people and teammates that surround me. I’m about to head to practice now and I’m genuinely excited to go to practice. My teammates are awesome. They keep it fun, they keep what you do enjoyable because you can run and you can compete but sometimes it can be difficult and hard to pace through your workouts and you might not feel like it. But they really make that easy. It might sound cliché, but I would say now more than when I was younger, I love running and love what I do. It’s like the best life that I never asked for or could have ever imagined, you know?

T&FN: We’ve seen you after races besieged by little girls who idolize you. What is it like being a role model?

Wilson: It took some time to get used to it because it was really weird at first. I was super awkward about it, like “You want to take a picture? You want my autograph? What?” You know. Now, I’ve gotten the messages and talked to parents and kids alike, who said I’ve inspired them. It’s still a little crazy to think that I’m that to someone because I’ve had those same people in my life. It’s awesome.
Michael Norman heads to the nationals with the fastest collegiate 4×4 split ever, 43.06. (JEFF COHEN)

A few months back T&FN correspondent Lee Nichols was the first to suggest it. USC circa 2018 is Quartermiler U.

Nichols posited the accolade—reserved in decades past for the Baylor men—at the NCAA Indoor in March but Trojan Pac-12 and West Regional performances suggest more may be in store this outdoor season at the NCAA Champs.

At the collegiate indoor finale, Michael Norman ran an under-a-roof 400 World Record (44.52), Kendall Ellis the American and Collegiate Records (50.34) and, to wrap up the meet, the Trojan men’s 4×4 unit set the relay CR—with a 3:00.77 clocking faster than the World Record but not conforming to the IAAF requirement that all four stick carriers have the same nation-eligibility.

The women’s 4×4 anchored by Ellis won in 3:27.45, indoor collegiate baton history’s No. 5 time. At the meet’s ’17 edition the Trojan squad set what is still the undercover CR, 3:27.03, and let’s not forget that the ’17 outdoor squad’s 3:23.35 to place 2nd behind Oregon’s CR is No. 2 on the collegiate all-time list.

As we look toward the NCAA, consider also Rai Benjamin in the 1-lap hurdles. At the Pac-12 he stumbled and nearly fell over the third barrier but still ran home, with a stiff breeze challenging his pattern, in 48.46. Benjamin—runner-up by 0.01 at last year’s Nationals for UCLA—said after the Conference meet he believed he could challenge Kerron Clement’s collegiate standard, 47.56, from ’05.

He seemed right then, and only burnished his credentials when he blazed a 47.98 at the Regional, moving to No. 4 on the all-time collegiate list with the fastest NCAA time since the ’05 Nationals.

The Trojans spent much of the season favored to win both NCAA 4x4s—a feat last achieved by Texas A&M in ’11—and while the men continue to lead the pack heading into Eugene, the women have dropped several notches and will probably have to finish higher to capture the overall team title.
Norman: All Systems Go As A Soph

Still just 20, SoCal native Norman seemed to stay comfortably within his max potential for ’18 in his 44.40 conference win, which he described as “smooth and light, almost effortless.”

When he zipped a wind-aided 19.84 in the 200 just over an hour later Norman showed the lap had done little to tax him.

2 weeks later, with the Nationals 2/4 double rendered undoable by the timetable, he eschewed the half-lapper and cruised to a 44.67, then produced an eye-popping 43.06 to anchor the 4×4.

Onlookers who’ve been watching Norman since high school (Vista Murrieta, Murrieta, California), where he ran 45.51 as a senior, know his races have cast a preternaturally easy vibe for years.

Remember when Norman outran Justin Gatlin in that Olympic Trials 200 semi and then placed 5th in the final in 20.14? Cool, collected, precocious.

While comparing Norman’s same-day Pac-12 pairing to feats like Isaac Makwala’s 19.77/43.92 double in Madrid (with 692m of elevation) last year may be a premature exercise… Wait, maybe it’s not so premature. Makwala was 30 last July, had three World Rankings in the 400 on his résumé and subsequently added a fourth as ’17’s No. 2.

The Pac-12 double, says Norman’s USC event coach Quincy Watts, the ’92 Olympic 400 gold medalist, “is one of the most tremendous feats in track & field history. So this young man did basically what Michael Norman does. He basically takes care of business every time, and every time he steps on the track he shocks us.”

Watts continues, “The great thing about Michael: he’s only 20 years old. You’re looking at the guys that are competing in the NCAAs, 23-year-olds, they’re grown men. This is a young 20-year-old who is really not understanding what he’s doing right now. But he’s such a joy because he wants to win.”

The comparison Watts offers was “in a different sport, he reminds me of Kobe Bryant. His intensity, his tenacity and his commitment to detail in every aspect of his life is really all about being great in track & field.”

Only a rare 19-year-old would view Norman’s frosh season in ’17 (44.88 for 4th at the NCAA) as disappointing but he did—even though he put together times of 45.01, 44.60 and 44.80 over three days at the USATF Champs and placed 7th in the final.

It is worth noting here that Norman’s dad Michael, Sr., ran high school track in the Chicago area and that his mother Nobue was a promising middle school sprinter in Japan before injuries shortcircuited her career.

Injury—shin splints and then a right hamstring strain—was the factor that bedeviled the first half of Norman’s frosh year at USC in ’17.

Of getting past the health obstacles, Norman says, “I think I just grew up as an athlete and a person, you know, I realized that the things that I was doing in high school weren’t going to slide in college. So you know, I’ve made those adjustments and really stayed on top of my prehab and rehab and taking care of my body. So I think just the maturity and learning myself a little bit more really helped me transition to this year.”

Watts confirms that any “maturity” issues revolved solely around navigating the physical maladies. Says Watts, who guides the process in close concert with head coach Caryl Smith Gilbert, “With maturation we’re just talking injuries. We’re not talking about anything that was rocket science. We’re just talking about making sure that these young kids have the confidence to go through injuries and hiccups in track & field.”

It’s all about understanding the sport’s realities. “The one thing about athletics,” Watts explains, “is there’s always injuries and setbacks. So our job as coaches is not necessarily the stopwatch and things like that on the track. A lot of it’s in the office having the conversations with them about being patient and understanding that injuries are a part of this sport.”

For Norman, Watts says, “I know there’ve been frustrating times but you couldn’t ask for a better kid to be a part of our program.”

You couldn’t ask for a better quartermiler. If Norman is a dyed-in-the-wool lap runner?

“That’s a good question,” says the young sprinter. “I’m not sure. Uh, this year, yes. But in the future, who knows? Could be 1–2, could be 2–4. Could be just 2. It’s just kind of hard to tell. I just kinda go with the training and just run what I like to run and listen.
to my coaches.“

Already immersed in summer school classes and on track to graduate with a Communications degree in 3 years, Norman is less specific about his current time target in the 400. “Not right now,” he says, adding, “I just really want to be able to master my races and say that I ran the best race I possibly could have.”

Ellis: Heavy Lifting Ahead At The NCAA
After low-keying her early outdoor campaign, at the Pac-12, NCAA indoor champ Ellis revved up big for the postseason.

“Great day for Kendall Ellis,” said coach Smith Gilbert after the loop crown was won. “I was proud to see her get her speedwork in on the 4×1 [42.85 win with Ellis on second leg], come back a little later, run 49 into a headwind, come back a little later than that, go 22.74 [for 4th in a wind-aided half lap], then split 50.3.

“So great day for Kendall Ellis. We've been working through it, through the meet, so she can be ready for NCAAs.”

At Regionals, Ellis too chose the 400 over the 200 and came away with an easy 51.03 win, sandwiched between a leg on the 4×1 and a 50.98 anchor on the 4×4.

Calling herself “very proud to have joined the 49 club,” Ellis says, “I've said before that Coach Watts and I don't necessarily run races with a specific time in mind—we simply go for the win. This entire season the team’s motto has been ‘effort and execution,’ and that's been at the forefront of my mind every race. If I give my full effort and execute the race plan the way Coach Watts and I discuss, then the time will follow.”

After the 49.99, Watts offered some insight into their macro plan: “She’s a tremendous talent and for the last month or so we’ve kind of been training in a
real hard cycle with Coach Caryl and myself so we knew she would come out here today and do something special. I didn’t know it was gonna be that special but Kendall always surprises us.”

Prevailing weather could alter a significant aspect of Ellis’s race in the NCAA final versus what she encountered at conference. At Stanford she had the breeze behind her on the backstretch and ran into its teeth coming home. In Eugene, winds tend to exert influence in the opposite fashion, hitting runners in the crucial 100–200 segment, aiding on the run home.

“It doesn’t really matter to me,” Ellis says. “The race plan doesn’t change because of the wind, but I will say it’s something that I just like to be aware of so that it’s not a shock when I’m in the race.”

Ellis looks forward to the challenges ahead: “The NCAA as a whole, and especially the women’s 400 this year, has such a depth of talent that I’m confident it’ll be a great race at Nationals no matter who’s competing.

“Personally, regardless of who’s in the race, I’m just excited to compete my hardest for the title and represent USC the best I can.”

**Benjamin: Whatever Leg Or Event Comes Up**
"What?" you might ask. NCAA long hurdles fave Rai ("rye") Benjamin is not a quartermiler. But look at the 20-year-old Trojan junior’s 44.35 second-leg split in the indoor 4×4 final or his 44.74 lap at Mt. SAC in April and perhaps you’ll understand his inclusion here.

What Benjamin, who prepped in Mt. Vernon, New York, and has dual citizenship with Antigua, brings is fantastically diverse ability showing itself this season as evidenced by 20.34 speed over 200 to place 3rd at the NCAA Indoor.

"Wow, he’s a monster," says Norman about his teammate. “Training with him is great, you know. Every day at practice it’s like, ‘Dang, I gotta run with this guy.’

“It’s always a little race. That’s why coach tends to separate us, but I mean it’s always great running with him.”

Says Watts, “Rai’s one of the greatest talents I’ve ever been around my whole life. I just enjoy coaching him along with Coach [Athens 100H gold medalist Joanna] Hayes. We all collectively coach Rai and he’s just a tremendous. He’s one of the greatest athletes to come to USC track & field. (Watts was one, and a 400 CR setter, himself.)

“He’s so dynamic because he can do so many events, you know? What he’s doing in the 400m hurdles is really just the beginning of what this young man can do.

"[The 400 hurdles] might not even be his real event. He can do whatever he wants. He can sprint, he can run the 100, he can run the 200 as you saw indoors. He can run the open 400. And he can also jump the sticks."

Bottom line in Watt’s view: “There hasn’t been no one in the 400 hurdles with his kind of speed.”

That’s close to true, using 200 bests as a benchmark. Angelo Taylor ran 20.23 but that was at age 31, two seasons after he won his second Olympic gold. The others who come to mind also won Olympic gold—notably Andre Phillips (20.51 plus 13.25 in the short hurdles) and Kerron Clement (20.49).

“So he’s going to do some unique things, special things,” says Watts. “We just gotta make sure they make sense. He’s gonna do something every now and then that’s scary.” Good scary and Watts laughs as he says it, although he is serious about the challenge presented to USC coaches.

At the Pac-12, in his heat on the first day, Benjamin found that his established 13-step pattern had vanished.
“As of yesterday I started 12-stepping between hurdles and that threw me off because at the time I didn’t know I was 12-stepping,” he explained after the final. “I was just wondering why the wrong foot kept coming up because I go 13s all the way, which is my right leg. So yesterday I went left a few times and I just thought it was, you know, the rhythm of the race that I was running yesterday, but we watched film and found out that I was 12-stepping and I did the same today and almost fell.”

Near-disaster at hurdle 3, one of those scary things. “It’s kind of really new to me,” Benjamin said, “so I just have to master that and work on that and going forward.”

Trojan hurdles mentor Hayes didn’t overthink the new race pattern on the spot. After the heat, “I didn’t tell him not to do it or to do it again,” she says. “I just said come out and whatever you’re comfortable with, whatever happens, let it happen because you never need to make a lot of changes in a championship because if he’s able to carry that and come home, we leave it. If it messes him up, we fix it. But in this situation at the Pac-12 where he was going to be out ahead if he did it again and couldn’t hold it, he still would have come out with the victory and still been able to run a good time. He’s disappointed in the 48.4 because he’s that kinda guy.”

Hayes adds, “Now you assess, go back to work. You’re ready to try and do this again in 2 weeks. It’s going to be fun.

“You don’t know what’s going to happen, but I know that he’s working hard and we’re prepared for something great. And we’ve just got to stay humble, healthy and work hard.”

Benjamin states his goals up front: “I wanted to go 47, preferably 46, but I mean I’ll take what I can get, there’s no rush.

“Like I said, the new race pattern threw me off and you know, I just had to mentally put myself back in the race during the race. So I mean, overall like I was happy with the time 48.4. It’s still kinda early in the season. We have Regionals, we have Nationals, so more time to peak, as opposed to going super fast right now and not having anything for June.”

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**Video Interviews:**
Pre Classic Men — Crouser’s Putting Stands Out In Impressive Collection Of Events

By Sieg Lindstrom | May 2018

Picking the first among superlatives in the cornucopia of men’s performances at the Prefontaine Classic frequently challenges both those roaring their approval in the stands and the meet management that puts it all together. So it was for the final edition of this meet at a Hayward Field Steve Prefontaine would mostly recognize. (See Jack Pfeifer’s story on the women’s side of the meet here.)

Fittingly, Oregon native Ryan Crouser won Athlete Of The Meet. Although the Olympic champion’s massive 73-11 (22.53) put did not gain him the world lead—as 5 other men did with their wins here—it dispatched a field with pedigrees to match the physical size of its members.

In the “center stage” ring, starting mid-meet with the stands packed with 12,667 exuberant fans, Crouser, who earned 6 Oregon prep titles at Hayward (Pre won 3), spun his first throw out to 72-1½ (21.98). He subsequently launched his 5 legal throws long enough to win, and sent his round-5 best out to a U.S.-leading 73-11.

With the No. 7 all-time U.S. put and second-longest of his career, a quarter-inch longer than his Olympic Record toss, Crouser topped Michal Haratyk’s 72-1 (21.97) Polish Record in frame 6, surprising Darlan Romani’s 72-¼ (21.95) Brazilian Record in the fifth round and foul-troubled reigning world champ Tom Walsh’s 71-8 (21.84, the best-ever mark for 4th) in round 2.

Among other world or Olympic winners down the order were Ryan Whiting (2 World Indoor crowns), David Storl (2 Worlds wins) and Joe Kovacs (’15 World titlist).

No wonder Crouser flashed a thumbs-up to the Hayward faithful.
“Friends and family were here and a lot of them have ties to Hayward Field,” he said. “So it was just really special at the last Prefontaine Classic at Hayward Field to be able to go out and set a record like that and be Athlete Of The Meet.” The Crouser clan’s story here is well known.

Happy to be finding his rhythm after a hand injury over the winter, Crouser said of the big throw, “It was there, I was just knocking on the door the whole time and I just lined stuff up a little bit better and was a little bit more patient.”

Saying he was still working through “early-season jitters,” after 8 winter weeks in which he could not throw, Crouser mentioned a familiar and apt analogy: “Kind of like a golf swing, I’m going back and just muscling it through instead of just going back and swinging it through easy.

“So the last 3 throws I toned it down a little bit and just let it happen.”

Crouser says he has only just begun the ’18 fight: “Once I get a few more competitions, get loose, relaxed and comfortable in the ring, I think you’ll start seeing some really far throws.”

In a season that could see Crouser and list leader Walsh (74-4½/22.67) challenging the World Record, the American points to a key indicator, best stand throw in practice: “In Rio I threw, I think 18.30, so just over 60ft,” he says, “and I just hit over 20m in practice, so I’m up about a-meter-70, and threw the same [competition] distance today as I did in Rio.

“So there’s a lot of potential there once I can get to use it. So it’s a little bit frustrating but I just gotta trust the process and keep working.”

Noah Lyles claimed a share of the yearly 200 lead with his PR 19.69. (VICTOR SAILER/PHOTO RUN)

The 200 saw young Noah Lyles drop his 19.90 PR from last year to 19.69 in a thorough trouncing of ’17 Worlds bronze medalist Jereem Richards (20.05) and a group that included world champion Ramil Guliyev (7th in 20.57).
Lyles, at age 20 now a winner of 4 Diamond League half-laps in two seasons and the event’s ’17 series champ, took full advantage of a just-legal 2.0 wind. In lane 7 he ran through the first half inches behind ’17 list leader Isaac Makwala to his outside, and when the Botswanan pulled up injured at the head of the straight, the American streaked away to equal the altitude-aided world lead of Clarence Munyai.

“I’m in love with the time,” Lyles said. “I said earlier I’m a little scared because I didn’t expect to run this fast this soon. So it just means the rest of the season is going to be even faster.”

Scared? Just a figure of speech. “I was injured last year,” Lyles explained, “so I thought it might take maybe two more races before I got up there to 19.6. But my body is just shocking me, to be honest.”

What did Lyles like about the run? “The start. That first 50 and all around that turn I felt that I got out and I was powerful, something that I’ve been working on for years. I’m glad that today it was able to come together.”

The rise of a new young sprint corps with Usain Bolt now retired has been much discussed. Indoor 60 WR-setter Christian Coleman has been right at the center of it along with Lyles. But 100 winner Ronnie Baker, who is 24, thinks he belongs too and made his case with a 9.78w win that might have lowered his own world lead but for a 2.4mps breeze.

Baker, in lane 5 with Coleman to his left, started nearly as well as the Tennessee alum favorite, who opened a small margin in the first half, but over the final 40 it was ’16 TCU grad Baker who sprinted clear.

Although Baker’s college career lacked the titles that Coleman put up, he won the Pre 100 last year, took 60 bronze at the World Indoor in March and dashed to the world lead with 9.97 at Mt. SAC in April.

“My goal this year is to win every race every time I step on the line,” said the Darryl Anderson-coached Baker. “There’s not really a time in mind, there’s not really anything I’m shooting for as far as time goals but I just want to win every single race.”

Also striding to the top of the ’18 lists in their events were Timothy Cheruiyot in the always stellar Bowerman Mile (3:49.87), steeplechaser Benjamin Kigen (8:09.07) and 18-year-old 2-miler Selemon Barega (8:20.01), whose full-throttle charge in the cool, breezy Friday evening session came over the final two laps with closing figures of 1:56.53 and 54.83.

The ’17 No. 2 World Ranker at 1500, Cheruiyot won from Ethiopian 18-year-old Samuel Tefera (3:51.26), world champion Elijah Manangoi (3:52.18) and an age-17 record from Norway’s Jakob Ingebrigtsen (3:52.28) as Olympic champion Matthew Centrowitz placed 6th in 3:53.61, his fastest mile since the ’16 Millrose Games.

While a case could be made that the magnitude of teen Tefera’s run was overlooked amid oohs and ahhs over that of the 11-months-younger Ingebrigtsen, that was understandable in light of the Norwegian’s kick over the last circuit. He rushed through that lap in 55.41, 0.24 faster than Cheruiyot, and at one point in the homestretch looked like he might collar Manangoi.

“I wasn’t quite expecting the race to be that fast,” said Ingebrigtsen, who camped at the very back of the strung out field for the first two laps. “I felt the first pace was a bit risky the first couple laps but then I had a lot more to give the last lap so I felt really good coming into the homestretch.”

Kigen, 4th in the Kenyan World Champs Trials last year in his first season of steeplechasing, dropped a blistering surge on the final backstretch so full of pace he appeared to teeter on the edge of control over the barriers and final water jump while building a more than 15m lead on Olympic/World champ Conseslius Kipruto and U.S. ace Evan Jager (both timed in 8:11.71).
The German javelin juggernaut was led by Thomas Röhler, who said, “The fans were really behind it, so it was fun to throw today.”

(VICTOR SAILER/PHOTO RUN)

On the field, two competitions that did not produce world-leading marks—the javelin and triple jump—compensated with drama and quality.

Despite sub-60 temperatures and shifting winds, Friday evening’s javelin competition featuring the season’s three 90m/300ft men, all Germans, saw a pair of 89m-plus heaves, long-arching throws of quality rarely seen on these shores and magnificent to watch.

In round 3 world champion Johannes Vetter, sprawling on the runway after launch, sent his spear out to 293-1 (89.34) and in the next frame Rio gold medalist Thomas Röhler answered with the winner, 294-10 (89.88). The spectacle wasn’t quite over yet as in round 6 Andreas Hofmann solidified his hold on 3rd with a 283-7 (86.45) throw.

“The [7500] fans were really behind it so it was fun to throw today,” said Röhler, who then assessed the evening: “It was challenging. We started with a strong tailwind, ended with a crosswind, had a headwind from time to time. So this is why we’ve been all switching the javelins from time to time so we tried to adapt to it. It was about hitting the javelin right and this is what we’re happy about with the 4th round.”

With a field of Olympic or Worlds final quality, Röhler added, the Pre meet “is where I said you have to be prepared coming to throw the javelin this year.”

Although neither Tjer plans many (and perhaps no) more jumps competitions in this “off year,” Christian Taylor and Will Claye pulled out the stops for their final appearances at Hayward Field as we know it.

The year’s Brazilian find, 24-year-old Almir dos Santos, claimed an early lead with a 56-11¼ (17.35) jump in the second round. World Indoor champ Claye bettered dos Santos first, with leaps of 57-2¼ (17.44) and 57-3½w (17.46) in the next two rounds. But nobody who has watched the Claye-versus-Taylor show for the past 7 years assumed the game was over. It wasn’t.

“This is my style, I like to put on a show,” said Taylor afterwards. “Will and I have been doing this since Florida days so the back
and forth I’m very familiar with.”

With two Olympic golds and three Worlds golds in his collection, Taylor know how to bring the “forth.” He inched closer with 56-10w (17.32) and 57-¼ (17.38) bounds in rounds 4 and 5, then reached deep on his last jump and soared 58-2 (17.73), a seasonal best, to take it.

“I was quite surprised myself,” said Taylor of his distance. “I’m really focused on [his goal of] 44 seconds [in the 400], every week I’m really chasing this, but I’ve jumped so long, so many years, so I do know the triple jump and love to compete. So if I’m pushed then I rise to the occasion.”

Taylor’s training coming in consisted of “500s, 400s,” not much jumping.

“I ran really well in Shanghai [45.24] and this was some really good momentum to come here,” he said. “It’s Hayward Field. There’s magic in the track, there’s magic in the stands. It’s not that you don’t have to prepare to come here, but there is something special about competing here. Special things happen.”

PREFONTAINE CLASSIC MEN’S RESULTS

Diamond League; Eugene, Oregon, May 25-26 (attendance 7500/12,667)—

5/25—800, 2M, PV, JT)

100(2.4): 1. Ronnie Baker (US) 9.78w (a-c WL, AL) (a-c: =12, x W; =5, x A);

200(2.0): 1. Noah Lyles (US) 19.69 PR (AL; =WL; lo-alt WL) (=10, 30 W; 7, =12 A);

800: 1. Emmanuel Korir (Ken) 1:45.16; 2. Nijel Amos (Bot) 1:45.51; 3. Wycliffe Kinyamal (Ken) 1:46.14; 4. Kipyegon Bett (Ken) 1:46.46; 5. Kyle Langford (GB) 1:46.53; 6. Adam Kszczot (Pol) 1:46.64; 7. Ferguson Cheruiyot (Ken) 1:46.90; 8. Erik Sowinski (US) 1:46.91;... rabbit—Harun Abda (US) (49.85).


Bowerman Mile: 1. Timothy Cheruiyot (Ken) 3:49.87 (WL) (3:35.05); 2. Samuel Tefera (Eth) 3:51.26 PR (WJL) (9, 9 WJ) (3:35.39) (2:53.5); 3. Elijah Manangoi (Ken) 3:52.18 (3:36.74); 4. Jakob Ingebrigtsen (Nor) 3:52.28 PR (age-17 record) (11, x WJ) (3:37.25 NJR); 5. Clayton Murphy (US) 3:53.40 (=AL; out AL (3:38.93)); 6. Matthew Centrowitz (US) 3:53.61 (3:38.71); 7. Bethwel Birgen (Ken) 3:54.60 (3:38.60); 8. Ayanleh Souleiman (Dji) 3:55.87 (3:38.46); 9. Thiago André (Bra) 3:56.03 (3:38.92); 10. Aman Wote (Eth) 3:56.49 (3:40.59); 11. Ben Blankenship (US) 3:56.67 (3:40.17); 12. Craig Engels (US) 4:01.70 (3:44.95); 13. Johnny Gregorek (US) 4:02.01 (3:44.07); 14. Silas Kiplagat (Ken) 4:04.77 (3:46.72); 15. Vincent Kibet (Ken) 4:06.29 (3:48.17);... rabbits—Jackson Kivuva (Ken) (56.1), Andrew Rotich (Ken) (1:55.9).
St: 1. Benjamin Kigen (Ken) 8:09.07 PR (WL);
2. Conseslus Kipruto (Ken) 8:11.71;
3. Evan Jager (US) 8:11.71 (AL);

2M: 1. Selemon Barega (Eth) 8:20.01 PR (WL) (WJL) (7:51.27); 2. Paul Chelimo (US) 8:20.91 PR (AL) (7:51.43—out AL); 3. Birhanu Yemataw (Bhr) 8:21.54 PR (7:51.76); 4. Mo Ahmed (Can) 8:22.29 PR (7:52.06); 5. Henrik Ingebrigtsen (Nor) 8:22.31 PR (7:51.93); 6. Ryan Hill (US) 8:22.36 PR (7:52.56); 7. Eric Jenkins (US) 8:23.50 PR (7:52.45); 8. Ben True (US) 8:23.76 PR (7:52.36); 9. Emmanuel Bor (US) 8:23.96 PR (7:52.58); 10. Hassan Mead (US) 8:24.09 PR (7:51.87); 11. Jacob Kiplimo (Uga) 8:25.17 PR (7:53.46); 12. Albert Rop (Bhr) 8:25.44 PR (7:52.57); 13. Muktar Edris (Eth) 8:26.11 PR (7:52.60); 14. Shadrack Kipchirchir (US) 8:28.38 PR (7:53.32 PR); 15. Edward Cheserek (Ken) 8:31.92 PR (7:57.52); 17. Paul Tanui (Ken) 8:33.44 PR (7:58.44);... rabbits—Kirubel Erassa (US), Lopez Lomong (US).


Field Events

HJ: 1. Mutaz Barshim (Qat) 7-8¼ (2.36) (7-5, 7-6, 7-7¼, 7-8¼ [3], 7-11¼ [xxx]) (2.26, 2.29, 2.32, 2.36 [3], 2.42 [xxx]); 2. Danil Lysenko (Rus) 7-7¼ (2.32); 3. Yu Wang (Chn) 7-7¼; 4. Erik Kynard (US) 7-6 (2.29); 5. Jeron Robinson (US) 7-5; 6. Andrii Protsenko (Ukr) 7-5; 7. Mateusz Przybyłko (Ger) 7-5; 8. Donald Thomas (Bah) 7-3 (2.21).

PV: 1. Sam Kendricks (US) 19-¾ (5.81) (17-9, 18-2¾, 18-8¾ [3], 19-¾, 19-4¼ [xxx]) (5.41, 5.56, 5.71 [3], 5.81, 5.90 [xxx]); 2. Mondo Duplantis (Swe) 18-8¾ (5.71); 3. Piotr Lisek (Pol) 18-8¾; 4. Paweł Wojciechowski (Pol) 18-2¾ (5.56); 5. Renaud Lavillenie (Fra) 18-2¾; 6. Shawn Barber (Can) 17-9 (5.41);... nh—Changrui Xue (Chn), Thiago Braz (Bra), Raphael Holzdeppe (Ger).


(best-ever mark-for-place: 4)

JT: 1. Thomas Röhler (Ger) 294-10 (89.88) (f, 278-3, f, 294-10, f, f) (f, 84.82, f, 89.88, f, f); 2. Johannes Vetter (Ger) 293-1 (89.34) (f, 289-11, 293-1, 264-11, f, f) (f, 88.37, 89.34, 80.74, f, f); 3. Andreas Hofmann (Ger) 283-7 (86.45) (282-2, 274-1, 282-8, f, f, 283-7) (86.01, 83.54, 86.17, f, f, 86.45); 4. Jakub Vadalejch (CzR) 280-2 (85.40); 5. Magnus Kirt (Est) 272-9 (83.13); 6. Neeraj Chopra (Ind) 265-1 (80.81); 7. Ahmed Bader Magour (Qat) 256-5 (78.16); 8. Petr Frydrych (CzR) 228-7 (69.67).
Pre Classic Women — Houlihan Breaks Through, Beats Simpson & 4:00

By Sieg Lindstrom | May 2018

Houlihan chopped more than 4 seconds off her PR in joining the 1500’s sub-4:00 club. (KIRBY LEE/IMAGE OF SPORT)

Eugene, Oregon, May 25-26—Two Iowans: 25-year-old Shelby Houlihan, 31-year-old Jenny Simpson. For milers, 6 years can be a generation.

When the little-known Houlihan passed the world-renowned Simpson 20y from the finish of the Prefontaine Classic 1500, was it a generational moment? Only time will tell.

For Houlihan, it was her first time under 4:00—3:59.06, one of four runners sub-4 in a tight, tense race. She powered around the final turn with a long, steady homestretch sprint, inexorably gaining on Simpson and Morocco’s Rababe Arafi with every stride. Simpson, in front at the gun as the final rabbit stepped away, led most of the final 400.

“Going into the last 300, I try to ‘switch gears’ every 100m, and I felt really good at that point,” Houlihan said. “I was just hoping it would be enough to catch them.” She ran her last 400 in 59.86, a second and a half up on Simpson (61.32).

“It was a little windy coming around the curve on the backstretch,” Simpson said. “I just did the best I could. You open up, you run as hard as you can…”

For Simpson, was it déjà vu all over again? Nine years earlier, then a senior steeplechaser at Colorado, she ran the Pre 1500 and stunned the track world with a brilliant 2nd-place 3:59.90—as with Houlihan this year on the same track, her first sub-4:00. She was 22.

(Simpson, who went to high school in Florida and now lives in Boulder, was born in Webster City, Iowa. Houlihan, who attended Arizona State and now lives in Portland, grew up in Sioux City, Iowa.)
Houlihan’s previous best had been 4:03.39, in 2016. Her first sub-4:10 also came at Hayward Field, in narrowly losing the 2015 NCAA in 4:09.67. She won the ’14 NCAA 1500 title at Hayward as a junior in ’14.

British veteran Laura Muir (3:59.30) chased Houlihan to the wire and got 2nd, a quarter second back. Arafi slipped to 4th—behind Simpson’s 3:59.37—in a PR 3:59.51, missing the Moroccan Record by just 0.16. In 6th, Linden Hall, the former FSU Seminole, ran 4:00.86 for an Australian Record, 0.07 better than Sarah Jamieson a dozen years ago.

In the women’s 800, while an all-time U.S. soil best was established—Caster Semenya ran 1:55.92 to turn back Ajee’ Wilson by less than a second—the looming question is whether Semenya will be allowed in women’s-only races much longer given the recent IAAF ruling on testosterone.

“I was really happy to get 2nd,” the dignified Wilson said after producing the No. 6 performance in U.S. history, 1:56.86. “It’s awesome just being competitive this early in the season.”

African women also won the 5000 and 100. After early talk of a record attempt in the 5K, once the pacers departed it was left to the Ethiopian Genzebe Dibaba to pull away to an impressive win in 14:26.89, 15 seconds from the WR, 6 seconds from her own imposing MR.

The century was a 1-2 punch by the stunning Côte d’Ivoirian duo of Marie José Ta Lou and Murielle Ahouré. Ahouré had a spectacular first 40 and gave way only in the closing moments to Ta Lou, 10.88-10.90, 0.03 off Ta Lou’s PR and a 10th from Ahouré’s NR. They turned back an imposing field that included international medalists Elaine Thompson, Dafne Schippers, Tori Bowie and Blessing Okagbare. In 8th, Javianne Oliver PRed at 11.10.

“I train hard,” the tenacious Ta Lou said, “so if I win then I know that my training is good and it’s working. I just want to continue to better myself and keep running hard.”

The 400 was supposed to have featured a high-end rematch between Shaunae Miller-Uibo and Allyson Felix, but the American inexplicably withdrew shortly before the meet. In her absence the tall Bahamian strode to an imposing world leader of 49.52.
On the field, the grand dame of the pole vault prevailed again as 36-year-old Jenn Suhr defeated the reigning world (Sandi Morris) and Olympic (Katerína Stefanídi) champions. Suhr won on misses from 21-year-old Eliza McCartney, whose first-try clearance of 15-11 (4.85) broke the New Zealand Record and gave her the lead long enough for a cup of coffee, when Suhr matched it. McCartney was high above the bar on one of her failures at 16-¾ (4.90).

“It was a good day,” Suhr said. “I’ve always liked coming to Eugene. They’re renovating the stadium, so it was the last time it was going to look like this, and I just wanted good memories.”

EUGENE DL WOMEN’S RESULTS
Prefontaine Classic; Eugene, Oregon, May 25-26—
(5/25—non-DL 800, non-DL 1500)


400: 1. Shauna Miller-Uibo (Bah) 49.52 (WL);


Non-DL 800: 1. Natoya Goule (Jam) 2:00.84; 2. Stephanie Brown (US) 2:01.84; 3. Lindsey Butterworth (Can) 2:02.24; 4. Carly Muscaro (US) 2:02.44 PR; 5. Laura Roesler (US) 2:02.68; 6. Cecilia Barowski (US) 2:04.43;... rabbit—McKayla Fricker (US) (59.17).

800: 1. Caster Semenya (SA) 1:55.92 (WL) (U.S. all-comers record—old 1:56.56 Maria Mutola [Moz] ’93); 2. Ajee’ Wilson (US) 1:56.86 AL (x, 6 A);

3. Francine Niyonsaba (Bur) 1:56.88; 4. Habitam Alemu (Eth) 1:57.78; 5. Charlene Lipsey (US) 1:58.35; 6. Margaret Wambui (Ken) 1:58.67; 7. Raevyn Rogers (US) 1:59.36; 8. Eunice Sum (Ken) 2:00.41; 9. Selina Büchel (Swi) 2:03.15;... rabbit—Chrishuna Williams (US) 57.25.


1500: 1. Shelby Houlihan (US) 3:59.06 PR (AL; out WL) (5, x A);


5000: 1. Genzebe Dibaba (Eth) 14:26.89 (WL) (8:45.33);

2. Letesenbet Gidey (Eth) 14:30.29 PR (8:45.66); 3. Hellen Obiri (Ken) 14:35.03 (8:46.01); 4. Gudaf Tsegay (Eth) 14:51.30 PR (8:53.85); 5. Lilian Rengeruk (Ken) 15:01.15; 6. Margaret Kipkemboi (Ken) 15:01.98; 7. Meraf Bahta (Swe) 15:10.20; 8. Dominique Scott Efurd (SA) 15:10.23 PR; 9. Rina Nabeshima (Jpn) 15:10.91 PR; 10. Alice Nawowuna (Ken) 15:11.00; 11. Lauren Paquette (US) 15:15.23 (out AL);... rabbit—Cory McGee (US) (2:52.35).


Field Events
PV: 1. Jenn Suhr (US) 15-11 (4.85) (15-1, 15-5, 15-9 [3], 15-11, 16-¾ [xxx]) (4.60, 4.70, 4.80 [3], 4.85, 4.90 [xxx]); 2. Eliza McCartney (NZ) 15-11 NR (=12, x W) (14-9 [3], 15-1, 15-5 [2], 15-9 [3], 15-11, PB, 16-¾ [xxx]) (4.50 [3], 4.60, 4.70 [2], 4.80 [3],
4.85, PB, 4.90 [xxx]);


DeAnna Price Scares American Hammer Record

By Sieg Lindstrom | May 2018

Price was twice an NCAA champion for Southern Illinois but now wants her first USATF title. (MIKE SCOTT)

DeAnna Price’s plan for the hammer throw coming into the ’18 season was simple in theory, if difficult in execution.

To throw big, to turn in a mark like, say, the world-leading 250-2 (76.27) she put up at the Kingston IWC meet that ranks as the second-best mark ever by an American—and took the yearly world lead—she needed to get smaller.

To become the season’s biggest women’s name in American throws, she had to trim down with all the improvements in agility that implies, while keeping all her strength and power.

Price put up a terrific series in Jamaica, scoring up the 3 longest throws of her career despite a format that only allowed for 4 attempts. She opened at 241-3 (73.54), tied her PR at 249-2 (75.96), PRed with the 250-2 and closed with a 249-7 (76.08).

That night speaks to a goal met, and the 24-year-old Price thinks there’s a lot more to come.

“Last year I came to the realization, I weighed 265lb [c120kg), I was too big,” she says. “Maggie [Ewen] was at 195 [c89], Gwen [Berry] was at 180 [c82] and they were throwing far. I looked at myself and wondered, ‘If I got down, what could I do?’ I started college at 175lb [c80]. In ‘14 I got up to 250 [c114] and I got stronger, then I got up to 265. I threw 74.91 [245-9], but I didn’t feel good.

“It was hard to lose that weight. I increased my water intake, balanced what I was eating, more cardio. It was completely different, there were such big changes and this is the hardest I’ve ever trained. It’s all finally showing, and there’s still a lot of room to improve.”

To put numbers on that, she went from 265 down to almost 220 before settling at the 226–228lb (c103) that she and coach/fiancé J.C. Lambert feel is right for her. The size-22 wedding dress she’s going to wear in October has to be altered to
size-18 in the shoulders and 16 in the waist.

The transformation in the ring has been just as complete. That started becoming obvious when she tuned up for Jamaica with a 249-2 (75.96) in Indiana.

“J.C. and I worked hard on being smoother, more connected,” Price continues. “I’m way faster than I was last year; there is a huge difference there because of the lost weight. I’m pushing the ball better. I have more confidence I can keep moving forward.

“My last throw [in Jamaica] was 76.08 and I completely missed the throw. All the factors have to come together, but it’s getting there.”

As is her health, though that may just be a growing ability to deal with it. She had a wrist injury earlier this year, she had cysts in ‘16 and before that injuries to her knee, abdomen and arm—pretty much an injury a year, going back to her frosh year at Southern Illinois in ‘12.

Price is healthy now and feels she is living in a golden age for American women’s hammer throwers. Charismatic and outgoing—she won over the sprint-mad crowd in Jamaica—she can be a prime piece to that puzzle.

“Keep going hard, keep improving every day,” she says. “It’s amazing what all the girls are doing right now, Maggie, Gwen, Brooke [Andersen], I couldn’t be happier with where USA throwing is right now, I couldn’t be prouder of all of them. We’re doing things and the world is definitely noticing. We’re all pushing each other.”

A 2-time NCAA champ for Southern Illinois who made the Olympic and WC finals in ’16 & ’17, her big aim this year is to win her first USATF title, but “my true goal is to be consistent in my throwing and to inspire throwing for others,” she says. “To make women realize they can be beautiful and strong. You can be a good thrower and have a good heart; just love what you do.”
KC Lightfoot Leads The Non-Mondo HS Vault World

By Sieg Lindstrom | May 2018

Mondo Duplantis (Lafayette, Louisiana) has single-handedly made this the greatest year ever for high pole vault marks by preps.

But, notes High School Editor Jack Shepard, “This is the year for 18-footers, whether we include Mondo or not.”

Leading the charge is KC Lightfoot (Lees Summit, Missouri), who climbed to No. 2 on the all-time prep list with his 18-5 at his District meet on May 12. It was his fifth straight 18-foot meet. At State he ran his total to 6 in a row.

Some stats:

- Omitting Mondo, the most 18-foot clearances in one season was 5, all by Chris Nilsen (Park Hill, Kansas City) in ’16. To date in ’18 we have had 12, 10 outdoors, 2 indoors. Lightfoot has 7 of those clearances, all outdoors (see chart).

- The most 18-foot performers in one year prior to ’18 was 2 in ’16—Mondo & Nilsen. This year there have been 5, including Mondo.

- The non-Mondo record for consecutive 18-foot meets is now 6 by Lightfoot. The previous best was 2 by Chris Nilsen in ’16 and Shawn Barber (Park, Kingwood, Texas) in ’12.

- The Mondo record for consecutive 18-foot meets is 12 (3 final outdoor meets of ’17, all 6 indoors this year, then 3 early ’18 outdoor). Mondo also has the second longest streak at 7 (all 6 indoors of ’17 then his opening outdoor meet).

Lightfoot joined the 18-foot club on April 12 and then fired up his engines again and moved to =No. 4 all-time with an 18-3 clearance. “I was dreaming of different PRs and gotten them, but this one was a little extra-special, obviously,” he told Dave
Now the No. 2 high school vaulter ever, Lightfoot is working on a streak of 5 straight 18-footers. (VICTOR SAILER/PHOTO RUN)

McQueen of the Kansas City Star. “Breaking the 18-foot barrier is pretty big for high-school pole vault. And then to actually go even farther... that was crazy.”

Non-Mondo 18-Foot Vaults In 2018

In the world of mortal (aka non-Mondo) high school vaulters, this has been the best year ever, with 4 performers topping the 18-foot barrier on 12 occasions.

Here’s the list, in chronological order (i = indoors; A = high-altitude mark; ! = secondary mark in series; ‘ = not U.S.-team eligible):

<table>
<thead>
<tr>
<th>Mark</th>
<th>Athlete</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>18-0i(A)</td>
<td>Sondre Guttormsen’ (Davis, California)</td>
<td>January 13</td>
</tr>
<tr>
<td>18-½i</td>
<td>Zachery Bradford (Bloomington, Illinois)</td>
<td>March 10</td>
</tr>
<tr>
<td>18-2½</td>
<td>——Guttormsen</td>
<td>April 07</td>
</tr>
<tr>
<td>18-0</td>
<td>KC Lightfoot (Lees Summit, Missouri)</td>
<td>April 13</td>
</tr>
<tr>
<td>18-1</td>
<td>——Lightfoot !</td>
<td>April 27</td>
</tr>
<tr>
<td>18-0</td>
<td>——Lightfoot</td>
<td>May 04</td>
</tr>
<tr>
<td>18-½</td>
<td>Branson Ellis (Lee, Tyler, Texas)</td>
<td>May 12</td>
</tr>
<tr>
<td>18-3¼</td>
<td>——Ellis !</td>
<td>May 12</td>
</tr>
<tr>
<td>18-0</td>
<td>——Lightfoot</td>
<td>May 12</td>
</tr>
<tr>
<td>18-5</td>
<td>——Lightfoot !</td>
<td>May 12</td>
</tr>
<tr>
<td>18-0</td>
<td>——Lightfoot</td>
<td>May 19</td>
</tr>
</tbody>
</table>

After meets of 18-1 and 18-0 Lightfoot got a chance to go crazy again at District and he did, clearing 18-0 before making the 18-5, passing Nilsen (18-4½) and Barber (18-3½) on the all-time list. He failed at 18-8, noting that warm weather and fatigue were beginning to set in.

“Mondo’s obviously putting on a show and showing what high schoolers can do,” Lightfoot told Mary Albi of DyeStat. “He’s definitely motivated everyone because everyone wants to jump that high.”

(Update: on the last weekend of May Lightfoot upped his streak to 6 straight by clearing 18-0 at his State Meet.)
Another Collegiate TJ Record For Keturah Orji

By Jeff Hollobaugh | May 2018

Orji’s 47-11½ at the SEC gave her the 13 farthest collegiate jumps ever. (BRYAN WAYNE)

Context is everything in field & track. Keturah Orji’s new Collegiate Record in the triple jump didn’t exactly come out of nowhere. The Georgia senior, competing in her final SEC Championships, had won the long jump with a brilliant PR of 22-4¼ (6.81) on Saturday night, taking the yearly collegiate lead and adding to the power of a Bulldog team that will be very much in the fight for a national team championship.

Afterwards, coach Petros Kyprianou revealed to her that earlier that day Tori Franklin had broken Orji’s American Record in the triple jump. “He told me that my record went down, so the next day I was like, ‘Oh yeah,’ I definitely was thinking about it and was trying to get my record back.”

Her series featured three big fouls where she was trying to knock it out of the park. The final round 47-11¾ (14.62) fell short of what she wanted, but still topped her CR of 47-8 (14.53), a mark she set in ’16 and tied indoors this year. Her extended-season PR remains her 48-3¼ (14.71) from her 4th in Rio.

Orji’s Dominance Of The All-Time Collegiate List

Keturah Orji rules the collegiate women’s triple jump lists like few ever have in any event. Through the SEC she owns the top 13 performances ever before you get to No. on the chart. The list (! = secondary mark in a series):

<table>
<thead>
<tr>
<th>Mark</th>
<th>Athlete</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>14.62</td>
<td>47-11¼ Keturah Orji (Georgia)</td>
<td>5/13/18</td>
</tr>
<tr>
<td>14.53</td>
<td>————Orji</td>
<td>6/11/16</td>
</tr>
<tr>
<td>i</td>
<td>————Orji</td>
<td>1/20/18</td>
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<tr>
<td>Time</td>
<td>Distance</td>
<td>Performer</td>
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<td>-------</td>
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<td>-----------</td>
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<tr>
<td>14.33</td>
<td>47-1/4</td>
<td>Orji</td>
</tr>
<tr>
<td>14.32</td>
<td>46-11 3/4</td>
<td>Orji</td>
</tr>
<tr>
<td>i</td>
<td></td>
<td>Orji</td>
</tr>
<tr>
<td>14.31</td>
<td>46-11 1/2</td>
<td>Orji</td>
</tr>
<tr>
<td>i</td>
<td></td>
<td>Orji</td>
</tr>
<tr>
<td>14.29</td>
<td>46-10 3/4</td>
<td>Orji</td>
</tr>
<tr>
<td>14.28</td>
<td>46-10 1/4</td>
<td>Orji</td>
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<tr>
<td>i</td>
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<td>Orji</td>
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<td>i</td>
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<td>Orji</td>
</tr>
<tr>
<td>14.27</td>
<td>46-10</td>
<td>Orji</td>
</tr>
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</table>

**13 performances by 1 performer**

Even so, Orji, who was hampered by injury last year, feels confident about her situation. “I’m definitely healthier,” she says. “Last year I was dealing with some injuries and that’s why I kept jumping the same thing. I’m definitely in better shape overall than last year. My speed is feeling a lot better on the runway.”

One would think the new CR would lead off her personal SEC highlight reel, but Orji says the long jump was the bigger deal. “It definitely meant more to win the long jump just because that’s my secondary event and I’ve never won any major championship in long jump,” she explains. “I felt a lot more excited about my PR and win in the long jump just because I know that that’s not something that I’m usually able to do.”

As for chasing that triple jump record, she says, “I know I have time left in the season and I just need to be patient to make sure I get everything right and can get that jump out there. I’ll be really happy also if I PR, even if I don’t get the record back.”

For now, however, the bigger focus is trying to capture NCAA title No. 7 (the only thing that has kept her from a perfect slate was a 2nd to Ciarra Brewer of Florida at the Indoor as a frosh). The overwhelming favorite going in to Eugene, Orji says, “I just don’t think about what the rankings are or what people are thinking. I’ve just got to focus on what I’ve done before and try to execute that again, so I don’t really focus on the hype.”

At the USATF meet, she will be facing Franklin. “I’m excited to jump against her now that she’s broken the American Record,” she says. “It’ll be really good competition. I know American triple jump has not been good over the years, so just to have both of us in the top 5 in the world is really great for us and for the country.”
More NCAA Trophies Coming Florida’s Way?

By Jeff Hollobaugh | May 2018

Gator head Mike Holloway is no stranger to hosting hardware at the NCAA Championships. (KIRBY LEE/IMAGE OF SPORT)

“It was amazing, man. Absolutely amazing,” says Florida head Mike Holloway. His Gators have just swept the men’s and women’s SEC titles for the first time. Still riding the high from the victories, Holloway is quick to give thanks, not to his “stars,” but to the names that didn’t make the headlines:

“You think about Kyren Hollis, almost a full-second PR to place 4th in the 800. Sam Arenholz, fighting his tail off and getting that 8th—1 point in the 1500. Nikki Stephens falling in the 400 hurdles and coming back and splitting 51-high in the 4x4. People stepped up. I wouldn’t call them surprises. They’ve been training well. We knew they were capable.”

Holloway, popularly known as “Mouse,” knows that a team is not just about its stars. And he knows how to put one together. He has been part of the Gator program for 22 years and has directed the combined men’s and women’s team since the 2007–08 season. Overall, 8 national team titles and more than a score of top-3 finishes have come to Holloway-guided Gator squads.

Florida’s Nationals Finishes Under Mike Holloway

The Gators will be going for national title No. 9 when the NCAA Championships get underway in Eugene on June 06. Here's the school’s team finishes under the aegis of Mike Holloway (x = wasn’t coach yet).

<table>
<thead>
<tr>
<th>Year</th>
<th>Men Indoor</th>
<th>Men Outdoor</th>
<th>Women Indoor</th>
<th>Women Outdoor</th>
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<tbody>
<tr>
<td>2003</td>
<td>6</td>
<td>x</td>
<td>x</td>
<td></td>
</tr>
<tr>
<td>2004</td>
<td>2</td>
<td>x</td>
<td>x</td>
<td></td>
</tr>
<tr>
<td>2005</td>
<td>2</td>
<td>x</td>
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</table>
To say that under his direction the team from Gainesville has become a perennial force in the collegiate world is an understatement. Since ‘96, the Gator men have won 31 NCAA titles in the sprints/hurdles/relays, 3 more than any other program. Small wonder that going into the postseason our form chart still has the Gator men tabbed at No. 1.

And the women—tied for No. 6 on the form chart after the SEC—have not been slacking. Six individual national crowns are topped by Kyra Jefferson’s 22.02 CR in the NCAA final last year.

Holloway insists there’s no secret magic behind the success story: “It’s a mindset that starts during the recruiting process. We talk to them about that; that it’s our major goal to be at our absolute best at the National Championships. That’s kind of who we are. That’s our tradition here. As a coaching staff, we just really design our training programs to be ready for those situations.”

He continues, “I’ve always been a guy that just shows up every day and I work hard. I remember when back as a high school coach I just wanted to do well. When I came to Florida I wanted to be the best assistant coach I could be. And then when I became the head coach I told (then-AD) Jeremy Foley—I gave him my word—that at the end of every year he’d be proud of the track & field program.

“I said, ‘I can’t promise you championships, but I can promise you we’re going to compete hard.’ As this thing has unfolded, I’d be lying if I told you, ‘Oh yeah, I knew we were going to win 7 national titles.’ I didn’t even know we were going to win 1. But the only thing I did know is I can come in here and work hard every day. And I’ve been blessed to have a staff around me to trust me. They believe in me as I believe in them. We work hard together. We believe in each other. And that’s why it works here, we just grind every day.”

Holloway shared with us his thoughts on the sport, as well as the athletes that make up the Gator powerhouse:

**Chasing Times**

Some in the college world say the sport should be about more than chasing qualifying times and national titles, but Holloway makes no apologies, saying he is just responding to reality: “If they want more scoring meets then they better make the meets count for something. You know, right now the system is based on qualifying, especially indoors. So when you go indoors, you’re going to go to meets and the competition that can help you get the marks that you need to qualify for the indoor national championships. As simple as that. Our program is set up based on what the NCAA wants us to do. If the SEC or the NCAA mandated that we had to have more scoring meets, we’d do it.”

**The Competition**

With sprint power resurfacing in places like USC and Houston, Holloway says that will not change his approach. “Just be honest with you,” he says, “I try not to think about those teams. We have a certain skillset. We have a group of athletes who do things well and so we try to get our kids ready to be at our best because I can’t control what USC or Houston or Texas Tech or anybody else does. My major thing is to make sure we finish on top. We’ve got to take care of the Gators. We can’t worry about somebody else because we can’t control them. We’re just going to go in here, and whether it be this weekend at the conference championships or four weeks from now at the NCAA meet, take care of our lanes, our spaces, our rings, our runaways. We can’t think about anybody else.”
The 4 x 400

So often, many of Florida’s wins come down to the final event. It can be nerveracking for everyone involved. “I would much rather we could win before the meet was over,” Holloway laughs. “Unfortunately, outdoors it’s never been the case. It’s always come down to, ‘We gotta do this or that in the 4×4.’ There’s been a couple of times indoors where we’ve gone into the 4×4 and the meet was won already. That’s a good feeling.

“For me it’s just this part of the process. I think that there were a couple of meets in the past where we’ve lost by a couple of points because we didn’t have a good 4×4, so that’s why we have always made that charge, that I need to make sure we have a good 4×4. That’s gotta be the worst feeling in the world, you know, watching the last event of the meet, knowing that you don’t have a chance to win it because you don’t have a good 4×4.”

He scouts potential Gators with the 4×4 in mind: “We recruit a broad-based team in mind and we’ve been fortunate enough to have a good group of quartermilers and then we have athletes like Grant [Holloway] who can just step up and run it. But if you look at the past, it has been mostly four or five quartermilers that we’ve had on the roster that have been able to get it done.”

Competing In The SEC

Being in the nation’s most competitive conference can be tough: “Chris Bucknam at Arkansas likes to call it ‘the meat grinder.’ It’s just a tough meet. Whether you’re in the team title hunt, whether you have a group of individuals that can do well in certain event areas, everybody walks into this meet this weekend with the attitude that ‘We’re going to compete, we’re going to compete hard,’ and that’s what makes our league so good. I mean it’s because everybody here, no matter what school, has either a great team or smaller group of individuals and they want to leave their mark on the meet. Nobody wants to walk out this week feeling like they got nothing accomplished. So everybody comes in here and it’s just a group of great competitors, you know? Can we get at each other a little bit on occasion? Absolutely. But, I wouldn’t say we’re cutthroat or anything like that.”

The Team’s Image

With each year, more people in Gainesville recognize that the track & field program is one of the jewels of the Gator athletic department. Holloway, who bowls for recreation, measures it by how many people at the bowling alley are saying things: “On the men’s side [our reputation] proceeds us as most people know what we’ve done. Our women’s team has been very good. We’ve been solid for a while now and we still have to explain to people that we have a good women’s program.

“I think that if we were a mediocre men’s team, our women’s team would be talked about a lot more. Our men are so good that our women just get overshadowed. And that’s difficult for us, difficult for the women. Not many people are talking about the fact that our women were 4th indoors this year. They were 5th outdoors last year. We’ve had a lot of good success. People tend to think that we don’t care about the women—not true at all. We care just as much for the women as we do for the men.”

Coaching His “Stars”

Grant Holloway continues to spark the headlines. Always gung-ho, the sophomore phenom is always willing to do whatever he can to score points for the team. Coach Holloway admits he has to hold him back: “Sometimes. All the time. He’s the ultimate team guy. He’ll do whatever. He was joking the other day saying he jumped 7-1 in the high jump in high school, and he was saying, ‘Coach, I could score in the high jump!’ I was like, ‘Yeah, sure you could, but we’re not high jumping.’ He wants to do everything.”
Multi-talented Grant Holloway is the coach’s go-to guy in this year’s title hunt. (KIRBY LEE/IMAGE OF SPORT)

Coach Holloway adds, “We don’t run him a lot. I mean that’s the thing. He does a lot at the Conference and National meet, but if you look at it, he goes to meets, he does long jump, runs a relay. Florida Relays, he ran the high hurdles and a couple of relays. Tom Jones, he ran the high hurdles and a couple of relays. We run every other week. We do a lot of preparation for the championship season with them. He’s no different than anybody else in the team. We try to get everybody to prepare to be ready to do our best at the conference, regional, and national meet.”

Then there’s KeAndre Bates, a 3-time NCAA champion in the horizontal jumps: “KeAndre is KeAndre, as we say. I learned early on that we have to let him be his own person and he has a way of processing things and thinking through things. I have to let KeAndre talk himself through things. I have to let KeAndre process things in his mind and coach [Nic] Peterson and he have a certain dynamic and then I try to add to that. They’re both kind of hyper so I’m kind of the calming influence on both of those two.

“The big thing with KeAndre is we’ve always been able to count on him when we’re at the big meets. You know, he had a bad SEC Championships this year indoors. He just had some things going on, these things happen. And he told me, he said, ‘Coach, I got you at Nationals’ and he had us at Nationals. He does what he does.”

Hakim Sani Brown is one of the most interesting new Gators. The Japanese 19-year-old was 7th in the World Championships 200 last summer. “People, they see he ran 10.05 and he ran 20.32 and was a finalist in the 200 at the World Championship, but they don’t realize he’s a kid,” says Holloway. “He’s from Japan. He’s living away from home for the first time: new foods, new people. He’s learning a new language, he’s got a lot going on with his life.

“Honestly, we’re trying to let him adjust to being a college student. He didn’t do a lot of training at all during the fall. He didn’t do much during the indoor season. That’s why he didn’t open up until the SEC [indoor] meet and that was just to see where he was. He’s coming around nicely, his training is going really well. He’s a great, great kid.

“I just felt like that I would be doing him a disservice if I rushed him into this, especially with all that he had going on around him. People, they’re not thinking about what he goes through on a daily basis when he would walk into some place and want to order something and people didn’t really understand what he wanted. He’s sitting with tutors for 3 or 4 hours a day, stuff like that.
“The big reason his mother wanted him here was because she wanted him to get an education. It wasn’t just about track & field. We know he can run fast. But if I don’t let him get a good base for educational purposes, he’s never going to survive here. And he’s doing a great job in the classroom and now he’s starting to run well, because like I said, I was never worried about that. I knew he could run.”

Florida is not just about speed. There’s also a strong throws contingent that scored 42 points (23 by the women) at the SECs last weekend. And 15 of those points came from the three hammer guys, Anders Eriksson, Thomas Mardal, and A.J. McFarland.

“You have to be around that group to understand them,” Holloway points out. “They’re three totally different guys, but they’re three perfectionists in their own right. I watch them work with my throws coach, Steve Lemke. They challenge each other, they pick each other up, they give each other crap every day. It’s just awesome. If we’re going to be challenging for national titles, those three guys are a big part of that.

“The freshman, Thomas Mardal, I call him ‘Shoulders.’ If you’ve seen him, you know why. His shoulders are just incredible. Coach Lemke does this flying 30 testing in the fall and Thomas was 2.94 for a flying 30, so he’s wired like some of my hurdlers. Anders is the ultimate technician and AJ is just the brute that comes to practice every day and just refuses to get left behind. So it’s a lot of fun watching those guys.”

One of the big Gator wins at SECs came from junior Sharrika Barnett, who PRed at 50.69 to win the 400 by nearly a second:

“Rika B, she’s doing phenomenal. The thing with Sharika is she started to believe, she started to trust her ability,” says Holloway. “She started to really believe that she can do this.

“Coming out of high school, she wasn’t sure. And I kept telling her, ‘Look, you can run 50 seconds, I’m not so sure you can’t run 49 seconds someday.’ And she would kind of smile and laugh, ‘OK, Coach Holloway.’ And then she started to believe. Now, she’s really starting to trust and understand the process here and I think we’ll see some big things out of her for the remainder of this year and next year as well.

“Ever since we took over the program, we’ve had an NCAA qualifier in every event. All 21 events. And in 17 of the 21, we’ve had a scorer. That’s something that just gets lost in the glitz and glamour of what the men are doing. The women have been overshadowed and they’ve been doing a great job.

“You talk about Darielle McQueen [3rd in the SEC with a PR 21-10/6.65], a girl that was a 19-footer, that’s jumped well over 21-feet. A girl like Lloydricia Cameron, who was a 48-foot shot putter out of high school and now she’s throwing 58-feet [she finished 4th in the SEC SP, and 2nd in the DT]. The list goes on and on. I’m just very proud of our women because even though they don’t get the attention the men get, they just come to practice every day and they keep grinding and grinding.”

**Coaching Professionals**

From a coaching perspective, Holloway has to balance his pros with his collegians. “They don’t work out together,” explains the ’12 U.S. Olympic assistant. The [pros] come out at 11:00 in the morning, they get it done and then we get a little break. Coach [Adrain] Mann and I run upstairs and get a sandwich or something and we come back down and we start with the college team. It’s not fair for us to mix them because then none of them would get the attention they deserve.

“At the end of the day, my job is to produce NCAA champions, SEC champions, not just from an individual standpoint but from a team standpoint. So I have to make sure that we maintain our focus on that. We love our post-collegians and we do everything we can to ensure their success, but we can’t water down what we do for the team because then we won’t have a job and I would have a problem.”

From the athletic department, Holloway has received nothing but positives for creating an environment that the alumni want to train in: “Our administration loves to have our post-collegiate athletes—I call them ‘Gator Greats’—that did so much for the program. They love having them around. As long as they’re being good people and they’re adding to, not just to the track community, but the Gainesville community as a whole. It doesn’t hurt that some of these alumni have won major international hardware, led by double Olympic champion Christian Taylor.”
“Christian comes back and trains all fall. He has his own coach, they have a training program, but Christian’s out there in the morning all the time. [Hurdler] Eddie Lovett comes back and trains all the time and Will Claye stops by every now and then. Omar Craddock and Marquis Dendy are still in town working with coach [Nic] Petersen.

“Marquis is also a volunteer assistant coach. That’s great for us that we have that many people that have had that kind of success that still want to be around. It’s always good to look out on the track, you know, every morning at 8:30, 9:00 and there’s Christian just piling away. It’s great.”

It’s hard to make the transition from college star to successful professional. Holloway has worked through the process with many of his athletes and is cognizant of the challenges: “The biggest thing is when you become a pro, all of a sudden all the perks you had as a collegiate athlete aren’t there. You might be traveling by yourself, the facilities are not readily available, the physios, the trainers. I think the biggest thing is also they have to travel without their coach sometimes. It’s like we do a lot more talking and practice about mental cues, things to think about before races because I’m not there to give them. The other thing too is it’s just confidence. They have to believe they belong at that level because that is a dog-eat-dog world out there. Everybody that lines up is trying to make a living and looking at you as somebody trying to take money out of their pocket, food out of their mouth. So you have to have that same mentality or it won’t work. It just won’t work.”

One of the new pros is Kyra Jefferson, who won the NCAA 200 last year in a collegiate record 22.02: “I’ve been telling Kyra for a year and a half she could run 21 seconds and she laughed at me every time that I said it. We had a conversation at the Regional meet [last year]. She was very upset because she didn’t think she was running fast enough and, ‘I don’t know what the problem is. I won my heat, qualified for Nationals, but I should be running faster.’

“I said, ‘I want you to have this conversation with me in two weeks.’ After she ran the 22.02, she said to me, ‘OK, I get it now. It wasn’t time to run 22-flat yet.’
“So that’s the thing with Kyra, that’s been her whole career at Florida, is if she just trusts the process. You don’t think you’re going to walk out there and just dominate those people now. That doesn’t happen that way and we’ve got to be patient and just chip away little by little and the goals will be to be great next year and even better in 2020 when it counts for the Olympics.”

Similarly, Eric Futch won the NCAA 400H last year, and is also making the pro transition after earning a No. 9 in the T&FN World Rankings.

“Eric’s a battle; he needs motivation,” Holloway explains. “This is a tough year for Eric because there’s no major championships and he started off really slow but he’s coming around now. He knows there’s some big competitions this summer as far as Diamond League meets and stuff like that he wants to get ready for.

“But you talk about the ultimate team guy, a lot of the things you saw Eric do in college were for his team. When we lost [400 runner] Kunle Fasasi last year during the outdoor season, when it happened in practice, Eric looked around and goes, ‘Guys, next man up, we’ve got to get ready.’ You know, that’s just who he is. He’s a great leader. And if you want a guy that you could talk to about, NBA, NFL, college football and basketball, that’s your guy. He’s my go-to guy when I want to talk to my buddies about sports. I go to Eric first to get my stats right.”

TJ Holmes trained alongside Futch last year, placing 6th at NCAAs, then rebounding with a 48.44 PR at USATF that put him on the team for London, where he placed 5th and ended up No. 10 in our World Rankings.

Says Holloway, “TJ is a sleeper. People keep saying, ‘Where’d he come from?’ But you have to be around him every day. We call him ‘Coach Holmes’ because he just analyzes everything that he does. He can tell you what other people are doing wrong. So we just gotta get TJ to cut his brain off sometimes and just go run. But I’m very excited about TJ because he’s fearless. He doesn’t fear the 400 hurdles and most people do. He’s not afraid to hurt. I’m excited about TJ’s future in the sport because he’s an animal when it comes to that. He comes to practice and whatever we ask him to do, he just, he goes and gets it. It’s a lot of fun to watch that guy train every day.”

It helps both Futch and Holmes to be training with Kerron Clement, the Olympic gold medalist/2-time world champ in the event.

“Kerron came back here in 2012 and we’ve been together ever since I recruited him out of high school,” Holloway says. “We had a great run in Florida and a couple years then he went away for a few years, but he’s come back. The great thing about Kerron—I know him, he knows me. He knows his body better than any human I’ve ever been around. And so when Kerron comes to me and is like, ‘Coach, I can’t handle this today, can we do something a little different?’ I have no problem making minor adjustments for him because he knows his body so well.

“He has a goal of running very well in ’19 & ’20 as well. So this year we’re still trying to obviously get him to perfect the 13-step pattern all the way around the track. That’s just a focus thing with Kerron because when he focuses, he does well. I’m still trying to convince him to take 12 steps down the backstretch. But he’s not hearing me right now.”

The challenge with coaching three world-class 400 hurdlers is that sometimes their biggest competition is the guy next to them every day at practice. For Holloway, that means their coaching needs to be individualized: “We talk a lot about their individual skill sets. The mistake a lot of people make is that they want to coach the event. And if you look at Eric, TJ, and Kerron, they’ve all run fast, but they all do it a different way. Adrain Mann, my assistant coach, does a lot of work with those guys as well. We kind of coach them together and the big thing we try to convince them about is like, ‘You gotta be Eric Futch, You gotta be TJ Holmes and you gotta be Kerron Clement.’ I can’t talk to them all the same way. I can’t give them all the same race model because they’re all different.

“Last year before they went out on the track for the USA Championship final to make the World Championship team, I didn’t bring them together as a group and to talk to them. I went to them each individually and talked to them about what they needed to do during the race to ensure their success. And it worked out pretty good for us.”
USATF Distance Classic — Centro Concentrates On Competing

By Sieg Lindstrom | May 2018

His time wasn’t fast, but consummate racer Centrowitz was pleased with his 1500 win. (KIRBY LEE/IMAGE OF SPORT)

Eagle Rock, California, May 17—As usual, the USATF Distance Classic at Occidental College provided SoCal fans with several top-notch performances. However, this year’s classic felt the sting of not having a world-wide major championship on the calendar, as the quality of the fields was somewhat diluted.

Many stars who had participated in previous editions passed to concentrate on the upcoming Prefontaine Classic and the remaining Diamond League meetings or chose to continue building for a late-season charge.

Nonetheless, the assembled fields provided exciting finishes to all who were in attendance with the chance for several Americans to nab a qualifying time to the Nationals.

The best race of the day came out of Section I of the men’s 1500, but the second grouping was also notable, even with a slower winning time.

With a lineup that included reigning USATF 10K champ Hassan Mead and ‘18 outdoor mile leader John Gregorek, the first race profited from excellent pacemaking, as Harun Abda, who had placed 3rd in the 800 an hour prior, led Aussie Jordan Gusman, who came by 400m in 57.1, with Mead and Gregorek 2 places behind.

Gusman led Hoka’s Graham Crawford, Gregorek and Mead through the 800 in 1:56.8. By 1000m, the pacemakers were gone and it was up to Gregorek, Mead, Crawford and Gusman to make the race.

They got the bell at 2:40.89, with Gregorek leading Mead by a step. At 1200, Gregorek lengthened his lead over Mead, but Crawford and Gusman were still in the hunt. Gregorek would not be caught as he crossed the line in 3:36.95, comfortably ahead
of Gusman (3:37.52), Mead (3:38.32) and Crawford (3:38.67).

The second race found big name Matthew Centrowitz ready to square off against Kyle Merber, Colby Alexander and the unpredictable Leo Manzano.

Centrowitz, who an hour earlier had placed 4th in the 800 in 1:48.41 and wanted to test his fitness with a short interval in between races, started conservatively, staying near the rear of the pack through 700m as the race was led by Algerian teenager Takieddine Hedeilli, followed by Alexander, Merber and Manzano.

With 500m left, Olympic champ Centrowitz had moved up to 6th and at the bell he was ready to pounce, just 0.89 behind Hedeilli, with Alexander, Merber, Brandon Kidder and Thomas Riva in front. He slowly worked his way forward to the leaders and with 200 to go swung wide into lane 2 to begin his charge. He didn’t look back after taking the lead with 100m left and finished in a modest 3:38.99, 0.16 ahead of Merber and 0.75 ahead of Alexander.

Centro, now 28, sized up his day by saying, “Today was about competing and I think I did a pretty good job at both races. I put myself a little further back in the 8, but I ran conservative because of how my previous 800s went, so I was happy how I closed that race and then I got a little more confident in the 15 after running pleasantly well in the 8.”

The women’s 800 provided the evening’s first fireworks with the main protagonists, Hanna Green, Ce’aira Brown and Brenda Martinez, lining up in lanes 3, 4 and 5 in Section III.

Martinez went through halfway in 58.56, with Brown, Green and Laura Roesler following in single file. With 200 to go, Brown and Green pressured Martinez and with 150 left, Brown and Green moved on past the Rio Olympian on the outside and began their long sprint to the finish.

Down the homestretch, Brown’s strength was superior to Green’s speed, as the Hampton alum pulled away from Green for a solid 2:00.38–2:01.40 victory, with Martinez (2:02.03) and Roesler (2:03.46) following.

Talking about how her new training regimen has made a difference, the 24-year-old Brown said, “The only difference is just upping my mileage. Coming from Hampton in Virginia to [Coach Frank Gagliano], my mileage was lower at Hampton and now that I’m with Gags, it’s like 50–60 miles a week, so it’s the mileage that’s helping me.”

USATF DISTANCE CLASSIC MEN’S RESULTS

Eagle Rock, California, May 17—


St: 1. MJ Erb (SaucF) 8:32.78; 2. Travis Mahoney (HokaNJNY) 8:33.09; 3. Brandon Doughty (Zap) 8:33.43 PR; 4. Jordan Mann (Ocean) 8:34.04 PR; 5. Isaac Updike (TRE) 8:34.09; 6. Tripp Hurt (unat) 8:37.07 PR; 7. Brian Shrader (SaucF) 8:45.95; 8. John Gay' (Can) 8:47.30; 9. Austin O’Neil (Prest) 8:54.21; 10. Henry Sterling (NED) 8:55.80; 11. Jake Waterman (BouTC) 8:56.47.


USATF DISTANCE CLASSIC WOMEN’S RESULTS

800: I–1. Ce’aira Brown (HokaNJNY) 2:00.38; 2. Hanna Green (OTC) 2:01.40; 3. Brenda Martinez (NBal) 2:02.03; 4. Laura Roesler (Nik) 2:03.82; 5. Elizabeth Whelan’ (Can) 2:04.25; 6. Raquel Lambdin (unat) 2:05.71; 7. Annie Leblanc’ (Can) 2:05.72.

II–1. Lindsey Butterworth’ (Can) 2:02.20; 2. Meghan Manley (CPTC) 2:03.71; 3. Lynsey Sharp’ (GB) 2:03.84; 4. Laurence Côté’ (Can) 2:04.26; 5. Madeleine Kelly’ (Can) 2:05.47; 6. Cecilia Barowski (HokaNJNY) 2:09.24.

III–1. Adrea Propp (Can) 2:04.16 PR; 2. Yuliya Stepanova’ (Rus) 2:04.35; 3. Alisha Brown (Ois) 2:05.64; 4. Baylee Mires (Brk) 2:06.70.


A slump is a slump is a slump. True only in the eye of the beholder. In this discussion that’s Maggie Ewen, who is expected to kick at the can of becoming the NCAA Championship’s first same-year winner of 3 throwing events. (Ed: There are no guarantees in sport and at the NCAA West Regional Ewen did not advance in the hammer, in which event we expect to see much more from her as a post-collegian.)

At the Pac-12 Championships the Arizona State senior picked up a trifecta of conference titles (shot, discus, hammer) for the second year in a row. After securing the first of these with a 244-0 (74.38) hammer toss, she exercised restraint in her comments.

“It felt really good,” says the 23-year-old Minnesota native. “I have been in a bit of a learning curve and a little bit of a slump. But throwing that 74 today feels really, really good.”

Yes, really good, the No. 2 all-time collegiate mark behind Ewen’s 244-6 (74.53) CR set in April. She calls that a slump? Her second-round 228-0 (69.49) also would have won the competition—from UCLA frosh Alyssa Wilson.

Wilson’s 218-3 (66.53) took her to No. 2 all-time among U.S. Juniors (U20s).
hammer, is hoping to do so for a second time. The defending champion in the hammer and NCAA Indoor shot titlist this year, Ewen could also become the first 3-throws scorer to win more than one of her events as part of the trifecta.

<table>
<thead>
<tr>
<th>Year</th>
<th>Athlete</th>
<th>Shot</th>
<th>Discus</th>
<th>Hammer</th>
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<tr>
<td>2009</td>
<td>Sarah Stevens (Arizona State)</td>
<td>2nd</td>
<td>2nd</td>
<td>3rd</td>
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</tr>
<tr>
<td>2017</td>
<td>*Maggie Ewen (Arizona State)</td>
<td>6th</td>
<td>2nd</td>
<td>1st</td>
<td>21</td>
</tr>
<tr>
<td>2008</td>
<td>——Stevens</td>
<td>6th</td>
<td>1st</td>
<td>3rd</td>
<td>19</td>
</tr>
<tr>
<td>2010</td>
<td>**Jeneva McCall (Southern Illinois)</td>
<td>5th</td>
<td>1st</td>
<td>5th</td>
<td>18</td>
</tr>
<tr>
<td>2008</td>
<td>Jessica Pressley (Arizona State)</td>
<td>1st</td>
<td>7th</td>
<td>4th</td>
<td>17</td>
</tr>
</tbody>
</table>

“We are changing a lot in my throw right now,” Ewen continues. “There’s a lot of things I’m not used to, not comfortable with. They are starting to get a little more natural which is why I threw so far today.”

Later in the meet’s first day, Ewen forged ahead to a 63-¾ (19.22) win in the shot, the equal-No. 5 all-time collegiate mark for the Sun Devil who also set a CR in that event in April.

Both marks were Pac-12 meet standards, making Ewen the only athlete besides distance legend Henry Rono who owns a pair of them.

On Day 2, Ewen wrapped up her repeat triple taking the discus title ahead of Stanford’s Valarie Allman—the yearly list leader among American women of all ages, and the NCAA favorite—in tricky wind conditions.

“Yeah, that one was really stressful,” Ewen says. “I knew it was going to be a pretty good one. I was hoping for a lot farther because I know what Val’s capable of, but it just happened to play out in my favor today.”

In complimenting Allman, Ewen looks ahead to the Nationals and continues, “I know she’s a fighter and I know she’s going to come back even stronger—you know, have something to prove, something to the fight for and I’m really excited for that competition.”

Neither Allman—a senior and the NCAA 3rd-placer in ’16—nor Northern Arizona hammer thrower Brooke Andersen, the ball-and-chain event’s No. 2 all-time collegian (243-5/74.20), figure to make Ewen’s tilt at tripling history at the NCAA an easy ride.

Last year, Ewen claimed 6th (shot), 2nd (discus) and 1st (hammer). This year she claims she is not even thinking about three wins. “Not really, not seriously,” she says. “You know, we try and come into every meet, just do the best we can do and where that places us is where that places us.”

What Ewen is thinking about are hammer technique adjustments she and Sun Devil throws coach Brian Blutreich are trying to groove in.

“It’s really technical stuff,” she explains. “We’re trying to keep everything a lot flatter. I tend to get like a really steep orbit, which makes me throw up instead of out, if that makes sense. And just things like that. Trying to fix things in my wind. Just lots of little things here and there, really.”

More details on that flat orbit?

“It starts from the wind [as in turns, not air movement],” Ewen points out. “It’s all the turns and it’s the release so it’s everything.”

Got it? Flat orbit may lead to longer launches. And maybe toward a unique place in NCAA history for Ewen.
Katelyn Tuohy Runs Fastest HS Girls Outdoor 8-Lapper Ever

By Sieg Lindstrom | May 2018

Tuohy moved to No. 2 on the all-time high school list with her 9:51.29+. (JOHN NEPOLITAN)

White Plains, New York, May 11-12—It wasn’t the most evenly paced run, but in the end Katelyn Tuohy (North Rockland, Thiells, New York) scored the fastest outdoor 8 laps in prep history. The 15-year-old sensation clocked 9:47.88 for 3200m—which is equivalent to 9:51.29 for the full 2M—at the Loucks Games.

That’s ever-so-slightly superior to the 9:51.35 that Brie Oakley (Grandview, Centennial, Colorado) ran for the imperial distance in Seattle at last year’s Brooks PR meet. Mary Cain (Bronxville, New York) remains the absolute recordholder with the 9:38.61 she ran indoors during her breakout ’13 season.

Immediately after the race, Tuohy seemed disappointed with the effort, no doubt a result of the lopsided splits of 4:45.95 and 5:01.93. “At this point with Katelyn, she’s expecting to be running really fast times,” says Kyle Murphy, North Rockland’s outdoor head coach. “The idea was to click 72 and 73 laps [4:48–4:52 pace] for a little while and see how that felt. And she was just a little bit faster, and it took a little bit off the second half of the race.”

Though she won by more than 39 seconds it was ironically an early attempt by in-state rival Kelsey Chmiel (Saratoga Springs) at controlling the pace that may have sent Tuohy off too quickly. “Our thought was that Kelsey was going to run a very similar strategy,” Murphy says of the defending New Balance Outdoor 2M champ. “She’s a very strong runner—Katelyn likes running against other strong runners. Kelsey took the race out for the first 150, 200 meters, and I think that’s what blew up Katelyn’s idea of staying in control.” (To put her opening half in perspective, Tuohy came back the following day to win the mile in 4:45.61, and her PR is an indoor 4:43.62.)

Tuohy had hoped to run 9:40 (or better), hence the initial post-race frustration. “She was mostly disappointed because she didn’t execute it the way that she knew she had to,” Murphy says. “She wants to run as fast as she can, and in that moment she felt like she took that chance away from herself.” But, he adds, “maybe 15, 20 minutes later she was a very happy kid.”

The race marked the latest superlative in Tuohy’s stellar sophomore year. After winning State and Nike Cross Nationals titles by massive margins in cross country last fall, she kicked off ’18 with a 9:05.26 PR in the 3000 (No. 2 all-time indoors) and a national record in the 5000 (15:37.12). She went on to win the State 1500 (4:23.38), then New Balance Indoor titles in the 2-mile.
Tuohy’s season has had only one blemish, a shocking 4th in February’s Millrose Games mile, in which she faded badly after an aggressive early pace (2:18 at halfway), likely triggered by hype surrounding the growing spotlight.

“It was a hard loss for her,” admits Brian Diglio, the team’s coach for cross country and indoors. “But we used it as a growing experience. We need to learn how to handle losing better. I need to change something in terms of managing expectations. She had internalized a lot of the pressure.”

That was the only race in which she’s been seriously challenged this year, so Tuohy—who doesn’t turn 16 until August 15—has accumulated considerable experience racing solo. She will likely go for a State double in the 1500 and 3000, before deciding on national-level meets.

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**All-Time HS Girls 2-Mile (aka 3200m) List**

With Katelyn Tuohy’s fast time at the Loucks Games, New Yorkers have now produced the fastest 2M times ever both indoors and out. Here’s the all-time top 10 (+ = 3200m time x 1.0058; i = indoors; * = junior; ** = soph):

<table>
<thead>
<tr>
<th>Time</th>
<th>Athlete</th>
<th>Year</th>
</tr>
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<tbody>
<tr>
<td>9:38.68i</td>
<td>*Mary Cain (Bronxville, New York)</td>
<td>2013</td>
</tr>
<tr>
<td>9:51.29+</td>
<td>**Katelyn Tuohy (North Rockland, Thiells, New York) 2018</td>
<td></td>
</tr>
<tr>
<td>9:51.35</td>
<td>Brie Oakley (Grandview, Centennial, Colorado)</td>
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<tr>
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<td>Kim Mortensen (Thousand Oaks, California)</td>
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<td>9:53.54</td>
<td>Bethan Knights’ (Northwood, Irvine, California)</td>
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<td>9:54.22</td>
<td>Aisling Cuffe (Cornwall, New Windsor, New York)</td>
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<td>9:55.05</td>
<td>**Hannah DeBalsi (Staples, Westport, Connecticut)</td>
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<td>9:55.46</td>
<td>**Katelynne Hart (Glenbard West, Glen Ellyn, Illinois)</td>
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<td>9:55.57+</td>
<td>*Jordan Hasay (Mission, San Luis Obispo, California)</td>
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<tr>
<td>9:55.92i</td>
<td>Melody Fairchild (Boulder, Colorado)</td>
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Big 10 — Hot 800 For Penn State’s Isaiah Harris

By Sieg Lindstrom | May 2018

The fastest 800 in loop history found Harris leading Cooper (r) & Kuhn across the line. (CRAIG BISACRE/INDIANA ATHLETICS)

Bloomington, Indiana, May 11-13—Penn State’s Isaiah Harris didn’t need the 91-degree temperature to heat up the Indiana track at the Big 10 Championships.

The junior 2-lapper from Lewiston, Maine, scorched the conference’s best-ever 800 field with a 1:45.31 that set not only meet and facility records, but was also the fastest American outdoor time of the year. It was his third straight title in the event (and sixth counting indoor).

“I was feeling really good during the final 200 of the race and that is where I feel the strongest, but today I would say that I have felt better than I have ever felt,” Harris said. “I just knew I had to get around the leaders going into the final turn and hold them off down the final straightaway.

“It’s never easy. The Indiana guys both made me work for it. We went out pretty fast and they pushed me to a good time,” he said. “I think I run my best races when I have people to chase.”

The “Indiana guys” were no slouches themselves, with Hoosier mates Daniel Kuhn and Cooper Williams both PRing at 1:46.06, with the former 0.001 ahead. The top 7 all cracked 1:49.

“We’ve kind of been training through this preparing for Nationals,” Harris concluded. “We haven’t had a lot of speed stuff yet so I think when we start getting that I’ll keep dropping. Championship is always tactical but Nationals is also fast. I’m going to need to run fast and I think I’m ready for that.”

In the hammer, Rutgers senior Rudy Winkler’s second throw of 242-3 (73.85) was good enough for the win and the yearly American collegiate lead.
Teamwise, Ohio State duplicated its indoor win, scoring 109 to Indiana's 88. Nebraska (85), Michigan (84) and Penn State (83) made the rest of the top 5 oh-so-close.

Ellenwood Gets Best Women's Mark

On the women's side, heptathlon fans had Georgia (Ellenwood) on their minds as she moved to No. 10 on the all-time collegiate list. Wisconsin's Canadian senior decimated the field by nearly 200 points with a PR 6173, good for the collegiate lead heading into Nationals.

Unlike the men, there were double and triple winners. Purdue's Devynne Charlton grabbed the 100 in 11.22 and the 100 highs in 13.07 after anchoring her 4×1 team to a 43.94 victory. Teammate Symone Black won the long hurdles in 56.16 before running third on the Boilers' winning 4×4 (3:28.98).

Those Purdue heroics fell just short of catching Minnesota for the title, as the Gophers had scored early and often in building what looked like an insurmountable lead. It almost wasn't as Minnesota ended with 134 and Purdue with 132. Iowa (96) and Indiana (87) went 3–4 followed by Michigan, Nebraska, Ohio State and Wisconsin in a rare four-way tie for 5th with 60 each.

Other successful doublers were Iowa's Jahisha Thomas in the LJ (21-6/6.55) and TJ (43-3¼/13.19) and teammate Laulauga Tausaga with a SP win at 55-1½ (16.80) and the DT victory at 191-7 (58.39).

The heat effectively precluded any double distance winners, but Erin Finn came within 4 seconds of her meet record with a courageous (and wobbly over the last 2400) Friday night 10K win in 32:45.51. The Michigan senior finished nearly a minute ahead of eventual 5K winner Katherine Receveur of Indiana, the only runner she failed to lap.

BIG 10 MEN’S RESULTS

Bloomington, Indiana, May 11-13—

(5/11—10K, 400Hh, HT, JT; 5/12—St, 110Hh, LJ, SP)


100(1.2): 1. **Waseem Williams’ (Pur) 10.10; 2. Duan Asemota’ (OhSt) 10.22; 3. ***Eric Harrison (OhSt) 10.28; 4. *Devin Quinn (Ii) 10.28; 5. Xavier Smith (PennSt) 10.36; 6. Zack Bazile (OhSt) 10.43; 7. Malik Moffett (PennSt) 10.48; 8. ***William Henderson (PennSt) 10.49.


400: 1. *Mar'yea Harris (Ia) 44.98; 2. ***Taj Burgess (Rut) 45.60 (AjL) (45.71h AjL); 3. Webb 45.88; 4. *DeJuan Frye (Ia) 46.17; 5. *Jack Wellenstein (Mn) 46.82.

800: 1. *Isaiah Harris (PennSt) 1:45.31 (AmCl; out AL); 2. *Daniel Kuhn (In) 1:46.06; 3. **Cooper Williams (In) 1:46.06; 4. **Alexander Lomong (OhSt) 1:47.43; 5. Moujtaba Mohammed (Nb) 1:48.32; 6. Jordan Makins’ (PennSt) 1:48.62; 7. **Ty Moss (Nb) 1:48.70.


St: 1. *Obsa Ali (Mn) 8:44.77; 2. Max Benoit (MiSt) 8:47.10; 3. **Nathan Mylenek (Ia) 8:49.49; 4. ***Alec Basten (Mn) 8:58.67; 5. Connor Mora (Mi) 9:00.04.


4 x 400: I–1. Minnesota 3:08.41. II–1. Iowa 3:06.32 (DeJuan Frye, Antonio Woodard, Collin Hofacker, Mar’yea Harris); 2. Rutgers 3:06.85; 3. Indiana 3:09.22.

Field Events

HJ: 1. Wells 7-5 (2.26); 2. *Samuel Shoultz (Md) 7-2½ (2.20); 3. Landon Bartel (Nb) 7-2½; 4. ***Rahman Minor (Pur) 7-1½ (2.17); 5. Ryan Lockard (Mn) 7-1½; 6. ***Brandon Piwinski (Mi) 7-¼ (2.14).

PV: 1. Tim Ehrhardt (MiSt) 17-9 (5.41); 2. Cole Gorski (OhSt) 17-7 (5.36); 3. *Coty Cobb (OhSt) 17-5 (5.31); 4. *Tyler Loontjer (Nb) 17-3 (5.26); 5. **Adam Coulon (In) 17-1 (5.21).

LJ: 1. Bazile 26-4¼ (8.03); 2. Wells 25-3½ (7.71); 3. *Treyton Harris (In) 24-9w (7.54); 4. Moffett 24-7 (7.49); 5. O’Shea Wilson (Ia) 24-5 (7.44).

TJ: 1. Kaiwan Culmer’ (Nb) 53-11 (16.43); 2. Seward 52-6 (16.00); 3. *Eric Bethea (In) 52-2 (15.90); 4. *Bryce Williams (PennSt) 52-½ (15.86); 5. Kevin Stephens (Mi) 51-4½ (15.66).

SP: 1. *Willie Morrison (In) 66-4¼ (20.22); 2. Nicholas Demaline (OhSt) 66-1 (20.14); 3. **Andrew Liskowitz (Mi) 63-10¼ (19.46); 4. Grant Cartwright (Mi) 63-4 (19.30); 5. ***Jail Brewer (Pur) 63-2½ (19.26); 6. *Reno Tuufuli (Ia) 61-11½ (18.88); 7. **Jonathan Tharaldsen (Mn) 60-4 (18.39); 8. Jon Yohman (PennSt) 60-2½ (18.35).

DT: 1. Nicholas Percy’ (Nb) 200-10 (61.23); 2. Tuufuli 199-8 (60.87); 3. ***Jerimiah Evans (MiSt) 198-9 (60.58); 4. *Greg Thompson’ (Md) 197-5 (60.19); 5. *David Lucas (PennSt) 194-11 (59.41); 6. *Khalil Davis (Nb) 187-4 (57.11); 7. **Ashmon Lucas (Pur) 184-5 (56.22).

HT: 1. Rudy Winkler (Rut) 242-3 (73.85) (AmCL) (237-5, 242-3, 233-7, 234-4, f, f) (72.38, 73.85, 71.21, 71.44, f, f);

2. *Joseph Ellis’ (Mi) 238-7 (72.72); 3. *Morgan Shigo (PennSt) 226-6 (69.05); 4. Grant Cartwright (Mi) 224-0 (68.28); 5. Percy’ 221-1 (67.40); 6. Aaron Zedella (OhSt) 213-6 (65.07); 7. Andrew Miller (In) 212-2 (64.66); 8. ***Edward Jeans’ (Nb) 207-9 (63.32).

JT: 1. **Michael Biddle (PennSt) 239-7 (73.02); 2. Cody Walton (Nb) 233-7 (71.21); 3. Matthew Krezmer (Rut) 214-3 (65.30); 4. Max Knoblock (MiSt) 212-7 (64.81).


BIG 10 WOMEN’S RESULTS

(5/11—10K, PV, HT, JT; 5/12—St, HJ, LJ, SP)

Teams: 1. Minnesota 134; 2. Purdue 132; 3. Iowa 96; 4. Indiana 87; 5. tie, Michigan, Nebraska, Ohio State & Wisconsin 60;


100(0.6): 1. Devynne Charlton’ (Pur) 11.22; 2. Brittany Brown (Ia) 11.28; 3. Savannah Roberson (Pur) 11.39; 4. *Lakayla Harris (Nb) 11.45; 5. ***Anavia Battle (OhSt) 11.52.

*Lakayla Harris (Nb) 23.39; 7. Charlton’ 23.61; 8. **Jade Harrison (Mi) 23.75.

400: 1. Thomas 51.13; 2. Maggie Barrie’ (OhSt) 51.36; 3. Titania Markland’ (Mn) 51.40; 4. Abbott 51.80; 5. *Briana Guillory (La) 51.95; 6. Emerald Egwim’ (Mn) 52.00; 7. Jahneya Mitchell (Pur) 52.37; 8. *Karrington Winters (OhSt) 52.49; 9. ***Natalie Price (In) 52.66.

800: 1. Jamie Morrissey (Mi) 2:05.73; 2. Kendell Wiles (In) 2:05.81; 3. **Kelsey Harris (In) 2:06.39; 4. Nicole Choquette (II) 2:08.10; 5. ***Joely Pinkston (In) 2:08.24.


10,000: 1. Erin Finn (Mi) 32:45.51; 2. Receveur 33:41.22; 3. *Margaret Allen (In) 34:19.78; 4. ***Megan Hasz (Mn) 34:38.37; 5. **Kathryn Munks (PennSt) 34:45.11.


400H: 1. Symone Black (Pur) 56.16; 2. ***Xahria Santiago’ (Med) 56.69; 3. Spagnola 56.79; 4. Brenna Detra (Wi) 57.70; 5. **Rachel Schow (Mn) 57.71; 6. *Jasmine Barge (Nb) 57.95; 7. *Taylor Mullins (MiSt) 57.96.

4 x 100: 1. Purdue 43.94 (Sekayi Bracey, Savannah Roberson, Yakira Love, Devynne Charlton); 2. Minnesota 44.22; 3. Iowa 44.52; 4. Ohio State 44.63; 5. Penn State 44.69; 6. Illinois 44.76.


Field Events

HJ: 1. *Janae Moffitt (Pur) 5-11½ (1.82); 2. ***Ashley Ramacher (Mn) 5-11½; 3. Heta Tuuri’ (Mn) 5-11½; 4. Megan McCloskey (PennSt) 5-10½ (1.79); 5. **Dallyssa Huggins (Md) 5-10½.

PV: 1. Taylor Amann (Wi) 14-3½ (4.36); 2. **Rayce Albino (Wi) 13-6¼ (4.12); 3. **Lexi Kiefer (Mn) 13-6¼; 4. Hannah Mulhern (PennSt) 13-6¼; 5. *Karlie Place (Mn) 13-6¼; 6. ***Katie Jones (PennSt) 13-6¼.


TJ: 1. Thomas’ 43-3½ (13.19); 2. *Shanique Wright’ (Mn) 42-7½ (12.99); 3. ***Ieva Turke’ (Nb) 42-7 (12.98); 4. **Leah Moran (In) 42-3½ (12.89).

SP: 1. *Laulauga Tausaga (Ia) 55-1½ (16.80); 2. *Kiley Sabin (Mn) 54-5½ (16.60); 3. **Toni Tupper (Nb) 54-2½ (16.53); 4. **Nia Britt (Ia) 54-2½ (16.52).

DT: 1. Tausaga 191-7 (58.39); 2. Katelyn Daniels (MiSt) 189-5 (57.75); 3. *Alex Meyer (Nb) 179-3 (54.65); 4. Micaela Hazlewood (Pur) 176-11 (53.92); 5. Claudia Ababio (Md) 175-10 (53.59).

HT: 1. *Temi Ogunrinde (Mn) 219-8 (66.97); 2. *Nycia Ford (In) 210-7 (64.19); 3. Agnes Esser’ (Mn) 202-5 (61.70); 4. ***Nayoka Clunis’ (Mn) 200-10 (61.22).

JT: 1. Nicolle Murphy (Mn) 180-5 (54.99); 2. Brittni Wolczyk’ (Nb) 173-8 (52.93); 3. ***Sophia Rivera (Wi) 169-11 (51.80); 4. *Chase Wolinski (Nb) 166-11 (50.88); 5. ***Madison Smith (PennSt) 160-2 (48.83).

Hept(5/11-12): 1. Georgia Ellenson’ (Wi) 6173 (CL) (10, x C) (13.76, 5-10/1.78, 41-7¼/12.69, 24.21, 20-½/6.11, 150-9/45.94,
2:16.37);

2. Holmberg 5976 (20-10¾/6.37); 3. *Ayesha Champagne* (Mn) 5821 (162-6/49.53); 4. Aaron Howell (Mi) 5527; 5. Peyton Wade (Md) 5522; 6. **Alexus Pyles (OhSt) 5148; 7. **Dallyssa Huggins (Md) 5133.
Pac-12 Men — Super Norman Double, Ducks Stay Dominant

By Sieg Lindstrom | May 2018

Stanford, California, May 12-13—Oregon ran its record skein of loop titles to 12 straight at the Pac-12 and USC’s Michael Norman laid out a long sprint double of most robust proportions.
Norman followed up the fastest 400 of his life (44.40) with the fastest 200 (19.84w).

The Trojan soph—who lowered the World Indoor 400 Record to 44.52 winning the NCAA title in March—sped through his lap here in 44.40 to briefly move to No. 9 on the all-time collegiate list (about a half-hour later the SEC finishers dropped him to No. 11).

A headwind greeted him in the homestretch but Norman sliced through it to win by 15m from Arizona frosh Maj Williams (46.20).

Some 67 minutes later, Norman lined up for the 200 and with the breeze (2.8mps) at his back ripped around the curve in 19.84w to win from Oregon’s Cravon Gillespie (20.26w).

“I’m really happy with how the 400 went, along with the 200 too,” Norman said (interview video here). “I was just a little bit bummed it was windy.

The time nevertheless moved Norman to No. 5 on the all-conditions collegiate half-lap ATL.

“Hopefully later in the season I’ll get another opportunity to run the 200 again and hopefully run a legal 19 seconds,” he said.

Of his 400 win, Norman said, “Although I got bumped down two places [behind Nathon Allen and Nathan Strother’s smokin’ times at the SEC], I think the execution of my race was great. It felt so smooth and light, almost effortless.”

Trojan senior Rai Benjamin turned a quick lap as well, over hurdles in 48.46 to jump to the top of the ‘18 collegiate list. Benjamin, adjusting on the fly to newfound ability to 12-step most of the way, stumbled over hurdle 3 but recovered.

“It was pretty good,” said Benjamin, who missed his PR by just 0.13. (interview video of Benjamin & event coach Joanna Hayes here) “I got to see where I was at. My whole race plan changed as of yesterday [in his heat] due to some technical issues. Just to come out and execute was the main focus and emphasis that the coaches put on me and the other athletes today.”
A Dozen In A Row For Oregon

Oregon’s 174-point team triumph—with Stanford 2nd at 125—was powered by Gillespie’s 10.05w 100 win (with senior teammate Damarcus Simpson 2nd at 10.14w), another 1–2 in the 1500 from Sam Prakel and James West, soph Braxton Canady’s runaway in the 110H (13.57w) and a dominating repeat long jump win from Simpson.

A senior who transferred to Oregon from Div. II’s Chadron State after the ‘16 season, Simpson opened the competition at 26-5¾ (8.07) before bounding a wind-aided 27-4 (8.33) in frame 3. He followed with a wind-legal 26-7¾ (8.12) in round 5.

“I had confidence that I’d be able to do it,” said Simpson. “My body felt perfect, so I knew I could repeat… that third jump was huge.”

It’s unusual for weightmen to mature quickly enough to be a force in their frosh year, but somebody forgot to tell Jordan Geist, as the Arizona yearling captured both the shot (65-9¾/20.06) and discus (188-10/57.56).

PAC-12 MEN’S RESULTS

Stanford, California, May 12-13—

(5/12—St, 10K, LJ, SP, JT, heats)

100(2.9): 1. *Cravon Gillespie (Or) 10.05w; 2. Damarcus Simpson (Or) 10.14w; 3. **TJ Brock (USC) 10.21w; 4. ***Gabe Navarro (Stan) 10.41w; 5. ***Rieker Daniel (Or) 10.57w; 6. **David Taylor (Co) 10.60w; 7. ***Myles Webb (Or) 10.76w.

200(2.8): 1. **Michael Norman (USC) 19.84w (a-c CL) (a-c: 5, 5 C; 4, 4 AmC); 2. Gillespie 20.26w; 3. Isaiah Brandt-Sims (Stan) 21.01w; 4. Daniel 21.07w; 5. ***Maj Williams (Az) 21.07w.

400: 1. Norman 44.40 (11, x C; 8, x AmC); 2. Williams 46.20; 3. Ricky Morgan (USC) 46.23; 4. *Cameron Stone (Or) 46.44; 5. *Orwin Emilien’ (Or) 46.59.

800: 1. Robert Ford (USC) 1:49.77; 2. Collins Kibet’ (Az) 1:50.42; 3. Sam Prakel (Or) 1:50.59; 4. ***Hari Sathyamurthy (Stan) 1:50.70; 5. **Mick Stanovsek (Or) 1:50.74.


110H(3.5): 1. **Braxton Canady (Or) 13.57w; 2. **Nick Johnson (WaSt) 13.84w; 3. ***Joseph Anderson (Or) 13.96w; 4. *Alexander Billing (Co) 14.11w.

400H: 1. *Rai Benjamin’ (USC) 48.46 (CL);

2. ***Cameron Samuel (USC) 50.29; 3. **Maksims Sincukovs’ (Az) 51.06; 4. **Jonathan Harvey (Or) 51.25; 5. **Paramveer Chohan (Cal) 51.89.


Field Events

HJ: 1. ***Earnie Sears (USC) 7-2½ (2.20); 2. *Ben Milligan (Or) 7-1½ (2.17); 3. **Justice Summerset (Az) 7-¼ (2.14); 4. *Bryant O’Georgia (Az) 6-11 (2.11).

PV: 1. ***Sander Moldau’ (WaSt) 17-2¼ (5.24); 2. Nathan Hiett (AzSt) 16-10¼ (5.14); 3. *Harrison Williams (Stan) 16-10¼; 4. ***Cole Riddle (AzSt) 16-6½ (5.04).

LJ: 1. Simpson 27-4w (8.33) (a-c CL, lo-alt out AL) (26-¾, 26-1¼, 27-4w, p, 26-7¼, p) (8.07, 7.97, 8.33w, p, 8.12, p);

2. *Tristan James (Or) 25-7¼w (7.80) (25-6¼/7.78); 3. Dominic Smallwood (USC) 24-7 (7.49); 4. *Spenser Schmidt (Or) 24-5 (7.44); 5. ***Sanjay Kettels (Cal) 24-3½ (7.41).

TJ: 1. *Tuomas Kaukolahti’ (Cal) 52-8¼w (16.06) (52-0/15.85); 2. *CJ Alumbres (UCLA) 51-5 (15.67); 3. *Tristan James (Or) 51-3½w (15.63) (51-1¼/15.59); 4. Dominic Smallwood (USC) 50-8¾w (15.46).

SP: 1. ***Jordan Geist (Az) 65-9½ (20.06); 2. **McKay Johnson (Cal) 64-5¾ (19.65); 3. Péter Simon’ (Cal) 62-1 (18.92); 4. Nick Ponzio (USC) 61-4½ (18.71).
DT: 1. Geist 188-10 (57.56); 2. Johnson 179-7 (54.75); 3. *Malik McMorris (Cal) 179-2 (54.61); 4. ***Turner Washington (Az) 178-5 (54.38); 5. **Jose Padilla (Wa) 176-4 (53.76); 6. Ponzio 174-3 (53.11).

HT: 1. **Nathan Bultman (USC) 219-10 (67.01); 2. *Brock Eager (WaSt) 218-1 (66.47); 3. *Justin Stafford (UCLA) 209-2 (63.77); 4. Michael Painter’ (Stan) 208-0 (63.41).

JT: 1. **Simon Litzell’ (UCLA) 244-3 (74.46); 2. *Trevor Danielson (Stan) 219-0 (66.75); 3. **Marian Spannowsky’ (UCLA) 216-10 (66.11); 4. *Denham Patricelli (Wa) 216-1 (65.87).

Pac-12 Women — Ellis Sub-50 Keys Big Trojan Win

By Sieg Lindstrom | May 2018

Stanford, California, May 12-13—Amassing large point hauls in the sprints and hurdles—including a world-leading 49.99 win in the 400 from Kendall Ellis—coach Caryl Smith Gilbert’s USC squad won the Pac-12 women’s title with 170 points to runner-up Oregon’s 154.
The Trojan’s second-ever conference victory (having won previously in ’96) snapped the record string of loop team titles for Robert Johnson’s Duck squad at 9. The pre-Regionals formchart foresees the two teams tilting fiercely for the NCAA title although Georgia, Kentucky and LSU may have something to say about that.

The sprints and hurdles finals here had almost a dual meet flavor. In fact, both the 100 and 200 finals were all-Trojan-and-Duck affairs.

USC frosh Twanisha “Tee Tee” Terry took the short dash in 10.96w (2.6) from senior squadmate Deanna Hill (11.06w) and Oregon’s Ariana Washington (11.14w) before Duck Makenzie Dunmore struck back to take the 200 crown in 22.37w (wind 2.9). The day before, soph Dunmore had dropped her wind-legal half-lap best to 22.53 in the heats.

The 100 hurdles played out as a 7-Trojans-and-Ducks final won by USC yearling Chanel Brissett, who charged over the sticks in 12.75—the No. 2 all-time Junior (U20) performance. Her teammates Dior Hall (12.83) and Anna Cockrell (12.88) also hurdled sub-13 ahead of Oregon’s Alaysha Johnson.

The two schools’ baton squads left the rest of the conference well behind, USC winning in 42.85 from Oregon’s 43.13.

And then there was that Ellis 400, a 0.01 improvement on the PR she set at the ‘17 USATF Championships, delivered against Dunmore (50.63) and a field stocked with 6 others in Duck or Trojan uniforms.

Onlookers were well aware of the wind blowing against the lap field down the final straight, but Ellis was not. “While I was actually running I didn’t notice a headwind on the homestretch,” she said. “The day before, during prelims, it kind of caught me off guard, so for the next day during finals I automatically went into the race with the assumption that there would be wind again on the homestretch, just so I could be better prepared and more aware than the day before. But surprisingly, during the race itself I didn’t notice the wind whatsoever.

“I’m definitely very excited to have joined the 49 club,” said Ellis—whose mark trails only Courtney Okolo’s 49.71 from ’16 on the collegiate ATL—“and I never thought I’d be so
A 49.99 for Kendall Ellis made her the 21st American to break the 50-second barrier.

(DON GOSNEY)

Happy with a hundredth-of-a-second PR, but it wasn’t something I consistently thought about while at Pac-12s, I just wanted to score the highest I could to contribute to the team title.”

At the NCAA, per the formchart Oregon will be rely on big points from Sabrina Southerland and Jessica Hull, favorites in the 800 and 1500. Here the duo won handily, Southerland in 2:02.18 (remember, it was windy) and Hull in 4:21.65.

“We’ve been working on a lot of things,” said transfer-from-Georgetown Southerland, already this year’s NCAA indoor champion. “The intensity has been heightened so we’re getting ready for the outdoor championships, and leading up to Regionals I feel like we’re pretty strong.”

Double Collegiate Record holder Maggie Ewen of Arizona State repeated as conference champion in the shot, hammer and discus (see sidebar). An NCAA triple is a tall order but not out of the question for the Sun Devil senior whose 244-0 (74.38) heave in the hammer here was the collegiate event’s second-longest all-time behind Ewen’s own CR from early April.

PAC-12 WOMEN’S RESULTS

Stanford, California, May 12-13—

(5/12—St, 10K, HJ, PV, LJ, SP, HT, JT, heats)


100(2.6): 1. ***Twanisha Terry (USC) 10.96w (a-c WJL) (a-c: =3, =3 WJ; =1, =1 A));

2. Deanna Hill (USC) 11.06w; 3. *Ariana Washington (Or) 11.14w; 4. ***Jasmin Reed (Or) 11.28w; 5. **Angie Annelus (USC) 11.30w; 6. ***Lauren Rain Williams (Or) 11.37w; 7. *Venessa D’Arpino (Or) 11.52w; 8. ***Chanel Brissett (USC) 11.62w.


400: 1. Ellis 49.99 (WL, AL, CL) (=20, x A; 2, 2 C);

2. Dunmore 50.63; 3. ***Kaelin Roberts (USC) 51.33; 4. *Tatum Waggoner (Az) 51.89; 5. *Briyahna DesRosiers (Or) 51.90; 6. ***Shae Anderson (Or) 52.55; 7. **Kyra Constantine’ (USC) 52.59; 8. **Hannah Waller (Or) 53.15.

800: 1. Sabrina Southerland (Or) 2:02.18; 2. Alethia Marrero’ (AzSt) 2:03.08; 3. Olivia Baker (Stan) 2:03.37; 4. *Susan Ejore’ (Or) 2:05.00; 5. **Elissa Mann (Co) 2:05.23; 6. *Caitie Faust (Ut) 2:06.70; 7. **Sarah Newton (Ut) 2:07.27; 8. *Nicole Goecke (OrSt) 2:08.44.


10,000: 1. Vanessa Fraser (Stan) 33:10.84; 2. *Kaitlyn Benner (Co) 33:11.50; 3. Clark 33:14.58; 4. **Carmella Cardama’ (Or)


Jumping Events

HJ: 1. Lopes 5-10½ (1.79); 2. Kendall Gustafson (UCLA) 5-9¼ (1.76); 3. **Karla Teran’ (Az) 5-9¼; 4. ***Cassidy Palka (USC) 5-8 (1.73).

PV: 1. *Lauren Martinez (Cal) 14-0 (4.27); 2. **Kaitlyn Merritt (Stan) 13-10 (4.22); 3. **Erika Malaspina (Stan) 13-10; 4. **Molly Scharmann (WaSt) 13-8¼ (4.17); 5. **Annika Dayton (Wa) 13-8¼.

LJ: 1. **Courtney Corrin (USC) 21-4w (6.50) (20-11½/6.39); 2. Madisen Richards (USC) 21-2¾w (6.47) (20-9¾/6.34); 3. Alyssa Thompson (Az) 20-9¼ (6.33); 4. **Rhesa Foster (Or) 20-9¾w (6.33); 5. ***Noelle Schiller (Cal) 20-1¾w (6.14); 6. *Jessica Barreira’ (AzSt) 20-¼w (6.10).

TJ: 1. Jessie Maduka’ (UCLA) 44-7 (13.59); 2. *Chaquinn Cook (Or) 43-8½ (13.32); 3. Ashley Anderson (Cal) 42-9½ (13.05); 4. ***Aria Small (Stan) 41-1 (12.52).

Throwing Events


DT: 1. Ewen 196-2 (59.81) (196-2, 159-2, 174-6, 191-5, 192-7, 180-9) (59.81, 48.52, 53.20, 58.35, 58.70, 55.11); 2. Valarie Allman (Stan) 195-3 (59.51); 3. Aamarie Bremel (Cal) 174-6 (53.18); 4. *Kendall Mader (Cal) 174-4 (53.15); 5. Wilson 170-4 (51.93); 6. Noennig 167-1 (50.92); 7. **Kiana Phelps (Or) 166-6 (50.75); 8. **Kaylee Antill (AzSt) 163-2 (49.74).

HT: 1. Ewen 244-0 (74.38) (x, 2 C) (209-4, 228-0, f, 244-0, f, f) (63.82, 69.49, f, 74.38, f, f); 2. Wilson 218-3 (66.53) (AJL) (2, 2 AJ) (218-3, 215-4 [x, 4 AJ], 212-10 [x, 7 AJ], f, f, 213-7 [x, 6 AJ]) (66.53, 65.63, 64.88, f, f, 65.10); 3. ***Camryn Rogers’ (Cal) 210-9 (64.25); 4. Allman 208-10 (63.65); 5. Antill 204-7 (62.37); 6. **Maddie Rabing (Or) 200-8 (61.17); 7. **Joy McArthur (USC) 192-3 (58.61).

JT: 1. *Mackenzie Little’ (Stan) 180-1 (54.88); 2. **Jenna Gray (Stan) 176-2 (53.71); 3. *Destiny Dawson (OrSt) 168-11 (51.49); 4. ***Virginia Miller (Stan) 162-3 (49.47); 5. *Delaney Hall (OrSt) 152-11 (46.62); 6. **Atina Kamasi’ (WaSt) 151-11 (46.30).

LSU Women Set Collegiate 4 x 100 Record

By Sieg Lindstrom | May 2018

When Aleia Hobbs was finished with her anchor, the Bayou Bengals had run 42.05. (SHAWN PRICE)

Laissez les bon temps rouler is Cajun French for “let the good times roll.” It’s a well-loved part of south Louisiana’s vibrant celebration of life.

The LSU women’s 4×1 has made it literal this year, clocking three world-leading marks that found their fastest a Collegiate Record 42.05 at a spectacular SEC Championships that produced two other women’s CRs (see separate stories on Sydney McLaughlin & Keturah Orji).

LSU head Dennis Shaver knows a few things about sprint relays, having worked guiding the most prolific national champion women’s foursome to more than half of its record 15 titles.

But last year a combination of early-season success (=CR 42.12) and late-season failure (not qualifying for NCAA final) has given this year’s Bayou Bengals new determination.
The 11 Fastest Collegiate Women’s 4 x 100s Ever

With LSU and Kentucky adding to the list at the SEC, 4 schools have now broken 42.50 a total of 11 times, the Bengals owning 5 of them. Here’s the list:

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Shaver can be as matter-of-fact as any coach and he initially described the new 42.05 CR as “a real conservative run. In the championship part of the season our first goal is to get the stick around the track.” He quickly followed up by saying how proud he was of the group, noting that three are from Louisiana and two from hometown Baton Rouge.

His “conservative” observation was evident immediately as leadoff runner Mikiah Brisco—the homegrown reigning national 100 champ—clearly was fastest but nearly ran up on Texan Kortnei Johnson on the first exchange. In evaluating if this group can run faster, Shaver said “at least a 10th with a better first pass” in noting it was by far the duo’s worst of the year.

Johnson, owner of a pair of sub-11 windy times this season, lost initial momentum but regained to be even with Kentucky a lane outside with Jasmine Carnacho-Quinn (who just minutes later would clock a near-CR 12.40 in the hurdles). The second handoff, one that Shaver called “pretty good,” was to the only newcomer to this year’s foursome—400-meter specialist Rachel Misher, daughter of LSU’s ’75 NCAA 60H champ Allen Misher.

The final exchange was “conservative” again, but New Orleanian Aleia Hobbs—low-altitude CR holder at 10.85—was in the lead and added to it as the Tigers won the SEC for the 21st time in its 38-year women’s history. Shaver noted that runner-up Kentucky’s 42.30 would win the nationals “in most years. And if they drop Sydney McLaughlin in there they can probably run faster.”

“We’ll look at the video some more and figure where we can make more improvements,” said Shaver, whose team carried their own gold baton—“we get the lightest one we can.” He chalked up last year’s disappointing nationals to a meet-committee ruling not allowing them to use the relay tape they had used all year.

“At this time of year, we just concentrate on the process,” he said. “It’s a matter of the kids running well and having fun. Times usually come down at this time of year, especially if the conditions are good.”
By Jeff Hollobaugh | May 2018

Knoxville, Tennessee, May 11-13—In a meet filled with worthy headlines, Kentucky’s Sydney McLaughlin stole the show in her first SEC outdoor meet, destroying the collegiate record in the 400 hurdles with a 52.75 that also crushed her own World & American Junior (U20) records by 0.85.

McLaughlin’s world-leading rampage went virtually unchallenged, as she won the race by 3.36 in slicing the old collegiate best of 53.21 held by Kori Carter.

Said Kentucky head Edrick Floréal, “She wanted to really break the Collegiate Record. You don’t want to run 53.19, and only barely break it, so we wanted to go 52 seconds. And she was able to do that. So all in all I was pleased with her race and that she did it by herself.”

Technically, he sees room for improvement: “From hurdles 2, 3, 4 and 5, she’s stutter-stepping a little bit. She switched [legs] on number 9 when she should, but she kind of slowed down. So we can make some adjustments.”

Teammate Jasmine Camacho-Quinn came oh-so-close to making it two CRs for the Wildcat women. The Wildcat junior rocketed a world-leading 12.40 to beat Tennessee’s Alexis Duncan by a massive 0.39 margin, scaring the CR of 12.39 held by Clemson’s Brianna Rollins-McNeal. “The last two hurdles were as clean as we’d like them to be,” said Floréal. “To start out she popped a little bit out of the blocks, so there’s still some room for improvement there.”

Teammate Jasmine Camacho-Quinn came oh-so-close to making it two CRs for the Wildcat women. The Wildcat junior rocketed a world-leading 12.40 to beat Tennessee’s Alexis Duncan by a massive 0.39 margin, scaring the CR of 12.39 held by Clemson’s Brianna Rollins-McNeal. “The last two hurdles were as clean as we’d like them to be,” said Floréal. “To start out she popped a little bit out of the blocks, so there’s still some room for improvement there.”

**TJ Record For Orji**

In the jumps, Georgia senior Ketrah Orji was on fire, notching a 22-4¼ (6.81) long jump victory the day before launching herself to a Collegiate Record 47-11¾ (14.62) in the triple. Even though she described it as “a good jump,” she said she sees how it could have been better: “The record was on the last jump and everything felt good until my last phase. My first and second phase were really good. And on my third I brought my chest way too far forward and that’s why I came to the ground earlier than I was supposed to. I was shaking my head in it because I knew that I had much more distance in me.”
4x1 Record For LSU

Another world leader—and Collegiate Record—fell to the LSU sprint squad (see feature), blistering a 42.05 in the 4x1 to take down the 42.12 CR the school shared with Oregon. Anchored by Aleia Hobbs, the team finished 0.25 ahead of Kentucky, whose surprising 42.30 registered them as the No. 3 school ever.

Hobbs dominated the 100, zipping a U.S.-leading 10.92 after a 10.93 heat. In the final, Tennessee's unheralded Shania Collins—just an 11.34 performer last year—also broke 11 with her 10.99 runner-up finish. Alabama frosh Tamara Clark—with an 11.27 PR coming into the weekend—hit 11.02 to move to No. 6 on the all-time World Junior list.

The team battle came down to the final race, with Florida needing to finish high—and ahead of LSU—to clinch the win. To do that, the Gators went after the early laps aggressively, leading off with frosh Taylor Manson (5th in the 400) and Sharrika Barnett (400 champ in PR 50.69). At the halfway point, they led Kentucky by 0.91 with LSU another 0.84 back. Then the Wildcats took over on the strength of another blistering McLaughlin carry, 50.28. Florida, with Nikki Stephens (51.53) running third, gained a little more on LSU (Kymber Payne 51.63).

The anchor saw Kentucky's Kayelle Clarke produce a 52.03 for the win in 3:25.99, making the Wildcats the No. 7 school ever. Florida's Taylor Sharpe ran 52.90 and managed to hang on as LSU's Cassondra Hall delivered a 51.88. The Gators finished 2nd in 3:27.30 to LSU's 3:28.02, but triumphed in the team race, 91-88½.

For Florida, it was the first time the team has ever swept both men's and women's SEC crowns. Said Coach Mike Holloway, "They just came out here and competed their tails off. I told Taylor [Sharpe], 'When you get the stick, just hold on for dear life,' and she did."

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SEC WOMEN’S RESULTS

Knoxville, Tennessee, May 11-13—

(5/11—200h, 10K, 400Hh, HT; 5/12—100h, St, 100Hh, LJ, SP, JT)


Heats: IV(0.4)-1. Aleia Hobbs (LSU) 10.93 (x, =4 C).


400: 1. *Sharrika Barnett (Fl) 50.69; 2. *Rachel Misher (LSU) 51.60; 3. Felecia Majors (Tn) 51.67; 4. *Lenysse Dyer (Tn) 52.14; 5. ***Taylor Manson (Fl) 52.26; 6. ***Morgan Burks Magee (Ar) 52.93; 7. Taylor Sharpe’ (Fl) 53.10; 8. *Jennifer Edobi’ (Vand) 53.43.

800: 1. ***Sammy Watson (TxAM) 2:03.37; 2. *Jazmine Fray’ (TxAM) 2:03.55; 3. *Maddie McHugh (Ms) 2:05.54; 4. Courtney Clayton (Vand) 2:07.58; 5. **Brittany Parker (TxAM) 2:07.58; 6. *Ersula Farrow (LSU) 2:07.66; 7. *Alon Lewis (MsSt) 2:08.71; 8. Valeska Halamicek (Mo) 2:15.94.


10,000: 1. Megan Cunningham (Mo) 33:47.05; 2. ***Mckenzie Yanek (Al) 35:03.33; 3. **Yanely Gomez (Ga) 35:13.47; 4. Karis Jochen (TxA&M) 35:24.07.

100H(1.2): 1. *Jasmine Camacho-Quinn’ (Ky) 12.40 (WL, CL) (2, 2 C) (12.58h—x, =8 C);

400H: 1. ***Sydney McLaughlin (Ky) 52.75 CR, WJR, AJR (old CR 53.21 Kori Carter’ [Stan] ’13; old WJR, AJR 53.60 McLaughlin ’18) (WL, AL) (=9, x W, =5, =7 A) (54.85h—x, =10 AJ);
2. Kymber Payne (LSU) 56.11; 3. **Brandee Johnson (Fl) 57.19; 4. ***Jurnee Woodward (LSU) 57.77; 5. Kaitlin Walker (Al) 58.28; 6. ***Milan Young (LSU) 58.54; 7. Humphrey 59.46.

4 x 100: 1. LSU 42.05 CR (old CR 42.12 Oregon & LSU ’17) (WL, AL) (Mikiah Brisco, Kortnei Johnson, Rachel Misher, Aleia Hobbs);
2. Kentucky 42.30 (5 C; #3 school) (Celera Barnes, Jasmine Camacho-Quinn’, Kayelle Clarke’, Kianna Gray);
3. Arkansas 43.26; 4. Alabama 43.27; 5. Auburn 43.28; 6. Tennessee 43.30; 7. Texas A&M 44.22.

4 x 400: 1. Kentucky 3:25.99 (CL) (#7 school) (Faith Ross, Jasmine Camacho-Quinn’, Sydney McLaughlin 50.28, Kayelle Clarke’ 52.03);

Jumping Events

HJ: 1. Tatiana Gusin’ (Ga) 6-0 (1.83); 2. ***Abigail O’Donoghue (LSU) 5-10¾ (1.80); 3. ***Tyra Gittens’ (TxA&M) 5-10¼ (1.80).

PV: 1. *Lexi Jacobs (Ar) 15-3 (4.65) (out CL) (x, =10 C) (13-7¼, 13-11¼ [2], 14-3¼, 14-5¼, 14-9 [3], 15-3 [3], 15-6¼ [xxx]) (4.15, 4.25 [2], 4.35, 4.40, 4.50 [3], 4.65 [3], 4.73 [xxx]);

LJ: 1. Keturah Orji (Ga) 22-4¼ (6.81) (CL) (=9, x AmC) (21-6, f, 22-4¼, f, 22-3) (6.55, f, 6.81, f, p, 6.78);
2. ‘Yanis David’ (Fl) 21-10¾ (6.67); 3. Darrielle McQueen (Fl) 21-10 (6.65); 4. *Rougui Sow’ (SC) 21-6¼ (6.57); 5. ***Tyra Gittens’ (TxA&M-Tri) 21-2¼ (6.47); 6. K. Hall 21-2 (6.45); 7. *Kira Williams (Al) 20-10 (6.35); 8. Filippa Fotopoulou’ (Al) 20-4¼ (6.20).

Throwing Events

SP: 1. Janeah Stewart (Ms) 58-11½ (17.97) (52-9¼, 56-¼, 56-4, f, 58-4¼, 58-11½) (16.08, 17.08, 17.17, f, 17.80, 17.97); 2. *Portious Warren’ (Al) 56-11¼ (17.35); 3. *Stamatia Scarvelis’ (Tn) 56-6¼ (17.23); 4. Loidrdcia Cameron (Fl) 55-6¼ (16.92).

DT: 1. *Gabi Jacobs (Mo) 183-5 (55.92); 2. Cameron 180-7 (55.05); 3. Stewart 180-2 (54.91); 4. Warren’ 171-9 (52.35); 5. *Ivana
Muzarić’ (Aub) 169-8 (51.73); 6. Scarvelis’ 162-0 (49.39).


JT: 1. Avione Allgood (Fl) 181-9 (55.40); 2. *Madalaine Stulce (TxAM) 170-10 (52.09); 3. Kristen Clark (TxAM) 170-5 (51.95); 4. *Kylee Carter (Aub) 170-5 (51.95); 5. *Peyton Montgomery (Aub) 158-6 (48.32).

Hept: 1. Gittens’ (TxAM) 6074 NR (13.21, 6-1¼/1.86, 42-¾/12.82, 24.01, 20-10¾/6.37, 120-5/36.71, 2:32.41); 2. Shaina Burns (TxAM) 5743; 3. ***Amanda Frøynes’ (Fl) 5663; 4. *Maya Neal’ (Tn) 5650; 5. **Kieshonna Brooks (Ms) 5338; 6. *Zaria Tillman (MsSt) 5043.
SEC Men — Grant Holloway Powers Another Gator Win

By Jeff Hollobaugh | May 2018

Knoxville, Tennessee, May 11-13—This time, Florida coach Mike Holloway did not have to wait for the 4×4 to win the SEC title. The Gators sealed the title with Clayton Brown’s clutch 2nd-place high jump of 7-4½ (2.25), the same height as winner Shelby McEwen of Alabama.

“I think what you saw today,” said Holloway, “was they were very focused. That’s what you saw all weekend long. We didn’t have any big meetings, any rah-rah things... All we said was, ‘We as a coaching staff challenge each and every one of you to come out here and do the job you’ve been charged to do, and we’ll see what the score is at the end of the night.’ ”

On Saturday, soph Grant Holloway showed what he could do in the long jump, blown by a 2.9 wind to a 27-3¾w (8.32) in round 5, after jumping a PR 26-9¾ (8.17) on his opening jump. In between, Kentucky decathlete Tim Duckworth led for three rounds with his round 2 leap of 26-10½w (8.19), after which he checked out of the competition. In the final round, Texas A&M senior Will Williams gave Holloway a scare with his 27-¾w (8.25).

Said the Gator super-soph, “27-3 is far, but world class is 27-8, 28-feet. I’m working toward bigger goals.”

The next day, he was all hurdles, blitzing the No. 2 flight in collegiate history, a 13.15 that left him behind only Renaldo Nehemiah’s legendary 13.00 on the collegiate ATL. It also kept him ahead of the surprising 13.27 of Kentucky’s Daniel Roberts, who moved to =10 ever among U.S. collegians. The Wildcat soph came into the meet with a PR of 13.53 and cut that to 13.47 before whacking off a big 0.20 in the final.

“There’s more in the tank,” quipped Holloway. “I think we all know the ultimate goal is 12.99.” He became the first since Alabama’s Keith Talley (’86 & ’87) to win the SEC 110H/LJ double.
The all-time collegiate list in the 400 also took a couple of hits as Auburn's Nathon Allen blitzed a list-leading 44.28 to move to No. 5 ever. He was pressed all the way to the finish by Tennessee senior Nathan Strother, whose 44.34 tied him for No. 8. Said Allen, "I came out with the intention of doing the best that I could."

Georgia's Kendal Williams claimed both short sprints, producing a 9.99 collegiate leader and coming back an hour later with a 20.15. The other running event double went to Alabama's Vincent Kiprop, who kicked to long-run victories in 13:48.49 and 29:16.64.

On the field, Denzel Comenentia scored big points for Georgia by winning the hammer on Friday with his 249-1 (75.92) and the shot on Saturday (68-6/20.88).

By the time the 4×4 rolled around, the Gators could breathe easy, knowing they had the title clinched. However, defending team champion Texas A&M had to win the relay in order to get past Arkansas in the team standings. Anchor Devon Dixon—who had won the 800 in 1:46.76—ran a dazzling 44.54 split to stay ahead of LSU's Correion Mosby (45.13) and Florida's Holloway (45.03), taking the win in 3:01.17 to LSU's 3:01.98 and Florida's 3:02.17. Arkansas, 4th in 3:04.45, ended up with a tally of 99 points, just shy of A&M's runner-up 100, while the victorious Gators scored 111.

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**SEC MEN’S RESULTS**

Knoxville, Tennessee, May 11-13—

(5/11—10K, HT, JT; 5/12—St, LJ, SP)


400: 1. **Nathon Allen’ (Aub) 44.28 (CL) (5, 8 C); 2. Nathan Strother (Tn) 44.34 (AL, AmCL) (=6, =10 AmC); 3. ***Dwight St. Hillaire’ (Ky) 45.05; 4. ***Chantz Sawyers’ (Fl) 45.62; 5. **Bryce Deadmon (TxAM) 45.71; 6. ***Champ Allison (Al) 45.71; 7. Igbokwe 45.86;... dnc—Akeem Bloomfield’ (Aub).

800: 1. **Devin Dixon (TxAM) 1:46.76; 2. ***Marco Arop’ (MsSt) 1:47.45; 3. *Otis Jones (SC) 1:47.83; 4. *Kyren Hollis (Fl) 1:48.20; 5. ***Christopher Conrad (Mo) 1:48.68; 6. ***Waleed Suliman (Ms) 1:49.27; 7. Ian Jones (Ky) 1:50.34; 8. ***Cade Bethmann (Ms) 1:50.91.


St: 1. Kyle Hosting (Ar) 8:55.56; 2. ***Raymond Gonzales (TxAM) 8:57.51; 3. ***Alex Crigger (Tn) 8:59.04; 4. **Parker Scott (Ms) 9:00.08; 5. **Silas Kipngetich’ (Aub) 9:01.65.


110H(0.9): 1. **Grant Holloway (Fl) 13.15 (WL, AL, CL) (2, 2 C); 2. **Daniel Roberts (Ky) 13.27 (=10, x AmC); 3. ***Damion Thomas’ (LSU) 13.64;
4. ***Cory Poole (Fl) 13.68 (AJL) (13.71h AJL);

400H: 1. Kemar Mowatt’ (Ar) 49.32; 2. **Infinite Tucker (TxAM) 49.46; 3. Poole 50.09; 4. *Rasheed Tatham (MsSt) 51.05; 5. ***Charles Brockman (MsSt) 51.07; 6. Jerrad Mason’ (Mo) 51.28; 7. **Malcum Tatum (MsSt) 51.44; 8. Larry Donald (Ar) 52.91.


4 x 400: 1. Texas A&M 3:01.17 (AL) (Richard Rose, Deadmon, Ilolo Izu 45.39, Dixon 44.54); 2. LSU 3:01.98 (Jahnoy Thompson’, Jaron Flournoy, Renard Howell’ 45.93, Kemar Mowatt’, Kevin Harris, Cotton); 3. Florida 3:04.45 (Igbokwe 44.62); 4. LSU 3:04.75 (Strother 44.62); 5. Tennessee 3:05.95.

Jumping Events

HJ: 1. **Shelby McEwen (Al) 7-4½ (2.25); 2. **Clayton Brown’ (Fl) 7-4½; 3. *Keenon Laine (Ga) 7-3¼ (2.22);
4. ***JuVaughn Blake (LSU) 7-3¼ (out AJL; =AJL);
5. *Jhonny Victor (Fl) 7-2¼ (2.19); 6. **Darryl Sullivan (Tn) 7-2¼; 7. ***Antonios Merlos (Ga) 7-1 (2.16); 8. Rubin Owens (Ar) 7-1.

PV: 1. Audie Wyatt (TxAM) 18-2½ (5.55); 2. *Jacob Wooten (TxAM) 17-8½ (5.40); 3. tie, *Armand Woodley (SC) & **Tristan Slater (Tn) 17-4½ (5.30); 5. ***Peyton Weissmann (Ms) 17-¼ (5.20).

LJ: 1. Holloway 27-3¾w (8.32) (26-9¾, 25-8, 25-5½, f, 27-3¾w, p) (8.17, 7.82w, 7.76, f, 8.32w, p); 2. Will Williams (TxAM) 27-¾w (8.25) (f, 26-5, 26-9¼w, 26-¼, 26-3¾, 27-¾w) (f, 8.05, 8.16w, 7.93, 8.02, 8.25w); 3. Tim Duckworth’ (Ky) 26-10½w (8.19); 4. KeAndre Bates (Fl) 26-3w (8.00) (25-8/7.82); 5. **Tahar Triki’ (TxAM) 26-1½ (7.96); 6. *Yann Randrianasolo’ (SC) 25-10¼w (7.88); 7. ***Allen Gordon (Ms) 25-7¼w (7.76); 8. Blake 25-3½ (7.71) (out AJL); 10. ***Enzo Hodebar’ (Fl) 25-3¼ (7.70).


Throwing Events

SP: 1. *Denzel Comenentia’ (Ga) 68-6 (20.88); 2. Josh Awotunde (SC) 68-1¼ (20.77);
3. ***Jordan West (Tn) 64-11¼ (19.79) (8, x AJ);

DT: 1. Williams 196-5 (59.87); 2. Ferguson 193-8 (59.05); 3. Castle 186-5 (56.82); 4. *Daniel Haugh (Al) 186-2 (56.74); 5. Matthew Zajac (Tn) 185-7 (56.58); 6. Comenentia’ 185-1 (56.41); 7. **Charles Lenford (Ky) 178-7 (54.44); 8. Maxwell 177-8 (54.16).

HT: 1. Comenentia’ 249-1 (75.92); 2. *Anders Eriksson’ (Fl) 243-5 (74.19); 3. Haugh 237-11 (72.52); 4. ***Jake Norris’ (LSU) 229-2 (69.87); 5. ***Thomas Mardal’ (Fl) 228-3 (69.57); 6. *AJ McFarland (Fl) 223-7 (68.14); 7. ***Georgios Korakidis’ (Tn) 219-11 (67.05); 8. David Cline (Ky) 218-3 (66.53); 9. Seth Whitener (Tn) 212-5 (64.76); 10. Cullen Prena (Ms) 210-9 (64.25); 11. Logan Bryer (Ky) 208-6 (63.57).

JT: 1. ***Anderson Peters’ (MsSt) 269-2 (82.04) (247-10, 238-9, 269-2, 243-8, 257-8, 258-9) (75.54, 72.78, 82.04, 74.26, 78.55, 78.88); 2. Ioannis Kyriazis’ (TxAM) 263-6 (80.33); 3. Nicolas Quijera’ (MsSt) 246-4 (75.09); 4. Justin Carter (Aub) 218-9 (66.69); 5. *John Putnam (Aub) 217-7 (66.32); 6. *Alex Springer (Ar) 213-10 (65.18); 7. ***Cade Antonucci (Aub) 213-3 (65.00); 8. Ethan
Shalaway (Ky) 212-1 (64.65).

Dec(5/11-12): 1. Karl Saluri’ (Ga) 7934 (10.52, 24-9w/7.54w, 46-¼/14.04, 6-¼/1.85, 48.52 [4200-1], 14.82, 134-8/41.05, 14-1¼/4.30, 195-9/59.67, 4:30.35); 2. *Gabe Moore (Ar) 7901; 3. *Nathan Hite (TxAM) 7723; 4. Derek Jacobus (Ar) 7555; 5. Rauno Liitmäe’ (Mo) 7524 (219-9/67.00); 6. **Chris Stone (Aub) 7062.
Tamari Davis Putting Up Amazing 200 Times

By Jeff Hollobaugh | May 2018

Tamari Davis (Gainesville, Florida) admits that her historic 22.48 win in the State-3A 200 was fueled by her emotions. Earlier, she had run 11.36 in the 100, losing to the 11.31 of Briana Williams (Northeast, Oakland Park). No shame in that, as Williams, a Jamaican, earlier this year broke Marion Jones's world age-15 record with an 11.13.

But Davis didn’t see it that way. For the half-lapper, she says, “I just came on that race track with anger. I just wanted to go all out and see the outcome of it.”

The precocious 9th-grader powered to an 8m win over Williams. The crowd gasped at the time on the clock, which initially read 22.44. “It was crazy,” says Davis. “I’m still shocked with what I ran. I’m still being shocked. Kind of like it doesn’t seem to be real, but it is real.”

Not that Davis wasn’t already very much on the radar. Invited to a prep all-star race at last year’s Prefontaine Classic as a 14-year-old 8th-grader she shocked a field of older runners with a world age best of 23.21. She went on to become T&FN’s No. 1 All-America in the event.

Davis, says coach Gary Evans, still really doesn’t appreciate what she’s doing. “I don’t think she realizes some of the things that she’s doing timewise on the track... where does that put her on the scale with some of the other elite athletes that came through high school. You know, she still wants to be that little girl, she wants to have fun. And you have to keep that in there.”

Evans has been working with Davis since she was a 7-year-old following her brother to practice with his youth track club. Says Davis, “He was winning a lot and he was bringing home medals and I was sitting around playing. I wanted to get
medals too. So my momma signed me up.”

Her brother moved on to basketball, but Davis stuck with track. Early on, she had a habit of starting out slow so that she could catch everybody at the end. Now she goes hard from the start. Evans also coaches a number of world-class athletes for adidas, including 400 world leader Steven Gardiner of the Bahamas, who predicted that Davis had a fast 200 in her. Recounts Evans, "He was at a practice where he said, ‘Coach, this girl, she’s super-fast. She’s going to run 22-low.’ I’m like, ‘No Steven, maybe 22.9 or something like that.’

“That’s God-given talent. I mean all I can do is go in and adjust something, tweak some things, modify some things and get her more mentally prepared.”

### High School Girls Class 200 Records

Tamari Davis already owns the best times for a pair of classes (albeit one of them for middle school).

<table>
<thead>
<tr>
<th>Class</th>
<th>Time</th>
<th>Athlete/Year</th>
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<tbody>
<tr>
<td>8th</td>
<td>23.21</td>
<td>Tamari Davis (Lincoln MS, Gainesville, Florida) ‘17</td>
</tr>
<tr>
<td>Fr</td>
<td>22.48</td>
<td>Davis (Gainesville) ’18</td>
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<tr>
<td>So</td>
<td>22.43</td>
<td>Candace Hill (Rockdale, Conyers, Georgia) ’15</td>
</tr>
<tr>
<td>Jr</td>
<td>22.58</td>
<td>Marion Jones (Thousand Oaks, California) ’92</td>
</tr>
<tr>
<td>Sr</td>
<td>22.11(A)</td>
<td>Allyson Felix (LA Baptist, North Hills, California) ’03</td>
</tr>
<tr>
<td>(lo-alt)</td>
<td>22.51</td>
<td>Felix ’03</td>
</tr>
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Evans feels strongly about keeping the training/racing load on Davis light because of her age: “I don’t want to overrun her because I’ve always believed in the athlete having something left if they decide to go to college or to go to the pros, because I see so many athletes getting maxed out pretty bad through their club programs or their high school programs.”

With her school season over, the rest of the campaign will be tightly focused: Golden South, New Balance Outdoor Nationals, and USATF Junior Olympics. Evans says she’s been asked to compete at USATF Junior Nationals, but since she is too young to be on the U.S. team for the World Juniors, she probably won’t.

Even so, she is No. 2 on the world Junior list this season, after one Sydney McLaughlin. She’s also now the No. 3 high schooler ever, trailing only former Athletes Of The Year Allyson Felix (22.11A) and Candace Hill (22.43).

Davis is having fun with the entire experience, and says she is glad that her coach is taking things slowly. “He wants the best for me so I’m listening to him every move we make,” she says.

On the boys’ side of the meet, speed was also the highlight with Anthony Schwartz (American Heritage, Plantation) scoring a 10.07w/20.41w. The 100 time (aided by a 2.5mps wind) moved him to =No. 6 ever on the all-conditions all-time national list.
Shanghai Diamond League — American Women Dominate Hurdles

By Sieg Lindstrom | May 2018

Brianna McNeal's 12.50 led a 1-2-3-4 by Americans in the 100 hurdles. (ERROL ANDERSON/THE SPORTING IMAGE)

Shanghai, China, May 12—Brianna McNeal set a meet record as Americans blocked out the top 4 spots in the 100H at the Shanghai Diamond League meeting.

The Olympic champion won in 12.50, one of five meet bests set on the second stop of the ‘18 IAAF Diamond League circuit, which also witnessed a bevy of yearly world leads.

Running in lane 4, alongside World Record holder Kendra Harrison, McNeal was behind early, as Harrison got into her running the quickest. Sharika Nelvis then pulled ahead through the middle phase.

But McNeal, who was 2nd to Harrison in Doha last week, strode well off the final barrier and dipped to beat Nelvis, the USATF indoor champ, by 0.02. A fading Harrison (12.56) was 3rd—ending a streak of 11 Diamond League victories—and Jazmin Stowers (12.71) 4th.

“I feel great. It was an intense competition. The other athletes are very strong. It was a big motivation to win the gold medal after silver in Doha,” said McNeal, who was unbothered by Shanghai’s rainy, humid conditions.

Another U.S. Olympic gold medalist won over the barriers. Although Dalilah Muhammad’s 53.77 win in the 1-lapper was not among the meet records, it was her season’s best in a tough test; Jamaica’s newly-crowned Commonwealth champion, Janieve Russell, pushed Muhammad in the closing yards, but was 0.01 slower to the line.

“I didn’t think I’d taken the race and I was relieved to have won,” Muhammad said. “To be honest, I wouldn’t have minded either way... I’m pleased to run so quickly early in the season.”
In the men’s 110H, Omar McLeod got his campaign up and running by winning in a list-leading 13.16. McLeod admitted to being nervous lining up against a field that included WR holder Aries Merritt and reigning Diamond League champion Sergey Shubenkov. The Jamaican star had suffered an injury-disrupted start to the year and hadn’t raced over hurdles yet.

But it was Orlando Ortega who provided the stiffest challenge to the Olympic and world champion. Ortega finished strongly to chase down the fast-starting McLeod, who dipped well to edge out the Spaniard by 0.01.

On the flat, Steven Gardiner followed his Doha world lead with another 400 win, this time in a meet record 43.99. Defending DL champion Isaac Makwala (44.23) was 2nd ahead of Abdalelah Haroun (44.51), while reigning U.S. No. 1 Fred Kerley (44.71) was 4th.

Steven Gardiner has opened his season with sub-44 wins at both DLs. (ERROL ANDERSON/THE SPORTING IMAGE)

Gardiner’s fellow Bahamian Shaunae Miller-Uibo won the women’s 200. Miller-Uibo, who claimed Diamond Trophies in both the half-lap and quartermile distances in ’17, held the lead off the bend and pulled away from 2-time world champ Dafne Schippers (22.34) for a dominant meeting record 22.06.

There was a popular home winner in the women’s javelin. Lyu Huihui went out to 219-4 (66.85) in the third round, coping well with the slick conditions as the rain began to fall heavily.

The was another Chinese victor in the shot, as reigning DL queen Lijiao Gong put on a show. Any of her four recorded marks would have sealed the win, but her second-round 65-7 (19.99) was the pick. That world-leading put was more than a meter better than Jamaican Danniel Thomas-Dodd (61-4¼/18.70).

American Raven Saunders, in her Diamond League debut, was 3rd with 61-1½ (18.63). “I just have to fix some things. You can expect a lot coming season,” said the new pro, who missed a few weeks of training earlier in spring.

Another MR came in the men’s 800, which provided a thrilling finish as Kenya’s Wycliffe Kinyamal pipped his compatriot Jonathan Kitili, who had led at 600m, by 0.04 to win in a PR 1:43.91.

Commonwealth champ Kinyamal, just 20, hails from the same village as 2-time Olympic champion David Rudisha, and said after
his DL debut: “He was always my example. Now I take over.”

Kenyans also took the honours in the men’s 1500 and women’s steeple, both in world-leading times.

Timothy Cheruiyot, reigning Diamond League champion, timed his move perfectly over the last 200 to win ahead of Ethiopia’s world indoor 1500 champ Samuel Tefera in 3:31.48.

Later, Beatrice Chepkoech profited from the misfortune of Norah Jeruto, who slipped dramatically after the final steeplechase barrier. The Kenyan duo slugged it out at the front of from the get-go of the non-ranking race. Jeruto looked strong—perhaps the strongest—until her footing went on the wet track as she attempted to kick for the line on the inside. It allowed Chepkoech to cruise to a world leading 9:07.27 win, Jeruto picking herself up for 2nd.

In the night’s distance event—a non-DL 5000—Paul Chelimo led through most of the bell lap, only for his form to falter with the line beckoning. As America’s Olympic silver medalist stumbled, Bahrain’s Birhanu Yemataw beat him by 0.02 with a dip to record a world-leading 13:09.64.

A pair of world leads also came in the horizontal jumps. After fouling his opening two efforts, South Africa’s Luvo Manyonga sailed out to 28-1 (8.56) in round 6 to ensure victory over Yuhua Shi, who had earlier led with a PR 27-8 (8.43).

The day ended badly for Shi, who hurt his foot badly on his final attempt and had to be stretchered out.

Caterine Ibargüen showed her best is far from behind her. The 34-year-old Olympic triple jump champion surrendered her Diamond League title last year but returned in Shanghai, winning with 48-6¾ (14.80).

A short-of-her-best Mariya Lasitskene was still a cut above the rest in the women’s high jump. Though Mirela Demireva briefly led after clearing 6-4¼ (1.94) first time, Lasitskene—who had three failures across earlier heights—sailed over an outdoor-WL 6-5½ (1.97) first time to win. That took the world champion’s burgeoning win streak to 39.

In the men’s vault Sam Kendricks could only make one bar, the world champion clearing 17-11 (5.46) but nothing else. Renaud Lavillenie, whose 7-year DL title streak was ended by Kendricks last year, coped best in the wet conditions, clearing 19-¾ (5.81). The American ended up 9th, matching the lowest finish of his pro career.

In the night’s last action, Reece Prescod surprised in the 100. China’s Bingtian Su smashed out of the blocks for an early lead but couldn’t sustain his pace. The lithely-built Briton hit his stride in the last third to win in 10.04, edging Su by 0.01. World champ Justin Gatlin (10.20) was never in the race and finished 7th.

SHANGHAI DL MEN’S RESULTS

Diamond League II; Shanghai, China, May 12—


400: 1. Steven Gardiner (Bah) 43.99; 2. Isaac Makwala (Bot) 44.23; 3. Abdalelah Haroun (Qat) 44.51; 4. Fred Kerley (US) 44.71; 5. Christian Taylor (US) 45.24; 6. Michael Cherry (US) 45.60; 7. Vernon Norwood (US) 45.82; 8. Zhongze Guo (Chn) 47.04; 9. Javon Francis (jam) 47.06.

800: 1. Wycliffe Kinyamal (Ken) 1:43.91 PR; 2. Jonathan Kitilit (Ken) 1:43.95 (1:17.78); 3. Marcin Lewandowski (Pol) 1:45.41; 4. Antoine Gakeme (Bur) 1:45.73; 5. Brandon McBride (Can) 1:45.78; 6. Clayton Murphy (US) 1:45.97; 7. Andrew Osagie (GB) 1:46.36; 8. Ryhardt van Rensburg (SA) 1:46.57; 9. Solomon Lokuta (Ken) 1:47.51; 10. Drew Windle (US) 1:47.77; ... rabbit—Bram Som (Neth) (51.20).

1500: 1. Timothy Cheruiyot (Ken) 3:31.48 (WL); 2. Samuel Tefera (Eth) 3:31.63 PR (WJL) (7, x Wj) (2:51.38);

3. Abdelalit Iguidier (Mor) 3:32.72; 4. Charles Simotwo (Ken) 3:33.54; 5. Justus Soget (Ken) 3:34.33; 6. Aman Wote (Eth) 3:34.43; 7. Thiago André (Bra) 3:35.40; 8. Bethwel Birgen (Ken) 3:35.95; 9. Vincent Kibet (Ken) 3:36.44; 10. Ryan Gregson (Aus) 3:36.94; 11. Kumari Taki (Ken) 3:37.66; ... rabbit—Cornelius Kiplangat (Ken) (55.08, 58.11 [1:53.19]).
Non-DL 5000: 1. Birhanu Yemataw (Bhr) 13:09.64 (WL); 2. Paul Cherimo (US) 13:09.66 (AL); 3. Stanley Mburo Waithaka (Ken) 13:10.14 (WJL);


rabbits—Tamás Kazi (Hun) (2:35.88), Vincent Letting (Ken) (5:13.26), Cornelius Kangogo (Ken) (7:53.17).

10H(0.2): 1. Omar McLeod (Jam) 13.16 (=WL);

2. Orlando Ortega (Spa) 13.17; 3. Sergey Shubenkov (Rus) 13.27; 4. Ronald Levy (Jam) 13.33; 5. Hansle Parchment (Jam) 13.48;

Non-DL 4 x 100: 1. China 38.86.

Field Events

LJ: 1. Luvo Manyonga (SA) 28-1 (8.56) (WL) (f, f, 26-7¼, 27-8 [=lo-alt out WL], f, 28-1) (f, f, 8.11, 8.43, f, 8.56); 2. Yuhao Shi (Chn) 27-8 (8.43) PR (26-¾, 27-8 [lo-alt out WL], 26-3½, f, 26-11¼, f) (7.93, 8.43, 8.02, f, 8.21, f);

3. Henry Frayne (Aus) 26-9 (8.15); 4. Jeffrey Henderson (US) 26-7¼ (8.81); 5. Changzhou Huang (Chn) 26-4¼ (8.03); 6. Xinglong Gao (Chn) 26-3 (8.00); 7. Damar Forbes (Jam) 26-2¾ (7.99); 8. Mike Hartfield (US) 25-10¼ (7.88); 9. Jarvis Gotch (US) 18-10 (5.74).

SHANGHAI WOMEN’S RESULTS

Non-DL St: 1. Beatrice Chepkoech (Ken) 9:07.27 (WL) (6:02.18);


7. Peruth Chemutai (Uga) 9:22.94 PR (7, x WJ);


Non-DL 4 x 100: 1. China 43.51.

Field Events
HJ: 1. Mariya Lasitskene (Rus) 6-5½ (1.97) (out WL) (5-10¾, 6-¾ [2], 6-2, 6-3¼ [2], 6-4¾ [2], 6-5¼, 6-6¾ [xxx]) (1.80, 1.85 [2],
1.88, 1.91 [2], 1.94 [2], 1.97, 2.00 [xxx]);

2. Mirela Demireva (Bul) 6-4¼ (1.94); 3. Marie-Laurence Jungfleisch (Ger) 6-2 (1.88); 4. tie, Oksana Okuneva (Ukr) & Levern Spencer (StL) 6-¾ (1.85); 6. tie, Yang Wang (Chn) & Alyx Treasure (Can) 6-¾; 8. Kateryna Tabashnyk (Ukr) 6-¾ (1.85); 9. Inika McPherson (US) 5-10½ (1.80); 10. Erika Kinsey (Swe) 5-10½ (1.80).


2. Danniel Thomas-Dodd (Jam) 61-4¼ (18.70); 3. Raven Saunders (US) 61-1¼ (18.63); 4. Yulia Leantsiuk (Blr) 60-5¼ (18.42); 5. Paulina Guba (Pol) 59-10½ (18.25) PR; 6. Anita Mártú (Hun) 59-7 (18.16); 7. Yang Gao (Chn) 59-5½ (18.12); 8. Valerie Adams (NZ) 59-1¼ (18.01); 9. Melissa Boekelman (Neth) 56-1¼ (17.11); 10. Tianqian Guo (Chn) 55-11¼ (17.05); 11. Dani Hill (US) 54-4½ (16.57).

JT: 1. Huihui Lu (Chn) 219-4 (66.85) (211-3, 216-2, 219-4, 199-7, 212-4, 217-5) (64.39, 65.88, 66.85, 60.83, 64.73, 66.26); 2. Marcelina Witek (Pol) 211-7 (64.49) PR; 3. Eda Tuğsuz (Tur) 207-4 (63.20); 4. Tatsiana Khaladovich (Blr) 203-11 (62.15); 5. Liz Gleadle (Can) 201-10 (61.53); 6. Sunette Viljoen (SA) 199-5 (60.79); 7. Katharina Molitor (Ger) 194-10 (59.38); 8. Kelsey Barber (Aus) 188-6 (57.47); 9. Martina Ratej (Slo) 185-3 (56.46).
When Tori Franklin upped her lifetime best to 46-5¼ (14.15) to win the USATF Indoor title in February, who would have thought that just 3 months later that mark would only be No. 9 on her personal all-time list?

The 25-year-old Michigan State alum went wild on the Caribbean island of Guadeloupe on Saturday, cranking out a spectacular series that went like this: 47-8½/14.54 PR, 48-8¼/14.84 AR, 48-6/14.78, 47-9/14.57, foul, 47-8½/14.54.

Her dominance of the all-time U.S. list was scaled back slightly on Sunday when former AR holder Keturah Orji had a big jump at the SEC, but as the weekend wraps up, we find Franklin with all-time U.S. performances 1, 2, 5, 6, 7, 11 & 18.

Here’s the all-time list of legal-wind 47-plus performances by American women (Orji leads Franklin 8 to 7 in entries on the list):

<table>
<thead>
<tr>
<th>Mark</th>
<th>Athlete</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>14.84</td>
<td>Tori Franklin (unattached)</td>
<td>5/12/18</td>
</tr>
<tr>
<td>14.78</td>
<td>48-6</td>
<td>Franklin !</td>
</tr>
<tr>
<td>14.71</td>
<td>48-3¼</td>
<td>Keturah Orji (Georgia)</td>
</tr>
<tr>
<td>14.62</td>
<td>47-11¼</td>
<td>Orji</td>
</tr>
<tr>
<td>**14.57</td>
<td>47-9¼</td>
<td>Franklin !</td>
</tr>
<tr>
<td>**14.54</td>
<td>47-8½</td>
<td>Franklin !</td>
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<td></td>
<td></td>
<td>Franklin !</td>
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<tr>
<td>14.53</td>
<td>47-8</td>
<td>Orji</td>
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<tr>
<td>i</td>
<td></td>
<td>Orji</td>
</tr>
<tr>
<td>14.50</td>
<td>47-7</td>
<td>Orji !</td>
</tr>
</tbody>
</table>
14.48 | 47-6¼ ——Franklin | 3/30/18
14.45 | 47-5 | Tiombé Hurd (Nike) | 7/11/04
14.41 | 47-3½ | Sheila Hudson (Reebok) | 7/08/96
14.40 | 47-3 | ——Orji ! | 8/14/16
14.39 | 47-2½ | ——Orji ! | 8/14/16
14.38 | 47-2¼ | ——Hudson | 4/27/96
    | Shani Marks (Nike) | 6/29/08
14.36 | 47-1½ ——Franklin ! | 3/30/18
14.33 | 47-¾ | Erica McLain (Nike) | 7/03/10
        | ——Orji | 4/21/18
**20 performances by 6 performers**

In Case You Missed It: Franklin Video

Franklin spoke with correspondent Lee Nichols back in March at the Texas Relays.
Prague Marathon — Rupp’s PR 2:06:07 Climbs All-Time U.S. List

By Sieg Lindstrom | May 2018

Prague, Czech Republic, May 06—Galen Rupp’s big spring marathon was supposed to be Boston on April 16, but the cold & wet conditions induced hypothermic symptoms and an asthma attack which caused him to drop out after 30km.

A couple of weeks later Rupp’s coach, Alberto Salazar, explaining why his charge was off to Prague, told Ken Goe of the Portland Oregonian, “I don’t think he’s too tired. He thinks he feels better.”

Rupp anticipated heavy competition from Sisay Lemma, who had PRed at 2:04:08 in January’s fast Dubai race. The 27-year-old Ethiopian provided that, as the two ran side-by-side from the start. It wasn’t until the final 4km that the 32-year-old American cranked up the pace.

It wasn’t close at the finish as Rupp moved from No. 6 to No. 2 on the all-time U.S. list with his 2:06:07, almost a minute up on Lemma’s 2:07:03.

The All-Time U.S. Men’s Marathon List

Galen Rupp’s 2:06:07 win in Prague made him the No. 2 American ever on legal courses with the No. 3 performance (Khannouchi also had a 2:05:56 to back up his AR 2:05:38). The list:

<table>
<thead>
<tr>
<th>Time</th>
<th>Athlete</th>
<th>Date</th>
</tr>
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<tbody>
<tr>
<td>2:05:38</td>
<td>Khalid Khannouchi (New Balance)</td>
<td>4/14/02</td>
</tr>
</tbody>
</table>
“Sisay is a really great marathon runner,” said Rupp, who became the first American ever to win in the Czech capital. “It was no easy feat and I’m really pleased I managed to defeat him and win. I tried to keep a check on my pace, to get into it and stay positive.”

On the women’s side, Kenyan Bornes Kitur chopped more than 4:00 off her PR in scoring a 2:24:19 win.

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PRAGUE MARATHON

Prague, Czech Republic, May 06 (loop)—

Men: 1. Galen Rupp (US) 2:06:07 PR (2, 3 A) (1:03:02/1:03:05) (€45,000); 2. Sisay Lemma (Eth) 2:07:02; 3. Stephen Chemlany (Ken) 2:09:42; 4. Barselius Kipyego (Ken) 2:10:18 PR; 5. Yuma Hattori (Jpn) 2:10:26; 6. Mekuant Ayenew (Eth) 2:10:42;... dnf—Asefa Tefera (Eth), Worku Bazu (Eth), Belay Tilahun (Eth);... rabbit—Gilbert Masai (Ken) (1:03:00).

Mondo Climbs Higher Yet, Raises World Junior Record to 19-5½

By Sieg Lindstrom | May 2018

Baton Rouge, Louisiana, May 05—Mondo Duplantis (Lafayette, Louisiana) doesn’t have any peers at the State HS level. Come to think of it, he doesn’t have any peers at the national level either. Either this year or all-time.

So far above the competition was he at this year’s State meet that he passed no fewer than 13 (!) heights to open the competition.

Once he (finally) got into the jumping, he cleared 17-10½ (5.45) on his second attempt, racked up yet another 19-footer (19-1/5.82 for the =No. 5 prep mark ever) on his first attempt, then also upped his own World Junior & HS Records with another first-try make at 19-5½ (5.93). (IAAF ratification of the former is apparently a non-starter because of the understandable lack of pro-level drug-testing at the meet.)

Mondo’s Progression Since He Became A 16-Footer

Long a vaulting prodigy, Mondo Duplantis really burst on the scene as a 9th-grader in ’15, becoming the first frosh ever to join the indoor 16-foot club. He didn’t stop there, notching 7 more PRs before the year was out. With his latest exploit he’s now a yard higher than that first 16-footer. Here’s the progression of his PR since then:

<table>
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<tbody>
<tr>
<td>5.93</td>
<td>19-5½</td>
<td>Baton Rouge, Louisiana May 05, 2018</td>
</tr>
<tr>
<td>5.92</td>
<td>19-5</td>
<td>Austin, Texas  March 31, 2018</td>
</tr>
</tbody>
</table>
“I wasn’t supposed to jump 19-5 today, but I had to,” Duplantis told Robin Fambrough of the Acadiana Advocate. “The plan was to take 2 jumps. I only took 4 jumps, but when it’s at that high of a level, it takes a toll on your body. I had to do it.”

Father Greg explained, “He was trying to conserve energy for the 100, and the plan was for him to not take a lot of jumps. I said, ‘I think you can jump 19-feet. I wanted him to jump 19-feet and then quit. But he said, ‘No, I feel too good.’ ” He ended up only 8th in the 100 at 10.74w after having won his Regional at an impressive 10.57w.

The Regional marked the second straight meet in the State-Q process where Duplantis cleared 15-0 from a mere 3 lefts in order to advance.
Gabby Thomas Dominates The Heps

By Sieg Lindstrom | May 2018

Thomas had a hand in three individual wins plus two crucial baton carries for the Crimson. (THE IVY LEAGUE)

If there was any lingering doubt after winning an NCAA Indoor 200 title that Gabby Thomas was a superstar in the making, her heroic performances at the Ivy League Heptagonal Championships proved she is no fluke. The Harvard junior capped an exhausting two-day showcase in Philadelphia with a sizzling 49.44 split to anchor the Crimson to the 4×4 title.

That head-turning effort followed Thomas’ third straight conference titles in the 100 (11.27) and 200 (22.76) as well as her second consecutive win in the long jump, where she also came from behind to uncork a big (albeit barely wind-aided) 21-8¼ (6.61) on her final leap to secure 1st. She also ran the second leg on Harvard’s winning 4×1, giving her a hand in 50 of the runner-up team’s 114 points.

In the climactic long relay, Thomas got the stick 2.8 seconds behind Columbia’s Akua Obeng-Akrofi. “I knew that if I did go out and win it was going to be very painful,” Thomas admits. “I wasn’t quite sure how far ahead she was. I was thinking that we have to win this 4×4 because my coach said, ‘Let’s go out with a bang.’ We knew we couldn’t win the meet, because we just don’t have enough people. And so we always win the 4×4.”

Harvard (3:36.35) came out on top by just 0.04. “If you put someone in front of me I can run a lot faster than if nobody’s around,” Thomas says. “My competitiveness really drove that last 100, and I think that’s where I found that extra second.”

A day earlier she’d pulled off a similar clutch effort to win the long jump. Trailing by 3cm going into the final round, Thomas knew she had to rely on her speed, given her minimal jumping preparation. “In high school I was really good in long jump and triple jump, but I’ve been focusing on the sprints lately and I’ll just jump for points at our conference,” the Florence, Mass., native says. “I really wanted the points. I stopped playing it safe. So I used my speed and jumped as hard as I could. I was very shocked. Everybody was shocked, even the officials. They had to remeasure.” Thomas, whose PR is 20-7 (6.27), had a legal best of 20-½ (6.11).
Video of the 4×4 quickly circulated throughout the track world, putting a rare spotlight on a conference better known for books than batons. “We are not the best in the country and that’s fair,” Thomas concedes. “But we do have a lot of fast people and a lot of hard-working girls. So if you see an Ivy League girl on the line next to you, don’t assume she’s going to be slow; she might win.”

WATCH: Harvard sprinter Gabby Thomas overcame a crazy deficit to edge out an Olympian in a 4×400-meter relay  
https://t.co/Q9Esjs2ski  
pic.twitter.com/CY1llT5oW3  
— Sports Illustrated (@SInow) May 7, 2018

Thomas has been making that point for the past three seasons. As an unheralded frosh she placed 3rd in the NCAA 200 and unexpectedly took 6th at the Olympic Trials. She was a disappointing 8th at the NCAA Indoor in ‘17, but came through with another 3rd outdoors.

Then she really turned heads with this year’s victory in March, taking the NCAA 200 title in 22.38 to snip 0.02 off Bianca Knight’s 10-year-old Collegiate Record. Not bad considering Thomas wasn’t prioritizing indoors.

Harvard associate head coach Kebba Tolbert explains, “Going into this year it was, ‘Let’s get better indoors and be prepared to compete for a title outdoors.’ The competition was going to be good, so our mindset was, ‘You could go and break the Collegiate Record and lose.’ “

The recognition she has subsequently received has been amplified by Harvard’s reputation for academics rather than athletics. “She’s a big fish in a relatively small pond,” Tolbert continues. “This type of attention is not normal for a Harvard sprinter. But Gabby’s been pretty humble and appreciative of the opportunities and attention that winning nationals has afforded her.”

Her outdoor season has so far featured a series of wind-aided races, including a breezy 11.04/22.13 double at the Texas Relays. But she also lowered her legal 200 PR to 22.32 and her fastest 100 (11.26) is just 0.02 off the career best she set last year.

The focus now shifts to the NCAA, where Thomas hopes to add another trophy in the 200, and believes she’s prepared to run sub-22 to make it happen. She’ll also run the 100, where she hopes to make the final, but the long jump is off the table for the rest of the year.

Says Tolbert, “We long jump a couple of times a year indoors and outdoors, enough to be ready for conference. She’s not a very good long jumper technically, and because that beats her up, we limit how much training and competition she does.”

It’s possible she may also take a stab at the 400—a race she has never run out of the blocks—next year. “No one really wants to be a 400 runner. It’s a painful lifestyle,” she says with a laugh. “But I would like to see where I could go with that.” Meredith Rainey’s indoor (52.96) and outdoor (51.56) school and Ivy records have stood since ’90, and Tolbert would like to take a shot at those.

A pro career is something Thomas admits she hadn’t thought about before winning the NCAA title. “At the very least I am thinking another year of training for Tokyo in 2020,” she says of her post-graduate plans. And it’s possible that she could turn pro early.

Says Tolbert, “If offers come around I know it’s something the family will consider, but it’s not like she would automatically do it. But no matter what happens she would finish her degree. That’s the most important thing. Nothing is worth more than a Harvard degree.”

Indeed. Thomas, a neurobiology major, is eyeing a career in health policy. “Helping people is something I’ve always been pretty passionate about,” she says. “Health is something I’ve very passionate about, especially with [regards to] class and race.”

For now she’s enjoying the spotlight and the chance to change perceptions about her conference. “Don’t count out the Ivy League women,” she tweeted triumphantly on the final day of the Heps. She knows it’s a hard sell. “It’s a little frustrating
because you have to work so much harder just to get your name out there as a fast person instead of just a smart person,” she says. “But I think in a way that’s something unique, so I like that. I don’t just go to Harvard, I go to Harvard and I run, so that’s special.”

HEPS WOMEN’S RESULTS

Philadelphia, May 05-06—

(5/5—10K, PV, LJ, HT, JT)


100(-0.1): 1. *Gabby Thomas (Harv) 11.27. Heats: I(0.0)–1. Thomas 11.26.

200(-1.1): 1. Thomas 22.76. Heats: III(0.9)–1. Thomas 22.82.

400: 1. ***Uchechi Nwogwugwu (Penn) 52.41.

800: 1. **Nia Akins (Penn) 2:05.89.

1500: 1. Sarah Hardie (Col) 4:21.94.


5000: 1. Abby Hong (Penn) 16:17.30.

10,000: 1. Hong 34:53.81.

100H(1.6): 1. **Cha’Mia Rothwell (Dart) 13.24.

400H: 1. ***Addison Coy (Yale) 58.77; 2. **Karina Joiner (Harv) 58.86.

4 x 100: 1. Harvard 45.16 (Musa, Thomas, Joiner, Okoli).


4 x 800: 1. Penn 8:40.93 (Alm, Schneider, Stremme, Akins 2:06.22); 2. Columbia 8:43.06; 3. Cornell 8:43.83; 4. Princeton 8:44.23; 5. Dartmouth 8:48.72.

Field Events

PV: 1. *Nicole Macco (Penn) 13-1¾ (4.01).

LJ: 1. Thomas 21-8¼w (6.61) (20-½ /6.11); 2. **Cha’Mia Rothwell (Dart) 20-4¾ (6.20).

TJ: 1. **Simi Fajemisin’ (Harv) 42-8 (13.00); 2. **Zion Lewis (Brown) 42-4¼ (12.92); 3. **Maryam Hassan (Col) 42-½ (12.81).

SP: 1. Michaela Smith (Corn) 50-4½ (15.35).

DT: 1. ***Ashley Anumba (Penn) 180-5 (55.00); 2. ***Obi Amaechi (Prin) 179-1 (54.58).


JT: 1. ***Brooke Cope (Penn) 154-9 (47.16).

Hept: 1. *Carly Paul (Brown) 5333. □
Jessica Tonn Tries The 10K, Likes It

By Sieg Lindstrom | May 2018

Tonn waited for the last lap to take control. (DON GOSNEY)

The first U.S. winner of the Jordan Invitational women’s 10,000 since Molly Huddle in ’10, Jessica Tonn stamped herself as an up-and-coming contender in the long track race among Americans.

Tonn (rhymes with lawn) was a 12-time state(track and XC titlist as an Arizona prep whose high-water mark collegiately was an NCAA 5000 bronze in ’15 as a Stanford senior.

Her comments on her biggest victory yet—in her first serious 10K and on her alma mater’s track—bespeak delayed gratification, a sense of, “Finally!”

That and great fondness for the Brooks Beast team and coach Danny Mackey’s program she has believed had her on target for the last two seasons—but for a string of injuries.

“I came out of college and joined the Beasts, obviously, and had a really weird winter with a calf strain,” Tonn says of her first pro year, ’16.

“Then we went to Albuquerque and I trained really, really well, had one workout where I PRed in the 400 four times. Katie [Mackey] dragged me through that workout and I ran right around 60 and then sub-60 four times and I felt amazing. And then about a week out from the Trials I felt a pain in my shin and it turned out to be a stress fracture and I had to scratch the Olympic Trials.

“Then the next year I was on a long run with Katie [who herself broke through to make her first Worlds team indoors this year], actually, and about 7 miles in my second metatarsal on my left foot fractured completely. A complete fracture out of no symptoms, nothing. Bone density came back in like the 102nd, 98th percentile. It was just out of the blue.

“Then this year I had a plantar issue. January 5, to be exact, I had just a freak—my plantar kind of snapped at my heel

Tonn waited for the last lap to take control. (DON GOSNEY)
attachment. It didn’t fully tear but I felt a really sharp tug and it turned out to be a minor stress reaction.

A lot of bummer “then”s in her recitation—a string now finished.

“Ever since then, you know, I just strung together really good training,” she says. “We went to Park City as a team and we were just on top of everything and had just a really good team experience training there.

“The vibes were awesome, people were just rolling. Drew [Windle] and Katie set the whole tone this summer and winter so we just had nothing but good training, good vibes. It’s been amazing and then Desi [Linden] fricking won Boston so it’s been amazing for Brooks. I’m just building off that momentum.”

Tonn, now 26, meant business when she stepped on the line at Jordan.

“I definitely wanted to win,” she says. “I wanted to put myself in a position to run comfortably through the first 5K, and then Danny was like, ‘if you’re feeling good and the pace isn’t hot, you might need to mentally prepare for taking over after 12, 13 laps and just bearing down and it’s going to hurt.’

“I kind of wanted to be more conservative over the first half so I could really be in the contingent to win. Because I wanted to do that on my home track and especially for Brooks and for Danny and the team.”

That’s what she and the rest of the pack did as Japan’s 20-year-old Mao Ichiyama forged a lead of around 11 seconds by lap 11, kept that margin steady for 7 more circuits and finally got caught with 2 to go.

When Tonn struck on the final backstretch, her surge was swift and decisive.

“I just want to do my part. I feel like it’s been 2½ years and it’s been a long time coming so I finally get to see the pieces [fall into place],” she says.

Tonn also feels like she has found her distance. “Yes, the body likes the 10K,” she says. “I’ve accepted that. I definitely want to run a good 5 and a good 15 this year. I feel like that is in the cards. Where I’ll do that, TBD, but I love the 10K. This is my first [serious] one so hopefully I will be super-aggressive and confident and even more fit at USAs but I really do like the 10.”
Precocious teen Jakob Ingebrigtsen turned back Olympic champion Centrowitz among others in the 1500. (DON GOSNEY)

Stanford, California, May 03—While Stanford's annual Payton Jordan Invitational distance extravaganza played out less extravagantly than in some past years due to the absence of an imperative for athletes to chase World or Olympic qualifying marks in the "off year," the meet nonetheless delivered 4 U.S.-leading marks and 3 collegiate leaders.

Two of the three brothers Ingebrigtsen of Stavanger, Norway, however, put on a stupendous show that father Gjert will certainly add to the family highlight film if he had time to video his sons' races during a busy evening of competition coaching.

Prime focus here went not to '17 World Champs 1500 bronze medalist Filip Ingebrigtsen—who is also the reigning Euro champ—but first to the baby of the bunch, 17-year-old Jakob, who last summer ran the fastest mile ever by a 16-year-old (3:56.29).

Lined up for the 1500 in Jordan-normal mid-50s near-motionless air, the teen faced a field that included Olympic champ Matthew Centrowitz and Paul Chelimo, the U.S.'s Rio 5K silver medalist.

This early in the pro season, the pacing from two rabbits was more tuned to rust removal and domestic qualifying than records of any stripe—3:38-3:39 tempo through 1200 (2:42.8 for pacer Daniel Herrera).
The racers never pursued Herrera with vim or vigor but with 300 left the chase for the line was on as Chelimo and Centro moved up front down the backstretch. Young Ingebrigtsen, however, had a clear inside line and just before 200-to-go rushed into the lead and away.

The teen entered the last turn 2m ahead of Chelimo, with Centrowitz showing more rust to bust, and built his margin to more than 5m at the finish for a 3:39.06-3:40.16 win over the U.S. Army's star.

Behind Ingebrigtsen's 55.24 finish, Centro's Nike Oregon Project mate Eric Jenkins grabbed 3rd in 3:40.28 (56.09 last lap) as Colby Alexander 4th (4th in 3:40.42, 55.90 final circuit) and Craig Engels 5th in 3:40.45, 55.83 also displayed early sharpness.

Coming down for his first outdoor race of the year from an altitude camp in Flagstaff, Ingebrigtsen said, “I was actually expecting someone to pick up the pace a little bit and starting to run fast it seemed like they were tired, all of them so I just decided to go inside of Chelimo and I started running [for] the finish line.”

The precocious Norwegian became the youngest-ever sub-4:00 miler with his 3:58.07 at last year’s Pre Classic and went on to win Euro Junior titles in the steeple and 5000 before making an appearance in the Worlds steeple heats in London (8:34.88).

He has run beyond his years against elite adults. Is he now ready to start beating them? “I’m probably not winning the most difficult ones,” he said, “but at least I’m running faster than I have done before and probably will be able to compete with the best guys.”

Jakob’s target for ’18 “is to get to the final in the [Euro Champs] 1500 so if I manage to do that I’ll probably hope for something even bigger but I’m just really looking forward to racing this season.”

To the question of how he stays on track academically during training stints, spring and fall, in Flagstaff, he explained, “I actually have a teacher with me so I have done all of my exams in Flagstaff, altitude training, so it’s kind of working.”

He added, “[Education is] always important, but for me the running is 1000 times more important than school. I can go to school when I’m 30 or 40 but now I’m running.”

After his victory here, Jakob’s next priority was watching brothers Filip and Henrik—27 years old and the ’12 European 1500 titlist—race the 5000, where collegiate fans were eyeing NCAA cross country winner Justyn Knight of Syracuse and Andy Trouard, the Northern Arizona senior who bested the Canadian in the indoor 3000.

At the 3K marker here, Knight (8:04.2) led Utah State’s Dillon Maggard and a large contingent of followers (32 had started the race) at 13:20 pace.

Acceleration from there would have put WC finalist Knight into picking range of his PR, 13.17.51 from this meet last year, but the pack stayed congested and the likely outcome thoroughly opaque.

The London-medalist Ingebrigtsen, Filip, stepped off in the eighth lap. Eldest brother Henrik lurked in the ruck.

At the bell, Italian Yeman Crippa, Europe's U23 champion last year, led from Knight, Brazilian Altobelli da Silva (a Rio steeple finalist) and Henrik Ingebrigtsen, who had joined the contenders a lap earlier.

On the backstretch miler Ingebrigtsen unleashed an unanswered burst of speed and took the lead. Make that nearly unanswered.

U.S. miler Riley Masters, owner of a 13:17.97 PR from this meet in ’15, was sprinting even harder—to the tune of a 55.51 last lap. In the final strides it appeared Oklahoma alum Masters would overtake Ingebrigtsen but they stopped the clock together at a world-leading 13:16.97.

Win to the Norwegian, by 0.005. Knight 3rd in 13:18.74—a nice follow to his 3:36 in the Clay 1500 two weeks earlier—and Trouard 5th, his 13:21.07 PR an American Collegiate leader.

France’s 3-time Olympic steeple medalist Mahiedine Mekhissi placed 4th (13:20.53) in what was apparently his 5000 debut.

Huge night for the Ingebrigtsens? “Yeah, at least two of us did a good job,” said Henrik. “Me and Jakob did pretty good tactical
races, and for a 17-year-old Jakob is running like he's 28 so he's really improved his tactics and become a more complete runner this year."

Added the winner, whose previous 5K best came in the same race as Masters’ 3 years ago, “If the pace is slowly increasing, that’s how we [milers] run the fastest 5K—because we can’t run fast steady. I could probably not run 13:16 pace from the start; I would blow up with 1K to go and I would lose 5 seconds maybe in the end. So this way is probably best for me.”

Asked where the Ingebrigtsen track saga began, Henrik said, “My father was never a runner at all. Probably the furthest from it. He started coaching me in 2012. After I qualified for the Olympics, that’s when he took over, or more or less 2 months before that.

“Our success started in Flagstaff, actually. I was there by myself sleeping on a pullout couch at my friend’s house and then I came down here and ran 3:36, a new National Record, at Payton Jordan 2012. So that was the start of our family running success.”

Historically, the Jordan meet is best known for its 10Ks. This time, Americans Shadrack Kipchirchir and Jessica Tonn took the wins, both with U.S.-list-leading marks.

Kipchirchir—the Kenyan-born ‘14 Oklahoma State grad who represented the U.S. in Rio (19th in the 10K) and the ‘17 World Champs (9th)—looked like he might run away from his pursuers from lap 13 to 20.

But not without a challenge. Belgium’s Soufiane Bouchikhi reeled him in before Kipchirchir’s 58.87 last lap brought a 27:39.65–27:41.20, a PR by 25.95 for the Belgian.

“It felt great,” said Kipchirchir, not visibly taxed by the effort and well off his 27:07.55 best from the Worlds, “I came here to run fast.” For PR-fast, maybe next year. For the upcoming USATF Champs, the former Army athlete now representing Nike said he will point at the 5000.

Tonn, a ‘15 Stanford grad now with the Brooks Beasts (see sidebar), found her homecoming to be a redemptive race—and her 31:54.83 time a PR by more than 2:00 as she bested Sarah Pagano (31:56.43), Canada’s Rachel Cliff (31:56.86), Chelsea Blaase (31:57.56) and Japan’s Mao Ichiyama (31:57.91) with a 68.57 last lap and final 200 around 32 seconds.

Joining Tonn as an emerging force on the U.S. scene was ‘14 Georgetown grad Rachel Schneider. Heretofore a miler primarily, in the 5000 here she raced Sweden’s Rio 1500 finalist Meraf Bahta all the way to the line. Bahta’s 15:15.33 held off Schneider by 0.55 but the American’s time was a personal best by more than 17 seconds.

JORDAN INVITATIONAL MEN’S RESULTS

Stanford, California, May 03—

800: 1. Ryan Martin (AsicsFE) 1:47.26; 2. Brannon Kidder (BrkB) 1:47.47.

1500: 1. Jakob Ingebrigtsen’ (Nor) 3:39.06 PR (55.24); 2. Paul Chelimo (USAr) 3:40.16 (56.50); 3. Eric Jenkins (NikOP) 3:40.28 (56.09); 4. Colby Alexander (HokaNJNY) 3:40.42 (55.90); 5. Craig Engels (NikOP) 3:40.45 (55.83); 6. Matthew Centrowitz (Nik) 3:40.74 (56.74); 7. *Grant Fisher (Stan) 3:41.24 PR (57.61); 8. Hiroki Matsueda’ (Jpn) 3:41.28 PR; 9. Sean McGorty (Stan) 3:41.49.

St: I–1. Ole Hesselbjerg’ (Swe) 8:30.82; 2. Osama Zoghlimi’ (Ita) 8:31.14;

3. Dylan Blankenbaker (adi) 8:31.43 (AL);


II–1. *Emmanuel Rotich’ (Tul) 8:40.66; 2. *Daniel Carney (BYU) 8:41.22 PR; 3. **Clayson Shumway (BYU) 8:41.49 PR; 4. Emil
Blomberg’ (Swe) 8:46.27; 5. Gatien Airiau’ (AArt) 8:46.82.

5000: 1. Henrik Ingebrigtsen’ (Nor) 13:16.97 PR (=WL; AL) (56.28); 2. Riley Masters (Nik) 13:16.97 PR (=WL; AL) (55.51); 3. Justyn Knight’ (Syr) 13:18.74 (CL) (58.19);

4. Yeman Crippa’ (Ita) 13:18.83 PR (58.48); 5. Mahiedine Mekhissi’ (Fra) 13:20.53 PR (57.86);

6. Andy Trouard (NnAz) 13:21.07 PR (AmCL) (71, x AmC) (59.34);


dnf—Filip Ingebrigtsen’ (Nor).

10,000: 1. Shadrack Kipchirchir (Nik) 27:39.65 (AL) (58.87);

2. Soufiane Bouchikhi’ (Bel) 27:41.20 PR (59.93); 3. Francois Barrer’ (Fra) 27:55.95 PR; 4. Garrett Heath (BrkB) 27:56.11 PR;

5. **Tyler Day (NnAz) 28:04.44 PR (CL);


JORDAN INVITATIONAL WOMEN’S RESULTS

800: 1. Lindsey Butterworth’ (Can) 2:03.33; 2. Chrishuna Williams (Nik) 2:03.35; 3. Jenna Westaway’ (Can) 2:03.50; 4. Lauren Johnson (BAA) 2:04.13; 5. Ashley Taylor’ (NnAz) 2:04.48; 6. Cory McGee (NBal) 2:04.84; 7. Alethia Marrero’ (AzSt) 2:04.99.

1500: 1. Sara Vaughn (NYAC) 4:11.70 (64.68); 2. **Christina Aragon (Stan) 4:12.28 (65.06); 3. Claudia Saunders (Dist) 4:12.38 PR (64.85); 4. Dana Giordano (Reeb) 4:12.88 (65.19); 5. Nicole Tully (HokaNJNY) 4:13.33; 6. Hanna Hermansson’ (Swe) 4:13.77 PR; 7. Elise Cranny (Stan) 4:14.73; 8. Carina Viljoen’ (Ar) 4:16.19.


5000: 1–1. Meraf Bahta’ (Swe) 15:15.33 (63.45);

2. Rachel Schneider (UArm) 15:15.88 PR (out AL) (64.14);


7. *Ednah Kurgat’ (NM) 15:20.06 PR (CL);


II–1. *Caroline Kurgat’ (AkA) 15:41.21 PR (74.69); 2. *Paige Stoner (Syr) 15:41.26 PR (71.61); 3. Muriel Coneo’ (Col) 15:51.74; 4. ***Emily Venters (Boise) 15:54.46; 5. Eleanor Fulton (HPW) 16:00.68 PR; 6. **Savannah Carnahan (Furm) 16:02.49.

10,000: 1. Jessica Tonn (BrkB) 31:54.83 PR (AL) (68.57);

2. Sarah Pagano (BAA) 31:56.43 PR (70.13); 3. Rachel Cliff’ (Can) 31:56.86 PR (70.44); 4. Chelsea Blaase (Hans) 31:57.56 PR (71.04); 5. Mao Ichiyama’ (Jpn) 31:57.91 (71.05); 6. Carolina Tabares’ (Col) 32:29.35; 7. Rachel Johnson (AsicsFE) 32:32.84 PR; 8.

PV: 1. **Kaitlyn Merritt (Stan) 14-½ (4.28) PR.

HT: 1. Valarie Allman (Stan) 208-2 (63.46) PR.
Taicang, China, May 05-06—Japan and China dominated the by-nation competitions at the World Walking Team Championships, each picking off a pair of wins. Japan won both men’s titles, the hosts both of the women’s. Japan also claimed both men’s individual titles, while China had to settle for just one of the women’s.

A Chinese star provided the most fireworks, however, her 4:04:36 taking 1:20 off the women’s 50K World Record as the event is still in its formative stages.

It was quite a 50K debut for 23-year-old Rui Liang, who had never before raced farther than 35K but had a solid 20K PR of 1:28:43 set in ’16.

World champ/WR holder Inês Henriques of Portugal was among the early leaders, but dropped out before the 30K point. That left a lead group of 4, including Liang, who moved away smartly in the final 20K.

“I chose to follow the others at the start to save my energy and then waited for the right moment to break away,” said Liang. “It was after passing 40km that I realized I could break the World Record. At that time I felt I still had energy in reserve and could speed up further.”

— WORLD TEAM WALKS MEN’S RESULTS —
Taicang, China, May 05-06 (5/5—50W)—
Ukraine 125; 10. South Africa 127.


... 42. Emmanuel Corvera (US) 1:28:05;... 66. John Cody Risch (US) 1:32:06;... dnf—Érick Barrondo (Gua), Dane Bird-Smith (Aus), Zelin Cai (Chn).


WORLD WALKS WOMEN'S RESULTS


Individuals: 1. Rui Liang (Chn) 4:04:36 WR (old WR 4:05:56 Inês Henriques [Por] ’17);

2. Hang Yin (Chn) 4:09:09 (x, 5 W); 3. Claire Tallent (Aus) 4:09:33 PR (4, 6 W); 4. Paola Pérez (Ecu) 4:12:56 PR (7, 9 W); 5. Faying Ma (Chn) 4:13:28 PR (9, x W);


(best-ever mark-for-place: 1, 3–29)
Doha Diamond League — Big Throws Light Up The Sky

By Sieg Lindstrom | May 2018

Thomas Röhler won the first javelin duel ever to feature the first two over 300ft. (JIRO MOCHIZUKI/IMAGE OF SPORT)

Doha, Qatar, May 04—Two Diamond League Records were among the 7 yearly world leads (plus another outdoor leader) set in Doha, setting a high bar as the series kicked off its 14-meet ninth season.

Sandra Perković, the reigning world and Olympic discus champion, set the tone, getting the evening off with a bang after she launched her disc 234-2 (71.38) into Doha’s early-evening sky, a massive effort that broke her own DL Record and landed just an inch and a half shy of her Croatian Record set last year.
Sandra Perković missed the century’s longest discus throw by just 3cm. (JIRO MOCHIZUKI/IMAGE OF SPORT)

“This is great,” said Perković, who arrived as the world leader at 226-9 (69.13), a throw from early March. “To throw just 3cm from my national record shows that I’m in great shape. With the season just beginning, this has set me up well for the year.”

The men’s javelin proved to be another historic battle between Olympic champion Thomas Röhler, the winner here last year, and his German compatriot Johannes Vetter, the reigning world champion and this year’s list leader.

Vetter struck first with a 300-5 (91.56) bomb in the first round. Röhler, who opened with a subpar 264-7 (80.64), answered the call in the second stanza, at 301-1 (91.78), the second farthest throw of his career.

Vetter responded with 294-5 (89.74) in round two, but that would be the closest he’d come.

But they did get a scare in round 3 when a third German, Andreas Hofmann, reached 295-6 (90.08), a throw that would win most competitions. On this night, it merely rounded out a German podium sweep to mark the first time 3 men threw beyond 90m (or 2 over 300ft) in the same competition.

“Today was great, but it wasn’t easy,” Röhler said of his season’s debut. “I’ve been preparing well and knew I could throw that far. I was even able to take some risks today, and know that I’m in good physical shape.”

The triple jump was a near repeat of Christian Taylor’s classic ’15 duel with Pedro Pablo Pichardo. Neither sailed 18m this time around, but the Cuban came close, sailing 58-10¾ (17.95) in the third round to effectively seal the win.

Taylor wasn’t able to respond as he did then, but did manage a U.S.-leading 58-5¼ (17.81), also in the third round.

Mutaz Barshim, the Emirate’s biggest sporting star, dominated the high jump. Producing a clear slate through 7-6½ (2.30), the local hero needed a second try at 7-7¼ (2.33) before towering over 7-8¾ (2.36) on first attempt to seal the win. First-attempt
success at 7-10½ (2.40) came next, but at that point, with eight jumps in the bag, fatigue began to creep in.

None of his three tries at a would-be meet record of 7-11¼ (2.42) were especially close, but he was nonetheless pleased with such early season success at a height which only a dozen other men have ever topped.

“I made some mistakes, but am very happy with the result and proud,” he said. “I was not fit to succeed in all the jumps, but still extremely happy at the end.”

Another Qatari, 22-year-old Abderrahmane Samba, produced the most warmly received track win in the 400H. The clear leader as the field entered the backstretch, Samba extended it between every barrier and never relented. He barely slowed as he powered down the home straight en route to a 47.57 PR, world lead and DL Record. His winning margin? 1.51 seconds ahead of Bershawn Jackson, who was forced to watch Samba break his 47.62 series standard, set at Lausanne ‘10.

“I have a feeling this will be a great season for me, and all I want to do is run even faster,” said Samba, whose performance elevated him to spot No. 18 all-time.

Fifty minutes earlier, Steven Gardiner had been nearly as dominant in the flat 400. As the silver medalist at last year’s World Championships, the Bahamian’s 400m credentials were solid, and he put them on full display as he confidently cruised down the homestretch to a 43.87 win, clipping 0.02 from his own NR. It was also his second national record in the span of four weeks; on 7 April he clocked 19.75 in the 200.

Here, he crushed a solid field, with Qatar’s Abdalelah Haroun coming home a distant 2nd in 44.50. Isaac Makwala, the Commonwealth champion, was even further back, panting across the line in 44.92.

The effort didn’t leave Gardiner unscathed. A few minutes after the finish he was wheeled off the track on a stretcher, but signaling two thumbs up.

Making her break from a crowded field with about 100 meters to go, Caster Semenya cruised to a list-leading 3:59.92 victory in the 1500, pushing through the 4:00 barrier for the first time and lowering her own NR in the process.

“I think we definitely achieved what we came here for,” said Semenya, whose previous best was 4:00.71. “I want to maintain this momentum throughout the season, but will also make sure I continue to keep healthy.”

Marie-Josée Ta Lou staked an early season claim as the world’s top female sprinter. Pulling away from a 5-woman pack after 70m, the 2017 double dash silver medalist chiseled together an insurmountable cushion to take the win in 10.85, clipping 0.01 from her previous PR for another world lead.

Blessing Okagbare of Nigeria was the runner-up at 10.90, 0.03 ahead of double Olympic champion Elaine Thompson.

The women’s 100H was close. Running strong from the gun, Rio champion Brianna Rollins-McNeal built a visible lead over Kendra Harrison by the midway point. But the WR holder ate up that deficit over the final two barriers to take the win 12.53-12.58.

Meanwhile, Noah Lyles continued to impress. The 20-year-old American, injured most of last year, waited until the 200 field entered the top of the stretch before deciding to pounce, forging ahead to finish unthreatened in 19.83, another meet record and lifetime best, eclipsing the 19.90 he ran in Shanghai a year ago.

Jereem Richards of Trinidad was next in 19.99 with world champ Ramil Guliyev 3rd in 20.11.

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DOHA DL MEN’S RESULTS

Diamond League I; Doha, Qatar, May 04—

200(1.3): 1. Noah Lyles (US) 19.83 PR (AL) (=12, x A);

400: 1. Steven Gardiner (Bah) 43.87 NR (WL) (=12, x W);
2. Abdalelah Haroun (Qat) 44.50; 3. Isaac Makwala (Bot) 44.92; 4. Gil Roberts (US) 45.22; 5. Baboloki Thebe (Bot) 45.58; 6. Mohammad Nasser Abbas (Qat) 45.76; 7. Vernon Norwood (US) 45.82; 8. Pieter Conradie (SA) 46.68.

800: 1. Emmanuel Korir (Ken) 1:45.21 (1:20.24); 2. Elijah Manangoi (Ken) 1:45.60; 3. Nicholas Kipkoech (Ken) 1:46.51; 4. Adam Kszczot (Pol) 1:46.70; 5. Ferguson Cheruiyot (Ken) 1:46.76; 6. Clayton Murphy (US) 1:47.22; 7. Antoine Gakeme (Bur) 1:47.25; 8. Jamal Al-Hayrani (Qat) 1:47.62; 9. Ebrahim Al-Zofairi (Kuw) 1:47.79; 10. Kipyegon Bett (Ken) 1:48.32;...

1500: 1. Taresa Tolosa (Eth) 3:35.07;
2. George Manangoi (Ken) 3:35.53 PR (WJL);

7. rabbits—Andrew Rotich (Ken) (51.76, 57.43 [1:53.08]), Bethwel Birgen (Ken) (2:52.75).

St: 1. Chala Beyo (Eth) 8:13.71; 2. Lawrence Kemboi (Ken) 8:15.07 PR (5:33.45); 3. Emmanuel Bett (Ken) 8:16.24 PR; 4. Barnabas Kipruto (Ken) 8:17.30; 5. Tesfaye Deriba (Eth) 8:17.51;
6. Albert Chemutai (Uga) 8:18.80 PR (WJL);

400H: 1. Abderrahmane Samba (Qat) 47.57 NR (WL) (17, x W; world's fastest time since 6/26/10);

Field Events
HJ: 1. Mutaz Essa Barshim (Qat) 7-10½ (2.40) (WL) (7-2½, 7-4¼, 7-5¼, 7-6½, 7-7¾ =outWL[2], 7-8¼ out WL, 7-10½, 7-11¼ [xxx]) (2.20, 2.24, 2.27, 2.30, 2.33 [2], 2.36, 2.40, 2.42 [xxx]);
2. Majed El Dein Ghazal (Syr) 7-7¾ (2.33); 3. Donald Thomas (Bah) 7-6½ (2.30); 4. Mateusz Przybylko (Ger) 7-4¼ (2.24); 5. Andrii Protsenko (Ukr) 7-4¼; 6. tie, Yu Wang (Chn) & Edgar Rivera (Mex) 7-2½ (2.20); 8. Hamdi Mahamat Alamine Saleh (Qat) 7-2½; 9. Jamal Wilson (Bah) 7-2½; 10. Tihomir Ivanov (Bul) 7-½ (2.15).

TJ: 1. Pedro Pablo Pichardo (Cub) 58-10¾ (17.95) (WL) (55-5½, 57-2¼ [WL], 58-10¾, 57-8¼, 57-6¼) (16.90, 17.44, 17.95, 17.58, 17.53);
2. Christian Taylor (US) 58-5¼ (17.81) (AL) (f, 56-10 [out AL], 58-5¼, 57-7¼, 54-7½, 58-½) (f, 17.32, 17.81, 17.57, 16.65, 17.69);
3. Alexis Copello (Aze) 56-5¼ (17.21); 4. Nelson Évora (Por) 55-11 (17.04); 5. Chris Benard (US) 55-7¼ (16.96); 6. Khotso Mokoena (SA) 55-6½ (16.92); 7. Bin Dong (Chn) 54-7½ (16.65); 8. Max Heß (Ger) 54-2½ (16.52); 9. Rashid Ahmed Al-Mannai (Qat) 51-11¼ (15.83); 10. Jean-Marc Pontvianne (Fra) 51-¼ (15.55).

JT: 1. Thomas Röhler (Ger) 301-1 (91.78) (264-7, 301-1, f, 276-2, f, 281-2) (80.64, 91.78, f, 84.18, f, 85.70);
2. Johannes Vetter (Ger) 300-5 (91.56) (300-5, 294-5, f, 275-6, 278-2, 276-4) (91.56, 89.74, f, 83.97, 84.78, 84.24);
3. Andreas Hofmann (Ger) 295-6 (90.08) (257-11, 285-11, 295-6, 277-4, 286-6, f) (78.61, 87.14, 90.08, 84.54, 87.34, f); 4. Neeraj Chopra (Ind) 286-10 (87.43) NR; 5. Jakub Vadlejch (CzR) 284-4 (86.67); 6. Magnus Kirt (Est) 275-6 (83.97); 7. Ahmed Bader Magour (Qat) 274-7 (83.71); 8. Julius Yego (Ken) 264-11 (80.75); 9. Petr Frydrych (CzR) 262-8 (80.07); 10. Hamish Peacock (Aus) 250-10 (76.45).

[best-ever mark-for-place: 2-3] [first meet with 2 over 300ft or 3 over 90m]
DOHA DL WOMEN’S RESULTS

100(1.5): 1. Marie Josée Ta Lou (CI) 10.85 PR (WL);

1500: 1. Caster Semenya (SA) 3:59.92 NR (out WL);
2. Nelly Jepkosgei (Ken) 3:59.99 PR; 3. Habitam Alemu (Eth) 4:01.41 PR; 4. Besu Sado (Eth) 4:01.75 (3:14.35);
5. Alema Teshale (Eth) 4:01.78 PR (WJL) (7, x WJ);
6. Gudaf Tsegay (Eth) 4:01.81; 7. Rabab Arrafi (Mor) 4:03.69; 8. Judy Kiyeng (Ken) 4:03.87 PR; 9. Eunice Sum (Ken) 4:05.38; 10. Winny Chebet (Ken) 4:05.76; 11. Linden Hall (Aus) 4:07.07; 12. Zoe Buckman (Aus) 4:07.25;... rabbit—Noélie Yarigo (Ben) (62.66, 68.39 [2:11.05]).

3000: 1. Caroline Kipkirui (Ken) 8:29.05 PR (WL);
2. Agnes Tirop (Ken) 8:29.09 PR (5:42.67 out WL); 3. Hyvin Jepkemoi (Ken) 8:30.51 PR;
4. Jenny Simpson (US) 8:30.83 (AL) (x, 6 A; non-Slaney: x, 3 A);
5. Letesenbet Gidey (Eth) 8:30.96 PR; 6. Lilian Rengeruk (Ken) 8:33.13;
7. Meskerem Mamo (Eth) 8:33.63 NJR (WJL) (3, 3 WJ); 8. Beyenu Degefu (Eth) 8:35.76 PR (4, 5 WJ);


Field Events

PV: 1. Sandi Morris (US) 15-10½ (4.84) (14-10¼, 15-2¼, 15-6½ [3], 15-10½ [3], 16-5¼ [xarp]) (4.54, 4.64, 4.74 [3], 4.84 [3], 5.01 [xar] [xxp]); 2. Holly Bradshaw (GB) 15-2¼ (4.64); 3. Katie Nageotte (US) 15-2¼; 4. tie, Nikola Kiriakopoúlou (Gre) & Ekaterín Stefaniú (Gre) 15-2¼; 6. Roselies Peinado (Ven) 15-2¼; 7. Alysha Newman (Can) 14-10¼ (4.54); 8. Olga Mullina (Rus) 14-6¼ (4.44); 9. Emily Grove (US) 13-11 (4.24).

DT: 1. Sandra Perkovic (Cro) 234-2 (71.38) (WL) (misses millennium WR by 3cm) (219-1, 221-2, 234-2, 217-8, f, 219-9) (66.78, 67.41, 71.38, 66.34, f, 66.98);

2. Yaimé Pérez (Cub) 219-3 (66.82) (214-4, 219-3, 209-2, 212-8, 208-9, 215-6) (65.33, 66.82, 63.75, 64.82, 63.62, 65.68); 3. Denia Caballero (Cub) 209-4 (63.80); 4. Andressa de Morais (Bra) 209-2 (63.77); 5. Dani Stevens (Aus) 208-7 (63.59); 6. Gia Lewis-Smallwood (US) 192-8 (58.73); 7. Whitney Ashley (US) 191-8 (58.42).
More World Junior Records
For Mondo Duplantis & Sydney McLaughlin

Another Fabulous Pre Classic

Keturah Orji & Tori Franklin Lighting Up The Triple Jump

Mike Holloway, The Man Behind The Florida Dynasty

T&FN Interview: Ajee’ Wilson

Ryan Crouser Ripping The Shot
ON YOUR MARKS — May

By Sieg Lindstrom | May 2018

Belly Up To The Track

Athletics Canada has signed a sponsorship deal with the Flying Monkeys Craft Brewery. Beer will now be available at select Athletics Canada events...

Not your usual church statues: Kidist Selassie Church in Addis Ababa has dedicated two new statues, one of distance legend Miruts Yifter and the other of the coach who spearheaded Ethiopia's distance development, Dr. Woldemeskel Kostre.

Britain's Max Burgin made waves in May with the fastest-ever 800 by a 15-year-old. Racing in Manchester, he clocked 1:47.50 some 8 days before turning 16...

All-time discus great Robert Harting has announced that his final meet will be Berlin's ISTAF meet in September...

In mid-April, admitting that his hopes for racing in '18 were gone, 400 WR holder Wayde van Niekerk said, “The focus is now on next year and when I return next year, I want it to be like I never left. In fact, I have no doubt that I will be a better athlete than I was before the injury. I can refresh my mind and rebuild and the next 10 years I can get back-to-back titles and continue to go from strength to strength.”

A few days before the Rome DL, an Italian TV cooking show, in league with the Rome organizers, featured Emma Coburn, Mason Finley, Aisha Praught-Leer and Sandra Perković...

A women’s “national championship” decathlon will take place in Grass Valley, California, on June 30–July 01, complete with prize money. Pole Vault Power is putting up the $500/$200/$100 for the first three finishers.

2 Milestone Miles

In winning the Pre Classic’s “International Mile in 3:57.02,” Australian Luke Mathews recorded the 400th sub-4 performance in meet history. Behind him, in 6th, Riley Masters ran 3:58.12 for the 500th sub-4 overall at Hayward Field...
Luke Matthews got a commemorative plaque for running the Pre Classic’s 400th sub-4:00 mile. The presentation was made by another iconic Hayward Field performer, Alan Webb. (KIRBY LEE/IMAGE OF SPORT)

A Japanese study has warned that the crush of people coming for the ’20 Olympics could cause “fatal congestion” on the Tokyo subway system. Among the suggested solutions: asking regular commuters not to travel in peak Olympic travel hours, asking them to work at home, and insisting that Olympic fans travel by foot...

The NCAA’s website chose 5 “must-see college track destinations.” Oregon’s Hayward Field was No. 1, of course, followed by 2. Penn’s Franklin Field, 3. Texas’s Mike A. Myers Stadium, 4. Drake’s Drake Stadium, 5. Sac State’s Hornet Field...

Sheila Chepngetich, who won bronze in the World Junior 1500 in ’14, and was currently serving a doping ban, died May 6 in Kenya at the age of 22 after falling ill...

Former Arizona assistant Craig Carter was sentenced to 5 years in prison for the ’15 assault on a former member of the team...

The IAAF has announced that it is teaming up with United Nations Environment to measure air quality at 1000 tracks worldwide and raise awareness of air quality issues...

Washington coach Greg Metcalf has resigned just before the end of the season. The athletic department called it a “mutual separation” and indicated that it was related to “student-athletes’ concerns of potential misconduct.”...

Following a series of sports scandals involving abuse and harassment, the USOC has hired a Senior Director Of Athlete Safety.

The Check’s In The Mail

The Boston Marathon has reversed its position and decided to award prize money to the three women who placed in the top 15 despite not being in the elite-athlete category...
The Tokyo ’20 marathon course has been revealed, and it will feature a grind to the finish, as the final 3K will feature a steady 1% incline. Starting time has not been decided, but organizers say a morning start is likely to minimize the heat...

A high school coach in New Jersey is in all kinds of hot water after admitting to faking the results of an entire track meet this spring, apparently to get qualifying times to New Balance Nationals. Further investigation is also casting doubt whether the ‘17 edition of the Newark meet ever took place...

Aleia Hobbs’s 10.90 at the East Regional set a record in an unusual category. The LSU speedster’s hip number somehow got stuck to her hand in the early going, and she completed the race that way. □
STATUS QUO — May

By Sieg Lindstrom | May 2018

THE LATEST in the aches, pains & eligibility departments:

Tori Bowie pulled up near the end of the Prefontaine 100, saying later that an upper leg muscle “grabbed pretty bad.”

A bruised heel kept Taliyah Brooks from defending her SEC heptathlon title and she didn’t qualify for Nationals in the long jump at Regionals. She’s still tabbed for a high spot in the multi, however.

A leg tweak delayed the start of the outdoor season for Christian Coleman, who didn’t look particularly sharp at Pre.

Conspicuous by her absence from the Pre 400 was Allyson Felix, who withdrew without explanation in the days right before the meet.

Another speedy Vol alum, Justin Gatlin, was kept out of Pre by a right hamstring injury.

Robert Grant of Texas A&M has had injury issues this year, limiting his participation in the 4×4, where he is a key leg. He did not compete at the West Regional.

2-time NCAA Indoor shot champ Mustafa Hassan of Colorado State missed most of the outdoor season with a torn groin muscle, but will compete in Eugene, where he no longer has favorite’s status.

Hurdle vet Lolo Jones may be back racing in June after Achilles troubles this spring.

Hurdler David Kendziera of Illinois suffered a minor hamstring injury at the Big 10.

Texas A&M’s Mylik Kerley has struggled with injury this year and failed to qualify for the NCAA 400.

Another Aggie star, reigning NCAA javelin champ, Ioannis Kyriazis, still dealing with injuries, also failed to qualify.

What he described as a “lingering hip issue” kept Kyle Merber out of the Prefontaine Classic.
Sandi Morris suffered a minor sprained ankle vaulting at the Doha DL and told reporters she was unable to practice from a full approach before the Pre Classic.

Oregon’s Katie Rainsberger has struggled this year with a partially torn Achilles and a stress reaction in her foot.

Pole vaulter Mary Saxer has announced her retirement at 30.

Ro’Derick Spears, 13.78 in the East Regional for Mississippi State, has had limited training this spring because of a hamstring issue.

**On The International Front...**

Germany’s Pamela Dutkiewicz, world 100H bronze medalist, announced that she is delaying the start of her season because of a muscle problem.

Rico Freimuth, Germany’s WC decathlon silver medalist, will not compete in the Euros this year after withdrawing from Götzis. He says it’s because of “motivational problems.”

Kept out of the Commonwealth Games discus by a knee injury, India’s Vikas Gowda has retired at 34 and will now pursue his MBA at North Carolina.

Robbie Grabarz, Britain’s ’12 Olympic high jump bronze medalist, has retired at the age of 30.

Dutch mid-distance star Sifan Hassan has withdrawn from Hengelo with a knee injury.

Olympic 800 finalist Joanna Jóźwik of Poland will miss the entire season with a hip injury.

European 1500 champion Marcin Lewandowski of Poland had to withdraw from the European Champion Clubs Cup because of an unspecified injury.

Isaac Makwala of Botswana pulled up halfway through the Pre 200 and limped off the track.

French hurdler Pascal Martinot-Lagarde curtailed his meet schedule this month because of an adductor strain.

Francine Niyonsaba has revealed that she was diagnosed with malaria prior to her successful defense of her World Indoor 800 gold.

4th at the Worlds last year, Estonian decathlete Janek Õiglane pulled out of Götzis with fitness concerns.

David Rudisha has delayed his comeback as the quad strain that kept the 800 WR holder out of last year’s Worlds continues to manifest itself in different ways. A back problem is part of the trouble, as is a hamstring irritation.

Wayde van Niekerk has confirmed that he will miss all of the ’18 season in order to rehab his knee, badly injured last fall in a celebrity touch rugby match.

Julian Weber, 9th in the Rio javelin for Germany, has two herniated discs.
FOR THE RECORD — May

By Sieg Lindstrom | May 2018

Record alterations reported since the April 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
4×2 1:23.25 HS The Woodlands, Texas Austin, Texas May 12
(Ethan Bonner, Jake Lanier, DeAngelo Alexander, Kesean Carter)

MEN ABSOLUTE FIELD
PV 5.93 | 19-5½ WJ, AJ, HS Mondo Duplantis (Sweden/Lafayette, Louisiana) Baton Rouge, Louisiana May 05

WOMEN ABSOLUTE TRACK
400H 52.75 WJ, AJ, C Sydney McLaughlin (Kentucky) Knoxville, Tennessee May 13
4×1 42.05 C LSU Knoxville, Tennessee May 13
(Mikiah Brisco, Kortnei Johnson, Rachel Misher, Aleia Hobbs)

WOMEN ABSOLUTE FIELD
TJ 14.84 | 48-8¼ A Tori Franklin (Oiselle) Baie-Mahault, Guadeloupe May 12
  14.62 | 47-11¼ C Keturah Orji (Georgia) Knoxville, Tennessee May 13

WOMEN ROAD
50W 4:04:36 W Rui Liang (China) Taicang, China May 05
Died: Art Barnard, 89; on May 1, in California. USC All-America won the ‘52 Olympic bronze in the 110 hurdles. World Ranked 3 times with a high of No. 5 in ’52.

Died: Jaroslav Brabec. 68; on May 20, in Prague. Czech putter finished 10th in the ’72 Olympics. Twice World Ranked with a high of No. 4 in ’73.

Died: John Lawlor, 84; on May 20, in Milton, Massachusetts. Irish hammer thrower placed 4th in the ’60 Olympics. Previously he had won NCAA titles in ‘59 and ’60 for Boston U. Twice World Ranked, with a high of No. 8 in ’60.

Died: Dick Quax, 70; on May 28, in Auckland; of cancer. The 2-time Kiwi Olympian won silver medal in the ’76 5000. Set World Record of 13:12.9 the following year. Also ran on a 4 x Mile WR in ’72. Was a World Ranker in 3 events: twice in the 1500 (high of No. 5 in ’73); thrice in the 5K—all No. 2s (’73, ’76 & ’77); once in the 10,000 (No. 5 in ’76).

Died: Bengt Nilsson, 84; on May 11, in Stockholm. The Swedish high jumper won the ’54 Euro title and World Ranked 4 times, topped by No. 2s in ’54 & ’55.

Died: László Tábori, 86; on May 23, in Los Angeles; after complications of abdominal surgery. The third man to break 4:00, he equaled the 1500 WR of 3:40.8 in ’55 and twice ran on Hungarian teams which set 4 x 1500 WRs. He placed 4th in the ’56 Olympic 1500 as well as 6th in the 5000. World-Ranked No. 1 in the 1500 in ’55, also ranking in ’56 and ’60. Ranked No. 3 in the 5000 in ’55.

As a coach he tutored some of the early greats of U.S. women’s road running, including Boston Marathon winners/WR setters Jacqueline Hansen and Miki Gorman.

Died: Tom Von Ruden, 73; on May 17, in Sun City West, Arizona; of cancer. Won the ’65 NCAA Indoor 880, and also ran on 2 winning 4×8 teams for Oklahoma State. Was runner-up in the ’66 NCAA mile. Placed 9th in the ’68 Olympic 1500. Twice World Ranked in the 1500 with a high of No. 5 in ’67. Was U.S. Ranked 6 times in the 1500 and 3 times in the 800.

Died: Ray Weinberg, 91; on May 30, in Melbourne, of cancer. A two-time Olympian for Australia, he finished 6th in the 110H in ’52. World Ranked 4 times topped by No. 6s in ’50 & ’52.
U.S. CALENDAR

By Sieg Lindstrom | May 2018

U.S. Relays & Invitationals

June
09–10 Track Festival; Portland, Oregon
15 Stumptown Twilight; Portland, Oregon

Major HS Meets

June
01–02 Ironwood Throws; Rathdrum, Idaho
06–10 Caribbean Interscholastic; Havana, Cuba
09 New Englands; Durham, New Hampshire
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; East Stroudsburg, Pennsylvania

July
23–29 USATF Junior Olympics; Greensboro, North Carolina
28–8/04 AAU Junior Olympics; Des Moines, Iowa

National Championships

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
INTERNATIONAL CALENDAR

By Sieg Lindstrom | May 2018

Diamond League

May
31  Golden Gala; Rome, Italy

June
07  Bislett Games; Oslo, Norway
10  Bauhaus Games; Stockholm, Sweden
30  Meeting Areva; Paris, France

July
05  Athletissima; Lausanne, Switzerland
14  Mohammed VI; Rabat, Morocco
20  Herculis; Fontvieille, Monaco
27–28 Anniversary Games; London, England

August
18  Müller Grand Prix; Birmingham, England
30  Weltklasse; Zürich, Switzerland
31  Van Damme Memorial; Brussels, Belgium

Other Internationals

June
01–02 Champions Prizes; Minsk, Belarus
02  Dinamo 2018; Zagreb, Croatia
   International; Andújar, Spain
   National Champs; Göteborg, Sweden
03  FBK Games; Hengelo, Holland
04  Odložil Memorial; Prague, Czech Republic
05  Nurmi Games; Turku, Finland
08  Ibero-American; Huelva, Spain
   Kusociński Mem; Szczecin, Poland
09  Gouden Spike; Leiden, Holland
   Papafléssia; Kalamáta, Greece
   Racers GP; Kingston, Jamaica
10  Or Memorial; İstanbul, Turkey
13  Filothéi Women; Athens, Greece
   Golden Spike; Ostrava, Czech Republic
   International; Montreuil, France
   Speed River Inferno; Guelph, Ontario
16  International; Marseilles, France
16–17 Erdgas Multis; Ratingen, Germany
   TNT Multis; Kladno, Czech Republic
21  Miners Day; Velenje, Slovenia
22–24 National Championships; Port of Spain, Trinidad
23  EAP; Nivelles, Belgium
   IWC; Madrid, Spain
   Kuortane Games; Kuortane, Finland
22–24 National Championships; Utrecht, Holland
24  Villa De Bilbao; Bilbao, Spain
26  Athletic Games; Copenhagen, Denmark
27 Academica; Prague, Czech Republic
Jerome Classic; Burnaby, B.C.
Stanislas; Nancy, France
28 Grand Prix; Sollentuna, Sweden
30 Grand Prix; Brussels, Belgium
30–01 National Champs; Birmingham, England

July
01 Lusis Cup; Jelgava, Latvia
01–02 Gyulai Memorial; Székesfehérvár, Hungary
National Championships; Brussels, Belgium
03–04 Pan-Am Multis; Ottawa, Ontario
03–08 National Championships; Ottawa, Ontario
05 Boysen Memorial, Oslo, Norway
06–08 National Champs; Albi, France
08 GP Brasil; Braganca Paulista, Brazil
09 Spitzen; Luzern, Switzerland
10–15 World Junior (U20) Championships; Tampere, Finland
11 Joensuu Games; Joensuu, Finland
16 Cork City Sports; Cork, Ireland
17 International; Sotteville, France
Union Gala; Linz, Austria
18 International; Liège, Belgium
18-21 National Championships; Lutsk, Ukraine
19 Morton Games; Dublin, Ireland
20–21 Balkan Championships; Stara Zagora, Bulgaria
20–22 National Champs; Lublin, Poland
21 KBC; Heusden-Zolder, Belgium
21–22 National Champs; Getafe, Spain
National Championships; Nürnberg, Germany
24–26 High Jumps; Eberstadt, Germany
25 Grand Prix; Karlstad, Sweden
27–03 CAC Games; Barranquilla, Columbia
28 Savo Games; Lapinlahti, Finland

August
07–12 European Championships; Berlin, Germany
10–12 NACAC Championships; Toronto, Ontario
18 Grand Prix; Göteborg, Sweden
22 Skolimowska Mem; Chorzów, Poland
24 Citta della Quercia; Rovereto, Italy
31–01 Sweden vs. Finland; Tampere, Finland

September
02 Invitational; Padua, Italy
ISATF; Berlin, Germany
04 IWC; Zagreb, Serbia
05 DécaNation; Sotteville, France
07–09 National Championships; Pescara, Italy
08 Great North CityG; Gateshead, England
08–09 Continental Cup; Ostrava, Czech Republic
15–16 Décastar Multis; Talence, France
October
11-17 Youth Olympics; Buenos Aires, Argentina
LAST LAP — May

By Sieg Lindstrom | May 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:

Because of a Nesta Carter (second from left) transgression, Michael Frater, Usain Bolt & Asafa Powell (r) will lose their Beijing Olympic relay golds. (VICTOR SAILER/PHOTO RUN)

Carter Loses Appeal; Bolt Loses Relay Gold

Jamaican sprinter Nesta Carter wasn’t the only loser in the May 31 CAS decision that smacked down his appeal of his doping positive from the ‘08 Olympics.

The ruling confirms the IOC ruling that the Jamaican 4 x 100 team, which finished first, will lose its gold medal. That means that Carter’s teammate, Usain Bolt, goes from 9 Olympic gold medals to 8.

Carter had claimed negligence in his case, which arose in early ‘17 after he tested positive for the stimulant methylhexanamine in the IOC’s retest of stored samples from the Beijing Games.

The CAS appeals decision said, in part, “The panel concluded that the reanalysis of Nesta Carter’s sample collected following the race at the Beijing 2008 Olympic Games confirmed the presence of methylhexanamine (MHA) and that it could not accept any of the arguments raised by Nesta Carter contending that the test results should be ignored or the IOC DP (International Olympic Committee Disciplinary Panel) decision should otherwise be overturned for certain alleged failures.”

Bolt, who had been celebrated for winning the “triple-triple” of the 100, 200 and 4×1 in the Games of ‘08, ‘12 & ‘16, had commented last year on the prospect of losing the medal, “It’s just one of those things. Things happen in life, so when it’s confirmed or whatever, if I need to give back my gold medal, I’d have to give it back—it’s not a problem for me.”
The No. 1 Question At Pre: Where Will The ’19 Edition Be?

As thrilled as everybody might have been with what a great meet this year’s Prefontaine Classic was, there was no end of buzz about where—or even if—next year’s meet will be held, given that Hayward Field will not be available during its massive teardown/rebuild.

Longtime meet director Tom Jordan tells T&FN, “Yes, Virginia, there will be a Prefontaine Classic next year while Hayward Field is under construction. Our hope is to keep it within the State of Oregon. Stay tuned.”

The winner of the rumor sweepstakes in Eugene was that the meet will move just a few miles down the road to Lane CC. That’s a venue that would be exceedingly challenged in the available-seats department. Wags in the crowd suggested that Hayward Field’s beloved East Grandstand should just be picked up and moved in toto.

One thing that’s “for sure” is that the meet will be held June 28–29. Yes, that’s late in the year in comparison with recent stagings of the meet, but the weather-mandated late-September dates of the World Championships in Doha have had a ripple effect all up and down the calendar, with the USATF Championships moving to July 25–28.

USATF hasn’t as yet announced a site for that meet, but since a federation TV schedule lists it for Des Moines and that the Iowa city’s chamber of commerce has it on its calendar, we’d say Drake will be the place to be.

Holloway Signs Long Extension With Florida

In a year when multiple big-name collegiate coaches have been the subject of switching-schools rumors, one we know who will be staying put is the head man at the NCAA men’s favorite Florida, Mike Holloway (for more Holloway, see here). The 58-year-old Ohio native has signed a 10-year extension that will keep him in Gainesville through the end of June, 2028.

In announcing the deal, Florida AD Scott Stricklin said, “Mouse is unique because he’s from here and kind of came up from the ranks, if you will. He has a remarkable story. Part of it is his commitment to this place as much as the school’s commitment to him. This is where he wants to be and when a guy like Mouse Holloway says he wants to finish his career here, you don’t have to be a very smart athletic director to go, ‘Well, let’s figure out a way to make that happen.’ ”

Said Holloway, “This time of year, with jobs opening, there’s always people calling with interest. It’s nice to be courted; it’s nice to be wanted I guess, but at the end of the day, the trigger for me was when Scott said to me, ‘I want to make you my track & field coach. I want you to be here as long as I’m here and as long as you want to be here.’ That was big for me.

“I think anybody who knows me knows that I love this place. I’m just so thankful to everybody around me that’s worked so hard along with me to get us where we are. When we took over, Florida was the sleeping giant. Well, the giant is alive and awake and my job is to keep it awake and not let it fall asleep again.”

Dismuke Makes U.S. Coaching History

USATF has announced the coaching staffs for the World Junior (U20) Championships this summer and for the first time ever, a woman will be heading up the men’s team. Earning the honor of being such a ground breaker is Central Arizona assistant Kim Dismuke. Leading the women’s team will be Sandy Fowler, currently head coach at Coastal Carolina.

Said federation head Max Siegel, “USATF is proud to have two accomplished women leading our delegation. “We look forward to Coach Fowler, Coach Dismuke, and the entire delegation continuing Team USATF’s impressive run of success in international competition.”

The men’s assistant coaches will be Jebreh Harris (distance), Dan Mecca (throws) and Kevin Reid (jumps/multis) and the women’s will be Amy Begley (distance), Richard Mercado (jumps/multis) and Rahn Sheffield (sprints/hurdles). Dismuke will also be in charge of sprints/hurdles and Fowler the throws.
How Team Americas Will Be Selected For The Continental Cup

The third edition of the IAAF’s Continental Cup (a successor to the World Cup, which had 10 iterations between ’77 and ’06) will be staged in Ostrava, Czech Republic, on September 08-09.

The 4 teams will be representing Africa, Europe, Asia/Pacific and The Americas.

Of interest to U.S. fans is how Team Americas will be selected. There will be no tryout meet. Rather, the team will be chosen from standings on yearly lists as of August 03 (with having competed in one’s national championships being an elemental consideration, although some exceptions will be recognized).

Each event will have 2 members, but they must be from different nations. There is no by-nation restriction for the relay events. Note that the 4×4 will be mixed-sex (2 men, 2 women), with no restriction on running order.

So Who Is Hosting The ’20 Olympic Trials?

When we left you last issue, on May 1 USATF had canceled its agreement with Mt. SAC for the SoCal school to be the selection meet for the Tokyo squad. The bidding was reopened with a May 25 deadline, with a decision on the new site to be announced around June 8.

Previous hosts Eugene and Sacramento—who lost to Mt. SAC in the original ’20 bidding—both immediately expressed an interest in entering the fray once again. “So to get another swing at it, that doesn’t happen a whole lot,” said Sacramento Sports Commission Director Mike Sophia.

Shortly before the deadline, Mt. SAC spokeswoman Jill Dolan confirmed to Ken Stone of the San Diego Times that the school was not reentering the race, adding later via e-mail: “Why would we consider bidding for them again when they just took it away from us?”

While it is unclear just who filed a bid, USATF’s Chief Marketing Officer Jill Geer told Stone, “We will announce bidders at the appropriate time.”

The Latest In The Diack Saga

A private meeting between current IAAF president Sebastian Coe and disgraced former president Lamine Diack was set to take place in late May in front of a French judge, but the 84-year-old Diack—who had requested the meeting in the first place—canceled the meeting for “medical reasons.”

The cancelation came 2 weeks after testimony in a Brazilian plea-bargain agreement indicated that a Brazilian businessman bribed Diack, recognized as an international power broker, with more than $2 million to secure 4 votes in Brazil’s bid for the ’16 Games.

There has been no public indication what the topic for the Coe/Diack meeting was going to be. Under French law anyone under investigation can request a meeting with individuals relevant to their case. There is speculation that the cancelation may speed up the judge’s final ruling on Diack, who since November of ’15 has been the subject of a corruption investigation relative to taking payments relative to covering up Russian doping.

IAAF Testo Rule Remains Controversial

The coming rule change on testosterone levels for women in certain events is producing no shortage of controversy. The new IAAF stricture, set to go into force on November 1, will require athletes with hyperandrogenism—the condition which causes
some women to produce high levels of male sex hormones—to medically reduce their testosterone levels in order to compete. This assumes that CAS, which struck down an earlier IAAF restriction in this area, doesn’t intervene again at somebody’s behest.

A world-leading 1:55.92 at Pre continued what could be the last 800 season for Caster Semenya as we know her. (KIRBY LEE/IMAGE OF SPORT)

The international federation, saying its research points to a bigger advantage in certain events, is applying the rule from the 400 through the mile, but not in other events.

One critic, former Spanish hurdler Maria José Martínez-Patiño, who herself failed an old version of gender testing before winning a medical appeal, said she supports the new rule but feels it should apply to all events. “I do not understand why the IAAF does not apply the rule to events where testosterone has the biggest influence, sprint distances,” she says. “Maybe this is because top sprint runners are from the United States, and they fear their lawsuits.”

IAAF head Seb Coe again defended the rule prior to the Doha DL: “The regulations are very clear and they are really the culmination of 15 years of work here, scientifically reviewed.”

Meanwhile, the South African Olympic committee is preparing a legal challenge to the controversial regulation. Athletics South Africa is also opposed to it, calling the rule "skewed."

Marathon great Paula Radcliffe, a member of the IAAF Athletes Commission and hardcore drug warrior, opined that it is unfair for Caster Semenya to be the “poster girl” in the controversy, explaining, “She’s just the person winning by the furthest, so people are pointing fingers at her. Girls on the start line know they’re never going to get a medal in an 800. That’s the bottom line.”

The Hayward Field Drama Drags On

A local effort to save Hayward Field’s legendary East Grandstand has fallen short, as the Eugene City Council decided not to name it a historic landmark. The 93-year-old grandstand is set to be demolished as part of the construction of the new stadium that will host the ‘21 World Championships.

The vote, 5-1, wasn’t close, and the demolition permit for the stadium has already been filed. Trees along the street on one side
of the stadium have been tagged for removal.

Said Bob Penny, who led a grass-roots drive to save the iconic wooden structure, “They are basically being steamrolled by the university, but the university holds the cards.”

University officials have said the grandstand is not up to code with regard to access for people with disabilities, nor could it withstand a major earthquake.

Fifty donors, led by Phil Knight, are bankrolling the new stadium, for which a cost has not been announced.

Originally, the East Grandstand was supposed to be part of the general rebuild of the facility, but as noted in this space in the January edition, that plan was scrapped in favor of a ground-up reconstruction. That decision has led to much public angst in the months since.

While many of the details about the new construction plans have not been released, ’73 Boston Marathon winner Jon Anderson, a Eugene native, wrote in the Eugene Register-Guard, “If Eugene is to remain TrackTown USA, Hayward must be fully rebuilt.”

WADA & Russia Still At Loggerheads

Russia won’t be coming in from the cold anytime soon, according to WADA. At the organization’s May meeting, director general Olivier Niggli confirmed that RUSADA, the Russian anti-doping agency, continues to be non-compliant, a finding that was first declared in November ’15.

The case remains clear-cut, says Niggli, explaining, “There was no need for a vote and there was no proposal.”

The two remaining conditions that the Russians have not relented on are their providing access to the Moscow laboratory and their acceptance of the McLaren Report that confirmed Russian state-sponsored doping at the ’14 Winter Olympics.

A week after the WADA meetings, the Russian Sports Ministry sent WADA a letter that reaffirmed its rejection of the McLaren Report. “It contains unsubstantiated conclusions,” said sports minister Pavel Kolobkov.

The head of RUSADA, Yuriy Ganus, has called for access to the lab to be granted. However, it has been sealed off by the Investigative Committee of Russia, which claims it is conducting its own investigation. That committee answers only to the Kremlin.

The IAAF, meanwhile, has threatened to extend its ban on Russian athletes after it was revealed that banned walk coach Viktor Chegin is still working with some of the country’s top athletes. □