

Eastern Track

2018 Penn Relays Preview

124th Running--April 26-28

2018 Penn Relays Preview

by Walt Murphy/Eastern Track (wmurphy25@aol.com)

Penn Relays--Franklin Field--Philadelphia,Pa

Host Site: <http://thepennrelays.com/>. Click on schedule/results for daily event lineups

Live Video Coverage(for a fee):

http://www.usatf.tv/gprofile.php?do=videos&mgroup_event_id=633&year=2018&mgroup_id=45365&video_id=234707

Live TV Coverage on NBCSN--Friday—5:00pm-6:00pmET, Saturday—12:30pmET-3:00pmET (Also on NBC Sports Gold)
Making her return to the Relays, not on the track, but in the TV booth, will be Sanya Richards-Ross, who anchored Texas to a win (and a Meet Record) in the College Women's 4x400 in 2003, and ran on 7 winning 4x400 teams in the USA vs the World series!

Additional links

Dyestat: <http://www.dyestat.com/>

Milesplit: <http://www.milesplit.us/>

www.trackandfieldnews.com

[Letsrun.com](http://www.letsrun.com)

[Flotrack.com](http://www.flotrack.com)

College Lists

https://www.tfrs.org/outdoor_lists.html

H.S. Lists

<https://www.athletic.net/TrackAndField/Division/Top.aspx?DivID=89120>

Jamaica Champs

<http://issasports.com/results/champs18/>

Best Jamaican Marks (H.S.)

Boys: <http://www.talawah.com/penrlb2018.htm>

Girls: <http://www.talawah.com/penrlg2018.htm>

New Balance Indoor Nationals

https://www.nationalscholastic.org/files/results/2018_NBNI_-_full_results.htm

Weather Forecast

Rain

THU	APR 26	Partly Cloudy	68°52°	0%	W 12 mph
FRI	APR 27	Partly Cloudy	57°49°	100%	WSW 9 mph
SAT	APR 28	Partly Cloudy	70°42°	20%	W 13 mph

The always outstanding Penn Relays program will have a new look this year. The largest element, costing \$10.00, will include all historical data (records, past winners, etc), but there will be a separate "daily" each day that will include that day's entries, plus qualifiers and selected results from the previous day (for the Friday and Saturday editions). When you buy the main book, that day's daily is free, but each subsequent daily will cost \$5.00.

Following is an event-by-event look at the 124th running of the Penn Relays. Bib numbers/letters are listed as well as 2018 bests and PRs are listed in most events. Only the running events are covered here. Look for Jack Pfeifer's field event previews on the Penn website.

My thanks to Penn Relays Director Dave Johnson and his staff, along with Jack Pfeifer, for helping to put this preview together.

Tuesday/Wednesday April 24,25

College Women Heptathlon 11:30am/10:30am

NAIA All-American Tyanna Petty (#4-Rio Grande,OH) has the best mark in the field—4739 points.

College Men Decathlon 11:00am/10:00am

Mt.St.Mary's Junior Christopher Gabor (#2) won the 2016 IC4A title with a personal best score of 6648 points. The Mount has produced a record 10 winners of this event at Penn.

Ken Mullings, a sophomore at the University of the Bahamas, set a National Record of 5059 points for the Heptathlon at Purdue in January. For the 2nd year in a row, the team had been invited to compete at the Fred Wilt Inv. by Boilermaker head coach Lonnie Greene, a Bahamian native!

Thursday April 28

101-College Women's 400-meter hurdles 10:00am

St.Augustine's sophomore Shannon Kalawan (#1), a transfer from UTech, finished 5th last year and is the favorite in 2018.

She won the 400-meters at last month's NCAA Div.II Championships and ran 56.99 for the hurdles at the Florida Relays. (She has a best of 56.29/2016). She was 2nd in the H.S. division at the 2016 Penn Relays and went on to win the silver medal at the World Junior Championships.

Kalawan is coached by George Williams, who has produced 6 winners of the 400-hurdles at Penn (5 men-including Bershawn Jackson, 1 woman).

Other contenders (with their 2018 best) include Clemson's Lakeisha Warner (#4), who ran 57.76 this past weekend, her teammate Markeeta Thomas (#2/58.42), and UWI-Mona's Candice McLeod (#3/57.99), the 2018 Jamaica collegiate champion;

102-High School Girls 400-Meter Hurdles 10:20am

The top seed is Vere Tech's Sanique Walker (#1), who just turned 18 on April 8. She was 2nd at the Jamaica Champs and has a best time of 57.19.

Looking to challenge Walker is Bullis (MD) senior Masai Russell (#2), who ran 57.55 last year while winning the bronze medal at the Pan-American Junior Championships. She won the 300-hurdles at Arcadia earlier this month and has a best of 40.77 this year.

Other contenders include Lavaun Stephenson (#4/St.Jago), who ran 58.76 at the Jamaica Champs, Reanda Richards (#5-West Essex,NJ-59.21), 16-year old Johnelle Thomas (#6-St. Catherine ,JAM-59.82), and Masai Russell (#2-Bullis,MD).

103-106 High School Girls 4x800 Relay Heats 10:30am

The 12 fastest teams from the four heats advance to the Championship Final on Friday (**Event #339-1:05pm**).

Recent qualifying cutoffs: 9:12.68(17), 9:18.84(16), 9:26.68 (15), 9:21.47(14), 9:25.96(13), 9:20.99(12), 9:21.54(11), 9:17.70(10), 9:32.73(09), 9:14.53(08), 9:23.03(07), 9:23.30(06), 9:25.46(05) and 9:23.86(04)

Here are the leading teams and individuals and their 2018 bests(Unless otherwise noted, indoor times are listed for U.S. teams)

103-"Small" Schools 4x800 10:30am

Edwin Allen,JAM (WA), a 5-time winner of this event (most recently in 2013) set a Meet Record of 8:46.40 at this year's Gibson Relays. Rusheena Dwyer fought off a valiant challenge by Holmwood Tech's Chrissani May , who had made up a 30-meter deficit.

Other potential finalists: Strath Haven,PA (WB-9:11.19), Union

Catholic,NJ(WC-9:13.90), Bullis School,MD (WD-9:21.02);

St.Peter's of New Zealand (WF) has entered with a seed time of 9:26.80.

104-"Small" Schools 4x800 10:40am

Holmwood Tech/JAM(WA-8:48.65...defending champ has won this event a record 10-times at Penn. Chrissani May wasn't among the 4 names listed on Holmwood's entry, but she anchored last year's winning team and has run 2:07.71, 2:07.72, and 2:07.73 this year!

Other potential finalists: Padua,DE (XB-9:09.56)—2nd at the New Balance Indoor Nationals; River Dell,NJ (XC-9:18.62), Ursuline,NY (XD-9:19.66), Bronxville,NY (XE-9:23.65), Woodbridge,NJ (XF-9:24.38),

105-"Large" Schools 4x800 10:50am

Spalding,JAM (YA-8:54.64), Western Branch,VA (YB-9:14.75), Ward Melville,NY (YC-9:16.65), Shenendehowa,NY (YD-9:17.45)—Hannah Reale's dramatic anchor gave "Shen" the win in 2016.

106-"Large" Schools 4x800 11:00am

Ridge,NJ (ZA-9:08.07), the winner at the New Balance Indoor Nationals, is the fastest U.S. team in the field. Megan Convery and Kaitlyn Van Baalen return from last year's team that finished 3rd here in 8:55.58.

Other Potential Finalists: West Springfield,VA (ZB-9:12.50), Kellenberg Memorial,NY (ZC-9:17.00), Sachem East,NY (ZD-9:17.05), Albemarle,VA (ZE-9:27.25), South Lakes,VA (ZF-9:28.00).

Senior Esther Seeland (State College,PA-ZG) ran 2:08.41 this past indoor season.

107-111-High School Girls 4x100 Heats 11:10am

There's a new format this year. The nine (up from 8) fastest teams from events #107-111 qualify for Championship Final, Event #346 (Friday, 2:27 pm). The next nine fastest teams from outside the U.S. qualify for the International final (#345 - Friday, 2:24 pm), nine each for the Northern (#343 - Friday, 2:20 pm) and Southern (#344 - Friday, 2:22 pm) finals, and nine teams from Pennsylvania, New Jersey and Delaware qualify for tri-state the Tri-State final, Event #462 (Saturday, 1:40). **Recent qualifying cutoffs:** 46.30('17), 47.38(16), 48.00(15-cold), 47.22(14), 47.28(13), 47.53(12), 47.21(11), 47.11(10), 47.59(09), 47.23(08), 47.64(07), 47.48(2006), 47.76(2005-cool), and 47.30(2004)

#107/AA-FZ, #108/GA-LZ, #109/MA-SZ, #110/TA-XZ, #111-2A-2Z

LEADING TEAMS

Indoor 4x200 times listed if no 4x100 time is available

44.26 AG Edwin Allen/JAM--4-time defending champions
44.64 JR Holmwood Tech,JAM...4-time winner at Penn,

		last in 2013
44.85	KG	Hydel,JAM 3 rd last year
45.54	WG	St.Jago,JAM...4-time winner at Penn, last in 2005...2 nd in 2017
45.89	GR	Excelsior,JAM
45.92	VZ	St.Catherine,JAM
45.97	ZW	Vere Tech,JAM...winner of this event a record 15-times at Penn (last in 2009)
NT	VX	St.Augustine's/BAH Doneisha Anderson and Jaida Knowles return from the team that finished 6 th last year (45.91)
46.07	UP	Rancho-Las Vegas,NV
NT	DU	Chino,CA
46.69	MN	Manchester,JAM
46.80	CL	Bullis,MD returns 3 members of the team that finished 5 th last year (45.31)
46.88	TG	Petersfield,JAM
NT	DM	Cheltenham,PA Returns Bria Barnes and Alexis Crosby from the team that finished 7 th last year (45.87)
47.43	VN	Rusea's,JAM
47.17	4C	Western Branch,VA
47.52	UI	The Queen's School,JAM
NT	KH	IMG Academy,FL ran 47.02 last year
NT	MA	Long Beach Poly,CA

113-College Women 4x100 Heats 1:20pm

Nine fastest teams qualify for Championship Invitational, Event #336 (Friday, 12:55 pm). Next nine fastest teams qualify for a College Final, Event #337 (Friday, 1:00 pm). Next nine fastest Eastern teams qualify for Eastern Final, Event #338 (Friday, 1:02 pm).

Recent qualifying cutoffs: 45.23('17), 46.55(16), 46.61(15), 45.43(14), 45.41(13), 45.30(12), 45.20(11), 44.69(10), 45.60(09), 44.66(08), 45.42(07), 45.44(06), 45.46(05), and 45.32(04).

LEADING TEAMS

43.65	AA	Auburn Returns 3 members of the team that finished 2 nd last year (43.02)
44.39	AC	Oklahoma 5 th last year
44.41	AJ	G.C. Foster/JAM no team from Jamaica has ever won this event at Penn
44.58	AB	UTech/JAM 4 th last year...beat G.C. Foster at the Jamaica Intercollegiates
NT	AE	Penn State 6 th last year
44.90	AF	South Carolina—winner in 2002 and 2005...8 th last year
44.90	AD	Clemson 5 th at last year's NCAA Championships
44.99	AK	Eastern Michigan
45.15	AG	Houston
45.15	AL	Middle Tennessee
45.29	AN	Notre Dame
45.32	AM	Albany
45.41	AH	North Carolina State
NT	AI	Penn

114-160/High School Girls 4x400 Heats

Nine fastest teams from Events #114-160 (minus #148) qualify to Championship Final, Event #370 (Friday, 5:05 pm). The leading team from the Philadelphia Public League, Philadelphia

Catholic League, PIAA District I, South Jersey and Northern Delaware (events #150-160), and the remaining fastest teams from these races plus #149 area schools, qualify for 12-team Philadelphia Area final, Event #491 (Saturday, 5:05 pm).

Recent qualifying cutoffs: 3:44.78('17), 3:50.54(16), 3:52.10(15), 3:49.87(14), 3:47.37(13), 3:50.74(12), 3:48.10(11), 3:46.41(10), 3:51.20(09), 3:42.77(08), 3:51.35(07), 3:50.80(06), 3:53.90(05), and 3:49.51(04)

Fastest teams entered

3:34.28	Hydel/JAM
3:36.61	Holmwood Tech/JAM
3:37.58	Edwin Allen/JAM
3:39.60	Bullis School,MD
3:40.48	Franklin,MD

Races With leading Teams/Individuals (and 2018 bests--unless otherwise noted, indoor times for U.S. teams)

133— HSG 4x400 Relay 3:10pm

UB-St.Catherine/JAM 3:53.65

143--HSG 4x400 Relay 4:00pm

EE--Holmwood Tech/JAM (EE) 3:36.61 (Daniella Deer-53.06)...5-time winner at Penn, last in 2010...5th last year
ED-Franklin,MD 3:40.48, EA-Manchester/JAM 3:51.17, EH-Mt.Hebron,MD 3:54.87

144-HSG 4x400 Relay 4:05pm

FH--Petersfield/JAM 3:44.59, FI—St.Elizabeth Tech/JAM 3:43.15...7th last year, FE—St.Augustine's/BAH...returns 3 members of the team that ran 3:43.25 in its heat last year (didn't run in the final). Doneisha Anderson won the 400 at the Carifta Games with a personal best time of 52.86.

FG—Long Beach Poly,CA 3:51.45

145—HSG 4x400 4:10pm Edwin Allen/JAM 3:37.58...4th last year after winning 3 years in a row from 2014-2016...also won in 2009 and 2012, GH—Vere Tech/JAM 3:43.00winner of this event at Penn a record 11-times, last in 2013.

GI—The Queen's School 3:45.58, GK—Paul Robeson,NY 3:53.16

146—HSG 4x400 4:15pm

HC--Hydel/JAM defending champion...3:34.28 (Shiann Salmon-52.05, Charokee Young-52.82)...ran 3:33+ at the Jamaica Champs, but was disqualified after one of its runners changed positions while waiting to receive the baton!

St. Jago (HI) 3:40.91...has never won this event at Penn—2nd to Hydel last year, HL—Rancho,NV 3:47.35, HK—Medgar Evers,NY 3:54.47

147—HSG 4x400 Relay 4:20pm

IH-Bullis,MD 3:39.60/U.S. Leader/New Balance Indoor Champion, ID-Western Branch,VA 3:45.17, IA-Wise,MD 3:52.75, IF-Highland Springs,VA 3:54.33, II-Union Catholic,NJ 3:56.38...3rd last year, but they lost superstar Sydney McLaughlin to graduation.

158—South Jersey Large 5:15pm

UF-Winslow Township,NJ 3:54.99

159—Philadelphia Catholic 5:20pm

VH-Neumann-Goretti,PA 3:49.05

161-College Women's Distance Medley 5:30pm

The names listed below are those entered by a team's coach and are not necessarily the lineups that will be used at Penn. PRs and 2018 bests(if different) are listed when known, as are actual splits(r). Possible alternates are also listed

Leading Teams(with 2018 indoor bests)

Villanova(AA-11:13.65)—Defending champs have won this event

the a record 15-times at Penn (5 times in

last 6 years)

Nicole Hutchinson 2:08.91-'17, 4:18.69, 4:13.71-'17
Junior from Canada ran a great 3:21.4
lead-off leg on last year's winning team

McKenna Keegan 55.17
Rachel McArthur 2:04.92i 18-year old freshman...2017
National Scholastic Indoor Champion—
800m

Siofra Cleirigh Buttner 4:16.71/1500
Senior from Ireland ran the 800 leg last
year...anchored the winning 4x800 and
4x1500 teams in 2017

Indiana(AD-10:54.86)—4th at last month's NCAA Indoor
Championships...also 4th at last year's
Relays

(Splits are from the NCAA race)

Brenna Calder-Sr 3:21.56r, 2:06.93
Natalie Price-Fr 53.52r, 53.36
Kelsey Harris-So 2:03.81r, 2:06.08i
Katherine Receveur-Jr 4:35.97i, 4:16.19/1500
2018 Big-10 Indoor Champion—
3000, 5000

Penn State(AB-11:11.91) 2nd the last two years...have
never

won this event at Penn...only Danae Rivers
returns from last year's team

Greta Lindsley-Sr 2:11.38i, 4:20.93
Kiara Lester-So 55.40/54.74-'17
Victoria Tachinski-Fr 2:07.72/2:03.58-'16
Danae Rivers-So Ran a personal best of 4:10.82 for
1500-meters at last month's Florida
Relays

Notre Dame (AC-11:02.01) 3rd last year

Kelly Hart-Jr 2:06.49i, 3:25.01r-ACC
Allison Bartoszewicz-Sr 55.19
Erin Sullivan-Fr 2:13.33i/2:11.88-'16
Jessica Harris-Sr 4:33.19r-ACC

Alternates

Payton Miller 54.41r
Samantha Murray-Sr 2:09.42i

Clemson(AE-10:58.83/ACC)

Kamryn McIntosh-Fr 3:26.00r, 2:03.59i
Had [heart surgery](#) in February,
2017...former National H.S. Indoor
Record holder at 600-meters
(Suffern,NY)...2nd in the 800 at the
ACC Indoor Championships—ran a
personal best of 2:03.59

Kendra Clarke-Jr 53.46i
Fellan Ferguson-Sr 2:03.60r, 2:03.59
Grace Barnett-Sr 4:36.69r, 4:33.86i
Olivia James 52.55r

Georgetown(AF)—3-time winner of this event, last in 2016

Piper Donaghu 2:09.80i, 4:20.44
Jody-Ann Knight 55.83i
Olivia Arizin 2:09.00/2:06.80-'16
Meredith Rizzo 4:44.80

163-High School Girls 3000m 5:55pm

The top seed is Jackie Gaughan (#21/Exeter,NH), the winner
of the [5000-meters](#) (16:19.42) at last month's New Balance
Indoor Nationals (she was 3rd in the 2-mile). The Notre Dame-
bound senior has run 9:35.70 for 3000-meters. She often gets
advice from mentor (and 2-time Olympian) Cathy Schiro O'Brien,
the winner of this event in 1985!

Others include freshman Brooke Rauber (#22/Tully,NY/
9:44.71), and seniors Reilly Siebert (#23/Syosset,NY/9:45.23),
Katherine Lee (#24/Shoreham-Wading-River,NY/ 9:26.78-'17),
and Lydia Olivere (#25/Padua,DE/9:49.58).

164-High School Girls Mile 6:05pm

Sophomore Marlee Starliper (#1/Northern,PA) won the
Pennsylvania state title in 4:43.49. She was 4th at the New
Balance Indoor Nationals.

Another soph, Victoria Starcher (#2/Ripley,WV) was 2nd at the New Balance Indoor Nationals with a time of 4:46.32.

Other contenders include junior Lily Flynn(#4/Ursuline School,NY/4:50.38), sophomore Taryn Parks (#5/Greencastle-Antrim,PA/ 4:49.31), and junior Nikki Merrill (#6/Portsmouth,RI), who was 3rd at New Balance with a time of 4:50.87.

Adding an international flavor to the race are Mary Fraser (#3/4:41.44-1500/-'15) from Barbados and Charli Miller (#8/4:37.52-1500) from New Zealand!

165—High School Girls Distance Medley 6:10pm

(With 2018 indoor bests)

Defending champion North Rockland(NY), with its star anchor Katelyn Tuohy, has chosen not to compete at this year's Relays.

Moving into the favorite's role is Saratoga Springs,NY (A-11:52.96), which finished 2nd to North Rockland at the New Balance Indoor Nationals. The Blue Streaks, which won this event in 2004, will likely be trailing after the first 3 legs, but they have a strong anchor in junior Kelsey Chmiel, who ran 4:44.84 for the mile indoors.

Potential challengers include Niskayuna,NY (B-11:57.23/ Abigail Spiers-4:57.5r), Cardozo,NY (C-12:06.13), North Hunterdon,NJ (D-12:07.65).

166—College Women-4x400 Heats 6:25pm

Nine fastest teams from Events #166-168 qualify to Championship Invitational, Event #497 (Saturday, 5:40 pm). Next nine fastest teams qualify for College Final, Event #494 (Saturday, 5:25 pm). Next nine fastest Eastern teams qualify for Eastern Final, Event #496 (Saturday, 5:35 pm).

- | | | |
|----------|----|--|
| 3:34.05i | AA | Oklahoma—2 nd last year (3:31.90)...looking to win the school's first women's title at Penn. The men won the 4x400 in 1997 |
| 3:39.85 | AB | UTech hasn't run fast this year (as far as I can tell, but they return 3 members of the team that finished 3 rd last year (3:32.00)...winner of this event in 2009 and 2010 |
| 3:32.84i | AE | Clemson 3:34.96 |
| 3:33.64i | AF | Duke 3:38.48 |
| 3:34.77 | AH | Mississippi State |
| 3:35.73i | AD | Pittsburgh 3:36.56 |
| 3:35.89i | AG | Maryland |
| 3:37.17 | AI | Penn |
| 3:38.46 | AC | Middle Tennessee |
| 3:39.26i | AJ | Indiana |
| 3:39.69 | AK | George Mason |
| 3:39.95 | AL | South Carolina |

THURSDAY NIGHT AT THE RACES--2018 Qualifying Standards

With the new configuration of the track, all races will finish at the end of the backstretch. The steeplechase water jump is now located inside the first turn. The college and Olympic Development sections will be run together in all events.

(No standards for NCAA Div.I or Div.III)

MEN	IC4A	NCAA II(Auto/Prov.)	U.S. Champ.
Steeplechase	9:22.00	8:53.80/9:17.36	8:40.00
5000	14:45.00	13:56.89/14:34.89	13:35.00
10,000	31:30.00	29:17.64/30:41.36	28:40.00

WOMEN	ECAC	NCAA II(Auto/Prov.)	
3000	10:00.24?	x	x
Steeplechase	10:55.24	10:19.33/11:04.19	9:50.00
5000	17:16.64	16:16.33/17:14.52	15:25.00
10,000	37:40.24	34:34.33/36:37.02	33:00.00

201-College/O.D. Men's Steeplechase 7:40pm

Houston senior Brian Barraza (#1), who won the 5000 here in 2016, has the fastest time in the field this year (8:41.58), but the favorite is defending champion Travis Mahoney (#2), a member of Frank Gagliano's Hoka One One NJ*NY T.C.

An All-American while at Temple, Mahoney ran his personal best of 8:25.44 in 2016.

Other contenders include Dartmouth grad Henry Sterling (#3/8:39.27-'16), who finished 4th in the college race here in 2014, and Middle Tennessee State's Geoffrey Cheruiyot (#4-8:48.73-'16).

202-College/O.D. Women's Steeplechase 8:10pm

2012 winner Rolanda Bell (#1/9:47.16-'15), born in the U.S., started competing for Panama in 2010. She trains in NY City with the Central Park Track Club. Teammate Kira Garry (#2/9:58.18-'17) was 2nd in last year's race.

203-College Women's 3000-meters 8:35pm

Two runners with good running genes are the top seeds. North Carolina State's Elly Henes (#1/9:07.93i) is coached by her mom, who was known as [Laurie Gomez](#) when she won the 5000-meters at the 1991 NCAA Championships. Daughter is the 2018 ACC Indoor Champion at 3000-meters and was 7th in the NCAA Indoor 5000.

Providence grad-student Catarina Rocha (#2/9:17.60i), the 2018 Big East Indoor Champion at 5000-meters, is the daughter of Joe and Gina (nee-Braz), who were both Foot Locker finalists (as were Catarina and her uncle, Fernando Braz). Joe (known then as Jose) was the 1987 Big East X-Country Champion while at Boston College.

Other contenders include Indiana's Margaret Allen (#3/9:14.76i), and Rocha's teammate at Providence, Abbey Wheeler (#4-9:18.87i), the 2018 ECAC Champion at 3000-meters.

204-College/O.D. Women's 5000-meters 8:45pm

Penn State junior Tessa Barrett (#1-15:28.99i-17i) was 3rd in last year's race.

19-year old Canadian Branna MacDougall (#2/15:48.80-'16), who competes for the Physi-Kult running club, was 10th at the 2016 World Junior Championships. Brogan (#6/16:05.75-'17), her 17-year old sister, is also in the field.

Others in the field include Waverly Neer (#4/15:37.85-'14), the former National H.S. Indoor Record holder in the 5000,

Harvard freshman Abbe Goldstein (#4/16:32.26), who was 3rd in the H.S. mile at last year's Relays, and North Carolina State's Ryen Frazier (#5/16:02.39-'17)

205-College/O.D. Men's 5000-meters 9:25pm

Middle Tennessee State has a strong 1-2 punch in Jacob Choge (#1/13:54.35) and Kigen Chemadi (#3/14:01.44i/13:56.54-'17), a junior and senior, respectively, from Kenya. Choge ran 13:39.90 last April.

Also in the field—Louis Serafini (#2/13:54.57-'17)

206-College/O.D. Women's 10k 10:25pm

Notre Dame's Anna Rohrer (#1), the 2012 and 2014 Foot Locker X-Country Champion, had an impressive debut at 10,000-meters, winning at Stanford last spring with a time of 31:58.99 (#7 All-Time College). A herniated disc held her back the rest of the season—she won the ACC 10k title, but only finished 16th at the NCAA Championships. She was held out of last fall's x-country season while recovering from a hamstring injury.

207-College/O.D. Men's 10k 11:05pm

Top seeds are Iona grad-student Andrew Tario (#1/29:49.35-'17), and Brown senior Matt Mahoney (#2/30:13.22).

Friday April 25

301-College Men's 400-meter hurdles 9:00am

G.C. Foster's Demar Murray (#4) won the Jamaica Intercollegiate title in 50.25, the fastest time in the field this year.

Other top seeds are Hampton sophomore Jaelen Williams (#1/50.73), who was 4th last year, and Houston senior Deron Gordon (#2/50.88).

High School Boys 4x800 Relay Heats

The 12 fastest teams from the four heats advance to the Championship Final on Saturday (Event #485-4:00pm).

Recent qualifying cutoffs: 7:50.12('17), 7:53.43(16), 8:00.12(15-cold), 7:55.57(14), 7:55.43(13), 7:57.29(12), 7:55.50(11), 7:54.43(10), 7:55.38(09), 7:54.97(08), 8:01.69(07--weather delays), 7:58.62(06), 7:57.79(05), and 7:55.90(04).

Unless otherwise noted [o], all times for U.S. teams are from the indoor season.

Another big year for Jamaican teams

7:34.45 Kingston College
 7:35.18 St.Jago
 7:37.43 Jamaica College
 7:44.30 Calabar
 7:48.60 St.Elizabeth Tech
 7:52.34 Holmwood

302-"Small" Schools Boys 4x800 Relay 9:20am

Top seed is 2016 winner St.Jago/JAM (AA-7:35.18),
 Defending champion and 8-time winner St.Elizabeth Tech/JAM
 (AB-7:48.60) is led by Jauavney James, who won the 800 at the
 Jamaica Champs with a time of 1:50.07!. He also ran 50.07
 while finishing 3rd in the 400-hurdles.

Also: Bishop Shanahan,Pa (AC-7:49.37).

303-"Small" Schools Boys 4x800 Relay 9:30am

2014 winner Calabar/JAM (BA-7:44.30), Holmwood
 Tech/JAM (BB-7:52.34), St.Benedict's Prep,NJ (BC-7:52.09),
 Tappan Zee,NY (BD-7:56.51);

304-"Large" Schools Boys 4x800 Relay 9:40am

Kingston College/JAM (CA-7:34.45), Wadsworth,OH (CB-
 7:48.65), Western Branch,Va (CC-7:49.62), North Hunterdon,NJ
 (CD-7:53.51), Lake Braddock,Va (CE-7:55.41[o])

305-"Large" Schools Boys 4x800 Relay 9:50am

Jamaica College/JAM (DA-7:37.43), Green Hope,NC (DB-
 7:41.43), Lincoln-Sudbury,Ma (DC-7:50.10), Ocean Lakes,Va
 (DD-7:52.66), Xavier,NY (DE-7:55.74), Pennsbury,Pa (DF-
 7:57.13), Arlington,NY (DG-7:58.61);

326-330 H.S. Boys 4x100 Relay Heats 10:40am

A new format this year

Nine fastest teams from Events #326-330 qualify for
 Championship Final, Event #463 (Saturday, 1:45 pm). Next nine
 International (#464 - Saturday, 1:50 pm), Nine Northern (#465 -
 Saturday, 1:53 pm) and nine Southern (#466 - Saturday, 1:56
 pm) teams will qualify for respective finals.Heats are run in
 alphabetical order (by school).

Recent qualifying cutoffs: 41.58('17), 42.09(16),
 42.38(15), 42.07(14), 41.89(13), 42.23(12), 41.94(11),
 41.99(10), 42.17(09), 42.19(08), 42.06(07), 42.29(06),
 42.58(05), 42.51(04).

LEADING TEAMS

It's only a matter of time before teams from Jamaica grab all of
 the spots in the final of this event. Given the times already run,
 and could this be the year?

Teams run in order of their bib letters

4x200 times are listed if none are available for the 4x100

39.17 CR Calabar/JAM Set an incredible Relays Record of
 39.00 last year. Now a 7-time winner at Penn.

Winner at the Jamaica Champs (39.17)

Set a qualifying record of 39.98 in its heat last year

39.92 KX Kingston College/JAM 2nd to Calabar at the
 Jamaica Champs... 8-time winner of this event at Penn
 (last

in 2016)—a win this year would tie the record of 9,
 currently shared by Mercersburg Academy(PA/from the
 1920s-1930s) and Brooklyn's Boys High...was the 1st
 school from Jamaica to win a relay at Penn (1964-440y)

39.92 KP Jamaica College/JAM winner in 2014
 40.71 RG Papine/JAM
 40.73 UU St.Jago/JAM
 40.73 UG Rusea's/JAM
 40.92 GU Excelsior/JAM
 40.94 SG Petersfield/JAM
 40.99 IL Greater Portmore/JAM

41.00 UR St.Elizabeth Tech/JAM
 41.00 2K Wolmer's/JAM
 41.41 IM Green Island/JAM
 NT ZT Western Branch,VA 3rd last year
 (1:26.71) CO Bullis School,MD 5th last year
 (1:27.55) FG DeMatha,MD
 (1:28.72) CZ Cardinal Hayes,NY
 NT DV Christ Church/Barbados
 NT TG Queen's Royal College/Trinidad & Tobago

332-College Men's 4x100 relay Heats 12:35pm

Nine fastest teams qualify for Championship Invitational,
 Event #461 (Saturday, 1:35 pm). Next nine fastest teams
 qualify for College Final, Event #460 (Saturday, 1:32 pm). Next
 nine fastest Eastern teams qualify for Eastern Final, Event #459
 (Saturday, 1:30 pm).Recent qualifying cutoffs: 40.45('17),
 40.65(16), 41.06(15-cold), 40.54(14), 40.80(13), 40.46(12),
 40.29(11), 40.44(10), 40.34(09), 40.16(08), 40.69(07),
 40.73(06), 40.65(05), and 40.38(04),

LEADING TEAMS

Teams from Jamaica have won this event the last 5 years

38.92 AB **Houston**--winner in 1980 and 1989---DNF in
 2017...2017 NCAA Champion...winner at last
 month's Texas Relays...team features Cameron
 Burrell and Elijah Hall, the 2018 NCAA Indoor
 champion at 60 and 200 meters...has the fastest
 coaching staff in the U.S.--head coach Leroy
 Burrell, assistants Carl Lewis and the Bahamas'
 Debbie Ferguson-McKenzie. Add Floyd Heard, the
 Director for Student-Athlete Development, and
 you've got a great mixed 4x100! Lewis anchored
 Houston's winning team in 1980

39.47 AF Oklahoma 8th last year
 39.60 AA G.C. Foster—2-time defending champion
 39.68 AC UTech/JAM—winner 3 years in a row(2013-
 2015)...5th in 2017
 39.69 AE Penn State—winner in 1928 and 1950...4th
 last year
 39.73 AH Coppin State
 39.90 AI Mississippi State
 39.96 AD North Carolina State
 40.05 AZ Princeton
 40.14 AG Auburn—won this event in 2012...3rd in 2017
 NT AL Clemson
 NT AJ South Carolina 7th last year
 NT AR Boston University 6th last year
 NT AN Penn

336-College Women 4x100 Championship 12:55pm

Teams qualified from event 113 on Thursday

Leading teams

Auburn returns 3 members of the team that finished 2nd last
 year, Oklahoma (5th last year), G.C. Foster/JAM (no team from
 Jamaica has ever won this event at Penn), UTech/JAM (4th last
 year...beat G.C. Foster at the Jamaica Intercollegiates)

339-H.S. Girls 4x800 Championship 1:05pm

Teams qualified from events 103-106 on Thursday

Leading teams

Edwin Allen/JAM, a 5-time winner of this event (most
 recently in 2013) set a Meet Record of 8:46.40 at this year's
 Gibson Relays...Defending champion Holmwood Tech/JAM

(8:48.65) has won this event a record 10 times at Penn...Spalding/JAM has run 8:54.64 this year...the top U.S. team entering the meet is Ridge(NJ/9:08.07), the winner at this year's New Balance Indoor Nationals—they were 3rd in last year's final.

340-College Women 4x1500 Championship 1:15pm

2018 1500/mile(m) bests are listed, as well as PRs if different.

A--Villanova The Angel Piccirillo era at Villanova ended last year,

but the Wildcats return Nicole Hutchinson and Siofra

Cleirigh Buttner, who has anchored the last two winning teams (2016,2017) in tis event. The international foursome is favored to add to the school's record total of 11 wins in this event.

Coach: Gina Procaccio

Kaley Ciluffo/USA 4:19.79

Nicole Hutchinson/CAN 4:17.05/4:13.71-'17

2018 Big East Indoor champ-Mile

Lauren Ryan/AUS 4:21.74/4:20.99-'16

Siofra Cleirigh Buttner/IRL 4:16.71...2nd in the 800 at last month's NCAA Indoor Champs

Alternate:

Rachel McArthur 4:22.13

B--Penn State Could be dangerous if soph Danae Rivers is on

the anchor and within striking distance of the leaders

Danae Rivers 4:10.82 2017 Big-10 Indoor and Outdoor champion at 800-meters...won her 2nd Indoor title in February and finished 7th at the NCAA Indoor Championships...PR-2:02.53...coach: John Gondak

Jillian Hunsberger 4:26.43-'17

Greta Lindsley 4:20.84

Marissa Sheva 4:33.12m/4:25.22-'14

C--Indiana finished 4th last year...coach: Ron Helmer

Haley Harris 4:22.52

Brenna Calder 4:41.53mi/4:19.12-'16

Kelsey Harris 4:21.95

Katherine Receveur 4:14.92 2018 Big-10 Indoor Champion at 3000 and 5000 meters

D--North Carolina State

Erika Kemp 4:17.93i

Dominique Clairmonte 4:47.64m

Elly Henes 4:23.1-'17...7th in the 5000 at the NCAA

Indoor Championships...mom is head coach Laurie Henes

Megan Rempel 4:25.38/4:23.68-'15

E--Eastern Michigan

Sydney Meyers 4:48.84mi/4:23.48-'17

Alsu Bogdanova 4:50.04mi/4:17.09-'14

Jordann McDermitt 4:50.98mile/4:27.42-'17

Natalie Cizmas 4:16.83

341-College Men 4x200 Relay Heats 1:40pm

Nine fastest teams qualify for Championship Invitational, Event #473 (Saturday, 2:45 pm). Next nine fastest Eastern teams qualify for Eastern Final, Event #472 (Saturday, 2:40 pm).

Recent qualifying cutoffs: 1:26.13('17), 1:27.11(16), 1:25.76(15), 1:23.95(14), 1:24.80(13), 1:24.80(12), 1:23.99(11), 1:24.18 (10), 1:24.17(09), 1:24.93(08), 1:24.45(07), 1:24.45(06), 1:25.54(05), and 1:24.69(04)

LEADING TEAMS

Best 4x100 time is listed for teams that haven't run a 4x200 this year.

1:21.19 AA Houston—defending champion...also a winner of

this event in 1980 (with Carl Lewis on the anchor)...winner at the Texas Relays

1:23.39 AB G.C. Foster/JAM 2nd last year

(39.69) AD Penn State 5th last year

(39.96) AE North Carolina State

1:22.45 AF Mississippi State winner in 2004 and 2010

(40.14) AC Auburn—winner in 1988

1:23.70 AI UTech/JAM—4-time winner of this event ('03, '12,'14,'15)

1:24.39 AO Coppin State 7th last year...has run 39.73 in the 4x100 this year

1:24.79 AN Middle Tennessee

NT AT South Carolina 3rd last year...winner in 2016

1:25.12 AL Pittsburgh 6th last year

1:25.08 AJ Boston Univ. 4th last year

NT AG LIU-Brooklyn

NT AH Clemson

NT AM Connecticut 8th last year

342-College Women 4x200 Relay Heats 1:25pm

Nine fastest teams qualify for Championship Invitational, Event #470 (Saturday, 2:25 pm). Next nine fastest Eastern teams qualify for Eastern Final, Event #469 (Saturday, 2:20 pm).**Recent qualifying cutoffs:** 1:37.33(17), 1:38.50(16), 1:37.71(15), 1:35.15(14), 1:35.87(13), 1:36.37(12), 1:35.97(11), 1:34.73 (10), 1:35.39(09), 1:35.77(08), 1:36.75(07), 1:35.20(06), 1:38.74(05-cool), and 1:34.88(04).

LEADING TEAMS

Best 4x100 time is listed for teams that haven't run a 4x200 this year.

1:35.14 AC South Carolina—Defending champs have now won this 4 times at Penn ('00, '05, '07)

(43.65) AB Auburn

1:35.42 AC G.C. Foster 4x100-44.41

1:35.14 AD UTech/JAM winner in 2015...4x100-44.58

1:35.99 AP Oklahoma 2nd last year...4x100--44.39

(45.15) AE Middle Tennessee

(44.96) AF Clemson

NT AG Penn State 4th last year

(45.15) AH Houston

NT AJ Maryland 3rd last year

1:35.62 AK Indiana

NT AO Boston University 5th last year

NT AI Mississippi State

346-H.S. Girls 4x100 Championships 2:27pm

Teams qualified from events 107-111 on Thursday

Leading Teams

Teams from Jamaica are expected once again to dominate this event.

4-time defending champion Edwin Allen (44.26) could tie Vere Tech's record of 5 for most consecutive victories in this event...Holmwood Tech (44.64) is a 4-time winner at Penn, most recently in 2013...Hydel (44.85) was 3rd last year.

350-College Men Shuttle Hurdles 3:00pm
(2018 marks are listed, along with PRs (if significantly different))

A-Mississippi State

Willie Reed 14.30/13.99w
Charles Brockman III 14.54...18-year old freshman—ran 13.60
last year over the 39” hurdles
Herbert Wise III 14.31
Ro'Derick Spears 14.22 (13.77-'15)

B-UTech No team from Jamaica has ever won this event

Marcus Brown 14.21 (14.11-'17)
Jordan Roberts 14.04 18-years old
Rohan Cole 14.08 (13.58-'17)...2-time Jamaican
Intercollegiate champion
(2015,2018)

Lloyd Facey 14.48 39” hurdles...18-years old

C-South Carolina Froschauer and Leemet return from last year's winning team...also won in 2003 and 2015

Matt Froschauer 14.89w
Markus Leemet 15.07 decathlete from Estonia(PR-7720)
Kaden Briggs 15.05
Marc Flores 15.15

D-Navy 2nd last year

Kordell Williams 14.18
Clayton Thompson 14.22
Hunter Wargo 15.12
Monte Guess 15.56

E-Eastern Michigan

Frank Douglas 14.39
Ivan Suazo 14.48
Skyler Lester 15.60w decathlete
Devonte Findlay 14.19

G-Hampton

Jaelen Williams 14.51
Charles Graham 14.16
Desmond Lindsey 15.35
Trey Clark 16.10

351—Olympic Development Shuttle Hurdles-4x110m
3:10 PM

BA-The Executive T.C.

BB-Shore A.C.-America

BC-D.C. Capitol T.C.

352-Coll. Women Shuttle Hurdles 4x100m 3:20 PM

A-South Carolina 3-time winner of this event at Penn
(2002, 2005, 2007)

Caitlyn Little 13.59
Jordan Fields 14.33w('15)
Rougui Sow 13.47w
Milan Parks 13.36 13.56 ('15)

C-Notre Dame

Grace Cronin 13.67
Jernaya Sharp 13.71
Madysen Hunter 14.38
Summer Thorpe 13.40

D-Mississippi State

Shayla Broughton 13.67 Heptathlete
Zaria Tillman 14.19 (13.75-'17)

Monica Mosley 8.37-60h (14.43-'15)

Alexis Farley 8.70-60h (14.05-'17)

B-Clemson

Sidney Marshall 14.03 (13.47-'17)

Ebony Williams 13.43

Marketa Marcanikova ? distance runner!

Lakeisha Warner 15.68

E-Boston University

Kennedy Jones 15.18w (14.46-'17)

Ally Saccone 13.84

Cynthia Aroke 14.45w

Tehya Noell 13.92

353-College Men's 110-meter Hurdles Heats 3:50pm

First two from each of three heats, plus the next 3 fastest finishers(9 in all) advance to Saturday's final (event #475-3:20pm).

Nine hurdlers (first two in each heat plus next three fastest overall) advance to Championship Invitational, Event #478 (Saturday, 3:20 pm)

LEADING ENTRANTS

(With 2018 bests and PRs, if different)

		2018	
		PR	
1-Rohan Cole	UTech/JAM 2-time Jamaica (15,'18)	14.08	13.58 ('17) collegiate champion
2-Chad Zallow-Jr	Youngstown 5 th at this year's NCAA Indoor Championships...3 rd at last year's Relays	13.77	13.68 ('17)
3-Amere Lattin-Jr	Houston 4 th at last year's Relays, 5 th in 2016 2 nd -2016 U.S. and World Junior Champs	13.93	13.59 ('16)
11-Juan Scott-So	Central State NCAA Div.II Indoor (2018) and Outdoor (2017) hurdles Champion 7 th at last year's Relays	13.90	13.73('17)
6-Joseph Daniels-So	Princeton Heps Indoor (2018) and Outdoor (2017) hurdles champion	13.88	
4-Kirk Lewis-Sr	Clemson	14.06	
7-Paedyn Gomes-Sr	Yale	14.06	
5- Marcus Brown	UTech/JAM 2 nd to Rohan Cole at this year's Jamaican collegiate champs	14.21	(14.11-'17)

354-College Women's 100m Hurdles Heats 3:55pm

Nine hurdlers (first 2 in each heat plus next 3 fastest overall) advance to Championship, Event #477 (Saturday, 3:15 pm)

LEADING ENTRANTS (With 2018 bests and PRs if different)

		2018		PR	
1-Gabriele Cunningham-Jr	N.C.State Also entered in the 100	13.27			
2-Ebony Williams-So	Clemson	13.79	13.44 ('15)		
3-Naomi Taylor-Fr	Houston	13.45	14.03 ('17)		
4-Camri Austin-Fr	Oklahoma 2017 Texas H.S. 3A champion	13.64			
5-Janelle Perry-Jr	Ursuline(OH) NCAA Div.II Indoor (2018) and Outdoor (2017) hurdles champion	13.48	13.46 ('17)		
6-Caitlyn Little-Fr	South Carolina 2017 Alabama H.S. State champion in the 100-meters and the 100-hurdles	13.59	13.29 ('17)		

361 Masters Men's 100(55+) 3:11pm

The Penn crowd will get a thrill when they realize 57-year old [Willie Gault](#) is in the blocks for this race.

Gault was an outstanding sprinter and hurdler at the University of Tennessee. He won the sprint/hurdles double at the 1983 NCAA Indoor Championships and ran the lead-off leg on the Vols' teams that won the 4x100 and 4x200 at the 1981 Penn Relays.

He was also a member of the U.S team that won the 4x100 at the inaugural World Championships, setting a World Record of

37.86. And he's had success in Masters competition, setting [World Records](#) in the 100 and 200 in 3 age groups: 45-49, 50-54, 55-59. He set the 55-59 100 record of 11.30 in 2016.

He also enjoyed an 11-year career as a wide receiver in the NFL with the L.A. Raiders and Chicago Bears, playing on the Bears team that won Super Bowl XX in 1986.

365-College Men's 100-Meters Heats 3:30pm

Nine runners (first two in each heat plus next three fastest overall) advance to Championship Invitational, Event #483 (Saturday, 3:50 pm)

Houston has entered 4 potential finalists here. Some, if not all, will already have run in the qualifying rounds of the 4x100 and 4x200. Lewis, Hall, and Burrell ran on Houston's winning 4x100 team at last year's NCAA Championships.

LEADING ENTRANTS (With 2018 bests and PRs if different)

		2018		PR	
1-Elijah Hall-Sr	Houston Won here last year with a wind-aided time of 10-flat (10.00), the fastest ever run at Penn under any conditions 2018 NCAA Indoor Champion at 60 and 200- meters ...set a Collegiate Indoor Record in the 200 (20.02)	6.52i/60	10.11('17)		
2-Cameron Burrell	Houston 5 th -year senior was 2 nd in this event in 2014 Won the 100 at last month's Texas Relays with a (very) wind-aided (+4.1) time of 10.01 Anchored Houston to a win in the 4x100 at last year's NCAA Championships coached by his dad, Leroy, who won this event in 1989 & 1990	10.01w	9.93 ('17)		
3-Raheem Chambers-So	Auburn/JAM Close 2 nd to Elijah Hall in the 60-meters at the NCAA Indoor Championships 8 th at last year's Relays	10.26w	10.20 ('17)		
4-John Lewis III-Jr	Houston 6 th at last year's Relays	10.13w	10.34 ('15)		
5-Cravont Charleston-So	N.C.State 2017 ACC Champion (100) 5 th at last year's Relays	10.10w	10.35 ('17)		
6-Mario Burke-Jr	Houston/BAR 3 rd at the last two Relays (2016,2017)	10.24w	10.17 ('17)		

366-College Women's 100-Meters Heats 3:35pm

Nine runners (first two in each heat plus next three fastest overall) advance to Championship, Event #481 (Saturday, 3:35 pm)

LEADING ENTRANTS (With 2018 bests and PRs, if different)

		2018		PR	
1-Jonielle Smith-Sr	Auburn/JAM 2nd at last year's Relays, 4th in 2015 4th in the 60 at the NCAA Indoor Championships	11.28	11.13 ('17)		
2-Tori Robinson- Sr	Clemson 6th at last year's Relays	11.16w	11.31 ('17)		
3-Leya Buchanan-Sr	Oklahoma/CAN 2018 Big-12 Indoor Champion at 60-meters 5 th at last year's Relays	11.29			
4-Brianna Bethel-So	Houston/BAH 2018 American Athletic Conference Indoor champion at 60-meters	11.42w	11.40 ('17)		

5-Natalliah Whyte-So Auburn/JAM 11.25w 11.55 ('15)
 3rd in the 60 at the NCAA Indoor Championships
6-Rebekah Smith-So Clemson 11.36 11.29 ('17)
7-Gabriele Cunningham-Jr N.C.State 11.25w 11.26
 9th at last year's Relays
 Also entered in the 100-meter hurdles

367-College Men's 4x400 Relay Heats 4:15pm

Nine fastest teams from Events #367-369 qualify to Championship Invitational, Event #499 (Saturday, 5:55 pm). Next nine fastest teams qualify for College Final, Event #495 (Saturday, 5:30 pm). Next nine fastest Eastern teams qualify for Eastern Final, Event #498 (Saturday, 5:45 pm).

Recent qualifying cutoffs: 3:10.47 ('17), 3:11.56(16), 3:12.91(15), 3:08.35(14), 3:08.42(13), 3:10.88(12), 3:09.63(11), 3:09.28(10), 3:08.29(09), 3:07.17(08), 3:10.51(07), 3:08.08(06), 3:10.91(05-cool), and 3:08.61(04)

LEADING TEAMS

2018 best is listed, i-indoor, (best outdoor time)
 3:06.09i AA Auburn—Defending champion also won here in 1985 and 1991...5th at this year's NCAA Indoor Championships...led by two special sophs:
 Akeem Bloomfield—2nd in the 400 at the NCAA Indoor Championships—ran 44.86...outdoor best is 44.74
 Nathon Allen—5th in the 400 at the NCAA

Indoor

Championships(45.27)...also 5th at last year's World Championships in London (44.19 in his semi)

3:04.18i AD Houston (3:07.81)...Kahmari Montgomery-4th in the NCAA Indoor 400 (45.24)
 3:05.11 AE Clemson
 3:05.12i AB Penn State (3:06.63)—Has 31 wins at Penn, but none in the 4x400...2nd in this event last year
 3:06.38 AF Mississippi State winner in 2010
 3:06.88 AC MICO/JAM
 3:07.13 AN G.C.Foster/JAM
 3:07.38 AI Eastern Michigan
 3:08.05 AH Hampton
 3:08.36 AG Rutgers

370-High School Girls' 4x400 Championship 5:05 PM

Teams qualified from events 114-160 on Thursday.
 Teams from Jamaica have won this event the last 9 years and that streak will likely continue this year.

Leading teams (with 2018 bests)

Hydel/JAM (3:34.28), the defending champion ran 3:33+ at the Jamaica Champs, but was disqualified after one of its runners changed positions while waiting to receive the baton!
 St. Jago/JAM (3:40.91) has never won this event at Penn—2nd to Hydel last year
 Holmwood Tech/JAM (3:36.61...5-time winner at Penn, last in 2010...5th last year
 Edwin Allen/JAM (3:37.58...4th last year after winning 3 years in a row from 2014-2016...also won in 2009 and 2012
 Vere Tech/JAM 3:43.00winner of this event at Penn a record 11-times, last in 2013.

371-College Men's Distance Medley Champ. 5:15pm

Some fans consider this the "signature" event of the Relays

The names listed below are those entered by a team's coach and are not necessarily the lineups that will be used at Penn. PRs and 2018 bests (if different) are listed when known. Actual splits(r) are also listed, as well as possible alternates.

Leading Teams(with 2018 indoor bests)

AA-Indiana (9:28.62) last won this event in 1942(also won in 1937)... Finished 2nd last year...last win at Penn was in

1954 (4-mile relay)

Finished 7th at last month's NCAA Indoor Championships

Coach: Ron Helmer

Lineup that ran 9:28.62 in February (with rough splits/"r")

1200-Joe Murphy-Jr 2:54.0r Ran 3:44.24 for 1500-meters last

month

400--Teddy Browning-Fr 46.9r redshirt freshman---middle-

distance runner with bests of 1:50.97 and 3:44.84

800-Daniel Kuhn-Sr 1:47.8r 4th in the 800 at last month's NCAA

Indoor Championships...has a best of 1:46.42 ('17)...best this year is

1:47.37

1600-Kyle Mau-So 3:59.4r redshirt sophomore...2018 Big-10

Indoor Champion in the mile...ran 3:59.15 in January

Alternates

Cooper Williams-So Ran a PR of 1:48.37 on April 14
 Zubin Muncherji-Fr Freshman from Singapore has run 48.02 this

Year

AB--Stanford (9:26.91) 4th at the NCAA Indoor Championships

Looking for its first men's title at Penn. Only wins here were in the 4x800 and 4xmile in 2001...coach: **Chris Miltenberg**

Lineup that ran 9:26.91 indoors in February (W/rough splits)

1200-Sean McGorty 2:52.9r 5th-year senior won the High School

Mile here in 2013—set the Meet Record of

4:04.47

400-Isaiah Brandt-Sims 47.8r Senior

800-Hari Sathyamurthy 1:50.0r sophomore

1600-Grant Fisher 3:55.8r Junior Anchored the team that finished 4th at the NCAA Indoor Championships —also finished 4th in the 3000 ran 3:44.79 for 1500-meters on April 7th...2017 NCAA Champion at 5000-meters...**mile best is 3:59.38**

Alternates

Christian White-Sr ran a personal best of 1:51.54 on April 7
 Brandon McGorty-Fr Ran the 800 leg on the NCAA team (1:49.7)

AC-Notre Dame (9:28.79) Returned to Penn in 2017 after a 60-

year absence...it's been 75 years (1943) since they won this event and the 4-mile relay at Penn (Their only wins here)

This is the lineup that finished 2nd at the NCAA Indoor Championships (W/rough splits from the 9:28.79)

Head coach-Alan Turner, distance coach Matt Sparks, the

son of noted author Nick Sparks (a big T&F fan)

1200-Jacob Dumford 2:54.0r Grad student ran 3:42.04 for

1500-meters at Stanford last month

400-Edward Cheatham 47.7r Junior

800-Elijah Silva 1:49.2r Grad student from Toronto

1600-Yared Nuguse 3:57.4r Freshman from Louisville mile

best is 4:02.44 (2018)...ran 4:06.30 as a high school senior last year...Penn was one of the schools he looked at before choosing Notre Dame

AF--Penn State(9:36.58) 6-time winner of this event, last in

2016...coach: John Gondak

1200--Billy McDevitt 1:51.67, 3:47.06

400--Kier Miner 47.36

800--Isaiah Harris-JR 1:46.08i (1:44.53-'17), 2nd at the NCAA Indoor Championships...semi-finalist at last year's World Championships

1600--Colin Abert 3:59.51

AD-Princeton (9:35.02) Won this event in 2012...

Coach: Jason Vigilante

1200-William Paulson 1:50.38, 3:42.23 ('17)

400-Joshua Freeman 48.04 (47.02-'17)

800-Joshua Ingalls 1:50.03

1600-Garrett O'Toole 3:43.47/1500(4:01.89-'14) 2018 Ivy League Indoor Mile champion

AE-Georgetown (9:36.54) 6-time winner of this event--last in

1990)

1200-Spencer Brown 1:50.28, 3:44.51

400-Nate Alleyne 49.00

800-Rey Rivera 1:48.04

1600-Amos Bartelsmeyer 3:57.53

AH--Villanova (9:37.30)

1200-Ben Malone-1:50.99/2:22.24, 400-Brian Faust-47.62,

800-Harry Purcell-1:49.81, Logan Wetzel-4:04.08

AG--Brown (9:37.64)

1200-Zach Lanigan-1:49.66/2:22.81, 400-Max Haensel—48.86,

800-Zachery Emrich 1:49.78, 1600--Martin Martinez—3:59.38

372-High School Boys' Distance Medley 5:30 PM

Should be a good battle between two previous winners of this event, New York's St.Anthony's (1978) and Virginia's Loudoun County (2016). The two teams finished 2-3 at the New Balance Indoor Nationals in March with the 3rd and 5th fastest indoor prep times in history--9:58.36 and 10:00.58.

Loudoun's 2016 team was anchored by Drew Hunter, the National H.S. Indoor mile Record holder (3:57.81). His parents, Marc and Joan, are the team's coaches, and his younger brother Jacob will run the 800 leg on this year's team.

It's been 40 years since St.Anthony's won this event at Penn (1978). The team was anchored by John Gregorek, who would become a 2-time Olympian in the steeplechase (1980[the boycott year] and 1984). Running the lead-off 800 leg (not the 1200 that year) for the team was Keith Murphy, the son of my cousin Tom, who had run the anchor leg on the winning H.S. mile relay team at Penn for Brooklyn's St.Augustine's in 1953!

Leading teams

A-St.Anthony's (South Huntington,NY/Long Island) 9:58.36

When the team ran 10:10 at Yale indoors, Payamps (4:11) and Gatewood (3:04) ran the 1600 and 1200 legs, respectively, giving coach Tim Dearie some flexibility in deciding his final lineup for Penn.

1200--Matthew Payamps-Jr ran a great 3:00.3 lead-off leg at the Indoor Nationals (Behind Loudoun's Colton Bogucki)

400--Michael Barbaro-Barnett-Jr 51.1-split

800--Brendan Dearie Jr Dad Tim is the coach at St.Anthony's!

1600--Mason Gatewood-Sr ran a 4:08 anchor at the Indoor Nationals....Ran 4:12.87 for the mile last year...ran 4:15.49 this past indoor season...has run 1:52.92 for 800-meters (2017)

Will be running here next year for Penn!

B-Loudoun Valley-Purcellville,Va 10:00.58

1200-Colton Bogucki Ran a great 3-flat (3:00.0) lead-off leg at the indoor Nationals (handing off in front of St.Anthony's)...ran the lead-off leg on thteam that won here in 2016

400--Akere Simms 51.0-split

800--Jacob Hunter Brother Drew anchored the winning team in 2016...ran a 1:55 split indoors in the 4x8

1600--Sam Affolder-Jr Has run 4:09.89 for the mile (2017)... With his brother Noah sidelined by an injury, he ran the anchor leg (4:13.1) for last year's runnerup team-Carlisle (PA)...teamed with his brother when Carlisle set the National H.S. Indoor Record of 9:56.18 in 2017.

Transferred to Loudoun County when the family moved to the area. (Father works at the Pentagon)

C-Northport,NY (Long Island) 10:08.89 Claibornes are twins

All-senior team was 4th at the Indoor Nationals....won this event in 2003—the coach then was Tim Dearie, now the coach at St.Anthony's!

1200-Isaiah Claiborne-Sr ran a solid 3:01.4 lead-off at the Indoor Nationals

400- Eric Stehlik 52.3 split

800-Dan O'Connor ran a 1:56.1 split at the Indoor Nationals

1600- Elijah Claiborne-Sr ran 4:15.55 for 1600-meters Indoors...split at Indoor Nationals was 4:19.3

Other contenders include D-St.Peter's, Staten Island,NY (10:11.93), E-William Hall, West Hartford,CT (10:13.85), and F--Hopewell Valley, Pennington,NJ 10:16.72

373-High School Boys' Mile Run Championship 5:45 PM

Top seeds (with their 2018 indoor bests) are senior Josh Hoey (#1-Bishop Shanahan,Pa/4:07.42), the winner at this year's Millrose Games (he was 4th at Penn last year after winning in 2016); Ryan Lockett (#2-Poolesville,Pa/4:08.82), 2nd at the

New Balance Indoor Nationals; Drew Maher (#3-Shore Regional, NJ/4:11.10); Cameron Ponder (#4-Mt.Tabor, NC/4:11.46-'17o), who was 3rd at last year's Relays.

374-High School Boys 3000 meters 5:50pm

(Unless otherwise noted, times listed are for 2-miles or 3200-meters[m] from this year)

#1 seed is junior Devin Hart (#21/Point Pleasant Boro,NJ/9:06.11m), who won his 2nd New Jersey state indoor title at 3200-meters in February (also won outdoors in 2017).

His chief competition could come from Rusty Kujdich (#22/Neshaminy,Pa/9:10.00).

376-College Women Sprint Medley Champ. 6:21pm

200-200-400-800

Unlike past years, where the winner could come out of any section, only the teams entered in the "seeded" race are eligible to be crowned Penn Relays Champion!

2018 bests and PRs, if significantly different, are listed.

Leading teams

AA--Middle Tennessee Coach: Dean Hayes

Finished a distant 2nd to Oregon last year

200--Ida Mensah-So/GHANA 24.48i
200--Cecilia Francis-Fr/NIGERIA 24.18 (23.69-'16)

2018 Conference USA Indoor champion—60m

400--Edidiong Odiong-Fr/BAHRAIN 56.8r (23.97) native of Nigeria

800--Abike Egbeniyi-Jr/NIGERIA 2:03.66 2018 Conference USA Indoor Champion at 400-meters—has a best of 52.03

AB--Penn State

200--Deja Davis-Sr 24.41
200--Keianna Albury-Jr 23.95 (23.33-'17)
400--Kiara Lester-So 55.40 (54.74-'17)
800--Danae Rivers-So 2:03.13i (2:02.53-'17)
Won her 2nd Big-10 Indoor 800 title
In February...won the Outdoor title
last May...7th at last month's NCAA
Indoor Championships

AC--Clemson only past winner in the field (1992)

200--Rebekah Smith-So 23.77w (23.28-'17)
200--Torie Robinson-Sr 24.01
400--Fellan Ferguson-Sr/JAM 54.23
800--Kamryn McIntosh—Fr 2:03.59

Had [heart surgery](#) in February,2017...former National H.S. Indoor Record holder at 600-meters (Suffern, NY)...2nd in the 800 at the ACC Indoor Championships—ran a personal best of 2:03.59

AD--Duke 3rd last year

200--India Lowe-Jr 24.02
200--Maddy Price-Sr 23.53
400--MacKenzie Kerr-Jr 54.88i
800--Brittany Aveni-So 2:07.20

377-College Men Sprint Medley Champ. 6:25pm

2018 bests and PRs, if significantly different, are listed.

The school most happy about Penn's new policy, which now designates the first section as the Championship race, is Penn State.

In 2014, the Nittany Lions won the so-called seeded section and were actually presented the coveted Relays wheel and a set of watches, only to be asked to return their prizes after LSU ran

faster in the 2nd section. The same thing happened to the team last year, when G.C. Foster won the event out of the 2nd section!

AA--G.C. Foster/JAM defending champion

200--Delano Wilson ?
200--Raymone Campbell 21.15
400--Ryan Brown ?
800--Daniel Glave 1:49.60 (1:47.46-'17)

Anchored last year's winning team

AB--Penn State(AA) 6-time winner of this event at Penn, the last

time in 2015

200--Terrance Laird Ran a personal best of 20.41 at the Florida Relays

200--Malik Moffett 20.66 (20.49 ('17)
400--Gary Ross 49.25 ('17)
800--Isaiah Harris 1:46.08i (1:44.53-'17), 2nd at the NCAA Indoor Championships...semi-finalist at last year's World Championships (2nd at last year's NCAA & U.S. Championships

Alternate: 400-Kier Miner 47.36

AC--Clemson(AB) 3rd overall last year

200--Cordell Lamb 20.74i
200--Alex Sands 21.01
400--Jeffrey Green 45.82i (45.65-'17)
2018 ACC Indoor champion—400m
800--John Lewis 1:47.14i 7th NCAA Indoor Champs

AD--Mississippi State

200--Terryon Conwell 21.09i (20.94-'17)
200--Juston Waters 20.76
400--Stephan James 47.35 (45.75-'15)
800--Dejon Devroe 1:47.69i

AE--UTech/JAM

200--Michael Bentley 21.30
200--Kemar Green 21.75 (20.97-'17)
400--Herbert Thomas 46.88
800--Eric McKenzie 1:48.79

AF--Duke

200--Tionne Barmer 21.95
200--Jacob Sobota (10.78)
400--Steven Solomon 45.39 (44.97-'12)
Grad student from Australia was 8th at the 2012 Olympics...7th at the Commonwealth Games earlier this month

800--Matt Wisner-soph Ran a personal best of 1:48.04 this past weekend (4-21) on his home track

AH--South Carolina

200--Ncincilili Titi/RSA 20.36 (20.14-'17)
200--Darrell Singleton 21.51 (21.15-'16)
400--Rivaldo Leacock/BAR 48.47 freshman
400-hurdler (PR-51.17)
800--Otis Jones 1:48.38

Schedule continues from 6:50pm to 7:35pm with Masters and Olympic Development relays.

Saturday April 28

405-Olympic Dev. Women's 5k Racewalk 8:00am

2-time U.S. Olympian Maria Michta-Coffey(#25) has won this event 7 times at Penn.

408-High School Boys 400-meter Hurdles 9:00am

Topping the field are Rovane Williams (#1/Rhodes Hall) and Malik James-King (#2/Calabar), who had a terrific (and fast) duel at the Jamaica Champs, with Williams coming out on top with a Meet Record of 49.94, with James-King not far behind in 50.07.

Williams was a winner at the Carifta Games on April 2 (James-King was 3rd).

It's not always easy to run fast early in the morning at Penn, but Dwight Ruff's 17-year old Relays Record of 50.47 could fall.

Others include Phillip Lemonios (#3/Jamaica College/JAM), Miles Green (#4/St.Joseph's Prep,Pa/52.81-'16).

408-Olympic Dev. Men's 400-Hurdles 9:05am

30-year old Romel Lewis, who was NCAA Div.II All-American while at Lincoln University (MO), ran 49.92 on April 14.

High School Boys 4x400 Relay Heats

Nine fastest teams from Events #411-457 (minus #442, 454 & 455) qualify to Championship Final, Event #493 (Saturday, 5:20 pm). The leading team from the Philadelphia Public League, Philadelphia Catholic League, PIAA District I, South Jersey, Northern Delaware and the Philadelphia Inter-Academic League (events #444-453, 456-457 and #443 area schools), and the remaining fastest teams from these races qualify for 12-team Philadelphia Area final, Event #490 (Saturday, 5:00 pm).

Recent qualifying cutoffs: 3:14.48(17), 3:16.94(16), 3:17.19(15), 3:16.26(14), 3:16.39(13), 3:19.02(12), 3:18.60(11), 3:15.53(10), 3:15.77(09), 3:17.58(08), 3:18.19(07), 3:16.42(06), 3:18.22(05), and 3:18.29(04).

Leading teams/Individuals

How many Jamaican teams will make the final?

3:05.04 Calabar/JA
3:09.98 Kingston College/JAM
3:10.64 Petersfield/JAM
3:10.93 Jamaica College/JAM
3:11.06 Rhodes Hall/JAM
3:12.16 St.Jago/JAM
3:12.82 Edwin Allen/JAM
3:13.03 Wolmer's Boys/JAM

All U.S. times are from the indoor season(unless otherwise noted).

428—HSB 4x400 10:25am

TE—Phoebus,Va ran 3:14.75 its heat last year

437 HSB 4x400 11:10am

CJ—Kingston College/JAM 3:09.98/3rd last year/19-year old **Dashawn Morris won the 400 at the Jamaica Champs with a great time of 45.09!**; CH-St.Jago/JAM 3:12.16/6-time winner of this event at Penn, last in 2014; CI—Queen's Royal College/Trinidad & Tobago/8th last year

438 HSB 4x400 11:15am

DC—Petersfield/JAM 3:10.64, DG—Edwin Allen/JAM 3:12.82/2nd last year...Chevannie Hanson-46.03; DE—Oxon Hill,MD/6th last year

439-- HSB 4x400 11:20am

EJ—Rhodes Hall/JAM 3:11.06 (team includes Rovane Williams, who might have won the 400-hurdles earlier); EE—East Orange,NJ 3:16.60/5th last year;

440 HSB 4x400 11:25am

FE—Jamaica College/JAM 3:10.93/4th last year, returns Phillip Lemonios from the team that won in 2016; FK—Bullis School,Md 3:19.42/7th last year;

441 HSB 4x400 11:30am

GH—Calabar/JAM 3:05.04—Defending champs have now won this event at Penn a record 8 times...set a Relays Record of 3:08.59 last year...could better that this year after running an amazing 3:05.04 earlier this year...returns Malik James-King and Christopher Taylor (45.84) from last year's winning team...19-year old Anthony Carpenter, who's run 45.47 this year, was not among the names on Calabar's entry, but might still run at Penn;

GA—Wolmer's Boys/JAM, 3:13.03; GK—Holmwood Tech/JAM 3:15.80/winner in 2002; GC—Excelsior/JAM 3:16.28; GJ—Newburgh Free Academy,NY 3:18.88; GB--Western Branch,Va 3:18.94;

454-USA vs The World Women's 4x100 12:38pm

The U.S. will send two foursomes to the line against teams from Jamaica, Trinidad & Tobago, and Guyana.

Jamaica beat the U.S. last year for the 4th time in 5 years.

455-USA vs The World Men's 4x100 Relay 12:50pm

USA Red and Blue will face teams from Jamaica, Haiti, and Guyana. The U.S. has won this event 14 teams in the series.

456 HSB 4x400 Philadelphia Catholic 1:00pm

UL—St.Joseph's Prep,Pa 3:16.08...winner at the New Balance Indoor Nationals

458--College Men 4xmile Relay 1:10pm

2018 bests and PRs, if significantly different, are listed. Mile times are indoor marks, *-1500-meters.

Indiana would have been a strong contender in this event, but they've decided to concentrate on the 4x800.

A-Stanford If they don't win the DMR on Friday, they'll still be looking for its first men's title at Penn

Jack Keelan	4:02.03i	3:59.62i ('17)
D.J. Principe-Fr	3:51.60*	4:00.73
Sean McGorty	3:40.57*	3:53.95i ('16)

5th-year senior won the High School Mile here in 2013—set the Meet Record

of

	4:04.47	
Grant Fisher	3:44.79*	3:59.38 ('15)

2017 NCAA Champion—5000m

B—Adams State NCAA Div.II power

George Kelly	4:06.15i	4:05.02i ('15)
Austin Anaya	3:46.72A*	3:43.46*
Sydney Gidabuda	4:01.76i('17)	
Elias Gedyon	4:01.10i	

C—Iona

Ehab El-Sandali/CAN	4:07.04i	
Gilbert Kirui	(8:09.43i)	3:51.26 ('17)
Liam Dee/GBR	4:00.69i	3:58.19 ('17)
Chartt Miller/AUS	3:59.99i	

D—Princeton

Conor Lundy	(14:07.99)	4:08.25i ('16)
Noah Kauppila	4:01.20i	
William Paulson/GBR	3:43.87*	3:42.23* ('17)
Garrett O'Toole	3:43.37*	

F—Georgetown

Amos Bartelsmeyer	3:57.53i	
Spencer Brown	3:44.51*	
Jack Salisbury	3:44.97*	
Joshua Bell	3:45.27*	

Alternate

Nicholas Wareham	3:44.68*	
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G—Villanova

Ben Malone	3:45.63*	4:00.62('16)
Zach Swenson	4:09.44i	
Casey Comber	4:04.10i	
Nick Steele	4:06.18i	

H--Duke

Matt Wisner	3:49.00*	
Jordan Burton	4:07.68i	
Alec Kunzweiler	3:54.38*	4:05.51 (;16)
Alex Miley	3:51.28*	

I--Penn

William Daly	4:08.14i	
Ross Wilson	3:49.03*	
Colin Daly	4:05.19i	
Sam Webb	4:07.36i	

461-College Men's 4x100 Championship 1:35pm

Teams qualified from event 332 on Friday

Teams from Jamaica have won this event the last 5 years---Houston will try to end that streak.

463-H.S. Boys 4x100 Championship 1:45pm

Teams qualified from events 326-330

Teams from Jamaica have won this event the last 13 years and that streak should continue this year, with three teams having broken 40-seconds this year,

39.17 Calabar Set an amazing meet record of 39.00 last year
39.92 Kingston College 8-time winner of this event at Penn (last in 2016)—a win this year would tie the record of 9, currently shared by Mercersburg Academy(PA/from the 1920s-1930s) and Brooklyn's Boys High...was the 1st school from Jamaica to win a relay at Penn (1964-440y)
39.92 Jamaica College/JAM winner in 2014

467-USA vs The World Women's Sprint Medley Relay 2:00pm

For the first time in this series, the legs of this race last year were 100-100-200-400. A U.S lineup of Morolake Akinosun, English Gardner, Dezerea Bryant, and 36-year old Miki Barber (50.9) ran 1:35.59 to break the 28-year old World Record in this rarely-run event.

Two U.S. teams will go up against Jamaica, Trinidad & Tobago, the Bahamas, Guyana, and Haiti.

468-USA vs The World Men's Sprint Medley 2:10pm (200-200-400-800)

The U.S. went 1-2 in this event last year, but will only field 1 team this year to face Jamaica and Guyana.

470-College Women 4x200 Championship 2:25pm

Teams qualified from event 342 on Friday

South Carolina is the defending champion

471-USA vs The World Men's 4x400 Relay 2:35pm

Two U.S. teams against Jamaica, Canada, and the Bahamas
Fitzroy Dunkley brought Jamaica from behind to end Team USA's 5-year winning streak.

473-College Men 4x200 Championship 2:45pm

Teams qualified from event 341 on Friday

Houston might be going for its 2nd win of the day (4x100)

474 USA vs The World Women's 4x400 2:52pm

Two U.S. teams against Jamaica and Guyana. Jamaican fans had reason to celebrate after its women's team beat the U.S. (3:28.32-3:29.30) last year for only its 3rd victory in the 18-year history of this series.

475-Olympic Development Women's Mile 3:00pm

Mississippi State senior Rhianwedd Price-Weimer (#1), the 2015 NCAA Champion at 1500-meters, has a mile best of 4:32.74.

Former Notre Dame star Danielle Aragon (#2/4:12.50-1500), a member of Frank Gagliano's Hoka One One NJ*NY TC, is the daughter of Chuck Aragon, the first Notre Dame runner to break 4-minutes for the mile.

Claudia Saunders (#3/4:15.52-1500) was an All-American at Stanford, finishing 2nd in the 800 at the 2014 and 2015 NCAA Championships. She's run 2:00.63 for 800-meters.

Some late entries have added some spice to the event—training partners Ajee' Wilson, Charlene Lipsey, and Villanova grad Angel Piccirillo, one of the stars of last year's Relays.

476-Masters Mixed 100m—80+ 3:08pm

Always a crowd pleaser

1 Philadelphia Masters William Bittner (81)

- 2 Glenarden Masters Larry Colbert (81)
- 3 Shore AC Roosevelt Weaver (81)
- 4 Potomac Valley Rose D Green (79)
- 5 Philadelphia Masters Dick Ocker (80)
- 6 Philadelphia Masters Joshua Buch (81)
- 7 Philadelphia Masters Bill Brown (81)
- 8 ITS Ronald Jones (81)
- 9 Unattached James J Durkin (80)
- 11 Philadelphia Masters Dr William Clark (84)
- 12 Philadelphia Masters Joseph Paradine (82)
- 13 Syracuse Chargers Ed Cox (90)
- 14 Philadelphia Masters Bruce Gilbert (82)
- 15 Shore AC Michael McDonnell (82)
- 16 Unattached Jackie Palmer (88)
- 17 Philadelphia Masters George Scott (97)
- 18 Unattached Elizabeth Leander (87)

- McKenna Keegan 2:06.20
- Siofra Cleirigh-Buttner 2:02.46i 2:01.98 ('16)
2018 Big-East Indoor Champion...2nd at
last month's NCAA Indoor
Championships
- Alternate:** Kaley Ciluffo 2:06.81i('17)

477-College Women's 100m-hurdles Champ. 3:15pm

Runners qualified from event 354 on Friday

North Carolina State's Gabriele Cunningham had the fastest time coming into the meet (13.27).

478-College Men's 110m-Hurdles Champ. 3:20pm

Runners qualified from event 353 on Friday

UTech's Rohan Cole, Youngstown State's Chad Zallow, and Houston's Amere Lattin were the top seeds.

481-College Women's 100-meters Champ. 3:35pm

Runners qualified from event 366 on Friday

Auburn's Joinelle Smith and Clemson's Tori Robinson were the top seeds.

483-College Men's 100-meters Championship 3:50pm

Runners qualified from event 365 on Friday

Houston had 4 potential finalists, including Elijah Hall, the 2018 NCAA Indoor champion at 60 and 200 meters.

484-Olympic Development Men's Mile 3:55pm

Talented field includes Johnny Gregorek (#1/3:53.15i-'17), a finalist (10th) in the 1500 at last year's World Championships, Colby Alexander (#2/3:54.94-'16), steepler Travis Mahoney (#9/3:59.42-'17), Sam Penzenstadler (#11/3:57.29i-'16), the 2016 winner who was 2nd last year, Indiana freshman Ben Veatch (#12), who ran 3:43.28 for 1500-meters this past weekend, and Andy Bayer (#16/3:52.90-'13), the 2012 NCAA 1500-meter champion while at Indiana.

485-H.S. Boys 4x800 Championships 4:00pm

Teams qualified from events 302-305 on Friday

Could be a sweep for Jamaica, which has the 3 fastest teams this year.

- 7:34.45 Kingston College
- 7:35.18 St.Jago
- 7:37.43 Jamaica College

486-College Women's 4x800 Champ. 4:10pm

These are the names submitted by coaches and aren't necessarily the lineups that will run at Penn. 2018 bests and PRs, if significantly different, are listed.

AA—Villanova Defending champion has now won this event a record 13 times at Penn

- Kelsey Margey 2:06.46
- Rachel McArthur-Fr 2:04.92i 2017 National Scholastic
Indoor champion

AB--Penn State Only win in this event was in 1978, the first year the event was held at Penn

Victoria Tachinski/CAN	2:07.72	2:03.58-'16
Frances Bull	2:10.29	2:07.57-'17
Marissa Sheva	2:14.12	2:11.79-'15
Danae Rivers	2:03.13i	2:02.53-'17)

Won her 2nd Big-10 Indoor 800 title
In February...won the Outdoor title
last May...7th at last month's NCAA
Indoor Championships

AC—UConn coach: J.J. Clark

Katie Foley	2:07.58	
Susan Aneno/UGA	2:04.79	2:02.66-'17

2018 ECAC Indoor Champion

Hannah Parker	2:15.59(4-21)	2:06.02-'14
Mia Nahom	2:09.72i	

AD—Penn 7th last year

Mikayla Schneider	2:06.75	
Nia Akins	2:06.74	
Katie DeVore	2:11.72i	
Maddie Villalba	2:06.72i	

AE—Notre Dame

Kelly Hart	2:06.49i	
Samantha Murray	2:09.4i	
Stephanie Knight	2:12.67	2:10.12-'16
Jessica Harris	2:06.46	2:03.23-'17

488-College Men's 4x800 Championship 4:30pm

2018 bests and PRs, if significantly different, are listed.

These are the names submitted by coaches and aren't necessarily the lineups that will run at Penn.

This could be a wild race, with as many as 10 teams possibly in contention heading into the anchor leg!

AA--Penn State 8-time winner of this event at Penn...Makins and Harris ran on the winning team in 2016.

Billy McDevitt	1:51.67i	1:50.01-'17
Jordan Makins/AUS	1:49.86	1:48.54-'16)
Gary Ross	1:50.63	
Isaiah Harris	1:46.08i	1:44.53-'17)

2nd at the NCAA Indoor Championships...semi-finalist
at last year's World Championships

AB—Mississippi State

Marco Arop/CAN	1:47.62i	1:47.08-'17
Dejon Devroe	1:47.69	6 th at the NCAA Indoor Champs
Daniel Nixon	1:49.21i	
Kenya Small/CAN	1:51.08i	1:49.93-'16

AH--Indiana passed up the 4xmile to concentrate on this event

Jordan Huntoon	1:49.60	
Daniel Kuhn	1:47.37i	1:46.42i-'17
Teddy Browning	1:50.97i	
Cooper Williams	1:48.37	

AF—Georgia Tech winner in 2015, 5th last year

Andres Littig	1:49.63	1:48.20-'16
Bennett Hillier	1:51.91	
Gabriel Darosa	1:50.88	
Avery Bartlett	1:47.58i	

AC—Princeton last won this event in 1915

Franklin Aririguzoh	1:54.47	1:51.85i-'17
Noah Kauppila	(2:13.26i)	1:49.58-'15
Sam Ellis	1:50.98i	
Joshua Ingalls	1:50.03	

AD--Columbia

Josiah Langstaff	1:50.42	1:49.72-'17
Sam Ritz	1:52.58i	1:50.43-'16
Spencer Halk	(2:24.34i)	1:52.54-'16
Alek Sauer	1:48.95	

AG--Villanova 4th last year

Ben Malone	1:50.99i	1:48.60-'15
Harry Purcell/IRL	1:49.81	
Konrad Bayer	(1:08.26i)	
Ishmael Muhammad	1:50.89i	1:48.31-'15

AI—Brown

Zachery Emrich	1:49.78	
Zach Lanigan/AUS	1:49.66i	
Max Haensel	1:53.60	1:50.45i-'17
Cameron McKie/GBR	1:55.21i	1:54.12-'16

AJ-Georgetown

Kenneth Rowe	1:50.52i	1:49.90-'17
Ruach Padhal/CAN	1:50.71	
Rey Rivera/PUR	1:48.04	
Spencer Brown	1:50.28i	1:49.31-'16

AK-LaSalle

Nicholas Smart	1:51.65	
Anthony Hawthorne	1:50.25i	
Nathan Gillis/GBR	1:50.65i	1:48.88-'16
Chris Sanders	1:50.90i	

497-College Women’s 4x400 Championship 5:40pm
Teams qualified from event 166 on Thursday
Oklahoma, looking to win their first women’s title at Penn, UTech, and Clemson were the pre-meet favorites.

493-H.S. Boys 4x400 Championship 5:20pm
Teams qualified from events 411-457, held earlier today

If Calabar, which has run 3:05.04 this year, runs at full strength, they could break their year-old Relays Record of 3:08.59.

499-College Men’s 4x400 Championship 5:55pm
Teams qualified from event 367 on Friday
Assuming they both qualify, could be a good battle between defending champion Auburn and Houston, which might have already won the 4x100 and 4x200.

XX

**Mark Your Calendar
125th Penn Relays
April 25-27, 2019**