

— Fernandez In Pain At World Cross —

by Phil Minshull

Amman, Jordan, March 28—The big question in the American distance community has already been asked many times over by the time you read this.

“What could have happened at the World

went to Jordan carrying hugely impressive indoor credentials that might even have been worrying his African rivals a little but he was also carrying a small secret, something known only to his coach Dave Smith and a few USTAF coaches—he had hurt himself in training two weeks before getting on the flight to the Middle East.

Undaunted, and with ambitions of finishing at least in the top 15 as well as hopefully helming the U.S. Juniors to the medal podium, he still chose to put himself on the start line, and in the firing line if it all went wrong.

Fernandez was up with the leaders for the first half of the 8K race before a throbbing right foot and his interrupted training started to have an effect as the other main protagonists started to put pedal to the metal.

Nevertheless, he gritted his teeth to finish 11th, the best result by an American since Dathan Ritzenhein and Matt Tegenkamp finished 3rd and 5th in '01.

“The first two laps, my foot felt fine, but on the last two long loops

I thought that the muscle was a little bit tight, and that the same thing that happened to me with my Achilles at NCAA nationals was going to happen, but then it went away,” reflected Fernandez after

group and stay there as long as possible, and I think I did a pretty good job of it,” he added, suggesting that he is now going to take a month's complete rest.

Fernandez fessed up to the injury at the pre-race press conference in front of the global media, to which his two World Junior Indoor mile records earned him an invite.

“I skipped a couple of workouts and wasn't feeling sharp and I told Dave: ‘I feel guilty. I'm injured and if I go to Jordan and don't get to run, another person could have took my spot.’ But I just decided to come and try to do my best.”

One of the reasons Fernandez paced himself through the pain barrier, and, perhaps also jeopardised his outdoor track possibilities, was a redux to November when he DNFed after his Achilles blew out at the NCAAs.

He took a lot of undeserved flak and plenty of the chat on the track internet forums, some of which reached his ears, had unsympathetic words about him after he fortuitously made a quick recovery.

“I was in tremendous pain; I thought I'd let my team down and I thought I'd let everybody down because a lot of people were expecting a lot from me,” he remembered, casting his mind back to his inner turmoil after pulling up in Terre Haute.

Smith and Fernandez's controversial-in-some-quarters decision to skip the NCAA Indoors also provoked some to question his fighting qualities but, after his Amman performance, few who saw him there will hold any doubts about his ability to take one for the team.

To no one's surprise, Kenya (3 team titles, 1 individual, 5 medals overall) and Ethiopia (1, 3 & 4) dominated the proceedings, with two team battles going to tiebreakers. Uganda (2) and Eritrea (1) picked up the other individual medals.

Fernandez had reason to be proud of his 11th-place finish



KIRBY LEEMAGE OF SPORT

Cross Country Championships if German Fernandez had been fully fit?”

The 18-year-old Oklahoma State frosh

the race.

“I just blocked out the pain. I'm really sore right now. I just tried to go out with the front

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— World Cross Results —

SENIOR MEN

Teams: 1. **Kenya** 28 (4th placer: 11); 2. **Ethiopia** 28 (4th placer: 12); 3. Eritrea 50; 4. Uganda 65; 5. Qatar 79; 6. Morocco 107; 7. Spain 140; 8. **United States** 168; 9. South Africa 174; 10. Rwanda 186.

Individuals (12K): 1. **Gebremariam** (Eth) 35:02; 2. Kipsiro (Uga) 35:04; 3. Tadesse (Eri) 35:04; 4. **Komon** (Ken) 35:05; 5. **Fikadu** (Eth) 35:06; 6. **Kisorio** (Ken) 35:08;

7. **Kiptoo** (Ken) 35:11; 8. Boujattaoui (Mor) 35:12; 9. Medhin (Eri) 35:14; 10. **Mesfin** (Eth) 35:16; 11. **Mosop** (Ken) 35:17; 12. **Lilesa** (Eth) 35:22; 13. Shaheen (Qat) 35:28;

14. **Ndiwa** (Ken) 35:32; 15. **Sefir** (Eth) 35:49; 16. Tsegay (Eri) 35:51; 17. **Tola** (Eth) 35:52; 18. Abdullah (Qat) 36:04; 19. Kusuro (Uga) 36:07; 20. Kibore (Qat) 36:14;

21. Kiprono (Uga) 36:16; 22. Kifleariam (Eri) 36:20; 23. Kiprotich (Uga) 36:23; 24. Sibhatu (Eri) 36:25; 25. **Chumba** (Ken) 36:29; 26. Castillejo (Spa) 36:30;

27. Baday (Mor) 36:35; 28. Salem (Qat) 36:37; 29. Birmingham (Aus) 36:38; 30. Lamdassem (Spa) 36:39; 31. Bezabeh (Spa) 36:41; 32. Mokoka (SA) 36:47;

33. **Vail** (US) 36:54; 34. Beloua (Mor) 36:55; 35. Aggoune (Alg) 36:55; 36. Shelley (Aus) 36:58; 37. **Curtis** (US) 37:00; 38. Moubssit (Mor) 37:02; 39. Musa (Tan) 37:03;

40. **King** (US) 37:05; 41. Soke (SA) 37:05; 42. Hakizimana (Rwa) 37:07; 43. Siwa (Uga) 37:07; 44. Ntirenganya (Rwa) 37:07; 45. Rocha (Por) 37:09;

46. Marofit (Mor) 37:10; 47. Ishikawa (Jpn) 37:11; 48. Simukeka (Rwa) 37:17; 49. Carriqueo (Arg) 37:20; 50. Gwebu (SA) 37:21; ... 58. **E. Torres** (US) 37:38; ... 60. **Moran** (US) 37:42; ... 75. **Gotcher** (US) 38:01.

SENIOR WOMEN

Teams: 1. **Kenya** 14; 2. Ethiopia 28; 3. Portugal 72; 4. Spain 117; 5. **United States** 130; 6. Morocco 130; 7. Australia 154; 8. Japan 165; 9. Great Britain 193; 10. South Africa 198; 11. Canada 261; 12. Eritrea 266.

Individuals (8K): 1. **Kiplagat** (Ken) 26:13; 2. **E. Masai** (Ken) 26:16; 3. Melkamu (Eth) 26:19; 4. **Chepkurui** (Ken) 26:23; 5. Ayalew (Eth) 26:23; 6. Kibet (Hol) 26:43;

7. **Mwangi** (Ken) 26:49; 8. Burka (Eth) 26:58; 9. Jamal (Bhr) 27:00; 10. **Chenonge** (Ken) 27:00; 11. **Korikwang** (Ken) 27:03; 12. Mamitu (Eth) 27:04; 13. Smith (NZ) 27:05;

14. Ejigu (Eth) 27:40; 15. Félix (Por) 27:42; 16. Moreira (Por) 27:54; 17. Weightman (Aus) 27:59; 18. Shimizu (Jpn) 28:02; 19. Dias (Por) 28:05; 20. Plá (Spa) 28:08;

21. **Culley** (US) 28:08; 22. Rosa (Por) 28:10; 23. Hilali (Mor) 28:14; 24. Aguilar (Spa) 28:18; 25. Ramadhan (Tan) 28:18; 26. Tamsett (Aus) 28:19;

27. Chaabi (Mor) 28:19; 28. Belete (Bhr) 28:21; 29. L. Phalula (SA) 28:23; 30. Jejele (Eth) 28:29; 31. D. Martín (Spa) 28:31; 32. Dahmani (Alg) 28:33;

33. **Di Crescenzo** (US) 28:34; 34. El Ouali Alami (Mor) 28:35; 35. Olivarès (Fra) 28:37; 36. **Donaghue** (US) 28:37; 37. Cormier (Can) 28:41;

38. Twell (GB) 28:46; 39. D. Phalula (SA) 28:46; 40. **Newberry** (US) 28:50; 41. Ghribi (Tun) 28:50; 42. J. Martín (Spa) 28:51;

43. Álvarez (Ven) 28:51; 44. Zhu (Chn) 28:53; 45. Wakatsuki (Jpn) 28:54; 46. Laghrissi (Mor) 28:55; 47. Dal Ri (Ita) 28:55;

48. Omata (Jpn) 28:56; 49. Dean (GB) 29:00; 50. Chikwakwa (Maw) 29:03; ... 69. **Akbar** (US) 29:51; ... 75. **Scherf** (US) 30:27.

JUNIOR MEN

Teams: 1. **Kenya** 20; 2. **Ethiopia** 22; 3. Eritrea 72; 4. Uganda 82; 5. **United States** 104; 6. Australia 135; 7. Morocco 143; 8. Japan 153; 9. Burundi 173; 10. South Africa 237.

Individuals (8K): 1. **Abshero** (Eth) 23:26; 2. **Mbishei** (Ken) 23:30; 3. Kibet (Uga) 23:35; 4. **Tanui** (Ken) 23:35; 5. **Korir** (Ken) 23:36;

6. **Yirsaw** (Eth) 23:38; 7. **Biftu** (Eth) 23:44; 8. **Woldsenbet** (Eth) 23:52; 9. **Kipkoech** (Ken) 24:00; 10. **Cheruiyot** (Ken) 24:08;

11. **Fernandez** (US) 24:13; 12. Nsengiyuma (Bur) 24:16; 13. **Chepkurui** (Ken) 24:17; 14. Kifle (Eri) 24:18; 15. **Derrick** (US) 24:20;

16. **Lamiso** (Eth) 24:20; 17. Huru (Uga) 24:21; 18. Andom (Eri) 24:23; 19. Dawud (Eri) 24:32; 20. Nasir (Mor) 24:33; 21. Tadesse (Eri) 24:34;

22. Iradukunda (Bur) 24:35; 23. Li (Chn) 24:38; 24. Gregson (Aus) 24:40; 25. Torotich (Uga) 24:43; ... 30. **Puskedra** (US) 24:53; ... 48. **Dupont** (US) 25:52; ... 52. **Hill** (US) 26:04; ... 62. **Medrano** (US) 26:18.

JUNIOR WOMEN

Teams: 1. **Ethiopia** 18 (4th-placer: 7); 2. **Kenya** 18 (4th placer: 8); 3. Japan 76; 4. Great Britain 82; 5. **United States** 122; 6. Eritrea 153; 7. Australia 154; 8. Russia 178; 9. South Africa 230; 10. Canada 234; 11. Morocco 264.

Individuals (6K): 1. **G. Dibaba** (Eth) 20:14; 2. **Cherono** (Ken) 20:17; 3. **Chepngeno** (Ken) 20:27; 4. **Goshu** (Eth) 20:34;

5. **Ngeiywo** (Ken) 20:36; 6. **Utura** (Eth) 20:38; 7. **Anteneh** (Eth) 20:42; 8. **Tanui** (Ken) 20:49; 9. **Mengistu** (Eth) 20:52; 10. **Chepii** (Ken) 21:01;

11. Brichacek (Aus) 21:02; 12. **Gelaw** (Eth) 21:11; 13. Howarth (GB) 21:14; 14. Purdue (GB) 21:23; 15. Kibiwot (Bhr) 21:25; 16. **Meringor** (Ken) 21:27;

17. Izawa (Jpn) 21:27; 18. Ikeda (Jpn) 21:30; 19. **Spence** (US) 21:33; 20. Kato (Jpn) 21:33; 21. Otagiri (Jpn) 21:40; 22.

2009 Men's World Leaders

100.....	10.08.....	Yohan Blake (Jamaica)
200.....	20.24.....	Roberto Skyers (Cuba)
400.....	45.07.....	Sean Wroe (Australia)
800.....	1:44.75i.....	Ahmad Ismail (Sudan)
1500.....	3:33.96i.....	Haron Keitany (Kenya)
Mile.....	3:51.34i.....	Bernard Lagat (US)
3000.....	7:32.80i.....	Paul Koeh II (Kenya)
St.....	8:16.04 ...	Ruben Ramolefi (South Africa)
5000.....	13:07.83i.....	Abraham Cherkos (Eth)
10,000..	28:24.10.....	Dan Nunn (US)
110H....	13.29.....	David Oliver (US)
400H....	48.86.....	Tristan Thomas (Australia)
H-Mar ..	58:52.....	Patrick Makau (Kenya)
Mar.....	2:05:29.....	Haile Gebrselassie (Ethiopia)
20W.....	1:17:38.....	Valeriy Borchin (Russia)
50W.....	3:38:45.....	Yohan Diniz (France)
4 x 100.	38.10.....	Racers 0 TC (Jamaica)
4 x 400.	3:04.27.....	Racers Lions TC (Jamaica)
HJ.....	7-10½ (2.40)i.....	Ivan Ukhov (Russia)
PV.....	19-10½ (6.06)i.....	Steve Hooker (Australia)
LJ.....	28-7 (8.71)i.....	Sebastian Bayer (Germany)
TJ.....	57-9¾ (17.62).....	Alexis Copello (Cuba)
SP.....	70-5¼ (21.47)i.....	Christian Cantwell (US) (2)
DT.....	228-8 (69.70).....	Gerd Kanter (Estonia)
HT.....	263-8 (80.38).....	Krisztián Pars (Hungary)
JT:.....	266-5 (81.21).....	Aleksey Tovarnov (Russia)
Dec.....	8415.....	Leonel Suárez (Cuba)

2009 Men's U.S. Leaders

100.....	10.12.....	Marcus Brunson (unat)
200.....	20.63i.....	Trey Harts (Baylor)
400.....	45.71i.....	Gil Roberts (Texas Tech)
800.....	1:47.03i.....	Andrew Wheating (Oregon)
1500.....	3:36.82i.....	Bernard Lagat (Nike)
Mile.....	3:51.34i.....	Bernard Lagat (Nike)
3000.....	7:35.41i.....	Bernard Lagat (Nike)
St.....	8:37.74.....	Josh McAdams (New Balance)
5000.....	13:18.12i.....	Galen Rupp (Oregon)
10,000..	28:24.10.....	Dan Nunn (Georgetown)
110H....	13.29.....	David Oliver (Nike)
400H....	49.06.....	Bershawn Jackson (Nike)
H-Mar ..	61:25.....	Meb Keflezighi (Nike)
Mar.....	2:18:50.....	Justin Young (Reebok)
4 x 100.	39.07.....	Texas Southern All-Stars
4 x 400.	3:04.93.....	Baylor
HJ.....	7-8¾ (2.36)i.....	Jesse Williams (Nike)
PV.....	19-1 (5.82)i.....	Derek Miles (Nike)
LJ.....	26-4¼(A) (8.03)i.....	Matt Turner (unat)
TJ.....	55-8½ (16.98)i.....	Christian Taylor (Florida)
SP.....	70-5¼ (21.47)i.....	Christian Cantwell (Nike) (2)
DT.....	212-9 (64.86).....	Rashaud Scott (Kentucky)
HT.....	246-0 (74.99).....	A.G. Kruger (unat)
JT.....	265-10 (81.03).....	Chris Hill (Georgia)
Dec.....	7452.....	Kevin Dwyer (Miami/Ohio)

Shibata (Jpn) 21:47;

23. Daba (Bhr) 21:47; 24. Eshete (Bhr) 21:50; 25. Avery (GB) 21:53; 26. **Brasovan** (US) 21:55; ... 34. **Dunne** (US) 22:15; ... 43. **Pritt** (US) 22:31; ... 64. **Vaughn** (US) 23:09.

— Stanford Invitational —

Stanford, California, March 27–28—
100(-03): 1. Heard (unat) 10.49.
200: I(0.7)–1. Heard 20.87.
400: 1. Barlow (Or) 47.10.
800: I–1. Sherer (NYAC) 1:48.63. II–1. Pettigrew (AKA) 1:50.76. III–1. Hedin (BYU) 1:49.99.

1500: 1. Abbott (Wa) 3:41.62; 2. Gowell (Bay) 3:41.85; 3. Jaeger (Nik) 3:41.96; 4. McNeill (NnAz) 3:42.78; 5. Solinsky (Nik) 3:43.36.

St: I–1. **McAdams (NBal) 8:37.74 (AL)**; **2. Heath (Syr) 8:40.89 (CL)**; 3. Spence (Asics) 8:42.57; 4. Perry (BYU) 8:47.92; 5. Adams (Nb) 8:48.10; 6. Sisay (unat) 8:48.53; 7. Nelson (BYU) 8:50.75; 8. Winter (Or) 8:52.44.

II–1. Chirchir' (OkSt) 8:55.13; 2. Cheron' (ArLR) 9:00.42; 3. Thompson (Co) 9:00.57.

5000: **1. Forrest' (Ar) 13:28.81 (out CL)**; **2. Riley (Nik) 13:38.76 (out AL)**; 3. Ueno' (Jpn) 13:39.42; 4. Bruce (unat) 13:40.61; 5. Heath (Stan) 13:42.27;

6. Heath (Stan) 13:42.59; 7. Cabada (Reeb) 13:44.28; 8. Steeds (GaSt) 13:46.85; 9. Crouch (QCh) 13:46.97; 10. Scott (BrkIn) 13:47.28; 11. Estrada (NnAz) 13:47.37;

12. Rodriguez (Strands) 13:47.50; 13. Wall (Or) 13:49.40; 14. Kiboiywo' (Aub) 13:50.87; 15. Kipchumba' (Port) 13:51.09.

10,000: I–1. **Nunn (Gtn) 28:24.10 (WL, AL, CL)**; 2. Smyth (NDm) 28:25.85; 2. Sayenko (Strands) 28:25.85; 4. Carlson (Brk) 28:25.86; 5. Mechoso' (Aub) 28:26.09;

6. Kibet' (Aub) 28:26.96; 7. Biwott' (Or) 28:28.83; 8. Strang (Ar) 28:29.27; 9. Ghebray (Cal) 28:32.27; 10. Houseworth (USAF) 28:33.71; 11. Mercado (Or) 28:48.54;

12. Kutingala (Al) 28:52.45; 13. Mercado (Or) 28:53.02; 14. Schmitt (Wa) 28:53.99; 15. Wykes' (Can) 28:58.49; 16. Barnicle (NM) 28:58.96; 17. Powers (BrkIn) 29:03.05; 18. Riley (Stan) 29:15.53.

II–1. Vegh' (Hun) 28:52.21; 2. Uhl (IaSt) 28:56.85; 3. Krisch (Gtn) 28:58.48; 4. Cherry (HPT) 28:59.16; 5. K. Shackleton (UCLA) 29:02.58; 6. Jellema (Hans) 29:04.15;

7. Fruin (NnAz) 29:04.84; 8. D. Shackleton (UCLA) 29:05.97; 9. Beattie' (Tul) 29:06.49; 10. Boyer (Ar) 29:07.02; 11. Scribner (MsSt) 29:07.06; 12. Keskisalo' (Fin) 29:07.66;

13. Hine (Corn) 29:09.41; 14. Jokinen' (Fin) 29:11.05; 15. Osaduik (PrInn) 29:15.27; 16. Lowe (OkSt) 29:16.79; 17. Reid (AsicsA) 29:16.83; 18. Gabart (FISf) 29:18.03; 19. Currell (unat) 29:18.57.

110H(-0.3): 1. Bogdanof (unat) 13.81.
Heats: I(0.8)–1. Paul (Cal) 13.79.

400H: 1. Klech (Or) 50.75.
4 x 100: 1. Washington 40.74.
4 x 400: 1. Cal 3:11.88.

Field Events

HJ: 1. Arrivey (WaSt) 7-2¼ (2.19); 2. Carlyle (SacCC) 7-1 (2.16).

PV: 1. Roth (Wa) 17-8½ (5.40); 2. Low (BYU) 17-4½ (5.30); 3. O'Connor (Wa) 17-4½0.

LJ: 1. Stewart (Ar) 24-9¾ (7.56).
TJ: 1. Balumbu (Ar) 52-9¼w (16.08) (52-3¼/15.93).

SP: 1. Smith (ConcCA) 62-5¼ (19.03); 2. Villarreal (NnAz) 59-2¼ (18.04).

DT: 1. Marić' (Cal) 191-6 (58.37); 2. Conwell (unat) 190-10 (58.16); 3. Kay (ConcOr) 184-7 (56.26).

HT: 1. Welihozkiy (PBay) 216-10 (66.11); 2. Woydziak (PBay) 216-8 (66.05).

JT: 1. Hostetler (Or) 245-3 (74.76); 2. Nielsen (Wa) 225-10 (68.85); 3. Wolff (Or) 224-11 (68.56).

STANFORD WOMEN

100(0.1): 1. Garrett (Cal) 11.60.
200(1.3): 1. Garrett 23.63; 2. Tosta (Nik) 23.81.

400: 1. Brown (LaneyCC) 54.20.
800: I–1. Vessey (unat) 2:04.03; 2. Palmer (BYU) 2:05.56; 3. Cramer (BYU) 2:06.34; 4. Buckman' (Or) 2:06.62.

II–1. Dahl (ETn) 2:06.41.
1500: I–1. Pixler (SPac) 4:18.64;

2. Rhines (adi) 4:18.96; **3. Babcock (Wa) 4:19.13 9 (CL)**; 4. Kosinski (Or) 4:19.84.

II–1. Cramer (BYU) 4:21.65;... 8. Price (Tn) 4:30.86.

St: **1. Fjortoft' (SMU) 9:56.73 (WL, CL)**; **2. Galaviz (Nik) 9:58.41 (AL)**; 3. Bedell (Bay) 9:58.46; 4. Wagner (unat) 10:06.34; 5. Carrizales (Nb) 10:09.69;

6. Bradley (Bay) 10:10.17; 7. Hall (Asics) 10:10.56; 8. Rojas (NnAz) 10:19.67; 9. Ferguson (NDm) 10:23.10; 10. Michel (Or) 10:23.14; 11. Bracy (NC) 10:25.13.

5000: I–1. McCandless (NBAl) 15:34.31; 2. Marchand (unat) 15:39.96; 3. Blood (Or) 15:42.13; **4. Chetelat (Stan) 15:43.31 (3, 3 AJ)**; 5. Hastings (adi) 15:45.19;

6. Maloy (unat) 15:46.31; 7. Follett (Wa) 15:48.72; 8. Allen (McME) 15:48.97; 9. Lawrence (Wa) 15:50.36; 10. Jesang' (WnKy) 15:52.22; 11. Pohl (NnAz) 16:06.67;

12. White (Ar) 16:08.29; 13. Kingma (AzSt) 16:09.11; 14. Susa' (OkSt) 16:09.83; 15. Salucci (RalTC) 16:10.24; 16. Bargiachi (Ar) 16:11.56; 17. Conley (UCD) 16:17.51;... rabbit—Centrowitz (Stan).

II–1. Bowman (Tn) 16:20.78 PR; 2. McCafferty (Gtn) 16:22.69

10,000: I–1. **O'Neill (Strands) 33:02.31 (WL, AL)**; **2. Walkonen (BU) 33:13.66 (CL)**; 3. Grandt (WV) 33:16.96; 4. White (Hans) 33:32.88; 5. Nehus (unat) 33:36.77;

6. Bridgmon (Or) 33:37.73; 7. Campbell (Wa) 33:40.22; 8. Becker' (Tul) 33:44.63; 9. McKaig (unat) 33:48.17; 10. Kieilty (AzSt) 33:56.97; 11. Crofford (Nb) 34:07.55;... dnf—Niehaus (Stan), Corrigan (NM).

II–1. Erdélyi' (USC) 34:04.70; 2. LaBaud (unat) 34:20.22.

100H(1.3): 1. Tosta (Nik) 13.33. Heats: I(0.8)–1. Tosta 13.35.

400H: 1. King (WaSt) 60.30.
4 x 100: 1. Oregon 44.64.
4 x 400: 1. Cal 3:39.04.

Field Events

HJ: 1. Day (Asics) 6-½ (1.84); 2. Kaufman (Hi) 5-11¼ (1.81); 3. Sheppard (Hi) 5-10 (1.78).

PV: 1. Gergel (Or) 13-5½ (4.10).
LJ: 1. Neeley (BYU) 20-3½ (6.18).
TJ: 1. Goynes (NnAz) 40-7 (12.37).

SP: 1. Wallerstedt (Stan) 50-6¼ (15.40).
DT: 1. Gleeson (PBay) 166-5 (50.72).
HT: 1. Luckenbach (EnWa) 182-10 (55.73).

JT: 1. Yurkovich (Or) 190-11 (58.20) (5cm off PR) (176-10, 190-11, 163-6, 180-6, 175-9, p) (53.91, 58.20, 49.84, 55.02, 53.56, p);

2. Kreiner (unat) 183-4 (55.89) (f, f, 158-1, 166-6, 183-4, 172-0) (f, f, 48.18, 50.74, 55.89, 52.44);

3. McCrea (Or) 165-9 (50.52); 4. Wichmann' (Hi) 163-11 (49.96); 5. Wilkinson-Colgrove (unat) 163-5 (49.82); 6. Pighin (Wa) 155-1 (47.27).

2009 Men's NCAA Leaders

100.....	10.40.....	D'Angelo Cherry (Mississippi St)
200.....	20.63i.....	Trey Harts (Baylor)
400.....	45.69i.....	Michael Bingham' (Wake Forest)
800.....	1:47.03i.....	Andrew Wheatling (Oregon)
1500.....	3:41.62.....	Austin Abbott (Washington)
Mile.....	3:55.02i.....	German Fernandez (Oklahoma St)
3000.....	7:44.69i.....	Galen Rupp (Oregon)
St.....	8:40.89.....	Kyle Heath (Syracuse)
5000.....	13:18.12i.....	Galen Rupp (Oregon)
10,000.....	28:24.10.....	Dan Nunn (Georgetown)
110H.....	13.79.....	Jordan Paul (Cal)
400H.....	49.52.....	Jesua Anderson (Washington St)
4 x 100.....	39.32.....	TCU
4 x 200.....	1:23.55.....	LSU
4 x 400.....	3:04.93.....	Baylor
4 x 800.....	7:20.09i.....	Connecticut
4 x Mile.....	16:42.73+.....	Duke
SpMed.....	3:20.03.....	Baylor
DisMed.....	9:28.35i.....	Arkansas
HJ.....	7-5 (2.26)i.....	Jerome Miller (Georgia Tech)
PV.....	18-4¾ (5.61)i.....	Jason Colwick (Rice)
LJ.....	26-11¼ (8.21)i.....	Ngoni Makusha' (Florida St)
TJ.....	55-8½ (16.98)i.....	Christian Taylor (Florida)
SP.....	68-1¾ (20.77)i.....	Zack Lloyd (Arizona)
DT.....	212-9 (64.86).....	Rashaud Scott (Kentucky)
HT.....	217-11 (66.43).....	Nate Rolfe (Georgia)
JT.....	265-10 (81.03).....	Chris Hill (Georgia)
Dec.....	7452.....	Kevin Dwyer (Miami/Ohio)

— More U.S. Outdoor —

RALEIGH RELAYS

Raleigh, North Carolina, March 27–28—
100(1.6): 1. Davis (NCC) 10.57.
200(-0.7): 1. Green' (JCS) 20.68.
400: 1. Scott (StA) 46.13.

St: 1. Hughes (Louis) 8:50.83; 2. Estremera (Alb) 8:54.12.

5000: 1. Furst (unat) 14:02.16; 2. Morgan (unat) 14:06.79; 3. Ritchie (BC) 14:09.63.

10,000: 1. Grey (WM) 29:25.71.
110H(-1.3): 1. Dubose (unat) 13.91.

400H: 1. Steele' (Jam) 50.54;
2. Weakly' (Jam) 50.59.

Relay Events

4 x 100: 1. Triangle Sports 39.74.

4 x 200: 1. St. Augustines 1:22.71.

4 x 400: 1. St. Augustines 3:05.95; 2. Wake Forest 3:05.98.

4 x 800: 1. Virginia 7:28.26;
2. Duke 7:30.16; 3. Seton Hall 7:30.65; 4. Iowa State 7:31.20;
5. Virginia 7:35.34; 6. Buffalo 7:36.05; 7. Howard 7:36.75.

4 x 1500: 1. Duke 15:28.45;
2. Virginia 15:30.26; 3. LaSalle 15:32.52; 4. Eastern Michigan 15:32.89; 5. Virginia 15:40.84.

SpMed: 1. St. Augustines 3:19.49; 2. Track Eastern 3:19.58; 3. East Carolina 3:20.28; 4. LIU 3:20.85.

Field Events

LJ: 1. Adams (unat) 25-1 $\frac{1}{4}$ (7.65).

SP: 1. Vickers (unat) 61-7 (18.77).

DT: 1. Henderson (unat) 185-4 (56.50); 2. Talbert (Lib) 181-8 (55.39).

HT: **1. Kruger (unat) 246-0 (74.99) (AL)**; 2. Doty (unat) 214-5 (65.36); 3. Klenk (unat) 207-5 (63.23); 4. Dibuono (Ford) 202-0 (61.57).

RALEIGH WOMEN

800: 1. Jackson (UNCC) 2:07.24; 2. Blackmon (NCSt) 2:07.58.

St: 1. Garcia (Va) 10:23.68; 2. Gregory (Gtn) 10:24.98.

5000: 1. Donovan (unat) 16:10.31; 2. Grace (unat) 16:11.20.

100H(-0.4): 1. Ivy (NC) 13.24;
2. Williams' (JCS) 13.30; 3. Wright (OhSt) 13.34.

400H: 1. Smith (Va) 58.28; 2. Dumpson (unat) 58.66; 3. James (NC) 58.71;
4. Pollock (Belm) 59.02.

4 x 100: 1. Hampton 45.16; 2. North Carolina 45.43.

4 x 200: 1. Hampton 1:35.99.

4 x 800: 1. Virginia 8:52.69.

4 x 1500: 1. Virginia 18:08.63.

Field Events

HJ: 1. Stone (unat) 6-0 (1.83).

SP: 1. Blewitt (unat) 55-3 $\frac{3}{4}$ (16.86);
2. Henry (NCSt) 51-10 (15.80).

JT: 1. Borawski (unat) 155-8 (47.45);
2. Briggs (Va) 150-0 (45.73).

2009 Women's NCAA Leaders

100..... 11.24.....Porscha Lucas (Texas A&M)
200..... 22.80i.....Murielle Ahoure (Miami)
400..... 51.55i.....Francena McCorory (Hampton)
800..... 2:02.39i.....Phoebe Wright (Tennessee)
1500..... 4:19.13 Christine Babcock (Washington)
Mile..... 4:25.91i.....Jenny Barringer (Colorado)
St..... 9:56.73.....Silje Fjertoft' (SMU)
3000..... 8:42.03i.....Jenny Barringer (Colorado)
5000..... 15:01.70i.....Jenny Barringer (Colorado)
10,000.. 33:02.31.....Andrea Walkonen (Boston U)
100H.... 13.24.....Vanneisha Ivy (North Carolina)
400H.... 58.28.....Ayla Smith (Virginia)
4 x 100. 43.67.....Texas A&M
4 x 200. 1:33.27.....LSU
4 x 400. 3:32.52i.....Texas A&M
4 x 800. 8:34.82i.....Tennessee
4 x 150018:08.63.....Virginia
SpMed. 3:48.98.....LSU
DisMed 10:50.98i.....Tennessee
HJ..... 6-6 (1.98)i.....Destinee Hooker (Texas)
PV..... 14-4 (4.37)i.....Alicia Rue (Minnesota)
LJ..... 21-11 $\frac{3}{4}$ (6.70)i.....Jeomi Maduka (Cornell)
TJ..... 46- $\frac{1}{2}$ (14.03)i.....Kim Williams' (Florida St)
SP..... 58-10 $\frac{1}{4}$ (17.94)i.....Mariam Kevkhishvili' (Florida)
DT..... 177-6 (54.10) Sarah Stevens (Arizona St)
HT..... 222-10 (67.93).....Éva Orbán' (USC)
JT..... 191-7 (58.41).....Kara Patterson (Purdue)
Hept..... 5643.....Brienne Theisen' (Oregon)

2009 Women's World Leaders

100..... 11.24.....Porscha Lucas (US)
200..... 22.80i.....Murielle Ahoure (US)
400..... 50.55i.....Antonina Krivoshapka (Russia)
800..... 1:58.10i.....Mariya Savinova (Russia)
1500..... 4:01.77i.....Nuria Fernández (Spain)
Mile..... 4:25.91i.....Jenny Barringer (US)
St..... 9:56.73.....Silje Fjertoft (Norway)
3000..... 8:25.80i+.....Meseret Defar (Ethiopia)
5000..... 14:24.37i.....Meseret Defar (Ethiopia)
10,000.. 33:02.31.....Kate OiNeill (US)
100H.... 12.74.....Sally McLellan (Australia)
400H.... 55.50.....Melaine Walker (Jamaica)
H-Mar .. 67:18.....Dire Tune (Ethiopia)
Mar..... 2:23.42.....Yoko Shibui (Japan)
20W..... 1:24:56.....Olga Kaniskina (Russia)
4 x 100. 43.37.....MVP Track Club (Jamaica)
4 x 400. 3:29.12i.....Russia
HJ..... 6-8 $\frac{3}{4}$ (2.05)i..Ariane Friedrich (Germany)
..... 6-8 $\frac{3}{4}$ (2.05)i.....Blanka Vlašić (Croatia)
PV..... 16-4 $\frac{3}{4}$ (5.00)i..Yelena Isinbayeva (Russia)
LJ..... 22-6 $\frac{1}{2}$ (6.87)i.....Ksenja Balta (Estonia)
TJ..... 48-2 (14.68)i.....Anastasiya Taranova (Russia)
SP..... 66-5 $\frac{1}{4}$ (20.25).....Valeri Villi (New Zealand)
DT..... 207-7 (63.28).....Nicoleta Grasu (Romania)
HT..... 246-2 (75.05).....Anita Włodarczyk (Poland)
JT..... 215-4 (65.63).....Mariya Abakumova (Russia)
Hept..... 5919.....Yariagnis Argüelles (Cuba)

2009 Women's U.S. Leaders

100..... 11.24.....Porscha Lucas (Texas A&M)
200..... 22.80i.....Murielle Ahoure (Miami)
400..... 51.55i.....Francena McCorory (Hampton)
800..... 2:02.39i.....Phoebe Wright (Tennessee)
1500..... 4:10.96i.....Lindsey Gallo (Reebok)
Mile..... 4:25.91i.....Jenny Barringer (Colorado)
St..... 9:58.41.....Lisa Galaviz (Nike)
3000..... 8:42.03i.....Jenny Barringer (Colorado)
5000..... 14:47.62i.....Shalane Flanagan (Nike)
10,000.. 33:02.31.....Kate OiNeill (Strands)
100H.... 13.01.....Yvette Lewis (unat)
400H.... 57.06.....Tiffany Williams (Reebok)
H-Mar .. 68:30.....Kara Goucher (Nike)
Mar..... 2:35:52.....Sally Meyerhoff (unat)
4 x 100. 43.92.....Arizona State
4 x 400. 3:34.30i.....Arizona State
HJ..... 6-6 (1.98)i.....Destinee Hooker (Texas)
PV..... 15-10 (4.83)i.....Jenn Stuczynski (adidas)
LJ..... 22- $\frac{1}{4}$ (6.71)i.....Brittney Reese (Nike)
TJ..... 45-2 $\frac{1}{4}$ (13.77)i.....Shakeema Welsch (unat)
SP..... 61-0 (18.59)i Jill Camarena (New York AC)
DT..... 202-6 (61.72).....Stephanie Traffon (Nike)
HT..... 226-5 (69.01).....Amber Campbell (Mjolinir)
JT..... 191-7 (58.41).....Kara Patterson (Purdue)
Hept..... 5549.....Lauren Collins (UC Irvine)

LSU RELAYS

Baton Rouge, March 27–28—
100(2.1): 1. Harts (Bay) 10.43w.
110H(-0.8): 1. Fontenet (TO) 14.08; Heats:
II(0.0)–1. Fontenet 13.84.
400H: 1. Pitts (TCU) 51.76.
4 x 100: 1. LSU 39.70; 2. Baylor 39.70.
4 x 200: I–1. LSU 1:23.55; 2. TCU 1:23.66.
II–1. Southwest Mississippi 1:23.73.
4 x 400: I–1. Baylor 3:04.93.
SpMed: 1. Baylor 3:20.03; 2. LSU 3:20.08;
3. LSU B 3:20.72.

Field events

LJ: 1. Hicks (LSU) 26-1 $\frac{1}{2}$ (7.96).
DT: 1. White (unat) 183-2 (55.84).
HT: 1. Nerdal' (unat) 225-9 (68.80).
JT: 1. Fillinich (NWNLa) 233-4 (71.12); 2. Chretien (McN) 217-1 (66.16).

LSU WOMEN

100(2.3): 1. Wilson (LSU) 11.42w; 2. Henry (LSU) 11.59w.
800: 1. Thomas' (TOly) 2:05.44; 2. Deleon' (TOly) 2:06.54.
100H: 1. Ohanaja' (Ngr) 13.43.
400H: 1. Wilson' (Jam) 56.06.
4 x 100: 1. Tiger Olympians 43.85; 2. LSU 44.07.
4 x 200: 1. Tiger Olympians 1:32.68; 2. LSU 1:33.27.
4 x 400: 1. Tiger Olympians 3:30.15; 2. Baylor 3:35.27; 3. LSU 3:36.06.
SpMed: 1. LSU 3:48.98.

Field Events

HJ: 1. Carter (LSU) 6-0 (1.83).
PV: 1. Kayes (Akr) 13-5¼ (4.10); 2. Rodrigue (LSU) 13-1½ (4.00); 3. Laurent (LSU) 12-7½ (3.85).
LJ: 1. Carson (Bay) 20-6½w (6.26); 2. Gipson (TCU) 20-3¼w (6.19) (20-¼/6.10); 2. Covington (TCU) 20-3¼w (6.19) (20-½/6.11); 4. Bell (SEnLa) 20-2¼w (6.15).
TJ: 1. Linton' (Jam) 42-10¾ (13.07); 2. Covington (TCU) 42-1¼ (12.83).
SP: 1. Kelley (TCU) 51-¾ (15.56).
DT: 1. Large (Akr) 160-7 (48.94).
HT: 1. Large 215-0 (65.53).
JT: 1. Lyons (LSU) 157-3 (47.92).

LANE INVITATIONAL

Arlington, Texas, March 28—
200(0.7): 1. Wariner (adi) 20.85
110H(-0.5): 1. Miller (unat) 13.91.
HT: 1. Charfreitag' (Svk) 251-3 (76.59); 2. Pagliasotti (unat) 211-1 (64.34); 3. Millar (DeP) 204-9 (62.42).
JT: 1. Mazanec (Wich) 229-6 (69.95); 2. Trudo (Wich) 222-0 (67.66).
Women:
100H(-0.7): 1. Williams (NEra) 13.49.
SP: 1. Carter (unat) 55-11¾ (17.06).
JT: 1. Fraser (DeP) 158-0 (48.16).

ARIZONA STATE INVITATIONAL

Tempe, March 27-28—
100(0.0): 1. Barnett' (Can) 10.37.
200(0.0): 1. D. White (unat) 20.71; 2. Dykes (TxAM) 20.87; 3. Phiri' (TxAM) 20.91.
400: 1. Oliver (TxAM) 46.19; 2. Masheto' (Il) 46.31; 3. Sanford (unat) 46.35; 4. Miller (TxAM) 46.65; 5. Scherer (OTC) 47.06.
800: 1. McHenry (AzSt) 1:48.25.
1500: 1. Pifer (OTC) 3:43.96; 2. Bethke (AzSt) 3:44.49.
400H: 1. Gaymon (Ga) 50.01; 2. Garcia (Army) 51.06.
4 x 100: 1. Arizona State 39.79.
4 x 400: 1. Texas A&M 3:06.53; 2. Illinois 3:08.38; 3. Arizona State 3:08.52.

Field Events

SP: 1. Clarke (unat) 61-¼ (18.60).
DT: 1. Whiting (AzSt) 199-3 (60.73); 2. Schutz (CoSt) 184-9 (56.32).
HT: 1. Rolfe (Ga) 217-11 (66.43) (CL); 2. Daniš' (Ga) 212-4 (64.73); 3. Harpenau (Pur) 209-4 (63.81); 4. Freeman (Ga) 201-9 (61.50); 5. Godell (CoSt) 200-8 (61.16).
JT: 1. Hill (Ga) 265-10 (81.03) (AL, CL) (237-5, f, 243-3, 265-10, 246-2, p) (72.36, f, 74.14, 81.03, 75.04, p).

ARIZONA STATE WOMEN

100(-0.1): 1. Lucas (TxAM) 11.24 (WL, AL, CL); 2. Mayo (TxAM) 11.35; 3. Duncan (TxAM) 11.59.
200(0.0): 1. Beard (TxAM) 23.15; 2. George' (TxAM) 23.54; 3. Carter (TxAM) 23.65; 4. Duncan 23.68.
400: 1. Schultz (NDm) 53.65.

800: 1. Romanko (AF) 2:07.92.
1500: 1. Simpson (OTC) 4:19.53.
100H(0.5): 1. Chaney (AzSt) 13.79; 2. Thomas (TxAM) 13.95.
400H: 1. Chaney 59.56.
4 x 100: 1. Texas A&M 43.82 (Carter, Lucas, George', Mayo); 2. Arizona State 43.92; 3. Texas A&M B 45.52.
4 x 400: 1. Texas A&M 3:38.02.

Field Events

HJ: 1. Johnson (Nik) 5-8¾ (1.75).
PV: 1. Saxer (NDm) 13-1½ (4.00); 2. Peck (Pur) 12-7½ (3.85).
LJ: 1. Garnett (AzSt) 20-¼ (6.10);... 5. Johnson 19-¾ (5.81).
SP: 1. Pressley (unat) 56-2 (17.12); 2. Wannemacher (Pur) 51-3¾ (15.64).
DT: 1. Pierson (unat) 195-6 (59.58); 2. Stevens (AzSt) 177-6 (54.10) (CL); 3. Battle (unat) 172-0 (52.43); 4. Neubauer (AF) 169-1 (51.55).
HT: 1. Tóth' (Hun) 209-8 (63.92); 2. Stevens (AzSt) 207-3 (63.18); 3. Berg' (Ut) 192-5 (58.65); 4. Weber (NDm) 188-8 (57.52); 5. Daly (Dart) 188-3 (57.39).
JT: 1. Patterson (Pur) 191-7 (58.41) (AL, CL) (x, 10 C; x, 5 AmC) (179-10, 168-0, 191-7, 180-9, f, p) (54.81, 51.20, 58.41, 55.09, f, p);
2. Thompson (Ga) 169-4 (51.63); 3. Asimakis (TxAM) 161-9 (49.30); 4. Humphreys (TxAM) 158-9 (48.39).

CAL-NEVADA CHAMPIONSHIPS

Westwood, California, March 28—
Teams: 1. UCLA 215½; 2. CSU Northridge 96; 3. CS Sacramento 79.
100(0.0): 1. Waters (CSN) 10.44.
200(2.2): 1. Waters 21.20w.
5000: 1. Barnes (UCLA) 14:15.61.
110H(0.5): 1. Trice (UCD) 13.88.
400H: 1. Wilright (UCD) 50.60; 2. Medwood (LBSt) 50.94.
4 x 100: 1. Cal State Northridge 40.70.

Field Events

HJ: 1. Eison (UCI) 7-½ (2.15).
PV: 1. Woepse (UCLA) 17-4½ (5.30).
LJ: 1. Cole (CSN) 25-1¾ (7.66).
TJ: 1. Clark (UCLA) 51-3 (15.62).
SP: 1. Robinson (UCLA) 57-9½ (17.61).
HT: 1. Kocsor (UCLA) 212-9 (64.85); 2. Henderson (USC) 200-9 (61.18).

CAL-NEVADA WOMEN

Teams: 1. UCLA 164½; 2. San Diego State 84; 3. Cal State Northridge 81.
100(1.3): 1. Lofton (CSN) 11.57.
200(2.1): 1. Lofton 23.67w; 2. Woodruff (UCLA) 23.82w.
400: 1. Short (CSFull) 53.54.
800: 1. Curry (UCLA) 2:06.68; 2. Wallace (SacSt) 2:07.22.
1500: 1. Bower (USF) 4:30.01. St: 1. Williams (CSSM) 10:21.42.
100H(0.7): 1. Rowe (UCLA) 13.66.
400H: 1. Jordan (Fres) 58.69; 2. Merrill

(UCSD) 58.86.
4 x 100: 1. CSU Northridge 45.17; 2. U.C.L.A. 45.46.
4 x 400: 1. UCLA 3:35.89.

Field Events

HJ: 1. Ali (USC) 5-8¾ (1.75);... =11. Kraiss (UCLA) 5-3 (1.60).
PV: 1. Viuf (UCLA) 14-1¼ (4.30); 2. Stately (USC) 13-9¼ (4.20); 3. Jamerson (UCLA) 13-1½ (4.00).
LJ: 1. Watson (UCLA) 20-7 (6.27);... 3f—Watkins' (UCLA).
TJ: 1. Richardson (UCLA) 41-¼ (12.50).
SP: 1. Misaita (UCI) 51-9¾ (15.79).
DT: 1. Dufresne (SLO) 157-4 (47.97).
HT: 1. Órban' (USC) 222-10 (67.93) (CL); 2. Ayala (Fres) 200-5 (61.10); 3. Onyeagbako (LBSt) 199-5 (60.78).
JT: 1. Ralls (CSN) 159-3 (48.54); 2. Ross (UCLA) 156-7 (47.73); 3. Borman (UCLA) 150-6 (45.87).

— International Results —

SOUTH AFRICA CHAMPS

Stellenbosch, March 14-15—
100(1.0): 1. Makgakwe 10.21 PR.
200(-0.1): 1. Mpuang 20.66. 400: 1. Smith 45.63 PR. 800: 1. Mulaudzi 1:44.81. 1500: 1. Cronje 3:36.48. St: 1. Ramolefi 8:16.04 NR (WL). 5000: 1. Soke 13:46.44. 10,000: 1. S. Mokoka 28:52.22. 110H(-0.1): 1. de Vries 13.78. 400H: 1. Le Roux 49.96. 20W: 1. Snyman 1:29:35 PR.
HJ: 1. Carelse 7-2½ (2.20). LJ: 1. Mokoena 26-11¼w (8.21). TJ: 1. Thagane 53-11¼ (16.44).
SP: 1. Robberts 64-7¾ (19.70). DT: 1. Hopley 198-7 (60.53). HT: 1. Harmse 245-4 (74.78) (14th consecutive). JT: 1. Oosthuizen 264-9 (80.70). Dec: 1. Thierry (Mri) 6948.

SOUTH AFRICA WOMEN

100(-0.7): 1. Thipe 11.36 PR. 200(-0.4): 1. le Roux 23.43. 400: 1. Thipe 51.15 PR. 800: 1. Semenya 2:03.16. 1500: 1. Phalula 4:13.05 PR. St: 1. Masehla 10:14.79. 10,000: 1. van Blerk 34:30.70. 100H(1.9): 1. Ras 13.89. 400H: 1. Wienand 56.23. 20W: 1. Buthelezi 1:48:14 PR. 4 x 100: 1. Gauteng 45.54. 4 x 400: 1. Gauteng 3:37.54.
HJ: 1. van der Merwe 5-10¾ (1.80). TJ: 1. Ntshingila 42-2¾ (12.87) PR. DT: 1. Naude 191-8 (58.42). JT: 1. Viljoen 196-7 (59.92). Hept: 1. Tsoaeli (Les) 4968 PR.

AUSTRALIAN CHAMPS

Brisbane, March 19-21—
100(-0.4): 1. Ross 10.34. 200(-2.0): 1. Rouge-Serret 20.95. 400: 1. Wroe 45.07 PR (WL). 800: 1. Bromley 1:47.76. 1500: 1. Riseley 3:35.71 PR. St: 1. Abdi 8:38.65. 110H(-0.6): 1. T. Tanonaka (Jpn) 13.92. 400H: 1. Thomas 49.26.
HJ: 1. Zamel-Paez 7-3¾ (2.23) PR. PV:

1. Lucas 17-10½ (5.45) PR. LJ: 1. Lapierre 27-2½ (8.29) PR. TJ: 1. Jones 55-2¾ (16.83) PR, Frayne.

SP: 1. Anlezark 65-8¾ (20.03). DT: 1. Vili (Fra) 202-9 (61.81). HT: 1. Dickson 212-3 (64.71). JT: 1. Farquhar (NZ) 263-0 (80.16). Dec: 1. Newdick (NZ) 7618.

AUSTRALIA WOMEN

100(-0.1): 1. McLellan 11.32. 200: 1. Williams (NZ) 23.74. 400: 1. Lewis 51.42 PR. 800: 1. Pape 2:02.57. 1500: 1. Jamieson 4:16.15. 3000: 1. Daniels 9:34.76 PR. St: 1. MacFarlane 9:57.14. 100H(-1.3): **1. McLellan 12.74 (WL)**. 400H: 1. Lewis 56.27 PR. HJ: 1. Price 6-1½ (1.87). PV: 1. Boyd 14-3¼ (4.35). LJ: 1. Boyd 21-0 (6.40). TJ: 1. Allen 44-2¾w (13.48).

SP: 1. Vili (NZ) 66-4¼ (20.22). DT: 1. Samuels 197-0 (60.05). HT: 1. Eagles 202-7 (61.75). JT: 1. Mickle 199-1 (60.69).

Hept: 1. Foote 5697 PR.

HAVANA

Havana, March 13-15—
100(0.8): 1. González (Cub) 10.25 PR; 2. Herrera (Cub) 10.28 PR; 3. Skyers (Cub) 10.32. Heats: III(0.2)-1. Skyers 10.31 PR.

200(0.6): 1. Skyers 20.42. Heats: V(1.4)-1. **Skyers 20.24 NJR (WL) (=8, x WJ)**.

TJ: **1. Copello (Cub) 57-9¾ (17.62) PR (WL)**; 2. Betanzos (Cub) 56-7¼ (17.25); 3. Fuentes (Cub) 56-3¼ (17.15).

VÄXJÖ INDOOR

Växjö, Sweden, March 22—
DT: **1. Kanter (Est) 228-0 (69.51) WR (old WR 217-2/66.20 Schmidt [EG] '80) (214-1 NR, 228-0WR, 223-9, 226-5, 218-2, 218-5) (65.25 NR, 69.51 WR, 68.21, 69.01, 66.51, 66.58)**;
2. Cadée (Hol) 198-0 (60.37) NR;
3. Israel (Est) 197-11 (60.32).

Road Racing

PARELLOOP 10K

Brunssum, Holland, March 29 (loop)—
Men: **1. M. Kogo (Ken) 27:01 WR (old WR—27:02 Gebrselassie [Eth] '02)**; 2. Chebii (Ken) 27:47; 3. Kamais (Ken) 28:20.

Women: 1. Mukunzi (Ken) 32:08;
2. Malot (Ken) 32:55.

SHAMROCK SHUFFLE 8K

Chicago, March 29 (snow-storm)—
Men: 1. Em. Korir' (Ken) 24:18; 2. Meissen (Wi) 24:23; 3. Jonaitis (Il) 24:29; 4. Sigl (Wi) 24:30; 5. Ch. Johnson (Mi) 24:30; 6. Sheehan (Mi) 24:35; 7. Kilburg (Mi) 24:37; 8. Arcinaga (Mi) 24:42; 9. Ware (Il) 24:45; 10. G. Robison (Mi) 24:48.

Women: 1. Kastor (Ca) 27:15 (first race since OG marathon); 2. Moody (Co) 28:03; 3. Owens (Ia) 28:55; 4. Jefferson (Mi) 28:57.

DUDINCE WALKS

Dudince, Slovakia, March 28—
20W: 1. Jelonek (Pol) 1:22:58; 2. Mikelionis (Lit) 1:23:39 PR; 3. Rekest (Lit) 1:29:58.
50W: **1. Diniz (Fra) 3:38:45 NR (WL)**; 2. Tóth (Svk) 3:41:32 NR; 3. Costin (Ire) 3:50:51 NR; 4. Augustyn (Pol) 3:52:16 PR; 5. Griffin (Ire) 3:53:54; 6. Suskevicius (Lit) 3:54:40.

2009 Boys HS Leaders

100.....	10.39.....	Kenneth Gilstrap (Ga)
200.....	21.26i.....	Jermaine Brown' (NY)
400.....	46.67.....	Reggie Wyatt (Ca)
800.....	1:49.21i.....	Robby Andrews (NJ)
1500.....	3:50.70.....	Elijah Greer (Or)
Mile.....	4:08.47i.....	Andrew Springer (RI)
3000.....	8:23.80i'.....	Lukas Verzbickas (Il)
2M.....	8:57.44i.....	Lukas Verzbickas (Il)
5000.....	14:18.42i.....	Lukas Verzbickas (Il)
110H.....	13.93.....	Cameron LaCour (Tx)
300H.....	36.59.....	Reggie Wyatt (Ca)
4 x 100.	41.03.....	Deerfield Beach (Fl)
4 x 200.	1:24.76.....	DeSoto (Tx)
4 x 400.	3:12.82.....	New Bern (NC)
4 x 800.	7:36.99i.....	Albemarle (Va)
4 x Mile	17:21.58i.....	W Windsor-Plnsbro N (NJ)
SpMed.	3:19.58.....	New Bern (NC)
DisMed	10:02.13i.....	Albemarle (Va)
HJ.....	7-4½i.....	Erik Kynard (Oh)
PV.....	17-10¼.....	Jack Whitt (Ok)
LJ.....	25-1¼i.....	Marquise Goodwin (Tx)
TJ.....	51-1¼.....	David Wilson (Va)
SP.....	71-½i.....	Stephen Saenz (Tx)
DT.....	207-0.....	Mason Finley (Co)
HT.....	222-6.....	Alec Faldermeyer (NY)
JT.....	204-11.....	Matthew Byers (Ks)

(first girls list next week)

Women's 20W: 1. Shelest (Ukr) 1:34:17;
2. Svensson (Swe) 1:34:31.

Prep Highlights

IOWA STATE INDOOR GIRLS

Cedar Rapids, March 24--HJ: **1. Willms (Dike-New Hartford, Dike, Ia) 6-¼ (HSL) (7, 7 HS) (Highest indoors since '87)**.

HURON INDOOR RELAYS

Ypsilanti, Michigan, March 28--HJ: **1. Kynard (Rogers, Toledo, Oh) 7-4½ (HSL) (=3, =4 HS)**.

RALEIGH RELAYS

Raleigh, March 27-28—
4 x 200: 2. New Bern, North Carolina 1:25.20.
4 x 400: **2. New Bern 3:12.82 (HSL)**.
SpMed: **2. New Bern 3:19.58 HSR (old record 3:21.1 Berkeley, Ca '81) (Fuquawn Greene 21.5, Sparks 21.8, And. Hendrix 46.58, Ant. Hendrix 1:49.70 [51.8/57.9])**.

in next week's eNewsletter:
**Texas Relays, Florida Relays,
UCLA Invitational**

U.S. Outdoor Schedule

Invitationals

April

- 1-4..... Texas Relays; Austin, Texas
- 2-4..... Click Shootout; Tucson, Arizona
- 3-4..... Cougar Invitational; Provo, Utah
- Duke Invitational; Durham, North Carolina
- Florida Relays; Gainesville, Florida
- Howell Invitational; Princeton, New Jersey
- Tiger Classic; Auburn, Alabama
- UCLA Invitational; Westwood, California
- 4..... Pepsi Team Invitational; Eugene, Oregon
- Poehlein Invitational; W. Lafayette, Indiana
- Pomona-Pitzer Invitational; Claremont, California
- Sacramento Elite; Sacramento, California
- 8-11..... Sea-Ray Relays; Knoxville, Tennessee
- 9..... Texas Tech Twilight; Lubbock, Texas
- 9-11..... JJK/Johnson Inv; Westwood, California
- 10..... Big West Challenge; Fullerton, California
- Pelican Relays; Baton Rouge, Louisiana
- 10-11..... Onesty Invitational; Charlottesville, Virginia
- Seminole Invitational; Tallahassee, Florida
- Sun Angel Classic; Tempe, Arizona
- Towns Invitational; Athens, Georgia
- 11..... Botts Invitational; Columbia, Missouri
- Jacobs Invitational; Norman, Oklahoma
- Miami Elite; Miami, Florida
- Michigan vs. Ohio State (m); Columbus, Ohio
- Nebraska Invitational; Lincoln, Nebraska
- Ole Miss Invitational; Oxford, Mississippi
- UNC Invitational; Chapel Hill, North Carolina
- UTEP Invitational; El Paso, Texas
- Wilson Open; Davis, California
- 15-16..... Mt. SAC Multis; Azusa, California
- 15-18..... Kansas Relays; Lawrence, Kansas
- 16-18..... LSU Alumni Gold; Baton Rouge, Louisiana
- Mt. SAC Relays; Walnut, California
- 17..... Azusa Pacific Invitational; Azusa, California
- Stanford vs. Cal; Stanford, California
- 17-18..... All-Ohio; Oxford, Ohio
- Ellis Invitational; Princeton, New Jersey
- Friendship/Freedom G; Greensboro, North Carolina
- Indiana Invitational; Bloomington, Indiana
- McDonnell Invitational; Fayetteville, Arkansas
- Morgan State Legacy; Baltimore, Maryland
- TCU Invitational; Ft. Worth, Texas
- Volunteer Classic; Knoxville, Tennessee

(always check with management before traveling to any meet)