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Just Misses
Mile Record**

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Records For Jakob
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From The Editor — So Who Is The G.O.A.T. Of Track & Field?

by E. Garry Hill



IN THE WAKE OF THE SUPER BOWL, a popular question in the sporting world became, “Is Tom Brady the G.O.A.T.?” (For those unfamiliar with the term, which I don’t recall being in the lexicon until about 20 years ago, G.O.A.T. stands for Greatest Of All Time, something Maurice Greene celebrated with a tattoo in the early 2000s.) Even though Brady is clearly not a unanimous choice as football’s greatest, there are those who go so far as to think of him as the greatest of all G.O.A.T.s.

What does that have to do with us? Well, a writer for nfl.com picked his G.O.A.T.s from 16 different sports and ranked them (Brady was indeed his football pick, but only as No. 7 overall; the No. 1 honor went to Michael Jordan). He fudged at 12 and 13, calling that a tie between Usain Bolt and Jackie Joyner-Kersey. In this corner it says that of the four he got only JJK right (although that may well be slighting Irena Szewińska). So why not Bolt?

Let’s go back to the March ‘00 edition, where in celebrating the bests of the 100 years that had gone before we put [Jesse Owens on the cover](#), citing him as “Trackster Of The Century.” But as my column in that issue explained, we weren’t choosing the Buckeye Bullet as the best performer, just the most influential. Our panel’s (and my) choice for No. 1 was Carl Lewis.

Much has changed since then, most notably the arrival on the scene of Bolt, who at that time was a 13-year-old still a year away from showing up on lists as a promising 21.73 performer. It wasn’t until ‘03 that the Jamaican Jet made our World Rankings, but from ‘08 through his final season in ‘16 (and some would say even now, almost

3 years after his retirement) he became the face of the sport. The big question is, did he do enough to supplant Lewis as the sport’s G.O.A.T.?

This corner says no, and here’s why.

In the 100, Lewis had a record 16 top 10s (and a record 15 of them in a row): a record 6 No. 1s, 4 No. 2s, 2 No. 3s, 1 No. 6, 1 No. 7, 2 No. 10s. Bolt’s total was 9: 5 No. 1s (trailing only Lewis), 3 No. 2s, 1 No. 3. Lewis remains the event’s top scorer ever, at 123, while Bolt is No. 4 at 85.

In the 200, Bolt had 12 ranks (trailing leader Frank Fredericks by 1): a record 7 No. 1s, 1 No. 2, 1 No. 3, 2 No. 4s, 1 No. 9. Bolt also shares the record for most consecutive No. 1s at 3. Lewis had 9 ranks: 2 No. 1s, 2 No. 2s, 1 No. 3, 2 No. 6s, 1 No. 7, 1 No. 10. Bolt is the No. 2 scorer ever at 103 (2 points behind Fredericks), with Lewis No. 7 at 61.

Putting the two events together, Bolt leads in points 188–184. Where Bolt gains some traction is in the World Record department. In the 100 each had 3 WRs (and Lewis lost a fourth on a technicality; Lewis also had 3 low-altitude WRs). But in the 200 Bolt adds another pair, while Lewis can only claim 1, of the low-altitude variety.

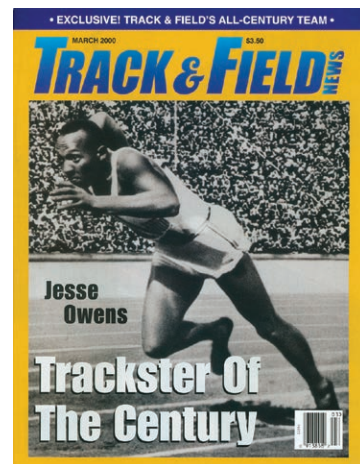
Finally, let’s look at how each of them rated against their peers in other events by checking out Athlete Of The Year stats. Lewis is one of only of a trio of 3-time winners and one of only a pair of those who won 3 times in a row. Lewis made the Top 10 no fewer than 9 times (trailing only Sergey Bubka’s 10) and racked up the highest point total, in addition to his 3 No. 1s picking up 3 No. 2s, 1 No. 3, 1 No. 5 and 1 No. 7. Bolt is No. 6 on the points-scored list achieved with 2 No. 1s, 2 No. 2s and 3 No. 3s.

Finally, how about major medals (ignoring relays, which have nothing to do with individual accomplishment)? Bolt 6 Olympic golds (3 in the 100, 3 in the 200) to Lewis’s 3 (2 in the 100, 1 in the 200, plus a 200 silver); Bolt 7 WC golds (3 in the 100, 4 in the 200) to Lewis’s 3 (all in the 100, plus a 200 bronze).

For all that—plus the inescapable fact that had World Championships been held in ‘85 and ‘89, in the peak of his career, Lewis’s medal count would rise markedly—I give the narrow edge to Lewis, aided mightily by his amazing length of career. You, dear reader, may of course interpret it differently, but aha! that allows me to play my trump card. Lewis as long jumper.

There’s nothing in Bolt’s arsenal to compare with Lewis in what was his best event of all, where he’s clearly the G.O.A.T. even if the biggest bauble—the World Record—escaped him. 4 Olympic golds about says it all (with a pair of WC golds as well). The 148 points he amassed in his record 17 seasons in the Top 10 trail only javelin thrower’s Jan Železný’s 154 in any single event. Counting points in all events, Haile Gebrselassie (5000/10,000/marathon) has 230 and Bolt has 188. They’re not-even-in-the-picture Nos. 2 and 3 on that list. Lewis’s 3-event total is a stunning 332. And let’s talk about overall No. 1s, where Lewis has 18. Michael Johnson is next at 15, with Bolt =No. 5 at 12. QED.

Oh yeah, almost forgot: a tip of the hat to a pair of legends who dabbled with high jumping before going on to become their sport’s real G.O.A.T.s: Joe Montana & Wilt Chamberlain. □



World Record – Samuel Tefera Runs 3:31.04

MARK SHERMAN



Smart money said an Ethiopian would break the 1500 record in Birmingham; Samuel Tefera's name wasn't the one generally in play, however.

by Roy Conrad

Birmingham, England, February 16—Yomif Kejelcha, the versatile Ethiopian 3K/5K standout stepping down in distance, came to the Birmingham stop on the World Indoor Tour with announced intentions to take down all-time great Hicham El Guerrouj's 22-year-old 1500 World Record of 3:31.18. But Samuel Tefera, 19 and the world indoor champion, had aims of his own. He ran them into reality and with a well-timed kick, defeated his 2-years-older countryman and lowered the WR to 3:31.04. Kejelcha's 3:31.58 in 2nd raised him to No. 3 on the all-time list as the pair produced the fastest indoor clockings in 21 years.

Tefera's victorious pursuit of Kejelcha was a tactical master work, especially in light of his youth. Kejelcha, reed-thin at 6-1¼ (1.86) and versatile—he raced the half-marathon in 59:17 last fall—had every reason to be confident and hungry after running up short of the mile record at Millrose last week by an at once consternating and appetizing 0.02 margin.

At the gun the two Ethiopians broke from the rest of the field led by pacemakers Bram Som (55.69, 1:52.7) and Jordan Williamsz (2:21.27 at the

kilo), and each split signaled record hopes were real. When the Aussie peeled off 500m from the finish, Kejelcha took the lead with alacrity. And Tefera followed like a caboose one stride behind, noted assuredly around 3:00 in when Kejelcha stole a look over his shoulder. Still there.

Kejelcha, who is coached by Alberto Salazar as a member of the Nike Oregon Project, reached 1100 in 2:35.7, 0.5 slower than El G's split (in an unrabbed race against Haile Gebrselassie). Tefera passed in 2:35.9. Neither showed the slightest hint of fatigue. A half lap later 1200 went down in 2:49.28 for the older young Ethiopian. Kejelcha needed a 41.90 final 300 for the record. At 3:03.4 with a lap to run, a 27.8 close was called for, and Kejelcha had wound up the second of his two World Indoor 3000 titles on this track last winter with a final circuit a full second faster. Yet a win was not assured; Tefera flashed through his World Indoor 1500 win—a highly tactical contest—in 25.9.

As the two hit the final backstretch, Tefera, a good 3–4 inches shorter than his rival, sprinted with turnover notably quicker than Kejelcha's. With half a circuit left, just before the last turn he drove into the

lead to open a margin of a meter by the final, short, home straight. With placid visage and a gold chain around his neck, Tefera dashed to the line 3½m to the good.

He jogged into his lap of honor and raised his arms a few seconds later. No broad smile, a workmanlike winner. "I can't believe that," he allowed later. "I'm delighted with the outcome and to have the World Record is a special feeling."

Tefera had run his last 200 in 27.4 and final 400 in 55.4. El Guerrouj had split 56.0 and said afterwards, "I could have run under 3:30 today but my trainer told me to ease up if the record was sure. He shouted to me with two laps remaining. We have more races planned indoors, so there's no point in doing too much damage to the record at once." Ten days later the Moroccan essayed his 3:48.45 mile WR but he never again lowered the undercover 1500 mark. Tefera, not yet 20, could have more bites at his apple. If he succeeds he'll be the first to improve the standard more than once since Jürgen May in '65–66.

Progression Of The Men's Indoor 1500 World Record

Starting with the first sub-4:00 in the metric mile almost a century ago, here are the claimants to the fastest indoor 1500 time ever (+ = en route in a mile):

Time	Athlete	Date
3:57.0	Joie Ray (US)	3/30/20
3:56.2+	Paavo Nurmi (Finland)	1/06/25
3:55.8	Lloyd Hahn (US)	2/21/25
3:53.4	Gene Venzke (US)	2/27/32
3:52.2	Glenn Cunningham (US)	2/24/34
	Bill Bonthron (US)	2/24/34
3:50.5	—Cunningham	2/23/35
3:49.9	Gene Venzke (US)	2/22/36
3:48.4	Glenn Cunningham (US)	2/26/38
3:48.3+	Wes Santee (US)	2/05/55
3:44.6	Siegfried Herrmann (East Germany)	2/28/60
3:43.2+	Jim Beatty (US)	2/10/62
3:42.2	Jürgen May (East Germany)	2/14/65
3:42.0+	—Herrmann	2/21/65
3:41.9+	—May	2/20/66
3:41.7	—May	2/27/66
3:40.7	Michel Jazy (France)	2/27/66
3:37.8	Harald Norpoth (West Germany)	2/13/71
3:37.4	John Walker (New Zealand)	1/06/79
3:35.6+	Eamonn Coghlan (Ireland)	2/20/81
3:35.4+	Marcus O'Sullivan (Ireland)	2/13/88
3:34.20	Peter Elliott (Great Britain)	2/27/90
3:34.16	Noureddine Morceli (Algeria)	2/28/91
3:31.18	Hicham El Guerrouj (Morocco)	2/02/97
3:31.04	Samuel Tefera (Ethiopia)	2/16/19

1500 Results

1. Samuel Tefera (Eth) 3:31.04 WR (old WR 3:31.18 Hicham El Guerrouj [Mor] '97) (56.3, 56.8 [1:53.1], 56.4 [2:49.5], 41.5) (13.9, 27.4, 55.4); 2. Yomif Kejelcha (Eth) 3:31.58 PR (3, 3 W) (14.5, 28.2, 56.1); 3. Stewart McSweyn (Aus) 3:35.10 NR; 4. Josh Kerr (GB) 3:35.72 PR; 5. Chris O'Hare (GB) 3:37.42; 6. Ryan Gregson (Aus) 3:37.52; 7. Vincent Kibet (Ken) 3:38.01; 8. Neil Gourley (GB) 3:38.32 PR; 9. Charlie Da'Vall Grice (GB) 3:39.04 PR; 10. Elliot Giles (GB) 3:39.53 PR; 11. Bethwel Birgen (Ken) 3:41.03; 12. Brimin Kiprotich (Ken) 3:41.30 PR; 13. Jake Heyward (GB) 3:42.84 PR; 14. Piers Copeland (GB) 3:44.21 PR; ...rabbits—Bram Som (Neth) (55.69, 57.01 [1:52.70]), Jordan Williamsz (Aus) (2:21.27).

New Balance Grand Prix — The Miles Top The Bill

VICTOR SALES/PHOTO RUN



Both scored PRs as Yomif Kejelcha (3:51.70) pulled away from Bethwel Birgen (3:54.82) in the mile.

by Roy Conrad

Roxbury Crossing, Massachusetts, January 26—The IAAF's 2019 World Indoor Tour got underway in Boston with the New Balance Indoor Grand Prix. A sold-out crowd at the Reggie Lewis Center was treated to some impressive early-season performances, some close races, and a few surprises.

As is often the case in U.S. indoor meets, the miles stole the show. The men's race turned out to be a runaway for Yomif Kejelcha, the two-time indoor World Champion at 3000m. The 21-year-old Ethiopian followed the pacemaker for the first 3 laps, and then kept up the rabbit's pace without him. He finished in an Ethiopian Record 3:51.70, more than 3 seconds ahead of Kenya's Bethwel Birgen, who never seriously challenged Kejelcha, who is currently training in Oregon. It was just 0.09 short of Nick Willis's meet record. Willis, who has won this event 5 times, finished 4th.

The fastest miler in the world last year, Edward Cheserek, chose to go for a repeat win in the 3000. But after following the rabbit for 5 laps, Hagos Gebrhiwet, whom Cheserek had beaten here last year, pulled away steadily to win in 7:37.41, more than 5 seconds ahead of the Oregon alum.

The women's mile was a much closer race than the men's, and was also quite fast. Another Ethiopian, Olympic finalist Dawit Seyaum, stayed right behind the rabbit for the first 4 laps and continued to lead until just before the final turn, where she was passed by Canada's Gabriela DeBues-Stafford and then by New Englander Elinor Purrier, who gave chase on the homestraight, but fell just short of the victory.

DeBues-Stafford's 4:24.80 was a Canadian Record and was also the fastest indoor time in the world since '17. Purrier was only 0.08 back and set a PR which moved her to =No. 8 on the all-time U.S. list. There were five other PRs in the race, including national records for Sweden and Ireland.

The women's 5000 was a strange race in which the rabbit set a modest pace (3:06.91 for 1000m) but nobody followed her—at one point she led by nearly 10 seconds. After first 8 laps, the rabbit dropped out and Germany's Konstanze Klosterhalfen picked up the pace a bit herself, but by the 3000 mark, she had pulled away from the rest of the field. She won the race in 15:15.80, more than half a lap ahead of Jenny Simpson, who was running her first 5000 in more than 5 years and her first indoor 5000 in nearly 10 years.

Two of the shorter races were also very close. In the men's 800, Donovan Brazier overtook his new training partner, Clayton Murphy just before the finish line after letting Murphy stay in front of him for the entire race. His winning time of 1:45.91 was 0.03 ahead of Murphy, but 0.70 short of the meet record he had set here last year. Murphy's mark was a PR, one which moved him to No. 10 on the all-time U.S. list. "I thought that I should have gotten myself into a better position," said Brazier. "But nonetheless, I came up with a win."

The meet had only two field events, but both were noteworthy. The pole vault saw Katie Nageotte upset World and Olympic champ Katerina Stefanídi. Nageotte won the competition by clearing 15-9/4 (4.81) and then upped the world lead to 15-11/4 (4.86) before unsuccessfully attempting to improve her PR to 16-1/4 (4.92). Maggie Ewen won the women's shot with a list-leading 63-3/4 (19.28), an indoor PR that moved her to No. 6 on the all-time U.S. list.

One of the most anticipated events of the meet was the professional debut—and reportedly only indoor race of the year—of Sydney McLaughlin. An Olympian at 17, McLaughlin is still only 19 and turned pro after a year running for Kentucky. She chose to run the 500, an event she had not previously run, and she won easily over an undistinguished field in 1:09.46. "I think I went out a little conservatively," she said, "but I felt it coming home that last 100, so that was good."

NEW BALANCE MEN'S RESULTS

IAAF World Indoor Tour; Roxbury Crossing, Massachusetts, January 26 (200 banked)—

300: 1. Rai Benjamin (US) 32.55 PR; 2. Bernardo Baloyes (Col) 33.70 PR; 3. Josephus Lyles (US) 33.72; 4. John Lundy (US) 34.35.

400: 1. Nathan Strother (US) 46.97; 2. Kyle Collins (US) 47.58; 3. Rilwan Alwonle (Ngr) 48.07; 4. David Kendziera (US) 48.25 PR.

800: 1. Donovan Brazier (US) 1:45.91;

2. Clayton Murphy (US) 1:45.94 PR (10, x A);

3. Saúl Ordóñez (Spa) 1:46.62 PR; 4. Sam Ellison (US) 1:46.64; 5. Guy Learmonth (GB) 1:46.98 PR.

Mile: 1. Yomif Kejelcha (Eth) 3:51.70 NR (3:36.43 PR); 2. Bethwel Birgen (Ken) 3:54.82 PR (3:37.50); 3. Sam Prakel (US) 3:56.60 PR (3:41.42 PR); 4. Nick Willis (NZ) 3:56.75 (3:41.73); 5. Vincent Kibet (Ken) 3:56.93 (3:41.35); 6. Corey Bellemore (Can) 4:01.11 (3:43.57); 7. Justyn Knight (Can) 4:03.34 (3:45.72 PR).

3000: 1. Hagos Gebrhiwet (Eth) 7:37.41; 2. Edward Cheserek (Ken) 7:42.93; 3. Adel Mechaal (Spa) 7:45.56; 4. Andrew Butchart (GB) 7:46.50; 5. Chris O'Hare (GB) 7:47.78 PR; 6. Brian Barraza (US) 7:52.45 PR; 7. Tripp Hurt (US) 7:53.85; 8. Will Leer (US) 7:54.01; 9. Andrew Heyes (GB) 8:00.26; 10. Harvey Dixon (Gib) 8:00.87 NR.

60H: 1. Jarret Eaton (US) 7.64; 2. Aaron Mallett (US) 7.65; 3. Freddie Crittenden (US) 7.66; 4. Josh Thompson (US) 7.66; 5. Aleec Harris (US) 7.77; 6. Jeffrey Julmis (Hai) 7.84.

NEW BALANCE WOMEN'S RESULTS

60: 1. Michelle-Lee Ahye (Tri) 7.21; 2. Shania Collins (US) 7.27 PR; 3. Aaliyah Brown (US) 7.36; 4. Schillonie Calvert-Powell (Jam) 7.38; 5. Felicia Brown (US) 7.45; 6. Tahesia Harrigan-Scott (BVI) 7.56.

300: 1-1. Kendall Ellis (US) 36.97 PR; 2. Candace Hill (US) 37.49; 3. Maggie Barrie (SL) 37.95 PR. II-1. Gabby Thomas (CAN) 37.03 PR; 2. Shakima Wimbley (US) 37.18; 3. Brionna Thomas (US) 37.91.

500: 1. Sydney McLaughlin (US) 1:09.46 PR (9, x A);

2. Ashley Taylor (Can) 1:12.22 PR; 3. Samantha Murphy (Can) 1:12.84 PR; 4. Dalanne Zanotelli (US) 1:13.35 PR.

600: 1. Raevyn Rogers (US) 1:27.31; 2. Lynsey Sharp (GB) 1:29.11; 3. Kendra Chambers (US) 1:29.21; 4. Déborah Rodriguez (Uru) 1:29.75 PR; ... dnf—Georganne Moline (US).

Mile: 1. Gabriela DeBues-Stafford (Can) 4:24.80 NR (4:08.36 PR);

2. Elinor Purrier (US) 4:24.88 PR (=8, x A) (4:08.50);

3. Dawit Seyaum (Eth) 4:26.84 PR (4:08.38 PR); 4. Cory McGee (US) 4:28.07 (4:09.85); 5. Yolanda Ngarambe (Swe) 4:28.30 NR (4:10.13 PR); 6. Ciara Mageean (Ire) 4:28.31 NR (4:09.53); 7. Brenda Martinez (US) 4:29.11 PR (4:10.17); 8. Helen Schlachtenhaufen (US) 4:31.86 PR (4:15.14); 9. Kaela Edwards (US) 4:32.14; 10. Emma Coburn (US) 4:32.68 (4:14.39); 11. Aisha Praught-Leer (Jam) 4:33.52 (4:15.16); 12. Stephanie Garcia (US) 4:42.36; ... dnf—Hannah England (GB).

5000: 1. Konstanze Klosterhalfen (Ger) 15:15.80 PR; 2. Jenny Simpson (US) 15:33.38; 3. Katie Mackey (US) 15:42.10 PR; 4. Kim Conley (US) 15:44.41; 5. Stephanie Bruce (US) 15:44.77 PR.

Field Events

PV: 1. Katie Nageotte (US) 15-11/4 (4.86) (14-9/2, 15-1/2, 15-5/2, 15-9/4, 15-11/4, 16-1/4 [xxx]) (4.51, 4.61, 4.71, 4.81, 4.86, 4.92 [xxx]);

2. Katerina Stefanídi (Gre) 15-5/2 (4.71); 3. Annie Rhodes-Johnigan (US) 15-1/2 (4.61) PR; 4. Alysha Newman (Can) 14-9/2 (4.51); ... nh—Chloe Cunliffe (US), Kristen Leland (US).

SP: 1. Maggie Ewen (US) 63-3/4 (19.28) PR (6, x A) (62-1/4, 63-3/4, 62-3, 59-7/4, 61-4/4, f) (18.94, 19.28, 18.97, 18.18, 18.70, f);

2. Christina Schwanitz (Ger) 61-11; 3. Jessica Ramsey (US) 59-9/2 (18.22); 4. Anita Márton (Hun) 58-1/4 (17.71); 5. Brittany Crew (Can) 58-1 (17.70); 6. Janeah Stewart (US) 57-7/4 (17.57); 7. Monique Riddick (US) 56-7/2 (17.26).

Sander Invitational – The Fastest 4 x Mile Ever

JOHN NAPOLITANO



The Brooks Beasts foursome of (l-r) Brannon Kidder, David Ribich, Henry Wynne & Izaic Yorks ran 16:03.68.

by Rich Sands

New York City, January 25-26—A battle for the world indoor best in the 4xMile relay highlighted the pro side of the Armory's Sander Invitational. The Brooks Beasts faced off against the Hoka New Jersey/New York TC in a tight duel to go after the latter's '17 standard of 16:12.81, set on the same track. After 30 deadlocked laps, Brooks anchor Izaic Yorks blasted the final 400 to secure the win and smash the record in 16:03.68. The time also crushed the absolute American

Record, 16:08.54 run outdoors by Athletics West in '84.

The Beasts' first three legs were handled by David Ribich (roughly 4:04), Henry Wynne (4:03) and Brannon Kidder (3:58), who all ran even with their NJ/NY counterparts before Yorks brought it home in the 3:58 range. "Danny [Mackey, Brooks's coach] gave us really good mindset going into it. He said, 'I want every single one of your legs to go out in 2-flat and then kick it in,'" Ribich explained. "All of us are kickers [and] everyone listened to the mission."

The Seattle-based quartet had been focusing on the record attempt since October, and knew that it would require a push from their East Coast rivals. "It's difficult to get a team of four healthy to the line, let alone two teams that can push each other," Kidder said. "I think that's the biggest difference today." The Hoka squad (Jesse Garn, Travis Mahoney, Rob Napolitano and Ryan Manahan) finished in 16:16.05.

Among the other highlights, former world shot champion Joe Kovacs competed in his first indoor

meet in 5 years, winning in 68-1 3/4 (20.77). His wife, Ashley, is a coach at Ohio State, which was competing in the collegiate portion of the meet, so the Olympic silver medalist tagged along. "It's a long season his year with the world championships in October, so this is going to keep my training levels high," he said of his plans for a full undercover campaign. "Energy-wise, I'm happy with today, [but] technically not. I have a lot more work to make it look pretty in the rings."

Ajee' Wilson (1:25.91) pulled away from Olivia Baker (1:26.75) over the final half lap to win the women's 600, while Craig Engels (2:18.98) used a similar tactic to hold off Johnny Gregorek (2:19.78) in the men's 1000. Amanda Eccleston (8:56.68) withstood a closing surge from Heather Kampf (8:56.87) in the women's 3000, as both finished ahead of standout prep Katelyn Tuohy (9:01.81), who broke the HS Record in her first race against pros.

In the college competition (dubbed the Columbia Challenge), top marks went to UCLA frosh Sondre Guttormsen, who cleared 18-8 3/4 (5.71) to win the pole vault and set a Norwegian indoor record, and the Villanova women's DMR, which clocked 10:59.98 thanks to a 4:31.35 anchor from Nicole Hutchinson. The Canadian senior also won the invitational mile in 4:33.47. The BYU men and Ohio State women won the team titles.

SANDER INVITATIONAL MEN'S RESULTS

New York City, January 25-26 (200 banked)—

Teams: 1. BYU 89; 2. Ohio State 81; 3. UCLA 79; 4. tie, Columbia & Virginia 56.

Teams: 1. BYU 89; 2. Ohio State 81; 3. UCLA 79; 4. tie, Columbia & Virginia 56.

200: 1. ***Eric Harrison (OhSt) 21.15.

300: 1. Marcus Chambers (Nik) 33.28; 2. Dontavious Wright (US) 33.42.

600: 1. Byron Robinson (adi) 1:16.65; 2. Erik Sowinski (Nik) 1:16.75; 3. Michael Cherry (Nik) 1:17.19; 4. Edose Ibadin' (Ngr) 1:17.53; 5. Chris Giesting (HokaNJNY) 1:18.77.

1000: 1. Craig Engels (Nik) 2:18.98; 2. Johnny Gregorek (Asics) 2:19.78; 3. Quamel Prince (DistTC) 2:20.05; 4. Robby Andrews (adi) 2:21.28; 5. Jeremy Hernandez (HokaNJNY) 2:21.79.

3000: 1. Ben Flanagan' (Can) 7:48.80; 2. Sam Parsons (adi) 7:49.16; 3. Jordan Mann (OcStAC) 7:50.93; 4. Jacob Thomson (BAA) 7:51.80;

5. Sam Atkin' (GB) 7:52.13; 6. Sydney Gidabuday (Adams) 7:54.77; 7. Graham Crawford (HokaNJNY) 7:56.35; 8. Julian Oakley' (NZ) 7:56.50.

Open 3000: 1. *Robert Brandt (UCLA) 7:59.11; 2. Brian Zabalski (Col) 8:02.15.

60H(1/25): 1. **Trey Cunningham (FIS) 7.53 (=9, x C; =7, x AmC).

4 x 400: 1. South Carolina 3:09.84.

DisMed: 1. Columbia 9:38.93; 2. Duke 9:41.88; 3. Oklahoma 9:42.44; 4. UCLA 9:44.61; 5. Virginia 9:45.55.

4 x Mile: 1. Brooks 16:03.68 WR, AR (old records 16:12.81 Hoka NJ/NY TC '17) (absolute AR—old, 16:08.54 Athletics West '84) (in/out: 5 W) (David Ribich c4:04, Henry Wynne c4:03, Brannon Kidder c3:58, Izaic Yorks c3:58);

2. HOKA New Jersey/New York TC 16:16.05 (3 A; in/out: 8 A) (Jesse Garn c4:04, Travis Mahoney c4:03, Rob Napolitano c3:58, Ryan Manahan c4:11).

Field Events

PV: 1. ***Sondre Guttormsen' (UCLA-Nor) 18-8 3/4 (5.71) NR, NJR (17-2 1/4, 17-6 1/2 [2], 18-1 1/4, 18-5 1/2 [3], 18-8 3/4 [3], 18-10 3/4 [xxx]) (5.25, 5.35 [2], 5.53, 5.63 [3], 5.71 [3], 5.76 [xxx]); 2. Cole Gorski (OhSt) 17-6 1/2 (5.35).

TJ: 1. *Jordan Scott' (Va) 53-11 (16.43).

SP: 1. Joe Kovacs (VeINYAC) 68-1 1/4 (20.77); 2. David Pless (Iron) 65-4 (19.91); 3. Dotun Ogundeji (UCLA) 64-1/2 (19.52); 4. Jiaxiang Wu (Chn) 63-6 1/4 (19.36); 5. Curtis Jensen (Iron) 62-5 1/4 (19.03).

Coll SP: 1. *Eric Favors (SC) 63-7 (19.38); 2. Ogundeji 62-6 1/4 (19.07).

Wt: 1. Justin Stafford (UCLA) 67-5 1/4 (20.55).

Hept(1/24-25): 1. Curtis Beach (unat) 5448; 2. Daniel Golubovic (unat) 5433.

SANDER WOMEN'S RESULTS

(1/25—60, 60H, PV, SP)

Teams: 1. Ohio State 74; 2. Duke 67 1/2; 3. tie, South Carolina & Villanova 59; 5. Florida State 57.

60: 1. **Jayla Kirkland (FIS) 7.28; 2. **Ka'Tia Seymour (FIS) 7.30.

300: 1. Faide Stepter (US) 37.05;

2. **Anavia Battle (OhSt) 37.08 (10, x C; 9, x AmC);

3. Maya Stephens' (Can) 37.69.

400: 1. *Wadeline Jonathas (SC) 53.46.

600: 1. Ajee' Wilson (adi) 1:25.91 (x, 8 A);

2. Olivia Baker (US) 1:26.75; 3. Cecilia Barowski (HokaNJNY) 1:27.71; 4. Chrishuna Williams (Nik) 1:27.93; 5. Maddy Price' (Can) 1:28.54.

800: 1. Allie Wilson (Monm) 2:06.58.

1000: 1. Natoya Goule' (Jam) 2:37.55; 2. Laura Roesler (Nik) 2:38.11; 3. Claudia Saunders' (Fra) 2:38.95; 4. Shannon Osika (Nik) 2:40.16; 5. Jenna Westaway' (Can) 2:40.61; 6. Angel Piccirillo (Juventus) 2:41.41; 7. Stephanie Schappert (HokaNJNY) 2:42.97; 8. Siofra Cléirigh Büttner' (Ire) 2:43.41; 9. Kenyetta Iyevbele (HokaNJNY) 2:46.67.

Mile: 1. Nicole Hutchinson' (Vill) 4:33.47 (4:15.36); 2. Karisa Nelson (Samf) 4:34.81 (4:16.20); 3. Dani Aragon (HokaNJNY) 4:34.87 (4:15.54); 4. Lianne Farber (NBal) 4:38.12; 5. Jamie Morrissey (HokaNJNY) 4:38.36; 6. Katelyn Ayers' (Can) 4:38.47; 7. Anna Shields (PitP) 4:39.74.

3000: 1. Amanda Eccleston (Brk) 8:56.68; 2. Heather Kampf (Asics) 8:56.87;

3. Katelyn Tuohy (North Rockland, Thiells, New York) 9:01.81 HSR (old HSR 9:04.51 Mary Cain [Bronxville NY] '13) (in/out: 6, 7 AJ; 3, 3 HS) (2:57.85, 3:00.85 [5:58.70], 3:03.11);

4. Eleanor Fulton (US) 9:06.09; 5. Amy Eloise-Neale' (GB) 9:16.44.

60H: 1. *Cortney Jones (FIS) 8.14; 2. *Ashley Miller (FIS) 8.26; 3. ***Morgan Lewis (OhSt) 8.35.

4 x 400: 1. South Carolina 3:37.19.

DisMed: 1. Villanova 10:59.98 (Rachel McArthur 3:25.76, Amari Onque-Shabazz 55.75, McKenna Keegan 2:07.12, Hutchinson' 4:31.35); 2. Monmouth 11:15.64; 3. Columbia 11:22.74; 4. Temple 11:23.03.

Field Events

HJ: 1. ***Sanaa Barnes (Vill) 5-11 1/2 (1.82).

PV: 1. Bridget Guy (Va) 13-9 1/4 (4.20); 2. Elleyse Garrett (UCLA) 13-9 1/4; 2. *Laura Marty (Duke) 13-9 1/4.

LJ: 1. Kate Hall (unat) 21-4 1/4 (6.52); 2. Tristine Johnson (unat) 20-5 (6.22).

SP: 1. *Alyssa Wilson (UCLA) 56-6 1/4 (17.24); 2. Ashlie Blake (UCLA) 55-5 (16.89); 3. Sade Olatoye (OhSt) 53-8 1/4 (16.36); 4. *Meia Gordon (Ok) 52-11 (16.13).

Wt: 1. Olatoye 75-2 1/2 (22.92).

Pent: 1. Teddi Maslowski (unat) 3895; 2. **Erin Marsh (Duke) 3823. □

Millrose Games Men — Kejelcha Scares Mile World Record

KIRBY LEE/IMAGE OF SPORT



A mere 0.01 faster would have seen Yomif Kejelcha equaling the mile's World Indoor Record.

by Rich Sands

New York City, February 09—Yomif Kejelcha was the star of the 112th edition of the Millrose Games, but he had considerable competition for that title. The U.S.-based Ethiopian, 21, scared the World Record in the mile at the Armory, coming up an excruciating 100th of a second shy of equaling the all-time fastest. Meanwhile, Michael Saruni of Kenya became history's second-fastest 800 runner and American shot putter Ryan Crouser moved to No. 4 on the all-time list in his event.

But Kejelcha saved the best for last, following an aggressive pace and holding on for a 3:48.46 clocking in the Wanamaker Mile, the meet's climactic event. The 2-time world indoor 3000 champ was a whisker shy of Hicham El Guerrouj's hallowed '97 best of 3:48.45.

The pace was hot early, with rabbit Rob Napolitano leading through the quarter in 54.7. He was due to pace the field to 1000m, but Kejelcha, who trains under Alberto Salazar as part of the Nike Oregon Project, grew impatient and moved ahead at 700. He hit halfway in 1:52.0 and was well clear of challengers Clayton Murphy and Edward Cheserek. After flying through the 1320 in 2:50.3 and the 1500 in 3:33.17 (good for =No. 6 on the all-time list), it looked like Kejelcha had a shot at the mark. Alas, he had to settle for the No. 2 spot ever and an absolute Ethiopian Record. "The beginning was a little bit too fast," he said. "I think I felt that at the end." Cheserek won a back-and-forth battle with Murphy for the runner-up slot, his 3:53.29 just ahead of the American's PR 3:53.30.

Though Kejelcha plans to focus on the 5000 and 10,000 outdoors, he vowed to take another swing at the indoor mile WR this winter. "I only missed it by a little bit," he said. "I believe the second time it will happen."

The 800 also lived up to premeet hype for

a fast race. Following the rabbit, Michigan's Donovan Brazier came through halfway in 49.89 and continued to push 600 (1:16.21). Finally, with about 75m to go, Saruni—the NCAA Indoor champ last year for UTEP—closed down on the American and used the momentum off the final curve to snatch the lead. He broke the tape in 1:43.98, second only to a pair of marks by WR holder Wilson Kipketer of Denmark.

Brazier was rewarded for his bravado with an American Record 1:44.41. That took down the ancient 1:45.00 standard that Johnny Gray set back in '92. "I was really looking forward to this race, so when you have a lot of adrenaline on your side it doesn't feel too bad," Brazier said of the blazing early pace. "But it definitely does catch up to you. That last 150 I was just trying to move. I know my posture was getting sloppy, but I was trying to hold it as best I can."

The men's shot was contested in the center of the oval, a flashy showcase not seen in the iconic meet since it was held at Madison Square Garden. Olympic gold medalist Ryan Crouser set the tone immediately with a 70-10½ (21.60) in the opening round. His next two throws—70-¼ (21.34) and 70-7 (21.51) were both over 70—before he exploded in the fourth round with a monster toss of 73-¾ (22.33), the world's best undercover mark since '08. Only Randy Barnes, Ulf Timmermann and Adam Nelson have ever thrown farther undercover. Crouser finished off his remarkable series with heaves of 71-9½ (21.88) and 70-2¼ (21.39). "Stoked with today's opener," he said. "First time I've had 6 throws over 70-foot indoors, really happy with the consistency."

Grant Fisher of Stanford narrowly held off Wisconsin's Morgan McDonald to win the men's 3000. Fisher set an American CR of 7:42.62 and he and McDonald (7:42.76) moved to the No. 3 and 4 spots on the all-time collegiate list.

The arena's collective heart stopped early in the race when pacer Kemoy Campbell collapsed into the infield unconscious. Medical personnel

worked with a defibrillator for a gut-wrenching period before the Jamaican was stretchered off to the hospital. Hopeful indications came through a few hours later with a Jamaica Cleaner report Kemoy's condition was stable and a tweet from teammate Aisha Praught Leer: "I saw @RayPFlynn [the stricken runner's agent Ray Flynn] in the hotel lobby. He says Kemoy's CT scan and echocardiogram were clear. That's all I know for now." On Sunday morning came an announcement that Campbell had been placed in a medically induced coma for 48 hours.

MILLROSE MEN'S RESULTS

New York City, February 09 (200 banked)—

60: 1. John Teeters (US) 6.56; 2. Ameer Webb (US) 6.66; 3. Tevin Hester (US) 6.69; 4. Kevaughn Rattray (Jam) 6.73; 5. Jermaine Brown (Jam) 6.75;

6. Seth Boomsma (US) 6.75; 7. Chris Royster (US) 6.77; 8. Darien Johnson (US) 6.87.

400: 1. Marcus Chambers (US) 46.99; 2. Dontavious Wright (US) 47.04 PR; 3. Brycen Spratling (US) 47.37 PR; 4. Daniel Jamieson (Jam) 49.46 PR;... dnf—Lalonde Gordon (Tri).

800: 1. Michael Saruni (Ken) 1:43.98 NR (WL) (2, 3 W) (24.82, 25.59 [50.41], 26.22 [1:16.63], 27.35) (50.41/53.57);

2. Donovan Brazier (US) 1:44.41 AR (old AR 1:45.00 Johnny Gray [SMTC] '92) (5, 8 W) (24.60, 24.29 [49.89], 26.32 [1:16.21], 28.20) (49.89/54.52);

3. Sam Ellison (US) 1:46.13 PR; 4. Joe White (US) 1:46.59 PR; 5. Erik Sowinski (US) 1:46.61; 6. Drew Windle (US) 1:49.35.

Mile: 1. Yomif Kejelcha (Eth) 3:48.46 NR (WL) (2, 2 W) (3:33.17 [WL])—=6, =9 W);

2. Edward Cheserek (Ken) 3:53.29 (3:37.71);

3. Clayton Murphy (US) 3:53.30 (AL) (3:37.40 AL [8, x A]);

4. Josh Kerr (GB) 3:53.65 (3:38.75); 5. Craig Engels (US) 3:54.18 (3:38.94); 6. Nick Willis (NZ) 3:54.80 (3:39.16); 7. Oliver Hoare (Aus-Wis) 3:54.83 (CL) (6, 8 C) (3:39.50 CL =8, =9 C);

8. Johnny Gregorek (US) 3:55.52 (3:39.49); 9. Riley Masters (US) 3:58.55 (3:41.19); 10. Sam Prakes (US) 3:59.36 (3:42.98);... dnf—Robby Andrews (US).

Open Mile: 1. Amos Bartelsmeyer (Ger) 3:59.75; 2. David Timlin (US) 4:01.99; 3. Julian Oakley (NZ) 4:02.07;

4. Peter Callahan (Bel) 4:02.26; 5. Will Leer (US) 4:02.34; 6. Daniel Winn (US) 4:02.47; 7. Colin Daly (US) 4:03.82.

3000: 1. Grant Fisher (US-Stan) 7:42.62 PR AmCR (old AmCR 7:44.91 Eric Jenkins [Oregon] '15) (AL, CL) (3, 3 C; in/out: 4, 4 C; 2, 2 AmC);

2. Morgan McDonald (Aus-Wis) 7:42.76 PR (4, 4 C; in-out: 5, 5 C); 3. Amon Kemboi (Ken-Camp) 7:44.77 PR (7, 7 C);

4. Eric Avila (US) 7:48.03 PR; 5. Patrick Tiernan (Aus) 7:48.36 PR; 6. Travis Mahoney (US) 7:48.72 PR; 7. Brian Barraza (US) 7:49.95 PR; 8. Graham Crawford (US) 7:50.98 PR; 9. Jacob Thomson (US) 7:54.34; 10. Ben Flanagan (Can) 7:54.40; 11. Jack Bruce (Aus) 7:57.71.

60H: 1. Devon Allen (US) 7.61; 2. Freddie Crittenden (US) 7.61 PR; 3. Chad Zallow (US) 7.69; 4. Josh Thompson (US) 7.71; 5. Trey Holloway (US) 7.72; 6. Johnathan Cabral (Can) 7.83; 7. Ryan Fontenot (US) 7.83; 8. Ryan Billian (US) 7.96; 9. Kirk Lewis (Bah) 7.99.

MileW: 1. Nick Christie (US) 5:55.58 PR; 2. Emmanuel Corvera (US) 6:09.87.

Field Events

SP: 1. Ryan Crouser (US) 73-3¼ (22.33) (WL, AL) (4, 4 W; 2, 3 A) (70-10½, 70-¼, 70-7, 73-¾, 71-9½, 70-2¼) (21.60, 21.34, 21.51, 22.33, 21.88, 21.39);

2. Joe Kovacs (US) 68-5¼ (20.86); 3. Ashinia Miller (Jam) 67-4¾ (20.54); 4. Josh Awotunde (US) 66-4¼ (20.22); 5. Curtis Jensen (US) 64-¾ (19.59).

Wt(2/07): 1. Conor McCullough (US) 76-3 (23.24); 2. Adam Kelly (US) 73-11 (22.53); 3. Rudy Winkler (US) 72-6¼ (22.10).

Stanford's Grant Fisher Has Multiple Options

KIRBY LEE/IMAGE OF SPORT



In edging rival Morgan McDonald at Millrose, Grant Fisher claimed the American Collegiate Record in the 3000.

by Jeff Hollobaugh

“There was a lot of chaos,” recalls Grant Fisher of his stunning win in the Millrose 3000, a race that was marred by the collapse of Kemoy Campbell. “Over the last few laps I was just focused on racing. The weight of the whole situation dawned on me once the race finished.

“People had good races there or had bad races, but I think all of it was put into perspective. Any emotions were put on hold. The weight of that was so much more significant than a PR or not living up to your own expectations in the race—everyone realized that in the moment.”

So it was with mixed emotions that the victorious Stanford senior looked up at the board and saw he had eclipsed Galen Rupp’s American Collegiate Record for the distance with a sparkling 7:42.62 that took almost 6 seconds off his PR.

“The quality of the field meant that in order to beat those guys, you’re going to have to run pretty fast,” he says. “I was a little surprised with how fast it did end up going. I probably would have been less surprised with a 7:45 or so. But I felt like I was in good shape and if I had guys to drag me around for a while, I could run pretty fast and compete with them. Looking up and seeing the time, I was pretty happy with it.”

The race also marked Chapter V in the rivalry between Fisher and Wisconsin’s Morgan McDonald, who edged him at the finish of the NCAA Cross last fall and now leads the rivalry 3–2. Fisher says, “I’ve raced Morgan plenty of times now and it’s always fun. He’s not a guy that you can ever count out. Every time I’ve raced him I’ve felt like he’s brought something out of myself

that is something that’s hard to find sometimes.”

That last cross country battle may have played a role in the outcome at the Armory. “Of course I wanted to win that race,” he says, “and I was a little disappointed with how I executed over the last 150m. But it wasn’t like I was hanging my head and full of regret. There are things I learned from it, and I think there were things I learned specifically on how to race Morgan.”

Another rematch is likely on the way at the NCAA Indoor, where Fisher will be in the 3000 in addition to the distance medley, should the Cardinal time—currently on the cusp as No. 12—hold up as a qualifier. Of the double: “I did it last year [4th in both] and I learned a lot. I think I’m more prepared this year.”

Then there’s outdoors, where some big decisions loom for the 21-year-old Michigander, who will be graduating with a degree in Electrical Engineering in June. Last year he competed at both NCAAs and the USATF meet. This summer, there will be a much bigger gap between those events, and with no XC season to worry about Fisher says he may be very interested in going for a U.S. team spot in Doha.

“That conversation [with coach Chris Miltenberg] will probably come after indoor. I’m

trying to weigh my options,” says Fisher, who will have one season of indoor eligibility remaining after graduation. “I’ve applied for a graduate program at Stanford. I’ll find out about that in about a month. I’m trying to open up some doors for myself just with the graduate program potentially, or maybe declaring a minor and staying and doing indoors.”

Or, he notes, he may see a professional option. He has a chance to get his feet wet in the big pond when Stanford hosts the Prefontaine Classic in June. “It could be fun to hop into potentially. I have no idea if I could get into an actual Diamond League event, but I think they have a non-DL 3000. It’d be really fun. A great experience.” Whichever way he goes, he notes there are other incentives to staying close to Stanford. “I’ve really enjoyed being coached by Coach Milt. He’s done a great job of bringing me along and integrating me into his system. It works for me.”

Fisher got attention in high school for training on a relatively low-mileage program, up to 50 miles a week under coach Mike

Scannell. Now with Miltenberg he’s won an NCAA title and is knocking on the door of world class on about 70M (c110km) a week. “I feel pretty comfortable with that. That doesn’t wear me down too much. And it keeps me fresh.”

Another reason Fisher may stick around is that his younger brother Mark has signed to play soccer for Stanford: “It’ll be cool to see him out here. That’s another factor in whether I’m coming back next year or not because I’ll have a year of overlap with him if I stay for a fifth year. And I think my parents would enjoy that a lot.”

The All-Time Collegiate Indoor 3000 Top 10

Grant Fisher and Morgan McDonald both climbed high on the all-time collegiate list with their Millrose times. The top 10 (list does not include converted 2M times):

Time	Athlete (* = not American-born)	Date
7:38.59	Alistair Cragg* (Arkansas)	2/14/04
7:40.51	Edward Cheserek* (Oregon)	2/20/16
7:42.62	Grant Fisher (Stanford)	2/09/19
7:42.76	Morgan McDonald* (Wisconsin)	2/09/19
7:42.79	Lawi Lalang* (Arizona)	1/26/13
7:44.69	Galen Rupp (Oregon)	2/07/09
7:44.77	Amon Kemboi* (Campbell)	2/09/19
7:44.90	Nick Willis* (Michigan)	1/31/04
7:44.91	Eric Jenkins (Oregon)	2/14/15
7:45.71	Will Geoghegan (Oregon)	2/14/15

Millrose Games Women – 800 AR For Ajee' Wilson

KEVIN MORRIS



Ajee' Wilson was well clear as she crossed the 800's finish in 1:58.60.

by Rich Sands

New York City, February 09—New Jersey native Ajee' Wilson feels right at home at the Armory, where she has raced countless times since her prep days. She set an American Record in the 800 for the top women's performance at the 112th Millrose Games.

Following the brisk early pace of rabbit Kendra Chambers (26.85, 56.19), Wilson came through halfway in 57.19, with Jamaica's Natoya Goule right on her heels. At 500m the two runners appeared to make momentary contact and Wilson briefly stumbled. The American quickly righted herself and powered to the finish in 1:58.60, surpassing not only the AR of 1:58.71 set by Nicole Teter in winning the '02 USATF title but also the never-ratified 1:58.64 by Charlene Lipsey in '17. "I got clipped up in the back so I was a little worried about that," said Wilson, who also took the yearly world lead. "I just wanted to make sure I was keeping my form tight and kept moving."

Wilson, who set the outdoor AR of 1:55.61 in '17, came into the meet aiming to add the indoor mark to her résumé and didn't worry about the aggressive pace leaving her vulnerable. "We train for this," she said. "Everything I'm attempting to do in the race, I've got that confidence in my back pocket, knowing that I've done worse in practice."

Goule clocked a Jamaican Record 1:59.13 in 2nd, while Ce'Aira Brown (1:59.74) broke 2:00 indoors for the first time and moved to No. 10 on the U.S. list.

In the 60, comebacking English Gardner shocked the field, the crowd and especially

herself to win in a PR 7.10 in her first race of the season. She surged past Trinidad's Michelle-Lee Ahye (7.15) in the final 15m to chip 0.02 off her previous best, set while winning the NCAA title back in '12.

Following surgery in August '17 to repair a torn ACL, the Oregon star moved from LA back

home to New Jersey to be coached by her father after amicably leaving John Smith's group. She raced only twice last year, but clocked 11.02 in the 100 to signal that her comeback was on track. "I had no preparation for this meet, no speedwork," said Gardner, who won Olympic gold in the 4x1 in Rio after making the final in the 100. "I literally came off of all my high volume. I have yet to do anything to make me fast. To see my natural ability to just flourish like that I'm super excited, because a lot has changed with my training."

Germany's Konstanze Klosterhalfen, now training in Oregon, broke away from the mile field just before 700m and won in a world-leading 4:19.98. Training partners Colleen Quigley and Kate Grace dueled for the runner-up spot, with Quigley pulling away on the final lap for a PR 4:22.86, moving to No. 4 on the all-time U.S. list.

Alicia Monson, the Big 10 cross country champ, was a surprise winner of the women's 3000. The Wisconsin junior ran in the lead pack until the final straightaway, where she had to veer into lane 3 to get by Rachel Schneider for the win, 8:45.97–8:46.44.

That lowered her PR by more than 28 seconds and moved her to the No. 3 spot on the all-time collegiate list. "I honestly wasn't expecting this, but I figured it was such a great opportunity I might as well take advantage of it," she said. "The goal for me today was to stick on the line and stay attached and be a contender."

MILLROSE WOMEN'S RESULTS

New York City, February 09 (200 banked)—

60: 1. English Gardner (US) 7.10 PR; 2. Michelle-Lee Ahye (Tri) 7.15; 3. Javianne Oliver (US) 7.19; 4. Deajah Stevens (US) 7.20; 5. Marybeth Sant (US) 7.23; 6. Shania Collins (US) 7.25 PR; 7. Thelma Davies (US) 7.45.

400: 1. Jaide Stepter (US) 53.25; 2. Phil Healy (Ire) 53.72; 3. Brittany Brown (US) 53.76 PR; 4. Gabby Thomas (US) 54.50; 5. Maya Stephens (Can) 54.52.

HS 600: 1. Athing Mu (US) 1:27.36 PR.

800: 1. Ajee' Wilson (US) 1:58.60 AR (old AR 1:58.71 Nicole Teter [Farm Team] '02) (WL) (27.21, 29.98 [57.19], 30.82 [1:28.01], 30.59) (57.19/61.41);

2. Natoya Goule (Jam) 1:59.13 NR;

3. Ce'Aira Brown (US) 1:59.74 PR (10, x A);

4. Raevyn Rogers (US) 2:01.33; 5. Olivia Baker (US) 2:03.57; 6. Chrishuna Williams (US) 2:03.68;... rabbit—Kendra Chambers (US) (26.85, 29.34 [56.19]).

Mile: 1. Konstanze Klosterhalfen (Ger) 4:19.98 (WL) (5, 6 W) (4:02.70 WL—5, 6 W)

2. Colleen Quigley (US) 4:22.86 (AL) (9, x W; 4, 6 A; in/out: 7, x A) (4:06.16 AL—8, x A);

3. Kate Grace (US) 4:24.27 (4:06.55); 4. Shannon Osika (US) 4:25.71 (4:07.64); 5. Katie Mackey (US) 4:26.39 (4:08.59); 6. Cory McGee (US) 4:26.79; 7. Helen Schlachtenhaufen (US) 4:28.81 PR (4:11.55);

8. Danae Rivers (US-PennSt) 4:29.47 ((10, 11 C; 9, 10 AmC; in/out: 10, 11 AmC (4:11.24— 6, 6 C; 5, 5 AmC);

9. Amanda Eccleston (US) 4:29.54 (4:10.98); 10. Emily Lipari (US) 4:33.97 (4:14.09); 11. Kaela Edwards (US) 4:40.74 (4:18.73); 12. Karisa Nelson (US) 4:44.23 (4:24.41);... rabbit—Stephanie Herrick (US) (65.07 for 409m).

3000: 1. Alicia Monson (US-Wi) 8:45.97 PR (AL, CL) (3, 3 C; in/out: 3, 3 C);

2. Rachel Schneider (US) 8:46.44 PR; 3. Jessica O'Connell (Can) 8:46.50 NR; 4. Aisha Praught Leer (Jam) 8:46.60; 5. Emma Coburn (US) 8:52.27;

6. Weini Kelati (Eri-NM) 8:53.98 PR (10, x C);

7. Elinor Purrier (US) 8:57.30; 8. Lauren Paquette (US) 8:57.51; 9. Mel Lawrence (US) 8:57.58; 10. Sara Sutherland (US) 9:07.00.

60H: 1. Sharika Nelvis (US) 8.01; 2. Tobi Amusan (Ngr) 8.03; 3. Isabelle Pedersen (Nor) 8.24; 4. Astrid Nyame (Can) 8.34; 5. Phylicia George (Can) 8.37; 6. Lauren Micham (US) 8.60.

MileW: 1. Taylor Ewert (US) 6:28.21 AJR, HSR (6:02.85 AJR, HSR);

2. Rachel Seaman (Can) 6:28.39; 3. Katie Burnett (US) 6:50.08 PR.

HS 4 x 200: 1. Bullis, Potomac, Maryland, 1:37.78 (AL).

Field Events

HJ: 1. Vashti Cunningham (US) 6-4¾ (1.95) (AL) (5-10¾, 6-¾, 6-2 [AL], 6-3¼ [AL], 6-4¾ [2], 6-6 [xxx]) (1.80, 1.85, 1.88, 1.91, 1.95 [2], 1.98 [xxx]);

2. Priscilla Frederick (Ant) 6-2 (1.88); 3. Lavern Spencer (StL) 6-2; 4. Inika McPherson (US) 6-¾ (1.85); 5. tie, Jelena Rowe (US) & Amina Smith (US) 5-10¾ (1.80).

Wt: 1. Jeneva Stevens (US) 74-6¼ (22.71); 2. Destiney Coward (US) 68-5¾ (20.87). □

Houston Men Lay Claim To 4x4 World Record

SHAWN PRICE



Texas A&M's Devin Dixon unleashed the fastest indoor 4x4 split ever, 44.24, but Khamari Montgomery's 44.45 was enough to give Houston the win in the World Record time of 3:01.51.

CLEMSON, SOUTH CAROLINA, February 08–09—How can you produce the No. 4 time in history and perhaps end up with the World Record? That confusing situation presented itself after one of the greatest indoor 4x4s ever run climaxed Clemson's Tiger Paw Invitational.

Houston led off with Amere Lattin (46.33) and Texas A&M's Ilo Izu was just a step behind at 46.50. Obi Igbokwe stretched the Cougar lead with a 44.93 to Bryce Deadmon's 45.15. But on the third leg, Houston's Jermaine Holt lost a little ground with his 45.80 to Kyree Johnson's 45.67. Then came the fireworks. Khamari Montgomery sealed a Houston win with his 44.45, needing every bit of it to hold off fast-charging Devin Dixon, who produced the fastest-ever relay leg in indoor history, 44.24 (topping the 44.35 that Rai Benjamin ran for USC in last year's NCAA meet). Final times: Houston 3:01.51, A&M 3:01.56, Nos. 4 & 5 on the all-time world list.

But none of the three marks ahead of Houston on the all-time list stand as the official World Record. That honor goes to Poland's

3:01.77 from last year, as both USC (3:00.77) and Florida (3:01.43)

produced their faster times with mixed-nationality foursomes. The

No. 2 time ever, 3:01.39 by A&M behind USC at last year's NCAA, wasn't ratified because proper testing, if it's available, still hasn't been filed with the IAAF. All the technical requirements for ratification (including a false-start blocks reading of 0.175) were met by meet management and a record application has been filed for Houston.

Earlier in the meet, Igbokwe had won the 400 in 45.35 to Dixon's 45.68. In the hurdles, Kentucky junior Daniel Roberts blasted a 7.52 to tie for No. 7 among collegians ever. Mississippi State frosh Marco Arop won the 800 by more than 3 seconds with his 1:45.90, becoming No. 7 collegian all-time.

The 4x4 also stood out on the women's side, as A&M produced a world-leading 3:29.96, anchored by Syaira Richardson's 51.56.

TIGER PAW MEN'S RESULTS

Clemson, South Carolina, February 08–09 (200 banked)—

(2/8–60, 400, 60H, SP, LJ)

60: 1. *Cravont Charleston (NCSt) 6.54; 2. Mario Burke' (Hous) 6.58; 3. ***Anthony Schwartz (Aub) 6.59; 4. Nick Gray (OhSt) 6.61; 5. *Daniel Roberts (Ky) 6.63.

200: I–1. Elijah Hall (NikRB) 20.55; 2. Gray 20.82. II–1. Mustaqeem Williams (Tn) 20.89; 2. *Jace Comick (TxAM) 20.93. III–1. *Kasaan James (FIS) 20.59. VI–1. ***Bryand Rincher (FIS) 20.90.

400: I–1. Khamari Montgomery (Hous) 45.74.

II–1. **Obi Igbokwe (Hous) 45.35 (WL, AL, CL);**

2. *Devin Dixon (TxAM) 45.68.

III–1. Izaiah Brown (Rut) 46.23; 2. *Bryce Deadmon (TxAM) 46.39.

V–1. *Quincy Hall (SC) 45.72.

800: 1. ****Marco Arop' (MsSt) 1:45.90 (7, 8 C);**

2. Otis Jones (SC) 1:49.47; 3. Dejon Devroe (MsSt) 1:49.60; 4. *Daniel Nixon (MsSt) 1:49.69; 5. *Malik Epps (Clem) 1:49.75; 6. John Lewis (Clem) 1:49.87.

60H: 1. **Roberts 7.52 (=7, x C; =5, x AmC);**

2. **Trey Cunningham (FIS) 7.58; 3. **La-Franz Campbell' (Clem) 7.82.

4 x 400: 1. **Houston 3:01.51 WR (old WR 3:01.77 Poland '18) (WL, AL, CL) (4 W; 2 A; 4 C; #4 school) (Lattin 46.33, Igbokwe**

44.93, Holt 45.80, Montgomery 44.45);

2. **Texas A&M 3:01.56 (5 W; 3 A; 5 C) (Izu 46.50, Deadmon 45.15, Johnson 45.67, Dixon 44.24).**

Field Events

HJ: 1. *Darryl Sullivan (Tn) 7-½ (2.15).

PV: 1. **Jacob Wooten (TxAM) 18-9¼ (5.72) (=10, x AmC).**

LJ: 1. Trumaine Jefferson (Hous) 25-6¼ (7.78); 2. Yann Randrianasolo' (SC) 25-6¼ (7.78); 3. **Noah Igbinoghene (Aub) 25-3½ (7.71).

TJ: 1. ***Tahar Triki' (TxAM) 55-9¼ (17.00) (CL);**

2. *Jordan Scott' (Va) 55-5½ (16.90); 3. *Jah Strange (Pur) 52-5½ (15.99).

SP: 1. Noah Castle (Ky) 62-6½ (19.06); 2. **Joseph Maxwell (Tn) 62-2½ (18.96); 3. *Charles Lenford (Ky) 61-10½ (18.86).

Wt: 1. Morgan Shigo (PennSt) 71-2 (21.69); 2. *David Lucas (PennSt) 68-1 (20.75); 3. *Logan Kuskus (NDm) 68-¼ (20.73).

TIGER PAW WOMEN'S RESULTS

(2/8–60, 400, 60H, PV, LJ, SP)

60: 1. **Ka'Tia Seymour (FIS) 7.21; 2. Maia McCoy (Tn) 7.24; 3. **Jayla Kirkland (FIS) 7.25; 4. Kianna Gray (Ky) 7.25.

200: 1. McCoy 23.12; 2. *Danyel White (TxAM) 23.36. II–1. Brenessa Thompson' (TxAM) 23.28; 2. Gray 23.36. III–1. Diamond Spaulding (TxAM) 23.28; 2. *Brianna Bethel' (Hous) 23.45. IV–1. **Anavia Battle (OhSt) 23.00; 2. Kirkland 23.29. V–1. ***Abby Steiner (Ky) 23.36.

400: I–1. ***Alexis Holmes (PennSt) 52.580. II–1.

*Aliyah Abrams' (SC) 52.91; 2. ***Tierra Robinson-Jones (TxAM) 53.40. III–1. **Syaira Richardson (TxAM) 53.06; 2. Madeline Price' (Can) 53.17. V–1. *Wadeline Jonathas (SC) 52.86; 2. *Chloe Abbott (Ky) 53.07.

800: 1. **Kayla Johnson (Mia) 2:08.40.

60H: 1. **Tiara McMinn (Mia) 8.06; 2. *Cortney Jones (FIS) 8.07; 3. Jeanine Williams' (GaT) 8.10; 4. Gabriele Cunningham (NCSt) 8.21; 5. ***Masai Russell (Ky) 8.25; 6. *Ashley Miller (FIS) 8.27; 7. Jasmine Stowers (TRS) 8.27.

4 x 400: 1. **Texas A&M 3:29.96 (WL, AL, CL) (Owens 53.24, Madubiike 52.37, Reed 52.79, Richardson 51.56);**

2. South Carolina 3:30.67 (Davis, Abrams' 51.55, Mills, Jonathas 51.66); 3. Kentucky 3:33.63 (Abbott 51.53); 4. Miami 3:33.99.

Field Events

HJ: 1. *Ellen Ekholm' (Ky) 5-11½ (1.82); 2. Skyler Daniel (Aub) 5-10½ (1.79); 3. ***Kenya Livingston (Clem) 5-10½.

PV: 1. Bridget Guy (Va) 14-4½ (4.38).

LJ: 1. Tristine Johnson (unat) 20-4½ (6.21); 2. ***Alonie Sutton (Tn) 20-4¼ (6.20); 3. *Madeline Holmberg (PennSt) 20-3½ (6.18).

TJ: 1. Thea LaFond' (Dom) 46-0 (14.02); 2. Latavia Coombs' (Ky) 42-8¼ (13.01).

SP: 1. Sade Olatoye (OhSt) 56-2 (17.12); 2. Lauren Evans (NCSt) 53-7 (16.33).

Wt: 1. **Olatoye 77-1¼ (23.51) (CL);**

2. Stamatia Scaravelis' (Tn) 72-10½ (22.21); 3. **Debbie Ajagbe (Mia) 67-2¾ (20.49).

Akron's Matt Ludwig Joins The 19-Foot Club

KIRBY LEE/IMAGE OF SPORT



Matt Ludwig is one of only 10 collegians ever to clear 19-feet indoors.

by Sieg Lindstrom

It's only February yet the men's pole vault is taking off with Mach 5 velocity. Collegians are in the elite mix as never before in the professional era and Akron senior Matt Ludwig, the first among NCAA athletes to touch the world lead this year, plans to fly with the best for all of what's shaping up as a thrillingly competitive season.

The '17 NCAA outdoor champ in his first season with coach Dennis Mitchell's Zips (he spent his frosh year at Missouri), Ludwig has broken out fast this winter. On January's second weekend he equaled his PR of 18-8 $\frac{3}{4}$ (5.71) to win at the annual Pole Vault Summit, defeating some very high-hoppers, 6-meter men Mondo Duplantis and Shawn Barber, and 19-footers Andrew Irwin and Scott Houston among them.

Reno was a meet of busting rust for most but Ludwig wasn't just in for an early-season ambush. "Once you get over the Worlds standard [which his Reno height was exactly], at least on the men's side that next box to check is 19-feet, up over 5.80," he says. A week later at home, Ludwig checked it, soaring over 19-1 $\frac{1}{2}$ (5.83) on second attempt for the world lead at the time to move to =No. 4 on the all-time collegiate indoor list (see box).

"It's funny enough, we did it at the Akron-Kent dual meet," he says, "and it was run on

ESPN3. In their coverage right after that jump, my teammates sort of swarmed me on the pit and we had this huge dogpile for 30 or 40 seconds. I think it was really just sort of a show that, even though it's an individual event, it's such a team sport and it was just as much of a victory and a success for the entire team as it was for me on that day. Each of my teammates knew just how hard that we worked together to accomplish our similar goals. I think seeing it pay off for someone like me with a big jump is really exciting for all of us and keeps us motivated to keep working hard every day." Akron won the meet 78-72.

It was the kind of moment Mitchell lives for his team to produce. "This is what we talk about a lot," says the coach now in his 24th season guiding the Zips. "The environment can make a huge difference on yourself competitively. And you know, we keep trying to make our sport as boring as we can, especially sometimes at the collegiate level. We don't realize the emotion that's involved and the competitive opportunities, getting these kids to compete for their teams or getting them to compete for certain titles. Sometimes we get so mark oriented and we don't realize that emotional part of vaulting."

Mitchell, a former vaulter himself, recognizes the '19 campaign's potential to play out with a rich skein of emotionally fraught comps, the pleasure to watch kind, in the event. Ludwig's on board with that vision: "Those are just so

exciting. The focus is just purely on competing and getting your victory. If you can come out on top, the heights will take care of themselves, and what's going to be important in post-collegiate track & field is winning championships, earning medals and making teams. No matter how high you jump, you can't allow yourself to have those opportunities if you're not putting yourself in the top 2 or 3 at every competition that you're in. Coach Mitchell does a very, very good job of promoting that with all of our training and keeping things competitive every day between the teammates—to stay focused on understanding that winning a championship and winning a meet is much more important to establish that fundamental, to establish that habit."

A 16-2 $\frac{3}{4}$ (4.95) high schooler in '15 for Lake Catholic (Chardon, Ohio), Ludwig raised his best to 18-8 $\frac{3}{4}$ (4.70) and captured that NCAA crown two years ago. "In 2017 I came out and spent the first year transferring to Akron and training with coach Mitchell," Ludwig says, "and we developed really well some of my competition habits, when I got in the big meets that I could compete with the big dogs, no matter what anyone's PR is going into the competition. I think that helped a lot in 2017 before I had the skill set that I do now. 2018 was a huge building year for me, I made the transition to 5.10 [16-8 $\frac{3}{4}$] from 5m poles, and it took a long time—up until through this preseason—to really get comfortable and consistent with them. And

since we've hit even the first meets even this year I've seen massive improvements and I've gone up 3, 4 poles in my progression from last year and have started jumping much higher. So this year is kind of the big year to be dominant, the year to try to be on top with everything I do and keep raising the bar. So for me personally, I don't want to say it was expected but that's definitely what I expected out of myself, to be performing at the high level, jumping up over 19 and doing it consistently. So I've done it once, the next step's to do it twice and then a third time and a fourth and keep the ball rolling as much as I can."

Another "next step" this indoor season will involve approaching the Akron school record. It's a behemoth, Barber's 19-4¼ (5.91) from the '15 NCAA Indoor, which also happens to be the collegiate under-a-roof standard. "Given all the talent in the NCAA, I do not suspect that that Collegiate Record will last through this indoor season—whether myself or any of the other three or four athletes that are just as talented steps up and takes it. Speaking for myself, I think I'm fully capable any day to go out and jump it." Ludwig adjudges the height to be "well within my wheelhouse at this moment."

What is the strong suit Ludwig plans to bring to the challenge? "I'd have to go with my speed on the runway," he says. "I'm pretty quick for a pole vaulter in terms of looking at the general population. I'm certainly short [5-9¼; 1.77 metrically], and I think I'm pretty strong and explosive and dynamic with all that. I kind of have to be. I'm not going to be able to be the super-slow finesse jumper. I'm going to have to be sort of like a little rocketship coming in and taking off and throwing myself off the stiff pole. But I think that in the last two years of learning and refining my jump with coach Mitchell we've found this really nice balance of enough length and enough finesse to be able to bring all my speed and explosiveness and line things up. It's just as much of an all-out explosive, adrenaline-filled motion as it is a technical display. And it makes me really excited for the future to know that technical limitations and efficiency is what's limiting my jump at this moment. I much prefer those problems to trying

to build raw speed or raw strength to improve my jumps further so I think the sky's the limit and I'm really excited to keep working for it."

Mitchell, too, is bullish on Ludwig's prospects for climbing higher. "His high school team won State and he was pretty much a one-man wrecking crew on the team," says the coach. "If he wasn't a vaulter he'd probably be a national qualifier in the decathlon as well. He's a good athlete."

Ludwig is also a biomedical engineering major. His academic interest aligns with his athleticism. "Quite a bit, yeah," he agrees. "I'm in the biomechanics track. Biomechanics takes on a lot of different definitions, but the ones that interest me the most are the biomechanics of human movement. So understanding the physics behind athletic movements really is helpful when you sit down and look at the pole vault, which is this crazy technical event which is based in efficiency and explosiveness and all about this energy conservation as you move through the jump. So being able to sit down, look at the film in slow motion and realize, 'Oh, look, you're a little slow here, you're missing the timing,' I'm able to understand that in my brain and tell my body how to react and how to try to fix that problem in training."

Says Mitchell, "As I get older I realize I've got to build things around the athletes themselves. Each one's unique and we're starting to find that out more and more in the vault. There used to be, 'You've got to follow Bubka' and all those things. I've had some Bubka types and I've had some other types and we're starting to find that all the top vaulters out there are extremely unique, between Mondo, and Kendricks is completely different than all those other two or three. You've got Renaud Lavillenie, he's got a very unique technique in terms of the different things he does, his style. I think that's what's really been helping the vault lately, is that people say, 'Alright, you have to figure out what's best for each one right now.' You've still got to follow the basics of physics—that's all the same but each person kind of trailblazes something very unique in there."

Ludwig's aim, and he's well on his way, is to write his name among the trailblazers.

Ludwig Climbs The All-Time Collegiate List

Akron's Matt Ludwig now trails only 3 other vaulters on the all-time collegiate indoor list in the vault. The all-time top 10 (which also represents all the 19-footers ever) as of February 12:

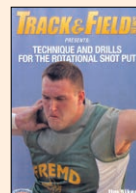
Distance	Athlete	Date
5.91 19-4¼	Shawn Barber' (Akron)	3/13/15
5.87 19-3	Mondo Duplantis' (LSU)	2/01/19
5.85 19-2¼	Jacob Davis (Texas)	3/06/99
5.83 19-1½	Lawrence Johnson (Tennessee)	3/12/94
	Matt Ludwig (Akron)	1/25/19
5.82 19-1	István Bagyula' (George Mason)	2/07/92
5.80 19-¾	Russ Buller (LSU)	2/27/99
	Brad Walker (Washington)	3/14/03
	Jake Blankenship (Tennessee)	3/13/15
	Chris Nilsen (South Dakota)	2/16/18

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The Battle For No. 1 In U.S. Men's Vaultdom

ON THE LAST WEEKEND of January Mondo Duplantis briefly took the yearly world lead in the vault, clearing 19-1½ (5.83) at the Razorback Invitational (January 25) to grab a share of =No. 3 on the all-time collegiate indoor list. Later in the day the prize LSU frosh was tied by Akron senior Matt Ludwig, who joined the 19-foot club in the Akron-Kent State dual. Their reign atop the charts lasted until the next day, as pro star Sam Kendricks raised it by a centimeter to 19-2 (5.84) in Paris. At mid-week, Poland's Piotr Lisek, jumping in Cottbus, Germany (January 30), added another centimeter with his 19-2¼ (5.85). On Friday (February 1) Kendricks was in Berlin and reclaimed the lead with a 19-2¾ (5.86).

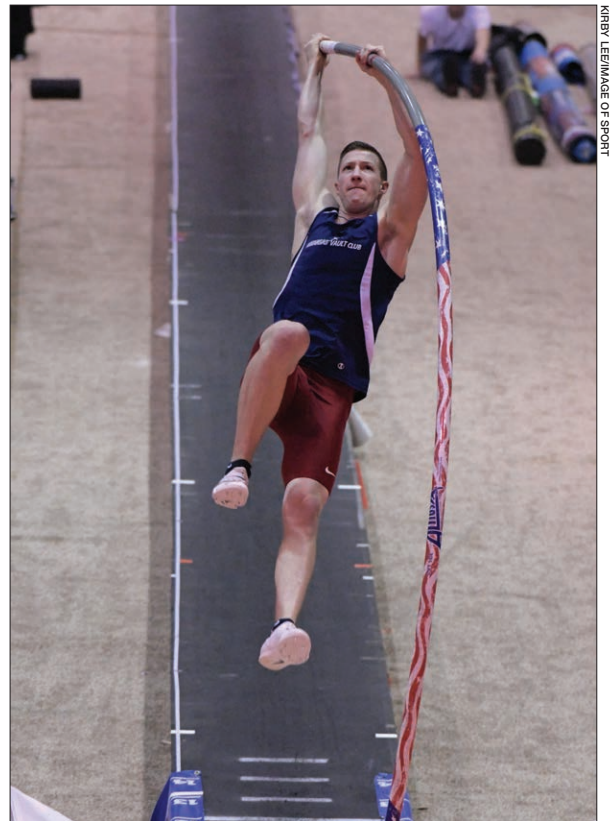
But news travels fast in the modern world, so when the Bayou Bengal Invitational cranked up a few hours later, Mondo had a new target: 19-3 (5.87). He was successful on his second attempt, becoming the No. 2 collegian ever (with the No. 4 performance). He used a longer approach, going from 18 steps to 20.

"Because it wasn't an NCAA meet or a championship meet, we focused on the newer approach to be able to jump 19-3," he told Sheldon Mickles of the *Baton Rouge Advocate*. "It was amazing to do that in front of my family and a lot of friends, so the world leader was the cherry on top. It was my first time in an LSU uniform in front of the home crowd. It always seemed so far away, so it was a dream-come-true." He ended his day by going after a Collegiate Re-

cord 19-5 (5.92), but three attempts weren't enough.

A week later, it was back to Arkansas for the Tyson Invitational (February 8) where Andrew Irwin of the Arkansas Vault Club took a loaded vault competition by raising his PR by a centimeter to 19-3½ (5.88). That moved him to No. 7 on the all-time U.S. indoor list and gave him the world lead. Briefly. He beat a solid collegiate field that included NCAA champ Chris Nilsen of South Dakota at 18-8¾ (5.71), Kansas frosh Zach Bradford 18-5½ (5.63) in 3rd and Devin King of Southeastern Louisiana in 4th at 18-5½. Ludwig and Baylor frosh KC Lightfoot tied for 5th at 18-1¾ (5.53), the same height as 7th-placer Hussain Al-Hizam of Kansas, the reigning NCAA indoor champ. Irwin's leader lasted less than 24 hours before Kendricks topped it in Rouen, France, with his 19-4¼ (5.90). "Fun while it lasted lol," tweeted Irwin.

Mondo took a week off, then vaulted in the LSU Twilight (February 15), clearing 18-7½ (5.68) on his first attempt before missing at a Collegiate Record 19-5 (5.92). □



Andrew Irwin briefly claimed the yearly world lead with his PR 19-3½ (5.88).

A Quick Review Of Other U.S. Meets



Ajee' Wilson produced the fastest 800 ever seen on an unbanked 200m track.

THE LAST MONTH'S BIGGEST news came at meets with separate coverage—Sander Invitational, New Balance Boston, Millrose Games, Tiger Paw Invitational, the PV Scene—but there was plenty more deserving of mention.

Fast 800s For Wilson & Murphy

The Camel City Elite meet in Winston-Salem (February 1-2) produced a couple of the fastest times ever run on an unbanked 200m track, most notably in the women's 800, where Ajee' Wilson blistered a world-leading 1:59.26—the No. 8 U.S. performance ever—to better the old unbanked best of 1:59.41 set by Maria Mutola in '96. Wilson followed rabbit Georganne Moline through 400 in 59.42, then continued on her own through 1:29.73 at 600 before finishing well clear of Hanna Green (2:03.08) and Raevyn Rogers (2:03.09). In 5th, Athing Mu (Central, Trenton, New Jersey) became the No. 4 prep ever with her 2:03.98.

Said Wilson, "Once the pacer dropped, it was easy to get into a rhythm and slow things down a bit. I really wanted to be aggressive and make sure I didn't fall into a slow lull. The last two was about digging deep and going hard."

Clayton Murphy dominated the men's 4-lapper with his 1:45.92 to become the No. 10 American ever. It too was a non-banked best. Mile wins went to Edward Cheserek (3:55.74) and Grace Barnett

American Collegiate Record For Devin Dixon

Texas A&M junior Devin Dixon showed a blazing turn of speed at the Tiger Paw Invitational, producing the fastest indoor 4x4 split ever, 44.24. But, in theory at least, he's a halfmiler not a quartermiler, and he illustrated that well at the Texas Tech Classic (Lubbock, January 26) when he produced the fastest indoor 800 ever by an American-born collegian. His 1:45.27 cut more than 2 seconds off his old undercover best of 1:47.37.

"It's amazing, I'm still trying to process it all," exclaimed the Aggie star. "I've been wanting to do this for a long time and now I've accomplished it. Now I'm excited to see what I can do as well as the rest of the team. I knew it was possible to better my 1:47 from indoors. I knew I was going to beat it one way or another. I knew I was going to PR today, I just didn't know by how much. This race helped remind me of who I am and where I'm from. It also helps remind me that I can do incredible things. I just need to believe in myself. It's 90% mental and 10% physical."

Dixon's splits: 24.32, 26.21 (50.53), 27.18 (1:17.71), 27.56. Charles Jones served as a rabbit in the race with early splits of 24.15 and 26.17 (50.32). "The pace was ridiculous," Dixon said. "It was a fast pace, but in my mind I knew after the rabbit left the race I needed to maintain that pace and speed."

The previous best by an American-born runner was 1:45.88 for Derek Peterson of Missouri in '99.

(4:33.94), as Aussie Patrick Tiernan (7:48.86) and Emily Lipari (8:59.96) took the 3000s.

20.30 For Kenny Bednarek

He was the high school leader in the 200 outdoors last year with his 20.43, but Kenny Bednarek, now running for Indian Hills JC, stunned with a world-leading 20.30 in the 200 at Nebraska's Sevigne Invitational (February 2). The 20-year-old yearling won the race by nearly 3 seconds. Coach Brent Ewing seemed a little shocked, saying, "After missing two weeks in November with an injury, we almost didn't race him. He wasn't given the green light to race until Thursday, two days before the meet. Neither of us expected he would run something so fast, so early."

Quincy Hall Runs 45.81, Relays 44.81

The Carolina Challenge (February 2) featured a pair of nice runs by South Carolina junior Quincy Hall, a 44.60/49.02 pickup who had been undefeated in the JC ranks, showed his mettle at the Div. I level, winning the 400 in 45.84 and running 44.81 on the Gamecocks' 3:05.68 relay. Of the 400, South Carolina head Curtis Frye said, "That's one of the most tremendously even races I've ever seen. He actually went out in 22-flat and came back in 23.7, which is very unusual. It's a matter of getting him to go out a little faster. The rest of the guys are going out in 21.5 and they're coming back, so if he can go out in 21.5 and come back in 23, he's going to do quite well this year and be a contender." At the Tiger Paw meet a week later Hall lowered his best to 45.72.

Holloway Stays Busy, Just Misses CR

Grant Holloway is continuing his versatile ways. At the Clemson Invitational (January 19) he PRed in winning the 200 at 20.62, hurdled a world-leading 7.49 in the heats and matched that in the final, then finished off with a 45.62 second leg on Florida's 3:04.74 winners. Then came two weekends in Arkansas. At the first he PRed with a 6.59 in the flat 60 before running a world-leading 6.51 to take the final. He also captured the long jump, stretching out to 26-3/4 (8.02).

At the Tyson Invitational he starred with

a near-Collegiate Record 60H, his 7.43 just 0.01 off but still a world leader. In the 4x4, Florida produced a solid 3:03.17 to beat Baylor's 3:04.49, with Holloway contributing the fastest leg of the race, a 44.94 second carry.

Distance Crew Outruns Seattle Storm

Even condensed down to a one-day meet in a race against Seattle's "Snowpocalypse," the Husky Classic (February 8) on the large UW oval (307m unbanked) produced notable distance times. Texas soph Sam Worley led 4 under 4:00 in the mile with his 3:57.98. Cooper Teare of Oregon took the 3000 in 7:50.66 as the first 13 all broke 8:00. Colorado's Joe Klecker ran 13:35.97 in the 5000, outkicking Eastern Kentucky frosh James Sugira (13:37.88).

Nikki Hiltz took the women's mile in 4:31.42 ahead of the 4:31.71 for Hannah Fields. Kim Conley

grabbed 3rd in 4:33.72. Oregon's Jessica Hull ran 8:53.91 to win a loaded 3000. Boise State's Allie Ostrander ran 2nd in 8:55.26 as Nicole Hutchinson of Villanova (8:55.68), Arkansas frosh Lauren Gregory (8:55.97) and teammate Tayler Werner (8:56.97), and New Mexico's Ednah Kurgat (8:59.78) all dipped under 9:00.

McGorty Shines In 5000

In a night of notable races at the Hemery Valentine Invitational in Boston (February 8), the best was crafted by Stanford alum Sean McGorty, now running for the Bowerman TC. His world-leading 13:21.35 win over Britain's Mark Scott (13:21.97) made him the No. 10 American ever. "I trusted my gut," he said. Laura Roesler looked sharp in a powerful 1:59.80 win over 4 laps, briefly moving to No. 10 on the U.S. all-time list. It was her second race indoors this season after a nearly 3-year gap since she ran in the '16 World Indoor.

A Profitable Distance Medley Weekend

The weekend before the bulk of the Conference championships go off is typically low-key... except in the distance medley, where many of the nation's top foursomes go for fast NCAA qualifiers, since at their loop meets many of those same legs will be stretched doing multiple races.

Notre Dame's Wilson Invitational, with its oversized 352y oval, is annually a favored destination, and this year was no different. The host men ran 9:26.10, a time bettered only 4 times in history. Wisconsin was just 0.14 behind, for the No. 6 time ever. Illinois also cracked 9:30 with its 9:29.19 in 3rd. Washington's last-chance affair also produced a pair of sub-9:30s, the hosts winning in 9:28.14 to beat Oregon's

9:28.62. On the women's side, the Notre Dame meet featured 4 sub-11:00 performances: 1. Michigan 10:54.47; 2. Indiana 10:57.76; 3. Kansas 10:58.31; 4. Wisconsin 10:59.72. □

The Sub-4:00s Keep On Coming

With 15 new members so far this winter, the U.S. sub-4:00 club has now swollen to 537 members. Here's this year's entries, Nos. 523 through 537 (as of February 19):

523. Logan Orndorf (Portland)	3:59.94 (5)	Seattle	January 12
524. Alex Rogers (Texas)	3:59.01 (1)	Clemson	January 18
525. Ben Groleau (unattached)	3:58.93 (2)	Boston	January 26
526. Aidan Tooker (Syracuse)	3:59.39 (4)	Boston	January 26
527. Kasey Knevelbaard (Southern Utah)	3:58.54 (2)	Seattle	January 26
528. Alex Ostberg (Stanford)	3:59.31 (4)	Seattle	January 26
529. Talon Hull (Washington)	3:59.56 (5)	Seattle	January 26
530. Waleed Suliman (Mississippi)	3:56.78 (1)	Boston	February 9
531. Casey Comber (Villanova)	3:57.80 (2)	Boston	February 9
532. Ben Malone (Hoka New Jersey New York TC)	3:58.90 (5)	Boston	February 9
533. Sam Ritz (Columbia)	3:59.36 (7)	Boston	February 9
534. Collin Leibold (Ocean State AC)	3:59.51 (4)	Boston	February 9
535. Spencer Brown (unattached)	3:59.97 (5)	Boston	February 9
536. Jeff Thies (Tinman Elite)	3:59.89 (4)	Ames	February 9
537. Jackson Mestler (Oregon)	3:59.77 (7)	Seattle	February 16

Payton Otterdahl Welcomes The Spin He's In



A switch from the glide to the spin has Payton Otterdahl threatening the Collegiate Record in the shot.

by Jeff Hollobaugh

When shot putter Payton Otterdahl tossed a world-leading 71-0 (21.64) at Nebraska's Colligan Memorial, it was the culmination of a technical change that started his sophomore year at North Dakota State. Says the Bison senior, "That's kind of the centerpiece." The centerpiece finds him at No. 3 on the all-time collegiate indoor list (see sidebar), just 3½ inches off the CR.

A 61-½/177-7 high school thrower coming out of Rosemount, Minnesota, Otterdahl had two state titles to his credit. As a frosh in Fargo, his biggest improvement came in the discus, winning the '15 USATF and Pan-Am Junior titles. "Back then I would have said the discus was my best event, but things have changed a little bit," he says.

He reached a notable 59-5 (18.11) with the international ball that year, but he wasn't happy using the glide. "It was just much harder on my body and it was hard to make the technical changes that I needed to."

ND State throws coach Justin St. Clair explains, "He was a glider in high school and that transition that first year, it's pretty tough. I thought it'd be wise to stay with the glide throughout the year. But he kept poking at me, 'Hey, I want to try spinning.' I was saying, 'I don't know, man, I'm not sure if you're really a spinner or not.' But we just kind of went at it and it clicked right away."

By '17, a year in which he redshirted his outdoor season, Otterdahl had improved to 61-1¼ (18.62). Notes St. Clair, "I said, 'I had it wrong, buddy. I mean, you felt that you knew it and you were able to do it.' After a little bit of time it went downhill for a little bit as he was still learning. I said, 'Don't worry, we're not going back to gliding. We're going to stay with spinning. It'll just take a little time and things will fall into place.'"

That prophecy came true last season. He

threw 64-4½ (19.62) indoors, then went on a tear outdoors, notching four PRs in his first five meets, topped by a 68-9¼ (20.96) to win the Summit League.

The NCAA, though, was a huge disappointment, as he reached only 64-4½ (19.62) to place 10th. "I had thrown well under what I had been recently so it was a bummer," he says. "I knew that I had more in me. Really I've just used that as another motivation this year. I don't want the same thing to happen again. I've been training really well and my focus and motivation have been good. So I'm right about where I want to be."

In that sense, Otterdahl wasn't blown away by his 71-footer, or the 69-11 (21.31) PR that preceded it in December and moved him to the cusp of the

all-time collegiate indoor Top 10. "Obviously everyone always wants more distance, but it's not like anything shocking," he says. He's also close to the all-time collegiate Top 10 in the weight, his 77-8¼ (23.68) toss from January making him the yearly NCAA leader.

It was parental encouragement that led the 22-year-old Otterdahl to our sport. He joined track in middle school "but wasn't a fan of the running events." That put him in the throws, which seemed to blend well with his other pursuits, football and wrestling. In fact, wrestling was his favorite at the time and he even thought about doing that in college, but his parents pointed to his success in the throws and suggested that he focus there.

That was good advice for the whole family. His brother Trevor followed him with all-state honors in high school and is now a soph at North Dakota State. Another sibling, Maxwell, has thrown 58-7¼ as a prep and has committed to come to Fargo next fall.

"I'm the runt of the litter," says the elder Otterdahl. "I'm 6-4 (1.93). The middle one is 6-6 (1.98) and my youngest brother is 6-8 (2.03). "I like to be a motivator for those two, explaining things through my eyes as someone who's been in this place before. We help each other out a lot in that aspect. It motivates me too. I want to be a good leader."

The Otterdahl family dynasty isn't the only thing North Dakota State has going for it. Last year, the Bison squad was the only one in the country with 4 over 59-0 (17.98) in the shot and 4 over 60m (196-10) in the hammer. In the last three years, the squad has had more men's and women's throwers qualified to the NCAA Regionals than any other school. That's largely due to the work of St. Clair, who himself was a 7-time U.S. Ranker in the javelin. Says Otterdahl, "We work really closely together. He's a good role model for all of us."

With graduation looming, Otterdahl sees himself wanting to go after Worlds and Olympic berths. "I'll still be competing for sure," he says.

Adds St. Clair, "He's motivated, talented, a young man who is still learning. I don't think we've seen the pinnacle yet by any means. I think we're really just starting."

Otterdahl No. 3 On All-Time Collegiate Shot List

With his big 71-footer at the end of January, Payton Otterdahl now trails only CR holders Ryan Whiting & Ryan Crouser on the all-time collegiate indoor list. The top 11:

Distance	Athlete	Date
21.73 71-3½	Ryan Whiting (Arizona State)	3/14/08
	Ryan Crouser (Texas)	2/27/16
21.64 71-0	Payton Otterdahl (North Dakota State)	1/26/19
21.50 70-6½	Terry Albritton (Stanford)	2/04/77
21.49 70-6¼	Carl Myerscough' (Nebraska)	3/15/03
21.48 70-5¾	Joachim Olsen' (Idaho)	2/15/02
21.47 70-5¼	Janus Robberts' (SMU)	12/01/01
21.45 70-4½	Jordan Geist (Arizona)	1/27/18
21.38 70-1¾	Kevin Akins (Ohio State)	2/13/82
21.33 69-11¾	Dan Taylor (Ohio State)	3/15/03
	Josh Awotunde (South Carolina)	2/25/18

Final Indoor Dual Meet Rankings

by Jesse Squire

As the collegiate sport's winter season progressed into the post-season, Nebraska and Indiana captured top honors in T&FN's Indoor Dual Meet Rankings. Since 2013 as part of a revival of our overall dual ratings, compiled by John Wenos 1970–1993, Rankings for the indoor campaign have been included.

To be ranked, a team must compete in one or more dual meets (defined as a scored meet between four or fewer teams) during the indoor season. Teams are ranked on wins and losses, marks, and strength and depth of dual meet schedule. Teams are rewarded for taking dual meet competition seriously.



Cornhusker coach Gary Pepin

Men: Nebraska Surges Late

With a late push in the marks department, Nebraska took its first-ever indoor dual meet championship. Gary Pepin's Huskers were #6 in the year's first compilation and moved up to #4 last week before claiming top honors. Indiana, the only other Big 10 team to ever win the men's indoor title ('17), holds down #2 while 3-time indoor champ Texas A&M is #3.

Army is #8 after routing archrival Navy, 100-81. That ranking is their best ever in the indoor rankings, and ties the high-water mark for service academies (Air Force was #8 in '16).



Indiana coach Ron Helmer

Women: Indiana Wins

Indiana led from the gun to win its first women's indoor dual meet championship. It is just the second such championship by a Big Ten women's team (Minnesota turned the trick in '17). Ron Helmer's Hoosiers defeated #3 Tennessee a month ago for a big win. Three-time winner Texas A&M holds down the runner-up spot.

This is just a prelude to the big prize which is the season-long comprehensive indoor/outdoor duals championship. The first of those rankings will be released in late March.

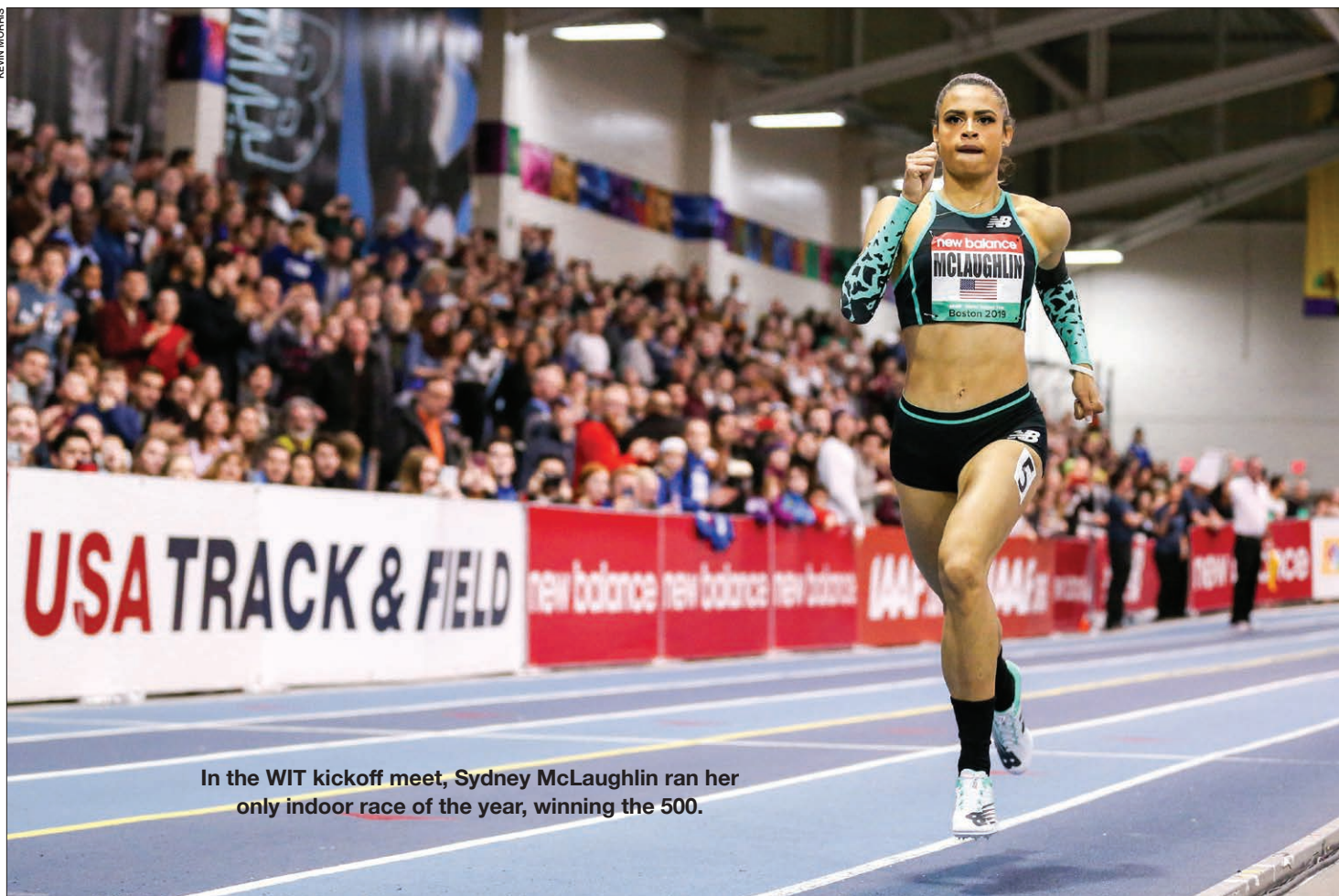
Rank	Team	Record	Last Week
1	Nebraska	(3-0)	4
2	Indiana	(1-0)	2
3	Texas A&M	(2-0)	1
4	BYU	(3-0)	3
5	Tennessee	(0-1)	6
6	Princeton	(3-0)	9
7	Missouri	(3-0)	7
8	Army	(1-0)	16
9	Kansas State	(4-0-1)	10
10	Kansas	(1-0-1)	11
11	Akron	(1-0)	8
12	Navy	(0-2)	20
13	North Dakota State	(2-1)	5
14	Air Force	(4-2)	19
15	Wisconsin	(2-0)	13
16	South Dakota State	(1-0)	14
17	Oklahoma	(3-0)	18
18	Penn	(1-0)	17
19	Illinois State	(1-0)	15
20	Wichita State	(0-2)	12

Rank	Team	Record	Last Week
1	Indiana	(1-0)	1
2	Texas A&M	(2-0)	2
3	Tennessee	(0-1)	6
4	Nebraska	(3-0)	3
5	Kansas	(2-0)	5
6	Kansas State	(5-1)	7
7	Wisconsin	(2-0)	4
8	Colorado State	(6-0)	9
9	Oklahoma	(3-0)	8
10	Duke	(3-0)	11
11	North Carolina	(2-1)	12
12	Penn	(1-0)	10
13	North Dakota State	(2-1)	13
14	Colorado	(2-1)	not ranked
15	BYU	(2-1)	14
16	Illinois State	(1-0)	16
17	Akron	(1-0)	17
18	Wichita State	(0-2)	18
19	Indiana State	(3-1)	19
20	Utah State	(3-0)	not ranked

Dropped out: Harvard & Princeton

2019 IAAF World Indoor Tour Recap

KEVIN MORRIS



In the WIT kickoff meet, Sydney McLaughlin ran her only indoor race of the year, winning the 500.

SEASON NO. 4 of the IAAF's World Indoor Tour played itself out with 6 meets in 26 days, highlighted by [Samuel Tefera's World Record](#) in the 1500. The tour was composed of 11 disciplines: 5 men (400, 1500, 60H, HJ, LJ) & 6 women (60, 800, 3000/5000, PV, TJ, SP), although each was not contested in each meet. The overall winner of each event received \$20,000 and—perhaps more importantly—Wild Card status for the '20 World Indoor. The 6 meets:

Boston: Kejelcha Miles 3:51.70

The U.S. stop on the WIT, featuring a fast men's mile, has its own coverage in the U.S. news section.

Boston Men's Winners

New Balance GP; Roxbury Crossing, Massachusetts, January 26 (200 banked)—

300: 1. Rai Benjamin (US) 32.55 PR. 400: 1. Nathan Strother (US) 46.97. 800: 1. Donovan Brazier (US) 1:45.91; 2. Clayton Murphy (US) 1:45.94 PR (10, x A). Mile: 1. Yomif Kejelcha (Eth) 3:51.70 NR (WL) (12, 20 W) (3:36.43 PR [WL]). 3000: 1. Hagos Gebrehwet (Eth) 7:37.41 (WL). 60H: 1. Jarret Eaton (US) 7.64.

Boston Women

60: 1. Michelle-Lee Ahye (Tri) 7.21. 300: 1. Kendall Ellis (US) 36.97 PR. 500: 1. Sydney McLaughlin (US) 1:09.46 PR (WL, AL) (9, x A). 600: 1. Raevyn Rogers (US) 1:27.31. Mile: 1. Gabriela DeBues-Stafford (Can) 4:24.80 NR (25, x W) (4:08.36 PR [WL]); 2. Elinor Purrier (US) 4:24.88 PR

(=8, x A) (4:08.50 PR). 5000: 1. Konstanze Klosterhalfen (Ger) 15:15.80 PR. PV: 1. Katie Nageotte (US) 15-11¼ (4.86) (WL, AL). SP: 1. Maggie Ewen (US) 63-3¼ (19.28) PR (WL, AL) (6, x A).

Karlsruhe: Montler Upsets Echevarría

No. 1 World Ranker Juan Miguel Echevarría took a surprising loss in the long jump as Thomas Montler of Sweden leaped the same 26-6¼ (8.08) as the Cuban, but had the better second jump. In the high jump, Naoto Tobe cleared a world leader and Japanese Record 7-8½ (2.35). "My goal this season was get the national record but now I've already done that," he said. Three tied for the win in the women's vault, with Alysha Newman, Anzhelika Sidorova and Katerína Stefanídi all clearing 15-5½ (4.71), Newman claiming a Canadian Record. Katie Nageotte took 4th with a 15-2¼ (4.63).

Karlsruhe Men's Winners

Karlsruhe, Germany, February 02 (200 banked)—

400: 1. Pavel Maslák (CzR) 46.78. 800: 1. Andreas Kramer (Swe) 1:46.52 PR. 1500: 1. Vincent Kibet (Ken) 3:38.23. HJ: 1. Naoto Tobe (Jpn) 7-8½ (2.35) NR (WL). LJ: 1. Thobias Nilsson Montler (Swe) 26-6¼ (8.08) PR.

Karlsruhe Women

60: 1. Ewa Swoboda (Pol) 7.10 (7.08h WL). 3000: 1. Melissa Courtney (GB) 8:43.36 PR (WL). 60H: 1. Nadine Visser (Hol) 7.97. PV: 1. tie, Alysha Newman (Can), An-

zhelika Sidorova (Rus) & Ekateríni Stefanídi (Gre) 15-5½ (4.71). TJ: 1. Ana Peleteiro (Spa) 47-7¼ (14.51) PR.

Toruń: Tefera Lowers PR To 3:35.57

Ethiopia's Samuel Tefera, the World Indoor champion who is still only 19, produced a 3:35.57 world leader over 1500 to beat the 3:36.50 Polish Record by Marcin Lewandowski. Frustrated by the pace of his rabbit, Aman Wote, Tefera said later that he could have done better. "The opening was a little slow. I was expecting faster," he said.

Sam Kendricks captured the vault with a second-attempt clearance at 18-11½ (5.78) and then took three attempts at 19-5 (5.92). Ewa Swoboda of Poland topped Marie-Josée Ta Lou in the women's dash, sprinting 7.15 to the World Indoor runner-up's 7.16. An exciting women's 800 finish saw Ethiopia's Habtamu Alemu outlean Laura Muir at the finish, 1:59.49–1:59.50.

Toruń Men's Winners

Copernicus Cup; Toruń, Poland, February 06 (200 banked)—

400: 1. Pavel Maslák (CzR) 46.19. 800: 1. Erik Sowinski (US) 1:47.49. 1500: 1. Samuel Tefera (Eth) 3:35.57 PR (WL). 60H: 1. Orlando Ortega (Spa) 7.49 (=WL). HJ: 1. Ilya Ivanyuk (Rus) 7-4½ (2.25). PV: 1. Sam Kendricks (US) 18-11½ (5.78). LJ: 1. Juan Miguel Echevarría (Cub) 26-7¼ (8.12).

Toruń Women

60: 1. Ewa Swoboda (Pol) 7.15. 400: 1. Iga Baumgart-Witan (Pol) 51.91 PR. 800: 1. Habitam Alemu (Eth) 1:59.49 PR. 60H: 1. Pamela Dutkiewicz (Ger) 7.95. SP: 1. Christina Schwanitz (Ger) 62-3 (18.97).

Madrid: Tori Franklin Triples AR 47-9¾ (14.57)

She may have lost the triple jump in her Spanish appearance, but Tori Franklin captured the indoor American Record to go alongside the outdoor best in her collection. With Venezuela's Yulimar Rojas already in the lead with her booming first-round 48-11½ (14.92) that moved her to No. 12 on the all-time list, Franklin opened up at 46-½ (14.03), then bounded the record 47-9¾ (14.57) on her second try to take down Keturah Orji's national standard of 47-8 (14.53) from last season. In/out, Franklin's jump ties the No. 7 performance in U.S. history. She finished off with a solid series: 47-2½ (14.39), foul, 47-6¼ (14.48), 46-9 (14.25).

For Rojas, whose mark was the farthest indoor TJ in the world since '10, it was the sign that she had successfully rehabilitated after injuries hampered her '18 campaign. "I feel great happiness as all the hard work I have done with my team has paid off today," she said.

Russia's Anzhelika Sidorova produced a world-leading 16-1¼ (4.91) in the vault to move to #4 on the all-time list. She handily topped Greece's Nikoléta Kiriakopoulou (15-6½/4.74).

Madrid Men's Winners

Madrid, Spain, February 08 (200 banked; altitude 696m)—

60: 1. Mike Rodgers (US) 6.57. 400: 1. Nathan Strother (US) 46.21. 800: 1. Cornelius Tuwei (Ken) 1:47.76 PR. 1500: 1. Bethwel Birgen (Ken) 3:40.17. 60H: 1. Jarret

Eaton (US) 7.56. LJ: 1. Miltiádis Tentóglou (Gre) 27-0 (8.23) NR. SP: 1. David Storl (Ger) 68-11¼ (21.01).

Madrid Women

60: 1. Ewa Swoboda (Pol) 7.11. 800: 1. Adriana Cagigas (Spa) 2:03.94 PR. 1500: 1. Sofia Ennaoui (Pol) 4:08.31.

3000: 1. Alemaz Teshale (Eth) 8:43.76 PR. PV: 1. Anzhelika Sidorova (Rus) 16-1¼ (4.91) PR (WL) (=4, =12 W; in/out: =5, x W). TJ: 1. Yulimar Rojas (Ven) 48-11½ (14.92) NR (WL) (12, x W); 2. Tori Franklin (US) 47-9¾ (14.57) AR (old AR 47-8/14.53 Keturah Orji [Ga] '18) (in/out: x =7 A) (46-½, 47-9¾, 47-2½ [x, =3 A], f, 47-6¼ [x, 3 A], 46-9) (14.03, 14.57, 14.39, f, 14.48, 14.25).

Birmingham: Muir Miles 4:18.75

Samuel Tefera lit up the Müller GP in Birmingham with his metric mile record, but just about as popular was the women's equivalent, run at a real mile. Laura Muir thrilled the home crowd with her national record 4:18.75, the No. 3 performance ever, trailing just Genzebe Dibaba (4:13.31) and Doina Melinte (4:17.14) on the all-time list. The 25-year-old Scot also claimed the national 1500 record en route with her 4:01.84. "I just wanted to run a similar distance to 1500m because I have not raced over 1500m since the end of last season," she said. "It was the perfect way to prepare for the European Indoor Championships in Glasgow."

The meet also crowned the first two WIT champions of the year, Cuba's Juan Miguel Echevarría claiming the men's LJ title and Ethiopian's Alemaz Teshale the women's 3000.

Birmingham Men's Winners

Müller GP; Birmingham, England, February 16 (200 banked)—

60: 1. Bingtian Su (Chn) 6.47 (WL). 400: 1. Nathan Strother (US) 46.45. 800: 1. Joseph Deng (Aus) 1:47.27 NR. 1500: 1. Samuel Tefera (Eth) 3:31.04 WR (old WR

3:31.18 Hicham El Guerrouj [Mor] '97) (56.3, 56.8 [1:53.1], 56.4 [2:49.5], 41.5) (13.9, 27.4, 55.4); 2. Yomif Kejelcha (Eth) 3:31.58 PR (3, 3 W) (14.4, 28.2, 56.1). 60H: 1. Jarret Eaton (US) 7.51. HJ: 1. Naoto Tobe (Jpn) 7-6 (2.29). LJ: 1. Juan Miguel Echevarría (Cub) 26-11¼ (8.21) (wins WIT).

Birmingham Women

60: 1. Elaine Thompson (Jam) 7.13. 400: 1. Stephenie Ann McPherson (Jam) 52.24. 800: 1. Shelayna Oskan-Clarke (GB) 2:01.16. Mile: 1. Laura Muir (GB) 4:18.75 NR (WL) (3, 3 W) (4:01.84 NR [16, x W]). 3000: 1. Alemaz Teshale (Eth) 8:54.60 (wins WIT). 60H: 1. Evonne Britton (US) 7.91 PR. PV: 1. Holly Bradshaw (GB) 15-9¼ (4.81). LJ: 1. Ivana Španović (Ser) 22-3 (6.78).

Düsseldorf: Ingebrigtsen Takes Down Tefera

Jakob Ingebrigtsen was chasing Samuel Tefera twice over in Düsseldorf, as the PSD Bank Meeting wrapped up this year's World Indoor tour. In a battle of teenage stars, the 18-year-old Norwegian was not only looking for a win but also trying to take down the 19-year-old Ethiopian's claim to the fastest indoor 1500 ever by a Junior. He was successful on both counts.

Rabbits Bram Som (56.14) and Adam Czerwinski (1:54.44) did the early dirty work and when the Pole pulled off the track with about 2 laps to go, with new WR holder Tefera on his shoulder, Ingebrigtsen quickly halved his margin behind the Ethiopian. He patiently stayed a stride or so behind until the middle of the final curve, where he began his surge and pulled away down the homestretch to win 3:36.02–3:36.34.

"I felt good," said the winner. "You always have some negative thoughts, going from zero at the start to that kind of pace. But through the race I started feeling better. From there on the goal was just to beat Tefera." He also beat Tefera's 3:36.05 of last year as the fastest U20 time ever indoors. That mark wasn't ratified by the IAAF because of a lack of testing.

Tefera did win one of the 9 overall WIT titles handed out during the meet. So did Marie-Josée Ta Lou, whose 7.02 in the 60 claimed the yearly world lead.

Düsseldorf Men's Winners

PSD Bank Meeting; Düsseldorf, Germany, February 20 (200 banked)—

60: 1. Bingtian Su (Chn) 6.49. 400: 1. Nathan Strother (US) 46.48 (wins WIT). 800: 1. Álvaro de Arriba (Spa) 1:46.63. 1500: 1. Jakob Ingebrigtsen (Nor) 3:36.02 WJR (old WR 3:36.21 Ingebrigtsen '19); 2. Samuel Tefera (Eth) 3:36.34 (wins WIT). 60H: 1. Orlando Ortega (Spa) 7.52 (Jarret Eaton [US] false start in heat, but wins WIT). HJ: 1. Naoto Tobe (Jpn) 7-8 (2.34) (wins WIT).

Düsseldorf Women

60: 1. Marie-Josée Ta Lou (Cl) 7.02 (WL); 2. Ewa Swoboda (Pol) 7.10 (wins WIT). 800: 1. Habitam Alemu (Eth) 2:00.70 (wins WIT). PV: 1. Anzhelika Sidorova (Rus) 15-7¾ (4.77) (wins WIT). TJ: 1. Yulimar Rojas (Ven) 47-5¼ (14.46) (wins WIT). SP: 1. Christina Schwanitz (Ger) 62-9½ (19.14) (wins WIT). □



Laura Muir thrilled the Birmingham crowd by running the third-fastest indoor mile ever.

Franklin Knew AR Was Coming, But Not When

JEAN-PIERRE DURAND



In planning for a new record, Tori Franklin says she and her coach were “just speaking it into existence.”

by Jeff Hollobaugh

When Tori Franklin leaped to her **American Record 47-9¼ (14.57)** in Madrid, she knew coming out of the sand that it was good. She just didn't know it was that good. “Soon as I saw that,” she says, “I was beyond excited.” She explains, “It was surprising because we haven't had that many jumps sessions in practice, so I didn't feel particularly ‘triple jump fit’ to put together that jump, let alone that series.

“Me and my coach, we've been talking about it like, ‘Oh, we're going to go get that American Record this indoor season. Yes, it's gonna happen.’ That's what we were doing, just speaking it into existence. So I knew we were going to do it, but I didn't know exactly when.”

Not bad for a wannabe pole vaulter. Franklin says that she was not at all happy 11 years ago when her coach at South High in Downers Grove, Illinois, told her as a ninth-grader that she would be a triple jumper. “I had shown up to practice the first day and I grabbed the pole and I was doing the drills. I was just about to pole vault until the coach was like, ‘Um, no, Tori, we're going to have you triple jump.’

“And I'm like ‘Triple what??’ I was so upset. I actually started to cry because I had been planning to do pole vault ever since seventh grade. The time came finally, I made it to high school, and they're like, ‘Nah, we want you to do something else.’” By the time she graduated, Franklin had won the State title and reached 40-7½ (12.38). But she never got to vault.

At Michigan State, coach Walt Drenth remembers her as the “ultimate team player.” She competed in all of the sprints and jumps—except for the vault—as well as plenty of relays. Her high point in the triple came as a frosh at the '12 NCAA Indoor where she finished 3rd. “Every other year I either didn't make the finals at NAAs, or was doing multiple events for the team,” remembers Franklin. “I was also just

going through some mental things that just kept me from being able to really focus.”

After graduation, no one threw money at Franklin to see her keep going. But she says, “I felt I had a ton of potential inside.” Figuring out how to mine that potential was the challenge. “My first year I worked three jobs and I had a little bit of savings. That wasn't too bad, but it was really hard because I was still at school. That second year I moved to Chicago. And that's when it really kicked in that this wasn't easy to do. I had run out of money, I still had zero support and I was just out here trying to do triple jump, an obscure event that they don't really even fund much of in the first place.

“I did have my doubts. I was job searching real jobs. Because I was about to quit. My coach, Andreas Pavlou, he pushed for me. He said, ‘Just try the indoor season and let's see how it goes. I just kind of stuck with it. Good thing I did.’ That winter, she leapt a PR 45-5¾ (13.86) to win the USATF Indoor.

Franklin, now 26, ranked No. 5 in the world last year after a season in which she broke the American Record outdoors last spring with a 48-8¼

(14.84). Now she is focused on championships: “I am looking to get a few medals in the triple jump. In practice, I just see some really good things coming together and I think that this really is just the beginning for me and I have so much farther to go. So I plan to still be triple jumping for the next—I'm just going to throw a number out there—7-8 years. And I will probably dabble in the long jump because historically I haven't been good at long jump, but my run has gotten so much better. I actually had a really good PR in practice last year, so I might start doing long jump and maybe dabble in some 60 work, 'cause I'm kind of fast now, but we'll see.”

A woman with surprising talents—she's worked as a chef, among other things—Franklin helps coach the jumpers at Div. III Concordia College. She's also writing a book about a young woman “coming into her adulthood and just experiencing life, figuring out her career, sexuality and depression.” And she's doing inspirational speaking at public schools throughout the Chicago area: “I come in and motivate, talk about self-love and dealing with depression and things like that. A lot of stuff that kids don't really talk about. That's what I love doing.”

And she continues to work to be her best at the triple. “This has been such a great journey,” she says. “I feel like a lot of athletes coming up think that all track athletes are what they see on TV, where they just have this talent and it just happens for them. But for a lot of us it takes a lot of hard work and that's the part that people don't see. I want them to know that it is possible to be that star.”

Franklin Breaks Up Orji's Dominance

Keturah Orji owned the all-time U.S. indoor list in the triple jump until Tori Franklin's big night in Madrid, where she produced the best American series ever, scoring not only the American Record but also performances Nos. 3 and =4 ever. Overall, Orji's name still appears more times near the top of the list, claiming 8 of the 11 farthest marks ever:

Mark	Athlete	Date
14.57 47-9¼	Tori Franklin (New York AC)	2/08/19
14.53 47-8	Keturah Orji (Georgia)	1/20/18
14.48 47-6¼	----Franklin !	2/08/19
14.39 47-2½	----Orji (Atlanta TC)	1/19/19
----Franklin !	2/08/19	
14.32 46-11¾	----Orji	2/25/17
----Orji !	2/25/17	
14.31 46-11½	----Orji	3/03/18
14.28 46-10¼	----Orji !	2/25/17
----Orji !	1/20/18	
----Orji !	3/03/18	

USATF Men's XC — Kipchirchir Spoils Korir's Bid For 3-Peat

MIKE SCOTT



Shadrack Kipchirchir (300) and Emmanuel Bor (number obscured) beat 2-time defender Leonard Korir (309) into 3rd, with Stanley Kebenei (296) fading to 5th.

by Mike Scott

Tallahassee, Florida, February 02— Leonard Korir won the '17 USATF Cross Country Championships over a challenging, snow-covered course in Bend, Oregon, then beat Galen Rupp—making a rare cross country appearance—over the gently rolling hills of this same Tallahassee course last year to successfully defend his title.

So while Korir entered this year's meet with the goal of winning his third consecutive title, his quest would not be easy: his own training partners in the American Distance Project (ADP)/US Army WCAP were among his biggest rivals. Shadrack Kipchirchir beat Korir in October at the USATF 10M championships in the Twin Cities, then backed it up with another victory at the USATF 5K a month later in New York City. And steeple specialist Hillary Bor took the win at January's Great Stirling XC in Scotland with Korir 4th. Additionally, harrier standouts Garrett Heath & Ben True and marathoner Scott Faule hoped to challenge for the win.

Korir, Kipchirchir, Bor, and their teammates started the race off fast from the gun, leading a large pack of 25 through the first 2M loop in 9:13. By the completion of the second loop (passed in 17:19 for 6K), only the ADP quintet of Bor, Kipchirchir, Korir, Stanley

Kebenei and Hillary's brother Emmanuel Bor were still in contention with only Heath even close—2 seconds behind.

"My coach told us make a move at the beginning, separate from the rest of the guys," said Kipchirchir. "That was the plan." Hillary Bor—fresh off his Great Stirling win—pushed the pace hard as the leading quintet completed the third loop in 23:15, 10 seconds ahead of Faule who was running alone in 6th.

Kipchirchir proved strongest in the final push for the finish, winning in 28:53. "Those guys [his ADP teammates] are really strong," said Kipchirchir. "At training, everyone is really fit. I didn't know I was going to win because of the five guys, everyone is strong so I just gave my best. I'm glad I took the win. To cross the finish line No. 1 is very awesome."

Emmanuel Bor (28:54) claimed runner-up honors, followed by Korir (28:56), Hillary Bor (28:57) and Stanley Kebenei (29:05). "We came here to make the team, to represent the United States at Worlds; we don't want to let them down," Kipchirchir said when asked whether he and his training partners would go to Worlds. Portland alum Faule (29:21) came home alone in 6th, then announced on his twitter that he had declined his World Team position.

USATF MEN'S XC RESULTS

Tallahassee, Florida, February 02—

Teams

Teams: 1. American Distance Project 10.

Individuals

10K: 1. Shadrack Kipchirchir (Nik) 28:53; 2. Emmanuel Bor (ADP) 28:54; 3. Leonard Korir (ADP) 28:56; 4. Hillary Bor (ADP) 28:57; 5. Stanley Kebenei (ADP) 29:05; 6. Scott Faule (HokaNAZ) 29:21; 7. Mason Ferlic (Nik) 29:32; 8. Reid Buchanan (SkechMam) 29:36; 9. Drew Hunter (adiTin) 29:37; 10. Martin Hehir (Reeb) 29:38;

11. Frankline Tonui (ADP) 29:38; 12. Abbabiya Simbassa (ADP) 29:41; 13. Alex Monroe (RRP) 29:48; 14. Joel Reichow (TMn) 29:57; 15. Andrew Colley (OnxE) 30:00; 16. Dillon Maggard (BB) 30:00; 17. David Elliott (unat) 30:02; 18. Evans Kirwa (USA) 30:04; 19. Seth Totten (SRAE) 30:10; 20. Lucas Stalnaker (USMC) 30:14;

21. Futsun Zienasellasia (unat) 30:18; 22. Nicolas Montanez (OnMam) 30:18; 23. Garrett Heath (BB) 30:20; 24. Trevor Dunbar (BAA) 30:26; 25. Girma Mecheso (USA) 30:28; 26. Kiya Dandena (HokaNAZ) 30:32; 27. Timothy Rackers (BoutC) 30:33; 28. David Goodman (unat) 30:46; 29. Joseph Berriatua (TinME) 30:55; 30. Michael Jordan (USA) 30:57;

31. Will Christian (USA) 31:02; 32. Juan Diego Estrada (Asics) 31:11; 33. Ian La Mere (HansB) 31:20; 34. Elias Chesire (USA) 31:38; 35. Benjamin Zywicki (unat) 31:44; 36. Sid Vaughn (HokaNAZ) 31:48; 37. Stanley Linton (USN) 31:57; 38. Ernie Pitone (unat) 32:08; 39. Benjamin Payne (USAF) 32:10; 40. John Vodacek (unat) 32:19.

Junior Men

8K: 1. Shuaib Aljabaly (Wi) 24:39; 2. Gabriel Mudel (Mi) 24:43; 3. Meika Beaudoin-Rou (Stan) 24:43; 4. Charlie Perry (Stan) 24:43; 5. Khalid Hussein (Mn) 24:46; 6. Robert Cheeseman (TxHS) 24:47; 7. Graydon Morris (TxHS) 24:54; 8. Michael Phillips (Syr) 24:57; 9. Reece Donihi (NM) 25:01; 10. Chad Johnson (laSt) 25:03. □

USATF Women's XC – Houlihan Tops At Longer Distance

MIKE SCOTT



As the women raced 10K for the first time, Shelby Houlihan (275) pulled away from Molly Huddle (278) to win by 8 seconds. Also in the lead pack here (l-r): Aliphine Tuliamuk (blue jersey), Karissa Schweizer (429), Amy Cragg (178) & Marielle Hall.

by Mike Scott

Tallahassee, Florida, February 02—The loaded USATF XC Championships women's field featured Olympians Molly Huddle (who hadn't raced cross country since '12), Shannon Rowbury (no cross since '05), Amy Cragg, Marielle Hall & Shelby Houlihan, as well as '17 national champ Aliphine Tuliamuk, steeple AR holder Courtney Frerichs, road standouts Kellyn Taylor & Stephanie Bruce and former NCAA champion Karissa Schweizer.

The beauty of cross country is the opportunity for middle-distance runners to battle with marathoners over hill and dale, and Tallahassee '19 certainly displayed top American talent throughout that range.

Huddle, Hall, and Houlihan led a pack of 10 through the first 2M loop in 10:29, with Tuliamuk, Taylor, Schneider, Cragg and Schweizer—plus former world team members Sarah Pagano and Elaina Tabb—all in contact. Huddle, Houlihan, Cragg, Schweizer, Tuliamuk, and Hall were together as they passed the line to conclude the second loop at 19:55 for 6km. Tuliamuk forced the pace over the third lap, leading Huddle, Houlihan, and Hall through 8km in 26:31.

Huddle—in search of her first ever national cross title—pressed the pace over the next kilo but was unable to open up any daylight over Houlihan, who was better known as a middle-distance runner during her days at

Arizona State, during which she won the '14 NCAA 1500. Showing no hesitation during her first race—and the first nationals staged at the 6M-plus distance—Houlihan powered away up the final hill with 600m to go and pulled away during the homestretch to win by 8 seconds over Huddle, 32:47–32:56.

"I wasn't really sure what to expect going into it," Houlihan told USATF.tv following her victory. "I wanted to win, but I didn't know if realistically that was going to happen. I felt coming into it that I was very fit, very aerobically strong—but so is everyone else! I didn't really know what to expect, but I'm happy to come away with the win."

Hall (32:57) finished 3rd, just a tick behind Huddle, while Tuliamuk (33:04) placed 4th. Bowerman TC athletes Cragg (33:18), Frerichs (33:25), and Schweizer (33:29) claimed places 5–7, while Bruce (33:30), Anne-Marie Blaney (33:35), and Pagano (33:44) rounded out the top 10. The Bowerman TC easily won the team title over Hoka One One NAZ Elite, 12 points to 27.

Huddle and Tuliamuk, both training for spring marathons, declined positions on Team USA for the World Cross. The Bowerman contingent—Houlihan, Hall, Cragg, Frerichs, and Schweizer—waited for coach Jerry Schumacher to look over their training/racing plans to decide whether they would represent Team USA in Aarhus at the end of March.

USATF WOMEN'S XC RESULTS

Tallahassee, Florida, February 02—

Teams

1. Nike Bowerman TC 12; 2. HOKA ONE ONE Northern Arizona Elite 27.

Individuals

10K: 1. Shelby Houlihan (BowTC) 32:47; 2. Molly Huddle (Sauc) 32:56; 3. Marielle Hall (BowTC) 32:57; 4. Aliphine Tuliamuk (HokaNAZ) 33:04; 5. Amy Cragg (BowTC) 33:18; 6. Courtney Frerichs (BowTC) 33:25; 7. Karissa Schweizer (BowTC) 33:29; 8. Stephanie Bruce (HokaNAZ) 33:30; 9. Anne-Marie Blaney (HansB) 33:35; 10. Sarah Pagano (unat) 33:44;

11. Elaina Tabb (BAA) 33:47; 12. Rachel Schneider (UArm) 34:04; 13. Kellyn Taylor (HokaNAZ) 34:16; 14. Katrina Spratford (NED) 34:19; 15. Hannah Everson (USAF) 34:20; 16. Jessica Tonn (unat) 34:24; 17. Samantha Bluske (unat) 34:33; 18. Laura Thweatt (Sauc) 34:37; 19. Breanna Sieracki (TMn) 34:38; 20. Allie Buchalski (BB) 34:41;

21. Grayson Murphy (HokaNAZ) 34:48; 22. Shannon Rowbury (NikOP) 34:49; 23. Lauren Larocco (Port) 34:54; 24. Catarina Rocha (unat) 34:59; 25. Olivia Pratt (HansB) 35:07; 26. Samantha Nadel (BAA) 35:08; 27. Rosa Moriello (HeartB) 35:13; 28. Bethany Sachtleben (unat) 35:26; 29. Emily Durgin (UArm) 35:32; 30. Erika Kemp (BAA) 35:43;

31. Chelsea Blaase (HansB) 35:48; 32. Susan Tanui (USA) 36:01; 33. Sandie Raines (OnMam) 36:03; 34. Aisling Cuffe (Sauc) 36:04; 35. Tansey Lystad (unat) 36:13; 36. Marisa Howard (IdDP) 36:41; 37. Emma Spencer (TrackH) 37:23; 38. Stefanie Slekis (unat) 38:00; 39. Paige Duca (BC) 38:04; 40. Jennifer Hannigan (USA) 38:05.

Junior Women

6K: 1. Nicole Clermont (BC) 21:14; 2. Kayla Smith (BC) 21:19; 3. Riley Rigdon (OkSt) 21:27; 4. Grace Ping (MnHS) 21:27; 5. Savannah Shaw (NCSt) 21:29; 6. Heidi Nielson (TxHS) 21:31; 7. Rachel McCardell (NWn) 21:45; 8. Samantha Corman (Gtn) 21:52; 9. Noelle Adriaens (MiHS) 21:53; 10. Katie Dammer (Gtn) 22:15. □

RAK Half-Marathon – As Always, Fast & Deep

VICTOR SMILER/PHOTO RUN



Kenyan teen Stephen Kiprop moved to =No. 6 on the all-time world list.

by Sean Hartnett

Ra's al Khaymah, United Arab Emirates, February 08—Edition No. 13 of the RAK Half Marathon continued in the tradition of producing fast and deep races with many record-setting performances. Rising Kenyan youngster Stephen Kiprop sprinted past Ethiopian Abadi Hadis in the final 40m to win the men's race in 58:42, while Senbere Teferi prevailed in an even closer finish as she out-leaned fellow Ethiopians Netsanet Gudeta and Zeineba Yimer to capture the win and a share of the Ethiopian Record in 65:45.

Fast times were not limited to the podium finishers as Swiss sensation Julien Wanders finished 4th in the men's competition in 59:13, trimming 19 seconds off Mo Farah's European Record. The race also produced historically deep finishes as for the first time 11 men bettered an hour and 6 women ran under 66:15.

The women started first and by the time the sun crested the horizon a pack of 6 women and 2 male pacers had swept through 5K in 15:32 and maintained the 3:06K tempo crossing 10K in 31:02 (65:30 pace). The tempo lagged through a subsequent 31:23 segment with Teferi noting, "I wanted the pacers to go faster," but making her second effort at the distance after collapsing with dehydration after 20K while leading the Delhi Half last October, she was hesitant to push past the pacers.

Entering the final kilometer they finally hit high gear with world champ Gudeta and the 20-year-old Yimer trading attacks. Teferi, who produced track PRs of 8:32.49 and 14:23.33 last year, edged ahead at the line to take the win and the Ethiopian record by a mere second, closing the final 400 in 65 seconds. With her DNF in Delhi, Teferi's finish here ranks as the fastest women's "debut" ever.

The men's race followed a different script as the pace ratcheted up after an opening 5K of 14:13. A large pack of 15 plus 2 pacers passed 10K in 28:12 and remained together through 14K when Hadis threw down a 2:40 kilo that quickly strung out the pack with only Kiprop able to cover the torrid surge. Hadis—who has run 12:56.27 and 26:57.88 on the track—did his best to shake the 19-year-old Kiprop, zigzagging across the road.

Hadis lifted the pace even higher in the final 600 and built a 10m lead only to have Kiprop charge past in the final 50, covering the last 400 in a stunning 56 seconds. "My plan was to wait until the final 200m," offered Kiprop, who has not raced on the track since he was a schoolboy, but ran off a string of four fast half marathons in '18. Kiprop equaled Bedan Karoki's course record and moved to =No. 6 on the all-time list.

The 21 year-old Wanders held tough after Hadis's searing break, and battled Ethiopian Fikadu Haftu to the finish line, losing the race for the podium but the Geneva native, who has been high-altitude training in Iten for the past four years, took home the ER with ease. "The race started a bit slow for us," he said, "and then we really picked it up in the second half. Finally I broke the European Record so it was a good day for me."

RAK HALF-MARATHON MEN'S RESULTS

Ra's al Khaymah, United Arab Emirates, February 08—

1. Stephen Kiprop (Ken) 58:42 PR (WL) (=6, =7 W); 2. Abadi Hadis (Eth) 58:44 =PR (=9, =10);
3. Fikadu Haftu (Eth) 59:08 PR; 4. Julien Wanders (Swi) 59:13 NR; 5. Morris Munene (Ken) 59:22 PR; 6. Mule Wasihun (Eth) 59:34 PR; 7. Daniel Kipchumba (Ken) 59:36; 8. Amdework Walegn (Eth) 59:39; 9. Abel Kipchumba (Ken) 59:40; 10. Shadrack Korir (Ken) 59:42 PR; 11. Kaan Kigen Özbilen (Tur) 59:48 NR; 12. Edwin Kiptoo (Ken) 60:20; 13. Lelisa Desisa (Eth) 60:36.

(best-ever mark-for-place: =10, 11)

RAK HALF-MARATHON WOMEN'S RESULTS

1. Senbere Teferi (Eth) 65:45 NR (WL) (10, x W); 2. Netsanet Gudeta (Eth) 65:45 =NR (=WL) (=10, x W);
3. Zeineba Yimer (Eth) 65:46 PR; 4. Degitu Azimeraw (Eth) 66:07 PR; 5. Valary Aiyabei (Ken) 66:14 PR; 6. Peres Jepchirchir (Ken) 67:36; 7. Pascalia Kipkoech (Ken) 67:38; 8. Naomi Rotich (Ken) 68:19 PR.

(best-ever mark-for-place: 5)

9:01.81 — Another National Record For Katelyn Tuohy

by Rich Sands

New York City, January 26—Still just a prep junior, Katelyn Tuohy (North Rockland, Thiells, New York) made her long-anticipated debut against professional competition at the Sander Invitational and came through with a national record. The 2-time Nike Cross champion ran aggressively in the invitational 3000 and came tantalizingly close to her goal of a sub-9:00 clocking, finishing 3rd overall in 9:01.81 at New York City's Armory. The previous record of 9:04.51 was set in '13 by Mary Cain (en route in a 2M), though Washingtonian Alexa Efraimson set the absolute HSR of 9:00.16 on an oversized track the following year. Cain's mark is also the ratified American Junior (U20) Record, although Stanford's Elise Cranny has a pending 8:58.88.

Tuohy came through the 1000 (2:57.85) and 1600 (4:45.12), behind the rabbit, Dani Aragon. When Aragon stepped off at the 1800 mark, Tuohy took up the lead and remained on target for sub-9 at the 2000 split (5:58.70). Amanda Eccleston surged to the front at 2100 and pulled away for the win in 8:56.68, with Heather Kampf (8:56.87) close behind. Tuohy was unable to match their closing speed, but still finished ahead of 5 other runners. "She did a great job helping keeping us connected to the rabbit," Eccleston said. "Definitely I was very impressed with how she ran."

Tuohy, who already holds HSRs for the indoor 5000 and outdoor mile, was frustrated to miss her time goal. "If I just pushed with three laps to go instead of two I think I would have gone sub-9, but I'm still super happy," she said. She called the experience "a little intimidating," but was



Katelyn Tuohy supplanted Mary Cain as the holder of the high school 3000 record.

pleased overall. "I was just getting ready to... test out what it's like to race against girls who are faster than me."

Her biggest takeaway was the need to hold her ground in a crowded pack. "I think this time around I was a little wimpish, I guess you can say, giving up the [inside] spot that I wanted," she said. "So next time I know that. I gotta get on that rail."

Rockland coach Brian Diglio was most impressed with Tuohy's poise. "Her end goal is try and go for the Olympic Trials after her senior

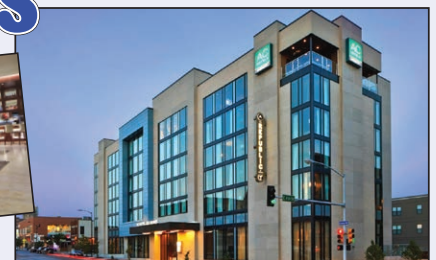
year, so this is the time to get your feet wet and see what running with professionals is like," he said. Having spent most of the past two years training solo, Tuohy has started doing some of her training with the boys on the team this winter to prepare for following a leader. "She's realized that makes it a little easier," Diglio said. "When the other women went by her and she went right with them and she fought, I was super proud. It was a perfect outcome. She was disappointed with her time, but I was incredibly pleased with how everything went today." □

ATTEND THE 2019 NATIONALS WITH TRACK & FIELD NEWS TOURS

The 2019 USATF Outdoor National Championships will be held in Des Moines, Iowa, Thursday July 25 through Sunday, July 28. The venue is Drake University's stadium, host of the annual Drake Relays. These championships will determine the U.S. team for the 2019 World Championships in Doha, Qatar, so expect edge-of-the-seat drama, excitement, and superlative performances.

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Millrose Games High School — Mu Oh-So-Close To 600 Record

by Rich Sands

KEVIN MORRIS



Athing Mu's shot at the fastest 3 laps ever found her just 0.13 shy of the national record.

The premeet headline attraction, Katelyn Tuohy (North Rockland, Thiells, New York), scratched from the mile with an unnamed illness, but the race still produced a meet record as Marlee Starliper (Northern, Dillsburgh, Pennsylvania) went wire-to-wire for a 4:41.66 clocking to move to No. 11 on the all-time list.

Versatile Taylor Ewert (Beavercreek, Ohio) broke her own national record in the mile walk, clocking 6:28.21 to win the open race, which doubled as the USATF Championship. Her previous best was 6:45.68. Her en route 6:02.85 also broke her own 1500 record. Her day wasn't over, though, as she doubled back six hours later to run the mile, finishing 6th in a PR 4:51.97.

Britton Wilson (Godwin, Henrico, Virginia) moved to No. 3 on the all-time 300 list with a 37.53 clocking and Matt Rizzo (Bronxville, NY) came out on top in a tight

New York City, February 08—Athing Mu (Central, Trenton, New Jersey) gave the HS Record in the 600 a scare to highlight prep competition at the Millrose Games. The versatile junior clocked 1:27.36 to improve her hold on the No. 2 spot on the all-time list, winning by more than 3 seconds.

After posting a swift 1:28.54 in January, Mu had her sights on Sammy Watson's 1:27.13 HSR from '17 and came to the Armory with a plan for

an aggressive pace. She went out in 27.02 and 57.30 before finishing up with a strong 30.06 circuit. "I'm pretty satisfied with the race," she said. "I can't really be mad at it, because it's still a PR and a junior-class record." The reigning New Balance 800 champion indoors and out, Mu tops the yearly lists in the 400, 600, 800 and 1000 and expects to race against the pros at the USATF Championships, though she hasn't decided on which event.

finish in the boys mile, clocking 4:09.12. Jack Renfree (Catholic, Knoxville, Tennessee), Sean Dolan (Hopewell Valley Central, Pennington, New Jersey) and Sam Affolder (Loudoun Valley, Purcellville, Virginia) all came home under 4:10.

Yearly list-leading times came in both 4x8s, with St. Benedict's (Newark, New Jersey) winning the boys race in 7:43.68 and Union Catholic (Scotch Plains, New Jersey) taking the girls title in 9:07.44.

MILLROSE HS BOYS RESULTS

New York City, February 9 (200 banked)—

60: 1. *Bryan Santos (Shepherd Hill, Dudley, Ma) 6.79; 2. Nick Cross (DeMatha, Hyattsville, Md) 6.80; 3. *Brandon Smith (South Shore, Brooklyn) 6.81

300: 1. *Ashton Allen (Bullis, Potomac, Md) 33.62 (HSL);
2. *Ryan Willie (Bullis) 33.89; 3. *Rashaun Stewart (Columbus, Bronx) 34.02.

600: 1. Luis Peralta (Passaic, NJ) 1:19.29; 2. Alfred Chawonza (St Benedict's, Newark) 1:19.61.

Mile: 1. Matt Rizzo (Bronxville) 4:09.12 (HSL) (3:53.34);
2. Jake Renfree (Catholic, Knoxville, Tn) 4:09.27 (3:54.03);
3. Sean Dolan (Hopewell Valley Central, Pennington, NJ) 4:09.55 (3:53.66);

4. Sam Affolder (Loudoun Valley, Purcellville, Va) 4:09.68 (3:51.08 HSL);
5. Carter Cheeseman (Christian, Ft Worth, Tx) 4:12.85; 6. Alex Rizzo (Bronxville) 4:12.89.

4 x 400: 1. Columbus 3:19.39.

4 x 800: 1. St. Benedict's 7:43.68 (HSL) (Chawonza 1:53.51);
2. Loudoun Valley, Purcellville, Va 7:52.78; 3. West Springfield, Springfield, Va 7:53.49; 4. Arlington, NY 7:53.66.

Field Events

PV: 1. Haze Farmer (Lake Hamilton, Percy, Ar) 17-2½; 2. *Rhett Nelson (Trinity, Texarkana, Ar) 17-2¼.

TJ: 1. Mason Henry (Glen Allen, Va) 49-8½; 2. *Jadan Hanson (Uniondale) 49-1¼.

Wt(2/07): 1. *Kyle Moison (Lincoln, RI) 71-¼; 2. Jacob Furland (Classical, Providence) 69-11¼.

MILLROSE GIRLS RESULTS

60: 1. ***Moforehan Abinusawa (Germantown, Ft Washington, Pa) 7.33.

Open 60: 7. Thelma Davies (Girard, Philadelphia) 7.45.

300: 1. Britton Wilson (Godwin, Henrico, Va) 37.53 (HSL) (3, 6 HS);

2. *Ziyah Holman (Georgetown Day, Washington, DC) 38.53; 3. ***Sanaa Hebron (George, Newtown, Pa) 38.75;

4. *Hannah Waller (South Lakes, Reston, Va) 38.89; 5. *Leah Phillips (Bullis, Potomac, Md) 39.00.

600: 1. *Athing Mu (Central, Trenton) 1:27.36 (HSL) (2, 2 HS) (27.02, 30.28 [57.30], 30.06);

2. *Victoria Vanriele (Livingston, Berkeley Heights, NJ) 1:30.64;
3. Vanessa Watson (Spencerport, NY) 1:30.84; 4. Lindsey Butler

(Corning-Painted Post, Corning, NY) 1:31.51; 5. **Makayla Paige (Memorial, Tewksbury, Ma) 1:32.58.

Mile: 1. *Marlee Starliper (Northern, Dillsburg, Pa) 4:41.66 (11, x HS) (4:23.02 [9, 12 HS]);

2. *Tori Starcher (Ripley, WV) 4:46.25; 3. *Taryn Parks (Greencastle-Antrim, Greencastle, Pa) 4:46.34;

4. Lily Flynn (Ursuline, New Rochelle) 4:48.02; 5. *Isabelle Goldstein (Germantown, Ft Washington, Pa) 4:49.20; 6. *Taylor Ewert (Beavercreek, Oh) 4:51.97.

Open Mile W: 1. Ewert 6:28.21 AJR, HSR (old records 6:45.68, Ewert '18) (6:02.85 AJR, HSR—old records 6:17.30 Ewert '18)

4 x 200: 1. Bullis 1:37.78 (AL, HSL);

2. Robeson, Brooklyn 1:37.91; 3. South County, Lorton, Va 1:39.34.

4 x 800: 1. Union Catholic, Scotch Plains, NJ 9:07.44 (HSL);

2. Mt De Sales, Catonsville, Md 9:07.87 (**Juliette Whitaker 2:08.96); 3. Neumann & Goretti, Philadelphia, Pa 9:09.06.

PV: 1. Edie Murray (Lake Hamilton, Percy, Ar) 13-5¼; 2. Gennifer Hirata (Stafford, Fredericksburg, Va) 13-3½.

Wt(2/7): 1. *Cheyenne Figueroa (Classical, Providence) 61-¼ (12, x HS); 2. *Monique Hardy (Thomas, Webster) 60-2½. □

Athing Mu—National HS Leader In 4 Events

KIRBY LEE/IMAGE OF SPORT



Take your pick: 400, 600, 800 or 1000, Athing Mu tops all other preps this winter.

by Rich Sands

Al Jennings has been coaching prep standout Athing Mu (Central, Trenton, New Jersey) since she was 8 years old and even he is surprised by the phenomenal marks she's put up this winter. "I didn't expect her to come around this quickly," says Jennings, who runs the Trenton Track Club. "I was thinking next year she would do this. And she's just blossomed. And we haven't really done a whole lot of hard stuff in training yet."

Since the new year, the precocious junior has moved to No. 5 all-time in the 400 (52.55), No. 2 in the 600 (1:27.36), No. 4 in the 800 (2:03.98) and No. 3 in the 1000 (2:44.43)—leading the nation in each of those events—as well as clocking a swift 24.11 in the 200.

The PR in the 800—her favorite event—came in her debut against professionals at the Camel City Invitational in Winston-Salem on February 2. She finished 5th overall and in the process broke Ajee' Wilson's state record. "I felt really good because I was able to hang on to all those really great runners," says the 16-year-old Mu. "I also learned how to stay on a person's shoulder and just keep on until I have nothing left. I was actually not nervous at all."

Mu doesn't run for her high school team, a decision she made as a frosh so she could continue to train with her club coaches, Jennings and Bernice Mitchell. Under their guidance she racked up numerous AAU age-group titles. "Since I'd been running so well and I had been improving throughout the years I just decided that would be the best decision to stay with the club," says Mu, the second youngest of seven siblings.

Jennings made sure she knew what she would be giving up, including few, if any, training partners during the school year. "I explained to her the difficulties of running by yourself in a culture that glorifies high school sports," he remembers. "I told her you're going to be going

to meets by yourself, you won't have teammates, you won't have relays."

It has obviously worked out so far. Though she isn't eligible for State competition, she's tested herself against the best preps in the country, sweeping the New Balance indoor and outdoor titles as a soph. She was also the runner-up outdoors as a frosh.

With fewer opportunities for competition in the spring, her outdoor season typically empha-

sizes summer meets. Last year she nearly pulled off an astonishing quadruple at the AAU Junior Olympics. She won 15/16 age-group titles in the 400 (52.83, not far off the PR 52.45 she set a few weeks earlier), 800 (2:07.54) and 1500 (4:38.78) before taking 2nd the 200. She clocked 24.07 in that final at the end of a long week, after setting a PR of 23.63 in the heats (good enough to land in the yearly top 20 prep list).

Jennings says entering Mu in a wide range of events—she also runs cross country in the fall and has a 1500 PR of 4:33.04—is all part of a plan to help her 800. "She was mainly running the 800 and the 1500," he says of her middle school days. "I told her to get better we need to investigate some other events to see what we need to work on to get you ready for bigger meets." She reluctantly started including the 400 in her schedule, and the improved speed has already paid off.

Mu was chosen for her first Team USA squad in the fall, taking silver at the Youth Olympics in Buenos Aires. "I really enjoyed that race to be able to run with people who are at my same level," she says. "That helps me learn how to better strategize races."

This winter's string of sensational marks has continued to whet Mu's appetite for a higher level of competition. She will line up against the pros again at the USATF Indoor Championships, where she hopes to break Sammy Watson's 600 HSR of 1:27.13, a mark she just missed at Millrose. Then it's back to the prep ranks, where she is shooting for her third successive New Balance Indoor 800 title and perhaps taking a crack at Watson's national record of 2:01.78. "Coming into 2019 I wanted this to be the year where I would do all of the great things," she says. "This would be my peaking year. I'm glad it's happening now so in the outdoor season I have no choice to PR." □

Mu High On The All-Time Indoor Lists

Athing Mu rates at No. 5 or higher on 4 all-time high school indoor lists: No. 5 in the 400, No. 2 in the 600, No. 4 in the 800 and No. 3 in the 1000. Her placings and those few people ahead of her:

400 METERS		
51.61	Sydney McLaughlin (Union Catholic, Scotch Plains, New Jersey)	2017
51.93	Francena McCorory (Bethel, Hampton, Virginia)	2006
52.10	Sanya Richards (Aquinas, Fort Lauderdale, Florida)	2002
52.19	*Nicole Leach (West Catholic, Philadelphia, Pennsylvania)	2004
52.55	*Athing Mu (Central, Trenton, New Jersey)	2019
600 METERS		
1:27.13	Sammy Watson (Rush-Henrietta, Henrietta, New York)	2017
1:27.36	*Athing Mu (Central, Trenton, New Jersey)	2019
800 METERS		
2:01.78	Sammy Watson (Rush-Henrietta, Henrietta, New York)	2017
2:01.8+	**Mary Decker (Orange, California)	1974
2:03.59	Sabrina Southerland (Cardozo, Oakland Gardens, New York)	2013
2:03.98	*Athing Mu (Central, Trenton, New Jersey)	2019
1000 METERS		
2:40.72	Sammy Watson (Rush-Henrietta, Henrietta, New York)	2017
2:43.40	Sarah Bowman (Fauquier, Warrenton, Virginia)	2005
2:44.43	*Athing Mu (Central, Trenton, New Jersey)	2019

T&FN Interview — Shelby Houlihan



Houlihan kicked off her '19 campaign with yet another national title, this one in cross country.

by Jeff Hollobaugh

Shelby Houlihan 1999—Finishes 2nd in the Sioux City first-grade cross country race, a crushing 100 seconds behind the winner over a mile. Decides to forge on despite finishing on the upward side of 10:00. “Never give up!” she says of it.

Shelby Houlihan 2011—Wins the 400, 800, 1500 at the Iowa HS finals, capping the weekend with an anchor on the victorious 4x4. She is rightly regarded as a local legend for Sioux City’s East High.

Shelby Houlihan 2014—Wins the NCAA 1500 for Arizona State with the slowest winning time in 15 years, putting together a 61.74 last lap to outkick her pursuers. “I was kind of scared the last 100, hoping no one would catch me.”

Shelby Houlihan 2018—Wins her first Diamond League meet, Pre, with her first ever sub-4:00. A month later wins the USATF 1500 by producing a stunning homestretch dash to cap a 57.66 final lap. This time, there was no fear in the final 100. She wins the 5000 the next day, and later in the summer crushes the world’s top runners with her 3:57.34 at Lausanne. Two weeks later, she destroys the American Record in the 5000 with a 14:34.45.

Now 26, the Iowa native finished '18 sitting atop the World Rankings in the 1500, less than 4 years after she left Arizona State as a 12-time All-America and moved to Portland, where she embraced the coaching of Jerry Schumacher and the camaraderie of Nike’s Bowerman Track Club.

Since then she has become a formidable contender for the podiums in Doha and Tokyo. Her ace move is a finishing kick so devastating it leaves fans gaping and rivals gasping. Her strength, though, is the incubator of that speed, and she has never been stronger.

Taking advantage of this year’s longer strength-building phase—thanks to having a World Championships in September/October—Houlihan showed us her progress at the USATF XC, where she won in 32:47, her first-ever race at 10K. She has decided she won’t run the World Cross, so she is back to preparing for the coming track season.

T&FN: Have you come down off the high from winning USATF cross country nationals?

Houlihan: I was definitely on a high for a little bit. It made me excited to maybe see what I could do on the track. Not that I’ll be doing that anytime soon, but I think it’ll be a fun and exciting challenge. Going out there and having Marielle [Hall] and Amy [Cragg] and Karissa [Schweizer] and Courtney [Frerichs] with me, it kind of felt like we were doing a workout. Not physical-wise, but mentally it made it a little easier. It was a really cool experience. I’m glad I went and did that.

T&FN: Was there a little bit of a fear factor beforehand because you were stretching the edge of your envelope?

Houlihan: There were a lot of good competitors in there and I wanted to win. I go into every race wanting to win, obviously. But I felt like this was more like if I did it and I didn’t do well, I could let myself off the hook a little bit because I hadn’t done any 10Ks, so that kept the pressure off a little bit. But yeah, I was definitely nervous going into it. Just unsure of how it would feel and how it would hurt, I guess.

T&FN: Some have called that race one of the greatest gatherings of U.S. distance talent ever.

Houlihan: Definitely. I was racing women that I’ve never raced before. I’ve seen them, I’ve watched them race, but I don’t know if I’ve ever actually even raced Courtney or Amy before. [Edit: the Tallahassee race made Houlihan 5-0 lifetime against Frerichs—4 of them in mass participation off-track races—and 1-0 against Cragg.] All around it was kind of a different competition than what I’ve been used to. That made it more exciting as well. Just gave it that uncertain factor of... “I don’t know what’s going to happen here.”

T&FN: Was there any point during the race, where you worried that maybe your kick wouldn’t be there at the end of 10K?

Houlihan: There wasn’t really. Once I got in the race, all of that fear went away. I didn’t

know what pace we were running, but it just felt comfortable and I felt like I could run that all day. I definitely had a good day as far as how it felt. I felt very in control the whole time. My biggest worry was staying in it until the last K or so just to be able to use a kick and even hoping that I wouldn’t be too gassed by the time I needed to kick. And I looked at the 9K mark and I was like, “I still feel really, really good so I’m just going to squeeze the last K and ended up being able to win doing it that way.”

T&FN: Did you raise your training volume to prepare for the race?

Houlihan: Not really. Every year I raise my weekly mileage a little bit. Usually it’s by 10 miles a week every year since probably 2011 and this year we just raised it by 5. I’m running like 85 miles a week this year. So that was really the only big difference other than we usually do strength training in the fall to get ready for the season and we have extended that. Mostly I’ve just been doing strength training still just because it’s going to be such a long season.

T&FN: Does your success at 10K have any bearing on whether you will concentrate on the 1500 for the next two championship seasons or move back to 5000?

Houlihan: I haven’t really talked to my coach about it too much. I personally would like to stick with the 1500. I just like it a lot and I feel as if more of my instincts kick in a little better on the

Shelby Houlihan In A Nutshell

Personal

Shelby Christine Prince Houlihan was born February 8, 1993, in Sioux City, Iowa; 5-3/119 (1.60/54)

Schools

East HS (Sioux City, Iowa) '11; Arizona State '15; Nike Bowerman TC '15–present

Coaches

Rick Clarahan & Tom Green (HS); Ryan Cole (college 2011–14), Louie Quintana (college 2014–15); Jerry Schumacher (Nike Bowerman '15–present). Agent: Chris Layne

Major Meets

800—5)USATF Youth '09; 4)USATF Jr '10; 5)USATF Jr '11; 5s)NCAA '13; 7)NCAA '14 1500/Mile—6)USATF Jr '11; 7)NCAA '13; 1)NCAA Ind, 1)NCAA '14; 2)NCAA Ind, 2)NCAA, 10)USATF '15; 1)USATF Ind '17; 1)USATF '18
3000/2M—14)NCAA Ind '14; 8)NCAA Ind '15; 5)USATF Ind '16; 1)USATF Ind '17; 1)USATF Ind, 5)WIC '18
5000—7)NCAA; 2)OT, 11)OG '16; 1)USATF, 13)WC '17; 1)USATF '18
XC—31)NCAA '12; 8)NCAA '13; 9)NCAA '14; 1)USATF '19

PRs

800—2:01.12; 1500—3:57.34 (4, 6 A); Mile—4:24.16 (11, x A); 3000—8:36.01 (8, x A); 5000—14:34.45 AR

World/U.S. Rankings

800: '14—x/10
1500: '16—x/10; '18—1/1
5000: '16—x/3; '17—x/2; '18—8/1



Houlihan won the USATF 1500 & 5000 titles the same way last year; with a searing kick.

1500s than they do on the 5K. I'm still trying to learn how to run the 5K competitively at the world level. So I think the 1500 right now, I really enjoy it and I hope I can stick with that for a little bit.

T&FN: You mentioned going into every race trying to win. When was the last time you were at a starting line knowing that you had no chance?

Houlihan: London at the World Champs two years ago now [where she finished 13th in the 5000]. Going in, you always tell yourself, "I'm going out to win." But at that point I didn't really feel like I believed that and just came away from that race really, really disappointed. I didn't put myself in the race and I kind of fell off the back and just didn't perform as well as I should have as per how fit I was at the time. That one really got me. The next year I made that promise to myself to attack every race and put myself up in the front and in contention, just to see where that got me. Obviously that's been working out pretty well.

T&FN: I'm curious about the psychology of how a racer that has to maintain a high level of confidence processes the occasional bad race in a way that's constructive. How do you do that?

Houlihan: I think it's kind of a balance. Personally, after London, on the cooldown I just stopped and cried. I was so disappointed. I just let myself feel whatever I'm feeling for a little bit. And then, you know, you just pick yourself up, dust yourself off and say, "OK, this is not how I want to feel. I don't want to feel this way again. So what did I do wrong? What can I do better, how can I make myself better for the next time?" And I just try to take away as many positives as I can from that situation and apply it to the races that I run in the future.

And the next time I get on the line it's like a clean slate. I don't think about what happened before. It's just a new race, a new day. That's probably the best way to go about it, for me at least. You can't put that pressure on yourself. Everyone has bad days and it just happens so you can't make it more than what it is.

T&FN: Last year on the track, you ended up on top of the world in the 1500. Even so, do you have any regrets about the season?

Houlihan: I do, actually. I almost had a perfect season but I ended up getting 2nd in the Brussels

Diamond League Final and then the Continental Cup. Those were both races that I think would have been easier for me if I had felt like I had done everything I could and still got 2nd. But coming off of those races, I think I just raced poorly and made some stupid mistakes. If I hadn't, I could have maybe won both of those races. So that was just a little frustrating.

But at the same time, throwing that positive spin on it, it's better to learn those racing strategy things in an off-year. I'm getting ready for World Championships this year and Olympics the next year. That was the best year to do it. I can't be too disappointed with it. I mean, a few months earlier I would have been pumped about getting 2nd in the Diamond League Final, but I'm walking away disappointed now. Putting everything in perspective, I still had a great year.

T&FN: Which races last year do you look back on with pride?

Houlihan: Pre was most special because that was really my first race where I stuck my nose in it. I did a good job [at USATF Indoor] and at World Indoor, but I didn't quite commit, I still kinda had that doubt in myself. Pre was the first time that I just attacked. I felt that I could win that race, but I wasn't really expecting to. So that was confirmation for me: "OK, I am good enough, I should be putting my nose in it and competing with these women." It kind of made it easier to do that the rest of the year.

And then USAs, proving to myself that Pre wasn't really a fluke. It wasn't just I had a good race on the day. I was actually competing well and I was really in shape and coming out with that win in the 1500, I was pretty nervous about that. It just proved to me that I was strong enough to compete against some of the best in the world. Plus doing it in Des Moines with all my family there was pretty fun. It was exciting. (continues)

T&FN: A year ago we talked about barrier-breaking because you were so close to some of the magic barriers. Now you've got a sub-4:00 in the 1500 and a sub-15 in the 5000. But that sub-2:00 in the 800 is still out there [her PR is 2:01.12 from the '14 NCAA].

Houlihan: It's still there. I tried to get Jerry to let me do an 800 last year and he thought about it but we just couldn't find one that matched up in the schedule. So I'm hoping he'll let me do one this year, but we'll see.

T&FN: It is your Twitter and Instagram handle after all, @shelbo800.

Houlihan: I know! That's why I want to do it so everyone will kind of be quiet about me changing my twitter handle (laughs). I'm going to prove to everybody that I can still run a really fast 800. At this point, I feel I can break 2:00. It's just getting in the right race.

T&FN: You've working been with Jerry for 4 years now. That's a magical cycle in our sport, the 4-year

It's About That French Bread Thing

If you follow any of the Bowerman TC women on Instagram, you can't have missed the many posts involving braids and bread. Colleen Quigley is the team braider, and even did Shelby Houlihan's hair before her USATF double last summer. Quigley's Instagram theme was originally #frenchbraidfriday before it evolved into #fastbraidfriday, as she explained: "[It's] about doing something on the outside that shows how you feel on the inside. No matter what type of braid it is, rock it if it makes you feel confident, strong, and FAST!"

Houlihan, in what started as a joke between friends, began creating inspirational #frenchbreadfriday posts, and it turned into a bit of a weekly competition.

T&FN: We need to touch on the French bread thing. We're hearing people shout out "Let's get this bread!" at high school meets now. Does it surprise you that your inside joke is still rolling like that?

Houlihan: It definitely took off way bigger than I thought it would. I've kind of backed off a bit; towards the end of last year I felt like having to post about French bread every Friday was starting to feel more like a job. I thought after the season was over I would probably do it just once in a while, whenever I feel like it. I don't think people realized that I did it as a joke. They just really think I love bread, which I mean I do. It's been really funny. I went for an appearance in North Carolina and this whole group came up to me and gave like eight loaves of French bread to me and I was like, oh my God, amazing. Even at the USATF banquet they gave me a bouquet of French bread. I love that people are having fun with it and I'm still having fun with it.

T&FN: Yet strange that part of your inspiration to young runners revolves around French baked goods.

Houlihan (laughing): Yeah. That wasn't going to be the way that I thought I would relate to people, but hey, it's pretty much me. Like that makes sense, doing something funny and weird like that is definitely something that I would do. So it's not super surprising, but it is funny that it started off as a joke.

Houlihan turned 26 in early February. She posted a photo of herself holding a flaming candle-studded loaf of bread: "Happy 26th Bread-Day to me! #letsgetthisbread"

cycle. How has your coaching relationship evolved?

Houlihan: I think Jerry and I have gotten a little closer as the years have gone on. This last year he started maybe trusting me more. I came into 2018 pretty out of shape because I just really needed a big mental break after 2017, after London. The first few workouts, it was a struggle. I was barely finishing some of them and I think that kind of scarred him a little bit. Even through USATF Indoor and after Indoor Worlds, he was like, "You know, I don't think we're really in that great of shape right now. I think we're just drawing off of the year before."

And in my mind I was like, "I think I am in shape. I do think I'm in shape." But yeah, I think once this last year happened he started realizing that I kind of know what I'm talking as far as my body goes. He was trusting me a little more. And I think it also opened both of our eyes up to maybe what I could be capable of in the future. I feel like we still have a long way to go as far as training goes. There's still a lot more that can be done, which is pretty exciting.

T&FN: Now that the world knows about your kick, do you get the sense that people are racing differently against you?

Houlihan: I have definitely noticed that more people have figured out who I am. From what I saw last year at the Diamond League Final, Laura [Muir] getting out and having that jump on me going into the last lap... I think what's going through people's minds is trying to get as far away from me as they can going into the last lap and obviously that worked last year. So it's also me taking notes and learning how to be better about staying up in the top going into that last lap. But I don't know that a ton of people are really changing up their race plans. Maybe. I mean it's hard for me to tell.

T&FN: Your sister Shayla was a notable runner. Was she the only one of your siblings who ran competitively?

Houlihan: Shayla really is the only one; she ran professionally for Brooks and now she's coaching at Cal. She's really the only one that pursued running in the way that I did.

T&FN: Being 8 years older than you, did she play a special role in your running development?

Houlihan: In high school, she was helping me at times, giving me workouts over winter breaks. Me, her and my mom would always go out and run together on holidays. She's definitely played a big role and even today, like after my races, I'll first call my mom and then Shayla will text me and kind of talk about it. I think my family members are probably some of my biggest fans, so this is really cool.

T&FN: Shayla was a solid steeplechaser (U.S. Ranked No. 7 in '10). Yet the steeple is the one event you haven't put your toe in yet. What's her opinion about you and the steeplechase?

Houlihan: She does not want me to run the steeplechase because she wants to have the fastest PR in the family [laughs]. Yes! I mean, she does! I was actually considering doing the steeple last year. I started training for it and hurdling and everything and she was getting nervous about it. And then I ran a fast 1500 at Pre and that idea got swept out the window. So there was talk of me doing one but her record will stand for a little longer at least.

The Bowerman Babe Dynamic

The Bowerman Babes—all coached by Jerry Schumacher and his assistant Pascal Dobert—have been on a roll, with 3 medals at the '17 World Championships and a host of World and U.S. Rankings. For Houlihan, that training environment is the key to her success.

T&FN: You work with a collection of talent that is so good it's almost crazy. How do they help you get through the inevitable tough spots in training?

Houlihan: We all kind of play that role for each other at different times. Some of the girls like Marielle [Hall] and Amy [Cragg] and Shalane [Flanagan] obviously, in the longer stuff, they're very aerobically fit. They've been huge for me personally, just people to hang onto and make me over the years aerobically stronger. The first year I came I was getting dropped in every workout by Emily [Infeld] and Betsy [Saina]. And then on the flip side of that, Kate [Grace], Colleen [Quigley] and others, they've been instrumental in the speed stuff. We have been able to push each other in speed workouts to run times that maybe we couldn't have done on our own.

I think just everyone plays their purpose and everyone definitely has a role in the group. At different times people pop up. When we go to altitude—this year I lived with Amy, Marielle, Karissa [Schweizer] and Courtney [Frerichs] because we were the cross team. When you're living with each other, it's like you naturally kind of get closer to each other and it switches around every year depending who you're living with. You feel closer to them at that time. I think that's what's really great about this group is that we do help each other in so many different ways mentally and physically. It's pretty cool.

T&FN: As a professional runner, it's a very high intensity job at times. Is it tiresome being with your work buddies all the time? Or is it that they understand you better than anyone else?

Houlihan: I think everyone definitely needs time away at certain points. At altitude [camp] I think it's important for everyone to have their own room so that they can go and kind of settle down. It kind of gets a little old because you're waking up and eating breakfast with everybody and then you're running with everybody and then doing core and eating lunch with everyone. We're just doing everything together. So having your own room is definitely important, but it doesn't really bother me being around them that much. Technically yeah, they're my work buddies, but there are also some of my closest friends so I think it all really works out.

T&FN: But it's not out of the question that someday you might line up in a steeple.

Houlihan: It's not out of the question at this point. It's probably not going to happen. But you know, who knows, I like doing new things and I feel like I would love the steeple. I don't know, it just looks exciting to me. So we'll see.

T&FN: In racing, you have to have nerves of steel to be a kicker the way you are. It's a patience game. Is the act of racing still fun for you?

Houlihan: Oh yes. That is why I do it. It's why I run, I love racing. I don't care what distance it is. Obviously I have my favorites, but as long as I get to go out there and race, and kind of just throw myself in it and have a chance to prove myself, I love it. It's the best feeling.

T&FN: Every runner, especially at your level, has the Olympic gold on their bucket list. What else is on your list? What do you really need to do to feel complete?

Houlihan: I do have a bucket list actually. I try to do at least one thing on it every single year because I feel like I don't want to be old and never have done anything. I try to make a point to cross things off as I go and add things and all this stuff. Like this year I actually went and I saw a Cubs game at Wrigley, which was really fun. I ended up taking my parents to Ireland; my dad has always wanted to go to Ireland and just never did it and he's always made excuses why he can't go. So I was like, "You know what, I'm just going to plan this trip and you don't have to do anything, just hop on this plane and go with me." That was really fun. We spent a week in Ireland driving around the country. And then I also went to Harry Potter World in Florida. It was a good time.

I think as far as running stuff goes, I mean, ever since I was little, ever since I started running, I wanted all of that stuff. I want to win an Olympic gold medal and have World Records, American Records and basically I just want to be one of the best in the world. I've always felt like that was something that I was capable of. And I think that half the battle is just believing in yourself. So I'm excited to see where my career takes me and I'm happy to see that it's kind of on that path.

I'm at the point where it's like, it's fine, I'm not going to be super disappointed if I never get those things, because this is just something that I love and I'm enjoying every day that I get to do it. That's the bigger part of it for me.

T&FN: You've already accomplished so much, and you've only just turned 26.

Houlihan: It makes me really excited about it. And last year, not that it was unexpected, but... I felt at some point things would start clicking like that. I just didn't really expect it to be last year. I thought maybe when I'm 27 or 28, you know, those supposed peak years. But I'm excited to get the ball rolling and it's exciting to kind of think about what I could do the next 4, 8 or 10, whatever years.

T&FN: Do you see yourself having one of those endless, Lagat-style careers?

Houlihan: I hope so. As long as everything goes well and I can continue to stay healthy and all that stuff, I would love to do this as long as my body will let me. So I don't know if that means 35 or what. I think Shalane [Flanagan] is 37 right now and she's amazing. She's still kicking butt. I can always move up in distance as well. I'm not scared to change events and try new things. So I think that also leaves the doors open for a while. □

Justin Gatlin — And Miles To Go Before He Sleeps

MARK SHERMAN



He may be on the cusp of 37, but Justin Gatlin is eager to successfully defend the World Champs 100 title he won in '17 over Christian Coleman and Usain Bolt.

by Sieg Lindstrom

Farewell tour? No way. Justin Gatlin is here to tell the sport ixnay on his etirementray. With no disrespect to his juniors, the reigning world 100 champ means to give the up-and-coming sprinters a run for their money in Doha this fall.

When the Florida native dashed his first sub-10 way back in '03, current No. 1 World Ranker Christian Coleman was only 7, No. 2 Ronnie Baker was 9 and No. 3 Noah Lyles was 6. Gatlin might have chuckled at the suggestion—were it put to him after his Olympic gold medal race in '04—that he'd be vying with these youngsters 16 seasons on. But he is, and at 37 (since February 10), the Tennessee alum is optimistic, armored by his considerable tribulations in the intervening years. At age 35 he handled Usain Bolt at the '17 Worlds so why not?

Gatlin has had a new coach, Gary Evans, since November, and a large new pack of training mates, prominent among them Omar McLeod (Jamaica's reigning Olympic and WC 110H gold medalist) and Bahamian Steven Gardiner (400 silver medalist in '17 with 19.75/43.87 PRs last year).

He says Evans, who over the years has trained speedsters including Xavier Carter in his prep days and current 11.13/22.48 prep soph Tamari Davis, is "the kind of coach who helps get you

strong really quick. He gives you that endurance base. It's sort of how that college philosophy is where you work really hard and you kind of run yourself into shape. You kind of implement a different strategy where if you practice very hard you'll be in great endurance shape. So it's different. I reminds me of my days when I was running 200s and 4x4s but I still had enough speed to be competitive in the 100." It's a back-to-the-future approach and Gatlin says his elder sprinter's frame is "holding up good. I just rest my body when I need to rest and just get ready for the season. I still keep up with the pack, I'm still leading a couple of the reps. I'm still the guy when it comes down to blocks, so everything's still going as planned."

However, up until the moment he took down Bolt in the Jamaican's final century title race a year and a half ago Gatlin gave the prospect no thought. Prior to '17, as he won four individual Worlds crowns (a 100/200 double in '05 plus indoor 60s in '03 & '12), he always aimed "to strategize way ahead." His legend-toppling race to gold in London was different. "I only focused on each race," he said afterwards. "I just went out there and focused on prelims, semis, finals. I totally forgot that you can get a bye [to the next Worlds] if you win. So when I crossed the line and my coach caught me and said, 'We've got the bye for '19,' I said, 'Well, I wasn't even thinking about

'19, I was trying to get to Zürich at the end of the season.' I was like, I can't throw the bye out the window so I think I'll use 2018 as a year where I'm gonna train hard still... maybe run 5–6 races and go to places where I love the crowd, I love the scene. And just get ready for the odd, odd World Championships that Doha's going to present where we're basically running on Halloween."

Gatlin stayed with the plan, even as scandal engulfed his then-coach Dennis Mitchell, whom he promptly left for an '18 campaign guided by Brooks Johnson, the elder lion of the coaching game who had previously helped Gatlin revive his career following his 4-year banishment from the sport 2006–10.

Last year Gatlin ran a novel high-altitude 150 in South Africa in March (15.23), some 4x1s in the spring and 5 century races (best of 10.03) before shutting down after July 18. "I think, really, it helped save my body for the next year," he explains. "I don't know how to slow down so I needed that time to kind of just rest my body and have a little bit of me time after year after year after year of running. '15 was a great year, '16 was the Olympics, '17 was the World Championships so I just wanted to rest in '18 and just be able to have fun and then get ready for the next two years."

The coach's job, says Evans, "is to build his strength base so he's ready when the time comes to do what he knows how to do." There is no project

An Olympic Trip For Gatlin's Son?

That's right. Justin Gatlin is talking Tokyo '20, when he'll be 38 and 16 years down the track from his Athens win. He'd like to be there for his 9-year-old son, Jace. As Gatlin told the members of T&FN's World Championships Tour in London, Jace has "been to two Olympic Trials and he has not had a chance to be at an Olympics yet. With everything that was going on in Rio at the time, I really didn't want to take him there. I wanted to be able to focus and not worry about his health and well-being. So he told me to promise him that 2020 was in sight."

"I told him, 'Well, alright, I don't know if I'll actually be running then but maybe we can get passes and enjoy it from the stands.' He kind of mulled that one over a little bit but after a couple nights ago I think we have the opportunity to be there. I'd just like to be able to at least get on the podium, to just be able to experience it at the age that I am now. Being away from the sport, I think that that preserved me, my mind and my body, and [helped me] just be able to be hungry again. I just love competition, I'm a competitor."

The goal of gifting his son with the Olympic experience helps Gatlin stay on track with his training in all respects: "As you get later in your season, you say, 'Hey, man, that chocolate cake does look kind of good over there.' But I know what the task at hand is and I'm sticking to it."

Sticking to it without over-promising his offspring. "Well, we're going to talk about Tokyo probably later into '19," Gatlin says. "Right now, [Jace] was so focused on football season and just watching football and he's right now taking acting classes. I want him to be able to focus on that but 2020 is still in the game plan and I want to make sure that it's something he remembers as he grows up."

Maybe he'll even follow in his father's footsteps. "He hasn't started running track yet or has had the interest to run track," Gatlin says, "and that's OK. I didn't start running track till I was in high school so maybe he'll come across that it's his talent and see where it all goes."



KIRBY LEEMAGE OF SPORT

Gatlin's son Jace has been to a pair of Olympic Trials; will he be in Tokyo in '20?

in the offing to remake the race model of a man who dashed 9.74 in '15, 9.80 to win the '16 Olympic Trials and 9.92 (-0.8 wind) to topple Bolt in '17. "When Justin gets to those rounds in Doha, his experience will be his advantage," he adds. "But I'll tell you this. He's motivated. He's coming out on his off days to do block work with my young sprinters. That tells me a lot, and I promise you [Davis and her training partners are] going to be better as a result. You'll see that this season."

About those two words up above, "farewell tour." They appeared in a press release in mid-January when Gatlin was tentatively scheduled for a relay outing at South Carolina's shiny new indoor facility. "I don't even know where that came from," Gatlin bristles ever so slightly. "So no, it's not my farewell tour. I'm still keeping to my plan and not focusing on when I'm leaving because now it's the task at hand—which is defending my championship title and getting ready for Tokyo." Yes, Tokyo (see sidebar).

For the moment, though, we may see Gatlin competing as soon as this month at South Carolina's Indoor Open. "I don't know," he says. "We have another option coming up, February 16th. We had a cold spell down here in Florida [in January] and I felt a little twinge in my hamstring when we were doing hurdle drills. I just felt I don't want to chance it, and coach said there's no reason to chance it so let's not run. I haven't run an indoor race competitively around the track since 2002."

"The plan is to get out there and run some 200s. I don't know how competitive I'm going to be in it so we're just going to get out there in order to be in shape to run. I always get in shape to run a 200 when my 100-meter times are good but [as a primary event in recent seasons] I've just never competed in the 200. It takes a lot out of you sometimes if you're just known as a 100-meter sprinter."

Any words for Coleman, Baker and Lyles? Or for the likes of Michael Norman, who as a prep senior pipped Gatlin in his '16 Trials 200 semi before the elder sprinter claimed the final? "No," says the ultra-vet, "I don't have a message now. Wait till we get a little closer to it being the season." That's when time will tell.

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WR Holder Kevin Mayer Wasn't Fueled By Anger

MARK SHEARMAN



The big thing on Kevin Mayer's '19 calendar is defending his World Championships decathlon title.

by Cathal Dennehy

It wasn't about revenge. Nor was it some cathartic release of frustration venting from Kevin Mayer over 2 special days—and 10 terrific events—back in mid-September.

No, the highest-scoring performance in decathlon history—his World Record of 9126 points in Talence—was not fueled by his failure at the European Championships a month earlier, where the Frenchman flunked out of the decathlon after three fouls in the long jump.

Don't get him wrong: that day in Germany was as bad as he has had on a track, but success in an event as tough, technical and multi-faceted as the decathlon cannot be achieved on anger. "It was a very, very bad day," he admits, casting his mind back to Berlin. "I didn't want to do anything after that but it took maybe a day and a half to get over it. After that I had the desire to get back on track."

Many athletes would look inward during such a time, question everything they do, but Mayer chose a better path: he wrote it off as a bad day, reminded himself he was still the world's best—he just had to go and prove it. "It happens," he says. "You don't have to change everything but I wanted to keep confidence, go to other events and prove that was just a mistake I would not do again."

He had planned a vacation for after the European Championships but that was put on ice, Mayer announcing days later that he would be on the start line at the Décastar meeting. It was

where U.S. decathlete Dan O'Brien set his WR in '92 after no-heighting in the vault at the Olympic Trials. "Décastar is a great place for redemption," O'Brien tweeted Mayer at the time. "Trust me, I know."

In the 5 weeks between the events, Mayer worked as hard as ever. "I took the opportunity to make myself more powerful but there was nothing about revenge," he says. "There was frustration and I just wanted to express myself."

That he did, recording a sublime series on the opening day of competition. Mayer opened with a PR of 10.55 in the 100, followed that with another career best of 25-7¼ (7.80) in the long jump, then threw 52-6 (16.00) in the shot. A 6-8¾ (2.05) high jump and a 48.42 lap left him with a Day 1 tally of 4563,379 points clear of his nearest rival, but by then it was clear he was competing against someone who

was not even in Talence.

Heading into Day 2 he was still 140 points adrift of Ashton Eaton's halfway mark during the

Kevin Mayer's Multi-Event Progression

Decathlon WR holder Kevin Mayer, who turns 27 on February 10, has been making big headlines in international multi-event competitions since he was a teenager. He has won World Championships gold medals at all 3 age levels plus a World Indoor gold. Here's his progression:

Year	Age	Decathlon	iHeptathlon	Major Meet
2009	17	6748 Oct	5556Y	1)WY
2010	18	7928J	5668J	1)WJ
2011	19	7992/7124J	5872J	1)EJ
2012	20	8447	—	15)OG
2013	21	8446	6297	4)WC, 2)EIC
2014	22	8521	—	2)EC
2015	23	8469	—	—
2016	24	8834	—	2)OG
2017	25	8768	6479	1)WC, EIC
2018	26	9126	6348	1)WIC

[OG = Olympic Games; W = World; C = Championships; I = Indoor; Y = Youth (U18); J = Junior (U20); E = European; Oct = Octathlon]

American's WR, but the Frenchman always had the stronger second day. He opened with a 13.75 in the hurdles, threw 165-10 (50.54) in the discus and soared over 17-10½ (5.45) in the vault, 5cm above his previous best. After 8 events he knew the record could be his, a point hammered home after another PR of 235-11 (71.90) in the javelin.

"There was no pressure before the 1500 but all the fatigue of the weekend [hit me] so it was harder to go back on the line," he says. All he needed was a 4:49, but spurred on by a vocal crowd he clocked 4:36.11 to record a final tally of 9126, breaking Eaton's record by 81 points.

His former rival was one of the first to offer congratulations. "He called me and I asked him if he will come back to have a big fight," recalls Mayer. "But he said to me there was a time for Ashton, and now there is a time for Kevin."

His admiration for Eaton is hard to hide, with Mayer conceding the American was an athlete with even bigger ability. "He is better than me but he did not do a perfect decathlon like me," Mayer explains. "He helped me achieve this with the example he set so I'm very thankful for him."

The tears Mayer shed in Talence were of a very different kind to Berlin, and though he tried to celebrate his WR that night, the physical toll of his achievement soon hit home. "I was very, very tired," he says.

Plagued by injuries in his early years, Mayer's body has been bullet-proofed from injury of late and for that he credits his physical trainer, Jerome Simian, whom he describes as "the best in his field." He is coached by Bertrand Valcin at his long-time training base in Montpellier in the south of France. Far from resting on his laurels, Mayer has been working hard there through the winter to prepare for an even-better '19. "There are changes we're making," he says. "We're doing a lot of work on biomechanics, analyzing sprinting and comparing it with that of Usain Bolt—trying to get faster and faster. But we're not changing the coaching team; there's no reason to change."

If anything is different it's the 27-year-old's mentality; the burden of achieving what he knew he could now finally lifted. "I do feel a sense of liberation," he says. "I knew I had the capability but I didn't expect it to come so fast. There's a new pressure on me now—to win all the medals."

Mayer is the reigning world champion, but having been edged to the Olympic title by 59 points in Rio behind Eaton, there is that one key achievement missing from his résumé.

To make sure he gets gold in Tokyo, he plans to get even better over the next year. "What I'm looking at is making sure I'm learning new things each day, little steps that will help me beat this World Record again in the future," he says. "I used to be very, very slim but now I have gained muscle mass and this makes me better at the sprints and explosive events. But it has negatively affected my 400m so I'm looking at ways to find this equilibrium."

In the wake of his feat many reached for the Superman superlative to describe Mayer, which he doesn't mind, though he drew the line when he heard someone refer to him as the king. "That nickname belongs to LeBron James," he laughs. "I don't have what LeBron has in his career."

Slowly but surely, though, he's getting it: fame, money and the appreciation from fans that he is the world's greatest at his craft. But for



Kevin Mayer is also reigning World Indoor champ in the heptathlon, an event where he's No. 2 on the all-time list.

all of Mayer's superhuman abilities, his manner remains modest. "I don't want to prove to people it's because we're superhuman that we achieve these results," he says. "Decathletes are human; we train hard and really want to achieve and this is what I want people to believe. I don't look for the spotlight, but it does bother me a little bit that [the decathlon] doesn't have the popularity of other events in athletics. I try to increase its popularity on a personal level."

In 2019 a new challenge beckons: individual excellence. Mayer still has one thing circled above all in his calendar, the World Championships in Doha, but there are other steps along the way. The first is qualifying for the European Indoor Championships in March in an individual event—either the vault or 60H. "In one sense it would almost be a holiday to only compete in one event but it's really a challenge because we have such good specialists in France," he says. "It would not be easy but I'm going to try."

He will also take part in the Décastar in Talence next June, but probably not all of it. "It

will be just like I did in Ratingen, to improve in certain events," he says.

After his record Mayer took only a week's rest before resuming gym work, then built up some overall fitness by playing volleyball and basketball with friends. By now, of course, he's back to the grind, although he reports his body is in great working order ahead of the upcoming season. "I was injured a lot when I was young but since I met my trainer it's going better and better. I don't fight with injuries, I just fight with my events and this is the best way to improve."

Beyond Tokyo, an obvious landmark looms far on the horizon—the Paris Olympics in '24, a chance to win gold (maybe even his second) on home turf. "I've never done a championship in France, and this is why I was so happy to set the World Record there because the spectators were able to enjoy it."

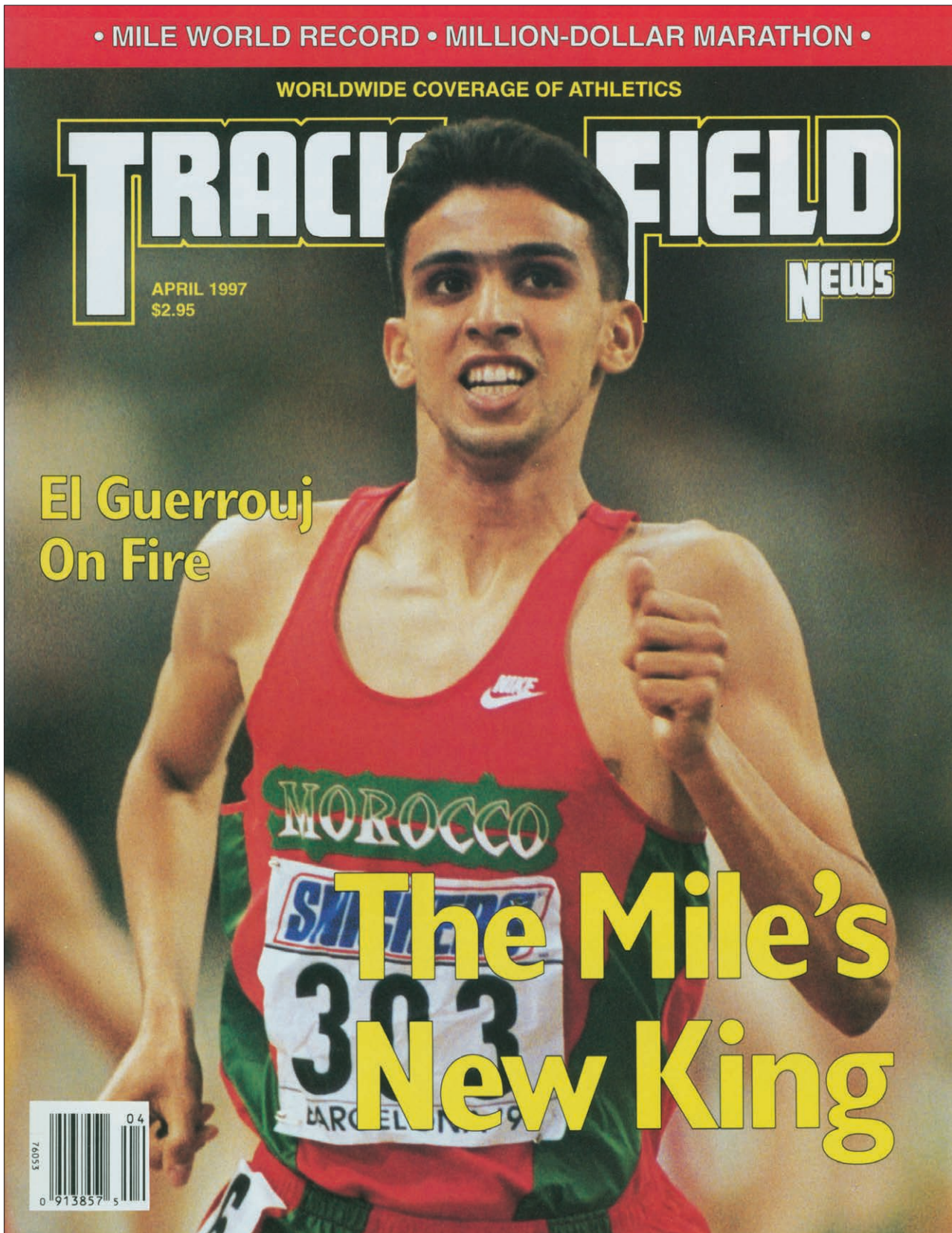
But looking to the short term, might another WR be on the cards in '19? "I don't want to talk about scores. I just want to be world champion again—so there is a lot of work to do."

‘Run with me.’

TheMiler.com

From The T&FN Vaults — El Guerrouj Breaks Indoor 1500 & Mile Records

Before Kejelcha's near-miss at the mile WR and Tefera successfully snagging the 1500 standard, there was Hicham El Guerrouj and two February races into the indoor record book 22 years ago. Here is our coverage of that history from our April, 1997 issue.





El Guerrouj had Gebrselassie for company when he broke the 1500 record, but when he crunched the mile standard he was on his own.

TWO WORLD RECORDS

El G: 3:31.18, 3:48.45

from Ed Gordon

Stuttgart, Germany, February 2 & Ghent, Belgium, February 12—After Hicham El Guerrouj's 3:31.18 crushed the 1500 World Record, one had to wonder what he could run after he had a square meal. The answer to that question came 10 days later, as the 22-year-old Moroccan—freed from religious fasting—claimed the mile WR, running 3:48.45.

But if El Guerrouj lacked nourishment in Stuttgart—as part of the holy month of Ramadan, Muslims cannot eat or drink from dawn to dusk—Haile Gebrselassie must have found the 3:31.18 hard to believe. Ethiopia's Olympic 10K champ ran a superb 3:32.39 of his own, almost two seconds under Nouredine Morceli's '91 standard of 3:34.16—yet finished better than a second behind the Moroccan.

The pair ran crisply in the early laps (56.0, 1:52.6) in the Schleyer Halle, with Gebrselassie right on El Guerrouj's shoulder. Only after he passed the kilo post (2:21.0) was El Guerrouj able to assert himself. He powered away over the final 400, clocking the same 56.0 as he had for the opening segment.

El Guerrouj thought there was more there. "I could have run under 3:30 today," he said. "But my trainer told me to ease up if the record was sure. He shouted to me with two laps remaining. We have more races planned indoors, so there's no point in doing too much damage to the record at once."

He had originally planned to run the 1500 again in Ghent. But after his boggling Stuttgart record, he decided to go after Eamonn Coghlan's mile standard of 3:49.78, the oldest individual men's World Record on the books, with the potential of lowering the 1500 mark en route.

The Moroccan broke with the pack of real racers before the first lap of the Expo Hall's 200m oval was complete, so intent was he to attack the record.

He stuck faithfully with his pacers, San Francisco-based Australian Peter Stubbs and German Rüdiger Stenzel. Stubbs carried him through opening quarters of 56.3 and 57.4 (1:53.7). "The start was incredibly fast, perhaps too fast," he analyzed later.

Then, after Stenzel continued through the kilo (2:21.42), El Guerrouj became dissatisfied with the sagging pace. So, he struck out on his own, passing the 1320 mark in 2:50.7. As he passed through the 1500 he logged a 3:33.01, not a WR, but still the No. 3 time ever.

Finishing a far-back 2nd was

Belgium's Christophe Impens at 3:54.13, easily a national record in a distance now infrequently run in Europe.

El Guerrouj claimed a slew of "firsts" with his pair of records: the first man to hold both the indoor 1500 and mile WRs since American Glenn Cunningham in '38; the first indoor mile record ever set outside the United States; the first indoor recordsetter not to hail from the U.S. or Ireland in 42 years.

When Coghlan learned of the demise of his long-standing mile record (see p. 46), the Irish legend said, "It's about time. After El Guerrouj ran that 3:31, I knew a mile record was on the cards. I knew his setting a mile mark was just a matter of time."

El Guerrouj admitted, "After two World Records like this, I am totally exhausted." He said he won't defend his World Indoor 1500 title in Paris in March.

But virtually regardless of what he does or doesn't do for the remainder of the indoor campaign, El Guerrouj has confirmed his status as one of the brightest stars from distance-strong Morocco.

His star might have become huge last year, when he produced the year's fastest 1500, but he had an unfortunate disaster in Atlanta. Primed by his training for a prominent Olympic showing, he lurked behind Morceli just before the bell in the final. But then he tripped, fell and struggled home last.

His tumble was a bitter let-down, but El Guerrouj rebounded to go undefeated in post-Olympic races and ran 3:29.05. Most pleasing was going head-to-head with Morceli in the GP Final, exacting revenge over the Algerian and handing the Olympic champ his only loss of the season.

Running first captivated El Guerrouj before he was 10, when he watched hero Saïd Aouita's victory in the '84 Olympic 5000. He was winning school races by '87, regional contests by '89 and he made Morocco's national junior squad in '91.

At the '92 World Juniors, El Guerrouj won the 5000 bronze—behind Gebrselassie and Kenya's Ismael Kirui. He made a major decision in '94—moving down to concentrate on the 1500. That summer, still just 19, he PRed at 3:33.61.

The '95 campaign saw El

— continued on p. 46 —

Mile WR Progression

4:32.6	Walter George (GB)	NY City	5/15/86
4:26.0	A.J. Walsh (US)	?	/98
4:25.2	Mel Sheppard (US)	NY City	1/26/06
4:24.0	Frank Nebrich (US)	NY City	6/ /06
	James Lightbody (US)	Chicago	/07
4:23.0	Tad White (US)	NY City	/08
4:19.8	Harold Trube (US)	NY City	2/13/09
	Oscar Hedlund (US)	?	2/22/12
4:18.8	Hedlund	NY City	2/12/13
4:18.2	Abe Kiviat (US)	NY City	2/15/13
4:16.0	John Overton (US)	Philadelphia	3/10/17
4:14.6	Joie Ray (US)	Chicago	4/12/19
4:13.6	Paavo Nurmi (Fin)	NY City	1/ 6/25
4:13.4	Lloyd Hahn (US)	NY City	2/14/25
4:12.0	Nurmi	Buffalo	3/ 7/25
	Ray	NY City	3/17/25
4:11.2	Gene Venzke (US)	NY City	2/ 6/32
4:10.0	Venzke	NY City	2/17/32
4:09.8	Glenn Cunningham (US)	Chicago	3/25/33
4:08.4	Cunningham	NY City	3/17/34
4:07.4	Cunningham	NY City	3/12/38
	Charles Fenske (US)	NY City	2/ 3/40
	Fenske	NY City	2/17/40
	Les MacMitchell (US)	NY City	2/15/41
	Walter Mehl (US)	NY City	2/15/41
4:07.3	Gil Dodds (US)	NY City	3/11/44
4:06.4	Dodds	Chicago	3/18/44
4:05.3	Dodds	NY City	1/31/48
4:04.9	Wes Santee (US)	E Lansing	2/15/54
4:03.8	Santee	Boston	1/29/55
4:03.6	Gunnar Nielsen (Den)	NY City	2/ 5/55
4:03.4	Ron Delany (Ire)	Chicago	3/14/58
4:02.5	Delany	NY City	2/21/59
4:01.4	Delany	NY City	3/ 7/59
3:58.9	Jim Beatty (US)	Los Angeles	2/10/62
3:58.6	Beatty	NY City	2/15/63
3:56.6	Tom O'Hara (US)	NY City	2/13/64
3:56.4	O'Hara	Chicago	3/ 6/64
	Jim Ryn (US)	San Diego	2/19/71
3:55.0	Tony Waldrop (US)	San Diego	2/17/74
3:54.93	Dick Buerkle (US)	College Park	1/13/78
3:52.6	Eamonn Coghlan (Ire)	San Diego	2/16/79
3:50.6	Coghlan	San Diego	2/20/81
3:49.78	Coghlan	E Rutherford	2/27/83
3:48.45	Hicham El Guerrouj (Mor)	Ghent	2/12/97

EL GUERROUJ — continued from p. 7:

Guerrouj establish himself among the world's elite milers. He won the World title indoors, then claimed silver behind Morceli at the outdoor Worlds in Sweden. He PRed in Cologne with 3:31.16 and earned his first World Ranking, a No. 3. Last year brought No. 2, and the next logical step is No. 1, a position held for a record seven years in a row by Morceli.

But is Morceli such a good judge of talent that he won't be around for No. 8? After the Olympics, Morceli said of the fallen El Guerrouj, "He is a great athlete. He has a good future."

But rumor has it that Morceli will move up to the 5000, with some observers wondering if it's because the Algerian realizes the Moroccan's future is more than just "good."

Gebrselassie Just Misses His Own 3K Record

It's likely that some of the world's distance stars shook in their shoes when they saw the PR 3:32.39 in the 1500 by Gebrselassie behind El Guerrouj's WR. As if the Olympic 10K champ had to again display his improved speed, a week later he clocked 1:49.35 for 5th in an 800 in Dortmund.

But the Ethiopian star returned to a more normal distance at Karlsruhe (February 14) in a stated attempt on his own WR of 7:30.72 in the 3000. A large field of 13 wasn't advantageous—but he didn't give them the chance to get in his way.

Gebrselassie followed pacer Stubbs through a 58.3, well ahead of the 62.1 tempo of the record effort. The margins remained ahead of record pace at 800 (1:59.1-2:01.6), 1000 (2:29.3-2:31.6) and on through 1800m (4:31.7-4:32.6).

But it wasn't fast enough for Gebrselassie. He gave a slight shove in the back to the other pacer, Kenyan Moses Kegan, around 1200m, hoping for a speedup. But there was only a slight increase before the pace throttled back again. The WR holder took command near the 1700m mark and the pace continued to slip by the 2K post (5:02.12-5:01.92).

With 400 to go, Gebr's 6:32.8 trailed the 6:31.2 of last year by 1.6 seconds. Even though his last pair of 200s (29.9, 28.6) were easily faster than in '96 (30.2, 29.4), he fell 0.55 short of his mark.

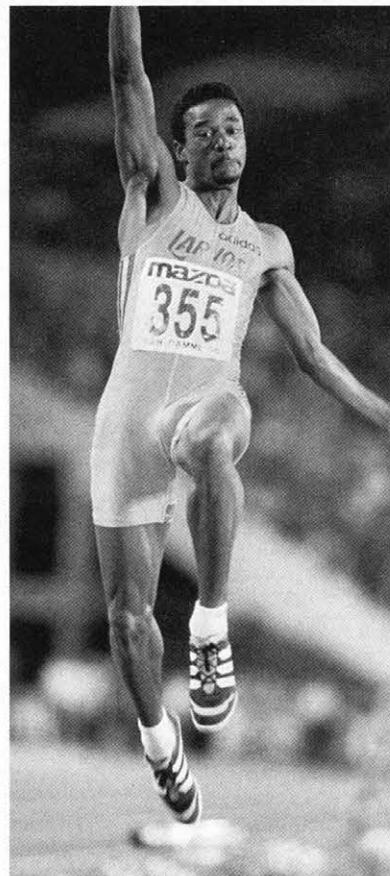
"I came here to break the World Record," he said, diplomatically placing no blame for the erratic pace. "From that standpoint, I'm disappointed with my race."

Pedroso Soars Again

Ivan Pedroso easily has been the long jump's best so far, the 24-year-old Cuban duplicating his strong showing of last winter, when he had five 27-foot meets in January and February.

This year Pedroso opened with 27-6¹/₂ in Moscow (February 8) to turn back Russia's Kiril Sosunov (27-¹/₂). He admitted, "I'm really happy with this performance."

Pedroso led the '96 indoor season at 27-9¹/₄, but missed much of the outdoor campaign



CHAM VON DER LAAG

Chasing Lewis's WR, Pedroso will look for a third straight Worlds gold.

after surgery on torn thigh muscles in late March. He was able to return in time for the Olympics, but managed only 10th in Atlanta at a mere 25-5¹/₄.

After his Moscow win, he added, "I don't feel my injury anymore. I'm no longer apprehensive. I want to forget that cursed year of 1996. Moscow has reassured me."

Pedroso promptly tacked on another half-inch to his season-pacing mark when he spanned 27-6³/₄ in Ghent. That mark lasted only four days as the world leader, until Pedroso spanned a big 28-2³/₄ in Liévin (February 16).

That's the No. 2 indoor leap ever, trailing only Carl Lewis's 28-10¹/₄ of '84, which after the fall of Coghlan's mile mark is the longest-standing men's indoor WR. Said Pedroso, "I knew I was fit, but I'm still surprised. I didn't expect to do so well."

Pedroso actually had to come through with the big mark on his last attempt to win. He had opened with a foul, taken the lead at 27-¹/₂, then fouled three times, while Sosunov hit 27-³/₄ to lead after the fifth round.

Eric Walder (26-10), Kareem Streete-Thompson (26-5¹/₂) and James Beckford (26-4¹/₂) followed.

Coghlan's Long Reign Ends

After Hicham El Guerrouj set his 1500 record, Millrose meet director Howard Schmertz called mile recordman Eamonn Coghlan. "Isn't 3:31.1 roughly equal to a 3:48 mile, faster than your record [of 3:49.78]?" Schmertz joshed his longtime friend.

"Maybe," the Irishman replied. "But he didn't run the mile."

Ten days later, though, El Guerrouj collared Coghlan's record, ending the longest reign ever by a holder of the indoor mile WR.

Coghlan set his first mile best of 3:52.6 on February 16, 1979. He lowered it to 3:50.6 on February 20, 1981, then to his fabled 3:49.78 on February 27, 1983.

So the Irishman held the record for just four days short of a full 18 years. The only other to hold the mile mark longer than a decade was the event's first: the 4:32.6 by Britain's fabled professional, Walter George, stood 1886-'98.

"Sometimes I felt like I held the record for a lifetime," Coghlan said a few days after El Guerrouj's performance. "As the years went by, the longer it stood, the prouder I felt.

"I admit I came to feel very possessive of the

record. My daughter Suzanne was only three months old when I ran 3:49. Now she is in her first year of college in Dublin."

Coghlan was a master of the rhythm of running on tighter, smaller U.S. indoor tracks. "I always felt it was possible to run faster indoors than outdoors," he said. "The 200m tracks can be faster than outdoor tracks. You can get a really nice spring from them."

"El Guerrouj was 4 seconds faster than me at the 1320. But I ran a faster last 440. With a faster last quarter, I could see him running 3:46."

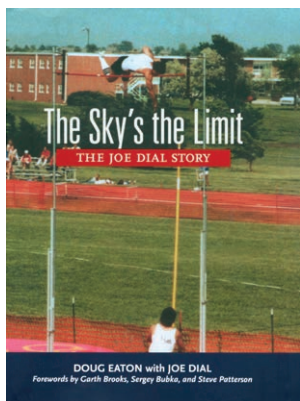
One aspect of indoor racing in his heyday, Coghlan pointed out, was that "all the milers put themselves on the line week after week. John Walker, Steve Scott, Ray Flynn, Thomas Wessinghage; we met twice every weekend and ran in the 3:55-3:58 range."

Two days before his 3:49.78, Coghlan won the U.S. indoor title at 3:58.5 from Scott and Flynn. He added, "It's probably not as lucrative to race like that now."

Added Coghlan, "I think Europeans now realize the mile is a great competitive event. I hope this new record will rekindle keen interest in the mile." [Jon Hendershott]

Book Review – The Sky's The Limit: The Joe Dial Story

By Ed Fox



JOE DIAL WAS T&FN's HS Athlete Of The Year in '81. He broke the national record 4 times that year, peaking at 18-1¼. He went on to become the first NCAA vaulter over 19-feet, won 4 NCAA championships (2 indoor, 2 out), two national championships, and made a podium appearance at the '89 World Indoor, where he won bronze. He made the U.S. Rankings 11 times, reaching No. 1 in '85. Perhaps most impressive is his string of American Records, 8 in all, 1985–87, from 19-1½ to his all-time best

vault of 19-6½, plus his Indoor WR of 19-4¾ in '86.

Attorney/sportswriter Doug Eaton has taken on the job of writing the Dial biography. For the most part it's a workmanlike effort, but I wish more care had been taken with the facts. Two cases in point: 1. The '84 Sunkist Indoor meet report is a total trainwreck. The date was January 20, not 6, and though that was the meet where Joe supposedly had an epiphany watching Sergey Bubka vault, neither Joe nor Sergey competed in that meet. It was won by Billy Olson. 2. Eaton claims that volzing (steadying or replacing the bar with your hand) is still legal. It's not. And misspellings like Strataman

(for Strawderman) and Vokof (for Volkov) do not give confidence in the accuracy of the rest.

Still, hardcore pole vault fans will enjoy reading the book. It tells of the close bond between Joe and his father Dean—who coached Joe his entire career—and how they'd practice from dawn to dark and study video with the goal of making Joe the world's greatest vaulter. It also reports on his post-competition career as a track coach, most notably with a long career at Oral Roberts. Vault aficionados will also be struck by the tribulations of transporting vaulting poles: watching taxi after taxi pass you by, convincing airline check-in personnel that their own manuals permit him to check his poles (and no, he won't have to saw them in half), securing the poles on a local bus well enough so they'd not fall and knock a passenger unconscious (that happened in Czechoslovakia). Also of interest is the long list of injuries and surgeries that plagued Joe during his career, from 8 hamstring pulls to ruptured and herniated disks (necessitating 6 back surgeries and 1 neck surgery) to stress fractures and torn tendons, indicative of how vaulters must suffer "for their art."

Eaton paints a picture of a man of humility and character, a good Christian and family man, and an athlete who has influenced and taught many others (including many family members and relatives) on the finer points of vaulting. Oh, and there are forewords by singer Garth Brooks and Sergey Bubka. Brooks was a teammate (a javelin thrower) of Joe's at Oklahoma State.

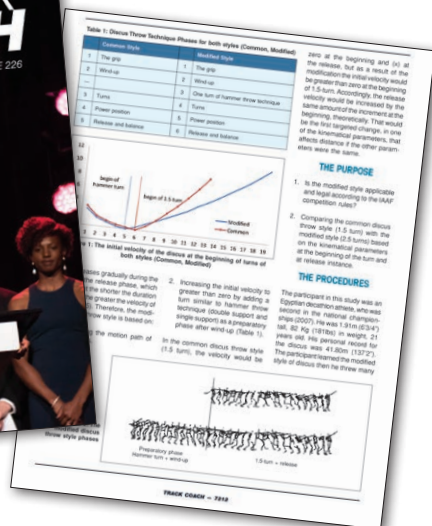
The book is \$24.95 from Gold Medal Publishing, www.goldmedalpublishingllc.com.

TRACK COACH

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Starting with TC #210 (Winter 2015), Track Coach became a digital-only publication available only by e-mail.

BRYAN WAYNE



With this clearance of 19-3 (5.87) Mondo Duplantis raised the LSU school record and was just a centimeter off his Swedish Record.

A GOOD TIME to be in yellow & blue: Sweden kicked off February by claiming 6 national records in 7 days. And none of them went to anybody named Mondo...

Two-time Olympic hurdle gold medalist Roger Kingdom is now the strength and conditioning coach of the Tampa Bay Bucs football team. Kingdom's British rival, 2-time world champ Colin Jackson, is now the chancellor of Wrexham Glyndwr University in Wales...

Done with her Stanford eligibility, Elise Cranny has signed with Kimbia and will be training with Jerry Schumacher and the Bowerman TC...

The Olympic medals for Tokyo '20, all 5000 of them, will be created from materials recycled from consumer electronics that the Japanese public donated in a special drive...

Olympic shot champion Michelle Carter married former college football player Courtney Elder in January...

North and South Korea have presented a plan to the IOC to jointly host the '32 Olympics, and Jakarta, Indonesia, is also launching a bid. The IOC is expected to make its decision in '25. Meanwhile, the Russian sports minister says that his country—despite all of its doping-related difficulties of late—might be interested in

hosting the Games in '32 or '36...

The Rio organizers are finding that hosting the Olympics is getting more expensive all the time. Saddled with \$32 million in debt following the '16 staging, they now report that number has ballooned to \$113 million...

Victoria, British Columbia, has been awarded the '20 Pan-Am Cross Country Cup. The Canadian city is aiming to bid for the '23 World XC...

Gothenburg has pulled its name from the running to host the '24 Euros. Minsk and Chorzów are the two cities left standing...

In a move to appease U.S. broadcasters, the IOC and the IAAF have confirmed that additional finals beyond the road events will be moved to the morning sessions at Tokyo 2020...

Joe Gentry, 75, died in January. He was an assistant coach for the U.S. team at the '03 World Indoor...

Bill Gookin, died at 88 in January. The founder of the San Diego TC, he also was a pioneer in the creation of electrolyte replacement drinks...

The IAAF has opened the door to Russians at the World Cross, setting up a process where as many as 3 "neutral athletes" could run in each race. That would not affect team scoring, which demands a minimum of 4 athletes per squad...

Nadine Müller's recent 209-7 (63.89) in an indoor discus competition in Berlin is apparently a World Indoor best...

In an appearance at the Super Bowl Experience event in Atlanta, Usain Bolt tied the unofficial best for the NFL 40y dash with a 4.22 while wearing sweats. As always, take these kind of timings with many grains of salt...

Longtime T&FN correspondent Jack Pfeifer is the '19 winner of the Stan Saplin Media Award from the Armory Foundation...

The 4:00:00 barrier is no big deal to Spanish 50K walker Jesús Ángel García, now 49. He has broken it every year since '92 with the exception of '17, when he was injured...

It's not that Floridian Rudolph "Blaze" Ingram has reportedly sprinted 13.48 in the 100. It's that the 7-year-old has 459,000 Instagram followers. That's more than four times as many as World No. 1 Christian Coleman...

The Doha World Championships has selected Falah, a falcon, as its mascot. An expat Filipino artist won the \$2700 design competition...

Jamaican sprint legend Asafa Powell, now 36, is still focused on his goal of hitting 100 career sub-10s. "It's my legacy; it's my mark I really want to leave in the sport, so it's very important to me," he says. His total currently stands at 97, with his most recent one coming in September of '16...

The organizers of Atlanta's Peachtree 10K, in celebration of their 50th running in July, are

The Prefontaine Classic Hits The Road

It's official. The rumor mill has been saying for months that the Pre meet, forced out of Hayward Field during reconstruction, would be held at Stanford this year. That was finally confirmed early in February. Circle June 30 on your calendar if you're going to be in NorCal the last weekend of the month. Meet director Tom Jordan said, "My personal goal is to see every stadium record broken."

offering \$50,000 bonuses for any course records, including by wheelchair athletes...

The Big Sky Conference will get its first endowed coaching position in any sport, as an anonymous donor put up \$1 million to fund the Montana State head track/XC job in honor of retiring coach Dale Kennedy...

Olympians Clayton Murphy and Ariana Washington are engaged and planning on marrying later this year...

Chess has launched a bid for inclusion in the Olympics. At the other end of the spectrum, GamesBids.com is reporting that under serious consideration as a new sport at Paris 2024 will be (no, really!), breakdancing. □

A Month Of Scary Rides

First, a charter bus carrying 31 students and coaches from Stanford caught fire on a freeway in Seattle. None were hurt. "People started to run because the flames got really big and we were afraid the bus was going to blow up," said Stanford student Jordan Oaks. A week later 41 members of the Hampton team escaped their bus on a North Carolina interstate after it caught fire and exploded. Again, no injuries.

Here's the latest in the aches, pains & eligibility departments

JEFF COHEN



Sandi Morris is pleased with her progress after last fall's ankle surgery.

ON THE DOMESTIC SCENE, Oregon hurdler Eric Edwards reports he broke his left collarbone in early February and apparently had surgery to fix it.

Michigan's **Erin Finn**, though cleared for a sixth season of eligibility indoors, will forgo it to focus on the outdoor season, where she has one season remaining.

Bouncing back from the heel problem which ruined her '18 campaign, Jordan Hasay is planning to run the Rome-Ostia Half Marathon in early March as part of her Boston buildup.

Emily Infeld had surgery in December to repair a torn labrum and alleviate a build-up of bone on her hip socket and femur head. She may resume running in March but competition is unlikely this year.

Vaulter Sandi Morris went under the knife in the fall and is working her way back. She tweeted in mid-February, "8 step approach for the first time since my ankle surgery! Ahh I'm so happy, it felt great! Ankle is still stiff but it didn't feel like it inhibited me. Continued physical therapy, onward and upward!"

The Youth Olympic Games gold medalist, Grace Stark will be skipping the indoor season to rehab her hamstring.

Marathoner **Kellyn Taylor** is bouncing back from a bad case of bruised ribs. A 32:18.54 very-early-season world leader at 10,000 is evidence of her progress.

Sammy Watson, Texas A&M's reigning NCAA 800 champ, has announced she's turning pro.

International Wear & Tear

Putter **Valerie Adams**, expecting her second child in April, reports that she is still training. "Excuse the belly people but I had so much fun throwing my steel balls around yesterday... and at 32 weeks pregnant this was always going to happen," she Facebooked.

Balázs Baji, the WC bronze medalist in the 110H, injured his knee in training and is done for the rest of indoors.

German vaulter **Katharina Bauer** has had a defibrillator implanted in her chest to alleviate a heart problem. Before the operation her heart would beat 15,000 times more per day than normal.

Kenenisa Bekele, the 5000 and 10,000 WR holder still trying to make a claim to the marathon, has withdrawn from the Tokyo Marathon with a stress fracture.

Nadine Broersen, the World Indoor pentathlon champ in '14, will miss the Euro Indoor with a hamstring pull.

Jamaica's **Kemoy Campbell** collapsed while rabbiting the Millrose 3000, shocking onlookers as he received emergency medical attention trackside. Results of his medical tests have not been made public.

Former World Indoor dash champ **Dwain Chambers** has come out of retirement at age 40.

It will be a delayed start this year for Poland's **Paweł Fajdek**. The world hammer champ had January surgery to repair a calf injury.

A "busted" plantar fascia forced British miler **Charlie Grice** to drop out of the Euro Indoor.

Paulina Guba, Poland's Euro shot champ, ended her indoor season prematurely with a shoulder injury.

France's **Floria Guei**, the '17 Euro Indoor 400 champ, will miss this year with a pregnancy.

Sifan Hassan is moving up in distance. The Dutch winner of the World Indoor 1500 says she will focus on the 5000/10,000 for the next few years: "I have

become much better on long distances and I think I can show good things. With the short distances, I have as much energy left as the race is over, and I do not have a very good start: at 1500 meters it's more on tactics and everyone waits a bit, and things went a bit wrong."

Czech 1500 star **Jakub Holuša** is hoping to return this summer after diagnosis of a stress fracture with severe hip inflammation.

Raphael Holzdeppe has pulled the plug on his indoor season after a left leg injury. Says the German, the '13 WC vault gold medalist, "We decided not to take any risk."

German multi star **Kai Kazmirek** has a foot injury and will not be competing in the Euro Indoor heptathlon.

Olympic/World 1500 champ **Faith Kipyegon** has returned to training after giving birth to a child 8 months ago. "I want to be fit and ready to clinch a national slot and defend my title in Tokyo," the Kenyan star says.

Vault great **Renaud Lavillenie** missed some February meets with a hamstring tear.

French sprinter **Christophe Lemaitre** will skip indoors because of right calf pain.

Aleksandr Lesnoy, Russia's Euro Cup shot champion, is out after surgery to repair a rupture of his pectoral tendon.

Deca WR holder **Kevin Mayer** skipped some meets in February after jamming his back while vaulting.

Russian vaulter **Timur Morgunov**, last year's surprise Euro silver winner, is skipping indoors to heal from minor injuries.

British hurdler **Cindy Ofili** is still working her way back from a serious Achilles injury but hopes to compete this indoor season.

Euro high jump champ **Mateusz Przybylko** of Germany says his entire year is in doubt because of persistent foot pain.

David Rudisha is still struggling with a bad hamstring. "Every time I try to push myself to a certain level, I start feeling some pain," he says. Rudisha's former coach, Colm O'Connell, says the 800's WR holder might never race again.

Jamaica's **Elaine Thompson** reports that her Achilles is still not 100%. "I'm coping, I'm dealing with it. It's really hard to treat, but honestly, I'm doing the best that I can," says the double Olympic sprint champ.

South African sprinter **Ncincilili Titi** has put his career on hold until doctors can diagnose and treat the mystery ailment that struck him last year.

Doping Bans

All are Russia, unless noted otherwise:

4 years — Lyukman Adams (TJ), Gulfiya Agafonova (HT), Tatyana Beloborodova (HT), Mariya Beshpalova (HT), Anna Bulgakova (HT), Tatyana Firova (400), Yekaterina Galitskaya (100H), Tatyana Kachegina (HT), Yuliya Kondakova (100H), Svetlana Shkolina (HJ), Chaltu Shume Regasa (Ethiopia, 800), Ivan Ukhov (HJ), Ivan Yushkov (SP);

3 years — Anisiya Kirdyapkina (walks);

2 years — Vera Ganeyeva (DT), Anna Titimets (Ukraine, 400H).

Here's this month's collection of generally off-track activities that have gone a long way towards shaping the way the sport is headed

KIRBY LEE/IMAGE OF SPORT



USATF hasn't given Vin Lananna much to smile about of late.

Lananna Wants Back In As USATF Prez

In the year since Vin Lananna was put on "temporary administrative leave" as president of USATF, there has been much speculation about the behind-the-scenes maneuvering surrounding the decision. The fight could soon become more public, reports Ken Stone of the San Diego Times. Lananna's legal team had asked for a meeting with USATF's Board Of Directors, which they say was promised for January. Later, USATF moved the meeting to late February, after the February 18 anniversary of its original decision.

That rescheduling would also put the meeting outside the 1-year period Lananna had in which to file a grievance. A request to extend the window was denied by interim president Michael Conley. That left Lananna "no choice but to file" a grievance, but there has been no definitive word on whether or not such a step has been taken yet. The move to sit Lananna down came a year ago when the board noted conflict of interest issues given Lananna's role as president of both USATF and TrackTown USA. The awarding of the '21 Worlds to Eugene and a related Department of Justice investigation was also cited.

At the time, then-BOD chair Steve Miller—who is no longer a member—said, "USATF has no reason to believe TrackTown and/or Mr. Lananna have done anything wrong and understand that they have been told that they are not a target of the investigation." In July, Lananna stepped down both as president of TrackTown and as chair of Oregon21 (the WC Organizing Committee).

USATF has said that Lananna would remain on leave until the DOJ investigation is resolved, but former board member Curt Clausen has maintained that Lananna's detractors on the board took advantage of the DOJ angle to force him out. Clausen said, "The DOJ is not going to confirm an investigation is over, even when it's over. It is not a common practice. I think that is why the board structured the motion that way."

Stay tuned for more developments, as Lananna has made it clear he does not intend to walk away from the situation.

Semenya Case Now In CAS's Hands

Caster Semanya's next battle will be in Switzerland, but it won't be on the track. Even as we go to press, the South African star's legal team is taking on the IAAF's new hyperandrogenism regulations at CAS, and both sides are readying

for what many expect will be a landmark case.

The first shots were exchanged when the IAAF released the list of its 5 expert witnesses. Semanya's team protested, saying the proceedings were supposed to be confidential. The court then allowed them to release the names of their 10 experts. The appeal, in front of 3 judges, is expected to last 5 days. If Semanya's experts are able to discredit the research the IAAF commissioned that maintains that women with "differences of sexual development" (DSD) have a performance advantage from high levels of testosterone, it will be the second straight CAS loss on the issue for the governing body.

The South African government (which reportedly kicked in close to \$2M) has launched an international PR campaign to rally support for its national hero. Said sports minister Tokozile Xasa, "[The IAAF rule] is a gross violation of internationally accepted standards of human rights law." The regulation had been set to go into effect on November 1, 2018. It has been postponed until the CAS issues its ruling, expected before March 26.

World Records In The Road 5Ks

The roads have always been a challenge for statisticians, but usually the debate on what belongs where has centered on downhill drops, loops and mixed vs. same-sex races. The discussion took a turn after the Herculis 5K in Monaco on February 17 where the winners were Julien Wanders of Switzerland in 13:29 and Sifan Hassan of the Netherlands in 14:44.

The IAAF, which made the decision to start recognizing World Records for the distance (and to stop recognizing the 15K, 20K, 25K & 30K) in November of '17, accorded both marks the WR treatment. And yes, there were better marks out there from earlier, but the IAAF policy set in '17 was to recognize the best performance during 2018 so long as it was faster than 13:10/14:45. When that didn't happen, on January 1 of this year the IAAF recognized the best '18 marks, 13:30 by Bernard Kibet and 14:48 by Caroline Kipkirui, both Kenyans running those in Prague last September.

Consigned to the dust heap of history—even though they'll still be carried on all-time

No Doha Double For Noah Lyles?

When we chatted with Noah Lyles for the January issue he told us he was planning to go after a sprint double in Doha, but in late a late-February talk with Gene Cherry of Reuters, he said that he will focus only on the 200.

Lyles explained, "My coach has now come to the conclusion that he believes that I should now gain my first gold before going into the Olympics and trying to double." He added, "I agree with him. If I get into that final, I know I can win the 200."

But he also clarified that the door to doubling is still open, saying, "If something happens and we are doing really well and training has proven that I can handle 6 rounds, then maybe we will. But as it stands now, the 200 is the goal." The final decision, according to coach Lance Brauman, will come before the USATF meet in July.

lists—are the fastest-ever 5K road marks, a pair of 13:00s by Kenya's Sammy Kipketer at Carlsbad in '00 & '01. The Wanders mark obviously pales in comparison. The best women's 5K, though, rightfully belongs to Hassan now, as prior to '18 it was a 14:46 performance by Ethiopia's Meseret Defar at Carlsbad in '06.

Timing Of The Jamaican Nationals In Question

A major kerfuffle has erupted over when the Jamaican Championships—which will also double as the WC selection meet—will be held. With the late date of the World Championships in Doha, the Jamaican meet was originally set for July 25-28 (the same weekend as USATF), during a break in Diamond League action. In late January, however, the Jamaican federation announced the meet would move to a more traditional set of dates, June 27-30. That would clash directly with the Prefontaine Classic (June 30). Then the JAAA issued a new set of dates, June 20-23, which doesn't clash with the DL.

That prompted agent Cubie Seegobin to protest that some of the top Jamaicans he represents, among them Yohan Blake and Warren Weir, would have to miss the nationals because of contractual obligations to the adidas Boost Boston Games, reportedly set for June 27. Said Seegobin, "If they miss the meet, they will lose heavily. There is a clause in their contracts that says if they don't appear in the sponsorships meet, they will lose a substantial amount of money. They [JAAA] are putting them in a situation to choose between their sponsors and running at the National Championships. It is nonsense what the JAAA is doing."

Warren Blake, the president of the JAAA, warned that athletes skipping nationals would miss Doha: "We can only select a team based on who come to our championships. If the athletes don't turn up to our championships, they cannot be included."

Muir Miled In New Shoes

After Laura Muir blasted to a British Record of 4:18.75 in the Birmingham mile, rumors flew about the possible illegality of the spikes she wore. On her feet were a Nike prototype based on the Vaporfly shoe that Eliud Kipchoge wore in his World Record marathon. Reports emerged that a

rival shoe company planned to consult lawyers on the issue. The complaint would be based on IAAF rule 143.2, which says, "any type of shoe used must be reasonably available to all in the spirit of the universality of athletics."

The IAAF, explaining that it had not seen a complaint yet, said, "Shoe technology is improving all the time. The IAAF has no evidence that this particular shoe does not conform to rule 143.2. If we do receive a complaint, our process is to refer the shoe for study and if it is proved to be non-compliant, it may be prohibited in competition." The Vaporfly spike is not available to the public at this point.

A&M Loses Watson To The Pros

Sammy Watson, in the midst of her sophomore year at Texas A&M, has decided to go pro, informing coaches in February of her decision after several early-season races in her Aggie uniform. The 19-year-old New Yorker plans to stay in school to study Civil Engineering and continue training with her current coaches. "The plan really wasn't to run four years collegiately," says Sharon Outler, Watson's mother. "We told coaches that during recruiting visits."

Of winning the NCAA 800 title as a frosh, Watson says, "Accomplishing that my freshman year, it felt so big and great, that I felt I can keep riding that wave, and keep doing bigger and better things." She adds, "Starting now, I'll have plenty of time to train, so I can be 100% and be race-ready."

Watson's PR of 2:00.65 came as a high school senior in '17. Last year she ran 2:01.46 for No. 18 on the yearly U.S. list.

Kemoy Campbell's Millrose Scare

One of the biggest shocks of the Millrose Games came in the most alarming way when Jamaican Kemoy Campbell, rabbiting the 3000, collapsed on the infield unconscious.

Campbell, the Jamaican record holder at 3000, 5000 and 10,000, was treated with a defibrillator at the scene with anxious athletes, officials and spectators looking on before he was taken to the hospital across the street.

Early reports and rumors were frightening—

and no real specifics have been released—but it soon emerged that he was sedated at the hospital and was undergoing testing. On Tuesday his family reported he was in stable condition, awake and talking. The family asked for donations to cover his medical expenses, a plea that was promptly answered with pledges from Reebok, the Jamaican federation and a GoFundMe account.

Said agent Ray Flynn, "We are thankful for the team of doctors and first responders who assisted Kemoy and for the outpouring of support from the track & field community."

Revisiting Our Gundersen Analysis

Sharp-eyed Olympic historian Bill Mallon notes an error in last month's story on Gundersen Method multis scoring, which staggers start times based on standings after 9 events in the decathlon. In the battle for silver in the '11 World Champs 10-eventer, Ashton Eaton finished the javelin just 32 points behind Leonel Suárez, who stood 2nd. Thus, with a Gundersen handicap the American would have started the 1500 about 5 seconds (not 0.5 secs) behind the Cuban. He raced the 1500m 5.22 faster to secure silver so, yes, that would have been a "pursuit race" worth watching.

However, the point remains that the race for gold is of primary interest to most fans. In this comp Trey Hardee led Suárez by 244 points after 9 events and would have started nearly 40 seconds ahead, an insurmountable lead in the real world barring a catastrophic 1500 for the eventual gold medalist.

Mallon also observes also that Rafer Johnson's 58-point win on today's scoring tables over C.K. Yang at the '60 Olympics—with his lead shaved from 67 points after the javelin—also would have made for a nerve-tingling spectacle in a Gundersen finish.

Prep Vault History Clarifications

Longtime vault maven David Bussabarger (the '71 NCAA 8th-placer for Colorado) provides us with some relevant commentary on January's HS vault history story:

"The article states that the introduction of metal poles vastly improved vaulting performance.

USATF Announces World Champs Selection Procedure

We still don't know what the qualifying standards are for entering this year's USATF Outdoor Championships—which doubles as the selection meet for the World Championships—but Indy has unveiled the protocols for making the team.

Little has changed from recent years, with the top 3 finishers getting the nod as long as they all have the IAAF qualifying standard. If any don't, the team will be filled with qualified athletes who finished lower. There will be no standard chasing, as USATF clarified in bold type: "Please take special note that U.S. athletes must have achieved the IAAF entry standard no later than July 28, 2019, which is the final day of the Selection Event."

However, with the late date of the Worlds (first day is September 28) and with the IAAF's qualifying window not closing until September 6, many have questioned why USATF is not allowing any chasing at all, particularly with the IAAF filling fields from positions on the yearly lists a month later.

There are also scenarios where the U.S. will be allowed to enter 4 instead of the limit of 3 in some events, as defending world champions will get Wild Card berths. The U.S. has 8 such: Justin Gatlin (100), Sam Kendricks (PV), Christian Taylor (TJ), Tori Bowie (100), Phyllis Francis (400), Emma Coburn (steeple), Kori Carter (400H), & Brittney Reese (LJ). The '19 Diamond League champions and winners of the various IAAF event challenges will also be eligible for Wild Card status, but a nation is only allowed a single Wild Card per event. Wild Card holders must compete in Des Moines, though not necessarily in their Worlds event. New this year is the mixed relay, with the two men and two women to be selected by the head relay coach.



Despite his visa problems, Edward Cheserek is running well, including a mile win at the Camel City Invitational.

In fact, metal poles were only introduced because of the inability to get the specialized bamboo vaulting poles from the far east during WWII. Most vaulters at the time felt that the new metal poles were inferior to a good bamboo pole. Note that the WR only increased 1½ inches from '42 to '60 after vaulters began using metal poles. The article also states that Jim Brewer used metal poles. In fact he was a very early pioneer of fiberglass poles, although he reportedly used traditional rigid pole technique and did not bend the pole."

Finally, Bill Mallon clarifies that the W.W. Hoyt listed with a trio of HS Records in the event went on to be William Welles "Bill" Hoyt, the first Olympic gold medalist in the event.

Immigration Problems For Cheserek

After a high school career in New Jersey and a college education at Oregon, Ed Cheserek was eager to become a U.S. citizen but his quest has hit repeated snags, reports the New York Times.

Still a Kenyan citizen, he moved to Flagstaff to train, but was denied a green card, because he had not proved himself to be a world-class competitor—this despite 17 NCAA titles. He currently is training in the U.S. on a P1 ("athlete & artist") visa. However, he only has a 1-year visa instead of the usual 5 years, and he is currently working to extend it. Immigration agents have questioned whether Cheserek's competitions require athletes of "international recognition."

Even if his visa is extended, he still won't have a green card, and the wait for citizenship is 5 years after he gets one. "All I can do is just keep

running until they decide what they decide," the 25-year-old Cheserek said.

Coe Ready For Another IAAF Go

Seb Coe is a man on a mission and he indicated in January that he intends to keep pursuing it into a second term as IAAF president. Now 62, the former middle distance great has spent much of his time weathering doping scandals and the Russian situation.

He told Reuters, "The first two or three years were very clearly about reform, about creating structures that were safe and secure, about providing foundations that would give confidence... that we are a sport worth investing time, resource and finance into." He added that the next step "has to be about innovation, it has to be about growing the sport, creating an exciting experience, particularly for young people. That's the fun bit, so clearly I would like to be part of it."

Rethinking The Walks

Big changes are coming to the walks if the IAAF Racewalking Committee has its way. Not everyone in the walking community is pleased, however. Among the recommendations:

- Equality between the sexes means two events for both men and women at all major championships.
- Distances should be cut, with the current 20/50K mix dropping to 10/30K, starting at the '23 Worlds.
- Electronic chip insole technology—to de-

tect "lifting"—should be incorporated into major races by '21.

The committee suggested a gradual implementation of the new distances, starting at the '21 Worlds where they envision 20/30K races before dropping to 10/30K at the following year's IAAF Team Championships.

Committee member Robert Korzenowski, a 3-time Olympic champ in the long walk, said, "As you know my heart is passionate about the 50K, and all the great achievements and medals I won were in 50K, but the world is changing fast and we need to be realistic, to move forward and be brave in order to be relevant with the broadcast and digital media and to secure the future of race walking in major competitions. The numbers in 50K are not very promising and

if we care about the development and the healthy status of our event, this is the only way to do it. I have no doubt that 30K is a distance that will provide equal opportunities to endurance race walkers to perform and achieve their goals."

A January meeting of international race walkers came out with a statement opposing the IAAF proposals. Some have been quite sanguine. Tweeted Canada's Evan Dunfee, "thank you IAAF for giving me a clear timeline to know exactly when to evacuate this sinking ship." Longtime (43 years) committee member Peter Marlow of Britain has resigned in protest.

A New Olympic Champion: Erik Kynard

In track's version of "the king is dead, long live the king," another Olympic champion has been tossed, and Erik Kynard of the U.S. has been promoted to gold. Russia's Ivan Ukhov has been banned for 4 years as a result of a CAS doping ruling, and his results from the '12 Olympics have been erased.

That moves Kynard to the top spot on the podium—nearly 7 years later—far too late to capitalize on many of the monetary advantages that generally fall to gold medalists.

Derek Drouin of Canada, who—along with Britain's Robbie Grabarz and Qatar's Mutaz Essa Barshim—will be promoted from bronze to silver, said he feels for Kynard.

"The thing that bothers me the most about this situation is I feel bad for the silver medalist, who was never given the chance to listen to his own national anthem at the Olympics," the Rio gold medalist told the Canadian Press. "Speaking from experience, it's something that I'll never forget, and it's something that he should have experienced, and he might never now." □

LANDMARKS

Died: Michel Bernard, 87

On February 14, in Anzin, France. A 5-time World Ranker in the 1500, the French Olympian was 7th in both the 1500 and 5000 at the '60 Games. He also Ranked 3 times at 5000. In '61 he ran anchor on France's World Record 4 x 1500 team. PRs: 3:38.7 & 13:40.0.

Died: Don Bragg, 83

On February 16, in Antioch, California; from complications of dementia. The '60 Olympic vault gold medalist World-Ranked 1955-61, with No. 1s in '59 & '60. He won the NCAA title for Villanova in '55 and was runner-up two years later. At the '60 Olympic Trials, he set a World Record 15-9¼ (4.80) on a metal pole. Nicknamed "Tarzan," he never did fulfill his desire to play the ape man in the movies, although he did perfect the yell.

This clearance of 15-9¼ by Don Bragg at the '60 Olympic Trials was the last World Record set before the fiberglass era began.



Died: Heinz Fütterer, 87

In Illingen, Germany, on February 10. World Ranked No. 1 in the 100 in '54, the year he twice tied the World Record of 10.2. Ranked No. 2 in the 200 that same year. Overall, rated 4 times in the 100 and 3 in the 200. Indoors he tied the 50 WR at 5.6 and twice set the 60 record at 6.5. He also led off West Germany's bronze medal 4x1 at the '56 Games and ran third leg on a 39.5 WR 4x1 two years later.

Died: Delroy Poyser, 57

On February 11, in Lubbock, Texas; of cancer. The Jamaican starred at Texas Tech, where he placed 3rd in the NCAA Indoor triple jump in '83 and 3rd in the long jump the following year. His lifetime bests were 25-11 (7.90) and 54-4¾ (16.58).

Died: Tilly van der Zwaard, 81

On February 6, in Edgewater, Florida. A 2-time World Ranker in the 400, with a high of No. 5 in '62, she finished 6th in the '64 Olympic final. □

FOR THE RECORD

Records broken since the January issue. W = World; A or Am = American; C = Collegiate (NCAA Div. I only); J = Junior (U20); HS = High School; += event not officially recognized by governing body; i = absolute record made indoors.

MEN INDOOR TRACK					
300	32.49	WJ+, AJ+	Jacory Patterson (Virginia Tech)	Blacksburg, Virginia	January 11
4 x 200	1:25.60	AJ, HS	Bullis, Potomac, Maryland	Lynchburg, Virginia	January 19
<i>(Ashton Allen, Austin Allen, Andre Turay, Ryan Willie)</i>					
4 x 400	3:12.53	WJ, AJ, HS	Bullis, Potomac, Maryland	Lynchburg, Virginia	January 18
<i>(Andre Turay 49.46, Ryan Willie 48.52, Jay Pendarvis 47.99, Ashton Allen 46.56)</i>					
MEN INDOOR FIELD					
Int'l Wt	22.92 67-11%	HS	Trey Knight (Ridgefield, Washington)	Seattle, Washington	January 12
WOMEN INDOOR TRACK					
1000	2:38.56	C	Danae Rivers (Penn State)	University Park, Pennsylvania	January 12
3000W	13:24.76	AJ, HS	Taylor Ewert (Beavercreek, Ohio)	Lynchburg, Virginia	January 18
WOMEN INDOOR FIELD					
HJ	1.96 6-5	WY	Yaroslava Mahuchikh (Ukraine)	Minsk, Belarus	December 22
PV	4.39 14-4¾	AJ	Nastassja Campbell (Stephen F. Austin)	College Station, Texas	January 12
WOMEN ABSOLUTE TRACK					
3000W	13:24.76i	AJ, HS	Taylor Ewert (Beavercreek, Ohio)	Lynchburg, Virginia	January 18
WOMEN ABSOLUTE FIELD					
HJ	1.96 6-5i	WY	Yaroslava Mahuchikh (Ukraine)	Minsk, Belarus	December 22

CALENDAR

Collegiate Conference Indoor Champs	
February	
01-02	New Englands; Boston, Massachusetts
15-16	Patriot League; Annapolis, Maryland
16-17	Conference USA; Birmingham, Alabama Mets, New York, New York
18-19	Sun Belt; Birmingham, Alabama
20-21	Ohio Valley; Birmingham, Alabama
21-23	ACC; Blacksburg, Virginia Big Sky; Bozeman, Montana WAC; Nampa, Idaho
22-23	American; Birmingham, Alabama Big East; Geneva, Ohio Big 10; Ann Arbor, Michigan Big 12; Lubbock, Texas Mid-American; Kent, Ohio Mountain Pacific; Seattle, Washington SEC; Fayetteville, Arkansas
22-24	Mountain West; Albuquerque, New Mexico
23-24	America East, Boston, Massachusetts Ivy League; Cambridge, Massachusetts
23-24	Missouri Valley; Cedar Falls, Iowa Southern; Lexington, Virginia
24-25	Horizon, Youngstown, Ohio Southland; Birmingham, Alabama
March	
01-03	IC4A/ECAC; Boston, Massachusetts
National Indoor Championships	
February	
22-24	USATF; Staten Island, New York
28-02	NAIA; Brookings, South Dakota
March	
01-02	JUCO; Pittsburg, Kansas
08-09	NCAA; Birmingham, Alabama NCAA II; Pittsburg, Kansas NCAA III; Boston, Massachusetts
08-10	New Balance Indoor Nationals HS; NYC, New York
Outdoor Relays & Invitationals	
March	
01-02	Cal State LA Invitational Los Angeles, California
02	Florida A&M Relays; Tallahassee, Florida
08-09	Brown Invitational; Fullerton, California
09	Cowboy Relays; Lake Charles, Louisiana
	Oxy Distance Carnival; Eagle Rock, California
14-16	49er Classic; Charlotte, North Carolina Kittley Invitational; Abilene, Texas
	UNLV Spring Invitational; Las Vegas, Nevada

15-16	Black & Gold Invitational; Orlando, Florida Castillo Invitational; Tempe, Arizona Hornet Invitational; Sacramento, California Hurricane Invitational; Coral Gables, Florida Louisiana Classics; Lafayette, Louisiana Quiller Classic; Boulder, Colorado Romo Invitational; San Antonio, Texas Texas Southern Relays; Houston, Texas Trojan Invitational; Los Angeles, California UCI Spring Classic; Irvine, California UTEP Springtime; El Paso, Texas Williams Classic; Tucson, Arizona Yellow Jacket Invitational, Atlanta, Georgia
16	TCU Invitational; Ft. Worth, Texas
21-23	Aztec Invitational; San Diego, California
22-23	Arkansas Spring Invitational; Fayetteville, Arkansas ASU Invitational, Tempe, Arizona Florida State Relays; Tallahassee, Florida López Bayou Classic; Houston, Texas UCF Invitational, Orlando, Florida
23	Baylor Invitational, Waco, Texas Power 5 Trailblazer Challenge, Coral Gables, Florida Stimson Memorial, Williamsburg, Virginia
27-30	Texas Relays; Austin, Texas
28	Bobcat Invitational; San Marcos, Texas
28-30	Florida Relays; Gainesville, Florida
29-30	Legends Invitational; Westwood, California Raleigh Relays, Raleigh, North Carolina Stanford Invitational; Stanford, California
30	Collegiate Open; San Diego, California Mondo Invitational; Sacramento, California
Major 2019 Track Championships	
March	
30	World XC Championships; Aarhus, Denmark
May	
11-12	World Relays; Yokohama, Japan
June	
05-08	NCAA; Austin, Texas
July	
25-28	USATF/World Championships Trials; Des Moines, Iowa
August	
29	Weltklasse Diamond League Final; Zürich, Switzerland
September	
06	Van Damme Memorial Diamond League Final; Brussels, Belgium
09-10	U.S. vs. Europe; Minsk, Belarus
28-Oct. 06	World Championships XVII; Doha, Qatar

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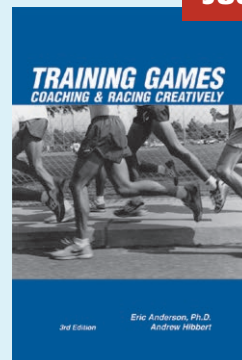
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