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TRACK FIELD NEWS

MARCH 2019

**Yomif Kejelcha
Claims Mile
World Record**

**NCAA Team Titles
To Florida Men,
Arkansas Women**

**Mondo Claims
Collegiate Vault
Record**

**T&FN Interview:
Donavan Brazier**

**Our Indoor Athlete
Of The Year Choices**

**World Champs
Medal Predictions**

A photograph of Grant Holloway, a male athlete, captured in a dynamic running pose. He is wearing a blue patterned singlet with 'FLORIDA' and 'SEC' logos, and blue shorts. His bib reads 'GRANT HOLLOWAY' and 'DIVISION I • BIRMINGHAM, AL • MARCH 8-9'. He has a gold chain and a blue 'Champ' wristband. The background is a blurred stadium.

**Grant Holloway
Does It All
The King Of The NCAA**

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■ **SUMMER OLYMPIC GAMES**, Tokyo, Japan. Game dates: July 24 - Aug. 9. Tour dates: Entire Games—18 nights (Arrive July 23, Depart Aug. 10) or just for the track & field period—12 nights

(Arrive July 29, Depart Aug. 10). This will be our 18th Summer Olympic tour. \$5,600 deposit per person.

~ 2021 ~

■ **U.S. NATIONALS/WORLD CHAMPIONSHIPS TRIALS**, \$100 deposit per person now accepted. Probably Eugene.

■ **WORLD TRACK & FIELD CHAMPIONSHIPS**, Eugene, OR. We are accepting deposits for this, the first outdoor IAAF World Championships to be held in the U.S. We expect to have lodging, walking distance to the stadium. \$1100 deposit. Aug. 6-15.

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From The Editor — Call Me A Heretic, But The IAAF's Diamond League Tightening Might Actually Be The Right Move

by E. Garry Hill



ONE OF THE TOUGHEST PARTS of my job as the editor of T&FN is juggling what the readership wants to hear on one side and what my analysis of what's best for the sport overall on the other, because the two aren't necessarily taking the same number of steps between hurdles. Hardcore fans—and there are no fans more hardcore than you, dear readers—can't get enough of track and/or field. The problem is that there aren't enough of us to keep the sport viable, domestically or internationally. This was true when I started at T&FN almost a half-century ago and it has only become more true with every passing year. (Was it really way back in May '91 that we had our infamous cover "What If They Gave A Track Meet And Nobody Came?").

We've now gotten to the point, after years of deteriorating popularity with the general public—sporting or otherwise—where our beloved sport has to reinvent itself. This certainly isn't a new concept; it's one that has been addressed in this column multiple times through the years. In my [February '15 offering](#) I riffed on the news that down the road the IAAF might have to consider cutting events from the Olympic program and offered some thoughts on which—from a purely pragmatic point of view—might be best as candidates to bite the dust. The obvious answer for T&FN readers is "D, none of the above," but the current exam, which relates to the IAAF's signature invitational series, the Diamond League, doesn't offer D as one of the options.

The Monaco braintrust believes that the 2-hour TV window that has marked recent years' offerings from the DL is too much, and that distance races simply drag on too long, so the new plan (beginning next year) is for 90-minute shows with nothing longer than the 3000 being offered up. I'm no TV marketing guru, and my mindset is certainly decades away from what needs to be the DL's target audience (key word: "needs," not "is"), but from what I absorb from the modern digital world that surrounds me, the IAAF has a point. The shows need to be punchy, quick-in/quick-out action-filled things. You know, like *Game Of Thrones*, only better.

That feeble attempt at humor aside (although, man, can the king of the White Walkers throw a javelin or what?!), I am completely serious when I say that the IAAF just might be—and I hope they are—onto something with their version of DL-Lite. At this point, allow me to reiterate: this is me with my good-of-the-sport hat on, not my hardcore-fan one. I'd be quite happy to hear the general-public audience say, "That was a great watching experience" even if the hardcore fans had a take of, "Wow! That was way too short." It's a simple numbers game.

Did I say simple? The length-of-window number was simple to come up with, sure. But there are, of course, some elephants in the room. The series will drop from 14 meets this year to 12, based on IAAF meet-rating criteria. But which meet is going to step up for the significant task of hosting the 1-meet final? Are longtime 2-part hosts Brussels and Zürich locked in some backroom death struggle, or are both of them saying, "Fugetaboutit!" leaving the IAAF to look for a Plan B?

Why Plan B? Because at the same time the number of events to be part of the DL menu is dropping from 32 (100, 200, 400, 800, 1500/ Mile, 3000/5000, steeple, 110H, 400H, HJ, PV, LJ, TJ, SP, DT, JT—all for each sex) to 24, which means that the single DL Final will be staging all 24, instead of the 16 each did in the past. Obviously (or is it "obviously?") there can't be any plans to somehow shoehorn that into a 90-minute window.

The other pachyderm to consider is which 8 events are going to get the chop. Will it simply be the same 4 events for each sex or will they get creative and have it vary? One could craft a setup where each event remains part of the overall program, just not for both sexes. And what happens to the events that don't make the grade? The hammer has never been part of the DL, but the IAAF has instead created a "Hammer Challenge" category that finds it contested in non-DL meets; will similar Challenges be created for the newly orphaned events? Or does the IAAF's longterm master plan figure to tighten the sport overall with an eye towards removing them from recognition altogether? Will the IAAF perhaps change the roster of events from year to year, so that if the '20 version of the DL has no (just for sake of argument) TJ, the '21 version will, but will drop the LJ?

As a hardcore fan, it distresses me to see the sport I love being in a position where it needs to answer questions like this. I love all the events. But as a pragmatist, I know the questions have to be asked and some bold steps need to be taken. Let's just hope that Coe & Crew have done their homework and have read the potential audience for our sport correctly. Its very survival may depend on it.

One place where I think they haven't done their homework well is in placing so much stock in their world rankings. They love to trumpet how the public will have a greater understanding for the sport when its athletes have a rating, like tennis players or golfers. It may well work out for the DL setup, but how do you sell it when you get to the World Championships and Olympic Games, with their 3-per nation stricture, and some member nations using their Trials results to formulate their teams, not the world rankings? In some events, many of the top 10 won't be at the WC/OG. How's that a positive spin for the sport? □

NCAA Indoor Men – Gators Chomp Again

ERROL ANDERSON/THE SPORTING IMAGE



Ubiquitous Grant Holloway took a bite out of the American Record in the 60 hurdles.

by Bob Hersh

BIRMINGHAM, ALABAMA, March 08-09—The USTFCCCA's premeet rankings showed Texas Tech on top at the NCAA Men's Indoor Championships, with Florida close behind and no other team really close. The Red Raiders had 15 accepted entries, and many of them were of high quality, but Florida had 13 entries and they, too, were loaded with top-end talent.

Tech Coach Wes Kittley saw it this way: "If you look at us and Florida, we're relatively even on paper. But we've just got to take care of us. We've got to go into this meet and be confident like we have all season. I think if we're focused and just taking care of us, we're going to be hard to beat."

But he knew—and Florida head Mike Holloway knew—that a lot would depend on the sprints, where most of Texas Tech's points were concentrated, but where Florida had strength too, most notably in the presence of Grant Holloway (no relation), who would be attempting an ambitious 60/60H/LJ triple in addition to a possible leg on the 4x4. Coach H was not overly concerned about relying on sprinter/hurdler/jumper H. "If Grant's not in shape to run a couple of 60's and take 4-6 long jumps, then I haven't done my job," he said.

As it turned out, the potential Gator/Red Raider nailbiter fell apart on the first day, when Tech's Andrew Hudson—who was tabbed for 11 points based on the seed lists, failed to qualify for the final of either the 60 or the 200. "That did not help us," said Kittley.

The Red Raiders' other sprint star, Divine Oduduru, did win the 200 final on Saturday, but finished only 7th in the 60, and the sprint shortfalls doomed not only their challenge for the title but also a place on the team podium.

Meanwhile, Florida was doing well. Not only did Grant Holloway pick up 26 points, but other Gators also met or exceeded expectation. Most notable among them was soph Hakim Sani Brown, who equaled the Japanese 60 record of 6.54 in his heat and then ran 6.55 in the final to take 2nd behind Holloway's list-leading 6.50. In addition, the Gators scored in three field events in which they had not been among the top 8 seeds.

The result of all of these solid performances was that after 12 events (of 17), Florida had already clinched a successful defense. It was Coach Holloway's fifth NCAA Indoor title, matching the number posted by UTEP's Ted Banks. Only Arkansas legend John McDonnell, with an amazing 19, ever won more. The Gator head was pleased, not only by the fact that his team won, but also by how they won it: "I took a little offense about

people saying that we were a one-man band. We're not. I'm proud and happy for the rest of the guys who showed up and helped us win this title."

Behind Florida's 55 points, Houston (44) ended up clinching 2nd with a victory in the final event of the program, the 4x4, while 3rd-place LSU (31) had a botched baton pass and didn't finish. The Cougars, which had been only 6th in the USTFCCCA ratings, had no individual victories but got runner-up finishes from Kahmari Montgomery (400) and Trumaine Jefferson (LJ).

In addition to Holloway, there were two other successful doublers. North Dakota State senior Payton Otterdahl won the shot with a first-round toss of 71-2 $\frac{3}{4}$ (21.71), 4 inches short of his recent Collegiate Record but still the No. 4 collegiate performance ever. He then upped his PR in the weight to 79-1 $\frac{1}{4}$ (24.11), improving his claim to the No. 4 spot on the all-time collegiate list in that event.

The distance races were swept by Wisconsin's Morgan McDonald, a fifth-year senior from Australia. McDonald, who won the NCAA XC in November, outkicked Colorado's Joe Klecker to win the 5000 in 13:41.76 on Friday night, immediately following the women's 5000, also won by a Badger, making Wisconsin the first school ever to win both 5000s at the meet.

McDonald then came back to take the 3000

on Saturday in 7:52.85, holding off Stanford's Grant Fisher, the NCAA outdoor 5000 champion who had beaten him in the Millrose 3000 a month ago. Klecker finished 3rd. With this race, McDonald became the fifth man in the past six years with NCAA indoor 3000/5000 double victories. "I did have in my head the fact that at Millrose Grant got ahead of me and was hard to go around on the last lap" said McDonald, explaining why he took the lead here with three laps to go. He then saved enough to hold off Fisher's finishing kick, running his last lap in 26.32, even faster than the 26.47 he had closed with in the 5000.

For Fisher, the 3000 completed a double disappointment. On Friday, he had been outkicked on the anchor leg of the distance medley relay by Notre Dame's Yared Nuguse for the second straight year. Fisher's split was 3:54.23, and he ran a good race, taking the lead at the start of the penultimate homestretch and looking strong for most of the last lap. But Nuguse (3:56.02) overtook him and passed him 10y from the finish. "When I'm doing it for my team out there," said Nuguse, "I give it all that I have, and it paid off tonight." Notre Dame's winning time was 9:31.55.

One of the most anticipated individual events of the meet was the pole vault. Mondo Duplantis was the overwhelming favorite, after having set a CR of 19-5 (5.92) at the SEC 2 weeks earlier, but behind him was the deepest field in the history of the event. Every one of the 16 qualifiers for the meet had vaulted 18-½ (5.50) or better and 9 of those had season's bests of at least 18-5½

(5.63). Vault aficionados were salivating over the quality of the field and the prospective quality of the competition.

It did turn out to be a spectacular event, in more ways than one. Never before had more than two men cleared more than 18-4½ (5.60) in the meet, but in Birmingham 7 cleared 18-5½ (5.63) and another 2 passed that height. The bar was then

raised to 18-7½ (5.68). A half-dozen attempted that height and 3 passed. Only 1 cleared the bar—Jacob Wooten of Texas A&M. Or so it appeared at the time. But when it came time to raise the bar again, the officials realized that nobody had attempted 18-7½ at all. In fact, the bar had erroneously been set at 5.73 (18-9½). After a long discussion among the officials, athletes and others, it was decided

that the bar should be reset to 5.68 and all of those who had failed at what they thought was 18-7½ (but wasn't) should be given three more attempts. Wooten was given credit for his 18-9½, which was a PR and made him the No. 10 American collegian ever.

Only one vaulter, Matt Ludwig of Akron, took advantage of the additional attempts and cleared 18-7½. The bar was then properly raised to 18-9½. Ludwig joined those who had passed 18-7½ in attempting 18-9½. Duplantis and South Dakota's Chris Nilsen cleared it and Duplantis went on to clear 18-11½ (5.78) and 19-1½ (5.83) before making



ENROL ANDERSON/THE SPORTING IMAGE

Geordie Beamish had the best kick in winning a "tactical" 4:07 mile.

KIRBY LEE/IMAGE OF SPORT



Unheralded Tyrell Richard moved to No. 5 on the all-time world 400 list with his 44.82.



A 26.56 last lap gave Bryce Hoppel the 800 win in a PR 1:46.46.

NCAA INDOOR MEN'S RESULTS

Birmingham, Alabama March 08–09 (200 banked)

TEAM SCORES

1. Florida 55; 2. Houston 44; 3. LSU 31; 4. tie, Stanford & Wisconsin 30; 6. tie, Florida State & Texas Tech 24; 8. Alabama 23; 9. tie, Georgia & North Dakota State 20;

60 METERS (March 09)

1. *Grant Holloway (Fl) 6.50 PR (AL, CL) (=8, =10 C; =7, =8 AmC); 2. Mario Burke' (Hous) 6.55 PR; 3. **Hakim Sani Brown' (Fl-Jpn) 6.55; 4. Cravon Gillespie (Or) 6.57 PR; 5. ***Bryand Rincher (FIST) 6.60; 6. Ryan Clark (Fl) 6.61 =PR; 7. *Divine Oduduru' (TxT) 6.62; 8. *Kasaun James (FIST) 6.67.

200 METERS (March 09; 2-section time final)

1. *Divine Oduduru' (TxT) 20.49; 2. *Kasaun James (FIST) 20.56; 3. Keitavious Walter (Al) 20.76; 4. Nick Gray (OhSt) 20.76; 5. Jaron Flournoy (LSU) 20.82; 6. *Karayme Bartley' (Ia) 20.97; 7. McKinley West (SnMs) 21.12; 8. Obi Igbokwe (Hous) 21.23.

Heats (March 08)

I–1. Oduduru' 20.34; 2. James 20.49 =PR; II–1. Walter 20.61 PR; III–1. Igbokwe 20.62 PR; IV–1. Flournoy (LSU) 20.66.

400 METERS (March 09; 2-section time final)

1. Tyrell Richard (SCSt) 44.82 PR (WL, AL, CL) (5, 6 W; 4, 5 A; 4, 4 C; 3, 3 AmC) (21.06/23.76); 2. Kahmari Montgomery (Hous) 45.03 PR (=11, x W; =8, =12 A; =8, =11 C; =6, =8 AmC); 3. Wil London (Bay) 45.16 PR (=11, x A, C; =8, x AmC); 4. *Quincy Hall (SC) 45.25 PR; 5. Obi Igbokwe (Hous) 46.04; 6. Alejandro Zapata' (Lib-Col) 46.07 NR.

800 METERS (March 09)

1. *Bryce Hoppel (Ks) 1:46.46 PR (10, x AmC); 2. **Marco Arop' (MsSt) 1:47.00; 3. Robert Heppenstall' (WF) 1:47.45; 4. *Devin Dixon (TxAM) 1:47.54; 5. **Cooper Williams (In) 1:47.69; 6. Joseph White (Gtn) 1:48.19.

MILE (March 09)

1. *Geordie Beamish' (NnAz) 4:07.69; 2. *Casey Comber (Vill) 4:08.03; 3. *Oliver Hoare' (Wi) 4:08.14; 4. *Carlos Villarreal' (Az) 4:08.41; 5. William Paulson' (AzSt) 4:08.45; 6. **Sam Worley (Tx) 4:09.20.

3000 METERS (March 09)

1. Morgan McDonald' (Wi) 7:52.85 ([2:07.49], [4:18.81], [6:26.38]); 2. *Grant Fisher (Stan) 7:53.15; 3. *Joe Klecker (Co) 7:54.34; 4. **Cooper Teare (Or) 7:55.50; 5. *Alex Ostberg (Stan) 7:55.62; 6. Clayton Young (BYU) 7:55.86.

5000 METERS (March 08)

1. Morgan McDonald' (Wi) 13:41.76; *Joe Klecker (Co) 13:42.79; 3. Clayton Young (BYU) 13:45.35; 4. Connor McMillan (BYU) 13:46.88; 5. Vincent Kiprop' (Al) 13:47.38; 6. *Amon Kemboi (Campb) 13:47.44.

60 HURDLES (March 09)

1. *Grant Holloway (Fl) 7.35 AR, CR (old AR 7.36 Greg Foster [WC] '87, Allen Johnson [Nik] '04 & Terrence Trammell [unat] '10; old CR 7.42 Holloway '18) (WL (3, 4 W); 2. Daniel Roberts (Ky) 7.41 PR (=11, x A; 2, 2 C); 3. **Trey Cunningham (FIST) 7.64; 4. Amere Lattin (Hous) 7.77; 5. *John Burt (Tx) 7.80; 6. Chris Douglas (Ia) 7.83; 7. *Caleb Parker (SnMs) 7.87; 8. Isaiah Moore (SC) 7.87.

4 x 400 (March 09; 3-section time final)

1. Houston 3:05.04 (Lattin 46.65, Igbokwe 46.75, Holt 46.22, Montgomery 45.42); 2. Texas A&M 3:05.15 (Izu 46.95, Johnson 46.13, Thomas 46.82, Dixon 45.25); 3. Florida 3:05.24 (Lobo Vedel' 46.64, Holloway 45.99, Clark 46.78, Sawyers'

45.83); 4. Arkansas 3:06.82; 5. South Carolina 3:07.48 (Hall 45.27); 6. Iowa 3:07.68.

DISTANCE MEDLEY (March 08)

1. Notre Dame 9:31.55 (AL) (Jacobs' 2:57.48, Cheatham 48.16, Voelz 1:49.89, Nuguse 3:56.02); 2. Stanford 9:31.70 (Cortes 2:55.95, Body 48.93, Sathyamurthy 1:52.58, Fisher 3:54.23); 3. Georgetown 9:33.06 (Wareham 3:57.57); 4. Indiana 9:33.11 (Mau 3:58.12); 5. Iowa State 9:33.86 (Lagat' 2:53.46); 6. Arkansas 9:33.97 (Griffith' 3:57.98).

HIGH JUMP (March 09)

1. *Shelby McEwen (Al) 7-6 (2.29) ; =2. **JuVaughn Harrison (LSU) 7-5 (2.26); =2. *Darryl Sullivan (Tn) 7-5; 4. **Earnie Sears (USC) 7-3 $\frac{3}{4}$ (2.23); 5. Keenon Laine (Ga) 7-3 $\frac{3}{4}$; 6. *Jordan Wesner (Mem) 7-3 $\frac{3}{4}$.

POLE VAULT (March 08)

1. ***Mondo Duplantis' (LSU) 19-1 1/2 (5.83) (x, =8 C) (18-1 3/4 [2], 18-5 1/2 [2], 18-9 1/2, 18-11 1/2 [2], 19-1 1/2, 19-5 3/4 CR [xxx] (5.53, 5.63, 5.73, 5.78, 5.83, 5.94); 2. *Chris Nilsen (SD) 18-9 $\frac{1}{2}$ (5.73); 3. Jacob Wooten (TxAM) 18-9 $\frac{1}{2}$ PR (10, x AmC); 4. Matt Ludwig (Akr) 18-7 $\frac{1}{2}$ (5.68); 5. **Zach Bradford (Ks) 18-5 $\frac{1}{2}$ (5.63) =PR; 6. Hussain Asim Al-Hizam' (Ks) 18-5 $\frac{1}{2}$.

LONG JUMP (March 08)

1. *Rayvon Grey (LSU) 26-1 $\frac{3}{4}$ (7.97) (25-8, 25-7 $\frac{1}{4}$, f, 25-2 $\frac{3}{4}$, 26-1 $\frac{3}{4}$, f) (7.82, 7.80, f, 7.69, 7.97, f); 2. Trumaine Jefferson (Hous) 26-1 $\frac{1}{2}$ (7.96) PR (25-10 $\frac{3}{4}$, 22-9, f, 25-6 $\frac{1}{4}$, 26-1 $\frac{1}{2}$, 25-1 $\frac{1}{4}$) (7.89, 6.93, f, 7.78, 7.96, 7.65); 3. *Grant Holloway (Fl) 26-1 (7.95) (25-6 $\frac{1}{4}$, 25-10 $\frac{1}{4}$, 26-1, p, p, p) (7.78, 7.88, 7.95, p, p, p); 4. Jacob Fincham-Dukes' (OkSt) 26-3 $\frac{1}{4}$ (7.94) ; 5. Charles Brown (TxT) 25-11 $\frac{1}{2}$; 6. *Fabian Edoki' (MTN) 25-9 $\frac{1}{2}$ (7.86) .

TRIPLE JUMP (March 09)

1. *Jordan Scott' (Va) 55-5 (16.89) (54-5 $\frac{1}{4}$,

three unsuccessful tries at 19-5 $\frac{3}{4}$, which would have been a world leader/Collegiate Record. So the CR and meet record remained intact, but the marks of placers 3–15 were the best ever for those places at the championships.

Needless to say, the long delay in sorting out consequences of the erroneous bar placement confused the spectators and surely took its toll on the athletes remaining in the competition when that happened. Duplantis said, "It was a little crazy, hectic, kind of like a circus—not exactly what I expected—but I got the win and that's all that matters."

Although Duplantis didn't get his world-leading mark, two other men did—Holloway and South Carolina State senior Tyrell Richard, who won the 400 in 44.82. That made him the No. 5 performer in world history and No. 4 among Americans and collegians.

For more details on individual-event results, check out our [Friday](#) and [Saturday](#) recaps.

55- $\frac{1}{4}$, 55-5, 53-7, p, 54-10) (16.59, 16.77, 16.89, 16.33, p, 16.71); 2. Odaine Lewis' (TxT) 54-7 $\frac{1}{2}$ (16.65) ; 3. **Chengetayi Mapaya' (TCU) 54-6 (16.61) ; 4. Armani Wallace (FIST) 54-2 (16.51) ; 5. *Clayton Brown' (Fl) 53-10 $\frac{1}{4}$ (16.41) ; 6. John Warren (SnMs) 53-8 $\frac{1}{2}$ (16.37) .

SHOT (March 08)

1. Payton Otterdahl (ND St) 71-2 3/4 (21.71) (x, 4 C) (71-2 3/4, f, 66-8, 66-3 3/4, f, 68-4 1/2) (21.71, f, 20.32, 20.21, f, 20.84); 2. **Adrian Piperi (Tx) 68-10 (20.98) PR; 3. Denzel Comenentia' (Ga) 67-6 $\frac{1}{4}$ (20.58) ; 4. **Daniel McArthur (UNC) 66-8 $\frac{1}{2}$ (20.33) PR; 5. **Jordan Geist (Az) 66-6 $\frac{1}{2}$ (20.28) ; 6. Kord Ferguson (Al) 65- $\frac{1}{2}$ (19.82) .

WEIGHT (March 09)

1. Payton Otterdahl (ND St) 79-1 1/4 (24.11) PR (CL) (4, x C) (75-11 1/2, 76-3, 76-7 3/4, 76-2 1/4, 77-6 3/4, 79-1 1/4) (23.15, 23.24, 23.36, 23.22, 23.64, 24.11); 2. Adam Kelly (Prin) 76-8 $\frac{1}{2}$ (23.38) PR; 3. Denzel Comenentia' (Ga) 76-6 $\frac{1}{4}$ (23.32); 4. AJ McFarland (Fl) 73-10 $\frac{1}{4}$ (22.51); 5. Morgan Shigo (PennSt) 73-6 (22.40) ; 6. Joe Ellis (Mi) 73-5 $\frac{1}{4}$ (22.38) .

HEPTATHLON (March 08-09)

1. Harrison Williams (Stan) 6042 PR (AL, CL) (7.05, 24-1 1/2/7.35, 44-7/13.59, 6-8/2.03 [3297-6], 8.13, 16-11/5.16, 2:43.38 [2745]); 2. Gabe Moore (Ar) 5975 PR (6.82, 23-8/7.21, 48-9/14.86, 6-8/2.03 [3423-1], 8.02, 14-11 $\frac{1}{2}$ /4.56, 2:47.06 [2552]); 3. *Nick Guerrant (MiSt) 5944 PR (7.00, 23-11 $\frac{3}{4}$ /7.31, 45-8 $\frac{1}{2}$ /13.93, 6-9/2.06, 8.30, 15-11 $\frac{1}{4}$ /4.86, 2:45.33; 4. Jared Seay (Nb) 5847 PR (7.03, 24-3 $\frac{3}{4}$ /7.41, 44-9 $\frac{3}{4}$ /13.66, 6-10 $\frac{1}{4}$ /2.09, 8.29, 15-11 $\frac{1}{4}$ /4.86, 2:57.51); 5. **Johannes Erm' (Ga) 5817 (7.09, 24-5 $\frac{1}{2}$ /7.45, 47-1 $\frac{1}{4}$ /14.37, 6-4 $\frac{1}{4}$ /1.94, 8.11, 14-7 $\frac{1}{2}$ /4.46, 2:42.89); 6. ***Ayden Owens' (USC) 5809 PR (6.75, 22-9 $\frac{1}{4}$ /6.94, 45-3/13.79, 6-3 $\frac{1}{4}$ /1.91, 7.84, 14-11 $\frac{1}{2}$ /4.56, 2:46.81). □

NCAA Indoor Women – Hogs Hold Off The Trojans

KIRBY LEE/IMAGE OF SPORT



Payton Chadwick aided the Arkansas effort with a trio of bronze-winning efforts: 200, 60H & 4x4.

by Dave Johnson

BIRMINGHAM, ALABAMA, March 08-09—Arkansas won its second NCAA Women's Indoor Championships team title with an impressive 62 points, equal to the No. 4 total ever. But what was generally conceded to be a runaway victory for the Razorbacks was much closer than anticipated as USC seemed to continually max out in its events, scoring 51. The win wasn't decided until the closing 4x4, when Arkansas finished 3rd and USC 6th.

The pentathlon started the proceedings, with Miami's Michelle Atherley leading throughout. The senior's 4547 PR made her the No. 7 scoring 5-eventer in collegiate history, and put her at No. 9 on the U.S. all-time list. Kennesaw State's Jordan Gray's was next at 4412, while Arkansas junior Kelsey Herman, anticipated to score, could not match her SEC 4330 win, which would have placed her 3rd. A bad day left her out of the scoring, but did little to hurt the Arkansas team's chances.

Wisconsin junior Alicia Monson displayed again why she has become one of the distance

finds of the year after a stunning Millrose 3000 win in 8:45.97. In the 5000 here she stalked New Mexico's Weini Kelati, whose XC Champs 2nd had beaten Monson by two places. Kelati took the lead with a little more than 2000m remaining, then began her closing surge with 1500 to go. Settling into a new rhythm of 71-second 400s, she and Monson gradually split the field, and were clear with 800 left. Monson waited until the last lap before closing with a 33.65 final 200, her PR 15:31.26 leaving Kelati 10m back in 15:32.95.

The long jump provided a minor upset as Northwestern Louisiana junior Jasmyn Steels PRed on her opening jump at 21-2½. One would have thought the jump was not far enough to ice the field, but no one topped that mark, although Texas A&M soph Deborah Acquah matched it in round 5. But Steel's consistency gave her the better second effort, and her third-best jump of the day would have sufficed for a 3rd-place finish. USC's Margaux Jones was unable to match her season best, which would have scored minor points, but that was only becoming relevant in the emerging picture as USC's sprinters and hurdlers were advancing through the qualifying rounds.

In the heats, USC emerged unscathed with the exception of reigning outdoor 200 champion Angie Annelus. Included in the Trojan assault was a quartet of hurdlers who advanced in positions 2-4-5-7. But this was the place where Arkansas and USC would face off with the biggest points on the line, two Razorbacks advancing, 1-6.

The distance medley closed out the first day with Oregon winning in 10:53.43, the No. 8 collegiate time ever. Anchored by Jessica Hull, who took off only a meter behind BYU, the Ducks were in control the whole way, although Hull waited until the last lap to take the lead, finishing ahead of BYU's 10:54.14. Arkansas, with Taylor Werner running the fastest anchor with a 4:30.03, started the final leg in 5th and finished in the same place. Scores at the end of the first day showed Arkansas with 4 points to USC's 0, but with both teams looking to overwhelm the other contenders on Saturday.

The mile opened Day 2's running events and Arkansas—the only school with multiple starters—had a chance to put its stamp on the team competition, but finished with a middling 4 points, Carina Viljoen finishing 5th and Lauren

Gregory not scoring. Julia Rizk, an Ohio State senior, passed 2017 indoor champion Karisa Nelson going into the last lap and held off the Samford senior, 4:37.63–4:38.24.

The hurdles was the big matchup between Arkansas and USC. Their leading entrants, Payton Chadwick and Chanel Brissett, matched 7.93 heat times, and USC had the better depth. Brissett got out well and stayed ahead despite a closing rush from North Carolina A&T's Kayla White. Brissett's 7.90 matched her PR, with White running a PR at 7.92 and Chadwick taking 3rd in 7.97. Behind them, Arkansas's Janeek Brown finished 5th (8.04), with the other SC qualifiers Dior Hall and Mecca McGlaston finishing 6th and 7th, as Anna Cockrell (hamstring) did not start. USC tallied 15 points, but Arkansas was close with 10.

The 400 found USC with two qualifiers, and when Kyra Constantine won the first section in 52.32, it was apparent the Trojans might score well. Lynna Irby was the class of the field, and when she went out hard in the second section it appeared to be a runaway. But the Georgia soph faded badly on the second lap, finishing last in the section as SC soph Kaelin Roberts ran her to the wall before breaking away. Roberts won comfortably in a world-leading 51.50, posting a 5m advantage over runner-up Aliyah Abrams of South Carolina in 52.27. Constantine was suddenly 3rd overall, and the 16 points were a major boost for USC.



FERROL ANDERSON/THE SPORTING IMAGE

The 800 title went to fast-closing Danae Rivers of Penn State.

The 60 provided another SC/Arkansas match, and here the results could not have been much more favorable for the Trojans as soph Twanisha Terry gained the win with a collegiate-leading 7.14 PR, while Arkansas's Kiara Parker was 8th

and last. Behind Terry, three ran photofinish 7.19s: Texas's Teahna Daniels (7.181), Florida Stater Ka'Tia Seymour (7.183) and UNLV's Destiny Smith-Barnett (7.188).

The 200 was likely to be USC's last chance at a major swing in points. But Chadwick put the kibosh on that, as the Arkansas star won the first section in 22.99, defeating both USC runners, Lanae-Tava Thomas in 2nd (23.06) and Lauren Rain Williams 4th (23.22), each team eventually scoring 5 points. The second section saw hurdles runner-up White, one of the meet's major revelations, barely winning the battle against Texas frosh Kynnedey Flannel. Flannel ran most of the way in lane 6, but drifted down into White's 5 on the second turn. White fought her off with her right arm and then passed her, winning by less than a step in a world-leading 22.66 as Kennedy was disqualified.

At that point USC nominally led the team scoring 48–25, but with the vault reaching its conclusion the three Arkansas vaulters had clinched 2-3-4. Lexi Jacobus had trailed San Diego State's Bonnie Draxler on misses through the later heights



KIRBY LEE/IMAGE OF SPORT

Taylor Werner contributed to the Hog cause with a 2nd in the 3000 and a anchor 5th on the DMR.

and at 14-11½ (4.56) had been outjumped as she passed while Draxler cleared a PR. With the bar at 15-1½ (4.61), Jacobus cleared on her second attempt, while Draxler missed three. Jacobus's win plus Tori Hoggard's 3rd and Desiree Freier's 4th—both at 14-7½ (4.46)—gave Arkansas 21 points, leaving them 2 behind with only the 3000 and relay left.

The 3000 was Arkansas's chance to take the lead and establish a comfort margin, as both schools had 4x4 entries. Werner, the Arkansas DMR anchor, and Gregory, 10th in the mile, ran in scoring position throughout, moving up to

3rd and 5th by the midpoint. Kelati took control with 800 to go until Werner took the lead with 2 laps left and Hull on her heels. Hull swept past to a 9:01.14 win, but the 11 Arkansas points from Werner's 2nd (9:01.75) and Gregory's 6th gave them an 8-point margin.

Running in section 2 of the climactic relay, USC—minus regular fixture Cockrell—finished 2nd, now needing its 3:32.47 to stand up against all four top-seeded teams in the final section, including Arkansas, which would have to finish 9th or worse over all to lose the meet. Arkansas ran 3:30.86 for 3rd in the race, Chadwick running

anchor behind South Carolina (3:30.76) and Texas A&M (3:30.85).

Arkansas coach Lance Harter praised his team's comethrough performances after having told his 3000 runners, "Ladies, we've got to step up." The win had not been the runaway that might have been: "We felt USC all the time; they cashed in every time."

Offered USC head Caryl Smith Gilbert, "Wow, what a day...is all I can say. I am so excited about this young team and the show they put on... we were able to capitalize on all of our scoring opportunities and earn 2nd place."

NCAA INDOOR WOMEN'S RESULTS

Birmingham, Alabama March 08–09 (200 banked)

TEAM SCORES

1. Arkansas 62; 2. USC 51; 3. Oregon 32; 4. Ohio State 28; 5. New Mexico 23; 6. Florida 21; 7. tie, Alabama, North Carolina A&T & South Carolina 18; 10. Texas A&M 17;

60 METERS (March 09)

1. **Twanisha Terry (USC) 7.14 PR (=CL) (=10, x AmC)**; 2. Teahna Daniels (Tx) 7.19; 3. **Ka'Tia Seymour (FIS) 7.19 PR; 4. Destiny Smith-Barnett (UNLV) 7.19; 5. Kortnei Johnson (LSU) 7.21; 6. Kianna Gray (Ky) 7.25 =PR; 7. ***Sha'Carri Richardson (LSU) 7.27; 8. Kiara Parker (Ar) 7.32.

200 METERS (March 09; 2-section time final)

1. Kayla White (NCAT) 22.66 PR (WL, AL, CL); 2. **Tamara Clark (Al) 22.99; 3. Payton Chadwick (Ar) 22.99; 4. ***Lanae-Tava Thomas (USC) 23.06; 5. **Anavia Battle (OhSt) 23.07; 6. Kortnei Johnson (LSU) 23.20; 7. **Lauren Rain Williams (USC) 23.22; ... dq[lane]—[2]***Kynneddy Flannel (Tx).

400 METERS (March 09; 2-section time final)

1. **Kaelin Roberts (USC) 51.50 PR (WL, AL, CL) (24.53, 28.79); 2. *Aliyah Abrams (SC) 52.27 PR; 3. *Kyra Constantine (USC) 52.32 PR; 4. ***Alexis Holmes (PennSt) 52.37; 5. **Lynna Irby (Ga) 52.38; 6. Briana Guillory (Ia) 52.86.

800 METERS (March 09)

1. *Danae Rivers (PennSt) 2:03.69; 2. *Nia Akins (Penn) 2:03.74 PR; 3. Rachel Pocratsky (VaT) 2:04.04; 4. Allie Wilson (Monm) 2:04.12; 5. *Martha Bissah (Norf) 2:04.48; 6. Susan Aneno (Ct) 2:05.86.

MILE (March 09)

1. Julia Rizk (OhSt) 4:37.63 ([1:11.25], [3:35.17]); 2. Karisa Nelson (Samf) 4:38.24; 3. Millie Paladino (Prov) 4:38.44; 4. Taryn Rawlings (Port) 4:38.47; 5. *Carina Viljoen (Ar) 4:38.51; 6. *Sarah Edwards (VaT) 4:38.68; ...11. Hannah Meier (Mi) 4:45.

HEATS (March 08)

I–1. Fuller 4:36.27 PR; 2. Meier 4:36.34; II–1. Nelson 4:36.90; 2. Rizk 4:37.03.

3000 METERS (March 09)

1. Jessica Hull (Or) 9:01.14 ([2:31.54], [5:00.87], [7:24.09]); 2. *Taylor Werner (Ar) 9:01.75; 3. **Weini Kelati (NM) 9:02.44; 4. *Allie Ostrander (Boise) 9:04.76; 5. Erica Birk (BYU) 9:05.62; 6. *Makena Morley (Co) 9:06.74; ...9. Ednah Kurgat (NM) 9:11.80; 10. Alicia Monson (Wi) 9:14.52. 11. Charlotte Prouse (NM) 9:15.28; 12. Katie Rainsberger (Wa) 9:17.37.

5000 METERS (March 08)

1. ***Alicia Monson (Wi) 15:31.26 PR (10, x AmC) ([5:07.45], [7:37.92], [10:09.73], [13:10.59])**; 2. **Weini Kelati (NM) 15:32.95; 3. **Fiona O'Keefe (Stan) 15:37.61; 4. Ednah Kurgat (NM) 15:39.04; 5. *Charlotte Prouse (NM) 15:39.04; 6. Jaci Smith (AF) 15:40.26. ...8. *Allie Ostrander (Boise) 15:46.69.

60 HURDLES (March 09)

1. ****Chanel Brissett (USC) 7.90 =PR (=CL) (=8, =10 C; =6, =8 AmC)**; 2. **Kayla White (NCAT) 7.92 PR (=8, x AmC)**; 3. Payton Chadwick (Ar) 7.97; 4. **Naomi Taylor (Hous) 8.01 PR; 5. **Janeek Brown (Ar) 8.04; 6. Dior Hall (USC) 8.11; 7. *Mecca McGlaston (USC) 8.48; ... dnc—*Anna Cockrell (USC).

HEATS (March 08)

I–1. **Chadwick 7.93 =PR (=9, xAmC).**

4 x 400 (March 09; 2-section time final)

1. South Carolina 3:30.76 (Davis 53.17,

Abrams' 51.88, Mills 54.13, Jonathas 51.58); 2. Texas A&M 3:30.85 (Madubuike 53.53, Robinson-Jones 51.92, Reed 52.94, Richardson 52.46); 3. Arkansas 3:30.86 (Burks Magee 53.78, Parker 52.53, Campbell 52.05, Chadwick 52.50); 4. Georgia 3:31.09 (Irby 51.59); 5. Florida 3:32.02; 6. USC 3:32.47 (Roberts 51.96).

DISTANCE MEDLEY (March 08)

1. **Oregon 10:53.43 (8 C) (Gehrich 3:26.18, Dunmore 52.88, Ejore' 2:03.52, Hull' 4:30.85)**; 2. **BYU 10:54.14 (8 A; #7 school; in/out: #9 school) (Camp 3:22.85, Porter 53.54, Ellsworth 2:06.01, Birk 4:31.74)**; 3. Oklahoma State 10:55.01 (#10 school) (Sughrue 3:24.04, Dixon 55.60, Dodd' 2:05.15, Johnson 4:30.22); 4. Villanova 10:56.04 (Hutchinson' 4:31.38); 5. Arkansas 10:56.85 (Werner 4:30.03); 6. Michigan 11:08.55.

HIGH JUMP (March 09)

1. Zarria Willis (TxT) 6-1½ (1.87) (=CL) (missed 6-2¾/1.90); 2. Quamecha Morrison (B-C) 6-½ (1.84); 3. Loretta Blaut (Cinc) 6-½; 4. ***Sanaa Barnes (Vill) 6-½ PR; 5. Stephanie Ahrens (NbO) 5-11¼ (1.81); 6. **Abigail O'Donoghue (LSU) 5-11¼.

POLE VAULT (March 09)

1. Lexi Jacobus (Ar) 15-1½ (4.61) **2. Bonnie Draxler (SDI) 14-11½ (4.56) PR (8, x C)**; 3. Tori Hoggard (Ar) 14-7½ (4.46); 4. Desiree Freier (Ar) 14-7½ PR; 5. Bridget Guy (Va) 14-5½ (4.41) PR; 6. **Rachel Baxter (VaT) 14-5½.

LONG JUMP (March 08)

1. *Jasmyn Steels (NWNLa) 21-2½ (6.46); 2. **Deborah Acquah (TxAM) 21-2½ (6.46) 3. Yanis David (Fl) 21-1¼ (6.43) 4. *Destiny Longmire (TCU) 20-9¾ (6.34) 5. *Rhesa Foster (Or) 20-8½ (6.31) 6. *Nadia Williams (CMi) 20-8 (6.30).

TRIPLE JUMP (March 09)

1. Yanis David (Fl) 46-½ (14.03) (CL)

(43-6½, 44-5½, 45-5, 45-8, 45-9, 46-½) (13.27, 13.55, 13.84, 13.92, 13.94, 14.03);

2. **Chaquinn Cook (Or) 45-4½ (13.83) PR (AmCL) (7, x AmC) (44-6, f, 45-4½, 43-4¼, f, f) (13.56, f, 13.83, 13.21, f, f)**; 3. Marie-Josée Ebwea-Bile (Ky) 44-6¾ (13.584); 4. LaChyna Roe (Tn) 44-5¼ (13.54) PR 5. *Bria Matthews (GaT) 44-3½ (13.50) PR; 6. Shardia Lawrence (KsSt) 43-8 (13.31).

SHOT (March 08)

1. **Samantha Noennig (AzSt) 58-9¼ (17.91) (CL); 2. Lena Giger (Stan) 58-8½ (17.89). 3. Portious Warren (Al) 57-1½ (17.41); 4. **Alyssa Wilson (UCLA) 57-¼ (17.38); 5. Sade Olatoye (OhSt) 56-6½ (17.23); 6. *Khayla Dawson (In) 56-4¾ (17.19).

WEIGHT (March 09)

1. **Sade Olatoye (OhSt) 80-3 (24.46) PR (CL) (7, x W; 7, x A; 3, 6 C) (75-11½, 76-8¼, 73-7½, 80-3, f, f) (23.15, 23.37, 22.44, 24.46, f, f, f)**; 2. **Makenli Forrest (Louis) 73-11½ (22.54) PR; 3. *Taylor Scaife (Hous) 73-10 (22.50); 4. Erin Reese (InSt) 73-3½ (22.34) PR; 5. *Laulauga Tausaga (Ia) 72-11¼ (22.23); 6. Stamatia Scarvelis (Tn) 72-10½ (22.21).

PENTATHLON (March 08)

1. **Michelle Atherley (Mia) 4547 PR (AL, CL) (9, x A; 7, x C; 4, x AmC) (8.16, 5-10/1.78, 42-8¼/13.01, 19-11/6.07, 2:14.34)**; 2. **Jordan Gray (Kenn) 4412 PR (9, x AmC) (8.70, 5-7¾/1.72, 47-1/14.35, 20-4¼/6.20, 2:19.55)**; 3. Ashtin Zamzow (Tx) 4294 PR (8.38, 5-10/1.78, 42-5¼/12.93, 18-7¾/5.68, 2:20.17); 4. Erin Beattie (UCD) 4293 PR (8.68, 6-½/1.84, 35-9¼/10.90, 19-4/5.89, 2:15.86); 5. Stacey Destin (Al) 4287 PR (8.52, 6-½/1.84, 35-9¼/11.89, 19-9/6.02, 2:26.65); 6. Hope Bender (UCSB) 4262 PR (8.56, 5-7¾/1.72, 41-6½/12.66, 18-8¾/5.71, 2:13.62).

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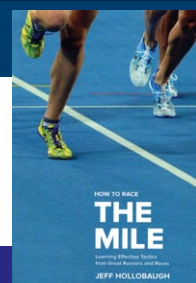
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USATF/Conferences – Records Light Up Friday Night

KIRBY LEE/IMAGE OF SPORT



At the end of the Boston race Johnny Gregorek was only a 10th shy of claiming the American Record.

WHAT PROMISES TO BE a very busy indoor weekend, what with both the USATF Championships and all the major collegiate conferences going off, opened on a high note, with both a High School and a Collegiate Record on Friday night.

The new HS standard went to Anna Hall (Valor, Highlands Ranch, Colorado), who absolutely crushed the old mark at USATF, totaling 4302. That also rates as the low-altitude American Junior (U20) best. Last year, as a junior, Hall had missed the all-time best (4068 by Kendell Williams in '13) by just 14 points. Williams was the winner here, leading all the way in scoring a U.S.-list-leading 4496, easily turning back Emilyn Dearman's PR of 4356.

Hall finished 3rd as she produced marks of 8.59, 5-11¼ (1.81), 41-8½ (12.71), 18-4½ (5.60) & 2:16.11. The high jump mark was equal-highest and the concluding 800 time was the fastest in the field. The Georgia-bound Hall said that the record "was definitely in the back of my mind. I was hoping for 4400 points and fell a little short of that but, I'm still happy with how I was able to execute with the best people I've ever competed against."

The Friday session also crowned the weight champions, with Daniel Haugh raising his own yearly world lead to 79-1¼ (24.12) and Janaeh Stewart falling just 2cm shy of her world top-per with an 81-4½ (24.80) whirl.

The Collegiate Record, in the men's vault came from... surprise! Mondo Duplantis. LSU's amazing frosh was perfect en route to the record, passing the first five heights before opening with a first-try make of 18-2 (5.54). Then came first-try makes at both 18-6 (5.64) and 19-0 (5.79) before the bar was raised to 19-5 (5.92), a centimeter above the CR set by Akron's Shawn Barber in '15. On his first shot Duplantis was over cleanly and the record was his (as was the yearly world

lead, snatched back from professional rival Sam Kendricks). Mondo finished his day with a trio of misses at 19-8½ (6.01).

The All-Time Collegiate Men's Indoor Vault List

Mondo Duplantis hasn't even finished his frosh indoor campaign at LSU and already he owns the Nos. 1, =5 & =7 on the all-time collegiate indoor list. Here's the top 10 ever:

Height	Athlete	Date
5.92 19-5	Mondo Duplantis' (LSU)	2/23/19
5.91 19-4¾	Shawn Barber' (Akron)	3/13/15
5.90 19-4¼	---Barber'	2/14/15
5.88 19-3½	---Barber'	2/07/15
5.87 19-3	---Barber'	1/03/15
	---Duplantis'	2/01/19
5.85 19-2¼	Jacob Davis (Texas)	3/06/99
5.83 19-1½	Lawrence Johnson (Tennessee)	3/12/94
	---Duplantis'	1/25/19
	Matt Ludwig (Akron)	1/25/19

World Record For Donovan Brazier

KIRBY LEE/IMAGE OF SPORT



The all-time indoor kilo best dropped to 1:13.77 as Donovan Brazier ran away with the USATF race.

Staten Island, New York, February 22-24—Donovan Brazier’s blazing World Record in the 600 highlighted the men’s competition at the USATF Indoor Championships on a weekend filled with first-time winners. Just two weeks after setting an AR in the 800, Brazier scorched three laps of the track in 1:13.77 for the weekend’s top mark at the Ocean Breeze complex. With no World Indoor team to select this year, USATF continued its recent odd-year trend of mixing up the track races with a slate that included the 300, 600, 1000, mile and 2M.

Facing a mix of sprinters and halfmilers convened in the 600, Brazier executed a perfect race. Kalmon Stokes flew through the 200 in 23.28, with Brazier (23.82) back in 4th. He pushed to the front on the penultimate homestretch to take control of the race at 400 (48.08) before powering home in 25.69 to cut more than a second off the 1:14.79 Kenya’s Michael Saruni set a year ago while running for UTEP.

“There were 400 guys in there, so there was no way I’m taking the lead,” the Michigan native admitted of his strategy. “I knew if I was sitting in 2nd or 3rd, that when my body wanted to go and as soon as I felt them let up that was time to go. And I saw the moment and I took it and didn’t look back.” Sam Ellison (1:15.20) and Kameron Jones (1:15.32) were well beaten, but they moved to Nos. 5 and 6 on the U.S. all-time list.

Brazier won the 800 at last year’s meet, but an Achilles injury kept him from running outdoors, so he was especially happy to be back in top form. “Having a good solid indoor season like this is a perfect set up for outdoors,” he said. “If you just focus on indoors that experience becomes fool’s gold. You kinda live off that for a while. I don’t want to live off that, I just want to use this as a stepping stone to something great outdoors.”

Already a 2-time outdoor national shot champ, Ryan Crouser picked up his first indoor crown, hitting 72-10³/₄ (22.22) in the fourth round. That was good for the No. 10 throw ever (No. 5 U.S.), not far off the 73-3³/₄ (22.33) PR he set at the Millrose Games two weeks earlier. The reigning Olympic champion almost didn’t return to New York after coming down with a fever and sore throat immediately after Millrose. “This was better than I expected for essentially two weeks of no throwing,” he said after a series in which all five of his legal throws were over 70-feet. “I had a lot less in the tank in terms of energy and power today.” Runner-up Joe Kovacs had a slow start but hit his best put of the day, 70-2¹/₂ (21.40), in the final round.

Another first-time winner provided one of the meet’s most entertaining—and unusual—victories. Drew Hunter took the 2M title out of the unseeded section three hours before the main heat went off. Without a qualifying

time the Virginia native had to petition his way into the meet and was forced into the overflow race after 24 athletes declared. Following a relatively conservative first mile the schoolboy record-holder in the mile—still just 21—closed hard, covering the final 1600 in 4:07.04 and won his heat by more than 13 seconds in 8:25.29. “I knew I had to run hard the last mile,” said Hunter, the No. 2 ranked U.S. 1500 runner last year, who previewed his strength with a 9th-place finish at the USATF XC Champs earlier in the month. “I didn’t really know what splits I was running, but I knew it felt faster than the first mile.”

Then it was time to wait. Standing trackside during the second section, with a TV camera capturing his emotions, Hunter bounced up and down like a kid waiting to open presents on Christmas morning. He watched intently as the seeded runners seemed

ambivalent about chasing his mark. Eric Avila outkicked the field, but his time of 8:32.41 was more than 7 seconds off the pace. “It was a very stressful 8¹/₂ minutes, but pretty cool to come out on top,” Hunter said. “A very unique way to win a U.S. title, but I couldn’t be happier. Pretty surreal moment right now.”

Brazier’s training partners Clayton Murphy and Craig Engels made a clean sweep of the middle-distance events. Murphy added the 1000 crown to the one he scored in ‘17, finishing in 2:20.36. Engels notched his first title, taking a tactical mile in 3:59.69 after covering the final two laps in 27.89 and 26.17.

Among the other first-time winners was Andrew Irwin, who cleared 19-¹/₄ (5.80) to take the pole vault, his debut U.S. title after bagging NCAA indoor crowns for Arkansas in ‘12 & ‘13. More newbie indoor champs included Demek Kemp in the 60 (6.55), Dontavius Wright in the 300 (32.81); 3-time outdoor winner Devon Allen, who cruised to a 7.60 win in the 60 hurdles; Jeron Robinson in the high jump with a 7-4¹/₄ (2.24) clearance (to go with his ‘18 outdoor title); Jordan Downs in the long jump, at 25-4¹/₂ (7.73); Daniel Haugh in the 35-pound weight, reaching 79-1³/₄ (24.12); and Tim Ehrhardt in the heptathlon (5868).

The meet returns to Staten Island next year—when world indoor championships berths will be on the line—as part of a 2-year deal to host the event.

USATF MEN'S RESULTS

Staten Island, New York, February 22–24 (200 banked)—

60 METERS

1. Demek Kemp (unat) 6.55 =PR; 2. Cordero Gray (unat) 6.59 PR; 3. Sean McLean (unat) 6.63; 4. Dangelo Cherry (unat) 6.66; 5. John Teeters (UArm) 6.67; 6. Javelin Guidry (unat) 6.72; 7. Quentin Butler (unat) 6.72; 8. Wayne Sherbahn (unat) 6.78.

Semis: I–1. Kemp 6.58; 2. Gray 6.63; 3. Guidry 6.73; 4. Seth Boomsma (BoomA) 6.78; 5. Bryan Sosoo (unat) 6.79; 6. Charles Jackson (USEX) 6.81; 7. Alexander Donigian (SeatSp) 6.91. II–1. Teeters 6.63; 2. Butler 6.65; 3. Cherry 6.68; 4. McLean 6.71; 5. Sherbahn 6.71; 6. Darien Johnson (unat) 6.77; 7. Jeremiah Hunter (Miami/O) 6.81; 8. JJ Sherman (NGreenv) 6.83.

300 METERS

I–1. Manteo Mitchell (unat) 33.54; 2. John Lundy (DCIntl) 33.69; 3. Cole Lambourne (unat) 34.06;... dq—Jason Crow (unat).

II–1. Dontavious Wright (unat) 32.81; 2. Brycen Spratling (NYAC) 33.59;... dq—Jamiel Trimble (USAF), Marcus Chambers (unat).

Heats: I–1. Wright 33.34; 2. Chambers 33.51; 3. Manteo Mitchell (unat) 33.79; 4. Brandon Lowery (unat) 34.72 PR; 5. Joshua Hammond (unat) 35.48. II–1. Trimble 33.47 PR; 2. Spratling 33.52; 3. CJ Allen (unat) 33.93 PR; 4. James Bias (GardSt/NBal) 35.08 PR. III–1. Lambourne 33.61 PR; 2. Jovanni Parkinson (GardSt/NBal) 34.65 PR; 3. Charles Jackson (USEX) 36.20 PR;... dq—Champ Page (unat), Jayon Woodard (Charlotte). IV–1. Crow 33.72 PR; 2. Lundy 33.75; 3. Jackson Junkins (NGreenv) 34.82 PR;... dq—Mason Rhodes (unat).

600 METERS

1. **Donavan Brazier (Nik) 1:13.77 WR, AR (old WR 1:14.79 Michael Saruni [Ken] '18; old AR 1:14.91 Casimir Loxson [Brooks] '17) (23.82, 24.26 [48.08], 25.69);**

2. Sam Ellison (BAA) 1:15.20 PR (8, 9 W; 5, 6 A); 3. Kameron Jones (Md) 1:15.32 PR (6, 7 A; 4, 4 C; 2, 2 AmC); 4. Chris Giesting (HokaNJNY) 1:15.67 PR (9, x A);

5. Erik Sowinski (Nik) 1:16.24; 6. Kalmon Stokes (unat) 1:17.42.

Heats: I–1. Brazier 1:15.64; 2. Jones 1:16.59 PR; 3. Jonathan Moore (unat) 1:17.42 PR; 4. Olandis Johnson (unat) 1:18.67; 5. Je'veon Hutchison (Shore) 1:19.71. II–1. Ellison 1:15.97 PR; 2. Sowinski 1:16.58; 3. Stokes 1:16.91 PR; 4. Troy Pollard (unat) 1:17.14 PR; 5. Eric Janise (unat) 1:18.67. III–1. Giesting 1:16.72; 2. Byron Robinson (adi) 1:16.95; 3. Russell Dinkins (NYAC) 1:17.95; 4. Donte Holmes (DCIntl) 1:18.19; 5. Christopher Torpy (MO) 1:20.96 PR. IV–1. Jones 1:17.01 (8, x AmC); 2. Drew Windle (Brk) 1:17.14 PR; 3. Quamel Prince (DistTC) 1:17.44; 4. Nate Bruno (unat) 1:20.23 PR;... dq—Harun Abda (Nik).

1000 METERS

1. Clayton Murphy (Nik) 2:20.36; 2. Abraham Alvarado (AtITC) 2:21.08; 3. Brannon Kidder (BrkB) 2:21.23; 4. Rob Napolitano (Hoka) 2:21.47 PR; 5. Dylan Capwell (AtITC) 2:21.55; 6. Brandon Lasater (AtITC) 2:21.59 PR; 7. Jesse Garn (HokaNJNY) 2:21.66; 8. David Timlin (DistTC) 2:22.43; 9. Robby Andrews (adi) 2:22.53.

Heats: I–1. Murphy 2:20.23; 2. Capwell 2:20.84 PR; 3. Andrews 2:22.01; 4. Hans-Peter Roelle (unat) 2:22.87; 5. Victor Palumbo (CPTC) 2:23.44 PR; 6. Henry Dwyer (unat) 2:23.78 PR. II–1. Garn 2:21.94; 2. Christian Harrison (BAA) 2:23.12 PR; 3. Jacob Dumford (DistTC) 2:24.16; 4. Luciano Fiore (Siena) 2:25.14 PR. III–1. Kidder 2:20.68; 2. Lasater 2:21.97 PR; 3. David Timlin (DistTC) 2:22.04 PR; 4. Drew Piazza (Nik) 2:22.44. IV–1. Napolitano 2:22.15 PR; 2. Alvarado 2:22.36; 3. Jeremy Hernandez (HokaNJNY) 2:22.58; 4. Ryan Manahan (HokaNJNY) 2:22.65 PR; 5. Matthew Payamps (NYHS) 2:23.46 PR; 6. Sean Torpy (MO) 2:24.44 PR.

MILE

1. Craig Engels (NikOP) 3:59.69 (26.19); 2. Henry Wynne (BrkB) 4:00.20 (26.17); 3. John Gregorek (Asics) 4:00.26; 4. Samuel Prakes (adi) 4:01.76; 5. Mike Marsella (BAA) 4:02.03; 6. David Ribich (BrkB) 4:03.08; 7. Benjamin Malone (HokaNJNY) 4:03.60; 8. Josh Thompson (BowTC) 4:05.39; 9. Eric Avila (adi) 4:07.66; 10. Daniel Winn (BrookTC) 4:09.66; 11. Nicholas Harris (unat) 4:13.82.

2 MILES

I–1. **Drew Hunter (adi) 8:25.29 PR (WL, AL);**

2. Jeffrey Thies (Tinman) 8:38.93 PR; 3. Zachary Zarda (KCSm) 8:38.95 PR; 4. Joseph Berriatua (Tinman) 8:41.22 PR; 5. Elijah Moskowitz (unat) 8:43.81 PR; 6. David Barney (unat) 8:49.12 PR; 7. Dylan Gearinger (PhilaRTC) 8:52.39 PR.

II–1. Eric Avila (adi) 8:32.41 PR; 2. Tripp Hurt (unat) 8:32.72 PR; 3. Dillon Maggard (BrkB) 8:33.28 PR; 4. Sean McGorty (BowTC) 8:33.41 PR; 5. Brian Barraza (unat) 8:33.99 PR; 6. Jacob Thomson (BAA) 8:34.64 PR; 7. Travis Mahoney (HokaNJNY) 8:35.33 PR; 8. Garrett Heath (BrkB) 8:36.37; 9. Graham Crawford (HokaNJNY) 8:37.41 PR; 10. Collin Leibold (NBal) 8:38.05 PR; 11. Isaac Updike (HokaNJNY) 8:39.03 PR; 12. Jordan Mann (NBal) 8:39.09 PR; 13. Willy Fink (unat) 8:42.06 PR; 14. Lawi Lalang (USAR) 8:42.61; 15. Woody Kincaid (BowTC) 8:43.48; 16. Will Leer (UArm) 8:47.75.

60 HURDLES

1. Devon Allen (Nik) 7.60; 2. Aaron Mallett (adi) 7.64; 3. Joshua Thompson (unat) 7.69; 4. Brendan Ames (unat) 7.71; 5. Ryan Billian (unat) 7.89; 6. Tremayne Banks (unat) 7.94; 7. Casimir Tawiah (Troy) 7.99; 8. Wayne Newman (unat) 8.03.

Heats: I–1. Allen 7.70; 2. Thompson 7.75; 3. Newman 7.98; 4. Banks 8.02; 5. Brent Carroll (Charlotte) 8.08; 6. Jake Lindacher (unat) 8.09; 7. Anthony Richardson (Charlotte) 8.20.

II–1. Mallett 7.70; 2. Ames 7.71; 3. Billian 7.84 PR; 4. Tawiah 8.01; 5. Matt Prescott (CompuTC) 8.07; 6. Aaron Muresan (MO) 8.16.

3000 WALK

1. Nick Christie (unat) 11:35.34 PR; 2. Emmanuel Corvera (NYAC) 11:49.25 PR; 3. John Cody Risch (qE) 11:57.26;

4. Anthony Peters (unat) 12:18.80; 5. Richard Luettchau (Shore) 13:18.49;... dq—Andreas Gustafsson (unat).

HIGH JUMP

1. Jeron Robinson (unat) 7-4¼ (2.24); 2. Avion Jones (unat) 7-3 (2.21); 3. Kristopher Kornegay-Gobe (Shore) 7-1¼ (2.18); 4. JaCorian Duffield (unat) 7-1¼; 5. Noah VanderVeen (SagV) 7-1¼ PR; 6. Bradley Adkins (unat) 6-11¼ (2.13); 7. Trey Culver (unat) 6-11¼; 8. Roderick Townsend (unat) 6-9¾ (2.08); 8. Jalen Ramsey (GardSt/NBal) 6-9¾; 10. Titus Sizemore (Troy) 6-9¾.

POLE VAULT

1. Andrew Irwin (ArVault) 19-¼ (5.80) (missed 19-5½/5.93); 2. Scott Houston (Shore) 18-4¼ (5.61); 3. Max Babits (unat) 18-1 (5.51); 4. Austin Miller (unat) 17-9 (5.41); 5. Kyle Pater (USAF) 17-9; 5. Dylan Bell (USAF) 17-9; 5. Cole Walsh (unat) 17-9; 8. Garrett Starkey (unat) 17-9;... nh—Zachary Ferrara (unat), Drew Volz (unat), Audie Wyatt (unat), Carson Waters (unat), Chase Brannon (unat), Tray Oates (unat), Jake Albright (unat), Nathan Richartz (unat).

LONG JUMP

1. Jordan Downs (Bethel) 25-4½ (7.73); 2. Malik Moffett (unat) 25-2¾ (7.69); 3. Josh Colley (unat) 24-8½ (7.53); 4. Will Williams (unat) 24-5½ (7.45); 5. Kenneth Glenn (MO) 24-5 (7.44); 6. Charles Brown (unat) 23-8 (7.21); 7. Roderick Townsend (unat) 23-7½ (7.20); 8. Corey Muggler (BosNTC) 23-6¾ (7.18); 9. Kenneth Wei (unat) 22-10½ (6.97); 10. Corion Knight (unat) 22-5 (6.83); 11. Isaac Hamilton (unat) 22-¼ (6.71); 12. David Gibson (BosNTC) 21-6¾ (6.57); 13. Lutalo Boyce (GardSt/NBal) 21-6¼ (6.56);... 3f—Jonas Elusme (unat).

TRIPLE JUMP

1. Donald Scott (unat) 55-3½ (16.85) (53-3¼, 54-5¼, 54-10, 55-3½, 54-5½, f) (16.25,

16.59, 16.71, 16.85, 16.60, f); 2. Chris Carter (unat) 54-8 (16.66); 3. KeAndre Bates (unat) 53-9 (16.38); 4. Barden Adams (unat) 52-2½ (15.91); 5. Tony Carodine (unat) 52-2 (15.90); 6. Darrel Jones (unat) 50-11 (15.52); 7. Michael Tiller (unat) 48-8¼ (14.84); 8. Idiati Jeremiah (unat) 48-7½ (14.82); 9. Markel Dalton (Charlotte) 48-6¼ (14.79); 10. Julian Hubbard (BosNTC) 47-8½ (14.54) PR; 11. Nathaniel Meade (BosNTC) 46-10¼ (14.29); 12. Isaac Hamilton (unat) 44-10¼ (13.68).

SHOT

1. **Ryan Crouser (Nik) 72-10¼ (22.22) (x, 10 W; x, 5 A) (70-3, 70-5¼, 72-¼, 72-10¼, f, 70-1¼) (21.41, 21.48, 21.95, 22.22, f, 21.38);**

2. Joe Kovacs (VelNYAC) 70-2½ (21.40); 3. Josh Awotunde (unat) 67-8¼ (20.63); 4. Curtis Jensen (Velaasa) 65-8¼ (20.03); 5. William Pless (IronWTC) 65-7½ (20.00); 6. Alex Renner (Velaasa) 62-6¾ (19.07); 7. Lucas Warning (unat) 61-10¼ (18.85); 8. Coy Blair (unat) 61-7½ (18.78); 9. Roger Steen (unat) 59-10½ (18.25); 10. Grant Cartwright (unat) 59-7 (18.16); 11. Corey Murphy (Monm) 59-0 (17.98).

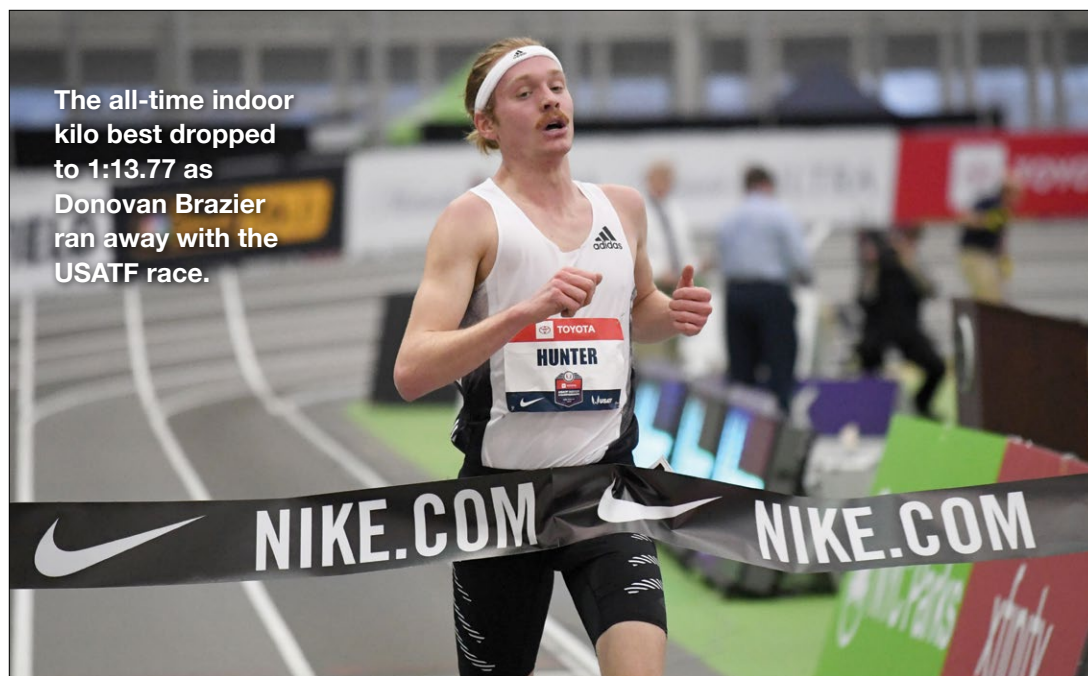
WEIGHT

1. **Daniel Haugh (unat) 79-1¼ (24.12) PR (WL, AL) (72-5¼, 76-1¼, 76-7, 75-1¼, 76-8½, 79-1¼) (22.08, 23.21, 23.34, 22.90, 23.38, 24.12);**

2. Conor McCullough (NYAC) 78-8¼ (23.98); 3. Alex Young (Velaasa) 77-8 (23.67); 4. Sean Donnelly (IronWTC) 76-8½ (23.38); 5. Daniel Roberts (Velaasa) 76-1 (23.19) PR; 6. Grant Cartwright (unat) 75-10¼ (23.12); 7. Colin Dunbar (IronWTC) 75-3½ (22.95); 8. Michael Shanahan (unat) 74-¾ (22.57) PR; 9. Rudy Winkler (NYAC) 71-11½ (21.93); 10. Joe Frye (unat) 70-8½ (21.55); 11. Thomas Postema (unat) 69-6¼ (21.19); 12. Jordan Huckaby (unat) 67-9¾ (20.67); 13. Michael Alvernaz (unat) 65-11½ (20.10); 14. Caleb Brown (Troy) 62-3 (18.97); 15. Albert Hughes (unat) 56-2 (17.12) PR.

HEPTATHLON

1. Tim Ehrhardt (SBTC) 5868 PR; 2. Solomon Simmons (unat) 5766; 3. Jack Flood (unat) 5701 PR; 4. Teddy Frid (unat) 5671; 5. Alex Bloom (unat) 5631; 6. Curtis Beach (unat) 5467; 7. Samuel Black (unat) 5404 PR; 8. Phillip Bailey (SBTC) 5352; 9. Devin Cornelius (unat) 5267; 10. Andrew Ghizzone (unat) 5265. □



The all-time indoor kilo best dropped to 1:13.77 as Donovan Brazier ran away with the USATF race.

USATF Indoor Women — High Schoolers Shine

by Bob Hersh

Staten Island, New York, February 22-24—Although many fields in this off year for indoor competition were predictably thin, some of the nation's top pros did come to the USATF Indoor Championships and they performed well. But they had to share the spotlight with two youngsters who made headlines on all three days of the meet.

On Friday, Anna Hall, a 17-year-old Colorado HS senior, broke the national prep record by scoring 4302 points in the pentathlon, adding 234 points to the mark posted 6 years ago by Kendell Williams, who won the event here with a PR 4496 that left her just outside the all-time U.S. top 10. After high school, Williams went on to win four straight NCAA pentathlon titles for Georgia, where Hall will enroll this year.

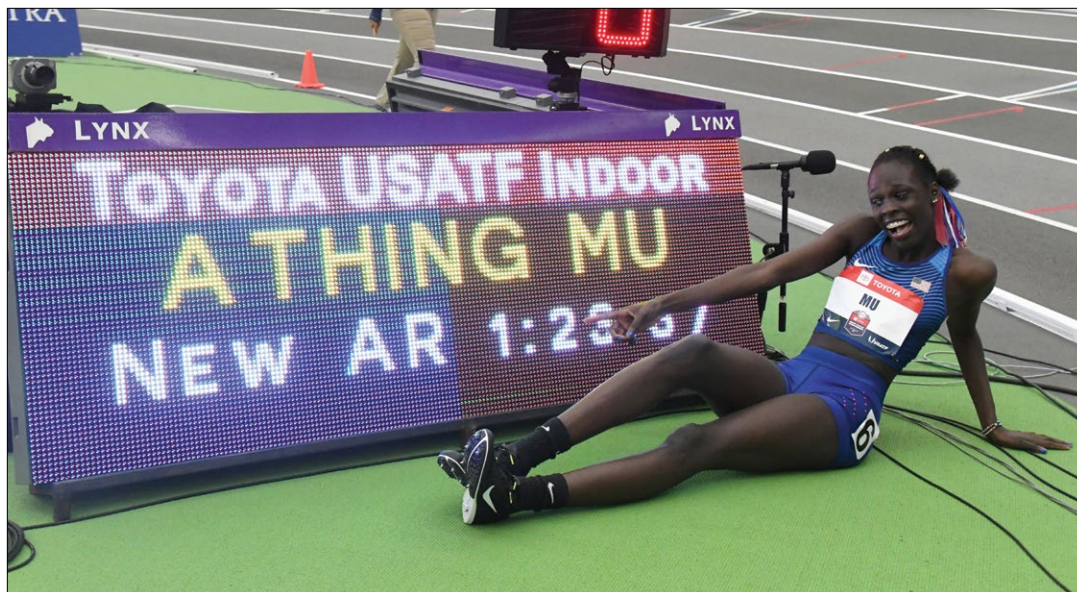
Hall said that the record was definitely on her mind, explaining, "I was hoping for 4400 points and fell a little short of that but I'm still happy with how I was able to execute with the best people I've ever competed against." Williams was also happy about Hall's performance. "Her competition today was so great and we're really excited to have her coming to Athens," she said. "If anyone was going to break my record, I'm glad it was a baby Bulldog."

On Saturday, it was Athing Mu's turn to shine. A 16-year-old New Jersey high school junior, Mu was the fastest heat winner in the 600. Her time of 1:26.23 was not only a national prep record but also a new World and American Junior (U20) standard. Then on Sunday, Mu easily outran a good field that included Raevyn Rogers and Georganne Moline, both members of the U.S. team at last year's World Indoor Championships. Mu's time of 1:23.57 clipped 0.02 off Alysia Montaño's American Indoor Record. It was also the fastest time in the world this year in this rarely-run event, just 0.13 shy of the WR.

"I'm super shocked!" Mu said. "At first, when I was taking a picture next to the timing I thought it was just another High School Record. Then, when I looked back and it said 'AR,' and I also didn't see the time, 1:23, so I was like, 'Oh my gosh, that's crazy.' It literally brought me to tears."

Among the veterans, 5 women who won their events last year in Albuquerque were victorious again here. Vashti Cunningham's list-leading high jump of 6-5 (1.96) captured her fourth straight indoor high jump title, a feat that had not been accomplished since Eleanor Montgomery's streak ended in '69.

Shelby Houlihan, who won the mile and 3000 last year, took the 2-miler here on Sunday. Houlihan sped to the lead after the first mile and a quarter and never relinquished it. Her winning time was 9:31.38, a world leader. But on Saturday, Houlihan had lost the mile to her Bowerman TC teammate, Colleen Quigley. That ended Houlihan's streak of 8 consecutive USATF indoor, outdoor and cross country titles in the



Athing Mu was shocked to see that what she thought was just a High School Record was something bigger.

previous two years. "Coming off yesterday I was a little disappointed. I was a little more pumped up for this one, and I felt stronger," she said. "That last 1200m definitely hurt more than I wanted it to, but I was kind of hoping it was hurting for everybody else as well."

In the 1000, Ajee' Wilson took the lead immediately and was never seriously challenged. Her 2:34.71 was a yearly world leader and the second-fastest ever by an American. She had won the 800 last year, and this was U.S. title No. 7, indoors and out (the previous 6 all being at 800). "I am super happy with this win," said Wilson.

The other two successful defenders were Sharika Nelvis and Kate Nageotte. Nelvis won the 60H with a world-leading 7.85. She came back to the track 18 minutes later for the flat 60 and finished 3rd. That race was won by Shania Collins (7.16) over first-year pro Kate Hall (7.23), who had won the long jump on Saturday with a leap of 21-4¼ (6.51). With Jenn Suhr a late scratch, Nageotte was the clear favorite in the vault. She had a scare at 15-1½ (4.61), needing three attempts at that height, but then she cleared 15-5½ (4.71) and 15-9¼ (4.81) before three unsuccessful tries at a world-leading 16-1¾ (4.92).

One of the most eagerly anticipated matchups came in the triple jump. Tori Franklin had won this event the past two years and earlier this indoor season had set an American Record of 47-9¾ (14.57). But on her first attempt, Keturah Orji, who had been

the previous recordholder, jumped 47-9 (14.55) and Franklin couldn't match that, taking 2nd at 47-5 (14.45). Although Orji won the past two U.S. outdoor titles while competing for Georgia, this was her first American indoor championship appearance. "My runs were not consistent today," said Orji, who fouled three times after round one, but who almost matched her winning jump with a 47-8 ½ (14.54).

Other winners included Brittany Brown, who ran a world-leading 35.95 in the 300, Chase Ealey, who upset U.S. leader Maggie Ewen in the shot with a winning put of 61-1¼ (18.62), Janeah Stewart, who dethroned DeAnna Price in the weight with a throw of 81-4½ (24.80), and Miranda Melville, who won the 3000 walk in 12:57.58. Maria Michta-Coffey had won the previous nine indoor walk titles; she finished only 4th here, but she did so while in the fifth month of pregnancy.

The All-Time Women's Indoor 600 List

Athing Mu and Raevyn Rogers moved to places Nos. 2 & 7 on the all-time world list with their USATF times. The top 10 performers ever:

Time	Athlete	Date
1. 1:23.44	Olga Kotlyarova (Russia)	2/01/04
2. 1:23.57	Athing Mu (US)	2/24/19
3. 1:23.59	Alysia Montaño (US)	2/16/13
4. 1:23.84(A)	Ajee' Wilson (US)	3/05/17
5. 1:24.00(A)	Courtney Okolo (US)	3/05/17
6. 1:24.02	Yuliya Rusanova (Russia)	2/06/11
7. 1:24.88	Raevyn Rogers (US)	2/24/19
8. 1:25.15	Natalya Krushchelyova (Russia)	2/01/04
9. 1:25.23	Tatyana Firova (Russia)	1/27/08
10. 1:25.35	Natoya Goule (Jamaica)	2/17/17

USATF WOMEN'S RESULTS

Staten Island, New York, February 22–24 (200 banked)—

60 METERS

1. Shania Collins (adi) 7.16 PR; 2. Kate Hall (Panther) 7.23; 3. Sharika Nelvis (adi) 7.32; 4. Quanesha Burks (unat) 7.34;

5. Candace Hill (Asics) 7.43; 6. Breana Norman (unat) 7.46; 7. Rachel McCoy (unat) 7.55; 8. Melanise Chapman (unat) 7.57.

Heats: I–1. Burks 7.35; 2. Hill 7.44; 3. McCoy 7.52; 4. Chapman 7.53; 5. De'Shalyne Jones (unat) 7.62; 6. Jessie Gaines (GardSt/NBAl) 7.68. II–1. Collins 7.24 PR; 2. Hall 7.28; 3. Nelvis 7.42; 4. Norman 7.51; 5. Gabrielle Henderson (Troy) 7.56 =PR; 6. Asha Ruth (NBAlCPTC) 7.68.

300 METERS

I–1. Faith Dismuke (unat) 38.28; 2. Asha Ruth (NBAlCPTC) 38.46; 3. Rachel McCoy (unat) 38.80.

II–1. **Brittany Brown (unat) 35.95 (WL, AL) (7, 8 W; 2, 2 A); 2. Gabby Thomas (NBAl) 35.98 (8, 10 W; 3, 3 A);**

3. Kayla Davis (RUX) 37.46 PR.

Heats: I–1. Ruth 38.44; 2. McCoy 38.74 PR; 3. T'Sheila Mungo (unat) 38.93;... dq—Jordan Lavender (unat). II–1. Brown 36.67; 2. Davis 37.74; 3. Madeline Kopp (DistTC) 38.62; 4. Christine Volz (unat) 39.10 PR; 5. Kaila Barber (unat) 40.11 PR. III–1. Thomas 37.27; 2. Candace Hill (Asics) 38.36; 3. Faith Dismuke (unat) 38.54; 4. Timarya Baynard (SFST) 39.81 PR.

600 METERS

1. **Athing Mu (TrentonTC) 1:23.57 AR, WJR, AJR, HSR (old AR 1:23.59 Alysia Montaño [Nike] '13; old WJR, AJR, HSR 1:26.23 Mu in heats) (WL) (2, 2 W; in/out: 9, 10 W; 2, 2 A) (25.99, 29.04 (55.03), 28.54);**

2. **Raevyn Rogers (Nik) 1:24.88 PR (7, 8 W; 5, 6 A; in/out: 5, 7 A);**

3. Olivia Baker (unat) 1:26.93; 4. Madeline Kopp (DistTC) 1:27.09 PR; 5. Georganne Moline (adi) 1:27.59; 6. Kendra Chambers (Oise) 1:27.60.

Heats: I–1. **Mu 1:26.23 WJR, AJR, HSR (old WJR, AJR 1:26.45 Ajee' Wilson [adi] '13; old HSR 1:27.13 Sammy Watson [Rush-Henrietta, Henrietta, NY] '17) (5, 9 A);**

2. Chrishuna Williams (Nik) 1:28.75; 3. Victoria Vanriele (unat) 1:30.36 PR; 4. Jordan Anderson (unat) 1:30.95 PR; 5. Tiguida Toure (CPTC) 1:33.54. II–1. Moline 1:27.62; 2. Sydnee Over (unat) 1:30.76; 3. Brenna Detra (BAA) 1:30.84; 4. Ericka Charles (unat) 1:31.31 PR; 5. Kristin Andrews (adiShore) 1:34.13;... dq—Cecilia Barowski (HokaNJNY). III–1. Baker 1:27.21; 2. Chambers 1:27.87; 3. Dalanne Zanotelli (unat) 1:32.04 PR; 4. Jolie Carbo (unat) 1:32.52; 5. Riley Knebes (unat) 1:33.10.

IV–1. **Rogers 1:26.53 PR (7, x A);**

2. Kopp 1:27.84; 3. Olga Kosichenko (CPTC) 1:28.80 PR, Jessica Teal (FreedTC), Tracee van der Wyk (CalCTC).

1000 METERS

1. **Ajee' Wilson (adi) 2:34.71 PR (WL, AL) (2, 2 A) (2:04.28); 2. Hanna Green (Nik) 2:35.40 (4, 4 A) (2:04.66);**

3. **Ce'Aira Brown (HokaNJNY) 2:35.62 OR(5, 5 A) (2:04.39); 4. Laura Roesler (unat) 2:36.60 PR (7, 7 A) (2:05.00);**

5. **Hannah Fields (unat) 2:38.60 PR;**

6. **Allie Wilson (Monm) 2:41.76 PR (6, 6 C; 4, 4 AmC);**

7. **Baylee Mires (unat) 2:42.79; 8. Megan Malasarte (AtiTC) 2:43.72; 9. Kaela Edwards (adi) 2:45.01.**

Heats: I–1. Aj. Wilson 2:37.96 PR (AL) (10, x A);

2. Green 2:38.16 PR; 3. Fields 2:39.22 PR; 4. Edwards 2:41.32; 5. Malasarte 2:42.16; PR 6. Kenyetta Iyevbele (HokaNJNY) 2:45.67. II–1. Brown 2:40.32; 2. Mires 2:42.22 PR; 3. Emily Richards (HokaNJNY) 2:42.65 PR; 4. Heather MacLean (NBAl) 2:42.67 PR; 5. Annette Melcher (USAF) 2:45.39 PR; 6. Anna Shields (PtPark) 2:45.91. III–1. Roesler 2:42.20; 2. Al. Wilson 2:42.51 PR (=8, x AmC); 3. Rebecca Mehra (Oise) 2:43.72; 4. Angel Piccirillo (unat) 2:43.78; 5. Stephanie Schappert (HokaNJNY) 2:45.07; 6. Savannah Camacho-Colon (unat) 2:45.15 PR.

MILE

I–1. Eleanor Fulton (HPW) 4:33.47 PR; 2. Grace Barnett (MamTC) 4:33.63 PR; 3. Marie Lawrence (Oise) 4:34.14; 4. Dana Giordano (BAA) 4:34.29; 5. Lianne Farber (NBAl) 4:37.91.

II–1. Colleen Quigley (BowTC) 4:29.47 (29.00); 2. Shelby Houlihan (BowTC) 4:29.92 (29.11); 3. Cory McGee (NBAl) 4:30.14; 4. Shannon Osika (Nik) 4:31.05; 5. Nikki Hiltz (adi) 4:32.40; 6. Elinor Purrier (NBAl) 4:32.69; 7. Helen Schlachtenhaufen (Sauc) 4:33.93; 8. Danielle Aragon (HokaNJNY) 4:34.94; 9. Amanda Eccleston (Brk) 4:35.75; 10. Kate Grace (BowTC) 4:36.08; 11. Megan Mansy (HokaNJNY) 4:37.16; 12. Janie Morrissey (HokaNJNY) 4:42.48.

2 MILES

I–1. **Grace Barnett (MamTC) 9:50.17 PR (WL, AL);**

2. Dana Giordano (BAA) 9:52.64 PR; 3. Emily Oren (GazE) 9:52.85 PR; 4. Madeline Alm (unat) 9:54.27 PR; 5. Kaitlyn Peale (BowTC) 9:54.93 PR; 6. Samantha Nadel (BAA) 9:57.83 PR; 7. Marlee Starliper (PaHS) 9:58.22 PR (HSL).

II–1. **Shelby Houlihan (BowTC) 9:31.38 PR (WL, AL) (5, 6 A; in/out: 7, 10 A) (30.90); 2. Katie Mackey (BrkB) 9:33.70 PR (8, 9 A) (30.70); 3. Elinor Purrier (NBAl) 9:34.65 PR (9, 10 A);**

4. **Emily Lipari (adi) 9:41.12 PR; 5. Katrina Coogan (NBAl) 9:45.11 PR; 6. Mel Lawrence (Oise) 9:46.11 PR; 7. Eleanor**

Fulton (HPW) 9:48.98 PR; 8. Erika Kemp (BAA) 9:51.15 PR;

9. **Amanda Eccleston (Brk) 9:53.25 PR; 10. Nikki Hiltz (adi) 9:55.50 PR; 11. Allie Buchalski (BrkB) 9:55.92 PR; 12. Heather Kampf (TmN) 10:00.32 PR.**

60 HURDLES

1. **Sharika Nelvis (adi) 7.85 (WL, AL);**

2. Evonne Britton (EvoTC) 7.86 PR; 3. Amber Hughes (unat) 8.06 =PR; 4. Sasha Wallace (unat) 8.15; 5. Kyra Atkins (Charlotte) 8.15; 6. Jade Barber (unat) 8.20; 7. Monisha Lewis (unat) 8.21; 8. Tawnie Moore (unat) 8.42.

Heats: I–1. Britton 7.95; 2. Lewis 8.15 PR; 3. Barber 8.17; 4. Wallace 8.17; 5. Moore 8.20 PR; 6. Kaila Barber (unat) 8.31; 7. Breana Norman (unat) 8.33. II–1. Nelvis 8.03; 2. Atkins 8.12 PR; 3. Hughes 8.19; 4. Candice Price (unat) 8.23; 5. Chantel Ray (unat) 8.40; 6. Jasmine Hyder (unat) 8.48; 7. Briana Burt (SnCt) 8.53 PR.

3000 WALK

1. Miranda Melville (NYAC) 12:57.58; 2. Katie Burnett (HarrTC) 13:14.09 PR; 3. Kayla Shapiro (WUSA) 14:11.84 PR; 4. Maria Michta-Coffey (OisWUSA) 14:18.82; 5. Chelsea Conway (Shore) 14:26.74 PR; 6. Katherine Miale (Marist) 14:34.72 PR;... dq—Lauren Harris (Marist), Robyn Stevens (SalmWolf), Celina Lepe (unat).

HIGH JUMP

1. **Vashti Cunningham (Nik) 6-5 (1.96) (AL) (missed 6-6¾/2.00);**

2. Ty Butts (unat) 6-2 (1.88); 3. Amina Smith (Shore) 6-2; 4. Jelena Rowe (unat) 6-0 (1.83); 5. Inika McPherson (unat) 6-0; 6. Michelle Spires (USAF) 5-10 (1.78); 7. Melanie Winters (unat) 5-8 (1.73); 8. Juanita Webster-Freeman (SBTC) 5-8; 9. Elizabeth Evans (unat) 5-4¼ (1.63).

POLE VAULT

1. Katie Nageotte (Nik) 15-9¼ (4.81) (missed 16-1¾/4.92); 2. Annie Rhodes (unat) 14-11¼ (4.56); 3. Kristen Leland (unat) 14-11¼; 4. tie, Kortney Ross (unat) & Katherine Pitman (unat) 14-3½ (4.36) (Pitman PR); 6. Lakan Taylor (unat) 14-3½; 7. tie, Megan Zimlich (unat) & Kristen Brown (unat) 14-3½ (Zimlich PR); 8. Sophie Gutermuth (unat) 13-11¼ (4.26);... nh—Morgann LeLeux (unat), Jill Marois (Shore).

LONG JUMP

1. Kate Hall (Panther) 21-4¼ (6.51); 2. Quanesha Burks (unat) 20-11¼ (6.39); 3. Kenyattia Hackworth (unat) 20-11¼ (6.39);

4. Kendall Williams (unat) 20-9¼ (6.33); 5. Jessie Gaines (GStNBAl) 20-7 (6.27); 6. Tristine Johnson (unat) 20-1½ (6.13); 7. Melanie Winters (unat) 19-9 (6.02); 8. Viershanie Latham (unat) 19-9 (6.02); 9. Erica Graham (NLAC) 18-6½ (5.65);... 3f—Sarah Hunt (unat).

TRIPLE JUMP

1. **Keturah Orji (AtiTC) 47-9 (14.55) PR (2, 2 A; in/out: x, 10 A) (47-9, f, f, f, 45-3¼, 47-8½ [x, 3 A]) (14.55, f, f, f, 13.81, 14.54); 2. Tori Franklin (Nik) 47-5 (14.45) (x, 6 A) (f, f, 46-6¼, 45-3¼, 47-5, 46-8) (f, f, 14.19, 13.80, 14.45, 14.22);**

3. Lynnika Pitts (unat) 44-9¼ (13.66) PR; 4. Imani Oliver (unat) 44-1½ (13.45); 5. Tiffany Flynn (unat) 44-0 (13.41); 6. Viershanie Latham (unat) 42-2¼ (12.86); 7. Alexa Wandy (unat) 41-1½ (12.53); 8. Jean Udo (DCIntl) 38-6¼ (11.75) PR; 9. Shekinah Wilder (NGreenv) 38-6¼ (11.74).

SHOT

1. Chase Ealey (unat) 61-1¼ (18.62); 2. Maggie Ewen (Nik) 60-6½ (18.45); 3. Jessica Ramsey (unat) 60-3¼ (18.37); 4. Daniella Hill (unat) 59-7½ (18.17); 5. Rachel Fatherly (Velaasa) 58-10¼ (17.95) PR; 6. Monique Riddick (Velaasa) 58-3¼ (17.76) PR; 7. Jessica Woodard (unat) 57-11¼ (17.67); 8. Janeah Stewart (unat) 57-6½ (17.54); 9. Jeneva Stevens (NYAC) 56-3¼ (17.16).

WEIGHT

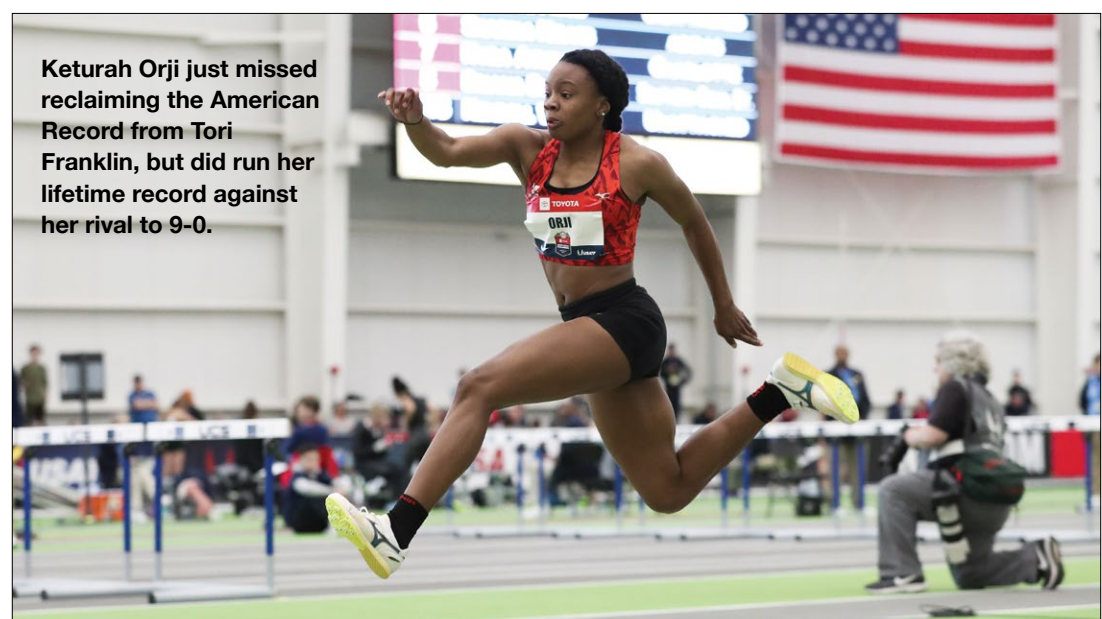
1. Janeah Stewart (unat) 81-4½ (24.80) (74-11¼, f, 78-3½, 81-4½, 79-2¼, f) (22.85, f, 23.86, 24.80, 24.15, f); 2. DeAnna Price (NikNYAC) 80-5½ (24.52); 3. Kaitlyn Long (Mn) 76-1 (23.19); 4. Annette Echikunwoke (unat) 75-4½ (22.97); 5. Jeneva Stevens (NYAC) 75-1¼ (22.89); 6. Brooke Andersen (unat) 73-0 (22.25) =PR; 7. Michaela Dendinger (IronWTC) 69-2¼ (21.10); 8. Alina Duran (unat) 66-10¼ (20.39) PR; 9. Christina Macdonald (IronWTC) 60-8 (18.49).

PENTATHLON

1. Kendall Williams (unat) 4496 PR (12, x A) (8.18 1.81 12.34 6.35 2:23.69); 2. Emilyn Dearman (unat) 4356 PR;

3. **Anna Hall (Valor, Highlands Ranch, Co) 4302 lo-alt AJR; HSR;**

4. Juanita Webster-Freeman (SBTC) 4255 PR; 5. Annie Kunz (unat) 4243 PR; 6. Riley Cooks (Oise) 4106 PR; 7. Kendall Gustafson (unat) 4101 PR; 8. Shaina Burns (unat) 4085 PR; 9. Allison Halverson (Arete) 4035 PR.



VICTOR SALTER/PHOTO RUN

Collegiate Conferences Men's Highlights

CHERYL TREWORSY/PRETTY SPORTY



A 3:57.93 by Yared Nuguse of Notre Dame to win the ACC mile made him all-time U.S. sub-4:00 runner No. 538.

This quickie collection of stories is dedicated to the best of the indoor collegiate conference action on the men's side. Alphabetically:

American

Kahmari Montgomery didn't hold back in leading his Houston teammates to a fifth straight American Conference title. The Cougar senior crushed the 400 field to win by 1.72 seconds, clocking a world-leading 45.04 to move to No. 8 all-time among Americans. Montgomery dedicated his race to Houston's recently fired strength coach: "It's all for you."

The Cougars were everywhere in the speed events, Mario Burke taking the 60 (6.62), Obi Igbokwe the 200 (20.84) and Amere Lattin the hurdles (7.84). Trumaine Jefferson won the long jump at 25-8³/₄ (7.84).

ACC

Notre Dame's Yared Nuguse joined the sub-4:00 club (becoming American No. 538 to do so), winning the mile handily in 3:57.93. The Kentucky native led from the gun, splitting 1:57.5 at halfway. Florida State's Trey Cunningham won the hurdles in 7.64. Teammate Kasaun James impressed with a 6.61/20.56 sprint double, then was tapped to save the day in the 4x4. "We knew we had a shot to at least share the title,"

said Seminole head Bob Braman. "We had to dig deep. Kasaun wasn't going to get beat as long as he was within 10m." James's 46.64 produced a team tie with Virginia Tech at 117.

Big 10

Nebraska eked out a 2-point win over Indiana, helped by frosh Mayson Conner's leaping a PR 7-3³/₄ (2.23). The Wisconsin distance squad grabbed a DMR win in 9:44.62. The next day, Oliver Hoare easily kicked to a 4:02.67 mile triumph. Teammate Olin Hacker did the early pace work to help Morgan McDonald set a meet record in the 5000 (13:37.85). Ohio State's Nick

Gray won the sprints at 6.64/20.48. The 400 was captured for the fourth straight time by Izaiah Brown of Rutgers (45.82).

Big 12

Texas Tech, rated No. 1 in the land by the UTFCCCA computers, crushed the rest of the loop with a 70-point winning margin over Iowa State, in no small part because of the firestorm that Divine Oduduru created on the track.

The Nigerian junior blitzed the 60 in 6.52 to top teammate Andrew Hudson's 6.57. Then came the 200, where his stunning 20.08 moved him to No. 3 on the all-time world list. Among

MONDO CAPTURES COLLEGIATE VAULT RECORD

The SEC was the fifth meet of the year for Mondo Duplantis, and marked the fourth in a row where he took a shot at the Collegiate record. Fourth time's the charm! (Or something like that.)

LSU's amazing frosh was perfect en route to the record, passing the first five bars before opening with a first-try make of 18-2 (5.54). Then came first-try clearances at both 18-6 (5.64) and 19-0 (5.79) before the bar was raised to 19-5 (5.92), a centimeter above the CR set by Akron's Shawn Barber in '15. On his first shot Duplantis was over cleanly and the record was his (as was the yearly world lead, snatched back from professional rival Sam Kendricks). Mondo finished his day with a trio of misses at 19-8¹/₂ (6.01).

collegians, it is second only to Elijah Hall's 20.02 for Houston last season. "I was never thinking I was going that fast in the 200," said Oduduru, who danced for the fans after his win, "but when I saw the time, I was like, 'Woo, that's a big one!'"

Iowa State junior Roshon Roomes broke the CR in the rarely-run 600y, clocking 1:07.67 to move to No. 2 all-time world. The old CR 1:08.16 was set by Vincent Crisp of Texas Tech last year. Frosh KC Lightfoot of Baylor vaulted 18-7½ (5.68) to beat defending NCAA champ Hussain Al-Hizam of Kansas (18-5½/5.63).

MAC

Matt Ludwig of Akron captured his fifth straight crown (in/out) by soaring over a meet record 19-¾ (5.75), breaking a mark set by Shawn Barber in his World Championship season. The Zip senior then had a go at a Collegiate Record 19-5½ (5.93) but came up short. Ludwig's squad narrowly captured the team title over Eastern Michigan, 156-153½, taking the four jumps with four different athletes.

Mountain Pacific

Robert Brandt won a distance double on the big track in Seattle, taking the 5000 in 13:57.31 on Friday before returning for a Saturday win over 3000 (7:50.27). "I came into the weekend expecting to place highly," said the UCLA junior, "but I didn't think I'd win in both."

USC transfer Isaiah Jewett produced a 1:47.20 to win the 800 by nearly two seconds. The mile saw three dip under 4:00, two of them for the first time. Arizona State's William Paulsen won in 3:58.07 over Joe Klecker of Colorado (3:58.51) and Paul Ryan of Washington State (3:58.70). Klecker and Ryan became Americans Nos. 539 & 540 to join the club. Behind going into the final round of the shot, Arizona soph Jordan Geist came through to win by a foot with his 68-2½ (20.79). He remains undefeated on the season.

SEC

It's a dominant team performance when the Gators can win an SEC title without even fielding a 4x4. The most spectacular of Florida's points came from Grant Holloway, who won the 60 in 6.54 over teammate Hakim Sani Brown (6.60), then returned 30 minutes later to record the No. 3 hurdles flight ever by a collegian, 7.44. Said the multi-talented junior, "This is why I came back. This is the feeling I always love, when everybody is winning and not just me doing my own thing. To have everybody contribute to the team... everybody did what they had to do." The Gators' first win on the final day came when AJ McFarland passed weight throw defender Denzel Comenientia of Georgia on the final throw, throwing 76-7¼ (23.35) to win by nearly two feet.

The vault CR fell to Mondo Duplantis (see sidebar). Other collegiate leaders went to A&M triple jumper Tahar Triki (56-2/17.12) and Georgia multi-eventer Johannes Erm (5996). Devin Dixon of Texas A&M led the first two laps of the 800 before Mississippi State's Marco Arop bolted to an 8-meter lead on the third lap. Dixon caught him before the line, winning 1:47.47-1:47.86. Later he produced a 44.60 for A&M's winning relay (3:03.61).

Summit

South beat North in the battle of the Dakota States, but the headlines were stolen by putter Payton Otterdahl of the runner-up team, who produced a Collegiate Record 71-6¾ (21.81). Chris Nilsen of South Dakota showed plenty of fitness by winning the vault by nearly 2ft with his 18-10¼ (5.75). He went out at 19-2½ (5.85).

Men's Conference Team Winners

(* = defending champ)

ACC	Florida State* & Virginia Tech
America East	Albany
American	Houston*
Atlantic Sun	Liberty
Atlantic 10	George Mason
Big 10	Nebraska
Big 12	Texas Tech*
Big East	Villanova*
Big Sky	Northern Arizona*
Big South	Hampton
Conference USA	Middle Tennessee
Heps	Princeton*
Horizon	Youngstown State*
Mid-American	Akron
MEAC	North Carolina A&T*
Metro Atlantic	Monmouth*
Missouri Valley	Illinois State*
Mountain Pacific	BYU*
Mountain West	Colorado State
New Englands	Connecticut
Northeast	LIU Brooklyn
Ohio Valley	Eastern Kentucky*
Patriot	Army
SEC	Florida
Southern	Western Carolina*
Southland	Sam Houston*
Summit	South Dakota State
Sun Belt	UT Arlington
SWAC	Alabama State*
WAC	Grand Canyon*



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Collegiate Conferences Women's Highlights

PETE DRAUGALIS



A big PR gave Hannah Meier of Michigan a close Big 10 mile win over Julia Rizk of Ohio State.

This quickie collection of stories is dedicated to the best of the indoor collegiate conference action on the women's side. Alphabetically:

ACC

It came down to winning the 4x4, but Miami captured its third crown in four years, topping Florida State 91-85.

"They really stepped it up tonight," said Hurricane coach Amy Deem. Miami's other wins came from Brittny Ellis in the 400 (52.66), Tiara McMinn in the hurdles (7.95) and pentathlete Michelle Atherley, whose year-leading 4498 tied her for No. 8 on the collegiate ATL. Other notable performances went to Virginia Tech vaulter Rachel Baxter (14-8/4.47) and teammate Rachel Pocratsky in the 800 (2:03.43).

Big 10

Ohio State topped Indiana by 29 points, thanks to some notable breakout performances. Sade Olatoye continued her stunning senior campaign by winning the weight on Friday with a list-leading 78-11¼ (24.07), making herself the No. 6 collegian ever. The next day she repeated as shot champ with another collegiate-leading mark, 58-8 (17.88).

In the 200, Buckeye soph Anavia Battle stunned with a 22.80 world leader to win by more than a half-second.

Wisconsin's Alicia Monson doubled in the distances, taking the 3000 in 9:16.73 and the next day running 16:18.63 in a tactical 5000. Penn State's Danae Rivers led from the start in the 800, winning at 2:03.45, and frosh Alexis Holmes captured the 400 in 52.14. The mile saw Michigan senior Hannah Meier scorch a wire-to-wire victory in 4:32.46, a legal-track PR of almost 8 seconds.

Big 12

With 35 points in the 60 and 200, Longhorn

sprint power was key to Texas repeating with its fifth title in six years. Frosh Kynneddy Flannel won the 200 in 22.89, while senior Teahna Daniels dashed to a 7.22 victory. Said first-year coach Edrick Floréal, "The good thing about this team is that there were a lot of people who came out of nowhere and surprised people."

Runner-up Texas Tech mined points galore in the jumps as Zarriea Willis leaped 6-¾ (1.85) and vault winner Chinne Okoronkwo (14-2½/4.33) also scored in the LJ (6th) and TJ (3rd).

Mountain Pacific

Matchups weren't really the thing as many of the best runners found themselves in different sections. Still, USC piled up a massive 120 points to top Stanford by more than 50. Angie Annelus took the 60 for the winners in 7.29, Dior Hall the 200 in 23.83 and Kyra Constantine the 400 in 52.07. Chanel Brissett hurdled 8.04 and the Trojans relayed 3:37.01.

Stanford's Fiona O'Keeffe clocked 8:58.58 in the 3000. BYU's Erica Birk won a close mile over Susan Ejore of Oregon, 4:34.59-4:34.83. Arizona State soph threw the shot 57-1 (17.40). Erinn Beattie of UC Davis took the multi with 4185 points.

SEC

The Razorback vault twins showed great form at their home facility, Lexi Jacobus clearing a low-altitude CR of 15-4¼ (4.68) to become the No. 9 American ever. Sister Tori Hoggard topped out at 15-1 (4.60). Together, they led an Arkansas juggernaut that more than doubled the runner-up score of Texas A&M, 151-70. That makes 5 in a row for Lance Harter's squad, and 14 of the last 15 overall (in/out/XC).

Taylor Werner won the 3000 in 9:15.57 after taking the long run (16:18.39) the night before. Said Harter, "I think our veterans are doing what we thought they were capable of, but some young ones followed them."

Georgia's Lynna Irby ran a U.S.-leading 52.02 in the 400 before producing a 51.17 relay anchor. The overall stick victory, though, went to Texas A&M in the next section, with a world-leader 3:29.15. Florida jumper Yanis David took both horizontals, the long jump in 21-2½ (6.46) and the triple in a collegiate leader 45-5 (13.84). Said David, a French senior, "It feels great. After three years of being here and not winning an SEC title, it gets a little bit in your head. But I knew I could do it."

Women's Conference Team Winners

(* = defending champ)

ACC	Miami
America East	Albany*
American	Houston
Atlantic Sun	Liberty
Atlantic 10	Virginia Commonwealth*
Big 10	Ohio State
Big 12	Texas*
Big East	Villanova*
Big Sky	Sac State
Big South	Hampton
Conference USA	UTEP
Heps	Penn*
Horizon	Youngstown State*
MEAC	North Carolina A&T*

Metro Atlantic	Monmouth*
Mid-American	Central Michigan
Missouri Valley	Illinois State*
Mountain Pacific	USC*
Mountain West	Colorado State
New England	Northeastern*
Northeast	Mount St. Mary's
Ohio Valley	Tennessee Tech*
Patriot	Navy
SEC	Arkansas*
Southern	Samford*
Southland	Stephen F. Austin
Summit	North Dakota State*
Sun Belt	Texas State*
SWAC	Alabama State*
WAC	Grand Canyon

Collegiate Record For Payton Otterdahl

COURTESY SUMMIT LEAGUE



A 71-6¾ by Payton Otterdahl added ¾ inches to the all-time NCAA shot best.

by Jeff Hollobaugh

GOING INTO DAY 2 of the Summit League, Payton Otterdahl suspected he had a good shot effort coming. The evening before, he had only taken three of his tosses with the weight,

winning at 77-10 (23.72), a distance no other collegian has surpassed this season. "I knew that we were going to save my energy and my efforts for the shot the next day, so I had to cut myself short," he says. But his first two puts, 67-5½ (20.56) & 67-9 (20.65) didn't tip the crowd

to any impending explosion. Then it happened.

His third attempt soared more than meter beyond the others, landing at a Collegiate Record 71-6¾ (21.81) to erase the 71-3½ (21.73) that Arizona State's Ryan Whiting set in '08 and Ryan Crouser of Texas tied in '16, the year he won the Olympic gold medal.

"I knew it was going to be better than my previous marks, but I didn't honestly think it was going to be as far as it was," says Otterdahl, 22. "I thought it was going to be around 21m [68-10¾]." Relating to Whiting and Crouser he adds, "These are guys that I've looked up to since I've been doing this sport and it still doesn't feel real that I've thrown further indoors as a college athlete than them. It's still hard to believe." He followed up on his final throw with a toss of 70-11¼ (21.62), the No. 5 collegiate mark ever.

For the North Dakota State senior, who continues to improve as a spinner, it means the favorite's mantle will be heavier than ever on him going into the NCAA Championships. "It gives me a lot of confidence," he says. "That throw didn't feel that great. I think I have a lot more left in the tank and hopefully I'll be able to get it at Nationals. Getting the NCAA Record was just one of the many goals that I have for the rest of the season. So it was right back to work as soon as we got back."

Otterdahl Taking Over All-Time List

Not only does Payton Otterdahl now claim the top spot on the all-time collegiate indoor list in the shot, he also owns title to the Nos. 4 & 5 performances ever. The top 10 indoor performances ever, with the NCAA still to come (! = secondary mark in a series; ' after name = non-American):

21.81 71-6¾	Payton Otterdahl (North Dakota State)	2/23/19
21.73 71-3½	Ryan Whiting (Arizona State)	3/14/08
Ryan Crouser (Texas)	2/27/16	60
21.64 71-0	-----Otterdahl	1/26/19
21.62 70-11¼	-----Otterdahl !	2/23/19
21.52 70-7¼	-----Whiting	2/13/10
-----Whiting	3/12/10	pole vault
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

A World Record Mile For Yomif Kejelcha

KEVIN MORRIS



Hicham El Guerrouj's 3:48.45 finally fell as the indoor best as Yomif Kejelcha miled 3:47.01 in Boston.

BOSTON, MASSACHUSETTS, March 03— The pressure was on for Yomif Kejelcha after coach Alberto Salazar promised he would make a simultaneous brave attempt on the 1500 and mile World Records on the Boston University track. There was motivation aplenty for the 21-year-old Ethiopian, who had finished a tantalizing 0.01 short of tying the mile WR at the [Millrose Games](#) 3 weeks ago and then 7 days later placed 2nd to [Samuel Tefera's 1500 WR](#) at the Birmingham WIT meet.

This time Kejelcha came close to one of his targets and demolished the other in a stunning display of milemanship that resulted in a 3:47.01 World Record, crushing [Hicham El Guerrouj's 3:48.45 standard](#) from 22 years ago.

Three rabbits led the way in a carefully choreographed race organizers called the Bruce Lehane Memorial Mile, run after the conclusion of the IC4A/ECAC championships. Erik Sowinski did the initial pacesetting, with Christian Harrison running alongside Kejelcha, reportedly to keep him from drifting too far from the curb and on a tight line in the early going. At 440y, Kejelcha was 56.4.

Harun Abda took over the tempo after the halfway mark (1:53.7). Sensing that he was too slow, Kejelcha vetoed the race plan and moved

into the lead on the backstretch before 900m. He hit 1000m in 2:21.5 and continued to accelerate, passing 1320y at 2:50.5. The Ethiopian blitzed past the 1500 post in 3:31.25, 0.21 short of Tefera's record, and hit the finish in 3:47.01. "Finally! I can't imagine a better way to complete this indoor season," Kejelcha [declared via Instagram](#). "Thank you to the BU staff, supporters, and Nike for making this opportunity possible. I'm happy with the '.01' result this time!"

Just as stunning were the performances in Kejelcha's wake, as Johnny Gregorek hit 3:49.98 to miss Bernard Lagat's 14-year-old AR by just 0.09. "Still in shock! 3:49 for the GREGOREK FAMILY RECORD!" tweeted the Asics miler. (Father John ran 3:51.34 outdoors in '82.) "Infinite thanks to everyone in my corner. I guess now I'll try to break 3:40??" Gregorek's fellow Oregon alum Sam Prakel ran 3:50.94 to edge Henry Wynne (3:51.26) for 3rd as PRs abounded up

and down the line.

The difference in preparation for Kejelcha this time, according to Nike Oregon Project mastermind Salazar, was a matter of more pointedly focusing on the record attempt. "We've been a few weeks since he ran in England," Salazar told runnerspace.com, "and that's not really time to do a bunch of different workouts or try and get

LEHANE MILE RESULTS

Boston, Massachusetts, March 03 (200 banked)—

1. Yomif Kejelcha (Eth) 3:47.01 WR (old WR 3:48.45 Hicham El Guerrouj [Mor] '97) (in/out: 9, 18 W (3:31.25 PR [3, 3 W]));
2. Johnny Gregorek (Asics) 3:49.98 PR (AL) (6, 7 W; 2, 2 A; in/out: 7, x A (3:35.21 PR [AL] [3, 3 A]));
3. Sam Prakel (adi) 3:50.94 PR (=10, =13 W; 5, 5 A) (3:35.64 PR [5, 8 A]);
4. Henry Wynne (BB) 3:51.26 PR (7, 7 A) (3:36.09 PR [8, 11 A]);
5. Craig Engels (NikOP) 3:53.89 PR (3:35.79 PR [6, 9 A]);
6. Rob Napolitano (HokaNJ*NY) 3:54.28 PR (3:37.14 PR);
7. Jeremy Hernandez (HokaNJ*NY) 3:55.66 PR (3:37.90 PR);
8. Travis Mahoney (HokaNJ*NY) 3:57.86 PR (3:41.66 PR);
9. Kyle Merber (HokaNJ*NY) 3:57.92 (3:41.74); ... rabbits—Erik Sowinski (Nik), Christian Harrison (BAA), Harun Abda (OTC).

LEHANE WOMEN'S RESULTS

1. Ce'Aira Brown (HokaNJ*NY) 4:28.12 PR;
2. Heather MacLean (NBaIB) 4:29.74 PR;
3. Helen Schlachtenhaufen (FreeTC) 4:31.78 PR;
4. Danielle Aragon (HokaNJ*NY) 4:31.79 PR;
5. Katrina Coogan (NBaIB) 4:32.95 PR;
6. Megan Mansy (HokaNJ*NY) 4:33.90 PR;
7. Stephanie Schappert (HokaNJ*NY) 4:33.90 PR;
8. Jamie Morrissey (HokaNJ*NY) 4:40.63 PR.

any fitter. Maybe a little more sharp but at that point over the last two weeks it's been really just stressing it more than we have stressed it before for the other races. For those races he was probably running 70 miles a week or so, he doesn't do a lot, but for this race we really cut back, so he's probably only run 30 or 40 miles this week, really rested him up.

"So that was the goal: don't get too cute and try and overthink it, do some fancy workouts.

Just don't tire him out, rest him and I think he ran too fast before Millrose, a couple of days before. So this time we talked before the workout and he was fine with doing 8 times a 200 at race pace. It felt much easier for him and it was good for today."

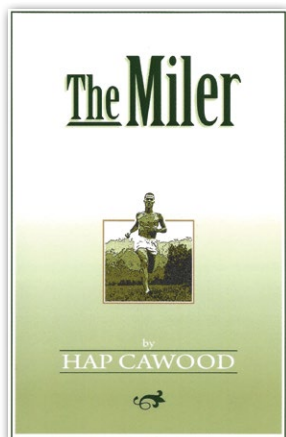
Kejelcha, winner of the last two World Indoor 3000 crowns, will now return to training in Oregon, with outdoor world titles in the 5000 and/or 10,000 in his sights for Doha in the fall.

Rewriting The U.S. Lists As Well

While Yomif Kejelcha was busy claiming the mile's World Record in Boston, behind him a gaggle of U.S. talent made significant inroads onto both all-time American 1500 and mile lists:

1500 METERES		
3:33.34	Bernard Lagat (Nike)	2/11/05
3:34.78	Galen Rupp (Nike)	1/26/13
3:35.21	Johnny Gregorek (Asics)	3/03/19
3:35.28	Ben Blankenship (Oregon TC)	2/21/15
3:35.66	Sam Praker (adidas)	3/03/19
3:35.79	Craig Engels (Nike Oregon Project)	3/03/19
3:35.91	Matthew Centrowitz (Nike Oregon Project)	2/20/16
3:36.09	Henry Wynne (Brooks Beasts)	3/03/19
3:36.0	Steve Scott (Sub 4)	2/20/81
3:36.52	Lopez Lomong (Nike)	2/16/13

MILE		
3:49.89	Bernard Lagat (Nike)	2/11/05
3:49.98	Johnny Gregorek (Asics)	3/03/19
3:50.63	Matthew Centrowitz (Nike Oregon Project)	2/20/16
3:50.92	Galen Rupp (Nike)	1/26/13
3:50.94	Sam Praker (adidas)	3/03/19
3:51.21	Lopez Lomong (Nike)	2/16/13
3:51.26	Henry Wynne (Brooks Beasts)	3/03/19
3:51.8	Steve Scott (Sub 4)	2/20/81
3:52.22	Kyle Merber (Hoka)	2/26/17
3:52.40	Sydney Maree (Athletic Attic)	2/09/85



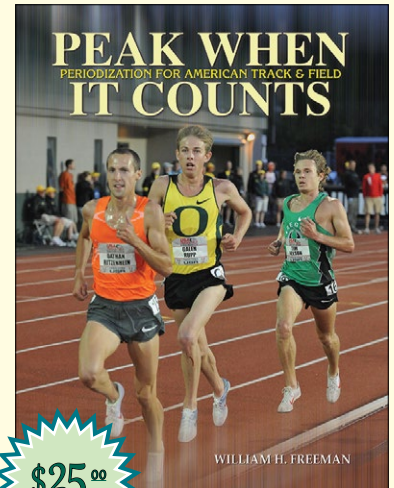
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Late-Blooming Gregorek Breaks 3:50 Barrier

KEVIN MORRIS



At the end of the Boston race Johnny Gregorek was only a 10th shy of claiming the American Record.

by Jeff Hollobaugh

"I shocked myself pretty bad with that one," says Johnny Gregorek, who scared the American Record with his 3:49.98 to take 2nd in [Yomif Kejelcha's World Record mile](#). "I knew I was ready to PR. The track is known to be fast and the race was going to be set up to be fast. I went in there with the mindset of racing and running as fast as I could. I just wanted to compete well against those guys. I wasn't really looking at the clock. "I just kept picking it up, picking it up, picking it up."

The 27-year-old journeyman miler was hoping to nail a time under 3:53.00 to make the World Championships Q-standard: "That's the No. 1 thing I had in mind." He was stunned to read the clock afterward. Coached by Frank Gagliano since he left Oregon in '15, Gregorek says, "It just goes to show that anything can really happen if you trust your fitness and go for it."

Gregorek's road to the elite has been anything but fast. "I haven't ever been touted or praised as any sort of superstar," he admits. "I've had a lot more failures than I've had successes, a lot more bad races than I've had good ones."

From early on in his life, he knew his parents were into running. "There were always boxes of all these dusty uniforms that had 'USA' on them and all these running shoes all over the basement. I knew that they were good runners but it wasn't the most impressive thing to me when I was young. You've got to go out and run for yourself and see how hard it is.

"And then I ran a couple of races as a freshman in high school. I've just run 5-something in the mile." "And then he looked up his dad's time. "It was like, 'Oh wow! OK, 3:51. That's pretty quick for the old man.' "

Dad in this case is John Gregorek, 2-time Olympian who turned out marks including a 3:35.3 for 1500, 3:51.34 for the mile, 8:18.45 steeple and 13:17.44 for the 5000. Mom could run too. Chris (Mullen) Gregorek starred for Georgetown where she was runner-up in the AIAW Championships. She earned 5 U.S. Rankings at 800 (PR 2:00.06)

and one at 1500, where her best was 4:08.02 (and 4:29.00 for the mile). Says dad, "We never pushed any of our children to do anything, so if it was meant to be, it was going to be coming from them."

The younger Gregorek joined cross country to stay in shape for baseball and "it snowballed from there." But was he a prodigy? No. In high school he miled 4:15.18, a far cry from his dad's 4:05.4 as a prep. He won a couple of state titles in Massachusetts' smallest division. At Columbia, he became a steeple-chaser, an event dad had World Ranked in while at Georgetown. He won the IC4A title in '12 and the next year PRed at 8:52.85.

"The steeplechase was kind of beating me up," he explains. "And I was having more fun in the mile." When he started concentrating on the 4-lapper, he got results, running a best of 4:01.65 and placing 6th in the NCAA Indoor.

With a year of eligibility left over after graduation, Gregorek went west to run for Oregon. "Coach [Andy] Powell gave me a chance and I figured, 'I'll see what else I can do here.'" That winter, he clocked his first sub-4:00, a 3:57.47 at the Millrose Games. A month later, he took 4th in the NCAA Indoor. Outdoors, he followed a winning Penn Relays DMR leadoff with a 3:40.89 to make the NCAA 1500 final.

What to do then? Gregorek says, "At every turn, I've always considered hanging up my spikes and moving forward with my life, getting a full-time job. But it's always just been like, 'Well, let me see what else I can do here.' Coach Gags reached out and gave me an

opportunity and Asics was generous enough to sponsor me. I figured, 'I'll give it another year and see where it takes me and if I can get the best out of myself.'"

The younger Gregorek has one big advantage, says dad: "He just has a good mental balance. He's learned not to get too high on the high days and not to get too low on the low days. That will serve him well continuing on."

Training under Gagliano and alongside his friends in the New Jersey*New York TC, he has seen steady progress. In '16, he hit a PR 3:36.04 and got his first U.S. Ranking. The next year, he finished 3rd at USATF and guaranteed his spot on the World Champs team with a 3:35.00 PR two weeks later. He made the finals in London, finishing 10th in 3:37.56 and ranking No. 1 among U.S. milers. Last season he placed 9th at USATF and in August ran a mile best of 3:54.53.

Now the newlywed Gregorek (on January 5, to his high school sweetheart Amy) is looking ahead. "I've been really trying to train myself to be up there and either pushing the pace or breathing down the neck of whoever's in the front."

He adds, "I still have yet to find the best out of myself and I still keep finding more and more reasons to keep going. So as long as I'm having fun, I'm going to keep doing it."

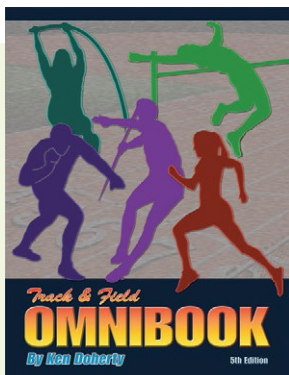
Gregorek Joins The Mile's Sub-3:50 Club

For an American to break 3:50 indoors is an exceedingly rare thing, what with Johnny Gregorek becoming only the second ever to do it. But it's also one tough feat outdoors as shown by the all-time absolute U.S. list, where the roster has only 7 members, who among them have now put up 21 such times:

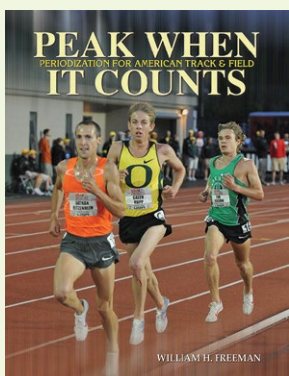
Time	Athlete	Date
3:46.91	Alan Webb (Nike)	7/21/07
3:47.69	Steve Scott (Sub 4)	7/07/82
3:48.38	Bernard Lagat (Nike)	7/29/05
3:48.53	---Scott	6/26/82
3:48.73	---Scott (Tiger TC)	7/05/86
3:48.83	Sydney Maree (Athletic Attic)	9/09/81
3:48.85	---Maree (Reebok)	6/26/82
3:48.92	---Webb	7/29/05
3:49.21	---Scott (Sub 4)	8/17/83
3:49.31	Joe Falcon (Asics)	7/14/90
3:49.44	---Maree	7/13/82
3:49.49	---Scott	7/09/83
3:49.68	---Scott (Sub 4)	7/11/81
3:49.72	---Scott	8/25/82
3:49.75	---Maree	8/25/82
3:49.80	Jim Spivey (Athletics West)	7/05/86
3:49.89i	---Lagat	2/11/05
3:49.83	---Spivey	7/02/88
3:49.93	---Maree	9/16/81
	---Scott	7/27/85
3:49.98i	Johnny Gregorek (Asics)	3/03/19

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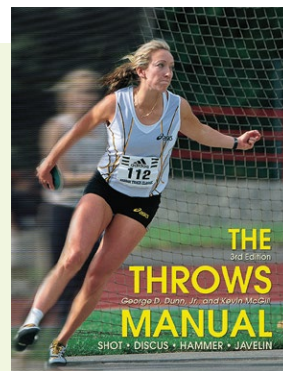
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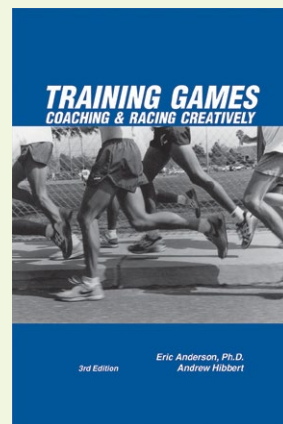
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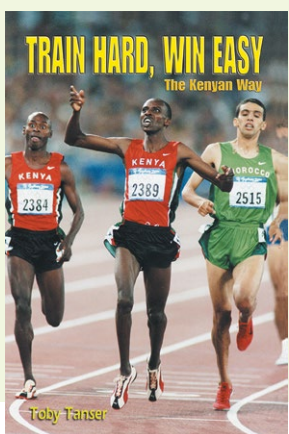
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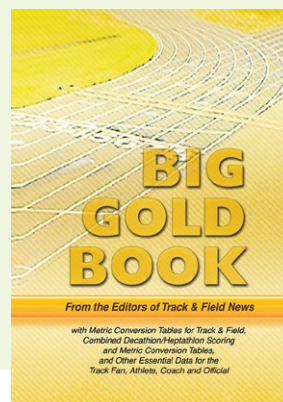
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Euro Indoor Men – Norway Finally Strikes Gold

by Phil Minshul

GLASGOW, SCOTLAND, March 01-03— Much to the surprise of many, Norway had gone the previous 49 years of the European Indoor Championships (34 editions in all) without getting a single gold medal but, within the space of 30 minutes, runners from the Scandinavian country notched up a brace to bring a broad smile to the continent's head honcho for the sport, former Bislett Games organizer Svein Arne Hansen.

First up was the 18-year-old prodigy Jakob Ingebrigtsen, who became the youngest ever European indoor champion with a stunning finish to take the 3000 title. As was frequently commented upon in Glasgow, Ingebrigtsen—who got a memorable 1500/5000 European double outdoors in Berlin last summer—seemed to need almost no recovery.

On the first day, the 18-year-old phenomenon won his 1500 heat in 3:42.00 and just 90 minutes later set a European Junior (U20) Record of 7:51.20 when winning his 3000 prelim. Expectations were high that he would go into new territory again over 15 laps under cover in the final the following day but, instead, he decided on a different set of tactics and opted to not challenge the dawdling pace over the first 2K before surging with 4 laps to go. No one could stay with his sustained long run for home, Ingebrigtsen winning in 7:56.15 with Britain's Tulsa alum Chris O'Hare taking

the silver after just edging past the winner's older brother Henrik in the last couple of meters, the pair being given the same time of 7:57.19.

The roars from a small but noisy contingent of Norwegian supporters had barely died down before reigning world 400H champion Karsten Warholm took to the track and—having gone through the first 200 in 21.38—equaled the European 400 record of 45.05—which had been in sole possession of East Germany's Thomas Schönlebe since '88 and remains the oldest of European men's indoor records on the books. Behind Warholm, Óscar Husillos got some redemption after being first across the line at last year's World Indoors, clocking 44.92 before being disqualified for breaking too early, by getting the silver in a Spanish Record 45.66.

Said Warholm, "I felt confident after the earlier rounds and I knew I could run fast and I had a good performance in me. But I like to let my legs speak for me. It was a team effort, me and my coach. It was more difficult for my coach. He was worried about things happening. People can step on you or you can fall. It is a risk. I like the outdoors but it is fun to come here and prove that I am in good shape."

On the final day, Jakob Ingebrigtsen chased a 1500/3000 double but just came up short in the metric mile when he had to settle for silver behind Poland's reigning champion Marcin Lewandowski, the only one of 7 men defending titles in Glasgow to retain his crown. A dreadfully slow early pace played to Lewandowski's strengths despite Ingebrigtsen having set a WJR 3:36.02 two weeks before and with 300 to go the Pole—who has run a 1:43.72 outdoors—hit the front and managed to hold off his young rival. Lewandowski won in 3:42.85 to Ingebrigtsen's 3:43.23 to ensure that he will be one of the poster boys for the meet's next edition, which will be held in the Polish city of Toruń in '21.

It was also a great 3 days in Scotland for Poland, which got 7 golds to top the medal table, helped by a PV 1-2 from Paweł Wojciechowski and Piotr Lisek. Wojciechowski was behind for much of the competition and had a series littered with failures and when the defending champion and '19 world-leader Lisek went over 19-2¼ (5.85) at the first time of asking that looked like it could be the vault for gold. However, the '11 world champ, after his first failure at that height, then opted to take his remaining attempts at 19-4¼ (5.90) and slithered over with his second jump and Lisek couldn't respond.

There were 2 world leads, as Greek long jumper Miltiádis Tentóglou leapt an NR 27-6 (8.38) in round 5 to add a continental indoor title to the one he won outdoors in the German capital last summer while Spain's Jorge Ureña – very much an indoor heptathlon specialist as his

EURO INDOOR CHAMPS MEN'S RESULTS

Glasgow, Scotland, March 01-03 (200 banked)—
(3/1—3000h; 3/2—60, 400, 3K, HJ, PV)

60 METERS

1. Ján Volko (Svk) 6.60; 2. Emre Zafer Barnes (Tur) 6.61; 3. Joris van Gool (Hol) 6.62 =PR.

400 METERS

1. Karsten Warholm (Nor) 45.05 NR, =ER (21.38/23.67); 2. Óscar Husillos (Spa) 45.66 (21.61/24.05)NR; 3. Tony van Diepen (Hol) 46.13 NR.

800 METERS

1. Álvaro de Arriba (Spa) 1:46.83; 2. Jamie Webb (GB) 1:47.13 PR; 3. Mark English (Ire) 1:47.39.

1500 METERS

1. Marcin Lewandowski (Pol) 3:42.85 (13.26, 26.19); 2. Jakob Ingebrigtsen (Nor) 3:43.23 (13.46, 26/54); 3. Jesús Gómez (Spa) 3:44.39.

3000 METERS

1. Ingebrigtsen 7:56.15 (13.51, 27.06); 2. Chris O'Hare (GB) 7:57.19 (12.62, 27.52); 3. Henrik Ingebrigtsen (Nor) 7:57.19 (14.23, 28.05). Heats

I-1. J. Ingebrigtsen 7:51.20 NJR.

60 HURDLES

1. Milan Trajkovic (Cyp) 7.60; 2. Pascal Martinot-Lagarde (Fra) 7.61; 3. Aurel Manga (Fra) 7.63.

4 x 400

1. Belgium 3:06.27 (Julien Watrin 46.81, Dylan Borlée 46.52, Jonathan Borlée 46.75, Kevin Borlée 46.19); 2. Spain 3:06.32 NR (Óscar Husillos 46.40, Manuel Guijarro 47.22, Lucas Bua 45.74, Bernat Erta 46.96); 3. France 3:07.71.

HIGH JUMP

1. Gianmarco Tamberi (Ita) 7-7¼ (2.32) (7-1¼, 7-3¼, 7-5, 7-6, 7-7¼ [2], 7-8 [xp], 7-8¼ [xx]) (2.18, 2.22, 2.26, 2.29, 2.32 [2], 2.34 [xp], 2.36 [xx]); 2. tie, Konstadínos Baniótis (Gre) & Andrii Protsenko (Ukr) 7-5 (2.26).

POLE VAULT

1. Paweł Wojciechowski (Pol) 19-4¼ (5.90) PR (17-4½, 17-10½, 18-2½, 18-6½ [3], 18-10¼ [2], 19-¼, 19-2¼ [xp] 19-4¼ [2], 19-6¼ [xxx]) (6.30, 5.45, 5.55, 5.65 [3], 5.75 [2], 5.80, 5.85 [xp] 5.90 [2], 5.95 [xxx]); 2. Piotr Lisek (Pol) 19-2¼ (5.85); 3. Melker Svärd Jacobsson (Swe) 18-10¼ (5.75).

LONG JUMP

1. Miltiádis Tentóglou (Gre) 27-6 (8.38) NR (WL) (f, 26-7¼, f, 26-9¼, 27-6, p) (f, 8.12, f, 8.16, 8.38, p);
2. Tobias Nilsson Montler (Swe) 26-9¼ (8.17) PR; 3. Strahinja Jovančević (Ser) 26-4¼ (8.03) NR.

TRIPLE JUMP

1. Nazim Babayev (Aze) 56-8¼ (17.29) PR (55-8¼, f, f, 56-8¼, f, f) (16.97, f, f, 17.29, f, f); 2. Nelson Évora (Por) 56-1¼ (17.11); 3. Max Heß (Ger) 56-1¼ (17.10).

SHOT

1. Michał Haratyk (Pol) 71-½ (21.65) PR (71-½, 69-11¼, 70-3¼, f, f, f) (21.65, 21.33, 21.43, f, f, f); 2. David Storl (Ger) 70-8 (21.54); 3. Tomáš Staněk (CzR) 69-8¼ (21.25).

HEPTATHLON

1. Jorge Ureña (Spa) 6218 (WL) (6.96, 24-3/7.39, 48-2/14.68, 6-9½/2.07, 7.78, 16-4¼/5.00, 2:44.27);
2. Tim Duckworth (GB) 6156 (6.85, 25-6¼/7.79, 42-6¼/12.97, 6-11¼/2.13, 8.16, 16-4¼/5.00, 2:49.44);
3. Ilya Shkurenov (Rus) 6145 (7.18, 25-1¼/7.66, 46-11/14.30, 6-8½/2.04, 8.02, 17-¾/5.20, 2:45.35).

MARK SHEARMAN



In ending Norway's no-winners history, Karsten Warholm equaled the European 400 record at 45.05.

poor throws usually exclude him from deca medal contention outdoors – put together a heptathlon tally of 6218 to win by 62 from Britain's '18 NCAA indoor and outdoor multi-events champ Tim Duckworth.

Euro Indoor Women – Muir Thrills The Locals

by Phil Minshull

GLASGOW, SCOTLAND, March 01-03—The 2019 European Indoor Championships timetable had been set in stone just under 2 years ago, after Laura Muir had done the 1500/3000 double with a pair of championship records at the last Euros in Belgrade and it was a long-range gamble that paid off for the organizers as her wins at the Emirates Arena raised the roof at the end of both the first and last days in Glasgow.

MARK SHEARMAN



Skillful advance planning allowed Laura Muir to thrill the locals in both the 1500 & 3000.

Muir, very much the local heroine, as she had until recently been studying Veterinary Science at the University of Glasgow, eased through her 1500 heat in 4:09.28 early in the Friday evening session before returning to the track 2½ hours later to contest the longer distance which, unlike in the Serbian capital, was being run as a straight final. Her expected main rival, Germany's Portland-based Konstanze Klosterhalfen, had clocked an 8:32.47 NR just two weeks before and tried to take the sting out of Muir's renowned finish by pushing hard from the halfway point.

The list-leading German reached 2K in 5:48.92 and then continued to work hard at the front but she just couldn't shake off the favorite, who took the lead just before the bell and covered the last lap in 28.32 to cross the line in 8:30.61, taking more than 5 seconds off her Belgrade meet record of 8:35.67.

With the benefit of almost two days' rest, Muir was the prohibitive favorite for Sunday's 1500 and fulfilled her role in style in the meet's last individual final on the track. She went into the lead shortly after the gun and then led all the way to the line. Poland's Sofia Ennaoui courageously

tried to stay with her as the pair opened a big gap over the rest of the field but when Muir surged with 2 laps to go, the race was effectively over. Muir went through the last 800 in 2:03.87 and crossed the line in 4:05.92, 25m in front of Ennaoui and although she was just over 3 seconds outside her meet record it was a devastating display that will serve as a warning to the rest of the world ahead of the summer. "I had Plans A, B, C and D," said Muir, after clinching her second gold. "But that was Plan A." Her impressive performance had IAAF President Seb Coe, no mean miler

himself, touting her claims as a 1500 gold medal contender in Doha, after just missing out on the podium in London two years ago when she finished 4th.

The first day also saw Katarina Johnson-Thompson put together a pentathlon tally of 4983, the No. 4 total ever. The Briton produced a hugely consistent high-quality series including jumps of 6-5 (1.96) and 21-5¼ (6.53), but the performance that gave her the most satisfaction was her weakest event, PRing in the shot with a 43-1¾ (13.15). For only

the second time ever indoors, 5 women went better than 4700 in the same competition.

As with Karsten Warholm on the men's side, the focus of attention this summer for Switzerland's Léa Sprunger will be the 400H but without any barriers to bother her in Glasgow she sped to a world-leading 51.61 over 2 laps of the track.

The jumps provided most of the other women's highlights. Two-time defending champion Ivana Španović was behind the Belarusian surprise Nastassia Mironchuk-Ivanova, who had leapt 22-9 (6.93) with her opener, until she flew out to 22-11¼ (6.99) in round 5 for a share of the world lead and her third consecutive title. Former World Junior (U20) TJ champion Ana Peleteiro came of age in the fourth stanza when she bounded out to a Spanish Record 48-4 (14.73) NR and victory by 9 inches.

Two Russian victories came by way of Anzhelika Sidorova, who was flawless up to 15-11 (4.85) before failing three times at a world-leading 16-1¾ (4.92), while Mariya Lasitskene was over 2m for the ninth competition this winter—the rest of the world combined have 5—and won with 6-7 (2.01).

EURO INDOOR CHAMPS WOMEN'S RESULTS

(3/1—1500h, 3K, Pent; 3/2—60, 400)

60 METERS

1. Ewa Swoboda (Pol) 7.09; 2. Dafne Schippers (Hol) 7.14; 3. Asha Philip (GB) 7.15.

400 METERS

1. Léa Sprunger (Swi) 51.61 (WL) (24.53/27.08);
2. Cynthia Bolingo Mbongo (Bel) 51.62 NR (24.75/26.87); 3. Lisanne de Witte (Hol) 52.34 PR.

800 METERS

1. Shelayna Oskan-Clarke (GB) 2:02.58 (60.42/62.16);
2. Renelle Lamote (Fra) 2:03.00 (60.50/62.50); 3. Olha Lyakhova (Ukr) 2:03.24.

1500 METERS

1. Laura Muir (GB) 4:05.92 (14.98, 28.98, 57.58);
2. Sofia Ennaoui (Pol) 4:09.30; 3. Ciara Mageean (Ire) 4:09.43. Heats: I-1. Muir 4:09.29.

3000 METERS

1. **Muir 8:30.61 (WL) (2:56.99, 3:02.08 [5:49.07], 2:41.54) (4:25.65/4:04.96) (2½ hours after 1500h);**
2. Konstanze Klosterhalfen (Ger) 8:34.06; 3. Melissa Courtney (GB) 8:38.22 PR.

60 HURDLES

1. Nadine Visser (Hol) 7.87; 2. Cindy Roleder (Ger) 7.97; 3. Elvira Herman (Blr) 8.00.

4 x 400

1. **Poland 3:28.77 (WL) (Anna Kielbasińska 52.45, Iga Baumgart-Witan 51.41, Małgorzata Holub-Kowalik 52.63, Justyna Święty-Ersetic 52.28);**

2. Great Britain 3:29.55 (Laviai Nielsen 52.67, Zoey Clark 52.34, Amber Anning 53.10, Eilidh Doyle 51.44);
3. Italy 3:31.90 (Raphaella Boaheng Lukudo, Ayomide Folorunso, Chiara Bazzoni, Marta Milani).

HIGH JUMP

1. Mariya Lasitskene (Rus) 6-7 (2.01) (6-1½, 6-3¼, 6-4¼, 6-5½, 6-6¼, 6-7 [2], 6-8¾ [xxx]) (1.87, 1.91, 1.94, 1.97, 1.99, 2.01 [2], 2.05 [xxx]); 2. Yuliya Levchenko (Ukr) 6-6¼ (1.99); 3. Airinė Palšytė (Lit) 6-5½ (1.97).

POLE VAULT

1. Anzhelika Sidorova (Rus) 15-11 (4.85) (14-11, 15-7, 15-9, 15-11, 16-1¾ [xxx]) (4.55, 4.75, 4.80, 4.85, 4.92 [xxx]); 2. Holly Bradshaw (GB) 15-7 (4.75); 3. Nikoléta Kiriakopoulou (Gre) 15-3 (4.65).

LONG JUMP

1. Ivana Španović (Ser) 22-11¼ (6.99) (=WL) (22-7¾, 22-¾, 22-¾, 22-3, 22-11¼, p) (6.90, 6.72, 6.80, 6.78, 6.99, p);

2. Nastassia Mironchuk-Ivanova (Blr) 22-9 (6.93) PR (22-9, f, 22-7¼, 22-2½, f, f) (6.93, f, 6.89, 6.77, f, f); 3. Maryna Bekh-Romanchuk (Ukr) 22-5¼ (6.84).

TRIPLE JUMP

1. Ana Peleteiro (Spa) 48-4 (14.73) NR (f, f, 47-9¼, 48-4, f, f) (f, f, 14.56, 14.73, f, f); 2. Paraskeví Papahristou (Gre) 47-7 (14.50) PR; 3. Olha Saladukha (Ukr) 47-5¼ (14.47).

SHOT

1. Radoslava Mavrodieva (Bul) 62-8¾ (19.12) PR (61-5¾, 60-8, 61-¼, 62-4½, 62-8¾, 62-2½) (18.74, 18.49, 18.60, 19.01, 19.12, 18.96); 2. Christina Schwanitz (Ger) 62-8½ (19.11) (61-7, 61-3, 62-8½, f, f, 61-9½) (18.77, 18.67, 19.11, f, f, 18.83); 3. Anita Márton (Hun) 62-4 (19.00) (60-3¼, 59-10½, 62-4, 61-3½, 60-6½, 61-¾) (18.37, 18.25, 19.00, 18.68, 18.45, 18.61).

PENTATHLON

1. **Katarina Johnson-Thompson (GB) 4983 (WL) (x, 6 W) (8.27, 6-5/1.96, 43-1¾/13.15, 21-5¼/6.53, 2:09.13);**

2. Niamh Emerson (GB) 4731 PR (8.54, 6-1½/1.87, 45-8½/13.93, 20-7¾/6.29, 2:12.56); 3. Solène Ndama (Fra) 4723 =NR (8.09, 5-10/1.78, 46-8¼/14.23, 20-4½/6.21, 2:11.92).

Men's Indoor Athlete Of The Year – Yomif Kejelcha

KEVIN MORRIS



Yomif Kejelcha's mile record led to a scoreboard full of fast times.

IN A TIGHT-TIGHT DECISION which even found one member of our panel lobbying for a tie, Yomif Kejelcha has been chosen as our '19 Men's Indoor Athlete Of The Year over Samuel Tefera. In a battle of recordsetting Ethiopian milers, Tefera won the battle but Kejelcha won the war.

Tefera, still just 19, took their single head-to-head meeting, setting a World Record 3:31.04 in [Birmingham](#) as Kejelcha, 21, moved to No. 3 on

the all-time list at 3:31.58. That was Kejelcha's only loss of the season, while Tefera subsequently went on to suffer a defeat at the hands of another teenager, Norway's Jakob Ingebrigtsen.

Prior to their head-to-head, Kejelcha had missed the mile WR by an excruciating 0.01 at [Millrose](#). He wrapped up his season in a planned record attempt in Boston, being successful with his 3:47.01. "Finally! I can't imagine a better way to complete this indoor season," he said.

Statisticians compare 1500 and mile times with a multiplier of 1.08, which produces a 3:47.93 equivalent for Tefera's 3:31.04m. Using that rubric, overall Kejelcha's marks would be Nos. 1, 5 & 6 on an all-time list, with Tefera owning just No. 2. All of which added up to our narrow nod to Kejelcha.

Honorable Mention: hurdler Grant Holloway (US), middle-distance runner Donavan Brazier (US), putter Ryan Crouser (US) and vaulters Sam Kendricks (US) & Piotr Lisek (Poland).

Holloway's American Record 7.35 in the hurdles moved him to No. 3 on the all-time list and he also had a significant impact on the yearly 60 and LJ lists. Holloway set a "World Record" in the little-run 600 (1:13.77) and moved to No. 5 on the all-time 800 list at 1:44.41. Crouser's 73-3/4 (22.33) moved him to No. 4 on the all-time list (with the No. 4 performance) and he also produced the No. 10 performance ever, 72-10 1/4 (22.22). Co-world leaders Kendricks and Lisek ended up at 19-5 1/2 (5.93) and split their 6 meetings 3-3.

This Century's Indoor Athletes Of The Year

Looking at the men's Indoor AOYs since the '00 campaign you might be surprised to find that no pure miler was a winner until Yomif Kejelcha this time around. Our last 20 No. 1s:

Year	AOY	Event(s)	Year	AOY	Event(s)
2019	Yomif Kejelcha (Ethiopia)	mile	2009	Steve Hooker (Australia)	pole vault
2018	Christian Coleman (US)	60	2008	Christian Cantwell (US)	shot
2018	—Coleman	60	2007	Kenenisa Bekele (Ethiopia)	distances
2016	Renaud Lavillenie (France)	pole vault	2006	Reese Hoffa (US)	shot
2015	—Lavillenie	pole vault	2005	Wallace Spearmon (US)	200
2014	—Lavillenie	pole vault	2004	Christian Olsson (Sweden)	triple jump
2013	—Lavillenie	pole vault	2003	—Olsson	triple jump
2012	Ashton Eaton (US)	heptathlon	2002	Jeff Hartwig (US)	pole vault
2011	Teddy Tamgho (France)	triple jump	2001	Yuriy Borzakovskiy (Russia)	800
2010	Dayron Robles (Cuba)	hurdles	2000	Wilson Kipketer (Denmark)	800

Women's Indoor Athlete Of The Year – Mariya Lasitskene



Another sterling set of high clearances gave Russia's Mariya Lasitskene a repeat AOY appearance.

IT'S ALWAYS TOUGH to choose between/among athletes who have options in multiple events (generally speaking, tracksters) and those with only one (fieldsters). Such was the case this year, with the selection panel wrestling with a

choice between 1500/mile/3000/5000 star Laura Muir and high jumper Mariya Lasitskene. By a very narrow margin, the defending champ Russian was given the nod over the Scot, who won in '17.

Lasitskene may have had only a single event, but she was a workhorse, jumping in no fewer than 10 meets, winning 9 of them. She equaled her PR of 6-8¼ (2.04), good for =No. 8 on the all-time list. Overall, she put up yearly performances

1, 2, =3, =3, =6, =6, =6, =6. The world as a whole put up 14 meets over the classic 2m (6-6¾) barrier; she owned 9 of them.

Muir was almost as busy running 9 times in 6 meets. She ended up No. 5 on the 800 list (1:59.50), No. 2 in the 1500 (4:01.84), No. 1 in the mile (4:18.75) and No. 1 in the 5000 (14:52.02), losing only in her single 800.

Honorable Mention: Katarina Johnson-Thompson of Britain, who put up the No. 6 pentathlon score ever, 4983, and undefeated (8 for 8) Russian vaulter Anzhelika Sidorova, whose 16-1¼ (4.91) moved her to =No. 4 on the all-time list.

Previous Women's Indoor Athletes Of The Year

Mariya Lasitskene has become the latest in a long string of repeat winners as Women's Indoor AOY. Meseret Defar and Yelena Isinbaeva each led 3 times, and previous pairs belong to Genzebe Dibaba, Svetlana Feofanova & Stacy Dragila. Vaulters have been the most successful in the AOY department this century, capturing 8 of 20 titles:

Year	AOY	Event(s)
2019	Mariya Lasitskene (Russia)	high jump
2018	—Lasitskene	high jump
2017	Laura Muir (Great Britain)	distances
2016	Genzebe Dibaba (Ethiopia)	distances
2015	Katarina Johnson-Thompson (Great Britain)	jumps/pentathlon
2014	—Dibaba	distances
2013	Jenn Suhr (US)	pole vault
2012	Yelena Isinbaeva (Russia)	pole vault
2011	Antonietta Di Martino (Italy)	high jump
2010	Blanka Vlašić (Croatia)	high jump
2009	—Isinbaeva	pole vault
2008	Meseret Defar (Ethiopia)	distances
2007	—Defar	distances
2006	—Defar	distances
2005	—Isinbaeva	pole vault
2004	Tatyana Lebedeva (Russia)	long/triple jumps
2003	Svetlana Feofanova (Russia)	pole vault
2002	—Feofanova	pole vault
2001	Stacy Dragila (US)	pole vault
2000	—Dragila	pole vault
2000	Wilson Kipketer (Denmark)	800

U.S. Men's Indoor Athlete Of The Year — Donovan Brazier



Donovan Brazier's 4 quick laps at Millrose yielded an American Record 800 of 1:44.41.

IT WAS TOUGH TO TOP do-everything collegian Grant Holloway, but Donovan Brazier did, setting an American Record 1:44.41 in the 800, and for good measure running the fastest 600 (1:13.77) in world history.

Honorable Mention: putter Ryan Crouser, vaulter Sam Kendricks & the ubiquitous Holloway. Crouser's 73-3¼ (22.33) moved him to No. 3 on the all-time U.S. list (with the No. 3 performance) and he also produced the No. 5 performance ever, 72-10¾ (22.22). Co-world leader Kendricks ended up at 19-5½ (5.93). As for Holloway, his 7.35 AR in the hurdles moved him to No. 3 on the all-time world list and he also had a significant impact on the yearly 60 and LJ lists.

Previous U.S. Men's Indoor Athletes Of The Year

With 2-time top U.S. man Christian Coleman not competing this indoor season, the door was left wide open for a new face. Donovan Brazier ably filled the top slot:

Year	AOY	Event(s)
2019	Donovan Brazier (Nike)	600/800
2018	Christian Coleman (Nike)	60
2017	—Coleman (Tennessee)	60/200
2016	Ashton Eaton (Oregon TC)	heptathlon
2015	Matthew Centrowitz (Nike Oregon Project)	mid-distances
2014	Ryan Whiting (Nike)	shot
2013	Galen Rupp (Nike)	distances
2012	—Eaton	heptathlon
2011	—Eaton	heptathlon
2010	Christian Cantwell (Nike)	shot
2009	Bernard Lagat (Nike)	distances
2008	—Cantwell	shot
2007	—Lagat	distances
2006	Reese Hoffa (New York AC)	shot
2005	Wallace Spearmon (Arkansas)	200
2004	Allen Johnson (Nike)	hurdles
2003	Justin Gatlin (Nike)	60
2002	Jeff Hartwig (Nike)	pole vault
2001	Lawrence Johnson (adidas)	pole vault
2000	Matt Hemingway (US West)	high jump

U.S. Women's Indoor Athlete Of The Year — Ajee' Wilson



The world leader in both the 800 & 1000, Ajee' Wilson set an American Record in the former.

HER AMERICAN RECORD 1:58.60 in the 800—which also ended up as the yearly world leader—was the topper for Ajee' Wilson, but she solidified her claim with a world-leading kilo (2:34.71, missing the AR by just 0.52) and a 600 win at 1:25.91 (the No. 10 U.S. performance ever). She also had a back 800 time of 1:59.26, the world's No. 3 performance on the season.

Honorable Mention: vaulter Lexi Jacobus, triple jumper Keturah Orji and miler Colleen Quigley. Jacobus moved to No. 9 on the all-time U.S. list with her 15-4¼ (4.68), Orji claimed the No. 2 American mark ever with her 47-9 (14.55) and Quigley's 1500 of 4:06.16 made her No. 8 ever and her 4:22.86 mile raised her to No. 10. Special mention, too, to Tori Franklin, who despite losing to Orji at USATF earlier stole her AR with a 47-9¼ (14.57) jump.

Previous U.S. Women's Indoor Athletes Of The Year

With 2-time top U.S. man Christian Coleman not competing this indoor season, the door was left wide open for a new face. Donovan Brazier ably filled the top slot:

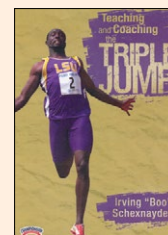
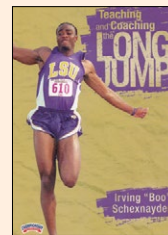
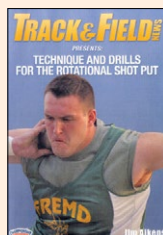
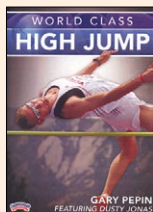
Year	AOY	Event(s)
2019	Ajee' Wilson (adidas)	600-1000
2018	Keni Harrison (adidas)	hurdles
2017	Gwen Berry (Nike)	weight
2016	Jenn Suhr (adidas)	pole vault
2015	Shannon Rowbury (Nike Oregon Project)	distances
2014	Francena McCorory (adidas)	400
2013	—Suhr	pole vault
2012	Chaunté Lowe (Nike)	high jump
2011	—Suhr	pole vault
2010	Lolo Jones (Asics)	hurdles
2009	—Suhr	pole vault
2008	Angela Williams (Nike)	60
2007	Shalane Flanagan (Nike)	distances
2006	Lisa Barber (adidas)	60
2005	Erin Gilreath (New York AC)	weight
2004	Gail Devers (Nike)	60/60H
2003	—Devers	60H
2002	Nicole Teter (Farm Team)	800
2001	Stacy Dragila (Reebok)	pole vault
2000	—Dragila	pole vault

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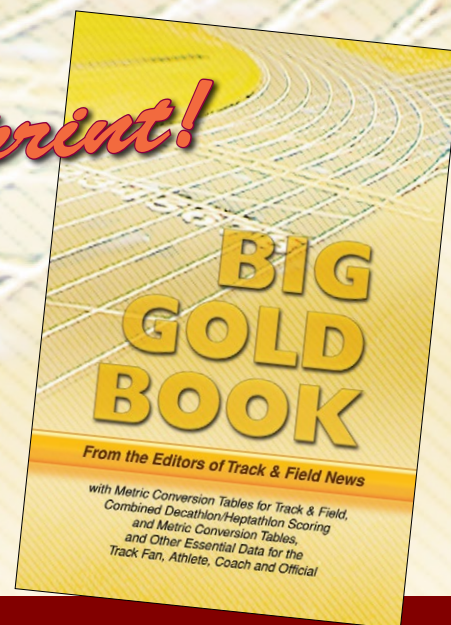
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U.S. Collegiate Men's Indoor Athlete Of The Year — Grant Holloway

ERROL ANDERSON/THE SPORTING IMAGE



A national record in the hurdles was just part of Grant Holloway's all-around excellence.

GRANT HOLLOWAY'S FINGERPRINTS were all over the NCAA Championships, making him a slam-dunk choice. He didn't just win a 60/60H double (6.50 AL & 7.35 AR), the Gator junior also added a 3rd in the long jump and relayed 45.99. The 7.35 was also a Collegiate

Record, breaking his own 7.42 from last year. Honorable Mention: Tyrell Richard (South Carolina State), Morgan McDonald (Wisconsin), Mondo Duplantis (LSU) & Payton Otterdahl (North Dakota State). Duplantis (19-5/5.92 pole vault) and Otterdahl (71-6³/₄/21.81 shot)

claimed Collegiate Records, while Richard moved to No. 4 on the all-time collegiate list in the 400 (44.82) and McDonald scored a 3000/5000 double at Nationals. Otterdahl also won the NCAA weight (79-1¹/₄/24.11) and rose to No. 4 collegian ever.

Previous Collegiate Men's Indoor Athletes Of The Year

Grant Holloway is the second Florida Gator ever to win here, following horizontal jumper Will Claye in '11. Our last 20 No. 1s:

Year	AOY	Event(s)
2019	Grant Holloway (Florida)	60/60H/long jump
2018	Michael Norman (USC)	400
2017	Christian Coleman (Tennessee)	60/200
2016	Ryan Crouser (Texas)	shot
2015	Shawn Barber (Akron)	pole vault
2014	Edward Cheserek (Oregon)	distances
2013	Lawi Lalang (Arizona)	distances
2012	—Lalang	distances
2011	Will Claye (Florida)	long/triple jumps
2010	Ashton Eaton (Oregon)	heptathlon

Year	AOY	Event(s)
2009	Galen Rupp (Oregon)	distances
2008	Ryan Whiting (Arizona State)	shot
2007	Chris Solinsky (Wisconsin)	distances
2006	Xavier Carter (LSU)	400
2005	Wallace Spearmon (Arkansas)	200
2004	Alistair Cragg (Arkansas)	distances
2003	—Cragg	distances
2002	Miguel Pate (Alabama)	long jump
2001	Jannus Roberts (SMU)	shot
2000	Terrence Trammell (South Carolina)	60/60H

U.S. Collegiate Women's Indoor Athlete Of The Year — Lexi Jacobus

KIRBY LEE/IMAGE OF SPORT



Arkansas senior Lexi Jacobus moved to No. 2 on the all-time collegiate list with her 15-4¼ (4.68).

SHE DIDN'T QUITE claim the Collegiate Indoor Record, but Lexi Jacobus did get the low-altitude version, clearing 15-4¼ (4.68) to win the SEC with the second-highest height ever. The Arkansas senior had earlier cleared an altitude-aided 15-3½ (4.66) for what is now the =No. 4 collegiate clearance ever. She was

undefeated by collegians.

Honorable Mention: Kayla White (North Carolina A&T), Danae Rivers (Penn State), Sade Olatoye (Ohio State), Michelle Atherley (Miami), NCAA champs all. White won the 200 in world-leading time (22.66) and added a runner-up finish in the 60H. The 800 winner,

Rivers didn't have the year's fastest time there, but did top the 1000 (2:38.58 CR), 1500 (4:11.24 for No. 6 all-time) and mile (4:29.47 for No. 10 ever). Olatoye climbed to No. 3 all-time in the weight (80-3/24.46) and also took 6th in the NCAA shot. Atherley became No. 7 ever in the pentathlon with her 4547.

Previous Collegiate Women's Indoor Athletes Of The Year

Although the pole vault has been the World Women's AOY event of choice this century, with 8 of 14 titles, Lexi Jacobus is only the second collegiate winner to be a fiberglass adept. Coincidentally, the only other vault AOY was also a Razorback, Tina Šutej in '11. The last 20 winners:

Year	AOY	Event(s)
2018	Keturah Orji (Georgia)	long/triple jumps
2017	Raven Saunders (Mississippi)	shot
2016	Kendell Williams (Georgia)	pentathlon
2015	Remona Burchell (Alabama)	60
2014	Phyllis Francis (Oregon)	400
2013	Brianna Rollins (Clemson)	hurdles
2012	Brianne Theisen-Eaton (Oregon)	pentathlon
2011	Tina Šutej (Arkansas)	pole vault
2010	Francena McCorory (Hampton)	400
2009	Jenny Simpson (Colorado)	distances
2008	Bianca Knight (Texas)	60
2007	Natasha Hastings (South Carolina)	400
2006	Marshevet Hooker (Texas)	60/long jump
2005	Tianna Bartoletta (Tennessee)	50/long jump
2004	Kim Smith (Providence)	distances
2003	Elva Goulbourne (Auburn)	long/triple jumps
2002	—Goulbourne	long/triple jumps
2001	Angela Williams (USC)	60
2000	Keisha Spencer (LSU)	triple jump

T&FN Interview — Donovan Brazier

KIRBY LEE/IMAGE OF SPORT



The 3 fastest laps ever run gave Donovan Brazier the USATF Indoor 600 title.

by Sieg Lindstrom

FROM THE SIDELINES of the '18 outdoor season, Donovan Brazier bounced back with a record-setting indoor campaign this winter, taking down the 800 AR and the WR in the 600, surpassing his own expectations before the year began as he became our *American Men's Indoor Athlete Of The Year*. Ever since the Michigan native broke the American Junior Records in his specialty event as a Texas A&M frosh, he has been a 2-lapper full of promise. Brazier moved fast in that Olympic year, running faster than the indoor AJR in January and surpassing Jim Ryun's outdoor U20 standard on its 30th birthday at the NCAA Champs. Brazier turned pro immediately and despite flashes of brilliance—notably missing Johnny Gray's indoor 800 AR by 0.01 last year—is among the first to admit he often ran himself into frustration: not his day for the '16 Olympic Trials heats and ditto for the '17 World Champs semis, not to mention being DQed from his '18 World Indoor heat.

Then an Achilles injury took him out of the running for all of last spring and summer. As sponsor Nike steered Brazier to medics for help, he rubbed shoulders with the swoosh company's Oregon Project team and decided to join them under coach Pete

Julian. The NOP's middle distance group is full of aces—Rio medalist Clayton Murphy, Craig Engels, Eric Jenkins—and Brazier opted to throw his hat in their ring. He got a very late start on training for '19 but produced his best winter season yet.

We reached him in College Station after his under-recover campaign wound up, getting in a patch of R&R before the buildup for outdoors.

T&FN: It's striking that you ran the AR with a very different tactic, taking it out from the gun, than you used to almost break the AR last year. Why did you make that choice?

Brazier: I knew I could break it. I just think the American Record indoors has never really been anything crazy. That's because if you look back at Johnny Gray and Mark Everett and all those guys that used to run indoors, they never really took it this seriously, let alone being able to run on a 200m track a lot of times. So I think that just kind of put it in the back of my mind last year. Coming within a 10th of a second three different times without achieving it really hurt. So I really kind of wanted to get the monkey off my back this indoor season.

T&FN: That makes sense. Our colleague Jeff

Hollobaugh, who lives in Michigan, pointed out that your signature racing strategy in high school was the big kick, hanging back early to win with a hard finish. You've stuck closer to the front as a collegian and pro, and for the AR Millrose you front-ran. What are your thoughts on tactics?

Brazier: I think when you're in good enough shape, you're in good enough shape. In high school when you're just kind of a level above everybody—which I kind of was—just because of the talent you have in your area, it's easy to kind of run whatever it takes to get to the final. Then comes college and you're running against competitive guys and in order to beat them you have to run fast, you have to kind of run it your way.

But I'm learning after joining the Oregon Project and learning the way that they race, that Coach Julian doesn't want me to be predictable as a racer. He wants to give me the confidence of knowing that I can win from any place I am, from whatever position I am in the race—that I just can't panic like I've been known to do in the past. Especially through the preliminary rounds where I've sat when I'm in the right position. Sometimes I'd feel like I was just kind of out of the race from the get-go. There's kind of been

more strength [work] that we're doing there, just knowing that I have the ability to run out front alone as well as just run from the back. It kind of works out in any way.

I think that the new thing with me—the first meet I ran this year [a 600 at Texas A&M], I was in 3rd-place [through the first 200 and well into the second lap] and that was kind of different for me, especially when we didn't have a rabbit in the race. The idea behind that was just to be able to run in different ways. I think when you have different weapons and you have all kinds of different ways to race and maneuver it makes you more unpredictable. I just don't want to be a predictable runner like I used to be.

T&FN: Did getting past the Achilles injury—I saw you in mid-October and you said you were still struggling (October '18 video interview here)—limit what you were able to do and the time you had to prepare for indoors?

Brazier: The Achilles thing was kind of weird. Once I had the Achilles problem it just kind of spread throughout my lower leg and down and all. So if one thing got fixed, something else was off. So if my Achilles was on, my ankle was off. My flexor hallucis longus [a muscle in the foot] was kind of irritated through that whole thing. I finally just kind of told myself, I finally stopped doing all this treatment on it. Guys were being aggressive on it, guys were always digging into it talking about how, "I know how to fix it." That kind of hurt me. Your body knows how to heal itself and I finally gave it a lot of time to heal itself. Your body doesn't want to become limp and not know how to recover. Your body can recover itself but I just never gave it the right amount of time or did it the proper way. I finally did that come later in the year.

In 2018 even after the season at some point I was thinking, "Hey, I might run the 5th Avenue Mile," so I was always trying to train hard. Running on concrete and everything that was bad for it, I was doing it just in the hopes that I'd be able to run later on in the season. Which was

Donavan Brazier In A Nutshell

Personal

Donavan Lee Brazier was born April 15, 1997, in Grand Rapids, Michigan; 6-2/165 (1.88/75)

Schools

Kenowa Hills HS (Grand Rapids, Michigan); Texas A&M '16; Nike '2016–18; Nike Oregon Project '18–present

Coaches

Kevin Winne high school; Pat Henry & Alleyne Francique (Texas A&M and pro); Pete Julian (Nike Oregon Project). Agent: Mark Wetmore

Major Meets

800—1)New Balance HS Nationals '14; 1)Brooks PR Inv, dq) USATF Jr '15; dnf)NCAA Ind, 1)NCAA, 4h)OT '16; 1)USATF; 7sf) WC '17; 1)USATF Ind, dq-h)WIC '18
600—6)USATF Ind '17; 1)USATF Ind '19

PRs

400—46.91i (45.75r); 600—1:13.77i WIR; 800—1:43.55 (1:44.41i AIR); 1000—2:21.79i; Mile—3:59.30i

World/U.S. Rankings

800: '16—x/4; '17—9/1

The 600 Is A Nice Change Of Pace

Indoors, if you can have 1-lap (200m) 2-lap (400m) and 4-lap (800m) races on a standard 200m track, why not add some spice to things by contesting the occasional 3-lapper? Donovan Brazier's 1:13.77 to win USATF was not only the fastest in indoor history, it has also been bettered outdoors by only 6 men.

T&FN: With the changed-up USATF Indoor event slate in years without a World Indoors there are more 600s on the indoor schedule again. You ran two finals and a USATF heat this year. Do you find that to be valuable for your 800 preparation?

Brazier: I think it is. They're two totally different races. It's hard to go at both with the same plan. But I like that USATF puts it on, and having the 6 and the 1000. So you're really not pulling all the talent into the same event. So if this year they'd had an 800, Clayton [Murphy] and I both would have run that. So it's kind of nice that they started out that way. You get 400 guys, too, that move up. So that and the 1000 are a nice in-between for a lot of events.

T&FN: Is the 600 fun to race?

Brazier: Yeah, it's worked out for me so far. The first time I did it indoors two years back it was a complete failure but this time it worked out pretty well.

really stupid, when you think about it. I kind of just took a move in October and November and coach Julian was like, "What are you training so hard for right now? What are you doing? Worst case, if you're not fit for indoors, you miss indoors, that's not the worst thing in the world." He just kind of explained it to me and we finally took our time with things and I just gave myself about a 1-month period in November: "OK, on December 1st I'm gonna start to run."

I think I took all of November off, not doing anything but cross-training. All the way from June, July all the way up to October, everything between there just wasn't really helping. So I finally took a 4–5 week period. Once I did that I think kind of building up the strength in my lower limb helped.

T&FN: So you started running in early December and ran your first race, that 600 at A&M, on January 19. That's a rather abbreviated training period but everything from then on went well.

Brazier: Yeah, it worked out pretty good. Better than I think we expected and anticipated because at first we were just running these meets to see how my Achilles would respond to it, but eventually we saw that my Achilles and my ankle were fine and we just took it step by step. At first it was the A&M meet, then Boston, then Millrose, and we decided to run USAs. In the 4 weeks leading up to USAs we weren't even planning on running it. There was just kind



When it comes to a little R&R, Brazier is a big fan of fishing.

of a domino effect. I'd attribute that to the warm weather and the camp that we did out in Phoenix. I think that helped a lot.

T&FN: You were in Phoenix. Did you spend any time at altitude?

Brazier: No, we don't really do altitude. For 800m runners it really doesn't benefit as much. Pete Julian and some of us were in Phoenix and the rest of the guys were still in Portland. Suguru [Osako, the marathoner] was out in Flagstaff and Eric Jenkins, Craig Engels and myself were out in Phoenix training.

When it comes to a little R&R, Brazier is a big fan of fishing.

T&FN: So what's next?

Brazier: I'm actually going to take a fishing

trip down in Corpus Christi. Any time after that I'll probably head back up to Portland. Just because we have all the resources up there. That's our base, our headquarters. I'll probably head back up after a week or two.

T&FN: Will you be deep ocean fishing?

Brazier: Yeah, for the first time I'll do some ocean fishing on a friend's boat out there so that should be fun.

T&FN: What fish are around to be caught this time of year, do you know?

Brazier: Dude, that's the thing I don't know. I'm just a Michigan boy so I've never even fished areas where the fish are that plentiful. I have been down to Clearwater before, in Florida. We'd fish off the pier, we catch all sorts of things like jackfish and sea trout and all these other fish, but every time we catch something I'm just not familiar with it.

T&FN: One's supposed to ask fishermen, what's the biggest fish you've ever caught?

Brazier: Everybody asks me. I feel like it's a really disappointing answer every time. It's probably a 3-foot catfish off the channels of Lake Michigan. It's pretty fun fishing.

T&FN: Good eating, too?

Brazier: Oh, yes, definitely. You gotta fry 'em, they're really good.

T&FN: You're a hunter as well, yes?

Brazier: I did all sorts of hunting growing up: Squirrel, rabbit, deer. Duck, I got into that lately.

T&FN: With this season running as late as it will, I can imagine getting some down time right now is really important.

Brazier: Yeah, with them switching up USAs a whole month back, it really does change everything. You can't really just transition from indoor to outdoor season the way you usually do. Pete, the coach at the Oregon Project, he recognizes that and he just kind of said, "Even if you don't physically feel tired, you'll mentally feel tired and it's good to take a break." Just in case, because we have time to get into fit racing shape again.

T&FN: Setting a World Record in almost anything must be rewarding. Which of your races this winter are you most proud of?

Brazier: Probably my 600 at A&M. Because I hadn't raced in almost a year at that point and I had good competition. I had Deon Lendore, he's a [400] bronze medalist in 2012. Carlton [Orange] was in good shape and JaQwae [Ellison], both were my roommates. I didn't really know what kind of shape I was in. I really didn't have much track training or sessions down. So it was kind of going into it blind and coming out the other end good. I knew it was going to be a good season, and my Achilles held up. I was really happy with that because I know if my body's right and my mind's right, everything else is going to fall into place. So all the other stuff that happened later was kind of just meant to happen at that point.

T&FN: With your only regret being not beating Saruni, do you think there's anything you could or should have done differently?

Brazier: I think it's just heart and lungs. They were not where they needed to be at the time. He's a guy I think that was more fit and had better training than I at the time. I definitely would think

How Close Is Brazier To The American Record Outdoors?

Donovan Brazier's 1:43.55 PR, from the '16 NCAA, is about a second off Johnny Gray's 1:42.61 AR. What does he think he needs to do to reach it?

Brazier: Just focus on running to win, I think. I think the whole time thing's just messed up my head at some points, just freaked me out at mid-races sometimes, just knowing I'm not going to hit the time or I do hit the time and I'm feeling bad. Or I don't hit the time and I'm feeling good. Sometimes I tend to freak out a little bit, but I've told myself, "I just have to be in a position to win it," and focusing on that rather than time, I think everything else will kind of fall into place.

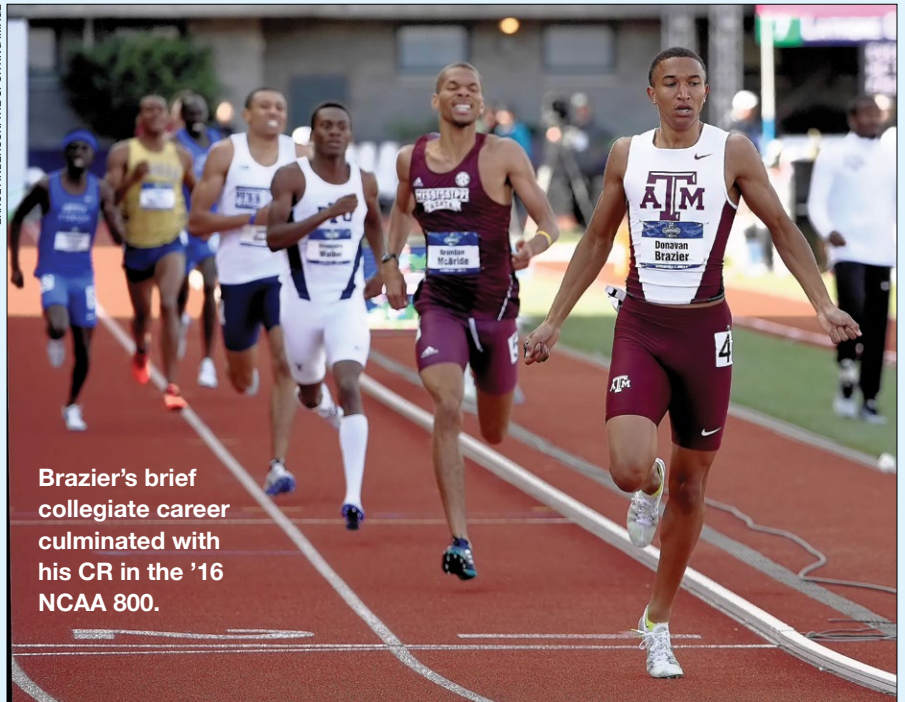
T&FN: Did that immense early success, breaking Jim Ryun's American Junior Record as a frosh, put time first and foremost in your head for a while?

Brazier: Yeah, I think for the longest time I just felt like every time I stepped on the track I should be able to run that, my body's capable of running that, if I don't run that then I'm doing something wrong. But I just need to build up to it, get there just by getting there. You've got to trust the process and trust the training. That's what I'm doing, I've put my trust in NOP.

T&FN: Is training with the NOP really different from what you did previously, especially being in a fully professional environment?

Brazier: Yeah, I think it's different for sure because the guys are so confident in their training. I think that comes along with anybody [at this level]. They kind of just know when to train hard and when not to train hard. When you're in a group with people that are trying to prove themselves, make teams and make relays and show off for the coaches every day, it can kind of get very exhausting and people tend to burn out that way.

ERRIL ANDERSON/THE SPORTING IMAGE



Brazier's brief collegiate career culminated with his CR in the '16 NCAA 800.

T&FN: Do Alleyne Francique and Pete Julian differ in the way they talk with you as an athlete?

Brazier: Yeah, I think Pete's more of a gentle coach when it comes to aggressiveness and how he tries to train you and the intensity of it in workouts. Francique, when I was training with him at A&M, was always trying to incorporate speed into every single day. So I was doing strides every day while I was there. It was on the grass but they were pretty fast. The thing with coach Julian at NOP is that my speed is there, I don't need to bust my butt every day trying to work on that. What I didn't realize is that the days when we're doing stuff on our own, on an easy miles day I'd do some hard 150s afterwards, and he didn't know I was doing that for the longest time. When he saw that, he was like, "What are you doing?" I was like, "I'm doing some strides or some 150s." He was like, "No, stop doing that." He gets mad sometimes when I try to incorporate speed into every day. He says he just needs my body to rest more.

T&FN: That's probably wise with a long pro season for staying healthy and fresh.

Brazier: Yeah and the thing is when I was doing it I'd think, "OK, I'm gonna run like crap this indoor season." But I said, "All eggs in one basket at this point. I'm gonna listen to coach Julian, I'm going to do whatever he tells me to do," and it ended up working out [indoors]. I really didn't anticipate it would work out as well as it did. At first I was like, "I told you what I need to do," but I've been trusting him with the training and it's been going real well so I'm excited to see what we can do outdoors.

Brazier & Kejelcha Clubmates, But Not Training Mates

Indoor mile WR-setter Yomif Kejelcha trains with the Nike Oregon Project, so is nominally a clubmate of Donovan Brazier's, although Kejelcha is coached by Alberto Salazar and Brazier by Pete Julian. Still, the question had to be asked.

T&FN: Have you trained at all with Kejelcha?

Brazier: No, that's definitely not a thing for me. I mean they'll go 8M and he's at 5:50 pace. That's like my tempo pace and I only go half the distance. His strength is just really incredible. I never cross paths with him when it comes to training.

T&FN: I guess I'm wondering if you've seen him do amazing things in training?

Brazier: Yeah, I've seen the man bust out 24-second 200 repeats. He's doing all this mileage and running all these distances and he's still able to drop 24-seconds on his 200 repeats. That's kind of incredible.

I have potential to beat him but so far I haven't really shown that much. I would have liked that meet to have been it. But I know that if he would have taken it out, the result would have been the same. So to run any differently, I'd say not, but do I wish I would have beat him? Yeah. But to beat him I think I would have had to rise above.

T&FN: Do you and your NOP teammate Clayton Murphy train together much?

Brazier: Just in general we haven't done much training together because I've been hurt for the majority of the time I've been with NOP. But [more recently] on days I wasn't training on the track we did our long runs together and we got in a few track sessions together, and it looks like we're going to keep on doing that throughout this season now that everything's going well.

T&FN: I guess the story will unfold going forward, but you have a reputation as a speed-oriented 800 guy and a relatively low-mileage trainer with Clayton more of a traditional 800/1500 runner. You've run a sub-4 mile so the distinction may be overstated, yet Clayton ran some impressive college cross country over 8K. Are your training programs quite different?

Brazier: Yeah, sure. I still don't really count my mileage to this day, but I'm sure he's run more mileage than me. I'm actually positive about that.

T&FN: Are you finding you mesh well with the NOP group?

Brazier: Yeah, it's going really well. I like these camps a lot. We come home to each other and we have long runs together nearly every single day, so I think being around them in the camps we're really able to focus and have no distractions.

T&FN: When you're not training or recovering, do you hang out? Any recreational activities to break up the days?

Brazier: What do we do to entertain ourselves? Anything we think won't hurt our running. We have tennis courts and pools, all that fun stuff, so it kind of seems more like a resort than an apartment complex at some points. But it was fun. Craig got me into disc golf, throwing the frisbee and it was really fun.

T&FN: Craig's vintage Toyota camper's gotten some press lately. Did that make the trip to Phoenix?

Brazier: Yeah. He has, I think a 1989 Dolphin is what it's called. It's a piece of crap, honestly I think, but it runs and it made it all the way down from Portland to Phoenix, and Pete would take it to Flagstaff and back, and we'd go wherever we needed to go in it. It's not my style but it was pretty fun; it's definitely Craig's.

T&FN: What's your style for transportation?

Brazier: I've got a Silverado, actually, a Silverado 1500. That's my kind of stuff, more outdoorsy, but you won't catch me around an '89 Dolphin RV.

T&FN: Some people posit that the 800 is the most demanding race in a tactical sense, with the least room for error. Do you agree?

Brazier: Yeah, I agree with that. It's the hardest race tactically but not painfully. The reason for that is it's the shortest that's not a sprint and it's the shortest race where you don't have your own lane. You can get caught up in between people. I'd agree it's the hardest tactical event, I don't think it's the most painful. And there's less room for error, too, in the 800 as opposed to the mile. In the

1500 you've got 3 minutes or 3:30 to make it up. But at 800 speed it's kind of hard to make it up.

T&FN: Do you have any aspirations as a miler?

Brazier: To compete, I don't think I'll ever get to the 1500 but just to incorporate that into my training I'm sure I'll run some 1500s this year along with some 400s. I'll probably run a 1500 and a 400 before I even open up in the 8.

T&FN: Do you have any idea when you might run those races?

Brazier: If I had to guess, I'd say maybe Payton Jordan at Stanford. The NOP guys like to hop down there real quick because it's close to Portland, a quick flight. I'm sure Clayton and Craig will be in it and maybe Eric if he's healthy.

T&FN: What do you see as the most important thing you want to accomplish this season?

Brazier: I think what I want to accomplish the most is just making the transition from trying to be this frontrunner that always wants to run fast and just always relies on running fast to win into this runner that can be tactically savvy and win any way. I think that would be a huge improvement. And I haven't run an outdoor race in year and a half. My last outdoor race was London [the World Championships semis]. I took the entire outdoor season off last year so I think I'm really just here to compete this year and I want to make the transition as smooth as possible.

T&FN: Assuming you make the Worlds team, do you have any idea what you'll do between USATF in late July and Doha 2 months later?

Brazier: I don't know. I know they have Pan-Ams this year and the selection process that they have this year is that the top 2 times will have the opportunity to decide if they want to declare in it or not. So if I get the opportunity to run Pan-Ams I might do that but that's something I haven't even talked much about with coach Julian. But when he mentioned it I think he kind of liked it. When you are focused on trying to win a gold medal at Worlds you don't want to over-race yourself. Especially with the season so late, you want to make sure that your great races are the ones leading up to Worlds and you're not just out for some of these Diamond League races and World Challenge meetings.

T&FN: Did you play other sports as a kid?

Brazier: Yeah, I did a lot of football and basketball, actually. Those were my two other sports, that's what I really enjoyed doing. I still

do enjoy doing but obviously with trying to keep your body healthy you've got to limit what you can do so I've kind of stepped away from football and basketball and all that. I wish I could play more football, though. At USAs, this last indoor, I actually told my coach I could play wide receiver if I really put my time and effort into it. Vashti Cunningham was high jumping and her dad, Randall Cunningham, happened to be talking to my coach too. And my coach said, "Hey, Donovan thinks he could be a wide receiver in the NFL if he really tried to." Randall Cunningham said, word for word, "I think he could." I was really proud, even running that meet, because I wanted to be a wide receiver at that moment. Word for word, but he's just a Hall Of Fame quarterback. He's one of those guys that makes me want to follow that path and hear their dreams, but that's probably not where I'm gonna go.

T&FN: Maybe if you win an Olympic gold you can give it a try. Did you play high school football?

Brazier: I played freshman year. I didn't do anything after that. I didn't even play freshman basketball. I stopped after that, I was the smallest kid on the team. Like I've said, I was a late bloomer and just decided to run cross country, which was one of the stupidest decisions I've ever made [laughs]. I thought, "Football's too much pressure, it hurts too much, I want to run cross country."

T&FN: Didn't you run a 45.92 relay leg anchoring for your high school team?

Brazier: Yeah, I did. That was at a conference meet my senior year. That was the fastest 4x4 split I ever ran in high school. We were way behind, losing the meet and getting our butts kicked. We were way behind, 40m or so, and it was just a conference meet. The rest of the guys there were splitting 52s, stuff like that. Not anything that impressive there but it was under the lights, it was a late meet, no wind and the weather was right and, yeah, I split a 45.9. The week before I split a 46-low [46.16] so I knew a 45 was possible. I didn't realize I did that until after the meet but we won the race. Me and the other guy both ended up falling over the finish line.

T&FN: Any aspirations to improve on that?

Brazier: Yeah, I'd like to make a U.S. team in the 4x4. I think that would be kind of nice but it's sometimes hard moving down from the 8 to a 4. You've gotta have some incredible foot speed for that. I couldn't compete in a Diamond League 400 right now. I just don't think it's there yet.

TRACKING the CAMPS

**A Geographic Listing of U.S. Track and Running Camps and Schools Offered This Summer. . .
an Annual Compilation by Track & Field News**

For track athletes, camp or school attendance is a common way to broaden horizons, hone skills, and learn by doing from specialist coaches and veteran athletes. It's a chance to meet new friends and become immersed for a week or so in track & field or running, an experience which can have noticeable effect on an athlete's progression in the sport. Publication of the following camp/school names and information should not be construed as a recommendation of any camp by T&FN. This listing is offered as information only about available camps. Parents and athletes should acquaint themselves more fully about facilities, staff, etc., before deciding which camp is best for them. Some of the camps exclude graduating seniors.

EAST

Princeton Track & Field Camp. Princeton University, Princeton, NJ. June 30-July 3. All Events. Coed, grades 6-12. \$595 resident; \$495 commuter. Camp Highlights: All events offered; State of the art track & field facilities; Nationally recognized staff; Body mechanics and form running; Weight and circuit training; Guest speakers; Sports nutrition and race strategy lectures; Emphasis on learning by doing! Reuben A. Jones, Princeton University Sports Camps, Jadwin Gym/Faculty Road, Princeton, NJ 08544. Phone: 434/981-2482 Fax: 609/258-1231. E-mail: reubenj@princeton.edu. princeton sportscamp.com/camps/track.htm

Sky Jumpers / Kutztown University Pole Vault Camp. Kutztown University, Kutztown, PA. July 21-24. Variety of activities including Pole vaulting, gymnastics, rope vaulting, ring vaulting, skill progressions, imitative exercises, vaulting drills, videotaping, movies, and other optional recreational activities. Coed, ages 12 & up. \$425 commuter; \$535 resident (with room and meals). Mail payment & application to: Ray Hoffman Keystone hall Athletics dept. Kutztown, Pa 19530. Information: Jan

Johnson, Sky Jumpers Vertical Sports Club, 6505 Santa Cruz, Atascadero, CA 93422. 805/423-2363. E-mail: janjohnson18@charter.net. www.skyjumpers.com. vsathletics.com/skyjumpers/

Villanova Track & Field Camp. Villanova University, Villanova, PA. June 29-July 2. All events except PV & Throws. Coed, ages 11-18 (for day); 14-18 (for overnight). \$400 commuter; \$500 resident. Villanova Track & Field Camp provides the foundation for your track and Field season and career. Train with experienced coaches, NCAA All-Americans, Big East Champions, and top collegiate athletes for your event and learn from special guest speakers. The camp will cover sprints, hurdles, distance, long jump, triple jump, and high jump. Coach Anthony Williams, Director. PO Box 799, Ardmore, PA 19003. Phone: 610/519-4148. Fax: 610/519-6875. E-mail: anthony.williams@villanova.edu. www.villanovatrackandfieldcamp.com

MIDWEST

Sky Jumpers / UWSP Pole Vault Camp. University of Wisconsin Stevens Point, Stevens Point, WI. June 23-26. Variety of activities including Pole

vaulting, gymnastics, rope vaulting, ring vaulting, skill progressions, imitative exercises, vaulting drills, videotaping, movies, and other optional recreational activities. Coed, ages 12 & up. \$395 commuter; \$520 resident (with room and meals). Mail application and payment to: Brett Witt Track and Field office HEC 118a U.W. Stevens Point Wisconsin 54481. Information: Jan Johnson, Sky Jumpers Vertical Sports Club, 6505 Santa Cruz, Atascadero, CA 93422. 805/423-2363. E-mail: janjohnson18@charter.net. www.skyjumpers.com. vsathletics.com/skyjumpers/

Sky Jumpers / Centerville HS Pole Vault Camp. Centerville HS, Centerville, OH. June 17-20. Variety of activities including Pole vaulting, gymnastics, rope vaulting, ring vaulting, skill progressions, imitative exercises, vaulting drills, videotaping, movies, and other optional recreational activities. Coed, ages 12 & up. \$375 commuter; \$515 resident (with room and meals). Mail application and payment to: Matt Somerlot, PO Box 752013, Centerville, OH 45475. Information: Jan Johnson, Sky Jumpers Vertical Sports Club, 6505 Santa Cruz, Atascadero, CA 93422. 805/423-2363. E-mail: janjohnson18@charter.net. www.skyjumpers.com. vsathletics.com/skyjumpers/

WEST

Bobcat Distance Camp #1. Montana State University, Bozeman, MT. June 26-29. The camp will feature two running sessions per day, along with a float trip down the Madison River and several educational sessions. Learn what it takes to reach your potential by furthering your knowledge on training, injury prevention, running mechanics, nutrition, recovery, and much more. Coed, open to all entering grades 9-12 in Fall 2019. \$270 commuter; \$390 commuter. Whitney Henderson, #1 Bobcat Circle, PO Box 173380, Bozeman, MT 59717. 406/994-5222. E-mail: whitneyhenderson@msub-obcats.com. www.msubobcats.com.

Bobcat Distance Camp #2. Montana State University, Bozeman, MT. June 18-21. The camp will feature two running sessions per day, along with a float trip down the Madison River and several educational sessions. Learn what it takes to reach your potential by furthering your knowledge on training, injury prevention, running mechanics, nutrition, recovery, and much more. Coed, open to all entering grades 9-12 in Fall 2019. \$270 commuter; \$390 commuter. Whitney Henderson, #1 Bobcat Circle, PO Box 173380, Bozeman, MT 59717. 406/994-5222. E-mail: whitneyhenderson@msub-obcats.com. www.msubobcats.com.

Pat Manson Colorado Pole Vault Camp. Boulder, CO. Weekly in June, July & August (4 day camps). Learn all about the details of pole vaulting and how it applies to your vault. Find out what you should be working on for your biggest gains. Hear stories about the pro tour and see videos from the World Championships, Pan Am games, and top US and European Meets, including Bubka and the top US men and women. We cover strategy, sports psychology, cross training, goal setting, and nutrition. We'll do lots of work on inverting and the other phases of pole vaulting. The small camp size means you are not just one of the crowd here.



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Sky Jumpers Atascadero Winter Pole Vault Camp. Atascadero, CA. March 31. Variety of activities including Pole vaulting, gymnastics, rope vaulting, ring vaulting, skill progressions, imitative exercises, vaulting drills, videotaping, historical movies, and other optional recreational activities such as skating half pipe and high bar & trampoline. Coed, ages 12 & up. Cost: \$100. Jan Johnson, Sky Jumpers Vertical Sports Club, 6505 Santa Cruz, Atascadero, CA 93422. 805/423-2363. E-mail: janjohnson18@charter.net. www.skyjumpers.com. vsathletics.com/skyjumpers/



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Sky Jumpers Atascadero Summer Pole Vault Camp. Atascadero, CA. July 15 - July 18. Variety of activities including Pole vaulting, gymnastics, rope vaulting, ring vaulting, skill progressions, imitative exercises, vaulting drills, videotaping, historical movies, and other optional recreational activities such as skating half pipe and high bar & trampoline. Coed, ages 12 & up. \$395 commuter; \$565 resident (with room and meals). Jan Johnson, Sky Jumpers Vertical Sports Club, 6505 Santa Cruz, Atascadero, CA 93422. 805/423-2363. E-mail: janjohnson18@charter.net. www.skyjumpers.com. vsathletics.com/skyjumpers/

Sky Jumpers Atascadero Summer Pole Vault Camp. Atascadero, CA. Dec 28-29, Variety of activities including Pole vaulting, gymnastics, rope vaulting, ring vaulting, skill progressions, imitative exercises, vaulting drills, videotaping, historical movies, and other optional recreational activities such as skating half pipe and high bar & trampo-

2019 Pole Vault Camp / Clinic Scheule: Atascadero Feb 10, Mar 31, July 15-18, Dec 29&30. UWSP June 22-25, Centerville Oh June 17-20, Kutztown, Pa July 21-24.
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line. Coed, ages 12 & up. \$200 commuter only Jan Johnson, Sky Jumpers Vertical Sports Club, 6505 Santa Cruz, Atascadero, CA 93422. 805/423-2363. E-mail: janjohnson18@charter.net. www.skyjumpers.com. vsathletics.com/skyjumpers/

Steens Mountain High Altitude Running Camp (Session 1). July 14-20. Five full days and two partial days of activity. Base camp 7,500 ft. level, Steens Mtns., SE Oregon near Frenchglen, OR and training sites up to 9500'. XC, distance running, memorable outdoor camping experience. Coed, ages 13-18. \$769 individual, \$689 team (7 or more from same school), \$689 family (2 or more siblings from the same family). Harland Yriarte, P. O. Box 5453, Eugene, OR 97405. 541/342-2337. E-mail: www.steens.camp. Note: This session is fully closed to further applications.

Steens Mountain High Altitude Running Camp (Session 2). July 21-27. Five full days and two partial days of activity. Base camp 7,500 ft. level, Steens Mtns., SE Oregon near Frenchglen, OR and training sites up to 9500'. XC, distance running, memorable outdoor camping experience. Coed, ages 13-18. \$759 individual, \$689 team (7 or more from same school), \$689 family (2 or more siblings from the same family). Harland Yriarte, P. O. Box 5453, Eugene, OR 97405. 541/342-2337. E-mail: www.steens.camp. Note: This session is fully closed to further applications.

360 Running Abroad—Altitude Running Camp in FRANCE. June 30 - July 13. Font-Romeu, France. XC and track (800m and above). Coed, ages 14-18 (Must be in high school, senior swelcome). Cost: \$2,390 (Early bird pricing) -- All inclusive. We split our time between running in the mountains of France by the International Training Center of Font-Romeu AND exploring the South of France (Visit castles, quaint villages, take optional French classes, do zip line, go to a water park, go to a Mediterranean beach, walk on the Spanish border, visit Toulouse, Carcassonne, the country of Andorra, take a hike in the mountains, etc). Get to train with Olympians and make incredible memories. Julien Bousquet, 3317 Townsend Drive, Dallas, TX 75229. 256/247-2214. E-mail: julien@runningabroad.org. www.runningabroad.org

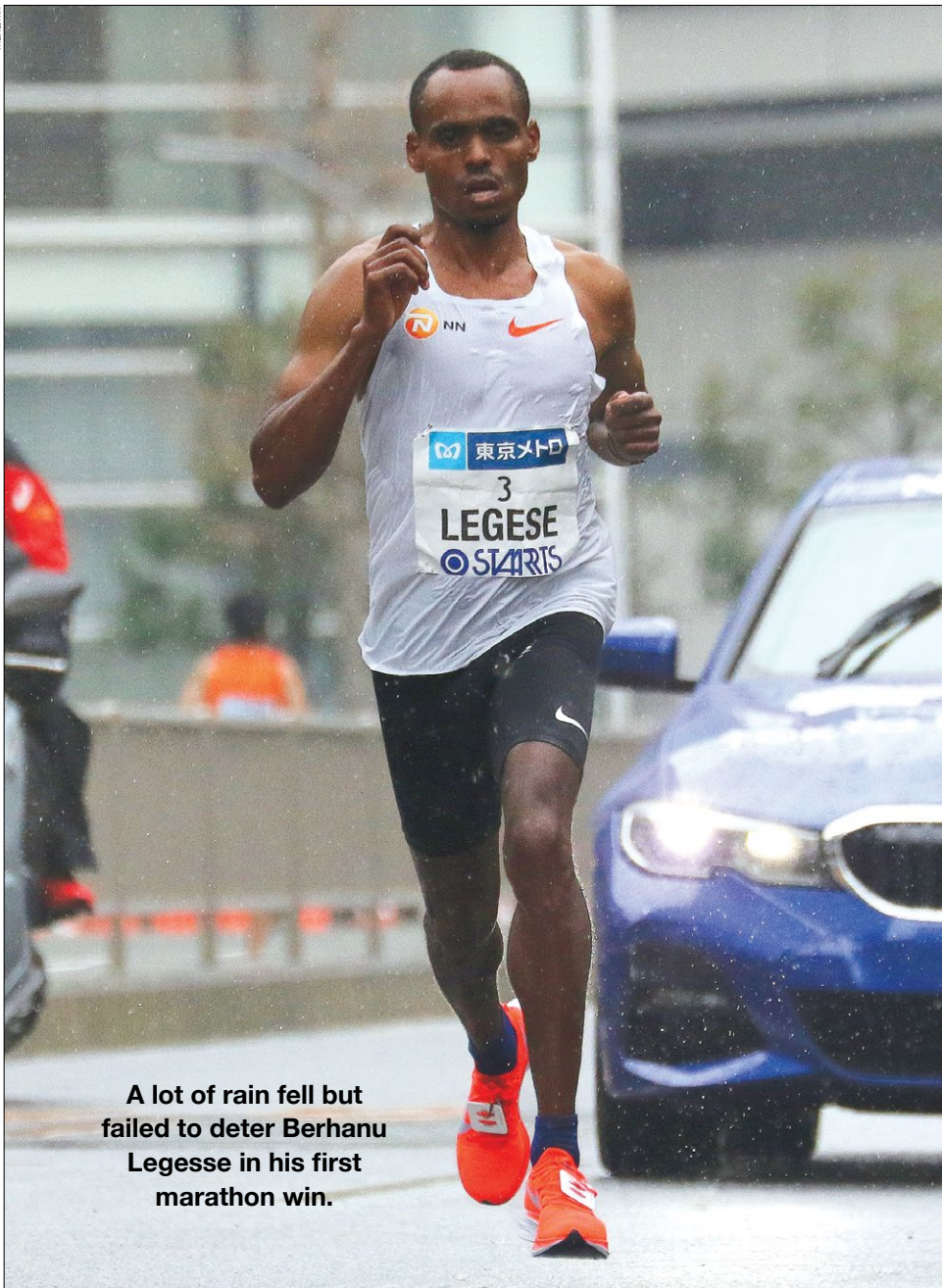


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Tokyo Marathon – Legesse Conquers The Elements

mastrini



A lot of rain fell but failed to deter Berhanu Legesse in his first marathon win.

TOKYO, JAPAN, March 03—A 24-year-old with a solid track background (5000 PR of 13:08.88), Berhanu Legesse picked up his first 26-mile win at the Tokyo Marathon, outpacing the field in heavy weather by exactly 2:00 with his 2:04:48 clocking. Rain, heavy at times, fell throughout with temperatures in the 40s, yet the pacemakers did their best to keep the pace hot in the year's first World Marathon Major. Legesse passed halfway with plenty of company in 1:02:02 but even 6-time 10,000 Ranker Bedan Muchiri couldn't stay with the Ethiopian's second half of 1:02:46. Running into the wind over the last 7K, Muchiri had to settle for a 2:06:48 PR, with Dickson Chumba, winner here the past 2 years, nearly another 2:00 back at 2:08:44.

Kenenisa Bekele, now 2½ years removed from his 2:03:03 PR, withdrew before the race with injury, and Japanese record holder Suguru Osako pulled off the course injured around 30K.

The women's leaders stuck closer together. Ruti Aga, the runner-up in Tokyo and Berlin last year, also scored her first win at the distance, timed in 2:20:44 after zipping through the half in 1:09:44. Her Ethiopian compatriots Helen Tola (2:21:01 PR) and Shure Demise (2:21:05) followed not far behind with 5-time World Ranker Florence Kiplagat 4th in 2:21:50.

MEN'S RESULTS

1. Berhanu Legesse (Eth) 2:04:48 (1:02:02/1:02:46); 2. Bedan Muchiri (Ken) 2:06:48 PR; 3. Dickson Chumba (Ken) 2:08:44; 4. Simon Kariuki (Ken) 2:09:41 PR; 5. Kensuke Horio (Jpn) 2:10:21 PR; 6. Masato Imai (Jpn) 2:10:30; 7. Takuya Fujikawa (Jpn) 2:10:35 PR; 8. Daichi Kamino (Jpn) 2:11:05; 9. Ryu Takaku (Jpn) 2:11:49; 10. Tadashi Isshiki (Jpn) 2:12:21; 11. Shohei Otsuka (Jpn) 2:12:36; 12. Ryo Kuchimachi (Jpn) 2:13:30 PR;... 55. Matt Llano (US) 2:20:51.

Women's Results

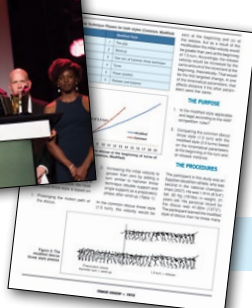
1. Ruti Aga (Eth) 2:20:40 (1:09:44/1:11:04); 2. Helen Tola (Eth) 2:21:01 PR; 3. Shure Demise (Eth) 2:21:05; 4. Florence Kiplagat (Ken) 2:21:50; 5. Bedatu Hirpa (Eth) 2:23:43; 6. Ababel Yeshaneh (Eth) 2:24:02 PR; 7. Mao Ichiyama (Jpn) 2:24:33 PR; 8. Joan Chelimo (Ken) 2:26:24 PR; 9. Rose Chelimo (Bhr) 2:30:35; 10. Ruth Chebitok (Ken) 2:31:19.

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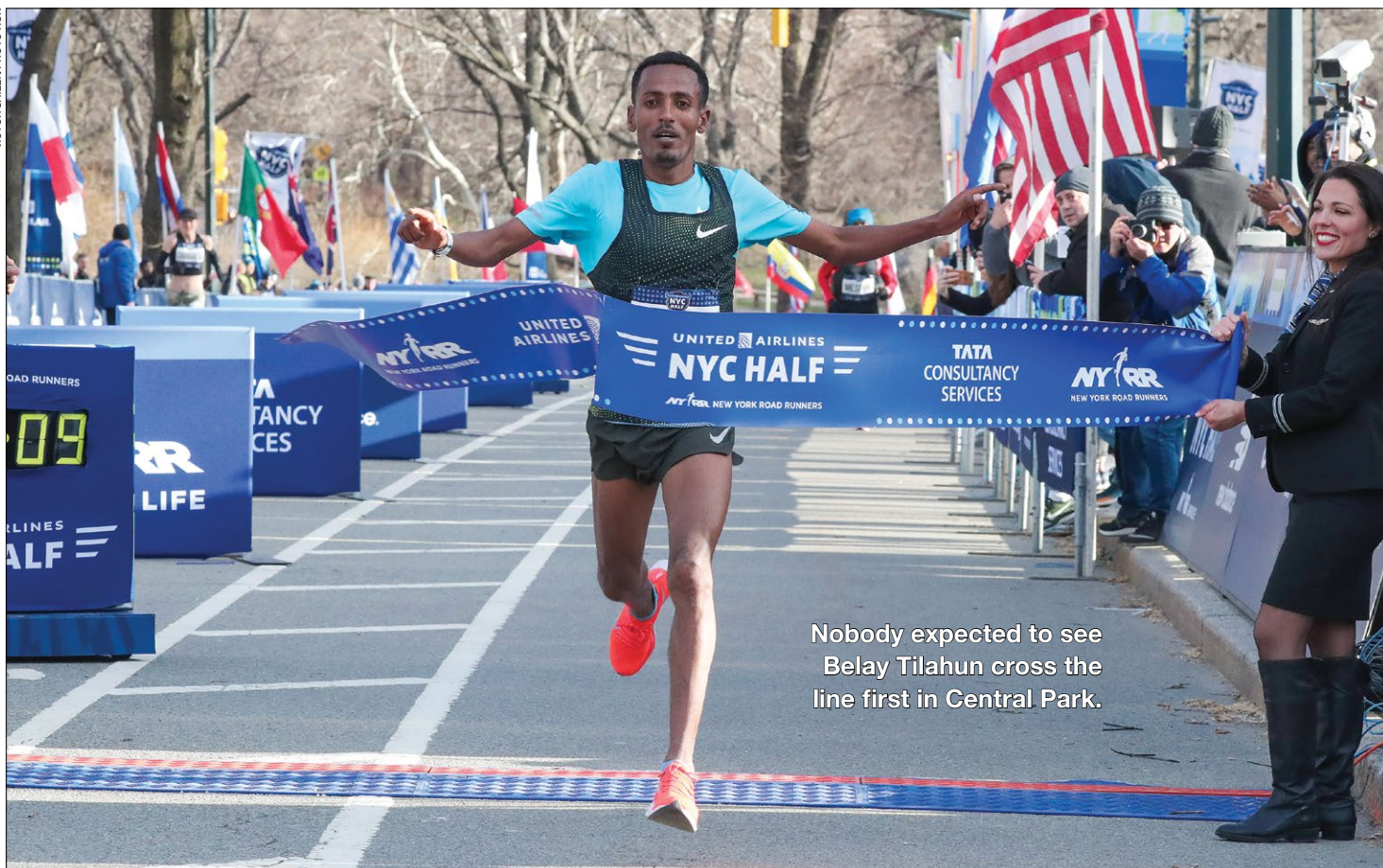
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NYC Half-Marathon – Tilahun Steals The Show

VICTOR SALLER/PHOTO RUN



Nobody expected to see Belay Tilahun cross the line first in Central Park.

by Rich Sands

NEW YORK CITY, March 17—Though he has the credentials of an elite runner, Belay Tilahun was not part of the invited field in the United Airlines New York Road Runners Half-Marathon. But the 23-year-old Ethiopian stole the show with a late charge to take the victory on a chilly morning over a hilly course that traversed from Brooklyn to Manhattan. He was joined in the winners' circle by Kenya's Joyciline Jepkosgei, who topped the women's race as part of a buildup to her upcoming marathon debut.

The men's race appeared to lack much drama once Eritrea's Daniel Mesfun surged to the lead after 2M and ran clear of the field past the 20K point. He had sailed through the 5K (14:43), 10K (29:09) and 15K (43:49) markers with his lead steadily growing. American Paul Chelimo, making his debut at the distance, tried to maintain contact, but couldn't match the pace. He eventually ran with Tilahun as they worked their way up Manhattan towards Central Park.

Mesfun started to fade in the closing miles and led Tilahun by just 2 seconds at 20K (58:53). From there the Ethiopian blasted into the lead and sprinted to the tape in 1:02:10, with Mesfun (1:02:16) able to hold off the hard-charging Chelimo (1:02:19). "I thought with about 2 kilometers to go I could catch him," said Tilahun, who wasn't far off his PR (1:01:51). He was not on the elite start list (his bib only had his number and

not his name, confounding broadcasters), but instead was part of the first wave of runners who went off the line just behind the featured professional men. The US \$20,000 first prize isn't even his biggest payday to date. He took home nearly US \$25,000 for winning the São Silvestre 15K in Brazil on December 31. He previewed his potential three years ago in the Ethiopian Olympic trials 10,000 race, clocking 27:11.83 to finish 4th.

Chelimo, a medalist in the 5000 at both the '16 Olympics and '17 Worlds, made the jump up in distance to build strength for the track, and announced after the race his plans for a 5000/10,000 double in Doha later this year. He spent the winter putting in 100M weeks in Colorado Springs, but didn't feel quite strong enough for Mesfun's early tempo. "At some point my legs were dead, but then I recovered, came back into it," Chelimo said. "I feel like I can do well in the long distances, it's just that I have to get that mileage in and get used to it so that my legs can handle that pace."

The elite women's field went off 12 minutes ahead of the mass start. Jepkosgei, who set the WR in the half (1:04:51 in Valencia, Spain in '17), started slowly due to the cold weather before beginning to pull away in the sixth mile. Her lead ballooned from 4 seconds at 10K (33:51) to 39 at 15K (49:55) and 1:09 at 20K (1:06:28). She cruised home comfortably in 1:10:07, still a minute ahead of the next finisher.

Kenyan Mary Ngugi, Ethiopian Buze Diriba

and Americans Des Linden and Emma Bates formed the main chase group, running together through 20K. Ngugi narrowly outkicked Diriba for 2nd, with both timed in 1:11:07, while Bates (1:11:13) was 9 seconds ahead of Linden for 4th (and top American). "I didn't wear a watch so I just wanted to feed off the other runners' energy and try to compete as best I could," said Bates, who won the USATF marathon title in December.

Jepkosgei is scheduled to make her much-anticipated debut over the full 26.2 miles in Hamburg in late April. "The marathon is a new chapter to me," said the silver medalist from the 2018 world half marathon championships. "I feel good because I have learned more today about my preparation for the marathon."

NYRR HALF-MARATHON RESULTS

New York City, March 17—

MEN

1. Belay Tilahun (Eth) 62:10; 2. Daniel Mesfun (Eri) 62:16; 3. Paul Chelimo (US) 62:19; 4. Jared Ward (US) 62:33; 5. Noah Droddy (US) 62:39; 6. Brogan Austin (US) 62:41; 7. Tim Ritchie (US) 62:51; 8. John Raneri (US) 62:51; 9. Parker Stinson (US) 62:55; 10. Ben True (US) 62:56.

WOMEN

1. Joyciline Jepkosgei (Ken) 70:07; 2. Mary Ngugi (Ken) 71:07; 3. Buze Diriba (Eth) 71:07; 4. Emma Bates (US) 71:13; 5. Des Linden (US) 71:22; 6. Birtukan Fente (Eth) 72:17; 7. Beverly Ramos (PR) 72:33; 8. Kellyn Taylor (US) 72:43; 9. Samantha Palmer (US) 72:52; 10. Lindsay Flanagan (US) 73:13.

Early-Year Walk Review



Hong Liu already had 2 WC golds and an Olympic gold; now, moving up in distance, she has a World Record as well.

WHILE FIELD AND TRACK athletes slowly make the conversion from indoors to outdoors, the heel & toe brigade has already cranked out some significant action, including a World Record and the crowning of 4 USATF national champions:

World Record For Liu

The women's 50K walk is still in its infancy (and may never pass beyond it if proposed event-changes happen?), but it has only taken very few years of competition at the highest level for the 4-hour barrier to be cracked. Claiming the World Record in her debut at the distance, Olympic 20K champ Hong Liu won the Chinese title in the event (Huangshan, March 09) with her 3:59:15, crushing the former best of 4:04:36 set by countrywoman Rui Lang last year. Walking on a wet day, Liu easily handled Maocuo Li, whose 4:03:51 also brought her home ahead of the previous WR. The men's 50K title went to Qin Wang at 3:38:02. The 20Ks (not national champs) were staged a day later, with wins going to Kaihua Wang (1:19:01) and Shenjie Quieyang (1:25:37 for the No. 8 performance ever).

USATF 50K Titles To Stevens & Forgues

A hot day in Tustin, California (January 26) didn't do any favors to the walkers contesting the USATF 50K Championships. The best mark of the day came on the women's side, where Robyn Stevens of Salming overcame the conditions in producing a PR 4:34:24 that moved her to No. 3 on the all-time U.S. list, but left her short of a WC qualifier of 4:30:00. Matthew Forgues (Maine Race Walkers) took the men's title, his first, at 4:27:28, winning by more than a half-hour.

USATF 20K: Stevens Again, & Christie

The USA's best walkers returned to Tustin on March 17 for the national 20K, and Robyn Stevens continued the best walking of her life at age 35. Her PR 1:33:34 moved her to No. 6 on the all-time list and left her a frustrating 34 seconds shy of getting a World Champs qualifier. Finishing some 90 seconds behind her was Miranda Melville (1:35:12). On the men's side, Nick Christie successfully defended his title with a 1:27:38. □

2020 Eugene, Oregon OLYMPIC TRIALS



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New Balance Indoor Boys – Loudoun Relays Run Wild

JOHN NEPULITAN



Jacob Hunter anchored a pair of Loudoun wins, Sam Affolder the other, plus putting up the fastest splits.

by Jeff Hollobaugh

NEW YORK CITY, March 08-10—In a rampage that lasted just about 24 hours, the boys baton teams from Loudoun Valley (Purcellville, Virginia) took control of the newsfeed at the New Balance Indoor Nationals, grabbing 3 wins and 2 High School Records as the Jungle TC.

On Friday night the team made history in the distance medley. Bronxville leadoff Sam Rizzo blasted a 2:59.45 on the opening 1200, leaving Loudoun's Jacob Hunter 12m behind at 3:01.33. Akere Simms put down a 50.91 to bring the Virginians even with Bronxville, then Connor Wells built a huge lead with his 1:55.96 to handoff to Sam Affolder. A senior who moved to Virginia and Loudoun Valley in '17, Affolder had actually been the leadoff on the Carlisle, Pennsylvania, team that set the national record of 9:56.18 two years ago. Affolder steadily churned the laps and kept his eye on the clock, hitting 59.3 for his final 400 to clock a 4:06.21, bringing the team home in a record 9:54.41. "I know that the boys put a lot of trust in me on that anchor," he said.

On Saturday afternoon, Loudoun lined up for the 4 x Mile, chasing the HSR of 17:01.82 it

set in last year's meet. Last year Wells led off at 4:24.7, Hunter ran 4:15.0 and Affolder 4:10.6. This time Kevin Carlson led off at 4:22.26 and the foursome was never headed, as Wells ran 4:21.46 and Affolder 4:06.19. On the anchor, Hunter chased the clock, his 4:11.90 yielding a final time of 17:01.81, breaking the record by a mere 0.01. The time also rates as the "absolute" (in/out combined) record.

Less than 6 hours later came the 4x8, and Loudoun churned off a 7:40.49, becoming the No. 3 school ever. Affolder contributed the fastest leg, 1:51.37. It was the first time that all three of the distance relays had gone to the same school. Said coach Joan Hunter of the last win, "Wasn't expecting that." Wells, who ran second leg on the 4x8, said, "Before the race, Coach Hunter was like, 'Don't be content. You've had a great Friday and Saturday but don't stop here. This is a whole new race.' "

The sprints featured a pair of top-notch performances. Micah Williams (Benson, Portland) roared to a dash win in 6.60, becoming the No. 3 performer ever. In the 200, Mario Heslop (Franklin, Somerset, NJ) produced a 20.90 winner to move to No. 3 on that ATL. Justin Robinson (West, Hazelwood, Missouri)

moved to No. 5 in the 400 with his 46.55 victory over Ashton Allen (Bullis, Potomac, Maryland), who ran 46.99.

After the leaders passed three-quarters in 3:06.7, the mile got crazy with a number of big bumps, near-falls and a DQ. Fastest survivor was Jake Renfree (Catholic, Knoxville) whose 4:06.39 moved him to No. 10 ever. Behind him Cole Sprout (Valor, Highlands Ranch, Colorado) and Nick Foster (Pioneer, Ann Arbor), ran 4:06.68 and 4:07.18.

Hurdle leader Kurt Powdar of Smith (Chesapeake, Virginia) rocketed a 7.63 heat but got his steps wrong in the final, stopping at the first barrier as Sincere Rhea (St. Augustine, Richland, New Jersey) took the win in 7.69. The day before Powdar led his Smith teammates to a win in the shuttle hurdles, their 29.02 ranking No. 3 all-time.

On the field, Max Manson (Monarch, Louisville, Colorado) highlighted the action with a 17-5½ vault win. Justin Forde of McMahon (Norwalk, Connecticut) took the triple with a list-leading 51-3. The shot produced a nice battle, Aiden Felty (Billerica, Massachusetts) topping Patrick Piperi (The Woodlands, Texas), 66-8¾ to 66-3¾.

NEW BALANCE BOYS RESULTS

New York, New York, March 08–10 (200 banked)
(3/8—5000, DM; 3/9— MileW, 200, 400, 4x8, 4xM, SM, HJ, PV, LJ, SP, Pent)

60: 1. *Micah Williams (Benson, Portland) 6.60 (HSL) (3, 3 HS) (6.17 [HSL] [=6, 6 HS]); 2. Lance Lang (McCluer North, Florissant, Mo) 6.65 (6.19 [=9, x HS])

3. Mario Heslop (Franklin, Somerset, NJ) 6.73; 4. *Marcellus Moore (North, Plainfield, IL) 6.81; 5. Chris Duffy (Boyle, Danville, Ky) 6.84; 6. *Dylan Brown (King, Detroit) 6.84.

200: 1. Heslop 20.90 (HSL) (3, 4 HS);

2. Moore 21.23; 3. Brown 21.42; 4. Emerson Douds (Weddington, Matthews, NC) 21.57; 5. *Kayshon Boutue (Westgate, New Iberia, La) 21.81.

400: 1. *Justin Robinson (West, Hazelwood, Mo) 46.55 (HSL) (5, =8 HS);

2. Ashton Allen (Bullis, Potomac, Md) 46.99; 3. Randolph Ross (Garner, NC) 47.57; 4. Anthony Brodie (Columbus, Bronx) 47.91; 5. Mange Camara (Watertown, Ma) 48.24.

800: *Abdullahi Hassan' (Can) 1:51.91; 2. Luis Peralta' (Passaic, NJ) 1:52.30; 3. Malcolm Going (Dabury, Ct) 1:52.63; 4. **Darius Kipyego (St Raphael, Pawtucket, RI) 1:53.44; 5. *Conor Murphy (Classical, Providence, RI) 1:53.46; 6. Alfred Chawonza (St Benedict's, Newark) 1:53.50.

Mile: 1. Jake Renfree (Catholic, Knoxville) 4:06.39 (HSL) (10, x HS) (3:50.49 [HSL]);

2. *Cole Sprout (Valor, Highlands Ranch, Co) 4:06.68 (3:50.75); 3. Nick Foster (Pioneer, Ann Arbor) 4:07.18; 4. Foster Malleck' (Can) 4:09.27; 5. Sam Gilman (Hilten Head Island, SC) 4:10.37; 6. Chase Rivera (Bolles, Jacksonville) 4:11.24; 7. Carter Cheeseman (Christian, Ft Worth) 4:11.27.

2M: 1. Devin Hart (Borough, Point Pleasant, NJ) 8:56.89 (HSL) (8:25.45);

2. Ryan Oosting (Arlington, Ma) 8:57.37 (8:25.69); 3. Charles Hicks (Bolles, Jacksonville, FL) 8:59.81 (8:26.59); 4. Shea Weilbaker (Saratoga Springs, NY) 9:01.20; 5. Henry Chapman (East Troy, WI) 9:01.99; 6. James Gedris (Groose Ile, MI) 9:03.54; 7. Ryan Guerci (Nanuet, NY) 9:05.29.

5000: 1. Cheeseman 14:04.01 (HSL);

2. Corey Gorgas (Saugatuck, MI) 14:40.75; 3. Tyler Berg (Balston Lake, N.Y) 14:42.23.

60H: 1. Sincere Rhea (St Augustine, Richland, NJ) 7.69; 2. Cameron Harris (Brighton, Co) 7.81; 3. Kenneth Wei (Mt Sinai, NY) 7.83; 4. Deanthony Coleman (Carver, Montgomery, AL) 7.83; 5. Joshua Brockman (Kell, Charlotte) 7.84; 7. Myles Marshall (Lassiter, Marietta, Ga) 7.87;... dnf—Kurt Powdar (Smith, Chesapeake, Va).

MileW: 1. *Sean Glaze (Springfield, Oh) 6:46.89 (HSL) (6:15.89)

2. *Samuel Allen (Woolwich, NJ) (6:16.00); 3. Jadon Davis (Baltimore) 7:14.09.

Relay Events

4 x 200: 1. Southeast, Raleigh 1:28.08; 2. Reagan, Pfafftown, NC 1:29.03; 3. Columbus, Bronx, 1:29.20; 4. Central Dauphin East, Harrisburg, Pa 1:29.58; 5.

Central, Providence, RI 1:29.68.

4 x 400: 1. St. Benedict's, Newark 3:18.30; 2. Hebron, Carrollton, Tx 3:20.39; 3. Free, Newburgh, NY 3:20.44; 4. Huntington, NY 3:20.97.

4 x 800: 1. Loudoun Valley, Purcellville, Va 7:40.49 (HSL) (3 HS) (Jacob Windle 1:57.46, Connor Wells 1:57.04, Sam Affolder 1:51.37, Jacob Hunter 1:54.62); 2. Weddington, Matthews, NC 7:40.65 (4, 4 HS) (Kyle Durham 1:52.84);

3. St. Benedict's, Newark 7:42.53; 4. Brookline, Ma 7:46.88; 5. Ridge, Basking Ridge, NJ 7:47.23; 6. Suffield, Ct 7:49.05; 7. Scarsdale, NY 7:49.43.

4 x Mile: 1. Loudoun 17:01.81 HSR (old HSR, 17:01.82, Loudoun '17) (also absolute HSR) (Wells 4:22.26, Kevin Carlson 4:21.46, Affolder 4:06.19, Hunter 4:11.90);

2. Christian Brothers, Lincroft, NY 17:20.33; 3. Hendricken, Warwick, RI 17:30.26; 4. Cary, NC 17:31.38.

SpMed: 1. Bronxville, NY 3:27.34 (HSL) (Matt Rizzo 1:50.18);

2. St. Benedict's, Newark 3:27.55 (Alfred Chawonza 1:52.56); 3. La Salle, RI 3:29.70; 4. Cuthbertson, Waxhaw, NC 3:29.70; 5. St. Raphael, Pawtucket, RI 3:31.62 (Darius Kipyego 1:52.04); 6. Exeter, NH 3:31.80.

DisMed: 1. Loudoun 9:54.41 HSR (old HSR 9:56.18 Carlisle, Pa '17) (in/out: 5 HS) (Hunter 3:01.33, Akere Simms 50.91, Wells 1:55.96, Affolder 4:06.21);

2. St. Anthony's, South Huntington, NY 10:02.55 (9 HS);

3. Bronxville, NY 10:07.15; 4. Warrior Project 10:08.30.

4 x 55H: 1. Smith, Chesapeake, Va 29.02 (HSL) (3 HS) (Kurt Powdar, Aaron Shirley, Shemeek Dixon, Kevaughton Watson); 2. Western Branch, Chesapeake, Va) 29.39 (5 HS);

3. Deptford, NJ 30.19.

Field Events

HJ: 1. Trey Allen (Oak Mountain, Birmingham, AL) 6-10¾; 2. David Ajama (Lowell, Ma) 6-10¾; 3. tie, Mark Anselmi (South, Middletown, NJ) NJ; Chet Ellis (Staples, Westport, Ct) *Aidan Clark (Briar Woods, Asburn, Va) Charles McBride (Apex, NC) 6-9.

PV: 1. Max Manson (Monarch, Louisville, Co) 17-5½; 2. Nathan Stone (Lawrence North, Indianapolis) 17-1½; 3. Bowman Starr (Eastlake, Sammamish, Wa) 16-9½; 4. *Dalton Shepler (Vandalia-Butler, Vandalia, Oh) 16-5¼; 5. *Spencer Evans (Lake Norman, Mooresville, NC) 16-1¾; 6. Travis Snyder (Thornton, Saco, Me) 16-1¾; 7. *Kameron Aime (School, Maurepas, La) 16-1¾.

LJ: 1. *Jieem Bullock (Leland, NC) 24-4¼; 2. Ezra Mellinger (Lampeter, Pa) 24-3; 3. Jeremiah Willis (Clay, NY) 24-¾; 4. Adam Yang (Acton, Ma) 23-11¾; 5. Wei 23-11; 6. Brockman 23-10¾.

TJ: 1. Justin Forde (McMahon, Norwalk, Ct) 51-3 (HSL);

2. Christopher Alexander (Rocky River, Mint Hill, NC) 50-10; 3. *Jadan Hanson (Uniondale, NY) 50-8; 4. *Sean Dixon-Bodie (Bloomfield, Ct); 5. Mason Henry (Glen Allen, Va) 49-9.

SP: 1. Aiden Felty (BillERICA, Ma) 66-8¾; 2. Patrick Piperi (The Woodlands, Tx) 66-3¾; 3. Jason Montano (Saco, Me) 62-8½; 4. Nolan Landis (Madison, Oh) 61-1¾; 5. Trey *Knight (Ridgefield, Wa) 60-9¼.

Wt: 1. Knight 80-0; 2. Tyler Arbaugh (Van Buren, Oh) 73-8; 3. Justyn Loper (Whitewater, Fayetteville, Ga) 70-3; 4. *Kyle Moison (Lincoln, RI) 70-3; 5. Cole Hooper (Cumberland, RI) 70-1.

Pent: 1. Jeff Kinder (Brentwood, Tn) 3673 (HSL);

2. Carl Omohundro (Midlothian, Va) 3643; 3. Andrew Colbert (Freehold Township, NJ) 3,589.



Justin Forde upped his yearly leader in the triple jump to 51-3.

New Balance Indoor Girls – A Thrilling Mile Tops The Bill

DAVE McCAULEY



A mere 0.003 separated Taryn Parks and Marlee Starliper in a list-leading pair of 4:39.05 miles.

by Jeff Hollobaugh

NEW YORK CITY, March 08–10—In a meet that offered plenty of anticipation and hype, one of the most ferocious competitions on the girls side at the New Balance Indoor Nationals came from two names that aren't yet household words.

The mile saw Millrose champ Marlee Starliper (Northern, Dillsburg, Pennsylvania) settle in behind leader Victoria Starcher (Ripley, West Virginia), with Taryn Parks (Greencastle-Antirim, Pennsylvania) in 3rd. So they remained until Starliper took over at 1000 with Parks following as the tempo sped up. At three-quarters (3:32.1), Starliper started to kick, hitting a lap to go with 10m on Parks, who appeared to be out of contention. With 100 left, Parks unleashed the most improbable of sprints, pulling even with 20m left. Then, in the final strides, Parks veered inward and ran into Starliper's shoulder.

Throwing herself more off balance than her opponent, Parks lurched and fell over the line, with Starliper crashing just past her. The timers had to double check to be sure that Parks had won by 0.003, both given official 4:39.05s, moving to a tie for No. 5 all-time. Said Parks, "I

think I leaned and then lost my balance. I don't really remember what happened."

It was the 2M that got far more attention, with Katelyn Tuohy (North Rockland, Thiells, New York) setting out in an attempt on Mary Cain's national record of 9:38.68. Katelynne Hart (Glenbard West, Glen Ellyn, Illinois) tried to stay with her but lost contact after the first kilo. Tuohy, who two days before had anchored her team to its fourth straight DMR win with a fast-starting 4:41.92, went out a tad less aggressively, passing the mile in 4:51.2. With a huge margin, she hit 3000 in 9:10.78, the No. 3 performance ever, and finished in 9:51.05. Hart also broke 10:00, finishing at 9:58.32 for No. 6 all-time. Sydney Thorvaldson (Laramie, Wyoming) moved to No. 7 at 10:01.52. "I just didn't have it today," said Tuohy of her record chase. "I think if I work hard I can probably hit that in the spring or next winter."

Fresh off her stunning American Record and USATF title, Athing Mu (Central, Trenton) faced an incredible amount of speculation and pressure, all focused on her taking down Sammy Watson's national record of 2:01.78. Mu set out that way, hitting 200 in 28.55, but it soon became apparent that the power she had in Staten Island did not

come along this time. A 30.96 second circuit put her at 59.51. The next lap, 32.64, started to look painful. On the final turn, the announcer fell silent as Mu lost her momentum. Sensing an opportunity, 9th-grader Roisin Willis (Stevens Point, Wisconsin) charged hard, catching Mu with 5m left and stunning no one more than herself with a 2:05.70-2:05.86 victory.

The high jump also shocked, as Morgan Smalls (Panther Creek, Cary, NC) soared 6-3¼ to set a junior-class record and move to No. 2 all-time, and No. 4 in/out. Smalls also took 2nd in the TJ with her 41-9¼. That event was won by Jasmine Moore (Lakeridge, Mansfield, Texas) who captured her specialty with the No. 2 indoor jump ever, 44-2½. She came back to win the long jump with a list-leading 20-9¼.

Kim Harris (Buford, Georgia) won a fast 400 at 52.62, with Britton Wilson (Godwin, Henrico, Virginia) close behind at 52.72. Floridians Tamari Davis (Gainesville) and Briana Williams (Northeast, Oakland Park) took the sprints, but a matchup was missed as Davis won the 200 in a soph record 23.24. Williams stayed in the 60, clocking 7.28. Anna Hall (Valor, Highlands Ranch, Colorado) won the pentathlon with a score of 4209, second only to her freshly minted HSR.

NEW BALANCE GIRLS RESULTS

New York, New York, March 08–10 (200 banked) — (3/8—5000, DM, HJ; 3/9—4x8, 4xM, SM, 4x55H, MileW, LJ, SP, Pent; 400)

60: 1. ***Briana Williams (Northeast, Oakland Park, Fl) 7.28 (6.78 [HSL]);**

2. Thelma Davies (Girard, Philadelphia) 7.30; 3. Semira Killebrew (Brebeuf, Indianapolis) 7.34; 4. Jacious Sears (Palm Beach Gardens, Fl) 7.40; 5. ***Moforehan Abirusawa (Germantown, Ft Washington, Pa) 7.41; 6. Aja Davis (Ardmore, Pa) 7.46; 7. Aliya Wilson (Maple Valley, Wa) 7.47.

200: 1. *****Tamari Davis (Gainesville) 23.24 (HSL) (=6, 7) (soph-class record);**

2. Davies 23.78; 3. *Jonah Ross (Garner, NC) 23.79; 4. ***Kayla Davis (Providence Country Day, Charlotte) 24.40. 5. Catherine Leger' (Can) 24.49.

Heats: VII-1. Davis 23.31 (HSL) (soph-class record).

400: 1. **Kimberly Harris (Buford, Ga) 52.62 (5, 6 HS);**

2. **Britton Wilson (Godwin, Henrico, Va) 52.72 (6, 7 HS);**

3. K. Davis 53.72; 4. Bria Barnes (Cheltham, Wyncote, Pa) 54.05; 5. *Talitha Diggs (Saucon Valley, Hellertown, Pa) 54.21.

800: 1. *****Roisin Willis (Stevens Point, Wi) 2:05.70 (9, x HS) (frosh-class record) (29.10, 31.42 [60.52], 33.40 [1:33.92], 31.78) (60.52/65.18);**

2. *Athing Mu (Central, Trenton) 2:05.86 (28.55, 30.96 [59.51], 32.64 [1:32.15], 33.71) (59.51/66.35); 3. **Bailey Goggans (Marble Falls, Tx) 2:06.10; 4. **Michaela Rose (Home, Suffolk, Va) 2:06.93; 5. Victoria Vanriale (Livingston, Berkeley Heights, Pa) 2:07.24; 6. Maggie Hock (Avon, Ct) 2:07.68.

Mile: 1. ***Taryn Parks (Greencastle-Antrim, Greencastle, Pa) 4:39.05 (4:39.045) (HSL) (=5, x HS) (4:21.24—6, 9 HS) (32.22);** 2. ***Marlee Starliper (Northern, Dillsburg, Pa) 4:39.05 (4:39.048) (=HSL) (=5, x HS) (4:20.55) (5, 7 HS) (33.48);** 3. ***Victoria Starcher (Ripley, WV) 4:40.63 (4:21.91) (7, 10 HS);**

4. *Zofia Dudek (Pioneer, Ann Arbor) 4:44.88 (4:25.47); 5. *Lucy Jenks (Newton South, Newton Centre, Ma) 4:45.93; 6. *Isabelle Goldstein (Ambler, Pa) 4:46.44.

2M: 1. ***Katelyn Tuohy (North Rockland, Thiells, NY) 9:51.05 (HSL) (2, 2 HS; in/out: 2, 2 HS) (9:10.78—x, 3 HS);**

2. ***Katelynne Hart (Glenbard West, Glen Ellyn, Il) 9:58.42 (6, 7 HS) (9:17.83—5, 7 HS);** 3. ***Sydney Thorvaldson (Laramie) 10:01.52 (7, 8 HS) (9:21.76);**

4. *Taylor Ewert (Beavercreek, Oh) 10:19.14; 5. Grace Connolly (Natick, Ma) 10:19.88; 6. Abby Loveys (Randolph, NJ) 10:21.00; 7. Emma Wilson (Greencastle, In) 10:23.05; 8. Sarah Connelly (Mt Sinai, NY) 10:24.73.

5000: 1. **Noelle Adriaens (Pinckney, Brighton, Mi) 17:11.24 (HSL);**

2. Grace Nolan (Clarkston, Mi) 17:15.06; 3. Sophia Jacobs-Townsley (Amherst-Pelham, Amherst, Ma) 17:19.15.

60H: 1. Shadajah Ballard (Western Branch, Chesapeake, Va) 8.11 (HSL) (4, 4 HS) (7.56 [HSL]);

2. *Jasmine Jones (Greater Atlanta, Norcross, Ga) 8.22;

3. Aasia Laurencin (Oak Park, Mi) 8.32 (=7, x HS);

4. Alia Armstrong (Drexel, New Orleans) 8.32 (=7, x HS);

5. Jazlynn Shearer (Silver Creek, San José) 8.34 (=9, x HS);

6. Jazmine Tilmom (Western Branch, Chesapeake, Va) 8.38; 7. Darci Khan (Stockbridge, Ga) 8.40.

Heats: I-1. Ballard 8.24 (HSL).

Semis: II-1. Ballard 8.22 (HSL).

MileW: 1. Ewert 6:34.53 (6:07.51 [HSL]); 2. **Ciara Durcan (Orangeburg, NY) 7:14.85; 3. Jessica Grover (Melville, NY) 7:30.06.

Relay Events

4 x 200: 1. Nansemond River, Suffolk, Va 1:37.94; 2. Robeson, Brooklyn 1:39.86; 3. Parkland, Winston-Salem 1:41.23; 4. Bullis, 1:41.45; 5. Oak Park, Mi 1:41.74.

4 x 400: 1. Western Branch 3:44.97; 2. Neumann Gorette, Philadelphia 3:45.01; 3. Bullis 3:45.91; 4. Oak Park 3:47.07; 5. Union Catholic, Scotch Plains, NJ 3:47.31; 6. South Lakes, Reston, Va 3:48.87.

4 x 800: 1. **Neumann Gorette, Philadelphia 9:02.17 (HSL);**

2. Ursuline, New Rochelle, NY 9:08.80; 3. Worthington, Oh 9:09.21; 4. Portsmouth, RI 9:12.34; 5. Corning-Painted Post, Corning, NY 9:14.58.

4 x 1 Mile: 1. **Ursuline 20:28.30 (HSL) (Lily Flynn 4:53.63);**

2. Davidson, Hilliard, Oh 20:43.12; 3. Northern-Calvert, Owings, Md 21:06.49.

SpMed: 1. **Union Catholic, Scotch Plains, NJ 3:58.46 (HSL);**

2. Mt. de Sales, Catonsville, Md 4:01.73 (Samantha Facius 2:08.96); 3. Corning, NY 4:03.46; 4. VSS, NY 4:04.25; 5. Suffern, NY 4:04.96.

DMR: 1. **North Rockland, Thiells, NY 11:41.84 (HSL) (Katelyn Tuohy 4:41.93);**

2. Fayetteville-Manlius, Manlius, NY (Claire Walters 4:51.20) 11:45.29; 3. Natick, Ma 11:45.63; 4. Ursuline 11:53.15 (Flynn 4:44.07); 5. Union Catholic 11:53.31.

4 x 55H: 1. **Smith, Chesapeake, Va 33.04 (HSL);**

2. Millville, NJ 33.37; 3. Winslow Township, Atco, NJ 34.06.

Field Events

HJ: 1. ***Morgan Smalls (Panther Creek, Cary, NC) 6-3¼ (HSL) (2, 8 HS; =6, x AJ) (in/out 4, x HS); (1.65, 1.70, 1.75 1.80, 1.88 [2] 1.91 [2]) (junior-class, age-16 records);**

2. Nyagoa Bayak (Westbrook, Me) 5-10¾; 3. Anna Hall (Valor, Highlands Ranch, Co); 4. Taylor Beard (Handley, Winchester, Va) 5-10¾.

PV: 1. Kaeli Thompson (Warwick, NY) 13-6¼; 2. Lindsay Absher (West Forsyth, Clemmons, NC) 13-6¼; 3. Gennifer Hiralá (Fredericksburg, Va) 13-2¼;

4. Liliana Cohen (Ambler, Pa) 13-2¼; 5. *Leah Pasqualetti (Orange Park, NY) 13-2¼; 6. *Julia Fixsen (Mounds View, Mn) 13-2¼.

LJ: 1. **Jasmine Moore (Lakeridge, Mansfield, Tx) 20-9¼ (HSL);**

2. *Synclair Savage (North Cobb, Kennesaw, Ga) 20-5; 3. Jada Seaman (McDonogh, Owings Mills, Md) 20-5; 4. Smalls 19-11½; 5. Prommyse Hoozier (Indianapolis) 19-9¾; 6. India Turk (Howard, Macon) 19-7½; 7. Alysah Brown (Coronado, San Diego) 19-6¾.

TJ: 1. **Moore 44-2½ (HSL) (2, 2 HS; in/out: 4, =10 HS);**

2. Smalls 41-9¾; 3. Shearer 40-11½; 4. Alissa Braxton (Dix Hills, NJ) 40-9; 5. Claudine Smith (Egg Harbor, NJ) 40-1½; 6. Nadia Saunders (North Rockland, Thiells, NY) 39-9½.

SP: 1. Chloe Lindeman (Fulton, Il) 46-5 ½; 2. Keeley Suzenski (Fleetwood, Pa) 45-4¾; 3. Hannah Jackson (Kell, Marietta, Ga) 45-1¾; 4. *Meaghan Toscano (Lower Gwynett, Pa) 45-1; 5. Morgan Johnson (Whitewater, Fayetteville, Ga) 44-5¾.

Wt.: 1. *Monique Hardy (Thomas, Webster, NY) 64-7¼; 2. Annika Kelly (Barrington, RI) 56-1; 3. *Cheyenne Figueroa (Classical, Providence) 57-11¼; 4. Jackson 57-3½; 5. Chandler Hayden (Pittsfield, Il) 57-0.

Pent: 1. **Hall 4209 (x, 2 HS) (8.70, 5-11¾, 38-2¾, 18-3¾, 2:16.52) (8.70, 1.82, 11.65, 5.58, 2:16.52);**

2. Chloe Royce' (Can) 3740;

3. Jada Johnson (Sharon, Roxbury, Ma) 3740 (9, x HS);

4. Alaina Brady (Maple Valley, Wa) 3682; 5. Brianna Smith (Elkins Park, Pa) 3667.

JOHN NEPOLITAN



Jasmine Moore put up two year-leading jumps, winning at 20-9¼ and 44-2½.

2 High School Records For Chloe Cunliffe

by Jeff Hollobaugh

WHEN CHLOE CUNLIFFE (West, Seattle) went to the indoor all-comers meet at Tacoma's Pacific Lutheran University on St. Patrick's Day, it was literally a last-chance meet. Last chance for the senior to improve on the PR of 14-0 (4.27) that she first set as a junior. Last chance to salvage her injury-ravaged undercover season. Last chance to go after the HSR of 14-4 (4.37) that Tori Weeks (now Hoggard) set in '15.

Her coach, Tim Reilly, wasn't even there. "I was actually on an airplane coming home from the Hershey [USATF Youth] meet in New York and she picked up poles and got herself there to

take a last crack at the indoor marks," he says.

Cunliffe had cleared 13-9¼ (4.20) and a PR-equaling 14-0 in January. Then her right wrist went on the fritz and she didn't vault at all in February. "It was really annoying," she says. In that down-time she lifted weights and concentrated on sprint drills with her dad. "Over the last few weeks it's gotten so much better," she says. "Right now it feels 100% better."

In Tacoma, she needed two tries to get over her opening height of 13-1½ (4.00). She cleared 13-7¼ (4.15) on her first, then missed and passed at 14-1¼ (4.30), even though it would have been a PR.

Then she had the bar put at a national record 14-5¼ (4.40), which would better Weeks' standard from '15. She made it on her first try:

"I was like, 'OK, I kind of knew that was in me.'" Putting the bar at 14-9 (4.50)? That was just gravy. She missed her first attempt; then she made it. "That one did surprise me," she

confesses. The mark is also an absolute HSR, bettering the 14-7½ (4.46) of Lexi Weeks (now Jacobus) in '15. It would also rate as an American Junior Record, but USATF's number-of-officials regulations will negate that possibility.

Says Reilly, "I figured 14-9 was absolutely going to happen by May, but I was a bit surprised that it came so fast. And to have two record jumps in one session."

Now Cunliffe, who is bound for Washington State—where she will train under former world indoor/outdoor champ Brad Walker—has to adjust her goals for outdoors. "Hopefully 15-feet or higher," she says. At Tacoma, she took two unsuccessful attempts at 15-1 (4.60) just to see what it felt like. Her form has had some online commentators very impressed, and there's no doubt that speed runs in the family, since older sister Hannah was the '17 NCAA Indoor 60 champion for Oregon.

Of the whirlwind close to her indoor campaign, the new recordholder explains, "I just tried to make up for all the time I missed. I've never vaulted so much. I worked really hard when I came back."

VICTOR SAILER/PHOTO RUN



Injured and out of the picture for most of the indoor season, Chloe Cunliffe bounced back big-time.

The All-Time High School Girls 14-Foot Club

Combining indoors and out, a total of 16 prep girls have cleared their event's elite barrier. New national recordsetter Chloe Cunliffe was a member of the club (at 14-0) before her ascension to the top of the list. The 16:

Height	Athlete	Year
14-9i	Chloe Cunliffe (West, Seattle, Washington)	2019
14-7½	Lexi Weeks¶ (Cabot, Arkansas)	2015
14-7¼	Desiree Freier (Northwest, Justin, Texas)	2014
14-5½	Rachel Baxter (Canyon, Anaheim, California)	2017
14-4i	Tori Weeks¶ (Cabot, Arkansas)	2015
14-2¾	Morgann LeLeux (Catholic, New Iberia, Louisiana)	2011
14-2½i	Tori Anthony (Castilleja, Palo Alto, California)	2007
14-2i	Mary Saxer (Lancaster, New York)	2005
14-1¼i	*Erica Ellis (Gates-Chili, Rochester, New York)	2018
14-0	Tiffany Maskulinski (Iroquois, Elma, New York)	2005
i(A)	Katie Veith (Homestead, Ft Wayne, Indiana)	2006
	Rachel Laurent (Vandebilt, Houma, Louisiana)	2008
(A)	Shade Weygandt (Mansfield, Texas)	2009
	Annie Rhodes (Midway, Waco, Texas)	2013
	Nastassja Campbell (New Caney, Texas)	2018
	*Mackenzie Hayward (Marcus, Flower Mound, Texas)	2018

(¶) = Lexi now goes by Jacobus, Tori by Hoggard)

HS Boys Indoor Athlete Of The Year – Sam Affolder

JOHN NEPOLTIAN



Sam Affolder
(Loudoun Valley,
Purcellville,
Virginia) dominated
New Balance with
his relay running.

TRADITIONALLY, OUR AOY VOTING, at all levels of competition, has downplayed any relay considerations. Our rationale is that big baton times are the work of 4 people not just a single person. But we have always recognized the value of impressive splits relative to open times, so thus it is that Sam Affolder (Loudoun Valley, Purcellville, Virginia) has come to be our choice as top prep boy of the indoor season. The fact that he ran on national record teams is irrelevant; what is relevant is that he had a sterling 4:06.21 on the DMR and an even better 4:06.20 in the 4 x Mile. And a 1:51.37 on the 4x8. His collection of times in open races was solid backup: 2:27.23 in the 1000 (No. 8 on the yearly list), 3:51.08 in the 1500 (No. 3), 4:09.68 in the mile (No. 6) and 9:11.74 for 2M (No. 16).

Honorable Mention: NBIN champions Micah Williams (Benson, Portland, Oregon), Mario Heslop (Franklin Township, Somerset, New Jersey) & Trey Knight (Ridgefield, Washington). Williams (6.60) moved to No. 3 on the all-time 60 list, Heslop (20.90) to No. 4 in the 200 and Knight (86-7½) to No. 2 in the weight. Knight also set a national record 67-11¾ with the international weight. □

Previous HS Boys Indoor Athletes Of The Year

Virginia running powerhouse Loudoun Valley is the only school this century to have two different boys named Indoor AOY, as this year's winner Sam Affolder follows '16 leader Drew Hunter:

Year	AOY	Event(s)
2019	Sam Affolder (Loudoun Valley, Purcellville, Virginia)	1000-2M/relays
2018	Mondo Duplantis (Lafayette, Louisiana)	pole vault
2017	—Duplantis	pole vault
2016	Drew Hunter (Loudoun Valley, Purcellville, Virginia)	distances
2015	Grant Holloway (Grassfield, Chesapeake, Virginia)	everything
2014	Devin King (Sumner, Kentwood, Louisiana)	pole vault
2013	Edward Cheserek (St. Benedict's, Newark, New Jersey)	distances
2012	—Cheserek	distances
2011	Ryan Crouser (Barlow, Gresham, Oregon)	shot
2010	Nick Vena (Morristown, New Jersey)	shot
2009	Wayne Davis (Southeast, Raleigh, North Carolina)	hurdles
2008	—Davis	hurdles
2007	Walter Henning (St. Anthony's South Huntington, New York)	throws
2006	Karjuan Williams (New Bern, North Carolina)	500-800
2005	Scott Sellers (Cinco Ranch, Katy, Texas)	high jump
2004	Elzie Coleman (Free Academy, Newburgh, New York)	300-600
2003	Reggie Witherspoon (Wheeler, Marietta, Georgia)	200/400
2002	Brendan Christian (Reagan, Austin, Texas)	60/200
2001	Alan Webb (South Lakes, Reston, Virginia)	1000-2M
2000	Ricky Harris (Centreville, Clifton, Virginia)	sprints/hurdles

HS Girls Indoor Athlete Of The Year – Katelyn Tuohy

DAVE MCCAULEY



Katelyn Tuohy closed out her AOY campaign with the No. 2 time ever in the 2M, 9:51.05.

IN SELECTING OUR world men’s AOY winner we noted that it was so close that there was some sympathy for a tie. The margin between national recordsetters Katelyn Tuohy (North Rockland, Thiells, New York) and Athing Mu (Central, Trenton, New Jersey) was similarly tight. Mu’s signature race was the 600, where her 1:23.57 was not only an HSR but was also an American Record. She also produced the event’s Nos. 2 & 4 HS clockings ever. Tuohy’s record run came in the 3000 (9:01.81) where she also produced all-time marks 4 and 6.

Each was prominent in other events, with Tuohy producing the No. 5 time ever in the 1500 (4:19.72 HSL), No. 8 in the mile (4:39.15 HSL) and No. 2 in the 2M (9:51.05 HSL). Mu moved to No. 5 in the 400 (52.55 HSL), No. 4 in the 800 (2:03.98 HSL) and No. 3 in the 1000 (2:44.43 HSL). If the voting had happened before the NBIN meet, Mu would likely have been the winner, but her loss to another prep there (while Tuohy never lost to a prep) took some of the shine off her credentials. So, the narrowest of edges to the defending No. 1.

Honorable Mention: Anna Hall (Valor, Highlands Ranch, Colorado) raised the pentathlon record to 4302 and followed that up with the No. 2 score ever, 4209. Chloe Cunliffe twice broke the national record in the vault, first clearing 14-5¼, then 14-9. Dominant walker Taylor Ewert (Beavercreek, Ohio) set new records in the 1500 (6:02.85), mile (6:28.21) and 3000 (13:24.76).

Previous HS Girls Indoor Athletes Of The Year

In the 20 years of Girls AOYs this century, Katelyn Tuohy has become the first repeat winner:

Year	AOY	Event(s)
2019	Katelyn Tuohy (North Rockland, Thiells, New York)	distances
2018	—Tuohy	distances
2017	Sammy Watson (Rush-Henrietta, Henrietta, New York)	500-1000
2016	Vashti Cunningham (Gorman, Las Vegas, Nevada)	high jump
2015	Sydney McLaughlin (Union Catholic, Scotch Plains, New Jersey)	long sprints/ hurdles
2014	Raven Saunders (Burke, Charleston, South Carolina)	shot
2013	Mary Cain (Bronxville, New York)	distances
2012	Ajee’ Wilson (Neptune, New Jersey)	800
2011	Aisling Cuffe (Cornwall Central, New Windsor, New York)	distances
2010	Ashton Purvis (St. Elizabeth, Oakland, California)	60/200
2009	Jillian Smith (Southern Regional, Manahawkin, New Jersey)	mid-distances
2008	Chanelle Price (Easton, Pennsylvania)	500-800
2007	Ke’Nyia Richardson (Holy Names, Oakland, California)	triple jump
2006	Francena McCorory (Bethel, Hampton, Virginia)	400
2005	Mary Saxer (Lancaster, New York)	pole vault
2004	Devon Williams (Catholic, Towson, Maryland)	500-Mile
2003	Allyson Felix (LA Baptist, North Hills, California)	200
2002	Sanya Richards (Aquinas, Ft. Lauderdale, Florida)	200/400
2001	Angel Perkins (Gahr, Cerritos, California)	200-500
2000	Sheena Johnson (Gar-Field, Woodbridge, Virginia)	everything

Winners Of Other Nationals

BARTON SPORTS INFORMATION



Barton County's Stephone Torrence captured the national JC hurdle title.

JUCO WINNERS

Pittsburg, Kansas, March 01–02 (300 unbanked—oversized track)—

JUCO MEN

Teams: 1. Iowa Central 90½; 2. Barton County 80; 3. Cloud County 63.

60: 1. ***Tavarius Wright (But) 6.61. 200: 1. ***Courtney Lindsey (IaC) 20.89;... dnf—***Kenny Bednarek (IndH). Heats: V–1. Bednarek 20.43. 400: 1. Bednarek 45.97. 600: 1. **Leander Forbes (Merid) 1:16.86. 800: 1. **Derek Holdsworth (TrinSt) 1:51.82. 1000: 1. Holdsworth 2:28.20. Mile: 1. **Nehemiah Too' (Colby) 4:15.68. 3000: 1. ***Awet Yohannes' (IaC) 8:18.68. 5000: 1. Too' 14:24.93.

60H: 1. **Stephon Torrence (Bart) 7.87. 4 x 400: 1. Barton County 3:10.82. 4 x 800: 1. Hawkeye 7:40.06. DisMed: 1. Iowa Central 10:03.49.

HJ: 1. ***Corvell Todd (Hinds) 7–½ (2.15). PV: 1. **Louis Humbert' (Cloud) 15–7 (4.75). LJ: 1. **Dodley Thermitus (Coffey) 25–4 (7.72). TJ: 1. ***Lloyd McCurdy' (Monr) 52–2½ (15.91). SP: 1. **Kevin Nedrick' (Bart) 59–6¼ (18.14). Wt: 1. **Israel Oloyede (ParV) 68–6½ (20.89). Hept: 1. **Jon Ply (CAz) 5350.

JUCO WOMEN

Teams: 1. Barton County 119; 2. New Mexico 103; 3. South Plains 63.

60: 1. **Deborah Giffard' (Bart) 7.37. 200: 1. ***T'nia Riley (Bart) 23.91. 400: 1. **Mariya Hudson (WnTx) 54.22. 600: 1. **Coshan Campbell (High) 1:30.13.

800: 1. ***Joanna Archer' (Monr) 2:13.99. 1000: 1. ***Faten Laribi' (Monr) 2:58.29. Mile: 1. ***Dorcus Ewoi' (SP) 5:03.16. 3000: 1. ***Winrose Chesang' (IaC) 10:08.61. 5000: 1. ***Florance Uwajeneza' (IaC) 17:10.45.

60H: 1. ***Demisha Roswell' (NMJC) 8.39. 4 x 400: 1. Barton County 3:44.65. 4 x 800: 1. Monroe College 9:19.47. DisMed: 1. Monroe 12:04.14.

HJ: 1. ***Grace Chinonyelum' (Cloud) 5–9¼ (1.76). PV: 1. ***Victoria Villanueva (NMJC) 12–3½ (3.75). LJ: 1. **Krystal Liburd' (NMJC) 20–4½ (6.21). TJ: 1. Chinonyelum' 43–2½ (13.17). SP: 1. **Cherisse Murray' (CAz) 53–5¼ (16.30). Wt: 1. **Devia Brown' (CAz) 60–8 (18.49). Pent: 1. ***MoniQue Grant (NMJC) 3635.

NAIA WINNERS

Brookings, South Dakota, March 01–02 (300 unbanked—oversized track)—

NAIA MEN

Teams: 1. Indiana Tech 56; 2. Wayland Baptist 52; 3. Keiser 42.

60: 1. Kejavon Moore (InT) 6.66. 200: 1. Kevin Hallmon (LinW) 20.95. 400: 1. ***Twayne Crooks' (SnNO) 46.57. 600: 1. Tre Hinds' (WayB) 1:17.42.

800: 1. Charles Shimukowa' (Cumb) 1:52.50. 1000: 1. **Luke Skinner (StMKs) 2:27.15. Mile: 1. Seth Farmer (Shawn) 4:11.79. 3000: 1. **Lucas Huelvan' (Cumb) 8:31.85. 5000: 1. ***Omar Paramo (StFI) 14:55.83.

60H: 1. ***Rasheem Brown' (Millig) 7.81. 3000W: 1. Moses Watson (Baker) 12:39.76. 4 x 400: 1. Wayland Baptist 3:08.90. 4 x 800: 1. Wayland Baptist 7:36.94. DisMed: 1. St. Mary 10:06.00.

HJ: 1. Brandon Ruffin (StFI) 6–9¼ (2.08). PV: 1. **Seth Wilmoth (Westm) 16–6¼ (5.05). LJ: 1. Jordan Downs (Bethln) 25–9½ (7.86). TJ: 1. Anthony Applequist (Keiser) 51–0 (15.54). SP: 1. Brennan Coil (InWes) 60–1 (18.31). Wt: 1. James Plummer (GView) 71–6¾ (21.81). Hept: 1. *Levi Sudbeck (Doane) 5273.

NAIA WOMEN

Teams: 1. Wayland Baptist 83; 2. Southern–New Orleans 63; 3. Indiana Tech 54.

60: 1. *Devin Johnson (WayB) 7.53. 200: 1. Johnson 24.08. 400: 1. ***Stacey-Ann Williams' (SnNO) 53.63. 600: 1. ***Jezelle Shaw' (SnNO) 1:32.54.

800: 1. **Emma Jankowski (Bethln) 2:14.42. 1000: 1. Anna Shields (PtP) 2:44.35. Mile: 1. Shields 4:37.73. 3000: 1. *Emily Kearney' (SCAD) 9:30.42. 5000: 1. Kearney' 17:27.18.

60H: 1. *Leonora Correia (InT) 8.68. 3000W: 1. *Anali Cisneros (Juds) 13:51.00. 4 x 400: 1. Southern–New Orleans 3:41.63. 4 x 800: Wayland Baptist 9:11.19. DisMed: 1. Oklahoma City 11:54.10.

HJ: 1. **Amanda Chan (Vang) 5–7¼ (1.71). PV: 1. Katrina Smith (SprA) 12–6¼ (3.82). LJ: 1. ***Destiny Copeland (InT) 19–1¼ (5.82). TJ: 1. Tiona Owens (WayB) 40–9¼ (12.44). SP: 1. Kylie Davis (ONaz) 48–1¼ (14.66). Wt: 1. *Michelle Carrillo (GVw) 64–¼ (19.51). Pent: 1. Kamberlyn Lamer (DakW) 3678.

NCAA II WINNERS

Pittsburg, Kansas, March 08–09 (300 unbanked—oversized track)—

NCAA II MEN

Teams: 1. Ashland 38; 2. Adams State 37; 3. Tiffin 34.

60: 1. *Jonte Baker (Tif) 6.62. 200: 1. Mobolade Ajomale' (AArt) 20.88. 400: 1. Myles Pringle (Ash) 45.67.

800: 1. *Thomas Staines' (CoStP) 1:48.64. Mile: 1. *Felix Wammetsberger' (Queens) 4:11.18. 3000: 1. Gedyon 8:05.90. 5000: 1. Sydney Gidabuday (Adams) 13:46.34.

60H: 1. *Charlie Forbes (CoCS) 7.89. 4 x 400: 1. Texas A&M–Commerce 3:08.34.

DisMed: 1. Colorado State–Pueblo 9:47.91.

HJ: 1. Isaiah Kyle (Wingate) 7–1¼ (2.18). PV: 1. ***Vincent Hobbie' (CMo) 17–7 (5.36).

LJ: 1. ***Isaac Grimes (Chadr) 25–8¾ (7.84). TJ: 1. ***Ryan Brown' (Linc) 52–6½ (16.01). SP: 1. *Eldred Henry' (Find) 66–2½ (20.18). Wt: 1. Austin Combs (Find) 69–7½ (21.22).

Hept: 1. ***Valentin Charles' (AMK) 5642.

NCAA II WOMEN

Teams: 1. Adams State 87; 2. Grand Valley State 64; 3. Lincoln 47.

60: 1. Dianna Johnson' (Adams) 7.21. 200: 1–1. Kandace Thomas (Adams) 23.57. 400: 1. **Shannon Kalawan' (StA) 53.74.

800: 1. Skylyn Webb (CoCS) 2:04.94. Mile: 1. ***Stephanie Cotter' (Adams) 4:50.27. 3000: 1. Caroline Kurgat' (Ak) 9:15.45. 5000: 1. Kurgat' 16:06.37.

60H: 1. Danielle Kohlwey (MnD) 8.28. 4 x 400: 1. Lincoln 3:37.12. DisMed: 1. Adams State 11:21.24.

HJ: 1. Yashira Rhymer-Stuart' (Bellarm) 5–9¼ (1.77). PV: 1. **Haven Lander (Pitt-St) 13–2½ (4.03). LJ: 1. *Lauren Fairchild (CoStP) 20–1 (6.12). TJ: 1. *Camille Jouanno' (AARt) 42–5¼ (12.93). SP: 1. Sunflower Greene (Millersv) 53–3 (16.23). Wt: 1. *Bobbie Goodwin (GVal) 68–1 (20.75). Pent: 1. *Olivia Montez-Brown' (AugSD) 3915.

NCAA III WINNERS

Roxbury Crossing, Massachusetts, March 08–09 (200 banked)—

NCAA III MEN

Teams: 1. North Central 55; 2. tie, Mount Union & Wisconsin–La Crosse 39.

60: 1. ***Kai Cole (Wesley) 6.80. 200: 1. ***Corey Carter (Princp) 21.52. 400: 1. *Patrick Mikel (Loras) 47.52. 800: 1. *Kylie Lueck (WiEC) 1:49.60. Mile: 1. Zach Lee (WiPi) 4:06.22. 3000: 1. Greg Morgan (Haver) 8:14.71. 5000: 1. Dhruvil Patel (Ncen) 14:24.86. 60H: 1. *Mason Plant (MtU) 8.04. 4 x 400: 1. Mount Union 3:14.79. DisMed: 1. Middlebury 9:56.54. HJ: 1. *David Lembke (Carroll) 7–½ (2.15). PV: 1. Luke Winder (Ncen) 17–4½ (5.30). LJ: 1. *Hayden Snow (JCarroll) 24–10 (7.57). TJ: 1. **Yorai Shaoul (MIT) 49–11¼ (15.22). SP: 1. David Kornack (WiEC) 65–¾ (19.83). Wt: 1. Eric Holst (StT) 68–7¼ (20.91); 2. Blaze Murfin (Dub) 67–4 (20.52); 3. *Andrew Jarrett (WiLC) 67–4 (20.52). Hept: 1. *Will Daniels (Central) 5418.

NCAA III WOMEN

Teams: 1. Williams 42; 2. Washington U 40; 3. George Fox 29.

60: 1. *Evelina Slobob (Wesley) 7.55. 200: 1. *Gabrielle Noland (Loras) 24.34. 400: 1. Sarah King (GFox) 54.66. 800: 1. Phoebe Aguiar (Macal) 2:07.50. Mile: 1. Emily Bryson (Brand) 4:45.80. 3000: 1. Emily Forner (Alleg) 9:39.56. 5000: 1. **Kaitlyn Mooney (CG) 16:23.12. 60H: 1. Jayci Andrews (BridgeSt) 8.68. 4 x 400: 1. Nebraska Wesleyan 3:48.60. DisMed: 1. Brandeis 11:40.64.

HJ: 1. *Emma Egan (Will) 5–9¼ (1.77). PV: 1. Olivia McDaniel (Linf) 12–11½ (3.95). LJ: 1. ***Isabel Maletich (Chi) 19–4¼ (5.91). TJ: 1. **Eka Jose (WaU) 39–10¼ (12.16). SP: 1. Erica Oawster (WiEC) 48–5½ (14.77). Wt: 1. **Ivie Uzamere (Wesl) 63–6¼ (19.36). Pent: 1. Annie Wright (GFox) 3729.

Prediction Department — 2019 World Championships Medalists

JIRO MOCHIZUKI/IMAGE OF SPORT



Men's long jump favorite Juan Miguel Echevarría of Cuba already has a windy 29-footer this year.

TWO ISSUES AGO we said, "Picking World Championships podium people in January—when a crystal ball sometimes looks more like a snow globe—is always risky business, but it's ultra-risky when you do it for a year in which the WC is set to roll around on its latest dates ever, September 27–October 06." After a relatively low-key indoor season, fearless forecasters Richard Hymans (men) and Jonathan Berenbom (women) have updated their picks. Note that we didn't include either athletes under provisional doping bans or Russians who have yet to be granted Neutral status by the IAAF. If the IAAF's proposed testosterone rules finally get the green light, that too could change things.

Overall, the choices add up to a solid 29-medal haul (15 men, 14 women) for Team USA, 10 of them gold (5 men, 5 women). Last time around, London '17, the U.S. total was 24 medals, split 13/17, with 10 golds (3 men, 7 women).

MEN'S MEDAL PICKS

	GOLD	SILVER	BRONZE
100	Christian Coleman (USA)	Ronnie Baker (USA)	Reece Prescod (Great Britain)
200	Noah Lyles (USA)	Ramil Guliyev (Turkey)	Akeem Bloomfield (Jamaica)
400	Wayde van Niekerk (South Africa)	Michael Norman (USA)	Abdellah Haroun (Qatar)
800	Emmanuel Korir (Kenya)	Clayton Murphy (USA)	Michael Saruni (Kenya)
1500	Timothy Cheruiyot (Kenya)	Elijah Manangoi (Kenya)	Jakob Ingebrigtsen (Norway)
Steeple	Conseslus Kipruto (Kenya)	Soufiane El Bakkali (Morocco)	Evan Jager (USA)
5000	Selemon Barega (Ethiopia)	Yomif Kejelcha (Ethiopia)	Hagos Gebrhiwet (Ethiopia)
10,000	Joshua Cheptegei (Uganda)	Rhonex Kipruto (Kenya)	Richard Yator (Kenya)
110 Hurdles	Sergey Shubenkov (Russia)	Omar McLeod (Jamaica)	Grant Holloway (USA)
400 Hurdles	Abderrahmane Samba (Qatar)	Rai Benjamin (USA)	Karsten Warholm (Norway)
Marathon	Eliud Kipchoge (Kenya)	Leul Gebrselassie (Ethiopia)	Tamirat Tola (Ethiopia)
20K Walk	Eiki Takahashi (Japan)	Eider Arévalo (Colombia)	Daisuke Matsunaga (Japan)
50K Walk	Matej Tóth (Slovakia)	Maryan Zakalnytsky (Ukraine)	Hiroki Arai (Japan)
4 x 100	United States	Great Britain	Jamaica
4 x 400	United States	Botswana	Bahamas
High Jump	Mutaz Barshim (Qatar)	Brandon Starc (Australia)	Maksim Nedasekau (Belarus)
Pole Vault	Timor Morgunov (Russia)	Sam Kendricks (USA)	Mondo Duplantis (Sweden)
Long Jump	Juan Miguel Echevarría (Cuba)	Luvo Manyonga (South Africa)	Ruswahl Samaai (South Africa)
Triple Jump	Christian Taylor (USA)	Pedro Pichardo (Portugal)	Will Claye (USA)
Shot	Tom Walsh (New Zealand)	Ryan Crouser (USA)	Darrell Hill (USA)
Discus	Andrius Gudžius (Lithuania)	Fedrick Dacres (Jamaica)	Ehsan Hadadi (Iran)
Hammer	Paweł Fajdek (Poland)	Wojciech Nowicki (Poland)	Bence Halász (Hungary)
Javelin	Thomas Röhler (Germany)	Magnus Kirt (Estonia)	Andreas Hofmann (Germany)
Decathlon	Kevin Mayer (France)	Damian Warner (Canada)	Arthur Abele (Germany)

WOMEN'S MEDAL PICKS

	GOLD	SILVER	BRONZE
100	Elaine Thompson (Jamaica)	Marie-Josée Ta Lou (Côte d'Ivoire)	Dina Asher-Smith (Great Britain)
200	Dina Asher-Smith (Great Britain)	Shaunae Miller-Uibo (Bahamas)	Dafne Schippers (Netherlands)
400	Shaunae Miller-Uibo (Bahamas)	Salwa Eid Naser (Bahrain)	Phyllis Francis (USA)
800	Caster Semenya (South Africa)	Francine Niyonsaba (Burundi)	Ajee' Wilson (USA)
1500	Faith Kipyegon (Kenya)	Laura Muir (Great Britain)	Shelby Houlihan (USA)
Steeple	Beatrice Chepkoech (Kenya)	Hyvin Jepkemoi (Kenya)	Celliphine Chespol (Kenya)
5000	Hellen Obiri (Kenya)	Sifan Hassan (Netherlands)	Genzebe Dibaba (Ethiopia)
10,000	Almaz Ayana (Ethiopia)	Sifan Hassan (Netherlands)	Senbere Teferi (Ethiopia)
100 Hurdles	Brianna McNeal (USA)	Keni Harrison (USA)	Jasmine Camacho-Quinn (Puerto Rico)
400 Hurdles	Sydney McLaughlin (USA)	Dalilah Muhammad (USA)	Shamier Little (USA)
Marathon	Mary Keitany (Kenya)	Vivian Cheruiyot (Kenya)	Tirunesh Dibaba (Ethiopia)
20K Walk	Shenjie Qieyang (China)	Antonella Palmisano (Italy)	Mária Pérez (Spain)
50K Walk	Hong Liu (China)	Maocuo Li (China)	Claire Tallent (Australia)
4 x 100	United States	Jamaica	Great Britain
4 x 400	United States	Jamaica	Poland
High Jump	Mariya Lasitskene (Russia)	Yuliya Levchenko (Ukraine)	Airinė Pašytė (Lithuania)
Pole Vault	Anzhelika Sidorova (Russia)	Sandi Morris (USA)	Katerína Stefanídi (Greece)
Long Jump	Brittney Reese (USA)	Ivana Španović (Serbia)	Malaika Mihambo (Germany)
Triple Jump	Caterine Ibargüen (Colombia)	Yulimar Rojas (Venezuela)	Ana Peleteiro (Spain)
Shot	Lijiao Gong (China)	Christina Schwanitz (Germany)	Raven Saunders (USA)
Discus	Sandra Perković (Croatia)	Yaimé Pérez (Cuba)	Dani Stevens (Australia)
Hammer	Anita Włodarczyk (Poland)	DeAnna Price (USA)	Joanna Fiodorow (Poland)
Javelin	Huihui Lu (China)	Barbora Špotáková (Czech Republic)	Christin Hussong (Germany)
Heptathlon	Nafi Thiam (Belgium)	Katarina Johnson-Thompson (Great Britain)	Carolin Schäfer (Germany)

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Vin Lananna Files Formal Grievance Against USATF

AT A MEETING held during the indoor nationals, USATF's Board Of Directors opted to take no action on federation President Vin Lananna's request for rescission of the temporary administrative leave the Board imposed on him more than a year ago. The matter of Lananna's status—a subject well kept in view by Ken Goe of the Portland Oregonian and Ken Stone of the *San Diego Times*—will now move into the purview of USATF's National Athletic Board of Review, with which Lananna filed a formal grievance on February 14.

The expected near-term pathway is a mandatory mediation procedure followed—if no resolution is found there—by a ruling from the review board, most likely in May or June. Meanwhile calendar pages are turning fast in the 5-year window from '16 until the start of the '21 World Championships in Eugene, the staging of which Lananna was instrumental in advancing. Months and years of infighting instead of pulling together in the leadup to '21 is not what Oregon Associate AD Lananna had in mind.

From '05, when Lananna arrived at Oregon as director of the Duck program, he worked methodically, with a vision, to accomplish something bigger. "I didn't come to Oregon to try to coach teams and get athletes to run fast and all that stuff," he once told T&FN. "I came to Oregon to try to change the sport of track & field." For the nonce that vision, at least crucial components of it, sits quagmired in an all-too-familiar spot for the sport, that of backroom rivalries, power struggles and negative headlines that have nothing to do with running, jumping or throwing.

"For me, 2021 has to be a culmination, the focal point," Lananna told us in '16, weeks before he served as men's Olympic coach for Rio and half a year before his election as USATF President in December of that year. "It is not the beginning. If we just have a track meet in 2021, we will have missed the whole opportunity. It's a buildup for the next 5 years to put track meets in that space for the U.S. athletes so that when people come to the World Championships season, they not only know the United States team but they know that there's a big meet that's going to happen and they're ready for it. It should be an opportunity for the athletes to build their brand."

Now, nearly 4 years on, there's no harmonious collaboration, no vitalized pulling together, and no discernible new spark for the sport in a promotions sense.

In the immediate afterglow of the IAAF's surprise April '15 decision to site the '21 Worlds in Eugene, Lananna and USATF CEO Max Siegel sang from the same sheet music. The USATF Board was an amen chorus. "We thank President Diack and the IAAF Council for entrusting this meet to the United States," Siegel said at the time. "Team USA has established itself as the most successful track & field team in the world. We now have the opportunity and duty to rise to the same level as hosts of these championships." Lananna gave voice to the descant: "We believe we can ignite a spark that will leave a lasting legacy for track & field for generations to come."

Now, nearly 4 years on, there's no harmonious collaboration, no vitalized pulling together, and no discernible new spark for the sport in a pro-

motions sense. Lananna is now 13 months into the "temporary administrative leave" imposed by USATF's Board Of Directors, which declared him "temporarily unable to serve" over a conflict of interest related to the U.S. Justice Department's "pending investigation into the award of the 2021 World Championships..."

The Board stipulated Lananna's leave would last until the DOJ investigation of Eugene's World Championships bid (first reported in the summer of '17) is resolved. "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," Board chair Steve Miller said in a press release at the time.

But those in Lananna's corner categorize the move as a ploy to run out the clock on his Presidential term and check his influence. DOJ/FBI investigations are just that, investigations, not final judicial rulings. Principals and witnesses are interviewed, evidence is weighed, but public declarations that inquiries are closed are almost never issued, new facts can always emerge. USATF's Board, fully lawyered up as it should be, knows that. Hence, say critics of the Board's action, the intent was to sideline Lananna permanently. Lananna met in person with DOJ investigators in mid-'17, answered all their questions, and all indications are that he has never been contacted again about the matter. Yet Lananna's "administrative leave" stands.

Having relinquished his TrackTown role last year along with any executive authority within the Oregon '21 Worlds organizing body before that, Lananna filed his February grievance. That document, drafted by attorneys, alleges that then-USATF Board Chair Miller approached Lananna in July of '18 with an offer of reinstatement based on conditions unrelated to the '21 Worlds bidding process. These included, per the grievance: "a demand for [Lananna's] pledge of loyalty to [Miller] as Board chair and to incumbent USATF leadership, including a promise to actively support Bylaws changes that would (1) extend the term of [Miller] as Board Chair through 2021, (2) elevate [acting USATF President] Mike Conley to permanent Vice Chair and extend his term as a director through 2021, and (3) extend [Lananna's] own term as President into 2021 beyond the term for which he was elected by the Membership."

The grievance holds that Miller's alleged proposal "would essentially vitiate the 2020 election for these key leadership positions," and that Lananna rejected it, bringing on "a

tirade of ad hominem attacks" from Miller in response. "In short," the grievance holds, "[Miller since term-limited out of his Chair position] and the Board were happy to have Mr. Lananna serve as President if he would kowtow to them instead of representing the Membership that elected him, and advance their self-interested motives to retain control over USATF."

This purported intent and Miller's alleged proffer of a bargain have elicited little surprise among activist USATF members who attended the '16 Annual Meeting at which Lananna gained the presidency. The perception then was that a faction on the USATF Board as well as Siegel and executive members of his staff favored Lananna's election opponent Jackie Joyner-Kersey, who withdrew her candidacy shortly before the vote.

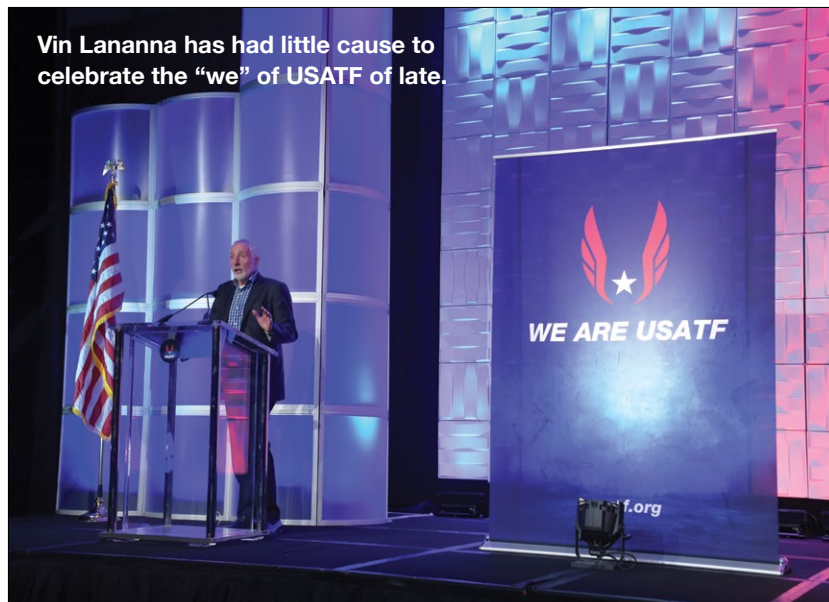
The 25-page grievance argues on other grounds, as well, that the suspension imposed on Lananna—a collegiate coach and athletic administrator for the past 44 years—violates USATF's bylaws and operating regulations as well as Virginia law (USATF is incorporated in that state) and basic fiduciary duty. The grievance requests Lananna's reinstatement as President and Board Chair, that the February '18 Board resolution be revoked, a Board-written and signed statement acknowledging the resolution's invalidity, an apology and reimbursement of attorney's fees and costs.

This spring Lananna's fate will hang in the balance. Whatever the final outcome, does anyone doubt headlines about federation politics will continue to bounce coverage of Team USA's brilliant athletes "below the fold" on webpages (these days the sport is virtually invisible in most print papers) up to and through the Worlds of '21? Does anyone doubt valuable promotional time has been lost?

As Lananna also said back in '16, "We have to promote Team USA as it's due. If we had any other sport where the United States completely dominated [the way ours does internationally] it would be very popular."

Meanwhile, you can bet USATF is paying its attorneys. □

KIRBY LEE/IMAGE OF SPORT



Vin Lananna has had little cause to celebrate the "we" of USATF of late.

The IAAF's New Olympic Qualifying Procedure

UNIVERSITY OF OREGON



When fans flock to the new Hayward Field in 2020 athletes will have to perform at a higher level than ever.

The IAAF was eager to bring its “new” world rankings into production in time for them to play a major role in selecting qualifiers for this year’s World Championships, but a firestorm of negative reaction from athletes, managers and national federations alike put the kibosh on that idea (“Last Lap,” November). Confident that it has now worked out the kinks, the international federation has announced that its mark/place-based compilations will be a major factor in qualifying for next year’s Tokyo Olympics.

How major? Major to the tune of about a 50/50 ratio with traditional qualifying standards. The Q-standard numbers are anything but “traditional,” however, as the following charts show. The numbers—by definition—are going to be tough to achieve.

Countries that rely on a qualifying meet (see primarily the USA) will undoubtedly not have as many automatic qualifiers from that meet as they used to and will have to plan on gaining more Olympic berths via the world rankings (not to be

confused with T&FN’s World Rankings) route.

With the tighter standards, athletes will be able to qualify from an extended window. For Tokyo, the Q-period starts on May 01, 2019 and closes on June 29, 2020 (that’s a day after the U.S. Olympic Trials wrap up). The walk window closes earlier, on May 31, 2020.

What Do The New Standards Mean For The OT?

Figuring out how much effect the new standards will have on the Olympic Trials is tough. The answers at this point range from “definitely” to “we’ll get back to you.”

While recent editions of the Olympic Trials have increasingly featured instances of top-3 athletes not having the standard, the effect will be more pronounced this time around.

Amid confusion on how USATF will handle the new paradigm, it appears as if the federation has been caught off guard.

In an e-mail to LetsRun, USATF’s Susan Hazzard stated, “While we are disappointed in this initial [IAAF] announcement, we will enthusiastically advocate for additional changes that serve in the best interest of our sport. For the U.S., the 3 highest-placing finishers at the 2020 U.S. Olympic Trials, and who have the 2020 Olympic Games qualifying standard, will select themselves for the U.S. Team.”

That sounds like the same protocol that has long been in place, with one notable difference: no mention of using the IAAF’s world rankings to maximize entries, or of using a combination of the standards and the rankings.

In an e-mail to clarify USATF’s response, Hazzard told T&FN, “As you can imagine, this is all evolving in real time. We, along with our committee members, athletes and coaches, are working together toward a solution that is best for the sport and everyone involved.”

Athletes haven’t held back. Tweeted Paul Chelimo, “Olympic Standards are out and I see no fairness here to upcoming athletes... Another example of how Track and Field is killing itself with no mercy. If this standard was in effect 2016, I would not be an Olympic Silver Medalist or an Olympian.”

More than anything, it appears that USATF is still in the process of figuring out how it will manage team selection—and how it will try to keep its No. 1 marketing property, the Olympic Trials, viable and important. The good news is that in past years USATF and the USOC have done whatever was needed to maximize the number of Team USA members. Remember that for Rio in ‘16 the IAAF did away with A and B standards, instead filling the fields from the yearly lists, and that included Americans. Filling in ‘20 using the world rankings should be equally simple.

With virtually no one on this side of the Atlantic welcoming the IAAF’s new qualifying system and the changes that might come in its wake, one would expect that the sport’s stakeholders are going to bring pressure to bear against USATF and the USOC, in addition to the IAAF.

Stay tuned; the story is not finished. □

The new standards, and for comparison’s sake, those used for Rio ‘16:

Men's Olympic Qualifying Standards		
Event	2020 Standards	2016 Standards
100	10.05	10.16
200	20.24	20.50
400	44.90	45.40
800	1:45.20	1:46.00
1500	3:35.00	3:36.20
Steeple	8:22.00	8:30.00
5000	13:13.50	13:25.00
10,000	27:28.00	28:00.00
110 Hurdles	13.32	13.47
400 Hurdles	48.90	49.40
Marathon	2:11:30	2:19:00
20K Walk	1:21:00	1:24:00
50K Walk	3:50:00	4:06:00
High Jump	2.33 7-7¼	2.29 7-6
Pole Vault	5.80 19-½	5.70 18-8¼
Long Jump	8.22 26-11¼	8.15 26-9
Triple Jump	17.14 56-2¼	16.85 55-3½
Shot	21.10 69-2¼	20.50 67-3¼
Discus	66.00 216-6	65.00 213-3
Hammer	77.50 254-3	77.00 252-7
Javelin	85.00 278-10	83.00 272-4
Decathlon	8350	8100

Women's Olympic Qualifying Standards		
Event	2020 Standards	2016 Standards
100	11.15	11.32
200	22.80	23.20
400	51.35	52.20
800	1:59.50	2:01.50
1500	4:04.20	4:07.00
Steeple	9:30.00	9:45.00
5000	15:10.00	15:24.00
10,000	31:25.00	32:15.00
100 Hurdles	12.84	13.00
400 Hurdles	55.40	45.20
Marathon	2:29:30	2:45:00
20K Walk	1:31:00	1:36:00
50K Walk	to be contested?	not contested
High Jump	1.96 6-5	1.93 6-4
Pole Vault	4.70 15-5	4.50 14-9
Long Jump	6.82 22-4½	6.70 21-11¼
Triple Jump	14.32 46-11¼	14.15 46-5¼
Shot	18.50 60-8½	17.75 58-3
Discus	63.50 208-4	61.00 200-1
Hammer	72.50 237-10	71.00 232-11
Javelin	64.00 210-0	62.00 203-5
Heptathlon	6420	6200

MARK SHEARMAN



Was Jakob Ingebrigtsen in a hurry to make it home for bedcheck at the Euro Indoor?

CURFEW VIOLATOR? Norwegian wunderkind Jakob Ingebrigtsen may be fast enough at age 18 to win the European Indoor 3000 gold, but he's still a growing boy under the watchful eye of his coach/father. Said Jakob after his Glasgow victory, "I am 16 minutes past my bedtime, but it's an amazing day..."

Marathon Park, in Olympia, Washington, where the '84 women's OT marathon started and finished, will be renamed Joan Benoit Samuelson

Marathon Park...

San Francisco State is resurrecting its men's track program, 15 years after it was cut. For now it will just cover the track events, to provide competitive opportunities to the members of the cross country squad...

Usain Bolt is lending—OK, selling—his name to a venture to put environmentally friendly scooters on the streets and sidewalks of New York, with a product called the Chariot being pushed by the company Bolt Mobility...

A documentary called *The Forgotten Olympian* will debut soon, detailing the life of Otis Davis, the WR-setting winner of the 400 at the '60 Olympics...

Kayla White of North Carolina A&T was only the seventh athlete in history to score in both the 200 and 60 hurdles in the same NCAA Indoor. And her 18 points leads the list.

Kansas State high jumper Tejaswin Shankar had hoped to be selected for India's Asian Championships squad, but was left off the team after he sent a letter saying that the qualifying meet clashed with the NCAA and his exams...

The new indoor 200m track being built in Chicago's Pullman neighborhood will feature hydraulic banking and a Mondo surface. The publicly-owned Gately Park facility will be 134,000 square feet and seat 3500. It is slated to be open for the '20 season...

Two Kenyans who were slated to run in the Junior races at the World Cross Country Champs—Kibet Kandie and Agnes Mwikali—have been kicked off the team, all because they could not come up with adequate documentation of their ages...

While no spikes were visible in the photo, that is steeplechaser Colleen Quigley on the cover of the March issue of *Gazelle*, a fashion magazine...

Sydney McLaughlin's first World Junior Record in the 400 indoors, 50.52 at Texas A&M last February, has been officially rejected because no drug test was done that day. Her later and faster 50.36 at the NCAA Indoor is still pending...

A recent study of mortality rates among U.S. Olympic medalists suggests that silver medalists die 2-4 years earlier than gold or bronze winners, perhaps because of the lifelong disappointment of losing...

Akron will not be competing at home this season, as underlying tree roots have made the outer lanes of the home track unusable, and some of the inside lanes are starting to develop dips. Said AD Larry Williams, "Did we see it

Where's The Next Bolt Coming From?

The *Yomiuri Shimbun* reports that our sport's biggest marketing concern has become quite literal in Japan as a shortage of high-strength bolts is slowing construction projects nationwide as bolt manufacturers are failing to meet rapidly growing demand in the rush to develop the central area of Tokyo and construct Tokyo 2020 venues.

The World XC Champs Heads Down Under

Bathurst, in New South Wales, Australia, has been selected to host the '21 World Cross Country Championships. The races will take place at Mount Panorama, a well-known site for endurance motor races. Australia federation president Mark Arbib says the event will embrace both elite and recreational runners in a celebration of the art of cross country. "Having this event in Australia and on the iconic Bathurst site will allow everyday Australians to test themselves on the same challenging course that the world's best will run," he says. "We are over the moon to bring the World Championships to Australia and Bathurst."

It could be a toasty affair, as the racing is slated for March 20 and the high on that day this year was 82F (28C).

coming? Yes, unfortunately, but nobody has \$1.14 million to throw at it..."

Illinois will be renaming its outdoor track to honor retired coach Gary Weineke, who guided the team to 13 Big 10 titles and 4 NCAA Indoor crowns in a 36-year career...

Jamaican sprint legend Veronica Campbell-Brown gave birth to a girl on February 23...

The schedule for the World Indoors '20 in Nanjing is out, and all of the field events will be straight finals with no qualification round...

The IAAF Council has approved a return to the 60-second rule for field event attempts. The experiment with a 30-second rule over the past year did not go over well with athletes (and some fans)...

When Berhanu Legesse was awarded his medal by the governor of Tokyo after winning that city's marathon, a hubbub ensued after the

governor returned to her spot on the podium and put her hands in her pockets. Many in the local media felt the gesture showed disrespect to Legesse, despite the chilly weather...

France has issued arrest warrants for two of the figures involved in Russia's doping scandal: former IAAF treasurer Valentin Balakhnichev and former national coach Aleksey Melnikov...

Jamaica's three-time Olympic sprint medalist Kerron Stewart, now retired, has a new gig as coach for a Finnish soccer club...

LSU's Aleia Hobbs is track's finalist for the AAU's Sullivan Award...

The head of Japan's Olympic Committee will be resigning in June. He still denies that Japan paid bribes to host the '20 Games...

Running USA reports that U.S. road races experienced a 1% decline in registrations in '18...

An initiative to repair Kenya's track stadi-

ums prior to the '20 World Juniors has made track access difficult for many Kenya runners training at home. The affected facilities are in Eldoret, Iten and Kapsabet, among others....

Florida A&M head coach Darlene Moore resigned unexpectedly in March, in a move an associate AD described as a surprise...

Western Michigan coach Kelly Lycan was fired at the end of February. A public letter from the AD read, "An unhealthy culture exists and that your continued presence with the team would create a volatile environment..."

Arizona may be facing a \$10 million lawsuit soon as Michael Grabowski—No. 2 on the prep steeplechase list in '17—is charging that he was assaulted by a coach, kicked off the team and lost his scholarship after complaining about bullying on the team. The school has denied the allegations...

Cal Poly SLO's entire track team has been suspended from 7 meets in March and April after the university charged it with violating policies on hazing and alcohol...

Ohio's Spire Institute, site of many indoor track events on its 300m oval, is up for sale. No price is listed yet, but a property appraisal says the site, once valued at \$55 million, is only worth about \$7 million now...

Henrik Ingebrigtsen got into the Euro Indoor 1500 medals with a dramatic dive at the finish. He said, "I watched a lot of *MacGyver* growing up, just rolling towards the shoulder from explosions and stuff like that." □

LANDMARKS

USATF Foundation Promotions: Tom Jackovic & Trixie Saumsiegle

In early March; Jackovic to CEO and Saumsiegle to COO. Jackovic had been Executive Director since the Foundation's '04 beginnings, while Saumsiegle joined the organization in '14 as Associate Director Of Development.

Died: Johnny Jones, 60

On March 15, after a long battle with myeloma. A Texas alum known in football circles as "Lam" Jones, he won a 4x1 gold at the '76 Olympics at age 18, before he even suited up for the Longhorns. He also placed 6th in the 100 final. In '77, he World Ranked No. 8 in the 100 and was NCAA runner-up that year. His fastest short-dash times all came as a college frosh: 10.23/10.08w/20.67. Also ran 46.16 as a HS senior. Played 5 years in the NFL.

Died: Günther Lohre, 65

On March 15, in Leonberg, Germany. 9th in the pole vault at the '76 Olympics for West Germany. In '79, he World Ranked No. 6 in his only appearance.

Died: Nyandika Maiyoro, 88

On February 24, in Kisii, Kenya. The first world-class Kenyan distance runner, Maiyoro ran 4th in the '54 Commonwealth Games 5000 and World Ranked No. 10 that year. He placed 7th in the '56 Olympic 5000 and 6th in '60, Ranking No. 4 that year.

Died: Daniel Rudisha, 73

On March 6, in Nakuru, Kenya. The father of 800 WR holder David Rudisha won a silver medal himself as part of Kenya's 4x4 at the '68 Olympics. He World Ranked No. 5 at 400 in '67.

Died: Cynthia Thompson, 96

On March 8, in Kingston. Thompson was the first Jamaican woman Olympian (by dint of being one heat ahead of teammate Kathleen Russell), in the 100 in '48. She took 6th in the final.

Died: Willie Williams, 87

On February 27, in Chicago. Was World Ranked No. 1 in the 100 in '53, the year he won the first of two consecutive NCAA titles for Illinois. Also appeared in the 100 rankings in '54 & '56. Ran the first ratified 10.1 in '56. He later coached for 18 years at his alma mater. □

JEAN-PIERRE DURAND



1500 winner Marcin Lewandowski spoiled Jakob Ingebrigtsen's hopes for a Euros double.

AFTER HIS EURO INDOOR 400 win, **Karsten Warholm** donned full Scottish regalia, including a kilt. "I am not Scottish, I am from Norway," he said. "But," he added, in a nod to his Viking ancestry, "my family was here a thousand years ago."

"I didn't shock them because I'm not talented. I shocked them because I'm not from a big school and it's not well known," says **Tyrell Richards** of South Carolina State about his unlooked-for NCAA 400 win. He wasn't always 100% focused on track, he explains. "I already had an internship going into the championships. I didn't practice much. I had class conflicts Mondays, Wednesdays and Fridays... I was just iffy about it. I already had a job lined up, making some money and after that came back to school and I'm getting all this hype about me saying I can be really big. So this year I decided to take it fully seriously."

Until we see the debut of a World Steeplechase Majors circuit, expect to see more water & barrier adepts opting for the more rewarding marathon. **Ezekiel Kemboi**, 2-time Olympic gold winner at the steeple, will be trying his first marathon in Hamburg in April. Says the 36-year-old Kemboi, who announced his track retirement in '17—and then ran a few steeplechases in '18, "I started training last year, my body is fit for the marathon and my timing is equally good." Fellow Kenyan (and a 2-time world champ himself) **Brimin Kipruto**, 33, has also announced a move to the long run, with an April debut in Linz.

Samantha Noennig says that her win in the NCAA shot has a lot to do with her training partner, former Arizona State star Maggie Ewen: "I've learned so much from her. I really look up to her, too, so to be able to compete the way she does and be clutch the way she is, it feels great."

Miami's NCAA pentathlon winner, **Michelle Atherley**, says that "technically" she has dual citizenship with Belize, and might consider that route to the '20 Olympics. "I like to think I'm a realistic

person, so I guess I can start with it being a dream. Tokyo would be amazing."

With her 5000 victory **Alicia Monson** became the first Wisconsin woman to win an NCAA title in more than 20 years. For the Badger junior, the race was a waiting game: "I try to be kind of reactive. I know that a lot of times that if women take it out early, then doing the work kind of wastes energy. My coaches and I kept in touch and stayed relaxed. I knew I should wait until the end to go, but I wasn't really sure when, but when I did decide to go I knew that was the time to take it."

Tim Duckworth, the NCAA decathlon champ last year for Kentucky, was raised in the U.S. but competes for Britain. In the Euro heptathlon, he held on to the silver spot with a timely PR in the event, a 6.79 improvement. "I needed a PB and I knew I could do it in the 1000," he said. "So that was the main goal going into it—just run as fast as I can, for as long as I could. There were lots of ups and downs. That's for sure. It started out well, took a dip with shot put, came back up with the high jump, then at the beginning of today kind of went back down but I finished strong. I've been dreaming about that feeling of winning a medal for a while."

One of the unlikeliest winners in Birmingham was Northern Arizona's **Geordie Beamish** in the mile. The New Zealander got into the meet with a 4:06.96 PR on the high-altitude, oversized oval at Flagstaff. Outdoors, he has a 1500 best of just 3:41.87. Said Beamish, "It was a super emotional race.

What was crucial for me was staying calm and keeping my emotions low early in the race. I knew I had to keep myself relaxed especially because I was boxed in for 90 percent of that race." Added Lumberjack coach Michael Smith, "His feel for when to move has been so spot-on this season."

The Texas Tech program that has produced NCAA men's high jump champions in JaCorian Duffield and Trey Culver, and runner-up finishes for Bradley Adkins, now has a women's star in **Zarria Willis**. Says jumps coach James Thomas, "Just to see her progress over these last 4 years and come back to win a national title her senior year is special. I've been tough on Zarria for 4 years. I've really tried to push her to do some things she didn't think she could do, and she took it like a champ. I've coached her unlike a lot of athletes I've had and she's turned into one of the most consistent high jumpers in the country."

Bryce Hoppel of Kansas shocked many with his big kick to win the NCAA 800. He said of being the favorite going into the outdoor season, "Apparently I'm undefeated right now. I'll just keep trying to go with that."

Alabama's **Shelby McEwen** was a 7-¾ (2.15) jumper in high school in Oxford, Mississippi. Those hops made him a state champion. But he signed to play basketball at a JC that didn't have a track program. Jumping unattached in those years, he climbed up to 7-3¼ (2.23). Crimson Tide coach Dan Waters saw him at one of his few meets and was sold: "I went to coach [Miguel] Pate and said, 'Let's make sure we offer that guy a scholarship.' Within about 3-4 days, we had him signed and committed to come over here." McEwen says his 7-year-old niece helped him win the NCAA title: "On my last jump, the crowd

Echevarría Joins The 29-Foot Club

Juan Miguel Echevarría was World Ranked No. 1 in the long jump last year and based on his seasonal debut, shows no signs of letting up. The young Cuban, who doesn't turn 21 until August 11, made his yearly outdoor debut a spectacular one, becoming just the seventh member of the all-conditions 29-foot club. The wind was an illegal 3.3mps in Havana in early March when he sailed out to 29-3¼ (8.92). Including wind- and altitude-aided marks he became history's No. 3 performer, with the No. 5 performance (yes, ahead of both Carl Lewis and Bob Beamon!). The anything-goes 29-foot club performances:

Mark	Athlete	Date
8.99 29-6(A)w	Mike Powell (US)	7/21/92
8.96 29-4¾(A)w	Iván Pedroso (Cuba)	7/29/95
8.95 29-4½	-----Powell	8/30/91
8.95 29-4½(A)w	-----Powell	7/31/94
8.92 29-3¼w	Juan Miguel Echevarría (Cuba)	3/10/19
8.91 29-2¾w	Carl Lewis (US)	8/30/91
8.90 29-2½(A)	Bob Beamon (US)	10/18/68
8.90 29-2½w	-----Powell	5/16/92
8.89 29-2(A)w	-----Pedroso !	7/29/95
8.87 29-1¾	-----Lewis !	8/30/91
8.86 29-1(A)	Robert Emmiyan (Soviet Union)	5/22/87
8.84 29-0	-----Lewis !	8/30/91

got real quiet. I could hear my niece. She said, 'Let's go, Shelby.' So she kind of put a spark in me. So when I rocked back and I approached it, I was like, 'Oh yeah, I got it.'"

Euro triple jump champ **Ana Peleteiro** of Spain (nickname: "The Kangaroo Girl") says her success has everything to do with her coach, Iván Pedroso, many times a world LJ gold medalist for Cuba. "He brings everything, but the most important thing is the craziness. He was so crazy when he was an athlete and he would always say 'come on, come on.' But he is a very good person. I want to be like him, but I know it is so difficult. I am working to that, I know I can do it and I know we are in the beginning of my runway and I know I have to train more and dream bigger but I am happy now."

After several years struggling with injury, Italian high jumper **Gianmarco Tamberi** could not have been happier with his Euro Indoor gold. "I want to drink a beer," he said. "I want to go out and I want to celebrate. Now I am happy. I can jump again. I want to enjoy this moment. Over the last two years, there have been many times when I have cried because of my failure and being frustrated because I wanted it so much. The people around me wanted to support me but I never wanted them to say 'You are doing good, you are OK jumping 2.20 [7-2½]'. I did not want to be satisfied with 2.20."

When **Milan Trajkovic** of Cyprus—in lane 1—won the Euro Indoor hurdles by 0.01 over outdoor champ Pascal Martinot-Lagarde, he didn't believe it at first: "I hit two barriers very, very hard when I was running, and I took a tiny look to my right while finishing and there were just too many bodies around, so I lay on the ground annoyed at myself. And then I saw my name on the board and thought 'Oh, cool!'"

Kara Goucher says she is moving to trail racing, with her first event scheduled to be

To Run For Your High School Or Not?

Quite a few high school stars may sometimes be listed as running for their schools, but they're not always representing them. Three current girls superstars are in that category, in differing fashions.

Athing Mu

Athing Mu (Central, Trenton, New Jersey) has never run for her high school's team. She told the BBC, "Since freshman year, the coaches have been trying to recruit me but I've just preferred to run with my club since I've been doing so well with it." She added that she has no thoughts of turning professional soon, even after her stunning AR in the 600. "I think high school definitely levels out my amateurism. If I were to be 16 years old and a pro runner, it would be really hectic," she explained. "Being able to be in high school and finish off as an amateur within the next two years lets me still have fun with what I'm doing rather than be so hard on myself and have so much pressure."

Briana Williams

Last year, Briana Williams (Northeast, Oakland Park, Florida) had a great soph season, finishing off by winning World Junior (U20) titles for Jamaica in both the 100 & 200. This year, still just 17, she is putting all of her focus on qualifying for the World Championships. While she might run relay legs for Northeast, she will not run any individual races this spring. The next major meet for the young speedster is probably the Jamaican Championships, says coach Ato Boldon.

Katelyn Tuohy

Might Indoor AOY Katelyn Tuohy (North Rockland, Thiells, New York) skip her senior season next year? Coach Brian Diglio, who guides her during cross country and the indoor season, told the *Rockland/Westchester Journal News*, "She's accomplished basically everything you'd want at the high school level. At this point, if she wants to improve as a runner in terms of not only time but the strategy of racing, she needs a high level of competition she's not getting from high school." He added, "It's not my decision to make. I'm not running the race. It's not my career. We are working for her to take more ownership. It's not an easy thing for a high school kid to do, but in little over a year we'll turn her over to a college coach."

the Leadville Trail Marathon in June. She told *Runner's World*, "I grew up getting lost in the forest and coming back muddy and dirty. That's when I fell in love with running... I still want to run hard. I like the way that feels." She does not rule out returning to the roads in the future.

Katarina Johnson-Thompson won the Euro

pentathlon with a 4980 score, just 30 points shy of the World Record. "It's very high-level stuff when you're going for a big score," she said. "You can't afford any mistakes but that's sport. But 4980 is still a big score so I'm proud of myself and the score. I've learned a lot from [the '15 edition] where I didn't get to enjoy that moment and that was a bigger score so I'm just going to enjoy this one."

Poland took 1-2 in a marathon vault competition at Glasgow, led by **Paweł Wojciechowski**, who said, "I don't remember a competition, in which I had as many as 15 jumps. I would never expect what happened in Glasgow. I crossed my limit there, which is about 8 jumps. It was a tough competition, after a hard qualifying, and I forgot my shirts somewhere along the way. However, I would not be myself if something like that didn't happen."

When **Jasmyn Steels** of Northwestern Louisiana won the NCAA long jump, she was shocked, but not by the distance. "In the back of my mind I knew that 6.46m [21-2½] would win it, but I didn't know I was going to go hit that mark. I always had the number in mind, so it was really weird."

Chris O'Hare, who won silver in the Euro Indoor 3000 behind Norway's Henrik Ingebrigtsen, defended the victor, who like his brothers is reputed to have extraordinary self-esteem. "I've known Henrik for years now. They can sometimes get a bit of a bad name for being overconfident but they back it up all the time. As an athlete, you respect that, you hope they don't back it up but they always do." □

ERROL ANDERSON/THE SPORTING IMAGE



Alabama's Shelby McEwen captured the NCAA high jump crown.

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



The lure of another World Championships track 10K may draw Mo Farah back to Doha this fall.

Mo Back On Track For Track?

When eleventeen-time gold medalist Mo Farah won the Diamond League 5K final in '17, that was supposed to be the end of his track career. He quickly transitioned to the roads and showed great promise last year, winning the Chicago Marathon in 2:05:11. But after watching fellow Briton Laura Muir win a Euro Indoor double, he says he is considering a return to the track for the '19 Worlds. "I do, I miss it, that sort of atmosphere Laura got," he said. "I do miss representing my country. Part of me, when I watch track races, I'm like: 'Can I still do it? I want to do it.'"

Farah, who will turn 36 on March 23, still considers the 10K a viable option, explaining, "Seeing the results it hasn't really changed. The athletes doing well are in 1500m indoors, the mile, the young Norwegian kid, but in terms of long distances it hasn't really changed much and that's part of me thinking: 'Have I still got it?'" He says that no decision will be made until after he runs April's London Marathon.

Next Year's NCAA/OT Logjam

Collegians who compete in the '20 NCAA Championships will find themselves operating on short rest if they're planning on participating in the Olympic Trials as well. Since the men's and women's OT merged for the '76 edition, there

has never been a gap as tight as what's in store for next June. Correspondent Howard Willman crunched the numbers, and here's how things have shaken out since the historic '76 affair, with number of days from the last day of the NCAA to the first day of the Trials (there was no NCAA for women in '76 or '80):

- 1976 — 14 days (June 05–June 19) (women's gap from the AIAW 35 days)
- 1980 — 14 days (June 07–June 21) (women's gap 28 days)
- 1984 — 14 days (June 02–June 26)
- 1988 — 51 days (June 04–July 15)
- 1992 — 13 days (June 06–June 19)
- 1996 — 13 days (June 01–June 14)
- 2000 — 51 days (June 03–July 14)
- 2004 — 27 days (June 12–July 09)
- 2008 — 13 days (June 14–June 27)
- 2012 — 13 days (June 09–June 22)
- 2016 — 20 days (June 08–July 01)
- 2020 — 06 days (June 13–June 19)

Africans Unhappy With DL Distance Changes

The IAAF's plan to cut 8 events from the DL in '20 (see sidebar) so far has specified only the men's and women's 5000s as getting the chop. Ethiopian and Kenyan officials quickly announced plans to register displeasure. The 5000's DL demise (many reports erroneously imply the 10,000 has until

now been a DL event) is not going over well with distance athletes and fans anywhere. But East Africa, where distance is the lion of the realm, is most unhappy, perceiving a knock at tradition and athletes' earning power.

Two East African legends weighed in. Haile Gebrselassie told Reuters, "It is a sad decision that will disproportionately affect Ethiopia and Kenya, as well as East Africa as a whole. ...At a time when the body needed to exert its maximum effort to boost athletics worldwide, it has taken a decision that is tragic and unfair."

Marathon WR holder Eliud Kipchoge, whose big-time career started with '03 WC 5000 gold, called the track race "crucial for my career and [the event] has helped me to become

the athlete I am today. I hope future athletes will have the possibility to follow this exact same path in their careers."

Ever Tried To Check A Chunk Of 16-Foot Luggage?

Ah, to live the glorious life of a professional pole vaulter... or sometimes maybe not so much, as Sandi Morris recently took to Twitter to lament, explaining one of the great downsides of her event. "I don't think many understand just how difficult it is to be a traveling pole vaulter," she said. "We are limited not only to specific airlines, but also specific air CRAFT. My travel costs typically twice that of someone traveling with regular sized luggage & the trips are much longer."

She continued, "Thinking of this now as I sit on the phone with my manager (for over an hour) trying to find a decent route to get to Shanghai. Also, meets don't provide vaulters more travel \$\$, making it even more difficult to find a route within budget."

Russia Says No More Beer For Sample Production

Most pros have had this problem: you're selected for dope testing after your competition, but you're dehydrated following the physical exertion and have trouble producing a sample. The obvious answer is perhaps a brewski or two,

The Diamond League Gets A Makeover

The IAAF has announced the outlines of its year-in-the-making revamp of the Diamond League, to take effect for the '20 season. As expected, the series has been tightened viz number of meets and their length, and events will be cut from the program.

Starting next year the DL will include 12 meets, down from 14 this year, and the number of events featured will drop from 32 to 24. The question that has athletes and fans on tenterhooks (which events will be cut?!) remains unanswered except for the IAAF's announcement that the 5000 will no longer be in the broadcast window, with the 3000 left as the longest running event. (Apparently there was even serious discussion at one point about having no event longer than the mile.) The IAAF has said nothing about curtailing the current practice of meets adding "extra" events outside the broadcast window and/or on a different day; just not as part of the TV product.

The core broadcast window for each DL will shorten from 2 hours to 90 minutes. Additionally, the 2-Finals setup of the past 9 seasons, still in place for '19, in which Zürich and Brussels each staged half of the disciplines, will go by the boards in favor of a one-meet final each season. No word on who will host it.

Jon Ridgeon, the IAAF's recently hired CEO, believes the changes "will create a more consistent, fast-moving, action-packed format for broadcasts and also provide fans a really persuasive reason to come back to the sport week in, week out, in effect, an even stronger shop window for our sport." The IAAF hopes to draw in a new, younger audience sector.

At the end of the '19 series, the decision on which meets will lose DL status and drop into the next category (currently tabbed as IAAF World Challenge meets) will be taken based on assessment of the overall quality of each. "Change is never easy but should, wherever possible, be done from a position of strength which is what we have done," says IAAF President Seb Coe.

The extant fan base and interested media, however, seem to have responded mostly negatively. At the risk of arousing the ire of his constituency, in his column T&FN Editor E. Garry Hill suggests the IAAF may not be completely wrong.

but Russia says those days are gone, with RUSA-DA official Margarita Pakhnotskaya telling the Associated Press that the only option is "large quantities of water."

Pakhnotskaya elaborated that drinking was a particular problem with track & field athletes, noting, "It is not very good for athletes' behavior at doping control, politeness and following the rules. They'd be rude, a bit aggressive." She also said beer could interfere with the results of the biological passport program: "Beer influenced it a lot. It could cause or hide some changes." She did say there was no evidence athletes were using beer to try to manipulate tests.

This story reminds us of the Wild Wild West early days of testing, when protocols were nowhere near as stringent as they are today. A Canadian Olympian once regaled us with the tale of being selected with another athlete from his event for post-competition testing and when they said they couldn't produce a sample, they put them in a room with a refrigerator and said "drink some beer." To their delight on a warm day, the two found a whole case of beer and proceeded to polish off the whole thing, telling the testers every time they came to the door, "No, not yet!"

van Niekerc remains Optimistic About World Champs

His first race in more than a year was an altitude-aided 47.28 in late February, but 400 WR holder Wayde van Niekerc has told Agence France-Presse that he'll "probably" be running in Doha in September, although he was non-committal on when he might next race. Before his modest rust-buster in Bloemfontein, the last time van Niekerc had competed was at the '17 WC. In the fall of that year he injured a knee playing touch rugby and ended up missing all

of the '18 campaign.

Saying he was "working way too hard to not be there," the 26-year-old South African continued, "I think I'll be there and I think things are going my way. It's going quite good. My team is very patient with me. I honestly believe I will be there and I will be able to compete quite well. I'm excited to get back into the mix. I had a lot of time to sit back and understand the situation I'm going through. I come back stronger... mentally I feel very strong, physically I still need to do work."

A Brand New Look For The Walks?

With a single vote, the IAAF has completely revamped the walks, and not all hell-and-toe practitioners are pleased. On March 11 the proposals made by the Racewalking Committee were agreed to "in principle" at an IAAF Council meeting in Doha.

The biggest casualty is apparently the 50K walk, which is no longer on the slate of events. IAAF head Seb Coe said that for future walking majors after '20, two walking distances would be chosen from these four: 10K, 20K, 30K or 25K.

According to Coe, this is part of a push to make the sport more TV-friendly and accessible to younger fans. "We had a spirited and detailed debate and discussion on racewalking," said Coe. (Aside: there have been suggestions on our messageboard that if new events are needed, they should be the half-marathon and marathon, so they'd mean more to the general public.)

Coe continued, "The Council specifically agreed with the importance of, firstly, maintaining a 4-medal discipline with 2 men's and 2 women's events at all major international competitions. Second, continuing to prioritize investment in and development of the racewalking control system, i.e. the racewalking chip and its sole technology. Thirdly testing and validating technology in competition during and beyond 2020 if necessary."

Maurizio Damilano, the '80 Olympic gold medalist in the 20K, is head of the Walk Committee. He added, "Our main goal right now is to secure the future of racewalking beyond Tokyo 2020... Changes are not always an easy thing, but it is absolutely necessary to make racewalking more appealing for fans and for young athletes."

Some World-Class Walkers Push Back

In reaction to the IAAF's game-changing plans for walking, an opposition group named "Save The Racewalking" has been formed, counting among its members a host of world-class athletes.

The group has charged the Walk Committee with misrepresenting the results of its own poll that was sent out to member federations, concluding in a statement, "It is clear that the IAAF RWC has very confused ideas, not worked transparently and is not acting for the interests of racewalking."

Many walkers have expressed concern about the in-shoe chip technology that is coming, officially called the Racewalking Electronic Control System (RWECS).

Among the questions raised: Will it be so sensitive that it slows walkers down significantly? Can the system be hacked? Will athletes still be judged for bent knees? Will it be widely available for training purposes so walkers can adapt to competition conditions? Will the cost of implementing the system be an undue burden on regional walk organizers?

The Save The Racewalking group is urging that the IAAF delays any implementation of new distances till after the '24 Games, while using that timeframe to test the RWECS technology. □

A Postponement Of CAS's Semenya Decision

March 26 had been set as the date on which CAS (Court of Arbitration for Sport) would come down with its long-awaited resolution on the IAAF's proposed testosterone-limit rules for women in the 400 through mile, but on March 21 the arbitrators announced that both sides had agreed to a postponement, with the decision date now set as "the end of April."

"The parties have filed additional submissions and materials," said a CAS release in explaining the decision in what has become commonly known as the Semenya Case, even though she won't be the only woman affected should the IAAF's arguments hold up. CAS had held hearings in the matter on February 18-22 and had set March 26 as the resolution date because the IAAF rules, if accepted, would mandate a 6-month medication window before being allowed to compete, and that end would 6 months and a day before the WC begins in Doha in September.

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

MARK SHEPHERD



2-time Olympic 100 champ Shelly-Ann Fraser-Pryce says she's back in great shape.

Alabama prep **Trey Allen** was struck by tibial stress syndrome—brought on by dunking a basketball—in the days before he won the New Balance high jump.

Kemoy Campbell, whose collapse in the Millrose 3000 stunned the running world, now has a defibrillator implant and is working through a recovery program. In 6 months the Jamaican's doctors will decide whether his health is stable enough to allow a return to competitive running. "If I end up running again, I think I would go straight to the marathon," he says.

Texas Tech's frosh sprint star **KeSean Carter**, Texas Tech's did not start the Big 12 dash final because of a hamstring injury.

Multi-eventer **Payton Chadwick** did yeoman duty for Arkansas at the NCAA Indoor despite putting a deep one-inch gash in her knee in a clash with a hurdle on Friday. It had to be glued shut before she could return to the field.

NCAA troubles for USC hurdler **Anna Cockrell** started when her hamstring tightened up in the prelims. She was unable to compete in the final, and was thus ineligible for her normal 4×4 leg. "We decided not to chance her getting injured and jeopardizing her outdoor season," said coach Caryl Smith Gilbert.

Prep vault star **Chloe Cunliffe** rehabbed from a wrist injury for much of the indoor season.

Shelly-Ann Fraser-Pryce says her training has been going great and she expects to be at full strength in '19. The 2-time Olympic dash winner sat out '17 for childbirth and last season had a best of 10.98.

Lisa Gunnarsson, LSU's star Swedish pole vaulter, had to withdraw from the NCAA because of a stress reaction in a foot.

Allie Kiefer has withdrawn from the London Marathon and her other spring road races with an unspecified injury.

Florida State sprinter **Jayla Kirkland** had to withdraw from the ACC because of injury, but she managed to compete at NCAAs.

The Big 12's 400 runner-up, **Sara Limp** of Texas Tech, missed the NCAA with hamstring troubles.

After taking 3rd in the NCAA 400, Baylor's **Wil London** was pulled from the 4×4 at the last minute because a hamstring was bothering him.

Kate Murphy, the prep distance sensation who had to take a medical retirement from her NCAA career at Oregon—before she ever ran a race as a Duck—is training for a comeback. She has been troubled in recent years by popliteal artery entrapment syndrome.

An Achilles injury has forced '12 Olympic hurdle champ **Sally Pearson** to delay her return to competition.

Texas Tech's **Jah-Nhai Perinchieff**, the Big 12 runner-up in both the high jump and triple jump, had to withdraw from the NCAA after straining his hamstring in the HJ warmups.

Luke Puskedra has retired from running at the age of 29. The 2:10:24 marathoner—4th in the '16 OT race—says he has started a career in real estate. He had track bests of 13:31.88 & 27:56.62.

Another setback for vaulter **Sandi Morris**, whose recovery from fall ankle surgery was going well. This time it was surgery for an ingrown toenail. She says she will begin her outdoor season in April.

A 3-time NCAA steeple champ for UTEP, **Anthony Rotich** is now an American citizen. It is unclear how long it will take for the IAAF to grant the 27-year-old Army Reservist eligibility to represent the U.S., though Rotich is confident it will happen before the '20 season. The former Kenyan's steeple best of 8:21.19 dates back to '13.

Dafne Schippers came close to pulling out of the Euro Indoors after falling down the stairs in her house a week before the meet.

A new kind of offense? **Guowei Zhang**, the '15 WC silver medalist in the high jump, has been suspended by the Chinese federation for "commercial activities"—he attended two events without permission. □

FOR THE RECORD

Records broken since the February issue. W = World; A = 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

600	1:13.77	W+, A	Donavan Brazier (Nike)	Staten Island, New York	February 24
Mile	3:47.01	W	Yomif Kejelcha (Ethiopia)	Boston, Massachusetts	March 03
4 x Mile	17:01.81	HS	Loudoun Valley, Purcellville, Virginia	New York, New York	March 09
<i>(Connor Wells 4:22.26, Kevin Carlson 4:21.46, Sam Affolder 4:06.19, Jacob Hunter 4:11.90)</i>					
DisMed	9:54.41	HS	Loudoun Valley, Purcellville, Virginia	New York, New York	March 10

(Jacob Hunter 3:01.33, Akere Simms 50.91, Connor Wells 1:55.96, Sam Affolder 4:06.21)

MEN INDOOR FIELD

PV	5.92 19-5	WJ, C	Mondo Duplantis (Sweden)	Fayetteville, Arkansas	February 22
SP	21.81 71-6¾	C	Payton Otterdahl (North Dakota State)	Brookings, South Dakota	February 23

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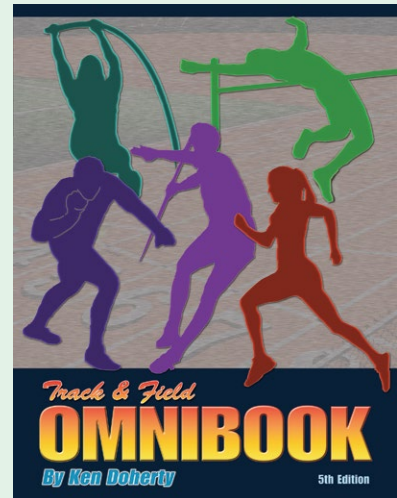
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Relays & Invitationals	
March	
21-23	Aztec Invitational; San Diego, California
22-23	Arkansas Spring Invitational; Fayetteville, Arkansas
	ASU Invitational, Tempe, Arizona
	Florida State Relays; Tallahassee, Florida
	López Bayou Classic; Houston, Texas
	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
April	
04-06	Click Multis/Shootout; Tucson, Arizona
	Colonial Relays; Williamsburg, Virginia
05	Mountain West Challenge, Las Vegas, Nevada
	North Florida Invitational; Jacksonville, Florida
05-06	Carson Invitational; Greenville, North Carolina
	Colorado Invitational, Boulder, Colorado
	Hilltopper Relays, Bowling Green, Kentucky
	Howell Invitational; Princeton, New Jersey
	Husker Spring Invitational; Lincoln, Nebraska
	Spartan Invitational; East Lansing, Michigan
	Sun Angel Classic; Tempe, Arizona
	Tiger Classic; Auburn, Alabama
	Towns Invitational; Athens, Georgia
06	Battle Of The Bayou; Baton Rouge, Louisiana
	Battle Of The Blues, Durham, North Carolina
	Kirby Memorial; Albuquerque, New Mexico
	Reveille Invitational, College Station, Texas
	Springtime Classic, Lake Charles, Louisiana
07	Pomona-Pitzer Invitational; Claremont, California
11-13	Tennessee Relays; Knoxville, Tennessee
12-13	Charlotte Invitational; Charlotte, North Carolina
	Hurricane Alumni Invitational, Coral Gables, Florida
	Louisville Invitational; Louisville, Kentucky
	McDonnell Invitational, Fayetteville, Arkansas
	Texas A&M Invitational, College Station, Texas
	Triton Invitational; La Jolla, California
13	Johnson Invitational, Natchitoches, Louisiana
	Johnson/JJK Invitational; Westwood, California
	Mason Spring Invitational, Fairfax, Virginia

17-18	Mt. SAC Multis; Azusa, California
17-20	Kansas Relays; Lawrence, Kansas
18-19	Clay Invitational; Azusa, California
18-20	Mt. SAC Relays; Torrance, California
19-20	Beach Invitational; Long Beach, California
	Botts Invitational; Columbia, Missouri
	Cardinal Classic; Stanford, California
	Duke Invitational; Durham, North Carolina
	Ellis Invitational; Princeton, New Jersey
	Georgia Tech Invitational; Atlanta, Georgia
	Jacobs Invitational; Norman, Oklahoma
	Johnson Invitational; Waco, Texas
	UVA Challenge; Charlottesville, Virginia
	War Eagle Invitational; Auburn, Alabama
20	Duckett Twilight; Houston, Texas
	Kentucky Open; Lexington, Kentucky
	LSU Alumni Gold; Baton Rouge, Louisiana
24	Jackson Twilight, Abilene, Texas
24-27	Drake Relays; Des Moines, Iowa
25-27	Gina Relays; Hillsdale, Michigan
	Penn Relays; Philadelphia, Pennsylvania
	Robison Invitational; Provo, Utah
26	Bobcat Classic; San Marcos, Texas
26-27	Hamilton Challenge; Berkeley, California
	Jones Memorial; Gainesville, Florida
	Lawrence Memorial, Athens, Georgia
	Memphis Invitational; Memphis, Tennessee
	National Relays; Fayetteville, Arkansas
	Oregon State Hi-Perf; Corvallis, Oregon
	Owens Classic; Columbus, Ohio
	Scott Invitational; Irvine, California
	Virginia GP, Charlottesville, Virginia
27	Alumni Muster, College Station, Texas
	LSU Invitational; Baton Rouge, Louisiana

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
27- Oct. 06	World Championships XVII; Doha, Qatar

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