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APRIL 2019

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**Spotlight On The  
U.S. Men's 400**

**T&FN Interview:  
Fred Kerley**

**Michael Norman  
Was Ready For  
A Fast Mt. SAC**

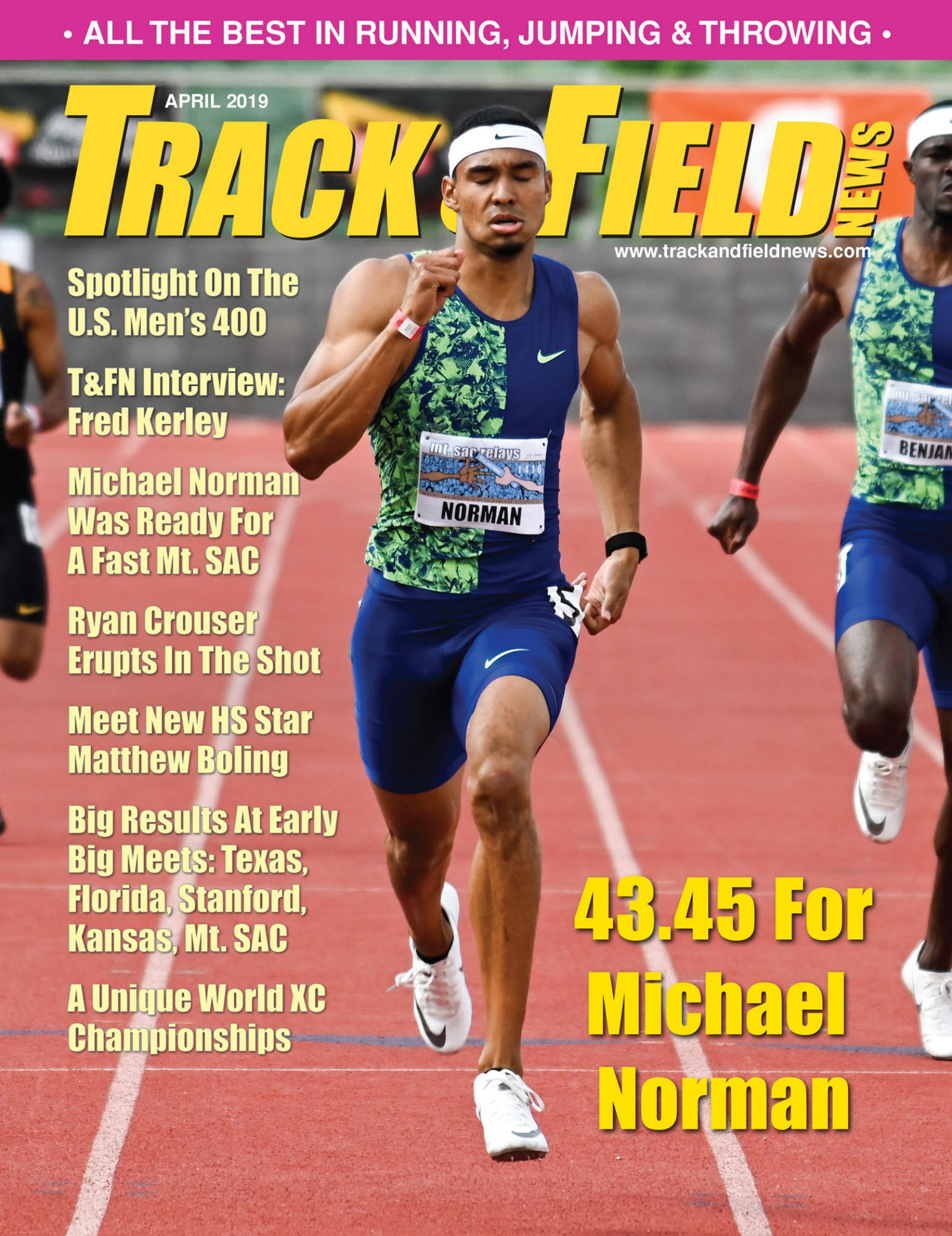
**Ryan Crouser  
Erupts In The Shot**

**Meet New HS Star  
Matthew Boling**

**Big Results At Early  
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From The Editor — The 400 Is A Great Race... But It Could Be Better .....	4
Focus On The U.S. Men's 400 — Who's Going To Doha? .....	5
T&FN Interview — Fred Kerley .....	10
South Carolina's In-State 400 Rivalry — Richard & Hall .....	13
Texas Relays — Anderson Peters Likes Throwing In Austin .....	14
Florida Relays — Comebacking De Grasse Powers Canada .....	16
Stanford Invitational — Olivia Gruver Soars In The Vault .....	18
Emily Sisson Making The Most Of The Calendar .....	20
Clay Invitational — A Big Decathlon Score .....	22
Ayden Owens Suddenly An 8000-Pointer .....	24
Oliver, Ollie or Olli — Hoare's Middle Name Must Be "Fast" .....	25
Michael Norman Ready For Pro 400 Opener .....	26
Mt. SAC Relays Men — A Stunning Norman 400 .....	28
Mt. SAC Women — World-Leading Hurdles For Keni Harrison .....	30
Beach Invitational — Big Jumping & Throwing .....	32
Imagine When Ryan Crouser Gets Healthy .....	34
Which Throw Best For Alyssa Wilson? .....	35
Johnson Invitational — 2 World Leads For Oduduru .....	36
Kansas Relays — Bradford Highest Jayhawk Vaulters Ever .....	37
LSU Alumni Gold — Stewart Yet Another 400 Threat .....	38
Maggie Malone Is Back .....	39
Sprinter/Jumper Boling Is The Talk Of High School Track .....	40
Arcadia Boys — Christian Grubb Wins Sprint Showdown .....	42
Arcadia Girls — Another HS High For Chloe Cunliffe .....	43
The Course Is The Star At World XC Champs .....	45
World XC Men — Cheptegei Wins Rematch .....	46
World XC Women — Obiri's Triple Makes History .....	47
Boston Marathon Men — Cherono Wins Mad Dash To Finish .....	48
Boston Marathon Women — Degefa Runs Away Early .....	49
Anna Shields Bounces Back After A Half-Dozen Years .....	50
2019 NCAA Men's Formchart — LSU Over Florida .....	51
2019 NCAA Women's Formchart — USC Running Away With It .....	53
ON YOUR MARKS .....	55
TRACK SHORTS .....	56
LAST LAP .....	58
STATUS QUO .....	61
FOR THE RECORD .....	62
LANDMARKS .....	62
CALENDAR .....	63

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# From The Editor — The 400 Is A Great Race... But It Could Be Better

by E. Garry Hill



IF YOU'RE A BIG FAN of 1-lap racing—and who among us isn't?—you'll love this month's edition, as we check out Michael Norman working some serious magic, have a nice long chat with Fred Kerley and analyze the overall U.S. men's scene in the event.

There's no question that the 400—men or women—is one of my favorite running events, simply because it's the longest event where people are running so close to all-out for such an extended period of time. I've never quite understood how quartermilers can push themselves to the limit so much and not end up inspecting the contents of their stomach right after the race. That's certainly the memory this triple jumper took away from his times being drafted for 4x4 duty. So my giving the 400 "favorite" status is fan-related. It's not something I'd like to actually do on a regular (or even irregular) basis.

But the headline to this column says the 400 could be better. It's all about lanes and head-to-head racing, as opposed to being stuck alone. As a backdrop to that statement, let me digress and refer you to the '76 Olympic 800, which featured one of the IAAF's most ill-conceived rule changes ever: the 2-turn stagger. That's right, instead of breaking for the pole after the first curve, they stayed in lanes until they entered the homestretch, meaning that instead of fighting for position after 100m they went head-to-head only after 300m had expired. Almost 40% of the race had all the drama sucked out of it. Fortunately, that protocol was quickly consigned to the garbage heap of history.

“ the 400 should be run like the 800, with a break to the pole after the first 100m.

If the 800 was improved by having everybody run together longer, doesn't it follow that the 400 could similarly benefit? As it is, too many 400s are simply too hard for the fans to follow, even if there's an ace announcer who is able to do a good job of sorting out who's ahead of whom in the staggers. Not until the race enters the homestretch—after 75% of the race has been run—is relative position confirmed. I think the fans deserve better. And so do the athletes, who are spread out across 8 or 9 lanes and have little idea where their competition is.

My take? As I've suggested in this space before, the 400 should be run like the 800, with a break to the pole after the first 100m. Yes, the 400 people are probably bigger, stronger—and definitely running faster—than the halfmilers, and while I'm not advocating that we create a martial arts division, a little more close-quarters running would provide a lot more excitement. Look at how short-track speedskating became an instant sensation in the Winter Olympics. I think the athletes would find it a much fairer way to race too, given that the lane draw goes such a long way towards deciding who finishes where. If it turns out that this creates a too-rough situation, simply cut the number of racers from 8 to 6.

And while we're tinkering with the 400, let's extend the lanes-are-bad concept to the 4x4 as well. That race, it says here, lost some of its excitement when the 3-turn stagger was introduced. Not only does that necessitate such a big differentiation in staggers that the first leg is nigh on impossible for a fan to figure out until the actual handoffs, but it also robs the race of another 100m of what should be serious head-to-head racing. Go back to the 2-turn stagger (or, following my individual 400 thinking, a 1-turn stagger).

But that's not all. Current rules mandate that the athletes receiving the baton line up in the order of their teams when they enter the final bend. That's nuts. There's no end of changing positions with half the carry still to go. At worst, the order should be determined as they enter the straightaway, but my druthers would be—as it was in the wild, wild west—to let the runners continue to sort themselves out until the very last seconds before the handoff. Injecting more life into any event is nothing but a good thing.

My oft-stated solution to making the 400 more exciting without running the risk of turning it into Roller Derby is to change the event from a 400 to a 500. I can only imagine that most of the athletes would hate it (uh, oh—here comes breakfast as well as lunch!), but I can see it as a fan favorite. A staggered start at the 100 line, breaking for the pole at the curve and running an entire lap not in lanes.

Meanwhile, there may be a better way to do it, but who among us isn't tingling with anticipation as the race for the first sub-43 has ramped up a notch? □

# Focus On The U.S. Men's 400 — Who's Going To Doha?

VICTOR SALLER/PHOTO RUN



All 6 of these finalists from the '17 WC Trials race figure to be in the mix again this year.

by Jeff Hollobaugh

ON A SURE-TO-BE HOT midsummer Saturday afternoon 8 men will stand above their blocks, steeling their resolve and visualizing a race they have long prepared for. It will be 4:45 Central Time on July 27 when America's best quartermilers line up in Drake Stadium to determine who will earn the right to wear the Team USA colors at the World Championships in Doha. Only 3 of them will succeed—and for a few others, there will be the consolation spot of a relay berth and a strong chance at a medal in that event.

But who will it be? From this April vantage point, a couple would seem to be the strongest of bets: Fred Kerley, the No. 1 World Ranker last year and Michael Norman, last year's list-leader and the fastest again so far this time round. After that, the competition will be very spirited. Says former NCAA champ Vernon Norwood, "There are so many guys. And you know, there's always

some newcomer who comes out of nowhere. It's very hard to predict because you never know who's feeling like what and who's going to smoke on that day."

The timing of the meet may also play a big factor. Says 1-lap guru John Smith, Olympian and coach of Olympians, "I've had to read the [2019] schedule over and over and over again because I'm used to a certain rhythm. I have to look at it, 'Hold on, don't get too excited about what goes on early season.' Even Mt. SAC. We still have 3 months before Nationals. That's a whole 'nother training cycle." Keeping that in mind, any absence from the competitive wars at this point in the year means nothing.

## A Look At The Pros

### Fred Kerley

The reigning world No. 1, Kerley will be 24 by the time of the USATF Championships. He's hungry to win everything after a breakout '17

season that took him to London undefeated—and too tired to place higher than 7th. Last year he put himself into 44.33 shape prior to Nationals but then sustained a hamstring injury. "I am highly motivated," he tells us. He and coach Alleyne Francique have taken steps to ensure that he is fresh throughout the season. His first '19 race will be his latest start ever (a stunning 5 months later than his '17 collegiate campaign). He opens up on April 27 with a 200—one of his prime goals is to speed up his 200 best so he can more comfortably go out hard in a 400.

Norman says of Kerley, "Everybody knows through the years what he's done. He has great potential. Last year was his first year running pro, so once he figures out that pro life and what it takes to run what he ran in college, he'll be just as competitive."

### Michael Norman

Now in his first full season of pro running, the 21-year-old USC student stunned the world with his 43.45 opener. Says coach Quincy Watts

## The Major Players In The U.S. Men's 400 Game

The 1-lapper remains one of the prime American events when it comes to generating World Championships contenders. The qualifying mark for Doha '19 is 45.30. Through April 24, 22 Americans had run that fast in either '18 or '19 (noting that the Q window didn't actually open until September 7, so very few have an actual Q yet).

'18/'19 Time	Athlete/Current Affiliation	PR if different
43.61	Michael Norman (Nike)	—
44.33	Fred Kerley (Nike)	43.70 ('17)
44.34	Nathan Strother (unattached)	—
44.43	Paul Dedewo (unattached)	—
44.53	Quincy Hall (South Carolina)	—
44.54	Trevor Stewart (North Carolina A&T)	—
44.58	Kahmari Montgomery (Houston)	—
44.70	Tyrell Richard (South Carolina State)	—
44.73	Wil London (Baylor)	44.47 ('17)
44.74	Rai Benjamin (Nike)	—
44.85	Michael Cherry (Nike)	44.66 ('17)
44.94	Mar'yea Harris (Iowa)	—
	Obi Igbokwe (Houston)	—
45.07	Christian Taylor (Nike)	—
45.09	Josephus Lyles (adidas)	—
45.16i	Mylik Kerley (unattached)	44.85 ('17)
45.22	Devin Dixon (Texas A&M)	—
	Gil Roberts (unattached)	44.22 ('17)
	Brycen Spratling (New York AC)	45.09 ('14)
45.24i	Marqueze Washington (unattached)	—
45.26	Quintaveon Poole (Wayland Baptist)	—
45.29	Vernon Norwood (Tiger Olympians)	44.44 ('17)

(some additional "veterans" to note: LaShawn Merritt 43.65 PR in '15, no 400s since '17; Tony McQuay 44.24 PR in '16, best mark last year 46.83, plus 20.49w this year; Marcus Chambers 44.92 PR in '17, 46.99i this year)

of Norman and training mate Rai Benjamin (who ran 44.31): "Those times that they ran today, those aren't those guys' goals."

Says Norman, "We're not worried about peaking too early or anything. We're just trusting the process and doing what they [his USC-based coaching team] ask." With his ease at running unbelievable times, it's hard not to say that Norman may have the biggest upside of any potential runner in the USATF final. One can almost picture Olympic gold medalist Jeremy Wariner shaking his head last weekend as he tweeted out, "He will run 42."

### Paul Dedewo

The CCNY grad was one of the big revelations of the '18 season. He was not on anybody's radar as a Bronx high schooler with a best of 51.05. As a collegian, he hit only 48.15. His best finish at the Div. III nationals was 8th in '11. Hardly the stuff of future pro contracts. Dedewo persevered, however. In '15, he won the USATF Club crown in 45.41. Since then he has steadily improved. Last season he broke 45 some 9 times. His 44.64 took 2nd at USATF. Then he sprinted a PR 44.48 to win the World Cup and improved to 44.43 for 2nd behind Abdalelah Haroun at the London DL. So now the guy who didn't break 50 in high school is ranked No. 3 in the world.

Asked what made the difference last year, the 6-1/160 Dedewo says, "I'm healthy, that's the No. 1 thing." He will be 28 by the time of USATF. Coached by Kevin Tyler at Phoenix-based ALTIS since '16, Dedewo says, "I know I'm capable of running 43-seconds."

"He has really come on strong as an older guy," notes Kerley, who trained alongside him at ALTIS awhile in '18. "He's just patient with it."

### Gil Roberts

One of the older contenders, Roberts is now 30, but he's not long past the form that saw him run a PR 44.22 and rank No. 6 globally in '17. The former Texas Tech star only raced through

KIRBY LEE/IMAGE OF SPORT



Paul Dedewo couldn't even break 50 as a high schooler; now he's a major player at 44.43.

May last year before disappearing, ostensibly injured. He has been a key leg on U.S. 4 x 400 squads, with a 4x4 gold in '16 and a silver at Worlds the following year. With no racing this season so far—and no response from his management and nothing much on social media, we can't even be sure that Roberts hasn't been abducted by aliens. But if he's healthy and training, he could be a threat.

### LaShawn Merritt

The grand old man of the event, Merritt will be 33 when the gun goes off in Iowa. The '08 Olympic gold medalist also won world titles in '09 and '13. He has also run on 7 gold medal relays, so there's no question he could factor if he's in the shape of years past. However, the super-vet has not raced a 400 since the semis of the '17 Worlds. Last season, he ran a decent selection of early-season 200s topped by a 20.48. "I plan on being in shape and healthy throughout the year," he said prior to his final race. Then plantar fasciitis struck. At this point, with no subsequent competition it's unclear if he's injured, recovering or even retired. But one thing's for sure. If Merritt is still in the game, his competitors still consider him a possible contender. Says Kerley, "LaShawn Merritt is LaShawn Merritt. He knows when to go at any given time."

### Nathan Strother

Now 23, Nathan Strother was one of the big collegiate finds of '18. Running for Tennessee, the 6-1/145 Georgia native stunned with a 44.34 to finish as runner-up behind Nathon Allen's 44.28 at the SEC meet. Then he missed the finals at the NCAA after an off-form 5th in his semi. He recovered well to finish 4th at USATF in 44.89, then acquitted himself notably in his first pro exposure in Europe, placing 2nd to Fred Kerley at the Diamond League final in 44.93.

Strother is one of the few Americans who took on the European indoor tour this winter, going undefeated with a best of 46.21. A perfect score gave him the 400 win in the World Indoor Tour standings, worth a cool \$20K and a wild card berth in next year's World Indoor Championships. His only outdoor appearance so far outdoors has been a relay leg in South Carolina. No word on whether he still wears his lucky Rudolph The Red-Nosed Reindeer socks in big meets.

### Michael Cherry

LSU alum Cherry, now 24, was on the '17 silver medal 4x4 at Worlds and ran 44.66 that season. The next year he won silver in the World Indoor 400. He has ranked among the top U.S. racers for the last three years, even though he was troubled by an Achilles injury outdoors in '18. "I had it the whole time through," he says. Now he's healthy, training with legendary coach Smith, and turned a lap in 45.36 in his first '19 race at Mt. SAC. A tall 1-lapper at 6-4 (1.93) he says he has no time goals for '19: "I want to win. The time doesn't matter, as long as you win. My goal for this season is basically just to make the team and end up on the podium. Whatever it takes, that's what I'm going to do. I'm in love with the process and I'm trusting everything



Nathan Strother was this year's top indoor 400 runner.

that he's doing right now."

Says Smith, "I can just run him and run him and run him, and the more I run him, the more he likes it. But what I do at the same time is I have to make sure that he doesn't leave his effort in practice... He has a resting heart rate of about 42 beats per second. It's off the charts. And he can take work. He's fast but there's an element of learning how to sprint."

### Vernon Norwood

A 4-time U.S. ranker, Norwood, now 27, has run 45.29 so far this season. His PR of 44.44 dates back to '15, when he blasted that unlooked-for

time in his season opener. He won the NCAA that year for LSU and finished 3rd at USATF, later running on the gold medal 4x4 at Worlds. Since then he's had a bad luck streak at Nationals, not making the finals in three attempts for various reasons. This season he's gunning to reverse that trend, saying, "I'll have to compete my hardest to make the World Championships team. You've got to get out hard and be in position at 300 and then be able to go. Most of us, we're all kind of similar runners. It's just going to come down to getting through the rounds. Whoever gets to the final has a great shot of making the team."

## Tony McQuay

Another veteran to watch, McQuay is 29 now. The '12 NCAA champ for Florida, he has U.S. Ranked 7 times, setting his PR of 44.24 in the semis of the '16 Olympic Trials. In 2017, McQuay finished 5th at the USATF meet in 44.51. He was reportedly injured in '18. Now coached by Lance Brauman at Pure Athletics alongside Josephus Lyles at the National Training Center in Florida, all indications are that the former Gator is healthy and in good form, with some solid relay legs and a solid 200 (20.49w).

## Rai Benjamin

The 400/400H double is impossible, so barring some strange development we won't be seeing the hurdle standout in the flat 400. Says Coach Watts, "We want to have fun with some of the other events in terms of just being able to do those events well. And I think doing other events well will help his primary event. So the 400 and 200, he'll be able to dabble in those events a little bit but he is definitely pointing to the World Championships with his primary event being the 400 hurdles."

Recent relay practice holds that one must be in the 400 final to earn consideration, but Orin Richburg and his baton staff could do a lot worse than consider Benjamin for a leg in the 4 x 400. Last year he ran a 43.6 on USC's Collegiate Record.

## How About The Collegians?

Kerley coach Francique, who produced more than his share of NCAA 400 stars while at Texas A&M, thinks the college crowd will have a tougher time than usual making a dent at the selection meet, explaining, "They're trying to get ready for June and the NCAA Championships. It depends on how they train. Normally they run again in 2-3 weeks time. This is going to be new to them, because now they have to run all the way through July. It's going to be interesting to see if they can hold it." Says Norwood, "The professionals will have an advantage because we'll be more fresh. We're not running week after week."

## Tyrell Richard

The South Carolina State find put himself into the conversation by winning the NCAA Indoor in 44.82 and following up with an outdoor opener of 44.81. He says it's all the result of him becoming serious about the sport over the last school year. Last season, before he got serious, he ran a PR 44.70 in the semis at the NCAAs in Eugene. Now he's taking aim at bigger targets, saying, "I'm never satisfied with not coming in first." He has also revamped his race strategy by learning to go out faster, revealing, "Last year I would usually get out fairly easily and base the last 110m off my foot speed. But I see how I had to change so that I can become even better."

## Quincy Hall

In the same choose-an-event boat as Benjamin is the NCAA's fastest flat runner on the year, 44.53 performer Hall. Unless something strange happens, we'll expect to see South Carolina's

star running over the barriers—where his hopes seem better—in Des Moines.

## Trevor Stewart

Not a big name last year as a frosh at North Carolina A&T, after running 46.44 as a prep in '16. Says Aggie coach Duane Ross, himself '99 World Champs bronze medalist in the 110 highs, "You could tell he was a kid who hadn't lifted any weights. He was pretty much new to this, just running on pure talent." Stewart sat out in '17, then as a frosh ran 45.28, finishing his season in the NCAA semis. "He wasn't really competing last year," says Ross. "He was going out and just running what he thought was his race. He ran so conservative like he was afraid to hurt or compete, you know, like a champion."

Ross adds, "But he could come out and turn it on anytime he wants. He runs these crazy times in practice sometimes and he just messes up my workout. 'What are you doing?' I'm just looking at him not breathing hard, and he's like, 'Hey coach, it's all good.'" This year's Stewart, now 21, is different. "He's on a mission

himself," says Ross. "He's actually set the bar. The kid is saying he wants to run 43 seconds this year. He's on his way, man."

## Kahmari Montgomery

The Houston senior is the defending USATF champion, winning last year in a PR 44.58, a performance impressive despite it being a non-championship year. It came after his disappointing 7th in the NCAA final, a race he called "a learning experience." Over the winter, the 21-year-old put together a solid indoor campaign for the Cougars, winning the American conference in 45.04 and taking 2nd at NCAAs in 45.03.

Montgomery also has solid stick experience, running on the '16 World Junior gold team and this year's NCAA Indoor champions. "As long as I put my heart and my mind to it, there's nothing really that I can't do," he says. "I have more in me." Looks like it. We've only seen his outdoor opener, an early-April 45.96 at home, but that's more than a second faster than his opener last year at the same meet.

## How Fast Do You Need To Run In Des Moines?

Weather conditions obviously will play a big factor, but what has recent history told us about time requirements in Team USA selection meets? We've charted some important markers in the 14 WC/OG Trial meets of this century in 3 categories.

The race's winner has varied in time from 43.68 (Michael Johnson in '00) to 45.08 (Antonio Pettigrew in '01).

The "make the team" number—in this charting, the time of the 3rd-placer, even though he could have run slower and still made the squad—has ranged from 44.47 (Wil London in '17) to 45.32 (Jerome Young in '01).

The "make final" number—the semifinal time of the slowest qualifier—ranges from 44.82 (Tony McQuay in '17) to 46.01 (Anthuan Maybank in '03). This number can be very deceiving, in that with a qualify-4+0 system from the semis—meaning no time qualifiers—there can be, and frequently were, faster finishers than this who didn't make the final.

The charting (all numbers ignore whether or not people involved subsequently received doping DQs):

Meet	Winner	Make Team	Make Final
'17 WC Trials	44.03	44.47	44.82
'16 Oly Trials	43.97	44.82	45.63
'15 WC Trials	44.63	44.80	45.56
'13 WC Trials	44.21	45.01	45.67
'12 Oly Trials	44.12	44.80	45.31
'11 WC Trials	44.68	44.98	45.42
'09 WC Trials	44.50	45.14	46.18
'08 Oly Trials	44.00	44.61	45.55
'07 WC Trials	44.05	44.84	45.24
'05 WC Trials	44.20	44.70	45.99
'04 Oly Trials	44.37	44.69	45.13
'03 WC Trials	44.33	44.79	46.01
'01 WC Trials	45.08	45.32	45.79
'00 Oly Trials	43.68	44.66	45.11
<b>Average</b>	<b>44.28</b>	<b>44.83</b>	<b>45.53</b>



## Wil London

The Baylor senior is way ahead of the experience curve for a 21-year-old. He ran on the '16 World Junior 4x4 gold medalists after winning the individual silver. A year later, he qualified for the Worlds with a 44.47 PR run—out of lane 1, no less—for 3rd at USATF. At the WC he led off the relay squad with a solid 44.8 to win silver. That experience has shaped his outlook for the future: "It came from being confident, talking to coach [Clyde] Hart. He said just go ahead and do what I can do. I've run against the best in the world and I've applied that mentality to the NCAAAs."

Yet his junior campaign was not what he had hoped for; he hit a best of 44.73 and finished 8th at NCAAAs and 7th at USATF. "It was one of those years where I was going through the motions after coming off a big year," he explains. "I just wasn't used to having a season like I did the year before. I went through little injuries in the indoor season, got healthy a little bit at the beginning of outdoor, but then it kind of bothered me back at the end. I made the right decision to not go to USAs so I could just get healthy for this year."

This season he opened outdoors at the Johnson Invitational, winning handily in 44.93. "It was my fastest opener ever," he points out. "I think I'm ready to get on with the season." As for USATF, he says, "I'll approach it the same way I do any other race: just be myself, worry

about my own lane and just execute my race. I mean, that's all I can do. I know these guys are running great, so just whoever I run against, I've got to apply pressure to get it done."

## Some Parting Thoughts

Others to watch: Josephus Lyles, still only 20, ran a best of 45.09 last year and made the USATF final. Mylik Kerley, 22, ran his best time of 44.85 in '17. Obi Igbokwe, now at Houston, has a best of 44.94 from last year and ran on the winning NCAA Indoor 4x4. Mar'yea Harris of Iowa also has run 44.94. Last season he placed 4th in the NCAA at 45.00.

"The event is definitely peaking again," says Watts. "What you're seeing now with all the great coaching and the young athletes coming up, I think you're looking at the result of a tremendous push over the last 6-7 years to make sure that event area is shining again. I think with the talent of Fred Kerley and Michael [Norman] and all the other young talent that's coming up, the U.S. is definitely in good hands. But we have to be mindful. The rest of the world is catching up as well. As we're making a resurgence, we have to make sure that we keep our eye on what's behind us. And, with Wayde van Niekerk, what's in front of us."

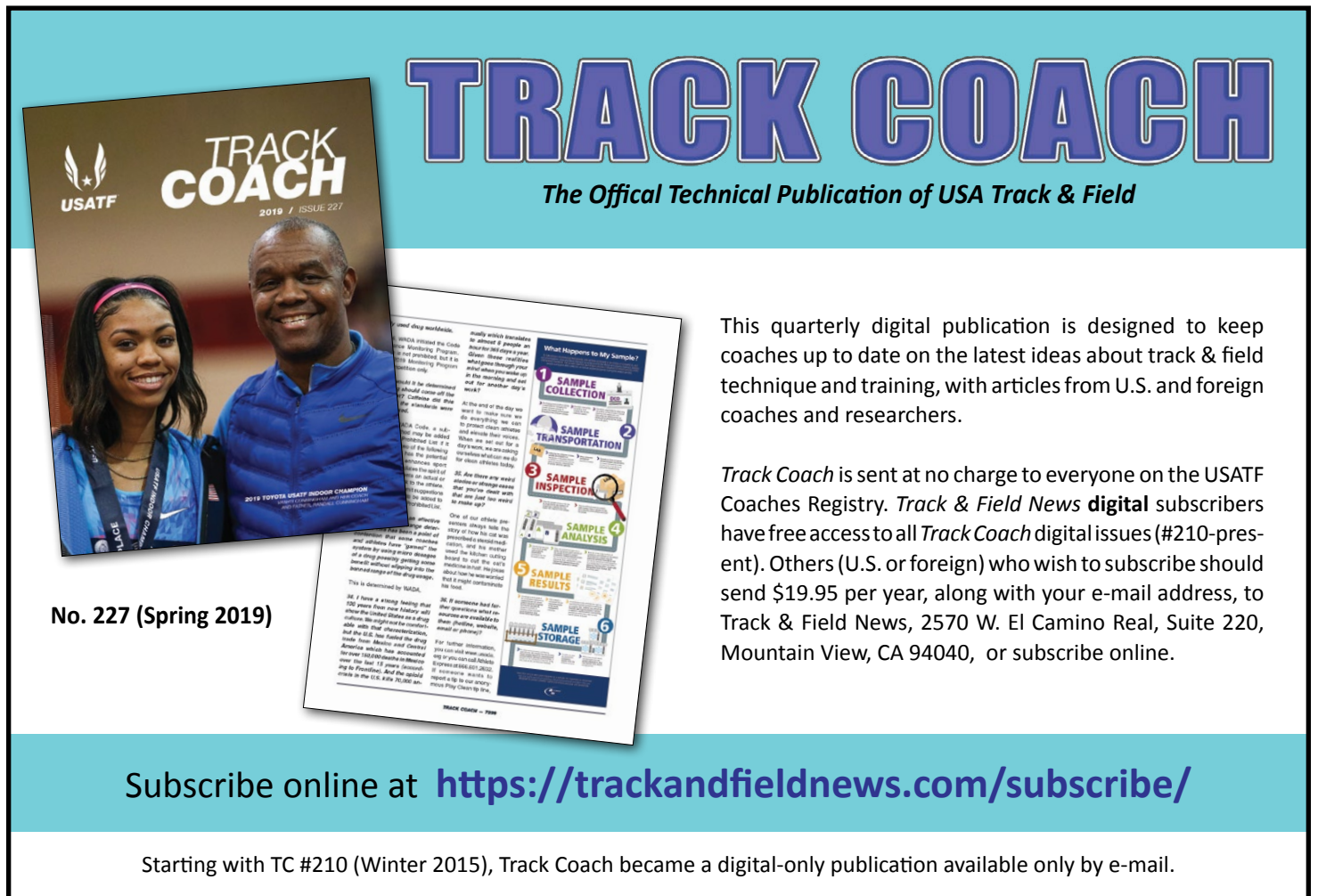
Indeed, given that the rest of the world has been running the event very well as of late, making the U.S. team is certainly no assurance

of a podium finish in Doha. Norman, for one, is stoked about the current state of the 400 internationally. "OK, so this is a very deep field, a very deep field, and I love it because I love competition and challenges," he says. "The first name that comes to mind in the 400 specifically is, of course, Wayde van Niekerk. He's kind of up in the air right now, you don't know how he's going to bounce back from his ACL. But if he doesn't run extremely fast this year, he will definitely run extremely fast by 2020. He just has an easy year to freshen back up."

"Second, I would say Akeem Bloomfield [the 21-year-old Jamaican who finished as NCAA runner-up for Auburn last year in 43.94]. We ran in college together both our years. Very great talent, very fast, he has a lot of potential and I think he's going to be one of the biggest competitors for the next, I don't even know how many years, as long as he runs."

"Also you have Isaac Makwala, he's going to be very fast. I don't know how much longer he's going to continue to run because he's in his 30s now. And then Steven Gardiner, definitely, from the Bahamas. He's also a great competitor, very tall, lean. If he just stays healthy throughout the year I think he could be a huge threat to the 400."

Indeed, the Doha 400 will be a race for the ages. The hard part for U.S. fans will be dealing with the suspense—even a third of the way into the calendar year—of waiting so long before we find out who we're sending.



# TRACK COACH

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# T&FN Interview — Fred Kerley

GIANCARLO COLOMBO/PHOTO RUN



Winning the Diamond League final in '18 also earned Fred Kerley No. 1 in the 400 World Rankings.

by Jeff Hollobaugh

When we last talked to Fred Kerley, he and brother Mylik were garnering headlines for their relay heroics at Texas A&M. That year, '17, put Fred squarely in the world's 400 focus. He entered that season with a PR of 45.10 and went faster than that no fewer than 11 times, topped by powerful, fast-finishing wins at the NCAA Indoor (44.85), the SEC (44.30), the NCAA (44.10, after his still-PR 43.70 in the West Regional) and the USATF (44.03). His parade of victories ended in London, where he could only muster a 45.23 for 7th in the World Championships. Last year he somewhat made up for that by earning No. 1 in T&FN's World Rankings.

Kerley has thrown himself completely into the work needed to hold onto that ranking. While his brother is working with another group, Fred has stayed with former A&M assistant Alleyne Francique, himself a 2-time World Indoor champion from Grenada. Often he goes through his paces alone, unless Bralon Taplin—another Grenadian—is in town.

Mainly, though, Fred Kerley is grinding through his training, with an eye on making the

upcoming major podiums. We caught up with him right after an early-April practice.

*T&FN: How's training going?*

**Kerley:** Training's going good.

*T&FN: Do you find that your training routine has changed since your college days?*

**Kerley:** Training really hasn't changed that much. It's just more one-on-one training instead of with the big group. Probably the same volume, but more intense, like shorter breaks and faster reps.

*T&FN: When are you planning to start racing this year?*

**Kerley:** My first race, a 200, is April 27th at A&M.

*T&FN: Do you feel more pressure than you did when you were a college athlete? Like you can't go out there and just have a mediocre rust-buster race?*

**Kerley:** I really don't feel so much pressure. It's just I've got to perform at a higher level than I was in college. Flying overseas plays a big factor in performing. Whoever adjusts the fastest is most likely going to come out on top.

*T&FN: What's Alleyne Francique like to work with?*

**Kerley:** He's one of a kind. There is no one like him. He actually gets in your head to make

you perform on the track mentally and physically. He pushes your body to the limit. He knows what he's doing. He's going to push me to 42-seconds and 19-seconds this year. I believe in him so much that I had to come back to train with him.

*T&FN: During practice, do you ever have light or fun moments or is it all just grind?*

**Kerley:** Both. I know when to be quiet and grind and I know when I can joke around.

*T&FN: You had a recent training trip to Grenada. What was that like?*

**Kerley:** It was a once-in-a-lifetime experience. Not only the culture, the foods and stuff, I also got to get the raw grind. The fresh food I was eating, the fresh vegetables, the fresh fruit. I got everything nutrition-wise from Mother Earth. Not only that, the training days were wonderful. I got to train in rain when it was hot. I actually put everything into the training sessions over there. It was just wonderful.

*T&FN: What were you doing when you weren't training?*

**Kerley:** Just probably chilling outside by a coconut tree and going down to the market places where you can see the culture of Grenada. Or going to the beach area. Clear waters down there.

*T&FN: What was your favorite food?*

## Fred Kerley In A Nutshell

### Personal

Fredrick Lee Kerley was born May 7, 1995, in San Antonio, Texas; 6-3¼/205 (1.91/93)

### Schools

Taylor HS (Texas) '13; South Plains JC '15; Texas A&M '17; Nike '17–present

### Coaches

Mike Tennill (HS); Blaine Wiley (JC); Alleyne Francique (Texas A&M and pro). Agent: Ricky Simms

### PRs

100—10.49(A) ('15); 200—20.24 ('17); 400—43.70 ('17)

### 400 Progression

'10—52.20; '11, '12, '13—none (21.56/200); '14—46.38; 15—47.15(A)i; '16—45.10; '17—43.70; '18—44.33; '19—none to date

### Major Meets

6)JC, 8)USAJ '14; 2)JCI, 2h)JC '15; 6sf)NCAA, 5h)OT '16; 1)NCAAI, 1)NCAA, 1)US, 7)WC '17; 3)USAI, 1)DL '18

### World/U.S. Rankings

200: '17—x/5; '18—x/10

400: '17—5/1; '18—1/1

**Kerley:** Favorite food? I ate everything. I ate some dolphinfish. It's really not dolphin. It's a local fish called the dolphinfish. I ate some pasta from the countryside, fresh lettuce. I basically ate everything from the country, so I really can't tell you which food was best. I ate everything, and everything that I ate was good.

**T&FN:** Last season was somewhat unusual, in that you ranked No. 1 in the world in the 400 despite missing nearly two months in the middle of the season. What happened?

**Kerley:** Actually, I pulled my hamstring in training. I didn't tell anybody because if I step on a racing platform, I should be 100%. If not, I'm not going to step up and just run. So I took 2 months off to recover from what I was dealing with and I came back and ran in Birmingham and won and then won Zürich.

**T&FN:** Did those August victories—which helped you to clinch the No. 1 World Ranking—help make up for being down?

**Kerley:** Yeah, it totally made up for it. It was wonderful that I made it back and got back to my groove, winning things.

**T&FN:** Looking back on your breakout year, 2017, you were on top of the world until you finished 7th at the World Champs. How does that motivate you now?

**Kerley:** I think 2017 was a wonderful year. My first year on the big stage. I'll say this, the World Championship, I don't think anything awful about it. I wish it were a month or so earlier. I would have been fine, but I'll take 7th-place and run with it. It just motivates me way more to get back to that place and get a gold medal. It motivated me a lot, so I'm pushing myself daily to get to back to that position and hopefully I can come out on top this year.

**T&FN:** That was a long year for you, with college races starting in December and having to perform all the way into August. Was it simply a case where at the start you didn't have any idea you would be successful enough to go all the way to Worlds?

**Kerley:** Not necessarily. I set goals for myself at the beginning in 2016. After summertime when I didn't make the Olympic Trials, I came back and started working and started doing everything I needed to do in the gym to get healthy. You know?

And 2017 was my healthiest season of track & field of my college career.

**T&FN:** Now that you're a pro, you race a lot less. Do you feel the difference?

**Kerley:** I'm feeling totally different, but the lack of races can play a factor in certain situations too. So that's why in training we simulate the race pattern every time.

**T&FN:** What is your race pattern? How do you mentally break down the distance while you are racing it?

**Kerley:** I don't really break down my races.

I only think about what I need for that day and what my coach wants to work on that day.

**T&FN:** So for you is the 400 one long sprint now instead of planning to cruise for 150 and then kicking?

**Kerley:** Yeah, there's no such thing as cruising. The 400m is a sprint. If I compare my race in Shanghai last year and my race in Rome, in Shanghai I lost the race the first 50m because by the time I tried to get back, they were all gone. They got out in the first 50m [Kerley finished 4th in 44.71]. So therefore in Rome I went off and I had some energy and I barely won that race [44.33]. It's a totally different race in the 400 because I can't cruise like I did in college, the first 50, the first 100, and then bring her home. The boys on a professional level are ready to go that moment. You can't chill. I can't do anything like I did in college. It's totally different.

**T&FN:** Going back to your beginnings, when did you realize that you might have a gift?

**Kerley:** I'd probably say my senior year of high school. I would've probably been playing football somewhere instead of track. But my senior year I broke my collarbone and then, because I couldn't do what I needed to do for basketball, I sat out the whole basketball season until 8 games were left. Then I finished that out and I started running track more seriously my senior year. I didn't have the greatest times. I ended up running 21.56 and also a 46.9 on the 4x4 at the State Champs.

**T&FN:** And you only ran the open 400 once in high school, a 52.20 in ninth grade. What's the story there?

**Kerley:** The coaches threw me in it like two minutes before the gun. They said, 'Oh, you got to run a 400 just for training purposes.' So I'm

## Kerley Has A Coach Who Has Been There

As a Texas A&M assistant, Alleyne Francique recruited Fred Kerley out of South Plains JC. He liked what he saw. He did the usual things to keep a recruit on track, calling him every Wednesday to make sure Kerley stayed on top of his classes and such. But Francique says the two bonded beyond that: "His background and the way he grew up, it was like my background. What I went through and how I got to where I am today. I tried to educate him and tell him, 'You know, this is the way it should be going.' I didn't make it all about me. It was all about him. I tried to educate him and help him be on the right path."

Francique, now 42, knows that path. A former world-class 400 man himself, he anchored LSU to an NCAA 4x4 win in '01 after taking 2nd in the open race. He went on to win World Indoor gold for his native Grenada twice, in '04 & '06. Prior to the Athens Olympics, he sped a PR 44.47, and at the Games he took 4th in 44.66. After his retirement in '08, he started his coaching career alongside Pat Henry at Texas A&M, where he helped guide Deon Lendore and Kerley to NCAA crowns, produced 4 NCAA-winning 4x4s outdoors (and 4 indoors), and mentored Donovan Brazier to his frosh year 800 win in 1:43.55.

"We have a great relationship," Francique says of his work with Kerley. It's about communication, he explains: "I make him feel like he can do it, make him believe it." What sets Kerley apart? "He has big goals that he sets for himself," Francique says. "He wants to run 42-seconds. He wants to be the first person to do it. When you have that kind of a goal for yourself, you have to keep the intensity up and keep your focus up."

"I don't think he has mastered how to run the event yet. We keep trying to focus on being efficient and there are so many different areas. Your first 200 has to be perfect, your first 300 has to be perfect. Even the way you push out of the blocks has to be perfect, especially if you're trying to run 42-seconds."

The style of the race has changed, Francique admits. "Most of the legit 400 guys are coming through in 20-point at 200. Back in the day, people were coming through in 21.1, 21.3, 21.4." Getting out at the proper speed is a challenge for Kerley, says Francique: "It's still a learning curve for him, because I think 21-flat, 21.1 is perfect."

But the competition is going out faster, and Kerley needs the tools to handle a hot early pace, Francique continues, saying, "The goal this year is to break 20 seconds [in a 200] because his PR is 20.24. If he's coming through in 20.5, 20.6, 20.7, I don't think he can handle it because it's too close to his max. If he runs 19-seconds in the 200, then I think he could come through in 20-point without being uncomfortable so early."

"But I still think 21-flat is perfect."



**Fred Kerley's big breakthrough year in '17 found him winning both the NCAA & USATF titles for Texas A&M.**

## Fred Kerley Is One Large Quartermiler

The history of quartermiling has seen 18 different men break the 44-second barrier. Of those dozen and a half, Fred Kerley isn't (yet?) quite the fastest, but he is both the tallest and the heaviest; the former by just a fraction, the latter by a significant 12lb (5kg).

This chart is ordered first by height. If 2 athletes are the same height, then they are ordered by weight. If still equal, the one with the fastest PR is listed first. Because of the inexactitude of conversions, people with the same English-measure height may have different metric figures, depending on which system the measure was taken in. Figures obviously also vary with time; these are the best-known numbers at the athlete's prime

Ht/Wt	Metric	Athlete	PR
6-3¼/205	(1.91/93)	Fred Kerley	43.70
6-3/193	(1.90/88)	Quincy Watts	43.50
<b>6-3/175</b>	<b>(1.90/80)</b>	<b>Butch Reynolds</b>	<b>43.29</b>
6-2/181	(1.88/82)	LaShawn Merritt	43.65
6-2/170	(1.88/77)	Akeem Bloomfield	43.94
6-2/165	(1.88/75)	Steven Gardiner	43.87
6-1/185	(1.85/84)	Steve Lewis	43.87
6-1/175	(1.85/80)	Michael Johnson	43.18
6-1/150	(1.85/68)	Danny Everett	43.81
6-¾/163	(1.85/74)	Kirani James	43.74
6-0/174	(1.83/79)	Isaac Makwala	43.72
6-0/166	(1.83/76)	Larry James	43.97(A)
6-0/161	(1.83/73)	Wayde van Niekerk	43.03
6-0/161	(1.83/73)	Michael Norman	43.61
6-0/154	(1.83/70)	Jeremy Wariner	43.45
5-11/175	(1.80/80)	Lee Evans	43.86(A)
5-9¼/168	(1.76/76)	Youssef Al-Masrahi	43.93
5-8¾/161	(1.75/73)	Rusheen McDonald	43.93

like, 'I wasn't getting ready for something else now because I'll run the 4x4 if someone doesn't want to run that race.' And he said, 'Oh, you got to get a 400 in somehow,' so he made me do the 400.

**T&FN:** Those senior year times were promising, but not enough for a scholarship?

**Kerley:** I had to walk on to South Plains Junior College and that's when my history of the 400 really started, that's when I actually got 400m training. I ran a 46.38 that year. The following year, I ended up tearing my quad doing the 4x1 at Texas Relays. At Texas A&M my junior year I was somewhat healthy but not completely. I was still recovering from my quad injury and I ran a 45.10. My body broke down after that race. My senior year everything hit perfectly, everything came at the right time when I needed it the most.

**T&FN:** Last time we talked, you said you were still learning.

**Kerley:** Yes, and I'm still learning because I think the minute I stop learning, that's the minute I won't ever progress again.

**T&FN:** What are the most important lessons you've learned as a pro?

**Kerley:** You gotta sleep. You've got to take the wins with the losses. And you've got up days, you've got down days. But you've got to keep on going and you can't ever get down on yourself because there's always a next race. You've got

to be prepared at any time to go. You've got to take care of your body at the highest levels. You can't ever stop, because your body's your temple. You've got to keep on going no matter what.

**T&FN:** The 400 used to be owned by the United States. There were years that 8 of the top 10 were Americans. Now you made it back to the top last year. Do you think the United States is coming back compared to other countries?

**Kerley:** We've been back.

**T&FN:** On the world level, who's the most dangerous?

**Kerley:** Me.

**T&FN:** When you're racing, what's your favorite lane?

**Kerley:** I really don't have a favorite lane because if you look at history, anyone can run fast out of any given lane on any given day. The World Record was broken in lane 8. Michael Johnson ran fast in lane 3. Any given day I can run in any lane.

**T&FN:** Lately we've been seeing some of the top 400 guys running some really fast 200s: not just van Niekerk at 19.84, but Isaac Makwala 19.77, Steven Gardiner 19.75, Michael Norman 19.84. Is running a fast 200 now critical to running a fast 400?

**Kerley:** In this day and time? Yeah. Look at it. Michael Johnson had a fast 200 and a fast 400 and now you're getting us younger guys now,

some of us running in the 19s. So if I ever get into the 19 bracket, the 42 is right there. If you run faster in the 200, most likely you're going to run fast in the 400 if you're built that way.

**T&FN:** Looking at the 10 top 400 guys in the world, you're more than 30 pounds heavier than any of them. You're the biggest guy out there. Is that an advantage?

**Kerley:** I don't think it's an advantage and I don't think it's a disadvantage. There's no ideal track body. There's no telling me you think that there is an ideal track body. Just like Usain Bolt beat the odds because they said he was 6-5 and the shorter guy had more turnover. Bolt had more turnover and look, he ended up breaking the World Records.

**T&FN:** In 2016, when you were sitting home from the Olympics, I'm sure you had to have seen Wayde van Niekerk's 43.03 World Record. Did that shock you when you saw it?

**Kerley:** I don't think it shocked me because he's a talented young man. At the end of the day it's track & field. You never know who's going to show up on any given day.

**T&FN:** Who do you think will be the first man under 43?

**Kerley:** Fredrick. Lee. Kerley.

**T&FN:** What will it take?

**Kerley:** Focus, be myself. Have fun, enjoy.

# South Carolina's In-State 400 Rivalry — Richard & Hall

KIRBY LEE/IMAGE OF SPORT



**Tyrell Richard took the measure of Quincy Hall (not to mention other big collegiate 400 names) at the NCAA Indoor.**

by Jeff Hollobaugh

ON APRIL 5 at the North Florida Invitational Tyrell Richard of South Carolina State unreeled a 44.81 season opener for a yearly world leader. He won by nearly 20m. Eight days later at the Gamecock Invitational South Carolina's Quincy Hall produced a 44.53 to take that global list-topper away from his in-state competition. The two speedsters, who train not even 50M away from each other—Richard in Orangeburg, Hall in Columbia—have only ever raced once. That encounter came at the NCAA Indoor, where Richard won in 44.81. Hall finished 4th in the same section in 45.25.

## Richard Took A While To Warm To Track

Maybe a few fans noticed Richard becoming a blip on the track radar with a string of solid 400s last season, topped by his 44.70 PR in the NCAA semis. He followed that with a 45.10 for 5th in the final, running a lane to the inside of Michael Norman's 43.61. ("He rocketed out of there. I wasn't expecting that.") But if you never noticed Richard's name before that, the track gods forgive you. You see, for the longest time he had no intention of being a track star. "I wasn't passionate about track," he admits.

Football, maybe. He came from a football family. His older brother Donovan set SC State's record for most career tackles and later made the practice squad for the Jacksonville Jaguars before playing in Europe. Tevin, the next brother, also played for

the school, setting a single-season record for the most blocked kicks. So when Bulldog track coach Tim Langford recruited Richard, who had placed 2nd in the 400 in the South Carolina 1A meet in 48.35, he did it by offering him a combo football/track scholarship. Once in Orangeburg, Richard sat out of football for a year, then found out that the football team didn't have the funds to take care of him. "When I realized football was not going to put anything toward my scholarship, I decided to go fully track," he says.

"Fully" does not mean the same thing as "committed." As a frosh, Richard had a best of 47.27. He finished 7th in the Mid-Eastern Athletic Conference. The next year, he improved to 46.41. That made him the conference's runner-up. As a junior, however, something clicked. At the MEAC, he produced PRs in both the heats (45.50) and final (45.21), in addition to a windy 20.53 for 2nd in the 200. And the hits kept coming all the way through the NCAA final. But, says Richard, "If you had asked me if I wanted to run track professionally, I would have said, 'Probably not. I don't care.'"

He went to the USATF Championships, where he managed just 47.43 in his heat. "I was really ready to get it over with," he says. Having an internship lined up for the summer, he simply wanted to get on with his life. "But something sparked in me, coming back to school in the fall, that made me really want to do this right," he says. "Now if you ask me if I want to run professionally, I will tell you that it's something that I'm going to do."

Focused on winning the NCAA title outdoors after his indoor triumph, the 21-year-old Richard says he "absolutely" has plans to be at USATF,

fighting for a spot on the World Championships squad. "I'm new," he adds. "I'm just getting all in it, so be ready for some big things."

## Hurdles Or Flat For Hall? Or...?

Up the road, Quincy Hall is also eyeing an NCAA crown and a Doha berth. The question for him is, in which event? Gamecock coach Curtis Frye recruited him out of California's College of the Sequoias where Hall had established solid credentials at 1 lap, both with and without hurdles.

As a frosh he captured the '16 Pan-Am Junior gold in the 400H in 49.02. Earlier in the season his 45.12 won the Mt. SAC Relays 400. As a soph he went undefeated in the hurdles (best of 49.65) and blistered a 44.60 in the 400 to win the Sun Angel Classic by 0.02 over Paul Dedewo, who went on to rank No. 3 in the world.

Hall says nothing about his recent 44.53 surprised him: "It was just a good day, I guess." At 20 a year younger than Richard, Hall has far more experience in the sport, his résumé dating back to age 5, when he specialized in racing his cousins in the neighborhood. His church put together a track team, and his path was set. Going to South High in Raytown, Missouri, he had bests of 46.82 and 37.40 for the 300H, winning two State titles on the flat.

Now a legit threat in both varieties of the 400, Hall knows he will have to make a choice. At the NCAA, the hurdles are a mere 25:00 after the flat final. At USATF, the hurdles will be first, with the 400 just 18:00 later. "They're back-to-back," he sighs.

His leaning? "Before, I actually was thinking that I was more of a 400 hurdler, but I've surprised myself in the 400," he says. "I'm kind of leaning towards the 400 now... but I'm still wanting to do the 400H. They're still equal." For the collegiate season, he notes, "I think I want to focus on the 400H more for the rest of the year, until the SECs."

Then comes the long break—48 days in his case—from the NCAA meet to the USATF. "We'll take some rest after, but not too much rest; we're still practicing. The practices would not be so intense and then we get back to intense 3 weeks before. You know you've got to run again."

Hall is not going to let his heart decide which event he will try for in Des Moines. "It's going to be more where I sit on the lists," he says. "Whatever's my best chance of making the team, you know?" As to which event he will eventually make his name in, he's not sure. Coach Frye, he notes, "mostly says hurdles, but he'd like to throw a halfmile in there." Hall ran a 1:51 on the first day of practice. "I know I can go faster than that. I'm more in shape now. I think I can go at least 1:47 or 1:46."

Not this year, though. His dance card is full. "If I do come back collegiately, [the 800 debut] will probably be indoor," he says. Right now, he's all about a single lap, with or without hurdles.

# Texas Relays – Anderson Peters Likes Throwing In Austin

ERIC OLANDERSON/THE SPORTING IMAGE



**Anderson Peters moved up 4 spots to No. 3 on the all-time collegiate list.**

by Lee Nichols

AUSTIN, TEXAS, March 27-30—It's the Saturday session of the Texas Relays that draws the biggest crowds (this year's tally: 20,957), but if you wanted to see all-time lists being rewritten—especially in the field—you needed to be with the diehards who show up a day or two early.

The biggest mark of note came from Mississippi State soph Anderson Peters. The 21-year-old Grenadian added to the Caribbean's legacy in the javelin with a stellar 282-4 (86.07) that moved him from No. 7 to No. 3 in collegiate history. It was no fluke—the '18 NCAA champ's entire series was solid, with nothing worse than 271-5 (82.72).

"To me it's a great deal because it basically has been 2 years since I set a PR," Peters told the Longhorn Network. "The plan was to come here and get a PR because this is the best field for javelin throwing, so to come here, get a PR, and then take a slight break in April, come back out in SEC and then start doing the same thing until Nationals."

The biggest buzz of the meet came from high schooler **Matthew Boling**, who reached No. 7 all-time in the long jump at 26-3½ (8.01). Seven was also the number for Texas heptathlete Ashtin Zamzow—her 6148 made her, by a single

point, the No. 7 all-time U.S. collegian.

But of course, this is a relay meet, and that's where the loudest crowd roars came from. Houston and LSU's men set the stage for a season-long rivalry by swapping world-leading wins in the 4×2 and 4×1. In the former, a bobbled first exchange left LSU (1:21.47) vainly trying to catch Houston (1:20.94) down the stretch and wondering what might have been. They found out in the 4×1, running down the Cougars in the stretch 38.41–38.45.

That was followed post-finish line by an in-your-face (and shoulder-bumping) taunt by LSU anchor Jaron Flournoy to his Houston counter-

part Travis Collins, video of which became an internet sensation within minutes. It was a moment perhaps more expected in contact sports. Collins simply took it in stride and walked off.

Texas A&M's men and women each won collegiate teams of the meet, earned in large part from taking 5 of the 12 relay crowns—the women in the DMR, 4×2 and 4×4; the men at 4×4 and 4×8. "Any time you win 5 relays here you have to be pretty happy," said Texas A&M head Pat Henry. "Overall, we did very well this weekend. All of our relays looked good, even though it was windy. Times are never going to be reflective in this kind of cooler weather and wind. It's just about wins, and we did a good job of winning." (Temperatures were in the low 60s, and a stiff breeze made it feel even colder.)

Myers Stadium continued its tradition as a strong vaulting venue. Jenn Suhr broke her meet record with a 16-1½ (4.91) that equaled the yearly world lead. Suhr took three tries at an American Outdoor Record of 16-5¼ (5.01), but none were close. "The crowd gets me into it, and that's why I always want to jump Texas Relays," Suhr told the Longhorn Network. "The fans are into it and you feel really appreciated. I think to get 5.01, I have to take lots of warm-up jumps and come in at a higher bar. I'm 37, so I don't have as many jumps as I did when I was 20 years younger, so I have to budget my conditioning and my time better."

Also roar-inducing: LSU's Sha'Carri Richardson stopped the clock in the 100 at 10.91, but she was pushed along by a cold, blustery 4.3mps wind. Only 2 other Juniors in world history have ever run faster under all conditions. Said Richardson, who won 8 State titles as a Texas prep, "It's an honor to come home and represent my team, myself, and my family at the place that started it all for my career. I'm truly blessed."

## Peters Moves To No. 3 On All-Time Collegiate List

Anderson Peters added a significant chunk to his old PR of 271-9 (82.82) at the Texas Relays, in the process climbing from No. 7 to No. 3 on the all-time collegiate list. It's interesting to note how many of the marks on the all-time top 10 came early in the season, 6 of them happening before taxes were due (\* = athlete not eligible for U.S. teams):

Mark	Athlete	Date
89.10   292-4	Patrik Bodén* (Texas)	3/24/90
88.01   288-9	Ioánnis Kyriazis* (Texas A&M)	3/31/17
<b>86.07   282-4</b>	<b>Anderson Peters* (Mississippi State)</b>	<b>3/29/19</b>
83.30   273-3	Tom Pukstys (Florida)	4/28/90
83.26   273-2	Matti Närhi* (UTEP)	5/21/99
83.16   272-10	Cyrus Hostetler (Oregon)	4/04/09
82.97   272-2	Corey White (USC)	4/04/09
82.62   271-1	Dag Wennlund* (Texas)	4/04/87
81.90   268-8	Sam Humphreys (Texas A&M)	5/25/13
81.86   268-7	Esko Mikkola* (Arizona)	6/03/98

## TEXAS RELAYS RESULTS

Austin, Texas, March 28-30 (4-attendance 45,753; last 2 days 18,646 & 20,957)—

### INVITATIONAL MEN

100(3.0): 1. Cordero Gray (unat) 10.11w; 2. Andrew Hudson (TxT) 10.14w; 3. \*Tarrick Brock (TCU) 10.21w; 4. Bryce Robinson (Asics) 10.23w.

110H(2.0): 1. Jeff Julmis' (Hai) 13.76.

400H: 1. Amere Lattin (Hous) 49.80 (AL, CL); 2. CJ Allen (unat) 50.69.

4 x 100: 1. USA Red 39.19 (Carnes, Burrell, Robinson, Rodgers); 2. USA White 39.49 (Dempis, Simlon, Gray, McClain).

4 x 400: 1. USA Red 3:03.94 (M. Kerley, Chambers, Bailey, Sprattling); 2. Houston 3:07.37.

PV: 1. Devin King (unat) 18-9¼ (5.72); 2. Audie Wyatt (unat) 18-5¼ (5.62); 3. Luke Winder (unat) 17-11¼ (5.47).

### UNIVERSITY MEN

(3/28—800, St, HT; 3/29—400H, SpMed, TJ, DT, JT)

100(2.9): 1. Micah Larkins (NWNLa) 10.11w; 2. \*\*Jo'vaughn Martin (SHous) 10.17w; 3. \*\*Brandon Taylor (Hous) 10.18w; 4. \*\*Joseph Sheffield (Ok) 10.24w; 5. Chris Jefferson (SHous) 10.26w.

200(4.4): 1. Jefferson 20.52w; 2. Anaso Jobodwana' (SA) 20.68w.

800: 1. \*Bryce Hoppel (Ks) 1:48.94.

St: 1. Alex Rogers (Tx) 8:46.73.

110H(4.7): 1. Lattin 13.40w; 2. \*\*Damion Thomas' (LSU) 13.62w; 3. John Burt (Tx) 13.64w; 4. Arthur Price (LSU) 13.68w; 5. Chad Zallow (Yongs) 13.70w; 6. \*Luke Siedhoff (Nb) 13.74w.

400H: 1. Iloloizu (TxAM) 50.21; 2. \*\*Quivell Jordan (Hous) 50.25; 3. \*\*Jayson Baldrige (Bay) 50.64; 4. \*DeWitt Thomas (TxAM) 50.65.

4 x 100: 1. LSU 38.41 (CL) (Hislop', Vincent, Peebles, Flournoy);

2. Houston 38.45 (Alexander, Burke', Taylor, Collins);

3. Texas Tech 38.87 (Sutton, Oduduru', Hudson, Shelton);

4. Sam Houston State 39.11; 5. Baylor 39.68; 6. Oklahoma 39.93; 7. North Texas 39.96.

4 x 200: 1. Houston 1:20.94 (CL) (Alexander, Burke', Montgomery, Igbokwe);

2. LSU 1:21.47 (Hislop', Peebles, Mosby, Flournoy).

4 x 400: 1-1. Texas A&M 3:03.30 (Izu, Johnson, Grant, Dixon 44.45); 2. LSU 3:05.09; 3. TCU 3:05.78 (Mokaleng 44.86); 4. Baylor 3:05.83; 5. Texas Tech 3:06.89. II-1. Wayland Baptist 3:06.34; 2. Colorado 3:07.46; 3. Abilene Christian 3:07.76.

4 x 800: 1. Texas A&M 7:23.78 (McPhail 1:53.80, Orange 1:49.02, Rodriguez 1:53.58, Dixon 1:47.38); 2. Wayland Baptist 7:28.48; 3. Arkansas 7:30.83.

SpMed: 1. Texas 3:13.67 (WL, CL) (Brown, Harris, Jones', Worley);

2. Texas A&M 3:14.47 (Johnson, Comick, Dixon 44.2, Orange 1:48.4); 3. Texas Tech 3:17.86; 4. Arkansas 3:22.00; 5. Houston 3:23.18.

HJ: 1. Jeron Robinson (unat) 7-5¼ (2.28); 2. \*\*Ju-Vaughn Harrison (LSU) 7-3¼ (2.22); 3. JaCorian Duffield (unat) 7-2¼ (2.19); 4. \*\*\*Mayson Conner (Nb) 7-2¼.

PV: 1. \*Chris Nilsen (SD) 19-¼ (5.80) (17-6½, 18-2½, 18-6½, 19-¼, 19-4¼ [xxx]); (5.35, 5.55, 5.65, 5.80, 5.90 [xxx]); 2. Matt Ludwig (Akr) 18-6½ (5.65); 3. \*\*\*KC Lightfoot (Bay) 17-10½ (5.45); 4. Drew McMichael (TxT) 17-10½; 5. \*\*\*Branson Ellis (SFA) 17-10½.

LJ: 1. Yuki Hashioka' (Jpn) 27-¾w (8.25); 2. Charles Brown (TxT) 26-5¼w (8.07); 3. \*Rayvon Grey (LSU) 26-5w (8.05); 4. Shotoa Shiroyama (Jpn) 26-4¼w (8.03); 5. \*Fabian Edoki' (MTN) 26-3 (8.00); 6. \*\*Ja'Mari Ward (Mo) 25-11 (7.90).

HS LJ: 1. Matthew Boling (TxHS) 26-3½ (8.01) (25-7½w, 26-3½, p, p, p, p).

TJ: 1. Chris Carter (AirHous) 55-4¼w (16.87) (54-11¼/16.75); 2. \*\*Chengetayi Mapaya' (TCU) 54-4 (16.56); 3. \*Ade' Mason' (Ok) 53-8½w (16.37) (51-3¾/15.64); 4. \*\*Jequan Hogan (TxT) 53-2¾w (16.22); 5. Brown 52-9½ (16.09).

SP: 1. Payton Otterdahl (NDST) 69-8¼ (21.24) (67-7, 67-8¼, 68-6, 69-8¼, f, f) (20.60, 20.64, 20.88, 21.24, f, f); 2. \*\*Tripp Piperi (Tx) 67-2¾ (20.49); 3. Uziel Muñoz' (Mex) 64-10¼ (19.78); 4. Brett Neely (KsSt) 63-9 (19.43); 5. \*\*Alex Talley (NDST) 62-1 (18.92).

DT: 1. Brian Williams (unat) 207-10 (63.35) (AL) (194-11, 205-8, 203-11, 207-10, f, 204-11) (59.43, 62.68, 62.16, 63.35, f, 62.47);

2. Otterdahl 201-4 (61.36); 3. Eric Kicinis (TxT) 198-11 (60.63); 4. Kai Schmidt' (ACU) 198-8 (60.57); 5. \*Josh Boateng' (AMC) 186-4 (56.80); 6. \*Gabriel Oladipo (TxAM) 186-3 (56.77).

HT: 1. Daniel Roberts (unat) 235-8 (71.84);

2. Daniel Haugh (Kenn) 235-2 (71.68) (AmCL);

3. \*\*Jake Norris' (LSU) 229-8 (70.00); 4. \*\*\*Decio Andrade' (Ang) 227-7 (69.37); 5. Erich Sullins (Ar) 222-7 (67.85); 6. \*\*\*Bayley Campbell' (Ok) 217-5

(66.27); 7. \*Karol Konkos' (UTEF) 215-2 (65.59).

JT: 1. Anderson Peters' (MsSt) 282-4 (86.07) (WL, CL) (3, 3 C) (278-0 [WL, CL] [3, 3 C], 271-5, 282-4, 271-10, 273-10 [x, 7 C], f) (84.73, 82.72, 86.07, 82.85, 83.46, f);

2. Michael Shuey (unat) 263-3 (80.25) (AL); 3. Curtis Thompson (MsSt) 254-5 (77.54) (AmCL);

4. Tzuril Pedigo (unat) 239-9 (73.09); 5. \*\*\*Nick Mirabelli (TxAM) 236-6 (72.09); 6. Skyler Porcaro (SnUt) 234-8 (71.54); 7. Trevor Danielson (Tx) 233-7 (71.20).

Dec(3/27-28): 1. Nathan Hite (TxAM) 7774 (WL, CL, CL) ((10.78w, 22-10½/6.97, 46-½/14.03, 6-3½/1.92, 48.67 [4055-2], 14.91, 140-11/42.96, 15-5/4.70, 179-7/54.79, 4:43.87 [3719]);

2. Gabe Moore (Ar) 7661; 3. Charlie Card-Childers (Rice) 7529; 4. \*Paris Williams (Kenn) 7405; 5. Harry Maslen' (Ang) 7304.

### INVITATIONAL WOMEN

100(4.0): 1. Gabby Thomas (NBal) 11.25w; 2. Morolake Akinosun (Nik) 11.32w.

100H(3.1): 1. Pedrya Seymour' (Bah) 13.10w; 2. Jasmine Camacho Quinn' (PR) 13.10w.

400H: 1. Melissa Gonzalez' (Col) 57.56; 2. Deonca Bookman (unat) 58.28.

4 x 100: 1. USA Blue 43.12 (K. Harrison, Prandini, Carter, Meadows); 2. USA White 43.68 (Nelvis, Henderson, Akinosun, Bowie); 3. USA Red 44.24 (Oliver, Thomas, Bennett, Brown); 4. USA All Stars 44.78 (Reese, Q. Harrison, Price, Todd).

4 x 400: 1. USA White 3:28.34 (Stepter, Little, Beard, Francis 51.37); 2. USA Red 3:28.65 (Blocker, Spencer Akinosun, Okolo 50.79); 3. USA Stars 3:29.56 (K. Harrison, Carter, Prandini 51.29, Baisden); 4. Team International 3:38.60; 5. Arkansas 3:39.06; 6. Japan 3:39.16.

PV: 1. Jenn Suhr (adi) 16-1¼ (4.91) (AL; out WL; WL) (x, =12 A) (15-1, 15-5, 15-9¼, 16-1¼ [x], 16-5¼ [xxx]) (4.60, 4.70, 4.81, 4.91 [xo], 5.01 [xxx]);

2. Tori Hoggard (Ar) 14-9 (4.50); 3. Annie Rhodes-Johnigan (unat) 14-5¼ (4.40); 4. Daylis Caballero' (Cub) 14-5¼; 5. Lucy Bryan' (Akr) 14-5¼; 6. Lakon Taylor (unat) 13-11¼ (4.25); 7. Lexi Jacobus (Ar) 13-11¼; 8. Megan Clark (DisNYAC) 13-11¼; 9. Desiree Freier (Ar) 13-11¼.

LJ: 1. Shakeela Saunders (adi) 21-11w (6.68) (a-c AL) (21-6/6.55 AL);

2. \*Jasmyn Steels (NWNLa) 21-4¼w (6.52); 3. \*Destiny Longmire (TCU) 20-9¼ (6.34); 4. \*\*Deborah Acquah' (TxAM) 20-9¼w (6.33) (20-7¼/6.28); 5. \*Mercy Abire' (LSU) 20-9¼w (6.33); 6. \*\*G'Auna Edwards (Ar) 20-9¼w (6.33); 7. Sarea Alexander

(IncW) 20-8¼w (6.31); 8. \*\*Kristal Liburd' (NMJC) 20-6¼w (6.25) (20-3/6.17).

### UNIVERSITY WOMEN

(3/28—800, St, HT; 3/29—400H, 4x1H, SpMed, DisMed, TJ, JT)

100(4.3): 1. \*\*\*Sha'Carri Richardson (LSU) 10.91w (a-c AJR—old, 10.96w Angela Williams [USC] '99 & Twanisha Terry [USC] '18) (a-c WL, AL, CL) (a-c =7, =11 C; 3, 3 WJ);

2. \*\*Kynnedi Flannel (Tx) 11.16w; 3. Caitland Smith (ArSt) 11.25w; 4. \*\*\*Aryonna Augustine (LSU) 11.26w; 5. Kiara Parker (Ar) 11.30w.

200(3.4): 1. Teahna Daniels (Tx) 23.29w.

800: 1. Olivia Baker (unat) 2:05.08; 2. \*\*Avi' Tal Wilson-Perteete (UNLV) 2:05.30; 3. Lilian Koeh' (UTEF) 2:05.42.

100H(1.3): 1. \*Tonea Marshall (LSU) 12.96 (WL, AL, CL);

2. \*\*Janeek Brown' (Ar) 12.97; 3. Payton Chadwick (Ar) 13.13; 4. \*\*Milan Young (LSU) 13.19; 5. Alaysha Johnson (TxT) 13.26.

400H: 1. \*\*Jurnee Woodward (LSU) 57.28; 2. \*Birexus Hawkins (Hous) 58.04; 3. Gabby Scott' (Co) 58.29; 4. \*\*\*Sanique Walker' (Tx) 58.51; 5. Brenna Porter (BYU) 58.65.

4 x 100: 1. LSU 43.58 (Marshall, Augustine, Misher, Richardson); 2. Arkansas 43.62; 3. Oklahoma 44.58;... dnf—Texas A&M.

4 x 200: 1-1. Houston 1:34.58; 2. Texas Tech 1:35.46; 3. BYU 1:35.99. II-1. Texas A&M 1:31.88 (Spaulding, Madubuike, Thompson', White).

4 x 400: 1-1. Texas A&M 3:32.93 (Owens, Robinson-Jones, Reed, Richardson 52.24); 2. Arkansas 3:33.35; 3. Texas 3:35.24; 4. Baylor 3:36.14; 5. LSU 3:39.43; 6. Texas Tech 3:39.94. II-1. Penn 3:36.13; 2. Oklahoma 3:37.35; 3. Kansas State 3:37.51; 4. TCU 3:37.57; 5. Liberty 3:38.67; 6. Duke 3:39.02; 7. Stephen F. Austin 3:39.27.

4 x 800: 1. Baylor 8:41.66 (Andrews-Paul, De Souza, Stewart, Miller); 2. Kansas State 8:42.25; 3. Stephen F. Austin 8:54.50.

SpMed: 1. Texas A&M 3:42.20 (WL, CL) (8 C) (Spaulding, Madubuike, Richardson, Fray); 2. Texas 3:45.05 (AL).

HJ: 1-1. Anna Peyton Malizia (Penn) 5-11¼ (1.82). II-1. Shashane Hanson' (AMCC) 6-¾ (1.85).

PV: 1. \*Helen Falda' (SD) 14-3½ (4.36); 2. Madison Pecot (SFA) 14-1¼ (4.31); 3. Kimberly Peterson (SD) 14-1¼; 4. Rylee Robinson (Ar) 13-9¼ (4.21); 5. Rebekah Markel (Tul) 13-9¼; 6. Nati Sheppard (Duke) 13-9¼; 7. \*\*Chloe Wall (TxT) 13-9¼; 8. \*\*Andrianna Jacobs (Nb) 13-9¼; 9. Sydney King (Ok) 13-9¼; 10. Alexis Romero (Ks) 13-9¼.

LJ: 1. \*Taishia Pryce' (KsSt) 21-8w (6.60) (20-8½/6.31).

TJ: 1. \*\*Alex Madlock (Bay) 45-3w (13.79); 2. Shardia Lawrence' (KsSt) 44-6¼ (13.58); 3. Viershanie Latham (unat) 44-4w (13.51) (43-6/13.26); 4. Tiffany Flynn (MsSt) 44-2¼w (13.48) (43-11¼/13.40); 5. \*Konstantina Romaïou' (KsSt) 43-11¼w (13.40); 6. Jehvania Whyte' (Nnl) 43-8¼ (13.33).

SP: 1. \*Meia Gordon (Ok) 54-9¼ (16.69); 2. \*Elena Bruckner (Tx) 54-4¼ (16.58); 3. Aliyah Gustafson (BG) 52-10¼ (16.12).

DT: 1-1. \*Daisy Osakue' (Ang) 197-3 (60.13); 2. Bruckner 188-4 (57.40); 3. Gabi Jacobs (Mo) 180-6 (55.03); 4. Alex Meyer (Nb) 177-8 (54.17). II-1. \*\*Chelsea Igberaese (Lib) 179-6 (54.71); 2. \*\*Annina Brandenburg' (ACU) 179-1 (54.58).

HT: 1. Brooke Andersen (unat) 243-4 (74.18) (240-4, 243-2, 232-4, f, 243-4, 223-9) (73.27, 74.13, 70.82, f, 74.18, 68.20); 2. \*\*Kaila Butler' (BG) 213-0 (64.92); 3. \*\*Shauniece O'Neal (Snll) 212-9 (64.86).

JT: 1. Chase Wolinski (Nb) 177-0 (53.96); 2. \*\*Sophia Rivera (Mo) 175-4 (53.45); 3. \*Danielle Collier (M/O) 175-2 (53.41); 4. Madalaine Stulce (TxAM) 173-10 (52.99); 5. \*\*Kari Wolfe (NDST) 167-2 (50.96).

Hept(3/27-28): 1. Ashton Zamow (Tx) 6148 (AL, CL) (7, x AmC) (13.73, 5-8¼/1.75, 44-½/13.42, 24.66 [3606-2], 19-1½/5.83w, 173-11/53.01, 2:19.92 [2542]);

2. \*Emilie Berge' (SA) 5718; 3. Camilla Pirelli' (Par) 5623; 4. \*Grace McKenzie' (McN) 5609; 5. Amanda Levin (NDST) 5469;... dnf—\*\*Tyra Gittens' (TxAM) (13.82, 6-1½/1.87, 45-7/13.89, 25.39w [3709-1], dnc).

ERICH ANDERSON/THE SPORTING IMAGE



LSU's Jaron Flournoy won a rather contentious 4x1 battle over Houston's Travis Collins.

# Florida Relays — Comebacking De Grasse Powers Canada

GIANCARLO COLOMBO/PHOTO RUN



3 years ago Andre De Grasse was mixing it up with Usain Bolt; after a couple of down seasons, he's back.

by Peter McKenzie

GAINESVILLE, FLORIDA, March 28-30—He's back. On the final day of the Florida Relays, the stick events grabbed the attention, much of that due to the promising return of Canadian sprinter Andre De Grasse. The double medalist (100 bronze, 200 silver) at the Rio Olympics had to cut his last two racing seasons short because of hamstring woes. He looked plenty healthy in Gainesville as he stormed anchors for two Canadian relays that zipped to the top of the yearly lists.

First came the 4×1, where the Great White North's foursome clocked 38.34 to top a pair of all-star squads, De Grasse taking the stick second before storming to a convincing win. A USATF High Performance foursome that featured Justin Gatlin and Tyson Gay on the last half clocked only 39.07 in 4th. Then came the 4×2, where third leg Brendon Rodney brought Canada back from a big deficit at halfway. De

Grasse got the stick nearly even with the leaders, but exploded to a 6m win in 1:20.17 out of lane 3.

The top individual race of the weekend belonged to (surprise!) Gator great Grant Holloway, who put together a solid flight of hurdles to top SEC rival Daniel Roberts of Kentucky, 13.28–13.30. Despite being run into a slight wind, the mark was a world leader. Later in the day Holloway took 2nd in his section of the 200 with a 20.66. On Saturday he contributed a pair of legs to the Gator relay cause, starting with a 38.69 effort that topped the collegiate entrants.

In a stunning finish to the climactic 4×4, Holloway got the baton in 5th and threw everything he had left in an effort to catch Iowa's Mar'yea Harris on the anchor. Harris had taken the baton in 2nd and ran an impressive come-from-behind leg himself, tagging Western Kentucky with about 50 left. At that point, Holloway was still 10m behind, but his final rush left him inches short at the finish. Still, his 44.15 nearly caught Harris's 44.61 as Iowa won in 3:03.10 to Florida's 3:03.25. The remaining university relays went

to South Carolina (1:21.87), Penn State (7:19.50 WL) and Charlotte (58.84 WL).

Sharrika Barnett completely dominated a 400 field that included two other NCAA Indoor finalists, cranking out a 50.96 world leader. "I wasn't expecting to go that fast," she said. "It wasn't what she ran," said coach Mike Holloway, "it was how she ran it. It was smooth, it was even, it was strong. She didn't hit a wall. It was impressive. I'm really excited about what she can do moving forward." A day later, Barnett proved it was no fluke, getting the Gators into the hunt in the 4×4 with a second-leg carry of 49.7.

That put the Gators in great position, but on the final stretch South Carolina nabbed Florida before the line, anchor Wadeline Jonathas running a hard-finishing 50.03 (more than 2 seconds faster than her open best). Gamecocks 3:27.53, Gators 3:27.76.

The University 4×1 went to Miami (43.56). Alabama took the 4×2 (1:31.80 to become the No. 10 school ever). World leaders went to Ohio State (8:30.79) and Georgia Tech (54.59).



## FLORIDA RELAYS RESULTS

Gainesville, March 28-30—

### INVITATIONAL MEN

(3/28—400, 400H; 3/29—200)

100(2.6): 1. Zhenye Xie' (Chn) 10.14w; 2. Adam Gemili' (GB) 10.15w; 3. Kemar Hyman' (Cay) 10.20w.

200(1.9): 1. Alex Quiñónez' (Ecu) 20.28; 2. Yohan Blake' (Jam) 20.57; 3. Sean McLean (unat) 20.64; 4. Jerome Blake' (Can) 20.72. II(4.8)—1. Omar McLeod' (Jam) 20.62w; 2. Winston George' (Guy) 20.75w. III(3.6)—1. Yancarlos Martinez' (DR) 20.49w. VIII(2.8)—1. Andre Ewers' (FIS) 20.69w.

400: 1. Anthony Zambrano' (Col) 45.52; 2. Alonzo Russell' (Bah) 45.53.

110H(-2.3): 1. Andrew Riley' (Jam) 13.55.

400H: 1. Rilwan Alowonle' (Ngr) 50.36; 2. David Kendziera (unat) 50.46; 3. Jeffery Gibson' (Bah) 50.77; 4. Andre Colebrook' (Bah) 50.86.

**4 x 100: I-1. Canada 38.34 (WL) (Smellie, Brown, Rodney, De Grasse);**

2. Tumbleweed TC 38.74 (Tracey', Zhenye', Gemili', Givans'); 3. Dominican Republic 39.06 (Andujar', De Oleo', Martinez', Valdez');

**4. USATF HP 39.07 (AL) (Dukes, Friday, Gatlin, Gay);**

5. Thailand 39.67 (Namsuan', Chuangchai', Meenapra', Punpa'); 6. USATF HP B 39.87 (Bacon, Batson, Belcher, Cotton). II-1. PURE Athletics 39.24 (Bledman', Edward', Gay, Harvey'); 2. USATF HP C 39.41; 3. Canada 39.41.

**4 x 200: 1. Canada 1:20.17 (WL) (Smellie, Brown, Rodney, De Grasse);**

2. PURE Athletics 1:20.75 (Lyles, Greaux', Edward', Mitchell-Blake');

3. PURE Athletics 1:20.88 (Harvey', Lyles, McQuay, Williams);

4. USATF High Performance 1:23.09 (Dukes, Friday, Gatlin, Gay).

II-1. USATF High Performance 1:22.23; 2. USATF High Performance 1:23.23.

**4 x 400: 1. PURE Athletics 3:01.46 (WL) (McQuay, Richards', Cedenio', J. Lyles); 2. USATF HP 3:01.82 (AL);**

3. Canada 3:04.26; 4. Dominican Republic 3:04.44; 5. USATF HP 3:04.96.

### UNIVERSITY MEN

(3/28—200, 5K; 3/29—100, 400, 800, 1500, St, 110H, 400H, HJ, LJ, HT)

100: III(-0.4)—1. \*Raheem Chambers' (Mia) 10.27; 2. \*\*Hakim Sani Brown' (FI) 10.30. IV(0.8)—1. \*Raymond Ekevo' (FI) 10.28.

200(-0.7): 1. Rodney Rowe (NCAT) 20.60; 2. \*Grant Holloway (FI) 20.66. II(0.6)—1. \*Akeem Sirleaf' (NCAT) 20.50; 2. Brown' 20.53; 3. Nick Gray (OhSt) 20.67; 4. Izaiah Brown (Rut) 20.68; 5. \*Antonio Woodard (Ia) 20.69.

400: 1. \*Trevor Stewart (NCAT) 45.18; 2. \*\*Dwight St. Hillaire' (Ky) 45.92; 3. Mar'yea Harris (Ia) 46.02. II-1. \*\*\*Jacory Patterson (VaT) 45.76. IV-1. \*\*Brian Faust (Pur) 46.05.

800: I-1. Andrés Arroyo' (PR) 1:45.97; 2. Avery Bartlett (GaT) 1:47.54; 3. Sho Kawamoto' (Jpn) 1:47.55; 4. \*\*Domenic Perretta (PennSt) 1:47.75; 5. Allon Clay' (Jpn) 1:48.31. II-1. \*Matt Manternach (Ia) 1:48.65. III-1. Alek Sauer (Col) 1:48.474.

1500: 1. \*Benjamin Young (Ky) 3:42.62.

St: 1. Ricardo Estremera' (PR) 8:45.24.

5000: 1. \*Noah Perkins (NF) 14:02.65.

**110H(-0.5): 1. \*Grant Holloway (FI) 13.28 (WL, AL, CL);**

2. \*Daniel Roberts (Ky) 13.30; 3. Isaiah Moore (SC) 13.70; 4. \*\*Trey Cunningham (FIS) 13.74.

400H: 1. \*\*\*Thomas Burns (Mia) 50.62.

4 x 100: III-1. Florida 38.69 (Ekevo', Sani Brown', Holloway, Clark); 2. Florida State 39.21; 3. North Carolina A&T 39.21; 4. Clemson 39.59; 5. Western Kentucky 39.77; 6. Kentucky 39.85; 7. Ohio State 39.91; 8. Auburn 39.93. IV-1. Purdue 39.86.

**4 x 200: III-1. South Carolina 1:21.87 (AL) (Fuller, Hall, Miller, Sessom).**

IV-1. Purdue 1:22.90.

4 x 400: 1. Iowa 3:03.10 (Lawrence, Woodard, Hofacker, Harris 44.61); 2. Florida 3:03.25 (Hill, Sawyers', Villaman', Holloway 44.15); 3. Western Kentucky 3:03.78; 4. South Carolina 3:04.08; 5. Rutgers 3:04.27; 6. North Carolina A&T 3:05.13; 7. Ohio State 3:05.42; 8. Charlotte 3:06.23. II-1. Purdue 3:05.58; 2. St. Augustine's 3:05.61; 3. Clemson 3:05.63; 4. Maryland 3:06.61.

**4 x 800: 1. Penn State 7:19.50 (WL, AL, CL) (Abert, Perretta, Ross, McDevitt);**

2. Indiana 7:21.68; 3. Columbia 7:21.97; 4. Ohio State 7:22.98; 5. Georgia Tech 7:25.14; 6. Clemson 7:26.13; 7. Kentucky 7:28.89; 8. North Florida 7:30.69.

**4 x 110H: 1. Charlotte 58.84 (WL, AL, CL) (Carroll, Richardson, Hairston, Hayes);**

2. Keiser U 59.41.

SpMed: I-1. Indiana 3:19.92 (Grimmer, Davis, Wallace, Newbern). II-1. Savannah State 3:22.73.

HJ: 1. Django Lovett' (Can) 7-4½ (2.25); 2. \*\*Rahman Minor (Ky) 7-1 (2.16); 3. Johnny Victor (FI) 7-1.

PV: 1. \*Adam Coulon (In) 18-1¼ (5.52).

LJ: 1. Mohamed Abukaker (unat) 25-6 (7.77); 2. Corion Knight (unat) 25-4½ (7.73); 3. KeAndre Bates (unat) 25-4½ (7.73).

TJ: 1. Clive Pullen' (Jam) 54-8¼ (16.67); 2. Alphonso Jordan (unat) 54-4 (16.56); 3. Eric Bethea (In) 53-1½ (16.19).

SP: 1. \*Eldred Henry' (Find) 66-9¾ (20.36); 2. Kord Ferguson (Al) 63-9½ (19.44); 3. \*\*Connor Bandel (FI) 62-½ (18.91).

DT: 1. \*\*\*Roje Stona' (Clem) 200-10 (61.22); 2. Greg Thompson' (Md) 200-6 (61.13); 3. Kord Ferguson (Al) 190-5 (58.04); 4. Reno Tuufulu (Ia) 186-2 (56.74).

HT: 1. Diego Del Real' (Mex) 246-5 (75.10);

**2. \*Gleb Dudarev' (Ks) 244-0 (74.39) (CL);**

3. Denzel Comenientia' (Ga) 241-8 (73.66); 4. Morgan Shigo (PennSt) 234-4 (71.44); 5. \*\*Thomas Mardal' (FI) 234-4 (71.42); 6. AJ McFarland (FI) 228-0 (69.51); 7. \*Kevin Arreaga' (Mia) 226-2 (68.94); 8. \*\*\*Bobby Colantonio (Al) 218-10 (66.71).

### INVITATIONAL WOMEN

(3/28—400, 400H; 3/29—200)

100(0.1): 1. Angela Tenorio' (Ecu) 11.25; 2. Liang Xiaojing' (Chn) 11.26.

200(3.1): 1. Marileidy Paulino' (DR) 23.03w; 2. Joanna Atkins (unat) 23.41w.

400: I-1. Jordan Lavender (unat) 52.54; 2. Brionna Thomas (unat) 52.70; 3. Natoya Goule' (Jam) 53.12; 4. Claudia Francis

(unat) 53.54. II-1. Maddie Price' (Can) 52.30; 2. Maya Stephens' (Can) 52.87; 3. Asha Ruth (CPTC) 53.48; 4. Cynthia Anais' (Fra) 53.56.

**400H: 1. Tia-Adana Belle' (Bar) 54.18 (WL);**

2. Grace Claxton' (PR) 56.82;

3. Kiah Seymour (unat) 56.96 (AL);

4. Katrina Seymour' (Bah) 57.59.

**4 x 100: 1. PURE Athletics 42.92 (WL) (Henry-Robinson', Baptiste', Cunliffe, Henry');**

**2. USATF HP 43.06 (AL) (Atkins, A. Brown, F. Brown, I. Brown);**

3. Tumbleweed TC (China) 43.37; 4. US-ATF HP B 44.51 (Bryant, Conley, Carter, Manning-Clemmons); 5. Canada 44.75.

**4 x 200: I-1. PURE Athletics 1:29.25 (WL) (7W) (Baptiste', Wimbly, Henry', Miller-Uibo');**

2. USATF HP 1:33.52 (Conley, Cunliffe, Freeman, Hill); 3. USATF HP B 1:34.22 (Hobbs, Jefferson, Jones, Pierre). II-1. USATF HP C 1:33.14; 2. TWCUS 1:35.40.

**4 x 400: I-1. USATF HP 3:26.29 (WL, AL) (personnel unknown);**

2. Canada 3:28.54; 3. PURE Athletics 3:29.26; 4. USATF HP B 3:31.25; 5. USATF HP 3:34.85. II-1. Clutch Performance 3:32.98.

### UNIVERSITY WOMEN

(3/28—200; 3/29—100, 400, 800, 1500, St, 100H, 400H, HJ, PV, LJ, DT, JT)

100: II(2.3)—1. Kayla White (NCAT) 11.04w; 2. \*\*Ka'Tia Seymour (FIS) 11.08w; 3. Kianna Gray (Ky) 11.25w; 4. \*\*Tamara Clark (Al) 11.30w.

200: I(-1.2)—1. \*\*Anavia Battle (OhSt) 22.54 (WL, AL, CL);

2. \*\*\*Cambrea Sturgis (NCAT) 23.02; 3. \*\*\*Abby Steiner (Ky) 23.02. II(3.9)—1. \*Mauricia Prieto' (Al) 22.86w; 2. \*\*Savoy Toombs (Jack) 23.22w; 3. Kong Lingwei' (Chn) 23.23w; 4. Lenysse Dyer (Tn) 23.44w. III(1.5)—1. \*Takyera Roberson (Al) 23.34.

**400: I-1. Sharrika Barnett (FI) 50.96 (WL, AL, CL);**

2. \*Chloe Abbott (Ky) 51.61; 3. \*\*\*Alexis Holmes (PennSt) 52.08; 4. \*Aliyah Abrams' (SC) 52.28; 5. \*\*Taylor Manson (FI) 52.82; 6. \*Natasha McDonald (Al) 52.87; 7. Lenysse Dyer (Tn) 52.95. II-1. \*Wadeline Jonathan (SC) 52.18; 2. Kat Surin' (Ct) 52.94. III-1. \*\*Stephanie Davis (SC) 52.24; 2. Zoe Sherar' (Can) 52.34.

800: 1. \*Danae Rivers (PennSt) 2:03.63; 2. \*\*\*Gabrielle Wilkinson (FI) 2:05.03; 3. Alena Brooks' (Tri) 2:05.05;

4. Rachael Walters (GVal) 2:05.68. III-1. Julia Rizk (OhSt) 2:05.15.

1500: 1. \*Kelsey Harris (In) 4:18.23; 2. \*Esther Gitahi' (Al) 4:18.40; 3. \*\*\*Imogen Barrett' (FI) 4:18.52; 4. Alexandra Lucki' (Md) 4:18.62; 5. \*Martha Bissah' (Norf) 4:18.78.

St: 1. Carolina Lozano' (Arg) 10:06.62.

100H(-1.4): 1. \*Cortney Jones (FIS) 13.04; 2. \*Madeleine Akobundu (NCAT) 13.21; 3. Kyra Atkins (UNCC) 13.33. V(2.2)—1. \*Faith Ross (Ky) 13.32w.

400H: 1. \*\*\*Masai Russell (Ky) 57.57; 2. \*Lakeisha Warner' (Clem) 57.86; 3. Samantha Gonzalez (Mia) 57.92; 4. \*Shannon Kalawan' (StA) 58.04; 5. Anna Runia' (Mia) 58.67; 6. \*\*Nikki Stephens (FI) 58.91.

**II-1. \*\*\*Reanda Richards' (Rut) 57.21 (CL);**

2. CeCe Telfer (FP) 57.79; 3. Jasmine Barge (Nb) 57.82; 4. \*Faith Ross (Ky) 57.94.

4 x 100: II-1. Miami 43.56 (Brown, Steele, Mason, McMin); 2. Kentucky 43.63 (Barnes, Steiner, Ross, Gray); 3. Alabama 43.65; 4. Florida State 43.84; 5. South Carolina 43.86; 6. Clemson 44.55; 7. AARP 44.81. III-1. Alabama 44.16; 2. Jacksonville 44.61; 3. UCF 44.75.

**4 x 200: III-1. Alabama 1:31.80 (CL, #10 school) (Clark, Lampkin, Prieto, Baker);**

2. South Carolina 1:33.00; 3. Miami 1:33.34; 4. Nebraska 1:35.64.

4 x 400: I-1. South Carolina 3:27.53 (CL) (Abrams, Davis, Jonathans, Mills 50.03);

2. Florida 3:27.76 (Manson, Barnett, Stephens, Anderson 51.02); 3. Alabama 3:28.60 (McDonald 52.46); 4. Kentucky 3:31.66 (Abbott 50.22); 5. Miami 3:32.22; 6. Clemson 3:32.67; 7. Tennessee 3:34.70. II-1. St. Augustine's 3:35.03; 2. Purdue 3:35.73; 3. Maryland 3:35.90; 4. Iowa 3:36.32; 5. Clemson 3:36.61.

**4 x 800: I-1. Ohio State 8:30.79 (WL, AL, CL) (Figler, Ayoub, Rizk, Clody 2:10.28);**

2. Indiana 8:32.89; 3. Florida 8:34.09; 4. North Florida 8:47.04; 5. Troy 8:49.03; 6. UCF 8:49.56; 7. Georgia Tech 8:50.86. II-1. Rutgers 8:50.86.

SpMed: I-1. Norfolk State 3:45.74 (Grant, Parker love, Pride, Bissah); 2. Georgia 3:47.01; 3. Ohio State 3:49.12; 4. Iowa 3:52.85. II-1. LIU Brooklyn 3:54.82; 2. Indiana 3:55.83; 3. Maryland 3:56.53.

4 x 100H: I-1. Georgia Tech 54.59 (WL, CL) (Williams, Forbes, Grimes, Matthews); 2. Marshall 57.26.

**III-1. Albany 55.88 (AL);**

2. Troy 57.50. V-1. Austin Peay 59.05.

HJ: 1. \*Ellen Ekholm' (Ky) 5-11¼ (1.81).

PV: 1. Sophie Gutermuth (unat) 13-9¼ (4.20).

LJ: 1. Darrielle McQueen (unat) 21-3¼ (6.48); 2. \*Kala Penn' (FI) 20-4¼ (6.20).

TJ: 1. Thea LaFond' (Dom) 47-2¼ (14.38) (46-5¼, 46-4¼, 47-2¼, 44-½, p, p) (14.15, 14.13, 14.38, 13.42, p, p);

**2. Yanis David' (FI) 46-1¼w (14.05) (a-c CL) (45-11¼/14.00);**

3. Marie-Josée Ebwea-Excel' (Ky) 44-10¾ (13.68); 4. Christina Epps (GSTC) 44-4¾ (13.53); 5. Asa Garcia (FI) 43-10w (13.36) (43-4¾/13.22); 6. \*Kala Penn' (FI) 43-1¾ (13.15).

SP: 1. Brittany Crew' (Can) 58-4 (17.78); 2. Portious Warren' (Al) 57-2¼ (17.43); 3. Sarah Mitton' (Can) 56-8¾ (17.29); 4. Haley Teel (Al) 56-2½ (17.13); 5. \*Sade Olatoye (OhSt) 55-5½ (16.90); 6. \*\*\*Madison Pollard (In) 53-11 (16.43); 7. \*\*Nickletolette Dunbar (Al) 53-0 (16.15).

DT: 1. \*Shanice Love' (FIS) 197-9 (60.29); 2. \*Laulauga Tausaga (Ia) 189-5 (57.74); 3. Venique Harris' (Alb) 186-0 (56.69); 4. \*\*Alexandra Emilianov' (Ks) 185-1 (56.41); 5. Chioma Onyekwere' (Ngr) 181-11 (55.46).

HT: 1. \*Veronika Kanuchova' (FIS) 214-7 (65.42); 2. Pavla Kuklova' (VaT) 212-2 (64.66); 3. \*Sade Olatoye (OhSt) 205-8 (62.70).

JT: 1. \*\*Laura Paredes' (FIS) 181-8 (55.38); 2. \*Marie-Therese Obst' (Ga) 176-3 (53.73); 3. \*\*\*Madison Wilttrout (NC) 172-1 (52.45); 4. \*\*Kelechi Nwanaga' (UMBC) 166-10 (50.87). □

# Stanford Invitational — Olivia Gruver Soars In The Vault



DON GONNEY

**Emily Sisson pulled away from Molly Huddle for a 30:49.57–30:58.46 win in the best Stanford race.**

**by Roy Conrad**

STANFORD, CALIFORNIA, March 29-30—Stanford's Angell Field is known for fast distance performances in perfect conditions under the lights. And while that's certainly still true, Olivia Gruver's 15-6¼ (4.73) in the vault at the 44th Stanford Invitational served as a good reminder that the infield portion of the Cardinal facility has seen its share of historic performances as well.

Brisk spring afternoon crosswinds can often plague vault competitions at Stanford, but relatively calm Friday afternoon conditions awaited the Washington senior, whose mark eclipsed Sandi Morris's 15-5¾ (4.72) mark from the '15 SEC meet as the highest collegiate outdoor vault ever. Gruver entered the competition at 13-10½ (4.23), with the rest of the field having already gone out at 13-6½ (4.13) or lower. She needed two attempts each at 13-10½ and 14-4½ (4.38), and then cleared 14-7¼ (4.45) on first before also needing two tries to get over 15-1½ (4.61), the Pac-12 Conference Record.

Gruver, who had competed just 3 times while redshirting indoors at home meets in Seattle, and then no-heighted at her outdoor opener 2 weeks ago at USC, showed no lack of confidence, requesting the bar to be raised to the outdoor collegiate (and overall low-altitude) best height.

On her second attempt, the two-time NCAA Outdoor champ while at Kentucky brushed the crosspiece on her right side on the way down. The bar wobbled, but stayed on, and Gruver ran to embrace coach Toby Stevenson, himself a 2-time NCAA champion at Stanford, who also moved to Washington this year.

Said Gruver, 21, "Coming in today I was very nervous because I've never been here and the wind was a little shaky. Coach Stevenson and I wanted to take every bar one step at a time. We didn't come in thinking, 'We've got to jump high bars.' Just get consistency and actually get up to the big heights." Gruver's next targets? Demi Payne's 15-7 (4.75) indoors at altitude in Albuquerque from '15—which reigns as the absolute CR—and a 3-peat of collegiate crowns.

As the sun set Friday night, any afternoon winds that had been present completely dissipated, and the usual perfect conditions were in place for the longer track events. The most anticipated event of the evening was the women's Invitational 10,000. Training partners Molly Huddle of Saucony and Emily Sisson of New Balance were both in the middle of heavy training for the London Marathon 4 weeks hence, but both were eager to hit not only the World Champs standard (31:50.00) for this year, but also the super-standard (31:25.00) for Tokyo next year.

A rabbit helped set the tempo at 75-second circuits through 2K, at which point Sisson and Huddle took over, and, after dropping 2-time 5000 Olympian Kim Conley a lap later, the duo were on their own, taking turns leading, with the tempo dropping into the 74-second range as they passed halfway in 15:41. The pair had both trained for much of the winter in Arizona, but Huddle, with a trio of 26-milers under her belt, had spent a good portion of the time at altitude in Flagstaff, while Sisson—who will be a debutante over the classic road distance—had stayed down in the Phoenix area, such that they had not run all that much together. One wouldn't have known that watching them float around the oval, their footfalls barely registering a sound.

After 7K, the circuits dropped into the 73s, and it was apparent that they were champing at the bit to run faster. And as Sisson took her turn at the front after 8K, they certainly did, running 72.7, 71.3 and 71.0 splits. With 2 laps to go, a sub-31 clocking looked likely and Sisson started to open up a slight gap on Huddle, which she would extend with 69.8 and 67.8 closing circuits to win in 30:49.57, making her the third-fastest American ever after Huddle and Shalane Flanagan. Huddle held on well to finish in 30:58.46, her third-fastest ever, and the No. 9 performance ever by an American.

Behind that duo came an onslaught on the collegiate best lists, with Allie Ostrander of Boise State (32:06.71) becoming the tenth fastest collegian, and sixth fastest American collegian, and Syracuse's Paige Stoner (32:07.36) the 7th fastest American collegian. With her 32:08.09 in 5th, Caroline Kurgat of Alaska took down Sylvia Mosqueda's Div. II Record of 32:28.57, which had stood since '88. Conley, who ran much of the race alone before being swallowed up by the pack, came in 9th (32:20.53).

The fastest section of the women's 5000 featured the first serious attempt at the distance by Oregon's Jessica Hull, last year's NCAA 1500 champ, fresh off an Indoor distance medley/3000 double victory just 3 weeks ago. After some up-and-down pacing for the first mile, Makena Morley of Colorado, 7th in both the Indoor 5000 and Cross Country this season, took over, running consistent 75-second circuits through about 4K, at which point Erica Birk of BYU and marathoner Carrie Dimoff took up the reins. But Hull, who had bided her time patiently on the rail for most of the race, took over on the penultimate lap, and stormed away to a comfortable 15:34.93 win, ahead of Shuangshuang Xu of China (15:36.48), Dimoff (15:36.82) and Birk (15:38.12), with Morley 7th in 15:43.37.

Both women's Olympic hurdle gold medalists from Rio made their seasonal debuts, albeit sans barriers. On Friday, 100H champ Brianna McNeal cruised to a 11.43 (-0.1) flat 100 win, while Olympic 400H titlist Dalilah Muhammad cruised one lap without hurdles in a controlled 52.63. The training partners met up in Saturday's 200, with Muhammad taking the win in 23.35, into a negligible -0.1 wind. McNeal was edged by Stanford's Ashlan Best 23.44–23.45.

## STANFORD INVITATIONAL MEN'S RESULTS

Stanford, California March 29-30

(3/29—100, 1500, St, 5K, 10K, 110H, 400H, HJ, LJ, DT, JT)

100(2.8): 1. Yuki Koike' (Jpn) 10.07w.

200(1.3): 1. Robert Ellis (unat) 20.56; 2. Koike' 20.70.

800: 1. \*\*Yared Nuguse (NDm) 1:48.29; 2. Michael Wilson' (NM) 1:48.77; 3. \*Thomas Staines' (CoStP) 1:48.96.

1500: 1. William Paulson' (AzSt) 3:42.53.

**St: I-1. Daniel Michalski (In) 8:35.82 (CL);**

2. \*\*Matt Owens (BYU) 8:36.00; 3. \*Clayson Shumway (BYU) 8:38.62; 4. Jean-Simon Desgagnés' (Can) 8:39.18; 5. Bailey Roth (Az) 8:40.69; 6. \*Samuel Abascal' (EnKy) 8:42.54; 7. \*\*Harry Ewing' (Wy) 8:42.72; 8. \*Jacob Heslington (BYU) 8:43.84; 9. Emmanuel Rotich' (Tul) 8:43.96. II-1. Ryan Smeeton' (OkSt) 8:41.26.

5000: I-1. \*Kyle Mau (In) 13:44.43; 2. Jeff Thies (TinE) 13:44.92; 3. \*\*Ben Veatch (In) 13:45.92; 4. Jacob Bivado (AF) 13:47.65; 5. Chris Olley' (USF) 13:47.92; 6. \*Aidan Tooker (Syr) 13:48.85; 7. Robert Denault' (Can) 13:49.24; 8. Connor McMillan (BYU) 13:50.37; 9. \*David Too' (IaSt) 13:51.08; 10. Mario Pacay' (Gua) 13:51.46; 11. Andy Bayer (Nik) 13:51.66; 12. Andrew Gardner (Gonz) 13:52.03; 13. Cole Rockhold (CoSt) 13:53.66.

II-1. \*\*\*Theo Quax' (NnAz) 13:49.38; 2. Brian Zabilski (Col) 13:53.51; 3. \*Conor Lundy (Prin) 13:53.98.

**10,000: I-1. \*\*Conner Mantz (BYU) 28:18.18 (WL, CL, CL);**

2. Clayton Young (BYU) 28:18.50; 3. Gilbert Kigen' (Al) 28:20.28; 4. Matt Leach (PDC) 28:21.05; 5. Joe Stillin (Zap) 28:21.38; 6. \*Blaise Ferro (NnAz) 28:22.76; 7. \*Tyler Day (NnAz) 28:24.94; 8. \*Gilbert Boit' (Ar) 28:25.15; 9. \*Iliass Aouani' (Syr) 28:25.36; 10. Andrew Colley (Zap) 28:26.27; 11. Jun Nobuto' (Jpn) 28:35.55; 12. Shiozawa Kiseki' (Jpn) 28:37.15; 13. Alfred Chelanga' (Al) 28:43.71; 14. Daniel Carney (BYU) 28:49.87; 15. Jack Rowe' (USF) 28:50.22; 16. Dhruvil Patel (NCen) 28:50.87.

II-1. \*\*Tibebu Proctor (Wa) 28:54.33; 2. \*Ben Eidschink (Wi) 28:55.76; 3. \*\*Alek Parsons (Stan) 28:56.01; 4. \*Dallin Farnsworth (BYU) 28:56.02; 5. \*\*Matt Young (Ar) 28:56.71; 6. \*Michael Ottesen (BYU) 28:58.50.

110H(2.1): 1. Greggmar Swift' (Bar) 13.72w.

400H: 1. \*Paramveer Chohan (Cal) 50.63.

**Field Events**

HJ: 1. \*Darryl Sullivan (Tn) 7-2½ (2.20); 2. Tyler Arroyo (Chico) 7-1½ (2.17).

LJ: 1. \*\*Jalen Tate (Tn) 25-3¼ (7.70).

TJ: 1. Tate 52-9½ (16.09).

SP: 1. \*\*Jonah Wilson (Wa) 64-7¼ (19.69); 2. \*\*Joseph Maxwell' (Tn) 63-3½ (19.29); 3. \*Jonathan Tharaldsen (Mn) 62-7¼ (19.09).

DT: 1. Nathan Dunivan (Web) 187-6 (57.16).

HT: 1. Silviu Bocancea (Cal) 222-10 (67.93); 2. Seth Whitener (Tn) 218-1 (66.48); 3. \*\*Georgios Korakidis' (Tn) 215-3 (65.62).

JT: 1. Nicholas Howe (unat) 251-8 (76.72).

## STANFORD INVITATIONAL WOMEN'S RESULTS

(3/29—100, 400, 1500, St, 5K, 10K, 100H, HJ, PV, LJ, SP, HT, JT)

100(-0.1): 1. Brianna Rollins-McNeal (Nik) 11.43.

200(-0.1): 1. Dalilah Muhammad (Nik) 23.35; 2. \*\*Ashlan Best' (Stan) 23.44; 3. Rollins-McNeal 23.45.

400: 1. Dalilah Muhammad (Nik) 52.63.

800: V-1. Jessica Harris (NDm) 2:04.84; 2. \*Anna Camp (BYU) 2:04.86. VI-1. Lindsey Butterworth' (Can) 2:03.39; 2. \*\*\*Lena Kandissounon' (CSN) 2:06.17; 3. \*\*\*Aurora Rynda' (Mi) 2:06.35; 4. \*\*Carolyn Wilson (Stan) 2:06.56; 5. \*Sarah Newton (Ut) 2:06.72.

1500: 1. Lindsey Butterworth' (Can) 4:13.05; 2. \*Whitni Orton (BYU) 4:15.44; 3. Millie Paladino (Prov) 4:16.82; 4. \*\*Jessica Lawson (Stan) 4:16.85; 5. Susan Ejore' (Or) 4:18.11.

**St: I-1. Brianna Ilarda' (Prov) 9:50.42 (CL); 2. Rachel King (SDSt) 9:54.44 (AL);**

3. Courtney Barnes (unat) 10:02.20; 4. \*\*Alissa Niggemann (Wi) 10:05.96; 5. Cierra Simmons (UtSt) 10:07.84; 6. \*Rebekah Topham (Wich) 10:09.94; 7. Alex Burkhart (RootsRP) 10:10.58; 8. Maddie Cannon (BYU) 10:12.37. II-1. \*Jeanette Zambrano (SJSt) 10:10.28; 2. \*Emma Gee (BYU) 10:11.04; 3. Lindsey Sickler (Nv) 10:13.85; 4. \*Ali Kallner (CoSt) 10:14.13; 5. \*\*Annie Boos (Cal) 10:14.83.

5000: 1. \*Jessica Hull' (Or) 15:34.93; 2. Shuangshuang Xu' (Chn) 15:36.48; 3. Carrie Dimoff (BowTC) 15:36.82; 4. \*Erica Birk (BYU) 15:38.12; 5. \*\*Callie Logue (IaSt) 15:40.33; 6. \*Sarah Feeny (Ut) 15:41.81; 7. \*Makena Morley (Co) 15:43.37; 8. \*\*Bethany Hasz (Mn) 15:45.72; 9. Josette Norris (Gtn) 15:46.75; 10. Yuna Wada' (Jpn) 15:47.04; 11. Jessica Watychowicz (CSTC) 15:47.51; 12. \*Clare O'Brien' (Boise) 15:48.56; 13. \*Carina Viljoen' (Ar) 15:54.02; 14. Katherine Receveur (In) 15:54.78.

**10,000: 1. Emily Sisson (NBal) 30:49.57 (WL, AL) (3, 6 A); 2. Molly Huddle (Sauc) 30:58.46 (x, 9 A); 3. \*Allie Ostrander (Boise) 32:06.71 (CL) (10, 11 C; 6, 6 AmC); 4. Paige Stoner (Syr) 32:07.36 (7, 7 AmC);**

5. Caroline Kurgat' (AK) 32:08.09; 6. Ayumi Hagiwara' (Jpn) 32:09.87; 7. Ednah Kurgat' (NM) 32:14.27; 8. Mizuki Matsuda' (Jpn) 32:15.47; 9. Kim Conley (NBal) 32:20.53; 10. Isobel Batt-Doyle' (Wa) 32:20.84; 11. Danielle Shanahan (NAZE) 32:22.59; 12. \*\*Taylor Werner (Ar) 32:26.38; 13. Grayson Murphy (NAZE) 32:28.09; 14. Hannah Everson (unat) 32:28.35.

100H(1.4): 1. \*\*\*Keira Christie-Galloway (IaSt) 13.28; 2. Sasha Wallace (HurdM) 13.31.

4 x 400: 1. Hurdle Mechanic 3:36.48; 2. Stanford 3:38.63.

**Field Events**

HJ: 1. Vashti Cunningham (Nik) 6-4¼ (1.94); 2. Jelena Rowe (NvG) 6-½ (1.84); 3. Elizabeth Patterson (unat) 5-10¾ (1.80).

**PV: 1. Olivia Gruver (Wa) 15-6¼ (4.73) (=7, x A; 2, 2 C) ("out CR") (13-10½ [2], 14-4½ [2], 14-7¼, 15-1½ [2], 15-6¼ [2], 15-9 [xxx]) (4.23 [2], 4.38 [2], 4.45, 4.61 [2], 4.73 [2], 4.80 [xxx]).**

LJ: 1. Malaina Payton (Ois) 20-7¼ (6.28).

TJ: 1. \*\*Aria Small (Stan) 43-5¼ (13.24); 2. LaChyna Roe (Tn) 43-4½ (13.22); 3. \*\*\*Alonie Sutton (Tn) 43-2½ (13.17).

SP: 1. \*\*\*Tess Keyzers (Mn) 54-2½ (16.52); 2. Kiley Sabin (Mn) 53-10¼ (16.41).

DT: 1. Stamatia Scarvelis' (Tn) 179-7 (54.74); 2. Kiley Sabin (Mn) 177-11 (54.23).

HT: 1. Scarvelis' 220-6 (67.21); 2. \*\*Camryn Rogers' (Cal) 216-2 (65.88).

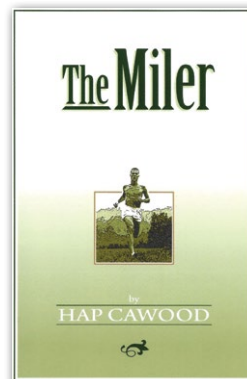
JT: 1. Mackenzie Little' (Stan) 192-1 (58.55); 2. \*Jenna Gray (Stan) 184-0 (56.09); 3. \*\*\*Stella Weinberg (CSN) 178-8 (54.46).

## Gruver Closing In On Absolute Collegiate Record

No other collegiate woman has ever vaulted as high as Olivia Gruver either outdoors or at low-altitude. The Washington senior is just a few centimeters away from becoming the absolute highest collegiate vaulter. Here's the 13 collegians who have reached 15-1 (4.60) or higher, 4 of whom are still in NCAA competition this year (i = mark made indoors; A = altitude over 1000m):

Position	Height	Athlete	Date
1.	4.75   15-7i(A)	Demi Payne (Stephen F. Austin)	1/24/15
2.	4.73   15-6¼	Olivia Gruver (Washington)	3/29/19
3.	4.72   15-5¾	Sandi Morris (Arkansas)	5/15/15
4.	4.68   15-4¼i	Lexi Jacobus (Arkansas)	2/23/19
5.	4.63   15-2¼	Megan Clark (Duke)	4/23/16
6.	4.61   15-1½	Tina Šutej' (Arkansas)	5/14/11
		Annie Rhodes (Baylor)	5/13/17
		Tori Hoggard (Arkansas)	3/09/18
9.	4.60   15-1	Chelsea Johnson (UCLA)	5/14/06
	i(A)	Kaitlin Petrillose (Texas)	3/14/14
		Alysha Newman' (Miami)	4/09/16
		Emily Grove (South Dakota)	4/21/17
		Lisa Gunnarsson' (Virginia Tech)	3/31/18

# 'Run with me.'



## TheMiler.com

# Emily Sisson Making The Most Of The Calendar

VICTOR SALES/PHOTO RUN



A fast half-marathon in Houston kicked off Emily Sisson's breakthrough '19 season.

by Sieg Lindstrom

THE POWERS THAT BE have thrown a changeup at the track world this year, scheduling the World Championships late-late-late. Distance runner Emily Sisson has made the most in the first quarter of the anomalous '19 calendar with a jump to No. 2 on the U.S. all-time half-marathon list and now—at the Stanford Invitational—to No. 3 in the 10,000. With the California track win, Sisson became the first American to score a Tokyo Olympic qualifying mark; these are not easy to come by. She plans to cap her spring with a marathon debut in London on April 28.

Sisson, 27, opened her competitive year in January with a 5th-place run in the Houston Half, breaking up what otherwise would have been a sweep of the first 8 places by East African stars. Gladys Cherono, the 6th-placer behind Sisson, won the World Championship at the distance in '14. Of perhaps greater monument, though, was Sisson's time, 67:30, a 51-second PR and second among Americans only to her training partner Molly Huddle's 67:25 AR from '18.

"I was training really well up to Houston," Sisson says. "Then after Houston I took an easy week and kind of ran every other day. Then

after that I got into marathon training. But I still had that base going into the marathon buildup from having those good few months of training leading up to Houston. So I've been pretty lucky with the past few months of getting in some consistent training." Training that is paying off, that is. Sisson and Huddle trained in Arizona over the winter, Sisson in Scottsdale with husband-since-October Shane Quinn pacing many of her workouts. Huddle ground out her preparation at altitude in Flagstaff.

The Stanford 10K, per coach Ray Treacy's plan for Sisson and Huddle (who's also on the London Marathon entry list), was a standard step in the set piece. "We did want a race before London," Sisson says, "and the timing of this just worked out well. And I was like, 'Well, since we're going there, why don't we try to get something out of it?' So the Worlds standard and the Olympic standard were both goals that we had. But we also weren't entirely sure how we were going to feel coming off marathon training. So we were like, 'This is what we want to do but we're going to be a bit flexible on the day because we just don't know how our bodies are going to feel out there.'

"We've been just doing so much training. I personally felt pretty strong from all the miles

but I'm like, 'I might feel really tired, I don't know.' So we just talked before the race and were like if one person's feeling a little better we'll just talk to each other during the race and just figure it out. But our plan going in was just to take turns leading every mile or so." As the laps spun by on a cool Northern California evening, Sisson and Huddle sensed a quick time was in the cards. "I felt pretty good so my goals kind of changed a bit throughout the race," Sisson says. "I realized after a little while that 31:25 [the Olympic standard] was very doable. So I was like, 'OK, let's shoot for 31:10 now.' And then with a few laps to go I was feeling really good and I was like, 'Alright, let's try to break 31:00.' But going in, 31:25 was our A goal and B was the Worlds standard."

Sisson kicked the last two circuits and finished in 30:49.57, 36.07 faster than her previous best, from the '17 USATF Champs race. "Yeah, I guess it was a successful trip," she says. "So now we just have 3 weeks until London." She has fared well in training on her first pass through a marathon buildup. "My long runs are longer than they were before and everything is just a bit more," she says. "My doubles are longer, my workouts are a little longer. So it's less work on the track and more like longer interval work,

and longer tempos and everything. Yeah. But it wasn't a huge, drastic change. I think I'm just comparing it to what I hear other marathoners, the kind of miles that they do. Mine never got as high as what I've heard other people do. I still did increase a lot. I used to do like 90M [c145km] a week, and I'm between like 110 and 120 [c175-195], somewhere in there."

Although their workout schedules haven't meshed much recently, Huddle's marathon experience has informed Sisson's run at tackling the

long road distance. "Molly does a little bit more than me, but this is also her fourth marathon—because she did New York twice and Boston," Sisson says. "So she has more experience than me and she kind of has figured out what works for her at this point, whereas this is my first one. So we don't really know what works.

"It's going to be a lot of learning in this buildup and this race. Just 'cause it almost feels like a different sport to me, the way the training is laid out. It's way less trackwork. That's what

feels like the biggest difference. It's just not that much stuff on the track and not that much fast interval work." In the post-Stanford week the two got together for a weekly long run. "It was the first time that our long runs fell on the same day," Sisson says, "so we did it together and both of our husbands were there giving us bottles every 4M [c6.5km] or something."

As Sisson sees it, the late Worlds this year offered an opportunity. "The timing just worked out for London," she says. "Going into the Olympic year, it's like this gives me the best chance to see how I do in the marathon, if that's something I want to pursue in 2020, or if the timing's not right yet and I want to go back to the 10K and focus on that."

Still, the marathon, as any runner can attest, is its own animal. "I've never run the distance," Sisson says. "We haven't talked race specifics yet but it is a fast course. I would like to run a fast time on that as well. That is the goal, to try to run a good, quick first marathon. But also it's so new to me so I'll talk to Ray a bit more as it gets closer about specifics."

However her run in the English capital plays out, Sisson likes what she learned at Stanford in the event where she earned a 9th-place finish at the '17 Worlds, just 0.72 shy of her then-PR. "I still really like the 10K," she says. "I've had people ask me a few times, 'Oh, are you done on the track now?' And I'm like, 'I haven't even done the marathon yet.' So, yeah, I wanted to really try to break 31:00 this year at some point anyway, that was one of my goals. I could tell after 2017 I had more to give in the 10K on the track still. I didn't feel my potential there was totally topped out. So I think, if anything, I feel like I've got some flexibility, I suppose. Because I really want this marathon to go well, and I've been training hard and I hope it does, but then I also have the opportunity to run the 10K on the track still. I feel like I've got some options. But I'm hoping that the marathon goes well anyway."

As a prep senior in '10 (Chesterfield, Missouri), Sisson took her first steps internationally, placing 18th in the World Junior XC. At track's World Juniors that summer, she placed 10th in the 5000 and 6th in the 3K 2 days later. She has progressed surely and steadily since (still holds the indoor 5000 Collegiate Record at 15:12.22). Progress is exactly what she intends to keep making.

## Sisson Climbs High On 2 All-Time U.S. Lists

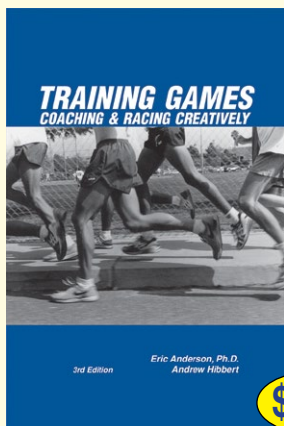
Training mate Molly Huddle owns the American Records in both the 10,000 and half-marathon, but Emily Sisson is soaring up the all-time lists in each event, now rating as Nos. 3 & 2 ever. The top 10s:

10,000	Athlete	Date
30:13.17	Molly Huddle (Saucony)	8/12/16
30:22.22	Shalane Flanagan (Nike)	8/15/08
<b>30:49.57</b>	<b>Emily Sisson (New Balance)</b>	<b>3/29/19</b>
30:50.32	Deena Kastor (Asics)	5/03/02
30:55.16	Kara Goucher (Nike)	8/15/08
31:10.69	Amy Cragg (Brooks)	8/03/12
31:12.68	Janet Bawcom (Nike)	8/03/12
31:12.80	Lisa Uhl (Nike)	8/03/12
31:13.78	Amy Begley (Nike)	8/15/09
31:17.31	Jen Rhines (adidas)	4/29/07
Half-Marathon	Athlete	Date
67:25	Molly Huddle (Saucony)	1/14/18
<b>67:30</b>	<b>Emily Sisson (New Balance)</b>	<b>1/20/19</b>
67:34	Deena Kastor (Asics)	4/02/06
67:55	Jordan Hasay (Nike Oregon Project)	4/01/17
68:05	Kara Goucher (Nike)	8/02/09
68:27	Amy Cragg (Bowerman TC)	2/05/17
68:31	Shalane Flanagan (Nike)	2/24/13
68:34	Joan Samuelson (Athletics West)	9/16/84
69:27	Sara Hall (Asics)	7/01/18
69:39	Cathy O'Brien (New Balance)	9/16/90

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# Clay Invitational — A Big Decathlon Score

KIRBY LEE/IMAGE OF SPORT



A scoreboard full of PRs said it all for breakthrough decathlete Ayden Owens.

AZUSA, CALIFORNIA, April 17-19—Since the Bryan Clay Invitational is named after a famed Azusa Pacific 10-event alum, it was only fitting that the most impressive mark of this year's meet went to young Ayden Owens of USC, who moved to No. 3 on the all-time world Junior (U20) list with his 8130 total. He notched some form of PR in 9 of the 10 events as he turned back the PR 8112 of Stanford senior Harrison Williams.

The best race on the track was the men's 1500, a PR-fest which found the first dozen finishers—the first 11 all collegians breaking 3:40—setting

PRs and adding some early-season clarity to the NCAA formchart. Wisconsin's Oliver Hoare, the reigning collegiate champion, took the win at 3:37.20, a mark that not only tops the yearly collegiate list, but also ranks as the fastest outdoor time in the world. Arizona's Carlos Villarreal was closest—and very close—to Hoare, running 3:37.22.

The women's 1500 also featured a tight finish, Hanna Green's list-leading 4:09.33 beating Sage Hurta's 4:09.48 in a battle of PRs, with Alexa Eframson's 4:09.88 in 3rd also cracking 4:10.

## CLAY INVITATIONAL MEN'S RESULTS

Azusa, California, April 17-19—  
(4/17—10K; 4/18—St, 5K)

100(1.5): 1. Paulo Andre Camilo' (Bra) 10.02 PR; 2. Rodrigo do Nascimento' (Bra) 10.19.  
200(2.5): 1. Robert Ellis (unat) 20.41w; 2. Remontay McClain (unat) 20.71w.

400: 1. \*Sean Bailey' (UTEP) 46.04; ... 4. Nijel Amos' (Bot) 46.38.

**800: I-1. \*Matt Manternach (Ia) 1:46.93 PR (out AmCL);**

2. Carter Lilly (Ia) 1:47.52; 3. \*\*Cade Bethmann (Ms) 1:47.81 PR; 4. Erik Martinsson' (UTA) 1:47.81 PR; 5. \*Ty Moss (Nb) 1:48.32 PR; 6. Grey Howard (Tul) 1:48.46

PR. II-1. George Espino (SnUt) 1:47.58 PR; 2. \*\*Kieran Taylor (Ar) 1:48.06 PR; 3. \*\*John Rivera (Ms) 1:48.39 PR; 4. \*Kristian Hansen' (NM) 1:48.45 PR; 5. \*Tysen VanDraska (Ia) 1:48.52 PR; 6. \*Max Wharton' (NM) 1:48.61 PR; 7. \*\*Griffin Riley (Ms) 1:48.74 PR.

1500: VIII-1. \*\*George Kusche' (Nb) 3:41.45. IX-1. \*Talem Franco (BYU) 3:42.51 PR; 2. \*Jack Anstey' (IIS) 3:42.83 PR.

**X-1. \*Oliver Hoare' (Wi) 3:37.20 PR (CL; out WL);**

2. \*Carlos Villarreal' (Az) 3:37.22 PR;

**3. \*\*Yared Nuguse (NDm) 3:38.32 PR (out AL, AmCL);**

4. William Paulson' (AzSt) 3:38.35 PR; 5. \*\*Sam Worley (Tx) 3:38.64 PR; 6. \*\*Waleed Suliman (Ms) 3:38.72 PR; 7. \*Geordie

Beamish' (NnAz) 3:39.15 PR; 8. \*\*Luis Grijalva' (NnAz-Gua) 3:39.52 NR; 9. \*\*\*Theo Quax' (NnAz) 3:39.84 PR; 10. Cameron Griffith' (Ar) 3:39.86 PR; 11. \*Spencer Brown (Gtn) 3:39.94 PR; 12. Drew Piazza (OTC) 3:40.16 PR; 13. Hassan Mead (OTC) 3:40.29; 14. Kevin Robertson (StLSel) 3:42.71.

St: IV-1. \*Stephen Jones (MsSt) 8:53.23 PR. VI-1. Johannes Motschmann' (Iona) 8:44.34; 2. Ryan Cleary (ACU) 8:51.84 PR.

5000: I-1. Morgan McDonald' (Wi) 13:50.92; 2. \*\*Fearghal Curtin' (AzSt) 13:53.53 PR; 3. Jack Rowe' (USF) 13:54.99 PR; 4. \*Jacob Heslington (BYU) 13:55.25 PR; 5. Kaur Kivistik' (Est) 13:57.53 PR; 6. \*Dallin Farnsworth (BYU) 13:58.84; 7. Carson Hume (CoSt) 13:58.94 PR; 8. \*Eric Hamer (CoSt) 13:59.07 PR; 9. Darius Terry (HokaAg)

13:59.61; 10. \*\*Matt Young (Ar) 13:59.94 PR. II-1. Isaac Kimeli' (Bel) 13:33.47; 2. Robin Hendrix' (Bel) 13:34.61; 3. Gilbert Kigen' (Al) 13:34.95 PR; 4. Cole Rockhold (CoSt) 13:35.26 PR; 5. Lander Tjittgat' (Bel) 13:35.46 PR; 6. \*Joe Klecker (Co) 13:35.95; 7. Rory Linkletter' (BYU) 13:36.41 PR; 8. \*Gilbert Boit' (Ar) 13:37.74 PR; 9. Zach Panning (GVal) 13:37.94 PR; 10. Alfred Chelanga' (Al) 13:42.31; 11. Alex Rogers (Tx) 13:43.97 PR; 12. Elias Gedyon (Adams) 13:45.66 PR; 13. Daniel Estrada' (Mex) 13:47.28 PR; 14. Connor McMillan (BYU) 13:51.81; 15. David Goodman (unat) 13:52.96; 16. Tim Rackers (BouTC) 13:53.09; 17. Chris Olley' (USF) 13:54.01.

10,000: 1. Patricio Castillo' (Mex) 29:29.12 PR.

110H(0.6): 1. Gabriel Constantino' (Bra) 13.77.

400H: 1. Alison dos Santos' (Bra) 49.48 NJR.

#### Field Events

HJ: 1. \*\*Frank Harris (SnUt) 7-3 (2.21) PR; 2. Peyton Fredrickson (WaSt) 7-1 (2.16) PR.  
LJ: 1. \*\*Shamar Moreland (OttAz) 25-2½ (7.68) PR; 2. Alexander Lewis (MtSt) 25-2 (7.67) PR.  
SP: 1. Wictor Petersson' (Swe) 67-11 (20.70) PR.

Dec(4/17-18): 1. \*\*Denim Rogers (HousB) 7504 PR; 2. \*Wade Walder (Butler) 7355 PR; 3. Kyle Clancy (UCD) 7171; 4. Hunter Powell (CoSt) 7141 PR; 5. \*\*Joseph Keys (Marq) 7138 PR. II-1. Tyler Nelson (UCSB) 7254.

III-1. \*\*\*Ayden Owens' (USC-Puerto Rico) 8130 NR (WL, CL) (3, 3 WJ) (10.43 PR, 24-8½/7.53 PR, 44-0/13.41 out PR, 6-2¼/1.90, 47.66 PR, 13.91w PR, 141-6/43.14 PR, 15-1/4.60 PR, 168-0/51.21 PR, 4:28.90 PR);

2. Harrison Williams (Stan) 8112 PR (AL, AmCL) (10.88, 24-3/7.39, 45-5¼/13.86, 6-5/1.96, 48.01, 14.29w, 139-9/42.60, 16-8¼/5.10, 162-1/49.41, 4:30.16);

3. Tim Ehrhardt (SBTC) 8066 PR; 4. \*\*\*Max Vollmer (Or) 7840 PR; 5. Steven Bastien (unat) 7735; 6. Taylor Ehrhardt' (Can) 7715 PR; 7. Trent Nytes (Wi) 7618; 8. Andrew Ghizzone (OnRun) 7540 PR; 9. Hunter Price (unat) 7422; 10. Mitch Modin (unat) 7259; 11. \*\*\*Peyton Haack (Ia) 7129 PR.

#### CLAY WOMEN'S RESULTS

(4/17-10K; 4/18-St, 5K)

100(1.3): 1. Destiny Smith-Barnett (unat)

11.32; 2. \*Chelsea Francis (SMU) 11.35; 3. \*Kaysha Love (UNLV) 11.47 PR.

200: I(0.5)-1. Kori Carter (NikJord) 23.01 PR; 2. Francis 23.26 PR.

II(2.7)-1. \*\*Shilah Bedingfield (SacSt) 23.12w. 400: I-1. Geisa Coutinho' (Bra) 52.40; 2. Tiffani Marinho' (Bra) 52.51 PR. II-1. \*\*Shilah Bedingfield (SacSt) 53.69 PR.

800: I-1. Nikki Hiltz (adi) 2:01.37 PR;

2. \*\*Avi' Tal Wilson-Perteete (UNLV) 2:02.41 (CL);

3. Rachael Walters (GVal) 2:04.15 PR; 4. Gabby Crank (Tx) 2:04.47 PR; 5. Samantha Murphy' (Can) 2:04.58; 6. Danielle McCormick (Ak) 2:05.00 PR; 7. Alon Lewis (MsSt) 2:05.54 PR; 8. Carsyn Koch-Johnson (Cedar) 2:06.94 PR.

II-1. \*Sarah Newton (Ut) 2:06.36 PR; 2. \*\*Alexa Hokanson (GCan) 2:07.01 PR; 3. \*\*Elisa Rovere' (UNLV) 2:07.48. III-1. \*Karina Liz (Mo) 2:05.64 PR; 2. \*Taylor Arco (Ia) 2:06.06 PR; 3. \*\*Oksana Covey (SDSt) 2:06.09 PR; 4. \*Linnea Saltz (SnUt) 2:06.19 PR; 5. \*\*\*Brooke Manson (Ut) 2:06.77 PR; 6. \*Dominique Allen (IncW) 2:06.80 PR; 7. \*\*Karina Haymore (BYU) 2:07.51 PR.

1500: I-1. Hanna Green (OTC) 4:09.33 PR (out WL, AL);

2. Sage Hurta (unat) 4:09.48 PR; 3. Alexa Efraimson (Nik) 4:09.88; 4. Lindsey Butterworth' (Can) 4:11.31;

5. \*Sarah Feeny (Ut) 4:13.53 PR (out CL);

6. \*Whitni Orton (BYU) 4:14.02 PR; 7. Madeleine Kelly' (Can) 4:14.05; 8. \*Carina Viljoen' (Ar) 4:14.27; 9. \*Allie Ostrander (Boise) 4:14.76; 10. Taryn Rawlings (Port) 4:16.65; 11. \*\*Taylor Werner (Ar) 4:17.79;

12. Ednah Kurgat' (NM) 4:18.61.

II-1. \*Anna Camp (BYU) 4:15.15 PR; 2. \*\*Maudie Skyring' (FIST) 4:16.12 PR; 3. \*Roisin Flanagan' (Adams) 4:16.42 PR;

4. Lilian Koech' (UTEP) 4:16.44 PR; 5. \*Petronela Simiuc' (ToI) 4:19.28; 6. \*\*Egle Morenaitė' (Iona) 4:19.41 PR.

III-1. Amanda Rego (CSTCE) 4:15.64 PR; 2. \*Samantha Huerta (CSF) 4:18.39 PR; 3. Caroline Kurgat' (AK) 4:19.48 PR; 4. Dana Klein (USF) 4:19.89 PR.

St: 1. \*Erica Birk (BYU) 9:55.57 PR; 2. Caroline Austin (SeatRC) 10:13.62; 3. Anna McDonald (Tx) 10:14.12; 4. \*\*Zorana Grujic' (WaSt) 10:15.79 PR; 5. Lisa Rooms' (Bel) 10:16.72 PR; 6. \*Ali Kallner (CoSt) 10:19.07; 7. \*Emma Gee (BYU) 10:19.18; 8. \*Emily Smith' (EnMi) 10:20.94; 9. \*\*Lucinda Crouch' (Wi) 10:22.14 PR.

5000: 1. \*\*Weini Kelati' (NM) 15:23.46 (CL);

2. \*\*Adva Cohen' (NM) 15:31.01 PR; 3. Kurgat' 15:40.45 PR; 4. Verity Ockenden' (GB) 15:40.48 PR; 5. \*\*\*Lauren Gregory (Ar) 15:42.45 PR; 6. Militsa Mircheva' (FIST) 15:45.97 PR; 7. \*Esther Gitahi' (Al) 15:58.72 PR.

10,000: 1. Andrea Ramirez' (Mex) 33:35.30 PR; 2. \*Clare O'Brien' (Boise) 33:39.43 PR.

100H(1.2): 1. \*Jasmyne Graham (UNLV) 13.09 PR; 2. Christie Moerman' (Can) 13.17; 3. Taylor Pegram (UNLV) 13.22; 4. Tawnie Moore (Web) 13.25 PR.

400H: 1. \*\*Kate Sorensen (Web) 58.49; 2. Allie Vogeler (Butler) 58.87; 3. \*Jordan Hammond (NWMo) 58.94.

4 x 100: 1. Colorado State 44.54.

4 x 400: 1. Colorado State 3:39.72.

#### Field Events

LJ: 1. Sarea Alexander (IncW) 21-2½ (6.46); 2. Divya Biswal' (Can) 20-8 (6.30) PR; 3. Emily Omahen' (Can) 20-5 (6.22) PR; 4. \*\*\*Jasmine Lew' (Can) 20-3 (6.17) PR; 5. Alexis Faulknor (unat) 20-2½ (6.16); 6. \*Helena McLeod (NnAz) 20-2½ PR.

TJ: 1. Caroline Ehrhardt' (Can) 45-1¼ (13.76) PR; 2. Biswal' 43-8 (13.31) PR; 3. Alexander 43-2½ (13.17).

SP: 1. \*\*Devia Brown' (CAZ) 55-6¼ (16.92); 2. \*\*Cherisse Murray' (CAZ) 52-9½ (16.09).

DT: 1. Fernanda Martins' (Bra) 202-3 (61.65).

JT: 1. \*\*\*Roosa Yloenen' (UTEP) 162-3 (49.47); 2. Channing Wilson (unat) 155-8 (47.44).

Hept(4/17-18): I-1. Georgia Ellenwood' (Can) 6135 (13.92, 5-10½/1.79, 40-10½/ 12.46, 24.53, 20-1/6.12, 143-4/43.69, 2:12.22);

2. Kendall Gustafson (unat) 6078 PR (14.06, 5-10½/1.79, 45-1½/13.75, 24.99, 20-5¼/6.23, 142-2/43.35, 2:19.94);

3. Hope Bender (UCSB) 5940 PR; 4. Juanita Webster (SBTC) 5786; 5. Alisha Brooks-Johnson (unat) 5743; 6. \*Jenny Kimbro (Ia) 5679 PR; 7. Erinn Beattie (UCD) 5671 PR; 8. \*Grace McKenzie' (McN) 5599; 9. \*\*Nicola Ader' (Nv) 5590 PR; 10. Michaela Wenning (Co) 5585 PR; 11. Tria Simmons (Ia) 5577 PR; 12. Jestena Mattson (Fres) 5336.

II-1. Amanda Levin (NDSt) 5695 PR; 2. Ida Eikeng' (Nor) 5670; 3. \*\*Hannah Rusnak (Wa) 5642 PR; 4. Maja Wichhart-Donzo (Co) 5570 PR; 5. \*\*Keira McCarrell' (Or) 5336 PR; 6. Kolbi Sims (Ut) 5263. III-1. \*Christina Chenault (UCLA) 5585 PR; 2. \*\*\*Jordan Hirsbrunner (Wi) 5369 PR; 3. \*Lauren Huebner (SagV) 5213 PR.

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# Ayden Owens Suddenly An 8000-Pointer

KIRBY LEE/IMAGE OF SPORT



A 13.91 flight of hurdles helped boost USC frosh Ayden Owens over a big decathlon point barrier.

by Sieg Lindstrom

AYDEN OWENS, contesting his first decathlon with the big international implements, turned back NCAA formchart favorite Harrison Williams of Stanford by 18 points with an astounding total of 8130 at the Bryan Clay Invitational. That score by the 18-year-old USC frosh is the No. 3 all-time tally by a Junior and has only been bettered even with lighter/shorter Junior implements by an additional 5 U20 performers.

A Pennsylvania high schooler who set his Junior-implement PR at 7354 last year, Owens broke out fast in the 100, clocking 10.43, an 0.21 PR that saw him cross 0.35 ahead of 2nd in a field that included '18 NCAA champ Tim Duckworth. PRing in all his first-day events but the high jump, Owens added marks of 24-8½ (7.53), 44-0 (13.41), 6-2¾ (1.90) & 47.66 to finish the first half with 4266 points, 72 ahead of Williams. An 8000-point finish looked possible to achieve but a reach goal as Owens, not a notably strong thrower as a prep, would be spinning the Senior discus in a multi for the first time.

"It was just a matter of staying in it mentally," says Owens. "A big part of the decathlon is staying focused and not letting your body boss you around. Let your mind rule your body and I listened to my coaches and stayed mentally strong."

Says Trojan multis/jumps coach Carjay

Lyles, "The hidden gem that we knew we had in our back pockets is that he's not a weak thrower. He is very, very good on the long throws. Coach Dan Lange works with him on the throws as well and has really instilled some of the foundational principles—even for his first competition, to be able to throw as far as he did. That was a secret we knew he had in reserve; we knew we just had to stay close enough, or far enough ahead, to make sure we were still on pace to do some things."

Owens—*T&FN's* No. 2 prep All-America in the 110H last year—bounded over the high barriers in 13.91w (2.2) to begin day 2 and increase his lead to 123 over Williams. Then out came the "hidden gem" of the DT. Despite two fouls, Owens spun his second throw out to 141-6 (43.14), 21 inches longer than Williams' best.

In the vault, Owens negotiated 15-1 (4.60) before passing on his final attempt at 15-5. Cardinal senior Williams, a noted vaulter, as expected rode that event with a 16-8¾ (5.10) clearance to a 17-point lead. For Owens at 6771 points, the 8000-point barrier now looked surmountable. The Trojan yearling PRed on each of his three javelin throws to finish at 168-0 (51.21), 5-11 farther than Williams and back in the lead by 10 points.

"I wasn't telling him throughout the competition what he was doing or where he was at on his point total," Lyles says. "I was trying to make sure he didn't hear the announcer say it so he didn't get caught up in that." But with the

win and now 8100-point possibilities on the line, Lyles made sure Owens understood the stakes for the final event. "To be a guy who is very speed/power-based and be able to go out there and run a time that cut almost 15 seconds off your PR in the 1500," Lyles says, "to do that to get the win in the competition and to score over 8100 points, we knew he had to run 4:30. So to be able to do it at the end of your first decathlon as a collegiate athlete, you couldn't ask for more than that as a coach."

Owens represented Puerto Rico at the World Juniors last summer, and it was in that meet he set his previous metric mile best, 4:44.76. Here he timed 4:28.90, 1.26 in front of Williams and 18 points ahead for the win. The Cardinal multi man's 8112 was a PR also, by 80 points.

Says Owens, "Before the 1500m, my whole life flashed before me and I said I was just going to get this guy. I knew it was going to hurt, but it's only 4:30 of pain and I said I was just going to take it."

The "two events that really shocked us," says Lyles, were the long jump and the 1500. "Indoors we were really struggling with the long jump. So to finally have a breakthrough performance and get some consistency in the long jump [was a welcome surprise]." What brought out the stunning score, says the coach, "was just really the balance of keeping that energy level at a playful and intense level but not too intense to where he became tight. He was competing in a group with a couple of former NCAA champions so to be in that collective and recognizing, 'Hey, just stay calm and relaxed and steady, and allow your performances to come.' So with that mindset, it really just opened up the doorway to be really relaxed when he stepped in a ring or behind the blocks. He just took off. Over and over, and he just rode that wave."

With 7 more weeks to work through before the NCAA is held at Texas, Lyles adds, "I think our biggest plan is just preparing for Austin, just looking at the big picture, and every meet lined up, even the conference meet, is just for making sure he gets to Austin at his best—utilizing the upcoming dual meet and the Pac-12 meet and the Regional meet to get in some events and some races. When we get to Austin we just want to be better than we were here. If we can just be better than at the meet prior, we'll stay in a good position and stay PRing."



# Oliver, Ollie or Olli — Hoare's Middle Name Must Be "Fast"

MIKE SCOTT



Wisconsin's Oliver Hoare has positioned himself for another NCAA 1500 victory lap.

by Don Kopriva

WISCONSIN'S Oliver Hoare is taking dead aim at his second consecutive NCAA outdoor 1500 title. Last year, formcharted as the No. 5 seed going in, he was certainly more than a little of a surprise winner despite solid credentials. This time around, the 22-year-old junior by way of Australia won't catch any of his rivals unaware. Hoare made sure of that at the Clay Invitational with an outdoor-world-leading 3:37.20 to edge Arizona's Carlos Villarreal by 0.02 in a race chock-full of PRs.

So, what's up with all this racing stuff, Oliver? Or Ollie? Or "Olli," as his family calls him. ("Just not 'Olivia,' he laughs.)

Got some confidence, Oliver? Oh yeah. Lots of that, engendered by training with multi-NCAA distance champ and fellow Aussie Morgan McDonald, along with a host of talented young Badgers. As a 10-year-old, Hoare, then a swimmer like his mom, met McDonald, a teammate he now calls an "inspiration and a leader."

Got some speed, Ollie? Oh yeah. First off, he's fast; he knows he is; and he's not afraid to hold his kick in abeyance until just the right moment. "I'm pretty confident, though I'd like to not show my cards until nationals. I have the confidence that I can run with anyone coming down that last 300 or so."

Got the racing chops, Olli? Oh yeah. Now in his third collegiate season, he's learning more every year about himself and how to race, and perhaps most importantly, how to adjust on the fly when the race plan goes out the window. "I learned freshman year that there's a matter of instinct as to how the race pans out," he says. "The more 1500 races you compete in the better you are at dealing with it."

As for leading the world at this early juncture, Hoare calls it "kinda crazy" but acknowledges that global lead won't last long. "Last week was pretty awesome," he says. "I wanted to go out there and run a bit fast. I wanted to push it and stay in control. It was good to get a PB and a win. After this the races become more tactical but it was a good confidence-booster. I was very fortunate that there was a pacer or

it could have turned into a different race and perhaps a slow one."

As for having a target on his back as an NCAA champ, he is realistic: "I think that comes with winning a title. That's such a big thing, especially with the level of 1500 talent in the NCAA meet. But I don't think it's anything that's going to inhibit me to run the way that I can and progress." Hoare sees himself assuming a leadership role after McDonald graduates. "I've definitely not stepped away from that sort of responsibility and have tried to be there for the younger guys, so I would definitely embrace that after he's gone."

Hoare notes that his training has changed since arriving state-side. "Training in high school, with a bunch of different clubs or groups, was very intense and high volume," he says, "where at Wisconsin under Mick [Byrne] it's very personalized."

He thinks of himself as a miler and looks forward to running a 5K and then cross next fall, noting that Byrne calls him his "utility guy." But for now, let's just call him the NCAA 1500 favorite.

# Michael Norman Ready For Pro 400 Opener

JEFF COHEN



Last year Michael Norman opened his outdoor season with a near-PR 44.53 at Mt. SAC. This year?

by Sieg Lindstrom

*Note: This article was published online before the Mt. SAC Relays.*

ALTHOUGH THE LONG '19 season is still in *Coming Attractions* mode, with most of us absorbed by the teasing trailers here and there, Michael Norman admits he's ready to start the show. On Saturday at Mt. SAC, he'll project the first few frames with his first 400 since he took the Collegiate Record down to 43.61 on a wet track at the NCAA last June.

Not that Norman is the restless type who'd throw his popcorn box at the screen to urge proceedings along. "Keeping the Dream Alive. PATIENCE PATIENCE PATIENCE PATIENCE PATIENCE PATIENCE PATIENCE PATIENCE PATIENCE PATIENCE IS A PROCESS!" is the motto on his Twitter feed.

Norman isn't climbing the walls as he prepares for his first Nike-sponsored pro campaign; he's just rarin' to open with a lap against his training mate and fellow former Trojan Rai Benjamin and others in the meet where he cranked his '18

outdoor 400 opener. All the holding fire, skipping the winter season—a contrast, indeed, to last year when he lowered the indoor CR to 44.52—hasn't bothered Norman in the least. "Honestly, no," he says when asked. "It feels more like high school and I kind of enjoy it more, to be honest. I'm not a fan of indoors and running early in the winter months. I really enjoy just training and running when I need to run. But, yeah, it feels just a lot like high school. Right now I'm getting a little antsy because it's a lot longer of a wait, but I prefer this type of training to any other. I'd rather train longer and race less than race more and train less."

What many will not know is that Norman did turn a circuit on a 4x4 at the Trojan Invitational a month ago. "Yeah, I ran a relay just for fun to break up training and just get an idea where we were. But I haven't really 'competed competed' yet," he says. Nonetheless, the split he got was 43.7. "So pretty OK shape right now," he admits.

He has also been immersed in schoolwork. Norman, who turned 21 in December, would be a USC junior athletically were he competing collegiately this year, but on May 9 he's set to

graduate with a Communication degree after just 3 academic years in. "When I first came to school, my athletic director put me on a course to graduate in 3 years," he says. "So since I've been at USC I've been taking 18 units plus summer school, and then one semester I had to take 20 units so I could graduate in 3. So it's been nonstop work for me. Kind of hectic, a lot of paper writing. I think I'm going to go back and count how many papers I wrote, but I'm pretty sure I'm at least past 30. Probably in the 40s, to be honest." In 3 weeks, he says, "I'll be completely done with school finally and I'll be able to focus more on track and other things in life." He's happy to be able to say it.

Norman's agent, Emanuel Hudson of HSI, observes, "A lot of athletes would say, 'I'll defer graduation until after the Olympics. Not Michael. He's doing it the other way. He wants school out of the way before the Olympic year. He likes to have a plan.'"

Quincy Watts, himself the '92 Olympic 400 gold medalist, coached Norman through his 2-year college career along with SC head Caryl Smith Gilbert and fellow assistant Joanna Hayes. They're all still collaborating as his coaches (and

Benjamin's). "It's a great characteristic to have that Mike is a planner," Watts says. "Mike is not a procrastinator, he wants to do everything right and he wants to be sure he's doing everything right. I think that is one of the great qualities that he has. I mean Mike is one of the most humble, nicest kids you ever want to meet. Seeing him in the practice arena or warming up with his teammates or his former teammates, you see Mike as just a kid. But when you get him in the other arena where it's time to make business decisions and it's time to make winning decisions and it's time to focus, you're going to see a different Michael. He's a perfectionist and a lot of time Mike already knows the answer to the questions he's asking you. He's just testing you and also having great dialogue. It's not that he's testing in a bad way, it's just having great dialogue and great communication because he wants to make sure he has it right."

The Mt. SAC outing on Saturday will represent, more or less, an early-term quiz for Norman. "We're just looking at Mt. SAC as an opportunity to break up training, we can see where we're at," Watts explains. "What that will do is give us some excitement coming back after Mt. SAC to train." The training so far for the first-year pro has featured no radical breaks from Norman's collegiate program—other than the adjusted timing as he points toward a hoped-for World Championships debut in October in Doha.

"I wouldn't say I'm trying to develop anything new," Norman says. "I think we're fine-tuning some specific components of the race and how I run. At the beginning of fall training for us we kind of focus on relearning how to run, and to run properly, more efficiently. From there we kind of just focus on those changes, really emphasize them in practice. And then as we're getting ready to compete now we're really focusing on race pattern. So this year there's certain pieces of the 400 that I have yet to master so we're really focusing on those components of the race. Besides that, I think we're also incorporating a little bit more speed this year. Last year we had a lot of modified practices. Coach Watts does a great job of adapting our workouts to fit our needs and keep us healthy, but this year as I'm developing and have grown stronger, we're trying to implement more speed into the program. So I guess those are the only really major differences—in training at least. We do a lot of cross-training, as well."

The coaching crew sees to it that Norman and Benjamin line up on the training track under specific circumstances. "At this point it's probably about 75% of the time that we run together," Norman says. "If it's more of a tempo type workout where we have to hit specific times, we'll definitely run in a group. But if we have a speed endurance or a maximum speed type workout, it's like a 50-50 chance if we're gonna run together or not. It kind of depends on how our bodies feel and what our coaches think is appropriate for what's coming up. So we do line up a lot but we don't always race at practice."

Although the 400 is his wheelhouse race, a natural question is where the 200—in which he dashed 19.84 and then 19.88 on the DL Circuit last summer—fits into his schedule? "My main focus is the 400," Norman explains, "but I really love to run the 200 just to work on the speed aspects of the 400. It's just an enjoyable race and it's just

fun to show some versatility in the sport. Hopefully some day I'll drop down to the 100. I have to convince coach. But other than that, I really love the event, to be honest. It's a lot of fun, it breaks up training. You can't always just run 400s every meet the whole year. I think it's essential to get those shorter, more fast races in—especially earlier in the season."

This year Norman's first 200 will go down, per the plan, at the Osaka IWC on May 19. His mother, Nobue, was born and grew up in Japan, and was an accomplished high school sprinter in that country. The Osaka trip will be her son's first visit to the Land of the Rising Sun. "My Mom's actually going to fly out there, visit some family, and then she's going to meet me in Osaka, watch me run and then go back to her family for a couple more weeks, and then head back home," Norman says. He expects to meet his grandfather for the first time. Propitious timing for a grandson who has his eyes on the Tokyo Olympics.

Norman's track exploits have not gone unnoticed by the Japanese media, members of which have showed up in SoCal to interview him and his parents already this year. "They've just shown a lot of interest and I really appreciate it because, being half Japanese, I think it's important to show respect for my Mom's side and the people of Japan just to show that although I represent the U.S. for competition, I still represent them through my nationality," Norman says.

It's far too early in the season for Norman to talk about time goals as he prepares to step up for his first race of the year, but he's willing and able to speak with a longer-term perspective. "I'm really focusing on winning and executing the race perfectly," he says. "But if I were to put a time on it, I know I would love to be the first person to run 42. I think that's one of my biggest goals coming into these next two years. If it's not going to happen this year, it's definitely going to happen next year, if it's me or somebody else."

"I think the 400 field is so strong and it continues to develop so there's a lot of great talent out there to kind of elevate each other to the next level. I'm assuming the World Record is going to fall within the next two years. If not this year, definitely at the Olympics, I believe."

Coach Watts, too, looks towards Saturday's dip into competition through a long lens: "One of the things that we do well and coach Caryl does well is our periodization for the season. We will map out our goals and where we want

## Michael Norman High On The All-Time 400 Lists

As he begins his first year as a pro at age 21, Michael Norman already finds himself as No. 6 on the all-time world list, No. 5 among Americans and No. 1 among collegians. The top 10s:

WOMEN LIST			
1.	43.03	Wayde van Niekerk (South Africa)	8/14/16
2.	43.18	Michael Johnson (US)	8/26/99
3.	43.29	Butch Reynolds (US)	8/17/88
4.	43.45	Jeremy Wariner (US)	8/31/07
5.	43.50	Quincy Watts (US)	8/05/92
<b>6.</b>	<b>43.61</b>	<b>Michael Norman (US)</b>	<b>6/08/18</b>
7.	43.65	LaShawn Merritt (US)	8/26/15
8.	43.70	Fred Kerley (US)	5/26/17
9.	43.72	Isaac Makwala (Botswana)	7/05/15
10.	43.74	Kirani James (Grenada)	7/03/14

U.S. LIST			
1.	43.18	Michael Johnson (Nike)	8/27/99
2.	43.29	Butch Reynolds (Athletics West)	8/17/88
3.	43.45	Jeremy Wariner (adidas)	8/31/07
4.	43.50	Quincy Watts (USC)	8/05/92
<b>5.</b>	<b>43.61</b>	<b>Michael Norman (USC)</b>	<b>6/08/18</b>
6.	43.65	LaShawn Merritt (Nike)	8/26/15
7.	43.70	Fred Kerley (Texas A&M)	5/26/17
8.	43.81	Danny Everett (Santa Monica TC)	6/26/92
9.	43.86(A)	Lee Evans (San José State)	10/18/68
10.	43.87	Steve Lewis (UCLA)	9/28/88

COLLEGIATE LIST			
<b>1.</b>	<b>43.61</b>	<b>Michael Norman (USC)</b>	<b>6/08/18</b>
2.	43.70	Fred Kerley (Texas A&M)	5/26/17
3.	43.94	Akeem Bloomfield' (Auburn)	6/08/18
4.	44.00	Quincy Watts (USC)	6/06/92
5.	44.10	Butch Reynolds (Ohio State)	5/03/87
6.	44.13	Nathon Allen' (Auburn)	6/08/18
7.	44.27	Darold Williamson (Baylor)	6/10/05
8.	44.29	Derrick Brew (LSU)	5/16/99
9.	44.30	Gabriel Tiacoh' (Washington State)	6/07/86
=10.	44.34	Danny Everett (UCLA)	5/22/88
		Nathan Strother (Tennessee)	5/13/18

to be for USAs because that's our No. 1 priority, making the team. So the No. 1 priority is being ready and being fit to make the team. After that, we know how to manage it as well so we don't necessarily get too caught up with that. Coach Caryl is a master at doing periodization so we'll run well and then go back down under and train, then come back out and we'll run well again.

"When I say 'go back down under,' I mean we'll make our load heavy. When it comes time to compete we may lighten the load a little bit. And a lot of times when we're competing, even at Mt. SAC, we're competing but we're heavy-loaded with our legs. One of the things that we cannot do is not compete. We have to go ahead and compete and be satisfied with our performance. And if we need to make corrections, we will. As we go into any competition we're going to make sure that we understand what our goal is going in, whether it's to run fast or we don't really care about how fast we run but we just want to go win."

# Mt. SAC Relays Men — A Stunning Norman 400

BILL LEBING



**Nobody has ever run as fast as Michael Norman's 43.45 before the middle of June before.**

**by Brian Russell**

TORRANCE, CALIFORNIA, April 18-20—Coming into the Mt. SAC Relays, Michael Norman had been relatively quiet, having not competed indoors. Having had a 43.7 relay split in a low-key meet 5 weeks prior, the indoor WR holder was, as he told T&FN a couple of days earlier, ready to debut with a fast, but solid, opener. To the delight of the crowd at El Camino College's Murdock Stadium, the 21-year-old achieved something no one else had done this early in the season.

Mild temperatures and cool breezes greeted the athletes, many of whom were trying to achieve NCAA/USATF/WC qualifying standards. With the Drake and Penn Relays taking place next weekend, Mt. SAC provided a great tune-up for those wishing to achieve those marks, in addition to wanting to shake off the rust from what was for many a dormant indoor season in anticipation for the late-year World Championships in Doha.

The showcase event of the day was the much anticipated 400m. Not that anyone expected a loss by Norman to training-mate Rai Benjamin, but the wonder was just how quick Norman's outdoor opener might be. The favorite lined up in lane 5 with Benjamin inside of him in 4 and Houston's Obi Igbokwe in 3 and Iowa's Mar'yea Harris in 6. At the gun there was no question that it was going to be a fast one and at least one watch said Norman went through the first 100 in 10.8. His speed took him and Benjamin through a very fast 200 (21.1), and as they approached 300m (Norman 32.0) the long-striding Benjamin was just a meter behind coming off the curve. But that's when Norman turned on the jets and began to extend his lead. Down the homestretch that 1-meter advantage stretched to 5.

As he eased across the finish, Norman recorded a PR 43.45, making him the =No. 4 performer with the =No. 6 performance of all time. Nobody had previously run that fast before the middle of June. Benjamin finished in a PR 44.31, second only to Angelo Taylor's 44.05 from '07 by someone whose specialty is

the 400 hurdles.

Said Norman, "Opening up with a PR is a huge shock to me. Training has been going pretty well these past 2 weeks and I was just real excited to be out here and have these results to finally see how fast the clock was. It was a good day."

Benjamin, talking about their training regimen, added "Coach Caryl [Smith Gilbert] and coach [Quincy] Watts are very disciplined and structured. We had a training session recently where they told us toward the end of our workout to run a 200 in 21.3. We ran 21.5 and thought we were done for the day. Then we saw coach Watts walking toward us and he said, 'Do it again' and there was no argument."

The result was no surprise to Watts. The '92 Olympic 400 gold medalist said, "The times that they ran today, those aren't those guy's goals, so they have goals that are bigger than the times they ran today and we have a platform for that, so we are just going to stick to our platform and stay humble. We're gonna execute and we're gonna work hard every day and we're not going into a track meet trying to run fast."

The afternoon had begun with a nice 110H victory by Florida State soph Trey Cunningham over Brazilian Gabriel Constantino, 13.47 PR–13.57. Next up was a 100 duel between American Ameer Webb and another Brazilian,

rising star Paulo Andre Camilo, 21, who had matched his PR by running a 10.02 the night before at the Clay Invitational. Camilo battled pesky winds that plagued the sprints to win convincingly in 10.21 into a –1.6 breeze over

Webb (10.325) and Houston's Mario Burke (10.328), Oregon's Cravon Gillespie (10.34) and '18 NCAA champion Cameron Burrell (10.37). Camilo came back later that afternoon to take the 200 over Webb 20.30–20.64. The afternoon had begun with a nice 110H victory by Florida State

### MT. SAC RELAYS MEN'S RESULTS

Torrance, California, April 18–20—

(4/18—10K, HT; 4/19—St, 5K, TJ)

100: I(-1.5)–1. Kyree King (Nik) 10.33. III(-1.6)–1. Paulo Andre Camilo' (Bra) 10.21; 2. Ameer Webb (Nik) 10.33; 3. Mario Burke' (Hous) 10.33; 4. Cravon Gillespie (Or) 10.34; 5. Cameron Burrell (Nik) 10.37.

200: I(-2.1)–1. Burrell 21.20. III(0.5)–1. Camilo' 20.30; 2. Webb 20.64; 3. Gillespie 20.77; 4. \*\*Micaiah (Tx) 20.81. Open 200(0.7): 1. \*\*\*Elija Godwin (Ga) 20.90.

400: I–1. \*\*Daniel Stokes (CerritosJC) 46.52; 2. \*\*\*Wayne Lawrence (Ia) 46.71. II–1. Michael Cherry (Nik) 45.36.

III–1. **Michael Norman (Nik) 43.45 PR (WL, AL) (=4, =6 W; =3, =5 A) (fastest before before 19 June);**

2. Rai Benjamin (Nik) 44.31 PR; 3. Obi Igbokwe (Hous) 45.91; 4. Mar'yea Harris (Ia) 45.92; 5. Marcus Chambers (Nik) 46.07; 6. Dontavious Wright (Altis) 46.12.

Open 400: VII–1. Godwin 46.40. VIII–1. \*\*Zach Shinnick (USC) 46.38.

800: 1. **Isaiah Jewett (USC) 1:46.11 (out AL, AmCL);**

2. Joseph White (Gtn) 1:46.31; 3. Jesus Lopez' (Mex) 1:46.39; 4. Jorge Montez' (Mex) 1:46.63; 5. \*Michael Rhoads (AF) 1:47.10; 6. Harun Abda (OTC) 1:47.11; 7. Dejon Devroe (MsSt) 1:48.48.

1500: I–1. Uriel Marin' (Mex) 3:49.56. II–1. Eric Sowinski (Nik) 3:49.69.

St: 1. John Gay' (Can) 8:36.93; 2. \*Nathan Mylenek (Ia)

8:38.53 PR; 3. Bailey Roth (Az) 8:38.68.

5000: 1. Suldan Hassan' (Swe) 13:31.35 PR; 2. Federico Bruno' (Arg) 13:31.42 PR; 3. Gerard Geraldo' (Col) 13:33.38 PR; 4. Ivan Gonzalez' (Col) 13:33.55 PR; 5. Kazuki Tamura' (Jpn) 13:33.70 PR; 6. \*Robert Brandt (UCLA) 13:36.18 PR; 7. Altobeli Da Silva' (Bra) 13:36.85; 8. Benjamin de Haan' (Neth) 13:38.32; 9. \*Kieran Lumb' (Can) 13:40.51 PR; 10. Jose Luis Rojas' (Per) 13:42.40; 11. José Esparza' (Mex) 13:43.50; 12. Craig Lautenslager' (NZ) 13:44.53 PR; 13. Willy Canchanya' (Mex) 13:47.65 PR; 14. Mario Pacay' (Gua) 13:49.49; 15. Kevin Lewis (TMn) 13:50.34 PR; 16. \*Euan Makepeace' (Butler) 13:54.62 PR.

10,000: 1. Ederson Pereira' (Bra) 28:32.69 PR; 2. Gerard Geraldo' (Col) 28:33.53 PR; 3. Juan Pacheco' (Mex) 28:34.47 PR; 4. \*Clayson Shumway (BYU) 28:36.07 PR; 5. \*Emmanuel Roudolff-Levisse' (Port) 28:37.56 PR; 6. Farah Abdulkarim' (Can) 28:39.66 PR; 7. Willie Milam (RootsRP) 28:40.41 PR; 8. Paul Hogan (MaL) 28:49.55 PR; 9. Nicolas Herrera' (Bra) 28:51.45 PR.

110H: I(-0.6)–1. \*\*\*Eric Edwards (Or) 13.70 PR; 2. Greggmar Swift' (Bar) 13.71; 3. \*Jaylan McConico (Ia) 13.88 PR. II(-0.9)–1. \*\*Trey Cunningham (FIST) 13.47 PR; 2. Gabriel Constantino' (Bra) 13.57; 3. Michael Nicholls' (Ga) 13.83; 4. Amere Lattin (Hous) 13.85.

400H: I–1. \*\*Cameron Samuel (USC) 49.79 PR; 2. \*\*\*James Smith (Az) 50.50; 3. Chris Douglas (Ia) 51.00. II–1. Amere Lattin (Hous) 49.98; 2. Alison dos Santos' (Bra) 50.06; 3. CJ Allen (unat) 50.12; 4. Jordin Andrade' (CV) 50.34.

4 x 100: I–1. Brazil 38.76 (Nascimento, Mourao, Silva,

Camilo); 2. Houston 39.17; 3. Oregon 39.32; 4. UCLA 39.85; 5. USC 39.88. II–1. Western Kentucky 39.96.

4 x 400: 1. USC 3:03.54 (Samuel, Allen, Jewett, Shinnick); 2. Houston 3:05.05; 3. Iowa 3:05.67; 4. Western Kentucky 3:08.23; 5. Odd Squad 3:08.68.

### Field Events

HJ: 1. Django Lovett' (Can) 7-6½ (2.30) =PR; 2. Michael Mason' (Can) 7-4¼ (2.24);

3. **Keenon Laine (Ga) 7-4¼ (=out AmCL);** 4. \*\*Earnie Sears (USC) 7-4¼ PR (=out AmCL);

5. \*Darius Carbin (Ga) 7-2¼ (2.19); 6. \*Justice Summerset (Az) 7-2¼.

PV: 1. Cole Walsh (RPerf) 18-½ (5.50).

LJ: 1. \*Steffin McCarter (Tx) 25-10 (7.87) PR; 2. Will Williams (unat) 25-8¾ (7.84).

TJ: 1. \*Tuomas Kaukolahti' (Cal) 53-7¾ (16.35).

SP: 1. \*Sanjae Lawrence' (FIST) 62-2¼ (18.95) PR.

HT: I–1. Marcel Lomnický' (Svk) 253-1 (77.15);

2. **Denzel Comenienta' (Ga) 252-0 (76.80) (CL) (10, x C);** 3. **Sean Donnelly (Iron) 251-7 (76.69) (AL);**

4. Diego Del Real' (Mex) 248-0 (75.59); 5. Conor McCullough (NYAC) 244-1 (74.41); 6. Rudy Winkler (NYAC) 243-6 (74.23); 7. Alan Wolski' (Bra) 241-2 (73.51); 8. Colin Dunbar (Iron) 232-3 (70.78); 9. Brock Eager (WaSt) 231-8 (70.63); 10. Alexander Young (Vel) 223-1 (68.01).

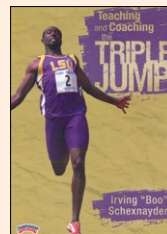
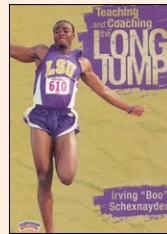
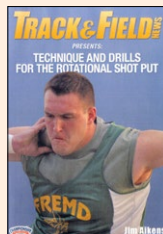
II–1. Justin Stafford (UCLA) 222-3 (67.74).

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# Mt. SAC Women – World-Leading Hurdles For Keni Harrison

KIRBY LEE/IMAGE OF SPORT



A last-minute decision to enter the meet gave Keni Harrison the chance to run a 12.63.

by Brian Russell

TORRANCE, CALIFORNIA, April 18-20—World Record holder Keni Harrison was looking for a solid competition before next week's 100 hurdles at the Drake Relays, so a last-minute decision to travel west to the Mt. SAC Relays provided her an opportunity to go head-to-head against not only training mate Jasmine Camacho-Quinn but also a slew of other quality hurdlers.

As the field was settling into their blocks, the PA announcer was in the middle of introducing the women's elite long jump field, but this did not deter the starter from having them stand up to wait for the intros to finish and before you knew it the set position was called and the gun was fired. Needless to say, not everyone was as focused as they would normally be, but the race went on. The experienced Harrison did not have the best of starts, but was well in front of the rest of the 9-woman field after 5 hurdles.

She finished unchallenged in a world-leading 12.63, 0.30 ahead of Camacho-Quinn. Harrison summed up her feelings by simply saying, "We weren't ready." Evidently, meet staff felt the same, so they gave everyone in that race an opportunity for a rerun after the men's hurdles finished. Bahamian Pedrya Seymour opted in and she finished the extra race in 12.88.

In the full-lap hurdles, Dalilah Muhammad hadn't done much barrier work this season, so she came to Mt. SAC intent upon running a PR in the open 400 that was quicker than her 400 hurdles best of 52.64. Originally scheduled to run in heat 2, the Olympic champ was moved into heat 3 and now was set to face sub-50 speedster Kendall Ellis, a fellow USC alum. Ellis, who started in lane 5, went out quickly and was in charge by 300. She was clear of the field and held a 2m advantage entering the homestraight. It was then that Muhammad, out in lane 8, started making up ground with every stride. She caught Ellis 20m from the finish and edged a win, 51.62–51.75.

Her immediate flat-racing goal achieved, Muhammad will open her hurdles season next month in Doha. No word yet when Sydney McLaughlin will open her hurdling season, but she confirmed that she too is doing just fine in the speed department, leading off a 4x4 squad called the Hayes All-Stars in 50.1.

Vashti Cunningham, still only 21, was the day's top performer on the field as she topped 6-5½ (1.97) for her sixth consecutive Mt. SAC triumph. Cunningham passed until the bar was at 5-10¾ (1.80) and cleared that and then 6-¾ (1.85) on first attempts. She was tied for 1st alongside Jelena Rowe and Swede Erica Kinsey, who each had a clean slate, as the bar went to 6-2 (1.88). Cunningham cleared on her first attempt, while Rowe and Kinsey bowed out after three misses. She passed 6-2¾ (1.90) and then promptly cleared 6-4¼ (1.94), again on her first try. She had one miss at 6-5½ (1.97) and then brushed the bar on her second attempt, but the bar stayed put as she took the outdoor world lead, before having three unsuccessful tries at 6-6¾ (2.00).

## MT. SAC WOMEN'S RESULTS

Torrance, California, April 18-20—

(4/18—10K, HT; 4/19—1500, St, 5K, T.J)

100: I(-0.1)-1. \*\*\*Lanae-Tava Thomas (USC) 11.27 PR; 2. Brianna McNeal (Nik) 11.31 PR; 3. Jodie Williams' (GB) 11.44.

II(-1.4)-1. Schillonie Calvert-Powell' (Jam) 11.41.

**III(-0.9)-1. Teahna Daniels (Tx) 11.20 (AmCL);**

2. \*\*Twanisha Terry (USC) 11.21; 3. Jenna Prandini (Pum) 11.33; 4. Mikiah Brisco (Nik) 11.51; 5. Kandace Thomas (unat) 11.52; 6. Javianne Oliver (Nik) 11.52.

200: I(0.2)-1. Calvert-Powell' 23.29; 2. \*\*Jessica Ozoude (CoSt) 23.46 PR; 3. Khalifa St. Fort' (Tri) 23.57; 4. Mikiah Brisco (Nik) 23.57; 5. \*\*Angie Annelus (USC) 22.81; 2. Prandini 22.93; 3. Kynneddy Flannel (Tx) 23.07 PR; 4. Keni Harrison (adi) 23.30; 5. \*\*Ka'Tia Seymour (FIS) 23.30; 6. Jodie Williams' (GB) 23.37. VI(0.7)-1. \*Mecca McGlaston (USC) 23.27.

400: I-1. Paola Moran' (Mex) 52.14 PR. II-1. Tiffani Marinho' (Bra) 52.87; 2. Geisa Coutinho' (Bra) 52.89; 3. Venessa D'Arpino (Or) 53.28; 4. Gia Trevisan' (Ita) 53.37; 5. \*\*\*Bailey Lear (USC) 53.43; 6. \*\*\*Kennedy Simon (Tx) 53.64; 7. Zola Golden (Tx) 53.86. III-1. Dalilah Muhammad (Nik) 51.62; 2. Kendall Ellis (NBal) 51.75; 3. Briyahna DesRosiers (Or) 52.02; 4. \*Hannah Waller (Or) 52.28; 5. \*Kyra Constantine' (USC) 52.54; 6. Tatum Waggoner (Az) 52.88; 7. Camille Laus' (Bel) 52.95. VI-1. Karolina Pahlitzsch' (Az) 53.37; 2. Diana Gajda' (Az) 53.81; 3. \*Micaiah Ransby (Ga) 53.86.

800: I-1. \*Amber Tanner (Ga) 2:04.93; 2. \*\*\*Lena Kandissounon' (CSN) 2:05.88 PR; 3. Kleidiane Barbosa' (Bra) 2:05.96; 4. \*\*Charlotte Cayton-Smith' (MsSt) 2:05.96; 5. Morgan Foster (unat) 2:06.16; 6. Alon Lewis (MsSt) 2:06.25. II-1. Sage Hurta (unat) 2:03.46; 2. Skylyn Webb (CoCS) 2:04.70; 3. Alethia Marrero' (PR) 2:04.75; 4. Chrishuna Williams (Nik) 2:05.14; 5. Mariela Luisa Real' (Mex) 2:05.23; 6. Maité Bouchard' (Can) 2:05.57; 7. \*\*\*Jemima Russell' (USC) 2:06.79.

1500: 1. Sarah Lancaster (unat) 4:19.53 PR;... 4. Natoya Goule' (Jam) 4:22.30.

St: I-1. Christine Thorn (RootsRP) 10:19.87 PR; 2. Sarah Medved (PortSt) 10:23.36. II-1. Jessy Lacourse' (Can) 10:03.61; 2. Aimee Pratt' (GB) 10:08.48; 3. Alex Burkhart (RootsRP) 10:10.48; 4.

Mackenzie Andrews' (Akr) 10:12.72 PR; 5. \*Lindsey Blanks (AF) 10:14.77 PR; 6. \*\*Lisa Vogelgesang' (Ms) 10:19.35; 7. \*\*Madeleine King (Ms) 10:22.37 PR.

5000: 1. Brenda Flores' (Mex) 15:39.96; 2. \*Jessica Drop (Ga) 15:41.53; 3. Danielle Shanahan (NAZE) 15:44.19; 4. Alice Wright' (GB) 15:45.51 PR; 5. Luz Mery Rojas' (Per) 15:45.52 PR; 6. Risper Gesabwa' (Mex) 15:45.74 PR; 7. Carolina Tabares' (Col) 15:47.74; 8. Aminat Olowora' (OkC) 15:48.48.

10,000: 1. Camilla Richardsson' (Fin) 33:08.26; 2. Angie Nickerson (SnUt) 33:12.87 PR; 3. Hannah Dorman (HokaAg) 33:14.60 PR; 4. Angelica Espinoza' (Mex) 33:26.87 PR; 5. Angie Orjuela' (Col) 33:27.22 PR; 6. Ursula Sanchez' (Mex) 33:31.38; 7. Kelsey Bruce (DalIB) 33:32.51 PR; 8. \*Winnie Koeh' (UTEP) 33:35.68 PR; 9. Maria De Jesus Ruiz' (Mex) 33:36.16 PR; 10. \*Alyssa Snyder (UtSt) 33:50.95; 11. Kelsi Lasota (MtSt) 33:55.58.

100H: I(1.1)-1. \*Cortney Jones (FIS) 12.82 PR; 2. \*\*Naomi Taylor (Hous) 13.06 PR; 3. \*Mecca McGlaston (USC) 13.07; 4. Brianna McGhee (RTG) 13.33.

**II(0.3)-1. Keni Harrison (adi) 12.63 (WL, AL);**

2. Jasmine Camacho-Quinn' (PR) 12.93. III(1.1)-1. Peydra Seymour' (Bah) 12.88; 2. Dior Hall (USC) 12.96; 3. Bridgette Owens (unat) 13.19; 4. Isabelle Pedersen' (Nor) 13.45. Open 100H(1.3): 1. \*\*Destinee Rocker (CoSt) 13.16; 2. \*\*\*Emily Sloan (Or) 13.26; 3. Karelle Edwards' (Can) 13.28.

400H: I-1. Gabby Scott' (Co) 57.59 PR; 2. \*Erin Dowd (WnMi) 57.87 PR. II-1. Kiah Seymour (unat) 57.45; 2. Brenna Porter (BYU) 57.97; 3. Hanne Cleas' (Bel) 58.31; 4. \*\*De'Andrea Young (CSN) 58.57.

4 x 100: 1. USC 42.93 (AL, CL) (Hall, Annelus, Thomas, Terry);

2. Oregon 43.95; 3. Florida State 44.13; 4. HSI 44.22 (White, Brisco, St. Fort', Carter); 5. Brazil 44.69; 6. Houston 44.72.

4 x 400: I-1. Colorado 3:36.20; 2. San Francisco State 3:37.65. II-1. Hayes All-Stars 3:29.88 (McLaughlin 50.1, Hailey, Trevisan', Ellis); 2. Oregon 3:30.57; 3. Hurdle Mechanic 3:31.93 (Tracey', Rollins-McNeal, Woodruff', Muhammed); 4. USC 3:35.34; 5. Georgia 3:36.78; 6. Arizona 3:37.75.

### Jumping Events

**HJ: 1. Vashti Cunningham (NvG) 6-5½ (1.97) (AL);**

**out WL) (5-10¼, 6-¾, 6-2, 6-4¼, 6-5½ [xo], 6-6¼ [xxx]) (1.80, 1.85, 1.88, 1.94, 1.97 [xo], 2.00 [xxx]);**

2. Jelena Rowe (NvG) 6-¾ (1.85) PR; 3. Erika Kinsey' (Swe) 6-¾; 4. Ty Butts (GWE) 6-¾; 5. Amina Smith (unat) 6-¾; 6. Ximena Esquivel' (Mex) 5-10¼ (1.80); 7. Shelley Spires (USAF) 5-10¼.

**Open HJ: 1. Mady Fagan (Ga) 6-0 (1.83); 2. Alexa Harmon-Thomas (USC) 5-10¼ (1.80) PR.**

PV: 1. Annie Rhodes-Johnigan (unat) 15-3 (4.65) PR; 2. Kortney Ross (RPerf) 14-7¼ (4.45); 3. Kristin Leland (unat) 14-7¼; 4. Emily Grove (unat) 14-1¼ (4.30).

LJ: 1. Eliane Martins' (Bra) 21-10¼ (6.66); 2. ShaKeela Saunders (adi) 21-7¼ (6.58); 3. Danielle McQueen (unat) 21-4¼w (6.51) (20-9/6.32); 4. Malaina Payton (unat) 21-3¼ (6.48); 5. Lorraine Ugen' (GB) 21-3¼ (6.48); 6. Erika Kinsey' (Swe) 21-1½zw (6.44) (21-1¼/6.43); 7. Christabel Nettey' (Can) 21-¾ (6.42); 8. \*\*Tara Davis (unat) 20-7¼ (6.29); 9. Jahisha Thomas' (GB) 20-7¼ (6.29); 10. Tori Franklin (Nik) 20-5 (6.22).

**Open LJ: 1. \*\*Aliyah Whisby (Ga) 21-8 (6.60) PR (=CL);**

2. \*Rhesa Foster (Or) 20-10 (6.35) PR.

**TJ: 1. Crystal Manning (unat) 44-10¼ (13.68) (out AL);**

2. Imani Oliver (unat) 44-1¼ (13.44); 3. Chaquinn Cook (Or) 43-3¼ (13.20); 4. \*\*\*Titiana Marsh (Ga) 43-2½ (13.17) PR; 5. Ivonne Rangel' (Mex) 43-¼ (13.11); 6. Isabella Marten' (USC) 43-¼ (13.11).

### Throwing Events

SP: 1. Jeneva Stevens (NYAC) 59-6¼ (18.15); 2. Rachel Fatherly (unat) 59-2¾ (18.05) PR; 3. Dani Hill (unat) 56-10¼ (17.33); 4. Lena Giger (unat) 56-1 (17.09).

DT: 1. Fernanda Martins' (Bra) 210-6 (64.16);

**2. Shadae Lawrence' (CoSt-Jam) 209-7 (63.89) NR (CL) (6, x C);**

3. \*Shanice Love' (FIS) 200-8 (61.16); 4. Alex Collatz Sellen (ABG) 187-7 (57.18).

**HT: 1. Brooke Andersen (unat) 246-2 (75.05) (4, x A) (f, 241-0, 227-0, f, 246-2, 241-10) (f, 73.46, 69.19, f, 75.05, 73.72);**

2. Janeah Stewart (unat) 234-2 (71.38); 3. \*\*Alyssa Wilson (UCLA) 224-0 (68.29); 4. \*Veronika Kanuchova' (FIS) 220-6 (67.21).

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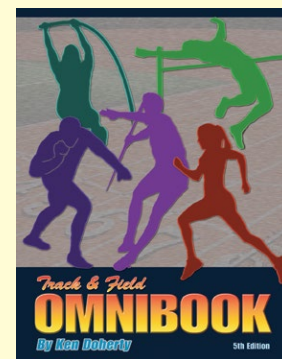
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# Beach Invitational – Big Jumping & Throwing

KEVIN MCRRIS/PHOTO RUN



**Omar Craddock became American No. 9 to join the triple jump's 58-foot club.**

by **Brian Russell**

LONG BEACH, CALIFORNIA, April 19-20—The field events, highlighted by Ryan Crouser and Omar Craddock, stole the scene at the finest Beach Invitational yet. Olympic shot gold medalist Crouser lofted the two longest throws in the world in the last quarter century, a PR 74-7 (22.73) followed by an even better 74-7¼ (22.74). That moved the 26-year-old Oregon native to No. 5 in world history and No. 2 among Americans.

The competition, featuring Crouser along with collegiate leader Payton Otterdahl of North Dakota State, didn't start out looking like it would be one for the ages. Because the final flight was large—13 throwers—preparation time was truncated. "We had very limited time in the ring. Not exactly an ideal warmup," said Crouser. On his first three throws, he went 70-7¼ (21.53), 69-1¼ (21.06) and 70-7¼ again, giving him a solid lead. "I actually feel like I executed pretty well, technically. I didn't feel quite warm and the biggest thing at this level is just staying healthy, so I didn't really want to push it."

Then, in the break before the finals, officials had to take extra time to sort out a discrepancy

in the throwing order. The throwers asked to be allowed to take more warmup throws while they waited. "I found my groove there," said Crouser. "I think I got four throws in. I felt a little bit of rhythm and finally started feeling warm." He stepped into the ring for round 4, and

launched a smooth drive. "Everything lined up, everything was where it was supposed to be. The goal was just to kind of increase the intensity on every throw. On the fifth, I tried to do the same thing, a higher intensity throw. It was an ugly throw by technical standards. It just didn't

## Craddock Joins The TJ's 58-Foot Club

Only 9 Americans have ever triple jumped past the 58-foot barrier, Omar Craddock being the newest member. He's the first to join since Will Claye in '12. The U.S. 58-footers (i = mark made indoors):

Mark	Athlete	Date
18.21   59-9	Christian Taylor (Nike)	8/27/15
18.09   59-4¼	Kenny Harrison (unattached)	7/27/96
17.97   58-11½	Willie Banks (Los Angeles TC)	6/16/85
17.91   58-9¼	Will Claye (Nike)	6/23/17
17.87   58-7½	Mike Conley (Tyson)	6/27/87
17.86   58-7¼	Charlie Simpkins (Charleston Southern)	9/02/85
17.78   58-4	Melvin Lister (unattached)	7/17/04
17.73   58-2i	Walter Davis (Nike)	3/12/06
17.68   58-¼	Omar Craddock (Chula Vista Elite)	4/20/19



## BEACH INVITATIONAL MEN'S RESULTS

Long Beach, California, April 19-20—  
(4/19—HT, JT)

200(2.2): 1. Jamiel Trimble (unat) 20.63w.

HJ: 1. Trevor Barry\* (Bah) 7-2½ (2.20); 2. \*Zack Anderson (SD) 7-2½ =PR; 3. Kevin Schultz (NWMO) 7-2½ PR; 4. Tyler Arroyo (Chico) 7-1 (2.16); 5. Curtis Richardson (Akr) 7-1.

PV: 1. \*Chris Nilsen (SD) 19-1 (5.82) (out WL, AL, CL) (17-5½, 17-11¼, 18-3¼ [2], 18-7¼ [2], 19-1, 19-4¼ [xxx]) (5.32, 5.47, 5.57 [2], 5.67 [2], 5.82, 5.90 [xxx]);

2. Matt Ludwig (Akr) 18-7¼ (5.67); 3. \*\*Clayton Fritsch (SHous) 18-3¼ (5.57) PR; 4. Audie Wyatt (AzPV) 18-3¼; 5. Dylan Bell (WCAP) 17-11¼ (5.47); 6. Olen Oates (AzPV) 17-11¼.

LJ: 1. Jordan Latimer (Akr) 26-3¼ (8.02) =PR; 2. Kemonie Briggs (LBSt) 25-9¼ (7.85); 3. \*Treynon Malone (IdSt) 25-4½ (7.73).

TJ: 1. Omar Craddock (CVE) 58-¼ (17.68) PR (WL, AL) (9, x A) (56-3¼ [out AL], f, 58-¼, p, p, p) (17.16, f, 17.68, p, p, p);

2. Christian Taylor (Nik) 56-4½ (17.18) (f, 55-9¼, 56-4½, 54-8¼, 54-6¾) (f, 17.00, 17.18, 16.67, 16.63); 3. Donald Scott (unat) 56-1¾ (17.11); 4. KeAndre Bates (unat) 55-8¼ (16.97); 5. Chris Carter (unat) 55-3½ (16.85); 6. Scotty Newton (CVE) 53-11¼ (16.44).

SP: 1. Ryan Crouser (Nik) 74-7¼ (22.74) (WL, AL) (5, =6 W; 2, 2 A) (70-7¼, 69-1¼, 70-7¼, 74-7 PR [WL, AL] [5, =6 W; 2, 2 A], 74-7¼, f) (21.53, 21.06, 21.53, 22.73, 22.74, f);

2. Payton Otterdahl (NDSt) 70-1½ (21.37) out PR (f, 66-7¼, 67-3½, f, 70-1½, 68-8¾) (f, 20.30, 20.51, f, 21.37, 20.95); 3. Tim Nedow\* (Can) 69-6 (21.18) PR; 4. \*\*Tripp Piperi (Tx) 68-11¼ (21.01) PR; 5. Denzel Comenientia\* (Ga) 68-2¼ (20.78); 6. Dotun Ogundeji (UCLA) 67-6¾ (20.59); 7. Jon Jones (CVE) 66-11½ (20.41); 8. \*\*Jonah Wilson (Wa) 64-1¼ (19.54); 9. Matthew Katnik (USC) 63-3½ (19.29).

DT: 1. Brian Williams (Vel) 213-5 (65.04) (187-0, 207-4,

f, f, 213-5, f) (57.00, 63.20, f, f, 65.04, f); 2. Reggie Jagers (Iron) 213-4 (65.02) (199-8, 204-1, f, 210-1, 213-4, 212-2) (60.87, 62.20, f, 64.04, 65.02, 64.66); 3. Otterdahl 205-6 (62.64); 4. \*\*\*Elijah Mason (Wa) 198-11 (60.65) PR; 5. Ogundeji 198-7 (60.54) PR; 6. Reno Tuufuli (Ia) 198-7 (60.54); 7. Colin Quirke\* (Ire) 194-10 (59.38); 8. Noah Kennedy White (GarS) 191-10 (58.48); 9. Nuermaimaiti Tulake\* (Chn) 191-6 (58.38); 10. Jason Harrell (AreteE) 189-4 (57.70); 11. Abuduaini Tuergong\* (Chn) 188-2 (57.35); 12. \*\*\*Austin Glynn (Wj) 187-5 (57.14) PR.

HT: 1. Sean Donnelly (Iron) 253-3 (77.20) PR (AL) (9, x A) (f, 242-4, 250-10, f, f, 253-3) (f, 73.87, 76.46, f, f, 77.20);

2. Alex Young (Vel) 241-9 (73.68); 3. Alan Wolski\* (Bra) 240-7 (73.33); 4. Brock Eager (WaSt) 235-11 (71.90) PR; 5. Colin Dunbar (Iron) 234-5 (71.47); 6. Daniel Roberts (CVE) 229-4 (69.90); 7. Justin Stafford (UCLA) 224-11 (68.57) PR; 8. Silviu Bocancea (Cal) 222-8 (67.86); 9. Glynn 217-5 (66.26) PR.

JT: 1. David Carreon\* (Mex) 240-0 (73.16); 2. Dejan Mileusnic\* (Bos) 237-10 (72.49); 3. Michael Shuey (Vel) 236-6 (72.09); 4. David Ocampo\* (Mex) 230-7 (70.29).

## BEACH WOMEN'S RESULTS

(4/19—HT, JT)

100(2.6): 1. Jerayah Davis (Wy) 11.18w.

200: I(1.5)–1. Jaide Stepter (Shef) 22.97; 2. Jasmine Blocker (Ois) 23.39 PR; 3. Courtney Davis (LBSt) 23.46. II(3.0)–1. \*\*Aneesa Scott (NTX) 23.43w.

400: 1. Stepter 52.35.

800: 1. \*\*\*Nyjari McNeil (SDi) 2:06.58 PR.

100H(2.2): 1. Erica Bougard (Nik) 13.24w.

400H: 1. \*Darhian Mills (Wa) 58.35.

HJ: 1. Bria Palmer (LBSt) 5-10¾ (1.80) =PR.

PV: 1. Olivia Gruver (Wa) 15-3½ (4.66) (x, =8 C) (13-9¾ [2], 14-1¼ [2], 14-5½, 14-9, 15-3½ [3], 15-7¼ CR [xxx]) (4.21 [2], 4.31 [2], 4.41, 4.50, 4.66 [3], 4.76 [xxx]);

2. Bonnie Draxler (SDi) 14-5½ (4.41); 3. tie, Lucy Bryan\* (Akr) & Elleyse Garrett (UCLA) 14-1¾ (4.31) (Garrett PR); 5. \*Helen Falda\* (SD) 14-1¾; 6. Megan

Clark (Ois) 14-1¾; 7. \*Kayla Smith (Ga) 14-1¾; 8. Kathryn Tomczak (AF) 13-9¾ (4.21).

LJ: 1. Davis 21-2½ (6.46) PR; 2. Jasmine Todd (CVE) 21-2 (6.45); 3. Rougui Sow\* (FIST) 20-9¼ (6.33); 4. Jogaile Petrokaite\* (FIST) 20-7¾ (6.29).

TJ: 1. Divya Biswal\* (Can) 43-10¾ (13.38) PR; 2. Ja'la Henderson (Wy) 42-6 (12.95).

SP: 1. \*\*Alyssa Wilson (UCLA) 59-1½ (18.02) PR (=CL) (f, 52-1¼, 56-10, 58-8 [out CL], 52-8¼, 59-1½) (f, 15.88, 17.32, 17.88, 16.06, 18.02); 2. \*Laulauga Tausaga (Ia) 59-1½ (18.02) PR (CL) (f, f, 53-9, 53-1, 51-8¼, 59-1½) (f, f, 16.38, 16.18, 15.75, 18.02);

3. Amelia Strickler\* (GB) 55-6¼ (16.92); 4. \*\*\*Akealy Moton (NDSt) 55-4¼ (16.87); 5. \*Nia Britt (Ia) 54-1¼ (16.50); 6. Brenn Flint (UtSt) 53-3½ (16.24); 7. Banke Oginni (Wj) 53-2¾ (16.22); 8. \*Bailey Retzlaff (NDSt) 53-1½ (16.19).

DT: 1. Tausaga 204-4 (62.28) PR (CL);

2. Shadae Lawrence\* (CoSt) 202-9 (61.80); 3. Rachel Dincoff (Iron) 197-11 (60.32); 4. Kirsty Law (unat) 189-2 (57.66); 5. Summer Pierson (unat) 188-5 (57.44); 6. Wilson 185-9 (56.63) PR; 7. Kelcey Bedard (CoSt) 185-5 (56.52) PR; 8. Alexa Evans (unat) 182-7 (55.65); 9. Barbara Coward (UCI) 181-8 (55.39); 10. \*\*Konstadina Spanoudakis\* (Ia) 180-3 (54.95); 11. \*Kiana Phelps (Or) 176-9 (53.89); 12. \*Maria Muzzio (CoSt) 175-1 (53.38); 13. Yuanyuan Yin\* (Chn) 175-1 (53.37); 14. Michelle Wallerstedt (unat) 175-0 (53.35).

HT: 1. Wilson 224-11 (68.56); 2. \*\*Camryn Rogers\* (Cal) 224-8 (68.48) PR; 3. Molli Detloff (ND) 216-10 (66.11); 4. Kelcey Bedard (CoSt) 214-8 (65.43) PR; 5. Onyie Chibuogwu (Wa) 208-3 (63.48) PR; 6. Retzlaff 205-3 (62.56) PR; 7. \*\*Amy Herrington\* (NDSt) 204-3 (62.27).

JT: 1. \*Seri Geisler (AzSt) 182-10 (55.73) PR; 2. \*\*\*Stella Weinberg\* (CSN) 172-9 (52.67); 3. Mariana Castro\* (Mex) 171-3 (52.20); 4. Bethany Drake (Ois) 170-2 (51.88); 5. \*\*Alexis Rigmaiden (Or) 166-3 (50.68) PR; 6. \*Marie-Therese Obst\* (Ga) 165-7 (50.46); 7. \*\*Kari Wolfe (NDSt) 164-1 (50.01).

have a clean release out of my hand. It just had a lot of spin on it." Yet because of that increased intensity, it added another quarter-inch to his PR at 74-7¼ (22.74). The result put Crouser in a rarefied group, passing Tom Walsh and Randy Barnes on the all-time list.

Crouser closed out the day with a foul in the 72-foot (22.00) range. Four of his throws would have sufficed to win over Otterdahl and his outdoor PR of 70-1½ (21.37), with Canadian Tim Nedow in 3rd at 69-6 (21.18). Tripp Piperi of Texas lobbed a PR 68-11¼ (21.01) in 4th. (For video clips of his series, go here.)

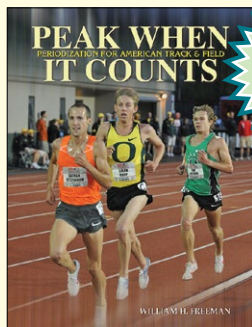
In the triple jump, Craddock produced the

best bound of his life, reaching 58-¼ (17.68) to move to No. 9 among Americans all-time. He opened his day with the best U.S. outdoor jump of the year, 56-3¾ (17.16) and fouled his second before hitting the world-leading monster on his third. Well satisfied, he finished off with a trio of passes. Fellow Gator alum Christian Taylor took 2nd at 56-4½ (17.18), telling T&FN, "It was from short approach. Just a training session. I won't go from my full approach until Nanjing IWC. Focusing on technique. So when I add the speed, I can fly.

The women's shot was also a sparkler, UCLA's Alyssa Wilson topping Iowa's Laulauga

Tausaga on the tiebreaker as both reached new PRs of 59-1½ (18.02) to share the yearly collegiate lead. Wilson also captured the hammer at 224-11 (68.56), while Tausaga PRed with a collegiate-leading 204-4 (62.28) in the disc. Triple threat Wilson was 6th in that one at a PR 185-9 (56.63).

The vaults were also big. South Dakota's Chris Nilsen reached an outdoor world leader of 19-1 (5.82) before going out with three tries at 19-4¼ (5.90). Olivia Gruver of Washington soared over 15-3½ (4.66), equaling the No. 8 collegiate performance ever, then took three attempts at a Collegiate Record 15-7¼ (4.76).



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# Imagine When Ryan Crouser Gets Healthy

KEVIN MOHRIS



Despite an extended sequence of maladies, Ryan Crouser made his outdoor debut a massive one.

by Jeff Hollobaugh

"I'M REALLY HAPPY with where I'm at because things have definitely not been ideal," said Ryan Crouser after a weekend that saw him produce the two farthest puts of his life. The Rio gold medalist noted, "It's still really early and to expect everything to be executing technically at a high intensity—you can't have that this early. You hope for it, but it's tough to do."

So yes, he sees room for improvement. Especially after the last few months, where not much went according to plan. "It's been kind of a rough transition from indoors," he admitted. His first meet of the year was the Millrose Games, where he won with a big toss of 73-3/4 (22.33) over former world champion Joe Kovacs. "I was really happy with that and was just training pretty much through it. And then I got sick before USAs but was already committed to doing it. I went and threw 22.22 [72-10 3/4], which for me I was extremely happy with, being as I had a high fever and had lost a little bit of weight and was just feeling overall pretty, pretty terrible." The travel and the competition, though, set back his recovery, he explained. "I kinda got sick again. It made it worse. And so I was out for 10 days after that."

Wait—there's more: "Coming back from that, I had a small pec tear on my throwing shoulder and had to take 3 weeks off throwing and essentially 4 weeks off in the weightroom of any pressings. So it was a really rough 6 weeks there. Just now was I able to come back to training pretty quickly, but it was all very, very light, very, very, easy. I did 3 weeks of putting a cone at 12m [c40ft] and just getting confidence in it again."

It's all coming around, he added. "The number of hard practices I've had hasn't been a ton, but it's been good. I've used it to be a little more rested. I know I have a tendency to push my limits and be closer to being overtrained than undertrained. A lot of athletes do that because you want to train to be the best and so you naturally think, 'If I'm going to push it harder, I'm going to be better,' which isn't always the case. You still have to take the time to recover. So the injury and the sickness was good in the sense that it made me back off a little bit."

Notably absent in Crouser's demeanor is any sense of jubilant celebration over the best throws of his life. Perhaps because he's confident there's more coming, and this is just one stop along the way: "I am really happy with how this weekend went—mostly just walking away from a hard throwing session and being 100% healthy afterwards."

He clarified that his training limitations in the past few months did not resemble any sort of training taper and would not lead to an early peak, saying, "I definitely was a bit more rested than I would

plan to be for an opener, but I was still under a load and training heavily during the week. I wasn't backed off so much the day of. Hopefully as I come to a peak, things will be rested but also sharper technically and I will be executing a little bit better, just by having more reps under my belt in terms of throwing at high intensities. This definitely showed the baseline power is there and the baseline strength is coming along.

"And then my biggest thing this year is just trying to stay healthy and hopefully upping my body weight a little bit. I'd like to gain 10 pounds [c4.5 kilos] between now and July." Right now, the 26-year-old Oregon native, who stands 6-7 (2.01) is hitting about 313 [142kg] on the scales, which is where he was in '17. But he said, "Body composition-wise, I'm in better shape than I was at the time. I want to gain weight, but I want to make sure that it's the right kind of weight. You see a lot of really big shot putters. I've tried to be more of an athletic thrower. The extra weight doesn't necessarily help me if it's not at least some muscle when

I'm gaining it."

With Drake coming up—on the way to the Doha DL—the Texas alum is confident he is on track at this point in what will be a long season that ideally will loop him back to Qatar for the World Champs final on the evening of October 5. "This is ahead of where I thought I might be," he said. "I've had some pretty good indicators in training, but I haven't really ramped it up in terms of high-intensity throws." He adds in a classic understatement: "I feel like I executed really well for a season opener."

## Crouser Now Has 2 Of History's 10 Farthest Puts

With his 2 big marks in Long Beach, Ryan Crouser is now the No. 5 thrower ever, with performances Nos. =6 and 7. The 10 farthest puts ever (! = secondary mark in a series):

Mark	Athlete	Date
23.06   75-8	Ulf Timmermann (East Germany)	5/22/88
22.91   75-2	Alessandro Andrei (Italy)	8/12/87
22.86   75-0	Brian Oldfield (US)	5/10/75
22.84   74-11 1/4	— — Andrei !	8/12/87
22.75   74-7 3/4	Werner Günthör (Switzerland)	8/23/88
22.74   74-7 1/4	— — Andrei !	8/12/87
<b>22.74   74-7 1/4</b>	<b>Ryan Crouser (US)</b>	<b>4/20/19</b>
<b>22.73   74-7</b>	<b>— — Crouser !</b>	<b>4/20/19</b>
22.72   74-6 1/2	— — Andrei !	8/12/87
22.70   74-5 3/4	— — Günthör !	8/23/88

(Note: this list does not contain the ratified World Record of 23.12/75-10 1/4 by Randy Barnes because he had a major positive test that same year and T&FN policy under such circumstances is to negate all of the athlete's marks in that calendar year)

# Which Throw Best For Alyssa Wilson?

by Bret Bloomquist

ONE OBVIOUS QUESTION that seems to surround UCLA soph Alyssa Wilson is which direction she will go with her prodigious throwing talents. Last year she was the only woman to compete in all three heavy-throw finals at the NCAA when she threw the shot, discus and hammer. Then she did a triple again at the World Juniors (U20) in Finland, earning a silver in the hammer to go with the shot bronze she had won at the '16 edition of the meet.

Most recently, she had a huge weekend at the Beach Invitational. On Friday she won the hammer at 224-11 (68.56), her second-best throw ever (her PR 231-8/71.63 from 2 weeks ago made her the No. 9 collegian ever). On Saturday she threw a co-Collegiate leader 59-1½ (18.02) in the shot and followed that up with a PR 185-9 (56.83) in the discus.

So which way does she go? Is the shot her best event? Does she have more to get out of the discus or hammer? The thing is, the 20-year-old New Jersey native isn't ready to narrow down her focus, she has no timeline on settling down in one throw. As she sees it, she doesn't have to. "It's definitely hard throughout the week, balancing the practice schedule with lifting and studying, but I have a passion to do all three," she explains. "I just set everything aside and focus on one at a time, whether they are all three in one day or spread out. I've always been a three-event thrower, going back to high school. I didn't throw the hammer as much then, but I'd

throw it a couple of meets a year."

In fact, she doesn't see throwing three different implements as an impediment. She sees it as an advantage. Going from one ring to the other doesn't tire her, it keeps her fresh. "That's part of what I love about it," Wilson says. "If the first event doesn't go well, there are always the other two to fall back on. If I'm off a little in the discus, I can put it back together in the hammer."

She's putting it all together, and at the right time. Wilson is entering that always-exciting moment when potential and expectations start to align with reality. The national HS record-holder in the shot, both indoors and out, when she was already a 3-throw star, Wilson came to Westwood as one of the country's most celebrated preps. She was No. 2 in the HS Athlete Of The Year voting, trailing only Sydney McLaughlin.

Her recent showing at the Beach Invitational was particularly exhilarating, she says. "That's something that's been a long time coming, to break 18m in the shot. I had been throwing really far in practice, I just hadn't been able to connect in a meet, bring it in competition." As for her new lifetime best in the discus, she says, "I've always wanted to be great at all three, dominate all three events. Having that extra PR in the discus, it was satisfying. It showed me I can do anything."

She can do just about anything because of the work she puts into it. Along the way, she's gotten a feel, honed for years now, for how to balance three different throws. Juggling three events is as hard as it sounds, but "I've learned

to love it, I'd rather be out practicing than doing anything else."

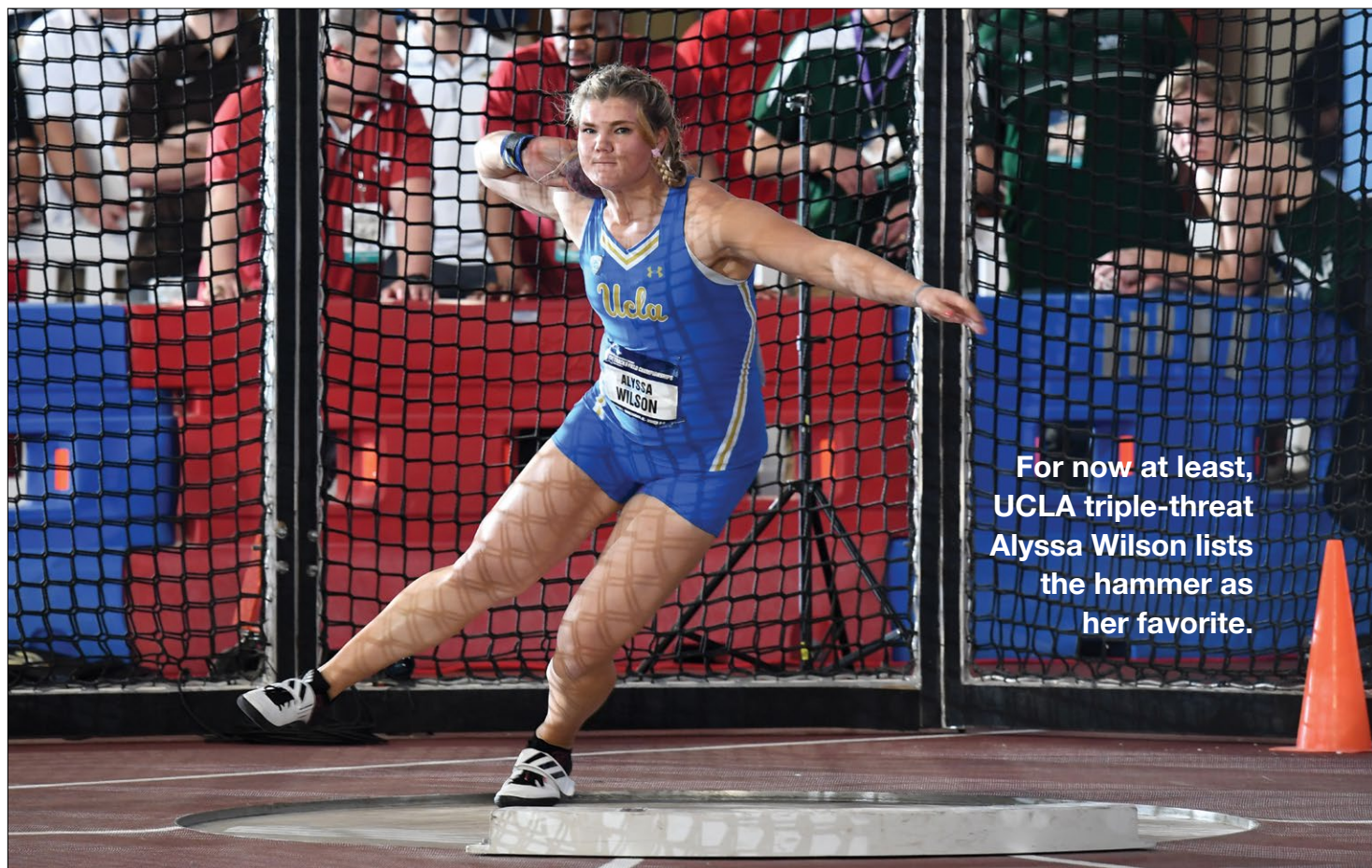
Here is what she means by that: "I throw the hammer 5-6 days a week, then the shot and discus I flip each day. So every day with the hammer, Monday, Wednesday and Friday with the shot put, Tuesday and Thursday with the discus. I'll throw the hammer for about an hour and a half, then an hour and a half, two hours with either the shot or disc."

So three hours, plus lifting, plus being a student at UCLA. "I just set aside the time and do it," she says. What's she doing with that time is improving on some technical issues: "In the shot and disc, staying on my left side a little longer to get the maximum lift on the shot or disc. In the hammer, working to keep the speed throughout the throw."

As for goals, she's dreaming big. "I want to throw 18.50 [60-8½] in the shot, that's the Olympic standard," she says. "Then 72m [236-3] in the hammer, 60m [196-10] in the discus. Overall I'd like to qualify in all three again for outdoor nationals, then be All-American in all three. Hopefully it happens."

In the summer beyond NCAAAs, she can see the national lists and knows her best chances at USAs are in the shot and hammer. That meshes with her preferences anyway. "The hammer is my favorite, but now the shot put is getting back up there," she says. "But the hammer is my favorite."

Actually, her favorite thing is practicing and working hard, which is why it all comes together for her in three different events.



For now at least, UCLA triple-threat Alyssa Wilson lists the hammer as her favorite.

# Johnson Invitational – 2 World Leads For Oduduru

ERIC ANDERSON/THE SPORTING IMAGE



**It only took about an hour for Divine Oduduru to run PRs of 9.94 and 19.76.**

head Wes Kittley, "It was the most impressive thing I've seen as a coach."

"I worked for this," said Oduduru, the reigning indoor and outdoor NCAA 200 champ. "My coaches have always been telling me that I have to get into the moment where I can feel everything. I want to say thank you to Coach [Calvin] Robinson for getting me to this point in my life and my career." He continued, "It's something we do in practice. We run, time the rest, then come back and run another race. He said to just run it the way I do in practice."

Confirmed sprint/hurdle head Robinson, "Run, rest and run again. It's exactly what we do in practice. We came here with the mentality of getting work in and we got it done."

WACO, TEXAS, April 19-20—The first day of the Michael Johnson Invitational was highlighted by the return of Olympic javelinist Maggie

Malone, but day 2 was solely the property of Divine Oduduru. In the space of an hour the Texas Tech junior took over the world leads

in both the 100 (9.94 PR to move to No. 2 on the all-time collegiate list) and 200 (a Nigerian Record 19.76 for No. 2 collegiately). Said Red Raider

## CLAY INVITATIONAL MEN'S RESULTS

Waco, Texas, April 19-20—(4/19—HT, JT)

100: III(1.6)—1. \*\*Kristoffer Hari' (Ar) 10.26.

**IV(0.8)—1. \*Divine Oduduru' (TxT-Ngr) 9.94 (WL, CL) (10, 11 C);**

2. Andrew Hudson (TxT) 10.13 PR; 3. \*Maxwell Willis (Bay) 10.21; 4. Brandon Carnes (adi) 10.23; 5. Cordero Gray (unat) 10.23.

**200(0.8): 1. Oduduru' (TxT) 19.76 NR (WL, CL) (2, 2 C);**

2. Hudson 20.47.

400: 1. Wil London (Bay) 44.93; 2. \*Derrick Mokalleng' (TCU) 45.17; 3. \*\*\*Matthew Moorer (Bay) 45.97 PR.

800: 1. \*Devin Dixon (TxAM) 1:47.06; 2. Vincent Crisp (TxT) 1:48.25; 3. Drake Murphy (SFA) 1:48.42 PR.

110H(0.4): 1. \*Stephon Torrence (Bart) 13.83 PR.

400H: II—1. \*Travean Caldwell (Ar) 50.40.

**III—1. \*\*Norman Grimes (TxT) 49.75 (CL);**

2. \*Infinite Tucker (TxAM) 49.78; 3. Iloilo Izu (TxAM) 50.19; 4. \*\*\*Kenroy Williams' (Bart) 50.24 PR.

4 x 100: 1. Arkansas 39.40 (Oglesby, Boyd,

Hari', Ejiakuekwu'); 2. Stephen F. Austin 39.87.

4 x 400: 1. Baylor 3:03.17 (Baldrige, Fields, Moorer, London); 2. TCU 3:07.25; 3. Arkansas 3:07.37; 4. Barton County CC 3:08.20.

### Field Events

HJ: 1. \*\*Tejaswin Shankar' (KsSt) 7-2½ (2.20).

PV: 1. tie, \*\*\*KC Lightfoot (Bay) & Jacob Wooten (TxAM) 18-8¾ (5.71) PRs; 3. Drew McMichael (TxT) 17-9 (5.41).

TJ: 1. Odaine Lewis' (TxT) 54-2¾ (16.53); 2. Charles Brown (TxT) 52-1¾w (15.89) (51-5/15.67).

SP: 1. Brett Neelly (KsSt) 65-9¾ (20.06); 2. Kai Schmidt' (ACU) 62-6¾ (19.07) PR.

DT: 1. Eric Kicinski (TxT) 203-3 (61.96); 2. Schmidt' 190-10 (58.16); 3. \*\*Kevin Nedrick' (Bart) 187-7 (57.18).

HT: 1. \*\*\*Alencar Pereira' (Bart) 224-1 (68.31) PR; 2. Erich Sullins (Ar) 220-6 (67.22); 3. Aaron Akens (SHous) 215-8 (65.75).

JT: 1. \*Werner Bouwer' (TxT) 243-0 (74.07).

## JOHNSON WOMEN'S RESULTS

(4/19—HT, JT)

100(1.5): 1. Morolake Akinosun (Nik) 11.20; 2. Tawanna Meadows (NEra) 11.38.

200: IV(1.2)—1. Phyllis Francis (Nik) 23.01.

VI(0.8)—1. Brenessa Thompson' (TxAM) 23.05; 2. \*Danyel White (TxAM) 23.21 PR; 3. Diamond Spaulding (TxAM) 23.31.

400: 1. \*\*\*Tierra Robinson-Jones (TxAM) 52.46 PR; 2. \*\*Jaevin Reed (TxAM) 52.48; 3. Kiana Horton (Bay) 52.63; 4. Lily Beckford' (TCU) 52.71 PR; 5. \*Victoria Powell (Bay) 53.82; 6. Jarra Owens (TxAM) 53.83.

800: 1. Jazmine Fray' (TxAM) 2:03.39; 2. Leticia De Souza' (Bay) 2:06.18 PR.

100H: III(1.9)—1. \*\*Kennedy Smith (TxAM) 13.33 PR. IV(2.1)—1. Alaysha Johnson (TxT) 12.99w; 2. Phylcia George' (Can) 13.02w; 3. \*\*Gabrielle McDonald' (TxAM) 13.10w; 4. \*\*\*Yoveinny Mota' (Bart) 13.30w.

**400H: 1. Ranae McKenzie' (KsSt) 56.11 (CL);**

2. \*Lauren Taubert (KsSt) 58.72.

**IV—1. Ashley Spencer (Nik) 55.84 (AL);**

2. Melissa Gonzalez' (Col) 56.92.

4 x 100: 1. Texas A&M 43.99 (McDonald', Martin, Ivy, Madubuikue); 2. Baylor 44.35; 3. Texas Tech 44.91.

4 x 400: 1. Baylor 3:32.63 (Powell, Washington, Miller, Horton); 2. Texas Tech 3:37.51.

### Field Events

HJ: 1. Kimberly Williamson' (Jam) 6-¾ (1.85);

2. Zarrisa Willis (TxT) 6-¾; 3. \*\*Clare Gibson'

(KsSt) 5-10¼ (1.80).

PV: 1. Jenn Suhr (adi) 15-7 (4.75) (15-1¼ [2], 15-7, 16-5¼ [xxx]) (4.62 [2], 4.75, 5.01 [xxx]); 2. Daylis Caballero' (Cub) 14-6 (4.42); 3. \*\*\*Nastassja Campbell (SFA) 14-2 (4.32) PR; 4. \*\*Tuesdi Tidwell (Bay) 14-2 PR; 5. Shay Petty (Tx) 13-10 (4.22); 6. \*\*Chloe Wall (TxT) 13-10.

LJ: 1. \*\*Tyra Gittens' (TxAM) 21-1¼ (6.43).

**TJ: 1. \*Ciyannon Stevenson (TxAM) 45-9¾w (13.96) (a-c out AL, AmCL) (a-c: 10, x AmC) (43-2½w, 44-0w, f, 45-6½w, 45-9¾w, p) (13.17w, 13.41w, f, 13.88w, 13.96w, p);**

2. \*\*Alex Madlock (Bay) 44-2½w (13.47) (43-4½/13.22); 3. Viershanie Latham (unat) 43-9¼w (13.34); 4. Jehvania Whyte' (Nnll) 42-11 (13.08); 5. \*\*Brianna Johnson (TxT) 42-6¼ (12.96) PR; 6. \*\*Chelsey Cole (TxT) 42-6w (12.95); 7. \*Chinnie Okoronkwo (TxT) 42-3½ (12.89).

SP: 1. \*\*Taylor Latimer (KsSt) 54-11¼ (16.74) PR.

DT: 1. \*\*Annina Brandenburg' (ACU) 177-3 (54.03); 2. Kayla Caldwell (ACU) 173-10 (52.99); 3. Lauryn Caldwell (SHous) 172-3 (52.50).

HT: 1. \*\*Shaelyn Ward (KsSt) 196-10 (60.00) PR.

JT: 1. Maggie Malone (unat) 182-7 (55.67) (first meet since 5/20/17).

# Kansas Relays — Bradford Highest Jayhawk Vaulter Ever

by Don Steffens

LAWRENCE, KANSAS, April 18-20—Patience is not a virtue regularly exhibited by youth, whose mantra is typically, “I want it now, if not before.” Apparently, prize Kansas frosh Zach Bradford came to Lawrence willing to be patient and wait for the school record. And other awards. “I thought, maybe by my senior year,” he said after a 3-PR day at the 92nd Kansas Relays. “I didn’t think it would come my first year.”

But it did and Jeff Buckingham’s reign—which began with an 18-10¼ (5.76) back in ‘83—ended abruptly. Bradford’s initial PR came on a first-try clearance of 18-6½ (5.65). A PR 18-8¾ (5.71) needed a pair of attempts. Then Bradford and coach Tom Hays had the bar raised to 5.77 (18-11). “We had moved to a longer approach,” explained Hays, who has coached 4 NCAA champions, “from 16 steps to 18. Maybe 14-feet longer. And the wind was a benefit—it was breezy but not gusty. A consistent wind.”

As Bradford sped down the runway on his second try at 18-11 (5.77), the crowd was clapping in unison—urging him over. And he complied, a solid no-touch arch with one leg flayed slightly. He extended his arms happily on the flight down to the pit. Laid there for a few seconds and then celebrated. “It was a clean vault,” he said. “But the promising thing is that my attempt at 5.80 [19-¼] may have been better technically. But I was pretty tired.” He made only one try there, his 12th overall, and slid his poles into the bag.

His 8 heights cleared here took 11 attempts, but Bradford has a habit of not missing a bar until he goes out. At last year’s USATF Junior & U20 Worlds and this year’s NCAA indoor, he had a clean slate through his final height. No misses until then: “When I go to a meet, I come to show!”

The outdoor season hadn’t been kind to him—until his afternoon at Rock Chalk Park. Bradford had a no-height at the Texas Relays and some poor vaults at Baton Rouge. “I just wanted some good vaults,” he explained. “My mind was certainly in a better place than before. I did have a couple of misses this time, but it just took some minor adjustments at the box and getting onto the pole.”

You might say that Zach has come by his vaulting talents genetically. His dad was a 14-6 vaulter in high school and his brother Steven cleared 15-3 at North Central. But it was at a younger age that his brother really prompted Zach. Big brother



## KANSAS RELAYS MEN'S RESULTS

Lawrence, Kansas, April 18-20—

(4/18—HT; 4/19—TJ, DT)

100(2.8): 1. Tavarious Wright (ButCC) 10.19w; 2. \*\*\*Don'Drea Swint (Coffey) 10.28w.

200(3.2): 1. \*\*Raymone Campbell' (Linc) 20.50w; 2. \*\*Kundai Maguranyanga' (Drake) 20.56w; 3. \*Javan Gray' (Linc) 20.56w.

800: 1. \*Bryce Hoppel (Ks) 1:49.10.

110H(4.8): 1. \*\*\*Cordell Tinch (Ks) 13.71w.

400H: 1. Austin Corley (Wich) 50.90 PR.

### Field Events

PV: 1. \*\*\*Zach Bradford (Ks) 18-11 (5.77) PR (17-2¾, 17-6½ [2], 17-10½, 18-2½, 18-4½, 18-6½ PR, 18-8¾ PR [2], 18-11 [2], 19-¼ [xp]) (5.25, 5.35 [2], 5.45, 5.55, 5.60, 5.65, 5.71 [2], 5.77 [2], 5.80 [xp]);

2. Jake Albright (unat) 17-10½ (5.45).

LJ: 1. \*\*Dodley Thermitus (Coffey) 25-11w (7.90); 2. \*\*\*Carey McLeod' (Emp) 25-3¼w (7.70).

TJ: 1. Jaden Purnell (OR) 52-8 (16.05) PR; 2. \*\*Ryan Brown' (Linc) 52-7¼w (16.03) (51-11¾/15.84).

SP: 1. Kord Ferguson (Al) 63-6¼ (19.36).

DT: 1. Mason Finley (Nik) 220-3 (67.13) (AL) (216-9, 218-5, 205-11, f, f, 220-3) (66.06, 66.59, 62.77, f, f, 67.13);

2. Rodney Brown (unat) 209-1 (63.73); 3. Nick Percy' (GB) 203-8 (62.09); 4. Ferguson 199-7 (60.85); 5. \*\*Burger Lambrechts' (Nb) 188-5 (57.43) PR; 6. Carlos Davis (Nb) 187-11 (57.29).

HT: 1. \*Gleb Dudarev' (Ks) 237-2 (72.29).

JT: 1. Aaron True (Wich) 247-1 (75.33).

## KANSAS RELAYS WOMEN'S RESULTS

(4/19—PV, TJ)

100(3.1): 1. Sydney Conley (unat) 11.41w; 2. Christina Clemons (adj) 11.45w; 3. A'Keyla Mitchell (unat) 11.47w.

200(2.8): 1. Mitchell 22.81w; 2. \*Rene Medley' (Linc) 23.10w; 3. \*Jedah Caldwell (Ks) 23.32w.

400: 1. Renea Ambersley' (Linc) 53.45.

4 x 400: 1. Lincoln 3:39.53; 2. Kansas 3:39.59.

PV: 1. Alexis Romero (Ks) 13-10½ (4.23) PR.

LJ: 1. Andrea Guebelle (unat) 20-5¼w (6.23).

TJ: 1. \*\*\*Grace Chinonyelum' (CloudC) 43-3¼w (13.19).

DT: 1. Whitney Ashley (unat) 194-1 (59.17); 2. \*\*Alexandra Emilianov' (Ks) 184-5 (56.21) PR.

## Prize frosh Zach Bradford PRed 3 times in erasing an ancient school record.

joined a pole vaulting club, and so did little brother. Zach cleared 5-6 in the 5th grade and progressed until he topped 18-2½ (5.55) as a high school senior. Altogether he won 3 Illinois prep titles for Bloomington High.

The future is sunny, he says: “I’m vaulting with a 5m pole and I want to move up to a 5.10 pole and move my grip up some—probably to 12-6 or 13. Then I can move my take-off point to 13-6 or 14. I hope to get some good vaults next weekend at Arkansas—just to prove that KU’s 5.77 wasn’t a fluke.”

Kansas alum Mason Finley put together a nice series of 216-9, 218-5, 205-11, f, f, 220-3 (66.06, 66.59, 62.77, f, f, 67.13) in the discus. His final mark, his best since his bronze-medal performance at the ‘17 World Champs, claimed the yearly U.S. lead.

# LSU Alumni Gold – Stewart Yet Another 400 Threat

BATON ROUGE, Louisiana, April 20—This year South Carolina has emerged as a state to be reckoned with in the collegiate men's 400 with the pairing of Tyrell Richard & Quincy Hall, but after LSU's Alumni Gold meet, North Carolina is looking for bragging rights too. North Carolina A&T's Trevor Stewart is suddenly at 44.54, making him the second-fastest collegian on the year. The Aggie junior entered this year as a 45.28 performer, but in his first outdoor race lowered that to a world-leading 45.18 in winning the Florida Relays.

Said coach Duane Ross, himself an '04 Olympian in the high hurdles, "We're just getting started, but this is just his second one. We haven't come off anything. I mean, what we're doing strength-wise, what we are doing in the weightroom and everything has been geared toward the NCAAs. When we sat down at the end of the season, we geared everything at the NCAA Championships and beyond knowing it was a big year. So there's plenty, plenty left. This one right here, it just opened up his eyes. You could see it."

There was good speed on the women's side



**Trevor Stewart of North Carolina A&T joined the sub-45 club in a big way with his 44.54.**

too, as last year's NCAA/USATF 100 champ, Aleia Hobbs, coming back from a pair of knee surgeries, ran her first individual outdoor race of the year. She had a healthy 2.8mps wind at her

back but nonetheless impressed with her 10.83w.

Prize LSU frosh Mondo Duplantis made his yearly outdoor debut a successful one by winning at 18-2½ (5.55) before missing at 19-¾ (5.81).

## ALUMNI GOLD MEN'S RESULTS

Baton Rouge, Louisiana, April 20—

100(2.8): 1. Micah Larkins (NWNLa) 10.10w; 2. McKinley West (SnMs) 10.13w; 3. Bismark Boateng (Can) 10.25w; 4. \*Akanni Hislop (LSU) 10.29w.

200: I(2.0)–1. Hislop 20.65; 2. Rodney Rowe (NCAT) 20.68.

**II(3.9)–1. Jaron Flournoy (LSU) 20.13w (a-c AmCL);** 2. \*\*Hakim Sani Brown (FI) 20.48w; 3. Vernon Norwood (NBal) 20.57w.

400: 1. \*Trevor Stewart (NCAT) 44.54 PR; 2. Vernon Norwood (NBal) 45.29; 3. \*Tyler Terry (LSU) 45.88.

110H(2.6): 1. Joshua Thompson (unat) 13.46w; 2. \*\*Damion Thomas (LSU) 13.58w; 3. Arthur Price (LSU) 13.61w; 4. Ryan Fontenot (unat) 13.67w; 5. \*\*LaFranz Campbell (Clem) 13.68w; 6. Michael Dickson (NCAT) 13.70w.

**400H: 1. Quincy Downing (unat) 49.73 (AL);**

2. Sheldon Williams (Jam) 50.54; 3. Christian Boyd (LSU) 50.55; 4. \*\*Cory Poole (FI) 50.77.

4 x 100: II–1. Southern Mississippi 39.97. III–1. Florida 38.55 (Ekevw, Sani Brown, Holloway, Clark); 2. LSU 38.82; 3. Canada 38.88; 4. North Carolina A&T 39.14; 5. Mississippi State 39.96.

4 x 400: 1. LSU 3:04.89 (Camel, Kibet, Mosby, Terry); 2. Canada 3:05.52; 3. Florida 3:05.67.

### Field Events

**HJ: 1. \*\*JuVaughn Harrison (LSU) 7-4¼ (2.24) PR (=out AmCL);**

2. Jhonny Victor (FI) 7-2½ (2.20); 3. \*Eric Richards (SnMs) 7-2½ =PR; 4. \*Caleb Parker (SnMs) 7-1 (2.16).

PV: 1. \*\*\*Mondo Duplantis (LSU) 18-2½ (5.55) (outdoor debut) (17-4½ [2], 18-2½, 19-¾ [xxx]) (5.30 [2], 5.55, 5.81 [xxx]); 2. Carson Waters (unat) 17-10½ (5.45).

LJ: 1. \*Grant Holloway (FI) 26-3 (8.00); 2. Rodney Ruffin (unat) 25-10¼ (7.88); 3. Damar Forbes (Jam) 25-10w (7.87) (25-5¼/7.75); 4. \*Rayvon Grey (LSU) 25-8¾ (7.84).

TJ: 1. DeVontae Steele (unat) 52-4½ (15.96).

SP: 1. T'Mond Johnson (TxSt) 63-1½ (19.24).

DT: 1. \*\*\*Roje Stona (Clem) 188-1 (57.34).

HT: 1. \*\*Thomas Mardal (FI) 232-10 (70.96); 2. \*\*Jake Norris (LSU) 227-1 (69.22); 3. AJ McFarland (FI) 219-10 (67.00).

## ALUMNI GOLD WOMEN'S RESULTS

100: I(2.5)–1. \*\*Janeek Brown (Ar) 11.22w; 2. \*Rebekah Smith (Clem) 11.37w.

**II(2.8)–1. Aleia Hobbs (TOly) 10.83w (a-c: WL, AL);**

2. Crystal Emmanuel (Can) 11.03w; 3. \*\*\*Sha'Carri Richardson (LSU) 11.12w; 4. Gabrielle Thomas (NBal) 11.14w; 5. Kiara Parker (Ar) 11.23w.

200: I(1.3)–1. \*\*\*Cambrea Sturgis (NCAT) 22.71 PR; 2. Brown 23.05 PR; 3. Jada Martin (unat) 23.33; 4. Tramesha Hardy (TxSt) 23.37. II(1.3)–1. Kayla White (NCAT) 22.74 PR; 2. Gabrielle Thomas (NBal) 22.98; 3. Kyra Jefferson (Nik) 23.19; 4. Richardson 23.35; 5. Payton Chadwick (Ar) 23.39.

400: I–1. \*\*\*Doneisha Anderson (FI) 52.77 PR. II–1. Maddy Price (Can) 51.56 PR; 2. \*\*Kethlin Campbell (Ar) 51.83 PR; 3. \*\*\*Stacey Ann Williams (SnNo) 52.74; 4.

\*\*Taylor Manson (FI) 53.07; 5. Rachel Misher (LSU) 53.63.

800: 1. Ersula Farrow (LSU) 2:05.75; 2. \*\*\*Katy-Ann McDonald (LSU) 2:06.47; 3. Alena Brooks (Tri) 2:06.69.

100H(2.8): 1. \*TeJyrica Robinson (NCAT) 13.24w.

**II(1.9)–1. \*Tonea Marshall (LSU) 12.81 (CL);**

2. Danielle Williams (Jam) 12.94; 3. Chadwick 12.97; 4. \*Brittley Humphrey (LSU) 13.15; 5. \*\*Milan Young (LSU) 13.28.

400H: 1. Young 58.41; 2. \*\*Nikki Stephens (FI) 58.93.

II–1. Shamier Little (adi) 56.47; 2. Cassandra Tate (adi) 57.46.

4 x 100: 1. Arkansas 43.45 (Parker, Chadwick, Brown, Campbell); 2. LSU 43.72; 3. North Carolina A&T 43.91.

4 x 400: 1. Arkansas 3:30.37 (Burks Magee, Parker, Chadwick, Campbell); 2. Canada 3:30.83; 3. Florida 3:34.62; 4. LSU 3:38.36; 5. Clemson 3:38.51.

### Field Events

HJ: 1. \*\*Abigail O'Donoghue (LSU) 5-11¼ (1.81) =PR.

PV: 1. Rebekah Markel (Tul) 13-9¼ (4.20).

LJ: 1. Kenyattia Hackworth (unat) 21-8w (6.60) (21-2/6.45); 2. Yanis David (FI) 21-0 (6.40); 3. \*Jasmyn Steels (NWNLa) 20-8½ (6.31).

TJ: 1. Lynnika Pitts (unat) 45-7¼w (13.90) (44-1¼/13.44); 2. \*Simi Fajemisin (Harv) 42-3½w (12.89).

DT: 1. \*\*\*Veronica Fraley (Clem) 173-7 (52.90).

HT: 1. Janee Kassanavoid (unat) 233-6 (71.18); 2. Alina Duran (unat) 215-0 (65.54).

JT: 1. Kelsey Frank (NWNLa) 168-5 (51.34) PR.

# Maggie Malone Is Back

ERROL ANDERSON/THE SPORTING IMAGE



**Maggie Malone's first meet since May of '17 found her back over the 180 barrier.**

by Roy Conrad

AS A TEXAS A&M senior in '16, Maggie Malone emerged as a bright new U.S. javelin hope, winning not only the NCAA title, but also the USATF crown, which garnered her a spot on Team USA in Rio. Her best throw of the year, 204-0 (62.19) to win the NCAA, made her the collegiate recordholder and No. 4 on the all-time U.S. list.

But injuries got in the way and she threw only three times in '17, wrapping up her brief season on May 20. "In 2016 I had a fractured left heel," explains Malone, who is working at her alma mater as a program coordinator and analyst with the athletic department. "And then for 2017 and 2018 I had three bulging discs. I ended up getting surgery and was told to sit out for the discs. I was able to run, but not do much lifting or plyos for a while. I couldn't throw at all since I couldn't get my back into the positions I needed to throw. So, I took off more time mentally because I felt frustrated and too consumed by the sport after the injuries. I felt like it was God's timing to step away from the javelin for a while to get both physically and mentally healthy again."

Color her return after almost 2 years off a success. Throwing at Baylor's Michael Johnson Invitational on April 20 she reached 182-7 (55.67), a mark only 8 Americans bettered all of last year. "I had a stinger today while warming up, so I didn't think I was going to throw," she says. "But I wanted to get all 6 throws in to get a meet under my belt. Now it's time to put the work in. Still, my goal is 2020. It's been weird getting back into throwing since I'm working now. It's finding a new rhythm and balance for all that. It's been hard and different, but I have an awesome support system and friends. I'm excited for the season. I'm excited to see what 2019 and 2020 have in store. I know I have more work to do to reach my goals, but overall I'm blessed to

finally be healthy again and back competing in the sport I love."

Her series included an opening throw of 167-7 (51.09) followed by 3 fouls. Then she hit the big one in round 5 and finished with 171-4 (52.24).

## The All-Time U.S. Women's Javelin List

Before injuries got in the way, Maggie Malone had climbed to No. 4 on the all-time U.S. women's javelin list. The top 10:

	Distance	Athlete	Year
1.	66.67   218-8	Kara Winger (Asics)	6/25/10
2.	64.75   212-5	Brittany Borman (Nike)	5/10/15
3.	64.19   210-7	Kim Kreiner (Nike)	5/16/07
4.	62.19   204-0	Maggie Malone (Texas A&M)	6/09/16
5.	61.38   201-4	Ariana Ince (unattached)	7/09/17
6.	61.20   200-9	Hannah Carson (Texas Tech)	6/09/16
7.	61.06   200-4	Rachel Yurkovich (Nike)	5/01/12
8.	60.06   197-0	Serene Ross (Purdue)	6/21/02
9.	59.92   196-7	Dana Pounds-Lyon (US Air Force)	5/24/08
10.	59.05   193-8	Kim Hamilton (Nike)	6/26/15

# Sprinter/Jumper Boling Is The Talk Of High School Track

ERIC L. ANDERSON/THE SPORTING IMAGE



**Matthew Boling's Texas Relays 100 win was an eye-opener, but his long jumping and relay leg may have had even bigger wow coefficients.**

by Lee Nichols

AUSTIN, TEXAS, March 28-30—When the wider track & field world first became aware of high schooler Matthew Boling (Strake, Houston), he seemed like a pretty promising prospect in the 400 who could jump a little too, running 47.38 and jumping 23-11 as a soph in '17. Last year he uniquely earned No. 5 All-America status in both events, and with marks of 46.15 and 23-11½ (plus 24-2¾w), his future as a Georgia Bulldog seemed to be in the quartermile.

But March 2019 has marked the unveiling of Boling 2.0. After years away from the short sprints, he suddenly became a hot topic when he burned up nation-leading marks of 10.22 and 20.58 at the Texas Southern Relays. He also burnished his jumping cred at two other meets by sneaking past 25 feet with PRs of 25-½ and 25-2½.

What to do for an encore? He headed to the

most prestigious meet in the state, the Texas Relays, and delivered a master class in multi-tasking. On Friday night, he leaped past a lot of sand as well as history, opening at 25-7½w before reaching No. 7 on the all-time high school list with a 26-3½.

Less than 24 hours later, a stunning bolt from 5th or 6th up to an at-the-line 1st gave his 4x1 teammates a 40.86 victory (winning by a mere 0.007). Add in a dominating 10.20w win in the 100 and his place in the athletic lore of a state with plenty of it was secured.

"It's great," Boling says rather calmly of his newfound status as the talk of the nation. "It kind of makes me want to run better. Last year I got kind of nervous with all of the recruiting process and everything, but this year I'm just having fun with it and it really pushes me to do better."

So is this the future? Is the quarter relegated to his past? What is Matthew Boling's event? On the track: "Right now I think it's the 1 and 2,

but I really think I have the potential to go 45.0 in the 4, so I think that would make it my best race. But I'm not sure what I'm doing at District and State. But if I don't run the 4, for sure I'll go to a summer meet and run it."

What he's not doing is overtaxing himself. Rather than using him as a point machine, his coaches have tapped the brakes and only enter Boling in 2 or 3 events per meet. "I'll take a break with the long jump occasionally," he says. "I didn't do a long jump for two weeks. That felt really nice. I could just come back fresh. Definitely that helped me in the long run. And I've been doing 1s and 2s and that was really nice to save my legs, because last season I competed all summer and I felt really tired by the end, but I still feel like I have a lot left right now."

He brought those smarts to Austin, as well. Perhaps to the disappointment of Friday's crowd, he hit his long jump stunner in the second round and then called it a night. "[I had to] conserve energy for today," he explains. "I



jump at District next Friday so I didn't want to go too heavy. I wanted to have fun at this meet but I didn't want to nail it down. That's why we didn't run a 4x4 either."

Boling admits to being a little surprised with his long jump progression, but notes, "I knew I had the potential last year to go 25-high. I had a couple of jumps that I just barely scratched, but I ran off the board perfectly. For me it's about if I attack the board or not. When I do it's usually a far jump."

Now fans have to wonder how much higher

this meteoric rise can go. Boling has predictions. In the 100, "definitely 10.1-something. My start wasn't too good. I kind of popped up with my trail leg." And in the jump, Boling has been forced to rethink his goals. "In the beginning of the year it was 25-high, but now that I went 26, I'll just shoot for 27 I guess, beat Marquise Goodwin's national record [26-10]. That would be cool. I was just talking to him over there. He's really cool."

## Matthew Boling Joins The 26-Foot Club

Matthew Boling's breakthrough jumping at the Texas Relays made him prep No. 14 ever to register a legal 26-foot jump, and raised him to No. 7 on the all-time list. The legal 26-footers (another 9 have done it with illegal wind):

Jump	Athlete	Year
26-10	Marquise Goodwin (Rowlett, Texas)	2009
26-9¼	Dion Bentley (Penn Hills, Pittsburgh, Pennsylvania)	1989
26-8½	*Sheddic Fields (South Oak Cliff, Dallas, Texas)	1991
26-8¼	Carl Lewis (Willingboro, New Jersey)	1979
26-5½	Charles Smith (Las Vegas, Nevada)	1984
26-4¾	James Stallworth (Tulare, California)	1989
<b>26-3½</b>	<b>Matthew Boling (Strake, Houston, Texas)</b>	<b>2019</b>
26-2¼	Ken Duncan (McClatchy, Sacramento, California)	1972
26-2i(A)	Jerry Proctor (Muir, Pasadena, California)	1967
26-1½	Todd Trimble (Southeast, Kansas City, Missouri)	1989
	Ja'Mari Ward (Cahokia, Illinois)	2016
26-¾	Joe Richardson (Pasadena, California)	1984
26-¼	Rayvon Grey (Beacon, New York)	2016
26-0	Johnny Cleveland (Soquel, California)	1984

## TEXAS HS BOYS RESULTS

Austin, Texas, March 28-30—

100(2.2): 1. Matthew Boling (Strake, Houston) 10.20w (10.21wh).

Div 1 100(1.5): 1. Ryan Martin (Stafford) 10.37.

800: 5. Crayton Carrozza (St Stephen's, Austin) 1:50.64 (9 days too old to be eligible for Texas HS season).

**2000St: 1. \*William Muirhead (Lovejoy, Lucas) 6:03.19 (HSL).**

110H(2.5): 1. TreVon Mays (Spring) 13.82 (13.78wh).

**300H: 1. Ryan Williams (Bowie, Arlington) 36.85 (HSL),**  
4 x 100: 1. Strake 40.86 (Boling); 2. Duncanville 40.86; 3. Poly, Long Beach, Ca 40.91.

4 x 200: 1. Dunne, Dallas 1:25.54.

Div. I 4 x 200: 1. DeSoto 1:25.81;... dnf—Lancaster, Tx.

4 x 400: 1. DeSoto 3:12.90.

SpMed: 1. Poly, Long Beach, Ca 3:28.31.

HJ: 1. \*Eli Stowers (Guyer, Denton) 6-10.

PV: 1. Max Manson (Monarch, Louisville, Co) 17-0; 2. Jacob Herrscher (Greenhill, Addison) 17-0.

**LJ: 1. Boling 26-3½ (HSL) (7,11 HS) (25-7½w, 26-3½, p, p, p, p).**

SP: 1. \*Jeff Duensing (Esperanza, Anaheim, Ca) 65-3; 2. Patrick Piperi (The Woodlands) 64-10¾.

**JT: 1. \*Sam Hankins (Manhattan, Ks) 207-7 (HSL).**

## TEXAS HS GIRLS RESULTS

100(1.8): 1. De'Anna Nowling (Calabasas, Ca) 11.43; 2. Kenondra Davis (Trimble, Ft Worth) 11.50.

3200: 1. \*Brynn Brown (Guyer, Denton) 10:21.98.

**100H(1.7): 1. Alia Armstrong (Drexel, New Orleans) 13.36 (HSL);**

2. \*Jayla Hollis (DeSoto) 13.83.

**300H: 1. \*\*Jalaysi'ya Smith (DeSoto) 42.14(HSL).**

**4 x 100: 1. DeSoto 45.69. Heats: IX-1. DeSoto 45.07 (HSL).**

4 x 200: 1. Lancaster 1:38.27; 2. DeSoto 1:38.48. Heats: II-1. DeSoto 1:38.04.

**4 x 400: 1. DeSoto 3:39.81 (HSL).**

4 x 800: 1. DeSoto 9:14.70; 2. Flower Mound 9:20.

SpMed: 1. The Woodlands 4:00.12; 2. Scripps Ranch, San Diego 4:00.40; 3. DeSoto 4:00.63; 4. Dana Hills, Dana Point, Ca 4:02.55.

DisMed: 1. Montgomery 12:07.03.

HJ: 1. \*Rachel Glenn (Wilson, Long Beach, Ca) 5-8½; 2. Nissi Kabongo (Liberty, Frisco) 5-8½; 3. \*Danielle Munoz (Cinco Ranch, Katy) 5-8½.

PV: 1. Gennifer Hirata (Stafford) 14-0; 2. Riley Floerke (Gregory-Portland, Portland) 13-6; 3. Chloe Cunliffe (West, Seattle, Wa) 13-6; 4. Kaili Thompson (Warwick Valley, Warwick, RI) 13-6.

LJ: 1. \*Claire Bryant (Memorial, Houston) 21-2¼w (20-8¼); 2. Jasmine Moore (Lake Ridge, Mansfield) 20-10¼w (19-7¾); 3. Ameia Wilson (Danville) 19-6.

TJ: 1. Moore 43-5 (f, 42-6¼, 42-8¾w, 42-6½, 43-5; f).

SP: 1. \*Kiana Lowery (Klein Oak, Spring) 45-2¼.

DT: 1. \*Chrystal Herpin (Dawson, Pearland) 160-5.

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# Arcadia Boys – Christian Grubb Wins Sprint Showdown

KIRBY LEE/IMAGE OF SPORT



An exciting 100 saw Christian Grubb's 10.40 edge Micah Williams by 0.09.

by Brian Russell

ARCADIA, CALIFORNIA, April 05–06— From the sprints to the distances, showdowns would be the name of the game for the boys portion of the Arcadia Invitational and there would be no better race to start than the 100m.

Christian Grubb (Notre Dame, Sherman Oaks, California), an Arizona State recruit who plans to play football and run track for the Sun Devils, had been undefeated in both the 100 and 200 leading up to the meet. He ran 10.41 last month and was keen on winning here to keep his string alive. Given his PRs coming into this year—10.73 in '17 and 21.39 in '18—his rise was unexpected.

Micah Williams (Benson, Portland), meanwhile, fresh off a successful indoor season that culminated with a New Balance Indoor 60 victory, was itching to get his outdoor season started against the Californian, who had a half dozen 100's under his belt this season. Having run 10.37 in 2018 as a soph, Williams would need to be near that level to challenge Grubb.

A clean start saw both runners get out even, but midway through the sprint, the 5-11/175 Grubb started to power away and crossed the line in 10.40, 0.09 ahead of Williams and 0.21 ahead of 3rd-placer Cristian Moore (Oaks, Westlake Village, California).

Redemption was on Williams' mind as he lined up against Grubb in the 200 some 2 hours later. With a PR of 21.17, Williams would need to counter the 20.93 Grubb ran two weeks ago. Not to be discounted, Justin Robinson (West, Hazelwood, Missouri), who ran 21.18 indoors, would be able to eye his competitors from lane 4 with Grubb in 5 and Williams in 6. As in the 100, Grubb got a good start and entering the straight was a good meter ahead of Williams. But with 50m left, Grubb began to tighten and Williams and Robinson pulled even 10m from the finish. Both Williams (21.03) and Robinson (21.06) set PRs, as they nipped Grubb (21.07) at the line.

In its history, the 3200 at Arcadia boasts of

having the most sub-9:00 performances of any meet in history. Although this would not set another sub-9:00 record, the duel between Nico

Young (Newbury Park, California) and Cole Sprout (Valor Christian, Highland Ranch, Colorado) will go down in the annals of Arcadia lore. Sprout led a crowded field of 34 through a 64.8 first lap, with Young staying tucked in near the front. At 800, it was Sprout still leading, but Young had maneuvered to 3rd behind Matt Strangio (Jesuit, Carmichael, California). Halfway was crossed in 4:22, but it was down the backstretch that Sprout would increase his pace and try to break Young. Young would have none of it. As the two lengthened the distance between themselves and the rest of the field, they would never be separated by more than a step.

With Young hovering behind, Sprout kept the pressure on by not letting the pace slide. A steady diet of 65s gave the two a com-

fortable cushion ahead of the rest and at the bell Sprout was just a 10th ahead of Young. The pace increased down the backstretch with both waiting to unravel their kicks. With 150 left, Young began to unwind his legs and let his 3:45.74 speed work its magic. As he entered the homestretch, Young edged past Sprout, but Sprout did not cave in. Young's speed endurance would prevail, however, and he completed his final circuit with a 59.6, finishing in an outstanding 8:40.00 (worth 8:43.02 for 2M), moving to No. 10 on the all-time list, with Sprout just 0.79 behind in 8:40.79. Young's mark was also a national age-16 record (as was his en route 8:11.02 at the 3000 point). Third went to Drew Bosley (Homestead, Mequon, Wisconsin) in 8:49.28, holding off Charles Hicks (Bolles, Jacksonville) in 8:49.62 with 10 more under 9:00.

Said Young, "I've been working on my kick all year and it paid off tonight. My initial plan was to make a move on him after 800 meters, but he was surging numerous times. I had to just keep up. I changed my plans and made my move late." Oh, and in case you wanted to have something to look forward to next year, both Young and Sprout are juniors.

## ARCADIA BOYS RESULTS

Arcadia, California, April 05–06—

(5/05—4x2, 4x8, 4x16, 800Med, SpMed, 4x110H)

100(1.4): 1. Christian Grubb (Notre Dame, Sherman Oaks, Ca) 10.40; 2. \*Micah Williams (Benson, Portland) 10.49; 3. Cristian Moore (Oaks, Westlake Village, Ca) 10.61.

200(-1.0): 1. Williams 21.03; 2. \*Justin Robinson (West, Hazelwood, Mo) 21.06; 3. Grubb 21.07. **400: 1. Robinson 46.22 (HSL);**

2. Zach Larrier (Monterey Trail, Elk Grove) 46.49; 3. \*Solomon Strader (West Ranch, Stevenson Ranch) 47.28.

800: 1. Kai Wingo (Valencia, Ca) 1:52.45; 2. \*Chase Gordon (Jesuit, Carmichael, Ca) 1:53.06; 3. Armando Bryson (Wilson, Long Beach) 1:53.16.

Mile: 1. Chase Rivera (Bolles, Jacksonville) 4:11.24; 2. Rylan Stubbs (Campo Verde, Gilbert, Az) 4:11.72; 3. \*Christopher Middleton-Pearson (Dublin, Ca) 4:12.48.

**3200: 1. \*Nico Young (Newbury Park) 8:40.00 <8:43.02> (HSL) (10, x HS) (national age-16 record) (8:11.02—national age-16 record);**

2. \*Cole Sprout (Valor, Highlands Ranch, Co) 8:40.73 <8:43.75>; 3. Drew Bosley (Homestead, Mequon, Wisconsin) 8:49.28 <8:52.35>; 4. Charles Hicks (Bolles) 8:49.62 <8:52.70>; 5. Cole Bullock (Red Bank, Chattanooga) 8:50.70 <8:53.78>; 6. \*Leo Daschbach (Highland, Gilbert, Az) 8:51.09 <8:54.17>; 7. Liam Anderson (Redwood, Larkspur, Ca) 8:51.89 <8:54.98>; 8. \*Evan Holland (Ashland, Or) 8:51.93 <8:55.02>; 9. Colin Baker (Academic, Mt Pleasant, SC) 8:54.68 <8:57.79>; 10. Camren Fischer (Fayetteville, Ar) 8:55.04 <8:58.18>; 11. Joe Waskom (Mt Si, Snoqualmie, Wa) 8:56.52 <8:59.64>; 12. Caleb Easton (Middleton, Wj) 8:57.67 <9:00.79>; 13. \*Thomas Boyden (Skyline, Salt Lake City) 8:58.90 <9:02.03>; 14. \*Matt Strangio (Jesuit) 9:00.58 <9:03.72>.

110H(0.3): 1. \*Jamar Marshall (St Mary's, Stockton) 13.87; 2. Warren Williams (West, Tracy, Ca) 14.01; 3. Andre Turay (Bullis, Potomac, Md) 14.05.

300H: 1. Matthew Harris (St Pius X, Atlanta) 37.23; 2. James Rivera (Lakewood Ranch,

Bradenton, Fl) 37.45; 3. Marshall 37.70.

### Relay Events

4 x 100: 1. Clovis North, Fresno 41.29; 2. Harvard-Westlake, Studio City 41.53; 3. Poly, Long Beach 41.63.

4 x 200: 1. Poly 1:25.91; 2. Rancho Cucamonga 1:27.75; 3. Central, Fresno 1:28.07.

4 x 400: 1. Poly 3:16.28; 2. Bullis 3:17.08; 3. Wilson 3:17.92.

4 x 800: 1. Loyola, Los Angeles 7:48.13; 2. Great Oak, Temecula 7:49.96; 3. St. Francis, Mountain View 7:53.35.

**4 x 1600: 1. Laguna Beach 17:27.00 <17:33.08> (HSL);**

2. West Ranch 17:32.59; 3. Dana Hills, Dana Point 17:34.86; 4. Great Oak, Temecula 17:39.51.

800Med: 1. Harvard-Westlake 1:29.82; 2. Bullis 1:32.24; 3. Banneker, Brooklyn, 1:33.00.

SpMed: 1. Wilson 3:28.57; 2. Ridgewood, NJ 3:32.23; 3. Leuzinger, Lawndale 3:34.12.

**DisMed: 1. Loyola 10:12.05 (out HSL);**

2. West Ranch 10:16.49; 3. St. Francis 10:16.67. **4 x 110H: 1. Vista Murrieta, Murrieta 62.60.**

### Field Events

HJ: 1. \*Trey Tintinger (Helena, Mt) 6-11; 2. \*Joseph Ruddell (Morro Bay) 6-9.

PV: 1. Samuel Wright (Lodi, Ca) 16-1; 2. Zachary Klobutcher (Tahoma, Kent, Wa) 16-1; 3. Jacob Rice (Rancho Bernardo, San Diego) 16-1.

LJ: 1. \*Caleb Foster (Clovis North) 25-1½; 2. Micaylon Moore (Ft Collins, Co) 23-6.

TJ: 1. \*Nimir Hemphill (Upland, Ca) 48-5½; 2. Allam Bushara (Ft Collins) 48-½; 3. \*Tianhao Wei (South Pasadena) 47-11¼.

SP: 1. Daniel Viveros (Liberty, Bakersfield) 66-9; 2. Tanner Duffin (Pius X) 65-11¼; 3. Jeff Duensing (Esperanza, Anaheim) 64-5½.

DT: 1. Corey Moore (Liberty, Henderson, Nv) 200-11; 2. Duffin 194-2; 3. Christian Johnson (Buchanan, Clovis, Ca) 189-9; 4. Viveros 187-7.

Open DT: 1. Cian Quiroga (Valor) 189-2.

Dec: 1. Markus Rooth (Nor) 7248; **2. Derek Pekar (Ventura) 7021 (HSL);**

3. Elby Omohundro (St Christopher's, Richmond, Va) 6763; 4. \*Gage Knight (University, Palm Harbor, Fl) 6533.

# Arcadia Girls – Another HS High For Chloe Cunliffe

BILL LEUNG

Chloe Cunliffe had plenty of reason to celebrate on her first attempt at the highest outdoor HS vault ever, 14-8.



by Brian Russell

ARCADIA, CALIFORNIA, April 05-06—Competing in the Arcadia Invitational can be the highlight of a prep athlete’s career. There are hundreds of athletes who come from the friendly confines of Southern California, but there are others who travel hundreds, if not thousands, of miles for the chance to take part in the best high-school-only meet in the nation before the post-season.

Standout performances are the norm at Arcadia and its showcase event, the 3200, did not disappoint, as the girls joined the boys in posting outdoor-list-leading marks. Conditions were ideal, with highs in the mid to upper 70s. Several other leaders emerged throughout the day, but none were as impressive as the one by vaulter Chloe Cunliffe (West, Seattle), whose 14-8 was more than a foot higher than the runner-up.

Cunliffe, fresh off [last month’s indoor 14-9](#) the “absolute” HS and American Junior Record, passed until the bar reached 13-1 and promptly cleared that on her first attempt. She incurred first-attempt misses at 13-5 and 13-9, but after

Paige Sommers’ third miss at 13-9, Cunliffe was ready to soar higher.

It took three attempts for Cunliffe to clear 14-3, but then the Washington State signee needed only one to get over 14-8, setting an outdoor HSR/AJR, bettering Lexi Weeks’s 14-7½ from ’15. She knew it was a good vault when she sailed over the record height and confirmed her delight when she told the LA Times later, “It felt like a good jump; I was like, ‘Oh, I got it. I got it.’” She took three attempts at 15-0, which would put her in the all-time world Junior top 10, but was satisfied with her overall performance.

Both hurdles saw juniors produce nation-leading times. Leah

## Cunliffe Taking Over All-Time Vault List

Chloe Cunliffe now owns the national High School Records both indoors and out. With most of her senior outdoor season still to come she already owns the top 2 vaults ever, plus a share of No. 7 and a share of No. 14. History’s 15 prep vaults at 14-3 or higher (i = mark made indoors; ! = mark made en route to higher height):

Height	Athlete	Date
14-9i	Chloe Cunliffe (West, Seattle, Washington)	3/17/19
14-8	—Cunliffe	4/06/19
14-7½	Lexi Jacobus (Cabot, Arkansas)	7/04/15
14-7¼	Desiree Freier (Northwest, Justin, Texas)	7/24/14
14-6i	—Freier	4/07/14
14-5½	Rachel Baxter (Canyon, Anaheim, California)	7/21/17
14-5¼	—Freier !	7/24/14
i	—Cunliffe !	3/17/19
14-4i	Tori Hoggard (Cabot, Arkansas)	6/14/15
	—Baxter	5/26/17
14-3¾	—Freier	3/29/14
	—Freier !	7/24/14
i	—Jacobus	2/21/15
14-3	—Baxter	4/23/16
	—Cunliffe !	4/06/19

Phillips (Bullis, Potomac, Maryland) took the 300s in 40.82 and Jasmine Jones (Greater Atlanta Christian, Norcross, Georgia) set a PR for a second consecutive week on the straight with her 13.33. It wasn't easy, as she was pushed all the way to the wire by Silver Creek's Jazlynn Shearer, whose 13.36 is =No. 2 nationally.

Defending champ Katelynne Hart's journey in the 3200 wasn't nearly as close as Jones' in the hurdles, as the Glenbard West junior was never challenged from the onset. After a 69.2 opening lap, Hart had a 20m advantage over 10th grader Sydney Thorvaldson (Rawlins, Wyoming) after 2 laps and a 50m gap to the field. Running 74/75 laps, Hart crossed halfway in 4:54 and had a 5-second lead over Thorvaldson and 25 seconds over the rest of the field. With a lap to go, Hart had slowed to 76, but still had a substantial lead over Thorvaldson, who in turn, had a 40m gap over the chase pack. With victory assured, Hart was maintaining her 76-second pace, but closing fast on Thorvaldson as Megan Lowe, gaining ground with every stride. Hart finished in 9:59.56 while Thorvaldson held on gamely to stave off the hard-charging Lowe down

the homestretch, 10:12.18–10:12.78.

The sole individual double winner on the day was De'Anna Nowling (Calabasas, Cali-

fornia), who won the 100 in 11.54 and the 200 in 23.64 in addition to anchoring her 4x1 squad to victory in 46.07.

## ARCADIA GIRLS RESULTS

Arcadia, California, April 04-05—  
(4/05—4x2, 4x8, 4x16, 800Med, SpMed, 4x110H)

100(0.7): 1. De'Anna Nowling (Calabasas, Ca) 11.54; 2. Arria Minor (East, Denver) 11.57; 3. Chinyere Okoro (Amador Valley, Pleasanton, Ca) 11.73; 4. Jazmyne Frost (Serra, Gardena, Ca) 11.75.

200 (-0.9): 1. Nowling 23.64; 2. Minor 23.72; 3. Okoro 23.94.

400: 1. \*Lily Williams (Grandview, Aurora, Co) 53.97; 2. \*\*\*Takiya Cenci (Clovis North, Fresno) 54.86; 3. \*Egbe Ndipagbor (Corona) 55.08.

800: 1. \*Dominique Mustin (North Canyon, Phoenix) 2:06.01; 2. \*\*Taylor James (Niwot, Co) 2:07.12; 3. \*Kate Jendrezak (Eastside, Bellevue, Wa) 2:09.71.

**Mile: 1. \*\*Carlee Hansen (Woods Cross, Ut) 4:48.31 (out HSL);**

2. \*\*Audrey Suarez (Mayfield, Pasadena) 4:52.08; 3. \*\*Mia Barnett (Village, Sun Valley, Id) 4:53.67; 4. Samantha Schadler (Rio Rico, NM) 4:56.79; 5. Maggie Liebich (Boise) 4:56.80.

**3200: 1. \*Katelynne Hart (Glenbard West, Glen Ellyn, Il) 9:59.76 <10:03.24> (out HSL);**

2. \*\*Sydney Thorvaldson (Rawlins, Wyo) 10:12.18 <10:15.74>; 3. Meagen Lowe (Buchanan, Clovis) 10:12.78 <10:16.34>; 4. Kristin Fahy (La Costa Canyon, Carlsbad) 10:15.80 <10:19.38>; 5. Abi Archer (Chaparral, Scottsdale, Az) 10:21.21 <10:24.82>; 6. \*Corie Smith (Buchanan, Clovis) 10:22.63 <10:26.25>; 7. \*Sophia Jacobs-Townsend (Amherst-Pelham, Amherst, Ma) 10:23.66 <10:27.28>;

8. \*Tzion Yared (Pine Crest, Ft Lauderdale) 10:24.32 <10:27.95>; 9. Gabrielle Peterson (Healdsburg, Ca) 10:25.15 <10:28.78>.

1000(0.5) 1. \*Jazmine Jones (Greater Atlanta, Norcross, Ga) 13.33 (HSL);

2. Jazlynn Shearer (Silver Creek, San José 13.36; 3. \*\*Bella Witt (Calabasas) 13.63; 4. Lauryn Harris (Bullis, Potomac, Md) 13.89; 5. Myreanna Bebe (Queen Creek, Az) 13.91.

**300H: I-1. \*Leah Phillips (Bullis) 40.82 (HSL);**

2. Anna Hall (Valor, Highlands Ranch, Co) 41.34; 3. \*Rachel Glenn (Wilson, Long Beach) 42.51. II-1. \*\*Reese Renz (Liberty, Bakersfield) 42.40.

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2. Upland 60.38; 3. Centennial, Las Vegas 60.46; 4. Union Catholic 61.37.

## Field Events

HJ: 1. Jessica Haney (West, Lees Summit) 5-8; 2. Amethyst Harper (Central, Fresno) 5-8; 3. \*\*\*Isabella Chilcutt (Bella Vista, Fair Oaks) 5-8. Open HJ: 1. Alysah Hickey (Coronado, Ca) 5-9.

**PV: 1. Chloe Cunliffe (West, Seattle) 14-8 (4.47 AJR, outdoor HSR) (old records 14-7½/4.46 Lexi Weeks [Cabot, Ar] \*15 (x, 2 HS) (13-1, 13-5 [2], 13-9 [2], 14-3 [3]), 14-8, 15-0 [xxx]) (3.99, 4.09 [2], 4.19 [2], 4.34 [3], 4.47, 4.57 [xxx]);**

2. \*\*Paige Sommers (Westlake, Westlake Village, Ca) 13-5; 3. tie, Elizabeth Funk (Clovis West, Fresno), Isabella Grant (Presentation, San José) & \*\*Ashley Callahan (Rancho Bernardo, San Diego) 13-1.

LJ: 1. Alysah Hickey (Coronado) 19-11¼; 2. \*\*\*Caelyn Harris (Upland) 19-6½; 3. Ashley Moore (Centennial, Las Vegas) 19-3¾; 4. Alisha Wilson (Tahoma) 19-2¾.

TJ: 1. Shearer 41-3¾; 2. Moore 40-6½; 3. Riley Ammenhauser (Nequa Valley, Naperville, Il) 40-3½; 4. \*Maddie Lyon (Woodbridge, Irvine) 40-5½.

SP: 1. Jocelyn Budwig (Fowler, Ca) 46-10½; 2. Matalie Ramirez (West Ranch, Stevenson Ranch) 45-4; 3. \*\*Faith Bender (Liberty, Bakersfield) 45-3.

DT: 1. Budwig 165-2; 2. Bender 163-10; 3. Carly Watts (Terra Nova, Pacifica) 157-4; 4. Aaliyah Soa (Liberty) 156-7; 5. Ramirez 151-1; 6. \*Jade Whitfield (Mt Whitney, Valisalia) 150-5.

**Hept: 1. Jessica Swalve (Westmont, Campbell) 4807 (HSL);**

2. \*\*\*Bryanna Craig 4791 (Millville, NJ); 3. \*Jada Sims (Xavier, Phoenix) 4709.

# 2020 Eugene, Oregon OLYMPIC TRIALS



**Tour Dates: June 18-29, 2020**

The 2020 Olympic Trials will be in Eugene, Oregon, at the new Hayward Field stadium. T&FN will be there with another great Trials tour. Trials dates are June 19-28. Sign up now for one of the major meets of the quadrennium. The tour price for the 2016 Trials (in Eugene) was \$2450 per person, double occupancy, 11 nights. We expect the 2020 price to be a bit more. Current deposit requirement is still \$750 per person. Don't delay, not too much space left.

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# The Course Is The Star At World XC Champs

MARK SHEPHERD



Meet organizers made sure to keep the Mud Pit well lubricated during the racing.

by Mike Scott

AARHUS, DENMARK, March 30—More than the monumental duals waged on it, the most discussed aspect of the World Cross Country Championships was the epic course the world's best runners battled over. Sited on the grounds of Moesgaard Museum just south of Denmark's second largest city, the course made use of the hilly terrain surrounding the museum, then added some artificial obstacles and capped off the challenge with a run up the museum's grass-covered roof.

The route's roughly 2000m loop opened with a 400m uphill that climbed some 70 feet, before running through the middle of the Runner's Valhalla—a huge beer tent featuring the meet's title sponsor Mikkeller. After a brief downhill, the course climbed again to the Club Tent Zone before a long downhill into the first obstacle, the Water Pit: a 20m (c65ft) long water-filled trough.

Following the wet obstacle, the course climbed again, then ran through the Mud Pit—30m (c100ft) of muddy terrain the organizers kept adding water to over the course of the competition—then through the Sand Pit—20m of sand—before heading downhill into the Viking Gauntlet. Yes, there were actors dressed as Vikings thumping their shields each lap while the competitors ran past.

Finally the course's pièce de résistance: The Roof! After passing through the gauntlet, the runners climbed 120m (c130y) up the museum's grass-covered roof, which pitched up at a daunting 10% grade, before sprinting back down the same roof into The Berm—a sloped earthen embankment designed to allow the athletes to make a U-turn and either rejoin the

loop or turn into the downhill finish.

How did this unusual course come to be? "It started with the roof, and we basically made 3 versions of potential courses: An easier one, a tougher one—and the final course layout," explained Danish Federation Director Jakob Larsen. "The different bells and whistles added—the tent, the water, the mud, etc—were all added to provide a basis for storytelling for TV, opportunities for photographers and a reason to tour the course for spectators. There were quite a lot of ideas that were left behind, either because of regulations or simply because we

ran out of steam."

Team USA captain Stephanie Bruce said after previewing the setup, "It's the hardest course I've ever seen. When people hear us say it's a tough course, and that we're complaining—on the contrary, we're not. We're just being factual. This course plays to people who are smart, patient and know how to run at the right effort through five 2K loops."

The first group of competitors to test the course were the Mixed Relay—2 men and 2 women per nation each racing one loop. Ethiopia and Kenya battled through the first three legs, with the traditional East African rivals together through the third exchange before Ethiopia's Fantu Worku pulled away decisively to win in 25:49. Morocco (26:22) passed Kenya (26:29) for the silver, while Team USA (Kirubel Erassa, Shannon Osika, Jordan Mann,

Eleanor Fulton) finished 4th in 27:01.

Next up were the Junior (U20) women, with Kenya's Beatrice Chebet narrowly awarded the win over Ethiopia's Alemitu Takiru and Tsigie Gebreselama. All three were timed in 20:50. NC State frosh Savannah Shaw led the US contingent with her 23:29 for 53rd, with Team USA finishing 14th behind Ethiopia's team gold.

Ethiopia's Milkesa Mengesha (23:52) edged away from countryman Tadesse Worku (23:52) in the Junior men's race. Wisconsin frosh Shuaib Aljabaly (26:18) was the top American finisher in 29th, leading his team to 6th.

## MIXED-SEX RELAY RESULTS

(Alternating sexes over 8240m—1 lap of 2100m, 2 laps of 2000m, 1 lap of 2140m)

- Ethiopia 25:49 (Kebede Endale 6:01, Bone Cheluke 6:47, Teddese Lemi 5:51, Pantu Worku 7:10);
- Morocco 26:22 (Soufiane El Bakkali 6:10, Kaoutar Farkoussi 6:51, Abdelaati Iguider 6:02, Rababe Arafi 7:19);
- Kenya 26:29 (Conseslus Kipruto 6:04, Jarinter Mwasya 6:47, Elijah Manangoi 5:50, Winfred Mbithe 7:48);
- United States 27:01 (Kirubel Erassa 6:08, Shannon Osika 7:12, Jordan Mann 6:00, Eleanor Fulton 7:41);
- Uganda 27:35; 6. Spain 27:47; 7. Canada 27:57; 8. Denmark 28:47; 9. Tanzania 28:48);... dq—China.

## JUNIOR MEN'S RESULTS

(7728m—1 lap of 1972m, 2 laps of 1872m, 1 lap of 2012m)

- Teams: 1. Ethiopia 18; 2. Uganda 32; 3. Kenya 34; 4. Morocco 144; 5. South Africa 150; 6. United States 154; 7. Japan 154; 8. Great Britain 174; 9. Australia 187; 10. France 190.

- Individuals: 1. Milkesa Mengesha (Eth) 23:52; 2. Tadesse Worku (Eth) 23:54; 3. Oscar Chelimo (Uga) 23:55; 4. Leonard Bett (Ken) 24:02; 5. Tsegaye Kidanu (Eth) 24:07; 6. Hosea Kiplangat (Uga) 24:08; 7. Edwin Bett (Ken) 24:18; 8. Samuel Masai (Ken) 24:19; 9. Samuel Kibet (Ken) 24:29; 10. Gebregewergs Teklay (Eth) 24:34; 11. Dinkale Alemaye (Eth) 24:36; 12. Jakob Ingebrigtsen (Nor) 24:39; 13. Yohanes Kifle (Eri) 25:06; 14. Mathew Chekurui (Uga) 25:07; 15. Charles Katul Lokir (Ken) 25:09; 16. Filmon Kibrom (Eri) 25:16; 17. Robel Abebe (Eri)

- 25:20; 18. Cleophas Kandie (Ken) 25:26; 19. Dan Chebet (Uga) 25:49; 20. Issei Sato (Jpn) 25:51;

- ... 29. Shuaib Aljabaly (US) 26:18;... 39. Meikael Beaudoin Rousseau (US) 26:35;... 55. Charlie Perry (US) 27:07;... 72. Gabriel Mudel (US) 27:40;... 75. Ibrahim Kedir (US) 27:44;... 86. Khalid Hussein (US) 28:15.

## JUNIOR WOMEN'S RESULTS

(5856m—1 lap of 1972m, 1 lap of 1872m, 1 lap of 2012m)

- Teams: 1. Ethiopia 17; 2. Kenya 26; 3. Japan 72; 4. Uganda 73; 5. South Africa 132; 6. Canada 138; 7. Great Britain 153; 8. Australia 168; 9. Morocco 195; 10. France 210;... 14. United States 257.

- Individuals: 1. Beatrice Chebet (Ken) 20:50; 2. Alemitu Tariku (Eth) 20:50; 3. Tsigie Gebreselama (Eth) 20:50; 4. Sarah Chelangat (Uga) 20:51; 5. Girmawit Gebrzihair (Eth) 20:53; 6. Betty Kibet (Ken) 21:03; 7. Mizan Alem Adane (Eth) 21:09; 8. Wede Kefale (Eth) 21:14; 9. Jackieine Chepwogen (Ken) 21:17; 10. Lydia Cheruto (Ken) 21:44; 11. Meselu Kahsay (Eth) 21:46; 12. Mercy Chepkorir (Ken) 21:49; 13. Mercy Jerop (Ken) 21:54; 14. Ayuka Kazama (Jpn) 21:58; 15. Ririka Hironaka (Jpn) 22:00; 16. Lauren Carey (Aus) 22:02; 17. Kirstie Rae (NZ) 22:02; 18. Yanli Zhao (Chn) 22:05; 19. Esther Chekwemio (Uga) 22:11; 20. Prudence Sekgodisa (SA) 22:15;

- ... 31. Makenna Fitzgerald (US) 22:46;... 53. Savannah Shaw (US) 23:29;... 60. Grace Ping (US) 23:45;... 70. Nicole Clermont (US) 24:07;... 74. Heidi Nielson (US) 24:13; 75. Kayla Smith (US) 24:15;... 84. Rilee Rigdon (US) 24:49. □

# World XC Men – Cheptegei Wins Rematch

MARK SHEARMAN



**Joshua Cheptegei turned the tables on favored 2-time defender Geoffrey Kamworor.**

by Mike Scott

AARHUS, DENMARK, March 30—Two years ago at the World XC Championships in Kampala, Uganda, the host nation's Joshua Cheptegei had built a huge lead over defending champion Geoffrey Kamworor entering the final lap of the men's race. Cheptegei struggled home over the final 2 kilometers in front of a huge hometown crowd to finish 30th, while Kamworor repeated as gold medalist.

Fast forward 2 years to Aarhus, with the race billed as a rematch between Cheptegei and Kamworor. Since the '17 race, Kamworor had won his third consecutive World Half-Marathon title with an eye popping 13:01 split between 15K and 20K. The Kenyan star hoped to add a third harrier title to give himself the double triple.

Cheptegei had also been busy since Kampala, earning track 10K silver at the '17 World Championships, scoring a 5/10 double at the '18 Commonwealth Games, and setting a 41:05 world best for 15K for good measure. And just to make things interesting, Cheptegei's countryman Jacob Kiplimo gave up the rare opportunity to defend his dominating world Junior title to join the Senior race in Denmark. The "10K" course was actually 10,240m, featuring 1 lap of 2100m, 3 laps of 2000m and 1 lap of 2140m.

Unsurprisingly, a large pack consisting of all the contenders from Kenya, Ethiopia, Uganda, and other East African countries completed the first lap in a relatively pedestrian 6:29 as the runners tried to figure the course out. Kiplimo, still just 18, pushed the pace through 4K in 12:47—a 6:18 circuit—with all the contenders still in contact. The defending champ began to assert himself during the third lap and led

the field through 6K in 18:59—a 6:12 split—as the field began to string out behind and with only Kiplimo, Aron Kifle (Eritrea), Cheptegei, Rhonex Kipruto (Kenya) and Selemon Barega (Ethiopia) remaining in close contact.

Kiplimo and Kamworor traded the lead over the fourth circuit, with Kiplimo getting credit for the lead at 8K in 25:07 (6:08) and Cheptegei shadowing the duo from a couple of strides behind. Cheptegei moved to the front over the final loop, working with Kiplimo to open a gap over the 2-time defending gold medalist. On the long downhill with about a kilometer remaining it looked as if Kamworor was closing on the Ugandan pair, but the duo started to pull away again through the water-, mud- and sand-pit obstacles. Cheptegei opened a small gap over Kiplimo down the hill into the Viking Gauntlet, then continued to edge away over the final run up and down The Roof. He would win in 31:40, 4 seconds ahead of Kiplimo. Kamworor held on for bronze in 31:55.

Cheptegei and Kiplimo were joined by Tomas Ayeko (7th, 32:25) and Joel Ayeko (10th, 32:32) to run away with the team gold for Uganda, totaling 20 points. Kenya edged Ethiopia 43 to 46 for silver.

US champion Shadrack Kipchirchir (33:46) and training partner Stanley Kebenei (33:47) finished 34th and 35th respectively to lead Team USA to an 11th-place finish. "It was pretty tough," said Kipchirchir. "Those hills got me. I fell back and then tried to pick it back up but everyone was gone."

The 22-year-old Cheptegei said he's now turning his attention towards oval racing: "My ambition is to dominate the track for the next 5 or 6 years."

## WORLD XC MEN'S RESULTS

Aarhus, Denmark, March 30 (10,240m—1 lap of 2100m, 3 laps of 2000m, 1 lap of 2140m)—

Teams: 1. Uganda 20; 2. Kenya 43; 3. Ethiopia 46; 4. Eritrea 83; 5. Burundi 91; 6. Bahrain 99; 7. Spain 181; 8. Australia 188; 9. Great Britain 190; 10. Tanzania 194; 11. United States 198.

Individuals: 1. Joshua Cheptegei (Uga) 31:40; 2. Jacob Kiplimo (Uga) 31:44; 3. Geoffrey Kamworor (Ken) 31:55; 4. Aron Kifle (Eri) 32:04; 5. Selemon Barega (Eth) 32:16; 6. Rhonex Kipruto (Ken) 32:17; 7. Thomas Ayeko (Uga) 32:25; 8. Andamlak Belihu (Eth) 32:29; 9. Thierry Ndikumwenayo (Bur) 32:29; 10. Joel Ayeko (Uga) 32:32; 11. Rodrigue Kwizera (Bur) 32:37; 12. Albert Chemutai (Uga) 32:46; 13. Richard Yator (Ken) 32:51; 14. Onesphoré Nzikwinkunda (Bur) 32:56; 15. Abdi Fufa (Eth) 33:01; 16. Precious Mashele (SA) 33:05; 17. Robel Fsiha (Swe) 33:06; 18. Mogos Tuemay (Eth) 33:06; 19. Birhanu Yemataw (Bhr) 33:08; 20. Ouassim Oumaiz (Spa) 33:10; 21. Rodgers Chumo (Ken) 33:11; 22. Filmon Ande (Eri) 33:12; 23. Albert Rop (Bhr) 33:15; 24. Dawit Fikadu (Bhr) 33:18; 25. Enyew Mekonnen (Eth) 33:23;

26. Aras Kaya (Tur) 33:25; 27. Maxwell Rotich (Uga) 33:28; 28. Awet Habte (Eri) 33:32; 29. Yemane Hailesilassie (Eri) 33:33; 30. Brett Robinson (Aus) 33:34; 31. Mehari Tsegay (Eri) 33:35; 32. Joseph Tiophil (Tan) 33:37; 33. Hassan Chani (Bhr) 33:38; 34. Shadrack Kipchirchir (US) 33:46; 35. Stanley Kebenei (US) 33:47; 36. Napoleon Solomon (Swe) 33:49; 37. Patrick Dever (GB) 33:49; 38. Amos Kirui (Ken) 33:53; 39. Matthew Ramsden (Aus) 33:56; 40. Bona Dida (Eth) 33:57; 41. Fernando Carro (Spa) 33:58; 42. Rui Teixeira (Por) 33:58; 43. Noel Hitimana (Rwa) 33:59; 44. Mahamed Mahamed (GB) 34:01; 45. Evans Keitany (Ken) 34:03; 46. Matt Baxter (NZ) 34:03; 47. Bigirimana Theophile (Rwa) 34:08; 48. Félicien Muhitira (Rwa) 34:11; 49. Damas Lazaro Faraja (Tan) 34:12; 50. Emmanuel Roudolff Lévisse (Fra) 34:12;... 60. Hillary Bor (US) 34:29;... 69. Emmanuel Bor (US) 34:43;... 73. Leonard Korir (US) 34:53;... 76. Mason Ferlic (US) 34:59.

(141 started, 140 finished) □

# World XC Women – Obiri's Triple Makes History

by Mike Scott

AARHUS, DENMARK, March 30—Following wins at the World Indoor (3000 in '12) and Outdoor (5000 in '17) Championships, Hellen Obiri arrived in Aarhus for the World XC planning to become the first woman to win gold medals indoors, outdoors and in cross country. The 29-year-old Kenyan had demonstrated she was in shape with her 29:59 on a non-legal road 10K in Madrid on New Year's Eve.

Ethiopia's 2-time Junior champion Letesenbet Gidey and marathoning teammate Dera Dida were expected to be Obiri's biggest rivals, having finished 1-2 at their nationals a few weeks earlier. As with the men, the race was 10,240m, featuring 1 lap of 2100m, 3 laps of 2000m and 1 lap of 2140m.

Kenyan and Ethiopian colors dominated the front of the pack during the early going, with Obiri, Dida and Gidey all among the 7 credited with a 7:12 opening circuit over the 5-lap course. During the second circuit, Obiri, Dida, and Gidey were joined in a breakaway group of 5 that included Uganda's Peruth Chemutai and Kenya's Beatrice Chepkoech. The quintet passed 4K in 14:16.

Obiri asserted herself at the front of the field, leading the pack through 3 laps in

21:32 with only Dida, Gidey, and Chemutai shadowing her. Dida and Gidey held on to Obiri through the fourth go-round, with the Kenyan splitting 28:53. Obiri and Dida dropped Gidey early in the final loop, with Obiri edging ahead over the final kilometer to win in 36:14. Dida finished close behind in 36:16, while Gidey held on for bronze in 36:24.

"I knew it wasn't going to be a test of speed, as it was a tough hill," said Obiri. "It was all about mind games." The Kenyan star understood the implications of her historic triple: "It is really special. It was my debut IAAF World Cross Country Championships and my only chance to do it. I now don't need to do any more cross country."

Thanks to Dida and Gidey's 2-3 finish, Ethiopia edged Kenya for the team title 21 to 25. US track 10K champion Stephanie Bruce (39:09) finished 33rd to lead Team USA to 8th. "It was a really tough day. I just kept hearing what place I am, and I was like, 'I'm passing people but I'm still so far back.'" Bruce said. "I went in knowing it was going to be this difficult, but I guess I expected when I attacked more people would come back but a lot of people really held their positions so kudos to them. I think being a marathoner really helped because my mentality was who can manage fatigue better and it felt like the last 10K of a marathon."

## WORLD XC WOMEN'S RESULTS

Aarhus, Denmark, March 30 (10,240m—1 lap of 2100m, 3 laps of 2000m, 1 lap of 2140m)

Teams: 1. Ethiopia 21; 2. Kenya 25; 3. Uganda 36; 4. Great Britain 132; 5. Australia 134; 6. Bahrain 152; 7. Canada 186; 8. United States 190; 9. France 198; 10. Spain 210.

Individuals: 1. Hellen Obiri (Ken) 36:14; 2. Dera Dida (Eth) 36:16; 3. Letesenbet Gidey (Eth) 36:24; 4. Rachael Chebet (Uga) 36:47; 5. Peruth Chemutai (Uga) 36:49; 6. Tsehay Gemechu (Eth) 36:56; 7. Beatrice Chepkoech (Ken) 37:12; 8. Eva Cherono (Ken) 37:13; 9. Deborah Samum (Ken) 37:18; 10. Zenebu Fikadu Jebesa (Eth) 37:24; 11. Folyen Tesfay (Eth) 37:29; 12. Lilian Rengeruk (Ken) 37:35; 13. Juliet Chekwel (Uga) 37:35; 14. Esther Chebet (Uga) 37:36; 15. Anna Emilie Møller (Den) 37:51; 16. Failuna Abdi Matanga (Tan) 37:56; 17. Hawi Feysa (Eth) 37:59; 18. Fionnuala McCormack (Ire) 37:59; 19. Shitaye Eshete (Bhr) 38:08; 20. Geneviève Lalonde (Can) 38:10; 21. Stella Chesang (Uga) 38:14; 22. Liv Westphal (Fra) 38:18; 23. Elena Burkard (Ger) 38:26; 24. Darya Mykhaylova (Ukr) 38:41; 25. Irene Sánchez (Spa) 38:44;

... 33. Stephanie Bruce (US) 39:09; 34. Jenny Nesbitt (GB) 39:12; 35. Emily Brichacek (Aus) 39:18; 36. Jess Piasecki (GB) 39:20; 37. Cavalline Nahimana (Bur) 39:21; 38. Dolshi Tesfu (Eri) 39:24; 39. Nozomi Tanaka (Jpn) 39:27; 40. Gladys Tejeda (Per) 39:27; 41. Rose Chelimo (Bhr) 39:27; 42. Kesa Molotsane (SA) 39:31; 43. Natasha Wodak (Can) 39:42; 44. Marnie Ponton (Aus) 39:43; 45. Leanne Pompeani (Aus) 39:46; 46. Rika Kaseda (Jpn) 39:48; 47. Yukina Ueda (Jpn) 39:48; 48. Emily Hosker Thornhill (GB) 39:50; 49. Magdalena Shauri (Tan) 39:52; 50. Sarah Pagano (US) 39:54; 51. Anne-Marie Blaney (US) 39:55; ... 56. Karissa Schweizer (US) 40:04; ... 58. Marielle Hall (US) 40:12; ... 75. Courtney Frerichs (US) 40:59; ... 92. Hayley Green (US) 42:59; ... 112. Liz Weiler (US) 49:29.

(118 started, 115 finished) □

KIRBY LEE/IMAGE OF SPORT



Hellen Obiri now owns World Champs golds indoors, outdoors and over hill & dale.

# Boston Marathon Men — Cherono Wins Mad Dash To Finish

VICTOR SALLER/PHOTO RUN



Lawrence Cherono pulled away from Lelisa Desisa in the last 30m to win by 2 seconds.

by Sean Hartnett

BOSTON, MASSACHUSETTS, April 15—The men's race in the 123rd Boston Marathon featured the unusual sight of no fewer than 8 contenders cresting Heartbreak Hill at 21M, setting up a mad dash to the finish with Kenyan Lawrence Cherono edging ahead of Ethiopian Lelisa Desisa in the final 30m to claim the laurel wreath in 2:07:57. Americans Scott Fauble and Jared Ward both cracked 2:10 and finished in the Top 10 to secure Olympic qualifying-time placings. The 27 year-old Fauble ran a 3+ minute PR 2:09:09 to finish 7th and Rio Olympian Ward took his all-time best down to 2:09:25 finishing a place later.

The race began with a new-for-Boston tradition of the elite men setting off 2:00 ahead of the mass start. Defending champ Yuki Kawauchi and fellow Japanese Hiroto Inoue led the pack through the downhill opening 5K in 15:11. The pace remained steady through 10K (30:20), but started to lag and in mile 9 Dathan Ritzenhein made his way to the front. Ritz had fallen back 50m into a second pack, but when the pace up front slowed he reeled in the lead group and kept rolling, leading the field across the 15K mats in 15:45 (46:05). After a 5:11 mile Ward took his turn at the front, building a 10m lead in Natick. The statistics teacher had done his pace math as he noted "I had a goal to run sub-2:10 for a long time and I didn't want to throw away a few miles at 5:10." BYU alum Ward lifted the pace with a 4:50 for mile 12, passing 20K in 1:01:14 and enjoying the moment. "That was so much fun to be leading through Wellesley and hear

the screams out there," he recounted. "That was a really, really cool experience."

Crossing halfway in 64:27, Geoffrey Kirui took the lead with his training partner Philemon Rono at his side. Second here last year and the winner in '17, Kirui trains with Patrick Sang and prepared for this race with WR holder Eliud Kipchoge. The tempo remained steady, passing 25K in 1:16:22 (2:08:53 pace), and crossing the Charles River at 16M a cumbersome pack of 14 headed into the Newton Hills. Surprisingly there were no attacks and little separation over the first two of the four hills with Fauble, who runs for Hoka Northern Arizona Elite, leading the way up the second climb and passing 30K in 1:31:59 with a 10m lead over a pack of 10. The ascent up the third hill pared off a few runners with Ward dropping from contention. No one was eager to push the pace up Heartbreak—the last of the famed Hills—and with a 5:07 for mile 21 the lead pack of 8 coalesced as they gathered themselves for the finishing stretch.

Dropping downhill into Cleveland Circle, Kirui took the lead with Desisa locking in on his shoulder, but a 4:47 mile did little to shake up the group. With less than 3M to go, Fauble again hit the front, this time to his own amazement. "They were playing a cat-and-mouse game," he said, "so I went to the front and tried to wind it up in a way that I was comfortable doing and keep it constant. I just wanted to get into my top gear and grind." Fauble, seemingly a head taller than his East African rivals, was awed by his position, saying, "I was leading the fricking Boston Marathon; it was a surreal

experience to be leading a race I grew up watching on TV."

The surreal gave way a couple of miles later when Kirui and Cherono teamed up for a 4:32 downhill mile 24 and the American fell off the pace. When Cherono punched a subsequent 4:39 on the flats, it was Kirui and Rono who were dispatched, with only Desisa and surprising Kenneth Kipkemboi keeping pace. Kipkemboi, 4th last year in Chicago in 2:05:57, had spotted the field 100m early in this race, noting, "My shoe was not feeling well so I had to fix it."

Heading into the final mile Desisa—a two-time Boston champion running his sixth Patriot's Day race—ran a stride behind his two Kenyan rivals making their Boston debuts. The Ethiopian admitted, "I was afraid of Kirui, but after he dropped off I decided to wait for the sprint." Rounding the turn onto Boylston 600m from the finish Desisa unleashed his sprint and almost immediately dropped

Kipkemboi. Cherono was not to be broken and he matched strides with Desisa block after block until his Ethiopian rival faltered 30m from the finish. The 30-year-old Cherono notched his sixth victory in his last eight marathons, and admitted, "I am poor at finishing but today I did a fantastic job." He had set course records in his last two wins (Amsterdam & Honolulu) and relished the opportunity to win a World Marathon Majors race, concluding, "I am so grateful to be in Boston and win a race that the world is watching."

## BOSTON MARATHON MEN'S RESULTS

(World Marathon Major; Hopkinton-to-Boston, April 15 (aided) (top-10 finish secures '20 Olympic Q-standard time)—

1. Lawrence Cherono' (Ken) 2:07:57 (\$150,000) (1:04:29/1:03:28);  
2. Lelisa Desisa' (Eth) 2:07:59; 3. Kenneth Kipkemboi' (Ken) 2:08:07;  
4. Felix Kandie' (Ken) 2:08:54; 5. Geoffrey Kirui' (Ken) 2:08:55; 6. Philemon Rono' (Ken) 2:08:57;

7. Scott Fauble (HokaNaz) 2:09:09 (aided AL);

8. Jared Ward (Saucon) 2:09:25; 9. Festus Talam' (Ken) 2:09:25; 10. Benson Kipruto' (Ken) 2:09:53; 11. Elkanah Kibet (ADP) 2:11:51; 12. Hiroto Inoue' (Jpn) 2:11:53; 13. Augustus Maiyo (ADP) 2:12:40; 14. Daniel Mesfun' (Eri) 2:13:05; 15. Shadrack Biwott (HansB) 2:13:11; 16. Mohamed El Araby' (Mor) 2:13:46; 17. Yuki Kawauchi' (Jpn) 2:15:29; 18. Hayato Sonoda' (Jpn) 2:15:58; 19. Dathan Ritzenhein (HansB) 2:16:19; 20. Brendan Gregg (HansB) 2:16:46;

21. Matt McDonald (Ga) 2:16:58; 22. Enoch Nadler (FITC) 2:17:06; 23. Scott Overall' (GB) 2:17:37; 24. Masao Kizu' (Jpn) 2:17:43; 25. Ben Payne (CoSpTC) 2:18:01; 26. Stephen Vangamplere (Co) 2:18:40; 27. Abdi Abdirahman (Nik) 2:18:56; 28. Hiroki Kai' (Jpn) 2:19:31; 29. Riley Cook (Ut) 2:20:23; 30. Christopher Kipyego' (Ken) 2:20:51;... 32. Jonathan Phillips (unat) 2:22:51; 33. Tommy Rivers Puzey (Altra) 2:23:06; 34. Peter Bromka (BowTC) 2:23:08; 35. Dan Vassallo (Ma) 2:23:15;... 42. Tim Ritchie (Saucon) 2:24:54;... dnf—Lemi Berhanu' (Eth), Solomon Deksis' (Eth), Wesley Korir' (Ken), Jeff Eggleston (adi), John Raneri (Az). □



# Boston Marathon Women — Degefa Runs Away Early

ERIC OLANDER/PHOTO RUN



Ethiopia's Worknesh Degefa had plenty of empty road behind her at the finish.

by Sean Hartnett

BOSTON, MASSACHUSETTS, April 15—Worknesh Degefa ran fearlessly to one of the most dominating women's victories in the history of the Boston Marathon. The 28-year-old Ethiopian broke from the pack in mile No. 5 and simply ran away from the field, extending her lead to more than a half-mile and breaking the tape in 2:23:31. In the wake of Degefa's solo dash for the laurel wreath, Kenyan veteran Edna Kiplagat (2:24:13) mounted a late charge to prevail in a spirited 9-woman tussle for 2nd.

Jordan Hasay continued her impressive return to racing after a year-long injury hiatus to take 3rd in 2:25:20 in her first 26-miler since Chicago '17. Defending champ Desiree Linden finished 5th in 2:27:00, and Lindsay Flanagan ran 2:30:07 good for 9th and the Olympic qualifier that goes with a top-10 finish in a World Marathon Majors competition.

With forecasts similar to last year's heavy rain and headwinds, the runners caught a break as early morning downpours cleared out before the gun. "I'm happy the race took place after the rain was done," Degefa offered, echoing the sentiments of all of the runners who had prepared for the worst. All three of Degefa's previous marathons were on Dubai's pancake-flat course, and she had been appropriately cautioned about Boston's 200ft plunge over the opening 4M and was content to follow Sara Hall's lead. When the terrain flattened out in the fourth mile Degefa felt ready to resume proper running, explaining, "I knew I had some speed so I pushed myself after 5M." Locking

into 5:12–5:18 pace she extended her lead with each stride. By 9M her margin bettered a minute, and she crossed halfway in 70:40, a whopping 2:28 ahead of the chase pack.

As Degefa literally ran out of sight there was no denying the challenge that she handed her competitors and TV producers. Perhaps both should have expected this of the Ethiopian recordholder. Degefa has been exclusively a road racer, first focusing on the half-marathon, dropping her PR to 67:49 in '13 and 66:14 in '16. A year later she made a successful marathon debut, winning Dubai in 2:22:36. She returned to Dubai in '18, finishing 4th but ducking under 2:20 by 7 seconds. This year began with another trip to Dubai where she followed Ruth Chepngetich's stunning 2:17:08 with an equally stunning 2:17:41, paring 15 seconds off Tirunesh Dibaba's NR.

Linden was not caught off guard and gave little thought about giving chase, explaining, "Seeing Degefa go out and knowing her ability from Dubai, when she starts putting down those super-quick miles you know that it is her race to lose and you can only hope she comes back." Mare Dibaba and Sharon Cherop made some effort to follow the leader while Linden and Hasay were going the other direction, slipping off the back of the chase pack. Unnerved by the early hard surges, Hasay got a morale boost exchanging a few words with Linden. "I'm still learning and I got a little anxious when the top 3 went," Hasay admitted, "but Des said, 'There is a long way to go, just be patient.'"

The American duo re-joined the 10-woman chase pack and passed halfway in 73:08. Kiplagat leaned into the Newton Hills, whittling the chase pack to seven at 30K with Hasay matching the effort, but Linden slipped 40m back. Kiplagat soon broke clear of the chase pack and cresting Heartbreak managed some hope of catching Degefa, who extended her lead to more than 3:00 through the hills and had a 2:56 lead at 35K. "After I broke away from the group I decided to make a second strong move to reduce the gap," Kiplagat said of the late-race surge that cut her deficit to 68 seconds at 40K.

Degefa eased back to 5:30 pace but didn't falter and Kiplagat realized, "The gap was too big and I was not going to make it. But it was good for me as I was able to be 2nd." The 39-year-old 2-time world champ now sets her sights on her fifth WC competition in Doha.

Hasay moved past Meskerem Assefa in mile 25 to secure the final podium position. "Once Edna made that strong move I just tried to close hard and was in 4th," Hasay said. "I was just proud to catch back up to 3rd and get the Americans on the podium again." She gave some perspective on her performance, pointing out, "This is still only my third marathon, so I was just grateful to be back out there competing after being out all last year with a stress fracture in my foot. I would have liked a couple more weeks of training to get my speed back, but when I look at my comeback it has all been focused on the Olympic Trials next February."

## BOSTON MARATHON WOMEN'S RESULTS

World Marathon Major; Hopkinton-to-Boston, Massachusetts, April 15 (aided) (top-10 finish secures '20 Olympic Q-standard status)—

1. Worknesh Degefa' (Eth) 2:23:31 (\$150,000) (1:10:40/1:12:51); 2. Edna Kiplagat' (Ken) 2:24:13;

3. Jordan Hasay (NikOP) 2:25:20 (aided AL);

4. Meskerem Assefa' (Eth) 2:25:40; 5. Desiree Linden (Brk) 2:27:00; 6. Caroline Rotich' (Ken) 2:28:27; 7. Mary Ngugi' (Ken) 2:28:33; 8. Biruktayit Eshetu' (Eth) 2:29:10; 9. Lindsay Flanagan (BouTu) 2:30:07; 10. Betsy Saina' (Ken) 2:30:32;

11. Fionnuala McCormack' (Ire) 2:30:38; 12. Sharon Cherop' (Ken) 2:31:41; 13. Kate Landau (FI) 2:31:56; 14. Bridget Belyeu (AtTC) 2:34:25; 15. Sara Hall (Asics) 2:35:34; 16. Alyson Dixon' (GB) 2:35:43; 17. Becky Wade (Co) 2:36:14; 18. Hilary Dionne (Ma) 2:36:21; 19. Sarah Sellers (Altra) 2:36:42; 20. Margaret Njuguna' (Ken) 2:38:04; 21. Briia Wetsch (Co) 2:38:10; 22. Kate Pallardy (CPTC) 2:38:27; 23. Mia Behm (NY) 2:39:04;

24. Sarah Pease (rabb) 2:39:08; 25. Kimi Reed (Sauc) 2:40:12; 26. Dawn Grunnagle (Nik) 2:40:26; 27. Caitlin Chrisman (Strava) 2:40:29; 28. Nami Hashimoto' (Jpn) 2:40:41; 29. Dot McMahan (Mi) 2:40:45; 30. Michele Lee (Mi) 2:41:02; 31. Paula Pridgen (NC) 2:41:36;... 33. Amanda Nurse (Ma) 2:42:30;... 35. Rachel Hyland (Ca) 2:42:41; 36. Ladia Alberston-Junkans (Wa) 2:43:04;... dnf—Mare Dibaba' (Eth), Sally Kipyego' (Ken).

# Anna Shields Bounces Back After A Half-Dozen Years

by Jeff Hollobaugh

AS A HIGH SCHOOL JUNIOR in '08 Anna Shields had all the promise in the world. That year she won the Nike Indoor 5000. She broke Connecticut's state record in the mile with a 4:48.52 at the Penn Relays and rated No. 9 on the national yearly list. And yet somehow, it all crumbled. In hindsight, she thinks she was suffering from a serious protein deficiency.

"I didn't understand what was happening," she recalls. "I kept training hard and just every race kept getting worse and worse. I was trying to write it off like, 'Oh, this is a bad day for this reason...'" But things started trending downwards to the point that I went from running 4:48 to only being able to run like a 5:13. The colleges that had been really interested, the D1 schools, they weren't anymore." She signed a letter of intent with North Carolina, only to be told later that she wasn't a good fit. "I guess they saw me as a young girl that had talent at a young age and wasn't looking like I could continue with that potential."

She ended up at Central Connecticut: "I competed for a year, and I did worse and worse. Racing felt very painful, like I was going to faint. I remember the conversation I had with my college coach. I don't blame him at all because he could tell how miserable I was. He said, 'Is this really what you want to keep doing?'"

The onetime burgeoning superstar thought of all the races where people who had seen her as a high school ace now watched her struggle at the back of the pack: "It was humiliating. It took away a lot of the joy I had running." She now says it was a relief when her coach asked the question. "No, I can't keep doing this," she responded.

She left school and went to work fulltime as a bank teller. For 6 years she barely ran. "I would go for little jogs after work sometimes," she says. "I wouldn't even change out of my work clothes. I was wearing loafers and work pants and I'd jog for like 15 minutes." Then the bank put on a "steps" challenge. Whoever took the most steps that month would win a free week

of groceries. "Money was tight," she explains of her decision to go for a 6M run. "I felt that runner's high again and I felt good and it just made me think, 'Maybe I can do this.' It was so many years later that there was nothing to lose."

And while the contest was canceled because of pedometer issues, Shields had rediscovered running: "There was nobody putting pressure on me or looking at what I was doing. It was a totally private endeavor of mine. I went to a high school track and wanted to see what I could run for a mile. I ran a 6:30 and I was like, 'That's good!'"

Before long she was running 13M at that pace. She worked her mile time down to 5:03. She could have focused on being a road racer, but the track bug still burned in her. Her old high school coach told her that she would still have eligibility at an NAIA school, so she started making phone calls.

One of them was to Point Park University's Kelly Parsley. "I was 26. He was like, 'You could do this. You'd be running the half-marathon [a scoring event at NAIA Nationals].' And I said, 'No, I want to run middle distance. I think I can do it.'" Parsley may have had his doubts, but he responded politely, "Oh well, if that's what you want, you can do that too."

In her first year on the school's Pittsburgh campus, running as a soph, Shields won the NAIA 1500 and hit bests of 2:09.41, 4:22.35 and 4:49.02. A year later, she had added national crowns in cross country, the indoor 1000 and mile, the outdoor 800 and 1500. With a best of 4:12.36, she hoped to run the 1500 at USATF, but she just missed the cut. Instead, she made it to the big dance with her 800 best (2:04.75) and her 5000 (16:28.09), which made her the only athlete



Her running career trending downwards after her 11th-grade year, current NAIA star Anna Shields didn't get serious again until her mid-20s.

that hot weekend in Des Moines to attempt that particular double. She did not advance in the 2-lapper and finished 18th in the long race.

Now 28, Shields will be graduating soon with an English degree. Over the winter she ran 1000 in 2:42.51, placing 2nd behind Danae Rivers' Collegiate Record, and won NAIA titles 7 and 8. This despite a coaching switch with the departure of Parsley. "He was a big part of my success, but I also respect our new coach, Jim Spisak," says Shields.

With less than two months left to compete in the distinctive green-and-white striped singlet of the Pioneers, Shields is looking at what it will take to be part of the conversation nationally in her event. She's already talked with several post-collegiate coaches. "I'm going to keep pursuing my best no matter what," she says, "No matter where."

She admits, "Not being a D1 runner, sometimes the path seems a little harder. I think that I've come as far as anyone could have come in that short amount of time and I'm not putting any more limits on myself. I'm going to reach for the highest level and see what happens."



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# 2019 NCAA Men's Formchart – LSU Over Florida

by John Auka

AS APRIL DRAWS to a close, Dennis Shaver's Bayou Bengals project as 2-point favorites for the NCAA men's team title. Clinging right behind is the early-season choice, Florida. The two schools will have plenty of chances to control their own destiny, as they're currently scheduled to go head-to-head in 7 events: both relays plus the 200, 110H, HJ, LJ & HT. Texas Tech projects as a very strong No. 3 choice at this point.

Florida's big gun, of course, remains Grant Holloway, the 110H favorite who is also tabbed for 2nd in the long jump and will be a big factor in the placings of the favored 4x1 and second-rated 4x4. Wild and crazy thinking might have him jump into the 200 as well, but Florida sources say that would compromise his chances at the long jump title he seriously wants.

The 10-deep predictions for each event (' = athlete not eligible for U.S. international teams):



LSU figures to get the maximal 10 points from super-fresh Mondo Duplantis in the vault.

TOP 10 TEAMS		
Team	Points	Previous Chart
1. LSU	61	2
2. Florida	59	1
3. Texas Tech	51	3
4. Georgia	35	6
5. Stanford	33	8
6. Texas A&M	31	4
7. Houston	30	5
8. Florida State	28	7
9. Mississippi State	27	9
=10. Alabama	22	10
=10. USC	22	=37

100 METERS		
1. Andre Ewers	Florida State	Sr
2. Divine Oduduru'	Texas Tech	Jr
3. Mario Burke'	Houston	Sr
4. Cravon Gillespie	Oregon	Sr
5. Hakim Sani Brown'	Florida	So
6. Demek Kemp	South Carolina State	Sr
7. Micah Larkins	Northwestern Louisiana	Sr
8. Raheem Chambers'	Miami	Jr
9. McKinley West	Sn Mississippi	Sr
10. Rodney Rowe	North Carolina A&T	Sr

200 METERS		
1. Divine Oduduru'	Texas Tech	Jr
2. Jaron Flournoy	LSU	Sr
3. Andre Ewers	Florida State	Sr
4. Hakim Sani Brown'	Florida	So
5. Nick Gray	Ohio State	Sr
6. Rodney Rowe	North Carolina A&T	Sr
7. Andrew Hudson	Texas Tech	Sr
8. Kasaun James	Florida State	Jr
9. Mustaqeem Williams	Tennessee	Sr
10. Cravon Gillespie	Oregon	Sr

400 METERS		
1. Tyrell Richard	South Carolina State	Sr
2. Kahmari Montgomery	Houston	Sr
3. Trevor Stewart	North Carolina A&T	So
4. Wil London	Baylor	Sr
5. Dwight St. Hillaire'	Kentucky	So
6. Derrick Mokalleng'	TCU	Jr
7. Mar'yea Harris	Iowa	Sr
8. Obi Igbokwe	Houston	Sr
9. Jacory Patterson	Virginia Tech	Fr
10. Tyler Terry	LSU	Jr

800 METERS		
1. Marco Arop'	Mississippi State	So
2. Bryce Hoppel	Kansas	Jr
3. Devin Dixon	Texas A&M	Jr
4. Isaiah Jewett	USC	Jr
5. Joseph White	Georgetown	Sr

6. Robert Heppenstall'	Wake Forest	Sr
7. Matt Matternach	Iowa	Jr
8. Cooper Williams	Indiana	Jr
9. Carlton Orange	Texas A&M	Jr
10. Daniel Nixon	Mississippi State	Jr

1500 METERS		
1. Oliver Hoare'	Wisconsin	Jr
2. Carlos Villareal	Arizona	Jr
3. Yared Nuguse	Notre Dame	So
4. Sam Worley	Texas	So
5. William Paulson	Arizona State	Sr
6. Justine Kiprotich'	Michigan State	Sr
7. Geordie Beamish'	Northern Arizona	Jr
8. Cameron Griffith'	Arkansas	Sr
9. Waleed Suliman	Mississippi	So
10. George Kusche'	Nebraska	Fr

STEEPLE		
1. Obsa Ali	Minnesota	Sr
2. Aidan Tooker	Syracuse	Jr
3. Steven Fahy	Stanford	Sr
4. Daniel Michalski	Indiana	Sr
5. Matt Owens	BYU	So
6. Clayson Shumway	BYU	Jr
7. Noah Affolder	Syracuse	So
8. Nathan Mylenek	Iowa	Jr
9. Riley Osen	Portland	So
10. Johannes Motschman'	Iona	Sr

5000 METERS		
1. Grant Fisher	Stanford	Sr
2. Morgan McDonald'	Wisconsin	Sr
3. Amon Kemboi'	Campbell	Jr
4. Joe Klecker	Colorado	Jr
5. Cooper Teare	Oregon	So
6. Thomas Ratcliffe	Stanford	So
7. Edwin Kurgat'	Iowa State	Jr
8. Luis Grijalva'	Northern Arizona	So
9. Theo Quax'	Northern Arizona	Fr
10. Kyle Mau	Indiana	Jr

4 x 400	
1. Texas A&M	Texas A&M
2. Florida	Florida
3. LSU	LSU
4. Baylor	Baylor
5. Iowa	Iowa
6. USC	USC
7. Houston	Houston
8. South Carolina	South Carolina
9. Western Kentucky	Western Kentucky
10. North Carolina A&T	North Carolina A&T

SHOT		
1. Payton Otterdahl	North Dakota State	Sr
2. Tripp Piperi	Texas	So
3. Jordan Geist	Arizona	So
4. Denzel Comenentia'	Georgia	Sr
5. Dotun Ogundeji	UCLA	Sr
6. Oghenakpobo Efekoro'	Virginia	Sr
7. Andrew Liskowitz	Michigan	Jr
8. Brett Neelly	Kansas State	Sr
9. Jonah Wilson	Washington	So
10. Matt Katnik	USC	Jr

10,000 METERS		
1. Tyler Day	Northern Arizona	Jr
2. Conner Mantz	BYU	So
3. Gilbert Kigen'	Alabama	Sr
4. Clayton Young	BYU	Sr
5. Gilbert Boit'	Arkansas	Jr
6. Vincent Kiprop'	Alabama	Sr
7. Aaron Templeton	Furman	Sr
8. Blaise Ferro	Northern Arizona	Jr
9. Iliass Aouani'	Syracuse	Jr
10. Connor McMillan	BYU	Sr

HIGH JUMP		
1. Shelby McEwen	Alabama	Sr
2. Tejaswin Shankar'	Kansas State	So
3. Keenon Laine	Georgia	Sr
4. JuVaughn Harrison	LSU	So
5. Roberto Vilches'	Missouri	Fr
6. Earnie Sears	USC	So
7. Clayton Brown'	Florida	Jr
8. Darryl Sullivan	Tennessee	Jr
9. Darius Carbin	Georgia	Jr
10. Jhonny Victor	Florida	Sr

DISCUS		
1. Payton Otterdahl	North Dakota State	Sr
2. Greg Thompson'	Maryland	Sr
3. Eric Kicinski	Texas Tech	Sr
4. Roje Stona'	Clemson	Fr
5. Reno Tuufuli	Iowa	Sr
6. Kord Ferguson	Alabama	Sr
7. Dotun Ogundeji	UCLA	Sr
8. Elijah Mason	Washington	Fr
9. Kai Schmidt	Abilene Christian	Sr
10. George Evans'	Kansas	So

110 HURDLES		
1. Grant Holloway	Florida	Jr
2. Daniel Roberts	Kentucky	Jr
3. Damion Thomas'	LSU	So
4. Trey Cunningham	Florida State	So
5. Isaiah Moore	South Carolina	Sr
6. Eric Edwards	Oregon	Fr
7. Amere Lattin	Houston	Sr
8. Cory Poole	Florida	So
9. John Burt	Texas	Sr
10. LaFranz Campbell'	Clemson	So

POLE VAULT		
1. Mondo Duplantis'	LSU	Fr
2. Chris Nilsen	South Dakota	Jr
3. Matt Ludwig	Akron	Sr
4. Jacob Wooten	Texas A&M	Sr
5. KC Lightfoot	Baylor	Fr
6. Zach Bradford	Kansas	Fr
7. Sondre Guttormsen'	UCLA	Fr
8. Clayton Fritsch	Sam Houston St	So
9. Adam Coulon	Indiana	Jr
10. Deakin Volz	Virginia Tech	Sr

HAMMER		
1. Denzel Comenentia'	Georgia	Sr
2. Daniel Haugh	Kennesaw State	Sr
3. Gleb Dudarev'	Kansas	Jr
4. Morgan Shigo	Penn State	Sr
5. Anders Eriksson'	Florida	Sr
6. Thomas Mardal'	Florida	So
7. Jake Norris'	LSU	So
8. Hilmar Jonsson'	Virginia	Sr
9. Brock Eager	Washington State	Sr
10. A.J. McFarland	Florida	Sr

400 HURDLES		
1. Quincy Hall	South Carolina	Jr
2. Taylor McLaughlin	Michigan	Sr
3. Norman Grimes	Texas Tech	So
4. Amere Lattin	Houston	Sr
5. Infinite Tucker	Texas A&M	Jr
6. Cameron Samuel	USC	So
7. Cory Poole	Florida	So
8. Ilo Izu	Texas A&M	Sr
9. Robert Grant	Texas A&M	Sr
10. James Smith	Arizona	Fr

LONG JUMP		
1. Rayvon Grey	LSU	Jr
2. Grant Holloway	Florida	Jr
3. JuVaughn Harrison	LSU	So
4. Jordan Latimer	Akron	Sr
5. Charles Brown	Texas Tech	Sr
6. Fabian Edoki'	Middle Tennessee	Jr
7. Odaine Lewis'	Texas Tech	Sr
8. Yann Randrianasolo'	South Carolina	Sr
9. Jacob Fincham-Dukes'	Oklahoma State	Sr
10. Steffin McCarter	Texas	Sr

JAVELIN		
1. Anderson Peters'	Mississippi State	So
2. Ahmed Magour'	Georgia	Jr
3. Curtis Thompson	Mississippi State	Sr
4. Sindri Gudmundsson'	Utah State	Jr
5. Liam Christensen	Stanford	Fr
6. Chris Mirabelli	Rutgers	Sr
7. Aaron True	Wichita State	Sr
8. Sam Hardin	Texas A&M	Sr
9. Trevor Danielson	Texas	Sr
10. Werner Bouwer'	Texas Tech	Jr

4 x 100	
1. Florida	Florida
2. LSU	LSU
3. Houston	Houston
4. Texas Tech	Texas Tech
5. North Carolina A&T	North Carolina A&T
6. Florida State	Florida State
7. Ohio State	Ohio State
8. Sam Houston State	Sam Houston St
9. Oregon	Oregon
10. Arkansas	Arkansas

TRIPLE JUMP		
1. Jordan Scott'	Virginia	Jr
2. Odaine Lewis'	Texas Tech	Sr
3. Chengetayi Mapaya'	TCU	So
4. Tuomas Kaukolahti'	Cal	Jr
5. John Warren	Sn Mississippi	Sr
6. Armani Wallace	Florida State	Sr
7. Clayton Brown'	Florida	Jr
8. O'Brien Wasome'	Texas	Jr
9. Papay Glaywulu'	Oklahoma	So
10. Ade Mason	Oklahoma	Jr

DECATHLON		
1. Harrison Williams	Stanford	Sr
2. Ayden Owens'	USC	Fr
3. Johannes Erm'	Georgia	So
4. TJ Lawson	Kent State	Jr
5. Nathan Hite	Texas A&M	Sr
6. Max Vollmer'	Oregon	Fr
7. Gabe Moore	Arkansas	Sr
8. Nick Guerrant	Mississippi State	Jr
9. Trent Nytes	Wisconsin	Sr
10. Jack Lint	Michigan	Sr

# 2019 NCAA Women's Formchart – USC Running Away With It

by Jack Pfeifer

USC WON LAST YEAR'S NCAA women's team title by the smallest margin ever, a single point. This year Caryl Smith Gilbert's Trojans are looking like a powerhouse that could rank as a producer of one of the biggest margins ever. The SoCal crew projects as 32-point faves in the latest crystal-balling. That would be the biggest gap since LSU won by 43 in '94. The biggest margin ever was the 49 racked up by the '89 Tiger squad.

Field eventers or distance runners? Don't need 'em: the sprint/hurdle-strong Trojans are projected to score with a 1 in the 100, 4-5 in the 200, 1-4 in the 400, 1-7 in the 100H, 1 in the 400H, 2 in the 4x1 and 1 in the climactic 4x4. And a cautionary note for the future: only 1 of the 8 projected USC individual scorers is a senior.

The 10-deep predictions for each event (' = athlete not eligible for U.S. international teams):



It's speed-speed-speed as the reigning champion Trojan women look stronger than ever this year.

TOP 10 TEAMS		
Team	Points	Previous Chart
1. USC	74	1
=2. Arkansas	42	3
=2. Oregon	42	2
4. LSU	36	4
5. New Mexico	33	6
6. Florida State	32	5
7. Florida	30	7
8. Texas A&M	28	8
9. Stanford	26	9
10. Texas	23	10

100 METERS		
1. Twanisha Terry	USC	So
2. Sha'Carri Richardson	LSU	Fr
3. Natalliah Whyte'	Florida Atlantic	Jr
4. Kortnei Johnson	LSU	Sr
5. Ka'Tia Seymour	Florida State	So
6. Destiny Smith-Barnett	UNLV	Sr
7. Tamara Clark	Alabama	So
8. Teahna Daniels	Texas	Sr
9. Kiara Parker	Arkansas	Sr
10. Brenessa Thompson'	Texas A&M	Sr

200 METERS		
1. Anavia Battle	Ohio State	So
2. Kayla White	North Carolina A&T	Sr
3. Kynneddy Flannel	Texas	Fr
4. Lauren Rain Williams	USC	So
5. Angie Annelus	USC	Jr
6. Cambrea Sturgis	North Carolina A&T	Fr
7. Abby Steiner	Kentucky	Fr
8. Ka'Tia Seymour	Florida State	So
9. Julia Madubuke	Texas A&M	So
10. Tamara Clark	Alabama	So

400 METERS		
1. Kaelin Roberts	USC	So
2. Sharrika Barnett	Florida	Sr
3. Makenzie Dunmore	Oregon	Jr
4. Kyra Constantine	USC	Jr
5. Alexis Holmes	Penn State	Fr
6. Syaira Richardson	Texas A&M	So
7. Symone Mason	Miami	So
8. Chloe Abbott	Kentucky	Jr
9. Hannah Waller	Oregon	Jr
10. Briana Guillory	Iowa	Sr

800 METERS		
1. Danae Rivers	Penn State	Jr
2. Nia Akins	Penn	Jr
3. Allie Wilson	Monmouth	Sr
4. Lauren Ellsworth	BYU	So
5. Martha Bissah'	Norfolk State	Jr

6. Abike Egbenyi'	Middle Tennessee	Sr
7. Avi' Tal Wilson-Perteete	UNLV	So
8. Gabrielle Wilkinson	Florida	Fr
9. Alyssa Brewer	USC	Fr
10. Jazmine Fray	Texas A&M	Sr

1500 METERS		
1. Dani Jones	Colorado	Jr
2. Jessica Hull'	Oregon	Jr
3. Julia Rizk	Ohio State	Sr
4. Erica Birk	BYU	Jr
5. Sinclair Johnson	Oklahoma State	Jr
6. Susan Ejore'	Oregon	Sr
7. Jessica Harris	Notre Dame	Sr
8. Rachel Pocratsky	Virginia Tech	Sr
9. Josette Norris	Georgetown	Sr
10. Taryn Rawlings	Portland	Sr

STEEPLE		
1. Allie Ostrander	Boise	Jr
2. Madie Boreman	Colorado	Jr
3. Charlotte Prouse'	New Mexico	Jr
4. Adva Cohen'	New Mexico	So
5. Bri llarda'	Providence	Sr
6. Cierra Simmons	Utah State	Sr
7. Alice Hill	Michigan	So
8. Rachel King	South Dakota State	Sr
9. Val Constien	Colorado	Sr
10. Hannah Steelman	Wofford	So

5000 METERS		
1. Jessica Hull'	Oregon	Jr
2. Fiona O'Keeffe	Stanford	Jr
3. Weini Kelati'	New Mexico	So
4. Jaci Smith	Air Force	Sr
5. Allie Ostrander	Boise	Jr
6. Militsa Mircheva'	Florida State	Sr
7. Elly Henes	NC State	Jr
8. Lauren Gregory	Arkansas	Fr
9. Sarah Feeny	Utah	Jr
10. Jessica Drop	Georgia	Sr

4 x 400		
1. USC	USC	
2. South Carolina	South Carolina	
3. Texas A&M	Texas A&M	
4. Oregon	Oregon	
5. Miami	Miami	
6. Florida	Florida	
7. Texas	Texas	
8. Kentucky	Kentucky	
9. Arkansas	Arkansas	
10. Alabama	Alabama	

SHOT		
1. Samantha Noennig	Arizona State	So
2. Portious Warren'	Alabama	Sr
3. Alyssa Wilson	UCLA	So
4. Laulauga Tausaga	Iowa	Jr
5. Aliyah Gustafson	Bowling Green	Sr
6. Tori McKinley	Auburn	So
7. Stamatia Scarvelis'	Tennessee	Sr
8. Bailey Retzlaff	North Dakota State	Jr
9. Akealy Moton	North Dakota State	Fr
10. Sade Olatoye	Ohio State	Sr

10,000 METERS		
1. Weini Kelati'	New Mexico	So
2. Dorcas Wasike'	Louisville	So
3. Ednah Kurgat'	New Mexico	Sr
4. Paige Stoner	Syracuse	Sr
5. Jaci Smith	Air Force	Sr
6. Anna Rohrer	Notre Dame	Jr
7. Taylor Werner	Arkansas	So
8. Makena Morley	Colorado	Jr
9. Isobel Batt-Doyle'	Washington	Sr
10. Amanda Vestri	Iowa State	So

HIGH JUMP		
1. Zarriea Willis	Texas Tech	Sr
2. Alexis Henry	UT Arlington	Sr
3. Loretta Blaut	Cincinnati	Sr
4. Mady Fagan	Georgia	Sr
5. Logan Boss	Mississippi State	Sr
6. Nicole Greene	North Carolina	Jr
7. Andrea Stapleton-Johnson	BYU	Sr
8. Erinn Beattie	UC Davis	Sr
9. Ellen Ekholm'	Kentucky	Jr
10. Sanaa Barnes	Villanova	Fr

DISCUS		
1. Shadae Lawrence'	Colorado State	Sr
2. Shanice Love'	Florida State	Jr
3. Gabi Jacobs	Missouri	Sr
4. Laulauga Tausaga	Iowa	Jr
5. Alexandra Emilianov'	Kansas	So
6. Obi Amaechi	Princeton	So
7. Venique Harris'	Albany	Sr
8. Elena Bruckner	Texas	Jr
9. Alyssa Wilson	UCLA	So
10. Sydney Laufenberg	Illinois State	Jr

100 HURDLES		
1. Chanel Brissett	USC	So
2. Kayla White	North Carolina A&T	Sr
3. Payton Chadwick	Arkansas	Sr
4. Janeek Brown'	Arkansas	So
5. Tonea Marshall	LSU	Jr
6. Rushelle Burton'	Texas	Jr
7. Dior Hall	USC	Sr
8. Jeanine Williams'	Georgia Tech	Sr
9. Tiara McMinn	Miami	So
10. Alexis Duncan	Tennessee	Jr

POLE VAULT		
1. Olivia Gruver	Washington	Sr
2. Lexi Jacobus	Arkansas	Sr
3. Bonnie Draxler	San Diego State	Sr
4. Tori Hoggard	Arkansas	Sr
5. Lisa Gunnarsson'	LSU	So
6. Lucy Bryan'	Akron	Jr
7. Rachel Baxter	Virginia Tech	So
8. Desiree Freier	Arkansas	Sr
9. Bridget Guy	Virginia	Sr
10. Helen Falda'	South Dakota	Jr

HAMMER		
1. Beatrice Llano'	Arizona State	So
2. Stamatia Scarvelis'	Tennessee	Sr
3. Alyssa Wilson	UCLA	So
4. Veronika Kaňuchová'	Florida State	Jr
5. Jillian Shippee	North Carolina	So
6. Camryn Rogers'	Cal	So
7. Pavla Kuklová'	Virginia Tech	Sr
8. Mollie Detloff	North Dakota	Sr
9. Temi Ogunrinde'	Minnesota	Sr
10. Jordan McClendon	Missouri	Jr

400 HURDLES		
1. Anna Cockrell	USC	Jr
2. Reanda Richards'	Rutgers	Fr
3. Samantha Gonzalez	Miami	Sr
4. Jurnee Woodward	LSU	So
5. Masai Russell	Kentucky	Fr
6. Ranae McKenzie'	Kansas State	Sr
7. Xahria Santiago'	Maryland	So
8. Anna Runia'	Miami	Sr
9. Jasmine Berge	Nebraska	Sr
10. Kate Sorensen	Weber State	So

LONG JUMP		
1. Taishia Pryce'	Kansas State	Jr
2. Jasmyn Steels	Northwestern Louisiana	Jr
3. Yanis David'	Florida	Sr
4. Aliyah Whisby	Georgia	So
5. Rougui Sow'	Florida State	Sr
6. Sarea Alexander	Incarinate Word	Sr
7. Rhessa Foster	Oregon	Jr
8. Jordan Gray	Kennesaw State	Sr
9. Nadia Williams	Central Michigan	Jr
10. Kala Penn'	Florida	Jr

JAVELIN		
1. Mackenzie Little'	Stanford	Sr
2. Jenna Gray	Stanford	Jr
3. Ashley Pryke'	Memphis	Sr
4. Kylee Carter	Auburn	Jr
5. Laura Paredes'	Florida State	So
6. Kelechi Nwanaga'	UMBC	So
7. Madison Wiltrout	North Carolina	So
8. Marie-Therese Obst'	Georgia	So
9. Stella Weinberg'	Cal State Northridge	Fr
10. Madalaine Stulce	Texas A&M	Sr

4 x 100		
1. LSU	LSU	
2. USC	USC	
3. Texas A&M	Texas A&M	
4. Arkansas	Arkansas	
5. Kentucky	Kentucky	
6. Florida State	Florida State	
7. Florida	Florida	
8. North Carolina A&T	North Carolina A&T	
9. Miami	Miami	
10. Oregon	Oregon	

TRIPLE JUMP		
1. Yanis David'	Florida	Sr
2. Chaquinn Cook	Oregon	Sr
3. Marie-Josée Ebwea-Excel'	Kentucky	Sr
4. Ciynamin Stevenson	Texas A&M	Jr
5. Kelly McKee	Virginia	Sr
6. Alex Madlock	Baylor	So
7. Shardia Lawrence'	Kansas State	Sr
8. Tiffany Flynn	Mississippi State	Sr
9. Lajarvia Brown'	Texas A&M	Jr
10. Eszter Bajnok'	Virginia Tech	Jr

HEPTATHLON		
1. Ashtin Zamzow	Texas	Sr
2. Tyra Gittens'	Texas A&M	So
3. Payton Chadwick	Arkansas	Sr
4. Michelle Atherley	Miami	Jr
5. Jordan Gray	Kennesaw State	Sr
6. Kelsey Herman	Arkansas	Sr
7. Madeline Holmberg	Penn State	Sr
8. Emilie Berge'	South Alabama	Jr
9. Hope Bender	UC Santa Barbara	Sr
10. Grace McKenzie'	McNeese State	Jr

BILL LEUNG



**Multi-event legends Jackie Joyner-Kersey & Rafer Johnson were on hand at UCLA for the annual meet named in their honor.**

**211 LAPS OF FUN:** The annual indoor marathon at New York City's Armory produced a "World Record" on April 13. Former Arizona Stater C.J. Albertson ran 2:17:59.4, a little more than a minute slower than his road best. The women's winner, Stephanie Pezzullo, did not score a record with her 2:42:11.3...

Olympic hurdle champ Dawn Harper-Nelson kept her promise to have a baby after retirement, giving birth to a girl, Harper Renee, in mid-April...

Feyisa Lelisa, who was self-exiled from Ethiopia after his political protest at the finish of the Rio Olympic marathon, was given a \$17,000 reward from the Ethiopian government for his silver medal. He has been home since October...

With the IAAF reversing itself on the 30-second limit for trials in the field events, USATF has pushed through an emergency amendment to its own rules to also go back to the more popular 60-second limit...

Russia's State Duma is close to passing a bill criminalizing athletic doping. The fine will be all of about \$770...

Jay Balaban is the newest board member for the USATF Foundation. He's the CEO of Connected Apparel, a women's dress brand...

China banned three runners for life after they were implicated in cheating schemes at the Boston Marathon. One allowed someone else to run with his bib number while the other two falsified their entry standards...

In a related note, China is reportedly using facial-recognition technology to battle road race cheating...

The world's largest ever exhibition of track & field memorabilia will be on display in Doha's largest mall for 6 months, culminating with the end of the World Championships in October. The display is part of IAAF's Heritage program.

May 9 has been set as that date that Japanese residents can apply for tickets to the '20 Olympics. The lottery will run for 19 days, with results announced a month later. International sales will begin June 14, the same day as a law banning the resale of tickets. The most expensive tickets, outside of the opening and closing ceremonies, are for athletics, with the top rate being \$1100...

Brent McFarlane, Canada's 2000 Olympic coach and a noted authority on the hurdles, has died at 70...

Munich is bidding to host the '22 European Championships...

Geneva is planning on packing the sprinters in. The reconstruction of the track will include 12 (yes, twelve) straightaway lanes...

Jessica Davis, the '11 Pac-12 200m champ for USC, is now on the U.S. national bobsled team...

King Baudouin Stadium in Brussels, home of the Van Damme Memorial, has been saved from the wrecking ball as had been planned. The Belgian football union reached an agreement with the organizers of the DL meet to instead renovate the stadium and keep the track...

WADA is planning to introduce a new method of blood testing for doping prior to the '20 Olympics. Instead of drawing blood from a vein—the current procedure—the new method involves a much less invasive finger prick and as little as a few spots of dried blood can be tested effectively...

Of mice and men... and running: New research seems to indicate that human endurance capabilities are related to a mutation that caused the effective loss of an endurance-inhibiting gene called CMAH some 2-3 million years ago. When the active gene is blocked in mice, they apparently become serious distance runners...

A Paris city councillor has called for a referendum on whether to cancel the '24 Olympics to be held in that city. Paris '24 organizers have dismissed the move, which was based on a survey that claims 62% of the locals want the Games canceled. Organizers have pointed out that other polls show the opposite result and that most French are in strong support of hosting the Games...

Dr. Sherif el-Reftee, a medical expert from the United Arab Emirates speaking in support of the IAAF position on the Semenya case, has suggested the introduction of a third sex into athletics, to accommodate female athletes with high testosterone counts...

Yuki Kawauchi, the '18 Boston Marathon champ, has inked a sponsorship with Yamaha's music division. Apparently the incessant marathoner (he now has 92 to his name) was an avid pianist before he took up running. □

## Good Seating At The New Hayward? Show Me The Money

As always, money talks. Especially if the person with the money wants a great seat in the reconstructed Hayward Field. First dibs will go to Duck donors who have ponied up more than \$50,000 to the rebuild effort. The 5 other priority groups will be based on how long someone has had season tickets as well as how much they have donated. Potential buyers got a letter which contained this advisory: "The number of meets hosted at Hayward Field in 2020 will likely be limited based on the construction schedule. Therefore, there may not be a season ticket plan available for the 2020 season. Participating in this seat selection process will enable you to lock in your season ticket locations for 2021 and beyond."

BRYAN WAYNE



**In her first 100 since winning last year's USATF title, recovering-from-surgery Aleia Hobbs looked good in Baton Rouge with her windy 10.83.**

A SEMINAL FIGURE in U.S. 400 running, **Clyde Hart** will retire from college coaching at the end of this season. For 56 years he has served the Baylor program, mentoring 34 national champions and 566 All-America performances. He says, "My wife would say, 'OK, when are you going to retire?' And I would say that I've got to see so-and-so through. And then she finally said, 'That will never end, because there's always going to be another one coming up.' I kind of had to draw a line in the sand, and **Will London** being the local kid and I recruited him, I wanted to see him through, for sure. I'm 85, I definitely need to spend more time with my wife and just do some things. You just have to move on at some point. And I thought with Wil finishing up, that's the point."

Halfmiler **Ajee' Wilson** had a nice start to her outdoor season, winning the Larry Ellis Invitational's 1500 in an outdoor world-leading 4:06.98, the second best time of her career. Ce'Aira Brown followed her across the line in a PR 4:07.68.

South Carolina hurdler **Isaiah Moore** surprised with his performances at the Gamecock Invitational. First, he blistered his heat in a PR 13.39. Then, in the final with a barely-over-the-limit wind blowing at his back, he covered the distance in 13.25. Says coach Curtis Frye, "Isaiah

is coming along quite well. That wind was just on the edge, and we'll take it. That was his second

run of the day, and it shows us a lot about him, to be able to come back after running 13.39. It

## It's Farah vs. Geb... But Not In Racing Shoes

All is not happy in the land of the legends, as 6-time World champion Mo Farah opened up publicly to Reuters after he was robbed while staying in an Ethiopian hotel owned by 4-time World champion Haile Gebrselassie. In March, Farah reportedly lost \$3230 in cash, two phones and a watch from his locked suitcase while he was out on a training run in Addis Ababa. Farah says he got very little help from the hotel itself and when he reached out to Gebrselassie directly, "He didn't respond."

Going to far as to share his final text to the Ethiopian legend, Farah wrote, "I'm disappointed you have not made any effort to find my stolen money, and especially my watch. I have tried to contact you by telephone several times. Know that I am not responsible for what I say during the press conference in London and what influence it will have on your personality and your business."

Not surprisingly, Geb's response paints an entirely different picture, claiming that Farah had turned down the offer of a safe-box prior to the incident and that police investigated "thoroughly," detaining 5 employees for three weeks until clearing them. Gebrselassie also said that despite being given a 50% discount, Farah left without paying a \$2800 service bill.

"There were multiple reports of disgraceful conduct, which was not expected from a person of his caliber, and his entourage during his stay," reported Gebrselassie. He added, "He was reported to the police for attacking a married athlete in the gym. But due to my mediation role, the criminal charge was able to be dropped." Gebrselassie concluding by noting that he had opted to stay quiet until seeing Farah's text, which "looks like an act of blackmailing and accusation."

Don't look for the two to be sharing a table at the next IAAF Gala.



sets Isaiah up to be a little bit better, and it will take better to be where he wants to be.”

For Florida State timber-topper **Trey Cunningham**, a 13.47 win at Mt. SAC meant a lot. “This proved that FSU Relays [where he ran 13.43w] wasn’t a fluke; it wasn’t the wind,” he says. “I can run in the 40s. Now we’ll see how much quicker we can go from here on out.” He adds, “After this race it’s just keeping the mindset, ‘Run as fast as Trey can run.’ Whether that’s the new school record or the ACC record—which is the Collegiate Record [13.00 by Maryland’s Renaldo Nehemiah in ’79]—that’s what it will be. It will happen in time. I’ve just got to be patient, trust the training, trust myself and just focus on myself and the race.”

Arizona’s state division II HHS cross country champion last fall was **Hana Hall**, who won in 18:07. Turns out the junior is the oldest daughter of pro notables Ryan and Sara Hall, adopted with her three sisters from an orphanage in Ethiopia. Says Sara, “I mean, honestly, I don’t know how she does what she does every day. She’s been dealt such a rough hand—even of the four of our kids, definitely the hardest hand. Being the oldest and never going to school. Starting school at 15. Was the least fit of all of them. And yet has just defined what it is to be an overcomer, you know?”

Oregon sprinter **Cravon Gillespie** has come a long way since his prep days in Monrovia, California, where he hit bests of 10.54 and 21.70. Now he sports PRs of 10.12 and 20.20, last year placing 4th in the NCAA 100. Coach Robert Johnson tells the Eugene Register-Guard, “The caterpillar is starting to turn into a butterfly. He was talented way back then, he was talented last year. You could see him start to scratch the surface. You can see some of the breakout stuff he’s doing.” Among his goals Gillespie is hoping to be the first Duck to break 10. The school record is Kyree King’s 10.00.

Two-time Olympic high jumper **Jamie Nieto**, who was paralyzed after landing wrong in a backflip several years ago, has regained much of his ability to walk, succeeding in his goal to walk down the aisle at his wedding. “Eventually, I started gaining more balance and stability. The steps got a little more solid. Even now, I use crutches to stabilize me.”

Nieto, who is an actor these days, plays a surgeon on the Pure Flix soap opera Hilton Head Island.

**Erin Finn** has had her struggles with injuries, but they have driven her studies. She recently finished her masters in Epidemiology with a capstone project focusing the female-athlete triad, part of which is decreased bone mineral density, a factor in many stress fractures. Another project of hers on bone density was presented at the Orthopedic Research Society Conference. Her next move is to begin medical school at Michigan. She says she will continue to run: “Medical school is hard, but it shouldn’t take away the essence of who you are, and if it does, you’re doing something wrong. Continuing to run is the essence of who I am, and to give it up would be giving up a part of me that was accepted to medical school.”

When **Shadae Lawrence**, the ’17 NCAA discus champion for Kansas State, transferred to Colorado State, one might have figured that

## Bernard Lagat Meets The Marathon’s Wall

All-time middle-distance great Bernard Lagat, who debuted in the marathon with his 2:17:20 at New York last fall, is not done with the 26-miler. He is entered in Australia’s Gold Coast Marathon in July, still going strong at 44. “One of the most important things I learned from running the New York Marathon was the experience of hitting the wall,” he says. “A lot of people warned me about it and told me to watch for it, but nothing quite teaches you like living through that experience. When I hit the wall in New York, I panicked a bit, questioned myself if I could finish, but then quickly told myself to calm down and focus on one mile at a time.”

the Ram school record would be in danger. That mark, 198-8 (60.55) by Shelly Borman in ’99, survived the Jamaican’s first four meets, but was doubly doomed on April 20. First, Lawrence took 2nd at the Beach Invitational with a new school record of 202-9 (62.80). Then she traveled the 15M to Torrance for the Mt. SAC Relays a few hours later, where she threw another school record (and Jamaican NR) with her 209-7 (63.89). Says coach Brian Bedard, “She did well and was fired up and wanted to throw again at Mt. SAC, and she really blew it up.”

A javelin throw of 243-0 (74.07) by **Werner Bouwer** at the Michael Johnson Invitational took down a 28-year-old school record at Texas Tech. The old best of 242-7 (73.94) was set in ’91 by Rodrigo Zelaya, a 3-time All-America.

Says Bouwer, “It’s an honor to finally get the school record. It is something I have been working really hard for, and it is very humbling. I decided to work extremely hard over the summer and the fall coming into this season. My goal was to be as strong and healthy as possible to put me in position to throw far.” Says throws coach Cliff Felkins, “It’s like an unfinished book. He’s a talent and he’s young, so we’re trying to mature him as a person and mature technically, and when that happens, it’ll all come together.”

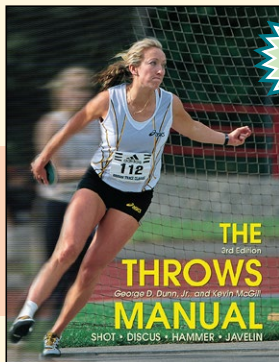
Texas A&M’s Cynamon Stevenson emerged as a national triple jump force at Waco. With a PR of 43-6 (13.26) from last year and a wind-aided best of 43-8 (13.31) from a week before, the junior bounced an impressive windy series, with a 44-0

(13.41) in round 3, 45-6½ (13.88) in round 4 and even farther (45-9¾/13.96) on her next try. “My first reaction to jumping 45 was thinking it’s finally here. The first attempt felt really good, so I thought today is the day. Jumping 45 twice was so emotional. I almost cried, but I held it in until we were done.”

For Stanford’s **Grant Fisher**, winning the 5000 at the Cardinal Classic in a PR 13:29.52—and closing in 4:05.8 for the final 1600—was all about practice: “Just tried to ramp it up at the end. It’s something I need to be ready for in a few weeks at NCAA’s, so I wanted to practice that skill set, really winding that last mile off of a pretty fast pace. That’s what you have to do at NCAA’s. You have to run that or faster in the last mile. I wanted to practice that.”

**Reggie Jagers** had an up-and-down weekend with the discus in April. The reigning USATF champion recounted on Instagram, “On Thursday I made a last-minute decision to jump into the OTC meet in Chula (4/11). Long story short, I couldn’t stay in the ring to save my life, fouled some big throws but mentally I had so many thoughts going through my head. I reset myself like a quarterback, I always aim to have short term memory in the throws, don’t bring your baggage into the ring.” Saturday in La Jolla was a different story, with a U.S.-leading 218-8 (66.67). “Developed a plan and executed the plan. Minor setback for a Major comeback. Being a professional, there isn’t an easy button, the highs and lows are what makes you.”

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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



Carl Lewis had plenty to say about the state of the sport at the Mt. SAC Relays.

## “We’re Getting To A Clown Show,” Says Carl Lewis

King Carl held court at the Mt. SAC Relays, addressing a variety of issues generally aimed at the sport’s presentation. The Olympic legend, now an assistant coach at Houston, has never been shy about speaking his mind and he let fly. Among the thoughts he shared with Scott Reid of the *Orange County Register*:

On IAAF innovations including mixed relays. “I think we’re getting to a clown show point with these silly relays and mixed relays and 2-plus-2s.” On the Diamond League trimming the 5000 from the roster. “I’m a sprinter, but I think cutting the distance races is a mistake—because you have 50 million runners in the world. We should be finding ways to get them in the stadium.” On the timing of the World Championships. “I think that whole thing—Doha is too late—is overblown. Everyone freaks out about that. And ‘Oh my God, it’s too early’. It’s just not a big deal. You train. You prepare.” On the sport’s financial woes: “We need to realize the sport needs a meal. Not fighting over crumbs. There are some great athletes that can do some great things. So I hope that there’s a way that people can come and say, ‘Ya know, we need to start coming together, working with promoters, saying: We need more meets.’”

“We shouldn’t be fighting over things. We’ve gone through this 10 or 12 years where the sport contracted, but we just had this false narrative that it was great.”

## TIME Recognizes Caster Semenya

One doesn’t normally look for tracksters on TIME magazine’s list of the 100 most influential people of

the year, but South Africa’s Caster Semenya made the cut this year. Hurdle legend Edwin Moses wrote the description:

“A world and Olympic track & field champion several times over, Caster Semenya has taught us that sex isn’t always binary, and caused us to question the justness of distributing societal benefits according to ‘male’ and ‘female’ classifications. Semenya identifies as a woman, but has testosterone levels higher than the typical female. Her success has brought controversy in elite sport, with many arguing that her biological traits give her an unfair advantage in women’s competition. But Semenya is fighting that. Sport eligibility, she and others say, should not be based on hormone levels or other differences of sex development. If successful, Semenya’s effort could open the door for all who identify as women to compete in track events without having to first medically lower their testosterone levels below a proposed limit.

“Ultimately, this incredibly difficult issue is a political one for sport to resolve. But however it is addressed, Semenya will have already made a singular historical contribution to our understanding of biological sex.”

## No USATF Indoor In Staten Island Next Year

After what seemed to be a successful debut of the USATF Indoor Championships at the Ocean Breeze Athletic Center on Staten Island—the first of a contracted 2-year run—USATF has announced that the second year of the arrangement will be deferred to a later date. The 3-day meet produced sellout crowds and some exciting performances, but in early April, USATF CEO Max Siegel said in a press release, “Feb-

ruary’s USATF Toyota Indoor Championships was successful. We look forward to resuming the event at Ocean Breeze in the near future.”

The Staten Island Advance reported that a source “with knowledge of the situation” said, “USATF made beyond-exorbitant money demands from Ocean Breeze and the local organizing committee with a date ultimatum to comply by and the [organizing authority] said that was unacceptable. It’s ridiculous. The attendance was on a scale not seen in recent years at any other USATF Indoor Championships in other places and the athletes loved the place.”

No further comment has come from USATF. A new site for ’20—when the Nationals will again act as the selection meet for the World Indoor—is scheduled to be announced later this year.

## Boston Becoming Indoor-Facility Central

Greater Boston will be getting its fourth world class indoor track facility as New Balance has broken ground on (sic) “The TRACK at new balance,” which will feature a 200m hydraulically banked oval, a separate warmup track, and seating for 5000 fans. The site will also be the training base of Boston Team NB, the company’s new club, coached by Mark Coogan.

The facility goes beyond track & field, with an attached concert venue as well as retail and food services. New Balance is also planning a sports research lab to focus on human performance and biomechanics, in addition to product testing. Expected completion of the project is summer ’21. There has been speculation that with an East Coast site of its own, New Balance might consider moving the indoor version of its New Balance Nationals for high schoolers to the new facility eventually. The current contract with the Armory runs through ’20.

Said company chair Jim Davis, “The TRACK at new balance will set a new performance standard in professional and amateur sports due to its innovative design, location and amenities. Its incomparable level of sports excellence and competitive spirit will inspire athletes to perform at levels they have only dreamed of attaining, with one of the fastest and most technical tracks in the world, if not the fastest.”

## More U.S. Summer Opportunities This Year?

With tighter World and Olympic qualifying standards giving American athletes a bit of anxiety, it’s only natural that new events might emerge to provide more opportunities for fast times. There are new fixtures in the wind for both sides of the country this summer.

East Coasters will see the Adam Sanford NYC Invitational in Icahn Stadium on July 13. The schedule will feature a nearly full state of events—though the steeple will be the longest race. Organizers have indicated they plan to

make this an international event. On the West Coast, former Portland State coach Jonathan Marcus is organizing high-performance meets under the banner of the Sunset Tour. These events will cater to distance runners, with races from 800 to 10,000. Rabbits are planned to help athletes hit the qualifying standards. The 3 LA-area meets are set for July 2 in Azusa and July 5 and 7 in Eagle Rock.

## Irby Goes Pro Early

Georgia lost another big name when star long sprinter Lynna Irby decided to go pro after an indoor season that wasn't up to snuff by her standards of the year before. The Bulldog soph made the announcement on Instagram, posting, "After much discussion with my family and prayers, we feel like this is the appropriate time for me to pursue my personal goals of competing professionally in track & field. With that being said, I will forgo the remainder of my eligibility at UGA and will sign with an agent so I can begin training for my professional career."

In '18, Irby finished 3rd in both the 200 and 400 at the NCAA Indoor. Outdoors she won the 400 in 49.80 and took 3rd in the 200. This year indoors she finished 5th in the 400 and anchored the 4th place 4x4. She had competed once for Georgia outdoors before the announcement, an 11.40 century PR at the Florida Relays.

## NCAA To Bump Regionals By A Day?

The NCAA is looking at adding a day to its "preliminary round" (what T&FN throwback-ishly calls Regionals) to make it a 4-day event, so it can mimic the schedule at the finals. According to the rationale of the actual proposal, "Spreading out the competition and having genders alternate competition days helps alleviate heavy congestion and safety concerns that occur

## Team USA Named For World Relays

USATF has announced its squad for the World Relays (Yokohama, Japan, May 11-12), although specific event assignments have not been made yet).

**Men:** Devon Allen, Chris Belcher, Donovan Brazier, Cameron Burrell, Michael Cherry, Freddie Crittenden, Paul Dedewo, Ryan Fontenot, Justin Gatlin, Je'Von Hutchison, Fred Kerley, My'lik Kerley, Noah Lyles, Josephus Lyles, Remontay McClain, Vernon Norwood, Bryce Robinson, Mike Rodgers, Nathan Strother, Ameer Webb, Dontavius Wright, Isiah Young.

**Women:** Joanna Atkins, Olivia Baker, Jessica Beard, Jasmine Blocker, Tori Bowie, Mikiah Brisco, Ce'Aira Brown, Dezerea Bryant, Christina Clemons, Shania Collins, Queen Harrison, Aleia Hobbs, Ashley Henderson, Kyra Jefferson, Jordan Lavender, Sharika Nelvis, Courtney Okolo, Jenna Prandini, Jaide Stepter, Gabby Thomas, Brionna Thomas, Shakima Wimbley.

on both practice days and during warm-up on competition days since both genders, with 48 student-athletes per event, are trying to share the same space and facilities."

The proposal also notes that an expanded schedule opens a window for morning practice, as well as more flexibility in dealing with the inevitable weather delays. Plus, since so many men's and women's programs are combined, "By adjusting to a 4-day format, coaches can now focus on one gender each day, providing a higher level of coaching since they are able to focus on one specific gender each day."

Nothing is free, and the expected cost of the change would be more than \$50,000. The proposal from the Competition Oversight Committee now goes to the full Track & Field Committee for approval, with implementation set for '21.

## Tuohy To Be True To Her School

In this space last month we passed along comments by her coach that distance superstar Katelyn Tuohy (North Rockland, Thiells, New York) might be well served to start going up against pro competition. Tuohy, however, has shot down suggestions that that means she might not compete for her high school in her senior year of track. "I want to run for the team," she confirms, noting that she would likely add a few races against pros. She is hoping to qualify for the Olympics Trials in the 5000, where she has a PR of 15:37.12, set indoors last year. While she probably will miss the occasional school competition, the 17-year-old says, "I just like running with my team and having fun with my teammates. I think that's best for me."

## Kenya Mollified On DL 5000 Situation

IAAF officials met with the president of Athletics Kenya during the World Cross to try to mollify African concerns that the coming changes in the Diamond League format (Last Lap, March) would work against distance runners. Jackson Tuwei had sought reassurance that competitive opportunities for 5000m runners would not disappear.

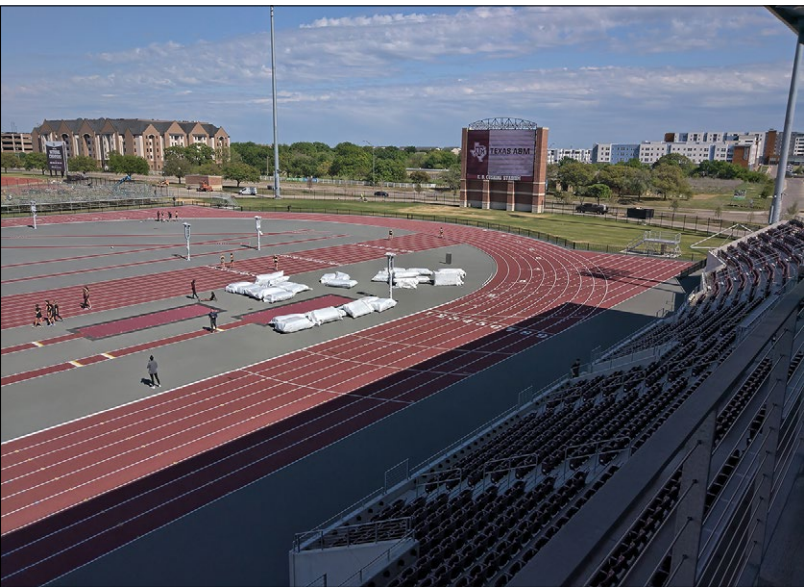
IAAF president Seb Coe, along with CEO Jon Ridgeon, assured Tuwei that reducing the broadcast window to 90 minutes would not preclude organizers from offering a 5000 outside of that window. They added that several meets had already expressed interest in doing so. Said Coe, "We believe that ultimately these changes will be beneficial not only to Kenyan and East African distance runners, but to our leading athletes around the globe, because it will result in a stronger, higher-profile, commercially-successful annual showcase series for our sport."

Tuwei responded, "I am satisfied that our athletes will receive sufficient opportunities to compete internationally in 2020 and I am reassured by the IAAF's undertaking that the impact of these decisions will be considered again at the end of each season and member federations consulted about any changes that might be needed."

## Kebenei Gets, Loses U.S. 10-Mile Record

First came the big news that Stanley Kebenei had taken down Greg Meyer's ancient U.S. 10M record at the Cherry Blossom Run in Washington, D.C. on April 7. Meyer set his 46:13 mark in '83, in the weeks leading up to his historic Boston Marathon win. Kebenei, it was reported, blistered 46:00 on the same course 36 years later. Then came the news that a turn-around point between mile 3 and 4 had been mismarked because of recent road construction, and the cones that Kebenei went around were in the wrong place. In actuality, the course was 240 feet short. Possibly, Kebenei would have gotten the record anyway.

Race organizers ("profoundly regret this unfortunate error") did the right thing and gave Kebenei the \$10,000 record bonus anyway. Arkansas alum Kebenei, 29, tweeted, "I will come back for it!"



On the first weekend of April Texas A&M unveiled its new facility, hosting its first outdoor meet on campus since '04. The state-of-the-art layout features a 9-lane oval, plus an almost-unique 9-lane straightaway in the middle of the infield (long throws are held on an adjacent field). Should the wind conditions demand it, the pole vault has an angled runway in addition to the regular north-south one.

## USATF Announces '19 Coaching Staffs

We now know who will be in charge of Team USA squads this year. Indy's announced staffs for 5 national-team meets:

### World Championships

Men—Robert Gary. Assistants—Damon Martin, Ashley Muffet, Nic Petersen, Maurice Pierce. Manager—Ken Brauman. Women—Bonnie Edmondson. Assistants—Dena Evans, Sandra Fowler, Chris Johnson, Delethea Quarles. Manager—Cathleen Cawley. Combined—Orin Richburg (relays). Event managers—David Watkins, Melinda Withrow.

### World Relays

Head coach—Orin Richburg. Assistants—Mechelle Freeman, Linda Lanker, Angela Williams. Managers—Manny Bautista (men), Kristin Heaston-Bell (women). Event managers—Kenny Banks, Lauryn Williams.

### Europe vs. USA

Men—Mike Ford. Assistants—Joel Brown, Mark Coogan, Justin St. Clair, James Thomas. Manager—Gary Morgan. Women—Dena Evans. Assistants—Michele Curcio, Chris Johnson, Cristy Snellgroves, Ryan Wilson. Manager—Wendy Truvillion. Combined—Orin Richburg (relays). Event managers—Jennifer Nanista-Stephens, Byron Turner.

### Pan-Am Juniors

Men—Michael Lawson. Assistants—Chris Coleman, Kevin Jermyn, Mike Judge. Manager—Kim Dismuke. Women—Pamela Marquez. Assistants—Jebrah Harris, Richard Mercado, Angela Williams. Manager—Wendy Truvillion. Relays—Mechelle Freeman, Wallace Spearmon. Event managers—Kevin Ankrom, Martin Palavicini.

### NACAC U23

Men—Rod Staggs. Assistants—Gary Aldrich, Damon Martin, Shawn Wilbourn. Manager—Veronica Rodriguez-Butler. Women—Easter Gabriel. Assistants—Shayla Houlihan, Lucais MacKay, Connie Teaberry. Manager—Mary Wineburg. Relays—Mechelle Freeman, Wallace Spearmon. Event managers—Michael Murphy, Danielle Siebert.

## How Will USATF Choose Pan-Am Team?

Obviously, the late date of the World Championships is what caused the USATF Championships to be moved to late July (25–28 to be precise). However, that has made the selection process for the shortly thereafter Pan-Am Championships (August 06–10 in Lima, Peru) more challenging than usual.

Since the team has to be named before the USATF meet, officials have gone with their only alternative: selecting the two athletes in each event from the top of the U.S. lists as of June 10. The marathons and race walks will be selected from the April 21 compilations. Wind-aided marks in the affected events will not be consid-

## 9 Morning Finals On The Tokyo 2020 Schedule

The IAAF has released the Olympic Games schedule and Competitions Director Paul Hardy calls it “substantially different from our previous Olympic timetables.” In all, 15 of the 17 sessions will have at least one final contested, and 9 finals (plus the finishes of the road events) will be staged during the morning windows, with Hardy explaining, “Having finals in the morning—as requested by the International Olympic Committee—will enhance the visibility of athletics across all time zones.” The schedule is meant to be very doubles-friendly.

Here's the charting of the staging of the finals:

### Friday 7/31

Morning—m20K Walk; Night—m10,000

### Saturday 8/01

Night—mDiscus; Mixed 4 x 400; w100

### Sunday 8/02

Morning—wMarathon, Shot; Night—m100, High Jump, Triple Jump

### Monday 8/03

Morning—mLong Jump; w100 Hurdles; Night—mSteeple; w5000, Discus

### Tuesday 8/04

Morning—m400 Hurdles; wLong Jump; Night—mPole Vault; w200, 800, Hammer

### Wednesday 8/05

Morning—w400 Hurdles; Night—m200, 800, hammer; wSteeple

### Thursday 8/06

Morning—m110H, Triple Jump, Shot; Night—m400, Decathlon; wPole Vault, Heptathlon

### Friday 8/07

Morning—w20K Walk; Night—m400, 5000, 4 x 100; w1500, 4 x 100, Javelin

### Saturday 8/08

Morning—m50K Walk; Night—m1500, 4 x 400, javelin; w10,000, 4 x 400, High Jump

### Sunday 8/09

Morning—mMarathon

ered. Athletes will be contacted via e-mail. With athletes being given 3 business days to accept or decline the invitation, it might take a few weeks before the team roster becomes public.

## Oly Champ Kiprop's Positive Test Upheld

In the end, one might say, Asbel Kiprop fought as hard to win his battle against a doping ban as he did in his '08 Olympic 1500 win or any of his three World titles. This time, though, his efforts failed, and in April he was handed a 4-year ban for the presence of EPO in his system during a 2017 out-of-competition test. The news first broke in early May of '18 and the Kenyan star has been fighting a running battle since.

The Athletics Integrity Unit described the defenses mounted by Kiprop's lawyers as an “à la carte menu of reasons why the charges should be dismissed.” Among the proposed cases: training at altitude naturally produces EPO, legal medication did it, the test/analysis was flawed, or perhaps the sample was spiked. The AIU panel concluded: “None of the various reasons proposed... when subject to strict scrutiny had any plausibility.”

“I am totally innocent,” Kiprop said last year, and at every opportunity since. He will be 32 when the ban runs its course.

## IAAF Clarifies Testo Waiting Period

One thing the delay in the CAS proceedings on the Caster Semenya case (Last Lap, March) theoretically meant was that the South

African—and any other female athletes with naturally-heightened testosterone—might not be eligible in time for Doha, should the proposed IAAF rule prevail. The rule mandates that testosterone levels in such athletes be reduced for a full 6 months prior to competing. Since we're already into that window, any ruling in favor of the IAAF might have rendered Semenya and similar athletes immediately ineligible for Doha. However, the IAAF has told the Sports Integrity Initiative, “Assuming the regulations are upheld, the IAAF will introduce a special transitional provision by which affected athletes who comply with the 5nmol/L limit, starting one week after the release of the award, will be eligible for the IAAF World Athletics Championships in September, 2019.”

While we wait for the decision, Burundi's Francine Niyonsaba, the Olympic silver medalist in the 800, has revealed that she also has hyperandrogenism. She told the Olympic Channel, “I didn't choose to be born like this. What am I? I'm created by God. So, (if) someone has more questions about it, maybe (they) can ask God. I love myself. I will still be Francine. I will not change.”

Meanwhile, the international reaction that this case is drawing looms as a PR debacle of the worst sort for the IAAF. In March, the United Nations Human Rights Council—which doesn't typically opine on sports matters—passed a resolution against the IAAF stance, saying sports bodies should “refrain from developing and enforcing policies and practices that force, coerce or otherwise pressure women and girl athletes into undergoing unnecessary, humiliating and harmful medical procedures.” □

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

COURTESY RUNCZECH

Seriously training again, Galen Rupp aims to get back to his winning ways. His last victory was a PR marathon in Prague in May of last year.



The No. 10-ranked U.S. marathoner last year on the strength of her 2:32:37 for 6th at Chicago, **Sarah Crouch** knew going into Boston that it was risky after a diagnosis of a stress reaction just 6 days earlier. Halfway through the race, it fractured. She still finished the race in 2:48:05. "Sometimes big risks are worth it and other times they completely blow up in your face, but I will look back on today with the knowledge that I am a tough son of a gun," she said.

**Chris Derrick** has withdrawn from the London Marathon. "I inevitably got greedy and pushed a sore plantar fascia too far," he said. "Will try and build back up healthy for an early fall attempt and, most importantly, the marathon Trials next winter."

After missing a month of training this winter due to patella tendon tears, **Shalane Flanagan** opted for surgery to repair the tears. She said at Boston, "My knees are not doing so well. They've been hurting."

UCLA vaulter **Sondre Guttormsen**, has a stress fracture in his lower back and will miss the first part of the outdoor season. "Whether or not I'll compete at the NCAAs is not decided yet," said the Norwegian sensation. "I will do everything I can to get back as soon as possible."

**Lynna Irby** has gone pro early and will not finish out her NCAA eligibility at Georgia.

Vaulter **Lexi Jacobus** sat out of the McDonnell Invitational because of back spasms.

Cal's **McKay Johnson**, 8th in the NCAA Indoor shot the last two years, is out for the season with what Cal says is a non-track related injury.

Back problems have laid 2:28:12 marathoner **Allie Kiefer** low, creating a domino effect of related injuries in her feet, including three stress reactions in her metatarsals.

**Galen Rupp** is reportedly back in serious training after last October's foot surgery.

## ON THE INTERNATIONAL FRONT...

Shot queen **Valerie Adams** gave birth to her second child in late March.

Though entered in the Asian Championships, Qatari high jumper **Mutaz Barshim** opted not to attend, saying he needed more time to prepare.

**Tirunesh Dibaba** withdrew from the London Marathon for "personal reasons" and later explained why. The Ethiopian great, 33, is expecting her second child and plans to return to competition in the Olympic year.

The '15 World champ in the marathon, **Ghirmay Ghebreslassie**, withdrew from Boston because of illness.

**Abdalelah Haroun**, who won 400 bronze for Qatar at the '17 Worlds, was injured in a training

session just prior to the Asian Championships and had to withdraw.

German discus thrower **Christoph Harting** says he will compete in the World Championships, but only to get IAAF rankings points to help ensure he has a chance to defend his Olympic gold the following year. Otherwise, he says, it is an interruption of his training plans.

Kenya's **Sally Kipyego** dropped out of Boston when a calf injury flared up on her before 30K.

Patellar tendinitis will keep Canadian recordholder **Cam Levins** out of the London Marathon.

A broken pole led to a fractured wrist for New Zealand vault prospect **Olivia McTaggart**. She still expects to be healthy by the time of the Worlds.

## Doping suspensions

8 years—**Gulfiya Agafonova** (Russia, HT), **Tatyana Beloborodova** (Russia, HT), **German Komarov** (Russia, JT);

4 years—**Manpreet Kaur** (India, shot), **Asbel Kiprop** (Kenya, 1500); **Ivan Yushkov** (Russia, SP);

3 years—**Anisya Kirdeyapkina** (Russia, walks);

2 years—**Anna Bulgakova** (Russia, HT), **Vera Ganeyeva** (Russia, DT). □

# FOR THE RECORD

Records broken since the March issue. W = World; A = American; J = Junior (U20); § = mark inferior to indoor performance USATF won't recognize.

## MEN ROAD

5K	13:29	=W	Edward Cheserek (Kenya)	Carlsbad, California	April 07
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## WOMEN ABSOLUTE FIELD

PV	4.47   14-8	AJ§	Chloe Cunliffe (West, Seattle, Washington)	Arcadia, California	April 06
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# LANDMARKS

### Reelected: Svein Arne Hansen

The 72-year-old Norwegian, who for many years was the meet director of Oslo's famed Bislett Games, will serve a second term as the president of European Athletics. He will serve until '23.

### Named: Caster Semenya

As one of TIME magazine's 100 most influential people of the year (see Last Lap).

### Paved, To Put Up A Parking Lot: Bud Winter Field

San José State's fabled facility, site of multiple World Records will disappear this summer to build a parking garage. Earlier plans to renovate the facility fizzled when fundraising efforts fell short. Now the \$2.5 million that had already been

set aside will fund a multipurpose recreational field next to the garage.

### Died: Charles Foster, 65

On March 31. The North Carolina Central great won the '74 NCAA 110 hurdles, the year he ranked No. 1 in the world. In all, World-Ranked 7 times 1973-79. The '76 Olympic 4th-placer, he became a noted coach, working with more than 20 Olympians and winning NCAA Assistant Coach of the Year honors while at Clemson; he also coached for years at North Carolina.

### Died: Lew Hartzog, 96

On April 9, in North Manchester, Indiana. Hartzog coached the Southern Illinois program for 27 years, mentoring 67 All-Americans, 12

national champions and 12 Olympians. Among other honors, he was named to the USTFCCCA's Hall of Fame.

### Died: Stanisław Szudrowicz, 71

On April 12. The Pole World Ranked No. 9 in the long jump in '71, the year he won bronze at the European Championships and notched his PR of 26-4¼ (8.03).

### Died: Yvette Williams, 89

On April 13, in Auckland. New Zealand's first woman Olympic gold medalist, she won the long jump in the '52 Games. She held the World Record for little more than a year with her 20-7¼ (6.28) in '54. Overall, she won 21 Kiwi national titles in 5 events. □

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Relays & Invitationals	
April	
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
May	
02	Jordan Invitational; Stanford, California
03	Arkansas Twilight; Fayetteville, Arkansas
	Hayes Invitational; Bloomington, Indiana
	Paddock Open; Ann Arbor, Michigan
	Thorpe Invitational; University Park, Pennsylvania
04	Haylett Invitational; Manhattan, Kansas
	Masked Rider Open; Lubbock, Texas
	Nebraska Invitational; Lincoln, Nebraska
	Tennessee Challenge; Knoxville, Tennessee
09-10	Azusa Pacific Twilight & Multi; Azusa, California
	BYU Last Chance; Provo, Utah
09-11	Loucks HS Games; White Plains, New York
11	Oxy Invitational; Eagle Rock, California
16 & 18	Elite Classics; Tucson, Arizona
17	USATF Hi-Performance, Eagle Rock, California
18	Golden South HS; Orlando, Florida
30-6/01	Great Southwest HS Classic; Albuquerque, New Mexico
31-6/01	Iron Wood Throws Classic; Rathdrum, Idaho

Collegiate Conferences	
(The early days of some conference meets may be dedicated to just the multi-events)	
April	
27-28	Southern; Birmingham, Alabama
May	
02-04	MEAC; Greensboro, North Carolina
03-04	Big West Multis; Santa Barbara, California
	Colonial; Elon, North Carolina

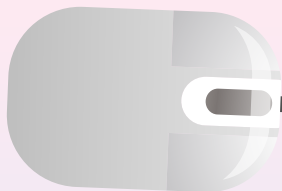
	Patriot League; Worcester, Massachusetts
03-05	Horizon League; Youngstown, Ohio
	Southland; Natchitoches, Louisiana
	SWAC; Prairie View, Texas
04-05	America East; Albany, New York
	Atlantic 10; Amherst, Massachusetts
	Heps; Princeton, New Jersey
	Metro Atlantic; West Long Branch, New Jersey
	Northeast; New Britain, Connecticut
	Pac-12 Multis; Tucson, Arizona
08-10	Big South; Rock Hill, South Carolina
	Summit League; Macomb, Illinois
08-11	Big Sky; Missoula, Montana
	Mountain West; Clovis, California
09-11	ACC; Charlottesville, Virginia
	Mid-American; Muncie, Indiana
	Ohio Valley; Cape Girardeau, Missouri
	SEC; Fayetteville, Arkansas
	WAC; Orem, Utah
09-12	Conference USA; Charlotte, North Carolina
10-11	Atlantic Sun; Jacksonville, Florida
	Big East; New York, NY
	Big West; Santa Barbara, California
	New Englands; New Haven, Connecticut
10-12	The American; Wichita, Kansas
	Big 10; Iowa City, Iowa
	Big 12; Norman, Oklahoma
	Missouri Valley; Terre Haute, Indiana
	Sun Belt; Jonesboro, Arkansas
11-12	IC4A/ECAC; Princeton, New Jersey
	Pac-12; Tucson, Arizona
17-18	California JC; San Mateo, California
20-21	Northwest JC; Gresham, Oregon

Major 2019 Championships	
May	
11-12	World Relays; Yokohama, Japan
June	
05-08	NCAA Championships; Austin, Texas
21-23	USATF Junior Championships; Miramar, Florida
25-30	USATF Youth Championships; Durham, North Carolina
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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