

Eastern Track

2019 Penn Relays Preview

125th Running--April 25-27

2019 Penn Relays Preview
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Penn Relays--Franklin Field--Philadelphia,Pa
Host Site: <http://pennrelays.com/>. Click on schedule/results for daily event lineups

History
<https://pennrelays.com/sports/2018/11/2/about-the-relays.aspx>

Additional links
Dyestat: <http://www.dyestat.com/>
Milesplit: <http://www.milesplit.us/>
www.trackandfieldnews.com
Letsrun.com
Flotrack.com

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

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

Jamaica Champs
https://issa-athletics-championships.runnerspace.com/eprofile.php?event_id=2189&do=news&news_id=568531

Best Jamaican Marks (H.S.)
Boys: <http://www.talawah.com/penrlb2019.htm>
Girls: <http://www.talawah.com/penrlg2019.htm>

Weather Forecast
Hi/lo, chance of rain)
Thursday 71/56 0%
Friday 73/51 70% possible thunderstorm
Saturday 66/50 0%
Sunday 76 (that's not fair!)

Following is an event-by-event look at the 125th running of the Penn Relays. Bib numbers/letters are listed as well as 2019 bests and PRs are listed in most events.

Tuesday/Wednesday April 23,24

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

Messiah's Taylor Wiederrecht is the top returnee from last year (finished 3rd).

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

Cincinnati's Damien Berthenet, a junior from France, scored 7573 points last July.

Ken Mullings, a junior at the University of the Bahamas, returns to defend his title—scored 6930 at Penn last year finished the season with a personal best of 6986.

Thursday April 25

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

St. Augustine's junior Shannon Kalawan (#1), was the winner last and went on to become coach George Williams' latest NCAA Div.II Champion in the 400-meter hurdles. She has a best of 56.29(2016) and has run 58.07 this year. She was 2nd in the H.S. division at the 2016 Penn Relays and, representing her native Jamaica, won the silver medal at the World Junior Championships that year.

Coach Williams has produced 7 winners of the 400-hurdles at Penn (5 men-including Bershawn Jackson, 2 women).

The entrant with the fastest time this year is Rutgers freshman Reanda Richards (#4) who ran 57.21 at last month's Florida Relays. The native of St.Kitts finished 3rd in the H.S. Division at Penn in 2017 and 2018 while competing for New Jersey's West Essex H.S. and won the National Scholastic title in 2018!

Other contenders (with their 2019 best and/or PR) include UWI-Mona's Candice McLeod (#6/61.48-56.73['18]), Clemson's Lakeisha Warner (#5/57.86-57.23), and Maryland's Xahria Santiago (#2/59.65-56.69['18]). Clemson's Markeeta Thomas (#3/57.11['18]) was 3rd in 2018, but has only run 59.99 this year.

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

The top seed is Brooke Jaworski (#1/Wasau West,WI), who ran 57.57 in 2018. The Texas-bound senior was 2nd at last year's U.S. Junior Championships and 7th at the World Juniors in Finland.

Close behind on the seed list are 17-year old senior Vanessa Watson (#2/Spencerport,NY/57.77), who was 6th last year, and senior Britton Wilson (#3/Mills Godwin,VA/57.95).

Jamaica's Shaquena Foote (#4) ran 58.17 in only her 2nd race in the event back in January. She was 2nd in the 800 at last month's Jamaica Champs (2:06.85).

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

The 12 fastest teams from the four heats advance to the Championship Final on Friday

Recent qualifying cutoffs: 9:25.11(18), 9:12.68(17), 9:18.84(16), 9:26.68 (15), 9:21.47(14), 9:25.96(13), 9:20.99(12), 9:21.54(11), 9:17.70(10), 9:32.73(09), 9:14.53(08), 9:23.03(07), 9:23.30(06), 9:25.46(05) and 9:23.86(04)

Here are the leading teams and individuals and their 2019 bests(Unless otherwise noted, indoor times are listed for U.S. teams)

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

Edwin Allen,JAM (AA/8:52.58), 5-time winner of this event (most recently in 2013)

Other potential finalists: Portsmouth,RI(AB/9:12.34), Corning-Painted Post,NY(AC/9:14.58), St.Jago/JAM(AD/9:22.52, Hydell/JAM(AE/9:23.48;

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

Potential finalists: **Neumann-Goretti,PA(BA/9:02.17)**...2nd last year...**fastest U.S. team in the field**...winner at last month's New Balance Indoor Championships, Union Catholic,NJ(BB/9:07.44, Goshen Central,NY(BC/9:22.17), Cornwall,NY(BD/9:22.17), Elizabethtown Area,PA(BE/9:24.29), Bronxville,NY(BF/9:25.59);

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

Potential finalists:Ridge,NJ(CA/9:15.07), West Springfield,VA (CB/9:19.18), New Rochelle,NY(CC/9:22.01)

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

Potential Finalists: Shenendehowa,NY(DA/9:16.22), **Holmwood Tech/JAM(DB)**--2-time defending champ has won this event a record 11-times at Penn...entered with a time of only 9:17.35, but a different group of runners ran 9:04.80 in early February. Sasha Brown returns from last year's winning team.

Other potential finalists include Shenendehowa,NY (DA/9:16.22), the 2016 winner, and W.T. Woodson,VA(DC/9:22.42);

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

A new format was instituted in 2018. The nine (up from 8) fastest teams from events #107-111 qualify for the Championship Final on Friday. The next nine fastest teams from outside the U.S. qualify for the International final, nine each for the Northern and Southern finals, and nine teams from Pennsylvania, New Jersey and Delaware qualify for the Tri-State final on Saturday).

Recent qualifying cutoffs: 46.62('18/9 teams), 46.30('17), 47.38(16), 48.00(15-cold), 47.22(14), 47.28(13), 47.53(12), 47.21(11), 47.11(10), 47.59(09), 47.23(08), 47.64(07), 47.48(2006), 47.76(2005-cool), and 47.30(2004) #107/AA-FL, #108/FM-KY, #109/LA-RL, #110/RM-WY, #111/XA-4L

LEADING TEAMS

2019 Bests listed—teams race in alphabetical order

Indoor 4x200 times listed if no 4x100 time is available			
43.94	XA	Edwin Allen/JAM--5-time defending champions	
44.44	YP	Hydell,JAM 3 rd the last two years...winner at the Jamaica Champs (Beat Edwin Allen)	
44.71	YM	Holmwood Tech,JAM...2 nd last year...4-time winner at Penn, last in 2013	
45.02	3C	St.Jago,JAM...4-time winner at Penn, last in 2005...5 th last year, 2 nd in 2017	
45.94	YB	Excelsior,JAM	
NT	3A	St.Augustine's/BAH 7 th last year	
45.73	2F	Petersfield,JAM 8 th last year	
46.20	XJ	Bullis,MD 9 th last year	
46.26	YS	Immaculate Conception/JAM	
46.36	3B	St.Catherine,JAM 6 th last year	
46.67	3Z	Vere Tech,JAM...winner of this event a record 15-times at Penn (last in 2009)	
(1:39.01i)	4E	Western Branch,VA 4 th in 2018	

46.92 2Y Rusea's,JAM
 47.05 2M The Queen's School,JAM
 (1:37.91i) 2V Robeson, NYC
 (1:39.34i) 3K South County,VA

44.24 AE G.C. Foster/JAM 2nd last year...no team from
 Jamaica has ever won this event at Penn
 44.32 AB Clemson 4th last year
 44.36 AC UTech/JAM
 44.77 AD Houston 5th last year
 45.14 AF Penn State 7th last year, 6th in 2017
 45.19 AG Duke
 45.21 AH Middle Tennessee 8th last year
 45.34 AI Virginia Tech
 45.42 AN Troy
 45.59 AJ Pittsburgh
 45.64 AK George Mason
 45.71 AM Wisconsin
 46.24 AT Albany 3rd last year
 NT CE Auburn defending champion, but no returnees
 from last year

113-College Women 4x100 Heats 1:20pm

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

Recent qualifying cutoffs: 45.64('18), 45.23('17), 46.55(16), 46.61(15), 45.43(14), 45.41(13), 45.30(12), 45.20(11), 44.69(10), 45.60(09), 44.66(08), 45.42(07), 45.44(06), 45.46(05), and 45.32(04).

LEADING TEAMS

43.86 AA South Carolina—winner in 2002 and 2005

114-160/High School Girls 4x400 Heats

Nine fastest teams from Events #114-160 (minus #148) qualify for the Championship Final on Friday. The leading teams from the Philadelphia Public League, Philadelphia Catholic League, PIAA District I, South Jersey and Northern Delaware (events #150-160), and the remaining fastest teams from these races plus #149 area schools, qualify for the 12-team Philadelphia Area final on Saturday.

Recent qualifying cutoffs: 3:46.56('18), 3:44.78('17), 3:50.54(16), 3:52.10(15), 3:49.87(14), 3:47.37(13), 3:50.74(12), 3:48.10(11), 3:46.41(10), 3:51.20(09), 3:42.77(08), 3:51.35(07), 3:50.80(06), 3:53.90(05), and 3:49.51(04)

Races With leading Teams/Individuals (and 2019 bests--unless otherwise noted, indoor times for U.S. teams)

#140--St.Catherine/JAM(BG) 3:47.02/Annakay Allen-53.74

#141--Massopano,VA(CF) 3:49.75i

#142--Franklin,MD(DI) Jasmine Johnson is the only returnee from the team that finished 6th last year

#143--Edwin Allen/JAM(EC) 3:41.29/7th last year...5-time winner of this event (2009,2012,2014-2016, Bullis School, MD(EJ) 3:42.06i/3rd last year, South Lakes,VA(EI) 3:48.87i, Hubie Blake,MD(EF) 3:50.34i

#144--Western Branch,VA(FL) 3:44.79i/4th last year, The Queen's School/JAM(FH) 3:47.05, St. Elizabeth Tech/JAM(FJ) 3:49.53/5th last year, St. Augustine's/BAH(FI) 9th last year, Mills-Godwin,VA(FF)/Britton Wilson-52.72i****

#145--Excelsior/JAM(GD) 3:48.03, South County,VA(GK) 3:50.15, Vere Tech/JAM(GH) 3:50.24/ winner of this event at Penn a record 11-times, last in 2013, St.Andrew/JAM(GJ) 3:51.68, Petersfield/JAM(GL) 8th last year/Shaquena Foote, one of the contenders in the 400-hurdles, wasn't on the team's early entry for Penn, but she's run 52.26 this year.

#146--Holmwood Tech/JAM(HH) 3:36.09/2nd last year, 5-time winner at Penn, last in 2010(Daniella Deer-53.30); Spalding/JAM(HJ) 3:39.94, Union Catholic,NJ(HA) 3:47.31i, Paul Robeson, NYC(HK) 3:52.64,

#147--Hydel/JAM(IE) 3:34.78/2-time defending champion...Garriel White(53.55) and Cherokee Young (52.48) return from last year's winning team-Young also ran on the 2017 team...15-year old Oneika McAnnuff wasn't on the team's early entry for Penn, but she ran 53.01 to win her Division at the Jamaica Champs last month!, St.Jago/JAM(IH) 3:41.16/2nd to Hydel in 2017

#149--Prep Schools Providence,NC(KE) 3:54.10

#153--Suburban Coatesville,PA(OA) 3:54.86

#155-Suburban American-Cheltenham,PA/Bria Barnes-54.05i

#158--South Jersey Large Rancocas Valley,NJ(UI) 3:53.97i

#159--Philadelphia Catholic Neumann-Goretti,PA(VA) 3:45.01i

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

Unless otherwise noted, the names listed below are those entered by a team's coach and are not necessarily the lineups that will be used at Penn. PRs and 2019 bests(if different) are listed when known, as are actual splits(r). Possible alternates are also listed. *-1500

Leading Teams(with 2019 indoor bests)...*-lineup from coach

AA-Villanova(10:56.04)—2-time defending champs have won

this event a record 16-times at Penn (6 times in the last 7 years)...4th at last month's NCAA Indoor Championships

1200-Lydia Olivere

400- Amari Onque-Shabazz ran the 400 leg at the NCAA Championships

800- Rachel McArthur

1600-Nicole Hutchinson 4:31.38r Senior from Canada ran quick lead-off legs (3:21.4, 3:21.8) on the winning teams in 2017 & 2018, but will take over the anchor role this year. Ran 4:14.01 for 1500-meters on April 6

Alternate

Taryn O'Neill (4:45.27i)

***AB-Indiana(10:57.76)**—8th at last month's NCAA Indoor Championships...5th at last year's Relays, 4th in 2017...Hoosiers have never won a women's relay at Penn

1200- Joely Pinkston 2:07.91
400-Natalie Price 53.72 52.66('18)
800—Mallory Mulzer 2:08.38i
1600-Katherine Receveur 4:47.96i 4:40.3r('18)

AC-Wisconsin(10:59.72/approximate splits below) won this event in 1993 & 1998...9th at last month's NCAA Indoor Championships

1200-Alissa Niggemann 3:26.r
400-Gabrielle DesRosiers 53.7r
800-Bianca Stubler 2:08.8r
1600- Lucinda Crouch (4:47.73i)

Alicia Monson, who ran a 4:32 split indoors, is out with a foot injury

***AD--Notre Dame 2nd last year, 3rd in 2017**

1200-Rachel DaDamio (4:44.71i)
400-Grace Cronin 56.57i
800-Mikayla Schneider 2:06.56
1600-Jessica Harris 4:34.0r('18) ran a NCAA-leading 4:13.04 for 1500-meters this past weekend

AE-Virginia Tech

1200- Sarah Edwards 4:36.49i
400-Nykah Smith 53.92i
800-Shannon Quinn 2:06.58i
1600- Rachel Pocratsky 2:03.43i/4:10.03*('18) 3rd in the 800 At the NCAA Indoor Championships

AF-Penn State(11:09.85) 3rd last year, 2nd the previous two years... never won this event at Penn

1200-Moira O'Shea 4:28.53*
400-Antoinette Bradley 55.97i
800-Frances Bull 2:14.80 2:07.57('17)
1600-Danae Rivers 4:29.47i

Alternate

Julia Paternain 4:34.45*

***AH-Columbia**

1200--Katie Wasserman 2:12.20/4:41.95
400--Carlita Taylor 58.53
800--Bianca Alonzo 2:10.00 2:08.22('18)
1600--Annie Fanta 4:23.68*

AJ--Penn

1200-Maddie Villalba 2:08.16/4:21.92*
400-Uchechi Nwogwugwu 52.27('18)
800-Melissa Tanaka 2:07.87i
1600-Nia Akins 4:16.44*

AK--Princeton

1200-Anna Jurew 2:09.37i/2:46.25i
400-Allison Glossinger 59.07
800-Jackie Berardo 2:06.34
1600-Alie Fordyce 4:45.23i

163-High School Girls 3000m 5:55pm

Top seeds are Brooke Rauber-So (#1/Tully,NY, 9:33.67i/3k), Julia Trethaway (#2/West Morris Central,NJ, 10:32.55i/3200), and Gianna Quarzo-Jr (#3/Brownsville,PA, 10:35.00i/2-mile).

164-High School Girls Mile 6:05pm

This has the potential to be one of the greatest prep mile races ever at Penn.

Marlee Starliper (#1/Northern,PA) was a fairly easy winner over fellow junior Victoria Starcher (#3/Ripley,WV) at last year's Relays, but lost a photo-finish to another junior, Taryn Parks (#2/Greencastle-Antrim,PA), at last month's New Balance Indoor Nationals, with both being timed in 4:39.05, moving both into the all-time top-10 list! And Starcher wasn't far behind in 3rd with her own personal best time of 4:40.63! The Relays Record of 4:39.28 was set by Mary Cain (Bronxville,NY) in 2012

165—High School Girls Distance Medley 6:10pm

(With 2019 indoor bests)

After skipping last year's Relays, North Rockland(NY) is back, along with junior Katelyn Tuohy, who anchored the winning team in 2017.

Tuohy, already one of the greatest preps ever, ran a 4:41.9 anchor to lead her team to a win at last month's New Balance Indoor Nationals(11:41.84). 2nd in that race was Fayetteville-Manlius(NY), which ran 11:45.29.

166—College Women-4x400 Heats 6:25pm

Nine fastest teams from Events #166-168 qualify to Championship Invitational on Saturday. Next nine fastest teams qualify for the College Final and the next nine fastest Eastern teams qualify for the Eastern Final

Leading teams (with 2019 bests)

3:27.53 AA South Carolina 2019 NCAA Indoor Champions...6-time winner of this event, last in 2007
3:32.67 AB Clemson
3:35.03 AC St.Augustine's
3:35.90 AD Maryland

3:36.06 AE Duke Defending champion
 3:36.13 AF Penn
 3:36.62i AG Penn State winner in 2008
 3:37.33 AI G.C. Foster/JAM led by freshmen Shiann Solomon, who anchored Hydell to a win in the H.S. Girls 4x400 last year, and

3:37.48i AH Virginia Tech
 3:38.15 AJ UConn
 3:39.37 AK Miami/Ohio
 3:39.53i AL Wisconsin
 NT AM MICO/JAM
 3:40.15 AN Pittsburgh

Chrissanni May, who anchored Holmwood Tech to wins in the H.S. Girls 4x800 in 2017 & 2018

THURSDAY NIGHT AT THE RACES--2019 Qualifying Standards

With the new configuration of the track, all races will finish at the end of the backstretch. The steeplechase water jump is now located inside the first turn. The college and Olympic Development sections will be run together in all events. (No standards for NCAA Div.I or Div.III)

MEN	IC4A	NCAA II(Auto/Prov.)		U.S. Champ.	World Champ.
Steeplechase	9:22.00	8:52.85/9:15.02	8:40.00	8:29.00	
5000	14:45.00	13.54.33/14:32.80	13:35.00	13:22.50	
10,000	31:30.00	29:13.60/30:42.74	28:40.00	27:40.00	
WOMEN	ECAC	NCAA II(Auto/Prov.)			
3000	10:00.24	x	x		
Steeplechase	10:55.24	10:12.97/11:01.67	9:50.00	9:40.00	
5000	17:16.64	16:10.21/17:10.86	15:25.00	15:22.00	
10,000	37:40.24	34:13.34/36.35.97	32:25.00	31:50.00	

- 201-College/O.D. Men's Steeplechase 7:30pm (3 sections)
- 202-College/O.D. Women's Steeplechase 8:00pm (2 sections)
- 203-College Women's 3000-meters 8:25pm (1 section)
- 204-College/O.D. Women's 5000-meters 8:40pm (2 sections)
- 205-College/O.D. Men's 5000-meters 9:20pm (3 sections)
- 206-College/O.D. Women's 10k 10:20pm (1 section)
- 207-College/O.D. Men's 10k 11:00pm (1 section)

Field Event Highlights

HSG Discus--Jamaicans have won this event at Penn the last 8 years and that streak is likely to continue this year, since they have 7 of the top 8 seeds, led by 19-year old Shamella Donaldson (#1/Ruseas), who was a winner at the Jamaican Champs with a personal best of 166-4.

CW Shot Put--Top seeds are Indiana's Khayla Dawson (#1/57-2), who was 2nd last year, and Auburn's Tori McKinley (#2/56-3 ¾).

CW Hammer--Florida State's Veronika Kanuchova, a junior from Slovakia, was 2nd in 2017 and has a best this year of 214-7. Other contenders include Cincinnati's Annette Echikunwoke (#2/212-10), Auburn's Madi Malone (#3/212-10), Indiana's Nycia Ford (#4/209-9), and Penn's own Rachel Wilson (#5/209-7).

HSG Pole Vault--Senior Gen Hirata (#1/Stafford,VA) cleared a personal best of 14-0 at last month's Texas Relays. 3rd at this year's New Balance Indoor Nationals, she did her homework when it came to picking a college and she chose South Dakota, where she will be coached by Derek Miles, the 2008 Olympic bronze medalist in the Pole Vault. She could challenge the Relays Record of 13-1 ½.

HSG Long Jump--Heading the field is 16-year old Shantae Foreman(#1/Excelsior), who jumped a personal best of 20-7 ¾ in early March. 19-year old Susan Francis(#3/Holmwood Tech) was a winner at the Jamaica Champs with a jump of 20-6 ½. Jada Seaman (#2/McDonogh School,MD), 4th last year, was 3rd at last month's New Balance Indoor Nationals with a PB of 20-5.

HSG Triple Jump--Heavy favorite Ackelia Smith (#1/Edwin Allen), 2nd in 2018, has a legal best of 43-1 ¾ this year and had a wind-aided jump of 44-1/2 in early February.

HSG High Jump--A strong field, led by junior Morgan Smalls (#1/Panther Creek,NC), who jumped a personal best of 6-3 ¼ while winning at last month's New Balance Indoor Nationals. Only 3 other preps in history have ever jumped higher (indoors or outdoors). She's also jumped 6-3/4 twice this year.

Smalls won't have an easy road to victory at Penn, since there are 3 other 6-footers in the field: last year's winner Janique Burgher (#2/Edwin Allen/JAM/6-3/4), Lamara Distin (#3/Hydell/JAM/6-1 ½), 2nd last year, and Taylor Wright(#4/Northwest,MD/6-0i)

The Relays Record of 6-1/2 was set 29 years ago (1990) by Tanya Hughes (Great Mills,MD).

HSG Shot Put--Top seed is Keeley Suzenski (#1/Berks Catholic,PA/48-1).

CW Pole Vault--West Virginia's Maddie Gardner(#1), who jumped 14-4 ½ this past indoor season, was 9th at last month's NCAA Indoor Championships.

HSG Javelin—Back to defend her title is senior Skylar Ciccolini (#1/Mifflin,PA), who set a Relays Record of 172-2 last year. She ended the season with a best of 177-0 and her best this year is 158-4. She'll be competing for the University of Missouri next year.

Her main challenger could be last year's runnerup, Brielle Smith (#2/Oakcrest,NJ), the reigning New Balance Outdoor Champion who had a best of 163-8 in 2018.

CW Javelin—Contenders include the defending champion, Auburn's Kylee Carter (#1), who threw a personal best of 188-6 last month, Bucknell's Maura Fiamoncini(#2/166-5[184-5/'18]), who was 2nd last year(she won the H.S. event at Penn in 2016), Florida State's Laura Paredes (#3/181-8), and UMBC's Kelechi Nwanaga (#3/166-10[190-9/'17]).

Friday April 25

301-College Men's 400-meter hurdles 9:00am (2019 best and/or PR)

Hampton junior Jaelen Williams (#1/51.08, 49.97-'18) is the defending champion, but he'll be facing South Carolina junior Quincy Hall (#2/50.34,49.02-'17), who ran a world-leading 44.53 for 400-meters on April 8. Hall won 2017 U.S. and Pan-American Junior titles in the 400-hurdles.

302-High School Boys 4x800 Relay Heats

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

Recent qualifying cutoffs: 7:58.75('18), 7:50.12('17), 7:53.43(16), 8:00.12(15-cold), 7:55.57(14), 7:55.43(13), 7:57.29(12), 7:55.50(11), 7:54.43(10), 7:55.38(09), 7:54.97(08), 8:01.69 (07--weather delays), 7:58.62(06), 7:57.79(05), and 7:55.90 (04).

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

Another big year for Jamaican teams

7:31.71 Calabar
7:32.18 Jamaica College
7:34.78 Kingston College

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

St.Benedict's Prep,NJ (AA/7:42.53)...3rd at last month's New Balance Indoor Nationals...**Alfred Chawonza** ran 1:50.57 for 800-meters indoors, Oakdale,MD(AB/7:58.18), Wilmington Charter,DE(AC/7:58.19)

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

Warwick,PA(BA/7:57.10), Haddonfield Memorial,NJ(BB/7:57.56), Radnor,PA(BC/7:58.55), Bellefield/JAM(BD/7:59.21).

Look out for Tyrice Taylor (BJ/Enid Bennett/JAM), who has run 1:48.85 for 800-meters this year..he was 2nd at the Jamaica Champs in 1:48.91.

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

Calabar/JAM(CA/7:31.71)...set a stunning Relays Record of 7:26.09 last year...returns 3 members of that team, including 17-year old Kimar Farquharson, who won the 800 at last month's Jamaica Champs with a personal best time of 1:48.67!

Other Potential finalists:
Weddington,NC(CB/7:40.65)...the fastest U.S. team in the field...2nd at last month's New Balance Indoor Nationals...ran 7:44.66 on April 13, Brookline, MA(CC/7:46.88), North Hunterdon,NJ(CD/7:51.03), Holmwood Tech/JAM(CE/7:51.54), Arlington,NY(CF/7:53.66), L.C. Bird,VA(CG/7:53.69), State College,PA(CH/7:54.94), Saratoga Springs,NY(CI/7:55.12), Marshall,VA(CJ/7:55.98)

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

Jamaica College/JAM(DA/7:32.12)...19-year old Dugion Blackman has run 1:50.49 this year, **Kingston College/JAM(DB/7:34.78)**...**Tarees Rhoden ran 1:49.04 at the Jamaica Champs**(3rd), Ridge,NJ (DC/7:47.23), Scarsdale,NY(DD/7:49.43), Xavier,CT(DE/7:52.35), West Springfield,VA(DF/7:53.49), Council Rock South,PA(DG/7:54.33), St.Peter's Prep,NY(DH/7:54.40), East Brunswick,NJ(DI/7:55.19), Central Bucks West,PA(DJ/7:55.96)

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

A new format was instituted in 2018—Nine (up from 8) fastest teams from Events #326-330 qualify for Championship Final, Event #463 (Saturday, 1:45 pm). Next nine International (#464 - Saturday, 1:50 pm), Nine Northern (#465 - Saturday, 1:53 pm) and nine Southern (#466 - Saturday, 1:56 pm) teams will qualify for respective finals.Heats are run in alphabetical order (by school).

Recent qualifying cutoffs: 42.32('18/9 teams), 41.58('17), 42.09(16), 42.38(15), 42.07(14), 41.89(13), 42.23(12), 41.94(11), 41.99(10), 42.17(09), 42.19(08), 42.06(07), 42.29(06), 42.58(05), 42.51(04).

LEADING TEAMS (with 2019 bests)

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

Teams run in order of their bib letters

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

A win in the final for either Calabar or Kingston College would tie the record of 9, currently shared by Mercersburg Academy(PA/from the 1920s-1930s) and Brooklyn's Boys High

39.89 WB Calabar/JAM 2-time defending champion..Set an incredible Relays Record of

39.00 in 2017. Now an 8-time winner at Penn. Beaten by Kingston College at the Jamaica Champs

Set a qualifying record of 39.98 in its heat in 2017

39.98 XS Kingston College/JAM beat Calabar at the

Jamaica Champs... 8-time winner of this event at Penn (last

in 2016)...was the 1st school from Jamaica to win a relay at Penn (1964-440y)

40.06 XR Jamaica College/JAM winner in 2014, 3rd last year

40.14 2S Wolmer's/JAM

40.26 ZP St.Jago/JAM 5th last year...3-time winner, most recently in 2007

40.56 ZN St.Elizabeth Tech/JAM DNF'd in last year's final

40.71 YW Petersfield/JAM

40.78 XD Excelsior/JAM

(1:25.60) WA Bullis,MD Set a National Indoor Record in the 4x200 in January...5th in 2017
 41.09 ZK Rusea's/JAM DNF'd in last year's final
 41.17 WK Central Dauphin East,PA
 41.35 XI Greater Portmore/JAM
 41.48 VY Bridgeport/JAM
 41.49 YF Munro/JAM
 (1:27.92) WU DeMatha Catholic,MD 6th last year
 NT 2M Western Branch,VA 3rd in 2017

335-College Men's 4x100 relay Heats 12:30pm

Nine fastest teams qualify for Championship Invitational, Event #461 (Saturday, 1:35 pm). Next nine fastest teams qualify for College Final, Event #460 (Saturday, 1:32 pm). Next nine fastest Eastern teams qualify for Eastern Final, Event #459 (Saturday, 1:30 pm).Recent qualifying cutoffs: 40.92(18), 40.45(17), 40.65(16), 41.06(15-cold), 40.54(14), 40.80(13), 40.46(12), 40.29(11), 40.44(10), 40.34(09), 40.16(08), 40.69(07), 40.73(06), 40.65(05), and 40.38(04),

LEADING TEAMS

38.45 AA **Houston**—defending champion also won in 1980 and 1989---DNF in 2017...2017 and 2018 NCAA Champion(set a Collegiate Record of 38.17 in '18)...ran 38.45 at last month's Texas Relays... has the fastest coaching staff in the U.S.--head coach Leroy Burrell and Assistant Carl Lewis, former World Record holders in the 100-meters...And Floyd Heard (10.10,19.88) is the Director for Student-Athlete Development...Lewis anchored Houston's winning team at Penn in 1980, Burrell did the same in 1989 and won the College 100 in 1989 and 1990, setting the current Relays Record of 10.10 in 1990.
 39.05 AC G.C. Foster—3rd last year...winner in 2016 & 2017...ran 39.05 at the Gibson Relays in February, but finished 3rd at the Jamaica Intercollegiates two weeks ago.
 39.44 AY MICO(Mee-ko)/JAM...beat UTech and G.C. Foster at the Jamaica Intercollegiates
 39.59 AD Clemson won this event in 1999
 39.68 AO Virginia Tech
 39.77 AE Western Kentucky
 39.80 AF Auburn—won this event in 2012
 39.98 AB UTech/JAM—2nd last year...winner 3 years in a row from 2013-2015
 40.14 AI Navy
 40.19 AK Troy—5th last year
 40.21 AJ Coppin State—6th last year
 40.29 AP Rutgers
 40.33 AH South Carolina
 40.36 AG St.Augustine's
 NT AW Penn State—7th last year, 4th in 2017...winner in 1928 and 1950

336-College Women 4x100 Championship 12:55pm

Teams qualified from event 113 on Thursday

Leading teams

South Carolina (43.86)—winner in 2002 and 2005; G.C. Foster/JAM (44.24) 2nd last year...no team from Jamaica has ever won this event at Penn; Clemson (44.32) 4th last year; UTech/JAM (44.36)

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

Teams qualified from events 103-106 on Thursday

Leading teams

Edwin Allen,JAM (8:52.58), 5-time winner of this event (most recently in 2013)...Holmwood Tech/JAM(DB)--2-time defending champ has won this event a record 11-times at Penn...entered with a time of only 9:17.35, but a different group of runners ran 9:04.80 in early February. Sasha Brown returns from last year's winning team... Neumann-Goretti,PA(BA/9:02.17)...2nd last year...fastest U.S. team in the field...winner at last month's New Balance Indoor Championships,

340-College Women 4x1500 Championship 1:15pm

2019 1500/mile(*) bests are listed, as well as PRs if different.

A-Villanova Wildcats have won this event a record 12 times at Penn, including 4 of the last 5 years. Nicole Hutchinson is the only returnee from last year's winning team. **Coach:** Gina Procaccio

Lydia Olivere 4:29.01
 Rachel McArthur 4:14.91 2019 Big East Indoor Mile Champion

Caroline Alcorta 4:19.85
 Nicole Hutchinson 4:14.01

***B-Indiana** finished 2nd last year, 4th in 2017...**coach:** Ron Helmer...Haley and Kelsey Harris are sisters

1--Katherine Receveur 4:47.96i*/4:14.92('18)
 2--Maggie Allen 4:26.82 freshman
 3--Kelsey Harris 4:18.23
 4--Haley Harris 4:21.42

C-Wisconsin

Amy Davis 4:26.05('17)
 Alissa Niggemann 4:45.65i*
 Lucinda Crouch 4:47.73i*
 ???

Alicia Monson, who ran a 4:32 split indoors, is out with a foot injury

E-Iona

Julia Kearley 4:51.72i*
 Kaitlyn Ohrtman 4:27.47
 Gemma Nuttall 4:34.39 4:29.14('18)
 Egle Morenaite 4:30.03

F-Georgetown

Josette Norris 4:13.77
 Sami Corman 4:33.35
 Katerine Lee (2:14.14i) ('18),2:04.56r
 Katherine Modrall 4:53.32i*

G-Princeton

Madeleine Sumner 4:31.65 4:22.90('17)
 Sophie Cantine 4:22.29
 Madison Offstein 4:25.16
 Gillian Wagner-Fr 4:24.62

H-Vanderbilt finished 4th last year

Ginger Hutton 4:35.17 4:26.90('18)
 Grace Jensen 4:26.30
 Haley Walker 4:31.62 4:24.99('18)
 Reagan Bustamante 4:27.62 4:21.19('18)

I-Penn State

Moira O'Shea 4:28.53
 Julia Paternain 4:34.45
 Marissa Sheva 4:25.06('18)
Danae Rivers 4:11.24i 2019 NCAA Indoor Champion at 800-meters

341-College Men 4x200 Relay-Championship 1:35pm

In a break from past protocol, there will no longer be qualifying heats in the men's and women's 4x200. The top 4 seeded teams will run in the 1st section(in lanes 6-7-8-9), the next 4 in the 2nd section, and so on, with the final placings decided on a time basis.

LEADING TEAMS

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

1:20.94 AA Houston—winner of this event in 2017 and 1980 (with Carl Lewis on the anchor)...ran 1:20.94 at the Texas Relays
 1:21.87 AC South Carolina winner in 2016
 NT AE UTech/JAM—4-time winner of this event ('03, '12,'14,'15)
 1:23.60 AH Auburn—winner in 1988
 1:23.95 AB Western Kentucky Never a winner at Penn
 1:24.30 AG MICO/JAM 2nd last year
 1:26.19 AD Middle Tennessee **defending champion**
 1:25.33 AI G.C. Foster/JAM 3rd last year, 2nd in 2017 (39.59)
 AF Clemson
 1:25.64 AJ LIU-Brooklyn 6th last year
 1:25.96 AK Coppin State 5th last year, 7th in 2017...has run 39.73 in the 4x100 this year
 NT AL Connecticut (40.29)
 AM Rutgers (40.79)
 AN Pittsburgh

342-College Women 4x200 Relay-Championship 1:55pm

Nine fastest teams qualify for Championship Invitational, Event #470 (Saturday, 2:25 pm). Next nine fastest Eastern teams qualify for Eastern Final, Event #469 (Saturday, 2:20 pm).**Recent qualifying cutoffs:** 1:38.12(18), 1:37.33(17), 1:38.50(16), 1:37.71(15), 1:35.15(14), 1:35.87(13), 1:36.37(12), 1:35.97(11), 1:34.73 (10), 1:35.39(09), 1:35.77(08), 1:36.75(07), 1:35.20(06), 1:38.74(05-cool), and 1:34.88(04).

LEADING TEAMS

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

1:35.14 AC South Carolina—Defending champs have now won this 4 times at Penn ('00, '05, '07)
 (43.65) AB Auburn
 1:35.42 AC G.C. Foster 4x100-44.41
 1:35.14 AD UTech/JAM winner in 2015...4x100-44.58
 1:35.99 AP Oklahoma 2nd last year...4x100--44.39 (45.15)
 AE Middle Tennessee (44.96)
 AF Clemson
 NT AG Penn State 4th last year
 (45.15) AH Houston
 NT AJ Maryland 3rd last year
 1:35.62 AK Indiana
 NT AO Boston University 5th last year
 NT AI Mississippi State

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

Teams qualified from events 107-111 on Thursday
Leading Teams

Teams from Jamaica are expected once again to dominate this event. Edwin Allen/JAM(43.94)--5-time defending champions Holmwood Tech,JAM(44.71)...2nd last year...4-time winner at Penn, last in 2013
 St.Jago,JAM(45.02)...4-time winner at Penn, last in 2005...5th last year, 2nd in 2017

350-College Men Shuttle Hurdles-4x110m 3:00pm (2019 marks are listed, along with PRs (if significantly different))

A-UTech returns 3 members of the team that finished 2nd last year...could become the first team from Jamaica to win this event at Penn

Lloyd Facey 14.36
 Rohan Cole 14.23 (13.58-'17)...2-time Jamaican Collegiate champion (2015,2018)
 Marcus Brown 13.96 2nd to teammate Pittersgill at the Jamaican Collegiates
 Norman Pittersgill 13.95 2019 Jamaican Collegiate Champion
 56.50

D-Navy Finished 3rd last year, 2nd in 2017

Kordell Williams 14.37 14.18('18)
 Clayton Thompson 14.09
 Hunter Wargo 14.58
 Cameron Hurd 14.46
 57.50

B-South Carolina 3-time winner of this event at Penn(2003, 2015, 2017)

Kaden Briggs 15.05('18)
 Marc Flores 15.03w
 Noah Walker 14.43
 Isaiah Moore 13.39 best hurdler in the field—will probably be behind when he gets “touched off”
 57.90

C-Youngstown State

Myron Anderson 14.77
 Collin Harden 14.46
 Jonathan Blackmon 15.55
 Chad Zallow 13.71w 13.68('17) won the College 110h in 2018
 58.49

E-St.Augustine's

Jeremiah Bridges (8.11i) 14.13(39"/'16)
 Alazae Hester-Taylor 14.61w
 Annile Williams NT
 Christian Smith 14.25

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

B-South Carolina 2nd last year...3-time winner of this event at Penn (2002, 2005, 2007)

Milan Parks 13.51 13.24('18)
 Jordan Fields 14.52 14.19('18)
 Caitlyn Little 13.10('18)
 Mathilde Coquillaud-Salomon 14.24 13.46('18)
 55.37 53.99

A-Albany 6th last year

Chibugo lke 14.17

Asia Jinks	14.06
Namara Carr	14.21
Sophia Myers	<u>13.85</u>
	56.29

D-Hampton 5th last year

Autumn Smith	13.96
Kaitlin Scott	14.30
Mallory Pitchford	14.27
Kylie Mcmillan	<u>14.10</u> 13.88('16)
	56.63

C-Penn 3rd last year

Meghan Barnes	14.42 13.97('18)
Skyla Wilson	14.07
Elena Brown-Soler	14.48w
Haley Rizek	<u>14.73</u>
	57.70

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

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

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

LEADING ENTRANTS

(With 2019 bests and PRs, if different)

The top 5 finishers from last year are back

		2019	PR
1-Chad Zallow-Sr	Youngstown	<u>13.71w</u>	13.68('17)
	Defending champion		
7-Isaiah Moore-Sr	South Carolina	13.39	
	8 th in the 60-meter hurdles at last month's NCAA Indoor Championships		
2-Joseph Daniels-Jr	Princeton	13.84	
	13.70('18)		
	2 nd last year...won his 2 nd Heps Indoor title in February		
3-Juan Scott-Jr	Central State	14.06	13.73('17)
	3 rd last year		
4-William Session-Jr	Indiana	13.57('18)	
	4 th last year...might not show—hasn't competed outdoors		
5-Amere Lattin-Sr	Houston	13.40w	13.59 ('16)
	3-time finalist at the Relays...2016-5 th , 2017-4 th , 2018-7 th		
6-Sidney Gibbons-Sr	Albany	13.91	
	5 th last year		

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

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

LEADING ENTRANTS (With 2019 bests and PRs if different)

		2019	PR
1--Naomi Taylor-So	Houston	12.84w	13.38('18)
	4 th in the 60-meter hurdles at last month's NCAA Indoor Championships		
2--Amoi Brown	UTech/JAM	13.23	13.09('18)
	Semi-finalist at last year's World Junior Championships		
3--Ebony Williams-Jr	Clemson	13.24	
	6 th at the 2017 Relays		

4-Caitlyn Little-So South Carolina

13.10('18)

Might not show—hasn't run outdoors this spring

5-Milan Parks-Jr South Carolina 13.51 13.24('18)

3rd at last year's Relays—ran her personal best of 13.24 in the final

6-Erin Marsh-So Duke 13.51

Has a Heptathlon best of 5184

7-Sidney Marshall-So Clemson 13.48

363 Masters Men's 100(70+) 3:18pm

Charlie Allie (#1) was named USATF's Masters Athlete of the Year in 2018. He won the 60(8.18), 200(26.11/World Record) and 400(61.84) at last month's World Indoor Championships in Poland.

364 Masters Women's 100(40+) 3:20pm

Lisa Edwards (#7) is a familiar figure as an official at NY's Armory. She was 6th in the 400-meters at this year's World Masters Indoor Championships.

366-College Men's 100-Meters Heats 3:25pm

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

LEADING ENTRANTS (With 2019 bests and PRs if different)

Sprinter-rich Houston has entered 4 potential finalists

		2019	PR
1--Mario Burke-Sr	Houston/Barbados	10.07w	
	10.03('18)		
	3-time finalist in this event—2 nd last year, 3 rd in 2016 and 2017...Member of Houston's NCAA Championship 4x100 teams in 2017 and 2018		
2-Anthony Schwartz-Fr	Auburn	10.28w	10.09('18)
	Top prep sprinter in the U.S. in 2018---had the five fastest times—10.09, 10.13, 10.16, 10.18, 10.19...2018 World Junior Champion-4x100...silver medalist in the 100		
3-John Lewis,III-Sr	Houston	10.46w	10.34('15)
	5 th last year, 6 th in 2017		
	Member of Houston's NCAA Championship 4x100 teams in 2017 and 2018		
4-Cole Beck-Fr	Virginia Tech	10.36	
	2018 Virginia State champ in the 100 and 200		
5-Brandon Taylor-So	Houston	10.18w	10.40('15)
	2016 World Junior Champion-4x100		
6-Andre Morrison	UTech/Jamaica	10.56	10.46('17)
	4 th in the 100 at the recent Jamaican Collegiate Champs		
7-Travis Collins-Jr	Houston	10.19w	10.19('18)
	3 rd in the 60 at this year's American Athletic Conference Indoor Championships		

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

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

LEADING ENTRANTS (With 2019 bests and PRs, if different)

		2019	PR
1--Rebekah Smith-So	Clemson	11.32	11.22('18)
	Defending champion		

- 2—Bethany White-Sr N.C. Central (7.44i) 11.28('18)
 3—Kasheika Cameron UTech/JAM 11.61 11.29('18)
 2nd at this year's Jamaican Collegiate
 Championships
 4—Tiona Lattimore-Jr Cincinnati 11.94w 11.54('18)
 5—Ebony McClendon-Sr Wisconsin 11.88 11.55('18)
 4th in the 60, 3rd in the 200, at this year's Big-
 10 Indoor Championships
 6—Kennedy Dennis-So Virginia Tech (7.29i)
 11.56('18)
 7—Oniesha Clarke-Sr Rutgers 11.85 11.59('18)

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

Nine fastest teams from Events #367-369 qualify to Championship Invitational, Event #475 (Saturday, 2:45pm). Next nine fastest teams qualify for College Final, Event #473 (Saturday, 2:28pm). Next nine fastest Eastern teams qualify for Eastern Final, Event #495 (Saturday, 5:30pm).

Recent qualifying cutoffs: 3:11.61('18), 3:10.47 ('17), 3:11.56(16), 3:12.91(15), 3:08.35(14), 3:08.42(13), 3:10.88(12), 3:09.63(11), 3:09.28(10), 3:08.29(09), 3:07.17(08), 3:10.51(07), 3:08.08(06), 3:10.91(05-cool), and 3:08.61(04)

LEADING TEAMS

2019 best is listed, i-indoor, (best outdoor time)

AA-Houston defending champion (only win in this event at Penn)

This is the lineup that won at last month's

NCAA

Indoor Championships

Amere Lattin ran the lead-off leg on last year's winning team...#2 on the NCAA list in the 400-meter hurdles (49.82)

Obi Igbokwe Has a best of 44.94—6th in the 400 at last year's NCAA Championships—5th at the U.S. Nationals

Jermaine Holt ran 46.55 last month

Kahmari Montgomery anchored last year's

winning

team with a great 43.4 split, the fastest ever run at Penn 2nd in the 400 at last month's NCAA Indoor Championships 2018 U.S. Champion at 400-meters

3:03.33 AC—South Carolina

3:03.78 AB—Western Kentucky

3:04.27 AD—Rutgers 4th last year

AE—UTech/JAM

3:05.61 AF—St. Augustine's

3:05.63 AG—Clemson 6th last year, 5th in 2017

3:06.41 AW—G.C. Foster/JAM Beat MICO at the Jamaica

Collegiates

3:06.61 AH—Maryland

3:06.66 AJ—MICO/JAM 3rd in 2017

3:07.41 AI—Middle Tennessee

3:07.50i AK—George Mason

Beginning of live TV broadcast on NBCSN. There is a chance that the events in the live TV window/5:00pm-6:00pm could be pushed back to 6:00pm-7:00pm, based on how the Stanley Cup Playoffs develop this week.

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

Teams qualified from events 114-160 on Thursday.

Teams from Jamaica have won this event the last 10 years and that streak will likely continue this year.

Leading teams

Hydel/JAM 2-time defending champion

Holmwood Tech/JAM 2nd last year, 5-time winner at Penn, last in 2010(Daniella Deer-53.30);

Spalding/JAM 3:39.94

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

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

The names listed below are those entered by a team's coach and are not necessarily the lineups that will be used at Penn. 2019 bests and PRs (if significantly different) are listed when known. Actual splits(r) are also listed, as well as possible alternates. *-1500m

Leading Teams(with 2019 indoor bests)

AA--Villanova Won this event for a record 25th time last year (Arkansas is next with 15 wins). Might be without anchorman Casey Comber, who hasn't run since the indoor season ended

1200-Josh Phillips 4:09.94, 3:47.59*('17) freshman from Australia

400-Amir Brock 47.44('17)

800-Ville Lampinen 1:49.8r('18) member of last

year's winning team

1600-Casey Comber 3:57.80i Anchored last year's winning teams in this event and the 4-mile relay....ran 3:42.54 for 1500-meters this past weekend. It was his first race of the outdoor season

Alternate

Andrew Marston 4:05.7r

*AB--Notre Dame (9:26.10) 2019 NCAA Indoor Champion

Returned to Penn in 2017 after a 60-year absence...it's been 75 years (1943) since they won this event and the 4-mile relay at Penn (Their only wins here)...finished a close 2nd to Villanova last year

Coach- Matt Sparks, the son of noted author Nick Sparks (a big T&F fan)

This is the lineup that won the NCAA title last month (9:31.55)

1200-Dylan Jacobs' 2:57.48r 3:48.10*

400-Edward cheat-em (Cheatham) 48.16r

800-Samuel Voelz (as in Volz) 1:49.89r

1600-Yared Nuguse Sophomore 3:56.02r ran 4:06.30 as a high school senior in 2017...Penn was one of the schools he looked at before choosing Notre Dame

***AD--Indiana (9:27.30)** last won this event in 1942(also won in

1937)... Finished 2nd last year...last win at Penn was in 1954 (4-mile relay)

few

Relays "Wheels" when he was the coach at Georgetown,

is still looking for his first with Indiana

1200—Ben Veatch 3:44.17(1500)

400—Jalen Royal 48.79('18)...freshman

800—Daniel Kuhn ran 1:46.06 in 2018, but only 1:51.92 last weekend

1600-Daniel Michalski 4:01.32i ...ran the lead-off leg on the team that finished 4th at the NCAA Indoor Championships

AE--Wisconsin(9:26.24) 7th at last month's NCAA Indoor Championships...won this event way back in 1916! (The only win at Penn for the men's team)...Badgers have a potent 1-2 punch in Oliver Hoare and Morgan McDonald, who have mile bests of 3:54.83 and 3:55.79, respectively... coach Mick Byrne hasn't decided yet who will lead-off at Penn and who will anchor.

All but Brown ran on the 9:26.24 team

1200-Morgan McDonald 2:52.4r 3:55.79('17)

...2019 NCAA Indoor Champion—3000 and 5000; 2018 NCAA X-Country Champion

400-Corbin Ellis 47.30

800-Eric Brown 1:48.82

1600-Oliver Hoare 3:55.8r 3:54.83i 2018 NCAA Champion-1500m

AC--Georgetown (9:33.06) 6-time winner of this event--last in

1990)

Lineup that finished 3rd at the NCAA Indoor Championships

1200-Joseph White 2:56.69r 1:46.59i,
 400-Lawrence Leake 47.91r
 800-Ruach Padhal 1:50.89r 1:49.06
 1600-Nicholas Wareham 3:57.57r
Alternate
 Spencer Brown 1:49.21, 3:59.97i

AF--Penn State 6-time winner of this event, last in 2016
 ...coach: John Gondak

1200-Billy McDevitt 1:50.06i, 3:47.35
 400-Gary Ross 48.47i
 800-Domenic Perretta 1:47.75
 1600-Colin Abert 4:02.65i 3:59.51i('18)

***AH--Virginia Tech**

1200-Antonio Lopez Segura (4:07.23i)
 400--Hans Gallagher (50.0)
 800-Matthias Cannon 1:52.35
 1600-Fitsum Seyoum 4:11.26i

***AG--Duke (9:41.88)**

1200-Matt Wisner 1:48.57i, 3:49.00*('18)
 400-Miles Mingo 47.62
 800-Nick Cox 1:53.86i
 1600-Charles Cooper 3:48.09*4:04.39('17)

***AI-Miami/Ohio**

1200-Anthony Camerieri 1:52.54i/3:54.38*
 400-Aaron Muresan 50.59
 800-Mitchell Towne 1:53.35i
 1600-Sean Torpy 4:01.81i

***AK--Boston College** won this event in 1963 with noted TV
 broadcaster Larry Rawson on the anchor
 leg!

1200-Ian Ritchie 1:53.59, 4:06.56i
 400-Marcus Manson 48.76i
 800-Matt Morano 1:51.23i
 1600-Sean Burke 4:07.49i

373-High School Boys' Distance Medley 5:30 PM
Leading teams—(*-order confirmed by coach)
St. Anthony's (10:02.55) and Bronxville
(10:07.15) finished 2-3 at last month's National
Scholastic Indoor
Championships

It's been 41 years since St. Anthony's won this
 event at Penn (1978). The team was anchored by John
 Gregorek, who would become a 2-time Olympian in the
 steeplechase (1980[the boycott year] and 1984).
 Running the lead-off 800 leg (not the 1200 that year)
 for the team was Keith Murphy, the son of my cousin
 Tom, who had run the anchor leg on the winning H.S. mile
 relay team at Penn for Brooklyn's St. Augustine's in 1953!
 (ah-GUS-tinz)

Leading teams

T--St. Anthony's (10:02.55) (South
 Huntington, NY/Long Island) Coach-Tim Dearie; 2nd at last
 month's National Scholastic Indoor Championships.
 Dearie was the coach of the Northport (NY) team that
 won this event at the 2003 Relays.

Splits () are from the 10:02.55 performance

1200--Brendan Dearie (3:06.9)--Senior Dad
 Tim is the coach at St. Anthony's!
400--Michael Barbaro-Barnett-Jr (51.4)
800--Matthew Reda (1:58.6)
1600--Matt Payamps)--Senior ran a 4:05.7
 anchor at the Indoor Nationals...anchored the
 team that finished 2nd at last year's Relays (team
 ran 9:59.87, the 4th fastest time ever at Penn).

A--Bronxville, NY (10:07.15i) ... Coach Ian
Clark...3rd at last month's National Scholastic Indoor
 Championships

An all-senior team. Splits(r) from the team's
 indoor performance are in ()

The Rizzo twins should provide strong opening
 and closing legs...they will split up when they head to
 college in the fall, Matt to Stanford, Alex to the U.S.
 Naval Academy. They are switching legs from the ones
 they ran indoors

1200--Alex Rizzo Ran a 4:10.6 anchor
 indoors...

400--Tommy O'Connell (53.0) headed to
 Holy

Cross

800--Jack Kochansky (2:04.2) headed to
 Duke...expert chess player

1600--Matt Rizzo ran a great 2:59.4 lead-off
 leg

on the indoor team... won the H.S. mile at
 the Millrose Games in February—ran 4:09.12

B--Christian Brothers Academy (10:12.18)
 (Lincroft, NJ)

Winner at the Eastern States

1200 - Shaw Powell (Jr) (3:08.4)
 400 - Liam O'Hara (Jr) (50.0)
 800 - Tristan Amell (Soph) (1:59.9)
 1600 - Tim McInerney (SR) (4:13.9)

C-- William H. Hall (10:13.15) (West Hartford, CT)

1200 - Miller Anderson (3:06.5)
 400 - Joseph "Blake" Morin (51.2)
 800 - Muhammad Ali (1:58.4)
 1600 - Trey Cormier (4:17.1)

374-High School Boys' Mile Run Championship 5:45 PM
NOTABLE PAST WINNERS

Matthew Centrowitz(2007) Broadneck, MD 2016 Olympic
 champion

Gabe Jennings (1996,1997) 2000 U.S. Olympian—1500-
 meters

Don Paige (1975) Baldwinsville, NY Ranked #1 in the world at
 800-meters in 1980...Starred at Villanova here at the
 Penn Relays

Top Seeds

1--FOSTER MALLECK St. Mary's/Ontario 17-
 years old

Ran a personal best of 4:07.28 at Boston
 University in February...he'll run on that

track many times in the future, since he'll be a freshman at BU in the fall!

Was 4th at last month's National Scholastic Indoor Championships at NY's Armory
Was recruited heavily by schools in Canada and the U.S.

Malleck's star has been on the rise since making the difficult decision to abandon "rep _____ hockey" in 2017 and focus on running. He said the move was prompted by St. Mary's teacher/coach Krestena Sullivan, a former runner at Villanova, who suggested he needed to dedicate himself to cross-country and track if he wanted to excel."

2--SEAN DOLAN-Hopewell Valley,NJ

Ran a 4:07.6 anchor leg to lead Hopewell Valley to a win in the H.S. Distance Medley last year—team set a Relays Record of 9:57.77

Brother Tim, who ran the 800 leg on that DMR, is now a freshman here at Penn, where he's coached by his dad Steve! Sean won't be far away when he joins the Villanova team in the fall. Finished 3rd in the H.S. mile at the Millrose Games in February—ran 4:09.55...has a best of 4:08.86(2018)

4--LUIS PERALTA—Senior Passaic H.S. (Passaic, NJ)

Finished 11th in last year's race...2018 National Scholastic Champion at 800-meters—ran 1:49.10 in the final...Ran 1:51.77 earlier this month at Princeton...has a mile best of 4:16.62

5--WILL BAGINSKI—Ridgewood,NJ

2019 New Jersey state indoor champion at 1600-meters—ran 4:12.90
Will attend Dartmouth in the fall

7--J'VOUGHNN BLAKE Jamaica College/JAM

Just turned 16 in January—won his Division of the 1500-meters at last month's Jamaica Champs—ran 3:55.63

It's been 54 years since a runner from a Jamaican school has won this event (Neville Myton-Excelsior/1965)

375-High School Boys 3000 meters 5:50pm

Notable Past Winners

Aberto Salazar Wayland,MA 1976

Matthew Centrowitz Broadneck,Md 2006 (won the mile in 2007)

John Trautmann Monroe-Woodbury,NY 1985 & 1986
ran 8:05.8 in 1986 to break Steve Prefontaine's H.S. Record...1992 U.S. Olympian—5000m

Drew Hunter Loudoun Valley,Va 2014 (as a sophomore)...National H.S. Indoor mile record holder

Defending champion Devin Hart and junior Liam Murphy engaged in one of the greatest races in state history at this year's New Jersey state championships, with the unheralded Murphy moving past Hart in the final strides to capture the title in the 3200 meters. Their times of 8:54.22 and 8:54.45 have been bettered only by the legendary Edward Cheserek among New Jersey preps. Hart typically was in front for most of the race before exchanging the lead with Murphy over the last 3 laps.

1--DEVIN HART Senior Pt. Pleasant Boro (Point Pleasant, NJ)

Led every step of the way while winning this event last year—ran 8:22.24...Won the 2-mile at last month's National Scholastic Indoor Championships

Has won 5 State titles—3 at 3200-meters (Indoor-2018, Outdoors-2017,2018), and 2 in Cross Country (2017,2018)...ran 4:09.49 for 1600-meters as a sophomore in 2017...Headed to Stanford in the fall...coach Michael Collona

2--LIAM MURPHY Junior Allentown (Allentown,NJ)

Upset Devin Hart to win the 3200-meters at this year's New Jersey state indoor championships—ran 8:54.22....ran his previous best of 9:14.93 just a week earlier. Has improved quite a bit since last year—ran 9:29.37 for 3200-meters during the 2018 indoor season, then improved to 9:17.10 outdoors...Gave up soccer to compete in his first cross country season last fall...finished 3rd at the New Jersey state meet.

3--SHEA WEILBAKER Senior Saratoga Springs,NY

2019 New York State Indoor champion at 3200-Meters 4th in the 2-mile at last month's National Scholastic Indoor Championships—ran 9:01.21 7th in the Millrose mile at NY's Armory in February—ran 4:13.74

Will attend Georgetown in the fall

4--RYAN GUERCI senior Nanuet (Nanuet,NY)

2nd to Shea Weilbaker in the 3200-meters at this year's New York State Indoor Championships...Ran 9:05.49 for 2-miles at last month's National Scholastic Indoor Championships (was 7th)...Missed most of the 2018 outdoor season with a stress fracture in his left tibia...did a lot of cross-training over the summer

5--CAMDEN GILMORE Senior Loyola Blakefield (Baltimore, MD)

8th in the 2-mile at last month's National Scholastic Indoor Championships—ran 9:07.03...Finished 14th here last year

6--ELDAD MULUGETA Senior Northwood (Silver Spring,MD)

Winner at 3200-meters at the Raleigh

Relays at the end of March—ran 9:04.58
2019 Maryland state indoor champion at
3200-meters

**7--MIKE KEEHAN Senior Salesianum
(Wilmington, DE)**

Finished 5th in this event at last year's
Relays...Ran 9:05.06 for 3200-meters last
spring.

**8--OBSAA FEDA Northwood Senior (Silver
Spring,MD)**

Finished 2nd to teammate and good friend
Eldad Mulugeta in the 3200-meters at the
Raleigh Relays last month—ran
9:09.01...was also 2nd to Mulugeta in the
3200 at this year's Maryland state indoor
Championships...Beat Mulugeta to win
the Maryland state title in cross-country
last fall...Won the 2000-meter
steeplechase at the Woodward Relays
two weeks ago (April 13)—ran 6:09.20

End of Live TV Window

376-College Women Sprint Medley Champ. 6:05pm 200-200-400-800

Prior to 2018, the winner could come out of any section, but
now only the teams entered in the "seeded" race are eligible to
be crowned Penn Relays Champion!
2019 bests and PRs, if significantly different, are listed.

Leading teams

AC--Clemson Defending champion—also won in 1992

200-Rebekah Smith 23.52i
200-Sarah Hill 24.01i
400-Kendra Clarke 54.06
800-Kamryn McIntosh 2:06.87i 2:03.59i('18) anchored
last year's winning team... Had
heart surgery in
February,2017...former

AA--Penn State Nittany Lion men have won this event 7 times at Penn...women looking to win for the first time...3rd last year

200-Kiara Lester 23.71i, 53.78i
200-Keianna Albury 24.03w 23.33('17)
400-Alexis Holmes 52.08 51.21('18) 2018 National
Scholastic Champion...4th at the NCAA
Indoor Championships
800-Danae Rivers 2:02.94i
2019 NCAA Indoor Champion

AB--Middle Tennessee Women have never won a relay at Penn.

Finished 2nd in 2017, 5th in 2018 Coach: Dean

Hayes

200-Cecilia Francis-Nigeria 24.22
200-Ida Mensah-Ghana 24.48i('18)
400-Joycelyn Assafuah-Ghana 54.29i
800-Abike Egbeniyi-Nigeria 2:03.65i

AD--George Mason

200-Taylor Williams 24.43i
200-KellyAnn Downer 24.58
400-Sarah Moore 53.79 52.09('18)
800-Ashley Lewis 2:06.37

AE--Duke 3rd in 2017, 4th last year

200-Kelcie Simmons 24.17
200-Erin Marsh or Nicki Merritt
400-MacKenzie Kerr 54.82
800-Brittany Aveni 2:08.58i

AF--G.C. Foster/JAM

200-Taqece Duggan 24.73
200-Ashley Williams ?
400-Shiann Salmon 52.78 52.05('18)
Anchored Hydrel to a win in the H.S.
Girls 4x400 last year
800-Chrissanni May 2:07.49('18) anchored Holmwood
Tech to wins in the H.S. Girls 4x800 in
2017 & 2018

AG--Vanderbilt

200-Regan Clay
200-Jordan Smith
400-Taiya Shelby 54.16
800-Jennifer Edobi 2:06.85

AH--Rutgers

200-Iyanla Kollock
200-Oniesha Clarke
400-Reanda Richards 54.98('17) NCAA leader in the 400-
hurdles—57.21
800-Jenna Sobieski 2:06.91

AI--UTech/JAM

200-Dominique Forbes 24.44
200-Shellece Clark 24.51
400-Derriann Hill 54.29 52.48('18)
800-Junelle Bromfield 2:10.12('18) 2:06.21('16)

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

2019 bests and PRs, if significantly different, are listed.

Penn's new policy, which began in 2018, designates the first
section as the Championship race.

In 2014, the Nittany Lions won the so-called seeded section
and were actually presented the coveted Relays wheel and a set
of watches, only to be asked to return their prizes after LSU ran
faster in the 2nd section. The same thing happened to the team
in 2017 when G.C. Foster won the event out of the 2nd section!

AA-Penn State 7-time winner of this event at Penn, including last year

200-Justin Ofotan 21.32i
200-Anton Porter 21.56i
400-Gary Ross 48.47i
800-Domenic Perretta 1:47.75 2019 Big=10 Indoor Champion

AB-Houston should have a big lead after the first 3 legs!

200-Obi Igbokwe 20.62i, 45.35i(44.94/'18)
200-Jermaine Holt 21.12w
400- Kahmari Montgomery 45.03i, 44.58('18)
800-Cameron Laverty 1:50.37i

***AC-Indiana**

200-Rikkoi Brathwaite	21.34	21.21('18)
200—Nate Davis	21.72i	
400-Derek Grimmer	48.43i	
800-Cooper Williams	1:47.24i	1:46.06('18)

AD-Clemson

200-Fabian Hewitt	21.48i	20.72('18)
200-Marcus Parker	21.22i	20.36('18)
400-Deonte Tolbert	46.33	
800-John Lewis	1:48.86i	1:47.14('18)

AE-Georgetown 3-time winner of this event—
1925,1927,1997.

200-Nate Alleyne	21.41w	
200-D'Andre Barriffe	21.80i	
400-Lawrence Leake	47.48i	
800-Joseph White	1:46.59i	1:45.73('17)

AF-South Carolina

200-Darrell Singleton	20.95w	
200-Arinze Chance	21.20w	
400-Quincy Hall	45.25i	44.60('18) 4 th at the NCAA Indoor Championships
800-Otis Jones	1:49.35i	1:47.83('18)

AG-UTech/JAM

Kemar Green	22.03	20.97('17)
Ojamu Graham	(10.51)	
Herbert Thomas	48.10	46.88('18)
Eric McKenzie	1:48.21('18)	

AH--George Mason

200-Junias Agyei	22.08i	21.56('16)
200-Evander Pierre	22.15	
400-Rico Gomez	47.87	46.80('17)
800-Blaine Lacey	1:49.93i	

AI-G.C. Foster/JAM winner in 2017

Kadrian Goldson	21.66	
Romaine Haffenden	22.02	
Rushane Bailey	?	
Garfield Gordon	?	

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

Field Events

CW Triple Jump—Top seeds are Indiana's Leah Moran (#1/42-8 3/4i) and Duke's Domonique Pantou(#2/42-4i).

CW Discus--Florida State junior Shanice Love, back to defend her title, threw a personal best of 201-11 last month. She won the H.S. event at Penn in 2016 while competing for Excelsior, setting the Relays Record of 179-4.

CM Shot Put—Monmouth senior Corey Murphy(#1) threw a personal best of 64-6 while winning the Metro Atlantic Indoor title in February. South Carolina junior Eric Favors(#2) threw 63-7 indoors, best this spring is 60-8.

HSB Discus—19-year old Kai Chang(#1/Calabar) won last year with a big throw of 212-6 and went on to win the World Junior title in Finland. His best this year with the heavier Junior implement is 203-2.

Senior Nolan Landis(#2/Madison,OH), who had a best of 193-6 in 2018, has thrown 191-5 this year.

HSB High Jump—17-year old Shaun Miller(#1/Queens College/Bahamas) jumped 7-1/4 last month. Other contenders include another 19-year old, Ricardo Clarke(#2/Calabar/JAM/6-11 3/4), and Louis Gordon(#3/Kingston College/JAM), the winner at last month's Jamaica Champs.

CM Long Jump—Defending champion Yann Randrianasolo, a South Carolina senior from France, jumped a lifetime best of 26-5 3/4 on his home runway on April 13. He could face a strong challenger from Guyana's Emanuel Archibald(#2/UWI-Mona), who got his own lifetime best of 26-6 1/4 in early March. He backed that up with a leap of 26-5 on April 13. Another 26-footer in the field is Middle Tennessee State's Fabian Edoki, a Middle Tennessee State junior from Nigeria, who jumped 26-3 1/2 indoors in January. 6th at last month's NCAA Indoor Championships, jumped 26-3 at the Texas Relays.

HSB Javelin—Top contenders include three Bahamians: Michaelangelo Bullard (#1/Nassau Christian/208-9), Hughue Sean Rolle (#2/Queens College/208-5), and Keyshawn Strachan (#3/St.John's College/201-0).

HSB Shot Put—Senior Aiden Felty (#1/Innovation Academy,MA), the 2019 New Balance National Indoor Champion, has thrown 66-8 3/4, 66-10, and 67-0 this year. 19-year old Courtney Lawrence(#2/Petersfield/JAM) won the Jamaica Champs title with a throw of 64-5 1/4 with the heavier Junior implement.

Saturday April 28

401-- Olympic Dev. Men's 5k Racewalk 7:00am

Nick Christie (#1) is the 2019 U.S. Indoor Champion in the 3k-walk.

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

Missing this year will be 8-time Penn Relays winner Maria Michta-Coffey, who is on maternity leave.

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

Romel Plummer (#1/Kingston College), who turned 19 in February, was a winner at the Jamaica Champs with a personal best time of 50.43! It's not always easy to run fast early in the morning at Penn, but Dwight Ruff's 18-year old Relays Record of 50.47 could fall.

Also in the field are Jeremy Farr (#2/Kingston College/JAM/51.41), who won the 400 at the Champs in 45.65, and Matthew Thompson (#3/Queen's College/BAH/51.62),

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

Returning to defend his title is 31-year old Romel Lewis (#1), who was a NCAA Div.II All-American while at Lincoln University (MO). Peter Girardi(#2), was the 2018 NCAA Div.III Champion while at St.John Fisher(NY). He ran a personal best of 50.30 in his semi-final race at last year's U.S. Championships in Des Moines.

High School Boys 4x400 Relay Heats

Nine fastest teams from events #410-#454/#457 qualify for the Championship Final, Event #498 (Saturday, 5:45 pm).

Recent qualifying cutoffs: 3:17.36(18), 3:14.48(17), 3:16.94(16), 3:17.19(15), 3:16.26(14), 3:16.39(13), 3:19.02(12), 3:18.60(11), 3:15.53(10), 3:15.77(09), 3:17.58(08), 3:18.19(07), 3:16.42(06), 3:18.22(05), and 3:18.29(04).

Leading teams/Individuals

How many Jamaican teams will make the final?

3:09.71 Calabar
 3:10.29 Kingston College
 3:11.02 Jamaica College
 3:11.14 Excelsior
 3:11.38 Holmwood Tech
 3:11.50 Petersfield
 3:13.54 Rusea's
 3:15.00 Garvey Maceo
 3:15.95 Edwin Allen
 3:15.95 Wolmers

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

437 HSB 4x400 11:05

Jamaica College/JAM(CF/3:11.02...4th the last two years), Holmwood Tech/JAM(CH/3:11.38), Garvey Maceo/JAM(CJ/3:15.00), St.Jago/JAM(CL/3:19.96...6-time winner of this event), Rhodes Hall/JAM(CK...9th last year...Cjay Whyte has run 47.51 this year)

438 HSB 4x400 11:10

Kingston College/JAM(DF/3:10.29...3rd the last two years), Petersfield/JAM(DK/3:11.50...2nd last year), Queen's Royal College/TTO(DD/Avindale Smith has run 47.54 this year), Munro College/JAM(DH/3:17.50), Rusea's/JAM(DL/3:13.54)

439 HSB 4x400 11:15

Wolmer's Boys/JAM(EI/3:15.95...5th last year, winner in 2002), Edwin Allen/JAM(EG/3:15.95...6th last year)

440 HSB 4x400 11:20

Bullis School,MD(FH/3:12.53...Ashton Allen-46.99), Excelsior/JAM(FD/3:11.14),

441 HSB 4x400 11:25

Calabar/JAM(GH/3:09.71...defending champions set an amazing Relays Record of 3:03.79 in 2018), Columbus,NYC(GG/3:18.82i),

443 HSB 4x400 Prep Schools 11:35am

St.Benedict's Prep,NJ(IA/3:18.36i)

Beginning of NBCSN's TV Coverage

455-USA vs The World Men's 4x100 12:37pm

Entries aren't available yet for the 20th edition of the USA vs The World series of races, but it's likely that they will provide fans with more exciting USA-Jamaica battles.

The U.S. has a 15-4 edge over Jamaica in this event

456-USA vs The World Women's 4x100 Relay 12:47pm

Jamaica has won this event 5 of the last 6 years, but the U.S. still holds a 12-7 advantage.

458 -College Men's 4x800 Championship 1:00pm

2019 bests and PRs, if significantly different, are listed.

These are the names submitted by coaches and aren't necessarily the lineups that will run at Penn. (will have updated lineups prior to the race)

Leading Teams...*-lineup from coach

***AA-Indiana** 2nd last year, last won this race in 1941-also won

in 1934. Last win at Penn was in 1954(4xmile)...Ran 7:21.68 at the Florida Relays last month...**coach Ron Helmer**

1--Adam Wallace 1:49.78
 2--Jalen Royal 1:49.65i
 3--Kenneth Hagen Ran 1:50.87 in 2016, been a miler last couple of years
 4--Cooper Williams 1:47.24i 1:46.06('18) 5th in the 800 at the NCAA Indoor Championships

AB-Georgetown

Brennan Munley 1:50.47 1:48.24i('17)
 Kenneth Rowe 1:50.15
 Ruach Padhal 1:49.06
Joseph White 1:46.59i 1:45.73('17) 6th in the 800 at the NCAA Indoor Championships

***AD-Columbia 4-time winner of this event. Their win in 2007**

was considered a huge upset....coach-Dan Ireland...Hope to become the first Ivy League school to break 7:20

1-Solomon Rice 1:51.04
 2-Jackson Storey 1:50.16
 3-Alek Sauer 1:48.47
 4-Josiah Langstaff 1:49.12 1:48.40('18)

AC-Penn State 8-time winner of this event at Penn, most recently in 2016

Billy McDevitt 1:50.06
 Gary Ross 1:50.55
 Colin Abert 1:52.78i
Domenic Perretta 1:47.75 2019 Big-10 Indoor Champion at 800-meters

AG-Clemson

Oliver Lloyd 1:51.08
 Daniel Shaughnessy 1:52.06i
 Malik Epps 1:49.75i
 John Lewis 1:48.86 1:47.14i('18)

***AM-Pittsburgh**

1--Drew Glick 1:49.74
 2--Evan Addison 1:54.51('17) freshman
 3--Dante Watson 1:50.37
 4--Nate Sloan 1:50.51

AF-Georgia Tech winner in 2015, 3rd last year

Bennett Hillier 1:49.93
 Tyler Whorton 1:52.47 i
 Jag Gangemi 1:55.46
Avery Bartlett 1:47.54

***AH-Duke**

1--Carter Dillon 1:52.0r
 2--Nick Cox 1:52.6r
 3--Charles Cooper 1:49.39i
 4--Matt Wisner 1:48.57i

459-College Women's 4x800 Championship 1:15pm

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

2019 bests (team and individual) and PRs, if significantly different, are listed.

Appears to be a wide-open race, with at least 7 teams capable of winning!

Leading Teams

***AA-Indiana** 2nd last year...Has never won a women's title at Penn (might have already won either the DMR(Thursday) or 4x1500(Friday)...ran 8:32.89 at last month's Florida Relays...Kelsey and Haley Harris are sisters...**coach Ron Helmer**

1--Joely Pinkston 2:07.91
2--Haley Harris 2:08.07
3--Mallory Mulzer 2:08.38i
4--Kelsey Harris 2:05.46i 2:03.89('18) 7th in the 800 at the NCAA Indoor Championships

AB-Monmouth(NJ) finished 3rd last year Looking for its first

win ever at Penn

Amber Stratz 2:13.87
Chandi Piiru 2:08.47i
Brianna Stratz 2:07.80
Allie Wilson 2:02.65i Grad student was 4th in the 800 at the NCAA Indoor Championships...ran 4:15.16 for 1500-meters last weekend

462-College Men's 4x100 Championship 1:31pm

Houston ended the 5-year winning streak of Jamaican teams last year

Teams will qualify from Friday's heats—see #335

Leading teams, with their 2019 best

38.45 Houston—defending champion...also won in 1980 and 1989---DNF in 2017...2017 and 2018 NCAA Champion(set a Collegiate Record of 38.17 in '18)...ran 38.45 at last month's Texas Relays...

39.05 G.C. Foster—3rd last year...winner in 2016 & 2017...ran 39.05 at the Gibson Relays in February, but finished 3rd at the Jamaica Intercollegiates two weeks ago.

39.44 MICO(Mee-ko)/JAM...beat UTech and G.C. Foster at the Jamaica Intercollegiates

39.59 Clemson won this event in 1999

39.77 Western Kentucky

39.80 Auburn—won this event in 2012

39.98 UTech/JAM—2nd last year...winner 3 years in a row from 2013-2015

463-High School Boys' 4x100 Championship 1:45pm

Since 1979, teams from Jamaica have won this event 32 of 40 times...the last U.S. team to win was Glenville(Ohio) in 2004 (NFL star Ted Ginn ran the 2nd leg)

Teams will qualify from Friday's heats—see events 326-330

A win in the final for either Calabar or Kingston College would tie the Penn record of 9, currently shared by Mercersburg Academy(PA/from the 1920s-1930s) and Brooklyn's Boys High. If Calabar wins, they would also

AD-Vanderbilt 5th last year

Jennifer Edobi 2:06.85
Reagan Bustamante 2:07.06
Haley Walker 2:06.25
Grace Jensen 2:10.90

AC-Penn 4th last year...hoping to become the first Ivy League school to win a women's title at Penn

Caroline O'Sullivan 2:11.63i
Melissa Tanaka 2:07.87i
Maddie Villalba 2:08.16 2:06.72i('18)
Nia Akins 2:03.74i 2nd in the 800 at the NCAA Indoor Championships

***AE-Virginia Tech**

1-Shannon Quinn 2:06.58i
2-Sarah Edwards (4:36.49i)/2:10.77('17) 2019 ACC Indoor Mile Champion

3-Sara Freix (2:50.04i)

4-Rachel Pocratsky 2:03.43i 3rd in the 800 at last month's

NCAA Indoor Championships...2019 ACC Indoor Champion

tie Brooklyn's Bishop Loughlin for the most H.S. relays won at Penn—21.

Calabar put on quite a show on the final day at last year's Relays, using 12 different runners while winning the 4x100, 4x400, and 4x800 and setting phenomenal Relays Records of 3:03.79 and 7:26.09 in the two longer races,

LEADING TEAMS (with 2019 bests)

39.89 Calabar/JAM 2-time defending champion..Set an incredible Relays Record of 39.00 in 2017. Now an 8-time winner at Penn. Beaten by Kingston College at the Jamaica Champs

39.98 Kingston College/JAM beat Calabar at the Jamaica Champs... 8-time winner of this event at Penn (last in 2016)...was the 1st school from Jamaica to win a relay at Penn (1964-440y)

40.06 Jamaica College/JAM winner in 2014, 3rd last year

40.14 Wolmer's/JAM

40.26 St.Jago/JAM 5th last year...3-time winner, most recently in 2007

NT Bullis,MD 5th in 2017...Set a National Indoor Record of 1:25.60 in the 4x200 in January

468-USA vs WORLD MEN'S 4x400 RELAY 1:51pm
2019 WORLD BEST 3:01.46 USA

The U.S. has only lost this race three times at Penn in the 19-year history of the event. The first was in 2005, when Tyree Washington fell on the 2nd leg, opening the door for Jamaica to win....the 2nd time was in 2014 to the Bahamas in a race that

featured a bizarre baton exchange. And the 3rd was in 2017, when Fitzroy Dunkley ran down Calvin Smith in the homestretch to give Jamaica the win.

469-USA vs WORLD WOMEN'S 4x400 2:01pm
The U.S. has a 16-3 edge over Jamaica in this event

Sanya Richards-Ross, who ran the anchor leg on 3 of those winning teams (2011, 2012, 2016), will be in the TV booth as part of NBCSN's announcing team.

471--College Women's 4x400-Championship 2:13pm

Teams will qualify from Thursday's heats—see event #166

Leading teams (with 2019 bests)

3:27.53 South Carolina 2019 NCAA Indoor Champion...6-time winner of this event, last in 2007...heavy favorite to win for the 7th time
3:32.67 Clemson
3:35.03 St. Augustine's
3:35.90 Maryland
3:36.06 Duke Defending champion
3:36.13 Penn

472--USA vs the World Women's Sprint Medley 2:24pm

2017 was the first year the current lineup was used at Penn: 100-100-200-400...teams stay in their lane until the final exchange, when the 400 runners can break to the inside as soon as they receive the baton

The World Record has been broken the last two years here in this seldom-contested event

2017--1.USA Red 1:35.59(World Record, Prev.1:36.79, Wilt's AC, 1982) (Morolake Akinosun, English Gardner, Dezerea Bryant, Miki Barber-50.9)

2018--1.USA Red 1:35.20(World Record, Prev. 1:35.59, USA, 2017) Destinee Brown, Aaliyah Brown, Kimberlyn Duncan, Raevyn Rogers (50.5)

474 USA vs the World Men's Sprint Medley 2:34pm

200-200-400-800

Has replaced the DMR in the series

2017--1.USA Red 3:11.45 Beejay Lee, Wallace Spearman, Bryshon Nellum (45.6), Donavan Brazier (1:44.2), 2.USA Blue

3:13.12 (Remontay McLain, Markesh Woodson, Reggie Wyatt-45.9, Casimir Loxsom-1:45.7)

2018--1.USA 3:14.91 Cordero Gray, Bryce Robinson, Jevon Hutchinson (46.1), Jesse Garn (1:47.4), 2.Canada 3:19.03

Tremaine Harris, Joshue Cunningham, Austin Cole (46.3), Mohano Khelaf (1:51.0), DQ-Jamaica(3:17.74)

475-College Men's 4x400 Championship 2:44pm

Teams will qualify from Friday's heats—see Event #368
Leading Teams (with 2019 bests)

3:01.51i Houston defending champion (only win in this event at Penn)...Kahmari **Montgomery** anchored last year's winning team with a great 43.4 split, the fastest ever run at Penn

3:03.33 South Carolina
3:03.78 Western Kentucky
3:04.27 Rutgers

476—Masters Mixed 100-meters (80 and older) 2:53pm

98-year old George Scott is the oldest competitor in the field

End of NBCSN's TV Coverage

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

Leading entries are 800 specialists (1:58.01) Ce'Aira Brown(#1), a member of Frank Gagliano's HOKA NJ*NY TC who ran a personal best of 4:28.12 for the mile indoors in February, and Penn State's Danae Rivers(#2), the 2019 NCAA Indoor Champion in the 800. Rivers, who might already have run in the College 4x800 earlier in the day, has a mile best of 4:29.47.

Also in the field are two other 800 specialists-Emily Richards(#3/2:00.62) and Claudia Sanders(#4/2:00.47), who was 7th in the 800 at the 2016 U.S. Olympic Trials.

478-College Women's 100m-hurdles Champ. 3:15pm
Runners qualified from event 354 on Friday

479-College Men's 110m-Hurdles Champ. 3:20pm
Runners qualified from event 353 on Friday

481-Olympic Dev. Men's 100-Meters 3:30pm

Could be a good one, since the entries include veteran Mike Rodgers(9.85) and Jeff Demps(10.01), the 2010 NCAA Champion while at Florida.

482-College Women's 100-meters Champ. 3:35pm
Runners qualified from event 367 on Friday

483-College Men's 100-meters Championship 3:50pm
Runners qualified from event 366 on Friday

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

Leading Entries:

Jeremy Hernandez (#1/HOKA NJ*NY TC) ran a lifetime best of 3:55.66 indoors in Boston last month. He was the 2018 NCAA Div.III Indoor Champion in the mile while competing for Ramapo College. Coached by Frank Gagliano, he's looking to make a big jump from his 11th-place finish in last year's race.

Canada's Corey Bellemore(#2) has a mile best of 3:57.20i and he's the World Record holder in the Beer Mile! He ran 4:00.06 this past indoor season.

Another contender is David Timlin(#3), who ran 3:57.69 in 2018.

486-HSB 4x800 Championships 4:00pm
Teams qualified from events 302-305 on Friday

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

7:31.71 Calabar—set an amazing Relays Record of 7:26.09 last year

7:32.18 Jamaica College
7:34.78 Kingston College

487--College Men 4xmile Relay 4:10pm

This could be quite a race. Villanova, with Casey Comber again on the anchor, should battle with Wisconsin and Indiana, both of whom have the talent to challenge the elusive 16-minute barrier.

2019 bests and PRs, if significantly different, are listed. *-1500-meters.

A-Villanova won this event for the 20th time last year to tie Arkansas for the most wins ever at Penn

Charlie O'Donovan 4:03.81i
Andrew Marston 4:05.7r('18)
Nick Steele 4:04.68i

Casey Comber 3:57.80i anchored last year's winning team (same in the DMR) opened his outdoor season this past weekend—ran a personal best of 3:42.54 for 1500-meters

B-Wisconsin Only men's win at Penn was in 1916(DMR)...they might have already won the DMR this year on Friday. Team is dealing with a couple of injuries (not McDonald or Hoare)

Tannor Wagner 4:08.51i
Olin Hacker 4:01.82i

Morgan McDonald 3:55.79('17)...2019 NCAA Indoor Champion—3000 and 5000; 2018 NCAA X-Country Champion

Oliver Hoare 3:54.83i 2018 NCAA Champion-1500m

***C-Indiana** 4-time winner of this event-1937, 1938, 1942, 1954(the last year they won any event at Penn)

1--Joe Murphy 3:44.68*
2--Kyle Mau 3:57.61i 3:45.49*(4-20)
3--Teddy Browning 3:45.50*
4--Ben Veatch 3:46.05* 4:01.95('18)

D-Georgetown Won this event in 1966 and 1991...2nd in 2018

Jack Van Scoter 4:07.52i 4:05.68('17)
Spencer Brown 3:59.97i
Jack Salisbury 4:03.19
Nicholas Wareham 4:01.60i

E-Penn State

Brandon Hontz 4:05.16i
Drew Maher 3:47.44* 3rd in the H.S. mile at last year's Relays
Colin Abert 4:02.65i 3:59.51i('18)
James Abrahams 3:46.82*

F-Virginia Tech

Jack Joyce
Peter Seufer 4:07.56i
Ben Fleming
Bashir Mosavel-Lo 4:02.13i

***G-Columbia**

1-Solomon Fountain 3:51.50*
2-Brian Zabalski 4:13.57i 4:05.87('17)
3-Lucky Schreiner 3:53.92*
4-Sam Ritz 3:59.36i

H-Iona

Ehab El-Sandali/CAN 4:07.04i('18)
Liam Dee/GBR 3:58.19i ('17)
Jamie Dee 3:51.18*('17)
Johannes Motschmann 3:47.41*('18)

I-Penn

William Daly 4:12.69i 4:08.14i('18)
Ray Sellaro 3:45.94*
Ryan Renken 4:09.00('18)
Colin Daly 4:03.65i

J-Providence

Michael O'Leary 3:47.25*
Angus White 3:46.64*
Marcus Karamanolis (8:16.12i) 3:50.70*('15)
Michael Wyman 3:45.17*

K-Boston College

Ian Ritchie 4:06.56i
Sean Burke 4:07.49i
Sean Sullivan 3:54.15*
Erik Linden 4:12.34i

L-Gonzaga Coached by Pat Tyson, the #3 scorer on Oregon's 1st NCAA X-Country Championship team in 1971,

Scott Kopczynski 4:06.19i
Mason Villarma 4:09.55i 4:05.81(16)
Andrew Gardner 3:48.55*
Brandon Pollard 4:05.62i 3:44.63*('18)

***M-Miami**

Anthony Camerieri 4:12.60i
Mitchell Towne 4:08.34i
Chris Torpy 3:44.52*
Sean Torpy 4:01.81i(3:44.24*/4-19)

498-High School Boys 4x400 Championship 5:45pm **Teams qualified from the morning heats—see events 437-441**

Calabar set a Beamonesque Relays Record of 3:03.79 at last year's Relays.

Top Teams

3:09.71 Calabar
3:10.29 Kingston College
3:11.02 Jamaica College
3:11.14 Excelsior
3:11.38 Holmwood Tech
3:11.50 Petersfield
3:12.53 Bullis School,MD

Field Events

CW-High Jump 10:00am—South Carolina's Lissa Labiche (#1) is the defending champion. She jumped 6-3 ½ back in 2015, but her best this year is only 5-8. Villanova's Sanaa Barnes(#2/6-3/4), a freshman from Keller, Texas, the 2019 Big East Indoor Champion, was 4th at last month's NCAA Indoor Championships. The only woman from Villanova to win a field

