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# TRACK & FIELD NEWS

**USATF Champs  
Chooses  
Team USA**


**American Records  
For Sam Kendricks  
& DeAnna Price**

**HS Record For  
Anna Hall**

**3 World Junior  
Records For The U.S.**

**T&FN Interview:  
Vashti Cunningham**

**World Championships  
Medal Predictions**

A photograph of Dalilah Muhammad, a female hurdler, in mid-stride on a track. She is wearing a blue and white Nike singlet and blue shorts. Her bib number is 100 and her name 'MUHAMMAD' is visible. The background is a blurred track and stadium.

**Dalilah  
Muhammad  
Hurdles World  
Record 52.20**

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# From The Editor —

## Timing Of U.S. Trials Meets Still Not Right

KUDOS TO USATF for its moving of the Nationals a month later this year, ameliorating some of the disconnect that would have come had the Team USA selection meet been held in its typical late-June window. But even later would have been better. From where I sit the chances of producing a maximal-strength team get only better the closer to the WC (or OG).

But now the wait—the wait for the latest-ever World Championships—begins. From the final day in Des Moines to the first day in Doha will be a seems-like-it-will-take-forever 61 days.

How does that 61-day US-ATF/WC gap stand historically? Looking just at this millennium, which has had 10 WCs, here's the spacing between the last day of USATF and first day of WC: '01–40; '03–62; '05–41; '07–62; '09–48; '11–62; '13–48; '15–55; '17–47; '19–61. That's a high of 62, a low of 40 and an average of 52.6. As an adjunct to that, let's look at this century's 6 Olympics and the gap from the OT (including next year): '00–61; '04–33; '08–40; '12–33; '16–33; '20–33. That's a high of 61, a low of 33 and an average of 38.8. In other words the after-Trials gap is 2 weeks less in Olympic years.

If the OT can be moved up as close as 33 days from the OG (which they have been in 4 of the last 5 quadrennia), why can't the WCT have similar treatment instead of a low of 40? And an average far higher.

While there are all kinds of variables that come into play, this nonetheless tells me that USATF has simply been wedded to its traditional Nationals date for too



by *E. Garry Hill*

long. While there's certainly lots to be said for continuity, choosing the best team should be first and foremost, and while the powers that be have apparently gone out of their way to make that happen in Olympic years, the WC Trials meets aren't being treated with the same gravity. And they should be. For both the athletes and the fans.

In the pre-pro days, when the AAU/TAC/USATF meet had a far larger collegiate presence than it does now, it made sense to have the two nationals kind of joined at the hip. Wrap things up all nice and neat at the end of June. That model, however, should have been consigned to the scrap heap long ago.

Also not great for the athletes and fans of the top end of the pro sport is the timing

of the schedule for the rest of this year: From Des Moines until the Diamond League resumes is a 21-day gap. Then a frantic explosion of competition, with the last 4 DL meets of the year in 19 days. But then another 21 days of Rip Van Winkling until things kick off in Qatar.

The syncopated rhythm of Diamond League scheduling has long made me crazy and this year is no exception. Here's how the 14 DL meets of '19 were spaced: Doha–Shanghai 15 days; Shanghai–Stockholm 12d; Stockholm–Rome 7d; Rome–Oslo 7d; Oslo–Rabat 3d; Rabat–Stanford 14d; Stanford–Lausanne 5d; Lausanne–Monaco 7d; Monaco–London 8d; London–Birmingham 29d; Birmingham–Paris 24d; Paris–Zürich 5d; Zürich–Brussels 8d.

Do you get much of a sense of continuity from that?

When the IAAF finally gets around to telling us what's up with the "new & improved Diamond League" for next year, I certainly hope improved continuity is part of the package. In my March column I ventured that the tighter presentation that's being envisioned might actually be good for the sport, but I'm not sure I buy into the apparent plan to cut the number of DL meets. My worry would be that some of those long gaps between fixtures will only get longer, when the obvious fix would be to add meets and make the breaks shorter.

But hey, what do I know? At heart I'm just a selfish hardcore fan who wants to see the world's best go head-to-head as often as possible.

# USATF Championships — 3 Records Highlight Hot Trials

SIEGLINDSTROM



Standing watch over Team USA selection in Des Moines (July 25–28).

## by Sieg Lindstrom

DES MOINES, IOWA, July 25-28—Dalilah Muhammad's 400H World Record and American Records from vaulter Sam Kendricks and hammer thrower DeAnna Price capped the proceedings in a historical marks sense at the USATF Championships. But as always when World Championships team berths are on the line, fierce competition carried all 4 days of the Nationals. Muhammad had to be at her best to ensure victory, Kendricks rode the energy of youngsters breathing down his neck on the hot runway and Price was stoked by the arrival of the U.S. as a world power in her event.

Never-give-an-inch contests thrilled throughout. Just a few examples:

- The first men's shot comp ever to see three from a single nation launch the ball past 72ft or 22 meters.
- Negative-splitting supreme in the men's 800, with a pair of second laps under 51.

The 1500 saw three speed faster than 52.00 for the final circuit as Craig Engels knocked back Matthew Centrowitz by 0.04.

- A men's 5000 of whiplash pace changes won by just 0.27 as uber-vet Lopez Lomong tied down the second half of a double.
- An unexpected men's triple jump champion prevailing by an inch and a half (4cm). In the women's event Keturah Orji stayed ahead of Tori Franklin by 7¾ (20cm).
- Two days of heptathlon competition were settled by the concluding 800 with Erica Bougard defending just 53 points ahead of PRing Kendell Williams, whose brother Devon won the decathlon.
- Sprint & hurdles matches won and teams selected by 100ths of a second, of course, made for gripping spectacle.

The local organizers deserve accolades for a courteous, friendly Midwestern effort from staff and volunteers. The weather was about as

forgiving as a center-of-the-country climate can dish out in late July: 70s up to the low 90s, humid, no surprise. The gamut ran from bright & sunny to rainy & gray, and for a brief moment on the meet's Friday hail banged down on Drake Stadium during an early-afternoon thunderstorm delay.

What, though, is USATF doing to promote what should be its crown jewel property, the meet where Team USA selects itself? Not enough, perhaps. Crowds ranged from 5179 on Thursday to 9820 on Sunday for a total of 30,367. That's about 600 more than came to the last World Champs Trials held at Sacramento in '17 during a heat wave—but a decrease of nearly 8000 from Sacramento '14 (an off-year Nationals) and about 2000 fewer than showed up in Des Moines in '13. With Eugene '21, the first-ever U.S. World Championships, upon us in less than 2 years time where is the effort to heavy-lift the sport's profile?

If you were at Drake Stadium, though, or watched these champs on broadcast or streaming, you devoured one mouth-watering morsel of an appetizer for Doha '19. Making the team wasn't quite as easy as 1-2-3, although in many events the first 3 finishers will indeed comprise the squad (see chart below). But in a significant number of events, somebody who finished in the top 3 did not have the requisite IAAF Qualifying Standard. In these cases, the highest finisher(s) behind them with the standard is expected to be added to the team. Some events will end up with fewer than 3 on the squad. USATF has mandated that there will be no chasing of marks (even though the IAAF's qualifying period ends on September 6), although more athletes can be added to the squad when the IAAF proffers its field-filling spots.

Note that the U.S. has the possibility of 8 events (3 men, 5 women) with 4-member squads, owing Wild Cards by dint of being the reigning World Champion. Winners of this year's Diamond League finals in Brussels and Zürich will also be eligible for Wild Cards (as will leaders in the IAAF's hammer and multi-event challenges), although that's a choose-one situation if it's an event where the nation already has the option of a fourth entry. There is no provision for a fifth entry. Teams in the road events were chosen earlier in the year.

Here's our *unofficial* listing—as of August 14—of how we think the team is going to look:

Men	Qualifier 1	Qualifier 2	Qualifier 3	Qualifier 4/notes
100	Christian Coleman (1)	Mike Rodgers (2)	Christopher Belcher (3)	Justin Gatlin (dnc in final) is in as Wild Card
200	Noah Lyles (1)	Christian Coleman (2)	Rodney Rowe (7)	Ameer Webb (3), Jamiel Trimble (4), Kyree King (5) & Remontay McClain (6) don't have Q's
400	Fred Kerley (1)	Michael Norman (2)	Nathan Strother (3)	
800	Donavan Brazier (1)	Clayton Murphy (2)	Bryce Hoppel (3)	
1500	Craig Engels (1)	Matthew Centrowitz (2)	Ben Blankenship (4)	Josh Thompson (3) doesn't have Q
Steeple	Hillary Bor (1)	Stanley Kebenei (2)	Andy Bayer (3)	
5000	Paul Chelimo (2)	Hassan Mead (4)	Drew Hunter (5)	Lopez Lomong (1) & Woody Kincaid (3) don't have Q's
10,000	Lopez Lomong (1)	Shadrack Kipkorir (2)	Leonard Korir (3)	
110 Hurdles	Daniel Roberts (1)	Grant Holloway (2)	Devon Allen (3)	
400 Hurdles	Rai Benjamin (1)	TJ Holmes (2)	Amere Lattin (3)	
High Jump	Jeron Robinson (1)	Shelby McEwen (2)	x	Keenon Laine (=6) could get an IAAF fill-in invite
Pole Vault	Sam Kendricks (1)	Cole Walsh (2)	KC Lightfoot (3)	Zach Bradford (4) in as well because of Kendricks Wild Card
Long Jump	Trumaine Jefferson (3)	Jeff Henderson (5)	Steffin McCarter (6)	Ja'Mari Ward (1) & Jarvis Gotch (4) don't have Q's; Will Claye (2) will only do the TJ
Triple Jump	Donald Scott (1)	Will Claye (2)	Omar Craddock (3)	Christian Taylor (nm) in as Wild Card
Shot	Ryan Crouser (1)	Joe Kovacs (2)	Darrell Hill (3)	
Discus	Sam Mattis (1)	Brian Williams (2)	Mason Finley (7)	
Hammer	Conor McCullough (1)	Rudy Winkler (2)	Daniel Haugh (3)	
Javelin	none	none	none	Michael Shuey (1) & Riley Dolezal (2) look as if they have good chances to make it as IAAF field-fillers
Decathlon	Devon Williams (1)	Solomon Simmons (2)	Zach Ziemek (dnf)	if ZZ's injury knocks him out, Harrison Williams (3) is close to IAAF fill-in at this point

Women	Qualifier 1	Qualifier 2	Qualifier 3	Qualifier 4/notes
100	Teahna Daniels (1)	English Gardner (2)	Morolake Akinosun (3)	Torie Bowie (dnc) has Wild Card
200	Dezerea Bryant (1)	Brittany Brown (2)	Angie Annelus (3)	
400	Shakima Wimbley (1)	Kendall Ellis (2)	Wadeline Jonathas (3)	Phyllis Francis (running 200) has Wild Card
800	Ajee Wilson (1)	Hanna Green (2)	Raevyn Rogers (3)	
1500	Shelby Houlihan (1)	Jenny Simpson (2)	Nikki Hiltz (3)	
Steeple	Emma Coburn (1)	Courtney Frerichs (2)	Colleen Quigley (3)	Allie Ostrander (4) in as well because of Coburn Wild Card
5000	Karissa Schweizer (2)	Elinor Purrier (3)	Rachel Schneider (4)	Shelby Houlihan (1) will run only the 1500
10,000	Molly Huddle (1)	Emily Sisson (2)	Marielle Hall (5)	Hall depends on IAAF decision on NACAC win, as she doesn't have Q-standard
100 Hurdles	Keni Harrison (1)	Nia Ali (2)	Brianna McNeal (3)	
400 Hurdles	Dalilah Muhammad (1)	Sydney McLaughlin (2)	Ashley Spencer (3)	Kori Carter (ran 200) is in as Wild Card
High Jump	Vashti Cunningham (1)	Inika McPherson (2)	none	Ty Butts (3) has chance of IAAF invite
Pole Vault	Sandi Morris (1)	Katie Nageotte (2)	Jenn Suhr (3)	
Long Jump	Brittney Reese (1)	Jasmine Todd (2)	Shakeela Saunders (3)	Tori Bowie (4) in as well because of Reese Wild Card
Triple Jump	Keturah Orji	Tori Franklin	none	
Shot	Chase Ealey (1)	Michelle Carter (2)	Maggie Ewen (3)	
Discus	Valarie Allman (1)	Kelsey Card (2)	Laulauga Tausaga (3)	
Hammer	DeAnna Price (1)	Gwen Berry (2)	Brooke Andersen (3)	
Javelin	Ariana Ince (1)	Kara Winger (2)	none	
Heptathlon	Erica Bougard (1)	Kendell Williams (2)	Annie Kunz (4) is in position for IAAF Challenge Wild Card	Chari Hawkins (3) has slim chance of IAAF invite



Christian Coleman forged a massive 0.13 margin of victory over Mike Rodgers.

## 100: Coleman Alone As Gatlin Takes A Pass

IN THE END, the 100-meter final was all Christian Coleman. Fans perhaps had their hopes buoyed for a potential showdown between favorite—the yearly world leader at 9.81, and his 14-years-older rival—reigning world champion Justin Gatlin. Gatlin, however, has a bye to the festivities in Doha, and made it clear before this meet that he was committing to one round here, and after that would see how it went.

Friday's semis brought the matchup many had been waiting for. First, Ronnie Baker edged Mike Rodgers 10.28–10.32, their speed obscured by the 3.7 headwind. For the second semi, Gatlin set up in lane 3, Young in 4, Coleman in 5. As the wind dropped to -0.1 Coleman moved ahead at midway and crossed the line in a notable 9.96. Young (10.15) and Gatlin (10.16) followed as if they were in a separate race. Was Gatlin sandbagging? Could the final end up being a titanic battle? The veteran answered both questions by packing up his kit and leaving before the final, scheduled less than 2 hours later. Not that it was a surprise.

The closing event on Friday's card, the final saw the 23-year-old Coleman set his blocks in lane 4, with Baker and Isaiah Young on either side. Lane 2—Gatlin's—would remain empty. The 7 who lined up were all Nike athletes, and all of their blue-green uniforms contrasted Coleman's black kit. That created a great visual for the Tennessee alum, who immediately streaked into a commanding lead which he held for the remainder of the race. His time, a 9.99, was not earthshaking by the lights of recent USATFs, but it was run into a 1.0 wind. The real worth of Coleman's performance can be measured in his margin of victory in winning his first-ever USATF outdoor crown. He finished 0.13 ahead of Rodgers (10.12), with Christopher Belcher nabbing the third team spot in 10.12 and Cravon Gillespie probably securing a relay spot in 4th with his 10.19. Baker—last year's No. 2 World Ranker behind Coleman, but running in his first meet of the year—took 5th in 10.20.

Said Coleman, "I wish they would have turned the race around so we could have a tailwind. It felt a lot more than 1.0. I don't know. It is what it is. I got the win." He said he wasn't particularly affected by Gatlin's withdrawal: "I just wanted to make the team no matter who was on the line." Other than raising his hands in a V for victory, Coleman didn't celebrate after crossing the line. "The mission's not over. I want to win the gold in Doha. That's what I focus on every day."

In '17, he won the silver behind Gatlin. "This time, making a world team, I know what it takes to get there, so I'll be a little more comfortable on that big stage." He added, "I feel like I'm in the best shape of my life, but I see there are a lot of things I can get better at or improve upon." As for joining the pantheon of national 100 champions, he said, "It's an honor and a

blessing. I'm excited to get that first one under my belt. Hopefully there's many more in the future." /Jeff Hollobaugh/

## 200: Lyles Wins Summit Meeting

USATF SCHEDULED the men's 200 final as the meet's last event for a reason: marquee match-up appeal, rivaled for anticipation by only the 400 among men's track finals this year. Christian Coleman, '18's World No. 1 in the 100 crowned as century champ two days before/world leader in the shorter dash vs. Noah Lyles, the '18 titlist in the 100 and as reigning Diamond League champ/'18 World No. 1/owner of a slamming 19.50 PR set 23 days earlier, the man atop the deuce world. Lyles, just turned 22, triumphed this time, 19.78–20.02 in a light rain, but the rivalry promises plot twists for years to come as Coleman is only 23 and both are targeting dash doubles at the Olympics next year.

Michael Norman—who at the Rome DL delivered Lyles his first outdoor 200 defeat since the '16 OT—opted, as promised, for the 400 here, thus marking this title race from the close of declarations as a de facto duel even though Coleman came in with three 100 rounds under his belt. The semis, however, boosted Kenny Bednarek into the picture. The 20-year-old had stunned at the JUCO Champs with history's second sub-20/sub-45 double over 200 and 400, a 19.82/44.73 pairing helped by 1121m of altitude.

In June, Bednarek's first two international outings, 20.51 and 47.02, had turned down his buzz somewhat... until semi 1 here, in which his impressively run 20.07 (-1.0 wind) bested Coleman (20.14) to reignite the chatter.

On a wet-track for the final with raindrops falling, Coleman took his blocks in lane 4, Lyles in 5 and Bednarek in 6. On their outside were McClain and Webb. A moment beforehand Lyles, tinges of light blue in his lengthening hair matching his adidas singlet, bounced up and down and raised his arms exhorting the crowd



Christian Coleman's blazing start gave him an early lead, but Noah Lyles ran him down and moved away.



**Fred Kerley convincingly avenged his Pre Classic loss to yearly list leader Michael Norman.**

to come alive. Coleman, a football star in high school, awaited the start with a classic game face.

At the crack of the gun, master getaway artist Coleman blitzed to an instant lead, closing part of the stagger on Lyles. To the latter's right, though, Bednarek, in his new pro Nike kit and a fluorescent yellow headband, was holding his own. Then disaster struck. Some 97m in, Bednarek's right arm flailed violently upward and he veered right, obviously struck by a hamstring injury.

Coleman reached halfway about a half-step in front of Lyles (both at 10.4). The two charged together for half the straight and then Lyles, 2 inches taller at 5-10¾ (1.80), poured into his relentless finish gear against the mild headwind (-0.7) and finished 2m ahead. In lanes 7 and 8, McClain and Webb reached halfway together (both at 10.6) and raced in tandem down the straight until Webb got ahead some 10m out and leaned for 3rd in 20.45. Jamiel Trimble in lane 3 was only 6th at 100m but produced the third-fastest straightaway to claim 4th in 20.46 from Kyree King and McClain.

Although perceptions of an antagonistic Coleman/Lyles rivalry had bubbled up through social media over the previous 2 months after the pair's Shanghai Diamond League meeting, the 100 champ clapped Lyles on the back and the two shook hands after the finish. "He actually offered [his hand] to me first," said Lyles. "So I was really surprised on that. He said, 'Congratulations.' I said, 'Thank you, man. You did the double. That's a hard double to do.'" / *Sieg Lindstrom*

## 400: Kerley Draws Even With Norman

THE RIVALRY between Fred Kerley and Michael Norman may be one of the recurrent themes of this season, but for now, at least, it's settled. The decisive competition started

on Thursday when both cruised through their heats. Kerley eased up to run 45.09 to win his. Norman was up next, producing an easy 44.81. The fastest clocking went—not surprisingly, given his predilection for not hanging back in early rounds—to North Carolina A&T's Trevor Stewart at 44.76.

On Friday, the two superstars ended up in the second semi, Kerley in lane 4, Norman in 5. They hit the final straight together and with the stubbornness of champions, neither eased up. Norman grinded best, crossing in 44.04 to Kerley's 44.09.

The first semi had been dominated by Blake Leeper, whose application to have his prosthetic below-knee blades approved for competition is pending on an IAAF desk. His PR 44.38 put him in the running for a team berth. However, the debate over whether Leeper's blades provide an advantage may only intensify, especially in light of how fast he moves after the first 100. His nearly even splits of 22.0/22.4 don't reflect a race pattern that bladeless humans cantypically match.

For the final, Norman drew lane 5, Kerley 7. Sandwiched between them was Michael Cherry. Leeper stood in 4, Nathan Strother in 8. From the gun, the race quickly broke open, with Kerley and Norman moving evenly and fast and leading the other outer lanes with them. Kerley powered the backstretch, reaching the 200 in 21.1. Norman,

inches behind, seemed to run with a hitch in his step, his typical smoothness absent. Vernon Norwood (21.6) held 3rd, with Strother (21.8) a couple of steps behind. After the final turn, Kerley hit the 300 a long stride ahead of Norman, 32.0–32.2. Norwood (32.3) and Strother (32.6) drew closer on the curve.

With the crowd roaring, Norman tried valiantly to catch Kerley, but the Texas A&M alum never let up, driving furiously to the finish in a lifetime best 43.64, finally beating his 43.70 from '17. Norman finished in 43.79, his first loss in the event since the '17 USATF, a race won by Kerley. Strother closed swiftly, hitting a PR 44.29. Norwood tied up but still improved his best to 44.40. Leeper, after putting himself into the mix with a lightning turn, hit 32.5 at 300 then lost form on the final stretch and finished 5th in 44.48.

Norman, without specifying the nature of his issue beyond calling it a strain, indicated that he hadn't trained in the 2 weeks previous and only decided to race after warming up on Thursday. "It's not an excuse," he said. "He got the best of me and he was the better athlete. I've just got to go back and fix things."

Kerley said he didn't feel it was a disadvantage to run on the outside of Norman and not be able to see him for much of the race, offering, "From lane 1 to 8, it's the same 400." / *Jeff Hollobaugh*

## 800: A Brilliant 50.62 Closer For Brazier

WITH CLAYTON MURPHY and Donavan Brazier—winners between them of the last three USATF 800s—at last lined up together in a title final, the atmosphere was electric even though an outside threat of a thunderstorm was steering wide of Drake Stadium. Brazier, 22, stole the march this time with a brilliant negative-split effort more spectacular than Murphy's winning run last year.

Also on the bill leading into the final was the wildcard attraction of NCAA titlist Bryce Hoppel (1:44.41 this year). The Kansas junior known for his homestraight speed had won 11 straight 800 finals this season. Murphy, 24, had won the more spicily paced semi I in 1:45.24,

*(Continued on page 9)*



**Clayton Murphy needed only 50.89 seconds for his second lap... and lost ground to Donavan Brazier.**

# “I Use Everything For Motivation,” Says Fred Kerley

ANDREW MCCLAMHAN/PHOTO RUN



After crossing the line with a win in the 400, Fred Kerley repeatedly pounded his chest and shouted.

by Jeff Hollobaugh

IF FRED KERLEY seems like he has a chip on his shoulder, it might be understandable. Last year’s World No. 1, the 24-year-old Texan had been hearing all year from those who felt that this USATF title was Michael Norman’s for the asking. Even our formchart had Kerley down at No. 3, also behind NCAA champ Kahmari Montgomery, who had followed Norman in a 1–2 win over Kerley in June’s Pre meet.

After crossing the line victorious, Kerley repeatedly pounded his chest and shouted. It wasn’t joy on his face, but what looked like anger, though redemption might be a more accurate term. The reigning Diamond League champion won his second-straight national title and many of the reporters present reacted by calling it the biggest upset of the meet.

In the interview zone post-race, Kerley made his case. “Last year I was No. 1. I had a successful season—I was No. 1 in the world, but the media counted me out. But that’s what the media’s for, to post stuff against people,” said Kerley, impatient with the line of questioning. “Y’all still have other people above me. Same thing in ‘17, you had people writing me off. But it’s track & field. I’m blessed to represent the USA at the World Championships.”

Kerley was challenged by one reporter who didn’t understand the concept of a No. 1

Ranking, insisting that, actually, Norman had the fastest time last year. “It’s track & field,” insisted Kerley. “You’ve just got to understand that anything can happen at any given point. Today was my day.” When asked what he was shouting after the race, he only said, “I’m the USA champion. I’m blessed so I can’t complain.”

Does he use perceived media slights for motivation? “I use everything for motivation. Where I come from, I use that as motivation. My parents, I use that as motivation... I take it as a blessing.”

For Kerley the formula for success is simple: “I listened to my coaches.” He returned to College Station and the coaching of Alleyne Francique last fall after a year in Arizona working with Altis. (“It didn’t work out for me. I won’t say anything bad about the program.”)

“I’m back to my old ways. I’m blessed to be back in the same position I was in ‘17. I know where my capability is at.” It helps that Francique is in tune with Kerley. “He gets my mind ready. Track & field is a mental game so he gets my mental side prepared right. He understands

where I come from.”

Kerley, though thrilled by his 43.64, admits it wasn’t the perfect race. “I executed the race. I made some mistakes in some parts, but you can’t take the race back. You just gotta go back to the drawing board.” And his plans for Doha? “Execute my race at the World Championship,” he said succinctly. □

## Kerley Moves Up A Spot On The All-Time List

When he came to Des Moines, Fred Kerley had a PR 43.70 and held down the No. 8 position on the all-time world list. His 43.64 moved him past former Olympic gold medalist LaShawn Merritt into No. 7 ever. The all-time Top 10:

	Time	Athlete	Date
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
		Michael Norman (US)	4/20/19
6.	43.50	Quincy Watts (US)	8/05/92
7.	<b>43.64</b>	<b>Fred Kerley (US)</b>	<b>7/27/19</b>
8.	43.65	LaShawn Merritt (US)	8/26/15
9.	43.72	Isaac Makwala (Botswana)	7/05/15
10.	43.74	Kirani James (Grenada)	7/03/14

streaking to the fore with a self-assured sprint launched in the middle of the last turn. He was joined in advancing by first-time finalist Brannon Kidder, Isaiah Harris (runner-up the last 2 years) and Harun Abda. Veteran Erik Sowinski missed making the final after 6 consecutive appearances.

How, though, would the final unfold? Murphy medaled in the Rio Olympics off a searing pace yet prevailed handily after a lollygagging first circuit in the '18 final—a diverse skill set. Brazier was once a reliably near-the-front racer who favored sizzling tempos, but told T&FN that his Oregon Project coach, Pete Julian, “doesn’t want me to be predictable as a racer. He wants to give me the confidence of knowing that I can win from any place I am, from whatever position I am in the race—that I just can’t panic like I’ve been known to do in the past.”

No one telegraphed panic in the final. Gaggled in a bunch so tight they’d all have fit on an elevator, the field trucked through 200 nominally led by Harris in 25.5. Next they pulled back the collective reins as Harris retained leader honors at 400 (54.91) and 5 others stayed bunched within 0.28 secs. From Penn State alum Harris’s shoulder Brazier broke ahead 550m in, fully committed. Abda on the rail and Hoppel outside him chased in 2nd and 3rd. Late in the turn Murphy raced in 4th some 4 formidable meters back from the leader.

Sprinting tall, Brazier owned the home-stretch, covering it in 12.1, and his final 200 in 24.7, to finish in 1:45.62. His last lap split sent jaws slack: 50.62. Murphy, too, put his 51.92 finish last year in the shade. He rolled out into lane 3 in the straight, got past Abda and Hoppel with 60m left and finished 3m behind Brazier in 1:46.01. His closing numbers: 50.89, 24.8, 12.4. Five behind them—Hoppel (1:46.31), Harris (1:46.45), Isaiah Jewett (1:46.66), Kidder (1:46.98) and Abda (1:46.98)—all authored sub-52 closers.



JAKE SCOTT

**Matt Centrowitz’s last lap was a blazing 51.98, but Craig Engels topped that with a 51.92.**

“My plan the whole entire time was to sit and then past the backstretch to match anyone’s intensity. When I got to that rail I was able to bring it home, said Brazier, who also took the indoor 600 title back in February. “It felt really good. It felt like I worked on my gears the two days before. I was really relaxed and composed. I had a lot of friends and family there that caravaned here from Michigan, so I wanted to make it worth the trip.” */Sieg Lindstrom/*

### 1500: Engels Holds Off Centro

AFTER HIS PR 1:44.68 three weeks earlier, there was no question that Craig Engels had himself a nice bit of race sharpness. The questions revolved around how ready 5-time champ Matthew Centrowitz would be, and who else might be primed for a team spot. Engels went to the front immediately, tagging along on Izaic Yorks’ shoulder for a first lap in 64.7. If that didn’t guarantee a kicking spree at the end, the second lap in 64.9 certainly did. Eric Avila moved up to challenge, inspiring Engels to take over the pacing duties. At 900, Johnny Gregorek moved up to join Engels, with Centrowitz in tow.

At the bell, Centro (2:52.99) challenged, while Ben Blankenship tried to move up on the inside. Quickly back in the lead, Engels held off Centrowitz, leading through 1200 in 3:06.07, a 56.43 lap. While the contenders jostled for position in the pack, Engels looked ever stronger, coming off the final turn with a stride on Centrowitz as Yorks, Blankenship and unlooked-for Josh Thompson battled for the third position.

Centrowitz made up some ground, but Engels had barely enough breathing room to raise his arms in victory at the line, winning by 0.04 in 3:44.93. “It was a lot closer than I thought,” he quipped. He had covered the final lap in 51.92, and his final 2 in 1:50.65. Centro ran 51.98/1:50.44. “I knew he was coming,” said Engels. “I was trying to listen to the announcer because there’s no big board.”

Oklahoma State alum Thompson, a steepler last year, produced the fastest last lap of all, a 51.90, to snatch 3rd in 3:45.25. Alas, he doesn’t have the Doha standard, so the third team spot went to Blankenship, who finished 4th in 3:45.60.

Engels admitted, “I definitely didn’t race the perfect race. The plan was to go with 200 to go and I went with 800 to go. I saw all the guys getting antsy and I just took it. It worked.”

*(Continued on page 11)*

KIRBY LEE/IMAGE OF SPORT



**Hillary Bor won a ferocious last-lap steeplechase battle with Stanley Kebenei.**

# Meet Craig Engels, Race-Video Fiend

ANDREW MCCLANAHAN/PHOTO RUN



Being the fittest he has ever been certainly helped Craig Engels to the 1500 title: so did absorbing miles of footage of many-time champ Matthew Centrowitz.

by Sieg Lindstrom

USATF 1500 WINNER Craig Engels has trained primed with motivation aplenty since the '16 Olympic Trials. A 4th (800) and a 5th (1500) in the qualifying meet for the sport's grandest stage make for rich incentive. The Nike Oregon Project miler admitted as much after stepping up in Des Moines to outlean Olympic gold medalist Matthew Centrowitz by 0.04 for the 1500 win. "I don't want to talk about it," Engels half-joked, palming his head as he met the media afterwards. "Yeah, I got 4th-place twice [the '17 Nationals 1500 being the second] and last year I got 10th. This year I came in with a different mindset, different training, everything and I won it."

Naturally, Engels is, in his words, "super-stoked on it, and it's come together at the right time, right? Last year was an off-year, it didn't matter. This year is the World Championships year; I get to go to Doha, Qatar."

Engels feels ready now for global-level challenges after a few one-step-forward-two-steps-back oscillations in his progression since he raced a promising 4:03.96 for the mile as a prep at Reagan High of Pfafftown, North Carolina. After a 1-year spell at NC State—at the end of which he won the Pan-Am Junior 1500—and then 3 seasons at Mississippi during which he took 3rd in the '17 NCAA 1500, he landed with

coach Pete Julian at the Portland-based Nike Oregon Project.

The miler with the mullet says he is now the fittest he has ever been: "One, for the confidence, and two, I got to train with [Eric] Jenkins for the past 3 weeks [before USATF]. We were doing 5K workouts and I mean if I was solo I would not have been able to do those workouts. But he was there pulling me along. Unfortunately, he had to pull out of these U.S. Championships with an injury but he was the reason I got this fit."

Staving off Centro's attempt for a sixth Nationals win, "feels good," Engels said afterwards, "'cause I watched every single one of his race videos to be able to try and beat him. It's cool finally to beat one of the guys in the sport you've looked up to the whole time."

Centro TV was by no stretch a one-off for Engels: "It's something I do before I go to bed every night, watch a few videos so I can dream about it or something. But whatever." One might surmise watching a competitor-supreme in action could unleash adrenaline and induce insomnia. Not for Engels. "Sometimes I get a little antsy but most of the time Centro puts me to sleep." Irony alert; he laughed as he said that.

Nor was Engels' pre-Des Moines YouTube diet restricted to highlights of the Rio champ. He "watched Leo [Manzano], especially Leo. But then I watched 2013 here [Centrowitz's Nationals win]'cause it's like the most relevant. He won that one. He goes at similar times every

time, and I knew I had to go early this time and I did. He was coming that last 50, though." With advice from his coach, Engels toed the Des Moines start line ready to change his go-with-200-left race plan as needed: "Pete right before the race said, 'If you need to make an audible, do it.'"

Engels did make that audible, taking the lead from 800 out and defending his position with a lap left: "I've watched enough video to know that you're supposed to be in position with 400 to go, you know? And if you're in the top 4 you're usually going to make the team so I wanted to be up there. And it just happened I was in the lead, which was pretty new for me but I like it. I think we closed in 51 or something crazy [Engels ran 51.91, Centro 51.98] so I think at the World Championships if I'm chasing someone it will be better. So hopefully I can medal there."

Engels agrees he has evolved as a strategist since those Olympic Trials races 3 years ago. As he sees it, "Most of the evolution is in the confidence. In high school I didn't know what I was doing. In college I hit a big speedbump where I sucked for 2½ years and then at Ole Miss I slowly started building confidence and now we're back and confidence is up here [raises hands above his head] going into Worlds, which is right where I need to be."

As the Pan-Am Games approached and social media lit up over a discovery U.S. 400 hurdler CJ (Craig) Allen appeared to be listed for the 1500 where Engels name should have appeared, the miler wasn't concerned. As he explained, plans changed over the course of 3:44.93 worth of championship racing in Des Moines: "I guess tonight I'm going to go look at flights for my Mom. And I guess I gotta book flights out of Des Moines because I didn't know where I was going to go after this if I didn't make the team. If I didn't make the team I was going to go to Pan-Ams. Now I'm just going to go back to Portland or take a week off and go back home and party with my friends for a week [laughs]. My buddy rented a lake house for a couple days and I think I'm going to go there, but we'll see if coach says OK."

Next race up for Engels will be a 1500 at the Birmingham DL on August 18. He will not object either if he can fit an 800 into the schedule after P Ring at 1:44.68 in July: "Yeah, try and break 1:44, I'm stoked."

As he preps for Doha, Engels looks at more video time ahead: "I'll just watch all the World Championships and visualize as much as I can being on the Ingebrigtsens or Cheruiyot, Souleiman, you know all those guys that are going to be in contention for medals because that's where I want to be." □

## Drew Hunter's Go-Pro Decision Pays Off

The USATF 5000 wasn't just a team-selection event. For One of those making the WC team it was also a referendum on distance-running teenagers going pro.

At 21, Drew Hunter became the youngest to make the WC 5000 team since Evan Jager, then 20, did so a decade ago. Hunter twice broke the HS Indoor Record in the mile (3:58.25 and 3:57.81) as a Virginia prep in '16 and signed a 10-year adidas contract rather than run in college.

Here, he said he was satisfied with his race tactics because he was mindful of who did, and did not, have the Doha Q-standard, explaining, "I knew they were going to come back. And even if they didn't, I felt there were still two spots on the line because Woody and Lopez didn't have the standard. It was a safe choice, in my opinion."

Next goal: the WC final. "What great practice going into the Olympic year," he says. "This is my third-ever track 5K. How many have those guys run? I barely got the job done, but I got the job done. And that's all that matters."

The national indoor 2M champ this year, he says his outlook has improved since relocating to Boulder, where he trains with a group coached by Tom "Tinman" Schwartz. He admits he doesn't regret going pro out of high school but concedes he missed the team atmosphere of college, noting, "This is a hard sport. There are some very big lows and also some incredible highs. I like to share those with people." /David Woods/



In a classic bared-tooth duel to the finish, Lopez Lomong prevailed over Paul Chelimo.

The 25-year-old Mississippi alum explained that much of his focus had been on beating the Olympic champion. "I knew I had to go early. But he was coming. I was super-anxious, but I guess I used those nerves right."

Said Centrowitz, "No one likes to lose, but Craig's in phenomenal form." He explained that he tried to grab the lead at the bell but when Engels held him off, "That could have been the deciding factor right there. He had the whole inside and forced me to run those extra few meters that probably made the difference. He made a really good move with 150 to go. I thought at the time I could probably cover this and go with it but I didn't know what that would leave me with in the last 100m and I didn't know where anyone else was behind me. With 50 to go, I found kind of another gear and I think it showed I probably should have relied on my strength a little more and gone with him. But I had to make my decision right then and there and I thought that securing my spot on the team was more pivotal than going for the win." /Jeff Hollobaugh/

## Steeple: A Different Race Without Jager

THE PROCEEDINGS took on a whole new dynamic when it became clear that the balky stress fracture that had plagued Evan Jager's left foot for nearly a year would compel the 7-time defending champion to bypass the meet. With the Olympic silver medalist on the sidelines, earlier-crafted race plans would be revamped and the expectations of the remaining challengers would be recalibrated.

At the gun Hillary Bor dashed to the front and was followed closely by Andy Bayer and Stanley Kebenei as the honest pace quickly strung out the field. Seeking a quicker tempo after 2 laps, Bayer took over the lead as Mason Ferlic moved up to 4th. On the next lap the quartet created separation with the field. Kebenei slid into the lead on the following circuit as a

laboring Ferlic was falling back. After the trio hit the finish line with 2 laps remaining in 6:09.86 Bor took back the lead. The threesome was clear with Ferlic 25m back and fading.

Bor hit the bell just inches ahead of Kebenei and Bayer. A 60.61 final lap gave Bor the victory in 8:18.05 followed closely by Kebenei in 2nd (8:19.12), while a jubilant Bayer, hands cast skyward at the line, finished 3rd in 8:23.23.

Said Bor, "The race went exactly as I thought it would be." The former Iowa Stater envisioned that he, Kebenei and Bayer would be the ones to break away, explaining, "We knew that it would be easy for us to make the team if we worked together." Kebenei also anticipated the race would unfold as it did, except he wanted the win: "I knew I was going to make the team but I came here to win. I didn't do it, but it's OK. There's always next time. For now I'm going to go and focus for the World Championships, which I have been looking forward for." The 5th-place finisher in the '17 WC, who labels himself as "more of a road guy than a track guy," has specific plans for his Doha buildup. "I am going to focus on the World Championships. I am trying to get to Paris to see if I can get the Diamond League points that will take me to the finals."

Bayer was elated, relishing his 3rd and the place he finally earned on a U.S. world team. After sustaining 4 crushing 4th-place finishes in 4 national championship gatherings (one of them in the 2012 Olympic Trials 1500) with global team spots on the line, the persistent '12 NCAA 1500 champ—a title he captured on Drake's blue oval—finally broke the curse. On the final lap with a team berth within his grasp, the Indiana alum concentrated on staying focused: "My main thought was just to secure this team, be careful over the hurdles, and just make sure to get over everything. 3rd is as good as 1st today and I just have to get myself on the team." After 4 near misses, Bayer described the impact of finally gaining a global team berth. "It means a lot to me. To finish in 3rd place and to make the team, it's great. There's a sigh of relief. I should

have been top 3 and I did it. It just feels great." /Dave Hunter/

## 5000: Lomong's Kick Earns Him A Double

THIS WAS MORE than a footrace. It was two races—one for the podium; one for the WC team. That's a lot to digest in 13-plus minutes of back-and-forth in a 5K that started fast, became tactical, and ended fast. Winners: Lopez Lomong, Hassan Mead, Drew Hunter. Losers: Paul Chelimo, Woody Kincaid.

Lomong, now 34, finished 1st on Sunday in



It took Lopez Lomong only 55.59 seconds to finish off his PR 27:30.06.

## The All-Time U.S. Men's 10K List

Lopez Lomong moved into some elite territory with his PR win at the USATF Championships. Here's the 14 fastest Americans ever:

	Time	Athlete	Date
1.	26:44.36	Galen Rupp (Nike)	5/30/14
2.	26:59.60	Chris Solinsky (Oregon TC)	5/01/10
3.	27:07.55	Shadrack Kipchirchir (US Army)	8/04/17
4.	27:13.98	Meb Keflezighi (Nike)	5/04/01
5.	27:16.99	Abdi Abdirahman (Nike)	6/08/08
6.	27:20.18	Leonard Korir (US Army)	8/04/17
7.	27:20.56	Mark Nenow (Puma)	9/05/86
8.	27:22.28	Dathan Ritzenhein (Nike)	8/17/09
9.	27:24.67	Bobby Curtis (Reebok)	5/01/11
10.	27:25.61	Alberto Salazar (Athletics West)	6/26/82
11.	28:28.19	Tim Nelson (Nike)	5/01/11
12.	27:28.22	Matt Tegenkamp (Nike)	5/01/11
13.	27:29.16	Craig Virgin (FRTC)	7/17/80
14.	<b>27:30.06</b>	<b>Lopez Lomong (Bowerman TC)</b>	<b>7/25/19</b>
15.	27:30.53	Diego Estrada (Asics)	5/29/15



New pro Daniel Roberts handled the soggy conditions best in the 110H.

13:25.53 with the same kind of closing speed that had brought him victory in Thursday's 10,000. He ran his last lap in 53.34 to Chelimo's 53.68. Because of a series of injuries, Lomong has not worn a Team USA singlet at an OG/WC since '13. "I really wanted to win this race. I want a title. That's all it is," he said. "The moment we slowed down, I threw the standard out of the way and just tried to go out and win the race."

That's why he kept up with Chelimo despite an opening pace of 57-plus (yes, sub-60) through 400m, 2:30 at the kilometer and 4:07 at a mile. Lomong recalled Chelimo's front-running meet record of 13:08.62 from '17, when Chelimo ran the first kilo in 2:35. "I thought we would continue that kind of pace," Lomong said. "Then it became a tactical race... a one-on-one, championship-style race."

Lomong's Bowerman TC teammate Kincaid made it a group of 3 building a 30m lead as the race reached the midpoint. Chelimo, despairing that he could not drop Lomong, slowed to a 70-second lap heading into the 3000 and essentially gained nothing from his early ploy. He motioned to the others to take a turn in front; the pack caught up.

"As soon as I realized they were just sitting by me, I figured out, like, it makes no sense to keep doing the same thing and then just get outkicked at the end," Chelimo explained. "I figured out the best thing was just to save for the last few laps. I had to slow down and take the risk."

At the bell, 7 were within 0.74: Chelimo, Lomong, Mead, Hunter, Kincaid, Riley Masters and Ben True. Chelimo held on until about 50m left, when Lomong spurred again for an 0.27 margin at the tape. Chelimo was 2nd in 13:25.80 and Kincaid 3rd in 13:26.84 (with a 54.33 final lap in which he lost almost a second to Lomong). Since neither Lomong nor Kincaid have the WC standard of 13:22.50, neither can run the event in Doha. But 4th and 5th can: Mead 13:28.04 and Hunter 13:29.19.

Lomong became the meet's first 5/10 doubler

since Galen Rupp at the '12 Olympic Trials. He also became a career 15/5/10 tripler, the first in more than a century. Lomong won the 1500 in '09 & '10, and the 10,000 in '18 & '19.

Bowerman coach Jerry Schumacher had had to talk him out of running a 1500 semi the day after the 10,000. "I chose wisely," said Lomong, who added that he would not have attempted the 5000 in Doha even if did have the Worlds standard. He will save doubling for the 2020 Olympics. /David Woods/

### 10,000: What A Kick By Lomong!

A 2-TIME OLYMPIAN, Lopez Lomong did not represent Team USA in 2015. Or 2016. Or 2017. Was the former Lost Boy Of Sudan lost at the end of his track & field career? "It hurts to sit down and watch on television and see all these guys running well," he acknowledged. As the saying goes, the pain of regret is worse than anything else. So Lomong persevered through hamstring and iliotibial band injuries and sciatica. Last year he even agreed—gasp—to run the 10,000 after being an Olympian in the 1500 (Beijing) and 5000 (London). "You see 25 laps, I would be like, 'Forget it,'" he said. "I would rather do two 800m, two 1500m. But now, the older you get, why not? I don't want to walk out of the sport and say, 'I wish I'd got this.' This is the moment."

At age 34, perhaps it is.

Lomong was a repeat winner in the longest track race, lowering his PR by 49 seconds for a 27:30.06 that moved him to No. 14 on the all-time U.S. list. His previous best was 28:21.37 from Stanford last year. This come-from-far-behind win was one of the most impressive runs at such a distance since the nationals began with a 5M race in 1880. The only faster winning time was the meet record of 27:25.33 by Galen Rupp in '12.

Considering Lomong ran his closing 400 in 55.59 and has one of the biggest ranges in the sport's history, he will be an intriguing figure ahead of the World Championships. Few have ever run as fast as 1:45.58 for 800 plus 27:30 for

10K, as Lomong has. "That's amazing. I didn't think about," he said. "It's something I celebrate about. I just put my head down. In the World Championships, we'll see what I can do. I'll go back to the drawing board and see how I can go back and be competitive."

He won last year's title in a "tactical" 28:58.38. Shadrack Kipchirchir—outkicked in that race—was determined not to allow that again. He towed the field through the 2000 in 5:30 and 5000 in 13:45.3. He said his goal was to finish in 27:30, even with a light rain and 82% humidity. "I was like, 'Whoever wins has to run. I just went and pushed it,'" he said. Kipchirchir ran 27:02.55 in finishing 9th at the '17 WC and is No. 3 in U.S. history. Yet he could never drop Lomong. "Every lap, he was just right by me," he said. "He hung tough."

Lomong picked up an impressive 17 seconds on the final lap, in which a slowing Kipchirchir ran 72.54 for a 27:47.71. It was the fourth successive runner-up finish for Kipchirchir at the Nationals. Leonard Korir was 3rd in 28:01.43 to claim the third Doha spot. BYU's Connor McMillan closed in 59.90 for 4th in 28:20.18, edging Kirubel Erassa's 28:20.20 at the line. Erassa was with Korir with a lap left but ran the last one in 82.47.

Lomong called himself the "grandpa" of the Bowerman TC and said the "young energy" of teammates fuels him. His only regret on this night was not meeting the Olympic standard of 27:28. "I love running. I love to prepare and try to wear that USA on my chest and represent my nation the best I can," he said. "That's what motivates me, the people, the American people cheering me. That's why I keep putting my shoes on and going for it." /David Woods/

### 110 Hurdles: The Big 3 Find A Way

ALTHOUGH THE COMPOSITION of the WC team was predictable, how the 3 top hurdlers got there was not. The obvious picks for the first 2 spots were Grant Holloway and Daniel Roberts, who had 8 of the 9 best global performances

(Continued on page 13)

# Lopez Lomong Is Defying Age Conventions

ANDREW McLANAHAN/PHOTO RUN



“Grandpa” Lopez Lomong was the U.S. flagbearer at the '08 Olympics in Beijing.

by David Woods

TRACK & FIELD is no different from any other sport. There comes a time, usually around age 35, when an athlete must quit. Retirement is not an option but an inevitability. There are exceptions: Tom Brady and Nolan Ryan come to mind; in tennis, Serena Williams and Roger Federer; in swimming, Dara Torres.

And in running, Bernard Lagat. Says USATF double champ Lopez Lomong, “He set a bar. Obviously, Bernard Lagat has been really good for this sport for a long time.” That is because Lagat had such an uninterrupted series of successes. He was a double NCAA champion at 24, an Olympic silver medalist at 25, a double world champion at 31, an Olympic finalist at 41.

That is not Lomong’s story. He hasn’t run in an Olympics or World Championships since ‘13. At 34, he could have been thinking about what was behind rather than what is ahead. After all, the former Lost Boy Of Sudan was a 2-time Olympian, U.S. flag-bearer, inspiration to a generation. His legacy was secure.

“I don’t want to walk out of the sport and say, ‘I wish I’d got this,’” he says. After his Des Moines double, Lomong is not walking anywhere. He is running into history—and perhaps even into the medal mix at the World Championships?

He won the USATF 10,000 on Thursday

in 27:30.06, closing in 55.59. He won the 5000 on Sunday, closing in 53.34. Such speed can put a runner in contention in championships. Other contenders—notably Ethiopians and Kenyans—might have to consider a punishing pace to avoid Lomong at the end. In the 5000, he outkicked Paul Chelimo, silver medalist from the Rio Olympics.

Lomong doesn’t have the Doha 5000 Q of 13:22.50 but has planned all along to concentrate on the 10,000. His younger self would not have believed it. He had never run a 10K on the track until a 28:21.37 in March ‘18 at Stanford. “It was terrible,” he recalls. “I finished 2nd, and I was like, ‘Forget it. I don’t want to do it any more.’”

He reconsidered, winning a tactical 10,000 in 28:58.38 for his first national title at that distance later in the year. Shadrack Kipchirchir would not allow that in Des Moines, leading the field for most of the race, but Lomong never let him separate. Bowerman TC coaches Jerry Schumacher and Pascal Dobert prepared Lomong for that... and any other tactic, for that matter.

“We practiced all the scenarios in the last 17 weeks,” Lomong says. “We just both said, ‘We can drop 62 or 60, and we still feel like not breathing too hard.’” He felt so good afterward, in fact, that he was eager to run a heat of the 1500 the next day. His coaches advised against it, and Lomong conceded they were right.

But he had never won the 5,000 and resolved to add that to his résumé. He became the first to win a 5K/10K double since Galen Rupp in

’12, first ever to win national 15/5/10 titles in a career, and first in more than a century to triple at comparable distances.

(Alex Grant won once at 880y, 4 times in the mile, twice in the 2M, once in the 2M steeplechase and twice in the 5M between 1899 and 1904.)

Doubling only underscored how fit Lomong was a dozen years after he was an NCAA 1500 champion. Says Dobert, “You have a very long gap between U.S. Champs and World Champs. And yet we don’t typically race a lot. Between championships, for sure. We use that time to get in better shape and go to altitude. When we’re at altitude, we don’t like to race

a lot. So when we’re at the championships, it’s nice to let our athletes race. He was on board with the doubling, we were on board with doubling.” Lomong acknowledges he aims at doubling in Tokyo.

Hamstring and iliotibial band injuries plus sciatica sabotaged recent seasons. Chiropractor John Ball treated those issues, allowing Lomong to train with younger Bowerman teammates. He calls himself the “grandpa” of the group but says he is fueled by their young energy. “When you’re injury-free, you can maximize your training. And that’s what I did,” he says. “I’m eating well and sleeping well and doing everything I can to win these kinds of races.”

Few have ever had the range to run 1:45.58 for the 800 plus 27:30.06 for 10K, as Lomong has. His other PRs include 3:32.20 in the 1500, 3:51.45 for a mile and 13:07.95 for 5000. “That’s amazing. I didn’t think about that,” he says. “It’s something I celebrate about. I just put my head down.

“In the World Championships, we’ll see what I can do. I’ll go back to the drawing board and see how I can go back and be competitive.”

He says “speed was always there,” but it has taken years to develop the endurance on display in Iowa. He says he is motivated by supportive fans and a long-held desire to represent the United States: “I don’t want to walk out of this sport like, ‘Man, I wish I could have done a little bit better.’ I could leave something to this sport.” □



**Rai Benjamin already had an insurmountable lead coming into the homestretch.**

this year and stood 1–2 on the yearly world list. The third team spot would logically go to the reigning national indoor and outdoor champion, Devon Allen.

The event started out with a glitch. In the first heat, there were four double-gun recalls, but no false starts were charged. “They looked like clean starts to me,” said Chief Starter Tom McTaggart. But he explained that the false-start detection system was triggered by flinching in the blocks that did not amount to a false start. After the fourth double-gun, the system was tweaked to be less sensitive, and there were no further problems. “That was crazy,” said Allen, who finished 2nd in his heat behind former U.S. indoor champ Jarret Eaton, while Holloway and Roberts won the other two sections.

The rocky road to the final continued in the two semis, where like the heats all races encountered headwinds. In the first, Roberts led the entire way but finished only 0.01 ahead of Freddie Crittenden, who challenged him the entire way. Allen, after a decent start, struggled and ended up in the last of the four qualifying positions. Holloway had the early lead in the second semi but was overtaken by Aaron Mallett and Michael Dickson at the final hurdle and finished 3rd, losing a hurdles race for only the second time this year.

Rain started to fall after the semis, and the final was held some 2 hours later in the rain on a wet track. The draw put Holloway and Allen in 7 and 8, with Roberts well inside of them in 4 and Eaton in 1. Holloway and Roberts led from

the gun but Roberts, despite hitting the last two hurdles, pulled away at the end and won comfortably in 13.23, a respectable time given the wet conditions and the -0.8 wind. Holloway held 2nd in 13.36, diving at the finish line to assure that he would beat the fast-closing Allen (13.38) and Crittenden (13.39), whose slow reaction time of 0.234 may have cost him a place on the team.

“Amazing,” said the winner, a Kentucky junior who turned pro after the NCAA. “We worked so hard for this, and everything paid off. I’m very excited to make my first national team.” Asked about the rain, he said “I’ve seen worse.”

Holloway, a Florida junior who edged Roberts at the NCAA championships and who is also a new pro, acknowledged that it was a tough day. “Those two races were kind of shaky,” he admitted. His comment on his dive at the finish: “Hey, risk it for the biscuit. I looked left, I didn’t see Freddie. I looked right, and I felt Devon and saw Daniel taking off and I was like, ‘I’m either in 3rd or 4th. That’s just my luck, so risk it for the biscuit.’ My rib hurts like crazy, though. I’ll be alright.”

He, too, was excited about the Worlds. “To represent Team USA in Doha with Daniel, it’s something we’ve been talking about since indoor SECs, indoor Nationals. We’ve been talking about it for a long time.” /Bob Hersh/

## 400 Hurdles: Benjamin In A Class Alone

THIS, RAI BENJAMIN’S first appearance in

a USATF Championships, was the 22-year-old USC alum’s title contest to lose and, mindful of the stakes, he checked all the boxes with powerful poise. He won by almost a second and a half in 47.23, the No. 9 all-time U.S. performance and the No. 3 clocking on his personal résumé. Two-time World Ranker TJ Holmes repeated as runner-up, clocked at 48.58, as ‘19 Houston senior Amere Lattin snagged the third team spot with a PR 48.66.

The formchart had been a puzzle to formulate with just 6 under 49 on the yearly U.S. list, and the 4 immediately following Benjamin on the tabulation all having run their bests at the NCAA 7 weeks prior. Reigning champion Kenny Selmon was a no-show. Stalwart elite vet Bershawn Jackson retired at the end of last season. Rio Olympic champ Kerron Clement, 33, was here but had seen the sunny side of 49 seconds just once since medaling (bronze) at the ‘17 Worlds. Then NCAA titlist Quincy Hall, slotted No. 2 on the chart, failed to show for his heat.

Benjamin rolled through the rounds as expected leading the heat results with 49.61 and setting down the only sub-49 of the prelims to win semi II in 48.30 from last year’s 3rd-placer Khallifah Rosser, whose 49.05 was his seasonal best. Lattin had taken semi I in 49.12 from David Kendziera, who was next on the chart after the absent Hall. Clement—to be frank, not looking his best—slid into the final as 4th-placer in semi I (49.83).

For the final, the question was, How would Benjamin, coming off a 47.16 win at the Pre



**It wasn't a Doha selection event, but Nick Christie handily won the 10K walk.**

American male walker's itinerary, since none have made standard. But he won't be sitting at home in San Diego twiddling his toes, either. There's Lima, for the Pan American Games, and hopefully/optimistically, Tokyo 2020, on his agenda. "I'm booked to do both the 20K and 50K in the Pan Ams," Christie said after winning the national 10,000 title—meaning this race was a 25-lapper on the famed Blue Oval—in 41:56.61.

In a race that wasn't a selection meet for the WC, it was a walkaway that saw the 27-year-old Christie lead for every step after the 7 a.m. starting gun, over Emanuel Corvera (43:10.87) and John Cody Risch (43:36.43), some three quarters of a lap arrears, with the other 7 finishers all lapped. "The two Pan-Am racewalks are a week apart, so I should be able to handle them OK," said Christie. "They'll both be great, tough races."

While the 10,000 (track) or 10K (road) events have been U.S. national championship walk distances for nearly a century (held apart from this meet), this was the first time the 6.2M distance has been a men's title event at the outdoor nationals, which had a 20K from '82 to '18, and an assortment from 3000m to 2M to 5000m before that. Why the change? Apparently to schedule the 20K Nationals back in

March in Tustin, California as a Pan-Am trial. Christie won it in 1:27:37 and went on to clock a 1:24:15 in Spain in June, quick but still not quick enough for Doha. */Elliott Denman/*

## High Jump: Robinson Repeats, Gets Q

DEFENDING CHAMP Jeron Robinson

entered as the pre-meet favorite, undefeated against Americans this year but still short of the WC standard of 7-6½ (2.30), a height he cleared a half-dozen times last year. So while winning this year's title was the immediate goal, qualifying for the World Championships was also paramount. Only Shelby McEwen entered with a qualifying height, having gone 7-7 (2.31) indoors in February.

Unfortunately not entering were '12 Olympic silver medalist Erik Kynard, who hasn't jumped all year after rating No. 2 in the U.S. last year, and Bryan McBride, who scaled 7-8½ (2.35) last year. Also missing was LSU's NCAA champ JuVaughn Harrison.

The first casualty of note came early as 2-time NCAA winner Trey Culver Tech failed to get over the opening height of 6-11 (2.11), a height passed by Robinson, McEwen, 7-7 (2.31) performer Ricky Robertson and Keenon Laine, whose 7-5¾ (2.28) to win the SEC Indoor over McEwen already had him among the possible Doha add-ons. Robertson and Laine needed two attempts to get over 7-1 (2.16). Surprising early was Jonathan Wells, an Illinois senior who hadn't competed all year but ran a clean record all the way to 7-4¼ (2.24), at which point the competition was down to 4 as Laine, Robertson and Jordan Wesner exited.

As the bar went to 7-5¼ (2.27), only Wells and Robinson were clean, while McEwen and JaCorian Duffield (a 7-8 jumper who swept the '15 NCAA titles while at Texas Tech) had 2 misses each. Wells and Duffield both went out, a would-be PR for Wells. McEwen, a junior at Alabama who won the NCAA Indoor, was jumping first as the bar went to the Doha Q height of 7-6½ (2.30). Both he and Robinson needed all three to get over the bar. For McEwen it was an outdoor PR and temporary lead. Robinson matched the clearance to take back control and earn the Q to Doha he desired. As neither cleared 7-7¼ (2.33), Robinson earned the victory.

Said Robinson, "Me and my coach talked



**Jeron Robinson's 7-6½ did double duty getting him not only a win but also a ticket to Doha.**

Classic, play this? Answer: About as he had at Pre, cadence regulated through the first half, quick by all but the most exalted standards but saving his attack for the last 5 hurdles. Running in lane 4, he reached hurdle 5 in 2nd a step behind Rosser (lane 5) but quickly devouring ground. The two were even at 200m (22.7) but through the curve Benjamin grew his margin to 2½m at hurdle 8. Over hurdle 10 that gap had swelled to 7½. Rosser still ran 2nd but the field other than Clement was closing as Texas Tech's Norman Grimes in lane 3 and Holmes (8) vied for 2nd.

Benjamin crossed the line ahead by 10m. Holmes won the war among the others in the run-in and Lattin (lane 6) eked out a tight tussle for the third team spot 0.02 in front of Grimes with Kendziera another 100th back.

Said Benjamin, "Of course I want to run faster, but it's OK. I mean, the conditions were really good out there, it was hot out there, I'm just happy to make that team and just be able to represent the USA." Using a 13-step stride pattern throughout, he looked to have produced the cadence he hoped for. "It's all about getting the right rhythm down," he said, "and throughout the season my rhythm has been changing a lot."

One imagines that highly anticipated imminent meetings with Karsten Warholm and/or Abderrahmane Samba—the only hurdlers on the world scene who currently appear to be in Benjamin's league—could call for rhythm changes on the fly sooner than later. */Sieg Lindstrom/*

## 10K Walk: Christie All The Way

YOU WON'T SEE Doha listed on any of Nick Christie's travel plans. Or on any other



Sam Kendricks and his father/coach Scott had plenty of reason to smile after the vault.

about being consistent. I came in confident. I was just trying to stay focused. I like to stay mellow." /Howard Willman/

## Pole Vault: American Record For Kendricks

AHOTDAY, a nice tailwind and a field loaded with young talent had all of the ingredients for an exciting vault competition, and the men did not disappoint. At age 26, Sam Kendricks was the second-oldest competitor, unusual in an event that regularly sees athletes competing well into their 30s. But having won every outdoor USATF Championship since '14, he is accustomed to a leadership role, and did not disappoint this time around.

While most athletes of his caliber prefer to pass the first few heights of the competition, Kendricks almost always enters at the first bar, preferring to give the audience a good show for as many heights as possible. After clearing the first 6 bars on his first attempt, Kendricks sealed the victory with a clearance at 19-2<sup>3</sup>/<sub>4</sub> (5.86), a height no other vaulter was able to clear. Although he wanted to attempt an American Record after this clearance his coach/father, Scott, advised him to attempt 19-4<sup>3</sup>/<sub>4</sub> (5.91) first.

After clearing that on his first attempt, he raised the bar to the AR setting of 19-10<sup>1</sup>/<sub>2</sub> (6.06). Although clearing heights over 6-meters (19-8<sup>3</sup>/<sub>4</sub>) once seemed impossible for a vaulter on a 4.90 (16-<sup>3</sup>/<sub>4</sub>) pole—most elites use poles that are around 5.20 (17-<sup>3</sup>/<sub>4</sub>) in length—Kendricks had proved the skeptics wrong when he cleared 19-8<sup>3</sup>/<sub>4</sub> in similar conditions at the '17 USATF, and set out to do the same here.

His first attempt at 19-10<sup>1</sup>/<sub>2</sub> (6.06) brushed the bar and it fell, but this increased his confidence, as he had previously hit bars harder that stayed. On his second attempt, his rivals lined the runway and clapped in support as he took his run. With another well-executed vault, he brushed the bar again on the way down, but this time it stayed up, and the AR became his, eclipsing the 19-10<sup>1</sup>/<sub>4</sub> (6.05) set by Mondo Duplantis last year.

As soon as Kendricks hit the pit, the rest of the field began running towards him to tackle him in celebration. As he saw them coming he

raised his arms and welcomed them, resulting in a massive dog pile that perfectly embodied his warm relationship with his fellow competitors.

As the reigning world champion, Kendricks has a Doha Wild Card, leaving three more spots available for the rest of the field. Rising star Cole Walsh was a pre-meet favorite to make the team, after performing well in recent Diamond League meets, but nearly exited the competition at 18-3 (5.56), needing 3 attempts. He went on to clear 18-10<sup>1</sup>/<sub>4</sub> (5.76) on his first attempt to place 2nd with his second-best clearance ever.

Baylor frosh KC Lightfoot cleared a PR 18-10<sup>1</sup>/<sub>4</sub> (5.76) on his second attempt to place 3rd, and another frosh, Zach Bradford of Kansas, cleared 18-8<sup>3</sup>/<sub>4</sub> (5.71) for 4th and the final spot on the team. NCAA winner Chris Nilsen of South Dakota struggled with a bout of muscle cramps, finishing tied for 7th after only clearing the opening height of 17-11 (5.46), well off his best of 19-6<sup>1</sup>/<sub>4</sub> (5.95).

## Kendricks Now =No. 3 On The All-Time World List

With his AR clearance at USATF Sam Kendricks now trails only history's two 20-footers on the all-time list. History's 11 highest (i = mark made indoors):

Height	Athlete	Date
6.16   20-2 <sup>1</sup> / <sub>2</sub> i	Renaud Lavillenie (France)	2/15/14
6.15   20-2i	Sergey Bubka (Ukraine)	2/21/93
6.06   19-10 <sup>1</sup> / <sub>2</sub> i	Steve Hooker (Australia)	2/07/09
	<b>Sam Kendricks (US)</b>	<b>7/27/19</b>
6.05   19-10 <sup>1</sup> / <sub>4</sub>	Maksim Tarasov (Russia)	6/16/99
	Dmitriy Markov (Australia)	8/09/01
	Mondo Duplantis (Sweden)	8/12/18
6.04   19-9 <sup>3</sup> / <sub>4</sub>	Brad Walker (US)	6/08/08
6.03   19-9 <sup>1</sup> / <sub>4</sub>	Okkert Brits (South Africa)	8/18/95
	Jeff Hartwig (US)	6/14/00
	Thiago Braz (Brazil)	8/15/16

The Kendricks clearance was the best outdoor vault worldwide in 25 years and made him the second-highest vaulter outdoors in history. And his sixth-consecutive win surpassed the 5-year streaks by legends Dutch Warmerdam and Bob Richards, a point of pride for Kendricks after the meet. /Becca Gillespy Peter/

## Long Jump: Ward Wins, But No Q

ON A WET RUNWAY on the final day of competition, Ja'Mari Ward needed a veteran long jump field that included the reigning Olympic gold medalist. The Missouri soph led from the very first round but got the winning mark he needed in round 2, sailing 26-7<sup>3</sup>/<sub>4</sub> (8.12), just a centimeter off his PR.

While the win would not come with the needed WC standard, the 21-year-old Ward commented, "My coach and I sat down to talk about how I had to keep my head straight. I was

(Continued on page 19)



Ja'Mari Ward bounced back nicely after his failure to advance from the NCAA Regional.

# Sam Kendricks Dissects His American Record

MIKE SCOTT



Fellow vaulters stormed the pit and dogpiled Sam Kendricks after his AR clearance.

by Sieg Lindstrom

THE INSTANT HE CLEARED the highest bar of his career, 19-10½ (6.06), Sam Kendricks knew he would be dogpiled by his competitors. More on that later. What he didn't know coming into the meet was that he might break the American Record.

"You never do, you never do," he said smiling in the afterglow. "If you do you're forsaking the competition. You know, I've often said 6m [19-8¼] is kind of like a silver bullet in our sport. In only 4 competitions in history has someone jumped a 6m or better bar and not won. Only 4 times in history. Usually if you jump 6m you're gonna win, and you're discounting the rest of the great American jumpers out there if you say, 'I'm just going to try to jump high today.' Because it's going to take all you have to just make it there. Like I said at the very beginning, your greatest efforts are asked of you at the end of the competition when you are the most fatigued."

A meticulous athlete, the reigning world titlist—and now 6-time USATF outdoor champion—had, indeed, said that as he walked up to face the media. "A very wise pole vaulter

once told me, 'Do not talk technicalities in interviews,'" Kendricks declared to open the proceedings. "But I might do it just for you. The nature of our event is, 'How well can you hold it together?' Because the biggest asks are at the end of the meet."

Kendricks then looked at his watch and ran the calculation. "It's 5:34. We had a rain delay, we got here at 11:00, we started the competition at 2:30, it's 5:30. That's 3 hours; 3 hours of competition, it's 90 degrees out, and if it's 90 degrees out there it's 100 degrees on the turf. These guys were saying, 'The bar is not the only obstacle, it's the heat.'

Kendricks knew he could use furnace temperatures to his advantage. He had done so spectacularly once before, at the '17 Nationals in Sacramento where he vaulted his previous best, that 6m (19-8¼) benchmark. "What happens when you've got hot conditions is your poles do different things so it afforded me some things that I may not have done at another meet," he explained. "Namely, I was able to grip the same pole that I had and speed up my run. And then with that extra stiffness you get so much more velocity going up. That's the whole way that I jump. You want to come off the pole faster because you're covering more distance.

"I jump on a shorter pole, pretty middling length for American jumpers, 4.90m, about 16-1 [by way of comparison, Mondo uses a 5.20/17-1 pole]. It's just about everything I can do to get that pole to do what I want it to do on a pretty day like today. We had great conditions, it was hot, and a competition that stayed stalwart the whole time. You have to have that to jump high. When I jumped 6m for the first time in Sacramento it was the same conditions. Hot on the track, my shoes were melted when I came home, but there were guys that were pushing the height all the way up, American guys. You know there's no other country out there with more than 3 guys at the [World Championships Q] standard [18-8¼/5.71]. We've got 11 of them; it was wild. So we have the conditions here in our own country to put international-level performances out there, and that's what it takes."

Well, there are other factors too. "It's not just me," Kendricks said. "There's good calls from a good coach, simple though they may be, and a great competition that elevates you. And asks more things of you than you're capable of."

Throwing his caution about talking technique to the wind, Kendricks did some more of it, addressing pole stiffness. "If you go to a stiffer pole I try not to grip any higher because

the trick of it is—and I’m talking technical and I know it’s gonna be on the internet somewhere and I hate doing that but—you want it to be fast. Speed is speed. Every athlete out here will tell you, ‘I want to be faster.’ It’s the same thing for pole vault.”

Pole vault is different, though, for its close camaraderie. It’s everyone against the bar, and maybe the shared challenge of odd-size baggage, ferrying unwieldy 15- & 16-foot lengths of high-tech “lumber” around the world. The men’s vault club members assembled in Des Moines lined the runway and clapped for Kendricks’ two shots at the AR.

As soon as he went over on second try, Kendricks said later, “I saw it coming.” By “it,” he meant the competitors’ rush to dogpile him on the pit. “I stood up and I was really trying to puzzle it out,” he said. “As I came over the bar I looked to the left and I saw that I hit it, but I didn’t hit it as hard as the one before, and I said, ‘That’s gonna stay.’ And as I was falling, I said, ‘They’re about to come and tackle me.’ All these guys, I know ‘em, we’ve been jumping together for years and years and years. Well, maybe not this kid over here [gesturing at 3rd-placer Baylor frosh KC Lightfoot], he was born in ‘99 like my little sister. My God, he’s 7 years younger than me. Me and Scotty Houston were the oldest guys out there.

“But I looked, they were lined up on the edge of the runway clapping for me. You know, I have never been to a competition were there’s enough guys that want success for you that bad. We are a pretty tight-knit group all around the world in the pole vault but here in the States we speak the same language, and that’s something special. You know a bunch of American boys out there can do a lot of amazing things.” In the gang tackle Kendricks incurred only a minor spike wound to one of his shins.

Many in the U.S. sport liked that Kendricks had tidied up the American Record book, removing Swedish dual citizen Mondo Duplantis’s name. One writer suggested the AR was “strangely held by Mondo,” a characterization that didn’t fly with Kendricks. “Well, let me change the question a little bit,” he offered. “When you say ‘strangely held,’ well, by the rules of USA Track & Field he held the record as a dual citizen. He’s got Swedish citizenship but he’s an American boy, he grew up in Louisiana. I don’t fault him for jumping in a Swedish uniform. That’s the way the rule was and USA Track & Field, they said, ‘We’re gonna stand by what happened but we’re gonna change the rule.’ So he may not be able to set it again in the future but that’s just the nature of our sport. I wanted to jump 6.06 anyway.”

Then the new AR holder talked strategy, and his decision to vault at, and clear, 19-4¾ (5.91) before attempting the record setting: “My coach, I tell you what, he’s an old cowboy and an old Marine pilot, a captain of men. He is a horse trainer, he’s a very down-to-earth fellow.” Said coach is also Kendricks’ dad, first name Scott. “As soon as I won the competition I wanted to go to 6.06. I said, ‘Coach, today’s the day, let’s go for it.’ He said, ‘No, I want you to jump a bar between, go jump the 91 bar.’ And he is so smart. He’s been looking, he scribes all of our notes from training down in his green

## Progression Of The U.S. Best Since The First 19-Footer

Billy Olson of the Pacific Coast Club, a supreme indoor performer, became the first-ever American 19-foot vaulter in the winter of ‘83, clearing 19-¼ (5.80) at the legendary Maple Leaf Games in Toronto. Here’s how the highest-ever by an American has progressed since then, with Olson having the most entries at 6. Note that not all were ratified as official records but all are statistically acceptable. The progression (i = mark made indoors; A = altitude over 1000m):

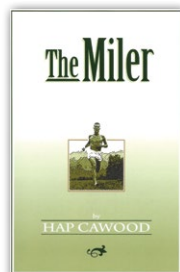
Height	Athlete	Site	Date
5.80   19-¼i	Billy Olson (Pacific Coast Club)	Toronto	2/04/83
5.80   19-¼i	— Olson (Pacific Coast Club)	Inglewood	2/10/84
5.80   19-¼	Earl Bell (Pacific Coast Club)	San José	6/09/84
5.81   19-¾	Mike Tully (New York AC)	Los Angeles	6/21/84
5.82   19-1	— Tully (New York AC)	Eugene	7/21/84
5.83   19-1½	Joe Dial (Oklahoma State)	Manhattan	5/10/85
5.85   19-2¼	— Dial (Oklahoma State)	Norman	5/19/85
5.86   19-2¾i	— Olson (Pacific Coast Club)	Saskatoon	12/28/85
5.88   19-3½i	— Olson (Pacific Coast Club)	Los Angeles	1/17/86
5.89   19-3¾i(A)	— Olson (Pacific Coast Club)	Albuquerque	1/25/86
5.91   19-4¾i	— Dial (Athletics West)	Columbia	2/01/86
5.93   19-5½i	— Olson (Pacific Coast Club)	East Rutherford	2/08/86
5.94   19-5¾(A)	— Dial (Athletics West)	Albuquerque	6/14/87
5.96   19-6½	— Dial (Athletics West)	Norman	6/18/87
5.97   19-7	Scott Huffman (Foot Locker AC)	Knoxville	6/18/94
5.98   19-7½	Lawrence Johnson (Tennessee)	Knoxville	5/25/96
6.00   19-8¼	Jeff Hartwig (Goldwin TC)	St.-Denis	6/04/98
6.01   19-8½	— Hartwig (Goldwin TC)	Uniondale	7/21/98
6.02   19-9	— Hartwig (Nike)	Eugene	6/27/99
6.03   19-9¼	Jeff Hartwig (Nike)	Jonesboro	6/14/00
6.04   19-9¾	Brad Walker (Nike)	Eugene	6/08/08
6.05   19-10¼	Mondo Duplantis (Sweden)	Berlin	8/12/18
6.06   19-10½	Sam Kendricks (Nike)	Des Moines	7/27/19

book—you may ask him to look at it but he’ll never let you—the notes from what leads up to our best performances.

“And I’m not going to give you the secret to that but he set in motion a few things that allowed us to step the same places that we did in 2017 to jump 6m for the first time. He said, ‘I’m gonna give Sam the best mental shot that he’s got to jump the bar. He’s going to handle the physical part.’ So that’s what he did for me. So when [I was] going up to 6.06 I already had jumped 91, right. You gotta bridge the gap between these big leaps in bar heights. So when you brush it, on the first jump I said, ‘Coach K, I’ve hit bars harder and they stayed, dang it!’ So when I came over it the second time I had

that much more experience.”

Not just experience. Now Kendricks has an AR, distinction as history’s second-highest-flying vaulter in an outdoor meet—only Sergey Bubka stands ahead of him in that category—and an unprecedented run of U.S. titles in his event. “Today was my sixth USA outdoor championship in a row,” he said. “There was a record, and it’s only for me and my coach, I held with Cornelius Warmerdam at 5 USA championships in the pole vault in a row [Bob Richards also had 5 consecutive 1st-place finishes, 1948–52, but two of those were ties]. Today marked our sixth. So that was kind of a record for me and him and something we’re going to go celebrate tonight, for sure.” □



# ‘Run with me.’

## TheMiler.com



**An illegal-wind 58-2½ moved Donald Scott to No. 9 on the all-time U.S. all-conditions list.**

a little upset with how things were going with injuries and setbacks, but we had to get my mind right and train as hard as we could and consistent." He continued, "I can really accomplish my dreams. I want to be the best long jumper, so this is just my first step."

Will Claye, fresh off a runner-up finish in the TJ on Friday, secured another 2nd in round 5 with a leap of 26-5½ (8.06). Claye praised the crowd, saying, "It is always amped and the fans always get us going. For me that's what I feed off of. I get them going, they get me going, so it's like a win-win when I'm doing my thing and then they're cheering on. That just creates a great atmosphere for us to jump far."

Behind Claye just 2cm separated the next three places. NCAA runner-up Trumaine Jefferson of Houston and Jarvis Gotch had matching jumps of 26-3¼ (8.02), but Jefferson took 3rd on a better second mark of 26-1¼ (7.97). Meanwhile, reigning Olympic champion Jeff Henderson, entering the meet as the U.S. list leader, had to settle for 5th with a sixth-round jump of 26-3 (8.00). That placing would be key though as Gotch didn't have a Q either, giving Henderson a spot on the team along with Claye and Jefferson. Several days later, however, Claye signaled his preference for only tackling the TJ, opening a spot for 6th-placer Steffin McCarter. /Paul Swangard/

## Triple Jump: Scott Defends

WITH REIGNING world champ Christian Taylor needing only a first-round stroll into the pit to secure his Wild Card, Donald Scott likewise only needed his first-round jump to secure a second straight outdoor title (and his fourth overall national crown including indoors). Scott's win came with thoughts of the upcoming birth of his first child which he admitted was on his mind during the competition. "5 weeks until you change your life in the most greatest way you could ever imagine," remarked Scott.

"I can't explain the feeling but this win means everything."

Meanwhile, Taylor—who has made similar one-and-done appearances to meet USATF requirements in previous Trials meets—sees the defense of two straight world titles as the longterm goal and traveled over from Europe where he competed at the London Diamond League stop the previous weekend. "I knew that it was going to take a toll and I thought, 'It's better that I stay healthy and really hit it hard on the back end of the season.'"

Scott's wind-aided 58-2½ (17.74) withstood an assault by veteran Will Claye, whose wind-aided 58-1 (17.70) in round 3 pulled him within an inch and a half of the defender. The favored Claye

would not get the win, but also registered a pair of wind-legal jumps 58-¼ (17.68) in rounds 4 & 6 to set a new stadium record. "I didn't hit it right today," he said after securing his fifth World Championship appearance. "It was a day where you feel good but don't execute. But I made the team so I'm going to fight another day. I'm going to go to Doha and make up for today. That's the plan."

Omar Craddock, seeking to qualify for his third Worlds, used a 57-7 (17.55) effort in round 4 to finish 3rd as three alums of Florida's "Jump U" (Taylor, Claye and Craddock) made the team along with the Eastern Michigan alum Scott. /Paul Swangard/

## Shot: Crouser Wins Clash Of Titans

ALTHOUGH Ryan Crouser won his third outdoor title with his fourth-best outdoor meet ever, 74-2½ (22.62), the story was just as much about Joe Kovacs (73-2½/22.31) and Darrell Hill (72-6½/22.11), as they formed the first trio of throwers from the same country ever to put over 72ft/22m in the same competition. In fact, only twice in world history had three men of any nationality been over those benchmarks in the same meet.

The second flight—with all the major names—began with Kovacs in the ring, and he hit a big throw early, reaching 72-1¼ (21.99), leading after the first round over Jon Jones (68-8/20.93) and Curt Jensen (67-3½/20.51), as both Hill and Crouser fouled. Kovacs opened the second stanza with the slightest of improvements to 72-2¾ (22.00), his first 22m put since June of '17. Immediately following him into the ring was Hill, who pressed the leader with 72-1¼ (21.99) to move into 2nd. When Crouser hit a solid put out to 71-10¼ (21.91), the team was decided, even if the fireworks had barely begun. Kovacs started round 3 with another improvement, this one to 73-2½ (22.31). Hill followed with his own 22m

(Continued on page 21)



**Led by Ryan Crouser's 74-2½, the top 4 putters produced eleven 70-footers, with a half-dozen of them over 72.**

# For Donald Scott, Football's Loss Was Track's Gain

MIKE SCOTT



His wide receiver days behind him, now Donald Scott is a multiple national champion.

by Jeff Hollobaugh

**FIRST PLACE.** That's the story 2 years in a row for Donald Scott in the USATF triple jump. Indoors, he has won 2 of the last 3. Yet for many in the sport, he's still "Donald Who?"

"I don't get talked about," admits the unsponsored 27-year-old, "and, I mean, that's just fine. I just use it as fuel. I'll continue to be the underdog and just competing to the best of my ability." Not a lot rattles Scott, who is in only his fourth year of concentrating exclusively on the triple. Maybe that's because he had a rough start in life, he and his siblings bouncing between various family and foster situations. He didn't meet his birth father until he was 12, and that was on a prison visit.

Perhaps that was why, when the family moved to Apopka, Florida, he took to his first track coach, Shawn Proffitt: "He persuaded me, pushed me to do triple jump because all I wanted to do was just run and sprint. He introduced me to the triple and showed me the movements. He's also a major male role model in my life to this day. I call him my father."

So Scott stuck with it, hitting a prep best of 48-9/49-5 $\frac{1}{4}$ w (14.86/15.06w). He placed 3rd at State his senior year after winning the USATF Youth title as a junior. But as a 6-1/175 (1.86/79) wide receiver he couldn't resist the siren call of football: "My eyes were set on playing. That's my first love and I used track & field just to stay active. I just didn't see it being a sport that

I could do for the rest of my life."

On the gridiron at Apopka High, he excelled enough to get a scholarship at Eastern Michigan and start as a frosh. It was fortuitous that his coaches in Ypsilanti allowed him to compete on the track team as well, where the accolades started coming. "I was very grateful for that because not many football players can go to college and do track and football," he says.

As a frosh he won the USATF Junior title with a PR 51-9 $\frac{3}{4}$  (15.79) and placed 5th in the Pan-Am Juniors. The next year he won his first Mid-American title and made it to the NCAA meet, where he finished only 23rd.

In '14, working with EMU assistant Sterling Roberts, his improvements started coming faster. He finished 6th at NCAAs and PRed at 52-6 $\frac{3}{4}$  (16.02). That's when things started going south for Scott and his first love. For 3 straight years the football team went 2-10. "Our program wasn't the best back then and after losing so much it tends to break the love for it," he explains. "I gained more love for track because of the fact that it's an individual sport. It's all you and it's all about self-motivation. I was starting to develop as an athlete and a technician. So I decided to just let football go and see how far track & field could take me.

"I had always gone from football straight to track and then back to football and back to track. I decided to just focus because I knew that I could be good if I just gave my all." So as a senior he was the NCAA Indoor runner-up

at 55-3 (16.84) and he placed 3rd outdoors. With an Olympic year coming up, he made the commitment to see where jumping could take him.

Long story short, he finished 7th at the Trials the next summer, but it wasn't the crushing experience some would expect. "A few days before that I got engaged to my wife," he says. "I was high off life at the time and the first day of competition, I killed it." He was 2nd in the qualifying.

"To come back in and not do so good, yes, it was heartbreaking, but at the same time I had to realize that these guys are the guys that I used to watch film on when I was in college. They had more knowledge and experience than I did, so I couldn't beat myself up about it. I had to tell myself that my time would come."

Scott decided to stay in Ypsilanti so he could keep working with Roberts. "When it comes to a coach, you have to have a one-on-one, personal relationship with them. It can't just be strictly about coming to practice and being told what to do and then leaving. Ever since we started working together, we feed off each other. He really knows what he's doing. And I believe in his process and I love his family, his little son. It's basically a father/son relationship we have, but he's also my coach."

Since those Trials, Scott's prominence has steadily risen in an event dominated by legends. In '17 he won the USATF Indoor and PRed at 56-7 $\frac{1}{4}$  (17.25) to place 3rd outdoors. He finished 13th in the qualifying at his first Worlds. Last year he won the USATF outdoor crown with a PR 57-0 (17.37) and ranked No. 6 globally. Now he has defended successfully in a World Champs year. "I just feel blessed that I was able to go out and perform the way I needed to at the right time in order to make the team. I'm just feeling relieved. It really shows me that I can compete with the top guys in the world."

For Scott, leaving family behind for the trip to Doha might be extra challenging, as it will come right after he and his wife, Nyisha, will welcome the birth of their first child, a daughter. "It will be tough, but eventually she will understand," he says.

Looking ahead, he adds, "I want to stay in it until the next Olympics, I believe. And if my body can go further, then maybe we'll see. It all depends on if it's paying the bills, you know?" □



**Formcharted at No. 3, Sam Mattis got the second-best throw of his life to pull out a surprise win.**

effort, reaching 72-6½ (22.11), but still good only for 2nd. Crouser fouled.

After the brief break to redraw the order for the final three rounds, only Jensen and Crouser improved in round 4, the latter only slightly to 71-11½ (21.93). Trying to reach the top 3 caused each of the 5 outsiders to foul in round 5, but it was Crouser who got the first legal throw in the sequence, blasting his cannon ball out to 74-2½ (22.62) to take the lead by a foot (31cm). Hill followed with a foul, and Kovacs closed the round at 70-3¾ (21.43).

The final sequence began with the first 4 in the throwing order settling down after their spate of earlier fouls. Each recorded his best of the day, topped by Jon Jones's 70-2½ (21.40), which moved him into 4th ahead of Josh Awotunde, who had reached 68-9¾ (20.97) in round 3. Awotunde responded with a foul, as did Crouser and then Hill, the latter pair assured of spots on the U.S. team. Needing a 5cm PR to win, Kovacs reached 70-2¼ (21.39), his fifth 70-footer of the day, but leaving him 2nd.

Crouser's big put, the No. 7 performance in U.S. history, gave him a solid win, but without it he would have been only 3rd. "I've struggled the last couple of weeks and have been battling some injuries," he admitted. "It just seems like it's been one thing after another. So I just really wanted to go out and execute and make the team. That's always the goal. The guys made it tough out there, 3 over 22.10m-plus. It was hard-fought out there. This one meant a lot to me. For me to go out there and get a 22.60m-plus in the late rounds, I was really happy with that. I'd put that up there with any of my best throws ever."

Runner-up Kovacs, with the best series of the three, said, "My goal with the first three was consistency and with the next three to turn it up."

Hill summed up the day: "That's American shot putting right there. That's what it is. That's what it's become, that's where we hope to keep it going. That's what we wanted it to be for the past 2 years." /Dave Johnson/

## Discus: Form Goes Out The Window

"IF YOU COULD BET on track you could have made a lot of money," said surprise discus winner Sam Mattis. Penn's '15 NCAA champion launched his season's best 218-9 (66.69) in the first round and left the rest of the field chasing his mark. Surprise morphed into shock when holders of the last three national titles, Mason Finley ('16 & '17) and favored Reggie Jagers ('18), finished 7th and 9th.

"It's been years of frustration at championship meets," said the delighted winner, tabbed for No. 3 coming in, "just little things going wrong and just not stepping up quite at the right time." The enthusiastic 25-year-old, who has

been recovering from a serious pectoral injury, said, "I was trying to focus on just one thing and let the throw come to me."

Brian Williams, slotted as No. 5 on our formchart, took a similar path to Doha when he tossed a first-round 215-9 (65.76)—a PR by 1¾ inches (0.34)—and watched it stand up for silver. "I felt pretty decent today," said the 24-year-old Ole Miss alum. "I wanted to go out and execute some things we've been working on in training and see if I could get a nice mark early on and watch the competition. I didn't want to get too caught up in the stresses of being in a national meet."

Surprising in 3rd was recent Alabama graduate Kord Ferguson, who tossed an enormous third-round foul then unleashed a thunderous fourth-round 207-6 (63.25), a lifetime best by almost 4 feet. "You've just got to take advantage of it," he said. "You've got to have fun for the last three throws and it paid off. I'm pretty excited by that."

Finley, having the IAAF Q, is the apparent final qualifier for the U.S. team, but he was clear that he would not start planning a trip until the final roster is released by USATF in coming weeks. "I honestly feel like my flow is off as far as rhythm," said the '17 WC bronze medalist. After opening the season well, "it was a really bad rabbit hole of poor technical decisions. Now I'm fighting my way through that; we'll get back to work and climb on out."

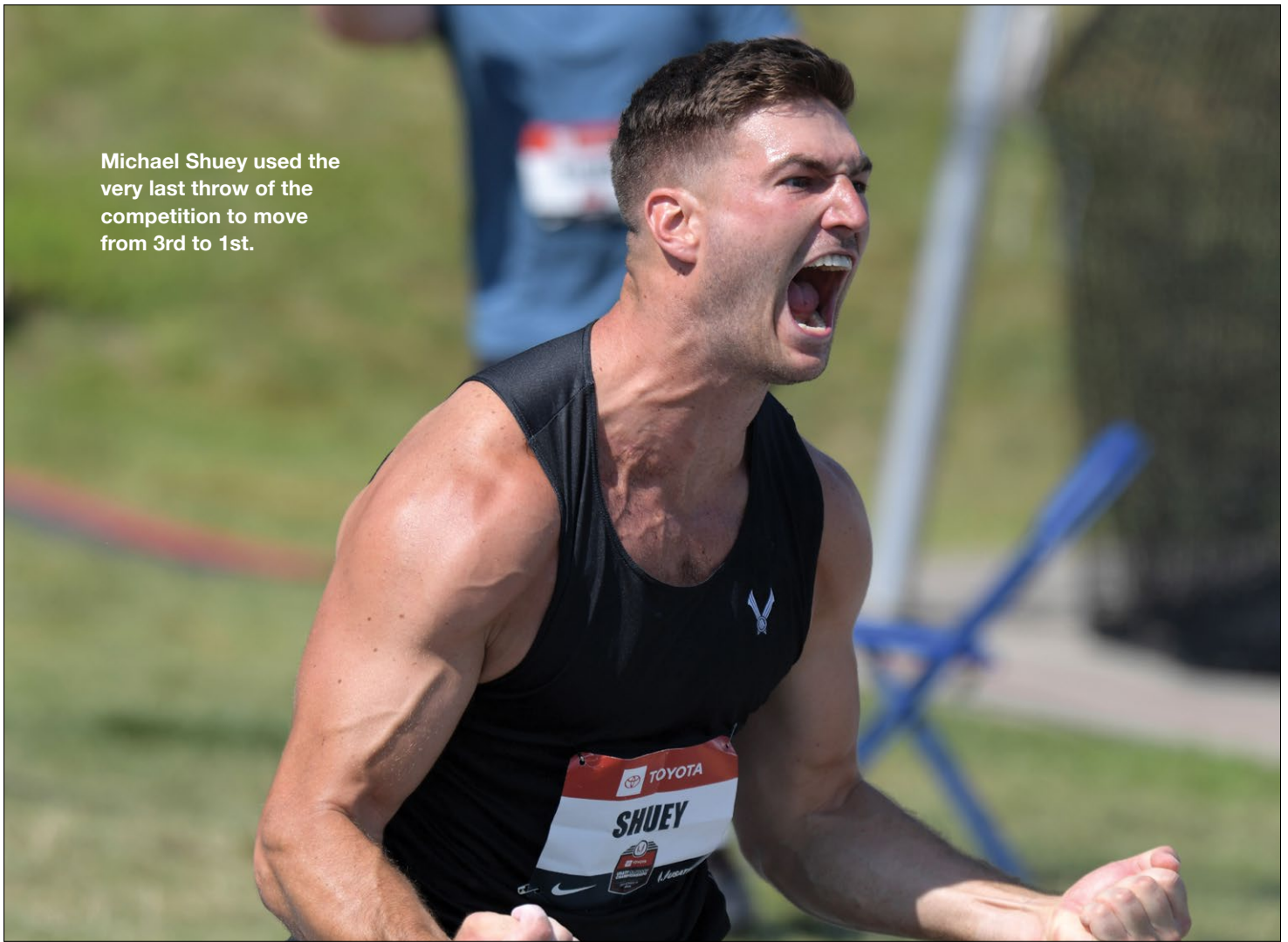
Said defending champ Jagers, "My dad passed away this past year so I really wanted to go out with a bang for him. It didn't come true, but this might be a blessing in disguise because now I get to train for Olympics full-time. I made the Pan-American team so perhaps I'll be able to redeem myself."

The jubilant Mattis concluded, "If I've learned anything the last few years it's how to deal with stress and adversity. I came in here throwing pretty good – and ready. It was just awesome to finally make a team." /Mark Cullen/



**Conor McCullough came to town without a Q and promptly unleashed a trio of them.**

Michael Shuey used the very last throw of the competition to move from 3rd to 1st.



## Hammer: A Rash Of Qualifying Standards

NEVER BEFORE was there a U.S. hammer championship like this. Coming in, only Sean Donnelly and Alex Young owned WC-standard marks. Neither of them made the team, as the throwers came out blazing and by the end of the day, 3 more had exceeded the standard of 76.00 (249-4).

Donnelly 250-7 (76.38), Rudy Winkler 251-0 (76.51), and Conor McCullough 252-4 (76.92) achieved the benchmark in a "can you top this?" opening-round sequence that set the tone for the entire competition. New NCAA champion Daniel Haugh joined them over 76 in the next round at a PR 250-9 (76.44) and edged by Donnelly into 3rd, and that's how the standings finished. With the last throw of the day, McCullough put a 256-4 (78.14) exclamation point on this memorable competition. It vaulted him from No. 10 to No. 8 on the all-time U.S. list. "[With] all the young guys coming up, it's exciting to have a US Championships with four guys over 76m," he said.

For Winkler, it was not only qualifying for Worlds but exceeding the WC standard at the Nationals that boosted his confidence. "That's a big pressure off my back," he said. "I feel really good going into this next year knowing I'm fully

capable." Donnelly was nothing but gracious in the face of what had to be a heartbreaking outcome—a miss to Doha by 2 inches. "I'm disappointed in the placing, but don't have any regrets," he said. "Those three guys earned it, they threw well."

The new kid on the block summarized it best. Said Haugh of this year's 76-meter fest, "This is a big, big landmark, a big checkpoint in American hammer throwing for the next years to come. I think today is the first day of an era of American hammer throwing that people will remember. I'm just honored to be a part of that and honored to get 3rd with these great guys."

He continued, "We have a stallion group of hammer throwers right now. I think this might be the best hammer throwers we've ever had in the United States with four guys over 76m. It's been a while since we've had that depth." Correct. This is the deepest men's field (through 6 places) at the Nationals ever, exceeding the standard set in '87. 6th place this year? 245-5 (74.80) Winner last year? 242-0 (73.76). /Mark Cullen/

## Javelin: And Then There Was Light!

TO SAY THAT U.S. men's javelin throwing has been going through a rough patch of late is pretty much beyond dispute. Not since '09

(Sean Furey) has an American made the WC final and not since '07 (Breux Greer) has one made it into the World Rankings. There has also been a drought in Olympic finals since Greer made it in '04.

When this year rolled around the big goal was to reach 83.00 (272-4), the Doha standard and given that no American broke 260 last year, and this year's leader was at 80.25 (263-3) it seemed a pretty tall order. The early going here pretty much confirmed the negative outlook with 250-foot (76.20) tosses being few and far between. The leader at the end of the first round was the formchart No. 2, Riley Dolezal, at 246-9 (75.20). Our No. 1 seed, Michael Shuey, was way back in 7th at just 227-6 (69.35). But Shuey, a 25-year-old Penn State grad, pulled it together in the second round with his 253-8 (77.32) cast. The third stanza found Dolezal, the '13 & '17 winner, drawing close to Shuey with his 252-0 (76.82).

Things stagnated in round 4, nobody improving. The penultimate sequence was similarly devoid of major action, the only place-change being Sam Hardin's move from 7th to 6th. And then the top-enders became transformed. Hardin PRed 242-2 (73.82) and moved from 6th to 5th. Defending champ Curtis Thompson got his best of the day, 251-2 (76.56) to cement 4th.

Tim Glover was next and he unleashed his

## DECATHLON LEADERS BY EVENT

**100:** 1. Simmons 952; 2. Filip 949; 3. H. Williams 933; 4. Bastien 926; 5. D. Williams 924; 6. Ziemek 890; 7. Rogers 885; 8. Modin 872; 9. Moore 858; 10. Flood 845

**Long Jump:** 1. Simmons 1887; 2. Filip 1867; 3. Bastien 1858; 4. D. Williams 1824; 5. H. Williams 1785; 6. Ziemek 1781; 7. Moore 1736; 8. Brondyke 1693; 9. Modin 1664; 10. Rogers 1647

**Shot:** 1. Simmons 2683; 2. Filip 2591; 3. Ziemek 2560; 4. D. Williams 2559; 5. Bastien 2544; 6. H. Williams 2501; 7. Moore 2472; 8. Brondyke 2454; 9. Golubovic 2341; 10. Modin 2337

**High Jump:** 1. Simmons 3432; 2. Bastien 3347; 3. Filip 3340; 4. Ziemek 3309; 5. D. Williams 3282; 6. H. Williams 3250; 7. Moore 3221; 8. Brondyke 3177; 9. Flood 3168; 10. Golubovic 3117

**400 (end of first day):** 1. Simmons 4281; 2. Filip 4251; 3. Bastien 4226; 4. H. Williams 4179; 5. D. Williams 4170; 6. Moore 4050; 7. Brondyke 3987; 8. Flood 3971; 9. Golubovic 3889; 10. Modin 3885

**110 Hurdles:** 1. Simmons 5253; 2. D. Williams 5173; 3. Filip 5161; 4. H. Williams 5134; 5. Bastien 5133; 6. Flood 4940; 7. Brondyke 4881; 8. Golubovic 4799; 9. Modin 4772; 10. Rogers 4761

**Discus:** 1. D. Williams 6032; 2. Simmons 6017; 3. H. Williams 5852; 4. Filip 5788; 5. Bastien 5781; 6. Flood 5629; 7. Brondyke 5615; 8. Golubovic 5527; 9. Modin 5384; 10. Rogers 5364

**Pole Vault:** 1. D. Williams 6942; 2. Simmons 6897; 3. H. Williams 6856; 4. Filip 6637; 5. Bastien 6600; 6. Brondyke 6405; 7. Flood 6389; 8. Golubovic 6346; 9. Card-Childers 6192; 10. Modin 6174

**Javelin:** 1. D. Williams 7691; 2. Simmons 7507; 3. H. Williams 7441; 4. Filip 7352; 5. Bastien 7296; 6. Brondyke 7173; 7. Golubovic 7108; 8. Flood 7009; 9. Card-Childers 6904; 10. Modin 6834

best of the year, 254-2 (77.47) to suddenly be in the lead. Not for long. Dolezal then uncorked his seasonal best, 271-9 (82.84), and he was suddenly in the lead. But again, not for long. After having been in control almost the whole afternoon, Shuey now found himself in 3rd. He reached down deep and let 'er rip. After a few tense moments the measure came up: 271-10 (82.85) to win the crown by an inch.

Referring to podium mates Dolezal and Glover, Shuey said, "I was just lucky to be the last thrower in that final, or else we would have been focusing on these two."

None of the throwers reached the Doha Q distance, but with their big last-chance come-throughs Shuey and Dolezal actually found themselves in decent position to get field-filling invites from the IAAF. /Roy Conrad/

## Decathlon: Devon Williams Takes Over After 7

ZACH ZIEMEK entered as the only American with the WC standard of 8200, and for a while it seemed that the defending champion's place on the team was fairly secure, even with his withdrawing after four events. But it turned out to be insecure with 2—and oh-so-nearly 3—Americans reaching the standard in a competition that provided plenty of drama and guts.

Devon Williams (8295) and Solomon Simmons (8227 PR) willed their minds and bodies to go over the magic 8200 barrier. Harrison Williams fell an agonizing 12 points short. Simmons clocked a PR 10.60 to lead the field as he was nearly 0.3 faster than the 10.89 in his PR score in Dallas 2 months ago. Harrison Williams also PRed at 10.68, his fastest since a windy

10.67 as a Stanford frosh 5 years ago. Devon Williams ran 10.72 and Ziemek a solid 10.87.

After the long jump and shot put, Simmons had a lead of 92 points over Scott Filip and was projecting well over 8200, perhaps even challenging Ziemek. Ziemek PRed in the shot at 48-7½ (14.82). In the high jump—where has a PR just shy of 7-feet and has jumped 2m (6-6¾) every year of his decathlon career—he made only 6-4¼ (1.94). On his final miss at 6-6¾ (2.00) he went down in mid-approach and walked gingerly away and didn't appear for the 400. Simmons ended Day 1 as the leader at 4281, 30 points up on Filip and 55 on Steven Bastien, whose dad

Gary was 3rd in this meet in '83. Both Williamses were projecting in 8200 territory, pending solid Day 2 performances.

Simmons, with a previous best of 14.18 scored a major hurdles PR of 14.02, but now in overall 2nd was Devon Williams after easily being the fastest at 13.78w. Devon took control in the discus, scoring 2 PRs topped by a 6-foot improvement at 162-3 (49.47). He now led a top 3 that would last through the end, with Solomon and Harrison Williams the only ones within 200 points of him. In the pole vault Devon Williams registered 2 more PRs but appeared to have abdomen pain. Also setting outdoor bests were Harrison Williams and Simmons, the latter using Harrison's poles.

Normally, the javelin would belong to Solomon, who could catapult into the lead and cruise to victory. He threw 215-7 (65.70) in early June but here struggled and reached just 168-8 (51.42). Meanwhile, Devon Williams PRed again at 199-3 (60.74) and entered the 1500 in full control. He was the only top contender able to run an easy 1500. Both Simmons and Harrison Williams needed PRs in the last event to reach the Q. They worked together and Simmons reached his goal with 4 seconds to spare. Unfortunately, Harrison had no one else able to run as fast, and his 4:29.71 won the race but was an agonizing 2 seconds short.

Said Devon Williams, "My Day 1 didn't go so good, but I picked it up Day 2 and put it together. I was really excited [about the vault] I've been playing with 5m [16-4¾] for a while, so it felt really good to get that."

Simmons found peace by reading the Bible after the javelin disappointment. He gave repeated props to Harrison Williams—not just for the poles but also for his work in the 1500. /Howard Willman/ □



Just 5th after Day 1, Devon Williams opened the second day with a 13.78w that moved him all the way to 2nd.

# — USATF Men's Results —

## — Sprints —

### 100 METERS (July 26; wind -1.0)

1. Christian Coleman (Nik) 9.99; 2. Mike Rodgers (Nik) 10.12; 3. Christopher Belcher (Nik) 10.12; 4. Cravon Gillespie (Nik) 10.19; 5. Ronnie Baker (Nik) 10.20; 6. Isaiah Young (Nik) 10.21; 7. Ameer Webb (Nik) 10.23; ... dnc—Justin Gatlin (Nik) (has Wild Card).

### 200 METERS (July 28; wind -0.7)

1. Noah Lyles (adi) 19.78 (10.4/9.4); 2. Christian Coleman (Nik) 20.02 (10.4/9.6); 3. Ameer Webb (Nik) 20.45 (10.6/9.8); 4. Jamiel Trimble (USA) 20.46 (10.8/9.7); 5. Kyree King (Nik) 20.49 (10.7/9.8); 6. Remontay McClain (unat) 20.51 (10.6/9.9); 7. Rodney Rowe (NCAT) 20.75 (10.9/9.8); 8. Kenny Bednarek (Nik) 45.34 (10.7/23.6) (injured @ 100m).

### 400 METERS (July 27)

1. Fred Kerley (Nik) 43.64 PR (7, 15 W; 6, 12 A) (21.1, 10.9[32.0], 11.6) (21.1/22.5); 2. Michael Norman (Nik) 43.79 (21.1, 11.1 [32.2], 11.6) (21.1/22.7); 3. Nathan Strother (adi) 44.29 PR (21.8, 10.8 [32.6], 11.7) (21.8/22.5); 4. Vernon Norwood (NBal) 44.40 PR (21.6, 10.7 [32.3], 12.1) (21.6/22.8); 5. Blake Leeper (Nik) (prosthetics) 44.48; 6. Michael Cherry (Nik) 44.69; 7. Trevor Stewart (NCAT) 44.94; 8. Tyrell Richard (adi) 45.07.

## — Mid Distances —

### 800 METERS (July 28)

1. Donovan Brazier (NikOP) 1:45.62 (25.5, 29.5 [55.00], 25.9 [1:20.9], 24.7) (55.00/50.62) (12.1); 2. Clayton Murphy (NikOP) 1:46.01 (25.6, 29.5 [55.12], 26.1 [1:21.2], 24.8) (55.12/50.89) (12.4); 3. Bryce Hoppel (Ks) 1:46.31 (25.7, 29.3 [54.99], 26.0 [1:21.0], 25.3) (54.99/51.32) (12.9); 4. Isaiah Harris (Nik) 1:46.45; 5. Isaiah Jewett (USC) 1:46.66; 6. Brannon Kidder (BB) 1:46.98; 7. Harun Abda (NikOTC) 1:46.98; 8. Robert Downs (GardStNB) 1:48.35.

### 1500 METERS (July 28)

1. Craig Engels (Nik) 3:44.93 (finish—51.91, 1:50.64, 2:57.80); 2. Matthew Centrowitz (BowTC) 3:44.97 (51.98, 1:50.43, 2:57.67); 3. Josh Thompson (BowTC) 3:45.25 (51.90, 1:50.33, 2:57.86); 4. Ben Blankenship (NOTC) 3:45.60; 5. Eric Avila (adiMission) 3:45.93; 6. Sam Praker (adi) 3:46.09; 7. Izaiah Yorks (BB) 3:46.10; 8. Henry Wynne (BB) 3:46.16; 9. Patrick Casey (UArm) 3:47.35; 10. Johnny Gregorek (Asics) 3:47.54; 11. James Randon (SaucFree) 3:48.68; 12. Tim Gorman (MamTC) 3:49.89.

## — Distances —

### STEEPLE (July 27; interior water jump)

1. Hillary Bor (NikUSA) 8:18.05 (60.61); 2. Stanley Kebenei (Nik) 8:19.12 (61.66); 3. Andy Bayer (Nik) 8:23.23 (65.51); 4. Benard Keter (NikUSA) 8:37.62; 5. Mason Ferlic (Nik) 8:37.99; 6. Obsa Ali (Mn) 8:42.00; 7. Franklin Tonui (NikUSA) 8:43.14; 8. Isaac Udpkie (HokaNJNY) 8:43.47; 9. Michael Jordan (NikUSA) 8:50.80; 10. Jordan Mann (OceanSt) 8:56.54; 11. Daniel Michalski (In) 9:00.33; 12. Donnie Cowart (unat) 9:01.56; 13. Craig Nowak (FurmE) 9:04.69; 14. David Goodman (BouTC) 9:23.44.

### 5000 (July 28)

1. Lopez Lomong (BowTC) 13:25.53 (pace—[1:27.95], [2:30.95], [3:34.83], [4:43.84], [5:50.76], [6:58.37], [8:08.56], [9:16.20], [10:24.91], [11:30.06], [12:32.19], [13:33.44]); 2. Paul Chelimo (Nik) 13:25.80 (53.68, 1:56.02, 3:01.04, 4:09.81); 3. Woody Kincaid (BowTC) 13:26.84 PR (54.33, 1:57.29, 3:02.25, 4:11.08); 4. Hassan Mead (NOTC) 13:28.04; 5. Drew Hunter (adi) 13:29.19; 6. Riley Masters (Nik) 13:31.39; 7. Ben True (Sauc) 13:33.13; 8. Hillary Bor (NikUSA) 13:44.44; 9. Willy Fink (DaveRT) 13:49.02; 10. Lawi Lalang (NikUSA) 13:50.21; 11. Jacob Thomson (BAA) 13:53.47; 12. Connor Winter (TinE) 13:56.48; 13. Dillon Maggard (BrkB) 13:59.20; 14. Travis Mahoney (HokaNJNY) 14:00.72; 15. Zach Panning (HansB) 14:01.55; 16. Jeff Thies (TinE) 14:03.99; 17. David Elliott (unat) 14:04.99; 18. Abdismad Abdi (HansB) 14:34.84;

... dnf—Tommy Curtin (SaucFree), Kirubel Erassa (Nik), Josef Tessema (unat).

### 10,000 (July 28)

1. Lopez Lomong (Nik/BowTC) 27:30.06 PR (AL) (14, x A) (pace—[2:09.69], [3:16.76], [4:24.25], [5:30.26], [6:37.41], [7:43.64], [8:51.33], [9:59.72], [11:04.88], 62.70 [12:07.58], [13:12.84], [14:18.62], [15:25.89], [16:33.75], [17:41.72], [18:48.30], [19:55.13], [21:03.53], [22:11.72], [23:19.69], [24:26.08], [25:30.17], [26:34.47], 55.59 (finish—55.59, 1:59.89, 3:03.98, 4:10.37); 2. Shadrack Kipchirchir (Nik) 27:47.71; 3. Leonard Korir (NikUSA) 28:01.43; 4. Connor McMillan (BYU) 28:20.18; 5. Kirubel Erassa (Nik) 28:20.20; 6. Connor Winter (TinE) 28:21.81 PR; 7. Reid Buchanan (MamTC) 28:22.80; 8. Reed Fischer (TinE) 28:23.30 PR; 9. Zach Panning (HansB) 28:23.86; 10. Aaron Templeton (unat) 28:25.34 PR; 11. Willy Fink (unat) 28:45.57; 12. Paul Hogan (BAA) 28:49.57; 13. Clayton Young (Asics) 29:06.80; 14. Jacob Thomson (BAA) 29:09.73; 15. Alex Monroe (Roots) 29:10.85; 16. Ben Bruce (HokaNaz) 29:16.08; 17. John Reniewicki (AzSt) 29:33.28; 18. Trevor Dunbar (BAA) 29:37.60; 19. Kevin Lewis (TMn) 29:42.98; 20. Lucas Stalnaker (USMC) 30:31.07; 21. Timothy Rackers (BouTC) 30:39.42; ... dnf—Garrett Heath (BB), Joel Reichow (TMn), Brian Shrader (SaucF).

## — Hurdles —

### 110 HURDLES (July 28; wind -0.8)

1. Daniel Roberts (Nik) 13.33; 2. Grant Holloway (adi) 13.36; 3. Devon Allen (Nik) 13.38; 4. Freddie Crittenden (unat) 13.39; 5. Michael Dickson (NCAT) 13.45; 6. Jarret Eaton (unat) 13.51; 7. Aaron Mallett (adi) 13.51; 8. Trey Cunningham (FIS) 13.72.

### 400 HURDLES (July 28)

1. Rai Benjamin (Nik) 47.23 (x, 9 A); 2. TJ Holmes (Nik) 48.58; 3. Amere Lattin (CLATH) 48.66 PR; 4. Norman Grimes (TxT) 48.68 PR; 5. David Kendziera (unat) 48.69; 6. Byron Robinson (adi) 49.09; 7. Khallifah Rosser (unat) 49.14; 8. Kerron Clement (Nik) 50.08.

## — 10K Walk —

### 10K WALK (July 28; track) (not WC Trials event)

1. Nick Christie (unat) 41:56.61; 2. Emmanuel Corvera (NYAC) 43:10.87; 3. John Cody Risch (qE) 43:36.43; 4. Anthony Peters (unat) 45:53.41 PR; 5. Steven Smith (unat) 47:11.86; 6. Samuel Allen (unat) 47:47.30; 7. Joel Pfahler (unat) 48:54.99 PR; 8. David Swarts (PegAC) 51:26.90; 9. Bricyn Healey (OlivetNaz) 52:30.12; 10. Jonathan Andersen (CedRapids) 59:11.32.

## — Vertical Jumps —

### HIGH JUMP (July 28)

1. Jeron Robinson (unat) 7-6½ (2.30); 2. Shelby McEwen (Al) 7-6½ out PR; 3. Jonathan Wells (Il) 7-4¼ (2.24); 4. JaCorian Duffield (unat) 7-4¼; 5. Jordan Wesner (unat) 7-3 (2.21); 6. Keenan Laine (Ga) 7-3; 7. Ricky Robertson (unat) 7-3; 8. Earnie Sears (USC) 7-3; 9. Avion Jones (unat) 7-1 (2.16); 10. Kris Kornegay-Gober (Shore) 7-1; 11. Kevin Schultz (NWMo) 7-1; 12. Zack Anderson (SD) 6-11 (2.11); 13. Jack Durst (SD) 6-11; 14. Ethan Harris (unat) 6-11; 15. Kyle Landon (unat) 6-11; 16. Isaac Jean-Paul (unat) 6-11; ... nh—Jeffrey Giannettino (unat), Trey Culver (unat).

### POLE VAULT (July 27)

1. Sam Kendrick (Nik) 19-10½ (6.06) AR (old AR 19-10½/6.05 Mondo Duplantis [Swe] '18) (WL) (=3, x W; non-Bubka =-2, =3 W); 2. Cole Walsh (Nik) 18-10¼ (5.76); 3. KC Lightfoot (Bay) 18-10¼ PR; 4. Zach Bradford (Ks) 18-8¾ (5.71); 5. Scott Houston (Shore) 18-6¾ (5.66); 6. Carson Waters (unat) 18-2¼ (5.56); 7. Clayton Fritsch (SHous) 17-11 (5.46); 8. Devin King (unat) 17-11; 9. Chris Nilsen (SD) 17-11; 10. Tray Oates (unat) 17-11; 11. Kyle Pater (USAF) 17-11; 12. Audie Wyatt (unat) 17-11; 13. Michael Carr (ArSt) 17-11; 14. Deakin Volz (VaT) 17-11; 15. Austin Miller (unat) 17-11; ... nh—Brandon Bray (TxT), Matt Ludwig (Akr), Scott Marshall (unat), Jacob Wooten (unat).

## — Horizontal Jumps —

### LONG JUMP (July 28; winds varied from +2.4 to 0.1)

1. Ja'Mari Ward (Mo) 26-7¼ (8.12) 26-5¼, 26-7¾, 25-10¼, 25-11¼, 25-5½, 26-5½ (8.07, 8.12, 7.89, 7.91, 7.76, 8.06); 2. Will Claye (PumNYAC) 26-5½ (8.06) (25-7¼, 26-2¾, 26-

1½, 26-5½, 25-9¼, f) (7.80, 7.99, 7.96, 8.06, 7.85, f); 3. Trumaine Jefferson (unat) 26-3¾ (8.02) (f, 25-9½, 26-1¾, 25-11¼, 26-3¾, f) (f, 7.86, 7.97, 7.90, 8.02, f); 4. Jarvis Gotch (unat) 26-3¾ (8.02); 5. Jeff Henderson (adi) 26-3 (8.00); 6. Steffin McCarter (Tx) 25-10¾w (7.89); 7. Justin Hall (TxT) 25-10¼ (7.88); 8. Damarcus Simpson (unat) 25-10 (7.87); 9. Isaac Grimes (FIS) 25-9¼ (7.85); 10. KeAndre Bates (unat) 25-8¾ (7.84); 11. Jordan Latimer (Akron) 25-8¼ (7.83); 12. Charles Brown (TxT) 25-6¾ (7.79); 13. Kyle Darrow (unat) 25-5½ (7.76); 14. Malik Moffett (unat) 25-1¼ (7.65); 15. Zack Bazile (unat) 25-¾ (7.64); 16. Rodney Ruffin (SEnLa) 25-0 (7.62); 17. Will Williams (unat) 24-11 (7.59); 18. Corion Knight (unat) 24-7¾ (7.51).

### TRIPLE JUMP (July 26; winds varied from +3.5 to 0.0)

1. Donald Scott (unat) 58-2½w (17.74) (a-c: 9, x A) (58-2½w, 57-1¼w, 56-6¾w, 57-0, 56-1¼w, 56-3¼w) (17.74w, 17.66w, 17.24w, 17.37, 17.10w, 17.15w); 2. Will Claye (PumNYAC) 58-1w (17.70) (56-4½w, 57-10½w, 58-1w, 58-¼, 57-5¾, 58-¼) (17.18w, 17.64w, 17.70w, 17.68, 17.52, 17.68); 3. Omar Craddock (JumpC) 57-7 (17.55) (56-1, 57-4¾w, f, 57-7, f, f) (17.09, 17.49w, f, 17.55, f, f); 4. Chris Benard (Nik) 56-10¼w (17.33); 5. KeAndre Bates (unat) 55-3½w (16.85); 6. Chris Carter (unat) 54-11¼ (16.74); 7. John Warren (SnMs) 53-7½ (16.34); 8. Matthew O'Neal (unat) 53-6¼ (16.31); 9. Brandon Rouhac (Shore) 53-5½ (16.29); 10. Alphonso Jordan (unat) 53-4½ (16.27); 11. Scotty Newton (unat) 52-¾ (15.87); 12. Armani Wallace (FIS) 52-¾ (15.87); 13. Eric Bethea (unat) 51-0w (15.54); 14. Devontae Steele (unat) 50-6w (15.39); 15. Darrel Jones (unat) 49-4½ (15.05); ... nm—Christian Taylor (Nik) (f, p, p—has Wild Card).

## — Throws —

### SHOT (July 26)

1. Ryan Crouser (Nik) 74-2½ (22.62) (x, 7 A) (f, 71-10¼, f, 71-11¼, 74-2½, f) (f, 21.91, f, 21.93, 22.62, f); 2. Joe Kovacs (Vel/NYAC) 73-2¼ (22.31) (72-1¾, 72-2¼, 73-2½, 69-9¾, 70-3¾, 70-2¼) (21.99, 22.00, 22.31, 21.28, 21.43, 21.39); 3. Darrell Hill (Nik) 72-6½ (22.11) (f, 72-1¾, 72-6½, f, f, f) (f, 21.99, 22.11, f, f, f); 4. Jon Jones (Vel) 70-2½ (21.40); 5. Josh Awotunde (CVE) 68-9¾ (20.97); 6. Payton Otterdahl (Nik) 67-9¾ (20.67); 7. Curt Jensen (Vel) 67-8¾ (20.64); 8. David Pless (Iron) 67-4¾ (20.54); 9. Josh Freeman (Vel) 66-4¼ (20.23); 10. Garrett Appier (CVE) 66-1¾ (20.16); 11. Nick Vena (unat) 66-½ (20.13); 12. Andrew Liskowitz (Mi) 65-4¾ (19.93); 13. Tripp Piperi (Tx) 65-4¾ (19.93); 14. Jordan Geist (Az) 64-10¼ (19.78); 15. Jared Kern (Vel) 64-10½ (19.77); 16. Alex Renner (Vel) 64-2½ (19.57); 17. Turner Washington (AzSt) 63-4¼ (19.31); 18. Roger Steen (Vel) 62-4½ (19.01).

### DISCUS (July 25)

1. Sam Mattis (Vel/NYAC) 218-9 (66.69) (218-9, f, 203-4, f, 196-8, f) (66.69, f, 61.98, f, 59.95, f); 2. Brian Williams (Vel) 215-9 (65.76) PR (215-9, 211-3, f, f, f) (65.76, 64.40, f, f, f); 3. Kord Ferguson (T1D) 207-6 (63.25) PR (f, 197-3, f, 207-6, 204-11, 194-10) (f, 60.13, f, 63.25, 62.47, 59.39); 4. Luke Vaughn (unat) 202-8 (61.78); 5. Jared Schuurmans (unat) 201-4 (61.37); 6. Duke Kicinski (TxT) 201-0 (61.28); 7. Mason Finley (Nik) 200-3 (61.05); 8. Jordan Roach (unat) 198-4 (60.47) PR; 9. Reggie Jagers (IronWood) 196-1 (59.78); 10. Josh Syrotochen (unat) 196-0 (59.75); 11. Rodney Brown (unat) 194-4 (59.25); 12. Sam Welsh (Harv) 193-6 (58.98); 13. Jayson Kovar (unat) 190-1 (57.94); 14. Noah Kennedy White (unat) 186-6 (56.84); 15. Jason Harrell (Arete) 184-5 (56.23); 16. Kole Weldon (unat) 183-4 (55.89); 17. Jerimiah Evans (unat) 172-8 (52.64); 18. James Plummer (Arete) 172-7 (52.60).

### HAMMER (July 26)

1. Conor McCullough (NYAC) 256-4 (78.14) PR (8, x A) (AL) (252-4 PR [10, x A], 252-2, 246-5, 247-9, f, 256-4) (76.92, 76.86, 75.10, 75.51, f, 78.14); 2. Rudy Winkler (Vel/NYAC) 251-0 (76.51) (251-0, 247-8, 246-7, 245-3, f, 247-0) (76.51, 75.48, 75.16, 74.76, f, 75.30); 3. Daniel Haugh (Kenn) 250-9 (76.44) PR (243-8, 250-9, 245-1, 246-4, 243-0, f) (74.28, 76.44, 74.70, 75.09, 74.06, f); 4. Sean Donnelly (adi) 250-7 (76.38); 5. Michael Shanahan (unat) 245-5 (74.80) PR; 6. Alex Young (Velaasa) 245-5 (74.80); 7. Morgan

Shigo (PennSt) 238-4 (72.64) PR; 8. Colin Dunbar (Iron) 232-8 (70.93); 9. Bobby Colantonio (Al) 225-0 (68.59); 10. Brock Eager (unat) 222-11 (67.94); 11. Darien Thornton (unat) 222-4 (67.76); 12. Jordan Crayon (VelT1D) 220-11 (67.34); 13. Marcus Myers (unat) 220-10 (67.32); 14. Joe Frye (unat) 219-9 (66.98); 15. Grant Cartwright (Vel) 215-9 (65.77); 16. Justin Stafford (unat) 214-10 (65.49); 17. Erick Loomis (CSN) 214-0 (65.23); ... 3f—Daniel Roberts (Vel).

**JAVELIN** (July 27)

1. Michael Shuey (Vel) 271-10 (82.85) PR (AL) (14, x A) (227-6, 253-8, 250-6, f, 250-5, 271-10) (69.35, 77.32, 76.36, f, 76.33, 82.85); 2. Riley Dolezal (Vel) 271-9 (82.84) PR (246-9, f, 252-0, 250-10, f, 271-9 [AL]) (75.20, f, 76.82, 76.45, f, 82.84); 3. Tim Glover (unat) 254-2 (77.47) (241-4, 243-0, 250-5, 246-4, p, 254-2) (73.56, 74.07, 76.33, 75.08, p, 77.47); 4. Curtis Thompson (MsSt) 251-2 (76.56); 5. Sam Hardin (TxAM) 242-2 (73.82) PR; 6. Tzurriel Pedigo (unat) 240-11 (73.44); 7. Aaron True (Wich) 236-4 (72.05); 8. Chris Mirabelli (GardStNB) 234-2 (71.37); 9. Trevor Danielson (Tx) 232-6 (70.87); 10. Nicholas Howe (unat) 229-11 (70.09); 11. Marc Minichello (Penn) 228-3 (69.58); 12. Ethan Shalaway (unat) 223-0 (67.97); 13. Cade Antonucci (Aub) 215-3 (65.60); 14.

Jalon Simpson (Olivet) 209-5 (63.85); 15. John Nizich (Or) 204-1 (62.20); 16. Skyler Porcaro (unat) 203-6 (62.03); 17. Denham Patricelli (Wa) 203-0 (61.88); 18. Ian Behm (unat) 202-9 (61.81).

— Decathlon —

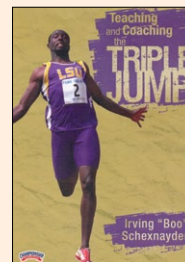
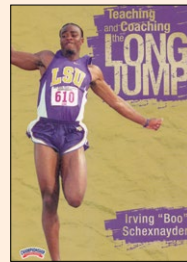
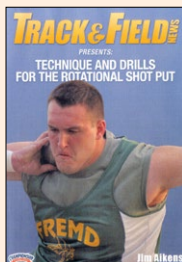
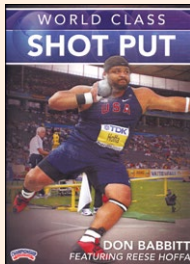
**DECATHLON** (July 25-26)

1. Devon Williams (unat) 8295 (10.72, 24-1¼/7.36, 46-3½/14.11, 6-3¼/1.91, 48.44 [4170-5], 13.78w, 162-3/49.47, 16-4¼/5.00, 199-3/60.74, 4:52.46 [4125]); 2. Solomon Simmons (unat) 8227 PR (10.60, 24-7¼/7.50, 49-7/15.11, 6-4¼/1.94, 49.27 [4281-1], 14.02, 147-3/44.88, 16-¾/4.90, 168-8/51.42, 4:33.85 [3946]); 3. Harrison Williams (Stan) 8188 PR (10.68, 23-6/7.16, 45-3½/13.80, 6-4¼/1.94, 47.60 [4179-4], 14.15w, 139-1¼/2.64, 17-4½/5.30, 163-¾/49.77, 4:29.71 [4009]); 4. Steven Bastien (unat) 8023 PR (10.71, 24-7/7.49w, 43-7¾/13.30, 6-6¾/2.00, 48.63 [4226-3], 14.53w, 128-6/39.17, 15-5/4.70, 187-9/57.23, 4:32.74 [3797]); 5. Scott Filip (unat) 7993 (10.61, 24-4½/7.43, 45-8½/13.93, 6-4¼/1.94, 47.96 [4251--2], 14.51w, 125-1/38.13, 15-9/4.80, 191-10/58.49, 4:46.36 [3742]); 6. Daniel Golubovic (unat) 7824 (11.24, 22-9/6.93, 46-4¼/14.13, 6-5½/1.97, 50.93 [3889-9], 14.51, 141-4/43.09, 15-5/4.70, 202-0/61.59, 4:34.35 [3935]); 7. Kurt Brondyke (unat) 7785 (11.11, 23-6¾/7.18, 47-8/14.53, 6-3¼/1.91, 50.10 [3987-7], 14.64w,

142-5/43.41, 15-¼/4.60, 203-6/62.02, 4:51.03 [3798]); 8. Jack Flood (unat) 7711 PR (11.07, 22-3½/6.79, 44-4¾/13.53, 6-9/2.06, 50.26 [3971-8], 14.04w, 135-¾/1.22, 14-9/4.50, 170-10/52.09, 4:36.50 [3740]); 9. Chris Helwick (unat) 7524 (11.52, 22-1½/6.74, 43-3¾/13.20, 6-4¼/1.94, 52.03 [3652-14], 15.41w, 137-¼/1.79, 15-9/4.80, 212-7/64.81, 4:35.17 [3872]); 10. Charlie Card-Childers (Rice) 7499 (11.23, 21-3½/6.49w, 44-7/13.59, 6-6¾/2.00, 51.56 [3755-13], 14.93w, 136-10/41.71, 16-¾/4.90, 191-2/58.27, 4:53.94 [3744]); 11. Mitch Modin (unat) 7408 (10.95, 22-8/6.91, 42-11½/13.09, 6-4¼/1.94, 50.33 [3885-10], 14.69w, 122-8/37.38, 15-¼/4.60, 179-9/54.79, 4:57.58 [3523]); 12. Denim Rogers (HousB) 7314 (10.89, 22-3/6.78, 37-8¾/11.50, 6-5½/1.97, 49.24 [3849-11], 14.49, 121-2/36.95, 14-5¼/4.40, 163-5/49.80, 4:47.58 [3465]); 13. Andrew Ghizzone (unat) 6713 (11.52, 22-1¼/6.75, 35-2½/10.73, 5-10½/1.79, 50.42 [3447-15], 15.40w, 116-7/35.53, 15-¼/4.60, 149-1¼/5.71, 4:57.43 [3266]); ... dnf—Zach Ziemek (adi) (10.87, 24-¼/7.32, 48-7½/14.82, 6-4¼/1.94, dnc [3309]), Gabe Moore (Ar) (11.01, 23-10¼/7.27, 46-4/14.12, 6-4¼/1.94, 49.68 [4050-6], dnf), Trent Nytes (Wi) (11.14, 22-3¾/6.80, 41-3¾/12.59, 6-4¼/1.94, 50.26 [3791-12], 15.82w, 122-6/37.35, nh, 146-10/44.76, dnc).

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**Teahna Daniels, English Gardner & Morolake Akinosun went 1-2-3, but came in formcharted as Nos. 3, 9 & 8.**

## 100: Not According To The Script

ON A WARM summer day when a stubborn headwind played havoc in many events, Teahna Daniels unfurled a stunning close over the final 30m to capture the women's century crown in a race that defied the formcharts. The victory by the 22-year-old former Texas star was yet another signal that a new wave of talented young American sprinters is on the way.

Always quick out of the blocks, English Gardner got a good start, but Dezerea Bryant got an even better one despite having the slowest reaction time. The diminutive former NCAA 200 champ pushed her early advantage, but the trio of Daniels, Gardner, and Morolake Akinosun caught her with 30m to go. Suddenly, Daniels found another gear the others lacked. Her late-race maintenance of speed propelled her to the victory in 11.20 (wind -1.7). Gardner—always a gamer—closed well, grabbing 2nd in 11.25. Akinosun got up for 3rd in 11.28 while Bryant (11.29) slipped to 4th. Favored defending champ Aleia Hobbs and NCAA revelation Sha'Carri Richardson—Nos. 1 & 2 on our formchart—were never really in it, ending up 6th (11.33) and 8th (11.72).

Afterwards, the new champion, our No. 3 seed, was elated but not surprised. "It was surreal, I can't even put into words how I feel," exclaimed Daniels, who credited "lots of hard work and never putting doubt in myself. I've always believed in myself." She was unfazed by Bryant's rocket-like start: "I was just trying not to panic. I know it is always competitive. But I know if I just run my own race, I'll be fine. When I realized I got back into the race. I was like, 'Alright, I got it.' I knew I had it." Handling well the transition from collegian to pro, Daniels was frank about her Doha goal: "Winning. I don't care who's in the race. It doesn't matter to me how we line up. I'm pretty inspired about competing." (video of other Daniels' post-win

comments here)

Runner-up Gardner, who always seems to perform her best when she believes she is facing adversity, was her colorful self in the mixed zone. "I knew I was behind the 8-ball. I had 4 weeks of training, literally. It was the first time I was able to train without any hitches, or any injuries pushing me back," explained the '13 and '16 winner, who worked this year as an assistant coach at Princeton. "I tore my hamstring after Millrose and I couldn't work out. Finally I got 4 weeks of training and I came out here and I made the team. It's a little scary for me to figure out what I'm supposed to do."

Healthy at last, Gardner has the time and the

motivation to further elevate her game. "I'm going to go back to the trenches and work a little bit more," she said. "I'm a Duck. But right now, 'Go Tigers!' I'm going to go back to Princeton and get some work done." But she isn't yet done here, saying, "I've got the 200 next, which is something new for me. I've never really done this before in the U.S. championships. I'm absolutely going to run it, I'm trying to get the double whammy." /Dave Hunter/

## 200: Bryant Out Of The Blue

NOT SINCE she won the '15 NCAA title for Kentucky had Dezerea Bryant won a major half-lap race. It's little wonder she didn't show up on the formcharts, even though her seasonal best coming in, 22.73, was her fastest since her senior year. The heats were a clue that the formchart was

in for a serious beating. Brittany Brown, rated at No. 6, led the first round at 22.63 in heat I. She had earlier given an indication of her form with a strong 4th in the 100 final. Favored Angie Annelus led heat III at 22.97, while Bryant won IV in 22.94. They were the only ones to break 23 on a day full of strong headwinds as No. 2-rated Jenna Prandini was a no-show after the 100 heats.

The headwinds were a touch gentler for Sunday's semis. The first race saw Brown (22.60) top Phyllis Francis (22.78), with 100 winner Teahna Daniels 3rd in 22.83. Bryant dominated the second semi, 22.49–22.78 over Annelus. Gabby Thomas, rated No. 6 in the world last

(Continued on page 28)



**The formchart went out the window up and down the line, with unrated Dezerea Bryant scoring a win.**

# Teahna Daniels Shakes Off Complacency

KIRBY LEE/IMAGE OF SPORT



**Coach Edrick Floréal began his work with Teahna Daniels by “injecting some confidence.”**

by Sieg Lindstrom

ON HER WAY to the USATF 100 title—and now on to Doha—Teahna Daniels almost fell. More than once. She nearly went down through the crack she labels as complacency. And then in her life path through the crevasse of devastating personal loss.

As a prep in Orlando, Daniels rated twice as a T&FN All-America in the 100—No. 3 in '14, No. 2 in '15. Both years were banner seasons and as a senior in '15 she took the New Balance Indoor 60 crown and won the USATF Junior century title with a PR 11.24. When she headed west to Texas for her frosh college season in '16 she won the NCAA Indoor 60 in 7.11, breaking the American Junior Record. The clocking made her the No. 4 all-time collegian and to this day she stands =No. 7 on the collegiate ATL.

Until Daniels arrived in Des Moines, however, that NCAA win indoors as a yearling was her high water mark. Self-described “complacency” set in, though Daniels got down to 11.06 in the 100 as a soph and placed 3rd at the NCAA. She was marching back into the mix. Then, in January '18, her junior year, Daniels received crushing news in a phone call. Her father, Wellice, had passed away from a sudden brain seizure. He had called her just the day before. “He told me, ‘Good luck, baby, I already know you’re going to do well,’” Daniels told *hookem.com* this March. “He said he loved me and said, ‘see you at the finish line.’”

In the ensuing sad season Daniels’ trips across finish lines brought little joy. She placed 3rd at last year’s USATF Indoor, but did not get past the NCAA Indoor’s 60 heats or the Outdoor’s 100 semis.

When Edrick Floréal, a coach to champions both collegiate and pro, arrived in Austin last fall as Longhorn director he recognized the athlete Daniels could be. “She had a really good start as a freshman, won NCAAs [in the 60] and sorta

went on that downward spiral,” he says. “Dad passed away, some depression. He was her No. 1 support mechanism in track and just wanted her to be a pro one day. That was sort of her path and her dream. So I think after he passed she really struggled with life as a whole just trying to make things happen. And then struggling from freshman year and winning NCs and then not materializing the great potential.”

Daniels’ promise began to reemerge with an NCAA Indoor dash 2nd, and in the outdoor campaign a change came. “Just mentally something clicked,” Daniels told reporters after her unexpected victory in Des Moines, “and I just changed my mentality going into everything. ‘You belong here, you’re supposed to be here and you can be a champion in any race that you

compete in.’”

Floréal says, “When we got going it was just a matter of injecting some confidence, just making sure she still believed that she could do this and, piece by piece, gaining trust, gaining confidence and beginning to make decisions about what to eat, how much rest you get, all of the stuff that most of the college athletes don’t really do well. Just try to get her to act like a pro before the time came was my goal, get her to see this is what a professional does. Then the hope that she’ll catch fire. It didn’t really happen until maybe the end of indoor. We had a come-to-Jesus moment: ‘Either we do this or we get a job after college.’”

However, Floréal never issued an ultimatum. “I don’t think that works for everybody,” he says. “I’m confrontational when it comes down to training and getting people prepared, but things like that have to be shared decisions. You can’t yell and scream at somebody to take care of themselves. I can berate you all along but when you go home you can make all the problems you want. So she had to make that decision with me that OK, I’m going to do this. We went back and forth, and eventually she started seeing the results. I’m saying not just the results on the track but results in training: ‘Hey, I’m training better, I’m able to handle training loads and I’m able to perform better.’ And then next thing the performances started coming and that becomes an addiction. So she just turned it around and I couldn’t be prouder.”

Daniels says of Floréal, “I feel like what he took away from me was negativity and doubting myself. I feel like he really helped me take that out of my being.”

They also talked about “her diet and sleeping habits and the rest of the things, massage and chiropractic, ice baths and cold tub,” Floréal says. “It wasn’t just eating; we had a laundry list of 10 things that she needed to improve upon. And they all had to do with just better lifestyle choices. You know, when practice is over get a

proper cooldown, get a proper warmup before, look at the videos. We video everything and send it to her. Looking at them and critiquing them and kind of being in tune with whatever you’re doing right or you’re doing wrong. So we made all those changes and the rest of it is history.”

After Daniels PRed at 10.99 in the West Regional, the coach saw the prospect of an NCAA win at home. But Sha’Carri Richardson changed that script. “I didn’t see 10.75 coming,” Floréal says, “but I thought we had a chance to run 10.80-something and win. I was actually pretty secure that she was actually gonna win. Her training had been going fantastic. Even better than now. I thought she was gonna win and when the race was over we didn’t win.”

Daniels’ take on her NCAA 4th/200 5th is, “You know, I think, I truly believe, that I just got complacent again. I transitioned back into my freshman year when I got complacent after the 60. After I went 10.99 I was like, ‘I’m gonna just come in here, it’s my home track, I’m gonna win.’ Really, I just got complacent, and I wasn’t eating right, and I just wasn’t focused. But [after the NCAA] my focus just really went up a notch. I didn’t feel disappointed. I felt like a drive, I felt like, ‘I can be so much better than this,’ and I’m showing it now so...”

ort of survive that.

“Actually, I have a page from [legendary San Francisco 49ers coach] Bill Walsh’s book that I got when he was the AD at Stanford. Just a handwritten page of his book and he just talks about getting beat down, getting slapped in the face, getting ripped apart and surviving and winning. I told her, ‘Well, this is what life is all about.’ So we just kept trucking. I called some people, pulled some favors and was able to get her into the Pre meet.”

In the Diamond League’s Pre Classic, Daniels placed 3rd in front of Richardson and 5 elite pros. “I was really excited when I got up to Pre,” she explained. “I was just excited to get a lane and be able to compete at that high level. Yeah, that was another driving force for me. When I got 3rd I was like, ‘Alright, I can do this for real. I’m supposed to be here like I said.’”

Now she has proved it again with her fast-closing USATF win. Daniels wants another W in Doha. It’s time now in August to manage extending a long collegiate season into the fall. The hope is to find DL lanes. “Yeah, I think it’s imperative,” Floréal says. “I think when you try to prepare to do well in Doha you have to run against these people, and that’s why I pushed so hard for her to get even into Pre, which is the end all, the be all. Race the world class athletes so when you get to USAs it’s not like, ‘I haven’t raced against any of these athletes, I haven’t done that.’ So we want to race against everybody: Dafne Schippers and Shaunae Miller-Uibo, get that out of your bucket list so when you get in a race with them it’s just like, ‘Whatever, I’ve raced against them before.’ So I prefer her to go, hopefully, Diamond League. I know there’s Birmingham and a couple left that would allow for her to get in the top open [competition] just as final preparation for the championship.” □



**Shakima Wimbley scored a convincing win over Kendall Ellis & Wadeline Jonathas.**

year, finished 3rd in 22.90. Also making the final were Lynna Irby from semi I and Kyra Jefferson from II.

For the final, Bryant got lane 6. Thomas started from 3, Brown 4, Annelus 5, Francis 7, with Daniels in 8. The rain had finally stopped but another headwind, -1.2, did not particularly bode for fast times. At the crack of the gun Bryant caught a lightning start but Thomas pulled up at the top of the turn, taking her out of the chase. Brown ran closest to Bryant. Once on the straight, it seemed that Brown had nearly reeled her in, but the 26-year-old Bryant maintained her form to finish in 22.47, her fastest time since her NCAA win more than four years ago.

Brown took 2nd in 22.61. Annelus had the best lean of the rest, crossing in 22.71 to narrowly beat Daniels (22.73) and Francis (22.74) for the remaining team berth.

"I knew at some point it would come through," said the relieved winner, who has spent the last two years as a volunteer coach at Tennessee. "I just listened to my coach. He told me to take it out through 150 and just hold on. I woke up this morning, and I'm like, 'I'm not going to be denied on this team.' That was my attitude today, no matter what it takes, I was going to be on this team."

Brown, an Iowa alum running unattached, said, "All good things eventually happen and it came at the right time and I made the team. Now it's all coming together. I'm thankful and I'm blessed." For Doha, she said, "I need to work on my first 50. I know I have the strength to come home. But this changes all my expectations." /Jeff Hollobaugh/

## 400: Felix Gets Headlines, Wimbley The Win

THIS WAS A fascinating event, made more so by the status of the last two WC gold medalists, both Americans. Reigning world champ Phyllis Francis simply had to compete in Des Moines to be eligible for her Doha Wild Card,

but she didn't have to run the 400, and she chose instead to run the 200.

The '15 world champ—and 3-time 200 world champ—Allyson Felix would normally have been a shoo-in for another high finish in whatever event she chose to run. But this was not a normal year for her. Last November, she gave birth to her first baby by C-section and she had not competed since then. Her return to the track here gave rise to much publicity across the spectrum, some generated by her posting on social media.

"Today I'll step on the starting line for the first time in over a year," she wrote. "It might sound cliché, but making it there is a huge victory. There were a lot of days I wasn't sure this was going to be possible. I worked harder than I even knew I could. There were tears, frustration

and doubt. At times, it felt like everything was against me. So today, I'm far from my best, but I'm grateful for this opportunity and to experience the joy of competing again." Her Instagram post had more than 70,000 likes (and counting) and her quotes were picked up by People, USA Today and other mainstream media.

On the track Felix started off rusty. In her heat, with 3 automatic qualifiers, she finished 4th but ran 52.20 and made it to the second round only as a time qualifier. She seemed much sharper in her semi, taking 3rd in 51.45 to advance to the final, where she ran 51.94 and finished 6th, exactly the position predicted in our formchart. That put her in a position to be named to one of the WC relay teams.

"I knew that it was a less-than-ideal situation for me," she said. "But being in this environment and being back in the final, it kind of gets the juices flowing. It's going to be a lot easier going into next year and getting a full year of training."

The almost-ignored winner was defending champion Shakima Wimbley, who was not on the U.S. top-10 list going into the meet but who dominated the entire event in Des Moines. She was the fastest heat winner (50.87) and ran the fastest semi (50.20).

She then led the final from start to finish, winning comfortably in 50.21. She was drawn in lane 6, with Felix (3), Ellis (4) and Wadeline Jonathas (5) on her inside and Courtney Okolo (7) directly outside. Wimbley was clearly in the lead at the halfway point (23.7 vs. 24.0 for Ellis and 24.1 for Jonathas, with Felix clearly out of it at 24.9) and maintained that gap around the curve. In the stretch she lost two 10ths to Ellis (50.38) and Jonathas (50.44 PR) but the outcome was never in doubt.

"She finally trusted in herself and executed at the right points and showed in a race what she has been doing in training," coach Lance Brauman told Reuters.

For her part, Wimbley, too, was on the praise-Felix bandwagon, saying, "She probably thinks I'm crazy. I'm obsessed with her; I



**Ajee' Wilson front-ran her way to an 800 3-peat and overall career title No. 4.**

love her. Just seeing what she did here today is amazing." /Bob Hersh/

## 800: Wilson Puts On Wire-To-Wire Clinic

EXECUTING A masterful race plan with precision, Ajee' Wilson competed with control and summoned the power she needed over the final furlong to capture her fourth outdoor 2-lap title with a list-leading 1:57.72 in her typical frontrunning fashion. Under warm & humid conditions with an overcast sky and a wet track she immediately spurred into the lead. Cutting to the rail on the backstretch, the world championship bronze medalist settled in with 4-time NCAA champion Raevyn Rogers on her shoulder a half step behind and Olivia Baker following closely in 3rd.

After an opening 200m in 26-plus, Wilson guarded her lead around the curve with 17-year-old high school phenom Athing Mu moving up as Baker slid back. The favored Wilson led the field past halfway in 57.85 as the bell lap got underway. With 300m remaining, she began to increase the tempo while Rogers matched the new tempo with young Mu pushing from behind and up-and-coming Hanna Green coming up to join the leading trio. After passing the 600 in 1:26, Mu started falling back, with Rogers working hard in 2nd and Green a close 3rd on the rail.

Pushing hard on the curve, Wilson entered the homestretch with a clear advantage as Rogers and Green battled for the silver. Green proved the stronger in the homestretch, finishing in a PR 1:58.19, as she wrested 2nd away from Rogers, who grabbed the final Doha berth as she crossed in 1:58.84, with Baker (2:00.94) 4th and the spunky Mu (2:01.17 PR) hanging on for 5th.

Wilson acknowledged the race went just as she had hoped: "My coach told me to get out and make the last race count. I wanted to get rolling and the pace started to flow." The 25-year-old veteran was pleased with her splits, saying, "It was around 58, so it was good. And on the final 200, I was thinking, 'Just maintain and save a little bit for the last 60.'"

Rogers learned key tidbits as well. "My game plan going in was to get a good position and be able to work my position. I went along with the pace instead of what I might have planned on doing. But I am happy with the outcome," she said as she reflected on the last-lap fury. "Not every race goes the way you want it to go. I think I competed well enough to get the job done. That was the first time for me to be in there on the bell lap. The intensity really picked up. So I really tried to stay as composed as I could just to be able to finish."

Mu, who solidified her hold on No. 6 on the all-time prep list, discussed what she learned racing in her first national outdoor final. "At that point, I thought I was doing pretty well. My coaches all told me to just get out and stay with them," she said in analyzing the final backstretch. And the teenager picked up a few pointers. "I learned that I can do it and that I may have to work on the 800: going out really fast, and the last 200m of the race. For now, I'm just racing against fast people." /Dave Hunter/



Just like last year, Shelby Houlihan launched an uncatchable last-lap sprint.

## 1500: There's That Old Familiar Kick Again

LAUREN JOHNSON may only have finished 12th, but her bold pacing played a major role in the outcome of the 1500. The 32-year-old Indiana native, who has a PR of 4:04.17 from '15 but still lacked the Q-standard of 4:06.50, set off on an ambitious pace, hitting 64.64 and 2:11.09 on her first two circuits. Conspicuously, the rest of the field did not go along with her, as Shannon Osika and Jenny Simpson led the chase pack, hitting the 800 in 2:13.5. "Accept this as a gift, that you have somebody willing to take it," said Simpson. "I wanted to see if she was serious and she very much was."

Johnson's margin grew to more than 20m and eventually put a pressure on the others to not let her get too far ahead. Simpson led the charge after the 800 mark, with favored Shelby Houlihan, Osika, Kate Grace and Nikki Hiltz in tight formation behind her. "You never just let someone have a spot," Simpson explained.

With a lap to go, Simpson finally nabbed Johnson and moved to the lead, hitting 3:02.46 at the bell. She wasn't alone. With 300 left (3:18.08), Simpson still had 5 others close behind in her wake with Houlihan and Grace closest. "I hardly ever look up at the board but I did this time," said Simpson. "Thinking, 'Have we broken away at all?' From my estimation, no. It was just go and run as hard as you can."

Houlihan, who kicked her way to a No. 1 World Ranking last year, waited until the 1400 mark to pass Simpson, holding a single-stride lead to the line to defend her title, 4:03.18-4:03.41. "When I did make that move," said Houlihan, "I just wanted it to be hammer down, just kind of crushing dreams a little bit."

Simpson quipped, "I tried to match Shelby down the straightaway, but it just... aw man, I loved every step of the race today."

Grace nearly pulled even with Simpson and looked to have a grasp on the No. 3 spot. However, right on her heels were Hiltz and Sinclair Johnson, the NCAA champ and the youngest in the field. Hiltz first tried to pass Grace on the outside but found her way blocked by Johnson. So she swerved to the inside and with a terrific sprint caught Grace with 20 to go to take the final team berth in 4:03.55. "I just prayed for a lane to open up and I just squeaked through," said Hiltz. "My only race plan was to have a good last 100." Johnson edged ahead of Grace in the final strides to capture 4th in a PR 4:03.72 to Grace's 4:03.82. Osika held on for a PR 4:04.80 in 6th.

Altogether, the top 5 broke 4:04, a mark that had never been bettered by more than 2 finishers in any previous USATF race.

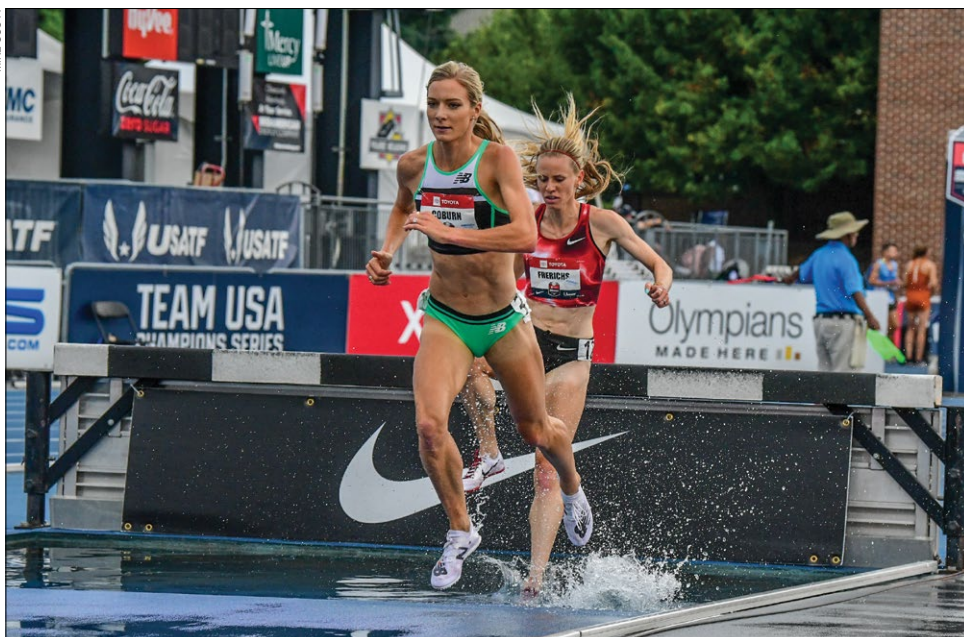
Houlihan, for her part, has already set her sights on Doha. "Now I know I can compete with the world's best. I want to go for a medal." /Jeff Hollibaugh/

## Steeple: Predictably Coburn

WHILE FANS WILL OFTEN thrill over a dramatic race, the last thing Emma Coburn was looking for in winning her sixth straight—and No. 8 overall—steeplechase crown was drama. Drama Coburn had already gotten plenty of that at the Pre Classic, where she took a tumble over a barrier but nonetheless bounced back up to clock 9:04.90—her No. 2 time ever—in placing 2nd to WR holder Beatrice Chepkoech.

After running 9:51.43 in uneventful heats 2 days before the Des Moines final the 28-year-old Colorado native said, "I have been training great and feel like I am the fittest I have ever been. I'm going to have to bring it on Sunday if I want to keep that streak alive, but it's definitely important to me."

Once Sunday's final left the line, the favored Coburn was fine with settling into a comfortable spot in the early going, sitting mid-pack while



**Emma Coburn & Courtney Frerichs went 1-2 for the fourth year in a row.**

Mel Lawrence did the pacework at first. The race stayed at a comfortable 1:18 tempo through lap 5.

It wasn't until the second half that Courtney Frerichs—who had only steepled once this year, at Pre, where her fastest opener ever, 9:09.75, gave her 5th—moved to the lead. Colleen Quigley ran behind her training partner Frerichs. With a 9:11.41 at Pre and a 4:22.86 mile at Millrose last winter, the Florida State alum looked primed to once again grab her place on the team. Newly-minted pro Allie Ostrander stayed close as Frerichs' pace broke up the pack.

The real question was who would get the fourth spot, the one made possible by Coburn's World Champs defender's bye. Coburn took the lead at 7:00 and by the end of the straightaway, the team was determined. AR holder Frerichs stayed on her heels and put the outcome for the win in doubt for a lap. Quigley fell behind a little, Ostrander a lot, but no one else was close.

On the final loop, Frerichs tried to go with Coburn but the veteran was in full flight. After laps of 70.31 and 67.16, she finished with a 66.59 to win in 9:25.63. Frerichs followed in 9:26.61, with Quigley (9:30.97) and Ostrander (9:38.52) filling out the team. For the Boise State alum it is the first international squad since she won the Junior race at the '15 World Mountain Running Championships.

Said Coburn, "The race played out as I had hoped. I didn't want to get stuck leading early on so I just chilled. "I knew with a few laps to go I was going to have to get going. Having a bye was really just there as a safety net but I always had intentions of coming here and racing strong." //Jeff Hollobaugh/

## 5000: A 1-2 For The Iowans

IN MANY WAYS this was a very Bowerman TC affair. While a hoped-for team-position sweep for the Portland-based Nike training group did not eventuate, Jerry Schumacher's crew dictated how the race would be run—and won.

The early laps were pedestrian enough as the rain started to fall. The Boston AA's Erika

Kemp led for a couple with Under Armour's Rachel Schneider in tow before Danielle Shanahan of HOKA Northern Arizona Elite passed the first kilo mark in a modest 3:15.09. The tightly-bunched pack featured plenty of Bowerman red in the front as Karissa Schweizer took over the lead shortly thereafter, with teammate Marielle Hall on her shoulder. The 1600 passed in 5:04.8. Hall took over on the next lap and hit 2K in 6:18.4, a 3:03.4 tempo that started to stretch the pack out a bit. Bowerman's Shelby Houlihan, just 27 hours after her 1500 win, sat comfortably in the pack, bouncing anywhere from 8th to 10th place.

With 6 laps to go, Houlihan moved up to 3rd, and the first 5 athletes all wore the same red colors. Elise Cranny took over and led through 3K in 9:24.82, a 3:06.4 clip for the pack. Staying close was New Balance's Elinor Purrier, the New

Hampshire alum who had run a 4:02.34 at the Rome DL, and HOKA's Stephanie Bruce. After the 3200 (10:02.4), Bruce interrupted the color scheme and took the front. That sped up the pace and left 11 contenders in the lead pack. Houlihan responded, the defending champion taking over just 300 later with Schweizer following closely. Schneider and Hall stayed in proximity.

The rain, coming down hard now, was only a foreshadowing for the storm that was coming. Houlihan led through 4K in 12:28.1 (a 3:03.3 kilo). A half lap later, Schweizer surged back to the lead to run the penultimate lap in 68.36, a decisive move that left just 5 in contention. At the bell, Schneider ran 2nd, Houlihan 3rd and Purrier 4th. Hall, a stride back, was just starting to lose contact. Schneider made her big move on the backstretch, Houlihan covering it. Off the final turn, Houlihan launched a blistering sprint, victory undeniable as she streaked home in 15:15.50, a final lap of 63.57 (final K 2:47.4), last 200 in 30.6.

Schweizer surged past Schneider and Purrier followed, Schweizer and Purrier grabbing team spots in 15:17.03 and 15:17.46. Schneider finished 4th in 15:17.91. It was a 1-2 not just for Nike Bowerman but also for Iowa prep fans, as both Houlihan and Schweizer were regulars on the Blue Oval in high school.

Said Houlihan after repeating as a double national champion, "I wanted to take it with a mile to go, try to make it an honest race and help out my teammates, try to get as many on the team as well." With the 1500/5000 double impossible in Doha (the finals are 30 minutes apart), Schneider may well end up on the team, as Houlihan said, "I like the 1500 a lot more. I'm more confident in that race, so that's kind of what I'm leaning toward." //Jeff Hollobaugh/

## 10,000: 5 In A Row For Huddle

IN SPORTS VERNACULAR, "closer" is a moniker attributed to a gifted athlete who can be counted upon to rise to the moment, imposing



**Shelby Houlihan & Karissa Schweizer thrilled the locals with their finish at the front.**

his or her will at the end of an athletic competition and sealing the victory. In the event there might have been any remaining doubt, anybody who witnessed the women's 10,000 now knows that the closer label can be unquestionably be applied to Molly Huddle, who calmly employed punishing tactics over the final mile to capture an unprecedented fifth straight title.

The race itself was weird. With only 2 of the 21 starters with certain claims to WC qualification, an early-race tempo at or about 31:50 pace—the IAAF qualifying standard—was expected; 76.4 laps would do the trick. The only thing more alarming than the opening 800 in 2:50 was the fact that no competitor did anything about it. At 4K (13:21) they were a full 37 seconds behind qualifying pace. But at 4400m, favored list leader Emily Sisson, signaled by her coach, threw down a 75-second circuit to charge into the lead as she began what would prove to be a long grind to the finish. Huddle, Marielle Hall, Kellyn Taylor, and Stephanie Bruce all covered Sisson's move and the real race was on.

Now committed to the long drive strategy and aware of Huddle's always-strong close, Sisson continued to dish out the pain with a steady diet of 74/75 laps as her 4 followers gamely held on. With less than a mile go Huddle pulled up on her shoulder and eased into the lead with 1300m remaining. With Bruce and Hall struggling and falling off, Sisson and Taylor pushed to stay with Huddle as she began to tighten the screw. After successive laps of 74, 71, and 69, the AR holder hit the bell flying and with a 15m lead over the surprising Taylor with Sisson another 3m back. While Huddle and Sisson, holding qualifying times, were less concerned, Taylor, lacking a qualifying mark, was making a frantic rush over the final laps. Doomed by the early dawdling, it was not to be. Though not needed, Huddle's final lap in 66.80 was a thing of beauty as she crossed for the win in 31:58.47. A homestretch spurt by Sisson (32:02.19) lifted her into 2nd while Taylor finished 3rd in 32:02.74, less than 13 seconds away from the coveted qualifying time.

Owning Q-standard marks, Huddle and Sisson made the USA's Doha squad. By virtue



The queen of the the U.S. road scene, Molly Huddle admitted, "Track titles are tough."

of discretionary IAAF guidelines, Hall—who finished 5th in 32:14.41—could be added to the field if the IAAF Technical Delegates approve her NACAC victory from last year.

Afterwards, runner-up Sisson was upbeat about her race and her place on the travel squad, saying, "It's great to make a U.S. team and I am excited about that. But coming back off the [London] marathon was a little bit harder than I anticipated it. I knew it wasn't going to be easy, but to go 1-2 here with Molly is great."

Said the winner, who disclosed it was her pre-race plan to go hard over the final mile, "I was nervous coming back from the London marathon. I didn't do much training. [Emily and I] wanted the time to be slow. We waited for the last 5 laps to wind it down." About her thoughts on yet another national title on the oval—her eighth overall—she declared, "Track titles are tough."

Huddle has now rung up a total of 28 national titles on all surfaces. /Dave Hunter/

## 110 Hurdles: A 3-Peat For Harrison

A LINEUP HARDER to crack than the '27 Yankees made the women's 100H final one of the most star-studded of the meet, featuring 5 of the top 10 world rankers from '18 alongside the '16 Olympic silver and bronze medalists and the recent NCAA 3rd-placer.

Hefty headwinds in the first round slowed the times without taking any major casualties and reigning Olympic champ Brianna McNeal was still able to clock an impressive 12.75 into a 3.5mps breeze to lead all qualifiers. Nia Ali edged McNeal for the win in the first semi in 12.78, but NCAA finalists Payton Chadwick and Courtney Jones ran out of gas and failed to advance. WR holder Keni Harrison put down her marker as favorite to score a hat trick of consecutive U.S. titles with a blistering 12.54 in the second semi, which eliminated NCAA runner-up Chanel Brissett of USC.

The lane draw for the final had Harrison (3), McNeal (4), Ali (5) and Christina Clemons (6) in the preferred center lanes. Those four all got out well and touched down over hurdle 1 almost simultaneously. They remained in virtual lockstep over the next three barriers before Harrison started to edge away from Ali and Sharika Nelvis on the inside.

At the halfway point, Harrison had a half-stride lead over Ali, and she stretched that to a full length by the eighth hurdle as McNeal drew level with Ali. From there it was all Harrison. The World Indoor 60H champion from last year dipped at the line to win in 12.44, 0.11 in front of a charging Ali, who claimed silver in 12.55, her fastest time in 2 years, with McNeal 3rd in 12.61. Nelvis (12.66) and Queen Claye (12.68), also dipped under 12.70 into the 1.2 wind, but were relegated to almost status.



Running on one of her favorite tracks, Keni Harrison remained undefeated on the Blue Oval.



**Sydney McLaughlin was obviously blown away at seeing Dalilah Muhammad's 52.20 come up on the board.**

Keeping her Drake Stadium undefeated finals streak alive with her sixth win on the Blue Oval, the 26-year-old Harrison said, "Once I knew the Trials were going to be here, I knew I had never lost on this track and it's a fast track. I knew I love this track. It boosted my confidence up. Technically, I don't think I got out, I floated the first two hurdles. I realized I had to go, so I pushed it into gear and tried to make a gap. I have been struggling with my beginning, but I have a while before Worlds."

Ali, with her two young children in tow, said, "It was a season's best. I feel like I just kind of let go somewhere in the middle of the race and let my body take control, and I made it happen." */Glen McMicken/*

## 400 Hurdles: A WR For Muhammad!

ALMOST NO ONE saw it coming. Even with a break in the rain, the track still glistened with

water. Olympic champion Dalilah Muhammad, in lane 4 for the final, had edged wunderkind Sydney McLaughlin in the previous day's heats, 54.22–54.24, yet most eyes were still on world leader McLaughlin, in her last 10 days of being a teenager. In lane 6, McLaughlin stood pensive, serious, knowing that after 7 races as a pro, this would stand out as her first championship test. In between, defending champion Shamier Little had lane 5. Ashley Spencer, the Olympic bronze medalist, drew lane 3, just outside NCAA champ Anna Cockrell.

No one moved faster upon the firing of the gun than Little, who shared with McLaughlin the fastest reaction time (0.198). Muhammad, at 0.287, budged nearly a 10th slower. Little reached hurdle 1 first, followed by Muhammad and then McLaughlin. By the second, Little held a clear lead over Muhammad, with McLaughlin battling Cassandra Tate (lane 7) for 3rd.

Any notions of a Little runaway ended at hurdle 4, when Muhammad caught her. The 3-time champion made up the stagger by the next hurdle and entered the straight with a jaw-dropping 7m lead. Little still held 2nd at hurdle 9 but McLaughlin tagged her a couple strides later, with fast-closing Spencer putting herself in the picture as well. Not only did Muhammad not falter in on the stretch, she also accelerated into the final hurdle and streaked home with stunning power, crossing with a 4m lead, the clock catching her in 52.20, a World Record.

McLaughlin would finish a dazed 2nd in 52.88, the second-fastest

time of her young career, with Spencer 3rd in a PR-equaling 53.11. Little, thoroughly spent by her gambit, crossed 4th in 53.91.

At 29, Muhammad now rules the event, and clearly wants to add World gold to the silvers she won in '13 & '17. "About the World Record, man, I'm just shocked," she said. The old mark, 52.34 by Russia's Yuliya Pechonkina, had stood since '03. She continued, "I've been kind of hitting that time in practice consistently. My coach said 'There's no way you can't do it. You've just got to execute that last 40.' His words, 'Drop your arms' hit me that last 40 and I just was trying to hold on... I knew if I just kept my form, I would cross first."

She revealed that she had backed off on some workouts the last 2 weeks after getting hurt in what she called a "crazy fall" in practice. "It's one of those things where you're kind of hoping for the best, and so yesterday, I'm like, 'OK, I'm ready to run again and I can do it.' Today the rain, that was another setback in your mind, but I just kind of trusted in what we had been working for up to this point. The World Record's been on my mind. I knew this field was so strong, I think we all just decided that we needed to chase it just to make the team. That's been my focus."

"We knew it was going to happen eventually," said McLaughlin. "To be able to do that in the rain, it's amazing." Said Spencer, the third part of the Rio team reprised, "We're ready to make some noise in Doha." */Jeff Hollobaugh/*

## 10K Walk: Burnett Becomes A Speedster

KATIE BURNETT'S signature walk has always been the 50K. And why not? Her 4th-place finish over that distance at the '17 World Championships brought her home in the AR time of 4:21:51, just 62 seconds off the podium, and it continues to represent the highest-placing performance by an American walker, woman or man, on the world stage thus far into the 21st century. Well, don't look now, but Katie Burnett has become a darn-good sprinter, too. Yes, by racewalking standards, 10,000m—or 25 laps around the track—constitutes a sprint.

Burnett, 30, dashed to a resounding 46:12.45 PR triumph, leading the 12-woman field through the first 4 laps in 7:23, relinquishing the lead to Robyn Stevens past the 4400 mark, getting it back soon after, then powering on home with consistent 1:50ish laps. Prerace favorite Miranda Melville needed nearly 5M to get untracked, finally overhauling Stevens for 2nd in 46:49.90 as Stevens settled for a 47:22.54 in 3rd. Unlike the American men—who didn't meet Doha qualifying times—and with lineups still to be finalized, expect to see U.S. women racewalkers carry the flag with distinction in both the Pan-Am Games and Worlds.

Burnett—who has had school and training bases in Arizona, California, New York and Pennsylvania—is now situated in Mountlake Terrace, Washington, north of Seattle. When the top finishers crossed the finish line, there was a world of hugging and rejoicing—and discussion of travel plans. "Everything's obviously going well for me these days, at whatever the distance," she said. "I just hope I can compete in Tokyo next year." That call, however, is not hers to make.

*(Continued on page 34)*

## The Women's 400 Hurdles World Record Progression

Here's how the all-time best in the women's 400H has improved since the first sub-55 run.

Time	Athlete	Site	Date
54.89	Tatyana Zelentsova (Soviet Union)	Prague	9/02/78
54.78	Marina Makeyeva (Soviet Union)	Moscow	7/27/79
54.28	Karin Rossley (East Germany)	Jena	5/18/80
54.02	Anna Ambrazienė (Soviet Union)	Moscow	6/11/83
53.58	Margarita Ponomaryeva (Soviet Union)	Kiev	6/22/84
53.55	Sabine Busch (East Germany)	Berlin	9/22/85
53.32	Marina Stepanova (Soviet Union)	Stuttgart	8/30/86
52.94	— — Stepanova	Tashkent	9/17/86
52.74	Sally Gunnell (Great Britain)	Stuttgart	8/19/93
52.61	Kim Batten (US)	Gothenburg	8/11/95
52.34	Yuliya Pechonkina (Russia)	Tula	8/08/03
52.20	Dalilah Muhammad (US)	Des Moines	7/28/19

# Now Dalilah Muhammad Has The Best Of Both Worlds

KIRBY LEE/IMAGE OF SPORT



Her 52.20 gave Dalilah Muhammad a World Record to go with her Olympic gold from '16.

by Jeff Hollobaugh

IT'S A CLASSIC QUESTION: which would you rather have, a gold medal or a World Record?

Every athlete in our sport—regardless of talent—has considered it. A rare few get to do the comparison in actuality. “It’s a hard question,” confirms 400-hurdler Dalilah Muhammad, whose World Record of 52.20 at USATF pairs well with her '16 Olympic gold in the event. “I think I said in the past the medal, because it wouldn’t be taken away. You can always be the gold medalist. Even on top of just having a gold medal, I was the first American to ever get a gold medal in that event. That’s something that won’t ever be taken away.

“The World Record, it feels really good, but it’s something that I feel is fleeting.”

Not to say the record wasn’t important: “Before I started my pro career, I didn’t really know that time would ever be possible. And every year I kind of dropped a little bit here and there. I knew it would be difficult to achieve, but it just felt so close and in the grasp of the possible that it just means the world to me to actually have done it.”

Yet after Muhammad crossed the line in Des Moines, there was no jubilant celebration. She stared at the clock, her reaction muted. “Before the time was adjusted [from the initial 52.17], I knew that was a World Record. I just was waiting to see if the time would change, if they would adjust it to a time that was over it. I was just waiting to see if it was real. I needed an announcement.” And yet she felt an element of shock as well, because she says the race did not feel like she had imagined a record race would feel.

“There are times when you kind of know

you’re running fast, but it wasn’t the most perfect race.” On a scale of 1 to 10, she gives it a 7 on technique. “My steps were off and I just felt like my hurdle technique coming home was off. But I do think it was one of the most gutsy races I’ve ever run, and for that I give it a 10.”

The final 100 showcased Muhammad’s immense power. “You work on it in practice and you work on it in races but you never know how you’re really going to finish and how much energy and how much stamina you’re going to have. So you test it out on race day and it was there and I was so happy about that.”

The record could not have happened without the extraordinary foundation she built over the winter with coach Lawrence Johnson, with whom she has trained in Northridge, California, since '16. “This year I have been very, very consistent in my workouts,” she says.

“I can count on my hands, honestly, how many bad workouts I would say that I’ve had.” One key workout told her she was ready: 8 hurdles in under WR pace. She says, “I guess a lot of us can probably run World Record pace to 8 hurdles and it’s always about the finish part. But I remember hitting those times and still feeling like I could finish the full 400. They really told me I was ready. “Me and coach Johnson really work hand-in-hand. I think he really values my opinion and what I have to say about what I’d like to do that day. We’re definitely a partnership out there on the track.”

A couple of weeks down the road Muhammad says that she and Johnson still haven’t had much of a conversation about the record. “We both couldn’t put it into words and I think we’re

still having difficulty doing so. But we’ve got to get back to focus on Worlds, so we really haven’t had a moment to just absorb it and take it all in.” She adds, “He definitely sees room for improvement. That’s probably the most exciting factor for him. I ran 52.88 [in the '16 Trials], and I remember thinking that was the most perfect race I’ve ever had and I had absolutely no idea where I could improve.”

It’s been more than two decades since Muhammad first found her way to the hurdles. When she was 7 growing up in Queens, her first club coach, George Taylor, made sure she tried everything. “His thing was, ‘I’m going to teach them everything and see what they excel at.’ He taught us how to high jump, shot put, throw the javelin, long jump.” But it was in running the 80m hurdles that she found her place. She wasn’t chasing records or gold at that point. “I definitely just did it for fun. To be honest, it wasn’t until high school that I started dreaming of wanting that.”

As a prep at Cardozo High (Oakland Gardens, New York), she won the Nike HS Nationals in a PR 57.09 and the World Youth (U18) gold later that summer.

At USC, while she never won a Pac-12 or NCAA title, she was an NCAA finalist three times. Her PR at graduation was 56.04 but she didn’t make it out of the heats of the '12 Olympic Trials. Seven years later, at 29, she is on top of the world. What’s left for her to accomplish? “I’ve never won a world gold, so I definitely want to do that,” she says. “I just want to ride out my career for as long as I can, to be honest. Every year I’ve gotten better. I generally feel stronger. I have a better knowledge of the sport and my event.

“I feel like I still have more to give. I’m just trying to run until I hit my full potential and I don’t think I’ve reached it yet.” □

## The All-Time Women’s 400 Hurdles Top 10

Coming into Des Moines, Dalilah Muhammad was No. 6 on the all-time world list at 52.64, a time she produced in winning the '17 USATF title. Here’s the all-time top 1

	Time	Athlete	Date
1.	52.20	Dalilah Muhammad (US)	7/28/19
2.	52.34	Yuliya Pechonkina (Russia)	8/08/03
3.	52.42	Melaine Walker (Jamaica)	8/20/09
4.	52.47	Lashinda Demus (US)	9/01/11
5.	52.61	Kim Batten (US)	8/11/95
6.	52.62	Tonja Buford-Bailey (US)	8/11/95
7.	52.70	Natalya Antyukh (Russia)	8/08/12
8.	52.74	Sally Gunnell (Great Britain)	8/19/93
=9.	52.75	Shamier Little (US)	6/25/17
		Sydney McLaughlin (US)	5/13/18



**The 50K AR holder, Katie Burnett held her own at 20% the distance.**

Even with apparent global acceptance of the women's 50K as a standard inclusion, the top honchos of the IAAF and the IOC still haven't come up with a definitive "yes" or "no" for the women's 50K in the '20 Olympics. /Elliott Denman/

## High Jump: Yet Another For Cunningham

UNDEFEATED AGAINST Americans for the past 2 years, Vashti Cunningham continued her reign as national champion, jumping 6-5 (1.96) to win her third straight outdoor national title to go with the last 4 indoor crowns. Runner-up Inika McPherson, the last American to defeat Cunningham (on the countback at the '17 WC), scored a seasonal best to join Cunningham as the only Americans to own the WC qualifying height of 6-4¼ (1.94).

The third height of the day, 6-1¼ (1.86), winnowed the field to 4 as Cunningham cleared on her first jump, as did Ty Townsend (née Butts) and Jelena Rowe. McPherson opened at this height, but stood 2nd after needing two attempts to clear. With the bar inching up to 6-2¼ (1.89), the first three were settled as Cunningham, McPherson and Townsend cleared on first jumps, while Rowe missed three times.

Cunningham, this month's interview subject, maintained her clean slate at 6-3½ (1.92), clearing on her first jump while McPherson needed a pair of tries and Townsend three to move on to 6-4¼ (1.94), the WC standard. McPherson, jumping first, cleared on her first attempt, getting her Doha Q. With the pressure now on, Cunningham cleared on her first jump to maintain her lead, while Townsend missed

three times. Townsend became the only one in the competition to PR, and now has an outside chance of getting to Doha as an IAAF field-filler.

Raising the bar to 6-5 (1.96) saw the end of McPherson's day, as she registered 3 misses. Cunningham, again clearing on first attempt, extended her winning streak in national championships to 6, then took one try at a 1cm PR 6-7 (2.01). After her only miss of the day, she stopped jumping, content to let the lifetime best come on another occasion.

Asked about the importance of being national champion, Cunningham responded, "It's becoming more significant. I love coming to the U.S. events and seeing all of the athletes. I feel so comfortable and I feel the love. I get to see my people in the hotels before, I get to walk around with them and see them compete and do great. It's becoming something that I hold close to my heart, coming to a USA event." /Dave Johnson/

## Pole Vault: Predictable In The End

THE TOP 3 FINISHERS were expected to be Sandi Morris, Katie Nageotte and Jenn Suhr. It did play out that way, but bad weather and injuries made the task far from easy for any of them.

Suhr entered the competition having not cleared a bar in competition since April's Drake Relays, which was followed by a nightmare trip to Europe that resulted in a no-height, injured back, damaged poles and an online death threat. Morris withdrew from the recent London Diamond League due to a bulging disc in her back while Nageotte sprained her ankle two weeks before USAs and was unsure if she would even be able to sprint down the runway.

With rain clouds overhead and the occasional sprinkle of rain coming through, the competition began with a rough start, with nearly half the field failing to clear the opening bar of 14-5¼ (4.40). The rain gradually increased throughout the competition, falling rather heavily at the end.

The 37-year-old Suhr, using a new set of poles that she had never touched before the competition, cleared her opening height of 15-1 (4.60) on her first attempt, but after some missing and passing, she had to clear 15-5 (4.70) on her final attempt to secure a spot on her sixth World Championships team. Suhr also claimed her 14th consecutive top-3 finish at the outdoor nationals. She said her new



**Sandi Morris was exuberant after splashing down for her third title in a row.**

poles had some slight design changes, and looked forward to getting more time to practice with them before her next competition.

Nageotte cleared every height she attempted on her first attempt with ease until she exited the competition with three misses at 16-¾ (4.90), finishing with a best of 15-9 (4.80). She said, "I think had the rain not thrown a wrench in it for us and we started playing the passing game to beat the rain, I think it could have been a really high jumping competition with all three of us."

Morris struggled at several heights, but she cleared 15-11 (4.85) while Nageotte passed, and when neither could clear 16-¾ that proved to be enough to give Morris the victory and third straight title. "I always go into competitions focusing on myself," she said. "With the weather and clouds looming you have to take control of the situation."

Fourth went to Emily Grove, who achieved a new PR of 15-3 (4.65). Fifth-place finisher Daylis Caballero Vega, a '12 Olympian for Cuba, defected at the 2013 Drake Relays and was beyond thrilled to have the opportunity to return to Des Moines as American. She took five years off from training while adjusting to life in the United States, and was overjoyed to achieve a new lifetime best of 15-1 (4.60) after only training for one year. /Becca Gillespy Peter/



**She's still only 21, but Vashti Cunningham already has 7 national titles overall.**



Brittney Reese added to titles she previously won in '08, '09, '10, '11, '12, '14 & '16.

## Long Jump: Title No. 8 For Reese

WITH A TREMENDOUS field assembled, Brittney Reese responded as she has most of her long jump career—she won convincingly. Only needing to “just compete” to confirm her Wild Card pass to Doha as defending world champion, the 32-year-old Mississippi native had greater intentions, starting off at a windy 22-5¼ (6.84). In round 2 she left no doubt, spanning an even 7 meters—22-11¾—to seal a victory for the eighth time outdoors. The last woman to match that total was Jackie Joyner-Kersey. Said Reese, “I’m just trying to get myself into shape.”



A record fourth title in a row came Keturah Orji's way, and that left her thinking long jump.

While Reese—also the reigning Olympic gold medalist—is looking for an incredible fifth WC gold in Doha, the rest of the field was hoping to make the cut in a heated competition that had the benefit of putting 3 other jumpers on the team.

A dozen 22-footers—likely the greatest collection of American jumpers ever—began, but when the competition whittled down to 8 finalists among the eliminated was Tianna Bartoletta, the '12 Olympic and 2-time World Championships gold medalist. The second flight had loads of excitement behind Reese, as Sha'Keela Saunders—last year's No. 1 U.S. ranker—jumped 22-1 (6.73) to claim an early 2nd place. Jasmine Todd jumped 22-3½ (6.79) in round 3 to put her in 2nd. In round 4, Quanesha Burks leapt a seasonal best 21-11¾ (6.70), taking 4th away from triple jump champ Keturah Orji—who was aiming to become the first women's horizontal doubler.

Round 6 provided the most fireworks. Tori Bowie—who before this year hadn't jumped since '14—went into 3rd at 22-3 (6.78). Burks and Orji did not improve, but Saunders did, also to 22-3 (6.78). The tiebreaker gave her 3rd ahead of Bowie, as those two and Todd were separated by just a single centimeter. */Howard Willman/*

## Triple Jump: Orji Wins Again, Looking For More

KETURAH ORJI continued her dominance of American triple jumping, winning the national title for a record fourth time. Even Tori Franklin—owner of the AR indoors and out—found herself behind the jumper she has never beaten in 11 tries dating back to '14. The only man to win as many consecutively (John Craft 1971-74) dates back to when the event wasn't even held for women. The women's record for most titles overall is Sheila Hudson at 7, but she never won more than 2 in a row. Of her 4-peat she said, “It's unbelievable when I think where I came from and to be in this position is amazing. I can't put into words what this means. I hope to go into Worlds really confident.”

But Orji, still just 23, is looking for more: her first USATF long jump title. No woman has won both horizontal jump titles... not just in the same year: ever. Orji, who captured last year's NCAA long jump in her final season at Georgia, hasn't lost a long jump competition this year.

This year's soggy competition—it began raining for the second around—went much as predicted. The anticipated matchup of Orji vs. Franklin got an initial spark when Franklin followed a first-round foul with a seasonal best 47-1½ (14.36) in round 2. Unfortunately, she was already playing catchup to Orji, who had opened with a 47-9¼ (14.56) that wound up as the winning mark and is the No. 12 performance in U.S. history. She was just short of matching her stadium record of 47-10½ (14.59) set winning last year's title.

She had another one of her typically wonderful series—three jumps (almost four) over 47 feet, plus two passes. After passing her fifth attempt she was warmed up and ready to go for the last one, wearing a raincoat and holding an umbrella, but when she saw that Franklin had not taken the lead on her sixth jump, she waved to the crowd and called it a night.

“I was really happy getting that first jump in. I've always tried to do that,” the exuberant Orji said afterward. Technically, she's working on the transition from the second to third segment: “I feel like I'm flat on my third phase and I want to be higher.”

Orji and Franklin are the only Americans to have reached the IAAF standard of 46-7¼ (14.20), and none of their compatriots are likely to be invited to fill the field. Only one other approached 46-feet here, Imani Oliver at 45-5¾ (13.86). */Howard Willman/*

## Shot: Ealey Dominant

ON A ROLL with 3 Diamond League top-3 finishes—including a win in Shanghai—and national championships at USATF indoors and New Zealand outdoors, 25-year-old Chase Ealey was a firm favorite. Despite unfavorably wet conditions, she quickly took control. “I have been throwing in the rain for a while. I think I started this year in monsoon season in Phoenix,” she said. “I wasn't that afraid, I slowed down and felt great.”

Opening with a 60-6¾ (18.46) as the fourth thrower in flight 2, the '16 NCAA silver medalist for Oklahoma State took a lead she wouldn't relinquish. From there she had the third best throw of her life and her best series of the season. Her 64-2¼ (19.56) on her second attempt was followed by a foul and then three more throws beyond 62-feet to dominate the competition.

“My first throw is always a little timid, but that was still one of my best first throws of the season,” she analyzed. “Then, my second throw I knew what I needed to do. I'm happy I got my series right. I trained through this meet a little bit and want to focus my peak on Doha.”

Rio gold medalist Michelle Carter, having her best outing since taking bronze at London in '17, went 61-4 (18.69) in round 3 to move into silver-medal position ahead of “thrower of things” Maggie Ewen, who had a 60-6 (18.44) in the previous stanza and ended up 3rd after winning last year.

The 33-year-old Carter, who recently hosted

a camp for girls and an elite competition in Arlington, Texas, said, "I just want to keep improving, and the goal was just to make the team. I made the team and I have 2 more months of training now to get ready for Worlds. I practiced going after every single throw and increased my intensity in training."

Jeneva Stevens, who overcame a sluggish start to pop a 60-3 (18.36) on her final attempt, will have to wait and see if Ealey—currently holding a narrow points lead—wins the Diamond League title, which would open up another spot and gain the Des Moines 4th-placer a berth on the Doha squad. /Glen McMicken/

## Discus: Form Goes Out The Window

DEFENDING CHAMP Valarie Allman came in as the strong favorite and a first-throw winner of 211-1 (64.34) confirmed her status as the best in the nation. Kelsey Card's opening 204-7 (62.37) put her in 2nd to stay; she strengthened her grip on her place on the WC team with a last throw of 207-9 (63.33), her yearly best. Allman, a 24-year-old Stanford alum still won by just over a meter.

Two throws, two podium places, and it was the battle for 3rd that provided the excitement and drama. In the second round, Iowa's NCAA champion Lauauga Tausaga moved into the bronze position with her 201-9 (61.51), only to have Whitney Ashley top that by a centimeter in round 3. In front of family, friends and her entire Iowa base ("Everyone was there!"), Tausaga answered with a fourth-round 203-8 (62.08) and assured herself a place on her first WC team. "I feel like it showed my maturity," said Tausaga. "I felt like I took myself to the next level."

Gia Lewis-Smallwood, who finished 5th, had the most consistent series with 5 throws between 195-11 (59.72) and 201-9 (61.51), but she could not muster the one long one it would have taken for the 4-time national champion to step on the podium one more time. The '16 winner, Ashley, had a similarly consistent series but also



JEFF COHEN

A little bit of water was no problem for first-time shot winner Chase Ealey.

without the one big throw that would have made all the difference; she finished 4th.

The throwers coped with a significant crosswind which was gusting at times. "In discus it is nice to have a nice constant wind," said Allman, "but in the U.S. Championships you never know what you are going to get. Wind is something you can think about, but it is better to think about your technical cues and work on those." In challenging conditions, only one PR and one seasonal best were recorded.

The spirit of the outside-the-stadium crowd and the atmosphere in which they threw were noted and appreciated by the throwers. Said Card, "I was so pumped when we walked out there and saw all of the fans. It was great!" Added Allman, "It brought so much to my heart. It's so exciting especially when the field events are outside the stadium. When the crowds come it

really makes for a great environment."

In Allman's first professional year she has gained a deeper appreciation of the sport and of her potential place in it. At the same time, the sport has gained a deeper appreciation of Allman. She reflected, "This year I've definitely recognized how much I want to pursue this sport and maximize my potential." /Mark Cullen/

## Hammer: American Record For Price

NOTHING STOPPED DeAnna Price on her way to a new American Record 256-8 (78.24). Not thunder, not lightning, not an hour and a half delay. When the sun finally broke through, Price created thunder of her own. With the title in hand thanks to a second-round 254-3 (77.51), the No. 4 performance in U.S. history, Price put her signature on this competition with her second consecutive AR at Drake. Much like Conor McCullough's last-throw stamp on the men's hammer competition the day before, Price saved her best of a terrific series for last, adding 5 inches to the 256-3 (78.12) mark she set at last year's Nationals.

"You don't think about yourself," reflected Price, now a 2-time national champion. "You think about who you're doing it for. The purpose is to show that women are powerful, women are strong." As for any possible effects of the rain delay on her performance, she declared, "If you're in track & field and you can't handle the rain, you shouldn't be in track & field!"

Gwen Berry fouled her first two throws and was ever-so-cautious on her third. She was slow and deliberate in the ring and tossed a careful 225-1 (68.62), which advanced her to the final rounds. "My first two fouls I threw out of the sector as I wasn't accelerating with the ball," she said. On the third, "I just took my time, got one in, and it saved my life." Once into the final rounds, Berry loosened up considerably and responded with throws of 250-10 (76.46) and 249-1 (75.93) to secure her place on the team and finish 2nd.

MIKE SCOTT

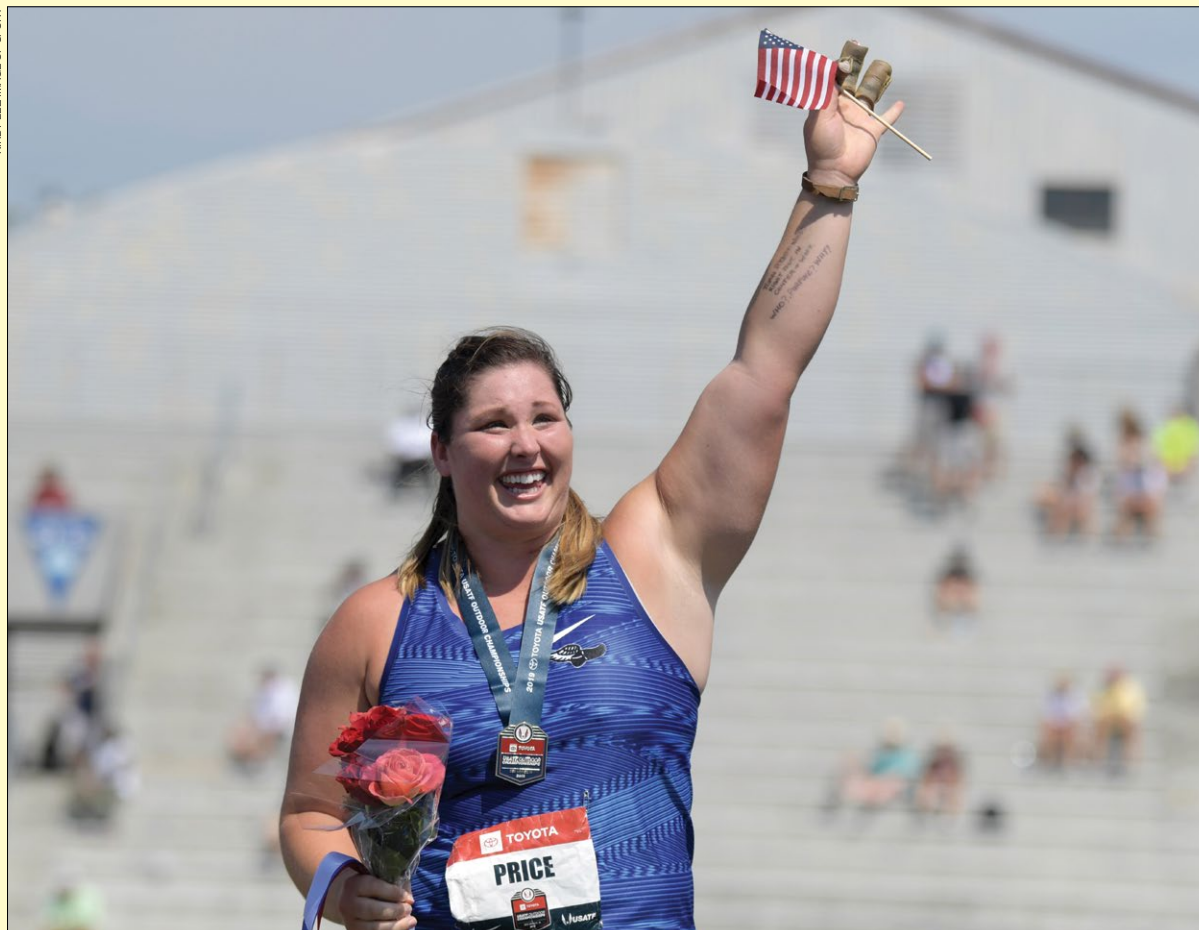


Defending champ Valarie Allman secured her top position on her first throw.

(Continued on page 38)

# Hammer AR Setter DeAnna Price Has The Answers

KIRBY LEE/IMAGE OF SPORT



Her left arm is where DeAnna Price keeps her key questions.

by Mark Cullen

DeANNA PRICE need look no farther than the inside of her left arm to remind herself why she throws. There she finds 3 questions:

*Who am I doing this for?  
What's the purpose?  
Why do I do this?*

These are not tattoos, mind you. Before every meet and almost every practice, Price takes a Sharpie and inscribes these 3 questions on her arm. Each day she renews and reaffirms her purpose and goals. For Price, who improved her own American hammer record to 256-8 (78.24) at the USATF Championships, throwing is personal.

The "who" is her husband, J.C. Lambert, who was a senior at Southern Illinois when she was a frosh. Lambert, a former thrower himself, is now also her coach. "He is absolutely amazing and so sweet and kind and he gives 100% to me every single day," says Price. Lambert became her mentor in the 2015-16 season, and they married last October. "It's just been a dream come true with him."

"The 'purpose' is to show that women are powerful, women are strong," she continues. "There's that stereotype that I bench 350lb [160kg]. I can be strong and beautiful at the same time, and for me I want to have that good balance of beauty and strength."

Her "why" is short and to the point: "Every time I step into the ring it's for 'we' and not for 'me,'" she declares. "When I can't answer these 3 questions, it's time for me to retire from track & field."

Price was caught in this year's Pan-Am qualifying debacle. Near and dear to her heart is her 4th-place performance in '15—her first senior international team—and she had high hopes for Lima. "I got cut," she said through tears in Des Moines. Price wanted to return and show she had arrived. "I wanted to go back and break the record." However, her disappointment was eased by her AR. "I will say it did light a fire under my butt!"

In an event that rewards longevity and experience, Price had also qualified for the '15 WC when she was only 22. She won the '15 and '16 NCAA titles, and in Rio finished 8th behind Amber Campbell's best-ever-by-an-American 6th. In London '17, she finished 9th, and her NACAC and Continental Cup wins last summer were her first international titles. Now she is the No. 4

hammer performer all-time, as well as the No. 6 indoor weight thrower ever at 80-7½ (24.57), a mark she achieved in January.

Price was relieved to be competing in Des Moines after a spring that was physically challenging: "My physical therapist was holding me together with duct tape and wires!" After calmly waiting out a rain delay, Price rewrote the U.S. record books in more ways than one. Not only did she break her own AR, but her shortest throw—248-3 (75.66)—would have medaled in every World Championships and all but one Olympics.

Before Price's historic final throw, Lambert advised her to quicken her start. Visibly faster but slightly late on the release, Price saw her hammer fly left and urged it to stay in. After the official waved it fair, Price waited for the measurement. "I

know this is a good throw," she thought, "but I don't know how good. When I saw it come up as 78.24, I just started crying because it's been a hard year." She doubled over under the weight of her accomplishment as the crowd burst into thunderous applause.

Two trips to Des Moines. Two consecutive U.S. titles. Two consecutive American Records. Repeat performances of the most magnificent kind: Price is poised for greatness. Now the opportunity of Doha awaits, where a medal would change her stature forever. "I'm very excited, but that's a different day, a different time. If I can just get in there and be me, that's the whole name of the game."

"Going 78.24 on my last throw is a good indicator of what's to come," she understates of a distance that might well win WC gold. The Qatari stage is set for the strongest team in US history, as Gwen Berry and Brooke Andersen are legitimate medal contenders as well. "In Doha we'll do what we do best," Price exclaims. "We'll just get in there and throw the damn thing!"

Price embraces her success: "As an athlete you have the ability and responsibility to inspire a younger generation." While she loves to compete, she says, "What I love the most is finishing up and hugging all the kids and strangers around me. I want to pass along a part of my heart." □

In 4th, '18 shot winner Maggie Ewen found some redemption with a second-round PR of 246-2 (75.04), which moved her up a notch on the all-time U.S. list from No. 7 to No. 6. "Ever since fouling out in the hammer two years ago at nationals, everything's just really been rocky, tiptoeing my way around the hammer," she said. "It was a bump in the road and now we are good to go."

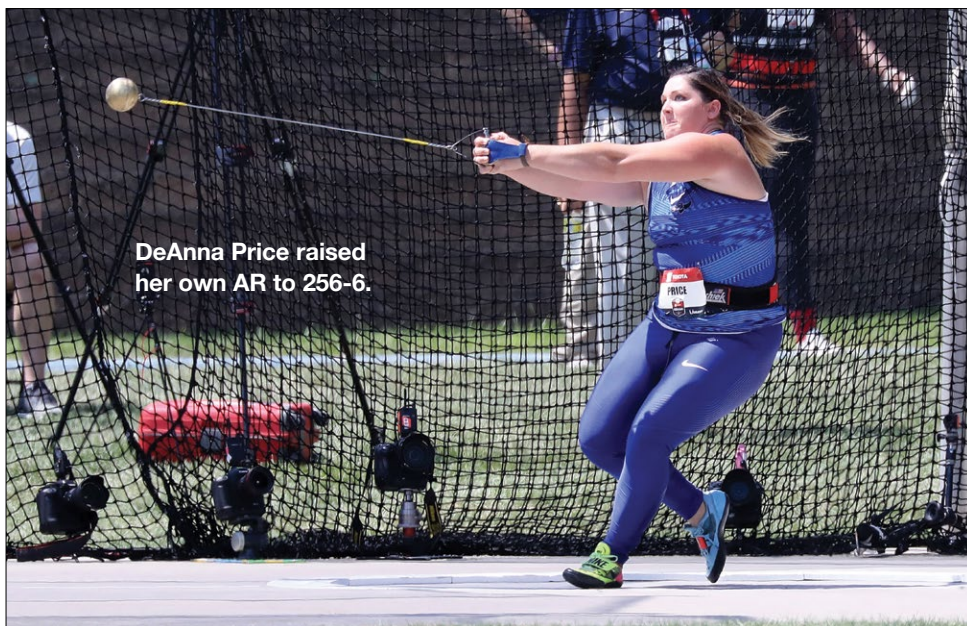
After Ewen had moved into 3rd with her PR, Brooke Anderson answered in the next stanza with a 247-0 (75.30) throw that clinched 3rd and her spot on the team. "My coach let me have a baby peak in the middle of the season," said Anderson. "We were really preparing for Doha and hoping that I made the team." Now that she has, she is looking forward to the added competition that membership on the Pan-American team will bring. If anything, she said, "Before this competition, I took actually took too much time off from competition. It was a little nerve-wracking, but I trust [my coach] and his process."

Said Berry, "America is sending the best three hammer throwers in the world to Doha to compete for our first medal. I had a hard competition today. I had some deep fouls, but I will make them count in Doha." /Mark Cullen/

## Javelin: Ince Comes On Late For First Title

IN WHAT WAS an unusually form-fitting competition, it was Ariana Ince who provided the upset as she won with the only 200-foot throw of the day, reaching 200-4 (61.06). American Record holder Kara Winger was favored to win despite trailing on the year list, 17 inches behind Ince's PR 208-5 (63.54), having taken 7 of their 9 previous meetings.

With a field of 15, everyone threw in one flight, and after the first round Winger, the 2-time defending champion, led at 191-7 (58.40). Avione Allgood sat 2nd at 181-4 (55.29), but that would remain her best of the day and would suffice for



DeAnna Price raised her own AR to 256-6.

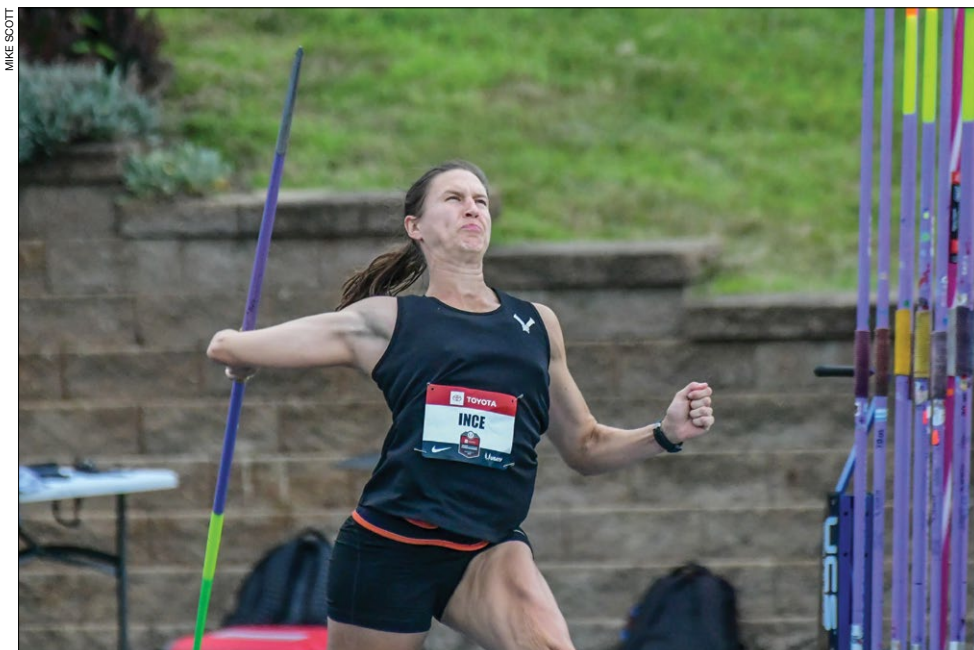
4th. Jenna Gray was 3rd at 179-7 (54.74), with Ince 8th at 153-6 (46.80). Some improvements in round 3 shuffled the order slightly. Winger increased her lead with a 195-11 (59.73) throw, and Ince moved to 7th, reaching 173-8 (52.95).

Going into the final three rounds, Winger looked prepared for the big winner at any moment, while Ince was struggling. But things changed in round 5, as Ince finally hit the big throw, her 200-4 (61.06) putting her into the lead. Neither Gray (181-1/55.19) nor Winger (190-7/58.11) improved, and it was down to final throws in round 6. Ince, trying to stretch her lead, fouled and then waited.

## Price Dominates The All-Time U.S. Performances List

Adding 2 more marks in Des Moines, DeAnna Price now owns 8 of the 10 farthest throws ever by an American, with Gwen Berry having the other 2. The top 10 list:

Mark	Athlete	Date
78.24   256-8	DeAnna Price (New York AC)	7/27/19
78.12   256-3	-----Price	6/23/18
77.78   255-2	Gwen Berry (Nike)	6/08/18
77.65   254-9	-----Price	6/02/18
77.51   254-3	-----Price !	7/27/19
77.43   254-0	-----Price	6/22/19
77.28   253-6	-----Price !	6/22/19
77.19   253-3	-----Berry !	6/08/18
77.11   253-0	-----Price !	6/02/18
77.01   252-8	-----Price !	6/23/18



The fifth round found Ariana Ince producing the day's only 200-foot throw.

Gray improved again, her 187-11 (57.29) equaling her PR, but leaving her 3rd. As the last thrower, Winger had the final chance to win her fourth successive title, but her throw landed at 193-11 (59.12), consigning her to 2nd and leaving Ince the winner.

At the medal presentation, Ince was a happy champion, but was almost apologetic toward Winger, as both had struggled for long throws which never came. Afterward, Ince said, "My series was all over the place. As soon as I threw one that was decent I was happy, but it was one. Luckily that's all it takes. I thought it would take further than that, but sometimes other people have bad days and you have an OK day and that's how it worked out today."

"It's one of those things; it's always fun to win, but you want other people to have a good day too. So it was kind of bittersweet. My goal wasn't necessarily to come in and win, my goal was to come in and throw as far as I could."

Ince and Winger are the only Americans to have reached the World Championships qualifying distance of 201-9 (61.50), with nobody else even close. /Dave Johnson/



Erica Bougard was in the lead after events 1, 2, 4 & 7; Williams was on top after 3, 5 & 6.

## Heptathlon: Many Lead Changes

EACH TIME that Erica Bougard and Kendell Williams have met on U.S. soil in the heptathlon at least one of them has PRed. The last time—at the '17 USATF—both did. The PR streak continued this year as the rivalry produced possibly their most exciting competition yet, even though the result was not as close as the 7-point margin 2 years ago.

Both were easily the only two Americans with the WC standard of 6300—Bougard with her 6725 PR from Götzis last year, Williams with a 6412 from the Austrian meet this May, when she topped Bougard by 38. The race for 3rd—likely with a score less than the WC Q—looked up for grabs but potentially high enough to garner the U.S. a third berth in Doha. The fireworks started early and even weather wasn't able to hold back the heat these two generate in a competition.

### 100 Hurdles

Bougard (12.78 PR) and Williams (12.84) got things off to a hot start, running side-by-side as the only ones to go sub-13. That gave a 9-point lead to Bougard. Michelle Atherley was next fastest at 13.08. Also PRing was Chari Hawkins (13.17).

### High Jump

A lengthy weather delay added more than an hour and a half of waiting time which may have cooled things off a bit, but Bougard—ranked No. 7 among U.S. high jumpers the last two years—led the way with a clean record through 6-2 (1.88), missing only while being unsuccessful at 6-3¼ (1.91). Williams was the only other to jump 6-feet,

scaling an =outdoor best 6-¾ (1.85) on her final attempt. Bougard's lead thus grew to 48 points as both she and Williams were on PR pace.

### Shot

There would be no runaway. Williams, the better thrower, heaved an outdoor best 44-0 (13.41) on her final attempt and took the lead by 8 points over Bougard, whose 41-3 (12.57) was more than a foot off her PR. Annie Kunz was tops at 46-4 (14.12), and Hawkins had the second-best effort of her life at 42-11½ (13.09) and remained in 3rd.

### 200

Headwinds doused the fireworks as far as big scores were concerned, but Bougard ran 23.80 in lane 3 to take the Day 1 lead by just 3 points over Williams, who ran 23.91. The only PR came from Hawkins (24.42).

### 800

Williams' 66-point lead equated to 4-5 seconds in the 800. Bougard, a 2:08 runner, was alone in front and ran a controlled 2:12.41, winning by 6 seconds. Williams, with a 2:15 best, stayed close as long as she could but faded to 2:20.92. Bougard won with 6663, 53 up on Williams' PR of 6610. It was her first victory since '15 over Williams, who leads the overall head-to-head 7-3 in a rivalry that began in 2012. Hawkins won the overall battle for 3rd with Kunz, 6230-6153, PRs for both.

Said Bougard, "Kendell really pushes me. She came to compete and so did I. She is one of my biggest competitors and I love the way she pushes me, so when she popped off a 6.80, I said I could too. She's a great long jumper. The hurdles and the high jump is my money event." /Howard Willman/ □

### Long Jump

The wind gave back here, to the delight of athletes and fans. In round 1, Williams—ranked No. 5 in the U.S. last year—stretched a PR 22-¼ (6.71). Two jumpers later, Bougard spanned 20-11¼ (6.38). Round 2 really got hot as Williams leaped a windy 22-5 (6.83). Bougard improved with a windy 21-5¼/6.53. Neither improved in round 3, though Bougard likely did but for a board foul. Williams now led by 95 points.

### Javelin

No one saw this one coming. Bougard, historically a low-130 thrower, opened at 138-1 (42.08) and followed with PRs of 147-11 (45.08) and 150-3 (45.80). Williams reached 145-4 (44.31) on her final throw, some 7ft short of her PR. Williams' lead was now down to 66. Hawkins took control of 3rd by 56 points over Kunz.

## HEPTATHLON LEADERS BY EVENT

- 100 Hurdles:** 1. **Bougard** 1158; 2. **Williams** 1149; 3. Atherley 1112; 4. **Hawkins** 1099; 5. Halverson 1077; 6. Schwartz 1075; 7. Dearman 1069; 8. Cooks 1053; 9. Kunz 1049; 10. Zamzow 1011
- High Jump:** 1. **Bougard** 2238; 2. **Williams** 2190; 3. **Hawkins** 2065; 4. Atherley 2003; 5. Dearman 1997; 6. Kunz 1977; 7. Schwartz 1893; 8. Gustafson 1887; 9. Beattie 1877; 10. Cooks 1871
- Shot:** 1. **Williams** 2945; 2. **Bougard** 2937; 3. **Hawkins** 2798; 4. Kunz 2779; 5. Dearman 2736; 6. Atherley 2697; 7. Gustafson 2643; 8. Cooks 2640; 9. Schwartz 2637; 10. Gray 2615
- 200:** 1. **Bougard** 3937; 2. **Williams** 3934; 3. **Hawkins** 3739; 4. Kunz 3726; 5. Atherley 3658; 6. Dearman 3639; 7. Schwartz 3594; 8. Cooks 3563; 9. Gray 3504; 10. Gustafson 3497
- Long Jump:** 1. **Williams** 5049; 2. **Bougard** 4954; 3. Kunz 4682; 4. **Hawkins** 4669; 5. Atherley 4504; 6. Dearman 4492; 7. Gray 4460; 8. Cooks 4403; 9. Schwartz 4398; 10. Gustafson 4343
- Javelin:** 1. **Williams** 5799; 2. **Bougard** 5733; 3. **Hawkins** 5391; 4. Kunz 5335; 5. Cooks 5146; 6. Gray 5106; 7. Atherley 5085; 8. Gustafson 5085; 9. Dearman 5039; 10. Schwartz 5036

# — USATF Women's Results —

## — Sprints —

### 100 METERS (July 26; wind -2.4)

1. Teahna Daniels (Nik) 11.20; 2. English Gardner (Nik) 11.25; 3. Morolake Akinosun (Nik) 11.28; 4. Dezerea Bryant (Nik) 11.29; 5. Twanisha Terry (USC) 11.32; 6. Aleia Hobbs (adi) 11.33; 7. Caitland Smith (ArSt) 11.46; 8. Sha'Carri Richardson (Nik) 11.72.

### 200 METERS (July 28; wind -1.2)

1. Dezerea Bryant (Nik) 22.47; 2. Brittany Brown (Nik) 22.61; 3. Angie Annelus (USC) 22.71; 4. Teahna Daniels (Nik) 22.73; 5. Phyllis Francis (Nik) 22.74; 6. Lynna Irby (adi) 23.06; 7. Kyra Jefferson (Nik) 23.22; ... dnf—Gabby Thomas (NBAl) (pulled up c90m in).

### 400 METERS (July 27)

1. Shakima Wimbley (adi) 50.21 (23.7, 12.7 [36.4], 13.8) (23.7/26.5); 2. Kendall Ellis (NBAl) 50.38 (24.0, 12.8 [36.8], 13.7) (24.1/26.3); 3. Wadeline Jonathas (SC) 50.44 PR (24.1, 12.7 [36.8], 13.6) (24.1/26.3); 4. Courtney Okolo (Nik) 50.86; 5. Jessica Beard (adi) 51.28; 6. Allyson Felix (unat) 51.94 (24.9, 13.1 [38.0], 13.9) (24.9/27.0); 7. Briyahna DesRosiers (Or) 52.36; 8. Jasmine Blocker (Ois) 52.53.

## — Mid Distances —

### 800 METERS (July 28)

1. **Ajea' Wilson (adi) 1:57.72 (AL)** (57.85/59.87); 2. Hannah Green (OTC) 1:58.19 PR (58.20/59.99); 3. Raevyn Rogers (Nik) 1:58.84 (57.98/60.86); 4. Olivia Baker (GardStNB) 2:00.94; 5. **Athing Mu (TrentTC/NJHS) 2:01.17 PR (HSL) (6, 8 HS)**; 6. Sammy Watson (adi) 2:01.70; 7. Nia Akins (Penn) 2:04.39; ... dq—[7] Rebecca Mehra (OisLWA) [2:03.05].

### 1500 METERS (July 27)

1. Shelby Houlihan (BowTC) 4:03.18 (pace—49.38, 67.31 [1:56.69], 65.90 [3:02.59], 60.59) (finish—60.59, 2:06.49, 3:13.80); 2. Jenny Simpson (NBAl) 4:03.41 (60.95, 2:06.86, 3:13.85); 3. Nikki Hiltz (adi) 4:03.55 PR (60.83, 2:06.83, 3:14.74); 4. Sinclair Johnson (OkSt) 4:03.72 PR; 5. Kate Grace (BowTC) 4:03.82; 6. Shannon Osika (Nik) 4:04.80 PR; 7. Heather Maclean (NBAl) 4:05.27 PR; 8. Karisa Nelson (BB) 4:06.14 PR; 9. Elise Cranny (BowTC) 4:06.19; 10. Katie Mackey (BB) 4:08.57; 11. Eleanor Fulton (unat) 4:11.00; 12. Lauren Johnson (BAA) 4:11.99.

## — Distances —

### STEEPLE (July 28; interior waterjump)

1. Emma Coburn (NBAl) 9:25.63 (66.59); 2. Courtney Frerichs (BowTC) 9:26.61 (67.22); 3. Colleen Quigley (BowTC) 9:30.97 (69.94); 4. Allie Ostrander (BB) 9:38.52; 5. Marisa Howard (unat) 9:51.37; 6. Mel Lawrence (OisLWA) 9:53.48; 7. Paige Stoner (ReebB) 9:55.01; 8. Courtney Barnes (McKirT) 10:01.17; 9. Caroline Austin (Seattle) 10:03.80; 10. Cierra Simmons (UtSt) 10:07.20; 11. Christine Thorn (Roots) 10:13.20; 12. Anna McDonald (Tx) 10:13.57; 13. Alex Wilson (Ois) 10:17.80; 14. Katy Kunc (HokaNJNY) 10:31.71.

### 5000 (July 28)

1. Shelby Houlihan (BowTC) 15:15.50 (pace—37.54, 79.47 [1:57.01], [3:14.41], [4:28.86], [5:42.94], [6:56.27], [8:09.79], [9:24.89], [10:39.28], [11:52.08], [13:03.48], [14:11.94], 63.56) (finish—15.9, 30.6, 63.56, 2:12.02, 3:23.42, 4:36.22); 2. Karissa Schweiber (BowTC) 15:17.03 (65.33, 2:13.69, 3:24.82, 4:37.60); 3. Elinor Purrier (NBAl) 15:17.46 (65.41, 2:13.60, 3:24.91, 4:37.55); 4. Rachel Schneider (UArm) 15:17.91; 5. Marielle Hall (BowTC) 15:20.69; 6. Shannon Rowbury (Nik) 15:25.40; 7. Elise Cranny (BowTC) 15:25.66 PR; 8. Vanessa Fraser (Nik) 15:31.25; 9. Stephanie Bruce (HokaNAZ) 15:31.62; 10. Kellyn Taylor (HokaNAZ) 15:32.19; 11. Stephanie Garcia (NBAl) 15:47.61; 12. Josette Norris (Gtn) 15:48.51; 13. Kim Conley (NBAl) 15:56.02; 14. Abbey Cooper (NBAl) 15:56.20; 15. Danielle Shanahan (HokaNAZ) 15:57.96; 16. Katrina Coogan (NBAl) 15:59.92; 17. Allie Buchalski (BrkB) 16:02.25; 18. Erika Kemp (BAA) 16:02.88; 19. Cally Macumber (NomadTC) 16:07.63; 20. Emily Lipari (adiMission) 16:09.09; 21. Breanna Sieracki (TMN) 16:20.47; 22. Jaci Smith (USAF) 16:35.37; ... dnf—

Lauren Paquette (unat).

### 10,000 (July 25)

1. Molly Huddle (Sauc) 31:58.47 (pace—[1:21.51], [2:50.39], [4:08.88], [5:26.42], [6:44.77], [8:02.38], [9:21.74], [10:40.85], [12:00.53], [13:21.72], [14:44.18], [16:00.87], [17:15.50], [18:30.33], [19:45.26], [21:00.54], [22:15.59], [23:30.65], [24:46.10], [26:01.64], [27:16.06], [28:30.60], [29:42.46], [30:51.68], 66.79) (finish—66.79, 2:16.01, 3:27.87, 4:42.41); 2. Emily Sisson (NBAl) 32:02.19 (68.80, 2:19.46, 3:31.37, 4:46.21) (16:37.9); 3. Kellyn Taylor (HokaNAZ) 32:02.74 (69.56, 2:19.93, 3:31.60, 4:46.29); 4. Stephanie Bruce (HokaNAZ) 32:09.99; 5. Marielle Hall (BowTC) 32:14.41; 6. Sarah Pagano (adi) 32:48.58; 7. Hannah Everson (USAF) 32:54.47; 8. Jessica Tonn (unat) 33:01.84; 9. Elaina Tabb (BAA) 33:08.29; 10. Erin Clark (HokaNAZ) 33:16.16; 11. Jaci Smith (USAF) 33:25.86; 12. Anne-Marie Blaney (HansB) 33:29.38; 13. Margareta Montoya (Roots) 33:40.85 PR; 14. Danielle Shanahan (HokaNAZ) 33:55.06; 15. Jessica Watychowicz (CoSpTC) 33:56.43; 16. Sarah Pease (Ois) 33:59.82; 17. Olivia Pratt (HansB) 34:03.83; 18. Maddie Van Beek (unat) 34:04.81; 19. Natalie Rodriguez (HokaAg) 34:09.34; 20. Melissa Dock (BouTC) 34:58.56; 21. Hannah Dorman (HokaAg) 35:30.90.

## — Hurdles —

### 110 HURDLES (July 27; wind -1.2)

1. Keni Harrison (adi) 12.44; 2. Nia Ali (Nik) 12.55; 3. Brianna McNeal (Nik) 12.61; 4. Sharika Nelvis (adi) 12.66; 5. Queen Claye (Asics) 12.68; 6. Alyssa Marshall (LSU) 12.81; 7. Kristi Castlin (Nik) 12.86; 8. Christina Clemons (adi) 13.01.

### 400 HURDLES (July 28)

1. **Dalilah Muhammad (Nik) 52.20 WR, AR (old WR 52.34 Yuliya Pechonkina [Russia] '03; old AR 52.47 Lashinda Demus [Nik] '11)**; 2. Sydney McLaughlin (NBAl) 52.88 (x, =14 A); 3. Ashley Spencer (Nik) 53.11 =PR (=10, x A); 4. Shamier Little (adi) 53.91; 5. Cassandra Tate (adi) 54.91; 6. Anna Cockrell (USC) 56.14; 7. Kiah Seymour (GlenarTC) 56.24; 8. Deonca Bookman (unat) 57.37.

## — 10K Walk —

### 10K WALK (July 28; on track—not a WC Trials event)

1. Katie Burnett (HarrTC) 46:12.45 PR; 2. Miranda Melville (NYAC) 46:49.90 PR; 3. Robyn Stevens (SalmWolf) 47:22.54; 4. Anali Cisneros (Judson) 50:33.63 PR; 5. Stephanie Casey (unat) 50:59.85; 6. Lydia McGranahan (unat) 51:45.24; 7. Celina Lepe (unat) 52:36.62; 8. Jennifer Lopez (unat) 53:28.27; 9. Kayla Shapiro (Marist) 53:46.02 PR; 10. Janelle Branch (unat) 54:27.40; 11. Chelsea Conway (Shore) 54:58.77 PR; 12. Katie Miale (Marist) 56:35.72.

## — Vertical Jumps —

### HIGH JUMP (July 27)

1. Vashti Cunningham (Nik) 6-5 (1.96); 2. Inika McPherson (unat) 6-4¼ (1.94); 3. Ty Townsend (née Butts) (unat) 6-3½ (1.92) PR; 4. Jelena Rowe (NVGaz) 6-1¼ (1.86); =5. Nicole Greene (NC) 6-0 (1.83); =5. Amina Smith (Shore) 6-0; 7. Liz Evans (unat) 6-0; 8. Michelle Spires (USAF) 6-0; 9. Zarria Willis (TxT) 6-0; 10. Amber Melville (unat) 5-10 (1.78); =11. Liz Patterson (SCruzTC) 5-10; =11. Juanita Webster-Freeman (SBTC) 5-10; ... nh—Stephanie Ahrens (unat), Logan Boss (unat), Shaina Burns (unat), Mady Fagan (Ga), Anna Malizia (Penn), Peyton Wade (unat).

### POLE VAULT (July 28)

1. Sandi Morris (Nik) 15-11 (4.85); 2. Katie Nageotte (Nik) 15-9 (4.80); 3. Jenn Suhr (adi) 15-5 (4.70); 4. Emily Grove (unat) 15-3 (4.65) PR; 5. Daylis Caballero Vega (unat) 15-1 (4.60) PR; =6. Kristen Brown (unat) 14-11 (4.55); =6. Annie Rhodes-Johnigan (unat) 14-11; 8. Olivia Gruver (Wa) 14-11; =9. Rachel Baxter (VaT) 14-5¼ (4.40); =9. Bonnie Draxler (unat) 14-5¼; ... nh—Megan Clark (OisNYAC), Chloe Cunliffe (SeatSp) Desiree Freier (Ar), Bridget Guy (unat), Tori Hoggard (unat), Lexi Jacobus (Ar), Morgann LeLeux (unat), Kortney Ross (unat).

## — Horizontal Jumps —

### LONG JUMP (July 27; winds ranged from +4.1 to -0.2)

1. **Brittney Reese (Nik) 22-11¼ (7.00) (AL)** (22-5¼w, 22-11¼, f, 21-8¼, f, 6.84w, 7.00, f, 6.62, f); 2. Jasmine Todd (CVE) 22-3½ (6.79) (21-10¼, 20-3¼, 22-3½, 21-¾, 18-3, 20-3¼) (6.66, 6.19, 6.79, 6.42, 5.56, 6.19); 3. Sha'Keela

Saunders (adi) 22-3 (6.78) (22-1, 20-8, 21-8¼, 21-6, 21-6, 22-3) (6.73, 6.30, 6.61, 6.55, 6.65, 6.78); 4. Tori Bowie (adi) 22-3 (6.78); 5. Quanesha Burks (adi) 21-1¼ (6.70); 6. Keturah Orji (AtITC) 21-11 (6.68); 7. Malaina Payton (Ois) 21-7¼w (6.59); 8. Alexis Faulknor (unat) 21-7¼w (6.58); 9. Aliyah Whisby (Ga) 21-6¼ (6.56); 10. Kate Hall (unat) 21-6 (6.55); 11. Tara Davis (unat) 21-4 (6.50); 12. Sydney Conley (unat) 21-3¼w (6.48); 13. Sarea Alexander (IncW) 20-5¼w (6.24); 14. Darrielle McQueen (unat) 20-5¼; 15. Destiny Longmire (TCU) 20-2½ (6.16); 16. Kylie Price (CVE) 19-11 (6.07); 17. Tianna Bartoletta (Nik) 18-7 (5.66).

### TRIPLE JUMP (July 25; winds varied from +2.3 to 0.0)

1. Keturah Orji (AtITC) 47-9¼ (14.56) (x, 12 A) (47-9¼, 47-7¼, 46-10¼, 47-4½w, p, p) (14.56, 14.51, 14.28, 14.44w, p, p); 2. Tori Franklin (Nik) 47-1½ (14.36) (f, 47-1½, 44-6¼, 45-5¼, 46-9¼, 45-11¼) (f, 14.36, 13.58, 13.85, 14.26, 14.00); 3. Imani Oliver (unat) 45-5¼ (13.86) (44-9¼, f, 45-1¼, 45-5¼, f, 44-5¼) (13.66, f, 13.76, 13.86, f, 13.55); 4. Lynnika Pitts (unat) 44-3½ (13.50); 5. Tiffany Flynn (unat) 43-9¼ (13.35); 6. Ciynamon Stevenson (TxAM) 43-5¼ (13.24); 7. Crystal Manning (unat) 43-¼ (13.11); 8. LaChyna Roe (Tn) 42-11¼ (13.10); 9. Chaquinn Cook (Or) 42-5½ (12.94); 10. Kelly McKee (unat) 42-2¼ (12.86); 11. Cierra Pulliam (unat) 42-2 (12.85); 12. Michelle Fokam (unat) 41-7¼ (12.69); 13. Viershanie Latham (unat) 41-6½ (12.66); 14. Bria Matthews (GaT) 39-5 (12.01); 15. Tay Nance (HousB) 39-1¼ (11.92).

## — Throws —

### SHOT (July 28)

1. Chase Ealey (Nik) 64-2¼ (19.56) (60-6¼, 64-2¼, f, 62-11½, 62-7¼, 63-8¼) (18.46, 19.56, f, 19.19, 19.09, 19.42); 2. Michelle Carter (Nik) 61-4 (18.69) (59-1½, 58-6½, 61-4, 59-5, 54-8¼, f) (18.02, 17.84, 18.69, 18.11, 16.67, f); 3. Maggie Ewen (Nik) 60-6 (18.44) (59-6¼, 60-6, f, 53-9¼, 57-9¼, 56-3¼) (18.14, 18.44, f, 16.40, 17.62, 17.15); 4. Geneva Stevens (NYAC) 60-3 (18.36); 5. Daniella Hill (unat) 58-1¼ (17.71); 6. Jessica Woodard (unat) 57-11 (17.65); 7. Lena Giger (unat) 56-11¼ (17.35); 8. Khayla Dawson (In) 56-10 (17.32); 9. Rachel Fotherly (Vel) 56-8½ (17.28); 10. Samantha Noennig (AzSt) 56-5¼ (17.20); 11. Monique Riddick (Vel) 55-7 (16.94); 12. Jessica Ramsey (Vel) 54-9½ (16.70); 13. Julie Brown (unat) 53-7½ (16.34); 14. Aliyah Gustafson (BG) 52-1¼ (15.88); 15. Maddy Pollard (In) 52-0 (15.85); 16. Kiley Sabin (Mn) 49-11¼ (15.23); 17. Alyssa Wilson (UCLA) 49-¼ (14.94); ... 3f—Taylor Latimer (KsSt).

### DISCUS (July 28)

1. Valarie Allman (OisNYAC) 211-1 (64.34) (211-1, f, 195-10, 204-8, f, 200-5) (64.34, f, 59.69, 62.38, f, 61.08); 2. Kelsey Card (unat) 207-9 (63.33) (204-7, f, 203-11, f, 196-1, 207-9) (62.37, f, 62.15, f, 59.77, 63.33); 3. Laulauga Tausaga (Ia) 203-8 (62.08) (f, 201-9, f, 203-8, 193-2, f) (f, 61.51, f, 62.08, 58.88, f); 4. Whitney Ashley (unat) 201-10 (61.52); 5. Gia Lewis-Smallwood (NYAC) 201-9 (61.51); 6. Jere Summers (unat) 195-9 (59.66) PR; 7. Alex Collatz Sellens (unat) 191-3 (58.30); 8. Summer Pierson (unat) 187-7 (57.19); 9. Deborah Ajagbe (Mia) 185-3 (56.46); 10. Abigale Wilson (Akron) 184-4 (56.20); 11. Micaela Hazlewood (Ky) 183-6 (55.94); 12. Sarah Thornton (Iron) 182-2 (55.53); 13. Alex Morgan (Vel) 181-3 (55.24); 14. Sydney Laufenberg (HSt) 176-6 (53.81); 15. Gabriella Jacobs (unat) 161-2 (49.12); 16. Alyssa Wilson (UCLA) 152-1 (46.36); 17. Seasons Usual (TxT) 144-11 (44.17); ... nm—Rachel Dincoff (Iron).

### HAMMER (July 26)

1. **DeAnna Price (Nik) 256-8 (78.24) AR (old AR 256-3/78.12 Price '18) (WL) (4, x W)** (non-Włodarczyk); 3, 3 W) (248-3, 254-3 [x, 4 A], 250-8, 248-7, 251-8, 256-8) (75.66, 77.51, 76.40, 75.77, 76.72, 78.24); 2. Gwen Berry (Nik) 250-10 (76.46) (f, 225-1, 250-10, 249-1, f) (f, 68.62, 76.46, 75.93, f); 3. Brooke Andersen (Iron) 247-0 (75.30) (f, 235-1, 247-0, f, 231-8, 246-10) (f, 71.67, 75.30, f, 70.61, 75.24); 4. **Maggie Ewen (Nik) 246-2 (75.04) PR (6, x A)**; 5. Janelle Kassaravoid (unat) 236-3 (72.02); 6. Janeah Stewart (unat) 229-6 (69.96); 7. Madison Malone (Aub) 219-0 (66.75) PR; 8. Alyssa

Wilson (UCLA) 214-5 (65.36); 9. Annette Echikunwoke (Cinc) 212-1 (64.64); 10. Michaela Dendinger (Iron) 210-6 (64.16); 11. Erin Reese (InSt) 207-5 (63.22); 12. Shauniece O'Neal (Snll) 204-4 (62.28) PR; 13. Whitney Simmons (Iron) 201-9 (61.51); 14. Alina Duran (unat) 200-9 (61.20); 15. Lara Boman (unat) 200-3 (61.05).

#### JAVELIN (July 25)

1. Ariana Ince (Vel) 200-4 (61.06) (153-6, 160-11, 173-8, 170-11, 200-4, f) (46.80, 49.05, 52.95, 52.10, 61.06, f); 2. Kara Winger (unat) 195-11 (59.73) (191-7, 181-4, 195-11, 182-8, 190-7, 193-11) (58.40, 55.27, 59.73, 55.69, 58.11, 59.12); 3. Jenna Gray (Stan) 187-11 (57.29) =PR (179-7, 178-3, 170-10, 183-11, 181-1, 187-11) (54.74, 54.34, 52.09, 56.06, 55.19, 57.29); 4. Avione Allgood (NikUSA) 181-4 (55.29); 5. Maggie Malone (unat) 178-8 (54.47); 6. Kylee Carter (Aub) 178-0 (54.27); 7. Seri Geisler (AzSt) 177-6 (54.11); 8. Katie Reichert (unat) 175-7 (53.53); 9. Danielle Collier (M/O) 166-1 (50.63); 10. Sarah Blake (unat) 159-2 (48.53); 11. Chase Wolinski (Nb) 158-2 (48.20); 12. Bethany Drake (Ois) 152-4 (46.45); 13. Sydney Juszczyc (unat)

150-6 (45.87); 14. Nika Ouellette (Sprintic) 141-3 (43.06); 15. Meghan Owens (unat) 138-2 (42.11).

#### — Heptathlon —

#### HEPTATHLON (July 27-28)

1. Erica Bougard (Nik) 6663 (AL) (non-JJK: x, 7 A) (12.78, 6-2/1.88, 41-3/12.57, 23.80 [3937-1], 21-5¼/6.53w, 150-3/45.80, 2-12.41 [2726]); 2. Kendell Williams (Nik) 6610 PR (4, x A) (non-JJK: 4, 9 A) (12.84, 6-¾/1.85, 44-0/13.41, 23.91 [3934-2], 22-5/6.83w, 145-4/44.31, 2-20.92 [2676]); 3. Chari Hawkins (On) 6230 PR (13.17, 5-10½/1.79, 42-11½/13.09, 24.42 [3739-3], 20-6½/6.26, 140-7/42.87, 2-18.85 [2491]); 4. Annie Kunz (CVE) 6153 PR (13.51, 5-9¼/1.76, 46-4/14.12, 24.35 [3726-4], 20-9¼/6.34w, 128-9/39.24, 2-20.40 [2427]); 5. Emilyn Dearman (unat) 5945 PR (13.37, 5-9¼/1.76, 43-3/13.18, 24.82 [3639-6], 19-8¾/6.01w, 110-6/33.69, 2-14.05 [2306]); 6. Riley Cooks (OisFalcTC) 5932 (13.48, 5-5¼/1.67, 44-8¼/13.62, 24.61 [3563-8], 19-7/5.97, 144-2/43.95, 2-22.81 [2369]); 7. Michelle Atherley (Mia) 5931 (13.08, 5-8/1.73, 40-11¼/12.49, 24.21 [3658-5], 19-8/5.99, 116-5/35.48, 2-18.39 [2273]); 8. Lindsay Schwartz (ABEO)

5921 (13.33, 5-5¼/1.67, 43-5¼/13.25, 24.25 [3594-7], 19-2½/5.85, 126-1/38.45, 2-15.53 [2327]); 9. Kendall Gustafson (unat) 5914 (14.14, 5-9¼/1.76, 44-¾/13.43, 25.36 [3497-10], 19-8/5.99w, 143-11/43.87, 2-19.60 [2417]); 10. Jordan Gray (Kenn) 5903 PR (13.80, 5-5¼/1.67, 45-9/13.94, 24.98 [3504-9], 20-9¼/6.34, 127-7/38.90, 2-21.95 [2399]); 11. Ashtin Zamzow (Tx) 5875 (13.77, 5-5¼/1.67, 42-3½/12.89, 25.17 [3420-13], 18-10/5.74w, 157-8/48.06, 2-17.27 [2455]); 12. Hope Bender (SBTC) 5824 (13.78, 5-5¼/1.67, 40-7/12.37, 24.27 [3469-11], 19-6¼/5.95, 123-4/37.59, 2-14.49 [2355]); 13. Allison Halverson (AreteE) 5796 (13.32, 5-3¼/1.61, 33-8¼/10.28, 24.22 [3332-15], 19-9/6.02w, 134-8/41.05, 2-13.01 [2464]); 14. Alissa Brooks-Johnson (unat) 5753 (13.86, 5-7/1.70, 41-6½/12.66, 25.14 [3432-12], 19-2/5.84w, 131-7/40.10, 2-17.99 [2321]); 15. Lauren Taubert (KsSt) 5500 (13.79, 5-7/1.70, 36-1¼/11.00, 24.83 [3360-14], 18-4½/5.60w, 93-6/28.50, 2-10.13 [2140]); 16. Erinn Beattie (UCD) 5478 (14.21, 5-9¼/1.76, 36-3½/11.06, 25.95 [3278-16], 18-8¾/5.71w, 108-0/32.92, 2-14.05 [2200]).

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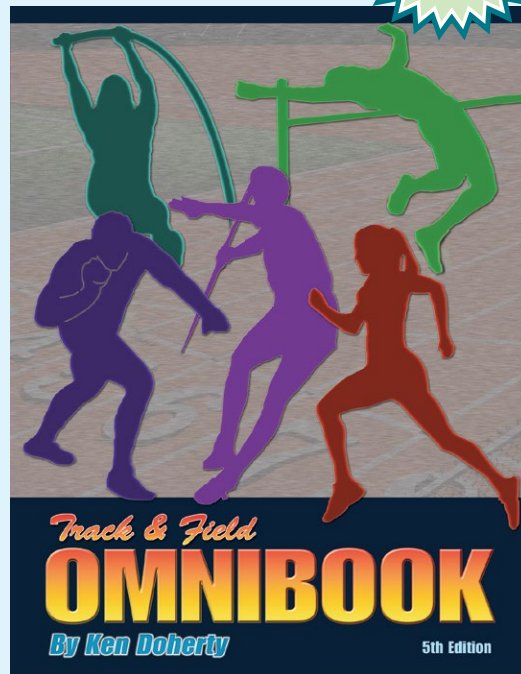
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# London Diamond League – Hurdlers Run Wild

by Bob Ramsak

LONDON, ENGLAND, July 20-21—Danielle Williams and Karsten Warholm stormed their way into the all-time top 10s in their respective hurdle specialties to highlight London's Müller Anniversary Games, the only 2-day meet on this year's Diamond League circuit.

In the 100H, '15 world champion Williams was on fire from the outset en route to a sensational 12.32 to cap what was by far the finest day of the 26-year-old Jamaican's career. Arriving in the British capital with a lifetime best of 12.48, which had her =No. 35 on the all-time list, she dispensed with that in the heats 55 minutes before the final, clocking 12.41 to climb to =No. 17. Her time in the final elevated her to No. 7 ever, supplanting NCAA champ Janeek Brown as Jamaican Recordholder. Nia Ali was a distant 2nd in 12.57 ahead of fellow American Queen Claye (12.64).

Said Williams, who is trying to claw her way onto the Doha squad by way of a DL Wild Card after her DQ at the Jamaican Championships last month, "It has been coming all season and it was just about when."

Just 12 minutes earlier, Warholm had blitzed to a world-leading 47.12 in the 400H to shatter the European Record for the second time in as many races to move to the No 6 spot all-time. He was at No. 12 coming in. The contest wasn't a scoring event for DL points, but his chief rivals will nonetheless take note of the Norwegian's latest



**Danielle Williams PRed twice on the day, moving from =No. 35 on the all-time list to No. 7.**

## Williams & Warholm Join The All-Time Top 10s

Fast wins at the London DL meet made Danielle Williams No. 7 on the all-time women's 100H list and Karsten Warholm No. 6 on the men's 400H compilation. The all-time lists:

Women's 100H			
Rank	Time	Athlete	Date
1.	12.20	Keni Harrison (US)	7/22/16
2.	12.21	Yordanka Donkova (Bulgaria)	8/20/88
3.	12.25	Ginka Zagorcheva (Bulgaria)	8/08/87
4.	12.26	Lyudmila Engquist (Russia)	6/06/92
		Brianna McNeal (US)	6/22/13
6.	12.28	Sally Pearson (Australia)	9/03/11
7.	<b>12.32</b>	<b>Danielle Williams (Jamaica)</b>	<b>7/20/19</b>
8.	12.33	Gail Devers (US)	7/23/00
9.	12.34	Sharika Nelvis (US)	6/26/15
10.	12.35	Jasmin Stowers (US)	5/15/15

Men's 400H			
Rank	Time	Athlete	Date
1.	46.78	Kevin Young (US)	8/06/92
2.	46.98	Abderrahmane Samba (Qatar)	6/30/18
3.	47.02	Edwin Moses (US)	8/31/83
	47.02	Rai Benjamin (Antigua)	6/06/92
5.	47.10	Samuel Matete (Zambia)	8/07/91
6.	<b>47.12</b>	<b>Karsten Warholm (Norway)</b>	<b>7/20/19</b>
7.	47.19	Andre Phillips (US)	9/25/88
8.	47.23	Amadou Bâ (Senegal)	9/25/88
9.	47.24	Kerron Clement (US)	6/26/05
10.	47.25	Félix Sánchez (Dominican Republic)	8/29/03
		Angelo Taylor (US)	8/18/08

exploit, this time coming on the same track where he battled his way to the '17 world title.

With a clear lead as he approached the first hurdle, Warholm forged on, producing the relentless early race attack that has become his trademark. But this time, as he scorched off the final turn, a solitary figure, he didn't notably slow. The toll of his early pace did finally begin to show as he reached hard to maintain his rhythm as he approached the ninth barrier and then stutter slightly as he approached the tenth and led over it with his non-preferred right leg. But he nonetheless managed to clip a massive 0.21 from the European Record he set in Oslo 5 weeks ago. "I always try to surprise but at the same time it's not a given," said the 23-year-old Norwegian, who won by nearly 2 seconds. "It takes hard work, dedication and a lot for me to get out those extraordinary times."

Shelly-Ann Fraser-Pryce continued to impress in the 100. After cruising to a 10.95 in the heats, the 2-time Olympic gold medalist dominated the second day's meet-capping final with a 10.78 command performance, her third sub-10.8 of the season. Triple European champion Dina Asher-Smith was a distant 2nd in 10.92, with Marie-Josée Ta Lou 3rd in 10.98. In the men's 100 African champion Akani Simbine notched his first DL win of the year, holding off Briton Zharnel Hughes 9.95-9.97. In Sunday's 200 China's Zhenye Xie,

dashed to a surprise 19.88 Asian Record, clipping a massive 0.28 from his previous best. Elaine Thompson won the women's 200m in 22.13, with Ta Lou (22.36) 2nd.

A pair of electrifying 5000s did their best to pull the spotlight from the sprints. In one of Sunday's premiere showdowns, Hellen Obiri kicked away from Sifan Hassan with just over 200 to go to win in a world-leading 14:20.36. The Kenyan needed to utilize every bit of her notorious closing speed to hold off compatriot Agnes Tirop, who blew by the fading Hassan over the final 50 to finish 2nd in 14:20.68. For Obiri, it was her second-fastest performance ever and for Tirop, a lifetime best and the fastest non-winning time ever.

Said Obiri, who took the '17 world title here, "I am so happy because this is my favorite track and I have done my best and I ran the way I wanted to. In the last lap I was thinking, work hard and I said to myself when I went past Hassan, 'Let me go and see if you can catch me.'" Hassan couldn't, but still clocked 14:22.12 to improve her own European Record by 0.12, 9 days after breaking the WR in the mile.

In the men's race, Hagos Gebrhiwet continued his good week. Less than 72 hours after his world-leading 26:48.95 in Hengelo, the 25-year-old Ethiopian (13:01.86) outkicked Norwegian teenager Jakob Ingebrigtsen in a fierce last-lap battle. Ingebrigtsen took the lead with just over 500 to go, trying to build a small gap with the move. But Gebrhiwet reacted quickly to stay in contact before making his bid with 250 remaining. While he couldn't quite shake Ingebrigtsen, he did hold him off, forcing the European champion to settle for a national record 13:02.03 in 2nd.

On the infield, meet records fell in the wom-

en's long jump and men's discus throw courtesy of Germany's Malaika Mihambo and Sweden's Daniel Ståhl. Mihambo reached 23-½ (7.02) in the fourth round to take the win while Ståhl produced a 224-11 (68.56) effort in the third to secure his seventh straight win. In the triple jump, Pedro Pablo Pichardo won the latest installment in his ongoing rivalry with Christian Taylor, the Portuguese bounding 57-6¼ (17.53) with his fourth jump. Taylor, who was struggling with the swirling winds, reached 56-4¾ (17.19) in round 6 to take the runner-up spot.

Laura Muir closed with a solid 57.3 lap to take the 1500 in 3:58.25 and collect her second DL win of the season. The Scot hit the front as she entered the backstraight and was never seriously threatened, although Kenyan Winny Chebet closed well to finish 2nd in 3:59.93, as did Gabriela DeBues-Stafford, whose 4:00.26 in 3rd was a Canadian Record.

Ferguson Rotich won his first DL 800 of the season in 1:43.14 while the anticipated battle between world leader Nijel Amos and Emmanuel

Korir—last year's top runner—never materialized. Amos pulled up less than 200m into the race, clutching his right hamstring before falling to the track while Korir, still feeling the effects of a serious automobile crash he was involved in 3 weeks ago, was never in the hunt, finishing a distant 8th in 1:44.75. □

**Karsten Warholm produced his sixth PR over the last two seasons and is now No. 6 ever.**



## LONDON DL MEN'S RESULTS

Müller Anniversary Games London, England

July 20–21 (07/20–100, 800, 5K, 400H, LJ, TJ, 100H)

100(0.5): 1. Akani Simbine (SA) 9.93; 2. Zhanel Hughes (GB) 9.95; 3. Yohan Blake (Jam) 9.97; 4. Yuki Koike (Jpn) 9.98 PR; 5. Andre De Grasse (Can) 9.99; 6. Adam Gemili (GB) 10.04; 7. Yoshihide Kiryu (Jpn) 10.13; 8. Cejhae Greene (Ant) 10.19; 9. Arthur Cissé (Ci) 10.25. Non-DL 200(0.9): 1. Zhenye Xie (Chn) 19.88 NR; 2. Miguel Francis (GB) 19.97; 3. Aldemir Gomes da Silva (Bra) 20.17; 4. Yuki Koike (Jpn) 20.24; 5. Nathaneel Mitchell-Blake (GB) 20.28; 6. Eseosa Desalu (Ita) 20.51; 7. Alonso Edward (Pan) 20.52; 8. Shemar Boldizar (GB) 20.56 PR; 9. Mario Burke (Bar) 20.78.

400: 1. Akeem Bloomfield (Jam) 44.40 (11.1, 9.9 [21.0], 11.1 [32.1], 12.3) [21.0/23.4]; 2. Jonathan Jones (Bar) 44.63 NR; 3. Nathon Allen (Jam) 44.85; 4. Obi Igbokwe (US) 45.06; 5. Demish Gaye (Jam) 45.11; 6. Baboloki Thebe (Bot) 45.23; 7. Luka Janežič (Slo) 45.49; 8. Rabah Youusif (GB) 45.52; 9. Marcus Chambers (US) 46.26.

800: 1. Ferguson Cheruiyot (Ken) 1:43.14 (24.5, 26.0 [50.5], 26.5 [1:17.0], 26.1 [50.5/52.6]); 2. Wycliffe Kinyamal (Ken) 1:43.48; 3. Marcin Lewandowski (Pol) 1:43.74; 4. Cornelius Tuwei (Ken) 1:43.90; 5. Wesley Vázquez (PR) 1:44.42 (1:16.57); 6. Jamie Webb (GB) 1:44.52 PR; 7. Adam Kszczot (Pol) 1:44.61; 8. Emmanuel Korir (Ken) 1:44.75; 9. Kyle Langford (GB) 1:44.97 PR; 10. Elliot Giles (GB) 1:45.03; 11. Andreas Kramer (Swe) 1:45.10;... dnf—Nijel Amos (Bot) (inj);... rabbit—Harun Abda (US) (49.48).

**Non-DL Mile: 1. Samuel Tefera (Eth) 3:49.45 PR (out WL) (3:34.36);** 2. Filip Ingebrigtsen (Nor) 3:49.60 NR (3:34.35) (2:52.25) (57.3, 57.9 [1:55.2], 57.1 [2:52.3], 57.3 409m); 3. Jake Wightman (GB) 3:52.02 PR (3:36.66); 4. Charles Simotwo (Ken) 3:53.31 PR (3:37.69); 5. Matthew Ramsden (Aus) 3:53.32 PR (3:37.96); 6. Amos Bartelsmeyer (Ger) 3:53.33 PR (3:38.58); 7. Chris O'Hare (GB) 3:53.35 (3:38.34); 8. Josh Kerr (GB) 3:53.88 PR (3:38.47); 9. Ryan Gregson (Aus) 3:54.54 (3:38.75); 10. Jake Heyward (GB) 3:54.78 PR (3:39.38); 11. Nick Willis (NZ) 3:55.45 (3:39.68);

12. Piers Copeland (GB) 3:56.05 PR (3:40.78); 13. James West (GB) 3:56.79 PR (3:40.46); 14. Vincent Kibet (Ken) 3:58.09 (3:39.92); 15. Zak Seddon (GB) 3:58.90 PR (3:41.31 PR); 16. Neil Gourley (GB) 4:05.80 (3:44.23);... rabbits—Bram Som (Hol) (55.20), Jordan Williams (Aus) (1:53.04).

Non-DL 5000: 1. Hagos Gebrhiwet (Eth) 13:01.86 (finish: 25.7, 53.3, 1:54.2, 4:01.5); 2. Jakob Ingebrigtsen (Nor) 13:02.03 NR, NJR (25.6, 53.6, 1:54.5, 4:01.5); 3. Nicholas Kimele (Ken) 13:05.48; 4. Stewart McSweyn (Aus) 13:05.63; 5. Andrew Butchart (GB) 13:06.21 PR; 6. Rhonex Kipruto (Ken) 13:07.40 PR (7:55.91, 10:30.62); 7. Yemaneberhan Crippa (Ita) 13:07.84 PR; 8. Patrick Tiernan (Aus) 13:12.68 PR; 9. Morgan McDonald (Aus) 13:18.91; 10. Ben Connor (GB) 13:19.47 PR; 11. Paul Tanui (Ken) 13:23.27; 12. Alexander Yee (GB) 13:29.18 PR; 13. Brett Robinson (Aus) 13:39.37; 14. Marc Scott (GB) 13:49.55; 15. Sam Parsons (GB) 13:50.30; 16. Sam McEntee (GB) 13:55.07; 17. Nick Goobal (GB) 14:02.27;... dnf—Jordan Gusman (Aus), Sam Atkin (GB);... rabbit—Cornelius Kiplangat (Ken) (2:38.55, 5:14.28).

Non-DL 110H(0.4): 1. Wenjun Xie (Chn) 13.28; 2. Wilhem Belocian (Fra) 13.28; 3. Omar McLeod (Jam) 13.32; 4. Pascal Martinot-Lagarde (Fra) 13.49; 5. Antonio Alkana (SA) 13.51; 6. Andy Pozzi (GB) 13.52; 7. Ronald Levy (Jam) 13.60; 8. David King (GB) 13.66;... fs—Cameron Filley (GB).

**Non-DL 400H: 1. Karsten Warholm (Nor) 47.12 NR (WL) (6, 6 W);** 2. Yasmani Copello (Tur) 48.93; 3. Amere Lattin (US) 49.18; 4. Byron Robinson (US) 49.29; 5. Rasmus Mägi (Est) 49.71; 6. Jaheul Hyde

(Jam) 49.79; 7. Jeffery Gibson (Bah) 49.88; 8. Chris McAlister (GB) 49.93;... dnf—Kyrone McMaster (BVI).

**4x100: 1. Great Britain 37.60 (WL) (Ujah, Hughes, Kilty, Mitchell-Blake);** 2. Japan 37.78; 3. Netherlands 37.99 NR; 4. Brazil 38.01; 5. China 38.54; 6. Taipei 39.76; 7. Poland 39.87.

### Field Events

HJ: 1. Majed El Dein Ghazal (Syn) 7-6½ (2.30); 2. Mutaz Essa Barshim (Qat) 7-5¼ (2.27); 3. Tihomir Ivanov (Bul) 7-4¼ (2.24); 4. Ilya Ivanyuk (Rus) 7-4¼ (2.24); 5. Tom Gale (GB) 7-4¼; 6. Andrii Protsenko (Ukr) 7-4¼; 7. Hamish Kerr (NZ) 7-2½ (2.20); 8. Chris Baker (GB) 7-2½; 9. Mathew Savelle (Ken) 7-2½.

LJ: 1. Luvo Manyonga (SA) 27-5½ (8.37) (26-7¼, 26-5½, 26-5½, 27-5½, 26-7¼) (8.11, 8.06, 8.06, 8.37, 8.12);

2. Tajay Gayle (Jam) 27-3¼ (8.32) PR (26-5, 21-7½, 27-3¼, f, f, f) (8.05, 6.59, 8.32, f, f, f); 3. Ruswahl Samaai (SA) 26-7¼ (8.11) ; 4. Miltiádis Tentóglou (Gre) 26-2¾ (7.99); 5. Trumaine Jefferson (US) 25-10¾ (7.89); 6. Jacob Fincham-Dukes (GB) 25-3¼ (7.70); 7. Dan Bramble (GB) 24-11¼ (7.61); 8. Henry Smith (US) 24-10 (7.57).

TJ: 1. Pedro Pablo Pichardo (Por) 57-6¼ (17.53) (56-2¾, f, 56-11¼, 57-6¼, 55-9¼) (17.14, 17.35, 17.53, 17.00); 2. Christian Taylor (US) 56-4¼ (17.19) (51-4¼, 54-6¼, 53-9, 55-10½, 56-4¼) (15.66, 16.63, 16.38, 17.03, 17.19); 3. Fabrice Zango Hugues (Bur) 55-4¼ (16.88); 4. Alexis Copello (Aze) 55-1½ (16.80); 5. Ben Williams (GB) 53-11¼ (16.45); 6. Nelson Evora (Por) 53-8½ (16.37); 7. Nathan Douglas (GB) 53-1 (16.18). DT: 1. Daniel Ståhl (Swe) 224-11 (68.56) (205-11, 218-6, 224-11, f, f, 215-7) (62.77, 66.61, 68.56, f, f, 65.71); 2. Fedrick Dacres (Jam) 220-1 (67.09) (220-1, f, 219-8, f, 215-11, 217-1) (67.09, f, 66.95, f, 65.83, 66.18); 3. Andrius Gudžius (Lit) 214-7 (65.40); 4. Ola Stunes Isene (Nor) 211-9 (64.55); 5. Piotr Malachowski (Pol) 209-4 (63.81); 6. Lukas Weissshaidinger (Aut) 209-1 (63.74); 7. Christoph Harting (Ger) 208-11 (63.69); 8. Matt Denny (Aus) 207-6 (63.25); 9. Lawrence Okoye (GB) 199-6 (60.80); 10. Gregory Thompson (GB) 198-3 (60.42).

## LONDON DL WOMEN'S RESULTS

(7/20–200, 400, 1500, 100H, 4x1, PV, JT, 100H)

100(0.7): 1. Shelly-Ann Fraser-Pryce (Jam) 10.78; 2. Dina Asher-Smith (GB) 10.92; 3. Marie-Josée Ta Lou (Ci) 10.98; 4. Blessing Okagbare (Ngr) 11.04; 5. Gina Lückenkemper (Ger) 11.14; 6. Murielle Ahouré (Ci) 11.17; 7. Michelle-Lee Ahye (Tri) 11.19; 8. Tatjana Pinto (Ger) 11.28;... fs—Dafne Schippers (Hol).

Non-DL 200(1.1): 1. Elaine Thompson (Jam) 22.13; 2. Ta Lou 22.36; 3. Beth Dobbin (GB) 22.50 PR; 4. Shashalee Forbes (Jam) 22.93; 5. Jamile Samuel (Hol) 22.94; 6. Mujinga Kambundji (Swi) 22.95; 7. Schillonie Calvert-Powell (Jam) 23.16; 8. Bianca Williams (GB) 23.19; 9. Katarina Johnson-Thompson (GB) 23.19.

400: 1. Shericka Jackson (Jam) 50.69; 2. Stephanie Ann McPherson (Jam) 50.74; 3. Lavia Nielsen (GB) 50.83 PR; 4. Anastasia Le-Roy (Jam) 51.46; 5. Justyna Święty-Erseic (Pol) 51.58; 6. Emily Diamond (GB) 51.69; 7. Anita Horvat (Slo) 51.83.

Non-DL 800: 1. Lynsey Sharp (GB) 1:58.61; 2. Catriona Bissett (Aus) 1:58.78 NR; 3. Alexandra Bell (GB) 1:59.82 PR; 4. Shelayna Oskan-Clarke (GB) 1:59.83; 5. Morgan Mitchell (Aus) 2:00.06 PR; 6. Hannah Segrave (GB) 2:00.18 PR; 7. Natoya Goule (Jam) 2:00.51 (1:27.70); 8. Carley Thomas (Aus) 2:01.01 PR; 9. Adelle Tracey (GB) 2:09.74;... rabbit—Aneta Lemiesz (Pol) (56.91).

1500: 1. Laura Muir (GB) 3:58.25 (3:15.11) (65.6, 65.9 [2:11.5], 63.7 [3:15.2], 43.1) (14.8, 28.8, 57.4, 2:03.2); 2. Winny Chebet (Ken) 3:59.93; 3. Gabriela DeBues-Stafford (Can) 4:00.26 NR; 4. Winnie Nanyondo (Uga) 4:00.40; 5. Konstanze Klosterhalfen (Ger) 4:00.43; 6. Sarah McDonald (GB) 4:00.46

PR; 7. Jemma Reekie (GB) 4:02.09 PR; 8. Claudia Bobocea (Rom) 4:02.27 PR; 9. Rabab Arrafi (Mor) 4:03.53; 10. Daryia Barysevich (Blr) 4:03.58 PR; 11. Clara Mageean (Ire) 4:03.70; 12. Sofia Ennaoui (Pol) 4:04.06; 13. Linden Hall (Aus) 4:04.29; 14. Axumawit Embaye (Eth) 4:04.63;... rabbit—Hannah Segrave (GB) (65.21, 65.82 [2:11.03]).

**5000: 1. Hellen Obiri (Ken) 14:20.36 (WL) (finish: 30.6, 62.0, 2:07.5, 4:23.4); 2. Agnes Tirop (Ken) 14:20.68 PR (6, x W) (30.4, 62.1, 2:07.6, 4:23.6); 3. Sifan Hassan (Hol) 14:22.12 NR (8, x W) (11:39.09) (32.1, 63.9, 2:09.4, 4:24.6);**

4. Margaret Kipkemboi (Ken) 14:31.69 PR; 5. Caroline Kipkirui (Ken) 14:36.10; 6. Eva Cherono (Ken) 14:40.25 PR;

**7. Beatrice Chebet (Ken) 14:46.12 PR (WJL) (7, x WJ);**

8. Lilian Rengeruk (Ken) 14:48.69; 9. Gloria Kite (Ken) 14:49.22 PR (8:46.22); 10. Letesenbet Gidey (Eth) 14:51.46; 11. Karoline Bjerkeli Grovdal (Nor) 14:51.66 PR; 12. Laura Weightman (GB) 14:51.78 PR; 13. Eilish McCoolgan (GB) 14:51.89; 14. Lonah Chemtai Salpeter (Isr) 14:59.02 NR; 15. Dominique Scott Eturd (SA) 14:59.08 PR; 16. Andrea Seccafien (Can) 15:12.93; 17. Jessica Judd (GB) 15:16.47 PR; 18. Rosie Clarke (GB) 15:19.75 PR; 19. Jessica O'Connell (Can) 15:28.80; 20. Amy-Eloise Neale (GB) 15:35.02;... dnf—Melissa Courtney (GB), Renata Pliś (Pol);... rabbits—Natalie Rue (Aus) (2:53.90), Winnie Nanyondo (Uga) (5:48.44). **(best-ever mark-for-place: 2-3)**

**100H(0.8): 1. Danielle Williams (Jam) 12.32 NR (WL) (7, x W);**

2. Nia Ali (US) 12.57; 3. Queen Claye (née Harrison) (US) 12.64; 4. Megan Tapper (Jam) 12.66; 5. Tobl Amusan (Ngr) 12.73; 6. Pedrya Seymour (Bah) 12.96; 7. Elvira Herman (Blr) 13.02; 8. Evonne Britton (US) 13.15;... dq—Tiffany McReynolds (US) (fell).

400H: 1. Russell Clayton (Jam) 54.16 PR; 2. Zuzana Hejnová (CzR) 54.33; 3. Tia Adana Belle (Bar) 54.54; 4. Anna Ryzhykova (Ukr) 54.64; 5. Janieve Russell (Jam) 55.14; 6. Meghan Beesley (GB) 55.20; 7. Sage Watson (Can) 55.32; 8. Wenda Nel (SA) 56.39.

Non-DL 4 x 100: 1. Jamaica 42.29; 2. Great Britain 42.30; 3. China 42.71; 4. Brazil 43.18; 5. All Stars International (US) 43.42; 6. Poland 43.44; 7. Australia 44.04.

### Field Events

PV: 1. Anzhelika Sidorova (Rus) 15-7 (4.75) (14-11, 15-3, 15-7 [2], 15-9¼ [xxx]) (4.55, 4.65, 4.75 [2], 4.82 [xxx]); 2. Katerina Stefanidi (Gre) 15-7 (14-11 [2]), 15-3, 15-7 [2], 15-9¼ [xxx]) (4.55 [2], 4.65, 4.75 [2], 4.82 [xxx]); 3. Holly Bradshaw (GB) 15-3 (4.65); 4. Yarisley Silva (Cub) 15-3; 5. Rosbeliys Peinado (Ven) 15-3; 6. Alysha Newman (Can) 15-3; 7. Nikoléta Kiriakopoulou (Gre) 14-11 (4.55); 8. Angelica Bengtsson (Swe) 14-11; 9. Michaela Meijer (Swe) 14-11.

LJ: 1. Malaika Mihambo (Ger) 23-½ (7.02) (f, 22-10, f, 23-½, 22-9, f) (f, 6.96, f, 7.02, 6.93, f); 2. Brittney Reese (US) 22-4½ (6.82) (21-3½, 21-11¼, 22-¼, f, 22-1¾, 22-4½) (6.49, 6.70, 6.71, f, 6.75, 6.82); 3. Maryna Bekh-Romanchuk (Ukr) 22-3 (6.78); 4. Brooke Stratton (Aus) 21-9½ (6.64); 5. Lorraine Ugen (GB) 21-8¼ (6.62); 6. Tissanna Hussong (GB) 21-5¼ (6.53); 7. Katarina Johnson-Thompson (GB) 21-2¾ (6.47); 8. Christabel Netley (Can) 20-9¼ (6.33);... 3f—Shara Proctor (GB).

JT: 1. Tatsiana Khaladovich (Blr) 216-10 (66.10) (187-8, 210-1, 216-10, 199-0, 215-0, f) (57.21, 64.05, 66.10, 60.66, 65.53, f); 2. Kelsey Barber (Aus) 216-0 (65.85) (191-0, 162-8, 211-0, 180-3, 198-2, 216-0) (58.22, 49.58, 64.31, 54.95, 60.40, 65.85); 3. Christina Hussong (GB) 215-7 (65.73) (215-7, 202-9, f, 214-8, 206-4, f) (65.73, 61.81, f, 65.43, 62.89, f); 4. Sara Kolak (Cro) 209-4 (63.80); 5. Nikola Ogrodniková (CzR) 206-10 (63.05); 6. Barbora Špotáková (CzR) 202-10 (61.82); 7. Martina Ratej (Slo) 199-5 (60.79); 8. Madara Palameika (Lat) 197-3 (60.13); 9. Kara Winger (US) 197-1 (60.08); 10. Liz Gleadle (Can) 191-6 (58.38). □

# Pan-Am Junior Champs — U.S. Relays Run Rampant

SAN JOSÉ, Costa Rica, July 19–21—Making the most of 1121m of helpful altitude, Team USA's U20 standouts claimed a trio of World Junior Records at the Pan-Am Juniors. New standards went to both of the men's baton teams plus the women's 4x4.

Texas prep Matthew Boling (Strake, Houston) had a hand in both of the men's standards, first anchoring the 4x1 to a 38.62, snipping 0.04 from the record set by the National Junior Team in '04. Preceding Boling in the quartet were Arian Smith, Justin Ofofan & Marcellus Moore.

The next day, Boling unleashed a brilliant 44.5 as the 4x4's second leg. He had received the baton from Frederick Lewis (45.9) and handed off to Matthew Moorer (45.2), but as scintillating as Boling's carry was, it paled in comparison to the fastest high school split ever, the 43.7 anchor by Justin Robinson (West, Hazelwood, Missouri). The final time of 2:59.30 took more than a second off the 3:00.33 set by the U.S. Juniors 2 years ago.

Boling and Robinson both struck individual gold as well. Robinson's 45.04 wasn't a PR, but Boling's 10.11 and 20.31 were, moving him to Nos. 4 and 8 on the all-time HS lists.

The women's relay record came from a four-some of Alexis Holmes (51.6), Kimberly Harris (51.2), Ziyah Holman (51.4) & Kayla Davis (49.8). Their 3:24.04 crushed the WJR of 3:27.60 set by the U.S. Juniors at the '04 Worlds. Davis also won the 400 in 51.61.



**(l-r): Frederick Lewis, Matthew Moorer, Matthew Boling & Justin Robinson claimed a World Junior Record.**

Colorado prep Anna Hall (Valor, Highlands Ranch) also got in on the record action, putting together heptathlon marks of 14.11, 5-11½ (1.82), 41-1½ (12.53), 24.22, 18-¼ (5.49), 110-7 (33.70) & 2:10.11 for 5829 points. That eclipsed her own

5798 from last year. The record total was not the winning total, however. Hall also had a wind-aided long jump of 18-2½ (5.55) that gave her a 5847w aggregate that's not eligible for any record consideration. □

## PAN-AM JUNIORS MEN'S RESULTS

San José, Costa Rica, July 19-21

(altitude 1121m; U20 implements used)

(7/19—100, 400, 5K, 110H, PV, LJ, DT; 7/20—200, 800, St, 10K, 10W, 4x1, JT)

**100(0.5): 1. Matthew Boling (US) 10.11 PR (HSL) (4, 4 HS);**

2. Oblique Seville (Jam) 10.21; 3. Michael Stephens (Jam) 10.34.

**200(-0.8): 1. Boling (US) 20.31 PR (WJL, AJL) (8, x HS);**

2. Kennedy Lightner (US) 20.56; 3. Lucas Conceicao Vilar (Bra) 20.70 PR.

400: 1. Justin Robinson (US) 45.04; 2. Myles Misener-Daley (Can) 45.62 PR; 3. Bovel Mcherson (Jam) 45.97 PR.

800: 1. Raul Neri (Mex) 1:49.10 PR; 2. Darius Kipyego (US) 1:49.46 PR; 3. Agnaldo Gonzaga (Bra) 1:49.48 PR;... 6. James Olivier (US) 1:54.21.

1500: 1. Foster Malleck (Can) 3:47.05 PR; 2. Carter Free (Can) 3:48.29 PR; 3. John Castro (PR) 3:49.05 PR;... 8. Drew Maher (US) 3:59.16; 10. Jason Gomez (US) 4:08.29.

5K: 1. César Gómez (Mex) 9:11.05; 2. Julio Palomino (Per) 9:14.39; 3. Tate Wyatt (Can) 9:19.23;... 5. Alex Slanning (US) 9:27.74; 10. Benjamin Nibbelink (US) 9:54.52.

10,000: 1. Joshua Desouza (Can) 15:17.15 PR; 2. Marc-Andre Trudeau Perron (Can) 15:17.56; 3. César Gómez (Mex) 15:18.64;... 5. Adam Dayani (US) 15:28.04; 8. Grant Gardner (US) 15:44.50.

10,000W: 1. Danny Kilrea (US) 30:49.45; 2. Nicholas Yanek (US) 31:06.06; 3. Frank Lujan (Per) 31:07.87 PR.

**110H(2.7): 1. Eric Edwards (US) 13.11w (a-c: 9, 9 WJ; 3, 3 AJ);**

2. Tai Brown (US) 13.36w; 3. Akeem Cargill (Jam) 13.56w.

**400H: 1. Alison Brendom Alves Dos Santos (Bra) 48.49 PR (WJL) (3, 6 WJ);**

2. James Smith (US) 49.84; 3. Rovane Williams (Jam) 50.29;... 7. Cass Elliott (US) 52.83.

10,000W: 1. Cesar Cordoba (Mex) 42:26.83; 2. Carlos Mercenario (Mex) 43:08.94; 3. Sebastian Felipe Merchan (Col) 43:16.71;... 9. Samuel Allen (US) 48:22.33; 10. Jordan Crawford (US) 49:54.56.

**4 x 100: 1. United States 38.62 WJR, AJR (old records 38.66 United States '04) (Arian Smith, Justin Ofofan, Marcellus Moore, Matthew Boling);**

2. Jamaica 39.20; 3. Brazil 39.42.

**4 x 400: 1. United States 2:59.30 WJR, AJR (old records 3:00.33 United States '17) (Frederick Lewis 45.9, Matthew Boling 44.5, Matthew Moorer 45.2, Justin Robinson 43.7);**

**2. Jamaica 3:00.99 NJR (3WJ, #2 nation); 3. Brazil 3:02.84 NJR (10WJ; #4 nation); 4. Barbados 3:03.86 NJR (#6 nation).**

### Field Events

HJ: 1. Erick Portillo (Mex) 7-1¾ (2.18); 2. Charles McBride (US) 7-¼ (2.14); 3. Nicolás Numair (Chil) 7-¼;... 5. Dontavious Hill (US) 6-10¼ (2.09).

PV: 1. Branson Ellis (US) 17-6½ (5.35); 2. Pablo Zaffaroni (Arg) 17-¾ (5.20); 3. Max Manson (US) 16-10¼ (5.15).

LJ: 1. Wayne Pinnock (Jam) 25-8 (7.82); 2. Phillip Austin (US) 25-8 (7.82) PR; 3. Shacquille Lowe (Jam) 24-6¼w (7.47);... 5. A'Nan Bridgett (US) 24-2¼ (7.37).

TJ: 1. Geiner Moreno (Col) 53-9¼w (16.40); 2. Andy Hechavarría (Cub) 53-7w (16.33); 3. Terrol Wilson (Jam) 52-5½w (15.99); 4. Treyvon Ferguson (US) 52-2¼ (15.91);... 8. Jamar Davis (US) 50-9¼ (15.47).

SP: 1. Otilio Ogbornia (US) 67-11¼ (20.72); 2. Josh Sobota (US) 67-5½ (20.56); 3. Juan C. Vázquez (Cub) 66-1¼ (20.16).

DT: 1. Claudio Romero (Chil) 203-7 (62.07); 2. Dabirac M. Pérez (Cub) 201-8 (61.48); 3. Josh Sobota (US) 201-2 (61.32) PR;... 9. Zach Gehm (US) 179-5 (54.69).

HT: 1. Rowan Hamilton (Can) 247-2 (75.35); 2. Ronald Mencia (Cub) 234-0 (71.34); 3. Julio Nobile (Arg) 227-8 (69.40);... 6. Joseph Benedetto (US) 218-3 (66.52); 11. Garret Doyle (US) 189-6 (57.78).

**JT: 1. Tzurriel Pedigo (US) 252-5 (76.95) PR (4, 4 AJ) (216-3, 223-5, 233-3, f, 236-9, 252-5) (65.91, 68.10, 71.10, f, 72.16, 76.95);**

2. Luiz Mauricio Da Silva (Bra) 244-5 (74.51) PR; 3. Tyriq Horsford (Tri) 234-4 (71.42);... 6. Marc Minichello (US) 210-0 (64.01).

Dec(7/19-20): 1. Yan Hernández (Cub) 7254 PR; 2. Jett Kinder (US) 6627 PR; 3. Esteban Josue Ibañez (EIS) 6426 PR; 4. Corbett Fong (US) 6194.

## PAN-AM JUNIOR WOMEN'S RESULTS

(7/19—100, 400, 3K, 100H, LJ, SP; 7/20—200, 800, 5K, 400H, 4x1, HJ, TJ, DT)

100(-1.4): 1. Briana Williams (Jam) 11.38; 2. Thelma Davies (US) 11.39; 3. Brandee Presley (US) 11.41.

200(1.4): 1. Lanae-Tava Thomas (US) 22.80; 2. Jayda Eckford (US) 23.04; 3. Lorraine Martins (Bra) 23.06 PR.

400: 1. Kayla Davis (US) 51.61; 2. Alexis Holmes (US) 52.59; 3. Doneisha Anderson (Bah) 53.23.

800: 1. Athing Mu (US) 2:05.50; 2. Aurora Rynda (Can) 2:07.78; 3. Morgan Foster (US) 2:07.96.

1500: 1. Maggie Smith (Can) 4:25.47; 2. Rachel Hickey (US) 4:26.83 PR; 3. Jocelyn Chau (Can) 4:27.20; 4. Meghan Underwood (US) 4:30.41.

3000: 1. Brogan MacDougall (Can) 9:23.23; 2. Marlee Starliper (US) 9:27.88 PR; 3. Ana Cifuentes (Col) 10:07.41 PR; 4. Ariana Gardizy (US) 10:09.32.

St: 1. Lydia Olivere (US) 10:12.16 PR; 2. Grace Fetherstonhaugh (Can) 10:32.13; 3. Megan Worrel (US) 10:48.04.

5000: 1. Sofia Isabel Mamani (Per) 17:16.59; 2. Anne Forsyth (Can) 17:20.66; 3. Mariana Martinez (Mex) 17:30.49;... 5. Heidi Nielson (US) 18:15.38.

100H(0.6): 1. Jasmine Jones (US) 13.20; 2. Ackera Nugent (Jam) 13.37; 3. Micaela de Mello (Bra) 13.41;... dq—Masai Russell (US).

400H: 1. Jessica Moreira (Bra) 55.94 PR; 2. Masai Russell (US) 56.29 PR; 3. Valeria Cabezas (Col) 56.67;... 5. Britton Wilson (US) 58.19.

10,000W: 1. Glenda Estefanía Morejón (Ecu) 44:46.02; 2. María Luz Andia (Per) 45:22.94 PR; 3. Noelia Vargas (CRC) 46:32.92;... 10. Grace Endy (US) 56:44.81.

**4 x 100: 1. United States 43.51 (7A) (Thelma Davies, Semira Killebrew, Caisja Chandler, Brandee Presley);**

2. Jamaica 44.36; 3. Canada 44.42.

**4 x 400: 1. United States 3:24.04 WJR, AJR (old records 3:27.60 United States '04) (WL, AL) (Alexis Holmes 51.6, Kimberly Harris 51.2, Ziyah Holman 51.4, Kayla Davis 49.8);**

2. Canada 3:30.68; 3. Jamaica 3:31.34.

### Field Events

HJ: 1. Sanaa Barnes (US) 6-0 (1.83); 2. Lamara Distin (Jam) 5-11¼ (1.81); 3. Shelby Tyler (US) 5-10 (1.78).

PV: 1. Nastajssa Campbell (US) 14-0 (4.27); 2. Hayley Horvath (US) 12-9½ (3.90); 3. Luciana Gomez (Arg) 12-5½ (3.80).

LJ: 1. Claire Bryant (US) 20-2¼ (6.15); 2. Shantae Foreman (Jam) 20-1½ (6.13); 3. E.J. Onah (US) 19-11¼ (6.09).

TJ: 1. Lotavia Brown (Jam) 43-4¼w (13.22); 2. Leyanis Pérez (Cub) 43-4¼ (13.21); 3. Tikeisha Welcome (Can) 43-1¾ (13.15) PR; 4. Kalli Hatcher (US) 42-11¼ (13.10);... 6. Trentoria Green (US) 41-10½w (12.76).

SP: 1. Trinity Tutti (Can) 52-4 (15.95); 2. Tedrauna Britt (US) 51-10 (15.80) PR; 3. Patience Marshall (US) 51-5¾ (15.69).

DT: 1. Melany Matheus (Cub) 195-3 (59.53); 2. Tutti 180-0 (54.87); 3. Silinda Morales (Cub) 179-7 (54.75);... 5. Veronica Fraley (US) 165-5 (60.43); 6. Britt 164-10 (50.25).

HT: 1. Liz A. Collía (Cub) 204-7 (62.36); 2. Hawa Mahama (US) 202-1 (61.61); 3. Alegna Osorio (Cub) 197-4 (60.15); 4. Shelby Moran (US) 194-7 (59.32).

JT: 1. Yulesy Anahí Angulo (Ecu) 193-5 (58.96) NR; 2. Skylar Ciccolini (US) 175-9 (53.58); 3. Ava Curry (US) 156-4 (47.67).

**Hept(7/20-21): 1. Anna Hall (US) 5847w PR/5829ok HSR (old HSR 5798[A] Hall '18) (2, 4 AJ) (14.11, 5-11½/1.82, 41-1½/12.53, 24.22, 18-2½/5.55w [18-¼/5.49 ok], 110-7/33.70, 2:10.11);**

2. Marys Patterson (Cub) 5420; 3. Timara Chapman (US) 5060. □

**A 43.7 carry at the Pan-Am Juniors put Justin Robinson in elite company.**



## Meet Justin Robinson, America's Latest 400 Prodigy

to go under 44 outdoors. If he comes anywhere close, and takes care of Darrell Robinson's '82 HS Record of 44.69, he'll be the most recruited prep in America and he has already met with a number of coaches. "That's been a lot of fun," Robinson says of the process, but obviously there's no guarantees he'll ever put on a college uniform.

"He'll have to see if it makes sense not to go to run college, and financially his education will have to be covered," Burris says. "But he's enjoying it, he's liked every coach he's met with. For someone that new to the sport to get that kind of attention is special."

Now, as he will begin a fairly brief offseason after running in the Pan-Am Games with the pros, there is a chance to reflect on a 2019 that included running on the recordsetting 4x4 with the year's other big prep sprint star, Matthew Boling. "That was an incredible experience, it's fun to be on a stage like that," Robinson says. "I got to run with some great guys, that was a lot of fun."

He started setting himself up for that back at Great Southwest when he ran that blazing 44.84. Says Burris, who was actually a college roommate of Robinson's father, "On the morning of New Mexico, I asked him what he thought he was going to do. He said, 'I can go 45.1 or 45.2.' I said, 'If you do that you'll be pretty upset because you'll be right at the U18 World Record.' In that race, I said, 'Let's don't worry about tactics and splits. Expose yourself, run with heart,' and that's what he did."

Robinson has as much heart as talent, and that could set him up for a special future. □

### by Bret Bloomquist

ON ITS FACE, Justin Robinson's rise as America's top high school 400 runner has been as rapid as his times. The senior-to-be at Hazelwood West High in greater St. Louis made his first international splash last summer when his 45.21 third leg at the World Juniors helped earn 4x4 silver for the U.S. This year brought fast wins at Arcadia (46.22) and Missouri State (46.30). In the first week of June, at Albuquerque's Great Southwest meet, he crushed the World Youth Record (and national soph-class and age-18 records) with his 44.84(A) to kick off what has been a sensational summer that featured a 43.7 carry at the Pan-Am Juniors, the fastest HS relay leg ever. That timeline is remarkable. The story behind it is far more amazing. "This has been exciting, I'm a little surprised by it all," Robinson says. "It all came really quickly." That's because he didn't start running track until he reached high school. His first season was in '17, and he didn't give up football until that '18 relay leg—hand-timed in the high 44s—in Finland. "I told coach if I broke 45 I'd quit football and focus on track and try to have a really good year," he says. "I did it in that relay and quit football."

The coach, Sean Burris, remembers it well. "After his sophomore year at the World Championships, bringing team USA back for the silver medal, that's when he let go of football," Burris says. "He saw the light, that track was what he's meant to do."

What Robinson has done since speaks to an immense natural talent, but what should truly excite American 400 fans is that, by design, he's just starting to touch that talent, explains Burris: "We'll go into evaluations, there are some deficiencies to address. In about the middle of September we'll start addressing some issues, get that cleaned up and start working for the Olympic Trials. We don't run a lot of races; I don't believe in racing for the sake of racing. Last year he ran one outdoor 400 before he had to run at district. He worked all the way through the state meet, it was like a workout."

Deficiencies? From a guy who ran a 44.84 as a junior? "I'm going to work more on my 200 speed," Robinson says. "That's where I can get better. That's going to be my focus."

"He can't run fast enough to make himself tired," is how Burris puts it. "We've overbuilt the gas tank, now we're working on the engine."

To that end, Robinson's training is about to hit a different level. Until now, Burris says he's taken it easy on his star pupil. No more. "He's been running track for less than 2 years and I train him as such," Burris says. "In terms of the volume of work he does, it's the same volume for anyone whose been running track that long. I give him a lot of rest. The main thing is to keep it enjoyable and fun, that's the big emphasis."

"But now he can handle more of the upper intensity work, we haven't touched that. That's how I know we're going to see fairly significant improvement next year, as crazy as that sounds. Next year I'm expecting to see him run something pretty amazing. The main thing is to build his speed. Do that, you'll see him do some things no one has ever done."

As for what that means his senior year, the goal is to run in the mid-44s in the indoor season—something only a handful of pros have ever done—which would set Robinson up to try

### The Elite Sub-45 Relay Leg Club

Back in the May edition, when high schooler Matthew Boling ran 44.74 at the Texas State Meet, we published a list of all-time prep sub-45 legs. Little did we suspect that even though Boling would improve his best to 44.5(A) at the Pan-Am Juniors he'd end up not as the fastest prep on the year. That honor has passed to Justin Robinson, who actually became the first ever to break 44, albeit altitude-aided. As compiled by HS Editor Jack Shepard, here are history's 13 sub-45 performers with their 16 sub-45 performances, noting that while there other sub-45 claims out there, the sourcing isn't sufficiently reliable to include them here:

Split	Athlete	Meet	Date
43.7(A)	*Justin Robinson (West, Hazelwood, Missouri)	Pan-Am Juniors	7/21/19
44.1	*William Reed (Central, Philadelphia, Pennsylvania)	Olympic Sports Festival	7/25/87
44.2	Chris Nelloms (Dunbar, Dayton, Ohio)	World Junior Champs	8/12/90
44.58	*Thomas Burns (Northwestern, Miami, Florida)	New Balance Nationals	6/18/17
44.5	Henry Thomas (Hawthorne, California)	Texas Relays	4/06/85
(A)	Matthew Boling (Strake, Houston, Texas)	Pan-Am Juniors	7/21/19
44.61	— — **Reed	World Junior Champs	7/20/86
44.74	— — Boling	Texas State	5/11/19
44.7	*Milton Mallard (North, Garland, Texas)	Junior Olympics	7/28/91
	Bryshon Nellum (Poly, Long Beach, California)	Norwalk, California	5/25/07
44.8+	Johnny Jones (Lampasas, Texas)	Viking Relays	4/09/76
44.8	*Roy Martin (Roosevelt, Dallas, Texas)	Texas Relays	4/07/84
	Andre Steele (Salisbury, North Carolina)	Junior International	7/07/91
	*Obear Moore (Muir, Pasadena, California)	California State	6/01/96
	*Michael Norman (Vista Murrieta, Murrieta, California)	California State	6/04/15
44.9	— — Martin	Texas Relays	4/06/85

(\* = mark made as a junior; \*\* = mark made as a soph; + = mark converted from yards by subtracting 0.3; A = altitude over 1000m)

# Pan-Am Games — A Big Meet For Kara Winger

KIRBY LEE/IMAGE OF SPORT



**She was only 2nd at USATF, but Kara Winger bounced back with a sterling series that saw all 6 of her throws past 200-feet.**

LIMA, PERU—Kara Winger was in a good place when she threw an opening 207-8 (63.31) to take the javelin lead in the Pan-Am Games. “I really focused on trying to relax before USAs and I didn’t have time to do that,” she said. “But the 2 weeks in between were perfect. I’ve been putting tons and tons of pressure on myself, so [coach] Dana [Lyon] and I talked in practice about just trying to compete, trying to be fierce

and trying to use emotions in a positive way instead of letting them get me really even tighter in the body and my shoulders.”

It also turned out to be beneficial that Winger was rooming with friend and USATF champion Ariana Ince. “It was super helpful to be with somebody that I was completely comfortable with. That kind of set the stage... The plan was to start strong.” Check.

In round 2, Winger’s turn came during a lull in the action at the Estadio Nacional del Perú. She looked across the track and saw her own face on the stadium scoreboard. “I wasn’t going to start the clap, but then I popped up on that big screen. I saw myself and nothing else was going on in the stadium. So I thought, ‘Round 1 went well, why not involve these fans who are here?’ So that’s when I started the little clap. That’s just a little boost of energy. And then the challenge is to stay focused on the technique that worked for you in round 1 and trust that.”

She trusted, and the javelin arched out over the field piercing the ground at 213-0 (64.92)—the fifth-longest throw in U.S. history and one that was more than long enough to win gold: “Tiny technical changes made a world of difference in practice between USAs and Pan-Ams. Just to have that tiny boost of confidence from those practices going into round 1, and have round 1 go the way it did, and then stay focused on the competition was really fun.”

Winger finished out a particularly strong series, saying, “I really wanted to prove to myself that those things were repeatable. I was instantly emotional about that. It’s just been really challenging to not feel like I had a good grasp on how to even throw the javelin this season. So to hit the Olympic qualifying mark and the fifth-best throw of my career, it was such a relief. I definitely felt like I had more in

## Gwen Berry Stages Victory Podium Protest

“Somebody has to talk about the things that are too uncomfortable to talk about. Somebody has to stand for all of the injustices that are going on in America and a president who’s making it worse,” a strident Gwen Berry told *USA TODAY* in Lima. The hammer gold medalist, channeling Carlos & Smith from Mexico City ’68, raised her fist during the playing of the national anthem. “It’s too important to not say something,” she added. “Something has to be said. If nothing is said, nothing will be done, and nothing will be fixed, and nothing will be changed.”

The day before, fencer Race Imboden had taken a knee during the anthem. “We must call for change,” he explained. “This week I am honored to represent Team USA at the Pan-Am Games, taking home gold and bronze. My pride however has been cut short by the multiple shortcomings of the country I hold so dear to my heart. Racism, gun control, mistreatment of immigrants and a president who spreads hate are at the top of a long list.”

What punishment(s) for these actions may lie in store for the two protestors weren’t immediately addressed, but Pan-Am/Olympic athletes sign standard agreements not to “make remarks or release propaganda of political, religious or racial nature, or any other kind” during the Games. USOPC representative Mark Jones said the organization was “reviewing what consequences may result.”

the tank and I'm really excited about that for the rest of the season."

Looking ahead, she is focused on what she needs to do to challenge at Worlds. "I want to be up there with them. There's more work to do. Winning Pan-Ams is awesome, but I want to keep the hard lessons that I learned in mind. I need to keep my eyes on the bigger prize." She topped Canada's Liz Gleagle (207-8/63.30) and Ince took the bronze at 204-5 (62.32).

Winger's was one of 7 gold medals won by Team USA out of a total haul of 33. Mike Rodgers took the 100 in 10.09—the only American win

in the sprints, though impressive high school junior Justin Robinson grabbed bronze with his 45.07—the No. 7 prep time ever—in the 400. Nikki Hiltz stormed to the 1500 gold in 4:07.14, finishing ahead of Jamaica's Aisha Praught Leer (4:08.26) and U.S. teammate Alexa Efraimson (4:08.63). "Being the one to stop the clock never gets old," tweeted Hiltz.

On the final day of stadium events, Chris Nilsen vaulted 18-10<sup>3</sup>/<sub>4</sub> (5.76) on his third try to top Brazil's Augusto Dutra (18-8<sup>3</sup>/<sub>4</sub>/5.71). Omar Craddock came from behind to win the triple jump with his fifth-round 57-2 (17.42). Ending

up with silver was Cuba's 18-year-old Jordan Diaz, whose 57-<sup>1</sup>/<sub>4</sub> (17.38) was a World Junior leader. Gwen Berry captured the hammer at 244-10 (74.62), with teammate Brooke Anderson winning silver with a 233-2 (71.07).

Finally, the women's 4x4 of Lynna Irby, Jaide Stepter, Anna Cockrell and Courtney Okolo put together a 3:26.46 to top Canada's 3:27.61.

One of the meet's most notable marks came from Venezuela's Yulimar Rojas in the triple jump, bounding a national record 49-7 (15.11) to take over the yearly world lead. □

## PAN-AM GAMES MEN'S MEDALISTS

Lima, Peru, July 27; August 04, 06–11 (all Americans are listed)

(7/27—Mar; 8/4—20W; 8/6—5K, DT; 8/7—100, LJ, SP; 8/8—400, 1500, 400H, HT; 8/9—200, 10K, 4x1, HJ; 8/10—800, St, 110H, 4x4, PV, TJ, JT)

100(-0.5): 1. Mike Rodgers (US) 10.09; 2. Paulo André de Oliveira (Bra) 10.16; 3. Cejhae Greene (Ant) 10.23;... 6. Cravon Gillespie (US) 10.38.

200(-1.0): 1. Alex Quiñónez (Ecu) 20.27; 2. Jereem Richards (Tri) 20.38; 3. Yancarlos Martínez (DR) 20.44. Heats: III(-0.9)—6. Andrew Hudson (US) 42.96.

400: 1. Anthony Zambrano (Col) 44.83; 2. Demish Gaye (Jam) 44.94;

**3. Justin Robinson (US) 45.07 (x, 7 HS);**

4. Wil London (US) 45.22.

800: 1. Marco Arop (Can) 1:44.25 PR; 2. Wesley Vázquez (PR) 1:44.48; 3. Ryan Sanchez (PR) 1:45.19; 4. Bryce Hoppel (US) 1:47.48.

1500: 1. Carlos Villarreal (Mex) 3:39.93; 2. Johnny Gregorek (US) 3:40.42; 3. William Paulson (Can) 3:41.15.

St: 1. Altobelli da Silva (Bra) 8:30.73; 2. Carlos Andrés San Martín (Col) 8:32.24 PR; 3. Mario Bazán (Per) 8:32.34; 4. Benard Keter (US) 8:32.76; 5. Travis Mahoney (US) 8:34.77.

5000: 1. Fernando Daniel Martínez (Mex) 13:53.87 PR; 2. Altobelli da Silva (Bra) 13:54.42; 3. Carlos Diaz (Chi) 13:54.43;... 8. Josef Tessema (US) 14:00.19;... 10. Tyler Day (US) 14:01.13.

10,000: 1. Éderon Pereira (Bra) 28:27.47 PR; 2. Reid Buchanan (US) 28:28.41; 3. Lawi Lalang (US) 28:31.75.

110H(1.8): 1. Shane Brathwaite (Bar) 13.31; 2. Freddie Crittenden (US) 13.32; 3. Eduardo Santos (Bra) 13.48;... dnf—Jarret Eaton (US).

**400H: 1. Alison Brendon Alves Dos Santos (Bra) 48.45 PR (WJL) (3, 5 WJ);**

2. Amere Lattin (US) 48.98; 3. Kemar Mowatt (Jam) 49.09;... 6. Norman Grimes (US) 49.65.

Mar: 1. Christian Pacheco (Per) 2:09:31 PR; 2. Jose Santana Marin (Mex) 2:10:54 PR; 3. Juan Pacheco (Mex) 2:12:10; 4. Augustus Maiyo (US) 2:12:25 PR;... 14. Aaron Braun (US) 2:21:55.

20W: 1. Brian Pintado (Ecu) 1:21:51; 2. Caio Bonfim (Bra) 1:21:57; 3. José Alejandro Barrondo (Gua) 1:21:57.

50W: 1. Claudio Villanueva (Ecu) 3:50:01; 2. Horacio Nava (Mex) 3:51:45; 3. Diego Pinzon (Col) 3:53:49;... 5. Matthew Fergues (US) 4:19:28;... dnf—Nick Christie (US).

4 x 100: 1. Brazil 38.27 (do Nascimento, Vides, Derick, de Oliveira); 2. Trinidad 38.46 (Elcock, Bledman, Hislop, Greaux); 3. United States 38.79 (Eaton, Gillespie, Robinson, Rodgers).

4 x 400: 1. Colombia 3:01.41 (Perlaiza, Palomeque, Solís, Zambrano); 2. United States 3:01.72 (Harris, Cherry, Robinson, London); 3. Trinidad 3:02.25 (St. Hillare, Richards, Lendore, Cedenio).

### Field Events

HJ: 1. Luis Zayas (Cub) 7-6<sup>1</sup>/<sub>2</sub> (2.30) PR; 2. Michael Mason (Can) 7-5<sup>1</sup>/<sub>2</sub> (2.28); 3. Roberto Vilches (Mex) 7-5 (2.26);... 5. Keenon Laine (US) 7-4<sup>1</sup>/<sub>2</sub> (2.24); 6. Jeron Robinson (US) 7-3 (2.21).

PV: 1. Chris Nilsen (US) 18-10<sup>3</sup>/<sub>4</sub> (5.76); 2. Augusto Dutra (Bra) 18-8<sup>3</sup>/<sub>4</sub> (5.71); 3. Clayton Fritsch (US) 18-4<sup>3</sup>/<sub>4</sub> (5.61).

LJ: 1. Juan Miguel Echevarría (Cub) 27-1<sup>1</sup>/<sub>4</sub> (8.27); 2. Tajay Gayle (Jam) 26-9<sup>1</sup>/<sub>4</sub> (8.17); 3. Emiliano Lasa (Uru) 25-10 (7.87);... 6. Trumaine Jefferson (US) 25-1<sup>1</sup>/<sub>4</sub> (7.66).

TJ: 1. Omar Craddock (US) 57-2 (17.42) (56-2<sup>1</sup>/<sub>2</sub>, 56-4<sup>1</sup>/<sub>2</sub>, 55-8<sup>1</sup>/<sub>2</sub>, p, 57-2, f) (17.13, 17.19, 16.98, p, 17.42, f);

**2. Jordan Díaz (Cub) 57-<sup>1</sup>/<sub>4</sub> (17.38) (WJL) (x, 6 WJ) (55-0, 56-4<sup>1</sup>/<sub>2</sub>, 55-10<sup>1</sup>/<sub>2</sub>, 57-<sup>1</sup>/<sub>4</sub>, f, 56-4<sup>1</sup>/<sub>2</sub>) (16.76, 17.19, 17.03, 17.38, f, 17.18);**

3. Andy Díaz (Cub) 55-2<sup>1</sup>/<sub>4</sub> (16.83);... 6. Chris Carter (US) 53-5<sup>1</sup>/<sub>2</sub> (16.29).

SP: 1. Darlan Romani (Bra) 72-5 (22.07) (68-3<sup>1</sup>/<sub>4</sub>, 68-7<sup>3</sup>/<sub>4</sub>, 69-6<sup>1</sup>/<sub>4</sub>, 69-5<sup>1</sup>/<sub>4</sub>, 70-8, 72-5) (20.81, 20.92, 21.19, 21.16, 21.54, 22.07); 2. Jordan Geist (US) 67-9<sup>1</sup>/<sub>4</sub> (20.67); 3. Uziel Muñoz (Mex) 67-5<sup>1</sup>/<sub>2</sub> (20.56);... 9. Josh Awotunde (US) 62-5<sup>1</sup>/<sub>4</sub> (19.04).

DT: 1. Fedrick Dacres (Jam) 222-0 (67.68) (217-0, 222-0, f, 213-4, 213-6, f) (66.14, 67.68, f, 65.02, 65.07, f); 2. Traves Smikle (Jam) 213-4 (65.02); 3. Reggie Jagers (US) 211-6 (64.48);... 3f—Brian Williams (US).

HT: 1. Gabriel Enrique Kehr (Chi) 246-0 (74.98); 2. Humberto Mansilla (Chi) 244-0 (74.38); 3. Sean Donnelly (US) 243-6 (74.23);... 8. Rudy Winkler (US) 235-8 (71.84).

JT: 1. Anderson Peters (Grn) 286-5 (87.31) NR (286-5, 268-4, 258-11, 281-10, 266-5, f) (87.31, 81.78, 78.92, 85.90, 81.21, f); 2. Keshorn Walcott (Tri) 274-1 (83.55); 3. Albert Reynolds (StL) 269-8 (82.19) NR; 4. Michael Shuey (US) 264-10 (80.72);... 10. Curtis Thompson (US) 214-6 (65.39).

Dec(8/6-7): 1. Damian Warner (Can) 8513(10.32, 25-4<sup>1</sup>/<sub>4</sub>/7.4, 49-3/15.01, 6-5<sup>1</sup>/<sub>2</sub>/1.97, 47.77, 13.68, 160-2/48.82, 14-5<sup>1</sup>/<sub>4</sub>/4.40, 195-2/59.48, 4:38.31); 2. Lindon Victor (Grn) 8240; 3. Pierce LePage (Can) 8161;... 9. Nathan Hite (US) 7389.

## PAN-AM GAMES WOMEN'S MEDALISTS

(7/27—Mar; 8/4—20W; 8/6—800h, 10K, LJ, DT; 8/7—100, 800; 8/8—200h, 400, 100H, 400H, HJ, PV; 8/9—200, 1500, 5K, 4x1, TJ, SP, JT; 8/10—St, 4x4, HT)

100(-0.6): 1. Elaine Thompson (Jam) 11.18; 2. Michelle-Lee Ahye (Tri) 11.27; 3. Victoria Cristina Rosa (Bra) 11.30;... 5. Twanisha Terry (US) 11.37.

200(-0.1): 1. Shelly-Ann Fraser-Pryce (Jam) 22.43; 2. Rosa 22.62 PR; 3. Tynia Gaither (Bah) 22.76. Heats: I(-1.0)—6. Lynna Irby (US) 23.93.

400: 1. Shericka Jackson (Jam) 50.73; 2. Paola Morán (Mex) 51.02 PR; 3. Courtney Okolo (US) 51.22;... dq—Jaide Stepter (US).

800: 1. Natoya Goule (Jam) 2:01.26; 2. Rose M. Almanza (Cub) 2:01.64;

2. Deborah Hiltz (Uru) 2:01.66. Heats: II-7. Athing Mu (US) 2:07.30.

1500: 1. Nikki Hiltz (US) 4:07.14; 2. Aisha Praught Leer (Jam) 4:08.26;

3. Alexa Efraimson (US) 4:08.63;

St: 1. Geneviève Lalonde (Can) 9:41.45; 2. Marisa Howard (US) 9:43.78; 3. Belén Casetta (Arg) 9:44.46.

5000: 1. Laura Galván (Mex) 15:35.47; 2. Jessica O'Connell (Can) 15:36.08; 3. Kim Conley (US) 15:36.95;... 6. Lauren Paquette (US) 15:45.93.

10,000: 1. Natasha Wodak (Can) 31:55.17; 2. Risper Gesabwa (Mex) 31:59.00 PR; 3. Rachel Cliff (Can) 32:13.34; 4. Elaina Tabb (US) 32:24.37;... 6. Sarah Pagano (US) 32:48.04.

100H(0.1): 1. Andrea Carolina Vargas (CR) 12.82 NR; 2. Chanel Brissett (US) 12.99; 3. Megan Tapper (Jam) 13.01;... 7. Sharika Nelvis (US) 13.23.

400H: 1. Sage Watson (Can) 55.16; 2. Anna Cockrell (US) 55.50; 3. Rushell Clayton (Jam) 55.53.

Mar: 1. Gladys Tejeda (Per) 2:30:55; 2. Bethany Sachtleben (US) 2:31:20 PR; 3. Angie Orjuela (Col) 2:32:27 PR;... 5. Sam Roecker (US) 2:32:49 PR; 6. Valdilene Silva (Bra) 2:34:20; 7. Margarita Hernández (Mex) 2:35:06; 8. Andreia Hessel (Bra) 2:35:40.

20W: 1. Sandra Arenas (Col) 1:28:03 NR; 2. Kimberley García (Per) 1:29:00; 3. Erica de Sena (Bra) 1:30:34;... 12. Robyn Stevens (US) 1:40:29;... dq—Miranda Melville (US).

50W: 1. Johana Ordóñez (Ecu) 4:11:12; 2. Mirna Ortiz (Gua) 4:15:21; 3. Paola Perez (Ecu) 4:16:54;... 9. Stephanie Casey (US) 4:50:31;... dnf—Katie Burnett (US).

4 x 100: 1. Brazil 43.04 (Fidelis, Rosa, Martins, Santos); 2. Canada 43.37 (Bingham, Emmanuel, Best, Buchanan); 3. United States 43.39 (Brissett, Terry, Collins, Irby).

4 x 400: 1. United States 3:26.46 (Irby, Stepter, Cockrell, Okolo); 2. Canada 3:27.01 (McDonald, Stiverne, Constantine, Watson); 3. Jamaica 3:27.61 (McPherson, James, Goule, McGregor).

### Field Events

HJ: 1. Lavern Spencer (StL) 6-1<sup>1</sup>/<sub>2</sub> (1.87); 2. Priscilla Frederick (Ant) 6-1<sup>1</sup>/<sub>2</sub>; 3. Kimberly Williamson (Jam) 6-<sup>1</sup>/<sub>2</sub> (1.84);... 8. Nicole Greene (US) 5-10<sup>1</sup>/<sub>2</sub> (1.80);... 10. Morgan Smalls (US) 5-8<sup>1</sup>/<sub>2</sub> (1.74).

PV: 1. Yarisleys Silva (Cub) 15-7 (4.75); 2. Katie Nageotte (US) 15-5 (4.70); 3. Alysha Newman (Can) 14-11 (4.55); 4. tie, Olivia Gruver (US) & Rosbeliys Peinado (Ven) 14-11.

LJ: 1. Chantel Malone (BVJ) 21-11 (6.68); 2. Keturah Orji (US) 21-10<sup>1</sup>/<sub>4</sub> (6.66); 3. Tissanna Hickling (Jam) 21-7<sup>1</sup>/<sub>2</sub> (6.59);... 8. Aliyah Whisby (US) 20-10<sup>1</sup>/<sub>2</sub> (6.36).

**TJ: 1. Yulimar Rojas (Ven) 49-7 (15.11) NR (WL) (16, x WJ) (48-10<sup>1</sup>/<sub>4</sub>, f, 48-1<sup>1</sup>/<sub>4</sub>, 49-7, f, f) (14.90, f, 14.67, 15.11, f, f);**

2. Shanika Ricketts (Jam) 48-5<sup>1</sup>/<sub>2</sub> (14.77) PR; 3. Liadagmis Povea (Cub) 47-10<sup>1</sup>/<sub>4</sub> (14.60);... 13. Kelly McKee (US) 41-7<sup>1</sup>/<sub>4</sub> (12.68); 14. Bria Matthews (US) 39-9<sup>1</sup>/<sub>4</sub> (12.13).

SP: 1. Danniell Thomas-Dodd (Jam) 64-1<sup>1</sup>/<sub>4</sub> (19.55) NR;

2. Brittany Crew (Can) 62-6<sup>1</sup>/<sub>4</sub> (19.07) PR; 3. Jessica Ramsey (US) 62-4<sup>1</sup>/<sub>2</sub> (19.01); 4. Dani Hill (US) 59-3 (18.06).

DT: 1. Yaimé Pérez (Cub) 218-5 (66.58); 2. Andressa de Moraes (Bra) 216-6 (65.98) NR; 3. Fernanda Raquel Martins (Bra) 204-2 (62.23);... 5. Whitney Ashley (US) 197-9 (60.27);... 8. Kelsey Card (US) 193-4 (58.94).

HT: 1. Gwen Berry (US) 244-10 (74.62); 2. Brooke Andersen (US) 233-2 (71.07); 3. Rosa Rodríguez (Ven) 227-11 (69.48).

**JT: 1. Kara Winger (US) 213-0 (64.92) (AL) (x, 5 A) (207-8, 213-0, 206-0, 207-5, 200-7, 205-1) (63.31, 64.92, 62.78, 62.33, 61.15, 62.50);**

**2. Liz Gleadle (Can) 207-8 (63.30); 3. Ari Ince (US) 204-5 (62.32).**

Hept(8/7-8): 1. Adriana Rodríguez (Cub) 6113; 2. Annie Kunz (US) 5990; 3. Martha Valeria Araujo (Col) 5925 PR;... 7. Riley Cooks (US) 5516;... dnf—Tyra Gittens (Tri), Yorgelis Rodríguez (Cub).

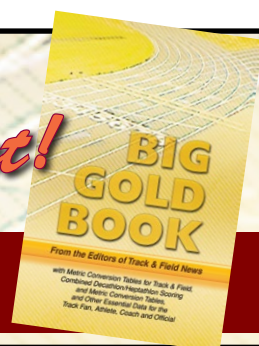
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# Prediction Department – 2019 World Championships Medalists

KIRBY LEE/IMAGE OF SPORT



The only man favored to win WC gold for the third time in a row is Christian Taylor in the TJ.

IN A NORMAL YEAR one can do a pretty good job of making World Champs medal predictions by the time August rolls around (particularly when the meet was in July!), but this is no ordinary year. Even as we close down the August edition, there are still some 6 weeks to go before things get underway in Doha, and that's just too far out for comfort.

Nonetheless, with the USATF meet—and most other major nation's nationals—out of the way, it's time to dive into murky waters for the third time this year, fearless forecasters Richard Hymans (men) and Jonathan Berenbom (women) have updated their picks (the September issue will have last-minute 10-deep choices in every event). Things are looking rosy for Team USA at this point, but it's not uncommon for the American selection meet to raise expectations.

Note that we have not tried to handicap the mixed 4x4, and won't do so until we see how nations are going to parcel out their quartermile talent. We will go out on not much of a limb,

however, and predict that the U.S. will win that new event. Combine it with 15 U.S. men's medals (7 golds) and 15 women's (5 golds) and you get a

hefty projected total of 31 (13 golds). Last time around, London '17, the U.S. total was 24 medals split 13/17, with 10 golds (3 men, 7 women). □

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### MEN'S MEDAL PICKS

	GOLD	SILVER	BRONZE
100 Meters	Christian Coleman (USA)	Justin Gatlin (USA)	Akani Simbine (South Africa)
200 Meters	Noah Lyles (USA)	Christian Coleman (USA)	Andre de Grasse (Canada)
400 Meters	Michael Norman (USA)	Fred Kerley (USA)	Steven Gardiner (Bahamas)
800 Meters	Nijel Amos (Botswana)	Ferguson Cheruiyot (Kenya)	Marcin Lewandowski (Poland)
1500 Meters	Timothy Cheruiyot (Kenya)	Jakob Ingebrigtsen (Norway)	Samuel Tefera (Ethiopia)
Steeple	Soufiane El Bakkali (Morocco)	Benjamin Kigen (Kenya)	Hillary Bor (USA)
5000 Meters	Hagos Gebrhiwet (Ethiopia)	Selemon Barega (Ethiopia)	Yomif Kejelcha (Ethiopia)
10,000 Meters	Joshua Cheptegei (Uganda)	Hagos Gebrhiwet (Ethiopia)	Rhonex Kipruto (Kenya)
110 Hurdles	Orlando Ortega (Spain)	Sergey Shubenkov (Russia)	Grant Holloway (USA)
400 Hurdles	Abderrahmane Samba (Qatar)	Rai Benjamin (USA)	Karsten Warholm (Norway)
Marathon	Mosinet Geremew (Ethiopia)	Getaneh Tamire (Ethiopia)	Marius Kipserem (Kenya)
20K Walk	Eiki Takahashi (Japan)	Eider Arévalo (Colombia)	Daisuke Matsunaga (Japan)
50K Walk	Yohann Diniz (France)	Matej Tóth (Slovakia)	Hiroki Arai (Japan)
4 x 100	United States	Great Britain	Jamaica
4 x 400	United States	Trinidad	Bahamas
High Jump	Ilya Ivanyuk (Russia)	Majed Al Dein Ghazal (Syria)	Bogdan Bondarenko (Ukraine)
Pole Vault	Sam Kendricks (USA)	Mondo Duplantis (Sweden)	Piotr Lisek (Poland)
Long Jump	Juan Miguel Echevarría (Cuba)	Luvo Manyonga (South Africa)	Tajay Gayle (Jamaica)
Triple Jump	Christian Taylor (USA)	Pedro Pablo Pichardo (Portugal)	Will Claye (USA)
Shot	Ryan Crouser (USA)	Tom Walsh (New Zealand)	Darlan Romani (Brazil)
Discus	Daniel Ståhl (Sweden)	Fedrick Dacres (Jamaica)	Andrius Gudžius (Lithuania)
Hammer	Paweł Fajdek (Poland)	Wojciech Nowicki (Poland)	Bence Halász (Hungary)
Javelin	Magnus Kirt (Estonia)	Andreas Hofmann (Germany)	Thomas Röhler (Germany)
Decathlon	Kevin Mayer (France)	Damian Warner (Canada)	Niklas Kaul (Germany)

### WOMEN'S MEDAL PICKS

	GOLD	SILVER	BRONZE
100 Meters	Shelly-Ann Fraser-Pryce (Jamaica)	Elaine Thompson (Jamaica)	Dina Asher-Smith (Great Britain)
200 Meters	Elaine Thompson (Jamaica)	Dina Asher-Smith (Great Britain)	Blessing Okagbare (Nigeria)
400 Meters	Shaunae Miller-Uibo (Bahamas)	Salwa Eid Naser (Bahrain)	Amina Seyni (Niger)
800 Meters	Ajee' Wilson (USA)	Nelly Jepkosgei (Kenya)	Habitam Alemu (Ethiopia)
1500 Meters	Genzebe Dibaba (Ethiopia)	Faith Kipyegon (Kenya)	Laura Muir (Great Britain)
Steeple	Beatrice Chepkoech (Kenya)	Norah Tanui (Kenya)	Emma Coburn (USA)
5000 Meters	Hellen Obiri (Kenya)	Sifan Hassan (Netherlands)	Agnes Tirop (Kenya)
10,000 Meters	Sifan Hassan (Netherlands)	Letesenbet Gidey (Ethiopia)	Netsanet Gudeta (Ethiopia)
100 Hurdles	Keni Harrison (USA)	Danielle Williams (Jamaica)	Nia Ali (USA)
400 Hurdles	Dalilah Muhammad (USA)	Sydney McLaughlin (USA)	Zuzana Hejnová (Czech Republic)
Marathon	Ruth Chepngetich (Kenya)	Ruti Aga (Ethiopia)	Shure Demise (Ethiopia)
20K Walk	Glenda Estefanía Morejón (Ecuador)	Jiayu Yang (China)	Shenjie Qieyang (China)
50K Walk	Hong Liu (China)	Eleonora Giorgi (Italy)	Maocuo Li (China)
4 x 100	Jamaica	United States	Great Britain
4 x 400	United States	Jamaica	Poland
High Jump	Mariya Lasitskene (Russia)	Yuliya Levchenko (Ukraine)	Vashti Cunningham (USA)
Pole Vault	Sandi Morris (USA)	Anzheika Sidorova (Ukraine)	Katerina Stefanídi (Greece)
Long Jump	Malaika Mihambo (Germany)	Brittney Reese (USA)	Ivana Španović (Serbia)
Triple Jump	Yulimar Rojas (Venezuela)	Caterine Ibargüen (Colombia)	Liadagmis Povea (Cuba)
Shot	Lijiao Gong (China)	Chase Ealey (USA)	Daniel Thomas-Dodd (Jamaica)
Discus	Yaimé Pérez (Cuba)	Denia Caballero (Cuba)	Sandra Perković (Croatia)
Hammer	Zheng Wang (China)	DeAnna Price (USA)	Gwen Berry (USA)
Javelin	Huihui Lu (China)	Christin Hussong (Germany)	Kelsey Barber (Australia)
Heptathlon	Nafi Thiam (Belgium)	Katarina Johnson-Thompson (Great Britain)	Erica Bougard (USA)

# T&FN Interview — Vashti Cunningham

KEVIN MORRIS/PHOTO RUN



Still only 21, Vashti Cunningham already has 7 USATF titles: 3 outdoors, 4 indoors.

by Jeff Hollobaugh

FOR VASHTI CUNNINGHAM, 2-meters (6-6¾) was a long time coming. Her clearance of high jumping's major barrier came at the Prefontaine Classic, more than 3 years after she cleared 1.99 (6-6¼) to win her first USATF title just weeks before she took World Indoor gold in '16. That meet, as a high school senior on the brink of turning pro, was Cunningham's coming-out party. The world sat up and took note: the future was here.

Except that the next few years did not go as those brilliant performances in Portland seemed to prophesy. Not that the Nevada native performed badly. She won 6 of the next 7 USATF titles indoors and out. But what she really wanted—a major outdoor medal as well as higher heights—did not happen on schedule.

Cunningham has continued training in Las Vegas with her coach/father/pastor Randall Cunningham, himself a former All-Pro NFL quarterback. On the cusp of the USATF Championships she took a break to talk to us about 2-meters, upcoming championships, and her role as a veteran while still only 21.

**T&FN:** Congratulations on jumping 2.00. We haven't counted up how many times you tried that bar in the last three years, but what did it mean to you when it finally stayed up?

**Cunningham:** That meant a lot to me. When I first signed with Nike, I went 1.99 and I was 18 years old and I've been through like a few bodily changes since then. I've sprained both my ankles. I've had stomach ulcers. I've had ankle surgery. And during that time it could've been easy for me to pay attention to what people were saying about how I haven't PRed in a few years, but I kinda just stayed focused. I was able to look past everything and the time that I haven't been able to progress. To overcome that stuff and then progress really means that I know I have higher heights to come, that that's not the highest I'm going to go.

**T&FN:** Your jumping this year has been very consistent, with an undefeated record until your

runner-up finish at Pre behind Mariya Lasitskene. What's making that happen?

**Cunningham:** Just me letting my body heal and getting that bone spur from my ankle out. I was jumping with the bone spur since the Olympics and I just got it removed after last season. I really felt like it was restricting my training and my competition. I feel like now that I've got it removed I can really push myself more. And last longer.

**T&FN:** Once you recovered from the surgery, how did your off-season training go?

**Cunningham:** I would say that was one of my best training seasons. That's when I started lifting the heaviest and jumping the highest heights I have in practice.

## A Conservative Approach To Number Of Meets

**T&FN:** One thing that's jumps out, looking at your career record versus Mariya Lasitskene, is how often you compete. Last year you jumped in 9 meets, and she competed in 26! What are your thoughts on competition frequency? What's your philosophy?

**Cunningham:** I don't know how she does it because after I jump in a competition, it takes me like about a week to recover, or at least a few days. I really think that she has a different type of coaching and a different schedule to follow based on her coaching and where she's from. And I don't think that it's the same when it translates to American athletes. Here in America when we do a track meet, the biggest thing our coaches want for us is recovery and they don't want to just throw us into another meet right away. I think that it just comes down to where you're training and who's coaching you.

## On Turning Pro As A Teen

**T&FN:** Back when you made the decision to go pro, you were just a high schooler. I imagine people were throwing big decisions and big choices at you. Surely you had to have felt all kinds of pressure. Looking back on it all now, how do you feel about it? Was it good decision for you?

**Cunningham:** Yes. Looking back on the decision that me and my family made, I think it was a door that got opened wide up for me. And I see that because of the growth that I've seen in myself over the past three years. I know it's from me taking that next step, going professional. I know that I've grown in maturity because of going professional in track and dealing with the type of people I do and you know, just traveling and everything. I feel like it's really changed my mindset and the person that I am and I do think that it benefited me very well in the long run.

**T&FN:** On the domestic scene, you've been virtually unbeatable. Since 2016 you've only lost to an American once. You've won 6 of the last 7 USATF titles indoors and out. What does that do for your mindset going into the USATF meet?

**Cunningham:** It builds my confidence going into the USA meet because to know that I've been consistent over the past years, that helps me mentally going into a familiar competition. The familiarity of winning. I like going into a competition that I've been to multiple times in the past and that I feel very comfortable at. I always feel like whenever I go to a USA championship that it's very comfortable not only because of the venue, but just being around all these people who are very familiar to me. And it's always good energy from my competitors.

**T&FN:** Back in 2016, you were the youngster out there, the teenage sensation. How has the way your competitors treated you evolved as you have gained experience?

**Cunningham:** Yeah, I would say back then a little bit, I kind of was treated like the baby. I understand that I was the baby [laughs], but now I think that it's a little bit different. I think now I've kind of earned a little bit more respect and I'm not really looked down on as the baby anymore. And I like that. Some people even have referred to me as a vet and I really, really loved that.

**T&FN:** Now the global landscape is different than what you see in the U.S. and it's obviously quite challenging in your event. How do you mentally compete against someone who's as dominant as Mariya Lasitskenskaya?

**Cunningham:** That's a good question. She's a great jumper and to come into a competition and face her. Since I was in high school, I was always the top high jumper in America. So for me, going against the European high jumpers and getting on the circuit, it's different because I'm not used to going against girls who are, you know, right up there with me or jumping higher than me. And I'm certainly not really used to losing. So when I go up against Mariya, it's more of a mental thing that I have to lock into my head: I'm not going against her. I don't really know about a lot of what's going on in the high jump and with the athletes overseas and everything. So it's really to me just remaining confident in my training and knowing that I've put the work in and just trusting God to go out there and use me. That's how I enter a competition with Mariya.

**T&FN:** She's famous for how rarely she smiles or shows emotion while she competes. Have you seen a different side of her? Does she relax more for the

other jumpers than she does for the cameras?

**Cunningham:** I haven't really seen a different side of her. But after Prefontaine I did catch her, she was outside of the track and I was walking to meet my family and I saw her. We don't usually talk a lot, but I just went over and gave her a hug and she kissed me on the cheek and her mom did too. And that was like the first time I ever experienced like that they liked me [laughs] or that it was a little bit more like happiness. So that was cool to me. I was like, hmmm... "If they like me, then I'll be a little more open and nice in competition with her."

**T&FN:** Your last appearance at the outdoor World Championships [10th, London '17], I'm sure that was probably a letdown for you in some ways. Has that been in the back of your mind as a motivator for you, leading to Doha?

**Cunningham:** Yes, of course. I'm very, very motivated for Doha. And I still think about the Olympics, not getting on the medal stand—that still motivates me. Any time that I don't do as expected, I'm always thinking about that the next time around.

**T&FN:** Now that you're a veteran, is the act of going to a meet and jumping still as fun for you as

it was when you were a kid?

**Cunningham:** It's actually more fun now than it was as a kid. I think when I was younger, I felt a little bit of pressure at track meets and I was a little bit nervous. It was fun and everything back then, but I used to be just... I used to be very mental. Now that I'm older and I've built my mental strength up and I'm cool with a lot of the athletes in different countries, I have friends overseas and I have friends from America who are going overseas. For me it's just very exciting to be in a whole new place with a whole new culture and still look around and there's some people you know from America that you're close with. So to me going to a meet is like, it's more than just the track meet, it's kind of like the whole process of coming there a few days early, seeing all the familiar faces, getting in the zone, going to a track meet, warming up with everybody, and then afterwards being able to laugh a little bit and have fun with the people that competed as well.

**T&FN:** I imagine that going into this fall and next year, your goals are sky high, understandably. What do you need to do technically—and psychologically—to make your goals happen?

**Cunningham:** Technically I need to work on getting my head back when I'm jumping and jumping straight up, fixing my angle a little bit more. Mentally, I need to just tell myself that I need to understand and believe that God can do amazing things that other people can't do and, and he just wants to use his people to give him glory. So at the end of the day, even if I don't feel like I'm going to have a good competition, just knowing and trusting that God's going to come through for me, that's something that I'm working on building going into the Olympic year. I just need to make sure that I'm doing the right training in the right time for the season and my progressions are on time. □

## Vashti Cunningham In A Nutshell

### Personal

Vashti (vash-tie) Maureen Cunningham was born January 18, 1998, in Las Vegas, Nevada; 6-1/146 (1.85/66)

### Schools

Gorman High, Las Vegas '16; now represents Nike

### Coach

Randall Cunningham (HS & pro)

### PRs

Outdoor—6-6¾/2.00 '19 (=6, x A); Indoor—6-6¼/1.99 '16 (4, 6 A)

### Records

'15—6-4½/1.945 =American Junior/American Youth/High School; 6-5/1.95 American Junior/American Youth/World Youth/High School  
'16—6-5/1.96i American Junior/High School; 6-6¼/1.99i American Junior/High School  
'17—6-6¼/1.99 =American Junior

### Major Meets

'15—1)USATF Junior, 1)Pan-Am Junior; '16—1)USATFi, 1)World Indoor, 2)Olympic Trials, 13)Olympic Games; '17—1)USATFi, 1)USATF, 10)World Champs; '18—1)USATFi, 2)World Indoor, 1)USATF; '19—1)USATFi, 1)USATF

### Progression

(numbers in parentheses are World/U.S. Rankings): '13—5-10/1.78 (x/x); '14—6-2¾/1.90 (x/8); '15—6-5/1.96 (x/2); '16—6-6¼/1.99i (7/2); '17—6-6¼/1.99 (5/1); '18—6-5½/1.97i (5/1); '19—6-6¾/2.00 (??/?)

# Karissa Schweizer Has A Lot On Her Plate

JEFF COHEN



**A U.S.-leading 15:01.63 win for Karissa Schweizer at the Sunset Tour meet put her on the cusp of the sub-15:00 club.**

by Jeff Hollobaugh

IT HAS BEEN a year since Karissa Schweizer went from being the top collegiate women's distance runner—6 NCAA titles for Missouri—to being an aspiring pro in Nike's Bowerman TC. The struggle to adapt to the professional life is real. "I'm kind of the salad person," she confesses. "I haven't moved up to other meals. They cook pretty extravagant meals, so I'm just kind of learning right now."

It's not just the meal planning rotation at altitude camp that has been a challenge for the 23-year-old Iowa native. There's the running itself. Being surrounded by many of America's top runners means that workout days can be daunting she explains: "At times it can make it really hard because you have to take a step back. There are a few workouts that I haven't been able to finish. I'm not used to that. Afterwards Jerry [Schumacher] will come up and he's like, 'You know, you're running with someone who can run this in the mile and this in the 5K.' And I'm like, 'Yeah, OK, you're right.' And then you're back to being, 'Wow. I'm training with girls that are at this level.' It's pretty awesome."

Still, the tougher workouts meant that Schweizer has had to rethink her recovery days. "I'm learning to take those easy days really easy," she explains. "Listening to my body because I've dug myself into a hole a couple times and that's

definitely not where you want to be." She adds, "We kind of have this unspoken rule: we're not trying to beat each other into the ground; we're just trying to help each other in any way that we can to get through the workout."

In addition to the NCAA crowns, Schweizer already had serious credentials on the clock when she moved west to join the group that calls itself the Bowerman Babes. She had been under 15:20 for 5000 four times in her Mizzou uniform. She had cranked an 8:41.60 for 3000 indoors. Her range was notable, from 4:10.68 for 1500 to 32:00.55 in her first 10K.

Schweizer has only raced four times this outdoor season, but the results have been promising: 1500s of 4:12.10 and 4:08.51, an outdoor PR 8:42.15 at Prefontaine and a PR 15:01.63 to win the Sunset Tour. Of that 5000, the fastest U.S. clocking of the year, she says, "Before the meet we actually weren't sure if I was going to run the 15 or the 5K, but at the end of the day it was just kind of whatever one I really wanted to do. And I've always really enjoyed the 5K. I thought it'd be fun to do a little dress rehearsal before USAs. We didn't go out there and pace it to break 15. It was paced at what we thought it might be like at USA, and then we practiced cutting it down."

With international vets Courtney Frerichs and Shelby Houlihan helping with the early pace work, the race looked like a Bowerman track workout. "It's nice having a pacer there, but also having a pacer that you're comfortable

running behind," Schweizer says. "Just running behind Shelby is really easy for me. Everything clicks and it just feels really natural."

Coming so close to breaking 15:00 gave Schweizer mixed feelings. "Honestly, I was coming down the last 100 or so and I thought it said like 14:50-something, when it was actually in the 14:40s. Oh my gosh, I feel like if I had known, but who knows... In different circumstances, we definitely could have set up that race and I think a lot of the girls could have gone faster too. But for where the season's at right now, there was no point to try to set it up to be this blazing fast race. It was a really good practice and it was a good takeaway to see where I'm at right now." She adds, "There will be a time when I can get a better shot at it."

Talking with *T&FN* just after hearing about Sifan Hassan's breaking the mile World Record ("It was crazy!"), Schweizer relates that being trained by Schumacher means a light racing

schedule that is aimed at the big meets. "We've been watching all these Diamond League races and we're all like, 'I want to be in that.' It's definitely really hard, but we know there's a plan and you're going to peak at a certain time and you can't race every race."

It's a big change from the NCAA scene. Schweizer is running fewer than half the races that she used to. "There's a big learning curve," she says. "I knew there wasn't going to be a lot of races. You can tell yourself all of that, but it's a lot harder when you're in it. It's hard to watch the college races too, like the SECs and Nationals. They get to race all of the time. But we know we're training at a high level and this is going to allow us to have maybe only one or two really good races, but those are going to be pretty special."

Now, she is fired up about competing in the 5000 at the USATF meet, her first since she's been with Schumacher's program for a full cycle: "I'm excited about it being in my hometown." The Drake track is just 4M from West Des Moines' Dowling Catholic High, where Schweizer garnered plenty of All-State honors but only one State title—the 3000 as a frosh—during her prep years.

Now? "The goal for the year is to get on the Worlds team. And if not, I still would like to go out and run some fast times," she says. "I feel like my fitness is higher than it ever has been. I'd like to see what I can do." □

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

Last year's No. 2-rated 100 runner, **Ronnie Baker** was conspicuous in his absence from the sprint wars all year. At USATF, where his seasonal debut found him finishing 5th, he revealed that he had been dealing with a hamstring problem.

**Kenny Bednarek**, this year's JC breakout sprint star, signed with Nike in early July, foregoing his last 3 years of collegiate eligibility. He was struck by a hamstring pull in the USATF 200 but tells us that it's not too serious and he expects to run in some major Euro meets later this summer.

After the Rabat DL halfmiler **Ce'Aira Brown** was diagnosed with a stress reaction in her heel and focused on cross training from then until the USATF meet.

announced his retirement.

After a 13:21.35 indoors, **Sean McGorty** seemed plenty fit for '19, but a foot infection led to surgery, hence no USATF meet for the Stanford alum.

**Michael Norman** missed two weeks of practice before the USATF Championships with what he only described as a strain.

Heptathlete **Ashtin Zamzow** had a knee problem that limited her training after the NCAA meet.

### Internationally...

**Nijel Amos** dropped out of the London DL 800 with a pain in his right leg. "Nothing serious," he said. "It will be fine."

German long jumper **Melanie Bauschke** has retired at the age of 31.

Elena Burkard, Germany's national XC champion, has canceled the rest of her track season because of a foot injury.

Florida alum **Yanis David**, the NCAA long jump champion, had to miss the French Championships because of a right heel injury. She is planning to contest the triple jump in Doha.

Scottish hurdler **Eilidh Doyle** will miss the rest of the season because of pregnancy.

**Pamela Dutkiewicz**, who won bronze in the 100H at the '17 Worlds, has ended her season with an unspecified injury.

**Juan Miguel Echevarría** pulled out of the long jump at the London DL because of hamstring pain. The Cuban star subsequently won the Pan-Am title, however.

NCAA decathlon champion **Johannes Erm** of Estonia has opted not to go to Doha. Instead, he wants to prepare for the Olympic year.

Back problems have ended the season for former Euro triple jump champion **Max Heß** of Germany.

Olympic triple jump champ **Caterine Ibargüen** is dealing with plantar fasciitis in her left foot and has had to reduce her training. After taking only 5th in the Pan-Am long jump she pulled out of the TJ.

Since May Uganda's **Jacob Kiplimo**, World XC runner-up, has been sidelined by problems with his right tibialis anterior muscle. He's still

planning to compete in Doha but the 5/10K double is off; it will only be the 10,000.

**Faith Kipyegon** had to pull out of the London DL. The World and Olympic 1500 champ has an injury to her adductor magnus.

A bad landing in the London DL vault have Greece's **Nikoléta Kiriakopoulou** a bone edema and a 2-week layoff.

Long jump world champion **Luvu Manyonga** has ankle problems and says he has concerns about his fitness.

France's Euro hurdle gold medalist **Pascal Martinot-Lagarde** is dealing with mononucleosis.

**Lisa Mayer**, who ran on Germany's 4th-place 4x1 at both the Olympics and Worlds, has canceled the rest of her season because of unspecified health problems.

French steepler **Mahiedine Mekhissi** has had foot surgery and is done for the season.

World and Olympic hurdle champ **Sally Pearson** has announced her retirement at age 32, citing a persistent Achilles injury.

**Abderrahmane Samba** canceled his plans to race in London after sustaining a thigh cramp.

A stress fracture to the foot has ended the season of Swiss steeplechaser Fabienne Schlumpf, who was silver medalist at the Euros last year.

Knee problems delayed the outdoor debut of former world shot champ **Christina Schwanitz**.

Sprinter **Gavin Smellie** missed the Canadian Champs because of injury.

Germany's **Xenia Stolz**, a World Indoor finalist in the long jump, has retired at age 30 because she lost her sponsorship.

Continuing back problems have made Doha an impossibility for German shot putter **David Storl**, who says he's not fit enough to make the 22m (72-2¼) it would take to be competitive.

Italian sprinter **Filippo Tortu** is back to training after getting injured at Prefontaine.

**Nafi Thiam** says that she has recovered from what had looked like a serious elbow injury at Talence.

A calf strain took javelin thrower **Johannes Vetter** out of the German Championships.

It was just a common cold, but **Jimmy Vicaut** withdrew from the 100 final at the French Champs, saying, "With this rain it would be a stupid risk to take."

Illness kept Norwegian hurdler **Karsten Warholm** from participating in the Euro Team Champs.

Swiss sprinter **Alex Wilson**, who has run PRs of 10.08 and 19.98 this season, had to pull out of the Euro Team competition with injury.

### Doping bans:

- 8 years—Salome Biwott (Kenya, marathon);
- 4 years—Kemi Adekoya (Bahrain, 400), Eunice Kirwa (Bahrain, marathon), Pavel Vrchunsky (Russia, sprints);
- 2 years—Sanjivani Jadhav (India, 10,000);
- 9 months—Felix Kirwa (Kenya, marathon).

KU's NCAA 800 champ **Bryce Hoppel** decided to turn pro early.



KIRBY LEE/IMAGE OF SPORT

USATF heptathlon winner **Erika Bougard** revealed she had been dealing with a foot injury.

**Kristi Castlin** has been diagnosed with endometriosis. "I had just been dealing with that, a lot up-and-down. So now I'm feeling good back to my normal self just in time."

After winning silver at the Pan-Am Junior, javelin thrower **Skylar Ciccolini** ended her season because of back problems.

Hurdler **Kerron Clement** has had hamstring issues this year.

**English Gardner** tore her hamstring at Millrose and had only had 4 weeks of training prior to USATF.

The NCAA 800 champ indoors and out, **Bryce Hoppel** of Kansas has gone pro after his junior year.

Eric Jenkins had to pull out of Des Moines with injury.

5-time U.S. 1500 champ **Leo Manzano**, who had not raced since the '18 USATF meet, has

KIRBY, LEE/IMAGE OF SPORT



**His first term as the IAAF's president wrapping up, Seb Coe will be unchallenged in his bid to serve as the first head of the newly named World Athletics (WA).**

UK ATHLETICS DROPPED THE BALL big-time at the Euro Team Championships, entering the wrong athlete on its 4x4. The team was unable to start because it mistakenly declared shot putter Youcef Zatat, who had not made the trip to Poland. Zatat had somehow been confused with sprinter Rabah Yousif, who was on hand. Said Zatat on Twitter, "For those asking, 10000000% sure I would have run..."

The dates for the '20 Prefontaine Classic have been set for June 06-07 at the new Hayward Field. That's a Saturday/Sunday pairing...

Jenn Suhr has signed a new 3-year contract with adidas, and indicated that that will take her to the end of her career. She'll turn 38 come February...

The long jump gold medalist at the European Juniors was Larisa Iapichino of Italy, daughter of 2-time World champ Fiona May. The pole vault went to Aksana Gataullina, daughter of Olympic silver medalist Rodion Gataullin...

Monmouth 800 find Allie Wilson has signed with the Atlanta TC for her post-collegiate career...

Trey Culver high jumped in Des Moines wearing a shirt that said not sponsored—one of many top contenders who showed up unattached...

Zofia Dudek, the Polish winner of the 3000 at the European Junior (U20) Championships, also competes for Pioneer HS in Ann Arbor, Michigan...

Longtime Arkansas State coach Guy Kochel died at 78, in August. He coached 6 Olympians, including vault World Record holder Earl Bell...

Olympic hurdlers Jeff and wife Tiffany Porter had a baby in July...

Dutch 4x4 Olympian Madiea Ghafoor faces legal issues of a world-class nature after being arrested in Germany with \$2.17 million in ecstasy and crystal meth in the trunk of her car...

A surprise visit by a drug testing crew to a track in Rohtak, India, only snared a few samples from some youngsters, as a number of elite athletes training there reportedly fled when news of the testing spread...

Former miler Phil Banning, who ran for Britain at the '75 Euro Indoor, has been sentenced

to 7½ years in prison for assaults on four girls under the age of 16. The crimes stem from his coaching career in the '70s and '80s...

Kyle Langford, who placed 4th in the '17 Worlds in the 800, has been fined \$1200 for getting into a physical scuffle with a 74-year-old official at a local meet.

Bedan Muchiri, 4th in the 10,000 at the last two Worlds, says he will miss the Kenyan Trials because of a previous commitment to a half marathon in Argentina...

Derartu Tulu, interim president of Ethiopia's federation, has resigned her spot on the nation's Olympic committee...

The Doha timetable may allow for Norway's Karsten Warholm to try a 400/400H double, but his coach, Leif Olav Alnes, says it probably won't happen.

American Pete Pfitzinger, winner of the '84 OT Marathon, has been named CEO of Athletics New Zealand. He has lived Down Under since the mid-'90s...

Three-time XC skiing medalist Teresa Johaugh won the Norwegian track title at 10,000 in

32:20.19. "There is no [skiing] World Championships this season, so there is an opportunity to challenge yourself in something else," she said...

We're waiting on pins and needles to see what the first ratified World Record is for the mixed-sex 4x4. The IAAF Council has decided it will be the first performance to better the U.S.'s 3:13.20 from '16. Bahrain's 3:11.89 from last year was not drug-tested, so it will not be ratified...

The 41st annual high jump meet in Eberstadt, Germany, won't be held this year, but organizers report that it will move 10K down the road next summer and be held in Heilbronn...

Paraguay canceled its commitment to host the '22 South American Games, deciding the money will be better spent on a new hospital...

Masters vaulter and Topgolf CEO Dolf Berle has joined the USATF Board as an independent director...

The Russian federation, in another bid for reinstatement, promises that it will make it harder for banned coaches to work for RusAF. In addition, coaches with more than one banned athlete in the previous two years will be denied coaching licenses.

Not only will fans at the Worlds in Doha be treated to air-conditioning, the wifi will be free as well...

The Kenyan Trials for Doha are now set for September 12-13 to avoid conflicts with the Diamond League. The 10,000 trials will still be held on the original date in August. Anyone named to the team will need to have the IAAF standard already in pocket, since the qualifying period ends September 6...

India is threatening a boycott of the '22 Commonwealth Games in protest of the removal of shooting from the included sports...

Former hurdle world champ Ladji Doucouré

## Coe To Run Unopposed For USATF President

The IAAF Congress in Doha will see the usual electioneering at the end of September. One battle that won't happen is for the top job, as incumbent Seb Coe was the only one to file his candidacy. However, a full field of 11 candidates will be vying for 4 VP spots. Incumbents Sergey Bubka and Alberto Juantorena will face Ahmad Al Kamali (UAE), Nawab Bin Mohammed Al Saud (Saudi Arabia), Geoff Gardner (Norfolk Island), Ibrahim Shehu-Gusau (Nigeria), Adille Sumariwalla (India) & Jackson Tuwei (Kenya). Three women are also running (one VP spot is guaranteed): Sylvia Barlag (Holland), Abby Hoffman (Canada) and Ximena Restrepo (Chile). Willie Banks of the U.S. will be seeking a spot on the IAAF Council.

"We have a strong list of candidates from 44 countries applying for IAAF Council positions which demonstrates the global strength of our sport," said Coe. "I am particularly pleased that almost 40% of the individual candidates are female, something we have seen reflected across our area elections, with 4 of our areas electing a female vice-president."

will appear on France's "Dancing with the Stars" this fall.

Lawrence Okoye, still the British record-holder in the discus, is done with his NFL stint (and his CFL stint) and threw at the London DL, his first competition in nearly 7 years. In February he was placed on injured reserve for the Birmingham team in a new American football league in Europe...

Britain's Andy Butchart, 6th in the Olympic 5000, says he regrets moving to the U.S. to train with coach Terrance Mahon. "I should have just asked him just to advise me, because I don't need to be coached..."

Hurdler Omar McLeod, the only man under both the 13-flat barrier in the hurdles and 10-flat in the dash, says, "Hopefully, when I'm done with the hurdles, I'd love to switch over to full-time sprinting..."

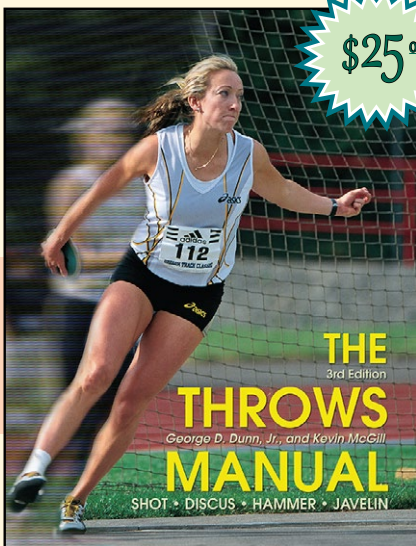
Mike Woods of Canada placed 32nd in the Tour de France despite cracking two ribs. He is the first sub-4:00 miler to complete the event. He ran his 3:57.48 at age 18...

Haile Gebrselassie recently donated \$34,000 to pay for heart surgery for over a dozen children in Ethiopia (the cost would be 75 times that in the U.S.)...

A Nigerian government minister has dropped a big threat, telling athletes that if they don't compete in the African Games in Morocco they won't be considered for next year's Olympic team...

From Vienna, home of the annual handbag-throwing championships, comes long jumping into a swimming pool. The third annual event produced winning marks of 21-6 (6.55) for the men's winner and 19-2½ (5.85) for the women's.

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KEVIN MORRIS



Crowd favorite Allyson Felix put herself in position to make another relay pool.

## A USATF notebook as a tense 4 days of track & field in Des Moines sorted out the U.S. team for the World Championships:

**MATTHEW CENTROWITZ**, stoked for Doha, said, "I am more excited where I am right now and giving myself another 2 months to really prepare. I know I was so far behind to start the season. I think there's going to be a lot of guys, not just Americans, but worldwide, coming back with this late World Championship. I promise you that if I am able to stay healthy the next 2 months I'm going to be in pretty damn good shape."

Hurdler **Devon Allen** is another who is looking forward to extra prep time for Doha. "Track & field, we put a lot of pressure on us to perform. Throughout the season, depending on where you are in the profession, you think you should be better or worse," he said. "I'm glad I made it so my season is pushed for another 2 months and I got some time to fix what I got

to fix and get healthy."

NCAA discus champ **Laulauga Tausaga-Coliins** flirted with disaster in Des Moines, fouling two of her first three throws before making the team in 3rd: "I thought, 'You know what, I'm not going to let this ring conquer me.'"

**Clayton Murphy**, foiled in defending his 800 title, said, "I knew I was fit. I'm probably not as sharp as I could have been." He has a new tattoo that reads, "Family over everything." He explained, "That's who I go to first after a success, that's who I go to after defeat."

After winning her second straight discus crown, **Valarie Allman** turned her focus to Qatar: "For me I think [the key is] having a clear technical plan and going in and executing the one or two things we have been working on. My coach has done a good job of figuring out what those are. Our goal going into Worlds is to refine and feel really confident going into the competition. We have tried to work on being efficient."

After making the U.S. team in her first meet as a professional, steepler **Allie Ostrander** said she doesn't want to be typecast as a barrier

expert: "I don't want to stay a steeplechaser. I want to give the 10K another try as well as the 5000 and 1500. I want to explore other events."

**Chari Hawkins** made the team in the heptathlon and said her secret was sticking to a simple rule: "Don't want your highs too high and you don't want your lows too low, those were my keys to my events."

In taking 3rd in the 800, **Bryce Hoppel** of Kansas could not have been happier. "It was incredible. I got out there and raced and left it all out there. Ran for my life on the last stretch," he said. "After seeing some of the other guys start to go, I knew I had to go, too. It's incredible to be mentioned with two people I've looked up to."

**Paul Chelimo** dictated the anything-but-even pace in the early going of the 5000 and explained why the latter stages of the race looked a bit more normal: "It's tough. I wanted to win, but it didn't happen. But I did my best. I put it all out there and gave it everything I could. I don't think I could have done anything different. I was going for the win but I realized they were working against me, so I just wanted to do my best."

**Michael Norman** likes to have fish for a post-race meal. To the extent that following his heat, he quipped to reporters, "I'm physically hungry... I found a pond."

5K runner-up **Karissa Schweizer** had nothing but praise for winner Shelby Houlihan, her Bowerman teammate, saying, "It means so much to me because I have looked up to her so much and she has been a huge mentor for me, helping me in every way. I lived with her for half a year and it feels like she's an older sister to me. Her helping me has gotten me to this point so far." What impresses her most about Houlihan? "To see what she went through and her struggles. Being able to dial into the program and having no doubts and believing in yourself."

The veteran of veterans at 37, **Justin Gatlin** on major meets: "I don't care how big of an athlete you are, you always have first-round jitters."

**Mike Rodgers** on how he is still sprinting at a high level now that he's 34: "Just eating healthy, staying busy. Kids, of course."

**Kerron Clement**, at 33 another longtime vet, finished 8th in the 400H final and said, "I've been dealing with a lot of [hamstring] injuries so I'm really happy to be back. I'm glad I'm healthy at the right time of the year. I'm pretty much the old man in the group. I love being under pressure and on the big stage... that's when I'm at my best."

**Raevyn Rogers**, who missed the 800 team by a spot in '17, remembered that anguish during a final drive that got her 3rd this time around. "I was just trying to get to the finish line," she said. "I

didn't feel anyone was close, but I wanted to make sure I secured my spot. In the race it didn't seem like I was third so I was pleased. I remember the last Worlds I was literally breaking down crying."

Vaulter **Katie Nageotte** is hoping to make a big impact at Doha. "When you join the elite level, all you are told is that you need to make outdoor World teams. It has taken me 6 years, but I'm just ecstatic that I'm not only making the team but I'm in a position to hopefully medal," she said.

**Connor McCullough** was more than thrilled over his big hammer toss. "A PR is always what you are aiming for. That's the beauty with track & field, you're always aiming to better yourself. And after so many years, it feels tough at times, but that's how you grow up. After making the changes I made and working through it, it's really been spectacular to get the big throw."

**Colleen Quigley** is hoping she is in condition to leave Doha with better steeplechase memories than the ones she brought home from London, where she was DQed in the heats. "I'm just working out hard every day, all the time and trying to just incrementally get better," she said. "It's not like I've done any kind of crazy switches in my program. Not doing any crazy different workouts or different things in the gym. It's just cumulative work that hopefully without injury, we can just keep stacking workouts together and get strong. There's no magic pill, there's no magic exercise or workout to get there."

**Prep Athing Mu**, still barely 17, made a big impression, even if she didn't make the 800 team.

Said Ajee' Wilson, "I think Athing is super-talented and I think the biggest thing is now she doesn't have any fear when she races and she's proven that she can hang with the best of us." Said Mu, "I just come into the race remembering whatever happens, I'm just here for fun and I'm the youngest person here. I've many years to come back and improve whatever I do now. After running my first international meet in October [the Youth Olympic Games], I got over the nerves and remembered I'm doing this for fun."

Making the 100 team took a lot of faith for **Morolake Akinosun**. "It's been such a long road for me," explained the Texas alum. "I tore my Achilles in February of 2018. And I spent the last year not just training, but rehabbing and doubting myself and trusting in myself and just figuring out how to get back to where I know I should be and where I can be. And I'm just so grateful. God's just so good, so faithful. There's no way I'd be here without that."

**Kenny Bednarek** is now a pro sprinter after one year of JC. He said, "I had a goal to go to university after JUCO, but obviously God had a different plan. I ran faster than I expected but I knew I had the talent and all that stuff to get here. But, you know, it came sooner than later."

Few are as observant about the racing process as **Jenny Simpson**. She noted after the 1500, "It's so funny the weird things that go through your mind. Sometimes you're standing on the starting line and you smell people's hot dogs and you're like, 'Why is that on my brain right now?'"



**Max Siegel, USATF's CEO, presented Bob Larsen with the 2019 Coaching Legend Award.**

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

JEAN SHAFER



The new Hayward Field appears to be coming along quite nicely. Here's how things looked at the corner of Eugene's 15th & Agate on August 6.

## New Indoor Venue Coming In Oregon?

Next year Eugene will be boasting the finest track & field facility in the nation. At a late-July gathering to bring people up to date on next year's big Olympic Trials (ticket sales "already at record pace," said Track-Town CEO Michael Reilly) the mayor of neighboring Springfield made a major announcement, saying that her city of some 60,000 was moving ahead with plans for a state-of-the-art indoor facility that would feature a hydraulically banked oval. "I'm very excited because it's meant to complement Hayward Field and just add to the track & field legacy that is truly this region's legacy that nobody else in the world has," Lundberg said. "I'm more than happy to promote that as much as possible. We want cranes up by the spring of 2021."

## Germany's Big Combo Nationals A Success

Would you believe a paid monster crowd of 34,350 for the final day of the German Track & Field Champion-

ships (after 26,200 the first day)? What kind of brilliant marketing scheme put that many butts in seats? Credit "Die Finals Berlin 2019" in which the German capital coordinated with the national governing bodies of 10 sports and a pair of TV broadcasters to stage a 6-day affair that served as the national championships in each of them. Overall, the affair drew some 178,000 spectators, with some of the "minor sports" being staged for free.

The Sports Examiner posed the question, "Could this be done in the U.S.? The program in Berlin was promoted for a full year, was on national television (and streaming) live and had each of the 10 national federations running their own programs that were marketed under a common umbrella. The U.S. Olympic Committee tried analogous events [think Olympic Sports Festival] in the past and failed. But not multiple national championships and in fact, the USOPC would not need to be involved at all. The U.S. National Governing Bodies could do this on their own. Will they? Will a U.S. city step up? Can the Olympic Movement in the U.S. afford to miss an opportunity like this?"

## A Steal For A Mere \$437,500

To say that vintage shoe collectors are a brand apart would be an understatement. As correspondent Mark Cullen explains in his blog trackerati.com, a world record was set in July: "Shoe impresario Jordan Geller, already the dominant force in the collecting of vintage Nike shoes, etched his name into the history books—and, once again, the *Guinness Book of World Records*—with his sale of a pair of rare 1972 Moon Shoes for the staggering sum of \$437,500. The shoes, designed by Bill Bowerman and handmade by Nike's third employee, Geoff Hollister, were made for the 1972 US Olympic Marathon Trials, but never worn." The sale was part of an offering by noted auction house Sotheby's called the "Ultimate Sneaker Collection." The first 99 pairs were bought by Canadian entrepreneur Miles Nadal for \$850,000. Nadal subsequently then paid the staggering amount for the Moon Shoes, of which only about a dozen pairs were ever made, with this pair the only ones in unworn condition. Eat your heart out, Jimmy Choo!

## Vaulter Chris Nilsen Votes No On Going Pro

It has become close to SOP these days that if a collegiate athlete shows any kind of international promise before their senior year going-pro-early is almost expected. That protocol hasn't swallowed up South Dakota star Chris Nilsen, who obviously had all kinds of enticements to vault for bucks after winning his second straight NCAA title (beating one Mondo Duplantis in the process), but instead decided to return for his senior year with the Coyotes. "At the time when I considered [turning pro], it was almost like a flash-in-the-pan sort of thing," he told the Mitchell Daily Republic. "It didn't feel like it was the right decision to do right now. I can definitely jump higher in college. I can do it next year and make sure I have my degree coming out of college." He continued, "Pole vault is fun and I enjoy doing it, but it's kind of up and down financially. Also getting to compete with USD for another year because they've done so much for me. Just repaying them by doing all four of my years and hopefully coming back as an assistant coach would be great."

## Good News For The OT Marathons

U.S. 26-milers were thrown a bit of a curveball back in March when the IAAF announced very tight '20 Olympic qualifying standards. How tight? The men's number was pegged at 2:11:30 (compared to 2:19:00 for Rio) and the women's at 2:29:30 (compared to 2:45:00). This was all part of the international governing body's move to have its world rankings determine about half the entrants (in all events). Those marks would have been pretty tough for American marathoners to achieve in a hilly part of Georgia at over 1000ft of altitude, potentially rendering the OT results as not particularly meaningful. But in late July Monaco's cavalry road to the rescue, signing off on USATF's request to have the races assigned "Gold Label" status. In the IAAF's road-racing world, that means that anybody who finishes in the top 5 of such a race is assumed to have the Tokyo standard, no matter what their time. Bottom line: the top 3 in each race should have a spot on the team.

## NCAA Champ Hoppel Goes Pro Early

"After a brief period of determining how to move forward in my career, I have decided to forgo my senior year of collegiate eligibility and pursue my dream of running professionally," Bryce Hoppel said in a state-

## Semenya Loses In Swiss Court

As it currently stands, there will be no Caster Semenya in the World Championships 800. The timeline: April '18—the IAAF introduces its new testosterone protocol; June '18—Semenya says she'll go to CAS for arbitration; May '19—CAS supports IAAF, Semenya responds by appealing to the Swiss Federal Tribunal; June '19—court temporarily suspends suspension (but only for Semenya, not others with the same condition); July '19—the court rules for the IAAF.

The ruling says that Semenya's appeal "does not appear with high probability to be well founded," explaining that the court is bound by the CAS finding that Semenya's condition "has a direct impact on performance in sport, which could never be achieved by other women." Dorothee Schramm, the lawyer leading Caster's appeal, says the decision is a setback, not a defeat, telling the Associated Press, "The judge's procedural decision has no impact on the appeal itself. We will continue to pursue Caster's appeal and fight for her fundamental human rights. A race is always decided at the finish line."

The IAAF's published response concluded, "In the remainder of the proceedings before the SFT, the IAAF will maintain its position that there are some contexts, sport being one of them, where biology has to trump gender identity, which is why the IAAF believes (and the CAS agreed) that the DSD Regulations are a necessary, reasonable and proportionate means of protecting fair and meaningful competition in elite female athletics."

## USATF Foundation Comes Through Big-Time

Preparing for Tokyo just got a lot easier for 25 deserving American athletes who have been awarded Schwarzman Grants from the USATF Foundation. The grants, worth \$25,000 each, are named in honor of Stephen A. Schwarzman, CEO of Blackstone, who is the largest individual donor to the foundation, to the tune of \$2.75 million.

This year's recipients: Valarie Allman, Brooke Anderson, Hillary Bor, Erica Bougard, Donovan Brazier, Paul Chelimo, Will Claye, Omar Craddock, Ryan Crouser, Chase Ealey, Craig Engels, Phyllis Francis, Hanna Green, Darrell Hill, Shelby Houlihan, Joe Kovacs, Brianna McNeal, Dalilah Muhammad, Katie Nageotte, Keturah Orji, DeAnna Price, Brittney Reese, Donald Scott, Emily Sisson, Kendall Williams.

"It is an honor to support these athletes as they train to represent the United States on the world stage," said Schwarzman of his \$625,000 outlay. "Their incredible personal stories, dedication and work ethic are a source of inspiration for me and so many others. I look forward to following their success in the year ahead."

The Foundation didn't stop there, as Elite Athlete Development Grants worth \$4000 apiece were awarded to another 51 athletes, making the group's total disbursement \$829,000.

ment posted on the Kansas website 2 days after he made the 800 team for the World Championships. "I would like to thank everyone who has helped me get to this point in my life. My ability and accomplishments would not have been possible if it were not for the people who surround me and show me an unimaginable amount of love and support."

He subsequently told the *Midland Reporter-Telegram*, "I was coming close [to graduating]. I think that was one of the things that kind of pushed me toward [going pro] as well. I should finish up in this next year without too heavy of classes. I think that was the best move. Just everything at Kansas is just kind of working for me, they just have been a great support system. I couldn't be more happy that I chose to come here because even now they are just helping me through the whole process."

## Things Heating Up In Tokyo

It's always something as an Olympics draws near. A year out from Tokyo, weather and traffic concerns dominate the headlines about the XXXII Summer Games. On July 24—exactly a year before Opening—officials staged a traffic test, closing key exits and entrances to the freeways and shortening the duration of green lights in an attempt to simulate heightened traffic flow. Reportedly, traffic flowed "more smoothly" than usual, according to Kyodo News, though jams popped up in other spots.

The heat remains the biggest concern. Daily highs this summer have ranged from 86 to 95 degrees (31-35C), with attendant high humidity readings. Organizers are

already planning a wide range of strategies to protect athletes and fans from the heat, however, after a rowing test event in early August where three competitors fell to heat exhaustion, some officials said that more needs to be done.

One thing that organizers needn't be worried about: filling seats. Local demand for tickets is 10 times the supply. Scarcity of tickets will be the real challenge for visitors.

For an Olympics where the local sponsorship has already exceeded a cool \$3 billion—more than three times more than any other Olympics—it paints a rosy picture of the financial solvency of the '20 Games.

Russia has taken exception to Japan's interactive online map of the Torch Relay, even mentioning the possibility of a boycott. The map shows the South Kuril Islands as Japanese territory. The islands were seized by the Soviets in the waning days of WW II, and the two nations have never resolved the dispute or signed a peace treaty.

## The Ultimate Guide To Mile/ 1500 Racing Strategy and Tactics.

Based on interviews with some of the world's best—including Olympic and World Champions and WR holders, the book shares the combined experience and wisdom accumulated by these champions in thousands of races. In addition, Hollobaugh analyzes more than 60 famous races, showing the advantages and disadvantages of various racing strategies and styles. Important information for every middle distance runner, and a fun read for any fan.



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# FOR THE RECORD

Absolute records reported since the July issue. W = World; A = American; J = Junior (U20); HS = High School; (A) = altitude over 1000m; + = event not recognized by official governing body, but is recognized by T&FN.

## MEN TRACK

4 x 100	38.62(A)	WJ, AJ	United States Juniors	San José, Costa Rica	July 20
(Arian Smith, Justin Ofotan, Marcellus Moore, Matthew Boling)					
4 x 400	2:59.30(A)	WJ, AJ	United States Juniors	San José, Costa Rica	July 21
(Frederick Lewis 45.9, Matthew Boling 44.5, Matthew Moorer 45.2, Justin Robinson 43.7)					

## MEN FIELD

PV	6.06   19-10½	A	Sam Kendricks (Nike)	Des Moines, Iowa	July 27
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## WOMEN TRACK

100H	12.79	WJ	Brittany Anderson (Jamaica)	Joensuu, Finland	July 24
	12.71	WJ	Brittany Anderson (Jamaica)	Joensuu, Finland	July 24
400H	52.20	W, A	Dalilah Muhammad (Nike)	Des Moines, Iowa	July 28
4 x 400	3:24.04(A)	WJ, AJ	United States Juniors	San José, Costa Rica	July 21
(Alexis Holmes 51.6, Kimberly Harris 51.2, Ziyah Holman 51.4, Kayla Davis 49.8)					

## WOMEN FIELD

HT	78.24   256-8	A	DeAnna Price (Nike)	Des Moines, Iowa	July 27
Heptathlon	5829(A)	HS	Anna Hall (Valor, Highlands Ranch, Colorado)	San José, Costa Rica	July 20-21
(14.11, 1.82/5-11½, 12.53/41-1½, 24.22 [3622], 5.49/18-¾, 33.70/110-7/, 2:10.11 [2207])					
(note: Hall's official score with a wind-over-the-limit long jump of 5.55/18-2½ was a non-recognizable 5847w)					

# LANDMARKS

### Rebranded: The IAAF

Come this fall, the international governing body will be sporting a new logo and begin life anew as World Athletics (WA).

### Reinstated: The IAAF's Caster Semenya Ban

On July 29 the Swiss Federal Tribunal revoked its super-provisional order that had allowed Caster Semenya to continue competing at the 800.

### Died: Zenon Begier, 84

On July 27, Polish discus thrower placed 6th in the '64 Olympics. World-Ranked 3 times, with a high of No. 3 in '65.

### Died: Cliff Branch, 71

On August 3, in Bullhead City, Arizona. An NCAA 100 & 200 scorer for Colorado, he moved on to the NFL, where he became an All-Pro wide receiver and eventually played on three Super Bowl champions.

### Died: Calvin Cooley, 80

On July 3, in Merkel, Texas. Abilene Christian hurdler ran on the 4 x 220 team that set a World Record at the '61 Texas Relays. He was twice Ranked No. 2 in the U.S. in the 220 hurdles.

### Died: Egil Danielsen, 85

On July 29 in Bergen, Norway. The '56 Olympic champion in the javelin, Danielsen set a World Record that day in Melbourne. World-Ranked 4 times, taking the top spot in '56.

### Died: Basil Heatley, 85

On August 3, in England; of heart problems. Silver medalist in the marathon at the '68 Olympics, he had set a World Record of 2:13:55 earlier that year. He finished at No. 2 in the World Rankings. Won the International XC title in '61.

### Died: Jorma Kinnunen, 77

On July 25, in Äänekoski, Finland; after a long illness. A 3-time Olympic finalist, he won silver in the '68 Games. He set a World Record the following year. A 10-time World Ranker, he twice reached No. 2, in '65 & '68.

### Died: Hans Lagerqvist, 79

On July 22, in Spånga, Sweden; of brain cancer. A 2-time World Ranker in the vault, the Swede placed 7th in the '72 Olympics. The year before he had placed 4th in the European Championships and Ranked No. 7.

### Died: Roman Virastyuk, 51

On July 27, in Kyiv, Ukraine; following heart surgery. Shot putter placed 6th in the '96 Olympics and World-Ranked No. 8 in '96 & '97.

### Died: Werner von Moltke, 83

On July 30, in Nieder-Olm, Germany. The '66 European champion in the decathlon for West Germany, von Moltke was a 3-time World Ranker, reaching a high of No. 3 in '62 & '66.

### Died: Christian Wägli, 84

On June 17, in Muri-Gümligen, Switzerland. Twice a World Ranker in the 800, he ranked No. 6 in '60, the year he finished 5th in the Olympics.

Here's the link to our total collection of Calendars & Timetables for 2019.

The International Track Circuit	
August	
18	Müller GP; Birmingham, England
21	Morton Games; Dublin, Ireland
24	Meeting Areva Diamond League; Paris, France
	Or Memorial; Istanbul, Turkey
24–25	Sweden vs Finland; Stockholm, Sweden
27	Citta della Quercia; Rovereto, Italy
29	Weltklasse Diamond League; Zürich, Switzerland (final)
September	
01	Gala dei Castelli; Bellinzona, Switzerland
	ISTAF IWC; Berlin, Germany
03	Zagreb 2019 IWC; Zagreb, Croatia
04	International; Guadalajara, Spain
06	Van Damme Memorial Diamond League; Brussels, Belgium (final)
	International; Andújar, Spain
07	Great North CityGames; Gateshead, England
08	International; Rieti, Italy
09–10	U.S. vs. Europe, Minsk, Belarus
13	Street Athletics; Madrid, Spain
14	Skolimowska Memorial; Chorzów, Poland
28–10/6	IAAF World Championships; Doha, Qatar

Collegiate XC Invitationals	
September	
14	Commodore Classic; Nashville, Tennessee
20	Battle in Beantown; Boston, Massachusetts
21	McNichols Invitational; Terre Haute, Indiana
October	
04	Piane Invitational; Notre Dame, Indiana
05	Chile Pepper Invitational; Fayetteville, Arkansas
	Louisville Classic; Louisville, Kentucky
18	Nuttycombe Invitational; Madison, Wisconsin
19	Pre-Nationals; Terre Haute, Indiana

Conference XC Championships	
October	
21	SWAC; Jackson, Mississippi
November	
01	American Athletic; Memphis, Tennessee
	ACC; Blacksburg, Virginia

	Heps; Bronx, New York
	Mountain West; Logan, Utah
	Pac-12; Corvallis, Oregon
	SEC; Lexington, Kentucky
	Southland; Conway, Arkansas
	West Coast; Van Nuys, California
02	America East; Albany, New York
	Atlantic 10; Leesburg, Virginia
	Atlantic Sun; Fort Myers, Florida
	Big 12; Waco, Texas
	Big East; Kenosha, Wisconsin
	Big Sky; Greeley, Colorado
	Big South; Buies Creek, North Carolina
	Big West; Riverside, California
	Colonial; New Market, Virginia
	Conference USA; Bowling Green, Kentucky
	Horizon League; Highland Heights, Kentucky
	Metro-Atlantic; West Long Branch, New Jersey
	Mid-American; DeKalb, Illinois
	Missouri Valley; Valparaiso, Indiana
	Ohio Valley; Edwardsville, Illinois
	Patriot League; Hamilton, New York
	Southern; Johnson City, Tennessee
	Summit League; Fargo, North Dakota
	Sun Belt; McDonough, Georgia
	WAC; Kansas City, Missouri
03	Big 10; Columbus, Ohio
23	IC4A/ECAC; Bronx, New York

Collegiate XC Nationals	
November	
02	JUCO Div. III Championships; Westfield, Massachusetts
09	NCAA II Regionals (8 sites)
	JUCO Championships; Albuquerque, New Mexico
15	NCAA Div. I Regionals
24–25	Sweden vs Finland; Stockholm, Sweden
	Great Lakes—Madison, Wisconsin
	Mid-Atlantic—Bethlehem, Pennsylvania
	Midwest—Stillwater, Oklahoma
	Mountain—Salt Lake City, Utah
	Northeast—Buffalo, New York

	Southeast—Earlsville, Virginia
	South Central—Fayetteville, Arkansas
	South—Tallahassee, Florida
	West—Colfax, Washington
16	NCAA Div. III Regionals (8 sites)
22	NAIA Championships; Vancouver, Washington
23	NCAA Championships; Terre Haute, Indiana
	NCAA II Championships; Sacramento, California
	NCAA III Championships; Louisville, Kentucky

High School XC Nationals	
November	
10	NXN Heartland Regional; Sioux Falls, South Dakota
16	NXN Northwest Regional; Boise, Idaho
	NXN Midwest Regional; Terre Haute, Indiana
23	NXN South Regional; The Woodlands, Texas
	NXN Southwest Regional; Casa Grande, Arizona
30	Foot Locker Midwest Regional; Kenosha, Wisconsin
	Foot Locker Northeast Regional; Bronx, New York
	Foot Locker South Regional; Charlotte, North Carolina
	NXN NE/NY Regional; Wappinger Falls, New York
	NXN Southeast Regional; Cary, North Carolina
December	
07	AAU Junior Olympics; Knoxville, Tennessee
	Foot Locker West Regional; Walnut, California
	NXN Championships; Portland, Oregon
14	Foot Locker Championships; San Diego, California
	USATF Junior Olympics; Madison, Wisconsin

Other Domestic XC	
December	
14	USATF Club Championships; tbd
2020	
tbd	USATF Championships tbd

# Track & Field News Tours



## 2020-2021



Make your plans now to join us for one or more of these exciting track and travel opportunities.

~ 2020 ~

■ **OLYMPIC TRIALS.** June 19-28. The 2020 Trials will be in Eugene, Oregon, at the exciting new stadium at Hayward Field built for the 2021 World Championships. This facility will have comfortable individual seating (unlike the old bench-type seating at the old stadium) and these Trials will be the opening showcase for the New Hayward Field. This is the meet that will determine the U.S. team for the Tokyo Summer Games, and this is always one of the best meets of the quadrennium. Lodging in motels walking distance to stadium. Earliest signups have best priority for lodging, etc. This tour is sold out. \$200 gets your name on the waiting list.

~ 2021 ~

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

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

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Track & Field News Tours  
2570 W El Camino Real, Suite 220 • Mountain View, CA 94040  
tours@trackandfieldnews.com • Phone 650/948-8188 • Fax 650/948-9445



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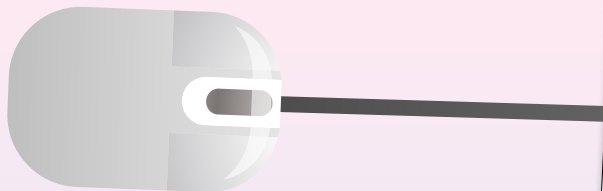
\*Currently, there is no app available for either tablets or smartphones.

Track & Field News, 2570 W El Camino Real, Suite 220, Mountain View, CA 94040. 650-948-8188

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