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No. 2 Marathon
Ever For Eliud
Kipchoge

Collegiate Vault
Record 19-8½ By
Mondo Duplantis

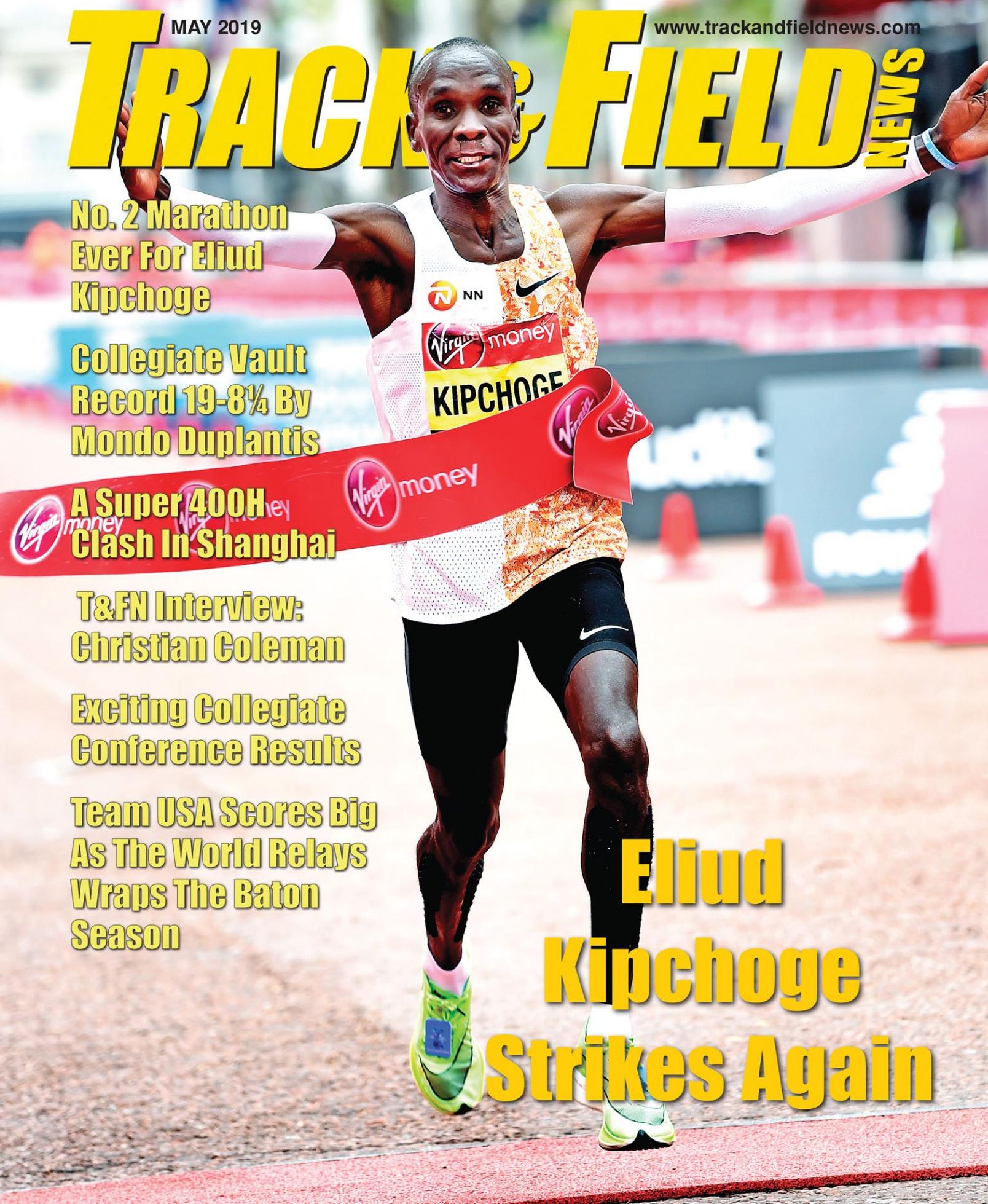
A Super 400H
Clash In Shanghai

T&FN Interview:
Christian Coleman

Exciting Collegiate
Conference Results

Team USA Scores Big
As The World Relays
Wraps The Baton
Season

Eliud
Kipchoge
Strikes Again



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From The Editor — In Praise Of The Legendary RLQ	4
Penn Relays Pros — U.S. & Jamaica Battle For Supremacy	5
Penn Relays University — Houston Had The Speed	6
Drake Relays — Roberts Out-Hurdles McLeod	8
National Relays — List Leaders For Jenna Prandini	10
Jordan Invitational — Mission Accomplished For Simpson	11
Divine Oduduru — Texas Tech's Double World Leader	13
North Carolina A&T New Sprint Powerhouse	14
ACC — Big Triple Jumping By Virginia's Jordan Scott	15
Big 10 Team Titles To Iowa & Ohio State	17
Shadae Lawrence Now No. 3 On All-Time Collegiate List	19
SEC Men — A Collegiate Record For Mondo	20
Daniel Roberts Now "On A Different Level"	22
SEC Women — LSU Has New Frosh Sprint Star	23
Pac-12 Men — Gillespie's Speed Propels Oregon	24
Pac-12 Women — The Trojans Surge Late	25
JUCO Champs — Big Breakthrough For Kenny Bednarek	26
Asian Champs — Samba's Dazzling Debut	28
Doha Diamond League — Semenya First In Last 800?	29
World Relays — Team USA Wins 5 Of 9	31
Shanghai Diamond League — Round 1 Of 400H To Samba	34
Osaka IWC — Michael Norman Equals His 200 PR	36
USATF Distance Classic — Fine 5000 For Rachel Schneider	37
Tucson Elite — More Hammer PRs For Sean Donnelly	39
London Marathon Men — Nobody Faster Than Kipchoge	40
London Marathon Women — Slow Kosgei Start, Then...!	41
Quite A Marathon Debut For Emily Sisson	42
Penn Relays Preps — Meet Record Mile For Starcher	43
Skylar Ciccolini Chasing National Javelin Record	44
Texas State Boys — Matthew Boling Creates New Legend	45
Texas State Girls — Another National Record For DeSoto	46
T&FN Interview — Christian Coleman	47
CAS Rules In Favor Of IAAF Testosterone Protocol	51
RIP — Roberto Luigi Quercetani, Statman/Historian Nonpareil	52
 ON YOUR MARKS	55
TRACK SHORTS	56
LAST LAP	58
STATUS QUO	60
FOR THE RECORD	61
LANDMARKS	61
CALENDAR	62

From The Editor – In Praise Of The Legendary RLQ

by E. Garry Hill



OG, DQ, FS, NWI, NH, WR, etc., etc., etc. Track & field is full of initialisms and acronyms. And any serious statistician/historian of our sport knows well the initials RLQ, which stand for the now-departed Roberto Luigi Quercetani. Roberto was already a giant in the sport when I came on board at T&FN in late-'69 and continued to be one for decades to come. It's amazing for me to realize what a long relationship we had, one that started even before we met.

I first came across his name in the summer of '65 after graduating from high school. At that point I had no idea that such a thing as T&FN even existed, relying on Sports Illustrated and Sport Magazine for reading about the sport. But as a burgeoning hardcore fan, you can imagine how thrilled I was to find in my local library A World History of Track and Field Athletics 1864-1964, by one Roberto L. Quercetani. The name, with its wonderful Italian flow, stuck in my head. When I discovered T&FN later in '65 I of course very quickly became very familiar with the name.

Little could I imagine that just 5 years later I'd be in a crowded motel room in Bakersfield at the '70 AAU Championships as RLQ held court, mesmerizing one and all—and that one and all included most of the significant figures of the U.S. side of the sport's "in crowd." There wasn't a topic that he couldn't discourse on with complete control. And he did it in the softest of voices, yet managed to control a room full of tracknuts stuffing themselves with beer and pizza.

“There wasn't a topic that he couldn't discourse on with complete control. And he did it in the softest of voices, yet managed to control a room full of tracknuts stuffing themselves with beer and pizza.

The knowledge of minor U.S. meets from 30 or 40 years previous he exhibited that night was boggling. One stunned observer was Cal SID Bob Steiner, at that point the most renowned track announcer in the country. Bob told me years later, "I don't think I said a word. I just sat there while he filled the room with facts. Somebody tried to throw him a curve and mentioned a U.S. javelin thrower from the early '40s and he instantly responded, 'Oh yes, the guy with the fake marks.' He knew it all."

But better than knowing it all (which he did), Roberto knew it all without being a know-it-all. He wasn't one of those poseurs who doesn't really know a lot about the sport, but makes a point of memorizing a few obscure stats and relies on bringing those up over and over.

It was also a joy for me to edit Roberto's magazine submissions through the years, for the simple reason that he spoke/wrote English far better than most native speakers. My proverbial blue pencil never got much of a workout with his copy.

I was lucky enough to actually cross paths in person with Roberto many times through the years. At major international meets to be sure, one of the most memorable being on the road to the '81 World Cup in Rome, when noted U.S. statisticians Dave Johnson, the late Scott Davis and I went to his house in the Florence suburb of Fiesoli and talked about—track, what else? But he was also a semi-regular visitor to one of his favorite meets of all, the U.S. Olympic Trials. He had a special place in his heart for that one.

I asked longtime T&FN Publisher Emeritus Ed Fox for a quick RLQ remembrance, and it captures Roberto well: "I was fortunate to have a long correspondence—since the '60s—with this brilliant soul. He described himself as a peripatetic philosopher—exulting in walking the streets of his beloved Florence and taking time to think. Over the years we shared many meals in cities like Rome, Montréal, Stuttgart... and Florence in '10 where I finally met his wife Maria Luisa. His importance to track & field as a statistician and historian is well documented, and he leaves a legacy of invaluable writings and compilations. When I first started at T&FN, RLQ was like a god, spoken of in hushed tones. I was lucky to actually get to know him, to appreciate his gentle affect, his incisive mind, and his strong opinions, and he'll be remembered always."

The passing of RLQ really does mark the end of an era. He was the last living member of the four pillars that held up the fledgling T&FN operation for so long. The biggest credit goes to the Nelson brothers, Bert & Cordner, of course, because they were the visionaries who took the financial gamble to create a track-only publication, one that debuted with the February '48 edition and had a column by RLQ the very next month. Soon thereafter Don Potts joined with Roberto to honcho the World Rankings for decades. Bert was the first to leave us, in '94, followed by Don ('01) and Cordner ('09). And so now they're altogether at the big track in the sky, sitting at the finishline with their stopwatches at the ready.

We'll not see their likes again.

Penn Relays Pros — U.S. & Jamaica Battle For Supremacy

KIRBY LEE/IMAGE OF SPORT



Schillonie Calvert-Powell anchored Jamaica's 4x1 to win over both Canada and the U.S.

by Rich Sands

PHILADELPHIA, PENNSYLVANIA, April 27—The Jamaican women and the U.S. men looked the most impressive in the annual “USA vs. The World” professional races at the Penn Relays, held on a sunny but windy Saturday afternoon in Philadelphia with temperatures in the mid-60s. While there were only a handful of established names on the international rosters, the crowd of 48,195 (capping off a 3-day total of 110,661) didn’t seem to mind. As usual, a boisterous contingent of Jamaican fans produced the most energy and volume.

The U.S. faced a tight battle in the opening race of the series, the men’s 4x1, but this time it was not from their perennial Caribbean rival, but instead a Canadian quartet that included half the Rio bronze medal crew. Through three legs the teams were virtually even, but a clean handoff gave USA Red anchor Mike Rodgers the momentum to pull away from Benjamin Williams to get the Americans the win, 38.80–38.94. The top Jamaican squad was only 4th in 39.26, behind USA Blue (39.16). “It was important to set the tone with the first race of the day,” said Rogers, just a few days past his 34th birthday and enjoying the glamour of the anchor leg after years of running leadoff for American quartets. “It was nice to get in some pictures this time,” he joked of the finish line spotlight.

In the women’s 4x1, 2-time Olympic 100 champ Shelly-Ann Fraser-Pryce also ignored conventional wisdom about age. The 32-year-old Jamaican charged out of the blocks and

established a lead that kept growing with each leg through a 43.19 finish. That was more than a second ahead of Canada (44.37), whose anchor Khamica Bingham ran away from a pair of American teams (44.40 & 44.60).

The 4x4s were both lopsided, with Michael Cherry’s 44.3 second-leg carry establishing an insurmountable lead for USA Red (3:02.70) over Canada (3:04.54) and the Bahamas (3:05.58). “I really like running the second leg,” the LSU alum said. “I just wanted to get out on the curve and open the race up and have some fun in front of the home crowd.” The women’s event

was particularly anticlimactic, with Jamaican teams going 1–2 in 3:28.94 and 3:31.04. Given the blustery conditions, only one runner went sub-52, Jamaica B-team anchor Tiffany James (51.78).

The U.S. women saved some face by winning the sprint medley—held over the relatively obscure 800-meter distance (100-100-200-400)—thanks to a dominating 51-flat anchor from Raevyn Rogers. “When I was on the backstretch I could hear certain things, and there are some things I kinda tune out,” said Rogers, the former Oregon star who now trains in the Philadelphia area with fellow halfmilers Ajee’ Wilson and Charlene Lipsey. “But to clearly hear the ‘USA’ chant as I was making that approach [to pass

Jamaica’s Verone Chambers], it just pushed me to go even harder.” The wind-marred winning time of 1:37.87 was well off the 1:35.20 world best set by another Rogers-anchored squad at last year’s Penn Relays.

The men’s medley was run with the more common 200/200/400/800 configuration and allowed Kenya to crash the North Americans’ party. After trailing the entire field through the opening legs, anchor runner Collins Kipruto blasted to the front just past the bell and used a 1:47.16 split to deliver the win in 3:16.21 over USA Red (3:17.49).

USA vs. THE WORLD RESULTS

Philadelphia, Pennsylvania, April 27—

MEN

4 x 100: 1. USA Red 38.80 (Belcher, Robinson, Young, Rodgers); 2. Canada 38.94 (Smellie, Brown, Rodney, Williams); 3. USA Blue 39.16 (Gray, McLean, Cotton, Burrell); 4. Jamaica 39.26 (Carter, Forte, Dwyer, Ellis); 5. Jamaica B 39.84 (Minzie, Hinds, Anderson, Walker); 6. Antigua 40.10; 7. Guyana 40.85; 8. Kenya 41.27; 9. Haiti 47.60.

4 x 400: 1. USA Red 3:02.70 (M. Kerley 47.2, Cherry 44.3, Wright 45.09, Hutchinson 46.15); 2. Canada 3:04.54 (Harper, Cole, Thompson, Osei); 3. Bahamas 3:05.58 (Ferguson, Smith, Colebrook, Russell 44.89); 4. Jamaica 3:05.93 (Gaye, Dunkley, McDonald, Carpenter); 5. USA Blue 3:06.63 (Chambers 47.4, Spratling 46.0, Berry 45.13, Glass 48.12); 6. Kenya 3:09.22; 7. Guyana 3:13.07.

SpMed: 1. Kenya 3:16.21 (Mokamba, Kishoyian, Omae 46.0, Kipruto 1:47.16); 2. USA Red 3:17.49 (McClain, Washington, Mitchell 47.2, Giesting 1:48.50); 3. Jamaica 3:19.25 (Walker, Dwyer, McDonald, Glave); 4. USA Blue 3:20.15 (Trimble, Marshall, Page 46.5, Ford 1:51.35);

5. Canada 3:21.72 (Brown, Rodney, Ayesu-Attah, Khelaf).

WOMEN

4 x 100: 1. Jamaica 3:28.94 (Fraser-Pryce, Morrison, Forbes, Calvert-Powell); 2. Canada 44.37 (Jacques, Emmanuel, Harrison, Bingham); 3. USA Red 44.40 (Bryant, A. Brown, Carter, Bennett); 4. USA Blue 44.60 (D. Brown, Reynolds, Farquharson, Ruth); 5. Guyana 46.84 (McCormon, Abrams, King, Rogers); 6. Kenya 48.40 (Kadogo, Cherono, Cherono, Mwangi).

4 x 400: 1. Jamaica 3:28.94 (Jackson 51.6, Russell 52.5, Day 52.41, McPherson 52.47); 2. Jamaica 3:31.04 (McGregor, Leroy, Whyte, James 51.78); 3. Canada 3:31.63 (Price, Stiverne, Jones, Stephens); 4. USA Red 3:31.95 (Ruth 53.9, Reynolds 52.4, Majors 53.40, Thomas 52.21); 5. USA Blue 3:36.11 (Whitney 53.6, Bookman 53.0, Farquharson 54.49, Baisden 55.03); 6. Kenya 3:40.81 (Moraa, Thomas, Musyoki, Imai).

800Med: 1. USA 1:37.87 (WL, AL) (Bryant, A. Brown, Carter, Rogers 51.0);

2. Jamaica 1:39.57 (Evans, Simpson, Whyte, Chambers); 3. Canada 1:40.42 (Harrison, Rowe, Sherar, Brown); 4. Guyana 1:45.31 (Abrams, Rogers, King, McCormon); 5. Kenya 1:46.05 (Kadogo, Mwangi, Cherono, Makenna).

Penn Relays University – Houston Had The Speed

KIRBY LEE/IMAGE OF SPORT



Mario Burke had a 4-win weekend for Houston, taking the open 100 and running legs on the winning 4x1, 4x2 & 4x4.

by Rich Sands

PHILADELPHIA, PENNSYLVANIA, April 25-27—The men of Houston, Wisconsin and Georgetown and the women of South Carolina were the dominant players in the college competition at the Penn Relays, which also saw an unlikely win for the home team. The 125th edition of the nation's preeminent relay meet presented some difficult weather challenges over three days, including a drenching downpour on Friday evening. (The meet was forced into a 90-minute delay at precisely the same time as a nationally televised broadcast was scheduled.)

Houston, continuing to solidify its reputation as a premiere national sprint power, swept the men's 4x1, 4x2 and 4x4. In the 1-lapper a sloppy final exchange between Brandon Taylor and Travis Collins nearly derailed their hopes, but Collins still cruised home comfortably in 39.23, well ahead of Clemson (39.62). The 2-lapper lacked any real drama, with the Cougars finishing more than 2 seconds clear of Jamaica's UTech, 1:22.04–1:24.14. And the 4x4 team came home nearly 4 seconds up on Maryland, 3:02.61–3:06.51. Houston star Mario Burke, who ran the second leg on the two short relays and the third on the 4x4, put an exclamation point on a 4-win weekend by taking the 100 in 10.20 over Auburn's Anthony Schwartz (10.25). "Mario

= Exhausted," the Barbadian native joked on Twitter after the meet.

Wisconsin won a pair of nailbiters in the longer baton events, taking the distance medley in heavy rain (following that lengthy weather delay, the second of the day) and the 4 x Mile. The harsh conditions during the DMR turned the anchor into a tactical affair, with Oliver Hoare winning the sprint to the line to cap a 9:47.19 winner. Indiana's Daniel Michalski edged Notre Dame's Yared Nuguse by 0.01 for second in 9:47.93. "When they put us back on the track after the second delay, the skies just opened up. I told our guys that some guys will freak out due

to the heavy rain, but they laughed it off," said Badgers coach Mick Byrne. "This is somewhat redemptive for NCAAs [where Wisconsin finished a disappointing 7th, well behind Notre Dame's winners], but only in the sense that we turned the tide on the national champs."

Morgan McDonald, who led off the Badger DMR, got his own chance to break the tape, winning a sprint over Indiana's Ben Veach to take the 4 x Mile by 0.04 in 16:39.82. "I thought that whoever made the last move was going to be able to win it, and so that's kind of how I wanted to play out," the NCAA XC champ said of his big move down the homestretch. "I wasn't sure I had it until the line."

Georgetown's Joseph White delivered a pair of anchor-leg heroics for the Hoyas, a big 1:46.45 to cap the sprint medley (3:17.53) in that Friday evening monsoon, and a tactical 1:50.91 to finish up the 4x8 (7:25.18) on Saturday. Indiana was probably the meet's unluckiest team, finishing a close 2nd in 4 events (4x8, 4xM, SMR and DMR), but the Hoosiers did get in the win column with Michalski's collegiate-leading steeplechase (8:34.26) and the women's 4x8 (8:33.47).

The Houston women got in on the action with their first-ever Franklin Field win, taking the 4x1 in 44.11, ahead of South Carolina at 44.52. The Gamecocks came back to dominate the shuttle hurdles (56.22), 4x2 (1:32.78) and 4x4 (3:32.33), the latter more than 3



Joseph White of Georgetown edged Cooper Williams of Indiana to win both the 4x8 & sprint medley.

PENN UNIVERSITY RESULTS

Philadelphia, Pennsylvania, April 25-27

Attendance 24,463, 38,003, 48,195 (110,661)

Weather: Thursday—high 66, low 55; Friday—high 70, low 54, periods of heavy rain with 2 lightning delays; Saturday—high 68, low 52

MEN

(4/25—St, 5K, 10K; 4/26—400H, 4x2, SM, DM, 4x110H, LJ, SP)

100(0.0): 1. Mario Burke' (Hous) 10.20; 2. ***Anthony Schwartz (Aub) 10.25; 3. *Joseph Amoa' (Copp) 10.31; 4. **Brandon Taylor (Hous) 10.36; 5. ***Rikkoi Brathwaite' (In) 10.43.

St: 1. Daniel Michalski (In) 8:34.26 (CL);

2. *Leakey Kipkosgei' (AmIntl) 8:44.13; 3. **Alex Miley (Duke) 8:50.89; 4. *Steve Neumaier (Corn) 8:53.15; 5. **James Abrahams (PennSt) 8:54.48.

5000: 1. Mohamed Hrezi' (Lib) 14:02.54; 2. **Kristian Holm Jensen' (Tem) 14:05.06; 3. **Andrew Kent (GaT) 14:06.63.

10,000: 1. *Aaron Bienenfeld (Cinc) 29:34.37; 2. Andrew Schille (Cinc) 29:41.85; 3. Henry Sterling (NED) 29:44.60.

110H(-0.4): 1. Isaiah Moore (SC) 13.79; 2. **LaFranz Campbell' (Clem) 14.01; 3. Chad Zallow (Young) 14.03; 4. ***Justin Young (Army) 14.05.

400H: I-1. *Quincy Hall (SC) 50.23; 2. *Jaelen Williams (Hamp) 51.15. II-1. ***Miles Green (VaT) 51.52; 2. **Rivaldo Leacock (SC) 51.88; 3. ***Nathan Fergusson (StA) 52.03.

Relay Events

4 x 100: 1. Houston 39.23 (Alexander, Burke', Taylor, Collins); 2. Clemson 39.62; 3. Virginia Tech 40.16; 4. Auburn 40.33; 5. Coppin State 40.42; 6. Monmouth 40.59.

4 x 200: 1. Houston 1:22.04 (Alexander, Burke', Lattin, Igboekwe); 2. UTech (Jam) 1:24.14; 3. Clemson 1:24.26; 4. MICO (Jam) 1:24.60; 5. South Carolina 1:24.86.

4 x 400: 1. Houston 3:02.61 (out CL) (Lattin 46.4, Holt 45.8, Burke' 45.63, Igboekwe 44.78);

2. Maryland 3:06.51; 3. St. Augustine's 3:06.62; 4. G.C. Foster (Jam) 3:06.63; 5. Middle Tennessee State 3:07.98; 6. Navy 3:08.92.

4 x 800: 1. Georgetown 7:25.18 (Rowe 1:52.46, Delgado 1:52.25, Padhal' 1:49.57, White 1:50.91); 2. Indiana 7:25.43 (Williams 1:50.72); 3. Penn State 7:25.55; 4. Columbia 7:26.93; 5. Georgia Tech 7:32.35; 6. Penn 7:34.35.

4 x Mile: 1. Wisconsin 16:39.82 (CL; out WL) (Hacker 4:11.6, Benning 4:11.6, Hoare' 4:03.3, McDonald' 4:13.3); 2. Indiana 16:39.86 (out AL);

3. Georgetown 16:40.63; 4. Virginia Tech 16:45.83; 5. Gonzaga 16:45.89; 6. Villanova 16:47.10.

SpMed: 1. Georgetown 3:17.53 (Alleyne, Barriffe, Leake 48.2, White 1:46.45); 2. Indiana 3:17.75 (Williams 1:46.46); 3. Penn State 3:20.93; 4. G.C. Foster 3:22.22; 5. South Carolina 3:22.96; 6. Clemson 3:26.73.

DisMed: 1. Wisconsin 9:47.19 (McDonald' 2:58.22, Ellis 47.39, Brown 1:49.57, Hoare' 4:12.02); 2. Indiana 9:47.93; 3. Notre Dame 9:47.94; 4. Miami-Ohio 9:48.82 (Torpy 4:01.02); 5. Georgetown 9:49.30; 6. Boston College 9:51.06.

4 x 110H: 1. Navy 56.96 (WL, AL, CL) (Thompson, Williams, Hurd, Wargo);

2. South Carolina 57.49; 3. UTech (Jam) 58.09; 4. St. Augustine's 58.64.

Field Events

HJ: 1. **Greg Lauray (Pitt) 7-1½ (2.18); 2. Devin Bradham (PennSt) 7-½ (2.15); 3. Samuel Shoultz (Md) 6-11½ (2.12).

PV: 1. *Adam Coulon (In) 17-4½ (5.30); 2. Armand Woodley (SC) 17-¾ (5.20); 3. ***Payton Morris (Penn) 16-¾ (4.90).

LJ: 1. Yann Randrianasolo' (SC) 25-1¼ (7.65); 2. Emanuel Archibald' (Jam) 24-10 (7.57); 3. **Noah Igbinoghene (Aub) 24-¾ (7.33); 4. Kenny Glenn (MiaO) 23-9½ (7.25); 5. ***Lagarius McQuirter (Hous) 23-8¼ (7.22); 6. **Malachi Davis (Rut) 23-7½ (7.20).

TJ: 1. ***Lloyd McCurdy' (Jam) 52-2 (15.90); 2. Eric Bethea (In) 51-1½ (15.84) (51-7/15.72); 3. Davis 50-10 (15.49); 4. Devon Willis (Alb) 50-4½ (15.35).

SP: 1. Corey Murphy (Monm) 61-5¾ (18.74); 2. Felipe Valencia' (Hous) 60-9¼ (18.52); 3. **Ben Peterson (PennSt) 59-5¾ (18.13); 4. *Eric Favors (SC) 58-11¼ (17.96).

DT: 1. I-Greg Thompson' (Md) 215-1 (65.56) (CL) (191-7, 215-1, f, 197-11, 211-9, f) (58.39, 65.56, f, 60.33, 64.55, f);

2. ***Roje Stona' (Clem) 196-10 (60.01); 3. John Mooers (Rut) 185-2 (56.45); 4. *Sam Meece (Cinc) 184-2 (56.14); 5. **Chudi Ikpeazu (Penn) 183-2 (55.82). II-1. *Michael Renard (Army) 184-8 (56.29).

HT: 1. Morgan Shigo (PennSt) 234-5 (71.45); 2. Adam Kelly (Prin) 213-10 (65.18); 3. *Alexios Prodanas' (UMBC) 209-5 (63.84); 4. **Luke Grodeska (PennSt) 206-8 (62.99); 5. Emmanouil Kamtsiklis' (UMBC) 200-9 (61.19).

JT: 1. **Cade Antonucci (Aub) 237-5 (72.37); 2. ***Marc Minichello (Penn) 224-11 (68.57); 3. Chris Mirabelli (Rut) 221-0 (67.37); 4. *Michael Biddle (PennSt) 220-10 (67.32); 5. John Putnam (Aub) 213-8 (65.13); 6. **Najair Jackson' (StA) 212-3 (64.71).

Dec(4/23-24): 1. Christopher Gabor (MSM) 6792.

WOMEN

(4/25—3K, St, 5K, 10K, 400H, DM, PV, LJ, SP, HT, JT, 4/26—4x1, 4x2, 4x15, 4x100H, SM, TJ, DT)

100(-0.5): 1. *Jaliyah Elliott (Youngs) 11.60; 2. Bethany White (NCC) 11.71; 3. Kasheika Cameron' (Jam) 11.73; 4. ***Cecilia Tamayo-Garza (Hous) 11.74; 5. ***Ashley Seymour (Hous) 11.75; 6. **Sarah Hill (Clem) 11.83.

3000: 1. Margaret Allen (In) 9:18.33; 2. *Hannah Reinhardt (Alb) 9:22.73; 3. **Alexandra Hays (Col) 9:25.63; 4. Cara Sherman (Alb) 9:29.13; 5. Erin Gregoire (Col) 9:30.04.

St: 1. Bri Ilarda' (Prov) 9:55.43; 2. Nell Crosby (NCSt) 10:04.39; 3. *Grace Mancini (LaS) 10:07.47; 4. **Keyaley DeLay (Yale) 10:12.74; 5. Briar Brumley (Corn) 10:22.04.

5000: 1. **Lisa Tertsch (Harv) 16:03.15; 2. *Abbey Wheeler (Prov) 16:07.01; 3. **Hana Herndon (GaT) 16:12.03; 4. Kristina Popadich' (Can) 16:21.21; 5. **Lauren Ryan' (Vill) 16:28.68.

10,000: 1. ***Jackie Gaughan (NDm) 33:13.39; 2. *Annie Heffernan (NDm) 34:23.08; 3. **Gillian Meeks (Harv) 34:59.33; 4. Haley Hasty (Ct) 35:26.26.

100H(2.6): 1. **Naomi Taylor (Hous) 13.26w; 2. Sara Gardner (Rid) 13.46w; 3. ***Eddita Pessima' (Pitt) 13.49w; 4. **Erin Marsh (Duke) 13.53w; 5. Courtney Warden (SB) 13.63w; 6. *Aysha Muhammad (Pitt) 13.64w.

400H: 1. *Shannon Kalawan' (StA) 57.37; 2. ***Reanda Richards' (Rut) 57.58; 3. **Xahria Santiago' (Md) 58.41.

5000W: 1. Taylor Ewert (Beavercreek, Oh) 22:28.61 AJR, HSR (old records 22:38.16 Ewert '18).

Relay Events

4 x 100: 1. Houston 44.11 (Taylor, Sample, Tamayo-Garza, Seymour); 2. South Carolina 44.52; 3. Penn State 44.59; 4. Clemson 44.84; 5. G.C. Foster (Jam) 45.31; 6. Hampton 45.37.

4 x 200: 1. South Carolina 1:32.78 (Davis, Pennamon, Jonathas, Abrams'); 2. UTech (Jam) 1:33.86; 3. Houston 1:34.36.

4 x 400: 1-I. South Carolina 3:32.33 (Davis 53.2, Abrams' 51.3, Mills 55.68, Jonathas 52.14); 2. Penn 3:35.43; 3. Clemson 3:36.47; 4. Duke 3:37.75; 5. Miami 3:38.29. II-1. St. Augustine's 3:36.42; 2. Wisconsin 3:37.85; 3. Howard 3:38.53; 4. Pittsburgh 3:38.62.

4 x 800: 1. Indiana 8:33.47 (Pinkston 2:09.86, Harris 2:09.48, Mulzer 2:08.97, Harris 2:05.18); 2. Virginia Tech 8:34.38 (Pocatelsky 2:04.40); 3. Monmouth 8:37.35 (Wilson 2:02.29); 4. Vanderbilt 8:37.45; 5. Penn 8:38.65 (Akins 2:02.33); 6. Rutgers 8:46.80.

4 x 1500: 1. Villanova 17:39.26 (WL, CL) (Oliver 4:28.6, McArthur 4:18.4, Alcorta 4:28.0, Hutchinson' 4:24.3);

2. Indiana 17:50.70 (AL);

3. Vanderbilt 17:54.86; 4. Wisconsin 17:58.39.

SpMed: 1. Penn State 3:45.25 (Williams, Lester, Holmes 53.0, Rivers 2:04.71); 2. George Mason 3:46.08 (Lewis 2:04.37); 3. Clemson 3:48.40; 4. Rutgers 3:48.63; 5. Middle Tennessee State 3:51.42; 6. Vanderbilt 3:56.48.

DisMed: 1. Penn 10:59.44 (out WL, AL, CL) (Akins 3:22.73, Nwogwugwu 52.22, Tanaka 2:07.20, Villalba 4:37.30);

2. Notre Dame 11:02.67 (Harris 4:28.77); 3. Villanova 11:05.67; 4. Georgetown 11:06.77; 5. Indiana 11:08.45; 6. Virginia Tech 11:11.00; 7. Wisconsin 11:11.39; 8. Columbia 11:13.70; 9. Richmond 11:18.43.

4 x 100H: I-1. South Carolina 56.22 (Parks, Fields, Little, Coquillaud-Salomon); 2. Troy 56.82; 3. Hampton 57.21. II-1. Duke 56.66; 2. Navy 59.41; 3. Cornell 59.71.

Field Events

HJ: 1. Anna Peyton Malizia (Penn) 5-11½ (1.82); 2. ***Sanaa Barnes (Vill) 5-11½; 3. *Grace Becker (WM) 5-8½ (1.74); 4. tie, *Rhonda Rogombe (Rut) & **Aisha Brown (Tem) 5-8½.

PV: 1. ***Hayley Horvath (Tows) 13-1½ (4.00).

LJ: 1. *Samiyah Samuels (Hous) 20-1½ (6.13); 2. *Jaelan Leonard (Hamp) 20-½ (6.11); 3. **Taylor Woods (Ct) 19-6¾ (5.96); 4. *Taylor Middleton (Pitt) 19-5½ (5.92).

TJ: 1. *Leah Moran (In) 42-1½ (12.83); 2. ***Myesha Nott' (WnKy) 40-8¾ (12.41); 3. **Bhrandi Crenshaw (NCC) 40-2 (12.24).

SP: I-1. ***Madison Pollard (In) 53-10¼ (16.41); 2. **Janell Fullerton (Clem) 53-4½ (16.26); 3. *Khayla Dawson (In) 53-3 (16.23); 4. Annette Echikunwoke (Cinc) 52-11 (16.13); 5. Sunflower Greene (Millers) 52-6¾ (16.02); 6. **Tori McKinley (Aub) 52-4¾ (15.97). II-1. ***Carisma Holland (SC) 53-7 (16.33).

DT: 1. *Shanice Love' (F1st) 191-1 (58.25); 2. **Ashley Anumba (Penn) 183-10 (56.05); 3. Venique Harris' (Alb) 178-5 (54.39); 4. ***Veronica Fraley (Clem) 171-11 (52.41); 5. Phontavia Sawyer (Tow) 166-10 (50.85); 6. **Tori McKinley (Aub) 163-1 (49.72).

HT: 1. *Veronika Kanuchova' (F1st) 215-3 (65.62); 2. ***Madi Malone (Aub) 212-2 (64.66); 3. Echikunwoke 209-1 (63.72);

4. *Chanel Botsis' (Ct) 199-9 (60.88); 5. **Alice Barnsdale' (Md) 198-8 (60.56); 6. Rachel Wilson (Penn) 198-6 (60.51).

JT: 1. *Kylene Carter (Aub) 184-9 (56.31); 2. **Laura Paredes' (F1st) 178-2 (54.30); 3. Peyton Montgomery (Aub) 170-7 (51.99); 4. **Kelechi Nwanaga' (UMBC) 169-5 (51.64); 5. Stephanie Sievers (PennSt) 157-5 (47.99); 6. **Madison Smith (PennSt) 154-5 (47.07).

Hept(4/23-24): 1. Rene Rosso (MSM) 4548; 2. Taylor Wiederrecht (Mess) 4388; 3. Kelly Ward (Ct) 4344.

seconds ahead of runner-up Penn (3:35.43).

That wasn't even the high point of the meet for Penn, as the home team stole the DMR for the first baton win in meet history for an Ivy League women's squad. NCAA Indoor 800 runner-up Nia Akins blew the race open with a gutsy 1200 leg (3:22.73) that made the field play a futile game of catch-up the rest of the way. "With a lap to

go, I knew that I had enough energy left where I would be able to take over and hopefully hang on for as long as possible," Akins said. "As the lap kept going, building momentum all the way around and having people cheering me on, it didn't seem like too tall of a task."

Uchechi Nwogwugwu (52.22), Melissa Tanaka (2:07.20) and Maddie Villalba (4:37.30)

finished off the 10:59.44, enough to withstand a blistering 4:28.77 anchor leg from Jessica Harris, who brought Notre Dame (11:02.67) up from 9th to the runner-up spot.

Maryland's British discus star Greg Thompson had the top field mark with a collegiate-leading throw of 215-1 (65.56).

Drake Relays – Roberts Out-Hurdles McLeod

CHRIS DONAHUE/DRAKE ATHLETICS



Collegian Daniel Roberts upset pro Omar McLeod in the 110 hurdles by 0.01.

by Roy Conrad

AT THE 110th Drake Relays, steady winds up to 25mph and cold rain—the thermostat dropping below 40 (4.5C)—may have kept the crowds down on the final day, but the athletes came to compete—perhaps none so determined as hurdler Daniel Roberts. Having just turned 21 a couple of weeks ago, Roberts confirmed that he is a growing threat in the highs.

On a slick track, the Kentucky junior stunned Jamaica's Omar McLeod, hurdling in near-perfect lockstep with the Olympic/world champion and dipping better to win, 13.28w–13.29w. The wind registered a slightly-over-the-allowable 2.3. The performance provided ample confirmation of Roberts' recent 13.30 at the Florida Relays, where he had pushed Grant Holloway to a world-leading 13.28. Roberts was ready for McLeod, saying, "I knew he was going to be there. I know he's very fast. So I had to just get out and focus on my lane."

In the women's barriers, Keni Harrison coped with the delays caused by two false starts—jumping and blowing on her hands to keep warm—and once the race got going she rode the 3.3 wind to a 12.65w victory over Jasmine Camacho-Quinn (12.85), her second straight defeat of the Puerto Rican recordholder. Said Harrison, "The weather kinda sucked but the fans are here and I was able to just get the job done. We had a few false starts and I had to refocus."

Kori Carter ran from behind in her first 400 hurdles of the year, not catching Yanique Haye-Smith of Turks & Caicos until after hurdle 10 for the win, 56.07–56.54. "I'm a little rusty," said Carter, who last year concentrated on the 100 hurdles. She hadn't run her specialty event since winning the '17 World gold. "I did not know how much I missed this race," she continued. "I felt like a little kid again." Olympic bronze medalist Ashley Spencer ran 3rd in 57.02. The night before, in dry conditions, Washington State alum CJ Allen took the men's hurdles in a U.S.-leading 49.57.

Kenny Bednarek, the Indian Hills JC frosh who surprised indoors with a world-leading 20.30 indoors, got his chance on a bigger big stage, taking the lead of the half-lapper on the turn and powerfully finishing in a PR 20.29. Brandon Carnes finished a distant runner-up at 20.62. Said Bednarek, "I was excited about the competition, but I was a little nervous because I haven't really been in this kind of a race before."

Ryan Crouser, behind North Dakota State's Payton Otterdahl after the first two rounds, made the best of a slippery ring and scored a win after puts of 68-7 (20.90) and 69-3½ (21.11) relegated the collegiate leader to 2nd with his 68-1 (20.75). Noted Crouser, "Hats were blowing off people's heads. It was raining sideways."

Having a pair of vaults for each sex has become a Drake tradition, with indoor competition in the Capital Square Mall kicking things off on Wednesday. Andrew Irwin of the Arkansas Vault Club won the men's version with his PR

19-1½ (5.83), turning back Devin King's 18-5¼ (5.62). On the women's side, Emily Grove beat Annie Rhodes-Johnigan on the countback at 14-11½ (4.56).

Friday's fiberglass fun-fest featured the two highest vaulters in U.S. women's history, Jenn Suhr and Sandi Morris. When Morris—making her yearly debut after last fall's ankle surgery—cleared 15-5½ (4.71), Suhr passed to 15-7¼ (4.76). Morris was able to clear that height on her second attempt, taking the win, while Suhr missed. Grove tied her PR 15-1½ (4.61) in 3rd. Morris attempted a meet record (16-½/4.89) once but stopped when the rain started. Morris tweeted, "Feeling confident! Happy with my start for 2019, and even more happy with the way my ankle is healing up and how my new/longer approach feels. I have tried this run in the past, but it didn't click. Now, I'm READY!"

The second men's vault, held on Saturday, was moved into the fieldhouse because of the unfavorable weather conditions. South Dakota junior Chris Nilsen, boldly passing his second two tries at 19-¼ (5.80) after an initial miss, then cleared 19-2½ (5.85) to beat Sam Kendricks for the first time in five career tries. Top-rated pro Kendricks, who had been leading, then passed 19-2¼ to move to 19-4 (5.90), missing his only attempt and calling it a day. Irwin, who also cleared 19-¼, finished 3rd. "I don't think it's hit me yet," said Nilsen, who claimed a share of the American Collegiate Indoor Record. "I definitely wasn't coming in here thinking I was going to win."

DRAKE RELAYS MEN'S RESULTS

Des Moines, Iowa, April 24-27

Attendance—Thursday: 8756 (record); Friday Morning/Afternoon: 9017; Friday Night: 10,523; Saturday: 14,504; Total: 42,800

INVITATIONAL MEN

(4/24—Mall PV; 4/26—200, 400H, HJ)

200(0.2): 1. ***Kenny Bednarek (IndHCC) 20.29 PR; 2. Brandon Carnes (adi) 20.62; 3. Yancarlos Martinez' (DR) 20.80; 4. Wallace Spearmon (unat) 20.89; 5. Kyree King (Nik) 21.06; 6. Jak Ali Harvey' (Tur) 21.32.

Mile: 1. Jake Edwards (ColumRC) 4:05.43; 2. David Elliott (unat) 4:06.49; 3. Daniel Herrera (unat) 4:06.91; 4. Brett Meyer (FTH) 4:07.44; 5. Erik Sowinski (Nik) 4:08.03; 6. Harun Abda (OTC) 4:08.37.

110H(2.3): 1. *Daniel Roberts (Ky) 13.28w; 2. Omar McLeod' (Jam) 13.29w; 3. Freddie Crittenden (adi) 13.55w;

4. Eddie Lovett' (VI) 13.63w; 5. Aaron Mallett (adi) 13.71w; 6. Josh Thompson (unat) 13.72w; 7. Greggmar Swift' (Bar) 13.80w.

400H: 1. CJ Allen (unat) 49.57 (AL);

2. Jeffrey Gibson' (Bah) 49.92; 3. David Kendziera (unat) 49.97; 4. Jordin Andrade' (CV) 49.99; 5. Rilwan Alowonle' (Ngr) 50.01; 6. Khalifah Rosser (unat) 50.50; 7. Larry Donald (unat) 50.57; 8. Byron Robinson (unat) 50.58.

Field Events

HJ: 1. Jeron Robinson (unat) 7-5½ (2.27); 2. Django Lovett' (Can) 7-5½; 3. JaCorian Duffield (unat) 7-3 (2.21); 4. Trevor Barry' (Bah) 7-3 (2.21); 5. Jamal Wilson' (Bah) 7-1 (2.16); 6. DJ Smith' (PR) 6-11 (2.11).

Mall PV (indoors): 1. Andrew Irwin (AVC) 19-1½ (5.83) PR (18-½, 18-5½, 18-8¾ [3], 19-1½, 19-4½ [xxx]); 5.50, 5.62, 5.71 [3], 5.83, 5.90 [xxx]; 2. Devin King (LaPV) 18-5½ (5.62); 3. Cole Walsh (RPerf) 18-5½ (5.62); 4. Austin Miller (unat) 17-6½ (5.35); 5. Garrett Starkey (AzPV) 17-¾ (5.20).

PV(indoor): 1. *Chris Nilsen (SD) 19-2½ (5.85)=AmCR (=AmCR Jacob Davis [Tx] '99) (out AL) =10, x A; =3, -7 C)

(17-6½, 18-½, 18-5½, 18-8¾, 19-½ [xpp], 19-2½ [2], 19-4½ [xxx]) 5.35, 5.50, 5.62, 5.71, 5.80 [xpp], 5.85 [2], 5.90 [xxx];

2. Sam Kendricks (Nik) 19-¾ (5.80); 3. Irwin 19-¾ (5.80); 4. Walsh 18-5½ (5.62); 5. King 18-½ (5.50); 6. Starkey 17-6½ (5.35); 7. Luke Winder (NCC) 17-6½ (5.35); 8. Jeff Coover (US) 17-6½ (5.35).

SP: 1. Ryan Crouser (Nik) 69-¾ (21.11) f, 66-10, 68-7, 69-¾ (4, f, f) (f, 20.37, 20.90, 21.11, f, f); 2. Payton Otterdahl (NDSt) 68-1 (20.75); 3. Garrett Appler (UArm) 65-7½ (20.00); 4. Josh Awotunde (unat) 64-¾ (19.75); 5. Jon Jones (UArm) 64-5¾ (19.65); 6. Ashinia Miller' (Jam) 60-6 (18.44).

UNIVERSITY MEN

(4/25—St, 5K, 10K; 4/26—200, 1500, 400H, 4x8, 4x16, HJ, TJ, SP, JT)

100(4.1): 1. ***Courtney Lindsey (IaC) 10.34w; 2. *Terence Ware (Hous) 10.45w; 3. **Zach Nelson (Mn) 10.51w; 4. **Nylo Clarke (Mo) 10.54w.

200: II(2.7)-1. *Karayme Bartley' (Ia) 20.71w. III(0.3)-1. Lindsey 20.56 PR; 2. *Antonio Woodard (Ia) 20.70; 3. ***Jacob Smith (Ky) 20.76 PR.

800: 1. *Kyler Lueck (WiEC) 1:51.23 PR; 2. Christopher Bluish (Pur) 1:51.78 PR; 3. *Ivar Moinat (EnNM) 1:52.25 PR.

1500: 1. *Zack Penrod (Wich) 3:42.96 PR; 2. *Nathan Mylenek (Ia) 3:44.49 PR; 3. Kevin Kelly (Drake) 3:44.72 PR; 4. *Benjamin Allen (ConcStP) 3:45.37 PR.

St: 1. ***Awet Yohannes' (IaC) 8:55.18 PR; 2. Zach Shoemaker-Allen (WiLC) 8:55.43 PR; 3. *Jesus Urtsuastegui' (AugSD) 8:57.53 PR.

5000: 1. Reed Fischer (TinE) 13:51.84; 2. **Alec Basten (Mn) 13:53.30 PR; 3. **Owen Hoeft (Mn) 13:54.26 PR; 4. Connor Winter (TinE) 13:58.49.

10,000: 1. Brogan Austin (TinE) 29:09.22 PR; 2. Ryan Root (unat) 29:51.22 PR; 3. **Marcus Graham (IndHCC) 29:59.18 PR.

110H(2.0): 1. ***Tai Brown (Ky) 13:28-; 2. Caleb Wilt (Ky) 14.10; 3. Anthony Williams (Ia) 14.14; 4. Chris Douglas (Ia) 14.16.

400H: II-1. *Mason Weh' (IaSt) 5'1.37; 2. ***Raymonte Dow (Ia) 51.61. III-1. *Eric Foglitzan (IaSt) 50.98; 2. Chris Douglas (Ia) 51.38.

Relay Events

4 x 100: 1. Illinois 40.20 (Shannon, Rustay, Haight, Quinn); 2. Purdue 40.36; 3. Houston 40.72; 4. Air Force 41.81.

4 x 200: III-1. Lincoln 1:25.26. IV-1. Kentucky 1:23.90 (St. Hilaire', Smith, Roberts, Council); 2. Purdue 1:23.96; 3. Northern Iowa 1:27.02.

4 x 400: 1. Houston 3:09.66 (Lewis, Valentine, Jordan, Jefferson); 2. Minnesota 3:10.38; 3. Iowa 3:12.54; 4. Northern Iowa 3:13.30.

4 x 800: 1. Iowa State 7:20.77 (Kurgat', Roomes, Gentil', Lagat'); 2. Iowa 7:22.50; 3. Tulsa 7:25.21; 4. Kentucky 7:25.23; 5. Minnesota 7:26.42; 6. Marquette 7:26.54; 7. South Dakota State 7:27.27.

4 x 1600: 1. Oklahoma State 16:39.79 (WL, CL) (Calhoun, Khosla, Smeeton, Abdi);

2. Sioux Falls 16:40.16; 3. Air Force 16:40.31; 4. Minnesota 16:41.73.

SpMed: 1. Air Force 3:19.33 (Molas, Bradford, Walden, Rhoads 1:48.36); 2. Kentucky 3:20.57; 3. Iowa 3:20.71; 4. Iowa State 3:23.69.

DisMed: 1. Iowa State 9:48.63 (Kurgat', Johnson, Gentil', Lagat'); 2. Missouri 9:49.51; 3. Illinois 9:51.19; 4. Wichita State 9:52.28.

4 x 110H: 1. Indiana State 60.86 (Lewis-Banks, Taylor, Black, Gonzalez).

Field Events

HJ: 1. *Zack Anderson (SD) 7-2½ (2.20) =PR; 2. Jeff Giannettino (Army) 7-1 (2.16); 3. **Rahman Minor (Ky) 7-1.

PV: 1. ***Vincent Hobbie' (CMo) 17-2¾ (5.25) PR; 2. **Matthew Peare (Ky) 16-8¾ (5.10); 3. *Jan Jansky (CMo) 16-8¾; 4. **Trent Francom (SDSt) 16-2¾ (4.95).

LJ: 1. ***James Carter (Ia) 24-1w (7.34); 2. **Mason Roomes (Mn) 23-6½w (7.17); 3. **Samuel Johnson (Mar) 23-5½w (7.15).

TJ: 1. *Jah Strange (Pur) 53-1½w (16.19); 2. **Tamar Greene' (Pur) 53-¾w (16.17) (52-3½/15.93); 3. Carter 49-7½w (15.12).

SP: 1. David Kornack (WiEc) 63-7 (19.38) PR; 2. **Jalil Brewer (Pur) 62-3 (18.97); 3. *Alex Tally (NDSt) 62-1¼ (18.94); 4. *Jonathan Tharaldsen (Mn) 61-5¼ (18.74); 5. Will Fife (Mo) 61-0 (18.59); 6. **Josh Sobota (Ky) 60-9½ (18.53).

DT: 1. Alex Rose' (AmS) 204-9 (62.40); 2. Brian Williams (US) 203-4 (61.99); 3. Reno Tuufuli (Ia) 193-2 (58.88); 4. *Charles Lenford (Ky) 192-2 (58.58) PR.

HT: 1. **Kieran McKeag (Mn) 220-6 (67.22) PR; 2. **Jon Nerdal' (Mn) 219-10 (67.01) PR; 3. **Alex Tally (NDSt) 217-8 (66.34) PR; 4. Vlad Pavlenko (IaSt) 216-10 (66.09).

JT: 1. Riley Dolezal (Velaasa) 251-9 (76.73); 2. *Michael Weller (Pur) 223-3 (68.04) PR; 3. **Brendan Artley (NDSt) 215-4 (65.65); 4. *Jalon Simpson (OIN) 211-9 (64.55).

Dec(4/24-25): 1. Teddy Frid (unat) 7478 PR PR; 2. ***Austin West (unat) 6848 PR; 3. Austin Heitland (Nnla) 6644.

INVITATIONAL WOMEN

(4/24—Mall PV; 4/26—PV, LJ)

1500: 1. Alexa Efraimson (Nik) 4:13.18; 2. Hannah Fields (unat) 4:13.44; 3. Heather Kampf (Asics) 4:13.65; 4. Shannon Osika (Nik) 4:14.22; 5. Violah Lagat' (Ken) 4:16.77; 6. Dana Mecke (CSTC) 4:17.49.

100H(3.3): 1. Keri Harrison (adi) 12.65w; 2. Jasmine Camacho-Quinn' (PR) 12.85w; 3. Phylicia George' (Can) 12.96w; 4. Tobi Amusan' (Ngr) 12.96w; 5. Nia Ali (Nik) 13.07w; 6. Cindy Ofili' (GB) 13.20w.

400H: 1. Kori Carter (Jord) 56.07; 2. Yanique Haye-Smith' (Jam) 56.54; 3. Ashley Spencer (Nik) 57.02; 4. Grace Claxton' (PR) 57.28; 5. Gianna Woodruff' (Pan) 57.51; 6. Jaide Steptier (US) 58.05.

Field Events

HJ: 1. Amina Smith (Shore) 6-¾ (1.85); 2. Ty Butts (unat) 5-11½ (1.82); 3. Levern Spencer' (StL) 5-9¾ (1.77); 4. tie, Erika Kinsey' (Swe) & Priscilla Frederick' (Ant) 5-9¾; 6. Kimberly Williamson' (Jam) 5-7¾ (1.72).

Mall PV (indoors): 1. Emily Grove (unat) 14-11½ (4.56); 2. Annie Rhodes-Johnigan (unat) 14-11½; 3. Kortney Ross (RPerf) 14-9 (4.50); 4. Megan Clark (Ois) 14-1½ (4.30).

PV: 1. Sandi Morris (Nik) 15-7½ (4.76) (14-5½, 14-9, 15-1½, 15-3½, 15-5½, 15-7½ [2], 16-½ [x]) 4:40. 4.50, 4.61, 4.66, 4.71, 4.76 [2], 4.89 [x]); 2. Jenn Suhr (adi) 15-3½ (4.66); 3. Grove 15-1½ (4.61) =PR; 4. Ross 14-5½ (4.40); 5. tie, Katherine Pitman (unat) & Rhodes-Johnigan 14-1½ (4.30); 7. Megan Zimlich (USPVA) 13-9½ (4.20).

LJ: 1. Kendell Williams (Nik) 21-8¾ (6.62); 2. Kylie Price (unat) 21-5½ (6.54); 3. Chanté Porter' (Jam) 21-4½ (6.51); 4. Konomi Kai' (Jpn) 20-2½ (6.15); 5. Mady Richards (unat) 19-9½ (6.03).

UNIVERSITY WOMEN

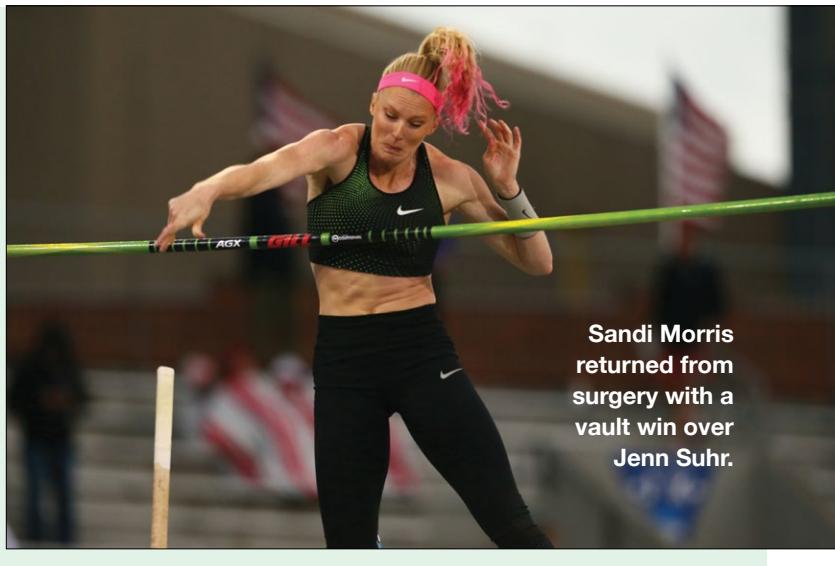
(4/25—St, 5K, 10K; 4/26—100, 200, 1500, 400H, 4x8, 4x16, PV, LJ, SP, DT, JT)

100(3.6): 1. ***Amira Young (Mn) 11.55w; 2. ***Camille Christopher (Pur) 11.78w; 3. *DeAndra Greer (InSt) 11.89w; 4. ***Tatiana Aholou (Ky) 11.90w.

200: II(2.5)-1. **Taylor Shaw (LaT) 23.76w; 2. *Gabrielle Noland (Loras) 23.94w. III(2.4)-1. Young 23.66w; 2. Christopher 23.91w.

800: 1. ***Brittany Campbell (Pur) 2:07.94 PR; 2. **Oksana Covey (SDSt) 2:08.82.

1500: 1. *Rebekah Topham (Wich) 4:24.76; 2. Rachel King (SDSt) 4:25.12; 3. ***Kelby Anderson (NDSt) 4:26.12; 4. Niamh Markham (Brad) 4:26.20.



Sandi Morris
returned from
surgery with a
vault win over
Jenn Suhr.

St: 1. Breanna Sieracki (TMn) 9:59.33 PR; 2. *Grace Breiten (MoSt) 10:28.67 PR; 3. **McKenzie Altmayer (Brad) 10:31.57 PR; 4. Madeline Huglen (SD) 10:33.22.

5000: 1. Maddie Van Beek (unat) 16:15.31; 2. Tonya Nero (unat) 16:27.56; 3. Alexandra Burkhart (Roots) 16:29.46; 4. Christine Thorn (Roots) 16:31.02.

10,000: 1. Megan Billington (SD) 35:12.24; 2. ***Jaycie Thomsen (Mn) 35:21.92 PR; 3. **Kassie Rosenbum (Loras) 35:34.27 PR.

100H(2.3): 1. *Faith Ross (Ky) 13.30w; 2. *Jenny Kimbro (Ia) 13.34w; 3. Danielle Kohlwey (MnD) 13.52w; 4. ***Kaylyn Hall (IaSt) 13.74w.

400H: II-1. *Erin Huls (Mn) 59.46. III-1. Ross 58.21; 2. Kimbro 58.43; 3. ***Masai Russell (Ky) 59.42.

Relay Events

4 x 100: 1. Purdue 46.86 (Heath, Dorsey, Bracey, Christopher); 2. Missouri State 47.05; 3. Tulsa 47.49; 4. South Dakota 47.99.

4 x 200: II-1. Lincoln 1:36.87. IV-1. Kentucky 1:33.70 (Barnes, Steiner, Abbott, Gray).

4 x 400: I-1. Illinois 3:47.85 (Nwoko, Driver, Aduma, Phillips); 2. Iowa 3:47.93; 3. Iowa State 3:51.57; 4. Purdue 3:54.23. II-1. Lincoln 3:41.70.

4 x 800: 1. Oklahoma State 8:25.41 (WL, CL) (Celis, Ballner, Larson, Johnson);

2. Iowa 8:31.84; 3. Minnesota 8:37.04; 4. USF 8:40.61.

4 x 1600: 1. Oklahoma State 19:22.96 (Szekely, Sughrue, Somers, Johnson); 2. Minnesota 19:30.14; 3. Utah 19:40.46; 4. Iowa State 19:42.26.

SpMed: 1. Iowa 3:54.18 (Christian, Buss, Guillory, Arco); 2. Illinois 3:55.79; 3. Kentucky 3:56.95; 4. Northern Iowa 3:59.96.

DisMed: 1. Oklahoma State 11:15.18 (Ballner, Larson, Celis, Sughrue); 2. Utah 11:17.26; 3. San Francisco 11:19.03; 4. Iowa State 11:19.34.

4 x 100H: III-1. North Dakota State 58.76; 2. South Dakota 59.70. IV-1. Iowa State 56.56 (Vlahovic, Christie-Gallow, Coghill, Hall); 2. Indiana State 58.15.

Field Events

HJ: 1. *Ellen Ekholm' (Ky) 5-9½ (1.76); 2. **Sydney Anderson (LaT) 5-7½ (1.71); 3. **Alexis Zatta (Pur) 5-7½.

PV: 1. *Helen Falda' (SD) 14-1½ (4.30); 2. Kimberly Peterson (SD) 13-3½ (4.05); 3. ***Deidra Morrison (SD) 13-3½; 4. ***Jaci Bickett (Ky) 13-3½.

LJ: 1. *Carsyn Spurgeon (Tulsa) 21-1½w (6.43); 2. Janile Rogers (Ia) 20-5w (6.22); 3. ***Patricia Johnson (LaWNC) 20-3w (6.17); 4. ***Tatiana Aholou (Ky) 19-11½w (6.09).

TJ: 1. Marie-Josee Ebwea-Bile' (Ky) 43-10¾ (13.38); 2. Jehvania Whyte' (Nrl) 41-9¾ (12.73); 3. *Lorean Murray' (Mn) 41-1½w (12.54); 4. *Bailey DeMar (NDSt) 40-11¾ (12.49).

SP: 1. ***Akealy Moton (NDSt) 55-½ (16.77); 2. *Laulaua Tausaga (Ia) 53-8½ (16.36); 3. *Nicole Fautsch (Ky) 53-5¾ (16.30); 4. *Bailey Retzlaff (NDSt) 51-5 (15.67).

DT: 1. Tausaga 187-5 (57.13); 2. Chioma Onyekwere' (Ngr) 184-7 (56.27); 3. Gabi Jacobs (Mo) 180-2 (54.92); 4. Summer Pierson (unat) 177-6 (54.10).

HT: 1. **Amy Herrington' (NDSt) 197-1 (60.08); 2. **Molly Lepelmeier (Ky) 193-9 (59.07); 3. *Jordan McLendon (Mo) 192-2 (58.59); 4. Temi Ogunrinde' (Mn) 191-7 (58.41).

JT: 1. **Sophia Rivera (Mo) 179-10 (54.81); 2. **Kari Wolfe (NDSt) 162-0 (49.39); 3. *Allie Webb (Mo) 149-10 (45.68).

Hept(4/24-25): 1. Emilyn Dearman (unat) 5926 PR; 2. Shaina Burns (unat) 5774 PR; 3. Rose Jackson (unat) 5466; 4. Michelle Spires (USA) 5404.

National Relays – List Leaders For Jenna Prandini

by Jeff Hollobaugh

REIGNING NATIONAL 200 champ Jenna Prandini served notice at the National Relay Championships that she is primed for a great season, winning the sprints in world-leading times of 11.10 and 22.53. "I felt good," the Oregon alum said. "My training has been going really well, so I know I can run a lot faster than that. It's a good start to the season, and you know it's a long season, so we've got a long way to go until the U.S. Trials and Doha."

Prandini's 100 tied the early-season world lead; with a mild 0.7 breeze behind her, she handily beat Texas frosh Kynned Flannel (11.38). The 200 was aided by a 1.4 wind. Her 22.53 put her two strides ahead of surging Arkansas soph Janeek Brown (22.67). The performances left Prandini much happier than her Mt. SAC outing the week before (11.33/22.93). "It was just a bad meet," she said. "I guess with track you just have to have short-term memory. I know where my training's at and I knew that was just a really bad meet for me."

Now 26, Prandini moved to Austin last October to work with Texas coach Edrick Floréal. Though she won the USATF 200 last year and hit 10.96 and a PR 22.16, she felt it was time to move things up a notch going into two consecutive championship seasons. "I'm really lucky to get to train here and I've been liking it a lot so far," she said. "I'm excited to be working with coach Flo. Obviously I have some big goals for myself to accomplish. There are a lot of things that he sees that I need to improve on. I'm still trying

to get everything down that he's saying, but luckily he's patient and we're just working every day trying to get a little bit better."

Prandini has found herself training alongside hurdles World Record holder Keni Harrison: "She was kicking my butt pretty bad in the beginning in some of those harder workouts, but I've loved every second of it and I'm just enjoying being out here now." With an eye toward making the Doha squad in both sprints—she made the '15 team in the 200 but missed in '17—Prandini sees the job ahead of her as fairly simple: "I just show up to practice and work really hard and try to execute the things that Flo's telling me. I have 100% trust that he'll get me to where I need to be if I can do what he says."

Brown previewed her 200 runner-up finish with an impressive hurdle run, the Jamaican hitting a world-leading 12.57. Notable performances on the men's side went to Baylor's Will London in the 400 (45.25) and NCAA Indoor 800 champ Bryce Hoppel of Kansas, whose 1:45.87 is an outdoor American leader.

The top relay performance came from the Texas men's sprint medley, a 3:15.00. The Arkansas women won four stick crowns, in the 4x1, 4x8, 4x15 and 4x100H.

NATIONAL RELAYS MEN'S RESULTS

Fayetteville, Arkansas, April 26-27—
(4/26—100, 200, 400, 800, St. 110H, 400H, 4x15, SM, PV, LJ, DT, JT)
100(0.5): 1. **Micaiah Harris (Tx) 10.29 PR.
200(1.0): 1. "Maxwell Willis (Bay) 20.89.
400: 1. Wil London (Bay) 45.25; 2. ***Ashton Hicks (OkSt) 45.68 PR; 3. ***Jonathan Jones' (Tx) 45.76 PR; 4. ***Matthew Moorer (Bay) 45.97 =PR.
800: 1. *Bryce Hoppel (Ks) 1:45.87 (out AL, AmCL).
St: 1. Alex Rogers (Tx) 8:48.83; 2. John Rice (Tx) 8:48.83.
110H(1.4): 1. John Burt (Tx) 13.70; 2. **Cordell Tinch (Ks) 13.89 PR.
400H: 1. **Jayson Baldridge (Bay) 50.48; 2. *Cody Johnson (Ks) 50.73 PR.
4 x 100: 1. Oklahoma 40.31 (Webb, Sheffield, Brown, Ellis).
4 x 400: 1. Baylor 3:07.81 (Platt, Fields, Moorer, London); 2. Arkansas 3:08.66.
4 x 800: 1. Arkansas 7:39.47 (Moehn, Taylor, Paret, Griffith).
4 x 1500: 1. Texas 15:53.59 (Johnson, Bielaczyc, Rice, Mills).
4 x 110H: 1. Arkansas 57.81.
SpMed: 1. Texas 3:15.00 (Brown, Harris, Jones, Worley 1:49.14); 2. Arkansas 3:16.54 (Taylor 1:49.12).

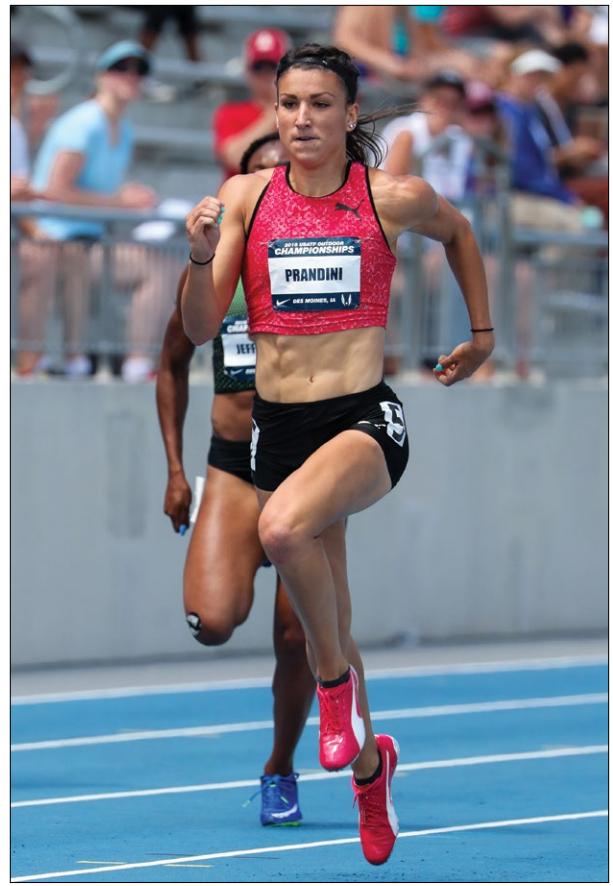
Field Events

PV: 1. ***KC Lightfoot (Bay) 18-5½ (5.62); 2. ***Zach Bradford (Ks) 18-5½; 3. *Chase Smith (Wa) 17-8½ (5.40) PR; 4. Nick Maestretti (unat) 17-8½ =PR.
LJ: 1. Jacob Fincham-Dukes' (OkSt) 26-1½ (7.96) =PR; 2. *Steffin McCarter (Tx) 25-5½ (7.75).
TJ: 1. **Chengetayi Mapaya' (TCU) 55-3¾w (16.86) (54-1½/16.49); 2. **Papay Glaywulu (Ok) 53-3¾w (16.25); 3. Kaiwan Culmer' (Bah) 52-10¾w (16.12).
SP: 1. **Tripp Piperi (Tx) 67-6¼ (20.58); 2. **Jonah Wilson (Wa) 62-3½ (18.98).

DT: 1. ***Elijah Mason (Wa) 184-10 (56.35).
HT(4/25): 1. Erich Sullins (Ar) 215-8 (65.74); 2. ***Bayley Campbell' (Ok) 215-7 (65.71).
JT: 1. **Anderson Peters' (MsSt) 265-1 (80.81) (250-9, 252-8, 265-1, f, 251-1, 254-2) (76.43, 77.03, 80.81, f, 76.53, 77.48);
2. Curtis Thompson (MsSt) 258-2 (78.68) (AmCL);
3. Trevor Danielson (Tx) 240-9 (73.38) PR; 4. ***Tyriq Horsford' (MsSt) 237-3 (72.31) PR; 5. Denham Patricelli (Wa) 236-6 (72.08) PR; 6. ***Liam Christensen (Stan) 232-6 (70.87).

NATIONAL RELAYS WOMEN'S RESULTS

(4/26—100, 200, 400, 800, 1500, 100H, 400H, 4x15, SM, LJ, DT, JT)
100(0.7): 1. Jenna Prandini (Pum) 11.10 (=WL, =AL);
2. ***Kynned Flannel (Tx) 11.38; 3. ***Julien Alfred' (Tx-StL) 11.39 NR, NJR.
200: III(1.3)-1. Alfred' 23.27 NR, NJR. IV(0.5)-1. Ranae McKenzie' (KsSt) 23.14 PR.
V(1.4)-1. Prandini 22.53 (WL, AL);
2. **Janeek Brown' (Ar) 22.67 PR; 3. Flannel 22.79 PR; 4. **Kethlin Campbell (Ar) 22.90 PR; 5. Shamier Little (adl) 23.07 PR; 6. Payton Chadwick (Ar) 23.27; 7. Kiara Parker (Ar) 23.45.
400: III-1. **Morgan Burks Magee (Ar) 53.24; 2. ***Paris Peoples (Ar) 53.30; 3. ***Kennedy Simon (Tx) 53.40; 4. Sydney Hammit (Ar) 53.61.
IV-1. Little 52.21; 2. *Aaliyah Birmingham (OkSt) 52.41 PR; 3. Zola Golden (Tx) 52.88; 4. Dominique Blake' (Jam) 53.26; 5. *Mariah Kuykendoll (Ks) 53.70 PR; 6. **Honour Finley (Ks) 53.89.
800: 1. Alena Brooks' (Tri) 2:04.82; 2. Marleena Eubanks' (Ks) 2:05.12; 3. Leticia De Souza' (Bay) 2:05.50 PR; 4. **Morgan Stewart (Bay) 2:06.41 PR.
1500: 1. **Destiny Collins (Tx) 4:19.16 PR.
100H(1.6): 1. Brown' 12.57 PR (WL, CL) (=M, =9 C);
2. **Camri Austin (Ok) 12.94 PR; 3. *Rushelle Burton' (Tx) 13.08; 4. Mariam Abdul-Rashid' (Tx) 13.27 PR.
400H: I-1. ***Lavaun Stephenson (KsSt) 58.91. II-1. *Darhian Mills (Wa) 58.33 PR; 2. Carly Lester (Wa) 58.84 PR; 3. **Riley White (MsSt) 58.96 =PR.
Relay Events
4 x 100: 1. Arkansas 44.35 (Parker, Chadwick, Brown', Campbell); 2. Texas 44.61.
4 x 400: 1. Baylor 3:35.71 (Stewart, Washington, De Souza', Miller); 2. Arkansas 3:36.03; 3. Texas 3:36.57; 4. TCU 3:37.78; 5. Kansas State 3:38.79; 6. Kansas 3:38.96.
4 x 800: 1. Arkansas 8:55.14 (Werner, Gregory, Owen, Viljoen').
4 x 1500: 1. Arkansas 17:56.89 (Underwood, Owen, Brown, Reed); 2. Texas 18:02.28.
SpMed: 1. Texas 3:46.22 (Daniels, Simon, Golden, Crank); 2. Kansas State 3:46.76; 3. Arkansas 3:55.61.
4 x 100H: 1. Arkansas 56.03 (Edwards, Brown', Smith, Chadwick); 2. Kansas State 56.89; 3. Oklahoma 57.93.
Field Events
HJ: 1. ***Rylee Anderson (Ks) 5-11½ (1.82) PR; 2. Rachel Reichenbach (Stan) 5-10½ (1.79) PR.
PV: 1. Tori Hoggard (Ar) 14-1½ (4.30); 2. *Kaitlyn Merritt (Stan) 14-1½ PR; 3. Meagan Gray (Ok) 14-1½.
LJ: 1. **Tara Davis (unat) 21-3½ (6.48); 2. *Taishia Pryce' (KsSt) 21-½ (6.41); 3. **G'Auna Edwards (Ar) 20-10 (6.35); 4. *Destiny Longmire (TCU) 20-6½ (6.25); 5. **Essence Thomas (Ok) 20-6½ PR.
TJ: 1. Shardia Lawrence' (KsSt) 44-9½w (13.65) (44-6½/13.58); 2. **Alex Madlock (Bay) 44-8w (13.61) (42-0/12.80); 3. **Essence Thomas (Ok) 44-2½w (13.47);
4. **Aria Small (Stan) 43-4½w (13.21) (42-9½/13.05); 5. *Konstantina Raimou' (KsSt) 43-2½ (13.16); 6. Georgia Wahl (Tx) 42-4w (12.90).
SP: 1. *Meia Gordon (Ok) 52-8 (16.05).
DT: 1. *Ashley Petr (KsSt) 176-7 (53.83).
JT: 1. Mackenzie Little' (Stan) 187-3 (57.07); 2. *Sarah Blake (MsSt) 173-0 (52.73).



KEVIN MORRIS/PHOTO RUN

Jordan Invitational – Mission Accomplished For Simpson

DONGOSNEY



A 15:21.12 gave Jenny Simpson a World Champs qualifier with the fastest outdoor American time of the year.

by Sieg Lindstrom

STANFORD, CALIFORNIA, May 02—The anomalous late timing of this year's professional schedule, and perhaps some ambivalence in the fields about chasing tough Tokyo Olympic standards 5 months out from the World Championships, put an atypical spin on Stanford's annual Jordan Invitational. At this always distance-friendly meet, the script is often hammer all out, run as fast as you can, reach the tough Q marks. This time there was some fast running. The highlight on the clock was the 13:10.72 outdoor world leader in the 5000 from Yomif Kejelcha, and the meet saw 5 U.S. leading marks (two of the outdoor variety) and 4 that topped the collegiate lists. Twenty-five '19 World Champs qualifying marks were racked up.

But a lot of racing for the win broke out too. Exhibit A, Jenny Simpson running her outdoor opener—and just second race of '19—in the 5000. The 4-time OG/WC 1500 medalist took the win in 15:21.12, 0.88 under the Doha standard, in her first outdoor foray at the distance since PRing (14:56.26) in Zürich 6 seasons ago. Simpson was pushed over the last lap by '18 winner Rachel Schneider (15:21.44) as Briton Amy-Eloise Neale (15:21.58) also hit the Q. But Simpson confessed she didn't lock in early. The field's early dawdling put the 15:10.00 Olympic standard out of reach almost from the get-go.

For the Colorado alum, the night played out more as a chance to begin polishing her racing skills for what's ahead. "There's so many races where I run my own plan, no matter what is going on, and I get in the groove, get into 2nd or 3rd, and try to win," she said. "Today was just, I

think, a good opportunity and good practice to kind of let other people and other racers dictate the race for a while, and just tuck in and go for the ride. But it was kind of funny because, totally transparent to all of you, I thought I would just jump in there and set up on the rail and I could be anywhere from 1st to 7th and hit the standard. So that was kind of my plan, just tuck in and then race for fun the last lap. But, omigosh, we cut it close. I looked up at 1000—and this is why you always travel with your coach—cuz my coach [Heather Burroughs] was yelling, 'You gotta get going.' I look up, I kinda wake up, look up at the clock and realized I have a job to do here and we gotta get back on that pace."

After Elinor Purrier led a tight pack through 3000 in 9:25.6, Simpson fully engaged 2 laps out and she and Schneider started to roll. The '11 world 1500 champ led with a lap to go and blasted away from 200 out but clearly had to work in the homestretch. Finishing splits: 62.7, 2:13.2, 4:40.9. Schneider finished her final lap just as fast but was unable to change the margin.

"Let's be honest. I never think I leave it too late," Simpson said. "I'm in there thinking, 'Heather, don't worry, I've got this.' But we did kind of leave it late and I had to do a lot of work there at the end and I'm so grateful Rachel responded, so I had help, I certainly didn't do it alone. Seeing her shadow and feeling her pressure was super helpful. And feeling the other people that were there; I don't know [exactly who] because I can't look behind me. But it was a really good, it was just good racing. And then the other thing—if I'm allowed to be a little bit veteranized attitude—it was so physical and so sloppy out there, I kind of felt like, 'Welcome to my world; this is my whole summer.' I'm so used to it being so physical and so rough and tumble. So in a way I kind of felt at home."

The sight of indoor mile WR man Kejelcha in his outdoor opener captivated interest, arguably more so when his 8:04.7 split at 3K telegraphed he'd have work to do to reach the 13:13.50 Tokyo standard—not that he won't have plenty of other opportunities this summer. The Ethiopian star wound it up and delivered, turning his last 4 laps in 4:00.0, with 1:54.1 and 57.5 figures for his closing 800 and 400. The American Distance Project's Kirubel Erassa PRed in 2nd at 13:17.23, finishing nicely himself: 60.2, 1:59.1.

"I was actually leading the whole time [until Kejelcha moved]," said the Ethiopian-born Oklahoma State alum. "I've been training in Ethiopia for 2 months with the best out there and they gave me a lot of confidence. So I was running with confidence here today.... 10,000 feet [of altitude] helped me. I was breathing easy here."

Rio 800 medalist Murphy ran his first race since taking the USATF Indoor 1000 crown in February and made the pace for the field to win in 3:37.59 (outdoor AL) from Robert Domanic's 3:38.27. How much of the pace? "All of it," said the Nike Oregon Project's Murphy, who said his next move would be to visit NorCal wine country with fiancée Arianna Washington. "Training with guys like Yomif and then Donavan Brazier,

staying up with them on both workouts gives you a pretty good idea you're in good shape, so I don't think this is necessarily a good [indication] of where I'm at. If I had had somebody to follow for 1300 it might have been a little bit different story but I think it was a good way to put the spikes on and dust off the uniform and get back out there after what seemed like forever." Murphy's finish was crisp, a 56.4 last circuit.

The men's 10,000 fell out of Tokyo qualifying range (27:28.00) early as the field passed 5000 around 14:00.0. That left Ben True, the Jordan meet's 5K meet record holder (13:02.74 in '14) to gain more experience with the 25-lapper, which he said he wants to explore further in the future. Winning by close to 4 seconds from Briton Marc Scott with a 27:52.39 time but missing the

Doha standard (27:40.00), True turned his last 4 circuits in the 64-second range (4:16.6 final 1600) to tie down the win. He said, "I kind of knew coming in today that I might have to do some work. I was really hoping that I would have to do more than 2K of work but I probably should have gone to the front a lot sooner—kind of just blowing my legs off and if I got beat, I got beat—but just trying to run a little faster time. But I wasn't doing it today."

In the women's 10,000, all eyes were on débuteante Sifan Hassan, the Netherlands' multi-time Worlds medalist (in & out) at 1500, 3000 & 5000. Hassan chose caution and ran to win, pushing the lap tempo into 73- and 74-second territory over the last 9 go-rounds. With a 68.3 closer Hassan hit 31:18.12 to win from countrywoman Susan

Krumins, the '15 winner here. Krumins' 31:23.81 also bettered the Tokyo Q mark (31:25.00).

"I was just nervous because I haven't [raced] this long on the track and I'm not fond of laps," said Hassan, another Nike Oregon Project member. "You have a lot of time to get nervous, scared. And I'm like, 'When I'm gonna [get] tired?'" Not exactly an expected sentiment from the No. 8 half-marathoner all-time. Hassan debuted at the road distance in 65:15 in September and raced 65:45 in Berlin a month ago. But "the half-marathon you just run straight," said Hassan, and you don't know where you are. [For this] you have to count the laps. It's my first time also and I'm no fan of laps. I like to run all out and done [as in a shorter track race] or just straight [as on the road]."

JORDAN INVITATIONAL MEN'S RESULTS

Stanford, California, May 02—

800: 1. George Espino (SnUt) 1:48.44; 2. Michael Wilson' (NM) 1:48.77.

1500: I-1. Clayton Murphy (Nik) 3:37.59 (out AL) (56.4);

2. Robert Domanic (ReebB) 3:38.27; 3. **Reed Brown (Or) 3:38.76; 4. Sean McGorty (BowTC) 3:39.00; 5. William Paulson' (AzSt) 3:39.04; 6. **George Kusche' (Nb) 3:39.33; 7. Grant Fisher (Stan) 3:39.60; 8. Mick Stanovsek' (Wa) 3:41.20; 9. Mo Ahmed' (Can) 3:41.59; 10. James West' (Or) 3:42.41.

II-1. Adam Palamar' (Can) 3:42.11; 2. Woody Kincaid (BowTC) 3:42.42; 3. **Charlie Hunter' (Or) 3:43.08;

4. **Cooper Teare (Or) 3:43.13; 5. Robbie Fitzgibbon' (GB) 3:43.18; 6. *Kasey Knevelbaard (SnUt) 3:43.95; 7. Matt Hughes' (Can) 3:43.98.

St: I-1. **Ryan Smeeton' (OkSt) 8:27.90(CL); 2. Travis Mahoney (HokaNJNY) 8:28.76 (AL);

3. Jean-Simon Desgagnes' (Can) 8:29.10; 4. Max Stevens' (Aus) 8:29.48; 5. Obsa Ali (Mn) 8:31.15; 6. John Gay' (Can) 8:31.40; 7. Kaur Kivistik' (Est) 8:31.91; 8. **Matt Owens (BYU) 8:32.59; 9. Brian Barraza (adi) 8:33.03; 10. David Goodman (unat) 8:34.90; 11. Adam Visokay' (GB) 8:34.92; 12. Donnie Cowart (CrazyR) 8:35.07; 13. Jordan Manu (NBal) 8:38.53; 14. Franklin Tonui (USA) 8:41.58; 15. Troy Reeder (FurmE) 8:41.87; 16. Kyle Medina (Tine) 8:49.06; 17. Craig Nowak (FurmE) 8:52.45.

II-1. *Clayton Shumway (BYU) 8:39.74; 2. Emmanuel Rotich' (Tul) 8:41.05; 3. Simon Sundström (Swe) 8:42.43; 4. Michael Jordan (USA) 8:42.46; 5. Jose Pena' (Ven) 8:43.79; 6. Jackson Sayler (Adams) 8:45.39; 7. **Kenneth Rooks (BYU) 8:47.15; 8. Joseph Berriatua (unat) 8:48.75; 9. *Adrian Jones (Ut) 8:49.03; 10. *Jacob Heslington (BYU) 8:49.34; 11. **Zach Litoff (SClar) 8:52.38.

5000: I-1. Yomif Kejelcha' (Eth) 13:10.72 (out WL) (8:04.7 @ 3000) (57.5, 1:54.1, 4:00.0); 2. Kirubel Erassa (ADP) 13:17.23 (out AL) (60.2, 1:59.1, 4:06.4);

3. Andrew Butchart' (GB) 13:18.16; 4. Isaac Kimeli' (Bel) 13:18.19; 5. Robin Hendrix (Bel) 13:19.50; 6. Justyn Knight' (Can) 13:20.80; 7. Drew Hunter (adi) 13:21.18; 8. Gerard Geraldo' (Col) 13:21.31; 9. Jordan Gusman' (Aus) 13:21.35; 10. Eric Jenkins (NikOP) 13:21.71; 11. Josef Tessema (AMD) 13:22.28; 12. Sam Parsons' (Ger) 13:22.32; 13. Tyler Day (NnAz) 13:25.06; 14. Altobelli Da Silva' (Bra) 13:27.90; 15. Lopez Lomong (BowTC) 13:28.74; 16. **Conner Mantz (BYU) 13:29.73; 17. *Geordie Beaminish' (NnAz) 13:31.58; 18. Clayton Young (BYU) 13:31.79; 19. *Luis Grijalva' (NnAz) 13:37.11; 20. Ederson Pereira' (Bra) 13:47.91; 21. Chris O'Hare' (GB) 13:48.66.

II-1. Lander Tijtgat' (Bel) 13:40.16; 2. Suguru Osako' (Jpn) 13:40.48; 3. Per Svela' (Nor) 13:40.63; 4. Federico Bruno' (Arg) 13:41.52; 5. ***Connor Lane (Stan) 13:42.31; 6. Philo Germano (ReebB) 13:42.37; 7. *Alex Ostberg (Stan) 13:42.44; 8. Andreas Vojta' (Aut) 13:44.32; 9. Alex Monroe (RootsRP) 13:45.21; 10. Tom Farrell' (GB) 13:45.50; 11. ***James Mwaura (Gonz) 13:46.17; 12. Suldan Hassan' (Swe) 13:46.63; 13. ***Evert Silva (Port) 13:48.04.

10,000: 1. Ben True (Sauc) 27:52.39 (AL) (64.5, 2:08.6, 4:16.6);

2. Marc Scott' (GB) 27:56.19; 3. Harry Summers' (Aus) 27:56.98; 4. Diego Estrada (Asics) 27:57.99; 5. Reid Buchanan (MamSkech) 27:58.67; 6. Lawi Lalang (USA) 28:03.34; 7. Juan Luis Barrios' (Mex) 28:04.39; 8. Jacob Thomson (BAA) 28:09.88;

9. Connor McMillan (BYU) 28:11.30 (CL);

10. Rory Linkletter' (BYU) 28:12.42; 11. Benjamin de Haan' (Neth) 28:17.25; 12. Ben Flanagan' (Can) 28:19.51; 13. Geoffrey Kipchumba' (Ken) 28:24.22; 14. Trevor Dunbar (BAA) 28:24.62; 15. Wily Canchanya' (Per) 28:27.00; 16. Mario Pacay' (Gua) 28:34.45; 17. Evans Kirwa (USA) 28:47.74; 18. Ben Bruce (NAZ) 28:48.99; 19. Zach Zarda (KCSm) 28:57.24; 20. Benjamin Preisner' (Tul) 29:13.38; 21. Kevin Lewis (TMn) 29:17.53; HT: 1. Alex Young (Velaasa) 237-3 (72.31).

JORDAN WOMEN'S RESULTS

800: I-1. Hanna Green (OTC) 2:01.61; 2. Susan Ejore' (Or) 2:02.66; 3. Olivia Baker (GSTC) 2:03.29; 4. Laurence Coté' (Can) 2:03.69; 5. Madeleine Kelly' (Can) 2:03.96; 6. Ashley Taylor' (Can) 2:04.35; 7. Jenna Westaway' (Can) 2:05.25; 8. **Carolyn Wilson (Star) 2:08.26.

II-1. Mariela Luisa Real' (Mex) 2:05.66; 2. Shea Collinsworth (Nik) 2:06.48; 3. Adrea Propp' (Can) 2:06.59; 4. *Kristie Schoffield (Boise) 2:07.52; 5. Annette Melcher (CSTC) 2:08.22.

III-1. *Linnea Saltz (SnUt) 2:05.82; 2. *Whitni Orton (BYU) 2:05.97.

1500: I-1. *Jessica Hull' (Or) 4:12.08 (out CL);

2. Karissa Schweizer (BowTC) 4:12.10; 3. Hanna Hermansson' (Swe) 4:12.93; 4. Elise Cranny (BowTC) 4:13.20; 5. *Erica Birk (BYU) 4:13.77; 6. Mariah Kelly' (Can) 4:13.79; 7. Rebecca Mehra (Ois) 4:14.62; 8. *Carina Viljoen' (Ar) 4:15.47; 9. Marielle Hall (BowTC) 4:16.47; 10. Dana Giordano (BAA) 4:17.53.

II-1. Lianne Farber (NBalB) 4:12.81; 2. Amanda Rego (CSTC) 4:13.31; 3. Siofra Cleirigh-Buttner' (Ire) 4:13.51;

4. Jenna Hinkle (HokaAg) 4:15.28; 5. *Roisin Flanagan' (Adams) 4:17.53; 6. Sarah Eckel' (Aus) 4:18.81; 7. *Olivia Hoj (BYU) 4:19.48.

III-1. **Lauren Gregory (Ar) 4:15.62; 2. *Allie Schadler (Wa) 4:16.57; 3. *Devin Clark (Ar) 4:17.01; 4. **Julia Heymach (Stan) 4:17.74; 5. Sharlie Dimick (SnUt) 4:17.83; 6. **Ella Donaghue (Stan) 4:18.71; 7. **Jordan Oakes (Stan) 4:18.85; 8. **Kate Hunter (BYU) 4:19.90.

IV-1. Maggie Montoya (RootsRP) 4:18.90; 2. ***Stephanie Cotter' (Adams) 4:19.84.

St: 1. *Allie Ostrander (Boise) 9:45.66 (AL, CL);

2. **Adva Cohen' (NM) 9:45.71; 3. Alicia Konieczek' (WnCo) 9:52.32; 4. *Ellish Flanagan' (Adams) 9:55.25; 5. *Charlotte Prouse' (NM) 9:56.01; 6. Courtney Barnes (unat) 9:59.24; 7. Eva Krchova' (CzR) 9:59.70; 8. Kate Ayers' (Can) 10:00.09; 9. Roland Bell' (Pan) 10:05.60; 10. Emily Hamlin (Wa) 10:05.79; 11. Maddie Cannon (BYU) 10:06.17; 12. *Emma Gee (BYU) 10:06.96; 13. ***Maxine Paholek' (Boise) 10:07.96; 14. *Amanda Gehrich (Or) 10:10.99; 15. Katy Kunc (HokaNJNY) 10:11.71; 16. Cierra Simmons (UtSt) 10:19.68.

5000: I-1. Jenny Simpson (NBal) 15:21.12 (out AL) (9:26.5 @ 3000) (62.7, 2:13.2, 3:28.3, 4:40.9, 5:54.6);

2. Rachel Schneider (UArm) 15:21.44 (62.7, 2:15.2); 3. Amy-Eloise Neale' (GB) 15:21.58; 4. Violah Lagat' (Ken) 15:22.52; 5. Elinor Purrier (NBalB) 15:23.37; 6. **Weini Kelati' (NM) 15:23.77; 7. Mel Lawrence (Ois) 15:24.69; 8. Rina Nabeshima' (Jpn) 15:26.30; 9. Katrina Coogan (unat) 15:28.34;

10. Paige Stoner (Syr) 15:28.47 (AmCL);

11. Kim Conley (NBal) 15:28.52; 12. Erika Kemp (BAA) 15:28.69; 13. Jessica O'Connell' (Can) 15:30.61; 14. Ednah Kurgat' (NM) 15:32.70; 15. Sharon Lokedi' (Ken) 15:35.96; 16. **Taylor Werner (Ar) 15:38.51; 17. Yolanda Ngarambe' (Swe) 15:38.79; 18. Isobel Batt-Doyle' (Wa) 15:41.36.

II-1. Emily Oren (Gaze) 15:37.47; 2. *Carmela Cardama Baez' (Or) 15:38.77; 3. Fiona O'Keefe (Stan) 15:38.88; 4. Erica Digby' (Can) 15:39.10; 5. Angie Nickerson (SnUt) 15:46.02; 6. Cally Macumber (unat) 15:50.15; 7. Brenda Flores' (Mex) 15:51.48; 8. Elly Henes' (Can) 15:52.54; 9. Lauren LaRocco (Port) 15:55.60; 10. Abbie McNulty (Stan) 15:59.96.

10,000: 1. Sifan Hassan' (Neth) 31:18.12 (68.3, 2:17.0, 4:42.7, 5:56.3); 2. Susan Krumins' (Neth) 31:23.81 (68.5, 2:23.6); 3. Camille Buscomb' (Aus) 31:33.04; 4. Ayuko Suzuki' (Jpn) 31:33.62; 5. Carrie Dimoff (BowTC) 31:42.88; 6. Dominique Scott' (SA) 31:43.18; 7. Natasha Wodak' (Can) 31:43.26; 8. Ellie Pashley' (Aus) 31:43.51; 9. Sarah Pagano (adi) 31:51.66; 10. Rachel Cliff' (Can) 31:54.88; 11. Elaina Tabb (BAA) 31:55.72; 12. Alice Wright' (GB) 31:56.52; 13. Jessica Tonn (unat) 32:06.19;

14. Carolina Tabares' (Col) 32:19.59; 15. Emily Durgin (UArm) 32:23.40; 16. Mai Shoji' (Jpn) 32:29.63; 17. Kaitlyn Goodman (BAA) 32:34.03; 18. Laura Thweatt (Sauc) 32:34.24; 19. Tatiele Roberto de Cavalho' (Bra) 32:45.99; 20. Jenny Nesbitt' (GB) 32:46.55; 21. Kinsey Middleton' (Can) 33:23.82; 22. Jessica Watychowicz (CSTC) 33:25.18.

PV: 1. *Kaitlyn Merritt (Stan) 13-10 (4.22).

HIGH SCHOOL TRACK 2019

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Divine Oduduru – Texas Tech's Double World Leader

ERROL ANDERSON/THE SPORTING IMAGE



Red Raider junior Divine Oduduru is atop the lists with his 9.94 and 19.76 clockings.

by Bret Bloomquist

TEXAS TECH'S Divine Oduduru has had many special days on the track, and he certainly put himself in position to have another at the late-April Michael Johnson Invitational, but he confessed what happened next he didn't see coming. That's actually not a big statement. The sprinter deliberately keeps himself in a state of mind that leads to stunned bliss. "I surprised myself," he says of one of collegiate sprinting's greatest days ever, which saw him produce a pair of yearly world leads. "I don't think something good is going to happen. That way, I'm happy when I do do it."

What he did in Waco in less than an hour certainly qualifies as "something good." First, Ejovokoghene Divine Oduduru became the ninth Nigerian and first Red Raider to break the magic 10-second barrier in the 100 with a 9.94 that made him No. 10 in collegiate history. Then he came back 45 minutes later in his "better" race, the 200, and ran a 19.76, the second-fastest in collegiate history behind Walter Dix's 19.69 from '07. The wind reading on each of Oduduru's races was an almost imperceptible 0.8.

"It was the most impressive thing I've seen as a coach," says Texas Tech coach Wes Kittley, who has been coaching for three and a half decades. "It was special," echoes event coach Calvin Robertson, who incidentally coached the previous great Nigerian sprinter, Blessing Okagbare, when she was at UTEP.

"It was great, I was very excited," Oduduru says. "I prepared for this moment, I worked for this. My coaches have always been telling me that I have to get into the moment where I can feel everything." As for his coaches, they felt the moment was coming. "I didn't know he was going to go that fast in a double, but I knew he was ready to go sub-10," Robertson says. "After he ran that sub-10, his confidence shot through the roof. The 200 had been his best race, and after he ran that 9.94, I knew his 200 was going to be pretty good."

The 200 usually is. Oduduru is the defending national champion both indoors and outdoors in that race, and back in '14 in Eugene he became the World Junior gold medalist. On the other hand, the junior has never scored in an NCAA 100 and he figures to change that this year. "My goal is to get to Nationals, do something good," he says. "I'm praying to go I can defend my title in the 200 and get something out of the 100. That would be a great feeling."

Though the Collegiate Record in the 200 is obviously right in front of

Oduduru, coach Robinson says that's not something he's circling, explaining, "Time is never the goal. The goal is to win the NCAAs. Do that, the times will take care of themselves."

First up will be recovering, then consolidating those fast times. When a sprinter throws out a marker like Oduduru did, sometimes it does things to the body that can lead to a short-term regression. That, though, may not be the case with Oduduru. "Once you run something like that, the key is to try to maintain it, stay consistent," Robinson says. "Right now he's resting up. But he wasn't even sore. The thing is, he didn't do something he wasn't ready to do. Usually when somebody blows out a time like that, they weren't quite ready. He was ready to put up that performance."

It was brewing. Though Oduduru had that World U20 title under his belt, he felt his first real brush with greatness came in the Rio 200 when as a 19-year-old he was paired against his idol, Usain Bolt, in the heats. He ended up running with Bolt the whole way, finishing 2nd with a PR 20.34 to Bolt's 20.28. His mindset changed. "It showed me that I can do anything I want if I focus and work hard," Oduduru says. "It changed my mentality, it taught me I will get where I am going. I have to make sure I am in the right environment, the right situation, and I can do some good things."

He felt he kept himself in the right situation when he went to Lubbock. "Being with a great coach has helped me very much," he says. One area where that's showed up has been shoring up what used to be the weakest part of his races, something that probably played a role in him not placing in the NCAA 100 last year.

"We've worked on his start a lot since he got here, we'd been working that part of the race and it's made a big difference over the last year and a half," Robinson says. "He had one of the worst starts, now he has one of the better starts." That's starting to add up to something special for a runner who has found himself in the right environment, the right situation.

Oduduru To No. 2 On The All-Time Collegiate 200 List

With his brilliant 19.76 in Waco, Divine Oduduru of Texas Tech became only the second collegian to break the 19.8 barrier. The all-time top 10 (' = athlete not eligible for U.S. international teams):

Mark	Athlete	Date
19.69	Walter Dix (Florida St)	5/26/07
19.76	Divine Oduduru' (Texas Tech)	4/20/19
19.85	Christian Coleman (Tennessee)	5/27/17
19.86	Justin Gatlin (Tennessee)	5/12/02
19.87	Lorenzo Daniel (Mississippi State)	6/03/88
19.87	John Capel (Florida)	6/05/99
19.91	Wallace Spearmon (Arkansas)	6/11/05
19.93	Tyson Gay (Arkansas)	6/09/05
19.95	Floyd Heard (Texas A&M)	5/17/87
19.95	Nethaneel Mitchell-Blake' (LSU)	5/14/16

North Carolina A&T New Sprint Powerhouse

KEVIN L. DORSEY/MEAC



Trevor Stewart
took the collegiate
400 lead with his
44.38 at the MEAC
Championships.

by Jeff Hollobaugh

KAYLA WHITE set the MEAC meet on fire. After producing 22.62w and a PR 11.16 in the heats, no one but the athletes and coaches wearing the blue & gold of North Carolina A&T really expected what would come next. The wind blowing a gentle 1.5 for the 100 final, White burst out of her blocks in lane 5 and rocketed down the track in 10.96, a yearly world leader that tied the Aggie senior for No. 5 all-time among collegians.

"I wouldn't say it surprised me, because that was definitely what I was working for, but it felt good to finally achieve it," says the 22-year-old speedster, who over the winter won the NCAA Indoor 200 and very nearly captured the hurdles. "I didn't have the best start, but I still ran 10.9, so it was fine. If I just perfect what I need to perfect, there's no telling what I can do."

The men's century final came next. A&T senior Rodney Rowe, who before this year was better known as a 200 specialist, drilled a 10.05 PR to win by 0.10. Says Rowe, "I knew from the beginning I had to get my start right. We worked on it a lot this off-season. I knew if I put it together, I'd be going pretty fast."

Not long after that, White took down her PR at double the distance, clocking a U.S.-leading 22.52, with frosh teammates Cambrea Sturgis (22.62) and Kamaya Debose-Epps (23.14) completing the sweep with lifetime bests of their own.

Then Rowe took to the track again, cruising a PR 20.12 for the win, with teammates Akeem Sirleaf (20.37 PR) and Trevor Stewart (20.51) in 3rd and 4th.

Earlier in the day, Stewart and Sirleaf had gone 1-2 in the 400, Stewart's 44.38 PR taking the yearly U.S. lead. Sirleaf's 45.42 was also a lifetime best, not to mention a national record for the Minnesota-raised Liberian.

do." Talking to Mike Holloway after the MEAC win, Ross says the Florida coach congratulated him by saying, 'You and that team have figured it out. You figured out that it doesn't matter what logo is on your chest.'

None of the speedsters making headlines were prep All-Americans. None of them came from the islands. Homegrown talent. Take White, for instance. She spent more time dancing than sprinting when she was younger. She finally started taking track seriously as a senior at Southridge High in Miami, specializing in the hurdles, where she clocked 13.88 after finishing 3rd in Florida's 4A Champs. As an A&T frosh she sprinted 11.52 and hurdled 13.37 then improved to 11.39/12.94 as a soph and 11.21/12.92 last year.

"Some of my competition has been running track since they were five years old," she says. "They know the ins and outs and they have a lot more experience compared to me. "I just started in high school, but I feel like I developed really well. Every year I got better. So even though I came into the game a little late, I'm where I need to be right now." And after missing the NCAA Indoor win in the hurdles by a mere 0.02, White is stepping away from that event. "It's bittersweet," she says, "but I consider myself a sprinter now. The hurdles? We have enough depth in the USA for that. The sprints as well, but I feel like that's where I can produce faster times."

Taking White out of the hurdles had serious conference implications. Ross points out that last year the Aggies lost the team title by a half point. So when he made the decision to let her concentrate on the sprints, he announced it at a team meeting. "I was like, 'She's always been about team. This is about her future. I'm deciding that she's just going to run the 100 and 200 now. She's not going to hurdle. That means you guys have to step up and carry that weight.' And the hurdlers looked at Kayla and said, 'Kayla, we got you.' And they did." Led by junior Madeleine Akobundu (12.81), they swept the event, with

The Aggies have a point to prove. Says coach Duane Ross, himself an '04 Olympian in the 110H. "When I took over here, they said, 'You can't win at an HBCU.' I heard it so many times. And while we don't have the same resources that some of these Power 5 conferences have, I stressed to my kids since Day 1, it's not all about that. I tell them, 'You bring the discipline and the focus, I'll bring the plan, we'll depend on each other and we'll get it done.' And that's what we

Te'Jyrica Robinson (12.98) and Paula Salmon (13.35) joining in, all with PRs.

Stewart ran 46.44 as a Virginia prep. Now he's at 44.38, but a timing error in the prelims might have cost him a faster time; a sensor problem led to officials using a back-up hand time, to which a conversion factor was added for a "44.40" total. "I was a little disappointed," says Ross. "But Trevor looked at me and said, 'Don't worry coach. I'm doing the same thing tomorrow.' And he did."

Rowe, 22, was just a 10.53 sprinter at Clayton High School, 90M down the road from Greensboro. For most of his college career he made his biggest impact as a 200 guy (5th in the NCAA last year after earlier running a PR 20.27). But with 9.93 man Christopher Belcher graduating in '17, Rowe has been called on to step up in the century. Last year he improved to 10.22. Now he's run consecutive PRs of 10.10 and 10.05. "There's a lot more there," he says. "I didn't have the best start I could have had. So I feel like the ceiling is endless. I just have to stay focused, keep putting in the work and we'll see where it takes me."

Says Ross, "I told him, 'We need to really bear down and make this 100 work because you're better than 10.2. I think you're a sub-10 sprinter and you need to believe that and you need to get to work on it.' When he steps on a track, I'm not guessing what he's going to run. What he gives you in practices is normally what he's going to give you in a competition. He's a hard worker and he's a gamer. When those lights come on, he's the one who turns it on."

Now the team is focused on the Regionals and Nationals. "That's the game," says Ross. "That's what we trained for. That's where everybody's going to show up."



ERIN MIZELLE/MEAC

Kayla White's MEAC double found her running the world's fastest 100 (10.96) and U.S.'s fastest 200 (22.52).

ACC – Big Triple Jumping By Virginia's Jordan Scott

UVA MEDIA RELATIONS



Breaking 2 barriers on the same day, Jordan Scott got his first windy 57-footer and first legal 56-footer.

CHARLOTTESVILLE, Virginia, May 09-11—Jordan Scott's ACC triple jump win was safe after round 3, where he jumped a collegiate-leading 56-½ (17.08) PR. The Virginia junior, winner of the NCAA Indoor crown, wasn't done. After solid leaps in rounds 4 and 5, he unleashed a mighty 57-0 (17.37) on his closing effort. Boosted by a 2.6 breeze, it was to be his only windy jump of the day. It made him the No. 10 collegian ever in all conditions. "To lead the country is amazing in itself," the 21-year-old Jamaican told the Charlottesville Daily Progress. "To get to 57-feet is amazing as well. Honestly, now it's just going back to the drawing board. My jump isn't perfect. There's stuff I still need to fix."

Though Scott had earlier won the long jump at 25-8¼ (7.83), his heroics weren't enough to lift the Cavaliers to the team title. Virginia Tech, powered by a young crew, prevailed by 6 points over its up-the-road rival. Tech frosh Jacory Patterson took the 400 in 45.60 and came back for 2nd in the 200 to the 20.31 run by Florida State's Andre Ewers. For Ewers, the 200 capped a sprint triple that began with an anchor on the winning 4×1 (39.28), then a 10.06 in the dash to top the 10.10 of Miami's Raheem Chambers.

Seminole Women Powered By Seymour

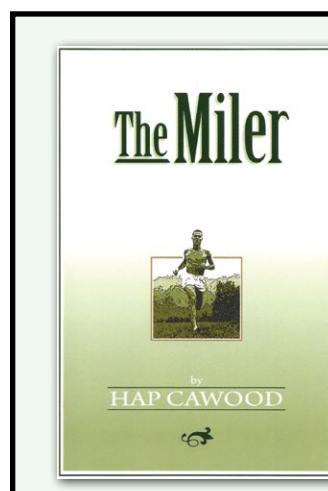
Ka'Tia Seymour captured the sprints to lead Florida State to the women's title, with the 'Noles

piling up 134 points, the most in the loop in the last 5 years. Seymour hit a meet record 11.14 in the short dash then came back with a 23.12 in the 200. "I've been hungry to come back and do what I needed to do to get that double," said the sophomore, who failed to make the 200 final last year. Seymour said much of her spark on the final day came from watching teammates Rougui Sow (21-3¼/6.48) and Jogailė Petrokaitė sweep the long jump. "That just motivated everyone to go out there and do their part."

Rachel Pocratsky of Virginia Tech put together a solid double, winning the 1500 in 4:18.42

and coming back less than an hour later with a 2:04.52 victory at two laps. Syracuse's Paige Stoner took the steeple in 9:51.24 and returned the next day to win the 5000 in 16:05.83.

The best mark on the field came from Bria Matthews of Georgia Tech, who tripled 45-2¼ (13.77) on her fifth jump to move up from 3rd. Said Georgia Tech coach Alan Drosky, "Bria seemed to be struggling a bit, then... she did what champions do. She puts everything together, wins the event jumping a personal best, and breaks her own school record."



'Run with me.'

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ACC MEN'S RESULTS

Charlottesville, Virginia, May 09-11—
(5/09—10K, LJ, JT; 5/10—St, HJ, PV, SP, HT)

Teams: 1. Virginia Tech 123; 2. Virginia 117; 3. Florida State 102½; 4. Pitt 62; 5. Clemson 52½; 6. Louisville 52; 7. North Carolina 50; 8. Miami 48; 9. Notre Dame 40; 10. tie, Duke & Georgia Tech 38; 12. Syracuse 33; 13. NC State 27; 14. Boston College 16; 15. Wake Forest 15.

100(0.8): 1. Andre Ewers' (FIST) 10.06; 2. *Raheem Chambers' (Mia) 10.10; 3. ***Bryand Rincher (FIST) 10.21; 4. ***Cole Beck (VaT) 10.22; 5. ***Jhevaughn Matherson' (FIST) 10.27.

200(1.6): 1. Ewers' 20.31; 2. ***Jacory Patterson (VaT) 20.77; 3. **Marcus Parker (Clem) 20.94.

400: 1. Patterson 45.60; 2. *Isaiah Palmer (NC) 45.92; 3. **Kyle Fearrington (FIST) 46.66.

800: 1. **Bashir Mosavel-Lo (VaT) 1:49.90; 2. *Matt Wisner (Duke) 1:50.34; 3. Avery Bartlett (GaT) 1:50.68.

1500: 1. **Yared Nuguse (NDm) 3:41.34; 2. Nate Sloan (Pitt) 3:43.05; 3. Ian Ritchie (BC) 3:44.34.

St: 1. **Fitsum Seyoum (VaT) 8:44.43; 2. *Albert Kosgei' (Louis) 8:46.72; 3. **Alex Miley (Duke) 8:51.71; 4. Michael Hall (FIST) 8:55.57.

5000: 1. *Iliass Aouani' (Syr) 14:00.38; 2. ***Zach Facioni' (WF) 14:01.19; 3. **Andrew Alexander (NDm) 14:01.48.

10,000: 1. Aouani' 29:01.13; 2. Brent Demarest (Va) 29:17.26; 3. *Sean Burke (BC) 29:26.40.

110H(1.3): 1. Martice Moore (Louis) 13.90; 2. **Daveon Finley (Pitt) 14.07; 3. Richard Floyd (Syr) 14.07.

400H: 1. ***Miles Green (VaT) 50.32; 2. Moore 50.96; 3. *McKinly Brown (Mia) 51.00; 4. ***Thomas Burns (Mia) 51.01.

4x100: 1. Florida State 39.28 (Rincher, Matherson, Timpson, Ewers); 2. Virginia Tech 39.46; 3. Miami 40.00.

4 x 400: 1. North Carolina 3:11.50 (Ohia-Eryia, Palmer, Coggdell, Saint-Germain); 2. Georgia Tech 3:13.06; 3. Miami 3:13.18.

Field Events

HJ: 1. *Brenton Foster' (Va) 7-3¾ (2.23); 2. **Greg Lauray (Pitt) 7-2½ (2.20); 3. **Anthony Hamilton (Clem) 6-11 (2.11).

PV: 1. Deakin Volz (VaT) 18-5½ (5.62); 2. ***Cole Shea (GaT) 16-7½ (5.07); 3. *Sam Young (Va) 16-7½.

LJ: 1. *Jordan Scott' (Va) 25-8¼ (7.83); 2. **Jacore Irving (FIST) 24-9¾ (7.56); 3. ***Ayende Watson (Va) 24-9¾w.

TJ: 1. Scott' 57-0w (17.37) (a-c CL) (a-c: 10, x C) (54-6, 55-1½, 56-½ PR [CL], 55-7½, 55-7¾, 57-0w) (16.61, 16.80, 17.08, 16.95, 16.96, 17.37w);

2. Armani Wallace (FIST) 55-4¾ (16.88); 3. Irving 51-11¾ (15.84); 4. **Hasani Knight (Mia) 51-3½ (15.63); 5. *Anthony McRoberts (Louis) 50-11 (15.52); 6. ***Jamar Davis (NCSt) 50-10¾w (15.51).

SP: 1. Oghenakpobo Efekoro' (Va) 63-4¾ (19.32); 2. *Isaiah Rogers (VaT) 60-9½ (18.53); 3. ***Tyson Jones (VaT) 59-11¾ (18.28).

DT: 1. ***Roje Stona' (Clem) 191-9 (58.44); 2. Nace Plesko' (Va) 179-8 (54.77); 3. *Grant Voeks (Clem) 177-8 (54.16).

HT: 1. Hilmar Orn Jonsson' (Va) 239-0 (72.84); 2. *Kevin Arreaga' (Mia) 226-9 (69.13); 3. *Logan Kusky (NDm) 217-6 (66.30).

JT: 1. ***Ethan Dabbs (Va) 249-6 (76.04); 2. *Kieran Lenihan (Duke) 232-10 (70.97); 3. Dylan Ahrens (Clem) 216-6 (66.00).

Dec(5/9-10): 1. **Jaelyn Demory (VaT) 6982.

ACC WOMEN'S RESULTS

(5/09—10K, LJ, HT, JT; 5/10—St, PV, SP)

Teams: 1. Florida State 134; 2. Miami 92½; 3. Virginia 84; 4. Virginia Tech 77; 5. Clemson 66; 6. NC State 56; 7. Notre Dame 55; 8. Duke 51; 9. Louisville 45; 10. North Carolina 44; 11. Syracuse 38; 12. Wake Forest 29½; 13. Georgia Tech 27; 14. Pitt 12; 15. Boston College 6.

100(1.5): 1. **Ka'Tia Seymour (FIST) 11.14; 2. *Rebekah Smith (Clem) 11.31; 3. **Halle Hazzard' (Va) 11.36; 4. **Jayla Kirkland (FIST) 11.41; 5. Carolyn Brown (Mia) 11.42; 6. Gabriele Cunningham (NCSt) 11.43.

200(1.3): 1. Seymour 23.12; 2. Kirkland 23.55; 3. *Anna Jefferson (Va) 23.61.

400: 1. *Anna Jefferson (Va) 52.42; 2. *Brittny Ellis (Mia) 52.52; 3. *Janae Caldwell (FIST) 53.62 PR.

800: 1. Rachel Pocratsky (VaT) 2:04.52; 2. *Andrea Foster' (Clem) 2:06.15 PR; 3. **Kayla Johnson (Mia) 2:06.24; 4. Jessica Harris (NDm) 2:06.51.

1500: 1. Pocratsky 4:18.42; 2. *Sarah Edwards (VaT) 4:18.91 PR; 3. **Maudie Skyring' (FIST) 4:19.99.

St: 1. Paige Stoner (Syr) 9:51.24; 2. **Laura Dickinson' (Syr) 10:10.19 PR; 3. ***Elise Wright (WF) 10:23.91 PR.

5000: 1. Stoner 16:05.83; 2. *Rachel DaDamio (NDm) 16:07.37 PR; 3. **Dominique Clairmonte (NCSt) 16:07.86.

10,000: 1. Anna Rohrer (NDm) 33:30.73; 2. ***Maddy Denner (NDm) 34:00.45 PR; 3. *Sara Freix (VaT) 34:02.82 PR.

100H(1.8): 1. *Courtney Jones (FIST) 12.72 =PR (12.72h PR); 2.

Jeanine Williams' (GaT) 12.72 PR; 3. Gabriele Cunningham (NCSt) 13.13 PR; 4. *Michelle Atherley (Mia) 13.16.

400H: 1. *Andrenette Knight' (Va) 58.16; 2. Anna Runia' (Mia) 58.31; 3. **Lauren Hoffman (Duke) 58.33 PR; 4. ***Sydni Townsend (Pitt) 58.78.

4 x 100: 1. Miami 44.00 (Brown, Steele, Mason, McMinn); 2. Florida State 44.02; 3. Clemson 44.43; 4. Virginia 44.96.

4 x 400: 1. Clemson 3:36.12 (Clarke, Mallard, Foster, McIntosh); 2. Miami 3:36.91; 3. Pittsburgh 3:38.18; 4. Duke 3:39.75.

Field Events

HJ: 1. *Nicole Greene (NC) 6-2 (1.88) PR; 2. tie, *Eleonora Omorogie' (FIST) & **Alivia Ash (Louis) 5-7 (1.70).

PV: 1. Bridget Guy (Va) 14-2 (4.32); 2. **Gabriela Leon (Louis) 13-10 (4.22); 3. Nati Sheppard (Duke) 13-6½ (4.12); 4. Morgan Zacharias (Louis) 13-6½.

LJ: 1. Rougui Sow' (FIST) 21-3½ (6.48); 2. Jogailė Petrokaitė' (FIST) 21-1½ (6.44); 3. Janel Pate (NCSt) 20-9¾ (6.34) PR; 4. *Eszter Bajnok' (VaT) 20-5¾ (6.24); 5. *Alexis Gibbons (Louis) 20-3½ (6.18); 6. **Anna Keefer (NC) 20-3½ (6.18) PR.

TJ: 1. *Bria Matthews (GaT) 45-2½ (13.77) PR (AmCL);

2. Bajnok' 44-9¾ (13.66) PR; 3. Kelly McKee (Va) 44-4 (13.51); 4. **Michelle Cobb (NCSt) 42-7½ (12.99); 5. *Darlene Charles (Mia) 42-3½ (12.89); 6. ***Trentoria Green (FIST) 42-3½w (12.88); 7. Domonique Panton (Duke) 41-9¾ (12.74).

SP: 1. Lauren Evans (NCSt) 55-7¾ (16.96) PR; 2. *Rashida Harris (Louis) 54-3½ (16.54) PR; 3. *Brittany Jones (Va) 52-6 (16.00).

DT: 1. *Shanice Love' (FIST) 193-0 (58.83); 2. **Debbie Ajagbe (Mia) 172-5 (52.55); 3. *Zakiya Rashid (Mia) 171-11 (52.40).

HT: 1. *Jillian Shippee (NC) 224-3 (68.36) PR; 2. Pavla Kuklová' (VaT) 215-10 (65.78); 3. *Emma Thor' (VaT) 214-3 (65.31) PR; 4. *Veronika Kaňuchová' (FIST) 213-9 (65.17); 5. Nadia Maffo' (FIST) 211-8 (64.53) PR; 6. **Rachel Tanczos (NDm) 210-8 (64.21); 7. Jade Baker (Va) 208-8 (63.61) PR; 8. Stefani Vukajlović' (Duke) 206-6 (62.95).

JT: 1. ***Madison Wiltrot (NC) 182-5 (55.60); 2. **Laura Paredes' (FIST) 176-5 (53.77); 3. *Marija Bogavac' (Va) 160-0 (48.78); 4. **Rachel Kern (WF) 158-4 (48.26) PR; 5. **Gabrielle Diedrich (NDm) 155-5 (47.39) PR.

Hept(5/9-10): 1. Atherley 5855; 2. **Erin Marsh (Duke) 5806 PR; 3. ***Timara Chapman (NCSt) 5412 PR; 4. Holly Hankenson (Louis) 5313.



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Big 10 Team Titles To Iowa & Ohio State



Nick Gray of Ohio State and Devin Quinn of Illinois split the sprint titles, Quinn winning the 100, Gray the 200.

IOWA CITY, IOWA, May 10-12—The home-standing Hawkeyes may only have produced two individual Big 10 men's winners on their home track, but Iowa managed to parlay impressive depth to its first title since '11. "The guys did what we came here to do, what we've been planning all year," said coach Joey Woody. "It has been all about fighting and loving each other and doing it for the team and doing it for each other."

Mar'yea Harris defended his 400 crown with a 45.67 lap. Teammate Chris Douglas won the 400 hurdles in 50.32, upending defender Taylor McLaughlin of Michigan (50.42). Then the two joined on the 4x4 winner (3:07.36). Said Harris, "Being at home really makes it special for everyone. The fans, my teammates, and my family are out there, so going out and winning in front of them was... very special to me."

Illinois's Devin Quinn swapped sprint wins with Nick Gray of Ohio State. Quinn got the 100, 10.11–10.15, while Gray took the 200, 20.23–20.35. In the 1500, defending NCAA champ Oliver Hoare of Wisconsin was outkicked by the 53.86 last lap of Michigan State's Justine Kiprotich, whose 3:42.69 won by 0.39. Stormy weather brought the high jump indoors on Saturday, and Nebraska frosh Mayson Conner reprised his indoor win with a 7-3 $\frac{1}{4}$ (2.23) clearance.

Ohio State Women Defend

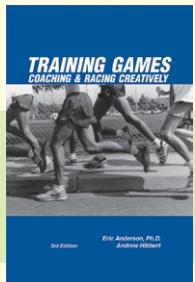
Ohio State took the women's team win for a second straight year, by 31 points, powered by a solid sprint crew. After running second leg on the winning 4x1 (43.99), soph Anavia Battle won the 200 in 22.73 and the 100 in 11.32.

Taylor DeLoach added a long jump win

(20-3 $\frac{1}{2}$ /6.18) and also finished 3rd in the 200. The Buckeyes got another boost from sophomore Abby Nichols, who won the 5000 in a school record 15:56.52.

Iowa's Lauluga Tausaga unleashed an impressive 197-9 (60.28) to win the discus, and sealed field MVP honors by placing in the shot (56-4/17.17 for 2nd) and hammer (199-10/60.91 for 7th) as well. "I'm excited to come out and do exactly what our coaches wanted me to do," said the versatile junior.

Penn State's Danae Rivers managed a middle distance double in 2:04.71 and 4:17.69. Frosh teammate Alexis Holmes won the 400 in 52.17. Indiana sophomore Khayla Dawson, 3rd in the indoor shot, stunned with a 57-11 (17.65) PR to win by more than a foot over Ohio State's Sade Olatoye (56-8/17.27).



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BIG 10 MEN'S RESULTS

Iowa City, Iowa, May 10-12—
(5/10—10K, PV, HT, JT; 5/11—St, HJ, LJ, SP)

Teams: 1. Iowa 116; 2. Indiana 103; 3. Purdue 96; 4. Nebraska 76½; 5. Ohio State 72; 6. Michigan 54%; 7. Michigan State 53; 8. Minnesota 51; 9. Penn State 50; 10. Wisconsin 49; 11. Rutgers 37; 12. Illinois 31; 13. Maryland 29.

100(1.5): 1. Devin Quinn (II) 10.11 PR; 2. Nick Gray (OhSt) 10.15 PR; 3. *Waseem Williams' (Pur) 10.20; 4. *Samson Colebrooke' (Pur) 10.29; 5. ***Justin Oftan (PennSt) 10.39 PR; 6. ***Rikkoi Brathwaite' (In) 10.39.

200(1.7): 1. Gray 20.23; 2. Quinn 20.35 PR; 3. *Antonio Woodard (In) 20.69 =PR; 4. Colebrooke' 20.73; 5. Williams' 20.78; 6. *Karayme Bartley' (In) 20.97.

400: 1. Mar'yea Harris (In) 45.67; 2. Bartley' 45.80 PR; 3. **Tyler Johnson (OhSt) 45.85 PR; 4. **Brian Faust (Pur) 46.14; 5. *Kameron Jones (Md) 46.17 PR; 6. **Taj Burgess (Rut) 46.49.

800: 1. *Cooper Williams (In) 1:48.69; 2. **Domenic Peretta (PennSt) 1:48.75; 3. *Eric Brown (Wi) 1:48.77; 4. *Matt Manternach (In) 1:49.16; 5. *Nolan Teubel (In) 1:49.54; 6. *Tysean VanDraska (In) 1:49.58.

1500: 1. Justine Kiprotich (MiSt) 3:42.69; 2. *Oliver Hoare' (Wi) 3:43.08; 3. *Kyle Mau (In) 3:43.98; 4. **George Kusche' (Nb) 3:44.46; 5. Joseph Murphy (In) 3:44.96; 6. **Teddy Browning (In) 3:45.20.

St: 1. Obsa Ali (Mn) 8:46.82; 2. Daniel Michalski (In) 8:47.16; 3. *Nathan Mylenek (In) 8:48.72; 4. **Alec Bosten (Mn) 8:52.40; 5. *Brody Smith (Pur) 8:58.02; 6. **Lewis Tate (Mi) 9:00.16.

5000: 1. **Ben Veatch (In) 14:35.45; 2. Mau 14:35.60; 3. **Morgan Beadlescomb (MiSt) 14:35.77; 4. **George Kusche' (Nb) 14:36.21 PR; 5. Michalski 14:36.57 PR; 6. Ali 14:37.59.

10,000: 1. Morgan McDonald' (Wi) 29:26.06 PR; 2. Veatch 29:26.29 PR; 3. **Curtis Eckstein (Pur) 29:40.05 PR; 4. **Devin Meyer (Mi) 29:40.20; 5. Evan Stifel (OhSt) 29:43.00 PR; 6. *Daniel Soto (In) 29:44.40.

110H(0.9): 1. Will Agodu (MiSt) 13.75 PR; 2. *Jaylan McConico (In) 13.78; 3. *Anthony Williams (In) 13.81 PR; 4. *Luke Siedhoff (Nb) 13.88; 5. Chris Douglas (In) 13.93; 6. **Josh Braverman (In) 13.96 PR.

400H: 1. Douglas 50.32 PR; 2. Taylor McLaughlin (Mi) 50.42; 3. ***Raymonte Dow (In) 51.37; 4. *Roland Amarteifio (Mi) 51.38; 5. Noah Larrison (In) 51.64; 6. **Robert Hatch (Wi) 52.08.

4 x 100: 1. Purdue 39.39 (Greene, Colebrooke, Becker, Williams); 2. Illinois 39.51; 3. Ohio State 39.57; 4. Iowa 39.59; 5. Nebraska 40.03; 6. Rutgers 40.41.

4 x 400: I-1. Michigan 3:09.71. II-1. Iowa 3:07.36 (Lawrence, Thompson, Lilly, Harris); 2. Ohio State 3:08.04; 3. Maryland 3:08.14; 4. Purdue 3:08.30; 5. Nebraska 3:08.60.

Field Events

HJ(indoors): 1. ***Mayson Conner (Nb) 7-3¾ (2.23) PR; 2. *Cody Stine (OhSt) 7-2½ (2.20) PR; 3. **Jyles Etienne' (In) 7-2½ PR; 4. Samuel Shoultz (Md) 7-2½; 5. Devin Bradham (PennSt) 7-1½ (2.17) =PR; 6. **Jay Hunt (In) 7-1¼ (2.14) PR.

PV: 1. *Adam Coulon (In) 17-9 (5.41); 2. **Brock Mammoser (In) 17-5 (5.31) PR; 3. *Rashid Coulibaly' (Wi) 17-1 (5.21); 4. *Kevin Cahoy (Nb) 17-1 PR; 5. *Jacob LaRocca

(II) 16-9½ (5.11); 6. *Robert Oswald (OhSt) 16-5½ (5.01).

LJ: 1. Elijah Lucy (Nb) 24-10½ (7.58); 2. ***A'Nan Bridgett (Rut) 24-6½ (7.47); 3. *Jah Strange (Pur) 24-2½ (7.38); 4. **James Carter (In) 23-10½ (7.27) PR; 5. *David Fisher (OhSt) 23-8 (7.21); 6. *Jon Edwards (MiSt) 23-6½ (7.18).

TJ: 1. **Tamar Greene' (Pur) 53-0 (16.15) PR; 2. Eric Bethea (In) 52-9½ (16.09); 3. Strange 52-3¾ (15.94 PR); 4. ***Jonathan Miller' (Nb) 51-4½ (15.65) PR; 5. **Malachi Davis (Rut) 51-1½ (15.58) PR; 6. DaJuan Seward (OhSt) 50-11 (15.52).

SP: 1. **Jalil Brewer (Pur) 66-5½ (20.25) PR; 2. *Jonathan Tharaldsen (Mn) 65-4¾ (19.93) PR; 3. Andrew Liskowitz (Mi) 65-4 (19.91); 4. **Burger Lambrechts' (Nb) 62-5¾ (19.04); 5. **Chance Ehrnsberger (OhSt) 59-7¾ (18.18); 6. **Reggie Browley (OhSt) 58-10½ (17.94) PR.

DT: 1. Greg Thompson' (Md) 189-6 (57.76); 2. **Jerimiah Evans (MiSt) 187-2 (57.05); 3. Carlos Davis (Nb) 183-3 (55.87); 4. **Austin Glynn (Wi) 181-9 (55.40); 5. ***Kaleb Siekmeyer (Mn) 177-3 (54.04); 6. Tharaldsen 177-0 (53.94).

HT: 1. Morgan Shigo (PennSt) 236-4 (72.04); 2. Joe Ellis' (Mi) 231-9 (70.65); 3. **Kieran McKeag (Mn) 223-1 (68.01) PR; 4. **Jon Nerdal' (Mn) 216-5 (65.97); 5. **Luke Grodeska (PennSt) 210-2 (64.07) PR; 6. **Manning Plater (Mi) 209-11 (63.98) PR.

JT: 1. Chris Mirabelli (Rut) 235-8 (71.83); 2. **Mark Porter (PennSt) 225-2 (68.64) PR; 3. *Michael Biddle (PennSt) 221-10 (67.62); 4. *Michael Weller (Pur) 220-7 (67.23); 5. *Greg Harnett (Rut) 214-3 (65.30) PR; 6. **Eric Garner (Nb) 203-6 (62.03).

Dec(5/10-11): 1. *Nick Guerrant (MiSt) 7717 PR; 2. Jack Lint (Mi) 7543; 3. ***Noah Swaby (PennSt) 7411 PR; 4. ***Isaiah Martin (Pur) 7346; 5. Trent Nytes (Wi) 7261; 6. **Zach Podraza (Nb) 7106.

BIG 10 WOMEN'S RESULTS

(5/10—10K, HT, JT; 5/11—St, PV, LJ, SP)

Teams: 1. Ohio State 126; 2. Indiana 95; 3. Iowa 93; 4. Nebraska 92½; 5. Minnesota 90; 6. Penn State 68;

7. Wisconsin 60; 8. Michigan State 49; 9. Purdue 39; 10. Maryland 35; 11. Michigan 31; 12. Rutgers 20; 13. Illinois 18½.

100(0.3): 1. **Anavia Battle (OhSt) 11.32; 2. ***Amira Young (Mn) 11.54; 3. Ebony McClendon (Wi) 11.67; 4. Bliss Soleyn' (OhSt) 11.70; 5. Lakayla Harris (Nb) 11.78; 6. **Antonise Christian (In) 11.81.

200(1.1): 1. Battle 22.73; 2. Briana Guillory (In) 23.31; 3. *Taylor DeLoach (OhSt) 23.62; 4. ***Amira Young (Mn) 23.77; 5. ***Alexis Holmes (PennSt) 23.83; 6. *Halima Barlow (OhSt) 23.97.

400: 1. Holmes 52.17; 2. Guillory 52.66; 3. *Kiara Lester (PennSt) 54.08 PR; 4. *Chisom Nwoko (Li) 54.44; 5. **Natalie Price (In) 54.87; 6. **Val Larson (Mn) 55.28.

800: 1. *Danae Rivers (PennSt) 2:04.71; 2. **Aziza Ayoub' (OhSt) 2:05.32 PR; 3. *Dillon McClintock (MiSt) 2:05.83 PR; 4. *Kelsey Harris (In) 2:06.11; 5. *Carlyn Arteaga (MiSt) 2:07.40; 6. **Joely Pinkston (In) 2:07.84.

1500: 1. Rivers 4:17.69; 2. Julia Rizk (OhSt) 4:17.71; 3. **Bethany Hasz (Mn) 4:20.12 PR; 4. Haley Harris (In) 4:21.02; 5. Alexandra Lucki' (Md) 4:21.19; 6. **Micaela DeGenero (Mi) 4:21.40.

St: 1. **Alissa Niggemann (Wi) 10:06.13; 2. *Karrigan Smith (MiSt) 10:13.51; 3. **Alice Hill (Mi) 10:15.73 PR; 4. ***Lucinda Crouch' (Wi) 10:17.03 PR; 5. *Judi Jones (Nb) 10:19.50 PR; 6. **Abby Kohut-Jackson (Mn) 10:20.99 PR.

5000: 1. **Abby Nichols (OhSt) 15:56.52 PR; 2. *Amy Davis (Wi) 15:56.86 PR; 3. Katherine Receveur (In) 15:58.05; 4. Margaret Allen (In) 15:59.02; 5. Hasz 15:59.69; 6. **Megan

Hasz (Mn) 15:59.95.

10,000: 1. Allen 33:08.59; 2. M. Hasz 33:09.64; 3. Regeveur 33:10.90 PR; 4. Davis 33:12.26 PR; 5. *Kathryn Munks (PennSt) 33:22.19 PR; 6. ***Julia Paternain' (PennSt) 33:22.91 PR; 7. Erin Finn (Mi) 33:23.17; 8. Shaelyn Sorenson (Wi) 33:35.73; 9. ***India Johnson (MiSt) 33:54.77; 10. *Jeralyn Poe (MiSt) 34:01.85.

100H(1.0): 1. Jasmine Barge (Nb) 13.25 PR; 2. *Jenny Kimbro (In) 13.38; 3. ***Morgan Lewis (OhSt) 13.39 PR; 4. Chanel Freeman (Nb) 13.47; 5. *Rachel Schow (Mn) 13.72; 6. Tria Simmons (In) 13.72.

400H: 1. ***Reanda Richards' (Rut) 57.68; 2. **Xahria Santiago' (Md) 57.69; 3. Barge 57.80; 4. *Michaela Peskova' (Nb) 58.18; 5. Kimbro 58.41; 6. **Chloe Foster (Mi) 58.80.

4 x 100: 1. Ohio State 43.99 (Soleyn, Battle, Senior, DeLoach); 2. Purdue 44.76; 3. Illinois 44.81; 4. Nebraska 45.46; 5. Penn State 45.68; 6. Wisconsin 45.76.

4 x 400: I-1. Nebraska 3:40.03. II-1. Purdue 3:36.63 (Dorsey, Hodges, Campbell, Miller); 2. Wisconsin 3:37.41; 3. Ohio State 3:37.68; 4. Iowa 3:38.47; 5. Maryland 3:40.55.

Field Events

HJ: 1. Candice Dominguez (Nb) 5-9½ (1.76); 2. tie, **Courtney Campbell (Rut) & Ellen DiPietro (MiSt) 5-8 (1.73); 4. *Mikella Lefebvre-Oatis' (Md) 5-8; 5. ***Hope Purcell (In) 5-7 (1.70); 6. Claire Kieffer-Wright (Mi) 5-7.

PV(indoors): 1. ***Anna Watson (In) 13-8½ (4.17); 2. ***Jessica Mercier (Mi) 13-8½ PR; 3. tie, **Andrianna Jacobs (Nb) & **Sophia Franklin (MiSt) 13-6½ (4.12); 5. *Lexi Kiefer (Mn) 13-4½ (4.07).

LJ: 1. *Taylor DeLoach (OhSt) 20-3½ (6.18); 2. *Jaden Mattox (Pur) 20-3½ PR; 3. Jewel Smith (Md) 20-3 (6.17); 4. Shylia Riley (Nb) 20-3; 5. Janile Rogers (In) 20-1½ (6.13); 6. ***Breana Gambrell (PennSt) 19-10% (6.06).

TJ: 1. *Leah Moran (In) 42-7 (12.98) PR; 2. *Leah Blackall (Md) 42-6½ (12.96) PR; 3. Mikaela Seibert (OhSt) 41-8 (12.70); 4. **Lorean Murray' (Mn) 41-2½ (12.55); 5. ***Cierra Pyles (OhSt) 40-5 (12.32); 6. Shelby Allen (MiSt) 40-3½ (12.28).

SP: 1. *Khayla Dawson (In) 57-11 (17.65) PR; 2. *Sade Olatoye (OhSt) 56-8 (17.27); 3. *Lauluga Tausaga (In) 56-4 (17.17);

4. ***Tess Keyzers (Mn) 54-5½ (16.60); 5. ***Madison Pollard (In) 53-4½ (16.26); 6. Kiley Sabin (Mn) 53-1 (16.18); 7. *Nia Britt (In) 52-1½ (15.88).

DT: 1. Tausaga 197-9 (60.28); 2. **Konstadina Spanoudakis' (In) 173-8 (52.94); 3. Hanna Barton (Wi) 172-1 (52.47); 4. Alex Meyer (Nb) 170-9 (52.06); 5. Olatoye 169-5 (51.65); 6. Pollard 164-5 (50.13).

HT: 1. Temi Ogunrinde' (Mn) 221-2 (67.42); 2. Olatoye 217-8 (66.36); 3. Sarah Loesch (Pur) 204-3 (62.27) PR; 4. Nycia Ford (In) 204-2 (62.25); 5. Bailey Baker (Mi) 202-9 (61.80); 6. *Nia Britt (In) 200-1 (60.99); 7. Tausaga 199-10 (60.91);

8. ***Anna Purchase' (Nb) 199-3 (60.74).

JT: 1. Chase Wolinski (Nb) 180-1 (54.90) PR; 2. *Madison Smith (PennSt) 173-4 (52.85) PR; 3. Brittni Wolczyk' (Nb) 169-4 (51.61); 4. **Sydney Otto (Nb) 166-9 (50.84) PR; 5. Stephanie Sievers (PennSt) 164-0 (50.00) PR; 6. **Kathryn Campbell (Rut) 160-7 (48.96) PR.

Hept(5/10-11): 1. *Asya Reynolds (MiSt) 5520 PR; 2. Kimbro 5501; 3. Tria Simmons (In) 5350; 4. *Monique Felix (Mn) 5174; 5. ***Allison Gerads (Mn) 5150 PR.

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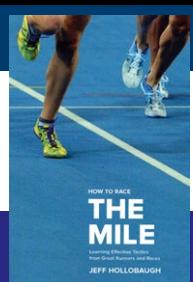
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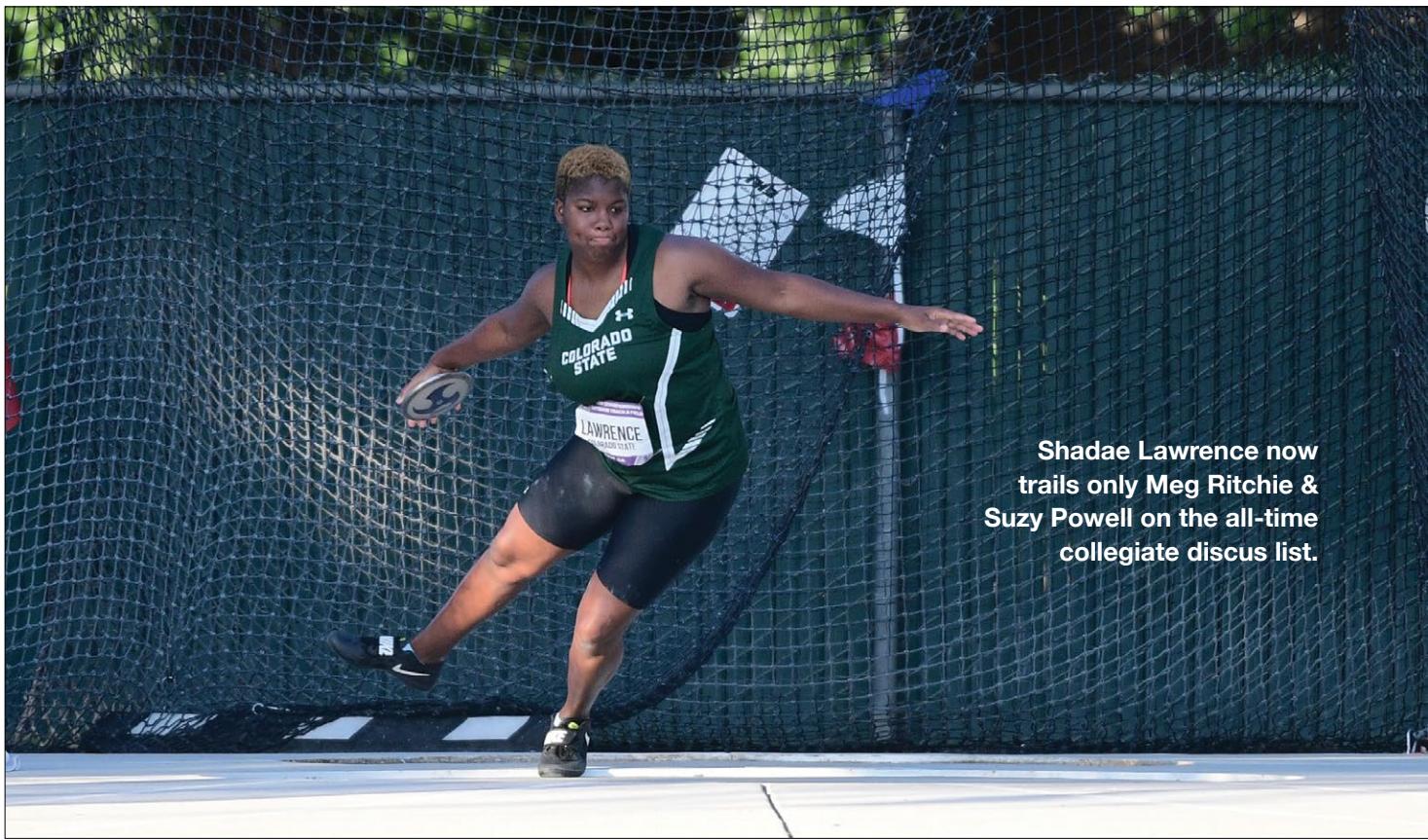
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Learning Effective Tactics From Great Runners and Races



Shadae Lawrence Now No. 3 On All-Time Collegiate List

COURTESY NCAA



Shadae Lawrence now trails only Meg Ritchie & Suzy Powell on the all-time collegiate discus list.

by Jeff Hollobaugh

SHADE LAWRENCE admits she was a bit stunned to hear the measure of her opening discus throw at the Mountain West Championships. "My aim was really to just win and get the points that my school needed to win the championship" she says. "I wasn't really expecting to throw that far."

The 23-year-old Colorado State senior had flung the platter a Jamaican Record 213-5 (65.05), a mark that only two other collegians have ever bettered. "I was thinking, '60m [196-10] and I'll be on the right track.' When the throw actually happened, I was like, What's going on? It was kind of a bit surprising."

She followed up with a third throw at 208-1 (63.42), a mark that only 7 other collegians have ever bettered—and any of her five fair tosses would have been enough to deliver the points to the Rams' winning team effort. Lawrence explains, "I knew I was throwing far, especially when we were doing practice throws. But I didn't know [exactly] how far I was throwing. In the meet it was basically the same distances I was throwing in practice. It didn't feel like 65m. I thought it was over 60, but not 65." The big throw came several weeks after a 209-7 (63.89) at the Mt. SAC Relays, her first PR in two years.

Lawrence won the '17 NCAA title wearing the colors of Kansas State after placing 4th as a frosh, even though she had been just a 159-8 (48.66) high school performer. She and her twin

sister, Shardia, had come to Manhattan, Kansas, together. Shardia placed 6th in the NCAA Indoor triple jump this winter for the Wildcats. Last year, Shadae took 2nd at the NCAA, and found out a couple of months later that throws coach Greg Watson would be moving to a position at LSU. "I didn't want to go with him, but I thought I needed a change in environment," she says. She looked around and settled on Colorado State, where throws mentor Brian Bedard is the head coach. "I knew he was good," she says.

Now she's hoping she can return to the top step of the NCAA podium in June. First, though, she has to survive Regionals. "I'm a bit nervous about it. That's a risky meet. We have to ensure we get in the top 12 in three throws. Anything can happen. "So, I'm just keeping my composure, continuing training. I'm keeping that up, but I'm confident that I'm on the right track with that."

With graduation coming in December, Lawrence will remain in Ft. Collins through the World Championships and beyond. She competed in both the Worlds and Olympics for Jamaica before, but has never made the finals. She hopes to change that. "We'll see what the future holds," she says. "The plan is to stay here and train for a while. If I don't stay here, I still want [Bedard] to be my coach wherever I am."

The All-Time Collegiate Women's Discus List

When the year began Skylar Ciccolini had a PR of 177-0 and trailed only 4 throwers on the all-time list. She has already knocked off 3 of them and finds herself behind only the HS recordholder. The all-time top 10 (* = junior; ** = soph):

Mark	Athlete	Date
67.48 221-5	Meg Ritchie' (Arizona)	4/26/81
65.22 214-0	Suzy Powell (UCLA)	5/10/97
65.05 213-5	Shadae Lawrence' (Colorado State)	5/11/19
64.94 213-1	Leslie Deniz (Arizona State)	4/16/83
64.89 212-10	Seilala Sua (UCLA)	5/25/99
64.52 211-8	Shelbi Vaughan (Texas A&M)	5/15/15
63.68 208-11	Aretha Thurmond (Washington)	5/24/98
63.52 208-5	Kelsey Card (Wisconsin)	6/11/16
63.30 207-8	Carol Cady (Stanford)	5/28/83
63.12 207-1	Becky Breisch (Nebraska)	5/28/04

SEC Men – A Collegiate Record For Mondo

BRYAN WAYNE



No great surprise here as Mondo Duplantis becomes the first collegian over the 6-meter barrier.

FAYETTEVILLE, ARKANSAS, May 09-11—Nothing like putting pressure on the frosh to win the conference title. Luckily for LSU, the new kid is already a seasoned veteran of the international wars. Just before the 4x4 brought the SEC to a close, Mondo Duplantis soared over a Collegiate Record 19-8¼ (6.00). After already clearing 18-5½ (5.63) and 19-¾ (5.81), marks that guaranteed the 10 points, the 19-year-old sensation needed all three tries to bring down Lawrence Johnson's 23-year-old record, leaving the final bar trembling but safe.

His victory gave LSU a 97-91 lead over the Gators. A 2nd in the 4x4 boosted LSU to a final tally of 105 to Florida's 95, with Arkansas at 91 and Texas A&M at 86.5. Good vibes were in the air for the Duplantis family, as earlier in the day, Mondo's brother Antoine had hit a 3-run homer to help the Tigers beat Arkansas 3-2 on the baseball field just down the street. Said Mondo, "I had a little déjà vu since I did the same thing indoors here in Fayetteville. I'm glad to have that off my shoulders. Now I can just relax and concentrate on NCAAs."

It took Mondo's CR to steal the headlines away from a stunning set of results in the 110 hurdles. On Friday, Florida's Grant Holloway flew to a 13.07 in his heat, far ahead of rival Daniel Roberts of Kentucky (13.31). The world-leading mark made the Gator soph the No. 2 collegian

Progression Of The Collegiate Men's PV Record

The collegiate men's PV record used to be broken with semi-regularity, but once Lawrence Johnson came on the scene in the mid-'90s the progression ground to a halt for a long time. Finally, after some 23 years, Mondo Duplantis—well accustomed to breaking barriers—has etched a new name in the record book. Here's the progression of the in-season CR since the first 18-footer by Earl Bell at the '75 NCAA Championships. Note that Bell's third CR, 18-7½, was also a World Record, as was the mark that succeeded it, Mike Tully's 18-8¾, although the latter was never ratified by the IAAF.

Mark	Athlete	Meet	Date
6.00 19-8¼	Mondo Duplantis (LSU)	SEC	5/11/19
5.98 19-7½	Lawrence Johnson (Tennessee)	All-Comers	5/25/96
5.90 19-4¼	--Johnson	All-Comers	5/25/96
5.87 19-3	--Johnson	All-Comers	5/10/96
5.86 19-2¾	Bill Payne (Baylor)	SWC	5/19/91
5.85 19-2¼	Joe Dial (Oklahoma State)	Oklahoma Invitational	5/19/85
5.83 19-1	--Dial	Big 8	5/10/85
5.79 19-0	--Dial	Big 8	5/10/85
5.75 18-10¼	Brad Pursley (Abilene Christian)	Dual	3/29/83
5.71 18-8¾	Mike Tully (UCLA)	Pac-10	5/19/78
5.67 18-7½	Earl Bell (Arkansas State)	USTFF	5/29/76
5.57 18-3½	--Bell	Dual	3/23/76
5.51 18-1(A)	Dan Ripley (San José State)	NCAA	6/07/75
5.51 18-1(A)	--Bell	NCAA	6/07/75

SEC MEN'S RESULTS

Fayetteville, Arkansas, May 09-11 —

(5/9—10K, 400H, HT, JT; 5/10—St, 110Hh, HJ, LJ, SP)

Teams: 1. LSU 105; 2. Florida 95; 3. Arkansas 91; 4. Texas A&M 86½; 5. Alabama 77; 6. Kentucky 72½; 7. Tennessee 68; 8. Mississippi State 57; 9. Georgia 43; 10. South Carolina 41; 11. Mississippi 34; 12. Missouri 32; 13. Auburn 17.

100(1.8): 1. **Hakim Sani Brown' (Fl) 9.99 PR; 2. *Raymond Ekevwo' (Fl) 10.02 PR; 3. Mustaqeem Williams (Tn) 10.08 PR; 4. Keitavious Walter (Al) 10.11 PR; 5. Jaron Flournoy (LSU) 10.12 PR; 6. ***Anthony Schwartz (Aub) 10.21; 7. *Lester Miller (MsSt) 10.22; 8. *Akanni Hislop' (LSU) 10.23 PR.

200(0.4): 1. Williams 20.31; 2. Flournoy 20.32; 3. Walter 20.42; 4. **Dwight St. Hillaire' (Ky) 20.61 PR; 5. Hislop' 20.72; 6. *Tyler Terry (LSU) 20.78 PR; 7. Correion Mosby (LSU) 20.82; 8. **Jacob Smith (Ky) 20.87;... dnc—Sani Brown'.

400: 1. *Quincy Hall (SC) 44.60; 2. St. Hillaire' 45.47; 3. *Tyler Terry (LSU) 45.96; 4. **Hunter Woodhall (Ar) 46.22 PR (prosthetics); 5. Skyler Bowden (Al) 46.46; 6. **Benjamin Lobo Vede' (Fl) 46.57; 7. *Raymond Kibet' (LSU) 46.81; 8. Arinze Chance' (SC) 46.93.

800: 1. *Devin Dixon (TxAM) 1:44.76 PR (CL) (=7, xAmC);

2. **Marco Arop' (MsSt) 1:46.93; 3. Otis Jones (SC) 1:48.09; 4. **Kieran Taylor (Ar) 1:48.34;

5. **John Rivera (Ms) 1:49.18; 6. *Daniel Nixon (MsSt) 1:49.29; 7. *Carlton Orange (TxAM) 1:50.61; 8. Dejon Devroe (MsSt) 1:52.38.

1500: 1. **Waleed Suliman (Ms) 3:47.64; 2. Cameron Griffith' (Ar) 3:48.81; 3. *Benjamin Young (Ky) 3:49.11; 4. Zach Long (Tn) 3:49.76; 5. ***Dalton Hengst (Ms) 3:50.47; 6. ***Martin Prodanov' (Mo) 3:50.52.

St: 1. **Alex Crigger (Tn) 8:47.85 PR; 2. *Stephen Jones (MsSt) 8:53.32; 3. *Matthew Thomas (Ky) 8:53.48 PR; 4. *Silas Kipngetich' (Aub) 8:58.86 PR.

5000: 1. *Gilbert Boit' (Ar) 13:54.46; 2. Gilbert Kigen' (Al)

13:54.84; 3. Cameron Griffith' (Ar) 13:55.05; 4. **Matt Young (Ar) 13:57.97 PR.

10,000: 1. Kigen' 29:27.77; 2. Boit' 29:31.17; 3. Young 29:32.90; 4. Austen Dalquist (Ar) 29:51.72; 5. Mark Robertson (Ms) 29:56.24; 6. *Preston Cates (Ar) 29:57.09 PR; 7. Alfred Chelanga' (Al) 29:57.76.

110H(1.0): 1. *Daniel Roberts (Ky) 13.07 PR (=WL, AL, CL) (=2, =2 C); 2. *Grant Holloway (Fl) 13.12 (x, 4 C);

3. Isaiah Moore (SC) 13.42; 4. ***Tai Brown (Ky) 13.68; 5. *Robert Dunning (Al) 13.71 PR; 6. Shakiel Chattoo' (Ar) 13.71 PR; 7. **Damion Thomas' (LSU) 13.78; 8. Michael Nicholls' (Ga) 13.81; 9. *Carl Elliott (Ar) 13.83.

Heats: I(0.8)—1. Holloway (Fl) 13.07 PR (WL, AL, CL) (2, 2 C).

400H: 1. *Infinite Tucker (TxAM) 49.38 (AL, CL);

2. Robert Grant (TxAM) 49.47; 3. Rasheed Tatham (MsSt) 50.35; 4. **Cory Poole (Fl) 50.35; 5. Christian Boyd (LSU) 50.49; 6. Ilolo Izu (TxAM) 50.68; 7. *DeWitt Thomas (TxAM) 50.78; 8. *Travean Caldwell (Ar) 50.86.

Heats: II—1. Grant 49.56 (AL, CL).

4 x 100: 1. LSU 38.85 (Vincent, Hislop', Mosby, Flournoy); 2. Florida 39.12 (Ekevwo', Sani Brown', Holloway, Clark); 3. Arkansas 39.26 (Oglesby, Boyd, Hari', Ejiajuekwu'); 4. Kentucky 39.50; 5. Tennessee 39.78; 6. Texas A&M 40.42.

4 x 400: 1. Texas A&M 3:01.77 (out AL, CL) (Deadmon, Grant, Johnson 44.96, Dixon 44.23);

2. LSU 3:02.09 (Camel, Mosby, Flournoy 44.85, Terry 44.83); 3. Arkansas 3:03.53 (Brown 45.71, Schwartz 45.56); 4. South Carolina 3:04.43 (Hall 45.20, Jones 45.69); 5. Florida 3:05.08 (Holloway 45.05); 6. Mississippi State 3:08.31.

Jumping Events

HJ: 1. **JuVaughn Harrison (LSU) 7-4½ (2.24) =PR; 2. *Shelby McEwen (Al) 7-3 (2.21); 3. *Darryl Sullivan (Tn) 7-3; 4. *Clayton Brown' (Fl) 7-3; 5. ***Roberto Vilches' (Mo) 7-3; 6. Keenon Laine (Ga) 7-1½ (2.17); 7. Jhonny Victor (Fl) 7-1½; 8. **Rahman Minor (Ky) 7-1½.

PV: 1. *Mondo Duplantis' (LSU) 19-8½ (6.00) CR (old CR 19-7½/5.98 Lawrence Johnson [Tn] '96) (17-10½, 18-5½, 19-¾, 19-8½ [3]) (5.45, 5.63, 5.81, 6.00 [3]);**

2. Jacob Wooten (TxAM) 18-2½ (5.55); 3. Will Herrscher (Al) 17-10½ (5.45) PR; 4. **Peyton Weissmann (Ms) 17-6½ (5.35) =PR; 5. **Robin Nool' (TxAM) 17-6½ =PR; 6. tie, Carl Johansson (TxAM) & **Matthew Peare (Ky) 17-2¾ (5.25); 8. ***Andrew Ference (Tn) 17-2¾.

LJ: 1. *Ja'Mari Ward (Mo) 26-7 (8.10); 2. **JuVaughn Harrison (LSU) 26-3½ (8.02); 3. Yann Randrianasolo' (SC) 26-1¾ (7.97); 4. *Rayvon Grey (LSU) 25-10¾ (7.89) PR; 5. **Allen Gordon (Ms) 25-10¾ (7.89) PR; 6. Holloway 25-8¾ (7.84).

TJ: 1. *Christian Miller (LSU) 53-¼ (16.16) PR; 2. *Clayton Brown' (Fl) 52-2¾ (15.92); 3. **Jalen Tate (Tn) 52-¾ (15.87);

4. ***Georgi Nachev' (Mo) 51-11¾ (15.84) PR; 5. Nairn' 51-5½ (15.68) PR; 6. Da'Quan Bellard (LSU) 50-11 (15.52).

SP: 1. Denzel Comenentia' (Ga) 65-7 (19.99); 2. **Joseph Maxwell' (Tn) 63-5 (19.33) PR; 3. *Eric Favors (SC) 61-11 (18.87) PR; 4. Kord Ferguson (Al) 61-7½ (18.78); 5. **Connor Bandel (Fl) 61-5 (18.72); 6. Noah Castle (Ky) 61-3½ (18.68).

DT: 1. Ferguson 195-10 (59.70); 2. Comenentia' 192-1 (58.54); 3. Castle 182-8 (55.68); 4. Lenford 182-7 (55.65); 5. Maxwell' 175-7 (53.52); 6. Bandel 175-1 (53.36).

HT: 1. **Thomas Mardal' (Fl) 239-6 (73.00) PR; 2. Comenentia' 234-6 (71.48); 3. AJ McFarland (Fl) 232-11 (70.99); 4. **Jake Norris' (LSU) 231-1 (70.44); 5. Anders Eriksson' (Fl) 226-9 (69.12); 6. ***Bobby Colantonio (Al) 226-8 (69.09) PR; 7. Seth Whitenet (Tn) 220-1 (67.09); 8. **Georgios Korakidis' (Tn) 219-7 (66.94).

JT: 1. **Anderson Peters' (MsSt) 273-5 (83.35) (x, 8 C) (249-2, 273-5, p, p, p, p) (75.94, 83.35, p, p, p, p);

2. Curtis Thompson (MsSt) 255-6 (77.88); 3. ***Tyriq Horsford' (MsSt) 238-3 (72.62) PR; 4. Sam Hardin (TxAM) 237-7 (72.42); 5. Elijah Marta (Ky) 233-6 (71.17) PR; 6. *William Petersson (TxAM) 228-9 (69.72); 7. ***Nick Mirabelli (TxAM) 226-1 (68.91); 8. **Cade Antonucci (Aub) 223-7 (68.14); 9. John Putnam (Aub) 222-0 (67.67).

Dec(5/09-10): 1. Nathan Hite (TxAM) 7468; 2. ***Karel Tilga' (Ga) 7236; 3. *Chris Stone (Aub) 7212; 4. **Jason Edwards (Mo) 6685 PR.

ever, after only Renaldo Nehemiah's legendary 13.00 from '79. In the heavily anticipated final, Holloway drew lane 5, to the right of Roberts in 4. As expected, Holloway got out best, and held a clear lead through hurdle 9. Then the unthinkable happened: Roberts found another gear, catching Holloway in the air over the final barrier and beating him to the line.

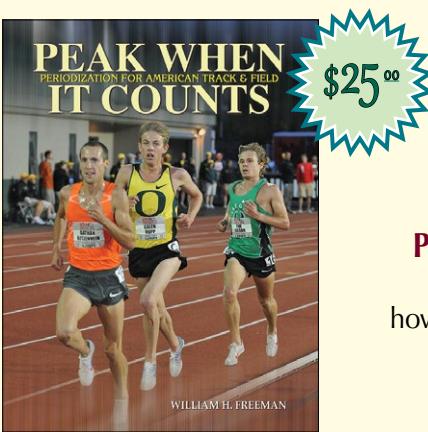
The time: 13.07, moved the Kentucky junior into a tie with Holloway for the No. 2 collegiate ever. The stunned Gator finished in 13.12, the No. 4 collegiate performance ever. Roberts' run was anything but pretty, as he hit 9 of the 10 hurdles,

the last three hard. He didn't care. "It means the world," he said. "I'm giving my all every race and it turned out good today."

Texas A&M's Devin Dixon ran a collegiate-leading 1:44.76 to win the 800 by nearly 20m. He raced aggressively from the start, leaving the field behind as he passed halfway in 50.02. The mark makes him equal No. 7 among U.S. collegians all-time. Dixon's teammates made a statement in the 400 hurdles. First Robert Grant ran a U.S. and collegiate leading 49.56 in the heats. In the final, he was beaten 49.38-49.47 by teammate Infinite Tucker, whose last-gasp finish became the

dive seen around the world. In the javelin, Mississippi State's Anderson Peters whipped a 273-5 (83.35) winner, the No. 7 collegiate throw ever.

Said LSU coach Dennis Shaver of his team's victory, "The chemistry and commitment that these guys have made to make a run at this championship is special. It's been a while since we won one of these." The LSU effort was helped along on the final day by wins in the 4x1 (38.85) and the triple jump, where Christian Miller went 53-¼ (16.16). Earlier in the meet JuVaughn Harrison had captured the high jump at 7-4½ (2.24).



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Daniel Roberts Now “On A Different Level”

SHAWN PRICE



Reigning collegiate hurdle king Grant Holloway found himself 0.05 behind Daniel Roberts at the SEC.

by Jeff Hollobaugh

THE WORLD MIGHT have been shocked by Daniel Roberts' 13.07 win over Grant Holloway in the SEC 110H, but he knew that good things were coming his way. Speaking to us two days before the big race, he confirmed that his indoor season—topped by a 7.41 runner-up finish behind Holloway in the NCAA—was just one indicator that he's "definitely on a different level" than last year.

"It's a combination of a bunch of things," he explained. "The training is completely different. My focus and the way I think about my races, the way I think about life in general, which is my faith. I'm focusing on that a lot more than I have in past years. I feel like that has made the biggest difference."

For the 6-0/175 (1.83/79) Kentucky junior, this has been the first year working full-time with Wildcat speed coach Tim Hall after his first two years with Edrick Floréal (now at Texas). The switch, he said, "didn't really affect me that much, honestly. Ever since we started practicing, everything's been great. I just give him everything I have and so it's worked out. I'm not going to change that now."

There's another big factor behind Roberts' stunning improvement. Last year, he seemed poised for great things when he took 2nd at the SEC with a 13.27 PR to Holloway's 13.15. Then at the NCAA finals it all crumbled. Running in lane 3 in his semi, Roberts found himself behind and started pressing hard. His timing off, he crashed

and burned at hurdle 6. That got him DQed. "I think a lot about that day, honestly," he said. "Just because I know I could have done a lot better and to think that I didn't even really get the opportunity just, I don't know, it hurts. "But I feel it all happened for a reason. It just wasn't my time. But right now, we're focusing on this year. I've taken that into every race. I've got to focus on each race. One at a time. Each hurdle, one at a time."

Roberts also explained that Holloway is why he has gotten so good: "Knowing I have to bring my A-game every time I step on the line makes me train hard every day. Even on days when I don't feel like it. Grant is pushing me even when he's not physically there. Just knowing I have to race people like him on the daily, it's always going to push me on and off the track." He added, "He's a great friend. Off the track I don't have to worry about anything with him. On the track, I give 120% every time I step on the line trying to dethrone him. That's how it's going to be for a long time. I'm solid with it."

Roberts started hurdling in seventh grade when his middle school team needed a hurdler. Since his older brother had been a hurdler, he gave it a go.

"I just kept with that." As a junior in Hampton, Georgia, he placed 2nd at New Balance Nationals with a windy 13.40 and had a legal best of 13.68. That brought plenty of recruiters calling. Then he hurt his right knee playing football and had two surgeries. In the spring, he couldn't even run, though he high jumped in a few meets. "I couldn't just come out there and not do anything. When I had enough strength to do a little jog, I did some jumping off my left leg. That was kind of fun, I'm not going to lie."

But the fear of his hurdle career being over cast a pall on his senior year. Some of his scholarship offers were taken away. "That was a really rough time, mentally, even physically and then coming back and transitioning into college, which made it even harder." Though he still had full-ride offers on the table, he chose what he remembers as a 70% offer from the Wildcats. "This is where I wanted to be," the Digital Media/Design major said. "This is where I had the best opportunity to get to where I am today."

This season, he opened up with a 13.30 behind Holloway at the Florida Relays. Then he won Drake at 13.28w. But he knew, going into the conference meet that he had a lot more under the hood: "Those are obviously great times, but I know for a fact that I can run a whole lot faster than that because even in these races that I ran those times, they either didn't feel great or the conditions were horrible," he says. "Once I get that, a good race—it doesn't have to be perfect—but I know that when I get a good race all the way through with good conditions, that would be something great." Prophetic words there. Now only Renaldo Nehemiah is ahead of him on the all-time collegiate list, as he and Holloway share the next spot.

"Having that competition is good for the sport," he concludes. "It's good for both of us as athletes. And having that friendship is also just good for us as people."

Climbing The All-Time Collegiate List

With their 13.07s at the SEC Championships Grant Holloway (in the heats) and Daniel Roberts (to win the final) now trail only legendary Renaldo Nehemiah on the all-time collegiate 110H list. The top 14 performances ever:

Time	Athlete	Date
13.00	Renaldo Nehemiah (Maryland)	5/06/79
13.07	Grant Holloway (Florida)	5/10/19
	Daniel Roberts (Kentucky)	5/11/19
13.12	-----Holloway	5/11/19
13.15	-----Holloway	5/13/18
13.16	-----Nehemiah	4/14/79
	Devon Allen (Oregon)	6/14/14
	-----Holloway	4/13/18
13.18	Aleec Harris (USC)	5/31/14
	-----Harris	6/14/14
13.20	Wayne Davis' (Texas A&M)	5/31/14
13.21	Aries Merritt (Tennessee)	6/09/06
	Jason Richardson (South Carolina)	5/31/08
	Omar McLeod' (Arkansas)	4/25/15

SEC Women – LSU Has New Frosh Sprint Star

BRYAN WAYNE



Sha'Carri Richardson became the first SEC frosh ever to win the 100, 200 and 4x1.

FAYETTEVILLE, ARKANSAS, May 09-11—Sha'Carri Richardson produced a dazzling sprint double on the Arkansas track but in the end it was the host Hogs who piled on the scoring to win the SEC title by more than 50 points. The Razorbacks, powered by 5 event wins, totaled 139½ far ahead of the tight battle for the runner-up position, with Texas A&M (85), Kentucky

(84) and LSU (83) in a tangle.

LSU frosh Richardson started the final day by anchoring the Tiger 4x1 to a 42.93–43.11 win over Arkansas. Then came the 100, where her barely-wind-aided 11.00 (2.1) topped the 11.06 by Kentucky senior Kianna Gray. In the 200, Richardson held on for a 22.57–22.59 win over fast-closing Kentucky frosh Abby Steiner, be-

coming the No. 10 U.S. Junior ever. She became the first yearling in SEC history to win the 100, 200 and be on the winning 4x1.

For the triumphant Razorbacks, soph Janeek Brown crushed the hurdles in a world-leading 12.55, ahead of the PR 12.70 by teammate Payton Chadwick. Brown, a Jamaican, became the No. 5 collegian ever, Chadwick No. 10 among U.S. collegians. "At the beginning of the race, I was pretty nervous," said Brown. "But I executed pretty well."

Another stunner came from soph Kethlin Campbell in the 400, whose 51.03 winner sliced 0.8 from her best. The Hog distance crew also performed well, with Taylor Werner (15:51.08) and Lauren Gregory (15:51.58) going 1–2 in the 5000. Devin Clark won the steeple in 9:55.86. And though Arkansas did not win the 1500, placing 2-4-5-6-7 didn't hurt the point tally.

Performances like that keyed a Razorback effort that only enhances the dynasty that coach Lance Harter has built, with 15 wins in the last 16 cross country/indoor/outdoor championships. This was the seventh triple crown in school history. Said Harter, "That snowball effect, the positive momentum, becomes very infectious. Everybody wants to rise to the challenge."

A notable double went to Florida senior Yanis David, who took the long jump at 21-10 (6.65) then came back the next day to boom a PR 47-1 (14.35) in the triple. That made the Guadeloupean the No. 2 collegian in history, with the No. 4 performance ever.

SEC WOMEN'S RESULTS

Fayetteville, Arkansas, May 09-11—

(5/9–10K, JT; 5/10—St, PV, LJ, SP, HT)

Teams: 1. Arkansas 139½; 2. Texas A&M 85; 3. Kentucky 84; 4. LSU 83; 5. tie, Alabama & Florida 69; 7. Missouri 53; 8. Auburn 46; 9. Tennessee 45½; 10. Georgia 42½; 11. Mississippi State 37; 12. Mississippi 31½; 13. South Carolina 23; 14. Vanderbilt 11.

100(2.1): 1. *Sha'Carri Richardson (LSU) 11.00w (a-c: x, 8 Au);**

2. Kianna Gray (Ky) 11.06w; 3. Kiara Parker (Ar) 11.19w; 4. **Abby Steiner (Ky) 11.29w; 5. *Mauricia Prieto' (Al) 11.35w; 6. **Celeria Barnes (Ky) 11.38w; 7. **Ariyonna Augustine (LSU) 11.39w; 8. **Daija Lampkin (Al) 11.47w.

200(1.8): 1. Richardson 22.57 PR (10, x AJ);

2. Steiner 22.59 PR; 3. *Danyel White (TxAM) 22.79 PR; 4. Payton Chadwick (Ar) 23.08 PR; 5. **Janeek Brown' (Ar) 23.12; 6. Prieto' 23.15; 7. Gray 23.25; 8. **Tamara Clark (Al) 23.26.

400: 1. **Kethlin Campbell (Ar) 51.03 PR; 2. **Syaira Richardson (TxAM) 51.17 PR; 3. *Wadeline Jonathas (SC-Hai) 51.19 NR; 4. *Chloe Abbott (Ky) 51.82; 5. *Aliyah Abrams' (SC) 51.92 PR; 6. ***Doneisha Anderson' (Fl) 52.15 PR; 7. ***Tierra Robinson-Jones (TxAM) 52.32 PR.

800: 1. Jazmine Fray' (TxAM) 2:03.50; 2. *Amber Tanner (Ga) 2:05.01; 3. **Charlotte Cayton-Smith' (MsSt) 2:05.23 PR; 4. Ersula Farrow (LSU) 2:06.32; 5. ***Katy-Ann McDonald' (LSU) 2:07.06; 6. *Brittany Parker (TxAM) 2:07.68.

1500: 1. ***Imogen Barrett' (Fl) 4:17.29 PR; 2. *Carina Viljoen' (Ar) 4:17.81; 3. *Esther Gitahi' (Al) 4:19.00; 4. **Taylor Werner (Ar) 4:20.40; 5. ***Lauren Gregory (Ar) 4:21.04; 6. Sydney Brown (Ar) 4:21.83.

St: 1. *Devin Clark (Ar) 9:55.86; 2. **Joyce Kimeli' (Aub) 10:00.94 PR; 3. *Melissa Menghini (Mo) 10:07.76 PR; 4. **Lisa Vogelgesang' (Ms) 10:17.14; 5. **Sylvia Russell' (MsSt) 10:26.67 PR; 6. *Rachel Nichowitz (Ar) 10:29.41.

5000: 1. Werner 15:51.08; 2. Gregory 15:51.58; 3. *Jessica

Drop (Ga) 15:54.83; 4. Gitahi' 15:56.03 PR; 5. Clark 16:03.44; 6. *Jessica Pascoe' (Fl) 16:03.96.

10,000: 1. Pascoe' 34:08.41 PR; 2. **Clio Ozanne-Jaques' (Ms) 34:12.78; 3. Kigen' 34:19.12 PR; 4. **Heather Stone (SC) 34:20.22 PR; 5. *Ashley Driscoll (TxAM) 34:24.65 PR; 6. Jordyn Kleve (Mo) 34:27.87 PR.

100H(1.3): 1. Brown' 12.55 PR (WL, CL) (5, =7 C); 2. Chadwick 12.70 PR (AmCL) (=10, x AmC);

3. *Tonea Marshall (LSU) 12.82; 4. **Alexis Duncan (Tr) 12.87; 5. Brittley Humphrey (LSU) 13.08; 6. ***Masai Russell (Ky) 13.18; 7. **Gabrielle McDonald' (TxAM) 13.19; 8. **Mia Young (LSU) 13.20.

400H: 1. **Jurnee Woodward (LSU) 56.77 PR; 2. Humphrey 56.88 PR; 3. Young 57.62 PR; 4. Russell 57.83; 5. Ross 58.03; 6. *Brooklyn Broadwater (Tr) 58.65; 7. **Riley White (MsSt) 58.80.

4 x 100: 1. LSU 42.93 (Marshall, Johnson, Misher, Richardson);

2. Arkansas 43.11 (Parker, Chadwick, Brown', Campbell);

3. Kentucky 43.11 (Barnes, Steiner, Gray, O'Connor); 4. Alabama 43.32 (Lampkin, Prieto, Darius, Sparling); 5. Texas A&M 43.35 (McDonald, White, Thompson', Spaulding); 6. Mississippi 43.92; 7. South Carolina 44.18; 8. Tennessee 44.77.

4 x 400: 1. Arkansas 3:29.22 (Peoples, Magee, Chadwick 52.08, Campbell 51.19); 2. Texas A&M 3:29.99 (Owens, Robinson-Jones, Reed 52.65, Richardson 51.07); 3. Florida 3:30.40 (Stephens 53.58, Barnett 51.68); 4. South Carolina 3:31.24 (Jonathas 51.45); 5. Alabama 3:31.66 (McDonald 52.08); 6. Kentucky 3:33.53 (Abbott 50.88); 7. Georgia 3:34.09 (Tanner 52.05); 8. LSU 3:38.20.

Field Events

HJ: 1. *Ellen Ekholm' (Ky) 5-11½ (1.82); 2. **Tyra Gittens' (TxAM) 5-11½; 3. Logan Boss (MsSt) 5-10½ (1.79); 4. Stacey Destin (Al) 5-10½; 5. Madeline Fagan (Ga) 5-10½; 6. **Abigail O'Donoghue (LSU) 5-8¾ (1.75).

PV: 1. *Kristen Denk (Vand) 14-3½ (4.36) PR; 2. Tori Hoggard (Ar) 14-3½; 3. Lexi Jacobus (Ar) 14-3½; 4. tie, *Kayla Smith (Ga) & Desirée Freier (Ar) 13-11¾ (4.26); 6. **Lisa Gunnarsson' (LSU) 13-7¾ (4.16).

LJ: 1. Yanis David' (Fl) 21-10 (6.65); 2. Kiara Williams (Al) 21-5½ (6.53) PR; 3. **Tyra Gittens' (TxAM) 21-5½ (6.53) PR; 4. **Deborah Acquah' (TxAM) 21-¾ (6.42) PR; 5. ***Alonie Sutton (Tr) 20-11¾ (6.39); 6. **G'Auna Edwards (Ar) 20-10½ (6.36) PR; 7. **Aliyah Whisby (Ga) 20-8½ (6.31); 8. ***Tatiana Aholou' (Ky) 20-5½ (6.23).

TJ: 1. David' 47-1 (14.35) PR (CL) (2, 4 C) (45-3, 46-½ [CL], 45-8½, 45-4½, 46-1¼ [CL], 47-1) (13.79, 14.03, 13.93, 13.83, 14.05, 14.35);

2. Tiffany Flynn (MsSt) 45-6½w (13.87) (43-8½/13.32); 3. Marie-Josée Ebwea-Bile' (Ky) 44-11 (13.69); 4. LaChyna Roe (Tr) 44-4½ (13.52); 5. *Kala Penn' (Fl) 43-10 (13.36) PR; 6. **Clynamon Stevenson (TxAM) 43-6 (13.26); 7. ***Mirieli Santos' (Mo) 43-1 (13.13); 8. Asa Garcia (Fl) 42-9½ (13.04).

SP: 1. Portious Warren' (Al) 56-11½ (17.36); 2. Haley Teel (Al) 56-7½ (17.25) PR; 3. *Nicole Fautsch (Ky) 55-0 (16.76) PR; 4. Stamatia Scarvelis' (Tr) 54-4 (16.56); 5. **Emily Stauffer (Mo) 53-11½ (16.44) PR; 6. **Tori McKinley (Aub) 53-8½ (16.37); 7. **Nickolette Dunbar (Al) 53-1¾ (16.20); 8. Gabi Jacobs (Mo) 52-9½ (16.08).

DT: 1. Jacobs 191-0 (58.22); 2. Scarvelis' 174-5 (53.16); 3. **Sophia Rivera (Mo) 172-5 (52.56); 4. *Nicole Fautsch (Ky) 169-7 (51.70); 5. Hayden Merrick (Ga) 168-6 (51.36); 6. *Tania Crockett (Tr) 167-1 (50.92).

HT: 1. Scarvelis' 224-2 (68.32); 2. ***Madi Malone (Aub) 214-4 (65.33) PR; 3. *Jordan McClelland (Mo) 204-7 (62.37); 4. Rebecca Keating' (Mo) 201-10 (61.52); 5. **Shey Taiwo (Ms) 199-3 (60.74); 6. **Molly Leppelmeier (Ky) 199-0 (60.67) PR.

JT: 1. *Kylene Carter (Aub) 181-3 (55.26); 2. Rivera 177-11 (54.22); 3. *Marie-Therese Obst' (Ga) 167-10 (51.17); 4. *Sarah Blake (MsSt) 167-2 (50.95); 5. **Samantha Zelden (Al) 159-10 (48.73); 6. Madalaine Stulce (TxAM) 159-0 (48.47).

Hept(5/9-10): 1. **Amanda Frøynes' (Fl) 5801 PR; 2. Gittens' 5793; 3. ***Sterling Lester (Ga) 5534; 4. *Natalia Jordan (Aub) 5389 PR; 5. *Kieshonna Brooks' (Ms) 5248; 6. Zaria Tillman (MsSt) 5209 PR; 7. ***Asia Poe (MsSt) 5104 PR; 8. ***Mathilde Coquillaud-Salomon' (SC) 5066 PR.

Pac-12 Men – Gillespie's Speed Propels Oregon



Duck senior Cravon Gillespie dashed to PRs of 9.97 & 20.17.

TUCSON, ARIZONA, May 11-12—Cravon Gillespie started the year with the goal of taking down Oregon's school records in the sprints. He did that and more at the Pac-12 Championships, producing two solo victories in addition to the short relay to lead the Ducks to a 173-140 victory over UCLA. The Duck senior's big day started with the 4x1, where his second leg helped open

up a lead on the field that was never challenged. Oregon won in 38.72 to Arizona's 39.56, with USC (39.74) and UCLA (39.84) also breaking 40.

Some 80 minutes later, the 100 final lined up. Gillespie had led the heats in 10.10. In the final, with a nearly negligible 0.2 wind blowing, he was brilliant, rocketing to a 9.97 that left the field 0.28 behind. The mark not only

was an Oregon school record, it also tied Andre De Grasse's '15 meet record. "I knew it was possible," said Gillespie, "but when I saw that, my gosh, I have no words." About an hour and a half later, he crushed the 200 field by more than a half-second with his 20.17, another Duck record. Oregon went 1-2 in the 100 and 1-2-3 in the deuce. "These guys push me every day in practice. I'm proud of these guys," said Gillespie.

For his part, Oregon head coach Robert Johnson was suitably pleased. "These guys have obviously been here and done it before," he said of his program's 13th straight win, this one with a school record 8 event titles. "I couldn't be more proud of them."

USC soph Cameron Samuel, only a 50.29 hurdler last year, opened eyes by slashing 0.7 from his best

to win in a U.S. and NCAA-leading 49.09. Other notable wins went to Duck frosh Eric Edwards, who moved to =9 among U.S. juniors with his 13.59 in the hurdles.

Soph Earnie Sears of USC leapt 7-5½ (2.27), equaling the outdoor collegiate lead. Arizona's Jordan Geist won the shot by more than 2ft with his 69-2 (21.08).

PAC-12 MEN'S RESULTS

Tucson, Arizona, May 11-12—

(5/11—St, 10K, HJ, PV, LJ, SP, HT, JT)

Teams: 1. Oregon 173; 2. UCLA 140; 3. Arizona 94; 4. Washington 85; 5. USC 78; 6. Cal 63; 7. Washington State 53; 8. Stanford 51; 9. Colorado 48; 10. Arizona State 31.

100(0.2): 1. Cravon Gillespie (Or) 9.97 PR (AL, AmCL, =9, x AmC);

2. Oraine Palmer' (Or) 10.25 PR; 3. *Emmanuel Wells (WaSt) 10.26 PR; 4. ***Brendon Stewart (USC) 10.35; 5. Spenser Schmidt (Or) 10.41; 6. **Rieker Daniel (Or) 10.43.

200(0.3): I-1. Wells 20.88; 2. Stewart 21.03. II(0.1)-1. Gillespie 20.17 PR; 2. Palmer' 20.71; 3. Daniel 20.83 =PR; 4. ***Eric Allen (USC) 20.99.

400: 1. Orwin Emilien' (Or) 45.91 PR; 2. Joe Herrera (UCLA) 46.25 PR; 3. *Zakee Washington (Az) 46.40; 4. *Jon Maas (Co) 46.49; 5. **Maj Williams (Az) 46.50; 6. Cameron Stone (UCLA) 46.93.

800: 1. *Isaiah Jewett (USC) 1:49.25; 2. **Charlie Hunter' (Or) 1:49.42 PR; 3. *Carlos Villarreal' (Az) 1:50.07; 4. *Connor Morello (Wa) 1:50.37; 5. *Riley Kelly' (UCLA) 1:50.38; 6. **Devan Kirk (Wa) 1:50.74.

1500: 1. William Paulson' (AzSt) 3:49.18; 2. Grant Fisher (Stan) 3:49.29; 3. James West' (Or) 3:49.69; 4. Villarreal' 3:50.74; 5. **Eduardo Herrera (Co) 3:50.75; 6. **Reed Brown (Or) 3:51.18.

St: 1. Steven Fahy (Stan) 8:43.85; 2. Bailey Roth (Az) 8:50.07; 3. *Jackson Mestler (Or) 8:52.10 PR; 4. *Julius Diehr (Wa) 8:58.39; 5. ***Alex Slenning (Wa) 9:06.95; 6. Kyler Little (WaSt) 9:10.72.

5000: 1. **Cooper Teare (Or) 13:49.77; 2. Fisher 13:50.30; 3. Steven Fahy(Stan) 13:50.79; 4. *John Dressel (Co) 13:51.10; 5. Ryan Forsyth (Co) 13:51.64; 6. *Robert Brandt (UCLA) 13:52.28.

10,000: 1. Brandt 29:08.11; 2. Dressel 29:13.35 PR; 3. Forsyth 29:15.58 PR; 4. **Tibebu Proctor (Wa) 29:24.63; 5. John Reniewicki (AzSt) 29:31.13 PR; 6. *Colin Burke (UCLA) 29:31.92. 110H(0.0): 1. ***Eric Edwards (Or) 13.59 PR (=9, x AJ); 2. ***Omotade Ojora' (USC) 13.75; 3. ***Ayden Owens' (USC-PR) 13.76 NJR; 4. Misana Vitzl (Cal) 13.86; 5. *Nick Johnson (WaSt) 13.89; 6. *Jasher Foster (Cal) 13.94.

400H: I-1. Christapherson Grant (WaSt) 51.29 PR.

II-1. **Cameron Samuel (USC) 49.09 PR (AL, CL);

2. *Paramveer Chohan (Cal) 49.80 PR; 3. ***James Smith (Az) 49.93 PR; 4. ***Cass Elliott (Wa) 50.38 PR; 5. **Maksims Sinčukovs' (Az) 50.87.

4 x 100: 1. Oregon 38.72 (Schmidt, Gillespie, Daniel, Palmer); 2. Arizona 39.56; 3. USC 39.74; 4. UCLA 39.84; 5. Cal 40.56; 6. Colorado 42.06.

4 x 400: I-1. Washington 3:09.22; 2. Cal 3:09.23 (Chohan 44.91). II-1. USC 3:05.73 (Samuel, Owens, Green, Jewett 45.29); 2. Arizona 3:05.98; 3. Oregon 3:06.31; 4. UCLA 3:09.41.

Field Events

HJ: 1. **Earnie Sears (USC) 7-5½ (2.27) PR (out AmCL, =out CL);

2. ***Sean Lee (UCLA) 7-1½ (2.17); 3. *Isaiah Holmes (UCLA) 7-½ (2.14); 4. Michael Burke(UCLA) 7-½; 5. Peyton Fredrickson (WaSt) 7-½; 6. *Justin Lewis (Az) 6-11 (2.11).

PV: 1. ***Sondre Guttormsen' (UCLA) 17-7 (5.36); 2. Michael Fancey (UCLA) 17-1½ (5.22) =PR; 3. Harrison Williams (Stan) 17-1½ (5.22).

16-11½ (5.17); 4. *Chase Smith (Wa) 16-11½; 5. ***Jacob Englard (WaSt) 16-9½ (5.12); 6. Matthew Eckles (AzSt) 16-5½ (5.02).

LJ: 1. Tristan James (Or) 24-11 (7.59); 2. Spenser Schmidt (Or) 24-9½ (7.55) PR; 3. ***PJ Austin (Az) 24-9 (7.54); 4. *Harrison Schrage (UCLA) 24-8½ (7.52); 5. **Jared Geredes (Cal) 24-8½ (7.52); 6. ***DJ Henderson (Or) 24-3½ (7.40).

TJ: 1. *Tuomas Kaukolahти' (Cal) 52-10¾ (16.12); 2. James 51-4¼ (15.65) PR; 3. *Jaylen Taylor (Wa) 49-1 (14.96); 4. Schrage 49-½ (14.94).

SP: 1. **Jordan Geist (Az) 69-2 (21.08); 2. Dotun Ogundei (UCLA) 66-4½ (20.22); 3. ***Nate Esparza (UCLA) 65-½ (19.82); 4. ***Otto Ogbonnia (UCLA) 64-3½ (19.59); 5. **Jonah Wilson (Wa) 62-5½ (19.04); 6. Matthew Katnik (USC) 62-1½ (18.94).

DT: 1. ***Elijah Mason (Wa) 189-7 (57.78); 2. Ogundei 188-9 (57.53); 3. Geist 186-11 (56.98); 4. Wilson 186-10 (56.94) PR; 5. **Iffy Joyner (Cal) 184-10 (56.35); 6. **Ian Schulz (AzSt) 179-11 (54.85).

HT: 1. Brock Eager (WaSt) 228-8 (69.71); 2. Silviu Bocancea (Cal) 224-4 (68.38); 3. Geist 218-1 (66.49);

4. Justin Stafford (UCLA) 217-1 (66.17); 5. Grayson Fleming (Az) 213-4 (65.02); 6. Amani Brown (WaSt) 209-10 (63.97); 7. *Max Lydum (Or) 209-8 (63.92) PR.

JT: 1. *Simon Litzell' (UCLA) 243-6 (74.23); 2. Denham Patricelli (Wa) 241-6 (73.62) PR; 3. John Nizich (Or) 231-2 (70.46); 4. AK Turner (UCLA) 226-0 (68.90) PR; 5. ***Carlan Naisant (AzSt) 221-8 (67.57) PR; 6. ***Liam Christensen (Stan) 220-11 (67.34).

Dec(5/4-5): 1. ***Max Vollmer' (Or) 7964 PR; 2. ***Hakim McMorris (Cal) 7259 PR; 3. ***Josh Farmer (Co) 7089 PR.

Pac-12 Women – The Trojans Surge Late

KIRBY LEE/IMAGE OF SPORT



After a Pac-12 win, NCAA indoor champ Chanel Brissett looks to add an outdoor trophy.

TUCSON, ARIZONA, May 11-12—What a difference a day makes. The USC women entered the final day of the Pac-12 in dead last with 0 (zero!) points. By the time it had finished, the Trojans had piled up 154 points with 7 event wins, enough to top Oregon by 17 and win a

second-straight team title. "We had to create a lot of points on the track because we had so much adversity with weather conditions and time delays," said USC coach Caryl Smith Gilbert.

The first win came in the 4x1, as USC blazed a 42.45, second in school history behind

the world-leading 42.44 cranked out in the heats the day before. Then a big 24 points came with a sweep in the 100H by Chanel Brissett (12.70 PR), Anna Cockrell (12.92) and Mecca McGlaston (13.13). Brissett, a sophomore, led from the start and steadily forged an impressive lead in winning her second straight, her time tying her for No. 10 among American collegians ever.

Kaelin Roberts led a 1-2-5 in the 400 with her 51.25. More big points came in the dash where Twanisha Terry (11.09) and Angie Annelus (11.17) led a 1-2-3-8 finish. Cockrell defended her long-hurdle crown with a 56.46. Then the sprinters returned in the 200, finishing 1-2-3-6, led by Annelus at 22.71. Finally, the Trojans sealed the win with a meet record 3:29.23 in the 4x4.

Stanford's Mackenzie Little captured her fourth straight javelin title with

her 194-0 (59.13), becoming only the eighth athlete in conference history to win an event four times. Alyssa Wilson of UCLA was the meet's high point scorer, with a win in the discus at 186-9 (56.93) and runner-up finishes in the shot and hammer, all on the same day.

PAC-12 WOMEN'S RESULTS

Tucson, Arizona, May 11-12

(5/11—St, 10K, LJ, SP, JT, heats)

Teams: 1. USC 154; 2. Oregon 137; 3. Colorado 92; 4. Stanford 85; 5. Washington 73½; 6. Arizona State 69½; 7. Arizona 57½; 8. UCLA 55; 9. Cal 36; 10. Washington State 24½; 11. Oregon State 23; 12. Utah 12.

100(0.5): 1. **Twanisha Terry (USC) 11.09; 2. *Angie Annelus (USC) 11.17 PR; 3. ***Lanae-Tava Thomas (USC) 11.28; 4. *Brianna Duncan (Or) 11.38; 5. Venessa D'Arpino (Or) 11.49; 6. *Josephine Anokye' (AzSt) 11.55.

200(0.1): 1. Annelus 22.71; 2. Thomas 22.91 PR; 3. Terry 23.28; 4. *Josephine Anokye' (AzSt) 23.35; 5. Briyahna DesRosiers (Or) 23.43; 6. *Mecca McGlaston (USC) 23.45.

400: 1. **Kaelin Roberts (USC) 51.25 PR; 2. *Kyra Constantine' (USC) 51.41 PR; 3. *Hannah Waller (Or) 51.60 PR; 4. *Meleni Rodney' (UCLA) 52.06 PR; 5. ***Bailey Lear (USC) 52.07 PR; 6. DesRosiers 52.48; 7. Tatum Waggoner (Az) 52.77; 8. Diana Gajda' (Az) 52.94.

800: III-1. *Jessica Hull' (Or) 2:06.76. IV-1. *Elissa Mann (Co) 2:04.35; 2. Susan Ejore' (Or) 2:04.71; 3. **Carolyn Wilson (Stan) 2:05.35 PR; 4. ***Jemima Russell' (USC) 2:05.71; 5. ***Taylor Chiotti (Or) 2:05.87 PR; 6. Rebecca Croft' (Cal) 2:06.06.

1500: 1. Hull' 4:16.42; 2. *Jessica Lawson (Stan) 4:17.03; 3. **Ella Donaghue (Stan) 4:17.83; 4. *Katie Rainsberger (Wa) 4:18.39; 5. **Allie Schadler (Wa) 4:18.84; 6. *Julia Heymach (Stan) 4:19.45.

St: 1. Val Constien (Co) 10:01.19; 2. Emily Hamlin (Wa) 10:08.09; 3. *Amanda Gehrich (Or) 10:16.44; 4. *Annie Boos (Cal) 10:17.48; 5. **Shona McCulloch' (Wa) 10:23.02 PR; 6. **Jordan Oakes (Stan) 10:26.94.

5000: 1. *Dani Jones (Co) 15:54.86 PR; 2. *Fiona O'Keeffe (Stan) 15:55.12; 3. *Makena Morley (Co) 15:58.82; 4. *Carmela Cardama Baez' (Or) 16:06.99; 5. Rainsberger 16:07.43 PR; 6. Weronika Pyzik' (Or) 16:07.88.

10,000: 1. Isobel Batt-Doyle' (Wa) 33:31.30; 2. Kaitlyn Benner (Co) 33:36.38; 3. Morley 33:37.47; 4. Cardama Baez' 33:40.88; 5. Abbie McNulty (Stan) 33:41.59; 6. *Tabor Scholl (Co) 34:03.73 PR.

100H(0.7): 1. **Chanel Brissett (USC) 12.70 PR (=AmCL) (=10, x AmC);

2. *Anna Cockrell (USC) 12.92; 3. McGlaston 13.13; 4. ***Emily Sloan (Or) 13.18 PR; 5. Tiana Bonds (Az) 13.43; 6. **Hannah Rusnak (Wa) 13.65.

400H: 1. Cockrell 56.46; 2. Gabby Scott' (Co) 56.82 PR; 3. Karolina Pahlitzsch' (Az) 57.10 PR; 4. *Darhian Mills (Wa) 57.69 PR; 5. **Shannon Meisberger (Az) 57.95 PR.

4 x 100: 1. USC 42.45 (Brissett, Annelus, Thomas, Terry); 2. Oregon 43.51; 3. California 44.78; 4. Arizona 44.80; 5. Arizona State 45.38; 6. Colorado 45.92.

Heats: I-1. USC 42.44 (WL, AL CL) (#5 school) (McGlaston, Annelus, Thomas, Terry).

4 x 400: 1. Washington 3:40.16. II-1. USC 3:29.23 (Lear, Cockrell, Constantine, Roberts); 2. Oregon 3:31.85; 3. Arizona 3:32.13; 4. Colorado 3:34.82; 5. Stanford 3:40.04.

Field Events

HJ: 1. *Karla Teran' (Az) 6-2 (1.88) PR; 2. Rachel Reichenbach (Stan) 5-10½ (1.79) =PR; 3. ***Alexa Porpaczy' (Az) 5-7½ (1.71); 4. **Cassidy Palka (USC) 5-7½.

PV: 1. Elleseye Garrett (UCLA) 14-3½ (4.36) PR; 2. Katelyn Frost (WaSt) 13-4½ (4.08) PR; 3. *Annika Dayton (Wa) 13-4½; 4. *Molly Scharmann (WaSt) 13-2½ (4.03).

LJ: 1. *Rhesa Foster (Or) 20-7¾ (6.29); 2. Jessica Barreira' (AzSt) 20-4½ (6.21); 3. *Aria Small (Stan) 19-10¾ (6.06); 4. Saskia McNairy (OrSt) 19-8¾ (6.01) PR; 5. *Ann Wiegelth (OrSt) 19-8 (5.99); 6. ***Neyisa Howard (Az) 19-7 (5.97).

TJ: 1. Chaquinn Cook (Or) 43-11¼ (13.40); 2. Isabella Marten' (USC) 42-6 (12.95); 3. Jessica Barreira' (AzSt) 42-3½ (12.89) PR; 4. ***Lexi Ellis (Or) 41-10¾ (12.77); 5. Small 41-9¾ (12.74); 6. ***Charisma Taylor' (WaSt) 41-5 (12.62).

SP: 1. **Samantha Noennig (AzSt) 57-8½ (17.59); 2. **Alyssa Wilson (UCLA) 55-9¼ (17.00); 3. Ashlie Blake (UCLA) 54-7½ (16.65); 4. *Maddie Rabing (Or) 51-¼ (15.55) PR; 5. ***Keely McLaughlin' (OrSt) 50-4¾ (15.36) PR; 6. ***Taylor Crockem (OrSt) 50-2 (15.29) PR.

DT: 1. Wilson 186-9 (56.93); 2. Noennig 180-9 (55.09) PR; 3. *Kiana Phelps (Or) 172-5 (52.57); 4. Kendall Mader (Cal) 171-9 (52.34); 5. *Jaime Salone (Stan) 168-9 (51.45); 6. *Ronna Stone (Or) 167-5 (51.04).

HT: 1. **Camryn Rogers' (Cal) 228-11 (69.79) PR; 2. Wilson 222-4 (67.78); 3. **Beatrice Llano' (AzSt) 219-1 (66.78); 4. **Joy McArthur (USC) 202-11 (61.85); 5. Kaylee Antill (AzSt) 198-0 (60.35); 6. Rabing 196-4 (59.84).

JT: 1. Mackenzie Little' (Stan) 194-0 (59.13) (194-0, 187-0, f, 182-3, f, 186-9) (59.13, 57.00, f, 55.56, f, 56.92); 2. *Seri Geisler (AzSt) 177-5 (54.08); 3. *Jenna Gray (Stan) 172-10 (52.68); 4. **Kaelyn Carlson-Shipley (Az) 163-6 (49.84); 5. Katherine Taylor (Wa) 155-4 (47.36) PR; 6. **Alexis Rigmaiden (Or) 155-2 (47.29).

Hept(5/4-5): 1. **Hannah Rusnak (Wa) 5762 PR; 2. Maja Wichart-Donzo (Co) 5600 PR; 3. *Christina Chenault (UCLA) 5556; 4. Michaela Wenning (Co) 5548; 5. Kolbi Sims (Ut) 5477 PR; 6. ***Skylar Sieben' (Az) 5383 PR; 7. McNairy 5379.

JUCO Champs – Big Breakthrough For Kenny Bednarek

BRENT EWING



Frosh Kenny Bednarek became the only American ever to break 20 and 45 in the same day.

by Jeff Hollobaugh

HOBBS, NEW MEXICO, May 16-18—When the news of a 19.49 heat in the 200 at the JUCO Championships hit on Friday, the typical first response was, "What's the catch?" Well, there was wind, triple the allowable at 6.1. And there was altitude, 1121m (3678ft) worth. Yet... 19.49w(A) is moving, without question. And instantly the track world focused on what Indian Hills frosh Kenny Bednarek would do in the next day's finals.

He silenced his doubters by winning the 400 in 44.73, crushing his old best of 45.62, then following up less than two hours later with a 19.82 JC Record into an 0.8 wind. That day of work made him the first American—and only the second man ever—to break 20 and 45 in the same day. The 19.49, a mark that makes Bednarek the No. 4 man ever on the all-conditions world all-time list, did not happen in a vacuum. It came after he watched Terrance Laird of Hinds blast a 19.64w (5.6mps) in the first heat: "When I saw [that], I was kind of like, 'Oh crap.' But in my head it was like, 'If he's running that, then I should be able to run something crazy too.' Because I feel like I'm a step ahead of everybody

right now." He added, "We just took advantage of the wind, and yeah, you could definitely feel it really made the difference."

The night before the final, Bednarek conferred with his coach, Brent Ewing. "He said, 'You've got the 4 in the bag, but you gotta prove you can run a 19, even with having the 4 in your legs. So just take the 400 easy.' The plan was to kind of go in and just kinda chill on that. But then I guess I changed my mind. I didn't feel I exerted myself that much. It came easy, but I ran it a little bit different because we had the wind in our faces at the corner. I just went off easy there, stayed with the pack, and then something in my head was just, you

know, screw the plan and just go. And that's what I did."

The 44.73 won by more than a second over the 45.81 of Meridian's Leander Forbes. "I

The All-Time, All-Conditions World 200 List

As noted, Kenny Bednarek had both altitude and wind aid in his stunning 19.49, but only 3 others have ever run faster under all conditions. The top 10 (A = altitude over 1000m; w = wind over 2.0mps):

Time	Athlete	Date
19.19	Usain Bolt (Jamaica)	8/20/09
19.26	Yohan Blake (Jamaica)	9/16/11
19.32	Michael Johnson (US)	8/01/96
19.49(A)w	Kenny Bednarek (US)	5/17/19
19.53	Walter Dix (US)	9/16/11
19.57	Justin Gatlin (US)	6/28/15
19.58	Tyson Gay (US)	5/30/09
19.58w	Andre De Grasse (Canada)	6/12/15
19.61w	Leroy Burrell (US)	5/19/90
19.63	Xavier Carter (US)	7/11/06

JUCO MEN'S RESULTS

Hobbs, New Mexico, May 16-18 (altitude 1121m)—
(5/16—10K, 4x8, PV, LJ, HT; 5/17—200h, St, HJ, DT)
Teams: 1. Cloud County 88; 2. Barton County 83; 3. South Plains 80½.
100(2.3): 1. **Tavarious Wright (But) 10.12w; 2. **Terrance Laird (Hinds) 10.14w; 3. ***Courtney Lindsey (LaC) 10.17w; 4. **Emmanuel Yeboah' (WnTx) 10.19w; 5. **Khance Meyers (Hinds) 10.28w.

200(-0.8): 1. *Kenny Bednarek (IndH) 19.82 JCR (old JCR) 20.08 Aaron Armstrong [Bart] '99 (AL);**

2. Lindsey 20.37; 3. Meyers 20.58; 4. **Dartez Hamlin (Bart) 20.64; 5. **Jevony Murray (Pratt) 20.78.

Heats: I(5.6)-1. Laird 19.64w (a-c WL, AL) (a-c: 10, x W; 7, 8 A). IV(6.1)-1. Bednarek 19.49w (a-c WL, AL) (a-c: 4, 8 W; 2, 2 A);

400: 1. Bednarek 44.73; 2. **Leander Forbes (Merid) 45.81; 3. **Khamal Stewart-Baynes' (WnTx) 45.98.

800: 1. **Rayon Buttler' (WnTx) 1:54.42. 1500: 1. **Nehemiah Too' (Colby) 3:54.47. St: 1. ***Dennis Kiptoo' (CloudC) 9:20.99. 5000: 1. Too' 15:12.79. 10,000: 1. Too' 31:26.48. 110H(3.0): 1. **Stephon Torrence (Bart) 13.51w; 2. ***Den-

vaughn Whyman's' (SPI) 13.59w. 400H: 1. **Kenroy Williams' (Bart) 49.96; 2. **Ned Azemia' (WnTx) 50.18; 3. ***Mortale Mpoke' (SPI) 51.12.

4 x 100: 1. Butler 39.20 (Williams, Jackson, Woods, Spicer); 2. Hinds 39.24; 3. Iowa Central 39.41; 4. Coffeyville 39.69; 5. Monroe 39.99. 4 x 400: 1. Western Texas 3:08.57 (Stewart-Baynes, Azemia, Mouton, Buttler). 4 x 800: 1. Southern Idaho 7:40.62 (VanDyke, Johnson, Matan, Peck).

HJ: 1. ***Corvell Todd (Hinds) 7-1¾ (2.18). PV: 1. **Noah Lovato (Mesa) 15-7 (4.75). LJ: 1. **Dodley Thermitus (Coffey) 27-½w (8.24); 2. **Isaiah Griffith (SPI) 26-11¼w (8.21); 3. **Akeem Bradshaw (LaC) 25-6w (7.77). TJ: 1. Griffith 54-8¾ (16.68); 2. ***Lloyd McCurdy' (Monroe) 52-8¼w (16.06); 3. Thermitus 52-¾w (15.87) (51-9¾/15.79). SP: 1. ***Silas Risti (Vinc) 58-5¼ (17.81). DT: 1. **Kevin Nedrick' (Bart) 186-11 (56.97). HT: 1. ***Alencar Pereira' (Bart) 230-4 (70.21); 2. **Israel Oloyede (PVal) 207-1 (63.13). JT: 1. **David Enns (Gard) 206-9 (63.03). Dec(5/16-17): 1. **Asani Hylton' (SPI) 7116.

JUCO WOMEN'S RESULTS

(5/16—10K, 4x8, PV, LJ, HT; 5/17—200h, 200h, St, HJ, DT)

Teams: 1. New Mexico 105¾; 2. Barton County 97; 3. tie, Iowa Central & South Plains 83.

100(1.9): 1. **Brittney Johnson (WnTx) 11.40. 200(1.6): 1.

Mariya Hudson (WnTx) 22.95; 2. *T'Nia Riley (Bart) 23.22; 3. **Raheema Westfall (NM) 23.38. 400: 1. Hudson 53.29; 2. **Satanya Wright' (WnTx) 53.32. 800: 1. ***Joanna Archer (Monroe) 2:14.01. 1500: 1. **Claudrice McKoy' (Monroe) 4:49.83. St: 1. **Benadine Chelimo' (TrinSt) 11:25.05. 5000: 1. **Winrose Chesang' (LaC) 18:09.08. 10,000: 1. Chesang' 37:41.39. 100H(1.0): 1. ***Demisha Roswell' (NM) 13.20; 2. ***Yoveinny Mota' (Bart) 13.25. 400H: 1. **Janiel Moore (SPI) 1:00.65.

4 x 100: 1. Western Texas 44.25 (Johnson, Hudson, Walcott, Wright); 2. Barton County CC 44.98. 4 x 400: 1. Western Texas 3:44.71 (Wright, Johnson, Cunningham, Hudson). 4 x 800: 1. Monroe 9:22.19 (Laribi, Seema, Archer, McKoy).

HJ: 1. **Regina Yeboah' (CAz) 5-6 (1.68). PV: 1. ***Victoria Villanueva (NMJC) 12-9½ (3.90). LJ: 1. **Ruth Usoro' (SPI) 21-8½w (6.61); 2. **Kristal Liburd' (NMJC) 21-2½w (6.46); 3. ***Jacqueline Pokuah (CloudC) 20-7¾w (6.29) (20-¼/6.10). TJ: 1. ***Grace Chinonyelum' (CloudC) 45-9¾ (13.96); 2. Usoro' 42-9¾ (13.05).

SP: 1. **Devia Brown' (CAz) 54-8¼ (16.67); 2. **Cherisse Murray' (CAz) 53-3 (16.23). DT: 1. Brown' 174-7 (53.22); 2. ***Fiona Richards (Bart) 174-4 (53.15). HT: 1. **Devia Brown' (CAz) 196-6 (59.90). JT: 1. ***Akira Phillip' (SPI) 152-0 (46.35). Hept(5/16-17): 1. Yeboah' 4877.

didn't even feel tired," said Bednarek. "My legs were still fine. So I knew I was able to still do something good in the 200 too." Bednarek had something to prove: "People were saying, 'That 6.1 wind' blah-blah-blah. I saw people saying I wasn't capable of running 19-something. "The wind wasn't too strong, so I knew it was going

to be legal. I made sure I had a better start than the day before and it all clicked in. I ended up getting what I wanted."

Bednarek's time cut the JC Record from the 20.08 that Aaron Armstrong of Barton County set in '99. He won by more than a half-second. Laird, after taking 2nd in the 100 an hour earlier,

did not start the 200.

Bednarek didn't come into the meet as a complete cipher, having been the fastest American on this year's indoor 200 list, his 20.30 making him =No. 8 U.S. performer ever. And his 20.43 last year for Rice Lake, Wisconsin, made him the fastest high schooler in the land.

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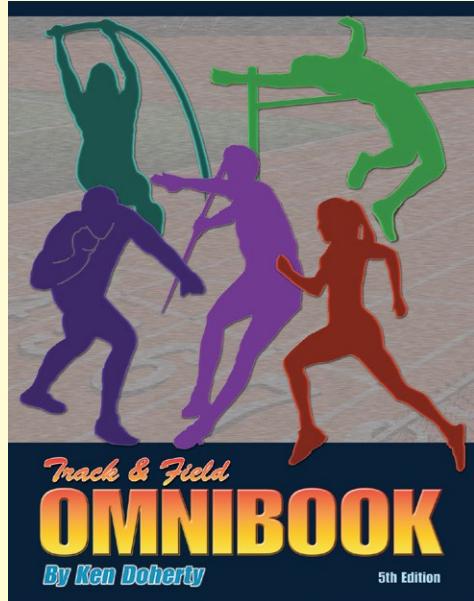
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Asian Champs – Samba’s Dazzling Debut

JRD MOCHIZUKI/IMAGE OF SPORT



In his first meet of the year Abderrahmane Samba ran 47.51, the fastest time ever before June.

DOHA, QATAR, April 21-24—No one has ever run the 400 hurdles as fast as early as Abderrahmane Samba did in winning the Asian

Championships on his home track. Last year's No. 1 World Ranker blazed through the first 7 barriers at 13 strides before downshifting to 14

ASIAN CHAMPS MEN'S MEDALISTS

Doha, Qatar, April 21-24—

(4/21—100h, St, 10K, PV, DT; 4/22—100, 400, 800, 400H, TJ, SP, JT; 4/23—4x1)

100(1.5): 1. Yoshihide Kiryu (Jpn) 10.10; 2. Lalu Muhammad Zohri (Ind) 10.13 NR; 3. Zhiqiang Wu (Chn) 10.18 PR.

200(1.7): 1. Zhenye Xie (Chn) 20.33; 2. Yuki Koike (Jpn) 20.55; 3. Mohamed Yacoub Salem (Bhr) 20.84.

400: 1. Youssef Mohamed Dagher (Kuw) 44.84 NR; 2. Abbas Abubaker (Bhr) 45.14 PR; 3. Mikhail Litvin (Kaz) 45.25 NR.

800: 1. Abubaker Haydar Abdalla (Qat) 1:44.33 PR (out WL);

2. Ibrahim Renoud Al-Zafairi (Kuw) 1:46.88 PR; 3. Jamal Al-Hayrani (Qat) 1:47.27.

1500: 1. Abraham Rotich (Bhr) 3:42.85; 2. Ajay Kumar Saroj (Ind) 3:43.18; 3. Adam Ali Musaab (Qat) 3:43.18.

St: 1. John Koech (Bhr) 8:25.87 (WL);

2. Avinash Sable (Ind) 8:30.19; 3. Kazuya Shiojiri (Jpn) 8:32.25.

5000: 1. Birhanu Yemataw (Bhr) 13:37.42; 2. Albert Rop (Bhr) 13:37.57; 3. Hiroki Matsueda (Jpn) 13:45.44.

10,000: 1. Dawit Fikadu (Bhr) 28:26.30 PR; 2. Hassan Chani (Bhr) 28:31.30; 3. Gavit Murli Kumar (Ind) 28:38.34 PR.

110H(1.7): 1. Wenjun Xie (Chn) 13.21 PR (WL);

2. Yaqoub Al-Yoha (Kuw) 13.35 NR; 3. Kuei-Ju Chen (Tai) 13.39 =NR.

400H: 1. Abderrahmane Samba (Qat) 47.51 (WL);

2. Chieh Chen (Tai) 48.92 PR; 3. M.P. Jaber (Ind) 49.13 PR.

4 x 100: 1. Thailand 38.99 (Sowan, Chuangchai, Meenapra, Punpa); 2. Taipei 39.18; 3. Oman 39.36 =NR.

4 x 400: 1. Japan 3:02.94 (Walsh, Sato, Ito, Wakabayashi); 2. China 3:03.55 NR; 3. Qatar 3:03.95.

Field Events

HJ: 1. Majed El Dein Ghazal (Syr) 7-7 (2.31) (=out WL);

2. Takashi Eto (Jpn) 7-6 (2.29); 3. Naoto Tobe (Jpn) 7-5 (2.26).

PV: 1. Ernest John Obiena (Phi) 18-8¾ (5.71) NR; 2. Wei

Zhang (Chn) 18-6¾ (5.66); 3. Bokai Huang (Chn) 18-6¾.

LJ: 1. Yuki Hashioka (Jpn) 26-11¾ (8.22) PR; 2. Yaoguang Zhang (Chn) 26-8½ (8.13); 3. Changzhou Huang (Chn) 26-1¾ (7.97).

TJ: 1. Ruslan Kurbanov (Uzb) 55-6½ (16.93) PR; 2. Yaming Zhu (Chn) 55-4½ w (16.87) (55-¾/16.78); 3. Xiaolong Xu (Chn) 55-2 (16.81).

SP: 1. Tejinder Pal Singh (Ind) 66-4½ (20.22); 2. Jiaxing Wu (Chn) 65-8¾ (20.03) PR; 3. Ivan Ivanov (Kaz) 62-7¾ (19.09).

DT: 1. Ehsan Hadadi (Iran) 216-4 (65.95); 2. Behnam Shir (Iran) 199-9 (60.89); 3. Musaeb Al-Momani (Jor) 191-2 (58.27).

HT: 1. Dilshod Nazarov (Tjk) 249-10 (76.14); 2. Ashraf Amjad Al-Saifi (Qat) 242-0 (73.76); 3. Sukhrob Khodiyayev (Uzb) 239-0 (72.85).

JT: 1. Chao-Tsun Cheng (Tai) 284-6 (86.72) (WL) (f, 284-6, 273-10, p, p) (f, 86.72, 83.46, p, p, p);

2. Shivpal Singh (Ind) 282-11 (86.23) PR (265-4, 282-11, f, 262-4, 267-0, 254-2) (80.89, 86.23, f, 79.96, 81.39, 77.48);

3. Ryohei Arai (Jpn) 268-9 (81.93).

Dec(4/22-23): 1. Keisuke Ushiro (Jpn) 7872; 2. Majed Radh Mubarak Al-Sayed (Kuw) 7838 PR; 3. Akihiko Nakamura (Jpn) 7837.

ASIAN CHAMPS WOMEN'S MEDALISTS

(4/21—400, 5K, SP, JT; 4/22—100, 800, 400H, LJ, HT; 4/23—St, 10K, 4x1, HJ, PV, TJ)

100(1.8): 1. Olga Safronova (Kaz) 11.17; 2. Xiaoqing Liang (Chn) 11.28; 3. Yongli Wei (Chn) 11.37.

200(1.2): 1. Salwa Eid Naser (Bhr) 22.74 PR; 2. Safronova 22.87; 3. Dutee Chand (Ind) 23.24.

400: 1. Naser 51.34; 2. Elina Mikhina (Kaz) 53.19; 3. Machettira Raju Poovamma (Ind) 53.21.

800: 1. Marimuthu Gomathi (Ind) 2:02.70 PR; 2. Chunyu Wang (Chn) 2:02.96; 3. Margarita Mukashewa (Kaz) 2:03.83.

1500: 1. P. Unnikrishnan Chithra (Ind) 4:14.56; 2. Tigist Gashaw (Bhr) 4:14.81; 3. Winfred Yavi (Bhr) 4:16.18 PR.

St: 1. Winfred Yavi (Bhr) 9:46.18; 2. Shuangshuang Xu (Chn) 9:51.76; 3. Tigist Mekonen (Bhr) 9:53.96.

on his way to a sparkling 47.51 that won by a hefty 1.41 seconds. “It’s fast,” he admitted, “but I’m thinking about something much faster than this. But yes, it’s a great start.” He clarified, “Last year I started with 47.9 and finished with 46.9. This season I started with 47.5 so I want to end with 46.5.” Which would put him significantly under the 46.78 global standard that Kevin Young has held for the last 27 years.

Samba’s countryman Abubaker Haydar Abdalla was impressive in the 800 his outdoor-leading 1:44.33 winning by 2.55 seconds. An outdoor world leader also went to Syria’s Majed El Dein Ghazal in the high jump, who cleared 7-7 (2.31) for his first international gold, before taking two shots at 7-8½ (2.35) and one at 7-9¼ (2.37).

Absolute world leaders went to Taiwan’s Chao-Tsun Cheng, who launched the javelin 284-6 (86.72), and China’s Wenjun Xie, who easily captured the 110H with a PR 13.21.

Salwa Eid Naser dominated the highlights reel for the women. The Bahraini sprinter won gold in the 400 (51.34), bronze in the 4x1, gold in the mixed-sex 4x4, gold in the 200 (22.74 PR)—and two hours after that furlong, produced a 49.70 anchor to capture gold in the 4x4: 4 days, 5 medals, 4 of them gold.

Not surprisingly, China captured all of the women’s throws, with golds from Lijiao Gong (62-11½/19.18), discus thrower Bin Feng (214-5/65.36 PR), hammer thrower Zheng Wang (248-3/75.66), and javelinist Huihui Lu (215-11/65.83).

5000: 1. Winfred Yavi (Bhr) 15:28.87 PR; 2. Bontu Edao Rebitu (Bhr) 15:29.60; 3. Parul Chaudhary (Ind) 15:36.03 PR.

10,000: 1. Shitaye Eshete (Bhr) 31:15.62; 2. Hitomi Niiya (Jpn) 31:22.63; 3. Sanjivani Jadhav (Ind) 32:44.96 PR.

100H(1.3): 1. Ayako Kimura (Jpn) 13.12; 2. Jiamin Chen (Chn) 13.24 PR; 3. Masumi Aoki (Jpn) 13.28.

400H: 1. Thi Lan Quach (Vie) 56.10; 2. Aminat Yusuf Jamal Odeyemi (Bhr) 56.39; 3. Sarita Gayakwad (Ind) 57.22.

4 x 100: 1. China 42.87 (WL) (Liang, Wei, Kong, Ge);

2. Kazakhstan 43.36; 3. Bahrain 43.61.

4 x 400: 1. Bahrain 3:32.10 (Odeyemi, Jassim, Mohamed, Naser); 2. India 3:32.21; 3. Japan 3:34.88.

Field Events

HJ: 1. Nadezhda Dusanova (Uzb) 6-2¾ (1.90); 2. Nadezhda Dubovitskaya (Kaz) 6-2 (1.88) PR; 3. Svetlana Radivil (Uzb) 6-2 (1.88).

PV: 1. Ling Li (Chr) 15-1½ (4.61); 2. Huiqin Xu (Chr) 14-3½ (4.36); 3. Natalie Uy (Phi) 13-9¼ (4.20).

LJ: 1. Minjia Lu (Chr) 20-11½ (6.38); 2. Ayaka Kora (Jpn) 20-2½ (6.16); 3. Ya Xin Yue (HK) 20-2¼ (6.15).

TJ: 1. Parinya Chuaimaroeng (Tha) 45-½ (13.72); 2. Rui Zeng (Chn) 44-9½ (13.65); 3. H.D. Viduka Lakshani (SrL) 44-4¾ (13.53).

SP: 1. Lijiao Gong (Chr) 62-11½ (19.18); 2. Noora Salem Jassem (Bhr) 59-¾ (18.00) NR; 3. Jiayuan Song (Chr) 58-1 (17.70).

DT: 1. Bin Feng (Chr) 214-5 (65.36) PR; 2. Yang Chen (Chr) 203-0 (61.87); 3. Subenrat Insaeng (Tha) 190-11 (58.20).

HT: 1. Zheng Wang (Chr) 248-3 (75.66); 2. Na Luo (Chr) 236-11 (72.23); 3. Akane Watanabe (Jpn) 208-5 (63.54).

JT: 1. Huihui Lu (Chr) 215-11 (65.83); 2. Annu Rani (Ind) 197-7 (60.22); 3. Nuttha Nacharn (Tha) 183-9 (56.01).

Hept(4/22-23): 1. Yekaterina Voronina (Uzb) 6198 NR (14.57, 6-0/1.83, 44-8¾/13.63, 24.94, 19-2½/5.85, 175-7/53.53, 2:15.26); 2. Swapana Barman (Ind) 5993; 3. Qingling Wang (Chr) 5829.

Doha Diamond League — Semenya First In Last 800?

JIRO MOCHIZUKI/IMAGE OF SPORT



A 1:54.98 gave Caster Semenya her fourth career sub-1:55, matching the record.

by Bob Ramsak

DOHA, QATAR, May 03—In what may have been her final 800 race, Caster Semenya illustrated one last time the dominance that has become so controversial since her appearance on the international scene nearly a decade ago. In now typical fashion, she pulled away from the pacesetter midway through the backstraight before eventually crossing the line, again a solitary figure, this time stopping the clock in 1:54.98. It was her fourth fastest run, the No. 15 performance of all time and her 30th consecutive victory. It also smashed her meet record and put the 2019 Diamond League opener on the front page of sports sections around the world.

The win came just two days after a landmark decision by CAS whereby the South African lost her appeal against IAAF rules, meaning she'll have to begin testosterone-suppressing medication by May 08 if she'll want to extend her unbeaten streak to 31. Her decision on that was clear and blunt. "Hell no," she told reporters immediately after the race. "With a situation like this you can never tell the future but the only thing you know is that you will be running." She also tossed aside the possibility that she'll switch to a distance outside of the parameters

set by the new DSD rule. Retirement too was not an option, she said, suggesting an appeal of the CAS ruling would soon enter the picture.

Francine Niyonsaba, who finished 2nd to Semenya at the '16 Olympic Games, was runner-up here, too, in 1:57.75. Last month, the 26-year-old Burundian revealed that she too has hyperandrogenism. Next across the line was Ajee' Wilson, whose 1:58.83 gave her the yearly outdoor U.S. lead.

Semenya's dramatic exit from the stage stole the headlines on a night that was otherwise, by Doha's usual standards, subdued in quality. Given the length of the '19 pro season, some athletes were in heavy training mode while many chose

Semenya Adds Another Mark To The Sub-1:55 Total

With Caster Semenya's 1:54.98 in Doha—perhaps her last women's race ever?—there have now been 16 sub-1:55s in history. It was Semenya's fourth such clocking, tying her with Pamela Jelimo for the lead. The 16 marks:

Time	Athlete	Date
1:53.28	Jarmila Kratochvílová (Czechoslovakia)	7/26/83
1:53.43	Nadezhda Olizarenko (Soviet Union)	7/27/80
1:54.01	Pamela Jelimo (Kenya)	8/29/08
1:54.25	Caster Semenya (South Africa)	6/30/18
1:54.44	Ana Quirot (Cuba)	9/09/89
1:54.60	--Semenya	7/20/18
1:54.68	--Kratochvílová	8/09/83
1:54.77	--Semenya	9/09/18
1:54.81	Olga Mineyeva (Soviet Union)	7/27/80
1:54.82	--Quirot	8/24/97
1:54.85	--Olizarenko	6/12/80
1:54.87	--Jelimo	8/18/08
1:54.94	Tatyana Kazankina (Russia)	7/26/76
1:54.97	--Jelimo	7/18/08
1:54.98	--Semenya	5/03/19
1:54.99	--Jelimo	6/01/08

to stay away. But others welcomed the opportunity to scout out Khalifa Stadium, host to the World Championships in just under 5 months time, while banking some early season points for the Diamond Trophy chase that will once again conclude in Zürich and Brussels.

On the infield, the most impressive of those was Daniel Stährl, who unloaded one of the finest discus throw series in history, whipping out yearly world leaders on each of his first 3 throws. The 26-year-old Swede put the competition out of reach in the first round with a 228-5 (69.63) effort to break the meet record set by Virgilijus Alekna in '06. But that just shook off some rust. He followed up with throws of 231-3 (70.49) and 231-6 (70.56), his farthest of the night, before capping the evening with efforts of 228-2 (69.54), 228-0 (69.50) and 230-8 (70.32) to become the first man to produce 6 throws beyond 69.50 in a single competition. His average was a healthy 229-8 (70.01). "I've been working a lot on my technique and training hard in the gym so I expected this," said Stährl, who collected silver medals in the most recent editions of the World and European Championships.

Rio gold medalist Ryan Crouser followed up his world-leading 74-7½ (22.74) blast from Long Beach with a convincing win in the first mammoth shot put showdown of the season which attracted a field of 7 who had PRs of 22m or better. After a modest 65-9¾ (20.06) opener the 26-year-old American battled through travel fatigue to unleash a 72-7½ (22.13) toss in the second, a mark that held up for the top spot. "I'm happy with the win," he said. "I just personally felt a little flat. I really felt the 20 hours of travel to get here. I felt pretty decent warming up and during the first two rounds, but after that I just felt like it was time for bed."

His arch-rival, Kiwi world champion Tom Walsh, reached 72-4½ (22.06) in the third round to secure the runner-up spot with South American recordholder Darlan Romani of Brazil 3rd with 70-10½ (21.60).

Hellen Obiri continued her strong racing momentum with another sensational 3000 performance. The 29-year-old Kenyan, who took a dramatic victory at the World Cross just over a month ago, waged and ultimately won a fierce last-lap battle here with 1500 WR holder Genzebe Dibaba en route to an 8:25.60 triumph. "The final lap was very tough but I've always posted a good result in the final 100m," said the winner, who displayed brute strength over the final 200 that belies her tiny frame as she led the first 6 across the line in under 8:30. The only other time that's happened was in Doha 5 years ago in a race also won by Obiri. Among those in that '14 contest was Dibaba, who clocked 8:26.21, a PR that lasted until this race when she crossed the line, drained, in 8:26.20.

A crowd of some 12,000 showed up—similar or better than some previous editions of this meet—calming some worries about the numbers to expect when the world returns in late September. And they were loud too, with rival Ethiopian and Kenyan camps lining the bends at opposite ends of the track, their roars amplified by the acoustics in the cavernous temperature-controlled stadium. As such, the thunder was loudest during the middle distance races, especially the men's 1500, which again

DOHA DIAMOND LEAGUE MEN'S RESULTS

Doha, Qatar, May 03—

200(1.3): 1. Ramil Guliyev (Tur) 19.99; 2. Alex Quiñónez (Ecu) 20.19; 3. Aaron Brown (Can) 20.20; 4. Jereem Richards (Tri) 20.21; 5. Alonso Edward (Pan) 20.56; 6. Nethaneel Mitchell-Blake (GB) 20.83; 7. Leon Reid (Ire) 20.93.

800: 1. Nijel Amos (Bot) 1:44.29 (out WL);

2. Emmanuel Korir (Ken) 1:44.50;

3. Donavan Brazier (US) 1:44.70 (out AL);

4. Abubaker Haydar Abdalla (Qat) 1:44.82 (1:17.97); 5. Jonathan Kitilit (Ken) 1:44.97; 6. Cornelius Tuwei (Ken) 1:45.39; 7. Adam Kszczot (Pol) 1:45.60; 8. Wycliffe Kinyamal (Ken) 1:45.66; 9. Álvaro de Arriba (Spa) 1:45.94; 10. Jamal Al-Hayrani (Qat) 1:46.27; 11. Rabi Mohamoud Mubarak (Qat) 1:46.40 PR; 12. Ferguson Cheruiyot (Ken) 1:46.77; 13. Abdirahman Saeed Hassan (Qat) 1:48.52;... rabbit—Bram Som (Neth) (50.26).

1500: 1. Elijah Manangoi (Ken) 3:32.21 (out WL) (2:51.95);

2. Timothy Cheruiyot (Ken) 3:32.47; 3. Bethwel Birgen (Ken) 3:33.12; 4. Vincent Kibet (Ken) 3:33.21; 5. Charles Simotwo (Ken) 3:33.31; 6. Ronald Kwmoei (Ken) 3:33.99; 7. George Manangoi (Ken) 3:34.00 PR; 8. Brahim Kaazouzi (Mor) 3:34.57; 9. Ryan Gregson (Aus) 3:35.10; 10. Abdelaati Iguider (Mor) 3:36.28; 11. Ayanleh Souleiman (Dji) 3:36.35;... rabbit—Timothy Sein (Ken) (54.90, 58.42 [1:53.32]).

St: 1. Soufiane El Bakkali (Mor) 8:07.22 (WL); 2. Hillary Bor (US) 8:08.41 PR (3, x A); 3. Leonard Bett (Ken) 8:08.61 PR (10, x WJ);

4. Chala Beyo (Eth) 8:10.55; 5. Abraham Kibiwot (Ken) 8:12.42; 6. Lawrence Kemboi (Ken) 8:13.59 PR; 7. Nicholas Bett (Ken) 8:16.66; 8. Benjamin Kigen (Ken) 8:19.57; 9. Kennedy Njiru (Ken) 8:21.62; 10. Barnabas Kipyego (Ken) 8:21.67; 11. Emmanuel Bett (Ken) 8:25.35; 12. Andy Bayer (US) 8:27.80; 13. Hailemariam Amare (Eth) 8:30.72; 14. Amos Kirui (Ken) 8:32.35; 15. Mouname Sassioui (Mor) 8:43.16 (2:40.83);... rabbit—Wilberforce Koros (Ken) (5:26.86).

Field Events

PV: 1. Sam Kendricks (US) 19-¼ (5.80) (17-5 [2], 17-11 [2], 18-4¾, 18-8¾, 19-¼ [2], 19-2¼ [xpx]) (5.31 [2], 5.46 [2], 5.61, 5.71, 5.80 [2], 5.85 [xpx]); 2. Thiago Braz (Bra) 18-8¾ (5.71); 3. Seito Yamamoto (Jpn) 18-4¾ (5.61); 4. tie, Piotr Lisek (Pol) & Ernest John Obiena (Phi) 17-11 (5.46); 6. Charlie Myers (GB) 17-11; 7. tie, Bo Kanda Lita Baehe (Ger) & Konstadinos Filippidis (Gre) 17-11; 9. Stanley Joseph (Fra) 17-5 (5.31);... nh—Andrew Irwin (US).

SP: 1. Ryan Crouser (US) 72-7½ (22.13) (65-9¾, 72-7½, 71-9, 69-¾, f, f) (20.06, 22.13, 21.87, 21.05, f, f); 2. Tom Walsh (NZ) 72-4½ (22.06) (f, 70-3½, 72-4½, f, 69-6¾, 71-0) (f, 21.42, 22.06, f, 21.20, 21.64);

3. Darlan Romani (Bra) 70-10½ (21.60); 4. Darrell Hill (US) 69-9¾ (21.28); 5. Michał Haratyk (Pol) 69-6 (21.18); 6. Joe Kovacs (US) 68-4½ (20.83); 7. Tomáš Stanek (CzR) 67-7½ (20.61); 8. Konrad Bukowiecki (Pol) 67-1½ (20.46).

DT: 1. Daniel Stährl (Swe) 231-6 (70.56) (WL) (DLR) (228-5 [WL], 231-3 [WL], 231-6, 228-2, 228-0, 230-8) (69.63, 70.49, 70.56, 69.54, 69.50, 70.32) (avg—229-8/70.01);

2. Lukas Weißhaidinger (Aut) 219-6 (66.90); 3. Ehsan Hadadi (Iran) 219-1 (66.78); 4. Reggie Jagers (US) 212-10 (64.89); 5. Christoph Harting (Ger) 211-7 (64.49); 6. Piotr

Machowski (Pol) 211-5 (64.45); 7. Mason Finley (US) 208-5 (63.52); 8. Ola Stunes Isene (Nor) 205-5 (62.63); 9. Mouad Mohamed Ibrahim (Qat) 193-6 (58.98).

DOHA DIAMOND LEAGUE WOMEN'S RESULTS

200(1.1): 1. Dina Asher-Smith (GB) 22.26 (WL);

2. Jamile Samuel (Hol) 22.90; 3. Blessing Okagbare (Ngr) 23.14; 4. Kyra Jefferson (US) 23.15; 5. Angela Tenorio (Ecu) 23.28; 6. Jeneba Tarmoh (US) 23.39; 7. Phyllis Francis (US) 23.47; 8. Sarah Atcho (Swi) 23.89;... dq—Shannon Hylton (GB).

800: 1. Caster Semenya (SA) 1:54.98 (WL) (x, 15 W) (1:26.56);

2. Francine Niyonsaba (Bur) 1:57.75;

3. Ajee' Wilson (US) 1:58.83 (out AL);

4. Nelly Jepkosgei (Ken) 1:59.00; 5. Raevyn Rogers (US) 1:59.07; 6. Margaret Wambui (Ken) 2:00.61; 7. Habitem Alemu (Eth) 2:00.61; 8. Natoya Goule (Jam) 2:00.96; 9. Lynsey Sharp (GB) 2:01.51; 10. Mahelet Mulugeta (Eth) 2:02.14; 11. Olha Lyakhova (Ukr) 2:03.38;... rabbit—Noélie Yarigo (Ben) (56.66).

3000: 1. Hellen Obiri (Ken) 8:25.60 (WL);

2. Genzebe Dibaba (Eth) 8:26.20 PR; 3. Lilian Rengeruk (Ken) 8:29.02 PR; 4. Beatrice Chepkoech (Ken) 8:29.83; 5. Caroline Kipkirui (Kaz) 8:29.89 NR; 6. Gloria Kite (Ken) 8:29.91 PR; 7. Gudaf Tsegay (Eth) 8:30.65 PR (5:43.61); 8. Yasemin Can (Tur) 8:33.29 PR;

9. Hailu Lemlem (Eth) 8:34.03 PR (4, 4 WJ);

10. Margaret Kipkemboi (Ken) 8:34.65; 11. Loice Chemnung (Ken) 8:40.08 PR; 12. Eigayehu Taye (Eth) 8:40.96 PR; 13. Hyvin Jepkemoi (Ken) 8:44.59; 14. Hanna Klein (Ger) 8:45.00 PR; 15. Meskerem Mamo (Eth) 8:48.26; 16. Beatrice Chebet (Ken) 8:49.05 PR; 17. Mary Kuria (Ken) 8:49.16 PR (2:50.24); 18. Eva Cherono (Ken) 8:50.22.

100H(0.9): 1. Danielle Williams (Jam) 12.66; 2. Tobi Amusan (Ngr) 12.73; 3. Sharika Nelvis (US) 12.78; 4. Christina Clemons (US) 12.83; 5. Jasmine Camacho-Quinn (PR) 12.85; 6. Elvira Herman (Blr) 12.88; 7. Brianna McNeal (US) 12.94; 8. Amber Hughes (US) 12.97; 9. Isabelle Pedersen (Nor) 13.26.

400H: 1. Dalilah Muhammad (US) 53.61 (WL, AL);

2. Ashley Spencer (US) 54.72; 3. Anna Ryzhykova (Ukr) 54.82; 4. Janieve Russell (Jam) 55.28; 5. Lauren Wells (Aus) 55.60; 6. Meghan Beesley (GB) 56.01; 7. Wenda Nel (SA) 56.16; 8. Zaney Van Der Walt (SA) 56.45 (WJL); 9. Yadisleidy Pedroso (Ita) 57.20.

Field Events

HJ: 1. Yaroslava Mahuchikh (Ukr) 6-5 (1.96) PR (missed 6-6½/2.00); 2. tie, Mirela Demireva (Bul), Erika Kinsey (Swe) & Ana Šimić (Cro) 6-3½ (1.91); 5. Levern Spencer (StL) 6-2 (1.88); 6. Airinė Palšytė (Lit) 6-2; 7. Elena Vallortigara (Ita) 6-¾ (1.85); 8. tie, Nicola McDermott (Aus) & Svetlana Radzivil (Uzb) 6-¾.

LJ: 1. Caterine Ibargüen (Col) 22-2½ (6.76) (21-2, 21-5¼, f, f, 22-2½, f) (6.45, 6.53, f, f, 6.76, f); 2. Maryna Bekh-Romanchuk (Ukr) 22-1½ (6.74); 3. Brooke Stratton (Aus) 22-1 (6.73); 4. Lorraine Ugen (GB) 21-8¾ (6.62); 5. Christabel Nettey (Can) 21-6 (6.55); 6. Naa Anang (Aus) 21-4¾ (6.52); 7. Sha'Keela Saunders (US) 20-10¾ (6.37); 8. Shara Proctor (GB) 20-10 (6.35); 9. Tianna Bartoletta (US) 19-5¼ (5.92).

come down to a homestretch tussle between world champion Elijah Manangoi and training partner Timothy Cheruiyot, last year's DL winner. This time it went in Manangoi's favor, the lanky Kenyan taking the victory in 3:32.21, the year's fastest outdoor time, after leading for the final 400. Cheruiyot was 2nd in 3:32.47 and Bethwel Birgen 3rd in 3:33.12.

Rio 400H gold medalist Dalilah Muhammad got her season off to a solid start, winning by more than a second in a meet record 53.61, the fastest season's debut of her career.

Elsewhere, Nijel Amos handed Emmanuel Korir another rare 800 defeat, pulling ahead of his Kenyan rival in the final 50m to take a 1:44.29–1:44.50 win. Amos's clocking was the year's fastest outdoor mark, and in 3rd, Donavan Brazier produced the fastest outdoor American mark, 1:44.70. The men's steeple, saw the rare feat of non-Kenyans going 1–2, Moroccan Soufiane El Bakkali's world-leading 8:07.22 edging Hillary Bor's PR 8:08.41. The time moved Bor to No. 3 on the all-time U.S. list.

World Relays – Team USA Wins 5 Of 9

JEFF COHEN



Donavan Brazier got Team USA off to a good start with a win in the first final, the innovative 2x2x4.

by Roy Conrad

YOKOHAMA, JAPAN, May 10-11—After three editions of the meet in the Caribbean, the IAAF's World Relays moved to Asia and, like its predecessors, the meet was marked by innovation and enthusiasm. In this case, it also had some pre-meet drama, beginning with the decision by the Bahamas not to continue hosting the Relays, as it had since the meet's inception in '14. Eventually, Japan stepped up to the plate, but the decision to hold the meet in Yokohama was not announced until last October, giving the locals less than 8 months to organize things.

There was also some drama relating to which teams and which athletes would actually show up. In the week before the meet, it appeared that two major African countries would have to withdraw. Botswana canceled after its federation failed to obtain the expected funding. Just days before the meet, Nigeria announced that it was having visa problems. The problems were eventually resolved—the team left two

days late, but they did get there and ran. There were other issues involving individual athletes. In addition to the normal withdrawals due to injury, one high-profile performer, Jamaica's Yohan Blake, had a public disagreement with his federation on which event(s) he would run and so he didn't run at all.

Those who did compete found a stadium atmosphere that was unlike what had been experienced in the Bahamas. The attendance (15,083 on Saturday and 20,134 on Sunday) was actually greater than it had ever been, but here the spectators were confined to the lower deck of a 72,000-seat soccer stadium, whereas the 15,000-seat track stadium in Nassau was almost full—a different look and feel. The Yokohama crowd, however, was quite enthusiastic in its support of the Japanese athletes, who ran competitively in almost every race. In fact, Japan ended up 3rd in the team point standings behind the U.S. and Jamaica, which have now finished 1-2 in all four editions of the meet.

The meet has always been a showcase for innovation, and Yokohama 2019 was no exception.

For the first time the meet had no races with any leg longer than a 400. In addition, there were two entirely new events on the program, a mixed shuttle hurdle relay and a mixed "2x2x4" in which each team was composed of one man and one woman, who alternated running laps. These were in addition to the mixed 4x4, which made its debut in '17.

The mixed 4x4 will be part of the World Championships for the first time this year and 12 of the 16 available spots in the Worlds are reserved for the top finishers at the World Relays (the remaining 4 will be performances during the qualification period.) In the other WC relays, 10 places are based on performances at the World Relays. Not surprisingly, there were far more teams entered in those events than in the events that will not be held in Doha.

The U.S. entered all 9 events, and after the first day—when it won both finals—it looked as if Team USA could win them all. They encountered a series of mishaps and sub-par performances on Sunday, but still ended up with 5 victories. The events:

Men's 4 x 100: Brazil 38.05 (WL)

Great Britain ran a world leading 38.11 in the first heat here. The Americans—going for a third straight win—took the second in a U.S.-leading 38.34 and improved that to 38.07 in the final. But that was not quite good enough. After a good lead leg from Mike Rodgers and a strong backstretch run from Justin Gatlin, a less-than-perfect exchange between Gatlin and Isiah Young left them chasing the leaders. Noah Lyles ran an excellent anchor, but could not overtake Brazil, which improved the WL to 38.05.

1. Brazil 38.05 (WL) (Rodrigo Do Nascimento, Jorge Vides, Derick Silva, Paulo De Oliveira); 2. United States 38.07 (AL) (Mike Rodgers, Justin Gatlin, Isiah Young, Noah Lyles);

3. Great Britain 38.15 (CJ Ujah, Harry Aikines-Aryeetey, Adam Gemili, Nethaneel Mitchell-Blake); 4. China 38.16; 5. France 38.31; 6. Jamaica 38.88; 7. Turkey 39.13; ... dnf—Italy.

Heats: I-1. Great Britain 38.11 (WL). III-1. United States 38.34 (AL) (Rodgers, Gatlin, Young, Cameron Burrell).

Men's 4 x 200: USA 1:20.12

The U.S. team of Christopher Belcher, Bryce Robinson, Vernon Norwood and Remontay McClain ran a world-leading 1:19.73 in the heat, and then won the final in 1:20.12. South Africa's Akani Simbine closed well, but couldn't quite catch McClain, and his team had to be satisfied with an African Record 1:20.12. Jamaica, which had won 2 of the last 3, sent a weak team that was 5th in its heat and ended up being DQed for a passing zone violation. Canada, which had won in '17, did not enter. Said Belcher, It feels great. It's still the beginning of the season. We're not too upset about losing the 4x400m. Our job is to try to win everything; sometimes it comes up short."

1. United States 1:20.12 (Christopher Belcher, Bryce Robinson, Vernon Norwood, Remontay McClain); 2. South Africa 1:20.42 NR (#4 nation) (Simon Magakwe, Chederick Van Wyk, Sinesipho Dambile, Akani Simbine); 3. Germany 1:21.26 NR (Maurice Huke, Patrick Domogala, Aleixo-Platini Menga, Robin Erewa); 4. Kenya 1:22.58; 5. Japan 1:22.67; 6. China 1:22.81; ... dnf—Bahamas & Nigeria.

Heats: I-1. United States 1:19.73 (WL, AL) (9A). II-1. South Africa 1:20.64 NR (#5 nation).

Men's 4 x 400: Trinidad 3:00.81 (WL)

The Americans had won all three previous 4x4s, and they seemed well on their way to keeping their perfect record. They led every step of the way in the final, with strong legs from Nathan Strother, Fred Kerley and Michael Cherry. Paul Dedewo expanded the U.S. lead on the backstretch, but then paid the price for his blistering pace. Still well in the lead after the final turn, he faltered badly in the homestretch and fell at the line after having been overtaken in the final step by Trinidad's Machel Cedenio, whose sparkling 44.4 gave his team a world-leading 3:00.81. The U.S. was timed in 3:00.84, which would have been an American-leading time, but was DQed for a lane violation, apparently on the first leg.

1. Trinidad 3:00.81 (WL) (Deon Lendore 45.9, Jereem Richards 44.8, Asa Guevara 45.7, Machel Cedenio 44.4);

2. Jamaica 3:01.57 (Demish Gaye 45.9, Akeem Bloomfield 44.9, Rusheen McDonald 45.3, Nathon Allen 45.5); 3. Belgium 3:02.70 (Dylan Borlée 46.6, Robin Vanderbemden 46.2, Jonathan Borlée 44.8, Jonathan Sacoor 45.1); 4. Japan 3:03.24; 5. Great Britain 3:04.96; 6. South Africa 3:05.32; 7. Australia 3:05.59; ... dnf[3:00.84]—[2]United States (Nathan Strother 45.7, Fred Kerley 44.4, Michael Cherry 45.1, Paul Dedewo 45.6).

Women's 4 x 100: USA 43.27

The U.S. won this race at the first World Relays but were outrun by a loaded Jamaica team in '15 and never finished the race in '17 after lead leg Tianna Bartoletta slipped and fell. There were no such mishaps in Yokohama as the foursome of Mikiah Brisco, Ashley Henderson, Dezerea Bryant and Aleia Hobbs ran a world-leading 42.51 in its heat, and then won the final in 43.27, the slower time undoubtedly resulting from the cooler, windier conditions on Sunday. Jamaican anchor Jonielle Smith closed fast and made up ground on Hobbs, but ended up 0.02 behind.

1. United States 43.27 (Mikiah Brisco, Ashley Henderson, Dezerea Bryant, Aleia Hobbs); 2. Jamaica 43.29 (Gayon Evans, Natasha Morrison, Shashalee Forbes, Jonielle Smith); 3. Germany 43.68 (Lisa Marie Kwayie, Alexandra Burghardt, Gina Lückenkemper, Rebekka Haase); 4. Brazil 43.75; 5. Italy 44.29; 6. Australia 44.62; 7. Ghana 44.77; 8. Denmark 45.32.

Heats: I-1. United States 42.51 (WL, AL).

Women's 4 x 200: France 1:32.16

With only 9 teams entered, the race ran as a straight final. Jamaica sent a strong team that included Olympic champion Elaine Thompson and former World Champion Shelly-Ann Fraser Pryce. The U.S. had a good quartet as well, but both teams were undermined by bad passing. The Americans' first exchange from Kyra Jefferson to Shania Collins was not very good. The Jamaican pass from Thomson to Stephanie-Ann McPherson was much worse, and they were never in contention after that. The final U.S. exchange from Gabby Thomas to Jenna Prandini was faulty as well. Prandini ran well in the homestretch to finish behind France and China, but the U.S. team was DQed for passing out of the zone, which moved Jamaica up to 3rd. France's 1:32.16 was the slowest winning time ever.

1. France 1:32.16 (Carolle Zahi, Estelle Raffai, Cynthia Leduc, Maroussia Paré); 2. China 1:32.76 (Xiaojing Liang, Yongli Wei, Lingwei Kong, Manqi Ge); 3. Jamaica 1:33.21 (Elaine Thompson, Stephenie Ann McPherson, Shelly-Ann Fraser-Pryce, Shericka Jackson); 4. Japan 1:34.57; 5. Germany 1:34.92; 6. Ecuador 1:35.91; 7. Papua New Guinea 1:43.85; ... dnf—United States (Kyra Jefferson, Shania Collins, Gabby Thomas, Jenna Prandini);

... dnf—Kenya.



On a flying-leap weekend, Paul Dedewo came up short to Trinidad's Machel Cedenio in the men's 4x4.

KIRBY LEE/IMAGE OF SPORT

Women's 4 x 400: Poland 3:29.47

Like the U.S. men, the American women had won all prior editions, but like the men their attempt at a four-peat was thwarted. Jade Stepter ran a 52.5 first leg for the U.S. and at the handoff, they were among three teams almost even. Shakima Wimbley's 50.8 second leg opened up a clear lead, which Jessica Beard held until fading badly just before passing to anchor Courtney Okolo. Beard's split of 53.3 left Okolo in 4th coming out of the exchange. For most of the final lap, Poland and Jamaica battled for the lead, with Poland taking over midway down the homestraight. Okolo ran a 51.0, fastest of the anchors, and that was good enough to overtake Italy and Jamaica. But in the end, Poland, which had won

last year's World Indoor and European Outdoor titles, added the World Relays victory to its laurels. The winning time was an unremarkable 3:27.49, more than 8 seconds above the meet record. The U.S. had claimed the yearly world lead with a 3:25.72 in the heats.

1. Poland 3:27.49 (Małgorzata Hołub-Kowaliak 52.6, Patrycja Wyciszkiewicz 51.1, Anna Kielbasińska 52.1, Justyna Święty-Ersetic 51.7); 2. United States 3:27.65 (Jaide Stepter 52.5, Shakima Wimbley 50.8, Jessica Beard 53.3, Courtney Okolo 51.1); 3. Italy 3:27.74 (Mariabenedicta Chigbolu 52.9, Ayomide Folorunso 51.3, Giancarla Trevisan 52.1, Raphaela Lukudo 51.4); 4. Canada 3:28.21 (Sage Watson 51.6); 5. Jamaica 3:28.30 (Janieve Russell 52.0); 6. Great Britain 3:28.96; 7. Switzerland 3:32.32; 8. France 3:36.28.

Heats: II-1. United States 3:25.72 (WL, AL) (Stepter 51.6, Jordan Lavender 51.5, Joanna Atkins 51.4, Okolo 51.2).

Mixed 4 x 400: USA 3:16.43

Unlike Team USA's single-sex 4x4s, the mixed team had no problems. They could have run in any order but, like every other team in the final, decided to run men on the first and fourth legs, with the women in the middle. My'lik Kerley put the U.S. a step in front with his leadoff leg of 46.3 before Joanna Adkins (51.6) and Jasmine Blocker (52.3) extended that lead and then Dontavious Wright clinched things with his 46.2, the fastest anchor. The U.S. was followed by Canada and Kenya. The winning time of 3:16.43 was 2.01 slower than what the Bahamas ran in '17, when this event was introduced.

1. United States 3:16.43 (My'lik Kerley 46.3, Joanna Atkins 51.6, Jasmine Blocker 52.3, Dontavious Wright 46.2); 2. Canada 3:18.15 (Austin Cole 46.7, Aiyanna Stiverne 52.4, Zoe Sherar 52.7, Philip Osei 46.4); 3. Kenya 3:19.43 (Jared Momanyi 46.8, Maureen Thomas 54.0, Hellen Syombua 52.0, Aron Koch 46.6); 4. Italy 3:20.28; 5. Poland 3:20.65; 6. Brazil 3:20.71; 7. Germany 3:22.26; 8. Belgium 3:25.74.

Mixed 2 x 2 x 400: USA

In this new event, which featured a man and woman each running a pair of 400 legs, the U.S. chose to lead with its woman (Ce'aira Brown), with Donavan Brazier handling the second and fourth stints. Kenyan leadoff



The only U.S. women's win went to the 4x1 of Mikiah Brisco, Aleia Hobbs, Dezerea Bryant & Ashley Henderson.

Collins Kipruto took a commanding lead with his 49.1, while Brown led the women's pack in 56.3. Brazier closed the gap to 0.40 with his 50.8, but Kenya still led after 2 laps and of course opened up a big lead again with Kipruto coming back to run the third leg against the women. Brown ran 61.0 to put the U.S. in 3rd at the final exchange, and then Brazier ran 48.8, by far the fastest anchor. He took the lead going into the home straight and was never headed. Australia and Japan took 2nd and 3rd ahead of Kenya, which faded to 4th and was subsequently disqualified for having stepped inside the track. The winning time was 3:36.92.

1. United States 3:36.92 (Ce'Aira Brown 56.3, Donavan Brazier 50.8, Brown 61.0, Brazier 48.8); 2. Australia 3:37.61 (Catriona Bisset 57.1, Joshua Ralph 50.8, Bisset 59.4, Ralph 50.3); 3. Japan 3:38.36 (Ayano Shiomi 57.3, Allon Tatsunami Clay 50.6, Shiomi 60.4, Clay 50.1); 4. Poland 3:42.14; 5. Belarus 3:51.64; 6. Papua New Guinea 4:04.73; 7. Athlete Refugee Team 4:08.80; ... dq—Kenya (Collins Kipruto 49.1, Eglay Nalyanya 57.6, Kipruto 53.6).

Mixed Shuttle Hurdles: USA 54.96

The shuttle hurdles is a familiar race at American relay meets, but it's almost unheard of elsewhere. Even in the U.S. a mixed race, with the men running 110m and the women 100m with the appropriate heights for each, is a novelty. Despite the inexperience of all concerned, the event was well administered and was well received by the crowd. Based on their traditional strength and depth, the U.S. and Jamaica were the logical favorites, and led the qualifiers. But injuries forced Jamaica to scratch from the final, and when Australia was DQed for a false start, the race ended up a 2-team affair. Japan actually led after the first two legs, but U.S. indoor champion Sharika Nelvis and indoor/outdoor champ Devon Allen dominated the last two legs, giving the Americans a decisive win in 54.96.

1. United States 54.96 (Christina Clemons, Freddie Crittenden, Sharika Nelvis, Devon Allen); 2. Japan 55.59 (Ayako Kimura, Shunya Takayama, Masumi Aoki, Taio Kanai); ... fs—Australia (Brianna Beahan, Nicholas Hough, Celeste Mucci, Nick Andrews); ... dnc—Jamaica.

Shanghai Diamond League – Round 1 Of 400H To Samba

ERROL ANDERSON/THE SPORTING IMAGE



Abderrahmane Samba & Rai Benjamin each clocked the No. 2 time of their careers.

by Bob Ramsak

SHANGHAI, CHINA, May 18—It was a faceoff nearly a year in the making. And when the dust settled at Shanghai Stadium, Abderrahmane Samba had illustrated yet again how difficult a full lap hurdler he is to beat. This time it was Rai Benjamin—the joint third-fastest 400 hurdler of all-time—to experience the Qatari's late-race strength as the pair squared off for the first time since they began climbing the all-time lists nearly a year ago. Expectations were high, and given the early-season date, Samba exceeded most in the year's second Diamond League meet.

Running to Samba's outside in lane 5, Benjamin took the early lead, leading by about half a stride until the pair reached the fifth hurdle. Samba briefly pulled ahead, but Benjamin kept up the pressure through the turn and as they approached hurdle 9. There, Benjamin lost his rhythm, giving Samba an opening he took full advantage of. Three strides later, reigning No. 1 Ranker Samba was in the lead for good, padding his advantage as he cleared hurdle 10 before crossing the line in 47.27, the second-fastest time of his career in just his second race of the season. And he did it on less than a handful of restless hours of sleep after losing a battle with jetlag.

"To be honest with you, I couldn't sleep last night," he revealed. "I fell asleep this morning at about 7:00 and got up at 10:30. But I'm so happy. It's my second-fastest time so I think the season

will be great again like last year." It was also his 12th straight victory.

Only 8 other men have ever run faster; Benjamin—who clocked 47.02 in a limited season last year—among them. Despite his late-race dip in fortunes, the 21-year-old American was pleased with the second-fastest time of his career, a U.S.-leading 47.80. "I was good until 9 and 10," he said. "I wish I could have those hurdles back; but it's fine, it's the season opener so I can't really complain too much. I didn't go out too strong, he just had it at the end and I didn't. I just have to go home and work on some things and come back."

In the meet's other big showdown, Noah Lyles notched a minor 100 upset over Christian Coleman with a 9.86 PR, but it was the manner in which he pulled it off that was most impressive. Astonishingly, Lyles wasn't even in the race until nearly 70m in, at which point a phenomenal maintenance of speed moved the 21-year-old from well back in 6th to about an inch ahead of Coleman at the line. Both were credited with 9.86s, reigning DL 200 champion Lyles getting the nod over the '18 series 100 winner by a scant 0.006, 9.852–9.858. Further back, Akani Simbine was 3rd in 9.95 and Reece Prescod 4th in 9.97. "This was a message to myself," said Lyles, who chipped 0.02 from his PR set last year. "The 100 has never been my dominant thing so I wanted to make sure this year that everybody knew I was a 100 and 200 runner, and not just a 200 runner kind of running the 100."

Aleia Hobbs, the '18 U.S. women's 100 champion, made her DL debut a notable one, taking

a convincing victory in 11.03, 0.04 clear of Nigerian Blessing Okagbare. And she did it with a heavily taped wrist she broke two weeks ago while playing laser tag with some kids. "I knew I had to have a good start, and I got out well but everything else was kind of blurred," Hobbs said. "Then I felt the push towards the end but I tried to stay relaxed and that's what I did." Double Olympic champion Elaine Thompson was 3rd, clocking 11.14.

In another eagerly awaited faceoff, the women's 400, reigning world silver medalist Salwa Eid Naser held off Sydney McLaughlin, who was making her DL debut. After contrasting starts—the Bahraini got out quickly while the American held back—they were virtually even midway through the final turn. But after entering the straight, Naser began to gradually pull away before stopping the clock in 50.65 to the American teenager's 50.78.

Fred Kerley, the '18 Diamond League champion, dominated the men's 400 in 44.81, more than half a second clear of Michael Cherry, who clocked 45.48. Olympic champion Omar McLeod collected a record fourth 110m hurdles victory in what is considered the meeting's signature event. Out strong, the Jamaican cruised to a 13.12 performance, holding off China's Wenjun Xie, the Asian champion, who lowered his lifetime best to 13.17. It was an emotional victory for McLeod, who learned of his aunt's death the night before. The victory, he said, was a humble tribute. "It was really tough to just get out of bed and show up, but I wanted to show up, and whatever the outcome, to be sure I was there and do the best that I could."

On the infield, the men's javelin was decided early, with German Andreas Hofmann sealing the win with a 287-3 (87.55) first-round effort. Cheng Chao-Tsun of Taiwan, the Asian recordholder, was 2nd with 285-10 (87.12), a season's best. Olympic champion Thomas Röhler opened his campaign a distant 4th, reaching just 272-1 (82.95).

In the women's shot world leader Chase Ealey notched the biggest win of her young career, taking not only her first Diamond League victory, but also defeating world champion Lijiao Gong in the process. The U.S. indoor champion reached 64-3 (19.58) in the second round, her one solid throw of the competition, but enough to hold off Gong, who responded with a 63-8¾ (19.42) in the second round and 63-9½ (19.44) in the second.

SHANGHAI DL MEN'S RESULTS

Shanghai, China, May 18—

100(0.9): 1. Noah Lyles (US) 9.86 (9.852) PR (WL, AL); 2. Christian Coleman (US) 9.86 (9.858) (=WL, AL);

3. Akani Simbine (SA) 9.95; 4. Reece Prescod (GB) 9.97; 5. Bingtian Su (Chn) 10.05; 6. Zhenye Xie (Chn) 10.09; 7. Isiah Young (US) 10.14; 8. Mike Rodgers (US) 10.15; 9. Tyqundo Tracey (Jam) 10.18.

Non-DL 200(0.0): 1. Aaron Brown (Can) 20.07; 2. Andre De Grasse (Can) 20.21; 3. Clarence Munyai (SA) 20.37; 4. Kyle Greux (Tri) 20.40; 5. Nethaneel Mitchell-Blake (GB) 20.60; 6. Alonso Edward (Pan) 20.62; 7. Jak Ali Harvey (Tur) 20.96.

400: 1. Fred Kerley (US) 44.81; 2. Michael Cherry (US) 45.48; 3. Nathan Strother (US) 45.52; 4. Nathon Allen (Jam) 45.73; 5. Bralon Taplin (Grn) 45.93;... dnf—Isaac Makwala (Bot).

5000: 1. Yomif Kejelcha (Eth) 13:04.16 (WL);

2. Selemon Barega (Eth) 13:04.71 (7:54.83); 3. Hagos Gebrhiwet (Eth) 13:04.83; 4. Birhanu Balew (Brn) 13:05.04; 5. Telahun Haile (Eth) 13:05.94; 6. Nicholas Kimeli (Ken) 13:06.16 PR(10:37.57); 7. Joshua Cheptegei (Uga) 13:06.68; 8. Stanley Waithaka (Ken) 13:08.97; 9. Chala Regasa (Eth) 13:12.71 PR; 10. Richard Yator (Ken) 13:13.24; 11. Soufyan Bouqantar (Mor) 13:13.68 PR;

12. Paul Chelimo (US) 13:13.94 (out AL);

13. Mogos Tuernay (Eth) 13:15.04 PR; 14. Nibret Melak (Eth) 13:15.35; 15. Stephen Kissi (Uga) 13:19.85; 16. Hassan Mead (US) 13:23.15; 17. Albert Rop (Brn) 13:29.88; ... dnf—Abdelaati Igouider (Mor);... rabbits—Bram Som (Neth) (2:35.20), Cornelius Kiplangat (Ken) (5:13.50).

110H(0.7): 1. Omar McLeod (Jam) 13.12; 2. Wenjun Xie (Chn) 13.17 PR; 3. Sergey Shubenkov (Rus) 13.28; 4. Orlando Ortega (Spa) 13.28; 5. Freddie Crittenden (US) 13.36; 6. Andrew Pozzi (GB) 13.39; 7. Milan Trajkovic (Cyp) 13.41; 8. Antonio Alkana (SA) 13.47; 9. Jianhang Zeng (Chn) 13.71.

400H: 1. Abderrahman Samba (Qat) 47.27 (WL) (x, =15 W); 2. Rai Benjamin (US) 47.80 (AL) (14, x A);

3. Thomas Barr (Ire) 49.41; 4. Patryk Dobek (Pol) 49.64; 5. Rasmus Mägi (Est) 50.06; 6. Takatoshi Abe (Jpn) 50.27; 7. Marcio Teles (Bra) 50.90.

Field Events

HJ: 1. Yu Wang (Chn) 7-5¾ (2.28); 2. Maksim Nedasekau (Blr) 7-5¾; 3. Ilya Ivanyuk (Rus) 7-5¾; 4. tie, Jeron Robinson (US), Brandon Starc (Aus) & Jamal Wilson (Bah) 7-4½ (2.25); 7. Majd Eddin Ghazal (Syr) 7-4½; 8. Michael Mason (Can) 7-3¼ (2.22); 9. Mateusz Przybylko (Ger) 7-3¼; 10. Bohdan Bondarenko (Ukr) 7-2½ (2.19);... nh—Bryan McBride (US).

LJ: 1. Tajay Gayle (Jam) 27-½ (8.24) (26-0, f, f, 25-6, 27-½, 26-1¾) (7.92, f, f, 7.77, 8.24, 7.97); 2. Jianan Wang (Chn) 26-9¾ (8.16); 3. Ruswahl Samaai (SA) 26-8¾ (8.14); 4. Yaoguang Zhang (Chn) 26-2¼ (7.98); 5. Miltiadis Tentoglou (Gre) 26-1¾ (7.97); 6. Zarck Visser (SA) 25-11 (7.90); 7. Changzhou Huang (Chn) 25-11 (7.90); 8. Emiliano Lasa (Uru) 25-9¾ (7.85); 9. Zack Bazile (US) 24-9¼ (7.55);... 3f—Damar Forbes (Jam).

JT: 1. Andreas Hofmann (Ger) 287-3 (87.55) (WL) (287-3, f, 265-11, f, f, 277-0) (87.55, f, 81.05, f, f, 84.43);

2. Chao-Tsun Cheng (Tpe) 285-10 (87.12) (265-10, 285-2, 285-10, f, 274-10, f) (81.04, 86.93, 87.12, f, 83.76, f); 3. Marcin Kruckowski (Pol) 277-3 (84.51); 4. Thomas Röhler (Ger) 272-1 (82.95); 5. Qizhen Liu (Chn) 263-7 (80.35); 6. Jakub Vadlejch (CzR) 262-5 (80.00); 7. Julius Yego (Ken) 255-4 (77.82); 8. Qun Ma (Chn) 243-1 (74.11).

SHANGHAI DL WOMEN'S RESULTS

100(0.2): 1. Aleia Hobbs (US) 11.03; 2. Blessing Okagbare (Ngr) 11.07; 3. Elaine Thompson (Jam) 11.14; 4. Vitoria Cristina Rosa (Bra) 11.16;

5. Jenna Prandini (US) 11.19; 6. Xiaojing Liang (Chn) 11.22 PR; 7. Michelle-Lee Ahye (Tri) 11.23; 8. Yongli Wei (Chn) 11.40; 9. Ashley Henderson (US) 11.53.

400: 1. Salwa Eid Naser (Brn) 50.65;

2. Sydney McLaughlin (US) 50.78 (AL);

3. Christine Bottogetswe (Bot) 51.29; 4. Stephenie Ann McPherson (Jam) 51.39; 5. Jessica Beard (US) 51.40; 6. Lisanne de Witte (Neth) 51.80; 7. Justyna Święty-Ersetic (Pol) 51.85; 8. Shakima Wimbley (US) 52.69; 9. Guifen Huang (Chn) 54.17.

1500: 1. Rabab Arafai (Mor) 4:01.15 (out WL);

2. Gudaf Tsegay (Eth) 4:01.25 (3:15.66); 3. Winnie Nanyondo (Uga) 4:01.39 NR; 4. Dawit Seyaum (Eth) 4:01.40; 5. Sifan Hassan (Neth) 4:01.91; 6. Axumawit Embaye (Eth) 4:01.95 PR; 7. Winnie Chebet (Ken) 4:02.94; 8. Alemaz Teshale (Eth) 4:03.79;

9. Alexa Efraimson (US) 4:04.53 (AL);

10. Nelly Jepkosgei (Ken) 4:05.07; 11. Georgia Griffith (Aus) 4:05.39; 12. Esther Chebet (Uga) 4:07.75; 13. Xiaoqian Zheng (Chn) 4:15.21; 14. Emily Lipari (US) 4:19.94; ... rabbits—Morgan Mitchell (Aus) (65.34), Josephine Kiplangat (Ken) (2:09.72).

St: 1. Beatrice Chepkoech (Ken) 9:04.53 (WL) (6:03.40);

2. Celliphine Chespol (Ken) 9:11.10; 3. Peruth Chemutai (Uga) 9:17.78; 4. Winfred Yavi (Brn) 9:19.63;

5. Mercy Chepkurui (Ken) 9:23.59 PR (8, x WJ);

6. Maruša Mišmaš (Slo) 9:29.48; 7. Geneviève Lalonde (Can) 9:29.82 NR; 8. Fancy Cherono (Ken) 9:31.00; 9. Shuangshuang Xu (Chn) 9:33.89; 10. Luiza Gega (Alb) 9:34.94; 11. Weyneshet Ansa (Eth) 9:43.32;

12. Mel Lawrence (US) 9:44.36 (AL);

13. Lucie Sekanová (CzR) 9:49.23; 14. Özlem Kaya (Tur) 9:58.95;... rabbit—Caroline Tuigong (Ken) (3:01.84).

Field Events

PV: 1. Katerína Stefanídi (Gre) 15-5¾ (4.72) (14-10, 15-1¾, 15-5¾, 15-7¾ [xxx]) (4.52, 4.62, 4.72, 4.77 [xxx]); 2. tie, Nikoléta Kiríakopoulou (Gre) & Ling Li (Chn) 15-5¾ (Li NR); 4. Sandi Morris (US) 15-5¾; 5. Katie Nageotte (US) 15-1¾ (4.62); 6. Iryna Zhul (Blr) 14-10 (4.52); 7. Alysha Newman (Can) 14-10; 8. Holly Bradshaw (GB) 14-6 (4.42); 9. Annie Rhodes-Johnigan (US) 14-6; 10. Huiqin Xu (Chn) 14-0 (4.27);... nh—Kristen Leland (US).

SP: 1. Chase Ealey (US) 64-3 (19.58) (57-9½, 64-3, f, f, 58-1¼, f) (17.61, 19.58, f, f, 17.71, f); 2. Lijiao Gong (Chn) 63-9½ (19.44) (62-3¾, 63-8¾, 62-10¾, 61-10¼, 62-11¾, 63-9¾) (18.99, 19.42, 19.17, 18.85, 19.18, 19.44); 3. Aliona Dubitskaya (Blr) 61-7½ (18.78); 4. Jessica Ramsey (US) 61-¾ (18.61); 5. Dannielle Thomas-Dodd (Jam) 60-10 (18.54); 6. Maggie Ewen (US) 60-7¾ (18.48); 7. Fanny Roos (Swe) 60-½ (18.30); 8. Paulina Guba (Pol) 58-7½ (17.86); 9. Anita Márton (Hun) 57-11 (17.65); 10. Dani Hill (US) 56-11½ (17.36).

JT: 1. Huihui Lu (Chn) 219-5 (66.89) (MR) (177-11, 219-5, 215-5, f, 206-0, 213-5) (54.24, 66.89, 65.66, f, 62.79, 65.06); 2. Līna Müze (Lat) 212-10 (64.87) PR; 3. Christin Hussong (Ger) 210-4 (64.10); 4. Madara Palameika (Lat) 204-10 (62.45); 5. Nikola Ogrodiňková (CzR) 202-4 (61.68); 6. Kelsey-Lee Barber (Aus) 201-5 (61.40);

7. Ariana Ince (US) 197-8 (60.26) (AL);

8. Sunette Viljoen (SA) 188-10 (57.56);... 3f—Tatsiana Khaladovich (Blr).



Noah Lyles
edged by
Christian
Coleman late
in the going
of the 100.

Osaka IWC – Michael Norman Equals His 200 PR

KIRBY LEE/IMAGE OF SPORT



Michael Norman preceded his =PR 19.84 in Osaka with this 43.45 PR at Mt. SAC.

OSAKA, JAPAN, May 19—Just before Michael Norman opened his 400 season with a blazing PR at the Mt. SAC Relays, he told T&FN, "I think it's essential to get those shorter, more fast races in—especially earlier in the season." His reference was to the 200. The Seiko Golden GP meet, part of the IAAF's World Challenge series, provided a timely opportunity, as he raced an unpressed equal-PR half-lap in 19.84.

With his Japanese-born mother, Nobue, looking on, Norman rushed to a formidable lead in the bend and extended it down the straight to finish more than 6m ahead of Taiwan's Chun-Han Yang (20.50) and Christopher Belcher (20.57). The time clipped 0.03 from Frank Fredericks' 20-year-old meet record.

"I just didn't feel as though the intensity that I usually have during a 200m was there," the

21-year-old USC alum said in allowing, "I'm pretty happy with the performance, time-wise. I feel as though there are multiple areas that I can improve on so I'll go home and work on those ahead of my next race." On June 6 at the Rome Diamond League stop Norman is slated to face defending DL 200 champion Noah Lyles in a matchup fraught with all the intensity a 400-focused sprinter could ask for.

Elsewhere, Justin Gatlin won a tight 100 battle in 10.00 from Japan's Yoshihide Kiryu (10.01) and Indonesian 18-year-old Lalu Muhammad Zohri (10.03 NR). It was the 37-year-old Gatlin's fastest clocking since his triumph at the '17 World Championships. Japan's sprinters struck back with a world-leading 4x1 clocking, 38.00, ahead of the 38.73 by a U.S. squad comprised of Belcher, Gatlin, Kendal Williams

and Cameron Burrell.

Sharika Nelvis and Dalilah Muhammad shone in the women's hurdles races. Nelvis's 12.70 pipped comebacker world champ Sally Pearson with the same time. Olympic gold medalist Muhammad's dominant 53.88 circuit marked the American's second trip in a row under 54-flat, which barrier no other hurdler has crossed this year so far.

OSAKA IWC MEN'S RESULTS

Osaka, Japan, May 19—

100(1.7): 1. Justin Gatlin (US) 10.00; 2. Yoshihide Kiryu (Jpn) 10.01;

3. Lalu Muhammad Zohri (Ind) 10.03 NR, NJR (=6, -8 WJ);

4. Yuki Koike (Jpn) 10.04 PR; 5. Ryota Yamagata (Jpn) 10.11; 6. Shuhei Tada (Jpn) 10.12; 7. Cameron Burrell (US) 10.12; 8. Kendal Williams (US) 10.20; 9. Aska Cambridge (Jpn) 10.30.

200(-0.4): 1. Michael Norman (US) 19.84 =PR (lo-alt AL);

2. Chun-Han Yang (Tai) 20.50; 3. Christopher Belcher (US) 20.57; 4. Anaso Jobodwana (SA) 20.69; 5. Jun Yamashita (Jpn) 20.756.

400: 1. Vernon Norwood (US) 45.79; 2. Julian Jrummi Walsh (Jpn) 46.29; 3. Mitsuki Kawauchi (Jpn) 46.69 PR; 4. Kentaro Sato (Jpn) 46.92; 5. Steven Solomon (Aus) 47.16; ... 8. Brycen Spratling (US) 47.37.

800: 1. Jonathan Kitilit (Ken) 1:46.37; 2. Guy Learmonth (GB) 1:46.81; 3. Alfred Kipketer (Ken) 1:46.88; 4. Mostafa Smaili (Mor) 1:46.95.

St: 1. Philemon Ruto (Ken) 8:22.65; 2. Getnet Wale (Eth) 8:23.01; 3. Abraham Kibiwot (Ken) 8:28.27; 4. Nicholas Bett (Ken) 8:29.23; 5. Barnabas Kipyego (Ken) 8:29.70; 6. John Koech (Bhr) 8:30.04; ... 11. Donn Cabral (US) 8:41.52.

110H(2.9): 1. Shunsuke Izumiya (Jpn) 13.26w (a-c: 3, 4 WJ);

2. Greggmar Swift (Bar) 13.45w; 3. Taio Kanai (Jpn) 13.47w; 4. Shun-ya Takayama (Jpn) 13.51w; 5. Shuhei Ishikawa (Jpn) 13.63w; 6. Ryan Fontenot (US) 13.70w; 7. Johnathan Cabral

(Can) 13.74w; 8. Hideki Omuro (Jpn) 13.76w; 9. Ruebin Walters (Tri) 13.84w.

400H: 1. Masaki Toyoda (Jpn) 50.38; 2. Keisuke Nozawa (Jpn) 50.65; 3. Mahau Suguimati (Bra) 50.87; 4. Kakeru Inoue (Jpn) 50.97.

4 x 100: 1. Japan 38.00 (WL) (Shuhei Tada, Ryota Yamagata, Yuki Koike, Yoshihide Kiryu);

2. United States 38.73 (Christopher Belcher, Justin Gatlin, Kendal Williams, Cameron Burrell); 3. Taipei 39.12; 4. Australia 39.17; 5. Indonesia 39.76.

Field Events

HJ: 1. Naoto Tobe (Jpn) 7-5½ (2.27); 2. Takashi Eto (Jpn) 7-4½ (2.24); 3. Tihomir Ivanov (Bul) 7-2½ (2.20); 4. Tomohiro Shinno (Jpn) 7-2½; 5. JaCorian Duffield (US) 7-½ (2.15).

PV: 1. Bokai Huang (Chn) 18-4¾ (5.61); 2. Jie Yao (Chn) 18-1 (5.51); 3. Seito Yamamoto (Jpn) 18-1; 4. Daichi Sawano (Jpn) 17-9 (5.41).

LJ: 1. Natsuki Yamakawa (Jpn) 25-10 (7.87); 2. Hibiki Tsuha (Jpn) 25-7½ (7.81); 3. Yuki Hashioka (Jpn) 25-7½ (7.80);

4. Shontaro Shiroyama (Jpn) 25-6 (7.77); 5. Chia-Hsing Lin (Tai) 25-4¾ (7.74); 6. Dan Bramble (GB) 25-¾ (7.64); 7. Will Williams (US) 24-9 (7.54).

TJ: 1. Omar Craddock (US) 56-3¾ (17.16); 2. Yaming Zhu (Chn) 54-2 (16.51); 3. Nazim Babayev (Aze) 54-1 (16.48); 4. Yuki Yamashita (Jpn) 53-11 (16.43) PR.

JT: 1. Edis Matusevičius (Lit) 277-4 (84.55); 2. Shih-Feng Huang (Tai) 259-4 (79.05); 3. Ryohei Arai (Jpn) 257-0 (78.34); 4. Kenji Ogura (Jpn) 254-10 (77.67); 5. Kohei Hasegawa (Jpn) 254-4 (77.53).

OSAKA WOMEN'S RESULTS

100(-2.2): 1. Mikiah Brisco (US) 11.33; 2. Olga Safranova (Kaz) 11.39; 3. Dezere Bryant (US) 11.44.

200(0.5): 1. Ivet Lalova-Collio (Bul) 22.55; 2. Kyra Jefferson (US) 23.00; 3. Olga Safranova (Kaz) 23.08.

800: 1. Noélie Yarigo (Ben) 2:03.18; 2. Emily Jerotich (Ken) 2:03.80; 3. Angie Petty (NZ) 2:03.81; 4. Eunice Sum (Ken) 2:04.79. St: 1. Yukari Ishizawa (Jpn) 10:12.12.

100H(0.4): 1. Sharika Nelvis (US) 12.70; 2. Sally Pearson (Aus) 12.70; 3. Pedraya Seymour (Bah) 12.90; 4. Queen Harrison (US) 12.92; 5. Kristi Castlin (US) 13.01.

400H: 1. Dalilah Muhammad (US) 53.88; 2. Tia Adana Belle (Bar) 55.42; 3. Cassandra Tate (US) 55.45; 4. Joanna Linkiewicz (Pol) 56.35.

Field Events

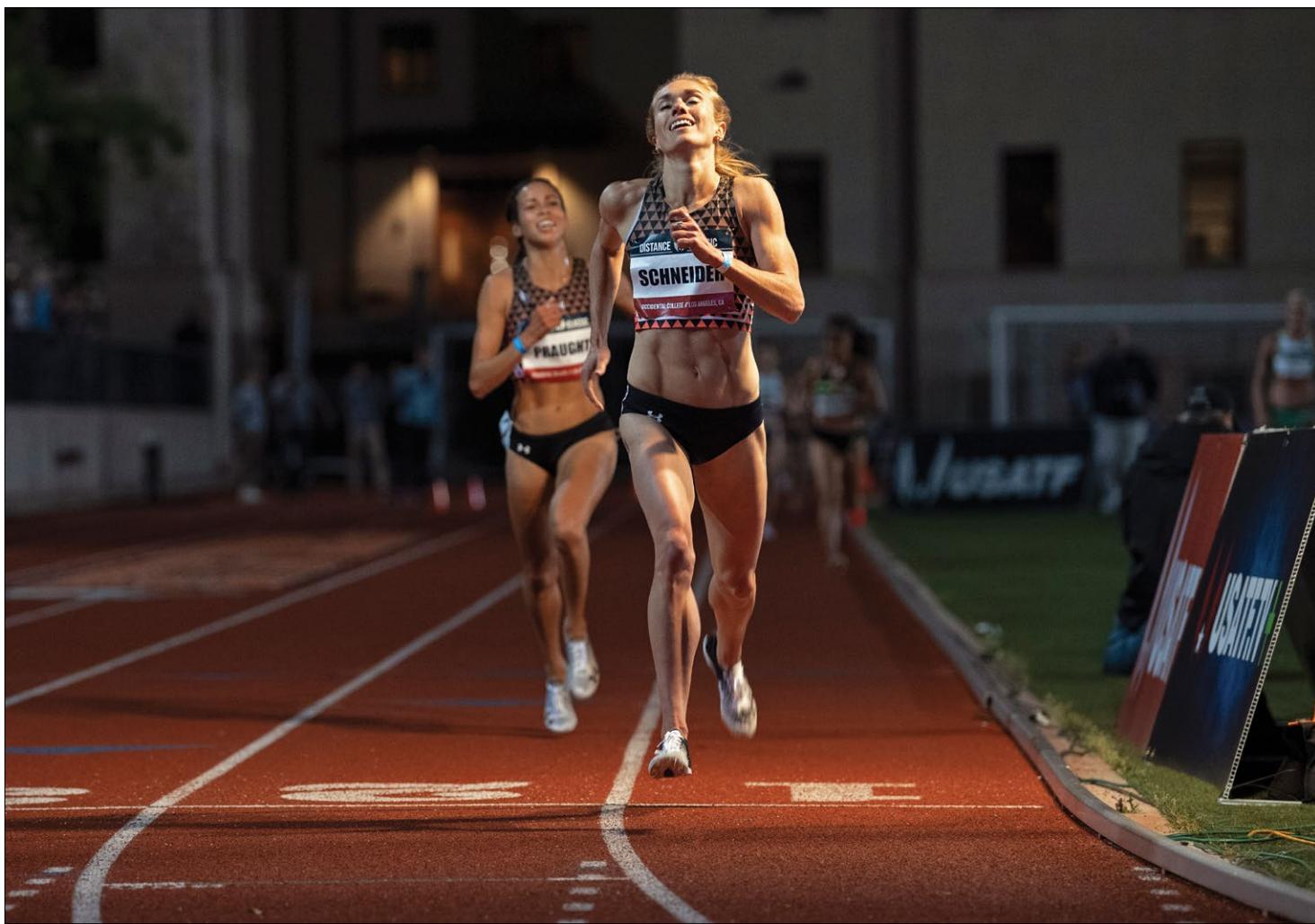
LJ: 1. Brooke Stratton (Aus) 21-10¼ (6.66); 2. Alina Rotaru (Rom) 21-2¾ (6.47); 3. Sumire Hata (Jpn) 21-½ (6.41) PR; 4. Shara Proctor (GB) 20-7¾ (6.29).

HT: 1. Zheng Wang (Chn) 246-11 (75.27); 2. Gwen Berry (US) 243-1 (74.09); 3. DeAnna Price (US) 239-3 (72.92); 4. Na Luo (Chn) 238-1 (72.57); 5. Joanna Fidorian (Pol) 234-3 (71.41); 6. Hanna Skydan (Aze) 233-10 (71.29); 7. Jillian Weir (Can) 222-4 (67.77); 8. Malwina Kopron (Pol) 222-4 (67.77).

JT: 1. Yuzhen Yu (Chn) 199-9 (60.88); 2. Haruka Kitaguchi (Jpn) 196-10 (60.00); 3. Liveta Jasiūnaitė (Lit) 196-0 (59.74).

USATF Distance Classic — Fine 5000 For Rachel Schneider

JEFF COHEN



A 10-second PR gave Rachel Schneider the world's fastest outdoor 5000 of the year.

by Brian Russell

EAGLE ROCK, California, May 16—Throughout the years, elite runners have flocked to Occidental College's Jack Kemp Stadium to run in what have always been very competitive races. This year's USATF Distance Classic had the competitive juices flowing in every race, but what was lacking was the volume of elites—hello weird World Champs timing?—that have previously graced the track. Fortunately, a sensational women's 5000 saved the day and a quick time could satisfy both the World Championships (15:22.00) and Olympic standards (15:10.00) in one fell swoop.

Usually the headliner, but this time a pace-maker, steepler-supreme Emma Coburn took the 5K field out with consistent 72/73 laps for the first 3000. Training partner Aisha Praught-Leer stayed on her heels throughout, with Lauren Paquette, Rachel Schneider, Stephanie Bruce and Jessica O'Connell of Canada all in a row behind her. It was at this point where O'Connell started to fade, leaving the 4 racers ahead of her to fight it out.

With 3 laps remaining, Paquette and Bruce started to fall off the pace, leaving Praught-Leer and Schneider to duel. Coburn completed her duties at 4000m and stepped aside. Schneider, who had run a WC qualifier two weeks prior at the Payton Jordan Invitational (15:21.44), looked very comfortable as she kept the pressure on Praught-Leer, moving past the Jamaican with 650m to go. At the bell, Schneider and Praught-Leer accelerated, knowing that the Olympic qualification was within reach. As they rounded the final turn, Praught-Leer made one final attack, but Schneider responded with a surge down the homestretch that could not be matched.

She crossed the line in a outdoor world leader of 15:06.71 with Praught-Leer a couple strides behind in a Jamaican Record 15:07.50. Paquette finished 3rd, just missing her lifetime best in 15:14.64, 3.12 ahead of Bruce, whose 15:17.76 was a whopping 27-second PR. Even more satisfying for the two was that they both bettered the WC qualifying standard. Knowing that the race could not have played out like it did without Coburn's assistance, Schneider unabashedly acknowledged of her 10-second PR, "It was perfect."

In the men's 5, Lawi Lalang won the race,

but was disappointed with the outcome, as his 13:25.14 was 2.64 short of the 13:22.50 WC standard. Making his debut in the event, miler Josh Kerr finished 2nd in 13:28.66, making up lots of ground over the last half mile, but was never close enough to challenge and push Lalang.

Clear skies and cool temps provided near perfect conditions as Kate Grace and Clayton Murphy got the evening started on the right foot with solid 800 wins. Grace outdueled Swede Hanna Hermansson and Cory McGee down the stretch to take her 2-lapper in 2:02.95, while Murphy had his hands full on the men's side, edging past Puerto Rico's Ryan Sanchez in the final strides, 1:46.10–1:46.21.

The steeplechase saw Courtney Barnes take the women's race in 9:59.82 and Jordan Mann finished strong to win the men's in 8:30.99. In the 1500s, Nikki Hiltz set a PR 4:07.71, outrunning Karissa Schweizer (4:08.51) and Germany's Konstanze Klosterhalfen (4:09.16). Swede Kalle Berglund pulled away from a bunched field down the homestretch to take the men's race in 3:37.84 over Kirubel Erassa (3:38.26), Drew Hunter (3:38.55), Sam Parsons (3:38.63) and Sean McGorty (3:38.75).

USATF DISTANCE CLASSIC MEN'S RESULTS

Eagle Rock, California, May 16—

800: I-1. Brannon Kidder (BB) 1:47.17; 2. Kyle Langford' (GB) 1:47.31; 3. Drew Piazza (OTC) 1:47.74; 4. Drew Windle (BB) 1:48.03; 5. Izaic Yorks (BrkBB) 1:48.22; 6. Neil Gourley' (GB) 1:48.42; 7. David Ribich (BrkBB) 1:49.27; 8. Christian Harrison (BAA) 1:49.47.

II-1. Clayton Murphy (NikOP) 1:46.10; 2. Ryan Sanchez' (PR) 1:46.21; 3. Craig Engels (NikOP) 1:46.73; 4. Samuel Ellison (BAA) 1:47.01; 5. Erik Sowinski (Nik) 1:47.21; 6. Harun Abda (OTC) 1:47.23; 7. Wesley Vázquez' (PR) 1:47.52; 8. Robert Ford (HokaNJNY) 1:48.33.

1500: I-1. Daniel Estrada' (Mex) 3:42.50; 2. Mac Fleet (unat) 3:43.49; 3. Joe Coffey (ColITC) 3:44.43; 4. Julius Bor (USA) 3:45.291.

II-1. James Randon (SaucF) 3:42.35; 2. Woody Kincaid (BowTC) 3:42.43; 3. Jacob Edwards (ColRC) 3:43.43; 4. Joshua Thompson (BowTC) 3:43.57; 5. Matt Hughes' (Can) 3:44.14; 6. Nick Harris (unat) 3:45.19; 7. Chad Noelle (unat) 3:46.07.

III-1. Kalle Berglund' (Swe) 3:37.84; 2. Kirubel Erassa (ADP) 3:38.26; 3. Drew Hunter (adiTinE) 3:38.55; 4. Sam Parsons' (Ger) 3:38.63; 5. Sean McGorty (BowTC) 3:38.75; 6. Jordan Gusman' (Aus) 3:39.16; 7. Lopez Lomong (BowTC) 3:39.72; 8. Sam Prakel (adi) 3:40.90; 9. Mo Ahmed' (Can) 3:41.30; 10. Daniel Herrera (HPW) 3:43.69; 11. Murphy 3:45.79.

St: 1. Jordan Mann (NBalOS) 8:30.99; 2. Franklin Tonui (USA) 8:32.02; 3. Mason Ferlic (Nik) 8:32.24; 4. David Goodman (unat) 8:33.42; 5. John Gay' (Can) 8:33.59;

6. Brian Barraza (adi) 8:34.75; 7. Craig Nowak (FurmE) 8:36.60; 8. Tripp Hurt (unat) 8:39.16; 9. Adam Visokay' (GB) 8:39.83; 10. Troy Reeder (FurmE) 8:40.36; 11. Donn Cabral (HokaNJNY) 8:41.25; 12. Benard Keter (USA) 8:42.05; 13. Dylan Hodgson (unat) 8:42.54; 14. Kaur Kivistik' (Est) 8:43.85; 5000: 1. Lawi Lalang (USA) 13:25.14; 2. Josh Kerr' (GB) 13:28.66; 3. Henry Wynne (BrkBB) 13:32.33; 4. Sam McEntee' (Aus) 13:33.67; 5. Chris O'Hare' (GB) 13:33.99; 6. Mauricio Gonzalez' (Mex) 13:35.29; 7. Tommy Curtin (SaucF) 13:36.08; 8. Diego Estrada (Asics) 13:37.56; 9. Trevor Dunbar (BAA) 13:44.30; 10. Jeffrey Thies (TinE) 13:44.66; 11. Lucas Bruchet' (Can) 13:45.26; 12. Dillon Maggard (BB) 13:46.63; 13. Darius Terry (HokaAg) 13:47.08; 14. Jacob Thomson (BAA) 13:48.43; 15. Nick Willis' (NZ) 13:49.93; 16. Will Leer (UArmNYAC) 13:50.97; 17. Kyle Medina (TinE) 13:55.11; 18. Craig Lautenslager (unat) 13:57.79; 19. Kevin Lewis (TMn) 14:06.36; 20. Joseph Berriatua (TinE) 14:17.36.

USATF DISTANCE CLASSIC WOMEN'S RESULTS

800: I-1. Savannah Camacho-Colon (unat) 2:05.39; 2. Shea Collinsworth (Nik) 2:05.62; 3. Julia Stepanova' (Rus) 2:06.22; 4. Gabriela Medina' (Mex) 2:06.25; 5. Devan Wiebe (Ocean) 2:06.99.

II-1. Laurence Cote' (unat) 2:03.47; 2. Lauren Johnson (BAA) 2:03.87; 3. Rebecca Mehra (Ois) 2:03.94; 4. Alethia Marrero' (PR) 2:04.51; 5. Ashley Taylor (UArm) 2:06.39; 6. Sabrina Southerland (OTC) 2:09.86.

III-1. Kate Grace (BowTC) 2:02.95; 2. Hanna Hermansson' (Swe) 2:03.21; 3. Cory McGee (NBal) 2:03.35; 4. Luisa Real' (Mex) 2:04.15; 5. Samantha Murphy' (Can) 2:04.32; 6. Maite Bouchard' (Can) 2:04.69; 7. Konstanze Klosterhalfen' (Ger) 2:07.60.

1500: I-1. Courtney Frerichs (BowTC) 4:15.96; 2. Jenna Hinkle (HokaAg) 4:16.45; 3. Dana Mecke (CSTC) 4:16.98; 4. Angelin Figueroa' (PR) 4:18.34; 5. Erika Kemp (BAA) 4:19.64; 6. Alex Wilson (Ois) 4:19.66; 7. Jessy Lacourse' (Can) 4:20.14; 8. Raquel Lambdin (MissAC) 4:20.69; 9. Marielle Hall (BowTC) 4:20.93; 10. Faith Makau' (Ken) 4:22.90; 11. Carina Gillespie (AF) 4:23.05; 12. Maddy Berkson (PenDC) 4:23.29.

II-1. Nikki Hiltz (adi) 4:07.71 PR; 2. Karissa Schweizer (BowTC) 4:08.51; 3. Klosterhalfen' 4:09.16; 4. Amy-Eloise Neale' (GB) 4:09.31; 5. Sage Hurta (unat) 4:09.37; 6. Hanna Green (OTC) 4:09.73; 7. Grace Barnett (MamTC) 4:11.68; 8. Katie Mackey (BB) 4:12.35; 9. Mariah Kelly' (Can) 4:12.60; 10. Elise Cranny (BowTC) 4:13.21.

11. Hannah Fields (unat) 4:13.87; 12. Amanda Rego (CSTC) 4:13.94; 13. Viola Lagat' (Ken) 4:14.53.

St: 1. Courtney Barnes (McKird) 9:59.82; 2. Maria Bernard-Galea' (Can) 10:05.71; 3. Jessica Furlan' (Can) 10:15.08; 4. Christine Thorn (RRP) 10:17.79.

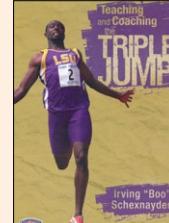
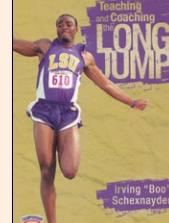
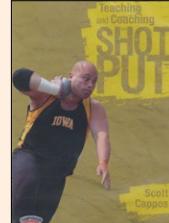
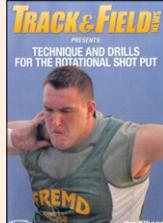
5000: 1. Rachel Schneider (UArm) 15:06.71 PR (AL, out WL);

2. Aisha Praught-Leer' (Jam) 15:07.50 NR; 3. Lauren Paquette (unat) 15:14.64; 4. Stephanie Bruce (HokaNAE) 15:17.76 OR; 5. Helen Schlachtenhaufen (SaucF) 15:30.83 PR; 6. Regan Yee' (Can) 15:31.62 PR; 7. Rachel Cliff' (Can) 15:32.49; 8. Erica Digby' (Can) 15:33.51; 9. Sarah Pagano (adi) 15:37.69; 10. Maggie Montoya (RRP) 15:38.21; 11. Breanna Sieracki (unat) 15:38.53; 12. Allie Buchalski (BB) 15:41.28; 13. Elvin Kibet (USA) 15:41.31; 14. Shannon Osika (Nik) 15:43.76; 15. Maya Weigel (PenDC) 16:12.77;... rabbit—Emma Coburn (NBal).

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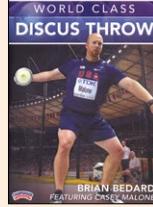
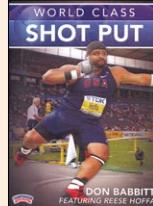
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Tucson Elite – More Hammer PRs For Sean Donnelly

from Paul Merca

TUCSON, ARIZONA, May 16 & 18—He hasn't made a national team yet, but Sean Donnelly has a good leg up on a Tokyo hammer spot next year after ripping off three straight PRs, the last of them a 254-6 (77.59) at the second Tucson Elite meet that made him the first American to achieve the Olympic qualifying standard of 254-3 (77.50). The 26-year-old Minnesota alum told correspondent Paul Merca, "It takes a huge weight off my shoulders. Now I can take what is it, the next 18 months and just train and focus on throwing farther, peaking at the right time for the Olympics."

The Iron Wood TC star came into the year with a PR of 252-6 (76.69), a mark he set in last year's edition of the meet (and he had PRed in the meet as well the previous year). In Long Beach at the end of April he upped that to 253-3 (77.20), then on the first day of Tucson added a centimeter (leaving the English measure unchanged) to that.

Another Huge Crouser Throw

Reigning Olympic shot champ Ryan Crouser is going for bigger fish than a Qat this point. Throwing only on the second day of the meet, he unleashed a series of 71-4, 74-4½, 73-3½, foul, 71-7½, 72-5¼ (21.74, 22.67, 22.34, f, 21.83, 22.08) to easily turn back the PR 69-1¼ (21.06) by David Pless. Crouser's biggest throw rates as the No. 4 U.S. performance ever.



KEVIN MORRIS/PHOTONONSTOP

His third PR in as many meets gave Sean Donnelly a coveted Olympic Q-standard.

He told Merca, "I was really happy with it, second-farthest meet of my life. The series was a little bit inconsistent, but I've been back in heavy

training since Doha, so I felt, actually, a little bit flat. But I've been working on redoing my technique out of the back a little bit."

TUCSON ELITE CLASSIC MEN'S RESULTS

Tucson, Arizona, May 16 & 18—

Elite I

SP: 1. Jon Jones (Vel) 68-9¾ (20.97) PR; 2. Garrett Appier (CVE) 67-1¼ (20.45); 3. Josh Awotunde (CVE) 66-7¼ (20.30); 4. David Pless (Iron) 66-2¼ (20.17); 5. Uziel Muñoz' (Mex) 65-4½ (19.92); 6. Jordan Young' (Can) 65-½ (19.82); 7. Simon Bayer' (Ger) 64-½ (19.52); 8. Nick Ponzio (DesHP) 63-5½ (19.34); 9. Roger Steen (Vel) 61-2¾ (18.66); ... nm—Curtis Jensen (Vel).

DT: 1. Brian Williams (Velaasa) 210-5 (64.14); 2. Alex Rose' (AmS) 204-1 (62.21); 3. Rodney Brown (RTB) 203-1 (61.90); 4. Jared Schuurmans (nat) 200-6 (61.11); 5. Colin Quirk' (Ire) 195-2 (59.49); 6. Noah Kennedy White (GarS) 195-2 (59.48); 7. Jordan Young' (Can) 188-10 (57.56); 8. Josh Syrotchen (GarS) 187-7 (57.18); 9. Eric Masington (Arete) 185-6 (56.55).

HT: 1. Sean Donnelly (Iron) 253-3 (77.21) PR (AL (9, x A) f, 241-9, 245-0, 251-4, 253-3, f) (f, 73.68, 74.69, 76.60, 77.21, f); 2. Daniel Haugh (KennSt) 247-10 PR (75.55) (AmCL) (3, x AmC) (247-10, 246-2, f, f, 247-1, 244-3) (75.55, 75.04, f, f, 75.31, 74.46);

3. Rudy Winkler (NYAC) 245-1 (74.70); 4. Alex Young (Vel) 240-9 (73.38); 5. Diego Del Real' (Mex) 240-6 (73.30); 6. Daniel Roberts (Vel) 239-3 (72.92); 7. Colin Dunbar (Iron) 236-3 (72.00); 8. Jordan Crayon (Vel) 223-7 (68.14); 9. Marcus Myers (nat) 216-1 (65.87).

JT: 1. Josue Menendez' (Mex) 253-8 (77.32); 2. Carlos Armenta' (Mex) 252-0 (76.83); 3. Michael Shuey (Vel) 251-3 (76.59); 4. David Carreon' (Mex) 250-0 (76.20); 5. David Ocampo' (Mex) 240-9 (73.38); 6. Capers Williamson (nat) 229-6 (69.95).

Elite II

SP: 1-1. Ryan Crouser (Nik) 74-4½ (22.67) (x, 4 A) (71-4, 74-4½, 73-3½, f, 71-7½, 72-5¼) (21.74, 22.67, 22.34, f, 21.83, 22.08);

2. Pless 69-1¼ (21.06) PR (66-8, 65-5½, f, 69-1¼, f, 65-7¾) (20.32, 19.95, f, 21.06, f, 20.01); 3. Jones 68-5¼ (20.86); 4. Denzel Comenentia' (Ga) 68-3¾ (20.82); 5. Appier 66-7 (20.29); 6. Awotunde 66-6½ (20.28); 7. **Turner Washington (nat) 65-4¾ (19.93); 8. Jensen 65-4 (19.91).

II-1. Muñoz' 68-4½ (20.83) PR; 2. Bayer' 65-2¾ (19.88); 3. Ponzio 64-6¾ (19.68); 4. Steen 64-3 (19.58); 5. Young' 62-9½ (19.14); 6. Lucas Warning (GarS) 61-3 (18.67); 7. Elijah Talk (nat) 61-¼ (18.60).

DT: 1. Williams 214-7 (65.42) (198-7, 193-9, 210-7, f, 210-1, 214-7) (60.52, 59.07, 64.18, f, 64.04, 65.42); 2. Rose' 206-7 (62.97); 3. Brown 201-8 (61.47); 4. Young' 195-9 (59.66); 5. Schuurmans 193-5 (58.96); 6. Quirk' 191-9 (58.45); 7. White 189-1 (57.64); 8. Masington 188-7 (57.48); 9. Syrotchen 185-5 (56.52).

HT: 1. Sean Donnelly (Iron) 254-6 (77.59) PR (AL) (9, x A) (246-5, 248-6, 248-7, 254-6, f, f) (75.12, 75.75, 75.78, 77.59, f, f);

2. Winkler 248-0 (75.61) (241-5, f, 244-7, 247-8, 248-0, f) (73.59, f, 74.55, 75.48, 75.61, f); 3. Del Real' 245-1 (74.71); 4. Young 240-11 (73.43); 5. Roberts 240-0 (73.16); 6. Dunbar 237-11 (72.53); 7. Myers 223-10 (68.23).

JT: 1. Shuey 256-7 (78.22); 2. Riley Dolezal (Vel) 255-4 (77.84); 3. Carreon' 248-2 (75.64); 4. John Ampomah' (Gha) 245-8 (74.88); 5. Menendez' 241-4 (73.57); 6. Nicholas Howe (nat) 240-3 (73.22); 7. Ocampo' 236-8 (72.14); 8. Armenta' 235-6 (71.79); 9. Williamson 231-8 (70.61); 10. Brent Lagace (nat) 224-4 (68.38).

TUCSON WOMEN'S RESULTS

SP: 1. Jessica Woodard (nat) 59-2¾ (18.05); 2. Jeneva Stevens (NYAC) 59-0 (17.98); 3. Brittany Crew' (Can) 58-9¾ (17.91); 4. Monique Riddick (VelGS) 58-8 (17.88); 5. Lena Giger (nat) 56-7½ (17.26); 6. Sarah Mitton' (Can) 55-9 (16.99).

DT: 1. Kelsey Card (FTTF) 201-0 (61.27); 2. Gia Lewis-Smallwood (NYAC) 199-2 (60.71); 3. Rachel Dincoff (Iron) 195-5 (59.57); 4. Alex Collatz-Sellens (ABG) 194-4 (59.23); 5. Sarah Thornton (Iron) 184-3 (56.16); 6. Trinity Tutti' (Can) 183-6 (55.95) NJR; 7. Alma Pollorena' (Mex) 181-0 (55.16) NR;

8. Summer Pierson (nat) 180-4 (54.97); 9. Kayla Hopkins (nat) 175-2 (53.39); ... nm—Jeré Summers (nat).

JT: 1. Mariana Castro' (Mex) 186-11 (56.98); 2. Maggie Malone (nat) 180-1 (54.90); 3. Hannah Carson (Shore) 184-0 (50.00); 4. Bethany Drake (Ois) 163-8 (49.90); 5. Channing Wilson (nat) 158-11 (48.44).

Elite II

SP: 1. Crew' 60-6¾ (18.46) (58-4½, 60-6¾, 59-0, 59-0, 59-6¾, 58-5½) (17.79, 18.46, 17.98, 17.98, 18.14, 17.81); 2. Riddick 60-4½ (18.40) (59-4¾, 58-4¾, 60-4¾, f, 57-10¾, 58-½) (18.10, 17.80, 18.40, f, 17.63, 17.69); 3. Stevens 59-11¾ (18.28); 4. Maria Orozco' (Mex) 55-9¾ (17.01); 5. Giger 55-5¾ (16.91); 6. Woodard 55-5½ (16.90); 7. Mitton' 55-¾ (16.78); 8. Brittney Smith (DesHP) 53-4¾ (16.26).

DT: 1. Collatz-Sellens 192-9 (58.75); 2. Lewis-Smallwood 189-11 (57.88); 3. Pollorena' 183-10 (56.03); 4. Pierson 181-2 (55.22); 5. Sarah Thornton (Iron) 180-7 (55.04); 6. Summers 177-5 (54.09); 7. Dincoff 176-9 (53.88).

JT: 1. Avione Allgood (USA) 180-1 (54.89); 2. Castro' 174-10 (53.29); 3. Malone 173-2 (52.78); 4. Katie Reichert (nat) 171-0 (52.13); 5. Wilson 169-7 (51.68); 6. Drake 163-3 (49.76).

London Marathon Men – Nobody Faster Than Kipchoge

by Sean Hartnett

BOSTON, MASSACHUSETTS, April 28—Running in his first race as the WR holder, Eliud Kipchoge claimed his fourth London Marathon title, closing exceptionally fast over the final 3 kilos to claim the course record at 2:02:37. The 34-year-old Kenyan's clocking ranks second on the all-time list, trailing only his World Record 2:01:39. He also proved to be a superb pacemaker for the Ethiopian duo of Mosinet Geremew (2:02:55) and Mule Wasihun (2:03:16), who filled out the fastest podium in marathon history in moving to Nos. 2 & 7 on the all-time list. "It was a tactical race that I enjoyed," Kipchoge said of his tenth straight 26-mile triumph, adding, "It is good actually to run with some people up to the last kilometers. To win, that is what I was coming for in London. I had the confidence to win for the fourth time and run a course record."

This edition of an historically fast race was a compelling competition set up by the trio of Eric Kiptanui, Gideon Kipketer & Stephen Kiprop, who formed a striped pace-wall a stride ahead of Kipchoge and Geremew. The downhill opening 5K was covered in a comfortable 14:23, and a pack of 9 stuck to sub-2:03 pace, passing 10K in 29:01 (14:38) and 15K in 43:42 (14:41). The pace lagged as they tacked into the wind heading towards the Tower Bridge reaching 20K in 58:25 (14:43), but coming off the bridge, the runners picked up a tailwind and the pace. Halfway was passed in 61:37, and almost immediately Kipchoge and the pacers got after it. A 2:49 for kilo 22 dispatched former winners Wilson Kipsang and Daniel Wanjiru, with Mo Farah soon to follow.

"I definitely felt the pace, they were going too fast," Farah admitted. "I saw the gap getting bigger, I tried to close and I just didn't have it." In a matter of a few minutes the long-anticipated Eliud vs. Mo bout had been supplanted with Kipchoge taking on a 5-man Ethiopian tag team of accomplished 2:04 performers—all of them intent on being the first to beat the Kenyan standard bearer since Kipsang turned the trick at Berlin '13.

Dashing through the narrow streets of The Docklands, Kipchoge dished out a pair of 2:50 Ks that put an end to the hopes of Tamirat Tola—and in kilo 24 the final two pacers gave out. So, 70:00 into the race, Kipchoge took on the mantle of pacemaker for the surviving quartet of Geremew, Wasihun, Leul Gebrselassie and last year's run-



Eliud Kipchoge, Mosinet Geremew & Mule Wasihun produced the Nos. 2, 3 & 9 performances ever.

ner-up Shura Kitata. He kept the tempo high through a 14:13 segment, streaking across the 25K mat in 1:12:38, then beckoned his competitors to share the lead. The Kenyan ace got no takers, so he pushed on, running 8:30 over the subsequent 3K, dispatching Gebrselassie and reaching 28K in 1:21:08—2:02:16 pace.

The day's only misstep for Kipchoge occurred when he whiffed on his fluid bottle at 30K (1:27:04), and he ran with some caution until he was able to get his next bottle at 35 (1:41:55). Fully rehydrated, he accelerated to 2:56 Ks but could not shake the 3 Ethiopians who ran in lockstep behind him. "I was very worried," he admitted, "because you never know what will happen when everybody is at your back."

At 38K, as the runners headed onto The Embankment and into the prevailing headwinds along the Thames, the favorite began to apply some serious pace pressure. While his ever-smooth stride belied any increased effort, the effect was most telling in his rivals who fell away one by one over the scintillating stretch run. Kitata was the first casualty, left behind 1:51:00 into the race on the uphill climb from under the Blackfriars Bridge. Geremew and Wasihun covered the move and appeared to be in good stead bracketing the Kenyan kingpin in a majestic footrace.

Then heading into the 39th kilometer Kipchoge began to smile, and over the span of a robust 2:42 kilometer put an end to the hopes of his two rivals and all of Ethiopia. A minute into the surge Wasihun started to falter. In desperation, he quickened the motion of his arms and legs, then broke form and faded from view.

That left Geremew, the youthful looking 27-year-old who has amassed a wealth of road-racing experience and finished 2nd to Mo in Chicago last October. Geremew packs plenty of power into

his slight frame and was able to match Kipchoge's every stride until they approached the 40K aid station. Eliud veered right and quickened his pace to get a clear shot at his bottle; Geremew skipped the fluids and stayed on the tangent line hoping to gain a stride or two with a bit of a sprint. No way. Kipchoge took in a couple sips and casually flipped away the bottle, all the while extending his advantage to 10m. Geremew flailed his arms in another effort to sprint, only to break with the clock at 1:56:30. In the span of 6:00, the WR holder had settled his fears and this race. Breaking out more smiles he pressed on through a 2:48 for kilo 41, and a delightful run home as he pared 28 seconds off his course record from '16.

"I enjoyed the race but it is hard," he admitted. "It is not as easy as everybody thinks; everything is hard." While we are easily mesmerized by his perfected and effortless stride full of speed and power, what stood out in this stirring competition was that his eyes were wide open and fully alert through every step of this race. Like his disciplined approach to running the blue line, Kipchoge kept a sharp visual focus as a means of sustaining his concentration and pace.

Geremew held on to become the second-fastest man in history and pared 8 seconds off Kenenisa Bekele's Ethiopian Record. "I ran with confidence through 39K but at that point I was starting to feel a little bit uncomfortable," he said, adding, "The wind was another challenge and because of this combination I started to slow down."

Mo came home 5th in 2:05:39, 28 seconds off his PR, after enduring an arduous race and week that had featured a pissing match with Haile Gebrselassie. "I'm disappointed in myself, I didn't get the best out of myself," he said. "Still, I ran 2:05 and I ran it the hard way."

LONDON MARATHON MEN'S RESULTS

- World Marathon Major: London, April 28 (point-to-point)—
1. Eliud Kipchoge (Ken) 2:02:37 (WL) (2, 2 W) (course record—old cr 2:03:05 Kipchoge '16) (1:01:37/1:01:00) (\$180,000);
 2. Mosinet Geremew (Eth) 2:02:55 PR (2, 3 W) (1:01:37/1:01:18);
 3. Mule Wasihun (Eth) 2:03:16 PR (7, 9 W) (1:01:37/1:01:39);
 4. Shura Kitata (Eth) 2:05:01 (1:01:37/1:03:24); 5. Mo Farah (GB) 2:05:39 (1:01:38/1:04:01); 6. Tamirat Tola (Eth) 2:06:57; 7. Bashir Abdi (Bel) 2:07:03 NR; 8. Leul Gebrselassie (Eth) 2:07:15; 9. Yassine Rachik (Ita) 2:08:05 PR; 10. Callum Hawkins (GB) 2:08:14 PR; 11. Daniel Wanjiru (Ken) 2:08:40; 12. Wilson Kipsang (Ken) 2:09:18; 13. Brett Robinson (Aus) 2:10:55 (debut); 14. Jack Rayner (Aus) 2:11:06 (debut); 15. Daniel Chaves Da Silva (Bra) 2:11:10 PR; 16. Devi Griffiths (GB) 2:11:46; 17. Ihor Olefirenko (Ukr) 2:11:55 PR; 18. Henryk Szost (Pol) 2:13:13; 19. Jonny Mellor (GB) 2:13:25; 20. Derilis Ayala (Par) 2:13:34 NR;... 24. Colin Leak (US) 2:15:02 PR;... dnf—Ahmed Osman (US);... rabbits—Eric Kiptanui (Ken), Stephen Kiprop (Ken), Gideon Kipketer (Ken), Felix Kibitok (Ken).

London Marathon Women – Slow Kosgei Start, Then...!



MARK SHEARMAN

Brigid Kosgei produced an amazing negative-split race, running her halves in 71:38 & 66:42.

by Sean Hartnett

LONDON, ENGLAND, April 28—After a disappointing slow opening half, Brigid Kosgei lit up the second half of the London Marathon, attacking every step of the way to the finish to score a remarkable win in 2:18:20. Remarkable in that after an opening half of only 71:38, the 25-year-old Kenyan closed the second half in a stunning 66:42 to land as the No. 7 marathoner ever, with the No. 9 performance. “I am happy with what I have done today,” she said. “It was not an easy competition, but I had confidence in my preparations and was ready for any tactic.”

Defending champ Vivian Cheruiyot managed to stick with the streaking Kosgei the longest and came home 2nd in 2:20:14. Ethiopia’s 21-year-old Roza Dereje (2:20:51) prevailed in a 3-way battle for the final podium spot, besting Kenyans Gladys Cherono (2:20:52), and Mary Keitany (2:20:58). Marathon débutante Emily Sisson finished 6th in 2:23:08—moving to No. 6 on the all-time U.S. list—and fellow American Molly Huddle took 12th in a PR 2:26:33.

This was a tale of two races, the first of which

barely got started as almost immediately the lead group ignored the pacers who soon ran off into their own entity, hundreds of meters ahead. Said Kosgei, “I think that there were some problems with the wind and that is why we did not follow the pacemakers.” With the usual pace-protagonist Mary Keitany stymied by a stiff back, Cheruiyot analyzed, “The problem was that nobody wanted to go and chase the group. So, I decided to stay.” Whatever the case, they went out at 2:23 pace—and stayed there through 20K (68:13 for a 2:23:55 pace). Only 42-year-old Aussie Sinead Diver had the gumption to run out front.

The race began in earnest in the 21st K and Kosgei and Cheruiyot led the pack across the halfway mat in 71:38—just a little outside of the targeted 68:30. Dereje joined the Kenyan duo at the front through the 15:56 segment between 20 and 25K. From there it was all Kosgei as she ditched the pack with a subsequent 15:37 that only Cheruiyot could cover. The two ran on together through 35K (1:55:48) with Kosgei always tugging at the pace and Cheruiyot always barely hanging on.

Kosgei settled the score over the closing 7K hitting a gear seldom if ever seen in a women’s marathon. With her arms held high, Kosgei blasted down the Embankment into a slight headwind in 15:32. Yikes! (For Imperialists, that is 4:59 mile pace.) She continued to pour it on all the way to the finish line, saying, “the weather was not a problem for me, I have good experience running a cold and windy half marathon in Houston, and that gave me the confidence to run fast today.”

LONDON MARATHON WOMEN’S RESULTS

- World Marathon Major: London, April 28 (point-to-point)—
1. Brigid Kosgei (Ken) 2:18:20 PR (7, 9W) (\$130,000) (1:11:38/1:06:42);
 2. Vivian Cheruiyot (Ken) 2:20:14; 3. Roza Dereje (Eth) 2:20:51; 4. Gladys Cherono (Ken) 2:20:52; 5. Mary Keitany (Ken) 2:20:58;
 6. Emily Sisson (US) 2:23:08 (AL) (6, 8 A) (debut) (1:11:49/1:11:19);
 7. Sinead Diver (Aus) 2:24:11 PR; 8. Carla Salome Rocha (Por) 2:24:47 PR; 9. Birhane Dibaba (Eth) 2:25:04; 10. Charlotte Purdue (GB) 2:25:38 PR; 11. Linet Masai (Ken) 2:26:05 PR; 12. Molly Huddle (US) 2:26:33 PR; 13. Yuka Ando (Jpn) 2:26:47; 14. Lilia Fiskovic (Mol) 2:27:26 NR; 15. Mao Ichiyama (Jpn) 2:27:27; 16. Tish Jones (GB) 2:31:11; 17. Lily Partridge (GB) 2:31:53; 18. Hayley Carruthers (GB) 2:33:59; 19. Tracy Barlow (GB) 2:36:26; 20. Sonia Samuels (GB) 2:36:50;... dnf—Haftamnesh Tesfay (Eth), Tadelech Bekele (Eth), Ruth van der Meijden (Neth);... rabbits—Joyciline Jepkosgei (Ken), Dorcas Tuitoek (Ken), Edith Chelimo (Ken), Eunice Chumba (Ken).

Quite A Marathon Debut For Emily Sisson

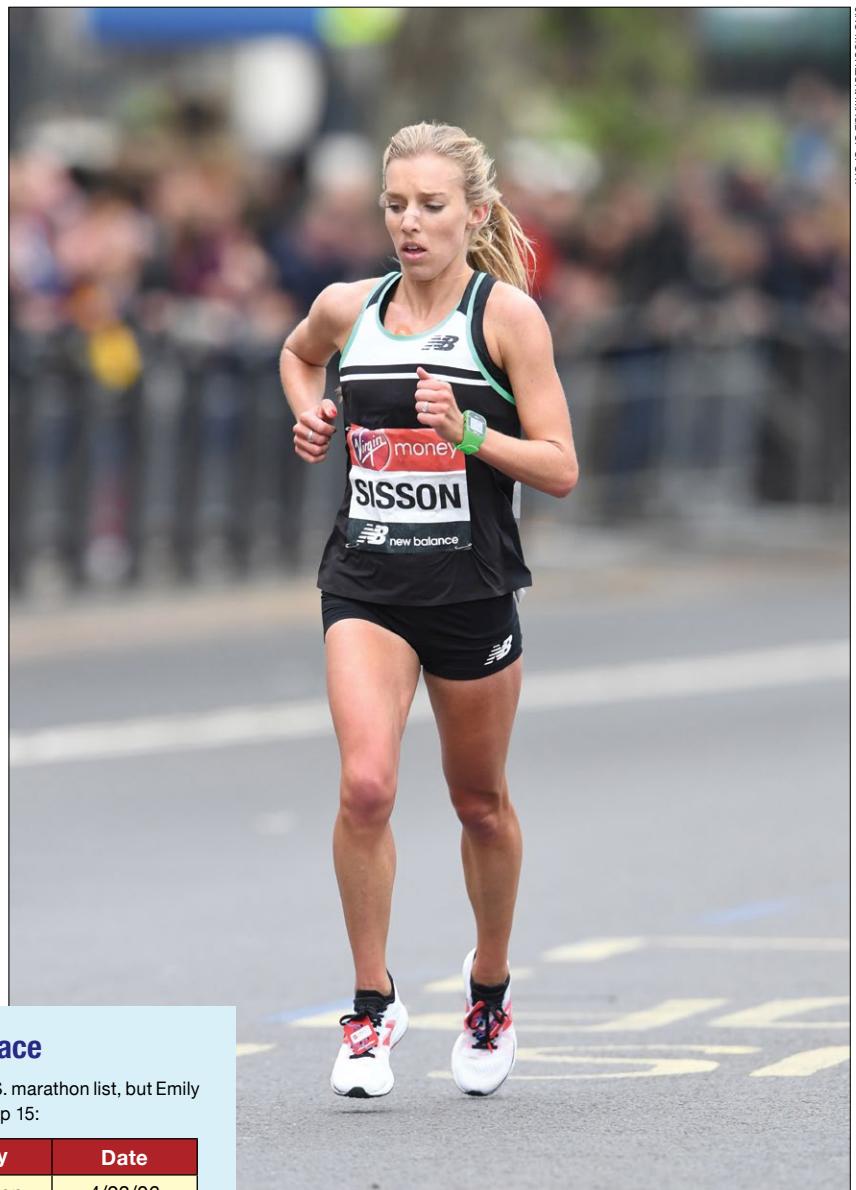
by Sean Hartnett

A COUPLE OF years ago, Emily Sisson began a transition from track to the marathon, and her ample potential came to fruition on the streets of London with a sparkling 6th-place finish in 2:23:08. While finishing 8 seconds off Jordan Hasay's American debut record, Sisson's first crack at the distance inserted her at No. 6 on the all-time U.S. list.

It proved to be a well-planned-and-executed debut. Sisson's manager Ray Flynn has fared well in London with Deena Kastor setting an American Record 2:19:36 in '06, and Ryan Hall running 2:06:17 in '08. Flynn brings the athletes over early so they are well adjusted to the local time and temperament. Coach Ray Treacy got both Sisson and Molly Huddle to London in fine form with Sisson's "tuneups" including a 67:30 at the Houston Half in January and a world leading 10K of 30:49.57 at Stanford in March.

Once the gun went off in Greenwich, Sisson had to perform a lot of leg and mind work, particularly since the lead group ignored the pacers and ran slowly with the second group. "I felt pretty comfortable the first half of the race," Sisson recounts. "Molly and I had planned on being part of a self-paced group originally. When the group ahead of us didn't want to go with their pacer, I realized pretty early on we needed to adjust the race plan. So, I just tried to tuck in and stay relaxed as I didn't want to go out on my own."

Touring the streets of London and crossing the Tower Bridge in the company of the marathon's leading ladies was quite an unexpected hoot for Sisson—that is until a rapid acceleration in the 21st kilometer. "The break came right before the half-marathon mark," she recalls. "They really took off and it spread out quite a bit. I got a little swept up in it and ran maybe a little too quick that first 5K, but



Sisson's Chart Debut In A High Place

She's got to get significantly faster to climb any higher on the all-time U.S. marathon list, but Emily Sisson's first-ever 26 miler lifted her all the way to No. 6. The all-time top 15:

Time	Athlete	City	Date
2:19:36	Deena Kastor (Asics)	London	4/23/06
2:20:57	Jordan Hasay (Nike Oregon Project)	Chicago	10/08/17
2:21:14	Shalane Flanagan (Nike)	Berlin	9/28/14
2:21:21	Joan Samuelson (Athletics West)	Chicago	10/20/85
2:21:42	Amy Cragg (Bowerman TC)	Tokyo	2/25/18
2:23:08	Emily Sisson (New Balance)	London	4/28/19
2:24:29	Kellyn Taylor (Hoka)	Duluth	6/17/18
2:25:38	Laura Thweatt (Saucony)	London	4/23/17
2:25:53	Kara Goucher (Nike)	New York	11/02/08
2:25:55	Desiree Linden (Hansons)	Houston	1/14/12
2:26:20	Sara Hall (Asics)	Ottawa	5/27/18
2:26:22	Magdalena Lewy Boulet (Saucony)	Rotterdam	4/11/10
2:26:26	Julie Brown (adidas)	Los Angeles	6/05/83
2:26:33	Molly Huddle (Saucony)	London	4/28/19
Aided Course:			
2:22:38	--Linden	Boston	4/18/11
2:24:52	--Goucher	Boston	4/18/11

Enjoying a breakout year, Emily Sisson's first-ever marathon moved her to No. 6 American ever.

overall, I think I did a good job pacing the rest of the race."

Indeed, the 27-year-old Providence grad negatively split her debut 71:49/71:19, running solo for almost all of the second half.

"Yeah I was pretty much on my own the last 13M," she admits. "I didn't panic about it though because I knew that might happen. Molly warned me going into the race that you could end up running solo. It was windier than I expected so that was probably the hardest part about it for me. Even though I would have preferred company, it didn't come as a complete surprise and I was prepared for it."

As for an assessment of her debut? "I feel really good about it," she beams. "I feel like overall I handled my first marathon really well, and I got a lot of good feedback from it. I know what areas I can improve upon for my next one, but I'm thankful the first one went so well. It made me want to do another so I'd say that's a positive first experience."

Penn Relays Preps – Meet Record Mile For Starcher

ERROL ANDERSON/The Sporting Image



West Virginian Victoria Starcher eclipsed Mary Cain's meet record in the mile.

PENN HIGH SCHOOL BOYS RESULTS

Philadelphia, Pennsylvania, April 26-27

(4/26—Mile, 3000, DisMed, HJ, SP, DT, JT; 4x8h)

Mile: 1. Foster Malleck' (Can) 4:18.22; 2. Sean Dolan (Hopewell Valley, Pennington, NJ) 4:18.60.

3000: 1. Eldad Mulugeta (Northwood, Silver Spring, Md) 8:29.05; 2. Shea Weilbaker (Saratoga Springs, NY) 8:30.08; 3. Robbie Cozean (Xavier, Middletown, Ct) 8:30.28.

400H: 1. *Ryler Gould (Free, Newburgh, NY) 52.55 (HSL); 2. Romel Plummer' (Jam) 52.58; 3. Edward Richardson (Bethel, Hampton, Va) 52.67.

4 x 100: 1. St. Jago, St. Catherine, Jam 40.83; 2. Kingston College, Jam 40.86; 3. Calabar, Kingston 41.05.

4 x 400: 1. Calabar 3:12.68; 2. Kingston College 3:13.65; 3. Bullis, Potomac, Md 3:14.40; 4. Excelsior, Kingston, Jam 3:14.92; 5. Holmwood, Christiana, Jam 3:14.97.

4 x 800: 1. Calabar 7:36.61; 2. Kingston College 7:40.96; 3. St. Benedict's, Newark, NJ 7:41.13 (out HSL);

4. Jamaica College, Kingston, Jam 7:42.41; 5. Weddington, Matthews, NC 7:47.46.

Heats: I-2. Weddington 7:44.41 (out HSL).

DisMed: 1. St. Anthony's, South Huntington, NY 10:10.23; 2. Bronxville, NY 10:13.05; 3. Christian Brothers, Lincroft, NJ 10:13.77.

Field Events

HJ: 1. Shaun Miller' (Bah) 6-11½; 2. Ricardo Clark (Jam) 6-10¾.

PV: 1. *Shane Racey (Ravena, NY) 15-5.

LJ: 1. Wayne Pinnock' (Jam) 25-10w; 2. Jordon Turner' (Jam) 24-11w; 3. Shacquille Lowe' (Jam) 24-4½w.

TJ: 1. Justin Forde (McMahon, Norwalk, Ct) 51-9¾w (50-7½ out HSL);

2. Apalos Edwards' (Jam) 51-1¾; 3. Luke Brown' (Jam) 50-9¾.

SP: 1. Courtney Lawrence' (Jam) 66-3½; 2. Cobe Graham (Jam) 60-4½; 3. Isaiah Allen (Sherando, Stephens City, Va) 59-9¼.

DT: 1. Kai Chang' (Jam) 217-10; 2. Daniel Cope' (Jam) 194-11; 3. Paul Brennan (Princeton, NJ) 186.11.

JT: 1. **Ian Hall (Rogers, Newport, RI) 211-5; 2. Hughie Sean Rolle' (Jam) 202-10; 3. Alex Williams' (Jam) 200-8.

PENN HIGH SCHOOL GIRLS RESULTS

Philadelphia, Pennsylvania, April 25-27

(4/25—Mile, 3000, DMR, HJ, PV, LJ, TJ, SP, DT, JT; 4/26—4 x 100, 4 x 400, 4 x 800)

Mile: 1. Victoria Starcher (Ripley, WV) 4:38.19 (HSL);

2. Marlee Starliper (Northern, Dillsburg, Pa) 4:42.30; Taryn Parks (Greencastle-Antrim, Greencastle, In) 4:46.73.

3000: 1. **Brooke Rauber (Tully, NY) 9:34.21; 2. Lydia Russell (Friends Central, Wynnewood, Pa) 9:37.52; 3. Isabell Sagar (Loyalsock, Williams Creek, Pa) 9:37.70.

400H: I-1. Lashanna Graham' (Jam) 56.62; 2. Brooke Jaworski (West, Wausau, Wi) 58.62; 3. Vanessa Watson (Spen-cerport, NY) 58.97; 4. *Leah Phillips (Bullis, Potomac, Md) 59.05. II-1. Britton Wilson (Godwin, Richmond, Va) 58.58.

Open 5000W: 1. *Taylor Ewert (Beavercreek, Oh) 22:28.61 AJR, HSR (old records 22:38.16 Ewert '18).

4 x 100: 1. Allen, Clarendon, Jam 43.62 (3 aged 14, 1 17); 2. Hyde, Jam 44.69; 3. St. Jago, Jam 44.78...8. Western Branch, Chesapeake, Va 46.71.

kind of know what kind of moves they make during the race," Starcher said after covering the final 400 in 64.73. "I'm pretty confident in my kick so as long as I'm in striking distance, I felt like I could come away with the win." The trio of juniors have split 3 big miles this year, Starliper having won at Millrose and Parks at New Balance.

Boys yearly leads went to Ryler Gould (Free, Newburgh, New York) in the 400 hurdles (52.55) and Justin Forde (McMahon, Norwalk, Connecticut) in the triple jump (50-7½ to back up a windy 51-9¾ winner).

The most notable relay win was Jamaican school Edwin Allen capturing the girls 4x1 for the sixth year in a row. An amazingly young foursome that features a trio of 14-year-olds to go with a 17-year-old combined to lower the meet record to 43.62. Jamaican teams also won both the boys and girls 4x8s but a pair of New Jersey schools posted strong marks: St. Benedict's (Newark) placed 3rd in the boys race with an outdoor list-leader 7:41.13 and Union Catholic (Scotch Plains) took 2nd in the girls race in 9:00.36, an overall yearly leader.

The girls distance medley saw Clair Walters use a 4:43.34 split to move Fayetteville-Manlius (Manlius, New York) up from 10th to the win in 11:45.28. Closing even faster was Katelyn Tuohy, whose spectacular 4:36.94 brought North Rockland (Thiells, New York) up 9 spots to 6th.

Two days after anchoring her team to 2nd in that DMR with a 4:54.42 split, 11th-grader Taylor Ewert (Beavercreek, Ohio) won the open 5000m walk in 22:28.61, taking almost 10 seconds off the national HS/U.S. Junior Record she set at Penn a year ago.

4 x 400: 1. Holmwood Tech, Jam 3:37.20; 2. Hydel, Jam 3:38.01; 3. Spalding, Jam 3:43.83; 4. Bullis 3:44.12; 5. Union Catholic 3:46.55 (3:45.39h).

4 x 800: 1. Allen 8:54.02;

2. Union Catholic 9:00.36 (HSL);

3. Neumann Goretti, Philadelphia 9:03.07.

DisMed: 1. Fayetteville-Manlius, Manlius, NY 11:45.28 (Walters 4:43.34); 2. Beavercreek, Oh 11:49.14; 3. Saratoga Springs, NY 11:49.79 (Chmiel 4:50.80); 4. Mt. de Sales, Cantonsville, Md 11:49.79; 5. Strath Haven, Wallingford, Pa 11:51.26; 6. North Rockland, Thiells, NY 11:52.29 (Tuohy 4:36.94).

Field Events

HJ: 1. Lydia Botterlier (Palisades, Kintnersville) 5-10½; 2. *Morgan Smalls (Panther Creek, Cary, NC) 5-10½.

PV: 1. Gennifer Hirata (Stafford, Fredericksburg, Va) 13-7¾; 2. Sydney Horn (Manheim, Lancaster) 13-1¾.

LJ: 1. Jada Seaman (McDonogh, Owings Mills, Md) 19-6.

TJ: 1. Ackelia Smith' (Jam) 42-8 ¾; 2. Lotavia Brown' (Jam) 42-5 ½; 3. Rhianna Phillips' (Jam) 41-10; 4. Christina Warren (Perkomen Valley, Collegeville, Pa) 41-4½; 5. Alissa Braxton (Commack, NY) 40-5½.

SP: 1. Danielle Sloley' (Jam) 47-2; 2. Mallory Kauffman (Greenwood, Millerstown, Pa) 46-9¾.

DT: 1. Adrienne Adams' (Jam) 160-5; 2. Marie Forbes' (Jam) 159-4; 3. Aliesha Shaw' (Jam) 156-9.

JT: 1. Skylar Ciccolini (Mifflin, Lewistown) 184-2 (56.14) (HSL) (3, 3 AJ; 2, 2 HS) (184-2, 145-7, p, 162-3, p, p);

2. Kristen Herr (Lampeter Strasburg, Lampeter) 157-5; 3. Brielle Smith (Oakcrest, Mays Landing, NJ) 150-7.

Skylar Ciccolini Chasing National Javelin Record

GIANCARLO COLOMBO/PHOTO RUN



A big toss at Penn left Youth Olympian Skylar Ciccolini only 18 inches from the HS Record.

by Rich Sands

LEADING UP TO the Penn Relays, javelin training had been far from ideal for Skylar Ciccolini (Mifflin, Lewistown, Pennsylvania). Coming off a harsh winter that compromised outdoor workouts, the 17-year-old star was still fine-tuning changes to her technique and was dealing with ongoing back and hip soreness. So it was a surprise that her opening throw in Philadelphia sailed out to a PR 184-2, trailing only fellow Pennsylvanian Madison Wiltrot's 185-8 on the all-time high school list. It's also the No. 3 mark ever by an American Junior (U20).

"I'm surprised that throw occurred at the time that it did," says Sonny Ciccolini, Skylar's father and coach. "I thought from her practices and the way she's been training for the last 8–9 months that it was definitely a possibility hitting the mid-180s if the conditions were right. [But] our practices had been limited and they had been very low intensity, so we didn't really anticipate all the pieces coming together at the Penn Relays."

But months of focusing on her block, the final two steps before releasing the spear, finally paid off. "My energy transferred from the ground up to my arm and to the javelin a lot quicker than it usually does," says the 5-foot-11 senior, whose previous PR was a 177-0 from '18. "It was a lot more energy-efficient, you could say."

The back injury—most likely caused by participation in the long jump and triple jump—forced her to pass three of her throws at Penn. That cautious approach, along with regular chiropractic adjustments to deal with

a misalignment of her hips, will hopefully keep Ciccolini healthy for the remainder of her prep season, as well as summer championships. She is taking a hiatus from the horizontal jumps, but expects to continue competing in the high jump, where her 5-4 PR is a state-qualifying mark.

You could say that the javelin is in her genes. Both Sonny and his wife Danielle, who also helps with Skylar's coaching, competed in the event at Cornell. Over the last few years, they've studied the event meticulously to mentor Skylar and her younger sister, Taylor, a soph with a 138-8 PR. Skylar gravitated towards track in the 8th grade after playing softball and football, and

initially focused on the high jump. After qualifying for State with the spear as a frosh, however, she began to focus more on that event. "She's always had a very long throwing motion, even when she played softball or football," Sonny says. "She's very flexible and fairly tall, which lends itself to javelin. You don't have to be incredibly strong to throw far, you just have to be fast and flexible and hit the right positions."

Now she's focusing on getting to a bigger stage. Before heading to Missouri in the fall, Ciccolini will compete at the USATF Juniors in June in the hopes of landing a spot on the U.S. team for the Pan-Am Juniors in Costa Rica. She's already had a taste of international competition at the Youth Olympic Games in Buenos Aires last fall. Throwing the lighter U18 spear she placed 7th in the unusual 2-day cumulative format, reaching a best of 180-8.

Also on her summer schedule is the USATF Senior meet. Her Penn mark put her No. 3 on the yearly U.S. list, so she expects to be competitive in Des Moines. "It's going to be neat to be around those really incredible javelin throwers," she says. "I think that will help me and push me. Every time I go into a meet, I know I can only control what I throw, so it doesn't matter if I'm at a really small dual meet or USA Seniors."

Sonny hopes his daughter will be fully healed soon in order to resume robust training, but knows she can handle the pressure at USATF even if she's not at 100%. "I don't think the mental aspect of that meet will be a detriment to her," he says. "That 184 at Penn Relays came off of two or three weeks of struggling with her throws and limited practices. She has managed to show herself that she can have a big throw even when she's arguably not prepared at all for it. She has that level of confidence."

Ciccolini Now No. 2 On The All-Time HS List

When the year began Skylar Ciccolini had a PR of 177-0 and trailed only 4 throwers on the all-time list. She has already knocked off 3 of them and finds herself behind only the HS recordholder. The all-time top 10 (* = junior; ** = soph):

Distance	Athlete	Year
185-8	**Madison Wiltrot (Connellsville, Pennsylvania)	2015
184-2	Skylar Ciccolini (Mifflin, Lewistown, Pennsylvania)	2019
181-2	*Haley Crouser (Gresham, Oregon)	2012
180-9	Dana Baker (North, Olathe, Kansas)	2018
180-4	Sophia Rivera (Brentwood, St. Louis, Missouri)	2016
176-11	Megan Glasmann (Park City, Utah)	2013
176-8	*Avione Allgood (Legacy, North Las Vegas, Nevada)	2011
176-5	Rachel Yurkovich (Newberg, Oregon)	2005
174-6	*Kendra Wecker (Marysville, Kansas)	2000
174-2	Katy Polansky (South, Eugene, Oregon)	2000

Texas State Boys – Matthew Boling Creates New Legend

Photo: INSIDE TEXAS TRACK.COM



As part of his 4-event myth-making, Matthew Boling needed only 44.74 seconds for his 4x4 anchor.

by Lee Nichols

IN THE WORLD of Texas high school sports, everyone over a certain age knows the Legend Of Johnny "Lam" Jones. At the '76 State Meet, Jones took a mile relay baton in last place, at least 40y behind the leader, and ran down the entire field, propelling Lampasas to the team title. At the time the fastest prep leg ever, 45.1 for 440y, it is still spoken of with a hushed reverence, and by so many "eyewitnesses" that one wonders about the capacity of the Longhorns' stadium.

On May 11 of this year—also at the Texas State Meet in Austin—the Legend Of Matthew Boling was born. Sure, the saga was already in an embryonic stage—after running an all-conditions HSR 9.98w at Regionals, the Houston Strake senior became the object of a national media frenzy, riding a runaway hype train fueled by a track-ignorant internet making idiotic comparisons to Usain Bolt ("High schooler almost breaks World Record!").

The Legend became fully formed in Austin, however, first with an easy long jump win (a windy 25-4½), then a national federation record 10.13 in the 100, and capped off by an amazing 4×4 anchor that will reside in historic memory right next to that of Jones. Just like his historic predecessor, Boling took the baton hopelessly behind, in this case with about a 30y deficit in front of him.

With all due respect to Jones,

Boling wasn't chasing down small-town kids. He was trailing DeSoto, whose all-senior crew came into the meet ranked No. 2 nationally. But just like Jones, he began reeling in the opposition, slowly and methodically, as the announcer shouted, "Can he do it?" About 20y from the finish, he did. His anchor was a stunning 44.74—a time only 4 other preps have ever bettered—capping off a nation-leading 3:10.56.

When the 10.13 was announced to the crowd as a national record, it roared its approval.

Despite being only the =No. 5 HS time ever by T&FN reckoning, the 10.13 broke the federation record of 10.15 set by fellow Texan Henry Neal in '90 (T&FN recognizes Trentavis Friday's 10.00 at the '14 USATF Juniors as the HSR).

In the long jump, Boling set aside his desire to pursue Marquise Goodwin's national record of 26-10. Facing chilly, wet conditions, he opted instead for a legal 25-1½ and the windy winner and then zipped up his sweats for good, saving himself for the track races to come. Boling even had the opportunity for more: Again starting well behind, he anchored his 4×1 to an apparent come-from-behind 3rd, but a lane violation resulted in disqualification.

TEXAS STATE HS BOYS RESULTS

Austin, May 10-11 (6A Division unless otherwise noted)—
100(1.3): 1. Matthew Boling (Strake, Houston) 10.13 (HSL) (=4, =5 HS);

2. Tyler Owens (East, Plano) 10.38; 3. Lance Broome (Seven Lakes, Katy) 10.40.

200(0.2): 1. Broome 20.83. 5A 200(1.1): 1. *Devon Achane (Marshall, Missouri City) 20.69. 400: 1. *Omajuwa Etiw (Franklin, El Paso) 46.51. 1600: 1. *Cole Lindhorst (Tompkins, Katy) 4:07.41; 2. *Ryan Schoppe (La Porte) 4:07.47. 3200: 1. Schoppe 8:52.72. 110H(1.6): 1. *Kirk Collins (Clear Spring, League City) 13.82; 2. Ryan Williams (Bowie, Arlington) 13.88. 300H: 1. Williams 36.81; 2. Collins 36.86; 3. *Clayton Keys (Tompkins) 36.87.

4 x 100: 1. Summit, Arlington 40.42; 2. Klein Forest, Houston 40.49; ... dq[zone]—DeSoto & Strake. 5A 4 x 100: Marshall 40.24. 4 x 200: 1. Judson, Converse 1:24.09; 2. Klein Forest 1:24.13; 3. Summit 1:24.67; 4. DeSoto 1:24.85.

5A 4 x 200: 1. Marshall 1:23.38 (HSL) (3 HS).

4 x 400: 1. Strake 3:10.56 (HSL) (Boling 44.74);

2. DeSoto 3:11.13. 5A 4 x 400: 1. Marshall 3:14.22.

LJ: 1. Boling 25-4½w (25-1½, 25-4½w, p, p, p, p). 5A LJ: 1. *Johnathan Baker (Paetow, Katy) 24-10w; 2. DeCorian Clark (Wyatt, Ft Worth) 24-8. TJ: 1. *Stacy Brown (Ellison, Killeen) 49-6½; 2. Henry Kiner (Atascocita, Humble) 49-4½. SP: 1. Patrick Piperi (The Woodlands) 64-6; 2. **Bryce Foster (Taylor, Houston) 64-3¾.

The Elite Sub-45 Relay Leg Club

When Matthew Boling ran 44.74 (not 44.75 as reported in some quarters) at the State Meet, he became only the 11th high schooler ever to break 45 on a relay carry. As compiled by HS Editor Jack Shepard, here are history's 13 sub-45 performances (* = mark made as a junior; ** = mark made as a soph; + = mark converted from yards):

Split	Athlete	Meet	Date
44.2	Chris Nelloms (Dunbar, Dayton, Ohio)	World Junior Champs	8/12/90
44.3	*William Reed (Central, Philadelphia, Pennsylvania)	Olympic Sports Festival	7/25/87
44.52	—**Reed	World Junior Champs	7/20/86
44.58	*Thomas Burns (Northwestern, Miami, Florida)	New Balance Nationals	6/18/17
44.5	Henry Thomas (Hawthorne, California)	Texas Relays	4/06/85
44.74	Matthew Boling (Strake, Houston, Texas)	State	5/11/19
44.7	*Milton Mallard (North, Garland, Texas)	Junior Olympics	7/28/91
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
	*Obea Moore (Muir, Pasadena, California)	State	6/01/96
	*Michael Norman (Vista Murrieta, Murrieta, California)	State	6/04/15
44.9	—Martin	Texas Relays	4/06/85

Texas State Girls — Another National Record For DeSoto

Photo: INSIDE TEXAS TRACK.COM



Jayla Hollis & Taylor Armstrong handled the middle legs for DeSoto's 44.25 in the 4x1.

by Lee Nichols

AUSTIN, TEXAS, May 10-11—All the hype leading into the Texas State Meet surrounded Matthew Boling (he of the 9.98w you've probably heard about), but there was only one undisputed national record at the affair, and it came from the

DeSoto girls in the 4 x 100. DeSoto's foursome—juniors JaEra Griffin & Jayla Hollis and seniors Taylor Armstrong & Rosaline Effiong—passed the stick around the oval in 44.25. The quartet thus broke their own 44.44, set 2 weeks prior at Regionals (that mark broke Long Beach Poly's 44.50, set in '04).

With a championship on the line (both for the 4x1 itself and also the team title) the Eagles might have played it safe and just comfortably taken a win, as they were clearly a level above their competition. But lowering their record was the plan all long, Armstrong explained: "We came here to break it."

DeSoto was loaded with talent: It also produced a 1:36.18 in the 4x2 (only 0.09 off its national leader) and 3:39.79 in the 4x4 (extending its national lead by 0.02). In individual events, Hollis and teammate Jalaysi'ya Smith went 1-2 in the 100H, their 13.40 and 13.42 good for Nos. 4 & 5 on the yearly national list. "Hard work and dedication and a good relationship with our coach," are responsible for DeSoto's dominance, said Effiong.

DeSoto Dominating The All-Time 4x1 List

Not only has DeSoto's quartet broken the national HS record twice this year, they have also produced the No. 6 time ever. The top 11 performances of all-time:

Time	School	Years
44.24	DeSoto, Texas	2019
44.44	—DeSoto	2019
44.50	Poly, Long Beach, California	2004
44.60	Skyline, Dallas, Texas	2004
44.63(A)	Elsik, Alief, Texas	2003
44.65	—DeSoto	2019
44.70	St. Bernard, Playa del Rey, California	1997
44.84	Wilson, Long Beach, California	2005
44.88	Bullis, Potomac, Maryland	2017
44.90	—Elsik	2003
	—Poly	2003

At the same moment DeSoto was making history in the 4x1, Jasmine Moore (Lake Ridge, Mansfield) was nearby on the runway, confirming her status as national leader in both horizontal jumps. Moore (like Matthew Boling a Georgia signee) shone brightest in the triple, with 5 of her 8 jumps falling in the 44-foot range, topped by a list-leading 44-10 that moved her to No. 3 on the all-time list, with the No. 4 performance (it also made her the national federation recordholder). Her worst jump would have won the competition, a fact all the more impressive considering 4 of her competitors exceeded 40-feet and substantially rewrote the national yearly list. "I was really looking forward to today," Moore told the Dallas Morning News. "It was my last time, and I just really wanted to go out there and make myself proud. I was happy with it."

Moore wasn't too shabby in the long jump, either. She and Houston Memorial's

Claire Bryant entered the meet 1-2 on the yearly list, and that's how they finished: Moore leaped to 20-7 on her first attempt, just 3 inches ahead of Bryant's second-round effort.

TEXAS STATE MEET GIRLS RESULTS

Austin, May 10-11 (6A Division unless otherwise noted)—

100(1.3): 1. Tianna Randle (Summer Creek, Houston) 11.51; 2. Kenondra Davis (Trimble, Ft Worth) 11.60. 200 (1.0): 1. *Laila Owens (Bush, Richmond) 23.58; 2. Rosaline Effiong (DeSoto) 23.52; 3. Jayla Hollis (DeSoto) 23.52. 400: 1. **Dynasty McClenon (Summer Creek) 53.25.

800: 1. Jennelle Jaeger-Darfakjy (Coronado, El Paso) 2:07.40. 5A 800: 1. **Bailey Goggans (Marble Falls) 2:07.10. 1600: 1. **Brynn Brown (Guyer, Denton) 4:48.37. 3200: 1. Brown 10:09.91. 100H(1.4): 1. *Jayla Hollis (DeSoto) 13.40; 2. **Jalaysi'ya (DeSoto) 13.42. 300H: 1. Taylor Armstrong (DeSoto) 41.19.

4 x100: 1. DeSoto 44.24 HSR (old HSR, 44.44, DeSoto '19) (**JaEra Griffin, **Jayla Hollis, Taylor Armstrong, Rosaline Effiong);

2. Summer Creek 45.24; 3. Duncanville 45.59; 4. Eisenhower, Houston 45.66. 5A 4 x 100: 1. Lancaster 45.89.

4 x 200: 1. DeSoto 1:36.18; 2. Duncanville 1:37.78. 5A 4 x 200: 1. Lancaster 1:37.74.

4 x 400: 1. DeSoto 3:39.79 (HSL);

2. Clear Falls (League City) 3:42.58; 3. Duncanville 3:43.71.

5A HJ: 1. Nissi Kabongo (Liberty, Frisco) 5-10.

5A PV: 1. Riley Floerke (Gregory-Portland, Gregory) 13-0.

LJ: 1. Jasmine Moore (Lake Ridge, Mansfield) 20-7; 2. Claire Bryant (Memorial, Houston) 20-4.

TJ: 1. Moore 44-10 (3, 4 HS) (44-1½ [5, x HS] 44-10; 44-3½ [x, 10 HS], 42-5½, 44-1½, 44-2½);

2. Lorilei Daniel (Marcus, Flower Mound) 41-6; 3. Michelle Graham (Cinco Ranch, Katy) 41-3; 4. Koi Johnson (Dickinson) 41-2½.

SP: 1. *Paige Low (Lee, Midland) 45-11. DT: 1. Low 168-3.

T&FN Interview – Christian Coleman

JEAN-PIERRE DURAND



Christian Coleman closed out his '18 campaign with a win in the DL Final; what will this year's debut in Shanghai produce?

by Sieg Lindstrom

HAVING FINISHED the '18 season with a bang, his 9.79 PR sewing up the season's Diamond League 100 title and climbing him a rung on the all-time list to =No. 7, Christian Coleman is once again girded for battle on the DL circuit. Shanghai on Saturday (May 18) will be no gimme rust-buster for the 23-year-old Tennessee alum, who walked the graduation stage in December with his World Indoor 60 gold and pair of '17 outdoor Worlds silvers draped with pride around his neck.

In the Asian DL venue he is set to meet fellow Americans Ronnie Baker, Noah Lyles and Mike Rodgers, '18 sub-9 men all, along with China's recordholder at 9.91, Bingtian Su. The seasonal DL century tilt, Coleman's second as a pro, is primed to roll out hot from the start—just the way he likes it.

Coleman's soon-to-end 8½-month competition break included a move, following coach Tim Hall—his guide since his first steps as a Vol in '14—"about 2 hours up the road" to Lexington, where Hall was hired last summer to coach Kentucky's sprinters and hurdlers. Different training track, same program, adjusted, of course, for a

new point on the Georgia native's developmental curve. This year Coleman intends to add the 200, in which he won 3 NCAA titles—2 indoors, 1 out—back into his championships program.

The indoor 60 World Record holder fielded T&FN's questions on a post-workout afternoon in his final preseason training week. After over-the-phone pleasantries, it felt like the right time to ask how he handled three-quarters of a year away from competition. Must have felt strange, right?

T&FN: What's it been like just training for months past your usual startup date?

Coleman: It's been a journey but it's something that everybody's had to deal with, adjusting your season to try to plan to make that World Championships team. It's been an adjustment but it's just part of the grind and I think that's the part that you have to embrace. That's the fun part to me, just grinding and figuring it out. Now that it's time to actually compete, that part's over. I'm just excited looking forward. You know, we'll see if all that planning paid off. I'm excited about it.

T&FN: How do you gauge your fitness. Do you know you are ready for Shanghai?

Coleman: Well, my coach, he's so technical. He does a lot of base work and a lot of strength

work to be round-ready so based on my times in practice and based on how I'm feeling after certain workouts, I think I'm really ready to get out there and compete and see where I'm at. With me it's difficult cuz I like to feel like I'm super-ready and feel like I want to be at 100%, but my coach is kind of like, "We'll take our time with the speedwork. We'll do a little bit now and just build up as we go through the season and get ready for USAs." But as far as right now, I don't like to put a time or anything like that out there, but I feel pretty good. I feel as best as I've ever felt."

T&FN: That sounds promising before your season opener. Last year you ran under the 60 WR in your first race. Have you worked on anything particular to perfect your sprint game?

Coleman: Definitely. As a sprinter, as anybody who takes pride in what they're doing and wants to be the best at it, you never get satisfied with what you've done in the past. Track & field is a sport of "What have you done for me lately? What can you do for me now and in the future?" So I'm always just trying to get better and fine-tune things and perfect my craft. And I take a lot of pride in that. I've been working on my start a lot, trying to get better at that, and the transition. And one of my weaker points is finishing out

Christian Coleman In A Nutshell

Personal

Christian Lee Coleman was born March 6, 1996, in Atlanta, Georgia; 5-9½/170 (1.76/77). He took up the sport at age 5, won an AAU long jump title at 11, and juggled football on his schedule as well through his high school senior year which he finished with 3 Georgia State titles (100, 200, LJ).

Schools

Westlake HS (Atlanta, Georgia) '11; Mercy Catholic HS (Fayetteville, Georgia) '14; Tennessee '17 (turned pro after junior season); Nike '17-present

Coaches

Seth Coleman (father) age group; Robert Earl Wilson (Westlake HS '11); Mark Tolcher (Mercy HS); Tim Hall (Tennessee & pro). Agent: Emanuel Hudson

PRs

60i—6.34 WR ('18) (fastest 3 performances ever); 100—9.79 ('18) (=7 W; =3 A); 200—19.85 ('17) (3, 3 C)

Progressions

60: '15—6.58; '16—6.52; '17—6.45 (2, 2 C); '18—6.34; '19—none
100: '14—10.30; '15—10.18; '16—9.95; '17—9.82 CR; '18—9.79; '19—none to date
200: '15—20.61; '16—20.26; '17—19.85; '18—none; '19—none to date

Major Meets

60i—6)NCAA '15; 3)NCAA '16; 1)NCAA '17; 1)US, 1)WIC '18
100—2)NBN '14; 5sf)NCAA, 2)USAJ '15; 2)NCAA, 6)OT '16; 1)NCAA, 2)US, 2)WC '17
200—5sf)NCAA, 4)USAJ '15; 1)NCAAI, 2)NCAA '16; 1)NCAAI, 1)NCAA, 2)US '17

World/U.S. Rankings

100: '16—x/7; '17—2/2; '18—1/1
200: '17—5/3

races and being strong. So I've been working on my top end speed as well and being able to hold it. I've been working on everything, man. I just want to be a full, complete all-around sprinter, you know? A 60, 100, 200 guy so that's what I've been working on and I'm excited to see my hard work pay off. I think it will be a good season.

T&FN: With so many pros skipping indoor to calibrate the timing of this season for a fall peak, fans are on the edge of their seats as outdoor gets rolling. You raced on 4 x 200 and 4 x 400 squads at the Florida Relays?

Coleman: Mmm-hmm, 4x2 and a 4x4. It was right in the middle of a training cycle, just get out there and get the feet wet a little bit and compete with a couple other good pros, and just see where you are. You cannot really replicate actually running in a meet in practice so I think that was good to have a meet thrown in the middle of training.

T&FN: Any splits from those relays?

Coleman: The 4x2, I'm not really sure. It's hard to get cuz I ran second leg. It's easy to get the fourth leg since they start it right at the 200 mark. So I'm not sure but the 4x2 actually felt harder than the 4x4. We hadn't done a whole bunch of speedwork to that point. So you get the stick and it's just like full-out sprinting for 200 meters. That kind of felt hard for me, I hadn't done that in a while. In the 4x4, we've been doing a lot of base training so I could kind of sprint and then relax in and then kick at the end. Of course it's gonna hurt but it felt better than the 4x2. They got me around 44.8, 44.9, which is pretty decent for me, being a sprinter, and especially at that point in my training.

T&FN: You ran second leg on that 4x4. It's a

very different race from the 4x1, but in the short relay you've run really well on second leg and on anchor. Do you have a preference?

Coleman: Nah, I don't really have a preferred leg. Throughout my career I've pretty much done them all. They're kind of all similar in their own right in that you get the stick and go as fast as you can. I guess the different aspect is that second leg is the guy that's supposed to get you the lead and the fourth leg is the guy who's supposed to bring it home and get all the good pictures and celebrate and everything. So a lot of people like to be fourth leg, but for me, I don't know, I'm a team

player, I just want to do whatever the coach says is the best. So I don't really have a preference. I think I definitely have one of the better starts in the world so I think first leg would be good for me or fourth. It don't really matter to me as long as we get the stick around in a good time and come out with the win.

T&FN: How are you liking Lexington?

Coleman: I moved up there with my coach and I've been training. It's decent, it's all right. It has a lot of similarities to Knoxville but it's definitely not the same cuz Knoxville's where I went to school so it was a lot more comfortable and I know more people and more people know me and recognize me. So I could just go anywhere I wanted in the athletic department. It's a different aspect but I'm a simple guy. All I need is a place to stay, a place to come in and get the work in with my coach, good nutrition, and that's about all I need so it serves its purpose, it gets the job done. Training's been going really good, though. I'm feeling great, just in a new city.

T&FN: Do you train at a different time of day than at Tennessee?

Coleman: Not really. Being in college really prepares you for being a pro because your schedule is so hectic, going to class and coming over for practice and going to team meetings. Then coming back and having to go to study hall, you're just always on the go being in college and still trying to perform as a world-class athlete. But now that I'm done with school I just go to practice and go home and kind of chill so it's actually a lot less hectic of a schedule. I practice kind of around the same time. Sometimes I'm out there with the college guys on the team, our practices overlap. I don't necessarily practice with them but we're kind of all out there at the same time sometimes.

T&FN: College competition seasoned you quickly, for sure. You ran good times as a frosh, made the NCAA Indoor 60 final and the semis in both dashes outdoors. Boom! As a soph you went sub-10 and ran on the relay in the Olympic heats. You probably learned some valuable lessons along the way.

Coleman: I always tell people going to Tennessee was one of the best decisions I've ever made. I played football in high school and also ran track so I wasn't really sure what I was going to do with my future going into my senior year. I didn't

On Living The Professional Lifestyle

We wondered, has anything about the pro-athlete lifestyle surprised Christian Coleman? He's still rather new to it, don't forget, with just a season and a half logged.

Coleman: Not really. There's pros and cons of coming off of college but the pros far outweigh the cons. I just don't like being in school so since I'm not in school anything else that comes with being a pro is just going to outweigh that. The biggest thing with being a pro is that you control everything. You can choose who you want to be your agent, what meets you go to, when you want to run. If you don't want to show up to practice you don't really have to. Being a pro and being able to set up your own situation is really cool to me. Especially because I'm self-motivated. Like I said, if you don't want to show up to practice, you don't have to. If you don't want to finish the workout, nobody's going to force you cuz you're not on the team, you don't have teammates. I can understand how some people fall off and don't do as well as professionals, but for me I think it kind of just upped my game a little bit. I'm getting paid to do this now, this is all I have to worry about, running track. Let's go, let's do it.

T&FN: Is practice all business or are there light moments?

Coleman: [laughs] Nah, it's rarely serious. Especially since I've known [coach Hall] for a while, he was my coach in college, ever since I was 18-years-old. So he's seen me grow and mature. We have an understanding now that no matter what it is, whatever day, I'm going to come into practice, I'm going to work hard, I'm going to get it done, do what I've gotta do. And he trusts in me that I'm going to do my thing. I put all my faith and trust, I'm putting my career, in his hands. He's going to get me prepared for these meets. So we just have an understanding that we'll come to practice, do what we gotta do, work hard and get it done and go out and try to get gold medals. Now that you have that relationship and understanding with your coach, it doesn't necessarily have to be all serious all the time. We're always cracking jokes and laughing. He thinks it's funny when we're dying at practice and stuff like that. We have a really good relationship.



Coleman's breakout '18 campaign saw him claim the indoor 60 World Record in his first race.

really get the offers I wanted from football but I did with track from a lot of high-profile programs and so decided to go run track at Tennessee, and it turned out to be the best decision I've ever made. My freshman year, me being a competitor, it was decent. I was the fastest freshman but I went to the NCAAs and got [5th in the semis] in the 100 and 200. That just kind of left a sour taste in my mouth and helped me to up my game to a whole 'nother level and tune in and fix a lot of things. It really pointed out a lot of my flaws. So just coming back the next year and working on that and just getting better, and maturing naturally as well, getting bigger and stronger. Then I made that Olympic team. When I made the Olympic team that was kind of a breaking point for me: "Man, I've worked hard and I see I want to be at this level. I feel like I can compete at this level. I made it and I feel like I still have a lot of things to work on. I feel like, not only am I capable of being at this level, I feel like I can definitely compete with these guys and dominate at this level as well." I just used that as a confidence boost going into that next season my junior year.

My junior year, it was a special season, everything just kind of worked out in my favor. The indoor season [=CR to win the NCAA 60 and a 20.11 PR to win the 200], and I did my thing with 4 national titles. It just rolled into the World Championships and my profile kind of just took off from there. It happened really fast but there were definitely a lot of lessons within those three years running for Tennessee that really prepared

me for my professional career. I wouldn't change anything for the world.

T&FN: I think I could guess what your highlight moment from the '17 World Championships was, but what stands out in your memory from running in the Olympics, the biggest meet there is?

Coleman: I have so many memories from just that whole time. My time from there to the World Championships was literally just a complete 180. I wasn't expected to make that team. I made it but all the professionals on the team, I didn't know them and I looked up to guys like Justin Gatlin

and Tyson Gay, and now I'm at relay practice with them. Running on that prelim squad and going out there and being in that big of a stadium and not really knowing what to expect but then going out there and actually competing. Being on that stage at such a young age, I'd just turned 20 years old, I don't know, it was just a huge learning experience. I just made so many memories that will last a lifetime that I can't really pinpoint what my favorite is. I was just there like a deer in the headlights soaking up as much knowledge as I can, just everything and using that experience

On Dealing With Injury

The sprint world certainly took notice when Christian Coleman set the indoor 60 straight alight in '18. Then came losses in his first two DL 100s of the season and reports of a leg tweak we soon learned was a right hamstring strain. He skipped USATF and then decided to forego the London DL after feeling tightness in his leg during warmup. Was the injury serious?

Coleman: I wouldn't call it an injury, just cuz I feel like when you're injured you can't really run at all, can't compete. I just hurt my hamstring. One day it cramped up really bad. Then I came out the next day or two days later and tried to practice, a sprint day, and it kind of just locked up on me. At that point instead of just shutting it down I tried to fight through it and keep going when I should have taken care of my body then and maybe take some time off to heal up. But I didn't and eventually, I don't know, I just could not get up to top speed at all. It just hurt and I felt like it was going to pull. So at that point I had to cancel a couple meets and shut it down.

Coming off that indoor season I had taken my body to a point that nobody else in the history of the world had been to. I had run faster than the [60m] World Record 3 times. Nobody had been to that place in their career and nobody's body had been taken to that point. I think maybe after indoor I could have maybe taken a little more time, but I think it was just me not focusing on the off-the-track things that you have to do to be able to stay healthy.

to prepare me for the next season. Now I'm in a totally different place. We're definitely going to the World Championships the next year. I went from nobody knows who I am to now people were expecting me to actually compete at this world level. Then the next year I'm literally like a favorite. So it's just a complete 180.

T&FN: Just hanging out in the Olympic Village must create some memories. Not many get to do that.

Coleman: Some of the other younger guys on the team were who I mostly hung out with. Trayvon Bromell and Jarrion Lawson, we had just a whole bunch of funny times, going to the cafeteria and walking around the Olympic Village and just hanging out. [Before the Games] we went to Prairie View and had the little relay camp. I don't know, just being around those guys and putting it in the perspective of literally I graduated high school two years ago and now I'm competing with the best guys in the world and handing the stick off to Tyson Gay. You can't write a better script than that, it's a crazy feeling. I was just taking things in and cherishing the moment because sometimes you don't get a chance to really sit and realize what you've done in your career, the place that you're in. But me, not being a favorite and barely making the team and only running in the prelims, I definitely got the opportunity to sit back and realize the stage that I was in. A lot of memories of Trayvon and Jarrion, and Devon Allen was my roommate, so a lot of memories of him. Arianna Washington, she was on that team as well so we became friends and went and did stuff a couple times. The McDonald's in the Olympic Village, I definitely had a lot of McChickens out there.

T&FN: Famously, Bolt's go-to food at the '08 Olympics was chicken nuggets. Did you have any of those?

Coleman: I don't know, I'm not really a fan of the McDonald's chicken nuggets but the food out there in the Village was not that great, I'm not gonna lie. So everybody would be at the McDonald's, the line was super-long. Everybody was eating McDonald's every day so my big thing was that I'd just get a little McChicken and try to at least not get the McDouble. Some fries and a little smoothie.

T&FN: Trying to eat as healthy as you could at McDonald's?

Coleman: Yeah [laughs]. Free McDonald's.

T&FN: How do you eat now as a pro?

Coleman: Man, I definitely have had to learn a lot of things over the years since then. Because once you get to this level it's about maintaining and fine tuning things. It's not just going out to practice and working hard. I had to learn about nutrition and hydration and getting the proper rest; doing the things off the track just to stay healthy. I obviously had to get better in all aspects of that. I cook a few more things now. Sometimes I'll do a little meal prep throughout the week. I'll cook some chicken and I like a little sweet potatoes. I'll make some pasta or something like that. I try not to eat out as much or when I do eat out I'll go to like Whole Foods and get some food there. I'll drink my smoothies in the morning with the fruit so I definitely have gotten a lot better, especially since then. I try to take care of my body more, just drink water.

T&FN: You've said Coach Hall gets a kick out of watching you work through the painful parts of training. Which types of workouts do you like? Are

there any that you dread?

Coleman: He thinks that he's got one when he sees somebody throwing up. That's a win for him [laughs]. I don't know, favorite workout? I like the sprint days. I'm not going to go into specifics of what we do in the workouts, but I like block days. It's so technical, we're working on little things, watching the film and trying to perfect my start. I like when we have block days like that. The worst is pretty much all fall-training type of stuff: 300s—man, 250s—and we have some workouts where we run a 300 and then have some 50s in between so you're tired. You still get up and run and then a little break and another 300. Stadiums, hills, none of that is fun but I guess dreaded workouts would definitely be running repeat 300s.

T&FN: What sets you apart and makes you a great sprinter?

Coleman: I think my difference is just my mindset. To me it just comes natural but I feel like being in this place for the time period that I have been so far, I see that my mentality is just totally different from a lot of guys. Growing up, and especially being from Atlanta, it's just so competitive. It's dog eat dog so I'm coming in every single day just trying to outwork the next person. I'm not just going against my training partners, I'm training to beat the guys on the other side of the world that are training, the guys that are my competitors that are trying to make the USA team, take my spot. Just that mentality of trying to always stay hungry and always just trying to dominate. And not being afraid to say that, "Yeah, I'm trying to dominate and I don't care who you are, I don't care what time it is, what the weather is." When we step on the line I feel like if I'm on my A-game, I came here to win, I came here to dominate. I feel like just having that mindset has definitely prepared me to try to go out there and just win anything possible and always get better. Even if it's like an inch more of improvement that I can get, I'm going to try and go and get it. Just never being satisfied, never settling for anything less than what I feel like my

full potential is. A lot of guys work hard, a lot of guys go in, they can lift a lot of weight and put the work in. I just feel like me recognizing that I have this talent, this mindset that I just want to dominate at anything at any point in time, whether it's practice, lifting weights, being on the line, working out, I just want to go get it. I think that's the difference in me.

T&FN: You're a professional and a World Record holder. If you were a pro football player, you'd tell people what you do for a living and they'd grasp it. Do you find it hard to explain your job to people who don't follow track & field?

Coleman: Yeah. Especially in America. When I tell people that I'm a professional track athlete their first reaction is, "OK, that's really cool. So you're training for the Olympics?" And I'm like, "Yeah, essentially I'm training for the Olympics." But then they ask, "What does that entail? What do you do when there's not an Olympics?" I'm like, "Well, we have a full professional season. We have the Diamond League and other professional meets and we have a World Championships every other year." Sometimes it's annoying to explain because if you were in the NFL or NBA it would be, "Oh, yeah, professional football player" or whatever. But I think that's just part of growing the sport and promoting it. You've got to take time to explain to people what's entailed with being a professional track & field athlete.

T&FN: There certainly is the circuit you mention. In just three seasons you've competed in Rio, London, Birmingham, Rome, Rabat and Brussels. Do you enjoy the travel?

Coleman: Yeah, definitely. I think that's the best part about being a track athlete, that it's one of those sports that everyone can relate to and everybody can enjoy all across the world. So you get the opportunity to really go and see different cultures, meet different people and see how different people live. And just be in different areas around the world. Some people just never get the chance to experience it. That and getting to go and compete against people across the world.



GIANCARLO COLOMBO/PHOTORUN

Coleman capped the finest indoor season anyone has ever had with the '18 World Indoor gold.

CAS Rules In Favor Of IAAF Testosterone Protocol

JIRO MOCHIZUKI/IMAGE OF SPORT



Was her win in the Doha Diamond League the last 800 of Caster Semenya's international career?

CASTING 800 QUEEN Caster Semenya's future into doubt and refocusing a hot spotlight of controversy as well as empathy, the Court Of Arbitration For Sport (CAS) ruled on May 1 that the IAAF may enforce regulations barring athletes with 46 XY differences of sex development (DSD) from competing in elite women's running events at distances between 400 and a mile unless they can show their testosterone levels have not exceeded a specified cap in the 6 months preceding competition.

Semenya's DSD status is rare but not unique. Francine Niyonsaba and Margaret Wambui, the two medalists behind Semenya at the Rio Olympics are also DSD athletes. Semenya has vowed—with support from the South African federation—to appeal the ruling before CAS's 30-day deadline, but the decision means that as of May 8 she and other DSD athletes in the specified events must maintain testosterone levels of less than 5 nanomoles per liter (nmol/L). Testosterone levels for most women range between 0.5–1.5 nmol/L while levels of the hormone in men are typically 10–30 times higher, in the range of 10–35 nmol/L. The 3-member CAS panel, which voted 2–1 to support the IAAF's position—with some reservations—cited testosterone levels for DSD athletes of “7.7–29.4 nmol/L,” markedly higher than most women.

“I know that the IAAF's regulations have always targeted me specifically,” Semenya said in a statement. “For a decade the IAAF has tried to slow me down, but this has actually made me stronger. The decision of the CAS will not hold me back. I will once again rise above and continue to inspire young women and athletes in South Africa and around the world.” The double Olympic gold medalist raced and won the Doha DL 800 with Niyonsaba 2nd and Wambui 6th in what may well be the trio's last races at the distance, at least through the expected 6-month adjudication of the appeal. Organizers of the Pre meet announced that Semenya will race in its DL 3000, outside the “re-

stricted” event range, at the end of June.

“The Panel found that the DSD Regulations are discriminatory,” wrote the arbiters in their decision, agreeing with Semenya's lawyers on that troubling point, “but the majority of the Panel found that, on the basis of the evidence submitted by the parties, such discrimination is a necessary, reasonable and proportionate means of achieving the IAAF's aim of preserving the integrity of female athletics in the Restricted Events.”

The IAAF sees itself as having acted on the side of women athletes, as it explained in published briefing notes on the matter: “Empowering girls and women through athletics is a core value of the IAAF and the sport and sits at the heart of what all of us in athletics believe the sport can offer to participants and to the world. Because of the effect of testosterone on the body from puberty onwards, men are bigger, stronger and faster on average than women. That is why the female classification is ‘protect-ed,’ and why individuals who identify

as female but have a certain difference of sex development (DSD) (which means that they have the same advantages over women as men do over women) can pose a challenge to that protected category. This is why we introduced the eligibility regulation and why it must be defended: to ensure fair competition for all women.”

In essence, the IAAF regulations seek to draw a bright but fair line defining the women's-competition category. Sports federations have struggled with such a definition for decades, lurching from embarrassing, privacy-invading visual inspections through scientifically unsupportable chromosome testing, and onto the place where the IAAF has landed for the moment. It's a near certainty that no one has yet had the last word.

For now, though, how may DSD athletes wishing to compete in elite international competition (there are no IAAF-imposed restrictions for domestic meets) become eligible? The IAAF lays that out as follows.

To lower their testosterone levels in this way, affected athletes can either (a) take a daily oral contraceptive pill; or (b) take a monthly injection of a GnRH agonist; or (c) have their testes surgically removed (a ‘gonadectomy’). It is their choice whether or not to have any treatment, and (if so) which treatment to have. In particular, the IAAF does not insist on surgery. The effects of the other two treatments are reversible if and when the athlete decides to stop treatment.

Kenyan star Wambui told Agence France-Presse that her career may be over: “I don't even feel like going on with my training because you don't know what you are training for... I am not going to take medication because I am not sick and... those are chemicals you are putting into your body.”

You don't know how they will affect you later.” Semenya's comment on whether she'd opt for a medication regimen was sharp: “Hell, no.”

Even as they endorsed the regulations, CAS arbiters expressed concerns about application of the regulations on three counts:

1. What if an athlete following a testosterone-lowering hormonal protocol in good faith nonetheless fails a test? A ban under such circumstances would be unfair.

2. The panel questioned whether enough statistical evidence exists for a testosterone-imparted advantage in the 1500 and mile. It suggested the IAAF hold off on enforcing the regulations for those distances; the IAAF has rejected the suggestion.

3. Side effects of the hormonal treatments “could, with further evidence, demonstrate the practical impossibility of compliance,” effectively making the regulations as written unreasonably harsh.

Critics of the IAAF's scientific case to support the regulations—and there is no shortage of those—assert the hard evidence for a testosterone-driven advantage is too thin, that not enough data has been gathered and evaluated. To some non-scientists the assertion is curious since it has long been accepted that exogenous testosterone (not naturally produced in an athlete's body but introduced in a drug regimen) properly belongs in the banned PED category—for all events, including men. This last point highlights a concern of those who believe the regulations are justified: is it not likely that testosterone above the typical range for women also aids performance in other events, perhaps all events? The IAAF, mindful of shoring up its position, may as time goes by produce further data on that question.

Noted sports scientist Steve Magness, a pro coach and the XC mentor at Houston, summed up current developments succinctly in a thoughtful tweet storm, “Sport is being forced to draw a clear line when the reality is there is no easy delineation, it's a blurry one... It's possible to feel empathetic towards Semenya and those with DSD while still wanting some sort of dividing line along sex.” Not everyone agrees, although for now CAS does. Magness's tweeted conclusion distills one point of near consensus: “There is no easy answer to this situation. It's easy to have a negative visceral reaction from either side. But this issue is something that needs to be handled with scientific rigor and care.”

Who Will The CAS Ruling Affect?

What's at stake is sex, not gender identity, a separate issue but one inextricably wrapped into the discussion. The regulations, adopted in April of '18 but unenforced until now pending the CAS ruling, apply, as the IAAF has stipulated, to international competitors who are “legally female (or intersex) and who have one of a certain number of specified DSDs, which mean that they have:

- Male chromosomes (XY) not female chromosomes (XX), although in the past the IAAF has allowed athletes with XY chromosomes—notably Spanish hurdler María José Martínez-Patiño in the early '90s—to compete as women based on evidence their bodies were androgen insensitive.
- Testes not ovaries
- Circulating testosterone in the male range (7.7 to 29.4 nmol/L) not the (much lower) female range (0.06 to 1.68 nmol/L); and
- The ability to make use of that testosterone circulating within their bodies (i.e., they are ‘androgen-sensitive’).

RIP – Roberto Luigi Quercetani, Statman/Historian Nonpareil



RLQ was a key part of the T&FN operation from the magazine's inception in '48.

MAY 13 brought the sad news of the passing of one of the sport's truly larger-than-life figures, T&FN's longtime European Editor and World Rankings compiler Roberto Quercetani, at the age of 97 in his beloved Florence.

"RLQ," as he was typically referred to in the written world, was an integral part of T&FN from the get-go (see the editor's column for more). There's no better way to begin to tell the tale of his illustrious career than by reprinting an article written by Norris McWhirter (one of the creators of the Guinness Book Of World Records) that appeared in the December '52 edition of T&FN after an initial appearance in *Athletics World*:

"Among the small crowd watching the Italy vs. Germany international at Milan on the afternoon of July 15, 1939, was a 16-year-old boy. His interest in track & field athletics dated from 2 years earlier when he saw an AAU team that was touring Italy. Now he was witnessing the most unapproachable performance in track history—the mighty Rudolf Harbig's 800m World Record of 1:46.6.

"From then on Roberto Luigi Quercetani steeped himself in the statistics of the world's oldest sport. No radio report, no newspaper clipping escaped him as he worked away by the light of an oil lamp in his family's picturesque old house in the San Jacopo quarter of Florence.

The war brought personal tragedy and bereavement when the Wehrmacht carried out their clumsy demolition round the medieval Ponte Vecchio, but despite this, by the time the tide of battle had rolled past the 21-year-old Florentine had become the master of many languages—languages essential to one who had now become the greatest connoisseur of athletics in the world.

"Every moment that could be spared from his daily work in the sumptuous Secretary's office of the Government Tourist Bureau or his lectures at the University of which he has a Doctorate of Philosophy were spent in rescuing or collating performances made in the inter-war years.

"His correspon-

dence grew and grew but none was more assiduously conducted than that with the brilliant American doctor of mathematics, Donald H. Potts. Mrs. Potts once described the correspondence—which reaches over 30 close-typed quarto sheets per letter, as 'short introductions to interminable PS's.' In 1948 they published together a fabulous 70-page booklet listing the 100 best marks of all time in each event. The sales were pathetically small but gradually the booklet filtered out into the hands of enthusiasts in many countries. Two years later the authors learnt that the XIVth Olympic Games had been seeded largely upon its invaluable data.

"In July 1950, on the way back from Greece, the author made a visit—or should he say pilgrimage—to Florence to see the man who was able to make figures live so vividly. From a callbox in Firenze railway station came a quiet cultured voice speaking perfect English with a slight American intonation,

apologizing for his 'poor' English since he had been unable to find anyone to converse with in it for the past 11 years! He invited myself and a companion to dinner in a cafe by the river and



In '78 RLQ handed off our first-ever Women's AOY plaque to East German high jump star Rosi Ackermann.



A young RLQ (l) with Swiss statistician Fulvio Regli at the '52 Olympics in Helsinki.

there he talked of the great athletes of the past as if they were close acquaintances. He also talked of his plan of founding an association of track & field statisticians to coordinate their efforts. His approach was beyond the narrow nationalistic one of most sportswriters. One felt that here was a man whose only wish was that others could share his enjoyment—an enjoyment born of intense interest and remarkable knowledge.

"A month later in another cafe in Rue de la Montagne in Brussels the ATFS [Association of Track & Field Statisticians] was formed. Queretani, who was in the chair, conducted the inaugural meeting in German, French, English & Italian. In addition, he reads Swedish, Spanish and even dabbles with the most impossible of languages, Finnish.

"Though only 30 years old the spare, bespectacled wizard, who said of himself, 'My personal non-participation in athletics was of little loss to Italy,' has made his impact greatly felt. Perhaps his greatest task lies ahead."

Roberto turned out no end of great tasks for us, beginning with the second edition ever of the magazine (or as it was then, "newspaper"), March '48, writing a long column of international analysis in which we referred to him as "one of the world's foremost track experts." Talk about understatement.

A 60-Year Career

For some 6 decades in the blocks RLQ bur- nished his legend, finally hanging up his World Rankings spikes after the '07 season, explaining in our February '08 edition, "That of 2007 was

my 60th venture in World Rankings history and I decided it should also be my last. Not the least reason for this decision is to be found in the cleverness of my teammates. They'll have no trouble in brilliantly going on."

In a farewell piece he penned in that issue, RLQ explained his role in the World Rankings: "Track & Field News and World Ranking are astrological twins in the strictest sense of the word. Both came to life in February 1948 in a large-format issue. Cordner Nelson was the inventor of the World Rankings. In said issue he presented his World Ranking Of Top 20 Men In 1947, with entries lined up on the basis of championships won, consistency of performance and victories over star athletes. Most were listed with only two or three marks, made in significant competitions.

"For the '48 season, the Nelson brothers invited Don Potts and me to take over. As rabid statisticians who had been helping the Nelsons since the start of their hard venture, we obviously had no objections. First we decided to cut the number of entries to 10 per event, giving for each man all or most of his marks for the season. The criteria we adopted—1. honors won; 2. win-loss record; 3. sequence of marks—are still in place today.

"Each of us acted as compiler of half the events and as consultant for the other half. Whenever we couldn't agree on a given choice, the final decision was made by the compiler of that particular event.

"By the summer of '48 T&FN had adopted a magazine-sized format and the text appeared in mimeographed form. That technical story

has a funny side: Don and I used to send our stuff in typewritten form and readers familiar with our machines could tell whether the event 'belonged' to Don or to me.

"We did our best to treat all candidates evenly. Don, true to his ethics as a man of science, was impermeable to chauvinism; I was probably helped along that line by my life-long aspiration to be a citizen of the world, cultivated through the study of foreign languages. I can recall only one major case in which neither was fully satisfied with his own choice—Don slightly favored an Italian and I slightly favored an American. A third party helped us avoid a tie, which would have been against our 'regulations.'

"Back in '48 Don once rejoiced because our letters had made the round trip USA-Italy-USA in what he called record time—11 days! Not to mention how difficult it was to learn about marks from far and wide. On the other hand, I believe the game is probably more difficult now than it used to be. International meets are far more numerous than they once used to be.

"Take Fortune Gordien and Adolfo Consolini, once the cream of discus throwing. Between '48 and '56 they locked horns only 4 times—3 of them in the Olympic Games and only once in a lesser meet. On the contrary, in '07 we had a case the likes of which I had never faced before. In the 800, Alfred Kirwa Yego of Kenya ran 13 finals. Of these he won just one—the Worlds! Given his many losses in other races, we ranked him no higher than No. 7."

There's no doubt where RLQ belongs in the pantheon of the sport's all-time experts: No. 1.

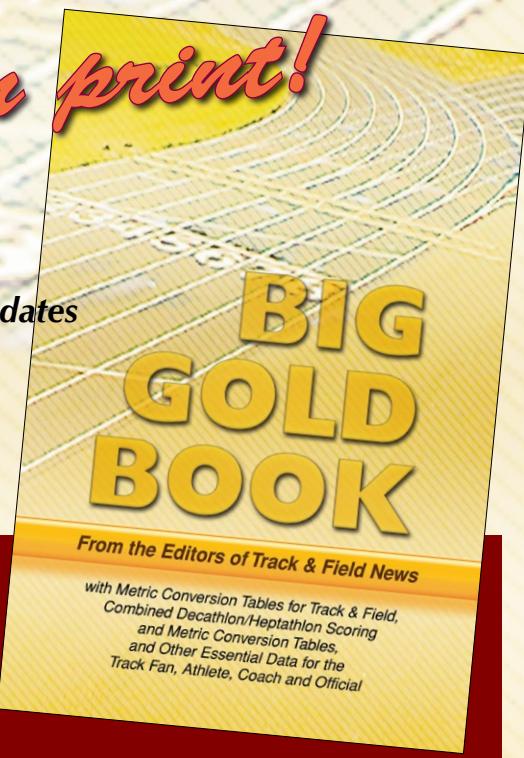
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2020 Eugene, Oregon OLYMPIC TRIALS

**Tour Dates:
June 18-29, 2020**

The 2020 Olympic Trials will be in Eugene, Oregon, at the new Hayward Field stadium. T&FN will be there with another great Trials tour. Trials dates are June 19-28. Sign up now for one of the major meets of the quadrennium. The tour price for the 2016 Trials (in Eugene) was \$2450 per person, double occupancy, 11 nights. We expect the 2020 price to be a bit more. Current deposit requirement is still \$750 per person. Don't delay, not too much space left.



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WHEN CLOUDY, bet on human: One of the innovative events for June's IWC meet in Hengelo will feature Dutch 400 recordholder Lisanne de Witte racing a solar car over 300m...

Florida's Tom Jones Memorial saw an interesting bit of history this year, as Olympic gold medalist Christian Taylor—who has been part of the Gainesville scene on and off since he trained there as a Gator '09–11—triple jumped at his "home" field for the first time.....

Organizers of the Chicago Marathon have announced the event raised \$22.7 million for charity last year...

The Great Stirling XCountry race, which has been on the world stage for 10 years and drawn U.S. national teams, is closing shop. Organizers say, "The cost of staging this event is increasing at the same time as commercial revenue is declining and the reality is, the event is no longer economically viable for us to stage..."

The Cayman Invitational, originally scheduled for June 1, has been canceled because of financial difficulties...

The Jamaica International has also been canceled...

The organizers of the half-marathon in Trieste have banned African runners. They say their controversial move is to draw attention to the "trade in high-worth" African runners, and their resulting exploitation...

The challenge of winning every World Marathon Major—something that Eliud Kipchoge said is on his bucket list—could get a bit harder as China's Chengdu Marathon has applied for membership in the WMM fold...

The PRRO road circuit crowned its champions at the Lilac Bloomsday 12K in Spokane, with Gabriel Geay of Tanzania (34:50) and Rosemary Wanjiru of Kenya (39:06) both claiming \$7000. They split an additional \$10K in bonus money...

Win an island! At Finland's Paavo Nurmi Games (Turku, June 11), any man who can break the meet record in the discus or the javelin will win the deed to a nearby island. The discus mark of 232-10 (70.98) was set by Mac Wilkins in '80. The javelin mark of 305-5 (93.09) was set by Aki Parviainen in '99...

More fine tuning of the Olympic site-selection process may be in the works as IOC head Thomas Bach told the Australian Olympic Committee the current system "creates too many losers." The Aussies are preparing to put forth Brisbane as a candidate for the '32 Games...

And an IOC working group is recommending that bids for future Olympics and Paralympics be accepted from multiple cities, regions, or even countries as a means of making the process more inviting by sharing the expense and organizational burden of hosting a Games...

Florida A&M has been banned from post-season participation in a number of sports, including track, for the next 2 years after an NCAA investigation found that the school "lacked control" over the athlete-certification process...

This year, for the first time, the Brooks PR high school invitational, set for June 15 in Seattle, will feature pro 1500 races. The races will be set up to target World Champs standards...

Michael Rotich, who was team manager of the Kenyan Olympic team in Rio, has been banned for 10 years by the IAAF for taking bribes to tip off athletes about drug tests. He was also fined \$19,000...

An Inheritance From A Nigerian Prince?

What's a zero among friends? In May of 2017 the IAAF made a bank transfer to the Nigerian federation for \$150,000 instead of its annual grant of \$15,000.

When the error was discovered the Nigerians assured Monaco that the mistake would be reversed promptly, but a November '17 meeting failed to fix things. Last June, the Nigerian federation promised to pay back half the missing \$134,000. That didn't happen either. Now the IAAF, in a May 11 letter, has threatened the Nigerians with sanctions if the full amount isn't paid by May 25. An IAAF suspension could go so far as to ban the nation from the World Championships and/or the Olympic Games.



Ohio State's Anavia Battle won a 100/200 double at the Big 10 Championships.

The adidas Boost Boston Games (June 15-16) will be moving a few blocks west to Copley Square. This year's meet will introduce 600m road races, as well as putting the elite and high school miles onto a road course.

The name game: throwing the javelin this season for the Air Force Academy is Parker Spearman...

Concerns are being raised in Nairobi that preparations for the '20 World Junior (U20) Championships in Kenya are not going as planned. "We realize that we are getting extremely late in putting things in place for the Nairobi competition," says Barnaba Korir, a member of the local organizing committee. "If you look at the IAAF timeline, all aspects of our planning are in the red..."

Time-staggered start gates were used for the first time on humans at the Dynamic New Athletics meet in Minsk in May. "We are very pleased with the results of today's test event," said the VP of European Athletics, Libor Varhaník...

French prosecutors have finally recommended that former IAAF president Lamine Diack and his son Papa Massata Diack stand trial on charges related to corruption and money laundering...

Prosecutors in France have also filed preliminary charges against Yousef al-Obaidly, a top Qatari businessman, in connection with suspected bribery in Doha's pursuit of the '17 World Championships. He was a senior official of a Qatari firm that paid \$3.5 million to a company controlled by Papa Massata Diack in the days before the 2011 vote on the World Champs site.

Dale Greig, the first woman known to run a marathon on a certified course, passed away from cancer on May 12, at age 81. The British runner set her World Record of 3:27:25 in 1964...

Christopher Taylor, the 19-year-old Jamaican sprint sensation, will be joining coach Rana Reider at his Florida training camp. The World Youth champion in '15 has PRs of 10.11, 20.35 and 44.88...

Two-time Olympic shot putter Joachim Olsen of Denmark is running for parliamentary election... and advertising on a major online porn site. "You have to be where the voters are," said the center-right politician...

In Vienna in May organizers are hoping to see a "World Record" in handbag throwing. Men will be throwing the 2kg (4.4lb) handbag and the women 1kg (2.2lb). The current men's record, apparently, is 151-7 (46.20) by Germany's Stefan Koopmann. No word on if designer implements are allowed.

TRACK SHORTS

KIRBY LEE/IMAGE OF SPORT



"A lot of people think our job is to get as big as possible, but that's not true for everyone," explains putter Darrell Hill.

PREPSPRINT STAR Matthew Boling says he will concentrate on age-group competition this summer, running the USATF Juniors rather than the Seniors. And if he makes the national U20 team he'll then go to the Pan-Am Juniors. Coach Chad Collier explained to NBC Sports, "That's a place where he can go and be successful, not be thrown to the wolves. He has an opportunity to get on the stand in several events, then get a chance to go to the University of Georgia, be a freshman, be a college student."

Ted Ginn was the nation's top-rated prep hurdler back in '03 (and No. 2 the next year), but subsequently concentrated on football and never made any collegiate impact in track. Now 34, and known as one of the NFL's faster players, in mid-May he said he'd "race anyone" for \$10K. The confident Texan Boling tweeted, "Bet."

Speaking of confident sprinters, **Christian Coleman** didn't spare any snark after losing to Noah Lyles in Shanghai by all of 0.006. He tweeted, "Some of y'all got the game messed up. The name of the game is World medals. But PRin' in May is cool for social media doe."

Shot ace **Ryan Crouser** has revealed that he was offered a tryout with the NFL's Indianapolis Colts prior to the '16 Olympic Trials. "They have a special scout. He looks for athletes outside of the traditional football realm to come in and maybe play a more specific role, mostly probably on defense or offensive lineman. I said, we'll see

how the Trials go. Then the Olympics went pretty much perfect, so I ended up postponing it."

Crouser is known for struggling to keep his weight up and rival **Darrell Hill** opened up to "Spikes" about one of the challenges of the shot: "A lot of people think our job is to get as big as possible, but that's not true for everyone. Some throwers are trying to maintain mass, others are already heavy and feel they need to lose weight. I had a lot of success at a heavier weight but I wanted to maximize my potential. "It was tough to lose weight—I do love eating—but in our event you just can't afford to not maximize your ability. "Other guys have the opposite problem. I see Ryan Crouser on a daily basis and it's funny to watch him at meals; he struggles to eat enough just to maintain weight. But just being around guys like him shows me what is required to be at the very top."

Speaking of large putters, there's 6-5/397 (1.96/180) **Eldred Henry**, who has been dominating NCAA Div. II. The Findlay junior's season best of 67-5½(20.56) is just 3 inches off his lifetime best. An Olympian from the British Virgin Islands, he only started throwing as a senior in high school. Now 24, Henry plans to stay in the sport for some time. "Right now I'm exactly where I wanted to be," he says. "I'm ahead of schedule but it's working out in good favor."

Sifan Hassan wasn't distraught about finishing 5th in the Shanghai 1500 in 4:01.91. "In

my entire career I have honestly never lacked as much speed. My aim was not to finish last. I have been in heavy endurance training, so I'm really lacking speed. I would have preferred a quicker pace to have used my strength, so I'm reasonably happy with 5th."

Florida coach **Mike Holloway** took the blame for Grant Holloway's SEC hurdle loss to Kentucky's Daniel Roberts: "I've got to coach Grant better. I'm going to put that on my shoulders. I've got to do some things to get him locked in better the last part of the race. That's my job, and I'll get it done."

Ukrainian high jumper **Bogdan Bondarenko**, who won WC gold in '13, missed last year due to a serious knee injury. He was disappointed with his first meet back, a 10th in Shanghai, saying, "The preparation went almost according to plan, but

small problems arose at the final stage. Taking into account that I have been preparing for this season for two years, I would like to have a better shape. The injury still does not allow me to do all the exercises, but we've adapted and found a replacement for them." He'll be 30 when Doha rolls around.

Explaining, "My time on the track is almost over so it is important to start thinking of the road races, reigning world 5000 champ **Hellen Obiri** is planning her transition to longer distances, up to and including the marathon. Now 29, she says, "I have not done the 10,000m on the track so I'm going to do it at the Kenyan Trials. It's very hard to even make the Kenyan team but of course I want to make it and then from there you can see me doubling in Doha. "I want to transition just like my friend Vivian Cheruiyot from track to marathon. Maybe from next year after the Olympics. I will do 10km and the half-marathon from there and then maybe move up to the marathon."

Sprinter **Lynna Irby** has clarified her decision to leave Georgia and turn pro. She told David Woods of the Indianapolis Star, "These next three years are very crucial, especially with my career and my development. I don't want to have to live with any regrets." She has relocated to Clermont, Florida, and will be working with coach Lance Brauman and his impressive speed group.

The tiff between **Mo Farah & Haile Gebrsellassie** (Last Lap, April) got a little more interesting, as the Ethiopian great says things started

getting testy two years ago, when he refused to let coach Jama Aden stay at his hotel. Aden has been controversial since several of his athletes were suspended in '15 because of doping violations. The next year, Aden was arrested by Spanish police after performance-enhancing drugs turned up in a raid on his training center. Following Gebrselassie's revelation, UK Athletics announced that it was going to question Farah about his relationship to Aden.

After the London Marathon, where she PRed at 2:26:33, **Molly Huddle** said, "I'm going to try to run Worlds on the track," so will be aiming at the 10K at USATF. She's also planning a half-marathon in the fall but doesn't intend to race the 26-miler again until the Olympic Trials in February.

In winning the ACC crown, the **Virginia Tech** men relied heavily on youth, bringing only 1 senior out of 29 contestants. An impressive 17 were frosh. "Those kids really came through for us," says coach Dave Cianelli. "We've never had a freshman class of this size but also of the talent level. If they can maintain their composure and stay humble... these next 3-4 years could be the best in our program's history."

The discuss title **Gabi Jacobs** won at the SEC was the third for the Missouri senior. "It feels bittersweet," she said. "I can't believe 4 years went by that quickly, but I'm really glad that I came out here and was able to win a third time. I'm proud to be able to produce for my team over these past 3 years. "I think how I build on this is to be more consistent. Just having fun and staying in the zone and just keep doing what I have to do."

Emma Bates scored an extra \$2500 at the USATF 25K championships by winning the "race within a race." The elite women got an 11-minute

head start over the men; first to the line gets the bonus. Said Bates, "The other women push me so much so I don't really think about the guys until the later stages of the race, then I try to pick up as much as I can, but I'm just fighting with the women up there and they're so strong." Her 1:23:50 topped the American Record effort of 1:13:48 by Parker Stinson. She explained, "I ran the half-marathon championships in Pittsburgh last weekend and I didn't feel myself so I had a lot of fire under me. I wanted to go out today and just run my hardest. I didn't care about the time. I wanted to race hard and finish hard, and I guess that's what I did."

Ole Miss sophomore **Waleed Suliman** won a tactical SEC 1500: "It felt pretty good. I felt a little bit weird on the first lap, but I had to be tough mentally. I was just telling myself that it is nothing and not to worry about it because the last lap is coming really soon." Suliman, who closed in 53.21 in continuing his school's streak in the event—now at 4 years with 3 different runners—added, "Very important to keep the tradition rolling, same as indoors. I'm proud that our team is continuing that tradition and I promise you it will continue for many years."

Oregon's **Jessica Hull** is still a committed 1500 runner, despite her 15:34.93 in the 5000 putting her at No. 5 in the NCAA. "It's a lot of fun to try it over different distances," the Aussie senior says. "And at the end of the day if I can do something similar to the 1500 at different distances, when I do come down and run a 1500 hopefully I'll have a skill set and a lot of experience, and the legs will just be muscle memory."

Gleb Dudarev managed to win his third Big 12 hammer title despite fighting off a stomach

bug. "I was sick this week, but I did well," the Belorussian junior said. "I don't know why. It's really exciting. I don't understand how I threw really big meters."

Named: **Kenya's marathon team** for the World Championships, noting that the picks—which at this point don't clarify which runner will be the alternate—were based "on availability after many of our top athletes decided not to honor the invite." The men's team will be 5-deep (4 to compete) because Geoffrey Kirui has the defending champion Wild Card: Amos Kipruto, Kirui, Laban Korir, Paul Lonyangata, Ernest Ngeno. The women: Ruth Chepngetich, Sally Chepyego, Visiline Jepkesho, Edna Kiplagat.

Callie Jones of Southern Mississippi won the Conference USA heptathlon, but will be competing at NCAA Regionals in the javelin, where she has a 179-11 (54.85) best. "Javelin is like a stress reliever for me," she says. "I really don't think about it because I know I'm good at it and I know I can be good at it. It's just me going out and performing."

Still just 17, Ukraine's **Yaroslava Mahuchikh** won the DL high jump in Doha in a PR of 6-5 (1.96). "I was so surprised that I won because I am the youngest competitor here," she said. "So I am extremely happy to take the win and to jump a personal best. It is my first time here and I would love to come back for the IAAF World Championships but I can't get carried away."

Nijel Amos was not happy that Botswana didn't compete in the World Relays "due to lack of planning and execution between offices responsible for that," he posted, adding, "To fellow athletes, heads up, we will not be broken by this. Only making us strong."

MIKE SCOTT



Saucony's Parker Stinson crushed the American Record in the 25K with his 1:13:48. The old mark of 1:14:18 was set by Christo Landry in '14.

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

CLAUSS ANDERSEN



Wannabe WR claimants in the 400H would have an even tougher goal if Kevin Young hadn't started celebrating some 8m out in Barcelona.

Young Ready For his WR To Go

You'd think that after decades of owning the World Record in the 400H that Kevin Young, now 52, would expect to hold onto it a bit longer, but the '92 Olympic gold medalist told Nick Zaccardi of NBC Sports, "My World Record should have been broken years ago by Angelo Taylor, and then it should have been broken by Kerron Clement. They're supposed to be able to with their talent level."

He continued, "Edwin's the GOAT [greatest of all time]. I'm the FOAT [fastest of all time]." But he expects to lose that title soon, what with Abderrahmane Samba & Rai Benjamin embarking on a set of high-powered duels. "I'm OK with that," said Young. "I've got a lot of firsts. First one under 47 seconds. First one to win an ESPY in track and field. No one saw me coming but me." But he thinks his youthful challengers "should just concentrate on racing and put the record thing in the back of their mind; don't even think about it. If they focus on competing and run fast, the record will go down."

Georgia Sprinter Godwin Has Javelin Run-In

Promising long sprinter Elija Godwin is lost to the Georgia team for the rest of the year. A week-plus after lowering his 200 PR to 20.59, the Bulldog frosh had a gruesome training injury. While jogging backwards, he ran into a javelin stuck in the ground, the tail end of the spear impaling him in the upper chest. As he told Atlanta's WSB-TV, "The initial thought was, 'Oh it just poked me.' Then I hit the ground. I feel the

weight and I'm like 'OK, this is more serious. Luckily, I couldn't reach it because I would have probably tried to take the pole out.' Emergency personnel eventually sawed the main part of the spear off before transporting him to a hospital, where he was diagnosed with a collapsed lung.

After an hour-long surgery he had a week-long hospital stay. A 2-time T&FN prep All-America in the 400, he says he should be ready for rehab in late May with a goal of getting on the indoor track this fall for his soph year.

The Latest NCAA Formchart

The Formcharts link on our home page, of course, is a far better tool than relying on the monthly edition of the magazine for your data. Having said that, just for the record here's what our resident prognosticators, John Auka (men) & Jack Pfeifer (women) projected for the NCAA Championships in the days leading up to the Regionals. On the men's team side, LSU is seen as a 62-52 winner over Texas Tech, while the women's projects as a barnburner between Arkansas (68) and USC (67). The individual winners:

Men's Individual Winners

100—Cravon Gillespie (Oregon); 200—Divine Oduduru (Texas Tech); 400—Trevor Stewart (North Carolina A&T); 800—Marco Arop (Mississippi State); 1500—Oliver Hoare (Wisconsin); Steeple—Obsa Ali (Minnesota); 5000—Grant Fisher (Stanford); 10,000—Tyler Day (Northern Arizona); 110H—Grant Holloway (Florida); 400H—Quincy Hall (South Carolina); 4x1—Florida; 4x4—Texas A&M; HJ—Tejaswin Shankar (Kansas State); PV—Mondo Duplantis (LSU); LJ—JuVaughn

Harrison (LSU); Jordan Scott (Virginia); SP—Payton Otterdahl (North Dakota State); DT—Greg Thompson (Maryland); HT—Denzel Comenentia (Georgia); JT—Anderson Peters (Mississippi State); Dec—Harrison Williams (Stanford).

Women's Individual Winners

200—Twanisha Terry (USC); 200—Anavia Battle (Ohio State); 400—Kethlin Campbell (Arkansas); 800—Danae Rivers (Penn State); 1500—Jessica Hull (Oregon); Steeple—Allie Ostrander (Boise State); 5000—Fiona O'Keefe (Stanford); 10,000—Weini Kelati (New Mexico); 100H—Janeek Brown (Arkansas); 400H—Anna Cockrell (USC); 4x100—USC; 4x400—USC; HJ—Zariee Willis (Texas Tech); PV—Bonnie Draxler (San Diego State); LJ—Taishia Pryce (Kansas State); TJ—Yanis David (Florida); SP—Portious Warren (Alabama); DT—Shadae Lawrence (Colorado State); HT—Camryn Rogers (Cal); JT—Mackenzie Little (Stanford); Hept—Ashtin Zamzow (Texas).

Kipchoge Is Thinking Bannisteresque

He already owns the marathon World Record, has an Olympic gold medal in the 26-miler and won a track 5000 gold in the World Championships. So what's left for Eliud Kipchoge? In the wake of his latest London Marathon win he's back talking about the holy grail of 26-miling, the 2-hour barrier.

Fittingly, to announce the challenge in early May he visited the famous Iffley Road track in Oxford where Roger Bannister ran the mile's first sub-4:00. Said Kipchoge, "I want to run under 2 hours. It'll surpass everything because it will be history for the human family. I've read a book about Roger Bannister and I've watched videos. I really want to leave a big legacy. I feel I have a big relationship with him. I normally challenge myself every now and then. I really want to leave a big legacy. When a great team and great minds meet they discuss positive ideas. My mind is that I'm going to do it. So my heart and mind is on 1:59."

The record attempt's precise site/date haven't yet been released, but it will be held on a closed course somewhere in greater London in October, so no World Marathon Major for the Kenyan star this fall. The "INEOS 1:59 Challenge" will be funded by one of the richest men in England, Sir Jim Ratcliffe, but while big money will undoubtedly be involved, that's not the prime goal, says Kipchoge: "My team doesn't put money in front and for sure it's not about business and money involved."

Farah Chooses Marathon Over Track

Although he hinted earlier in the year that he would rescind his decision to stay retired from track racing and run in the World Championships this fall, legendary Mo Farah now says he'll be running the Chicago Marathon in October. "Having discussed with my team and to ensure I have the best possible chance of achieving this goal, my focus for 2019 will solely be on the roads," he said in early May. "Winning the Chicago Marathon last year was very special for me. It was my first time to win a World Marathon Major and my time was a European and British Record. I am looking forward to returning in 2019 to defend my title on the streets of Chicago. It is a fast course with good

organization. I expect they will recruit a strong field to make it a great race."

He'll have former training mate Galen Rupp as a high-level opponent. Said Rupp in confirming he'll also be in the Windy City, "After undergoing surgery following last year's race, I have been pouring all of my energy into my recovery and returning strong in 2019. I look forward to being at my best again and giving it all I have in October." Another former Oregon star, Jordan Hasay, will run in the women's race. "I love the fast course and exciting atmosphere, which I believe can lead to an attempt at the American Record," she said.

Eastern Track League Founded

More opportunities for professional middle distance runners are on the way with the creation of the Eastern Track League. Five major East Coast training groups have joined to cobble together a 6-meet series—mostly from existing events—aimed at generating fan interest, as well as World Champs qualifying times. The meets (2 of which are already in the books):

May 13—Swarthmore Last Chance, Swarthmore, Pennsylvania; May 17—Georgia Meet Of Champions, Marietta, Georgia; May 31—Music City Distance Carnival, Nashville, Tennessee; June 13—Adrian Martinez Classic, Concord, Massachusetts; June 30—Princeton Qualifier, Princeton, New Jersey; July 13—DCRR Championships (series final), Washington, DC.

The 5 training groups are the Atlanta TC, District TC, Furman Elite, Hoka One One New Jersey/New York TC and the Nashville TC, Says Hoka head Frank Gagliano, "This Series allows the post-collegiate men and women in our club to compete in high-quality, no-frills competitions without the rigors of transatlantic or transcontinental travel during a key training time for us." Nashville's Dave Milner says, "I believe that one of the keys to generating excitement around the sport is creating and fostering team rivalries. This is a start." For his part Tom Brumlik, of the District TC says, "All of our clubs also have a focus on giving back to the running community," said. "If we really care about that, then it's imperative that we make a strong push to build better track meets in our respective cities."

A Raw Deal For Pregnant Athletes?

A *New York Times* opinion piece by Alycia Montaño has focused a bright light on the major shoe companies and the practice of cutting top women off from support when they are pregnant. In *Nike Told Me to Dream Crazy, Until I Wanted A Baby*, Montaño noted that Nike's ads highlighting women are "just advertising."

In addition to Montaño's experiences with Nike, Phoebe Wright and Kara Goucher also shared their stories in the article. Allyson Felix stepped forward a few days later in another Times article. Her Nike contract expired in December '17 and she was faced with a 70% cut to her base compensation.

"If that's what they think I'm worth now, I accept that," wrote Felix. "What I'm not willing to accept is the enduring status quo around maternity. I asked Nike to contractually guarantee that I wouldn't be punished if I didn't perform at my best in the months surrounding childbirth. I wanted to set a new standard. If I, one of Nike's most widely marketed athletes, couldn't secure these protections, who could?" Nike declined. We've been at a standstill ever since."

The backlash has been huge. Several other shoe and women's apparel companies have announced that they will not penalize women athletes and entertainers during pregnancy and recovery.

For its part, Nike released a statement saying, "Last

year we standardized our approach across all sports to support our female athletes during pregnancy, but we recognize we can go even further. Moving forward, our contracts for female athletes will include written terms that reinforce our policy."

Collegiate Dual Meet Titles To Texas Tech Men, Texas A&M Women

The Lone Star State dominated our '19 Collegiate Dual Meet Rankings, compiled once again by Jesse Squire. Wes Kittley's Texas Tech squad repeated on the men's side. The Red Raiders—very strong in the marks department—moved from No. 3 to the top spot in the final calculation of the season. The top 5: 1. Texas Tech; 2. UCLA; 3. Nebraska; 4. Texas A&M; 5. BYU. Complete men's results can be found [here](#).

After 3 times in the runner-up position, Texas A&M finally won its first women's crown even though Pat Henry's Aggies competed in but a single dual. USC was a very close runner-up, moving to that position all the way from No. 6 after a season-closing win over UCLA. The top 5: 1. Texas A&M; 2. USC; 3. Texas Tech; 4. Nebraska; 5. Duke. Complete women's results can be found [here](#).

The year saw one all-time Dual Meet Record established when Stanford's Mackenzie Little threw the javelin 195-1 (59.47) in The Big Meet against Cal to break the standard set by Texas A&M's Maggie Malone in '16.

When A 26-Footer Probably Isn't

Late in April we posted a story to our home page that began "Sometimes the unbelievable happens. Such was the case in Saginaw, Michigan, on Thursday afternoon when a Saginaw High senior named Tony Martin soared 26-6 in the long jump at a dual meet with a crosstown rival. Could the No. 5 long jumper in prep history have come seemingly out of nowhere?" On first blush our answer was yes, as our due diligence turned up the fact that a wind gauge was present (and read a legal 1.8), that there was sufficient sand in the pit and reliable observers vouched for it.

Subsequently, though, he reverted to his 22- and 23-foot self and while we at first gave him the benefit of the doubt based on nasty Michigan weather, it eventually became apparent that his improvement from a no-gauge 24-1/4 to a legal 26-6 (which would make him No. 5 on the all-time list) just wasn't an example of the unbelievable happening. We hasten to add that we don't think anybody cheated; it appears simply to be just the latest case of somebody

badly misreading the measuring tape. So until Martin comes up with a jump that somehow validates the 26-6, you'll find it on our lists under the category of Questionable Measurement.

Meanwhile, On The Russian Front

It took months, but in late April WADA finally confirmed that it had retrieved all the relevant samples still held by Russia's discredited Moscow laboratory. The 2262 samples were sent to be tested at a WADA facility outside of Russia. WADA officials also said that a separate authentication process for data from the Moscow lab is near completion. What remains is the fallout that might come if testers discover traces of performance-enhancing drugs in any of the samples.

Other developments on the Russian front:

- Russian president Vladimir Putin has ordered the Russian Olympic Committee to get the IAAF ban lifted by the end of the year so that the nation's athletes can compete in the Tokyo Olympics under their own flag next year. To date, the ban has been extended by the IAAF Council 10 times as the Russians have failed to meet the criteria. Now that the Moscow lab samples are being processed, that leaves just one hurdle: the IAAF has demanded that Russia reimburse its costs related to the doping scandal.

- The head of RUSADA, Yuriy Ganus, has asked the Russian Olympic Committee to fire the leadership and key coaches at the Russian track federation in order to clean up the sport and expedite readmission to the IAAF.

- WADA head Craig Reedie fired back at critics who say the organization has not been hard enough on Russia. "The alternative to some... seemed to be to keep Russia non-compliant forever. "The alternative is rebuild and produce a robust [anti-doping] organization in Russia. Failure to do that, in my view, runs the risk of them going back to the bad old days and starting to do what they did before."

Yokohama Fills Many World Champs Relay Slots

As the IAAF continues to move away from using qualifying times to earn a spot at the World Championships, placings in the World Relays took on an even bigger role this year, with the bulk of the Doha positions being filled in Yokohama. In the 4x1s, 10 of the 16 WC places were filled: top 8 in the final plus the next best 2 teams from the heats. In the 4x4s 10 spots: top 8 in the final plus the top 2 from the B Final. In the mixed 4x4 a dozen spots: the 8 from the final plus the next best 4 teams from the heats. Qualifiers, alphabetically:

Men's 4 x 100

Brazil, China, France, Great Britain, Italy, Jamaica, Netherlands, South Africa, Turkey & United States

Men's 4 x 400

Australia, Belgium, Czech Republic, France, Great Britain, Italy, Jamaica, Japan, South Africa & Trinidad (the U.S. will have to advance to the WC as one of the 6 time-based entrants)

Women's 4 x 100

Australia, Brazil, Denmark, Germany, Ghana, Italy, Jamaica, Kazakhstan, Trinidad & United States

Women's 4 x 400

Belgium, Canada, France, Great Britain, Italy, Jamaica, Netherlands, Poland, Switzerland & United States

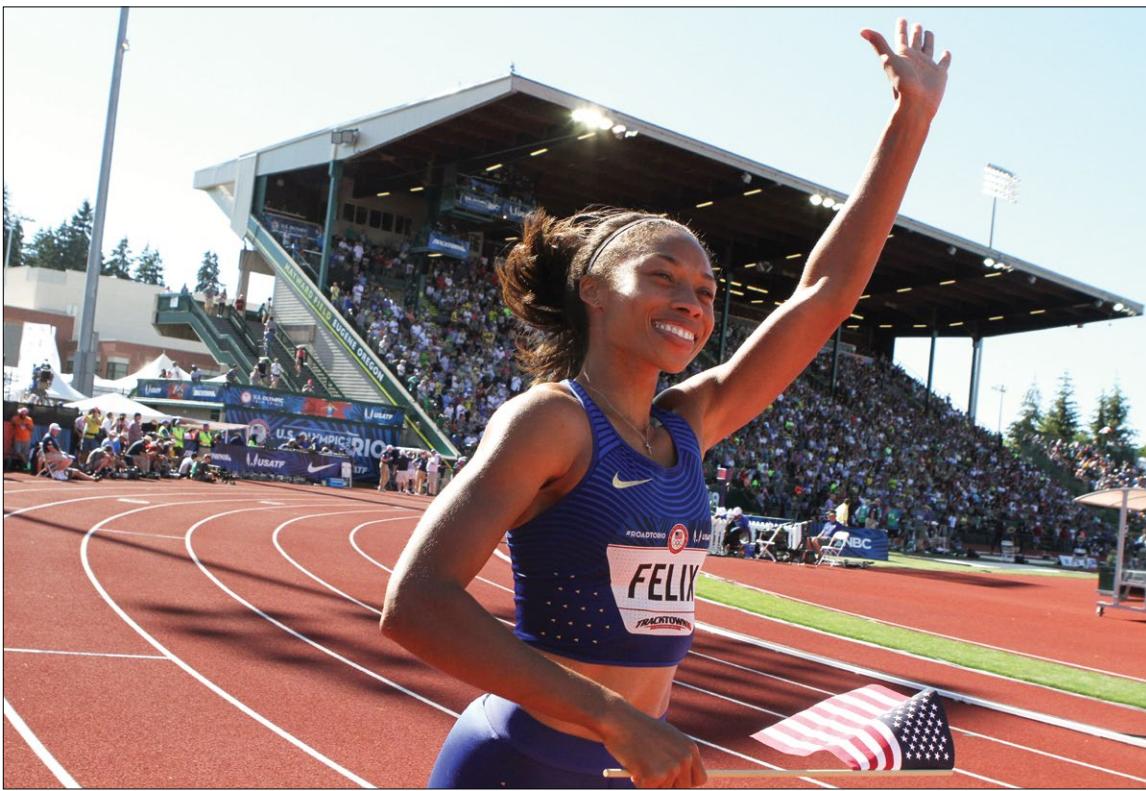
Mixed-Sex 4 x 400

Belgium, Brazil, Canada, France, Italy, Germany, Great Britain, Jamaica, Japan, Kenya, Poland & United States

STATUS QUO

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

KEVIN MORRIS/PHOTO RUN



After missing most of last year to have a baby, Allyson Felix is a go for this year's Nationals.

An All-America indoors and out for Florida State in the shot last year, **Austin Droogsma** has gone pro, but not in track. He has been signed by the New York Giants of the NFL to play guard.

November's childbirth now behind her, 33-year-old **Allyson Felix** has returned to full training and plans to compete at the USATF Championships. "It's going, and, right now, I'm fully committed," she says. "Nationals is going to be my focus. I'll probably compete a little bit before then, but I'm not exactly sure."

Georgia frosh 200/400 star **Elijah Godwin** was impaled on a javelin while doing a backward sprint drill. The spear went into his back and punctured his lung. He is recovering well but won't return to competition this year.

After competing in the Pac-12's 1500, an off-form **Blake Hanev** announced that was his last race for Oregon, saying, "A nagging Achilles injury left me unable to train since early March."

Colorado's **Joe Klecker** has a stress injury in his foot. He said on Instagram, "A few weeks into healing but being smart and not pushing the envelope running the remainder of the outdoor season."

ON THE INTERNATIONAL FRONT...

Poland won the World Relays 4x4 without one of its regulars, **Iga Baumgart-Witan**, who was injured after a collision in practice with another runner.

Belgium's Kevin Borlée missed the World Relays because of a hamstring injury.

Former World Junior javelin champ **Neeraj Chopra** of India had elbow surgery in early May and will likely miss Doha.

Eilidh Doyle pulled off the British team at the World Relays because of a leg injury.

Steven Gardiner strained his Achilles just prior to the World Relays, too late for the Bahamas to fly in a 4x4 replacement.

Discus world champ **Andrius Gudžius** of Lithuania will start the season late after a late April surgery to remove a plate that had earlier been inserted in his leg.

Olympic steeple gold medalist **Conseslus Kipruto** is out until at least August. He withdrew from the Doha DL with what has been diagnosed as the early stages of a stress fracture in the talus of his left foot.

Abraham Kiptum, World Record holder in the half marathon, has been provisionally suspending pending an investigation into biological passport irregularities.

Last year's No. 3 in the World Rankings, Estonian javelinist **Magnus Kirt** is taking a break from competition because of lower back pain.

Eunice Kirwa of Bahrain, the Olympic silver medalist in the marathon, has been provisionally suspended after a positive test for EPO. The violation came post-Rio, so won't affect her medal standing.

Vault WR holder **Renaud Lavillenie** is postponing his outdoor start because of tendinitis in his thigh.

Christophe Lemaitre did not compete for France at the World Relays because of pain behind his right knee.

Polish high jump star **Kamila Lićwinko** is returning well from last year's pregnancy, and has already cleared 6-1½ (1.87) off six steps.

Long jump World champ **Luvo Manyonga** skipped the Shanghai competition at the last minute because of stomach problems.

Now 36, **Tero Pitkämäki** is fully rehabbed after knee surgery last August and has started on heavier training. The '07 world champ plans on a full competition schedule.

British hurdler **Tiffany Porter** will miss the '19 season as she is expecting her first child.

German shot putter **David Storl** is delaying his season opener because of back problems.

He of the half beard, Italian high jumper **Gianmarco Tamberi** reports having a slight bruise on his right foot. It is not thought to be serious.

Olympic gold medalist **Matej Tóth** of Slovakia, will miss the European Walk Cup because right hamstring problems have limited his training.

Johannes Vetter, Germany's reigning world champ in the javelin, withdrew from the Shanghai DL with an inflamed tendon in his foot.

New Zealand's world shot champ **Tom Walsh** is throwing with a shaved head now, having lost a bet with his coach.

Doping Suspensions

12 years—Kseniya Savina (Russia, 800);

4 years—Lupita González (Mexico, walks), Bisluke Kiplagat (Kenya, marathon), Victor Miano (Kenya, marathon), Glory Nathaniel (Nigeria, 400H), Maria Ponomaryova (Russia, walks), Purity Talam (Kenya, marathon), Caroline Yatich (Kenya, marathon), Hilary Yego (Kenya, marathon);

2 years, 6 months—Svetlana Karamasheva (Russia, 1500);

2 years—Isaac Chebuyo (Kenya, marathon), Irene Jeptoo (Kenya, marathon), Takuya Matsubara (Japan, HT);

1 year—Yelena Mashinistova (Russia, LJ);

6 months—Ruslan Khalikov (Russia, SP).

FOR THE RECORD

Records broken since the April issue. W = World; A = American; JC = Junior College; J = Junior (U20); HS = High School; (A) = altitude over 1000m.

MEN INDOOR FIELD

PV	5.85 19-2½	AmC	Chris Nilsen (South Dakota)	Des Moines, Iowa	April 27
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MEN OUTDOOR TRACK

200	19.82(A)	JC	Kenny Bednarek (Indian Hills)	Hobbs, New Mexico	May 18
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MEN OUTDOOR FIELD

PV	6.00 19-8½	C	Mondo Duplantis (LSU)	Fayetteville, Arkansas	May 11
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MEN ROAD

25K	1:13:48	A	Parker Stinson (Saucony)	Grand Rapids, Michigan	May 11
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WOMEN ABSOLUTE TRACK

2000 Steeple	6:29.08	AJ, HS	Sarah Trainor (Roosevelt, Hyde Park, New York)	Staatsburg, New York	May 04
4 x 100	44.44	HS	DeSoto, Texas	Arlington, Texas	April 27
(Ja'Era Griffin, Jayla Hollis, Taylor Armstrong, Rosaline Effiong)					

WOMEN ABSOLUTE WALKS

5000 Walk	22:28.61	AJ, HS	Taylor Ewert (Beavercreek, Ohio)	Philadelphia, Pennsylvania	April 27
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LANDMARKS

Denied: Caster Semenya's Appeal

On May 1, by CAS. The hoped-for reversal of the IAAF's new rules covering hyperandrogenous athletes did not succeed, allowing the protocol to go into effect on May 8. See page 51 for more.

Died: Vitaliy Chernobay, 89

In L'viv, Ukraine, on May 19. A 3-time World Ranker in the pole vault (high of No. 9 in '55 & '57), he placed 13th in the '56 Olympics.

Died: Josef Matoušek, 90

On May 11, in Rychnov nad Kněžnou, Czech Republic. A 3-time World Ranker in the hammer,

for Czechoslovakia, with a best ranking of No. 5 in '63. He placed 9th in the '64 Olympics.

Died: Roberto Quercetani, 97

In Florence on May 13. The longtime European editor of T&FN, "RLQ" was one of the sport's most respected and influential historians and statisticians. See page 52 for an appreciation.

Died: Iosif Nagy, 71

On March 20. Romanian discus thrower World Ranked No. 10 in '81.

Died: Erika Strasser, 85

In Linz on April 30. Austrian javelin thrower World Ranked No. 9 in '62 and later served as president of the Austrian federation.

Died: Michael Wessing, 66

In Wattenscheid, Germany, on May 7; of unexpected complications from hip-replacement surgery. The West German javelin thrower was No. 1 in the '78 World Rankings, the year he won European gold. He also ranked in '77 & '79. □

CALENDAR

Here's the link to our total collection of [Calendars & Timetables for 2019](#).

Major U.S. Invitationals	
May	
30-6/01	Great Southwest HS Classic; Albuquerque, New Mexico
31-6/01	Iron Wood Throws Classic; Rathdrum, Idaho
	Music City Distance Carnival; Nashville, Tennessee
June	
07-08	Caribbean Interscholastic HS; Havana, Cuba
08	New Englands HS; Saco, Maine
08	Midwest Meet Of Champions HS; East Lansing, Michigan
08-09	Track Festival; Portland, Oregon
13	Martinez Classic; Concord, Massachusetts
14-16	New Balance Nationals HS; Greensboro, NC
15	Brooks PR HS Invitational; Seattle, Washington
16	adidas Dream; Boston, Massachusetts
30	Pre Classic; Stanford, California
	Princeton Qualifier; Princeton, New Jersey
May	
13	DCRR Championships; Washington, DC
19	Stumptown Twilight; Portland, Oregon
August	
17	Falmouth Mile; Falmouth, Massachusetts

Major 2019 Championships	
May	
11-12	World Relays; Yokohama, Japan
23-25	NAIA Championships; Gulf Shores, Alabama
	NCAA II Championships; Kingsville, Texas
	NCAA III Championships; Geneva, Ohio
	NCAA East Regional; Jacksonville, Florida
	NCAA West Regional; Sacramento, California
June	
05-08	NCAA Championships; Austin, Texas
21-23	USATF Junior Championships; Miramar, Florida
25-30	USATF Youth Championships; Durham, North Carolina
July	
11-14	USATF Masters Championships; Ames, Iowa
22-28	USATF Junior Olympics, Sacramento, California
25-28	USATF Championships/World Championships Trials; Des Moines, Iowa
28-8/03	AAU Junior Olympics, Greensboro, North Carolina
August	
29	Weltklasse Diamond League Final; Zürich, Switzerland
September	
06	Van Damme Memorial Diamond League Final; Brussels, Belgium
27- Oct. 06	World Championships XVII; Doha, Qatar

Diamond League	
(complete)	
May	
03	Diamond League; Doha, Qatar
18	Golden GP; Shanghai, China
30	Bauhaus Games; Stockholm, Sweden
June	
06	Golden Gala Mennea; Rome, Italy
13	Bislett Games; Oslo, Norway
16	Mohammed VI; Rabat, Morocco

29	Pre Classic; Stanford, California
July	
16	Mohammed VI; Rabat, Morocco
12	Herculis; Fontvieille, Monaco
20-21	Anniversary Games; London, England
August	
18	Müller GP; Birmingham, England
24	Meeting Areva; Paris, France
29	Weltklasse; Zürich, Switzerland
September	
06	Van Damme Memorial; Brussels, Belgium

Other International Invitationals	
(through the end of June)	
May	
19	Seiko Grand Prix IWC; Osaka, Japan
21	IWC; Nanjing, China
25-26	Hypo-Meeting Multis; Götzingen, Austria
26	Elite; Forbach, France
28	Daněk Memorial; Turnov, Czech Republic
30	Academica; Prague, Czech Republic
June	
01	Flanders Cup; Oordegem, Belgium
01-02	Throws; Halle, Germany
03	Odložil Memorial; Prague, Czech Republic
04	Clean Air Games; Oslo, Norway
	Riga Cup; Riga, Latvia
06-07	Barrientos Memorial; Havana, Cuba
07	Euro 10,000 Cup; London, England
07	Speed River Inferno; Guelph, Ontario
08	Gouden Spike; Leiden, Holland
08-09	Internacional Multis; Arona, Spain
09	FBK Games IWC; Hengelo, Netherlands
	Pfingstsportfest; Rehlingen, Germany
	Venizelia; Khania, Greece
11	Athletic Festival; Bydgoszcz, Poland
	International; Montreuil, France
	Nurmi Games IWC; Turku, Finland
12	Filothèi Women; Athens, Greece
15	Atletica; Geneva, Switzerland
	Kusociński Memorial; Szczecin, Poland
	P-T-S; Šamorin, Slovakia
8	Athletic Games; Copenhagen, Denmark
	Grand Prix; Sollentuna, Sweden
19	Papafléssia; Kalamáta, Greece
20	Golden Spike IWC; Ostrava, Czech Republic
21	Ibero-American; Huelva, Spain
	Street Vault; Athens, Greece
22	EAP; Nivelles, Belgium
	Kuortane Games; Kuortane, Finland
	Racers GP; Kingston, Jamaica
	Soundtrack; Tübingen, Germany
	Stanislas; Nancy, France
22-23	Décastar Multis; Talence, France
23-28	European Games; Minsk, Belarus
25	Elite; Montgeron, France
29	BVI Twilight; Tortola, British Virgin Islands
30	Résisprint; La Chaux-de-Fonds, Switzerland

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It is now again possible to get an ink-and-paper issue of Track & Field News each month (starting with the January 2019 issue). Print issues will be put together from articles already posted on the web site and most of the other stories, lists and departments available to digital subscribers. This option has been created for those who have no computer or digital access or are otherwise unhappy with digital only.

Let us recommend:

Print + Digital as the best option. You get the timeliness of digital, plus eTrack, and you'll also get a printed copy for your own archives. This makes you the complete track fan.

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Let us count the ways...

The screenshot shows the homepage of Track & Field News. At the top, there's a navigation bar with links for Home, Lists, Favorites, Records, Stats & More, Message Boards, and Track Coach. There are also buttons for Login and Subscribe. Below the header, the main content area features a large image of male track and field athletes in action. To the right of the image, there's a sidebar with a "Latest Issue" thumbnail, a "Read Now Online" button, and a "Download PDF" link. The sidebar also includes a section for "TRACK & FIELD NEWS SUBSCRIPTION OPTIONS" with a "PRINT VERSION" button. On the left side of the main content area, there's a "Latest News" section with several news items and their thumbnails. The right side of the main content area has two magazine covers for "TRACK & FIELD NEWS" magazine, one for April 2019 and another for May 2019, both featuring athletes in action.

Annual subscription — 12 issues per year	USA	Canada	Elsewhere
Digital only <ul style="list-style-type: none"> Unlimited Access to Current Articles Unlimited Access to Current Issues eTrack Results Newsletter Unlimited Content from our Technique Journal, <i>Track Coach</i> 	\$79	\$79	\$79
Print only <ul style="list-style-type: none"> 12 Print Issues Does not include online access or eTrack Newsletter 	\$79	\$127	\$177
Digital + Print <ul style="list-style-type: none"> Unlimited Access to Current Articles Unlimited Access to Current Issues eTrack Results Newsletter Unlimited Content from our Technique Journal, <i>Track Coach</i> 12 Print Issues 	\$109	\$157	\$207
Premium Archive Digital Only <ul style="list-style-type: none"> Unlimited Access to Current Articles Unlimited Access to Current Issues Unlimited Access to Archived Issues, currently back to 2011 eTrack Results Newsletter Unlimited Content from our Technique Journal, <i>Track Coach</i> 	\$128	\$128	\$128
Premium Archive Digital + Print <ul style="list-style-type: none"> Unlimited Access to Current Articles Unlimited Access to Current Issues Unlimited Access to Archived Issues, currently back to 2011 eTrack Results Newsletter Unlimited Content from our Technique Journal, <i>Track Coach</i> 12 Print Issues 	\$158	\$206	\$256

*Currently, there is no app available for either tablets or smartphones.

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- T&FN’s comprehensive U.S. and high school lists
- Complete records section
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The screenshot shows the homepage of Track & Field News. At the top, there's a navigation bar with links for HOME, LISTS, RESULTS, RANKINGS, RECORDS, STATS & MORE, MESSAGE BOARDS, TRACK COACH, LOGIN, and SUBSCRIBE. Below the navigation is a large banner featuring a female runner in action with the text "NIKE.COM" and "T&FN Interview – Shelby Houlihan". To the right of the banner is a "Latest Issue" thumbnail of the magazine cover. Below the banner, there's a "Latest News" section with several news items and their thumbnails. On the right side of the page, there's a sidebar for "TRACK & FIELD NEWS SUBSCRIPTION OPTIONS" with links for PRINT VERSION and ONLINE SUBSCRIPTION. At the bottom right, there's a "Today's Top Headlines" section and a "e-track" logo.