

• ALL THE BEST IN RUNNING, JUMPING & THROWING •

www.trackandfieldnews.com

MARCH 2018

TRACK & FIELD NEWS



**World Indoor
Champions
Crowned**

**Records
Galore At
The NCAA**

**Team Titles
To Florida &
Georgia**

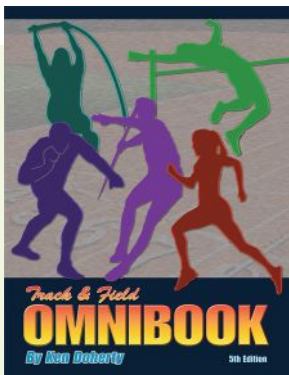
**Legend Roger
Bannister
Passes**

**T&FN Interview:
Amy Cragg**

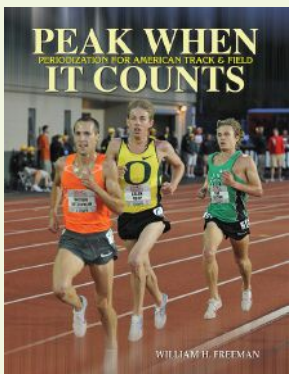
**A Gold For
Sandi Morris**

TAFNEWS BOOKS NOW AVAILABLE ON AMAZON.COM

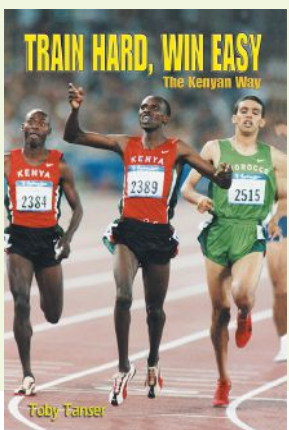
These books were formerly out of print and not available, but we have arranged with Amazon.com to print them on demand and offer them on their website. Order directly from Amazon.com.



■ **TRACK & FIELD OMNIBOOK.** Ken Doherty's masterwork. 5th edition, revised, edited and updated by John Kernan. The technique and training of all events, much more. 418pp. \$45.00

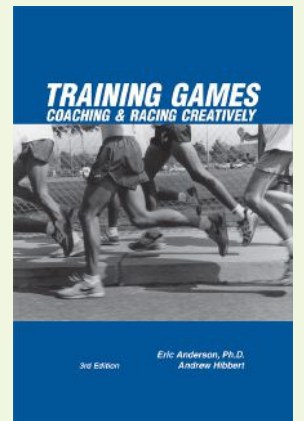
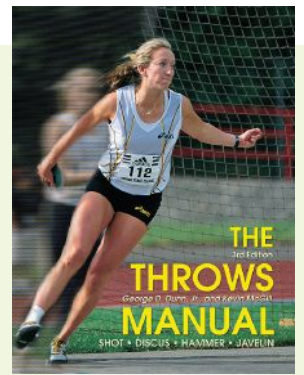


■ **PEAK WHEN IT COUNTS: Periodization For American Track & Field.** 4th edition of Bill Freeman's definitive work on what periodization is and how to apply it to American track & field, all events. 147 pp. \$25.00



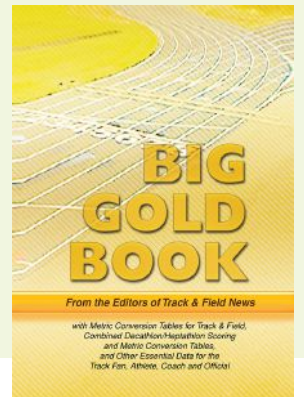
■ **TRAIN HARD, WIN EASY: The Kenyan Way.** 2nd edition of Toby Tanser's account of Kenyan distance running superiority and the reasons for it. Foreword by John Manners. 258pp. \$25.00

■ **THE THROWS MANUAL.** The must-have book on training and technique for the shot, discus, hammer and javelin. By George Dunn and Kevin McGill. 158pp. \$25.00



■ **TRAINING GAMES: Coaching and Racing Creatively.** By Eric Anderson, PhD, and Andrew Hibbert. Creative workouts and incentives to keep runners interested and to build team cohesion. 154pp. \$19.99

■ **THE BIG GOLD BOOK.** Metric conversion tables for track & field, combined decathlon/heptathlon scoring and metric conversion tables, and other essential data for the fan, coach and official. 188pp. With 2017 updates. \$29.95



Available only from www.amazon.com

Note: There may be other offers on amazon.com for used copies, but for the new, T&FN-authorized, pristine copies look for the entries with the above prices.

TRACK & FIELD NEWS

Volume 71, No. 3
March 2018



Elinor Purrier nipped Dani Jones for the NCAA mile title

KIRBY LEE/IMAGE OF SPORT

Major Features

- 6** **World Men's Indoor Champs**
Christian Coleman's recordsetting speedshow continues
- 13** **World Women's Indoor Champs**
4 Golds, 2 American Records for Team USA
- 23** **NCAA Men's Indoor Champs**
Florida wins a close battle over USC
- 26** **NCAA Women's Indoor Champs**
Georgia Romps To An Easy Win
- 36** **Indoor Athletes Of The Year**
Who was No. 1 in each of our 8 categories?
- 38** **RIP: Roger Bannister**
Remembering the legendary sub-4:00 barrier breaker
- 44** **T&FN Interview: Amy Cragg**
Fresh off a big PR, what's up with the marathon star?

Meet The Stars

Will Claye.....	9
Sandi Morris	14
Michael Norman	21
Elijah Hall	22
Kendall Ellis	28
Zachery Bradford	34

Departments

From The Editor	5
On The Road.....	40
TrackShorts	48
On Your Marks	50
Status Quo	51
Landmarks.....	51
Last Lap.....	52
For The Record	52
Stat Corner	54
Meet Schedules.....	55
Next Month	55

• cover photo of Sandi Morris
by Giancarlo Colombo/Photo Run •

© Track & Field News 2018

Subscriptions

As of the January 2018 issue, *Track & Field News* is available only as a digital product (see p. 5).

The rate is \$79 per year.

Contacting Us

Track & Field News,
2570 W. El Camino Real, Suite 220,
Mountain View, CA 94040
Phones Open 9-5 Pacific Time
(1-650/948-8188)
(or 1-800-GET-TRACK)
Fax 1-650-948-9445

(business@trackandfieldnews.com)
(subs@trackandfieldnews.com)
(advertising@trackandfieldnews.com)
(tours@trackandfieldnews.com)
(editorial@trackandfieldnews.com)



CHECK OUT THE T&FN WEBSITE

Connect to the track world 24/7 by logging on to the T&FN website:

- New daily reading material, including stories from the T&FN archives and statistical-analysis pieces
- Our “facts not fiction” message boards, where informed discourse rules
- The internet’s best collection of round-the-world breaking headlines
- Photo galleries and video interviews
- Direct links to all the major-meet results
- Yearly-leader lists at all levels
- T&FN’s comprehensive U.S. and high school lists
- Complete records section



Sure, it’s all habit-forming, but it’s a positive habit; one that will keep you informed and entertained in-season and out.



LOG ON TODAY AT

www.trackandfieldnews.com

HIGH SCHOOL TRACK 2018



HST'S 60th (!) edition is now available. It has a complete statistical wrap-up of the historic 2017 prep season, men & women, indoors and out. National, age and class records. 2017 and all-time performance lists. An indispensable resource for the high school track fan. 68 pages. \$12.00, includes postage/handling. Prepared by T&FN HS editor Jack Shepard.

Make checks payable to and order from:

Jack Shepard
14551 Southfield Dr.
Westminster, CA 92683

Back issues and volume discounts available—
write for quotes or
e-mail: shepwest@aol.com

Track & Field News
The Bible Of The Sport Since 1948
Founded by Bert & Cordner Nelson

E. GARRY HILL — Editor

JANET VITU — Publisher

EDITORIAL STAFF

Sieg Lindstrom Managing Editor

Jeff Hollobaugh Associate Editor

BUSINESS STAFF

Ed Fox Publisher Emeritus

Wallace Dere Office Manager

Teresa Tam Art Director

WORLD RANKINGS COMPILERS

Jonathan Berenbom, Richard Hymans, Dave Johnson, Nejat Kök, R.L. Quercetani (Emeritus)

SENIOR EDITORS

Bob Bowman (Walking), Roy Conrad (Special Projects), Jon Hendershott (Emeritus), Bob Hersh (Eastern), Mike Kennedy (HS Girls), Glen McMicken (Lists), Walt Murphy (Relays), Jim Rorick (Stats), Jack Shepard (HS Boys)

U.S. CORRESPONDENTS

John Auka, Bob Bettwy, Bret Bloomquist, Bill Buchalter, Tom Casacky, Pete Cava, Gene Cherry, Keith Conning, Cheryl Davis, Elliott Denman, Peter Diamond, Charles Fleishman,

John Gillespie, Becca Gillespy-Peter, Rich Gonzalez, Ed Gordon, Ed Grant, George Grenier, Ben Hall, Sean Hartnett, Mike Hubbard,

Dave Hunter, Tom Jennings, Roger Jennings, Tom Jordan, Kim Koffman, Don Kopriva, Dan Lilot, Charlie Mahler, Paul Merca, Larry Newman, Lee Nichols, Jack Pfeifer, Shawn Price,

Harv Rentschler, Kirk Reynolds, Michael J. Roth, Brian Russell, Rich Sands, Kevin Saylor, Charles Shaffer, Jim Spier, Jesse Squire,

Don Steffens, Larry Story, Paul Swangard, Carol R. Swanson, Gary Trigueiro, Jules Trigueiro, Steve Vaitones, Howard Willman, David Woods

INTERNATIONAL CORRESPONDENTS

Steven Downes, Matti Hannus, Ian Hodge, Jonas Hedman, Atsushi Hoshino, Mike Hurst, Mirko Jalava, Paul Jenes, Alfons Juck,

A. Lennart Julin, Duncan Mackay, Peter Matthews, Phil Minshull, K. Ken Nakamura, Bob Ramsak, Sergey Tikhonov, Chris Turner, Mel Watman

PHOTOGRAPHERS

Claus Andersen, Errol Anderson, Greg Armstrong, John Burke, Gladys Chai, Rich Clarkson, Giancarlo Colombo, Tony Duffy, Don Gosney, Jeff Jacobsen,

Anthony R. Jones, Kirby Lee, Bill Leung, Jiro Mochizuki, Kevin Morris, David Peterson, Victor Sailer, Mike Scott, Mark Shearman, Kim Spir, Cheryl Treworgy



from the editor

E. Garry Hill

IT'S ALWAYS A SAD MOMENT when one of the sport's greats leaves us, but for me the news of the passing of Roger Bannister (see p. 38) left me with a particularly hollow feeling. He's my first track memory, although not for the sub-4:00.

I knew there was a sport called track & field from my very earliest days. In the summer we'd have Sunday picnics complete with family track meet, frequently in a deserted old apple orchard with the standard races measured in trees.

My opponent was usually my mother and somehow she nearly always managed to find a way to lose in the last few strides. But she beat me enough to keep it interesting.

My father, on the other hand, was the competitive type and he wasn't going to lose to a 5-year-old! And he always beat me in the broad jump as well.

But back to Bannister. In the summer of '54—when I was 7—we were vacationing in British Columbia, a couple of hundred miles from Vancouver, where the Miracle Mile was about to unfold.

In the days leading up to the race, it was a frequent topic of conversation for my parents as we gasped and choked our way along the dirt roads that were standard at the time. And the car didn't have a radio, so there was lots of conversation.

While the concept of the mile didn't really resonate with me, I remember asking them why they kept talking about the railing that ran upstairs to my bedroom. I couldn't quite grasp why somebody would be named after something like that. Not that I'd ever even heard the word "Landy" before.

It was quite a thrill, then, when I got to meet Bannister in person at Montréal, in '76 when he was a guest at one of our tour luncheons. A most engaging man, with a delightful personality. No Olympic medals, but nonetheless one of the greats.

My first track memory is of Roger Bannister

•••

THE DIGITAL WORLD, PART 2: Back in the January edition I laid out for you what was happening to *T&FN* as we segue from ink & paper to a purely electronic product. We hope that the timeliness which this concept allows us to provide to you is proving successful, although we know that some of you prefer to get segments on an ongoing basis, instead preferring to wait until one big chunk.

This issue, the one titled March, is the last that you're going to see in distinct-page format. As April unfolds you'll see our revamped website and all the "magazine" copy will be there, mostly hidden behind a paywall that only subscribers can access.

We hope you'll give it a try and come to embrace it as warmly as you have the paper version for all these years. We know it's a bit of a jarring change, and we wish we could have continued with the traditional format, but just as has happened at so many other magazines, the economics are just no longer there.

When another Bannister comes along, we hope you read about it first from us.

Ending On The Highest Of Notes



The last race at the World Indoor Champs saw Poland shocking with a WR over the U.S. in the 4x4



by Phil Minshull

Birmingham, England, March 1–4: IAAF President Sebastian Coe described the host city, staging the World Indoor Championships for the second time after first playing host in '03, as “Britain’s home of athletics” and there is certainly some truth in that statement. Just like Eugene, the local track fans in Britain’s Second City will come out rain or shine or, in this case, snow and blizzards.

From the day before the meet started, temperatures dipped to below freezing with snow and ice making getting to the venue very difficult, with much of the local public transport coming to a halt for several days, but somehow near-capacity crowds in the 8000-seater Birmingham Arena—which had a \$41 million refit in '14—took their seats for three evening sessions and also Saturday’s morning get-together, which saw finals contested.

The only sparsely attended sitting was the opener on Thursday night, which saw the two high jump finals and women’s 3K take place.

The decibel count was also raised with innovative event presentation by the same team that provided the lights and sound at the '12 OG and '17 WC.

The athletes responded. One WR—the 16th in the Arena since it started staging indoor track meets 26 years ago—6 meet records, 13 world leads, 8 continental records, 2 ARs and a whole slew of other national records were set.

However, all eulogies must come to an end and there were things that definitely didn’t go too well. One of the main talking points was the spate of DQs.

No fewer than 22 athletes got tossed, some for false starts, no complaints there, but an extraordinary amount for stepping inside their lane or inside the track.

Opinions differ, some would argue that they were rightly punished according to the rule of the law and have got away with the laws being laxly applied in other meets. Others, including apparently Coe himself, thought the rules were too rigorously applied and many of those DQed got no material advantage.

Events in the men’s 400 did nothing to enhance the image of the meet with all the runners in one heat being DQed—the first time this has happened at a major meet since the '44 AAU 100 final, where everyone false-started out.

Visa problems eliminated 3 favorites—Kenya’s Emmanuel Korir (800), Djibouti’s Ayanleh Souleiman (1500) & Jamaica’s Omar McLeod (60H)—even before the first gun went off.

The jury is still very much out on the value of reducing the final stanza in the horizontal jumps and SP to 4. The meet coverage:

WIC Men: Coleman Scares WR

by Phil Minshull

Before the World Indoor Championships, Christian Coleman had talked openly about the frustrations of his previous trip to Britain for last summer's World Championships. That had ended with a pair of silver medals from the 100 and 4x1.

This time, it was clear from the semis that he wasn't going to settle for second-

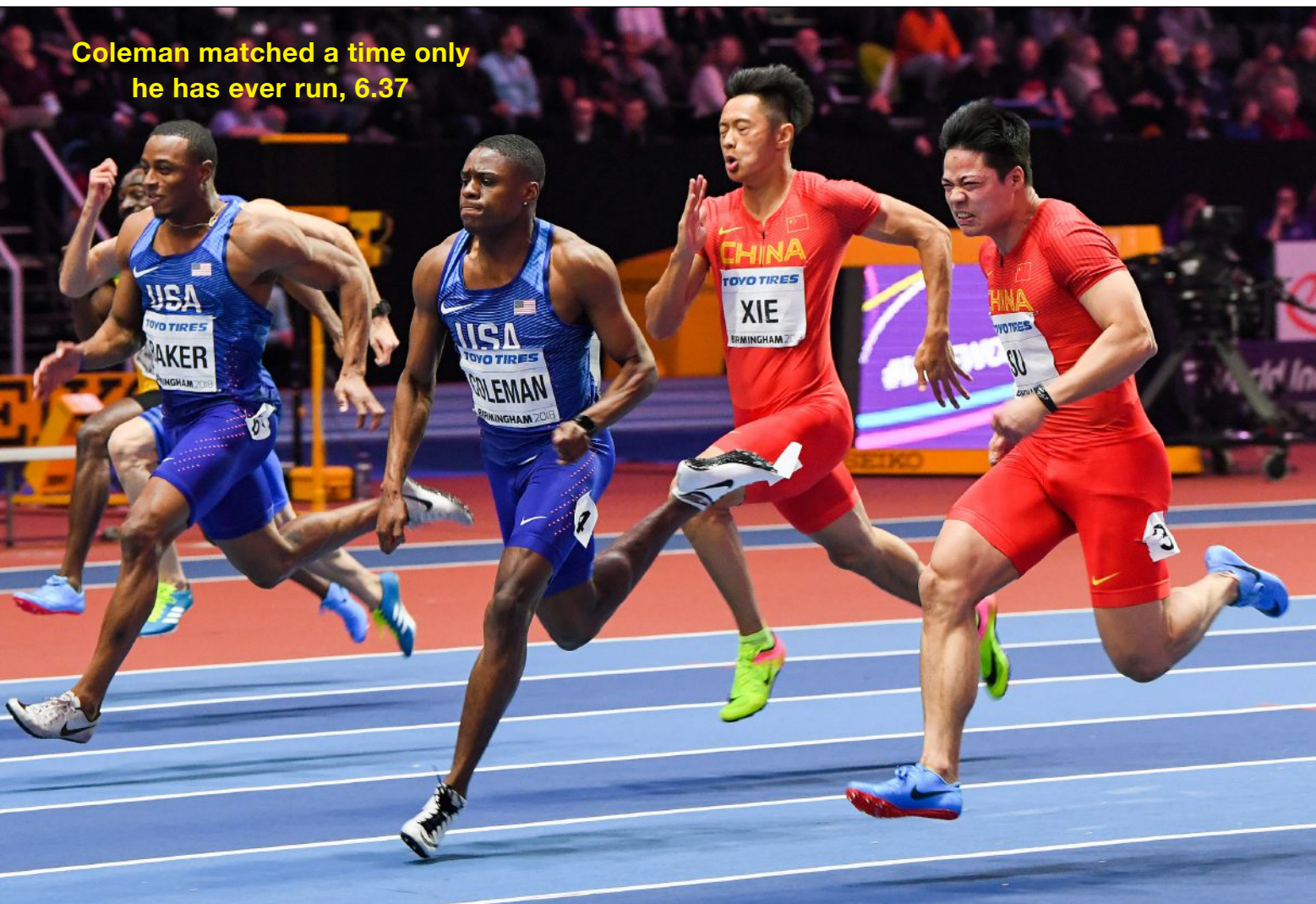
a meet record, taking 0.05 from Maurice Greene's mark at Maebashi in '99, and an equaling of his low-altitude World Record.

The Tennessee alum had graded his 6.34 altitude-assisted WR-run at the USATF Indoor (*T&FN*, February) as "a B overall" and might feel the same after a slightly sluggish 0.151 reaction to the gun here, but his pickup was outstanding and five

Reflected the winner, "I don't think I can ever get used to this kind of feeling. You work so hard and put so much emphasis into running and you'll never get tired of the feeling of winning.

"I didn't come here to chase a World Record, but I knew I'd put in a lot of work and executed it through practice. When I've put things together during

Coleman matched a time only he has ever run, 6.37



best in the 60.

After claiming his place in the final with a hugely impressive 6.45 semi earlier on the third evening of the champs, Coleman fulfilled all the premeet expectations when he flew down the center of the Birmingham Arena before stopping the clock in 6.37.

Going through a few of the stats, it was

strides into the race he had propelled into a clear lead and never was going to be headed.

He held off the surging Bingtian Su, who challenged hard in the middle of the race before Coleman pulled away again, with the Chinese sprinter improving his own Asian Record to 6.42 and Coleman's teammate Ronnie Baker taking 3rd in 6.44.

the meets special things have happened but I'm excited for the outdoor season. I won't put a limit on myself; we'll just see what happens.

"I have a good chance to lead the sport in the post-Bolt era but like I've told so many others, loads of guys have the talent."

— continued on p. 10 —

Claye Surprised Even Himself

by Sieg Lindstrom

You may not be stunned that Will Claye won his second World Indoor TJ title 6 years after taking home gold in '12 at age 20. Claye, however, does harbor a smidgen of disbelief.

For one thing, his MO in the five intervening seasons has been to point at competition in the open air. "And that was the plan this year, as well," he says. "I was training through and I just wasn't feeling that well in my training. I kind of had this sickness come and go type of thing, where I didn't know what was wrong.

"So I just took some time off and when I came back I was looking so good my coach [the Chula Vista training center's Jeremy Fischer] said, 'Hey, maybe we should enter USAs. And USAs was about a week later."

Although he won with a list-leading 56-8½ (17.28), he recalls, "I didn't have that much energy within me."

But the buzz in Birmingham was contagious. "It was just everyone right on top of you," he says. "We had the entrance and the intros for each athlete, the crowd was clapping for every jump.

"So obviously I was going to have the energy there but it definitely was tough to get into that mode just jumping into it when I wasn't planning on it."

It showed on Claye's first three jumps. "I knew that I wasn't hitting the right positions and I knew that I hadn't prepared for this moment," he says.

"You know, it just was like, 'You're here, you might as well go for it. Don't really focus on trying to be perfect.' Because I hadn't trained, I hadn't done any jumping at practice for me to even have cues. Most of the cues that my coach was giving me were from last season. Before USAs I jumped [in practice] one time."

Then the switch flipped. "My fourth jump [a 57-2¼/17.43 that mined gold and claimed the yearly world lead] was where it came together," he says, smiling.

Five-time Worlds long jump gold medalist Dwight Phillips

was looking on, close enough to yell at Claye and be heard: "Let's go, man, go get it!"

Says Clay, "I was like, 'Alright.' That's one of my mentors and for him to say that to me right then and there gave me a lot of energy. And I just went for it. That filled me with energy and it showed at the end of the jump. I was going crazy."

Fisher—whom Claye lauds as "one of the most underrated coaches in the sport"—told him "that's probably the worst that I've ever looked at a championships, technical-wise. But you know it was enough to win so I'll take it."

Claye added, "I felt like God had brought me there for a reason because it wasn't my plan, I didn't plan on it. And so when things like that happen, I feel like that's just God's plan."

That plan included Claye's luggage never making it to Birmingham, so to celebrate, he says, "I stayed in my room and bought a big bottle of champagne for myself and I FaceTimed all my friends.

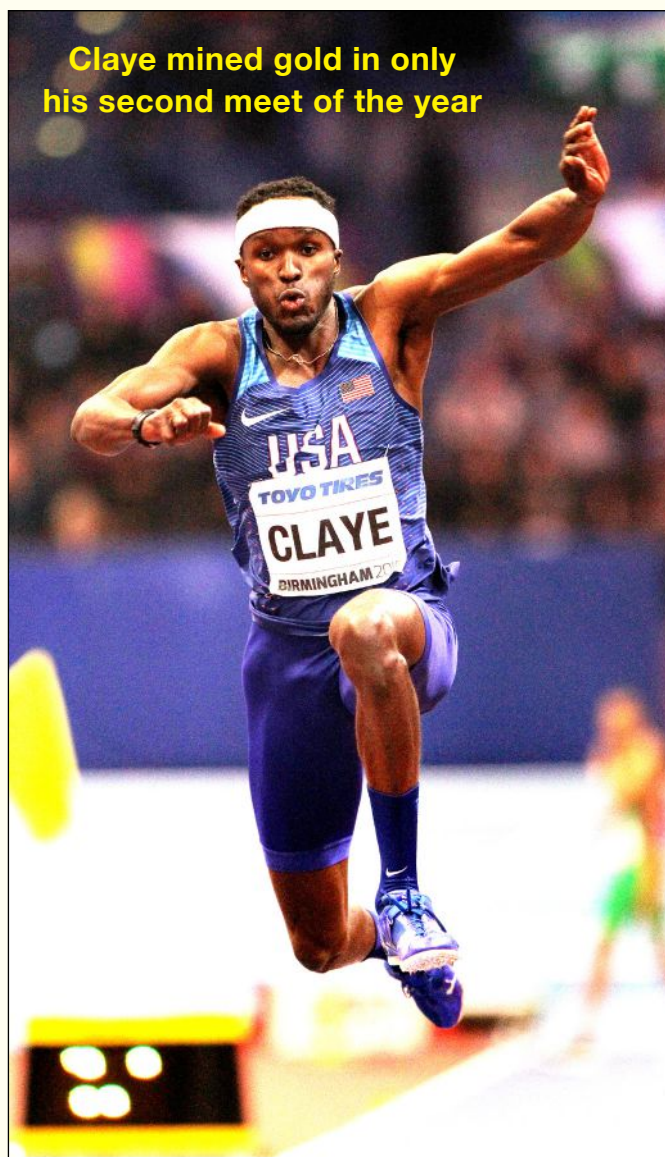
And Queen Harrison, Claye's fiancée? "I had to FaceTime Queen too," he says, "but she was in Miami laid out on the beach, she was watching the meet by the pool at some hotel so she was doing good."

Intent on preserving his body and fire for jumping over the next decade if he can, Claye may forego outdoor jumping—but not training—this year to focus on his hip-hop career.

He released 12 songs last April (check iTunes or any major

streaming service), they've been well received and he says, "I need a break. I definitely want to pursue my other passions [including his Elevate fashion line and charitable foundation]. I've been able to be compensated as an artist as well, and I feel like if I can put some more of my time and myself into music then I can do very big things with that and be able to touch lives through that sector as well.

"For me, I think it's just a time to get my mind back right and then once I do come back be in a better place and be able to just go out there and give it my all and to entertain the fans and be an inspiration on the track & field."



Claye mined gold in only his second meet of the year

MARK SHEARMAN

— WIC Men's Results —

60: 1. Christian Coleman (US) 6.37 (=lo-alt WR, AR (=lo-alt WR, AR Coleman '18) (x, =2 W, A); 2. Bingtian Su (Chn) 6.42 NR (=5, =10 W); 3. Ronnie Baker (US) 6.44; 4. Zhenye Xie (Chn) 6.52 PR; 5. Hassan Taftian (Irn) 6.53; 6. Ján Volko (Svk) 6.59; 7. Sean Safo-Antwi (Gha) 6.60; 8. Emre Zafer Barnes (Tur) 6.64.

400: 1. Pavel Maslák (CzR) 45.47 (21.5/24.0); 2. Michael Cherry (US) 45.84 (21.7/24.1); 3. Deon Lendore (Tri) 46.37; 4. Aldrich Bailey (US) 46.44; ... dq[lane]—[1] Óscar Husillos (Spa) [44.92], [2] Luguélin Santos (DR).

800: 1. Adam Kszczot (Pol) 1:47.47 (25.06); 2. Drew Windle (US) 1:47.99 (24.9); 3. Saul Ordóñez (Spa) 1:48.01 (25.5); 4. Elliot Giles (GB) 1:48.22; 5. Álvaro de Arriba (Spa) 1:48.51; 6. Mostafa Smaili (Mor) 1:48.75. Heats: II—dq: Donovan Brazier (US).

1500: 1. Samuel Tefera (Eth) 3:58.19 (25.9); 2. Marcin Lewandowski (Pol) 3:58.39 (25.8); 3. Abdelaati Igider (Mor) 3:58.43 (26.1); 4. Aman Wote (Eth) 3:58.64 (26.0); 5. Ben Blankenship (US) 3:58.89 (26.1); 6. Jake Wightman (GB) 3:58.91 (26.3); 7. Craig Engels (US) 3:58.92 (25.8); 8. Chris O'Hare (GB) 4:00.65.

3000: 1. Yomif Kejelcha (Eth) 8:14.41 (26.82); 2. Selemon Barega (Eth) 8:15.59 (27.8); 3. Bethwel Birgen (Ken) 8:15.70 (27.7); 4. Hagos Gebrihiwet (Eth) 8:15.76; 5. Adel Mechaal (Spa) 8:16.13;

6. Youness Essalhi (Mor) 8:16.63; 7. Davis Kiplangat (Ken) 8:18.03; 8. Clemens Bleistein (Ger) 8:18.24; ... dq—Shadrack Kipchirchir (US).

Heats: II—dq: Paul Chelimo (US).

60H: 1. Andy Pozzi (GB) 7.46; 2. Jarret Eaton (US) 7.47; 3. Aurel Manga (Fra) 7.54; 4. Aries Merritt (US) 7.56; 5. Pascal Martinot-Lagarde (Fra) 7.68; 6. Gabriel Constantino (Bra) 7.71; 7. Roger V. Iribarne (Cub) 7.77; ... fs—Milan Trajkovic (Cyp).

4 x 400: 1. Poland 3:01.77 WR (old WR 3:02.13 United States '14) (Karol Zalewski 45.73, Rafał Omelko 45.17, Łukasz Krawczuk 45.87, Jakub Krzewina 45.00);

2. United States 3:01.97 (3W, 2 A) (Fred Kerley 44.85, Michael Cherry 45.34, Aldrich Bailey 46.11, Vernon Norwood 45.68);

3. Belgium 3:02.51 NR (9W #3 nation) (Dylan Borlée 46.40, Jonathan Borlée 45.42, Jonathan Sacoor 45.83, Kevin Borlée 44.86);

4. Trinidad 3:02.52 NR (=10W, #4 nation) (Deon Lendore 46.57, Jereem Richards 45.02, Asa Guevara 45.66, Lalonde Gordon 45.27);

5. Czech Republic 3:04.87 (Pavel Maslák 45.52); 6. Great Britain 3:05.08 (Lee Thompson 45.71).

HJ: 1. Daniil Lysenko (Rus) 7-8¼ (2.36) (7-2½, 7-4½, 7-6, 7-7¼, 7-8¼ [3]); 2. Mutaz Essa Barshim (Qat) 7-7¼ (2.33) (7-2½, 7-4½, 7-6, 7-7¼, 7-8¼ [xxx]); 3. Mateusz Przybylko (Ger) 7-6 (2.29) (7-2½ [2], 7-4½ [3], 7-6 [2], 7-7¼ [xxx]); 4. Erik Kynard (US) 7-6 (7-2½, 7-4½, 7-6 [3], 7-7¼ [xxx]); 5. Sylwester Bednarek (Pol) 7-4½ (2.25); 6. tie, Maksim Nedasekau (Blr),

Donald Thomas (Bah) & Yu Wang (Chn) 7-2½ (2.20).

PV: 1. Renaud Lavillenie (Fra) 19-4¼ (5.90) (18-8¼, 19-2¼, 19-4¼ [2], 19-8¼ [xxx]);

2. Sam Kendricks (US) 19-2¼ (5.85) (17-10½, 18-4½, 18-8¼, 19-¼ [xp], 19-2¼, 19-4¼ [xpp], 19-6¼ [x]);

3. Piotr Lisek (Pol) 19-2¼ (18-4½ [2], 19-¼ [xp], 19-2¼, 19-4¼ [xxx]);

4. Kurtis Marschall (Aus) 19-¼ (5.80) PR; 5. tie, Raphael Holzdeppe (Ger) & Emmanouíl Karalís (Gre) 19-¼ NJR (=2, =5 WJ); =7. Mondo Duplantis

(Swe)18-8¼ (5.70);... =13. Scott Houston (US) 18-4½.

LJ: 1. Juan Miguel Echevarría (Cub) 27-9¼ (8.46) PR (WL) (7, x W) (26-10½, 27-2, f, 27-5¼, 27-9¼, 25-9½);

2. Luvo Manyonga (SA) 27-8¼ (8.44) NR (=9, x W) (f, f, 27-4, 27-8¼ WL, f, f);

3. Marquis Dendy (US) 27-7½ (8.42) PR (AL) (=13, x W; 6, x A) (26-0, 26-3¼, f, 25-9½, 27-7½, 26-10);

4. Jarrion Lawson (US) 26-8½ (8.14); 5. Yuhao Shi (Chn) 26-7¾ (8.12); 6. Ruswahl Samaai (SA) 26-5 (8.05); 7. Radek Juška (CzR) 26-2¼ (7.99); 8. Eusebio Cáceres (Spa) 25-11½ (7.91).

TJ: 1. Will Claye (US) 57-2¼ (17.43) (WL) (55-5, 55-3¼, 55-0, 57-2¼, 56-11¼, 56-9½);

2. Almir dos Santos (Bra) 57-1½ (17.41) PR (54-9½, 56-6, 55-8¼, f, 57-1½, f);

3. Nelson Évora (Por) 57-1 (17.40) NR (56-2¼, f, 57-1, 56-7¼, f, 54-10);

4. Alexis Copello (Aze) 56-4 (17.17); 5. Chris Carter (US) 56-3¼ (17.15); 6. Fabrice Zango Hugues (Bur) 56-1¾ (17.11); 7. Yaming Zhu (Chn) 55-4¼ (16.87) PR; 8. Bin Dong (Chn) 55-3 (16.84).

SP: 1. Tom Walsh (NZ) 73-2½ (22.31) NR, MR (WL) (4, 4 W) (72-7¼, f, 72-7¼, f, f, 73-2½);

2. David Storl (Ger) 70-4¼ (21.44) (69-4¼, 69-4¼, 69-2, 70-4¼, f, 69-6);

3. Tomáš Staněk (CzR) 70-4¼

(21.44) (66-6½, 69-3½, f, 70-4¼, f, 66-6);

4. Darlan Romani (Bra) 70-1½ (21.37) NR; 5. Mesud Pezer (Bos) 69-4¼ (21.15) NR; 6. Darrell Hill (US) 69-1¼ (21.06) PR; 7. Ryan Whiting (US) 69-0 (21.03); 8. Konrad Bukowiecki (Pol) 68-10½ (20.99); 9. Tim Nedow (Can) 68-3¼ (20.82). (best-ever mark-for-place: 8, =9)

Hept: 1. Kevin Mayer (Fra) 6348 (WL) (6.85, 24-9¼/7.55, 51-5/15.67, 6-7½/2.02 [3536-1], 7.83, 16-4¼/5.00, 2:39.64 [2812]);

2. Damian Warner (Can) 6343 NR (6.74, 24-3/7.39, 48-10¼/14.90, 6-7½/2.02 [3491-2], 7.67, 16-¾/4.90, 2:37.12 [2852]);

3. Maicel Uibo (Est) 6265 PR (7.20, 24-3¼/7.41, 46-11/14.30, 7-1½/2.17 [3436-3], 8.19, 17-4½/5.30, 2:38.51 [2829]);

4. Kai Kazmirek (Ger) 6238 PR (7.15, 25-2½/7.68, 47-9/14.55, 6-8¼/2.05 [3422-4], 7.95, 17-¾/5.20, 2:42.15 [2816]);

5. Eelco Sintnicolaas (Hol) 5997; 6. Zach Ziemek (US) 5941; 7. Ruben Gado (Fra) 5927; 8. Dominik Distelberger (Aut) 5908.



Walsh claimed a meet record

KEVIN MORRIS/PHOTO RUN

The only other American man to have a gold medal hung around his neck in Birmingham—the last time Team USA men won so few titles was '99—was triple

jumper Will Claye (see p 9).

Claye, still only 26, regained the world indoor crown six years after his previous triumph in Istanbul.

After languishing in 6th place after three stanzas, Claye bounded out to 57-2¼ (17.43) in the fourth round for his longest indoor effort since he jumped 58-1 (17.70)

en route to his last WIC win.

It was sufficient for victory this time but the Florida alum had a few anxious moments when new Brazilian talent Almir dos Santos, a narrow favorite coming in, PRed with 57-1½ (17.41) a few jumps later in the same round.

However, neither Claye, dos Santos nor Portugal's former WC/OG champion Nelson Évora, who led at the halfway

to its seventh successive set of 4x4 golds, especially after Fred Kerley's impressive opener of 44.85, the fastest first leg ever run indoors.

A 45.73 by Karol Zalewski left the Poles well in arrears, but Rafał Omelko's 45.17 made up a little bit of ground on Michael Cherry's 45.34.

Then Łukasz Krawczuk turned a 45.87 that gained even more ground on Aldrich

with an African Record 27-8¼ (8.44) in the third round while Marquis Dendy PRed with 27-7½ (8.42) also with his penultimate attempt, to get the bronze with the longest distance ever for that place at a WIC.

Another meet record came from New Zealand's Tom Walsh, who defended his shot title from two years ago in Portland with a massive heave of 73-2½ (22.31) on the very last attempt of the competition,



Cuba has a new teenage LJ star in Echevarría

point with a 57-1 (17.40), could improve in the final two rounds and that remained the order of medals.

Coleman couldn't deliver a WR in Birmingham but one did come by way of the Polish quartet in the 4x4.

In the last track event of the meet, an inspired Jakub Krzewina overtook Vernon Norwood 20m from the line and helped Poland to a 3:01.77 WR in the process as they sliced 0.46 off the former official WR from the U.S. team that won at the '14 WIC (it was also better than the unrati-fied 3:01.96 that a U.S. quartet ran in '06).

To lift a line from the IAAF report: "It was an astonishing performance that nobody had seen coming."

For much off the race, it looked as though Team USA was well on its way

Bailey's 46.11.

Norwood still had a 5m advantage going into the last lap but Krzewina—a 400 semifinalist here, but who hasn't broken 46 indoors or out since '15—reeled in the slowing American off the final bend to spark jubilant celebrations.

Partial compensation for the Americans came via their time of 3:01.97, the third fastest ever.

In terms of pure climactic excitement, the 4x4 was the tops but the LJ was a close second.

Cuban teenager Juan Miguel Echevarría uncorked a world-leading 27-9¼ (8.46) in the fifth round for gold but behind him there was just 4cm separating the medalists with South Africa's '17 WC winner Luvo Manyonga taking the silver

having already won gold with two earlier efforts over the 72-foot barrier.

The World Indoor has a habit of bringing new names such as Echevarría to the fore, at least from an international perspective, so also take a bow Drew Windle.

Windle (see p. 12), whose collegiate experience came at Div. II Ashland, PRed in his heat with 1:45.52 to get through to the final as a non-automatic qualifier with a clocking that moved him to No. 3 on the all-time U.S. list.

In the final, he accelerated hard off the final bend and came through from 4th to 2nd over the final 30m to take the silver in 1:47.99 as Poland's superb tactician Adam Kszczot went through the gears to power away from the rest of the field on the last lap before winning in 1:47.47.

Windle Had To Wait For His Silver

by Jeff Hollobaugh

Drew Windle hit the highs and the lows in Birmingham. The former Ashland 800 runner surprised many by producing the fastest close (24.9) in the 4-lapper and grabbing the silver at 1:47.99.

But he also had to endure some 90 minutes of not knowing whether his initial DQ would stand.

"I was kind of confused," he admits. "I was trying to figure out how I was the person being disqualified. I was the person getting grabbed and punched and elbowed throughout the entire race because I had the worst positioning.

"I experienced all the negative emotions possible in 90 minutes and when I finally heard [that the USATF appeal succeeded], I was exhausted from so many changes in emotions. I was just relieved.

"I did get to do my lap around the track with the flag, so I had that moment.

"The way I look at it is there are people who get their medals years later from people who were caught doping and they missed out on the entire experience."

Windle, an unheralded 1:51.94 performer as an Ohio prep, had always wanted to be a performer on the world stage, but admits, "I knew I didn't quite have the credentials early on in my career at Ashland."

But then he ran an indoor 1:46.52 on an oversized 300m track as a junior.

"My coach and I recognized in that moment what that meant for me moving forward.

It was also a time in the NCAA when you didn't have to run 1:43 to get noticed," he says with a laugh.

After college he moved to Seattle to train with Danny Mackey and the Brooks Beasts. The workouts are more intense; there's more speed.

He reflects, "At Ashland, coach [Trent Mack] and I both knew that I would win Div. II national titles [6 in/out] if I just was healthy at the starting line, so we always made sure we didn't

push the envelope too far.

"Now that I'm elevated to a different level, I am definitely pushing the envelope in workouts with the Beasts.

"The other part of it is just consistency. My first year as a pro I think I missed 25 days due to injuries. Last year I missed 8 days of training. And this year so far I've had zero missed days—knock on wood.

"I'm figuring out how to time things and when to push the envelope and when to back off a little bit."

The results have come steadily. In '16, his first pro season, he hit 1:45.65 but failed to make the finals at the Olympic Trials. Last year, he ran 3rd at USATF, PRed at 1:44.63, and made the World Championships semis in London.

Heading outdoors this year, he says, "I want to run real fast. I do want to get into the 1:43s this year.

"And despite there not being a major outdoor championship, I still really want to do well in the outdoor USAs. Top 3 would be great but I definitely plan on being in contention with 150 to go, and if that's the case, I like my chances."

Then there's the distant future. "Last year at altitude camp, Danny and I were talking about moving up to the 1500. And then I end up 3rd at USA's and that changed the trajectory a little bit."

He has run only a handful of 1500s in his life, claiming a PR of 3:44.46 from his senior year.

"I'm wanting to get into a good 1500 and trying to run under 3:40, and then working down into the mid-3:30s or possibly faster," he says.

"I definitely want to stick with the 8 through '20 but maybe after that we'll reevaluate and see if I can do what I think I can do at 1500."



KEVIN MORRIS/PHOTO RUN

WIC Women: Harrison At Last

by Phil Minshull

Kendra Harrison has been running super-fast times over the barriers for the last few years, but major championship success had eluded her before Birmingham.

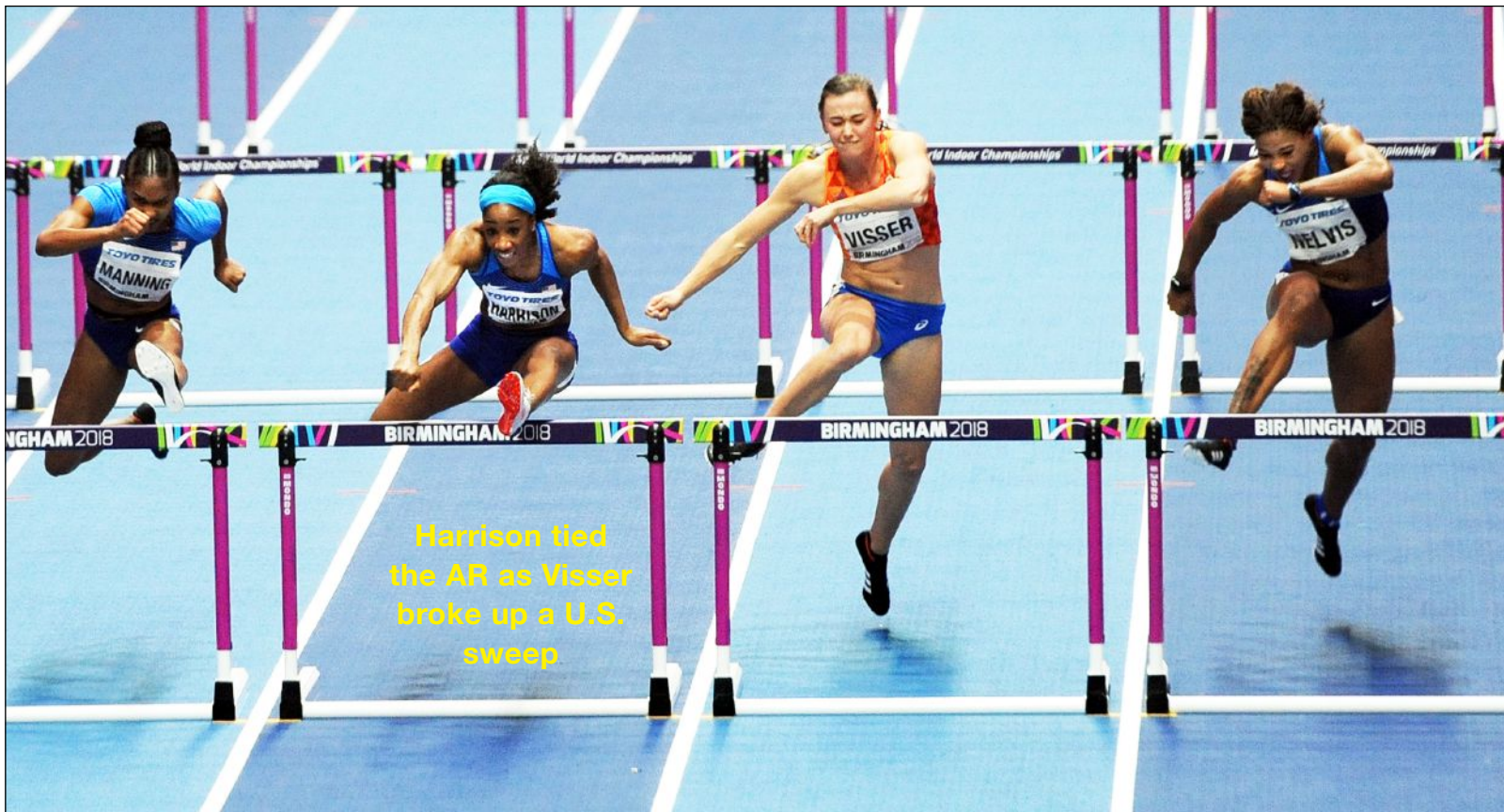
She was last in the '16 WIC final, had

Netherlands' Nadine Visser (who had set an NR 7.83 in the semis) denying a U.S. sweep with a surprise bronze in 7.84.

Harrison's postrace reaction was one of delight tinged with a modicum of relief: "It feels amazing to finally get out there, get the job done, and to finally get the gold

Stefanídi and Morris each missed once at 15-11 (4.85), while Sidorova nailed it again with her first jump, forcing the other two to pass.

With a clutch second attempt at 16-¾ (4.90), Morris soared clear but then Sidorova went higher than she's ever done



MARK SHEARMAN

an off-day at the '16 OG Trials, failing to make it to Rio, and missed out on the medals with a 4th at the outdoor Worlds in London last summer.

However, she finally put to bed that big-meet bogey with a 60H win here in an AR-equaling 7.70 which elevated her to =No. 3 on the all-time world list.

Harrison was neck-and-neck with teammate Christina Manning as she came off the first hurdle but then pulled away for a clear win, with Manning 2nd in 7.79.

Third American Sharika Nelvis had set an AR of 7.70 at the USATF Indoor but was slightly below-par in the semis here and that impression was repeated in the final.

She never quite recovered from a poor start and came home 4th in 7.86, with the

I have been working so hard for.

"My coach told me to worry about my first three steps and that will set you up for the race. As soon as I pushed out of the blocks I felt great and I just kept going."

Along with Harrison, pole vaulter Sandi Morris and the U.S. 4x4 quartet also produced meet records.

Morris (see p. 14) came out on top of an enthralling vault competition which saw '16 OG/'17 WC gold medalist Katerína Stefanídi lose for the first time in a year, the Greek vaulter's 19-meet streak coming to an end.

Three women cleared 15-9 (4.80) with Russia's Anzhelika Sidorova having done it at the first time of asking while Morris and Stefanídi needed three attempts each.

before, indoors or out, with a third-time clearance to keep the competition alive while the favored Stefanídi went out.

Morris responded with aplomb by slithering over 16-2¾ (4.95) on her third attempt, the bar bouncing up and down but staying on the uprights. It was one bar too far for Sidorova and the gold—after three major champs silvers—went to the American.

"It was the hardest I have had to work for a medal," said Morris. "4.90 and 4.95 on third attempts. I got 4.90 and I thought I had it won but you can never let your guard down."

Courtney Okolo (see p. 17) had already won the 400 individual title on the third day of the meet, PRing in 50.55 to win by

Morris Had to Beat Both Bar & Pole

by Sieg Lindstrom

The World Indoor women's vault comp, as stickjumps go, was a wee bit epic and eventual winner Sandi Morris knew it before her day began. History's four highest vaulters who are neither retired (Yelena Isinbaeva) nor "semi-retired" (hello, Jenn Suhr) were on hand.

While Yarislei Silva hadn't shown 16-foot form in the last three years, Morris knew that Anzhelika Sidorova was ready to join that club.

"I definitely couldn't let my guard down even for a second," says Morris, who had to equal her 16-2 $\frac{3}{4}$ (4.95) indoor best on third attempt to triumph over the up-and-coming Russian.

Morris held up her guard with intensity—just look at this issue's cover—but her poles got in two vicious shots. First on her third-try make at 15-9 (4.80).

"When I was going over the bar the top of my pole, as I was falling it clipped my elbow right on my funny bone," she says. "I was half celebrating because I had just made 4.80, which pretty much I knew I was going to medal with that.

"But then the other half was like, 'Omigod!' because the arm was in so much pain because it hit the ulnar nerve and my right hand from the elbow to the tips of my fingers went numb for about 5 seconds."

As soon as the arm "kinda came back to life" she "felt terrible pain in my elbow and I was not even sure if I'd be able to pick up a pole."

When Olympic and world champ Katerína Stefanídi followed her over the height (Sidorova was over already), Morris's pick-up-a-pole test arrived promptly.

"I think I had so much adrenaline pumping through me that that's really what helped me get through," she says.

Morris missed on that try at 15-11 (4.85) and after Sidorova's

make forced a pass to higher altitude, the American got over 16-4 $\frac{3}{4}$ (4.90) on second. Exactly what was needed to win, but as she nailed it her pole attacked again.

"I went over the bar and the pole was right underneath me, and as I was falling the top of the pole jabbed me right in my thigh," she says. "It could have been a lot worse, honestly."

Yup. A photo on Twitter shows a mid-air Morris screaming and the pole digging deep into the front of her leg.

Although the stick didn't break skin, Morris says, "The muscle just immediately cramped and there's just a huge knot on my thigh.

"In every photograph after that I've got a huge balloon for an elbow and a giant knot on my thigh. It looks like I just went through battle."

Yes, a battle that brought Morris, now 25, her first global title after three silvers ('16 WIC, '16 Olympics, '17 outdoor Worlds).

"It's the hardest I've ever had to work for a medal, she says. "I kept making bars on third attempts. I made 80 and then I made 90, and at that point I was like, 'There's no turning back. I don't care if my elbow's hurting, I don't care if my leg is throbbing, I'm making 95, I'm winning this today.'"

Winning 3 weeks after back pain—now diagnosed as transient disk protrusions Morris believes tend to flare up in the weightroom—forced her withdrawal from the Millrose Games.

Morris and her medics don't expect lasting ill effects from her pole hard knocks in Birmingham. However, her win helped cement a conviction:

"I'm the fastest pole vaulter in the world, I have just as much speed as Yelena and Jenn did or ever had. I'm tall enough, I'm 5-8 $\frac{1}{2}$ [1.74], I've got plenty of height. I could break the World Record, I've just got to figure out how to do it.

"So I've been after it for a while and I know I'm physically capable of it, but it's figuring out how to do that."



The first of Morris's run-ins with her pole left her with an elbow owie

KEVIN MORRIS/PHOTO RUN

— WOMEN'S RESULTS —

60: 1. Murielle Ahouré (CI) 6.97 NR (WL) (=6, =11 W); 2. Marie Josée Ta Lou (CI) 7.05 PR; 3. Mujinga Kambundji (Swi) 7.05; 4. Elaine Thompson (Jam) 7.08; 5. Dafne Schippers (Hol) 7.10; 6. Michelle-Lee Ahye (Tri) 7.13; 7. Carolle Zahi (Fra) 7.19; 8. Remona Burchell (Jam) 7.50.

Semis: 1-1. Ahouré 7.01 (WL);... 4. Javianne Oliver (US) 7.10. II-7. Destiny Carter (US) 7.28.

400: 1. Courtney Okolo (US) 50.55 PR (4, 4 A) (23.98/26.57); 2. Shakima Wimbley (US) 51.47 (24.0/27.5); 3. Eilidh Doyle (GB) 51.60 (24.1/27.5); 4. Justyna Święty-Ersetic (Pol) 51.85; 5. Tovea Jenkins (Jam) 52.12 =PR; 6. Zoey Clark (GB) 52.16.

800: 1. Francine Niyonsaba (Bur) 1:58.31 NR (WL) (29.4); 2. Ajeé Wilson (US) 1:58.99 PR (AL) (4, 4 A) (30.18); 3. Shelayna Oskan-Clarke (GB) 1:59.81 PR (29.9);

4. Habitam Alemu (Eth) 2:01.10 (31.9); 5. Raevyn Rogers (US) 2:01.44 (30.2); 6. Selina Büchel (Swi) 2:03.01.

1500: 1. Genzebe Dibaba (Eth) 4:05.27; 2. Laura Muir (GB) 4:06.23; 3. Sifan Hassan (Hol) 4:07.26; 4. Shelby Houlihan (US) 4:11.93;

5. Winny Chebet (Ken) 4:12.08; 6. Aisha Praught Leer (Jam) 4:12.86; 7. Beatrice Chepkoech (Ken) 4:13.59; 8. Rabab Arrafi (Mor) 4:14.94; 9. Colleen Quigley (US) 4:15.97.

Heats: IV-4. Houlihan 4:06.21 PR (AL) (8, x A).

3000: 1. Dibaba 8:45.05; 2. Hassan 8:45.68; 3. Muir 8:45.78; 4. Hellen Obiri (Ken) 8:49.66; 5. Shelby Houlihan (US) 8:50.38; 6. Taye Fantu (Eth) 8:50.54; 7. Konstanze Klosterhalfen (Ger) 8:51.79; 8. Katie Mackey (US) 8:56.62.

60: 1. Kendra Harrison (US) 7.70 =AR (=AR Sharika Nelvis [adj] '18) (=WL) (=3, =3 W); 2. Christina Manning (US) 7.79; 3. Nadine Visser (Hol) 7.84; 4. Sharika Nelvis (US) 7.86;

5. Cindy Roleder (Ger) 7.87; 6. Isabelle Pedersen (Nor) 7.94; 7. Tobi Amusan (Ngr) 8.05; 8. Devynne Charlton (Bah) 8.18.

4 x 400: 1. United States 3:23.85 AR (old AR 3:24.83 National Team '14) (WL) (2 W; #2 Nation) (Quanera Hayes 51.51, Georganne Moline

50.87, Shakima Wimbley 51.29, Courtney Okolo 50.18);

2. Poland 3:26.09 NR (8W; #3 Nation) (Justyna Święty-Ersetic 52.18, Patrycja Wyciszkiewicz 50.97, Aleksandra Gaworska 51.31, Małgorzata Hołub 51.63);

3. Great Britain 3:29.38 (Meghan Beesley 52.99, Hannah Williams 51.91, Amy Allcock 52.12, Zoey Clark 52.36);

4. Ukraine 3:31.32; 5. Italy 3:31.55 NR;... dq[zone]—[2] Jamaica [3:24.16] (Jenkins 51.94, Russell 50.51, Le-Roy 51.34, McPherson 50.37).

HJ: 1. Mariya Lasitskene (Rus) 6-7 (2.01) (winning streak 38); 2. Vashti Cunningham (US) 6-4 (1.93); 3. Alessia Trost (Ita) 6-4; 4. Morgan Lake (GB) 6-4; 5. Yuliya Levchenko (Ukr) 6-2¼ (1.89); 6. Mirela Demireva (Bul) 6-2¼; =7.

Iryna Herashchenko (Ukr) 6-½ (1.84); =7. Erika Kinsey (Swe) 6-½; =7. Inika McPherson (US) 6-½.

PV: 1. Sandi Morris (US) 16-2¾ (4.95) =PR (WL, AL) (3, =7 W; 2, =4 A) (in/out: x, =5 A; non-Isi: x, =5 W) =PR (also 16-¾/4.90 lo-alt WL, AL-x, =7 A);

2. Anzhelika Sidorova (Rus) 16-¾ (4.90) PR (=5, x W; in/out: =7, x W);

3. Ekateríni Stefanídi (Gre) 15-9 (4.80);

4. Eliza McCartney (NZ) 15-7 (4.75) NR; 5. Katie Nageotte (US) 15-5 (4.70);

6. Alysha Newman (Can) 15-5 NR; 7. Yarisley Silva (Cub) 15-1 (4.60); 8. Nina Kennedy (Aus) 15-1. (best-ever mark-for-place: =2, =5, =6)

LJ: 1. Ivana Španović (Ser) 22-10 (6.96) (WL) (22-7¼, 22-1½, f, 22-10, p, p); 2. Brittney Reese (US) 22-7¼ (6.89) (AL) (22-2¼, 21-8¼, 22-2½, 22-7¼, 22-¾, 21-9½);

3. Sosthene Taroum Moguenara (Ger) 22-5¾ (6.85) (21-7½, 22-5¾, f, 20-8½, 20-5¼, 20-8);

4. Quanesha Burks (US) 22-4¼ (6.81) PR (=10, x A) (22-4¼, 21-4¼, 22-¼, 22-3, f, 21-11¾);

5. Malaika Mihambo (Ger) 21-9½ (6.64); 6. Khaddi Sagnia (Swe) 21-9½ (6.64); 7. Christabel Netty (Can) 21-9 (6.63); 8. Ksenija Balta (Est) 21-6¾ (6.57).

TJ: 1. Yulimar Rojas (Ven) 48-0 (14.63) (WL) (46-8¾, 46-2, 46-10, 47-1½, 48-0, f);

2. Kim Williams (Jam) 47-6¼ (14.48) PR (47-1¾, 47-3½, 47-6¼, 46-11½, f, 46-11¾);

3. Ana Peleteiro (Spa) 47-3 (14.40) PR (43-3, 45-4¼, 46-6¼, 47-3, f, f);

4. Elena Andreea Panțuroiu (Rom) 47-¼ (14.33) =PR (46-1¼, f, 46-5½, 47-¼, f, f);

5. Keturah Orji (US) 46-11½ (14.31) (x, 4 A; x, 4 C; in/out: x, =5 C) (46-4¼, f, 46-2, 46-10¼ [x, =4 A; x, =4 C; in/out: x, 7 C], 46-11½);

6. Paraskevi Papahristou (Gre) 46-1¼ (14.05); 7. Viktoriya Prokopenko (Rus) 46-1¼; 8. Tori Franklin (US) 46-½ (14.03).

SP: 1. Anita Márton (Hun) 64-4½ (19.62) NR (WL) (60-¼, 60-½, 63-11 WL, f, 62-2½, 64-4½);

2. Danniell Thomas-Dodd (Jam) 63-¾ (19.22) NR (62-1, 62-2¼, 63-¾, f, 61-10½, 62-6¾);

3. Lijiao Gong (Chn) 62-7¼ (19.08) (f, 62-3¼, f, 61-9½, 61-8½, 62-7¼);

4. Yang Gao (Chn) 61-7 (18.77) PR;

5. Paulina Guba (Pol) 60-10 (18.54); 6. Aliona Dubitskaya (Blr) 59-9 (18.21); 7. Yanivius López (Cub) 59-8¼ (18.19) PR; 8. Jeneva Stevens (US) 59-7¾ (18.18).

Pent: 1. Katarína Johnson-Thompson (GB) 4750 (lo-alt WL) (8.36, 6-3¼/1.91, 41-7¼/12.68, 21-4/6.50, 2:16.63);

2. Ivona Dadić (Aut) 4700 (8.32, 5-11½/1.82, 46-10/14.27, 21-0/6.40, 2:17.82);

3. Yorgelis Rodríguez (Cub) 4637 PR (8.57, 6-2/1.88, 46-5¼/14.15, 20-2¼/6.15, 2:17.70);

4. Eliška Klučinová (CzR) 4579; 5. Erica Bougard (US) 4571 (lo-alt AL); 6. Xénia Krizsán (Hun) 4559; 7. Alina Shukh (Ukr) 4466; 8. Lecabela Quaresma (Por) 4424; 9. Kendell Williams (US) 4414.



KEVIN MORRIS/PHOTO RUN

almost a second from Shakima Wimbley who made it a U.S. 1-2 with second in 51.47, before returning to the track to anchor the 4x4 team to a 3:23.85 AR on

the final day.

Team USA led at the first exchange after Quanera Hayes ran 51.51. Georganne Moline followed it up with a 50.87 stint

to increase the lead and at the halfway point only a disaster was going to derail the heavy favorites.

Wimbley ran the penultimate leg in

51.29 before Okolo time-trialed 50.18, the fastest two laps of the race.

Nearest rival Poland was more than 2 seconds in arrears despite running a national record as they finished with the silver medals in 3:26.09.

In total, the U.S. women took 9 medals, including 5 silvers.

In addition to Wimbley and Manning, Ajee' Wilson ran a courageous and tenacious race for her second successive WIC silver in the 800.

As in Portland two years ago, Wilson took up the early running before passing 400 in front of the pack in 59.02.

She still had the advantage over the favorite, defending champion Francine Niyonsaba, at the bell but with 100 to

go the Burundian swept around the outside and had enough strength to retain her title in a national record 1:58.31 with Wilson holding on for 2nd, this time in a PR 1:58.99 that moved her to No. 4 on the all-time U.S. list.

Fellow Americans Vashti Cunningham (HJ) and Brittney Reese (LJ) couldn't defend their Portland titles but still earned silvers behind Mariya Lasitskene (6-7/2.01 to run her winning streak to 38) and Ivana Španović (22-10/6.96 WL).

Prolific Genzebe Dibaba (see p. 18) took her tally of WIC titles to 5 after becoming only the second woman to win a 1500/3000 double, Gabriela Szabo in '99 being the other.

A straight 3000 final on the opening night certainly assisted Dibaba in her quest for additional glory.

The 27-year-old Ethiopian hit the front with 5 laps to go and held off the advances of the Netherlands' Sifan Hassan and the home-crowd favorite Laura Muir before winning in 8:45.05 for her third successive gold over 15 laps.

In the 1500 final on the penultimate day, Dibaba decided to force the pace after a pedestrian first 500 and no one could stay with her, triumphing in 4:05.27 to regain the title over this distance that she had first won in '12.

Overall the U.S. performance in Birmingham was

Niyonsaba mounted a successful 800 defense



Španović raised the world lead in the long jump to 22-10



GIANCARLO COLOMBO/PHOTO RUN

GIANCARLO COLOMBO/PHOTO RUN

one to celebrate but the one event which will go down as a disappointment was the 60.

For the first time since the meet became an official world championship—and in an event where there has been at least one U.S. medalist since '93—there were no Americans in the final.

The fireworks instead were provided by Ivory Coast's Murielle Ahouré, who flew to gold in 6.97, a time no one has bettered since '99 and put her =No. 6 on the all-time list.

USATF dash winner Javianne Oliver was squeezed out of the final by an unusual set of circumstances. In a setup with 3 semis qualifying the top 2 plus the next 2 fastest overall, her 7.10 for 4th in the loaded first race seemed to be enough.

But then there was an unbreakable tie for 2nd in the second race, with both of those trumping a potential time qualifier which turned out to be the American.

Okolo Ready For The Real Season

by Bret Bloomquist

Courtney Okolo didn't have particularly lofty expectations for her indoor campaign other than to set herself up for outdoors, where her heart has always been.

After an injury-plagued '17 season, her only real goal on the boards was to stay healthy with a longterm aim of sharpening up for a bounce-back summer.

Then came the indoor PR of 51.16 in Albuquerque's altitude at the USATF Champs that she wasn't really expecting.

That led coach Tonja Buford-Bailey to say, "Courtney executed the race exactly as planned. We have been race modeling for the last 2 weeks and she put it together perfectly. Her poise shows how bright her future is in this sport."

Then came the 50.55 gold medal performance in Birmingham, followed up with a 50.18 leg on the American Record 4x4.

Suddenly, Okolo—who turned 24 the next day—is reworking all those expectations. Two gold medals on the world stage will do that.

"In college there was more of a plan because you have the NCAA Indoors," says Okolo, now in her second full year as a pro and still training in Austin with Buford-Bailey.

"I was surprised I was in this good shape so early. I felt progress faster, I was surprised I was able to PR. I was looking at the bigger picture, but seeing that time indoors, I didn't know I was going to be this fast.

"That kind of opened my eyes."

Beyond perfect execution of her races in each round that led to gold—she opened with a 51.54 in the heats and a 51.79 in the semis while comfortably running from the front each time—Okolo didn't think she was at the point in her training to run that personal indoor best time, much less a personal best by half a second.

"We're just getting started, there are so many things I have to work on," she says. "I have to do more blocks, more technique things, just progressing. My goal is to be in full form by summer.

I just didn't think I was ready to go that fast that soon. There is so much still to do with my training."

She's looking at this non-championship outdoor season as a bit of a comeback tour after a strained quad set her back in her rookie full-pro year, when she didn't break 50.

Okolo was healthy by the end of the season, but not in shape

to have the kind of year she expected after her golden tenure at Texas that ended with a Bowerman Award in '16 and indoor/outdoor double golds at the NAAs in the 400 and 4x4.

That season had climaxed with an Olympic gold for leading off the U.S. 4x4 and she ended up No. 9 in the World Rankings in the 400.

Despite not being 100% physically, she upped that rating to No. 7 last year.

"Last year I was injured, now I want to redeem myself," she says.

"I ran the 100 at Texas Relays and strained a quad. I was out 6 weeks. Now I'm healthy. That's the biggest thing; I want to stay healthy after last year. So far it's gone well."

Okolo is going to open her outdoor campaign back at the Texas Relays as part of a 4x4 that will mark a season drilled in on the 1-lap race.

"I'll probably do a couple of 200s, but my focus this year is all on the 400," she says. "That's where I'm putting everything."

As for what kind of time she's looking for, Okolo is coy, other than a recognition she's pre-

pared for something special.

Her outdoor best is the still-standing Collegiate Record of 49.71 from 2 years ago and she's ready to put that in danger.

"I have some goals but I'm going to keep them to myself," she says. "I think I'm set up for a good year provided I stay healthy."

It's already been a good year and it is just getting going.

Outdoors once again holds big promise for Okolo



SHANE/ALTO OKOLO/PHOTO RUN

Dibaba Finds Midas Touch Again

by Phil Minshull

Genzebe Dibaba's two gold medals in Birmingham took her tally of titles at the WIC to 5 and elevated her into rarefied territory.

Only Maria Mutola now has more individual WIC gold medals than Dibaba, Mozambique's 800 great winning 7 times over 4 laps of the track 1993–06.

With Mutola having her last 800 victory at the age of 33—although she went on to take the bronze at the '08 WIC in Valencia—and Dibaba having only turned 27 in February, time would appear on the slender Ethiopian's side in her quest to set a new gold standard at this meet.

Certainly, she can now claim to be the dominant indoor runner of her generation and, unlike her well-known older sisters Tirunesh and Ejegayehu who rarely ran indoors, she seems to relish the cut-and-thrust of racing under cover.

In Birmingham, she was helped by a sympathetic timetable.

With the championships expanded into a 4-day affair, like the Portland schedule from 2 years ago, the 3000 was the only track final on the opening night and that suited Dibaba just fine.

With just under 5 laps remaining, after Konstanze Klosterhalfen had passed through the 2000 in 6:07.62, Dibaba hit the front followed closely by the young German, Kenya's World 5000 champ Hellen Obiri and home medal hope Laura Muir.

Dibaba then started to turn the screw over the next 600 and had a 4m lead with 2 laps to go over Holland's Sifan Hassan, who had moved steadily through the field and up to 2nd half-way through the preceding lap, while Muir had moved past Obiri into 3rd.

Hassan and Muir closed on Dibaba at the start of the final lap, but she just gritted her teeth and found another gear, covering the last kilo in 2:37.43 and last lap in 30.44, and won in 8:45.05 for her third consecutive gold in the event.

"It was a tactical race, but I controlled all the competitors," she said. "With 1000 left, they all pushed very hard and at that

moment I had to go and win the race. I'm surprised because I wasn't good in 2017 but 2018 is my time."

Next up was the 1500 and Dibaba breezed through her heat on the second day of the meet in 4:06.25—which as it turned out would have been fast enough for 3rd in the final—before lining

up on Saturday night against Hassan and Muir once more.

Once again, she chose 5-laps-to-go to attack and once again it proved to be decisive as she unleashed a scintillating last 1000, steadily winding up the pace lap-by-lap and finishing with a 29.53 final circuit before crossing the line in 4:05.27 to regain the title she had also won in '12.

For the record, Dibaba covered the last 5 laps in an unofficial 2:31.1. By comparison, Mutola's 1000 WR is 2:30.94!

Hassan and Muir challenged hard and were still on Dibaba's shoulder until the last 150 but, and again in similar fashion to the longer race two nights earlier, could not match the Ethiopian when she went into overdrive.

Muir edged past the flagging Dutch runner halfway into the last lap to reverse the positions of the minor medals from the 3000 and take silver in 4:06.23.

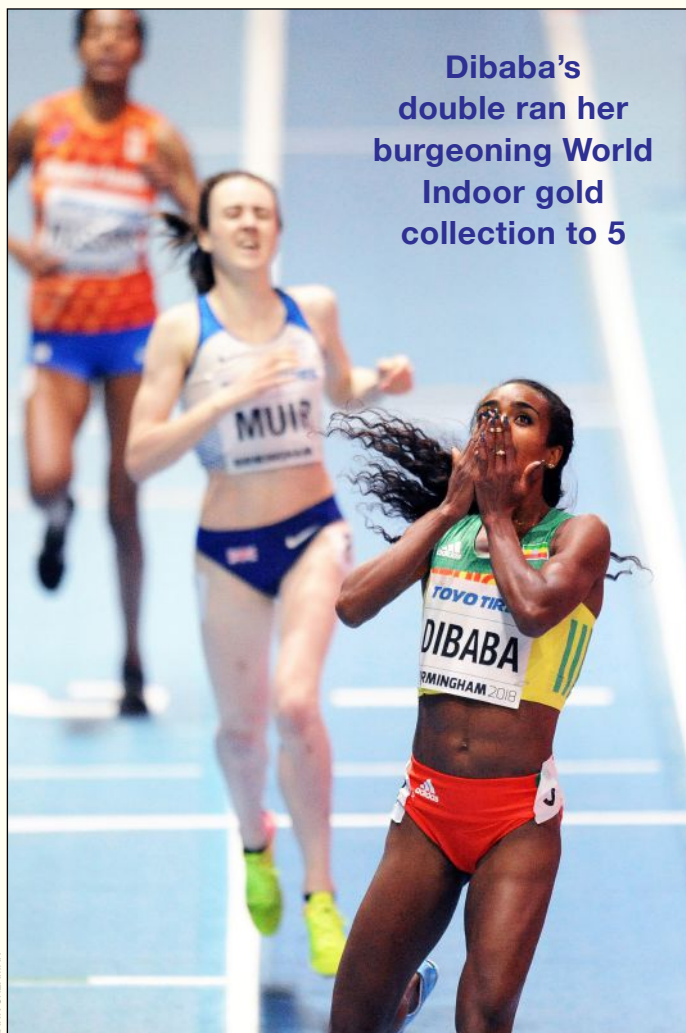
The 1500 victory took Dibaba's indoor win-streak over all distances to 23; she last lost an undercover race in '12.

However, the plaudits for Dibaba and her WIC success story have to be tempered by acknowledging there is still a cloud hanging over her.

In the Olympic year Spanish police found EPO in a hotel room at a training camp run by her coach Jama Aden. Dibaba was among the athletes present at the camp.

Aden and Dibaba have both denied they committed any doping violations but there is an outstanding warrant for Aden in Ethiopia and he is banned from attending IAAF meets until the investigations are complete.

Her manager, Juan Pineda, confirmed to various media in Birmingham that she is still being coached by Aden—a statement the Ethiopian federation subsequently disputed—and it was noticeable that Dibaba was virtually shunned by Hassan and Muir at both the medal ceremonies.



MARK SHEARMAN

— National Collegiate Indoor Championships Winners —

NCAA II MEN

Pittsburg, Kansas, March 9-10 (300m unbanked—OT)—

Teams: 1. Pittsburg State 49; 2. Tiffin 48; 3. Adams State 44.

60: 1. *Mobolade Ajomale' (AAR) 6.60. 200: 1. Ajomale' 20.91. 400: 1. *Myles Pringle (Ash) 45.93. 800: 1. **Thomas Staines' (CoStP) 1:47.23. Mile: 1. *Dustin Nading (WnOr) 4:13.30.

3000: 1. *Sydney Gidabuday' (Adams) 8:01.26. 5000: 1. Gidabuday' 13:56.99. 60H: 1. **Juan Scott (COH) 7.83. 4 x 400: 1. Texas A&M—Commerce 3:08.77 (Christine, Windham, Sharp, Clark). DisMed: 1. Western Oregon 9:41.40 (Nading, Whitaker, Holmberg, Ribich c3:55).

HJ: 1. Tanner Stepp (CarsN) 7-1½ (2.17). PV: 1. *Nolan Ellis (CoMesa) 17-2¼ (5.25). LJ: 1. Sedeeke Edie' (Linc) 25-5½ (7.76). TJ: 1. DeVontae Steele (AMC) 53-3¾ (16.25). SP: 1. Bo Farrow (PittSt) 62-2½ (18.96). Wt: 1. *Austin Combs (Find) 68-10½ (20.99). Hept: 1. *Spencer Jahr (CoMesa) 5552.

NCAA II WOMEN

Teams: 1. West Texas A&M 53; 2. Western Colorado 40; 3. Lincoln/Missouri 36.

60: 1. *Dianna Johnson' (Adams) 7.26. 200: 1. *Ariel Jackson' (Lind) 23.70. 400: 1. ***Shannon Kalawan' (StA) 54.54. 800: 1. *Danielle McCormick (Ak) 2:07.79. Mile: 1. Alicja Konieczek' (WnCo) 4:48.33. 3000: 1. Konieczek' 9:29.39. 5000: 1. Alexis Zeis (Mary) 16:23.54. 60H: 1. *Janelle Perry (UrsOh) 8.22. 4 x 400: 1. Grand Valley State 3:40.34 (Roberts, Ritter, Eby, Walters). DisMed: 1. Western Colorado 11:19.98 (An. Konieczek, Whitehead, Sharon, Al. Konieczek).

HJ: 1. Kaitlin Lumpkins (Ang) 5-10 (1.78). PV: 1. *Emily Presley (MoSn) 13-10 (4.22). LJ: 1. Rellie Kaputin' (WTxAM) 20-5¾ (6.24). TJ: 1. **Fatim Affessi' (WTxAM) 42-11½ (13.09). SP: 1. *Sunflower Greene (Millersv) 53-4¼ (16.26). Wt: 1. Destiny Coward (SnCt) 68-2½ (20.79). Pent: 1. Kami Norton (Ang) 3983.

NCAA III MEN

Birmingham, Alabama, March 9-10 (200m banked)—

Teams: 1. Mt. Union 41; 2. North Central 40; 3. Rowan 37.

60: 1. Jamal Watkins (BirSn) 6.78. 200: 1. *Jordan Johnson (Benll) 21.67. 400: 1. **Patrick Mikel (Loras) 47.74. 800: 1. Matt Molinaro (OhNn) 1:51.80. Mile: 1. Jeremy Hernandez (Ramap) 4:05.95. 3000: 1. *Dylan Gearinger (Haver) 8:16.77. 5000: 1. *Dhruvil Patel (NCen) 14:22.48. 60H: 1. **Mason Plant (MtU) 8.00. 4 x 400: 1. Mount Union 3:13.77 (Neff, Roth, Etzler, Digby). DisMed: 1. SUNY Geneseo 9:56.63 (Holtzman, Hannahoe, Faulkner, Garcia-Cassani).

HJ: 1. Stefan Duvivier (Tufts) 7-2½ (2.20). PV: 1. Dan Evers (Monml) 17-7¼ (5.37). LJ: 1. Mark VanMarter (StJf) 24-1¾ (7.36). TJ: 1. Jared Lewis (Stockton) 50-1¾ (15.28). SP: 1. Sam Elsner (WiSt) 57-11¼ (17.67). Wt: 1. **Andrew Jarrett (WiLC) 65-½ (19.82). Hept: 1. **Will Daniels (Central) 5287.

NCAA III WOMEN

Teams: 1. UMass Boston 46; 2. Williams 37; 3. Ohio Northern 30.

60: 1. **Wadeline Jonathas (MaB) 7.41. 200: 1. Jonathas 24.07. 400: 1. Jonathas 54.28. 800: 1. Emily Richards (OhNn) 2:06.53. Mile: 1. Richards 4:51.24. 3000: 1. *Emily Bryson (Brand) 9:33.99.

5000: 1. Brittany Bowman (Tufts) 16:31.32. 60H: 1. Nicole Bartoletta (Geneva) 8.71. 4 x 400: 1. Nebraska Wesleyan 3:47.06 (Frazier, Jones, Rolfes, Jones). DisMed: 1. Bowdoin 11:37.18 (Shipley, Ory, Traum, Kelley).

HJ: 1. **Cirrus Robinson (OhWes) 5-8½ (1.74). PV: 1. Katherine Pitman (Ithaca) 14-½ (4.28). LJ: 1. **Wadeline Jonathas (MaB) 19-6 (5.94). TJ: 1. Amber Edwards (Ramap) 41-1 (12.52). SP: 1. Victoire Kothor (Brock) 50-4½ (15.35). Wt: 1. Mia Bennett (Carthage) 59-1¼ (18.01). Pent: 1. Sarah Glidden (WiEC) 3632.

NAIA MEN

Pittsburg, Kansas, March 1-3 (300m unbanked—OT)—

Teams: 1. Wayland Baptist 88; 2. Indiana Tech 80; 3. Keiser 43; 4. Hastings 38.

60: 1. *Kejavon Moore (InT) 6.65. 200: 1. *Quintaveon Poole (WayB) 21.17. 400: 1. Poole 46.21. 600: 1. *Tre Hinds' (WayB) 1:17.58; 2. *Mason Held (YorkNb)

1:18.98. 800: 1. Isaac Clark (Friends) 1:51.21. 1000: 1. Luke Runyan (InT) 2:25.45.

Mile: 1. Mackenzie Wahpepah-Harris (OkC) 4:07.74. 3000: 1. ***Nathan Baker (Millig) 8:29.70. 5000: 1. *Geoffrey Kipchumba' (WmC) 14:43.58. 60H: 1. **Chris Grinley (Keiser) 7.90. 3000W: 1. Anthony Peters (StAm) 12:09.58.

4 x 400: 1. Indiana Tech 3:10.88 (Peter, Smiley, Xavier, Moore). 4 x 800: 1. Wayland Baptist 7:36.29 (B. Gonzales, J. Gonzalez, Williamson, Hinds). DisMed: 1. Eastern Oregon 10:00.45 (Morrell, Lewis-Allen, Zimmerly, Slagowski).

HJ: 1. *Tyler Blakeley (LC) 6-10¾ (2.10). PV: 1. Curtis Bell (Aqui) 16-4¾ (5.00). LJ: 1. *Jordan Downs (Bethel) 25-1¼ (7.65). TJ: 1. **Donte Irving (WayB) 51-8¼ (15.75). SP: 1. Alex Wellington (Hast) 60-3¾ (18.38). Wt: 1. *Erik Escobedo (Bethel) 71-3½ (21.73). Hept: 1. *Winston Lawson (Vang) 5321..

NAIA WOMEN

Teams: 1. Wayland Baptist 100; 2. Indiana Tech 69; 3. Southern—New Orleans 59.

60: 1. **Devin Johnson (WayB) 7.46. 200: 1. Johnson 24.24. 400: 1. Shadae Hylton' (SnNO) 53.38. 600: 1. Ja'lanna Williams (WayB) 1:31.87. 800: 1. Adri Sigafoose (Aqui) 2:12.73. 1000: 1. *Anna Shields (PtP) 2:46.22.

Mile: 1. Shields 4:37.30. 3000: 1. *Aminat Olowora' (OkC) 9:33.96. 5000: 1. **Molly Vitale-Sullivan (ClD) 17:21.75. 60H: 1. **Telecia Briscoe (WayB) 8.38. 3000W: 1. **Anali Cisneros (Jud) 13:59.60.

4 x 400: 1. Southern-New Orleans 3:37.92 (Bolton, Smikle, Peart, Shadae Hylton). 4 x 800: 1. Wayland Baptist 9:01.22 (Crano, E. Williams, J. Williams, Sosa). DisMed: 1. Aquinas 11:58.78 (Winchester, Truss, Miller, Sigafoose).

HJ: 1. Candella Guijarro' (InT) 5-9¾ (1.77). PV: 1. Tasha McKinley (Siena) 12-7½ (3.85). LJ: 1. *Abby Stricker (ColMo) 19-8 (5.99). TJ: 1. *Tiona Owens (WayB) 40-8¼ (12.40). SP: 1. *Samantha Liermann (ConcNb) 49-5 (15.06). Wt: 1. Sara Olsen (Hast) 65-8¾ (20.03). Pent: 1. Chelsea Baker (Friends) 3854.

JUCO MEN

Lubbock, Texas, March 02-03 (200m banked)—

Teams: 1. South Plains 94; 2. Barton County 92; 3. Cloud County 75.

60: 1. **Terence Ware (Bart) 6.65. 200: 1. **Khance Meyers (Hinds) 20.65. 400: 1. **Sean Bailey' (WnTx) 46.08. 600: 1. ***Leander Forbes (Merid) 1:17.53. 800: 1. ***Derek Holdsworth (TrinSt) 1:52.73. 1000: 1. **Collin Dylla (Pima) 2:30.18. Mile: 1. Holdsworth 4:16.10. 3000: 1. ***Ayrton Ledesma (Gillette) 8:35.34. 5000: 1. **Thobile Mosito' (CloudC) 14:57.29. 60H: 1. **Charlie Forbes (Bart) 7.86.

4 x 400: 1. Western Texas 3:08.57 (Stewart-Baynes, Buttler, Azemia, Bailey 46.31). 4 x 800: 1. Meridian 7:42.78 (Martin, Britton, Applewhite, Weaver). DisMed: 1. Cloud County 10:11.40 (Kouri, Mahlakoane', Marindich', Dirane').

HJ: 1. **Milton Harrell (Hinds) 7-2½ (2.20). PV: 1. **Kyle Downey (Mesa) 16-2¾ (4.95). LJ: 1. **Travis Hugg (Bart) 24-6½ (7.48). TJ: 1. ***Holland Martin' (SPI) 52-8¼ (16.06). SP: 1. **Sanjae Lawrence' (Bart) 59-7½ (18.17). Wt: 1. **Travis Petersen (IaC) 62-5¾ (19.04).

Hept: 1. **Denim Rogers (Gard) 5465.

JUCO WOMEN

Teams: 1. New Mexico 120; 2. South Plains 90; 3. Iowa Central 89.

60: 1. ***Jatoria McGirt (CloudC) 7.39. 200: 1. **Shian Hyde' (NM) 23.68. 400: 1. **Shawkia Iddrisu' (CAZ) 54.02. 600: 1. **Latoya Stewart (Bart) 1:32.60. 800: 1. **Agnes Mansaray' (IaC) 2:21.98. 1000: 1. ***Adva Cohen' (IaC) 2:55.32. Mile: 1. **Esther Gitahi' (NM) 4:53.08. 3000: 1. Cohen' 9:30.89. 5000: 1. **Seselia Dala (SPI) 18:04.39. 60H: 1. **Adriana Janic' (Hutch) 8.33.

4 x 400: 1. Western Texas 3:41.55 (Satanya, Chambers, Bowen, Hudson). 4 x 800: 1. Iowa Central 9:15.49 (Wajid, Sullivan, Mansaray', Cohen'). DisMed: 1. Iowa Central 11:51.32 (Stucky, Coley, Mansaray', Cohen').

HJ: 1. **Abigail Kwarteng' (WnTx) 5-11¼ (1.81). PV: 1. ***Thais Gomes (CowC) 11-9¾ (3.60). LJ: 1. ***Kristal Liburd (NMJC) 20-4½ (6.21). TJ: 1. ***Ruth Usoro' (SPI) 42-8¼ (13.01). SP: 1. ***Cherisse Murray (CAZ) 52-½ (15.86). Wt: 1. **Gabbriel Harris (CloudC) 62-¼ (18.90).

Pent: 1. Janic 3751.

— NCAA Div. I coverage follows —

A Record-Fest At The NCAA Indoor

ONE OF—if not, the—greatest NCAA Indoor NCAA Championships ever featured a flurry of speed that had serious implications for the recordbooks.

On the men's side, there were World Records in the 400 (Michael Norman of USC) and 4x4 (Texas A&M), as well as an American & Collegiate Records in the 200 (Elijah Hall of Houston) and a CR in the 4x4 (USC).

For their part, the women checked in with an AR/CR in the 400 (Kendall Ellis of USC), CRs in the 60 (Aleia Hobbs of LSU) and 200 (Gabby Thomas of Harvard) and World/American Junior marks in the 400 (Sydney McLaughlin) & 60H (Tara Davis of Georgia).

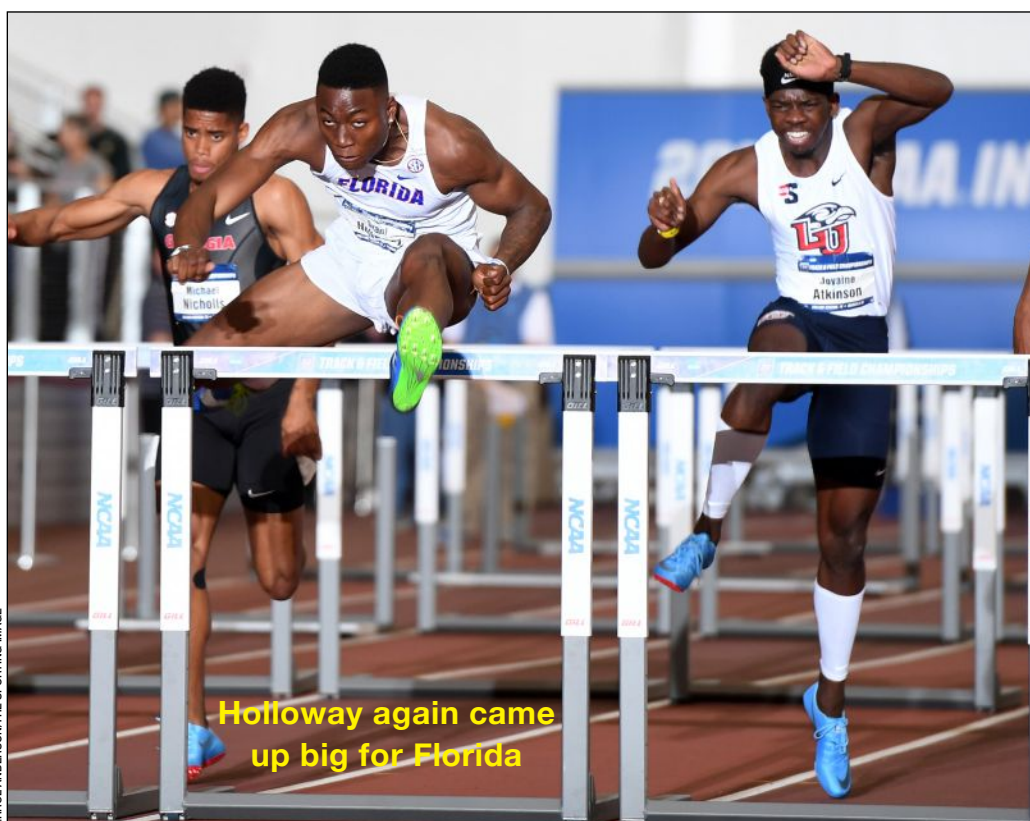
But as always, the team battles loomed ever-large (women's coverage begins on p. 26).

Men: Gators Defend

by Dave Johnson

The 4x4 was the perfect culmination to the men's meet, as any of four teams— Florida 34 , Texas Tech 28, USC 27, Houston 26—still had a chance to win the team title, and all had quartets entered.

Tech finished 2nd in the first of four



sections, only to be DQed, leaving the remaining three to battle in section 4.

USC leadoff Zach Shinnick controlled the first leg with his 46.24, then was succeeded by Rai Benjamin with the fastest

carry in indoor history, a fantastic 44.35. Versatile Grant Holloway (see sidebar) ran 44.91 for Florida, but slipped farther behind, almost 5m back with A&M on the shoulder in 3rd.

Which Event For Holloway?

Someone in the media asked Grant Holloway the obvious question: "Which is your favorite event?"

Maybe a little too obvious.

"I feel like y'all ask me this every single time," the Florida soph laughed. "I do not have a favorite event. It's whatever Coach [Mike] Holloway tells me to do at that time, that's my favorite event."

The sequel to *The Multi-Talented Mr. Holloway* is only halfway done, but it's looking very similar to—and just as exciting—as the 2017 original.

The first scene, in the Friday session, saw Holloway almost snatch gold in the long jump with a fifth-round 26-8 $\frac{1}{4}$ (8.13), only to have Texas A&M's Will Williams snatch it back with a clutch sixth-round 26-10 $\frac{1}{2}$ (8.19).

The second scene, the next day, had no

such drama. Holloway blistered a 7.47 in the 60H, =No. 3 collegiate mark ever, albeit short of his own 7.42 CR from earlier this year. Nebraska's Antoine Lloyd was a distant 0.13 back.

He capped it off by contributing a 44.91 second leg to a bronze-winning relay, wrapping up the team title for the Gators.

One has to wonder how long Holloway will stay in the collegiate ranks.

His hurdle time would have tied for silver at the World Indoor Championships, and a reporter asked him about competing on that stage.

"I feel like I could compete with anybody," he said. "I think everybody knows that I'm a gamer. I'm unhappy that I wasn't there, but I'm glad someone from the USA [silver medalist Jarret Eaton] got on the podium."

/Lee Nichols/

Norman The New Indoor 400 King

by Lee Nichols

If you're going to defeat Michael Norman and his colleagues on the USC 4x4, a record won't be enough. Not a meet record... not a national record... not even a World Record (or perhaps

Antiguan Record 20.34 for bronze in the 200, was fastest on any indoor relay ever with 44.35 (see p. 48 for a top-splits compilation). Norman brought it home in 44.52.

"My job was simply to finish strong and hopefully in the front," the anchorman said. "I didn't want to throw away all their hard work. I was just feeding off of their energy and the crowd's energy."

Norman's legs might have been fine, but Benjamin was physically a little dicey.

"I tweaked my groin a little bit before the race," he said, "so that was tough mentally, but I was fine."

He had a familiar foe circling the track—at one point, the omnipresent Grant Holloway, who was leading his Gators to a team title, made a move on him: "I looked up at the Jumbotron just to see where everyone was. By the time I got to 150 out, I knew I had it."

The coming together of this quartet was no sure thing. Benjamin, a junior, transferred this season from crosstown rival UCLA, and was helping recruit frosh leadoff Shinnick to the Bruins before they both switched allegiance. He says his

Norman twiced stopped the clock in WR time



ERROL ANDERSON/THE SPORTING IMAGE

more properly, "world record").

Norman's final day at the NCAA started in the 2-heat individual 400, where Auburn's Akeem Bloomfield threw down the gauntlet in heat I with a Jamaican Record / world-leading 44.86, making him No. 5 on the all-time world list.

Norman responded with appropriate force in the second section, setting a new WR of 44.52. His second lap was especially impressive: While he started slower than Bloomfield (21.33 vs. 21.29), he brought it home big, outpacing the Tiger 23.19 vs. 23.57.

He then ran past the postrace interview area almost as fast, saying he had to keep himself rested and ready for the upcoming relay.

"My legs were a little heavy," the 20-year-old SoCal native would say later, after his relay. "I didn't really feel it when I ran. I'll feel it tomorrow."

So what could the Trojans produce with a newly minted WR holder on anchor? Why, the fastest time ever run indoors.

"They did the majority of the work," Norman said, deflecting credit to his teammates: Zach Shinnick, Rai Benjamin and Ricky Morgan.

It wasn't entirely modesty: second leg Benjamin, fresh off an

new team's bond is strong.

"I woke up this morning and I said, 'Man, I can't wait to get that baton,'" Benjamin said. "The main thing is we had fun doing it. I've never been on a team where I've actually had fun running the 4x4. No offense to any other school I've been with, but it's always fun with these guys. I'm looking forward to finishing out the year with them."

"I was hyped," Norman said of his reaction to learning that Bruin standout Benjamin would become a Trojan.

"Our coach was telling us we're the best you'll ever see in a group," Benjamin said. "Just to feed off that, that environment skyrockets us at practice."

Asked whether USC is now the center of the quartermilong universe, Norman said, "That's up to everybody else. We're just trying to promote USC for what we are."

"Our workouts are changed and adapted and tailored to each person's weaknesses and strengths, so we use each other to get stronger. We have a great coaching staff. Hopefully people recognize coach [Quincy] Watts [92 Olympic gold medalist in the 400 & 4x4] and coach Caryl [Smith Gilbert] as these great coaches and want to come to USC."

Healthy Hall Realizing Promise

by Jeff Hollobaugh

NCAA double champ Elijah Hall always knew he could be a great sprinter. The only catch, he has realized, is that he has to stay healthy.

The Houston senior, now 23, started his athletic career primarily as a football player at Morton Ranch HS in Katy, Texas. "I wasn't really into track," he says. "I was into football.

"Football had always been my No. 1 goal, but I liked track a lot because I have speed, so after football season I would just go out and run track."

Then, in his junior season on the gridiron, he tore his right ACL.

"I missed that whole track season," he says. The next year, he broke his forearm playing football, but he did notch some nice track performances, including a 20.60 that won the State title and earned him the No. 4 All-America rating.

In the summers, he would join up with a club and share baton duty with his friend Cameron Burrell. A newspaper article from back then quotes Burrell as saying they are "almost like brothers."

By his senior year, Hall decided that if he wanted to be healthy enough to be an athlete, he had to leave football behind.

"I didn't want to keep getting injured playing football and I wanted to be able to run still," he explains. "After that I just wanted to stick to track."

A semester at Garden City CC in Kansas came first, but then he transferred to Butler County CC at the other end of the state.

He dealt with injuries that limited his racing over the next two years. But by '16, he was healthy, winning the JUCO 100 in 10.16(A) and taking 2nd in the 200 at 20.37.

"I always believed I had world class potential. It was just a matter of training hard and putting my body in a position to stay healthy. I didn't have a lot of healthy seasons," he admits.

"That year I was trying to pass so that I could get to a D1 school so that I could get the right training. I knew I had the

grades to go to Div. I and I wanted to come to Houston so I could train with coach [Leroy] Burrell and coach Carl [Lewis]. I knew they would get me to where I needed to be."

In '17, his first season for the Cougars, Hall showed great promise but was dogged again by injuries, this time a lingering hamstring strain. He hit 10.11 / 10.00w as well as 19.96w, capturing a double conference win. But the hammy kept him out of the NCAA, where his teammates nonetheless won the 4x1.

Healthy enough to run at USATF, Hall PRed at 20.21 into a headwind to take 3rd and qualify for Worlds. But in doing so, he strained his hamstring again and had to withdraw from the U.S. team.

"It wasn't necessarily disappointing," he says, "but it gave me the fuel to get back healthy and get stronger over the off-season. That was my No. 1 goal, to get stronger. I've given it everything I've got in the off-season to prepare myself for this '18 season."

With all that work under his belt, Hall says he wasn't shocked by winning the NCAA double in 6.52/20.02.

"The goal the whole time was to go there and double, you know," he says, "And run my best at the right time. My coaches and I worked hard over the last couple of weeks to

prepare ourselves and get ready for that moment. When I got there it was about putting everything together at the right time."

The key, says Hall, is that he's finally healthy. "My health is great this year, and I'm more focused. This year we worked a lot in the weightroom to get me stronger. It helped a lot."

Hall seems almost giddy at the prospect of taking his current condition into the outdoor season healthy.

"Outdoors is going to be fun," he says. "Cameron Burrell is coming back in the 100. It's going to be a fun race. We've been friends a long time. It's going to be exciting to get out there and help my team try to win the team title.

"I'm just happy to come back and help the team out. The 4x1 is coming back to repeat. We can do some great things this year."



and Benjamin ran for Antigua in the World Youth Champs 5 years ago, even though he is U.S.-born, and a citizen. With the IAAF having frozen transfers between nations, he's still apparently not U.S.-eligible.

Said Trojan head Caryl Smith Gilbert, "I don't care what anyone says. USC owns

the World Record in the 4 x 400m relay. No four men in the history of the world have run faster indoors than the Trojans did tonight."

The meet had begun with no clear team favorite and many pretenders; no team having enough likely points to squander scoring opportunities.

Friday's vault provided the biggest first-day potential for scoring swings, and

Texas Tech took the biggest hit as Brandon Bray and Drew McMichael failed to score.

On the other hand, the quality of the field was markedly better than in most recent years and Bray can hardly be faulted as his 9th place came with an =PR 18-1/2 (5.50) and McMichael would have needed to equal his indoor PR to score.

The event was won by Kansas junior Husain Al Hizam, who scored three Saudi Arabian Records, topped by the winning 18-8 1/4 (5.70).

He defeated defending champ Chris Nilsen (2nd, 18-4 1/2 / 5.60) and reigning outdoor champ Matt Ludwig (4th, 18-2 1/2 / 5.55), with Virginia Tech's Deakin Volz 3rd at 18-4 1/2.

Shot winner Mostafa Hassan successfully defended his title with a 68-5 1/4 (20.86) throw. The Colorado State senior turned back Denzel Comenentia, whose 66-7 (20.29) gave Georgia's field-dominated squad a better-than-expected start.

The last of the three Friday field events was the long jump, a key to Florida's chances.

Grant Holloway, double titlist in the

LJ and hurdles a year ago, jeopardized his chances by opening with two fouls. A third-round 26-1 1/2 (7.96) advanced him to scoring position, and two stanzas later he moved to the lead with a 26-8 1/4 (8.13) effort.

Within 10 minutes he was running his hurdle heat, which he won in 7.58. Returning for the final round, Holloway fouled and then saw final jumper Will Williams of Texas A&M win with a PR 26-10 1/2 (8.19).

Charles Brown garnered 6 big points for Texas Tech with his PR 26-7 3/4 (8.12), while Florida's KeAndre Bates reached 25-11 (7.90) in 6th.

Two running finals, the 5000 and distance medley, concluded Day 1, with Syracuse's XC champion Justyn Knight running a 14:14.47 to defeat Alabama's Vincent Kiprof (14:15.01).

The DMR was won by Virginia Tech on the strength of Patrick Joseph's 1:46.23 third leg, which broke open a tight race, giving the Tech squad some 10m on the field at the final exchange. The margin was enough for anchor Neil Gourley to run 3:58.64 (sixth-fastest of the anchors) and win by 3m in 9:30.76 over Notre Dame (9:31.22) and Oregon (9:31.45).

The 10 points for Tech kept it in the team battle with this strong showing, as the three long legs of the team were doubling back from earlier qualifying to Saturday's mile final.

So at Friday's end Virginia Tech held a slim lead with 16 points to Texas A&M's 15 1/2, Alabama and Florida trailing with 11 each.

• • •

Day 2 began with the weight throw, won by Penn State sophomore David Lucas with a world-leading 78-9 3/4 (24.02), making him the =No. 4 in collegiate history. Behind him came Louisiana-Monroe's Alton Clay at 75-4 (22.96) and Josh Davis of NC State at 75-3 1/4 (22.94). Comenentia took 6th at 73-8 (22.45) to help Georgia's cause, but perhaps not as much as hoped.

The Bulldogs scored 7 more in the heptathlon when Johannes Erm (5988 PR) took 4th and Kari Saluri (5781) finished 7th. Kentucky senior Tim Duckworth won the event with a 6188 score, giving him a British Record and making him the No. 4 collegiate scorer ever.

The day's running events began with the mile, won comfortably by New Mex-



ERHOL ANDERSON/THE SPORTING IMAGE

Williams won an amazing first-day long jump battle

NCAA Men — continued

ico's defending champ Josh Kerr, whose 3:57.02 took the measure of Virginia Tech's 2-4-7 placing by Vincent Ciattei (3:58.36), Joseph (4:00.39) and Gourley (4:00.64.)

Norman, running in lane 5 as Bloomfield had done, tore down the track at the gun at a pace which was bound to win big or lose bigger after splitting 21.33 at the halfway mark.

Building on his 2m advantage heading into the second lap, Norman pulled away,

The high jump was moving to its final stages as the 800 was running. USC's Randall Cunningham, having PRed at 7-6 (2.29) and ahead of Texas Tech's Trey Culver (2nd) and Alabama's Shelby McEwen (3rd) on misses, crumpled into the pit on his first attempt at 7-7¼ (2.32).

After a long delay while he was attended to, he was taken off the field, later diagnosed as having broken both the tibia and fibula in his takeoff leg.

Georgia scored its final points with Keenon Laine 6th and Darius Carbin 7th, both at 7-2½ (2.20) to give the Bulldogs 32 points and the team lead.

The 200, some 90 minutes after the 60, featured a second-section battle between list leader Oduduru in lane 6 and qualifying leader Hall (20.26 PR) in 5.

Hall took command at the outset and won by two full meters in a stunning 20.02, an AR and CR which moved him to No. 2 on the all-time world list.

The race was Texas Tech's last chance at big points and Oduduru and Andrew Hudson came through solidly, with 2nd (20.21) and 6th (20.73) place finishes to give Tech 28.

The 3000 and triple jump were the concluding events before the 4x4. The 3000 had no effect on the team outcome as Northern Arizona's Andy Trouard followed up his 5th in the 5000 by outkicking the longer race's winner Knight. Trouard ran 8:04.94 to Knight's 8:05.76, with Arkansas's Cameron Griffith 3rd in 8:06.52.

The triple jump found Bates closer to past form with his 54-8¼ (16.67). While it was not enough to hold off Texas's O'Brien Wasome, who won with a PR 55-2¼ (16.82), combined with Clayton Brown's 4th-place 53-7½ (16.34) Florida raced up 13 more points to boost to the lead with 34 going into the 4x4.

Kerr had little trouble defending his mile title



KIRBY LEE/IMAGE OF SPORT

Tech's 15 points ran their total to 31, but finished their scoring opportunities.

The 60 found Elijah Hall (see p. 22) topping a strong field in 6.52, equal to the fastest collegiate time this year. He barely beat Auburn's Raheem Chambers, while Texas Tech suffered a hit when Divine Oduduru took only 6th (6.62).

Georgia sprinters Cejhae Greene and Kendal Williams finished 4th (6.61) and 7th (6.65) to boost their team's score to 25.

The 2-section 400 saw Auburn's Akeem Bloomfield storm to a world-leading 44.86, the No. 5 time in world history. Teammate Nathon Allen ran 45.27 for 2nd but that eventually placed him only 5th.

winning by 5m with a stunning WR 44.52 to break the 44.57 set by Kerron Clement in this meet 13 years ago.

Bloomfield was 2nd overall, with A&M's Mylik Kerley taking 3rd (45.16 PR) and Houston's Kahmari Montgomery 4th (45.24 PR).

Florida improved its score to 21 with Holloway's hurdle win in 7.47, bettered all-time collegiately only by himself and Olympic gold medalist Omar McLeod.

The 800 was won in a CL 1:45.15 by UTEP's Michael Saruni, the third-fastest collegiate time ever, but it came in one of the few events not to have a bearing on the team outcome.

— NCAA MEN'S RESULTS —

College Station, Texas March 09–10 (200m banked)—

Teams (64 scored): 1. Florida 40; 2. USC 37; 3. Georgia 32; 4. Virginia Tech 31; 5. Texas A&M 29½; 6. Texas Tech 28; 7. Houston 26; 8. Auburn 24; 9. Alabama 22; 10. tie, Penn State & Syracuse 18.

60:1. Elijah Hall (Hous) 6.52 PR (=CL) (=13, x C); 2. **Raheem Chambers' (Aub) 6.53 PR; 3. Demek Kemp (SCSt) 6.55 PR; 4. Cejhae Greene' (Ga) 6.61 =PR; 5. Jaylen Bacon (ArSt) 6.62; 6. ***Divine Oduduru' (TxT) 6.62.

200(2-section time final): 1. Hall 20.02 AR, CR, MR (old records 20.10 Wallace Spearmon [Arkansas] '05) (WL) (2, 2 W); 2. Oduduru' 20.21 (x, =10 W; x, =6 C); 3. *Rai Benjamin' (USC-Ant) 20.34 NR;

4. *Jaron Flournoy (LSU) 20.55 =PR; 5. Ncincillii Titi' (SC) 20.65; 6. *Andrew Hudson (TxT) 20.73.

Heats: III-1. Hall 20.26 PR (AL) (=7, x W; =4, =7 A; =5, =7 C).

400(2-section time final): 1. **Michael Norman (USC) 44.52 WR, AR, CR, MR (old records 44.57 Kerron Clement [Fla] '05) (21.33/23.19); 2. **Akeem Bloomfield' (Aub-Jam) 44.86 NR (WL) (5, 6 W; 4, 4 C) (21.29/23.57); 3. Mylik Kerley (TxAM) 45.16 PR (10, x A; 9, x C; 6, x AmC) (21.56/23.60); 4. *Kahmari Montgomery (Hous) 45.24 PR (8, x AmC); 5. ***Nathon Allen' (Aub) 45.27 PR; 6. Nathan Strother (Tn) 45.67.

800: 1. **Michael Saruni' (UTEP) 1:45.15 PR (CL) (x, 3 C) (MR) (53.11/52.04); 2. *Isaiah Harris (PennSt) 1:46.08 PR (5, x AmC) (52.92/53.16); 3. *Robert Heppenstall' (WF) 1:46.88; 4. Daniel Kuhn (In) 1:47.37; 5. Abraham Alvarado (BYU) 1:47.55; 6. *Dejon Devroe (MsSt) 1:47.69 PR.

Mile: 1. **Josh Kerr' (NM) 3:57.02 (26.71, 54.22, 1:54.38); 2. Vincent Ciattei (VaT) 3:58.36 PR (27.51, 55.04, 1:55.29);

3. Sam Prkel (Or) 3:58.59 (28.02, 55.70, 1:55.78); 4. Patrick Joseph (VaT) 4:00.39; 5. **Kasey Knevelbaard (SnUt) 4:00.57; 6. *Cole Rockhold (CoSt) 4:00.61.

3000: 1. Andy Trouard (NnAz) 8:04.94 (26.22, 55.27, 1:56.82); 2. *Justyn Knight' (Syr) 8:05.76 (27.04, 55.78, 1:57.34);

3. **Cameron Griffith' (Ar) 8:05.91 (26.49, 55.47, 1:56.89); 4. **Grant Fisher (Stan) 8:06.52; 5. Dillon Maggard (UtSt) 8:06.69; 6. *James West' (Or) 8:06.94.

5000: 1. Knight' 14:14.47 (27.54, 56.63, 2:00.48); 2. *Vincent Kiprop' (Al) 14:15.01 (27.93, 57.23, 2:01.15); 3. Hassan Abdi' (OkSt) 14:15.38 (27.52, 57.29, 2:01.11); 4. Mike Tate' (SnUt) 14:15.67; 5. Trouard 14:16.39 PR; 6. *Rory Linkletter' (BYU) 14:16.88.

60H: 1. **Grant Holloway (Fl) 7.47 (x, =3 C); 2. Antoine Lloyd (Nb) 7.60 PR; 3. Ashtyn Davis (Cal) 7.63 PR; 4. **Jovaine Atkinson' (Lib) 7.72; 5. *Chad Zallow (Young) 7.72; 6. ***Trey Cunningham (FIST) 7.74.

4 x 400(4-section time final): 1. USC 3:00.77 WB, CR (old records 3:01.98 USC '18) (Zach Shinnick 46.24, Rai Benjamin' 44.35, Ricky Morgan 45.66, Michael Norman 44.52);

2. Texas A&M 3:01.39 AR (old AR 3:01.96 National Team '06 (2W) (Ilolo Izu 46.57, Robert Grant 44.83, Devin Dixon 45.48, Mylik Kerley 44.51);



Knight won the 5K and just missed in the 3

3. Florida 3:01.43 (3W) (Fasasi' 46.42, Holloway 44.91, Sawyers' 45.36, Vedel' 44.74); 4. Arkansas 3:05.14 (Ejiakuekwu' 47.40, Mowatt' 45.83, Stephen' 46.45, Igbokwe 45.16); 5. Auburn 3:05.30 (Allen' 45.00, Bloomfield' 45.14); 6. LSU 3:05.31.

DisMed: 1. Virginia Tech 9:30.76 (Ciattei 2:57.47, Chiles 48.43, Joseph 1:46.23, Gourley' 3:58.64); 2. Notre Dame 9:31.22 (Dumford 2:56.73, Cheatham 48.30, Silva' 1:49.29, Nuguse 3:56.90);

3. Oregon 9:31.45 (Haney 2:57.38, Stone 47.35, Stanovsek 1:48.74, West' 3:57.98); 4. Stanford 9:31.95 (S. McGorty 2:56.95, Body 47.81, B. McGorty 1:49.71, Fisher 3:57.48); 5. Utah State 9:32.31 (Maggard 3:56.53); 6. Wisconsin 9:33.27 (Hoare' 3:57.75).

Field Events

HJ: 1. Randall Cunningham (USC) 7-6 (2.29) PR (6-10¾, 7-½, 7-2½, 7-3¾, 7-5, 7-6, 7-7¼ [xpp]); 2. Trey Culver (TxT) 7-6 (7-½ [3], 7-2½, 7-3¾, 7-5, 7-6, 7-7¼ [xxx]);

3. **Shelby McEwen (Al) 7-6 PR (6-10¾ [2], 7-½, 7-2½ [2], 7-3¾, 7-5, 7-6, 7-7¼ [xxx]); 4. ***Vernon Turner (Ok) 7-3¾ (2.23); 5. *Tequan Claitt (EnKy) 7-2½ (2.20); 6. *Keenon Laine (Ga) 7-2½.

PV: 1. *Hussain Al Hizam' (Ks-Sau) 18-8¼ (5.70) NR (17-4½, 17-8½, 18-½, 18-4½ NR, 18-6½ NR, 18-8¼, 19-¼ [xxx]); 2. **Chris Nilsen (SD) 18-4½ (5.60) (17-4½, 17-8½, 18-½, 18-2½ [2], 18-4½, 18-6½ [xxx]);

3. *Deakin Volz (VaT) 18-4½ (17-4½, 17-8½, 18-½ [2], 18-2½ [2], 18-4½ [2], 18-6½ [xxx]); 4. *Matt Ludwig (Akr) 18-2½ (5.55); 5. tie, Adrian Valles' (Cinc) & Audie Wyatt (TxAM) 18-2½ =PR.

LJ: 1. Will Williams (TxAM) 26-10½ (8.19) PR (CL) (26-2¼, 25-8, 26-¼, 25-10¾, f, 26-10½); 2. **Grant Holloway (Fl) 26-8¼ (8.13) PR (f, f, 26-1½, f, 26-8¼ =CL, f);

3. *Charles Brown (TxT) 26-7¾ (8.12) PR (24-11¼, 26-1¾, 26-1, 26-1, f, 26-7¾); 4. Zack Bazile (OhSt) 26-1½ (7.96); 5. *Steffin McCarter (Tx) 26-¾ (7.94); 6. KeAndre Bates (Fl) 25-11 (7.90).

TJ: 1. **O'Brien Wasome' (Tx) 55-2¼ (16.82) PR (53-3¾, 53-9¾, 53-5½, f, 55-2¼, 54-6); 2. Bates 54-8¼ (16.67) (54-2½, 54-8¼, 54-4½, 53-3¾, 49-9, 54-2¾);

3. ***Chengetayi Mapaya' (TCU) 53-9 (16.38) PR; 4. **Clayton Brown' (Fl) 53-7½ (16.34); 5. *Tuomas Kauko-lahti' (Cal) 53-7 (16.33) PR; 6. *John Warren (SnMs) 53-6¼ (16.31).

SP: 1. Mostafa Hassan' (CoSt) 68-5¼ (20.86) (68-5¼, 65-7¾, 68-5, 66-6½, 68-4½, f); 2. *Denzel Comenentia' (Ga) 66-7 (20.29);

3. Josh Awotunde (SC) 66-1½ (20.15); 4. Austin Droogsma (FIST) 65-2¼ (19.87); 5. ***Jordan Geist (Az) 64-4½ (19.62); 6. *Kord Ferguson (Al) 64-3 (19.58).

Wt: 1. **David Lucas (PennSt) 78-9¾ (24.02) PR (WL, AL, CL) (=4, x C) (70-9, 73-1¾, 74-11¼, 75-6¼, 78-9¾, f); 2. Alton Clay (LaM) 75-4 (22.96); 3. Josh Davis (NCSt) 75-3¼ (22.94); 4. *Daniel Haugh (Al) 74-11 (22.83); 5. *Joseph Ellis' (Mi) 74-¼ (22.56); 6. Comenentia' 73-8 (22.45).

Hept: 1. Tim Duckworth' (Ky-GB) 6188 NR (CL) (4, 5 C) (6.84, 25-4¾/7.74, 44-7/13.59, 7-1½/2.17 [3601-1], 8.23, 16-11/5.16, 2:56.23 [2587]);

2. Hunter Veith (Wich) 6090 PR (10, x AmC); 3. Tyler Adams (SHous) 6081 PR; 4. ***Johannes Erm' (Ga) 5988 PR; 5. **TJ Lawson (Kent) 5934 PR; 6. *Gabe Moore (Ar) 5874 PR.

NCAA Women: Georgia Doesn't Falter

by Bob Hersh

Unlike the NCAA Indoor men's team race—a wide-open affair with many potential winners—there was a clear premeet favorite on the women's side.

Any rational form-chart showed Georgia with a comfortable lead over the field, and the only interesting question was which of the other SEC powerhouses would win the remaining team trophies, and in what order.

The only possible concerns for the crystal-ball set were that Georgia would be relying heavily on multiple high placings by two key athletes doing double duty—sprinter Lynna Irby and jumper Keturah Orji.

If either of them showed up in College Station subpar for any reason, that could put the Dawgs closer to the rest of the top contenders.

As it turned out, there was nothing for either the prognosticators or Georgia's fans to worry about, and that became very clear on the first day of competition.

Not only did Irby (a pair of 3^{rds}) and

Orji (a 1st and a 2nd) do well, but their teammates met—and in some cases also exceeded—expectations.

Frosh Irby won her heats impressively

PR in the pentathlon.

Bottom line: at the end of the first day, the Red & Black had 33 points, giving them a 20-point lead over Florida.

KIRBY LEE/IMAGE OF SPORT



Hall (rear), Davis (front) & Orji celebrated an historic 1-2-3 in the long jump

in both the 200 and 400. Orji (21-4¾/6.52) was sandwiched between Kate Hall (22-1/6.73 PR) and yearling Tara Davis (21-4/6.50) to give Georgia an unprecedented 1-2-3 sweep of the long jump.

"Going 1-2-3 with my teammates has been our goal all season," said Hall. "After getting 1st in the NCAA outdoors, I definitely wanted to come back and get 1st today."

Before her important 3rd in the long jump, Davis produced a stunning World Junior Record of 7.98 in the 60H heats. "She had the perfect race," said coach Petros Kyprianou. "I'm really proud of her."

In addition to the 24 long jump points, Georgia picked up 5 from unheralded soph Jessica Drop in the 5000 and another 4 points from Louisa Grauvogel's

On Saturday, Orji won the triple jump by more than two feet (her sixth NCAA title and her third indoors). After briefly trailing Florida's Yanis David, the Georgia senior took the lead in round 3 and set a meet record of 46-10 (14.27) in round 4.

"It was really great," said Orji, who had finished 5th at the World Indoor the previous weekend.

"I like being pushed, and I feel like I jump the furthest when I'm pushed. It gets nerves going, gets energy going, and makes it more exciting."

Also on Saturday, Irby picked up a pair of bronzes in the 200 and 400. Hall and Davis finished 6th in the 60 and 60H to round out the Georgia's scoring. It was apparent well before the end of the meet that no team could approach their 61 points.

Arkansas ended up in 2nd with 49 points, 22 of which came in the vault after

All-Time Collegiate 200 Top 10

The NCAA Championships full-lap race produced significant changes at the top of the all-time collegiate list, Gabby Thomas and Ashley Henderson becoming Nos. 1 & 3 all-time:

- 22.38..... Gabby Thomas (Harvard) '18
- 22.40..... Bianca Knight (Texas) '08
- 22.41..... Ashley Henderson (San Diego State) '18
- 22.42..... Ariana Washington (Oregon) '17
- 22.43..... Veronica Campbell-Brown' (Arkansas) '04
- 22.45..... Felicia Brown (Tennessee) '16
- 22.49..... Muna Lee (LSU) '03
- 22.49..... Sanya Richards-Ross (Texas) '04
- 22.50..... Kamaria Brown (Texas A&M) '14
- 22.52..... Jenna Prandini (Oregon) '15

An LSU 1-2 In The 60

by Lee Nichols

With half the qualifiers for the NCAA 60 final coming from LSU, the potential for a magical moment was obvious.

The Tigers delivered: a 1-2 from Aleia Hobbs and Mikiah Brisco, the former clocking a collegiate record-equaling 7.07 and breaking the low-altitude record.

Hobbs matched the mark of Oregon's Hannah Cunliffe—set last year in the thin air of Albuquerque—and also scratched

a poor heat. A 7.21—well off the 7.08 she ran in Albuquerque in February—put her a mere 0.01 from possibly missing the final.

"I knew I had to shake back for my team," said Brisco. "So when I came out there, I knew that we could get big points in the 60, so I just gave it my best effort and got a 2nd-place finish."

Adding in the 7th- and 8th-placers in Kortnei Johnson and Cassandra Hall, 21 of LSU's 29 points that earned the Bengals 6th in the team battle came in the 60 alone.

Brisco's poor heat altered her chemistry with Hobbs—the two typically end up side-by-side in the middle lanes, but now they were seeded apart. "I couldn't see her at all," Hobbs said.

**Hobbs won in
=CR time, 7.07**



KIRBY LEWIS/AGE OF SPORT

the 2015 lo-alt best of 7.08 by Alabama's Remona Burchell.

Brisco's 7.11 in 2nd, 0.03 off her PR, equaled the No. 9 college performance ever.

"It felt like it was a good race," said Hobbs, a 22-year-old senior. "The drive from transition to actually getting up and running, it felt perfect. So the time matched how it felt running."

"I knew I could do it, but I knew I needed to get mentally prepared to do it, and execute the right race."

Mental preparation was also vital for Brisco, a 21-year-old senior. The magic moment almost didn't happen when she had

But Brisco, the reigning outdoor 100 champ, didn't worry about it: "When you run the race, you're just running to win. I guess we both have that mentality."

Indeed, the silver medalist complimented her record-setting teammate connecting those mental dots at just the right time.

"She's been running fast all season, she just hasn't put it all together yet," Brisco said of Hobbs. "I think she can run faster. It came together."

And then she added, with a laugh: "I thought we both could run 6.9!"

all three of the Hogs had indoor PRs.

Lexi Jacobus won with a meet record 15-3½ (4.66) that tied her with Sandi Morris for No. 3 on the all-time collegiate list.

Twin sister Tori Hoggard took silver 2 inches behind, moving to No. 5 ever, and third Razorback Desiree Freier was 5th at 14-5½ (4.41).

The Hogs won two other events with list-leading marks: the pentathlon (Taliyah Brooks 4572) and the hurdles (Payton Chadwick 7.93—the school's first-ever title in that event).

"It was a fantastic day," said coach Lance Harter. "We didn't have a lot of bullets, but the bullets we had hit their

target."

Although Kentucky's outdoor NCAA champ Olivia Gruver could manage only 3rd in the vault (14-9½/4.51), the Wildcats ended up 3rd in the scoring with 34 points, 2 ahead of Florida. The SEC thus swept the first four places and, in addition, had

— continued —

Ellis At Quartermiler U

by Lee Nichols

The '18 NCAA Indoor will be forever remembered for records falling like rain, and several of them involved USC athletes running 400m, either alone or on relays.

So this reporter couldn't resist asking: Is it time for the old Baylor nickname "Quartermiler U" to move 1400M west?

Men's 400 champion Michael Norman (see p. 21) deflected the question, but his women's counterpart Kendall Ellis had no such hesitation.

"I think USC is Quartermiler U," the 22-year-old senior said with a big smile. "You have the men's Collegiate Record holder and NCAA champ, you have the women's Collegiate Record holder and NCAA champ, and you have two 4x4 record holders. USC could be called Quartermiler U."

She's actually selling the Trojan résumé—and her own—a bit short. Norman's time was actually a world record, the men's 4x4 set a world's best (albeit not an official WR), and Ellis's 50.34 also set an American Record.

The women's 4x4 was the only one that didn't get in on the record party... but with a 3:27.45 that rated No. 5 on the all-time collegiate performances list and fell only 0.42 short of the school's '17 recordsetter, they weren't exactly slouches.

"It feels great to do it back-to-back and show SC is a force," Ellis said of the repeat champions.

She was certainly a force on her own. Her semi-solo run in the 400's first section erased the 50.46 AR/CR of Oregon's Phyllis Francis from '14, and it was just enough to hold off a 50.36 WJR from Kentucky super-frosh Sydney McLaughlin in the second section.

"It was amazing," said Ellis, who split 23.63/26.71, compared to Francis's 24.17/26.29 in her record run. "I've been training hard and really wanted to get the national title, and

the fact that a record came with it was just icing on the cake. It was incredible.

"It had been a goal of mine to get the Collegiate Record. As a senior, getting ready to leave, I wanted to have my name in the recordbooks. But we always go for the win. The goal is the win, and the time will come with it.

"Me and coach [Quincy] Watts, we never say, 'Let's go for this time or let's go for a record,' we say, 'Go for the win and everything else will come,' and that's what happened."



Ellis broke the American & Collegiate Records in the 400

As for the relay, second leg Anna Cockrell said USC's repeat title was the product of what came before it: "I think it was the momentum that went throughout the day."

She was a big part of that surge, taking silver in the 60H with a PR 7.93, matching the winning time and yearly list-leader of Arkansas's Payton Chadwick.

Cockrell continued, "We started, we watched Mike and [Zach] Shinnick and the 4x4, we watched Kendall win the 400 and break a record, and I said, 'Alright, we need to just keep moving with this. We're doing good.'"

"I love watching Kendall run, so I just got in my blocks and said, 'I'm going to do the best I can.' And then it was just like, 'Let's just finish this for the team.' "

three other teams in the Top 10

There were some spectacular individual performances as well, with speed records going down almost as much as they had on the men's side.

The best of them was the American/Collegiate 400 record of 50.34 set by USC's Kendall Ellis in the first section, breaking the 50.46 mark set at altitude by world champion Phyllis Francis 4 years ago.

"It was amazing," said the Trojan senior. "I really wanted to get the national title. The fact that the record came with it was just icing on the cake."

Irby was 2nd at 50.87, but didn't claim

the overall runner-up position. That honor went to second-section winner Sydney McLaughlin, whose 50.36 also broke the old AR/CR and additionally lowered her own World Junior/American Junior standards of 50.52.

Irby (22.55 PR) and McLaughlin (22.80 after a PR 22.68 in the heats) doubled back into the 200, where they claimed 3^d and 4th.

LSU had 4 finalists in the 60 and Aleia Hobbs and Mikiah Brisco (see sidebar) went 1-2.

Hobbs's 7.07 equaled the CR set last year at altitude, and was 0.01 better than the previous low-altitude best. Brisco, the outdoor 100 champion, was 0.04 back in second.

Yet another CR was broken by Gabby Thomas in the 200 (see sidebar). After finishing last in the '17 final, the Harvard junior was determined to do better here. "I focused on the mental aspect of the race," she said. Preparing for the NCAAs took "a lot of positive self-talk and positive mindset."

Karissa Schweizer was the only woman to win two events. The Missouri senior easily won the 5000 on Friday in 15:43.23, and then outkicked NCAA outdoor steeplechase champion Allie Ostrander in the 3000. Her winning time of 8:53.36 was the No. 8 collegiate performance ever.

Schweizer has now won 5 NCAA titles—three indoors, one outdoors, and one cross country, all within the past two years.

"It's just been a crazy ride, just really trusting the process and knowing that I'm a totally different athlete than I was two years ago," she said.

The other two long races were very exciting.

In the mile, New Hampshire's Elinor Purrier, last year's runner-up and this year's list leader, led from the start.

She tried to open up some daylight on the field in the last lap but was pursued by Colorado's Dani Jones, who fell just short of catching her in the closing steps. Purrier's time was 4:31.76, just 0.06 ahead of Jones.

It was New Hampshire's first-ever NCAA title, indoors or out.

Said Purrier, "It's really emotional. I knew I could do it and I worked really hard for this. But a lot of things have to go right."

Friday's program concluded with the distance medley and that race was even closer than the mile.

Oregon won the event for the first time and its time of 10:51.99 was the fourth-best ever by a college team. The Duck margin of victory was only 0.03, as Oregon anchor Lilli Burdon barely held off Stanford's Christina Aragon.

Said Burdon, "I believed in myself the

Schweizer competed a distance double by beating Ostrander in the 3000



ERROL ANDERSON/THE SPORTING IMAGE

whole way and we have all been working well together in practice, so I knew we could do it." Results follow:

Thomas Not An Indoor Fan

"I really wanted to win," says 200 winner Gabby Thomas, "especially since the year before I did not have the race I wanted and I came in 8th."

There's more there, the Harvard junior continues: "I definitely do not think I am peaking any time soon. There are a lot of improvements that can still be made, mentally and physically and just technically in my races.

"So I do expect to get faster for outdoors. Seeing that I can run a 22.38 indoors, it's very encouraging for me,

just because I know that I am a little bit stronger outdoor and I just do not like indoor 200s.

"I'm looking forward to seeing how much better I get. I guess we'll find out pretty soon."

Thomas had a prep 100 best of only 11.74. "I wasn't some stellar high schooler that everyone wanted," she says with a laugh.

A year later, with PRs of 11.30 and 22.47, she placed 6th in the OT 200 final. "I didn't know what to expect," she recalls. "That made it better because I didn't

have this crazy pressure on myself to do really well."

Now she knows she belongs with the best sprinters. "Stereotypes at the end of the day, they just don't matter. I realized when I came in that people are going to stereotype you and see 'Harvard' and just not expect you to win.

"Believing in myself is the biggest thing. You just need to put in the work, it doesn't matter what track you're at or where you are training. If you put in the work, then you will get there."

//Jeff Hollobaugh/

— NCAA Women's Results —

College Station, Texas March 09–10 (200m banked)—

Teams (61 scored): 1. Georgia 61; 2. Arkansas 49; 3. Kentucky 34; 4. Florida 32; 5. Oregon 31; 6. LSU 29; 7. USC 28; 8. Stanford 24; 9. Missouri 20; 10. tie, New Mexico & Texas A&M 17.

60: 1. Aleia Hobbs (LSU) 7.07 lo-alt CR; =CR (old lo-alt CR 7.08 Remona Burchell [Ala] '15; =CR 7.07[A] Hannah Cunliffe [Or] '17); 2. Mikiah Brisco (LSU) 7.11 (x, =9 C); 3. ***Natalliah Whyte' (Aub) 7.12 PR (=8, x C); 4. Jonielle Smith' (Aub) 7.19; 5. Ashley Henderson (SDI) 7.20; 6. *Kate Hall (Ga) 7.24.

Heats: II-1. Hobbs 7.12 =PR (=7, x C).

200(2-section time final): 1. *Gabrielle Thomas (Harv) 22.38 CR (old CR 22.40 Bianca Knight [Tx] '08) (=5, x W; 2, 2 A); 2. Henderson 22.41 PR (WL, AL, CL) (=9, x W; 3, 3 A; 2, 2 C);

3. ***Lynna Irby (Ga) 22.55 PR ; 4. ***Sydney McLaughlin (Ky) 22.80; 5. *Kortnei Johnson (LSU) 22.90; 6. ***Ka'Tia Seymour (FIS) 23.01.

Heats: I-1. Thomas 22.66 PR (=WL, AL, CL). III-1. Irby 22.66 PR (=WL, AL, CL); 2. McLaughlin 22.68 PR.

400(2-section time final): 1. Kendall Ellis (USC) 50.34 AR, CR (old records 50.46[A] Phyllis Francis [Or] '14) (old lo-alt records 50.52 McLaughlin '18) (=11, x W) (23.63/26.71);

2. McLaughlin 50.36 WJR, AJR (old records 50.52 McLaughlin '18) (2, 2 A, C) (23.73/26.63); 3. Irby 50.87 (23.59/27.28);

4. *Sharrika Barnett (Fl) 51.07 PR; 5. Brianna Thomas (Pur) 51.56 PR; 6. *Briana Guillory (Ia) 51.68 PR.

800: 1. Sabrina Southerland (Or) 2:01.55 PR (CL) (5, 6 C) (27.89, 30.84 [58.73], 32.19 [1:30.92], 30.63) (58.73/62.82); 2. Síofra Cléirigh-Büttner' (Vill-Ire) 2:02.46 NR (58.95/63.51);

3. ***Sammy Watson (TxAM) 2:02.65 (58.42/64.23); 4. Ashley Taylor' (NnAz) 2:03.66 PR (58.97/64.69); 5. *Jazmine Fray' (TxAM) 2:03.88 (58.21/65.67); 6. *Rachel Pocratsky (VaT) 2:03.93 (58.67/65.26).

Mile: 1. Elinor Purrier (NH) 4:31.76 (31.08, 64.95, 2:13.59); 2. *Dani Jones (Co) 4:31.82 PR (30.85, 64.46, 2:13.13);

3. Nikki Hiltz (Ar) 4:32.59 PR (31.31, 65.01, 2:14.10); 4. Rhianwedd Price-Weimer' (MsSt) 4:33.00; 5. Elise Cranny (Stan) 4:34.48; 6. *Millie Paladino (Prov) 4:34.93.

3000: 1. Karissa Schweizer (Mo) 8:53.36 (x, 8 C) (32.93, 67.75, 2:18.32); 2. **Allie Ostrander (Boise) 8:54.35 PR (9, 10 C) (33.69, 68.43, 2:19.07); 3. *Jessica Hull' (Or) 9:01.96; 4. Vanessa Fraser (Stan) 9:02.31; 5. ***Weini Kelati' (NM) 9:03.51 PR; 6. Sharon Lokedi' (Ks) 9:03.68.

5000: 1. Schweizer 15:43.23 (34.12, 67.70, 2:15.06); 2. *Ednah Kurgat' (NM) 15:47.46 (35.85, 71.34, 2:19.05); 3. Lokedi' 15:52.95; 4. **Jessica Drop (Ga) 15:53.16; 5. Kelati' 15:56.73 (34.48, 70.56, 2:24.74); 6. Erin Clark (Co) 15:56.97.

60H: 1. *Payton Chadwick (Ar) 7.93 =PR (=CL) (=8, x AmC); 2. **Anna Cockrell (USC) 7.93 PR (=CL) (=8, x AmC); 3. *Jasmine Camacho-Quinn' (Ky) 7.96; 4. **Cortney Jones (FIS) 8.02 PR; 5. *Kayla White (NCAT) 8.06 PR; 6. ***Tara Davis (Ga) 8.14.

Heats: I-1. Davis 7.98 WJR, AJR (old WJR 8.00 Klaudia Siciarz [Pol]) '17; old AJR 8.01 Dior Hall [USC] '15). II-1. Chadwick 7.93 (CL) (=8, x AmC).

4 x 400(4-section time final): 1. USC 3:27.45 (CL) (5C) (Roberts 52.32, Cockrell 52.65, Hill 51.73, Ellis 50.75); 2. Purdue 3:28.82 (#8 School) (Abbott 52.85, Thomas 51.87, Cox' 52.06, Mitchell 52.04);

3. Florida 3:29.41 (#10 School) (Johnson 53.79, Manson 51.88, Ghee 53.64, Barnett 50.10); 4. Oregon 3:30.00 (Anderson 52.98, DesRosiers 52.70, Southerland 52.18, Dunmore 52.14); 5. Kentucky 3:30.08 (McLaughlin 51.09 [2]); 6. Texas A&M 3:31.64.

DisMed: 1. Oregon 10:51.99 (WL, CL) (8W, 4C) (Hull' 3:19.97, D'Arpino 54.17, Ejore' 2:04.18, Burdon' 4:33.67); 2. Stanford 10:52.02 (AL) (9W, 5A, 5C) (#4 School) (Fraser 3:20.44, Mongiovi 53.59, Cranny 2:04.64, Aragon 4:33.35);

3. Virginia Tech 10:53.62 (6A, 8C) (#6 School) (Kennedy 3:20.35, Blanden 53.97, Barton 2:03.87, Edwards 4:35.43);

4. Indiana 10:54.86 (#8 School) (Calder 3:21.56, Price 53.52, Harris 2:03.81, Receveur 4:35.97); 5. Boise State 10:58.93 (Ostrander 4:36.97); 6. Oklahoma State 11:04.65 (Ballner' 4:43.15).

Field Events

HJ(jumpoff): 1. *Nicole Greene (NC) 6-1½ (1.87) (5-9¼, 5-11¼, 6-½ [2], 6-1½ [2], 6-2¾ [xxxx], 6-2 [x], 6-1¼ [x], 6-½ [x], 5-11½, 6-½ [x], 5-11½);

2. *Loretta Blaut (Cinc) 6-1½ =PR (5-9¼, 5-11¼, 6-½ [2], 6-1½ [2], 6-2¾ [xxxx], 6-2 [x], 6-1¼ [x], 6-½ [x], 5-11½, 6-½ [x], 5-11½ [x]);

3. Logan Boss (MsSt) 6-1½; 4. *Zarria Willis (TxT) 6-½ (1.84); 5. *Clarissa Cutliff (FlInt) 6-½; 6. *Stacey Destin (Al) 6-½.

PV: 1. *Lexi Jacobus (Ar) 15-3½ (4.66) PR (11, x A; =3, =3 C) (MR) (13-9¼, 14-1¼, 14-3½ [2], 14-5½, 14-7½ [2], 14-9½, 14-11½, 15-1½ [2], 15-3½, 15-7¼ [xxx]);

2. *Tori Hoggard (Ar) 15-1½ (4.61) PR (5, x C); 3. *Olivia Gruver (Ky) 14-9½ (4.51); 4. ***Lisa Gunnarsson' (VaT) 14-5½ (4.41); 5. *Desiree Freier (Ar) 14-5½ PR; 6. Laura Taylor (Ks) 14-3½ (4.36).

LJ: 1. Hall 22-1 (6.73) PR (CL) (7, x AmC) (21-6¼, 21-11½, 22-1, 21-1½, 17-11½, p); 2. Keturah Orji (Ga) 21-4¼ (6.52) (20-2½, 21-4¼, 20-9¼, 20-11¼, 21-2, 21-4¼);

3. Davis 21-4 (6.50) (f, f, 21-¾, f, 21-3½, 21-4); 4. *Yanis David' (Fl) 21-¾ (6.42); 5. Jahisha Thomas' (Ia) 21-0 (6.40); 6. Darrielle McQueen (Fl) 21-0.

TJ: 1. Orji 46-10 (14.27) (x, 8 A, C) (MR) (45-6¼, f, 46-4¼, 46-10, f, p);

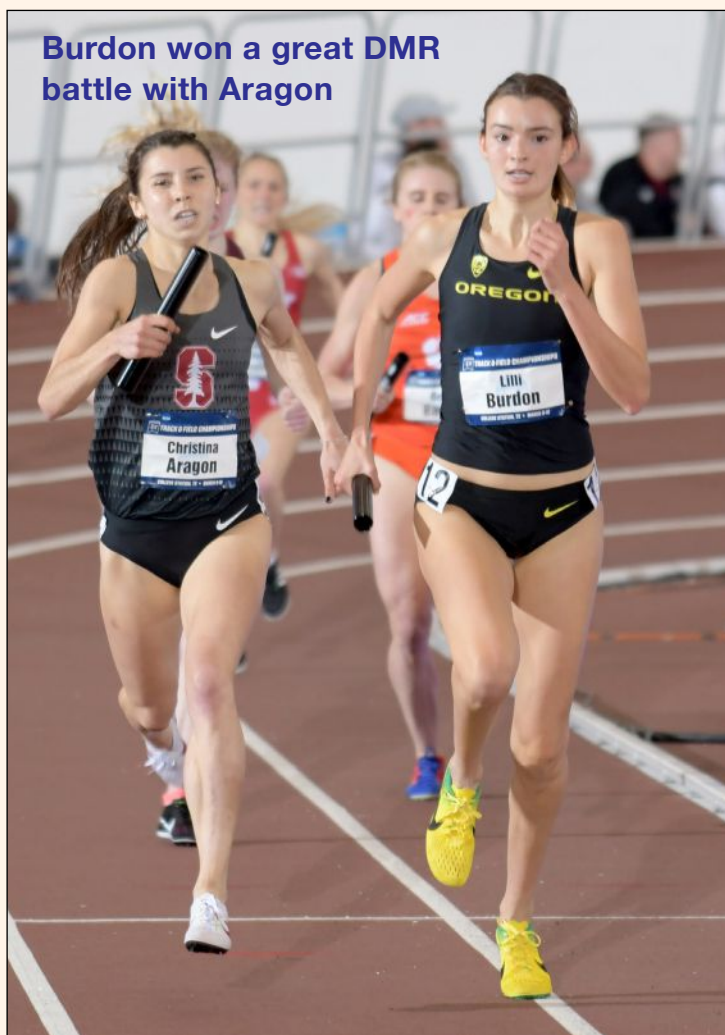
2. David' 45-10 (13.97) (43-10½, 44-6¼, 45-10, 44-9½, 44-8¼, p); 3. Jessica Maduka' (UCLA) 45-3¼ (13.81) =PR (44-2¼, f, 44-3½, f, 45-3¼, 44-7); 4. Jhoanmy Luque' (IaSt) 44-10¼ (13.68) PR; 5. Sabina Allen' (Campb) 44-8 (13.61) PR; 6. *Marie-Josée Ebwea-Bile' (Ky) 44-4 (13.51).

SP: 1. Maggie Ewen (AzSt) 60-8 (18.49) (58-7½, 59-2¼, 60-8, 60-6¼, 60-1, f); 2. Emmonnie Henderson (Louis) 58-3¼ (17.77);

3. Jessica Woodard (OK) 57-0 (17.37); 4. Lloydricia Cameron (Fl) 56-10¼ (17.33); 5. *Kiley Sabin (Mn) 56-3¼ (17.16); 6. *Lena Giger (Stan) 56-2¼ (17.14).

Wt: 1. Kaitlyn Long (Mn) 76-5½ (23.30) (f, f, 72-8, 70-9¼, 71-7¼, 76-5½); 2. Annette Echikunwoke (Cinc) 76-5 (23.29) (f, 72-10¼, 76-5, f, f, 70-9¼); 3. Janeah Stewart (Ms) 76-3¼ (23.26) (f, 73-8¼, 76-3, f, f, 76-3¼); 4. Maggie Ewen (AzSt) 73-½ (22.26) =PR; 5. *Stamatia Scarvelis' (Tn) 72-9 (22.17); 6. *Sade Olatoye (OhSt) 72-7¼ (22.14).

Pent: 1. Taliyah Brooks (Ar) 4572 (CL) (8.05, 6-½/1.84, 39-10¼/12.16, 20-10½/6.36, 2:22.44); 2. **Nina Schultz' (KsSt) 4467 (8.29, 6-½/1.84, 37-10/11.53, 20-4½/6.21, 2:19.58); 3. Georgia Ellenwood' (Wi) 4381 (8.55, 5-10/1.78, 40-4¼/12.31, 19-6¼/5.96, 2:14.28); 4. Jaclyn Siefring (Akr) 4365 PR; 5. **Louisa Grauvogel' (Ga) 4318 PR; 6. *Michelle Atherley (Mia) 4257.



Burdon won a great DMR battle with Aragon

KIRBY LEE/IMAGE OF SPORT

2020

Mount San Antonio College
Walnut, CA

June 19-28, 2020

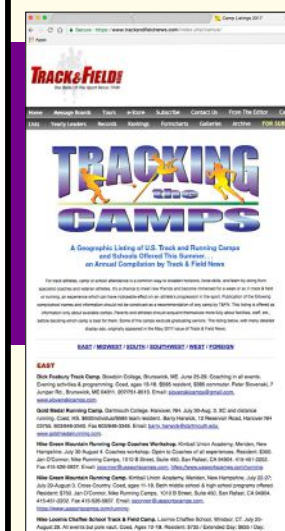
OLYMPIC TRIALS



Is there a more exciting meet than the U.S. Olympic Trials? The 2020 Trials will be held at Mt. SAC's new stadium in sunny Southern California. The tour will include tickets to all t&f sessions, 11 nights lodging (In June 18, out June 29), gala luncheon with invited athletes, daily newsletter, transportation to the meet, etc. No details yet. Current deposit is \$100 per person.



Track & Field News Tours
2570 W. El Camino Real, Suite 220
Mountain View, CA 94040
www.trackandfieldnews.com



ATTENTION CAMP DIRECTORS

Since Track & Field News switched at the beginning of 2018 to a digital-only format, things will be different with the Annual Camp Survey. The Survey will now appear only on the T&FN

website, and you can purchase a listing for just \$25 each, i.e., if you advertise just one camp, then your cost is \$25; if you are advertising four camps, say, then your cost is \$100. Further, there is no deadline. We'll start listing your camp(s) as soon as we get your information and payment, and we'll keep everything up through August. We'll start directing our T&FN readers to the Camp Survey starting with the March digital issue of T&FN.

Camps will be listed online at
www.trackandfieldnews.com/camps

Display ads on our website are also available. The only size available is 300 x 250 pixels (the size of the rectangle at the bottom right-hand space currently on www.trackandfieldnews.com next to our previous issues display). You'll pay for the number of impressions you select: \$500 for 100,000 impressions or \$250 for 50,000 impressions. Exclusive placement not guaranteed (i.e., your ad may rotate with others). Orders accepted as space is available. You may submit your ad to us or we'll build the ad for you, based on your brochure or other information and graphics you send us.

The sooner you send in the questionnaire and payment, the sooner your listing will appear in our online camps listing section and as a banner ad on our website if you choose that format as well.

\$25 Listing Only

Display Ad 300 x 250 pixel
\$250 for 50,000 impressions
\$500 for 100,000 impressions

Order from and/or send information to **Track & Field News, 2570 W El Camino Real, Suite 220, Mountain View, CA 94040.** For credit card orders: phone 650/948-8188, fax 650/948-9445, or email to tt@trackandfieldnews.com

'18 NCAA Men's Champions



**60: Elijah Hall
(Houston)**



**60: Elijah Hall
(Houston)**



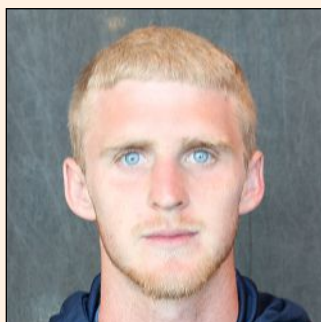
**400: Michael Norman
(USC)**



**800: Michael Saruni
(UTEP)**



**Mile: Josh Kerr
(New Mexico)**



**3000: Andy Trouard
(Northern Arizona)**



**5000: Justyn Knight
(Syracuse)**



**60H: Grant Holloway
(Florida)**



**HJ: Randall Cunningham
(USC)**



**PV: Hussain Al Hizam
(Kansas)**



**LJ: Will Williams
(Texas A&M)**



**TJ: O'Brien Wasome
(Texas)**



**SP: Mostafa Hassan
(Colorado State)**



**Wt: David Lucas
(Penn State)**



**Hept: Tim Duckworth
(Kentucky)**



**Team: Mike Holloway
(Florida)**

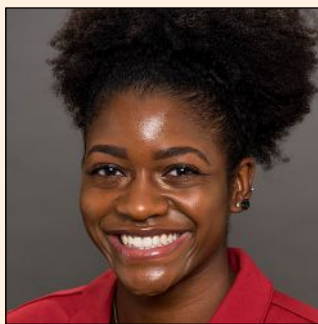
'18 NCAA Women's Champions



**60: Aleia Hobbs
(LSU)**



**200: Gabby Thomas
(Harvard)**



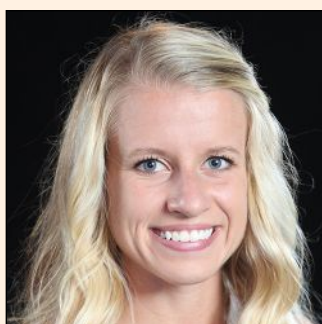
**400: Kendall Ellis
(USC)**



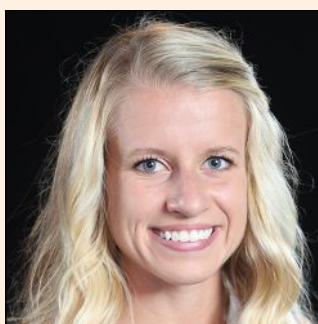
**800: Sabrina Southerland
(Oregon)**



**Mile: Elinor Purrier
(New Hampshire)**



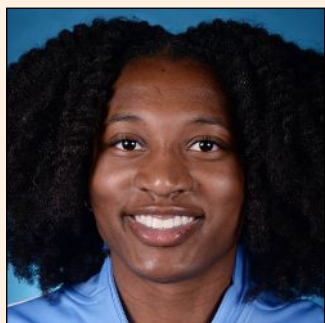
**3000: Karissa Schweizer
(Missouri)**



**5000: Karissa Schweizer
(Missouri)**



**60H: Payton Chadwick
(Arkansas)**



**HJ: Nicole Greene
(North Carolina)**



**PV: Lexi Jacobus
(Arkansas)**



**LJ: Kate Hall
(Georgia)**



**TJ: Keturah Orji
(Georgia)**



**SP: Maggie Ewen
(Arizona State)**



**Wt: Kaitlyn Long
(Minnesota)**



**Pent: Taliyah Brooks
(Arkansas)**



**Team: Petros Kyprianou
(Georgia)**

New Balance HS Indoor Nationals

by Jeff Hollobaugh

The Armory Track served up its annual bashing of the all-time lists at another hot New Balance Indoor Nationals, with 3 national relay records falling and a host

time—before a scintillating 6.59 final, No. 2 ever and just 0.02 off Casey Combest's national record.

En route he was clocked at 6.13 for 55, another No. 2 mark ever. Not bad for

his first indoor season ever.

"The 60 is perfect for me, because that's when I separate from everyone," the football-playing senior said. He minced no words about his outdoor goals: "I'm trying to run under 10 this year."

In the vault, Zachery Bradford (see sidebar) jumped to No. 2 all-time, his clearance at 18-½ making him the third member of the 18-foot club.

"Third-attempt makes are

always amazing, especially when you know you're in 2nd place going into that jump," quipped Bradford.

The powerful Loudoun Valley (Purcellville, Virginia) squad went after the long relays, cracking the national record in the 4 x Mile by 5.35 seconds with a 17:01.82 (a mark that also rates as the absolute best, being faster than the outdoor standard).

Then, about 6 hours later, the same

foursome crushed a No. 2 all-time 7:39.30 in the 4x8.

Brentwood (Tennessee) missed the distance medley record by just 0.13 with a 9:56.31 victory.

Girls: Some Hot Hurdling

When two top hurdlers each flew to 8.15 in the semis—the No. 9 time ever—the final promised fireworks and didn't disappoint.

Tia Jones (Walton, Marietta, Georgia), the national outdoor recordholder at 12.84, jetted to the early lead but could not shake Grace Stark (Lakeland, White Lake, Michigan). At the finish, the fast-closing Stark nearly made it a dead heat, each clocking 8.05, a new junior class record and just 0.03 shy of the national record.

Powerhouse Bullis (Potomac, Maryland) took down two national records in the relays, the first a 30.44 in the 4 x 55H, then the next day a 1:34.75 to best its own 4x2 record by 0.64. For good measure the school added a 4x4 win in 3:39.86.

Katelyn Tuohy (North Rockland, Thiells, NY) clocked 9:58.90 to win the 2M after relay legs of 2:08.83 and 4:38.62, the latter on an 11:44.38 distance medley win.

Frosh-class records fell in the sprints to Tamari Davis (Gainesville, Florida), who won her 200 heat in 23.24 before capturing the 60 final in 7.25. She later took the 200 final in 23.46.

Other notable marks went to Arria Minor (East, Denver) who won the 400 in 52.74, moving to No. 5 all-time, and Jasmine Moore (Lake Ridge, Mansfield, Texas), who broke the junior-class record in the triple jump with her 42-11¾.

he first showed up at coach Mike Cockerham's non-profit Flying Dragons vault club as a fifth-grader. That year he cleared 5-6; he's improved every year since, though he won't likely again see another 5-foot improvement like he did in year 2.

Last year, he made 17-4 and also placed 2nd at NBN outdoors.

He says, "I still have room for improvement. I'm ready for more meets." //JH/

Schwartz threatened the 60 record



NINA OLIPHANT/REUTERS

of notable performances dominating the headlines.

Boys: Schwartz A Speedster

After a false start by the high-profile Tyrese Cooper (Norland, Miami Gardens) in the 60 heats, Florida rival Anthony Schwartz (American Heritage, Plantation) blistered rounds of 6.63 and 6.62.

Both of those rated in the top 4 all-

Bradford An 18-Footer

For Zachery Bradford (Bloomington, Illinois), joining the 18-foot club—making him only the third prep ever to do so undercover—remains shocking.

"I still can't believe it," the talented senior says.

Crucial was the back-and-forth battle between him and KC Lightfoot (Lees Summit, Missouri).

"That competition couldn't have

gone any better," he says. "Pushing each other, going higher and higher and higher."

Lightfoot topped out at 17-9 and Bradford, faced with needing to make a third-attempt PR to win, moved back his step, clutched his 16-1 pole a little higher, and charged down the runway.

Of his clearance at 18-½, he says, "Making it, I didn't think it was going to stay on. Looking to the right, it was off the pegs."

Bradford has come a long way since

New Balance Indoor Winners

New York City, March 09–11 (200m banked)—

60: 1. Anthony Schwartz (American Heritage, Plantation, Fl) 6.59 (HSL) (2, 2 HS) (6.13 HS—2,2 HS). 200: 1. Austin Kratz (Dock, Lansdale, Pa) 21.01 (7, 9 HS). 400: 1. *Brian Herron (Lakeside, Atlanta) 46.31 (HSL) (4, 5 HS) (junior-class record); 2. *Nick Ramey (Brookwood, Snellville, Ga) 46.78 (9, x HS).

800: 1. Jett Charvet (Heritage, Brentwood, Ca) 1:50.91. Mile: 1. Dustin Horter (Lakota East, Liberty Township, Oh) 4:08.03). 2M: 1. Brodey Hasty (Brentwood, Tn) 9:00.38 (8:29.12 HSL). 5000: 1. Chad Johnson (Crawford, North Robinson,

Girls:

60: 1. ***Tamari Davis (Gainesville) 7.25 (HSL) (=5, =7 HS) (frosch-class & age-15 records) (6.73 HSL [=3, =5 HS] [frosch-class & age-15 records]). 200: 1. Davis 23.46. Heats: VII-1. Davis 23.24 (HSL) (6,7 HS) (frosch-class & age-15 records). 400: 1. *Arria Minor (East, Denver) 52.74 (HSL) (5, 6 HS); 2. Holmes 53.63; 3. **Kimberly Harris (Buford) 53.77; 4. Kennedy Simon (Westlake, Atlanta) 54.27.

800: 1. **Athing Mu (Central, Trenton) 2:06.59 (HSL). Mile: 1. **Katelynne Hart (Glenbard West, Glen Ellyn, Il) 4:45.47. 2M: 1. **Katelyn Tuohy (North Rockland, Thiells, NY) 9:58.90 (x, 6 HS) (9:17.74—x,4 HS); 2. *Kelsey Chmiel (Saratoga Springs, NY) 10:02.36 (7, 8 HS) (9:21.12—8, 9 HS).



VICTOR SALES/PHOTO RUN

A great hurdle battle found (l-r) Tia Jones beating Grace Stark, Jasmine Jones & Emily Sloan

Oh) 14:42.59 (HSL). 60H: 1. Ayden Owens (North Allegheny, Wexford, Pa) 7.59 (HSL) (4,=9 HS) (7.05 HSL—=3,=6 HS). MileW: 1. **Sean Glaze (Greenon, Springfield, Oh) 7:07.05 (HSL).

4 x 200: 1. Nansemond River, Suffolk, Va 1:27.11. 4 x 400: 1. St. Joseph's 3:16.08 (HSL). 4 x 800: 1. Loudoun Valley, Purcellville, Va 7:39.30 (HSL) (2 HS); 2. Green Hope, Cary, NC 7:41.43 (5 HS). 4 x Mile: 1. Loudoun Valley 17:01.82 HSR (old HSR 17:07.17, Christian Brothers, Lincroft, NJ '14) (absolute HSR—old 17:04.55 Ogden, Utah '16) (*Connor Wells 4:24.7, *Jacob Hunter 4:15.0, Sam Affolder 4:10.6, *Colton Bogucki 4:11.5).

SpMed: 1. Danbury, Ct 3:28.36 (HSL). DisMed: 1. Brentwood 9:56.31 (HSL) (2 HS) (in/out 8 HS); 2. St. Anthony's 9:58.36 (3 HS); 3. Loudoun Valley 10:00.58 (5 HS). 4 x 55H: 1. Smith, Chesapeake 29.38 (HSL) (4 HS); 2. East Orange, NJ 29.44 (6 HS).

Field Events:

HJ: 1. Mayson Connor (York, Nb) 7-1¼. PV: 1. Zachery Bradford (Bloomington, Il) 18-½ (2, x HS) (in-out: =8, x HS); 2. KC Lightfoot (Lees Summit, Mo) 17-9 (8, x HS). LJ: 1. Dyshon Vaughn (Career Magnet, New Haven, Ct) 24-5½ (=HSL); 2. *Jeremiah Willis (Cicero-North Syracuse, Cicero, NY) 24-5½ (HSL). TJ: 1. Jequan Hogan (Fountain-Ft Carson, Fountain, Co) 49-6½. SP: 1. Patrick Larrison (Moore, Ok) 67-6. Wt: 1. **Trey Knight (Ridgefield, Wa) 82-11. Pent: 1. Garland 4169 (HSL) (4, 4 HS).

5000: 1. Jacqueline Gaughan (Exeter, NH) 16:19.42 (9, 9 HS). 60H: 1. *Tia Jones (Walton, Marietta, Ga) 8.05 (HSL) (2, 2 HS) (junior-class record) (7.48 HSL [2, 2 HS] [junior-class record]); 2. Grace Stark (Lakeland, White Lake, Mi) 8.05 (=HSL) (=2,=2 HS) (=junior-class record) (7.49 [3, 3 HS]); 3. **Jasmine Jones (Christian, Norcross, Ga) 8.17 (=10, x HS) (=soph-class record) (7.60 =soph class record). MileW: 1. **Taylor Ewert (Beavercreek, Oh) 6:49.20 (2, 2 HS).

4 x 200: 1. Bullis 1:34.75 HSR (old HSR 1:35.39, Bullis '17) (in/out: 7 HS) (*Shaniya Hall, **Leah Phillips, Ashley Seymour, Masai Russell); 2. Nansemond River, Suffolk, Va 1:36.35 (=5 HS).

4 x 400: 1. Bullis 3:39.86 (4 HS); 2. Franklin, Reistertown, Md 3:40.48 (6 HS). 4 x 800: 1. Ridge, Basking Ridge, NJ 9:08.07 (HSL).

4 x Mile: 1. Troy 20:31.47 (HSL), SpMed: 1. Western Branch 3:59.16 (HSL). DisMed: 1. North Rockland 11:44.38 (HSL). 4 x 55H: 1. Bullis 30.44 HSR (old HSR 30.63 Western Branch, Chesapeake, Va '17) (Lauryn Harris, Masai Russell, **Leah Phillips, Cierra Pyles).

Field Events:

HJ: 1. *Anna Hall (Valor, Highlands Ranch, Co) 5-8¾. PV: 1. Nastassja Campbell (New Caney, Tx) 13-6¾. LJ: 1. Tatiana Aholou' (Can) 20-8. TJ: 1. *Jasmine Moore (Lake Ridge, Mansfield, Tx) 42-11¼ (HSL) (=6, x HS) (junior-class record).

SP: 1. Zyra Thomas (Schalick, Elmer, NJ) 47-5¾. Wt: 1. Javon Joyner (Norcross, Ga) 59-6¼.

Pent: 1. Hall 4054 (HSL) (2,2 HS) (junior-class record); 2. *Sterling Lester (Marietta, Ga) 3976 (3, 3 HS); 3. *Annika Williams (College Station, Tx) 3765 (6, 9 HS).

Indoor Athletes Of The Year

THIS YEAR'S INDOOR HONORS WINNERS racked up an impressive collection of recordsetting performances. The only double winner was sprint star Christian Coleman, chosen as the best man in both the world and U.S. categories. That's actually one less win than he scored last year, when he was both of those plus the collegiate topper.

This year's winners:

World Men: Christian Coleman

The 22-year-old American solidly crafted a place for himself as the fastest 60 man ever. His first meet of the season produced a 6.37 that took 0.02 off the all-time best. At the USATF Championships he lowered that to an altitude-aided 6.34. For good measure he tied his low-altitude best in winning World Indoor gold. He was a unanimous choice.

Honorable mention—The year's other WR setter was young American Michael Norman, who earned his spot here with the fastest undercover 400 ever, 44.52. He's joined by fellow collegian Elijah Hall (No. 2 on the all-time 200 list) and world champ New Zealander Tom Walsh (No. 4 on the all-time shot list).

World Women: Mariya Lasitskene

There were no World Records on the women's side (in mainstream events), but that didn't stop Lasitskene from a remarkable achievement, going undefeated in 11 meets. She produced the 10 highest marks of the year with her best moving her to =No. 8 on the all-time list.

HM—Dibaba, winner of 3 straight here 2014–16 came very close with a World Champs 1500/3000 double and No. 3 time ever in the former. World 60 champ Murielle Ahouré moved to =No. 6 ever in running the world's fastest time since '99.

U.S. Men: Coleman

Coleman's WR times were all ARs as well, so he's an easy repeater here.

HM—Collegians Michael Norman and Elijah Hall score here as well as the world and they're joined by Birmingham TJ gold medalist Will Claye.

U.S. Women: Kendra Harrison

The World Champs 60H gold medalist twice equaled the AR as she moved to a share of No. 3 on the all-time world list.

HM—Two other Birmingham gold medalists, Sandi Morris (PV) and Courtney Okolo (400) score here, as does AR-setting triple jumper Keturah Orji.

Collegiate Men: Michael Norman

Norman's WR trumps Hall's AR (and NCAA 60/200 double) so the USC soph takes the top spot.

HM—Hall is joined by another



Lasitskene just couldn't be beaten

KEVIN MAERZ/PHOTO RUN

Previous AOYs

Top world indoor choices of the new millennium:

Men: '00—Wilson Kipketer (Denmark); '01—Yuriy Borzakovskiy (Russia); '02—Jeff Hartwig (US); '03—Christian Olsson (Sweden); '04—Olsson; '05—Wallace Spearmon (US); '06—Reese Hoffa (US); '07—Kenenisa Bekele (Ethiopia); '08—Christian Cantwell (US); '09—Steve Hooker (Australia); '10—Dayron Robles (Cuba); '11—Teddy Tamgho (France); '12—Ashton Eaton (US); '13—Renaud Lavillenie; '14—Lavillenie; '15—Lavillenie; '16—Lavillenie; '17—Christian Coleman (US).

Women: '00—Stacy Dragila (US); '01—Dragila; '02—Svetlana Feofanova (Russia); '03—Feofanova; '04—Tatyana Lebedeva (Russia); '05—Yelena Isinbaeva (Russia); '06—Meseret Defar (Ethiopia); '07—Defar; '08—Defar; '09—Isinbaeva; '10—Blanka Vlašić (Croatia); '11—Antonietta DiMartino (Italy); '12—Isinbaeva; '13—Jenn Suhr; '14—Genzebe Dibaba (Ethiopia); '15—Dibaba; '16—Dibaba; '17—Laura Muir (Great Britain).

recordsetter, UTEP's Michael Saruni (a WR in the little-run 600). Saruni also produced the Nos. 2 & 3 collegiate times ever in the 800. Florida's Grant Holloway was also in the mix, claiming the CR in the 60H and adding NCAA gold (plus a long jump silver) in that event.

Collegiate Women: Keturah Orji

In a year with lots of recordsetting, 4 candidates emerged here, with Georgia's horizontal-jump ace being a close choice after her AR/CR in the TJ and domination of both the yearly and all-time lists. She added an NCAA long jump silver to her collection for good measure.

HM—USC's Kendall Ellis had an AR/CR in the 400, Harvard's Gabby Thomas claimed the collegiate 200 best and Missouri's Karissa Schweizer won a 3000/5000 double at the Nationals.

High School Boys: Mondo Duplantis

Like last year, the Louisianan's string of vault marks, topped by a pair of national records, just couldn't be beat. Indeed, few in the world of any age could beat him, as he claimed =7th at the Worlds.

HM—Praise also for national recordsetters Brian Herron (300) & Josh Hoey (800). Both were national leaders in other events as well, Herron in the 200 & 400, Hoey in the 1000.

High School Girls: Katelyn Tuohy

New York's latest young distance star, just a soph, took 18 seconds off the national record in the 5000 in addition to moving to No. 8 on the all-time 1500 list, No. 2 in the 3000 (missing Mary Cain's HSR by less than a second) and No. 5 in the 2M.

HM—Frosh sprinter Tamari Davis won a 60/200 double at NBIN and moved into the top 6 all-time in the 55, 60 & 200. □

Early Season Outdoor News

THROWERS IN GENERAL and javelin throwers in particular have been enjoying a bountiful 2018.

Some early highlights:

Vetter Over 300-Foot Already

Last year, Johannes Vetter stamped himself as the javelinist of the future, moving to No. 2 on the all-time list at 309-10 (94.44) and backing that up with a mark of 308-0 (93.88).

He is giving indications that this year will see more of the same, or better. He opened at 275-10 (84.08) at home in Germany, then headed to South Africa for a training stint, where his only meet resulted in a big 299-3 (91.22).

From there it was on to Portugal for the European Throws Cup, where his fifth toss was a monster 304-1 (92.70) late on a damp and windy afternoon. That's the farthest throw ever for so early in the year.

"92,70m Rocket!" he posted on Instagram. "I'm really satisfied with the result. Was not that easy to throw."

Big Spears For Mitchell

In a year where she'll turn 36 in July, Kathryn Mitchell has found new life in the javelin.

Australia's 2-time Olympic finalist came into this year with a PR of 216-11 (66.12), set last year, but on the first throw of her first meet she upped that to 218-11 (66.73) in January.

But that wasn't remotely the end of it, as 3 weeks later she reached a new high of 221-9 (67.58). She didn't PR the next weekend but did win the Aussie title with a cast of 214-11 (65.51).

As March dawned she reached her best of all, a 224-11 (68.57) that is the best in the world in more than 4 years and moved her to No. 7 on the all-time world list.

Her next meet brought a mild scare, though, as she reached 212-9 (64.84) at the Sydney GP, but felt foot pain and withdrew in the middle of the competition.

"It was just precautionary," said

national coach Craig Hilliard, who is readying his team for April's Commonwealth Games. "There's no point taking any chances at this late stage as she is in such great shape."

Super Shots By Kiwi Walsh

New Zealand's Tom Walsh won the shot at least year's World Championships, then added the Indoor gold this year.

The 25/26-year-old old strongman,

A New South African Sprint Star

Calling Clarence Munyai a newcomer to the sprint scene might be a bit misleading, since in '17 he ran the fastest 300 ever by a Junior, 31.61. But with standard-event bests of 10.10(A) and 20.22(A) he still rated as just a promising teenager.

Now a 20-something, he's fulfilling that promise. Just 3 days after he quit being a teenager he whacked his century PR



Munyai left the field behind with his 19.69

getting an early start on his season, surrounded his undercover triumph with 5 outdoor wins Down Under, reaching 68-10½ (20.99) & 69-4¼ (21.14) in January, 71-9 (21.87) in February and 70-9¾ (21.58) in March before hosting his own "Super Shot" competition (Timaru, March 14).

His 72-4½ (22.06) handily dispatched Tim Nedow of Canada (68-1¾/20.77), Damien Birkenhead of Australia (68-1/20.75), American Ryan Whiting (67-4¾/20.54), Jamaica's O'Dayne Richards (67-2¾/20.49) and Pole Konrad Bukowiecki (66-3/20.19).

"I've had a great start to the year winning the World Indoors and now I've just got to keep it going and keep throwing 22m [c72ft]," he said.

"The World Record is 23.13m [75-10¾] and if I don't get there soon then someone else will so that's my goal."

down to 10.10(A).

But that was nothing compared to what he did at the South African Championships 3 weeks later. Sure, Pretoria's 1315m of altitude helped somewhat, but who was ready for history's fastest non-final ever, 19.69(A)?

Even with an 0.5 headwind he's suddenly the No. 10 performer in history.

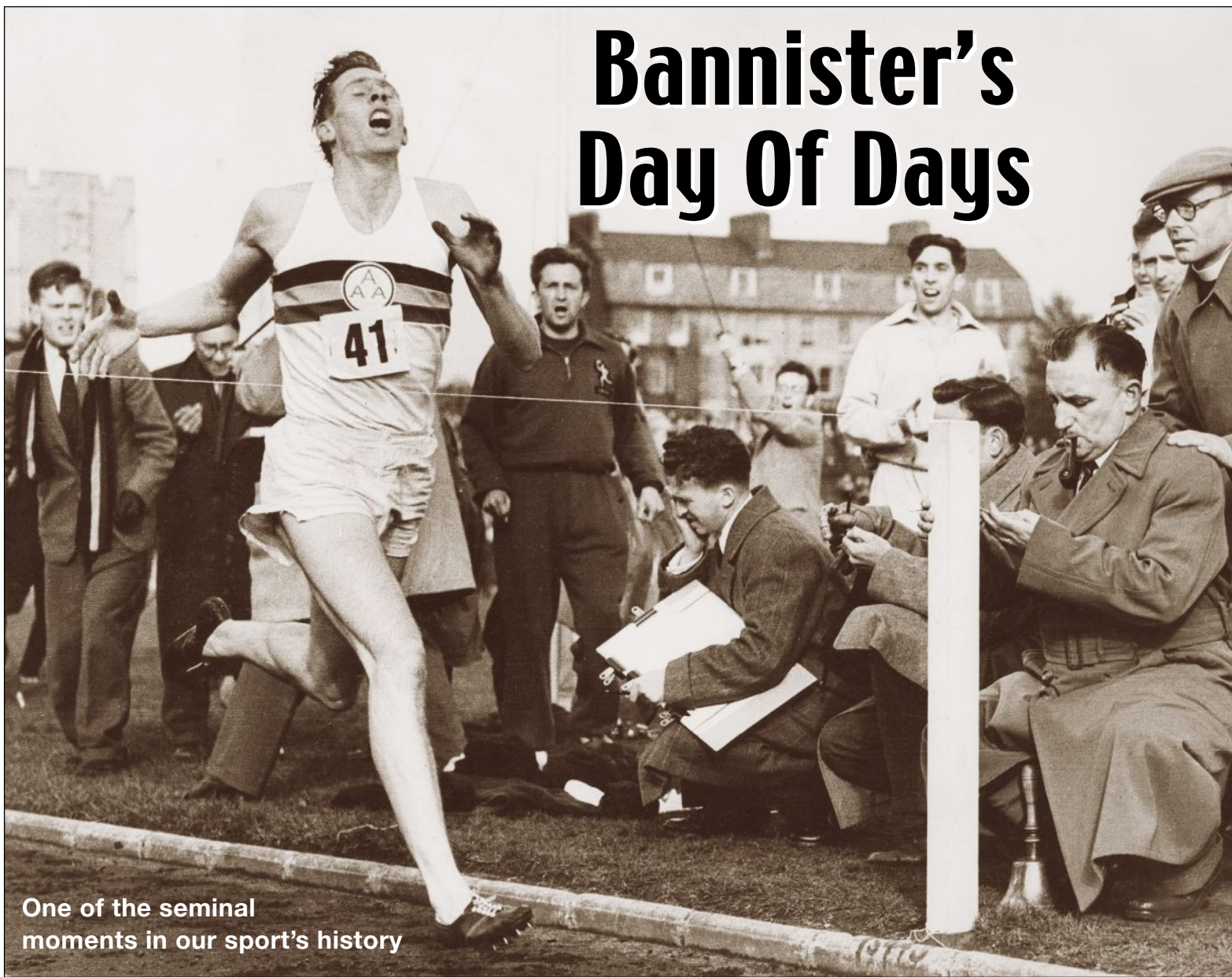
Munyai's coach, Hennie Kriel, felt it best to hold his star out of a wet and cold final.

"We'd have liked him to be SA champion," he said, "but the world has just opened up for him.

"I would have liked to see how he ran after putting up a time like that. Athletes need to get used to that kind of pressure."

The final was won by Luxolo Adams in a PR 20.08(A). Adams came into the meet with a lifetime best of 20.45(A). □

Bannister's Day Of Days



One of the seminal moments in our sport's history

There it is on the cover of the May 1954 issue of *Track & Field News*.

An article titled "Bannister, His Day Of Days." The long-anticipated cracking of miling's 4:00 barrier was finally history and Roger Bannister's name had become firmly etched in the annals of sport.

Here are selected highlights from that unbylined article as it ran in *T&FN* at the time, modified to reflect stylistic changes, and with some historical clarifications added:

<<Oxford, England, May 6—A pitifully small crowd of only 1200 waited in expectant silence for the results of the mile run in a dual meet between Oxford University and the British AAA team held on the Oxford track at Iffley Road.

"Ladies and gentlemen," spoke the solemn voice of announcer Norris Mc-

Whirter [later to become famous as one of the founders of the *Guinness Book Of World Records*], "here is the result of event No. 9, the one-mile:

"1st, No. 41, R.G. Bannister, Amateur Athletic Association and formerly of Exeter and Merton Colleges, Oxford, with a time which is a new meeting and track record, and which, subject to ratification, will be a new English Native, British National, British All-Corner's, European, British Empire, and World's Record. The time was THREE..."

A roar from the spectators drowned further words. The 4:00 mile had been run.

The longest-awaited of all the coveted goals in track & field had been reached. The figures "3:59.4" and the name "Roger Bannister" flashed around the world, creating excitement and headlines everywhere...

Bannister, a 25-year-old, 6-1/150 medi-

cal student, did not decide to go all out until 15 minutes before the race began. Heavy rains earlier in the day and winds of about 15mph made a record run seem unlikely. In fact, competent observers said they think the magnificent race would have been 2 seconds faster under ideal conditions.

Six runners started in the race. Olympic steeplechaser Chris Brasher set the pace for the first two laps. After 220y, Bannister said, "Faster."

At 2½ laps, with Brasher no longer able to push the pace, Bannister said, "Chris," calling on former Oxford teammate and Olympic 5000m sensation Chris Chataway to take the pace.

Chataway increased the pace, which had slowed dangerously, and actually led Bannister with 300y to go. There, the long-striding Briton launched into his famous

sprint, giving it everything he had in an all-out effort which contorted his usually pleasant face and left him completely exhausted at the tape...

Bannister's pace: 28.7, 28.8 (57.5), 30.0 (1:27.5), 30.7/60.7 (1:58.2), 31.4 (2:29.6), 30.9/62.3 (3:00.5), 30.0 (3:30.5), 28.9/58.9...

Bannister's time takes two full seconds off Gunder Hägg's World Record. No man has ever lowered the mile record by a greater margin since the IAAF started keeping records...

It was a great comeback for Bannister, long recognized by insiders as a super runner but who sorely disappointed Britons when he "failed" in the '52 Olympics.

At that time he had run three-quarters of a mile in practice in 2:52.9, but had not exposed himself to enough competition to cope with the greatest field of milers ever assembled.

His best miles, like this one, have been semiprivate affairs. He ran 4:03.6 on this same track last May, and 4:02.0 in London, June 27. The latter time, bettered only by Hägg and [Arne] Andersson until today, was not accepted by the British AAA because it was a paced race...

Bannister, who trained himself for years up to this year when he had some help from Austrian coach Franz Stampfl, prepared diligently for this record assault. All winter long he prepared, and for 3 weeks before the race he punished himself in practice.>>

The World Reacts

Reactions of interested persons throughout the world showed few of them surprised:

Wes Santee [an American who was a leading candidate to become the first sub-4:00 runner]: "Of the milers capable of doing it, Bannister is the one I'd just as soon have seen break it. The time still is not as low as it can be run."

John Landy: "Santee will be next, but not I." [Bad prediction: some 6 weeks later the Aussie not only broke 4:00, he also crushed Bannister's WR with his 3:57.9.]

Hägg [whose 4:01.4 had stood as the WR for 9 years]: "Bannister has brains.

Bannister left a legacy as a great human being as well as a noted runner



He doesn't overtrain the way many runners do."...

Cordner Nelson [T&FN Founding Editor]: "It's no surprise. I thought enough of Bannister to pick him to win in the Olympics, and two months ago I named him as one of three men having the best chance to run under 4:00. I still think Landy and Santee can do it, too." [Santee was suspended by the AAU on a professionalism charge in '55 and never did break 4:00.]

Brutus Hamilton [longtime Cal coach whose famous list of "ultimates" in '34 had projected 4:01.0 for the mile]: "I'm glad Roger did it. The lad is a real amateur. He runs only because he loves to run... And I'm happy the record was made in a regular meet and not an exhibition. There's more glory this way."

Payton Jordan [Oxy coach and Stanford coach-to-be]: "I think Santee can go out and break it right now, and now that the barrier is broken, it's only a matter of time until they get the record down to 3:55. I've always believed that's where the record should be."...

After the race Bannister suggested that his next goal would be 3:56, but added, "I

don't think I shall run against the watch again this year.">>

[On August 7, in Vancouver, Bannister and Landy hooked up in "The Miracle Mile" at the Commonwealth Games, with Bannister winning 3:58.8-3:59.6 in the first race ever with two sub-4:00s. He never broke the barrier again.]

Roger Gilbert Bannister (March 12, 1929–March 03, 2018)

Sir Roger Bannister, a noted MD in his later life, didn't start running until the age of 17 but had a transformative effect on the sport in his brief career.

A heartbreaking 4th in the '52 Olympics, he won Commonwealth and European golds following his barrier-breaking mile, but retired at the end of '54 to focus on his medical studies.

As a neurologist, he produced a great body of research specializing on autonomic failure and other disorders of the nervous system. He authored more than 80 papers as well as several textbooks.

In '75, he was knighted for his achievements in the medical field. He was also first chair for what is now called Sport England and initiated the first testing for anabolic steroids.

He often said he would rather be remembered for his 60-year career in medicine than his 8 years as a runner.

In his latter years he struggled with Parkinson's—ironically one of the diseases that he focused his life's work upon.

ON THE ROAD

getting ready for Boston & London

THE WORLD MARATHON MAJORS season got underway in Tokyo, but there was significant action at shorter distances as the big 26-milers of April draw close:

TOKYO MARATHON **When 2nd Is Good Enough**

Dickson Chumba may have won the big race, becoming the first man to ever successfully defend at the Tokyo Marathon, but runner-up Yuta Shitara won the big money.

The Japanese star won the biggest headlines, because his 2:06:11 broke the Japanese record by 5 seconds, thus earning him a bonus of ¥100 million (c\$1.18M).

Favored Wilson Kipsang had World Record hopes but fell off the pace early and dropped out.

Chumba broke away from Kenyan compatriots Gideon Kipketer and Amos Kipruto after 35K and went unchallenged in the final miles en route to a 2:05:30 victory.

Ethiopia's Berhane Dibaba also managed to defend her title, clocking 2:19:51, a big PR that missed the race record by 4 seconds.

American Amy Cragg (see p. 44) stayed with Dibaba and 2nd-placer Ruti Aga (2:21:19) for 33K, then hung on to finish in 2:21:42, a PR by 5:21 that made her the No. 5 American ever.

"I focused on the task at hand," Cragg said. "It was really hard when I got dropped, but when I crossed the finish line I was so excited. Just absolutely thrilled."

USATF 15K CHAMPS **Titles To Huddle & Korir**

Not surprisingly, veteran Molly Huddle, now 33, dominated the Gate River Run, which also served as the USATF 15K

championship.

Chasing after an "equalizer" bonus and with a 6:00 headstart over the men, Huddle led Jordan Hasay and Molly Seidel in a quick breakaway from the pack.

After 5K, it was all Huddle, who won in 47:50, a PR by more than 2:00 over the 9.32M route and fast enough to snare the \$5000 bonus.



Chumba successfully defended in Tokyo

Hasay topped Seidel, 48:40–49:20.

"I was just thinking they could catch me in the end," Huddle said of her relentless charge from the front. "You go in there with a mile to go and you still have to push."

On the men's side, it was a U.S. Army display of strength as Leonard Korir, Emmanuel Bor, Sam Chelanga and Elkanah Kibet led, hitting 10K in 28:45.

In the final 2M, Chelanga tried to break away and only Korir could match strides. In the final mile, Korir was stronger, winning in 43:06 to Chelanga's 43:15. Martin Hehir claimed 3rd at 43:19.

NYC HALF-MARATHON

Not A Day For Fast Times by Rich Sands

Chilly temperatures just below freezing and strong winds turned the 13th edition of the NYC Half into a tactical affair, with Ben True and Buze Diriba unleashing last-minute kicks to take the titles on a redesigned course through Brooklyn and Manhattan.

For Dartmouth grad True, it was his first time finishing the 13.1M distance (following a DNF at Houston in '13), and the track specialist benefited from a leisurely pace of 15:31 at 5K, 30:19 at 10K and 45:13 at 15K.

In addition to bucking the frigid winds, the leaders held back in anticipation of the closing 4M segment through the hilly roadways of Central Park.

Dathan Ritzenhein hovered near the front before forcing a breakaway in the 11th mile with True, Brit Chris Thompson and Ethiopian Teshome Mekonen.

By 20K (59:40) the two Americans were clear, and True sprinted clear in the final 200 for a 3-second margin of victory in 1:02:39.

Thompson (1:02:43) pulled away from Mekonen (1:02:44) for 3rd, while Scott Fauble (1:02:58) made it a trio of Americans in the Top 5.

"I was very willing to allow it to be as slow as possible, because being a shorter distance runner I knew I could have a little bit more leg speed than the guys who were training for marathons," said True, who holds the American Record for the road 5K (13:20) and is the only American ever to win a Diamond League 5000.

The women's race featured a similar muted pace (18:10, 35:30, 52:39). American Emily Sisson lead the charge into the park and whittled the field with 3M to go

Diriba and fellow Ethiopian Mamitu Daska plus Karoline Bjerkeli Grøvdal of Norway.

"I felt really good going into the park, better than I thought I would, and I felt really good going up the hills, so I thought maybe I can do this," the Providence grad said.

Alas, Diriba finally moved to the front in the final 100 to clock 1:12:23, a single second ahead of Sisson.

Grøvdal (1:12:43), Daska (1:12:50) and American Serena Burla (1:13:15) completed the Top 5.

Olympic 5000 champ Vivian Cheruiyot fell off the pace early and dropped out in the 10th mile, the Kenyan's breathing affected by the cold weather.

ROME/OSTIA HALF

Rupp Cracks Hour Barrier

In a tuneup race to break up his training for the Boston Marathon, Galen Rupp

(see sidebar) won Italy's Rome-Ostia Half-Marathon, where his winning 59:47 was not only a PR but also raised him to No. 2 on the U.S. all-time list.

Only two other Americans—ARholder Ryan Hall (59:43 AR in '07) and Leonard Korir (59:52 last fall)—have run under an hour. Dathan Ritzenhein turned a 60:00 in '09.

On a course with just-legal drop, Rupp

stormed his first 5K in 13:50, passed 10K in 28:09 and 15K in 42:44, and won from Kenyan Moses Kemei by 57 seconds.

"I felt pretty good in that race," Rupp told *T&FN*. "I took it a little easy the week of the race but the week before that I was doing a lot of miles, probably more than I've ever done before, and as soon as I finished I got in a good cool down and then ran again that day."



True handled the brutal NYC conditions the best

KEVIN MORRIS/PHOTO RUN

Rupp Transitions From Track To Road

Just 2 years into life as a marathoner, Galen Rupp—Rio bronze medalist, runner-up by 21 seconds in Boston last year and '17 Chicago champion—is looking to his April return to Beantown with the zest his 3-year-old twins likely reserve for occasions like Christmas morning.

Rupp's Rome-Ostia half-marathon win only boosted his bullishness. Whereas his last two tuneup halves, Prague before Boston and Philadelphia before Chicago went in 61:59 (for 11th) and 62:18 for a win, now he's run sub-60.

"Taking one week easy" before his Italian outing "in the midst of feeling really tired and all that marathon training, I was really pleased with the way that my body came around so quickly and I was able to feel good," he says. "That gives me a ton of confidence going into Boston where I'm going to have 2 or 3 weeks of rest and do a proper taper."

After 4 marathons, Rupp is all in as a long roadie. "I love running on the track, I love the 10K. That had really been kind of my identity as a runner for so long," he says. "It was a hard thing to give up.

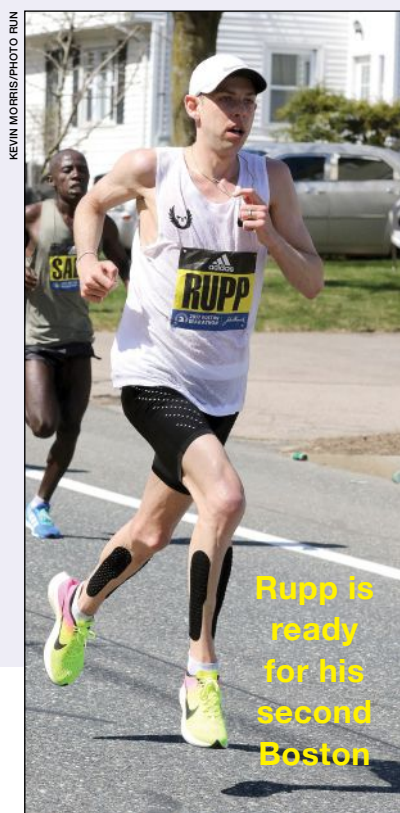
You know I came so close to winning, I felt like I was right there, at so many major championships [as in 2nd at the '12 Olympics] but I never actually won one. So it was a little hard to have to put that to bed."

The medal in Rio helped. Rupp, now 31, realized, "Wow, I have so much room to grow in this and so much opportunity to get better."

He now adores the long beast, you can hear it in his voice: "It just makes it all the more special that there are only so many opportunities that you have to run one and so much goes into that one race. It's like a prizefight almost where you're doing just months and months and months of training all for one day."

And so far, the Hopkinton-to-Boylston-Street route is Rupp's favorite. "Boston's the most prestigious marathon, I believe, in the U.S and the world even, and to win there is something really special," he says. "That's something I've always wanted to do and I came really close last year, but I definitely wanted to go back and give it another shot."

After the buildup he's had, Rupp really likes his chances this time. /Sieg Lindstrom/



Rupp is ready for his second Boston

KEVIN MORRIS/PHOTO RUN

3 Wins For Kamworor, WR For Gudeta

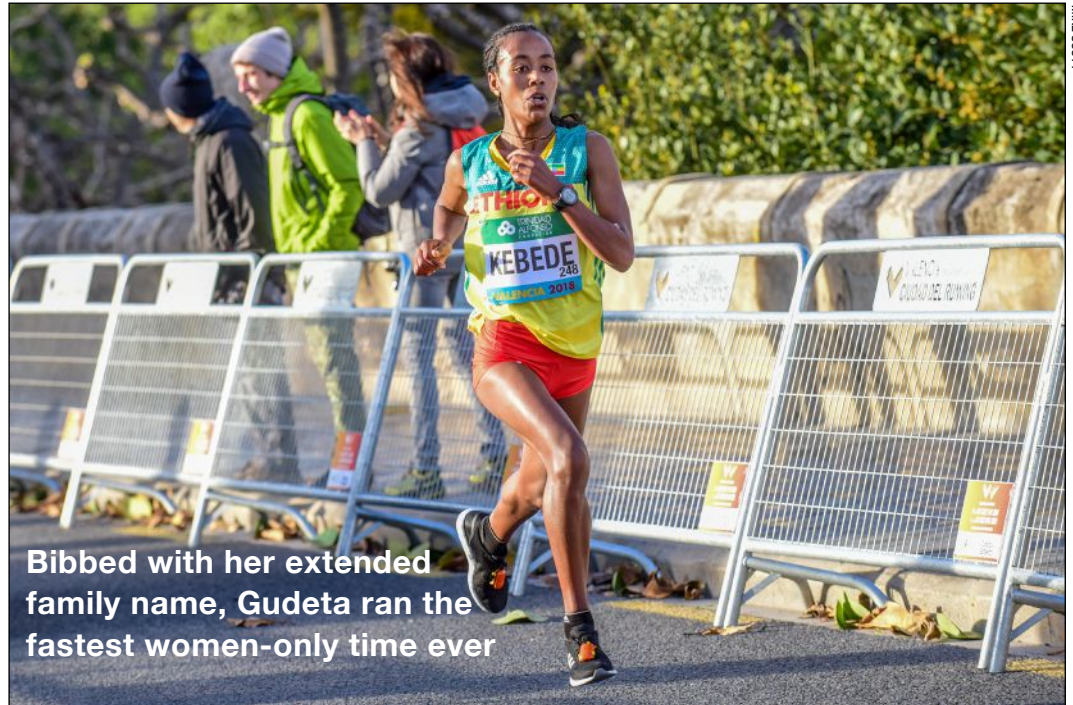
by Mike Scott

Geoffrey Kamworor of Kenya and Ethiopia's Netsanet Gudeta Kebede dominated their races to win gold at the World Half Marathon Championships in Spain's Mediterranean seaside town of Valencia.

The 25-year-old Kamworor—also a 2-time World XC winner—who came into this event with wins at the two previous editions of this biennial race, was content to follow along in a huge pack of nearly 50 runners during the early going as the runners battled strong winds and a brief rainstorm along this flat, lightning-fast course.

The pack passed 5K in 14:32 and 10K in 29:28. Approximately 30 runners were still in contention at 15K (44:13) as the race wound through the old city.

Kamworor asserted himself during the



Bibbed with her extended family name, Gudeta ran the fastest women-only time ever

next kilometer, running 2:30 to string out the field. The 2-time defending champ would run an astounding (albeit wind-aided) 13:01 from 15K to 20K and finish the final 1.1K in 2:48 striding to victory down the blue-carpeted final stretch in the middle of the picturesque City of Arts & Sciences, finishing in 60:02 to take his third consecutive title.

Burundi's Abraham Chero-ben—who closed in an impressive 13:14 from 15K to 20K— claimed silver in 60:22, while Eritrea's Aron Kifle edged out Ethiopia's Jemal Yimer for bronze 60:31– 60:33.

Sam Chelanga led the American contingent, finishing 14th in 1:01:23 after running in the lead pack at 15K.

"I thought it would go fast, but it was quite slow through 15K," said Liberty's former NCAA cross country champ. "It was the fastest race I've ever seen for the last 5K."

While the men's was a pedestrian affair during the early going, overall World Record holder Joyciline Jepkosgei (1:04:52 in a mixed-sex race) ignored the windy

conditions and pushed the pace from the gun passing 5K in 15:39 and 10K in 31:38.

Gudeta, however, hammered the 15th kilometer (passed in 47:30) to open some daylight over the Kenyan star, a lead she would only extend over the later stages of the race.

The Ethiopian closed the 5K from 15K in 15:23 (passing 20K in 62:53, faster than Lornah Kiplagat's women's-only WR of 62:57, an en route time from '07) to claim victory in a women's-only WR 66:11 (old record: Kiplagat's 66:25).

"The race went according to plan," said Gudeta. "I was only thinking about the gold medal."

Jepkosgei had to battle countrywoman Kamulu for silver, with Jepkosgei only pulling away over the final kilometer to finish 2 seconds ahead in 66:54.

Emma Bates led the under-strength American team (Jordan Hasay, Natosha Rogers, and Sara Hall all withdrew late due to injuries) finishing 27th in a PR 71:45.

Ethiopia swept the team titles, totaling 3:02:14 for their top three men and 3:22:27 for the women. The US men claimed 7th with a team time of 3:07:38, while the women finished 9th with an aggregate of 3:39:11.

— World Half-Marathon —

Valencia, Spain, March 24—

Men's Teams: 1. Ethiopia 3:02:14; 2. Kenya 3:02:40; 3. Bahrain 3:02:52;... 7. United States 3:07:38.

1. Geoffrey Kamworor (Ken) 60:02; 2. Abraham Chero-ben (Bhr) 60:22; 3. Aron Kifle (Eri) 60:31 PR; 4. Jemal Yimer (Eth) 60:33; 5. Getaneh Tamire (Eth) 60:47; 6. Betesfa Getahun (Eth) 60:54 PR; 7. Amanuel Mesel (Eri) 60:58; 8. Julien Wanders (Swi) 61:03; 9. Kaan Kigen Özbilen (Tur) 61:05; 10. Leul Gebrselassie (Eth) 61:07;...

14. Samuel Chelanga (US) 61:23; 31. Bernard Lagat (US) 62:16;... 69. Diego Estrada (US) 63:59;... 83. Jared Ward (US) 64:49;... dnf—Leonard Korir (US).

Women's Teams: 1. Ethiopia 3:22:27; 2. Kenya 3:23:02; 3. Bahrain 3:23:39;... 9. United States 3:39:11.

1. Netsanet Gudeta (Eth) 66:11 (women-only WR—old, 66:25 Lornah Kiplagat [Neth] '07); 2. Joyciline Jepkosgei (Ken) 66:54; 3. Pauline Kamulu (Ken) 66:56 PR; 4. Eunice Chumba (Bhr) 67:17;

5. Zeineba Yimer (Eth) 68:07 PR; 6. Meseret Belete Tola (Eth) 68:09 PR; 7. Desi Jisa Mokoni (Bhr) 68:10 PR; 8. Gudeta Bekelech (Eth) 68:12 PR; 9. Dalilah Abdulkadir Gosa (Bhr) 68:12 PR; 10. Shitaye Eshete (Bhr) 68:25 PR; ...

27. Emma Bates (US) 71:45 PR;... 41. Becky Wade (US) 72:31;... 50. Kinsey Gomez (US) 73:52;... 64. Elaina Balouris (US) 74:55.

Doha 2019

Sept. 28 - Oct. 6

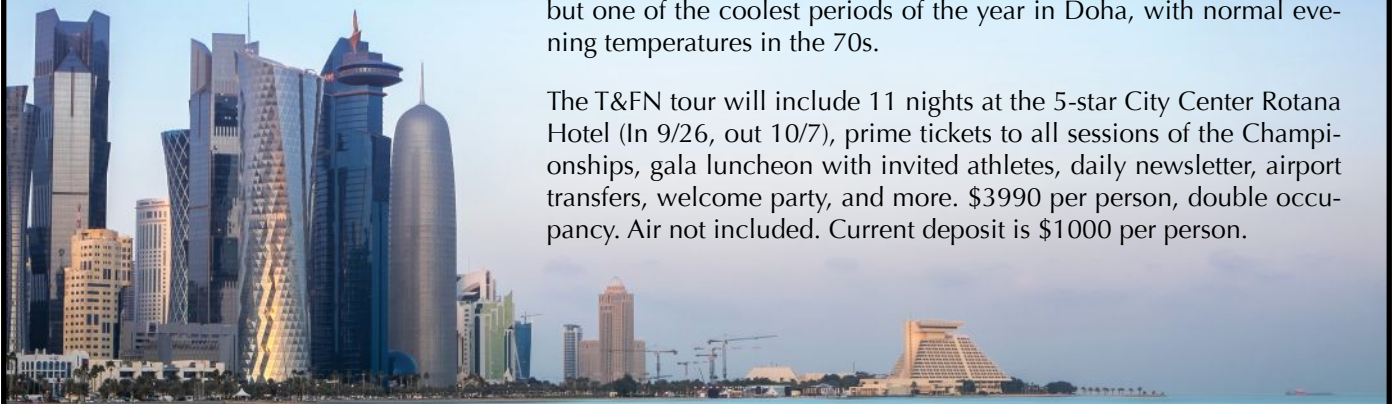
www.trackandfieldnews.com

Khalifa Intl Stadium

Doha, the capital of the Persian Gulf nation of Qatar, hosts the 2019 IAAF World Track & Field Championships. A spectacular city of modern high rises, with a state-of-the-art stadium of 48,000, Doha has a million and a half inhabitants.

The Championships dates are September 28 to October 6. It's warm but one of the coolest periods of the year in Doha, with normal evening temperatures in the 70s.

The T&FN tour will include 11 nights at the 5-star City Center Rotana Hotel (In 9/26, out 10/7), prime tickets to all sessions of the Championships, gala luncheon with invited athletes, daily newsletter, airport transfers, welcome party, and more. \$3990 per person, double occupancy. Air not included. Current deposit is \$1000 per person.



Track & Field News Tours • 2570 W. El Camino Real, Suite 220 • Mountain View, CA 94040



No. 223
(Spring 2018)
available by April 1



TRACK COACH

The Official Technical Publication of USA Track & Field

This quarterly digital publication is designed to keep coaches up to date on the latest ideas about track & field technique and training, with articles from U.S. and foreign coaches and researchers.

Track Coach is sent at no charge to everyone on the USATF Coaches Registry. Others (U.S. or foreign) who wish to subscribe should send \$20.00 per year, along with your e-mail address, to Track & Field News, 2570 W. El Camino Real, Suite 220, Mountain View, CA 94040.

Subscribe online at www.trackandfieldnews.com

Starting with TC #210 (Winter 2015), Track Coach became a digital-only publication available only by e-mail.

T&FN INTERVIEW

Amy Cragg

by Jeff
Hollobaugh

As a high school runner in Kansas, Amy Hastings hit modest times of 5:06 and 10:38 but she knew she loved running: “The longer it was, the better I was.”

Her path led her to Arizona State, where she graduated in '07 with bests of 15:50.19 and 32:30.37 and an NCAA Indoor 5K title on her résumé.

Solid stuff, but the shoe companies didn't come knocking.

Still she persisted, learning from the great ones and improving steadily. In '11, a debut marathon in 2:27:03. The next year, she fin-

ished a crushing 4th in the Olympic Trials Marathon. A win in the Trials 10,000 helped assuage the pain, but she knew her future was at 26.2M.

Insert a marriage to former Arkansas distance star Alistair Cragg in the fall of '14 and fast-forward to now. Under her belt, a 9th-place finish in the Rio Olympics. Last summer, at the London Worlds, she shocked many by grabbing bronze.

And then came this year's Tokyo race (see p. 40). With her eyes on a fast time, she accomplished just that, her 2:21:42 moving her to No. 5 all-time among Americans.

Now near the top of the heap, Cragg admits, “It was a slow progression.”

But she wouldn't have it any other way.

T&FN: How did you start running?

Cragg: I loved sports when I was little however I wasn't really very good at any of them. But I loved being part of a team.

I actually wanted to do volleyball. And the volleyball coach saw me on the first day and she said, “You know, you should look into cross country.”

So I looked into cross country and I realized it was something where I could actually contribute to the team instead of just being a benchwarmer and a cheerleader.

I learned how to work hard doing these other sports I wasn't good at and I put that into running and started to find that gradual success throughout high school.

I just didn't know nationally how good everyone else was so I thought I was pretty good.

T&FN: Looking at your high school times, they don't necessarily scream out “future Olympic Trials

Cragg In A Nutshell

•**Personal:** Amy Elizabeth (Hastings) Cragg was born January 21, 1984, in Long Beach, California; 5-4/101 (1.62/46)

•**PRs:** 1500—4:15.77; Mile—4:47.29; 3000—8:58.21; St—10:17.67; 5000—15:09.59; 10,000—31:10.69 (5, xA); Half-Mar—68:27 (6, 9 A); Marathon—2:21:42 (5, 8 A)

•**Schools:** Leavenworth HS (Kansas) '02; Arizona State '07; now represents the Nike Bowerman TC

•**Coaches:** Tamra Strano & Willis Willmeth HS; Walt Drenth & Jeremy Rasmussen college; Terrance Mahon (2008–12), Ray Treacy (2012–15); Jerry Schumacher pro ('15–present)

•**Agent:** Tom Ratcliffe

•**Major Meets:** 3000—19)NCi '06; 6)NCi '07 Steeple—10h)NC '04

5000—1USJ '03; 11)NCi '04; 5)NCi '05; 1)NCi, 15)US '06; 4)NCi, 9)US '07; 14)OT '08; 10)US '09; 2)US, 15)WC '11; 9h)OT '12; dnf)US '13

10,000—dnf)NC '05; 4)NC '06; 4)NC '07; 14)OT '08; 6)US '09; 5)US '10; 1)OT, 11)OG '12; 4)US, 14)WC '13; 3)US '14; 4)US 15 Marathon—2)LA '11; 4)OT, dnf)Yokohama '12; 20)NYC '13; 4)Chicago '14; 1)OT, 9)OG '16; 3)WC '17; 3)Tokyo '18

XC—92)NC '02; 1)USJ, 20)WCJ, 25)NC '03; 22)NC '04; 13)NC '05; 8)US, 62)WC '08; 3)US, 25)WC '10

•**U.S. Rankings:** 5000—3, '11

10,000—8, '07; 8, '09; 5, '10; 1, '12; 3, '13; 4, '14; 5 '15; 5, '17

Mar—3, '11; 5, '12; 4, '14, 3, '16; 3, '17

“I started as a 5:30 miler and then realized I was better at the longer-distance stuff”



VICTOR SAILER/PHOTO RUN

champion.”

Cragg: No, they don’t. But no one told me that. I started as a 5:30 miler and then realized I was better at the longer-distance stuff.

At the time, [Kansas] was a really good place for me to start. I think if I’d been in California or someplace I would’ve immediately been crushed so badly that I would not have been able to even see the light at the end.

T&FN: Then at Arizona State, at one point you were running the steeplechase.

Cragg: I started as a steeplechaser. I had a hard time focusing for an entire 5K and so [coach Walt Drenth] threw me in the steeplechase and said, “There is something to look forward to every 100 meters or whatever.”

I really liked it. I thought that was what I was going to do throughout college but my sophomore year in practice I

went over the barrier the wrong way and I broke my foot. That ended that.

T&FN: Your first marathon was at age 27. In hindsight, was that the right age to start?

Cragg: I had wanted to do the marathon for quite a while, but my coach at the time just didn’t think I was ready for it. I kind of wish I’d started training for the marathon earlier than that.

As soon as I started doing that training it was like everything clicked. As soon as I started doing that and actually training more for the marathon, my 5K and 10K got better as well. I’m a very big mileage person and usually if I get that huge base in, my workouts, even the short stuff, would be faster than if I didn’t get the big miles in.

T&FN: What is big miles for you?

Cragg: In a marathon buildup,

[per week] I will do about a month and a half in the 140s [c225km]. That’s like my max. But 130s is pretty common.

T&FN: Was it scary jumping off that ledge

Different Kinds Of Marathons

We asked Amy Cragg what the difference is for her between a championship marathon and a World Marathon Major:

“I think with the championships-style race, no matter how fast the race is, you’re always going to end up in a really prolonged kick. You prepare differently in the sense that you have to make sure that your 10K speed is still there. And that you can get to 20M and still race.

“In the Marathon Majors, it just depends on the race. It may be a slower race with a really fast kick or it can be an even steady pace the whole time and you have to work on certain moves.

“Really, I wouldn’t say it’s that different from championships-style racing to World Marathon Major races. It’s the difference between each individual race.

“For me, the [’17 World Champs] was about being able to figure out how to close that last 10K. That’s what we prepared for, that’s what we worked on and that was the goal, to be able to race the last 10K and hopefully put myself into medal position.”

and going double your longest race distance in your first marathon?

Cragg: I was standing on the starting line and I actually felt almost scared. Because so much was on the line for me. If that race didn’t go well it probably would’ve been the end of my career. There was just so much pressure.

I was doing something completely new and completely different but at the same time it was that feeling you get in your first race as a freshman in high school. It’s scary but then the second you start running it just feels good, just feels right. All that worry leaves you.

T&FN: With only 9 marathon starts in your career, do you still feel like there’s a lot of learning going on?

Cragg: I have a lot to learn. I wouldn’t say I’ve mastered it by any means. I think I’ve gotten a lot better. Every time I step on the line I look around and I know I’m prepared better than anybody else. And I draw a lot of confidence in that.

I know there are still things I have to

work on. Unfortunately, the learning in the marathon, it's not something you can be told and just do. It's something you work on every day for a year and a half straight before you can implement it in a race.

I know there are women who are better than me, but I go in with such a good game plan and such knowledge of the race that I wouldn't call myself a rookie.

T&FN: *How did your goals—and your priorities—change in 2015 when you moved to Portland and started working with Jerry Schumacher?*

Cragg: It's been wonderful. He takes a very methodical approach to training.

We had to take a step back for a little while because early on I went from being kind of a 5K/10K runner and then making a big jump up to the marathon. We knew we had to improve my half-marathon.

And we had to improve my 10K because I needed to improve over the last 6M of the race. We had to work through a lot of those things I kind of skipped over

earlier on in my career. We have done that and it has been amazing.

Every race is a different goal. Every training segment is a different goal, how we build on previous training segments

first marathon training segment that I finished every single workout. They're really hard, really intense.

T&FN: *Unlike a typical high school or college schedule, you only raced four times*



Cragg (Hastings) and some of her favorite training pals won World XC bronze in 2010

and it's all been geared toward 2020, hopefully.

T&FN: *Were there many substantial changes in your workouts with the move?*

Cragg: I do a lot more mileage. That's been really big. It took me a little while to adapt to that. The workouts are much more intense. This [year] is probably the

each of the past two years. Is it challenging to be patient enough for a very focused schedule like that?

Cragg: For a very long time it was. But like building your mileage, you train yourself over the years to be able to handle that. I learned to become more patient and I'm willing to put more training in the bank

Cragg's Training Partners

We noted that over the years Amy Cragg has trained with many of America's best runners and asked her, "Which among them have had the most influence on you?"

"That's really hard to say because they've all had a different influence on me. Desiree [Linden], we both became super-competitive together and kind of grew up together as runners. And we had a lot of fun together. So that just made me kind of love the sport even more. And not just Des but all of my Arizona State teammates.

"Then I was able to train at Mam-

moth with Deena [Drossin] and Meb [Keflezighi]. I definitely did not see them as peers. I idolized them the whole time. It was just incredible to witness how they trained.

"Meb, he got every single thing he needed to get done during the day and then he would go home and be an incredible family man.

"Deena, I swear she just could mentally will herself to do amazing things. Just so positive. She just saw the world in this incredible, beautiful light.

"Molly [Huddle], one of the hardest workers ever. She's just an incredibly dedicated person and being able to observe her for a few years, it made me realize that I

could definitely step up my game. She was also a really fun person to train with. A great friend.

"And then Shalane [Flanagan]. Oh gosh, I don't even know where to start. She just pushes people to be the best versions of themselves, so having someone who just wants you to be as good as you can be and won't let you settle for anything less, that has had a huge influence on me as well.

"I've been so, so lucky, and there are others as well. I kind of watch people and what they do and how they're successful and it has helped me get to where I am. I try to do the best I can to be like them."

and have that one big race as opposed to needing the validation every couple of weeks. It becomes easier as you become more of a mature athlete. Some people really need to race every weekend but if you just give it time, it becomes easier.

T&FN: *Until this year, you hadn't bettered your debut 2:27:03 time from 2011. Was that a point of frustration for you?*

Cragg: At times it was but it was one of the things that became a little humorous towards the end. [In Chicago '14] I actually tied my PR of 2:27:03. The day before I was saying, "2:27:02 I'll be the happiest person. And if I ran 2:27:04 I'll be devastated."

And then I looked at the time afterwards and I thought, "Well, that's the only option that's just kind of hilarious."

It was one of those things I really wanted to improve upon because when I stand on the starting line I want to be able to match up to the girls that I'm competing against.

At Worlds, I didn't care what time I ran. At a lot of these races it was just to go and compete. If I competed well then I was happy. But going to Tokyo to compete on what we knew would probably be a very fast course, we were able to get both of those things done.

T&FN: *In 2017, you bypassed big money in a spring marathon to concentrate on the Worlds—and then missed a fall race afterwards. That bronze medal, in effect, was expensive. Why did you make that choice?*

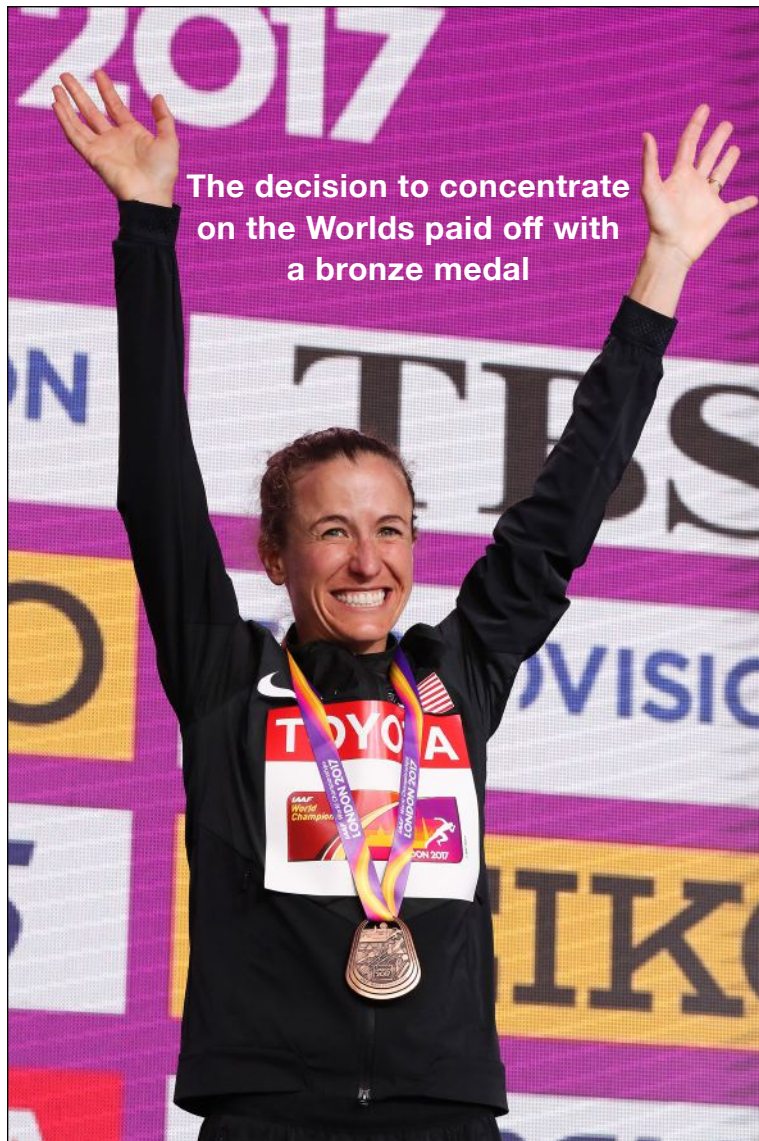
Cragg: After Rio was over, I talked to Jerry and said I want to do that again. I wasn't satisfied. And he mentioned Worlds.

It became one of my biggest goals. We thought was really possible to medal. I was sold on that. I was like, you know what? I'm willing to take the risk. I don't do this for the money. It's really to try to see what my body is capable of and

trying to match up against other people in the world.

It was such a good decision. And in addition to that, it was the last championship race I would be able to compete in at the world level before 2020. There were things I wanted to work on in order to compete well in the future.

T&FN: *What is next in your marathon*



The decision to concentrate on the Worlds paid off with a bronze medal

career?

Cragg: I still have a couple things I want to do on the track. Not only do I have goals on the track but I think would really help my marathon in the long run anyway. I would like to do maybe a fall marathon this year and probably a spring marathon next year, but really I'm not sure yet.

T&FN: *Your husband Alistair has done some notable running of his own, with 6 NCAA titles. How is he as a support crew?*

Cragg: He went through everything I went through before so he knows what's coming, he knows the path to take and the paths not to take. He's just a soundboard and a support and I couldn't ask for better. He's been amazing, and in addition to that he also will kill his body in order to pace me if I need him. He's come out of retirement numerous times just to help me get through workouts.

T&FN: *What's your non-running life like?*

Cragg: When I'm training, I am 100% focused on training. I realize there is going to be an end date to this and I want to get every ounce that I can from it. I am pretty much living the life of a distance runner.

Starting [in mid-March], I'll be back into it. That's all I do. It's all training and eating and sleeping and rehab and massage and chiro. Just preparing for the next run.

T&FN: *What advice would you give an ambitious teenage girl runner like you once were?*

Cragg: First off, don't give up. There were so many times when I didn't think it I had what it takes. But really as long as you focus on just one small improvement at a time you don't have to worry about anybody else. Just yourself.

I think what happens a lot is that they are concerned with where they're at in comparison with other people but we are all on our own path and

we get there at different times.

I definitely wasn't the best in high school but I surrounded myself with really great people who kind of encouraged me and kept me going. And because of that I was able to slowly improve.

There are different ways to get there. I wasn't a standout right away. Just don't give up, and focus on small improvements, just trying to make yourself better each day. □

TRACK SHORTS

SYDNEY McLAUGHLIN doesn't mind the time-final setup at the NCAA Indoors.

"It's better for me nerve-wise to just know that I can focus on myself. When you have a lot of people in a race and it's really high competition, it puts a lot of pressure," said the Kentucky frosh after gaining runner-up honors by winning section II of the 400.

"So I think me being able to go out there and run my race definitely helped me run the time that I did."

Oregon frosh **Reed Brown** took the lead of the NCAA mile to help out senior teammate Sam Praker.

No regrets, Brown says. "I've got plenty

of more years. This is his last race. I just kind of wanted to give him the best shot to win that I could. I stuck to my race plan even though I wasn't feeling my best. That

Oh, Maybe It Was His Fault

France's world 800 champ **Pierre Ambroise-Bosse** has been charged for his part in the brawl that prematurely ended his season (*Status Quo*, September '17). Prosecutors have accused him of starting the fight by throwing a beer can.

ruled me out of any shot at competing, so I just wanted to give Sam a shot."

Praker finished 3rd at 3:58.59, with Brown 8th in 4:01.94.

Karissa Schweizer became the sixth woman in NCAA history to win the 3000 and 5000 double, joining Notre Dame's Molly Seidel ('16), Dartmouth's Abbey D'Agostino ('13 & '14), Texas Tech's Sally Kipyego ('07) and Providence's Kim Smith ('04).

"It hasn't hit me yet," the Missouri senior said. "It's still crazy to me. Coming here as a freshman I'm just really proud of where I am now."

Michael Saruni, in explaining how he bounced back from a so-so NCAA 800 heat to run a dominating final to win in 1:45.15, simply pointed at his head and said, "The brain is the biggest mountain."

Despite missing by just 0.06 in her attempt to defend her mile title, Colorado's Dani Jones was thrilled.

"Last year I was NCAA champ but I

had the perfect training leading up to that point," she explained. "This year, it was really on-and-off. I struggled with some injuries. I came in with an open mind and was just happy to be here. It definitely surpassed my expectations."

Haley Crouser opened her senior javelin season at Texas on a high note, reaching 177-0 (53.94), her best mark since '12, the year she set a since-eclipsed High School Record of 181-2 (55.22).

Lynna Irby says she is thrilled with her frosh season indoors, explaining "My coach and I we made a goal list at the start of the season, and I've surpassed that list. I never expected to be running times this fast."

The Georgia yearling, who hit bests of 22.55 and 50.62, says of her goal sheet, "My 200, I said, '23-flat.' The 400 I was

A Hiccup At Mt. SAC?

The planned '20 Olympic Trials site is back in the news as opponents of the big stadium-rebuild project have obtained a preliminary injunction to force Mt. San Antonio College to stop work on the site.

The injunction might jeopardize the timeline for having the facility ready in time. The lawsuit at the root of the conflict maintains that the permit paperwork filed for grading the site was not in compliance with city code.

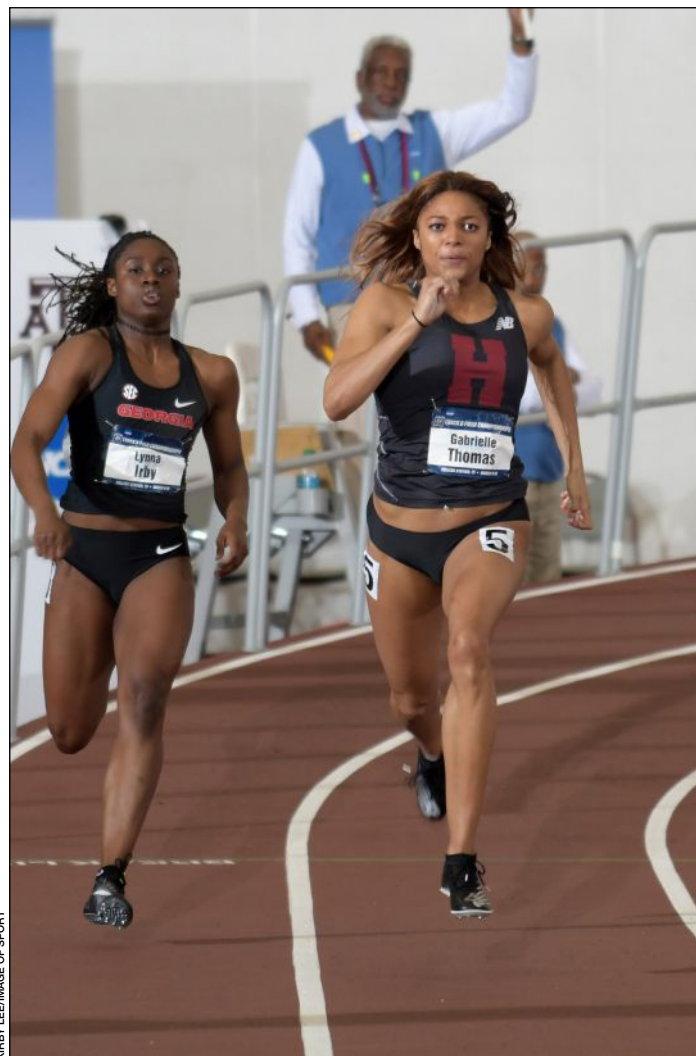
A pending second lawsuit challenges Mt. SAC's right to use certain funds to build without a voter-approved ballot measure.

Mt. SAC rep Jill Dolan tells *T&FN*, "We remain confident the stadium will be ready in time for the Trials. It is unfortunate that the lawsuits have cast a pall over the stadium construction and the event itself.

"We continue to focus on the task at hand: standing by our commitment to USA Track & Field, the local organizing committee, and the world's athletes to host a first-class and successful Olympic Trials in 2020.

"The City has all the documents needed to review grading for the project. We have reached out to the City and requested that they complete its review within 15 days. As of [March 22], we have not yet heard from the City.

"We have stopped all grading; most of the grading has been completed (80%) and we will re-sequence work to remain on schedule."



KIRBY LEE/IMAGE OF SPORT

like, 'Oh, something close to 51.' So I'm excited.

"Outdoors, my mind won't even take me down there. But I'm sure when the

door Nationals, HS Recordsetting walker **Taylor Ewert** (Beavercreek, Ohio), placed 11th in the 2M the day after her heel-and-toe win...

A "United Nations" 4 x 400

Former T&FN staffer Shawn Price notes that Florida's NCAA 4x4 had a squad of 4 different nationalities in running its 3:01.43: Kunle Fasasi (Nigeria), Grant Holloway (U.S.), Chantz Sawyers (Jamaica) & Benjamin Vedel (Denmark).

That topped the previous "United Nations world best" of 3:02.86 by Texas A&M's '15 squad of Greg Coleman (U.S.), Bralon Taplin (Grenada), Shavez Hart (Bahamas) & Deon Lendore (Trinidad).

time comes, coach will sit me down with another goal sheet."

No one was more speechless than the **Polish men's quartet** at their unlooked-for 4x4 WR in Birmingham.

Said second-leg Rafał Omelko, "It is a big shock and surprise for us. We were targeting the European Record but really did not expect a result like this and never dreamed about the World Record."

In a rare double at the New Balance In-

door Nationals, HS Recordsetting walker **Taylor Ewert** (Beavercreek, Ohio), placed 11th in the 2M the day after her heel-and-toe win...

For **Ivana Španovi**, finally winning the World Indoor long jump over Brittney Reese was huge: "I still cannot believe it even though I was preparing myself for it. Last time I lost the World Indoor title in the final attempts, so I just wanted

to stay focused and waited until the very end.

"I have tried to win this title so many times and finally I managed to produce gold."

The American's all-time record against the Serbian star is now at 13-9.

Pavel Maslák won the 400 gold in Birmingham despite crossing the finish line in 3rd. He admitted that the DQs of the first 2 took the shine off his gold.

In a fit of honesty, the Czech gold medalist said, "I think the guys were stronger than me and I do not know what went wrong for them. They would have beaten me any-

way so even if it is gold, it will have a bronze flavor for me."

Zach Dirlam of Florida's communications department explains Grant Holloway's place in the universe in colorful fashion:

"In the realm of *Dragon Ball Z*, an anime television series Grant Holloway loves, Saiyans are the uni-

12th Man Aids Williams

Texas A&M is known as a school with a near-religious reverence for its traditions, and perhaps the most revered is "The 12th Man": every student stands throughout football games, ready to take the field if the coach calls.

According to Aggie long jumper Will Williams, The 12th Man was present at the NCAA Indoor as well, and key to his clutch last-round victory, when he had slipped to 3rd.

But Williams (see p. 23) was unfazed, and he—and the packed College Station crowd—unleashed a PR 26-10½ (8.13).

"The crowd was very phenomenal," the A&M senior said. "They carried me. I felt like they were alongside me running down the runway with me. And then, once I got out and heard their reaction, my emotions just reacted as well."

But he had kept those emotions in check beforehand. When Grant Holloway claimed the lead, Williams said his only thought was, "Man, this guy's talented! You'll never come across another athlete like Grant Holloway." Other than that, Williams' thoughts were, "Just trust my run. Coach told me to adjust my mark and stay composed."

The mark took down the indoor school record of Fabrice Lapierre (26-4½/8.04), memorialized by a large sign on the Gilliam Stadium wall.

"Once I got the record, I was actually supposed to do something like this," Williams said, making a bow-and-arrow motion, "and act like I'm shooting it down. But I was too emotional and caught up in the moment."

/Lee Nichols/

verse's strongest warrior race.

"Physically they resemble humans, save for their black spiky hair and particularly dark eyes. They elevate their 'battle power' through training, and those with gentle spirits can raise the number of 'S-Cells' in their bodies.

"Both are necessary to generate a Super Saiyan transformation. The Super Saiyan form is 50 times more powerful than a Saiyan's base form. In the heightened state, their hair spikes up and glows gold, their eyes turn an aquamarine tint, a visible golden aura of energy surrounds them. Holloway believes he is a Super Saiyan." Well, not literally. □

Thomas claimed the CR in winning the NCAA 200



ON YOUR MARKS

WHAT'S THE SCAM?

Russian athletes training in Kenya were apparently tested by several con artists posing as doping control officers.

Kenyan officials are investigating, but as yet haven't determined a motive, although Reuters said, "The athletes suspect that the fake officers planned to use fabricated failed doping tests in an attempt to seek financial reward."...

World champion long jumper Luvo Manyonga has split with his coach, Neil Cornelius...

IOC president Thomas Bach sounded a bit pessimistic about the war against doping in an interview with Korean journalists, saying, "The moment where we can say, 'We've won it,' unfortunately will not come."...

Usain Bolt, pursuing his post-retirement dream of pro soccer, played a March trial with the Borussia Dortmund team in Germany and according to one reporter "showed

glimpses of flair."...

Kenya's Commonwealth team threatened to stop training until their allowances had been paid and their training

A 174-6 (53.18) thrower in '17, Alyssa Olin opened this year in fine form. The North Dakota State senior PRed on her first three throws, hitting 178-8 (54.46), 183-11 (56.06) & 191-6 (58.36).



ERROL ANDERSON/THE SPORTING IMAGE

kits received. They ended up doing a sit-in protest at their training camp in Australia.

National Olympic Committee head Paul Tergat promised a speedy resolution.

• • •

PRICEYTWEET: Mo Farah got a 5-figure settlement after suing a British journalist for defamation.

The journo had tweeted, "Mo Farah is refusing to speak to newspapers ahead of London 2017. It's cowardly and he's doing athletics a disservice."

The tweet was accompanied by a longer piece that opined that Farah was being mis-

guided by his PR advisors...

South African sprint star Akani Simbine is among some athletes who have been ejected from a stadium in Cape Town after being told they don't have permission to be there. He is now training on a cricket field...

Berlinger, the company that produces doping sample collection bottles—the type that were breached by the Russians in Sochi—has bowed out of the business.

Now the Anti-Doping Foundation headed by Arne Ljungqvist is working to develop a replacement...

Organizers of this summer's World Cup in London have come up with a slogan:

The Track. The Field. The World."...

In the dizzying indoor marathon at New York's Armory, world bests fell to Malcolm Richards (2:19:01) and Lindsey Scherf (2:40:55)...

The IAAF mistakenly paid the Nigerian federation \$150,000 instead of the expected \$15,000 annual grant.

After the discovery of the overpayment, a refund was requested, but a Nigerian paper reports that no one seems to know where the money ended up...

Utah State head coach Gregg Gensel—who has coached there for 34 years—was apparently dismissed before the outdoor season,

Trailblazing Women Coaches

USC, whose combined men's/women's program is coached by Caryl Smith Gilbert, put together an innovative early season meet that shows how far our sport has come.

Called the "Power 5 Trailblazer Challenge," the competition brought in 4 other schools also with women in charge: Miami (Amy Deem), Tennessee (Beth Alford-Sullivan), Mississippi (Connie Price-Smith & Ohio State (Karen Dennis).

"I have to give credit to my husband, but I'll say it's my idea," says Smith Gilbert.

but the university is offering no explanation...

It's not the same as retiring a number in the ball sports, but Florida State is starting a tradition of retiring the jerseys of its past greats.

The inaugural honorees: Olympic bronze medalist Walter Dix and '95 world 400H champ Kim Batten...

Two Jesse Owens medals are headed to the auction block, according to his daughters.

The Presidential Medal of Freedom and the Congressional Gold Medal are the highest awards that the U.S. can give a civilian. Both are expected to go in the six figures.

• • •

WILL 007 BE THERE? Organizers of the London Marathon have scored something of a royal coup, arranging for Her Majesty The Queen to be the official starter for this year's race...

The tiny village of Kabirirang, Kenya, is claiming honors as the hotbed of 800 running, with its athletes going on to win more than 30 Olympic, World, Commonwealth and African medals...

A road race in Alamosa will loop around 8K of the '68 Olympic Trials marathon course, and organizers are sponsoring a 50th reunion of the athletes who ran in that Trials.

Winner George Young and runner-up Kenny Moore will be in attendance...

Winning two NCAA titles in recent years wasn't enough to guarantee the New Mexico XC team new treadmills. A \$30,000 request for new equipment was eliminated from the state budget when the governor used her line-item veto, though other Lobo sports had their wishes granted. □

STATUS QUO

THE LATEST in the aches, pains & eligibility departments:

Team USA lost 3 major women's World-Half Marathon team members: when first **Sara Hall** withdrew because of an unspecified injury sustained while practicing for the Boston Marathon's downhill sections;

Then **Jordan Hasay** pulled out, her agent citing "tight plantar" for her withdrawal;

Then a bad knee knocked out **Natosha Rogers**.

Team Kenya also took some major hits shortly pre-Valencia. **Bedan Muchiri** was sidelined by a hamstring problem, and on the women's side **Mary Wacera** and **Fancy Chemutai** withdrew for unexplained reasons.

The third-leg runner on Team USA's reigning world 4x1 champs, **Morolake Akinosun** had surgery on a ruptured right Achilles in early February.

Russian high jumper **Anna Chicherova** has indicated she probably won't return to competition when her doping ban expires on June 30.

With some two dozen races under his belt already this year, prep sprint star **Tyrese Cooper** has been sidelined

by a groin injury that impacts his hip flexor; he's expected to miss 6-8 weeks.

Though he won the NCAA high jump, USC's **Randall Cunningham** came away with a broken tibia and fibula and will miss the outdoor season.

World 50K walk champ **Yohan Diniz** suffered a stress reaction in December.

Heather Kampf, after losing a chunk of the '17 season to a sacral stress fracture on her right side, now is sidelined with a similar fracture on the left side.

Retirement time for Aussie javelin thrower **Kim Mickle**, who said on Instagram that it was time to "officially hang up the old smelly javelin boots."

Double jump threat **Jahnai Perinchief** of Arkansas bypassed the NCAA Indoor because of a hamstring injury.

An unspecified injury knocked **Asafa Powell** out of the Commonwealth Games.



A bad foot kept Hasay out of the World Half

German heptathlete **Claudia Salman-Rath** is recovering from knee surgery.

After missing the Worlds javelin last year with a back injury, **Sunette Viljoen** had to skip the South African champs because of ongoing rehabilitation. □

LANDMARKS

Resigned: CEOs Scott Blackmun of the USOC & Olivier Gers of the IAAF.

Died: Roger Bannister, 88; on March 3, in Oxford, England; of Parkinson's. See p. 38 for more.

Died: Irina Beglyakova, 85, on

March 19. Won silver for the Soviet Union in the '56 Olympic discus. 3 times World Ranked, with a high of No. 3 in '56.

Died: Dick Held, 91; on March 18, in Lafayette, Indiana; of the effects of Alzheimer's. The brother of WR-setter Bud Held, he was a long-

time innovator in javelin design and manufacturing.

Died: David Martin, 78; on February 28, in Decatur, Georgia; of Parkinson's. The noted scientist and physiologist did groundbreaking work in the field of long distance running.

LAST LAP

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:

Parliament Harsh On Coe

Seb Coe came under attack in early March by British legislators who accused the IAAF president of misleading a parliamentary inquiry into doping.

In the report, the committee charged with overseeing sports stated that Coe could have acted sooner to start cleaning up the sport.

It also said that he didn't candidly explain what he knew after he got an e-mail from London Marathon director David Bedford about Liliya Shobukhova facing extortion to have a positive doping test concealed.

"It stretches credibility to believe that he was not aware, at least in general terms, of the main allegations that the ethics commission had been asked to investigate."

While noting that the IAAF has made progress in the investigation of whistleblower complaints, the report added, "the Shobukhova case raises concerns about whether national or international sports federations are capable of investigating themselves."

Coe Fires Back

Not surprisingly, Seb Coe responded angrily to criticism from Parliament that his actions to clean up the sport were too little, too late.

"It essentially comes down to is whether I'm a reader of e-mails or not. And the truth is I'm not an assiduous reader of emails," the IAAF president wrote in the *Evening Standard*.

"As for the broader idea that athletics is in tatters as a result of this, that gives little

kudos to what we've been doing the past two years.

"The IAAF takes the fight against doping very seriously. We've made a set of wide-sweeping reforms to revamp the governance of the sport, made 200 changes to its constitution and set up the aforementioned integrity unit. Plus, there



GINCARLO COLOMBO/PHOTO RUN

is the ongoing suspension of the Russian Member Federation.

"So, frankly I didn't see athletics in tatters at the World Championships in London last summer nor did I at the World Indoors in Birmingham the past week."

Ethiopians Back In Property Biz

What's fueling the competitive success of Ethiopian distance runners? According to Yomif Kejelcha, it's not drugs (a charge frequently lodged by finger-pointers). It's land.

The World Indoor double winner says the East African nation's practice of awarding real estate to champion runners died out after the end of Haile Gebrselassie's career, but now the Ethiopian government has brought it back.

Kejelcha said that both he and Genzebe Dibaba were promised large plots of land in Addis Ababa if they won gold in Birmingham.

"The government should continue [with this] because what we do as athletes to raise the flag for Ethiopia is not easy," he told *The Independent*.

"We receive a lot of dollars for winning competitions but if our country gives us extra motivations we will win again and again and again."

A Sub-4:00 Before Bannister?

With Roger Bannister's passing came the revival of an old story, that a paint factory worker had beaten him to a sub-

FOR THE RECORD — MEN

Men's record alterations reported since the February issue. W = World; A or Am = American; C = Collegiate; J = Junior; HS = High School; + = event not recognized by official ratifying body; ¶ = can't be ratified for technical reasons.

MEN INDOOR TRACK

60(lo-alt)	6.37	=W+, =A+	Christian Coleman (Nike)	Birmingham, England	March 03
200	20.02	A, C	Elijah Hall (Houston)	College Station, Texas	March 10
400	44.52	W, A, C	Michael Norman (USC)	College Station, Texas	March 10
4 x 400	3:01.77	W	Poland	Birmingham, England	March 04
			<i>(Karol Zalewski 45.73, Rafal Omelko 45.17, Lukasz Krawczuk 45.87, Jakub Krzewina 45.00)</i>		
	3:00.77	W¶, A¶, C	USC	College Station, Texas	March 10
			<i>(Zach Shinnick 46.24, Rai Benjamin' 44.35, Ricky Morgan 45.66, Michael Norman 44.52)</i>		
	3:01.39	A, AmC	Texas A&M	College Station, Texas	March 10
			<i>(Ilo Izu 46.57, Robert Grant 44.83, Devin Dixon 45.48, Mylik Kerley 44.51)</i>		
4 x Mile	17:01.82	HS	Loudoun Valley, Purcellville, New Jersey	New York, New York	March 09
			<i>(Connor Wells 4:24.7, Jacob Hunter 4:15.0, Sam Affolder 4:10.6, Colton Bogucki 4:11.5)</i>		

MEN INDOOR FIELD

Wt	22.16 72-8½	WJ, AJ	Brent Fairbanks (Ashland)	Allendale, Michigan	February 24
----	---------------	--------	---------------------------	---------------------	-------------

MEN ABSOLUTE TRACK

4 x Mile	17:01.82i	HS	Loudoun Valley, Purcellville, New Jersey	New York, New York	March 09
			<i>(Connor Wells 4:24.7, Jacob Hunter 4:15.0, Sam Affolder 4:10.6, Colton Bogucki 4:11.5)</i>		

Important IAAF Resolutions

The IAAF Council meeting held in conjunction with the World Indoor resulted in a number of resolutions on controversial issues dogging the sport.

•**Hyperandrogenism:** The IAAF will be revising its testosterone rules for women's track events from the 400 through the mile. No specifics, but the draft regulations will be submitted to CAS prior to their planned rollout in November.

Seb Coe said, "We have always believed that testosterone, either naturally produced or artificially inserted into the body, provides significant performance advantages," but we remain unclear on why only a selected range of running events is included.

•**Transfers of Allegiance:** The current freeze on transfers remains in effect, but Council approved principles recommended by a working group.

These include a minimum 3-year waiting period, a review panel to vet

applications, evidence that countries are offering full citizenship and rights, a limitation of 1 transfer per athlete and no transfers before age 20.

Specific rules are being drafted for July approval.

•**Russia:** Council unanimously approved a recommendation that the Russian federation, banned since November '15, is not ready for reinstatement.

Noting that some conditions have been met, the taskforce identified several areas the Russians have not come through on: an acknowledgment of the findings of the McLaren and Schmid reports, an adequate test distribution plan for '18, means to enforce provisional doping bans on athletes and coaches, as well as the reinstatement of Russia by WADA.

If those conditions aren't met in the meantime, the July Council meeting will consider withdrawing permission for Russians to compete as neutral athletes and even take the extreme measure of expelling Russia from the IAAF.

Said Taskforce chair Rune Andersen,

"The Taskforce will now call for an urgent meeting with RusAF and the Russian Ministry of Sport to impress upon them the need to resolve these issues without further delay."

Coe added, "We want the country and their athletes back, but we want the world to be in a position to trust."

•**Calendar:** Council agreed to a framework for IAAF events that it hopes will provide "an understandable and set rhythm for our sport."

The guidelines:

World XC—second weekend of February;
World Indoor—second weekend of March;
World Half-Mar—last weekend of March;
World Walk Team Champs—April or May;
World Relays—first weekend of May;
World Junior Champs—July;
World Championships—last weekend of August or first weekend of September, to officially end the season.

This last could have serious ramifications—think weather and stadium availability—as to who could host the Worlds.

4:00 mile by a month.

According to the tale, as remembered in *The Star*, Ken Wood ran a 3:59.2 in a training session at Sheffield University.

In an interview in '04, Wood said, "Mine was only a training run, but it was a definite sub-4:00, no question. I thought it was just another time. The lads who were with me made a little bit of fuss about it, but I never really mentioned it to anybody."

Wood did have credentials. He later

ran an official 3:59.3 and placed 9th in the 1500 in the '56 Olympics.

However, his friend Fritz Koerner timed him that day and said 50 years later that he couldn't remember the result, but added, "Ken is not remembered as well as he should be. In those days, class distinction played a part.

"It was one thing for Bannister and Chris Chataway to do great things, but Ken Wood?"

Sategna Gone At Texas

In a surprise mid-season move, Texas fired track head coach Mario Sategna in mid-February.

"I felt it was best to move forward and head in a new direction," said AD Chris Del Conte in the original press release which characterized the action as "has separated from the program."

Subsequent documents released by the school said he had been fired "without cause."

No further explanation was given and it's unknown if the move is related to a '16 situation in which, Sategna took a 4-month personal leave of absence and was reportedly under an ethics and misconduct investigation.

Tonja Buford-Bailey, the associate head coach, was named interim head and no other staff changes were announced.

Reese Inspired To Inspire

Brittney Reese feels she has a responsibility to the world

FOR THE RECORD – WOMEN

Women's record alterations reported since the February issue. W = World; A = American; C = Collegiate; J = Junior; HS = High School; + = event not recognized by official ratifying body; l-a = low-altitude; w-o = women-only

WOMEN INDOOR TRACK

60	7.07	lo-alt C; =C	Aleia Hobbs (LSU)	College Station, Texas	March 10
200	22.38	C	Gabby Thomas (Harvard)	College Station, Texas	March 10
400	50.34	A, C	Kendall Ellis (USC)	College Station, Texas	March 10
60H	7.70	=A	Kendra Harrison (adidas)	Birmingham, England	March 03
	7.98	WJ, AJ	Tara Davis (Georgia)	College Station, Texas	March 09
4 x 200	1:34.75	HS	Bullis, Potomac, Maryland	New York, New York	March 10
<i>(Shaniya Hall, Leah Phillips, Ashley Seymour, Masai Russell)</i>					
4 x 400	3:23.85	A	National Team	Birmingham, England	March 04
<i>(Quanera Hayes 51.51, Georganne Moline 50.87, Shakima Wimbley 51.29, Courtney Okolo 50.18)</i>					
4 x 55H	30.44	HS	Bullis, Potomac, Maryland	New York, New York	March 10
<i>(Lauryn Harris, Masai Russell, Leah Phillips, Cierra Pyles)</i>					

WOMEN'S ROAD

½-M (w-o)	66:11	W	Netsanet Gudeta (Ethiopia)	Valencia, Spain	March 24
-----------	-------	---	----------------------------	-----------------	----------

that goes far beyond winning long jump medals.

The Olympic/world champion told



Reese dreams of a coaching career

and physically strong and for that, I need to rest my body," she said.

Track Artifacts On Display

The World Indoor saw the launch of the IAAF's "Heritage Collection," a traveling museum of some of the sport's most cherished artifacts that will be available to view at World Championships and various other IAAF events.

Under the direction of Chris Turner, newly named director of the IAAF's Heritage Department, donations have been gathered from around the world, among them a collection of bibs, singlets and shoes worn by WR breakers, as well as photographs and films of the sport's special moments.

Said IAAF president Seb Coe, "In an era with so many entertainment attractions on offer to young people... IAAF Heritage's goal is to put the seeds of such heroes as we have here today, their records and their performances, into context, chronicling their very personal odysseys which were the very foundation and motivation of their careers: simply put, savoring the best, promoting the present, and engaging with the future."

Unfortunately, when it comes to the IAAF's stalled Hall Of Fame project, there's nothing but crickets.

No Outdoors For Claye?

Will Claye may forego outdoor jumping this year to recharge mind and body and devote time to his music career.

While the 2-time World Indoor TJ champ hasn't "made a solid decision yet," he admits that the relatively short shrift given field events is a factor:

"We don't have a major championship [outdoors in '18] and I feel like the value of the field events has been disrespectful, to say the least, and it makes it hard to go out there and compete where there's no championship for us.

"As a sprinter you can go to a meet and get an appearance fee of \$100,000.

STAT CORNER

Indoor Sub-45 Relay Legs

The NCAA Indoor Championships (see p. 20) saw the all-time men's list in the 4x4 significantly altered. So was the list of men who have broken 45 undercover, with USC's Rai Benjamin producing the fastest carry ever, 43.35.

Overall, 30 men have now produced a total of 41 sub-45s. The list (*18 NCAA marks in bold), with leg:

44.35 Rai Benjamin (USC) '18.....	2
44.4 Darold Williamson (Baylor) '05	4
44.50 ... Deon Lendore (Texas A&M) '13	4
44.51 Mylik Kerley (Texas A&M) '18.....	4
44.52 Michael Norman (USC) '18.....	4
44.54 ... Rondell Bartholomew (South Plains JC) '11 .4	
..... Jaron Flournoy (LSU) [team dq] '18.....	2
44.57 ... — — Lendore '14.....	4
44.59 Nathan Strother (Tennessee) '19	4
44.5 — — Williamson '04	4
44.61 ... Robert Grant (Texas A&M) '18.....	2
44.62 ... LaShawn Merritt (Tyson All-Stars) '07	4
44.63.... — — Lendore '14.....	4
..... — — Benjamin '18	2
44.74 ... Jeremy Wariner (Team USA) '06.....	4
..... Benjamin Vedel (Florida) '18	4
44.75 ... Milton Campbell (Team USA) '99.....	4
44.78 ... Jaime Baulch (GB) 1999	4
..... Bralon Taplin (Texas A&M) '15	2
44.7 Alleyne Francique (LSU) '01	4
44.81 Grant Holloway (Florida) '17	2
44.82 Nathon Allen (Auburn) '18	3
44.83 — — Grant '18	2
44.85 Fred Kerley (Team USA) '18	1
44.86 Kevin Borlée (Belgium) '18	4
44.88 — — M. Kerley '18	4
44.89 George Caddick (Baylor) '16	4
..... Nathan Strother (Tennessee) '18	4
44.8 Mitch Potter (Minnesota) '04	4
44.90 Obi Igbokwe (Arkansas) '18	2
44.91 Tony McQuay (Florida) '11	2
..... Arman Hall (Florida) '14	4
..... — — Holloway '18	4
44.94 Demetrius Pinder (Texas A&M) '11	2
44.96 — — F. Kerley (Texas A&M) '17	1
44.97 Mar'yea Harris (Iowa) '17	4
44.98 — — Harris '17	4
..... Vernon Norwood (Team USA) '16	4
44.99 — — Norwood (LSU) '14	4
..... — — Borlée '15	4
44.9 Jonathan Fortenberry (South Carolina) '03 ...	4

Nicola Sutton of the IAAF, "I was raised by my grandparents and we have the old mentality that we have to give back and never forget where you came from—that's always stuck with me since growing up so that's why I'll always work with the youth.

"A lifetime dream of mine is to be a coach so I will absolutely go back into it, I love being able to give back to the community."

Already she organizes youth projects in her hometown of Gulfport, Mississippi, as well as coaches at San Diego's Mesa College.

She may have more time for that this year as she is considering a shortened season, possibly shutting it down after USATF.

"I want to come back to the IAAF World Championships in 2019 and be mentally

Usain Bolt [was] getting \$300,000. But for us jumpers, we don't get those huge appearance fees and then this year they knocked the time of each jump down to 30 seconds. Last year we had a minute to go through an attempt.

"And as far as coverage goes, we don't get coverage. If you go out there and you jump, you may be seen and you may not be seen depending on what other event's going on at the same time." □

U.S. SCHEDULE

Relays & Invitationals

March

28–31 Texas Relays; Austin, Texas
29–31 Bobcat Invitational; San Marcos, Texas
..... Florida Relays; Gainesville, Florida
30–31 Raleigh Relays; Raleigh, North Carolina
..... Legends Invitational; Westwood, California
..... Stanford Invitational; Stanford, California
31... California Collegiate Inv; San Diego, California
..... Mondo Invitational; Sacramento, California

April

05–07 Click Multis/Shootout; Tucson, Arizona
..... Colonial Relays; Williamsburg, Virginia
..... Sun Angel Classic; Tempe, Arizona
06–07 Colorado Invitational; Boulder, Colorado
..... East Carolina Invitational; Greenville, N Carolina
..... Howell Invitational; Princeton, New Jersey
..... Spartan Invitational; East Lansing, Michigan
..... Towns Invitational; Athens, Georgia
07..... Battle Of The Bayou; Baton Rouge, Louisiana
..... Baylor Invitational; Waco, Texas
..... The Big Meet; Berkeley, California
..... Husker Spring Invitational; Lincoln, Nebraska
..... Kirby Memorial; Albuquerque, New Mexico
..... Pepsi Team Invitational; Eugene, Oregon
..... Pomona–Pitzer Invitational; Claremont, California
12–14 Tennessee Relays; Knoxville, Tennessee
13..... Jones Memorial; Gainesville, Florida
13–14... Charlotte Invitational; Charlotte, N Carolina
..... Louisville Invitational; Louisville, Kentucky
..... Tiger Classic; Auburn, Alabama
..... Triton Invitational; La Jolla, California
14.. Johnson/JJK Invitational; Westwood, California
18–19 Mt. SAC Multis; Azusa, California
18–21 Kansas Relays; Lawrence, Kansas
19–20 Clay Invitational; Azusa, California
19–21 Mt. SAC Relays; Torrance, California
20–21 Beach Invitational; Long Beach, California
..... Botts Invitational; Columbia, Missouri
..... Cardinal Classic; Stanford, California
..... Duke Invitational; Durham, North Carolina
..... Ellis Invitational; Princeton, New Jersey
..... Georgia Tech Invitational; Atlanta, Georgia
..... Jacobs Invitational; Norman, Oklahoma
..... Owens Classic; Columbus, Ohio
..... UVA Challenge; Charlottesville, Virginia
..... War Eagle Invitational; Auburn, Alabama
21..... Duckett Twilight; Houston, Texas
..... Johnson Invitational; Waco, Texas
..... LSU Alumni Games; Baton Rouge, Louisiana
26–28 Drake Relays; Des Moines, Iowa
..... Gina Relays; Hillsdale, Michigan
..... Penn Relays; Philadelphia, Pennsylvania
..... Robison Invitational; Provo, Utah
27... North Florida Invitational; Jacksonville, Florida
27–28 Appy State Invitational; Boone, N Carolina
..... Bobcat Classic; San Marcos, Texas
..... Hamilton Open; Berkeley, California
..... Memphis Invitational; Memphis, Tennessee
..... National Relays; Fayetteville, Arkansas
..... Oregon State Hi-Performance; Corvallis, Oregon
..... Scott Invitational; Irvine, California
28..... LSU Invitational; Baton Rouge, Louisiana
..... Virginia GP; Charlottesville, Virginia
29..... UCLA vs. USC; Westwood, California

Next Month In T&FN

It's Baton Time Again!



WHEN THE END OF MARCH turns into the beginning of April, one thing is certain about the American track & field scene: batons will be flying around the oval all over the country, providing both elation and heartbreak as all the action plays out, from Texas to Kansas to Mt. SAC to Drake to Penn, and many other spots on the circuit.

Those traditional fixtures will provide the traditional cornerstone of our coverage.

What won't be done in traditional fashion is our delivery of all the hot news to you, as this issue will mark the transition away from "magazine" format to a pure online version, as we noted when the new year began. For more details, check out the editor's column on p. 5.

The who-held-onto-the-sticks April edition, which will provide new levels of timeliness, will begin to be available early in the month and wrap up as May peeks its head over the horizon.

**FOR FASTEST SERVICE ON ALL YOUR SUBSCRIPTION
NEEDS, CALL OUR TOLL-FREE NUMBER
OR LOG ON TO
www.trackandfieldnews.com**

1-800/GET-TRAK
(1-800/438-8725; M–F, 9–5 PT)

Track & Field News Tours 2018-2021



A wide variety of T&FN tour offerings is available. Make your plans now to join us for one or more of these exciting track and travel opportunities.

~ 2018 ~

■ **EUROPEAN TRACK TOUR.** Three excellent meets, five countries, two fascinating weeks in Europe. Start in Brussels for the DL final, then to Zagreb, Croatia's capital, for the IWC Zagreb meet, then to Ostrava, Czech Republic, for the two-day Continental Cup. With visits to Budapest, Krakow and Warsaw. August 30-Sept. 14. A great trip with some new, intriguing cities to visit. Current deposit is \$1500 per person. Hurry—not much space left.

~ 2019 ~

■ **WORLD RELAYS,** Nassau, Bahamas. This increasingly popular event will again be held at Tom Robinson Stadium, Nassau, Bahamas. May 4-5. Tour dates: Arrive May 2, Depart May 6. \$100 deposit/person.

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

■ **WORLD TRACK & FIELD CHAMPIONSHIPS,** Doha, Qatar. Meet dates: Sept. 26 - Oct. 6. We are accepting deposits for World Championships XVII. \$1000 deposit/person. See ad on page 4.

~ 2020 ~

■ **OLYMPIC TRIALS,** Mt. SAC. Track & Field will return to the Los Angeles area in 2020, with Mt. San Antonio College (Mt. SAC) in Walnut, California, hosting the 10-day event. Twenty world records have been set at Hilmer Lodge Stadium, the longtime site of the Mt. SAC relays. The stadium is undergoing extensive renovation and is scheduled to reopen in 2019 with an expanded seating capacity of 21,000. The trials, scheduled for June 19-28, 2020, will select the U.S. track and field team for the Tokyo Games. \$100 deposit per person.

■ **SUMMER OLYMPIC GAMES,** Tokyo, Japan. Game dates: July 24 - August

9. Tour dates: 18 nights (July 23 - Aug. 10) or 12 nights (July 29 - Aug. 10). This will be our 18th Summer Olympic tour. \$1100 deposit per person.

~ 2021 ~

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

■ **WORLD TRACK & FIELD CHAMPIONSHIPS,** Eugene, OR. We are accepting deposits for this, the first outdoor IAAF world championships to be held in the U.S. We expect to have lodging, walking distance to the stadium. \$100 deposit. Aug. 6-15.



T&FN has operated popular sports tours since 1952 and has taken more than 22,000 fans to 60 countries on five continents. Join us for one (or more) of these great upcoming trips.

www.trackandfieldnews.com/tours

Track & Field News Tours

2570 W El Camino Real, Suite 220 • Mountain View, CA 94040
tours@trackandfieldnews.com • Phone 650/948-8188 • Fax 650/948-9445

