

Volume 7, #128

Friday & Saturday, April 8-9, 2016 Arizona State Sun Angel Classic Tempe, Arizona The 37th Sun Angel Classic brought thousands of athletes from all over the country to warm and sunny Tempe, Arizona, and the campus of Arizona State University. Strangely, the last time the Lobos attended this meet several years ago it was a record cold day for Phoenix with rain and temperatures in the 30's. This years edition was the polar opposite of that as temperatures hovered around 80 degrees and there were only slight mild breezes. With this being an Olympic year there were quite the number of world-class athletes attending, and also

collegiate programs from across the land. Minnesota, Washington State, Texas A&M, Notre Dame, Boise State, BYU, Kansas, Illinios State, Air Force, Oregon State, to name just a few, along with the host Sun Devils presented a highly talented meet. The Lobos, after last weeks opening home meet which was small and intimate in nature got smacked with intense talent and lots of it. The 30 members of the team (no distance runners) had what we could honestly say was an average meet, not great one with lots of PR's, but not a below average one either. There were lots of almost PR's but just slightly off. Just a good chance to see what its like coming back after an opening meet and dealing with the soreness and mental edge of it all. This meet will prepare the group for the next step and next weeks trip to Los Angeles for the Mt. SAC Relays and Bryan Clay Invitaitonal at Azusa Pacific University. These meets will draw upwards of 5000 athletes and the competition will be impressive.

WOMEN'S 4x400 RACES TO 10TH FASTEST TIME IN HISTORY

The quartet of seniors Haley Sanner (San Bernadino, CA) and Zoe Howell (Socorro, NM), along with froshie Larimar Rodriguez (Cleveland, Rio Rancho, NM) and senior Holly VanGrinsven (Brentwood, TN) seemed ready to run something in the 3:44 range which would place them in the top five all-time at UNM. But Arizona State presents a strange schedule in that the 4x400's are run at 9:30 at night and after being out in the sun for much of the afternoon, and being done with the afternoon session for hours, did affect the group. So the foursome ran well, but were just a tad off with what they were ready to accomplish, but it is what it is, and their time of 3:46.38 was an improvement on last weeks total time. Haley led off and she was right in the thick of things, clocking 56.0 for her opening leg. That is only 2/10ths off her all-time best. Handing off to Zoe, ZH fought like crazy to stay in the pack of runners and she split 56.3, slightly off her time from last week of 55.7. Zoe then handed the aluminum baton to Larimar and she ran a 57.7 which improves slightly on her 57.8 from last week. Handing off to Holly, making her first foray into the 4x400 this outdoor season she burst around the track passing two teams before hitting the finish line in 55.7, just 1/10th off her all-time PR. That cumulative performance ranks the group #4 in the Mountain West Confernce



Haley Sanner (top picture) and Larimar Rodriguez (bottom picture) were 50% of the 4x400 Relay





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Anyone who has ever played golf knows you can be swinging the clubs great for months, posting great low scores, and then.....poof, the ball starts flying everywhere on the course its not supposed to, the scores soar upward, and the frustration sets in since it makes no sense. After weeks of technical analysis the problem is finally fixed, and lo and behold, it was something very minor like squeezing too hard with the index finger on the grip, but had major consequences. Almost any technical sporting endeavor falls into that same category, and Long Jump and Triple Jumping in particular. Last years Mountain West Conference champion and All American Allan Hamilton (Edinburgh, Scotland) had not been getting the big jumps he wanted, and naturally frustration set in, but now that he has started to carefully break down the technical parameters of the event, and focus on adapting one piece at a time, things are starting to slowly come together. With his first round jump of 24' 6 1/2" into a one meter headwind Allan took top collegiate honors in the Sun Angel competition, and returned to the place he has become accustomed to......at the top rung of the MWC rankings. He also currently ranks #14 in the NCAA West regional.

The picture to the top left shows Allan getting his runway going, and the picture to the right shows his air flight time.



Mohns Just Misses Hurdle PR
Sophomore Heptathlete Kyra Mohns (Eldorado, ABQ, NM) (pictured closest to the railing) came into the Sun Angel competition with an existing 100 Hurdle PR of 14.90. After a slow start she got rolling the second half of the race and just missed out on a new PR as she clocked 14.93. With her first Heptathlon of the season coming up in five days it was a good process to begin the refining of the hurdle technique. Holly VanGrinsven got her seasonal best in the hurdles as she clocked 13.88 just a little off her all-time legal best of 13.62.



Howell Just Misses PR in First 800 of Season

Last year on the same weekend Zoe Howell made the outdoor transition from a 400 meter runner to an 800 meter runner when she clocked 2:12.06 at the NM Quadrangular. This year she again transitioned to the 800 in the same way. Zoe led the race through the 400 meter split as she passed in 63.0. At the 500 meter point several athletes passed her and pushed up the backstretch with Zoe hanging on to the tail end of the lead pack. At 650 meters she started to rebound, and coming off the final turn swung to the outside to pass a Minnesota Golden Gopher, and a University of California (Davis) Aggie. With maybe 50 meters left she still had a five meter deficit to the leader, a Kansas Jayhawk. With each stride Zoe pulled the Jayhawk in slightly more, (see pic-

ture above) and by the finish line Zoe leaned as did the Kansas athlete, with Zoe being given the victory, 2:12.44 to 2:12.47. While she just missed out on a new PR, she did get in a good tough race which always pays dividends later in the season. That performance moves Zoe to #6 in the Mountain West Conference rankings.



Sophomore Mark Haywood (Alamagordo, NM) just missed his outdoor PR as he is shown winning one section of the men's 400 meters. Mark clocked 48.22 with his all-time best being 48.10. Currently Mark ranks #4 in the Mountain West Conference.



Senior Ridge Jones (DeSoto, Texas) is shown right after the start of the 200 meters. Ridge got back down under 22.00 when he clocked 21.99, just slightly off his PR of 21.74. With that performance he is ranked in the top 8 of the MWC.

WOMEN'S 4x100 Just Misses All Time Top 10

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Just like the Lobo men last week that ran their first sprint relay of the year, this week the women had their turn. As stated last week the first couple of sprint relays of the year always provide interesting results. This years quartet of Haley Sanner, Holly VanGrinsven, Jannell Hadnot, and Aasha Marler had two members (Holly & Jannell) that had not ever done a sprint relay. Both Haley and Aasha were on the relay two years ago that ran 45.70, which was the third fastest time ever. Holly who has done sprints and hurdles seemed much more adept at transitioning to the relay but for Jannell this was a completely new experience. Having only Long Jumped, or Triple Jumped, this sprinting thing was competely unknown. At the start Haley got out very well and made up the stagger on the athlete to her outside. Her exchange with Holly was smooth, and Holly left the exchange zone under full speed. When Holly got to the next exchange zone Jannell got out tentatively and Holly had to pull back just a little, but once Jannell got the baton she roared around the turn, looking like she had been doing this her entire life. Passing the baton to Aasha, she brought the team home in a very, very promising 46.16 just a couple of hundredths of a second out of a top ten ranking. Now that the quartet has actually run the event once, they can refine their passing zones, and improve on that. It should be a relay that has much success this year. The group is ranked #4 in the MWC.

Jumpers Continue Strong Season

Currently in the Mountain West Conference rankings the Lobo men's & women's Long Jump and Triple Jumps have been dominating. In the Men's Long Jump, Allan Hamilton, Yannick Roggatz, and Sam Trigg are 1-2-3! In the Women's Long Jump Aasha Marler and Samantha Bowe are 2-4. In the Men's Triple Jump Sam Trigg is #1 and last years MWC outdoor champion, Allan Hamilton hasn't even done the event yet. In the Women's Triple Jump Aasha Marler and Jannell Hadnot are 1-2. WELL DONE GROUP



Aasha Marler racing down the Long Jump runway



Atencio Rebounds In Pole Vault
Last week in his home outdoor opener Jason Atencio
(Hope Christian, ABQ, NM) did what no pole vaulter
wants to do, and that is get a no mark. This week he
returned to the level he was competing at during the
indoor season, and cleared 15' 7", a height that places
him #4 in the Mountain West Conference.



DID YOU KNOW?????

Recently the Lobo cross country team was chosen by the New Mexico Sports Hall of Fame as their "Collegiate Team of the Year" and head coach Joe Franklin, "Collegiate Coach of the Year". CONGRATS TO THE LADY DISTANCE RUNNERS

WHAT DO ALL THE SYMBOLS MEAN????? In parentheses after a performance will be a 1st, 2nd, 3rd, etc. This indicates the COL-LEGIATE place in the meet that athlete finished. All unattached or professional athletes are removed since we are most focused on NCAA competition. After that may be two numbers like (2,8). This stands for how the athlete ranks on the All Time Top Ten Outdoor Track & Field PERFORMER AND PERFORMANCE list. The number on the LEFT indicates how that athlete is ranked as far as individual PERFORMERS are concerned. The #2 would tell us that performer (athlete) is the second-best in New Mexico outdoor track & field history in that event. The number on the RIGHT indicates how that performance is ranked in relation to all the top performances in New Mexico history in that event. The #8 would tell us that performance is the 8th best in New Mexico history in that event. It is possible, and even probable that one athlete could have many performances which rank in the top ten during their four year career. An x on the LEFT (x,8) tells us that they have achieved a better performance before, while on x on the RIGHT (8,x) tells us it doesn't make the performance list. PR indicates a PERSONAL RECORD) (their best ever in that event). An @ indicates the performance has been altitude adjusted based on the NCAA protocol.

ARIZONA STATE SUN ANGEL CLASSIC FRIDAY/SATURDAY, APRIL 8-9, 2016

MEN

100 Ridge Jones 10.82 Carlos Salcido 11.09

110H Yannick Roggatz 14.91

200 Ridge Jones 21.99 Carlos Salcido 22.12 Isaac Gonzales 22.61 400 Mark Haywood 48.22 Chris Kline 49.43 Mustafa Mudada 49.63

400H Cheyne Dorsey 54.30

4x400 Cheyne Dorsey (49.5), Chris Kline (49.1), Isaac Gonzales (49.3), Mark Haywood (48.0) 3:16.18

PoleV Jason Atencio 15' 7"

LongJ Allan Hamilton 24' 6 1/2" (1st) Daniel Lam 21' 8 3/4"

TripleJ Sam Trigg 49' 10 1/2" (3rd)

Javelin Nik Aston 188' 10" ShotP Daniel Lam 41' 5"

WOMEN

100 Peri Moran 12.49	Samantha Woodman 12.49
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100H Holly VanGrinsven 13.88

200 Samantha Woodman 25.74 Peri Moran 26.38 Faith Cobb 26.71 400 Haley Sanner 56.43 Larimar Rodriguez 57.84 Faith Cobb 61.48

800 Zoe Howell (63.0) 2:12.44

4x100 Haley Sanner, Holly VanGrinsven, Jannell Hadnot, Aasha Marler 46.16

4x400 Haley Sanner (56.0), Zoe Howell (56.3), Larimar Rodriguez (57.7), Holly VanGrinsven (55.7) 3:46.38 (x,10)

PoleV Annie Stirling 11'9 3/4"

LongJ Aasha Marler 19' 4 3/4" (8th) Jannell Hadnot 17' 4 3/4" Kyra Mohns 17' 2"

TripeJ Jannell Hadnot 42' 2 1/4" (2nd) ShotP Allison Mady 41' 3 1/4"

Hammer Amaris Blount 164' 5"