

Lobo Track & Field

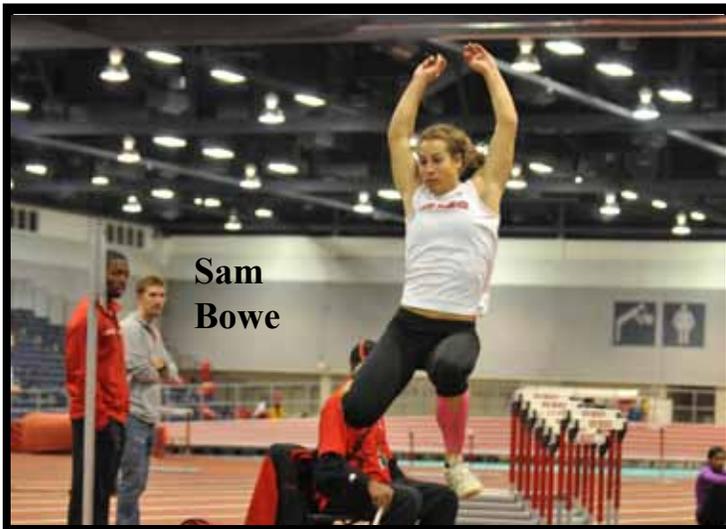
- New Mexico Collegiate Classic Friday & Saturday, February 1-2, 2013

COACHES CORNER: While only 20 women and 23 men competed this weekend that group of 43 athletes combined for 23 PR's. What is a PR? Well it stands for Personal Record, or the best they have ever done in that event. Some athletes may have done an event only once before, and they improve on their previous mark, but they still improved. Some athletes may have done their event many, many times before and they finally have a breakthrough. Regardless, a PR signifies something good has happened and we should always celebrate them, even if they are little milestones in the bigger journey. This is now the fourth week of the indoor season, and the Mountain West Conference jigsaw puzzle is starting to take shape. On the men's side it is shaping up to be a titanic battle between Boise State and New Mexico, each with their areas of strength, and each with their spots of deficiency. Air Force certainly took a major step forward this week but appears to be just slightly back. On the women's side we can score lots of points, but how that will shake out is more uncertain. Given there are more teams on the women's side the points are spread out more evenly, making predictions slightly more challenging. Coming up for the Lobos is a major weekend on February 8-9. The distance runners will be traveling to Washington to partake in the always "classic" Husky Classic. A very large chunk of NCAA qualifying performances each year come out of this meet, and they are going there to run fast and get their name on the NCAA ranking. At home we host the Don Kirby Elite, and Don Kirby Open. The Don Kirby Elite is starting to shape up as a destination meet, where top athletes from all over the country come to try to hit NCAA qualifying in non-distance events. Next weekend should showcase the Lobo team in all their glory.



Evans Cranks Out Big PR in 1 Mile

Jr. Sam Evans (Weston Road, Stafford, England) was following up on last weekends hot mile race where Adam Bitchell ran 3:59 and Luke Caldwell ran 4:03. In that race Sam acted as a pacesetter leading the lads through 1200 meters of their 1609 meter race. This week those two plus Logan Rosenberg decided to return the favor and help Sam try to run as near to the 4:00 mile as possible. Most spectators can't quite understand the difficulty in trying to run a 60 second 400 meters four times in a row with no rest. But thats what milers do. The convoy of leaders took Sam out at just a tick over 60 seconds and maintained that cadence through the 800 where they clocked in at about 2:02ish. Logan dropped off and handed the leadership reins to Luke and Adam. Through 1200 they continued to lead Sam and set up a good finish. At the finish Sam flashed across the line in 4:03.44, a new PR by about two seconds, and a time that places him 38th on the NCAA ranking list, and #2 in the MWC. Sam also moves up to #5 all-time at UNM in the 1 mile race.



Sam
Bowe

York & Bowe Enjoy Cornhusker Land
Sr. Richard York (St. Clair, MO) and soph. Samantha Bowe (La Cueva, ABQ, NM) headed to the University of Nebraska (continued)

to compete in their Pentathlon (Bowe) and Heptathlon (York). It was their first combined event of the year and they faced about a dozen other athletes. In the end RY set a new school record (albeit by one point) of 5538 points which gets him into the top 15 nationally. Richard started off his seven event challenge with a solid 7.14 clocking in the 60 meter sprint. That was just off his all-time best of 7.10. Moving on to the Long Jump RY came in with an all-time best of 23' 4 3/4" but erased that with his nice new best of 23' 5 1/4". Heading to the Shot Put Richard had a best of 40' 7". He obliterated that with his 42' 8" toss which is huge for him. The last event of the first day was the High Jump and Richard ended his day with a 6' 5" clearance, just missing his all-time best by 1/2". Starting off the second day with the 60 Hurdles RY skimmed the barriers to a 8.61 clocking. The Pole Vault where he has an all-time best of 15' 7" found him clearing a nice 15' 3" height. In the final event on the docket, the 1000 meters Richard clocked a 2:48.07 to end up with 5538 points extending his school record by a point. For Sam her five events started with the 60 Hurdles where she has an all-time best of 9.03. SB sprinted to a 9.06 which is a nice, solid start. Moving on to the High Jump Sam took her PR from 5' 6" all the way up to 5' 7" which actually moves her to #8 all-time in that event at UNM. She continued her strong outing with a 37' 8" throw in the Shot Put. The fourth event, the Long Jump had SB spanning 17' 10 1/4". She finished up the day with a 2:41.85 clocking in the 800 meters to total up 3614 points, which adds 132 points to her all-time best and gets her on the top 40 NCAA ranking list. Sam also goes to #3 all-time at UNM.

Schaaf Moves to #8 All-Time in 1 Mile in First Lobo Race

Talk about making a good first impression! Graduate student Kendra Schaaf (Lumsden, Craven, Saskatchewan) a former NCAA All American in cross country lined up for her first race as a Lobo. But before we get to the race do you know what her hometown of Craven is famous for? Craven is known as the country singing capitol of Canada. The Craven Country Jamoboree is held in the middle of July in Craven, Saskatchewan in the Qu'Appelle Valley. It started as the Big Valley Jamboree in the 1980's. In the late 90's it was changed to "Rock in The Valley" for a few years and hosted Rock and Roll stars rather than country. In 2005, it became the Craven Country Jamboree! "Back to our Boots!" Many, many famous country singers have performed there, including Kenny Rogers, Loretta Lynn, Dolly Parton, Willie Nelson and in most recent years, Tim McGraw, Alan Jackson and Reba McEntire have been the headliners. Okay, back to the actual track meet:) Racing over the shorter one mile distance (she will race the 3000 and 5000 as her main distances) to just get in a ice-breaker Kendra toured the eight laps of the Convention Center Mondo track to the tune of 4:53.51 which places her eighth best all-time at UNM. KS looked smooth and controlled in her early season race and she ranks #5 in the latest MWC rankings.



Wiggins Breaks Into All Time Top Ten

Freshman Carlos Wiggins (West, Plano, TX) had already clocked a 22.00 in the 200 meters which narrowly missed the All Time Lobo top ranking. This week he made sure there was no doubt as he sprinted to a 21.78 second place finish moving to #10 all-time and #2 in the MWC. Carlos got an excellent start off the line, and ran the backstretch well. He pulled back just slightly on the second turn before re-establishing his rhythm down the homestretch. CW is just slightly off the all-time freshman class record in the 200 meters of 21.57.





*Nathalie
Busk*

Busk Hits Big (High) PR

Jr. Nathalie Busk (Procvitas, Malmo, Sweden) had been in a good place recently with her vaulting (which is awesome) and she continued that trend. Last week NB cleared 12' for the first time in her Lobo career during the indoor season when she went 12' 1". This week she opened up at 11' 7 3/4" and cleared on her first attempt. She then did the same at 11' 11 3/4". She took all three attempts at 12' 3 1/2" to clear before taking all three attempts at 12' 7 1/2" to do the same. She exited the competition at 12' 11 1/2". That clearance of 12' 7 1/2" moves Nathalie to fifth best all-time at UNM and sixth best in the MWC. Grabbing a seasonal best was jr. Margo Tucker (Lawrence, Indianapolis, IN) who cleared 12' 11 1/2", #2 in the MWC.

Fisher-Taylor Sets New PR in 60 Sprint

Jr. Kayla Fisher-Taylor (MLK, Denver, CO) had an uncharacteristic false start in the 200 on Friday night but she did what coaches preach and leave it behind and focus on the next event. On Saturday she got a good start and sped to a 7.73 60 meter time, knocking 5/100ths off her previous best. That performance moves her to #7 all-time at UNM and gets her up to #10 in the MWC, only precious few hundredths away from the top eight which is where we need her to be in three weeks.

Lewis Sets Two PR's and Just Misses Breaking 48 second Barrier in 400 Meters

Jr. Chaz Lewis (Highland, ABQ, NM) hadn't run a 200 meters in two years and his old best was 22.51. Seeing if he had enough leg speed this year to contend for a scoring spot in the conference championship he more than answered that with a nice PR of 21.94 which gets him all the way up to #4 in the MWC rankings. CL did not get a good start in the 200 and his first 50 meters were not productive, but he then got rolling and ran a very solid turn to come off the final bank in good position, and maintain his speed through the finish line. Coming back the following day in the 400 he screamed the first 200 meters clocking 22.3 (remember his old PR in the 200 was 22.51) and held the lead up the backstretch. His torrid early pace finally took a little toll and he decelerated just slightly but still got the white line in 48.19 which had to be altitude converted to 48.30, #6 all-time at UNM. Backing up Chaz in the 400 both sr. Derek Montoya (Highland, ABQ, NM) and froshie Chris Kline (West Mesa, ABQ, NM) clocked PR's as Derek though he had gotten into the 48 second range (he did finish in 48.94) but once the altitude conversion is added in his "official" final time was 49.05 while Chris lowered his best to 49.62.



**CHAZ
LEWIS**





Jones Returns to Competition
 Freshman sprinter Ridge Jones (DeSoto, TX) had a slight hip strain and had to take one week off but came back with a vengeance as he equalled her 60 meter PR of 6.88 seconds which is #4 all-time at UNM and #3 in the MWC. In the prelims RJ clocked an easy 6.93 to qualify for the eight man final. In the final he did not get a good start over the initial 10 meters, but then got into the dynamics and finished well. Once Ridge cleans up the start he should have a good chance of contending for the MWC crown in his first year. Behind Ridge soph. Will Carter (Thomas Jefferson, Aurora, CO) got a nice PR lowering his best from 7.13 to 7.04.



Pitts Opens Up Title Defense

Sr. Shirley Pitts (Bonanza, Las Vegas, NV) the defending Mountain West Conference indoor 400 champion competed in the 400 for the first time this year. After running a 600 in the first home meet, then a 4x400 Relay leg last week SP got going in preparation for her title defense. Shirley went out conservatively for the first 200 (26.2) before finishing off with a 56.04 clocking which moves her to #3 in the MWC. Freshman Jasmin McCray (Lawrence, Indianapolis, IN) snagged a nice one second PR as she clocked 58.79.



Alex Herring

Herring Moves to #6 All-Time in 600 Meters
Jr. Alex Herring (Academy, ABQ, NM) got together with training mates Gabe Aragon (Valley, ABQ, NM) and JP Cordova (Hope Christian, ABQ, NM) for a run over three laps. They went 1-2-3 with Gabe leading the parade, then Alex, then JP. Alex went 1:21.00 which moves him to third all-time. Gabe and JP both have a faster time from last year as they rank 3-4 all-time.



Freshman sprinter Haley Sanner (Cajon, San Bernardino, CA) ran to a nice 25.67 clocking in the 200 meter sprint race. She also dropped a new PR in the 400 as well as she cut a whopping second and a half off her previous best.

WHAT DO ALL THE SYMBOLS MEAN????? In parentheses after a performance will be a 1st, 2nd, 3rd, etc. This indicates the COLLEGIATE 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 Indoor 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 indoor 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) tell us that they have achieved a better performance before, while on x on the RIGHT (8,x) tell 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.

UNIVERSITY OF NEW MEXICO CLASSIC - FRIDAY/SATURDAY, FEBRUARY 1-2, 2013

WOMEN

60	Kayla Fisher-Taylor 7.73@ (7,x) PR		
60H	Precious Selmon 9.08@		
200	Haley Sanner 25.67@ PR	Mackenzie Kerr 26.85@ PR	Christina Clark 27.51@ PR
400	Shirley Pitts (26.2) 56.04@ (4th)	Zoe Howell (26.2) 57.90@	Tawsha Brazley (26.3) 58.46@
	Jasmin McCray (26.7) 58.79@ PR	Haley Sanner 59.43@ PR	Mackenzie Kerr 61.34@ PR
	Christina Clark 61.84@ PR		
800	Kendra Schaaf 2:16.71@ (4th)	Mia Weaver (32.7-67.6-1:43.5) 2:19.01@ PR	Rebecca Chow 2:32.09@ <i>PR (Unattach)</i>
1mile	Kendra Schaaf 4:53.51@ (5th) (8,x)	Nancy Holguin 5:21.61@ PR	Shannen Ramey 5:30.85@ (<i>Unattach</i>)
PoleV	Margo Tucker 12' 11 1/2" (3rd) (x,7)	Nathalie Busk 12' 7 1/2" (5th) (5,x) PR	Julia Cook 11' 7 3/4"
	Emily Heisler 11' 7 3/4"	Annie Stirling 11' 1 3/4"	

MEN

60	Ridge Jones 6.93@ 6.88@ (4th) = PR	Will Carter 7.04@ PR	Thomas Trujillo 7.17@ (<i>Unattach</i>)
	Django Lovett 7.27@	Markus Miller 7.35@	Rob Warensjo 7.39@
60H	De'Vron Walker 8.18@ 8.17@ (4th)		Nolan Paranto 7.61@ (<i>Unattach</i>)
200	Carlos Wiggins 21.78@ (2nd) (10,x) PR	Chaz Lewis 21.94@ PR	Nolan Paranto 24.18@ (<i>Unattach</i>)
400	Chaz Lewis (22.3) 48.30@ (3rd) (6,x) PR	Derek Montoya (22.4) 49.05@ (5th) PR	Chris Kline (22.5) 49.62@ PR
	Nolan Paranto 54.94@ (<i>Unattach</i>)		
600	Gabe Aragon 1:20.75 (1st) (x,5)	Alex Herring 1:21.00 (2nd) (6,x)	JP Cordova 1:22.10 (3rd) (x,10)
800	Graham Thomas 1:56.41@ (<i>Unattach</i>)		
1mile	Sam Evans 4:03.44@ (2nd) (5,x) PR	Pierre Malherbe 4:16.84@	
3000	Vincent Montoya 8:34.19@ PR		
4x400	Derek Montoya (49.0) PR , Gabe Aragon (50.0), JP Cordova (51.4), Alex Herring (50.1) 3:21.35@		
PoleV	Logan Pflibsen 16' 2 3/4" (3rd)	Tyler Jackson 14' 7 1/4"	Chris Dodds 14' 1 1/4"

UNIVERSITY OF NEBRASKA COMBINED EVENT, FRIDAY/SATURDAY, FEBRUARY 1-2, 2013

Pent	Samantha Bowe 60H - 9.06; High Jump - 5' 7" PR (8,x); Shot Put - 37' 8"; Long Jump - 17' 10 1/4"; 800 - 2:41.85 3614pts (6th) (3,x) PR			
Hept	Richard York 60 - 7.14	Long Jump - 23' 5 3/4" PR	Shot Put - 42' 8" PR	High Jump - 6' 5"
	60H - 8.61	Pole Vault - 15' 3"	1000 - 2:48.07	5538pts (3rd) (1,1) PR New UNM Record