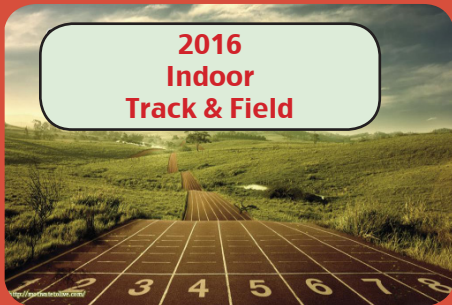


2016 Indoor Track & Field



University of
New Mexico

Wolftracks
Newsletter



News, Views,
Previews, Reviews



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Cherry & Silver Collegiate Invitational

COACHES CORNER: It is always difficult in the first athletic competition of a season to quantify exactly....."how did we do" questions. I guess it depends on how you answer that question since exactly what are you comparing it to? Each year brings new elements to the equation thus things are not always the same. As an example, in 2015 many of the Lobo indoor track team spent a week in Colorado Springs over the Christmas recess training at the Air Force Academy indoor track facility, and then competing in the Air Force Open. Then when they returned to Albuquerque the indoor track was set up, and they could all practice their events on their home facility. Those that stayed on campus not going to Air Force trained outside in relatively mild weather conditions. In 2016 with a five week Christmas recess there was no training trip or competition trip to Colorado. The team had to practice outside and the weather in Albuquerque was unseasonably cold and raw, and with the city putting in a brand new world-class Mondo surface on the indoor facility it was not useable until the day prior to the Cherry & Silver meet. So unquestionably the preparation in 2015 was superior to 2016. So logically speaking one might expect the performances in 2016 to be inferior to 2015. But not so fast, lets at least look farther into the question! One way to possibly compare competitions that were essentially one year apart (2015 first meet was on January 24th, 2016 was on January 22/23) is to take a look at the athletes on the team that competed in the same event, but in different years. From this years 2016 team there were 26 men and women who did exactly the same event this year they did in the opening competition of 2015. Those 26 athletes competed in a total of 36 events (some athletes did more than one event) and 20 of the 2016 team performed better than they did in 2015, while 16 athletes achieved a better performance in 2015. So maybe a slight edge to this years team. Another possible way to see how this years team stacks up is to score the two years against each other as a dual meet. In dual (two) scoring it is five points for first, three points for second, and one point for third. If we just took the actual performances of the 15 events contested and did not worry about who was in the events, and scored it out we could compare years. So in 2015 Ridge Jones ran 6.80 for the 60 meters with Allan Hamilton next at 6.93. This year Allan ran 6.84 and Ridge 6.85 so the scoring would be 2015 (5 pts), 2016 (3 pts) and 2016 (1 point). Scoring it out in that manner the 2015 versus 2016 men's teams would be tied at 56-56 points. On the women's side the 2015 team would have beat the 2016 team by a scant one point (48-47). So at the end of the day this would be the summary of "how did we do". The 2016 team has excellent talent, is probably a couple of weeks behind the 2015 team in terms of preparation, but by the end of the season can be quite good. It all depends on how focused and willing to listen to coaches the Lobo athletes are. Successful teams have athletes that are good "listeners" and that will be the challenge for every athlete in the program. Listen, learn, and integrate the knowledge and know-how in order to rise to the maximum possible.



Jannell Hadnot

Hadnot Wins Triple Jump and Shoots onto National Ranking

Junior Jannell Hadnot (Tokay HS, Lodi, CA) the 2015 Indoor Mountain West Conference runner-up in the Triple Jump got right to work as she bounded to a victory over the #8 ranked athlete in the nation. Nickevea Wilson, from UTEP came into the Cherry & Silver meet with the eighth best distance in the country (42' 6 1/4"). Jannell put pressure on right away spanning 41' 5" on her first very first attempt. The UTEP Miner faltered slightly fouling her first two attempts before taking the lead with a 41' 5 1/4" jump. Going into the finals the Miner could not improve on her prelim jump, while Jannell spanned 41' 8 3/4" in the fifth round, which held up through the completion of the competition. For not having any practice time Jannell had five of the six attempts legal, and those five jumps averaged a solid 40' 5". Jannell's winning leap should have her ranked in the top 20 nationally after the weekend is competed.

Hamilton Takes Advantage of Silver Medalist in Field

Many of the UNM home indoor track meets are open competitions which means both collegiate and professional athletes compete together. Given the world-class Mondo facility, and the springy and fast runways in the Convention Center almost every weekend a world-ranked athlete comes to town. This week Fabrice Lapierre from Australia, the 2015 World Championship silver medalist in the Long Jump (27' 1/2") came to get in some good early season jumping. Senior Allan Hamilton (Edinburgh, Scotland) a 2015 indoor All American in the Long Jump (25' 4 3/4" PR) benefited from that. Both athletes fouled in the first round and then LaPierre got off a nice 25' 10 1/4" leap. Allan responded with a 24' 5 and they went into the finals 1-2. In the finals Allan was able to extend his best out to 24' 9 1/4" good for the top collegiate jump in the field of of roughly two dozen athletes. Allan's jump



Photo courtesy of Mike Mulcahy

should move him into the top 20 of the NCAA rankings, and place him back in his accustomed spot in the Mountain West Conference Rankings.....first. Senior Yannick Roggatz (Birkenau, Germany) also sailed over 24' as he came down in the sand at 24' 2 1/2". That distance should move Yannick to second or third in the MWC rankings.

4x400 Relay Runs to 10th Fastest Time in History

After an intensely heavy week of lower body weight training under strength guru Ryan Dupre there most likely was some residual fatigue on Saturday when the 4x400 relay ran. Because of this factor there wasn't high expectations as far as racing to a quick time, but more so a focus on competing hard and executing tactically. Froshie Larimar Rodriguez (Cleveland HS, Rio Rancho, NM) led off the quartet getting far behind in the first lap, before making a nice move forward from 250 meters to the finish and clocking in at 58.2, handing off to Zoe Howell. Zoe looked a little lethargic during the first lap, but really fought hard like Larimar to close well, and surprisingly split 56.8, almost a second faster than she did at this meet last year. Zoe handed off to Haley Sanner (Cajon HS, San Bernadino, CA) and HS proceeded to split another solid 57.5. Running anchor was Holly Van Grinsven (Brentwood, TN) last years MWC indoor 400 meter champion. Holly, after three tough races in the 60 Hurdles certainly was not fresh, but still ran a nice 56.2. When the finish clock read 3:49.32 it was a nice feeling to know that even when dealing with copious amounts of accumulated fatigue, the Lobo quartet can be competitive. Certainly the group will look for faster and faster performances as the season progresses.

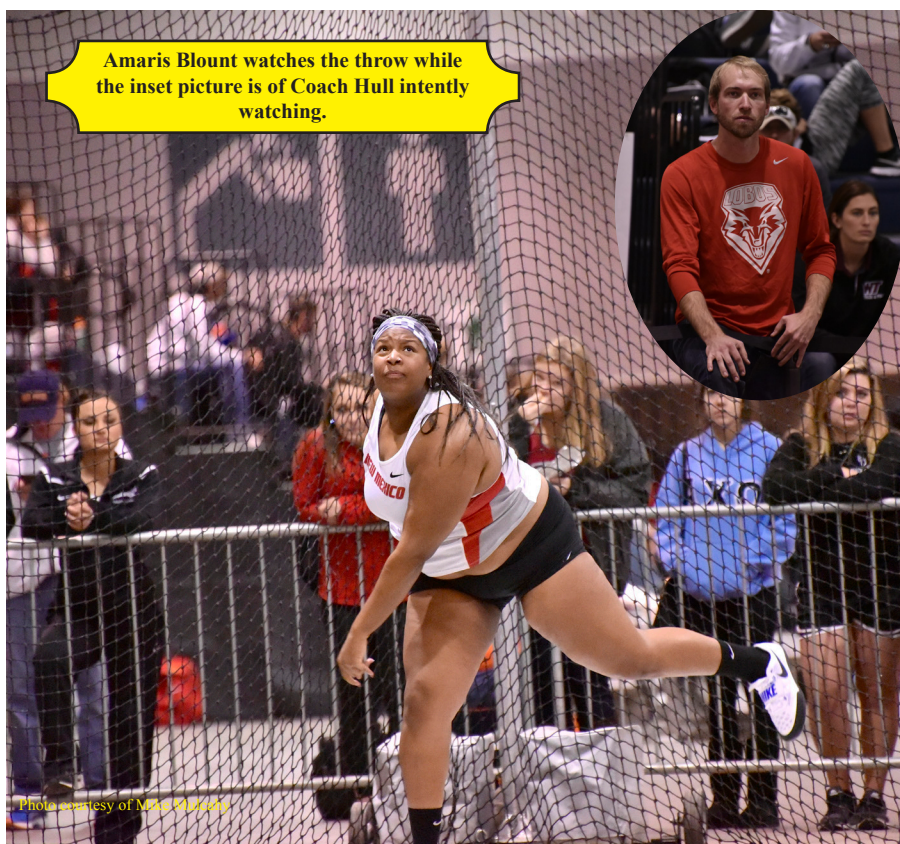


Photo courtesy of Mike Mulcahy

Froshie Abigail Smith (Westlake Village, CA) is shown during her first collegiate 60 meter dash, where she recorded a solid 7.79 clocking.



Photo courtesy of Mike Mulcahy



Amaris Blount watches the throw while the inset picture is of Coach Hull intently watching.

Photo courtesy of Mike Mulcahy

Blount Has Big Day with Ball & Chain Event

Sophomore **Amaris Blount** (Rio Rancho, NM) redshirted last year since she had never thrown the 20 Lb Weight Throw, and needed time to learn the intricacies of the complex event. She did get one good throw last year when she spun the ball out to 53' 2 1/4". This year under the tutelage of new throws coach Matt Hull, Amaris has started to blossom in the event, being much more comfortable. Case in point, during the 2015 track meet on the same day, Amaris finished 32nd out of the 37 athletes in the meet with a best throw of 40' 9 1/2". This year in a field of 34 throwers Amaris finished 7th overall with an excellent distance of 54' 4 3/4". That distance will move her up close to the top ten in the MWC, and it also vaults her up to the #3 performer in Lobo track history. The two athletes ahead of her both ended their Lobo careers as conference scorers so Amaris is definitely headed in the right direction.



Photo courtesy of Mike Mulcahy

Alissa Soderberg

Photo courtesy of Mike Mulcahy



A picture from the catwalk of the Convention Center showing Scott Bajere during the 60 meter sprint start.

Three Vaulters Sail Over 12'

Senior **Annie Stirling** (Cimmaron, NM), sophomore **Kathryn Whiting** (Santa Cruz, CA), and redshirt sophomore **Alissa Soderberg** (Villinge, Sweden) all were able to clear 12' in the opening meet of the season.

For Alissa, pictured above on the runway, and then heading upside down it was a long journey to that bar clearance. Prior to coming to New Mexico she had placed in the world junior championship having cleared 13' 9 3/4" which would place her high on the NCAA ranking list. Unfortunately, just before heading to UNM last year to begin her freshman year, she severely injured her knee while vaulting, and had to spend all of last year rehabbing that knee. She had torn the knee up pretty bad, so the rehab was long and arduous, and it was learning to walk, then jog, then run all over again. And then the process of learning to vault all over began. While the bar clearance of 12' may not seem much given her former PR's it is a BIG step (or vault) in the right direction and a good indication of future success.



Zoe Howell

Photo courtesy of Mike Mulcahy

Howell Runs the 5th Fastest 600 in School History

During the first meet of 2015 senior **Zoe Howell** (Socorro, NM) pictured to the left clocked 1:34.49 in the 600 meters, which was a PR for her at that time. She later went on to produce a 1:33.23, before her sterling 1:32.90 school record race at the Don Kirby Elite Invitational. During that record run she split 26.9 for the 200 meters, and 59.5 for the 400 meters. The gun went off and three athletes tore away from the other three and by the 150 meter point there was a large gap between the trio leading and Zoe who was leading the second trio. The first group flashed across the finish line in a really fast 26.3. Zoe came through in 27.5 which was very solid, but looked slow compared to the others. ZH kept her composure and actually came through the 400 meter point in 59.2, faster than her record run. But she was running without anyone in front of her, so she had to do all the work herself which is not easy over the final lap of a 600. Regardless, her 1:34.02 is the fifth fastest 600 meters in school history, which is a good way to start the indoor season.



Photo courtesy of Mike Mulcahy

Photo courtesy of Mike Mulcahy

Senior Holly Van Grinsven (Brentwood, TN) is shown during one of her three 60 meter hurdle races. In the first round on Friday, comprised of 40 athletes, Holly clicked off a 8.53, which was the fifth fastest overall and moved her onto Saturdays sixteen athlete semifinal. In the semifinal HVG recorded a 8.66, which advanced her into the eight woman final. In the final, which was composed of six post-collegiate athletes along with two collegiate ones, she ran to a 8.56, good for seventh place overall.



Photo courtesy of Mike Mulcahy

Sports Photographers like Media Relations staffer Mike Mulcahy always seem to catch athletes in unique body positions during their competitions. Yannick Roggatz is shown taking off the long jump board in a very vertical position like he should be in, and then we see him a split second later hitting the sand in a different position. When we see these pictures we usually go.....ouch, that must have hurt. But most likely it didn't even bother Yannick when he landed.

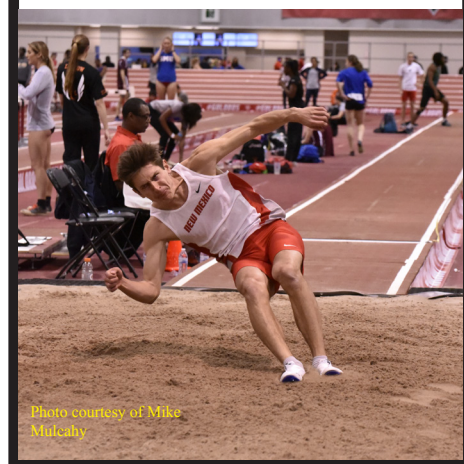


Photo courtesy of Mike Mulcahy



Allison Mady (La Cueva, ABQ, NM) is shown during the rotation of her Shot Put. AM spun the 4 kilo ball out to a 39' 8" collegiate PR.



Sophomore **Mark Haywood (Alamogordo, NM)** is shown finishing off his first 400 meters of the season. Last year in his first race Mark clocked 49.20 while this year he sprinted to a good solid 48.69, which placed him as the fifth collegian in the meet out of 25 runners. Marks performance has him ranked #4 in the Mountain West Conference. MH's indoor PR is 48.58 so it would appear he is well on his way to a nice PR this indoor season.



New Mexico PR's
Three former New Mexican high school athletes recorded new PR's. The picture to the upper left shows Belen HS product Tyler Valdez running to a huge PR in the 3000 meters. Last year he recorded a 9:10.59 and this year he lowered that time all the way down to 8:45.59. The above picture shows former Cleveland/Rio Rancho athlete Cheyenne Dorsey who clocked a new PR in the 600 meters (1:23.11). The picture to the left shows freshman and former La Cueva athlete Natasha Bernal dressed in a black top and striped shorts running the mile. Natasha who may redshirt during the indoor season ran unattached, but still came up with a big PR as her former 1600 meter high school best was 5:05 and she won the women's mile race with a blistering final 200 meters to clock 4:56.20 for the full mile distance (1609 meters). Nice results from the local athletes.

Froshie Larimar Rodriguez (Cleveland, Rio Rancho, NM is shown chasing the leader in the 400 meter during her heat. LR crossed the finish line in 58.83.



Allan Hamilton speeds down the sprint straight in the first round of the 60 meter dash. Allan missed his PR by a slight .04 as he ran 6.84.



How Do They Stay in Their Lane?????
Mustafa Mudada (Highland, ABQ, NM) is shown running away from three competitors in the 200 meters. MM clocked a fine 22.29 opener. But the bigger question is every guy is shown with his eyes closed!! So how DO they not drift out of their lane??? Inquiring minds want to know.

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) 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.

CHERRY & SILVER COLLEGIATE INVITATIONAL JANUARY 22-23, 2016

MEN

60	Allan Hamilton 6.84@ Ryan Chase 7.15@ Beau Clifton 7.30@	Ridge Jones 6.85@ Will Carter 7.25@	Scott Bajere 6.87@ Sam Trigg (Unattached) 7.29@
60H	Yannick Roggatz 8.52@ 8.54@	Parker Jones 9.03@	Beau Clifton 9.76@
200	Mustafa Mudada 22.29@ Carlos Salcito (Unattached) 23.05@	Chris Kline 22.51@ Will Carter 24.38@	Isaac Gonzales 22.55@ PR
400	Mark Haywood (22.2) 48.69@ (5th)	Carlos Salcito (Unattached) (23.5) 50.46@	Isaac Gonzales (23.1) 50.67@
600	Cheyne Dorsey 1:23.11 PR	Adam Monroe 1:23.19	
800	Elmar Engholm 1:53.20@ (2nd)	Josh Kerr (Unattached) 1:56.80@	
1 Mile	Chris Graham 4:23.36@ PR		
3000	Tyler Valdez 8:45.59@ PR	Jared Garcia (Unattached) 8:56.69@	
4x400	Cheyne Dorsey (48.9), Chris Kline (49.4), Mustafa Mudada (49.5), Mark Haywood (48.5)		3:16.88 (5th)
	Isaac Gonzales (51.0), Adam Monroe (52.3), Ryan Chase (50.9), Beau Clifton 51.3		
LongJ	Allan Hamilton 24' 9 1/4" (1st)	Yannick Roggatz 24' 2 1/2" (3rd)	
HighJ	Joe Kloeppel 6' 4"		
PoleV	Jason Atencio 15' 1" (8th)	Ryan Chase NM	John Harari NM
ShotP	Daniel Lam 41' 7" PR	Beau Clifton 41' 5 3/4" PR	Ryan Chase 40' 7"

WOMEN

60	Abigail Smith 7.79@ Casey Dowling 7.96@ Samantha Woodman 8.05@	Aasha Marler (Unattached) 7.79@ Jannell Hadnot 7.97@ PR	Eryn Caldwell 7.90@ Peri Moran 7.97@
60H	Holly Van Grinsven 8.53@ 8.66@ 8.56@ (2nd)		
200	Haley Sanner 25.64@	Christina Clark 27.87@	
400	Larimar Rodriguez (27.5) 58.83@	Faith Cobb (27.2) 60.46@	Christina Clark (28.2) 61.39@
600	Zoe Howell (27.5-59.2) 1:34.02 (3rd) (x, 5)		
1 Mile	Natasha Bernal 4:56.20@ (Unattached)	Kendall Kelly 5:16.01@	
3000	MacKenzie Everett 10:14.44 (Unattached)	Reiley Kelly 11:24.45@	
4x400	Larimar Rodriguez (58.2), Zoe Howell (56.8), Haley Sanner (57.5), Holly Van Grinsven (56.2)		3:49.32@ (4th) (10,x)
LongJ	Samantha Bowe (Unattached) 18' 9 1/4"	Aasha Marler (Unattached) 18' 2 1/2"	
TripleJ	Jannell Hadnot 41' 8 3/4" (1st)	Aasha Marler (Unattached) 40' 11"	
PoleV	Alissa Soderberg 12' 1 1/2" (10,x) Anna Duvall 11' 7 3/4"	Katherine Whiting 12' 1 1/2" Morgan Smith NM	Annie Stirling 12' 1 1/2"
ShotP	Allison Mady 39' 8" PR Kyra Mohn 33' 5 1/2"	Amaris Blount 35' 4" PR	Samantha Bowe (Unattached) 34' 10 1/2"
20lbWt	Amaris Blount 54' 4 3/4" (7th) (3,5) PR	Allison Mady 35' 4 3/4" (10,x) PR	