

## 2016 Outdoor Track & Field

University of  
New Mexico



**Wolftracks**  
**Newsletter**



News, Views,  
Previews, Reviews



Volume 7, #132

Wednesday - Saturday, May 11 - 14, 2016

Mountain West Conference Championship  
Fresno State University  
Fresno, California

### MEN FINAL TEAM SCORES

1. Air Force 202
2. Utah State 176
3. Colorado State 142
4. NEW MEXICO 133
5. Boise State 85
6. Wyoming 44
7. Fresno State 31

### WOMEN FINAL TEAM SCORE

1. Colorado State 165
2. San Diego State 156
3. Fresno State 96
4. NEW MEXICO 88
5. UNLV 68
6. Utah State 59
7. Nevada 42
8. Boise State 39
9. Wyoming 35
9. Air Force 35
11. San Jose State 31

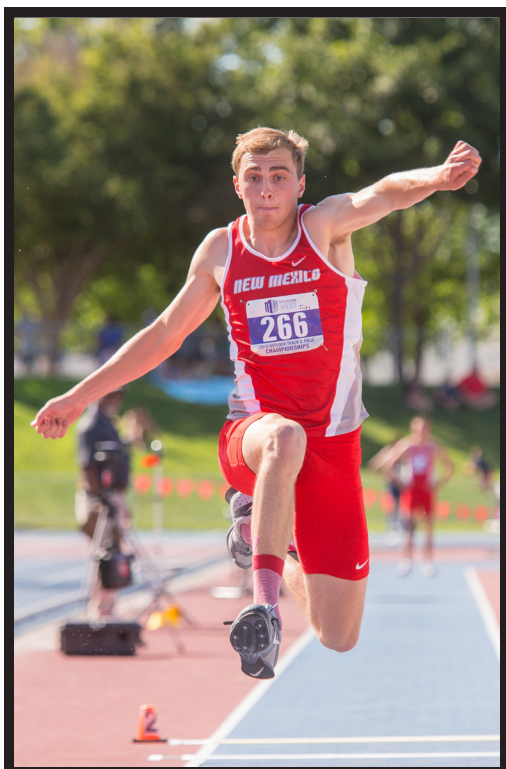


### Connor Blasts 800 Meter to Victory & #4 Fastest Ever

Senior **Sophie Connor** (Hertfordshire, England) pictured above had Lobo bests of 2:08.43 indoors, and 2:09.37 outdoors coming into the MWC 800 meter Championship. Her all-time best came way back on August 7, 2013 when she ran 2:07.18 at the BMC Gold Standard Races in Watford, England. Having focused more on the 1500/1 Mile distances the 2016 championship gave her an opportunity to come into the 800 fully rested and prepared. In the preliminary round of 16 women, Sophie cruised to a comfortable 2:08.19 collegiate PR to enter the 9 woman final with the second best prelim time. In the finals Sophie got out well, then tucked in behind the yearly leader from UNLV who had run 2:06.03, and a San Diego State Aztec. At the 400 meter point it was UNLV (60.4), SDSU (61.0), UNLV (61.0), and then Sophie at 61.1. Up the backstretch Sophie started to turn it up and get herself into position but was careful given the wind was right in the athletes faces as they ran up the backstretch. With 150 meters to go, Sophie pulled to the right shoulder of the leaders and then when she hit the homestretch with 100 meters to go applied pressure to that group. Slowly she dug down and with 75 meters left was even with the leader, then with 50 meters to go as the above picture shows she took the lead for good, and pulled away from the group with each stride. She hit the finish line in a majestic 2:05.95 the fastest a Lobo has run since Regina Draminga did so in 1982 (2:05.54). That performance moves Sophie all the way up to #4 all-time in Lobo history and would be fast enough to qualify for the NCAA West First-Round Championship in two weeks. But she will now turn her attention to the 1500 meters where she has the #5 fastest time in the country.

### Trigg Bounds to #7 All-Time in Victorious Triple Jump

Junior **Sam Trigg** (Plymouth, England) pictured to the left had a legal lifetime best of 51' 7 3/4" which he did as a student while competing in the Oxford University/Cambridge/Harvard/Yale Varsity meet in June, 2015. Coming into the 2016 championship Sam was comfortably leading the MWC with his 50' 4 3/4" leap. On his first attempt Sam hopped, stepped, and jumped to a 50' 3/4" distance, which would have held up as the longest leap of the day as no one else could get over 50'. On his third round attempt he extended it out to 50' 10", then on his fifth round attempt sailed to a 51' 9" distance. Unfortunately, the aiding tailwind was at +3.4 mps, over the allowable threshold of 2.0mps, so no record consideration. But on his sixth and final attempt Sam clicked off a nice 51' 2 3/4" effort with a legal +1.6mps tailwind. That distance moves him up to #7 all-time in Lobo land, and #17 in the NCAA West rankings. Backing up Sam in his first TJ of the year was senior Allan Hamilton who finished third with his 48' 7 1/2" distance.







### Thackery Cruises to Easy Victory in 25 Laps

Junior **Calli Thackery (Yorkshire, England)** pictured above had never run a 10,000 meter track race before, but was up for the challenge based on her high-level fitness level. Based on her #2 NCAA ranking in the 5000 meter (15:37.44), and #8 ranking in the 1500 meter (4:14.99) it wasn't that she couldn't run a good one, but 25 laps is a long way. For the first mile (5:41) and through two miles (11:13) Calli ran with a Colorado State Ram, but after that decided to go on her merry way, and increase the tempo, coming through three miles in 16:40, more than six seconds ahead of the Ram. At four miles Calli was at 22:11, 24 seconds ahead of second place. She ran consistent the remainder of the time and crossed the finish line in 34:30.24, one minute in front of the second place finisher.



### Hadnot Wins Third MWC Triple Jump Title in a Row

After fourth place finishes both indoors and outdoors as a froshie, and a second place finish last year indoor (to teammate **Aasha Marler - Hope Christian, ABQ, NM**), junior **Jannell Hadnot (Lodi, CA)** pictured above took her third MWC Triple Jump championship in a row (2015 outdoor, 2016 indoor, 2016 outdoor). Jannell and Aasha were tied for the yearly MWC conference lead given both had jumped 42' 9 3/4" during the regular season, which also had them ranked #9 in the NCAA West region, and #22 nationally. All along everyone felt a Lobo athlete would stand on the top rung of the award podium, but which one was uncertain. Jannell opened up with a 41' 11" leap, and Aasha responded with a 40' 4" distance. On her second round attempt Jannell bounded out to 42' 6", and on her fifth round attempt extended that further to 42' 7", while it took Aasha until the fifth round to extend her top distance of the day to 42' 1 1/2". On her sixth and final round attempt Jannell stepped off a 13.01 meter leap (42' 8 1/4") to seal the victory. It is always great to have two Lobos standing on the top two steps of the victory platform as that gave the team a nice 18 point gift.



### Kerr Wins Tough Battle in 1500

Froshie **Josh Kerr (Edinburgh, Scotland)** pictured to the left was faced with one tough competitor in Boise State's multi-dimensional runner, David Elliott. Elliott had run 3:57 for the mile, 13:42 for 5000 meters, and 29:33 for 10,000 meters which is impressive range. Oh, and he had also sprinted to a 1:49 800 meter finish. Not many athletes in the NCAA can do all that. In the final all 12 men stuck together like glue, and there was a lot of pushing and shoving as they were inches apart from each other. The reason that happened is the pace was slow and methodical and stayed that way until there was one lap to go. At the bell lap Josh, Elliott, a Utah State Aggie, and an Air Force Falcon took off and started the long hard sprint around the track. Up the backstretch they were vying for position and with 200 meters to go it was anyone's ball game. Joining the festivities was a hard charging **Elmar Engholm (Stockholm, Sweden)** who was making a concerted effort to join the party. Around the final turn there were any one of five men who could win the race. With 50 meters to go Josh finally outstrengthened the Boise State Bronco and as the picture to the left shows the athletes were coming across the finish line in waves. Josh ran 3:50.89 for the victory, while Elmar got up for fourth place with a 3:51.71. Senior **Adam Cotton (Penkridge, England)** also got into the scoring mix when he crossed in sixth place with a 3:54.08.

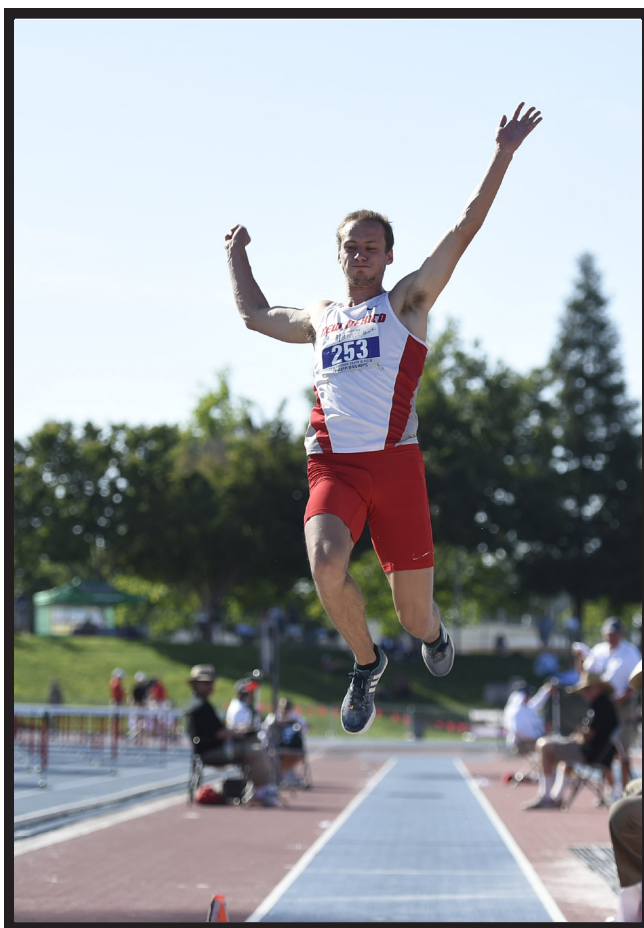




Graham Thomas on the left and Elmar Engholm on the right

## Lobos Land 1-2 Punch in 3000 Steeplechase

Entering the competition sr. **Elmar Engholm (Stockholm, Sweden)** and jr. **Graham Thomas (Dulce, NM)** were ranked #1 and #3 in the conference and #6 and #19 in the NCAA West rankings. With a cautious early pace after four revolutions of the track just about all of the 13 men competing were only separated by a little more than one second, which the above picture illustrates. It stayed consistent like that until there were two laps to go, and Elmar finally threw down the gauntlet and flew away with a 65 second lap, which only two others could cover; Graham with a 67 and a Utah State Aggie, who had come into the competition as the second seeded athlete with a 66. At the bell lap Elmar was flying around the track putting distance on everyone with each succeeding stride. With one lap to go Graham was just slightly behind the Aggie, but he dug down and came up with a brilliant 63 second last lap which outdid the Aggie who could only muster a 66. Elmars winning time was 9:07.30, while Graham crossed in 9:09.92.



## Hamilton Makes it Four for Four

Senior **Allan Hamilton (Edinburgh, Scotland)** transferred to UNM as a junior last year, and in that time completed the sweep as he won his fourth straight indoor/outdoor Long Jump crown. There is an old saying in athletics which states when you enter a competition as the best athlete, you need to go out and show everyone you are the best from the onset, to make sure no one psychologically gets energized. After an opening round foul, Allan came down the runway and landed in the sand at 25' 0" which no one in the field could achieve. He ended his day in the sixth round with a slightly better 25' 1/2" leap. The story behind Allan was the massive PR by Sam Trigg, who came in with an outdoor legal best of 23' 9 1/2". On Sam's first, and only jump of the day, he crushed a 24' 2 1/4" legal (a +1.6 tailwind) effort to place third in the competition. A good sand day!



RIDGE  
JONES

## 4 x 100 Relay Runs to #6 Fastest Time in Lobo History

The quartet of senior Allan Hamilton, senior **Scott Bajere (Bristol, England)**, froshie **Carlos Salcido (Rock Springs, Wyoming)**, and senior **Ridge Jones (DeSoto, TX)** passed the baton around the track to a 40.38 clocking, which ended up 3rd in the competition behind Air Force, and Utah State. With their seasonal best effort of 40.20 the foursome now has to wait to see if that performance will end up ranked in the top 24 of the NCAA West region in order to extend their season two weeks more.

## 4 x 400 Relay Races to Second Place Finish

The foursome of froshie Carlos Salcido, sophomore **Isaac Gonzales (Taos, NM)**, sophomore **Mark Haywood (Alamogordo, NM)**, and senior **Cheyne Dorsey (Cleveland, Rio Rancho, NM)** certainly had their work cut out for them. Utah State and their fabulous long sprint group was ranked #24 in the country and had run significantly faster than everyone in the field. But the Lobo quartet had a simple idea - make Utah State run hard all the way and push them as hard as possible. If you lose then tip your cap to them, but make them earn it. Carlos started off the group and had a nice 48.8 leg, handing off to Isaac. Needing a PR Isaac more than





delivered as he clocked his best ever, a 48.4 split. Isaac handed off to Mark and he tore up the backstretch putting a huge dent in Utah State's lead. Everyone knew Mark was running fast, but it wasn't until he handed the baton to Cheyne that the clock read 46.9! A huge PR for Mark. Cheyne still having the Aggie in front of him just poured it on and although he could not catch the anchor leg from Utah State, when he crossed the finish line it did result in a seasonal best effort of 3:12.89. The guys effort was something to be proud of. From left to right: Carlos, Cheyne, Mark, Isaac.



#### Wright Takes Runner-Up in 5000

Junior Alice Wright (Worcester, England) pictured above the #4 ranked runner in all of the NCAA at the 10,000 meter distance dropped down for a hard session over 5000 meters. Alice was determined to not let the race dawdle, and she took the lead and kept pressing the pace, making sure everyone kept the race honest. Her finishing time of 16:19.11 gave the Lobo team an important eight points.



Senior Courtney Frerichs #227 and Emily Hosker-Thornhill on the outside during the 1500

## Lobos Score Two in 1500 Meters

The 14 women who comprised the 1500 meter final was somewhat split between those five who had run faster than 4:24 during the season, and then a drop off to the other eight athletes. As expected the regular season leader from Fresno State and a Falcon from Air Force jumped to the lead with senior Courtney Frerichs (Nixa, MO) and senior Emily Hosker-Thornhill (Cantebury, England) in close proximity. After a comfortable 55 second opening 300 meters most of the runners in the field were still together as the picture to the left shows. About half the field stayed together through the next 76 sec-

ond lap, but then things changed. Courtney increased the tempo to a 69 second lap and the field started to spread out. With one lap to go Courtney led, with the Bulldog from Fresno right off her shoulder and Emily and the Falcon working hard to stay in contact. Up the backstretch the four went hard and the Bulldog put in a very hard surge which no one could respond to. With 200 to go Emily gave it one last hard push but she just couldn't decrease the space that she was behind the first two and quickly she turned her attention to the Air Force runner. Courtney crossed the finish line for second place with a 4:25.77, while Emily raced hard all the way down the homestretch holding off the Falcon by the slightest of margins. Emily crossed in 4:26.81.





## Lam & Clifton Finish 2nd & 6th in Decathlon

The ten-event, two day test of athleticism is always an interesting competition. So much can, and usually does change during the competition. With the high temperatures and athletes being out in the hot sun for hours and hours, it can negatively affect everything that happens. Sophomore **Daniel Lam (Amsterdam, Netherlands)** pictured to the top left had a very tight hamstring which affected his power push-off and in the 100 and Long Jump this kept him from his usual marks, but he nevertheless worked through these issues. In the third event he was able to knock out a nice PR in the Shot Put (41' 8 1/2") and finished off the day with a 3522 point total, which left him seventh. Sophomore **Beau Clifton (Farmington, NM)** pictured to the top right meanwhile started off with a bang as he sprinted to a new PR in the 100 meters (10.85) and then followed that up with another PR in the Long Jump. And he crushed a huge PR in the third event, the Shot Put when he tossed the ball to almost a 4 foot PR, getting out to 45' 1"! Beau ended day one in second place with 3752 points. On day two, Daniel used two PR's, one in the Discus, and the other in the Javelin to finish with 7047 points, about 100 points from the win. Beau also used two PR's, one in the Pole Vault, and one in the 1500 to total 6769 points, which placed sixth. He also had a great throw in the Javelin, when he plunked the spear down at 181' 2".

## Cotton Surprizes with 3rd in 800 meters

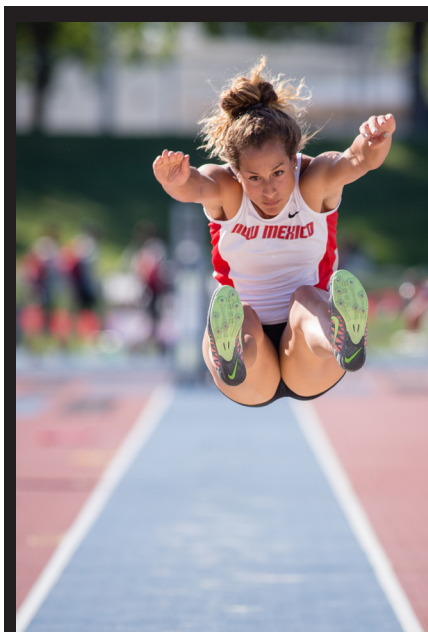
Of the 16 men competing in the 800 meters, only four were doubling back after running the 1500 meters also. Sr. **Adam Cotton (Penkridge, England)** pictured to the right was one of those four. Entering the competition Adam was only ranked ninth in the MWC during the regular season with his 1:51.45 clocking. In the prelim he worked his way into the final as the eighth of nine qualifiers at 1:53.23. In the final Adam went out with leaders and just wouldn't let go of the front pack, passing the 400 meters in 55.0. Up the backstretch he stayed right with the group and fought all the way down the homestretch to a nice collegiate PR of 1:50.92.



## Miller Places for Third Time

Senior **Markus Miller (Alamogordo, NM)** pictured to the left placed in the High Jump as a sophomore (6th), then as a junior (7th), and this year as a redshirt senior grabbed 3rd place. MM opened up at 6' 2 3/4" and made that on his first attempt, then duplicated that at 6' 4 3/4", at 6' 6 3/4", and then finally at 6' 8 3/4". Once the bar when to 6' 9 3/4" Markus couldn't clear it. Backing up Markus was grad student **Joe Kloeppel (Bernalillo, NM)** who snagged sixth place when he cleared 6' 6 3/4".





## Bowe & Marler Achieve a First in Long Jump

In the entire 41 year history of Lobo women's track & field there have only been eight women who have ever surpassed the 20' barrier in the Long Jump. Those eight women did it about 15 total times which is a testament to how challenging it is. And of those eight women, never before had two Lobo women in the same meet plunked down in the sand past 20'! Former All Americans Alesha Walker and Deanna Walker did it in the same year, but never the same meet. **Samantha Bowe (La Cueva, ABQ, NM)** started off with a foul, then came right back with a gigantic 20' 1 1/2" effort. It was slightly wind aided (+2.6) and therefore won't count as a record, but it was nevertheless a nice effort. That distance would hold up for third place in the competition. Senior **Aasha Marler (Hope Christian, ABQ, NM)** likewise started off with a foul, but then built throughout her six jumps and twice came down at 20' 1/4", which would hold up for fourth place. Both Sam and Aasha by virtue of their distance will now move on to the NCAA West regional where they are ranked 15th (Aasha) and 29th (Sam).



*Isaac Gonzales in the outside lane, and Mark Haywood one lane inside both made the finals of the 400 meters where they placed 6th (Mark) and 8th (Isaac).*

## Women's 100 Hurdles One of Fastest Ever in MWC

Senior **Holly Van Grinsven (Brentwood, TN)** was faced with a daunting task - take on a highly talented, and very deep field of athletes in the 100 Hurdles. Usually in a preliminary round the top seeded athletes can somewhat coast through, not racing hard, and easily qualify for the final. Not this year with the loaded field of athletes. Everyone had to dig down and race hard from the onset, for if they didn't they would be sitting in the stands watching the finals on Saturday. In the preliminary round there were two sections of eight athletes each, with the fastest nine women advancing to the final race. With a nice little tailwind in Holly's race (+2.7mps) she rocketed out and screamed down the track to finish third in her heat at 13.48. Given that she entered the season with a legal lifetime best of 13.62 (she did have a windy 13.49), and had run 14.10, 13.88, 13.70, 14.02, and 13.85 during the regular season that was just a fast race. Holly's preliminary performance seeded her fourth going into the finals. In the finals it was more of the same as every athlete in the race got out and got going, and it was just a great race, with intensity all the way to the finish line. At the finish eight of the nine women raced to a sub-14.00 clocking which had only been done twice before in the 16 year MWC championship history. Last year Holly ran 13.49 and placed third in the MWC meet. This year she clicked off a 13.42 with less of a tailwind (+2.6) and finished 5th! Looking back in that 16 year conference history Holly's time would have won the title seven times during that span. Her time of 13.42 is currently ranked #34 in the NCAA West region so she will get a chance to race in Lawrence, Kansas in two weeks.



**Sophomore Katherine Whiting (Santa Cruz, CA)** is shown during the "rock-back" phase of the pole vault. Katherine duplicated her indoor placing (8th) in the outdoor meet. She ends the season as the #7 ranked PV'er in Lobo outdoor history





### **Aston Places 6th in Spear Throwing**

*Jr. Nik Aston (Roswell, NM) came up a little short his freshman year when he tossed 165' and did not place in the top eight, and then the same thing his sophomore year when he chucked the spear 174' but again that did not place in the top eight. This year with better technical efficiency Nik tossed the implement out to a 181' 9" distance which stood up for sixth overall. After an opening throw of 166' 5", he popped the 181' 9" in the second round. He followed that up with a 181' 4" in the third round, but could not extend it out any further the rest of the day.*



### **Milechman & Bergin Take Places in Longest Races**

Seniors **Dan Milechman (Mill Valley, CA)** pictured at the top stuck right in the middle of large pack during the 5000 meters, and the bottom picture of **Matt Bergin (Bedford, England)** leading the 10,000 during the early stages of the race both earned team points. In the 10,000 meters a hard early pace cost many of the runners in the field, and Matt was able to hold on to grab 8th place with his time of 30:29.47. Two days later both Matt and Dan came back to race over the 12 1/2 lap 5000 meters. Again, Matt wasn't



afraid to push the pace and he led the 34 other men for the first ten minutes of the race before giving way. Dan surged forward at that point with a 65 second lap to make sure he did not lose contact with the lead group. Dan held on to place 4th with a PR of 14:14.57. Matt meanwhile raced hard to get 7th place with his 14:27.21. Dan who is ranked #40 in the NCAA West region 10,000 meters gets to run 25 laps all over again in two weeks.



**After placing seventh during the indoor conference championship froshie John Harari (Loomis, CA) shown above moved up one slot as he finished sixth with a height of 15' 3".**





**3000 Steeplechase**  
**Froshie Natasha Bernal (La Cueva, ABQ, NM)** is shown in action during the grueling 3000 meter steeplechase. Natasha, who currently ranks #28 in the NCAA West region toured the 7 1/2 laps in 10:36.33 to earn 7th place. Currently Natasha is the 6th fastest freshman in the NCAA Steeplechase with her seasonal best of 10:19.54.



**Sr. Ridge Jones (DeSoto, TX)** is shown blazing down the track in the 100 meters to a 6th place. Ridge, who had a legal PR (2.0 mps or under) of 10.56 coming into the championship clocked 10.47 but unfortunately, it was just slightly over that 2.0 threshold with a positive 2.1. Currently, Ridge sits right on the bubble as to whether his time will advance to the NCAA West region finals.



Senior **Haley Sanner (San Bernadino, CA)** (the third from the left) is shown battling down the homestretch in the 400 meter preliminary round. Haley did indeed qualify for the final where she placed 8th in the competition.



**ISN'T THIS WHAT ITS ALL ABOUT?**  
**Elmar Engholm and Graham Thomas embrace** after a 1-2 finish in the Steeplechase. After running thousands of miles together in training they will always be Lobo track alums and friends.





## Seven Events of Fun

The women's Heptathlon is comprised of the 100 Hurdles, High Jump, Shot Put, 200, Long Jump, Javelin, and 800 meters. Senior **Samantha Bowe (LaCueva, ABQ, NM)** pictured above to the left, and sophomore **Kyra Mohns (Eldorado, ABQ, NM)** pictured above to the right took part in their specialty. Under hot, humid conditions they got the party started with nice PR's in the first event, the 100 Hurdles. Sam entered the meet with a 14.23 PR and she rocked a lightning fast 14.08 which moves her to #5 all-time at UNM.

Kyra, who came into the meet with a 14.86 all-time best lowered that to 14.84. Now that's the way to start off a combined event! Moving on to the High Jump both ran into some difficulty as they cleared 5' 2 1/4" not what they expected. But in a Heptathlon, there will be times when something doesn't go right, and you have to put your head down, and move to the next event. And gosh, did both of them do just that. In the Shot Put Sam had a seasonal best of 38' 1" and she tossed the 4 kilo sphere to 39' 6". Kyra, who entered the meet with an all-time best of 35' 10" slammed it out to 36' 7 3/4". Now that's the way to get back on track. The final event of the first day was the 200 meters and Sam and Kyra both clocked exactly the same time, 25.71. For Sam that lowered her all-time best from 25.88. After day 1 Sam totalled 3166 points which placed her third, while Kyra grabbed 3004 points, which had her ranked 7th. Starting off day two with the Long Jump, Sam got right to work and produced the longest leap of the day with her 18' 10 3/4". Kyra ended up with a leap of 17' 1 1/4". The sixth event on the docket, the Javelin had Sam tossing the spear out to 108' 7", while Kyra extended out to 113' 8". The final event, the 800 found Kyra clocking 2:27.31 and Sam 2:30.21. At the end of the competition Sam produced a total of 5168 points which placed 4th overall, while Kyra added up her events to 4913 points, good for 8th place.





Behind every successful team, there is an athletic trainer who spends countless hours working on the team. The entire team recognizes the outstanding effort that Sarah Bair has done this year. Dedicated beyond expectations all our athletes have been well taken care of this year. **THANK YOU SARAH!**







Front Row (L-R): Courtney Frerichs, Sophie Connor, Calli Thackery, Emily Hosker-Thornhill, Matt Bergin, Samantha Bowe, Annie Stirling, Zoe Howell, Haley Sanner  
 Back Row (L-R): Markus Miller, Scott Bajere, Ridge Jones, Aasha Marler, Elmar Engholm, Allan Hamilton, Yannick Roggatz, Julian Florez, Dan Milechman, Cheyne Dorsey, Holly Van Grinsven

***Seniors in their last Mountain West Conference  
 Championship  
 Thank you for your efforts on behalf of  
 Lobo Track & Field***

***You will remain “Lobos for Life”***





**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 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.

## MOUNTAIN WEST CONFERENCE CHAMPIONSHIP AT FRESNO STATE WEDNESDAY, MAY 11 - SATURDAY, MAY 14, 2016

### MEN

100	Ridge Jones 10.61w 10.47w (6th)	Scott Bajere 10.61w 10.66w			
200	Ridge Jones 21.58w	Carlos Salcido 21.75w			
400	Mark Haywood 48.53 48.79 (6th)	Isaac Gonzales 49.48 49.53 (8th)	Chris Kline 50.10		
800	Adam Cotton (56.9) 1:53.23 (55.0) 1:50.92 (3rd) <b>PR</b>	Josh Kerr (56.2) 1:52.89 (56.2) 2:00.44			
1500	Josh Kerr 3:50.89 (1st)	Elmar Engholm 3:51.71 (4th)	Adam Cotton 3:54.08 (7th)		
3000SC	Elmar Engholm 9:07.30 (1st)	Graham Thomas 9:09.92 (2nd)			
5000	Dan Milechman 14:14.57 (4th) <b>PR</b>	Matt Bergin 14:27.21 (7th)	Julian Florez 14:35.16	Zac Castillo 14:46.34	
10,000	Matt Bergin 30:29.47 (8th)	Julian Florez 31:08.82	Dan Milechman 31:22.96	Zac Castillo 32:03.00	
400H	Cheyne Dorsey 53.41 (8th) <b>PR</b>				
4x100	Allan Hamilton, Scott Bajere, Carlos Salcido, Ridge Jones	40.38 (3rd) (6,x)			
4x400	Carlos Salcido (48.8), Isaac Gonzales (48.4) <b>PR</b>	Mark Haywood (46.9) <b>PR</b> , Cheyne Dorsey (48.4)	3:12.89 (2nd)		
LongJ	Allan Hamilton 25' 1/2" w (1st)	Sam Trigg 24' 2 1/4" (3rd) <b>PR</b>	Yannick Roggatz 23' 5 1/4" (6th)		
	Daniel Lam 21' 4 1/4"				
TripleJ	Sam Trigg 51' 9" w (1st) (had a legal 51' 2 3/4" in round six of the competition) (7,x)		Allan Hamilton 48' 7 1/2" (3rd)		
HighJ	Markus Miller 6' 8 3/4" (3rd)	Joe Kloeppel 6' 6 3/4" (6th)			
PoleV	John Harari 15' 3" (6th)	Daniel Lam 14' 3 1/4" (7th)			
Javelin	Nik Aston 181' 9" (6th)	Beau Clifton 172' 6" (8th)			
Deca	Daniel Lam	100: 11.55 LongJ: 22' 1/4" ShotP: 41' 8 1/2" <b>PR</b> HighJ: 5' 11 1/4" 400: 51.48			
		110H: 15.31 Discus: 136' 6" <b>PR</b> Pole Vault: 15' 5" Javelin: 164' 8" <b>PR</b> 1500: 4:52.44			
		TOTAL: 7047 points (2nd)			
	Beau Clifton	100: 10.85 <b>PR</b> LongJ: 21' 8" <b>PR</b> ShotP: 45' 1" <b>PR</b> HighJ: 6' 1/2" <b>PR</b> 400: 51.10			
		110H: 17.13 Discus: 116' 11" Pole Vault: 12' 9 1/2" <b>PR</b> Javelin: 181' 2" 1500: 4:57.54 <b>PR</b>			
		TOTAL: 6769 points (6th) <b>PR</b>			

### WOMEN

100H	Holly Van Grinsven 13.48w 13.42w (5th)				
200	Samantha Woodman 24.87w				
400	Haley Sanner 56.23 56.53 (8th)	Samantha Woodman 59.74			
800	Sophie Connor (62.4) 2:08.19 <b>PR</b> (61.0) 2:05.95 (1st) (4,5) <b>PR</b>	Zoe Howell (64.8) 2:12.87 (61.8) 2:12.40			
1500	Courtney Frerichs 4:25.77 (2nd)	Emily Hosker-Thornhill 4:26.81 (3rd)			
3000SC	Natasha Bernal 10:36.33 (7th)				
5000	Alice Wright 16:19.11 (2nd)				
10,000	Calli Thackery 34:30.24 (1st)				
4x400	Holly VanGrinsven (56.3), Haley Sanner (57.0), Zoe Howell (56.5), Hannah Riker-Urrutia (58.1)	3:48.17 (6th)			
LongJ	Samantha Bowe 20' 1 1/2" w (3rd)	Aasha Marler 20' 1/4" w (4th)	Jannell Hadnot 18' 4 1/4"		
TripleJ	Jannell Hadnot 42' 8 1/4" w (1st)	Aasha Marler 42' 1 1/2" (2nd)			
PoleV	Katherine Whiting 11' 10 1/2" (8th)	Annie Stirling 11' 10 1/2"			
ShotP	Allison Mady 42' 7"				
Javelin	Kyra Mohns 119' 10"				
Hammer	Amaris Blount 167' 10"				
Hept	Samantha Bowe	100H: 14.08 <b>PR</b> (5,x) LongJ: 18' 10 3/4" HighJ: 5' 2 1/4" Javelin: 108' 7" ShotP: 39' 6" 800: 2:30.21 200: 25.71 <b>PR</b> TOTAL: 5168 points (4th)			
	Kyra Mohns	100H: 14.84 <b>PR</b> LongJ: 17' 1 1/4" HighJ: 5' 2 1/4" Javelin: 113' 8" ShotP: 36' 7 3/4" <b>PR</b> 800: 2:27.31 200: 25.71 TOTAL: 4913 points (8th)			