



2012 AIR FORCE OUTDOOR TRACK & FIELD

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SCHEDULE AND RESULTS

DATE..... COMPETITION
Mar. 23-24 @ Arizona State Invitational
..... No Team Scores

Mar. 29-31 @ Texas Relays
..... No Team Scores

Apr. 5-6 Air Force Outdoor Combined Events
..... **No Team Scores**

Apr. 6-7 @ Stanford Invitational
..... No Team Scores

Apr. 7 Air Force Relays
..... **No Team Scores**

Apr. 13-14 @ Colorado Invitational
..... No Team Scores

Apr. 18-19 @ Mt. SAC Combined Events
..... No Team Scores

Apr. 19-21 @ Mt. SAC Relays
..... No Team Scores

Apr. 21 @ Beach Invitational
..... No Team Scores

Apr. 27-28 @ Drake Relays
..... No Team Scores

Apr. 28 @ Jack Christiansen Invitational
..... Men: 2nd | Women: 5th
MEN: Colorado State 182.33, Air Force 127.83, Wyoming 115, Colorado 95.50, Adams State 80, Northern Colorado 59.33, Chadron State 32.50, South Dakota Mines 13.50, Black Hills State 13, Kansas 8; WOMEN: Colorado State 190, Wyoming 157.50, Northern Colorado 99.50, Colorado 82, Air Force 56.50, Adams State 48, Chadron State 34, Black Hills State 14 and South Dakota Mines 1.50

May 4 Front Range Classic
..... **Men: 1st | Women: 1st**
MEN: Air Force 301, Wyoming 90, Colorado State 55, Colorado 10, New Mexico 8, Northern Colorado 7; WOMEN: Air Force 193, Wyoming 140, Colorado State 96, Northern Colorado 42, New Mexico 9, Colorado 8

May 9 Mountain West Championships
..... **USAF Academy, Colo.**

May 24-26 @ NCAA Championships (Prelims)
..... Austin, Texas

June 6-9 @ NCAA Championships
..... Des Moines, Iowa

June 22-July 1 @ U.S. Olympic Team Trials
..... Eugene, Ore.



MOUNTAIN WEST OUTDOOR TRACK & FIELD CHAMPIONSHIPS

Wednesday, May 9 | Thursday, May 10 | Friday, May 11 | Saturday, May 12
USAF Academy, Colo. | Cadet Outdoor Track and Field Complex

The Air Force track and field team wraps up its home slate this week when it hosts the 2012 Mountain West Outdoor Track and Field Championships. The meet, which will be held May 9-12, features six men's teams and eight women's teams.

MEET INFORMATION

The 2012 Mountain West Outdoor Track and Field Championships will be held May 9-12 at the Cadet Outdoor Track and Field Complex. The meet features six men's teams (Air Force, Boise State, Colorado State, New Mexico, TCU, Wyoming) and eight women's teams (Air Force, Boise State, Colorado State, New Mexico, San Diego State, TCU, UNLV, Wyoming). For fans that cannot make it to the championship meet, real-time results will be available at http://www.rtspt.com/events/mwc/2012_outdoor/. A direct link can be found at GoAirForceFalcons.com.

TICKET AND ENTRY INFORMATION

The Mountain West Outdoor Track and Field Championships will be held at the Cadet Outdoor Track and Field Complex. Admission for Friday and Saturday's competition is \$10 for adults and \$5 for students, while youth eighth-grade and under receive free admission with a valid Student ID and the purchase of one adult ticket. There is no admission for Wednesday and Thursday. Fans will need to enter the Academy through the North Gate and continue west, before entering the Athletic Fields at the first left past the overlooks. Parking is available throughout the Athletic Fields.

SCHEDULING 101

The conference championships begin on Wednesday (May 9) with the first four events of the heptathlon (12:00 p.m.) and the first five events of the decathlon (12:30 p.m.). The decathlon (12:00 p.m.) and heptathlon (12:30 p.m.) conclude on Thursday (May 10), while the men's hammer throw will take place at 5:00 p.m. Friday's action begins at 10 a.m. with the women's hammer throw (first track event at 1:00 p.m.), while Saturday begins at 10:30 a.m. with the women's shot put (first track event at 12:30 p.m.). A complete schedule of events is located on page 2 of this release.

A HISTORY LESSON

Since the formation of the Mountain West Conference for the 2000 season, Air Force has been atop the outdoor medal podium on 41 occasions, while claiming 137 all-conference honors. Former Falcons Dana Pounds, Anthony Park and Ben Payne are the most decorated outdoor champions, as each has won three titles. Air Force earned three conference championships at the 2011 meet in Fort Collins, including titles from current Falcons Bryce Bergman (400-meter hurdles) and Robert Drye (hammer throw).

FALCONS SWEEP WEEKLY CONFERENCE AWARDS

Joey Uhle and Kimber Shealy were named the Mountain West Men's and Women's Athletes of the Week on May 8, after a stellar weekend of pole vault competition at the Front Range Classic. It is the third time that Air Force has swept the league's weekly awards, as Uhle and Shealy joined Paul Gensic/Olivia Korte in 2005 and Nick Frawley/Sara Neubauer in 2010. Uhle moved into sixth on the men's all-time list to claim his first weekly honor, while Shealy, who set a new women's record, earned her third career weekly honor from the Mountain West.

CHAMBERS RANKED SEVENTH IN SHOT PUT AMONG TWO-SPORT ATHLETES

With a career-best throw of 53'8 1/4", James Chambers debuted in seventh on the USTFCCCA list of "Outdoor Track and Field Bests by Collegiate Football Players". Chambers, a linebacker for the Falcons' football team, currently leads the team in the shot put and is ranked eighth overall in the conference. In the Outdoor Best by Collegiate Football Players list, he is ranked seventh among Division I players.

WHAT'S ON DECK

Select Falcons return to action on May 24-26, when they travel to Austin, Texas, for the preliminary round of the 2012 NCAA Outdoor Track and Field Championships at Michael A. Myers Stadium.

SCHEDULE OF EVENTS**WEDNESDAY, MAY 9 | THURSDAY, MAY 10**

12:00 p.m. | 12:30 p.m..... Women's Heptathlon

12:30 p.m. | 12:00 p.m..... Men's Decathlon

FRIDAY, MAY 11

10:00 a.m..... Women's Hammer Throw (F)

1:00 p.m. Women's 3000-Meter Steeplechase (F)

1:00 p.m. Women's Long Jump (F)

1:15 p.m. Men's 3000-Meter Steeplechase (F)

1:30 p.m. Women's 1500-Meter Run (Q)

1:30 p.m. Men's High Jump (F)

1:30 p.m. Men's Discus Throw (F)

1:45 p.m. Men's 1500-Meter Run (Q)

2:00 p.m. Women's 100-Meter Hurdles (Q)

2:00 p.m. Women's Pole Vault (F)

2:15 p.m. Men's 110-Meter Hurdles (Q)

2:30 p.m. Women's 400-Meter Dash (Q)

2:45 p.m. Men's 400-Meter Dash (Q)

3:00 p.m. Women's 100-Meter Dash (Q)

3:10 p.m. Men's 100-Meter Dash (Q)

3:20 p.m. Women's 800-Meter Run (Q)

3:30 p.m. Men's Long Jump (F)

3:30 p.m. Women's Discus Throw (F)

3:35 p.m. Men's 800-Meter Run (Q)

3:50 p.m. Women's 400-Meter Hurdles (Q)

4:05 p.m. Men's 400-Meter Hurdles (Q)

4:20 p.m. Women's 200-Meter Dash (Q)

4:35 p.m. Men's 200-Meter Dash (Q)

4:50 p.m. Women's 10,000-Meter Run (F)

5:30 p.m. Men's 10,000-Meter Run (F)

SATURDAY, MAY 12

10:30 a.m..... Women's Shot Put (F)

11:00 a.m..... Men's Javelin Throw (F)

11:30 a.m..... Men's Triple Jump (F)

12:30 p.m. Women's 4x100-Meter Relay (F)

12:30 p.m. Women's High Jump (F)

12:40 p.m. Men's 4x100-Meter Relay (F)

12:50 p.m. Women's 1500-Meter Run (F)

1:00 p.m. Men's 1500-Meter Run (F)

1:00 p.m. Men's Pole Vault (F)

1:10 p.m. Women's 100-Meter Hurdles (F)

1:20 p.m. Men's 110-Meter Hurdles (F)

1:30 p.m. Women's 400-Meter Dash (F)

1:30 p.m. Women's Javelin Throw (F)

1:40 p.m. Men's 400-Meter Dash (F)

1:50 p.m. Women's 100-Meter Dash (F)

2:00 p.m. Men's 100-Meter Dash (F)

2:00 p.m. Women's Triple Jump (F)

2:10 p.m. Women's 800-Meter Run (F)

2:20 p.m. Men's 800-Meter Run (F)

2:30 p.m. Women's 400-Meter Hurdles (F)

2:30 p.m. Men's Shot Put (F)

2:40 p.m. Men's 400-Meter Hurdles (F)

2:50 p.m. Women's 200-Meter Dash (F)

3:00 p.m. Men's 200-Meter Dash (F)

3:10 p.m. Women's 5000-Meter Run (F)

3:35 p.m. Men's 5000-Meter Run (F)

3:55 p.m. Women's 4x400-Meter Relay (F)

4:05 p.m. Men's 4x400-Meter Relay (F)

IT'S A LITTLE BLUE AT THE TOP

Air Force holds six of the top seven marks in the men's pole vault this season, including the top three heights. Cale Simmons leads the league with a height of 18'0½", while Joey Uhle is second (17'2¾") and Chase Cooper is third (16'10¾"). Cort Rogers (16'9½"), Elliott Beski (16'1¼") and Michael Tibbs (16'0¾") are ranked fifth, sixth and seventh, respectively. Air Force holds two of the top three clearances on the women's side, as Kimber Shealy and Bizzy Mellado are ranked second (13'1¼") and third (12'11½"), respectively. The women also claim two additional heights in the top seven, as Tawny Lambuth is sixth (12'8¼") and Wren Bonner is seventh (12'5½").

BUT WAIT, THERE'S MORE...

The men hold three of the top five times in the 800-meter run (Alex Zubey, second; Alex Lindsay, third; Nick White, fifth) and high jump (Kobi Rex/Zach Wood, second; Travis Smith, fourth), while the women claim three of the top five distances in the javelin, behind Paige Blackburn (first), Kim Smith (third) and Nichole Freeman (fifth).

LEAGUE LEADERS

Entering the MW Championships, several Falcons are ranked among the top of the conference. Jim Walmsley is the conference leader in the 5000-meter and 10,000-meter distances, while Cale Simmons (pole vault), James Cole (discus), Sean Herbison (hammer) and Paige Blackburn (javelin) and men's 4x400-meter relay team of Manny Smith, Anthony Delgado, Jake Spuller and Michael Craig also lead the conference. In addition, Smith (400-meter dash), Alex Zubey (800-meter run/1500-meter run), Kobi Rex (high jump), Zach Wood (high jump), Kimber Shealy (pole vault), Kassie Gurnell (triple jump) and Mikey Lauritzen (javelin) are ranked second in the conference.

FALCONS SWEEP FRONT RANGE CLASSIC TEAM TITLES

The men tallied a meet-record 301 points to win their fourth Front Range Classic in five years, while the women accumulated 193 points to win their first-ever team title. It is the second time that one program has claimed both the men's and women's team titles, as Colorado State swept the 2010 titles.

KIMBER SHEALY SETS ACADEMY POLE VAULT RECORD

Kimber Shealy cleared an Academy-record 13'1¼" to win the pole vault at the Front Range Classic on May 4. In addition to breaking the program's 2008 record of 13'1½", Shealy broke the FRC meet record of 12'7½" that had stood since 2008 and the Stadium record of 13'1¼" that had stood since 2002.

POLE VAULT POWER

The Academy record by Kimber Shealy was one of four improvements to the program's top-10 list in the pole vault at the Front Range Classic. Bizzy Mellado recorded a height of 12'11½" to move into third on the women's all-time list and tie the Junior Class Record. On the men's side, Joey Uhle cleared 17'2¾" to move into sixth on the all-time list, while Chase Cooper posted a height of 16'10¾" to record the 10th-best mark in program history.

CAN I GET A REWRITE?

In addition to the pole vault standings, several other improvements were made to the all-time record book at the Front Range Classic. Morgan Malone and Erica Carson recorded the sixth-fastest (25.43) and eighth-fastest (25.61) times in the women's 200-meter dash, while Jake Spuller posted the 10th-best men's time at 21.40. Tawny Lambuth clocked the ninth-best 100-meter time at 12.42 and Nichole Freeman moved into the ninth on the javelin's all-time list with a throw of 143'5", while Sierra Schepper tied for the 10th-fastest 100-meter hurdles time at 14.93.

WELL, THAT WAS A PRETTY GOOD WEEKEND

Four Academy records were set or matched on Saturday, April 28. Rachel Thomas set a new record in the 400-meter hurdles at the Jack Christiansen Invitational, while Jen Bremser (3000-meter steeplechase) and the men's distance medley relay team of Lance Wolfsmith, Manny Smith, Alex Lindsay and Alex Zubey broke program standards in their respective events at the Drake Relays. James Cole also matched the Academy record in the discus throw at Drake. Complete notes on each record are below.

THOMAS SET HURDLES RECORD

Rachel Thomas cut nearly one second off of her previous time to set a new Academy record in the 400-meter hurdles at the Jack Christiansen Invitational on Apr. 28. Thomas, who finished third in a time of 61.24, bettered the old program record by 0.15 seconds. It is the second time in three weeks that Thomas has reset the Academy's Senior Class Record in the hurdles. Since April 14, Thomas has deleted nearly two seconds from the previous Senior Class mark that had stood since 1984!

MAKING ROOM FOR TWO

Tossing a career-best 183'9" to finish third in the discus throw at the Drake Relays, James Cole matched the Academy record that Shawn Larcher first set in 1993. The mark, a personal improvement by three feet, also improved the program's Senior Class Record that Cole first set at the Beach Invitational.

ACADEMY QUICK FACTS

Location..... USAF Academy, Colo.
 Founded 1954
 Enrollment..... 4,000
 Nickname Falcons
 Colors Blue and Silver
 Affiliation NCAA Division I
 Conference Mountain West
 Superintendent Lt Gen Michael C. Gould
 Athletics Director Dr. Hans J. Mueh
 Department Phone..... 719.333.4008

HOME INFORMATION

Indoor Facility..... Cadet Field House Track
 Elevation 7,048 feet
 Outdoor Facility..... Cadet Outdoor TF Complex
 Elevation 6,980 feet

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BREMSEY SETS NEW STEEPLECHASE MARK

Jen Bremser broke the Academy's seven-year-old record in the 3000-meter steeplechase at the Drake Relays on April 28, as she clocked a time of 10:46.79 to finish within the top half of the field. Improving her personal time by nine seconds, Bremser moved from third to first on the program's all-time list. She cut two seconds off of the 2005 record, while setting a new Junior Class Record.

MIXING IT UP

The quartet of Lance Wolfsmith, Manny Smith, Alex Lindsay and Alex Zubey combined to set a new Academy record in the distance medley relay at Drake. Clocking a combined time of 9:43.22, they cut over one second off of the previous time that Zubey had helped set last year.

NOT A BAD START

Jim Walmsley and Andrew Quallio had impressive debuts in their respective events at the Drake Relays over the April 26-28 weekend. In his first 3000-meter steeplechase, Walmsley debuted in fifth on the all-time list, as he became the just the sixth Air Force runner to better the nine-minute mark with a time of 8:58.66. Quallio, competing in his first 10,000-meter run, posted the eighth-fastest time in program history (29:51.96) as he became the ninth Air Force runner to break the 30-minute mark.

THE CHANGES KEEP COMING

With a toss of 196'10", Sean Herbison recorded the third-best hammer throw in Academy history to enter the program's top-10 list, while Chase Cooper cleared 16'9½" to move into a tie for ninth on the program's all-time list in the pole vault. On the women's side, the 4x800-meter relay team of Taylor Drolshagan, Morgan Mosby, Melissa Fuerst and Rebecca Esselstein clocked the fastest time in that event since 1984 to move into second on the program's all-time list (9:13.04), while Mosby, Esselstein, Fuerst and Bethany Gross posted the second-fastest DMR time in Academy history at 11:50.86.

SWEEP IT UP

Chase Cooper and Bizzy Mellado paced Air Force to four scoring finishes in both the men's and women's pole vault at the Jack Christiansen Invitational. Cooper won the men's vault with a clearance of 16'9½", while Cort Rogers and Joey Uhle tied for second with matching 15'9¼" marks and Elliott Beski finished fourth with a clearance of 15'3½". Mellado won the women's event with a height of 12'4 ½", while Tawny Lambuth took second at 11'5". Libby Westfall and Paige Shirley scored for the Falcons with respective fourth- (10'11") and fifth-place (10'5½") finishes.

GURNELL BREAKS OWN TRIPLE JUMP RECORD

With a career-best 42'3½", Kassie Gurnell broke her own Academy standard in the triple jump at Mt. SAC on April 20. Adding nearly two feet to the record that she first set as a freshman, Gurnell won the 17-competitor event and became the first Air Force female – indoor or outdoor – to break the 42-foot mark in the triple jump. She also added nearly one foot to the program's Sophomore Class Record that she set during the indoor season.

SIMMONS MATCHES ACADEMY RECORD FOR SECOND TIME

Competing in the 16-member "elite" level pole vault competition at Mt. SAC on April 21, Cale Simmons matched his own Academy record with a clearance of 18'0½". Simmons, the top collegiate vaulter in the 16-member "elite" field (fourth overall), matched the program standard that he first equaled at the end of March.

COLE HAS CAREER DAY AT THE BEACH

With a career-best throw of 180'7", James Cole was the top collegiate finisher ... and placed fourth overall ... in the 71-member discus throw competition at the Beach Invitational. In addition to improving his own mark by nearly two feet, Cole became just the second thrower in Academy history to surpass the 180-foot mark, improved his second-place standings on the program's all-time list and set a new Senior Class Record.

BLACKBURN'S BACK AT IT

Paige Blackburn picked up a pair of career-best marks in California, while moving into second on the program's all-time list in both. On Friday at the Mt. SAC Relays, Blackburn improved her distance in the discus throw by over five feet to a career-best 174'8", while moving into second on the program's all-time list. The very next day at the Beach Invitational, she moved into second on the all-time shot put list with a career-best toss of 48'5½". With the improvement in the shot put, Blackburn now holds the No. 2 placement in all four outdoor throwing events.

WALMSLEY EARNS TOP AMERICAN FINISH IN 10K

With a career-best time of 29:08.88, Jim Walmsley was the top American finisher (fourth overall) in the "elite" division of the 10,000-meter run during the first night of action at the Mt. SAC Relays. Subtracting over two minutes off of his previous best time, Walmsley debuted in third on the Academy's all-time list.

MEN'S USTFCCCA RANKINGS

Week 6 Rankings (May 8)

TEAM.....	PTS
1. Florida.....	258.80
2. Texas A&M.....	248.81
3. Texas Tech.....	238.20
4. Florida State.....	201.68
5. Arizona State.....	189.74
6. Arkansas.....	187.11
7. Southern California.....	183.76
8. Indiana.....	180/07
9. LSU.....	171.80
10. Texas.....	171.17
11. Mississippi.....	160.21
12. Mississippi State.....	159.22
13. Auburn.....	155.87
14. Arizona.....	151.81
15. Wisconsin.....	139.82
16. Virginia Tech.....	136.16
17. Nebraska.....	126.97
18. Stanford.....	124.47
19. Georgia.....	123.26
20. Oklahoma.....	113.01
21. Iowa.....	112.20
22. Oregon.....	107.68
23. Kansas.....	87.65
24. Princeton.....	83.07
25. Minnesota.....	81.72

WOMEN'S USTFCCCA RANKINGS

Week 6 Rankings (May 8)

TEAM.....	PTS
1. Clemson.....	283.59
2. LSU.....	280.08
3. Texas.....	264.98
4. Florida.....	246.83
5. Kansas.....	237.27
6. Texas Tech.....	190.61
7. Oregon.....	183.99
8. Texas A&M.....	159.83
9. Arizona.....	171.06
10. Arizona State.....	159.83
11. Arkansas.....	159.80
12. Louisville.....	138.37
13. Oklahoma.....	134.20
14. Stanford.....	130.74
15. Illinois State.....	123.34
16. Southern California.....	114.55
17. Florida State.....	112.60
18. Central Florida.....	106.97
19. Tennessee.....	106.45
20. Iowa State.....	102.31
21. Georgia.....	96.51
22. Southern Illinois.....	96.21
23. Baylor.....	91.80
24. Ohio State.....	85.71
25. Kansas State.....	85.43

MAKING AN IMPACT

Morgan Mosby recorded the sixth-fastest 800-meter time in program history (2:11.02) at the Beach Invitational, shaving more than one second off of her previous best time. That came just two days after Mosby cut eight seconds from her 1500-meter time at the Mt. SAC Relays to debut in seventh on the all-time list (4:30.99). With a time of 10:55.36 in the steeplechase, Jen Bremser moved into third on the all-time list at Mt. SAC, after shaving 25 seconds off of her previous best time. From the field at the Beach Invitational, Jackie Ahloo won her flight of the shot put with the fourth-best throw in Academy history (47'3") and Nichole Freeman matched her career-best distance of 141'10" in the javelin throw ... the 10th-best throw in program history.

TOTAL TORRES

Lesly Torres collected a career-best total of 4,653 points in the heptathlon during the Mt. SAC/California Invitational Multi-Meet on to move into second on the Academy's all-time list. In addition to improving her career total by 221 points, Torres set a new Junior Class Record. Highlighting her meet was an Academy record in the heptathlon high jump during the first day of competition. During the best "first-day" total of her career (2,954 points), Torres cleared 5'5¼" in the high jump to break the previous mark of 5'5" that had stood for 11 years.

NOT TO BE OUTDONE

Isaiah Bragg improved his 10,000-meter time by over one minute (30:01.38) to debut in ninth on the Academy's all-time list at the Mt. SAC Relays, while Alex Zubey moved from 10th to seventh on the 800-meter list with a time of 1:50.23 at the Beach Invitational. Cort Rogers and Joey Uhle recorded career-best matching marks of 16'9½" at the Beach Invitational, improving their tie for ninth on the program's all-time list.

GOING UP

With a winning clearance of 13'0¼" at Colorado, Kimber Shealy became just the second Air Force female to ever clear the 13-foot bar in the outdoor pole vault. In addition to recording the second-best clearance in Academy history, Shealy also became the first conference vaulter to surpass the 13-foot mark this season. She was one of two Falcons to impact the top-10 list, as Wren Bonner recorded a career-best height of 12'5½" to move into sixth.

OUT WITH THE OLD...

Rachel Thomas shattered the Academy's 28-year-old Senior Class Record in the 400-meter hurdles at Colorado on April 14. The senior won the event with a time of 62.13 – the second-fastest time in Academy history – while shaving nearly one second off of the previous Senior Record time (63.06) that Linda Urrutia had held since 1984.

GOING FOR SOME BIG AIR

Zach Wood cleared a career-best 6'11" to win the high jump at the Colorado Invitational and move into a tie for fourth in the Academy record books, while Cort Rogers and Joey Uhle tied for the pole vault title with career-best marks of 16'9¼" – the ninth-best jumps in program history.

DID YOU KNOW?

The top-five marks of the men's all-time high jump list had remained unchanged since 1998. However, in the past two weeks, both Kobi Rex (Air Force Relays, April 7) and Zach Wood (Colorado Invitational, April 14) have both entered that list with matching marks of 6'11". In fact, it is only the second time since 1998 that any part of the top-10 list had changed (Wood entered the top-10 list last season with a then-career clearance of 6'10¼").

MAKING IMPROVEMENTS

In her first appearance running the 100-meter dash this season (April 14), Tawny Lambuth finished third with a career-best time of 12.47 and improved her 10th-place standing on the all-time list. In addition, Lambuth bettered her season-best mark in the pole vault by one-and-a-half feet to finish second in that event with a height of 12'8¼".

NEWS FROM STANFORD

Jim Walmsley recorded the Academy's third-fastest 5000-meter time to win the 5000-meter run at the Stanford Invitational. Crossing the finish line in 13:52.87, Walmsley won by a two second margin, while improving his own time by three seconds. Morgan Mosby clocked a career-best time in the 800-meter run at Stanford (2:12.09). By shaving nearly one second off of her previous time, Mosby moved from eighth to sixth on the all-time list.

BLACKBURN DOES IT AGAIN

With a career-best toss of 178'0", Paige Blackburn moved from fifth to second on the Academy's all-time list in the hammer throw at the Air Force Relays. It marks the second time in three meets that she has recorded one of the Academy's top-three throws in the discus throw (third), javelin throw (second) and hammer throw (second). In addition to being the top collegiate finisher in the hammer throw at the Relays, Blackburn also won the shot put (45'9¼") and discus throw (165'3").

MEN'S USTFCCCA REGIONAL INDEX

Week 6 Rankings (May 8)

TEAM.....	PTS
1. BYU	1016.98
2. Texas Tech	827.17
3. Air Force	730.61
4. Colorado	523.59
5. Northern Arizona.....	429.16
6. Texas-El Paso.....	425.41
7. New Mexico.....	407.66
8. Colorado State.....	379.78
9. Montana State.....	365.47
10. Utah State.....	311.47
11. Wyoming	302.40
12. Southern Utah	250.47
13. Idaho State	235.16
14. Weber State	201.04
15. Montana	141.74

WOMEN'S USTFCCCA REGIONAL INDEX

Week 6 Rankings (May 8)

TEAM.....	PTS
1. Texas Tech	1060.70
2. BYU	695.44
3. Colorado	676.06
4. Colorado State.....	453.68
5. Utah.....	390.46
6. Utah State.....	355.93
7. Texas-El Paso	321.79
8. New Mexico.....	307.53
9. Weber State	284.10
10. Montana State.....	281.95
11. New Mexico State	261.73
12. Wyoming	244.43
13. Air Force	243.38
14. Northern Arizona.....	238.11
15. Southern Utah	180.32

JUST THROWING IT OUT THERE

Tim Urista improved his sixth-place standing in the Academy javelin records at the Air Force Relays, after winning that event with a career-best 216'11". Becca Bauman moved into ninth on the all-time hammer throw list with an improvement of over seven feet (158'6"), while Danielle Tabb debuted in ninth on the shot put list with a 42'0½".

JUMP AROUND

Air Force swept the high jump and pole vault titles at the Air Force Relays. Rachel Herald won the women's high jump with a career-best 5'6", while Kobi Rex won the men's with a career-best clearance of 6'11". Herald moved into third on the women's all-time list, while Rex debuted in fourth on the men's list. Cale Simmons won the men's pole vault (17'1¼"), while Bizzy Mellado won the women's with a career-best height of 12'7½" – the fourth-best mark in Academy history. In addition, Kassie Gurnell won the triple jump with a distance of 40'1½"

MULTI-TASKING

Phaelen French recorded the ninth-best heptathlon total in program history (3,989 points), en route to a third-place finish at the Air Force Outdoor Combined Events Meet. Highlighting the meet for French was a win in the 800-meter run, as she bettered the field by 16 seconds. In his first decathlon, Evan McDowell finished second behind a 6,233-point total. Like French, his best finish came on the final event, as he won the 1500-meter run.

SIMMONS NAMED MW ATHLETE OF THE WEEK

Cale Simmons was selected as the Mountain West Athlete of the Week on April 3 after matching the Academy pole vault record at the Texas Relays. Finishing third overall, Simmons cleared a program record-tying vault of 18'0½" to become the first Falcon since 2004 to clear the 18-foot bar outdoors. His vault, which is tied for the third-best mark in Mountain West history, currently ranks first in the conference and third in the nation.

MEN'S 4x4 CLOCKS 10TH-FASTEST TIME IN ACADEMY HISTORY

The quartet of Manny Smith, Anthony Delgado, Jake Spuller and Michael Craig clocked a time of 3:11.13 in the 4x400-meter relay at Texas on March 30, debuting in 10th on the program's all-time list. The Falcons, who became just the second squad to enter the top-10 list in that event since 2002, finished ninth overall.

MORE NEWS FROM TEXAS

Kassie Gurnell placed fourth in the triple jump with a season-best distance of 40'6¾" on March 30, while Bryce Bergman finished sixth in the finals of the 400-meter hurdles (51.93). Bergman's time came one day after clocking the same mark to finish eighth in the 45-runner preliminary heat. Mikey Lauritzen and Joey Uhle finished fourth in the javelin throw (206'0") and pole vault (16'6¾"), respectively, on March 29.

BLACKBURN NABS WEEKLY AWARD

Paige Blackburn was named the MW Athlete of the Week, following a stellar season-opening weekend at Arizona State. Tossing the second-best javelin mark in program history (165'6"), Blackburn was the top collegiate finisher and placed second overall. A personal improvement of 14 feet, she moved from fifth to second on the all-time list, while becoming just the second Falcon to surpass the 160-foot mark. Blackburn also placed second among collegiate competitors (fourth overall) in the discus with a career-best 169'4" – the third-best throw in Academy history.

WHERE'S THE WHITE OUT?

Members of the javelin team combined for four changes to the program's top-10 list. Paige Blackburn moved into second on the women's all-time list, with a career-best toss of 165'6", while Kim Smith and Nichole Freeman debuted in eighth (144'9") and 10th (141'10"), respectively, during their first collegiate meet. On the men's side, Mikey Lauritzen set a Sophomore Class Record of 217'0" to improve the fifth-best mark in Academy history.

MORE RECORD BOOK REWRITES

Wren Bonner debuted in seventh on the women's pole vault list with a clearance of 11'9¾", while Alex Lindsay moved into the same placement in the men's 800-meter run with a time of 1:50.41. Lesly Torres also debuted on the program's all-time list, clocking the 10th-fastest time in the 100-meter hurdles.

LEADING THE WAY

Eight Falcons will serve as Air Force captains. Bryce Bergman, Rob Drye, Jim Walmsley and Alex Zubey will represent the men, while Paige Blackburn, Emily Cotharn, Auriele Fain and Kimber Shealy will captain the women.

WHO'S BACK

The Falcons outdoor roster includes three Academy record holders (Rob Drye, hammer throw; Emily Cotharn, 400-meter hurdles; Kassie Gurnell, triple jump), two defending Mountain West champions (Drye, hammer throw; Bryce Bergman, 400-meter hurdles) and seven all-conference selections (Bergman, Paige Blackburn, James Cole, Drye, Mikey Lauritzen, Cale Simmons, Michael Tibbs). In addition, Cole earned All-America honorable mention honors in the discus throw, after advancing to the NCAA Outdoor Championships in 2011.

MEN'S ROSTER	YR	EVENTS	HOMETOWN (HIGH SCHOOL)
Ted Artz	Jr.	800m, 1500m	Indian Harbor Beach, Fla. (Satellite)
Dan Bailey	So.	1500m, 5000m	Cream Ridge, N.J. (Christian Brother)
Jared Barkemeyer	Sr.	DT, HT, SP	Los Lunas, N.M. (Belen)
Matt Bell	Jr.	5000m, 10000m	Denver, Colo. (George Washington)
Bryce Bergman	Sr.	110mH, 400mH	New Bremen, Ohio (New Bremen)
Elliott Beski	So.	PV	Greenwood Village, Colo. (Mullen)
Dan Bieber	So.	400m	Cherokee, Iowa (Washington)
Brendon Birdsell	Jr.	DT, HT	Tustin, Calif. (Beckman)
Isaiah Bragg	So.	5000m, 10000m	Springfield, Ohio (Emmanuel Christian)
Nate Bratka	So.	DT, SP, HT, JT	West Liberty, Ohio (West Liberty-Salem)
Matt Caldwell	So.	800m, 1500m	Centennial, Colo. (Smoky Hill)
James Chambers	Jr.	DT, HT, SP	Wichita Falls, Texas (Rider)
Zach Christenson	Fr.	1500m, 5000m	Safety Harbor, Fla. (Countryside)
Riley Coates	Fr.	1500m, 5000m	Rapid City, S.D. (Stevens)
James Cole	Sr.	DT, HT, SP	Bozeman, Mont. (Bozeman)
Chase Cooper	Jr.	PV	Centennial, Colo. (Smoky Hill)
Shane Cox	Jr.	DT, HT, SP	Fremont, Neb. (Fremont)
Michael Craig	So.	200m, 400m	Orrville, Ohio (Orrville)
Anthony Delgado	Jr.	400m, 200m	Austin, Texas (LAS Academy)
Jeremy Drenckhahn	Jr.	5000m, 10000m	Plymouth, Minn. (Wayzata)
Rob Drye	Sr.	SP, DT, HT	Las Vegas, Nev. (Shadow Ridge)
Edmond Duvall	Fr.	110mH	Marvin, N.C. (Marvin Ridge)
Cameron Edwards	Jr.	800m, 1500m	Park City, Utah (Park City)
Carl Eifert	So.	3000mSC, 5000m	Peachtree City, Ga. (McIntosh)
Ronnie Elly	Fr.	800m, 1500m	Stafford, Va. (Mountain View)
Jalen Fooster	So.	HT, DT, SP	Marietta, Ga. (Marietta)
Brian Ford	Jr.	DT, SP, HT	Alamosa, Colo. (Alamosa)
Carson Fugal	So.	5000m, 10000m	Park City, Utah (Park City)
Kyle Gartrell	Fr.	TJ	Yakima, Wash. (Riverside Christian)
Brad Hackert	So.	Decathlon	Thomaston, Conn. (Thomaston)
Jake Hawkins	So.	1500m, 5000m	Derry, N.H. (Pinkerton Academy)
Sean Herbison	Sr.	SP, DT, HT	West Saint Paul, Minn. (St. Croix Lutheran)
Tyler Jordan	So.	HJ	Ramona, Calif. (Mountain Valley)
Blue Kearney	Fr.	LJ, TJ	Lakewood, Wash. (Lakes)
William Kent	So.	HT, DT, SP	Marietta, Ga. (George Walton Comp)
Siotame Latu	Fr.	400m	Eugene, Ore. (South Eugene)
Mikey Lauritzen	So.	JT	Camas, Wash. (Camas)
Alex Lindsay	So.	800m, 1500m	Rochester Hills, Mich. (Rochester Adams)
Max Lutton	Sr.	400m, 200m	Puyallup, Wash. (Franklin Pierce)
James MacAndrew	Jr.	100m, 200m	Mansfield, Texas (Pantego Christian)
Evan McDowell	Fr.	HJ, Decathlon	Hudsonville, Mich. (Hudsonville)
Bryce Mitchell	Fr.	110mH, 400mH	Albuquerque, N.M. (Cibola)
Elliot Myers	Fr.	1500m, 5000m	Yorba Linda, Calif. (Esperanza)
Sam O'Hair	Jr.	1500m, 5000m	Rocklin, Calif. (Rocklin)
Gage Owens	Jr.	800m, 1500m	McAllister, Mont. (Ennis)
Gavin Owens	So.	3000mSC, 5000m	McAllister, Mont. (Ennis)
Seth Pelletier	Jr.	1500m, 5000m	Wells, Maine (Home School)
Charlie Perkins	So.	1500m, 5000m	Alameda, Calif. (Alameda)
Zach Perkins	Fr.	1500m, 5000m	Alameda, Calif. (Alameda)
David Ptacek	So.	400m	Allegan, Mich. (Hudson)
Andrew Quallio	Jr.	1500m, 5000m	Jacksonville, Fla. (Zama American)
Kobi Rex	Fr.	HJ, Decathlon	Colorado Springs, Colo. (Lewis Palmer)
Casey Riggs	Fr.	110mH, 400mH	Loveland, Colo. (Loveland)
Cort Rogers	So.	PV	Whitefish, Mont. (Whitefish)
Kyle Schwochow	Sr.	SP, DT	Brookville, Ohio (Brookville)
Cale Simmons	Jr.	PV	Rocklin, Calif. (Rocklin)
Rob Simmons	Jr.	PV	Rocklin, Calif. (Rocklin)
Manny Smith	Sr.	400m, 200m	Alpharetta, Ga. (Milton)
Travis Smith	Jr.	HJ	Clovis, Calif. (Buchanan)
Jake Spuller	Fr.	200m, 400m	Dexter, Mich. (Detroit Catholic Central)
Michael Tibbs	Jr.	Decathlon, PV	Rogers, Ark. (Rogers)

FIRST-PLACE FINISHES (MEN)

BRYCE BERGMAN

400-Meter Hurdles (Apr. 21), May 4

ISAIAH BRAGG

5000-Meter Run Apr. 7, Apr. 28

NATE BRATKA

Javelin Throw Apr. 14, May 4

JAMES CHAMBERS

Shot Put May 4

RILEY COATES

3000-Meter Steeplechase May 4

JAMES COLE

Shot Put Apr. 7

Discus Throw (Apr. 7), (Apr. 21)

CHASE COOPER

Pole Vault Apr. 28

SEAN HERBISON

Hammer Throw Apr. 28, May 4

BLUE KEARNEY

Long Jump (Apr. 14)

ZACH PERKINS

1500-Meter Run May 4

KOBI REX

High Jump Apr. 7

CORT ROGERS

Pole Vault Apr. 14

CALE SIMMONS

Pole Vault Apr. 7, (Apr. 21)

MANNY SMITH

400-Meter Dash May 4

TRAVIS SMITH

High Jump May 4

JAKE SPULLER

200-Meter Dash May 4

JOEY UHLE

Pole Vault Apr. 14, May 4

TIM URISTA

Javelin Throw Apr. 7

JIM WALMSLEY

5000-Meter Run Apr. 6

ZACH WOOD

High Jump Apr. 14

ALEX ZUBEY

800-Meter Run May 4

RELAYS

4x400-Meter Apr. 7

Dates in parenthesis indicate top collegiate finish.

MEN'S ROSTER	YR	EVENTS	HOMETOWN (HIGH SCHOOL)
Uzor Udensi	Jr.	200m, 400m	San Antonio, Texas (Central Catholic)
Joey Uhle	Fr.	PV	Powell, Ohio (Olentangy Liberty)
Tim Urista	So.	JT	Rosebury, Ore. (Douglas)
Jim Walmsley	Sr.	1500m, 5000m	Scottsdale, Ariz. (Horizon)
Nick White	Sr.	800m, 1500m	Peyton, Colo. (Falcon)
Lance Wolfsmith	So.	5000m, 3000mSC	Morgan Hill, Calif. (Ann Sobrato)
Zach Wood	Jr.	HJ	Bowen, Ill. (Southeastern)
Alex Zubey	Sr.	1500m, 800m	Tamaqua, Pa. (Tamaqua Area Senior)
WOMEN'S ROSTER	YR	EVENTS	HOMETOWN (HIGH SCHOOL)
Jackie Ahloo	So.	SP, DT, HT	Stockton, Calif. (St. Mary's)
Jess Barton	So.	PV	Wrightstown, Wis. (Franklin)
Becca Bauman	So.	DT, SP, HT	Post Falls, Idaho (Post Falls)
Paige Blackburn	Sr.	JT, DT, HT, SP	Soldotna, Alaska (Soldotna)
Amanda Blain	So.	5000m	Spearfish, S.D. (Mankato East)
Wren Bonner	Fr.	PV, 100mH, LJ	Laguna Park, Texas (Whitney)
Jen Bremser	Jr.	3000mSC	Colorado Springs, Colo. (Sand Creek)
Katie Carroll	Sr.	1500m, 800m	San Antonio, Texas (Winston Churchill)
Erica Carson	Fr.	400m, 200m	San Antonio, Texas (Ronald Reagan)
Ashley Christ	So.	JT	Peoria, Ill. (Peoria Christian)
Heather Connick	Fr.	1500m, 5000m	Pembroke, Mass. (Pembroke)
Emily Cotharn	Sr.	400mH	Cory, Colo. (Cedaredge)
Adrianna Dong	So.	800m, 1500m	Phoenix, Ariz. (North Canyon)
Taylor Drolshagen	Fr.	1500m, 5000m	Muskego, Wis. (Muskego)
Annette Eichenberger	So.	800m, 1500m	West Chicago, Ill. (West Chicago Community)
Rebecca Esselstein	Fr.	800m, 1500m	Dayton, Ohio (Archbishop Alter)
Auriele Fain	Sr.	800m, 1500m	Billings, Mont. (Billings Senior)
Michelle Ferguson	Fr.	800m, 1500m	Lakeville, Minn. (Lakeville North)
Nichole Freeman	Fr.	JT	Mandeville, La. (Mandeville)
Phaelen French	Sr.	Heptathlon	Austin, Colo. (Delta)
Melissa Fuerst	Jr.	800m, 1500m	Blue Springs, Mo. (Blue Springs)
Rachel Gebauer	Sr.	SP, HT	Ossineke, Mich. (Alpena)
Bethany Gross	Jr.	400m, LJ	Alexandria, S.D. (Hanson)
Kassie Gurnell	So.	TJ, Heptathlon	Pearland, Texas (Westbury Christian)
Jamie Hart	So.	HJ, Heptathlon	Westminster, Colo. (Stanley Lake)
Emily Hazen	Fr.	5000m	Kennewick, Wash. (Richland)
Rachel Herald	So.	HJ	Rockford, Mich. (Rockford)
Alexis Jones-Hardy	Fr.	LJ, 100mH	Lilburn, Ga. (Parkview)
Kate Kanetzky	Jr.	5000m, 10000m	Buda, Texas (Jack C. Hays)
Tawny Lambuth	Sr.	PV, 100m	Auburn, Calif. (Placer)
Teresa Loya	So.	SP, DT, HT	Santa Maria, Calif. (St. Joseph)
Morgan Malone	Fr.	100m, 200m	San Antonio, Texas (Ronald Reagan)
Tasha Mayne	So.	800m, 1500m	Pflugerville, Texas (Hendrickson)
Kadie McNamara	Fr.	SP, DT, HT	Phoenix, Ariz. (Desert Vista)
Bizzy Mellado	Jr.	PV	South Barrington, Ill. (William Fremd)
Katy Moorkamp	Jr.	DT, HT, SP	Wildwood, Mo. (Lafayette)
Morgan Mosby	Jr.	800m, 400m	Evergreen, Colo. (Mullen)
Alana Piccone	So.	JT	Roseville, Calif. (St. Francis)
Regan Rogers	So.	HJ	Wellsboro, Pa. (Wellsboro Area)
Marie Rossillon	Fr.	400mH	Albuquerque, N.M. (Eldorado)
Sierra Schepper	Fr.	100mH, 400mH	Rapid City, S.D. (Stevens)
Annalyse Schmitt	So.	JT	Dayton, Ohio (Archbishop Alter)
Kimber Shealy	Sr.	PV	Kennesaw, Ga. (Kennesaw Mountain)
Heather Shepard	So.	400m	Flower Mound, Texas (Happy Hill Academy)
Paige Shirley	So.	PV	Jacksonville, Fla. (Epsicopal)
Kim Smith	So.	Javelin	Kirtland, N.M. (Kirtland Central)
Jordyn Stoddard	Sr.	Triple Jump	Aliso Viejo, Calif. (Aliso Niguel)
Danielle Tabb	Fr.	Shot Put, Discus, Hammer	Spanaway, Wash. (Bethel)
Rachel Thomas	Sr.	400m Hurdles	Colorado Springs, Colo. (Falcon)
Lesly Torres	Jr.	High Jump, Heptathlon	Los Lunas, N.M. (Los Lunas)
Libby Westfall	So.	Pole Vault	Colorado Springs, Colo. (Pine Creek)

FIRST-PLACE FINISHES (WOMEN)**PAIGE BLACKBURN**

Shot PutApr. 7
 Discus ThrowApr. 7, May 4
 Hammer Throw (Apr. 7)
 Javelin Throw..... (Mar. 24), Apr. 14, May 4

JEN BREMSER

2000-Meter SteeplechaseApr. 7

HEATHER CONNICK

3000-Meter Run (Apr. 14)

ANNETTE EICHENBERGER

800-Meter Run May 4

NICHOLE FREEMAN

Javelin Throw.....Apr. 7

KASSIE GURNELL

Triple Jump Apr. 7, Apr. 20

RACHEL HERALD

High Jump.....Apr. 7

BIZZY MELLADO

Pole Vault Apr. 7, Apr. 28

KIMBER SHEALY

Pole VaultApr. 14, May 4

RACHEL THOMAS

400-Meter Hurdles Apr. 7, Apr. 14

LESLY TORRES

Long JumpApr. 14

RELAYS

4x400-Meter.....Apr. 14
 4x800-Meter.....Apr. 7
 1600 Sprint MedleyApr. 7

Dates in parenthesis indicate top collegiate finish.

WEEKLY AWARDS

MOUNTAIN WEST ATHLETE OF THE WEEK

March 27 Paige Blackburn
 April 3 Cale Simmons
 May 8 Kimber Shealy | Joey Uhle

AIR FORCE ATHLETE OF THE WEEK

April 23 Kassie Gurnell
 April 30 Rachel Thomas
 May 7 Kimber Shealy

RECORD BOOK ADDITIONS (MEN)

ALL-TIME TOP-10

1st Team (2) DM Relay (9:43.22)
 1st T Cale Simmons Pole Vault (18'0½")
 1st James Cole Discus Throw (183'9")
 3rd Jim Walmsley 5000 Meters (13:52.87)
 3rd Jim Walmsley 10,000 Meters (29:08.88)
 3rd Sean Herbison Hammer Throw (196'10")
 4th T Kobi Rex High Jump (6'11")
 4th T Zach Wood High Jump (6'11")
 5th Jim Walmsley Steeplechase (8:58.66)
 5th Mikey Lauritzen Javelin Throw (217'0")
 6th Joey Uhle Pole Vault (17'2¾")
 6th Tim Urista Javelin Throw (216'11")
 7th Alex Zubey 800 Meters (1:50.23)
 8th Alex Lindsay 800 Meters (1:50.41)
 8th Andrew Quallio 10,000 Meters (29:51.96)
 10th Jake Spuller 200 Meters (21.40)
 10th Isaiah Bragg 10,000 Meters (30:01.38)
 10th Team (1) 4x400 Relay (3:11.13)
 10th Chase Cooper Pole Vault (16'10¾")

CLASS RECORDS

So. Mikey Lauritzen Javelin Throw (217'0")
 Sr. James Cole Discus Throw (183'9")

(1) M Smith, A Delgado, J Spuller, M Craig
 (2) L Wolfsmith, M Smith, A Lindsay, A Zubey

RECORD BOOK ADDITIONS (WOMEN)

ALL-TIME TOP-10

1st Jen Bremser Steeplechase (10:46.79)
 1st Rachel Thomas 400m Hurdles (61.24)
 1st Kimber Shealy Pole Vault (13'1¼")
 1st Kassie Gurnell Triple Jump (42'3½")
 2nd Team (1) 4x800 Relay (9:13.04)
 2nd Team (2) DM Relay (11:50.86)
 2nd Paige Blackburn Shot Put (48'5¼")
 2nd Paige Blackburn Discus Throw (174'8")
 2nd Paige Blackburn Hammer Throw (184'3")
 2nd Paige Blackburn Javelin Throw (165'6")
 2nd Lelsy Torres Heptathlon (4,653)
 3rd Bizzy Mellado Pole Vault (12'11½")
 4th Jackie Ahloo Shot Put (47'3")
 5th T Rachel Herald High Jump (5'6")
 6th Morgan Malone 200 Meters (25.43)
 6th Morgan Mosby 800 Meters (2:11.02)
 6th Wren Bonner Pole Vault (12'5½")
 7th Morgan Mosby 1500 Meters (4:30.99)
 8th Erica Carson 200 Meters (25.61)
 8th Kim Smith Javelin Throw (144'9")
 9th Tawny Lambuth 100 Meters (12.42)
 9th Danielle Tabb Shot Put (42'5½")
 9th Becca Bauman Hammer Throw (158'6")
 9th Nichole Freeman Javelin Throw (143'5")
 9th Phaelen French Heptathlon (3,989)
 10th Sierra Schepper 100m Hurdles (14.93)
 10th Lelsy Torres 100m Hurdles (14.93)

CLASS RECORDS

So. Kassie Gurnell Triple Jump (42'3½")
 Jr. Jen Bremser Steeplechase (10:46.79)
 Jr. Bizzy Mellado Pole Vault (12'11½")
 Jr. Lelsy Torres Heptathlon (4,653)
 Sr. Rachel Thomas 400m Hurdles (61.24)

(1) T Drolshagen, M Mosby, M Fuerst, R Esselstein
 (2) M Mosby, B Gross, R Esselstein, M Fuerst

NATIONAL RANKINGS (MEN)

TFRRS.ORG - TOP 50

Rk Name Event (Mark)
 4 Cale Simmons Pole Vault (18'0½")
 21 Jim Walmsley 10K (29:08.88)
 37 Joey Uhle Pole Vault (17'2¾")
 38 Jim Walmsley 5000 Meters (13:52.87)
 25 James Cole Discus Throw (183'9")
 50 Sean Herbison Hammer Throw (196'10")
 50 Mikey Lauritzen Javelin Throw (217'0")

NATIONAL RANKINGS (WOMEN)

TFRRS.ORG - TOP 50

Rk Name Event (Mark)
 16 Paige Blackburn Javelin Throw (165'6")
 20 Kassie Gurnell Triple Jump (42'3½")
 26 Paige Blackburn Discus Throw (174'8")
 49 Kimber Shealy Pole Vault (13'1¼")