The Air Force track and field team returns to action this week with several meets around California, including the prestigious Mt. SAC Relays. While a pair of Falcons begin competition tomorrow (April 15) at the California Invitational Decathlon, the rest of the squad will compete at the Relays, The Bryan Clay Invitational and the Beach Invitational over the April 16-18 weekend.

**CALIFORNIA INVITATIONAL DECATHLON**

Freshmen Tyler Benson and Calvin Berstler open the week at the California Invitational Decathlon on Wednesday, April 15, while action for the 57th-annual Mt. SAC Relays begin on Thursday, April 16, in Walnut. The Falcons will compete at the Bryan Clay Invitational on Friday, April 17, before closing out the road trip on Saturday, April 18, at the Beach Invitational the Norwalk.

**FOLLOW THE FALCONS ON TWITTER**

Highlights and updates from all of this week’s meets will be available on the team’s official Twitter feed – @af_track.

**HOME SWEET HOME**

A total of nine Falcons hail from the state of California, including Alex Cerise (Thousand Oaks), Jason Engel (Rancho Santa Margarita), Carina Gillespie (San Diego), Tyler Koss (Vacaville), Kevin Mihalik (San Diego), Sean O’Bryan (Westlake), Kyle Pater (San Diego), Zach Perkins (Alameda) and Taylor Smith (Clovis).

**GOING LONG**

Cyndee Reese accounted for the fourth-best discus throw in Academy history on April 11, before tossing a career-best 153’11” on Friday-Saturday (April 24-25). The sophomore became the second only to Olympic bronze medalist Sydney Rohlwing clocked the third-fastest time in Academy history at the Mt. SAC Relays begin on Thursday, April 16, in Walnut. The Falcons will compete at the Bryan Clay Invitational on Friday, April 17, before closing out the road trip on Saturday, April 18, at the Beach Invitational the Norwalk.

**GOOD COMPANY**

Taylor Smith was the top collegiate finisher in the high jump at the Texas Invitational on April 11, recording the second-best clearance of his career – 6’10 1/2’’ – to finish second only to Olympic bronze medalist Derek Drouin in the overall field.

**IT’S ALL ABOUT CLASS**

Clocking a career-best time of 62.64 in the 400-meter hurdles, Sydney Rohlwing clocked the third-fastest time in Academy history at the New Mexico Quadrangular on April 10. In addition to moving up five places on the program’s all-time list, Rohlwing also set a new Sophomore Class Record in that event, as she deleted 0.30-seconds off of a time that had stood for seven years.

**ROBB MOVES UP THE STANDINGS**

Stephanie Robb impacted the program’s top-10 standings for the second time in three meets, as she improved her career-best time in the 800-meter run at New Mexico on April 10. Finishing third with an altitude-corrected time of 2:11.96, Robb moved into ninth on the Academy’s all-time list.

**WHAT’S ON DECK**

Air Force continues with split-squad competition next weekend, as it remains on the road for a pair of meets. Part of the squad will travel to Des Moines, Iowa, for the annual Drake Relays on Thursday-Saturday (April 23-25), while the rest of the squad will head to Fort Collins, Colo., for the Jack Christiansen Invitational on Friday-Saturday (April 24-25).
ACADEMY QUICK FACTS

Location ................................................................. USAF Academy, CO 80840
Founded ................................................................. 1954
Enrollment ................................................................ 4,000
Nickname .................................................................... Falcons
Colors ........................................................................ Blue and Silver
Indoor Facility .................................................. Cadet Field House Indoor Track
Venue Elevation .................................................. 7,048 feet
Outdoor Facility ................................................. Cadet Outdoor Track & Field Complex
Venue Elevation .................................................. 6,980 feet
Affiliation ............................................................. NCAA Division I
Conference ............................................................ Mountain West
Superintendent ...................................................... Lt Gen Michelle Johnson
Assistant Coach .................................................. Ryan Cole
Events ............................................................... Combined Events

TRACK & FIELD COACHING STAFF

Head Coach ................................................................. Ralph Lindeman
Events ................................................................. Combined Events
Email ........................................................................ ralph.lindeman@usafa.edu
Office Phone ............................................................. 719-333-3173
Office Fax ................................................................ 719-333-6569

Assistant Head Coach .................................................... Scott Steffan
Events ................................................................. Vertical Jumps
Email ........................................................................ scott.steffan@usafa.edu
Office Phone ............................................................. 719-333-4694
Office Fax ................................................................ 719-333-3018

Assistant Coach ................................................................. Beau Walker
Events ................................................................. Sprints | Hurdles
Email ........................................................................ beau.walker@usafa.edu
Office Phone ............................................................. 719-333-9501

Assistant Coach ................................................................. Bob Graf
Events ................................................................. Horizontal Jumps
Mark Stanforth .......................................................... Middle Distances | Distances
Ron Ron ................................................................. Sprints | Hurdles

ATHLETIC MEDIA RELATIONS

Track and Field Contact ................................................. Valerie Perkin
Email ........................................................................ valerie.perkin@usafa.edu
Office Phone ............................................................. 719-333-8286
Office Fax ................................................................ 719-333-3798
Website ........................................................................ GoAirForceFalcons.com

MEET RESULTS

Results for all home meets will be posted at the conclusion on Air Force's official athletic website, GoAirForceFalcons.com. Any visiting teams SIDs that wish to receive results by email, please send a request to valerie.perkin@usafa.edu.

WORKING MEDIA CREDENTIALS

Press and photo credentials for accredited members of the media can be obtained by contacting Valerie Perkin, assistant athletic media relations director, at 719-333-8286. All requests should be made at least one day before the meet.

INTERVIEWS

Athletes and coaches are available for afternoon interviews during the week. All requests should be made at least one day in advance and coordinated through the athletic media relations office at 719-333-8286 or at valerie.perkin@usafa.edu.

NOT A BAD START TO THE SEASON

In the first 10k of her career, Hannah Everson deleted eight seconds from an Academy record that had stood for 24 years at the Stanford Invitational on April 3. With a new program standard of 34:31.48, Everson shattered the Academy’s Junior Class Record in the 10k, knocking nearly three minutes off of a mark that had stood for 25 years. It is the second time this season that Everson has taken down a 24-year-old record, as she bettered the 1991 mark in the 5000-meter run during the indoor season.

EVerson EArns AIR FORCE WEEKLY AWARD

Following her record-breaking performance, Hannah Everson was named the Air Force Athlete of the Week on April 6.

MAKING SOME CHANGES IN THE 5000-METER RUN

Three changes were made to the Academy record book in the 5000-meter run on April 3, as Patrick Corona and Lindy Long impacted the top-10 standings of their respective events and Andrew Johnston a new Class Record. Corona recorded the third-fastest time in men’s history at the Stanford Invitational (13:51.54), while Long clocked the Academy’s ninth-fastest women’s time at the San Francisco State Distance Carnival (17:19.39). Winning a heat-winning time of 14:22.70, Johnston shaved 11 seconds off of a Freshman Class record that had stood for 23 years.

UHLE NAME MW FIELD ATHLETE OF THE WEEK

Joey Uhle was named the Mountain West Field Athlete of the Week on March 31, after clearing 17’5” to win the pole vault at the Aztec Invitational. In addition to bettering the collegiate field by nearly a foot, Uhle accounted the best mark in the conference, the fourth-best clearance in the West Region and the #8 height in the NCAA.

DID YOU KNOW?

With his fifth career Mountain West Athlete of the Week award, Joey Uhle is now tied with former pole vaulter Caleb Simmons for the most weekly awards in program history.

MAKING SOME ADJUSTMENTS

Carina Gillespie and Stephanie Robb debuted on the program’s all-time standings in the 800-meter run, while Giuliana Vessa and Erica Carson impacted the 1500-meter run and 400-meter dash, respectively, at the Aztec Invitational. Gillespie clocked the program’s eighth-fastest 800-meter time (2:11.12) to finish as the top collegiate runner, while Robb recorded the program’s 10th-fastest time (2:13.38) to earn a top-10 placement in the overall field. Vessa clocked the program’s seventh-fastest 1500-meter time (4:29.30), while Carson’s 25.60 at 400 meters improved her #8 standing on the Academy’s all-time list.

YOU LOOK FAMILIAR

Seven sets of Falcons attended the same high school during their prep days, including Erica Carson/Morgan Malone (Ronald Reagan HS in San Antonio, Texas), Alexa Chacon/Conner Willburn (The Classical Academy in Colorado Springs, Colo.), Riley Coates/Sierra Schepper (Stevens HS in Rapid City, S.D.), Ryan Graf/Andrew Million (Jefferson HS in Charles Town, WV), Nicole Hahn/Giuliana Vessa (Raisin Valley HS in Arvada, Colo.), Andrew Johnston/Joey Uhle (Oleintangy Liberty HS in Powell, Ohio) and Stephanie Robb/Conor Severino (Watkins Memorial HS in Pataskala, Ohio).

Smith, Rohluwing Impact All-Time Standings in Outdoor Opener

Two sophomores debuted on the program’s all-time top-10 list at the Jerry Quiller Classic on March 21. Taylor Smith recorded the fourth-best time in Academy history (6’11”) for a share of first on that event, while Sydney Rohluwing clocked the program’s eighth-fastest time in the 400-meter hurdles (63.29) during a runner-up performance.

LOOK WHO’S BACK...

Air Force returns two outdoor NCAA All-Americans in Zach Perkins (1500-meter run) and Joey Uhle (pole vault), as well as three Mountain West champions in Perkins, Uhle and Taylor Smith (high jump). The outdoor roster also includes three Academy record holders – Perkins (1500-meter run), Grant Hamilton (shot put), Blue Kearney (long jump) – and two members of the women’s record-setting 4x100-meter relay squad (Naomi Alston, Morgan Malone).

FOLLOW THE FALCONS ON SOCIAL MEDIA

The track and field team can be found on Twitter by following @af_trackfield.

LOOK WHO’S BACK...

Air Force returns two outdoor NCAA All-Americans in Zach Perkins (1500-meter run) and Joey Uhle (pole vault), as well as three Mountain West champions in Perkins, Uhle and Taylor Smith (high jump). The outdoor roster also includes three Academy record holders – Perkins (1500-meter run), Grant Hamilton (shot put), Blue Kearney (long jump) – and two members of the women’s record-setting 4x100-meter relay squad (Naomi Alston, Morgan Malone).

WE’LL BE SEEING YOU

The Falcons will host one meet at the Cadet Outdoor Track and Field Complex this season – the AF Twilight Open on May 8.

QUICK LOOK BACK AT THE INDOOR SEASON

The Falcons combined for nine Academy records, two conference titles and a pair of All-America honors during the 2014-15 indoor season, while the men finished third and the women placed 10th at the Mountain West Championships. Highlighted by Hannah Everson’s 16-second improvement of the 5000-meter record that had stood for 24 years, Everson (3000-meter run, 5000-meter run) and Carina Gillespie (mile) took down three program records at the conference meet. Naomi Alston (300-meter dash), Tyler Koss (500-meter dash) and Matt Dorsey (mile) also accounted for Academy records on the track during the indoor season. Grant Hamilton (shot put) and Spencer Baldwin (weight throw) reset the men’s throwing records, while Hamilton claimed his first MW title in the shot put. Joey Uhle, who broke the program’s all-time mark in the pole vault, captured his third straight indoor title and paced the Falcons to a sweep of the top four finishes at the conference meet. Dylan Bell (second-team) and Uhle (honorable mention) concluded the indoor season with All-America recognition in the pole vault.
## INDOOR SEASON LEADERS | MEN

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## INDOOR SEASON LEADERS | WOMEN

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### HEAD COACH RALPH LINDEMAN

26TH SEASON AT AIR FORCE

Coaching Awards
- 5x Mountain West Men's Indoor Coach of the Year
- 4x Mountain West Men's Outdoor Coach of the Year
- 1995 WAC Men's Indoor Coach of the Year
- 1991 WAC Men's Cross Country Coach of the Year
- 1989 Big West Coach of the Year (at Long Beach State)
- 3x USTFCCCA Regional Men's Indoor Coach of the Year
- 2012 Mountain West Men's Indoor Team Champions
- 2012, 2013 Mountain West Men's Outdoor Team Champions

NCAA Division II National Champion | Callie Calhoun
- 1991 10,000-Meter Run; 1991 Indoor 3000-Meter Run; 1990 Outdoor 5000-Meter Run; 1990 Indoor 3000-Meter Run

NCAA Division I National Champion | Dana Pounds
- 2006 Javelin Throw; 2005 Javelin Throw

- 57 All-Americans
- 31 Western Athletic Conference Champions
- 96 Mountain West Conference Champions

Member of Team USA Men's Coaching Staff
- 2007 World Championships | Osaka, Japan
- 2004 Olympic Games | Athens, Greece
- 2001 World University Games | Beijing, China
- 1999 Pan American Games | Winnipeg, Canada
- 1993 U.S. Olympic Festival (North Team) | San Antonio, Texas
- 1992 World Junior Championships | Seoul, Korea
- 1987 U.S. Olympic Festival (West Team) | North Carolina

Other Distinctions
- 2009 Inductee to the Arizona Track Coaches' Hall of Fame
- President of the US Track Coaches Association (2001-03)
- First Chairman of the USTFCCCA Ethics Committee
- Elected as Chair of the USATF Coaches' Advisory Committee
- Served on NCAA Track and Field Rules Committee
- Served as Chair of the 2000 NCAA Outdoor Championships Meet Director of the 1995 U.S. Olympic Festival
WEEKLY AWARDS

MOUNTAIN WEST ATHLETE OF THE WEEK
Mar. 31 ............................................ Joey Uhle | Field Athlete of the Week

AIR FORCE ATHLETE OF THE WEEK
April 6 ............................................................ Hannah Everson

TEAM AWARDS

AZTEC INVITATIONAL
Men’s Track Athlete of the Week ....................... Jason Engel
Women’s Track Athlete of the Week ..................... Giuliana Vessa
Men’s Field Athlete of the Week .......................... Joey Uhle
Women’s Field Athlete of the Week ...................... none

AZTEC INVITATIONAL
Men’s Track Athlete of the Week ........................ Patrick Corona
Women’s Track Athlete of the Week ...................... Hannah Everson

NEW MEXICO QUAD | TEXAS INVITATIONAL
Men’s Track Athlete of the Week ......................... Zach Johnson
Women’s Track Athlete of the Week ...................... Sydney Rohlwing
Men’s Field Athlete of the Week ........................ Donny Crabill
Women’s Field Athlete of the Week ...................... Cydnee Reese

MEN’S RECORD BOOK ADDITIONS

ALL-TIME TOP 10 RECORDS
1  Patrick Corona ................................. 5000 Meters | 13:51.54
2  Taylor Smith ................................. High Jump | 6’11”

CLASS RECORDS
Fr. Andrew Johnston ................................. 5000 Meters | 14:22.70

WOMEN’S RECORD BOOK ADDITIONS

ALL-TIME TOP 10 RECORDS
1  Hannah Everson ................................. 10,000 Meters | 34:31.48
2  Sydney Rohlwing ............................... 400m Hurdles | 62.64
3  Cydnee Reese ................................. Discus Throw | 169’1”
4  Giuliana Vessa ................................. 1500 Meters | 4:29.30
5  Erica Carson ................................. 200 Meters | 25.60
6  Carina Gillespie ............................... 800 Meters | 2:11.12
7  Stephanie Robb ............................... 800 Meters | 2:11.96a
8  Lindy Long ................................. 5000 Meters | 17:19.39

CLASS RECORDS
So. Sydney Rohlwing ............................... 400m Hurdles | 62.64
Jr. Hannah Everson ............................... 10,000 Meters | 34:31.48

MEN’S NATIONAL RANKINGS

TFRRS.ORG TOP 50
11  Patrick Corona ................................. 5000 Meters | 13:51.54
11  Joey Uhle ................................. Pole Vault | 17’5”
29  Taylor Smith ................................. High Jump | 6’11”

WOMEN’S NATIONAL RANKINGS

TFRRS.ORG TOP 50
46  Hannah Everson ................................. 10,000 Meters | 34:31.48
46  Cydnee Reese ................................. Discus Throw | 169’1”

MEN’S WEST REGION RANKINGS

TFRRS.ORG TOP 48
6  Joey Uhle ................................. Pole Vault | 17’5”
8  Patrick Corona ................................. 5000 Meters | 13:51.54
20  Taylor Smith ................................. High Jump | 6’11”
33  Dylan Bell ................................. Pole Vault | 16’9¼”
34  Grant Hamilton ............................... Shot Put | 57’11¼”
42  Dan Caddigan ............................... 10,000 Meters | 30:22.64
47  Grant Hamilton ............................... Discus Throw | 171’0”

WOMEN’S WEST REGION RANKINGS

TFRRS.ORG TOP 48
26  Hannah Everson ................................. 10,000 Meters | 34:31.48
32  Cydnee Reese ................................. Discus Throw | 169’1”

Team awards are chosen by the coaching staff.
**MEN’S TOP-10 ALL-TIME MARKS**

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<td>14:03.63</td>
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<td>14:04.60</td>
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<tr>
<td>14:05.37</td>
<td>3:10.10</td>
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<tr>
<td>14:06.41</td>
<td>3:10.10</td>
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<tr>
<th>3000-METER STEEPLECHASE</th>
<th>HIGH JUMP</th>
<th>POLE VAULT</th>
<th>DISCUS THROW</th>
<th>HAMMER THROW</th>
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<td>8:32.44</td>
<td>7:21½</td>
<td>18'9¼</td>
<td>212'6</td>
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<tr>
<td>8:37.54</td>
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<td>18'11</td>
<td>212'6</td>
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<tr>
<td>8:41.05</td>
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<td>18'11</td>
<td>212'6</td>
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<td>9:00.29</td>
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<td>18'11</td>
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<tr>
<td>9:05.61</td>
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<th>4x100-METER RELAY</th>
<th>100-METER RUN</th>
<th>5000-METER RUN</th>
<th>14:06.41</th>
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<tr>
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**1500-METER RUN**

<table>
<thead>
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<th>3:45.51</th>
<th>3:44.96</th>
<th>3:44.9</th>
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<tbody>
<tr>
<td>Rob Langstaff</td>
<td>Patrick Corona</td>
<td>Eric Mack</td>
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**3000-METER STEEPLECHASE**

<table>
<thead>
<tr>
<th>7:21½</th>
<th>6'11½</th>
<th>5'10½</th>
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<tbody>
<tr>
<td>Clayton Cole</td>
<td>Mike Claborn</td>
<td>Mike Hough</td>
</tr>
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</table>
## THROWS
- Spencer Baldwin Jr.  
- Kyle Cotton So.  
- Donny Crabill Fr.  
- Jacki French Jr.  
- Garrett Griffin Jr.  
- Grant Hamilton Jr.  
- Brooks Hardy Fr.  
- Taylor Hulslander So.  
- Darby Maier So.  
- Reed McGuire So.  
- Ashley Morgan So.  
- Cydnee Reese So.  
- Jackson Spalding Fr.  
- Danielle Tabb Sr.  
- Ryan Viek Fr.  
- Zach Perkins Sr.  
- John Reynolds Fr.  

## MIDDLE DISTANCE & DISTANCE
- Sean Bapty Jr.  
- Katie Burnham Fr.  
- Dan Caddigan Jr.  
- Grant Caswell Jr.  
- Colin Chehanske Fr.  
- Riley Coates Sr.  
- Heather Connick Sr.  
- Patrick Corona Jr.  
- Matt Dorsey So.  
- Taylor Drolshagen Sr.  
- Kyle Eiler So.  
- Jason Engel So.  
- Rebecca Esselstein Sr.  
- Hannah Everson Jr.  
- Grant Garst So.  
- Carina Gillespie Fr.  
- Ryan Graf So.  
- Nicole Hahn Fr.  
- Andrew Johnston Fr.  
- Lindy Long So.  
- Sean Lyons Fr.  
- Kevin Mihalik Jr.  
- Andrew Milliron Jr.  
- Anna Oleinski Jr.  
- Zach Perkins Sr.  
- Zac Petrie Fr.  
- Stephanie Robb So.  
- Daniel Shellhouse Jr.  
- Jimmy Shipley Fr.  
- Samantha Skold So.  
- Joseph Taylor Fr.  
- Gianna Vessa Fr.  
- Conner Wilburn Fr.  

## VERTICAL & HORIZONTAL JUMPS
- Dylan Bell Jr.  
- Zae Castello Jr.  
- Hannah Darby Fr.  
- Kyle Gartrell Sr.  
- Tyler Ginger So.  
- Blue Kearney Sr.  
- Kobi Raps Jr.  
- Emily Richard So.  
- Angelea Ross Jr.  
- John Reynolds Fr.  
- Taylor Smith Sr.  
- Emily Smithwick Sr.  
- Shelley Spires Fr.  
- Joey Ulhe Sr.  
- Riley Vann Jr.  

## COACHING STAFF
- Head Coach: Ralph Lindeman
- Associate Head Coach: Scott Steffan
- Assistant Coach: Ryan Cole
- Assistant Coach: Keith Vance
- Assistant Coach: Beau Walker
- Volunteer: Bob Graf
- Volunteer: Mark Stanforth
- Volunteer: Ron White
- Director of Ops: 2Lt Cort Rogers

## PRONUNCIATION GUIDE
- Colin Chehanske: cheh-han-ski
- Alexa Chacon: chuh-ke-con
- Donny Crabill: cray-bill
- Taylor Drolshagen: drols-haa-gen
- Hannah Everson: eee-ver-sun
- Siotama Latu: see-oh-tom-may lah-too
- Kevin Mihalik: meh-hal-ik
- Anna Oleinski: oh-luh-shin-ski
- Joey Ulhe: you-lee

## SPRINTS & HURDLES
- Naomi Alston Jr.  
- Gabe Brown Fr.  
- Erica Carson Jr.  
- Alex Cerise Fr.  
- Edmond Duvall Jr.  
- Cam Elliott Fr.  
- Zach Johnson So.  
- Kyle Koss So.  
- Siotama Latu Sr.  
- Morgan Malone Sr.  
- Jordan McCool Jr.  
- Chandler Myers So.  
- Garrett Newman Jr.  
- Sean O’bryan Fr.  
- Casey Riggs Sr.  
- Sydney Rohlwing So.  
- Sierra Schepper Jr.  
- Connor Severino Jr.  
- Jake Spiller Jr.  
- Sam Tramble Jr.  
- Chip White Fr.  
- Joey Wilkin Jr.  

## MULTI-EVENTS
- Tyler Berson Fr.  
- Alexa Chacon So.  
- Alex Cerise Fr.  
- Eric Hoff Sr.  
- Evan McDowell Sr.  
- Naomi Alston Jr.  
- Jordan McCool Jr.  
- Chandler Myers So.  
- Garrett Newman Jr.  
- Sean O’Bryan Fr.  
- Casey Riggs Sr.  
- Sydney Rohlwing So.  
- Sierra Schepper Jr.  
- Connor Severino Jr.  
- Jake Spiller Jr.  
- Sam Tramble Jr.  
- Chip White Fr.  
- Joey Wilkin Jr.  

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