



AIR FORCE ACADEMY OUTDOOR TRACK & FIELD

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SCHEDULE & RESULTS

| | | |
|------------|--|---|
| Mar. 16-17 | Jerry Quiller Classic | No Team Scores |
| Mar. 29-31 | Clyde Littlefield Texas Relays | No Team Scores |
| Mar. 30 | San Francisco State Distance Carnival | No Team Scores |
| Mar. 30-31 | Stanford Invitational | No Team Scores |
| Mar. 30-31 | Texas State Invitational | No Team Scores |
| Apr. 6-7 | Sun Angel Classic | No Team Scores |
| Apr. 6-7 | Colorado Invitational | No Team Scores |
| Apr. 15 | NoCo Challenge | No Team Scores |
| Apr. 19 | Pacific Coast Intercollegiate | No Team Scores |
| Apr. 19-21 | Mt SAC Relays | No Team Scores |
| Apr. 19-20 | Bryan Clay Invitational | No Team Scores |
| Apr. 20-21 | Beach Invitational | Men: 5th Women: NTS Men: Long Beach State 51, Sam Houston State 42, Akron 24.5, South Dakota 23.5, AIR FORCE 23, Minnesota State 22.5, Iowa 22, UC Davis 22, +35 Additional Teams |
| Apr. 26-28 | Drake Relays, Presented by Hy-Vee | Men: 8th tie Women: 17th Men: Iowa 32, Iowa State 28, Illinois 18, #24 Ohio State 18, Tulsa 13, Purdue 13, South Dakota State 11, AIR FORCE 10, Kent State 10, +8 Additional Teams; Women: #11 Purdue 31, Ohio State 27, Illinois 18, Iowa State 16, Indiana State 15, Western Michigan 11, Kent State 10, Missouri 10, Marquette 7, Utah 6, Tulsa 6, North Dakota State 6, #13 Kansas State 6, Iowa 6, Northern Iowa 5, AIR FORCE 4, South Dakota 1 |
| Apr. 27 | 7220 Invitational | No Team Scores |
| May 4 | Air Force Twilight Open | No Team Scores |
| May 9-12 | Mountain West Outdoor Championships | Men: 1st Women: 10th Men: AIR FORCE 204, Colorado State 183.50, New Mexico 147, Utah State 131, Wyoming 81.50, Boise State 48, Fresno State 16; Women: San Diego State 120.50, UNLV 108, Colorado State 106.50, #25 Boise State 84, Utah State 78, #14 New Mexico 60, Fresno State 58.50, Nevada 57.50, San Jose State 55, AIR FORCE 46, Wyoming 44 |
| May 24-26 | NCAA Outdoor Championships First Round | No Team Scores |
| June 6-9 | NCAA Outdoor Championships | Eugene, Ore. |

The collegiate track and field season comes to a close this week, as Air Force sends a program-record four women to Eugene, Ore., for the 2018 NCAA Division I Outdoor Track and Field Championships.

MEET INFORMATION

The 2018 NCAA Outdoor Championships, which will run from June 6-9, will be held at Historic Hayward Field for the sixth-straight year. The women will compete on Thursday and Saturday, while the men's competition will take place on the other two days (a complete schedule of events for the Falcons can be found on page 2 of this release). Single-day admission begins at \$20 and can be purchased by visiting GoDucks.com. Live results and video will be available each day, while AF-specific highlights will be available on the team's official Twitter and Instagram accounts (@af_trackfield).

HOW TO WATCH

The NCAA Outdoor Championships will be broadcast live, in its entirety, on the ESPN Family of Networks. With event-specific links, ESPN3 will air continuous coverage during each day of competition (the list of all streams is located on the Falcons' schedule page), while live broadcasts of the women's meet, including all running events, are scheduled for Thursday (ESPN2, 4:00-7:30 p.m.) and Saturday (ESPN, 3:30-6:00 p.m.). All times are Pacific.

BY THE NUMBERS

Of the 137 women's team qualified at least one individual to Eugene for the 2018 NCAA Outdoor Championships, Air Force's record-breaking four event bids (one middle distance, one distance, two jumps) are tied for the 12th-most in the nation. The Falcons are also tied for third in the Mountain West and fourth among schools outside of a Power 5 conference.

WHO TO WATCH

The Falcons will send a program-high four women to Historic Hayward Field for the national championship meet, including Carina Gillespie (1500-meter run), Jaci Smith (10,000-meter run), Shelley Spires (high jump) and Kathryn Tomczak (pole vault). Smith, Spires and Tomczak will all compete in the national finals of their respective events in Eugene, while Gillespie will open her competition in the national semifinals of the 1500-meter run.

HOW THEY GOT THERE

The quartet qualified to the NCAA Outdoor Championships following top-12 finishes in their respective events at the West Preliminary in Sacramento, Calif., on May 24-26. Smith clocked an Academy-record time of 32:28.15 to finish fifth in the 10,000-meter run, while Carina Gillespie reset her own program standard in the 1500-meter event (4:14.96) to finish fifth in her heat and earn an automatic bid into the finals. Although the Prelim rules state that the two vertical jumping events end once the original 48-competitor field has been whittled down to 12, Shelley Spires was tied for fourth (5'10 $\frac{1}{2}$ "") and Kathryn Tomczak was in 12th (13'8 $\frac{1}{2}$ "") at that point.

GIRL POWER

The Falcons' four female qualifiers to the final site of the NCAA Outdoor Championships is a new Air Force record at the NCAA Division I level – a total that doubled the previous high of two that has occurred in 2005, 2006, 2010 and 2017.

FAST FACTS

Shelley Spires (high jump) and Kathryn Tomczak (pole vault) are making their second-straight appearance in the finals of the NCAA Outdoor Championships, while Carina Gillespie and Jaci Smith are making their debuts at Historic Hayward Field. Gillespie is the first member of the women's team to ever advance to the final NCAA site in the 1500-meter run at the Division I level, while Spires and Tomczak remain the only members of the women's team to compete in their events at the Outdoor Championship meet. Smith is the second Academy runner to advance to the finals in the women's 10,000-meter run – while marking the third time in four years that Air Force has had a runner in the national finals of that event.

DID YOU KNOW?

The Falcons have been represented in the one of the two pole vault competitions during 10 of the last 12 years.

HISTORY 101

A total of 23 Falcons have combined for 33 All-America awards at the NCAA Division I Outdoor Track and Field Championships, while the women have accounted for 24 additional All-America accolades (11 individuals, three relays) at the NCAA Division II level (1981-96). Jim Murphy (5000-meter run: 1964) and Dana Pounds (javelin throw: 2005, 2006) are the Falcons' two Division I national champions, while Pounds, Nick Frawley and Sara Neubauer lead the program's DI record book with three Outdoor All-America awards apiece. The men's highest outdoor finish came in 1964, when they tallied nine points to tie for 25th, while the women tied for 21st with a program-best 12 points.

MEET INFORMATION

NCAA OUTDOOR CHAMPIONSHIPS

Date Wednesday-Saturday | June 6-9
Location Eugene, Oregon
Venue Historic Hayward Field
Admission Single Day \$20

Thursday's Start 4:00 p.m. PT
Saturday's Start 3:30 p.m. PT
Air Force Schedule Page 2

Championship Central ncaa.com
Live Results Flash Results
Webcast ESPN3
Air Force Updates Twitter | @af_trackfield

SCHEDULE OF AIR FORCE EVENTS AT THE 2018 NCAA OUTDOOR CHAMPIONSHIPS

| EVENT ATHLETE | SEMIFINAL ROUND | CHAMPIONSHIP ROUND |
|---|------------------------------|------------------------------|
| Women's 1500-Meter Run Carina Gillespie | Thursday, June 7 4:16 p.m. | Saturday, June 9 3:41 p.m. |
| Women's Pole Vault Kathryn Tomczak | -- | Thursday, June 7 4:30 p.m. |
| Women's 10,000-Meter Run Jaci Smith | -- | Thursday, June 7 6:38 p.m. |
| Women's High Jump Shelley Spires | -- | Saturday, June 9 3:00 p.m. |

**CARINA GILLESPIE**

SENIOR | SAN DIEGO, CALIF. | 1500-METER RUN
PERSONAL-BEST TIME: 4:14.96

2018 HIGHLIGHTS: Earned the team's Most Outstanding Competitor Award...reset the Academy Record in the 1500-meter run three times this season...deleted seven seconds off of season-opening 'best' time...clocked current record of 4:14.96 at the NCAA West Prelim finals, finishing fifth in heat to earn automatic bid to Eugene...first set program record the Sun Angel Classic (4:19.46), before improving it to 4:16.51 at the Bryan Clay Invitational...was the top collegiate finisher at Sun Angel (second overall)...recorded the program's second-fastest 3000-meter run (9:26.25, adjusted for altitude) at the MW Indoor Championships...also competed in the mile during the indoor season, posting a team-leading mark of 4:52.02a to win the Air Force Collegiate Open...team captain...**CAREER HIGHLIGHTS:** Two-time NCAA participant (2016 cross country, 2018 outdoors)...three-time all-conference selection (one in cross country, two in track)...holds two Academy Records (4:43.02 in the mile, 4:14.96 in the 1500-meter run)...also holds the second-fastest 3000-meter time (9:26.25a) and the third-fastest 5000-meter time (16:22.08, outdoors)...holds all four Air Force Class Records in the 1500-meter run (only Air Force runner to hold all four Class Records in the same event) ...three-time all-region selection in cross country...led cross country to program-best finishes at the conference (second) and regional (third) meets in 2016, as well as the program's first team appearance at the NCAA Division I Championship...

**KATHRYN TOMCZAK**

JUNIOR | WILLIAMSBURG, VA. | POLE VAULT
PERSONAL-BEST CLEARANCE: 14-1.25

2018 HIGHLIGHTS: Mountain West Outdoor champion in the pole vault...became Air Force's first-ever MW champion in the outdoor pole vault - and just the second conference champ in either season...two-time all-conference selection...finished second at the indoor conference championship...became first Academy vaulter to break the 14-foot bar during the indoor season (Academy Record 14-0.50 at the Air Force Invitational)...posted a season-best outdoor clearance of 13-9.25 twice (first at the Pacific Coast Intercollegiate, then again at the Mt. SAC Relays)...collected 10 first-place finishes (five indoors, five outdoors)...top collegiate finisher in one other meet...two-time MW Field Athlete of the Week...earned the team's Falcon Award for Spirit and Enthusiasm...**CAREER HIGHLIGHTS:** Three-time NCAA participant (2017 indoors, 2017 outdoors, 2018 outdoors)...three-time all-conference selection (2017 outdoors, 2018 indoors, 2018 outdoors)...Academy Record Holder (14-0.50 indoors, 14-1.25 outdoors)...selected as Mountain West Field Athlete of the Week six times...

**JACI SMITH**

JUNIOR | EDMOND, OKLA. | 10,000-METER RUN
PERSONAL-BEST TIME: 32:28.15

2018 HIGHLIGHTS: Mountain West Indoor champion at 5000 meters...two-time all-conference selection...set two Academy Records during the outdoor season...became the first Academy female to break the 16-minute mark in the outdoor 5000-meter run, with a 15:59.40 performance at the conference meet (third)...that is the third-fastest time in MW Championship Meet history...shattered the program's 10,000-meter record at the NCAA West Prelim, posting a time of 32:28.15 to better the previous standard by 19 seconds...that time is also ranked fourth on the Mountain West's all-time standings...clocked the program's second-fastest indoor 5000-meter time (15:59.91, adjusted for altitude) to win the conference title...earned the team's Callie Calhoun Award for Drive and Determination...**CAREER HIGHLIGHTS:** Three-time NCAA participant (2016 cross country, 2017 cross country, 2018 outdoors)...five-time all-conference selection (two in cross country, three in track)...two-time all-region selection in cross country...earned the cross country team's MVP award in 2017...

**SHELLEY SPIRES**

SENIOR | MOBILE, ALA. | HIGH JUMP
PERSONAL-BEST CLEARANCE: 6-1.50

2018 HIGHLIGHTS: Named the Academy's Most Valuable Female Athlete...earned the team's MVP award for the second-straight year...Mountain West Indoor champion in the high jump...finished second at the outdoor meet...two-time all-conference selection...earned first-team All-America honors at the NCAA Indoor Championships after finishing seventh (6-0.50)...recorded six first-place finishes in the high jump (four indoors, two outdoors)...was the top collegiate finisher in two additional meets...recorded a season-best outdoor clearance of 6-0 to place third at the Clyde Littlefield Texas Relays...posted a season-best indoor height of 6-0.75 to take the top collegiate finish (second overall) in the Elite Division of the Air Force Invitational...team captain...**CAREER HIGHLIGHTS:** Three-time All-American (2017 first-team indoors, 2017 second-team outdoors, 2018 first-team indoors)...three-time Mountain West champion (2016 outdoors, 2017 indoors, 2018 indoors)...five-time all-conference selection...two-time USTFCCA Mountain Region Female Athlete of the Year (2017 indoors, 2017 outdoors)...Academy Record Holder (6-1.50 indoors, 6-1.50 outdoors)...only female jumper in Academy history to clear six feet in competition...has cleared that bar 14 times in the last two years...holds all four Class Records in the high jump...tied program record with eight Mountain West Field Athlete of the Week awards...recorded the second-best high jump clearances in MW Championship Meet history during the indoor and outdoor seasons...

U.S. AIR FORCE ACADEMY

Location USAF Academy, Colo.
 Founded 1954
 Enrollment 4,000
 Nickname Falcons
 Colors Blue and Silver
 Affiliation NCAA Division I
 Conference Mountain West
 Indoor Facility Cadet Field House Indoor Track
 Elevation 7,048 Feet
 Outdoor Facility Cadet Outdoor Track & Field Complex
 Elevation 6,980 Feet
 Superintendent Lt Gen Jay Silveria
 Interim Athletic Director Col Jen Block

TRACK & FIELD COACHING STAFF

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Interviews: Athletes and coaches are available for interviews during the week. Requests should be made at least one day in advance and coordinated through Valerie Perkin in Athletic Media Relations. Cadet-athletes have been instructed not to accept calls from media without prior notification.

Meet Results | Media Credentials: Results will be posted online at the conclusion of each home meet. Any SID wishing to receive results by email, please send a request to Valerie Perkin. Credentials can also be obtained by contacting Perkin.

BURNHAM EARNS ACADEMIC ALL-DISTRICT HONORS

Earning first-team status, Katie Burnham was named to the Google Cloud Academic All-District VII Women's Track/Field and Cross Country Team, as selected by the College Sports Information Directors of America, on May 29. Burnham, who holds a 3.95 GPA in mathematics, is the 19th different Falcon to earn academic all-district honors from CoSIDA (25 total occurrences).

RECORDS WERE MEANT TO BE BROKEN

Jaci Smith and Carina Gillespie both broke Academy records at the NCAA West Preliminary in Sacramento on May 24-26. With a career-best 10,000-meter time of 32:28.15, Smith shattered Hannah Everson's 2016 record by 19 seconds – and posted the fourth-fastest 10K time in Mountain West history – while Gillespie used a 4:14.96 performance at 1500 meters to reset the program standard in that event for the third time this season. With a two-second improvement during the May 26 race, Gillespie has now deleted more than seven seconds off of her own personal time in that distance over the course of the season.

ONE LAST TIME...

Andrew Milliron closed out his collegiate career with the fifth-fastest 3000-meter steeplechase in Academy history. Recording a time of 8:47.97 to finish 17th out of 48 runners at the NCAA West Prelim finals on May 25, Milliron deleted nearly six seconds from his previous 'best' time and improved his No. 5 standing on the program's all-time listing in that event.

CONGRATULATIONS, GRADUATES!

Twenty-four members of the track and field team – Robbie Anderson, Tyler Berson, Calvin Berstler, Katie Burnham, Donny Crabill, Carina Gillespie, Nicole Hahn, Brooks Hardy, Trent Holmes, Andrew Johnston, Tyler Koss, Jake LaCoste, Andrew Milliron, Zac Petrie, Luke Piper, Cortney Porter, John Reynolds, Jimmy Shipley, Jackson Spalding, Shelley Spires, Jamiel Trimble, Giulianna Vessa, Chip White, Conner Wilburn – were commissioned as second lieutenants in the U.S. Air Force at graduation on May 23.

SENIOR SEND-OFF

The men's track and field seniors have helped Air Force account for six conference titles during their four years at the Academy, including three outdoor titles (2016, 2017, 2018), two indoor titles (2016, 2018) and one cross country title (2015).

DID YOU KNOW?

With 14 entries into the NCAA Outdoor Championships, the men were ranked among the national leaders, in terms of total entries. With bids for three sprint/hurdles, four distances, one relay, three jumps and three throws, Air Force tied for 16th in a field that includes 245 programs, while the 14 entries were ranked seventh among teams not in a Power 5 conference.

AIR FORCE'S NCAA LINEUP

The men qualified multiple athletes to the NCAA West Preliminary in the javelin throw (Parker Spearman, Donny Crabill, Luke Piper) and 10,000-meter run (Andrew Johnston, Micky Davey), while the women qualified a pair of runners in the 5000-meter event (Jaci Smith, Carina Gillespie). The Falcons were represented in both the men's and women's 5000-meter run (Jacob Bilvado, Smith, Gillespie), 10,000-meter run (Johnston, Davey, Smith), high jump (Sam Hinegardner, Shelley Spires) and pole vault (Connor Stevens, Kathryn Tomczak), while also competing in the women's 1500-meter run (Gillespie) and the men's 400-meter dash (Tyler Koss), 110-meter hurdles (Micah Fontaine), 400-meter hurdles (Chip White), 3000-meter steeplechase (Andrew Milliron), triple jump (John Reynolds) and 4x400-meter relay (Sedacy Walden, Zachary Dicken, White, Koss).

JAMIEL TRIMBLE, SHELLEY SPIRES NAMED AIR FORCE'S TOP ATHLETES

Jamiel Trimble and Shelley Spires received the Air Force Athletic Department's top two awards on May 21, as Trimble was named the Academy's Most Valuable Male Athlete and Spires was named the Academy's Most Valuable Female Athlete. The track and field program has now had 18 athletes earn the athletic department's Most Valuable Athlete award.

FAST FACTS

Although his senior season was cut short by injury, Jamiel Trimble collected 10 individual conference titles - the second-highest total in Mountain West history - during his impressive Air Force career (four in the 200-meter dash, three in the 110-meter hurdles, two in the 60-meter hurdles, one in the 60-meter dash) By anchoring three 4x100-meter relays to conference titles, Trimble has 13 total gold medals from the Mountain West - which is the most by any athlete in conference history.

FALCONS HAND OUT TEAM AWARDS

Tyler Koss and Shelley Spires were selected by the coaching staff as the Most Valuable Athletes for the 2017-18 track and field season, while John Reynolds and Carina Gillespie claimed the Most Outstanding Competitor awards for their respective teams. A total of 18 awards were handed out during the team's Underclassmen Awards Banquet and Senior Night Social, including the prestigious David Lyon Leadership Award (Robbie Anderson) and the Gen Tad Oelstrom Award for Excellence (Chip White).

MEN CLAIM MOUNTAIN WEST OUTDOOR TITLE

Bettering the field by 20.50 points, the men successfully defended their team title at the Mountain West Outdoor Championships on May 12. The Falcons, who scored in 19 of the 21 events and surpassed the 200-point mark for the third straight year, collected individual titles in the 400-meter dash, 400-meter hurdles, 4x400-meter relay, triple jump and decathlon.

CHAMPIONSHIP SATURDAY, INDEED!

The men accumulated 141 of their 204 points on Championship Saturday to win the team title by 20.50 points.

BUILDING A LEGACY

The men's track and field has accounted for eight Mountain West titles since 2012. The total, which includes three indoor titles (2012, 2016, 2018) and five outdoor titles (2012, 2013, 2016, 2017, 2018), is five more than all other Academy program's combined. And, as the school's overall total includes two conference championships in men's cross country (2003, 2015), the Falcons' track, field and cross country program has accounted for 10 of the Academy's 11 Mountain West team championships.

**MEN'S TEAM CHAMPIONS**

Air Force (204 points)

MEN'S COACH OF THE YEAR

Ralph Lindeman

MEN'S CONFERENCE CHAMPIONS

Calvin Berstler | Decathlon
 Tyler Koss | 400-Meter Dash
 John Reynolds | Triple Jump
 Chip White | 400-Meter Hurdles

Walden, Dicken, White, Koss | 4x400-Meter Relay

MEN'S ALL-CONFERENCE SELECTIONS

Robbie Anderson | 200-Meter Dash Second-Place
 Tyler Berson | Decathlon..... Third-Place
 Calvin Berstler | Decathlon First-Place
 Jacob Bilvado | 5000-Meter Run Third-Place
 Logan Feasline | Discus Throw Third-Place
 Micah Fontaine | 110-Meter Hurdles..... Second-Place
 Sam Hinegardner | Pole Vault Third-Place
 Tyler Koss | 400-Meter Dash First-Place
 Mitch Lipe | Pole Vault Second-Place
 John Reynolds | High Jump Third-Place
 John Reynolds | Triple Jump..... First-Place
 Parker Spearman | Javelin Throw..... Second-Place
 Sedacy Walden | 400-Meter Dash Second-Place
 Chip White | 400-Meter Hurdles..... First-Place

MEN'S ALL-CONFERENCE RELAYS

4x100-Meter Relay (1) Second-Place
 4x400-Meter Relay (2) First-Place

WOMEN'S CONFERENCE CHAMPIONS

Kathryn Tomczak | Pole Vault

WOMEN'S ALL-CONFERENCE SELECTIONS

Jaci Smith | 5000-Meter Run..... Third-Place
 Shelley Spires | High Jump Second-Place
 Kathryn Tomczak | Pole Vault..... First-Place

LINDEMAN NAMED COACH OF THE YEAR

After guiding Air Force to its fifth outdoor team title in seven years, Ralph Lindeman was named the Mountain West Men's Outdoor Head Coach of the Year – marking the seventh time that he has been honored with that award by his conference coaching peers (2002, 2003, 2012, 2013, 2016, 2017, 2018). It is the 14th overall Mountain West award for Lindeman, as the Falcons' mentor has also been voted as the league's top indoor coach seven times (2001, 2004, 2008, 2011, 2012, 2016).

FALCONS NAB 19 ALL-MW AWARDS

Air Force earned 19 all-conference honors at the Mountain West Championships. By placing within the top-three of their respective events, 13 men, three women and two relays combined for 19 medals at the conference meet. John Reynolds paced the squad with a pair of top-three finishes and the 19 total honors are the team's second-highest outdoor output since 2013.

MAKING HISTORY

Kathryn Tomczak captured the women's first MW title in the outdoor pole vault – and just the second in either season – as she cleared 13'5½" on her first attempt to win the 16-jumper event. In addition, Jerni Self added a fourth-place clearance of 12'10" to mark the first time since 2011 that women have collected multiple scoring finishes in that event during the outdoor season.

AIR FORCE = AIR POWER

The Falcons' pole vault squad has combined for seven straight Mountain West championships in the outdoor pole vault, behind titles from Cale Simmons (2012-2013), Joey Uhle (2014-2015), Dylan Bell (2016), Kyle Pater (2017) and Kathryn Tomczak (2018). In addition, with Mitch Lipe and Sam Hinegardner finishing second and third, respectively, in the men's pole vault this year, Air Force has now earned multiple spots in the men's top three at 14 straight championship meets (indoor and outdoor).

FALCONS CAPTURE THIRD-STRAIGHT 400-METER TITLE

Tyler Koss capped his conference career with his second 400-meter outdoor title in three years – and earned the program's first indoor/outdoor sweep of that event since 2000. With Koss clocking a winning time of 46.70 and leading Air Force to a one-two finish (Sedacy Walden, second in 47.22), the Falcons have now won the last three outdoor titles in the 400-meter dash – and claimed the top-two finishes in that event for the second-straight year (Walden-Koss in 2017). In addition, the pair bookended the Falcons' 4x400-meter relay (Zachary Dicken, Chip White) that claimed the conference title with a time of 3:10.00.

LONG TIME COMING...

John Reynolds captured the program's first outdoor triple jump championship in 17 years on May 12, as he recorded a wind-assisted jump of 51'1" to win the event by more than two feet and collect the program's first indoor/outdoor sweep of triple jump titles. Calvin Berstler recorded a personal-best total of 7203 points to claim the Academy's first decathlon championship in nine years, while Chip White earned Air Force's first Mountain West title in the 400-meter hurdles since 2011 (52.10) and ran on the 4x400-meter relay that accounted for the Falcons' first outdoor title in that event since 2012 (3:10.00).

SMITH SHATTERS OWN ACADEMY RECORD

Jaci Smith crushed her own Academy record in the 5000-meter run on May 12, as she posted a time of 15:59.40 – the Falcons' first-ever sub-16 race in an outdoor 5000-meter race – to finish third at the conference meet. That time, which improved the Junior Class Record she initially set during the indoor season, is also the third-fastest time in MW Championship Meet history.

THREE-FOR-THREE

Nicole Hahn competed in the only three 10,000-meter events of her collegiate career this season – and impacted the program's all-time standings each time. The senior, who debuted in the Academy's record book in her first race (37:41.34 at the San Francisco State Distance Carnival in late March) and deleted nearly 1.5 minutes off of her time over the course of the season, capped her career with the ninth-fastest time in Academy history (36:25.95) at the Mountain West Outdoor Championships.

THROWING IT DOWN

Recording the sixth-best javelin distance in program history, Parker Spearman paced the Falcons to four of the top-six marks finishes in that event at the MW Championships. Posting a career-best clearance of 217'8" on his final attempt, Spearman broke the Sophomore Class Record by eight inches, en route to a runner-up finish in his first conference meet. Luke Piper finished fourth with a throw of 199'5", while Logan Feasline and Donny Crabill placed fifth (197'2") and sixth (195'10"), respectively.

MOVERS AND SHAKERS

Highlighted by Jaci Smith's record time of 15:59.40 in the 5000-meter run, six Falcons impacted the program's all-time standings at the conference meet. Mahala Norris impacted the top-10 of two events, as she clocked the eighth-fastest 1500-meter time (4:26.89) and the 10th-fastest 5000-meter time (16:41.61), while Nicole Hahn improved her No. 9 placement (36:35.95) and Teri Brady debuted in 10th (36:50.89) on the 10,000-meter list. On the men's side, Calvin Berstler posted the Academy's fourth-best decathlon total (7203) and Parker Spearman debuted in sixth on the all-time standings of the javelin throw (217'8").

REGIONAL ROUND-UP

The men finished the regular season ranked third in the Mountain Region, while the women were listed 11th.

FALCONS SWEEP FINAL MOUNTAIN WEST FIELD AWARDS

Air Force capped the regular season with a sweep of the Mountain West Field Athlete of the Week awards on May 8, as Donny Crabill captured the men's award and Jerni Self earned the women's award. It is the first conference honor for both Falcons.

REACHING A MILESTONE

Jerni Self became the fourth pole vaulter in program history to break the 13-foot bar in outdoor competition, as she cleared a career-best 13'0¾" at the Air Force Twilight Open on May 4. Improving her own personal distance by nearly six inches, Self moved into fourth on the program's all-time standings and helped Air Force to a one-two finish in the event standings.

(1) Micah Fontaine, Miguel Molas, Sedacy Walden, Robbie Anderson
 (2) Sedacy Walden, Zachary Dicken, Chip White, Tyler Koss

**MEN'S RANKINGS**

National Rankings
Pre-NCAA | May 29

| Rk | Institution | Pts |
|----|----------------|--------|
| 1 | Florida | 319.82 |
| 2 | Texas Tech | 229.19 |
| 3 | Georgia | 228.79 |
| 4 | Alabama | 228.48 |
| 5 | Texas A&M | 215.00 |
| 6 | Oregon | 186.35 |
| 7 | BYU | 166.47 |
| 8 | LSU | 160.47 |
| 9 | Houston | 158.14 |
| 10 | Florida St | 157.17 |
| 11 | USC | 143.19 |
| 12 | Texas | 141.83 |
| 13 | Arkansas | 135.77 |
| 14 | Kentucky | 131.13 |
| 15 | Kansas | 128.67 |
| 16 | Mississippi St | 122.04 |
| 17 | Stanford | 113.06 |
| 18 | No Arizona | 111.26 |
| 19 | Illinois | 106.20 |
| 20 | Nebraska | 97.05 |
| 21 | Auburn | 95.55 |
| 22 | Tennessee | 95.23 |
| 23 | Penn State | 94.43 |
| 24 | Indiana | 86.23 |
| 25 | Southern Miss | 85.07 |

Regional Rankings
Final | May 14

| Rk | Institution | Pts |
|----|------------------|---------------|
| 1 | BYU | 980.46 |
| 2 | Texas Tech | 959.77 |
| 3 | Air Force | 664.03 |
| 4 | Colorado St | 454.61 |
| 5 | Utah State | 441.48 |
| 6 | No Arizona | 395.58 |
| 7 | Colorado | 386.39 |
| 8 | Montana St | 357.79 |
| 9 | New Mexico | 356.42 |
| 10 | UTEP | 353.77 |
| 11 | So Utah | 282.13 |
| 12 | Wyoming | 261.53 |
| 13 | Utah Valley | 233.50 |
| 14 | No Colorado | 165.64 |
| 15 | Weber St | 151.27 |

WOMEN'S RANKINGS

National Rankings
Pre-NCAA | May 29

| Rk | Institution | Pts |
|----|---------------|--------|
| 1 | Georgia | 283.64 |
| 2 | USC | 279.97 |
| 3 | Oregon | 272.36 |
| 4 | Kentucky | 248.95 |
| 5 | Florida | 242.87 |
| 6 | Texas A&M | 238.02 |
| 7 | LSU | 235.93 |
| 8 | Stanford | 217.76 |
| 9 | Arkansas | 191.04 |
| 10 | Minnesota | 186.16 |
| 11 | Kansas St | 163.53 |
| 12 | Tennessee | 157.61 |
| 13 | Purdue | 151.54 |
| 14 | Texas | 146.76 |
| 15 | Kansas | 123.16 |
| 16 | Virginia Tech | 118.81 |
| 17 | Arizona St | 114.35 |
| 18 | New Mexico | 112.61 |
| 19 | Boise State | 111.11 |
| 20 | Alabama | 104.74 |
| 21 | Colorado | 98.82 |
| 22 | Wisconsin | 88.14 |
| 23 | Oklahoma | 86.46 |
| 24 | Missouri | 85.51 |
| 25 | Ole Miss | 83.68 |

Regional Rankings
Final | May 14

| Rk | Institution | Pts |
|----|------------------|---------------|
| 1 | Texas Tech | 1,017.27 |
| 2 | BYU | 754.56 |
| 3 | Colorado | 705.81 |
| 4 | Colorado St | 640.12 |
| 5 | New Mexico | 395.45 |
| 6 | No Arizona | 387.69 |
| 7 | Utah State | 362.35 |
| 8 | Nevada | 325.34 |
| 9 | NM State | 292.67 |
| 10 | Air Force | 219.09 |
| 11 | Wyoming | 213.26 |
| 12 | Montana St | 200.82 |
| 13 | UTEP | 192.46 |
| 14 | Utah | 182.55 |
| 15 | Weber St | 182.12 |

GOING LONG

With a winning, career-best distance of 143'8", Liz Jarvis debuted in 10th on the program's all-time standings in the javelin throw at the Air Force Twilight Open. Cortney Porter, competing in just her fourth collegiate javelin event, registered the program's 11th-best distance (143'1") and Sierra Rodriguez posted a career-best distance of 140'10" as Air Force went 1-2-3.

FALCONSFINISH SEASON RANKED 19TH IN MEN'S DUAL MEET STANDINGS

Air Force moved up two spots to No. 19 in the May 1 edition of the Men's Collegiate Dual Meet Rankings to finish the outdoor campaign with its highest dual-meet placement of the season – and the highest ranking in the Mountain West.

MEN PLACE EIGHTH IN HY-VEE CUP STANDINGS

With a fourth-place finish in the 4x800-meter relay (Preston Roche, Zac Petrie, Gordon Kowalkowski, Conner Wilburn), a fifth-place finish in the distance medley relay (Andrew Tankersley, Zachary Dicken, Petrie, Jacob Bilvado) and an eighth-place finish in the 4x400-meter relay (Sedacy Walden, David Collins, Dicken, Chip White), the men finished eighth in the Hy-Vee Cup standings at the Drake Relays – marking the fourth time in six years that Air Force has placed within the top 10.

AIR FORCE WINS FIRST 4x1600-METER RELAY AT DRAKE

The Falcons' quartet of Josh Wojciechowski, Patrick Sullivan, Scott Johnson and Jacob Bilvado captured the program's first-ever Drake Relays title in the 4x1600-meter event on April 27. Backed by a strong anchor leg from Bilvado, the group combined for a time of 16:49.97 – the second-fastest mark in program history – to win the relay by more than two seconds.

FAST FACT

With the addition of the 4x1600-meter title in 2018, Falcons have now won 15 event titles at the Drake Relays.

DRAKE RELAY RUNDOWN

The 4x1600-meter relay of Mahala Norris, Jaci Smith, Giulianna Vessa and Carina Gillespie combined for the second-fastest time in program history (19:35.18), while Norris and Gillespie also book-ended a distance medley relay that accounted for Air Force's third-fastest time (11:24.47, with Aubrey Ridgeway and Swathi Samuel). In addition, the 4x800-meter squad of Preston Roche, Zac Petrie, Gordon Kowalkowski and Conner Wilburn posted the third-fastest time in that event with a mark of 7:34.88.

DID YOU KNOW?

Carina Gillespie and Giulianna Vessa have now raced on the three-fastest 4x1600-meter relays in Academy history.

TWO FOR TWO

Maria Mettler and Nicole Hahn continue to climb up the Academy record book in their respective races. Mettler, in the second 5000-meter race of her collegiate career, jumped from ninth to sixth on the all-time standings, as she deleted nearly 20 seconds from her debut and became the program's first female freshman to break 17 minutes in that event (16:41.98). In the second 10,000-meter race of her career, Hahn posted a time of 36:55.18 to move up one spot on the Academy's all-time list (ninth).

MEN RETURN TO DUAL MEET RANKINGS

After a one-week hiatus, the men returned to the Collegiate Outdoor Dual Meet Rankings on April 23 – and picked up their highest placement of the season with a No. 21 ranking. Air Force is currently the highest-ranked squad in the conference.

WOMEN EARN HIGHEST NATIONAL RANKING EVER

After jumping 11 spots in the April 23 edition of the USTFCCA National Team Rankings, the women accounted for their first top-50 placement in the DI standings. The Falcons' No. 49 ranking is eight places higher than their previous regular season high (57th during Week 4 in 2017) and three spots higher than their previous all-time high (52nd during the 2018 Preseason).

GEE, THAT DIDN'T TAKE LONG

The women's 1500-meter record, which had remained unchanged for five years, has been rewritten by Carina Gillespie twice in a three-week span. Just two weeks after improving the program's 2013 record by 0.40 seconds on April 7, Gillespie shattered her own record on April 20, as she ran a career-best time of 4:16.51 at the Bryan Clay Invitational. Improving her own mark by nearly three seconds, Gillespie finished seventh amongst collegiate runners and 12th in an overall field of 293 competitors.

BACK-TO-BACK-TO-BACK

Three members of the men's steeplechase squad made three additions to the Academy record book on three consecutive days in California. Trevor Siniscalchi kicked off the trio's timing spree, as he recorded the ninth-fastest time (8:59.91) at the Mt SAC Relays on April 19. Andrew Milliron collected the fifth-fastest time (8:53.69) during the Elite section at Mt SAC the next day (April 20), while Hunter Boyer clocked a Freshman Class Record time of 9:10.20 to win the Beach Invitational on April 21.

FAST FACT

Hunter Boyer's 9:10.20 knocked more than eight seconds off of a Freshman Class steeplechase mark that had stood since 1996.

BUT WAIT, THERE'S MORE

Lindsey Blanks impacted the women's steeplechase standings at the Mt. SAC Relays on April 19, as she posted the second-fastest time in Academy history – a Sophomore Class Record time of 10:29.04 – to win her section and finish fourth out of 25 runners.

MORE NEWS FROM CALIFORNIA

Jacob Bilvado moved up to fourth on the men's all-time 5000-meter standings (13:51.74), while Hannah Nance and Teri Brady debuted on the women's top-10 lists in the high jump (fifth, 5'7") and 5000-meter run (seventh, 16:52.87), respectively.

TRACK & FIELD PERFORMANCE LIST

Visit the "Stats" link at GoAirForce Falcons.com or scan this code with your smart phone and a QR Reader app for direct access to Air Force's Outdoor Performance List and Results.

**HEAD COACH RALPH LINDEMAN**

29TH SEASON AT AIR FORCE

Coaching Awards

7x Mountain West Men's Indoor Coach of the Year
 7x 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)
 2x USTFCCA Regional Men's Indoor Coach of the Year
 4x USTFCCA Regional Men's Outdoor Coach of the Year

2012-2016-2018 MW Men's Indoor Champions

2012-2013-2016-2017-2018 MW Men's Outdoor Champions

NCAA Division II National Champion | Callie Calhoun

1991 10,000-Meter Run; 1991 Indoor 3000-Meter Run; 1990 Outdoor 5000-Meter Run; 1990 Outdoor 3000-Meter Run; 1990 Indoor 3000-Meter Run

NCAA Division I National Champion | Dana Pounds

2006 Javelin Throw; 2005 Javelin Throw

72 All-Americans

42 Western Athletic Conference Champions

147 Mountain West Conference Champions

Member of Team USA Men's Coaching Staff

2018 World Indoor Championships | Birmingham, England
 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 USTFCCA 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

MEN'S OUTDOOR SEASON LEADERS

| EVENT | MARK | ATHLETE | MEET | DATE |
|---------------------------|----------|------------------|--------------------------------|----------|
| 100-Meter Dash | 10.45 | Jamiel Trimble | Jerry Quiller Classic | Mar 17 |
| 100-Meter Dash Wind+ | 10.60 | Robbie Anderson | Mountain West Championships | May 11 |
| 200-Meter Dash | 20.73 | Jamiel Trimble | Clyde Littlefield Texas Relays | Mar 31 |
| 200-Meter Dash Wind+ | 21.65 | Tyler Koss | Jerry Quiller Classic | Mar 17 |
| 400-Meter Dash | 45.80 | Tyler Koss | NoCo Challenge | Apr 15 |
| 800-Meter Run | 1:49.92 | Michael Rhoads | Sun Angel Classic | Apr 7 |
| 1500-Meter Run | 3:46.94a | Patrick Sullivan | Air Force Twilight Open | May 4 |
| 3000-Meter Run | 8:38.85a | Hunter Boyer | Jerry Quiller Classic | Mar 17 |
| 5000-Meter Run | 13:51.74 | Jacob Bilvado | Mt SAC Relays | Apr 20 |
| 10,000-Meter Run | 28:56.60 | Andrew Johnston | Stanford Invitational | Mar 30 |
| 110-Meter Hurdles | 14.16 | Micah Fontaine | Sun Angel Classic | Apr 7 |
| 110-Meter Hurdles Wind+ | 14.45 | David Collins | Pacific Coast Intercollegiate | Apr 19 |
| 400-Meter Hurdles | 51.67 | Chip White | Mt SAC Relays | Apr 20 |
| 3000-Meter Steeplechase | 8:47.97 | Andrew Milliron | NCAA West Preliminary | May 25 |
| 4x400-Meter Relay | 3:07.33 | Team | Clyde Littlefield Texas Relays | Mar 31 |
| Sprint Medley Relay | 3:21.04 | Team | Clyde Littlefield Texas Relays | Mar 30 |
| 4x800-Meter Relay | 7:34.88 | Team | Drake Relay | Apr 27 |
| Distance Medley Relay | 9:54.97 | Team | Drake Relay | Apr 28 |
| 4x1600-Meter Relay | 16:49.97 | Team | Drake Relay | Apr 27 |
| High Jump | 6-11 | Sam Hinegardner | NoCo Challenge | Apr 15 |
| Pole Vault | 17-1.50 | Greg Skage | NoCo Challenge | Apr 15 |
| Long Jump | 21-7.50 | Calvin Berstler | Jim Click Combined Events | Apr 5 |
| Long Jump Wind+ | 21-7.50 | Calvin Berstler | Mountain West Championships | May 9 |
| Triple Jump | 51-2.25 | AR John Reynolds | Clyde Littlefield Texas Relays | Mar 30 |
| Triple Jump Wind+ | 51-1 | John Reynolds | Mountain West Championships | May 12 |
| Shot Put | 55-0.75 | Garrett Coalson | 7220 Invitational | Apr 27 |
| Discus Throw | 175-8 | Logan Feasline | Jerry Quiller Classic | Mar 17 |
| Hammer Throw | 179-10 | Brooks Hardy | Mountain West Championships | May 11 |
| Javelin Throw | 217-8 | Parker Spearman | Mountain West Championships | May 12 |
| Decathlon | 7203 | Calvin Berstler | Mountain West Championships | May 9-10 |

WOMEN'S OUTDOOR SEASON LEADERS

| EVENT | MARK | ATHLETE | MEET | DATE |
|---------------------------|----------|---------------------|--------------------------------|--------|
| 100-Meter Dash | 13.05 | Ashley Cameron | Jerry Quiller Classic | Mar 17 |
| 200-Meter Dash | 25.13 | Aubrey Ridgeway | Jerry Quiller Classic | Mar 17 |
| 200-Meter Dash Wind+ | 24.94 | Aubrey Ridgeway | Mountain West Championships | May 11 |
| 400-Meter Dash | 56.85 | Megan Irvine | Beach Invitational | Apr 21 |
| 800-Meter Run | 2:14.34a | Megan Irvine | NoCo Challenge | Apr 15 |
| 1500-Meter Run | 4:14.96 | AR Carina Gillespie | NCAA West Preliminary | May 26 |
| 5000-Meter Run | 15:59.40 | AR Jaci Smith | Mountain West Championships | May 12 |
| 10,000-Meter Run | 32:18.15 | AR Jaci Smith | NCAA West Preliminary | May 24 |
| 100-Meter Hurdles | 14.78 | Ashley Cameron | 7220 Invitational | Apr 27 |
| 100-Meter Hurdles Wind+ | 15.17 | Ashley Cameron | Jerry Quiller Classic | Mar 17 |
| 100-Meter Hurdles Wind- | 15.18 | Ashley Cameron | Air Force Twilight Open | May 4 |
| 400-Meter Hurdles | 1:01.86 | Aryn Maxwell | NoCo Challenge | Apr 15 |
| 3000-Meter Steeplechase | 10:29.04 | Lindsey Blanks | Mt SAC Relays | Apr 19 |
| 4x100-Meter Relay | 48.02 | Team | Jerry Quiller Classic | Mar 17 |
| 4x400-Meter Relay | 3:47.03 | Team | Clyde Littlefield Texas Relays | Mar 30 |
| Distance Medley Relay | 11:24.47 | Team | Drake Relay | Apr 28 |
| 4x1600-Meter Relay | 19:35.18 | Team | Drake Relay | Apr 27 |
| High Jump | 6-0 | Shelley Spires | Clyde Littlefield Texas Relays | Mar 31 |
| Pole Vault | 13-9.25 | Kathryn Tomczak | 2x, last Mt SAC Relays | Apr 21 |
| Long Jump | 16-8.75 | Ashley Cameron | 7220 Invitational | Apr 27 |
| Long Jump Wind+ | 15-3.25 | Ashley Cameron | Colorado Invitational | Apr 7 |
| Long Jump Wind- | 16-2.50 | Ashley Cameron | Air Force Twilight Open | May 4 |
| Triple Jump | 37-10 | Andrea Abel | Jerry Quiller Classic | Mar 16 |
| Triple Jump Wind+ | 37-8 | Andrea Abel | Air Force Twilight Open | May 4 |
| Shot Put | 42-3.50 | Addyson Smith | NoCo Challenge | Apr 15 |
| Discus Throw | 144-6 | Sierra Rodriguez | 7220 Invitational | Apr 27 |
| Hammer Throw | 160-9 | Meghan Carbiener | Air Force Twilight Open | May 4 |
| Javelin Throw | 143-8 | Liz Jarvis | Air Force Twilight Open | May 4 |

MEN'S FIRST-PLACE FINISHES

| | |
|-------------------------------|-------------------------|
| Robbie Anderson | |
| 100-Meter Dash | Apr 15 |
| 200-Meter Dash | May 4 |
| Calvin Berstler | |
| Long Jump | May 4 |
| Decathlon | May 10 |
| Hunter Boyer | |
| 3000-Meter Steeplechase | Apr 20 |
| Garrett Coalson | |
| Shot Put | May 4 |
| Donny Crabill | |
| Javelin Throw | May 4 |
| Logan Feasline | |
| Discus Throw | Mar 17 Apr 27 May 4 |
| Micah Fontaine | |
| 110-Meter Hurdles | May 11 |
| Sam Hinegardner | |
| High Jump | Mar 17 Apr 15 |
| Pole Vault | Apr 27 |
| Tyler Koss | |
| 200-Meter Dash | Mar 17 |
| 400-Meter Dash | Apr 15 May 12 |
| Andrew Milliron | |
| 3000-Meter Steeplechase | Mar 30 |
| Zac Petrie | |
| 800-Meter Run | May 4 |
| Luke Piper | |
| Javelin Throw | Mar 16 |
| John Reynolds | |
| Triple Jump | May 12 |
| Preston Roche | |
| 800-Meter Run | Mar 17 |
| Greg Skage | |
| Pole Vault | Apr 15 |
| Jackson Spalding | |
| Shot Put | Mar 17 |
| Connor Stevens | |
| Pole Vault | Mar 17 May 4 |
| Patrick Sullivan | |
| 1500-Meter Run | May 4 |
| Andrew Tankersley | |
| 1500-Meter Run | Apr 15 |
| Jamie Trimble | |
| 100-Meter Dash | Mar 17 Apr 7 |
| Sedacy Walden | |
| 200-Meter Dash | Mar 17 |
| 400-Meter Dash | May 11 |

MEN SWEEP CONFERENCE AWARDS

After recording career-best – and MW-leading – performances at the NoCo Challenge, Tyler Koss and Greg Skage combined for an Air Force sweep of the men's weekly Mountain West awards on April 17. Koss captured his first career Mountain West Track Athlete of the Week award, while Skage claimed his first collegiate Mountain West Field Athlete of the Week award.

SPEED RACER

Tyler Koss recorded the Academy's fastest 400-meter dash in 35 years during a win at the NoCo Challenge. The senior posted a career-best 45.80 – the third-fastest time in the nation over April 13-15 – to win the race by nearly three seconds. In addition to clocking the second-fastest time in Air Force history, Koss also debuted in fifth on the MW's all-time standings in that event.

GOOD COMPANY

While the Academy's 400-meter record of 45.36 is held by former Air Force standout and Olympic gold medalist Alonzo Babers, the other two members of the program's top-three are on the current roster. Tyler Koss is now ranked second on the program's all-time standings with a time of 45.80, while Sedacy Walden is just 0.01-second behind him with a No. 3 time of 45.81.

HIGHER AND HIGHER

Greg Skage posted a career-best clearance of 17'1½" to easily win the pole vault title at the NoCo Challenge on April 15 – and become the first vaulter in the Mountain West to surpass the 17-foot bar this season (indoors or out). The freshman bettered his previous 'best' mark twice during the competition, en route to finishing with a personal improvement of nine inches.

MORE NEWS FROM NOCO...

In addition to Tyler Koss recording the second-fastest 400-meter dash in Air Force history (45.80), Sam Hinegardner and Kelsey Owens also impacted the Academy record book at the NoCo Challenge in Greeley on April 15. Hinegardner debuted in a tie for sixth on the program's outdoor high jump standings with a winning clearance of 6'11", while Owens posted a personal-best time of 25.34 to debut in ninth on the Academy's all-time standings at the 200-meter distance.

TAKING CARE OF BUSINESS

Carina Gillespie crossed the finish line in an Academy-record time of 4:19.46 to finish as the top collegiate runner (second overall) in the Premiere section of the 1500-meter run at the Sun Angel Classic on April 7. With that time, the senior broke the program's five-year-old standard by 0.40 seconds – and reset the program's Senior Class Record by the same margin.

DID YOU KNOW?

Carina Gillespie is the only Air Force runner (man or woman) to hold all four of the current Class Records.

MORE NEWS FROM TEMPE

Jerni Self registered the seventh-best pole vault in program history (12'7½") during a sixth-place finish in the Premiere section at the Sun Angel Classic. Kathryn Tomczak matched her season-best of 13'7¼" to win the Premiere pole vault, while Jamiel Trimble and Josh Wojciechowski captured first-place finishes in the 100-meter dash (10.63) and 1500-meter run (3:55.26).

FALCONS SWEEP WEEKLY FIELD EVENT AWARDS

Backed by an Academy record in the triple jump and a NCAA-best clearance in the high jump at the Clyde Littlefield Texas Relays, John Reynolds and Shelley Spires swept the Mountain West Outdoor Field Athlete of the Week awards on April 3. It is the second time this season that Air Force has swept the conference's weekly Field Athlete awards.

CAUTION, FALLING RECORDS!

With a distance of 51'2¼", John Reynolds broke the Academy's 14-year-old record in the triple jump at the Texas Relays on March 30 - adding nearly an inch to a mark that had stood since 2004. The senior, who now holds both the indoor and outdoor records in that event, finished seventh in the "A" section of that event and leads the Mountain West by nearly three feet.

SPIRES MAKES HISTORY WITH NCAA-LEADING JUMP

By collecting her eighth MW Field Athlete of the Week award on April 3, Shelley Spires is now tied with Dylan Bell and Patrick Corona for the most weekly awards in Academy history. The senior captured her latest honor after posting a NCAA-leading height of 6'0" to finish as the top collegiate (third overall) in the "A" section of the high jump at the Texas Relays on March 31.

CALIFORNIA DREAMIN'

The distance runners made eight improvements to the Academy's all-time standings in California on March 30. Andrew Johnston (28:56.60) and Jaci Smith (33:36.92) clocked the second-fastest times in program history during their respective 10,000-meter races at the Stanford Invitational, while Mickey Davey added the fifth-fastest men's time (29:15.24) at that meet and Nicole Hahn debuted in 10th on the women's all-time list (37:41.34) at the San Francisco State Distance Carnival. Shanna Burns accounted for the women's second-fastest steeplechase (10:34.44) at the Distance Carnival, while Andrew Milliron (sixth, 8:54.56 at Stanford) and Trevor Siniscalchi (10th, 9:00.92 at SF State) both impacted the men's steeplechase standings. Maria Mettler rounded out the Falcons' list of record-book impactors, as she debuted in eighth on the program's 5000-meter standings after a 17:00.80 race at Stanford. Burns, Mettler and Smith also broke the Class Records in their respective events.

THE RELAY RUNDOWN

Three relays impacted the Academy's all-time standings at the Texas Relays on March 30-31. Sedacy Walden, Zachary Dicken, Chip White and Tyler Koss deleted two seconds off of their 4x4 time between the prelims and finals to move from third into second on the Academy's all-time list (3:07.33), while Koss also ran on the sprint medley relay that accounted for the second-fastest time in program history (3:21.04, with Jamie Trimble, Robbie Anderson and Zach Petrie). On the women's side, Kelsey Owens, Megan Irvine, Aryn Maxwell and Aubrey Ridgeway combined for the fifth-fastest 4x4 time in program history (3:47.03).

MEN'S FIRST-PLACE FINISHES | CONT**Justin Weber**

3000-Meter Steeplechase Mar 17

Marshall Wheeler

3000-Meter Steeplechase Apr 15

Chip White400-Meter Hurdles [Mar 17](#) | Apr 15 | Apr 21 | May 12**Josh Wojciechowski**

1500-Meter Run Apr 7

Relays

4x400-Meter Relay Apr 27 | May 12

4x1600-Meter Relay Apr 27

WOMEN'S FIRST-PLACE FINISHES**Ashley Cameron**

100-Meter Dash Mar 17

Carina Gillespie1500-Meter Run [Apr 7](#)**Megan Irvine**

800-Meter Run Mar 17 | Apr 15

Liz Jarvis

Javelin Throw Mar 16 | Apr 15 | May 4

Swathi Samuel

1500-Meter Run Apr 15

Shelley SpireHigh Jump [Mar 31](#) | Apr 19 | May 4**Shay Stayton**

1500-Meter Run May 4

Kathryn TomczakPole Vault Mar 17 | Apr 7 | [Apr 19](#) | Apr 27
..... May 4 | May 12**FAST FACT**

With the 3:07.33 at the Texas Relays on March 31, Sedacy Walden, Chip White and Tyler Koss have now raced on the two fastest 4x400-meter relays in Academy history - an impressive feat considering that prior to the program-best 3:05.92 they ran at last year's conference championship meet with Jamiel Trimble, the program standard had remained unchanged since 1966.

MEN MENTIONED IN DUAL MEET RANKINGS

Air Force's men were ranked 24th in the first Collegiate Men's Outdoor Dual Meet Rankings of the season (March 28).

WOMEN EARN PROGRAM'S HIGHEST-EVER PRESEASON RANKING

The women received the highest outdoor ranking in program history on March 19, as they entered the 2018 outdoor campaign listed 52nd out of 195 teams in the USTFCCA Preseason Rankings. That placement bettered the previous outdoor-best by five spots and marked just the third time that Air Force has ever been mentioned in the top 100 at the start of a season.

TRIMBLE NAMED MW ATHLETE OF THE WEEK

After posting a career-best time of 10.45 in the 100-meter dash during the Falcons' outdoor opener at Colorado, Jamiel Trimble was named the Mountain West Men's Outdoor Track Athlete of the Week on March 20. It is the fourth outdoor award – and fifth overall – for Trimble, who improved his No. 2 standing on the Academy's all-time list during the winning performance.

THAT DIDN'T TAKE LONG!

While Jamiel Trimble reset his own No. 2 standing in the men's 100-meter dash at the season-opening Jerry Quiller Classic on March 17, the women accounted for three improvements to their own top-10 lists. Ashley Cameron registered the sixth-fastest 200-meter dash in Academy history (25.13), while Mahala Norris (1500-meter run: 4:28.73a) and the 4x100-meter relay team of Kelsey Owens, Aubrey Ridgeway, Aryn Maxwell and Devyn Jones (48.02) debuted in ninth for their respective events.

LOOK WHO'S BACK: OUTDOOR EDITION

Air Force's outdoor roster includes two outdoor All-Americans (Shelley Spire: high jump; Jamiel Trimble: 110-meter hurdles), eight Mountain West Outdoor champions (Robbie Anderson: 4x100-meter relay; Tyler Koss: 400-meter dash; John Reynolds: high jump; Spire: high jump; Trimble: 200-meter dash, 110-meter hurdles, 4x100-meter relay; Sedacy Walden: 400-meter dash) and 13 Academy record holders in outdoor events (Anderson: 4x100-meter relay, 4x200-meter relay; Bilvado: 4x1600-meter relay; Lindsey Blanks: 2000-meter steeplechase, 4x1600-meter relay; Shanna Burns: 4x1600-meter relay; Carina Gillespie: 4x1600-meter relay; Koss: 4x400-meter relay; Jaci Smith: 5000-meter run; Spire: high jump; Kathryn Tomczak: pole vault; Trimble: 200-meter dash, 110-meter hurdles, 4x100-meter relay, 4x200-meter relay, 4x400-meter relay; Giulianna Vessa: 4x1600-meter relay; Walden: 4x200-meter relay, 4x400-meter relay; Chip White: 4x400-meter relay).

LINDEMAN SERVES AS TEAM USA HEAD COACH AT WORLD CHAMPIONSHIPS

During the eight-day span between the Mountain West and NCAA Championships, Ralph Lindeman served as the men's head coach for Team USA at the IAAF World Championships in England. Lindeman, who was making his eighth career appearance on a Team USA staff, saw the men account for half of Team USA's 18-medal haul, with two gold, five silver and two bronze medals.

MEN CLAIM MOUNTAIN WEST INDOOR TITLE

Backed by six event titles and strong performances across the board, Air Force easily captured the men's team title at the Mountain West Indoor Championships on Feb. 24. Combining for 36 scoring finishes across all 17 events, Air Force racked up 206.50 points to win its third indoor title in six years – and separate itself from the field by 65.50 points.

BUILDING A LEGACY

The men's track and field team has accounted for seven Mountain West titles since 2012. The total, which includes three indoor titles (2012, 2016, 2017) and four outdoor titles (2012, 2013, 2016, 2017), is four more than all other Academy programs combined. And, as the school's overall total of MW titles includes two conference championships in men's cross country (2003, 2015), the Falcons' track, field and cross country program has accounted for nine of the Academy's 10 Mountain West titles.

CONFERENCE AWARDS**MOUNTAIN WEST ATHLETE OF THE WEEK**

Mar 20 Jamiel Trimble | Men's Track
 Apr 3 Shelley Spires | Women's Field
 Apr 3 John Reynolds | Men's Field
 Apr 17 Tyler Koss | Men's Track
 Apr 17 Greg Skage | Men's Field
 May 8 Donny Crabill | Men's Field
 May 8 Jerni Self | Women's Field

OTHER AWARDS**HEROSPORTS.COM HERO OF THE WEEK**

Apr 13 Carina Gillespie

AIR FORCE CADET-ATHLETE OF THE WEEK

Apr 16 Tyler Koss
 Apr 23 Carina Gillespie
 Apr 30 4x1600 Relay (3)
 May 14 Kathryn Tomczak

WEEKLY TEAM AWARDS***JERRY QUILLER CLASSIC**

Men's Track Athlete Jamiel Trimble
 Women's Track Athlete Mahala Norris
 Men's Field Athlete Logan Feasline
 Women's Field Athlete Hannah Nance

TEXAS RELAYS | STANFORD INVITATIONAL

Men's Track Athlete Andrew Johnston
 Women's Track Athlete Jaci Smith
 Men's Field Athlete John Reynolds
 Women's Field Athlete Shelley Spires

SUN ANGEL CLASSIC | COLORADO INVITATIONAL

Men's Track Athlete David Collins
 Women's Track Athlete Carina Gillespie
 Men's Field Athlete Jackson Spalding
 Women's Field Athlete Kathryn Tomczak

NOCO CHALLENGE

Men's Track Athlete Tyler Koss
 Women's Track Athlete Greg Skage
 Men's Field Athlete Kelsey Owens
 Women's Field Athlete Liz Jarvis

MT SAC RELAYS | PACIFIC COAST INTERCOLLEGIATE

Men's Track Athlete Jacob Bilvado
 Women's Track Athlete Carina Gillespie
 Men's Field Athlete Connor Stevens
 Women's Field Athlete Kathryn Tomczak

DRAKE RELAYS | 7220 INVITATIONAL

Men's Track Athlete 4x1600 Relay (3)
 Women's Track Athlete Maria Mettler
 Men's Field Athlete Logan Feasline
 Women's Field Athlete Sierra Rodriguez

AIR FORCE TWILIGHT OPEN

Men's Track Athlete Patrick Sullivan
 Women's Track Athlete n|a
 Men's Field Athlete Donny Crabill
 Women's Field Athlete Jerni Self

Team Awards are chosen by the coaching staff

MEN'S RECORD BOOK ADDITIONS**ALL-TIME TOP 10 RECORDS**

1 John Reynolds Triple Jump | 51-2.25
 2 Jamiel Trimble 100 Meters | 10.45
 2 Tyler Koss 400 Meters | 45.80
 2 Andrew Johnston 10,000 Meters | 28:56.60
 2 Team (1) 4x400m Relay | 3:07.33
 2 Team (2) Sprint Medley | 3:21.04
 2 Team (3) 4x1600m Relay | 16:49.97
 4 Jacob Bilvado 5000 Meters | 13:51.74
 4 Team (4) 4x800m Relay | 7:34.88
 4 Calvin Berstler Decathlon | 7203
 5 Mickey Davey 10,000 Meters | 29:15.24
 5 Andrew Milliron Steeplechase | 8:47.97
 6 T Sam Hinegardner High Jump | 6-11
 6 Parker Spearman Javelin | 217-8
 9 Trevor Siniscalchi Steeplechase | 8:59.91

CLASS RECORDS

Fr Hunter Boyer Steeplechase | 9:05.43
 So Parker Spearman Javelin | 217-8
 SrT Jamiel Trimble 100 Meters | 10.45

(1) Walden - Dicken - White - Koss
 (2) Trimble - Anderson - Koss - Petrie
 (3) Wojciechowski - Sullivan - Johnson - Bilvado
 (4) Roche - Petrie - Kowalkowski - Wilburn

MEN'S MOUNTAIN WEST ADDITIONS**MW ALL-TIME MARKS**

5 Tyler Koss 400 Meters | 45.80

MEN'S NATIONAL RANKINGS**TFRRS.ORG TOP 50 | MAY 21 | FINAL**

17 Andrew Johnston 10,000 Meters | 28:56.60
 28 Tyler Koss 400 Meters | 45.80
 28 Team (5) Distance Medley | 9:54.97
 35 Andrew Milliron Steeplechase | 8:53.69
 36 Mickey Davey 10,000 Meters | 29:15.24
 37 Calvin Berstler Decathlon | 7203
 39 Team (4) 4x800m Relay | 7:34.88
 48 Jacob Bilvado 5000 Meters | 13:51.74
 50 Team (1) 4x400m Relay | 3:07.33

(5) Tankersley - Dicken - Petrie - White

WOMEN'S RECORD BOOK ADDITIONS**ALL-TIME TOP 10 RECORDS**

1 Carina Gillespie 1500 Meters | 4:14.96
 1 Jaci Smith 5000 Meters | 15:59.40
 1 Jaci Smith 10,000 Meters | 32:28.15
 2 Lindsey Blanks Steeplechase | 10:29.04
 2 Team (1) 4x1600m Relay | 19:35.18
 3 Shanna Burns Steeplechase | 10:34.44
 3 Team (2) Distance Medley | 11:24.47
 7 Jerni Self Pole Vault | 13-0.25
 5 Team (3) 4x400m Relay | 3:47.03
 5 T Hannah Nance High Jump | 5-7
 6 Ashley Cameron 200 Meters | 25.13
 6 Mahala Norris 5000 Meters | 16:41.61
 7 Maria Mettler 5000 Meters | 16:41.98
 9 Teri Brady 5000 Meters | 16:52.87
 9 Kelsey Owens 200 Meters | 25.34
 9 Mahala Norris 1500 Meters | 4:28.73a
 9 Nicole Hahn 10,000 Meters | 36:25.95
 9 Teri Brady 10,000 Meters | 36:50.89
 9 Team (4) 4x100m Relay | 48.02
 10 Liz Jarvis Javelin | 143-8

CLASS RECORDS

Fr Mahala Norris 5000 Meters | 16:41.61
 So Lindsey Blanks Steeplechase | 10:29.04
 Jr Jaci Smith 5000 Meters | 15:59.40
 Jr Jaci Smith 10,000 Meters | 32:28.15
 Jr Shanna Burns Steeplechase | 10.34.44
 Sr Carina Gillespie 1500 Meters | 4:14.96

(1) Norris - Smith - Vessa - Gillespie
 (2) Norris - Ridgeway - Samuel - Gillespie
 (3) Owens - Irvine - Maxwell - Ridgeway
 (4) Owens - Ridgeway - Maxwell - Jones

WOMEN'S MOUNTAIN WEST ADDITIONS**MW ALL-TIME MARKS**

4 Jaci Smith 10,000 Meters | 32:28.15

MW CHAMPIONSHIP MARKS

3 Jaci Smith 5000 Meters | 15:59.40

WOMEN'S NATIONAL RANKINGS**TFRRS.ORG TOP 50 | MAY 21 | FINAL**

11 Shelley Spires High Jump | 6-0
 16 Team (2) Distance Medley | 11:24.47
 24 Carina Gillespie 1500 Meters | 4:16.51
 26 Jaci Smith 10,000 Meters | 33:36.92
 26 Kathryn Tomczak Pole Vault | 13-9.25
 36 Jaci Smith 5000 Meters | 15:59.40

MEN'S ALL-TIME TOP-10 MARKS

| | | | | |
|--|--|--|---|---|
| 100-METER DASH 10.43.....Zach Johnson 2016 10.45 Jamiel Trimble 2018 10.46..... Travis Picou 2006 10.52..... Mike Profit 1988 10.53..... Carlos Hattix 1995 10.56.....Terrell Bradford 2017 10.58..... Bobby Wright 1979 10.58.....Deric Dobbs 1983 10.61..... Danta Johnson 1996 10.63..... Kevin Griswold 1997 | 200-METER DASH 20.12.....Jamiel Trimble 2016 20.73..... Travis Picou 2006 20.91.....Zach Johnson 2017 20.96..... Kevin Griswold 2000 21.04.....Kellen Curry 2009 21.24..... Danta Johnson 1996 21.30.....Uzor Udensi 2013 21.34..... Nick Bromberek 2002 21.34.....Nick Luina 2006 21.34#*..... Morgan Lankford 1977 | 400-METER DASH 45.36..... Alonzo Babers 1983 45.80 Tyler Koss 2018 45.81.....Sedacy Walden 2017 46.43..... Kevin Griswold 2000 46.54#*..... Mark Webster 1976 46.74#*..... Don Walters 1980 46.90.....Nick Luina 2005 46.92.....Jamiel Trimble 2016 46.94..... Marcus Alexander 1996 47.00.....Brandon Sanders 2017 | 800-METER RUN 1:48.62 Kevin Hawkins 2008 1:48.68 Jeff Kuzma 1994 1:48.90 Dan Rojas 1981 1:49.11a.....Michael Rhoads 2017 1:49.25 Alex Lindsay 2013 1:49.66a.....Tyler Stanley 2011 1:49.93a..... Calvin Glass 2006 1:50.09a.....Matt Caldwell 2014 1:50.14 Alonzo Babers 1983 1:50.23Alex Zubey 2012 | 1500-METER RUN 3:41.30 Matt Dorsey 2016 3:41.36 Zach Perkins 2015 3:42.51 Justin Tyner 2011 3:42.69&.....Patrick Corona 2016 3:44.08 Daniel Castle 2009 3:44.42Brian Carpenter 2001 3:44.49 Mark Walter 2005 3:44.40 Nick MacFalls 1995 3:44.90Eric Mack 1995 3:45.51 Rob Langstaff 1984 |
| 3000-METER STEEPLECHASE 8:32.44a..... Bret Hyde 1981 8:37.54 Justin Tyner 2011 8:41.05 Jim Walmsley 2012 8:46.73 Shane Rogers 2001 8:47.97 Andrew Milliron 2018 8:54.36Matt Williams 2009 8:57.31 Gavin Owens 2014 8:59.30Andy Meehan 1996 8:59.91 Trevor Siniscalchi 2018 9:00.29 David Romero 2002 | 5000-METER RUN 13:31.66Patrick Corona 2016 13:37.66 Justin Tyner 2010 13:48.76Eric Mack 1996 13.51.74 Jacob Bilvado 2018 13:52.87 Jim Walmsley 2012 13:56.16 Kyle Eller 2017 13:59.00 ... Andrew Johnston 2017 13:59.57J Drenckhahn 2011 14:01.50 Andy Ferguson 1982 14:03.63 Brian Dumm 2004 | 10,000-METER RUN 28:33.71S Houseworth 2009 28:56.60 .. Andrew Johnston 2018 29:04.55 Brian Dumm 2005 29:08.88 Jim Walmsley 2012 29:15.24 Mickey Davey 2018 29:21.26 Kyle Eller 2017 29:25.34 Ben Payne 2004 29:28.81J Drenckhahn 2013 29:37.35 Isaiah Bragg 2014 29:40.52 Nick Wilson 2005 | 110-METER HURDLES 13.62.....Jamiel Trimble 2016 13.80.....Sean Temple 2004 14.00..... Luke Marker 2004 14.01..... Mike Profit 1988 14.04..... Tom Clark 2003 14.10..... Micah Fontaine 2017 14.10.....Jim Campbell 2004 14.14*y..... Dick McIntosh 1975 14.14*y..... T.G. Parker 1977 14.16.....Kellen Curry 2009 | 400-METER HURDLES 50.39..... Tom Clark 2003 50.93.....Cliff Alexander 1992 51.25..... Bryce Bergman 2011 51.25.....Sean Temple 2004 51.57..... Chip White 2017 51.66..... Paul Gomez 1995 51.78..... Kory Pearson 2004 51.83.....Jim Campbell 2003 51.84.....Javier Esparza 1999 51.97..... Ted Holloway 1983 |
| 4x100-METER RELAY 39.53.....Terrell Bradford - Zach Johnson - Robbie Anderson - Jamiel Trimble 2017 39.65.....Gavin McHenry - Zach Johnson - Robbie Anderson - Jamiel Trimble 2016 40.48.....Adrian Smith - Marcus Alexander - Deonte Day - Danta Johnson 1996 40.52.....A Smith - Floyd Brazier - Dimeatrius Edwards - Kevin Griswold 1997 40.54..... Eric Jenkins - Gary Tew - William Shedd - Jeff Lamb 1985 40.57..... Uzor Udensi - Anthony Delgado - Jake Spuller - David Ptacek 2013 40.70..... Nick Luina - Travis Picou - John Payne - Kellen Curry 2007 40.74.....Uzor Udensi - Anthony Delgado - Jake Spuller - Manny Smith 2012 40.74*..... Rob Wright - James McReynolds - Russell Clemons - Dale Stovall 1978 40.74..... Javier Esparza - Mindaugas Butkus - Ben Dahlke - Kevin Griswold 1999 | | 4x400-METER RELAY 3:05.92 Sedacy Walden - Chip White - Tyler Koss - Jamiel Trimble 2017 3:07.33 Sedacy Walden - Zachary Dicken - Chip White - Tyler Koss 2018 3:09.1#Doug Withers - James Thompson - C Clements - Dale Stovall 1966 3:09.84 Marcus Alexander - Paul Gomez - Michael Reed - Jeff Kuzma 1994 3:09.95 Deonte Day - Paul Gomez - Adrian Smith - Marcus Alexander 1996 3:09.96 Bryce Bergman - Manny Smith - Anthony Delgado - Jake Spuller 2012 3:10.00 Todd Scott - E.L. Byrd - Jeff Lamb - William Shedd 1985 3:10.11 T Holloway - Todd Scott - Alonzo Babers - Richard Goddard 1983 3:10.66 Sean Temple - Tom Clark - Marc Fulson - Nick Bromberek 2002 3:10.88Manny Smith - C Severino - Bryce Bergman - Anthony Delgado 2011 | | |
| HIGH JUMP 7'2½" Clayton Cole 1997 7'1" Taylor Smith 2016 6'11¼"Mike Claborn 1994 6'11½" John Reynolds 2017 6'11½" Mark Webster 1989 6'11" Sam Hinegardner 2018 6'11" Zach Wood 2012 6'11" Kobi Rex 2012 6'11" Scott Parman 1997 6'10¾" Rob Mishev 1998 6'10¾" Leonard Medle 1994 | POLE VAULT 18'4¾"Cale Simmons 2013 18'2½" Dylan Bell 2016 18'1"Joey Uhle 2013 18'0½" Kyle Pater 2017 18'0½" Rob Simmons 2013 18'0½"Paul Gensic 2004 17'10½"Marcus Nichols 1996 17'9" Makisi Haleck 2005 17'7"Nick Frawley 2009 17'2¼" David Pike 1995 | LONG JUMP 24'7¾" Blue Kearney 2014 24'5" Anthony Park 2003 24'2"Nathan Golden 1985 24'1" John Giffit 1993 23'11½" Tom Stone 1970 23'10¾" Chris Banks 2003 23'10" Russ Clemons 1978 23'9" Brian Walsh 2007 23'8¾" Tom Brandon 1966 23'6½"Park Hinman 1963 23'6½" Robert Jertberg 1998 | TRIPLE JUMP 51'2¼" John Reynolds 2018 51'1½" Chris Banks 2004 50'4¼" Robert Jertberg 1998 50'2" Anthony Park 2002 49'10"Roscoe Moore 1993 49'9¾" Russ Clemons 1978 49'2¼" Gerry O'Hara 1983 49'2¼" Phil Franklin 1990 48'10¾" Mike Hilton 1983 48'10¾" Paul Golando 2002 | SHOT PUT 61'2¼" Grant Hamilton 2016 59'9½" Shawn Johnson 2001 59'3" Darby Maier 2017 56'10½" Garrett Coalson 2017 56'6" Doug Applegate 1983 56'4"David Lissy 2008 56'0¼" Drew Schaeffer 1983 55'8¼"Shawn Larcher 1993 55'7" Kyle Schwochow 2011 55'6½" James Chambers 2013 |
| DISCUS THROW 187'5" Grant Hamilton 2016 183'9" James Cole 2012 183'9"Shawn Larcher 1993 180'1" James Chambers 2013 178'6" Drew Schaeffer 1983 177'7"Dan St. Clair 2006 177'2" David Thompson 2003 176'11"Brian Ford 2013 176'6"Kirk DeVine 2007 176'4" Shawn Johnson 2001 | HAMMER THROW 209'11" Rob Drye 2011 203'10"Vern Conaway 1992 199'5" Spencer Baldwin 2016 198'2"Brian Ford 2013 196'10" Sean Herbino 2012 194'3" Dan Paladino 2008 193'7"Malachi Sparling 2017 192'6" Jalen Fooster 2013 192'6" Jason McNeal 2004 190'11" Josh Chekinsky 2003 | JAVELIN THROW 236'5" Taylor Hulslander 2017 224'9" Joe Bonner 1999 223'7" Connor Van Fosson 2010 219'6" Tim Fritz 2003 218'7"Matt Schwandt 2006 217'8" Parker Spearman 2018 217'0"Mikey Lauritzen 2012 216'11"Tim Urista 2012 215'10" Garrett Griffin 2013 214'3"Donny Crabill 2017 | DECATHLON 7723.....Marcus Nichols 1996 7385..... Noah Palicia 2011 7334..... Brian Walsh 2007 7203 Calvin Berstler 2018 7178.....Jeromy Williams 1992 7158..... Michael Tibbs 2012 7051..... Tim Robert 1981 6750..... Skylar Morgan 2008 6745.....Nick Herald 2003 6652.....Kurt Duffy 2001 | |

WOMEN'S ALL-TIME TOP-10 MARKS

| | | | | |
|--------------------------------------|--|---|---|---|
| 100-METER DASH | 200-METER DASH | 400-METER DASH | 800-METER RUN | 1500-METER RUN |
| 12.09.....Genelle Chapman 2005 | 24.44.....Jami Hodge 2005 | 53.06.....Gail Conway 1983 | 2:03.92Gail Conway 1984 | 4:14.96Carina Gillespie 2018 |
| 12.13.....Morgan Malone 2015 | 24.53.....Morgan Malone 2013 | 53.73.....Megan Irvine 2017 | 2:04.52A Eichenberger 2014 | 4:19.86Morgan Mosby 2013 |
| 12.22.....Gail Conway 1983 | 24.81.....Gail Conway 1983 | 54.99.....Barbara Fogel 1987 | 2:06.13Ally Romanko 2010 | 4:23.28A Eichenberger 2014 |
| 12.25.....Apyrl Ford 1980 | 25.00.....Stacy McClain 1997 | 55.38.....Jami Hodge 2005 | 2:08.58Morgan Mosby 2013 | 4:24.48Joy Meyen 1983 |
| 12.27.....Jami Hodge 2005 | 25.09.....Bethany Gross 2010 | 55.41.....Stacy McClain 1997 | 2:10.15Kristin Trichler 2005 | 4:24.93Giulianna Vessa 2016 |
| 12.28.....Stacey McClain 1997 | 25.13Aubrey Ridgeway 2018 | 55.71.....Bethany Gross 2010 | 2:10.61Joy Meyen 1983 | 4:25.89a.....Melissa Fuerst 2013 |
| 12.36.....Sharon Rucker 1983 | 25.31.....Megan Irvine 2017 | 55.91.....Naomi Alston 2016 | 2:11.01Kelly Robinson 2005 | 4:26.81Kelly Robinson 2006 |
| 12.37.....Cathy Roberts 1985 | 25.31.....Genelle Chapman 2005 | 56.17.....Kelsey Owens 2017 | 2:11.12Carina Gillespie 2015 | 4:26.89Mahala Norris 2018 |
| 12.41.....Cresha White 2009 | 25.34Kelsey Owens 2018 | 56.39.....Erica Carson 2012 | 2:11.96a.....Stephanie Robb 2015 | 4:27.15Kristin Trichler 2005 |
| 12.42.....Tawny Lambuth 2012 | 25.37.....Naomi Alston 2016 | 56.58.....Arcolar Harrison 1983 | 2:12.18Cindy Dawson 2004 | 4:30.56Elissa Ballas 2003 |
| 3000-METER RUN | 3000-METER STEEPLECHASE | 5000-METER RUN | 10,000-METER RUN | 100-METER HURDLES |
| 9:34.48Callie Calhoun 1990 | 10:26.31Jen Bremser 2013 | 15:59.40Jaci Smith 2018 | 32:28.15Jaci Smith 2018 | 13.77.....Dierra Poland 2006 |
| 9:41.79Shannen Karpel 1991 | 10:29.04Lindsey Blanks 2018 | 16:14.40Lindy Long 2017 | 32:47.25Hannah Everson 2016 | 13.91.....Renea Toliver 1985 |
| 9:49.90Rachel Smith 1999 | 10:34.44Shanna Burns 2018 | 16:22.08a....Carina Gillespie 2017 | 33:44.60Lindy Long 2017 | 14.46.....Genelle Chapman 2005 |
| 9:54.9Rita Burr 1980 | 10:48.25Margaret Frash 2005 | 16:22.69Hannah Everson 2015 | 34:39.83Callie Calhoun 1991 | 14.48.....Alexa Chacon 2014 |
| 9:56.45Laureli Mazik 1984 | 10:52.31Jean Taylor 2004 | 16:27.31Callie Calhoun 1990 | 35:22.20Samantha Skold 2017 | 14.51.....Erica Lankford 2001 |
| 10:00.44M Truesdale 1995 | 11:01.41Lara Coppinger 2002 | 16:41.61Mahala Norris 2018 | 35:29.41Katherine Ward 2011 | 14.56.....Rachael McIntosh 2005 |
| 10:00.55Melissa Fuerst 2011 | 11:22.82Kate Papenberg 2006 | 16:41.98Maria Mettler 2018 | 36:06.15Kate Kanetzky 2013 | 14.65.....Ainsley Thrailkill 2002 |
| 10:01.93Heather Johnson 1999 | 11:42.42a.....Ashley Culp 2004 | 16:48.02Jen Bremser 2013 | 36:16.45Suzanne Henke 1991 | 14.71.....Ashley Cameron 2017 |
| 10:04.23Jen Kornacker 1993 | 11:52.68Nicole Graham 2003 | 16:52.87Teri Brady 2018 | 36:25.95Nicole Hahn 2018 | 14.79.....Sydney Rohlwing 2015 |
| 10:07.19Dolly Patel 1996 | 12:25.87Phaelen French 2010 | 16:57.95Katherine Ward 2011 | 36:50.89Teri Brady 2018 | 14.84*.....Lianne Peterson 1992 |

| | |
|--|---|
| 4x100-METER RELAY | 4x400-METER RELAY |
| 47.29.....Bethany Gross - Naomi Alston - Morgan Malone - Kassie Gurnell 2013 | 3:41.33Arcolar Harrison - Sharon Rucker - Barbara Fogel - Gail Conway 1984 |
| 47.36.....Kassie Gurnell - Naomi Alston - Morgan Malone - Cecily Agu 2014 | 3:43.41Arcolar Harrison - Sharon Rucker - C Cleveland - Gail Conway 1983 |
| 47.61.....Jami Hodge - Genelle Chapman - Rachel McIntosh - Deb Durey 2005 | 3:44.10Kelsey Owens - Kaliyah Gorman - Alexa Chacon - Megan Irvine 2017 |
| 47.71.....Aryn Maxwell - Kaliyah Gorman - Ashley Cameron - Kelsey Owens 2017 | 3:45.05Jessica Mapes - Morgan Mosby - Ally Romanko - Bethany Gross 2010 |
| 47.73.....Jess Barton - Jessica Mapes - Tawny Lambuth - Bethany Gross 2010 | 3:47.03Kelsey Owens - Megan Irvine - Aryn Maxwell - Aubrey Ridgeway 2018 |
| 47.74*.....Sharon Rucker - Arcolar Harrison - Virginia Brown - Gail Conway 1983 | 3:48.12Erica Carson - Morgan Malone - Stephanie Robb - Naomi Alston 2015 |
| 47.89.....Cathy Roberts - Barbara Fogel - Renea Toliver - et al 1985 | 3:50.12Annette Eichenberger - Naomi Alston - Mikayla Robertson - M Malone 2014 |
| 47.99.....Cresha White - Tawny Lambuth - Gabby Quirao - Jessica Mapes 2009 | 3:50.19Naomi Alston - Kaliyah Gorman - Aryn Maxwell - Alexa Chacon 2016 |
| 48.02Kelsey Owens - Aubrey Ridgeway - Aryn Maxwell - Devyn Jones 2018 | 3:50.89Rachel Thomas - Bethany Gross - Morgan Mosby - Emily Cotharn 2011 |
| 48.12.....Dorothy DeLuz - Jenny Stehwein - Alana Eiland - Le'Netta Banks 1999 | 3:51.82Naomi Alston - Bethany Gross - Morgan Malone - Kassie Gurnell 2013 |
| 48.12.....Barbara Fogel - Arcolar Harrison - Sharon Rucker - Gail Conway 1984 | |

| | | | | |
|-------------------------------------|--------------------------------------|--------------------------------------|-------------------------------------|-------------------------------------|
| 400-METER HURDLES | HIGH JUMP | POLE VAULT | LONG JUMP | TRIPLE JUMP |
| 61.11.....Aryn Maxwell 2017 | 6'1½".....Shelley Spires 2017 | 14'1¼".....Kathryn Tomczak 2017 | 18'11¼" ...LaTravia Robinson 2002 | 42'3½"Kassie Gurnell 2011 |
| 61.24.....Rachel Thomas 2012 | 5'9¾"Rachel Herald 2014 | 13'1¼"Kimber Shealy 2012 | 18'9½"Cathy Roberts 1985 | 40'6¼"Cathy Roberts 1985 |
| 61.39.....Emily Cotharn 2011 | 5'8"Shannon Averill 1986 | 13'1½"Melissa Beerse 2008 | 18'5"Mona Wheeler 1991 | 40'0"LaTravia Robinson 2003 |
| 61.75.....Kaliyah Gorman 2016 | 5'8"Gail Conway 1983 | 13'0¾"Jerni Self 2018 | 18'3¾" ..Domonique Torbert 2001 | 39'4½"Angelea Ross 2013 |
| 61.80.....Alexa Chacon 2017 | 5'7"Hannah Nance 2018 | 12'11½"Bizzy Mellado 2013 | 18'2½"Cresha White 2010 | 38'7½"Casey Johnson 2006 |
| 62.13.....Sydney Rohlwing 2015 | 5'7"Heidi Borgerding 2017 | 12'10"Tawny Lambuth 2011 | 18'2¼"Bethany Gross 2010 | 38'1½"Andrea Abel 2016 |
| 62.51.....Michelle Thompson 2017 | 5'7"Monica Holzhauer 1990 | 12'9½"Riley Yann 2016 | 18'1"Dierra Poland 2006 | 38'1½"Erica Lankford 2001 |
| 62.65.....Ainsley Thrailkill 2002 | 5'7"LeNetta Banks 1999 | 12'7½"Rachel Simmons 2008 | 18'0½"Jeri Nelson 1980 | 38'1¼"Mikayla Robertson 2014 |
| 62.69Lianne Peterson 1991 | 5'6½"Regan Rogers 2013 | 12'5½"Wren Bonner 2012 | 18'0½"Stacey McClain 1997 | 37'10½"Nikki Gipson 1999 |
| 62.84*.....Arcolar Harrison 1985 | 5'6"Five Falcons With Mark | 12'2½"Paige Shirley 2013 | 17'11½"Deb Durey 2005 | 37'9¼"Leslie Darby 1990 |

| | | | | |
|-------------------------------------|--------------------------------------|--|--------------------------------------|----------------------------------|
| SHOT PUT | DISCUS THROW | HAMMER THROW | JAVELIN THROW | HEPTATHLON |
| 54'5½"Sara Neubauer 2010 | 177'3"Olivia Korte 2007 | 193'7"Sara Neubauer 2010 | 195'8"Dana Pounds 2006 | 4728.....Diane Elwer 1983 |
| 51'11"Danielle Tabb 2014 | 174'8"Paige Blackburn 2012 | 184'3"Paige Blackburn 2012 | 170'5"Paige Blackburn 2012 | 4653.....Lesly Torres 2012 |
| 48'5¼"Paige Blackburn 2012 | 174'2"Sara Neubauer 2010 | 177'11"Tara Copas 2000 | 157'8"Jocelyn Dooley 2003 | 4532.....Alexa Chacon 2016 |
| 48'2"Olivia Korte 2007 | 169'1"Cydnee Reese 2015 | 172'6"Becca Bauman 2014 | 157'1"Katie Weber 2008 | 4576.....Dierra Poland 2006 |
| 47'3"Jackie Ahloo 2012 | 159'6"Dominique Boivin 2004 | 172'1"Dominique Boivin 2005 | 155'11"Casey Bayne 2007 | 4560.....Katie Joynt 1998 |
| 45'5½"Mary Manning 1984 | 156'5"Mary Manning 1984 | 170'11"Priscilla Giddings 2003 | 150'3"Lacy DeWall 2004 | 4494.....Danielle McCarty 2010 |
| 45'4¼"Katelyn Holland 2014 | 152'5"Katy Moorkamp 2012 | 170'2"Cydnee Reese 2017 | 149'10"Caitie Holliday 2005 | 4352.....Brittany Edmonds 2001 |
| 45'2¼"Dominique Boivin 2004 | 151'10"Emily Taylor 2017 | 168'0"Gretchen Rhoads 1997 | 147'2"Nikki Freeman 2013 | 4347.....Deb Durey 2005 |
| 44'2"Teresa Marie Loya 2011 | 151'3"Kristine Muth 2004 | 166'8"Olivia Korte 2006 | 144'9"Kim Smith 2012 | 4247.....Mona Wheeler 1991 |
| 42'6¼"Jennifer Bozied 1994 | 150'8"Stephanie Halcrow 1994 | 164'4"Beth Inglis 2002 | 143'8"Liz Jarvis 2018 | 4107.....Kendra Smith 2013 |

MIDDLE DISTANCES & DISTANCES

| | | |
|--------------------|-----|--|
| Jordan Armstrong | So. | Longwood, Fla. Lyman |
| Jacob Bilvado | Jr. | Visalia, Calif. El Diamonte |
| Lindsey Blanks | So. | Yorktown, Va. Tabb |
| Sarah Bodmer | Fr. | Apex, N.C. Cary Academy |
| Andrew Boebinger | So. | Riverside, Calif. Martin Luther King |
| Hunter Boyer | Fr. | Lowell, Ind. Lowell Senior |
| Teri Brady | So. | Mililani, Hawaii Punahou School |
| Katie Burnham | Sr. | Southlake, Texas Carroll |
| Shanna Burns | Jr. | Pinon Hills, Calif. Serrano |
| Nic Chevront | Jr. | Parkersburg, W.V. Parkersburg |
| Mickey Davey | Jr. | Troy, Mich. De La Salle Collegiate |
| Colin Dwyer | Fr. | Savage, Minn. Prior Lake |
| Carina Gillespie | Sr. | San Diego, Calif. Otay Ranch USAFA Prep School |
| Nicole Hahn | Sr. | Arvada, Colo. Ralston Valley |
| Scott Johnson | Fr. | Parker, Colo. Legend |
| Andrew Johnston | Sr. | Powell, Ohio Olentangy Liberty |
| Aric Kedge | Fr. | Albuquerque, N.M. Albuquerque Academy |
| Gordon Kowalkowski | Jr. | Kailua, Hawaii Punahou |
| Jordan Lesensee | Fr. | Albuquerque, N.M. Albuquerque Academy |
| Drew Lester | Fr. | Monument, Colo. Palmer Ridge |
| Maria Mettler | Fr. | Colorado Springs, Colo. Air Academy |
| Andrew Milliron | Sr. | Charles Town, W.V. Jefferson |
| Mahala Norris | Fr. | Roseburg, Ore. Roseburg USAFA Prep School |
| Zac Petrie | Sr. | Arvada, Colo. Valor Christian |
| Michael Rhoads | So. | Sunnyvale, Calif. Inglemoor |
| Nikolai Rhodes | Jr. | Grasonville, Md. Queen Anne's County |
| Noah Riley | Jr. | Littleton, Colo. Lakewood |
| Preston Roche | Jr. | Fort Collins, Colo. Poudre |
| Swathi Samuel | So. | Newbury Park, Calif. Newbury Park |
| Alec Schrank | Fr. | Winchester, Va. Millbrook |
| Alexis Sherwin | Fr. | Niceville, Fla. Niceville |
| Jimmy Shipley | Sr. | Baltimore, Md. Severna Park |
| Trevor Siniscalchi | Jr. | San Diego, Calif. Westview |
| Jaci Smith | Jr. | Edmond, Okla. Edmond North |
| Shay Stayton | Fr. | Bartlesville, Okla. Bartlesville |
| Konrad Steck | Fr. | Williamsburg, Va. Lafayette |
| Patrick Sullivan | So. | New City, N.Y. Don Bosco Prep |
| Andrew Tankersley | Jr. | Boerne, Texas Boerne Champion |
| Nathan Thomas | Jr. | Tucson, Ariz. Salpointe Catholic |
| Giuliana Vessa | Sr. | Arvada, Colo. Ralston Valley USAFA Prep School |
| Justin Weber | So. | South Milwaukee, Wis. South Milwaukee |
| Marshall Wheeler | So. | Boise, Idaho Victory Charter |
| Trevor Whiteside | So. | Stephens City, Va. Sherando |
| Conner Wilburn | Sr. | Colorado Springs, Colo. The Classical Academy |
| Josh Wojciechowski | Jr. | Powell, Ohio Olentangy Liberty Arkansas State |

THROWS

| | | |
|-------------------|-----|---|
| Donna Borer | Fr. | Pleasant Hill, Mo. Pleasant Hill |
| Meghan Carbiener | Fr. | West Linn, Ore. West Linn |
| Garrett Coalson | Jr. | Eaton, Colo. Eaton |
| Donny Crabill | Sr. | York, Pa. Central York |
| Logan Feasline | Jr. | Saint Maries, Idaho Saint Maries |
| Brooks Hardy | Sr. | Peachtree City, Ga. McIntosh USAFA Prep School |
| Bailey Ishler | So. | State College, Pa. State College Area |
| Liz Jarvis | Jr. | Wichita, Kan. Independent |
| Ashleigh Lehotsky | So. | Great Falls, Mont. Charles M. Russell USAFA Prep School |
| Victor Osinloye | So. | Romeoville, Ill. Romeoville |
| Luke Piper | Sr. | College Station, Texas Rudder |
| Cortney Porter | Sr. | Ogden, Utah Bonneville |
| Sierra Rodriguez | So. | Tucson, Ariz. Flowing Wells |
| Addyson Smith | Fr. | Madera, Calif. Madera |
| Jackson Spalding | Sr. | Colorado Springs, Colo Discovery Canyon |
| Parker Spearman | So. | Dunwoody, Ga. Dunwoody |
| Peyton Spires | Fr. | Citronelle, Ala. St. Paul's Episcopal |
| Ryan Underland | Fr. | Olympia, Wash. Olympia |

VERTICAL & HORIZONTAL JUMPS

| | | |
|------------------|-----|--|
| Andrea Abel | Jr. | Coppell, Texas Coppell |
| Heidi Borgerding | So. | Boerne, Texas Boerne Champion |
| Addison Brown | Fr. | Jefferson City, Mo. Jefferson City |
| Anthony Davis | So. | Peachtree City, Ga. Starr's Mill |
| Chris Doerr | So. | Mission Viejo, Calif. Trabuco Hills |
| Cambria Galloway | Fr. | San Diego, Calif. Cathedral Catholic |
| Logan Grizzle | So. | San Tan Valley, Ariz. Queen Creek |
| Trey Guillory | Fr. | Orange, Texas Little Cypress-Mauriceville |
| Sam Hinegardner | Jr. | Wapakoneta, Ohio Wapakoneta Senior |
| Logan Konst | Fr. | Anna, Ohio Anna |
| Jake LaCoste | Sr. | Albany, Ore. West Albany |
| Mitch Lipe | Fr. | Carmel, Ind. Carmel |
| Kathleen Medill | Fr. | Lincoln, Neb. Pius X |
| Hannah Nance | Fr. | Upland, Calif. San Dimas USAFA Prep School |
| John Reynolds | Sr. | Denver, Colo. Kent Denver Texas A&M |
| Jerni Self | Jr. | Cache, Okla. Cache |
| Greg Skager | Fr. | Winter Park, Fla. Winter Park |
| Shelley Spires | Sr. | Mobile, Ala. Saint Paul Episcopal |
| Connor Stevens | So. | Chandler, Ariz. Hamilton |
| Kathryn Tomczak | Jr. | Williamsburg, Va. Lafayette |

COMBINED EVENTS

| | | |
|-----------------|-----|----------------------------------|
| Tyler Berson | Sr. | Tucson, Ariz. Ironwood Ridge |
| Calvin Berstler | Sr. | Cheney, Wash. Cheney |
| Tyler Gurchiek | Fr. | Billings, Mont. Billings West |
| Justin Harmon | Fr. | Highland, Utah American Fork |
| Walker Newell | Jr. | Gillette, Wyo. Campbell County |

SPRINTS & HURDLES

| | | |
|------------------|-----|--|
| Robbie Anderson | Sr. | Charlotte, N.C. Charlotte Catholic |
| Terrell Bradford | So. | Colorado Springs, Colo. Palmer USAFA Prep School |
| George Brown | So. | Rome, N.Y. Rome Free Academy USAFA Prep School |
| Ashley Cameron | So. | Houston, Texas Langham Creek USAFA Prep School |
| David Collins | Jr. | Smyrna, Ga. Campbell USAFA Prep School |
| Terrell Davis | Fr. | Houston, Texas Lutheran South Academy |
| Zachary Dicken | Fr. | Coppell, Texas Coppell |
| Micah Fontaine | Jr. | Edmond, Okla. Edmond Memorial |
| Trent Holmes | Sr. | Houston, Texas Cy-Woods USAFA Prep School |
| Megan Irvine | So. | Loveland, Colo. Thompson Valley USAFA Prep School |
| Devyn Jones | Fr. | Reston, Va. South Lakes |
| Tyler Koss | Sr. | Vacaville, Calif. Vanden |
| Aryn Maxwell | Jr. | Las Vegas, Nev. Rancho |
| Kelsey Owens | So. | Albuquerque, N.M. St. Pius X USAFA Prep School |
| Miguel Molas | Jr. | Colorado Springs, Colo. James Irwin Charter |
| Reece Pontious | Jr. | Mason, Ohio William Mason |
| Aubrey Ridgeway | Fr. | Arlington, Texas Juan Seguin USAFA Prep School |
| Jamiel Trimble | Sr. | Cincinnati, Ohio Northwest USAFA Prep School |
| Sedacy Walden | Jr. | Phoenix, Ariz. North Canyon USAFA Prep School |
| Chip White | Sr. | Gilbert, Ariz. Highland |
| Luke Zuluaga | Fr. | Tempe, Ariz. Seton Catholic Prep USAFA Prep School |

PRONUNCIATIONS: Jacob BILVADO (bill-vah-doh) . Sarah BODMER (bod-mer) . Heidi BORGERDING (bore-ger-ding) . Meghan CARBIENER (car-bean-er) . Nic CHEVRONT (shev-ron) . Donny CRABILL (cray-bill) . Chris DOERR (door) . CAMBRIA Galloway (cam-bree-uh) . Carina GILLESPIE (gill-es-pea) . Logan KONST (koonst) . Gordon KOWALKOWSKI (koa-cow-ski) . Jake LACOSTE (lah-cost) . ARYN Maxwell (air-in) . Kathleen MEDILL (muh-dill) . Andrew MILLIRON (mill-iron) . MAHALA Norris (mah-ha-luh) . Victor OSINLOYE (ocean-loy) . Zac PETRIE (pea-tree) . Reece PONTIOUS (paw-n-tee-us) . Preston ROCHE (row-sh) . SWATHI Samuel (swath-ee) . JERNI Self (journey) . Trevor SINISCALCHI (sin-iss-cal-chee) . Greg SKAGE (skah-gee) . JACI Smith (jay-see) . Kathryn TOMCZAK (tom-zack) . SEDACY Walden (suh-day-see) . Josh WOJCIECHOWSKI (wojo-house-key) . Luke ZULUAGA (zoo-loo-ah-gah)