



AIR FORCE ACADEMY TRACK & FIELD

AIR FORCE ATHLETIC COMMUNICATIONS | TRACK/FIELD CONTACT: VALERIE PERKIN | 719-333-8286 | VALERIE.PERKIN@USAFA.EDU | GOAIRFORCEFALCONS.COM

OUTDOOR SCHEDULE & RESULTS

- Mar. 16-17** Jerry Quiller Classic
..... No Team Scores
- Mar. 29-31** Clyde Littlefield Texas Relays
..... No Team Scores
- Mar. 29-31** Bobcat Invitational
..... No Team Scores
- Mar. 30** San Francisco State Distance Carnival
..... No Team Scores
- Mar. 30-31** Stanford Invitational
..... No Team Scores
- Apr. 5-6** Jim Click Combined Events
..... 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

Outdoor Results continued on Page 13

The Air Force track and field team completed a 2017-18 season that included four All-America accolades, 22 NCAA bids, two Mountain West team titles, 14 MW individual event titles, 38 all-conference selections, 15 MW Athlete of the Week awards, 12 Academy records and 63 improvements to the program's all-time standings. The Falcons also boasted the indoor and outdoor Coach of the Year and the Outstanding Performer of the MW Indoor Championships.

FALCONS PLACE EIGHT ON USTFCCCA ALL-ACADEMIC TEAM

Eight members of the track and field team - a total that equaled the program record from last year - were named to the 2018 U.S. Track & Field and Cross Country Coaches Association's Division I All-Academic Team on July 26. The Academy's list of representatives featured four repeat selections, including Tyler Koss and Shelley Spires, who captured the distinction for the third time in their careers. Calvin Berstler and Chip White were named All-Academic for the second time in as many years, while Mickey Davey, Luke Piper, Noah Riley and Jaci Smith captured their first academic honor from the USTFCCCA.

DID YOU KNOW?

Tyler Koss (2016-18) and Shelley Spires (2016-18) became the sixth and seventh members of the Falcons' program to earn USTFCCCA All-Academic Team selections three times in a career, joining Paige Blackburn (2010-12), Matt Dorsey (2014, 2016-17), Grant Hamilton (2014-16), Kobi Rex (2012-15) and Kimber Shealy (2009-10, 2012).

EIGHTEEN FALCONS NAMED MW SCHOLAR-ATHLETES

A total of 18 Falcons were named Mountain West Scholar-Athletes on July 17, for maintaining a grade-point-average of 3.50 or higher during the 2017-18 academic year and competing in at least one athletic competition. The men accounted for an Academy-best 11 selections, while the women tied for third with seven selections.

AIR FORCE PLACES 33 ON ACADEMIC ALL-CONFERENCE LIST

The Falcons placed 33 athletes on the academic all-conference team for the spring semester on July 17. Highlighted by a school-leading 24 selections from the men's team, the track and field program accounted for nearly half of the Academy's 71 total academic all-MW selections. Robbie Anderson, Tyler Berson, Calvin Berstler, Andrew Johnston, Tyler Koss, Shelley Spires and Chip White paced the squad's contingent, as they collected MW academic honors for the fourth-straight year.

READ ALL ABOUT IT...

A complete list of Air Force's academic award winners from the Mountain West can be found on page 7 of this release.

BOYER COMPETES AT IAAF WORLD U20 CHAMPIONSHIPS

Hunter Boyer represented the United States - and the Air Force Academy - in the 3000-meter steepelchase at the IAAF World Under-20 Championships in Tampere, Finland, on July 12. Boyer, who earned his place on Team USA after finishing fifth at the USATF Junior Outdoor Championships in June and meeting the World Qualifying standard in May, placed 12th in his semifinal heat - and 21st in the overall field - as he posted a time of 9:13.74 in a race that featured athletes from 24 different countries.

BURNHAM NAMED CoSIDA ACADEMIC ALL-AMERICAN

Katie Burnham was named to the Google Cloud Academic All-America Division I Cross Country and Track/Field Team on June 21, earning third-team status and becoming the 11th Falcon in program history to be recognized by the College Sports Information Directors of America (CoSIDA). Burnham, who captured first-team Academic All-District honors in May by maintaining a 3.95 GPA in mathematics, was a member of the Academy's Scholar Program, served as the cross country team captain, served as the lead of the Academy group that won the Analytics Challenge and was awarded the Draper Laboratory Fellowship.

DID YOU KNOW?

Eleven Falcons have been selected to the Academic All-America team a total of 14 times, as Katie Burnham joined Mary Manning (1984, 1985), Chris Nelson (1991, 1992), Nick Wilson (2006), Kenny Grosselin (2008), Brittany Morreale (2010), Matthew Bell (2013), Jeremy Drenckhahn (2013), Rebecca Esselstein (2013, 2014, 2015), Josh Nielsen (2014) and Taylor Smith (2016).

SPIRES TIES FOR EIGHTH AT USATF OUTDOOR CHAMPIONSHIPS

Shelley Spires tied for eighth in the high jump at the 2018 USATF Outdoor Championships in Des Moines, Iowa, on June 23. Clearing 5'10" on her first attempt to finish third amongst collegiate competitors - and eighth overall in the full 13-jumper event, Spires captured a top-10 finish at the USATF Outdoor meet for the second time in as many seasons.

MEET INFORMATION

INDOOR SEASON

Mountain West Finish (M W).....	1st		7th
Mountain West Champions (M W).....	6		2
All-Conference Selections (M W).....	16		3
NCAA Qualifiers (M W).....	1		1
NCAA Finish (W).....	51st	(T)	
All-Americans (M W).....	1		1
Academy Records Set (M W).....	4		4

OUTDOOR SEASON

Mountain West Finish (M W).....	1st		10th
Mountain West Champions (M W).....	5		1
All-Conference Selections (M W).....	16		3
NCAA Qualifiers (M W).....	14		6
NCAA Finalists (M W).....	0		4
NCAA Finish (W).....	39th		
All-Americans (M W).....	0		2
Academy Records Set (M W).....	1		3

OVERALL ACADEMIC AWARDS

CoSIDA Academic All-America Selections.....	1
CoSIDA Academic All-District Selections.....	1
USTFCCCA All-Academic Team Selections.....	8
MW Scholar-Athletes.....	18
Academic All-Conference Selections.....	33

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

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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 on-line 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.

WOMEN CLAIM TWO ALL-AMERICA ACCOLADES

Air Force concluded the NCAA Outdoor Championships with a pair of first-team All-Americans, as Jaci Smith finished eighth in the 10,000-meter run on June 7 and Shelley Spires tied for fourth in the high jump on June 9. It is the first time since 2009 that the women's program has earned multiple All-America honors in a single meet (Sara Neubauer - shot put, discus) - and just the second time that the feat has been accomplished by two athletes (2006: Dana Pounds - javelin, Olivia Korte - discus).

SPIRES FINISHES FOURTH AT NCAA CHAMPIONSHIPS

Despite rainy conditions, Shelley Spires captured first-team All-America honors in the high jump after tying for fourth at the NCAA Outdoor Championships on June 9. Clearing 5'10", Spires posted the best finish of her four trips to the national meet.

DID YOU KNOW?

By collecting the fourth All-America award of her career on June 9, Shelley Spires (three first-team, one second-team) became the most decorated Division I All-American in Air Force women's track and field history – and is now tied with Nick Frawley (four first-team) and Jamiel Trimble (four second-team) for the most Division I accolades by any Academy track and field athlete.

SMITH EARNS FIRST-TEAM ALL-AMERICA HONOR

With a time of 33:14.00, Jaci Smith captured the first All-America award of her career on June 7, as she finished eighth in the 10,000-meter run at the NCAA Outdoor Championships. Smith, who garnered first-team status with that placement, became the second Falcon in three years to collect first-team All-America status in the 10,000-meter event (Hannah Everson, 2016).

MORE NEWS FROM THE NCAA CHAMPIONSHIPS

Kathryn Tomczak and Carina Gillespie collected 21st-place finishes in their respective events at the NCAA Outdoor Championships on June 7, en route to honorable mention All-America status by the USTFCCA. Tomczak cleared 13'1½" to earn that placement in the pole vault, while Gillespie recorded a time of 4:21.28 during the semifinal round of the 1500-meter run.

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) were tied for the 12th-most in the nation. The Falcons were also tied for third in the Mountain West and fourth among schools outside of a Power 5 conference.

WHO TO WATCH

The Falcons sent 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).

HOW THEY GOT THERE

The quartet qualified to the NCAA Championships following top-12 finishes in their respective events at the West Prelim in Sacramento 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 at 1500 meters (4:14.96) to finish fifth in her heat and earn an automatic bid to Eugene. Although Prelim rules state that the two vertical jumping events end when the 48-competitor field has been whittled down to 12, Shelley Spires was tied for fourth (5'10¼") and Kathryn Tomczak was in 12th (13'8½") 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) made their second-straight appearance in the finals of the NCAA Outdoor Championships, while Carina Gillespie and Jaci Smith made their debuts at Historic Hayward Field. Gillespie was 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 was the second Academy runner to advance to the finals in the women's 10,000-meter run – and marked the third time in four seasons 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.

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.

**OUTDOOR ALL-AMERICANS | FIRST TEAM**

Jaci Smith, 10,000-Meter RunEighth
 Shelley Spires, High JumpFourth (tie)

OUTDOOR ALL-AMERICANS | HONORABLE MENTION

Carina Gillespie, 1500-Meter Run 21st
 Kathryn Tomczak, Pole Vault 21st

NCAA WEST PRELIMINARY PARTICIPANTS

Jacob Bilvado - 5000-Meter Run
 Donny Crabill - Javelin Throw
 Mickey Davey - 10,000-Meter Run
 Zachary Dicken - 4x400-Meter Relay
 Micah Fontaine - 110-Meter Hurdles
 Carina Gillespie - 1500-Meter Run; 5000-Meter Run
 Sam Hinegardner - High Jump
 Andrew Johnston - 10,000-Meter Run
 Tyler Koss - 400-Meter Dash; 4x400-Meter Relay
 Andrew Milliron - 3000-Meter Steeplechase
 Luke Piper - Javelin Throw
 John Reynolds - Triple Jump
 Jaci Smith - 5000-Meter Run; 10,000-Meter Run
 Parker Spearman - Javelin Throw
 Shelley Spires - High Jump
 Connor Stevens - Pole Vault
 Kathryn Tomczak - Pole Vault
 Sedacy Walden - 4x400-Meter Relay
 Chip White - 400-Meter Hurdles; 4x400-Meter Relay

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, Mickey 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.

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.

**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

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 booked 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 indoor competition, as she cleared a career-best 13'0¼" 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.

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.

(1) Micah Fontaine, Miguel Molas, Sedacy Walden, Robbie Anderson

(2) Sedacy Walden, Zachary Dicken, Chip White, Tyler Koss

**MEN'S RANKINGS****National Rankings**

Final | 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**

Final | 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

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.

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.

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

74 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	32:28.15	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



GOOGLE CLOUD ACADEMIC ALL-AMERICA
First-team academic all-district selection, voted on by AAA committee
 Katie Burnham | third-team selection

GOOGLE CLOUD ACADEMIC ALL-DISTRICT
3.30 GPA, nominated by SID, voted on by CoSIDA district members
 Katie Burnham | first-team selection

OTHER ACADEMIC AWARDS

USTFCCCA DIVISION I ALL-ACADEMIC TEAM
3.25 GPA, plus athletic requirements (see below)*

(8) Calvin Berstler, Mickey Davey, Tyler Koss, Luke Piper, Noah Riley, Jaci Smith, Shelley Spires, Chip White

MOUNTAIN WEST SCHOLAR-ATHLETES
3.50 GPA, at least one appearance in a varsity competition

(18) Andrea Abel, Jordan Armstrong, Calvin Berstler, Lindsey Blanks, Katie Burnham, Hunter Boyer, Mickey Davey, Scott Johnson, Jordan Lesansee, Mitch Lipe, Kathleen Medill, Noah Riley, Preston Roche, Swathi Samuel, Katie Scheibner, Justin Weber, Marshall Wheeler, Lucy Zimmerman

MOUNTAIN WEST ACADEMIC ALL-CONFERENCE
3.00 GPA, significant participant in varsity competition

(33) Andrea Abel, Robbie Anderson, Tyler Berson, Calvin Berstler, Heidi Borgerding, Hunter Boyer, Addison Brown, Shanna Burns, Mickey Davey, Chris Doerr, Colin Dwyer, Logan Grizzle, Nicole Hahn, Sam Hinegardner, Scott Johnson, Andrew Johnston, Tyler Koss, Gordon Kowalkowski, Jordan Lesansee, Mitch Lipe, Kathleen Medill, Andrew Milliron, Luke Piper, Noah Riley, Preston Roche, Sierra Rodriguez, Swathi Samuel, Alec Schrank, Jaci Smith, Shelley Spires, Andrew Tankersley, Marshall Wheeler, Chip White

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 Jamiel 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).

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).

*Indoors: Must have finished the regular season ranked in the top 96 of an individual event or in the top 48 of a relay event on the official NCAA POP list - or - Outdoors: Must have participated in any round of the NCAA Championships

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

Mar 20 Jamiel Trimble | Men's Track
 Apr 3 Shelley Spirens | 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 Spirens

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 Spirens 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 13:48.76 Eric 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 Andy 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 17'2½" 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 Joyn 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

OUTDOOR SCHEDULE & RESULTS | CONT

May 24-26 NCAA Outdoor Championships | First Round
..... No Team Scores

June 6-9..... NCAA Outdoor Championships

..... Women: 39th
Women: #2 USC 53, #1 Georgia 52, #8 Stanford 51, #4 Kentucky 46, #5 Florida 42, #7 LSU 41, #3 Oregon 39, #13 Purdue 34, #17 Arizona St 22, #16 Virginia Tech 21.50, #9 Arkansas 20, #24 Missouri 20, Iowa 19, UCLA 18, Florida St 18, Auburn 17, #11 Kansas St 16, #18 New Mexico 16, #6 Texas A&M 15, #25 Ole Miss 14, Northern Arizona 14, #22 Wisconsin 12, #15 Kansas 12, Penn St 11.50, #12 Tennessee 11, #19 Boise St 11, UT-Arlington 10, Harvard 8, #23 Oklahoma 8, Middle Tennessee St 8, Furman 8, North Dakota St 8, Louisville 8, #14 Texas 7, UC Davis 7, Cincinnati 7, #21 Colorado 6, Syracuse 6, **AIR FORCE 5.50**, UMBBC 5, Villanova 5, Michigan 5, Virginia 4.50, San Francisco 4, Washington 4, Notre Dame 3, Akron 3, Portland 3, #20 Alabama 3, Utah 3, Texas Tech 3, San Diego St 3, Washington St 3, Arkansas St 3, Norfolk St 3, Princeton 2, Ohio St 2, #10 Minnesota 2, Northern Illinois 2, Memphis 2, New Hampshire 2, South Carolina 2, Utah St 1, Baylor 1, West Virginia 1, Michigan St 1, Omaha 0.50, BYU 0.50

INDOOR SCHEDULE & RESULTS

Dec. 8..... Air Force Holiday Open
..... No Team Scores

Jan. 12-13..... Potts Indoor Invitational
..... No Team Scores

Jan. 18-19..... Air Force Combined Events
..... No Team Scores

Jan. 19..... Air Force Team Challenge
..... Men: 2nd | Women: 4th
Men: Wichita State 134, **AIR FORCE 122**, #20 BYU 112, #6 Colorado State 78; **Women:** BYU 146, Wichita State 118.50, Colorado State 102.50, **AIR FORCE 90**

Jan. 26-27..... Air Force Invitational
..... Men: 2nd | Women: 4th
Men: Nebraska 161, **AIR FORCE 146**, #10 Colorado State 64, Long Beach State 62, Northern Colorado 35, #8 Colorado 13, Western State 11, Adams State 9; **Women:** Long Beach State 100.50, Nebraska 99, Colorado State 87, **AIR FORCE 54**, San Jose State 54, Colorado 42.50, Northern Colorado 33, Adams State 7

Feb. 2-3..... Colorado Invitational
..... Men: 2nd | Women: 9th
Men: #11 Colorado 98, **AIR FORCE 90**, #13 Colorado St 85.33, Adams St 70, Wyoming 58, Mines 49.66, Western St 37, Chadron St 27, CSU-Pueblo 24, No Colorado 21, MSU Billings 18, Mesa 17, Asusa Pacific 14, Cal State Fullerton 13, UCSS 11, Metro St 6, Colo Christian 5; **Women:** Colorado 148, Colorado St 134.50, Wyoming 70, No Colorado 46, Cal State Fullerton 41, Adams St 39, Azusa Pacific 32, **AIR FORCE 24.50**, Mines 20, Mesa 19, Western St 18, UCSS 15, Chadron St 11, CSU-Pueblo 11, Metro State 1

Feb. 9-10..... Husky Classic
..... No Team Scores

Feb. 9-10..... Texas Tech Shootout
..... No Team Scores

Feb. 16..... Air Force Collegiate Open
..... No Team Scores

Feb. 22-24..... Mountain West Indoor Championships
..... Men: 1st | Women: 7th
Men: **AIR FORCE 206.50**, Colorado State 141, Utah State 116, New Mexico 96.50, Boise State 55, Wyoming 41; **Women:** UNLV 99, Colorado State 85, Boise State 82, San Diego State 70, New Mexico 60.50, Fresno State 59.33, **AIR FORCE 48**, Utah State 44.66, Wyoming 41, Nevada 38.50, San Jose State 34

Mar. 9-10..... NCAA Indoor Championships
..... Women: 51st tie
Women: #1 Georgia 61, #2 Arkansas 49, #3 Kentucky 34, #6 Florida 32, #7 Oregon 31, #4 LSU 29, #5 USC 28, #9 Stanford 24, #14 Missouri 20, #8 New Mexico 17, #10 Texas A&M 17, #23 Cincinnati 16, #22 Arizona St 15, #12 Virginia Tech 14, #11 Minnesota 14, #18 Purdue 14, San Diego St 12, #13 Boise St 12, Kansas St 12, #24 Kansas 12, #16 Colorado 11, #17 Mississippi St 11, #21 Auburn 11, North Carolina 10, #15 New Hampshire 10, Harvard 10, #25 Florida St 9, Louisville 8, UCLA 8, Villanova 8, Oklahoma 8, Kansas St 8, Iowa 7, Akron 7, Iowa St 7, Mississippi 6, Wisconsin 6, Texas Tech 5, Northern Arizona 5, Indiana 5, Campbell 4, North Carolina A&T 4, Penn St 4, #19 Tennessee 4, FIU 4, Ohio St 3, Providence 3, Miami 3, Oklahoma St 3, BYU 3, Alabama 3, North Carolina St 2, Eastern Michigan 2, **AIR FORCE 2**, Baylor 1, Notre Dame 1, Duke 1 South Carolina 1, Texas St 1, Texas 1, Syracuse 1, Northern Illinois 1

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 USTFCCCA 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 Spires: 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; Spires: 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; Spires: 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.

INDOOR SEASON NOTES & HIGHLIGHTS**SPIRES REPEATS AS FIRST-TEAM ALL-AMERICAN**

Shelley Spires earned first-team All-America status in the high jump for the second-straight year after clearing 6'0½" to finish seventh in that event at the NCAA Indoor Championships on March 9. The senior from Mobile, Ala., who also nabbed first-team accolades at last year's indoor championship meet, became the first Air Force female to garner multiple All-America honors in an indoor event at the Division I level – and just the sixth Air Force athlete overall to accomplish that feat at this level.

RHOADS CAPTURES ALL-AMERICA STATUS

Michael Rhoads earned the first All-America award of his career on March 9, as he captured second-team status in the 800-meter run at the NCAA Indoor Championships. Rhoads, who finished 15th in the national semifinal with a time of 1:49.73, is the first Academy runner to collect an All-America nod at 800 meters since Jeff Kuzma finished 10th at the 1994 championship meet.

MORE INFO ON THE "SWEET 16" CONTENDERS

Shelley Spires, who made her second-straight appearance in the high jump lineup at the NCAA Indoor Championships, after capturing first-team All-America status in 2017 with a sixth-place finish, is the first Air Force female to make multiple trips to the indoor championship meet. It is the third national final overall for the senior, who collected second-team All-America honors at the NCAA Outdoor Championships last spring. In addition, Michael Rhoads made his first appearance at a national championship meet, although the sophomore did travel to last year's outdoor meet as an alternate for the 4x400-meter relay.

LOOKING AT THE NATIONAL LANDSCAPE

Air Force finished the regular season with three athletes listed among the top-20 of the national standings – and eight ranked in the top 40. Shelley Spires is tied for seventh in the high jump (6'0½"), while Kathryn Tomczak is tied for 16th in the pole vault (14'0½") and Michael Rhoads is ranked 17th in the 800-meter run (1:48.22a). In addition, Jaci Smith (28th in the 5000-meter run, 15:59.91a), John Reynolds (31st in the triple jump, 51'6½"), Calvin Berstler (34th in the heptathlon, 5418), Jacob Bilvado (35th in the 5000-meter run, 13:56.89) and Jamiel Trimble (40th in the 200-meter dash, 20.93) are listed in the nation's top 40.

UNOFFICIALLY SPEAKING

Although this is an unofficial category, Air Force had three squads listed among the top-15 of the final USTFCCCA Event Group Rankings (measured by totaling the team's top four individual performances in each event during the regular season). The men's 5000-meter contingent of Jacob Bilvado, Mickey Davey, Andrew Johnston and Jimmy Shipley was ranked eighth (56:23.0), while the pole vault groups of Connor Stevens, Sam Hinegardner, Justin Harmon and Logan Grizzle was ranked 12th (66'1¼") and the high jump rotation of John Reynolds, Hinegardner, Jake LaCoste and Calvin Berstler was ranked 14th (27'2¼").

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INDOOR ALL-AMERICANS | FIRST-TEAM

Shelley Spires, High Jump..... Seventh

INDOOR ALL-AMERICANS | SECOND-TEAM

Michael Rhoads, 800-Meter Run..... 15th

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 a program-best 206.50 points to win its third indoor title in six years – and separate itself from the field by 65.50 points.

PUTTING UP THE BIG NUMBERS

The Falcons became the first team to break the 200-point mark at a Mountain West Indoor Championship meet since 2009, while the 65.50 margin-of-victory was the most at the conference’s indoor championship meet since 2011. Conversely, Air Force had won its previous two indoor titles by a combined 3.50 points (156.5-154.0 in 2012, 142-141 in 2016).

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.

BUT WAIT, THERE’S MORE!

Highlighted by two individual event titles, the women combined for 48 points at the Mountain West Indoor Championships – the second-highest indoor point total in Academy history – to finish seventh out of 11 teams. The Falcons’ placement was the highest team finish since the conference expanded to its current field size - and marked the second-best indoor finish ever.

LINDEMAN NAMED COACH OF THE YEAR

After guiding Air Force to its third indoor title in seven years, Ralph Lindeman was named the Mountain West Men’s Indoor Coach of the Year – marking the seventh time he has been honored with that award from his conference coaching peers (2001, 2004, 2008, 2011, 2012, 2016, 2018). It is the 13th overall MW award for Lindeman, who has also been voted as the league’s top outdoor coach six times (2002, 2003, 2012, 2013, 2016, 2017). He has also earned a pair of WAC awards with Air Force (1991 men’s cross country, 2995 men’s indoor track and field) and one Big West accolade while at Long Beach State (1989).

DID YOU KNOW?

Air Force has received the Outstanding Performer award at the last four Mountain West Championship meets. The Falcons have claimed five all-time awards, as Jamiel Trimble (2016 outdoor, 2017 indoor, 2017 outdoor) and John Reynolds (2018 indoor) have combined for the men’s awards and Dana Pounds captured the only women’s award at the 2005 outdoor meet.

FALCONS NAB PROGRAM-BEST 21 ALL-CONFERENCE AWARDS

By placing within the top three of their respective events at the Mountain West Indoor Championship meet, 15 athletes and two relays combined for a program-record 21 all-conference accolades. The Falcons accounted for multiple all-MW finishes in three events, en route to the most indoor awards by both the men (16) and women (5) in program history.

EXCUSE ME, MAY I BORROW THE WHITEOUT?

Two women’s all-time relay records earned a rewrite at the Mountain West Championships, including one long-standing mark. The women’s 4x4 squad of Kelsey Owens, Megan Irvine, Aryn Maxwell and Aubrey Ridgeway (3:44.47) that took nearly five seconds off of an Academy standard that had stood since 1983. Bookended by Mahala Norris and Carina Gillespie, Owens and Irvine also ran on the distance medley relay that clocked a program-best time of 11:23.84a to break a five-year-old record.

EVENT	ATHLETE(S)	RECORD	OLD MARK YEAR
4x400-Meter	Kelsey Owens - Megan Irvine - Aryn Maxwell - Aubrey Ridgeway	3:44.47	4:49.44 1983
Distance Medley	Mahala Norris - Kelsey Owens - Megan Irvine - Carina Gillespie	11:23.84a	11:24.78 2013

WHAT. A. DAY!

The men dominated the sprint and hurdle events at the MW Championships on Feb. 24, combining for five conference titles, seven all-conference honors, 10 scoring finishes and 64 total points. Miguel Molas (60-meter dash), Jamiel Trimble (200-meter dash), Tyler Koss (400-meter dash), Micah Fontaine (60-meter hurdles) and the 4x400-meter relay of Sedacy Walden, Zachary Dicken, Michael Rhoads and Koss won their respective events to mark the first time since 2010 – and just the second time in MW history – that one program swept all of the sprints and hurdle events at the indoor championship meet.

“THE GREATEST HOUR IN AIR FORCE WOMEN’S HISTORY”

The women recorded two conference titles in less than one hour on Feb. 23, causing head coach Ralph Lindeman to deem it the “greatest hour in Air Force women’s history”. With the second-fastest time in MW Championship Meet history (16:25.99), Jaci Smith defeated the 18-runner field by nearly five seconds to become the program’s first-ever conference champion in the 5000-meter run. Shelley Spires picked up the next title just 45 minutes later, as she registered the second-best jump in MW Meet history (6’0½”) to successfully defend her title. The two conference titles equaled the largest indoor title haul for the women since 2010 and marked the first time ever that different Falcons accounted for MW titles at an indoor meet.

TRIMBLE MAKES HISTORY WITH WIN #10

Jamiel Trimble, who missed the majority of the indoor season with an injury, returned to the Falcons’ lineup in time for the MW Indoor Championships and promptly collected the 10th Mountain West title of his career. In his first race of the year, the senior ran a 21.14 to win the preliminary heat of the 200-meter dash and followed that up with a winning time of 20.93 – the fastest time in the conference for 2018 – to successfully defend his MW title in that event. With the victory, Trimble became the program’s first-ever 10-time conference champion.

**MEN'S TEAM CHAMPIONS**

Air Force (206.50 points)

MEN'S COACH OF THE YEAR

Ralph Lindeman

MEN'S OUTSTANDING PERFORMER

John Reynolds

MEN'S CONFERENCE CHAMPIONS

Micah Fontaine | 60-Meter Hurdles

Tyler Koss | 400-Meter Dash

Miguel Molas | 60-Meter Dash

John Reynolds | Triple Jump

Jamiel Trimble | 200-Meter Dash

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

MEN'S ALL-CONFERENCE SELECTIONS

Robbie Anderson 60-Meter Dash	Third-Place
Calvin Berstler Heptathlon.....	Third-Place
David Collins 60-Meter Hurdles.....	Third-Place
Mickey Davey 3000-Meter Run	Second-Place
Mickey Davey 5000-Meter Run	Third-Place
Micah Fontaine 60-Meter Hurdles.....	First-Place
Tyler Koss 400-Meter Dash.....	First-Place
Mitch Lipe Pole Vault.....	Third-Place
Miguel Molas 60-Meter Dash.....	First-Place
John Reynolds High Jump.....	Second-Place
John Reynolds Long Jump.....	Second-Place
John Reynolds Triple Jump.....	First-Place
Michael Rhoads 800-Meter Run.....	Second-Place
Connor Stevens Pole Vault.....	Second-Place
Jamiel Trimble 200-Meter Dash.....	First-Place

MEN'S ALL-CONFERENCE RELAYS

4x400-Meter Relay (1)..... First-Place

WOMEN'S CONFERENCE CHAMPIONS

Jaci Smith | 5000-Meter Run

Shelley Spires | High Jump

WOMEN'S ALL-CONFERENCE SELECTIONS

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

WOMEN'S ALL-CONFERENCE RELAYS

4x400-Meter Relay (2).....	Third-Place
Distance Medley Relay (3).....	Third-Place

(1) Sedacy Walden, Zachary Dicken, Michael Rhoads, Tyler Koss

(2) Kelsey Owens, Megan Irvine, Aryn Maxwell, Aubrey Ridgeway

(3) Mahala Norris, Kelsey Owens, Megan Irvine, Carina Gillespie

FUN FACTS FROM THE CONFERENCE MEET

John Reynolds became the Academy's first-ever champion in the indoor triple jump, while Tyler Koss became the program's first indoor 400-meter champion since 2000 (Kevin Griswold) ... Air Force has earned four top-three finishes in the 60-meter dash during the last two years – a total that is more than half of the program's all-time selections in that event (seven) ... Sedacy Walden, Zachary Dicken, Michael Rhoads and Koss combined for the 20th all-conference award in the 4x400-meter relay (11 indoors, nine outdoors) ... Micah Fontaine (first) and David Collins (third) marked the first time since 2008 that Air Force has placed two in the top-three of the 60-meter hurdles ... Connor Stevens (second) and Mitch Lipe (third) marked the seventh-straight year that Air Force has accounted for multiple top-three finishes in the pole vault ... Kathryn Tomczak earned the Falcons' first all-MW honor in the indoor pole vault since 2012 ... finishing third, Kelsey Owens, Megan Irvine, Aryn Maxwell and Aubrey Ridgeway accounted for the women's first-ever all-conference finish in the indoor 4x400-meter relay.

FALCONS CAP REGULAR SEASON WITH THREE WEEKLY AWARDS

With three of the four recipients wearing Blue and Silver, Air Force made an impact on the Mountain West's final weekly awards of the indoor season on Feb. 21. Micah Fontaine was named the MW Men's Indoor Track Athlete of the Week, while Jake LaCoste and Cambria Galloway were honored as the MW Indoor Field Athletes of the Week. It was the first career award for all three Falcons, while Fontaine also became the first track athlete to be honored by the Mountain West this season.

ADD 'EM UP!

Air Force was honored with the Mountain West's Athlete of the Week award eight times during the indoor season. Kathryn Tomczak (Dec. 12, Jan. 30) and Connor Stevens (Jan. 16, Feb. 6) were both recognized twice during the season, while John Reynolds (Jan. 23), Micah Fontaine (Feb. 21), Cambria Galloway (Feb. 21) and Jake LaCoste (Feb. 21) were honored once.

TWO-SPORT STANDOUTS

Three members of the conference contingent played a different sport during the fall, as Cambria Galloway and Kathleen Medill were on the Air Force volleyball team and Jake LaCoste was a member of the Falcons' football team.

FALCONS ADD TWO TO OFFICIALS HALL OF HONOR

Air Force inducted competition officials Jim Murphy and Tanya Schwindt into the Academy's Track and Field Officials Hall of Honor on Feb. 16, during a special presentation at the Air Force Collegiate Open. Since the program's Hall of Honor's was established in 2013, a total of 21 longtime officials have been recognized and honored by the Air Force track and field team.

MOVING INTO THE STANDINGS

In their final home meet of the indoor season, Micah Fontaine and Cambria Galloway debuted in 10th on the all-time standings of their respective events at the Air Force Collegiate Open on Feb. 16. Fontaine clocked a time of 8.02 to take second in the 60-meter hurdles, while Galloway recorded a distance of 37'5¼" during a third-place performance in the triple jump.

MEN FINISH INDOOR SEASON RANKED 15TH IN DUAL MEET RANKINGS

The Falcons finished the indoor season ranked 15th in the Collegiate Men's Indoor Dual Meet Rankings.

FAST FACTS

Combining for a time of 3:09.18, the men's 4x400-meter relay of Zachary Dicken, Sedacy Walden, Michael Rhoads, Tyler Koss broke the Academy record – and recorded the third-fastest relay in Mountain West history – at the Texas Tech Shootout on Feb. 10. With that time, Walden and Koss have now ran on the two fastest 4x400-meter relays in Air Force history (3:09.18 in 2018, 3:09.26 in 2017) – and are now listed with three of the program's top-five all-time marks (3:11.78 in 2016).

WE'RE NOT DONE YET

In addition to running on Air Force's record-setting 4x400-meter relay, Michael Rhoads and Tyler Koss also accounted for individual marks that are ranked among the top five in program history at Texas Tech over the Feb. 9-10 weekend. Rhoads clocked an altitude-converted 800-meter time of 1:49.15 to jump from 10th to third on the all-time standings of that event, while Koss equaled his career best time of 47.49 – the fifth-fastest mark in Air Force history – in the 400-meter dash.

WHAT A DAY!

Aubrey Ridgeway, who equaled the Academy's four-year-old record in the 200-meter dash on Feb. 3, knocked 0.19 seconds off of that time to set a new program standard on Feb. 10. Winning her heat with a time of 24.66, the freshman took over sole possession of first on the Academy's all-time standings and reset her week-old Class Record. Ridgeway capped the day by joining Aryn Maxwell, Devyn Jones and Megan Irvine for the second-fastest 4x400-meter relay in Academy history (3:49.54).

SOUNDS FROM SEATTLE

Air Force made three improvements to the top-five of the Academy's 5000-meter standings at the Husky Classic on Feb. 9. Jaci Smith improved her No. 2 standing on the women's list with a Junior Class Record time of 16:00.25, while Jacob Bilvado (third, 13:56.89) and Mickey Davey (fifth, 13:59.38) both impacted the top half of the men's list.

GOING LONG...

With a distance of 50'3½" at the Texas Tech Shootout on Feb. 9, John Reynolds surpassed the triple jump's 50-foot barrier for the third time in as many meets this season – and remains the only jumper in the Mountain West to break the 48-foot mark.

STEVENS CLAIMS SECOND MW AWARD

After matching his own conference-leading mark of 16'8¾" in the pole vault at the Colorado Open, Connor Stevens was named the MW Men's Indoor Field Athlete of the Week on Feb. 6. It is the second award of the season for Stevens – and the fifth time in as many weeks that a member of the Falcons' vertical jumps team has collected the league's weekly Field Athlete award.

**MEN'S RANKINGS****National Rankings**

Final | March 5

Rk	Institution	Pts
1	Texas Tech	130.74
2	Georgia	102.50
3	Florida	100.79
4	Arkansas	97.28
5	USC	91.66
6	Texas A&M	85.94
7	Florida St	82.66
8	Alabama	73.31
9	Ohio State	66.98
10	Houston	65.47
11	TCU	64.15
12	Virginia Tech	60.39
13	Syracuse	59.11
14	Penn State	53.89
15	So Carolina	51.58
16	Oregon	50.04
17	Kentucky	46.54
18	New Mexico	45.27
19	Texas	45.21
20	Clemson	45.14
21	So Utah	44.95
22	UTEP	44.74
23	Colorado St	44.24
24	Stanford	38.73
25	Auburn	35.74

Regional Rankings

Final | Feb 26

Rk	Institution	Pts
1	Texas Tech	552.88
2	BYU	290.50
3	Air Force	265.01
4	Colorado St	259.82
5	No Arizona	195.20
6	New Mexico	190.14
7	So Utah	186.95
8	Utah State	185.03
9	Colorado	159.12
10	Montana St	116.23
11	UTEP	113.38
12	Weber St	56.62
13	Utah Valley	50.64
14	No Colorado	41.31
15	Wyoming	40.60

WOMEN'S RANKINGS**National Rankings**

Final | March 5

Rk	Institution	Pts
1	Georgia	183.12
2	Arkansas	156.04
3	Kentucky	142.23
4	LSU	130.76
5	USC	128.06
6	Florida	100.13
7	Oregon	99.09
8	New Mexico	84.50
9	Stanford	80.05
10	Texas A&M	59.68
11	Minnesota	56.24
12	Virginia Tech	54.56
13	Boise State	54.36
14	Missouri	50.51
15	New Hampshire	45.65
16	Colorado	44.44
17	Mississippi St	42.20
18	Purdue	41.60
19	Tennessee	41.43
20	Clemson	40.62
21	Auburn	39.75
22	Arizona St	39.72
23	Cincinnati	39.29
24	Kansas	38.80
25	Florida St	38.60

Regional Rankings

Final | Feb 26

Rk	Institution	Pts
1	Texas Tech	517.62
2	BYU	317.35
3	No Arizona	302.65
4	Colorado	301.61
5	Colorado St	264.17
6	New Mexico	244.46
7	Wyoming	146.02
8	Nevada	119.48
9	Utah State	105.36
10	Air Force	95.70
11	UTEP	76.01
12	Weber St	55.31
13	Montana	53.14
14	Montana St	50.71
15	Utah	44.69

MEN SECOND, WOMEN NINTH AT COLORADO INVITATIONAL

The men registered 90 points to finish second at the 17-team Colorado Invitational, while the women finished ninth with 24.50 points. The men, which finished sixth out of 60 runners in the event, defeated one nationally-ranked Division I squad in No. 13 Colorado State and bettered four top-20 programs from the Division II level.

RIDGEWAY CLOCKS AF-BEST TIME AT 200 METERS

Aubrey Ridgeway matched the Academy's best 200-meter time at the Colorado Invitational on Feb. 3, as she crossed the finish line in a time of 24.85 to finish sixth out of 60 runners in the event. With that time – the fourth-fastest by a collegiate in the meet – Ridgeway equaled Morgan Malone's four-year-old program standard and reset the one-year-old Freshman Class Record.

CAN I GET A REWRITE?

In addition to Aubrey Ridgeway's program-record time in the 200-meter dash, five other improvements were made to the Academy record book at the Colorado Invitational over the Feb. 2-3 weekend. Miguel Molas registered the fourth-fastest 60-meter time in program history (6.75), while Tyler Koss improved his No. 5 standing on the all-time list at 400 meters (47.49). Zac Petrie accounted for the program's eighth-fastest 800-meter time (1:50.67, adjusted for altitude), while Noah Riley (4:04.72a) and Mahala Norris (4:53.92a) debuted in ninth on the their respective top-10 lists for the mile.

FINISHING STRONG

Tyler Koss clocked a career-best time of 47.49 to finish first out of 51 runners in the 400-meter dash at the Colorado Invitational, while Miguel Molas, who was the top collegiate finisher (second overall) in the 60-meter finals with a personal-best time of 6.75, initially matched his (then) career-best of 6.83 to finish second out of 43 runners in the qualifying round (top collegiate). From the field, Kathryn Tomczak cleared 12'11½" to finish first out of 27 jumpers in the pole vault competition.

ALUMNI ALERT!

Assisted by several alumni of the Air Force distance program, the USAF men's and women's cross country teams finished second at the 2018 Armed Forces Cross Country Championships on Feb. 3. Hannah Everson captured an individual silver medal after clocking a 10K time of 37:09.1 on the course in Tallahassee, while Katherine Ward and Lindy Long also scored for the women after finishing seventh and ninth, respectively. Matt Williams and Kyle Eller both earned scoring finishes for the silver-medal USAF men, whose six-man squad included two additional Academy alums in Riley Coates and Elliot Myers.

MEN STILL 15TH IN DUAL MEET RANKINGS

The Falcons remained at No. 15 in the Jan. 30 edition of the Collegiate Men's Indoor Dual Meet Rankings.

TOMCZAK DEBUTS IN SECOND ON MW ALL-TIME LIST, NABS SECOND WEEKLY AWARD

After breaking her own Academy record and debuting at No. 2 on the Mountain West's all-time pole vault standings, Kathryn Tomczak was named the MW Women's Indoor Field Athlete of the Week on Jan. 30. Tomczak, who has claimed the honor twice this season, became the first Air Force jumper to clear 14 feet indoors during a winning performance at the Air Force Invitational. The junior recorded a career-best clearance of 14'0½" to win the Elite section of the pole vault.

HITTING THE RESET

Four meets after breaking the Academy's 14-year-old standard in the triple jump, John Reynolds improved the record again with a distance of 51'6¼" at the Air Force Invitational. Finishing second, he added a half-inch to his own program-best mark.

MORE MOVERS AND SHAKERS

In addition to the records in the pole vault and triple jump, two other events received an update to their top-10 lists at the Air Force Invitational. Robbie Anderson clocked a time of 21.57 to debut in eighth on the all-time standings of the 200-meter dash, while Jaci Smith clocked the program's 10th-fastest mile with an altitude-adjusted time of 4:54.03. In addition, Shelley Spires recorded a season-best high jump clearance of 6'0¾" to rewrite the Senior Class Record for the fourth-straight week.

MEN SECOND, WOMEN FOURTH AT AIR FORCE INVITATIONAL

The men tallied 146 points to finish second at the Air Force Invitational – and defeat a pair of top-10 programs – while the women collected 54 points to tie for fourth with conference opponent San Jose State.

MEN MENTIONED IN DUAL MEET RANKINGS

The Falcons were moved up three spots to No. 15 in the Jan. 23 edition of the Collegiate Men's Indoor Dual Meet Rankings.

REYNOLDS NAMED MOUNTAIN WEST FIELD ATHLETE OF THE WEEK

After posting a conference-leading clearance in the high jump at the Air Force Team Challenge, John Reynolds was named the Mountain West Men's Indoor Field Athlete of the Week on Jan. 23 - the second such award of his career. The senior cleared a personal-best 6'11½" to win the competition and debut in seventh on the Academy's all-time indoor standings. In addition to his win in the high jump, Reynolds also scored for the Falcons in the long jump, as he posted a career-best distance of 22'11¼".

MEN SECOND, WOMEN FOURTH AT AIR FORCE TEAM CHALLENGE

With the top two finishers from each school contributing to the team score, the Air Force men finished second at the Team Challenge on Jan. 19 – and defeated a pair of squads ranked among the nation's top 20. Wichita State won the men's title with 134 points, while Air Force (122), No. 20 BYU (112) and sixth-ranked Colorado State (78) rounded out the field. On the women's side, BYU won the team title with 146 points and were followed by Wichita State (118.50), BYU (112) and Air Force (90).

DID YOU KNOW?

Shelley Spires is one of three Falcons to hold all four Class Records (Kassie Gurnell - triple jump, Sara Neubauer - shot put).

MEN'S FIRST-PLACE FINISHES

Robbie Anderson	
60m Dash.....	Feb 16
100m Dash.....	Apr 15
200m Dash.....	May 4
Calvin Berstler	
Long Jump.....	May 4
Decathlon.....	May 10
Jacob Bilvado	
Mile Run.....	Jan 19
Hunter Boyer	
5000m Run.....	Feb 16
3000m Steeplechase.....	Apr 20
Garrett Coalson	
Shot Put.....	Feb 16 May 4
Donny Crabill	
Javelin Throw.....	May 4
Logan Feasline	
Discus Throw.....	Mar 17 Apr 27 May 4
Micah Fontaine	
60m Hurdles.....	Dec 8 Feb 24
110m Hurdles.....	May 11
Brooks Hardy	
Weight Throw.....	Feb 16
Justin Harmon	
Pole Vault.....	Jan 26
Sam Hinegardner	
High Jump.....	Jan 12 Mar 17 Apr 15
Pole Vault.....	Dec 8 Apr 27
Tyler Koss	
200m Dash.....	Mar 17
400m Dash.....	Jan 13 Feb 3 Feb 24 Apr 15 May 12
Jake LaCoste	
Long Jump.....	Dec 08 Feb 16
Andrew Milliron	
3000m Steeplechase.....	Mar 30
Miguel Molas	
60m Dash.....	Dec 08 Feb 3 Feb 24
Zac Petrie	
800m Run.....	Jan 13 May 4
Luke Piper	
Javelin Throw.....	Mar 16
John Reynolds	
High Jump.....	Jan 19
Triple Jump.....	Dec 08 Feb 24 May 12
Michael Rhoads	
500m Dash.....	Dec 08
800m Run.....	Jan 19
Preston Roche	
800m Run.....	Mar 17

MEN'S INDOOR SEASON LEADERS

EVENT	MARK	ATHLETE	MEET	DATE
60-Meter Dash	6.75	Miguel Molas	Colorado Invitational	Feb 3
200-Meter Dash	20.93	Jamiel Trimble	MW Indoor Championships	Feb 24
300-Meter Dash	34.48	Sedacy Walden	Air Force Holiday Open	Dec 8
400-Meter Dash	47.39	Tyler Koss	MW Indoor Championships	Feb 24
500-Meter Dash	1:03.50	AR Michael Rhoads	Air Force Holiday Open	Dec 8
800-Meter Run	1:48.22a	Michael Rhoads	MW Indoor Championships	Feb 24
1000-Meter Run	2:34.32	Conner Wilburn	Air Force Holiday Open	Dec 8
Mile Run	4:04.36a	Noah Riley	MW Indoor Championships	Feb 24
3000-Meter Run	8:03.27a	Mickey Davey	MW Indoor Championships	Feb 24
5000-Meter Run	13:56.89	Jacob Bilvado	Husky Classic	Feb 9
60-Meter Hurdles	7.96	Micah Fontaine	MW Indoor Championships	Feb 24
4x400-Meter Relay	3:09.18	AR Team	Texas Tech Shootout	Feb 10
Mile Relay	3:13.65	Team	Air Force Invitational	Jan 27
Dist Medley Relay	9:45.01a	Team	MW Indoor Championships	Feb 22
High Jump	7-0.50	John Reynolds	MW Indoor Championships	Feb 24
Pole Vault	16-8.75	Connor Stevens	3x, last Colorado Invitational	Feb 2
Long Jump	23-9	John Reynolds	MW Indoor Championships	Feb 24
Triple Jump	51-6.25	AR John Reynolds	Air Force Invitational	Jan 27
Shot Put	55-10.25	Garrett Coalson	Air Force Invitational	Jan 27
Weight Throw	58-10.25	Brooks Hardy	MW Indoor Championships	Feb 24
Heptathlon	5418	Calvin Berstler	Air Force Combined Events	Jan 18-19

WOMEN'S INDOOR SEASON LEADERS

EVENT	MARK	ATHLETE	MEET	DATE
60-Meter Dash	7.91	Aubrey Ridgeway	Air Force Holiday Open	Dec 8
200-Meter Dash	24.66	AR Aubrey Ridgeway	Texas Tech Shootout	Feb 10
300-Meter Dash	41.39	Aubrey Ridgeway	Air Force Holiday Open	Dec 8
400-Meter Dash	56.35	Megan Irvine	Texas Tech Shootout	Feb 9
500-Meter Dash	1:12.41	Megan Irvine	Air Force Holiday Open	Dec 8
800-Meter Run	2:14.78a	Mahala Norris	Air Force Team Challenge	Jan 19
Mile Run	4:52.02a	Carina Gillespie	Air Force Collegiate Open	Feb 16
3000-Meter Run	9:26.25a	Carina Gillespie	MW Indoor Championships	Feb 24
5000-Meter Run	15:59.91a	Jaci Smith	MW Indoor Championships	Feb 23
60-Meter Hurdles	8.89	Devyn Jones	2x, last Air Force Team Challenge	Jan 19
4x400-Meter Relay	3:44.47	AR Team	MW Indoor Championships	Feb 24
Mile Relay	3:55.21	Team	Air Force Team Challenge	Jan 19
Dist Medley Relay	11:23.84a	AR Team	MW Indoor Championships	Feb 22
High Jump	6-0.75	Shelley Spires	Air Force Invitational	Jan 27
Pole Vault	14-0.50	AR Kathryn Tomczak	Air Force Invitational	Jan 27
Long Jump	17-9	Cambria Galloway	Air Force Holiday Open	Dec 8
Triple Jump	37-5.25	Cambria Galloway	Air Force Collegiate Open	Feb 16
Shot Put	42-11	Ashleigh Lehotsky	MW Indoor Championships	Feb 24
Weight Throw	49-8.75	Meghan Carbiener	Air Force Collegiate Open	Feb 16

MEN'S FIRST-PLACE FINISHES | CONT

Jimmy Shipley	
3000m Run	Jan 27
Greg Skage	
Pole Vault	Apr 15
Jackson Spalding	
Shot Put	Mar 17
Connor Stevens	
Pole Vault	Jan 12 Jan 19 Mar 17 <u>May 4</u>
Patrick Sullivan	
Mile Run	Jan 27 Feb 16
1500m Run	May 4
Andrew Tankersley	
1500m Run	Apr 15
Jamie Trimble	
100m Dash.....	Mar 17 Apr 7
200m Dash.....	Feb 24
Sedacy Walden	
200m Dash.....	Mar 17
400m Dash.....	May 11
Justin Weber	
3000m Steeplechase	Mar 17
Marshall Wheeler	
3000m Steeplechase	Apr 15
Chip White	
400m Dash.....	Feb 16
400m Hurdles.....	<u>Mar 17</u> Apr 15 Apr 21 May 12
Conner Wilburn	
1000m Run	Dec 08
Josh Wojciechowski	
1500m Run	Apr 7
Relays	
Mile Relay	Jan 27
4x400m Relay	Feb 24 Apr 27 May 12
4x1600m Relay	Apr 27

FALCONS RESET TWO CLASS RECORDS

With a winning high jump clearance of 6'0", Shelley Spires reset her own Senior Class Record in that event for the third time in as many meets at the Air Force Team Challenge. Spires, who became the first Air Force female to ever clear the six-foot bar in that event as a junior, was one of two Falcons to reset at Class Record on Jan. 19, as Justin Harmon tallied 4816 points in the heptathlon to add nearly 200 points to the program's eight-year-old Freshman Class Record.

FRESHMAN IMPACT WOMEN'S ALL-TIME STANDINGS

Aubrey Ridgeway clocked the fourth-fastest indoor 200-meter time in Academy history (25.06) during a runner-up finish at the Air Force Team Challenge on Jan. 19, while classmate Devyn Jones matched her career-best time of 8.89 in the 60-meter hurdles – the sixth-fastest mark in Air Force history – to finish fourth in the event finals at that meet.

BERSTLER CLIMBS TO NO. 2 ON AIR FORCE HEPTATHLON STANDINGS

Calvin Berstler registered the second-highest heptathlon total in Academy history on Jan. 19, as he tallied 5418 points during a runner-up performance at the two-day Air Force Combined Events Meet. Earning top-three marks in five of the seven events, the senior improved his previous-best total by more than 200 points and finished second in the overall field.

MEN MENTIONED IN DUAL MEET RANKINGS

The Falcons were ranked 18th in the first Collegiate Men's Indoor Dual Meet Rankings of the 2018 season (released Jan. 16).

STEVENS EARNS WEEKLY MOUNTAIN WEST AWAARD

After winning the pole vault at the Potts Indoor Invitational, Connor Stevens was named the Mountain West Men's Indoor Field Athlete of the Week on Jan. 16 – the first award of his career. Matching his career-best clearance of 16'8½", Stevens won the 13-vaulter event and paced the Falcons to a share of the top-three heights in that event.

FALCONS IMPACT RECORD BOOK AT POTTS INVITATIONAL

Two improvements were made to the Academy record book at the Potts Invitational on Jan. 13. Tyler Koss registered the fifth-fastest 400-meter time in Air Force history (47.57) to win that event, while Devyn Jones, Aubrey Ridgeway, Kelsey Owens and Megan Irvine clocked the sixth-fastest 4x400-meter relay in program history (3:51.81) during a winning performance.

WOMEN EARN HIGHEST PRESEASON RANKING IN PROGRAM HISTORY

The women recorded their highest preseason placement in program history on Jan. 10, as they entered the 2018 season listed 42nd out of 132 teams in the USTFCCCA Division I Preseason Rankings. That placement bettered the previous best by 63 spots and marks the first time they have ever been listed in the top 100. The men were ranked 40th in the preseason standings, marking the seventh time in eight years that they have earned a top-40 preseason spot.

LOOKING AT THE NATIONAL LANDSCAPE

Highlighted by a three athletes ranked among the nation's top three in their respective events, the Falcons have seven athletes listed in the top-25. John Reynolds is currently ranked second with his season-opening triple jump mark of 51'5½", while Shelley Spires and Kathryn Tomczak are ranked third in the high jump (5'10½") and pole vault (13'9½"), respectively. Justin Harmon, Sam Hinegardner and Connor Stevens are all tied for 16th in the pole vault with matching clearances of 16'6½", while Micah Fontaine is listed 24th in the 60-meter hurdles with a time of 8.09.

TOMCZAK NABS SEASON'S FIRST MOUNTAIN WEST AWARD

After recording a conference-leading clearance of 13'9½" to win the pole vault at the Air Force Holiday Open, Kathryn Tomczak was named the Mountain West Women's Indoor Field Athlete of the Week on Dec. 12 - the third indoor award of her career and the fifth overall. With the second-best height in the NCAA this season, Tomczak won the event by nearly one-and-a-half feet, added four inches to the Meet Record and shattered the program's Junior Class Record that had stood since 2012.

WELL, THAT DIDN'T TAKE LONG!

With a distance of 51'1¼", John Reynolds broke the Academy's 13-year-old record in the triple jump at the Air Force Holiday Open. Adding over eight inches to a program standard that had stood since 2004, Reynolds won the event by more than four feet, accounted for the best jump of the week by an NCAA Division I athlete and debuted in second on the national rankings.

DOWN GOES ANOTHER ONE...

For the fourth time in five years, the Air Force Holiday Open featured a new program record in the 500-meter dash. Michael Rhoads was the latest Falcon to improve the Academy's all-time mark in that event, as he clocked a time of 1:03.50 to shatter the previous record during the annual December meet. The sophomore, who paced Air Force to a one-two finish in that event, was one of two Falcons to better the old mark, as Zachary Dicken took second in a time of 1:04.20.

OH CAPTAIN, MY CAPTAIN

Robbie Anderson, Carina Gillespie, Andrew Johnston and Shelley Spires will serve as team captains for the 2017-18 season.

LOOK WHO'S BACK

Air Force's roster includes two indoor All-Americans (Shelley Spires – high jump; Jamie Trimble – 200-meter dash), one NCAA indoor qualifier (Kathryn Tomczak – pole vault), two Mountain West indoor champions (Spires – high jump; Trimble – 60-meter dash, 200-meter dash, 60-meter hurdles), six other all-MW indoor selections (Garrett Coalson – shot put; Carina Gillespie – mile; Logan Grizzle – pole vault; Brooks Hardy – weight throw; Sam Hinegardner – high jump; Megan Irvine – 400-meter dash) and six Academy record holders (Gillespie – mile; Irvine – 400-meter dash, Tyler Koss – 500-meter dash; Spires – high jump; Tomczak – pole vault; Trimble – 60-meter dash, 200-meter dash, 60-meter hurdles). The Falcons also return all four members of the 4x400-meter relay (Sedacy Walden, Chip White, Trimble, Koss) that set the program's indoor record in 2017.

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

100m Dash..... Mar 17
60m Hurdles..... Feb 16

Cambria Galloway

Long Jump..... Feb 16

Carina Gillespie

Mile Run..... Feb 16
1500m Run..... Apr 7

Megan Irvine

500m Dash..... Dec 08
800m Run..... Mar 17 | Apr 15

Liz Jarvis

Javelin Throw..... Mar 16 | Apr 15 | May 4

Hannah Nance

High Jump..... Jan 26

Mahala Norris

800m Run..... Feb 16

Kelsey Owens

400m Dash..... Feb 16

Swathi Samuel

1500m Run..... Apr 15

Katie Scheibner

3000m Run..... Jan 19

Jaci Smith

Mile Run..... Jan 27
5000m Run..... Feb 23

Shelley Spires

High Jump..... Dec 08 | Jan 12 | Jan 19 | Jan 27
..... Feb 23 | Mar 31 | Apr 19 | May 4

Shay Stayton

1500m Run..... May 4

Kathryn Tomczak

Pole Vault..... Dec 08 | Jan 19 | Jan 27 | Feb 02 | Feb 10
..... Mar 17 | Apr 7 | Apr 19 | Apr 27 | May 4 | May 12

Relays

4x400m Relay..... Jan 13

WELCOME TO THE SHOW!

The women saw a pair of freshmen impact the Academy record book during the collegiate debuts at the Air Force Holiday Open. Devyn Jones clocked the program's sixth-fastest time in the 60-meter hurdles (8.89) during her first race, while Cambria Galloway registered the ninth-best distance in the long jump (17'9") after spending the fall with the Falcons' volleyball team.

HOME SWEET HOME

A total of 14 Falcons hail from the state of Colorado, including five from Colorado Springs – Terrell Bradford (Palmer), Maria Mettler (Air Academy), Miguel Molas (James Irwin Charter), Jackson Spalding (Discovery Canyon), Conner Wilburn (The Classical Academy) – and one from Monument – Drew Lester (Palmer Ridge). The squad's Centennial State roster also includes three runners from Arvada (Nicole Hahn, Zac Petrie, Julianna Vessa) and individuals from Eaton (Garrett Coalson), Denver (John Reynolds), Fort Collins (Preston Roche), Littleton (Noah Riley), Loveland (Megan Irvine) and Parker (Scott Johnson).

WE'LL BE SEEING YOU

Air Force will host five home indoor meets at the Cadet Field House during the 2017-18 season. In addition to their annual season-opening Air Force Holiday Open on Dec. 8, the team will host the Air Force Combined Events Meet (Jan. 18-19), the Air Force Team Challenge (Jan. 19), the Air Force Invitational (Jan. 26-27) and the Air Force Collegiate Open (Feb. 16).

ON THE SIDELINES

Ralph Lindeman, a 15-time conference coach of the year and six-time regional coach of the year, returns for his 29th season as the head coach of the Air Force track and field program. Lindeman is joined by associate head coach and vertical jumps coach Scott Steffan, middle distance and distance coach Ryan Cole, sprints and hurdles coach Beau Houston, javelin coach Dana Lyon and throws coach Keith Vance. The Falcons' staff also includes volunteer coaches Bob Graf (horizontal jumps), Hanna Peterson (distance) and Mark Stanforth (distance), as well as first-year director of operations Matt Leyten.

DISTANCE RUNNERS SHINE DURING CROSS COUNTRY SEASON

The Falcons' distance runners accounted for one All-America award (Mickey Davey), five all-region selections (Jacob Bilvado, Davey, Carina Gillespie, Andrew Johnston, Jaci Smith) and four all-conference honorees (Bilvado, Davey, Johnston, Smith) during the fall season, while the men finished 15th at the NCAA Championships for their best national finish in 13 years.

USAFA AWARD WINNERS**Shelley Spires**

Most Valuable Female Athlete

Jamie Trimble

Most Valuable Male Athlete

2018 TEAM AWARD WINNERS**Robbie Anderson**

David Lyon Leadership Award

Calvin Berstler

Laura Piper Ironman Award

Mickey Davey

Men's Most Improved Athlete

Carina Gillespie

Gail Conway Outstanding Performance Award

Women's Outstanding Competitor Award

Nicole Hahn

Paul Gensic Resiliency Award (co)

Andrew Johnston

Falcon Award for Spirit and Enthusiasm (co)

Tyler Koss

Alonzo Babers Outstanding Performance Award

Men's Most Valuable Athlete

Mitch Lipe

Men's Newcomer of the Year

Mahala Norris

Women's Newcomer of the Year

Zac Petrie

Arnie Arneson Award for Dedication

John Reynolds

Men's Outstanding Competitor Award

Jerni Self

Women's Most Improved Athlete

Jackson Spalding

Paul Gensic Resiliency Award (co)

Jaci Smith

Callie Calhoun Award for Drive and Determination

Shelley Spires

Women's Most Valuable Athlete

Kathryn Tomczak

Falcon Award for Spirit and Enthusiasm (co)

Sedacy Walden

Bret Hyde Award for Drive and Determination

Chip White

Gen Tad Oelstrom Award for Excellence

Tyler Yonkers

Outstanding Manager

CONFERENCE AWARDS

MOUNTAIN WEST ATHLETE OF THE WEEK

Dec 12.....Kathryn Tomczak | Women’s Field
 Jan 16Connor Stevens | Men’s Field
 Jan 23 John Reynolds | Men’s Field
 Jan 30Kathryn Tomczak | Women’s Field
 Feb 6Connor Stevens | Men’s Field
 Feb 21Jake LaCoste | Men’s Field
 Feb 21Cambria Galloway | Women’s Field
 Feb 21 Micah Fontaine | Men’s Track

ATHLETIC DEPARTMENT AWARDS

CADET-ATHLETE OF THE WEEK

Jan 29Kathryn Tomczak
 Feb 26 John Reynolds
 Mar 12 Shelley Spires

OTHER AWARDS

HEROSPORTS’ HERO OF THE WEEK

Mar 2 John Reynolds

WEEKLY TEAM AWARDS*

POTTS INDOOR INVITATIONAL

Men’s Track Athlete Tyler Koss
 Women’s Track Athlete..... Aubrey Ridgeway
 Men’s Field Athlete.....Connor Stevens
 Women’s Field Athlete Shelley Spires

AIR FORCE TEAM CHALLENGE

Men’s Track Athlete Michael Rhoads
 Women’s Track Athlete..... Aubrey Ridgeway
 Men’s Field Athlete..... Jackson Spalding
 Women’s Field Athlete Shelley Spires

AIR FORCE INVITATIONAL

Men’s Track Athlete Robbie Anderson
 Women’s Track Athlete..... Jaci Smith
 Men’s Field Athlete..... John Reynolds
 Women’s Field Athlete Kathryn Tomczak

COLORADO INVITATIONAL

Men’s Track Athlete Miguel Molas
 Women’s Track Athlete..... Aubrey Ridgeway
 Men’s Field Athlete.....Connor Stevens
 Women’s Field Athlete Kathryn Tomczak

TEXAS TECH SHOOTOUT | HUSKY CLASSIC

Men’s Track Athlete (1) 4x400m Relay
 Women’s Track Athlete..... Jaci Smith
 Men’s Field Athlete..... John Reynolds
 Women’s Field Athlete Shelley Spires

AIR FORCE COLLEGIATE OPEN

Men’s Track Athlete Micah Fontaine
 Women’s Track Athlete..... Carina Gillespie
 Men’s Field Athlete..... Jake LaCoste
 Women’s Field Athlete Jerni Self

(1) Z Dicken, S Walden, M Rhoads, T Koss

Team Awards are chosen by the coaching staff

MEN’S RECORD BOOK ADDITIONS

ALL-TIME TOP 10 RECORDS

1 Michael Rhoads.....500 Meters | 1:03.50
 1 Team (1)4x400m Relay | 3:09.18
 1 John ReynoldsTriple Jump | 51-6.25
 2 Michael Rhoads.....800 Meters | 1:48.22a
 2 Calvin Berstler Heptathlon | 5418
 3 Jacob Bilvado.....5000 Meters | 13:56.89
 4 Miguel Molas60 Meters | 6.75
 5 Tyler Koss400 Meters | 47.39
 5 Mickey Davey5000 Meters | 13:59.38
 5 John Reynolds High Jump | 7-0.50
 6 Robbie Anderson.....200 Meters | 21.49
 7 Miguel Molas200 Meters | 21.50
 7 Noah Riley Mile Run | 4:04.36a
 7 Team (2)Distance Medley | 9:45.01a
 8 Mickey Davey3000 Meters | 8:03.27a
 9 Zac Petrie800 Meters | 1:50.67a
 9 Micah Fontaine60m Hurdles | 7.96

CLASS RECORDS

Fr Justin Harmon Heptathlon | 4926
 So Michael Rhoads.....800 Meters | 1:48.22a
 Sr John ReynoldsTriple Jump | 51-6.25

(1) Z Dicken, S Walden, M Rhoads, T Koss
 (2) N Riley, C White, Z Petrie, J Bilvado

MEN’S MOUNTAIN WEST ADDITIONS

MW ALL-TIME MARKS

3 Team (1)4x400m Relay | 3:09.18
 4 Michael Rhoads.....800 Meters | 1:48.83

MW CHAMPIONSHIP MEET MARKS

2 Michael Rhoads.....800 Meters | 1:48.83

(1) Z Dicken, S Walden, M Rhoads, T Koss

MEN’S NATIONAL RANKINGS

TFRRS.ORG TOP 50 | MARCH 5 | FINAL

17 Michael Rhoads.....800 Meters | 1:48.22a
 31 John ReynoldsTriple Jump | 51-6.25
 34 Calvin Berstler Heptathlon | 5418
 35 Jacob Bilvado.....5000 Meters | 13:56.89
 40 Jamiel Trimble200 Meters | 20.93
 41 Mickey Davey5000 Meters | 13:59.38
 42 John Reynolds High Jump | 7-0.50
 50 Team (1)Distance Medley | 9:45.01a

(1) N Riley, C White, Z Petrie, J Bilvado

WOMEN’S RECORD BOOK ADDITIONS

ALL-TIME TOP 10 RECORDS

1 Aubrey Ridgeway200 Meters | 24.66
 1 Team (1)4x400m Relay | 3:44.47
 1 Team (2)Distance Medley | 11:23.84a
 1 Kathryn Tomczak Pole Vault | 14-0.50
 2 Carina Gillespie3000 Meters | 9:26.25a
 2 Jaci Smith5000 Meters | 15:59.91a
 2 Devyn Jones60m Hurdles | 8.89
 9 T Mahala Norris Mile | 4:53.92a
 9 Cambria Galloway Long Jump | 17-9
 10 Shanna Burns3000 Meters | 9:51.58a
 10T Cambria GallowayTriple Jump | 37-5.25

CLASS RECORDS

Fr Aubrey Ridgeway200 Meters | 24.66
 Jr Jaci Smith5000 Meters | 15:59.91a
 Jr Kathryn Tomczak Pole Vault | 14-0.50
 Sr Shelley Spires High Jump | 6-0.75

(1) K Owens, M Irvine, A Maxwell, A Ridgeway
 (2) M Norris, K Owens, M Irvine, C Gillespie

WOMEN’S MOUNTAIN WEST ADDITIONS

MW ALL-TIME MARKS

3 T Kathryn Tomczak Pole Vault | 14-0.50

MW CHAMPIONSHIP MEET MARKS

2 Jaci Smith5000 Meters | 16:25.99
 2 Shelley Spires High Jump | 6-0.50

WOMEN’S NATIONAL RANKINGS

TFRRS.ORG TOP 50 | MARCH 5 | FINAL

7 Shelley Spires High Jump | 6-0.75
 16T Kathryn Tomczak Pole Vault | 14-0.50
 28 Jaci Smith5000 Meters | 15:59.91a
 49 Team (1)Distance Medley | 11:23.84a

(1) M Norris, K Owens, M Irvine, C Gillespie

MEN'S ALL-TIME TOP-10 MARKS

60-METER DASH 6.70.....Jamiel Trimble 2017 6.73.....Zach Johnson 2017 6.74.....Travis Picou 2007 6.75.....Miguel Molas 2018 6.76c.....Deric Dobbs 1984 6.77.....Gavin McHenry 2014 6.77c.....Todd Stewart 1990 6.77c.....Kevin Griswold 1998 6.78c.....Bill Shedd 1985 6.79c.....Morgan Lanford 1978	200-METER DASH 20.67.....Jamiel Trimble 2017 21.06.....Kevin Griswold 1999 21.09.....Travis Picou 2007 21.18.....Zach Johnson 2017 21.38.....Nick Bromberek 2002 21.49.....Robbie Anderson 2018 21.50.....Miguel Molas 2018 21.50.....Carlos Hattix 1995 21.54.....Kellen Curry 2009 21.60.....Marcus Alexander 1996	400-METER DASH 46.86.....Alonzo Babers 1982 47.08.....Jamiel Trimble 2017 47.14#*.....Mark Webster 1976 47.34.....Kevin Griswold 1999 47.39.....Tyler Koss 2018 47.59.....Marcus Alexander 1996 47.64#*.....Dick Van Dame 1971 47.74.....Brandon Sanders 2017 47.77.....Sedacy Walden 2017 47.84#*.....George Cato 1970	800-METER RUN 1:47.57a.....Dan Rojas 1984 1:48.22a.....Michael Rhoads 2018 1:48.32.....Jeff Kuzma 1994 1:49.27.....Kevin Hawkins 2008 1:49.41a.....Matt Dorsey 2017 1:49.57.....Doug Sersun 1991 1:49.93.....Alex Lindsay 2013 1:50.40a.....Zach Perkins 2014 1:50.67a.....Zac Petrie 2018 1:50.77.....Bryant Bevan 2003
MILE RUN 3:59.68a.....Patrick Corona 2016 4:00.30.....Matt Dorsey 2016 4:01.63a.....Eric Mack 1996 4:01.98.....Mark Walter 2005 4:03.07a.....Nick MacFalls 1995 4:04.25.....Jim Walmsley 2012 4:04.36a.....Noah Riley 2018 4:04.56.....Alex Zubey 2012 4:04.64.....Brian Carpenter 2002 4:05.12a.....Zach Perkins 2013	3000-METER RUN 7:50.60.....Patrick Corona 2016 7:52.49a.....Eric Mack 1996 7:53.91.....Justin Tyner 2011 8:01.59a.....Jacob Bilvado 2017 8:01.80.....Chris Acs 2004 8:02.74.....Zach Smith 1998 8:03.2#.....John Jones 1971 8:03.27a.....Mickey Davey 2018 8:03.31.....Andrew Marx 1997 8:03.58.....Jim Walmsley 2010	5000-METER RUN 13:41.26.....Justin Tyner 2010 13:56.21a.....Jim Walmsley 2011 13:56.89.....Jacob Bilvado 2018 13:59.28.....Sean Houseworth 2008 13:59.38.....Mickey Davey 2018 14:01.72.....Jeremy Drenckhahn 2011 14:04.26.....Ben Payne 2004 14:04.79a.....Eric Mack 1996 14:07.40.....Kyle Eller 2016 14:08.27.....Andrew Johnson 2017	60-METER HURDLES 7.74.....Jamiel Trimble 2017 7.76c*.....Mike Profit 1988 7.80y.....Ahart Powers 1975 7.83y.....T.G. Parker 1977 7.88.....Sean Temple 2004 7.91.....Luke Marker 2004 7.91y*.....Dick McIntosh 1974 7.93.....Jim Campbell 2004 7.96.....Micah Fontaine 2018 8.00.....Kellen Curry 2008
4x400-METER RELAY 3:09.18.....Zachary Dicken - Sedacy Walden - Michael Rhoads - Tyler Koss 2018 3:09.26.....Sedacy Walden - Chip White - Jamiel Trimble - Tyler Koss 2017 3:10.52.....Manny Smith-Anthony Delgado-Jake Spuller-Bryce Bergman 2012 3:11.64.....Russell Clemons - Williams Lee - Mark Webster - Jeff Remington 1977 3:11.78.....Jamiel Trimble - Sedacy Walden - Zach Johnson - Tyler Koss 2016 3:12.46#.....Sean Temple - Marc Fulson - Tom Clark - Nick Bromberek 2002 3:12.54#.....Jeff Lamb - William Shedd - Todd Scott - E.L. Byrd 1985 3:12.79.....Manny Smith - Anthony Delgado - Cory Engel - Chris Severino 2011 3:13.08.....Jamiel Trimble - Tyler Koss - Garrett Newman - Jake Spuller 2015 3:13.24#.....Adrian Smith - Paul Gomez - Deonte Day - Marcus Alexander 1996		DISTANCE MEDLEY RELAY 9:32.06.....Tyler Stanley - Anthony Delgado - Nick White - Justin Tyner 2011 9:32.19.....Matt Dorsey - Tyler Koss - Grant Caswell - Patrick Corona 2016 9:34.51.....Jake Hawkins - Jake Spuller - Alex Lindsay - Zach Perkins 2013 9:35.28.....Alex Zubey-Anthony Delgado-Alex Lindsay-Jim Walmsley 2012 9:40.62.....Nathan Franz - Troy Jensen - Bryant Bevan - Mark Walter 2004 9:43.39.....Patrick Corona - Jake Spuller - Matt Dorsey - Zach Perkins 2014 9:45.01a.....Noah Riley - Chip White - Zac Petrie - Jacob Bilvado 2018 9:45.11a.....Kyle Eller - Garrett Newman - Grant Caswell - Matt Dorsey 2015 9:46.79.....Paul Graddon - Marcus Alexander - Paul Gomez - Andrew Marx 1996 9:49.04.....Joe Lopez - Tom Clark - Jason Sanders - Brian Carpenter 2001	
HIGH JUMP 7'2½".....Taylor Smith 2016 7'1¾".....Clayton Cole 1997 7'1½".....Mark Webster 1989 7'1½".....Scott Parman 1997 7'0½".....John Reynolds 2018 7'0½".....Kobi Rex 2014 6'11¾".....Rob Mishev 1997 6'11½".....Sam Hinegardner 2017 6'10¾".....Leonard Medley 1992 6'10¾".....Mike Claborn 1992	POLE VAULT 18'6½".....Kyle Pater 2017 18'2¾".....Dylan Bell 2016 18'2½".....Joey Uhle 2015 18'2".....Cale Simmons 2013 18'1".....Nick Frawley 2009 18'0½".....Paul Gensic 2005 18'0½".....David Pike 1995 17'8½".....Rob Simmons 2012 17'4½".....Chase Cooper 2010 17'3½".....Makisi Haleck 2005	LONG JUMP 25'2".....Russ Clemons 1976 24'4½".....Anthony Park 2004 24'3".....Danta Johnson 1995 24'2½".....Northan Golden 1984 24'2¼".....Blue Kearney 2014 24'1½".....Chris Banks 2003 24'0¾".....Wally Cannon 1975 24'0½".....Rich Weston 1990 24'0".....Warren Hawkins 1971 23'11".....Chris Budinsky 1975	TRIPLE JUMP 51'6¾".....John Reynolds 2018 50'9½".....Anthony Park 2004 50'6".....Gregg Marshall 1984 50'4".....Roscoe Moore 1993 49'11¼".....Chris Banks 2004 49'9¾".....Craig Adams 1977 49'9".....Robert Jertberg 1998 48'10¼".....Melvin Harris 1997 48'8".....Sam Ransom 1995 48'6¾".....Terrance Mitchell 1988 48'6¼".....Danta Johnson 1995
SHOT PUT 60'4".....Grant Hamilton 2015 58'9½".....Darby Maier 2015 58'6¾".....Shawn Johnson 2001 57'11½".....Kyle Schwochow 2011 57'11".....David Lissy 2008 57'6¾".....Mark Hughes 1988 57'5".....Garrett Coalson 2017 57'4¾".....Shawn Larcher 1993 55'5½".....James Chambers 2013 55'4¾".....Bryan Jones 2006	35# WEIGHT THROW 63'10¼".....Malachi Sparling 2017 63'0".....Spencer Baldwin 2015 62'10".....William Kent 2013 62'8½".....Brian Ford 2013 62'3".....Rob Drye 2011 61'7¼".....Reed McGuire 2017 60'7¾".....Jalen Fooster 2013 60'7¼".....Brooks Hardy 2016 60'2½".....Kirk DeVine 2008 60'0½".....Vern Conaway 1992	HEPTATHLON 5539.....Brian Walsh 2007 5418.....Calvin Berstler 2018 5402.....Michael Tibbs 2012 5352.....Noah Palicia 2011 5211.....Evan McDowell 2014 5187.....Nick Herald 2004 5111.....Joel Nolan 2009 5096.....Caleb Pelger 2005 5017.....Tyler Berson 2017 4950.....Marcus Nichols 1994	

WOMEN'S ALL-TIME TOP-10 MARKS

60-METER DASH 7.68.....Cresha White 2010 7.68y*.....Apryl Ford 1981 7.68y*.....Jeri Nelson 1979 7.69c.....Alexis Jones-Hardy 2012 7.69.....Genelle Chapman 2005 7.72.....Jami Hodge 2005 7.76.....Morgan Malone 2014 7.77c*.....Leslie Darby 1990 7.78c*.....Gail Conway 1984 7.88.....Tawny Lambuth 2011 7.88c.....Sharon Rucker 1984	200-METER DASH 24.66 Aubrey Ridgeway 2018 24.85.....Morgan Malone 2014 24.89.....Megan Irvine 2017 25.00.....Jami Hodge 2005 25.31.....Erica Carson 2015 25.46.....Genelle Chapman 2005 25.51.....Bethany Gross 2011 25.54.....Cresha White 2010 25.71.....Naomi Alston 2015 25.74*.....Lianne Peterson 1991	400-METER DASH 54.37.....Megan Irvine 2017 54.67.....Gail Conway 1983 56.32.....Jami Hodge 2005 56.45.....Barb Fogel 1987 56.70.....Bethany Gross 2012 57.25.....Kaliyah Gorman 2016 57.28.....Arcolar Harrison 1984 57.37.....Erica Carson 2015 57.40.....Naomi Alston 2015 57.65.....Rachel Thomas 2012	800-METER RUN 2:06.53Annette Eichenberger 2014 2:06.91Ally Romanko 2010 2:10.62a.....Morgan Mosby 2011 2:11.98Kristin Trichler 2005 2:12.04a.....Carina Gillespie 2015 2:12.4#Gail Conway 1984 2:12.56a.....Rebecca Esselstein 2013 2:12.56Laureli Mazik 1984 2:13.05a.....Stephanie Robb 2015 2:13.4#Rita Burr 1981
MILE RUN 4:43.02a.....Carina Gillespie 2017 4:49.29Kelly Robinson 2005 4:50.62#Jill Wood 1987 4:51.68Dolly Patel 1996 4:53.30a.....Giulianna Vessa 2015 4:53.60Joy Meyen 1983 4:53.9#Laureli Mazik 1984 4:53.91a.....Hannah Everson 2016 4:53.92a Mahala Norris 2018 4:53.92Elissa Ballas 2003	3000-METER RUN 9:18.68a.....Hannah Everson 2016 9:25.25a Carina Gillespie 2018 9:40.56a.....Lindy Long 2017 9:40.73Jen Bremser 2013 9:41.96Callie Calhoun 1990 9:43.48a.....Jaci Smith 2017 9:43.98a.....Samantha Skold 2017 9:45.97Melissa Fuerst 2013 9:48.37a.....Katherine Ward 2011 9:51.58a Shanna Burns 2018	5000-METER RUN 15:53.64Hannah Everson 2016 15:59.91a Jaci Smith 2018 16:40.33a.....Lindy Long 2017 16:48.20Callie Calhoun 1991 16:56.64Samantha Skold 2017 16:59.75Jen Bremser 2013 17:08.74Katherine Ward 2011 17:10.61Rachel Smith 2000 17:24.63Shannen Karpel 1989 17:24.95Jaime Flood 2001	60-METER HURDLES 8.54c.....Renea Toliver 1985 8.63.....Dierra Poland 2005 8.76.....Alexa Chacon 2014 8.79.....Genelle Chapman 2005 8.87.....Rachael McIntosh 2005 8.89 Devyn Jones 2018 8.96.....Ashley Cameron 2017 8.97.....Nicole Elliott 2009 8.98c.....Keri Broussard 1983 9.04.....Lesly Torres 2012
4x400-METER RELAY 3:44.47 Kelsey Owens - Megan Irvine - Aryn Maxwell - Aubrey Ridgeway 2018 3:49.44Arcolar Harrison - Joy Meyen - Cheryl Cleveland - Gail Conway 1983 3:50.04Bethany Gross - Morgan Mosby - Morgan Malone - Annette Eichenberger 2013 3:50.76Bethany Gross - Rachel Thomas - Morgan Malone - Morgan Mosby 2012 3:51.30c.....Alexa Chacon - A Eichenberger - Kassie Gurnell - Naomi Alston 2014 3:51.41Arcolar Harrison - S Rucker - Cheryl Cleveland - Gail Conway 1984 3:52.99Kelsey Owens - Kaliyah Gorman - Ashley Cameron - Alexa Chacon 2017 3:53.07Rennie Lovy - Joy Meyen - Karen Marie Price - Gail Conway 1982 3:54.17Erica Carson - Alexa Chacon - Stephanie Robb - Naomi Alston 2015 3:54.59c.....Jessica Mapes - Becca Burditt - M Weingart - Danielle McCarty 2009		DISTANCE MEDLEY RELAY 11:23.84a Mahala Norris - Kelsey Owens - Megan Irvine - Carina Gillespie 2018 11:24.78Morgan Mosby-Bethany Gross-Annette Eichenberger-Melissa Fuerst 2013 11:26.06a.....Carina Gillespie - Kaliyah Gorman - Giulianna Vessa - Hannah Everson 2016 11:49.14a.....Rebecca Esselstein - Naomi Alston - Stephanie Robb - Giulianna Vessa 2015 11:49.26a.....Aurielee Fain - Rachel Thomas - Morgan Mosby - Melissa Fuerst 2012 11:52.02Kelly McPherson - Katy Crow - Cindy Dawson - Elissa Ballas 2003 11:53.09a.....Taylor Drolshagen - Naomi Alston - Rebecca Esselstein - Hannah Everson 2014 12:02.34Elissa Ballas - Katy Crow - Kelly McPherson - Jean Taylor 2001 12:05.02a.....Katie Burnham - Kelsey Owens - Swathi Samuel - Lindsey Blanks 2017 12:12.44a.....Katie Carroll - Tasha Mayne - Annette Eichenberger - Melissa Fuerst 2011	
HIGH JUMP 6'1½"Shelley Spires 2017 5'10½"Rachel Herald 2014 5'9¾"Jennifer Petykowski 1996 5'8"Regan Rogers 2012 5'8"Shannon Averill 1987 5'7¾"Kristi Lowenthal 1996 5'7"Lesly Torres 2012 5'7"LeNetta Banks 2001 5'6¾"Brittany Edmonds 2001 5'6½"Gail Conway 1983	POLE VAULT 14'0" Kathryn Tomczak 2018 13'6½"Melissa Beerse 2008 13'5¾"Kimber Shealy 2012 13'1½"Zoe Casteel 2015 12'11¼"Jerni Self 2017 12'11½"Wren Bonner 2012 12'10¾"Paige Shirley 2013 12'10¼"Tawny Lambuth 2011 12'10¼"Rachel Simmons 2008 12'8¾"Riley Vann 2015	LONG JUMP 18'11"Cathy Roberts 1985 18'5¼"LaTravia Robinson 2002 18'5"Cresha White 2010 18'5"Dominique Torbert 2001 18'2"Mona Wheeler 1990 17'11½"Patricia Goodall 1987 17'11"Sharon Rucker 1984 17'10¼"Dierra Poland 2005 17'9" Cambria Galloway 2018 17'8¾"Casey Johnson 2007	TRIPLE JUMP 41'9¾"Kassie Gurnell 2014 40'3½"Angelea Ross 2016 39'5¾"LaTravia Robinson 2003 38'10¾"Cathy Roberts 1985 38'7"Casey Johnson 2007 38'3"Leslie Darby 1990 38'1½"Andrea Abel 2017 37'8½"Mikayla Robertson 2014 37'8"Patricia Goodall 1987 37'5¾" Cambria Galloway 2018 37'5¼"Nikki Gipson 1999
SHOT PUT 53'11"Sara Neubauer 2010 51'2¾"Paige Blackburn 2012 50'0¾"Danielle Tabb 2014 47'6½"Olivia Korte 2007 46'6"Katelyn Holland 2014 45'5½"Mary Manning 1984 45'4½"Teresa Marie Loya 2011 44'9"Jackie Ahloo 2011 44'3½"Dominique Boivin 2005 43'7"Gretchen Rhoads 1997	20# WEIGHT THROW 62'3"Paige Blackburn 2012 61'11"Sara Neubauer 2010 57'1½"Olivia Korte 2006 55'5¾"Becca Bauman 2013 54'7½"Danielle Tabb 2014 53'8¾"Cydnee Reese 2017 53'5¾"Beth Inglis 2002 53'1"Dominique Boivin 2005 52'11½"Gretchen Rhoads 1997 51'0"Christina Burke 2011	PENTATHLON 3586.....Dierra Poland 2005 3582.....Alexa Chacon 2016 3448.....Danielle McCarty 2010 3438.....Lesly Torres 2012 3317.....Kendra Smith 2013 3236.....Brittany Edmonds 2001 3229.....Katie Joynet 1998 3216.....Phaelen French 2012 3156.....Diane Elwer 1981 3107.....Mona Wheeler 1989	

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 Lesansee	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-jer-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)