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### **Trio of NCAA champions top list of Division I regional honorees**

NCAA indoor champions Chris Solinsky (Wisconsin), Kineke Alexander (Iowa) and Yvette Lewis (Hampton) are joined by coaches and athletes from top-ranked Florida State and Arizona State as regional award winners for the 2007 indoor track and field season.

The U.S. Track and Field and Cross Country Coaches Association announced the Division I regional awards Tuesday. The USTFCCCA honors the men's and women's coaches and athletes of the year for nine regions.

Solinsky, the two-time defending NCAA indoor champion in the 3,000 meters, is the Great Lakes Region Men's Track Athlete of the Year.

Alexander, the reigning NCAA indoor champion in the women's 400, is the Midwest Region Women's Track Athlete of the Year.

Lewis, the 2006 NCAA indoor champion in the triple jump, is the Southeast Region Women's Field Athlete of the Year.

Florida State's Bob Bramen is the South Region Men's Coach of the Year. The Seminoles are ranked No. 1 in the country heading into this weekend's NCAA Division I Men's and Women's Indoor Track and Field Championships in Fayetteville, Ark.

Greg Kraft of Arizona State is the West Region Women's Coach of the Year. Arizona State is the top-ranked women's team in the USTFCCCA poll.

Arizona State distance star Amy Hastings is the West Region Women's Track Athlete of the Year.

The Division I regional coaches and athletes of the year for the 2007 indoor track and field season:

#### **GREAT LAKES REGION**

**Men's Coach of the Year: Ed Nuttycombe, University of Wisconsin**

The Big Ten Conference champion Badgers enter the NCAA Division I Indoor Championships ranked second in the nation. In addition to tying Michigan's record (1934-40) for most consecutive Big Ten men's indoor championships, last month's conference title was the 22<sup>nd</sup> Big Ten title of Nuttycombe's coaching career in indoor track, outdoor track and cross country.

**Women's Coach of the Year: James Henry, University of Michigan**

Henry heads to the NCAA Indoor Championships with perhaps the strongest women's team in his 23 seasons at the Michigan helm. The Wolverines are ranked second in the nation and have six individuals and one relay team ranked among the top eight nationally.

**Men's Field Athlete of the Year: Scott Mayle, Ohio University**

Mayle set a school record in the long jump at the Mid-American Conference Championships, leaping 26 feet, 1 inch. Mayle, a senior from Philippi, W.Va., also placed second in the 60-meter dash at the MAC meet. He is a standout wide receiver on Ohio's football team.

**Women's Field Athlete of the Year: Kristina Bolterstein, Miami University (Ohio)**

Bolterstein, a junior from Middleburg Heights, Ohio, won the high jump at the Mid-American Conference Championships. Bolterstein's best of 6-1½ ranks her equal-fourth among Division I jumpers heading into this weekend's NCAA Championships.

**Men's Track Athlete of the Year: Chris Solinsky, University of Wisconsin**

Solinsky set a Wisconsin and Big Ten Conference record in the 5,000 meters, clocking 13:30.74 at last month's Husky Classic in Seattle. He also has the fastest collegiate time of the year in the 3,000 (7:53.42). A senior from Stevens Point, Wisc., Solinsky is the two-time defending NCAA indoor champion in the 3,000 meters.

**Women's Track Athlete of the Year: Nicole Edwards, University of Michigan**

Edwards won the mile at the Big Ten Conference Championships for the second year in a row, clocking 4:37.92. She finished sixth at the 2006 NCAA Indoor Championships and is the second-seeded entrant in the mile this weekend. Edwards, a junior from Winnipeg, Manitoba, runs the anchor leg on Michigan's nation-leading distance medley relay team.

**MID-ATLANTIC REGION**

**Men's Coach of the Year: Fred Samara, Princeton University**

Samara guided the Tigers to the Ivy League Heps championship in one of the storied meet's closest finishes. Princeton scored 154 points to edge Cornell's runner-up total of 151. Samara was a 1976 U.S. Olympian in the decathlon.

**Women's Coach of the Year: Kevin Donner, Bucknell**

Bucknell won its sixth straight Patriot League women's indoor championship. Donner received his sixth Coach of the Year award. Bucknell also finished sixth in the ECAC Indoor Championships.

**Men's Field Athlete of the Year: Ryan Fritz, Penn State**

Fritz cleared a personal-best 7-3 to win the high jump at the Big Ten Conference Indoor Championships. Fritz, a sophomore from Parkesburg, Pa., improved one spot from his conference runner-up finish in 2006. This will be his first NCAA meet.

**Women's Field Athlete of the Year: Gayle Hunter, Penn State**

Hunter placed fourth in the pentathlon at the Big Ten Championships, scoring 3,929 points. She also helped Penn State finish fourth in the women's team scoring with her third-place finish in the triple jump. A sophomore from Riverside, Calif., Hunter takes a pentathlon best of 4,033 into this week's NCAA meet.

**Men's Track Athlete of the Year: Sam Bair, Pittsburgh**

Bair clocked 4:00.87 in the mile and placed second at the Big East Conference Championships. He also ran on the Pitt distance medley team that won the Big East title. He's the son of Pittsburgh assistant coach Sam Bair Sr.

**Women's Track Athlete of the Year: Frances Koons, Villanova**

Koons was named the outstanding track performer at the Big East Conference Championships after winning the 1,000 meters (2:47.13) and mile (4:52.81). A junior from Allentown, Pa., Koons is the third-fastest collegian in the 3,000 (9:01.02) heading into the NCAA Championships. She also will anchor Villanova's distance medley team.

**MIDWEST REGION**

**Men's Coach of the Year: Chris Bucknam, University of Northern Iowa**

Bucknam's 24<sup>th</sup> season as Northern Iowa's head coach has been one of his most successful. The nationally ranked Panthers won the Missouri Valley Conference men's indoor championship with a record 193 points. UNI had nine MVC individual champions along with three relay teams.

**Women's Coach of the Year: Matt Bingle, University of Minnesota**

Bingle guided the Gophers to their first-ever Big Ten Conference women's indoor championship. Minnesota scored 19 points in taking three of the top four places in the women's 800.

**Men's Field Athlete of the Year: Raven Cepeda, University of Northern Iowa**

Cepeda, a junior from Beloit, Wisc., scored 22 points in leading Northern Iowa to the Missouri Valley Conference men's championship. Cepeda has the second-best collegiate mark in the nation in the heptathlon (5,695 points).

**Women's Field Athlete of the Year: Brittany Riley, Southern Illinois University**

Riley broke the world record in the women's 20-pound weight throw last month when she threw 80-7½ at the Gladstein Invitational. Riley was named the outstanding field event performer at the Missouri Valley Conference Championship. A junior from Flossmoor, Ill., Riley finished fifth in the weight throw at the 2006 NCAA Indoor Championships.

**Men's Track Athlete of the Year: Aaron Buzard, Minnesota**

Buzard won the 400 and anchored Minnesota's 4 x 400 relay to victory at the Big Ten Conference Championships. He also finished fifth in the 200 as the Gophers placed second in the team scoring to Wisconsin. Buzard is a senior from Rochester, Minn.

**Women's Track Athlete of the Year: Kineke Alexander, University of Iowa**

Alexander won the 200 and 400 meters at the Big Ten Conference Championships. Her 52.23 clocking in the 400 is a conference record. A junior from St. Vincent, Alexander won last year's NCAA indoor championship in the 400 and has the nation's second-best time (51.93) this season.

**MOUNTAIN REGION**

**Men's Coach of the Year: Mark Robison, Brigham Young University**

Robison led the Cougars to the Mountain West Conference men's indoor championship. The Cougars had four individual champions at the MWC meet. Robison is in his sixth year as the men's coach in Provo.

**Women's Coach of the Year: Craig Poole, Brigham Young University**

BYU won the Mountain West Conference women's indoor championship with 179 points and qualified three women for the NCAA Championships. Poole has been BYU's women's coach since 1980 and has won every MWC indoor title since the conference was formed in 1999.

**Men's Field Athlete of the Year: Mikael Hanany, UTEP**

Hanany won the 14<sup>th</sup> and 15<sup>th</sup> conference titles of his college career when he finished first in the high jump and triple jump at last month's Conference USA Championships. A senior from Cergy, France, Hanany will compete in both events at this weekend's NCAA Championships in Fayetteville, Ark.

**Women's Field Athlete of the Year: Ellie Rudy, Montana State**

Rudy has the third-best mark in the women's pole vault entering the NCAA Championships thanks to her 14-0 winning clearance at the Big Sky Conference Championships. Rudy, a sophomore from Woodland Park, Colo., tied for sixth at last year's NCAA Outdoor Championships.

**Men's Track Athlete of the Year: Lopez Lomong, Northern Arizona**

Lomong scored 30 points at the Big Sky Indoor Championships, winning the mile, 3,000 and 5,000 in a remarkable one-day triple. He will compete in the 3,000 at the NCAA Championships. Born in Sudan, Lomong is a sophomore from Tully, N.Y.

**Women's Track Athlete of the Year: Sally Kipyego, Texas Tech**

Kipyego followed her NCAA cross country championship with a record-setting indoor track season. She won three events at the Big 12 Conference Championships (3,000, 5,000 and distance medley). A sophomore from Marakwet, Kenya, Kipyego enters the NCAA Indoor Championships with the top collegiate time in the 3,000 (8:56.72) and second-fastest clocking in the 5,000 (15:39.51).

**NORTHEAST REGION**

**Men's Coach of the Year: Nathan Taylor, Cornell University**

Cornell won its first IC4A championship since 1930, becoming the first Ivy League team in 35 years to win the coveted trophy. Earlier, Taylor's men finished a close second at the Heps Indoor Championships to Princeton.

**Women's Coach of the Year: Bill Morgan, University of Connecticut**

Connecticut successfully defended its women's title at the New England Indoor Championships before making history with its first-ever ECAC championship. Now in

his third season as the women's head coach. at UConn, Morgan is known for his expertise in the multi-events, and Tamara Highsmith qualified for this weekend's NCAA Championships in the pentathlon.

**Men's Field Athlete of the Year: Muhammad Halim, Cornell University**

Halim was brilliant at the Heptagonals, winning both the long jump and triple jump on his sixth and final attempts. His winning mark in the triple jump (53-2¼) is the best collegiate mark in the nation. Halim is a junior from Albion, N.Y.

**Women's Field Athlete of the Year: Sarah Wilfred, Cornell University**

Wilfred won the Ivy League Heps and East Coast Athletic Conference indoor championships in the high jump, clearing a personal-best 6-1½ at Heps. Wilfred, a senior from Brockton, Mass., placed fifth at last year's NCAA Outdoor Championships.

**Men's Track Athlete of the Year: David Proctor, Boston University**

Proctor became the first Boston University athlete to break four minutes in the mile when he clocked 3:59.14 at the Terrier Invitational in late January. At the IC4A Championships, he anchored BU to a school record in the distance medley. Proctor is a junior from Rochdale, England.

**Women's Track Athlete of the Year: Morgan Uceny, Cornell University**

Uceny won her third straight Heps indoor title in the 800 meters, clocking a meet-record 2:04.58. A senior from Plymouth, Ind., Uceny enters the NCAA Championships with the third-fastest time in the women's 800 field. She finished fourth at the 2006 NCAA indoor meet.

**SOUTH REGION**

**Men's Coach of the Year: Bob Braman, Florida State University**

Nine months after leading Florida State to its first NCAA outdoor track and field championship, Braman will try to add the national indoor title. The Seminoles won their fifth straight Atlantic Coast Conference indoor title last month and have been ranked No. 1 in the nation all season.

**Women's Coach of the Year: J.J. Clark, University of Tennessee**

Defeating several higher-ranked teams, Tennessee won the Southeastern Conference women's indoor championship with 120 points. Clark has won three SEC titles and one NCAA indoor championship in his six seasons as Tennessee's head coach.

### **Men's Field Athlete of the Year: Cory Martin, Auburn University**

Martin won the 35-pound weight throw at the Southeastern Conference Championships with a meet-record 75-10¼. Earlier in the season, he threw a collegiate-leading 76-5. Martin placed second in the weight throw at last year's NCAA Championships and is the top-seeded entrant this weekend. He is a senior from Bloomington, Ind.

### **Women's Co-Field Athletes of the Year: Britney Reese, University of Mississippi, and Patricia Sylvester, University of Georgia**

A sophomore from Gulfport, Miss., Reese set a school record of 21-9½ in winning the long jump at the Southeastern Conference Championships. That's the longest collegiate mark of the season going into this weekend's NCAA Indoor Championships. Sylvester won the SEC indoor title in the high jump with a 6-0½ clearance. Sylvester and Georgia teammate Lavern Spencer are co-ranked second at 6-2 entering the NCAA meet.

### **Men's Track Athlete of the Year: Rubin Williams, University of Tennessee**

Williams clocked the two fastest collegiate times of the year (20.72 and 20.57) en route to victory in the 200 meters at the Southeastern Conference Championships. He also finished third in the 60-meter dash. Williams, a junior from San Jose, Calif., placed third in the 200 at last spring's NCAA Outdoor Championships.

### **Women's Track Athlete of the Year: Kerron Stewart, Auburn University**

Stewart blazed to victory in the 60-meter dash at the Southeastern Conference Championships, clocking a meet-record 7.14. She was even better in the 200, winning in a world-leading 22.46. A senior from St. Catherine, Jamaica, Stewart helped the Tigers win the 2006 NCAA women's outdoor championship.

## **SOUTH CENTRAL REGION**

### **Men's Coach of the Year: Bubba Thornton, University of Texas**

The Longhorns tied for first with Nebraska for the Big 12 Conference men's indoor championship. Three of Thornton's athletes have the best collegiate marks in the country – Leonel Manzano (mile), Andra Manson (high jump) and Donovan Kilmartin (heptathlon) – as well as the top-seeded distance medley relay team. Thornton will serve as the men's head coach for the U.S. Olympic team in 2008.

### **Women's Coach of the Year: Pat Henry, Texas A&M**

In his third year at Texas A&M following an incomparable run at LSU, Henry guided the Aggies to the program's first conference title in women's track and field. Last year,

Henry was named the NCAA Division I Silver Anniversary Coach for women's track and field.

**Men's Field Athlete of the Year: Andra Manson, University of Texas**

Manson won his fourth consecutive Big 12 Conference indoor championship in the high jump and takes the nation's best collegiate mark (7-7<sup>3</sup>/<sub>4</sub>) into the NCAA Championships. Manson, a senior from Brenham, Texas, is a two-time NCAA champion.

**Women's Field Athlete of the Year: Destinee Hooker, University of Texas**

Hooker high jumped a list-leading 6-5 at the Tyson Invitational and won the Big 12 Conference championship. The NCAA outdoor champion last spring as a college freshman, Hooker has a three-inch edge on the field entering this weekend's NCAA Indoor Championships.

**Men's Co-Track Athletes of the Year: Leo Manzano, University of Texas, and Reggie Witherspoon, Baylor University**

Manzano, a junior from Marble Falls, Texas, clocked 3:58.78 in winning his third straight mile title at the Big 12 Conference Championships. Witherspoon, a senior from Marietta, Ga., won the 200 (20.73) and 400 (45.93) at the Big 12 Conference meet. Witherspoon is the only collegian to break 46 seconds in 400 this season.

**Women's Track Athlete of the Year: Jessica Ohanaja, Louisiana State University**

The Southeastern Conference champion enters the NCAA Division I Indoor Track and Field Championships with a share of the national lead in the 60-meter hurdles (8.03). A junior from Houston, Texas, Ohanaja moved to third on LSU's all-time list in the event behind Joyce Bates and Lolo Jones.

**SOUTHEAST REGION**

**Men's Coach of the Year: Bob Pollack, Clemson University**

Pollack guided the Tigers to a second-place finish at the Atlantic Coast Conference Championships behind NCAA outdoor champion Florida State. This year's Clemson team featured one of the most exciting prospects in the country, freshman sprinter Jacoby Ford.

**Women's Coach of the Year: Dave Cianelli, Virginia Tech**

Cianelli led the Hokies to their first Atlantic Coast Conference indoor championship last month. Virginia Tech scored 136 points and had 10 top-three finishes while claiming three

individual victories. Cianelli is in his sixth year as Director of Track & Field and Cross Country in Blacksburg.

**Men's Field Athlete of the Year: Tone Belt, University of Louisville**

A sophomore from Berkeley Springs, W.Va., Belt heads into this weekend's NCAA Championships with the nation's top performance in the long jump (26-1) and eighth-best mark in the high jump (7-3). Belt was the outstanding field performer at the Big East Conference Championships, scoring 26 points as the Cardinals finished second in the team standings.

**Women's Field Athlete of the Year: Yvette Lewis, Hampton University**

The defending NCAA indoor champion in the triple jump won five individual events at the Mid-Eastern Athletic Conference Championships – long jump, triple jump, 60-meter dash, 200-meter dash and 60-meter hurdles. Lewis, a junior from Newport News, Va., enters this week's NCAA Championships with the fourth-longest mark in the triple jump at 44-3¼.

**Men's Track Athlete of the Year: Jacoby Ford, Clemson University**

Ford won the 60-meter dash at the Atlantic Coast Conference Championships in 6.52 seconds, the fastest collegiate time in the nation this winter. Ford, who clocked 6.53 in the ACC heats, set school and conference records with his sizzling times. He is a freshman from Royal Palm Beach, Fla.

**Women's Track Athlete of the Year: Natasha Hastings, University of South Carolina**

Hastings won the 400 meters at the Southeastern Conference Championships in the school-record time of 51.38. A seven-time All-American, Hastings leads the national collegiate list by more than a half-second. A junior from Rosedale, N.Y., Hastings also clocked 23.39 in the 200 this winter.

**WEST REGION**

**Men's Coach of the Year: Greg Metcalf, University of Washington**

Metcalf's Huskies won their second straight Mountain Pacific Sports Federation championship. Washington has three athletes – Ryan Brown (800 meters), Scott Roth (pole vault) and Norris Frederick (long jump) ranked in the top five nationally in their respective events. Metcalf, an All-America steeplechaser at Washington in the 1990s, is in his fifth season as UW's head coach.

**Women's Coach of the Year: Greg Kraft, Arizona State University**

The Sun Devils won six individual events and one relay en route to claiming the Mountain Pacific Sports Federation women's indoor championship. Arizona State is ranked first in the country. Kraft guided the Sun Devils to their first-ever women's Pacific-10 Conference outdoor track and field title last spring.

**Men's Field Athlete of the Year: Norris Frederick, University of Washington**

Frederick successfully defended his long-jump title at the Mountain Pacific Sports Federation and takes a best mark of 25-10 into this weekend's NCAA Championships. A junior from Seattle, Frederick also has cleared 7-2¼ in the high jump.

**Women's Field Athlete of the Year: Sarah Stevens, Arizona State University**

Stevens is one of the key reasons why Arizona State is ranked first in the country heading into this weekend's NCAA Division I Indoor Track and Field Championships. A sophomore from Fort Collins, Colo., Stevens finished first in the weight throw and the shot put at the Mountain Pacific Sports Federation Championships. Her shot best of 58-7¼ is the longest by a Division I woman this indoor season.

**Men's Track Athlete of the Year: Russell Brown, Stanford University**

The latest in a long line of Stanford standouts, Brown ran a 3:59.29 mile last month and later finished second in the 800 at the Mountain Pacific Sports Federation in 1:49.23. A senior from Hanover, N.H., Brown also runs the anchor leg on Stanford's highly ranked distance medley relay.

**Women's Track Athlete of the Year: Amy Hastings, Arizona State University**

Hastings ran history's fastest 5,000 meters by a U.S. collegian, clocking 15:30.17 at the Husky Classic on Feb. 10. She also won the 3,000 at the Mountain Pacific Sports Federation Championships as the top-ranked Sun Devils won the team title. Hastings is a senior from Leavenworth, Kans.

