



Texas

Track & Field and Cross Country

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6 NCAA Indoor Championships | 4 NCAA Outdoor Championships
15 Big 12 Conference Indoor Championships | 15 Big 12 Conference Outdoor Championships

COACHING STAFF

Director of Track & Field and Cross Country ____ Mario Sategna
Associate Head Coach - Sprints ____ Tonja Buford-Bailey
Assistant Coach - Distance/XC ____ Brad Herbster
Assistant Coach - Sprints ____ Seth Henson
Assistant Coach - Field Events ____ Ty Sevin
Assistant Coach - Jumps ____ Kareem Streete-Thompson
Director of Operations ____ LaVera Morris

Twitter: @UTexasTrack
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2016 SCHEDULE

INDOOR

January

16 Texas A&M 11-Team Invitational Men 2nd, Women 1st
22-23 Conference Clash Power Five Invit. Men 2nd, Women 1st
Cherry & Silver Collegiate Invitational

February

5-6 Frank Seignie Husker Invitational
New Mexico Collegiate Classic
12-13 Tyson Invitational Men's 4x4: School Record
Husky Classic Crouser: Shot Put School Record
26-27 Big 12 Championships Men 2nd, Women 1st

March

11-12 NCAA Championships Women 4th, Men 5th

OUTDOOR

March

17-18 TCU Invitational
25-26 Cardinal & Gold Challenge Los Angeles, Calif.

March 30-

April 2 Nike Clyde Littlefield Texas Relays Myers Stadium

April

1-2 Stanford Invitational Stanford, Calif.
9 Baylor Invitational Waco, Texas
16 **Texas Invitational Myers Stadium**
23 LSU Alumni Gold Baton Rouge, La.
28-30 Drake Relays Des Moines, Iowa
29-30 Bobcat Classic San Marcos, Texas

May

1 Payton Jordan Invitational Stanford, Calif.
7 **Longhorn Invitational Myers Stadium**
13-15 Big 12 Championships Fort Worth, Texas
26-28 NCAA West Preliminary Rounds Lawrence, Kan.

June

8-11 NCAA Championships Eugene, Ore.

NIKE CLYDE LITTLEFIELD TEXAS RELAYS

DATE: March 30-April 2

LOCATION: Austin, Texas

FACILITY: Mike A. Myers Stadium

TWITTER: @UTexasTrack

LIVE RESULTS: BranchTiming.com

TV: Longhorn Network | Check local listings for dialy coverage



Texas Track & Field plays host to one of the biggest track meets in the nation this week as more than 7,500 athletes are set to compete at Mike A. Myers Stadium for the 89th running of the Nike Clyde Littlefield Texas Relays. This year's meet features dozens of NCAA contenders as well as many Olympic hopefuls and even a world record holder.

STANFORD INVITATIONAL

DATE: April 1-2

LOCATION: Stanford, Calif.

FACILITY: Cobb Track & Angell Field

TWITTER: @UTexasTrack | @StanfordXCTF

LIVE RESULTS: rtspt.com

LIVE VIDEO: FloTrack.org (\$)

Action starts Wednesday at 10:30 a.m. with the beginning of the decathlon and heptathlon. Thursday's action will feature the conclusion of the multi-events along with a few field events, mid-distance races and the steeplechase. Friday will see more than 12 hours of action with field events starting at 9 a.m. and running events still going at 10 p.m. The running events will include prelims for many events and some finals for the non-traditional relay races. Saturday will see another full day of excitement and the close of the meet with the Sanya Richards Ross 4x400 Meter Relay and the Cleburne Price, Jr. 4x400 Meter Relay events.

Longhorn Network will again provide television coverage of the meet this year. There will be a total of 14 hours of coverage this year with 11 hours of live action on the network. LHN will have coverage every day of the meet.

Tickets are on sale now through the Texas Ticket Office with reserved seats for Friday and Saturday going for \$20 and general admission for \$10. All-Session tickets are \$40 and \$20, respectively. Admission is free on Wednesday and Thursday.

Live results from the meet will be provided online via BranchSportsTech.com. Fans can also get updates on the events through social media by following the team's official Twitter feed @UTexasTrack. Fans can interact and follow the meet by using the official meet hashtag #TXRelays16.

The Longhorns also will be in action at the Stanford Invitational this weekend as the distance runners head to one of the top meets of the year for their event group. Texas will face strong competition in nearly every distance event and test its top runners in those fields. Fans can follow that meet on Twitter as well by following the Texas account and Stanford's official team account @StanfordXCTF. The Stanford Invitational also will be live streamed by FloTrack. A subscription to the site's FloPro service is required for viewing. Live results will be provided at rtspt.com.

TEXAS TRACK & FIELD NOTEBOOK

Longhorns Both in Top 10 Nationally

• Texas is among the favorites to win NCAA Championships again in 2016 on both sides. The Longhorns rank No. 7 for the women and men for in the USTFCCA Outdoor Preseason Rankings.

LHN BROADCAST SCHEDULE

LHN is offering 14 hours of coverage of the Nike Clyde Littlefield Texas Relays this year. A total of 11 hours will be live coverage of the meet.

Wednesday: 8-9:30 p.m. (tape delay after Texas Softball game vs. Texas State)

Thursday: 4:30-6 p.m. (tape delay of multi-events)
6-8 p.m. (LIVE)

Friday: 9:30 a.m.-12:30 p.m. (LIVE)
7-9 p.m. (LIVE)

Saturday: 1:30-5:30 p.m. (LIVE)

Meet Schedule

89TH NIKE CLYDE LITTLEFIELD TEXAS RELAYS

Only collegiate and invitational events listed

Wednesday, March 30

Heptathlon Day 1

10:30 a.m. _____ 100m Hurdles
 _____ High Jump
 _____ Shot Put
 _____ 200m

Decathlon Day 1

11:00 a.m. _____ 100m
 _____ Long Jump
 _____ Shot Put
 _____ High Jump
 _____ 400m

Thursday, March 26

Decathlon Day 2

10:00 a.m. _____ 110m Hurdles
 _____ Discus
 _____ Pole Vault
 _____ Javelin
 _____ 1500m

Heptathlon Day 2

11:00 a.m. _____ Long Jump
 _____ Javelin
 _____ 800m

Field Events

11:00 a.m. _____ Hammer Throw (w)
 2:00 p.m. _____ Hammer Throw (m)
 2:15 p.m. _____ Javelin Section B (m)
 2:30 p.m. _____ Pole Vault Section B & C Pit 1 & 2 (m)
 5:15 p.m. _____ Javelin Section B (w)

Running Events

4:30 p.m. _____ 400m Hurdles Prelims University/College (w/m)
 7:00 p.m. _____ 800m Invitational (m/w)
 7:10 p.m. _____ 1500m University/College (w/m)
 7:40 p.m. _____ 3000m Steeplechase University/College (w/m)
 9:00 p.m. _____ 5000m University/College (w/m)

Friday, March 27

Field Events

9:00 a.m. _____ Discus University/College Section B (m)
 10:00 a.m. _____ Long Jump University/College Section B (w/m)
 _____ High Jump University/College Section B (w)
 _____ Shot Put University/College Section B (w/m)
 11:30 a.m. _____ Javelin University/College Section A (w)
 12:30 p.m. _____ Triple Jump University/College Section B (m/w)
 1:00 p.m. _____ High Jump University/College Section B (m)
 3:00 p.m. _____ Triple Jump University/College Section A (m/w)
 4:00 p.m. _____ Discus University/College Section A (m)
 6:00 p.m. _____ Javelin University/College Section A (m)

Running Events

9:35 a.m. _____ 4x100m Relay University/College (w/m)
 _____ 100m/110m Hurdles University/College (w/m)
 _____ 100m University/College (w/m)
 _____ 4x400m Relay University/College (w/m)
 5:20 p.m. _____ Sprint Medley Relay Invitational University/College (w/m)
 6:55 p.m. _____ 400m Hurdles University/College (w/m)
 7:15 p.m. _____ Distance Medley Relay University/College (w/m)

Saturday, March 28

Field Events

10:00 a.m. _____ Discus University/College Section B (w)
 11:00 a.m. _____ High Jump University/College Section A (w)
 12:00 p.m. _____ Pole Vault University/College Section A (w)
 1:30 p.m. _____ Discus University/College Section A (w)
 1:45 p.m. _____ Pole Vault Elite Men
 2:45 p.m. _____ High Jump University/College Section A (m)
 3:00 p.m. _____ Pole Vault University/College Section A (m)
 _____ Long Jump University/College Section A (w/m)
 4:00 p.m. _____ Shot Put University/College Section A (w/m)
 4:45 p.m. _____ Pole Vault Elite Women

Running Events

10:40 a.m. _____ 4x800m Relays (w/m)
 12:00 p.m. _____ 4x200m Relays (all)
 1:30 p.m. _____ 4x100m Relays (all)
 2:10 p.m. _____ 100m/110m Hurdles (all)
 2:55 p.m. _____ 100m (all)
 3:35 p.m. _____ 1500m University/College Section A (w)
 _____ Jerry Thompson Mile - Invitational Men
 3:55 p.m. _____ 200m Invitational (w/m)
 4:05 p.m. _____ 4x400m Relays (all)

- The men finished the indoor season in fifth place at the NCAA Championships with 25 points.
- The women finished fourth at the NCAA Indoor Championships with a total of 44 points.
- Last year outdoors the men finished seventh with 26 points and the women were ninth with 28 points.
- The Big 12 Conference has two other men's teams ranked with Texas: Texas Tech (18) and Kansas State (25). The league also has a total of five women's ranked in the Top 25: Kansas State (8), Oklahoma (12), Baylor (19) and Oklahoma State (24).

400m Hurdlers Open Season Strong

- Following All-American performances on the track indoors in the 4x400 relay, hurdlers Ariel Jones and Byron Robinson made their outdoor debuts with times that rank among the best in school history.
- Robinson ran 49.48 to finish second and stand at No. 4 in UT history. His time also is No. 2 in the NCAA so far in 2016
- Jones clocked in at 56.55 seconds to post a new personal best and rank No. 10 in UT history. Her time currently

Events to Watch

89TH NIKE CLYDE LITTLEFIELD TEXAS RELAYS

• Women's Elite Pole Vault

This event will feature world record holder Jenn Suhr. The 2012 Olympic gold medalist will take on a field filled with former NCAA champions, collegiate record holders and Olympians.

• Men's Elite Pole Vault

Another event that could be a preview of the Olympic Games as Olympians, NCAA champions, British and Canadian record holders faceoff in this impressive field.

• Women's 100m

Senior **Morolake Akinosun** and freshman sensation **Teahna Daniels** highlight an impressive field. Daniels is coming off her NCAA title indoors in the 60 meters and Akinosun is looking to become the first woman to win the 100m at the Texas Relays three years in a row.

• The Relays

What would Texas Relays without some amazing relay action? From the traditional 4x100 and 4x400 to the Sprint Medley Relay and 4x800 this year's meet will have top collegiate teams and even a handful of international teams training for the Olympic Games this summer.

• Women's 400m Hurdles

Sophomore **Ariel Jones** ranks No. 1 in the nation in the event for the Longhorns. She will see some of the best as well with four of the top eight runners in the field, including No. 2 Chanice Chase from LSU.

• Men's 400m Hurdles

This event also pits four of the top runners in the NCAA against each other. Junior Byron Robinson leads the way for Texas as the No. 2 runner and a time of 49.48 seconds. UTSA's Jurmarcus Shelvin and Randolph Bernea and Texas Tech's JW Smith join him in the field.

USTFCCA Indoor Rankings

PRESEASON (3/23/16) | BIG 12 CONFERENCE TEAMS IN BOLD

Men					Women				
Rk	Team	Points	Conference	2015 Final	Rk	Team	Points	Conference	Last Week
1	Oregon	299.11	Pac-12	1	1	LSU	272.68	SEC	11
2	Texas A&M	225.12	SEC	6	2	Oregon	264.49	Pac-12	1
3	Florida	221.77	SEC	2	3	Arkansas	253.88	SEC	4
4	LSU	207.46	SEC	4	4	Southern California	248.59	Pac-12	7
5	Arkansas	195.81	SEC	3	5	Texas A&M	243.79	SEC	3
6	Alabama	179.50	SEC	31	6	Georgia	242.05	SEC	5
7	Texas	176.39	Big 12	7	7	Texas	201.08	Big 12	9
8	Virginia	164.73	ACC	17	8	Kansas State	191.37	Big 12	9
9	Illinois	152.09	Big Ten	10	9	Kentucky	173.74	SEC	2
10	South Carolina	138.31	SEC	60	10	Florida	169.93	SEC	8
11	Georgia	133.17	SEC	15	11	Mississippi State	168.26	SEC	18
12	Stanford	130.18	Pac-12	16	12	Oklahoma	138.34	Big 12	15
13	Ohio State	121.32	Big Ten	37	13	Stanford	115.79	Pac-12	13
14	Virginia Tech	118.52	ACC	37	14	Florida State	100.34	ACC	6
15	Tulsa	118.46	American	--	15	Notre Dame	98.29	ACC	13
16	Southern Cal	114.50	Pac-12	5	16	Ohio State	97.16	Big Ten	--
17	North Carolina	111.84	ACC	68	17	New Mexico	95.97	Mountain West	48
18	Texas Tech	107.97	Big 12	9	18	Virginia Tech	95.53	ACC	15
19	Penn State	94.85	Big Ten	10	19	Baylor	93.59	Big 12	51
20	BYU	92.57	Independent	13	20	Michigan State	90.69	Big Ten	20
21	Middle Tennessee	91.45	C-USA	31	21	Miami	88.79	ACC	28
22	Colorado	89.28	Pac-12	51	22	Michigan	87.80	Big Ten	19
23	Arizona	87.36	Pac-12	19	23	Alabama	87.37	SEC	20
24	Louisville	86.68	ACC	44	24	Oklahoma State	87.32	Big 12	35
25	Kansas State	86.33	Big 12	--	25	Wisconsin	83.69	Big Ten	15

leads the nation just two weeks into the outdoor campaign.

Throwers Making Mark at Texas

- Texas posted five throws at the Cardinal & Gold Challenge that moved four Longhorns up the all-time lists in program history.
- **Lauryn Caldwell** and **N'Dia Warren-Jacques** both moved into the top five in school history in the hammer throw. Caldwell is now No. 2 at 49.35m (161-11). Warren-Jacques is fifth with her throw of 45.32m (148-8).
- **Shelby Poncik** ranks eighth in school history in the javelin with her throw of 44.56m (146-2).
- Caldwell also posted the No. 5 mark in school history in the discus, throwing 51.72m (169-8).
- **Alan Zapalac** became the No. 3 hammer thrower for the men with a measurement of 59.62m (195-7).

Garcia Earns First Big 12 Athlete of the Week

- Freshman **Asa Garcia** opened her outdoor season with a victory at the TCU Invitational and a leap of 12.91 meters (42-4.25) to win over Baylor's Rachel Toliver by a close margin of just four centimeters.
- She was named Big 12 Female Co-Athlete of the Week for the effort along with Oklahoma thrower Julia Reedy.
- The jump also leads the nation for the first week of outdoor season and already ranks her No. 6 in school history.

Longhorns Finish Top 5 to Close Indoor Season

- Texas was one of three schools to finish with its men's and women's teams in the top five at the NCAA Indoor Championships. The women took fourth with 44 points and the men were fifth with 25 points.
- The other schools posting top five finishes were: Oregon (1/1) and Arkansas (2/2).
- This marks the fifth time the Longhorns have both finished in the top five and the first since 2008.

Texas Shows Dominance in 400m

- With **Zack Bilderback** and **Courtney Okolo** each winning titles in the 400m at the NCAA Indoor Championships, the Texas Longhorns joined a very short list of schools to accomplish the feat. Only Texas A&M in 2011 and Florida in 2005 have done so.
- Okolo became only the fourth woman to repeat as 400m champion indoors. She joins the ranks of Hampton's Francena McCorory (2009-10), Arizona State's Maicel Malone (1990-92) and UT's own **Suziann Reid** (1998-99).
- With Okolo's win, Texas now has five women's indoor titles in the event, the most by any school.
- In addition to Okolo in the final, junior **Chrisann Gordon** finished third in the 400m to give Texas a huge 16 points.
- The win by Bilderback was the first for the men's team as the Longhorns had never won a 400m NCAA crown.
- The Texas Women's 4x400 also put together a dominant win to successfully defend their title. It marked the ninth indoor title for the Longhorns in the event, more than any school in the NCAA. The next closest would be LSU's 7.
- The Men's 4x400 finished fourth for the Longhorns and in February ran the No. 3 time in the NCAA this season.

Freshman Makes History

- In her first NCAA Championship meet **Teahna Daniels** crossed the finish line in first place, winning the 60m in 7.11 seconds. She became only the second freshman to ever win the 60m at the NCAA Indoor Championships.
- Daniels' time also broke the American Junior record of 7.12 seconds previously held by English Gardner or Oregon. Daniels also ran 7.14 seconds during prelims to then-rank as the No. 2 freshman all-time and tie the school record.
- Her run of 7.11 seconds officially broke the school record held by Carlette Guidry since 1991. Guidry is a two-time Olympic gold medalist for Team USA in the 4x100m relay.

Crouser Closes Career as Champion

- Senior Ryan Crouser wore the Burnt Orange in a meet for the last time at the NCAA Indoor Championships and ended his collegiate career with his fourth NCAA title in the shot put.
- Crouser tallied his second indoor title with a mark of 21.28 m (69-9.75) to become one of the top shot putters in collegiate history as only five men have won more than four shot put titles combined indoors and out.
- Crouser trailed only briefly during the competition in the third round when he was overtaken by JC Murasky of Ohio State. Crouser responded and immediately regained the lead with the very next throw of the competition.

Pole Vault Past and Present on Display at NCAA's

- 2014 NCAA champion **Kaitlin Petrillo** closed her collegiate career with a fifth-place finish at this year's indoor meet. She cleared 4.40m (14-5.25).
- Petrillo broke the collegiate record at the time in 2014 with her clearance of 4.60m. She also won every Big 12 Conference meet she ever jumped in winning seven titles.
- Sophomore **Kally Long** finished in a tie for 12th place in her first NCAA Championship experience. Her jump of 4.20m (13-.25) was just off her PR of 4.30, which she missed three attempts at on the next round. Long proved she belonged on the NCAA stage with a huge clearance of 4.30 but knocked the bar off on her way back down to the mat.

Standard Bearers

- After Ryan Crouser tied the collegiate record in the shot put at the Big 12 Indoor Championships, Texas now currently holds eight collegiate records combined among the men and women. The nearest competitor is Arizona and Colorado with five apiece. All of Colorado's records are held by one athlete.

Texas Outdoor Top 10's

CURRENT LONGHORNS AMONG UT TOP 10 PERFORMERS

Men			
Event	Name	Rank	Mark
100m	Senoj-Jay Givans	1st	10.03
200m	Senoj-Jay Givans	4th	20.47
400m	Zack Bilderback	3rd	45.53
110m Hurdles	Spencer Dunkerley-Offor	4th	13.58
400m Hurdles	Byron Robinson	4th	49.48
Pole Vault	Reese Watson	T-3rd	5.60m/18-4.50
Hammer Throw	Alan Zapalac	3rd	59.62m/195-7
Javelin	Fabian Jara Dohmann	5th	74.25m/243-7
Decathlon	Wolf Mahler	8th	7602 pts
Women			
Event	Name	Rank	Mark
100m	Morolake Akinosun	3rd	11.04
	Teahna Daniels	9th	11.21
200m	Morolake Akinosun	1st	22.52
400m	Courtney Okolo	2nd	50.03#
5,000m	Sandie Raines	3rd	15:48.04
100m Hurdles	Mobolaji Adeokun	9th	13.29
400m Hurdles	Ariel Jones	10th	56.55
Pole Vault	Kally Long	2nd	4.25m/13-11.25
	Shay Petty	4th	4.15m/13-7.25
	Calie Spencer	6th	4.06m/13-3.75
	Ali Uhle	8th	3.95m/12-11.50
	Anne Harwig	9th	3.93m/12-10.25
Triple Jump	Asa Garcia	6th	12.91m/42-4.25
Shot Put	N'Dia Warren-Jacques	7th	15.73m/51-7.25
Discus	Lauryn Caldwell	5th	51.72m/169-8
Hammer Throw	Lauryn Caldwell	2nd	49.35m/161-11
	N'Dia Warren-Jacques	5th	45.32m/148-8
Javelin	Ashtin Zamzow	5th	48.71m/159-10
	Shelby Poncik	8th	44.56m/146-2

bold - denotes marks from this season

- collegiate record | * - NCAA Championship meet record

Texas Outdoor School Records

Name (yr)	Men	Event	Women	Name (yr)
Givans (15)	10.03	100m	10.94	Guidry (91)
Jones (87)	20.28	200m	22.52	Akinosun (15)
Ladejo (92)	45.25	400m	49.89	Richards (04)
Hernandez (08)	1:45.31	800m	2:01.50	Davidson (87)
Manzano (07)	3:35.29	1500m	4:15.68	Natale (86)
Cannada (89)	13:44.34	5000m	15:12.79	Hall (14)
Green (89)	28:19.50	10,000m	33:30.73	Blakeslee (87)
Sang (84)	8:22.45	3000 SC	10:26.90	Marches (14)
Stewart (11)	13.44	110h/100h	12.62	Denby (04)
Graham (88)	48.04	400H	54.16	McIntosh (04)
2003	39.08	4x100	42.76	1998
1983	3:03.33	4x400	3:23.75	2004
Boswell (99)	2.35m/7-8.50	HJ	1.95m/6-4.75	D. Hooker (09)
Davis (98)	5.90m/19-4.25	PV	4.50m/14-9.00	Petrillo (14)
Metcalfe (88)	8.44m/27-8.25	LJ	6.70m/21-11.75	M. Hooker (06)
Scott (88)	17.03m/55-10.50	TJ	13.66m/44-9.75	Turner (86)
Crouser (14)	21.39m/70-2.25	SP	18.85m/61-10.25	Carter (08)
Crouser (14)	63.90m/209-8	DS	54.13m/177-7	Messner (81)
Armstrong (01)	69.46m/227-11	HT	52.55m	Brown (08)
Bolden (90)	89.10m/292-4	JV	55.63m/182-6	Nye (88)
Hardee (06)	8465 pts	Dec/Hept	5576 pts	Lew (89)

Bowerman Watch Lists



2016 Bowerman Watch List Post-Indoor

Women

Name	Yr	School	Events
Felicia Brown	SR	Tennessee	Sprints
Akela Jones	SR	Kansas State	Combined Events
Shamier Little	SO	Texas A&M	Hurdles
Courtney Okolo	SR	Texas	Sprints
Keturah Orji	SO	Georgia	Jumps
Demi Payne	SR (out)	Stephen F. Austin	Pole Vault
Raevyn Rogers	SO	Oregon	Mid-Distance
Raven Saunders	SO	Ole Miss	Throws
Molly Seidel	SR	Notre Dame	Distance
Kendell Williams	JR	Georgia	Combined Events

Also Receiving Votes: **Teahna Daniels (Texas)**; Shelbi Vaughan (Texas A&M); Lexi Weeks (Arkansas)

Men

Name	Yr	School	Events
Devon Allen	SO	Oregon	Hurdles
Ronnie Baker	JR	TCU	Sprints
Donavan Brazier	FR	Texas A&M	Mid-Distance
Edward Cheserek	JR	Oregon	Distance
Ryan Crouser	SR	Texas	Throws
Myles Hunter	JR	Minnesota State	Hurdles
Jarrion Lawson	SR	Arkansas	Sprints/Jumps
Nick Miller	SR	Oklahoma State	Throws
Clayton Murphy	JR	Akron	Mid-Distance
Zach Ziemek	SR	Wisconsin	Combined Events

Also Receiving Votes: **Zack Bilderback (Texas)**; Jake Blakenship (Tennessee); Cameron Burrell (Houston); Chrsitian Coleman (Tennessee); Alex Young (Southeastern Louisiana)

The Bowerman Award is given to the most outstanding male and female collegiate student-athlete in track & field annually by The United States Track & Field and Cross Country Coaches Association.

Past winners from the previous five years since its inception have won two Olympic Medals, two IAAF World Championships and six World Championship medals.

The award is named after Bill Bowerman, former legendary coach of the Oregon Ducks and co-founder of NIKE, who made significant contributions to the sport of track & field.



Record-Breaking 2016 for Horns

- In addition to Ryan Crouser's collegiate record in the shot put, the Texas Longhorns combined to break school records in seven events during the 2016 indoor season — three events were broken multiple times.
- The men's records that fell were: 200m - Zack Bilderback; 400m - Zack Bilderback; 600yd - Byron Robinson; Shot Put - Ryan Crouser (twice), 4x400m Relay (twice)
- The women's records that fell were: 60m - Teahna Daniels (twice); 400m - Courtney Okolo

2016 Bowerman Watch List

The most prestigious award in collegiate track and field, The Bowerman, is awarded by the USTFCCA annually to the top male and female track and field star annually. Since its inception in 2009, the winners combined to win three Olympic medals in 2012. The USTFCCA released its Post-Indoor Watch List this week and four Longhorns are among those up for the award.

- 4-time NCAA champion **Ryan Crouser** returned to the list after dropping in February.
 - > Crouser tied the collegiate record in the shot put at Big 12 Championships.
 - > He becomes just the second male athlete in Big 12 history to dominate an event indoors and out by winning every conference championship during his career, joining Missouri's Derrick Peterson in the 800m.
 - > He had four throws of 21.00 meters or better during his series at Big 12's.
 - > He was named Big 12 Co-Performer of the Year for his record throw.
- 2014 Bowerman Finalist **Courtney Okolo** won her third overall NCAA title in the 400 meters
 - > Okolo ran a world-leading time of 50.69 seconds to defend her indoor title. That time ranks No. 3 in collegiate history and is a new school record.
 - > Texas defended its NCAA indoor title in the 4x400 and ran the No. 6 time in NCAA history.
 - > Okolo has run 4x400 splits of 50.59 and 50.77 along with an 800m split in the DMR of 2:07.
 - > Texas' 4x400 relay time of 3:27.94 at Tyson Invitational this year ranks fourth in collegiate history.
 - > She has been named USTFCCA Athlete of the Week twice this season.
 - > Okolo also ran the third leg of Team USA's 4x400 that won gold at the IAAF World Indoor Championships.
- **Zack Bilderback** is listed among others receiving votes
 - > Bilderback became the first man to win an NCAA title for Texas in the 400 meters.
 - > Bilderback pulled the 200/400 double at Big 12 Championships.
 - > He set school records in both events, including a Big 12 meet record in the 400. His time of 45.27 seconds bested Olympic gold medalist Jeremy Wariner's previous record of 45.78. It was Bilderback's third straight 400m title.
 - > He was named Big 12 Co-Performer of the Year for his record runs. He also was Big 12 High-Point Scorer with 22 points, running on UT's second-place 4x400 squad.
- **Teahna Daniels** is listed among others receiving votes
 - > Daniels became just the second freshman to win the women's 60m at the NCAA Indoor Championships.
 - > She clocked in at 7.11 seconds to not only break the school record but set an American Junior record.

Longhorns Earn USTFCCA Awards

Prior to the NCAA Indoor Championships, the USTFCCA handed out its national awards for the indoor season. Associate **Head Coach Tonja Buford-Bailey** was named the Women's Assistant Coach of the Year.

Following conference championships the USTFCCA awarded its regional awards for the indoor season. Texas claimed four South Central Region honors for the 2016 season.

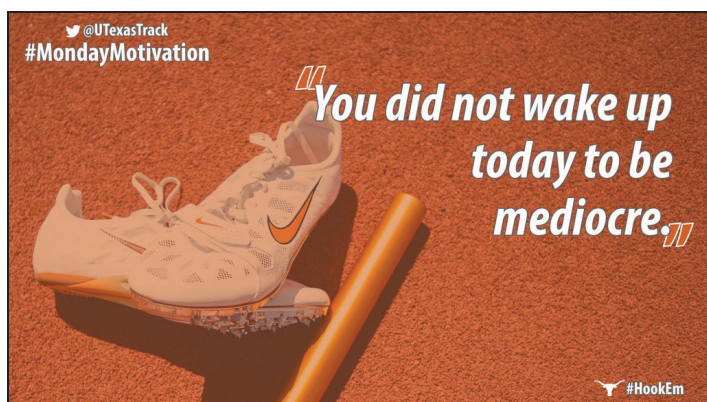
- **Associate Head Coach Tonja Buford-Bailey** earned both Men's & Women's Assistant Coach of the Year
- **Courtney Okolo** was named Women's Track Athlete of the Year
- **Ryan Crouser** was named Men's Field Athlete of the Year

Texas Women Win Third Straight Big 12 Title

- The Longhorns dominated the women's competition at the Big 12 Conference Championship to win their third straight conference crown. Texas scored 147 points over the 19 events to best the field by 38 points.
- Texas won the 60, 200 and 400 meters to nearly sweep the sprint events.
- **Courtney Okolo** doubled winning the 200 and 400 while setting a conference meet record in the 400 in 51.06.
- **Kaitlin Petrillo** claimed her seventh overall pole vault title and fourth straight indoors. She broke her own Big 12 meet record with a clearance of 4.41 meters (14-5.50). She has no outdoor eligibility remaining and never lost a Big 12 Conference Championship.
- Joining Petrillo on the podium were sophomores **Kally Long** and **Shay Petty**. They finished 3-4 to give Texas a total of 21 points in the event.
- Texas dominated the women's 400 meters as well with Okolo winning and **Chrisann Gordon** taking second. **Ariel Jones** (4th) and **Zola Golden** (7th) helped give Texas 25 points in the event.

#MondayMotivation with Texas Track & Field

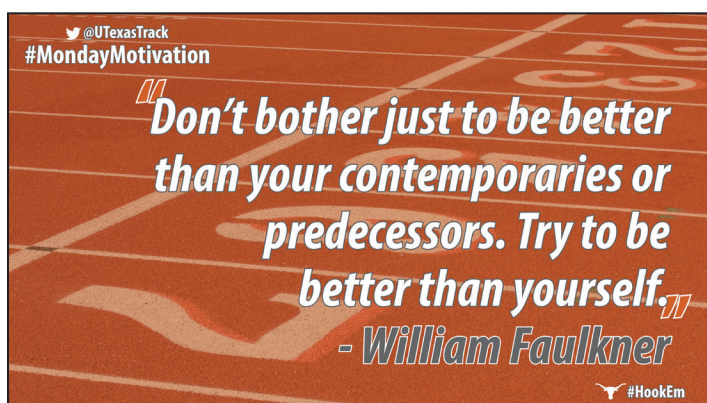
This year the Longhorns have been letting fans know where they pull inspiration from with our weekly #MondayMotivation. Each Monday, a new motivational quote submitted by a student-athlete or coach is chosen to give everyone a reason to keep pushing and start their week off with an inspirational message.



Jan. 11: Morolake Akinosun | Sr. | Sprints



Feb. 8: Alan Zapalac | So. | Throws



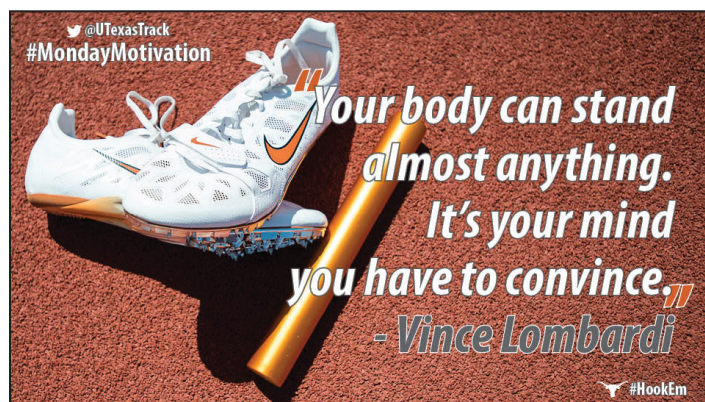
Jan. 18: Assistant Coach Brad Herbster



Feb. 15: Robert Uhr | Jr. | Mid-Distance



Jan. 25: Melissa Gonzalez | Sr. | Sprints/Hurdles



Feb. 22: Morolake Akinosun | Sr. | Sprints



Feb. 1: Ariel Jones | So. | Sprints/Hurdles



March 7: Courtney Okolo | Sr. | Sprints

2016 Men's Track & Field/Cross Country Roster

Name	IN / OUT / XC	Event	Hometown (High School/Previous School)	Pronunciations
Carlton Anumnu	Jr. / Jr.	Sprints	Stafford, Texas (Stafford)	Carlton ah-NOOM-noo
Charles Anumnu	Jr. / Jr.	Sprints	Stafford, Texas (Stafford)	Charles ah-NOOM-noo
Aldrich "AJ" Bailey	Jr. / Jr.	Sprints	Arlington, Texas (Mansfield Timberview/Texas A&M)	
Zack Bilderback	Sr. / Sr.	Sprints	Celina, Texas (Celina)	
Grayson Barrett	Fr./Fr.	Jumps	McKinney, Texas (Prosper)	
Logan Brittain	Jr. / R-So.	High Jump	Amarillo, Texas (Canyon Randall)	
Terry Brown, Jr.	Fr./ Fr.	Sprints		
John Burt	Fr./Fr.	Sprints/Hurdles	Tallahassee, Fla. (Lincoln)	
Ryan Crouser	Sr. / CE	Throws	Boring, Ore. (Barlow)	
Fabian Dohmann	Jr. / Jr.	Javelin	Fernando de la More, Paraguay (Colegio Goethe)	FAH-bee-en DOH-man
Max Dordevic	So. / R-Fr.	Sprints/Hurdles	Portland, Ore. (Jesuit Portland)	Max DOR-deh-vik
Spencer Dunkerley-Offor	Jr. / Jr.	Hurdles	Austin, Texas (St. Stephen's Episcopal)	SPEN-sir DUNN-ker-lee OH-for
Logan Emery	R-Fr. / So. / So.	Distance/XC	The Woodlands, Texas (The Woodlands)	
Basil Fares	Sr. / Sr.	Sprints/Jumps	Houston, Texas (Mayde Creek)	BA-zil FAIR-es
Derek Fenton	R-Fr. / R-Fr.	Throws	San Clemente, Calif. (San Clemente)	
Senoj-Jay Givans	Jr. / Jr.	Sprints	St. Elizabeth, Jamaica (Munro College)	sen-AH-zhay GIV-ens
Jacob Gray	Fr. / Fr.	Sprints	Fort Worth, Texas (Central)	
Zach Hamstra	So. / So. / So.	Distance	Flower Mound Texas (Flower Mound)	Zak HAM-strah
Connor Hendrickson	So. / R-Fr. / R-Fr.	Distance/XC	Southlake, Texas (Southlake Carroll)	
Chris Irvin	Jr. / Jr.	Sprints	Austin, Texas (Westlake)	
Eric Kroon	Fr. / Fr. / Fr.	Distance/XC	The Woodlands, Texas (The Woodlands)	
Kirema Macharia	Fr. / Fr.	Sprints	Round Rock, Texas (Round Rock)	kih-REM-ah mah-CHAIR-ee-ah
Wolf Mahler	Jr. / Jr.	Multi Events	Temple, Texas (Belton)	wolf MAUL-ler
Derrell Manhertz	Jr. / Jr.	Mid-Distance	Woolwich Township, N.J. (Kingsway)	der-EL MAN-hurts
Steffin McCarter	Fr. / Fr.	Jumps	Coperass Cove, Texas (Lampasas)	
Spencer McCloud	Jr. / R-So.	High Jump	Argyle, Texas (Argyle)	
Jake McConnell	R-Fr. / So. / So.	Distance/XC	Keller, Texas (Keller)	
Parks McNeil	So. / So.	Pole Vault	Kerrville, Texas (Kerrville Tiny)	
Nick Meaders	R-Fr. / R-Fr.	Pole Vault	Gatesville, Texas (Gatesville)	NICK MED-ers
Darren Medrano	Fr. / Fr. / Fr.	Distance/XC		meh-DRAHN-oh
Charles Mills	Fr. / Fr. / Fr.	Distance/XC		
Nate Moore	So. / Jr. / So.	Distance/XC	Lockhart, Texas (Lockhart)	
Ika Morton	Fr. / Fr.	Jumps	Lacey, Wash. (River Ridge)	EYE-kah
Pedro Nasta	Fr. / Fr. / Fr.	Distance/XC	The Woodlands, Texas (John Cooper)	NAHS-tah
Christopher Ntreh	Fr. / Fr. / Fr.	Sprints	Murphy, Texas (Plano East)	IN-tray
Brian Peterson	R-Fr. / R-Fr.	Distance	Round Rock, Texas (Cedar Ridge)	
Nick Phynn	Jr. / Jr.	Jumps	St. Catherine, Jamaica (Jamaica College)	
Jacob Pickle	So. / R-Fr. / R-Fr.	Distance	Southlake, Texas (Southlake Carroll)	
Chris Pietraszkiewicz	Fr. / So. / Fr.	Distance	San Antonio, Texas (Texas Military Institute)	KRIS pe-tra-SKEH-vitch
Barrett Poth	R-Fr. / R-Fr.	Pole Vault	The Woodlands, Texas (Klein Oak)	
Conrad Ramquist	Sr./Sr.	Javelin		
John Rice	Fr. / Fr. / Fr.	Distance/XC	Brooklyn, N.Y. (Xavier HS)	
Byron Robinson	Jr. / Jr.	Sprints	Chesapeake, Va. (Western Branch/Penn State)	
Alex Rogers	Fr. / Fr. / Fr.	Distance/XC	New Braunfels, Texas (New Braunfels Canyon)	
David Rueff	Fr. / Fr.	Throws	Katy, Texas (Seven Lakes)	roo-EEF
Blake Scott	Fr. / Fr.	Pole Vault	Aledo, Texas (Aledo)	
Reese Thompson	So. / R-Fr.	Multi Events	Argyle, Texas (Argyle)	
Travis Toliver	Fr. / Fr.	Multi Events	Houston, Texas (Episcopal)	
Brady Turnbull	Sr. / Sr. / Sr.	Distance/XC	Frisco, Texas (Frisco)	
Robert Uhr	Jr. / Jr. / So.	Distance/XC	Lockhart, Texas (Lockhart)	ROB-ert ER
Wesley Ward	So. / R-Fr. / R-Fr.	Distance/XC	Flower Mound, Texas (Flower Mound)	
Reese Watson	Sr. / Sr.	Pole Vault	Spring, Texas (Spring)	
Alan Zapalac	So. / So.	Throws	Wallis, Texas (Brazos)	AL-an ZAP-ah-lak

CE = Completed eligibility

Head Coach: Mario Sategna
Associate Head Coach: Tonja Buford-Bailey
Assistant Coach: Brad Herbster
Assistant Coach: Seth Henson
Assistant Coach: Ty Sevin
Assistant Coach: Kareem-Streete Thompson

MAR-ee-oh sah-TAYN-yah
TAHN-jah BUU-ford BAY-lee

TY SAY-vin

2016 Women's Track & Field/Cross Country Roster

Name	IN / OUT / XC	Event	Hometown (High School/Previous School)	Pronunciations
Mariam Abdul-Rashid	Fr. / Fr.	Sprints/Hurdles	Ontario, Canada (Eastdale CVI)	MAYR-ee-um ab-DOOL rah-SHEED
Mobolaji "BJ" Adekun	Sr. / Sr.	Sprints/Hurdles	Lanham, Maryland (Duval/Illinois)	mo-bo-LIE-gee ad-ee-OH-kin
Morolake Akinosun	Sr. / Sr.	Sprints	Aurora, Ill. (Waubonsie Valley/Illinois)	MOR-luh-kay uh-KIN-o-sun
Mawardi "Mawi" Berkhadley	Fr. / Fr.	Jumps	McKinney, Texas (McKinney North/Northwestern State)	ma-WARD-ee burk-HAD-lee
Katie Burford	Jr. / Sr. / Jr.	Distance/XC	Austin, Texas (St. Stephen's)	
Laurn Caldwell	So. / R-Fr.	Throws	Dickinson, Texas (Dickinson)	
Shania Collins	So. / So.	Sprints	Huntingtown, Md. (Huntingtown)	sha-NI-ah
Gabby Crank	Fr. / Fr. / Fr.	Distance/XC	Dallas, Texas (Highland Park)	
Haley Crouser	Jr. / Jr.	Throws	Gresham, Ore. (Gresham/Oregon)	
Alex Cruz	Fr. / Fr. / Fr.	Distance/XC	Edinburg, Texas (Edinburg)	
Teahna Daniels	Fr. / Fr.	Sprints	Orlando, Fla. (The First Academy)	tee-AH-nah
Sydne Fowler	Fr. / Fr.	Sprints/Hurdles	Austin, Texas (Westlake)	
Asa Garcia	Fr. / Fr.	Jumps	Texas City, Texas (Texas City)	A-sah gar-SEE-uh
Zola Golden	Fr. / Fr.	Sprints	Sicklerville, N.J. (Arlington)	ZOH-lah
Emily Golla	Fr. / Fr. / Fr.	Distance/XC	Kingwood, Texas (Kingwood)	GO-lah
Melissa Gonzalez	Sr. / Sr.	Hurdles	Carrollton, Texas (Creekview)	
Chrisann Gordon	Jr. / Jr.	Sprints	St. Ann, Jamaica (Holmwood Tech./South Plains Coll.)	
Hannah Grubb	So. / So. / So.	Middle Distance/XC	State College, Pa. (State College)	
Mary Beth Hamilton	Jr. / Jr. / So.	Middle Distance/XC	Dallas, Texas (Highland Park)	
Alexa Harmon-Thomas	So. / R-Fr.	High Jump/Multi Events	Lawrence, Kan. (Lawrence Free State)	
Anne Harwig	Sr. / Sr.	Pole Vault	Tampa, Fla. (Florida State)	AN-ee har-wig
Rose Hyak	So. / So.	Distance	Buda, Texas	
Ariel Jones	So. / So.	Sprints/Hurdles	Houston, Texas (Atascotita)	
Meghan Lloyd	Fr. / Fr. / Fr.	Distance/XC	Keller, Texas (Keller)	
Kally Long	So. / So.	Pole Vault	Wimberley, Texas (Wimberley)	KAL-lee
Ashley Miller	Fr. / Fr.	Sprints/Hurdles	Greenwood Village, Colo. (East Ridge)	
Courtney Okolo	Sr. / Sr.	Sprints	Carrollton, Texas (Newman Smith)	COURT-nee oh-KO-lo
Sierra Patrick	R-Jr. / R-Jr.	Multi Events	Austin, Texas (Lake Travis)	
Marissa Pekarek	Sr. / Sr. / Sr.	Distance/XC	Fairview, Texas (Lovejoy)	mah-RISS-ah PECK-ah-reck
Kaitlin Petrillose	Sr. / Sr.	Pole Vault	Round Rock, Texas (McNeil)	KATE-lin PEH-tri-lohss
Shay Petty	So. / So.	Pole Vault	San Antonio, Texas (St. Mary's Hall)	
Shelby Poncik	Jr. / Jr.	Pole Vault	Needville, Texas (Texas Tech)	SHEL-bee PAHN-chik
Virginia Preiss	Fr. / Fr. / Fr.	Distance/XC	Corpus Christi, Texas (Richard King)	PREESS
Sandie Raines	Jr. / Jr. / Jr.	Distance/XC	Kingwood, Texas (Kingwood/Arkansas)	
Katie Ruhala	So. / So. / Jr.	Distance/XC	Lucas, Texas (Lovejoy)	KATE-ee roo-HA-la
Caitland Smith	So. / So.	Sprints	Pelham, Ala. (Pelham)	
Calie Spencer	So. / So.	Pole Vault	New Braunfels, Texas (New Braunfels Canyon)	KAL-lee
Raquel Tjernagel	Fr. / Fr.	Sprints	New Westminster, Canada (New Westminster Secondary)	rah-KEL cher-NAY-gul
Pamela Uchebo	Jr. / Jr.	Jumps	Lubbock, Texas (Lubbock)	PAM-ah-la yu-CHEE-boh
Ali Uhle	R-Fr. / R-Fr.	Pole Vault	Tomball, Texas (Tomball)	AL-ee OO-lee
Georgia Wahl	Fr. / Fr.	Jumps	Houston, Texas (Episcopal)	
Connor Ward	CE / CE / Sr.	Distance/XC	Flower Mound, Texas (Flower Mound)	
N'Dia Warren-Jacques	So. / R-Fr.	Throws	Conroe, Texas (Oak Ridge)	IN-dee-ah WAR-en HOCK-ess
Jordan Welborn	Fr. / Fr. / Fr.	Distance/XC	Lumberton, Texas (Lumberton)	
Ashtin Zamzow	So. / So.	Multi Events	Goliad, Texas (Goliad/Texas A&M)	ZAM-zoh

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