



# 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

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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 Sevigne 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

##### March 30-

**April 2 Nike Clyde Littlefield Texas Relays 2 school records**

##### April

1-2 Stanford Invitational  
**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.

#### TEXAS INVITATIONAL

**DATE:** April 16  
**LOCATION:** Austin, Texas  
**FACILITY:** Mike A. Myers Stadium  
**TWITTER:** @UTexasTrack | #TXinvite16  
**LIVE RESULTS:** [pttiming.com](http://pttiming.com)  
**ADMISSION:** FREE

**SCORING:** This will be a team scored meet. Points will be awarded in the following format:

1st = 10 pts | 2nd = 8 pts | 3rd = 6 pts | 4th = 5 pts  
5th = 4 pts | 6th = 3 pts | 7th = 2 pts | 8th = 1 pt  
Only one relay unit per team will figure into the scoring

Following a week off the Texas Track & Field team will host the Texas Invitational that will pit the Longhorns up against a handful of ranked teams. The Longhorns will face teams from the SEC, Big Ten and the Big 12 in a team scored meet to see who is the best on Saturday at Mike A. Myers Stadium. Action begins at 9 a.m. with field events and running events are slated to toe the line at 9:15 a.m.

The field at the Texas Invitational is loaded with NCAA champion caliber athletes and teams. Three teams are ranked in the Top 10 on both the men's and women's side, giving the Longhorns an early taste of what could await them at the Big 12 and NCAA Championship meets later this season.

Admission to the meet is free. Live results from the meet will be provided online via [PrimeTimeTiming.com](http://PrimeTimeTiming.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 #TXinvite16.

#### 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. 4 for the men and the women are No. 7 in the latest USTFCCCA Outdoor Rankings.
- 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 three other men's teams ranked with Texas: Texas Tech (12), Oklahoma State (19) and TCU (24). The league also has a total of five women's ranked in the Top 25: Kansas State (10), Baylor (15), Oklahoma (16) and Oklahoma State (23).

##### Akinosun Makes History at Texas Relays

- Senior **Morolake Akinosun** became the first woman to ever win the 100 meters at the Nike Clyde Littlefield Texas Relays three straight years. Her time of 11.07 seconds also leads the NCAA so far this year and is nearly .25 faster than her best non-wind-aided time from last year.
- Akinosun is only the second woman to win the 100m at the Texas Relays three times total.
- She also ran on the victorious 4x400m relay squad and helped Texas finish second in the 4x200 and eighth in the 4x100.
- For her efforts at the Texas Relays she was named Big 12 Athlete of the Week, making it three consecutive awards for the women's team to open the outdoor season.

##### Men's 4x400 Shatters 33-Year Old Record

- The men's 4x400 team of **Chris Irvin, Byron Robinson, AJ Bailey and Zack Bilderback** has been rewriting the record books all year for the Longhorns. The group broke the indoor school record twice this year and destroyed the outdoor record in front of the home crowd during Texas Relays.
- The Longhorns ran 3:02.18 to best the previous record of 3:03.33 set back in 1983.
- Texas finished second to LSU at the Texas Relays as the Tigers ran 3:01.83 and the two teams traded the lead multiple times throughout the race.
- The time ranks No. 2 in the NCAA this season as well with No. 3 more than a second behind the Longhorns.

#### PARTICIPATING TEAMS IN USTFCCCA RANKINGS

MEN	SCHOOL	WOMEN
4	TEXAS	7
7	ARKANSAS	1
40	AUBURN	24
33	IOWA	54
5	LSU	2
48	NEBRASKA	36
45	OLE MISS	34
18	PENN STATE	42
24	TCU	76
83	UTSA	182

## Meet Schedule

### TEXAS INVITATIONAL

#### Field Events

9:00 a.m.	Javelin (w)
	B Pole Vault (m)
9:30 a.m.	Hammer Throw (m)
10:30 a.m.	High Jump (m)
	Long Jump (w) - East Runway
	Long Jump (m) - West Runway
	Pole Vault (w)
11:00 a.m.	Javelin (m)
	Hammer Throw (w)
12:15 p.m.	Discus (m)
12:30 p.m.	High Jump (w)
	A Pole Vault (m)
	Triple Jump (w) - East Runway
	Triple Jump (m) - West Runway
2:00 p.m.	Discus (w)
3:00 p.m.	Shot Put (w) - East Ring
	Shot Put (m) - West Ring

#### Running Events

9:15 a.m.	3000m Steeplechase (w/m)
10:00 a.m.	1500m (w/m)
11:00 a.m.	4x100m Relay (w/m)
11:10 a.m.	800m (w/m)
11:30 a.m.	100m Hurdles (w)/110m Hurdles (m)
12:00 p.m.	400m (w/m)
12:20 p.m.	100m (w/m)
1:00 p.m.	400m Hurdles (w/m)
1:30 p.m.	200m (w/m)
2:00 p.m.	3000m (w/m)
2:30 p.m.	4x400m Relay (w/m)

## Zamzow Debuts Atop Record Book

- Sophomore transfer **Ashtin Zamzow** broke the school record in her first opportunity as a Longhorn. The heptathlete, and former Texas A&M Aggie, shattered the school record in the heptathlon with a total of 5,829 points over the seven events to finish in fourth place at the Texas Relays.
- Zamzow finished behind a trio of All-Americans from Arkansas and her score almost guarantees her a spot at the NCAA Championships with the top 24 heptathlon scores qualifying.
- Zamzow posted personal records in all three events held on Day 2 as she dominated the field in the javelin. Those three PR's helped her destroy the previous school record of 5,576 points set back in 1989 by Natalie Lew.
- The score ranks Zamzow at No. 6 in the NCAA so far this season and is almost a lock to qualify for the NCAA Champion-

## Events to Watch

### TEXAS INVITATIONAL

- **Men's 100m**  
TCU's Ronnie Baker has the fastest time in the nation this year at 9.95 seconds. Senoj-Jay Givans ranks No. 3 at 10.08. The two have gone head-to-head twice already in this potential Big 12 and NCAA Championship preview.
- **Women's Pole Vault**  
This event could be a preview of the NCAA Championships and the Olympic Trials with seven of the Top 15 vaulters in action. Sophomore **Kally Long** ranks No. 13 and leads a group of Longhorns against some of the best of the best. Defending NCAA Champion Demi Payne of SFA is slated to compete as well as 2014 USATF Indoor champ Mary Saxer.
- **Men's 400m Hurdles**  
Byron Robinson ranks No. 2 in the NCAA this season and highlights a loaded field. A total of 7 from the Top 20 in this event are slated to compete, including No. 5 and No. 8 from UTSA.
- **Women's 200m**  
Again Morolake Akinosun will face elite competition. She ranks No. 8 this season and the field could have up to as many as six of the Top 18 runners in the nation, including No. Taylor Ellis-Watson of Arkansas.
- **Men's 4x100m Relay**  
This meet will be a true preview of the NCAA Championships with No. 2 TCU, No. 4 Texas, No. 5 LSU and No. 7 Iowa in action on the men's side.
- **Men's 4x400m Relay**  
LSU and Texas went toe-to-toe at the Texas Relays two weeks ago. The Tigers and Longhorns rank No. 1 and No. 2 in the nation this year. Could it be another exciting finish for the men's 4x400?
- **Women's 100m**  
Senior **Morolake Akinosun** leads the nation with her time of 11.07. She will face a trio of LSU Tigers that rank in the Top 15.
- **Women's 100m Hurdles**  
Eight of the Top 25 runners in this event could potentially be in the field, including No. 3 Chanice Chase of LSU.
- **Women's 400m Hurdles**  
Sophomore **Ariel Jones** leads a group of three ranked No. 9 or better in this field and only .15 separates their times.

## USTFCCA Indoor Rankings

WEEK 2 (4/11/16) | BIG 12 CONFERENCE TEAMS IN BOLD

Men					Women				
Rk	Team	Points	Conference	2015 Final	Rk	Team	Points	Conference	Last Week
1	Texas A&M	277.10	SEC	3	1	Arkansas	315.93	SEC	1
2	Florida	258.19	SEC	1	2	LSU	247.31	SEC	3
3	Oregon	250.68	Pac-12	2	3	Southern California	245.30	Pac-12	2
<b>4</b>	<b>Texas</b>	<b>211.56</b>	<b>Big 12</b>	<b>4</b>	4	Oregon	243.41	Pac-12	6
5	LSU	193.74	SEC	5	5	Texas A&M	239.41	SEC	5
6	Virginia	192.89	ACC	6	6	Georgia	235.99	SEC	7
7	Arkansas	177.03	SEC	7	<b>7</b>	<b>Texas</b>	<b>238.76</b>	<b>Big 12</b>	<b>4</b>
8	Georgia	166.94	SEC	11	8	Kentucky	208.60	SEC	9
9	Alabama	164.19	SEC	8	9	Florida	205.25	SEC	8
10	South Carolina	129.69	SEC	9	<b>10</b>	<b>Kansas State</b>	<b>191.39</b>	<b>Big 12</b>	<b>10</b>
11	Illinois	126.81	Big Ten	10	11	Mississippi State	164.97	SEC	11
<b>12</b>	<b>Texas Tech</b>	<b>118.89</b>	<b>Big 12</b>	<b>12</b>	12	Harvard	139.59	Ivy League	12
13	Tulsa	117.26	American	14	13	Stanford	129.64	Pac-12	13
14	Southern Cal	110.97	Pac-12	13	14	Miami	123.84	ACC	15
15	Ohio State	109.46	Big Ten	15	<b>15</b>	<b>Baylor</b>	<b>120.88</b>	<b>Big 12</b>	<b>16</b>
16	Stanford	107.25	Pac-12	16	<b>16</b>	<b>Oklahoma</b>	<b>117.72</b>	<b>Big 12</b>	<b>14</b>
17	Colorado	101.68	Pac-12	18	17	Virginia Tech	99.17	ACC	20
18	Penn State	99.07	Big Ten	17	18	New Mexico	95.27	Mountain West	18
<b>19</b>	<b>Oklahoma State</b>	<b>98.09</b>	<b>Big 12</b>	<b>21</b>	19	Tennessee	93.78	SEC	17
20	North Carolina	94.99	ACC	20	20	Notre Dame	91.47	ACC	19
21	Virginia Tech	94.78	ACC	19	21	Arizona	87.86	Pac-12	37
22	Middle Tennessee	92.90	C-USA	22	22	Florida State	87.47	ACC	22
23	Washington	81.51	Pac-12	30	<b>23</b>	<b>Oklahoma State</b>	<b>86.94</b>	<b>Big 12</b>	<b>23</b>
<b>24</b>	<b>TCU</b>	<b>81.27</b>	<b>Big 12</b>	<b>35</b>	24	Auburn	86.30	SEC	21
25	Penn	80.16	Ivy League	23	25	Michigan	80.70	Big Ten	24

ships. Last year her score would have ranked 10th heading into the NCAA meet.

- The heptathlon also is a family business for Zamzow. Her sister Avery is a redshirt sophomore at Sam Houston State. Avery Zamzow finished 21st at Texas Relays with a score of 4,895. Their mother Kalleen was an All-American in the heptathlon at Texas A&M and posted a career-best score of 5,642 points at the 1993 SWC Championship. Father Stacy was a national champion in the 4x400 meter relay for the Aggies as well.

### Longhorns Stack Up Wins at Texas Relays

- The Longhorns grabbed six victories at the 89th Nike Clyde Littlefield Texas Relays over the four days of action.
- Victories came in: 100m - Morolake Akinosun (11.07); Triple Jump A - Asa Garcia (13.29m); 400m Hurdles - Ariel Jones (57.17); 400m Hurdles Invitational - Byron Robinson (50.48); Shot Put B - N'Dia Warren-Jacques (15.09m); Sanya Richards-Ross 4x400 (3:26.54)
- Garcia's mark was wind-aided and ranked No. 1 in the NCAA at the time. It still stands at No. 2, trailing South Dakota State's Jazzelena Black by 6cm.
- Akinosun's time in the 100m leads the NCAA by .06 and is currently the world-leading time as well

### McCloud Breaks Barrier

- Redshirt sophomore Spencer McCloud cleared 7 feet for the first time in his career at the Texas Relays. He finished second in Section B of the men's high jump with a leap of 2.14m (7-0.25).
- It marks a milestone for McCloud who is coming off an injury in 2015. During warm-ups at the Big 12 Indoor Championships, McCloud broke a bone in his foot.

### 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 at the Cardinal & Gold Challenge with times that rank among the best in UT 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 still ranks sixth in the nation after leading following the meet.

### Jones Runs to Big 12 Athlete of the Week

- For her win at the Cardinal & Gold Challenge Ariel Jones earned the second Big 12 Athlete of the Week award for the women's team.
- This is Jones' first individual award from the conference. She also won during indoor season once this year as a member of the 4x400 relay team.

### 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).
- 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).
- Shelby Poncik** moved to eighth in school history in the javelin with her throw of 44.56m (146-2). She has since moved to No. 6 with her performance of 49.96m at the Texas Relays

### 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 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.

## 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
<b>400m Hurdles</b>	<b>Byron Robinson</b>	<b>4th</b>	<b>49.48</b>
Pole Vault	Reese Watson	T-3rd	5.60m/18-4.50
<b>Hammer Throw</b>	<b>Alan Zapalac</b>	<b>3rd</b>	<b>59.62m/195-7</b>
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
	<b>Teahna Daniels</b>	<b>9th</b>	<b>11.21</b>
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
<b>400m Hurdles</b>	<b>Ariel Jones</b>	<b>10th</b>	<b>56.55</b>
<b>Pole Vault</b>	<b>Kally Long</b>	<b>2nd</b>	<b>4.25m/13-11.25</b>
	<b>Shay Petty</b>	<b>4th</b>	<b>4.15m/13-7.25</b>
	Calie Spencer	6th	4.06m/13-3.75
	<b>Ali Uhle</b>	<b>8th</b>	<b>3.95m/12-11.50</b>
	Anne Harwig	9th	3.93m/12-10.25
<b>Triple Jump</b>	<b>Asa Garcia</b>	<b>6th</b>	<b>12.91m/42-4.25</b>
<b>Shot Put</b>	<b>N'Dia Warren-Jacques</b>	<b>7th</b>	<b>15.73m/51-7.25</b>
<b>Discus</b>	<b>Lauryn Caldwell</b>	<b>5th</b>	<b>51.72m/169-8</b>
<b>Hammer Throw</b>	<b>Lauryn Caldwell</b>	<b>2nd</b>	<b>49.35m/161-11</b>
	<b>N'Dia Warren-Jacques</b>	<b>5th</b>	<b>45.32m/148-8</b>
<b>Javelin</b>	<b>Ashtin Zamzow</b>	<b>5th</b>	<b>48.71m/159-10</b>
	<b>Shelby Poncik</b>	<b>8th</b>	<b>44.56m/146-2</b>

**bold** - denotes marks from this season

# - collegiate record | \* - NCAA Championship meet record

## Texas Outdoor School Records

Name (yr)	Men	Event	Women	Name (yr)
<b>Givans (15)</b>	<b>10.03</b>	<b>100m</b>	10.94	Guidry (91)
Jones (87)	20.28	<b>200m</b>	<b>22.52</b>	<b>Akinosun (15)</b>
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
<b>2016</b>	<b>3:02.18</b>	<b>4x400</b>	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	Petrillose (14)
Metcalf (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/ <b>Hept</b>	<b>5829 pts</b>	<b>Zamzow (16)</b>

# - denotes collegiate record | **bold** - denotes current athlete

## 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
<b>Courtney Okolo</b>	<b>SR</b>	<b>Texas</b>	<b>Sprints</b>
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
<b>Ryan Crouser</b>	<b>SR</b>	<b>Texas</b>	<b>Throws</b>
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); Christian 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 make significant contributions to the sport of track & field.



- 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.

#### 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.

#### 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

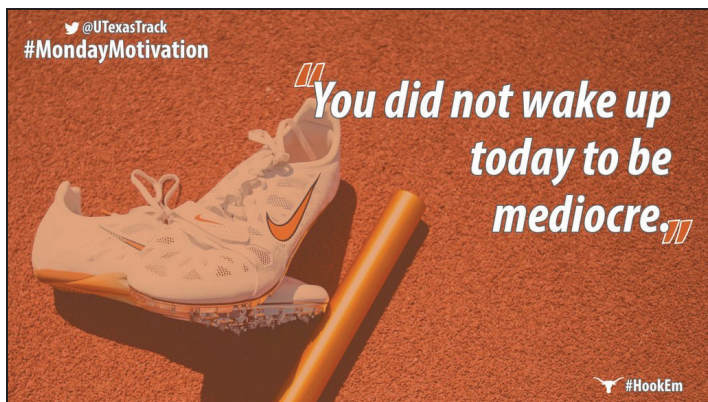
#### 2016 Bowerman Watch List

The most prestigious award in collegiate track and field, The Bowerman, is awarded by the USTFCCCA 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 USTFCCCA 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 USTFCCCA 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.

## #MondayMotivation with Texas Track & Field

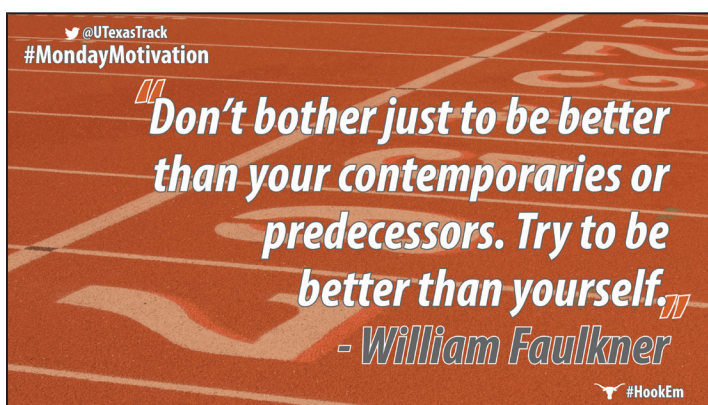
This year the Longhorns have been letting fans know where they pull inspiration from with our weekly #MondayMotivation. Each Monday, a new motivational quote submitted by a student-athlete or coach is chosen to give everyone a reason to keep pushing and start their week off with an inspirational message.



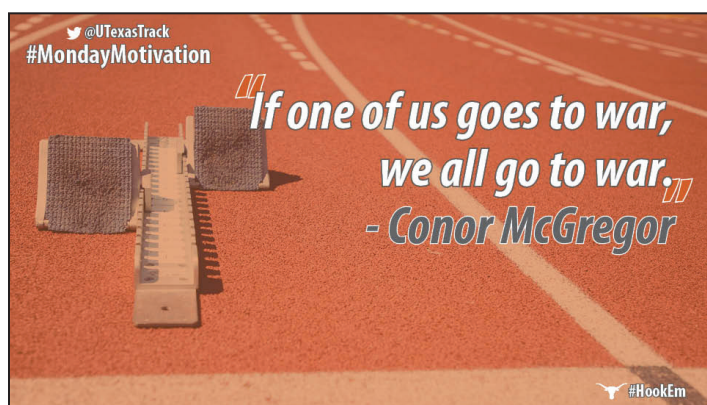
Jan. 11: Morolake Akinosun | Sr. | Sprints



Feb. 8: Alan Zapalac | So. | Throws



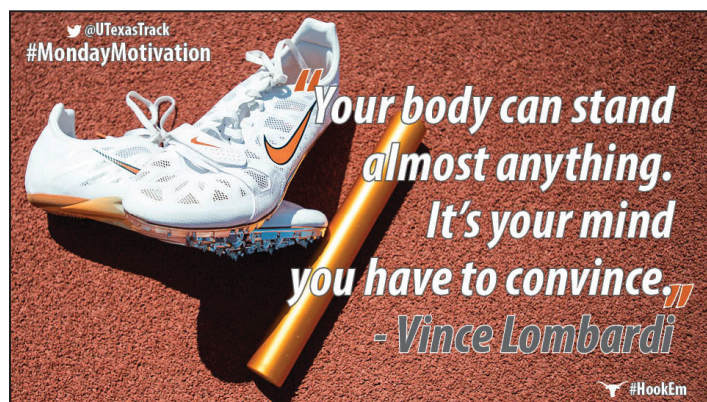
Jan. 18: Assistant Coach Brad Herbster



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)	
Lauryn 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
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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