



Texas

Track & Field and Cross Country

Contact: David Wiechmann | dwiech@utexas.edu | O: 512-471-6062 | C: 936-234-2711

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
Instagram: utexastrackfieldxc

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 Men 1st, Women 4th
23 LSU Alumni Gold Okolo: Collegiate Record
29-30 Drake Relays Women T-1st in Hy-Vee Cup
29-30 Bobcat Classic

May

1 Payton Jordan Invitational
7 Longhorn Invitational Caldwell: School Record
13-15 Big 12 Championships Fort Worth, Texas
26-28 NCAA West Preliminary Rounds Lawrence, Kan.

June

8-11 NCAA Championships Eugene, Ore.

BIG 12 CHAMPIONSHIPS

DATE: May 13-15

LOCATION: Fort Worth, Texas

FACILITY: Lowdon Track & Field Complex

TWITTER: @UTexasTrack | @Big12Sports | #Big12TF

LIVE RESULTS: DeltaTiming.com

LIVE ONLINE VIDEO: FOX Sports Go (Sunday, 4:25 p.m.)



Texas Track & Field looks to defend its titles this weekend as the Longhorns take on their rivals at the Big 12 Outdoor Track & Field Championships in Fort Worth. Action begins on campus at TCU on Friday and runs through Sunday evening with Texas hoping to repeat as both men's and women's champions.

This year's Big 12 Championships will feature some of the top teams and individual talent in the nation with many of the athletes eyeing a potential spot on an Olympic roster this summer. Texas has a number of athletes hoping to participate in Rio this summer but first the Longhorns want to light the tower on campus at The Forty Acres.

"We have to capitalize on our strengths, and that's been the great thing these last few meets that we've had. The coaches are doing a great job getting people peaked at the right time," said Head Coach Mario Sategna. "Definitely for us, our goal every year as a program is to win the Big 12 Championship and then to utilize that to springboard into the regional and ultimately the National Championships."

Both Texas teams enter this week ranked No. 5 in the latest USTFCCA Rankings but are not alone in the Top 10 in the Big 12. Texas Tech's men stand No. 8 and Kansas State's women are No. 9. Those teams represent threats to the Longhorns from defending their titles as well as other Top 25 teams. For the men Kansas (23) and TCU (24) are also among the nation's best while on the women's side Oklahoma (15), Oklahoma State (18), Texas Tech (19) and Baylor (20) are also ranked in the Top 25.

Action is set to start from Lowdown Track & Field Complex at 9 a.m. with the hammer throw. Combined Events are slated to begin at 2:30 p.m. Friday. Men's pole vault and javelin also will be held on Friday and the first day of action will close with the 10,000 meters. Saturday's schedule will include the conclusion of the Combined Events, preliminaries for running events and a handful of field events beginning at 10 a.m. The final day of the meet starts at 11 a.m. with field events. Running finals start at 4:30 p.m.

A win by the Texas men would separate them from Nebraska for the most outdoor Big 12 titles with seven. If the women are to defend their title, it would be their third straight win, claiming the conference championship every year since Coach Sategna took over the combined program. Both the men and women have finished no worse than second place each of the last four years.

Fans can keep up with the action at the Big 12 Championships with live results online provided by DeltaTiming.com. A link will be provided at TexasSports, Big12sports.com and GoFrogs.com. Updates on the Longhorns will also be available on the team's official Twitter account @UTexasTrack. The Big 12 also will be tweeting from its official account @Big12Conference. Fans are encouraged to follow and interact with the meet by using the official hashtag #Big12TF throughout the three days of competition.

Action from the final day will be aired live online via FOX Sports Go. The broadcast will start at 4:25 p.m. and can be viewed online or via the FOX Sports Go app on your smartphone or tablet device.

BIG 12 CONFERENCE IN USTFCCA RANKINGS

MEN	SCHOOL	WOMEN
4	TEXAS	4
37	BAYLOR	20
129	IOWA STATE	79
23	KANSAS	33
41	KANSAS STATE	9
39	OKLAHOMA	15
81	OKLAHOMA STATE	18
8	TEXAS TECH	19
24	TCU	53
N/A	WEST VIRGINIA	160

BIG 12 OUTDOOR CHAMPIONSHIPS TEXAS FINISHES LAST 4 YEARS

MEN	YEAR	WOMEN
1st (151)	2015	1st (141.5)
2nd (125)	2014	1st (149)
1st (146.5)	2013	2nd (145)
2nd (131)	2012	1st (139)

MOST BIG 12 OUTDOOR TITLES

MEN	TOTAL
NEBRASKA	6
TEXAS	6
TEXAS A&M	3
TEXAS TECH	2
COLORADO, OKLAHOMA	1
WOMEN	TOTAL
TEXAS	9
TEXAS A&M	5
K-STATE, NEBRASKA	2
KANSAS	1

Meet Schedule

BIG 12 CONFERENCE CHAMPIONSHIPS

Friday, May 13

Combined Events - Day 1

2:30 p.m.	100m (dec)
3:00 p.m.	100m Hurdles (hept)
3:15 p.m.	Long Jump (dec)
3:45 p.m.	High Jump (hept)
4:15 p.m.	Shot Put (dec)
5:30 p.m.	High Jump (dec)
5:45 p.m.	Shot Put (hept)
7:00 p.m.	200m (hept)
7:15 p.m.	400m (dec)

Field Events

9:00 a.m.	Hammer Throw (w)
12:00 p.m.	Hammer throw (m)
12:00 p.m.	Pole Vault (w)
3:00 p.m.	Pole Vault (m)
7:00 p.m.	Javelin (m)

Running Events - Finals

8:30 p.m.	10,000m (m)
9:15 p.m.	10,000m (m)

Saturday, May 16

Combined Events - Day 2

10:00 a.m.	Long Jump (hept)
11:00 a.m.	Javelin (hept)
11:30 a.m.	110m Hurdles (dec)
12:30 p.m.	800m (hept)
12:30 p.m.	Discus (dec)
2:00 p.m.	Pole Vault (dec)
4:30 p.m.	Javelin (dec)
5:55 p.m.	1500m (dec)

Field Events

4:00 p.m.	Shot Put (w)
5:00 p.m.	Long Jump (m)
5:00 p.m.	Long Jump (w)
5:30 p.m.	Pole Vault (w)
6:00 p.m.	Shot Put (m)

Running Events - Prelims

5:30 p.m.	1500m (w/m)
6:10 p.m.	100m Hurdles/110 m Hurdles (w/m)
6:25 p.m.	400m (w/m)
6:55 p.m.	100m (w/m)
7:25 p.m.	800m (w/m)
8:10 p.m.	400m Hurdles (w/m)
8:40 p.m.	200m (w/m)

Sunday, May 17

Field Events

11:00 a.m.	Discus (w)
11:30 a.m.	High Jump (w)
1:30 p.m.	Discus (m)
3:30 p.m.	High Jump (m)
5:00 p.m.	Triple Jump (w)
5:00 p.m.	Triple Jump (m)
6:00 p.m.	Javelin (w)

Running Events - Finals

4:30 p.m.	4x100m Relay (w/m)
4:50 p.m.	3000m Steeplechase (w/m)
5:20 p.m.	1500m (w/m)
5:45 p.m.	100m Hurdles/110 m Hurdles (w/m)
6:05 p.m.	400m (w/m)
6:25 p.m.	100m (w/m)
6:45 p.m.	800m (w/m)
7:10 p.m.	400m Hurdles (w/m)
7:30 p.m.	200m (w/m)
7:50 p.m.	5000m (w/m)
8:35 p.m.	4x400m Relay (w/m)

Events to Watch

BIG 12 CHAMPIONSHIPS

• Women's 100m & 200m

Senior **Morolake Akinosun** hopes to make history as the best short sprinter in Big 12 history. She is the back-to-back defending champion. No woman has ever won three straight Big 12 titles in the 100m or the 200m.

• Women's 400m

Senior **Courtney Okolo** has already established herself as the fastest collegiate 400m runner in history. She broke the collegiate record at the 2014 Big 12 Championships at 50.03 seconds. In April she shattered that mark running 49.71 seconds becoming the third woman to ever run sub-50 in the month of April. What will she do this time on the track?

• Men's 400m Hurdles

Junior **Byron Robinson** currently has the No. 1 time in the NCAA this season at 49.10 seconds. Texas has never won a Big 12 title in this event and he leads the conference by 1.50.

• Women's Heptathlon

Sophomore **Ashtin Zamzow** ranks 2nd in the conference in the event but is the favorite to win with K-State's Akela Jones expected to participate in multiple open events. Zamzow holds nearly a 500-point advantage over No. 3 on the list. Zamzow has solidified her spot in the NCAA Championships and looks to become the first Longhorn to win a Big 12 title in this event.

• Men's 4x400m Relay

Texas ranks among the top relay squads in the NCAA this season. The time of 3:02.18 by **Byron Robinson, Aldrich Bailey Jr., Chris Irvin and Zack Bilderback** leads the Big 12 heading into this weekend and is No. 3 in the NCAA. The Longhorns have never won a Men's Big 12 4x400m title outdoors.

• Women's Triple Jump

Freshman **Asa Garcia** ranks No. 2 in the Big 12 and No. 4 in the NCAA this season in her primary event. Texas has never won a Big 12 title in the triple jump outdoors.

• Women's Pole Vault

Sophomore **Kally Long** leads a group of Longhorns looking to make this event a major point grab. Texas scored 21 points indoors with Kaitlin Petrillose, Long and **Shay Petty**. Petrillose is out of eligibility, but Texas still has Long, Petty and **Ali Uhle** ranked sixth or better in the conference. Texas also has won this event four straight years.

• Women's 400m Hurdles

Texas has dominated this event over the years with a total of 11 titles. **Ariel Jones** won last year as a freshman and **Melissa Gonzalez** finished 2nd. Texas has four runners ranked 7th or better in the Big 12 with potential for a score of 20+ points.

• Men's Pole Vault

Senior **Reese Watson** looks to defend his title and help the men score in bunches in this event again. Indoors Texas grabbed 17.5 points and are eyeing even more outdoors with five vaulters ranked in the Top 10 in the conference.

• Women's 100m Hurdles

Texas has four runners ranked in the Top 8 in the Big 12 Conference with the Longhorns eyeing another point grab. Indoors Texas scored 15 points in the 60m hurdles with three runners making the final.

USTFCCA Indoor Rankings

WEEK 6 (5/9/16) | BIG 12 CONFERENCE TEAMS IN BOLD

Men					Women				
Rk	Team	Points	Conference	Last Week	Rk	Team	Points	Conference	Last Week
1	Texas A&M	331.50	SEC	1	1	Kentucky	343.88	SEC	1
2	Florida	270.86	SEC	2	2	Arkansas	327.78	SEC	2
3	LSU	235.02	SEC	3	3	Oregon	268.60	Pac-12	3
4	Arkansas	198.49	SEC	4	4	Southern California	247.77	Pac-12	5
5	Texas	185.07	Big 12	6	5	Texas	255.23	Big 12	4
6	Georgia	167.74	SEC	5	6	Florida	230.29	SEC	6
7	Oregon	158.78	Pac-12	7	7	LSU	208.99	SEC	7
8	Texas Tech	155.94	Big 12	9	8	Stanford	193.53	Pac-12	8
9	Alabama	147.18	SEC	8	9	Kansas State	189.65	Big 12	9
10	Virginia Tech	118.76	ACC	10	10	Texas A&M	189.13	SEC	10
11	Virginia	115.36	ACC	11	11	Georgia	185.35	SEC	11
12	Syracuse	112.94	ACC	12	12	New Mexico	144.35	Mountain West	14
13	Mississippi State	105.66	SEC	13	13	Tennessee	144.24	SEC	13
14	Minnesota	96.72	Big Ten	14	14	Harvard	141.60	Ivy League	12
15	Penn State	96.52	Big Ten	15	15	Oklahoma	123.87	Big 12	15
16	UCLA	91.43	Pac-12	17	16	Mississippi State	119.49	SEC	16
17	Stanford	91.42	Pac-12	16	17	Miami	111.44	ACC	17
18	Northern Arizona	86.46	Big West	18	18	Oklahoma State	103.33	Big 12	18
19	Houston	84.76	American	22	19	Texas Tech	103.31	Big 12	27
20	BYU	82.92	Independent	33	20	Baylor	97.87	Big 12	19
21	North Carolina A&T	80.09	MEAC	92	21	Wisconsin	95.99	Big Ten	21
22	South Carolina	79.45	SEC	19	22	Arizona	92.90	Pac-12	20
23	Kansas	78.48	Big 12	31	23	Nebraska	80.89	Big Ten	24
24	TCU	78.43	Big 12	20	24	Auburn	76.40	SEC	22
25	Middle Tennessee	76.74	C-USA	21	25	Ole Miss	71.62	SEC	23

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. Both the Longhorns rank No. 5 in the latest USTFCCA Outdoor Rankings after the men jumped one spot and the women dropped one.
- The Big 12 Conference has three other men's teams ranked with Texas: Texas Tech (8), Kansas (23) and TCU (24). The league has a total of six women's ranked in the Top 25: Kansas State (9), Oklahoma (15), Oklahoma State (18), Texas Tech (19) and Baylor (20).
- Last year at NCAA Outdoors the men finished seventh with 26 points and the women were ninth with 28 points.
- 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.

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. Two Longhorns are on the April Watch List among those up for the award.

- 2014 Bowerman Finalist **Courtney Okolo** won her third overall NCAA title in the 400 meters.
 - > Okolo ran her first outdoor 400 of the year two weeks ago and shattered her own collegiate record with a time of 49.71 seconds. She is just the third woman to ever run sub-50 in the month of April.
 - > 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.
- 4-time NCAA champion **Ryan Crouser** is listed among the others receiving votes on the May Watch List.
 - > 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.

Caldwell Breaks School Record

- Redshirt freshman Lauryn Caldwell has been flirting with the school record in the hammer throw all season as she has steadily improved throughout the outdoor campaign. She finally broke it to finish third at the Longhorn Invitational at 53.94 meters (177-0).
- Caldwell also PR'd in the discus with a throw of 53.00m (173-11) to win the event as she is peaking headed into the Big 12 Championships this weekend.
- Caldwell ranks sixth in the conference in the discus and 10th in hammer throw as well as shot put.

Vaulters Thrive in Home Finale

- The men's and women's pole vaulters put on a show at the Longhorn Invitational last weekend to bring a steam of momentum heading into the conference championships.
- Sophomore **Parks McNeil** and freshman **Blake Scott** both cleared 5.36 meters (17-7.00) to finish second and to also rank second in the Big 12 Conference this season. It puts them ninth in school history.
- Redshirt freshman **Nick Meaders** posted a PR, clearing 5.21m (17-1.00) to finish fifth. He now ranks 10th in Big 12.
- For the women redshirt freshman **Ali Uhle** cleared a PR of 4.20m (13-9.25) to move up to No. 4 on the Big 12 list heading into the champion this week. She also is now fifth in school history.
- Uhle finished fifth in the meet behind four professional vaulters, including former Longhorn **Kaitlin Petrillose**. Petrillose cleared 4.50m (14-9.00) to hit the qualifying mark for U.S. Olympic Trials. World indoor record holder **Jenn Suhr** also jumped, clearing a Mike A. Myers Stadium record 4.75m (15-7.00).

Fares Flies to Big 12 Lead

- In his final home meet as a Longhorn, senior Basil Fares leapt 7.89m (25-9.25). The wind-aided mark ranks him No. 1 in the Big 12 Conference this season heading into the championship meet.
- He will look to give Texas its eighth Big 12 title in the long jump and first since **Marquise Goodwin** won three straight from 2010-12.
- The mark also ranks Fares No. 14 in the NCAA as he looks to close his career with an All-American performance.
- His previous best this season was 7.41m from the Texas Invitational in mid-April.

Texas Distance makes move at Payton Jordan

- The Payton Jordan Invitational was the top meet in the nation this season for distance runners as Stanford welcomed the top talent for its home meet. Texas saw four of its seven runners at the meet post new PR's and improve their standing in the Big 12 Conference.
- **Nate Moore** cut four seconds off his PR in the 3,000 meter steeplechase clocking 8:54.10 to finish ninth in his

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	Aldrich Bailey Jr.	4th	20.44	
	Senoj-Jay Givans	5th	20.47	
400m	Zack Bilderback	3rd	45.53	
	Aldrich Bailey Jr.	5th	45.77	
110m Hurdles	Spencer Dunkerley-Offor	4th	13.58	
400m Hurdles	Byron Robinson	2nd	49.10	
Pole Vault	Reese Watson	T-3rd	5.60m/18-4.50	
	Parks McNeil	T-9th	5.36m/17-7.00	
	Blake Scott	T-9th	5.36m/17-7.00	
Hammer Throw	Alan Zapalac	3rd	61.18m/200-9	
Javelin	Fabian Jara Dohmann	5th	74.25m/243-7	
Decathlon	Wolf Mahler	8th	7602 pts	
4x100m Relay		4th	39.18	
		6th	39.22	
4x400m Relay		1st	3:02.18	
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	1st	49.71#	
	Chrisann Gordon	5th	51.03	
5,000m	Sandie Raines	3rd	15:48.04	
100m Hurdles	Mobolaji Adekun	9th	13.29	
400m Hurdles	Ariel Jones	10th	56.55	
Pole Vault	Kally Long	2nd	4.32m/14-2.00	
	Ali Uhle	5th	4.20m/13-9.25	
	Shay Petty	6th	4.15m/13-7.25	
	Calie Spencer	7th	4.06m/13-3.75	
	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	
	Lauryn Caldwell	10th	14.83m/48-8.00	
Discus	Lauryn Caldwell	4th	53.00m/173-11	
Hammer Throw	Lauryn Caldwell	1st	53.94m/177-0	
	N'Dia Warren-Jacques	5th	45.32m/148-8	
Javelin	Ashtin Zamzow	5th	50.65m/162-2	
	Shelby Poncik	6th	48.07m/157-8	
Heptathlon	Ashtin Zamzow	1st	5829 pts	
4x400m Relay		6th	3:26.54	

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	49.71 #	Okolo (16)
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
2016	3:02.18	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	Petrillose (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	53.94m/177-0	Caldwell (16)
Bolden (90)	89.10m/292-4 #	JV	55.63m/182-6	Nye (88)
Hardee (06)	8465 pts #	Dec/Hept	5829 pts	Zamzow (16)

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

Bowerman Watch Lists



2016 Bowerman Watch List May

Women

Name	Yr	School	Events
Felicia Brown	SR	Tennessee	Sprints
Akela Jones	SR	Kansas State	Combined Events
Shamier Little	SO	Texas A&M	Hurdles
Cindy Ofili	SR	Michigan	Hurdles
Courtney Okolo	SR	Texas	Sprints
Keturah Orji	SO	Georgia	Jumps
Demi Payne	SR (out)	Stephen F. Austin	Pole Vault
DeAnna Price	SR	Southern Illinois	Throws
Raevyn Rogers	SO	Oregon	Mid-Distance
Kendell Williams	JR	Georgia	Combined Events

Also Receiving Votes: Kaela Edwards (Oklahoma State); Courtney Frerichs (New Mexico); Raven Saunders (Ole Miss); Molly Siedel (Notre Dame)

Men

Name	Yr	School	Events
Devon Allen	SO	Oregon	Hurdles
Ronnie Baker	JR	TCU	Sprints
Edward Cheserek	JR	Oregon	Distance
Jarrion Lawson	SR	Arkansas	Sprints/Jumps
Sam Mattis	SR	Penn	Throws
Brandon McBride	SO	Mississippi State	Mid-Distance
Nick Miller	SR	Oklahoma State	Throws
Clayton Murphy	JR	Akron	Mid-Distance
Izaic Yorks	SR	Washington	Mid-Distance
Zach Ziemek	SR	Wisconsin	Combined Events

Also Receiving Votes: Chritian Coleman (Tennessee); **Ryan Crouser** (Texas); Mason Ferlic (Michigan); Fred Kerley (Texas A&M); Ioannis Kryiazis (Texas A&M)

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.



section. He kept pace with the leaders before falling back over the final 600 meters. He now ranks No. 3 in the Big 12.

- **Katie Burford** clocked in at 4:21.09 to take bronze in her section of the 1,500 meters. Her time was a four-second improvement on her previous best. She now stands seventh in the Big 12.
- **Mary Beth Hamilton** ran 2:06.26 in the 800, shaving just a bit off her previous fastest time as she has steadily improved throughout the season for the Longhorns and now ranks sixth in the conference.
- **Brady Turnbull** finished sixth in his section of the 1,500 meters in 3:45.51. He now ranks sixth in the Big 12.

Sprinters Bring Heat in Cold at Drake Relays

- Texas braved the cold, rainy conditions at the 107th Drake Relays to run some of the fastest times of the meet and come away with a handful of victories. The Longhorns swept the 4x100 relay with the men also claiming the 4x400.
- The women's team joined forces in the 4x100, 4x400, 4x800, Sprint Medley and Distance Medley relays to score 26 points in the Hy-Vee Cup competition and tie Baylor for the title.
- With those two wins by the men's relay teams, the Longhorns finished second in the men's Hy-Vee Cup, despite only running two of the five eligible races in the competition.
- Sophomore **Caitland Smith** grabbed a victory in the 100 meters. She clocked a season-best 10.55 seconds.
- Hurdlers ran well with **Ariel Jones** finishing second in the 400m hurdles and third in the 100m hurdles. Freshman **Mariam Abdul-Rashid** ran PR's in both hurdle events, finishing seventh in the 400 hurdles and missing the final in the 100 hurdles by just .01.

Field Events Thrive at Bobcat Classic

- The Longhorns saw their throwers and pole vaulters put on strong performances at the Bobcat Classic as the regular season nears its close. Athletes posted five personal records in those event groups.
- Redshirt freshman **Lauryn Caldwell** showed steady improvement heading into the final week of the season as she posted PR's in the discus and shot put. Caldwell won the discus with a throw of 52.46m to move up to No. 4 in school history. She also improved in the shot put to crack the school's top 10 list.
- Sophomore **Alan Zapalac** took fourth place in the hammer throw with a new PR of 61.18m. That mark is an improvement by more than five feet to move up to No. 3 in school history and No. 4 in the Big 12 this season.
- Sophomore **Kally Long** put herself in contention for the Big 12 title with a clearance of 4.32m in the pole vault. She is now No. 2 in school history while ranking No. 3 in the Big 12 and No. 12 in the NCAA this year. Redshirt freshman **Ali Uhle** made a big improvement in the event as well with a jump of 4.12m to move to No. 6 on the school list.

Okolo Wins USTFCCA National Athlete of the Week

- Senior **Courtney Okolo** blazed around the track in 49.71 seconds to break her own collegiate record in the 400 meters at the LSU Alumni Gold. She shattered her previous record of 50.03 seconds set in 2014.
- It was Okolo's first 400 meters of the outdoor season, making her time even more impressive.
- Okolo now owns 3 of the 6 fastest times in collegiate history. It also is the fastest time ever run by a collegian regardless of calendar date. The USTFCCA only considers times run during the collegiate season for its records and in 2007 Natasha Hastings ran 49.84 at the USATF Championships.
- Okolo's time breaks the school record previously held by track legend Sanya Richards-Ross. The previous Texas record was 49.89 seconds set at the 2004 U.S. Olympic Trials.
- The date of the run also has significance as only Shaunae Miller of the Bahamas and USA's Marion Jones have run faster than Okolo during the month of April.

Longhorns Emerge as NCAA Threat at LSU

- Texas came away with six victories at the LSU Alumni Gold and established itself as a contender for the NCAA title on both the men's and women's sides.
- **Courtney Okolo, Morolake Akinosun and Byron Robinson** all posted times that rank No. 1 in the NCAA this season in their respective events.
- In addition to that trio, **Asa Garcia** leapt the No. 2 mark of the season in the triple jump
- Texas now has Top 3 marks in the following events so far this season: Men's 100m, Women's 100m, Women's 400m (2x), Men's 400mH, Men's 4x400m, Women's 4x400m, Women's Triple Jump

Longhorns Sweep Big 12 Honors

- Following NCAA-leading marks at the LSU Alumni Gold, Courtney Okolo and Byron Robinson made it a Texas two-step in winning Big 12 Athlete of the Week. It marked the second time during outdoor season a school has won both the men's and women's Big 12 awards, joining Baylor from April 13. Texas also had a sweep once during indoor season.
- Robinson posted the fastest time in the NCAA this year in the 400 meter hurdles at 49.10 seconds.
- Okolo ran a collegiate record of 49.71 seconds in the 400 meters, surpassing her own mark of 50.03 from 2014.
- Texas has now won 10 Big 12 Athlete of the Week awards combined among the men and women during indoor and outdoor track & field seasons.

Bailey Earns First Big 12 Athlete of the Week Award

- Junior **Aldrich Bailey Jr.** received his first Big 12 Athlete of the Week honor for his performances during the Texas Invitational. It marks the first men's award of the outdoor season for Texas as well.
- Bailey won the 200 meters in 20.44 seconds to rank No. 3 in the NCAA this season. He also finished fifth in the 100 and

ran a leg on the 4x100 relay squad that finished second behind LSU in 39.22 seconds.

Longhorns Win Texas Invitational

- The men's team combined for a complete team effort to win the Texas Invitational last week. The Longhorns scored 138 points and bested No. 5 LSU, No. 7 Arkansas and No. 18 Penn State among others.
- Texas won three events and utilized depth in the sprints and field events to rack up points.
- The trio of **Steffin McCarter, Basil Fares and Ika Morton** went 1-2-3 in the men's long jump to tally 24 points.

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.

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 Championships. 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.

Men's 4x400 Shatters 33-Year Old Record

- The men's 4x400 team of **Chris Irvin, Byron Robinson, Aldrich 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.

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

Jones Runs to Big 12 Athlete of the Week

- For her win in the 400m hurdles at the Cardinal & Gold Challenge sophomore **Ariel Jones** earned the second Big 12 Athlete of the Week award for the women's team.
- Jones clocked in at 56.55 seconds to post a new personal best and rank No. 10 in UT history. Her time still ranks 14th in the nation.
- 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.

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.
- Garcia has since jumped a wind-aided 13.38m (43-10.75) to rank No. 4 in the NCAA this season and No. 2 in the Big 12 heading into this week's conference championship meet.

Big 12 Athlete of the Week

2016 Conference Track & Field Athlete of the Week

Outdoor

Men			
Date	Name	School	Events
March 23	Ronnie Baker	TCU	Sprints
March 30	Charles Brown	Texas Tech	Jumps
April 6	Ronnie Baker	TCU	Sprints
April 13	Wil London	Baylor	Sprints
April 20	Aldrich Bailey Jr.	Texas	Sprints
April 27	Byron Robinson	Texas	400m Hurdles
May 4	Trey Culver	Texas Tech	High Jump
May 11	Christoff Bryan	Kansas State	High Jump

Women			
Date	Name	School	Events
March 23	Julia Reedy	Oklahoma	Hammer Throw
	Asa Garcia	Texas	Triple Jump
March 30	Ariel Jones	Texas	400m Hurdles
April 6	Morolake Akinosun	Texas	Sprints
April 13	Taylor Bennett	Baylor	Sprints
April 20	Akela Jones	Kansas State	Heptathlon
April 27	Courtney Okolo	Texas	400m
May 4	Daina Levy	Kansas	Hammer Throw
May 11	Hannah Carson	Texas Tech	Throws

Indoor

Men			
Date	Name	School	Events
Jan. 20	Ryan Crouser	Texas	Shot Put
	Chris Caldwell	Texas Tech	60m Hurdles
Jan. 27	George Caddick	Baylor	400m, 4x400m
Feb. 3	Ronnie Backer	TCU	Sprints
Feb. 10	Bradley Adkins	Texas Tech	High Jump
Feb. 17	Ryan Crouser	Texas	Shot Put
Feb. 24	Kye Thompson	Texas Tech	Pole Vault

Women			
Date	Name	School	Events
Jan. 20	Daina Levy	Kansas	Weight Throw
Jan. 27	Akela Jones	Kansas State	Pentathlon
Feb. 3	Sharon Lokedi	Kansas	3000m
Feb. 10	Courtney Okolo	Texas	400m, 4x400m
Feb. 17	Gordon, Akinosun, Jones, Okolo	Texas	4x400m Relay
Feb. 24	Taylor Bennett	Baylor	Sprints



BIG 12 CONFERENCE

#MondayMotivation with Texas Track & Field

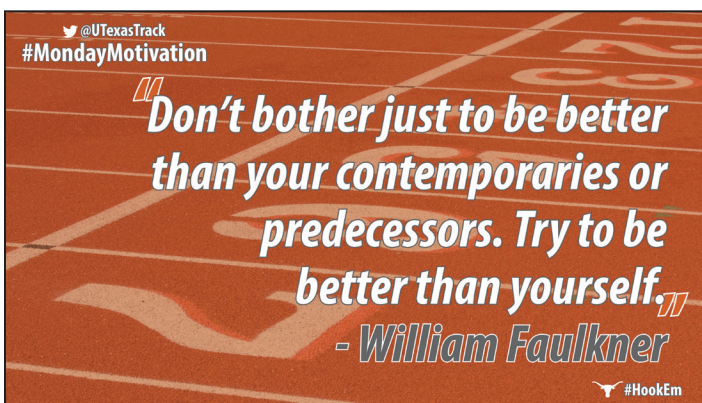
This year the Longhorns have been letting fans know where they pull inspiration from with our weekly #MondayMotivation. Each Monday during the indoor season, a new motivational quote submitted by a student-athlete or coach was chosen to give everyone a reason to keep pushing and start their week off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



Jan. 11: Morolake Akinosun | Sr. | Sprints



Feb. 8: Alan Zapalac | So. | Throws



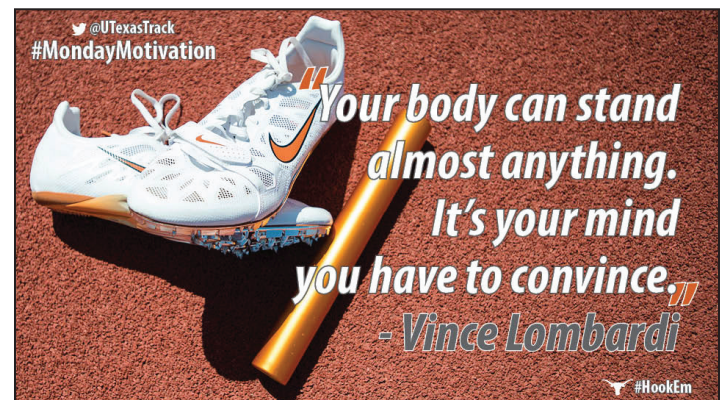
Jan. 18: Assistant Coach Brad Herbster



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



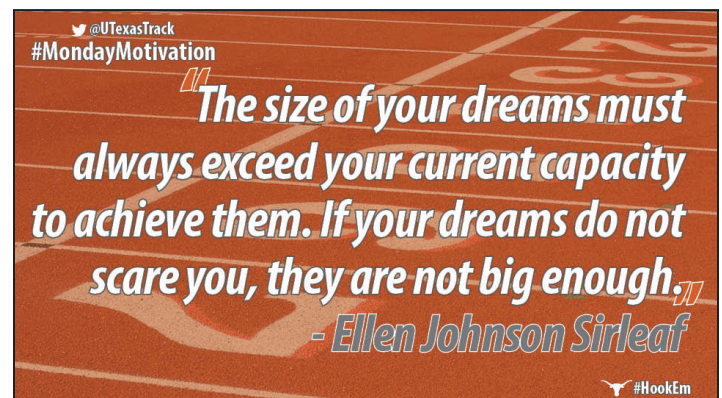
Jan. 25: Melissa Gonzalez | Sr. | Sprints/Hurdles



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
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 YOO-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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