



# Texas

## Track & Field and Cross Country

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6 NCAA Indoor Championships | 4 NCAA Outdoor Championships  
15 Big 12 Conference Indoor Championships | 17 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 Championship 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 Championship Men 1st, Women 1st  
26-28 NCAA West Preliminary Rounds Lawrence, Kan.

##### June

8-11 NCAA Championships Eugene, Ore.

#### NCAA WEST PRELIMINARY ROUNDS

DATE: May 26-28

LOCATION: Lawrence, Kansas

FACILITY: Rock Chalk Park

TWITTER: @UTexasTrack | @NCAATrackField | @KUTrack | #NCAATF

LIVE RESULTS: [ncaa.com/ncaa-division-i-west-preliminary-round](http://ncaa.com/ncaa-division-i-west-preliminary-round)

LIVE ONLINE VIDEO: [kuathletics.com/watch/](http://kuathletics.com/watch/)



Texas Track & Field begins its quest for national titles this week as the Longhorns take on some of the sport's elite at the NCAA West Preliminary Rounds. Action begins Thursday from Lawrence, Kansas, at Rock Chalk Park where three days of competition will narrow the field down in the West region to determine who advances to the NCAA Championships in Eugene, Oregon in June.

The top 48 individuals and top 24 relays in each event within the region qualifies for the NCAA West Preliminary Rounds with the top 12 finishers at the meet advancing to the NCAA Championships. The decathlon and heptathlon are not held at the NCAA West or East Preliminary Rounds as the top 24 athletes in those events automatically advance to the championship site in Oregon.

Texas is coming off a sweep of the Big 12 Outdoor Championship with the women winning their third straight title and the men claiming back-to-back wins. It marks the first time in Big 12 history a school has won both the men's and women's outdoor titles in back-to-back years.

"At this point it doesn't matter what you're ranked. It's head-to-head competition, and I have the utmost confidence in our coaching staff to get everybody prepared and do what we need to do," Head Coach Mario Sategna said. "Traditionally when you look at the winning programs, a lot of those have come out of the West region."

The Longhorns enter this week's meet among the elite in the nation with the women standing at No. 4 in the latest USTFCCCA Rankings. The men's squad comes in at No. 7 to make Texas one of seven schools to have its men's and women's teams both ranked in the top 10 heading into the NCAA prelims.

Action is set to start from Rock Chalk Park at noon Thursday with the men's hammer throw. The first running events get underway at 4:30 p.m. Thursday. Action resumes Friday at noon with more field events and running at 5 p.m. Saturday's competition is slated for a 3 p.m. start in field events and at 6 p.m. on the track.

Fans can keep up with the action at the NCAA West Preliminary Rounds with live results online provided by FlashResults.com. A link will be provided at TexasSports, KUathletics.com and NCAA.com. Updates on the Longhorns will also be available on the team's official Twitter account @UTexasTrack. The NCAA also will be tweeting from its official track and field account @NCAATrackField. Fans are encouraged to follow and interact with the meet by using the official hashtag #NCAATF throughout the three days of competition.

Host Kansas will also provide a livestream of the meet. Fans can watch online at [kuathletics.com/watch](http://kuathletics.com/watch).

#### TEXAS TRACK & FIELD NOTEBOOK

##### Longhorns Both in Top 10 Nationally

- Texas is among the elite programs in the NCAA again in 2016 on both sides. Both the Longhorns rank in the top 10 in the latest USTFCCCA Outdoor Rankings with the men climbing one spot to No. 7 and the women are up two at No. 4.
- The Big 12 Conference has two other men's teams ranked with Texas: Texas Tech (10) and Kansas (25). The league has a total of four women's ranked in the Top 25: Kansas State (12), Oklahoma (14) and Texas Tech (19).
- 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 USTFCCCA annually to the top

## Meet Schedule

### NCAA WEST PRELIMINARY ROUNDS

(Texas events in **bold**)

Thursday, May 26

#### Field Events

12:00 p.m.	Hammer Throw (m)
	Javelin (w)
3:30 p.m.	Long Jump (m)
4:00 p.m.	Hammer Throw (w)
4:30 p.m.	Pole Vault (m)
6:45 p.m.	Long Jump (w)

#### Running Events

4:30 p.m.	400m Hurdles Prelims (w/m)
5:30 p.m.	1500m Prelims (w/m)
6:30 p.m.	100m Prelims (w/m)
7:20 p.m.	400m Prelims (w/m)
8:10 p.m.	800m Prelims (w/m)
9:00 p.m.	10,000m Semifinals (w/m)

Friday, May 27

#### Field Events

12:00 p.m.	Discus (w)
12:00 p.m.	Javelin (m)
4:00 p.m.	Discus (m)
5:00 p.m.	Pole Vault (w)
6:00 p.m.	High Jump (w)

#### Running Events

5:00 p.m.	100m/110m Hurdles Prelims (w/m)
6:00 p.m.	400m Quarterfinals (w/m)
6:30 p.m.	100m Quarterfinals (w/m)
7:00 p.m.	800m Quarterfinals (w/m)
7:30 p.m.	400m Hurdles Quarterfinals (w/m)
8:00 p.m.	200m Prelims (w/m)
8:50 p.m.	3000m Steeplechase Quarterfinals (w/m)

Saturday, May 28

#### Field Events

3:00 p.m.	Triple Jump (m)
3:30 p.m.	Shot Put (w)
5:30 p.m.	High Jump (m)
6:00 p.m.	Shot Put (m)
6:30 p.m.	Triple Jump (w)

#### Running Events

6:00 p.m.	4x100m Relay Quarterfinals (w/m)
6:30 p.m.	1500m Quarterfinals (w/m)
7:05 p.m.	100m Hurdles/110m Hurdles Quarterfinals (w/m)
7:35 p.m.	200m Quarterfinals (w/m)
8:05 p.m.	5000m Semifinals (w/m)
9:25 p.m.	4x400m Relay Quarterfinals (w/m)

### NCAA Championships Qualifying Procedure

The top 48 athletes in each individual event and the top 24 relay teams in the West and East regions compete at separate meets. A total of 12 individuals and relays will advance through the NCAA East and West Preliminary Rounds to the NCAA Championships site in Eugene, Oregon. That meet will be held at Hayward Field, June 8-11.

#### Running Events:

The sprints and mid-distance events will have a First Round to narrow the field to 24 athletes. A Quarterfinals round will determine the 12 advancing through to Eugene. Long-distance events will only hold Quarterfinals or Semifinals and relays will run Quarterfinals only at the regional meets.

#### Vertical Jumps:

High Jump and Pole Vault will have two pits competing simultaneously. When the field is narrowed from 48 to 12 athletes, competition will halt.

#### Horizontal Jumps/Throws:

Athletes in the Long Jump, Triple Jump, Shot Put, Discus, Javelin and Hammer Throw will get only 3 attempts. The top 12 athletes will advance. There will be no Finals with 15 athletes getting 3 more attempts as in past year. This new format began in at NCAA West/East in 2015.

## Events to Watch

### NCAA WEST PRELIMINARY ROUNDS

#### Women's 100m & 200m

Senior **Morolake Akinosun** is one of only two women to ever score in 4 events in back-to-back years at the NCAA Championships. She will look to make it three straight if she can advance through the 100 and 200 this weekend.

#### Women's 400m

Senior **Courtney Okolo** leads a trio of Longhorns hoping to advance through the NCAA West Prelims. The collegiate record holder hopes to help guide teammates **Chrisann Gordon** (No. 3 in West) and **Zola Golden** (No. 14 in West) to top 12 finishes.

#### Women's 100m Hurdles

Texas has qualified all 4 of its women's hurdlers in this event for the NCAA West Preliminary Rounds. Can Texas get multiple through to the NCAA Championships in Oregon again in 2016?

#### Women's 400m Hurdles

Texas also has qualified all 3 for its 4 women's hurdlers in the 400m hurdles with hopes of getting at least 2 through again this year. Last year **Ariel Jones** and **Melissa Gonzalez** advanced out of this meet. Can Texas repeat or improve on that this year?

#### Men's 4x400m Relay

Texas ranks among the top relay squads in the NCAA this season. The time of 3:02.18 broke the school record and ranks No. 2 in the NCAA this year and leads the West region.

#### Women's Triple Jumps

Freshman **Asa Garcia** ranks No. 3 in the West region and No. 4 in the NCAA this season in her primary event. Fellow freshman **Georgia Wahl** also will be competing this week to get her first NCAA postseason experience.

#### Women's Pole Vault

Sophomore **Kally Long** leads a group of Longhorns looking to make their first NCAA Outdoor Championship. Long finished 12th indoors and ranks 7th in the West. Redshirt freshman Ali Uhle is tied for 11th and sophomore Shay Petty is tied at 19th.

#### Men's Long Jump

Texas qualified all 3 of its men's long jumpers for the NCAA West Prelims. Senior **Basil Fares** leads the trio with a pair of freshman looking to advance. Fares ranks 9th in the region heading into the week's meet. **Steffin McCarter** is 21st and **Ika Morton** ranks 40th with the top 12 finishers advancing to Oregon.

#### Men's Pole Vault

All 5 of UT's men's pole vaulters have qualified for the NCAA West Preliminary Rounds. Only Kansas has move in this meet with 6 pole vaulters. Texas hopes to see a group of Longhorns advance through to the championship meet with 4 ranked 13th or better.

#### Men's 400m

After earning first team All-America honors indoors the pair of **Zack Bilderback** and **Aldrich Bailey, Jr.** are looking to do the same outdoors. Bailey ranks 5th in the West and Bilderback is 11th. The pair also is expected to run on UT's 4x100 and 4x400 relays. **Carlton Anumnu** gives Texas a trio looking to advance in this event with his ranking of 20th in the region.

#### Throwing Events

Texas has an entry in every throwing event but the Men's Shot Put, Men's Javelin and Women's Hammer Throw.

## USTFCCA Outdoor Rankings

WEEK 8 (5/23/16) PRE-NCAA PRELIMINARIES | BIG 12 CONFERENCE TEAMS IN BOLD

Men					Women				
Rk	Team	Points	Conference	Last Week	Rk	Team	Points	Conference	Last Week
1	Texas A&M	348.27	SEC	1	1	Kentucky	360.74	SEC	2
2	LSU	261.50	SEC	2	2	Arkansas	357.11	SEC	1
3	Florida	241.09	SEC	3	3	Oregon	273.67	Pac-12	3
4	Oregon	239.46	Pac-12	4	4	<b>Texas</b>	<b>226.34</b>	<b>Big 12</b>	<b>6</b>
5	Arkansas	225.08	SEC	5	5	Texas A&M	208.83	SEC	9
6	Georgia	167.88	SEC	6	6	Southern California	199.38	Pac-12	4
7	<b>Texas</b>	<b>147.23</b>	<b>Big 12</b>	<b>8</b>	7	Stanford	195.67	Pac-12	10
8	Alabama	138.10	SEC	7	8	LSU	195.03	SEC	8
9	Houston	133.65	American	9	9	Florida	181.81	SEC	7
10	<b>Texas Tech</b>	<b>129.82</b>	<b>Big 12</b>	<b>10</b>	10	Georgia	171.54	SEC	11
11	Virginia	128.77	ACC	11	11	Tennessee	170.62	SEC	12
12	Tennessee	127.62	SEC	12	12	<b>Kansas State</b>	<b>150.11</b>	<b>Big 12</b>	<b>5</b>
13	Virginia Tech	117.96	ACC	15	13	Mississippi State	139.93	SEC	16
14	Stanford	113.08	Pac-12	14	14	<b>Oklahoma</b>	<b>136.54</b>	<b>Big 12</b>	<b>13</b>
15	Purdue	108.48	Big Ten	16	15	Miami	132.77	ACC	15
16	Minnesota	106.30	Big Ten	13	16	New Mexico	121.73	Mountain West	14
17	Syracuse	100.58	ACC	18	17	Harvard	111.57	Ivy League	17
18	Missouri	99.33	SEC	19	18	Wisconsin	103.87	Big Ten	18
19	Florida State	97.01	ACC	21	19	<b>Texas Tech</b>	<b>101.87</b>	<b>Big 12</b>	<b>19</b>
20	Northern Arizona	95.22	Big West	23	20	Florida State	95.83	ACC	21
21	Mississippi State	93.08	SEC	22	21	Washington	94.29	Pac-12	22
22	Washington	91.37	Pac-12	17	22	Alabama	93.21	SEC	25
23	Nebraska	90.59	Big Ten	20	23	Nebraska	82.94	Big Ten	24
24	UCLA	88.78	Pac-12	24	24	Auburn	78.73	SEC	26
25	<b>Kansas</b>	<b>86.41</b>	<b>Big 12</b>	<b>25</b>	25	Michigan	78.63	Big Ten	29

## Longhorns Competing in NCAA West Preliminary Rounds - 48 in each event, 24 in each relay

Based on season best marks on TFRRS - as of 5/20/16

Men	Athlete	Mark	Date	NCAA West Rank	NCAA Rank
100m	Senoj-Jay Givans	10.08	4/2	2	4
	Charles Anumnu	10.32	4/2	23	48
200m	Senoj-Jay Givans	20.53	4/16	4	18
	Charles Anumnu	20.72	4/23	16	46
400m	Aldrich Bailey Jr.	45.50	5/15	5	10
	Zack Bilderback	46.05	4/23	11	32
	Carlton Anumnu	46.45	4/16	19	49
800m	Robert Uhr	1:49.84	4/16	39	109
1500m	Alex Rogers	3:43.25 #	3/30	17	47
	Brady Turnbull	3:45.51	5/1	44	129
3000m Steeplechase	Nate Moore	8:54.10	5/1	30	59
110m Hurdles	John Burt	13.98	5/15	22	53
4x100m Relay		39.18	4/2	5	9
4x400m Relay		3:02.18	4/2	1	2
High Jump	Spencer McCloud	2.14m/7-0.25	4/1	27	55
Pole Vault	Parks McNeil	5.36m/17-7.00	5/7	11	20
	Blake Scott	5.36m/17-7.00	5/7	11	20
	Reese Watson	5.35m/17-6.50	5/13	13	23
	Barrett Poth	5.35m/17-6.50	5/13	13	23
	Nick Meaders	5.21m/17-1.00	5/7	28	50
Long Jump	Basil Fares	7.85m/25-9.25	5/7	9	17
	Steffin McCarter	7.65m/25-1.25	5/14	20	41
	Ika Morton	24-2.25	4/16	40	122
Triple Jump	Nick Phynn	15.21m/49-11.00	5/15	36	92
Discus	Brian Peterson	55.59m/182-4	3/30	26	52
Hammer Throw	Alan Zapalac	61.18m/200-9	4/29	32	89
Women	Athlete	Mark	Date	NCAA West Rank	NCAA Rank
100m	Morolake Akinosun	10.97	4/23	1	1
	Teahna Daniels	11.21	3/25	7	15
	Caitland Smith	11.48	5/15	25	67
200m	Morolake Akinosun	22.83	3/25	8	18
	Caitland Smith	23.51	5/15	33	86
400m	Courtney Okolo	49.71	4/23	1	1
	Chrisann Gordon	51.03	4/23	3	5
	Zola Golden	53.10	5/14	10	45
800m	Mary Beth Hamilton	2:06.26	5/1	17	48
1500m	Katie Burford	4:21.09	5/1	28	71
5000m	Sandie Raines	15:59.58	4/1	11	18
100m Hurdles	Ariel Jones	13.14 w	5/14	12	25
	Ashley Miller	13.18 w	5/14	16	28
	Mobolaji Adekun	13.30 w	4/2	26	46
	Mariam Abdul-Rashid	13.39	5/15	31	57
400m Hurdles	Ariel Jones	56.55	3/25	7	16
	Melissa Gonzalez	57.95	4/23	14	34
	Mariam Abdul-Rashid	59.10	4/27	35	68
4x100m Relay		43.55	3/25	4	8
4x400m Relay		3:26.54	4/2	1	1
Pole Vault	Kally Long	4.32m/14-2.00	4/29	6	14
	Ali Uhle	4.20m/19-3.25	5/7	10	29
	Shay Petty	4.15m/13-7.25	3/17	18	43
Triple Jump	Asa Garcia	13.38m/43-10.75	4/23	3	9
	Georgia Wahl	12.49m/40-11.75	4/16	43	92
Shot Put	N'Dia Warren-Jacques	15.73m/51-7.25	3/17	32	58
Discus	Lauryn Caldwell	53.00m/173-11	5/7	23	42
Javelin	Shelby Poncik	48.72m/159-10	5/15	24	42
Heptathlon *	Ashtin Zamzow	5829 pts	3/30-31	n/a	10

# - Time converted from mile

\* - Heptathlon is not held at NCAA West or East Preliminary Rounds. The top 24 heptathlon scores are accepted directly to the NCAA Championship in Eugene, Oregon, June 8-11.

## 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	Aldrich Bailey Jr.	3rd	45.50
		Zack Bilderback	4th	45.53
	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
	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
	10,000m	Sandie Raines	8th	35:04.51
	3000m SC	Hannah Grubb	2nd	10:42.92
	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	14.90m/48-10.75
	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	48.72m/159-10
	Heptathlon	Ashtin Zamzow	1st	5829 pts
	4x400m Relay		6th	3:26.54

bold - marks from this season | # - collegiate record | \* - NCAA Championship 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 Pre-NCAA Prelims

#### 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
<b>Courtney Okolo</b>	<b>SR</b>	<b>Texas</b>	<b>Sprints</b>
Keturah Orji	SO	Georgia	Jumps
DeAnna Price	SR	Southern Illinois	Throws
Raevyn Rogers	SO	Oregon	Mid-Distance
Raven Saunders	SO	Ole Miss	Throws
Kendell Williams	JR	Georgia	Combined Events

*Also Receiving Votes:* Jasmine Camacho-Quinn (Kentucky); Courtney Frerichs (New Mexico); Taylor Ellis-Watson (Arkansas); Lexi Weeks (Arkansas)

#### Men

Name	Yr	School	Events
Devon Allen	SO	Oregon	Hurdles
Ronnie Baker	JR	TCU	Sprints
Jake Blakenship	SR	Tennessee	Pole Vault
Edward Cheserek	JR	Oregon	Distance
Jarrion Lawson	SR	Arkansas	Sprints/Jumps
Sam Mattis	SR	Penn	Throws
Brandon McBride	SO	Mississippi State	Mid-Distance
Nethaneel Mitchell-Blake	JR	LSU	Sprints
Lindon Victor	JR	Texas A&M	Combined Events
Izaic Yorks	SR	Washington	Mid-Distance

*Also Receiving Votes:* **Ryan Crouser (Texas)**; Nick Miller (Oklahoma State); Clayton Murphy (Akron); Zach Ziemek (Wisconsin)

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.



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 Pre-NCAA Preliminaries Watch List among those up for the award.

- 2014 Bowerman Finalist **Courtney Okolo** won her third overall NCAA title in the 400 meters and second indoors.
  - > 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.

#### Standard Bearers

- After **Ryan Crouser** tied the indoor collegiate record in the shot put this year 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.
- **Courtney Okolo** already owned the collegiate record in the outdoor 400 meters, but she cut .32 off her time running 49.71 seconds at the LSU Alumni Gold in April.

#### Longhorns Sweep Big 12 Titles

- Texas successfully defended its men's and women's Big 12 Conference titles earlier this month. Both squads dominated the meet and had the titles secured before the final event. The women scored 167.7 points over the 21 events and won by 30.2 over Oklahoma. The men tallied 134 points and bested Kansas by 28 points.
- This marks the first time in Big 12 Conference history a school has swept the Big 12 Outdoor Championship in back-to-back years.

#### Akinosun Sets Standard at Big 12 Championship

- Senior **Morolake Akinosun** will close her career having never lost an outdoor conference championship. The sprinter claimed the women's 100 meters and 200 meters titles for a third straight year to become the only woman in Big 12 history to win either event three times. Akinosun also ran the anchor leg of the victorious 4x100 meter relay.
- Akinosun also won the 100 and 200 titles at the Big Ten Championships during her freshman year at Illinois, making her undefeated at outdoor conference championships all four years of her collegiate career.
- Akinosun is slated to run both the 100 and 200 this week at the NCAA West Preliminary Rounds. Should she advance through to the NCAA Championship site along with both relays, she will attempt to become the first woman to score points at the NCAA Championship in four events in three consecutive years.

#### Raines Wins Again

- Junior Sandie Raines made it back-to-back for the Texas woman in the 5,000 meters at the Big 12 Championship. Raines defended her title, winning 16:17.52 and leading throughout much of the race. The win helped secure the team title for the Longhorns giving Texas more than a 20-point lead heading into the final event.

#### Men's 4x100 Back on Top

- With the team of Charles Anumnu, Senoj-Jay Givans, Zack Bilderback and Aldrich Bailey, Jr. the Texas men stormed around the track in 39.24 seconds to win the 4x100 meter relay at the Big 12 Championship.
- The victory marked the first time Texas has won the men's 4x100 at the conference meet since 2002.
- The Longhorns pulled away from TCU on the final stretch as the Horned Frogs' anchor leg was even with Bailey before Bailey kicked and left his competitor behind for the win.

#### Longhorns Sweep High Point Awards at Big 12 Championship

- With the men and women both winning conference titles each team was assisted heavily by a veteran leader to hoist the championship trophies. Morolake Akinosun and Aldrich Bailey Jr. were each recognized as the Big 12 Championship High Point Scorers.
- Akinosun earned the honor for a second straight year. This time around she scored 22.5 points to help Texas win the team title. She crossed the finish line first in the 100, 200 and 4x100 relay.
- Bailey was victorious in the 200 meters, winning in 20.57 seconds to score 10 points. His total was 20.5 as he also finished second in the 400 meters and ran on the winning 4x100 relay. This is the first time Texas has won the men's high point scorer award since 2006.
- Akinosun also was voted the Big 12 Outdoor Performer of the Year for her efforts at the championship meet.



### Texas Sweeps 400m Hurdles Titles

- Sophomore Ariel Jones successfully defended her crown at the Big 12 Championship by crossing first in the 400m hurdles. She led a group of Longhorns to dominate the event with four qualifying for the final.
- Junior Byron Robinson won the men's 400m hurdles title at the Big 12 Conference. He clocked in at 49.39 seconds to give Texas its first-ever Big 12 title in the event.
- Jones teamed up with Melissa Gonzalez (3rd), Sydne Fowler (5th) and Mariam Abdul-Rashid (6th) to tally a total of 23 points in the women's 400m hurdles

### Vaulters Score Big at Big 12's

- The men's and women's pole vault proved to be important field events for the Longhorns at the Big 12 Championship as Texas scored big in each.
- Redshirt freshman **Barrett Poth** and senior **Reese Watson** helped set the tone on Day 1 of the meet along with redshirt freshman **Nick Meaders** by finishing in the top eight and scoring points.
- Poth posted a new personal best mark of 5.35 meters (17-6.50) to finish third and score six points. Watson cleared the same mark for a season-high and to finish fourth for five points. Meaders finished eighth to score one and bring the group's total to 12 for the event.
- Sophomore **Kally Long** had her most impressive performance as a Longhorn to finish second in the women's pole vault. Long cleared 4.31 meters (14-1.75), which was a centimeter off her personal best, and battled with one of the nation's top vaulters in the process. Long had first-attempt clearances four heights before her first miss and getting into the chess match of passing with Baylor's Annie Rhodes.
- Redshirt freshman **Ali Uhle** tied for sixth place with her clearance of 4.06m (13-3.75).

### Long Jumpers Thrive in Final

- All three of the men's long jumpers performed well at the Big 12 Championship to earn 10 points for the team.
- Freshman **Steffin McCarter** shined for the Longhorns in his first outdoor conference championship to finish in third place with his leap of 7.65m (25-1.25) for six points. Senior **Basil Fares** was sixth at 7.46m (24-5.75) for a new outdoor PR and three points. Freshman **Ika Morton** leapt 7.25m (23-9.50) for eighth place.
- The entire trio has also qualified for the NCAA West Preliminary Rounds.

### Distance Runners Grab Key Points

- In addition to **Sandie Raines** defending her Big 12 title in the 5,000 meters, the Texas distance crew came up big in other events to score valuable points to allow the Longhorns to defend their team titles.
- Raines finished second in the 10,000 meters on the first night of the Big 12 Championship and held the lead through much of the race before falling back.
- **Mary Beth Hamilton** grabbed five points in the 800 meters, crossing the finish line in fourth place. She clocked in at 2:06.58, just off her PR pace and battled a group of five Oklahoma State Cowgirls in the final.
- The top men's finish in the distance events came from freshman **Alex Rogers**. He crossed third in the 1,500 meters to earn six points. He was in a tight battle the whole way with the just .80 separating him from the winner and .25 from second place. Texas grabbed 10 points total in the event with senior **Brady Turnbull** finishing fifth.
- Texas got four points in the men's steeplechase as **Nate Moore** finished in fifth place. **Hannah Grubb** added one point for the women with her eighth-place finish.
- Robert Uhr finished in sixth place in the men's 800 meters to score three points.

### Throwers Thrive at Big 12 Meet

- Texas throwers came together at the Big 12 Championship and scored points in all but one event. The performances by the Longhorns in those events helped add crucial points to the team's total in the field events and allow the points scored in bunches in sprints to give the team the cushion needed to win the title.
- Three men and two women scored points at the conference outdoor meet for the first time in their careers. Redshirt freshmen Brian Peterson and Derek Fenton performed well in their debuts. Peterson took sixth in the discus and Fenton was eighth in shot put with a new PR mark of 16.27m (53-4.50). Fenton also finished ninth in the discus missing the final by just 3 cm. Lauryn Caldwell was impressive scoring and finishing eighth in both the shot put and discus. Shelby Poncik took fifth in the women's javelin in her first Big 12 Championship action in the event after missing last year's meet. She posted a PR of 48.72m (159-10) to also qualify for the NCAA West Preliminary Rounds.

### Caldwell Breaks School Record

- Redshirt freshman **Lauryn Caldwell** had been flirting with the school record in the hammer throw all season and finally broke it to finish third at the Longhorn Invitational at 53.94 meters (177-0) to close the regular season.
- Caldwell also PR'd in the discus with a throw of 53.00m (173-11) to win the event.

### Longhorns Hitting the Books

- Texas Track & Field saw 30 of its student-athletes recognized by the conference office as members of the Academic All-Big 12 team. That total tied Texas with Kansas for the most combined men and women to receive the honor.
- Texas landed 11 men on the first team and three on the second team. The women's team had 13 make the first team and three named to the second team.
- The 11 men on the first team, was tops in the conference for a second straight year.

## 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

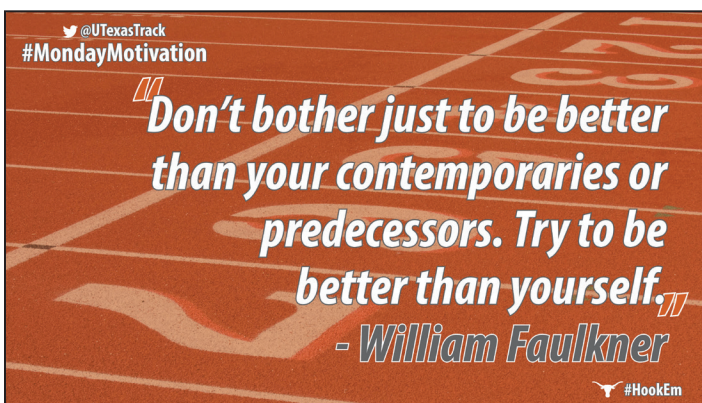
This year the Longhorns have been letting fans know where they pull inspiration from with our weekly #MondayMotivation. Each Monday during the indoor season, a new motivational quote submitted by a student-athlete or coach was chosen to give everyone a reason to keep pushing and start their week off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



Jan. 11: Morolake Akinosun | Sr. | Sprints



Feb. 8: Alan Zapalac | So. | Throws



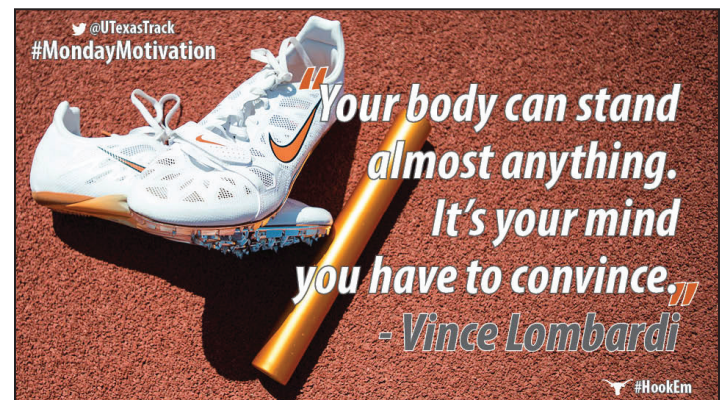
Jan. 18: Assistant Coach Brad Herbster



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



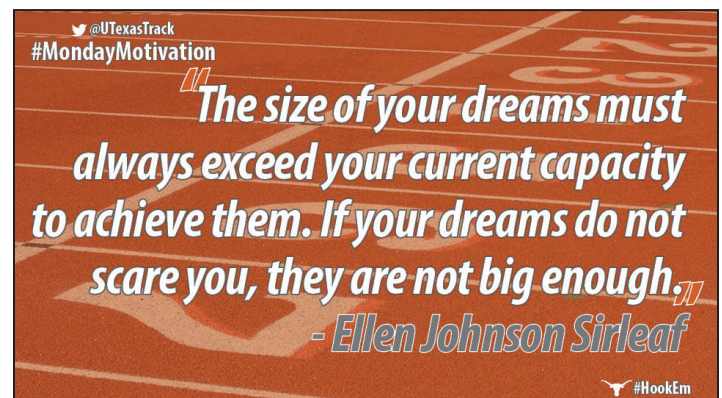
Jan. 25: Melissa Gonzalez | Sr. | Sprints/Hurdles



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 "Bi" 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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