

SEASON IN REVIEW

Indoor • 2nd at American Athletic Conference Championships (98.5) • t-42nd at NCAA Championships (4.0)

The track & field season got off to a flying start for the Bearcats with Annette Echikunwoke breaking the school record in the weight throw and Loretta Blaut clearing 1.86m (6' 1.25") to qualify directly to the U.S. Olympic Team Trials later in the year. And it didn't slow down. Echikunwoke would go on to break her own record four more times to lead a charge that saw the women place second in the conference, their best finish ever. That finish came to be on the strength of a talented young group, including Rebecka Abrahamsson, who swept the long jump and triple jump, and Echikunwoke, the winner of the weight throw, both of whom were just sophomores. Senior Erika Hurd won her third-consecutive high jump crown, making her the only champion the American Athletic Conference has ever known in the women's event.

Riding high on the success of the conference meet, a trio of women advance to the NCAA Championships with all three returning as All-Americans. Hurd placed sixth overall in the high jump and Echikunwoke was eighth in the weight throw to earn USTFCCA All-America First Team honors while Blaut was just outside in the high jump in ninth place to earn a spot on the second team. All told, the three honors tied a program record (2012 women indoor, 1973 men outdoor) for the most All-America honors in a single season.

Outdoor • 1st at American Athletic Conference Championships (111.0) • t-49 at NCAA Championships (4.0)

On the strength of two individual champions and an all-around team effort, the women captured the first crown in program history as they secured the 2016 American Athletic Conference championship in Orlando, Fla. Annette Echikunwoke (hammer) and Javette Lee (100m hurdles) both broke school records to earn their individual titles while nine other women combined with the two champions to earn 18 all-conference honors based upon their Top 3 finishes in both individual and relay events. Echikunwoke was named the 2016 American Athletic Conference Championships Female Field Performer of the Meet while both Lee and Kenya Woodall were a part of four Top 3 finishes in their respective events.

The championship season did not end there, however, as a program-record 15 women qualified to compete at the NCAA East Preliminary Round with a record five advancing to the finals in Eugene, Ore. As a team, UC finished tied for 49th in the nation with four points thanks to Loretta Blaut placing sixth (three points) in the high jump and Echikunwoke taking eighth (one point) in the hammer. Hurd was ninth in the high jump and Woodall 12th as both earned USTFCCA All-America Second Team which, combined with First Team honors Blaut and Echikunwoke, gave the women the most All-America honors in a single season in program history (men and women).

Quick Notes

- With three indoor and four outdoor All-Americans, the women set a trio of program records, including the most honors combined in one year (four by 2012 women and 1973 men); most outdoor All-Americans in an outdoor season (three by 1973 men); and three indoor ties program mark for most in a single season (three by 1973 men outdoor and 2012 women indoor)
- All-Americans included Blaut (indoor HJ, outdoor HJ); Hurd (indoor HJ, outdoor HJ), Echikunwoke (indoor weight, outdoor hammer) and Woodall (outdoor 400m)
- With their honors, Blaut, Hurd and Echikunwoke became the 2nd, 3rd and 4th Bearcat women to earn All-America status in the same/similar event indoors and out in the same year (Kathy Klump, 2012, 800m)
- Erika Hurd earned a pair of All-America honors on the season, becoming the most decorated female in program history
- Combining indoor and outdoor, Echikunwoke broke a school record 10 times in 2016
- Blaut (HJ), Woodall (200m, 400m) automatically qualified to the U.S. Olympic Team Trials during the season
- The women's team title is the first for UC track & field since the men won the 2004 outdoor Conference-USA title

IN	Date	Event	Location	PR	T10	UC1	Notes
Jan	15-16	at Kentucky Invite	Lexington, Ky.	17	5	1	Echikunwoke breaks UC record; Blaut up to #2
Jan	22-23	at Gladstein Invite	Bloomington, Ind.	16	11	2	Echikunwoke, Abrahamsson with record marks
Jan	29-30	at Indiana Relays	Bloomington, Ind.	17	4	1	Echikunwoke record weight toss, again
Feb	5-6	at Armory Track Invite	New York City, N.Y.	11	11	1	Team places in Top 5 overall in strong meet
Feb	5-6	at Meyo Invite	South Bend, Ind.	2	1	0	Anton runs 2:13.75 to move up to #6 (800m)
Feb	12-13	at SPIRE DI Invite	Geneva, Ohio	22	15	1	Echikunwoke (4th time) with UC record
Feb	12-13	at Tyson Invite	Fayetteville, Ark.	1	1	1	Abrahamsson resets TJ record
Feb	19	at Buckeye Tune-Up	Columbus, Ohio	2	0	0	Blaut (HJ), Catherine (PV) with victories
Feb	28-29	at American Champs.	Birmingham, Ala.	15	16	2	Team finishes second overall
Mar	11-12	at NCAA Champs.	Birmingham, Ala.	0	0	0	Blaut, Hurd, Echikunwoke earn All-America
INDOOR TOTALS				103	64	9	

OUT	Date	Event	Location	PR	T10	UC1	Notes
Mar	25	at Hurricane Twilight	Coral Gables, Fla.	16	6	1	Huge PR for Echikunwoke + UC record mark
Mar	25-26	at Raleigh Relays	Raleigh, N.C.	5	4	1	4x1500m breaks UC record by 52 seconds
Apr	1-2	Oliver Nikoloff Inv.	CINCINNATI	23	3	0	Won 10 events; Mbah jumps #3 TJ, #7 LJ
Apr	8-9	at Tiger Track Classic	Auburn, Ala.	15	10	2	Woodall runs U.S. Olympic Trials qualifier (400m)
Apr	22-24	at Lyle/Wood Invite	Louisville, Ky.	49	15	4	Huge day of PR's for program; 2 frosh records
Apr	28-30	at 122nd Penn Relays	Philadelphia, Pa.	2	3	1	Heckaman wins shot put; DMR blasts UC record
Apr	30	at RedHawk Invite	Oxford, Ohio	9	2	0	Bisiolu (2x), V. Robinson both win events
May	7	at Kentucky Relays	Lexington, Ky.	10	5	1	V. Robinson shatters UC frosh record in steeple
May	12-15	at American Champs.	Orlando, Fla.	25	20	8	Team captures first league crown in its history
May	26-28	at NCAA East Prelims.	Jacksonville, Fla.	1	2	0	Program-record five qualify to NCAA Finals
Jun	8-11	at NCAA Champs.	Eugene, Ore.	2	2	1	Blaut, Hurd, Echikunwoke, Woodall All-Americans
OUTDOOR TOTALS				157	72	19	
YEAR TOTALS				260	136	28	

PR: personal record/personal best -- T10: ranked in UC's all-time Top 10 -- UC1: program record

AWARDS & HONORS LIST

ABRAHAMSSON, Rebecka	
American Athletic Conference Champion - Indoor Long Jump	American Athletic Conference Champion - Indoor Triple Jump
American Athletic All-Conference - Indoor Long Jump	American Athletic All-Conference - Indoor Triple Jump
American Athletic Conference - Indoor Female Field A.O.W. (1/26)	American Athletic - Outdoor Female Field A.O.W. (4/12 & 4/21)
BISIOLU, Haisha	
American Athletic All-Conference - Outdoor 4x100m Relay	
BLAUT, Loretta	
USTFCCA All-America Second Team - Indoor High Jump	USTFCCA All-America First Team - Outdoor High Jump
American Athletic All-Conference - Indoor High Jump	American Athletic All-Conference - Outdoor High Jump
American Athletic Conference - Female Field A.O.W. (1/19)	
ECHIKUNWOKE, Annette	
USTFCCA All-America First Team - Indoor Weight Throw	USTFCCA All-America First Team - Outdoor Hammer Throw
American Athletic Conference Champion - Indoor Weight Throw	American Athletic Conference Champion - Outdoor Hammer Throw
American Athletic All-Conference - Indoor Weight Throw	American Athletic All-Conference - Outdoor Hammer Throw
American Athletic Conference Field Performer of the Meet - Indoor	American Athletic - Indoor Female Field A.O.W. (2/9 & 2/16)
American Athletic Conference - Outdoor Female Field A.O.W. (3/29)	
GESICKI, Deanna	
American Athletic All-Conference - Outdoor 4x400m Relay	
GRANT, Jada	
American Athletic All-Conference - Indoor 4x400m Relay	
HURD, Erika	
USTFCCA All-America First Team - Indoor High Jump	USTFCCA All-America Second Team - Outdoor High Jump
American Athletic Conference Champion - Indoor High Jump	American Athletic All-Conference - Indoor High Jump
American Athletic All-Conference - Outdoor High Jump	American Athletic All-Conference - Outdoor High Jump
GCNK Women's Sports Assoc. - Sportswoman of the Year (T&F)	NCAA Woman of the Year Nominee
LEE, Javette	
American Athletic Conference Champion - Outdoor 100m Hurdles	American Athletic All-Conference - Indoor 4x400m Relay
American Athletic All-Conference - Outdoor 100m Hurdles	American Athletic All-Conference - Outdoor 100m Hurdles
American Athletic All-Conference - Outdoor 400m Hurdles	American Athletic All-Conference - Outdoor 4x100m Relay
American Athletic All-Conference - Outdoor 4x400m Relay	
MBAH, Kellsa	
American Athletic All-Conference - Outdoor Long Jump	
MCBRIDE, Alyssa	
American Athletic All-Conference - Indoor Pole Vault	American Athletic All-Conference - Outdoor Pole Vault
ROBINSON, Bryana	
American Athletic All-Conference - Indoor 4x400m Relay	American Athletic All-Conference - Outdoor 4x100m Relay
American Athletic All-Conference - Outdoor 4x400m Relay	
SANDERS, Je'Rica	
American Athletic All-Conference - Outdoor 100m Hurdles	
WOODALL, Kenya	
USTFCCA All-America Second Team - 400m Dash	American Athletic All-Conference - Indoor 4x400m Relay
American Athletic All-Conference - Outdoor 200m Dash	American Athletic All-Conference - Outdoor 400m Dash
American Athletic All-Conference - Outdoor 4x100m Relay	American Athletic All-Conference - Outdoor 4x400m Relay
American Athletic Conference - Outdoor Female Track A.O.W. (4/12)	
TEAM/COACHING STAFF	
American Athletic Conference Champions - Outdoor Team	
American Athletic Women's Coaching Staff of the Year - Outdoor	

SEASON IN REVIEW

Indoor • 4th at American Athletic Conference Championships (77.0) • t-44th at NCAA Championships (4.0)

The indoor season for the men featured more dominance from Adrian Valles, a pair of conference crowns and a pair of school records falling. Valles, in just his second year with the program, successfully defended his American Athletic Conference title in the pole vault to become the first UC man to win a second indoor pole vault title. The sixth title in the indoor event in program history, Valles moved onto the NCAA Championships where he captured fifth place overall and earned USTFCCA All-America First Team honors for the second year in a row. His four team points earned also tied the Bearcats for 44th place in the nation.

Valles was not the only champion for the men as fellow Spaniard Sergio Acera Villanueva won his first conference crown by taking first in the long jump and Josh Province took gold in the weight throw for his first indoor title and the second American Athletic title of his career (2014 hammer). Both of those crowns, combined with the women's titles, made UC the only school to sweep an event in the meet. With three titles, the men scored 77 points and finished fourth in the conference. That point total also stands as the program's highest score since tallying 107 points at the 1998 Conference-USA meet.

Outdoor • 7th at American Athletic Conference Championships (72.0) • Did not score at NCAA Championships (0.0)

Two more championships were secured during the American Athletic Conference Championships, including Valles capturing his fourth pole vault title in a row and newcomer Jimmy Brooks taking gold in the 400m dash. Brooks also played a role in helping the 4x400m relay team to a runner-up finish, running a school-record time which qualified the squad to the NCAA East Preliminary Round for the first time since 2010.

Valles, who remained perfect in the pole vault on the conference level, defended his crown with a season-best 5.45m (17'10.50"). With the win, he became only the second man in UC history to win a pair of pole vault crowns (eight other men each won once). Brooks' title run came in a close contest as he edged out runner-up Chinedu Amonu (UConn) by 0.006 seconds with his time of 46.04 ranking as the second-fastest time in school history.

Overall, six different men earned Top 3 finishes to be named to the all-conference squad, including Valles, Brooks, Alex Bloom (decathlon), Jordan Hardiman (high jump), Dan Huben (3,000m steeplechase) and Josh Province (hammer). Brooks also earned an all-conference nod as a member of the 4x400m relay team, joining Halen Witcher, Nathan Smith and Nathan Alexander as honorees.

On the national scene, Valles was the lone Bearcat to advance from the preliminary round meet. In Oregon, he was unsuccessful in his three attempts to open the competition and did not place in the event, ending his streak at three for consecutive NCAA events he had placed in the Top 8 and earned All-America honors.

Quick Notes

- The team's indoor conference point total is the most since 1998 when UC tallied 107 points to finish second overall
- Valles successfully defended both his indoor and outdoor American Athletic Conference pole vault titles
- Acera Villanueva (indoor long jump), Brooks (outdoor 400m) and Province (indoor weight) all won conference titles
- Valles finished 5th at the NCAA Indoor Championships to earn his third All-America honor
- Macklin Tudor automatically qualified to the U.S. Olympic Team Trials in the discus while competing unattached

IN	Date	Event	Location	PR	T10	UC1	Notes
Jan	15-16	at Kentucky Invite	Lexington, Ky.	8	2	0	Brooks wins 200m/400m, both UC #5 times
Jan	22-23	at Gladstein Invite	Bloomington, Ind.	17	5	1	Province breaks WT record; Vitucci wins debut race
Jan	29-30	at Indiana Relays	Bloomington, Ind.	4	1	0	Chambers ties #9 60m dash time in UC history
Feb	5-6	at Armory Track Invite	New York City, N.Y.	5	2	1	Province with 2nd WT record mark
Feb	5-6	at Meyo Invite	South Bend, Ind.	2	0	0	Vitucci leads the way with fast win
Feb	12-13	at SPIRE DI Invite	Geneva, Ohio	9	2	0	Men post two all-time Top 10 marks
Feb	12-13	at Tyson Invite	Fayetteville, Ark.	0	0	0	Valles clears 5.21m in invitational PV
Feb	19	at Buckeye Tune-Up	Columbus, Ohio	2	0	0	Valles wins PV with season-best 5.37m
Feb	28-29	at American Champs.	Birmingham, Ala.	25	17	2	Province, Acera, Valles win individual titles
Mar	11-12	at NCAA Champs.	Birmingham, Ala.	0	0	0	Valles (5th place) earns All-America honors
INDOOR TOTALS				72	29	4	
OUT	Date	Event	Location	PR	T10	UC1	Notes
Mar	25	at Hurricane Twilight	Coral Gables, Fla.	11	1	0	Colt Robinson 7th UC man over 5.10m ever
Mar	25-26	at Raleigh Relays	Raleigh, N.C.	2	1	1	4x1500m ties school record (16:00.58)
Apr	1-2	Oliver Nikoloff Inv.	CINCINNATI	13	0	0	Men post five event victories on the day
Apr	8-9	at Tiger Track Classic	Auburn, Ala.	7	1	0	Brooks moves up to #10 all-time in UC 400m
Apr	22-24	at Lyle/Wood Invite	Louisville, Ky.	25	2	0	Acera (LJ), T. Sanders (TJ), Valles (PV) each win
Apr	28-30	at 122nd Penn Relays	Philadelphia, Pa.	2	1	0	Valles wins champ. division; 1st in UC history
Apr	30	at RedHawk Invite	Oxford, Ohio	4	0	0	Thompson (100m), Williams (110mH) win races
May	7	at Kentucky Relays	Lexington, Ky.	9	1	0	Brooks nearly breaks 47 (47.01); UC wins 3 events
May	12-15	at American Champs.	Orlando, Fla.	27	5	1	Team takes 7th overall; Valles, Brooks win crowns
May	26-28	at NCAA East Prelims.	Jacksonville, Fla.	0	0	0	Valles advances to national final for 4th time
Jun	8-11	at NCAA Champs.	Eugene, Ore.	0	0	0	Valles no height in finals as lone UC male at meet
OUTDOOR TOTALS				100	12	2	
YEAR TOTALS				172	41	5	

PR: personal record/personal best -- T10: ranked in UC's all-time Top 10 -- UC1: program record

AWARDS & HONORS LIST

ACERA VILLANUEVA, Sergio
 American Athletic Conference Champion - Indoor Long Jump
 American Athletic All-Conference - Indoor Long Jump

ALEXANDER, Nathan
 American Athletic All-Conference - Indoor Pole Vault
 American Athletic All-Conference - Outdoor 4x400m Relay

BLOOM, Alex
 American Athletic All-Conference - Outdoor Decathlon

BROOKS, Jimmy
 American Athletic Conference Champion - Outdoor 400m Dash
 American Athletic All-Conference - Outdoor 400m Dash
 American Athletic All-Conference - Outdoor 4x400m Relay

COLLINS, Seamus
 American Athletic All-Conference - Indoor Distance Medley Relay

GREENE, Ryan
 American Athletic All-Conference - Indoor Distance Medley Relay

HARDIMAN, Jordan
 American Athletic All-Conference - Outdoor High Jump

HART, Jarrod
 American Athletic All-Conference - Indoor Distance Medley Relay

HUBEN, Dan
 American Athletic All-Conference - Outdoor 3,000m Steeplechase

PROVINCE, Josh
 American Athletic Conference Champion - Indoor Weight Throw
 American Athletic All-Conference - Indoor Weight Throw
 American Athletic All-Conference - Outdoor Hammer Throw

SILVER, Ian
 American Athletic All-Conference - Indoor Distance Medley Relay

SMITH, Nathan
 American Athletic All-Conference - Outdoor 4x400m Relay

TUDOR, Macklin
 American Athletic All-Conference - Indoor Shot Put

VALLES, Adrian
 USTFCCA All-America First Team - Indoor Pole Vault
 American Athletic Conference Champion - Indoor Pole Vault
 American Athletic Conference Champion - Outdoor Pole Vault
 American Athletic All-Conference - Indoor Pole Vault
 American Athletic All-Conference - Outdoor Pole Vault
 American Athletic Conference - Outdoor Male Field A.O.W. (5/3)
 CoSIDA Academic All-District 5 First Team

WITCHER, Halen
 American Athletic All-Conference - Outdoor 4x400m Relay

WOLLENSLEGEL, Ben
 American Athletic All-Conference - Indoor Heptathlon