

KENTUCKY®

TRACK & FIELD

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MOHAMMED ABUBAKAR



SEC CHAMPIONSHIPS
MAY 11-13, KNOXVILLE, TENN.

2017-18 INDOOR

DECEMBER

8 Hoosier Open
(Bloomington, Ind.)

JANUARY

12-13 **Kentucky Invitational**
(Lexington, Ky - Nutter FH)

19-20 Clemson Invitational
(Clemson, S.C.)

26 IU Relays
(Bloomington, Ind.)

FEBRUARY

3 **McCrary Memorial**
(Lexington, Ky. - Nutter FH)
M: 1st, W: 1st

9-10 Tiger Paw Invitational
(Clemson, S.C.)

9-10 Iowa State Classic
(Ames, Iowa)

24-25 SEC Championships
(College Station, Texas)
M: 6th, 45 | W: 3rd, 74

MARCH

9-10 NCAA Championships
(College Station, Texas)
M: 17th, 12 | W: 3rd, 34

2018 OUTDOOR

MARCH

16-17 UCF Invitational
(Orlando, Fla.)

23-24 Raleigh Relays
(Raleigh, N.C.)

29-31 Florida Relays
(Gainesville, Fla.)

APRIL

6-7 Spec Towns Invitational
(Athens, Ga.)

12-14 Tennessee Relays
(Knoxville, Tenn.)

20-21 Jesse Owens Classic
(Columbus, Ohio)

26 Penn Relays
(Philadelphia)

27-28 National Relays
(Fayetteville, Ark.)
M: 3rd, 27 | W: 1st, 42

MAY

5 **Kentucky Relays**
(Lexington, Ky. UK Track)

11-13 SEC Championships
(Knoxville, Tenn)

24-26 NCAA East Prelims
(Tampa, Fla.)

JUNE

6-9 NCAA Championships
(Eugene, Ore.)

Broadcast SEC Network (Sunday) | Live straming via SECN+ via WatchESPN

No. 5 Women's Team Notes | UK was third with 80 points at 2017 SEC Outdoor

- o Kentucky won its other scored outdoor meet, the National Relays by 14 points two weeks ago
- o Sydney McLaughlin is the NCAA leader in the 400 meters and 400m hurdles (she's ranked second in the 200m). She's entered in just the 400H, and also figures to run both relays at SECs
- o Jasmine Camacho-Quinn has the No. 1 time on the NCAA Championships qualifying list (tailwinds slower than 4.0 meters/second), a 12.53w (+2.6) at the National Relays two weeks ago
- o Katy Kunc is defending SEC Champion in the 3k steeplechase

No. 17 Men's Team Notes | UK was 11th with 31.5 points last season at SEC Outdoor

- o Tim Duckworth has the top decathlon score in the NCAA this season, 8,145 in early April. He won't compete in the decathlon this week, electing instead to just long jump and pole vault – two events in which he's scored in at multiple SEC Championships before.
- o Freshman Dwight St. Hillaire is ranked third in the SEC, ninth in the nation, in the 400m, having run a school-record 45.48 two weeks ago

UKTF SEC Precedent

- o The UK men's and women's teams have both finished as high as second at the SEC Outdoor Championships. The UK women's team's best finish was second place in **1981 (150 points)**.
- o The UK men's team's best SEC outdoor finish was second in **1971 with 114 points**.

If you had just one event to watch

... of the Women's Team

- o Kentucky's 4x400m relay is the NCAA leader having run 3:26.92, featuring a sub-50-second McLaughlin leg in early April

... of the Men's Team

- o Jacob Thomson, a senior, is a three-time SEC Champ (2018 indoor 5k, outdoor 5k and 10k in 2016) and entered in the 5k and 10k



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Roster

Men				<i>Name</i>	<i>Events</i>	<i>Year</i>	<i>City, State</i>
<i>Name</i>	<i>Events</i>	<i>Year</i>	<i>City, State</i>				
Mohammed Abubakar	Jumps	Sr.	Obuasi, Ghana	Nicole Bagby	PV	Fr.	Mason, Ohio
Logan Bryer	Throws	Sr.	Genoa, Ohio	Celera Barnes	Sprints	So.	Oxnard, Calif.
Noah Castle	Throws	Jr.	Wauseon, Ohio	Avery Bussjager	Dist.	Jr.	Marietta, Ga.
David Cline	Throws	Sr.	Cambridge, Ohio	Jasmine Camacho-Quinn	Hurdles	Jr.	North Charleston, S.C.
Fred Dorsey III	Jumps	Sr.	Atlanta, Ga.	Riley Caudill	Jumps	Fr.	Nicholasville, Ky.
Cole Dowdy	Dist.	So.	Crestwood, Ky.	Kayelle Clarke	Sprints	Sr.	Trinidad and Tobago
Tanner Dowdy	Dist.	So.	Crestwood, Ky.	Latavia Coombs	Jumps	Fr.	St. Catherine, Jamaica
Timothy Duckworth	Multis	Sr.	Phoenix, Arizona	Sarah Crawford	Dist.	So.	Louisville, Ky.
Brennan Fields	Dist.	So.	Richmond, Ky.	Alison D'Alessandro	Jumps	Fr.	Chesterlan, Ohio
EJ Floréal	Sprints	Sr.	Palo Alto, Calif.	Marie-Josée Ebwea-Bile	Jumps	Jr.	Paris, France
Nikolas Huffman	Throws	Sr.	Bristol, Va.	Ellen Ekholm	Jumps	So.	Gothenburg, Sweden
Ian Jones	MD	Sr.	Overland Park, Kan.	Nicole Fautsch	Throws	So.	Rochester, Minn.
Charles Lenford Jr.	Throws	So.	Oceanside, Calif.	Kianna Gray	Sprints	Jr.	Woodbrige, Va.
Elijah Marta	Throws	Sr.	Aptos, Calif.	Olivia Gruver	PV	Jr.	Reisterstown, Md.
Alex Mortimer	Dist.	Fr.	Lexington, Ky.	Carly Hinkle	Jumps	Fr.	Winfield, W.Va.
Kendall Muhammad	Dist.	Jr.	Lexington, Ky.	Jacklyn Howell	Hurdles	Sr.	Raleigh, N.C.
Matthew Peare	PV	Fr.	North Canton, Ohio	Katy Kunc	Dist.	Sr.	Burke, Va.
Travis Riley	Jumps	Fr.	Kingston, Jamaica	Michelle McKinney	Dist.	Sr.	Eaton, Ohio
Daniel Roberts	Hurdles	So.	Hampton, Ga.	Sydney McLaughlin	Hurdles	Fr.	Dunellen, N.J.
Ethan Shalaway	Throws	Sr.	Barto, Pa.	Jasmine Mitchell	Sprints	Sr.	Ameilia County, Va.
Daniel Southard	Dist.	Jr.	Owensboro, Ky.	Brooke Nohilly	Dist.	Fr.	Cross River, NY
Dwight St. Hillaire	Sprints	Fr.	Belle Garden, T&T	Whitney O'Bryan	Dist.	Sr.	Owensboro, Ky.
Matthew Thomas	Dist.	So.	Louisville, Ky.	Janie O'Connor	Sprints	Fr.	Zachary, La.
Jacob Thomson	Dist.	Sr.	Louisville, Ky.	Madisyn Peebles	Dist.	Fr.	Bowling Green, Ky.
Jelani Walker	Sprints	Fr.	Kingston, Jamaica	Faith Ross	Hurdles	So.	Chesapeake, Va.
Will Walker	Hurdles	Jr.	Charleston, W.Va.	Caitlin Shepard	Dist.	So	Lake Zurich, Ill.
Caleb Wilt	Sprints	Jr.	Washington Court House, Ohio				
Ben Young	Dist.	So.	Lexington, Ky.				

Women

Pronunciation

Men			
Mohammed Abubakar	Mo-Hah-Med	Celera Barnes	Cee-Lee-Rah
	Ah-BOO-Bah-Car	Avery Bussjager	Avery Bus-Yay-Ger
Cole Dowdy	Dow-Dee	Jasmine Camacho-Quinn	Cah-Macho
Tanner Dowdy	Dow-Dee	Kayelle Clarke	Kay-Elle
EJ Floreal	Flo-Ray-Al	Latavia Coombs	Lah-Tay-Vee-Ah Coombs
Elijah Marta	Ee-Lye-Jah Mahr-Ta	Marie-Josée Ebwea-Bile	Mah-Ree Joe-Say Eb-Way-Ah Beel
Ethan Shalaway	Shall-Ah-Way	Ellen Ekholm	Eck-Holme
		Nicole Fautsch	Faut-sche
		Kianna Gray	Kee-Oh-Na
		Katy Kunc	Koonse
		Sydney McLaughlin	Mc-Laukh-Lin

(The GH isn't pronounced like an "F")

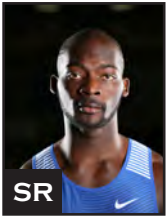
Women



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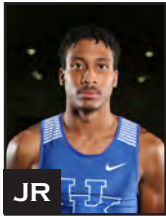
Track & Field

2018 Visual Roster



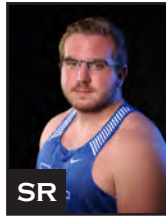
SR

Mohammed Abubakar Obuasi, Ghana
 @mohjamps.gh



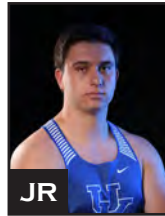
JR

Saahir Bethea Philadelphia, Pa.
 @waSaahB @GRP_Saah



SR

Logan Bryer Genoa, Oh.
 @LBryer_54 @LBryer_54



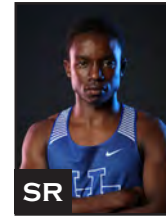
JR

Noah Castle Wauseon, Oh.
 @N_Castle5 @noah_js_nice



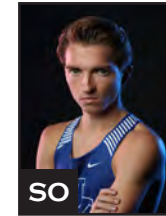
SR

David Cline Cambridge, Oh.
 @DCline63 @DCline63



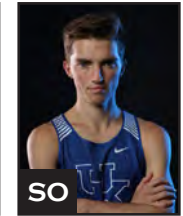
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Fred Dorsey III Atlanta, Ga.
 @YungTD12 @fred_dorseyiii



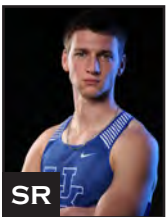
SO

Cole Dowdy Crestwood, Ky.
 @Cole_Dowdy @C_Dowdy



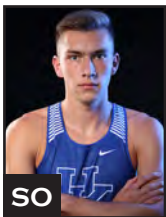
SO

Tanner Dowdy Crestwood, Ky.
 @tannerdowdy @tdow_onthe_track



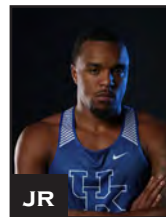
SR

Tim Duckworth Phoenix, Az.
 @timmahduck @Timothy_Duckworth



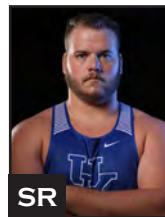
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Brennan Fields Richmond, Ky.
 @brennan1102 @brennan1102



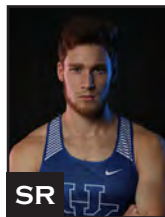
JR

EJ Floreal Palo Alto, Ca.
 @Lil_Flo24 @ej_floreal



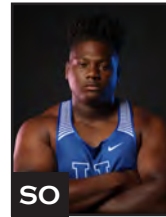
SR

Nikolas Huffman Bristol, Va.
 @nik_huffman @Buffman_throws



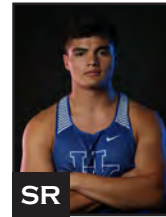
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Ian Jones Overland Park, Ks.



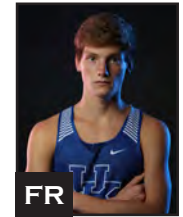
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Charles Lenford Jr. Oceanside, Ca.
 @Foolie_Surfin @chuck.throws



SR

Elijah Marta Aptos, Ca.
 @elijahm_8



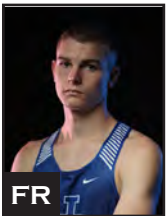
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Alex Mortimer RHP • R-SO
 @alexmortimer3 @alexmortimer3



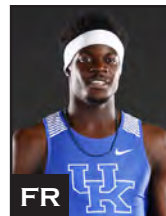
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Kendall Muhammad Lexington, Ky.
 @MO_2_Life01



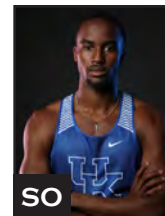
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Matthew Peare North Canton, Oh.
 @Matt_Peare @Matt_Peare_



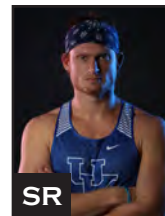
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Travis Riley Kingston, Jamaica



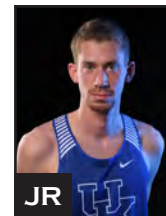
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Daniel Roberts Hampton, Ga.
 @_notw @riseofdrob



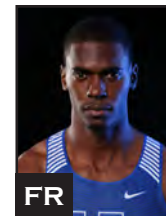
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Ethan Shalaway Barto, Pa.
 @ezshalaway @ezshalaway



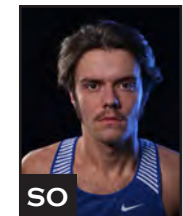
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Daniel Southard Owensboro, Ky.
 @dsouthh @danielsouthard



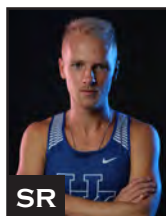
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Dwight St. Hillaire Belle Garden, Trinidad & Tobago
 @x_dwight_x



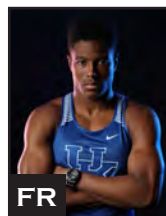
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Matthew Thomas Louisville, Ky.
 @matt_thomas37 @matt_thomas37



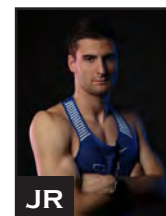
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Jacob Thomson Louisville, Ky.
 @jtcougars5



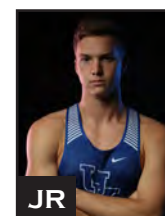
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Jelani Walker Kingston, Jamaica



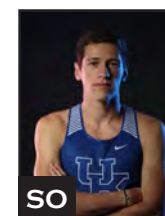
JR

Will Walker Charleston, Wv.
 @will_waka @will_waka



JR

Caleb Wilt Washington Court House, Oh.
 @calebwilt_ @cawilt



SO

Ben Young Lexington, Ky.
 @ben_young @ben_young04



Edrick Floreal Head Coach



Hakon Devires Assistant Coach Distance



Andrew Ninow Assistant Coach Throws



Toby Stevenson Assistant Coach Vertical jumps, multis



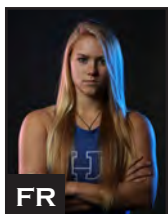
Rondel Sorriilo Assistant Coach Sprints



Antwan Wright Assistant Coach Sprints

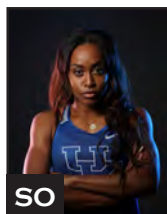
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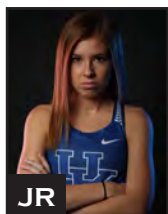
FR

Nicole Bagby
Mason, Ohio
@Nicole_Bagby
@Nicole_Bags



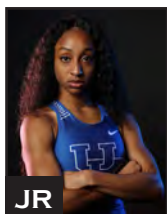
SO

Celera Barnes
Oxnard, Ca.
@babycc_
@prettygirlcc_



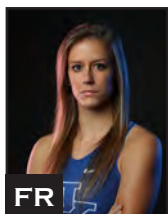
JR

Avery Bussjager
Marietta, Ga.
@abussjager
@abussjager



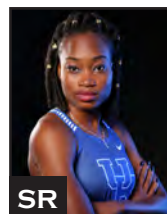
JR

Jasmine Camacho-Quinn
North Charleston, SC
@jcamachoquinn
@jcamachoquinn



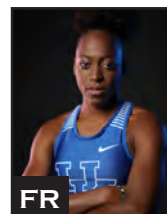
FR

Riley Caudill
Nicholasville, Ky.
@rileycaudill
@riley_caudill



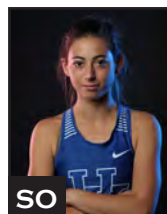
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Kayelle Clarke
Trinidad and Tobago
@kayelle_clark
@kayelleclarke



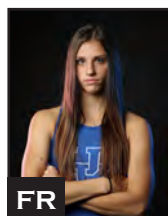
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Latavia Coombs
St. Catherine, Jamaica
@CoombsLatavia
@original_taetae



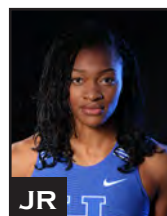
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Sarah Crawford
Louisville, Ky.
@sarah_crawford3
@s_craw



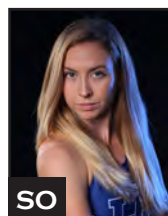
FR

Alison D'Alessandro
Chesterland, Ohio
@alison_n_d
@alison_n_d



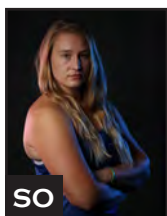
JR

**MARIE-JOSEE
EBWEA-BILE**
Paris, France
@joycekalystyle



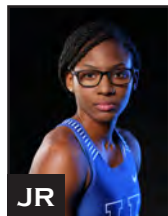
SO

Ellen Ekholm
Gothenburg, Sweden
@ellenekholm
@ellenlinna



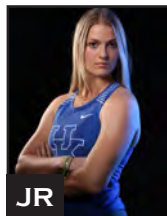
SO

Nicole Fautsch
Rochester, Mn.
@colleguacamole



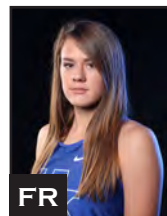
JR

Kianna Gray
Woodbridge, Va.
@G_Kianna96
@g_kianna96



JR

Olivia Gruver
Reisterstown, Md.
@livgruvv_
@livgruvv_



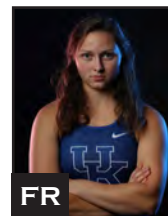
FR

Carly Hinkle
Winfield, WV
@carlyhinkle11
@carly_hinkle



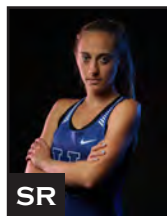
SR

Jacklyn Howell
Raleigh, NC



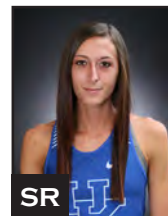
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Kennedy Krieg
Grayslake, Ill.
@kennykrieg



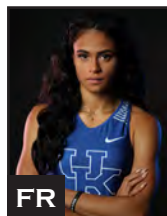
SR

Katy Kunc
Burke, Va.
@katykunc
@katykunc14



SR

Michelle McKinney
Eaton, Ohio
@micmckinney
@micmckinney



FR

Sydney McLaughlin
Dunellen, NJ
@gosydgo
@sydeymclaughlin



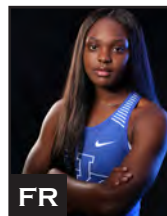
SR

Jasmine Mitchell
Amelia County, Va.
@mitchelltrack
@jtmitchell



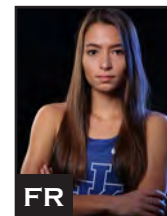
FR

Brooke Nohilly
Cross River, NY
@Brooke_Robin



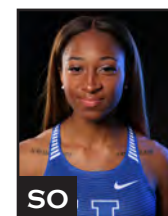
FR

Janie O'Connor
Zachary, La.
@its.Janieee



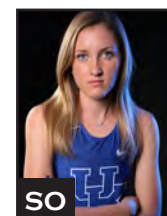
FR

Madisyn Peeples
Bowling Green, Ky.



SO

Faith Ross
Chesapeake, Va.
@CallMeRozay



SO

Caitlin Shepard
Lake Zurich, Ill.
@shepardcaitlin
@caitlinshepard



Edrick Floreal
Head Coach



Hakon Devires
Assistant Coach
Distance



Andrew Ninow
Assistant Coach
Throws



Toby Stevenson
Assistant Coach
Vertical jumps, multis



Rondel Sorriilo
Assistant Coach
Sprints



Antwan Wright
Assistant Coach
Sprints



MEDIA INFORMATION

CREDENTIALS

All media credential requests should be submitted at least 24 hours prior to home meets. Credentials can be picked up the day of a meet at Nutter Field House or the UK Outdoor Track (depending on if indoors or outdoors). Requests should be made through the Media Relations Office by contacting **Jake Most**.

MEDIA SERVICES

During meets, media will be provided with notes and updated results. Final results will be available shortly following each meet.

POST-MEET INTERVIEWS

Interviews with athletes and coaches are done in an informal manner on track following each meet. For assistance in locating any member of the Kentucky team, find Jake Most for help. For assistance with opposing athletes and coaches, please see the opposing SID.

PRACTICE/INTERVIEWS

Player are available for interviews upon request.

All practices take place at the Nutter Field House and the UK Outdoor Track and Field Complex, depending on season and weather, and are subject to change based on class schedules of the athletes and travel as well as meet schedules. Interviews with coaches and/or athletes are after practice and phone interviews may be arranged. Advance notice is requested for all interviews. Please arrange all interviews through the Kentucky Media Relations Office and track and field contact Jake Most.

PHOTOS

The UK Media Relations office sometimes provides media with high-resolution digital images for use upon request. Please contact Jake Most to request photos of UK men's soccer player and/or coaches.

INTERNET

The official website for UK athletics, www.UKathletics.com is the place to find updated rosters, schedules, results and statistics.

SOCIAL MEDIA

The Kentucky track and field program's story is told primarily through its social media accounts. Be that via facebook, twitter or Instagram, the best way to get to know the Wildcats and follow the season in-depth is by following @KentuckyTrack.

The Week Ahead

May 9- Travel to Knoxville, Tenn.

March 11-13 - SEC Championships

May 22 - Travel to NCAA East Prelims in Tampa, Florida

May 24-26 -- NCAA East Preliminary Championships

June 3 -- Travel to NCAA Championships in Eugene, Oregon

QUICK FACTS

UNIVERSITY

Location: Lexington, Ky.

Founded: 1865

Enrollment: 29,727

Nickname: Wildcats

Colors: Blue (PMS 286) and White

Conference: Southeastern Conference
(Conference USA (men's soccer only), GARC in rifle)

Stadium: Nutter Field House (Indoor)

UK Outdoor T&F Complex (Outdoor)

President: Dr. Eli Capilouto (Alabama, 1971)

Athletics Director: Mitch Barnhart (Ottawa, 1981)

TRACK AND FIELD STAFF

Head Coach: Edrick Floreal

Alma Mater: Arkansas (1990)

Sixth year at UK

Six years prior at Stanford

Assistant Coach: Hakon DeVries

Assistant Coach: Andrew Ninow

Assistant Coach: Rondel Sorriello

Assistant Coach: Toby Stevenson

Assistant Coach: Antwan Wright

Director of Operations: Kayla McQueen

TRACK & FIELD HISTORY

Best SEC Finishes

Women's indoor: third, 3x - 74 points in 2018/
72 points in 2017/92 points in 1989

Men's indoor: Second, twice - 48 points in 1971/
20 points in 1960

Women's outdoor: second in 1981: 150 points

Men's outdoor: Second in 1971: 114 points

Best NCAA Finishes

Women's indoor: third in 2018: 34 points

Men's indoor: Seventh in 1996: 22 points

Women's outdoor: second in 2015: 50 points

Men's outdoor: ninth in 2008: 25 points

MEDIA RELATIONS

Track and Field Contact: Jake Most

Media Relations Office: 859-257-3838

Media Relations Fax: 859-257-4310

Most Office: 859-218-1475

Most Cell: 516-996-3229

Most E-Mail: jake.most@uky.edu

Website: www.UKathletics.com

Twitter/Instagram: @KentuckyTrack



KENTUCKY

TRACK & FIELD

USTFCCA COMPUTER TOP-25 (MAY 7, 2018)

Women's teams

1	LSU
2	Oregon
3	Southern California
4	Arkansas
5	Kentucky
6	Georgia
7	Stanford
8	Texas A&M
9	Florida
10	Minnesota
11	Purdue
12	Texas
13	Arizona State
14	New Mexico
15	Tennessee
16	Kansas State
17	Alabama
18	Missouri
19	Texas Tech
20	UCLA
21	Virginia Tech
22	Miami (Fla.)
23	Ole Miss
24	Harvard
25	Boise State

Men's teams

1	Florida
2	Texas Tech
3	Alabama
4	Houston
5	Texas A&M
6	Georgia
7	BYU
8	Arkansas
9	Southern California
10	Florida State
11	Oregon
12	LSU
13	Kentucky
14	Northern Arizona
15	Texas
16	North Carolina A&T
17	Kansas
18	TCU
19	Illinois
20	Mississippi State
21	Nebraska
22	Arizona
23	Stanford
24	Baylor
25	Penn State

AWARDS

2018 SEC INDOOR

USTFCCA National Indoor Field Athlete of the Year

Tim Duckworth

2018 SEC INDOOR

Freshman Runner of the Year

Sydney McLaughlin

Field Athlete of the Year

Tim Duckworth

2018 ALL-SEC INDOOR

Women's

First Team All-SEC

Jasmine Camacho-Quinn

Olivia Gruver

Sydney McLaughlin

Second Team All-SEC

Kayelle Clarke

Marie-Josée Ebwea-Bile

Katy Kunc

Faith Ross

2018 BOWERMAN WATCH LIST

May 2

Sydney McLaughlin

Receiving votes: Jasmine Camacho-Quinn and Tim Duckworth

April 18

Sydney McLaughlin

Feb. 27

Sydney McLaughlin, Olivia Gruver

Feb. 7

Sydney McLaughlin, Olivia Gruver

2018 WEEKLY HONORS

USTFCCA National Athlete of the Week

Tim Duckworth - April 10

Sydney McLaughlin - Feb. 26

Olivia Gruver - Jan. 16

Sydney McLaughlin - Dec. 12

SEC Athlete of the Week

Runner: Jas. Camacho-Quinn: May 1

Freshman: McLaughlin, St. Hillaire-May 1

Field: Tim Duckworth - April 10

Field: M-J Ebwea-Bile: March 20

Runner: Jas. Camacho-Quinn - Feb. 13

Freshman: Sydney McLaughlin - Feb. 13

Freshman: Sydney McLaughlin - Feb. 6

Freshman: Dwight St. Hillaire - Feb. 6

Freshman: Dwight St. Hillaire - Jan. 16

2018 SEC INDOOR

Freshman Runner of the Year

Sydney McLaughlin

Field Athlete of the Year

Tim Duckworth

2018 ALL-SEC INDOOR

Women's

First Team All-SEC

Jasmine Camacho-Quinn

Olivia Gruver

Sydney McLaughlin

Second Team All-SEC

Kayelle Clarke

Marie-Josée Ebwea-Bile

Katy Kunc

Faith Ross

All-Freshman Team

Sydney McLaughlin

Men's

First Team All-SEC

Jacob Thomson

Second Team All-SEC

Tim Duckworth

2018 USTFCCA Region Southeast Track Athlete of the Year

Sydney McLaughlin

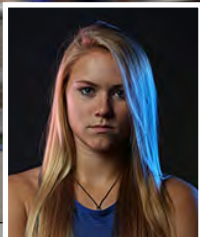
Southeast Field Athlete of the Year

Olivia Gruver

Southeast Women's Coach of the Year

Edrick Floreal



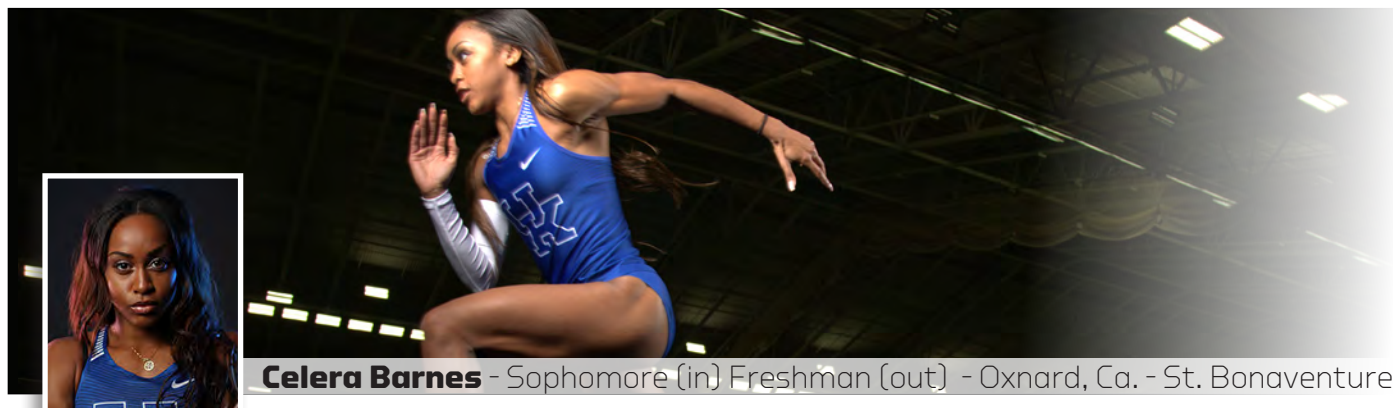


Nicole Bagby - Freshman - Mason, Ohio - Mason HS

PRs: PV: 12'5.5"/3.80m

Notables

- Placed fifth in her first meet as a Wildcat at the 2017 Hoosier Open, recording a 12'5.5" PV
- Recorded a 11'9.75" clearance to place 14th in her first home meet at the 2018 Kentucky Invitational
- Ohio state bronze medalist in pole vaulting as a high school junior and senior
- New Balance Nationals competitor in 2017, placing 25th as senior
- Tied for third in the pole vault at the 2018 Vanderbilt Black and Gold Invitational
- Finished with a personal best and fifth place with a pole vault mark of 3.80m/12'5.5" at the 2018 Tennessee Relays



Celera Barnes - Sophomore (in) Freshman (out) - Oxnard, Ca. - St. Bonaventure

PRs: 60m: 7.25 | 100m: 11:41 | 200m: 23.54

Notables

- Broke her previous 60m PR from January at the Clemson Tiger Paw Invitational in February to place 3rd
- Ran a 60m PR to take second at the Clemson Invitational in mid-January
- Finished third at the USATF Junior Championships in the 100m with a personal best time of 11.41
- Made the semifinals at the IAAF World U20 Championships in the 100m
- Ran the first leg on UK's 43.13 season-opening 4x100m relay
- Ran a PB 200m in 23.54 to place 22nd in the preliminary rounds of the 2018 SEC Indoor Championships
- Was part of UK's 4x200m relay that placed first and broke a meet and track record of 1:30.76 at the 2018 Tennessee Relays
- Won the 100m at the Kentucky Relays



Avery Bussjager - Junior - Marietta, Ga. - Walton HS

PRs: 1500m: 4:33.36 | 3k: 9:49.66 | 5k: 17:01.99 | 10k: 37:10.35

Notables

- Ran a PB in the 1500m with a time of 4:33.36 to place sixth at the 2018 UCF Black and Gold Challenge.
- Ran a PB 3k time of 9:49.66 at the 2018 Rod McCravy Memorial to place 2nd.
- Placed 12th with a mile time of 5:05.4 in the 2017-2018 season opener at the 2018 Kentucky Invitational
- Finished as UK's No. 2 competitor and 50th overall at the 2017 Cross Country NCAA Southeast Regional with a 6k time of 21:48.5
- UK's No. 2 finisher at SEC Championships, 23rd overall with a 21:10.60 6k
- Ran her personal best 5k in 17:01.99 to place ninth at the 2017 Iowa State Classic
- Placed fourth at the 2016 Tyson Invitational with a 3k season-best 9:53.71
- 2015-16 SEC Freshman Honor Roll
- 2016 Fall and 2017 Spring SEC Honor Roll



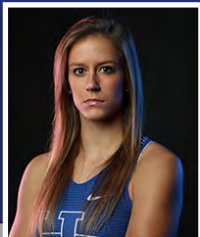
Jasmine Camacho-Quinn - Junior - North Charleston, SC - Fort Dorchester HS

PRs: 60H: 7.95 | 100H: 12.58 | 200m: 22.69

Notables

- 2018 First-Team All-America in the 60H, 200m and 4x400m relay, joined only by teammate Sydney McLaughlin to make first team in three events
- Second leg of UK's 2018 SEC bronze-medal indoor 4x400 relay
- SEC Runner of the Week on Feb. 13 and May 1
- First Team All-SEC – 2018 60H
- 2018 NCAA 60H Bronze Medalist at the 2018 Indoor Championships
- Ran on UK's indoor school-record breaking 4x400m relay that finished in 3:26.92 at the 2018 Florida Relays
- Was part of UK's 4x200m relay that placed first and broke a meet and track record of 1:30.76 at the 2018 Tennessee Relays
- Ran an NCAA leading and new PR 7.95 in the 60H to place as top collegian at the 2018 Clemson Tiger Paw Invitational in February
- 2017 NCAA Champion - 4x100m relay, running the second leg.
- 2016 NCAA Champion- 100H with a personal best time of 12.68 (+1.6)
- Four-Time SEC Champion: 2016 and 2017 100H, 2017 and 2018 60H
- 2016 Olympic Semifinalist (Puerto Rico) - 100H



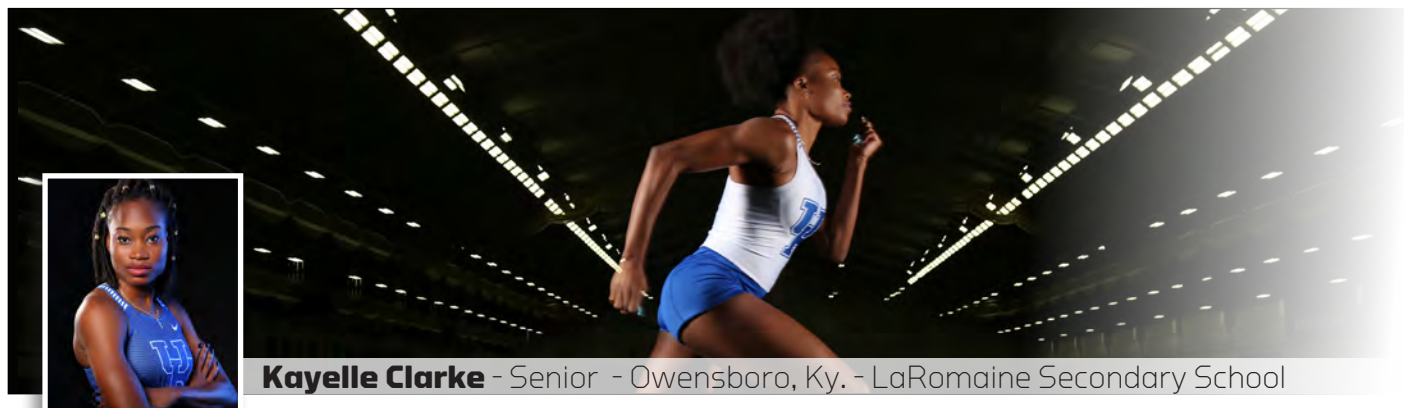


Riley Caudill - Freshman - Nicholasville, Ky. - Lexington Catholic

PRs: PV: 12'4.75"/3.78m

Notables

- Finished 8th at the 2018 Rod McCravy Memorial with a PR vault of 12'4.75"
- Vaulted a PR at the 2018 IU Relays
- Placed 14th at the 2018 Kentucky Invitational recording a 11'9.75" jump



Kayelle Clarke - Senior - Owensboro, Ky. - LaRomaine Secondary School

PRs: 100m: 11.31 | 200m: 22.83

Notables

- Took bronze with a PR, 22.83, in the 200m at the 2018 SEC Indoor Championships
- Ran on UK's 2018 SEC Indoor bronze-medal 4x400 relay
- Second Team All-SEC – 2018 (200m)
- Ran on UK's indoor school-record breaking 4x400m relay that finished in 3:26.92 at the 2018 Florida Relays
- Was part of UK's 4x200m relay that placed first and broke a meet and track record of 1:30.76 at the 2018 Tennessee Relays
- Placed 2nd in the 200m at the 2018 Rod McCravy Memorial with a time of 23.38
- 2017 NCAA Champion - 4x100m Relay, running the third leg.
- Claimed the Trinidad and Tobago silver medal in the 200m with a personal best 22.97 to qualify for the IAAF World Championships in London
- NCAA East Preliminary Championships quarterfinalist in the 200m and first-round qualifier in the 100m

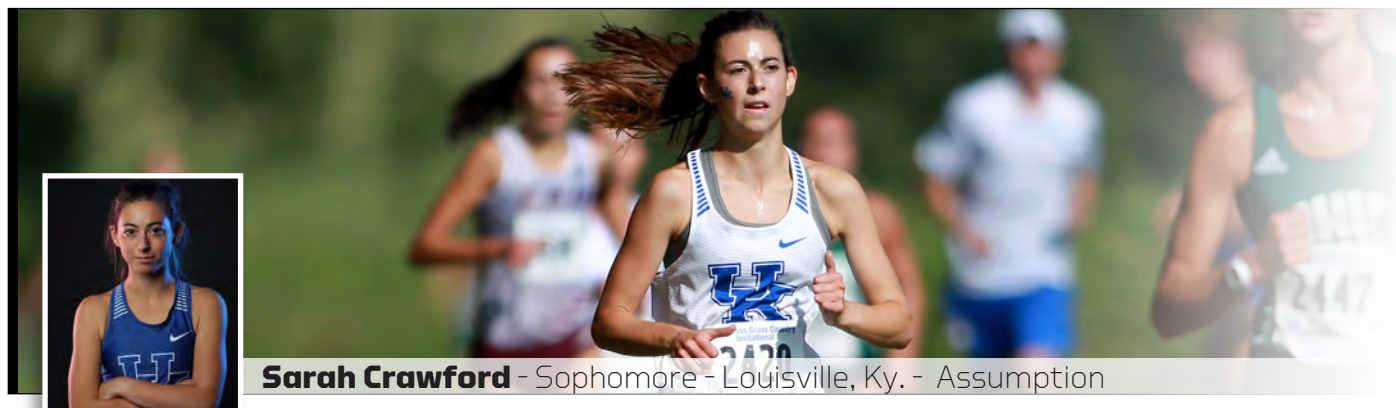


Latavia Coombs - Junior - St. Catherine, Jamaica - Holmwood Tech

PRs: 60H: 8.55 | 100H: 13.93 | LJ: 20'6.5" | TJ: 44'6" | Hept: 4778

Notables

- Posted a 12.37m triple jump to place 16th at the 2018 SEC Indoor Championships to qualify for the NCAA Championships
- Placed second at 2018 UCF Black and Gold Challenge in Triple Jump
- Finished second in the triple jump at the 2018 Tennessee Relays
- Win the triple jump at her first home meet for UK
- Transferred to UK before the 2018 season from New Mexico CC
- 2017 NJCAA Triple Jump, 100m hurdles, high jump and long jump champion
- Second in the 2017 NJCAA Outdoor Heptathlon
- Won the long jump and high jump at the 2017 NJCAA Indoor Championships

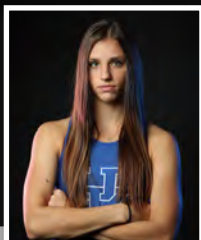


Sarah Crawford - Sophomore - Louisville, Ky. - Assumption

PRs: 800m: 2:17.28 | 1,500m: 4:33.19 | Mile: 4:59.67

Notables

- Ran on UK's DMR that placed 11th at the 2018 SEC Indoor Championships
- Finished with a personal best 4:33.19 in the 1500m at the 2018 Georgia Spec Towns Invitational.
- 2017 SEC First Year Honor Roll
- Ran the 1,500m four times in 2017, with a season best 4:38.87 coming at the Jesse Owens Classic at Ohio State
- Mile season best was 5:16.32 to place 31st at the 2017 McCravy

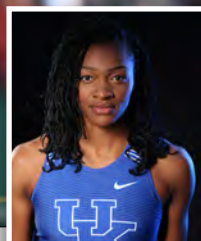


Alison D'Alessandro - Freshman - Chesterland, Ohio - West Geauga HS

PRs: PV: 12'4.75"/3.78m

Notables

- Tied for third in the pole vault at the 2018 Vanderbilt Black and Gold Invitational
- Vaulted a collegiate PR at the 2018 Rod McCravy Memorial to finish 5th
- Reached a PR clearance at 12-feet at the 2017 Kurt Frankel Invitational
- Placed fifth at the 2017 Ohio State meet in the pole vault



Marie-Josée Ebwea-Bile - Junior - Paris, France/Queens, NY - Benjamin Cardozo

PRs: LJ: 21'0.75m/6.42m | TJ: 13.91m/45'11.25"/14.00m

Notables

- Just joined the 14-meter triple jump club at the National Relays, a mark that ranks No. 3 in the nation and SEC
- SEC indoor Bronze medalist in 2018 with a then-PR in the triple jump
- Second Team All-SEC – 2018
- Won outdoor triple jump with a personal best 44'3.25"/13.49m at the 2018 UCF Black and Gold Challenge.
- SEC Athlete of the Week for the week of March 30
- Jumped a PR of 45'1.75" in the triple jump at the 2018 Rod McCravy Memorial to win.
- Placed sixth in the triple jump, and 10th in the long jump at 2018 NCAA Indoor Championships
- 2017 NCAA Silver Medalist in the Outdoor Triple Jump with a 44'11"/13.69m (+2.6)
- UK School Record holder in the triple jump
- UK Freshman record holder - Outdoor Triple Jump
- Qualified for her first NCAA Championships indoors in 2017
- SEC First-Year Honor Roll (2016-17)





Ellen Ekholm - Sophomore - Sweden

PRs: HJ: 6'0"/1.83m

Notables

- Tied her PB, 6'0"/1.83m to win the high jump at the National Relays, and move to No. 2 on the UK all-time list
- Cleared 5'10.75"/1.80m in the high jump to place sixth at the 2018 SEC Championships
- Placed third in the high jump at the 2018 Tennessee Relays
- SEC First-Year Honor Roll (2016-17)
- NCAA Championships qualifier in 2017 outdoors in the high jump where she placed 14th
- SEC All-Freshman team indoors and outdoors in 2017
- Represented Sweden at the European U23 Championships in Poland

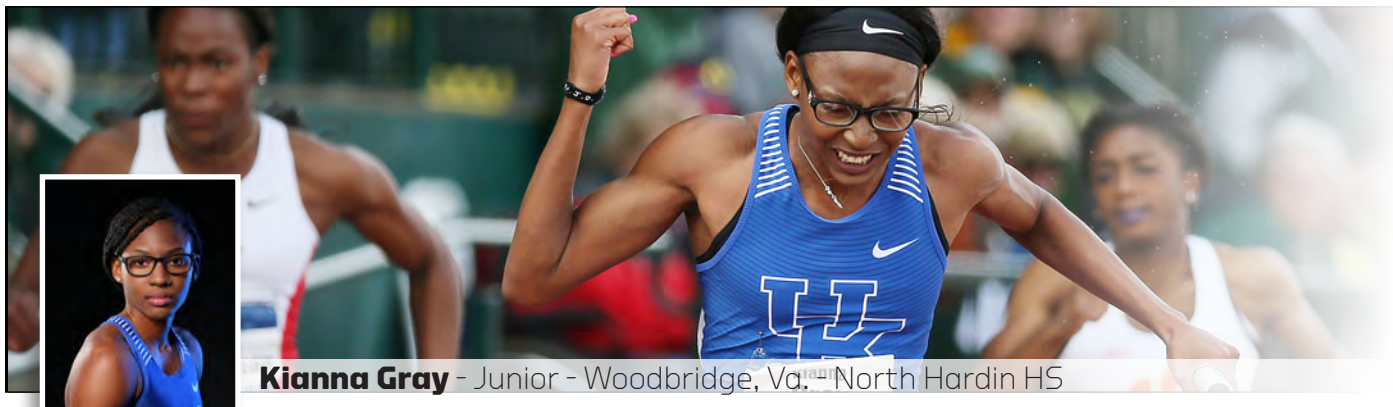


Nicole Fautsch - Sophomore - Rochester, Minn. - Rochester John Marshall

PRs: SP: 52'9.5"/16.09m | DT: 162'4"/49.48m | HT: 148'9"/45.35m | WT: 52'11"/16.13m

Notables

- Won the discus at the 2018 Kentucky Relays
- Tossed an outdoor PB 50'6.75" in the Shot Put at the National Relays at the end of April, moving to No. 6 on the UK all-time list
- Placed fifth with a 15.49m shot put at the 2018 SEC Indoor Championships
- Second in shot put at the 2018 UCF Black and Gold Challenge.
- Won the 2017 McCravy shot put with a PR of 52'9.5"
- USATF Junior Championships competitor in the shot put
- Finished 25th in the weight throw at 2017 Indoor SEC Championships
- A top-20 shot putter in the nation in high school



Kianna Gray - Junior - Woodbridge, Va. - North Hardin HS

PRs: 60m: 7.26 | 100m: 11.20 | 200m: 22.79 | 400m: 54.48

Notables

- Ran on UK's DMR that placed 11th at the 2018 SEC Indoor Championships
- Was first in women and second overall in 200m and top collegian in the 100m at the 2018 UCF Black and Gold Challenge
- NCAA Champion – 2017 Outdoor 4x100m Relay (anchor leg)
- Three-Time First Team All-America (2016 & 2017 4x100m relay, 100m - outdoor)
- SEC Bronze Medalist - 4x100m Relay (2016)
- Set the then-UK Freshman Record in the 200m with a time of 23.47



Olivia Gruver - Junior - Reisterstown, Md. - Franklin HS

PRs: PV: 15'3.75"/4.67m

Notables

- 2018 SEC Indoor PV Gold Medalist, where she cleared a PR in the pole vault 15'3.75"/4.67m, moving to No. 3 on the NCAA all-time performers' list
- First Team All-SEC – 2018
- Repeated as an NCAA Indoor bronze medalist in 2018 in the pole vault.
- On the Feb. 7, 2018 Bowerman Watch List
- Cleared 15'3"/4.65m in early Feb. at the McCravy Memorial, putting her fourth on the all-time list.
- Gruver remained unbeaten this season, as she also won event titles at the 2017 Hoosier Open, the Kentucky Invitational and the Clemson Invitational.
- NCAA Champion 2017 Outdoor Pole Vault clearing a PR 14'9"/4.50m to break her school record
- Competed at her first USATF Championships in June of 2017
- NCAA Bronze Medal - 2017 Indoor Pole Vault
- SEC Bronze Medal - 2017 Indoor Pole Vault



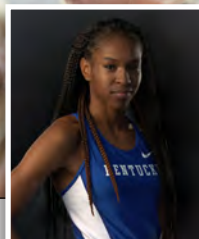
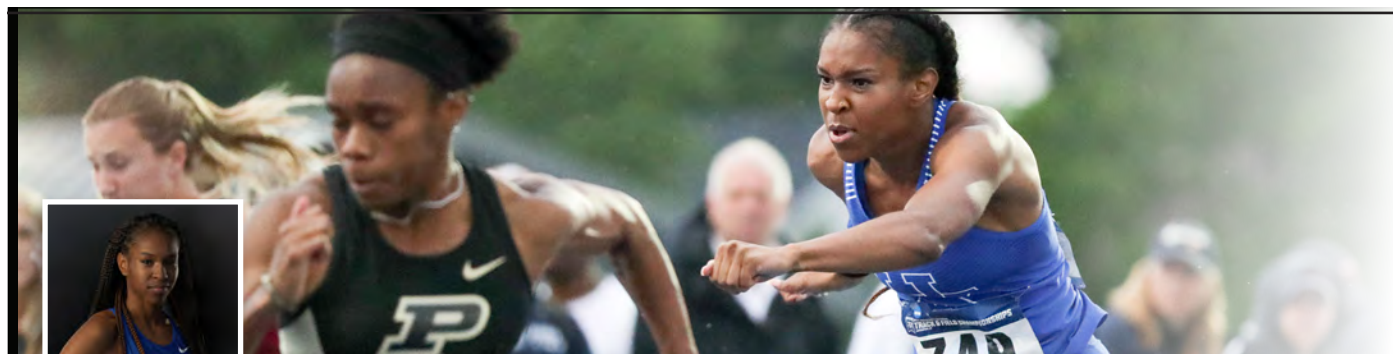


Carly Hinkle - Freshman - Winfield, WV - Winfield HS

PRs: HJ: 5'9"/1.76

Notables

- Just missed scoring at the 2018 SEC Indoor Championships in the high jump, placing ninth
- USATF National Junior Olympic Champion in the high jump in 2016
- West Virginia State Champion in the high jump in 2017 and 2016
- Jumped a PR 5'9" at the USATF Region Five Championships in July 2016

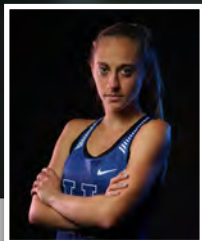


Jacklyn Howell - Senior - Raleigh, NC. - Southeast Raleigh HS

PRs: 55m: 7.15 | 300: 40.28 | 55H: 7.95 | 60H: 8.15 | 100H: 13.79 | 300H 42.94 | 400H: 1:01.07

Notables

- Won the 100m hurdles at the 2018 UCF Black and Gold Challenge
- A member of UK's first place 1600m sprint relay team that won the 2018 Tennessee Relays
- Finished second in the 100m hurdles at the 2018 Georgia Spec Towns Invitational
- Ran a PR 60H in 8.15 at the 2018 Rod McCravy Memorial
- Qualified for the NCAA Championships in the 60m hurdles each of the last two years
- 2016 SEC Bronze Medal - 60m hurdles
- Won the 2017 USATF National Junior Olympics posting the nation's No. 14 100H time of 13.79 into a -0.9 wind
- Her 400m personal-best time of 1:01.07 was the 25th best by a U.S. high school competitor in 2013

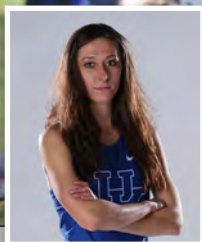
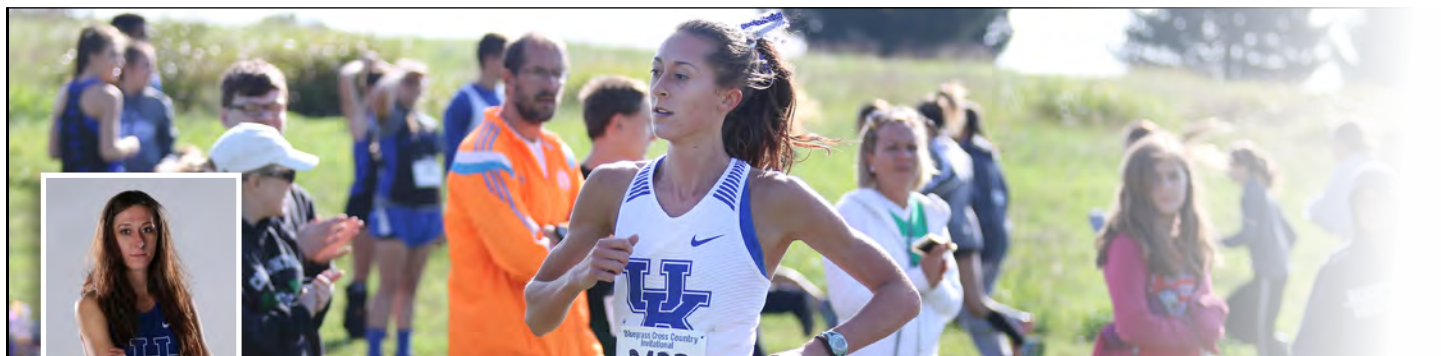


Katy Kunc - Senior - Burke, Va. - Lake Braddock HS

PRs: 1,500m: 4:25.95 | Mile: 4:45.43 | 3k: 9:17.60 | 3k Steeple: 9:55.59 | 6k (xc): 20:12.60

Notables

- Ranked fourth in the SEC in the 3k steeplechase this year, having run 10:17.40 in a virtual time trial in her only race in the event this year at the Florida Relays
- Fourth in the 1500m at the 2018 UCF Black and Gold Challenge.
- Took silver in the 5k, and bronze in the 3k at the 2018 SEC Indoor Championships
- 2017 SEC Scholar-Athlete of the Year – Cross Country
- 2017 SEC Champion - 3k outdoor steeplechase
- 2017 NCAA Finalist – 3k outdoor steeplechase
- 2017 Second Team All-America -- 3k outdoor steeplechase
- Two-Time SEC Bronze Medalist - Cross Country (2016 and 2017)
- 2017 SEC Cross Country Scholar-Athlete of the Year

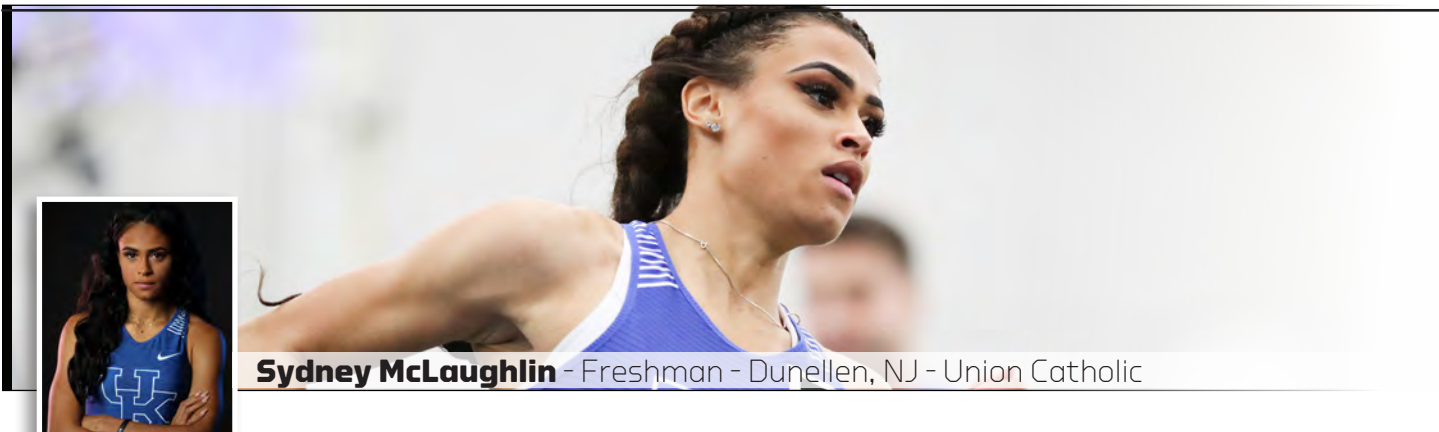


Michelle McKinney - Senior - Eaton, Ohio - Eaton Community Schools

PRs: 800m: 2:10.32 | 1,500m: 4:22.14 | Mile: 4:47.08

Notables

- Anchored UK's first place 1600m sprint relay team that won the 2018 Tennessee Relays
- Scored two points, placing seventh at the 2017 SEC Championships in the mile
- SEC Honor Roll – 2017
- Scored her first SEC point, placing eighth at the 2017 SEC Outdoor Championships in the 1,500m, running a PB 4:22 in the prelims to qualify
- NCAA East Prelims qualifier in the 1,500m in 2017
- Won the mile with a PR of 4:47.08 in the mile at the 2018 Clemson Tiger Invitational
- Scored on UK's fifth-place DMR at 2017 SEC Championships
- Won the 1,500m at the 2015 UTSA Challenge
- Placed 23rd in the indoor 800m at 2015 SEC Championships in Nutter Field House

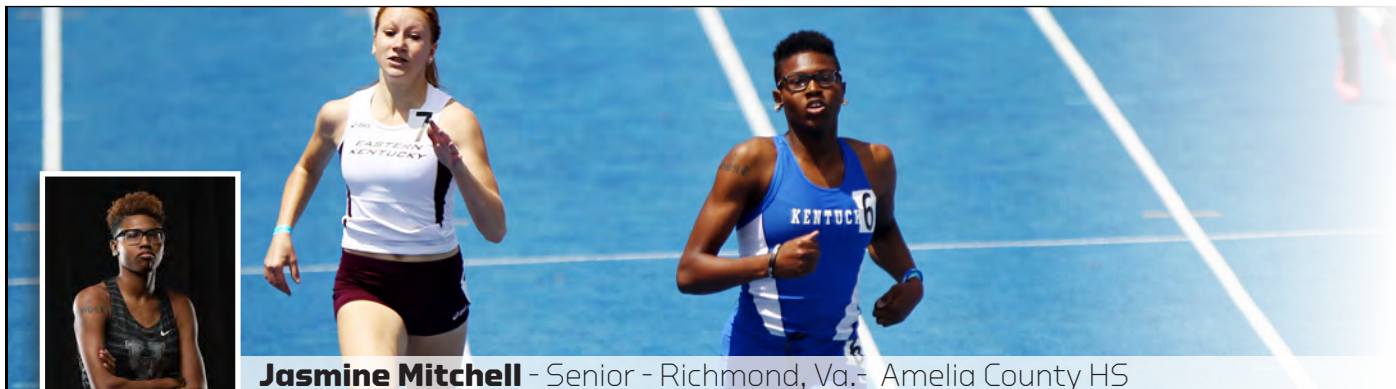


Sydney McLaughlin - Freshman - Dunellen, NJ - Union Catholic

PRs: 60H: 8.17 | 100H: 13.34 | 200m: 22.95m | 400m: 50.07 | 400H: 53.60

Notables

- NCAA leader in the 400m, 50.07 (in the rain), which ranks No. 2 on the NCAA all-time performers' list
- NCAA leader in the 400m hurdles, having run 53.60 in her collegiate debut, which ranks No. 4 on the NCAA all-time list and lowered her World U20 record
- Ranked No. 2 in the NCAA in the 200m having run 22.39 at the Florida Relays
- Ranked No. 8 on the NCAA qualifiers list (Winds < 4.0m/s) having run 11.03w (+3.5) at the Tennessee Relays
- 2018 NCAA Indoor Silver Medalist in the 400m, having run the second fastest indoor time ever 50.36 in the final
- 2018 SEC Indoor Champion in the 400m, running a PR 50.52
- Has broken 50 seconds for a quarter-mile split on UK's 4x400m relay twice this outdoor season
- Ran the third leg on UK's SEC bronze-medal 4x400m relay
- USTFCCA National Athlete of the Week on Dec. 12, Feb. 26 and April 3
- SEC Freshman of the Week on Feb. 6 and 13, and May 1
- SEC Women's Freshman Runner of the Year – 2018
- First Team All-SEC – 2018
- SEC All-Freshman Team
- Silver in the 400m at the 2018 Indoor NCAA Championships, running a 50.32 to break her personal best and junior world record, ranking No. 2 in collegiate indoor records and best ever by a freshman.
- Ran on UK's indoor school-record breaking 4x400m relay that finished in 3:26.92 at the 2018 Florida Relays
- Named National and SEC Athlete of the week for the week of April 3.
- Was part of UK's 4x200m relay that placed first and broke a meet and track record of 1:30.76 at the 2018 Tennessee Relays
- 2016 Olympian for Team USA in the 400H to become the youngest American Olympian since 1976
- Broke a Kentucky freshman record in the 400m in her collegiate debut at the 2018 Rod McCravy Memorial
- NCAA leader in the 400m, and second in the nation in the 200m
- Kentucky School Record: 400m: 51.44
- Kentucky Freshman Record - 200m (22.39)
- World U20 Record - 400H (53.60)
- Gatorade National High School Athlete of the Year in 2016 and 2017
- National HS Record - 300H (38.90)
- National HS Indoor Record - 400H
- World Record - DMR (10:40.31)
- 2015 IAAF World Youth Champion - 400H
- 2016 USATF U20 Champion - 400H
- 10-Time HS National Champion

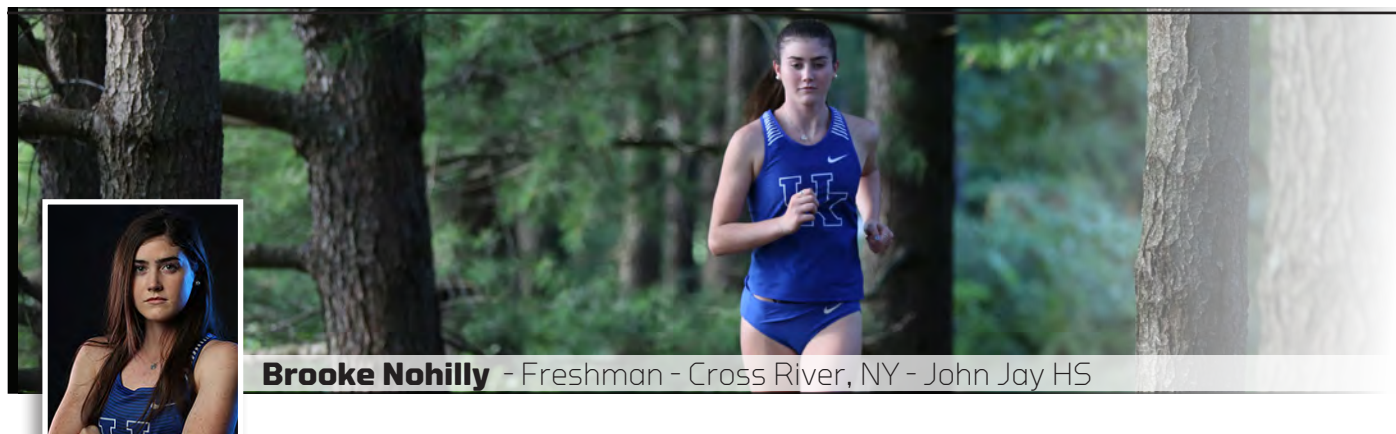


Jasmine Mitchell - Senior - Richmond, Va.- Amelia County HS

PRs: 200m: 24.22 | 400m: 53.96

Notables

- A member of UK's first place 1600m sprint relay team that won the 2018 Tennessee Relays
- Projects to be a 4x400m relay specialist this season
- Qualified for the 2015 NCAA East Regional where she ran a season best time of 53.96 seconds in the 400m
- Ran a career best time of 54.43 seconds at the 2015 ACC Indoor Championships in the 400m race en route to a seventh place finish

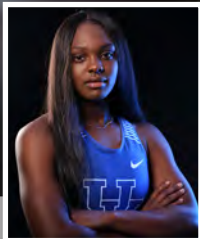
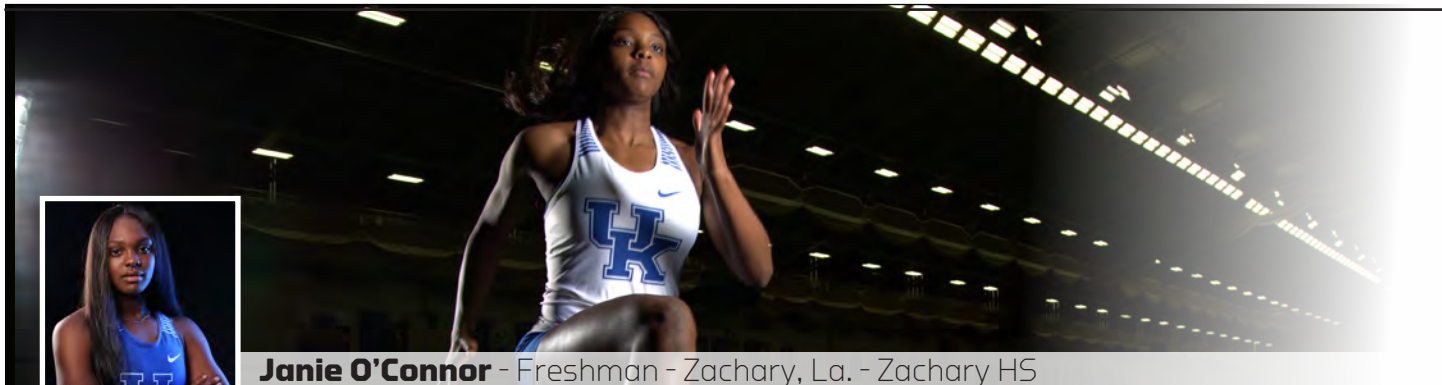


Brooke Nohilly - Freshman - Cross River, NY - John Jay HS

PRs: 800m: 2:11.05

Notables

- Ran the 800m leg on UK's DMR at 2018 SEC Indoor Championships
- Placed 8th in the 800m at the 2018 Rod McCravy Memorial
- New Balance Indoor Nationals competitor in the 800m, taking 11th in 2:13.45
- Took bronze in the 600m indoor and 400m hurdles at the New York State Championships
- Took 25th at New Balance Outdoor Nationals in the 2k steeplechase in 2014

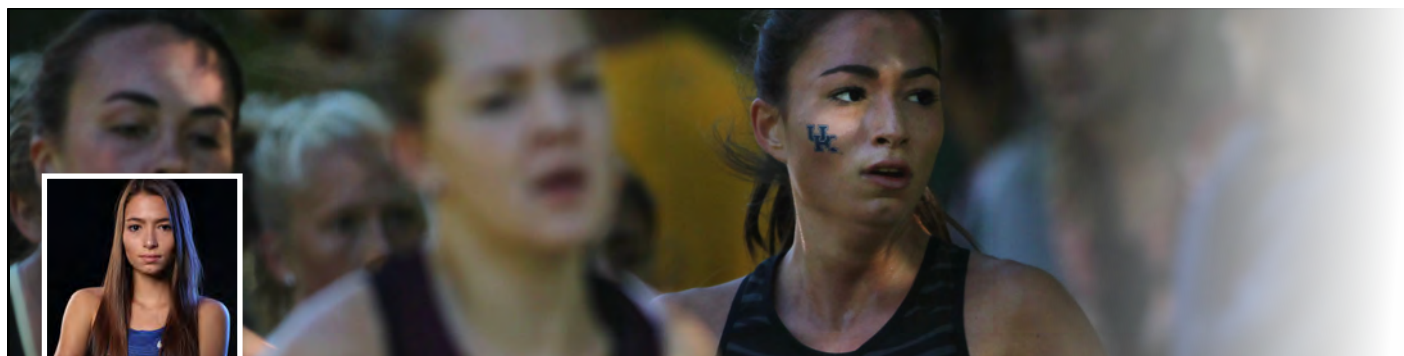


Janie O'Connor - Freshman - Zachary, La. - Zachary HS

PRs: 60m: 7.48 | 110m: 11.52 | 200m: 23.36 | 400m: 53.73

Notables

- Won the 200m, and placed third in the 100m at the Kentucky Relays
- Ran on UK's third-place 4x200m relay at the National Relays
- Second overall and top collegian in the women's 200m and second in the 100m at the 2018 Georgia Spec Towns Invitational.
- 11-Time Louisiana State Champion
- 2017 The BR Advocate Athlete of the Year

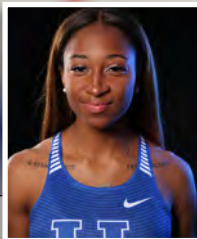
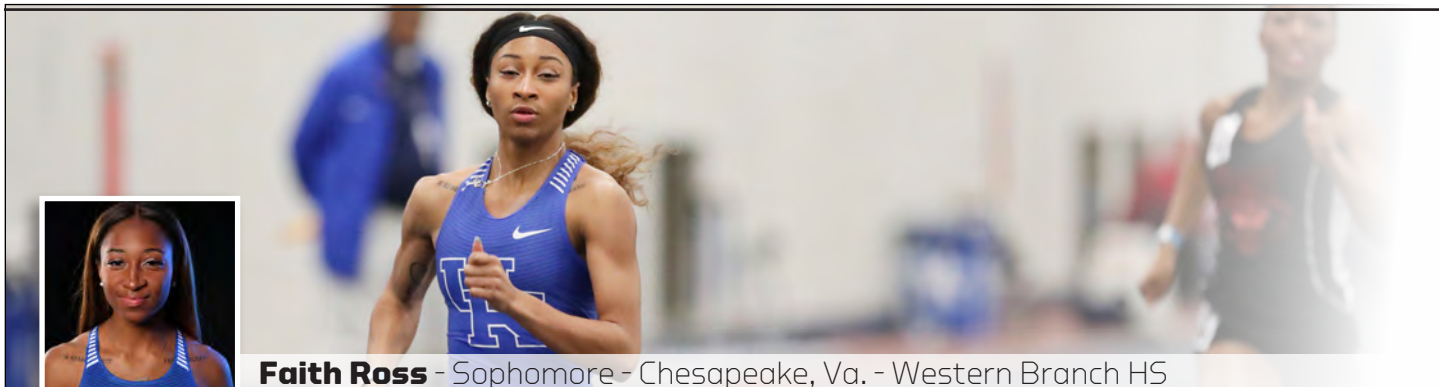


Madisyn Peeples - Freshman - Bowling Green, Ky.- Bowling Green HS

PRs: 5k (xc): 17:48.60

Notables

- Ran 6k season-best in 22:25.30 to place 93rd at 2017 NCAA Southeast Cross Country Regionals
- Sixth at the Kentucky State Cross Country Championships in 2016 and fourth in 2015



Faith Ross - Sophomore - Chesapeake, Va. - Western Branch HS

PRs: 100H: 13.72 | 400m: 53.91 | 400H: 58.07 | 800m: 2:10.27

Notables

- First-Team All-America - Indoor 4x400m relay
- Ran on UK's 2018 SEC Indoor bronze-medal 4x400 relay.
- Second Team All-SEC – 2018 (4x400m relay - indoor)
- Ran on UK's indoor school-record breaking 4x400m relay that finished in 3:26.92 at the 2018 Florida Relays
- A member of UK's first place 1600m sprint relay team that won the 2018 Tennessee Relays
- Ran a PR 60H in 8.19 at the 2018 Rod McCravy Memorial
- Placed 13th at the 2017 Outdoor SEC Championships in the 400m hurdles
- SEC First-Year Honor Roll (2016-17)
- Three-time Virginia State Champion
- USATF World Youth Trials Bronze Medalist in 2015 with a 400m hurdles PR 58.07

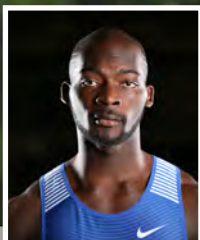


Caitlin Shepard - Sophomore - Lake Zurich, Ill. - Lake Zurich HS

PRs: 3000m: 10:05.84 | 5k: 17:04.64

Notables

- Placed second with a PB 17:04.64 in the 5000m at the 2018 Vanderbilt Black and Gold Invitational
- Placed fourth with a PR in the 3000m with a time of 10:05.94 at the 2018 Rod McCravy Memorial
- SEC First-Year Honor Roll
- Placed 62nd at the 2017 SEC Cross Country Championships with a 6k time of 22:15.1

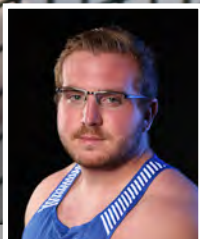


Mohammed Abubakar - Senior - Obuasi, Ghana - Obusi Senior Tech

PRs: LJ:25'3.25| TJ: 50'4.75

Notables

- Has long jumped twice in the 2018 outdoor season, having finished third at National Relays, and fifth at Florida Relays
- Outdoor season-best is 25'8.75"/7.84mw (+2.7)
- Won the long jump at the 2018 Rod McCravy Invitational with a mark of 24'9.25"/7.55m
- Placed 14th in the 2017 SEC Indoor long jump
- Placed seventh at the 2017 SEC Relays long jump
- Won the Texas Invitational long jump with a windy PB 26'2.25/7.98m (+2.1)
- Transfer from Iowa Central CC
- 2016 National Junior College Silver Medalist in the long jump



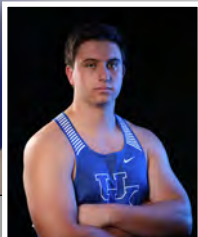
Logan Bryer - Senior - Genoa, Ohio - Genoa HS

PRs: WT: 66'8.75"/20.34m | HT: 204'3.75"/62.28m | DT: 166'3"/50.67m

Notables

- Threw a PB discus with a mark of 166'3"/50.67m at the 2018 Tennessee Relays
- 2017 SEC Honor Roll
- In 2017 placed eighth in the SEC weight throw with a personal best 66'8"/20.32m
- Placed 4th at USATF Junior Championships in Oregon with a hammer throw of 219'9"/66.98m



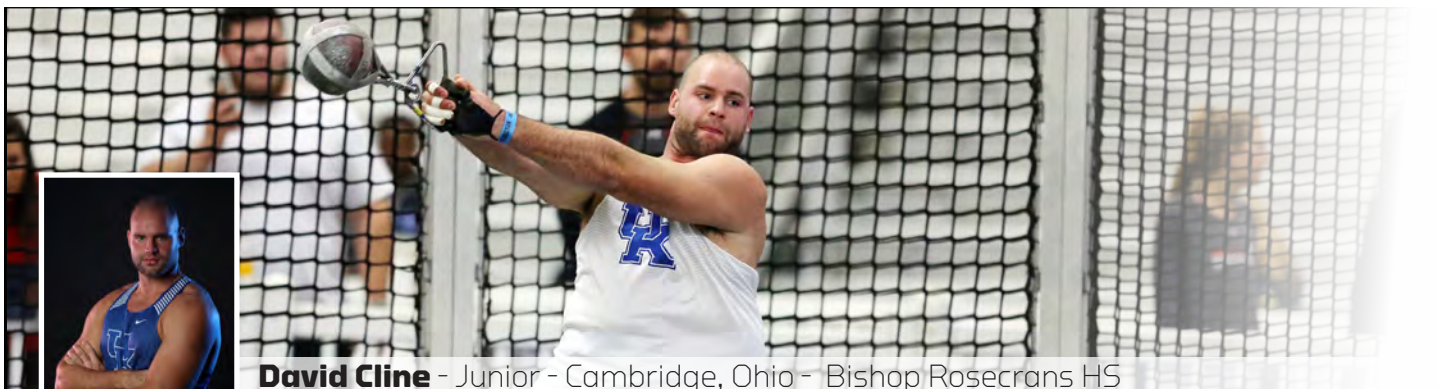


Noah Castle - Junior - Wauseon, Ohio - Wauseon HS

PRs: SP: 6'11"/75"/18.59m | DT: 190'1.5"/57.95m | WT: 52'1.25"/15.88m

Notables

- Second in shot put at the 2018 UCF Black and Gold Challenge.
- Threw a PB at the 2018 Florida Relays for a mark of 190'1/57.95m for No. 8 on UK's all-time list
- Placed second in the discus at the 2018 Tennessee Relays
- Placed seventh in the shot put at 2018 SEC Indoor Championships, scoring two points
- Improved his shot put PR at the 2018 Tiger Paw Invitational, throwing 61'0"/18.59m
- Won the shot put at the 2018 Rod McCravy Invitational
- Shot putting past 60-feet for the first time this year
- Placed 10th at the SEC Indoor Championships in 2017
- 2017 SEC Community Service Team
- 4th best discus thrower in the nation for the class of 2015
- Tossed a season best 166'4"/50.70m in the discus at the Kentucky Relays to place 4th in 2016

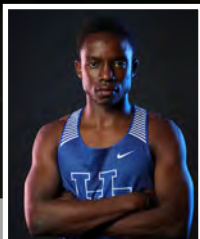
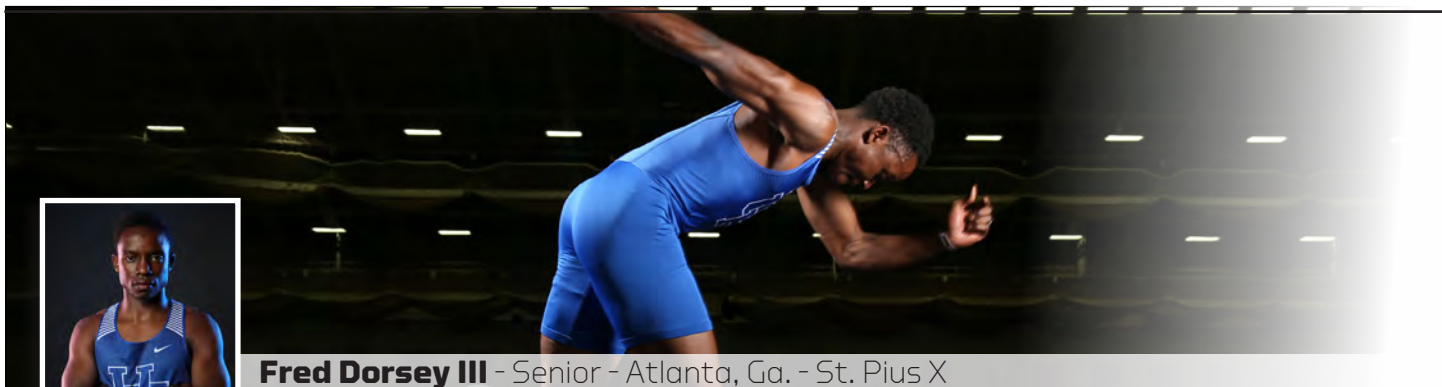


David Cline - Junior - Cambridge, Ohio - Bishop Rosecrans HS

PRs: SP: 48'11.5" | HT: 217'6"/66.29m | DT: 129'4"/39.43m | WT: 67'8.75"/20.64m

Notables

- Won the hammer throw at the Kentucky Relays
- Won the hammer throw at the 2018 UCF Black and Gold Challenge with a mark of 217'6"/66.29m, a personal best good for No. 2 all-time UK performance.
- 2017 SEC Honor Roll
- Scored SEC points in 2017 with a school-record 67'8.75"/20.64m in the weight throw
- Placed second in the hammer throw at the Virginia Challenge as a sophomore
- UK record holder in the weight throw

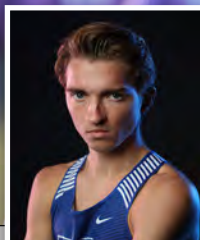
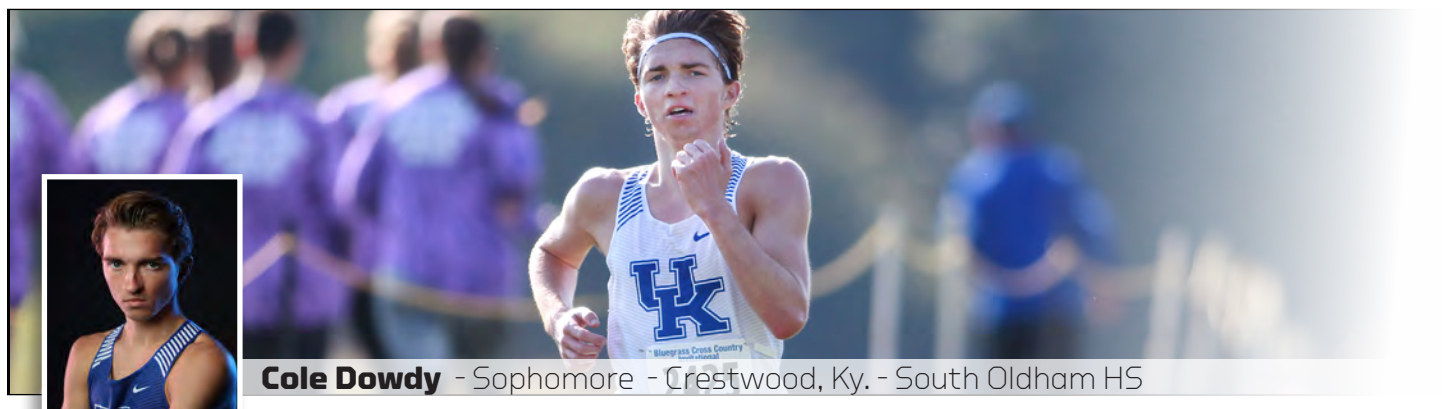


Fred Dorsey III - Senior - Atlanta, Ga. - St. Pius X

PRs: LJ: 25'2.5"/7.68m | 100m: 10.40

Notables

- Won the long jump on senior day at the Kentucky Relays
- Won the 100m at the 2018 Georgia Spec Towns Invitational
- As a sophomore, placed 12 in the NCAA Championship qualifier in the long jump
- SEC Honor Roll and 2016 SEC Community Service Team
- Placed 9th in the long jump at his first SEC Outdoor Championships

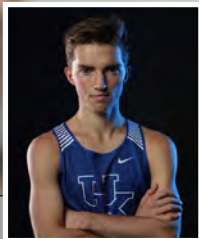


Cole Dowdy - Sophomore - Crestwood, Ky. - South Oldham HS

PRs: 3k: 8:32.82 | 5k: 15:21.98

Notables

- Placed 7th in the McCravy 5k and 25th in the Kentucky Invitational 3k in 2017 as a freshman
- Placed 59th at SEC Cross Country Championships as a sophomore
- SEC First Year Honor Roll in 2017

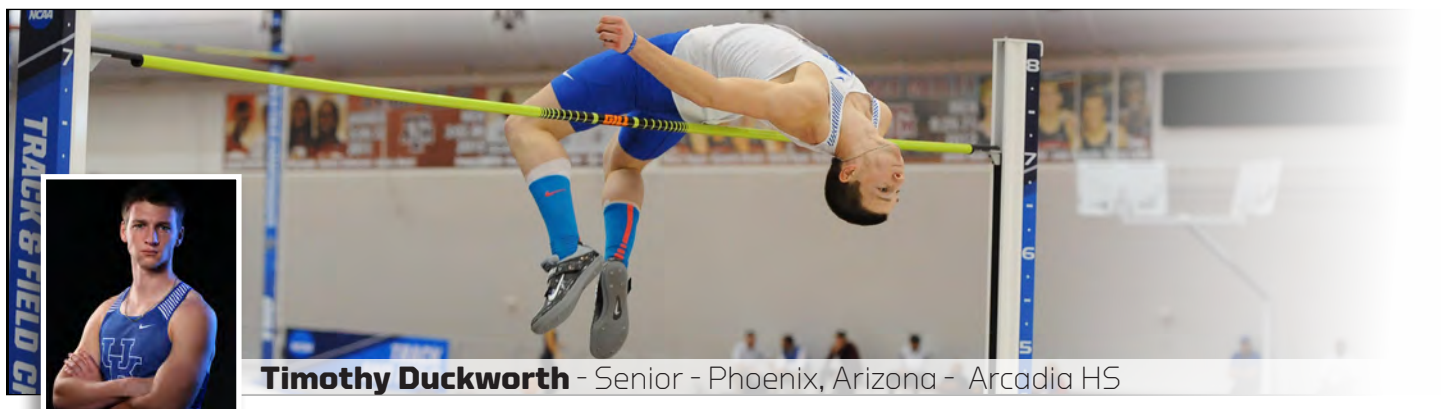


Tanner Dowdy - Sophomore - Crestwood, Ky. - South Oldham HS

PRs: 1,500m: 4:03.90 | 3k: 8:31.72 | 5k: 15:18.00

Notables

- Freshman season best 5k time was 15:18:00 at the Tennessee Relays
- Placed 3rd at the Kentucky Relays
- 8k season best was 25:23:00 to place 28th at the Bluegrass Invitational as a sophomore



Timothy Duckworth - Senior - Phoenix, Arizona - Arcadia HS

PRs: Heptathlon: 6,188 | Decathlon: 8,145

Notables

- SEC Men's Field Athlete of the Year – 2018
- Second Team All-SEC – 2018
- Scored an NCAA-leading, school record 8,145 points in the decathlon at the 2018 Georgia Spec Towns Invitational
- Was first Wildcat to win gold in the Heptathlon at the 2018 NCAA Indoor Championships since 1996.
- 2018 National Indoor Field Athlete of the Year (USTFCCA)
- 2018 NCAA Champion - Heptathlon
- Produced a PB decathlon score 8,145 to win the 2018 Bulldog Decathlon including a 26'4"/8.03m long jump
- British record in the Heptathlon (6,188)
- Current NCAA leader in the heptathlon – 6,071 points.
- Top returning placer from NCAA last year – was heptathlon runner-up
- Especially good at the long jump Also a 7-foot+ high jumper



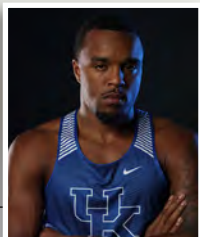
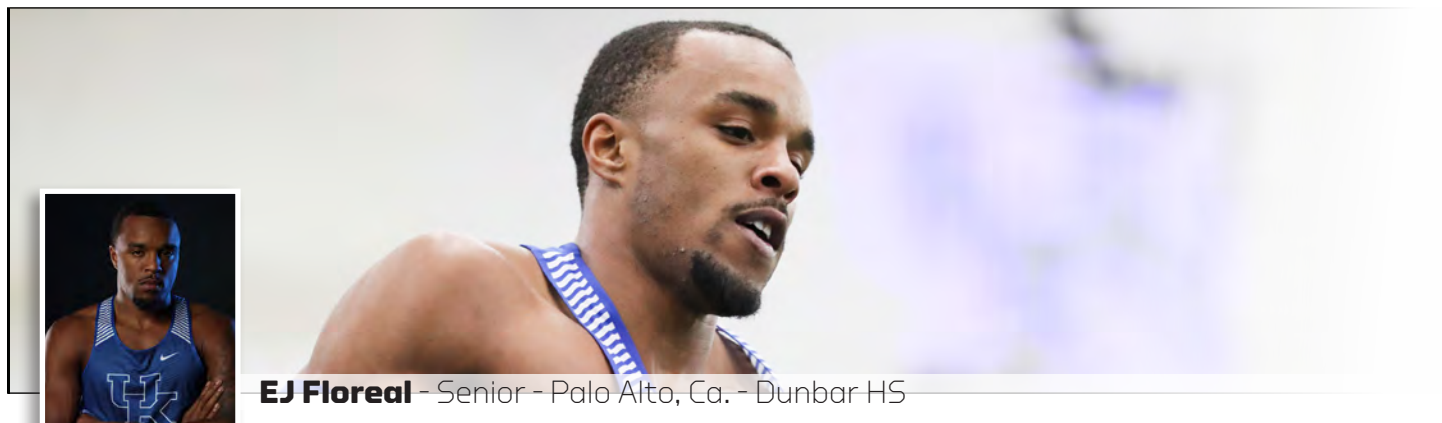


Brennan Fields - Sophomore - Richmond, Ky. - Madison Central HS

PRs: 1,500m: 3:49.36 | Mile: 4:09.64 | 3k Steeple: 9:17.11

Notables

- Ran more than a 10-second PB, 9:04.60 to win the 3k steeplechase at the Kentucky Relays
- 2017 SEC All-Freshman Team- 3k steeplechase
- SEC Freshman of the Week twice in cross country 2016, after the Bluegrass Invitational and Texas A&M Invitational
- As a junior in high school, he won the Kentucky State Cross Country meet
- Placed 4th at the Kentucky Twilight season-opening meet



EJ Floreal - Senior - Palo Alto, Ca. - Dunbar HS

PRs: 60m: 6.93 | 200m: 21.41 | 400m: 47.63

Notables

- Ran a PR in the 400m at the 2018 Clemson Tiger Paw Invitational
- Finished 4th in the 100 meter and third in the 200m at the State Championships in high school
- Won the Lexington City and Region Championships in the 100m and 200m in 2013
- Played on the UK men's basketball team the past three seasons (2013-14- 2015-16)

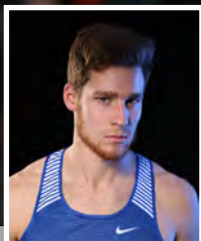
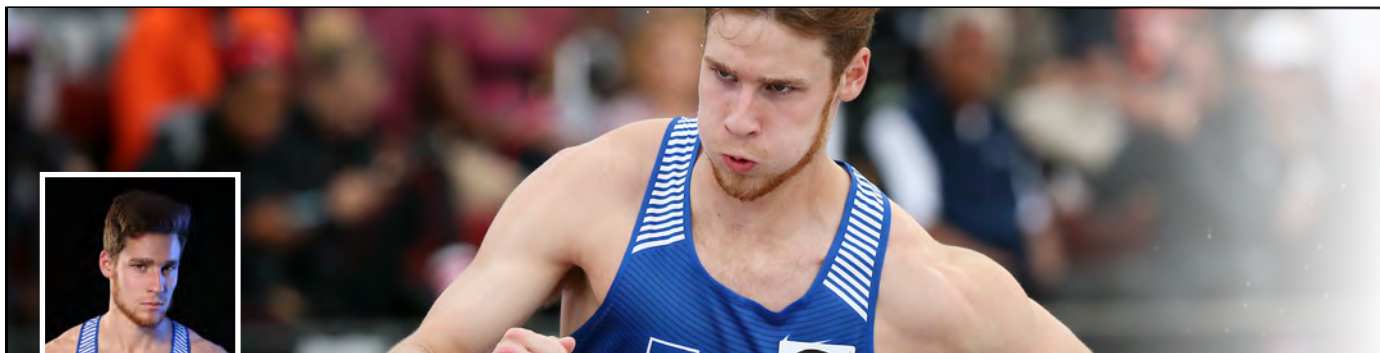


Nikolas Huffman - Senior - Bristol, Va. - Virginia HS

PRs: SP: 61'11.5"/18.89m

Notables

- Finished 2nd in shot put at the 2018 Rod McCravy Memorial
- Placed 13th at 2017 NCAA Outdoors with an outdoor season best PR mark of 61'8.5"/18.81m
- Placed fifth, scoring four points, at 2017 SEC outdoors
- Placed 6th at 2018 and 2018 SECs Indoors as a junior

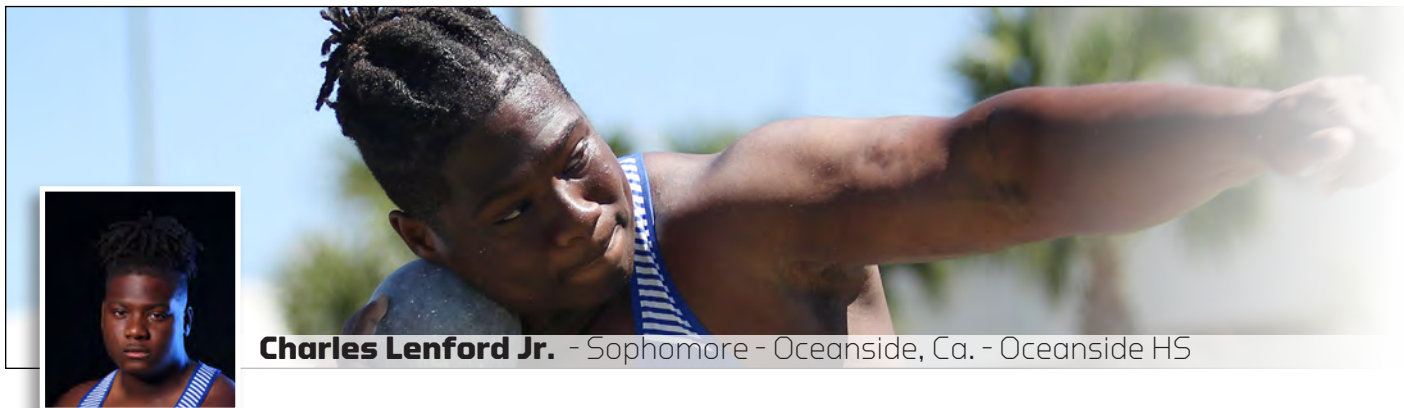


Ian Jones - Senior - Overland Park, Kan. - St. James Academy

PRs: 800m: 1:48.46

Notables

- Won the 400m at the 2018 Kentucky Relays on Senior Day
- Won the 800m at the 2018 Georgia Spec Towns Invitational
- 2017 NCAA East Preliminary Championships quarterfinalist, placing 23rd as a junior
- Ran a PR to score his first SEC points finishing seventh with an 800m PR 1:48.46 as a junior in 2017

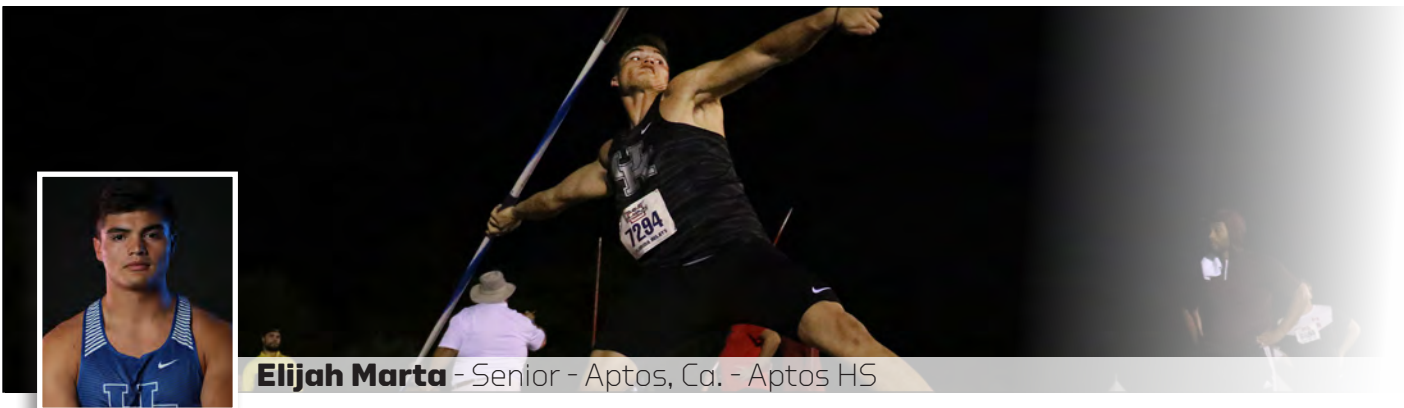


Charles Lenford Jr. - Sophomore - Oceanside, Ca. - Oceanside HS

PRs: DT: 177'11"/54.24m | SP: 62'8.75"/19.12m

Notables

- Tossed a two-foot PB, 62'8.75"/19.12m to place fourth in the shot put at the National Relays
- Won the discus at 2018 Kentucky Relays
- 2017 NCAA East Preliminary qualifier in the shot put and discus
- SEC All-Freshman Team in the shot put
- California Discus Champion in 2015
- AAU Junior Olympics Champion in the discus in 2015

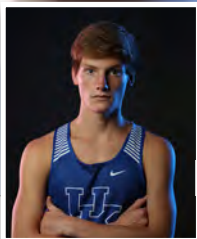


Elijah Marta - Senior - Aptos, Ca. - Aptos HS

PRs: JT: 218'7"/66.63m

Notables

- Tossed a three-foot PB 221'9"/67.60m to finish third at the National Relays, moving to No. 3 on the UK all-time list
- Placed seventh, scoring two points at the SEC Championships in the javelin with a season-best mark 211'7"/64.49m as a sophomore in 2016
- 2015 California State Champion in the javelin with a mark of 214'5"/65.36m



Alex Mortimer - Freshman - Lexington, Ky. - Bates Creek HS

PRs: 5k: 16:04.9

Notables

- Placed 57th at 2017 SEC Cross Country Championships

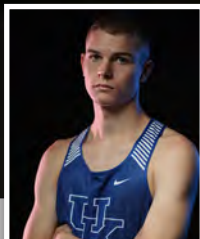


Kendall Muhammad - Junior - Lexington, Ky. - Dunbar HS

PRs: 1,500m: 3:44.83 | Mile: 4:06.00

Notables

- Placed second in the 1500m at the 2018 UCF Black and Gold Challenge.
- As a sophomore, qualified for NCAA East Preliminary Championships for the first time placing 44th in the 1,500m
- USATF U20 Silver Medal in 2016 in the 1500m
- United States U20 Silver Medalist in the 1,500m qualifying to represent Team USATF at the IAAF World U20 Championship in Bydgoszcz, Poland as a freshman.



Matthew Peare - Freshman - North Canton, Ohio - Hoover HS

PRs: PV: 17'1.5"/5.22m | 110H: 15.34 (-0.2)

Notables

- Tied for the UK freshman pole vault record indoor and outdoors
- Ohio State Pole Vault Champion in 2015 and 2017
- Took 11th at New Balance Nationals and was second at Midwest Meet of Champions as a senior
- Placed seventh at indoor New Balance Nationals in 2016
- Placed third in the state 60m hurdles championships in 2016

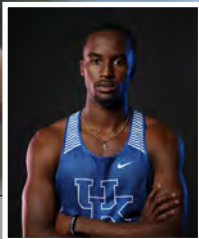
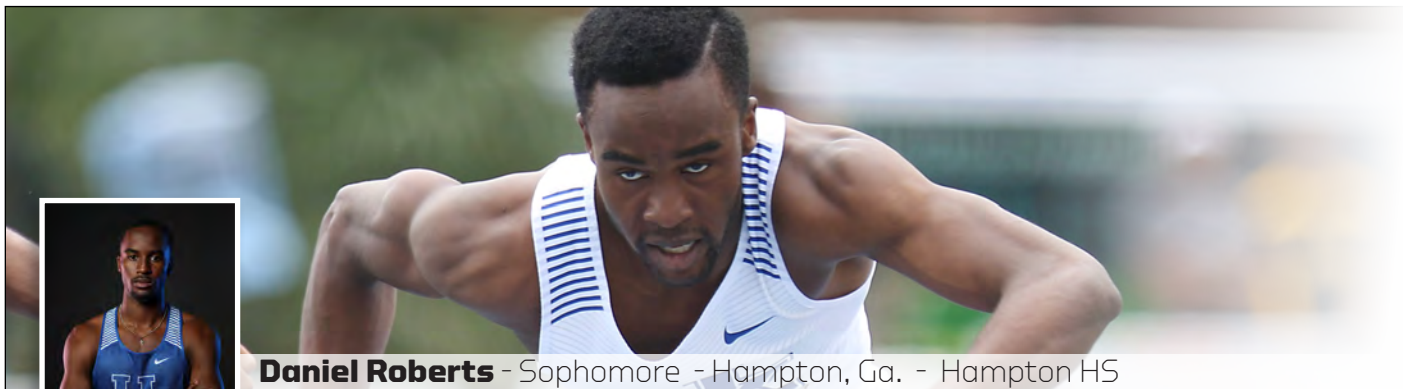


Travis Riley - Freshman - Kingston, Jamaica - Calabar HS

PRs: LJ: 25'9.25"/7.85m | TJ: 50'4.5"/15.35m

Notables

- Placed second in the long jump at the 2018 Kentucky Relays
- Was seventh in the LJ at National Relays
- Placed second in the long jump in his NCAA debut at the Florida Relays with a mark of 25'0.5"/7.63m (+0.3)
- Claimed bronze at the National Junior College Championships in the outdoor long jump
- Placed silver in the NJCAA indoor long jump a year ago for Western Texas College
- Placed second at the Digicel Grand Prix long jump while representing Calabar at the Jamaica National Stadium.

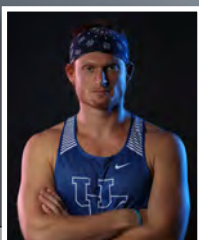


Daniel Roberts - Sophomore - Hampton, Ga. - Hampton HS

PRs: 60H: 7.71 | 110H: 13.53

Notables

- Moved to No. 2 on the UK all-time list in the 110m hurdles with a time of 13.53 (+1.4) to win at National Relays
- Placed sixth in the 60H at the 2018 SEC Indoor Championships with a time of 7.88
- Second at the UCF Black and Gold Challenge in the 110m hurdles.
- NCAA Championships qualifier indoors in 2018, missing the final by one spot
- Placed sixth in the 2018 SEC 60H Final
- Opened 2017-18 season with a PR 7.71
- Scored in the SEC 110m hurdles running a PR 13.82 (+0.2), a new UK freshman record
- NCAA East Preliminary Championships quarterfinalist in the 110m hurdles, finishing 21st overall

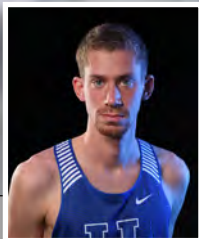


Ethan Shalaway - Senior - Barto, Pa. - Boyertown HS

PRs: Javelin: 227'9.75"/69.44m

Notables

- Scored a point, placing eighth, in the javelin at the 2018 SEC Outdoor Championships
- Won the Community Service Award at the 2018 CATSPY Awards
- Finished fourth in javelin at the 2018 UCF Black and Gold Challenge.
- NCAA Championships qualifier in the javelin placing 22nd in Eugene
- Season best mark was 223'6"/68.12m to win at the Tennessee Relays
- 2017 SEC Honor Roll.
- PRIOR TO UK AT PITTSBURGH
- ACC Bronze Medalist in the javelin with a toss of 212'5"/64.74m as a freshman at Pittsburgh
- ACC Bronze Medalist for the second year in row as a sophomore at Pittsburgh



Daniel Southard - Junior - Owensboro, Ky. - Daviess County HS

PRs: 3k: 8:27.43 | 5k: 14:38.39 | 3k Steeple: 9:28.69

Notables

- Ran his second 5k PR of the season with a time of 14:48.39 at the 2018 Clemson Tiger Paw Invitational
- Has run his 3k and 5k PRs this year
- Won the 5k earlier in 2018 at the Clemson Invitational 14:42.00
- Ran three 5ks with a best of 14:52.59 to place seventh at the Husker Invite in 2017
- UK's No. 3 finisher at SECs running 24:32.50 to finish 22nd overall in 2017 as a cross country senior
- 2017 8k season best was 24:17.20 to place 10th at the Bluegrass Invitational



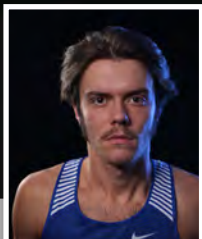
Dwight St. Hillaire - Freshman - Belle Garden, Trinidad and Tobago - Bishops

PRs: 200m: 20.61 | 400m: 45.62

Notables

- Set the UK varsity record in the 400m, 45.62, at the Florida Relays and lowered it to 45.48 at National Relays
- Top-ranked freshman in the SEC 400m, and ranked third in the SEC, ninth nationally
- NCAA Indoor Championships qualifier in the 200m
- SEC Freshman of the Week on Jan. 16, Feb. 6 and May 1
- Moved to third on the UK outdoor 200m all-time performer's list in 20.76 to place third at the 2018 Tennessee Relays
- Set the UK indoor freshman record in the 400m with a time of 46.20 at the 2018 Rod McCravy Memorial
- Set the UK freshman record in the 200m during 2018 indoor season at Clemson Invite (20.73)
- Two-time SEC Freshman of the Week this season
- World U20 Finalist in the 200m



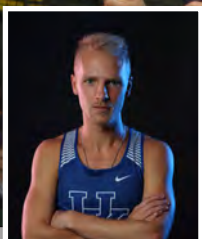
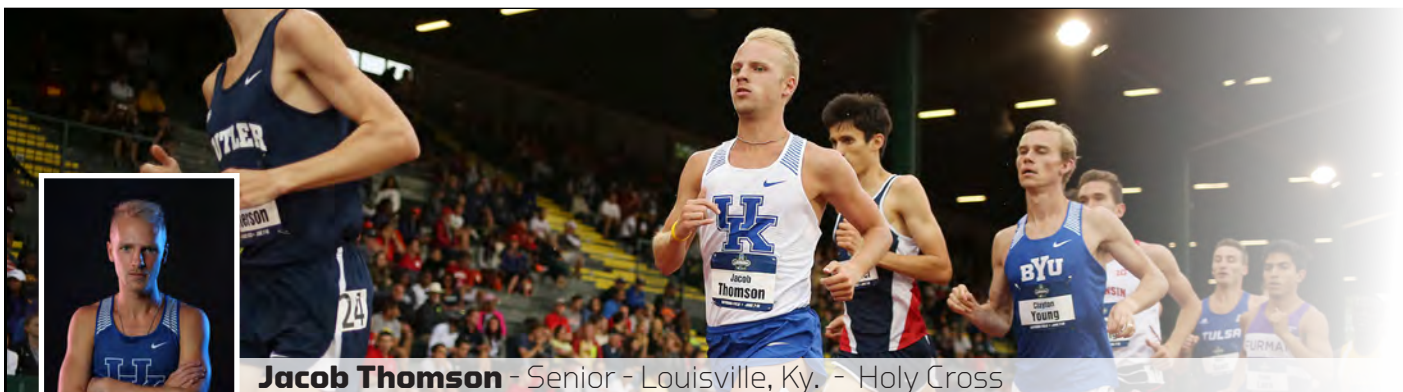


Matthew Thomas - Sophomore - Louisville, Ky. - St. Xavier

PRs: 1,500m: 3:48.21 | Mile: 4:10.58 | 3k: 8:21.43 | 3k steeple: 9:07.55 | 5k: 15:53.10 | 8k: 24:42.70

Notables

- Ran on UK's second-place, and school-record 4x1500m relay team at National Relays
- Placed fourth in the steeplechase with a time of 9:07.55 at Florida Relays
- Placed third in the 1500m at the 2018 UCF Black and Gold Challenge
- Placed second in the Clemson Invitational mile with a time of 4:10.58
- As a freshman, ran a 3k steeplechase season best 9:19.50 to win the Kentucky Relays
- Placed 46th at SECs in Cross Country
- Placed 77th at NCAA Southeast Regionals with a 10k time of 31:09.60 as a sophomore
- SEC First Year Honor Roll



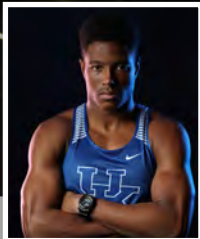
Jacob Thomson - Senior - Louisville, Ky. - Holy Cross

PRs: 1,500m: 3:44.93 | Mile: 4:01.42 | 3k: 7:53.87 | 5k: 13:41.33 | 10k: 28:47.55

Notables

- 2018 First-Team All-American after he finished seventh in the 5k at the 2018 NCAA Indoor Championships.
- SEC Indoor 5k Champion in 2018
- Ran the UK 3k school record 7:53.87 at Iowa State in February
- Also broke the UK 5k record in 2018 having run 13:41.33
- First Team Men's All-SEC – 2018
- Double SEC Outdoor Champion for the 5k and 10k in 2016
- First- Team All- America in 2016
- SEC Silver Medalist in Indoor 5k (2016)



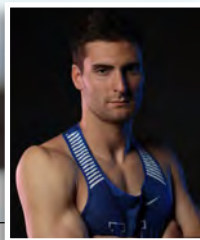


Jelani Walker - Freshman - Kingston, Jamaica - St. George's College

PRs: 100m: 10:36 | 200m: 21:28 | 400m: 48.43

Notables

- Placed second overall, but top collegian, in the 200m and second in the 100m at the 2018 UCF Black and Gold Challenge.
- Placed second in DMR with a time of 9:49.95 at the 2018 Kentucky Invitational, his first appearance as a Wildcat.



Will Walker - Junior - Charleston, WV - George Washington HS

PRs: 400m: 49.19 | 400H: 43.64

Notables

- 2018 Season-best in the 400H was 54.06 at the Tennessee Relays
- Ran a PB 49.19 in the indoor 400m at the McCravy
- Ran a season-best 55.11 to finish 20th at the Virginia Challenge as a freshman
- Season best was 53.64 to place 10th at the Baldy Castillo Invitational as a sophomore
- SEC Honor Roll in 2017

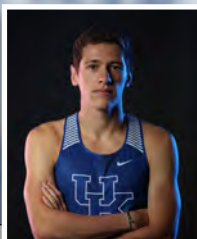
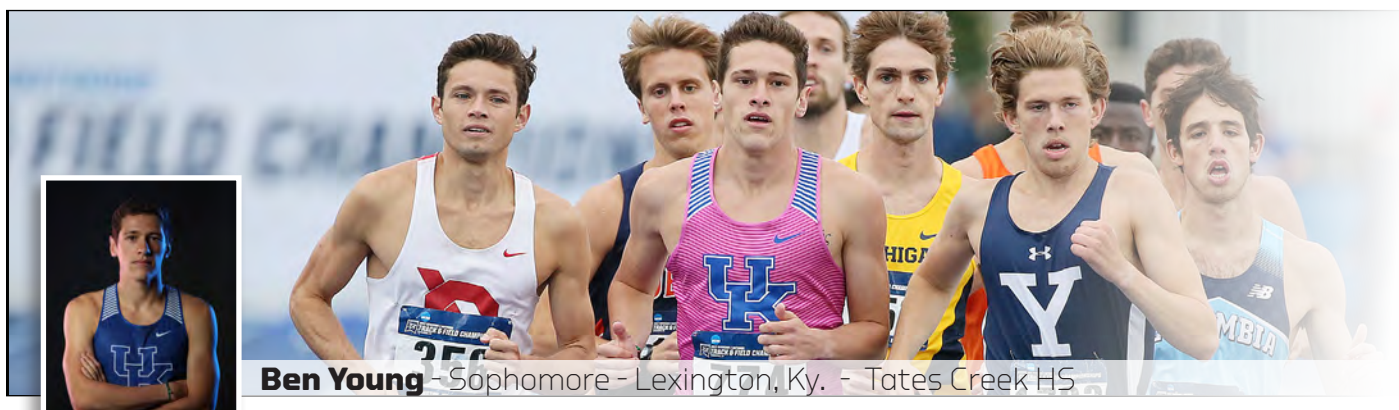


Caleb Wilt - Junior - Washington Court House, Ohio - Miami Trace HS

PRs: 60H: 7.91 | 110H: 14.08

Notables

- Turned in a new PB 14.08 to place eighth in the 110m hurdles at National Relays
- Ran a windy 13.98 (+2.4) to finish third at Tennessee Relays
- Ran a then-PB to win the 110m hurdles with a time of 14.10 at the 2018 Georgia Spec Towns Invitational.
- Placed 11th in the prelims at the SEC Championships as a freshman
- Placed ninth in the 110m hurdles at USATF Junior Nationals (36-inch hurdles)
- Placed 12th in the 60m hurdles at the SEC Championship Indoor as a sophomore
- SEC Honor Roll in 2017



Ben Young - Sophomore - Lexington, Ky. - Tates Creek HS

PRs: 800m: 1:53.41 | 1,500m: 3:42.75 | Mile: 3:59.59 | 3k: 8:09.86

Notables

- Ran on UK's school-record 4,1500m relay that placed second at National Relays (15:14.38)
- Ran a PB 3:42.75 to place second in the 1,500m at Florida Relays, the time ranks No. 10 on the UK all-time list
- Placed first in the 1500m at the 2018 UCF Black and Gold Challenge
- Finished fourth, scoring five points, in the mile at the 2018 SEC Indoor Championships
- Ran a PR and became the fifth Wildcat to run a sub-four minute mile in 3:59.59 at the 2018 Clemson Tiger Paw Invitational
- SEC All-Freshman team in cross country
- Qualified for NCAA East Prelims for the first time, placing 43rd in the 1,500m
- Placed 56th at NCAA Southeast Regionals with a 10 time of 30:43.20 as a junior
- SEC Honor Roll in 2017

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TEAM FINISHES IN THE
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110

ALL-AMERICA
HONORS



KENDRA HARRISON
100H WORLD RECORD

8

NCAA
EVENT
CHAMPIONSHIPS



31

SEC INDIVIDUAL
CHAMPIONSHIPS

2

IAAF
WORLD CHAMPIONS

66

ALL-ACADEMIC
SELECTIONS



FIVE ACADEMIC
ALL-AMERICANS

5

SCHOOL-RECORD
NCAA CHAMPIONSHIP
FINISHES

HEAD COACH EDRICK FLOREAL

ARKANSAS, 1990

12TH YEAR, 6TH AT UK

In five-plus years at Kentucky, head coach Edrick Floréal has built the Wildcats into a national power in track and field.

The UK women's team has made the NCAA podium to earn a trophy in two of the last three years a statement of intent as to where the Wildcats want to go in track and field.

"We've come a long way in a few years. We wanted to show Kentucky track is a force to be reckoned with and we've done that. Now we want that national title."

Floreal also event coached two World Champions in 2017 as Omar McLeod won the 110-meter hurdles and Kori Carter took 400m hurdles gold at the IAAF World Championships in London.

For some time now, the track world taken notice of Floréal's accomplishments as he was named head coach of the United States Men's National Team for the 2015 IAAF World Championships. There, Team USA won the most medals of any nation and Floréal coached Joe Kovacs (shot put), Christian Taylor (triple jump American record), Ashton Eaton (decathlon world record) and the 4x400-meter relay winning gold.

In addition to his accomplishments as head coach of Team USA at the World Championships, he helped Americans capture six medals - two of them gold - at the 2012 London Olympics as Team USA's jumps and multi-events coach.

As a personal coach, he has mentored and trained 11 athletes (Jasmine Camacho-Quinn, Leah Nugent, Rondel Sorrillo, Grace Upshaw, Jackie Edwards, Amaechi Morton, Arantxa King, Toby Stevenson [2004 silver medal], Erica McLain, Ian Thompson) at the Olympic Games -- in addition to having competed in two Olympics himself.

Notably he coached Kendra Harrison to breaking the 28-year-old world record in the 100-meter hurdles (12.20) at the 2016 London Anniversary Games. Harrison is the fastest combination hurdler in history with PRs of 12.20 in the 100m

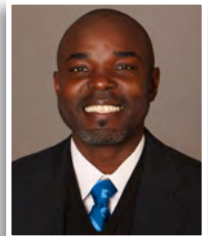
hurdles and 54.09 in the 400m hurdles. Harrison claimed the U.S. titles in the 60m hurdles and 100m hurdles in 2017 and went on to place fourth in the 100m hurdles world final.

Floreal was named the head coach of the University of Kentucky men's and women's cross country and track and field teams in July 2012 after a successful six-year stint as director of track and field at Stanford. Floreal leads six sports programs at Kentucky, including men's and women's cross country, men's and women's indoor track and field, men's and women's outdoor track and field.

While Floréal has been at UK, Wildcat athletes have won nine event NCAA Championships, earned 127 All-America honors, 35 Individual SEC Championships, had five Academic All-Americans and 66 all-academic selections. Additionally, Floréal's Wildcats have broken the school record for NCAA Championships finish six times.

He was the event coach for Harrison - who won two NCAA Championships and broke two SEC records in 2015, earning a spot as a Bowerman Award Finalist and earning a spot on the USATF team for the IAAF World Championships team - and Dezerea Bryant - who set the low-altitude collegiate record 22.18 in her NCAA Title winning 200m final.

He coached freshman Camacho-Quinn to the SEC 100H title in 12.69, meaning he coached two fastest women in the history of that event at the SEC Championships -- Harrison ran 12.50 in 2015. In 2016 Camacho-Quinn became the first freshman to win the NCAA 100H title, also giving UK the NCAA Champion in that event for the second year in a row as Harrison won the year previous.



Edrick Floréal In Charge At Hurdles

Central

By Jeff Hollobaugh | Track & Field News - April, 2018

At 51, Kentucky's "Coach Flo"—Edrick Floréal—has arrived at an enviable position in the sport.

The Wildcat mentor need only take a glance around his Lexington track to see an assemblage of talent that would sell tickets at any meet. There's Kori Carter, the world champ in the 400 hurdles. She often works with World Indoor hurdle champ Kendra Harrison, who is also the WR holder in the 100H. And don't forget Jamaica's Omar McLeod, the Olympic and world champion in the 110 hurdles.

And Floréal's collegiate stars, Sydney McLaughlin, the World Junior Record holder in the long hurdles, and Jasmine Camacho-Quinn, the '16 NCAA champion over the straightaway barriers.

In a wide-ranging chat with us, the Haitian-born Floréal, a 2-time Canadian Olympian and 3-time NCAA triple jump champ for Arkansas, shared with us his thoughts on everything from coaching the prodigy McLaughlin to how to race rounds in a major championships.

The Sydney McLaughlin Plan After a spectacular indoor campaign, super-frosh Sydney McLaughlin opened outdoors even better, moving high on the all-time Junior lists with PRs in both the 200 (22.39) and 400 (50.07), not to mention a 49.95 relay carry.

And what about her subsequent 11.07w display of speed at Tennessee?

Floréal says to prepare for more surprises: "To be honest, the thing that we are going to do is fully expose her range. Sydney has a tremendous amount of range. She can do lots of stuff. And I think people see her primarily as a quartermiler or a hurdler. But what I want to do outdoors is dispel that myth that she can't sprint.

"And I'm sure she could do 2:03 halfmile right now—but she just hates the event and doesn't want anything to do with it. She can probably run sub-13 second 100 hurdles. It's just a matter of letting people know that this isn't just a one-trick pony, so to speak. So I'm just going to show people that Sydney can do lots of stuff. Not just do them but do them at a high level."

He cautions, though, "It's too risky," when asked about McLaughlin's desire to long jump. "She just asked me. She really wants to long jump, but she just wants to run and jump.

"And I'm sort of a nerd, I like preparation. So if we're going to long jump, we're going to spend a month and a half long jumping and she's like, 'I don't want to do that. I just want to long jump.'

"So I told her, 'We're not going to long jump until we long jump in practice and I feel confident that you are not going get hurt.'

"And the same thing with the 400 hurdles. We have a few more things to clean up mechanically and with the stride pattern. She's not completely comfortable with all the adjustments we have made, but until she gets comfortable in practice I'm just not going to run her.

"I'm just going to run her in things that I know she can come through with. And as we improve we might see her do some things that people probably don't think they're going to see from her."

Which brings to mind previous statements that McLaughlin would not be running in her flagship event during her frosh year. No longer the case, confirms Floréal. "I'm not saying that anymore because she's just made a, what do they say, 'A left at Albuquerque?' as the saying goes.

"We were having some issues with the hurdles mechanically—technically I couldn't get her to do some the things I wanted to get done and she admitted in numerous interviews that the thing that brought her the most stress was the hurdles. So I had to water down my teaching.

"I think I get too technical. I'm all X's and O's and we were looking at angles and takeoffs and touchdowns. You have to be precise and I think for an 18-year-old mind sometimes that is like this is too much. I backed up a little bit, watered it down and lo and behold, we're on a roll. The 400 hurdles are looking really, really good."

He adds, "From day 1 we've adjusted her running mechanics to try to make it a little more efficient so that when she does it she doesn't appear to be running fast. She has done a wonderful job of adjusting. She's going pretty high, B+ mechanically, and the goal is that the easier it looks the better it is. Once you do this thing well, it will not look like you are running fast.



“Until somebody is standing next to you and they look and say, ‘Holy smokes, she just ran 22.3 and it looks like she was jogging.’ And that’s kind of the goal with mechanics in the hurdles. We’re getting close, but we’re not there yet. We’re going to keep pushing until we can get her to look effortless and if that happens, we’re going to throw her out there.”

An important theme in Floréal’s coaching emerges. He doesn’t want McLaughlin racing unless he feels she’s ready for success, because at this point in the game, a failure isn’t going to help her build her confidence. That colors his answer to whether she will run in Europe this summer.

“We might see her dabble in a meet or two in Europe and it’s going to depend on June. If she’s dead exhausted physically and mentally, I’m going to send her home to go take a break. But if she has some juice left in her legs and she’s excited—that’s the goal. You don’t want to go to Europe and flop. If you go to Europe and you run terrible, you’re sort of a failure.

“I don’t want a repeat of what happened in Rio: she goes there, she doesn’t look comfortable in the environment, and doesn’t get the best out of herself. I want a bulletproof vest for her. I want to put her into a situation where we know she can be successful. Because the worst that you can do with a kid like that is you throw them out there, they fail, they become gunshy and they’re definitely afraid, confidence goes down.

“So I’ve been strategic about when do I run her and what do I

run her in. And I have to be certain within the shadow of a doubt that if I’m putting her in, the results are going to be good.”

He explains further: “Sydney doesn’t want to be the high school phenom that went to college and became a flop. That’s the one thing she made me promise her. ‘Promise me you’re going to do everything you can to make sure that I am not one of them should-a-been/coulda-been/but never was,’ so we are just being strategic and that takes lots of conversations.

“That’s one of the things that I think she appreciates, that there are no surprises. I tell her what I’m thinking, how I’m thinking and what I’m expecting way before it comes, so when it comes she knows that A. I am capable of that because of A-B-C-D.”

Kori Carter The 100 Hurdler?

The world champion 400 hurdler is still planning to take a break from the event in ’18 to work on speed, but Floréal confesses there is much work in store: “Kori is only doing the 100m hurdles and the sprints this year. I did not like the indoor season at all I. I thought she could have done significantly better, but then again, the year after you have a major breakthrough, most everybody wants to excel and I think Kori excelled, but indoor she just took a mental break. She trained hard and did what I told her to do, but I don’t think she was mentally connected.

“Last year she was just a demon. She was eating workouts. In the beginning it was ugly, but once she got fit and in shape, the things

she was doing were just amazing. She was gobbling information left and right. She was dragging me in the mud. But this year, not so much.

“So I think after winning Worlds and being No. 1 in the world, she took a deep sigh. In the time she took that sigh, we didn’t make the progress that I expected. I didn’t like the way she hurdled, didn’t like the intensity, didn’t like the progress we made technically.” Yet the coach knows the athlete and knows that good things are ahead.

Kendra Harrison The 400 Hurdler?

This potential event-switch is not so certain, says Floréal. “The goal was to not do the 100 hurdles this year, but it was based on her winning the World Championships outdoors and doing all those wonderful things that didn’t happen and then all of a sudden you find yourself behind the 8-ball again.

“I think that after winning World Indoors, you take a deep breath, and refocus. We’ve got to win a major outdoor championship, which we just haven’t done. We—she and I—just sort of failed. I think people want to see Keni win the Worlds or Olympics, just to further validate her, so I’m going to try to get her to that podium outdoor. And doing it indoor I think helps her.

“You wouldn’t believe, her level of confidence has changed tremendously. When she came across that line, it’s like ‘I can actually win a major championship and do it in pretty grand fashion.’ It’s a statement. Sometimes you’re just trying to sneak past and say, ‘God please



let me win this one so they don't say I'm a choker.' I tell her now, we're going to kick the door down. We're going to run each round like we're out for blood.

"She executed perfectly. And typically that's what I want. I want these type of aggressive rounds to sort of relax her. You could go the other way and run slower but at World Indoor she did exactly what I told her to do. You run each round like you don't give a hoot and then by the time the final came she was so confident she was ready to just ask for seconds."

Will His Athletes Race At USATF?

"We plan on doing that," Floréal says of attendance at Des Moines in June. "I think there's some validity to getting to a championship, the qualifying rounds stress, the preparation—it's helpful and good. There's World Cup this year, I'm not sure what the format of that is.

"We've got to keep continuing to grind and I like the idea of taking them to a championship to prepare them for next year's World Championship Trials. Obviously Kori doesn't need to worry about that because she has a bye and helping Keni to get that bye by winning the Diamond League hurdles would be good.

"So they're going to all go and compete there. Plus it makes it easier for me if I'm there competing with somebody that three or four other people in the group don't have to be at home training by themselves.

"I'm not even sure what we'll do with Sydney, she may run some alternate events in Des Moines

and then we'll will play it by ear. I'm not even sure what I'm going to do with her at SECs or NCAAs. We're just going to take it one meet at a time and then once we get into SECs we're just going to sit down and figure out what she's passionate about. The good thing is with so many good skill sets, she can pick the event."

Kentucky's Relay Teams

At Florida, the Wildcat women rocked a 3:26.92 college leader with McLaughlin burning a 49.45 anchor. The 4x1 cruised 43.13, No. 2 on the NCAA list at the time. Two weeks later at Tennessee, the team produced a collegiate-leading 1:30.76 in the 4x2.

Floréal quickly says none of his foursomes are engraved in stone: "There's a lot of moving parts. And some people that I think are going to get better and get a little faster. Things change. I always tell them that we are going to run the four fastest people and it doesn't matter who's on it. If somebody's faster than you, I'm going to put them in.

"And sometimes a person just has to fit. You got a tall person taking a baton from a short person and you're sitting there thinking, 'That is not going to work.' Other than that, it's just that I'm going to run the four fastest people on the team. And try to get us to run as fast as possible."

Who Else To Watch For

Floréal also has a Puerto Rican hurdler ace in Jasmine Camacho-Quinn and he says she is on a tear: "She made some good lifestyle ad-

justments. She was sort of a junk food fanatic, and thank you God, she's finally decided to do a little bit better for her body and make some better food choices, which has helped.

"You have a girl that opens up at 12.77 in a negative wind in the pouring rain and then runs 22.59w and splits 50.8 and also runs the second leg in the 4x1 and that was a monster. You're so focused on Sydney because Sydney draws monster attention and Jasmine did four events—it's not like she's chopped liver."

And of course, there are more. Floréal is excited to talk about some of the up-and-comers he has on the collegiate side. But he acknowledges that the almost obscene level of quality around the track can make some of his younger stars feel like chopped liver. But he knows it also shows them a path to greatness.

He adds, "Our triple jumper is also going to surprise some people, Marie-Josée Ebwea-Bile. She kind of came out of nowhere a little bit. We've got to make some adjustments but I think she is the one that is probably not getting as much of the credit she deserves because you got a team that's a bunch of superstars.

"Daniel Roberts (13.82 PR), he's going to surprise some people once he gets himself completely healthy." Floréal also notes that sprinters Kayelle Clarke (11.31/22.83) and Kianna Gray (11.20/22.79) expect to contribute well, as will frosh Dwight St. Hillare, a Trinidadian recruit who is already at 45.62 in the 400.



How To Run The Rounds—At Full Speed

Edrick Floréal doesn't believe in holding back in the races leading up to the final. "It's like a racecar driver that drives the practice track at 70% speed. And then when you're racing at 100% speed, man, the rhythm and timing of those curves is going to be different," he explains. "If you look at the World Indoor, it's really the same race three times. Keni Harrison just kept running the same rhythm over and over.

"The most difficult thing to do for any athlete is to go out there run fast by yourself. To know that I know enough about myself and my technical expertise to hit the right buttons and run fast without caring who's next to me.

"Bobby Kersee used to do that a lot. Gail Devers used to open up with 12.50-something and 2nd place would be 14 seconds. It was like, 'Holy smokes!' It tells the athlete that they are ready."

"I do believe that it is tougher to go from slow to fast than to go from fast and maintain that. At first your mind is uncomfortable, you just open up at 7.70-something and the next best time going into the finals is 8-seconds and you think, 'Oh my goodness!' You feel a little bit more dominant over the other competitors and then you come back and you do it again, even a little bit faster.

"Coincidentally for Keni it was the fastest three rounds in 60m hurdle history. She ran the fastest prelim ever. She ran the fastest semi ever. And the fastest final

ever at the World Indoor Championships. That's kind of what we wanted.

"She got more and more confident. She got more and more relaxed, like 'I've just got to run the exact same race again. If I get beat, I deserve to get beat. That means somebody better than me on that day beat me.' As opposed to, 'Hey I just ran 7.85, I ran a poor race, I tried to adapt, and she beat me.' "

"And Tim Duckworth [8145 decathlon], don't forget about that guy. He's just a fantastic guy who takes care of business. And finally, Jacob Thomson [13:41.33/28:47.55]. So we have a handful of people who I think are going to make some noise outdoors. Hopefully we keep giving you some stuff to write about." □

Duckworth Named National Field Athlete of the Year

By Jake Most | March 13, 2018

LEXINGTON, Ky. – Kentucky track and field senior Timothy Duckworth was named National Men's Indoor Field Athlete of the Year by the U.S. Track & Field and Cross Country Coaches Association (USTFCCCA) on Tuesday.

Duckworth won the NCAA heptathlon last weekend becoming the No. 4 performer in collegiate history recording the fifth best score 6,188, a 23-point personal best. It was the third best score in NCAA Championships history.

He was the first Wildcat to claim NCAA individual gold for the first time since the legendary Tim Harden in 1996 (55 meters).

Duckworth recorded personal bests in the shot put (44'7"/13.59, 703 points), high jump (7'1.5"/2.17m, 963 points) and 1k over the weekend. He won the 60m (6.84, 940 points), long jump (25'4.75"/7.74m, 995 points), high jump and pole vault (16'11"/5.16m, 960 points).

The two-time First-Team All-American was named South-eastern Conference Men's Field Athlete of the Year earlier this month.

Duckworth's 2018 indoor season capsule

The senior who grew up in Phoenix and competes internationally for Great Britain, where both his parents are from, won the NCAA heptathlon title a year after taking silver, with a score just 12 points off gold.

He had the top regular-season heptathlon score, 7,061 at the Clemson Invitational on Jan. 19. He was SEC bronze medalist in the open long jump, his first SEC medal and then placed sixth in the SEC pole vault. He totaled nine points at SECs in the long jump and pole vault. He now ranks 19th in the NCAA in the open long jump, having reached 25'6.75"/7.79m at SECs. □

UK Women's Team Third at NCAA Indoor Championships

By Jake Most | March 10, 2018

COLLEGE STATION, Texas – Kentucky men's track and field senior Timothy Duckworth won the heptathlon, while the UK women's team earned its first indoor podium finish, third place with 34



points, on Saturday at the 2018 NCAA Indoor Championships.

The UK women's team bettered its then-school record indoor team finish of fifth place with 25 points last season.

Saturday medalists

Sydney McLaughlin broke her world junior record in the 400m, running 50.36 to take silver and score eight points. It took USC's Kendall Ellis running a collegiate record 50.34 to win from a separate section as only four athletes run on the track at one time in sprint races around 200m banked indoor tracks.

McLaughlin's time ranks No. 2 in collegiate history indoors, and is the best ever by a freshman.

Jasmine Camacho-Quinn claimed her first NCAA indoor medal, a bronze in the 60m hurdles, running 7.96 to score six. Including outdoors, the junior is now a four-time NCAA medalist with two golds, a silver and now a bronze.

Olivia Gruver repeated as NCAA Indoor bronze medalist in the pole vault, clearing 14'9.5"/4.51m to score six points. The junior medaled for the third NCAA meet in a row having won outdoors in 2017.

Saturday scorers

Kentucky scored seven points in the 200m with McLaughlin and Camacho-Quinn coming back to double. McLaughlin ran 22.80 to place fourth. Camacho-Quinn ran 23.05 for seventh.

Faith Ross, McLaughlin, Camacho-Quinn and Kayelle Clarke then ran an indoor school-record 3:30.08 to finish fifth in the

4x400m relay and clinch the third-place team finish with the team's last four points of the day.

McLaughlin finished with a team-best 14 points from her first NCAA Indoor Championships.

Marie- Josée Ebwea-Bile scored her first three NCAA indoor points in the triple jump reaching a sixth-place mark 44'4"/13.51m.

The UKTF at NCAA Indoor Championships precedent

The UK men's team's best NCAA indoor team finish was seventh in 1996 with 22 points. □

McLaughlin SEC Freshman of the Year

By Jake Most | March 7, 2018

LEXINGTON, Ky. – Sydney McLaughlin picked up the Women's Freshman Runner of the Year honor as selected by the league coaches.

McLaughlin, who set the SEC record, the NCAA freshman record and recorded the No. 2 indoor 400m time in collegiate history to claim conference gold, was also named Southeast Region Track Athlete of the Year by the U.S. Track & Field and Cross Country Coaches Association.

The freshman from Dunellen, New Jersey, rewrote the record books during her first collegiate indoor campaign. Her top time of 50.52 in the 400 meters, set in winning the SEC crown, is a world junior record, a collegiate freshman record, and the second-best time ever recorded by a collegian in the event. She also broke the American junior record in the 300 meters earlier in the season with a

time of 36.12, the second-fastest time ever recorded in the event on any level. McLaughlin also ranks ninth in the 200 meters with a clocking of 22.95, and she ran on Kentucky's ninth-ranked 4x400 relay.

All-SEC honors

Kentucky had three Wildcats – Jasmine Camacho-Quinn, Olivia Gruver and Sydney McLaughlin named to the Women's First Team All-SEC, by virtue of their event victories at the SEC Championships. Jacob Thomson, winner of the 5k at the conference championships, was named to the men's First Team.

Five Wildcats – four women and one man, Tim Duckworth – were named Second Team All-SEC by virtue of silver and bronze medal performances at the SEC Championships.

Kayelle Clarke claimed bronze in the 200m, Marie-Josée Ebwea-Bile took bronze in the triple jump, Katy Kunc earned silver in the 5k and bronze in the 3k, and Faith Ross ran the leadoff leg on UK's bronze-medal 4x400m relay. Duckworth earned the aforementioned bronze in the men's long jump.

McLaughlin earned a SEC All-Freshman Team selection by virtue of being the top freshman scorer, in fact the race winner, in the 400m. □

UKTF Alumna Kendra Harrison Wins First World Title

By Jake Most | March 3, 2018

BIRMINGHAM, England – Kentucky alumna Kendra Harrison won her first World Championship in the



hurdles on Saturday.

The UK Class of 2015 now volunteer assistant coach claimed 60-meter hurdles gold at the IAAF World Indoor Championships.

Harrison, a two-time NCAA Champion in the hurdles as a senior at Kentucky in 2015, set the World Championship record and tied the American record 7.70 to claim her first global title.

"It feels amazing to finally get out there and get the job done, to get the gold I have been working so hard for," Harrison said. "I came confident and had a good feeling. As soon as I pushed out of the blocks I felt great and just kept on going."

Harrison – who still trains with Kentucky head coach Edrick Floreal on the UK campus – took a decorated, yet long, road to her first major win.

She qualified for her first World Championships 100m hurdles in Beijing with silver at the USATF Championships weeks after her wrapping up her senior season in 2015. But in Beijing, she was disqualified for a false start in the semifinal round.

Then in 2016, her first full season as a professional, she smashed a hurdle early on in the world indoor 60m hurdles final, coming last.

Never one to dwell on adversity, she began setting the world alight outdoors, setting the American record at the Prefontaine Classic, only to finish sixth a month later at the same track in the U.S. Olympic Team Trials final. Not to be discouraged from missing a first Olympic berth, Harrison set the

100m hurdles world record, 12.20, two weeks later at the London Anniversary Games and went on to sweep the Diamond League title race.

In 2017, Harrison dominated en route to the USATF indoor 60m hurdles and outdoor 100m hurdles titles, but was fourth, just off the podium at the World Championships in London.

Then Harrison set the American record in Lexington early this indoor season, only to see long-time rival Sharika Nelvis break that record, running 7.70, just ahead of her PR-tying 7.72, to win the U.S. title two weeks ago at the USATF Indoor Championships last month. But by virtue of her top-three finish at the U.S. Championships, Harrison booked her spot on the team in England this weekend, and she seized this opportunity.

So it took until 2018 for Harrison to claim a first global gold, but she did it in some style, running faster than 7.8 in all three rounds, and coming within hundredths of a second of the world record 7.68.

Harrison now ranks No. 3 on the 60m hurdles all-time list.

"My No. 1 goal was just to come across that line first," Harrison said. "Coach told me to just worry about my first three steps and that'll set up my race. That's the only thing that was really going through my mind. He believed in me since day one. I used my defeats. Just put all those together and just came out here and got the job done."

Two more Wildcats, both part of the UK Class of 2017, competed for Team USATF at the World

Indoor Championships this weekend. U.S. Champion and Kentucky undergraduate assistant coach Javianne Oliver and U.S. silver medalist Destiny Carter advanced to the World 60m semifinals on Friday.

Oliver had the fifth fastest time of the semifinals, but did not advance, because fourth in her heat. Destiny Carter was 19th fastest overall in the semifinals.

Oliver was NCAA and South-eastern Conference 60m silver medalist last year, while Carter ran the leadoff leg on UK's NCAA Champion 4x400m relay last June.

In the last eight months Floreal has coached Harrison to this World Indoor title, after guiding Omar McLeod (Arkansas alumnus competing for Jamaica now serving as a UK volunteer assistant) to the 110m hurdles World Championship and Kori Carter (Stanford alumna competing for the U.S. now serving as a UK volunteer assistant) to the 400m hurdles World Championship. □

Freshmen sprint toward history at NCAA indoor track championships ***Vicki L. Friedman | ESPNW*** ***March 8, 2018***

Olympic preview? Could be. NCAA record? Maybe more than one. Must-see viewing? Yep.

Get ready, get set, tune in to the NCAA Indoor Track & Field Championships that start Friday (ESPN3) in College Station, Texas, and keep your eye on Kentucky's Sydney McLaughlin, 18, and Georgia's Lynna Irby, 19.

The freshmen haven't just starred in their first season of



collegiate track. They've super starred.

"Watching them come from high school, you knew something great was going to happen when they came to college," said Connie Price-Smith, women's head coach for Team USA at the 2016 Olympic Games. "It's going to be fun to watch."

Flash back to the SEC Indoor Championships just two weeks ago, when the pair finished 1 and 2 in the 400 meters, each breaking the 51-second barrier. McLaughlin's victory in 50.52 seconds is the second-fastest indoor mark in college history.

Want some context? The only faster time ever run indoors at an NCAA meet is the 50.46-second record set in 2014 by Oregon's Phyllis Francis, the reigning world outdoor champion in the event.

Oh, and hold on. Irby ran a tenth of a second behind McLaughlin at 50.62.

See why we're excited about a rematch?

"I think it was a step forward for both of us, breaking the 51 barrier and setting the two fastest times in the NCAA right now," said McLaughlin, a two-time Gatorade National Girls Athlete of the Year from Dunellen, New Jersey, better known as a 400 hurdler. She holds the national high school record in that event and competed in it as a 2016 Olympian, but she is taking a break from what she considers her specialty.

Don't count McLaughlin out of the 200, either. While she didn't

run that event in the conference meet, her 22.95 at Clemson was the top time in the nation prior to the SEC championship. That's where Irby generated her own buzz by winning in a blistering 22.66, the fastest time in the world this year. That feat came less than two hours after her performance in the 400.

You can bet the 12-time state champion from Pike High School in Indianapolis is thinking about a sprint double this weekend, especially after being nosed out by McLaughlin in the 400.

"It kept her hungry. There's a tapeworm in her belly that's not satisfied," said Althea Thomas, sprints coach at Georgia. "She definitely wants to be on top."

The freshmen -- teammates for Team USA in the World Youth Championships in 2015 -- are friendly when they see each other at meets and keep up with each other on social media, McLaughlin said. Irby, who set an age-group world record as a 12-year-old in the 400, won the 100, 200 and 400 state titles each of her four years in high school. McLaughlin, who turned 17 at the Summer Games two years ago in Rio, was America's youngest track and field Olympian in nearly 30 years.

These two have years of being in each other's orbit.

"I think of us as two friends who are really great freshman runners," McLaughlin said. "I wouldn't say rivals. It is cool to be able to see freshmen representing and coming into college and shaking things up."

McLaughlin stops short of using

the word "showdown" for the pair of races this weekend (the 400 final is scheduled for Saturday at 6 p.m. ET and the 200 final is set for 7 p.m. ET), but we don't.

How fast can they go? Time will tell.

Ebwea-Bile Carries Momentum Into 2018

***Autumn Jones | UKathletics.com
Feb. 22, 2018***

Marie-Josée Ebwea-Bile has had an outstanding season thus far and plans to do her part to lead the team as it goes into championship meets.

Ebwea-Bile, a junior from Paris, France, competes in the long jump and triple jump for UK. She currently holds the Kentucky record in the triple jump. Her breakthrough came at the 2017 NCAA outdoor triple jump where she claimed the silver medal, a key factor in UK's fourth-place team finish.

This season she's leaping even further, including a triple jump of 45'1.75"/13.76m, which ranks second nationally.

The McCravy Memorial, the team's final indoor home meet, was a huge one for the Wildcats. Both the UK men's and women's teams claimed team titles. Ebwea-Bile leapt to personal bests in winning both the long jump and triple jump. This success earned her two PR's as well as national top-10 marks in each event. Ebwea-Bile, and teammate Jasmine Camacho-Quinn, were top scorers for the UK women's team, winning two events each with 20 points apiece.

"It's such a pleasure to score



for my team," Ebwea-Bile said. "I really wanted to score in triple jump, so I can give them 20 points. We deserve it, we work so hard to give them a lot of points. It's just a pleasure for me."

Ebwea-Bile surpassed her previous career best by a significant margin in the long jump, reaching a mark at 21'0.75"/6.42m. This score ranks No. 4 on the all-time UK indoor list and sixth nationally.

"I'm just really happy. I did not expect it, and it's a big surprise for me," Ebwea-Bile said. "I'm just getting ready to you know, be a better athlete, jump farther, and perform well the way that my coach has prepared me to because he deserves it."

Speaking of her coach, UK head coach Edrick Floreal is a notable long and triple jump coach, in addition to the world-class hurdlers and sprinters he's mentored. He's won five NCAA triple jump titles and four team titles as an athlete and was also a competitor in the 1988 and 1992 Summer Olympic Games.

While this season has already been an impressive one for Ebwea-Bile and the team, the goal for this weekend's meet is to continue making statements for Kentucky. Ebwea-Bile and the Wildcats hope that this weekend's meet will set the groundwork for a strong championship campaign. □

THE TRACK PHENOM WHO CHOSE COLLEGE OVER RICHES

LIAM BOYLAN-PETT | *Bleacher Report*

Oct. 24, 2017

It's a Snapchat-worthy moment:

Sydney McLaughlin is squeezed in between members of the University of Kentucky track team on a small set of bleachers, throwing deuces and mean-mugging into her phone with her squad. They're in Lexington, Kentucky, to support the UK women's cross-country team at a meet while snapping the entire experience. "Ohhh," the team members react, throwing their hands in the air, bobbing up and down to the beat as Marian Hill's "Down" starts to blare from speakers nearby. Sydney starts milly rocking and flips her long brown hair off her shoulders. She's no longer in her phone screen. The 18-year-old is in the moment.

If you've followed Sydney for the last two years, you know she's good at creating moments—history-making moments. In 2016, at the age of 16, she became the youngest track and field athlete to make the U.S. Olympic team since 1980 (she turned 17 during the Rio Games). She lit up social media when she ran a national high school record 49.85-second 400-meter relay split in June. And while many teen track and field runners on the rise with credentials less impressive than Sydney's have gone pro in recent years, the New Jersey native decided to pass up what could have been seven figures annually as a pro.

That's why she's here, in Lexington, with her UK team—Snapchatting and dancing on a sunny Saturday morning in September, one week before track practice begins. While UK's men's basketball team has brought in recruits-turned-NBA-All-Stars like John Wall

and Karl-Anthony Towns under the tutelage of coach John Calipari, the highest-profile recruit to land on campus this year isn't hooping. She's running.

Sydney's popularity heading into the school year garnered the attention of classmates who came to campus with questions for the newcomer. "What was it like to run in Rio?" and "How high are those hurdles you're jumping?" The Lexington locals are familiar with her resume too. "Oh, I know about the track phenom," one Uber driver in the basketball-crazed town said. "She's already an Olympian, right?"

The spotlight is still surreal for Sydney, even after actor Michael B. Jordan, of *Creed* and Fruitvale Station fame, gave her props this summer. When SportsCenter shared video of Sydney's record-breaking relay split on Instagram, Jordan reacted with four fire emojis. Sydney was hyped, even if she didn't know exactly who he was. "Michael B. Johnson commented," she tells *B/R Mag*, not quite remembering his name. "He just looked, like, really famous and then I saw his profile and I was like," she leans back and shakes her head, "'What is happening?'"

What's happening is this: As Allyson Felix enters the twilight of her career and Usain Bolt puts an end to his, Sydney is steadily on the come up, poised to make more fire emoji-worthy moments at UK and beyond. "Right now, I'm just getting ready for the 2020 Olympics," she says. Sydney's doing that by tackling a new event—the 100-meter hurdles—as she sprints her way to becoming the new face



of track and field.

Sydney stutter-stepped into a hurdle, then soared over another by a foot or two before landing off balance. "There was no form whatsoever," Mike McCabe, who coached Sydney in high school, remembers. But she still won. By a lot.

It was April 2014, and it was the first time Sydney ran the 400-meter hurdles for Union Catholic High School in Scotch Plains, New Jersey. Her time, 1:01.4, was a school record and fast enough to make plenty of D-I rosters. Three months and many practices later, she avoided stutter-steps and lowered her leaps to clock in at 55.63. With that performance she broke the national high school freshman record. It was the ninth-fastest time in the U.S. that year. Sydney was only 14 years old.

But that kind of performance wasn't anything new. She won her first race—a 100-meter event at a New Jersey youth track meet when she was six, according to her dad, Willie, a former sprinter (Sydney's mother, Mary, was also a runner). There was more daylight between her and second place than Bolt had between him and the field in Beijing. "It was pretty much the same that you saw in high school," Willie says of her early track career. "That's what it's always been like. She's always been winning by a lot."

Sydney, however, didn't win this year. At the U.S. championships in Sacramento in June, the two-time Gatorade National Girls Athlete of the Year ran the fastest 400-meter hurdle race of her career (53.82

seconds), but came across the finish line in sixth place. Only the top three qualified for the World Championships in London. Sydney hasn't raced since.

She's at Kentucky to make sure that she doesn't fall short again.

"It's going to get so much better for her in college," McCabe says. He believes a better track (Union Catholic's oddly shaped track has three turns) and Kentucky weather will benefit Sydney, as well as working with some of the best coaching and training partners in the world. For once, Sydney isn't going to be the one leading the way. At Union Catholic, she took an already successful team and helped turn it into a national power.

"When you see someone who can split 51 in the 400, you start thinking you can run 54, at least," McCabe says of Sydney's influence on teammates. McCabe believes that working with training partners like Keni Harrison, who set the 100-meter hurdles world record in 2016, and Kori Carter, who won the 400-meter hurdles at the World Championships in London in 2017, will have the same effect on Sydney. When you're surrounded by the best, you become the best.

At UK, Sydney is coached by Edrick Floreal, who, since taking over at Kentucky as the director of track and field in 2012, has led five UK women and one relay team to a combined eight national championships and the UK team to a second-place team finish at the 2015 outdoor NCAA championships. He also coaches a stable of pros, including Harrison and Carter.

With Sydney, he's tasked with taking one of the best high school track athletes in history and making her one of the greatest track and field stars. He knows it won't happen instantly. Sydney's hurdling ability, according to Floreal's critique, isn't world class. "She's way too high over the hurdles," he says (the less time a hurdler spends in the air, the better). "Her trail leg was too high. Her hips were too high. She would run really fast and jump."

Floreal is putting Sydney in the 100-meter hurdles this year instead of her specialty, the 400 hurdles. She won't be away from the 400 hurdles forever. If she can master the steps and jumps in the 12 to 13 seconds it takes to run the 100, she will be able to improve in the longer sprint, too. Floreal is already running drills with Sydney, and he's seeing improvement. "She's sucking up the information like she's thirsty," he says. "I'm a nerdy teacher, and she has a desire to learn." Soon, Floreal says, Sydney's hurdling mechanics can be perfected.

Even with her imperfect hurdling, Sydney could have skipped the UK track team and gone pro last summer. Nine-time Olympic medalist Allyson Felix did when she graduated high school in 2003. Felix and Sydney were teammates in Rio, and Sydney wouldn't mind following in her footsteps in solidifying herself as one of the best on the track. "Allyson is almost like a big sister, but almost like a mom," Sydney says. "She's just done everything right and I think presents herself very well, and that's kind of



what I aspire to do as well."

Going pro isn't for everyone, though.

"You have to have everything in place," says Felix, who attended the University of Southern California, but did not compete for the Trojans, her first few years as a pro. "[Sydney's] decision is a personal choice. You have to go with what's best for you and what fits your personality. I think that it can look glamorous and look great, but the reality of it is that it's really, really difficult. Track and field—it's hard to be on the road and compete on the circuit."

College life isn't easy either, but it's more Sydney's pace. She's on her own 680 miles from home, doing her own laundry now and learning how to cook, she says. So far Sydney has only made scrambled eggs. She says she's not homesick yet, but does miss her cockapoo, Gamble. She stays in touch with her brother Taylor, who runs the 400-meter hurdles for the University of Michigan. She misses New Jersey too, but its music is always with her. DJ LILMAN, DJ Telly Tellz and DJ Taj are still on her pre-race playlist. "I definitely don't forget about my Jersey club music while I'm out here," she says. "I keep that with me."

She is changing, though. In New Jersey, Sydney had a small circle of friends and family she trusted. She's being forced to make new friends in Lexington. "I interact with people more than I would back home," she says. "I've been put in a situation where I need to make myself comfortable and I've definitely opened up as who I am

as a person."

Sydney has made friends with members of the UK track team, but she's spending most of her time with the sprint and hurdle crew at practice, where they bond over hill sprints and early-morning interval sessions. She knows not to be late. If someone on the UK track team shows up even a minute behind schedule, everyone on the team has to get on the ground and roll the length of the football field—everyone except the person who was tardy.

Sydney won't start working on her hurdle form specifically until December or maybe even January, when the indoor track season begins. Until then, it's all conditioning. She laughs nervously talking about the difficult workouts on the horizon. "I'm scared," she says. "Oh my goodness, I'm terrified."

After the races at the UK cross-country meet, Sydney is getting ready to leave when a group of high school boys approach her. They ask her for a picture. She knows the drill—she's used to it from her high school days, when fans lined up for selfies with her—and obliges. But with one caveat: She brings in some of her new teammates. One more person comes up and asks for a picture with her. Sydney gathers her teammates again. She's relishing her decision to ditch the pro track life to focus on having fun at UK, with her teammates and without the pressures that come with being a teenage professional runner. It's what she wished for. "I wanted the experience of being a college kid," Sydney says. "To walk

on a campus, live on my own, get experiences to mature as a person and in the sport."

But Tokyo is the long-term goal.

"Coach Flo and I definitely have a plan when it comes to [the Olympics], and we know what our goals are each year. It's going to be a progression, of course. Regardless of freshman year, sophomore year, NCAAs, or going pro," Sydney says. "That's always going to be in the back of our minds."

As Sydney preps for another run at making the Olympic team, Floreal hopes she becomes more introspective during these formative years. "I want her to embrace who she is," he says, "and come to terms with the fact that she's unique, different and special."

And quite possibly track and field's next big star. □

UKTF Shines at 2017 World Championships in London ***By Jake Most | Aug. 13, 2017***

LONDON – The Kentucky track and field program leapt to the forefront of the world stage this summer.

Current team members, alumni and volunteer coaches had made headlines across the world over the course of 2017, culminating in bringing some serious precious medals home to Lexington.

Most notably, two current members of the UK staff earned World Championships gold in London.

Coach Omar McLeod claimed his second global title. McLeod



won the 110m hurdles at the World Championships in London (following up his gold from the Rio Olympics).

Coach Kori Carter won her first major international gold claiming the competitive 400m hurdles in London.

UK class of 2015 and current Wildcat coach Keni Harrison finished fourth in the 100m hurdles final - her first final in a major international championships in that event. Harrison won the USATF 100H title to go along with her US indoor 60H Championship from earlier in the year

Also representing both UK and their nation were Leah Nugent (semi-finalist 400m hurdles, Jamaica), Sha'Keela Saunders (long jump, USA – 21st place), Andrew Evans (discus, USA 20th place), Luis Orta (Marathon, Venezuela – 67th place), Mikel Thomas (110m hurdles, Trinidad & Tobago – 37th place), Kayelle Clarke (200m, Trinidad & Tobago – 35th place) and Hiruni Wijayarathne (Marathon, Sri Lanka).

We had some other international competitions from some teammates this summer including Ellen Ekholm (High Jump, Sweden) and Marie Josee Ebwea-Bile (Triple Jump, France) and Tim Duckworth (Decathlon, Great Britain) competing at the U-23 European Championships and Fred Dorsey running 100m for his native British Virgin Is-

lands.

Both UKTF Teams, 17 Individuals Earn USTFCCCA All-Academic Status

By Jake Most | Aug. 17, 2017

LEXINGTON, Ky. – Both the Kentucky men's and women's track and field teams in addition to 17 individual students – 10 men and seven women – picked up All-Academic honors from the U.S. Track & Field and Cross Country Coaches Association.

To earn All-Academic status, teams had to have a cumulative GPA better than 3.0. Teams with that GPA and top NCAA finishes are considered for Scholar Team of the Year.

All told, 360 NCAA Division I teams were honored for their academics by the USTFCCCA.

Breaking it down further, 218 of those were women's teams compared to 142 men's programs.

To qualify for individual USTFCCCA All-Academic honors, the student-athlete must have compiled a cumulative GPA of 3.25 and have met at least one of the following athletic standards:

- For the indoor season, a student-athlete must have finished the regular season ranked in the national top 96 in an individual event or ranked in the national top 48 (collective listing) in a relay event on the official NCAA POP list provided by TFRRS.org.
- For the outdoor season, a student-athlete must have participated in any round of the NCAA Division I Championships (includ-

ing preliminary rounds).

All-Academic Teams

- Women's Team: 3.227 GPA
- Men's Team: 3.09 GPA

All-Academic Individuals Women (seven)

- Ellen Ekholm
- Amy Hansen
- Katy Kunc
- Caroline McCaslin
- Michelle McKinney
- Brandi Walker
- Jill Weston

Men (10)

- Logan Bryer
- Noah Castle
- David Cline
- Fred Dorsey
- Ian Jones
- Kendall Muhammad
- Ethan Shalaway
- Jacob Thomson
- Caleb Wilt
- Ben Young

Ken Harrison, a World-Record Holder, May Finally Win a Title

By Christopher Clarey -

The New York Times | Aug. 9, 2017

LONDON — After hurdling for redemption at London Stadium last year, and getting plenty of it, Keni Harrison is back in the same place, hurdling for a title and only a title.

For now, Harrison, a 24-year-old American from a family of 13, is in the uncommon position of being a world-record holder who has yet to win a medal of any color in a major global championship.

That could change in a hurry on at the world championship final

in the 100-meter hurdles — the tricky, technical and spectacular event that Harrison redefined last year when her time of 12.20 seconds at a Diamond League meet here broke Yordanka Donkova's 28-year-old world mark of 12.21, long considered untouchable.

"Being back in London is definitely a confidence booster," Harrison said in an interview at the United States team's hotel in central London. "I know the crowd is going to be amazing. I love the track. It is fast, obviously, so I'm just getting ready for that moment and to live it fully."

Harrison, whose first name is Kendra but who prefers her nickname Keni, considers herself an introvert. She projected calm on Wednesday for a nearly hourlong interview, speaking thoughtfully and seldom shifting in her seat.

Anyone who grew up with 10 siblings — she is the middle child — can clearly handle pandemonium. But sangfroid is not yet her trademark in the biggest races. In her first world championships in 2015, she did not reach the final. Her world record in London last year came just two weeks after she had faltered as the favorite at the United States Olympic trials in Eugene, Ore., finishing sixth and failing to make the team for the Games in Rio de Janeiro.

It was a brutal blow to Harrison and an illuminating moment to her coach, Edrick Floréal, who had been convinced that Harrison, who had already set an American record, 12.24, was in the right place and head space and blamed himself for not sensing the trouble.

He and Harrison stayed up until "4 or 5 in the morning" the night after the defeat, he said, talking it through. He insisted that she report the next morning to the track.

"I'm pretty sure I was crying throughout the workout because I didn't want to be there," she said. "The reality hits you: 'You didn't make the team. You are No. 1 in the world. You didn't make the team. You even broke the American record. You didn't make the team.' All those thoughts in your mind, but he kept pushing me, and that's what got me through."

Floréal, who also coached Harrison at the University of Kentucky before she turned professional, told her he would travel to London for last year's Diamond League meet on one condition.

"He said, 'If you don't think you're going to do something amazing, then I'm not going to go,'" Harrison said.

Once there, he shepherded her through her routines. "Basically 24/7: breakfast, lunch and dinner together," Floréal said in an interview this week. "She was embarrassed about the Olympics, had her head down, didn't want anyone to see her face."

But after the first round, he said, her confidence returned.

"And when the gun went off in the final, she was determined to make a statement that 'I'm not a choker. I just had a bad meet,'" he said. "And I think had that meet and that moment not happened, I'm not sure that world record would ever have been broken. It was the perfect storm."

Will it thus be impossible to

generate another one?

"I do think it could happen again," Floréal said. "I think she's in the right place right now."

Harrison has the world's leading time again in 2017: a 12.28 last month in Hungary. She also feels fresh, partly because she broke her left hand warming up at a Diamond League meet in Doha, Qatar, in May (she still won the ensuing race), forcing her to take time off.

"I don't feel tired," she said. "I don't feel like I ran too many meets, so I think it was probably a blessing in disguise."

Win or lose, Harrison has quite a cheering section in London. Her parents, Karon and Gary, and six of her siblings made the journey.

"We're a traveling road show," Gary Harrison said on Wednesday amid touring London in the rain. "We're kind of overwhelming when we show up."

The Harrison children range in age from 19 to 34. The oldest, Casey, and youngest, Kara, are the Harrisons' biological children. "If you want to irritate your wife, get a mother of 10 pregnant," Gary Harrison joked.

The Harrison's other nine children were adopted in a wide range of circumstances.

Gary Harrison said he and his wife had not initially planned for such a large family. But once they began to adopt, he said, the agencies continued to contact them and they continued to be eager to bring new children into their lives.

"I guess once we were in the system they just kept them coming," Keni Harrison said with a laugh. "I have two siblings who



are African-American, two that are biracial, two that are Korean, two that are Bolivian and two that are my parents' biological kids. I don't even think about it.

___ "My family came to visit this morning, and a lot of people on the team don't really know I'm adopted, and they were like, 'Who are these people, Keni?' And I'm like, 'It's my family,' and they're like, 'O.K.!' Clearly people on the outside see it, but I don't really see it as different races."

Gary Harrison, a former Navy pilot who recently retired after 20 years with the Department of Homeland Security, said the Harrisons also had hosted eight exchange students through the years that they consider part of the extended family.

"Once we went past two kids, it really doesn't make any difference how many you have," he said. "It's not that hard."

Still, logistics could be challenging. "I think one year we were on 13 different soccer teams," he said.

Gary Harrison once bought a Marriott Hotel shuttle bus to transport the family, which featured a seat near the front called "the timeout seat." He never quite got around to painting over the "Marriott" on the side of the bus, he said.

Remembering all of the children's current ages remains a challenge. "I have a spreadsheet," he said.

Keni Harrison, born prematurely to a black single mother, was adopted as a newborn shortly after her sister Tasha had been adopted. "They are like twins in terms of

their ages, so we got two babies in like a month," Gary Harrison said. "Keni was in the I.C.U. for 30 days, and I picked her up on Day 31."

She did not grow tall — she is 5 foot 3 inches, short for an elite sprinter — but she did grow up to be agile and fast, and her speed on the soccer field eventually caught the attention of track coaches in Clayton, N.C.

She received a full track scholarship to Clemson, and then transferred to Kentucky, where she is now part of an elite professional group training under Floréal that includes Omar McLeod, the reigning world and Olympic champion in the men's 110 hurdles.

Harrison ran both the 100 and 400 hurdles in college and is considering a return to the longer distance next season, which would mean a shot at an unprecedented double gold at the 2019 world championships. She volunteers as an assistant coach at Kentucky and helped recruit Sydney McLaughlin, the 18-year-old from New Jersey who competed in the Olympics in the 400 hurdles last year. McLaughlin, the youngest track and field athlete in 26 years to make the U.S. Olympic team, will attend Kentucky this fall.

Harrison will have to wait for her Olympic moment (she watched at her parents' house on television last year as the American women swept the medals in the 100 hurdles in Rio). But the former Olympic stadium in London has already provided her with quite a showcase for her fast-twitch talents.

Time for an encore?

"Coach Flo put it this way: He

said breaking that world record is the hardest thing you can do," Harrison said. "The next thing is to go get some medals. That's a lot easier than trying to chase the record. That's how I'm thinking of it, anyway." □

Kentucky Picks Up 28

All-America Honors for 2017 Track & Field Season

By Jake Most | Aug. 18, 2016

LEXINGTON, Ky. — Twenty-eight Kentucky Wildcats earned All-America honors from the U.S. Track & Field and Cross Country Coaches Association (USTFCCCA) during the 2017 season indoors and outdoors.

Nineteen Wildcats earned All-America status during the recently completed outdoor season. UK had 10 first team honorees (from five entries — UK had five Wildcats from the 4x100-meter relay rounds and final earn the status) and nine pick up second team status outdoors.

First team honors went to the first through eighth placers (scorers) at the NCAA Outdoor Championships. Ninth through 16th place earned second team status, while honorable mention was given to those who finished 17th through 24th.

Kentucky finished the season with three individual NCAA Champions — two individuals plus the 4x100m relay Championship team. UK's individual national champions also led the way in terms of individual All-America honors for 2017.

Jasmine Camacho-Quinn was First Team All-America in the 100m



hurdles outdoors where she was national runner-up, in the 4x100m relay where she ran the winning second leg and in the 60m hurdles indoors. She's now been named First Team All-America six times and Second Team twice over her two-year career.

Sha'Keela Saunders was a First Team selection in the long jump indoors and out, and second team in the outdoor 4x4 and indoor triple jump. She finished her incredible UK career as a 12-time All-American (six in long jump, four in triple jump, two in 4x400m relay).

Destiny Carter picked up First Team status in the 4x1 to go along with Second Team honors in the 100m, 200m and long jump. Including her junior season after transferring before the 2016 season, she finished her eligibility as an eight-time All-American (second team in 2017 indoor long jump).

Nick Anderson picked up First Team All-America status for the third time.

Olivia Gruver, NCAA Champion in the outdoor pole vault, and bronze medalist in the same event indoors picked up her first two First Team honors.

Fred Dorsey (long jump), Tim Duckworth (decathlon), Justin Kretchmer (high jump), Ethan Shalaway (javelin) and Jacob Thomson (10k) picked up honorable mention accolades.

Sarah Blake (javelin), and the 4x100m relay of Destiny Carter, Kayelle Clarke, Precious Hitchcock and Sha'Keela Saunders were the UK women's team's honorable mention awardees.

Indoor

Nine Kentucky track and field Wildcats combined to earn 12 All-America honors from the indoor season.

The Kentucky women claimed 10 of those honors – five on the first team five on the second team.

Everyone on the Kentucky men's team sent to College Station, Texas for the NCAA Championships were named to the First Team as both Tim Duckworth and Nick Anderson scored.

Duckworth claimed the heptathlon silver medal with the British record score, while Nick Anderson placed seventh in the 60m hurdles.

Duckworth was an indoor All-America for the second year in a row. He earned First Team honors for the first time as he was named to the second team in multi-events indoors and out last year. He's a three-time All-America overall.

Javianne Oliver was a First Team selection in the 60m for the second year in a row.

SEC Champion Katy Kunc earned second-team honors after making her first NCAA final in the 3k to go along with the All-America honors she earned in cross country 2016.

Kentucky's women's team finished fourth at the 2017 NCAA Outdoor Championships with 40 points, and sixth indoors with 26. The UK men's team placed 59th outdoors with four points, and 22nd indoors with 10. □

UK Women's Team Fourth at NCAATF Outdoor Championships

By Jake Most | June 10, 2017

EUGENE, Ore. – The Kentucky women's track and field team finished on the podium at the NCAA Outdoor Championships for the second time in the last three seasons, placing fourth with 40 points on Saturday before 12,992 track fans at Oregon's Hayward Field.

UK earned its second best team finish and point total at the NCAA Outdoor Championships in history. The Wildcats were NCAA runner-up with 50 points in 2015.

UK's women's 4x100-meter relay of Destiny Carter, Jasmine Camacho-Quinn, Kayelle Clarke and Kianna Gray built momentum right from the start. They won the first track event of Saturday in a Hayward Field and school record: 42.51 seconds. Precious Hitchcock had run the first leg in the semifinals on Thursday.

Starting the day with 10 points, UK's first NCAA 4x1 title, led to UK scoring 26 points on the final day of the meet.

UK finished the championships with two NCAA Champions – the 4x1 and Olivia Gruver in the pole vault on Thursday. Additionally, sophomores Jasmine Camacho-Quinn (100m hurdles) and Marie-Josée Ebwea-Bile (triple jump) claimed silver medals.

"Very proud of our team and the effort they put out on the final day," fifth-year Kentucky head coach Edrick Floréal said. "Our success in events like the 4x1, pole vault and triple jump shows that we are growing and adding to our brand. We're not just a hurdles university.

"We fought like Wildcats and



did UK proud.”

In addition to breaking the facility record at a track that has been the site for the NCAA Championships five years in a row and plenty more elite meets, the time ranks No. 3 time in meet history. UK ran the 10th fastest relay ever by a collegiate team and moved into No. 4 on all-time collegiate performers’ list, which factors in only the top time by each school.

UK was fifth in the event last season.

“As anchor leg, I knew that, despite the fumble (on the exchange), I had to bring home the win so I just did what I could do best and ran her down,” Gray said.

Camacho-Quinn ran a lifetime best in the 100m hurdles, 12.58, but came up .01 shy from defending her NCAA title in the event as Texas El Paso sophomore Tobi Amusan leaned just in front of Camacho-Quinn at the finish line. Still, the eight points went a long ways for UK’s ultimate cause.

Camacho-Quinn has scored 18 points in the NCAA 100m hurdles over the last two years to go along with the 10 Kendra Harrison earned in the event 2015 as senior. Camacho-Quinn scored 12.5 for the 2017 meet when adding her share of the 10 in the 4x1.

Ebwea-Bile leapt to a wind-aided PB 44’11”/13.69m to take silver and eight points in the women’s triple jump. She was UK’s first triple jump medalist.

On Thursday, Olivia Gruver won the first NCAA pole vault title in Kentucky history to score 10, and Sha’Keela Saunders was fifth in the long jump to add four.

Oregon won the NCAA women’s title with 64 points, needing 10 points in the 4x400m relay to edge second place Georgia (62.2). Southern California edged past Kentucky in the final event scoring eight in the 4x4 to finish on 43, three ahead of the Wildcats.

Katy Kunc was 11th in the 3k steeplechase and Ellen Ekholm was 12th in the high jump on Saturday.

□

The coach most likely to produce UK’s next NCAA title? It might surprise you

***By Mark Story | Herald-Leader
June 5, 2017***

In its entire athletics history, the University of Kentucky has won 10 team NCAA championships.

UK’s women’s cross country squad ran its way to glory in 1988. The Kentucky rifle team, a coed operation, shot its way to the top in 2011. Wildcats men’s basketball teams have claimed eight NCAA crowns.

Given that five different head coaches have led UK men’s hoops to NCAA titles, that program is always the most likely to produce Kentucky’s next national title.

Yet there is a different UK team that might get there first. It would be an upset if it happens this year, but under Coach Edrick Floreal, the Kentucky’s women’s track and field program is pushing toward championship level.

Two years ago, led by senior stars Kendra Harrison and Dezerea Bryant, UK finished as national runner-up to Oregon.

Last year, the UK women were ranked No. 1 in the country for

several weeks. That made finishing 11th in the NCAA Outdoor Track and Field Championships hard to stomach.

“Last year, we were a disaster,” Floreal says of UK in the NCAA meet. “The kids were not focused at all on doing well and were just kind of focused on other things. This (year’s) group is more astute or aware or cognizant of how well they have to do.”

UK will have 22 entrants — 16 in women’s events, six in men’s — in the 2017 NCAA outdoor championships this week (Wednesday through Saturday) at the University of Oregon.

If Kentucky had all its most talented women’s competitors healthy, Floreal thinks the Wildcats would be among 2017’s NCAA title favorites. Instead, injuries to Kiah Seymour (second last year in the NCAA outdoors in 400-meter hurdles) and Javianne Oliver (second in NCAA indoor 60-meter hurdles this year) make a championship this year unlikely, Floreal says.

“I think there’s a very long shot,” Floreal said of UK winning it all in 2017. “But I don’t think we have enough bullets to be able to do that. If Kiah Seymour is healthy and competing, and Javianne Oliver, then I think we have a legitimate chance and should be expected to do it. ... Without those two, if we get top five, I think that’s realistic.”

Since Floreal came to UK in 2012, hurdlers have fueled Kentucky’s rise. A UK athlete — Harrison in 2015, freshman Jasmine Camacho-Quinn last year — has



won the women's 100-meter hurdles at the NCAA outdoor championships the past two seasons.

Now a sophomore, Camacho-Quinn will try to keep that streak going. "Judging by the level of training she is doing, she is not going to go down there without a fight," Floreal said.

UK's hopes for a strong team showing also ride heavily on long jumper Sha'Keela Saunders and, because each is qualified for four events, sprinters Destiny Carter and Kianna Gray.

A senior from Suffolk, Va., Saunders won the NCAA indoor championship in the long jump in March. Carter, a senior from Danville, Ill., is slated to compete in the 100- and 200-meter dashes, the long jump and the 4-by-100 relay.

"Destiny Carter has to do about a thousand events and she has to do well in all of them," Floreal said. "If she has any kind of a mishap, we're dead."

Gray was an 11-time Kentucky high school state champion at North Hardin. The sophomore is qualified for the NCAAs in the 100- and 200-meter dashes and will run on UK's 4-by-100 and 4-by-400 relays.

"She's a significantly better athlete than she is performing," Floreal said of Gray. "I try not to put that pressure on her because she's still young and a little fragile as far as expectations."

For the Kentucky men, hurdler Nick Anderson, second last year in the 110-meter hurdles, and distance runner Jacob Thomson, sixth in 2016 in the 10,000 meters, seem the best hopes to medal.

Floreal says Kentucky's goal of becoming a national track power is more advanced on the women's side than the men's because female prospects value different things in recruiting than do males. "Women tend to make decisions a little more based on relationships and loyalty," Floreal says. "Guys make decisions based on (track and field) tradition."

In November, the UK women's program scored a recruiting coup when Kentucky signed New Jersey prep star Sydney McLaughlin. A 2016 U.S. Olympian in the 400 hurdles, McLaughlin is one of the most promising high school athletes — in any sport — in the country.

"I don't think there's anything she can't do," Floreal says.

Assuming there's no unexpected roster attrition, the "championship window" for the Kentucky women's track and field program should be open wide in 2018. □

After many close finishes, Sha'keela Saunders is ready to win an outdoor title

***By Chris Leach | Kentucky Kernel
June 2, 2017***

Senior long jumper Sha'Keela Saunders has one thing on her mind as she heads into her final NCAA Outdoor Track & Field Championships; it's time to attack.

"I'm going in there with a fire in my eyes," Saunders said. "I feel like I'm just ready to attack and score some big points for the team."

Saunders will go into Outdoor Championships looking to win the top prize in the long jump. Saunders has accomplished many great

things during her career at UK, but she has never won an outdoor national title.

She has come close to winning in the past however. Saunders has finished runner-up at nationals three times in her career, once at the Outdoor Championships her freshman year, and twice at the Indoor Championships her sophomore and junior season.

Saunders also jumped to a third place finish at Outdoor Nationals her sophomore year. In total, Saunders has posted nine All-American finishes in her career, five in the long jump, three in the triple jump, and one in 4x400 meter relay.

Despite all the close calls, Saunders' closest finish might have been at the 2016 Olympic Trials, when she was one inch and 3/4 quarters away from making the U.S. Olympic Team.

Saunders has won a national championship before, as she had the meet of a lifetime at the NCAA Indoor Track & Field Championships just a couple months ago, winning the long jump. Her final jump of 6.90 meters was just one centimeter away from the collegiate indoor record.

However, in the sport of NCAA track & field, the Outdoor Championships are the more desired meet to perform well than the Indoor Championships.

"This is my final shot to win a national championship outdoor," Saunders said. "Some people think it's a pressure on me but not really -- I'm just ready to go out there and attack and go for the win."

If Saunders performs well, she will put her team in a good posi-



tion to make the podium. The Cats are ranked No. 5 going into nationals; behind defending champion and SEC rival No. 2 Arkansas.

“I think we jumped up about two spots in the national rankings, which is pretty good but we still want better for ourselves and I think were ready to attack that,” Saunders said.

Saunders will go for the win on June 8, when the women’s long jump event starts at 6 p.m. The event can be watched on WatchESPN.com (subscription required).

Regardless of what happens, Saunders has had an illustrious career at UK and is one of the top long jumpers in program history. The multiple school record holder has come a long way from the rough start early in her college career to now chasing a championship.

“Coming into Kentucky, tore an ACL, I never thought the success would be this great,” Saunders said. “Edrick Floréal has really just made me a lot better than I ever imagined that I could be. Being ranked as one of the top competitors at nationals is just a great opportunity.” □

Thomson might have opening he needs to win NCAA title

***By Chris Leach | Herald-Leader
June 5, 2017***

Jacob Thomson has done a lot of winning since transferring to the University of Kentucky from North Carolina State in 2015.

In his almost two years here, the junior distance runner from Louisville Holy Cross has collected four Southeastern Conference

medals — two golds, a silver and a bronze. The two golds came at the 2016 SEC Outdoor Championships when Thomson won the 10,000- and 5,000-meter races.

This season, Thomson’s highlights include winning the 5,000 at the historic Penn Relays, becoming the second athlete in UK history to run sub-29 minutes in the 10,000, placing third in the 10,000 at the SEC Outdoor Championships and earning a spot on the All-SEC Second Team.

“Winning makes the sport a lot more fun, it’s a lot more enjoyable when you win races,” Thomson said. “That definitely makes you excited, gives you a little extra spark in your step.”

That spark is evident this week as Thomson attempts to fill one of the few remaining blanks on his collegiate running résumé.

Thomson will try to win his first national title when the NCAA Outdoor Track and Field Championships get underway Wednesday night at Eugene, Ore. Start time for the 10,000 meters is 10:08 p.m.

Thomson qualified for the 10K finals on May 26 when he placed fourth at the NCAA East Preliminary Championships in Lexington.

Last season, Thomson placed sixth in the NCAA 10K finals in Oregon, good enough to earn First Team All-America honors.

Thomson had a chance to win last year’s race as part of a six-man lead pack with one lap to go but faded in the final stretch while Oregon’s Edward Cheserek kicked to a national championship.

Thomson sees an opportunity this week as Cheserek, who has

won 17 NCAA titles, suffered a minor back injury and scratched from the championships. Cheserek’s absence makes Thomson the top returning runner.

“With him (Cheserek) out of the field, there’s really probably eight or 10 guys who all expect to go in there and compete for a national championship, and I see myself as one of those guys,” Thomson said.

Despite Cheserek’s absence, the 10K field is loaded with many of the NCAA’s top runners.

Tulsa’s Marc Scott, Alabama’s Alfred Chelanga and Butler’s Erik Peterson are all expected to compete with Thomson for the title, but Thomson’s preparations have gone well.

“Workouts, everything has been going great the last couple of weeks so I’m really excited heading in,” Thomson said.

If Thomson finds himself in contention late in the race like he did last year, he will be ready for any challenges that come up.

“When it comes to the bell lap, you’ve just got to take the gloves off and fight and the best man comes out on top,” Thomson said. “Last year, I think there were six of us who took the bell together, and it came down to a really tough finish, and I don’t expect this year to be any different.” □

UKTF Concludes Successful Run as NCAA East Prelims Host with 23 Qualifiers

***By Jake Most | UKathletics.com
May 28, 2017***

Saturday – really Kentucky’s whole three-day stint as host institution of the NCAA East Preliminary



KENTUCKY CLIPPINGS

Championships -- was a day for big numbers at the UK Outdoor Track and Field Complex.

Ten more Wildcats advanced to Eugene, Oregon where the NCAA Championships will conclude June 7-10. For the weekend, UK qualified 22 entries – 16 women's, six men's.

Tim Duckworth had already qualified in the decathlon, meaning UK will have 23 entries in Eugene.

Then, despite having to navigate pesky – but of course serious – electrical storms through the mid-afternoon into the evening, 4,721 people still came to the UK Track Complex on Saturday. That total brought the three-day figure for NCAA East Prelims to 10,072 at the track meet this weekend, reflecting by some measure Lexington's status as a community with a growing total of track and field aficionados.

And those thousands were treated to the elite competition, and exciting performances, they were promised. Six facility records were broken on Saturday – highlighted by the second fastest 200 meters race in collegiate history – meaning NCAA athletes posted 12 changes to the facility records when the weekend was all said and done.

UK's NCAA qualifiers

Sixteen of a possible 24 women, and six of a possible 20 men advanced to Eugene in addition to Duckworth in the decathlon.

UK advanced eight women's entries – the 4x100 and 4x400m relays, Destiny Carter and Kianna Gray in the 200m, Jasmine Cama-

cho-Quinn in the 100m hurdles and 200m, Jacklyn Howell in the 100m hurdles and Marie-Josée Ebwea-Bile in the triple jump on Saturday.

Nick Anderson lowered his school record to 13.53 to earn a return trip to Eugene where he'll aim to do one better than his silver medal performance in the 110m hurdles from a year ago.

"The goal for this weekend was always go in, win the race and qualify for Nationals," Anderson said. "I had nothing else but that as my goal. To achieve my main goals for the season I had to get there. Now I'll take this next week and half and just work hard. I'll fix some things, listen to Coach Flo and get ready for Nationals."

The women's 4x100m relay school record fell on Saturday as well. The team of Destiny Carter, Jasmine Camacho-Quinn, Kayelle Clarke and Kianna Gray ran 42.79 to advance to Eugene with the second fastest time in the east. Collegiate record holder LSU qualified first.

Justin Kretchmer made his last East Preliminary Championships into the first iteration of said meet to see him advance to Eugene. The senior had placed 13th in 2015 – two weeks after he had won the Southeastern Conference Championship – on a jump off, missing nationals by about as narrow a margin as they come. So his clearance of 7'0.5"/2.15m to place sixth was likely all the more sweet.

Camacho-Quinn qualified No. 1 in the east to continue her NCAA 100m hurdles title defense in Eugene. She ran 12.80. She'll

be joined in Oregon by Jacklyn Howell, who was third in her heat giving her an automatic qualifying spot to NCAAs.

Three Wildcats advanced on to Eugene in the women's 200m led by Kentucky's Ms. Versatility: Destiny Carter. She booked her fourth entry into the Eugene field by qualifying third in the women's 200m with a heat-winning time of 22.70. Carter also qualified in the long jump and 100m.

Not to be completely eclipsed in terms of quantity of events qualified in, Gray had the sixth fastest qualifying time 22.86 to get a big "Q" for automatic qualification, while Camacho-Quinn made NCAAs in the 200m for the second year in a row by running 22.88 – eighth best in the east.

Gray qualified in two relays, the 100m and 200m. Camacho-Quinn qualified in the 100m hurdles, 200m and 4x100m relay.

Ebwea-Bile had the fifth-best mark in the triple jump to qualify for the NCAA Championships. Ebwea-Bile's jump of : 43'11.25"/13.39m was her personal record.

"I just wanted to qualify and get my ticket to Eugene," Ebwea-Bile said. "No matter what I placed, I just wanted to qualify. It's a good personal record, but it's not enough. "I had a lot of mistakes, but I'm going to work on it with my coach. I'm going to work on my approach because every time I get excited, I foul. And it's kind of immature, so I'm going to try to be better and act like a professional."

The UK women's 4x400m relay



of Saunders, Hitchcock, Clarke and Gray ran 3:35.72 to place second in heat two and get a Big "Q" to advance to the NCAA semifinals in Eugene.

Friday NCAA qualifiers

Four women – Destiny Carter and Kianna Gray in the 100 meters, Ellen Ekholm in the high jump and Katy Kunc in the 3,000m steeplechase – and one man – Nikolas Huffman in the shot put – added their names to the flight manifest for the trip to Eugene, Oregon on Friday..

Thursday NCAA Finals Qualifiers

Seven Wildcats – four women's entries and three men's entries advanced to Eugene of the first day of the meet.

UK qualified Carter and Saunders in the long jump, Sarah Blake in the javelin and Olivia Gruver in the pole vault on the women's side for day one. Jacob Thomson in the 10k, Ethan Shalaway in the javelin and Fred Dorsey in the long jump advanced for the UK men on Thursday. □

UK Eager to Host, Compete in NCAA Prelims

***By Guy Ramsey | UKathletics.com
May 24, 2017***

With the outdoor season reaching its crescendo, this is when the meets really start to matter.

First come the East Preliminary Championships and later nationals, when both team and individual NCAA champions will be crowned. It's a routine that has become familiar for Kentucky track and field in recent years with Edrick Floréal leading nationally relevant squads, but this year offers a wrinkle.

The first step of this season's NCAA journey will be taken at home for the Wildcats. UK is hosting the NCAA Division I Track and Field East Preliminary Championships this week.

The magnitude of the change has sunk in quickly this week for the Cats, who have watched their home track – the UK Outdoor Track and Field Complex – be transformed.

"This track looks totally different," UK's Sha'Keela Saunders said. "It looks like we're at a national-caliber track home right now. It doesn't look like we're just at UK. We're at the UK this time."

The meet will serve as the qualifying round ahead of next month's national-championship meet in Oregon. Twelve athletes from the two prelim sites will qualify for nationals, with hundreds of athletes from dozens of schools competing for that right Thursday through Sunday.

UK has 44 total entries, with 24 competing for the seventh-ranked UK women's team and 20 for the men's team.

"You can tell the difference in practice this week," Floréal said. "They just walked out here today and they see the track is set up to host and everybody's attitude and mood changed quickly. It's kind of a good sense of pride to see your facility transform into a world-class facility."

UK bid for the right to host the event both to showcase its state-of-the-art facility and to create a home-track advantage for its athletes.

"It's a huge advantage," Saun-

ders said. "The crowd here is amazing. If you've ever been to our home meet, the Kentucky Invite, it's just amazing. And the Big Blue Nation, the fans are amazing. They know how to come and they know how to put on a show."

With that crowd also comes a new variable with which to contend. What the Cats can't let happen is for that extra motivation to turn into crippling pressure.

"Sometimes that can backfire," Floréal said. "It could be extra pressure that they put on themselves. 'I have to do well because everybody's here watching and all my friends and my athletic director's watching me.' That extra pressure sometimes backfires on you."

Saunders understands pressure.

The long jumper won the indoor national championship this season, but failed to even qualify for outdoor nationals a year ago. Her event is one that provides for only three attempts and the fouls she committed last year kept her from going for gold.

"Sometimes it's very hard," Saunders said. "... You just have to make sure you do what you're used to doing and then once you get one in and you're safe, then you go for the win."

Saunders and every other athlete in Lexington this week will be contending with the dilemma that the preliminary round causes. On one hand, they want to put their best feet forward competing with some of the best athletes anywhere. On the other, they only have to finish in the top 12 to get where they really want to go.



“You’re just trying to qualify for the NCAAs, so sometimes the athletes get caught up and try to do huge things,” Floréal said. “You just gotta be top 12.”

All those elite athletes vying for a limited amount of spots makes for some good viewing, says Floreal.

“I would advise anyone that has any interest in sports or just supporting young people or supporting Kentucky track or Kentucky athletes in general, you should really be out here supporting these young people and giving them a chance to show what they’ve been working on and their talents,” Floréal said. “I’m hoping that the Kentucky faithful, the Big Blue Nation, shows up and shows Kentucky track and field some love.” □

Camacho-Quinn’s 100H Win Leads UKTF Women to Third at SECs

***By Jake Most | UKathletics.com
May 13, 2017***

COLUMBIA, S.C. – Jasmine Camacho-Quinn defended her 100-meter hurdles title, while Destiny Carter scored a team-high 13 points – including taking silver in the 200m – to help the Kentucky women’s track and field team finish third at the Southeastern Conference Outdoor Championships for the third year in a row.

Kentucky’s men’s team placed 11th with 31.5 points.

The Arkansas women’s team won with 127 points, while LSU was second with 100, 19 ahead of UK. The Wildcats edged Georgia by four, Florida by five and Texas A&M by seven.

Texas A&M won the men’s

team competition on 119 points.

Camacho-Quinn appeared to lead Georgia’s Kendall Williams narrowly over all 10 hurdles, and then really separated in the last 10.5 meters. She ran a time of 12.81 (+1.0), .11 better than Williams.

“I’m glad to have come out here and defended my title,” Camacho-Quinn said. “I just knew I had to stay calm throughout the race and not overthink it. It was just a pretty good race.”

Kentucky scored 15 points in the event as Camacho-Quinn tallied 10, while Jacklyn Howell added five points with a fourth-place time of 13.24.

Camacho-Quinn won the SEC 100m hurdles for the second year in a row, and gave UK the league title in that event for the fourth straight year (Kendra Harrison won in 2014 and 2015).

Camacho-Quinn has won three-straight SEC short hurdles titles, accounting for the 2016 SEC Indoor Championships with her outdoor titles the last two years. She claimed her fourth SEC medal accounting for the indoor 200m silver she claimed in February.

Destiny Carter scored eight points in the 200m with a wind-legal personal-best-tying 22.92 (+0.6) to earn her first SEC individual medal.

Earlier Saturday, Carter scored four points in the 100m with a fifth-place time of 11.25 (+1.0).

She ran the second leg of UK’s fourth-place 4x100m relay (composed of Precious Hitchcock, Carter, Kayelle Clarke and Kianna Gray), to score four points in 43.49.

Carter received a point for her role on that relay.

Kiah Seymour repeated as SEC bronze medalist in the 400m hurdles battling to a third-place time of 58.06.

Katy Kunc won UK’s first SEC title in the women’s 3,000-meter steeplechase on Friday.

More Saturday Scorers

Marie-Josée Ebwea-Bile finished two inches shy of a triple jump medal, fourth overall, with a mark of 43’6”/13.26m to score five points.

Sarah Blake broke her javelin school record en route to a fifth-place mark of 174’3”/53.12m to score four.

UK’s women’s 4x400m relay of Sha’Keela Saunders, Hitchcock, Clarke was buoyed by a 53.04 anchor leg from Kianna Gray – while encountering some traffic on the home straight – to place fifth in 3:35.56 to score four.

Ellen Ekholm was the top freshman placer, seventh overall, in the women’s high jump having cleared 5’8.75”/1.75m to score two.

Michelle McKinney earned the first SEC point of her career, placing eighth with a mark of 4:24.56.

Men’s Saturday scorers

Jacob Thomson added four points to the six he earned with a 10k bronze from Friday by placing fifth in the 5k on Saturday. He ran 13:54.98 as he moved as far up as second with 200m to go, but was caught on the home stretch by three members of the chase pack he was a member of for much of the race.

Nikolas Huffman scored four



points in the shot put with a fifth-place mark of 60'1"/18.31m. Charles Lenford Jr. tossed a PB mark of 57'9.75"/17.26m to place eighth and add a point.

UK scored seven points in the 110m hurdles with Nick Anders scoring four via a fifth-place 13.73, and Daniel Roberts scoring three with a sixth-place 13.82 (+0.2). Roberts lowered his UK freshman record.

Tim Duckworth completed a five-point meet with a sixth-place pole-vault clearance at 16'7.5"/5.07m. He scored three in the pole vault, and two in the high jump.

Ian Jones scored the first two individual points of his SEC career with a seventh-place PB 1:48.46.

SECTF Strength

Kentucky's women's team is ranked No. 6 in this week's U.S. Track & Field and Cross Country Coaches Association computer rankings – which are a forecast of team finish at the NCAA Championships, not the SEC Championships.

Three of the five women's teams ranked ahead of the UK women are SEC squads (No. 1 Texas A&M, No. 4 LSU, No. 5 Arkansas), six of the top-10 are SEC teams, and a 11 SEC women's team rank in the top-25.

Four of the top-five and six of the top-10 men's teams are in the SEC. Twelve of the top-25 men's teams in the country rank in the top 10.

UK's SEC precedent

UK's best SEC outdoor finish was second place in 1981, the first year the meet was held.

A year ago Kentucky placed 10th in the men's competition with 48.50 points.

Indoor 2017: At the SEC Indoor Championships in February, the Kentucky women's team tied the school record for team finish at the SEC Indoor Championships – third overall with 71 points.

The UK women's program finished third at the SEC indoor meet for the first time since 1989, its only other top-three finish at indoor SECs.

The UK men's team improved by 12 points and four spots from a year ago in placing seventh with 44 points at 2017 SEC indoors. □

UKTF Women's Team 6th at NCAA

Indoor

***By Jake Most | UKathletics.com
March 12, 2017***

COLLEGE STATION, Texas – Led by Javianne Oliver and Olivia Gruver's medal performances on Saturday, the Kentucky women's track and field team finished sixth with 26 points at the 2017 NCAA Indoor Championships inside Texas A&M's Gilliam Indoor Stadium.

Women's team finish context

UK's sixth-place performance was the second best at an NCAA indoor meet in women's program history. UK 26 points were the women's program record for a NCAA Indoor Championships.

Kentucky finished fifth with 25 points in 2015.

Men's team finish context

Kentucky's men's team finished tied for 22nd with 10 points as Tim Duckworth claimed silver in the heptathlon, and Nick Anderson placed seventh in the 60-meter

hurdles.

The UK men's program earned its first NCAA indoor top-25 finish since placing 19th with 13 points in 2009.

Saturday medalists

Oliver's 60m silver and Gruver's pole-vault bronze complemented the long-jump gold Sha'Keela Saunders earned with a leap one centimeter shy of the collegiate record on Friday.

Oliver took the early lead out of the blocks with her patented explosive start, and looked to be ahead up until the final steps, getting outleaped across the line by Oregon's Hannah Cunliffe 7.14 seconds-7.16. Oliver scored eight points. She was sixth in the same event last season.

After sleeping on the day-one heptathlon lead, Tim Duckworth tied his PR 8.10 in the 60m hurdles to open day two by scoring 957 points.

He then made a major move in the pole vault, clearing a two-inch-plus PR 17'3"/5.26m to score 991 points and take a 224-point lead over second place Devon Williams (Georgia) into the heptathlon-concluding 1k.

There, he finished with a time of 3:04.24 to score 623 points. UGA's Williams ran 2:41.26 to score 859, and take the heptathlon gold by the narrowest of margins -- 12 points, which roughly equates to one second.

Duckworth's 6,165 points broke his British record by 159, and with third place Karl Saluri having scored 6,051 it was the first NCAA meet to feature three heptathletes with more than 6,050 points.



Duckworth's score tied for the seventh best in collegiate history (Williams' 6,177 ranks fourth best in NCAA all-time).

Gruver became the first Wildcat to score in the NCAA pole vault, and took bronze to boot. Her bronze medal clearance was 14'5.25"/4.40m. She cleared her first two attempts at 13'9.25" and then 14'1.25", before getting over 14'5.25" on her second attempt. She was unable to get over 14'7.25"/4.45m – the winning height.

Saturday scorers

Sophomore Jasmine Camacho-Quinn placed seventh in the women's 60m hurdles to score two points at her first NCAA indoor meet.

Senior Nick Anderson placed seventh in the men's 60m hurdles with a time of 7.85, after running a PR 7.69 in the prelims. He scored two points at his first NCAA indoor meet. □

Sha'Keela Saunders Wins NCAA Indoor Long Jump

**By Jake Most | UKathletics.com
March 11, 2017**

COLLEGE STATION, Texas – At long last, Sha'Keela Saunders rose to the top of the NCAA long jump podium.

Runner-up in the long jump at the NCAA Indoor Championships each of the past two years, and three times overall (including the silver she took at the 2014 NCAA Outdoor Championships as a freshman), she finally broke through on Friday.

But if Saunders' star-crossed history at the NCAA meet proved

anything, it was that she'd need a historic performance to finally take home gold from the 2017 NCAA Indoor Championships held at Texas A&M's Gilliam Indoor Track Stadium. As prepared as ever to reach deeper than she'd ever conceived, on Friday she finally reaped the reward.

Leaving the brightest fireworks for the last round, she exploded to a 22-foot, 7.75-inch/6.90-meter mark on the final attempt of the competition to take gold with the third-farthest indoor jump ever by a collegian, and the seventh best by any American.

It was a quarter of an inch/one centimeter shy of the Whitney Gipson's five-year-old collegiate record.

"Finally broke that pattern of finishing second," Saunders said. "I just had this fire in me. I was sitting in second place going into the last jump. I said 'you know, we've been here before. It doesn't feel good so we've got to do something about this.' I had faith, and I went out there and jumped, held my fingers together to wait for the mark and then cheered because I received the victory."

Saunders had taken the lead in round two with a 21'11.75"/6.70m before defending champion Quanesha Burks of Alabama surpassed her late in the fifth round with a leap of 22'0.75"/6.72m.

Saunders became the first NCAA Champion in the women's long jump in school history. Bill Lightsey won the men's long jump in 1971. □

Camacho-Quinn Wins Hurdles

Gold, Leads UKTF to Third at SEC Indoor

**By Jake Most | UKathletics.com
Feb. 25, 2017**

NASHVILLE, Tenn. – The Kentucky women's track and field team tied the school record for team finish at the Southeastern Conference Indoor Championships – third overall with 71 points – this weekend.

Kentucky's Jasmine Camacho-Quinn once again displayed her tantalizing potential, scoring 19 points, highlighted by a 60-meter hurdles win that solidified her standing as the SEC's premier short hurdler both indoors and out.

The UK women's program finished third at the SEC indoor meet for the first time since 1989, its only other top-three finish at indoor SECs.

Arkansas won the women's title with 106.5 points, while LSU was second with 94. With 72 points, Kentucky finished eight points in front of Georgia's 64, while Ole Miss was fifth with 61.5. The UK men's team improved by 12 points and four spots from a year ago in placing seventh with 44 points. Arkansas edged Alabama 98-93 for the men's team title.

"I'm happy to come out with the win in the indoor hurdles," Camacho-Quinn said. "It's kind of a validation of the work we've been putting in because last year, my freshman year indoors, didn't go as well as I had hoped, but it provided me motivation and I started to put it together outdoors. So I'm glad to have reached this goal and most importantly to have helped our team finish third."

Camacho-Quinn needed a



.01-second PR of 8.02 to outclass a top-notch field, which featured defending SEC Champion Mikiah Briscoe (LSU) to take ownership of the SEC indoor 60m hurdles crown to go along with the outdoor 100m hurdles title she won last May.

Looking back now, last year's SEC indoor meet now appears a blip on the map of Kentucky's tightening grip on SEC women's hurdles game. Kendra Harrison won the SEC Indoor 60m hurdles and 100m hurdles titles in 2014 and 2015, and now Camacho-Quinn is reigning conference gold medalist in the 60m hurdles and 100m hurdles.

Camacho-Quinn set the tone on Championship Saturday by winning the hurdles – the first running event of the day. She came back later in the day and scored eight points out of the outside lane in the 200m with a Silver-Medal time of 23.31.

She also earned a one-point share of Kentucky's four in the 4x400m relay dropping a 52.9 split on the second leg of UK's 3:36.25 performance for fifth place. Only Missouri's Karissa Schweizer (20 points) scored more individually than Camacho-Quinn.

But while Camacho-Quinn's 19 points in the sprints in a conference known for its high-end depth in those events were formidable, they made up but a small fraction of the 72 UK needed to take third.

Sha'Keela Saunders finished her last SEC indoor meet with her coveted second conference long jump gold in addition to two points in the triple jump and a point for running leadoff on the 4x400m

relay.

Javianne Oliver ran a 60m dash time of 7.22 to place second to LSU's Hobbs (7.18).

Katy Kunc scored nine points for the meet as she added three points via a sixth-place (16:19.66) finish in Saturday's 5k, to go along with her four points from a fifth place in the 3k on Friday.

Destiny Carter scored a total of 5.5 points this weekend, having finished tied-sixth in the 200m with a time of 23.51 to score 2.5 to go along with the two she earned from Friday's seventh-place long jump, and the one she earned on the third leg of UK's fifth-place, 3:36.25 mile relay. Freshman Faith Ross ran anchor on that relay.

Marie-Josée Ebwea-Bile placed sixth in the triple jump to score three points with a mark of 43'11.25"/13.39m.

Michelle McKinney, Jill Weston, Jacklyn Howell and Caroline McCaslin scored four points with a fifth-place distance medley relay time of 11:18.84.

Men's team recap

Nick Anderson won his first SEC indoor medal, and the second SEC hurdles medal of his career (2016 110H) with a new PR of 7.74 for bronze in the 60m hurdles.

In terms of raw points, Tim Duckworth carried the banner for the Wildcats men's team this weekend though. He scored 10 points with a pair of fourth-place finishes – in the long jump and high jump – on Friday before scoring another three with a sixth-place in the pole vault on Friday. His clearance at 17'0.25"/5.20m was a new PR and made him the

No. 2 performer in the event in school history.

Kendall Muhammad, long-jump seventh-placer Fred Dorsey, Ian Jones and Ben Young ran 9:40.63 to place fourth in the DMR with a five-point earning time of 9:40.63.

Jacob Thomson earned four points in Saturday's 5k with a fifth-place time of 14:11.91, to go along with the three he earned in the 3k on Friday.

Nikolas Huffman placed sixth with a shot-put mark of 60'5.25"/18.42m to earn three points.

Friday notables

Saunders and Olivia Gruver earned medals – Saunders gold, Gruver bronze to headline Friday.

Friday Men's team scorers

Duckworth – currently ranked No. 2 in the NCAA in the heptathlon – elected to enter three individual events instead this weekend and that decision paid a strong initial dividend on Friday.

By generous accounting, he totaled a combined 10 points by placing fourth in both the high jump and long jump. Xavier McAllister tied Duckworth for fourth in the high jump as they cleared 7'0.25"/2.14m.

Dorsey was seventh in the long jump having reached a mark of 25'2.5"/7.68m scoring two points, to go along with Duckworth's five, from a mark of 25'7.25"/7.80m

Both David Cline and Logan Bryer set new PR's in the weight throw to score points, with each making the final from the first flight. Cline broke Andy Fryman's school record with a mark of 67'8.75"/20.64m to



place sixth and score three points. Bryer placed eight with a mark of 66'8"/20.32m.

Thomson finished sixth in the 3k scoring three points with a time of 8:07.19.

Friday Women's team scorers Kunc ran a PR 9:25.54 to score five points by finishing fourth in the women's 3k. That time made her the No. 8 performer in UK history.

Carter reached an indoor PR mark 20'10"/6.35m to place seventh in the long jump and score two points. □

Kentucky seniors work on final fractions as indoor track season takes its mark

***By Jared Peck | Herald-Leader
Jan. 12, 2017***

Four centimeters.

Last summer at the U.S. Olympic Trials in Eugene, Ore., Sha'Keela Saunders, now a redshirt senior at Kentucky, missed her Olympic dream in the long jump by that much.

But more than four years ago, when she arrived on campus with an ACL tear suffered two months earlier, Saunders felt as far away from her athletic aspirations as she could possibly be.

Coach Edrick Floreal, who'd inherited Saunders when he took over the UK track and field program in fall 2012, didn't let her give up hope.

"I had the surgery, and he was promising I'd be this big NCAA star, and I was like, well, teach me how to walk first," Saunders said Tuesday as she and the rest of the UK team prepared for this weekend's Kentucky Invitational indoor meet

at Nutter Field House. "But as time went on, he's become like a father figure, and he really knows what he's talking about. He's a genius at track and field, and I trust everything he says now."

That hasn't always been the case, according to Floreal. He has questioned her commitment at times as the distractions and pressures of being a college kid have stunted her results in his eyes.

"I think there are going to be some challenges ahead, but what she's doing now is off the Richter scale: training, diet, even school-work, she's darn near straight-A's," Floreal said.

For fellow senior Nick Anderson, the indoor season is a chance to work on some of his weaknesses and improve on the form that won him a silver medal in the 110-meter hurdles at last year's NCAA outdoor championships.

"My workouts have been going really well," Anderson said. "I feel this is probably the strongest and fastest I've been since I've been here at Kentucky."

Anderson, who was part of Floreal's first recruiting class, did not have blazing high school times to earn Floreal's interest initially. But a persistent father got the UK coach to take a look at the Orlando, Fla., native at a meet in Tampa. Floreal liked the potential.

"He's developed physically, he's developed technically. We just have some mental stuff to get over," Floreal said.

To knock hundredths of a second off your times takes a complete combination of the physical, technical and mental aspects of

the run. Anderson has shown he can put that together. Now, Floreal wants to see it every meet.

"Nick is the most wonderful young man you'd ever want to be around. Very calm, but as a hurdler, an aggressive event where you're hitting 42-inch hurdles at full speed, you need to have a little bit more of that, I don't know what you want to call it, 'anger' or 'moxie,' he's just not that kind of person," Floreal said. "I need him to go over a 42-inch hurdle at full speed and take the head of the competition off their neck, and we're working our way to that."

The Kentucky Invitational this week features 22 teams from schools in and around Kentucky, including Ohio State, Louisville and Cincinnati, and serves as a tune-up for the following week's Rod McCravy Memorial, which will feature 14 of the top programs in the country.

The UK women's team comes in ranked No. 8 in the country, led by reigning NCAA 100-meter hurdle champion Jasmine Camacho-Quinn, an Olympic semifinalist for Puerto Rico last year.

Saunders will also play a major role in the team's success. In December, she set a personal best indoor mark and won the long jump at the Hoosier Open. Her jump of 6.73 meters was the best mark ever recorded by a female NCAA athlete that early in the indoor season.

"After the Olympic trials, I kind of knew what it took to jump that far," Saunders said. "In December, I wasn't too confident that it would be that far, but I was confident that



it would be a good opener. When I saw the jump, obviously, I was surprised and kind of excited for the season.”

Saunders is a four-time NCAA medalist — earning three silvers and one bronze — and is an eight-time All-America athlete in the long jump, the triple jump and the 4-by-400 relay.

Instead of heading home to Chesapeake, Va., for the holidays, Saunders continued to train over the break at UK. She has set her sights on medaling not just at the NAAs, but also at the World Championships this year.

“What I figured out is that everything that coach says is true,” Saunders said. “Seriously, the sleep, the diet, studying film, every single thing. I did everything that he said and even that wasn’t enough. I missed it by about an inch. So, I just decided I’m going to do everything coach says this year and see how that works out for me. It’s turned out well, so far.” □

Kentucky freshman Gray, top-ranked Cats pack untapped potential

***By Jared Peck | Herald-Leader
May 11, 2016***

At 11.12 seconds, Kentucky freshman sprinter Kianna Gray has run the fourth-fastest 100 meters in NCAA competition this outdoor season. That’s just 0.01 off the best time of junior teammate Destiny Carter and only 0.15 seconds off the No. 1 spot.

But, according to UK track and field coach Edrick Floréal, she’s not anywhere close to her potential.

“Technically we’re probably a

C-minus if I’m being generous,” Floréal said last week of Gray’s technique as his team rested and prepared for this weekend’s South-eastern Conference outdoor championships. “It’s more like a D-plus technically as far as understanding the race and execution. She’s just a big ball of talent. I think she’s going to be, once she figures it out, even better.”

Gray holds Kentucky state records in the 100, 200 and 400 meters for North Hardin High School in Radcliff. She was a three-time state Gatorade track athlete of the year and an 11-time state champion. But that didn’t prepare her for the success she’s had, so far, at Kentucky.

“Honestly, I did not know how fast I was,” she said. “Every time I PR (set a personal record), I’m still shocked. Never in high school had I ever thought I would be running this fast.”

Her state record time in the 100 meters was 11.73, 0.61 seconds slower than her best mark at UK less than a year later. The workouts and the competition are far more intense. And while the adjustment to college, Coach Floréal and SEC competition was difficult, at first, she’s embracing the challenge.

“Coach is really hard on me,” she said. “In high school I didn’t really have that. I had a coach that pushed me, but our coach is like 10 times harder. At first I hated it, but now I love it.”

Gray is part of what has become the nation’s No. 1 ranked women’s track and field team heading into the conference and NCAA outdoor championships. It’s

not a position some would expect of a team that lost NCAA track athlete of the year Kendra Harrison and last year’s NCAA 200-meter champ Dezerea Bryant among others. But Floréal, who led the Cats to a runner-up finish in the NCAA outdoors in 2015 and coached last year’s Team USA in the World Championships, said he thought this team would have the opportunity to be even better.

“I think the good thing about our team is that we’re pretty diverse,” Floréal said. “We got jumpers, sprinters, hurdlers, pole vaulters, steeple chasers and distance runners. As far as the makeup of the team, we’ve got a much better balanced team than everybody else does. ... We just have people scoring in every event area and that’s a cool thing in that if one area is kind of down, then we’ve got other people that can step up.”

In addition to Gray and Carter, junior Javianne Oliver has cracked the top 10 in the 100 meters. Gray and Carter are top 25 in the 200 meters. Junior Aria Graham has posted the eighth-fastest 800-meter time. Freshman Jasmine Camacho-Quinn, who’s already made the Puerto Rican Olympic team, and sophomore Jacklyn Howell, have posted the second- and fourth-fastest 100-meter hurdle times, respectively. Junior Kiah Seymour ranks third in the 400 hurdles.

Kentucky also has a top-15 pole vaulter in freshman Olivia Gruver and the No. 2 long jumper in junior Sha’Keela Saunders. Carter’s long jump is ninth best this season.



Freshman Marie-Josée Ebwea-Bile and Saunders are both top-20 triple jumpers.

The list goes on: senior Beckie Famurewa is top 10 in both the discus and hammer throw with sophomore Adriana Brown posting the 13th-farthest discus throw this season.

And Kentucky's 4-by-100 relay, which includes Gray, Carter, Oliver and junior Precious Hitchcock, has posted the third-fastest time, just 0.46 seconds behind Oregon's best mark of 42.68. The Cats' fourth-ranked 4-by-400 relay also includes Gray and Carter, along with Seymour and junior Jasmine Mitchell.

Even with all that, "we haven't really completely unleashed the beast," Floréal said. "I think we've got a lot more in the tank, and I think their confidence is just now growing a little bit, which is good. But it's still not to the level that it needs to be."

Floréal expected his women's team to come together sooner and he hoped for some hardware during the indoor season. □

Kunc, UK Cross Country Have High Expectations for SEC Championships

***By Stepper Toth | UKathletics.com
Nov. 7, 2017***

The 2016 season was a first real test for Katy Kunc and the rest of the University of Kentucky Cross Country team.

Kunc, a junior from Burke, Virginia, gives credit to her high school's prestigious running program for getting to where she is now, running both cross country and track for UK. Kunc began run-

ning cross country to stay in shape so she could play college soccer, but shortly realized her running potential.

"In high school, my teammate Hannah (Christen) and I both made Footlocker Nationals and that was really rare for two people at the same high school to go to the meet," Kunc said. "When I went there, I was like 'maybe I should run in college'. It was really cool being recruited by a bunch of coaches. That's when I realized I could be a good runner in college."

On Friday, Kunc and Christen will be reunited, competing against each other in the SEC Championships. Christen is a junior at Ole Miss.

Kunc has had a big fall already, winning three times. She started the season by winning the Wildcat Opener in Lexington, followed by another victory at the Bluegrass Inviational, a win that earned her SEC Runner of the Week honors. She won for the third time on October 14 in Tuscaloosa, Alabama, taking home first place in the Alabama Crimson Classic .

According to Kunc, the entire UK team has stepped up and gotten a lot better, allowing the them to mesh together. This helped Kunc get better through her workouts.

Kunc has high expectations for this weekend for both herself and her teammates.

"We are such a different team than we were last year," Kunc said. "I really think we can be top four or five as a team if we all have a great race. Individually, I am trying to get top five." □



UK Varsity Records - Women

Indoor

Event	Record Holder	Time/Mark	Year
55 Meters	Michelle Brown	6.75	1997
55m Hurdles	Michelle Williams	7.70	1998
60 Meters	Dezerea Bryant	7.12a	2014
60m Hurdles	Kendra Harrison	7.87	2015
200 Meters	Sydney McLaughlin	22.68	2018
400 Meters	Sydney McLaughlin	50.36	2018
500 Meters	Ariah Graham	1:10.80 (2015-16 Season)	2015
800 Meters	Ariah Graham	2:04.64	2016
Mile	Allison Peare	4:35.14	2014
3,000 Meters	Cally Macumber	8:59.98	2013
5,000 Meters	Valerie McGovern	15:48.17	1990
4x400m Relay	Ross, McLaughlin, Camacho-Quinn, Clarke	3:30.08	2018
Distance Medley Relay	Macumber, Phillips, Peare, Oswald	11:00.33	2013
Shot Put	Ashley Muffet	57-3.5 / 17.46m	2010
20-lb. Weight	Rebecca Famurewa	70-10.75 / 21.61m	2015
High Jump	Raina Turner	6-0 / 1.82m	1996
Long Jump	Sha'Keela Saunders	22-7.75 / 6.90m	2017
Triple Jump	Marie-Josee Ebwea-Bile	45'7.75" / 13.91m	2018
Pole Vault	Olivia Gruver	15'3.75" / 4.67m	2018
Pentathlon	Precious Nwokey	4,185	2011
300 Meters	Sydney McLaughlin	36.12	2017 (2017-18 Season)

Outdoor

Event	Record Holder	Time/Mark	Year
100 Meters	Dezerea Bryant	11.00	2015
100m Hurdles	Kendra Harrison	12.50	2015
200 Meters	Dezerea Bryant	22.18	2015
400 Meters	Sydney McLaughlin	50.07	2018
400m Hurdles	Sydney McLaughlin	53.60	2018
800 Meters	Ariah Graham	2:03.24	2016
1,500 Meters	Allison Peare	4:14.91	2014
Mile	Cally Macumber	4:37.75	2013
3,000m Steeplechase	Katy Kunc	9:55.59	2017
5,000 Meters	Valerie McGovern	15:45.72	1990
10,000 Meters	Valerie McGovern	32:50.44	1991
4x100m Relay	Carter, Camacho-Quinn, Clarke, Gray	42.51	2017
4x400m Relay	Ross, Camacho-Quinn, McLaughlin, Clarke	3:26.92	2018
Shot Put	Ashley Muffet	54-2.50 / 16.52m	2006
Discus	Beckie Famurewa	189-4 / 57.71m	2016
Javelin	Cindy Crapper	181-10 / 55.42m	1982
Javelin (post-1985)	Sarah Blake	174-3 / 53.12m	2017
Hammer	Beckie Famurewa	211-9 / 64.55m	2016
High Jump	Raina Turner	6-5 / 1.85m	1993
Long Jump	Sha'Keela Saunders	22-7.25 / 6.89m	2016
Triple Jump	Marie-Josee Ebwea-Bile	45-11.25 / 14.00m	2018
Pole Vault	Olivia Gruver	14-9.00 / 4.50m	2017
Heptathlon	Precious Nwokey	5543	2010

UK Varsity Records - Men

Indoor

Event	Record Holder	Time/Mark	Year
55 Meters	Tim Harden	6.06	1996
55m Hurdles	Chuck Peters	7.44	1972
60 Meters	Tim Harden	6.54	1995
60m Hurdles	Keith Hayes	7.69	2013
200 Meters	Rondel Sorrillo	20.72	2009
400 Meters	Arnold Payne	45.75	1996
800 Meters	David Freeman	1:47.40	2003
Mile	Matt Hillenbrand	3:57.00	2014
3,000 Meters	Jacob Thomson	7:53.87	2018
5,000 Meters	Jacob Thomson	13:41.33	2018
4x400m Relay	Harrison, Browning, Acevedo, Luna	3:05.87	2007
Distance Medley Relay	Landers, Johnson, Ciurlys, Freeman	9:35.41	2003
Shot Put	Jeff Chakouian	65-10.50 / 20.07m	2001
35-lb. Weight	David Cline	67-08.75 / 20.64m	2017
High Jump	Eugene Grundy	7-4.50 / 2.24m	1997
Long Jump	Tim Duckworth/Andrew Channer	25-7.25 / 7.80m	2017/1998
Triple Jump	Dwight Phillips	51-4.50 / 15.65m	1997
Pole Vault	Nathan Plager	17-5.50 / 5.32m	1996
Heptathlon	Tim Duckworth	6188	2018

Outdoor

Event	Record Holder	Time/Mark	Year
100 Meters	Tim Harden	10.05	1995
110m Hurdles	Nick Anderson	13.49	2017
200 Meters	Rondel Sorrillo	20.29	2010
400 Meters	Dwight St. Hillaire	45.48	2018
400m Hurdles	Jeff Ellis	49.96	1999
800 Meters	Keffri Neal	1:46.39	2014
1,500 Meters	Matt Hillenbrand	3:39.84	2014
Mile	Martin Clark	4:01.80	1985
3,000m Steeplechase	Luis Orta	8:42.22	2013
5,000 Meters	Jacob Thomson	13:43.49	2016
10,000 Meters	Mark Nenow	28:32.00	1980
4x100m Relay	Lindsey, Jackson, Williams, Harden	38.81	1995
4x400m Relay	Browning, Harrison, Obeng, Acevedo	3:02.00	2008
Shot Put	Jeff Chakouian	66-03.00 / 20.19M	2004
Discus	Andrew Evans	217-9 / 66.37M	2014
Javelin	Raymond Dykstra	257-9 / 78.58m	2014
Hammer	Matt Kavanagh	221-4 / 67.46m	1999
High Jump	Grant Lindsey	7-5 / 2.26m	2008
Long Jump	Tim Duckworth	26-4.25 / 8.03m	2018
Triple Jump	Keenan Hall	51-7 / 15.72 m	2011
Pole Vault	Nathan Plager	17-5.5 / 5.32m	1995
Decathlon	Tim Duckworth	8145	2018

UK FRESHMAN RECORDS - WOMEN

INDOOR

Event	Record Holder	Time/Mark	Year
55 Meters	Passion Richardson	6.78	1994
55-Meter Hurdles	Michelle Williams	7.83	1998
60 Meters	Keilah Tyson	7.36	2012
60-Meter Hurdles	Jasmine Camacho-Quinn	8.22	2016
200 Meters	Sydney McLaughlin	22.68	2018
300 Meters	Sydney McLaughlin	36.12	2017 (December of 2017-18 season)
400 Meters	Sydney McLaughlin	50.36	2018
800 Meters	Lavera Morris	2:09.70	2005
Mile	Sherry Hoover	4:44.90	1986
3,000 Meters	Lisa Breiding	9:07.66	1986
5,000 Meters	Lynne Segreti	16:40.68	1986
Shot Put	Ashley Muffet	52-4 / 15.95m	2006
20 lb. Weight	Ashley Muffet	61-9 / 18.82m	2006
High Jump	Raina Turner	6-0 / 1.82m	1993
Long Jump	Ola Sesay	20-7.25 / 6.28m	1998
Triple Jump	Marie-Josée Ebwea-Bile	42-0.75 / 12.82m	2016
Pole Vault	Olivia Gruver	13-9.75 / 4.21m	2016
Pentathlon	Danielle Sampley	3704	2008

OUTDOOR

Event	Record Holder	Time/Mark	Year
100 Meters	Kianna Gray	11.20	2016
100-Meter Hurdles	Jasmine Camacho-Quinn	12.69	2016
200 Meters	Sydney McLaughlin	22.39	2018
400 Meters	Sydney McLaughlin	50.07	2018
400-Meter Hurdles	Sydney McLaughlin	53.60	2018
800 Meters	Sherry Hoover	2:06.47	1986
1,500 Meters	Lisa Breiding	4:18.19	1986
Mile	Patricia Padorno	4:48.04	1987
3,000m Steeplechase	Amy Hansen	10:32.73	2014
5,000 Meters	Lisa Breiding	16:01.57	1986
10,000 Meters	Lynne Segreti	36:45.76	1986
Shot Put	Ashley Muffet	54-2.50	2006
Discus	Rebecca Famurewa	187-4 / 57.09m	2013
Javelin	Cindy Crapper	161-4 / 49.17m	1981
Javelin (Post 1985)	Sarah Blake	163-8/49.90m	2016
Hammer	Ashley Muffet	186-6 / 56.84m	2006
High Jump	Raina Turner	6-0.5 / 1.84m	1993
Long Jump	Sha'Keela Saunders	21-1.25 / 6.43m	2014
Triple Jump	Marie-Josée Ebwea-Bile	42-8 / 13.00m	2016
Pole Vault	Olivia Gruver	14-1.25 / 4.30m	2016
Heptathlon	Danielle Sampley	5377	2008

UK FRESHMAN RECORDS - MEN

INDOOR

Event	Record Holder	Time/Mark	Year
55 Meters	Tim Harden	6.26	1993
55-Meter Hurdles	Reggie Payton	7.47	1994
60 Meters	Justin Austin	6.71	2009
60-Meter Hurdles	Daniel Roberts	7.86	2017
200 Meters	Dwight St. Hillaire	20.73	2018
400 Meters	Dwight St. Hillaire	46.20	2018
800 Meters	James Doaty	1:47.93	2001
Mile	Lou Styles	4:05.18	2015
3,000 Meters	Spencer Hrycay	8:16.57	2015
5,000 Meters	Luis Orta	14:33.82	2009
4x400m Relay	Harden, Lindsey, Vaughn, Perry	3:19.02	1993
Distance Medley Relay	Spencer, Graves, Johnson, Morgan	9:52.83	1999
Shot Put	Jeff Chakouian	65-10.5 / 20.07m	2001
35 lb.Weight	Matt Kavanagh	64-4 / 19.60m	1997
High Jump	Michael Mason	7-2.25 / 2.19m	2005
Long Jump	Derrick Locke	25-5.25 / 7.75m	2008
Triple Jump	Dwight Phillips	51-4.50 / 15.65m	1997
Pole Vault	Matt Peare/Charles Moushey	16-10 / 5.13m	2018/2014
Heptathlon	Tim Duckworth	5454	2015

OUTDOOR

Event	Record Holder	Time/Mark	Year
100 Meters	Jim Green	10.24c	1967
110-Meter Hurdles	Daniel Roberts	13.75	2017
200 Meters	Dwight St. Hillaire	20.61	2018
400 Meters	Dwight St. Hillaire	45.48	2018
400-Meter Hurdles	Jeff Ellis	50.39	1998
800 Meters	David Freeman	1:48.44	2001
1,500 Meters	Martin Clark	3:44.50	1982
Mile	Kendall Muhammad	4:03.28	2016
3,000m Steeplechase	Luis Orta	8:52.39	2009
5,000 Meters	Dave Bensema	14:16.80	1978
10,000 Meters	Dave Bensema	30:12.00	1978
Shot Put	Jeff Chakouian	66-0.50 / 20.12m	2001
Discus	Colin Boevers	181-4 / 55.27m	2008
Javelin	Raymond Dykstra	247-5 / 75.41m	2012
Hammer	Matt Kavanagh	200-0 / 60.96m	1997
High Jump	Grant Lindsey	7-5 / 2.26m	2008
Long Jump	Derrick Locke	25-3.25 / 7.70m	2008
Triple Jump	Dwight Phillips	50-7.50 / 15.43m	1997
Pole Vault	Matt Peare/Sheldon Riffle	17-1.50 / 5.21m	2018/1995
Decathlon	Tim Duckworth	7156	2015