



THE BOWERMAN 2010

# WOMEN'S FINALISTS



## Queen Harrison

School	Virginia Tech
Class	Senior
Events	Hurdles
Hometown	Richmond, Va.
High School	Hermitage



### 2010 PERFORMANCE LEDGER

Event	Date	Mark	Place	Notes	Meet	Location
--- INDOOR ---						
60mH	Jan 22	8.04	1		Hokie Inv	Blacksburg, Va.
	Jan 29	8.08	s		Penn State Inv	State College, Pa.
	Jan 29	8.10	1		Penn State Inv	State College, Pa.
	Feb 5	7.96	1		VaTech Elite	Blacksburg, Va.
	Feb 26	7.99	q		ACC	Blacksburg, Va.
	<b>Feb 27</b>	<b>7.94</b>	<b>1</b>	<b>CL, PB</b>	<b>ACC</b>	<b>Blacksburg, Va.</b>
	(No. 8 performance on all-time indoor collegiate list [No. 5 performer])					
	Mar 12	7.98	q1/1h2		NCAA	Fayetteville, Ark.
	Mar 13	7.95	1		NCAA	Fayetteville, Ark.
400m	Jan 23	53.64	2		Hokie Inv	Blacksburg, Va.
	Feb 6	53.54	1		VaTech Elite	Blacksburg, Va.
	Feb 26	54.52	q		ACC	Blacksburg, Va.
	<b>Feb 27</b>	<b>53.06</b>	<b>1</b>	<b>PB</b>	<b>ACC</b>	<b>Blacksburg, Va.</b>
4x400	Feb 6	3:39.81	lead-off	2 (54.33 split)	VT Elite	Blacksburg, Va.
	Feb 20	3:38.96	lead-off	1 (53.86 split), SB	VT Chal	Blacksburg, Va.
	Feb 27	3:39.69	lead-off	2 (53.89 split)	ACC	Blacksburg, Va.
--- OUTDOOR ---						
100mH	Mar 20	13.01	w: 0.5	1	Hurricane Inv	Coral Gables, Fla.
	Mar 27	13.10	w: 1.9	1	Yellow Jacket	Atlanta, Ga.
	Apr 2	12.65	w: 1.5	1	FloridaR	Gainesville, Fla.
	Apr 16	12.82w	w: 2.2	2q/1h1	ACC	Clemson, S.C.
	Apr 17	12.44W	w: 5.3	1 [all-cond. CR]	ACC	Clemson, S.C.
	(All-Time, All-Conditions Collegiate Best -- old: 12.48, Ginnie Powell, USC, 2006)					
	Apr 23	12.46w	w: 3.1	1q/1h1	Penn Relays	Philadelphia, Pa.
	(No. 2 performance on all-time, all-conditions collegiate list)					
	<b>Apr 24</b>	<b>12.61</b>	<b>w: 1.1</b>	<b>1</b>	<b>CL, PB</b>	<b>Penn Relays</b>
	(equals No. 4 performance on all-time collegiate list [equals No. 3 performer])					
	May 28	12.70w	w: 2.4	1Q/1h3	NCAA (FR)	Greensboro, N.C.
	May 29	12.69	w: 1.3	1Q/1h1	NCAA (QF)	Greensboro, N.C.
	Jun 10	12.68	w: 1.6	1q/1h2	NCAA (SF)	Eugene, Ore.
	Jun 12	12.67	w: 1.8	1	NCAA	Eugene, Ore.
400mH	Apr 2	56.06		1	FloridaR	Gainesville, Fla.
	Apr 16	56.89		2q/1h2	ACC	Clemson, S.C.
	Apr 17	54.66		1	ACC	Clemson, S.C.
	May 27	56.53		3Q/1h5	NCAA (FR)	Greensboro, N.C.
	May 28	55.07		2Q/1h3	NCAA (QF)	Greensboro, N.C.
	Jun 9	55.35		1q/1h1	NCAA (SF)	Eugene, Ore.
	<b>Jun 10</b>	<b>54.55</b>		<b>1</b>	<b>CL, PB</b>	<b>Eugene, Ore.</b>
	(No. 9 all-time collegiate performer])					
4x400	Apr 3	3:33.15	lead-off	3/2s1	FloridaR	Gainesville, Fla.
	Apr 17	3:36.50	lead-off	2	ACC	Clemson, S.C.

### HIGHLIGHTS

**INDOOR:** Captured Virginia Tech's first national title in women's track and field at the 2010 NCAA Indoor Championships, winning the 60-meter hurdles with a time of 7.95 ... set personal, school and ACC meet record with a 2010 collegiate-leading time of 7.94 in the 60-meter hurdles for her first individual ACC Championship ... also broke school record in the 400-meter dash three times on the season, and owns the standard at 53.06, which she achieved in another ACC-title performance at the conference championships ... was undefeated in 60-meter hurdle competition ... named ACC Performer of the Week twice during indoor campaign ... USTFCCCA Southeast Region Track Athlete of the Year.

**OUTDOOR:** Became the first female in NCAA history to win both the 100- and 400-meter hurdle national titles ... captured the 100-meter hurdles title with a time of 12.67, after winning the 400-meter hurdles earlier in the championship with a school-record time of 54.55 ... Harrison broke the school record in the 100-meter hurdles, clocking a 2010 collegiate-leading 12.61 en route to the Penn Relays championship ... also won the ACC crowns in the 100-meter and 400-meter hurdles ... named ACC Women's Track MVP honors for the outdoor season, the Penn Relays Women's Individual Athlete of the Meet and has won the conference's weekly award three times this year ... USTFCCCA Southeast Region Track Athlete of the Year.



THE BOWERMAN 2010

# WOMEN'S FINALISTS



## Lisa Koll

School	Iowa State
Class	Senior
Events	Distance
Hometown	Fort Dodge, Iowa
High School	Fort Dodge



### 2010 PERFORMANCE LEDGER

Event	Date	Mark	Place	Notes	Meet	Location
--- INDOOR ---						
Mile	Jan 30	4:41.37 OT	1	PB	Bergan Inv	Ames, Iowa
3000m	Jan 23	9:16.33 OT	1		IowaSt Open	Ames, Iowa
	<b>Feb 27</b>	<b>8:56.09 OT</b>	<b>1</b>	<b>CL (AC), PB</b>	<b>Big 12</b>	<b>Ames, Iowa</b>
		(No. 10 performance on all-time, all-conditions indoor collegiate list [No. 9 all-conditions performer])				
	Mar 13	8:57.52	2		NCAA	Fayetteville, Ark.
		([No. 10 all-time indoor collegiate performer])				
5000m	<b>Feb 13</b>	<b>15:29.65 OT</b>	<b>1</b>	<b>CL (AC)</b>	<b>IowaSt Cl</b>	<b>Ames, Iowa</b>
		(No. 6 performance on all-time, all-conditions indoor collegiate list [No. 5 all-conditions performer])				
	Mar 12	15:39.65	1		NCAA	Fayetteville, Ark.
		([No. 10 all-time indoor collegiate performer])				
--- OUTDOOR ---						
5000m	<b>May 1</b>	<b>15:17.76</b>	<b>4 [1c]</b>	<b>CL, PB</b>	<b>Cardinal Inv</b>	<b>Palo Alto, Calif.</b>
		(No. 6 performance on all-time outdoor collegiate list [No. 5 performer])				
	May 16	15:22.42	1		Big 12	Columbia, Mo.
	May 29	16:28.58	1Q/1h1		NCAA (SF)	Austin, Texas
	Jun 11	15:23.80	mv: 30sec	1	NCAA	Eugene, Ore.
10k	<b>Mar 26</b>	<b>31:18.07</b>	<b>1</b>	<b>CR, Aml, CL, PB</b>	<b>Stanford Inv</b>	<b>Palo Alto, Calif.</b>
		(Collegiate Record -- old: 31:25.45, Sally Kipyego, Texas Tech, 2008)				
	May 14	33:51.74	1		Big 12	Columbia, Mo.
	May 27	34:23.64	1Q/1h1		NCAA (SF)	Austin, Texas
	Jun 9	32:49.35	mv: 23sec	1	NCAA	Eugene, Ore.
4x1600	Apr 23	19:14.80	anchor	3	(4:42.4 split)	Drake Relays
DMR	Apr 24	11:08.64	anchor	1	(4:31.8 split/1600m)	Drake Relays

### HIGHLIGHTS

**INDOOR:** Koll won her first NCAA indoor crown with a 15:39.65 run at 5000 meters and beat the field by more than 10 seconds ... Koll nearly pulled off the NCAA distance double, but was outdueled by Illinois' Angela Bizzarri in the 3000 meters by just 12 hundredths of a second to take runner-up honors (8:57.52) ... Koll claimed double Big 12 Championship titles and double collegiate-best marks of the season at the conference meet in Ames ... Combining times on 200 meter and oversized tracks, Koll would be the fifth-best collegiate performer all-time in the 5000m and sixth-best all-time in the 3000m from times recorded at the Big 12 meet ... USTFCCCA Midwest Track Athlete of the Year.

**OUTDOOR:** Swept NCAA crowns in the 5000 and 10,000 meters becoming only the fourth female in NCAA history to notch, the 5k-10k double, joining Amy Skieresz (Arizona, 1997-98), Stephanie Herbst (Wisconsin, 1986), and Betty Jo Springs (North Carolina State, 1983) ... Koll's 10k victory of 32:49.35 gave her the second NCAA title of the event in her career, cruising to victory after breaking from the pack at the 7000-meter mark to win by over 20 second ... two days later, Koll returned for the 5000 and led nearly wire-to-wire in a 30-second, 15:23.80 victory, the third-fastest time recorded by a collegian ... opened the season with a collegiate record clocking of 31:18.07 in the 10,000 meters at the Stanford Invitational, topping the previous mark of 31:25.45 set by Texas Tech's Sally Kipyego in 2008 ... on May 1, Koll posted a 15:17.76 collegiate-leading time over 5000 meters in placing fourth overall and as the first collegiate at the Payton Jordan Cardinal Invitational, again at Stanford ... anchored DMR team with a 4:31.8, 1600-meter split to a Drake Relays title ... Went on to win Big 12 titles in both the 5000 and 10,000 meters and reset the 5000 meet record with a 15:22.42 clocking previously held by Sara Slattery of Colorado ... USTFCCCA National Track Athlete of the Year ... finalist for Honda-Broderick Cup, representing track & field.



THE BOWERMAN 2010

# WOMEN'S FINALISTS



## Blessing Okagbare

School	UTEP
Class	Senior
Events	Sprints/Jumps
Hometown	Sapele, Delta State, Nigeria



### 2010 PERFORMANCE LEDGER

Event	Date	Mark	Place	Notes	Meet	Location
--- INDOOR ---						
60m	Feb 5	722	q1/1h2		Sevigne	Lincoln, Neb.
	Feb 6	727	1		Sevigne	Lincoln, Neb.
	Feb 13	724	q1/1h1		TAMU Chal II	College Station, Texas
	Feb 13	725	1		TAMU Chal II	College Station, Texas
	<b>Feb 26</b>	<b>7.18</b>	<b>q1/1h1</b>	<b>=CL, =PB</b>	<b>Conf USA</b>	<b>Houston, Texas</b>
	Feb 27	722	1		Conf USA	Houston, Texas
	Mar 12	724	q1/1h3		NCAA	Fayetteville, Ark.
	<b>Mar 13</b>	<b>7.18</b>	<b>1</b>	<b>=CL, =PB</b>	<b>NCAA</b>	<b>Fayetteville, Ark.</b>
200m	Feb 5	23.59	q1/1h5		Sevigne	Lincoln, Neb.
	<b>Feb 6</b>	<b>23.52</b>	<b>1/1s2</b>	<b>PB</b>	<b>Sevigne</b>	<b>Lincoln, Neb.</b>
	Feb 26	24.14	q2/1h2		Conf USA	Houston, Texas
	Feb 27	23.62	1/1s3		Conf USA	Houston, Texas
LJ	Jan 23	6.59m	21-7½	1	TexT Inv	Lubbock, Texas
	Feb 13	6.70m	21-11¼	1	TAMU Chal II	College Station, Texas
	Feb 26	6.65m	21-10	1	Conf USA	Houston, Texas
	Mar 12	6.84m	22-5¼	(r2) MR	NCAA	Fayetteville, Ark.
	<b>Mar 13</b>	<b>6.87m</b>	<b>22-6½</b>	<b>1 MR, CL, PB</b>	<b>NCAA</b>	<b>Fayetteville, Ark.</b>
[6.48m, <b>6.84m</b> , <b>6.87m</b> , pass, pass, 6.57m]						
(No. 4 performance on all-time indoor collegiate list [No. 5 performer])						
(NCAA Championships Meet Record -- old: 6.81m, 22-4¼, Elva Goulbourne, Auburn, 2003)						
(equals No. 2 performance on all-time indoor collegiate list [equals No. 2 performer])						
TJ	Feb 27	13.55m	44-5½	1 SB	Conf USA	Houston, Texas
--- OUTDOOR ---						
100m	Apr 3	11.10w	w: 2.3	1	TexasR	Austin, Texas
	Apr 10	10.7hA	w: 1.3	1	UTEP Inv	El Paso, Texas
	May 15	11.40w	w: 2.6	q/1h1	Conf USA	Orlando, Fla.
	May 16	11.36	w: 1.1	1	Conf USA	Orlando, Fla.
	May 26	11.26	w: -0.9	1Q/1h1	NCAA (FR)	Austin, Texas
	May 27	11.22	w: -0.1	2Q/1h2	NCAA (QF)	Austin, Texas
	<b>Jun 9</b>	<b>11.21</b>	<b>w: 1.0</b>	<b>2Q/1h2</b>	<b>NCAA (SF)</b>	<b>Eugene, Ore.</b>
	Jun 11	10.98w	w: 2.5	1 CL (AC), PB (AC)	NCAA	Eugene, Ore.
200m	<b>Mar 27</b>	<b>23.23A</b>	<b>w: 1.6</b>	<b>1 PB</b>	<b>UTEP Spring</b>	<b>El Paso, Texas</b>
LJ	<b>Apr 2</b>	<b>6.88m</b>	<b>22-7, w: 1.9</b>	<b>1 CL, SB</b>	<b>TexasR</b>	<b>Austin, Texas</b>
[6.41m (1.4), foul (2.5), <b>6.88m (1.9)</b> , 6.46m (1.4), pass, pass]						
(No. 8 performance on all-time outdoor collegiate list [No. 5 performer])						
	May 15	6.58m	21-7¼, w: 1.7	1	Conf USA	Orlando, Fla.
	May 28	6.51m	21-4¼, w: 1.2	3q	NCAA (SF)	Austin, Texas
	Jun 12	6.79m	22-3½, w: 0.8	1	NCAA	Eugene, Ore.
[6.23m (0.5), <b>6.79m (0.8)</b> , 6.49m (1.4), 6.38m (-0.7), foul, foul]						
4x100	Mar 27	45.08	anchor	1	UTEP Spring	El Paso, Texas
	Apr 2	45.55	anchor	7q/2h2	TexasR	Austin, Texas
	Apr 3	44.54	anchor	3	TexasR	Austin, Texas
	Apr 23	44.71	anchor	1q/1h1	Drake Relays	Des Moines, Iowa
	Apr 24	44.45	anchor	1	Drake Relays	Des Moines, Iowa
	May 16	44.36	anchor	2	Conf USA	Orlando, Fla.
	<b>May 29</b>	<b>44.31</b>	<b>anchor</b>	<b>5Q/2h3</b>	<b>NCAA (QF)</b>	<b>Austin, Texas</b>
	Jun 9	44.72	anchor	12/4h2	NCAA (SF)	Eugene, Ore.

### HIGHLIGHTS

**INDOOR:** NCAA Champion in the long jump and 60 meters ... in the long jump notched a meet record, 2010 collegiate best and personal best mark of 22-6½ (6.87m) on third attempt to go with 22-5¼ (6.84m) mark on previous attempt ... Okagbare also finished the season with the third-best long jump performance in the world ... clocked 7.18 in the 60 at the NCAA meet to equal her own 2010 collegiate best and personal best ... Okagbare matched former Texas great Marshevet Hooker (2006) as a sprint-jump double national champ ... claimed titles in the 60m, 200m, triple and long jump at the Conference USA Championships to earn the Performance of the Meet and High Point Scorer of the Meet honors (40 points) ... set new meet records in the triple jump and school and meet records in the 60m at the C-USA Championships ... named C-USA Athlete of the Week three times during the season... went undefeated in all events competed throughout season ... tapped as USTFCCCA National Female Field Athlete of the Year ... named the USTFCCCA Mountain Region Track Athlete of the Year, USTFCCCA Mountain Region Field Athlete of the Year, and Conference USA Track and Field Athlete of the Year.

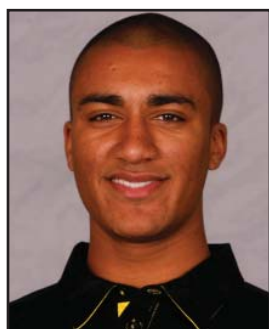
**OUTDOOR:** Won NCAA titles in the long jump and the 100 meters, becoming the first in NCAA history to win the 100m-long jump double at the national outdoor meet ... clocked an 11.21 in the semifinal for wind legal season best in the 100 and notched a wind-aided 10.98 in the finals for the all-conditions collegiate-leading mark of 2010 ... in the long jump, won NCAA crown with 22-3½ (6.79m) leap, and notched season's collegiate best mark of 22-7 (6.88m) in winning the Texas Relays with meet record ... winner of the 100m and long jump at the Conference USA Championships ... honored as the Conference USA Track and Field Athlete of the Year as well as picking up C-USA Championships Performance of the Meet and High Point Scorer of the Meet accolades ... honored as the USTFCCCA Mountain Region Female Track Athlete of the Year ... named a finalist for the Honda Sports Track and Field Woman of the Year Award.





THE BOWERMAN 2010

## MEN'S FINALISTS



## Ashton Eaton

School	Oregon
Class	Senior
Events	Combined Events
Hometown	Bend, Ore.
High School	Mountain View



## 2010 PERFORMANCE LEDGER

Event	Date	Mark		Place	Notes	Meet	Location
--- INDOOR ---							
HEPT	Jan 28-29 ( 6.78 - 766m )	6,256 [25-1¼] - 12.56m [41-2½] - 2.07m [6-9½] / 786 - 4.96m [16-3¼] - 2:38.02 ) (Collegiate Record -- old: 6,208, Trey Hardee, Texas, 2006) (No. 2 performance on all-time indoor collegiate list)		1	CR	TAMU Chal	College Station, Texas
	Mar 12-13 ( 6.71 - 773m )	6,499 [25-4½] - 13.12m [43-½] - 2.11m [6-11] / 777 - 5.10m [16-8¾] - 2:32.67 ) (World Record -- old: 6,476, Dan O'Brien, USA, 1993) (American Record -- old: 6,476, Dan O'Brien, 1993) (Collegiate Record -- old: 6,256, Ashton Eaton, 2010) (NCAA Championships Meet Record -- old: 6,136, Donovan Kilmartin, Texas, 2004)		1	WR, AmR, CR, MR	NCAA	Fayetteville, Ark.
60m	Mar 12	6.71		H	PB, hCB	NCAA	Fayetteville, Ark.
LJ	Mar 12	773m	25-4½	H	iPB, =hCB	NCAA	Fayetteville, Ark.
SP	Mar 12	13.12m	43-½	H	PB	NCAA	Fayetteville, Ark.
HJ	Mar 12	2.11m	6-11	H	PB	NCAA	Fayetteville, Ark.
60mH	Mar 13	7.77		H	PB	NCAA	Fayetteville, Ark.
PV	Feb 26	5.26m	17-3	4	PB	MPSF	Seattle, Wash.
1000m	Mar 13	2:32.67		H	PB	NCAA	Fayetteville, Ark.
4x400	Feb 27	3:07.61	2nd leg	2		MPSF	Seattle, Wash.
	Mar 13	3:08.42	2nd leg	6	(46.42 split)	NCAA	Fayetteville, Ark.
--- OUTDOOR ---							
DEC	31-Apr 1 (10.34w - 788mw [25-10¾] - 13.11m [43-½] - 2.02m [6-7½] - 4706: Day 1 - 4,494 CB) (13.85W - 43.71m [143-5] - 4.60m [15-1] - 52.19m [171-2] - 4:41.43) (No. 5 performance on all-time collegiate list)	8,310w		1		TexasR	Austin, Texas
	May 8-9 (10.59 - 743m [24-4½] - 12.77m [41-10¾] - 1.94m [6-4¼] - 4725) (13.79 - 42.29m [155-0] - 5.15m [16-10¾] - 49.67m [162-11] - 4:39.97)	8,154		1		Pac-10	Berkeley, Calif.
	Jun 10-11 (10.37 - 790m [25-11] - 12.60m [41-4¼] - 2.02m [6-7½] - 46.28: Day 1 - 4,500 CB) (13.68 - 41.71m [136-10] - 4.70m [15-5] - 52.41m [171-11] - 4:21.85) (NCAA Championships Meet Record -- old: 8,276, Brian Brophy, Tennessee, 1992) (No. 3 performance on all-time collegiate list [No. 3 performer])	8,457		1	MR, CL, PB	NCAA	Eugene, Ore.
100m	Mar 31	10.34w	w: 3.4	D		TexasR	Austin, Texas
	Apr 17	10.52	w: -1.2	1		vs UCLA	Eugene, Ore.
	May 15	10.19w	w: 2.7	q/1h3	PB (AC)	Pac-10	Berkeley, Calif.
	May 16	10.33	w: -1.0	2	PB	Pac-10	Berkeley, Calif.
	Jun 10	10.37	w: 0.5	D		NCAA	Eugene, Ore.
LJ	Apr 10	781m	25-7½, w: 1.7	1		Pac-10	Berkeley, Calif.
	May 28	8.04m	26-4½	2q	PB	NCAA (SF)	Austin, Texas
	Jun 10	790m	25-11	D		NCAA	Eugene, Ore.
	Jun 12	723m	23-8¾	22		NCAA	Eugene, Ore.
SP	Mar 31	13.11m	43-¾	D	oPB	TexasR	Austin, Texas
HJ	Mar 31	2.02m	6-7½	D	=SB	TexasR	Austin, Texas
	Jun 10	2.02m	6-7½	D	=SB	NCAA	Eugene, Ore.
400m	Jun 10	46.28		D	PB, dCB	NCAA	Eugene, Ore.
	(Collegiate All-Time Decathlon Best -- old: 46.89, Jordgan Hudgens, Azusa Pacific, 1999)						
110mH	May 16	13.54	w: -1.5	1	PB	Pac-10	Berkeley, Calif.
DISC	Apr 1	43.71m	143-5	D	PB	TexasR	Austin, Texas
PV	Apr 1	5.15m	16-10¾	D	oPB	TexasR	Austin, Texas
JAV	Jun 11	52.41	171-11	D	SB	NCAA	Eugene, Ore.
1500m	Jun 11	4:21.85		D	SB	NCAA	Eugene, Ore.

## HIGHLIGHTS

**INDOOR:** Eaton not only won the NCAA heptathlon title for the second-straight year, but he did it in world-record fashion ... scoring 6,499 points, Eaton reset what was Dan O'Brien's 1993 record of 6,476 with five new personal bests over the seven-event bonanza ... in January, Eaton topped what was Trey Hardee's collegiate record with a 6,256 tally ... Eaton would better each of his marks from that January weekend to claim the world record in March ... only a few hours after breaking the world record, Eaton returned to the NCAA meet to run the second leg of the Ducks 4x400 and helped the team to a sixth-place national finish ... at the MPSF Championships in Seattle, Eaton claimed scoring positions in the pole vault (fourth) and as a member of the Ducks' 4x400-meter relay team (second) ... USTFCCA National Field Athlete of the Year.

**OUTDOOR:** Eaton won his third-consecutive NCAA decathlon crown, scoring a championships- and personal-record score of 8,457 points ... capturing victory by 656 points, Eaton became the first in collegiate history to win three-straight crowns in the event and the second ever to win a third total ... despite tallying just one event personal best (46.28 in the 400m) among the 10 disciplines, Eaton notched an all-time collegiate best 4,500 points on day one and came within eight points of Trey Hardee's overall collegiate record (8,465) ... in three competitions this season, Eaton scored 8,000 or more points, extending his streak to 10 ... opened the season at the Texas Relays at the end of March with a wind-aided 8,310 for the win ... at the Pac-10 Combined Event Championships, Eaton scored a conference-record 8,154 to become just the third man to win three of the league's crowns in the event ... coming back a week later for the remaining portions of the league meet, Eaton would win conference titles in the 110-meter hurdles and long jump, adding a runner-up performance in the 100-meter dash ... Eaton would also qualify for the national final in the long jump, notching a leap of 26-4½ (8.04m) to be the second qualifier out of the West ... USTFCCA Co-National Field Athlete of the Year ... Pac-10 Co-Men's Field Athlete of the Year.



THE BOWERMAN 2010

## MEN'S FINALISTS



## Andrew Wheating

<i>School</i>	<b>Oregon</b>
<i>Class</i>	<b>Senior</b>
<i>Events</i>	<b>Mid-Distance</b>
<i>Hometown</i>	<b>Norwich, Vt.</b>
<i>High School</i>	<b>Kimball Union Academy</b>



## 2010 PERFORMANCE LEDGER

Event	Date	Mark	Place	Notes	Meet	Location
--- INDOOR ---						
800m	Feb 13	<b>1:46.36 OT</b>	<b>1</b>	<b>Aml (AC), CL (AC), PB</b>	<b>Husky</b>	<b>Seattle, Wash.</b>
	Mar 12	1:49.23	q1/1h2		NCAA	Fayetteville, Ark.
	Mar 13	1:48.40	2		NCAA	Fayetteville, Ark.
Mile	Feb 27	<b>3:58.20 OT</b>	<b>1</b>	<b>PB</b>	<b>MPSF</b>	<b>Seattle, Wash.</b>
DMR	Mar 12	<b>9:36.87</b>	anchor	<b>1 (4:01.23 split)</b>	<b>NCAA</b>	<b>Fayetteville, Ark.</b>
--- OUTDOOR ---						
800m	May 1	1:47.71	1		OregonR	Eugene, Ore.
	May 15	1:48.63	q/1h3		Pac-10	Berkeley, Calif.
	May 16	1:47.77	1		Pac-10	Berkeley, Calif.
	May 27	1:49.45	5Q/h5		NCAA (FR)	Austin, Texas
	May 28	1:46.44	1Q/h2		NCAA (QF)	Austin, Texas
	Jun 9	1:48.80	3Q/1h3		NCAA (SF)	Eugene, Ore.
	Jun 11	<b>1:45.69</b>	<b>1</b>	<b>SB</b>	<b>NCAA</b>	<b>Eugene, Ore.</b>
1500m	Apr 30	3:37.83	1		OregonR	Eugene, Ore.
	May 27	3:43.90	3Q/h1		NCAA (FR)	Austin, Texas
	May 29	<b>3:37.52</b>	<b>1Q/h1</b>	<b>CL, PB</b>	<b>NCAA (QF)</b>	<b>Austin, Texas</b>
	Jun 10	3:45.24	6Q/3h1		NCAA (SF)	Eugene, Ore.
	Jun 12	3:47.94	1		NCAA	Eugene, Ore.
4x800	Apr 24	7:15.55	anchor	2 (1:47.77 split)	Penn Relays	Philadelphia, Pa.
DMR	Apr 23	9:30.69	anchor	1 (3:59.84 split/1600m)	Penn Relays	Philadelphia, Pa.

## HIGHLIGHTS

**INDOOR:** Wheating helped the Ducks to their second-straight NCAA championship in the distance medley relay with an anchor 1600-meter split of 4:01.23 ... In 2009, Wheating ran the 800-meter leg of the DMR ... Wheating took runner-up (1:48.40) in the NCAA at 800 meters after being caught at the tape by Virginia frosh Robby Andrews ... Wheating started his season on February 13 with a the best collegiate mark of the season, 1:46.36 (OT), at the Husky Classic in Seattle ... at the MPSF Championships, Wheating won the mile crown with a 3:58.20 (OT) clocking on that same track in Seattle ... USTFCCCA West Region Track Athlete of the Year.

**OUTDOOR:** At the NCAA Championships, Wheating ran four races in four days to capture national crowns in the 800 and 1500 meters, an accomplishment only matched four other times in the 89-year history of the NCAA Championships and for the first time since 1984 ... Wheating (1:45.69) used his "kick" earlier in the competition than usual in the 800 finals, covering the final 200 meters in 26.20 seconds, holding off the surging Andrews (1:46.83) who would place second despite entering the final curve in last place ... with the victory, Wheating became the first American since 1994 to defend an NCAA 800-meter crown ... Wheating (3:47.94) would lead a final Duck charge to the finish line in the national final of the 1500m as Oregon claimed the first 1-2-3 NCAA sweep in the history of the event ... Wheating would finish the season with the second-fastest collegiate time in the 800 (1:45.69, NCAA final) and the best collegiate time of 2010 in the 1500 - 3:37.52 recorded in being the first qualifier from the West portion of the NCAA's quarterfinals ... earlier in the season, Wheating won his third straight Pac-10 title at 800 meters in 1:47.77, becoming the first to win three-straight conference titles in the event since Oregon's David Mack (1980-82). Wheating also ran a leg of the Ducks' 4x400 that finished fourth at the conference meet; all in helping Oregon win their fourth-straight league crown ... Wheating opened the season at the Penn Relays, where he anchored Oregon to a win in the distance medley relay (9:30.69) and a second-place finish in the 4x800 meter relay (7:15.55) ... USTFCCCA National Track Athlete of the Year ... Pac-10 Men's Track Athlete of the Year.



THE BOWERMAN 2010

## MEN'S FINALISTS



## Ryan Whiting

School	Arizona State
Class	Senior
Events	Throws
Hometown	Harrisburg, Pa.
High School	Central Dauphin



## 2010 PERFORMANCE LEDGER

Event	Date	Mark	Place	Notes	Meet	Location
--- INDOOR ---						
SP	Jan 30	20.57mA	67-6	1	Mountain T's	Flagstaff, Ariz.
	Feb 6	21.24mA	69-8 $\frac{3}{4}$	1	NewMex Cl.	Albuquerque, N.M.
	Feb 13	<b>21.52m</b>	<b>70-7<math>\frac{1}{4}</math></b>	<b>1</b> =CL, =SB	Tyson	Fayetteville, Ark.
		[foul, 20.50m, <b>21.52m</b> , 21.04m, foul, foul] (equals No. 2 performance on all-time indoor collegiate list)				
	Feb 28	21.03mA	69-0	2 [1c]	USATF	Albuquerque, N.M.
Mar 12		<b>21.52m</b>	<b>70-7<math>\frac{1}{4}</math></b>	<b>1</b> =CL, =SB	NCAA	Fayetteville, Ark.
		[19.16m, 19.97m, 20.57m, <b>21.52m</b> , foul, 20.54m] (equals No. 2 performance on all-time indoor collegiate list)				
WT	Jan 30	18.94mA	62-1 $\frac{3}{4}$	3 PB	Mountain T's	Flagstaff, Ariz.
--- OUTDOOR ---						
SP	Mar 27	21.25m	69-8 $\frac{3}{4}$	1	AzSt Inv	Tempe, Ariz.
	Apr 10	21.71m	71-2 $\frac{3}{4}$	1	SunAngel	Tempe, Ariz.
		[21.21m, 20.62m, foul, 21.40m, <b>21.71m</b> , foul]				
	Apr 24	21.26m	69-9	1	Triton Inv	La Jolla, Calif.
	May 1	21.26m	69-9	1	atARIZ,vNAU	Tucson, Ariz.
	May 15	21.34m	70- $\frac{1}{4}$	1	Pac-10	Berkeley, Calif.
		[20.79m, 21.34m, foul, 21.16m, <b>21.34m</b> , foul]				
	May 27	21.83m	71-7 $\frac{1}{2}$	1q	NCAA (SF)	Austin, Texas
		[20.27m, 20.83m, foul, foul, <b>21.83m</b> , 20.66m]				
	Jun 12	<b>21.97m</b>	<b>72-1</b>	<b>1</b> CL, PB	NCAA	Eugene, Ore.
[19.31m, 21.75m, 21.78m, 20.99m, 21.12m, <b>21.97m</b> ] (equals No. 2 performance on all-time collegiate list [equals No. 2 performer])						
DISC	Mar 27	53.15m	174-4	3	AzSt Inv	Tempe, Ariz.
	Apr 9	56.94m	186-10	4	Mesa Cl	Mesa, Ariz.
	Apr 10	56.52m	185-5	3	SunAngel	Tempe, Ariz.
	May 1	58.02m	190-4	2	atARIZ,vNAU	Tucson, Ariz.
	May 15	58.85m	193-1	1	Pac-10	Berkeley, Calif.
	Jun 9	<b>59.06m</b>	<b>193-9</b>	<b>1</b> SB	NCAA	Eugene, Ore.
[52.05m, foul, 54.93m, foul, <b>59.06m</b> , foul]						

## HIGHLIGHTS

**INDOOR:** Whiting's dominance of the 2010 season began indoors as he won the NCAA Championship for the third year in a row with a toss of 70-7 $\frac{1}{4}$  (21.52m) ... that victory not only kept him undefeated against collegiate competitors, it made him just the third man all-time to win the shot put in three consecutive NCAA indoor meets and the first to do so in 35 years (Hans Hogland, UTEP, 1973-1974-1975) ... he also became just the fourth man to win three or more shot put crowns at the NCAA Indoor Championships in a career and the first to do so since Michael Carter (SMU) won his fourth in 1984 ... competed at the USA Track & Field Indoor Championships where he took second by four inches to Olympic medalist Christian Cantwell ... Whiting, who had a best of 69-0 (21.03m), finished second and automatically qualified to compete in the IAAF World Athletics Championships in Doha, Qatar, but did not travel with Team USA to the world event as he was competing in the NCAA Indoor Championships ... Whiting also finished the indoor season ranked third overall on the world lists with his winning mark for the NCAA meet.

**OUTDOOR:** Whiting capped his collegiate career with a sweep of the shot put and discus at the NCAA Championships to record the fifth and sixth national titles of his career while earning his second-consecutive outdoor shot put crown and his first discus title ... his win in the shot put gave him five total NCAA titles in the event after he won the 2008, 2009 and 2010 indoor crowns as well ... Whiting won the shot put with the third-best mark in the World in 2010 with a toss of 72-1 (21.97m) to equal the second-best mark all-time in collegiate history missing the collegiate record by three centimeters ... his winning throw also gave him a mark of over 70-feet for the eighth time on the year and the 10th time in his career, both of which are the most ever for a collegian (four in a season and six in a career were the previous bests) ... Whiting also won the national discus title with a toss of 193-9 (59.06m) for his first crown in that event, the first ever for an ASU man and made him one of only 11 men that have swept both events in the same NCAA meet since the first meet held in 1921 and the first to do so since 2002 ... the school record holder in both events, Whiting also swept both throws at the Pac-10 Conference Championships, giving him his first title in the discus and his second in the shot put ... Whiting went undefeated against collegiate competitors in the shot put, he averaged a winning mark of 70-7 $\frac{3}{4}$  (21.53m) while the next closest collegian averaged a toss of 60-6 $\frac{3}{4}$  (18.46m) in those meetings, giving Whiting an average margin of victory by over 10 feet ... for his efforts, he was named the Co-National Field Athlete of the Year for Outdoor Track & Field by the USTFCCCA and by the Pac-10 Conference ... Whiting also has been named the Pac-10 Scholar-Athlete of the Year for men's track and field, an ESPN The Magazine Academic All-District VIII First Team honoree and the Pac-10 Tom Hansen Conference Medal of Honor winner.