



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	21.52m	70-7$\frac{1}{4}$	1 =CL, =SB	Tyson	Fayetteville, Ark.
		[foul, 20.50m, 21.52m , 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		21.52m	70-7$\frac{1}{4}$	1 =CL, =SB	NCAA	Fayetteville, Ark.
		[19.16m, 19.97m, 20.57m, 21.52m , 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, 21.71m , 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, 21.34m , foul]				
	May 27	21.83m	71-7 $\frac{1}{2}$	1q	NCAA (SF)	Austin, Texas
		[20.27m, 20.83m, foul, foul, 21.83m , 20.66m]				
	Jun 12	21.97m	72-1	1 CL, PB	NCAA	Eugene, Ore.
[19.31m, 21.75m, 21.78m, 20.99m, 21.12m, 21.97m] (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	59.06m	193-9	1 SB	NCAA	Eugene, Ore.
[52.05m, foul, 54.93m, foul, 59.06m , 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.