



# THE BOWERMAN MEN'S FINALISTS



## LAWI LALANG

School	Arizona
Class	Junior
Event(s)	Distance
Hometown	Eldoret (Kenya)
High School	Eming HS



### 2013 PERFORMANCE LEDGER

Event	Date	Rnd	Mark	Place	Race Notes	Meet	Location
--- INDOOR ---							
800	Feb 9	FNL	1:49.76 OT	12	6h1	Husky	Seattle, Wash.
	Feb 23	FNL	1:51.25 OT	6	5h3	MPSF	Seattle, Wash.
1500	Feb 16	FNL	3:38.60+ enroute	5/2c		Millrose Games	New York, N.Y.
Mile	Feb 16	FNL	3:54.56	5/2c	3, 3C	Millrose Games	New York, N.Y.
	Mar 8	q	3:58.52q	(q)	1h1	NCAA	Fayetteville, Ark.
	Mar 9	FNL	3:54.74	1	X, 4C	NCAA	Fayetteville, Ark.
3000	Jan 26	FNL	7:42.79	1	3, 3C; CL	Razorback Team	Fayetteville, Ark.
	Mar 9	FNL	7:45.94	1	X, 10C	NCAA	Fayetteville, Ark.
DMR	Feb 22	FNL	9:45.25 OT	6		MPSF	Seattle, Wash.
--- OUTDOOR ---							
1500	Apr 27	FNL	3:41.52	1		Arizona at Arizona State	Tempe, Ariz.
	May 11	q	3:41.87q	(q)	1h2	Pac-12	Los Angeles, Calif.
	May 12	FNL	3:38.53	1	CL	Pac-12	Los Angeles, Calif.
5000	Apr 27	FNL	13:40.85	1		Arizona at Arizona State	Tempe, Ariz.
	May 25	q	13:41.87q	(q)	1h2	NCAA Prelims	Austin, Texas
	Jun 8	FNL	13:35.19	1		NCAA	Eugene, Ore.
10k	May 12	FNL	28:14.63	1		Pac-12	Los Angeles, Calif.
	May 25	p	29:54.66q	(q)	1h1	NCAA Prelims	Austin, Texas
	Jun 6	FNL	29:29.65	1		NCAA	Eugene, Ore.

### AWARDS & ACCOLADES

- NCAA Division I Outdoor 5000 Meters Champion
- NCAA Division I Outdoor 10,000 Meters Champion
- NCAA Division I Indoor Mile Champion
- NCAA Division I Indoor 3000 Meters Champion
- Pac-12 1500 Meters Champion (Outdoor)
- Pac-12 10,000 Meters Champion (Outdoor)
- Division I Indoor Championships record in the Mile
- Division I Indoor Championships record at 3000 meters
- National Men's Track Athlete of the Year (Indoor)
- Outdoor 1st Team All-America at 5000 Meters
- Outdoor 1st Team All-America at 10,000 Meters
- Indoor 1st Team All-America in the Mile
- Indoor 1st Team All-America at 3000 Meters

### 2013 SYNOPSIS

Though Arizona junior Lawi Lalang did not compete as frequently as many other semifinalists due to the nature of his events, he made every race count with four NCAA Division I individual titles -- two indoors and two outdoors -- two NCAA DI Indoor Championships records, four all-time collegiate top-10 marks indoors in two different events, and a 2013 collegiate-best in an event he elected not to run at the NCAA DI Outdoor Championships.

In terms of championships performances, Lalang became just the second man to win four individual distance titles in one academic year, joining 2009 The Bowerman winner Galen Rupp of Oregon and Suleiman Nyambui of UTEP in both 1980 and 1982. His combination of indoor mile and 3000 meter titles and outdoor 5000 and 10,000 meter titles is a feat never before accomplished by another man in Division I history.

Lalang's 3:54.74 win in the mile at the DI Indoor Championships bested the 18-year-old record of 3:55.33 set by Kevin Sullivan of Michigan in 1995 and gave him the fourth-fastest indoor mile time in collegiate history. He defeated collegiate record-holder Chris O'Hare and NC State's Ryan Hill, owner of two all-time collegiate top-ten marks in the mile, to earn the victory. He also took down Colorado's Adam Goucher's 1998 NCAA Meet record of 7:46.03 at 3000 meters en route to winning the title in 7:45.94, the tenth-fastest mark in collegiate history. In the process he became the first man since Washington State's Bernard Lagat in 1999 to win both titles in the same meet.

His indoor season also included a 3:54.56 fifth-place finish in the Millrose Games' Wanamaker Mile, good for second among collegians to record-holder O'Hare, and a 7:42.79 win at 3000 meters at the Razorback Team Invitational, giving him the third-fastest time in collegiate history in the event.

Lalang's outdoor campaign culminated with a 13:35.19 NCAA title-winning performance at 5000 meters and another title in 29:29.65 at 10,000 meters. He finished his outdoor campaign undefeated in nine events between 1500, 5000 and 10,000 meters. He won Pac-12 titles at both 1500 meters and 10,000 meters, with his winning 1500 time of 3:38.53 standing as the collegiate leader at the end of the season despite not contesting the event at the NCAA Championships.

# (or X or CR), #C - Position on the all-time collegiate performers list (CR is collegiate record; X denotes ranked with better mark), all-time collegiate performance rank (ex. 2, 4C means the performer is No. 2 on the all-time collegiate list, while their time is ranked No. 4 all-time among collegiate marks - the performer above them has multiple marks better)  
 (a-c: #, #C) - All-conditions ranking in collegiate history, including wind-aided performances ==# or =#C is a tie on performer/performance list  
 CB - Combined event result (=)CL - 2013 Collegiate Leading Mark (=)CL/a-c - 2013 Collegiate Leading Mark (all conditions)