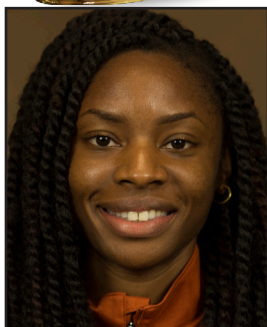


THE BOWERMAN WOMEN'S FINALIST



COURTNEY OKOLO

School	Texas
Class	Senior
Event(s)	Sprinter
Hometown	Carrollton, Texas
High School	Newman Smith HS



2016 PERFORMANCE LEDGER

Event	Date	Rnd	Mark	Place	Race Notes	Meet	Location
INDOOR							
200m	Feb 27	p	23.11	(1)	1h2	Big 12	Ames, Iowa
	Feb 27	FNL	22.79	1	1s1	Big 12	Ames, Iowa
400m	Feb 6	FNL	51.16	1	1s10	Frank Sevigne Husker Inv	Lincoln, Neb.
	Feb 26	p	52.81	(1)	1h4	Big 12	Ames, Iowa
	Feb 27	FNL	51.06	1	1s1	Big 12	Ames, Iowa
	Mar 11	p	52.02	(1)	1h3	NCAA	Birmingham, Ala.
	Mar 12	FNL	50.69	1	1s2 (3,3)	NCAA	Birmingham, Ala.
4x400	Jan 16	FNL	3:33.80	1	1s4 50.95 split	Aggie 11-Team Inv	College Station, Texas
	Jan 23	FNL	3:34.36	1	1s1 50.77 split	Conference Clash	Birmingham, Ala.
	Feb 13	FNL	3:27.94	1	1s3 (x,4) 50.59 split	Tyson Inv	Fayetteville, Ark.
	Mar 12	FNL	3:28.27	1	1s3 (x,6) 50.77 split	NCAA	Birmingham, Ala.
DMR	Jan 23	FNL	11:33.00	5	5s1 2:07.01 split	Conference Clash	Birmingham, Ala.
OUTDOOR							
100m	Mar 26	FNL	11.53 (1.2)	4	4s1	Power Conf Chal	Los Angeles, Calif.
200m	May 15	p	23.01 (1.2)	(2)	1h2	Big 12	Fort Worth, Texas
	May 15	FNL	23.25 (-0.6)	3	3s1	Big 12	Fort Worth, Texas
400m	Apr 23	FNL	49.71	1	1s2 COLLEGIATE RECORD	LSU Alumni Gold	Baton Rouge, La.
	May 14	p	51.61	(1)	1h1	Big 12	Fort Worth, Texas
	May 15	FNL	50.76	1	1s1	Big 12	Fort Worth, Texas
	May 28	p	51.06	(1)	1h3	NCAA Prelims	Lawrence, Kan.
	Jun 9	p	50.48	(1)	1h2	NCAA	Eugene, Ore.
	Jun 11	FNL	50.36	1	1s1 (x,10)	NCAA	Eugene, Ore.
4x100	Mar 26	FNL	43.55	1	1s1	Power Conf Chal	Los Angeles, Calif.
	Apr 1	p	44.45	(3)	1h6	Texas Relays	Austin, Texas
	Apr 2	FNL	46.89	8	8s1	Texas Relays	Austin, Texas
	Apr 23	FNL	43.81	2	2s2	LSU Alumni Gold	Baton Rouge, La.
	Apr 29	p	45.05	(3)	1h3	Drake Relays	Des Moines, Iowa
	Apr 30	FNL	44.47	1	1s1	Drake Relays	Des Moines, Iowa
	May 15	FNL	44.05	1	1s1	Big 12	Fort Worth, Texas
	May 28	p	44.64	(8)	3h3	NCAA Prelims	Lawrence, Kan.
	Jun 9	sf	43.85	(10)	5h1	NCAA	Eugene, Ore.
4x200	Apr 2	FNL	1:32.60	2	2s2	Texas Relays	Austin, Texas
4x400	Apr 2	FNL	3:26.54	1	1s1	Texas Relays	Austin, Texas
	Apr 23	FNL	3:27.29	1	1s3	LSU Alumni Gold	Baton Rouge, La.
	Apr 30	FNL	3:34.11	2	2s1	Drake Relays	Des Moines, Iowa
	May 28	qf	3:25.59	(4)	2h2 (x,9) 49.86 split	NCAA Prelims	Lawrence, Kan.
	Jun 9	sf	3:28.37	(1)	1h1 50.47 split	NCAA	Eugene, Ore.
	Jun 11	FNL	3:27.64	1	1s1 50.45 split	NCAA	Eugene, Ore.
4x800	Apr 30	FNL	8:55.53	12	12s1	Drake Relays	Des Moines, Iowa

2016 AWARDS & ACCOLADES

- **Outdoor Collegiate Record - 400 Meters**
- **NCAA Division I Outdoor Champion - 400 Meters**
- **NCAA Division I Indoor Champion - 400 Meters**
- **NCAA Division I Outdoor Champion - 4x400 Relay**
- **NCAA Division I Indoor Champion - 4x400 Relay**
- **Big 12 Outdoor Champion - 400 Meters**
- **Big 12 Outdoor Champion - 4x100 Relay**
- **Big 12 Indoor Champion - 400 Meters**
- **Big 12 Indoor Champion - 200 Meters**
- **IAAF World Indoor Championships Gold - 4x400**
- First-Team Outdoor All-America - 400 Meters
- First-Team Outdoor All-America - 4x400 Relay
- First-Team Indoor All-America - 400 Meters
- First-Team Indoor All-America - 4x400 Relay

2016 HIGHLIGHTS & NOTES

- Final Individual Positions on FFRS All-College List
 - 400 Meters (outdoor) - No. 1
 - 400 Meters (indoor) - No. 1
 - 200 Meters (outdoor) - No. 29
 - 200 Meters (indoor) - No. 3
- 6-0 in 400 meters finals
 - 3-0 indoors against collegians
 - 3-0 outdoors against collegians
 - 11-0 including finals and prelims
- Broke her own **COLLEGIATE RECORD** outdoors with a 49.71 at the LSU Alumni Gold, becoming the first collegian in history to run faster than 50 seconds during the collegiate season
 - Became the fastest collegian ever, including times run post-NCAA Championships
- Ran 50.36 for the 10th-fastest time in collegiate outdoors history en route to the NCAA Outdoor Championships 400-meter title
 - Seventh-fastest time in NCAA Outdoor Championships history
 - 50.48 run in the semifinals is the ninth-fastest time in Championships history and the fastest-ever qualifying time
- Ran the third-fastest time in collegiate indoor history and in NCAA Indoor Championships history en route to the NCAA title in 50.69
- As of 6/15, ranked No. 2 in the world outdoors over 400 meters by the IAAF
- Finished the 2016 indoor season ranked No. 1 in the world over 400 meters

(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