

Eastern Track

2005 Penn Relays Preview

Here is E.T.'s Event-by-Event Preview for the 111th Edition of the Penn Relays...this is the 6th year of the "USA vs the World" series and the 4x200 is being replaced by the sprint medley...the Relays will be shown (some live, some tape) on NBC on Saturday, April 30, from 4:00pm-6:00pm(Eastern)...check results daily as the meet progresses at www.flashresults.com. Event numbers and times and bib numbers or letters are given, as well as 2005 bests (when available). Scheduling problems forced the Texas women's team to miss last year's Relays. This year, the MEAC Championships are being held the same weekend as Penn, so Morgan State, Howard, Maryland-Eastern Shore, Delaware State, Coppin State, Hampton, Norfolk State, South Carolina State, and Florida A&M, schools with long traditions at Penn, will be missing.

TUESDAY/WEDNESDAY April 26,27

1. College Men Decathlon
Mt.St. Mary's David Hinton is the defending champion
2. College Women Heptathlon

THURSDAY April 28

3. College Women's 400m-hurdles 10:00am

South Carolina's Shevon Stoddart (#1-Uniondale,NY) finished 2nd last year in a quick 56.40. Competing for Jamaica, she ran in the first round of the Athens Olympics. Other contenders include Tennessee's Patricia Hall(#2), South Carolina's Tiffany Ross(#3), who has run 55.93 this year, and two former Pennsylvania preps, Miami's Dominique Darden (#4-Harrisburg,Pa)), who won the ACC title in 56.04, and Houston's Tiffany Abney (#5-Merion,Pa).

4.High School Girls 400m-hurdles 10:20am

A rematch between local favorite Nicole Leach (West Catholic,Pa), who set a Relays Record of 57.84 last year, and Jamaican Sherene Pinnock (Edwin Allen), who was 2nd in 58.71. Pinnock was 2nd to Nickiesha Wilson (Alpha Academy) at this year's Jamaican Championships (59.20-60.47). Pinnock edged Leach for the bronze medal at last year's World Junior Championships as both ran personal bests (57.54-57.56). Pinnock improved to 57.18 at last month's Carifta Games.

5.High School Girls 4x800 "Small Schools" 10:30am.

The 12 fastest teams from the four 4x800 races advance to the Championship Final on Friday (Event #123). 9:23.86 was the slowest qualifying time last year.

Jamaica's Edwin Allen, the 2-time defending champion, is being kept out of this year's 4x800 and DMR after using an ineligible runner in last year's distance medley.

Heat One-Jamaica's Holmwood Tech (AA), winner of this event 4 years in a row from 1998-2001, almost won the final last year, but anchor Cassandra Powell dropped the baton right before the finish. Powell, who won the Jamaican Champs 800 in 2:12.98, is back to make amends. Celia Whyte and Cadian Beckford, who ran splits of 2:12.5 and 2:11.8 in the final last year are also back for

Holmwood, which has run 9:01 this year. Other potential finalists include Jamaica's St.Jago(AB), which has run 9:14 this year, Upper St.Clair,Pa(AC), Bishop Loughlin,NY (AD), and Pearl River,NY(AE).

6.High School Girls 4x800 "Small Schools" 10:40am.

Heat Two--Leading teams are Gwynedd Mercy,Pa(BB), which finished 3rd in last year's final, and Engineering&Science,Pa(BC), Somers,NY(BD).

7.High School Girls 4x800 "Large Schools" 10:50am.

Heat One--Boys&Girls,NY(CA), the only U.S. team to win this race (2002) in the last 19 years, ran 9:04.56 this past indoor season and returns 3 runners from last year's 4th-place team. Saratoga Springs(CB) ran 9:12.37 at the NY State indoor Champs, but Nicole Blood was part of that lineup and she's not running with the team this spring. Others who could make the final include Shenendehowa,NY(CC), Midlothian,Va(CD), Ridgewood, NJ(CE), and Oakton,Va(CF). Long Beach Poly,Ca(CG) returns three runners from last year's 5th-placers.

8.H.S. Girls 4x800 "Large Schools" 11:00am.

Heat Two--Suffern,NY(DA) ran 9:06.16 this past indoor season. Other contenders include: Lake Braddock,Va(DB), Hatboro-Horsham,Pa(DC), DeWitt Clinton,NY(DD), Morris Knolls,NJ(DE), and Westfield,Va(DF)

9&10--H.S. Girls 4x100 Heats 11:10am

The eight fastest teams from the "small" and "large" school heats advance to the Championship Final on Friday (Event #137). Heats are run in alphabetical order.

47.30 was the slowest qualifying time last year.

The top two teams from last year's final chose not to enter this year. Jamaica's Vere Tech set a Relays Record of 44.32 and Long Beach Poly,Ca, set a U.S. high school record of 44.50.

Holmwood Tech(EJ) ran a lightning-fast 44.25 at the Jamaican Champs. Others to watch include St.Jago,JA(JF-45.60), Edwin Allen,JA(AC-46.35), Wolmers,JA(YU-46.34), Manchester,JA(FT-46.41), Middle College,NY(TK), Bethel,Va(NK), and West Catholic,Pa(LL).

Check out the Penn Relays Program, the best in the sport!

12.College Women's 4x100 (heats) 12:50pm
The eight fastest teams advance to the
Championship Final on Friday (Event #124).

45.32 was the slowest qualifying time last year.

LEADING TEAMS

8 of the 10 fastest teams in the country are entered.

43.25	AC	TEXAS	Back after a 1-year absence due to a scheduling conflict in 2004
43.58	AB	SO. CAROLINA	2002 Champs
43.76	AD	MIAMI	Lost Lauryn Williams to the pros, but still a force
NT	AF	TENNESSEE	Doesn't have a time yet this season, but the Lady Vols had three finalists in the 60-meters at the NCAA Indoor Championships
44.14	AE	FLORIDA	
44.25	AG	LOUISIANA TECH	
44.26	AI	GEORGIA TECH	
44.28	AH	STANFORD	
44.66	AK	AUBURN	
44.68	AA	LSU	Defending champs have a completely new lineup this year
44.79	AM	TCU	
????	AJ	U-TECH/Jamaica	--2004 Finalist(8th) is led again by Sherone Simpson, who finished 6th in the 2004 Olympic 100 and won a gold medal in the 4x100 relay
45.03	BA	FLORIDA ST.	
45.06	AO	HOUSTON	
45.07	AL	CALIFORNIA	
45.30	AS	Pittsburgh	
45.40	AN	TEXAS TECH	
45.41	AR	UNC-CHARLOTTE	
45.42	BC	FLA. INT'L	
45.46	AP	CLEMSON	
45.46	BN	AKRON	
45.50	AY	TULANE	

13.-56. High School Girls 4x400 relays (heats)
The eight fastest teams advance to the
Championship Final on Friday (Event #176).

3:49.51 was the slowest time to make into last year's final.

23(2:00pm)--Sophomore Devon Williams, who is scheduled to come back in the mile later in the day, will run for Towson Catholic(L)

35.(3:00pm) Truman,NY(G) ran 3:50.74 indoors

38.(3:15pm)Suffern,NY(K) ran 3:52.88 indoors.

40.(3:25pm) The first of the "hot" races. Vere Tech,JA(F) ran 3:47.27 at the Jamaican Champs. Largo,Md(H) returns two runners from last year's team that finished 6th in last year's final. Eleanor Roosevelt,MD(L) ran 3:52.01 indoors.

41.(3:30pm) Holmwood Tech,JA(M) ran 3:36.46 at the jamaican Champs. Long Beach Poly,Ca(K) is the defending champion, but only returns Shana Woods, the favorite in the long jump, from last year's winning team. St.Jago,JA(F) ran 3:48.71 at the Jamaican Champs. Alpha Academy,JA(G) will probably be anchored Nickiesha Wilson, the Jamaican Champ in the 400-hurdles.

42(3:35pm) Edwin Allen,JA(D), 2nd last year, ran 3:38.16 at the Jamaican Champs. Others to watch include Manchester,JA(E) and St.Andrew Girls,JA(F).

#43(3:40pm) The Queen's School,JA(H) ran 3:45.09 at the Jamaican Cham,ps.Bethel,Va(D) will be anchored by Francena McCorory, who had the fastest time at 300-meters this past indoor season. Hempstead(C), 7th in last year's final, ran 3:51.16

indoors.

51.(4:20pm) Wissahickon,Pa(K) should be anchored by Krista Simkins, who ran 54.63 for 400-meters indoors.h

55.Philadelphia Catholic Girls--Led by a potent 1-2 punch of Latavia Thomas and Nicole Leach, winners of the 800 and 400, respectively, at the National Indoor Scholastics, West Catholic (G) hopes to make it the final for the 3rd year in a row. The team, which ran 3:42.52 at the Arcadia Inv. on April 9, was 7th in 2003 and 4th last year.

56.Philadelphia Public Girls--Engineering & Science,Pa(G) ran 3:55.90 to win at the Father Judge Relays

57.College Women's Distance Medley 4:50pm

Tennessee(AA) is the defending champion, but Nicole Cook, who would run the 800 leg, suffered a hamstring injury right before the NCAA Indoor Championships and might not be at full strength. There is no clear-cut favorite, with Villanova(AD), Georgetown(AB), Stanford(AC), and Duke(AE) all having a chance to win.

59-72 College Women's 4x400 Heats 5:15pm
The eight fastest teams advance to the
Championship Final on Saturday (Event #271).

3:37.17 was the slowest time to make it into last year's final.

LEADING TEAMS (i=indoor time)

3:29.06i	LSU
3:30.01i	SO. CAROLINA
3:31.29	TEXAS
3:31.76i	TENNESSEE
3:32.25	MIAMI
3:32.38	TEXAS TECH
3:33.20i	FLORIDA
3:33.76	TCU
3:33.87i	AUBURN
3:34.86	LOUISIANA TECH
3:34.92i	STANFORD
3:35.18i	HOUSTON
3:36.14i	CLEMSON
3:38.71	Cornell
3:39.82	Penn
3:40.07i	Penn State
3:40.18	Northeastern
3:40.23	Pittsburgh

TOP HEATS(5:25-5:45pm)

61. Heptagonal--Crowd should get into this one as Cornell (A) battles hometown favorite Penn(B). Both have run well under the event record of 3:42.66, set last year by Cornell.

62. South Carolina(A) is the defending champion and won this year's NCAA indoor title. LSU(C) ran 3:29.06 indoors, but that was with Olympic semi-finalist (Grenada) Hazel Ann Regis, who only had indoor eligibility remaining. TCU(D) is a potential finalist.

63. Texas(A) has won this event 9 times and could challenge again this year. They won at the Texas Relays in 3:31.29. Miami(B) and Louisiana Tech(C), which is quietly emerging as a power in the sprint relays, could make the final.

64. Six teams in this race have run 3:40.23 or faster this year--Texas Tech(A), Auburn(B), Stanford(C), Houston(D), Northeastern(H), and Pittsburgh(J)

65. Tennessee(A), Florida(B), and Clemson(C) are potential finalists. Florida;s Tiaandra Ponteen won the 400 at the NCAA Indoor Championships.

73. H.S. Girls Distance Medley 6:25pm

Saratoga Springs, NY, won in 2004 but didn't even enter a team this year. Warwick Valley, NY(A), 4th a year ago, could move up to first this year. They had the fastest time in the country during the indoor season (11:52.53) and have a strong anchor in junior Aislinn Ryan. Bay Shore, NY(B) could challenge if Laura Cummings, last year's 3000 winner, is back to full strength after missing the indoor season with an injury. Another possible winner is Vere Tech, which is skipping the 4x800 (they've run 9:05 this year) to concentrate on this race. Anchor Stacey Bell won the 1500-meters in 4:33.66 at the Jamaican Champs.

ACCEPTED TEAMS

(Indoor times, unless otherwise noted)

11:52.53	A	Warwick Valley NY
11:59.59	B	Bay Shore NY
NT	R?	Vere Tech, JA--no time, but strong team
NT	K	Eleanor Roosevelt MD 9:06.75-4x800, Dominique Lockhart has run 5:06 for 1600- meters
12:04.64	C	Scotia-Glenville NY
12:12.22	D	Roxbury NJ
12:12.22	E	Ocean City NJ
12:14.20	F	Bronxville NY
12:17.78	G	St. Basil Academy PA
12:18.67	H	Monsignor Donovan NJ
12:19.41	I	Holy Trinity NY
12:22.26	J	Conard CT
12:28.00	L	Jackson Memorial NJ
12:28.64	M	Connetquot NY
12:29.10	N	Ward Melville NY
12:30.61	O	Cherokee NJ
NT	P	Cardinal O'Hara PA

74. High School Girls Mile 6:40pm

The front-running Sarah Bowman(#1-Faquier, Va) will be going for her second straight win in this event. Bowman, who will run for J.J. Clark at Tennessee starting in the fall, set a National Indoor Record for 1000-meters this year and ran 2:05.41 for 800-meters on April 9. A possible challenger is junior Katie Doswell(#8-St.Catherine's, Va).

75. High School Girls 3000-meters 6:45pm

Amanda Patterson (#1-Midlothian, Va) is the top returnee from last year's race(3rd), but she'll have a tough time against a field that includes a duo from Saratoga Springs, NY, Hannah Davidson(#3) and Lindsey Ferguson(#2).

THURSDAY NIGHT DISTANCE RACES--2005 QUALIFYING STANDARDS

MEN	IC4A	NCAA I	NCAA II(Auto/Prov.)	NCAA II(AutoProv.)	World Champ.(A/B)
Steeplechase	9:16.00	9:08.15	9:00.00/9:25.00	9:07.00/9:23.00	8:24.60/8:32.00
5000	14:42.00	14:15.75	14:00.00/14:50.00	14:28.00/14:48.00	13:21.50/13:28.00
10,000	31:25.00	29:00.00	29:20.00/31:20.00	30:23.00/31:20.00	27:49.00/28:06.00
WOMEN	ECAC	NCAA I	NCAA II	NCAA III(AutoProv.)	World Champ.
3000	9:56.24	x	9:40.00/10:18.00	x	x
Steeplechase	10:55.04	10:52.10	10:20.00/11:27.00	10:44.00/11:23.00	9:50.00/10:00.00
5000	17:32.14	16:52.00	16:40.00/17:50.00	17:00.00/17:48.00	15:08.70/15:24.00
10,000	37:40.00	34:10.00	35:00.00/37:50.00	36:00.00/37:50.00	31:40.00/32:00.00

76. College Men's Steeplechase 7:15pm

Leading entries: Florida's Steve Zieminski(#1), Purdue's David Rae(#2), Cornell's Emory Mort(#3), and Oklahoma State's Joe Gray(#4).

78. Men's Olympic Dev. Steeplechase 7:20pm

Mike Spence (#1) has a best of 8:35.26.

79-80. Women's Coll. & Oly. Dev. Steeplechase 7:45pm

American Record Holder(9:29.32) Briana Shook (#61) leads the Open field. Shook won the college race last year and could challenge for a medal at the World Championships in Helsinki (first time it's a championship event).

Leading the college field is Oklahoma State's Barbora Kuncova(#2), Indiana's Kelly Siefker(#3), Duke's Liz Wort(#1), who ran 10:10.15 to win the ACC title this past weekend, and Providence's Fiona Crombie(#4).

82. Women's College 3000-meters 8:15pm

Leading entries: Princeton's Cack Ferrell(#2), High Point's Jemissa Hess(#3), North Carolina's Megan Kaltenbach(#4), and Yale's Lindsay Donaldson(#5), who might run the 5000. Duke's Clara Horowitz, who was 2nd last year, is a late scratch.

83. Women's College 5000 8:25pm

Duke's Paige Miller(#1) is the defending champion. Other contenders include: Providence's Mary Cullen(#2), Boston College's Maria Cicero(#4), Arkansas' Maureen Scott(#4), and Yale's Lindsay Donaldson(#5), who might run the 3000.

84. Women's Olympic Dev. 5000-meters 8:45pm

Leading entries: Amy Mortimer(#1), Sheila Klick(#2), and Julie Culley(#3).

85. Men's College 5000 9:05pm

Liberty freshman Josh McDougal(#1) makes his Penn Relays debut.

87.Men's Olympic Dev. 5000 9:45pm

Alan Webb(#1) looks to win this event for the 2nd straight year. Webb will return on Saturday to run an anchor 800 on one of the USA's sprint medley teams.

88-89.Women's College & Oly. Dev. 10,000 10:00pm

#1 seed in the college field is Mindy Sawtelle, a 31-year old mother of two. Sawtelle, a junior at Indiana/Pa, was the runnerup in last year's race. Others include: Villanova's Kirsty Smith(#2) and William & Mary's Kristyn Shiring(#3). The Open field includes Erin Nehus(#61), Erika Aklufi(#62), and Kirsten O'Hara(#63). For More on Sawtelle, who was a Foot Locker (Kinney) X-Country finalist in 1989 (as Mindy Plubell), go to: http://www.pittsburghlive.com/x/blairsvilledispatch/sports/s_168364.html

89-90.Men's College & Oly. Dev. 10,000 10:25pm

The leading entry in the open race is Nelson Kiplagat (#70), who won the Cherry Blossom 10-miler in Washington D.C. earlier this month, shortly after arriving from his native Kenya.

Leding collegiate entries: Virginia Intermont's Corey Duquette(#1), Nathan Johnson(#2), and Florida's Henok Lechebo(#3).

FIELD EVENTS

(Throwing events are held in a field that's a short walk from Franklin Field)

282.College Women's Hammer Throw 10:00am.

Florida's Candice Scott (#1) will be going for her 3rd straight Relays title. Scott, who represented her native Trinidad at the 2004 Olympics, set the collegiate record of 229-1 here last year. (She threw 229-5 at the Olympics, but T&F News only recognizes marks made through the NCAA Outdoor Championships.

284.College Women's Long Jump Noon

South Carolina's Chelsea Hammond(#1-Elmont,NY) is the defending champion, but she'll be up against Tennessee's Tianna Madison, this year's NCAA Indoor Champ. Rutgers' Shameka Marshall(#4) was 4th at the NCAA Indoor Championships.

286.College Women's Shot Put Noon

North Carolina's Laura Gerraughty has won this event the last three years, but is redshirting this year because of a hand injury. Florida's Kim Barrett(#1) is the 2005 NCAA Indoor Champion. Texas's Michelle Carter(#2), who holds the National H.S. record (54-10 3/4), is the daughter of NFL Hall of Famer Michael Carter, who set the incredible boys national record of 81-3 1/2 in 1979. "Daddy" won the men's college shot put at Penn in 1981 and 1984 while he was at SMU and still holds the Relays Record of 68-4 1/4.

287.High School Girls Javelin Noon

Katie Librizzi(#1-Pinelands Regional,NJ) was 3rd last year with a throw of 144-7.

288.High School Girls Pole Vault 1:00pm

Lindsay Regan(#1-Easton Area,Pa) is the defending champion, but the favorite is Tiffany Maskulinski (#2-Iroquois Central,NY), who jumped 13-5 1/4 this past indoor season. Regan set the Relays Record of 12-7 1/2 last year, but there's some question as to whether or not she will compete this weekend.

290.High School Girls Long Jump 1:45pm

Great field--Shana Woods (#1-Long Beach Poly,Ca) jumped 20-4 1/4 to win last year and jumped 20-10 this past indoor season. She should get plenty of competition from Trinidad's Rhonda Watkins (#3), who has jumped 20-7 3/4 this year, and Jamaica's Tamara Francis(#3), who won at the Jamaican Champs with a leap of 20-7 1/4. Rosemarie Whyte(#4) was 2nd at the Jamaican Champs with a jump of 20-7. The Relays Record is 21-0.

291 High School Girls Triple Jump 1:45pm

Kimberly Williams(#1-Vere Tech,JA) jumped 42-11 1/2 at the Jamaican Champs. The Relays Record is 42-2.

292.College Women's Javelin 2:00pm**293.High School Girls High Jump 2:30pm**

Lauren Biscardi (#1-Shoreham-Wading River,NY) is the defending champion and cleared 5-10 1/4 indoors. Ashley Haislip(#2-Lake Braddock,Va) jumped 5-9 indoors.

294. College Women's Pole Vault 3:00pm

Arkansas' Stacie Manuel(#1) set the Relays Record of 13-9 1/2 last year. Amy Linnen(#3) won the NCAA Indoor title in March.

295. High School Girls Shot Put 4:00pm.

Ashley Muffet(#1-Hoover,OH) threw 47-6 1/4 indoors.

FRIDAY April 29**92.College Men's 400-hurdles 9:00am**

Florida's Kerron Clement(#1) is the reigning NCAA Champion and was 2nd here last year. More significantly, he broke Michael Johnson's World Indoor Record for 400-meters when he ran 44.57 at the NCAA Championships in March. The Relays Record is 49.02. St.Augustine's Adrian Findlay(#2) was 3rd last year, and Long Island U's Bryan Steele(#3) was 5th.

High School Boys 4x800 "Small Schools" 9:00am

(The 12 fastest teams from the four 4x800 races advance to the Championship Final on Saturday (Event #249).

It took 7:55.90 to make it into the final last year.

Potential finalists Colts Neck,NJ(7:47.69), Christian Brothers Academy,NJ(7:51.74), Seton Hall Prep,NJ(7:52.03), and Ridgewood,NJ (7:52.16) are concentrating on the distance medley.

93.H.S. Boys 4x800 "Small Schools" 9:25am.

(When known, 2005 bests are listed(o-outdoor mark)

Heat One-Holmwood Tech,JA(AA) finished 2nd last year in an exciting race with D.C.'s Archbishop Carroll (not running this year) and has run 7:50.06 this season. Potential finalists include Conestoga Valley,Pa(AB), which recently ran 7:56, St.Jago,JA(AC), which has a best of 7:58.22 this season, and J.R. Tucker,Va(AD).

7:50.06	Holmwood,JA
7:56.85(o)	Conestoga,Pa
7:58.22	ST.JAGO,JA
8:01.01	JR Tucker,Va
8:05.00	Springfield,Pa

94. H.S. Boys 4x800 "Small Schools" 9:35am

Heat Two-Manchester,JA(BA) has run 7:56.4 this year; Germantown,Pa(BB) has best of 7:58.08.

7:56.4	MANCHESTER,JA
7:58.08	Germantown,Pa
8:00.76	Arch.Carroll,Pa

95.H.S. Boys 4x800 "Large Schools" 9:45am

Heat One--Syosset,NY(CA), led by the Tully twins, Dan and Sean, set a National Indoor H.S. Record of 7:42.22 in February. Other potential finalists: North Penn,Pa(CB), which ran 7:49.16 indoors, and Warwick Valley,NY(CC), with a best of 7:57.2 this year.

- 7:42.22 Syosset,NY
- 7:49.16 North Penn,Pa
- 7:57.52 Warwick Valley,NY
- 8:00.40(o) State College,Pa
- 8:00.52 Chaminade,NY
- 8:01.05(o) Manheim Twp,Pa
- 8:03.78 Northport,NY
- 8:04.17 Don Bosco,NJ
- 8:04.38 Walter Johnson,Md

96.H.S. Boys 4x800 "Large Schools" 9:55am

Heat Two--Shaker,NY(DA) just missed Syosset's Indoor Record when it ran 7:42.84 at the Indoor National Scholastics. Other potential finalists include Shenendehowa,NY(DB), which ran 7:49.16 indoors, and Seton Hall Prep,NJ(?), which has a best of 7:52.03. (May run in the first heat)

- 7:42.84 Shaker,NY
- 7:49.22(o) Shenendehowa,NY
- 7:59.13 Kellenberg,NY
- 8:01.19 Robinson,Va
- 8:04.19 Transit Tech,NY
- 8:04.79 E.Brunswick,NJ

115-116 High School Boys 4x100 Heats 10:40am

The eight fastest teams from the "small" and "large" school heats advance to the Championship Final on Saturday (Event #247). Heats are run in alphabetical order.

42.51 made it into last year's final.

Csmperdown,JA(BN), which has won this event 7 times, beat Holmwood Tech,JA(EP) at the Jamaican Champs, 40.39-40.46. St.Jago,JA(JC) was 3rd in 40.93, and Munro,JA(GY) 4th in 41.09.

Long Beach Poly,Ca(SC), 3rd a year ago, has run 41.04 this season. Others to look for: Calabar,JA(MO), Simon Gratz,Pa(PD), Transit Tech,NY(WR), Newburgh Free Academy,NY(TI), St.George's(VD), and Lehman,NY(RU).

121.College Men's 4x100 (heats) 12:25pm

The eight fastest teams advance to the Championship Final on Saturday (Event #236).

With 10 teams already under 40-seconds, it's going to be tough just making the final.--it took 40.38 to make it into last year's final.

LEADING TEAMS

- 38.90 AB LSU--Last of their 5 titles in this event came in 1995
- 39.09 AC MISSISSIPPI ST.--won in 2003...added Jamaican Steve Mullings to an already strong team
- 39.10 AD FLORIDA---he's everywhere--Kerron Clement, the world indoor record in the 400, may have already won the 400-hurdles
- 39.27 AF HOUSTON--coached by Penn veteran Leroy Burrell
- ??? AK U-TECH-Jamaica--won the 4x200 last year, 5th in this event
- 39.29 AG TENNESSEE
- 39.59 AH FLORIDA ST.--led by 19-year old freshman Walter Dix, who's making his debut at Penn. Set a World Junior Indoor Record in the 200 in March and won the 100(10.22) and 200(20.41) at the ACC Championships.
- 39.76 AV TEXAS TECH
- 39.79 AI SOUTH CAROLINA
- 39.79 AM TEXAS A&M

- 39.80 AJ TEXAS
- 40.05 AL NEBRASKA
- 40.09 AA TCU--defender and winner of this eventt 9 times since 1986
- 40.15 BF East Carolina
- 40.16 AR CLEMSON
- 40.23 AU UNC-CHARLOTTE
- 40.23 AE ARKANSAS--could contend for the title with 2004 NCAA Champs Tyson Gay(100) and Wallace Spearmon(200)
- 40.38 AT Rutgers
- 40.47 AS George Mason

123.H.S. Girls 4x800 Championship 12:50pm

(See Events 5-8)

Teams from Jamaica have won this event 18 of the last 19 years. Brooklyn's Boys &Girls won in 2002 and has the fastest time by an American team--9:04.29. Holmwood Tech,JA inherits the role of favorite as defnder Edwin Allen,JA, sits out a year after using an ineligible runner in last year's distance medley.

124.College Women's 4x100 Championship 1:00pm

(See event #11)

LSU has won this event 6 of the last 9 years.

132.College Women's 4x1500 1:20pm

Stanford(A) returns Katy Trotter, Sara Bei, and Ari Lambie, who ran a great 4:11.7 anchor, from last year's winning team. Contenders include North Carolina(B), Duke(C), whose Shannon Rowbury just won the ACC 1500 in 4:14.81, Providence(D), and Villanova(E).

133 College Men's 4x200 Heats 1:40pm

The eight fastest teams advance to the Championship Final on Saturday (Event #251).

1:24.69 was the cutoff to make it into last year's final.

LEADING TEAMS

- 1:21.34 AA MISSISSIPPI STATE--returns 3 of 4 from last year's winning team and add Steve Mullings (20.22) this year
 - 1:21.75 AH TENNESSEE--has won this event 5 times, most recently in 2002, when Justin Gatlin was on the team
 - 1:22.08 AC FLORIDA--That man Clement will probably anchor
- (The following teams haven't posted a time in this event, but should still be considered potential finalists....4x100 times are shown)**
- AB ARKANSAS--any team that has Tyson Gay and Wallace Spearmon, who has already run 19.97 this year, has to be considered a strong contender. Close 2nd to Mississippi State in 2004. The last time the Razorbacks won this event was in 1985. Running the last two legs in that team were Hall of Famer Michael Conley, USATF's Executive Director of Elite Athlete Program, and Wallace Spearmon,Sr.!
 - AD LSU--Another possible winner-freshman Xavier Carter joins Olympians Kelly Willie (gold medal -4x400) and Bennie Brazell (8th-400 hurdles)
 - AU HOUSTON--4th last year...39.27
 - AG FLORIDA STATE, with super-frosh Walter Dix, has run 39.57 in the 4x100
 - AZ TEXAS TECH--39.76
 - AF SOIUTH CAROLINA--39.79
 - AJ TEXAS--39.80

134. College Women's 4x200 Heats 1:55pm

The eight fastest teams advance to the Championship Final on Saturday (Event #249).

1:34.88 was the slowest qualifying time last year.

LEADING TEAMS

(44.89) AA LSU--4-time defending champions have an entirely new lineup this year.

1:31.64 AB SOUTH CAROLINA

1:31.83 AD TENNESSEE

1:31.97 AC TEXAS

1:32.96 AE MIAMI

1:33.48 AF FLORIDA

1:33.51 AG GEORGIA TECH

1:34.54 AL Pittsburgh

(The following teams haven't posted a time in this event, but should still be considered potential finalists....4x100 times are shown)

??? AI U-TECH(Jamaica)...Sherone Simpson won a gold medal in the 4x100 at the 2004 Olympics

44.66 AN AUBURN

44.79 AS TCU

45.03 AJ FLORIDA ST.

45.06 AR HOUSTON

137.High School Girls 4x100 Championships 2:20pm

(See events 9-10)

Vere Tech,JA (44.32) and Long Beach Poly,CA(44.50) set Relays and U.S. High School records in last year's memorable final, but neither entered a team this year.

Poly also won in 1995, but Jamaican teams have won every other time since 1982 (21 wins). The last Eastern winner was Willingboro,NJ, in 1981, with Carol Lewis, who had earlier won her 4th long jump title, running the 2nd leg.

138.College Men's Shuttle Hurdles 2:40pm

Defending champion Florida (AA) returns Dwight Ruff, Josh Walker, the reigning NCAA 110-hurdles champ, and the omnipresent Kerron Clement, who won the NCAA 400-hurdles last year. The Penn and Collegiate Record is 53.94.

Other contenders include Tennessee (AC), which has run 56.83 this season, Clemson(AB), which returns 3 of 4 from last year's 2nd-place team, and Nebraska(AD).

140.College Women's Shuttle Hurdles 2:55pm

LSU(A)'s RaNysha LeBlanc has run on the last two winning teams, but she's the only returnee. Could be a good battle between South Carolina(C), which ran 54.00 at the SeaRay Relays, and Georgia Tech(E), which has run 54.36. Other contenders: Villanova (D), and Clemson(B).

141.College Men 110-Hurdles Heats 3:15pm

First two from each of heats, plus the next fastest finishers(9 in all) advance to Saturday's final (event #256).

Florida's Josh Walker(#1), 3rd here last year, is the 2004 NCAA Champion. George Mason's Richard Phillips(#5) was an Olympic semi-finalist for Jamaica. Other potential finalists include South Carolina's Jason Richardson (#2), Tennessee's Aries Merritt (#3), Middle Tennessee State's Linnie Yarbrough (#6) and Georgia Tech's Montrell Person (#4).

142.College Women 100-hurdles Heats 3:25pm

First two from each of heats, plus the next fastest finisher advance to Saturday's final (event #251).

Among the leading entries are Nebraska's Priscilla Lopes(#2), a Canadian Olympian who was eliminated in the first round in Athens, North Carolina State's Ebony Foster (#1), who was 3rd here last year, Texas's Melaine Walker(#3), and LSU's RaNysha LeBlanc (#4).

151.College Men 100-Meters Heats 3:00pm

First two from each of heats, plus the next fastest finishers(9 in all) advance to Saturday's final (event #261).

Lerone Clarke (#1), the 2004 NCAA Outdoor 100 and 2005 Indoor 60 Champion from Lincoln(MO), was the winner last year.

Arkansas has a strong 1-2 punch in Tyson Gay(#2) and Wallace Spearmon(#2), who's better at 200-meters.

Other potential finalists include Nebraska's Dusty Stamer(#3), the runnerup at this year's NCAA Indoor Championships, and VMI's PaulVince Obuon.

152.College Women 100-Meters Heats 3:10pm

First two from each of heats, plus the next fastest finishers(9 in all) advance to Saturday's final (event #259).

It will be a long time before we see a final like last year's. Three of the top four won Olympic medals, with winner Lauryn Williams taking silver in the 100, runnerup Veronica Campbell the gold in the 200 (and bronze in the 100 and another gold as part of Jamaica's 4x100), and 4th-placer Sherone Simpson a gold in the 4x100. And 3rd-placer Muna Lee, who was going for her 4th straight Penn title, was an Olympic finalist in the 200-meters (=7th).

Leading entries this year include Auburn's Fana Ashby (#1), the 2005 NCAA Indoor CHampion, Texas's Marshavet Hooker(32), Florida International's Sheri-Ann Brooks(33), and South Carolina frosh Shalonda Solomon (#4), who was a member of Long Beach Poly's great H.S. team last year.

153.College Men's Distance Medley 3:45pm

Tensions might be high as defender Arkansas(AA) goes against Michigan(AB). The two teams were involved in an exciting battle at the NCAA Indoor Championships, but Arkansas, which crossed the finish line first, was disqualified after it was ruled that anchorman Said Ahmed had drifted wide, blocking Nate Brannen.

Ahmed, who ran the 800 leg last year, is the only returnee and is expected to handle the anchor 1600 this year. Michigan returns Brannen (Canada) and Nick Willis (New Zealand), both of whom red-shirted last year to better prepare for the Olympics, as well as Andrew Ellerton from the team that edged Arkansas for the win in 2003. Willis ran a record 2:49.7 lead-off 1200 on that team. The Razorbacks have won this event 15 times in the last 22 years (Villanova holds the record with 22 wins).

Windy conditions held last year's winning time to 9:33.74, the slowest since 1978. If the weather cooperates this year, we could see much faster times.

Not to be overlooked are teams from Georgetown(AC), Indiana(AD), with the Jefferson twins, and Stanford(AE).

156-170.College Men 4x400 Heats 4:20pm

The eight fastest teams advance to the Championship Final on Saturday (Event #273).

Slowest qualifying time last year was 3:08.61.

Florida gambled last year by running a "B" team (which was better than most schools' "A" team) in the heats and got away with it, running 3:08.61 to become the 8th and final qualifier for the final. The Gators came back the next day to win in 3:01.10 to break the 27-year old Penn Relays Record.

LEADING TEAMS

3:02.47 FLORIDA
 3:04.86 ARKANSAS
 3:04.90i LSU
 3:05.21 TEXAS TECH
 3:05.45 MISSISS. ST.
 3:06.64 AUBURN
 3:07.99 TCU
 3:08.71 SO. CAROLINA
 3:08.99 KENTUCKY
 3:09.05 HOUSTON
 3:09.72 St.AUGUSTINE'S
 3:09.88 TEXAS A&M
 3:10.61 East Carolina

156. 4:20pm

Arkansas(A) has run 3:04.86 this season. Other leading teams: Auburn(B-3:06.64), Lincoln,Pa(C-3:10.67)

157. 4:25pm

Florida(A) returns Sekou Clarke, Reggie Witherspoon, Stefan Pastor, and Kerron Clement from last year's record-breaking team, but, just like they did last year, will probably try to give at least Clement a rest and hope that they can still qualify for the final. The Gators won't be hurting if they run Bernard Middleton in this heat. The freshman ran a 45-flat split to help Florida ran a winning 3:02.47 at the Texas Relays. Others to watch include TCU(B-3:07.99) and Texas A&M(E-3:09.88).

158. 4:30pm

Mississippi State(A-3:05.45) returns 3 of 4 from last year's 5th-place team and has added 2004 prep star Ezlie Coleman. LSU(B) ran 3:02.89 last year, the fastest ever run in a heat at Penn, then ran 3:01.39 behind Florida in that great final. Olympic relay gold medalist Kelly Willie and Bennie Brazell return from that team and the Tigers have added the "X-man", Xavier Carter, who ran 45.44 as a prep last year. Kentucky (C-3:08.99) and Houston(D-3:09.05) could make the final.

159. 4:35pm

Texas Tech(A), with U.S. Olympian (800) Jonathan Johnson expected to run a leg, has run 3:05.21 this season. Other potential finalists include: St.Augustine's (A-3:09.72), South Carolina(C-3:08.71), and East Carolina(D-3:10.61), which will sorely miss freshman LaShawn Merritt, who turned pro shortly after running 44.92 this past indoor season.

166. Heptagonal 5:10pm

Columbia(F) will be led by sophomore Erison Hurtault, who has run 46.32 this spring.

173.High School Boys Distance Medley 5:45pm

Colts Neck,NJ(A), with Craig Forsys on the anchor, had the fastest time in the country this past indoor season. Newton North,Ma(B) doesn't have a time, but has to be considered a strong contender with Chris Barnicle on the anchor. Barnicle, who will run for John McDonnell's Arkansas team next year, won the Millrose H.S. mile and ran 8:56.2 for 2-miles at the Arcadia Inv. earlier this month. Other contenders include North Rockland(C), with junior John Martinez, a 2004 Foot Locker finalist, on the anchor, CHristian Brothers Academy,NJ(D), Ridgewood,NJ(E), and Seton Hall,NJ(F).

Accepted Teams

10:15.08	A	Colts Neck,NJ
NT	B	Newton North,Ma
10:17.04	C	No.Rockland,NY
10:17.19	D	CBA,Lincroft,NJ
10:21.18(o)	E	Ridgewood,NJ
10:21.34	F	Seton Hall,NJ
10:24.47	G	Cranford,NJ
10:25.05	H	Card.O'Hara,Pa
10:27.96	I	Burnt Hills,NY
10:28.19	J	Niskayuna,NY
10:28.2 (o)	L	Phillipsburg,NJ
10:28.44	K	Msgr.Farrell,NY
10:29.5 (o)	M	Council Rock,Pa
10:31.65	N	Herndon,Va
10:34.0	O	LONG BEACH POLY,CA
10:34.30	P	Randolph,NJ
10:34.35	R	Roosevelt,Md
10:34.80	S	Arlington,NY

174.High School Boys Mile 6:00pm

Should be a competitive race between Dan McManamon(#1), who ran the 1200 leg on Shenendehowa's winning distance medley last year, St.Benedict Prep(NJ)'s Bryan Scotland(#2), who ran 1:52.47 and 4:14.35 indoors, and Northport's Kevin Tschirhart(#3). who anchored the winning distance medley in 2003. McManamon ran 4:13.44 to win at the National Scholastic Indoor meet. (Late word is that Tschirhart is hurt and won't be running).

175.High School Boys 3000 6:05pm

Saratoga Springs(NY)' Steve Murdock (#1) ran 9:11.40 for 2-miles indoors.. Other contenders include Geary Gubbins(#2-Southampton,NY), Kevin McDermott (#3-Chaminade,NY) and Jeff Weiss (#23-McGuffey,Pa)

176.High School Girls 4x400 Championship 6:15pm

See events 13-56.

Long Beach Poly(Ca) has won the last two years, but isn't as strong this year. Holmwood Tech,JA won in 2001 and 2002 and is favored to win this year. The hometown favorites will be Philly's West Catholic and the Jamaica-U.S. rivalry could be on display big time in this race.

177.College Women Sprint Medley 6:20pm.

Tennessee(AA) set a "World Record" of 3:41.78 last year, but DeeDee Trotter, who ran a 51.0 400 split on the winning team turned pro early last summer and Nicole Cook, who would be expected to anchor this year, suffered a hamstring injury right before the NCAA Indoor Championships in March. The Lady Vols will still have a strong lineup and could win again. If they falter, Stanford(AB), Cal(AC), and LSU(AD) could step in.

178.College Men Sprint Medley(2,2,4,8) 6:45pm.

Could be a dream race. Defender Arkansas(AA) has an awesome first threesome in 2004 NCAA Champions Tyson Gay(100),Wallace Spearmon(200, has run 19.97 this year(, and Terry Gatson, who was runnerup in the 400 at last month's NCAA Indoor Championships. The Razorbacks may need a big lead, since James Hatch, last year's anchor, has run poorly this spring.

Texas Tech(AB), with Olympian Jonathon Johnson running a 1:46.4 anchor(48+ ist 400!), ran 3:13.06 to win at the Texas Relays. Auburn(AC) was a close 2nd at Texas (3:13.50), as Sherridan Kirk, who represented his native Trinidad at the 2004 Olympics anchored in 1:45.8.

Another strong team is Florida State(AE), which will have freshman Walter Dix, who set a World Junior Indoor Record of 20.37 indoors, on one of the 200 legs(Dix won the ACC 100 and 200 this past weekend), another freshman, Ricardo Chambers, who won the ACC 400 in 45.32, and Tom Lancanshire, who was

6th in the 1500-meters at the 2004 World Junior Championships. and won the ACC 800 in 1:48.84. All three are only 19-years old.

Others to look for are Tennessee(AF), with Paul Cross on the anchor(1:46.60-PR), Mississippi State(AD), Kent State(AH-Mike Inge,1:47.23-PR), and Kansas(AO-Jeremy Mims/1:47.04-PR)

The Collegiate Record is 3:12.13, and the Relays Record is 3:12.88.

179.Corporate Distance Medley 7:10pm

That's right, I'm doing a preview of the Corporate Distance Medley, and for good reason. Representing the runner-friendly Vanguard Group(D), a mutual fund company based in the suburbs of Philadelphia, will be (drum roll, please) Steve Holman on the lead-off 1200 leg, former Princeton All-American Emily Kroshus, former St.Joseph's star Jim Norris, who ran a 3:59.5 mile in 1990, and recent Villanova grad Tom Parlapiano, who ran 3:41.59 for 1500-meters in 2004 and was the driving force in putting this lineup together

Said Holman, who ran on two winning teams at Penn while at Georgetown and won the Inv. 1500 in 1994, "I'm in 5% shape, don't expect much". Holman got his MBA at Penn's Wharton School of Business last May and is a legitimate Vanguard employee (no ringers, please!). Read more at: http://www.pennathletics.com/ViewArticle.dbml?SPSID=10846&SPID=559&DB_OEM_ID=1700&ATCLID=117750.

If the team is looking for a coach, they could check with Marcus O'Sullivan, who was thinking of working for the company until he got the head coaching position at Villanova!

FIELD EVENTS

300. High School Girls Discus 9:00am

Amy Bilmanis (#1-Thomas Stone,Md) was 2nd last year.

304.College Women's Triple Jump 10:00am

Miami's Tabia Charles(#1) is the defending champion, but was only 6th at last month's NCAA Indoor Championships, which was won by Clemson's Gisele Oliveria(#2), who jumped 45-1 3/4. Stanford frosh Erica McLain(#5) was 2nd at the NCs.

305.College Men Shot Put 10:30am

Kentucky's Jeff Chakouian(#1) has the best collegiate mark of the year-- 66-2 1/2 and was the 1999 H.S. Champion. (Seekonk,Ma)

308.College Women Discus 11:00am

Florida's Rachel Longfors (#9) has the best throw this year: 185-6

311.High School Boys Javelin Noon

Jordan Kunze(#9-West,TN) is the defending champion. Chad Radgowski (#1-South Park,Pa) threw 213-8 last season.

312.College Men Discus 12:15pm

Rutgers' Sam Segond(#1) was 2nd last year.

314.College Women's HighJump 1:45pm

Georgia Tech's Chaunte Howard(#1), a 2004 U.S. Olympian, is the 2-time defending champion and tied the Relays Record of 6-3 1/4 last year. Howard, a 3-time NCAA Champion (2-indoor, 1-outdoor), just cleared 6-4 3/4 to win the ACC title.

315.College Men's Long Jump 2:00pm

Florida's Michael Morrison (#1-Willingboro,NJ) was 3rd last year.

316.Olympic Development Men's Javelin 2:00pm

iPenn grad Brian Chaput, Eastern Track's AOY in 2003 and 2004, threw a personal best of 263-11 at Princeton this past weekend. He won the college javelin in 2003 and 2004.

317.High School Boys Shot Put 2:30pm

John Hickey (#1-Tappan Zee,NY) has the best mark in the field this year: 64-4i. Ryan Whiting (Central Dauphin,Pa), who threw a U.S.-leading 68-11 1/4 indoors, is concentrating on the discus here.

SATURDAY April 30

180-187. Walks 7:00am.

186.High School Boys 400-hurdles. 9:00am.

Markeno Buckley (#1-St.Jago,JA), 2nd here last year, was 2nd to Josef Robertson (#2-Calabar,JA) at the Jamaican Champs (51.17-52.06).

187.Men's Olympic Development 400-hurdles 9:05am

1996 Olympic Champion Derrick Adkins(#1), the winner of this event in 1993 and 1994, is entered.

188-233.High School Boys 4x400 Heats 9:32am

The eight fastest teams advance to the Championship Final on Saturday afternoon (Event #269. (Except events 220-221)

3:18.29 made it into the final in 2004.

214.(11:20am) Keep an eye on Francisco Castro of Lehman,NY(A).

215. (11:25am) Look for hot splits from junior Lionel Williams (St.Peter's,NY-J) and Joe Greene of Edison Tech,NY-B).

216.(11:30am) Transit Tech,NY(F), which ran 3:19.62 indoors, is led by Clemore Henry. DeMatha,Md(C) ran 3:19.47 indoors

217. (11:35am) Kingston College,JA(A) ran 3:15.77 at the Jamaican Champs. Junior Randy Lee's great anchor gave Archbishop Carroll,DC(F) the win in the 4x800 last year. Shaquan Brown (Kennedy,NJ-LO set a national record in the 600-meters indoors and has already run a 46+ split this spring. Munro College,JA(I) ran 3:21 at the Jamaican Champs, but is capable of running faster.

218.(11:40am) Wolmer's Boys,JA(A), which has never won at Penn, ran a blazing 3:10.60 at the Jamaican Champs. Long Beach Poly,CA(B) ran 3:17.10 at the Mt.SAC Relays. Bryant McCombs (Old Bridge,NJ-L) was the #1 1/4-mile in the country indoors--ran 47.37 to win at the National Scholastics. Newburgh,NY(F), led by Sam Stubbs, ran 3:17.82 indoors. Clinton,NY(E) and Roosevelt,MD(J) both ran 3:21 indoors.

219.(11:45am) Holmwood Tech,JA(A) ran 3:10.80 to finish a close 2nd to Wolmers at the Jamaican Champs. St.Jago,JA(C) was 3rd in 3:13.63 and Macnhester(D) 5th in 3:16.33.

221 Prep Tri-State (11:55am) Bryan Scotland (St.Benedict's Prep,NJ-A) was one of the favorites in Friday's mile.

231. South Jersey Large School

Camden,NJ, 3rd in last year's Championship Final, is hoping to take it all this year. Carl Smith and Kevin Payton, who played basketball during the indoor season, are both capable of 46+ splits.

233.Philadelphia Public League (2 sections) 12:55

Always a crowd pleaser, but this year's race could be a runaway, since Simon Gratz(A), which ran 3:19.49 indoors, has its eyes on the Championship Final and thinks it can run 3:10!

227.College Men 4-mile Relay.

Will this be the year that we finally see the elusive sub-16 minute race?

The event was originally a 4-mile relay before it was switched to a 4x1500 in 1976. It was changed again to the 4-mile distance in 1998 to give the better schools a chance to show that they could field a team that could average better than 4-minutes a man. The closest anyone has come was Arkansas(A), which set a Collegiate and Relays Record of 16:07.96 in 1999.

The Razorbacks are the 3-time defending champions and have won this event 18 of the last 22 years, but will have a tough time against a strong Michigan(B) team, the one that has the best chance of going under 16, that includes three 4-minute milers. Nate Brannen ran 3:55.11 for the mile indoors, Nick Willis, ran the equivalent of a 3:50 mile last summer (3:32.64-1500m), and Andrew Ellerton ran 3:58.68 in 2004. The expected 4th member of the team, Rondell Ruff, ran 4:04.68 indoors and has a 1500 best of 3:45.35. And just think--Alan Webb would have been a part of this team if he had stayed at Michigan!

Stanford, which has about 7 men, including Don Sage, the 2002 NCAA 1500 champion, who are capable of running close to 4-minutes, should also be part of the mix.

237.College Men 4x100 Champ.(See event 118). 1:30pm

240.College Women 4x800 1:40pm

Tennessee, with Nicole Cook running a great 2:01.3 anchor, ran 8:21.13 last year, just missing the Collegiate and Relays Record of 8:20.22, set by a Joetta Clark-anchored Tennessee team in 1984.

The Lady Vols lost Kameisha Bennett from that team, but return Cook, who is coming back from a hamstring injury, Brooke Novak, and Leslie Treherne.

Among the leading contenders: Cornell(AH), North Carolina(AG), and Georgetown(AB).

242. "USA vs the World" Women's 4x100 2:10pm

The Jamaican flags will be flying high for this race. Tayna Lawrence and Aleen Bailey ran on the Jamaican team that won the gold medals at last summer's Olympics and are expected to be joined by Peta Gaye Dowdie and veteran Juliet Campbell. Lawrence and Campbell ran on the team that beat the U.S. here in 2002.

The U.S., which didn't finish the Olympic race after Lauryn Williams and Marion Jones failed to connect on the 2nd handoff, will be looking to regain some pride.

Williams, the Olympic silver medalist in the 100, and Jones,

who has been unimpressive in her two races at Mt.SAC and the Kansas Relays, are in the U.S. "pool: that also includes LaTasha Colander, Allyson Felix, Muna Lee, Angela Daigle, and Inger Miller.

Canada, the Bahamas, and Finland are also expected to field teams.

The event record is 42.33.

244. "USA vs the World" Men's 4x100 2:20pm

Another chance for the U.S, which was edged by Great Britain for the gold medals in Athens last summer, to regain some pride.

Two members of that British team are expected to run here-- Jason Gardener and anchor Mark Lewis-Francis. Former Harvard star Chris Lambert is also part of their "pool".

Other countries expected to compete--Germany, Jamaica, Bahamas, Trinidad, and Canada.

The event record is 38.03

247. High School Boys 4x100 Champ. 2:30pm.

See Events 115-116

249.College Women 4x200 2:40pm

See event #134

251.College Men 4x200 2:50pm

See event #133

252.High School Boys' 4x800 Championship 2:55pm

See events 93-96.

253.Olympic Development Men's Mile 3:05pm

He's not in the program, but defending champion Alan Webb may go to the line if he and coach Scott Raczkowski feel he has enough time before running an 800 leg in the USA vs the World Sprint Medley at 4:05pm. Webb is scheduled to run the 5000 on Thursday night. He won the 1500-5000 double in 2004.

Others include James Thie (#4), Tom Parlapiano(#2), ex-Penn star Sam Burley(#6), and Kenyans James Kangogo(#1), Joseph Mwai(#3), and Joseph Koskei(#5).

254.College Women 100-meter hurdles 3:25pm

See event 142

255.Olympic Dev. Women 100-meter hurdles 3:30pm

Good field--Anjanette Kirkland(#1), Michelle Freeman(#2), Sheena Johnson(#4), and Hyleas Fountain(#4).

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Contact Walt Murphy at wmurphy25@aol.com for More Information

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256.College Men 110-meter hurdles 3:35pm

See event 141.

257.Olympic Dev. Men 110-meter hurdles 3:40pm

Duane Ross(#1), Terry Reese(#2), and Joel Brown(#3) lead the field.

258.Olympic Development Men 100-meters 3:45pm

Mardy Scales(#1) was the 2003 NCAA 100-meter CHampion. Also in the field are Chris Lambert(#2), the former NCAA All-American from Harvard, Jason Smoots(#3), and Marcus Brunson(#5).

259.College Women 100-meters 3:505pm

See event 152

260. Men's Masters 100-meters (75+) 3:55pm

Everyone, including the "elite" athletes warming up on the infield, stop to watch this always-entertaining race. New to the field this year is Bert Lancaster, a former meet promoter in the Philadelphia area.

261.College Men 100-Meters 4:00pm

See event 151.

262.USA vs the World--Men's Sprint Medley 4:05pm.

(Replaces the 4x200)

NBC will open its show on Saturday (4-6pm/EDT) by showing this race live.

How about this for the first three legs of the #1 U.S. team (there will be two)--Olympic gold medalists Justin Gatlin (100) and Shawn Crawford(200) handling the 200 legs, and then either silver medalist Otis Harris or bronze medalist Derrick Brew running the 400. They could be well ahead of "world" record pace after three legs, but Khadevis Robinson or Alan Webb would have to be ready to run about 1:45 for their 800 leg, since Johnny Gray anchored the Santa Monica Track Club's record-setting team (3:10.76) in 1:43.3! The rest of Santa Monica's lineup:

Carl Lewis	20.3
Ferran Tyler	20.1
Benny Hollis	47.1

Other countries expected to compete: South Africa, with 1:45 man Werner Botha on the anchor, Jamaica, with Usain Bolt running a 200 or 400, Canada, the Bahamas, and Germany.

263.USA vs the World--Men's Sprint Medley 4:15pm.

(Replaces the 4x200)

As in the men's race, the U.S. can field a pretty good team here as well. Among the candidates for the 200 legs on the "A" team are Olympic silver medalists Allyson Felix(200 and Laurny Williams(100), LaTasha Colander, Marion Jones, and Olympic finalist Muna Lee(200). Then you can choose between Olympic relay gold medalists DeeDee Trotter and Sanya Richards for the 400 leg, with Hazel Clark running the anchor 800 (or Treniere Clement).

The U.S. could challenge the "World" Record (it's not an official IAAF Record event) of 3:41.78, which was set at Penn last year by the University of Tennessee (Trotter ran 51.0 on that team). The full Tennessee lineup from last year:

Tianna Madison	23.3(average)
Toyin Olupona	23.3(average)
DeeDee Trotter	51.0
Kameisha Bennett	2:04.2

Other countries expected to compete: Jamaica, Canada, Caribbean All-Stars.

264.College Men 4x800 4:20pm

Georgetown(AA) is the defending champion, but only returns Chris Lukezic from last year's winning team.

Michigan(AD), which might bring back it's full 4-mile relay for this race (Ruff, Ellerton, Willis, Brannen(hasn't taken this event since winning 4 times in a 4-year span frfom 1959-1962(finished 2nd in 1960).

Other contenders include Kentucky(AB), which was 2nd last year, Arkansas(AD), Stanford(AE), and Tennessee(AH). Teams with good anchors include Kent State(AJ-Mike Inge), Penn State(AL-Matt Lincoln), and Florida State(AP-Tom Lancashire)

266.Olympic Development Women's Mile 4:50pm

Tiffany McWilliams (#1) returns to defend her title. Heather Sagan (#2) was the surprise winner in 2002 when she was still at Liberty University. 39-year old Alisa Harvey (#3) is another past collegiate winner(Tennessee-1986).

269.High School Boys 4x400 Championship 5:05pm

See events 188-233.

Wolmers,JA is looking for its first win in this event.

271.College Women 4x400 Championship 5:15pm

See events 59-72

273.College Men 4x400 Championship 5:30pm

See events 156-170. Can Florida and LSU top last year's great battle that saw both teams break the 27-year old Relays Record? Can Arkansas pull off an upset? Can anyone break 3-minutes?

275. "USA vs the World" Women's 4x400 5:40pm

The U.S. has won this race all five years the evnt has been held and the string should continue this year. Sanya Richards, DeeDee Trotter, and Monique Hennagan won Olympic gold medals as members of the U.S. team that won in AThens last summer. Others in the "pool" include Demetria Washington, coming back from an injury-plagued 2004 season and Olympic 400-hurdlers Sheena Johnson and Lashinda Demus.

Russia is sending a team that includes Oleysia Zykina, who was part of the lineup that won the silver medals in Athens, and Yulia Pechonkina, the world record holder in the 400-hurdles, but it's the early part of their season and they rarely run well at Penn.

Three members of the Jamaican team that won the bronze medals at the Olympics are coming--Sandie Richrads, Nadia Davy and Novlene Williams.

Canada and a team of Caribbean "All-Stars" are also expected to compete.

The event record is 3:21.34.

276. "USA vs the World" Men's 4x400 5:50pm

Jeremy Wariner and former Baylor teammate Darold Williamson will be running at the Drake Relays this weekend, but the other members of the Athens gold-mdeal team, Otis Harris and Derrick Brew, who also won the silver and bronze, respectively, in the 400, will be at Penn. Andrew Rock, who also won gold after running in the first round of the Athens relay, will also be on hand, along with Tyree Washington, Bershawn Jackson, James Carter, and LaShawn Merritt, who turned professional shortly after running 44.92 this past indoor season. Merritt was Eastern Track's H.S. Athlete of the Year in 2004.

Jamaica has a strong group thagroup that includes Michael Blackwood, Brandon Sampson, Sanjay Ayre, and possibly Usain Bolt.

Felix Sanchez, the Olympic gold medalist in the 400-hurdles, will lead a team from the Dominican Republic. Canada and the Bahamas are also expected to compete.

Event record is 2:56.60.

FIELD EVENTS

321.High School Boys Long Jump 9:00am

Dennis Boone (#1-Thomas Dale,Va) and Alain Bailey(#2-Kingston College,JA) finished 1-2 last year. Bailey jumped a big 25-10 1/4 at the Jamaican Champs.

322.High School Boys Triple Jump 9:00am

Ryan Whiting (#1-Central Dauphin,Pa) won the shot put (66-3) and discus (199-7) at the Arcadia Inv. earlier this month and could challenge the Relays Record of 190-11.

323.High School Boys Discus 9:00am

Derek McGuire (#1-Immaculate Heart,NY) has the best mark in the field (190-9/2003).

324. High School Boys High Jump 10:00a

Juan Cave(#1-St.Joseph's Prep,Pa) was 2nd last year and cleared 6-10 3/4 indoors. Ryan Fritz (#2-Octorora,Pa) jumped 7-1/4 indoors and has cleared 6-10 this spring.

325.High School Boys Pole Vault 10:00am

Eric Sparks (#1-Hickory,Pa/16-0i) and Brian Duggan(#2- Msgr.Farrell,NY/16-2i) were both over 16-feet indoors.

328.College Men Hammer Throw 11:00am

Virginia Tech's Spyridon Jullien, a native of Athens, Greece, won the 35-pound weight throw at last month's NCAA Indoor Championships and has the leading hammer throw in the country (238-5).

329.College Men Javelin 11:00am

Arkansas' Eric Brown(#1), who was 3rd at last year's NCAA Championships, threw a personal best of 248-5 last week. Virginia Tech's Kobus Smit(#2) has a best of 242-0.

332.College Men High Jump 1:30pm

Texas sophomore Andra Manson(#1), the 2004 NCAA Indoor and Outdoor Champion, is looking for his 2nd straight win at Penn. Can he break Dwight Stones's Franklin Field Record of 7-7 1/4, which was set in 1976?

333.College Men Pole Vault 2:00pm

Leading entries are Coastal Carolina's Mark Johnson(#1), Virginia Tech's Brian Mondschein(#2), who won the H.S. title in 2001, Cincinnati's Chris Smith(#3), and Texas decathlete Donovan Kilmartin(#4).

334.College Men Triple Jump 2:00pm

Leading entries are LSU's Willie Bradley(#1), Arkansas' Jaanus Uudmae(#2), and Marc Kellman(#3).

335.Olympic Dev. Women's Hammer Throw 3:00pm

Former Coastal Carolina All-American Amber Campbell(#1) threw a personal best of 226-11 last month. Laura Gerraughty(#3) is red-shirting at North Carolina.

336.Olympic Dev. Men's Hammer Throw 4:00pm

Jake Freeman(#1) won the 2001 and 2002 college event while at Manhattan College. Jim Heizman(#2) won this event last year (221-3).