

Eastern Track

Vol. 30--April 25, 2006

2006 Penn Relays Preview

Well, it doesn't look like we're going to get the warm weather everyone always hopes for, with highs in the low 60s expected for the best three days of the year--Penn Relays weekend! But at least it looks like it will be a dry three days, so let's be thankful for that.

Most of the familiar faces will be back this year, but two newcomers may run away with the coveted Championship "wheels" and Relays watches. Oral Roberts and Canada's Simon Fraser are favored in the men's and women's 4800 relays.

Here's an event-by-event look at the 112th running of the Penn Relays. Bib numbers/letters are listed where available. Be sure to buy the Penn Relays program--the best in the sport!

TUESDAY/WEDNESDAY April 25,26

1. College Men Decathlon 11:00am

LSU senior Darion Powell(#1), a transfer from Washington State, was 3rd in the heptathlon at last month's NCAA Indoor Championships. Mt.St.Mary's Devin Barry(#4), the 2006 IC4A Heptathlon Champion, would love to present retiring coach Jim Deegan with the school's 9th Penn winner in this event.

2. College Women Heptathlon 11:30am

Penn's Shani Boston (#1) won this event in 2004.

THURSDAY April 27

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

Miami's Dominique Darden(#1-55.27) and Auburn's Markita James(#3-55.40) have both run faster than the Carnival Record of 55.58 this year. Jamaica's Kaliese Spencer (#2-UTech) has run 56.3 this season. Tony Darden, Dominique's dad, ran at Penn during his prep days at Norristown H.S. and was a member of the Arizona State 4x400 team that set the men's Carnival record of 3:01.9 in 1977, a mark that lasted for 27 years until Florida ran 3:01.10 in 2004.

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

Krystal Cantey(#1), a senior at Winslow Township(NJ), finished 3rd last year, then went on to win at the Nike Outdoor Championships over West Catholic's Nicole Leach, who had won at Penn with a Carnival Record of 57.84. Cantey ran 56.83 last year and will have to be at her best to hold off Jamaican Champion Sherene Pinnock(#2-Edwin Allen), who will be trying to forget last year's Relays, when she was disqualified for a false start. Pinnock, who finished 2nd to Leach (now a frosh at UCLA) in 2004, ran 57.03 at the Jamaican Champs and 57.50 on April 16 to win at the Carifta Games.

5-8. High School Girls 4x800

The 12 fastest teams from the four 4x800 races advance to the Championship Final on Friday (Event #124-12:40pm). 9:25.46(2005) and 9:23.86(2004) were the slowest qualifying times the last two years. Suffern(NY), which ran 8:59.37 indoors, has chosen to run the distance medley, leaving the door open for a possible Jamaican sweep. Holmwood Tech and Edwin Allen can field teams that are capable of running under 8:50 in the final and St.Jago has run 9:02.93 this year.

15. "Small Schools" 10:30am.

Heat One--Holmwood Tech(AH) returns Bobbi-Gaye Wilkins and Vanessa Boyd from last year's winning team and could win the final without 400-specialist Sonita Sutherland, who ran 2:08.80 at the Jamaican Champs. The school ran 8:47.26 without Sutherland back in February. Other potential finalists include Bay Shore,NY(AO-9:12.14i) and Bronxville,NY(AN-9:24.92i).

6."Small Schools" 10:40am.

Heat Two--Leading teams are Jamaica's Vere Tech(BB), which has run 9:02.93 this year, and Pope John XXIII,NJ(BA), which ran 9:16.15 indoors.

7."Large Schools" 10:50am.

Heat One--Edwin Allen (CK) won this event in 2003 and 2004, but was barred from competing last year due to a rules infraction in 2004. They've already run 8:50.03 this year. Others who could make the final include Ward Melville,NY(CJ-9:13.31i) and Henderson-West Chester,PA(CA-9:23.27i)

8."Large Schools" 11:00am.

Heat Two--Possible finalists include Roosevelt,MD(DJ-9:11.53i), Ridgefield,CT(DD-9:21.37i), Morris Knolls,NJ(DC), which returns 3 runners from last year's 5th-place team, and Boys&Girls,NY(CA-9:24.33i), the only U.S. team to win this race (2002) in the last 20 years.

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 #138). Heats are run in alphabetical order.

47.76(2005) and 47.30(2004) were the slowest qualifying times the last two years.

Holmwood Tech(EF), 2nd last year, ran 44.88 in February and is co-favorite with Edwin Allen(ND), which ran 45.04 at the Jamaican Champs. Other potential Jamaican finalists include Manchester(FT), which ran 46.37 at the Jamaican Champs, The Queen's School(VU/46.32) and defending champion St.Jago's(JO). For the 2nd year in a row, Vere Tech(JAM), which had three different teams run 46+ at the Jamaican Champs, did not enter the event. Bethel,VA(NU), the top American team last year (4th), is led by Francena McCorory, who set U.S. high school records in the 300 and 400 during the indoor season.

12.College Women's 4x100 (heats) 12:55pm
The eight fastest teams advance to the
Championship Final on Friday (Event #125).
45.46(2005) and 45.32(2004) were the slowest
qualifying times the last two years.

LEADING TEAMS

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

42.84	AB	TEXAS	With Marshevet Hooker, the 2006 NCAA Indoor sprint and long jump champion, on the anchor, the Lady Longhorns beat LSU at the Texas Relays...last win in this event was in 1999.
43.48	AC	LSU	Winner 7 of the last 10 years
43.77	AD	AUBURN	Last won in 1993
44.13	AE	MIAMI	Never won this event
44.22	AA	SO. CAROLINA	Defending champs are led by Shalonda Solomon
44.34	AF	TEXAS A&M	
44.37	AG	STANFORD	
44.44	AH	TENNESSEE	Finished 2nd last year
44.65	AJ	GEORGIA TECH	
44.78	AR	Hampton	
45.20	AL	ARKANSAS	
45.20	AI	FLORIDA	
45.28	AK	TCU	
45.30	AO	FLORIDA ST.	
45.72	BK	West Virginia	
45.82	BM	Virginia	
45.88	CD	Morgan St.	

13.-56. High School Girls 4x400 relays (heats) 1:15-4:50pm
The eight fastest teams advance to the
Championship Final on Friday (Event #176).
3:53.90(2005) and 3:49.51(2004) were the slowest
times to make the final the last two years.

40.(3:30pm) The first of the "hot" races. Defender Holmwood Tech(F) ran a great 3:33.28 in February and 3:35.26 at the Jamaican Champs(A Holmwood foursome set the Carnival Record of 3:34.75 in 2001). Anchor Sanita Sutherland has run 51.13 for 400-meters this year. Other potential finalists: The Queen's School, 5th last year, ran 3:46.54 at the Jamaican Champs, and Roosevelt,MD (J) and East Orange,NJ(K), ran 3:48.04 and 3:49.50, respectively, during the insoor season.

41.(3:35pm) Edwin Allen(J), which ran 3:38.29 at the Jamaican Champs, is led by Sherene Pinnock, who might have already won the 400-hurdles earlier in the day. Allen finished 2nd last year and has never won this event at Penn. Bethel,VA(H), returns 3 of the 4 runners from last year's 4th-place team, with Francena McCorory leading the way. McCorory set U.S. National H.S. records in the 300(36.96) and 400(51.93) during the indoor season. The Hampton-bound senior hopes to own her own funeral home some day! ANother good individual to watch is Gabby Mayo (Southeast,NC-C), who was 2nd in the 60-hurdles and 5th in the 200 at the National Indoor Scholastics.

42(3:40pm) Manchester(D), 6th last year, ran 3:44.65 at the Jamaican Champs, while Menchville,VA(C), ran 3:51.19 indoors.

43(3:45pm) Vere Tech(G) ran 3:39.04 at the Jamaican Champs. Vere won this event 9 years in a row from 1986-1994, but hasn't won since then. Boys&Girls,NY(K) ran 3:49.18 nindoors.

54(4:40pm) "South Jersey League" Krystal Cantey, one of the favorites to win the 400-hurdles earlier in the day, will be

running for Winslow Township,NJ(M). Woodrow Wilson(J) ran 3:52.55 to win the Indoor Eastern States title.

55.(4:45pm) "Philadelphia Catholic Girls"--Superstar Nicole Leach is now a frosh at UCLA, but West Catholic(F), led by Kneshia Sheard and Latavia Thomas, still has the talent to make the Championship Final for the 4th year in a row. They finished 3rd last year and had a best of 3:47.91 this past indoor season.

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

Defender Duke(AA) will be running without last year's anchor, Shannon Rowbury, who is redshirting this year. ACC rival North Carolina(AB), with frosh Brianna Felnagle on the anchor, won the NCAA Indoor title with the year's fastest time--11:01.97. The Tar Heels won this event 3 years in a row from 2001-2003. Other contenders include Villanova(AC), with Marina Muncan on the anchor, Tennessee(AD), and Stanford(AO), if they run their "A" team. Tennessee will be anchored by frosh Sarah Bowman, a 2-time winner of the H.S. Girls mile at Penn.

59-73 College Women's 4x400 Heats 5:20pm-6:30pm
The eight fastest teams advance to the
Championship Final on Saturday (Event #271).
3:42.40(2005-cool) and 3:37.17(2004) were the
slowest times to make it into the final the last two
years..

The field includes the four fastest NCAA teams in the U.S. Two schools have dominated this event the last 11 years, Texas winning six titles and South Carolina the other five, but it looks like neither is strong enough to win this year.

LEADING TEAMS (i=indoor time)

3:28.07	MIAMI
3:28.23	LSU
3:28.47	AUBURN
3:29.81	TEXAS A&M
3:30.76i	TEXAS
3:31.67i	ARKANSAS
3:31.82i	TENNESSEE
3:31.86i	SO. CAROLINA
3:34.04i	Penn State
3:34.58	FLORIDA ST.
3:35.48	FLORIDA
3:36.63	TCU
3:37.71	Hampton
3:39.08	Morgan St.
3:39.99	NO. CAR.A&T
????	UTech

TOP HEATS

61. Heptagonal(5:30pm)--Hometown favorite Penn(A) set an event record of 3:42.62 while beating Cornell(B) in an exciting race last year and the two rivals could go at it again this year. Scheduled to run for Cornell is Morgan Uceny, who was 4th in the 800-meters at the NCAA Indoor Championships.

62.(5:35pm) South Carolina(A), the defending champion, battled injury problems during the indoor season but is still a potential finalist, especially with Shalonda Solomon on the anchor. Texas(B) was 3rd at the NCAA Indoor Championships, but was only 6th at the Texas Relays. TCU(C) has run 3:36.63 last weekend.

63.(5:40pm) Miami(A) ran 3:28.07, the fastest time of the year, to win at the Texas Relays. Miami has never won any Relay Championship at Penn. Jamaica's University of Technology/UTech(B) may have the strongest 1-2 punch in the field. Kaliese Spencer is one of the favorites in the early-morning 400-hurdles and Shericka Williams ran 50.97 to win the Jamaican National title in 2005. She has a best of 51.65 this year and finished 5th at last month's Commonwealth Games in Australia. Another potential finalist is Florida State(C), which has run 3:34.58 this year. North Carolina A&T(E) has run 3:39.99 this year.

64.(5:45pm) This race includes four potential finalists. LSU(A) ran 3:28.23 to finish a close 2nd to Miami at the Texas Relays. They last won this event in 1993 (also won in 1987). Tennessee(B/3:31.82), Arkansas(C/3:31.67), and Penn State (D/3:34.04) all ran well indoors and any of them could make the final. Morgan State(G) has run 3:39.08 this year.

65.(5:50pm) Auburn(A) ran 3:28.47 to finish 3rd behind Miami and LSU in that exciting race at the Texas Relays. They have never won this event at Penn. Texas A&M(B) finished 4th at Texas with a time of 3:29.81. Other contenders include Florida(C/3:35.48) and Hampton(E/3:37.71), which will add high school sensation Francena McCorory to its roster next year.

74. H.S. Girls Distance Medley 6:35pm

Excellent field. Warwick Valley,NY(B-11:45.97i) is the defending champion, but anchor Aislinn Ryann has a completely different supporting cast this year. Suffern,NY(A) had the fastest indoor times in the U.S. in the 4x800(8:59.37) and the DMR(11:35.74), and decided to go for the longer race at Penn. They will be led by frosh Shelby Greany and senior Kara McKenna. Other U.S. contenders include 2004 winner Saratoga Springs,NY(D-12:00.17), with Lindsey Ferguson and Hannah Davidson (1-2 in the 3000 last year) leading the way, and Roxbury,NJ(C-11:48.02i), with sub-5 miler Jenn Ennis on the anchor. A possible contender is Jamaica's Vere Tech(E), with Stacey Bell on the anchor. Bell ran 2:09.40(800) and 4:39.17(1500) at the Jamaican Champs. Vere won this event the first six years it was contested (1990-1995)

and set the Carnival Record of 11:40.51 in 1992. Conestoga,PA(L) will be anchored by 4:56 miler Liz Costello and Ocean City,NJ(M) will have Brittany Sedberry, who passed up a chance to win the 3000 to help her team here.

75. High School Girls Mile 6:50pm

This appears to be a wide-open race. Danielle Tauro (#3-Southern Regional,NJ) was 2nd last year and was a come-from-behind winner at the Millrose Games. Brittany Sheffey (#1-Bellport,NY), who was 4th last year, edged NY rival Kristy Longman (#2-Sayville,NY) in the 1000 at the NY Indoor State meet (2:51.39-2:51.44) and in the mile at the National Indoor Scholastics (4:50.10-4:50.11). Sarah Morrison (#4-Chambersburg,PA) ran 4:54.05 to win the mile at the Pennsylvania Indoor State Meet. Others to watch include Bridget Franek (#10-Crestwood,OH), who was 3rd last year, Katie Doswell (#8-St.Catherine's,VA), with an indoor best of 4:57.68, and Sarah McCurdy(#9-Bay Shore,NY), who ran 4:48.84 indoors.

76. High School Girls 3000-meters 6:55pm

Ashley Higginson (#4-Colts Neck,NJ), the top returnee from last year's race(3rd), ran a quick 10:36.64 to win the 3200 at the New Jersey Indoor State meet. She'll be challenged by frosh teammate Briana Jackucewicz (#2) and junior Catherine White (#3-Northside,Va), who ran 10:32.27 for 2-miles to finish 2nd at the Nike Indoor Nationals.

THURSDAY NIGHT DISTANCE RACES--2006 QUALIFYING STANDARDS

MEN	IC4A	NCAA I	NCAA II(Auto/Prov.)	NCAA (II(AutoProv.)	USATF(Auto/Prov.)
Steeplechase	9:16.00	9:07.00	9:00.00/9:26.00	9:07.00/9:23.00	8:44.30/8:45.70
5000	14:37.00	14:10.00	14:00.00/14:50.00	14:28.00/14:48.00	13:50.00/13:52.00
10,000	31:08.00	28:45.00	29:30.00/31:10.00	30:15.30/31:10.00	28:40.00/29:01.30
WOMEN	ECAC	NCAA I	NCAA II	NCAA III(AutoProv.)	USATF
3000	9:56.24	x	9:40.00/10:18.00	x	x
Steeplechase	10:55.04	10:50.25	10:20.00/11:27.00	10:48.20/11:20.00	10:13.00/10:18.00
5000	17:32.14	16:52.00	16:40.00/17:50.00	17:00.00/17:46.00	15:50.00/15:56.00
10,000	37:40.00	33:55.00	35:00.00/37:55.00	36:00.00/37:40.00	33:50.00/34:10.00

77. College Men's Steeplechase 7:15pm

Abilene Christian's Nicodemus Naimadu (#1), the defending champion, could have his hands full with Ohio State senior Brian Olinger(#2), who ran 8:19.56 last summer in Europe and was ranked #4 in the U.S. The Relays Record of 8:26.26 was set by Arizona's Thom Hunt way back in 1980. Other notable entries include 2-time Clemson All-American Itay Magidi (#3) and Arkansas freshmen Kenny Cormier and Chris Barnicle, both of whom will be making their debut in the event.

79.Men's Olympic Dev. Steeplechase 7:25pm

Former Eastern Michigan star Jordan Desilets was 6th at the 2004 U.S. Olympic Trials and has a best of 8:24.62. He won the college race at Penn in 2002.

81.College Women's Steeplechase 7:45pm

Florida State's duo of Barbara Parker(#1-10:21.16) and Lydia Willems(#2-10:27.01) finished 1-2 at the ACC Championships and have the fastest times in the field this year. Indiana's Kelly Siefker(#20), 2nd last year, might run the 5k this year.

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

Field includes North Carolina's Carol Henry (#4), the 2003 Champion, and Columbia All-American Caroline Bierbaum(#30).

84. Women's College 5000 8:25pm

Good field includes Yale's Lindsay Donaldson(#4), winner of the 3000 last year, Harvard's Lindsey Scherf(#1), Auburn's Angela

Homan(#2), Quinnipiac's Kaitlyn Gwyther(#3), and a Duke quartet of Laura Stanley(#6), Maddie McKeever (#18), who represented the U.S. in the Junior race at the World X-Country Championships, Natasha Roetter (#21) and Whitney Anderson(#32).

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

Leading entry is former American Record holder Amy Rudolph(#1), who last won this event in 1996.

86. Men's College 5000 9:05pm

This could be the best race of the night. Liberty sophomore Josh McDougal was 5th in the 3000 and 4th in the 5000 at this year's NCAA Indoor Championships, while Virginia Inter mont's Fernando Cabada has already run 13:34.92 this year.

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

Alan Webb, winner of this event the last two years, is not running this time. Gavin Thompson (#1), an All-American at Eastern Michigan, finished 8th in the 10,000 at the recent Commonwealth Games in Australia.

89-90.Women's College & Oly. Dev. 10,000 10:00pm

Penn State's Molly Landreth(#3) is the top returnee from last year's race(5th). Cassie Hintz, a high school senior from Maine is entered in the Olympic Development section, which will be run concurrently with the college race. Hintz ran 34:36.81 last year. Only record holde Mary Shea(32:52.5) and Cathy Schiro(33:26.53, 33:42.9, 33:57.6, 34:01.1) have ever run faster among preps.

90-91.Men's College & Oly. Dev. 10,000 10:40pm

Virginia Intermont's Corey Duquette(#20) is the defending college champion. Also in the field is Arkansas' Shawn Forrest(#1) and Penn State's Dan Mazzocco(#17). The Olympic Development field includes Kenyans Linus Maiyo(#2), the 2004 winner, and Julius Kiptoo(#1).

FIELD EVENTS

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

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

This could be a close battle between Stanford's Sarah Hopping(#3), who has thrown 205-9 this year, and Penn State's Jen Leatherman (#3), who has thrown 205-5. Leatherman was 3rd at Penn last year and was 3rd in the weight throw at this year's NCAA Indoor Championships. Florida's Jen Wynn(#1) was a winner of the College division at last year's Relays and has a best this year of 201-4.

283.College Women's Long Jump Noon

Maryland's Kierra Foster(#3) and Syracuse's Lynn Hernandez(#8) finished 3-4, respectively, at this year's NCAA Indoor Championships. Miami's Tabia Charles(#4) beat them both at the ACC Championships with a jump of 20-10. Her teammate, Brenda Faluade(#1), has the best collegiate outdoor mark in the country this year(21-1 1/4), but was only 5h at the ACC Champs.

284.College Women's Shot Put Noon

North Carolina's Laura Gerraughty(#1) will be shooting for her 4th win in this event, but she'll be up against Texas's Michelle Carter(#2), who won the NCAA Indoor title with a PR of 60-10 1/4. Gerraughty beat Carter handily at the Texas Relays (60-11 1/2 to 56-9 1/2) and threw 61-0 to win the ACC title this past weekend. She won this event at Penn in 2002-2004, but was a redshirt last year because of a career-threatening hand injury. Carter is the daughter of former NFL star Michael Carter, who won the College men's shot put at Penn in 1981 and 1984 while he was at SMU. He set the incredible H.S. boys national record of 81-3 1/2 in 1979. He is being added to the Relays Wall of Fame this year. Other women who have won 4 individual titles at Penn: Temple's Edna Brown (400-hurdles), George Mason's Diane Guthrie (long jump and heptathlon), Maryland's Marita Walton (shot put), and Tennessee's Pat Walsh (discus).

285.High School Girls Javelin Noon

Junior Elisha Jones (#3-Eisenhower,Pa) won last year with a throw of 143-10. Taniesha Blair(#1-Holmwood Tech) threw 152-11 to win at the Jamaican Champs. Junior Kacey James(#2-Carlisle,Pa) had a best of 147-6 in 2005.

286.High School Girls Pole Vault 1:00pm

Lindsay Regan(#1-Easton Area,Pa) set the Relays Record of 12-7 1/2 to win in 2004, but finished 3rd last year. She had a best of 12-10 during the indoor season. Other contenders include Natalie Gengel (#2-Princeton,NJ) and Brooke Borso (#3-Whitehall,Pa) both of whom jumped 12-3 indoors, and 12-footers Beki Finn (#4-Liberty,Pa) and Abby Schaffer (#5-Easton Area,Pa).

289.High School Girls Long Jump 1:45pm

Jamaican champion Rosemarie White (#1-Holmwood Tech) has a best of 20-10 this season. (The Relays Record is 21-0). 16-year old Arantxa King(#2), a junior at Medford(Ma) H.S., has had a busy year. She jumped an indoor personal best of 20-3 in February, then represented her native Bermuda at the Commonwealth Games in Australia in March and at the Carifta Games in Guadeloupe earlier this month (where she won the silver medal). She was named Bermuda's Female Athlete of the Year in 2005 after winning gold medals at the World Youth and Pan-American Junior Championships. She also set a National record of 20-11 3/4.

290 High School Girls Triple Jump 1:45pm

Defending champion Kimberly Williams(#1-Vere Tech,JA) jumped 43-3 at the Jamaican Champs and could challenge the Relays Record of 42-2 3/4, set by Carlene Cummings (Dwight Morrow-Englewood,NJ) in 1999. She won last year with a jump of 40-11. Nakeisha Wineglass (#3-Hayfield,Va) jumped 39-6 indoors.

291.College Women's Javelin 2:00pm

Purdue's Kara Patterson(#1) threw 170-0 to win last year as a frosh and has already thrown 184-4 this season. Teammate Lindsey Blaine(#3) was 3rd in 2005 and has a best of 163-0 this year. UNC-Wilmington's Anna Raynor has thrown 170-10 this season, and Duke Sophomore threw 168-8 to win the ACC title this past weekend.

292.High School Girls High Jump 2:30pm

Rachel Gehret (#1-Altoona Area,Pa) is the defending champion (5-8 1/2), but she'll be facing a tough field that includes Ashley Gatling (#3-Deep Creek,Va/5-9), Erin Hannon (#2-Bradford,Pa/5-8 3/4), Brittany Dexter (#5-Burnt Hills,NY/5-8), and Carin Knight (#6-New Rochelle,NY/5-8).

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

Yale's Molly Lederman(#3), the 2003 H.S. Champion at Penn, won this year's ECAC Indoor title with a jump of 13-3 1/2. Pitt's Marissa Dudek(#1) won the Big East title with a leap of 13-6 1/4. Arkansas' Jodi Unger(#2) has jumped 13-5 1/4 this spring.

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

Allyn Laughlin (#1-Center,Pa) won the Pennsylvania Indoor State title with a throw of 47-9 3/4. Canada's Kaitlyn Andrews (#2-Acton,ONT) has a best of 46-9 and was 2nd at the National Indoor Scholastics. Karen Shump (#3-Penncrest,Pa) was 2nd to Laughlin at State with a best of 46-7 1/2.

FRIDAY April 28**93.College Men's 400-hurdles 9:00am**

Texas Tech's Shawon Harris (#1-50.47), Long Island U's Bryan Steele(#4-50.63), Hampton's Terry Thornton (#5-50.77), and Auburn's Reuben McCoy (#2-50.81) have all run under 51-seconds this year. South Carolina's Jason Richardson(#1) ran his personal best of 49.79 in 2004 when he was a senior in H.S., but he's been hampered by injuries since then and hasn't been under 51-seconds the last two years.

94-97. High School Boys 4x800

The 12 fastest teams from the four races advance to the Championship Final on Saturday (Event #251-2:55pm). It took 7:57.79(2005) and 7:55.90(2004) to make it into the final the last two years. Holmwood Tech could sweep the girls and boys finals in this event. Potential finalists Monsignor Farrell (NY-7:52.91i), Ridgewood(NJ-7:53.46i), Wissahickon(PA-7:54.53i), and Xaverian Brothers (MA-7:56.09i) chose to enter the distance medley(teams are not allowed to compete in both).

94. "Small Schools" 9:20am

Heat One--Jamaica's Holmwood Tech(AN) has two big guns in Stafford McFarlane (1:51.63) and Melvin Weller (1:53.58). Weller ran on the team that finished 2nd in 2004. St.Jago,JAM(AP) has its own star in Kamar Ellis, who has run 1:51.76 for 800-meters this year. Manchester(AK) could give Jamaica 3 finalists out of this heat. Pope John XXIII,NJ(AE), led by Anthony Lamastra(1:54.1i) ran 7:58.82 indoors.

95. "Small Schools" 9:30am

Heat Two--Claude McKay(BG) reportedly ran 7:47.56 at the Gibson Relays in March and is led by Lenford Adams, who ran 1:52.58 at the Jamaican Champs. Pleasantville,NJ(BN) ran 7:52.77 indoors. Conestoga Valley,PA(BJ) finished 8th in last year's final, but only returns Jared Weaver from that team. Wisconsin's Whitefish Bay(BD) makes its Penn debut--they're bringing the same foursome that 7:49.45 at last year's State meet..

96. "Large Schools" 9:40am

Warwick Valley,NY(CM) ran 7:48.42 indoors and could contend for the Championship. Mike Kippins and John Maloy return from the great Shaker,NY(CL) team that finished 2nd last year. The team ran 7:55.19 during the indoor season. Others under 8-minutes are Upper Dublin,PA(CH-7:56.20) and East Brunswick,NJ(CR-7:59.75).

97. "Large Schools" 9:50am

Five teams were under 8-minutes during the indoor season, including Fordham Prep,NY(DL), which ran 7:51.16. The others--perennial finalist North Penn,PA(DK-7:53.73), Simon Gratz,PA(DD-7:58.30), Arlington,NY(DE-7:59.62), and Robinson,VA(DC-7:59.84).

116-117 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 #246--2:30pm). Heats are run in alphabetical order.

42.58(2005) and 42.51(2004) made it into the final the last two years.

Holmwood Tech(ET) returns its full winning team from last year, but they haven't yet put it all together this year(Ramalo Turner, Mekel Downer, Younne Hopkins, and Omar Brown). Jamaica has at least six other teams that could make the final. Camperdown,JA(BN), which has won this event 7 times, set a meet record of 40.37 at the Jamaican Champs. They are led by Remaldo Rose who won the Class One 100 at the Jamaican Champs in 10.30. St.Jago(JN) ran 40.96 at the Champs, but they should be stronger at Penn with the addition of 16-year old Yohan Blake, who won the Class Two 100 in 10.34. Other potential finalists are Kingston College(RZ-40.91), Calabar(BI-41.11), Wolmer's Boys(LU-41.50), and St.George's(JM-41.59). In 1964, Kingston College, with the late Lennox Miller (who went on to win 2 Olympic medals in the 100) running the anchor leg, won this event to become the first school from Jamaica to win at Penn. U.S. teams to watch include Transit Tech,NY(WY), Philly's own Simon Gratz(PW), DeMatha,MD(OT), and Deep Creek,VA(CM).

119. Masters Men 4x100--40 and older 12:15pm

A familiar name to track and football fans, 45-year old Willie Gault is scheduld to run for an "All-Star" team (A). Gault won six Relays watches while he was competing for Tennessee. He was a member of the Volunteers' winning 4x100, 4x200, and shuttle hurdles teams in 1981, won the College 110-hurdles in 1982, and ran on the winning shuttle teams in 1982 and 1983.

120. Masters Mixed 4x100--50 and older 12:17pm

55-year old Bill Collins (Houston TC-A) was a standout at Mt.Vernon H.S. in NY, and then in college at TCU, and has been one of the world's best masters runners for years. His most recent exploits took place at this year's World Indoor Masters Champips in Austria where he won the M55 60, 200, and 400. Another familiar name will be competing for the Maryland Masters(B). 50-year old Neville Hodge starred at Morgan State and has been the head coach at his alma mater since 1992.

122.College Men's 4x100 (heats) 12:20pm
The eight fastest teams advance to the Championship Final on Saturday (Event #238--1:35pm).

9 teams have already run under 40-seconds--It took 40.65(2005-cool) and 40.38(2004) to make it into the final the last two years.

LEADING TEAMS

38.89	AA	LSU	defending champions return Xavier "The X-Man" Carter and 4x400 Olympic gold medalist Kelly Willie from last year's team
39.30	AD	TEXAS	last win in this event was in 1957...
39.43	AE	FLORIDA ST.	Might be without the services of 2005 NCAA 100-meter champion Walter Dix, who apparently strained a hsmstrung while running in the 100 at the Texas Relays. Team ran 39.89 without Dix at the ACC Championships.
39.58	AF	U.TECH-JAM	Will have lots of support from the Jamaican fans in the stands.
39.70	AJ	NEBRASKA	won the "consolation: final last year
39.70	AB	TENNESSEE	3rd last year--team includes hurdles star Aries Merritt
39.75	AG	TEXAS A&M	
39.82	AL	MIDDLE TENNESSEE	
40.10	AC	TCU	winner of this event 9-times, more than any other school
40.20	AM	East Carolina	
40.23	AU	KENTUCKY	
40.28	AR	CLEMSON	
40.33	AN	OREGON	Coach Vin Lananna returns to Philly with a new team.
40.38	AY	SAVANNAH ST.	
40.44	BD	ABILENE CHR.	
40.50	AO	TEXAS TECH	
40.54	AI	MISSISS. ST.	won in 2003.
40.57	AW	ST. AUGUSTINE'S	
40.62	AT	AUBURN	
???	AH	G.C.FOSTER	qualified for the final last year but didn't run

124.H.S. Girls 4x800 Championship 12:50pm
(See Events 5-8)

Can any team from the U.S. break up the Jamaicans? Holmwood is looking to win its 2nd straight title (and 6th in the last 9 years), while Edwin Allen won in 2003 and 2004. Teams from Jamaica have won this event 19 of the last 20 years (Brooklyn's Boys&Girls won in 2002).

125. College Women's 4x100 Championship 12:50pm
(See event #12)

LSU has won this event 6 of the last 10 years...South Carolina is the defending champion

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

Stanford(A) returns Katie and Amanda Trotter and Ari Lambie from last year's winning team. First-year Cardinal coach Peter Tegen was at the helm at Wisconsin when the Badgers won this event in 1998 and 1999. Others to watch include Villanova(B), Providence(C), Duke(D), North Carolina(E), Mississippi State(F), and North Carolina State(G).

134 College Men's 4x200 Heats 1:40pm
The eight fastest teams advance to the Championship Final on Saturday (Event #250-2:50pm).

1:25.54(2005-cool) and 1:24.69(2004) made it into the final the last two years. Defending champion Florida is not competing this year.

LEADING TEAMS(NT-no time yet this year, but still a potential finalist. 4x1 time listed)

1:23.20	AD	TCU	
1:23.21	AL	MIDDLE TENN.	
1:23.57	AI	KENTUCKY	
1:24.06	AK	East Carolina	
1:24.50	AA	LSU	Potential winner if they run Xavier Carter and Kelly Willie, but they weren't listed on the entry form.
1:24.62	AC	SO. CAROLINA	
1:24.80	AB	MISSISS. ST.	Arthur Davis ran on the team that won in 2004
1:24.86	AR	Norfolk St.	
NT(39.43)	AE	FLORIDA STATE	Could be without Walter Dix (see 4x100 heats)
NT(39.58)	AF	U-TECH	won in 2003 with a team anchored by Asafa Powell, the world record holder in the 100.
NT(39.82)	AH	TEXAS A&M	

135. College Women's 4x200 Heats 2:00pm
The eight fastest teams advance to the Championship Final on Saturday (Event #248-2:40pm). 1:38.74(2005-cool) and 1:34.88 were the times needed to make the final the last two years.

LEADING TEAMS(NT-no time yet this year, but still a potential finalist. 4x1 time listed)

NT(44.22)	AA	SO. CAROLINA	defending champions are capable of repeating this year
NT(42.84)	AC	TEXAS	won in 1989, 1990, and 1998
1:32.70	AB	LSU	2nd last year after winning 4 years in a row(2001-2004).
NT(43.77)	AE	AUBURN	
NT(44.13)	AG	MIAMI	
NT(44.34)	AL	TEXAS A&M	
NT(44.37)	AH	STANFORD	
NT(44.41)	AK	GEORGIA TECH	
NT(44.44)	AD	TENNESSEE	
1:34.72	AT	Hampton	
1:36.20	AN	Pittsburgh	

138.High School Girls 4x100 Championships 2:24pm
(See events 9-10)

California's Long Beach Poly won this event in 1995 and 2003, but are staying home this year. Jamaican teams have won every other year since 1982 (22 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.

139.College Men's Shuttle Hurdles(4x120-yards) 2:45pm

Defending Champion Tennessee(A), which has already run 56.01 this year, returns Damond Campbell, Andrew Brunson, and Aries Merritt from last year's winning team. Merritt is the 2006 NCAA Indoor Champion in the 60-hurdles. Newcomer Oregon(B) is led by All-American Eric Mitchum. Other contenders include Auburn(C), Texas Tech(D), Texas(E), and Clemson(F).

140.Olympic Development Men's Shuttle Hurdles(4x120-yards) 2:55pm.

No names available yet, but Team USA(A) is expected to field a strong team. Running for "ITS" will be former George Mason standouts Maurice Wignall and Ricardo Melbourne. Former Ohio

State star Joel Brown is scheduled to run for World Express AC(D)

141.College Women's Shuttle Hurdles(4x100m) 3:00pm

South Carolina(A) returns Ronnetta Alexander and Chiquita Martin from last year's winners. The team has run 54.41 this year. They'll have a tough time against Georgia Tech(B), which returns three runners from last year's team that ran 53.70 in 2nd place last year. Others include Texas(C), LSU(D), which has won this event 4 of the last 7 years, and Texas A&M(E).

142.College Men 110-Hurdles Heats 3:20pm

First two from each of 3 heats, plus the next fastest finishers(9 in all) advance to Saturday's final (event #255--3:35pm).

South Carolina's Jason Richardson(#1) and Oregon's Eic Mitchum(#2) finished 3-4 at last year's NCAA Outdoor Championships. Richardson was 2nd at last year's relays, while Middle Tennessee's Linnie Yarbrough(#3) was 4th. Maryland's Dominic Berger(4) edged Miami's Lance Leggett(#16) to win the ACC title this past weekend (13.78=13.79)..George Mason's Richard Phillips(#6) was a 2004 Olympic semi-finalist for Jamaica. 12 of the 15 fastest NCAA Div.I hurdlers this year are entered(a/o 4-20). List leader Aries Merrit will be at Penn, but he's limiting his action to running on Tennessee's relays.

2006 NCAA DIV.I LIST(Penn Entries)

2	Jason Richardson(1)	SO S. Carolina	13.52
3	Marlon Odom (5)	JR Texas Tech	13.63
4	Eric Mitchum (2)	SR Oregon	13.65 W
5	Dominic Berger(4)	SO Maryland	13.67
7	Richard Phillips(6)	SR George Mason	13.71
9	Linnie Yarbrough(3)	SR M. Tenn. St.	13.73
10	Daryl Burgess(10)	JR Texas Tech	13.76
11	Ty Akins (9)	SO Auburn	13.76
12	Lance Leggett (16)	FR Miami	13.83
13	Trey Hardee (27)	SR Texas	13.83
14	Eric Keddo (15)	SR Savannah St.	13.83
15	Courtney Jones (14)	SR Nebraska	13.85

143.College Women 100-hurdles Heats 3:30pm

First two from each of 3 heats, plus the next 3 fastest finishers advance to Saturday's final (event #253--3:25pm).

Nebraska's Priscilla Lopes((#1) is the defending champion. Also in the field are Texas's Melaine Walker(#2), LSU's Jessica Ohanaja(#3), South Carolina's Ronnetta Alexander(#14), and Auburn's Josanne Lucas(#4).

146.Masters Men 100m-50 and older 2:57pm

Morgan State coach Neville Hodge(#3) is in the field.

147.Masters Men 100m-55 and older 2:59pm

Bill Collins(#1) won the 50+ division last year, but he turned 55 in November and has moved to an older group.

150.College Men 100-Meters Heats 3:05pm

First two from each of 3 heats, plus the next fastest finishers(9 in all) advance to Saturday's final (event #260--4:00pm).

LSU's Kelly Willie(#1) has built his reputation as a long sprinter, but he's been running more 100s this year and ran a wind-aided 10.18 at the Texas Relays. Findlay's Kendall Stevens(#2) won the 60-meters at this year's NCAA Div.II Championships. Penn's Grafton Ifill(#3) finished 5th last year. Arkansas freshman J-Mee Samuels(#9) set the H.S. record of 10.08 last year, but his collegiate career is off to a slow start.

151.College Women 100-Meters Heats 3:15pm
First two from each of 3 heats, plus the next fastest finishers(9 in all) advance to Saturday's final (event #258--3:50pm).

Texas's Marshvet Hooker(#1) was a winner at Penn last year, and went on to win the 100 at the NCAA Outdoor Championships and the 60 and long jump at this year's Indoor NCs. LSU's Kelly-Ann Baptiste finished 3rd at Penn last year. Auburn's Kerron Stewart(#2) anchored Jamaica's St.Jago to victory in the girls H.S. 4x100 in 2002.

152.College Men's Distance Medley 3:50pm

Defending Champ Michigan(AA) lost its big 1-2 punch of Nate Brannen and Nick Willis, but the Wolverines should still be a factor with 3:57 miler Mike Woods on the anchor. Arkansas won this year's NCAA Indoor title, but anchor Said Ahmed has no outdoor eligibility left, so the Razorbacks may have to rely on distance star Josphat Boit for the anchor 1600.

154. Masters 4x400 50 and older 4:20pm

Bill Collins runs his 3rd race of the weekend for the Houston TC(A)

155-170.College Men 4x400 Heats 4:25-5:40pm

The eight fastest teams advance to the Championship Final on Saturday (Event #273--5:30pm).

3:10.91(2005-cool) 3:08.61(2004) were the times needed to get into the final the last two years. 7 of the top 10 NCAA Div.I teams(including the top 4) are entered. 2-time defender Florida is not competing this year.

LEADING TEAMS

3:02.31	LSU
3:04.81	KENTUCKY
3:05.04	TEXAS TECH
3:05.14	TEXAS A&M
3:05.96	TCU
3:06.22	MIDDLE TENNESSEE
3:06.64	MISSISS. ST.
3:07.37	NEBRASKA
3:07.48	ABILENE CHR.
3:07.57	SO. CAROLINA
3:08.12	ST.AUGUSTINE'S
3:08.23	Hampton
3:08.66	FLORIDA ST.
3:09.14	INDIANA
3:09.14	Villanova
3:11.22	Lincoln/Pa

TOP HEATS

155. 4:25pm

Texas Tech(A) finished 2nd last year and has run 3:05.04 this spring. Kentucky(B) has been the surprise of the season, running 3:04.81. Other potential finalists--Middle Tennessee(C) and Hampton(E).

156. 4:30pm

LSU(A) has the fastest time of the season (3:02.31) and its team includes three men who were part of the quartet that set a collegiate record of 2:59.59 at last year's NCAA Outdoor Championships--Reginald Dardar, Kelly Willie, Xavier Carter. Those three, along with Melville Rogers (Transit Tech,NY), won the NCAA Indoor title last month. Others to watch include Texas A&M(B), South Carolina(C), Arkansas(D), and Indiana(E), with David Neville on the anchor.

157. 4:35pm

Top teams include Mississippi State(A), St.Augustine's(B), and Oregon(C), with sub-46 anchor Matt Scherer.

158. 4:40pm

Possible finalists include Florida State(A), TCU(B), and Lincoln-PA(C).

166. Heptagonal 5:20pm

Princeton(C) is favored to repeat as winners of this race. Fastest split could come from Columbia(G)'s Erison Hurtault.

173.High School Boys Distance Medley 5:55pm

We'll know after Thursday's Girls Championship if Saratoga Springs,NY(A) can become the first U.S. school to sweep the DMRs at Penn(Jamaica's Vere Tech did it in 1991). The boys ran 10:09.37 (the fastest in the U.S. this year) at Yale back in January and were winners at last month's Nike Indoor Champs. How many teams would love to have the "problem" that Saratoga coaches Art and Linda Kranick have--choosing an anchor from this trio of milers--Greg Kiley (4:14.81), Greg Kelsey (4:14.96), and Steve Murdock (4:16.83), who was the anchor during the indoor season. They could be challenged by NY rival Monsignor Farrell (B-10:14.99). Other contenders include Ridgewood,NJ(C-10:18.57), and Fayetteville-Manlius,NY(D-10:20.00). Two teams with dangerous anchors are Xaverian Brothers,MA(H), with Mark Amirault(4:11.94), and Guilderland,NY(N), with Brian Rhodes-Devey(4:13.19).

174.High School Boys Mile 6:10pm

Shenendehowa senior Dan McManamon(#2) leads the field with a best of 4:10.72(i) this year. Craig Miller(#1), rebounding nicely from a collapsed lung he suffered last fall, ran 4:13.51 for 1600m on April 1. Other possible challengers include Alex Bean (#4-Somers,NY), Matt Shaffer (#5-Bethlehem Central,NY), Charles White (#11-Garden City,NY), Tom Webb (#13-Bishop Hendricken,RI) and sophomore Andrew Perkins (#7-Watertown,WI). Perkins could become the 2nd runner from Wisconsin to win this race--Gabe Jennings(Madison East) won the 1500m in 1996 and 1997, Sandy Roberts(#16-Broughton,NC) finished 3rd last year, but has been concentrating on the 2-mile this year. He ran the equivalent of 9:02 at Arcadia.

175.High School Boys 3000 6:15pm

Junior Craig Forys (#1-Colts Neck,NJ) created a buzz in the track world when he ran a couple of 4:05 anchor 1600s and a 4:09.77 mile during the indoor season. Talk has already started about the possibility of breaking 4-minutes before his H.S. career is over (<http://tinyurl.com/o6aus>), but for now he's happy to go after the Penn 3k title. He ran 8:59.98 to finish 2nd in the 2-mile at the Nike Indoor Nationals. Potential challengers include Steven Duplinsky (#2-Georgetown Prep,Md), who ran the equivalent of 9:12 for 2-miles during the indoor season, Emil Heineking (#3-Chardon,OH/9:14+), Ben Massam (#5-Chatham,NJ/9:16+), Brandon Jarrett (#6-St.benedict's Prep,NJ/9:16). A familiar name is Matt Centrowitz (#8-Broadneck,Md), whose dad of the same name was a fairly good runner in his day and is now the head coach at American University.

176.High School Girls 4x400 Championship 6:30pm

See events 13-56.

Jamaica's Holmwood Tech will be tough to beat as it goes for its 2nd straight win (and 4th in the last 6 yrs).

177.College Women Sprint Medley(200-200-400-800) 6:30pm.

Texas Tech(AP) swept the men's and women's sprint medleys last year, and return anchor Althea Chambers whose 2:07.5 split helped lead her team to victory. Stanford(AB) was 2nd last year and brings back 400 runner Janice Davis and anchor Ashley Freeman. In fact, the 3-4-5 teams from last year also return their anchor legs--Penn State(AF-Dominique Blake, with Shana Cox on the 400 leg), LSU(AD-Tanya Osbourne), and South Carolina(AA-Shay Shelton). Tennessee(AC) and Miami(AE) are as strong as

anyone on the first three legs and should be in the thick of things on the last two laps. A darkhorse could be Cornell(AH), which will have Morgan Uceny, who ran 2:04.42 indoors, on the anchor.

178.College Men Sprint Medley(200-200-400-800) 6:55pm.

Defender Texas Tech(A) lost anchor Jonathan Johnson to the pro ranks, but they have a good replacement in Zach Glavish, who ran 1:46.80 for 800-meters indoors. Andrae Williams, who ran a 45.6 split last year gives the Red Raiders another strong team. TCU(AC), which has won 17 Relays titles in the sprint relays, has never won this event. That could change this year, since they have Jackson Langat, the NCAA Indoor 800-meter Champion, on the anchor and added sub-45 man Lewis Banda on the 400 leg. Banda and Langat haven't run fast so far this season and Langat was beaten by Glavash last week in Fort Worth.

179.Corporate Distance Medley 7:25pm

For the 2nd year in a row, Steve Holman, one of the best milers in the world during his prime, will have some fun as a member of Vangaurd's(C) team in this race.

FIELD EVENTS

299. High School Girls Discus 9:00am

Natalie Clickett (#2-Union City,Pa) was 2nd last year with a throw of 140-6. Latoya Nation(#1-Edwin Allen) was a winner at the Jamaican Champs with a throw of 144-11.

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

A battle of champions. Miami's Tabia Charles(#3-2004) and Stanford's Erica McClain (#1-2005) are the last two winners at Penn, and Hampton's Yvette Lewis was a winner at this year's NCAA Indoor Championships. And the multi-talented Sheena Gordon (#4-North Carolina) is the 2006 NCAA Indoor Champion in the high jump.

304.College Men Shot Put 10:30am

Rhodes Scholar Garrett Johnson (#1-Florida State) threw 67-2 1/4 to win this year's NCAA Indoor title. North Carolina's Vikas Gowda(#2) was selected as the Outstanding Individual performer at last year's Relays for his win in the discus. Garrett beat Gowda at this past weekend's ACC Championships (66-1/2 to 62-8) and has the best throw by a collegian this year: 67-3 1/2.

307.College Women Discus 11:00am

Florida's Rachel Longfors (#1) is the defending champion and has a best of 184-0 this year. Virginia's Billie-Jo Grant(5) was the runnerup in 2005 and threw 176-10 to take 2nd to North Carolina's Laura Gerraughty (#3) at the ACC Championships. Gerraughty, who was going for her 4th Penn shot put title on Thursday, threw 179-0 also won ACC titles in the shot and hammer.

310.High School Boys Javelin Noon

Senior Josh Hostetler (#1-Selinsgrove,Pa) had a best of 205-11 last year.

311.College Men Discus 12:15pm

North Carolina's Vikas Gowda, the defending champion, won't have much time to rest after competing in the shot put earlier in the day. He won last year with a fine throw of 203-4. He won the ACC title this past weekend with a throw of 197-4 and has a best of 202-7 this year. Northeastern's Derek Anderson (#4) has thrown 194-5 this year. Dan Austin(#2) has the best mark by a Div.III thrower this year--193-4.

313.College Women's HighJump 1:45pm

Good rematch between North Carolina's Sheena Gordon(#1), the 2006 NCAA Indoor Champion, and the 3-4 NCAA finishers, Texas

frosch Destinee Hooker(#2) and Texas A&M's Caroline Wolf(#3). All three cleared 6-1 1/4 in Fayetteville. Gordon was only 3rd (on misses) at the ACC Championships, which was won by Duke's Debra Vento(#6).

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

Nebraska's Arturs Abolins(#2) and Texas A&M's Fabrice Lapiere(#1) finished 1-2 at this year's NCAA Indoor Championships. Texas's Trey Harde (#4) set a Collegiate Record in the decathlon at the Texas relays.

316.High School Boys Shot Put 2:30pm

Glen Mills's Nathan Stewart(#1) is the 2006 Pennsylvania Indoor State Champion.

SATURDAY April 29

180-185. Walks 7:00am-8:00am.

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

Josef Robertson(#1-Wolmer's Boys), who was 2nd at Penn last year, ran a great 50.24 to beat Kingston College's Leford Green(#2-50.81) at the Jamaican Champs. Robertson's time established a Jamaican Junior record. The Relays Record of 50.47 was set by Dwight Ruff (Camden,NJ) in 2001.

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

Scheduled to compete are Dwight Ruff(#3), winner of the Penn H.S. race in 2001, and Adrian Flindlay(#1), who was runnerup in last year's college race.

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

The eight fastest teams advance to the Championship Final on Saturday afternoon (Event #268--5:05pm. (Except events 221-222). 3:18.22(2005) and 3:18.29(2004) made it into the final the last two years.

Heats to Watch

195. (9:45am) Irvington,NJ(H) ran 1:28.95 in the 4x200 indoors

209.(10:55am) Paul Fay of Central regional,NJ(N) ran 48.66 indoors.

212.(11:10am) Colonie Central,NY(N) ran 1:29.98 in the 4x200 indoors

215.(11:25am) Look for Lionel Williams of St.Peter's,NY(C)

217.(11:35am) Now it gets interesting. St.Jago(A) ran 3:12.93 to finish 2nd at the Jamaican Champs in a wild finish that led to the disqualification of Kingston College (see Champs writeup). The 3-time winners of this event(1987,1995,1998) are led by 16-year old Yohan Blake, who ran a 46+ split at the Champs. Jamaica College (E) ran 3:17.90 at the Champs. Individuals to watch include Quentin Moore of Deep Creek,VA(I) and Andre Pinnoc of Sheepshead bay,NY(K).

218.(11:40am) Camperdown(I), with Rayon Lawrence running a 46.5 anchor, won at the Jamaican Champs with a time of 3:11.62. Holmwood Tech(G) finished 4h at Penn last year and could make the final again. They ran 3:18.41 in the trials at the Jamaican Champs. Transit Tech(L-3:15.72) and DeMatha Catholic,MD(J-3:16.39) both had great indoor seasons and should make the final. DeMatha finished 3rd in last year's Championship final and returns Michael lemon and anchor Jeremy Samuels.

219.(11:45am) Wolmer's Boys(H) is the defending champion, but they didn't run well at the Jamaican Champs. They are led by Josef Robertson, one of the favorites in the morning's 400-hurdles. Kingston College(F) ran about 3:12.8 at the Champs, but was disqualified when their anchor drifted wide on the homestretch. Leford Green, another 400-hurdles favorite, ran a 46.6 lead-off for Kingston. He might be saved for the final. St.Elizabeth Tech,JAM(C) ran 3:19 at the Champs. Watch or Hempstead's(I) Alie Beauvais, who an 48.8 indoors.

220.(11:50am) Claude McKay(L), a relative newcomer to the Relays, ran 3:14.16 at the Jamaican Champs, and Calabar(I), the first school from Jamaica to win this event(1976), ran 3:16.11. Old Bridge,NJ(H), led by Bryant McCombs, ran 3:18.38 indoors, while Harrisburg,PA(K) ran 3:20.92. Archbishop Carroll,DC(B) ran 3:20.31 on the flat track in Landover,Md, to win the Nike Indoor title. Senior Randy Lee anchored the Carroll team that won the 4x800 in 2004. Shaquan Brown of JFK-Paterson,NJ(F) ran 45.9, the fastest H.S. split of last year's Relays, in the qualifying round. He missed the indoor season with a shoulder injury suffered while playing football. He's run 54.2 for the 400-hurdles this spring and might not be as sharp as he was at this time of the season last year.

228.(12:30pm) Reggie Carter of Bensalem,PA(K) won the Nike Indoor 400 in 48.71. Chad Sargent of Neshaminy,PA(G) ran 48.77 indoors.

232.(12:50pm)
The always exciting South Jersey "Large" school race features Winslow(N) and Camden(L).

234.Philadelphia Public League (2 sections) (12:55)
Announcer Jack O'Reilly, who will always be known as "The Voice of the Penn Relays", passed away last summer after a long bout with Alzheimer's. The Relays program includes a nice tribute to Jack in the space right before the list of teams running in this race. This was the moment when Jack would make one of his many trademark announcements--"Are you ready?...Are you REALLY ready?", and the crowd would always respond with a big roar.
Leading the way in this year's race is Simon Gratz(A), which ran 3:20.82

227.College Men 4-mile Relay. 1:05pm
Unlike last year, when Michigan ran away with the race and set a Collegiate Record of 16:04.54, there is no clear-cut favorite this time. Among the potential winners are Michigan(A), which returns only Mike Woods from last year's winning team, Arkansas(B), Stanford(C), Providence(G), and Iona(D), which is looking for its first ever Relays win. Mick Byrne's squad is led by Richard Kiplagat, who ran 3:57.40 for the mile during the indoor season.

238.College Men 4x100 Champ.(See event 122). 1:35pm
LSU is hoping to win for the 2nd year in a row. Like teammate Kelly Willie, Tiger sophomore Xavier Carter, known more for his exploits in the 200 and 400, has shown some talent in the 100. He ran a school record 10.12 this past weekend on his home-track in Baton Rouge.
<http://www.2theadvocate.com/sports/lisu/featured/2679486.html>

239.College Women 4x800 1:40pm
Stanford(A) returns Ashley Freeman and Chinny Offor from last year's winning team. Other contenders include North Carolina(AB), Tennessee(AC), Texas(AD), and Georgetown(AF), but the favorite is Canada's Simon Fraser(AE), a perennial powerhouse in the NAIA ranks which is making its debut at Penn. Coached by Brit McRoberts-Townsend, one of Canada's best-ever female middle distance runners, the school can field a lineup(with

their PRs) of Heather Mancell(2:11.89), Alexandra Krasovska(2:09.42), Julia Howard(2:04.07), and Rebecca Johnstone(2:01.80). All but Krasovska have run those times this year. That adds up to 8:27.18, but it's one thing to look good on paper and another to do it in front of 45,000+ fans. Are the newcomers up to the challenge?

241. "USA vs the World" Women's 4x100 2:10pm
(The lineups for the international teams in this series of events aren't available at this time)
Nothing gets the Penn crowd going like a good USA vs Jamaica battle, even if some other countries are in the race. The U.S. can draw from a pool of runners that's expected to include Lauryn Williams, Angela Daigle, LaTasha Colander, Muna Lee, and Tianna Madison. Jamaica, Canada, and a "World All-Star" team are scheduled to compete. The event record of 42.33 was set by a U.S. team in 2000. The U.S. has a 5-1 edge in wins over Jamaica in this event.

243. "USA vs the World" Men's 4x100 2:20pm
The U.S. has had its problems in this event at the last two major Championships (2004 Olympics, 2005 Worlds), but it has won all six editions of this event. Olympic Champions (and training partners) Justin Gatlin(100) and Shawn Crawford(200) are expected to run together on one of three U.S. lineups. Other countries expected to compete--Great Britain, Germany, Jamaica, Trinidad, and Canada. The event record is 38.03, set by a U.S. team in 2001.

246. High School Boys 4x100 Champ. 2:30pm. See Events 116-117
Teams from Jamaica have won this event 19 times in the last 27 years, but only once in the last five.

248.College Women 4x200 2:40pm See event #135
LSU has won this event 9 of the last 12 years.

250.College Men 4x200 2:50pm See event #134
Will LSU be looking for its 2nd win of the day (after the 4x100)?

251.High School Boys' 4x800 Championship 2:55pm See events 94-97.
Will we see another great battle like last year's, when Syosset beat NY rival Shaker in a thriller?

252.Olympic Development Men's Mile 3:05pm
Former Georgetown star Chris Lukezic(#1), ranked #4 in the U.S. last year, is entered, but he's also scheduled to run in the USA vs World Distance Medley an hour after this race. Others include Sean Duffy(#2), Sam Burley(#3), Sean O'Brien(#4), TCU's Kip Kangogo(#5), Grant Robison(#6), and Gered Burns, the 3-time IC4A Indoor 800 champion from UAlbany who is redshirting this outdoor season.

253.College Women 100-meter hurdles 3:25pm See event 143

254.Olympic Dev. Women 100-meter hurdles 3:30pm
Sheena Johnson(#2) and Hyleas Fountain(#1) are entered.

255.College Men 110-meter hurdles 3:35pm See event 142.

257.Olympic Dev. Men 110-meter hurdles 3:40pm
Good field includes Joel Brown(#1), winner of the Penn college race in 2004, Dudley Dorival(#2) and Terry Reese(#4).

258.College Women 100-meters 3:50pm See event 151

259. 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. Scheduled to compete (with their ages): Champ Goldy(6-89), James Wiggins(#8-88), Oscar Harris(#5-82), and youngsters Wilford Scott(#2-79), the top returnee from last year(he was 2nd), Bert Lancaster(#3-78), the former Philadelphia meet director, and Wilton Gordon(#1-77).

260.College Men 100-Meters 4:00pm See event 150.

261.USA vs the World--Women's Sprint Medley(200-200-400-800) 4:05pm.

Last year's race, which replaced the 4x200, provided one of the highlights of the Relays as both the U.S.(3:37.42) and Jamaica(3:37.87) shattered the previous world record. Hazel Clark and Treniere Clement might be the anchors for the two U.S. teams. Former Seton Hall star Kenia Sinclair gave a hint of things to come as her 1:59.5 anchor almost gave Jamaica the win over the U.S. Sinclair went on to set a Jamaican Record of 1:58.88 during the summer and was the silver medalist at this year's World Indoor Championships and Commonwealth Games(1:58.16-NR). Canada and a "World All-Stars" team are also expected to compete.

262.USA vs the World--Men's Distance Medley (1200-400-800-1600) 4:10pm.

There has been talk for years about adding an "open" DMR to the Penn program that would match the U.S. against, say, Kenya. Well, it's going to happen this year, with two Kenyan lineups going against two for the U.S. and a "World All-Stars" team. And Kenyan-born Bernard "Kip" Lagat, who became an American citizen in early 2004, may get to wear a USA uniform for the first time against his former countrymen. Chris Lukezic, who ran a 3:57.1 anchor on Georgetown's 4th-place team in last year's college DMR, might anchor the 2nd U.S. team.

263.College Men 4x800 4:20pm

With a 1-2 punch of sophomore Shaun Smith (1:46.36) and junior Prince Mumba (1:47.02), it's going to be hard for other teams to beat Penn newcomer Oral Roberts(AB), which ran 7:17.02 at the Texas Relays. But favorites don't always win at Penn, and the teams most likely to produce an upset include Arkansas(AA), Villanova(AC), hometown favorite Penn (AD), and IC4A Indoor champs Cornell (AI). And Penn State(AE), would love to give retiring coach Harry Groves a farewell gift of one more Penn Relays title. Groves coached the Nittany Lions to 4 wins in this event, the first in 1983 and then three in a row from 1985-1987. The 1985 team set the current Relays and Collegiate record of 7:11.17. Connecticut(AH), which upset the "big boys" to win the DMR in 2000, is counting on anchor Joel Legare, who finished 4th in the 800 at this year's NCAA Indoor Championships. Other individuals to watch include Elkana Chepsiror of Virginia Intermont(AL), who ran 1:47.33 earlier this month. Running for Tennessee(AK) will be Kenny Schappert, whose dad of the same name was a member of 8 Championship Relays during his days at Villanova during the early 1970s. Schappert senior was added to the Relays Wall of Fame in 2005.

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

Heading the field is Erin Donohue(#1), who was a member of 4 Championship Relays (including 3 in 2003) during her collegiate career at North Carolina. The amazing Alisa Harvey, appropriately wearing #40 to indicate her age, is a past collegiate winner of this race(Tennessee-1986).

**268.High School Boys 4x400 Championship 5:05pm
See events 188-234.**

269.Masters Men 4x400 40 and Older 5:10pm

Willie Gault is scheduled to run for an "All-Star"(A) team.

271.College Women 4x400 Championship 5:15pm See events 59-73

273.College Men 4x400 Championship 5:30pm See events 155-170.

The last two years have provided great races and fast times--will the trend continue this year?

275. "USA vs the World" Women's 4x400 5:45pm

The U.S. has won this race all six years the event has been held and is favored to win again this year against teams from Jamaica, Canada, and Russia. Sanya Richards, Monique Henderson, Monique Hennagan, and Lashinda Demus are among the runners expected to be part of the U.S. "pool".

277. "USA vs the World" Men's 4x400 6:00pm

The thousands of Jamaican fans in the stands went wild last year after their country's team beat two U.S. lineups to give them their only victory in the six-race USA vs The World series. Things might have been different if Tyree Washington, running for the USA "Red" team, hadn't fallen on the 2nd leg, but the Jamaicans had every right to enjoy their win. Washington, The U.S. will be able to field as many as three strong teams from a pool that's expected to include Darold Williamson, Andrew Rock, Kerron Clement (who anchored Florida's Collegiate Record team at Penn in 2004), LaShawn Merritt, Bershawn Jackson, Wallace Spearmon, and Derrick Brew. In addition to Jamaica, other countries scheduled to compete are the Bahamas, Canada, China, and a "World All-Stars" team.

FIELD EVENTS

320.High School Boys Long Jump 9:00am

Alain Bailey(#1-Kingston College,JA) has finished 2nd the last two years. Will the 3rd time be a charm?

321.High School Boys Triple Jump 9:00am

One thing's for sure---there will be a new winner this year as 4-time Champion Carlos Mattis (Kingston College,JAM) finally ran out of eligibility. Robert Peddlar (#1-Wolmer's Boys,JAM) jumped 49-10 1/4 at the Jamaican Champs. Kyle Anthony (#3-Eldred Central,NY) had a best of 48-1 1/2 indoors.

322.High School Boys Discus 9:00am

Junior Emory Parsons (#2-Columbia,NY) had a best of 182-8 in 2005. Jamaica College's Sharif Small (#1) finished 4th at Penn last year with a throw of 175-6.

323. High School Boys High Jump 10:00am

Josh Butler (#1-Delsea,NJ) jumped 6-10 indoors. Aaron Johnson (#4-Oxon Hill,Md) and Marlon Woods (#5-Washington,Va) both have a best of 6-9 this year.

324.High School Boys Pole Vault 10:00am

Michael Morrison (#1-Great Bridge,Va) set an Eastern Indoor record of 17-1/2 this year. Th Relays Record of 16-1/2 was set by Braxton Davenport (Fork Union,Va) in 1991. Another Great Bridge vaulter, Lawrence Johnson, won this event in 1992 and went on to become one of the best in the world.

327.College Men Hammer Throw 11:00am

North Carolina junior Nick Owens finished 3rd last year and has the best throw in the field this year (229-3).

(Continued Page 12)

*Not a Subscriber to Eastern Track?
Contact Walt Murphy at wwmurphy25@aol.com for More Information*

*Don't Miss Our Comprehensive Penn Relays Results Issue
In Addition to Getting Results from the East (Maine to Virginia), Subscribers Also Get Frequent E-Mail Updates on Happenings From Around the U.S. and the World, as Well as a Daily Dose of "This Day in Track and Field"--Relive the History of the Sport*

2006 EASTERN INDOOR RELAYS

MEN

		4x800		Distance Medley
4x400		7:27.24	Cornell	09:33.12# Villanova
3:09.39	UAlbany	7:29.83	Seton Hall	09:36.57# Georgetown
3:10.01	Long Island U.	7:30.74	Penn State	09:38.24 Norfolk State
3:10.11	Delaware St.	7:30.75	Georgetown	09:39.34 Georgetown
3:12.37	Rutgers	7:31.13	Columbia	09:39.34 Villanova
3:12.39	Seton Hall	7:32.35	Yale	09:41.73# Virginia
3:12.45	Maryland	7:33.78	St.Joseph's	09:43.22 Seton Hall
3:12.55	Coppin State	7:34.23	Penn	09:44.20 Penn
3:12.80	Penn State	7:36.42	U.Mass-Lowell	09:44.64. Providence
3:13.31	U.Mass/Lowell	7:37.02	Navy	09:47.63 Yale
3:13.31	Wheaton	7:37.84	Rutgers	09:53.87 Navy
3:13.55	Cornell	7:37.98	Princeton	09:54.68 So.Conn.
3:13.89	Boston U.	7:38.00	Coppin State	09:55.59 William&Mary
3:14.11	Yale	7:38.03	Duke	09:55.89 Iona
3:14.39	So.Conn.	7:38.71	Rider	09:55.99 Duquesne
3:14.47	Penn	7:38.87	UAlbany	09:56.99 U.Mass/Lowell
3:14.51	Georgetown	7:39.57	Lafayette	09:58.17 St.Joseph's
3:14.91	Monmouth	7:39.81	New Hampshire	09:58.55 Princeton
3:15.51	Bucknell	7:40.39	Boston U.	09:58.66 Penn State
3:16.01	Army	7:40.88	Duquesne	09:58.76 Dartmouth
3:16.17	Duke	7:41.20	Monmouth	09:59.00 Columbia
3:16.20	Buffalo	7:41.27	Army	09:59.38 Va.Comnwlth
3:16.38	Brown	7:42.01	Quinnipiac	09:59.52 Md.Balt.Co
3:16.61	East Carolina	7:43.61	Lehigh	09:59.61 Bucknell
3:16.79	C.W.Post	7:43.77	Fordham	09:59.68 Buffalo
3:16.98	St.Joseph's			09:59.83 Brown

WOMEN

		4x800		Distance Medley
4x400		8:53.91	Brown	11:05.08 Villanova
3:37.53	Penn State	8:56.02	Penn	11:15.90 Brown
3:42.45	Seton Hall	8:57.03	Harvard	11:16.30 Villanova
3:43.62	Morgan St.	8:57.58#	Georgetown	11:16.34 Georgetown
3:43.72	Georgetown	8:58.26	Bucknell	11:19.40 Penn
3:43.76	St.John's	8:58.88	Cornell	11:20.96# Princeton
3:44.04	Cornell	9:01.35	Columbia	11:23.42 Duke
3:44.18	Northeastern	9:04.50	Princeton	11:25.50 Providence
3:46.17	Penn	9:08.15	St.John's	11:28.47 West Virginia
3:46.88	Bowie St.	9:08.51	UAlbany	11:33.11 Buffalo
3:47.21	Brown	9:10.37	New Hampshire	11:36.05 Bucknell
3:47.55	Connecticut	9:11.05	Yale	11:41.73 Iona
3:47.67	Liberty	9:11.30	Duke	11:42.61 Boston U.
3:48.42	Boston U.	9:12.46	Lafayette	11:43.23 Virginia Tech
3:48.59	Virginia Tech	9:12.66	Dartmouth	11:45.46 Yale
3:49.04	Maryland	9:13.35	Penn State	11:46.16 UAlbany
3:49.35	Long Island U.	9:14.07	Rutgers	11:48.84 Cornell
3:49.93	Rhode Island	9:14.63	Fordham	11:55.61 Boston Coll.
3:50.40	Md.Balt.Co.	9:14.71	Army	11:56.45 Keene St.
3:50.68	Columbia	9:14.83	LaSalle	11:56.79 Penn State
3:50.96	FDU	9:14.99	Seton Hall	11:58.58 Stony Brook
3:51.08	Lincoln	9:16.46#	Syracuse	11:58.95 Geneseo
3:51.30	College of NJ	9:17.21	Maine	11:59.28 LaSalle
3:51.44	U.Mass/Lowell	9:18.76#	Providence	12:00.85 Williams
3:51.59	UAlbany	9:19.53	Northeastern	12:02.11 Syracuse
3:51.64	Monmouth			12:04.29 Northeastern
Oversize				12:05.65 Quinnipiac
3:34.04	Penn State			
3:44.73	Connecticut			

328.College Men Javelin 11:00am

Arkansas' Eric Brown (#1) and Monmouth's Bobby Smith(#2) finished 1-2 last year. Brown has the best throw by a collegian this year (245-10), while Smith's best this spring is 226-1. North Carolina's Justin Ryncavage, who won the ACC title this past weekend with a throw of 240-1, was a 2-time winner of the H.S. event at Penn (2001-2002). Pitt's Tony Bonura (#5) has thrown 235-1 this year and Coastal Carolina's Thomas Jordan(#4) 232-8.

331.College Men High Jump 1:30pm

Texas junior Andra Manson(#1), was the 2004 NCAA Indoor and Outdoor AND Penn Relays Champion. Nebraska's Dusty Jonas (#2) and Aaron Plas (#3) finished 5th and 7th, respectively, at this year's NCAA Indoor Championships. Dwight Stones's Franklin Field Record of 7-7 1/4 was set in 1976.

333.College Men Pole Vault 2:00pm

Virginia Tech senior Brian Mondschein(#13?), who won the H.S. title in 2001, is a late addition to the field. He jumped a lifetime best of 18-1 3/4 earlier this month. His grandfather, Irv Mondschein, was a U.S. Olympian in the decathlon, and tied for first in the high jump at the 1947 Penn Relays. Coastal Carolina's Mark Johnson (#1) has jumped 17-8 1/2 this spring.

333.College Men Triple Jump 2:00pm

Strong field. George Mason's Marc Kellman(#1) jumped a personal best of 53-11 to finish 2nd at this year's NCAA Indoor Championships. Florida State's Rafeeq Curry(#2) was 3rd at the Indoor NCs and won the ACC title this past weekend. Arkansas freshman Nkosinza Balumbu (Logan,Ca), the #1 prep in the U.S. in 2005, was 5th.

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

The top four U.S.-ranked throwers from 2005 are scheduled to compete: Erin Gilreath(#1), Bethany Hart(#3), Amber Campbell (#2), and Loree Smith(#4). Smith was last year's College winner.

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

If you want to see the possible future of this event, you might want to skip a few races and take a walk to the throwing field to watch 17-year old Walter Henning, a junior at St.Anthony's H.S.(NY). Henning set an amazing U.S. Indoor H.S. Record of 85-6 in the weight throw. He has a best of 198-2 with the 16-pound hammer, which is what he'll throw here. (Thomas) Jake Freeman(#1), who will be competing against the thrower who might eventually break his H.S. records in the 12-(253-3) and 16-pound(216-2) hammer, won the 2001 and 2002 college event while at Manhattan College.

JAMAICAN H.S. CHAMPIONSHIPS

Kingston, Jamaica, March 29(a),30(b),31(c),April 1.
<http://www.cwjamaica.com/~jaaa/champs/>

(Most events are broken down into three classes)

Jamaican schools showed once again that they will be a force to reckon with at the Penn Relays.

Impressive performances were turned in by Holmwood Tech in the girls 4x400 (3:35.26), Edwin Allen in the Class II girls 4x100(45.04), and by Camperdown in the Class I boys 4x100(40.37).

Holmwood finished 2nd in the Class II 4x100 with a time of 46.02, but ran a faster 45.49 to win the Class I race. Vere Tech showed incredible depth by running 46.25, 46.25, and 46.37 with 12 different runners in the three class races.

Holmwood, which ran sensational times of 44.88 and 3:33.28 in February, is led by 18-year old Sonita Sutherland, who ran a great 51.13 to set a meet record in the girls Class 1 400. She also won the Class I 800 in 2:08.80.

Based on the results in the various 800 races, Holmwood and Edwin Allen could both field potential sub-8:50 teams in the 4x800 relay at Penn.

Kingston College's Leford Green won the Class I Boys 400 in 45.82 and ran 50.81 to finish 2nd to Josef Robertson (Wolmers/50.24) in the 400-meter Hurdles.

St.Jago ran 40.96 to finish 3rd in the Class I Boys 4x100, but will be much stronger at Penn with the addition of Yohan Blake, who won the Class II 100 in 10.34.

The 4-day Championships ended on a wild note in the Boys 4x400 relay. Kingston College's Cawayne Jervis was trying to hold off St.Jago's 16-year old sensation, Yohan Blake, who had come from 20-meters back (46.7). (Kingston had gotten a 46.6 lead-off leg from Leford Green).

Jervis kept drifting wider, eventually forcing Blake into lane four, and brought Kingston home in 3:12.8(unofficial), only to see his actions result in a disqualification.

Meanwhile, Camperdown's Rayon Lawrence had a clear run in lane one and brought his team home in first place in 3:11.62. St.Jago waqs 2nd in 3:12.93.

Eastern Track
141-40 84th Dr. 5L
Brianwood,NY 11435
718-291-0489
wmurphy25@aol.com

FIRST-CLASS MAIL U.S.POSTAGE PAID FLUSHING,NY PERMIT NO.1106

First Class