

Track and field: CU Buffs use home meet as tune-up

By Chris Shelton *Buffzone.com Boulder Daily Camera*

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Heading into the home stretch of the outdoor track season, Colorado was in tune-up mode on Saturday at its own invitational at Potts Field.

The Buffs will take 68 athletes to the prestigious Mt. SAC Relays, which start Thursday in California, and then will gear up for the Pac-12 championships less than a month away.

"For where we are in the season and for the weather finally coming around the last couple weeks, I think we're in pretty good shape for what's coming," CU track coach Mark Wetmore said. "We're looking forward to 80 degrees and no wind (in California)."

Some Buffs were grateful for Saturday's tune-up, despite the windy conditions as a mid-afternoon thunder and lightning storm to the west threatened unsuccessfully to delay the meet.

Junior sprinter Joe Morris competed for the first time this outdoor season. His last meet was the March 9 NCAA Indoor Championships, where he took 15th in the 60-meter dash.

Running the 100 on Saturday, Morris brushed arms with former Buff and All-American Jeremy Dodson (CU record holder in the 200 and 2008 Olympic Trials qualifier), who ran unaffiliated.

While Dodson won in 10.36 seconds, Morris finished second in 10.42.

"Every time I come to the first home meet I hit someone in the arm and I look at them and say 'sorry' and keep running," Morris said. "It was funny, I have to say."

While Morris laughed off the goof-up, it's not a mistake worth repeating as it can cost a runner valuable time.

Morris' personality gets in his way sometimes. He's a happy-go-lucky athlete with a big smile and a friendly conversation seemingly for anyone and everyone.

"He's here, there and everywhere," said Drew Morano, CU sprints and hurdles coach. "Part of the reason he's running into people is because he's not executing like he's supposed to. Until he gets that perfect execution, he's going to stay right where he's at, and he knows that. I put the pressure on him to change who he is and make himself better."

Freshman high jumper Mark Jones also benefited from Saturday's meet.

Jones has gone as high as 7 feet, 0.25 inches (when he won the indoor high school national championship in 2011), but he was struggling to clear 6-6 as recently as a week ago.

Jones worked on where he was planting his foot this past week and the adjustment paid off on

Saturday. Jones won the high jump at 6-11.

"I started off and I was jumping awfully," Jones said. "I jumped 6-6 last week, which I haven't done since high school. I really pulled that together."

Some Buffs didn't need a tune-up.

Colorado junior Shalaya Kipp, who normally competes in the steeplechase (third in the NCAA championships last year) and in the 5,000-meter race, only ran the much shorter 1,500 on Saturday.

Her winning time of 4:27.35 seconds was by far her personal best in that event, improving on her previous top performance of 4:29.63.

"That's a very nice run for her at this elevation," Wetmore said. "That was a real good run for her."

100 -- 1. Shanetria Thomas, Colorado State, 12.30; 2. Icenia Anderson, Colorado State, 12.43; 3. Tawny Lambuth, Air Force, 12.47.

200 -- 1. Bridget Sweeney, Colorado, 25.06; 2. Lindsay Mattson, Colorado, 25.09; 3. Brianne Beemer, Colorado, 25.10.

400 -- 1. Bridget Sweeney, Colorado, 56.47; 2. Lindsay Mattson, Colorado, 56.69; Bethany Gross, Air Force, 57.15.

800 -- 1. Katie Cumming, Colorado, 2:12.99; 2. Carissa Sinda, Metro State, 2:16.79; 3. Tasha Mayne, Air Force, 2:18.10.

1,500 -- 1. Shalaya Kipp, Colorado, 4:27.35; 2. Laura Thweatt, Boulder Trac, 4:27.96; 3. Nicole Aish, unattached, 4:30.84.

3,000 -- 1. Kara Lubieniecki, unattached, 10:39.12; 2. Kristin Johansen, Boulder Runn, 10:59.25; 3. Heather Connick, Air Force, 11:00.53.

100 hurdles -- 1. Kory Hardiway, Angel Flight, 13.38; 2. Lindsey Keller, Colorado State, 14.22; 3. Brianne Beemer, Colorado, 14.49.

400 hurdles -- 1. Rachel Thomas, Air Force, 1:02.13; 2. Brittany Lewis, Colorado, 1:03.61; 3. Sara Benson, Colorado State, 1:04.15.

3,000 steeplechase -- 1. Kery Allen, Metro State, 12:08.06; 2. Johanna Reed, Colorado State, 12:20.20; 3. Kirsten Farquhar, Mines, 12:41.46.

400 relay -- 1. Colorado State 47.81; 2. Air Force DNF.

1,600 relay -- 1. Air Force 3:58.78; 2. Colorado 4:07.70; 3. Mines 4:10.12.

High jump -- 1. Katie Dreher, Colorado, 5-7; 2. Alyssa Frank, Colorado, 5-7; 3. Regan Rogers, Air Force, 5-5.75.

Pole vault -- 1. Kimber Shealy, Air Force, 13-0.25; 2. Tawny Lambuth, Air Force, 12-8.25; 3. Bizzy Mellado, Air Force, 12-2.50.

Long jump -- 1. Lesly Torres, Air Force, 17-0.50; 2. Jessica Todd, UC-Colo. Springs, 16-8; 3. Kayla Wein, Colorado State, 16-5.

Triple jump -- 1. Toni Smith, unattached, 42-7; 2. Chelsea Overocker, CU-Colo. Springs, 37-2.25; 3. Kayla Johnson, Mines, 37-1.75.

Shot put -- 1. Jessica Sharbono, Colorado State, 46-1.50; 2. Elizabeth Johnson, Colorado State, 44-10.75; 3. Kiah Hicks, Colorado State, 44-8.75.

Discus -- 1. Liz Podominick, Run N Fun, 181-10; 2. Jessica Sharbono, Colorado State, 168-6; 3. Kia Hicks, Colorado State, 161-10.

Hammer -- 1. Loree Smith, New York Athletics, 208-5; 2. Emily Hunsucker, unattached, 188-3; 3. Kia Hicks, Colorado State, 188-1.

Javelin -- 1. Paige Blackburn, Air Force, 158-11; 2. Nikki Freeman, Air Force, 141-8; 3. Kim Smith, Air Force, 133-11.

MEN

100 -- 1. Jeremy Dodson, unattached, 10.36; 2. Joe Morris, Colorado, 10.42; 3. Evan Taylor, unattached, 10.59.

200 -- 1. Jeremy Dodson, unattached, 20.60; 2. Michael Liggins, unattached, 20.84; 3. Evan Taylor, unattached, 20.96.

400 -- 1. Michael Liggins, unattached, 46.39; 2. James Davis, Phoenix Int., 47.56; 3. Corey Spahn, unattached, 48.54.

800 -- 1. Peter Jenkins, Mines, 1:51.46; 2. Nick White, Air Force, 1:51.65; 3. Jake Hurysz, unattached, 1:52.11.

1,500 -- 1. Blake Theroux, Colorado, 3:55.66; 2. Jonny Stevens, Colorado, 3:56.54; 3. Matthew Tebo, Boulder Track, 3:57.55.

3,000 -- 1. James Carney, New Balance, 8:36.97; 2. Yuki Matsuoka, Otsuka Pharm, 8:44.70; 3. Phil Schneider, Mines, 8:46.22.

110 hurdles -- 1. Trevor Brown, Colorado State, 14.04; 2. Darius Reed, Metro State, 14.47; 3. Kelby Dias, Colorado State, 14.95.

400 hurdles -- 1. Kyle MacIntosh, Colorado, 52.63; 2. Tyler Baker, Colorado, 53.50; 3. Sam Lynass, Colorado State, 55.60.

3,000 steeplechase -- 1. Tyler Curtis, Mines, 9:38.78; 2. Neal Anderson, Mines, 9:51.70; 3. Cameron Clayton, Colorado, 9:54.05.

400 relay -- 1. Colorado State 41.82; 2. Air Force 41.98; 3. Metro State 42.19.

1,600 relay -- 1. Mines 3:18.37; 2 Air Force 3:19.06; 3. Metro State 3:19.67.

High jump -- 1. Mark Jones, Colorado, 6-11; 2. Zack Wood, Air Force, 6-11; 3. Travis Smith, Air Force, 6-7.5.

Pole vault -- 1. Joey Uhle, Air Force, 16-9.25; 2. Cort Rogers, Air Force, 16-9.25; 3. Chase Cooper, Air Force, 16-7.25.

Long jump -- 1. Brandon Johnson, unattached, 22-7; 2. Blue Kearney, Air Force, 22-6.5; 3. Ryan Wasilawski, Colorado State, 22-1.

Triple jump -- 1. Trey Richardson, Colorado State, 47-4.5; 2. Blue Kearney, Air Force, 46-4; 3. Kyle Gartrell, Air Force, 44-10.75.

Shot put -- 1. Alec Pott, Colorado State, 51-5; 2. Kyle Schwochow, Air Force, 50-6.25; 3. Ken Harriman, Colorado State, 50-1.25.

Discus -- 1. Lance Brooks, Nike, 202-7; 2. Casey Malone, unattached, 194-1; 3. Brady Rutt, Colorado, 167-11.

Hammer -- 1. Nathan Grooms, unattached, 195-8; 2. Alex Kizirian, Colorado, 187-2; 3. Sean Herbison, Air Force, 180-6.

Javelin -- 1. Nate Bratka, Air Force, 169-8; 2. Jason DeWitt, Colorado, 161-3; 3. Adam Salzmann, Colorado, 159-4.