



CU's Barringer 2nd in 1,500 at Prefontaine Classic

Camera staff
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EUGENE, Ore. — EUGENE, Ore. -- A young woman known for gritty stretch runs continues to deliver memorable moments seemingly every week down the stretch in the track and field portion of her NCAA career.

Colorado senior Jenny Barringer nearly pulled off the biggest upset in her career Sunday as she just missed catching Ethiopia's Gelete Burka at the finish in the 1,500-meter run at the Prefontaine Classic.

Barringer lost by .01 seconds, as she raced to a personal record of 3 minutes, 59.90 seconds. Burka, who barely held on at the end to win, broke the tape at 3:59.89.

Only three women in American history have obtained sub-four minute performances, and Barringer becomes the youngest to do so. The American record is 3:57.12 and was set by Mary Slaney in 1983. Barringer was the youngest and only collegiate athlete in the star-studded race at just 22.

"With 20 meters to go, I thought, I'm going to win this," Barringer said. "I really raced like I was going to win. I can't believe I wasn't scared. I just totally thought I was going to get it."

The time is Barringer's sixth NCAA record notched this season, shattering the previous mark of 4:06.19, set by Florida State's Hannah England on June 14, 2008. Barringer had gone for the record earlier this year on April 24, but she missed it by a couple of ticks when she clocked 4:08.38.

Barringer, who ran in the 3,000-meter steeplechase in the Beijing Olympics, is headed to the NCAA championships this week in Fayetteville, Ark., for her final track meet in college. She is set to defend her title in the steeplechase, an event she won in 2006 and 2008. The semifinals are on Wednesday at 6:50 p.m. and the finals are on Friday at 5:25 p.m.

She will return to CU this fall to compete for the cross country team before turning pro.

Sunday's race got out to a quickpace. In the field of 13, Barringer started out eighth and came through the first 300 in 47.72. By the time she reached 700 meters (1:53.08), Barringer had moved up to third. She finished her next 400 meters in 1:04.78. Barringer was picking up speed during her final lap and held off several opponents on the back stretch who were trying to make their move.

Around the final turn as she entered the home stretch, Barringer passed two racers and had just Burka left to beat in the final 80 meters. Barringer just about caught the meet record holder and had she had one more meter to go, could have won the race. Barringer's final 400 was her best at 1:02.05.

"We were hoping for the collegiate record (today) or just a few seconds faster," assistant track and field

coach Heather Burroughs said. "We (Burroughs and head coach Mark Wetmore) thought she could run 4:02 or 4:03. For the first time this year, she was chasing her competition. Most of this season she's been putting out solo time trials so this was another level of competition for Jenny that we haven't been able to see yet this season."

Today was the first time all year that the CU Female Athlete of the Year did not have the lead at any point during the race.

"This meet is special because I actually got to race," she said. "I never lead one step and that was really important. I'm really proud to race with a ton of well qualified professionals and to be able to race to win. I wanted to be competitive today and I'm glad I stuck with the plan."

Barringer has run in some very big meets, including the 2008 Olympics, but this ranks highly on her list of top performances.

"This is the best race of my career," Barringer said. "I'm not training for the 1,500 right now, so to step on the track and put together a race like that is something that I am so proud of. I really showed that I belonged and it felt so amazing."

Former Buffs joined Barringer at the Prefontaine, including Shayne Culpepper who finished 13th in the 1,500 with a time of 4:15.18. Kara Goucher was seventh in the 2,000 in 5:41.28.

On the men's side, Billy Nelson (8:35.90) led the way with a seventh-place finish in the steeplechase and Steve Slattery (8:45.13) checked in at 11th. Another former Buff, Brent Vaughn was 11th in the 3,000 with a time of 8:09.82.

Prefontaine Classic

At Hayward Field

Eugene, Ore.

Top 3

Men

100 (section one) -- 1, Rae Edwards, United States, 10.10. 2, Leroy Dixon, United States, 10.18. 3, Ivory Williams, United States, 10.18.

100 (section two) -- 1, Michael Rodgers, United States, 9.94. 2, Asafa Powell, Jamaica, 10.07. 3, Walter Dix, United States, 10.07.

300 -- 1, LaShawn Merritt, United States, 31.30. 2, Xavier Carter, United States, 31.93. 3, Wallace Spearmon, United States, 32.14.

800 -- 1, Nick Symmonds, United States, 1:45.86. 2, Alfred Yego, Kenya, 1:46.21. 3, Christian Smith, United States, 1:46.36.

Mile -- 1, Asbel Kiprop, Kenya, 3:48.50. 2, Haron Keitany, Kenya, 3:48.78. 3, Nate Brannen, Canada, 3:52.63.

3,000 -- 1. Bernard Lagat, United States, 7:35.92. 2, Saif Shaheen, Qatar, 7:36.87. 3, Chris Solinsky, United States, 7:37.05. 11, Brent Vaughn, United States, 8:09.82.

400 hurdles -- 1, Bershawn Jackson, United States, 48.38. 2, Isa Phillips, Jamaica, 48.55. 3, Kerron Clement, United States, 48.73.

3,000 steeplechase -- 1. Paul Koech, Kenya, 8:13.44. 2, Roba Gary, Ethiopia, 8:21.22. 3, Josh McAdams, United States, 8:26.55. 7, Billy Nelson, United States, 8:35.90. 11, Steve Slattery, United States, 8:45.13.

High jump -- 1, Ivan Ukhov, Russia, 7-8. 2, Yaroslav Rybakov, Russia, 7-7. 3 (tie), Raul Spank, Germany, and Jesse Williams, United States, 7-5.

Pole vault -- 1, Alhaji Jeng, Sweden, 18-1. 2 (tie), Jeremy Scott, United States, and Tim Mack, United States, 17-9.

Long jump -- 1, Dwight Phillips, United States, 28-8¼. 2, Irving Saladino, Panama, 28-33/4. 3, Fabrice Lapierre, Australia, 26-33/4.

Shot put -- 1, Reese Hoffa, United States, 71-10. 2, Dan Taylor, United States, 69-10¼. 3, Tomasz Majewski, Poland, 69-9.

Women

100 -- 1, Carmelita Jeter, United States, 10.85. 2, Kerron Stewart, Jamaica, 10.90. 3, Muna Lee, United States, 11.02.

400 -- 1, Sanya Richards, United States, 49.86. 2, Shericka Williams, Jamaica, 50.72. 3, Yuliya Guschina, Russia, 51.17.

800 -- 1, Maggie Vessey, United States, 2:00.18. 2, Kenia Sinclair, Jamaica, 2:01.02. 3, Jemma Simpson, Britain, 2:01.10.

1,500 -- 1, Gelete Burka, Ethiopia, 3:59.89 (meet record; old record: Burka, 4:00.44, 2008). 2, Jenny Barringer, United States, 3:59.90. 11, Shalene Flanagan, United States, 4:06.91. 13, Shayne Culpepper, United States, 4:15.18.

2,000 -- 1, Vivian Cheruiyot, Kenya, 5:31.52. 2, Maryam Jamal, Bahrain, 5:31.88. 3, Linet Masai, Kenya, 5:33.43. 7, Kara Goucher, United States, 5:41.28.

100 hurdles -- 1, Michelle Perry, United States, 12.74. 2, Damu Cherry, United States, 12.74. 3, Priscilla Lioes-Schliep, Canada, 12.75.

Long jump -- 1, Funmi Jimoh, United States, 21-11½. 2, Knjesa Balta, Estonia, 21-11. 3, Yelena Sokolova, Russia, 21-11.

Discus -- 1, Stephanie Brown-Trafton, United States, 209-11. 2, Summer Pierson, United States, 198-7. 3, Becky Breisch, United States, 197-0.

Hammer -- 1, Betty Heidler, Germany, 238-10. 2, Sultana Frizell, Canada, 236-5. 3, Jessica Cosby,



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Phillips, Barringer join all-time greats at 2009 Nike Prefontaine Classic

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EUGENE, Ore. - Two-time World Outdoor champion Dwight Phillips and U.S. women's 3,000m steeplechase record holder Jennifer Barringer posted landmark performances Sunday at the 2009 Nike Prefontaine Classic at historic Hayward Field on the campus of the University of Oregon in Eugene.

The Nike Prefontaine Classic is the fifth event of the USA Track & Field Outdoor Visa Championship Series, which will conclude at the USA Outdoor Track & Field Championships in Eugene, June 25-28.

Dwight is right!

2004 Olympic gold medalist Dwight Phillips leaped back on the world stage in posting the longest jump in the world since National Track & Field Hall of Famer Mike Powell set the world record in 1991.

Phillips easily won the event when he sailed to 8.74 meters/28 feet 8.25 inches, which ties him with Larry Myricks and Erick Walder for the eighth-best outdoor mark in history, and the trio are also tied as the #5 performers all time. For his effort, Phillips was named the Team USA Athlete of the Meet presented by Visa. "Last week I knew I was jumping far and I was looking at the world record," said Phillips. "I knew I was capable of jumping this far. I'm looking forward to the rest of the season. I'm hungry. I'm excited about the sport again."

With his performance, Phillips takes over the lead from Tyson Gay in the men's Visa Championship Series race with his total of 1,290 points. Gay's sits in second place with 1,285 points.

Barringer joins America's best at 1,500 meters

Ethiopia's Gelete Burka was in command throughout the Nike women's 1,500m until the final straightaway when U.S. women's steeplechase record holder Jenny Barringer put on a furious kick and the two were even at the finish line. Burka just barely defended her Pre Classic title from last year with her time of 3 minutes 59.89 seconds, as Barringer joined Mary Slaney and Suzy Favor as the third American in history to better the four-minute barrier with her time of 3:59.90.

Barringer's performance is the best by an American in seven years, the third-fastest women's 1,500m in the world this year and it betters the previous collegiate record of 4:05.75 by Lindsay Gallo set in 2005.

Merritt sets sea level world's best in 300m

2008 Olympic 400m and 4x400m relay gold medalist LaShawn Merritt was dominant in the men's 300 meters posting the #2 all-time mark and a sea level world best with his winning time of 31.30 seconds. 2006 NCAA 400m champion Xavier Carter was the runner-up in 31.93, with 2004 Olympian Wallace Spearmon finishing third in 32.14.

Richards posts world leader

It was no contest in the women's 400 meters as 2008 Olympic 400m bronze medalist and 4x400m relay gold medalist Sanya Richards showed no mercy to her competitors. Richards left the blocks in a hurry and was never challenged in winning the Nutrilite women's 400m in the fastest time in the world this year of 49.86 seconds.

Richards, who has been ranked #1 in the world at 400m the last four years, finished ahead of Olympic silver medalist Shericka Williams of Jamaica, who crossed the line as the runner-up in 50.72 seconds.

Symmonds pleases the home fans

2008 Olympian and Eugene area resident Nick Symmonds, who won one of the most memorable races in Hayward Field history with his unforgettable victory at last year's Olympic Trials, was victorious again today in the Nike men's 800m. Symmonds grabbed the lead off the final curve and held on for the win in 1:45.86. The runner-up was Beijing Olympic bronze medalist Alfred Yego of Kenya, who crossed the line in 1:46.36, and Oregon Track Club member Christian Smith, who joined Symmonds on the U.S. Beijing Olympic Team, finished third in 1:46.36.

Reigning men's 1,500m and 5,000m world champion Bernard Lagat passed Qatar's Saif Shaheen with 60 meters to go and won going away in the men's 3,000m in 7:35.92. Shaheen was the runner-up in 7:36.87, with Americans Chris Solinsky and Matt Tegenkamp finishing third and fourth respectively, with times of 7:37.05 and 7:37.32.

Perry & Cherry at the finish

Two-time World Outdoor champion Michelle Perry and 2008 Olympic Games fourth-place finisher Damu Cherry sailed across the finish line together in the women's 100m hurdles. Although both were clocked in 12.74, it was Perry who was named the victor with Cherry claiming the runner-up spot. Canada's Olympic bronze medalist Priscilla Lopes-Schliep was third, just one hundredth of a second behind the Americans.

"Batman" beats the world's best

The three Americans who swept the medals in the men's 400m hurdles at the 2008 Olympic Games in Beijing met again this morning in Eugene. Bershawn 'Batman' Jackson, who won the bronze medal in Beijing, got off to a quick start before clipping the second hurdle. Jackson, who also won last week at the Reebok Grand Prix in New York, recovered quickly and held the lead with 80 meters to go along with Beijing gold medalist Angelo Taylor, silver medalist Kerron Clement and Jamaica's Isa Phillips. Jackson won the race to the finish line in posting the second-fastest time in the world this year of 48.38 seconds, which he shares with Clement. Phillips was second in 48.55, with Clement third in 48.73 and Taylor placing fourth in 48.79.

Rodgers sets world best in 100m

2008 USA Indoor 60m champion Michael Rodgers, who won last weekend at the Reebok Grand Prix in New York, was victorious again today in the men's 100m posting a new career best and the fastest time in the world this year of 9.94 seconds. Rodgers defeated former world record holder and Olympic relay gold medalist Asafa Powell of Jamaica, who finished second in 10.07 seconds. Two-time Olympic sprint medalist Walter Dix also ran 10.07 in finishing in third place, with 2008 Olympic Trials fourth-place finisher Travis Padgett placing fourth in 10.08.

After winning last week at the Reebok Grand Prix, Carmelita Jeter continued her winning ways with her victory in the Visa women's 100m. With a +3.2 mps wind at her back, Jeter sailed across the finish line first in 10.85 seconds and remains undefeated this outdoor season. Jamaican Kerron Stewart, who captured the 100m silver medal and 200m bronze medal in Beijing, was the runner-up in 10.90 in suffering her first loss this outdoor season and Olympic Trials champion Muna Lee finished third in 11.02. Jeter holds on to the lead in the women's Visa Championship Series chase with 1,207 points, which is one point better than Sanya Richards.

13 competitors break 4-minutes in Bowerman Mile

2008 Olympic silver medalist Asbel Kiprop of Kenya won the classic Bowerman Mile in 3:48.50, which is the fastest time in the world this year, bettering the previous fastest time this season by nearly six seconds. Kiprop's countryman, Haron Keitany, who ended the 2008 season ranked #1 in the world, was the runner-up in 3:48.78. 2008 Olympian Lopez Lomong led the American contingent with his sixth-place finish in 3:53.47. 13 runners bettered the 4-minute barrier, which equals the Hayward Field record for a single race.

Hoffa leads throwers with world best

2007 World Outdoor champion Reese Hoffa won the Visa men's shot put in posting the farthest throw in the world this year on his final attempt that sailed 21.89 meters/71 feet 10 inches. 2008 Olympic Trials fourth-place finisher Dan Taylor finished second with a toss of 21.29m/69-10.25 and reigning Olympic champion Tomasz Majewski of Poland finished third with a best of 21.26m/69-9.

Stephanie Brown Trafton, who won the 2008 Olympic gold medal in the women's discus on her first throw, did it again with a first attempt winning toss of 63.98m/209-11. 2008 Olympic Trials sixth-place finisher Summer Pierson was second with a toss of 60.53m/198-7.

2008 Olympian Funmi Jimoh, who finished at the Olympic Games in Beijing, won the women's long jump with a best of 6.69m/21-11.50.

In other events, Kenya's Paul Koech won the men's 3,000m steeplechase in 8:13.44, Germany's Betty Heidler won the women's hammer (72.81m/238-10), Ivan Ukhov of Russia won the men's high jump (2.34m/7-8) and Sweden's Alhaji Jeng won the men's pole vault with a best clearance of 5.51m/18-1.

For more information on the 2009 Nike Prefontaine Classic and the USATF Visa Championship Series, visit: www.visachampionshipseries.com.

Prefontaine Classic: Jenny Barringer nearly catches Gelete Burka in 1,500

Posted by [mwilson](#) June 07, 2009 18:01PM



Brent Wojahn/The

Oregonian Jenny Barringer looks at Gelete Burka of Ethiopia, the 1,500-meter winner, at Hayward Field. Burka won in 3:59.89, .01 seconds ahead of Barringer.

EUGENE -- Amid the broken records, thrills and spills Sunday in the Prefontaine Classic, Jenny Barringer nearly stole the show.

The University of Colorado senior made a late charge from behind in the home straight and almost caught Ethiopian Gelete Burka at the tape in a thrilling finish to the 1,500 meters before 12,841 at Hayward Field.

Understand, Burka is the event's 2009 world leader and broke her own meet record while winning the race in 3 minutes, 59.89 seconds. Barringer is better known for the steeplechase, in which she holds the U.S. record.

Barringer showed up at Hayward on Sunday with a personal record of 4:08.38 in the 1,500.

Yet there she was in the stretch, making up ground on Burka with every stride as the crowd roared. The finish was too close to call from the pressbox. Had the race been 1,501 meters, Barringer might have won.

As it is, she finished in 3:59.90, which also bettered the previous Pre record of 4:00.44 and slashed more than eight seconds off her PR.

It was the highlight moment of the women's competition, which also featured Vivian Cheruiyot's record-breaking victory in the 2,000, Sanya Richards blazing to a first-place finish in the 400 by nearly a second, Michelle Perry's oh-so-narrow win in the 100 hurdles, Carmelita Jeter edging Olympic silver medalist Kerron Stewart in the 100, and Olympic gold-medalist Stephanie Brown Trafton taking command in the discus.

"I saw the clock and I didn't really believe it at first," Barringer said. "I was like, 'Oh, that's the first person's time and it's going to move up.' And then, oh man, it was like three waves of shock. I'm pretty excited."

No wonder. Barringer was 6 1/2 seconds faster than the listed U.S. college record.



Brent Wojahn/The OregonianBarringer ran the 1,500 for a speed workout in advance of this week's NCAA meet in Arkansas. She turned in a time well under the U.S. college record.

Burka ran a good race, deserved to win and was pleased about it afterward.

"I'm very happy," she said, beaming.

What is amazing is that Barringer was with her at the finish. Last week, Barringer won the steeplechase at the NCAA Midwest Regional. This week, she will represent the Buffaloes at the NCAA Championships. Sunday, just for training, she ran the world's third-fastest 1,500 time this season.

And, she ran to win.

"I thought I was going to get her," Barringer said. "With 200 meters to go I thought, 'I'm going to win this.' I really raced like I was going to win. I can't believe I wasn't scared. I just totally thought I was going to get it."

At the finish line, she thought she might have.

"I was so focused on getting her, I had her in the corner of my eye and the finish line smacked me in the face," Barringer said. "So I didn't really know who won until it went up on the board. And I think there wasn't even enough time for me to be disappointed when I saw 'under four' there."

Her goal coming in was 4:04.

"I'm excited," she said.

It was that kind of meet. Cheruiyot, who finished in 5:31.52, and second-place finisher Maryam Jamal both bettered Mary Slaney's 25-year-old U.S. all-comers record of 5:32.7 in the seldom-run 2,000.

Cheruiyot said the fans helped pull her to the finish line.

"I heard the crowd shouting," she said. "So I said, 'I will keep trying. Let me go, let me go.'"

Richards heard the crowd too as she dusted the field in the 400. Her time of 49.86 is a world best this season. Shericka Williams of Jamaica was a distant second in 50.72.

"Sometimes it can be overwhelming to see so many people in the stands," Richard said. "But for me, it felt comfortable. This feels like home. I look forward to coming back for nationals. The Hayward Field fans will pack the stands."

The 100 hurdles were complicated by a tricky cross wind. Olympic gold medalist Dawn Harper crashed to the track before the third hurdle and couldn't finish, leaving the race to Perry and Damu Cherry.

Perry outleaned Cherry, although both were timed in 12.74. Perry was listening hard to public address announcer Scott Davis.

"I just heard him say, 'Perry, Cherry,'" she said. "We have that a lot it seems like: 'Perry-Cherry, Perry-Cherry.' I'm like, 'Just say Perry.'"

He did in the end.

"I was getting hit a lot in the race, and I hit a hurdle," Perry said. "I was like, 'Oh my gosh, I'm making so many mistakes.'"

She stayed upright and finished strong. That was just barely good enough.

The wind, measured at 3.2 meters per second during the 100, was behind Jeter, who won in 10.85, finishing ahead of a field that included Stewart and reigning Olympic gold medalist Shelly-Ann Fraser.

Brown Trafton threw 209 feet, 11 inches to win the discus by more than 11 feet, and then became emotional while talking about Hayward during a post-competition interview.

"Amazing things happen here," she said. "It's like coming to Mecca for track and field. We're all taking a pilgrimage here. If I went out and performed right now, I think I'd do a lot better after watching all these people around me have these outstanding performances."

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Comments

Footer



Barringer makes history with sub-4 1500m

Sun Jun 07, 2009 By Joe Battaglia / Universal Sports



★★★★★ (24 ratings)

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With a little less than half of her race remaining, Jenny Barringer found herself trailing a handful of runners.

And she didn't like it.

Which is quite understandable when you consider that the University of Colorado senior hasn't lost a collegiate race during a season in which she has set five NCAA records, and hasn't trailed significantly late in a race since the Beijing Olympic final in the 3000m steeplechase last August.

So when her competitive nature shifted into overdrive, it carried Barringer to a place few other runners have ever gone, and one she did not expect to arrive at so soon.

Using a furious kick over the final 80 meters of the women's 1500m, Barringer picked off three runners and nearly caught leader Gelete Burka of Ethiopia, who held on by one-hundredth of a second for a repeat victory at the Prefontaine Classic in Eugene, Oregon.

When Barringer finally cleared the finish-line tape from across her eyes and looked up at the board, she saw that she stopped the clock in 3 minutes, 59.90 seconds, and her jaw dropped.

With the time, Barringer joined Mary Slaney and Suzy Favor-Hamilton as the only American women ever to run under four minutes for 1500 meters while setting yet another collegiate record. The previous mark of 4:05.75 was set in 2005 by Michigan's Lindsay Gallo.

"I saw the clock and I didn't really believe it at first," Barringer said in a phone interview after the race. "I didn't even really see the whole time. I saw the three and my eyes got huge. Then I went through three waves of shock. First it was, 'Oh my gosh, I just finished second.' Then it was, 'Oh my gosh, I almost caught her.' Then it was, 'Oh my gosh, I just ran sub-4.' I was absolutely elated."

Barringer said that running sub-4 wasn't even a thought she entertained coming into the meet.

"My coach and I did a 1K time trial with my teammates pacing me through and we really thought I was ready to go 4:04," Barringer said. "We thought people were going to kind of balk at that because it was kind of a huge goal for right now because my previous PR was 4:08. There has been so much talk about sub-4 recently, and I'd be shocked if anyone thought I'd be the one to do it, other than the couple people who like to dream big for me."

Shocking doesn't begin to describe the magnitude of Barringer's accomplishment.

Of the 13 runners in the field, she was the youngest at only 22 years of age, and the least credentialed when it comes to the 1500m. Known more for her prowess in the 3000m steeplechase, where she is the American-record holder and was a 2008 Olympian, Barringer's 1500m PR of 4:08.38 was the slowest in the field. In fact, she said she, "barely got into the race."

"I know my coach expressed an interest in me racing here a few months back and we were put on a provisional list," Barringer said. "When you looked at all the other runners in the field, they are all seasoned professionals and I'm still in college. I'm sure my PR of 4:08 was part of it, and I also don't typically run the 1500m. I don't blame them (meet organizers). If I looked at my entry objectively, I may not have let me in."

Early on, it appeared Barringer may have been in a bit over her head. The early pace was set real fast, and Barringer was in ninth place after the first quarter, which the rabbit went through in 1:02.7. But after settling in, Barringer gradually moved toward the front, and by the time she reached 700 meters (1:53.08), she was battling for third position.

"I'm a really aggressive person and I don't like to lose," Barringer said. "It's not just about doing well. I love beating people. In my other races, a lot of them have been time trials that I have soloed the last couple months, and I think it was so exciting to get in and have a jersey right in my face. I was just so excited to be back in a situation where I was running hard and chasing people."



By: Universal Sports

Colorado's Jenny Barringer reacts to running 3:59.90 in the women's 1500m at the Prefontaine Classic.

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A look at the fastest American times ever in the women's 1500m.

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As the runners hit the bell lap, Burka was running in front, and 2008 Olympic Trials champion Shannon Rowbury had begun to close the gap on the leader, with fellow U.S. Olympians Anna Willard, Christin Wurth-Thomas and Barringer, as well as Russia's Anna Alminova in tow. As the women went through the backstretch and approached the final turn, it appeared Rowbury began losing some of her steam while Alminova and Barringer seemed spry.

"With 200 meters to go, the crowd was going crazy and I thought, 'How great would it be to have an American win this race?'" Barringer said. "Kicking her down was all I was thinking about. I thought, 'I'm going to win this.' I really raced like I was going to win it. I can't believe I wasn't scared."

Barringer passed Rowbury and Alminova coming out of the final turn with no apprehension, leaving just Burka to beat in the final 80 meters. She said part of the reason she was able to stay calm was from an experience at the Olympics she was able to draw from.

"I thought about the steeple final in Beijing. On the last turn, I pulled alongside (Wioletta Frankiewicz) of Poland and I tried to kick her down but I couldn't get her," Barringer said. "But I remembered what it felt like to really try and this was the first time since that I had the same sensation."

Although she fell just short of beating Burka, Barringer undoubtedly emerges from this race as the biggest winner.

This weekend she will run the final collegiate track race of her career, the 3000m steeplechase at the NCAA Outdoor Championships in Fayetteville, Arkansas. After that she will enter the summer as one of the, if not the single hottest middle-distance commodities among females in the world. She could make the U.S. team for the World Championships in any of three events.

"I have qualifications in the 1500, the 5K and the steeple," Barringer said. "Before, people were like 'Oh it's the 5K and the steeple that you have to decide between.' But now I have three to decide between and I don't know what I'm going to do. I have NCAAs on Wednesday and Friday and the type of person who likes to focus on the task at hand. So I'm going to fly out to Arkansas and race the steeple there and after next weekend, then my coach and I will decide about USAs.

"But this is one of those races that changes everything. Before the meet, my coach told me that my days of running under the radar are quickly moving behind me, and I know that. Nobody expected me to do this and it does open door in terms of me being able to get into races. But even bigger are the doors it opens in my own mind. There isn't a limit for me at any distance between 1500 and 5K. If you would have told me a year ago that's the position I'd be in, I wouldn't have believed you. The possibilities seem endless right now."

Barringer said the enormity of the day has yet to fully sink in.

"The sub-4 thing hasn't hit me yet," she said. "I was looking to run 4:04 and somehow I've skipped some steps in the right of passage and have gone straight to the big time."

