



# 'Ritz' 2nd in 10K at U.S. Championships

## Former Buff outkicked in final 600 meters

Camera staff, wire reports

Friday, June 26, 2009

EUGENE, Ore. -- Former University of Colorado standout Dathan Ritzenhein finished second in the finals of the men's 10,000-meter run at the USA Track & Field Outdoor Championships at Hayward Field on Thursday night.

Galen Rupp, a University of Oregon hometown favorite, blew past Ritzenhein over the last 600 meters for a 6-second victory. Ritzenhein finished in 27:58.59. Jorge Torres, another former Buff, finished ninth overall in the 10K (28:42.13).

Three former CU athletes -- Stephen Pifer, Billy Nelson and Sara Vaughn -- qualified for the finals in their respective events Thursday.

Pifer finished the 1,500-meter run with the second best time in the field at 3 minutes, 40.83 seconds in the fourth heat. He finished second to his former Big 12 foe from Texas, Leo Manzano. The finals are on Sunday at 3:31 p.m. on NBC.

Nelson, a 2008 Olympian, qualified for the finals in the 3,000-meter steeplechase with a second-place finish. He finished in 8:42.05 after running a conservative and steady race. Aaron Aguayo edged Nelson in the qualifier by .04 seconds. Another former Buff, Steve Slattery, placed 23rd overall as he finished in 9:34.00. The men's steeplechase final is on Saturday at 6:40 p.m.

Vaughn qualified for the semifinals in the 800-meter run, finishing in 2:04.60.

Renee Metivier-Baillie, a seven-time All-American at CU, was 17th (4:18.39) in the prelims of the 1,500, but she isn't done. Metivier-Baillie will compete in the finals of the 5,000 today.

Three-time NCAA steeplechase champion Jenny Barringer will compete her signature event today at 8:20 p.m. If she advances as expected, she will compete in the final Sunday.

Meanwhile, with a helping wind at his back, Tyson Gay ran the 100 in 9.75 seconds, the seventh-fastest time under any conditions. He then exited stage right, not to be seen again at the U.S. championships.

About a half hour after he ran, Gay's coaches confirmed he wouldn't be racing again this week.

"But I want to," Gay said. "Because I ran a horrible race."

Probably not what the competition wants to hear.

Already qualified for this summer's world championships in Berlin, Gay used this single race at nationals as a tune up. Because of the wind, the 9.75 won't go down as the new American record, even though this was .02 seconds faster than the mark he set last year on the same track.

## **U.S. Championships At Hayward Field, Eugene, Ore.**

### **CU results only**

#### **WOMEN**

800 prelims -- 5. Sara Vaughn (adidas), 2:04.60.

**1,500 prelims** -- 17. Renee Metivier-Baillie (Nike), 4:18.39.

#### **MEN**

**10,000 finals** -- 2. Dathan Ritzenhein (Nike), 27:58.59; 9. Jorge Torres (Reebok), 28:42.13; Edwardo Torres (Reebok), DNF.

**1,500 prelims** -- 2. Stephen Pifer (OTCE), 3:40.

**3,000-meter steeplechase prelims** -- 8. Billy Nelson (OTCE), 8:42.05; 23. Steve Slattery (Nike), 9:34.00.



© 2006 Daily Camera and Boulder Publishing, LLC.

[orlandosentinel.com/sports/orl-jenny-barringer-062609,0,776130.story](http://orlandosentinel.com/sports/orl-jenny-barringer-062609,0,776130.story)

## OrlandoSentinel.com

### Former Oviedo runner Jenny Barringer accelerates onto national track stage

By Joe Williams

Sentinel Staff Writer

OVIEDO —



Boiled down to its simplest terms, then-13-year-old Jenny Barringer knew one thing about competitive running: You were supposed to beat people.

That thought dashed through her mind the first time she met high school competition. Forget that she only was an eighth-grader at Oviedo's Lawton Chiles Middle School, and the field included high school juniors and seniors. She knew the object was to win -- and she did.

That race, the 2000 Lake Mary Summertime Run, served as Barringer's introduction to the Central Florida running world.

Introductions no longer are necessary, not for a runner who set six NCAA records and an American record (in the 3,000-meter steeplechase at last summer's Beijing Olympics). That's not counting the two Florida high school records Barringer set or the eight track and cross country championships she won while at Oviedo.

"If someone handed me a pen and a piece of paper, I couldn't write a better story than what I have lived in the first 22 years of my life," Barringer, who placed ninth in Beijing, said by phone this past week from Boulder, Colo.

Barringer was expected to qualify late Friday for Sunday's steeplechase final at the USA outdoor nationals in Eugene, Ore. At stake: a berth at the world championships in August in Berlin.

Jill Geer, a spokesperson for USA Track & Field, will be watching. Geer was at the Prefontaine Classic in Eugene on June 7 when Barringer put on what many considered to be the performance of the meet during the 1,500 meters. Ethiopia's Gelete Burka, the meet record-holder, led by at least 15 meters coming out of the final turn before Barringer's closing kick.

Burka won in 3 minutes, 59.89 seconds. Barringer was second at 3:59.90, becoming the third American woman to break 4 minutes for the metric mile, joining Mary Decker and Suzy Favor Hamilton. Among those she beat was Kenya's Nancy Lagat, the Olympic gold medalist.

"This year, she [Barringer] has gone from a good, strong, collegiate runner to someone who is considered to be the future of middle-distance running," Geer said.

The impetus for Barringer's strong senior track season began when she, along with Colorado coaches Mark Wetmore and Heather Burroughs, decided to skip the collegiate cross country season after the Olympics.

"That went well," Wetmore said of the rest. "It [the season] unfolded the way we would hope.

"... She came back from the Olympics with a little bigger aspirations and some gains in confidence. One of her strengths as an athlete is that she learns well, and one would assume she grew some from the Olympic experience."

What a senior season it has been. Among the highlights: breaking a two-decade-old record in the mile at the Big 12 indoor meet, outlasting Florida State's Susan Kujken in the 3,000 at the NCAA indoor meet and posting the world's fastest time in the steeplechase at the NCAA outdoor meet.

And don't forget the 1,500 at the Prefontaine, which prompted an open-mouthed look of astonishment from Barringer.

It wasn't the first time former Oviedo Coach Jay Getty -- now coaching at Hagerty -- saw that look, though.

In 2003, her junior year with the Lions, she ran a state cross country record time of 16:55 to win her second of three consecutive state titles. Before that race, Barringer heard there was an online posting on a runner's forum that said nobody could break the 17-minute mark. She took it as a challenge.

Fearing she could not maintain that pace, Getty warned Barringer not to go out too fast chasing the mark.

"Sure enough, she went out blazing fast for the first mile," Getty said. "She went blazing fast for the second mile, too. I was just hoping she would be able to finish. When she finished at 16:55, she jumped up and down, ran around and hugged anybody who was near her."

Oviedo, with a population of about 30,000 people and located 20 miles northeast of Orlando, has a small-town feel. Small businesses and family diners dot crossroads in town. It still is connected to the old Florida, before mega-theme parks sprouted up and cars clogged superhighways.

During the Olympics, Oviedo businesses were dotted with signs supporting Barringer.

It's a place that still honors its hometown heroes.

"I definitely look up to her, and I dare to say, I aspire to be like her," said Hagerty graduate Shannon

Compher, who this past fall joined Barringer as the only high school girls from Oviedo to run under 19 minutes in a cross country race.

Said Barringer: "I always think it is so sweet when young girls want to emulate what I do."

This fall, Barringer will complete her final year of eligibility in cross country and finish her studies. She has a 3.564 grade-point average, with a double major in political science and economics.

Then she will race as a pro, focus on making the 2012 Olympics in London and study law with a focus on protecting people's rights.

She has learned sign language and works with deaf children. She also volunteers at a refugee ministry through her church in Boulder, helping them get acclimated to America.

"Community involvement is really important to me," she said.

She has left a mark on people she has met.

"One great quality about Jenny, she's instantly friendly and loving towards everyone," said Cari Clark, a friend and fellow Colorado student from Grand Junction, Colo. "She is so humble and though she is proud of the accomplishments she has, she is not boastful at all."

Said Nancy Qualls, her former equestrian coach in Oviedo: "There is no doubt in my mind that Jenny will do extraordinary things in this world. She is a tremendous person who will go beyond where her legs can carry her."

*Joe Williams' Varsity blog can be read at [OrlandoSentinel.com/varsityblog](http://OrlandoSentinel.com/varsityblog) or [VarsityGridiron.com](http://VarsityGridiron.com), and he can be reached at [jwilliams@orlandosentinel.com](mailto:jwilliams@orlandosentinel.com).*

Copyright © 2009, [Orlando Sentinel](http://OrlandoSentinel.com)

orlandosentinel.com/sports/orl-jenny-barringer-bio-box062609,0,2342272.story

# OrlandoSentinel.com

## Meet Jenny Barringer

**AGE:** 22

**HIGH SCHOOL:** Oviedo

**COLLEGE:** Colorado

**SPORT:** Track and field

**EVENTS:** Specializes in the 3,000-meter steeplechase but also competes in the 1,500, 3,000, 5,000 and mile

**FAMILY:** Father Bruce, mother Janet; older brother John; younger sister Emily

**BUZZ:** Born in Webster City, Iowa. .f|.f|. Majoring in political science and economics; due to graduate in December. .f|.f|. Selected as University of Colorado's athlete of the year for 2008-09 school year. .f|.f|. Finalist for the Honda-Broderick Cup, awarded to the top collegiate women's athlete of the year. .f|.f|. Chosen the United States Track and Field and Cross Country Coaches Association female track athlete of the year.

**Joe Williams**fq

Copyright © 2009, [Orlando Sentinel](#)



Notebook: Rodgers enters a new neighborhood

Fri Jun 26, 2009 By Joe Battaglia / Universal Sports



★★★★★ (3 ratings)

EUGENE, ORE. --Mike Rodgers has been a long shot for most of his adult life.

Yesterday, that long shot came in.

The 24-year-old who was ready to quit the sport two years ago was crowned national champion in the men's 100m last night at the USA Outdoor Championships, where he clocked a wind-aided 9.91 seconds to edge veteran Darvis "Doc" Patton by a hundredth of a second.

Rodgers got out of the blocks a bit slowly but came out of his drive phase with a sizeable lead on Patton before holding on at the end. The victory gave him his first outdoor title to go along with the indoor championship he won in 2008.

"I didn't get the start that I wanted," Rodgers said. "I thought I was going to lead. I got out and didn't panic. I thought, 'I've been running good all weekend, let's see where my top-end speed takes me.' I just gained on the field and won the race."

And in the process, Rodgers threw his hat into this summer's much-anticipated sprint ring. The days of flying under the radar are over for this one-time quarter-miler from Oklahoma Baptist. At long last, he has a victory that should legitimize his status as a medal contender.

"I felt like this was going to be my since indoors," Rodgers said. "I ran really fast indoors and then I came outdoors with one goal in mind and that was making the Team. I trained hard, did whatever it took to get me here. Now I'm here and off to Berlin I go."

For many, the World Championship dance card is comprised of reigning world 100m and 200m indoor champion Tyson Gay of the U.S. and Olympic champion and world-record holder Usain Bolt of Jamaica. But we're about to find out if more than two can tango in Berlin.

After a pair of convincing victories over former world-record holder Asafa Powell of Jamaica and Olympic silver medalist Richard Thompson of Trinidad & Tobago within the last month, Rodgers' running seems to indicate yes.

"I've been running good all year," Rodgers said. "At Reebok, I beat a pretty good field. At Pre I beat a pretty good field. I came here with a lot of confidence and built off that to win USAs. When I get to Berlin, I think I could medal. I'm going to go home, train hard, get a little rest, and get ready."

But perhaps it is Bolt and Gay that should get ready.

While there is no doubt the two sprint kings are eyeing their long-awaited showdown, discounting Rodgers could be a huge mistake.

This man knows what rock-bottom and having nothing to lose feels like.

Coming out of college, Rodgers almost gave up track when he could not find a sponsor and was actually making more money working at a sporting goods store and selling Nike sneakers out of the back of his car than he was as an athlete. When his coach, Daryl Woodson, pulled him off the hot dog stand line at Nationals in 2007 and convinced him to give running a second chance, Rodgers had no reason to say no.

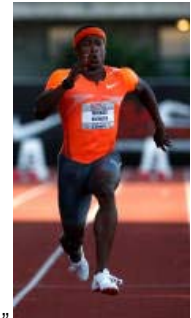
"When I was in college, all the kids wanted the new Jordans and the Air Force 1s and I would buy them in bulk and sell them out of the back of my car," Rodgers said. "I was pretty poor and they paid my bills for me and put food on my table."

"When I first came to Austin, and was living with my coach, I didn't have no car, I didn't have no clothes, I had nothing. I've come a long way from being broke to putting on a show for all these people in Eugene."

Although the show last night did not include its biggest domestic star in Gay, who ran a wind-aided 9.75 in the prelims as a tune-up on Thursday and opted not to lineup for any of the subsequent rounds, it doesn't mean that the star has noticed his understudy.

"I see the progression similar to what I had when I had my breakout year," Gay told the Associated Press earlier this week. "He was kind of running 10 (seconds) for the past couple of years and had a breakout year this year."

If Bolt and Gay are the kings of the sprints, Rodgers is comfortable ceding them the throne – for now.



By: Getty Images

Mike Rodgers sprints to the finish on his way to winning the men's 100m title at the USA Outdoor Championships.

Related



USA Outdoor Championships: Day 2

USA Outdoor Championships: Day 2

◀ 1 of 3 ▶

"They can call me a prince," Rodgers said. "I'm the youngest. Both of those guys are older than me. I'm up and coming. I've got a lot of respect for those guys. I've got to wait my turn like everybody else. When it's my turn to beat them, it'll beat them."

Until then, Rodgers will continue training while biding his time carefree for a bolder breakout.

"It's a lot of pressure off me," he said. "The pressure is on those guys. They're the big dogs. I'm just the little dog. I'm going to keep training and we'll see what happens when we get to Berlin."

**Carmelita Jeter** entered the USA Outdoor Championships unbeaten during the 2009 season.

She will leave here still without a blemish to her record, although by the slimmest of margins.

Jeter defeated Muna Lee, the 2008 Olympic Trials champion, by one-thousandth of a second to win the U.S. title in the women's 100 meters.

"It was really quick," Jeter said of the race. "I didn't really execute as well, but I got to the finish line which is all that matters."

Jeter out-leaned Lee at the line in Friday's sprint to finish in 10.776 seconds and win her first national title. Lee became the first woman to break 10.8 seconds and not win the national championship. Lauryn Williams finished third to take the last of America's three spots at world championships, set for later this summer in Berlin.

"The race was okay," Lee said. "I really focused on myself this race. I just went after it. I was telling myself that no one else is better than me in that final."

As thrilling as the finish was, it also provided a brief moment of trepidation as Jeter clutched her right hamstring after crossing the finish line and a short time later dropped to the track. Unlike injuries suffered to some other athletes, this was only cramp.

"I caught a cramp at the 70," Jeter said. "I'm going to go into a cool-down and have my physio rub me out. I'll drink some water and I'll be fine. It was just a cramp. It wasn't a pull. I'll be fine."

Jeter, whose career highlight before this year was a third-place finish at the 2007 World Championships in Osaka, said all that mattered to her was earning a return trip to Worlds, especially after not earning a spot on the Olympic Team last year.

"I definitely wanted to make sure that I made the team," Jeter said. "I know I should have done it last year, but I didn't. I didn't really put everything together in '08. But this is a new year and I'm doing very well right now. I don't live in the past. It's time to move on. I'm just happy that I'm on the team and that I got the W and I'll take it back to the house now."

**Olympian Jenny Barringer** has come to expect the unexpected from time to time, but even she was a bit caught off guard by what she encountered in her heat of the women's 3000m steeplechase.

"As I came up to the first water jump, it looked high," Barringer, who won her heat in 9:47.94, said. "When I went over the first one, I knew for sure that it was six inches too high. I thought it was the case but I didn't know for sure until I was falling for like half a second from the top."

In the steeplechase, the women's water jumps are supposed to be set to a height of 30 inches. Runners suspect that the jumps here were set to the men's height of 36 inches.

Barringer said that after the race, she immediately went over to a meet official to inform them that she thought the barrier was set too high, hoping that they could correct the mistake for the second heat. But that did not happen.

"It definitely looked a few inches too high as I approached the first one," Anna Willard, who won the second heat in 9:52.98, said. "When I went over the first one, I noticed a difference for sure."

Other than resulting in sloppy jumps, Barringer said she didn't feel the water jump discrepancy cost her much.

"I don't think it cost me much in the way of time," she said. "It wasn't like they were going to be able to fix them in the middle of the race. After the first one, I knew what to expect and just said if I have sloppy waters then so be it. I would much rather the water jump be high instead of the four dry barriers."

Willard echoed that sentiment.

"It wasn't like we were running at American record pace or anything like that," she said. "In that sense, it was a good thing that it was a prelim."

**The men's 5000m** produced a number of highlights.

From a team standpoint, there was the Oregon Track Club, which followed up its incredible success in the men's and women's 10,000m the night before with a medal sweep by Matt Tegenkamp (13:20.57), Chris Solinsky (13:20.82) and Evan Jager (13:22.18), all of whom sat behind leader Bolota Asmerom for most of the final 800 meters before pouncing on the bell lap.

"In a championship race you have to respond to what happens," Tegenkamp said. "Sometimes that means sitting back and waiting to make your move. It came down to needing to close in 53 seconds to win. If I needed to close faster than 53 than I would have done it."

Behind Asmerom's fourth-place finish, Oklahoma State freshman German Fernandez crossed in 13:25.46 to obliterate the American junior



record at the distance. The former record of 13:29.98 was set by Chris Derrick of Stanford on May 2 of this year.

"My goal coming into the race was to go after the junior record," Fernandez said. "If it was too windy then I was going to wait for the last mile but we went out really fast, like 63 seconds in the first lap. But I listened to my coaches and stayed with the plan to ease back to 65 seconds. At the end I lost track of how many laps I had left but I just stayed focus on keeping my pace. It was a great atmosphere out there and I'm very happy right now. It was incredible. I'm so amazed right now. I'm kind of speechless."

**The meet suffered its third injury** casualty in as many days when Walter Dix, the Beijing bronze medalist in both the 100m and 200m came up lame in the semifinals of the 100m yesterday and failed to advance to the final.

Dix, who was one of the favorites to win the 100m in the wake of Tyson Gay's decision to run just Thursday's opening round, appeared to grab his right hamstring after crossing the finish line fifth in his heat in 10.32 seconds, the next to slowest time in the semifinals.

Dix rushed through the mixed zone hastily to try and get treatment.

When asked the nature of the injury, he said it was "a strained right hammy."

When asked if he still planned to run the 200m, he shook his head no.

On Day 1, Olympic decathlon gold medalist Bryan Clay was forced to scratch from the meet due to a hamstring injury. Fellow Olympian Andrew Wheating dropped out of the men's 800m because of lingering calf issues.

**Another big-name star** that wont be moving on to the sprint finals is Allyson Felix.

The reigning world champion at 200m, who ran the 100m to get in some much needed speed work, finished fifth in her semifinal heat in 11.17 seconds, missing out on the final by one place and four hundredths of a second.

The culprit, Felix said, was her start.

"My start was atrocious," she said. "It was pretty terrible. I'm going to steer clear of Bobby (Kersee, her coach) for a while."

Felix said she will run the 200m, which begins with first-round heats on Saturday.

**Neither age, nor injury** can keep veteran hurdler Allen Johnson away from the track.

The 38-year-old Johnson, who won the last of his seven national championships in 2005, competed in the opening round of the men's 110m hurdles, running 13.67seconds. The time was not enough to advance him to the next round, but he was pleased nonetheless.

"The race was really good," Johnson said. "I didn't know what to expect, as I am still recovering from ankle surgery from last October. This was my first race since the Trials last summer where I didn't finish, so I was really nervous coming out here."

When Johnson said the race was his first, he meant it quite literally.

"I came to the track today with two left shoes, so I didn't get my left spike until a few minutes before the race," he said. "I didn't get any starts or practices, so this was my first race."

Johnson said he has no plans to hang up those spikes anytime soon.

"This is just something I love doing," he said. "I feel like if I stay healthy I can still compete with these guys. This summer I will compete in a few races and hope to make a good showing."

**Junior decathlete Curtis Beach** finished off his high school career in fine style, running a personal-best and American junior decathlon record in the 1500m, to capture his first national championships with 7,599 points.

Beach, who led the competition from start to finish, put together Day 2 performances of 14.64 in the 110m hurdles, 37.85m/124-2 in the discus, 4.59m/15-0 3/4 in the pole vault, 38.96m/127-10 in the javelin and a remarkable 4:07.85 in the 1500m. That final time was 25 seconds faster than that of his closest competitor.

"It was a good second day," Beach said. "My goal was to get a few PRs because I didn't have any on Day 1. I felt it could have been better but I set the meet record for the junior decathlon and I'm certainly happy about that."

Beach said the low point of his competition was the javelin, where he struggled to get off a good throw into a strong headwind. But he more than made up for it in the competition-ending 1500m. The victory secured Beach the national title that had eluded him -- he said he had a string of second- and third-place finishes in junior olympic national competitions -- and a trip to the Pan-Am Junior Championships in Trinidad & Tobago.

"Ever since they unveiled the new Team USA uniforms at the Olympic Trials last summer, my goal has been to get one of those," Beach said. "To be able to slip on that uniform for the first time is going to be like a dream come true."

Asked to assess a season which many are calling the greatest ever by a scholastic athlete -- he set the national high school decathlon record

with 7,909 points -- Beach said he was humbled to be held in such high esteem.

"I'm only out there doing the best that I can and hoping that it's better than everyone else," Beach, who will head to Duke in the fall, said. "All you can do is try to maximize your potential."

**Although he qualified** for the semifinals with a second-place finish in his heat, Olympic gold medalist Angelo Taylor was hardly pleased with his time of 50.79 seconds in the 400m hurdles prelims.

"That was a terrible, terrible race, but I made it through," Taylor said. "I hit the third hurdle and I almost fell down. It broke my focus and threw off my race plan. After that I just relaxed and made sure I made it through without killing myself. I wanted to work on some things, but unfortunately that miscue didn't allow me to. It was a good thing I was in the easy heat."

The fastest time of the prelims was turned in by recent University of Georgia grad Justin Gaymon, who ran 49.86.

"My race went pretty well today," Gaymon, who finished third in the 400m hurdles at the NCAA Championships earlier this month. "I felt good, it was a good race."

**Olympic bronze medalist Sanya Richards** continued to breeze through heats of the women's 400m, winning her heat easily in 50.96 seconds, the fastest qualifying time for the finals.

"I felt good," Richards said. "Today was better than yesterday. The wind was so strong on the backstretch that I really had to keep my focus on that third 100 meters but then I was able to shut it down pretty good at the end."

The other semifinal heat was won by Shareese Woods, who clocked 51.46 and was perhaps the happiest runner in the field to survive and advance, especially after she ran out of lane at the Olympic Trials last June.

"I got disqualified last year," Woods said, "so I am being very careful this year to not step on the line. I've been training for this all year. I just wanted to come out and execute like I do in practice."

Woods said she feels like she has a good shot to make the Worlds team on Saturday.

"Naturally this is the hardest team to make," she said. "It is just a real testament to my fitness to make it through to the finals. Just being next to Sanya Richards and Natasha Hastings -- it's going to be very fast. No matter if I win or I lose, I know I am going to run faster than I did today."

**The strong winds** on the backstretch continued to provide a challenge to all the runners, including the women's 400m hurdlers. Lashinda Demus and Olympic silver medalist Sheena Tosta, each of whom won their semifinal heats, cited the wind as being a major factor in their races.

"I knew there was a strong wind on the backstretch," Demus, who had the fastest qualifying time at 54.80, said, "so my coach told me to go out hard on the first hundred and let that carry me through, and that's what I did."

"My goal is just making the team," Tosta, who ran 55.96, added. "The wind's a little bit strong, so I am not sure about the times. I'm just glad a won my heat and advanced to the next round. It was a good race."

**Survive and advance** is the primary objective for many of the top athletes here, and veterans like Hazel Clark know that means taking an intelligent approach to the rounds.

For the three-time Olympian, that meant staying out of traffic and conserving as much energy as possible while maintaining a qualifying position.

She executed that plan to perfection in the semifinals of the women's 800m, where she took the lead at 400 meters and then cycled down over the final half of the race while still finishing in third-place in 2:02.12. Geena Gall won the heat in 2:01.99 and Phoebe Wright of Tennessee was second in 2:02.11, but both needed to expend more energy to come from behind Clark.

"I felt good and was just trying to run smart," Clark said. "I wanted to get out in front to keep from getting clipped, and my coach said to get into the top four and shut it down. Being smart in the rounds is what matters most. Last year at the Trials, I lost in the rounds and wound up winning in the final."

Coming off the final turn, Gall closed the gap on Clark and Wright surged on their outside shoulder. Clark said she saw them move on the jumbotron screen and never felt like she was in jeopardy.

"I was watching on the big screen," she said. "I could hear my husband pretty clearly from the stands. He was telling me that they were coming but that I was safe."

Maggie Vessey won the second semifinal heat in 2:03.49, with Morgan Uceny finishing second in 2:04.62.

**The expected showdown** between the two best half-milers in America remained on course as Olympic Trials champion Nick Symmonds and Khadevis Robinson each won their semifinal heats in the men's 800m.

Symmonds looked incredibly strong and cruised late en route to winning in 1:47.50.

"I ran better than yesterday," Symmonds said. "I knew with fresh legs I would have a good race."

Robinson was almost as fast as Symmonds in winning his heat in 1:47.66.

"It was a good race," Robinson said. "We had a guy that took it out and made an honest race of it. That's what we need, that's what we want. The wind was pretty hard, but it was a good race. The crowd was great. For me, I am just trying to enjoy the process. I won and qualified. Now it's time to get ready for the final."

**Casey Malone** followed up two fouled throws with a heave of 64.99m/213-3 to win his first national title in the men's discus. He will be joined on the national team by Olympic veterans Jarrod Rome and Ian Waltz, who finished second and third respectively.

"On my first throw, it felt pretty close but not quite as well as the warm-ups," Malone said. "My second and third throws I forced a little bit. I couldn't get into the rhythm I was looking for. I took a warm-up throw between the prelims and the finals and got a little more of the rhythm I was looking for. That was the throw. I was a little more relaxed. I found a closer throw to what I wanted. I felt it was better, but I wanted a better throw. I wasn't paying too much attention to (the other competitions) because I was still looking for that good throw. The fourth one was close."

After a number two runner-up and third-place finishes in his career, Malone was humbled by his breakthrough performance.

"It's really special," he said. "It's something I wanted for a long time. I've been going to USA Nationals since the 1996 Olympic Trials. I've been to a lot of these. Granted, I was young at the time. But I have gotten to see the type of person that was national champion every year since then. It's quite an honor to finally achieve that."

**Two-time Olympic Trials** runner-up Shakeema Welsch put together a hop, skip and jump of 14.30m/46-11 on her second attempt to capture her first outdoor national title in the women's triple jump.

"I had a really good day today," Welsch said. "I came in with a few challenges but with the support of my husband and my coach, that's a winning team, and I gave it all I had."

The victory was Welsch's second of note on the year, coming on the heels of her win at the USA Indoor Championships in Boston in February.

"It has been a really good year for me," she said. "I can't complain. I switch feet at the start of the season which was very challenging but it has worked out for me."

**Olympic Trials champion** Michelle Carter made it two national titles in a row in the shot put, launching the sphere 18.03m/59-2 on her fourth attempt to secure the victory. Carter, the 2004 world junior champion, will make her first trip to the World Championships as a senior thrower.

"I got a little more behind the shot," Carter said of her winning attempt. "I had a harder push at the end. It turned out to be a better throw. I just had to raise the energy level for myself. I knew it was a better throw. I wasn't sure how far it went. But it was a better throw."





## ***Jeter, Rodgers win U.S. titles and remain undefeated in Visa Championship Series***

06-26-2009

Contact:  
[Tom Surber](#)  
 Media Information Manager  
 USA Track & Field  
 317-713-4690

EUGENE, Ore - Carmelita Jeter and Michael Rodgers blistered the Hayward Field track in winning their first-ever USA Outdoor sprint titles Friday at the 2009 USA Outdoor Track & Field Championships at the University of Oregon's Hayward Field.

The final event of the 2009 USATF Outdoor Visa Championship Series, the USA Outdoor Championships run through Sunday in Eugene.

### **Jeter edges Lee in Visa Women's 100m**

2007 World Outdoor Championships bronze medalist Carmelita Jeter and 2008 Olympic Trials champion Muna Lee staged a tremendous battle in the Visa Women's 100m final with both crossing the finish line in 10.78 seconds (+3.3 mps).

In the end, Jeter was declared the winner by one-1,000th of a second, 10.776 to 10.777. Jeter's best previous finish at the USA Outdoor Championship came in 2007 when she finished third.

2005 World Outdoor champion and 2007 World Championships silver medalist Lauryn Williams qualified for her third U.S. World Championships team with her third-place finish in 10.96. Alexandria Anderson was fourth in 11.00.

### **Rodgers wins men's 100 meters**

2009 USA Indoor 60m champion and two-time NAIA outdoor sprint champion Michael Rodgers, who posted the fastest time in the world this year in winning at the Nike Prefontaine Classic in a career best time of 9.94, won his first ever U.S. national title in 9.91 seconds (+3.1 mps).

Olympic Trials third-place finisher and Beijing Olympic finalist Darvis "Doc" Patton, finished as the runner-up in 9.92, with Rae Edwards finishing third in his eighth trip to the USA Outdoor Championships in 10.00. Travis Padgett was fourth in 10.02, with 2004 Olympic 200m gold medalist Shawn Crawford fifth in 10.07. 2008 Olympic 100m and 200m medalist Walter Dix finished sixth in his semifinal and did not qualify for the final.

### **Hardee wins decathlon national title**

2005 NCAA champion Trey Hardee won his first U.S. decathlon national title this afternoon, completing the two-day, ten-event challenge with 8,261 points. Hardee posted his personal best score of 8,534 points when he finished second to 2008 Olympic gold medalist Bryan Clay at the 2008 Olympic Trials. Earlier this year he was the runner-up at Gotzis with the second-highest score in the world this outdoor season of 8,516 points.

The University of Oregon's Ashton Eaton, who earlier this month successfully defended his NCAA national decathlon title with his total of 8,241 points, finished as the runner-up with 8,075 points. Olympic Trials fourth-place finisher and two-time NCAA champion Jake Arnold, who finished 13<sup>th</sup> at the 2007 World Outdoor Championships, qualified for his second U.S. World Champs team with his total of 7,984 points.

### **Oregon TC dominates men's 5,000 meters**

The Hayward Field crowd was overjoyed to see three of its own take the top spots in the men's 5,000m final.

2007 World Outdoor Championships fourth-place finisher and 2008 Olympic Games finalist Matt Tegenkamp was first across the finish line in 13:20.57 in winning his first-ever USA Outdoor title.

Two-time NCAA Outdoor 5,000m champion Chris Solinsky had his best ever finish at a USA Outdoor Championship in finishing second in 13:20.82, and Evan Jager posted a personal best with his third place finish in 13:22.18. All of the top three finishers hail from Wisconsin.

Fifth-place finisher German Fernandez set a new U.S. Junior record with his time of 13:25.46, bettering the previous standard of 13:29.98 set by Stanford's Chris Derrick in May. A freshman at Oklahoma State, Fernandez won the 2009 NCAA 1,500m title earlier this month in Fayetteville, Ark.

### **Goucher wins Nike Women's 5,000 meters**

2008 Olympic Games 5,000m and 10,000m finalist Kara Goucher faced a strong challenge from fellow 2008 Olympian Jenn Rhines in the Nike Women's 5,000 meters.

It was a two-person race for most of the last five laps between Goucher and Rhines before Goucher took command for good with 250 meters left. Goucher captured the win and her second consecutive USA Outdoor 5,000m title in 15 minutes 20.94 seconds. Goucher, who earlier qualified for the Team USA Marathon Team that will compete at the 2009 World Championships, will compete only in the marathon in Berlin.

Rhines, who has now qualified for fourth U.S. World Championships team, finished second in 15:26.92 and 2009 NCAA Outdoor champion and University of Illinois standout Angela Bizzarri finished third in 15:33.02.

### Malone wins men's discus

2004 Olympian and 1996 World Junior champion Casey Malone, 32, won his first-ever USA Outdoor men's discus title with his fourth round toss of 64.99m/213-3. 2004 Olympian Jarred Rome was the runner-up for the second time of his career at a USA Outdoor Championships with a toss of 63.48m/208-3 and three-time USA Outdoor champion and two-time Olympian Ian Waltz qualified for his third USA World Outdoor Championships team with a best of 61.91m/203-1.

### Carter, Welsch win women's field events

2008 Olympic Trials women's shot put champion Michelle Carter successfully defended her USA Outdoor title with her fourth round throw of 18.03m/59-2. The 2004 World Junior champion, Carter, who is following in her father's footsteps (Michael Carter was the 1984 Olympic silver medalist), has the farthest throw by an American this year (18.43m/60-5.75).

Three-time USA Indoor champion and 2008 Olympic finalist Jillian Camarena was the runner-up with a toss of 17.94m/58-10.25, and three-time USA Outdoor champion and 2008 Olympian Kristin Heaston placed third with a toss of 17.88m/58-8.

In the women's triple jump, two-time Olympic Trials runner-up Shakeema Welsch won her first USA Outdoor title with her second round leap of 14.30 meters/46 feet 11 inches.

Other top finishers were 2008 NCAA champion and Olympic Trials third-place finisher Erica McLain, who was the runner-up with a best of 13.91m/45-7.75 and former University of Oklahoma standout Toni Smith, who finished third with a best jump of 13.90m/45-7.25.

### Moving on up!

The opening round of the Visa Men's 110m Hurdles took place this afternoon with 2008 Olympic silver medalist and 2007 World Outdoor Championships bronze medalist David Payne winning Heat 1 in 13.48 seconds. 2008 Olympic Trials fourth-place finisher and 2004 World Junior champion Aries Merritt won the second heat in 13.34, 2008 Olympic Trials fifth-place finisher Antwon Hicks won Heat 3 in 13.41 and Dexter Faulk picked up the win in Heat 4 in 13.16.

The men's 400m hurdles qualifying featured four heats with 2008 Olympic Trials fourth-place finisher and NACAC champion Justin Gaymon winning the first heat in 49.86 seconds. Two-time Olympic gold medalist Angelo Taylor was victorious in Heat 2 in 50.79 and 2008 World Junior champion Jeshua Anderson finished first in the third heat in 50.22. 2008 Olympic bronze medalist Bershaw Jackson won Heat 4 in 50.57.

2005 World Championships silver medalist Lashinda Demus, who posted the fastest women's 400m hurdles time in the world this year with her 54.17 clocking on May 1, won the first semifinal in that event this afternoon in 54.80. Others joining Demus in tomorrow's final from this race include UCLA's NCAA champ Nichole Leach (2<sup>nd</sup>-56.59), Deserea Brown (3<sup>rd</sup>-56.85) and Latosha Wallace (4<sup>th</sup> - 56.87).

The second semifinal was won by 2008 Olympic Games silver medalist Sheena Tosta, who crossed the finish line in 55.96. Others moving on to the final include 2008 Olympic Trials champion and Olympic Games finalist Tiffany Ross-Williams (2<sup>nd</sup>-56.41), Jennifer Grossarth (3<sup>rd</sup>-58.01) and Ebony Collins (4<sup>th</sup>-58.22).

In the Visa Women's 400m semifinals, 2008 World Indoor Championships bronze medalist Shareese Woods was victorious in the first semi in 51.46. Joining her in tomorrow's final will be Monica Hargrove (2<sup>nd</sup>-51.54), 2008 Olympic Games 4x400m relay gold medalist Natasha Hastings (4<sup>th</sup>-51.59) and Keshia Baker (4<sup>th</sup>-52.10).

The second semifinal was dominated by Sanya Richards, who entered this season ranked #1 in the world by *Track & Field News* after winning the bronze medal in the 400m and gold in the 4x400m relay in Beijing. Richards sailed across the finish line in 50.96 seconds, and was followed by Debbie Dunn (2<sup>nd</sup>-51.39), Texas A&M's Jessica Beard (3<sup>rd</sup>-51.88) and Dominique Darden (4<sup>th</sup>-52.27).

Although Kerron Clement is primarily known as the 2007 World Outdoor champion and 2008 Olympic silver medalist in the 400m hurdles, he has been impressive thus far in the Gatorade Men's 400 meters here in Eugene. This afternoon Clement won the first 400m semifinal in 45.08 seconds, with Texas Tech's Gil Roberts the runner-up in 45.18. Lionel Larry, who placed third in 45.35, will move on to the final, along with the University of Florida's Calvin Smith, who finished fourth in 45.44.

In the second semifinal, 2008 Olympic gold medalist LaShawn Merritt, who is ranked #1 in the world by *T&FN*, was unchallenged in crossing the finish line first in 45.45. 2004 Olympic 4x400m relay gold medalist Darold Williamson was second in 45.97, with Miles Smith third in 46.08 and 2008 Olympic bronze medalist David Neville was fourth in 46.18.

In the Visa Women's 800 meters, the University of Michigan's Geena Gall won the first semifinal in 2:01.99. Others advancing to the final include the University of Tennessee's Phoebe Wright (2<sup>nd</sup>-2:02.11), three-time Olympian Hazel Clark (3<sup>rd</sup>-2:02.12) and North Dakota State's Laura Hermanson (4<sup>th</sup>-2:02.44).

Maggie Vessey won the second semifinal in 2:03.49, followed by Morgan Uceny (2<sup>nd</sup>- 2:04.62), Katie Waits (3<sup>rd</sup>-2:04.65) and Cal Riverside's Brenda Martinez (4<sup>th</sup>- 2:04.85).

Five-time World Outdoor Championships team member and 2004 Olympian Khadevis Robinson stayed alive in his bid for his fifth U.S. Outdoor title with his win in the first semifinal of the Nike Men's 800 meters in 1:47.66. Ryan Brown was the runner-up in 1:47.81, with 2008 Olympian Christian Smith third in 1:47.91 and Tevan Everett finishing fourth in 1:48.00.

Also earning berths in Sunday's Nike Men's 800m final will be the winner of the second semifinal and 2008 Olympian Nick Symmonds, who crossed the finish line in 1:47.50. Others advancing to the final include Karjuan Williams (2<sup>nd</sup>-1:47.50), Northern Iowa's Tyler Mulder (1:47.95) and the University of Connecticut's Michael Rutt (4<sup>th</sup>-1:47.95).

In women's 3,000m steeplechase first-round action, 2008 Olympians Jenny Barringer and Anna Willard were both victorious this evening. The current U.S. steeple record holder, Barringer won the first semifinal in 9:47.94, with Willard, the former U.S. record holder and 2008 Olympic Trials winner, winning the second semifinal in 9:52.98.

For ticket information to the 2009 USA Outdoor Track & Field Championships visit: [www.visachampionshipseries.com](http://www.visachampionshipseries.com) or [www.tracktown.net](http://www.tracktown.net). USATF welcomes you to purchase tickets with your Visa Card. Visa, the only credit card accepted by USATF.

For more information on the 2009 USA Outdoor Championships and the USATF Visa Championship Series, visit: [www.visachampionshipseries.com](http://www.visachampionshipseries.com).

© 2001-2009 USA Track & Field, Inc. All Rights Reserved.  
[Privacy Statement](#) | [Terms of Use](#) | [Other Policies](#)