



Spring 2018

USA Track & Field Iowa

Drake Relays Presented by Hy-Vee announces High School Blue Standards qualifying marks

For the second-straight year, the Drake Relays presented by Hy-Vee has announced an exciting addition enhancing its already robust high school competition.

Beginning in 2018, Iowa's top high school athletes can automatically qualify for the Drake Relays presented by Hy-Vee by achieving the Blue Standard times and marks in their respective events, Blake Boldon, the Franklin P. Johnson Director of the Relays announced Monday, Jan. 29.

"As a former Iowa high school athlete, I know that the Blue Standards would have changed my goals and how I approached my training to start each season," Boldon said.

"I hope this announcement excites Iowa's top athletes to qualify for the Drake Relays presented by Hy-Vee and gives athletes like myself who never qualified for the Drake Relays clear goals for this year and beyond."

The addition of predetermined qualification standards will not change the entry process or field sizes for high school events.

The Blue Standards were set by the Drake Relays committee based on historical data from the top 25 percent of accepted entries from past Drake Relays.

For teams and athletes that do not attain a Blue Standard, the fields will be filled through the same protocol used in previous years.



2018 Drake Relays presented by Hy-Vee High School Blue Standards			
Boys		Girls	
100m	10.80	100m	12.30
800m	1:56.30	800m	2:16.00
1600m	4:24.00	1500m	4:47.00
3200m	9:35.00	3000m	10:30.00
110mH	14.60	100mH	15.10
400mH	54.00	400mH	1:04.50
4x100m	43.80	4x100m	50.80
4x200m	1:29.50	4x200m	1:44.20
4x400m	3:23.00	4x400m	4:03.00
4x800m	8:05.00	4x800m	9:36.00
ShuttleH	58.00	ShuttleH	1:06.00
1600 Med	3:34.50	800 Med	1:49.00
High J	6-6	High J	5-5
Long J	22-4	Long J	17-8
Discus	171-0	Discus	130-6
Shot	57-0	Shot	42-0

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Iowan Shelby Houlihan earns 5th, 4th at IAAF World Indoor Championships

Shelby Houlihan, 25, a Sioux City, Iowa native, was among the 49 athletes representing the U.S. at the 2018 IAAF World Indoor Championships. Houlihan ran the 1500-meters and 3000 meters during the three-day meet, held March 2-4 in Birmingham, England.

Houlihan finished fifth in the 3000m final on Thursday, March 1 with a time of 8:50.38. Winning was Genzebe Dibaba, of Ethiopia who defended her title in 8:45.05, Sifan Hassan (Netherlands) was second in 8:45.68, Laura Muir (Great Britain) was third in 8:45.78, and Hellen Obiri (Kenya) was fourth in 8:49.66.

Houlihan finished with the fourth fastest 1500m heat time, good for a personal best of 4:06.21 and a non-automatic qualifying slot. She finished behind Hassan, Winny Chebet, of Kenya, and Rababe Araf, of Morocco.

Starting out in Lane 5 of the finals on Friday, March 2, Houlihan finished fourth in 4:11.93, behind the winner, Dibaba (4:05.27), Muir (2nd, 4:06.23), and Hassan (3rd, 4:07.26).

Houlihan posted on her Twitter account, how she was "Happy with a 5th place finish in the 3k and 4th in the 1500. Wasn't quite what I was hoping for but still excited and hungry for more."

A graduate of Sioux City's East High School (2011) and Arizona State University (2015), Houlihan currently resides in Portland, Ore., where she competes for the Nike Bowerman Track Club.

During her high school career, Houlihan lettered four times each in cross country and track & field. She



Shelby Houlihan

captured four state titles as a senior, opening with the 2010 cross country championship, becoming the first athlete from the Sioux City Metro area to ever win this race, while adding state crowns in the 400m dash, 800m run and 1,500m run.

She won eight Drake Relays crowns, including three in the 800m, two in the 1,500m, one in the 3,000m and one each in the 4x400m and 4x800m relays. She was named the Drake Relays Outstanding Female High School Performer after becoming the first high school female athlete to win three individual events in one year.

She was also named the 2010-11 Gatorade Iowa Girls Track & Field Athlete of the Year; 2010 Gatorade/ESPN Rise Iowa Girls Cross Country Runner of the Year; 2011 Sioux City Journal Metro Female Athlete of the Year; and a two-time National Scholastic Sports Foundation All-American.

As a collegiate, she was named the 2012 Pac-12 Newcomer of the Year for both cross country and track, which made her the first student-athlete in Pac-12 history to earn both the cross country and track and field Newcomer of the Year honors since the conference began awarding both in 2000.

By her senior season, she was a 2015 NCAA Woman of the Year Award nominee, while wrapping up her career as a 12-time All-American (three times in cross-country, five times in indoor, and four times outdoors), the second-most in program history.

In December, she took two weeks off for a stress reaction in her tibia, before restarting Jan. 1, in Colorado Springs during the Bowerman TC attitude camp.



**Published for
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Dan Bonthius, Sr.
Iowa City, Iowa**

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Boldon encourages those who achieve the Blue Standard to share their unique accomplishment on social media mentioning @DrakeRelays using the hashtags MYDRAKERELAYS and BLUE-OVALBOUND.

The addition of the Blue Standards for automatic qualification continues Boldon's commitment to recognize and provide opportunities for Iowa's elite high school athletes.

In his first year as the Franklin P. Johnson Director of the Relays, Boldon added a section to both the boys' and girls' 400-meter hurdles to add additional opportunities for Iowans in a strong event.

The 109th edition of the Drake Relays presented by Hy-Vee is scheduled for April, 25-28, 2018 at Drake Stadium.

High School Blue Standard Information

1. The Blue Standards do not change the entry process. As in previous years, coaches are still required to enter the athlete(s)/relay in the event on Aspiremeetz before the entry deadline. Meeting the Blue Standard in an event guarantees acceptance when the coach enters the athlete/relay in the correct Drake Relays event before the entry deadline of Thursday, April 19 at 11:59 PM.

2. Athletes/relays do not need to meet this standard to qualify for the Drake Relays presented by Hy-Vee. Field sizes will remain unchanged from 2017 and fields will be filled through the same protocol used in previous years. Complete details will be available in the high school coaches entry packet, available Friday, February 9.

3. Only three athletes per team may be entered in an individual event due to NFHS track and field rules (Rule 5, Section 2, Art.4-c). Should four or more athletes from one team meet the standard in the same event, it's up to the coach to determine which will be entered.

4. Blue Standard marks in track events must be achieved with Fully Automatic Timing (FAT). As in previous years, handheld marks will be accepted for entries, but athletes will not be considered to have attained a Blue Standard.

5. We encourage those who achieve the Blue Standard to post on social media mentioning @DrakeRelays using the hashtags #MYDRAKERELAYS and #BLUEOVALBOUND.

Complete Bulldog Double in 2018 by running in Drake Road Races

The 50th edition of the Drake Road Races will feature a new date, new fast courses, a new 10k race and finishes inside Drake Stadium on the iconic Blue Oval,

The popular Bulldog Double, presented by Wellmark Blue Cross and Blue Shield, is also back for 2018. By completing the Drake Road Races 5K, 10K, or half marathon on April 22 (in addition to the Grand Blue Mile on April 24), participants will be awarded a special commemorative medal.

The new date makes the Drake Relays Road Races the first official event of the Drake Relays presented by Hy-Vee and starts off a full week of events for the 109th running of America's Ath-

letic Classic.

The new date also allows every competitor to be one of the first athletes to cross the finish line on the Blue Oval as all three races will again finish inside Drake Stadium and lead up to the Beautiful Bulldog contest.

All finishers of the 5k, 10k and half marathon races will receive a commemorative Drake Relays Road Races 50th anniversary finishers medal, a long-sleeved technical shirt and free admission to the Thursday night Distance Carnival at the Drake Relays presented by Hy-Vee, as well as other exclusive special promotions and benefits.

No special sign up is necessary, but participants need to ensure to sign up for each of their favorite races with the same name and address. When you

have registered for both the Drake Road Races and the Grand Blue Mile, you will automatically be entered in the Bulldog Double.

Register at <http://drakerelays.org/roadraces>

Packet pick-up is on Saturday, April 21, from 10 am to 5 pm. at the Knapp Center.

Participants may also add additional meaning to their run by supporting kids with cancer and their families by fundraising or donating to the **Pinky Swear Foundation**.

Proceeds will go to help these families with financial support for basic needs (mortgage/rent payments, utilities, groceries, etc.)



Running Rampant

Race Calendar

April 20 - Dash at Dusk for American Heart Association 5K Run/Walk to Jasper - Meredith Plaza, Des Moines, Iowa. Race Info - (515) 371-5433.

April 21 - The Green 5K Fun Run & Walk for Organ, Eye and Tissue Donation Awareness - Centennial Park, Waukee, Iowa. Race Info - (515) 339-6721.

April 21 - Brain Injury Alliance Iowa Run, Walk and Roll 5K - Terry Trueblood Recreation Area, Iowa City.. Race Info - (319) 466-7455,

April 21 - Kewash Trail Half Marathon, 10K & 5K Run - YMCA on the Square, Washington, Iowa. Race Info - (319) 461-2431.

April 21 - April Run Against Cancer 5K - Harrison St. (Behind Mall), Muscatine, Iowa.

April 21 - Bandits race to Home 5K & Fun Run - Modern Woodmen Park, Davenport, Iowa.

April 21 - Linn-Mar Growl Prowl 8K 7 5K - Linn-Mar High School, Marion, Iowa. Race Info - (319) 447-3152.

April 21 - Dam to Downtown 10IK - Coralville Dam (Downtown West End), Iowa City, Iowa.

April 22-28 - Drake Relays Presented by Hy-Vee **(USATF Sanctioned)** - Drake University, Des Moines, Iowa.

April 22 - Drake Relays Road Races—Half Marathon, 10K & 5K - Drake University Campus, Des Moines, Iowa.

April 22 - Lucky Pawz Dog Jog - Terry Trueblood Recreation Area, Iowa City, Iowa. Race Info—(319) 626-7299.

April 24 - The Grand Blue Mile and USATF 1-Mile Road Championship **(USATF Sanctioned)** - Western Gateway Park - Papajohn Park, Des Moines, Iowa. Race Info - (515) 276-4286.

April 28 - Dylexia Superpower Fun Run 5K & 1-Mile - Raccoon River Park, Des Moines, Iowa. Race Info - (515) 661-4960.

April 28 - Autism Awareness 5K Run/Walk, Bare-foot Challenge - Creston High School, Creston, Iowa. Race Info - (515) 327-9075.

April 28 - Corpuscle Shuffle 5K and 1-Mile Run/Walk - 5500 Lakeview Parkway, Davenport, Iowa.

April 28 - Girls on the Run Quad Cities 5K - Credit

Island, Davenport, Iowa. Race Info - (309) 644-1015.

April 28 - Run for the Trees 5K and 1-Mile Family Fun - Iowa Arboretum, Madrid, Iowa. Race Info - (515) 795-3216.

April 29 -- Kids Run for Kids - 4K,, 3K, 2K, 1K - Brookside Park, Ames, Iowa. Race Info - (515) 233-1878.

April 29 -- Run Crandic **(USATF Sanctioned)** - Marathon, Half-Marathon and 5K - Iowa Memorial Union, Iowa City, Iowa.

May 2 - Pella Tulip Time Klompen Classic 5K Run/Walk & Kids Race - Pella Town Square, Pella, Iowa. Race Info - (641) 628-1212.

May 5 - Mike Henderson Junior High Boys & Girls State Track & Field Meet - Ames High School, Ames, Iowa.

May 5 - Cornbelt Running Club 24-Hour Run - North Scott High School, Eldridge, Iowa. Race Info - (563) 324-2250.

May 5 - Ganzo's Cinco de Mayo 5K - Ganzo's Mexican Restaurant, 3923 N. Marquette, St., Davenport, Iowa.

May 5 - Race for the Schools 5K Run/Jog/Walk - Muscatine High School, Muscatine, Iowa. Race Info - (563) 263-7223.

May 5 - Alglona 5K Glo Run - Bishop Garrigan High School, Alglona, Iowa. Race Info - (515) 295-7201.

May 5 - GMG Wolverine Run - 10K/5K - Union Grove Lake, Union Grove State Park, Tama County, Iowa.

May 5 - Central Springs Manly PTO Color Run - Manly School Parking Lot, Manly, Iowa.

May 5 - Des Moines Colon Cancer Run & Walk - Iowa Digestive Disease Center, Clive, Iowa. Race Info - (515) 288-6097.

May 5 - Bear Stampede - 10K, 5K, 1K - West Branch Elementary School, West Branch, Iowa.

May 5 - Cinco De Mayo 5K Fun Run - We Run, North Liberty, Iowa.

May 5 - Christine grant 5K run/Walk for Women Build - Terry Trueblood Recreation Center, Shelter #2, Iowa City, Iowa. Race Info - (319) 337-8949.

May 6 - Red Shoe Run/Walk **(USATF Sanctioned)** - Half-Marathon, 5K Family Fun Run/Walk & 1-Mile Race - Ronald McDonald House, Iowa City, Iowa.

May 6 - Sparkle Run 5K - DMACC Campus, Ankeny, Iowa. Race Info - (515) 971-1469.

May 6 - Des Moines Women's Half Marathon, 5K + Team Relay - Jasper Winery, Des Moines, Iowa.

May 12 - MVRA Heritage Trail Run - 10K, 5K, .15-Mile kids run - Heritage Trail, Durango Trail Head, Hwy. 52, Durango, Iowa.

May 12 - Runorwalk - Warrior Stadium, Norwalk, Iowa. Race Info—(515) 981-0619.

May 12 - Race for Hope DSM **(USATF Sanctioned)** - Water Works Park, Des Moines, Iowa. Race Info - (515) 564-6538.

May 12 - Market to Market Relay **(USATF Sanctioned)** - 75-Miles - Jefferson to Des Moines, Iowa.

May 12 - Mary's Meals Run 10K/5K - Historic Valley Junction, West Des Moines, Iowa. Race Info—(515) 802-0664.

May 19 - Strides for Clinton County Autism 5K Run/Walk - Imperial Lanes, Camanche, Iowa. Race Info - (563) 503-1809.

May 19 - Livefit with Lupus - Half-Marathon, 10K, 5K & 1-Mile Color Fun Run/Walk - Pebble Creek Golf Course, LeClaire, Iowa.

May 19 - Run with the Police 5K - Des Moines Police Station, Des Moines, Iowa. Race Info—(515) 237-1591.

May 19 - Kiwanis Tulip Festival Road Race 5K - Windmill Park, Orange City, Iowa.

May 19 - Redford Red Brick Run - 10K, 5K & 2-Mile - Taylor County Courthouse, Redford, Iowa.

May 20—Furry 5K—Big Woods Lake, Cedar Falls, Iowa. Race Info—(319) 232-6887.

May 26 - The Wild 5K - Unity Point Health-Trinity Hospital, Bettendorf, Iowa.

May 28 - The Machine Challenge 5K & 1-Mile - North Cedar Middle School, Clarence, Iowa. Race Info - (319) 331-7939.

May 26 - Booneville Backroads Ultra 10K/50K/100K/100-Mile/50K Relay - Waveland Bar & Café, Booneville, Iowa. Race Info - (515) 707-0170.

May 26 - Race of Remembrance 10K & 5K - A-P High School Track, Parkersburg, Iowa.

May 26 - Ron For Their Lives 5K & 1-Mile - Rodeo Park, Fort Madison. Race Info - (563) 379-3790

May 26 - John Wayne Birthday Celebration 5K - John Wayne Statue, Winterset, Iowa.

May 26 - Lake Icaria Trail Run 5K/2-Mile - 1730 Juniper Ave., Corning, Iowa.

May 28 - The Machine Challenge 5K - North Cedar Middle School, Clarence, Iowa. Race Info—(319) 331-7919.

May 31 - Run the Ripple 5K Twilight Run/Walk - Squaw Creek Park, Marion, Iowa.

June 2 - Dam to Dam 39 Forever **(USATF Sanctioned—Race is Full)** - Saylorville Dam Road, Des Moines, Iowa.

June 2 - Lake View Camp's Blazing the Trails 5K - Lake View Camp, 1797 Hwy. T17, Tracy, Iowa.

June 2 - Scandinavian Days 5K - Great Chamber Connection office, Story City, Iowa. Race Info - (515) 460-1749.

June 2 - Village NW 13th annual Benefit Run, Walk & Roll - Village Northwest Unlimited, 330 Village Circle, Sheldon, Iowa. Race Info - (712) 324-5416.

June 8-10 - Relya Iowa, from Sioux City to Des Moines—3 days, two nights, 339-miles. Race Info - (515) 778-8199.

June 9 - Whistle stop 5K - Stanwood City Park, Stanwood, Iowa. Race Info - (319) 331-7939.

June 9 -Trestle Hustle 5K/10K & Kids Run - Madrid High Trestle Trail by Flat Tire Lounge, 304 S. Madison St., Madrid, Iowa.

June 9 - Grandview Gallop 4M - Murphy Park on Grandview Ave., Dubuque, Iowa. Race Info - (563) 599-5198.

June 9 - Muscatine Power and Water 5K Walk/Run - Houser Street Employee Entrance, Muscatine, Iowa.

June 9 - Grimes Governors Days 5K & Fun Run—Athletico Physical Therapy, 1800 SE Gateway Dr., Grimes, Iowa.

June 9 - Whistle Stop 5K - Stanwood City Park, Stanwood, Iowa. Race Info—(319) 331-7939.

June 10 - Iowa Association JO Combined Events Championship **(USATF Sanctioned)** - Central College, Pella, Iowa.

June 16 -Iowa Association JO Track and Field Championship **(USATF Sanctioned)** - Iowa State University, Ames, Iowa.

June 17 - Iowa Association Open/Masters Outdoor Track and Field Championship **(USATF Sanctioned)** - Iowa State University, Ames, Iowa.

Patton, 72, Sickerson, 45 represent Iowa during USATF Masters Track & Field Indoor Championship

More than 1,200 participants, an all-time record for any Masters Indoor Championship, faced competition in 2,887 individual events during the USATF Masters Track & Field Indoor Championship, held March 16-18, in Landover, Md.

Two Iowans, Gary J. Patton, 72, of Rock Rapids, Iowa, and Nate M. Sickerson, 45, of Ankeny Iowa, represented the Hawkeye State during the three

-day meet. Patton, affiliated with the So Cal Track Club of Rancho Santa Margarita, Calif., competed in the 70-74 age group of the 800m, 1500m, 3000m, Sickerson, competing for the Southwest Sprinters Track Club, of Warrensville Heights, Ohio, competed in the 45-59 age group of the 60m, 200m, and 400m.

Dan J. Bonthius, Sr., 57, of Iowa City, also affiliated with the So Cal Track Club, qualified for the Championships in the 800m, 1500m, and 3000m, but did not compete here.

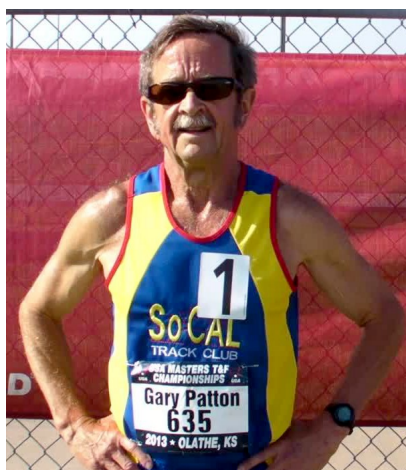
For Patton, a 2017 USATF Masters Hall of Fame member, everything he touched turned to gold. He won the 800m in a time of 2:36.42, won the 1500m in 5:35.82, and won the 3000m in a time of 11:58.49. Running the anchor leg, he helped the So Cal Track Club "A" to a first-place finish in the 4x800 meter Relay Club (with a time of 11:37.51), as well as the 4x400 meter Relay Club (5:34.40), and first in the 4x200 meter Relay Club (3:19.07).

Sickerson, a 2009 Iowa Games Athlete of the Year, placed second in the 60 meter dash preliminaries, qualifying second in his heat with a time of 7:50. He would also place second in the finals,

with a time of 7:49. Sickerson qualified for the finals of the 200m dash, after finishing third in his heat with a time of 25.13. However, he did not run in the 200m finals.

He also assisted the Southwest Sprinters Track Club "A" to a first place finish by running the second leg in the 4x200 meter Relay Club.

The team's winning time was 1:38.84.



Gary Patton



Nate Sickerson

USATF—Iowa Publication Deadlines



Winter Issue

Deadline: Nov. 27, 2018

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Spring Issue

Deadline: Feb. 26, 2018

Published: March 12, 2018

Summer Issue

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Fall Issue

Deadline: Aug. 27, 2018

Published: Sept. 10, 2018

Send all stories and photos for publication to Duff E. McFadden, USATF Iowa Communications Chair, at communications@iowa.usatf.org.



USATF Membership Application

☐ New Member ☐ Renewal from previous year – USATF Number _____

Please print or type information

Last Name	First Name	Initial
Address		
City	State	Zip Code
Sex M/F <input type="checkbox"/>	Age Today <input type="checkbox"/>	Date of Birth <input type="text"/> (MM-DD-YYYY – i.e.: 02-19-1958)
USA Citizen <input type="checkbox"/> Yes <input type="checkbox"/> No If no, country of Citizenship <input type="text"/>		
Phone Number <input type="text"/>		
Club No. _____	Club Name <input type="text"/>	
Email <input type="text"/>		

(Your membership # will be emailed to you. Your email address will not be shared with anyone.)

Please check all appropriate sports codes here:

☐ Track ☐ Field ☐ Road Running/LDR ☐ Cross Country ☐ Ultra-Marathon ☐ Mountain/Trail ☐ Race Walking

Membership Category Codes

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Please use the codes below – you may indicate one or more categories.

AT: Athlete
DA: Disabled Athlete

PA: Parent

CH: Coach
CD: Developmental
C1: Coach – Level 1
C2: Coach – Level 2
C3: Coach – Level 3

OF: Official
OA: Official – Association
ON: Official – National
OM: Official – Master

AD: Administrator
FN: Fan

By signature below, I, a prospective member of USA Track & Field, agree to abide by the applicable USATF Bylaws, Operating Regulations, and Competition Rules for my level(s) and category(ies) of membership.

Signature (If an athlete is under age 18, parent or guardian must sign)

Date of Application _____
(MM-DD-YYYY)

IMPORTANT INFORMATION: Memberships are on a calendar year basis, and expire on December 31. However, if you join between November 1 and December 31 of the current year, the membership will be valid for the following year as well.

Youth members: New or lapsed memberships must submit a copy of birth certificate or other ID.

☐ Check here if you do not wish your address used as part of a direct mail list.

Membership Fees & Registration Options

OPTION 1



JOIN ONLINE AT

www.usatf.org/membership

You will receive your new Membership # – Instantly!!

Have your previous membership # and password ready as they will be needed for the renewal process

MAIL TO YOUR LOCAL ASSOCIATION



Mail the completed application and appropriate membership fees to your local Association.

Mailing addresses can be found at www.usatf.org/associations

OPTION 2

Adult Membership (19 yrs & over)	\$ _____
\$ 30.00 (1-year)	\$ 80.00 (3-years)
\$ 55.00 (2-years)	\$ 100.00 (4-years)

Youth Membership (18 yrs & under)	\$ _____
\$ 20.00 x _____ =	\$ _____
[# of membership years]	

CONTRIBUTIONS (TAX DEDUCTIBLE) \$ _____

Please direct my contribution to ☐ LDR ☐ Youth

☐ Masters T & F ☐ RW ☐ Association Programs

☐ Unrestricted

TOTAL \$ _____

Please make checks payable to USATF.

USATF News & Notes

U.S. earns 18-medal haul at World Indoors

BIRMINGHAM, England - A six-medal afternoon on Sunday, March 4, at the 2018 IAAF World Indoor Championships at Arena Birmingham gave USATF one of its most successful performances at World Indoors.

A championship-record performance by the women's 4x400m relay team of Quanera Hayes, Georganne Moline, Shakima Wimbley and Courtney Okolo was complemented by silvers from Ajee Wilson, Jarret Eaton, Sam Kendricks and the men's 4x400m relay team.

By the end of the day, Team USATF amassed 18 total medals for these World Indoor Championships, equaling its third-best performance ever at World Indoors. Along the way, Americans racked up four championship records, an American record, and 10 performances that were the best ever by Americans at World Indoors.

In team competition, Team USATF's 18 medals led Great Britain's seven, with six U.S. gold medals to Ethiopia's four. Team USATF tallied 208 points, followed by Great Britain with 67 and Ethiopia with 57.

Americans benefit from IAAF medal reallocation

INDIANAPOLIS -- The IAAF announced the reallocation of medals during the 2018 IAAF World Indoor Championships in Birmingham, England.

Tianna Bartoletta (Elyria, Ohio) will receive gold in long jump for her performance at the 2006 World Indoor Championships in Moscow. Bartoletta leaped a then personal best 6.80m/22-3.75 on her sixth and final attempt.

Michelle Carter (Red Oak, Tex-

as) will be promoted to silver for her shot put throw of 19.58m/64-3 at the 2012 World Indoor Championships in Istanbul, Turkey.

Hyleas Fountain (Harrisburg, Pennsylvania) will be upgraded to bronze for her personal best of 4,753 points in the pentathlon at the 2010 World Indoor Championships in Doha, Qatar. Fountain won the long jump (6.46m/21-2.5) and finished second in both the high jump (1.90m/6-2.75) and 60m hurdles (8.20).

These upgrades follow disqualification of the original medalists after sanctions for anti-doping violations.

Highlights from 2018 NYRR Millrose Games

NEW YORK - The 2018 USATF Indoor Championship Series got into high gear Saturday, with two world

marks and one meet record etched in the books in women's competition at the 111th running of the NYRR Millrose Games.

The American women's 4x800 took down the world record, Shaunae Miller-Uibo tied the 300 world best, and Vashti Cunningham tied a women's high jump meet record that had stood for 29 years.

The future is equally bright as Karissa Schweizer broke the 3,000m collegiate record and Taylor Ewert broke the high school 1-mile race walk record.

For complete results from the 111th NYRR Millrose Games, including high school, college, masters and youth events, nyrrmillrosegames.org.

Register for Grand Blue Mile, watch USATF Road 1-Mile Championships

Be part of the 109th Drake Relays by joining thousands of runners and walkers in downtown Des Moines, April 24, for the Midwest's premier one-mile race and third largest road mile - The USATF 1-Mile Road National Championships for men and women at the 2018 Grand Blue Mile, and the USATF Iowa Association 1-Mile Road Championships for men and women.

"The Grand Blue Mile was created to encourage sustainable healthy habits and empower positive change," said Chris Verlengia, Wellmark Blue Cross and Blue Shield's senior brand marketing manager. "The mile is an attainable goal for Iowans at all fitness levels. Whether participants walk, run or jog, the important thing is they're getting up and being active, which is an excellent start to improving the overall health of our state."

These Championship races will compete within the Competitive Race Divisions of the Grand Blue Mile with the women starting at 6:45pm and the men at 7 p.m. All eligible participants must be active USATF IOWA members to claim state bragging rights (and medals) and to also be eligible for overall and age group Grand Blue Mile awards. Special USATF IOWA awards will be given in the Junior, Open, and Master's Divisions.

There is also a recreational division, open to all ages and abilities, including runners, joggers, and walkers

"Now in its ninth year, the Grand Blue Mile's national profile continues to grow and attract America's most decorated milers," said Blake Boldon, Franklin P. Johnson Director of the Drake Relays. "The entire Drake athletics department is proud to continue our longstanding partnership with Wellmark to bring this one-of-a-kind experience to central Iowans."

As part of Wellmark's commitment to improving the health of Iowans, all proceeds benefit Iowa Kidstrong school fitness programs and the historic Drake Relays presented by Hy-Vee.

Held annually since 2010, the Grand Blue Mile has hosted more than 30,000 participants from 26 states, six countries, and four continents.