

ALL USA TODAY girls t&f team lead and top athlete capsules / complete listing

See below for our all-usa GIRLS track & field team appearing July 2014 in USA TODAY:

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<http://www.usatodayhss.com/amfam/article/2014-all-usa-girls-track-team>

SPRINT RECORD BREAKER WHITNEY HEADS 2014 ALL USA GIRLS H.S. TRACK TEAM – AND AMERICA’S WORLD JUNIOR CHAMPIONSHIP ENTRANTS

By Fred Baer, Special for USA TODAY

Say goodbye to Marion Jones, Allyson Felix, and Angela Williams -- who have dominated the high school record book for most of the last quarter century.

Say hello to Kaylin Whitney, just finishing her sophomore year at East Ridge (Clermont, Fla.). The 16-year-old has catapulted to the top of the high school sprint record lists and leads the 2014 American Family Insurance ALL—USA girls track and field team.

In June Whitney did not even have the best high school times this year. This month she became the fastest high school sprinter ever in America and the World Youth (under age 18) record holder at both 100 and 200 meters. On consecutive days at USA Track & Field’s Junior Championships at Hayward Field in Eugene, Ore., Whitney ran 11.10 seconds for the 100 and 22.49 for the 200, both with legal aiding winds well under the allowable of 2.0 meters per second.

Whitney was surprised with her 200 meter performance on top of her 100 record. “I think more this one than the 100,” she said, “because my PR before this one was just 22.8. Yeah, it was insane. Sky’s the limit. You can only go up from here...and bringing it out in a few weeks when I come back...It really helps me get closer to that dream of being on the Olympic Team one day.”

She will begin her international dreams next week (July 22-27), however, leading Team USA at the IAAF World Junior Championships on the same University of Oregon track

Previous 100 records were 11.11 (high school) by Williams of Chino, Calif., in 1998 and 11.13 (world youth) by Chandra Cheeseborough of Ribault (Jacksonville, Fla.), at the 1976 U.S. Olympic Trials (which also was the high school record until Williams broke it).

The 200 marks were 22.51 (high school) by Felix of Los Angeles Baptist (North Hills, Calif.) in 2003 and 22.58 (world youth) by Jones for Thousand Oaks, Calif. In 1992.

There is one faster 200 mark, 22.11, by Felix -- set at high altitude Mexico City in 2004. That time has not been internationally ratified due to the lack of drug testing in conjunction with that meet. (Although the 22.11 is the “listed” American Junior record, the IAAF recognizes the 22.18 by Felix as a 19-year-old post high school pro as the World Junior record. Whitney has a few more years to straighten that out.

Not since USATF Hall of Fame member Cheeseborough, nearly four decades ago, has one athlete headed both sprint lists. And Cheeseborough’s 22.76 record at 200 meters in 1975 came with the advantage of Mexico City’s mile-high altitude, running for Team USA at the Pan American Games. Her best marks were not set the same year, let alone at the same meet.

Jones was the previous fastest high school sophomore, running 11.17 and 22.76 for Rio Mesa (Oxnard, Calif.) in 1991, before transferring to Thousand Oaks – and then 11.14 and 22.58 for 16-year-old age records. The latter mark, at the 1992 U.S. Olympic Trials, remained the official world youth (under 18) record until this month.

Whitney catapulted ahead of regular season sprint leader **Ariana Washington** of Poly (Long Beach, Calif.), a three-time All-USA sprinter who had pacesetter marks in both the 100 (11.22) and 200 (22.96) after her repeat double wins at the California Interscholastic Federation state meet last month. She also anchored retiring Poly coach Don Norford's national leading 4 x 100 meter relay for a third gold medal. A double sprint medalist at last year's World Youth Championships, Washington was runner-up in Whitney's record race this month and will join her in a featured "World" race next week.

More –

ALL-USA GIRLS NOTEBOOK:

RAVEN SAUNDERS (SHOT PUT) AND DESIREE FREIER (POLE VAULT) SET HS RECORDS – OUTDOORS & INDOORS

Two girls broke national high school records in field events this season.

Raven Saunders of Burke (Charleston, S.C.), smashed marks in the shot put outdoors (56 feet, 8 1/4 inches) and indoors (56-7 1/4). Current American record holder Michelle Carter had set the former records of 54-10 3/4 (outdoors) and 54-9 1/2 (indoors) in 2003 for Red Oak, Texas. Southern Illinois-bound Saunders wiped out a unique father-daughter high school record duo. Carter's father Michael Carter still owns the legendary boys shot put record of 81-3 1/2, set in 1979 for Jefferson (Dallas).

Desiree Freier of Northwest (Justin, Texas) did the same in the pole vault, 14-3 1/4 outdoors and 14-6 indoors – raising the latter mark more than three inches.

NEW DISTANCE STARS TAKE OVER FOR PRO MARY CAIN

Three girls cracked the all-time distance ranks, even with star Mary Cain not eligible for consideration during her recent senior high school year at Bronxville, N.Y., while competing as a professional.

Bethan Knights, Northwood (Irvine, Calif.) ran two miles in 9:53.54 to better the mark of 9:54.22 by Aisling Cuffe of Cornwall Central (New Windsor, N.Y.) in 2011. Knights, who is headed to the University of California (Berkeley) also led the season list at 3,000 meters.

Alexa Efraimson, Camas, Wash., set a high school record for the artificial 1,600 meter race (which is just short of the established mile distance), running 4:33.29. That topped Christine Babcock's 4:33.82 for Woodbridge (Irvine, Calif.) in 2008. Efraimson, a high school junior, was also leader this season at 800 and 1,500 meters, winning the USATF Junior title at the latter distance. Her 1,500 best of 4:07.05 ranks No. 2 all-time behind Cain's 4:04.62 last year.

Elise Cranny, Niwot, Colo., had moved into the No. 2 1,500 spot earlier in the season at 4:10.95 during a meet at her future college, Stanford, (which ranks as the fastest time by an eligible high school senior). She chased Efraimson to the finish at the Junior championships. Both made the USA team.

MORE ALL-USA SELECTEES SET FOR WORLD CHAMPIONSHIPS

All-USA selectees from every event group will be on the world TV stage next week for the international track federation's largest ever competition in the USA -- involving 1,546 teenage athletes from 175 countries.

In addition to the aforementioned athletes, ALL-USA selectees making Team USA for the world meet include:

Dior Hall, Washington (Denver) in the 100 meter hurdles, where she ranks as No. 2 all-time at 13.00. She won the silver medal at the 2013 World Youth Championships over the slightly lower 30-inch hurdles with a high school record 13.01 time. She is headed to Los Angeles to attend USC.

Two more reigning World Youth Championships silver medalists:

Stanford signee **Olivia Baker**, Columbia (Maplewood, N.J.), at 400 meters, and **Keturah Orji**, Mount Oliver (Flanders, N.J.), in the long jump. Both are the high school leaders in their events this season – with Orji, who is headed to Georgia, also pacing the triple jump.

Raevyn Rogers of The Kinkaid School (Houston) – who is headed to Oregon -- won the USATF Junior 800 meters to compliment her two World Youth medals (which includes a relay gold).

Ky Westbrook of Chandler, Ariz., the 2013 World Youth 100 meter champion, also made the World Junior team -- for the 4 x 100 meter relay -- along with **Teahna Daniels** of The First academy (Orlando).

--**Ashlee Moore** of Hamilton High School (Chandler, Ariz.) and **Shaina Burns** of South (Lakeville, Minn.) were the first U.S. athletes to qualify for the World Junior Championships, placing one-two in the women's heptathlon. Oregon signees Moore scored a personal best 5,418 points in the seven-event competition to move up to No. 5 on the all-time high school list. Burns, headed to Texas A & M, scored 5,363 – No. 8 all-time. Moore also placed third in the high jump at the USA Junior meet.

McLAUGHLIN TOO YOUNG FOR WORLDS BUT NO. 2 ALL-TIME

Freshman **Sydney McLaughlin** of Union Catholic (Scotch Plains, N.J.) posted a World 14-year-old best in the 400 meter hurdles, 55.63 (also the second best ever by a high school student) to finish second to a college freshman, Shamier Little of Texas A&M (55.43), at the USA Junior championships. McLaughlin is a year too young, however, to compete in the World Junior meet. Another freshman, California Interscholastic Federation champion **Reonna Collier** from Piedmont Hills (San Jose), finished fourth in 58.55 – a record for a 15-year-old high school student. Both McLaughlin and Collier broke the freshman class prep record of 58.63 set by Kendell Williams of Kell (Marietta, Ga.) in 2010. Williams is doing OK as a University of Georgia freshman. She won the USA Junior 100 hurdles title in 12.87, an American Junior record (and No. 2 all-time world Junior).

--**Vashti Cunningham**, Bishop Gorman (Las Vegas) was the top high jumper this season at 6-3 to rank NO. 3 all-time, an inch off the high school record. Her inability to make it to the USA Junior Championships was significant – as the winning mark there was 5-10 1/2.

POSSIBLE BOX/BREAKOUT – OR COULD FEATURE AT END OF LEAD...:

2013 ALL-USA STAR MARY CAIN ALSO ON THE WORLD ROSTER – AS A PRO

Although now a “pro” runner, 2013 ALL-USA team leader **Mary Cain** has just graduated from Bronxville, N.Y. and has also earned a spot on the World Junior team – in the 3,000 meters. She won that event at the USA Junior championships in 9:15.81, ahead of **Stephanie Jenks** of Lin-Marr (Marion, Iowa), who also made the World team.

Cain led the All-USA TODAY team a year ago as a high school junior, when she set prep records at 800, 1,500, and 5,000 meters.

A year ago, as a 16-year-old high school junior, she became the youngest American to make a USA (senior) national team and became the youngest athlete from any country to reach the finals of the 1,500 meters at an IAAF World Championship 1,500 meter race.

team agate/chart:

2014 All-USA girls track and field team

Teams coordinated by Fred Baer, founder, Track and Field Writers of America;

Girls selections by Mike Kennedy, high school editor of *Track and Field News*.

Criteria included ranking on USA TODAY and *Track and Field News* national lists, the number of top performances and head-to-head competition during the regular season and in major postseason meets.

Athletes are listed alphabetically in each general event area.

Races in meters unless noted. [Field events in feet and inches]

w = wind-aided (more than 2.0 meters a second).

i = performed indoors. All other marks are with outdoor specifications.

* = repeat All-USA performer.

Sprints (100 & 200)

| Athlete | High school (location) | Performances |
|-------------------------|--------------------------------|----------------------------------|
| Teahna Daniels, Jr. | The First Academy (Orlando) | 11.31, 100; 23.68, 200. |
| Candace Hill, Fr. | Rockdale County (Conyers, Ga.) | 11.44 (11.34w), 100; 23.12, 200. |
| *Ariana Washington, Sr. | Poly (Long Beach, Calif.), | 11.22, 100; 22.96, 200. |
| Kaylin Whitney, So. | East Ridge (Clermont, Fla.) | 11.10, 100; 22.49, 200. |

Trackings: Hill, the Georgia 6A state champ, was the top freshman sprinter and had third fastest 200 time this year behind record-breaker Whitney and 3-time selection Washington.

Long Sprints / Middle Distances (400 & 800)

| Athlete | High school (location) | Performances |
|-----------------------|------------------------------|---|
| *Olivia Baker, Sr. | Columbia (Maplewood, N.J.) | 52.46, 400; 2:06.01, 800. |
| *Elise Cranny, Sr. | Niwot, Colo. | 2:04.81, 800; 4:10.95, 1,500; 10:17.48, 3,200. |
| *Alexa Efraimson, Jr. | Camas, Wash. | 2:03.26, 800; 4:07.05, 1,500; 4:33.29, 1,600; 4:32.15i, mile; 9:55.92, 3,200. |
| Kaelin Roberts, Fr. | Poly (Long Beach, Calif.) | 52.52, 400. |
| Raevyn Rogers, Sr. | The Kinkaid School (Houston) | 54.51, 400; 2:04.40, 800. |

Trackings: Roberts won the California state 400 title with the fastest regular season time, but Baker lowered that at the USATF Junior championships.

Distances (1,500, 1,600, mile, 3K, 3,200, 2-mile, 5K)

| Athlete | High school (location) | Performances |
|----------------------|-------------------------------|--|
| Hannah DeBalsi, So. | Staples (Westport, Conn.) | 9:55.05, 2-mile. |
| Sarah Feeny, Sr. | Ogden, Utah | 4:39.42, mile; 10:13.86, 3,200. |
| Stephanie Jenks, So. | Linn-Mar (Marion, Iowa) | 4:42.68, mile; 9:24.67, 3,000; 10:06.54, 2-mile. |
| Bethan Knights, Sr. | Northwood (Irvine, Calif.) | 4:42.29, 1,600; 9:18.1, 3,000; 9:53.34, 2-mile. |
| Amelia Paladino, Sr. | University (Morgantown, W.V.) | 10:00.42, 3,200. |

Trackings: University of Utah-bound Feeny won the high school mile at the adidas Diamond League meet in New York, ahead of Iowa state (and Drake Relays) 1,500 meter champion Jenks. Conn. champ DeBalsi won the New Balance National invitational 2-mile. DeBalsi and West Va. champ Paladino also cracked into the all-time high school 2-mile listings behind record breaker Knights. Paladino is headed to West Virginia.

Hurdles (100, 300, 400)

| Athlete | High school (location) | Performances |
|---------------------|-----------------------------------|--|
| Tiana Bonds, Sr. | Centennial (Las Vegas) | 13.50, 100H; 40.90, 300H; 5,258, hept. |
| Reonna Collier, Fr. | Piedmont Hills (San Jose, Calif.) | 40.90, 300H; 58.55, 400H. |

| | | |
|------------------------|--------------------------------------|---------------------------|
| Alexis Duncan, So. | DeSoto, Texas | 13.33, 100H. |
| *Dior Hall, Sr. | Washington (Denver) | 13.00, 100H. |
| Sydney McLaughlin, Fr. | Union Catholic (Scotch Plains, N.J.) | 13.34, 100H; 55.63, 400H. |

Trackings: Bonds, the co-leader in the 300 hurdles (winning the Great Southwest Classic), was also the No. 3 HS heptathlete and is headed to University of Arizona. Texas 5A champ Duncan won the 100 hurdles at the New Balance Nationals.

Vertical Jumps (high jump & pole vault)

| Athlete | High school (location) | Performances |
|-------------------------|--|-----------------------|
| *Vashti Cunningham, So. | Bishop Gorman (Las Vegas) | 6-3, HJ. |
| Bonnie Draxler, Sr. | Wrightstown, Wisc. | 13-11 1/4, PV. |
| *Desiree Freier, Sr. | Northwest (Justin, Texas) | 14-3 1/4 (14-6i), PV. |
| Kaitlyn Merritt, Jr. | Santa Margarita (Rancho S.Margarita, Calif.) | 13-9, PV. |
| Lexi Weeks, Jr. | Cabot, Ark. | 14-0, PV. |

Trackings: San Diego State-bound Draxler finished second to record breaker Freier (who is headed to Arkansas) at the USATF Junior championships to earn a Team USA World berth. Weeks shares the No. 4 all-time pole vault position at 14-0. Wisconsin champ Draxler and Arcadia invitational winner Merritt also moved into the all-time top 10.

Horizontal Jumps (long jump & triple jump)

| Athlete | High school (location) | Performances |
|-----------------------|--|--------------------------------------|
| *Courtney Corrin, So. | Harvard-Westlake (Studio City, Calif.) | 20-8 1/4, LJ. |
| Margeux Jones, Jr. | Redlands, Calif. | 20-5 1/2 (20-9w), LJ. |
| *Keturah Orji, Sr. | Mount Oliver (Flanders, N.J.) | 20-11 3/4, LJ; 44-1 1/2 (44-9w), TJ. |
| Chyna Ries, Sr. | East (Denver) | 20-10 3/4 (21-4w), LJ. |

Trackings: Colorado 5A champion Ries had the longest jump, 21-4, this season, aided by wind at Colorado altitude, and also the No. 2 legal jump behind repeat selection Orji. Ries was the top high school finisher (third) at the USATF Junior championships, just ahead of Orji. Jones beat Corrin for the California state title. Corrin was the victor earlier at the Mt. San Antonio College Relays, where both athletes had their best marks, and at their State Section championship meet.

Throws (shot put, discus, hammer, javelin)

| Athlete | High school (location) | Performances |
|--------------------------|------------------------------------|----------------------------|
| *Ashlie Blake, Sr. | Liberty (Henderson, Nev.) | 53-10 3/4i, SP; 166-1, DT. |
| Raven Saunders, Sr. | Burke (Charleston, S.C.) | 56-8 1/4 (56-7 1/4i), SP. |
| *Stamatia Scarvalis, Sr. | Dos Pueblos (Goleta, Calif.) | 53-9 1/4, SP; 172-7 DT. |
| Haley Teel, Sr. | Gregory-Portland (Portland, Texas) | 51-6 1/2, SP. |

Trackings: Repeat selectees Scarvalis and Blake, No. 2 and 3 in the shot put this year behind record smasher Blake, are both headed to UCLA. Scarvalis was the California shot and discus champion. Blake and University of Alabama-bound Teel were state shot put champs in Nevada and Texas (4A), respectively.

Heptathlon

| Athlete | High school (location) | Performances |
|-------------------|----------------------------|--------------|
| Shaina Burns, Sr. | South (Lakeville, Minn.) | 5,363 |
| Ashlee Moore, Sr. | Hamilton (Chandler, Ariz.) | 5,418 |

ALL-USA SECOND TEAM SELECTIONS:

Sprints

| Athlete | High school (location) | Performances |
|------------------------|--|---|
| Diamond Spaulding, Jr. | St. Thomas Aquinas (Fort Lauderdale, Fla.) | 11.61 (11.51w), 100; 23.36 (23.00w), 200. |
| Ky Westbrook, Sr. | Chandler, Ariz. | 11.43, 100. |

Long Sprints / Middle Distances

| | | |
|--------------------|------------------------------------|---------------|
| Zola Golden, Jr. | Arlington (Lagrangeville, N.Y.) | 52.82, 400. |
| Rose Christen, Jr. | Central Kitsap (Silverdale, Wash.) | 2:05.64, 800. |

Distances

| | | |
|------------------------|--------------------------------|------------------|
| Alli Osrtander, Jr. | Kenai Central (Kenai, Alaska) | 10:03.66; 3,200. |
| Katie Rainsberger, So. | Air Academy (Colorado Springs) | 4:41.07, mile. |

Hurdles

| | | |
|--------------------|--|-----------------------|
| Ashley Miller, So. | Cherry Creek (Greenwood Village, Colo.), | 13.38, 100H. |
| Jasmine Quinn, Sr. | Fort Dorchester (Charleston, S.C.) | 13.37 (13.33w), 100H. |

Vertical Jumps

| | | |
|----------------------|--|-----------|
| Kaitlyn Merritt, Jr. | Santa Margarita (Rancho S.Margarita, Calif.) | 13-9, PV. |
| Kally Long, | Wimberly, Texas | 13-6, PV. |

Horizontal Jumps

| | | |
|--------------------|-------------------------|------------|
| Tiffany Flynn, Sr. | Miller Grove (Atlanta), | 41-11, TJ. |
| Bria Matthews, Jr. | Forest Park, Ga. | 42-1, TJ. |

Throws

| | | |
|------------------------|--|------------|
| Tairyn Washington, So. | Redondo Union (Redondo Beach, Calif.) | 163-1, JT. |
| Haley Showalter, Jr. | Valor Christian (Highlands Ranch, Colo.) | 193-4, HT. |

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