

Attendance Session Attendance: 5,791 Total Attendance: 5,791	Weather Start (4 p.m.): 60 degrees, Sunny Skies, Calm Winds 6 p.m.: 60 degrees, partly cloudy, calm winds 8 p.m.: 59 degrees, clear skies, calm winds Total Precipitation: 0
---	---

RECORDS BROKEN**WOMEN**

University-college 4x1600 relay - Oklahoma State, 18:58.11. Old record 18:58.82, Minnesota, 2010

HIGH SCHOOL**GIRLS**

Discus -- Kiana Phelps, Kingsley-Pierson/Woodbury Central, 159-4. Old record Phelps, 153-4, 2013,

MILLER RULES IN HEPTATHLON

Heptathlon winner Heather Miller of St. Paul, Minnesota, earned her first Drake Relays title. The former St. Cloud State athlete took the lead in the second event Wednesday, the high jump, and held it the rest of the way, finishing with 5,860 points. That score moves her to 11th on the U.S. list this year and is the highest winning score at the Relays since 2010. Lindsay Lettow, who won the event the past two years, was second with 5,749 points. Both athletes were NCAA Division II champions in college, Lettow at Central Missouri.

“DOUBLE Z” TAKES THE DECATHLON CROWN

Decathlon champion Zach Ziemek claimed his first Drake Relays title with a score of 7,964, 17 points shy of his personal-best score. The Wisconsin redshirt set personal-best marks during the second day in the discus (158-6) and pole vault (17-4 ½). He won the 100 meters on Wednesday in 10.68, and tied for first in the high jump with a clearance of 6-6 1/4. Ziemek's score of 7,964 points, the second-best mark in the world this season, is the best decathlon score at the Drake Relays since 1998 when Kip Janvrin won with 8,038 points.

OKLAHOMA STATE DOUBLES UP

For the second year in a row, a school has swept the men's and women's races in the university-college 4x1600 relay. The women's race came first and Oklahoma State raced to a meet record of 18:58.11. Anchor runner Natalja Piliusina, a redshirt senior from Lithuania, was the 2013 NCAA 1500 champion and is an eight-time Big 12 champion. Then it was the men's turn and the Cowboys won in thrilling fashion, Kirubel Erassa edging Tulsa's Adam Palamar at the finish to win in 16:19.47. Tulsa finished in 16:19.62. Erassa, a senior, was the junior national champion in the 5000 in 2012. Washington swept both races last year. It also has been done by Minnesota in 2009 and Stanford in 2003.

MAKE A TRIPLE FOR JENKS

Linn-Mar junior Stephanie Jenks became the second athlete to win the high school girls 3000 three years in a row. Jenks ran away from the pack early and finished in 9:33.81, the best time in the nation this year but short of her meet record (9:26.87). Jenks, the state's all-time leader in the event at 9:24.67, will have a chance next year to match Dowling Catholic's Katie Flood as the only four-time winner in the event.

THOMAS IS TERRIFIC IN BOYS 3200

Thomas Pollard of Gilbert coasted to his second Drake Relays victory in the high school boys 3200, pulling away steadily to win in 9:07.50. Pollard, the son of Iowa State athletic director Jamie Pollard, also won the event in 2013 and finished third last year. He's the state's all-time leader at 8:50.43. He'll run at Iowa State next year.

A THREESOME FOR PHELPS

Junior Kiana Phelps of Kingsley-Pierson/Woodbury Central won the high school girls discus for the third straight year and did it in record fashion. Phelps threw 159 feet, 4 inches to top the mark of 153-4 she set in 2013. She's the third athlete to win the event three straight years and will have a chance at a fourth title next year. Abby Emsick of Lewis Central is the only four-time champion (1999-2002). Iowa City West's Taylor Freeman won three straight from 2006-08. Phelps has the nation's second best throw this year at 162-10.

A HIGH JUMPING FIRST

Jeff Giannettino of West Burlington/Notre Dame became the first to win three consecutive titles in the high school boys high jump. Giannettino cleared 7-1, becoming the sixth Iowa high school jumper to go 7-1 or better. The only other jumper with three titles is Indianola's Noah Kittelson, who won in 2007, 2009, 2010. Giannettino, a senior, is headed for the U.S. Military Academy at West Point. He's also a two-time state champion in the event. His jump was the best at the Relays since Rock Valley's Darwin VandeHoef cleared 7-1 in 1988.

FINDING HER STRIDE

Women's 10,000 winner Kelsey Barrett of South Dakota is starting to get the hang of that race. Running the distance for just the second time, Barrett easily won the invitational race in 34:54.54. That was an improvement of more than 3 minutes over the first time she ran the race, when she clocked 38:05.29 in finishing sixth at the Summit League championships last May. Barrett was a four-time state cross country champion during her high school days in South Dakota.

WAYLAND BAPTIST STAR GOES THE DISTANCE

NAIA All-American Bernard Keter of Wayland Baptist proved his versatility in winning the men's 10,000. The long-striding Kenyan, a national steeplechase champion in junior college, cruised to the victory in 29:34.75. Just a week ago, he ran the 800 and the 4x400 relay at a meet in Canyon, Texas. The week before that, he ran a 1500. This was his first 10,000 at Wayland. Drake's Brogan Austin, the 5,000 champion two years ago, was second in 29:45.17.

NOW THAT'S CONSISTENT

Talking about consistency. Western Michigan freshman Maria McDonald won the women's 5,000 in 16:13.95. That's the exact time she clocked the last time she ran that distance, at the Raleigh Relays in late March. She finished seventh in that race, the only other time she has run the distance for the Broncos. McDonald was Mid-American Conference runner-up in cross country last fall.

MOVIN' ON UP

Ian Barnett of Illinois was a Drake Relays runner-up a year ago. Now he's a champion. Barnett showed a strong kick while pulling away in the final lap to win the men's 5,000 in 13:56.16. Last year at Drake, Barnett ran on the Illinois team that finished second in the 4x1600 relay. Eastern Kentucky's Ambrose Maritim ran just behind Barnett for most of the race but could not match the Illini junior's kick. Barnett finished fourth in the Big indoor 5,000 this year and took sixth in the outdoor 5,000 last May.