

THE BOWERMAN WOMEN'S FINALIST



Courtney Okolo

School	Texas
Class	Sophomore
Event(s)	Sprints
Hometown	Carrollton, Texas
High School	Newman Smith HS



2014 PERFORMANCE LEDGER

Event	Date	Rnd	Mark	Place	Race Notes	Meet	Location
-INDOOR -							
60	Jan 17	FNL	7.52	4		Arkansas-Texas	Fayetteville, Ark.
200	Jan 17	FNL	23.81	3	1s2	Arkansas-Texas	Fayetteville, Ark.
200	Feb 15	FNL	23.48	4	1s9	TysonInv	Fayetteville, Ark.
200	Feb 28	p	23.85q OT	(q6)	1h5	Big 12	Ames, Iowa
200	Mar 1	FNL	23.93 OT	6		Big 12	Ames, Iowa
400	Feb 8	FNL	52.40A	1	1s1	New Mexico Cl	Albuquerque, N.M.
400	Feb 14	FNL	52.54	2	1s2	TysonInv	Fayetteville, Ark.
400	Mar 1	p	52.72q OT	(q2)	1h1	Big 12	Ames, Iowa
400	Mar 1	FNL	51.56 OT	2		Big 12	Ames, Iowa
400	Mar 14	p	52.04qA	(q2)	2h2	NCAA	Albuquerque, N.M.
400	Mar 15	FNL	51.97A	4	2s2	NCAA	Albuquerque, N.M.
4x400	Feb 8	FNL	3:32.80A	1	1s1	New Mexico Cl	Albuquerque, N.M.
4x400	Feb 15	FNL	3:30.12	1	1s6	Tyson Invite	Lincoln, Neb.
4x400	Mar 15	FNL	3:27.42A	2	2s3	NCAA	Albuquerque, N.M.
-OUTDOOR -							
200	Apr 19	FNL	23.17	3	3s3	Johnson Classic	Waco, Texas
200	May 3	FNL	23.04w	6	1s5	LonghornInv	Austin, Texas
200	May 18	p	23.17q	(q3)	1h3	Big 12	Lubbock, Texas
200	May 18	FNL	23.33w	8		Big 12	Lubbock, Texas
400	Apr 12	FNL	51.36	1	1s1	TexasInv	Austin, Texas
400	May 18	p	50.76q	(q1)	1h1	Big 12	Lubbock, Texas
400	May 18	FNL	50.03	1		Big 12	Lubbock, Texas
400	May 31	p	51.94q	(q2)	1h5	NCAA Prelims	Fayetteville, Ark.
400	May 31	qtr	51.63q	(q2)	1h3	NCAA Prelims	Fayetteville, Ark.
400	Jun 11	semi	50.78q	(q1)	1h3	NCAA	Eugene, Ore.
400	Jun 13	FNL	50.23	1	1s1	NCAA	Eugene, Ore.
4x100	Apr 19	FNL	43.62	1		Johnson Classic	Waco, Texas
4x100	Apr 25	p	44.68q	(q4)	1h4	Penn Relays	Philadelphia, Pa.
4x100	Apr 26	FNL	43.95	4		Penn Relays	Philadelphia, Pa.
4x100	May 18	FNL	43.54	1		Big 12	Lubbock, Texas
4x100	May 31	p	43.84q	(q4)	2h2	NCAA Prelims	Fayetteville, Ark.
4x100	Jun 11	semi	43.69q	(q5)	2h3	NCAA	Eugene, Ore.
4x100	Jun 14	FNL	43.19	3		NCAA	Eugene, Ore.
4x400	Mar 29	FNL	3:26.38	1		Texas Relays	Austin, Texas
4x400	Apr 25	p	3:31.93	(q1)	1h3	Penn Relays	Philadelphia, Pa.
4x400	Apr 26	FNL	3:25.05	1		Penn Relays	Philadelphia, Pa.
4x400	May 31	p	3:28.27q	(q2)	1h1	NCAA Prelims	Fayetteville, Ark.
4x400	Jun 12	semi	3:28.89q	(q1)	1h3	NCAA	Eugene, Ore.
4x400	Jun 14	FNL	3:24.21	1		NCAA	Eugene, Ore.

2014 AWARDS & ACCOLADES

- Outdoor Collegiate Record - 400 Meters
- NCAA Division I Outdoor Champion - 400 Meters
- NCAA Division I Outdoor Champion - 4x400 Relay
- NCAA Division I Outdoor Meet Record - 4x400 Relay
- Big 12 Outdoor Champion - 400 Meters
- National Track Athlete of the Year (Outdoor)
- Big 12 Outstanding Performer of the Year (Outdoor)
- First-Team Outdoor All-America - 400 Meters
- First-Team Outdoor All-America - 4x400 Relay
- First-Team Outdoor All-America - 4x100 Relay
- First-Team Indoor All-America - 400 Meters
- First-Team Indoor All-America - 4x400 Relay
- NCAA Division I Indoor Runner-Up - 4x400 Relay
- Big 12 Outdoor Championships Record - 400 Meters
- Penn Relays Record - 4x400 Relay

2014 HIGHLIGHTS & NOTES

- Final Individual Positions on TFRRS All-College List
 - 400 meters (outdoor) - No. 1
 - 200 meters (outdoor) - No. 22
 - 400 meters (indoor) - No. 4
 - 200 meters (indoor) - No. 22
- Final Relay Positions on TFRRS All-College List
 - 4x100 meters (outdoor) - No. 3
 - 4x400 meters (outdoor) - No. 1
 - 4x400 meters (indoor) - No. 2
- 3-0 in outdoor 400 meters finals; 1-3 indoors (two runner-up finishes)
- World leader at 400 meters outdoors as of June 25
 - Also the No. 4 performance
- No. 1 on the all-time collegiate performers and performances list at 400 meters outdoors - **COLLEGIATE RECORD**
 - 50.03 to win Big 12 Championships
 - Also equal to No. 5 on performance list with 50.23 to win NCAA Championship, making her just one of two women with two all-time top-five times
- No. 2 on all-time collegiate performances list in 4x400 relay outdoors AND indoors
 - 49.58 split in NCAA Outdoor Championship meet-record 4x400
 - Third-fastest in meet history; Fastest ever in meet history by an underclassman
 - 51.12 split in runner-up NCAA Indoor Championship 4x400 that surpassed previous collegiate record
- First woman to split sub-50 at both the Penn Relays and the NCAA Outdoor Championships
 - 49.7 split in Penn Relays meet record 4x400
 - Second fastest in meet history by a student-athlete from an American institution

#(or X or CR), #C - Position on the all-time collegiate performers list (CR is collegiate record; X denotes ranked with better mark), all-time collegiate performance rank (ex. 2, 4C means the performer is No. 2 on the all-time collegiate list, while their time is ranked No. 4 all-time among collegiate marks - the performer above them has multiple marks better)
(a-c: #, #C) - All-conditions ranking in collegiate history, including wind-aided performances ==# or =#C is a tie on performer/performance list
CB - Combined event result