

THE BOWERMAN MEN'S FINALIST



RAI BENJAMIN

| | |
|-------------|---------------------|
| School | Southern California |
| Class | Junior |
| Event(s) | Sprints/Hurdles |
| Hometown | Mount Vernon, N.Y. |
| High School | Mount Vernon HS |



2018 PERFORMANCE LEDGER

| Event | Date | Rnd | Mark | Overall | Race | Notes | Meet | Location |
|----------------|---------------|------------|----------------|----------------|------------|--------------------------------|---|-------------------------------|
| INDOOR | | | | | | | | |
| 200m | Feb 10 | FNL | 20.97 | 4 (3c) | 1s1 | (Peebles, Fasasi) | Tiger Paw | Clemson, S.C. |
| | Feb 16 | FNL | 20.55 | 1 | 1s6 | | Ark Qual | Fayetteville, Ark. |
| | Mar 9 | p | 20.56 | (4) | 2h2 | | NCAA DI Indoor | College Station, Texas |
| | Mar 10 | FNL | <u>20.34</u> | 3 | 1s1 | NR-ANT (Hall, Oduduru) | NCAA DI Indoor | College Station, Texas |
| 400m | Feb 24 | FNL | 45.94 OT | 1 | 1s1 | | MPSF | Seattle, Wash. |
| 4x400 | Feb 10 | FNL | 3:01.98 | 2nd leg | 1 | 1s1 | 44.63 split; x, 7W; x, 4 C Tiger Paw | Clemson, S.C. |
| | Mar 10 | FNL | 3:00.77 | 2nd leg | 1 | 1s4 | 44.35 split; WB; CR; MR NCAA DI Indoor | College Station, Texas |
| OUTDOOR | | | | | | | | |
| 400m | Apr 21 | FNL | 44.74 | 2 | 2s2 | (Norman) | Mt. SAC | Torrance, Calif. |
| 400H | Apr 29 | FNL | 49.84 | 1 | 1s1 | | UCLA-USC | Westwood, Calif. |
| | May 12 | p | 49.80 | (1) | 1h2 | | Pac-12 | Palo Alto, Calif. |
| | May 13 | FNL | 48.46 | 1 | 1s1 | | Pac-12 | Palo Alto, Calif. |
| | May 24 | p | 50.12 | (2) | 1h6 | | DI West Prelims | Sacramento, Calif. |
| | May 25 | qf | 47.98 | (1) | 1h2 | x, 5C | DI West Prelims | Sacramento, Calif. |
| | Jun 6 | sf | 49.66 | (2) | 1h1 | | NCAA DI Outdoor | Eugene, Ore. |
| | Jun 8 | FNL | 47.02 | 1 | 1s1 | =2, =2W; CR; MR; NR-ANT | NCAA DI Outdoor | Eugene, Ore. |
| 4x100 | Mar 17 | FNL | DNF | --- | s1 | | Trojan Inv | Los Angeles, Calif. |
| | Apr 29 | FNL | <u>38.89</u> | 1 | 1s1 | | UCLA-USC | Westwood, Calif. |
| | May 13 | FNL | 39.38 | 1 | 1s1 | | Pac-12 | Palo Alto, Calif. |
| | May 26 | p | DNF | --- | h1 | | DI West Prelims | Sacramento, Calif. |
| 4x400 | Apr 29 | FNL | 3:06.86 | 1 | 1s1 | | UCLA-USC | Westwood, Calif. |
| | May 26 | p | 3:01.11 | (1) | 1h2 | | DI West Prelims | Sacramento, Calif. |
| | Jun 6 | sf | 3:01.30 | (4) | 2h1 | 44.1h split | NCAA DI Outdoor | Eugene, Ore. |
| | Jun 8 | FNL | 2:59.00 | 1 | 1s1 | 43.6h split; CR; MR | NCAA DI Outdoor | Eugene, Ore. |

(fastest second leg split in meet history)

2018 HIGHLIGHTS & NOTES

- **All-Time Indoor World Best - 4x400 Relay**
- **Collegiate Outdoor Record - 400 Meter Hurdles**
- **Collegiate Outdoor Record - 4x400**
- **Collegiate Indoor Record - 4x400**
- **NCAA DI Outdoor Champion - 400 Meter Hurdles**
- **NCAA DI Outdoor Champion - 4x400 Relay**
- **NCAA DI Indoor Champion - 4x400 Relay**
- Pac-12 Outdoor Champion - 400 Meter Hurdles
- Pac-12 Outdoor Champion - 4x100 Relay
- MPSF Indoor Champion - 400 Meters
- Outdoor First Team All-American - 400 Meter Hurdles
- Outdoor First Team All-American - 4x400
- Indoor First Team All-American - 200 Meters
- Indoor First Team All-American - 4x400 Relay
- Final individual positions on 2018 collegiate list
 - 400 Meter Hurdles (outdoor) - No. 1
 - 400 Meters (outdoor) - No. 8
 - 400 Meters (indoor) - No. 14
 - 200 Meters (indoor) - No. 3
- 5-3 in sprint and hurdles finals this season
 - 3-0 in 400 Meter Hurdles
 - 0-1 in 400 outdoors, losing only to Norman
 - 1-0 in 400 indoors
 - 1-2 in 200 indoors
- Broke the **COLLEGIATE RECORD** and **NCAA CHAMPIONSHIPS RECORD** in the 400 Meter Hurdles with a time of 47.02 at the DI Outdoor finals in Eugene
 - Lowered the standard of 47.56, set by Kerran Clement in 2005
 - Ties Edwin Moses as the second fastest man in world history.
- Helped break the **COLLEGIATE RECORD** and **NCAA CHAMPIONSHIPS RECORD** in the 4x400 with a time of 2:59.00 at the DI Outdoor finals in Eugene
 - Lowered the 2005 standard of 2:59.59, set by LSU
 - According to Track & Field News, ran the fastest second leg split and sixth-fastest overall in meet history (43.6h)
- Helped break the **COLLEGIATE RECORD** and set an **ALL-TIME WORLD BEST** in the 4x400 with a **NCAA CHAMPIONSHIPS RECORD** time of 3:00.77 at the DI Indoor meet in College Station
 - Lowered the standard of 3:01.98, set by his team earlier that year
- Established new national records for Antigua and Barbuda indoors in the 200 meters and outdoors in the 400 meter hurdles.

(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; underlined marks indicate season's best in that event