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Ducks, UW, USC & Penn State battle at Hayward Field in Pepsi Invitational

BY OREGON NEWS LAB | SATURDAY, APRIL 9TH 2016

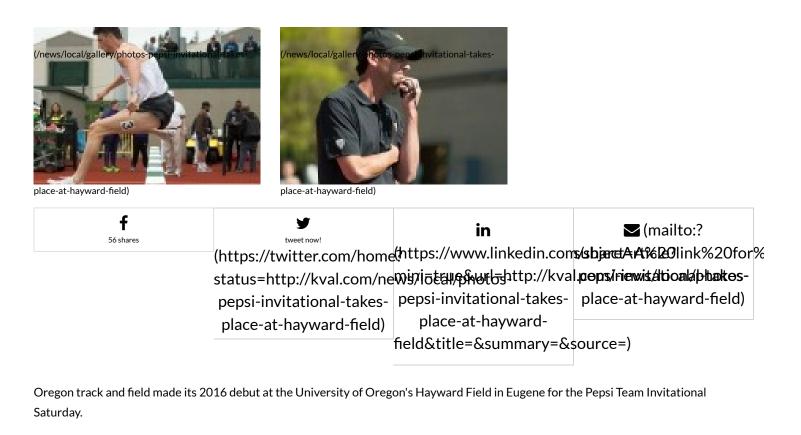


Oregon Ducks Khadeja Jackson leaps over the hurdles in the womens 400 meter hurldes. Jackson placed fourth with a time of 59.97. Photo by August Frank, Oregon News Lab

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Pac-12 foes USC and Washington joined Penn State in the field of four teams.

Oregon men end day in a 'freaking tie' after final race of the Pepsi Invitational

By Joseph Hoyt

The Oregon men's track team didn't lose the Pepsi Team Invitational on Saturday, but that wasn't enough to make coach Robert Johnson happy.

"I freaking hate ties," Johnson said, "and I hate losses even more. A tie kind of feels like that."

A third-place finish for the Ducks in the 4x400 relay - the final event of the meet - combined with a Penn State victory resulted in an unusual tie between the two teams, which each finished with 181.5 points.

"Penn State is the real deal," Johnson said.

Johnson said there were both good and bad moments for his team during Saturday's meet.

Redshirt sophomore Devon Allen highlighted the good. Allen, who missed all of last track season after tearing his ACL in the Rose Bowl, returned to Hayward Field, winning the 110-meter and 400-meter hurdles.

5/15/2016

"Devon's a stud," Johnson said.

Allen also competed in the 4x100 - which Oregon won - and 4x400 relays. Running in four events, separated by an average span of 44 minutes, was tiring for him, especially because he had said earlier in the week that he wasn't 100 percent healthy.

"It was more like a workout, and I came out healthy," Allen said. "A little bit tired, but that's good."

With his family in town, Allen had breakfast at the Wild Duck Café, just across from the University of Oregon campus. Usually a disciplined eater, Allen elected to stray away from a normal pre-meet meal. Instead, he loaded up on what he called a "hearty" meal: corn beef, hash browns, an egg and a pancake.

Allen had doubts about being a part of the 4x400 team - that is, until he puked.

"I was tired," Allen said. "I was talking to my coach about not running it. Then I went over and threw up and I felt better. I decided to do it to finish out my workout."

Running in four events, so close in proximity to each other, had its challenges. But Allen pulled through.

"The only other person I know that can do that," he said, "is Edward Cheserek."

Cheserek, who has won 13 NCAA titles in an Oregon uniform, was a little "dinged up" heading into Saturday's meet, according to Johnson. The Oregon coaching staff tried to hold Cheserek out of racing, but Johnson said Cheserek had other ideas.

"He wanted to push through and run here for our fans, unbeknownst to us trying to get him not to," Johnson said. "That's who he is and the type of commitment he has."

Cheserek lost to Washington's Corey Gilbert by just over six seconds.

"Probably next time we'll exercise veto power no matter what," Johnson said.

Despite the tie, Johnson recognized that his athletes worked hard. He also said going up against some good competition like Penn State is beneficial.

"For us to compete the way we did today, this weekend," he said, "I think it bodes well for us moving forward."

Oregon's Marcus Chambers (400) and Greg Skipper (men's hammer throw) also won individual events on Saturday.

Big breakfast, big day: Devon Allen dominates at Pepsi Invitational

By Madison Layton

Even a breakfast of corned beef hash and eggs with a pancake and four events wasn't enough to stop Devon Allen at the Pepsi Invitational Saturday. The Oregon sophomore plowed through his event schedule, winning the 110-meter hurdles and 400-meter hurdles, and helping Oregon's relay teams to a win in the 4x100 meter and a third place in the 4x400.

Never one to doubt himself, Allen acknowledged the difficulty of his schedule.

5/15/2016

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"Being able to run four events at 25 or 30 minutes apart, the only other person I know that can do that is Edward Cheserek," Allen said, referring to his distance-running teammate, a 14-time All-American, 13-time NCAA champion in track and cross country.

Allen opened the event-heavy day with a big breakfast at the Wild Duck restaurant with his family.

He followed up the breakfast by competing in the short relay, running the first leg. He quickly gained ground for the men's team on the opening corner before handing off to Kirk Merritt, who maintained that speed.

The men won the relay in 40.06 seconds, edging Penn State by less than a half second.

Next up was Allen's specialty, the 110 hurdles, which was 25 minutes later. He came of the blocks strong and maintained until about the halfway mark, at which point he said he "just fell apart."

For Allen, falling apart means losing some form, yet still winning the event and securing a meet record in 13.40.

Allen maintained his meet momentum, running the 400 hurdles just over an hour later.

In this race, the dual-sport athlete went hard the first 100 meters, making up the stagger. With 300 to go, Allen had the clear advantage. He finished the race a second off his own personal best in 52.25 for his third win of the day.

With just one event to go, Allen started to feel sick. That big breakfast began catching up to him, and he questioned if he wanted to compete in the last event of day: the 4x400 meter relay.

"I talked to my coaches about not running," Allen said. "But then I went and threw up and felt better."

Allen took on the second leg of the relay for the Ducks, who took third in the event in 3:15.50 behind Penn State and Washington.

Though he confirmed he will be competing for the Ducks next weekend in the Oregon Relays, joking that he may even compete in the decathlon, for today, Allen is going to take things easy.

"I'm going to go hang out with my family tonight, enjoy the day," he said.

Welcome to Hayward Field: Alaysha Johnson wins the 100 hurdles after yearlong absence

By Joseph Hoyt

In order for someone to make a comeback, that person first must fall.

Oregon redshirt freshman Alaysha Johnson's yearlong resurgence back to the track reached a high point on Saturday afternoon.

After missing her entire freshman season with an injury, Johnson - the 2013 Texas Gatorade Track and Field Athlete of the Year - made her first appearance at Hayward Field, beating teammate Sasha Wallace to win the 100-meter hurdles at the Pepsi Team Invitational.

Johnson posted a time of 13.06 seconds - a personal best and a meet record. Crossing the finish line as fast as she did came at a surprise - especially when her only expectation was to simply finish the race. She competed in four events, a bigger workload than she's used to.

"I was nervous to see if I could actually finish every event I stepped on the track for," Johnson said. "But I believed in my training, and [coach Robert Johnson] kept telling me I could do it."

5/15/2016

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Johnson also competed in both relays and the 400 hurdles, where she came in third in 59.18. USC senior All-American Jaide Stepter won the race with a meet-record time of 55.91.

It wasn't easy for Johnson to spend her freshman season in college watching her teammates perform rather than compete alongside them. But seeing her team win the first women's national championship for Oregon in 30 years motivated her.

"It put me in the right mood to grind and get ready for this year," she said.

On Saturday, Johnson finally got her chance to step on the Hayward track in an Oregon singlet. Nerves hit her before the race, but the anticipation of finally hearing her name echo across the field's speakers kept her excited.

Once Johnson crossed the finish line, public address announcer Paul Swangard did one more than simply announce her name.

"Welcome to Hayward Field, Alaysha Johnson," Swangard said.

"It felt great," Johnson said, flashing a smile. "It's nice to feel welcomed."

Earlier in the week, at TrackTown Tuesday - a public event designed to promote the Eugene track scene - Oregon coach Robert Johnson was asked about athletes on his team that fans could expect to make a name for themselves this outdoor season. The big names, like Devon Allen and Edward Cheserek, obviously stood out. The Oregon coach also pinpointed Alaysha Johnson as someone primed for success. She lived up to his words Saturday.

"That was a huge PR for her," Robert Johnson said. "I'm thrilled at her continued resurgence from her high school days."

Cheserek has 'hiccup,' finishes second in Pepsi Invitational 5,000

By Jonathan Hawthorne

The 5,426 Oregon track and field fans at the Pepsi Invitational on Saturday had likely penciled in a win for Edward Cheserek in the 5,000meter race.

They didn't know that before the race, the Oregon coaching staff tried to keep Cheserek from competing. The 13-time NCAA champion powered through but didn't have enough to win, finishing in 13 minutes, 50.82 seconds for second place. It was only his second loss in eight races at Hayward Field.

Washington's Colby Gilbert took the top spot in 13:44.96. Oregon's Jake Leingang finished third in 14:07.95.

"We had a little hiccup today with Cheserek, but kind of had an idea of that coming in," Oregon coach Robert Johnson said. "He wanted to push through and run here for the fans."

Cheserek ran just behind Gilbert for much of the race, but Gilbert stretched his lead in the meet's final individual race with 200 meters to go. Cheserek shut it down and did not respond to Gilbert's final 60-second lap.

"For the last lap, I knew he's got a really explosive kick," Gilbert said. "I was waiting for him to go but he wasn't there. By the time I hit the 100, I saw I had a huge gap, so I let up a little bit."

Gilbert said before the final lap, he "tried to pound it and take as much out of him as I could."

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Cheserek had pushed past the coaches' recommendations to sit out the race.

"Probably next time we'll exercise veto power there no matter what. He's been dinged up for the last " Johnson paused. "We don't talk about injuries. He's pushing through."

Oregon declined to make Cheserek available for a media interview.

Gilbert's surprising race wasn't enough to power the Huskies past the Ducks in the team rankings, however. Oregon and Penn State tied for first with 181.5 points, UW finished third with 168 and USC placed fourth with 94 points.

Gilbert has raced Cheserek a few times, so he knows how dangerous his kick can be. But Gilbert didn't minimize the impact of a win over the reigning 5000-meter NCAA indoor champion.

"It shows that he has to be ready to run if he wants to race me," Gilbert said.

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