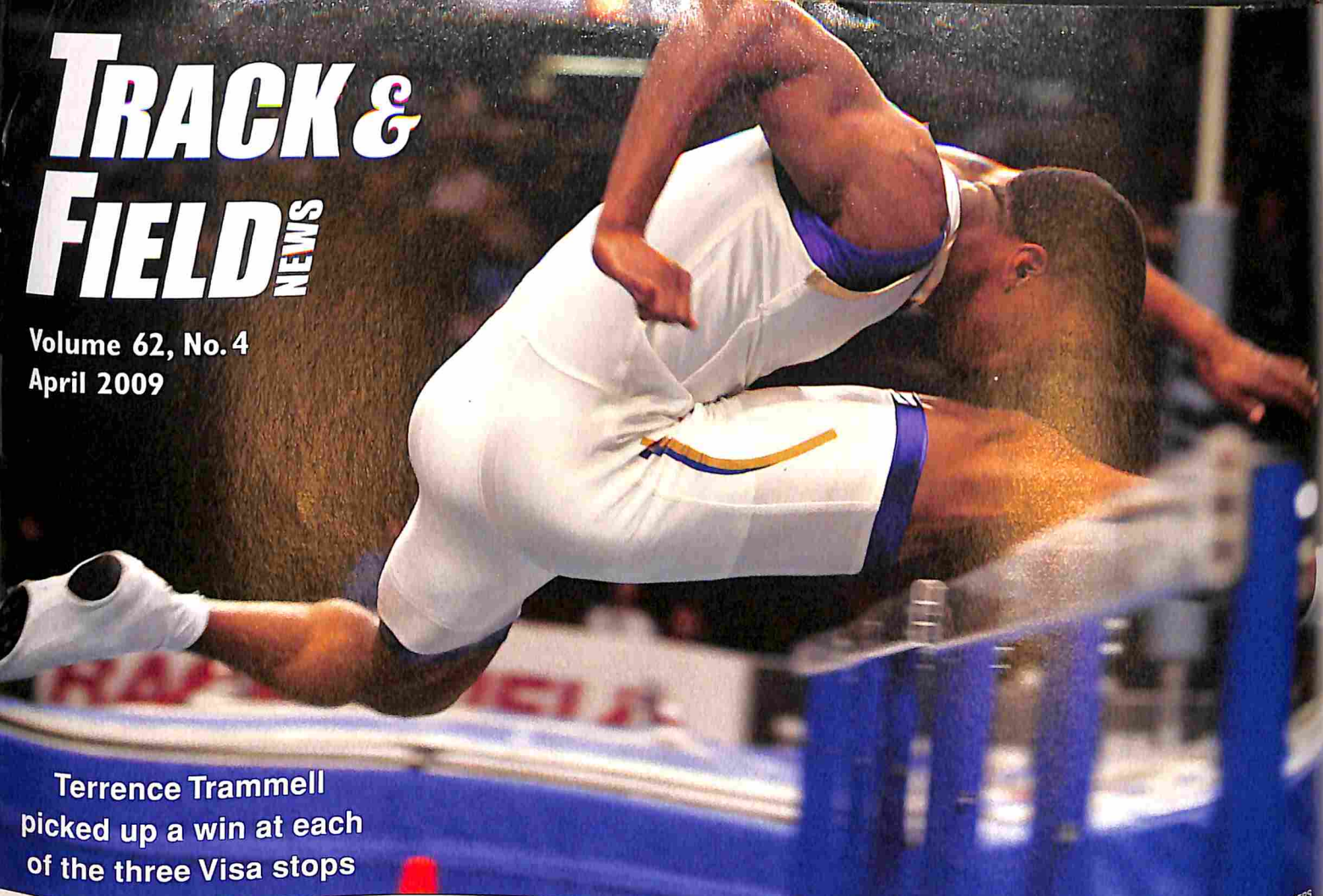


# TRACK & FIELD NEWS

Volume 62, No. 4  
April 2009



BRIAN J. MYERS

**Terrence Trammell**  
picked up a win at each  
of the three Visa stops

## Major Features

- 8** **Knocking On Bubka's Door**  
*Steve Hooker threatens World Record in vault*
- 16** **ARs For Stuczynski & Flanagan**  
*A big night at the Reebok/Boston Indoor*
- 20** **WRs For Defar & Isinbayeva**  
*The European Circuit features all-time bests*
- 22** **Young Collegians Running Wild**  
*Record-breaking times by Fernandez & Rupp*
- 25** **The New 10 Commandments**  
*USATF's Task Force makes its recommendations*
- 28** **T&FN Interview: Deena Kastor**  
*An intriguing visit with the U.S. marathon great*
- 32** **A Small-College Guy Comes Up Big**  
*Nick Symmonds has become the top U.S. 800 runner*

## Meet The Stars

- Jenn Stuczynski.....17
- Jesse Williams.....21
- German Fernandez.....23
- Sally Kipyego.....24
- Shannon Rowbury.....34
- Robby Andrews.....38

## Departments

- From The Editor.....6
- Yelena Isinbayeva Poster .19
- High School News.....38
- TrackShorts.....42
- On Your Marks.....44
- Status Quo.....45
- Last Lap.....46
- For The Record.....46
- Stat Corner.....47
- BioFile (Usain Bolt).....48
- Letters To The Editor.....49
- We Think.....49
- Meet Schedule.....50
- Next Month.....50

• cover photo of Galen Rupp  
by Cheryl Treworgy/Pretty Sporty •

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# Everything Track & Field SPECIAL



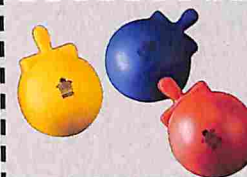
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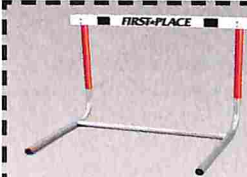
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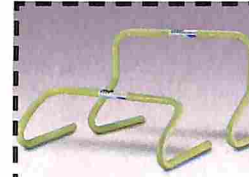
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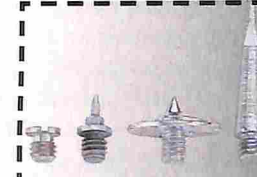
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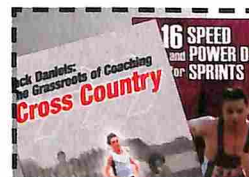
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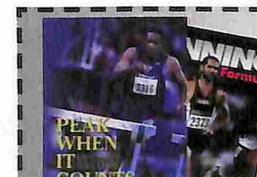
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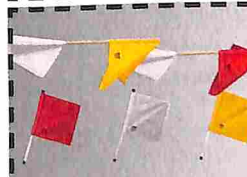
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APRIL 2009

**A 3:56 Mile For Fernandez**

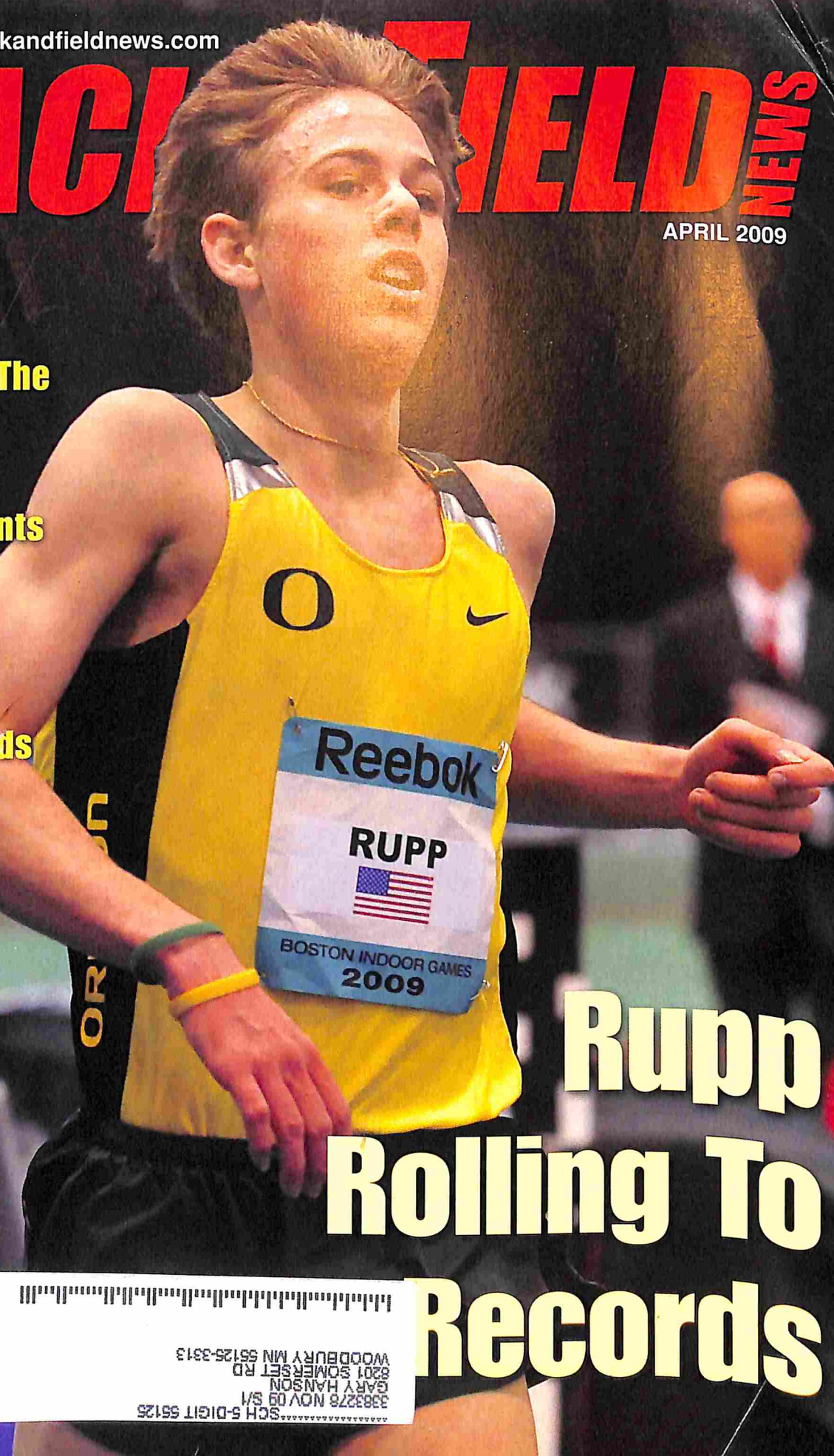
**Hooker Tackles The 20-Foot Barrier**

**USATF's New 10 Commandments**

**World Records By Defar & Isinbayeva**

**American Records By Flanagan & Stuczynski**

**Deena Kastor Interviewed**



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