

## 2007 NCAA Indoor Throws



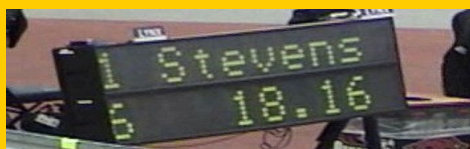
### Men's Weight Throw

The men's weight throw was the first competition in the throws. Egor Agafonov (KU) set the tone early in the second round with a season and personal best of 23.60M. Cory Martin (Auburn) gave chase all the way and this competition was not over until the final throw. The picture above depicts Egor Agafonov's maximum extension on his best effort.



### Women's Shot Put

The women's shot was very competitive. The lead changed by 1cm in the final effort from Michelle Carter (Texas) 18.12M. Michele has a reputation as a strong meet closer and proved herself again at this meet. The arena was electrified as Sarah Stevens (ASU) was next to throw in her 6th attempt. Sarah responded and delivered the goods with a 18.16M personal best.





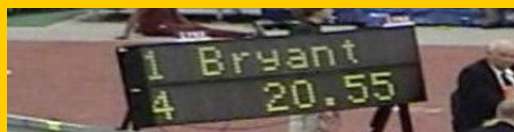
## Women's Weight Throw

The competition was sizing up to be close when Jenny Dahlgren (GA) warmed up with an approx' 24M throw. As the competition progressed Brittany Riley (SIU) increased her lead to 25.05M WR followed by her last effort 25.56M WR. Some among the competitors were repeatedly distracted by white powder in the ring which apparently made it slick. The residue was dropped by competitors from the head of the weight primarily intended as a marking aid.



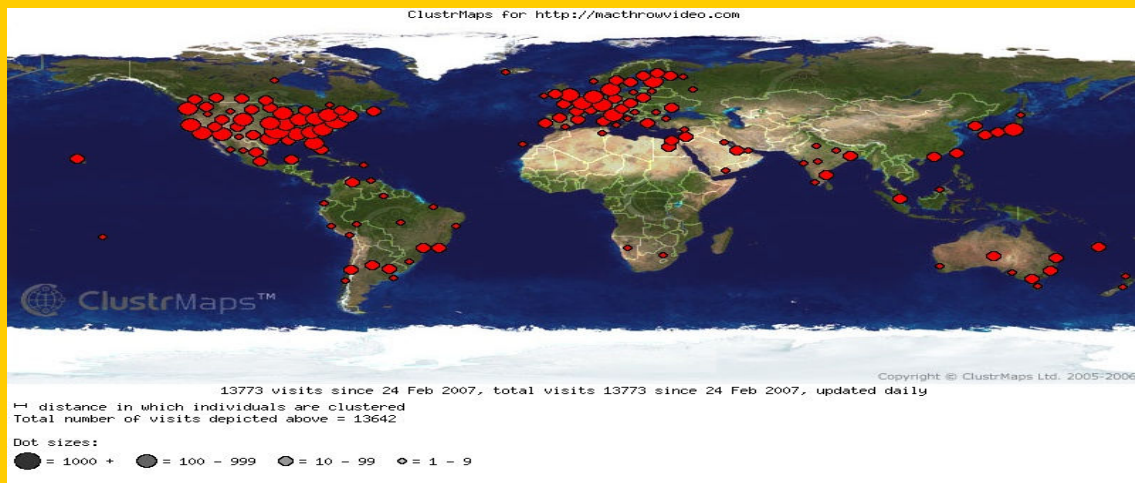
## Men's Shot Put

Season and personal bests were a big component in this competition. Ryan Whiting (ASU) took the early lead with a personal best of 20.01M. Noah Bryant (USC) then took over the lead with a "pumped up throw" in the 4th round of 20.55M. Russ Winger (Idaho) followed closely in the 5th round with 20.52M. Midway through the final round the shot competition received a several minute pause for recognition of officials and the national anthem. Bad timing. It was however a great competition with the top three recording life-time bests.





- Kibwe Johnson (Ashland) record throw of 25.08M made it a difficult choice for thrower of the week. The magnitude of Brittany Riley's throw in conjunction with the world record status seemed a compelling factor with the voters.
- Geek stuff:  
A software program to track visits and I.P. addresses was added February 24th. The map below shows the clusters of visits from across the globe. Cool stuff.



- A calendar was added to the home page and will periodically update upcoming competitions..
- Mac Throw Video now operates off two servers. This was done to split the peak loads and not overwhelm a single hosted server. If you have good knowledge on how to set up a virtual or dedicated FrontPage based server please email me.

**Throw Far and Loud!**

**MAC**