

J463: TRACK BUREAU

CRN 31622

Spring 2022

6-7:50 p.m. Tuesday and Friday

Plus significant weekend time at competitions

Allen 303 and Hayward Field

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Student drop-in hours:

- Appointments available here: <https://calendly.com/lorimshontz>

Welcome to track class and what I like to think of as the SOJC Track Bureau family. This class is all about two things: deadline and teamwork.

Oh yeah. It's also about the sport of track and field, which is part of the fabric of Eugene and the University of Oregon. This is, truly, the only place in the world where I could teach an entire class about the sport. And it's also the site of the 2022 World Athletics Championships, which is the biggest single-site sports competition in the world except for the Olympic Games. (The World Cup has multiple sites and a lot fewer athletes.) Everyone in this class will have a chance to continue covering the sport through worlds, July 15-24, as a paid intern working as a full-time journalist or comms person. That's not required, but the opportunities are available.

We are going to cover every major event at Hayward Field except the high school state championships – that's seven competitions in 10 weeks -- so there will be a lot of results-oriented coverage. But you will have opportunities to tell the stories of everyone from recreational runners to world-record holders. And you'll have opportunities to dig into issues, too. Covering sports, I like to say, is a lot like getting your vegetables and your dessert at the same time: People pay attention to your work because it's sports, and sports also are a way to illuminate issues of race, gender, class, world and national politics, you name it.

At their best, sports bring joy. We'll capture some of that.

Three notes before we dig in:

- **The pandemic isn't over.** This class and the competitions we cover are in person, but I am mindful that a COVID-19 spike could happen and that some of us may get sick or need to help sick family members or friends. I've built this class so that there is a remote option if needed, but the class is primarily taught in person.
- **This class has flexibility.** Let me know what kinds of stories you want to tell and what kind of platforms you want to use. Be creative!
- **This class is challenging.** It's going to be especially challenging after two years of remote and hybrid learning. The pace of this class is going to be an adjustment for all of us, me included. That's OK. We'll learn together. And we'll have fun. That matters.

WHAT YOU'LL LEARN

Like a good feature story, this course works on two levels. Both are important.

Level One: This course will prepare you to be a professional sports journalist or public relations professional. Specifically, we'll be covering the track beat. You'll conduct extensive research to write advance stories and prepare statistical packages. You'll do everything at an event from producing game stories to live tweeting results to promoting our coverage: *all on deadline*. You'll look for trend and profile stories. You'll pitch your work. And your work will be published. This class will prepare you to cover the World Athletics Championships at Hayward Field in July 2022 if you are interested in continuing.

Level Two: This course will teach you to cover any community, any beat. We're going to immerse ourselves in the history of track and field in Eugene, learning about the community and why the sport matters. We're going to develop contacts and sources. We're going to learn the strategies and techniques involved in each of the individual events. We'll delve into the lifestyle of college and pro athletes. You will leave this class knowing how to think like a journalist, something you will be able to transfer to any beat or story, whether you're covering high school sports, the Olympics, education policy, environmental issues, Eugene city council or the White House.

Specifically, by the end of the course, you'll be able to do the following:

- Disseminate accurate results and quotes on deadline.
- Craft stories (regardless of platform or medium) that go beyond the basic results to explain how and why the results occurred.
- Develop research and interview skills to increase knowledge of both the sport and the community that cares about it.
- Integrate background research and interviews into daily coverage.
- Generate compelling and newsworthy story ideas and angles—both in advance of the event and during coverage of the event.
- Use social media to follow the sport, cover events and promote your work.
- Collaborate with classmates to produce comprehensive coverage of local, national and international track events.

You're also going to learn two other vital skills: to be flexible and to work as part of a team.

- **On flexibility:** News doesn't happen on a schedule, even when events are on the calendar ahead of time. News will happen. Guest speakers will cancel – or suddenly become available. COVID protocols could return. I will adjust assignments and the class schedule accordingly.
- **On being a team player:** You are not competing with each other for stories or for grades. Track meets are big, difficult events to cover. It will be confusing and stressful at times—just as it is in a professional newsroom. This class is as close as you can get to working in a professional newsroom in college, although first and foremost it is a learning opportunity. You'll get plenty of practice time and plenty of help and editing. To make this work, everyone is going to have to help each other. We need to be, truly, the SOJC's track *team*.

HOW CLASS WILL WORK

The Technology:

- **Canvas:** The lessons, assignments and other materials you need for this class are at canvas.uoregon.edu; log in with your DuckID.
 - **Technical support:** If you have questions about accessing and using Canvas, visit the [Canvas support page](#). Canvas and Technology Support also is available by phone or live chat: [541-346-4357](tel:541-346-4357) | livehelp.uoregon.edu.
 - **If you face Internet access challenges:** Companies are offering free access during this challenging time. To learn more about options, visit Information Services' [web page on going remote](#).
- **Zoom:** You can access this video conferencing system through the Canvas page. [Here's the link](#): The password: PreLives!
 - This recurring link is primarily for our remote guest speakers. It's also in case COVID spikes and we need to go remote. If you are sick and/or need to quarantine, this link will help you keep connected. Let me know if you need to use it, and be aware that I am primarily teaching in person. This is a back-up system for us.
- **Slack:** You will receive an invitation to our SOJC Track 22 channel, which we will use to communicate with each other during event coverage. ***Make sure you've downloaded the app on your computer and your phone and have enabled notifications.***
 - [This quick start guide](#) will give you a brief intro to the platform. You'll pick up more as we go.
 - This is my primary means of communicating with the class – there are a lot of moving parts with media availabilities during the week and details when we're at meets. I don't want anything to get lost in email.
- **WordPress:** [Our SOJC Track website](#) is built on WordPress, and you'll receive an invitation to join the site as a writer. You will write your stories there, and I'll edit them there.
- **Other platforms:** We're going to publish in as many ways as we can:
 - SOJCTrack Twitter
 - SOJCTrack Instagram
 - SOJC Track Soundcloud (we need to set this up, or an alternative, simple audio platform)
 - If you have ideas for something else we need, let me know. Do we need SOJCTrack TikTok? I don't think we're going to have the access we need for a Vimeo or YouTube channel, but I'm open to it.

COVID-19 protocols:

- **Masking in class:** The University of Oregon has dropped its mask requirement; masks are optional for everyone on campus. **I am wearing a mask in class, and I want to tell you why:** Because I don't know who among you may be immunocompromised, have friends or family who are immunocompromised, and/or spend time around children under the age of 5, who cannot yet be vaccinated. ***A pandemic is a public health problem, not a personal one, and I want to protect our community as well as myself.***

- **Masking at Hayward Field:** Almost every event we cover this term will have a different organizer. We'll get protocols as part of the credentialing process, and we will all need to follow them. Don't be surprised if we need to get tested and/or are required to wear masks – even though we are outside.
- **If you feel sick: DO NOT come to class and DO NOT go to the track** – it doesn't matter whether it's COVID. If you are feeling up to it, you will be able to participate with remote guest speakers via Zoom or a follow-up video, and/or help with coverage remotely. Let me know on Slack or via email what's going on.
- **Masks and hand sanitizers:** I'll have both; let me know if you need anything. Let's do our best to keep everyone healthy.

WHAT YOU'LL DO

The heart of this class is deadline coverage of competition. We will work seven major track and field competitions at Hayward Field, both as journalists and as communications professionals.

Important: By registering for this class, you have committed to attend – that may include virtually – the events listed below. Unless you're sick, have a family emergency or have a religious observance, missing these events will drop your grade. Contact me as soon as you can if you can't make it.

Hayward Field events: It's likely you will be on site one day and off site the other; again, COVID-19 protocols and space considerations are factors. Assume that you are working all of these days, as we discussed in the winter term informational meeting.

- **Week One, April 1-2, Friday and Saturday:** Hayward Premiere
- **Week Four, April 21, 22, 23, Thursday, Friday, Saturday:** Oregon Relays/USATF Grand Prix
- **Week Five, May 1, Sunday morning:** Eugene Marathon
- **Week Six, May 6, Friday:** Oregon Twilight Meet
- **Week Seven, May 13, 14, 15, Friday, Saturday, Sunday:** Pac-12 Championships
- **Week Nine, May 27, 28, Friday and Saturday:** Prefontaine Classic
- **Finals Week, June 8, 9, 10, 11, Wednesday, Thursday, Friday and Saturday:** NCAA championships

OPTIONAL Magic Boost: You are invited – but not required – to attend Zoom sessions that are part of the Magic Boost, a program for young track and field creators organized by Chris Chavez of CitiusMag and by Mixed Zone Media. The program's goal is to diversify coverage of the sport, putting more young people and more people of color and more women in the credentialed media ranks and telling stories in ways that aren't always inverted pyramid or results oriented.

I assist with the educational part of the program, which includes talks from professionals working in sports media. It's a cool complement to what we do in this class.

We will also work with the “boosters,” as we call them, at the Prefontaine Classic. Stay tuned for info about a possible tour of Hayward Field and in-person sessions before the meet.

All of these sessions are on Wednesdays, 5 p.m. to 6:15 p.m.:

- **April 13:** Concept of Story with Chris Chavez and Lori Shontz
- **April 20:** Improving your interviews with Coach Chris Bennett (Nike Running App) & Ali Feller (Ali on the Run podcast)
- **April 27:** Finding your voice on social with Kyle Merber (former professional runner, now author of The Lap Count) & Karen Ramming (director of NIL for University of Washington, formerly social media director for Golden State Warriors)
- **May 4:** Athlete Voice with Michelle Sammet (international sports communications consultant who works with World Athletics)
- **May 11:** Hard News & Profile Writing with Erin Strout (freelance writer), Jonathan Gault (LetsRun.com) & Liam Boylan-Pett (Lope magazine)
- **May 18:** Broadcast interviewing with John Anderson (ESPN) and & Lewis Johnson (NBC)
- **June 1:** Freelance with writers Emilia Benton & Taylor Dutch

Time commitment: Track meets are long. I make every attempt to stagger your shifts and to accommodate your work schedules and other classes, but realize that you're going to be spending **at least four or five hours working on every competition day.** That's watching your event(s), doing interviews, writing or shooting photos/video, editing with me and, most likely, revising your work. This is in addition to background research for events, keeping up with news in the sport and Tuesday classes.

Zoom for virtual press conferences: If you're doing interviews on Zoom, you need to include in your Zoom name "SOJC Track Bureau" so people know who we are. (And so I can continue to brand the bureau, which matters.)

WHAT YOU'LL READ, LISTEN TO AND WATCH

You will receive free access to [RunnerSpace](#), which includes race videos, interviews and written coverage of the sport. Your login is the email you used in the track class application form. Everyone's password is g0Ducks72. (Yes, that's a Zero after the lowercase g.)

You need to buy one book:

- Pre: The story of America's greatest running legend, Steve Prefontaine, by Tom Jordan.

You need to subscribe to this Twitter list:

- <https://twitter.com/lshontz/lists/sojctrack>

You need to subscribe to these newsletters:

- [The Lap Count](#), by Kyle Merber
- [Fast Women](#), by Alison Wade

IMPORTANT reference websites you need to bookmark:

- [Rookie Road Track and Field](#): Excellent reference with the basics of every event and some of the strategy. Know what you're covering.
- [Conversion standards for field events](#): We write for U.S. audiences, which understand yards and feet and inches, but track is an international event, so results are often in meters. DO

NOT GOOGLE to convert. Different events have different conversions. Use the Field Event Mark Conversions.

All other readings, podcasts and videos will be links or PDFs posted on Canvas. Here's a selection of the media you'll be consuming:

Book excerpts:

- A Race Like No Other: 26.2 Miles Through the Streets of New York by Liz Robbins
- Bowerman and the Men of Oregon by Kenny Moore
- Shoe Dog by Phil Knight

Websites:

- [LetsRun](#)
- [NBC Olympics](#)

Podcast:

- [Citius Mag podcast](#)

Video:

- [The Hunt](#): A documentary produced by Tracklandia, directed by RJ Nichols and produced by Jeff Merrill, this 30-minute piece tells the story of one of the greatest 5,000-meter races run on U.S. soil—at night, on the Nike track in the woods in Beaverton.

WHAT I EXPECT FROM YOU

Professional conduct at events, including, if necessary, virtually:

- Be on time for assignments.
- Meet deadlines.
- Be accurate. If you make a mistake, correct it as soon as possible. Be straightforward with your editor(s) and with readers/listeners/viewers about what happened.
- File stories that are clean, grammatically correct and conform to AP style and SOJC Track style.
- Be available for edits and questions.
- Dress neatly and professionally—no UO gear, especially. To quote my mom: “Don’t wear anything with writing on it.” Yes, this counts for Zoom as well as in person. See me if this is a problem.
- No cheering or clapping in the working media areas. We are NOT fans.

Participate, and be respectful:

- Be curious and ask good questions of our guest speakers.
- Give and take constructive criticism in class and in the working media areas.
- Share links—good writing, interesting track stories, etc.—in our Slack channel.

Have fun!

- We're going to work some bananas hours, meet some fascinating people, cover some world-class athletes and watch some world-class athletic events. What could be better?

WHAT YOU CAN EXPECT FROM ME

One-on-one feedback: When we are covering an event, I work with you in real time as you report and craft your stories. Sometimes, I'll literally edit your work as you watch. Other times, I'll make suggestions, and you'll revise on your own. I will also be in the interviews to help you with the general procedure, questions and follow-up questions.

Prompt feedback: For in-class exercises and out-of-class assignments, my goal is to return your assignment—with feedback and, if applicable, a grade—before the next such assignment is due. If something prevents me from achieving this, I will let you know ASAP. I will return any advance stories with extensive suggestions for revision.

High standards: This class is not easy. We are reporting stories for publication. You will be held to a professional standard.

Help: I repeat: *This class is not easy. It is fun, but it is not easy.* (Really, that could be said for everything in journalism.) And as I said, you'll get a lot of feedback. If you need help understanding it or using it, let me know. We can Zoom or email. If my comments on your work are unhelpful or if you don't understand them, tell me. To repeat: Communication is a two-way street: I will work to hold up my end of the deal.

COMMUNICATING WITH ME

My favorite part of teaching is talking with students—getting to know you, coaching you, connecting you with former students I think you should know. So please don't hesitate to contact me with questions, suggestions ... even complaints. I mean it.

This is how you can reach me—and how I'll reach you. Communication is a two-way street, and I'll do my best to hold up my end.

- **Slack:** I'm available via direct messages, or you can tag me in one of the channels.
- **Email:** I am reachable at lshontz@uoregon.edu, and I'll get back to you within 24 hours.
 - **Because I am working nearly all Friday nights and weekends this term, I am taking Mondays off.** I'll get back to email mid-morning on Tuesdays.
- **Student drop-in hours:** We'll start the term on Zoom; as it progresses, I may return to in-person in Allen 328.
 - <https://calendly.com/lorimshontz>

Important: If something's not working for you, let me know as soon as you can.

BASIC NEEDS

If you have challenges outside the classroom that are making it harder for you to learn, there is help for you. If you're comfortable telling me about any such challenge you are facing, please do so. If there is anything I can do to help, I will.

You can also get information and help at these links:

- **Mental health:** The UO's [Counseling Center](#) is open; see the link for information about in-person appointments and remote options.
- **Food:** If you are having trouble affording food, please [visit this webpage](#), where the UO has a list of resources and programs with free food.
- **Internet:** If you are having trouble getting online, please [visit this webpage](#), which has some no-cost and low-cost options for students.
- **Computer:** [Visit this webpage](#) for information on loaner laptops. [This webpage](#) has general support for "going remote."
- **Accessible Education Center:** I know that some of you may have disabilities or other health conditions that make remote instruction more difficult. And as always, the University of Oregon is working to create inclusive learning environments. I encourage you to contact the [Accessible Education Center](#) in 164 Oregon Hall at 541-346-1155 or uoaec@uoregon.edu.
- **In general:** If you are having trouble connecting with the university in any way, email uoadvising@uoregon.edu.

GRADING

This class doesn't lend itself to a traditional rubric because much of what we write will be for publication. My relationship with you will be as much editor-reporter as teacher-student. You will receive extensive editing and feedback throughout the term, and the goal is for you to develop into a student journalist producing professional-quality journalism. I'll determine final grades on this basis:

- **Final portfolio, primarily event coverage:** 50 percent
- **Reporting Assignments (questions, backgrounding) and Instant Replays:** 30 percent
- **Professionalism:** 20 percent

For J563: If you are taking this class as a graduate student, you will be required to submit additional material for your final portfolio. Your coverage analysis will encompass the full term.

- **Final portfolio, both event and background coverage:** 50 percent
- **Reporting Assignments and Instant Replays:** 30 percent
- **Coverage analysis:** 10 percent

- **Professionalism:** 10 percent

ACADEMIC INTEGRITY

The University Student Conduct Code (conduct.uoregon.edu) defines academic misconduct. Students are prohibited from committing or attempting to commit any act that constitutes academic misconduct.

In J463/563—and in any journalism class or environment—that means the following:

- **Do not plagiarize:** Do not copy someone else’s work and pass it off as your own. That includes the work of professional reporters as well as the work of your classmates, friends, family, fraternity brothers, sorority sisters, teammates, roommates, fellow club officers, etc. You get the picture.
- **Attribute your work properly:** Use first and last names for everyone you quote or paraphrase in a story. Quotations are direct quotes—don’t tweak what someone said to make the sentence sound better. If you use information from another news source, attribute it to that source. If you’re writing online, link it. It’s good manners toward fellow journalists and transparency for your readers. Both matter.
- **Don’t copy directly from websites or other background sources:** This is plagiarism, too. Don’t think you can fool me—or your readers—by changing a word or two around. That doesn’t fly. Again: Attribute your work properly.
- **Do not make things up:** Don’t invent sources, facts, people, scenarios, scores, quotes, etc. I truly hope this is self-evident.
- **Do not interview family, friends and/or acquaintances:** Credibility is everything. If you use people you know well as sources, your readers have cause to doubt whether you are being fully truthful or withholding information that would be damaging to those close to you.

If you plagiarize or otherwise violate these principles of academic integrity on any assignment, graded or non-graded, you will flunk this class. Period.

WRITING CENTRAL

Need another pair of eyes on your writing? Need someone to brainstorm interview ideas with? You should. No one writes in a vacuum, especially journalists, whose work informs the public.

Starting Week Two, you can get that help at Writing Central, where trained undergraduate coaches help with everything from fleshing out story ideas to crafting stronger sentences and improving your grammar/AP style. Coaches also can help with resumes and cover letters, personal statements and scholarship applications.

Feedback is available through live Zoom appointments or a Drop-n-Go service, in which you submit your work and receive feedback within 48 hours. To make an appointment or use the Drop-n-Go feature, visit writingcentral.uoregon.edu.

DIVERSITY AND INCLUSIVENESS

The best journalism reflects the community it covers. That's why I am passionate about increasing and maintaining diversity in newsrooms. If everyone is the same gender, race, ethnic group, sexual identity, religion, etc., you're going to produce a homogenous publication that is at best boring, at worst riddled with errors of fact and/or omission.

In this class, I will encourage open inquiry, freedom of expression and respect for difference. I expect you to respect the differences among you and your classmates and between the class and me. I will respect yours. We can certainly disagree—in fact, I expect that we will at times. But we can all respect each other, and we can all learn from each other.

If anything in this class makes you uncomfortable, let me know ASAP. Let's talk about it.

SCHEDULE

A warning that THIS WILL CHANGE: I'm finishing this two days before classes start, and much of the schedule is still in flux, including media availability for the Week One competition at Hayward Field. I will continually update this schedule on Canvas. Stay tuned to Slack for the latest details.

The basic weekly schedule:

- **Monday:** Reflections and/or questions for guest speakers due.
- **Tuesday's class:** Guest speakers, some remote, some in person. We'll also do some writing practice and have discussions about events issues in the sport.
- **Friday:** If you're covering a meet, you'll have your background research due. Sometimes this changes based on the event schedule.
- **Friday:** Event coverage or class. If it's class, we'll be working on craft – writing, social media, video, etc.
- **Saturday (and occasional Thursdays or Sundays):** Event coverage.
- **After event coverage:** You'll do an Instant Replay, which is a very short reflection in which you'll tell me what you did well and what you want to do better the next time. This is how you improve at the craft. Think of this as the equivalent to athletes breaking down film.

Bonus coverage opportunities: There may be other opportunities during the week, including Oregon track and field media availabilities, USA Track and Field media opportunities, pop-up track meets, etc. I'll announce on Slack. Stay tuned!

Week One, March 28-April 3: Going no warm-up

No sense in waiting around! We've got a two-time Olympic gold medalist visiting in the first official minute of class, and we've got a meet to cover at the end of the week. This might feel a bit chaotic, especially after two full years of remote and hybrid classes. But mostly it'll be fun.

- **Due 11:59 p.m. Sunday, March 27:** Reflection: Eugene track history.
- **Due 11:59 p.m. Monday:** Reporting Assignment: Questions for Christian Taylor
- **Class guest:** Christian Taylor, two-time Olympic gold medalist in the triple jump and president of The Athletics Association, a group looking to elevate athletes' voices in the sport
- **Due noon Friday:** Reporting Assignment: Hayward Premiere background
- **Competition, Friday and Saturday:** Hayward Premiere
- **Due 11:59 p.m. Sunday:** Instant Replay: What you learned covering the Hayward Premiere

Week Two, April 4-10: Outside the lines

We're going to slow down a bit and discuss the history of track and field in Eugene and why it matters – and connect that to why the World Athletics Championships are happening here this summer. We'll also do some writing practice.

- **Due 11:59 p.m. Monday:** Reflection: Track and Field Bureaucracy and Big International Events
- **Class guest:** Zach Lawson, UO athletic communications contact for track and field
- **Due 11:59 p.m. Thursday:** Reflection No. 3: Steve Prefontaine, Matthew Centrowitz and distance racing strategy
- **Friday class:** Writing practice: middle distance events

Week Three, April 11-17: Building a base

Our guest this week is Raevyn Rogers, who is pictured on the tower at Hayward Field primarily for her performance at the 2017 NCAA championships: Her anchor leg on the 4x400 relay clinched the outdoor team title and capped the "Triple Crown," as the women had also won NCAA titles in cross country and indoor track.

At this writing of this syllabus, Raevyn is scheduled to come to class on Friday. But my GoogleCal didn't indicate that date is Passover, and I am trying to move her to Tuesday's class so that we can all take Friday night off. Stay tuned.

- **Due 11:59 p.m. Monday:** Reporting Assignment: Questions for Raevyn Rogers
- **Class guest:** 800-meter runner Raevyn Rogers, world silver medalist and Olympic bronze medalist
- **Note:** If Raevyn comes Tuesday, we will not meet Friday. If she can't change, we will meet Friday, and I understand that those of you who are Jewish may not be able to attend.

Week Four: April 18-24: Settling into the pace

We're back to Hayward this week for the Oregon Relays (Thursday and Friday) and the USATF Grand Prix (Saturday). We'll spend Tuesday's class doing a deep dive into background research so you're ready for the weekend, and we'll get some professional guidance from SOJC graduate Kevin Sully, who is part of the track nerd crew at FloTrack. We'll be working for Flo a few times during the season, providing mixed zone video.

- **Due 11:59 p.m. Monday:** Reflection: Sprinting, with a focus on starts and technique
- **Class guests:** Jeff Oliver, director of media operations, Tracktown USA, and Kevin Sully, FloTrack
- **Due noon of competition day:** Reporting Assignment: Oregon Relays/USATF Background
- **Thursday, Friday and Saturday coverage:** Oregon Relays
- **Due 11:59 p.m. Sunday:** Instant Replay: What you learned covering the Oregon Relays/USATF Grand Prix

Week Five: April 25-May 1: Technique work

Get ready now: We're covering the Eugene Marathon on Sunday morning, and we'll be meeting at Allen Hall at 6 p.m. YES, that's before sunrise. And YES, you're going to get some great stories. Marathons are dramatic events, and not just for the winners.

We've got two great guests this week: Jake Willard is an SOJC track alum, and he's done everything covering events to designing t-shirts, logos and even stuffed animals for local track organizations. Lauren Goss's work includes athletics, and she'll take us beyond the traditional narrative of track and field's history in Eugene. You'll get some great story ideas.

- **Due 11:59 p.m. Monday:** Reflection: The Craft of Track and Field coverage
- **Class guests:** Jake Willard, director of communications, Tracktown USA, and Lauren Goss, special collections public service librarian, Knight Library
- **Friday's class:** We'll meet for an hour to discuss Sunday's coverage.
- **Sunday coverage:** Eugene Marathon. Meet at 6 a.m.
- **Note on your marathon stories:** We'll set individual deadlines, depending on whether you're doing event coverage or feature stories or covering the race via social. **Instant Replay:** What you learned covering the Eugene Marathon, will be due with that story.

Week Six, May 2-8: Picking up the pace

This week starts the second half of class, which is hugely competition heavy. We'll be backing off reflections and the big-picture (we'll return in June, for those of you continuing on through the world championships) and getting into the nitty-gritty of consistent event coverage. The second half of this class is what I call "reps."

- **Due 11:59 p.m. Monday:** Reporting Assignment: Questions for Jessica Hull
- **Class guest:** Jessica Hull, 2018 NCAA outdoor 1,500-meter champ for Oregon, 2021 Olympian for Australia
- **Due noon Friday: Reporting Assignment:** Twilight Meet background
- **Friday coverage:** Oregon Twilight Meet
- **Due 11:59 p.m. Sunday:** Instant Replay: What you learned covering the Oregon Twilight Meet

Week Seven, May 9-15: High intensity training

The Pac-12 championships are coming to campus for the first time since 2017, and this is a terrific chance to get experience and face time with athletes you're going to see again at NCAAs. We will also visit with Jessi Gabriel, who has been involved in the promotion and administration of just about every major track and field event around here for several years. She's a pro's pro.

- **Due 11:59 p.m. Monday:** Reflection No. 6: Focus on field: Jumping and throws
- **Class guest:** Jessica Gabriel, director of communications, Oregon 22
- **Due noon Friday: Reporting Assignment:** Pac-12 championships background
- **Friday, Saturday and Sunday coverage:** Pac-12 championships
- **Due 11:59 p.m. Sunday:** Instant Replay: What you learned covering the Pac-12 championships

Week Eight: May 16-22: Recovery week

Great athletes incorporate rest into their training. So will we. We'll meet Tuesday to plan for the next week, which is a big one, but that's all we'll do. (The high school state championships are at Hayward, but we won't be covering them.)

- **Tuesday's class:** Prefontaine Classic prep

Week Nine, May 23-29: Raising the bar

This is it—what we've been working toward. It's the Prefontaine Classic, one of the best meets in the United States, in our backyard. We'll cover it extensively. We'll have some exclusive access to top professionals on Thursday, the official press conference and Distance Night in Eugene on Friday, and the Diamond League event on Sunday.

Some of you will be working as reporters; others will be part of the comms staff, moderating a Virtual Mixed Zone and cutting video for social media.

- **Due 11:59 p.m. Monday:** Reporting assignment: Questions for class guest
- **Class guest:** TBA
- **Due noon Friday:** Reporting Assignment: Pre Classic background

- **Thursday, Friday, Saturday coverage:** Prefontaine Classic
- **Due 11:59 p.m. Sunday:** Instant Replay: What you learned covering the Pre Classic

Week 10, May 30-June 5: A brief taper

We've got some downtime as we prepare for the longest meet of the season and potential freelance assignments. If I can squeeze in one more guest, we'll have one. Stay tuned.

- **Class guest:** TBA
- **Friday's class:** NCAA championships preparation

Finals Week, June 6-12: Championship Week

Your "final exam" is covering the NCAA championships. We'll focus on Oregon, the overall team races and also do some freelance work for news outlets across the country who want coverage of their local athletes. Everyone is required to cover two days of the meet. I will work with your finals schedule and, for seniors, any graduation-related events you are attending.

- **Wednesday through Saturday coverage:** NCAA championships