

# EA WR Grad Jayden Ulrich Makes History at Louisville in Shot Put, Discus

by Dan Brannan, Content Director  
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BLOOMINGTON, IND. - East Alton-Wood River grad Jayden Ulrich broke Louisville University School records in her first outdoor meet of the season in both the shot put and discus. She also topped off a fantastic weekend and qualified for the Olympic Trials. Her discus throw of 60.16 meters (197-4) placed second at the Texas Relays. Jayden also broke the school record in the shot put with a toss of 59-00.75 meters.

Indoors, she finished as a First Team, All-America in the shot put.

"This was a dream from the start since her sophomore year in high school," East Alton-Wood River Track and Field and Cross Country Coach Russ Colona said.

## **Ulrich's Indoor Track and Field Accomplishments this year at Louisville:**

- **USTFCCCA Indoor First Team All-America, Shot Put (2024)**
- **ACC Indoor Champion, Shot Put (2024)**
- **All-ACC Indoor First Team, Shot Put (2024)**
- **ACC Women's Field Performer of the Week (Jan. 16, 2024; Jan. 30, 2024; Feb. 6, 2024)**

## **CAREER HONORS (at Indiana):**

- **USTFCCCA Indoor Second Team All-American, Shot Put (2023)**
- **USTFCCCA Outdoor Honorable Mention All-American, Shot Put (2022, 2023)**
- **USTFCCCA Outdoor Honorable Mention All-American, Discus Throw (2022)**
- **NCAA East Region Preliminaries Qualifier, Shot Put (2022, 2023)**
- **NCAA East Region Preliminaries Qualifier, Discus Throw (2022, 2023)**
- **Big Ten Outdoor Gold Medalist, Discus Throw (2022)**
- **Big Ten Indoor Bronze Medalist, Shot Put (2023)**
- **Big Ten Outdoor Bronze Medalist, Discus Throw (2023)**

## **Prior to College at EAWR:**

Personal Bests: Discus: 168'1.75", Shot Put: 51'10.75"

No. 2 Senior Shot Putter in the Country

No. 5 Discus Thrower in the Country

