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DONNIE COWART (USA) Mizuno -

800m (1:51.0) / 1500m (3:43.56) / 3k Steeple (8:26.38)

5000m (i) (13:54.76) / 8k (road) (22:57) / 10k (xc) (30:24.1)



Height:

Weight:

PRs:

Born: Rustburg, VA

Current Residence:

High School: Rustburg High, VA

College: VMI

VMI School Record Holder, All-American Steeplechaser ...

Cowart's 2009 collegiate season was headlined by his All-American steeplechase performance at the NCAA Championships. During his final outdoor track season as a Keydet he also set a new VMI record in the steeplechase and was the Big South steeplechase champion. He also had a strong indoor season, including being named the Track Performer of the Meet at the Big South Indoor Championships and setting a new VMI record in the mile run at the ICAAAA Championships. Also, Cowart shared the Big South Track and Field Athlete of the Year honor with

Liberty's Sam Chelanga. Cowart had the opportunity to finish out his college career at the US Track and Field Championships where he finished 11th in his heat. Donnie joins Ragged Mountain Racing with the goal to build upon the success he was blessed with his final collegiate season in the Steeplechase.