KU & K-State Track Athletes have Good Outing in Day 1 of NCAA Track Day one got underway yesterday in the NCAA Track and Field championships at Drake Stadium in Des Moines, Iowa and there were some top performers from the Kansas State University and the University of Kansas.

For Kansas State, senior, Mantas Silkauskas took home a seventh place finish in the long jump with a leap of 25 ft 4 1/2 inches. A pair of Silkauskas teammates will try and defend their NCAA championships today, as Eri Kynard will participate in the high jump and Ryann Krais and Mairead Murphy will compete in the heptathlon.

For KU the big story of the day was the performance of thrower, Mason Finley who took home a national runner-up finish in the discus throw with a massive toss of 200 ft 2 inches. Finley will also compete in the shot put on Saturday. Other top finishes on the day by KU athletes was a sixth place finish for Heather Bergmann, in the javelin throw.

Diamond Dixon qualified with the fourth best time in the 400-meters, while Rebeka Stowe notched the fifth best time to qualify for the finals of the 3,000 steeplechase and Michael Stigler qualified fifth in the 400-meter hurdles.

The Kansas women's track team comes into the national championships ranked second in the country and have enough participates at the meet to compete for the programs first team title. KU's men's track program is currently ranked 20th in the nation.

You can follow the action of 2012 NCAA Track & Field National Championship online at www.ncaa.com