

Arrhenius Takes Home All-American Honor

by Jordan Christiansen, BYU Athletic Communications



Junior Leif Arrhenius won his second All-American in the indoor weight throw at the NCAA Championships on Saturday. (BYU Photo/Mark Philbrick)

FAYETTEVILLE, Ark. (March 13, 2010) - BYU junior Leif Arrhenius crushed his personal record in the weight throw, earning All-American honors with a fourth-place finish at the 2010 NCAA Indoor Championships on Saturday.

Arrhenius, who came into the meet seeded thirteenth, measured a throw of 21.56 meters, a solid improvement over his previous personal best of 20.91 meters set two weeks ago at the Mountain West Conference Championships. It's the second-consecutive All-American honors in the indoor weight throw and third such honor overall for the native of Orem, Utah, improving on last season's eleventh-place finish in the same event. Arrhenius is also the two-time defending MWC champion in the weight throw and shot put.

Arrhenius was the lone member of the Cougar men's track team competing at the championships, earning five points for BYU to give the MWC champions a tie for 35th overall in the team standings.