



WASHINGTON TRACK AND FIELD

Mar. 26, 2003

//For Immediate Release//

Contact: Brian Beaky

Huskies Top Athletes To Make Outdoor Debuts at Prestigious Stanford Invitational

On the Track: Washington will take a full contingent of 70 athletes to this weekend's Stanford Invitational in Palo Alto, Calif., marking the first time in 2003 that the Huskies have competed as a team away from Montlake. Making their outdoor debuts will be all of Washington's top athletes, including NCAA competitors **Courtney Inman**, **Jeremy Park** and **Kate Soma**, and indoor NCAA pole-vault champion **Brad Walker**. Also competing for the first time all season will be sprinters **Reggie Williams** and **Roc Alexander**, both members of the UW football team, as well as javelin star **Seth Jens**.

The Field: Perhaps no meet the Huskies attend in 2003 will feature a field as loaded as that which awaits the squad in Palo Alto. Literally thousands of the nation's top high school, collegiate, post-collegiate and professional athletes will descend upon the Cobb Track and Angell Field for the two-day meet, which last year produced nearly 200 NCAA automatic or provisional qualifiers. Husky athletes may find themselves lined up against three-time Olympic gold medalist **Gail Devers**, world-record holder **Regina Jacobs**, or Olympians **Michael Stember** or **Ja'Warren Hooker**. Additionally, teams from Pac-10 rivals USC, Washington State, California, Oregon, UCLA and Arizona State — as well as host Stanford — litter the list of entries, as do athletes from national powerhouses Nebraska, Arkansas, Tennessee and Notre Dame.

Event Schedule: Following is a schedule of events for Husky athletes ONLY at this weekend's Stanford Invitational. For a complete schedule, visit www.gostanford.com.

Friday, Mar. 29

11:00 a.m.	Javelin, Final (M)
11:10 a.m.	100/110m HH, Prelims (W/M)
11:50 a.m.	100m Dash, Prelims (W/M)
12:45 p.m.	Pole Vault, B Sec. (M/W)
1:30 p.m.	1500m Run, B Sec. (M)
1:50 p.m.	200m Dash, B Sec. (W/M)
2:00 p.m.	Shot Put, B Sec. (W)
2:00 p.m.	Javelin, Final (W)
2:15 p.m.	Long Jump, B Sec. (M/W)
2:20 p.m.	400m IH, Final (W/M)
3:00 p.m.	Hammer, B Sec. (W)
6:40 p.m.	Steeplechase, Sec. 1 (W)
7:30 p.m.	Discus, B. Sect. (W)
7:30 p.m.	5000m, Sec. 2/1 (W)
8:10 p.m.	5000m, Sec. 1 (M)
9:10 p.m.	10000, Sec. 2 (M)
9:50 p.m.	10000m, Final (W)
10:30 p.m.	5000m, Sec. 2 (M)

Saturday, Mar. 30

12:00 p.m.	Pole Vault, Top Sec. (W)
1:15 p.m.	Triple Jump, Top Sec. (M)
1:15 p.m.	4x100m Relay, Final (W/M)
1:30 p.m.	Discus, Top Sec. (M)
1:30 p.m.	High Jump, Final (M)
1:30 p.m.	Triple Jump, Top Sec. (W)
2:00 p.m.	100m HH, Final (W)
2:15 p.m.	110m HH, Final (M)
2:25 p.m.	1500m, Sec. 1/2 (W)
2:55 p.m.	400m Dash, Sec. 1/2 (W/M)
3:00 p.m.	Pole Vault, Top Sec. (M)
3:25 p.m.	100m Dash, Final (W/M)
3:45 p.m.	800m, Sec. 1/2 (M)
3:45 p.m.	Triple Jump, B Sec. (W)
3:45 p.m.	High Jump, Final (W)
4:45 p.m.	4x400m Relay, Final (W/M)

2003 Husky Track Schedule

Indoor

Date	Meet	Location
Jan. 18	Husky Indoor Preview	Seattle
Feb. 1	Husky Invitational	Seattle
Feb. 15	UW Invitational	Seattle
Mar. 1	Pac-10 Invitational	Seattle
Mar. 8	UW Last Chance Qualifier	Seattle
Mar. 14-15	NCAA Champs.	Fayetteville, Ark.

Outdoor

Date	Meet	Location
Mar. 22	Ken Shannon Invite	Seattle
Mar. 29-30	Stanford Invite	Palo Alto, CA
Apr. 3-5	Texas Relays	Austin, TX
Apr. 12	Oregon Quad	Eugene, OR
Apr. 19	Mt. SAC Relays	Walnut, CA
Apr. 27	Oregon Invite	Eugene, OR
May 2	Cardinal Qualifier	Palo Alto, CA
May 3	WSU Dual	Seattle
May 9-10	Pac-10 Multi-Events	Los Angeles, CA
May 10	Ken Foreman Invite	Seattle
May 16-17	Pac-10 Champs.	Los Angeles, CA
May 30-31	NCAA Regional	Palo Alto, CA
June 11-14	NCAA Champs.	Sacramento, CA
June 20-22	USATF Jr. Nat'l's	TBA
June 20-22	USATF Sr. Nat'l's	TBA

Bold font indicates Husky home meet. All home indoor meets held at Dempsey Indoor, all home outdoor meets held at Husky Stadium.

For the latest information on Husky track and field, including results, statistics and releases, visit the official site of UW athletics at:
www.gohuskies.com

Huskies on the Airwaves: 'On Campus with the Huskies,' a half-hour program featuring Washington's Olympic sports teams, debuted last fall on Fox Sports Northwest. The weekly program, hosted by former Husky athlete Elise Woodward, features event highlights and profiles of Husky athletes and coaches. 'On Campus' airs each Thursday at 6:30 p.m. PT.

Meet Results: Results and a full recap of UW competition will be posted to www.gohuskies.com immediately following the conclusion of Husky action on each day of the two-day meet. Complete results and schedules for both days of competition can be located at the official site of host Stanford University, www.gostanford.com.

Husky Track Quick Facts

University of Washington
Athletic Department, Box 354070
Seattle, WA 98195-4070

Enrollment: 37,000 (26,000 undergraduate)
Founded: Nov. 4, 1861
Interim President: Dr. Lee L. Huntsman
Director of Athletics: Barbara Hedges
Home Stadium: Dempsey Indoor/Husky Stadium
Press Row Phone: (206) 551-3261
Conference: Pacific-10
Head Coach: Greg Metcalf (1st year)
Asst. Coach (Vault/Jumps): Pat Licari (7th year)
Asst. Coach (Sprints/Hurdles): .. Dion Miller (1st year)
Asst. Coach (Throws): Bud Rasmussen (1st year)
Asst. Coach (Distances): David Bazzi (2nd year)
Asst. Coach (Distances): .. Kelly MacDonald (1st year)
Track Office Phone: (206) 221-2625
Website: www.gohuskies.com
2002 Men's Pac-10 Finish: 8th
2002 Men's NCAA Finish: 30th (tied)
2002 Women's Pac-10 Finish: 9th
2002 Women's NCAA Finish: N/A
NCAA Competitors Returning/Lost: 3/1
Best Men's Conference Finish: 2nd (1976)
Best Men's NCAA Finish: 2nd (1929, 1930)
Best Women's Conference Finish: .. 4th (1995, '96, '98)
Best Women's NCAA Finish: 10th (1988)

Husky Media Relations

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Final 2003 USTCA Dual Meet Power Rankings*

Men		Women	
1. Minnesota	286.77	1. S. Carolina	308.32
2. Nebraska	283.71	2. LSU	305.42
3. Florida	281.78	3. N. Carolina	300.82
4. Ohio State	280.61	4. Florida	299.91
5. E. Michigan	280.00	5. Nebraska	298.32
6. BYU	272.88	6. Michigan	286.74
7. LSU	272.87	7. Arkansas	285.91
8. Tennessee	272.21	8. Notre Dame	282.69
9. S. Carolina	269.03	9. Texas	281.70
10. Texas	267.42	Indiana	281.70
11. Purdue	260.64	11. Penn State	279.37
12. Washington	259.05	12. Kansas State	276.91
13. Wisconsin	258.44	13. Wash. State	271.77
14. C. Michigan	257.59	14. Georgia	269.73
15. Penn State	256.73	15. BYU	267.51
16. Arizona	256.16	16. Missouri	266.32
17. Indiana	255.68	17. Nevada	256.62
18. Alabama	255.49	18. Ohio State	254.74
19. Weber State	255.08	19. Georgia Tech	253.95
20. Georgia	253.72	33. Washington	243.39

* - First outdoor rankings scheduled for Mar. 31.

2002 Stanford Invitational Recap: Six Huskies earned NCAA qualifying marks at last year's Stanford Invitational, led by miler **Courtney Inman**, whose time of 4 minutes, 21.80 seconds for 1,500 meters ranked fifth in school history. Pole vaulter **Brad Walker**, in just his second competition since returning from offseason foot surgery, cleared 17 feet, 8 1/2 inches at the meet, closing to within four inches of a school record he would shatter later in the season. Meanwhile, freshman **Kate Soma** climbed to second on the UW pole vault list, placing third in an elite field. Also qualifying for the NCAA meet were 10,000-meter aces **Kate Bradshaw** and **Lisa Gibbs**, and 1,500-meter man **Eric Garner**.

Rankings Report: Washington's men's team wrapped up the indoor season ranked 12th in the U.S. Track Coaches' Association Dual Meet Power Rankings, and tied for 21st in the Trackwire 25. The Huskies, who placed 20th at the NCAA Indoor Championships, were in the top-10 of the USTCA Rankings for much of the 2003 season, and were ranked as high as ninth in the Mar. 3 rankings. The Husky women, meanwhile, finished 33rd overall in the USTCA Rankings, and were unranked by Trackwire. The first outdoor editions of both power rankings are due next week.

New NCAA Format: For the first time ever, the NCAA will use Regional Championship meets this season to determine qualifying for the NCAA Track and Field Championships. Stating a desire to place an emphasis on competition, rather than best marks, the NCAA Championships will draw the top-five finishers in each individual event, and top-three relay teams from each of the four regionals nationwide, to be contested May 30-31. Athletes will qualify for the Regional meets by meeting pre-determined NCAA standards. The NCAA will then round out the Championships field by selecting the highest-ranking individuals (approximately six per individual event and five per relay) from the national collegiate performance lists, provided those athletes competed at their respective Regional meets and were not among the finishers to earn automatic NCAA berths. The lone exception to the Regional qualifying system will be the 10,000-meter and multi-events, which will not be subject to Regional competition. Athletes will continue to qualify for the NCAA Championships in those events as they have in the past, by meeting pre-determined provisional and automatic-qualifying standards.

2003 Indoor Season Recap: The 2003 indoor season will long be remembered as one of the most exciting in UW history, with school records, American records, and top-10 world marks falling left and right. In all, eight school records were set during the team's five weeks of competition at Dempsey Indoor, including a pair of records by **Courtney Inman** in the 800m and mile runs. At the 2003 NCAA Indoor Championships, Inman was a top-10 finisher in the mile, **Jeremy Park** earned All-American honors at 3,000 meters, and pole vaulter **Brad Walker** won his first NCAA title, crushing the competition by nine inches. Walker's mark of 19-feet, 0 1/4 inch was three inches beyond the Pac-10 record, and tied for third in the world during the 2003 indoor season. In fact, a glance at the 2003 IAAF World Rankings reveals dozens of marks set on the Dempsey Indoor track. As many as 2,500 spectators packed the facility each week, creating a highly-charged atmosphere that attracted such luminaries as two-time Olympic medalist John Godina, and fellow Olympians Seilala Sua, Bolota Asmeron, Michael Stember and Ja'Warren Hooker. The Huskies also didn't discriminate by age, as a pair of Masters' Division athletes, Tony Young and Harold Morioka, combined for three all-time U.S.-best marks, and the Northwest's top preps filled the facility on three weekends.

Monster PR of the Week: Sophomore thrower **Mia Norheim** is being honored this week for two PRs which, combined, totaled a whopping 28 feet. At the Ken Shannon Invitational, Norheim improved her discus PR by nine feet with a mark of 140 feet, 10 inches. That followed up a performance in Friday night's hammer throw in which Norheim added 19 feet to her previous best with a throw of 131-3. Norheim is not the only Husky thrower improving rapidly. Of the 12 marks last week in throwing events by athletes who competed in the same event last season, eight were personal bests.

Palo Alto, Here We Come: Washington's best have wasted no time in 2003, with 20 Husky athletes combining for 22 Pac-10 qualifying marks. Last year, Washington boasted 40 Pac-10 qualifiers, two of whom — pole vaulter **Brad Walker** and steepler **Mike Hill** — left Pullman, Wash., with conference titles. Now a senior, Walker is atop the list with a mark of 19-0 1/4 at the NCAA Indoor Championships. The Pac-10 appearance would be the fourth in as many years for Walker, who in addition to his championship in 2002 was also a top-10 finisher in 2000. Senior **Courtney Inman** has already notched qualifying marks in both the 800m run and the mile; the indoor school-record holder in both events earned top-10 finishes in both the 800- and 1,500m events at last year's conference meet. Additionally, sophomore **Sidney Brown** is a double-qualifier, boasting marks in both the triple and high jumps. Following is a list of all UW athletes currently qualified for the 2003 Pac-10 Championships. Pac-10 teams can bring a maximum of 24 athletes to the meet, and in addition may place one athlete in each event for which the school has no qualifier. Thus, some athletes to post qualifying marks may not compete, and others not qualified may be entered in some events.

Men		
Name	Event	Mark
Todd Arnold	Mile	4:06.65
Ryan Brown	800m	1:50.97
Warren Eickhoff	High Jump	6-9 1/2
Juan Romero	Javelin	201-1
Shelton Sampson	200m	21.18
Mat Schwinn	Discus	172-0
James Sims	Triple Jump	49-3 3/4
Brad Walker	Pole Vault	19-0 1/4
Rigel Wise	Javelin	204-4

Women		
Name	Event	Mark
Mary Beeman	Shot Put	44-9 1/2
Kate Bradshaw	5,000m	17:09.06
Sidney Brown	Triple Jump	39-4 1/2
	High Jump	5-7
Cherron Davis	Shot Put	46-1 1/4
Lindsey Egerdahl	Mile	4:55.12
Kameko Gay	Shot Put	44-11 3/4
Courtney Inman	800m	2:08.39
	Mile	4:40.24
Sabrina Monro	5,000m	16:22.13
Brittany Roberts	Triple Jump	41-4 1/4
Heather Reichmann	Javelin	142-10
Kate Soma	Pole Vault	13-3 3/4

Where No Husky Has Gone Before: At last week's Ken Shannon Invitational, five Husky throwers became the first UW athletes ever to qualify for the NCAA Regional Championships, which will be contested for the first time May 30-31. The list includes four spear specialists, headlined by three-time top-10 Pac-10 finisher **Heather Reichmann**. The school-record holder with the newer, heavier javelin implemented in 1999, Reichmann threw the 142 feet, 10 inches through a swirling wind to better the Pac-10 and NCAA Regional standards. She was closely followed by freshman **Tiffany Zahn**, a prep-All American who also bested the NCAA standard with a throw of 138-5. Sophomores **Rigel Wise** and **Juan Romero** sent notice that the men's javelin throwers are not to be overlooked, each topping 200 feet in their first competitions of the 2003 season. Both were NCAA Regional and Pac-10 qualifying marks, as was the winning throw of 172-0 by senior **Mat Schwinn** in the discus.

20 Years of Spear Success: From **Fred Luke** and **Duncan Atwood**, to **Darryl Roberson** and **Helena Uusitalo**, Washington has a long-standing tradition of excellence in the javelin. This year's crop is no exception, with four Huskies qualifying for the NCAA Regional Championships at the first meet of the 2003 season. Senior **Heather Reichmann** is a three-time top-10 finisher at the Pac-10 Championships, and owns the school record with the new javelin implement. Redshirting senior **Megan Spriestersbach** boasts NCAA experience, and freshman **Tiffany Zahn**, already an NCAA qualifier this season, earned prep All-American honors from Track and Field News in 2002. Junior **Seth Jens** was the seventh-place finisher at the 2002 Pac-10 meet, and sophomores **Rigel Wise** and **Juan Romero** are NCAA qualifiers in 2003. Since 1982, when women's track and field joined the NCAA, the Huskies have sent at least one competitor in the javelin to all but three NCAA Championships, a span of 21 years. The list includes four Pac-10 Champions (Uusitalo -- 1987, Roberson -- 1988-89, Troy Burkholder -- 1996), one NCAA champion (Uusitalo -- 1986) and a U.S. Olympian (Atwood -- 1984). In all, three different Huskies have thrown the javelin for the U.S. at the Olympic Games and three more have earned NCAA titles. In UW history, no event has featured more individual NCAA champions than javelin's three, with only Scott Neilson's four hammer titles eclipsing the UW's success in the spear.

Husky Greats Give Back: Looking for an explanation for the Huskies' immediate success in the javelin this season? Look no further than 1984 U.S. Olympian **Duncan Atwood**, who has volunteered his time to his alma mater this season, working with first-year assistant coach **Bud Rasmussen**. Atwood, however, is just one of the former Husky greats lending their expertise to an eager group of UW collegians. Four-time Pac-10 sprints champion **Ja'Warren Hooker** has been taking time off from the busy professional track and field circuit to mentor Washington's up-and-coming sprinters, volunteering his assistance to first-year assistant **Dion Miller**. The results speak for themselves: so far in 2003, four Husky javelin throwers have qualified for the NCAA Regional Championships, while the Husky sprinters, who will compete outdoors as a full squad for the first time this weekend, have seen improvement across the board. Atwood and Hooker join head coach **Greg Metcalf**, a two-time steeplechase All-American at UW, and two-time Husky All-American **David Bazzi**, now a full-time assistant coach.

World-Class Walker: When Husky senior **Brad Walker** cleared 18 feet, 6 inches in a sixth-place finish at the USA Senior National Championships last June, he sent a message that he was primed for a big collegiate season in 2003. After his performance at the 2003 NCAA Indoor Championships, however, one has to go beyond the collegiate ranks to find anyone who can compete with the Spokane, Wash., native. Walker's clearance of 19-0 1/4 at the NAAs was better than all but two marks in the *world* in 2003, and equaled the winning mark at the 2003 IAAF World Indoor Championships. Walker, who won the NCAA title by nearly nine inches, finished the indoor season tied for third in the world with American Derek Miles and Romain Mesnil of France, and tied Miles for the U.S. best. Walker crushed his own UW record by more than six inches, and became the first Pac-10 vaulter ever to clear the 19-foot mark, shattering by three inches the Pac-10 record of 18-9 1/4 set by Stanford's Toby Stevenson. Following are the 2003 IAAF World Rankings and the all-time collegiate men's pole vault rankings:

2003 IAAF World Rankings

Name	Country	Mark
1. Tim Lobinger	Germany	19-1
2. Adam Ptacek	Czech Republic	19-0 3/4
3. Brad Walker	United States	19-0 1/4
Derek Miles	United States	19-0 1/4
Romain Mesnil	France	19-0 1/4
6. Oleksandr Korchmid	Ukraine	18-10 1/4
Michael Stolle	Germany	18-10 1/4
8. Jeff Hartwig	United States	18-9 1/2
Lars Borgeling	Germany	18-9 1/2
Rens Blom	Netherlands	18-9 1/2
Vasily Gorshkov	Russia	18-9 1/2
Richard Spiegelburg	Germany	18-9 1/2

All-Time Collegiate Pole Vault Top-10

Name	School	Year	Mark
1. Lawrence Johnson	Tennessee	1996	19-7 1/2
2. Istvan Bagyula	George Mason	1991	19-5
3. Jacob Davis	Texas	1998	19-4 1/4
4. Bill Payne	Baylor	1991	19-2 3/4
5. Joe Dial	Oklahoma State	1985	19-2 1/4
6. Brad Walker	Washington	2003	19-0 1/4
Russ Buller	Louisiana State	1999	19-0 1/4
Jim Davis	Fresno State	2000	19-0 1/4
9. Doug Fraley	Fresno State	1986	18-11
10. Jeff Buckingham	Kansas	1983	18-10 1/2

Walker's Steady Climb: A non-scholarship athlete who never cleared 17 feet at University High School in Spokane, **Brad Walker** blossomed during his sophomore season at UW, improving his personal best by more than a foot en route to an indoor school record and All-America honors. An undiagnosed foot injury hampered Walker during the outdoor season, but he still finished 12th at the NCAA meet before undergoing offseason surgery. After redshirting the 2002 indoor season, Walker posted one of the top seasons in school history, shattering the school's outdoor vault record and earning the UW's first Pac-10 pole vault title in 30 years with a mark of 18'-0 1/2". A second-place finish at the NCAA Championships, at 18-2, and the sixth-place, 18-6, finish at the USA meet followed. This season, Walker improved the school record to 18-6 1/2 at the Feb. 15 UW Invitational, then to 19-0 1/4 in his NCAA Indoor Championship-winning performance. While 2003 will be Walker's final season outdoors, he has one year of eligibility remaining indoors.

Queen of the Mile: It seems impossible, but for the past two seasons, senior **Courtney Inman** has been setting school records nearly every time she steps on the track. This season, Inman calmly shaved five seconds off her own school record in the mile, lowering to 4:40.24 a record which stood as high as 4:48.36 barely 12 months ago. After having lowered the mile record on three separate occasions in 2003, the British Columbia native set her sights on **Sarah Bolender's** 800-meter record of 2:11.06. On her first try, Inman lowered that mark to 2:10.56, before taking off another two seconds with a time of 2:08.39 at the Mar. 8 Last Chance Qualifier. Inman earned her third-straight trip to the NCAA Championships, placing ninth in the mile. She was the 14th-place finisher in the event at last year's NCAA Indoor Championships, and took 10th in the mile at the 2002 NCAA outdoor meet. Inman also excels at longer distances, having earned All-Pac-10 cross-country honors in 2002, and led all Husky finishers at the 2002 NCAA cross-country meet.

It's Not the Size of the Dog in the Fight...: ... it's the size of the fight in the dog. Sophomore pole vaulter **Kate Soma** may stand only an inch above 5'-0", but the Portland, Ore., native towers over all UW female vaulters, past and present. Soma is the only Husky woman ever to clear 13 feet in the pole vault, having done so both indoors and outdoors. In fact, only five UW women have ever cleared 12 feet in the event, a feat Soma has accomplished in 18 of her 22-career pole vault finishes, including the 2003 NCAA Indoor Championships. At the Mar. 1 Pac-10 Invitational, Soma broke her own indoor school record with a clearance of 13-3 3/4 that is nearly a foot beyond the UW's all-time second-best mark. As a freshman, Soma notched a school-record clearance of 13-1 1/2 outdoors, and added 11 inches to the UW's indoor best with a mark of 12-11 1/2.

Ridiculous Records: Washington's track and field athletes in 2003 rendered the indoor school records section of the UW Track and Field Media Guide completely obsolete, posting 38 marks among the top-10 in school history. Included among the top-10 marks are no fewer than eight school records, or one more than Husky athletes set in 2001 and 2002, combined. Senior **Jeremy Park** had a hand in two such records, shattering the school's 3,000m mark by eight seconds with a time of 7:54.13, and teaming with sophomore **Sean Williams** and juniors **Todd Arnold** and **Eric Garner** to set a record of 9:40.82 in the distance medley relay that was 12 seconds better than the previous best. Senior pole vaulter **Brad Walker** crushed his own record of 17-11 3/4 in the pole vault by clearing 19-0 1/4 at the NCAA Championships, in the process becoming just third Husky athlete ever to win an NCAA indoor title. Sophomore **Kate Soma** broke her own pole vault record of 12-11 1/2 with a clearance of 13-3 3/4 at the Pac-10 Invitational, and junior **Brittany Roberts** raised the school's triple jump record by nearly a foot with a mark of 41-4 1/4 at the UW Invitational. At the Pac-10 Invitational, **Sabrina Monro** lowered the 5,000-meter record by 11 seconds with a time of 16:22.13, and senior **Courtney Inman** shaved five seconds off of her own mile record, lowering it to 4:40.24. Inman also established the UW's all-time best indoor 800-meter mark this season, posting a time of 2:08.39 at the Mar. 8 Last Chance Qualifier. See the box on the following page for a full list of the athletes who have cracked the UW's all-time top-10 indoor rankings in 2003, as well as a list of Washington's indoor school records.

2003 Updates to UW Indoor School Records

Men					Women				
Name	Event	Mark	All-time UW Rank	School Record	Name	Event	Mark	All-time UW Rank	School Record
Jeremy Park	3,000m	7:54.13	1st	Same	Courtney Inman	800m	2:08.39	1st	Same
Brad Walker	Pole Vault	19-0 1/4	1st	Same	Courtney Inman	Mile	4:40.24	1st	Same
Park/S. Williams/ Arnold/Garner	DMR	9:40.82	1st	Same	Sabrina Monro	5,000m	16:22.13	1st	Same
Ryan Brown	800m	1:50.97	2nd	1:50.65	Brittany Roberts	Triple Jump	41-4 1/4	1st	Same
Shelton Sampson	200m	21.18	3rd	20.56	Kate Soma	Pole Vault	13-3 3/4	1st	Same
Todd Arnold	800m	1:51.55	4th	1:50.65	Alexis Jaime	Pole Vault	12-4	3rd	13-3 3/4
N. Williams/S. Williams/ Goodrich/Forni	4x400m	3:11.71	4th	3:07.33	Kameko Gay	Weight Throw	50-2 3/4	4th	55-2
Ben Koss	5,000m	14:36.22	5th	13:58.51	Sidney Brown	Triple Jump	39-4 1/2	5th	41-4 1/4
Greg Forni	400m	48.03	6th	46.45	Sidney Brown	High Jump	5-7	6th	6-2
Marc James	60m Hurdles	8.10	6th	7.82	Cherron Davis	Weight Throw	42-3 1/4	7th	55-2
James Sims	Triple Jump	49-3 3/4	6th	50-10	Mariah Swango	Pole Vault	10-10	7th	13-3 3/4
Fader/Brown/ Tabor/Hickey	DMR	10:01.35	6th	9:40.82	Cherron Davis	Shot Put	46-1 1/4	8th	52-7 1/2
Johnson/S. Williams/ Brown/Forni	4x400m	3:12.42	t6th	3:07.33	Mia Norheim	Weight Throw	40-9	8th	55-2
N. Williams/S. Williams/ Brown/Goodrich	4x400m	3:12.42	t6th	3:07.33	Egerdahl/Dignam/ Chapman/Connelly	DMR	11:54.68	8th	11:35.41
Sean Williams	400m	48.19	7th	46.45	Laura Hodgson	5,000m	17:33.35	9th	16:22.13
Jesse Fayant	5,000m	14:45.21	8th	13:58.51	Brittany Roberts	High Jump	5-6	t10th	6-2
Nik Williams	400m	48.29	8th	46.45					
Andy Fader	800m	4:08.40	9th	3:58.93					
Mark Mandi	5,000m	14:48.40	9th	13:58.51					
Travis Boyd	5,000m	14:50.18	10th	13:58.51					
Andy Fader	3,000m	8:13.51	10th	7:54.13					
Brendan Tuohy	Weight Throw	53-8 1/4	t10th	71-5 1/2					

Resourceful Recruiting: Washington's coaches in 2003 have found a creative way to add numerous elite athletes to the squad without having to give up any scholarships — cull the most talented athletes from the UW's other sports. This season's Husky roster, therefore, features nine players from the Husky football team, one UW gymnast, and one better known for her exploits on the basketball court. Those to make the biggest impact so far in 2003 are the football players, two of whom led the team in their events indoors and one — freshman tailback **Shelton Sampson** — who was an NCAA indoor qualifier, in the 200 meters. Former Husky basketball player **Heather Reichmann** is an NCAA Regional qualifier in the javelin, and sophomore safety **James Sims**, a Pac-10 competitor last season, is a Pac-10 qualifier again in the triple jump. Those three are joined on the UW roster by wide receivers **Reggie Williams** and **Matt Williams**, cornerbacks **Roc Alexander** and **Derrick Johnson**, tailback **Chris Singleton** and linebacker **Will Conwell**. Also, this spring, redshirt freshman gymnast **Carly Dockendorf** will join the track team on a full-time basis.

Double-Duty Dockendorf: Freshman football/basketball star Nate Robinson may be Washington's most celebrated two-sport athlete in 2003, but even he isn't trying to compete in two sports at once. That's what's being accomplished by Port Moody, B.C., native **Carly Dockendorf**, a star for the Husky gymnastics team who has competed unattached at several of the Huskies' indoor track and field meets. The weekend of Mar. 1 marked the most impressive display of Dockendorf's athletic ability. On Friday, Feb. 28, with the gymnasts needing a big performance from Dockendorf to extend an undefeated home season, the redshirt freshman scored a perfect 10 on the floor exercise, just the sixth perfect 10 in UW history. Barely 12

hours later, Dockendorf pulled on her track spikes and soared 12-feet, zero inches in the pole vault at the Pac-10 Indoor Track Invitational, a mark which would have ranked fifth all-time in UW history. A provincial pole vault champion as a prep, Dockendorf was named Rookie of the Year by the Husky gymnastics team in 2002.

You Might Recall: While the 11 athletes on the roster from sports other than track or cross-country are more than Washington has had in recent years, the practice of mining athletic talent from other UW programs has unearthed countless gems for the Husky track and field squad in the past. In fact, a glance at Washington's career top-10 charts reveals numerous outstanding two-sport performers, including 110m hurdles record-holder **Spider Gaines**, a tailback for the UW football team in the 1970s, and sprinter **Ja'Warren Hooker**, the UW record-holder at 100m, 200m, and 400m and a Husky wide receiver from 1997-98. Other names which highlight the list include football players **Ernie Conwell** (No. 5, shot put), **Dana Hall** (No. 3, 110m HH), **Sterling Hinds** (No. 3, 100m/200m), **Pete Kaligis** (No. 6, shot put), **Orlando McKay** (No.2, 400m), **Brent Merritt** (No. 5, 400m) and **Tony Parrish** (No. 5, triple jump). That's not to say that multi-sport success is limited just to the football team. Former UW All-American volleyball star **Makare Desilets** boasts the school's fifth-best high jump mark, while basketball standout **Tara Davis** is the school-record holder in the triple jump, and ranks second all-time in the long jump. And, of course, current Husky and former hoopster **Heather Reichmann** is the school's all-time record-holder in the javelin (new implement). This list doesn't even include Huskies **Herman Brix** and **Paul Jessup**, who starred for Washington's football teams in the 1920s before establishing world records in the shot put and discus, respectively.

Top Dawgs: Three seniors and one junior, distance runner **Todd Arnold**, were selected to be captains for the 2003 season by a vote of their teammates. Arnold, a Pac-10 qualifier at 1,500 meters in 2002, is joined by senior All-American **Brad Walker**, the 2002 NCAA runner-up in the pole vault, as captains on the men's side, while a pair of school-record holders — **Kameko Gay** in the hammer and **Courtney Inman** in the mile — lead the women.

Triple Threat: Junior triple jumper **Brittany Roberts** entered rare air on Feb. 15 when she leapt 41-4 1/4 at the UW Invitational, nearly 10 inches farther than any Husky to come before. Roberts' success should come as no surprise, given that her cousin, U.S. track legend Ralph Boston, won the gold medal in the long jump at the 1960 Olympic Games in Rome. Maybe Roberts learned a thing or two from Boston — in addition to the triple jump, she led all Huskies indoors in the high jump, and ranked third on the team in the long jump. A graduate of Bullard High School in Fresno, Calif., Roberts is making an assault on the school outdoor record of 41-7 3/4 set by Tara Davis in 1995. Prior to 2003, Roberts had already joined an elite class of triple jumpers, clearing 40-8 3/4 in a fourth-place finish at the 2002 Pac-10 Championships to rank third all-time at UW. Roberts is one of just five Huskies ever to cover 40 feet in the triple jump outdoors, and one of just three to accomplish the feat indoors. Roberts was outstanding as a prep, competing in the California state championship meet for four consecutive seasons, with four top-10 finishes, including two each in the high and triple jumps. As a UW freshman, Roberts placed 10th in the triple jump at the Pac-10 meet.

'Note' Worthy: Junior **Brendan Tuohy** is doing his best to debunk the stereotype of the oafish thrower. The Tacoma, Wash., native, whose marks of 49-2 1/4 in the shot and 53-8 1/4 in the weight led all Husky competitors in 2003, is majoring in music at the UW and boasts a fine tenor voice. When not performing in the throwing circle, Tuohy can be heard performing such works as Bach's Oratorio for the UW School of Music, and in performances with the Tacoma Opera and the UW Chambersingers. Tuohy plans on continuing his musical education upon earning his degree in the spring of 2004.

Park Central to UW Success: Perhaps no Husky has risen as quickly this season as senior distance runner **Jeremy Park**, who earned All-American honors indoors with a 13th-place finish in the 3,000 meters at the 2003 NCAA Indoor Championships. A graduate of Klamath Falls (Ore.) High School, Park attended Portland State University for two seasons before transferring to UW in the fall of 2001. Last season, Park earned an eighth-place finish in the 1,500m at the Pac-10 Championships, and entered 2003 among Washington's top-three competitors at 1,500m and 5,000m. It was in the 3,000m where Park made his splash, however, shaving 16 seconds off of his personal best with an NCAA automatic-qualifying time of 7:54.13 at the Feb. 15 UW Invitational that ranked fifth in the nation in 2003. In the process, Park became the first UW runner ever to clear eight minutes indoors in the 3,000m, shattering the school record by more than eight seconds. Remarkably, it was the second school record in as many meets for Park, who ran the first leg of the UW's record-setting distance medley relay squad at the Husky Invitational on Feb. 1. The team's time of 9:40.82 was 12 seconds beyond the previous best, and bettered the NCAA provisional standard.

Dempsey Indoor Draws World's Best: If Washington's home indoor meets this season seemed to shimmer in gold, it was likely due to the numerous current and former Olympians who highlighted the fields at Dempsey Indoor. The Feb. 1 Husky Invitational featured four Olympic athletes, including former Husky and 2000 U.S. Olympian Ja'Warren Hooker, who set a facility record in the 60m dash with a time of 6.63 seconds. Hooker was joined by fellow U.S. Olympians John Godina and Seilala Sua, and distance runner Bolota Asmeron, who competed in 2000 for his native Etruria. Godina, a two-time Olympic medalist, heaved the shot 65-6 3/4 in a winning effort, while Sua took the women's shot with a throw of 56-8, besting her own facility record. Asmeron, however, highlighted the competition, clocking the world's sixth-fastest indoor 3,000-meter time of the 2003 season with a mark of 7:49.68 which, at the time it was run, was the world's best this season. Also, 2000 Olympian Michael Stember set a facility record in the mile at the UW Invitational.

International Blend: Washington's 2003 roster features several individuals from outside the United States, including senior **Courtney Inman**, a native of Abbotsford, B.C., who last year placed 10th in the 1,500 meters at the NCAA meet. Not surprisingly, Canada is the foreign nation with the most athletes on the UW roster, including Inman, freshman **Gaelle Banini** (Richmond, B.C.), redshirt freshman **Carly Dockendorf** (Port Moody, B.C.) and sophomore **Jeff Wallis** (Duncan, B.C.). For Banini, however, Canada is just the most recent nation of residence. Born in Cameroon, Africa, Banini moved to France in 1987, and finally settled in Canada in 1994. Joining the Canadian quartet are freshman **Vinh Chung**, who will rack up plenty of frequent flyer miles while traveling from Seattle to his hometown of Hamilton, New Zealand; freshman **Mike Sayenko**, born in the Ukraine; and senior **Elena Popovskaya**, a native of Russia.

Head Coach Greg Metcalf: Former Husky All-American **Greg Metcalf** is in his first year as the UW's head coach of track and field and cross-country, and his sixth year overall at Washington. In five seasons as a UW assistant, Metcalf led the women's cross-country team to five-straight NCAA appearances, including a UW-best ninth-place finish in 1998. Metcalf has coached eight All-Americans, five Pac-10 champions, 13 school-record setters and 62 NCAA qualifiers. A 1993 UW graduate, Metcalf was a two-time All-American in the steeplechase, and ran in the 1996 U.S. Olympic trials.

Star-Studded Staff: Washington's coaching staff in 2003 is in no way short on accolades. Seventh-year vaults/jumps coach **Pat Licari** has directed three All-Americans, and last year coached both **Brad Walker** and **Kate Soma** to school records in the pole vault. First-year throws coach **Bud Rasmussen** founded the prestigious Iron Wood Thrower Development Camp, and in seven years at North Idaho College, mentored 82 NJCAA All-Americans, 18 national champions and five NJCAA record holders. First-year sprints/relays coach **Dion Miller** last year led Texas Tech sprinters to 13 All-America accolades, and a Big 12 title in the 4x100-meter relay. Second-year distance coach **David Bazzi**, a Husky alum, was the 2001 Pac-10 champion at 10,000 meters, and still holds three all-time school records. Rounding out the all-star cast is first-year distance coach **Kelly MacDonald**, who graduated from Arizona State in 2002 with five All-America accolades and three Pac-10 titles.

Washington's 2003 NCAA West Regional Championships Qualifiers

Heather Reichmann Javelin Senior, Seattle, Wash. (King's HS)

- Became Washington's first-ever NCAA West Regional Championships qualifier with a throw of 142-10 at the Mar. 22 Ken Shannon Invitational.
- Season-best mark of 142-10 ranks 13th in the nation, sixth in the West Region.
- Set javelin (new implement) school record with a heave of 158-3 in a seventh-place finish at the 2002 Pac-10 meet.
- Has three-career top-10 javelin finishes, including a third-place finish in 1999 and a seventh in 2001.
- Was an NCAA qualifier in the event in 2002, but did not receive a provisional berth at the meet.
- Did not compete in 2000 due to a shoulder injury suffered during the 1999-2000 Husky basketball season.
- A four-year letterwinner for Washington's women's basketball squad, served as team captain in 2002.
- Led Husky basketball team to a Pac-10 championship and NCAA Elite Eight berth in 2001.

Juan Romero Javelin Sophomore, Renton, Wash. (Lindbergh)

- Boasts javelin best of 201-1 that is tied for 13th in the nation this season, and tied for third in the West Region.
- Overcame blustery conditions to post Regional qualifying mark of 201-1 at the Mar. 22 Ken Shannon Invitational.
- Placed sixth in the javelin at the 2002 U.S. Junior National Championships with a throw of 191-9.
- Earned three top-10 state championships finishes as a prep, with a prep-best mark of 194-6.

Mat Schwinn Discus Senior, Castle Rock, Wash. (Castle Rock)

- Tossed the discus 172-0 at the season-opening Ken Shannon Invitational to better the NCAA Regional standard.
- Discus mark of 172-0 ranks fourth in the nation this season, and tops in the West Region.
- Add 14 feet to his previous career-best with a throw of 181-8 at the May 4, 2002 dual meet with Washington State.
- Took eighth in the event at the 2002 Pac-10 Championships.
- Tied for ninth in UW history with a best of 53-8 1/4 in the 35-lb. weight throw.
- Redshirted the 2000 season with an injury, but returned in 2001 to post a 12th-place finish in the discus at the Pac-10 Championships, posting a mark of 159-6.
- Earned back-to-back state prep discus titles in 1997 and 1998.

Rigel Wise Javelin Sophomore, Kelso, Wash. (Kelso)

- Heaved the javelin 204-4 at the Mar. 22 Ken Shannon Invitational to best the NCAA West Regional standard.
- Season-best mark of 204-4 ranks 11th in the nation in 2003, and second in the West Region.
- Qualified for the 2002 Pac-10 Championships as a freshman with a mark of 199-3.
- Led all Washington preps in 2001 with a best mark of 208-11.
- Took fourth in the javelin at the 2001 Golden West Games.
- Won both the discus and javelin titles at the 2001 Pasco Invitational.

Tiffany Zahn Javelin Freshman, Newberg, Ore. (Newberg)

- In first-ever collegiate competition, qualified for NCAA Regional Championships with mark of 138-5.
- Qualifying mark of 138-5 ranks 15th in the nation in 2003, and eighth in the West Region.
- Named a prep All-American by Track and Field News and Accelerade in 2002.
- Was also honored as a Junior All-American by USA Track and Field.
- Ranked fourth among prep competitors nationally in 2002 with a best throw of 152-10.
- Boasts a pair of top-10 finishes at the U.S. Junior National Championships.
- Swept the state and regional Junior Olympics competitions in 2001, and took fourth at the national meet.