

**UNIVERSITY INFORMATION**

Location: Seattle, Wash.
Founded: Nov. 4, 1861
Enrollment: 42,000 (31,474 undergrad)
Nickname: Huskies
Colors: Purple and Gold
Conference: Pacific-10
Indoor Track: Dempsey Indoor
Outdoor Track: Husky Stadium
President: Mark Emmert
Athletic Director: Todd Turner
Internet Site: www.gohuskies.com

COACHING INFORMATION

Head Coach Track & Field / Cross Country:Greg Metcalf (5th yr.)
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 Assistant Coach (Vault/Jumps):Pat Licari (10th yr.)
 Office Phone: (206) 685-7429
 Assistant Coach (Throws):Reedus Thurmond (2nd yr.)
 Office Phone: (206) 616-8086
 Asst. Coach (Sprints/Hurdles):LaMonte Vaughn, Jr. (3rd yr.)
 Office Phone: (206) 543-7914
 Assistant Coach (Men's Distances):Jimmy Bean (1st yr.)
 Office Phone: (206) 221-2625
 Assistant Coach (Women's Distances):Kelly Strong (5th yr.)
 Office Phone: (206) 221-4047
 Volunteer Assistants:Kate Carlson (vault/jumps),
 Will Conwell (throws), Aretha Thurmond (throws),
 Hendrik Voll (throws), Brad Walker (vault)
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ADMINISTRATIVE STAFF

Certified Athletic Trainers:Nikki Smith, Susie Wegner
 Equipment Mgrs.:Gary McGuire, Jim Hagland, Grant Gasca
 Athletic Communications Director:Richard Kilwien
 Asst. Athletic Comm. Director/Track Contact:Brian Beaky
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TEAM INFORMATION

2006 Men's Pac-10 Finish:4th
 2006 Men's NCAA Finish (Outdoor/Indoor):22nd (tie)/19th (tie)
 NCAA Men's Competitors Returning / Lost:6/5
 Men's Best Conference Finish:2nd—1976
 Men's Best NCAA Finish:2nd—1929, 1930
 2006 Women's Pac-10 Finish:7th
 2006 Women's NCAA Finish (Outdoor/Indoor):21st (tie)/DNS
 NCAA Women's Competitors Returning / Lost:5/1
 Women's Best Conference Finish:4th—1995, 1996, 1998
 Women's Best NCAA Finish:10th—1988



CREDITS: The 2007 University of Washington track & field media guide was written and edited by Brian Beaky. Design and layout done entirely in-house by Beaky and Jonathan Soriano. Exterior and interior covers designed by Mike Sayenko, SayenkoDesign.com, based on original cover design by Soriano. Cover photography by Beaky. Interior shots by Beaky, Joanie Komura, David Gonzales, Bruce Humber, Bruce Terami and Geoff Thurner. Printing by University of Washington Department of Publications Services (Judy Robertson). Special thanks to Daniel Bell of the Amateur Athletics Foundation, and to Paul Merca of USA Track and Field, for historical research. Editorial assistance provided by the UW coaching staff. Also thanks to Andre Bayard, Holly Laubacher and all previous UW Sports Information staffs who contributed to this guide.

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Husky Records

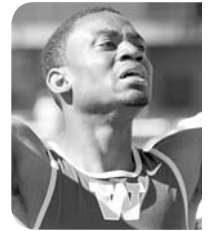
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HUSKY TRACK AND FIELD HISTORY ...

**6 WORLD RECORDS
31 NCAA CHAMPIONS
35 HUSKY OLYMPIANS
288 NCAA ALL-AMERICANS**



ARETHA THURMOND
3-Time U.S. Champion
2-Time U.S. Olympian
No. 3 in U.S. History, Discus
Team USA Captain, 2005 World
Championships



JA WARREN HOOKER
10-Time NCAA All-American
1998 NCAA 55-Meter Champion
2000 U.S. Olympian



CHRISTIAN BELZ
2-Time Olympian
Two Swiss Records



SCOTT NEILSON
7-Time NCAA Champion
1980 U.S. Olympian



BRAD WALKER
2-Time NCAA Champion
3-Time U.S. Champion
2006 World Indoor Gold Medalist
No. 1 World Ranking in 2005-06




AMY LIA
2006 NCAA 1,500-Meter Champion
2-Time All-American
No. 7 in Pac-10 History
No. 15 U.S. Ranking in 2006



RYAN BROWN
2006 NCAA 800mth Champion
6-Time NCAA All-American
2005 Pac-10 Champion
2005 NCAA Regional Champion
No. 8 U.S. Ranking in 2006



NORRIS FREDERICK
Pac-10 Champion, Long Jump
2-Time NCAA All-American



SHANE CHARLES
2006 Pac-10 Champion, 400m Hurdles
2006 NCAA Regional Champion
Grenadan National Record-Holder
3-Time NCAA All-American



ASHLEY LODREE
4-Time NCAA All-American
No. 10 Hurdler in Pac-10 History

2 NCAA CHAMPIONS IN 2006
1 WORLD CHAMPIONSHIPS MEDAL
1 NATIONAL RECORD
19 NCAA ALL-AMERICANS
25 NCAA MEET COMPETITORS

... IN THE MAKING

Husky Stadium Records

MEN

100m Dash	10.05, Leroy Burrell, USA, 1990
200m Dash	20.54, Michael Johnson, USA, 1990
400m Dash	44.79, Robert Hernandez, Cuba, 1990
800m	1:45.10, Joaquim Cruz, Oregon, 1984
1500m	3:38.2, Jerome Howe, Mid-America TC, 1972
Steeplechase	8:05.4, Henry Rono, Wash. State, 1978
5000m	13:33.52, Paul Williams, Canada, 1990
10000m	27:26.33, H. Boutayeb, Morocco, 1990
110m Hurdles	13.43, Greg Foster, UCLA, 1980
400m Hurdles	48.78, Winthrop Graham, Jamaica, 1990
4x100m Relay	38.45, USA, 1990
4x400m Relay	2:59.54, USA, 1990
High Jump	7-7 3/4, Hollis Conway, USA, 1990
Pole Vault	19-5, Rodion Gataullin, USSR, 1990
Long Jump	27-6, Carl Lewis, USA, 1990
Triple Jump	58-1 1/2, Kenny Harrison, USA, 1990
Shot Put	70-4, Randy Barnes, USA, 1990
Discus	220-3, Romas Ubartas, USSR, 1990
Hammer	276-0, Igor Astapovitch, USSR, 1990
Javelin	276-1, Viktor Zaitsev, USSR, 1990
Decathlon	8,403, Dave Johnson, USA, 1990

WOMEN

100m Dash	11.03, Carlette Guidry, USA, 1990
200m Dash	22.64, Dannette Young, USA, 1990
400m Dash	50.34, Ana Quirot, Cuba, 1990
800m	1:57.52, Ana Quirot, Cuba, 1990
1500m	4:09.17, Leah Pells, Abbotsford Royals, 1993
Steeplechase	9:48.90, Kelly Strong, Asics, 2006
5000m	15:02.23, Yelena Romnova, USSR, 1990
10000m	32:01.17, Wanda Panfil, Poland, 1990
100m Hurdles	12.70, Natalya Grigoryeva, USSR, 1990
400m Hurdles	55.16, Sandra Farmer, USA, 1990
4x100m Relay	42.46, USA, 1990
4x400m Relay	3:21.22, USSR, 1990
High Jump	6-7 1/2, Yelena Yelesina, USSR, 1990
Pole Vault	13-7 1/4, Tamara Diles, Washington State, 2005
Long Jump	22-8 3/4, Inessa Kravets, USSR, 1990
Triple Jump	43-8 1/2, Simidele Adeagbo, Team XO, 2004
Shot Put	67-7, Natalya Lisovskya, USSR, 1990
Discus	223-4, Ilke Wyludde, East Germany, 1990
Hammer	172-9, Jennifer Dunkin, Western Oregon, 2002
Javelin	202-2, Natalya Skikolenko, USSR, 1990
Heptathlon	6,783, Jackie Joyner, USA, 1990

While Dempsey Indoor hosts the Huskies from January to March, when the weather warms up, Washington's track and field teams head outdoors to 72,500-seat Husky Stadium, the largest on-campus track and field facility in the Pac-10.

Athletes running on the hallowed Husky Stadium track do so in the footsteps of some of track and field's most notable names, including former U.S. gold medalists Carl Lewis and Michael Johnson, both of whom own facility records.

The eyes of the entire world were upon Husky Stadium in 1990, when the Huskies' outdoor track and field home played host to the Opening and Closing Ceremonies, and all track and field competition, for the 1990 Goodwill Games.

In addition to the 33 Stadium records set during the Goodwill Games, the facility has served as the site of numerous collegiate records, including a record of 8:05.4 in the steeplechase by Washington State's Henry Rono that has stood for the last 26 years.

Perhaps it's not surprising that Rono's mark should withstand the test of time, as the Cougars and Huskies have been going at it in Husky Stadium since 1922, two years after the stadium's initial construction. The 2005 dual in Seattle went down to the wire, with Washington's men pulling off a 110.5-92.5 win, and the UW women suffering a rare home defeat, 111-92.

Husky Stadium has been a regular site of top collegiate competition, including the 1997 Pac-10 Track and Field Championships, the 1972 AAU Championships, and the 1971 NCAA Championships.

Looming high above Lake Washington, Husky Stadium provides competitors with a unique combination of world-class competition and breathtaking natural scenery. Throwers using the East Field's two shot put areas, javelin runway and discus and hammer cages can watch as their implements sail high into a Seattle sky framed by Mt. Rainier and the Olympic Mountains, while pole vaulters and jumpers can take in the boats and seaplanes on Lake Washington in between jumps.

In 2001, the UW installed FieldTurf on both the stadium infield, used as an athlete warm-up area, and on the East Field between Husky Stadium and Lake Washington. An all-weather track was first installed in 1968, and was resurfaced in 1989.



Dempsey Indoor

Washington's rise to prominence over the past five years can largely be credited to the opening of Dempsey Indoor, one of the finest competitive indoor track and field venues on the West Coast.

Home to up to eight indoor meets each winter, the 80,000-square foot home of UW indoor track and field has become one of the premier destinations for indoor competition, while also serving year-round as a training facility for Washington's track and field teams.

The facility has drawn the attention of the entire nation, with teams from as far away as Baylor, Wisconsin, Michigan and Colorado sending athletes to compete, in addition to regular visitors Stanford, Oregon and UCLA. In 2003, retired Georgetown coach Frank Gagliano was quoted as having called Dempsey Indoor "the best indoor track in America," an opinion echoed by 2004 U.S. indoor 800-meter champion and 2000 Olympian Michael Stember.

"I love this track," Stember told the Seattle Times in 2003. "It mimics running outdoors."

Stember is just one of nearly two dozen U.S. and foreign Olympians who have raised the competitive bar at Dempsey Indoor, including such luminaries as three-time world shot put champion John Godina, and 2004 Olympic pole vault silver medalist Toby Stevenson. Since 2003, competitions at Dempsey Indoor have produced dozens of top-10 world marks, numerous U.S.-leading marks, 22 UW records and over 1,000 NCAA qualifying efforts.

Even the media have jumped aboard, with the Seattle Times calling Dempsey Indoor "a catalyst for a resurgence for track and field."

In 2004, the facility became the host site of the MPSF Championships, the indoor conference championships for most major West Coast Division-I teams. This year's MPSF meet, scheduled for Feb. 23-24, is one of six on the 2007 Dempsey Indoor schedule, including five collegiate meets and one open meet.

The facility includes a permanent 307-meter MONDO track (six lanes on the straightaway, five on the oval) and a full 100-yard FieldTurf infield equipped to host the shot put, weight throw, long jump, triple jump, high jump and pole vault events.

In addition to its competitive use, the building is utilized as an indoor practice facility for Washington's football, softball, baseball and men's and women's soccer teams.

The facility is named for California businessman Neal Dempsey, a 1964 Washington graduate who, along with his wife, Janet, gave \$10 million to the University in January of 2001.

Dempsey Indoor Records

MEN

60m Dash	6.63, Ja'Warren Hooker, Asics, 2/1/03
60m Hurdles	7.77, Jeff Hunter, Arizona, 3/4/06
200m	21.10, Rubin Williams, Unattached, 2/15/03
400m	46.17, Andre Ammons, Unattached, 2/15/03
800m	1:47.38, Zach Whitmarsh, Pacific Sport, 2/15/03
Mile	3:58.40, Michael Stember, NIKE, 2/15/03
3000m	7:48.59, Bolota Asmeron, NIKE, 1/31/04
5000m	13:36.48, Matt Tegenkamp, Wisconsin, 2/12/05
4x400m Relay	3:06.98, Oregon, 2/26/05
DMR	9:34.21, UCLA, 2/14/04
High Jump	7-3 3/4, Jesse Williams, USC, 1/29/05
Pole Vault	19-0 3/4, Toby Stevenson, Unatt., 1/31/04
Long Jump	26-6 1/4, Matt Mason, WSU, 2/27/04
Triple Jump	54-6 1/2, Julien Kapek, USC, 2/1/03
Shot Put	65-6 3/4, John Godina, adidas, 2/1/03
Weight Throw	73-9 1/2, Derek Woodske, IWTC, 2/1/03
Heptathlon	5,603, Joshua Kinnaman, ASU, 2/25/06

WOMEN

60m Dash	7.31, Janice Davis, Stanford, 2/25/05
.....	7.31, Chauntae Bayne, Stanford, 2/25/06
60m Hurdles	7.93, Virginia Powell, USC, 3/4/06
200m	23.46, Janice Davis, Stanford, 2/25/06
400m	53.57, Ashley Purnell, Stanford, 3/5/05
800m	2:02.91, Heather Henningar, Pacific Sport, 2/15/03
Mile	4:31.87, Courtney Babcock, MWTC, 2/11/06
3000m	9:00.27, Malindi Elmore, Asics, 1/31/04
5000m	15:45.45, Amy Hastings, ASU, 2/11/06
4x400m Relay	3:35.06, UCLA, 3/3/03
DMR	11:05.16, Stanford, 1/31/03
High Jump	6-1 1/4, Sharon Day, Cal Poly, 1/29/05
Pole Vault	14-9 1/2, Mary Sauer, Unatt., 2/11/06
Long Jump	21-6, Grace Upshaw, NIKE, 2/14/04
Triple Jump	45-7 1/4, Erica McLain, Stanford, 2/26/05
Shot Put	58-6, Jill Camarena, Unatt., 2/11/06
Weight Throw	67-8 1/4, Cari Soong, UCLA, 1/31/04
Pentathlon	4,207, Jackie Johnson, ASU, 2/24/06



It's hard not to be excited at the prospects for Washington's men's track and field team in 2007.

After all, with five returning All-Americans, two Pac-10 champions, one NCAA champion and a No. 12 preseason ranking from Trackwire magazine, it certainly appears that the stage is set for an historic run.

Last year, Washington's men sent competitors to the NCAA Championships in every event area, including the sprints, hurdles, mid-distances, distances, relays, horizontal jumps, vertical jumps and throws. A record 16 Huskies brought home All-America honors, while junior **Ryan Brown** (Renton, Wash./Renton) captured the largest prize of all with a come-from-behind win in the NCAA 800-meter final.

Husky men also won Pac-10 titles in the long jump (sophomore **Norris Frederick**), 400-meter hurdles (senior Shane Charles) and javelin (senior Juan Romero), and regional titles in the hurdles and 4x400-meter relay, capping banner years with outstanding finishes at all three postseason meets.

While the losses in certain areas — most notably the sprints and hurdles — will be tough to replace, fifth-year head coach **Greg Metcalf** says that the Huskies' growing success of the past few seasons (three NCAA champions and 26 All-Americans since 2003) has raised the team's expectation level such that every up-and-coming young star feels a responsibility to improve upon what those before them have accomplished, and continue to raise the profile of Washington track and field.

"When you have a teammate win a national title, it makes accomplishing great things seem even more real to everyone on the team," Metcalf says. "Once you get something headed in the right direction, it's a lot easier to just keep it going. Our men's team has tremendous momentum right now."

Sprints/Hurdles/Relays

Without a doubt, Washington's most experienced unit in 2006 was its sprints/hurdles group, whose four talented seniors all ranked among UW's all-time top-10 in their individual events, and combined to lead UW's 4x100- and 4x400-meter relay squads to three NCAA Championships appearances and a pair of All-America honors.

The graduation of that talented group, which more than any other has helped change the face of Husky track and field — including two-time All-American and Pac-10 quarter-hurdles champion Shane Charles, three-time relay All-American and NCAA 400-meter semifinalist Bruce Jackson, and NCAA Championships competitor Davaon Spence — leaves big shoes for Washington's young returning sprinters to fill.

Leading that effort will be senior quarter-miler **Alex Harcourt** (Kent, Wash./Kentridge), whose lifetime best of 46.57 in the event would rank among the best in the nation if duplicated this year. In addition to leading the team at 400 meters, Harcourt will play significant roles on UW's 4x400-meter and distance medley relay squads, which between them have combined for four All-America honors and five NCAA Championships appearances in the past two years.

"We're still in the 4x4 business," says third-year sprints coach **LaMonte Vaughn, Jr.**, who has sent two individuals and six relays to the NCAA Championships in his first two seasons. "Alex is 'The Man' right now, and he's training like it."

Harcourt will have a familiar face by his side in high-school teammate **James Fredrickson** (Jr., Kent, Wash./Kentridge/CS Northridge), who joins the Huskies after a year at Cal State Northridge. A two-time NCAA Regional qualifier in the 100-meter hurdles, Fredrickson will make an immediate impact in both hurdles events, and can run on both relays as well.

Junior **Kyle Still** (Bellingham, Wash./Sehome), who improved steadily throughout the 2006 campaign, will also contribute in the quarter hurdles and 4x400 meters, while sophomore **Randy Bacon** (Tacoma, Wash./Washington), and freshmen **Don Gaspar** (Los Gatos, Calif./Los Gatos) and **Jeff Gudaitis** (Tacoma, Wash./Tacoma Baptist) will be called upon to lead the team in the short sprints.

"We're inexperienced, but that just means we have to be more aggressive," says Vaughn. "The one thing all these guys have in common is that they don't like to lose. They train with purpose and intensity, and they all want to win."



Defending Pac-10 long jump champ Norris Frederick is the conference's top returnee in both the long and high jumps.

Mid-Distances

As green as Washington may be in the sprints and hurdles, the team is that loaded in the mid-distances, where two sub-1:50 half-milers and two sub-3:45 1,500-meter competitors form the nucleus of one of the nation's deepest middle distance units.

For obvious reasons, the Huskies rally around reigning NCAA 800-meter champion **Ryan Brown** (Sr., Renton, Wash./Renton), whose win in last year's NCAA final gave him a career sweep of MPSF, Pac-10, Regional and NCAA titles in the event.

Brown's winning time of 1:46.29 was the fastest in the nation by a U.S. collegian in 2006 and will stand as the benchmark for the rest of America's half-milers to catch this season.

One such competitor is certain to be teammate **Austin Abbott** (Jr., Chehalis, Wash./W.F. West), who ran sixth in the 800 and fourth in the 1,500 at the 2006 Pac-10 meet, and boasts best of 1:48.57 and 3:44.30 in the event that are among the best of any returning collegiate competitor this year.

Abbott, who reached his first NCAA Championship meet last June, in turn headlines the team's 1,500-meter group, where he is joined by former UW freshman-record holder and two-time Pac-10 1,500-meter finalist **Carl Moe** (Jr., Auburn, Wash./Auburn-Riverside).

In addition to their individual prowess, all three also earned All-America honors in 2006 with UW's distance medley relay, which placed fifth at the NCAA Indoor meet for the second consecutive year.

"All three of those guys have had a lot of success so far in their careers," says Metcalf, who coaches the team's distance runners. "Once you've been to the top of the mountain, like Ryan has, you want nothing more than to get back. Austin and Carl, meanwhile, have had a little taste of that through Ryan and want it for themselves. Those three are definitely going to feed off each other all year."

Metcalf also identifies freshman **Brian Govier** (Mercer Island, Wash./Mercer Island) and senior **Tim Freeman** (Bainbridge Island, Wash./Bainbridge), as two to keep an eye on this season.

Steeple/Distances

If cross country success is an indicator of long-distance prowess, then Washington should be on track for a banner year in the 5,000- and 10,000-meter events in 2007.

Sophomore **Jeremy Mineau** (Menlo Park, Calif./Menlo-Atherton) and seniors **Travis Boyd** (Mukilteo, Wash./

Kamiah), **Kevin Peters** (Kelso, Wash./Longview) and **Mike Sayenko** (Bellevue, Wash./Sammamish) combined to lead UW's men to a 12th-place finish at November's NCAA Cross Country Championships, and will be the heart of the Huskies' long-distance unit this year.

Returning NCAA 10,000-meter competitor Mineau led all Huskies at 5,000 and 10,000 meters in 2006, setting a school record of 13:54.03 indoors in the former and a UW freshman record of 28:49.69 in the latter. Those times rank among the best by returning collegians this year, and if duplicated, will likely see Mineau making a repeat performance at nationals in 2007.

"I think that last year was really just a hint as to how fast Jeremy can run," Metcalf says. "He had an incredible cross country season and is poised to do some really wonderful things this spring."

Sayenko, too, ran well in the track offseason, leading the cross country team to nationals and bettering the Olympic qualifying standard in the marathon. He and Peters, who have both run below 30 minutes for 10K, will team with Boyd, senior **Jon Hickey** (Richland, Wash./Hanford), redshirt freshman **Kelly Spady** (Mukilteo, Wash./Kamiah) and sophomore **Chris Ahl** (Seattle, Wash./Bishop Blanchet) to form what should be one of the Pac-10's top long-distance units, while juniors **Brad Liber** (San Diego, Calif./University City) and **Caleb Knox** (Mill Creek, Wash./Jackson) will try to get under nine minutes in the steeple.

"Mike, Kevin and Jeremy all have the ability to run under 29 minutes for 10K, while Kelly and Chris have both made huge developments this fall," Metcalf said. "These are some of the deepest events in this conference, but I really think this is a group that can go out and run with the best of them."

Pole Vault

Washington's pole vault unit has produced a steady diet of NCAA and Pac-10 champions in recent years, a tradition of success that this year's group appears more than capable to uphold.

The Huskies would benefit significantly from the healthy return of junior **McKane Lee** (Arlington, Wash./Arlington). The two-time Pac-10 scorer and one of the top vaulters in UW history, Lee missed all of 2006 after suffering a knee injury in January, and will return on a limited basis indoors.

His return would give the Huskies two vaulters — including freshman **Scott Roth** (Granite Bay, Calif./Granite Bay) — with bests over 17 feet, and another, senior **Seth Perrins** (Tekoa, Wash./Tekoa/Ricks College), who is on a steady track to top the mark this season.

Roth may prove to be the most exciting of the bunch. The reigning prep national champion and one of the top junior-age vaulters in the world, Roth comes to Washington with a lifetime best of 17-5 and a legitimate shot to top the age-group record of 18-3 set by Oregon's Tommy Skipper in 2004.

"Technically, Scott is very good, he's just working now on adding more speed and strength," says assistant coach **Pat Licari**, who in just the past five years has mentored three NCAA champions, two Pac-10 champions, and a world indoor champion. "Between Scott, McKane and Seth, there's the potential to have three scorers at the Pac-10 meet, and at least 1-2 competitors at nationals."

Jumps/Multi-Events

Few Huskies thrill the fans at Dempsey Indoor like junior **Norris Frederick** (Seattle, Wash./Roosevelt), who has ridden the wave of the fans' energy to a Pac-10 long jump titles, consecutive All-America honors, and five-career NCAA Championships appearances.

Faced with the challenge of following up an All-America 2005 campaign, Frederick did just that. The sophomore was a force at the conference meets, winning the long jump and placing second in the high jump at both the MPSF and Pac-10 Championships, and combined for three NCAA Championships appearances, including a long jump-high jump double outdoors and a second-straight All-America long jump performance indoors.

Already the only Husky ever to clear both 25 feet in the long jump and seven feet in the high jump, Frederick will set his sights this year on the 26-foot mark in the long jump,

Name	Event	Yr.	Hometown (High School/Previous College)	Pronunciation Key
Abbott, Austin	Distances	Jr.	Chehalis, Wash. (W.F. West)	"ALL"
Ahl, Chris	Distances	So.	Seattle, Wash. (Bishop Blanchet)	
Bacon, Randy	Sprints	So.	Tacoma, Wash. (Washington)	
Beach, Jackson	Jumps	Fr.	Ellensburg, Wash. (Ellensburg)	
Bidleman, Blake	Multi-Events	Sr.	Redmond, Wash. (Inglemoor)	"BYE-dull-man"
Bingisser, Martin	Hammer	Sr.	Bellevue, Wash. (Interlake/Cal State Northridge)	"BING-isser"
Booker, Riley	Distances	Fr.	San Diego, Calif. (University City)	
Boyd, Travis	Distances	Sr.	Mulkiteo, Wash. (Kamiak)	
Bromka, Alec	Distances	RFr.	Portland, Ore. (Catlin Gable)	
Brown, Ryan	Mid-Distances	Sr.	Renton, Wash. (Renton)	
Darda, Joe	Distances	RFr.	Ellensburg, Wash. (Ellensburg)	
Davis, Teddy	High Jump	Sr.	White Salmon, Wash. (Columbia/Univ. of Oregon)	
Elisara, Cameron	Throws	Fr.	Spokane, Wash. (Ferris)	"ell-iss-SAR-uh"
Follmer, Peter	Throws	Fr.	Kent, Wash. (Kentridge)	"FOAL-mur"
Frederick, Norris	Jumps	Jr.	Seattle, Wash. (Roosevelt)	
Fredericks, Corey	Jumps/Multi	Jr.	Vancouver, Wash. (Evergreen)	
Frederickson, James	Sprints/Hurdles	Jr.	Kent, Wash. (Kentridge/CS Northridge)	
Freeman, Tim	Mid-Distances	Sr.	Bainbridge Island, Wash. (Bainbridge)	
Gaspar, Don	Sprints	Fr.	Los Gatos, Calif. (Los Gatos)	Rhymes with "NASCAR"
Glaser, Chris	Distances	Fr.	Yakima, Wash. (West Valley)	Like "GLAZER"
Govier, Brian	Distances	Fr.	Mercer Island, Wash. (Mercer Island)	"GO-vee-er"
Gudaitis, Jeff	Sprints	Fr.	Tacoma, Wash. (Tacoma Baptist)	"good-ITIS"
Gussin, Zack	Distances	Fr.	Seattle, Wash. (Ballard)	
Harcourt, Alex	Sprints	Jr.	Kent, Wash. (Kentridge/Highline CC)	
Harding, Jon	Distances	So.	Issaquah, Wash. (Issaquah)	
Harris, Leonard	Sprints	Fr.	Kent, Wash. (Kentridge)	
Harrison, Ricky	Sprints	Fr.	Woodinville, Wash. (Woodinville)	
Hickey, Jon	Distances	Sr.	Richland, Wash. (Hanford)	
Israel, Mart	Hammer	So.	Karksi-Nuia, Estonia (Karksi-Nuia/Tallinn Tech)	
Knox, Caleb	Distances	Jr.	Mill Creek, Wash. (Jackson)	
Lee, McKane	Pole Vault	Jr.	Arlington, Wash. (Arlington)	
Liber, Brad	Distances	Jr.	San Diego, Calif. (University City)	
Midles, Zack	Throws	RFr.	Olympia, Wash. (Capital)	LYE-burr
Mineau, Jeremy	Distances	So.	Menlo Park, Calif. (Menlo-Atherton)	Rhymes with "RIDDLES"
Moe, Carl	Distances	Jr.	Auburn, Wash. (Auburn-Riverside)	min-NO
Noble, Bobby	Pole Vault	Fr.	New Canaan, Conn. (New Canaan)	
Nyland, Dave	Javelin	Jr.	Woodinville, Wash. (Woodinville)	
O'Connor, Jared	Pole Vault	Fr.	Clifton Park, N.Y. (Shenedehowa/No. Carolina)	
Owen, Matt	Steeple/Distances	Sr.	Yakima, Wash. (East Valley)	
Perrins, Seth	Pole Vault	Sr.	Tekoa, Wash. (Tekoa/Ricks College)	
Peters, Kevin	Distances	Sr.	Longview, Wash. (Mark Morris)	
Pinkerton, David	Pole Vault	Fr.	Snohomish, Wash. (Snohomish)	
Roth, Scott	Pole Vault	Fr.	Granite Bay, Calif. (Granite Bay)	
Sayenko, Mike	Distances	Sr.	Bellevue, Wash. (Sammamish)	
Sayres, Conor	Pole Vault	RFr.	Valleyford, Wash. (Freeman)	sigh-YENK-o
Schmitt, Jake	Distances	So.	Kentfield, Calif. (Redwood/California)	
Shimer, Adam	Distances	Jr.	Edmonds, Wash. (Meadowdale)	
Spady, Kelly	Distances	RFr.	Mukilteo, Wash. (Kamiak)	SHY-murr
Still, Kyle	Sprints/Hurdles	Jr.	Bellingham, Wash. (Sehome)	Rhymes with "LADY"
Te'o-Nesheim, Daniel	Throws	So.	Kailua, Hawaii (Hawaii Prep)	
Vu, Ryan	Pole Vault	Fr.	Belleuve, Wash. (Interlake)	tuh-O NESS-ime
Weeks, Braden	Jumps	Fr.	Lynden, Wash. (Lynden)	
Wilson, James	Distances	Jr.	Yakima, Wash. (West Valley)	
Woods, Zach	Javelin	Fr.	Oregon City, Ore. (Oregon City)	

and on Husky legend Rick Noji's 7-6 1/2 school high jump record, while also bidding for a sweep of Pac-10 long- and high-jump crowns.

"Norris has the chance this year to really do something special at the Pac-10 and NCAA meets," Licari says. "With all the success he's had, he still has yet to really put it all together at a national meet. I think that's really motivated him to work on his consistency and focus this year, which is only going to make him better."

Behind Frederick are senior high jumper **Teddy Davis** (White Salmon, Wash./Columbia/Oregon), a seven-foot jumper and 2004 NCAA Championships competitor, and a trio of decathletes, senior **Blake Bidleman** (Redmond, Wash./Inglemoor), junior **Corey Fredericks** (Vancouver, Wash./Evergreen) and freshman **Bobby Noble** (New Canaan, Conn./New Canaan). Bidleman was Pac-10 scorer in the decathlon last year, while Fredericks provides the best depth in the horizontal jumps, and Noble in the high jump.

"Teddy and Blake have both been on a roller-coaster ride of injuries the past couple of years, but I think they can both make an impact outdoors," Licari says. "The other exciting guy in this unit is Bobby. He has a ton of talent, but physically, he's not where Blake and Corey are as decathletes right now. Once he develops, though, he's going to be very good."

Throws

After putting at least one UW men's thrower on the All-America podium in all but two seasons from 1967-2000 — a stunning 44-year span — the Huskies failed to even qualify a thrower for the national meet from 2001-05.

That streak came to an emphatic end in 2006, as three Huskies earned NCAA Championships berths, representing UW's largest throws contingent at nationals since 1979.

Hammer thrower **Martin Bingisser** (Sr., Bellevue, Wash./Interlake/CS Northridge) was one of two UW throwers to bring home All-America honors, while also becoming one of just three Huskies ever to top 210 feet in the hammer.

Bingisser, who added an indoor conference title in the weight throw to his outdoor prowess, will provide leadership in the hammer for redshirt freshman **Zack Midles** (Olympia, Wash./Capital), the 2005 prep champion who will make his full debut this year.

"Martin is very motivated right now, and is a great role model for a young, talented guy like Zack," says second-year throws coach **Reedus Thurmond**. "Zack's training out of his mind, too. It will be fun to see what happens with those guys."

Midles will also throw the discus, where he will be joined by Estonian transfer **Mart Israel**. A 200-plus junior-level thrower in the discus, Israel has the talent to compete for a Pac-10 title right away, and could vie for All-America honors as well.

"Mart is just an athlete — he could play football, basketball, whatever," says Thurmond. "He can go 209 in the disc, 60 in the shot and 200 in the hammer. He'll be a force at Pac-10s." Sophomore **Daniel Te'o-Nesheim** (Kailua, Hawaii/Hawaii Prep) and freshman **Cameron Elisara** (Spokane, Wash./Ferris) can also top 60 feet in the shot put, giving Washington its deepest throws unit in more than a decade.

Only the javelin is largely without depth, as junior **Dave Nyland** (Woodinville, Wash./Woodinville) and a pair of newcomers will attempt to replace departed Pac-10 champion Juan Romero.

"This is a group that, when you look at it, should send three guys to nationals again," Thurmond says, "with the potential for even more."

Overview

With five returning All-Americans, nine returning Pac-10 individual scorers and the core of a team that won the MPSF Indoor Conference title and placed fourth at the Pac-10 and NCAA West Regional meets returning, it's tempting to start projecting points at the conference and national meets.

Metcalfe, for one, is challenging his team to stretch the limits of what they believe they can accomplish.

"I think right now we're looking at a men's team that can go to the Pac-10 championships and score over 100 points," he says. "That's what this is all about; going to big meets and performing and having a shot to go beat people. Our goals is to be a top-10 track program this year. Having all of these guys back who've competed in big meets gives this group scary potential. We have a handful of guys who can win NCAA national championships, and once you're at that level, it's a small step onto the podium at nationals."

Over the past three seasons, Washington's women's track and field team has placed two Huskies atop the NCAA Championship podium, earned 15 All-America honors and combined for four top-25 NCAA Championship finishes.

That the bar has been raised is certain — the only question entering 2007 is, can a team long on talent but short on experience raise the bar yet again?

The Huskies' 55-woman roster includes just six seniors, total, and just two with NCAA Championships experience. Freshmen — both the true and redshirt variety — account for 23 roster positions, meanwhile, meaning roughly half of the Huskies' 2007 team has yet to compete officially in a collegiate event.

"We've just continually been very young," says fifth-year head coach **Greg Metcalf**. "In this conference, you can't rely on freshmen to get it done every year; you have to rely on the upperclassmen."

With such a young team, Washington will lean even more heavily than usual on its veterans, led by senior hurdler **Ashley Lodree**. A four-time All-American and the Huskies' school-record holder in four different events, Lodree enters 2007 with the nation's fastest returning hurdles mark, and is one of the team's strongest options to extend its streak of consecutive years with a national champion to three.

The Huskies also return last year's NCAA title winner, **Amy Lia**, who as a sophomore in 2006 won her first NCAA title — and the second by a UW middle distance runner in the span of three hours — in the 1,500 meters. Lia and Lodree, along with pole vaulters **Kelley DiVesta** and **Stevie Marshalek**, distance runner **Anita Campbell** and half-miler **Amanda Miller**, give the Huskies six returnees with NCAA Championships experience.

Talented freshmen **Whitney Hooks**, a six-time state champion thrower, and **Katie Follett**, an outstanding distance runner, should make an impact as well, but Metcalf says that the UW will need its veteran returnees to take that next leap forward if Washington is to contend for national prominence this year.

"Right now, we have a core group of women who are working hard," he says. "We have two girls who could score right now, today. But we have another four or five athletes who, with another year, and being healthy, could score. We had four girls go to the National Championships last year, so the number should be eight this year, and then 12 next year. That's the path we want to be on, but it's going to take everyone giving their best for us to get there."

Sprints/Hurdles/Relays

Few Huskies have had as outstanding a career as senior hurdler **Ashley Lodree** (Richmond, Calif./El Cerrito). A four-time All-American and the 10th-fastest hurdler in Pac-10 Conference history, Lodree enters 2007 with the nation's fastest times in the 60- and 100-meter hurdles, and is prepared to take the next step in her career.

"We're trying to do big things with Ashley," says third-year sprints coach **LaMonte Vaughn, Jr.** "She's proven she can run fast, now it's time to win something."

Just as important to team as Lodree's speed — which, with bests of 7.38 (60m), 8.15 (60m HH), 11.3 (100m) and 12.99 (100m HH), has been well-established — will be her leadership, as the Huskies enter the 2007 season with just two sprinters with more than one year's experience in the program.

Junior **Jennifer Nash** (Tracy, Calif./Merrill West), a four-time prep All-American, is one of the more experienced Husky sprinters, having run at each of the past two Pac-10 Championship meets. Vaughn says that Nash's increased training intensity and focus has her on pace to finally match the bests of 11.58 (100m) and 24.20 (200m) with which she entered Washington two years ago.

"It's time for Jennifer to do what she came here to do, and that's win races," Vaughn says. "I've been really pleased by what I've seen from her lately. She has a renewed focus and dedication, and really has a sense of urgency about her. If she runs like that, she'll be fine."

Senior **Kinyatta Leonhardt** (Petaluma, Calif./St. Vincent/SPU) will provide leadership in the long sprints and relays, where Vaughn says she could potentially make a significant impact.



Senior Ashley Lodree enters the 2007 season ranked No. 1 among NCAA returnees in the 100-meter hurdles.

"She's worked so hard — she has the chance to be the best 400-meter runner who ever walked across this campus," he says. "If she falls short, it won't be for a lack of effort."

Behind the three veterans are a pair of sophomore hurdlers, **Falesha Ankont** (Benicia, Calif./Benicia) and **Syreeta Martin** (Tacoma, Wash./Wilson), a converted distance runner (senior **Kira Harrison**) and a pair of freshmen who Vaughn says will need time to develop. It's admittedly a group thin on size, Vaughn says, but not on ability.

"The talent is there," Vaughn says. "Is the depth there? No, but the only thing separating us from greatness right now is belief."

Mid-Distances

One area never short on depth for Washington is the mid-distances, and 2007 is no exception.

With UW having put an 800- or 1,500-meter runner on the All-America list four times from 2003-05, it was little surprise to see **Amy Lia** (Bothell, Wash./Bothell) in the 1,500-meter final at the 2006 NCAA Championships.

The sophomore, however, took it one step further, winning the NCAA title in come-from-behind fashion to clinch the first national track title for a UW woman since the NCAA added women's sports in 1981.

Lia's winning time of 4:14.63 was the fastest in the nation by a collegiate woman during the 2006 collegiate season.

"For our women's program to have a young woman win an NCAA title is a big deal," says Metcalf, who coaches UW's distance runners. "It was a big confidence boost to all the other girls who train with her every day, and a testament to the work our women's program has done."

The sixth-fastest at 1,500 meters in Pac-10 history, Lia is just the tip of a deep and talented group at the distance, including sophomore **Annaliese Chapa** (Portland, Ore./Central Catholic), a Pac-10 finalist in 2006; and 2006 NCAA Regional qualifier **Amanda Miller** (Wenatchee, Wash./Eastmont).

Lia and Miller each rank among UW's all-time top-10 at 1,500 meters, while Lia and Chapa are among UW's all-time mile best.

It's Miller who leads the team in the half-mile, where she earned All-America honors in 2005 with a best of 2:06.76 that set a UW indoor record. Sophomore **Dani Schuster** (Kennewick, Wash./Kamiakin), however, actually owns a better outdoor half-mile PR (2:07.43) than Miller, and ran seventh in the Pac-10 800-meter final a year ago. Lia (2:09.73) and Harrison (2:09.26) also boast bests under 2:10, giving Washington outstanding depth in one of the Pac-10's toughest events.

2007 Women's Outlook

"We can expect big things from those two," says Metcalf. "They've both had some success, but believe that they can do more."

Metcalf says that Husky fans can also expect contributions from freshmen **Katie Follett** (Fort Collins, Colo./Fort Collins) — a 10-time all-state performer as a prep — **Kailey Campbell** (Seattle, Wash./Ballard) and **Lindsey Kirschman** (Redding, Calif./Enterprise), as well as sophomores **Emily Collins** (Eugene, Ore./Marist) and **Andrea Brown** (Bellingham, Wash./Mt. Baker/Kentucky).

"The middle-distance group is where it really starts for us as a team," Metcalf says. "With Amy, Amanda and Dani, we have some real firepower, and an ability to go score points at big meets. They're each going to be important parts of our team."

Steeple/Distances

The Huskies also boast NCAA Championships experience in the long distances, where sophomore **Anita Campbell** (Vancouver, B.C./Aldergrove) heads an outstanding young group.

Already a veteran of three NCAA Championships — including a 21st-place finish in the 5,000 meters at last year's NCAA outdoor meet and a pair of top-100 NCAA cross country finishes — Campbell enters her second track season with UW's freshman record at 5,000 meters under her belt, and one of the nation's fastest returning times (16:29.91) at the distance.

"It's rare to have someone entering their sophomore year with as much big-meet experience as Anita has," Metcalf says. "She's going to run high-quality at 5,000 meters this year."

Senior **Brianna McLeod** (Jenks, Okla./Jenks) has run in each of the last two Pac-10 5,000-meter finals, while Metcalf also expects strong seasons from junior **Trisha Rasmussen** (Phoenix, Ariz./Mountain Ridge) and sophomores **Mary Moriarty** (Seattle, Wash./Ballard/SPU) and **Brooke Lademan** (Palos Verdes, Calif./Peninsula).

The Huskies will also look for contributions at 5,000 meters from freshmen **Mo Huber** (Oakland, Calif./Acalanes) and **Sam Gaffney** (Sandy, Utah/Judge Memorial), while nearly all the freshmen will be given the chance to try the steeple.

"The steeple's an event we're going to need a surprise in," Metcalf says. "On the whole, it's a young group. We know they're all talented, we just need to figure out where exactly to put the pieces so that they each have the best chance of success."

Pole Vault

With one NCAA title, one Pac-10 title and seven All-America honors in the past four years, Washington's pole vault unit has had little trouble deciphering the formula for success.

Two vaulters remain from the quintet that set an NCAA record in 2005 by being the first unit to send five vaulters over 13 feet in one season, including senior **Stevie Marshalek** (Kent, Wash./Kentlake) and junior **Kelley DiVesta** (Colorado Springs, Colo./Palmer).

DiVesta reached her third-career NCAA Championship meet last June, while Marshalek missed nearly all of the outdoor season after injuring her foot shortly after competing at her third NCAA Championships in March. Both rank among Washington's all-time best in the event and, with bests of 13-5 1/4 and 13-7 1/4, respectively, will be in the mix for All-America honors this year.

"Kelley and Stevie have the ability to be standing on the podium at the end of the year," says vault coach **Pat Licari**, who has tutored two NCAA champions, two Pac-10 champions and six All-Americans in his nine-year career. "The field's wide open — 10 of the top-17 in the women's vault, including all of the top-six, graduated last year, so to have two ladies back at the level of Kelley and Stevie is pretty exciting."

While it may not be as top-heavy as Washington's record-setting 2005 unit, the Huskies' 2007 corps is stronger throughout. Sophomore **Alli Moore** (Bellingham, Wash./Sehome/Arizona), a Pac-10 competitor in 2006, senior **Myrriah Swango** (Laguna Hills, Calif./Laguna Hills) and redshirt freshman **Ally Wojciechowski** (Lake Oswego, Ore./Lakeridge), have all topped 12 feet as collegians and have 13 in their sights, while freshman **Lauren Walker** (Huntington Beach, Calif./Huntington Beach) will certainly top 12 feet this year.

Name	Event	Yr.	Hometown (High School/Previous College)	Pronunciation
Amiad-Pavlov, Daria	Jumps/Multi	So.	Ashdod, Israel (Gimnasia Realit)	"DAR-ee-uh"
Anderson, Brooke	Distances	RFr.	San Diego, Calif. (University City)	Like "FELICIA", last name "AINK-ton"
Ankton, Falesha	Sprints/Hurdles	So.	Benicia, Calif. (Benicia)	
Baldassin, Corrine	Throws	So.	Gig Harbor, Wash. (Bellarmine Prep)	
Beard, Ashleigh	Throws	Fr.	Vancouver, Wash. (Hudson's Bay)	
Brown, Andrea	Mid-Distances	So.	Bellingham, Wash. (Mt. Baker/Kentucky)	
Bylsma, Lydia	Jumps	Fr.	Longview, Wash. (Mark Morris)	"BILLS-muh"
Campbell, Anita	Distances	So.	Vancouver, B.C. (Aldergrove)	
Campbell, Kailey	Distances	Fr.	Seattle, Wash. (Ballard)	
Chapa, Annaliese	Distances	So.	Portland, Ore. (Central Catholic)	"on-uh-LEASE", "CHAP-uh"
Collins, Emily	Distances	So.	Eugene, Ore. (Marist)	
DiVesta, Kelley	Pole Vault	Jr.	Colorado Springs, Colo. (Palmer)	
Ellis, Sheree	Throws	So.	Kent, Wash. (Kentridge)	"sha-REE"
Follett, Katie	Distances	Fr.	Fort Collins, Colo. (Fort Collins)	"FALL-ut"
Fuller, Liz	Multi-Events	So.	Vancouver, Wash. (Fort Vancouver)	
Gaffney, Samantha	Distances	Fr.	Sandy, Utah (Judge Memorial)	
Garrow, Olivia	Distances	Jr.	Seattle, Wash. (Nathan Hale)	Rhymes with "ARROW"
Glandon, Riley	Jumps	Fr.	Redmond, Wash. (Inglemoor)	
Harrison, Kira	Mid-Distances	Sr.	Bellingham, Wash. (Meridian)	
Harvey, Shannon	Throws	RFr.	Olympia, Wash. (Capital)	
Ho, Lauren	Distances	Fr.	Kailua, Hawaii (Hawaii Baptist Academy)	
Hooks, Whitney	Throws	Fr.	Everett, Wash. (Cascade)	"HOO-burr"
Huber, Mo	Distances	Fr.	Oakland, Calif. (Acalanes)	"im-purr-OTT-ee"
Imperati, Anna	Distances	Fr.	Portland, Ore. (Jesuit)	
Johnson, Chelsey	Hurdles	Fr.	Lacey, Wash. (Rainier)	"CARE-uh-nin"
Keranan, Kaisa	Multi-Events	So.	Seattle, Wash. (Roosevelt)	
Kirschman, Lindsey	Mid-Distances	Fr.	Redding, Calif. (Enterprise)	"LAY-duh-min"
Lademan, Brooke	Distances	So.	Palos Verdes, Calif. (Peninsula)	"KIN-yott-uh" "LAY-in-heart"
Leonhardt, Kinyatta	Sprints	Sr.	Petaluma, Calif. (St. Vincent/Seattle Pacific)	"LEE-uh"
Lia, Amy	Distances	Jr.	Bothell, Wash. (Bothell)	"LOW-dray"
Lodree, Ashley	Sprints/Hurdles	Sr.	Richmond, Calif. (El Cerrito)	
Lombardo, Allison	High Jump	RFr.	Richland, Wash. (Richland)	"mar-SHALL-ick"
Marshalek, Stevie	Pole Vault	Sr.	Kent, Wash. (Kentlake)	"sigh-REET-uh"
Martin, Syreeta	Sprints	So.	Tacoma, Wash. (Wilson)	"Mc-CLOUD"
McLeod, Brianna	Distances	Sr.	Jenks, Okla. (Jenks)	
Miller, Amanda	Distances	Jr.	Wenatchee, Wash. (Eastmont)	
Moore, Alli	Pole Vault	So.	Bellingham, Wash. (Sehome)	
Moriarty, Mary	Distances	So.	Seattle, Wash. (Ballard/SPU)	
Nash, Jennifer	Sprints	Jr.	Tracy, Calif. (Merrill West)	
Oyetuga, Korede	Throws	Fr.	Everett, Wash. (Everett)	"core-AY-DAY" "oy-uh-TOOGA"
Peterson, Andrea	Pole Vault	So.	Bonney Lake, Wash. (Sumner)	
Rasmussen, Trisha	Distances	Jr.	Phoenix, Ariz. (Mountain Ridge)	
Robblee, Robyn	Jumps	Fr.	Ellensburg, Wash. (Ellensburg)	"ROBE-lee"
Sandell, Janine	Throws	Jr.	Deer Valley, Ariz. (Deer Valley/UC Santa Barbara)	
Schuster, Dani	Distances	So.	Kennewick, Wash. (Kamiakin)	"SHOO-stir"
Shoemaker, Kristina	Jumps	Fr.	Bellevue, Wash. (Interlake)	Like "Mariah", last name "SWAN-goo"
Swango, Myrriah	Pole Vault	Sr.	Laguna Hills, Calif. (Laguna Hills)	
Taylor, Brandy	Sprints	Fr.	Cleveland, Ohio (Collinwood)	
Todd, Lindsay	Jumps	Jr.	Rock Island, Ill. (Rock Island)	
Tyler, Tori	Distances	So.	Los Altos, Calif. (Gunn)	
Veldman, Caroline	Throws	Fr.	Fort Collins, Colo. (Poudre)	
Vielma, Nicole	Jumps	Fr.	Fife, Wash. (Fife)	"vee-ELL-ma"
Walker, Lauren	Pole Vault	Fr.	Huntington Beach, Calif. (Huntington Beach)	
Wegman, Karina	Distances	RFr.	Seattle, Wash. (Bishop Blanchet)	"kuh-REE-nuh"
Wojciechowski, Allison	Pole Vault	RFr.	Lake Oswego, Ore. (Lakeridge)	"whoa-juh-HOW-skee"
Yoshinaga, Sayaka	Distances	Sr.	Seattle, Wash. (Ballard)	"sigh-YOCK-uh" "yo-shee-NOGG-uh"

"The success we've had the past few years has really laid a base whereby we're able to get some of the best young women in the country to come jump for us, and that's exciting," Licari says. "There isn't a girl on our team that I don't think can do something great before their career is through."

Jumps/Multi-Events

The Huskies are led in the jumps by their sophomore heptathletes, **Daria Amiad-Pavlov** (Ashdod, Israel/Gimnasia Realit) and **Liz Fuller** (Vancouver, Wash./Ft. Vancouver), each of whom competed at the Pac-10 Championships in 2006.

Before suffering an injury outdoors, Pavlov cracked UW's all-time indoor top-10s in the high jump (5-7) and pentathlon (3,854), the latter just 61 points shy of the UW record.

Pavlov returned for Pac-10s, joining Fuller in both the high and long jumps. Fuller also competed in the heptathlon at Pac-10s, and ranks among UW's all-time top-five in the multi-events both indoors and out.

"With Daria healthy for the whole year, she's going to do some great things," Licari says, "and I really believe Liz is going to be pushing that provisional standard in the hep. It's an exciting group."

Licari is also excited by his expansive freshman class in the high jump, including 5-6 prep jumper **Robyn Robblee** (Ellensburg, Wash./Ellensburg) and redshirt freshman **Allison Lombardo** (Richland, Wash./Richland). Those two, along with returnees Pavlov, Fuller, and **Lindsay Todd** (Rock Island, Ill./Rock Island) will all be in the mix for Pac-10 berths in the high jump, while Pavlov and Fuller will take the lead in the horizontal jumps.

Throws

Few recruits have joined the UW track program in recent years with as much fanfare as freshman thrower **Whitney Hooks** (Everett, Wash./Cascade).

A six-time state champion, including four in the shot put and two in the discus, and the state record-holder in the shot (52-6), Hooks has the talent to make an immediate impact at the Pac-10 and NCAA Championships.

"Whitney's going to do some damage in the shot," says second-year throws coach **Reedus Thurmond**. "She has the ability to be top-five at the NCAA's; it's just a matter of how much she wants it."

Hooks joins a UW throws unit that, like much of the Husky women's team, is talented, but inexperienced.

Sophomore **Sheree Ellis** (Kent, Wash./Kentridge) is the group's veteran by default, having competed in both the shot and discus at the 2006 Pac-10 meet. Having had a full year to work with Thurmond and volunteer assistant **Aretha Thurmond**, the reigning U.S. discus champion, Ellis appears poised for a breakout campaign in 2007.

"This is going to be her best year, for sure," says Reedus. "She's in great shape and is throwing really well. She should be able to hang right with Whitney."

Washington also adds first-year competitors in **Caroline Veldman** (Fort Collins, Colo./Poudre), **Korede Oyetuga** (Everett, Wash./Everett) and **Ashleigh Beard** (Vancouver, Wash./Hudson's Bay), and will look to veteran returnees

Kaisa Keranan (Seattle, Wash./Roosevelt) — a converted heptathlete — and **Corrine Baldassin** (Gig Harbor, Wash./Bellarmine Prep) to replace four-time Pac-10 scorer Tiffany Zahn in the javelin.

"We're building right now on the women's side," Thurmond says. "We're still a long way from where we want to be, but we're working towards it every day."

Overview

Though it is a group long on youth and short on depth, Washington's women's team should still be in the mix for another top-25 national finish at year's end, if not solely on the strength of its marquee returnees. Whether or not the Huskies can place higher than top-25, or make an impact at the conference meet, will depend upon whether the team's other talented competitors can raise their game in 2007.

"The strength of our women's team starts with Ashley Lodree and Amy Lia and the leadership that those two bring to our group," Metcalf says. "There's potential there, but we need some other young ladies to step up and raise their level of performance. Do I think there are ladies on our team capable of doing what Amy Lia did last year? Absolutely. It's just a matter of how much they believe in themselves, and how much they're willing to commit to themselves to make that kind of success happen for them."

2007 NCAA INDOOR STANDARDS

Event	Automatic		Provisional	
	FAT	MT	FAT	MT
60m Dash	6.62	—	6.74	—
60m Hurdles	7.70	—	7.91	—
200m	20.83	—	21.23	—
400m	46.05	45.8	47.25	47.0
800m	1:47.80	1:47.5	1:49.90	1:49.6
Mile	3:59.00	3:58.7	4:04.00	4:03.7
3,000m	7:54.00	7:53.7	8:05.00	8:04.7
5,000m	13:48.00	13:47.7	14:10.00	14:09.7
4x400m Relay	3:06.50	3:06.2	3:10.40	3:10.1
Distance Medley Relay	9:34.00	9:33.7	9:45.70	9:45.4

Event	Automatic		Provisional	
	FAT	MT	FAT	MT
High Jump	7-4 1/4 (2.24)	7-1 (2.16)	7-1 (2.16)	7-1 (2.16)
Pole Vault	18-0 1/2 (5.50)	17-0 3/4 (5.20)	17-0 3/4 (5.20)	17-0 3/4 (5.20)
Long Jump	25-9 1/4 (7.85)	24-7 1/4 (7.50)	24-7 1/4 (7.50)	24-7 1/4 (7.50)
Triple Jump	52-10 (16.10)	50-6 1/4 (15.40)	50-6 1/4 (15.40)	50-6 1/4 (15.40)
Shot Put	63-4 (19.30)	58-3 (17.75)	58-3 (17.75)	58-3 (17.75)
35-Pound Weight	70-6 1/2 (21.50)	63-11 3/4 (19.50)	63-11 3/4 (19.50)	63-11 3/4 (19.50)

Indoor Qualifying Guidelines

All athletes achieving Automatic standards will be qualified for the NCAA Championships. In the event that there are not enough qualifiers to provide full fields, athletes will be added, in order of performance, from the list of those who have achieved the Provisional standard.

MOUNTAIN PACIFIC



MPSF Indoor Championships Qualifying

There are no predetermined qualifying standards for the Mountain Pacific Sports Federation Indoor Conference Championships. Instead, each school may enter up to 27 men and 27 women, regardless of qualifying mark. There is no limit on the number of events in which an athlete can be entered; however, no school may enter more athletes in any event than there are scoring places in that event.

Pac-10 Outdoor Championships Qualifying

There are no predetermined qualifying standards for the Pac-10 Conference Championships. Instead, each institution is allowed to enter 24 men and 24 women, at the sole discretion of the head coach. There is no limit on the number of events in which an athlete can be entered; however, no institution may enter more athletes in any single event than there are scoring places in that event.



2007 NCAA OUTDOOR REGIONAL STANDARDS

Track Event			Field Event			Standard		Metric		
100m	10.50	—	High Jump	6-10 3/4	2.10					
200m	21.19	—	Pole Vault	16-6 3/4	5.05					
400m	47.20	46.9	Long Jump	24-1	7.34					
800m	1:50.40	1:50.1	Triple Jump	49-2 1/2	15.00					
1,500m	3:47.80	3:47.5	Shot Put	55-1 1/2	16.80					
Mile	4:03.75	4:03.5	Discus	169-7	51.70					
3,000m Steeplechase	9:07.00	9:06.7	Javelin	202-1	61.60					
5,000m	14:12.00	14:11.7	Hammer	182-5	55.60					
110m Hurdles	14.30	—	Non-Regional NCAA Event Standards							
400m Hurdles	52.51	52.2								
4x100m Relay	40.66	40.4								
4x400m Relay	3:10.00	3:09.7								
			Automatic		Provisional					
			FAT	MT	FAT	MT				
			10,000m	28:45.00	28:44.7	29:30.00	29:29.7			

Outdoor Qualifying Guidelines

- The qualifying period is Feb. 27 - May 14, 2007.
- Only marks achieved outdoors will be accepted for NCAA Regional Championships qualifying.
- The four NCAA Regional Championships will be comprised of all athletes who achieved the above standards, as well as any additional athletes or relay teams which earned conference championships. At the Regionals, the top-five finishers in each individual event, and the top-three relays, will earn automatic berths to the 2007 NCAA Championships, Jun. 6-9 in Sacramento, Calif. After the automatic qualifiers have been identified, the committee will place the next three Regional finishers from both individual events and relays (plus ties based on place) into the national at-large pool. The at-large pool athletes are then listed in order of their best performance of the year, including any best marks established at the regional meet. The committee will then fill the NCAA Championships field in each event by starting at the top of the at-large pool and working down, adding approximately 5-6 athletes per individual event and 3-4 relays, until the cap of 544 athletes per gender is reached.
- The 10,000-meter run and decathlon events are not subject to Regional standards. Athletes qualify for the NCAA Championships in those events by meeting the predetermined automatic and provisional standards listed above. In the event that there exists an insufficient number of automatic qualifiers to fill the NCAA field, additional athletes will be added in descending order from the list of those athletes who have met the event's provisional qualifying standard.

2007 Women's Qualifying Standards

2007 NCAA INDOOR STANDARDS

Event	Automatic		Provisional	
	FAT	MT	FAT	MT
60m Dash	7.27	—	7.44	—
60m Hurdles	8.15	—	8.43	—
200m	23.30	—	23.90	—
400m	52.40	52.1	54.40	54.1
800m	2:05.20	2:04.9	2:09.00	2:08.7
Mile	4:40.00	4:39.7	4:48.00	4:47.7
3,000m	9:15.00	9:14.7	9:34.00	9:33.7
5,000m	16:08.00	16:07.7	16:42.00	16:41.7
4x400m Relay	3:33.00	3:32.7	3:40.00	3:39.7
Distance Medley Relay	11:09.00	11:08.7	11:30.00	11:29.7

Event	Automatic		Provisional	
	FAT	MT	FAT	MT
High Jump	6-0 1/2 (1.84)	5-10 (1.78)	—	—
Pole Vault	13-9 1/4 (4.20)	12-11 1/2 (3.95)	—	—
Long Jump	21-0 (6.40)	20-0 1/4 (6.10)	—	—
Triple Jump	43-7 3/4 (13.30)	41-6 (12.65)	—	—
Shot Put	55-5 1/2 (16.90)	49-10 1/2 (15.20)	—	—
20-Pound Weight	68-10 3/4 (21.00)	62-4 (19.00)	—	—
Pentathlon	4,050 points	3,700 points	—	—

Indoor Qualifying Guidelines

All athletes achieving automatic standards will be qualified for the NCAA Championships. In the event that there are not enough qualifiers to provide full fields, athletes will be added, in order of performance, from the list of those who have achieved the Provisional standard.



MPSF Indoor Championships Qualifying

There are no predetermined qualifying standards for the Mountain Pacific Sports Federation Indoor Conference Championships. Instead, each school may enter up to 27 men and 27 women, regardless of qualifying mark. There is no limit on the number of events in which an athlete can be entered; however, no school may enter more athletes in any event than there are scoring places in that event.

Pac-10 Outdoor Championships Qualifying

There are no predetermined qualifying standards for the Pac-10 Conference Championships. Instead, each institution is allowed to enter 24 men and 24 women, at the sole discretion of the head coach. There is no limit on the number of events in which an athlete can be entered; however, no institution may enter more athletes in any single event than there are scoring places in that event.



2007 NCAA OUTDOOR REGIONAL STANDARDS

Track Event		MT	Field Event		Metric
	FAT			Standard	
100m	11.75	—	High Jump	5-8 3/4	1.75
200m	23.96	—	Pole Vault	12-5 1/2	3.80
400m	54.61	54.3	Long Jump	19-8 1/4	6.00
800m	2:09.80	2:09.5	Triple Jump	40-5	12.32
1,500m	4:27.80	4:27.5	Shot Put	46-11	14.30
Mile	4:49.60	4:49.3	Discus	155-2	47.30
Steeplechase	10:50.25	10:50.0	Javelin	142-6	43.45
5,000m	16:52.00	16:51.7	Hammer	177-8	54.15
100m Hurdles	13.92	—			
400m Hurdles	1:00.82	1:00.5			
4x100m Relay	45.70	45.4			
4x400m Relay	3:42.00	3:41.7			

Non-Regional NCAA Event Standards			
Automatic		Provisional	
FAT	MT	FAT	MT
10,000m	33:30.00	33:29.7	35:00.00
Heptathlon	5,500 points	5,050 points	

Outdoor Qualifying Guidelines

1. The qualifying period is Feb. 27 - May 14, 2007.
2. Only marks achieved outdoors will be accepted for NCAA Regional Championships qualifying.
3. The four NCAA Regional Championships will be comprised of all athletes who achieved the above standards, as well as any additional athletes or relay teams which earned conference championships. At the Regionals, the top-five finishers in each individual event, and the top-three relays, will earn automatic berths to the 2007 NCAA Championships, Jun. 6-9 in Sacramento, Calif. After the automatic qualifiers have been identified, the committee will place the next three Regional finishers from both individual events and relays (plus ties based on place) into the national at-large pool. The at-large pool athletes are then listed in order of their best performance of the year, including any best marks established at the regional meet. The committee will then fill the NCAA Championships field in each event by starting at the top of the at-large pool and working down, adding approximately 5-6 athletes per individual event and 3-4 relays, until the cap of 544 athletes per gender is reached.
4. The 10,000-meter run and decathlon events are not subject to Regional standards. Athletes qualify for the NCAA Championships in those events by meeting the predetermined automatic and provisional standards listed above. In the event that there exists an insufficient number of automatic qualifiers to fill the NCAA field, additional athletes will be added in descending order from the list of those athletes who have met the event's provisional qualifying standard.



Austin Abbott

Junior • Chehalis, Wash. • W.F. West HS

A two-time track All-American ... has led UW's distance medley relay to fifth at each of the last two NCAA championships ... one of just three four-minute milers in UW history.

2006 (Cross Country): Competed just once in the fall, placing 28th overall at the Willamette Invite. **2005-06:** Led UW's distance medley relay to fifth at the NCAA Indoor Championships for the second-straight year, capturing his second-career All-America honor ... led DMR to a school-record equaling 9:35.35 at Notre Dame in March ... ran just the third four-minute mile in UW history at the Feb. 11 Husky Indoor Classic, finishing in 3:59.47 ... ranked among the nation's top-10 in the mile at season's end, but declined an NCAA Championships invitation in order to focus on the DMR ... placed in both the 800m (6th) and 1500m (4th) at the 2006 Pac-10 Championships ... was 20th in 1500m at NCAA Champs outdoors ... placed third in the event at Regionals ... indoors, was second in the mile at MPSFs, and fourth in the DMR ... competed just once in the fall of 2005, running No. 7 for UW, 40th overall at the Sundodger Invite. **2004-05:** One of three Husky freshmen to earn All-America honors on the track, the first frosh to do so since 1999 ... helped UW's DMR to a record fifth-place finish at the NCAA Indoor meet ... set UW freshman records in the mile (4:02.25) and 1500m (3:44.36) ... one of four Huskies to break 1:50 in the 800m in 2005, the first such quartet in UW history ... placed second in the 1500m final at Pac-10s, in 3:45.85 ... was 14th overall in the event at the NCAA Regional ... redshirted the 2004 fall season ... competed just once unattached, placing 15th overall at the Jim Danner Invite.

High School and Personal: Parents are Kerry and Mike, both former college basketball players ... has two younger siblings, Brandon and Kiersten ... led W.F. West to a third-place finish at the 2004 state track championships, and a seventh-place finish at state in 2003 ... won a state title at 1600m in 2004, crossing the line in 4:14 ... also took second at state in the 800m in 2004, an improvement on his fifth-place 800m finish of a year before ... was second at state in the 1600m in 2003, and led W.F. West's 4x400m relay to eighth ... ran sixth in the mile at the 2004 Arcadia Invite ... took third in the 800m at the 2004 Washington-Oregon Meet of Champions ... also lettered three years in golf, and twice in basketball ... captained track, golf and basketball teams in 2003 and 2004 ... named school's Athlete of the Year in 2004.

COLLEGIATE BEST MARKS

800m.....1:48.57 1500m.....3:44.30 Mile.....3:59.47

NCAA ALL-AMERICAN

MAJOR MEETS

2005 MPSF TF	4th, mile	2006 NCAA-I	5th, DMR*
2005 NCAA-I	5th, DMR*	2006 Pac-10 TF	4th, 1500m;
2005 Pac-10 TF	2nd, 1500m		6th, 800m
2005 Regional TF	14th, 1500m	2006 Regional TF	3rd, 1500m
2006 MPSF TF	2nd, mile	2006 NCAA-O	20th, 1500m
	4th, DMR		

* - Indicates All-America Honor Won



Chris Ahl

Sophomore • Seattle, Wash. • Bishop Blanchet HS

Among the favorites to be a breakout success for UW in the mid-distances this season ... ran well during a redshirt season in 2006 and ran in UW's top-seven on three occasions during the fall cross country season.

2006 (Cross Country): Ran in UW's top-seven on three occasions ... was fifth for UW at both the Sundodger and Dellinger Invites, and was UW's No. 7 runner at Pre-Nationals ... clocked a season-best 24:44 for 8K at Dellinger, and earned a season-best 24th-place finish at Sundodger. **2005-06:** Competed at both 1500m and 5000m during the outdoor campaign ... ran season-best 1500m time of 3:55.05 in unattached debut at the UW Outdoor Preview ... ran 14:44.41 for 5000m indoors in unattached performance at the Last Chance Qualifier ... also ran the mile and 3K indoors ... redshirted the 2005 fall season.

High School and Personal: Parents are Anne and Bill ... has two older brothers, Matt and David ... led Bishop Blanchet to three state cross country titles in four prep seasons ... placed third at state in 2004, and 20th in 2003 ... also earned three individual top-six state track finishes, including a third-place finish in the 3200m in 2005 ... ran 28th in the 2004 Footlocker West Region Championships at Mt. SAC, finishing in 16:34 ... graduated from Bishop Blanchet with honors, and was a member of the National Honor Society.

COLLEGIATE BEST MARKS

1500m.....3:55.05 Mile.....4:18.46 3000m.....8:24.53 5000m..... 14:44.41i / 14:59.46



PAC-10 SCORER

MAJOR MEETS

2006 MPSF TF 7th, HEP | 2006 Pac-10 TF 8th, DEC
17th, 110m HH

Blake Bidleman

Senior • Redmond, Wash. • Inglemoor HS

Was granted a sixth year of eligibility after missing consecutive seasons in 2004 and 2005 with a foot injury ... ranks fifth among Pac-10 decathlon returnees.

2005-06: Was UW's top multi-eventer in first healthy season since 2003 ... placed eighth in the decathlon at Pac-10s with a lifetime-best 6,590 pts ... was seventh in the heptathlon at the MPSF Indoor meet, with a school-record 5,126 pts in the relatively new event ... was UW's top short hurdler, with a best of 15.10 (wind-aided) in the Pac-10 multis ... a second-team Academic All-Pac-10 honoree. **2004-05:** Missed a second-straight season while continuing to rehabilitate a 2004 foot injury. **2003-04:** Competed twice outdoors before being sidelined by injury ... ran a season-best time of 54.49 in the 400m IH at the Salzman Invite ... indoors, ran primarily in the hurdles, with a lifetime-best of 8.57 seconds at the UW Open #3 ... clocked two indoor 400s under 51 seconds, the last a 50.81 at the Last Chance Qualifier. **2002-03:** Competed in both hurdles, and ran on UW's "B" 4x400m relay ... peaked late in the year, clocking lifetime bests for the 110m hurdles (15.14) and 400m hurdles (54.14) at the season-ending Ken Foreman Invitational ... earned first win of any kind with the 4x100m relay at the Ken Shannon Invite in March ... indoors, ran a season-best of 50.48 in the 400m at the Pac-10 Invite. **2001-02:** Ran exclusively in the hurdles in 2002 ... placed fifth or higher in seven of 12 hurdles heats ... earned a pair of second-place finishes at the WSU Dual ... clocked season-bests of 15.76 (110m HH) and 56.20 (400m IH) outdoors, and 8.86 seconds (60m HH) indoors.

High School and Personal: Parents are Kathleen and former UW women's golf coach Ron Bidleman ... has a younger sister, Elizabeth ... father, Ron, was a professional basketball player in Europe, played baseball in the Pittsburgh Pirates organization and has been a private golf instructor since leaving the UW ... competed in the 300m hurdles at the state meet in each of his last two seasons ... also ran the 4x400m relay for Inglemoor at state in 2001 ... placed second in the KingCo conference in the 110m hurdles, the 300m hurdles and the 4x400m relay as a senior ... was team captain as a senior ... earned three letters ... was a four-year member of the National Honor Society ... was president of Inglemoor's Honor Society his freshman year ... interested in advertising.

COLLEGIATE BEST MARKS

60m Dash..... 7.35 100m..... 11.55 400m Dash..... 50.44 1000m (HEP)..... 2:41.38i
1500m..... 4:31.08 60m HH..... 8.56 110m HH..... 15.10W/15.39 HJ..... 6-0 3/4
PV..... 13-11 3/4i LJ..... 20-8i / 20-2 1/2 SP..... 42-6i / 39-7 DT..... 128-4
JT..... 142-10 Heptathlon..... 5,126i Decathlon..... 6,590



Martin Bingisser

Senior • Bellevue, Wash. • Interlake HS / CS Northridge

The No. 7 returning hammer thrower in the nation, and the No. 3 Pac-10 returnee ... an All-American in 2006 ... one of just seven UW throwers ever to top 200 feet in the hammer ... the reigning MPSF indoor conference champion in the weight throw ... earned his BA in philosophy in June 2005, and is currently in his second year in UW's School of Law.

2005-06: Became first UW hammer All-American since 1986 with a 12th-place finish at NCAAs ... was fourth at Regionals and third at Pac-10s, equaling his finish at the previous two Pac-10 Championships ... topped 200 feet in all 10 of his collegiate hammer competitions in 2006, a feat he

had accomplished just three times prior ... tossed a season-best 212-9 to win the WSU Dual in April ... topped it with a 213-9 toss in Spokane in July 2006, the third-best mark in UW history ... was one of five Huskies to win conference titles in 2006, winning the weight throw at the MPSF indoor meet ... tossed the weight 64-8 3/4 at MPSFs to best the field by more than 18 inches and climb to third in school history ... earned his BA in philosophy in June 2005, and began law school classes in the fall of 2006 ... trained in Europe during the summer of 2005 ... earned numerous academic honors, including first-team Academic All-District and All-Pac-10 honors, and third-team Academic All-America honors. **2004-05:** Became just the seventh UW thrower to toss the hammer 200 feet ... did so three times, his best a 206-11 at the Ken Shannon Invite ... also topped 200 at the WSU Dual (204-7) and Pac-10 meet (201-2) ... earned second-straight third-place Pac-10 finish ... won the hammer in three of his six competitions in 2005 ... threw just once, unattached, during the indoor season ... a first-team Academic All-Pac-10 honoree. **2003-04:** Ranked sixth in the nation among NCAA freshmen in the hammer ... career-best throw of 199-10 earned third at Pac-10s ... was the first UW hammer thrower to score at the Pac-10 meet since 1996 ... placed 15th in the event at Regionals. **2002-03 (Cal State Northridge):** Redshirted the season at Cal State Northridge before transferring ... competing unattached, achieved a best mark in the hammer of 193-5.

High School and Personal: Parents are Lynn and Fred ... has two older sisters, Sara and Amy ... ranked 20th among U.S. preps in 2002 with a hammer best of 186-10 ... took fifth in the hammer at the 2002 Golden West Games, and qualified for the 2002 USA Jr. Nationals ... placed 10th in the hammer at the state meet as a junior ... lettered three years in track and twice in football, earning second-team all-league and team MVP honors in the latter.

COLLEGIATE BEST MARKS

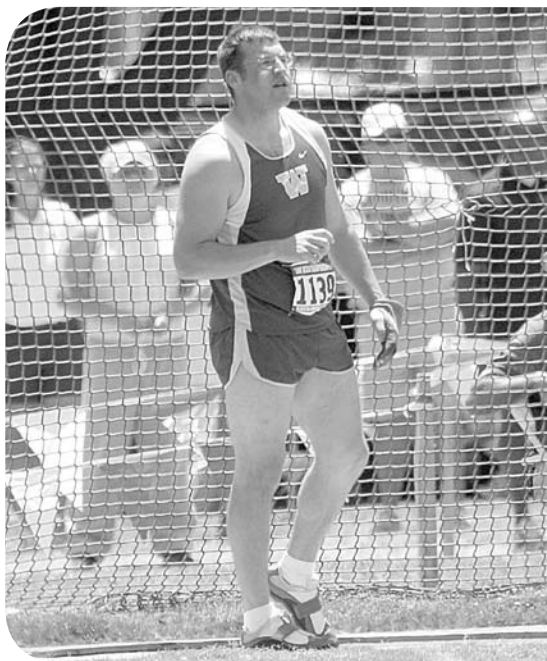
Shot Put..... 48-6 Weight Throw..... 64-8 3/4i Discus..... 137-0 Hammer..... 213-9

NCAA ALL-AMERICAN

MAJOR MEETS

2004 Pac-10 TF 3rd, HT 2006 MPSF TF 1st, WT
2004 Regional TF 15th, HT 2006 Pac-10 TF 3rd, HT
2005 Pac-10 TF 3rd, HT 2006 Regional TF 4th, WT
2005 Regional TF FOUL 2006 NCAA-O 12th, HT*

* - Indicates All-America Honor Won





Riley Booker

Freshman • San Diego, Calif. • University City HS

Talented freshman distance runner who will redshirt this season to preserve a year of eligibility ... a two-time California state cross country champion (2004 and 2005), and a top-20 finisher at the 2006 USA Jr. National Cross Country Championships.

2006 (Cross Country): Redshirted the 2006 season to preserve a year of eligibility ... did not compete, attached or otherwise, in any UW meets.

High School and Personal: Parents are Cyndy and Matthew Booker ... the 2005 CIF and California State Champion ... also won CIF title in 2004, and was All-CIF as a sophomore in 2003 ... a member of the All-State team in each of his final two seasons, after making both the All-State Freshman Team and All-State Sophomore Team his first two years ... was second at state as a freshman, 16th as a sophomore and 17th as a junior ... a first-team All-West selection 2004, and a second-team honoree in 2005 ... placed 19th at the 2006 USA Jr. National Cross Country Championships in New York City ... ran seventh at the FootLocker West Regional Cross Country Championships in 2004, and was 11th in 2005 ... placed 30th at the FootLocker Nationals in 2004 ... named San Diego County Academic Team Captain for the sport of cross country ... prep teammate of current Huskies Brad Liber and Brooke Anderson.

PERSONAL BEST MARKS

800m.....1:56.24 1600m.....4:15.6 3200m.....9:13.11

STATE CROSS COUNTRY CHAMPION

Coach Metcalf on Booker:

"Riley's a hard-nosed, tough distance runner. In another year or two, he's going to be a force for us in the distance events."

TWO-TIME ALL-WEST REGION XC HONOREE

MAJOR MEETS

2003 Pac-10 XC65th (9th UW)	2005 Regional XC29th (4th UW)
2004 Pac-10 TF13th, 10000m	2005 NCAA XC150th (3rd UW)
2004 Pac-10 XC15th (2nd UW)	2006 Pac-10 XC35th (4th UW)
2004 Regional XC18th (1st UW)	2006 Regional XC35th (3rd UW)
2005 Pac-10 XC40th (8th UW)	2006 NCAA XC171st (4th UW)



Travis Boyd

Senior • Mukilteo, Wash. • Kamiak HS



A member of UW cross country's top-seven during each of the last four postseasons ... has not run a full track schedule since 2004, studying in Spain during the 2005 season and competing sparingly in 2006 ... a six-time first-team Academic All-Pac-10 honoree.

2006 (Cross Country): Led the UW men to their third NCAA Championships appearance in four years ... was UW's No. 4 finisher at nationals, helping team to its best NCAA finish (12th) since 1993 ... was UW's No. 3 finisher at Regionals, and No. 4 at Pac-10s, with matching 35th-place efforts ... also ran in UW's top-three at the Dellinger and Pre-National meets ... a second-team Academic All-Pac-10 honoree. **2005-06:** Ran just six times, total, during the 2006 track season ... ran once each at 1500m, 3000m, 5000m and 10000m during the outdoor campaign ... also ran the 3K and 5K once each indoors ... led the UW men back to the NCAA Cross Country Championships for just the second time since 1993 ... was the team's No. 3 runner at nationals, placing 150th overall ... ran No. 4 for UW, in 29th place, at Regionals ... also ran in UW's top-seven at Pre-Nationals, and was the eighth Husky finisher (40th overall) at Pac-10s ... earned third-straight first-team Academic All-Pac-10 honor for both cross country and track. **2004-05:** Redshirted the 2005 track season to study abroad in Spain ... ran first or second for UW at all three postseason cross country races ... was No. 1 for UW, 18th overall, at Regionals, earning All-West Region honors ... was 15th overall (2nd UW) at Pac-10s ... a first-team Academic All-Pac-10 honoree. **2003-04:** Focused on the 5000m and 10000m during the 2004 outdoor track season ... took 13th in the 10000m in 31:46.48 in Pac-10 Championships debut ... season-best of 14:44.56 for 5000m earned fourth at the Oregon Invite ... indoors, ran 14:29.90 for 5K at the Pac-10 Invite, then UW's ninth-best ever ... ran the 3K and 5K at the MPSF meet, earning top-15 finishes in both ... had a terrific first cross country season ... won the season-opening Emerald City Invite at Woodland Park ... became one of just three freshmen, and the first UW male, ever to win their debut race ... was the ninth UW finisher at Pac-10s, helping Huskies to third ... ran fifth overall at the Sundodger Invite, and was the No. 5 UW runner at Pre-Nationals ... earned first-team Academic All-Pac-10 honors for cross country and track. **2002-03:** Redshirted the 2002 fall season, running unattached three times ... on the track, competed at every distance from 1500m to 10000m ... indoors, ran a season-best of 14:50.18 for 5000m.

High School and Personal: Parents are Julie and Robert ... has an older sister, Angie ... was the 2002 district cross country champion, finishing the 5000m course in 15:53 ... individual title helped cross country squad to second-place finish district finish ... ran 20th at the 2001 state 4A cross country championships, finishing in 16:21 ... placed fourth, in 15:59, at the 2002 Richland Cross Country Invitational ... twice competed in the 3200m at the state track meet ... was 13th at state in 2002 and 10th in 2001, the latter in a career-best 9:26 ... at the 2002 Pasco Invite, placed 10th in the 3200m and led the distance medley relay squad to a fifth-place mark ... was an eight-time letterwinner in track and cross country.

COLLEGIATE BEST MARKS

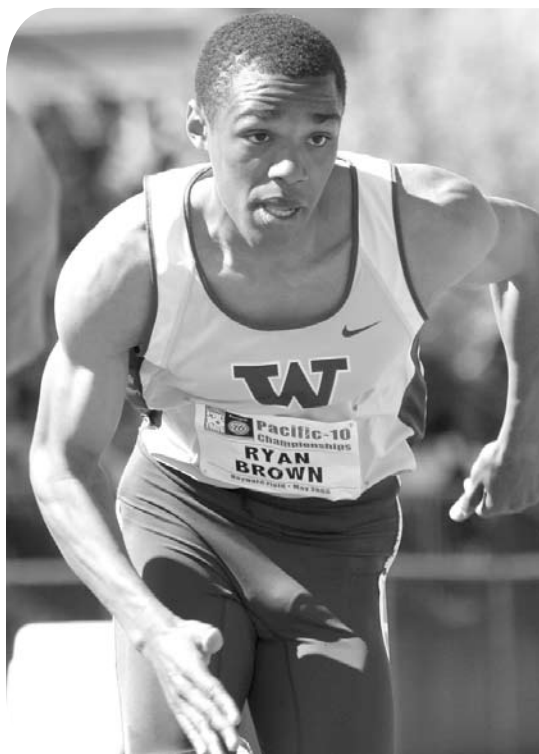
3000m.....8:21.42i 5000m.....14:29.90i / 14:44.56 10000m.....30:11.99

NCAA CHAMPION

MAJOR MEETS

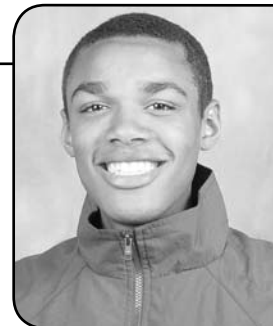
2005 MPSF TF..... DQ, 800m	2006 NCAA-I..... 3rd, 4x400m*
2nd, 4x400m	5th, DMR*
2005 NCAA-I..... 5th, DMR*	2006 Pac-10 TF..... 3rd, 800m
2005 Pac-10 TF..... 1st, 800m	2006 Regional TF..... 3rd, 800m
3rd, 4x400m	1st, 4x400m
2005 Regional TF..... 1st, 800m	2006 NCAA-O..... 1st, 800m*
3rd, 4x400m	8th, 4x400m*
2005 NCAA-O..... 10th, 800m*	2006 USA Sr. TF..... 38th, 800m
10th, 4x400m	2006 NACAC U23 TF..... 7th, 800m
2006 MPSF TF..... 1st, 800m	
DNF, 4x400m	

* - Indicates All-America Honor Won



Ryan Brown

Senior • Renton, Wash. • Renton HS



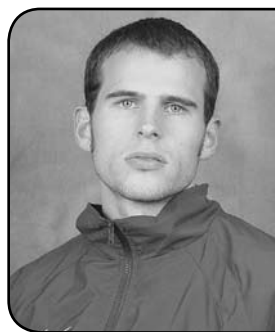
One of the most decorated athletes in UW history ... the 2006 NCAA 800-meter champion ... also boasts 2005 Pac-10, 2005 NCAA West Region, and 2006 MPSF Indoor 800m titles, and led UW's 4x400m squad to a 2006 West Regional crown ... a six-time NCAA All-American ... holds a share of four UW records ... quit track for a year in 2003-04 ... ran just one season of high-school track ... earned his B.S. in biology in 2006.

2006 (Cross Country): Ran just twice with the varsity, taking 68th at Sundodger and 49th at Willamette. **2005-06:** The 2006 NCAA 800m champion ... was UW's first NCAA champion on the track since Ja'Warren Hooker (55m dash) in 1998 ... broke the UW record by nearly a full second with a time of 1:46.29 in the NCAA 800m final ... time was the seventh-fastest by a U.S. men's runner in 2006 ... returned hours later to lead UW's 4x400m relay to eighth, earning his second All-America honor of the day ... competed in the 800m at the 2006 USA Championships in Indianapolis, and was selected to represent Team USA at the 2006 NACAC Championships in the Dominican Republic ... captured four All-America honors in all during the 2006 season, equaling Hooker (1998) for the most-ever in one season by a UW male ... six career All-America honors equal the third-most ever for a Husky ... was an All-American indoors in both relays, leading the 4x400-meter squad to third, and distance medley relay to fifth ... was third in the 800m at both Pac-10s and Regionals ... led UW's 4x400m relay to a Regional win ... won the 800m at the MPSF Indoor Championships to lead UW to its first-ever team title ... in addition to school record at 800m outdoors, set school records in the 4x400m (3:07.03) and DMR (9:35.35) indoors ... also holds a share of UW's outdoor 4x400m record, set in 2005 ... ran just once in the fall, placing 63rd at the Sundodger Invite. **2004-05:** Had an outstanding season after walking away from the sport in 2003-04 ... earned come-from-behind wins in both Pac-10 and NCAA West Regional 800m finals ... clocked a 1:47.31 in the Pac-10 final, nearly two seconds faster than his previous best and, at the time, UW's fastest since 1982 ... earned two All-America honors in 2005, becoming just the 15th UW male to do so ... was 10th in the 800m at NCAA Outdoors, and led UW's DMR to fifth at NCAA Indoors ... also ran on UW's 10th-place 4x400m at NCAA Outdoors ... led 4x400m relay to third at Pac-10s in a UW-record 3:03.85; and to third at Regionals ... broke UW's indoor 800m record with a time of 1:49.64 (since broken) ... also cracked UW's all-time indoor top-10 in the 4x400m (3rd, 3:07.94) and DMR (3rd, 9:36.20; 9th, 9:51.36) ... did not compete in cross country. **2003-04:** Sat out the 2003-04 season ... ran 1:51.06 for 800m at the Seattle International in June. **2002-03:** Set a UW indoor freshman record of 1:50.97 at 800m, then-second-fastest all-time at UW ... also cracked UW's indoor top-10 in the 4x400m (6th, 3:12.42) and DMR (6th, 10:01.35) ... ran sparingly outdoors, with an 800m best of 1:54.49 at the Oregon Invite.

High School and Personal: Born in Baltimore ... parents are Karen Smith and Gary Colbert ... has two older siblings, Richard and Everette ... was undefeated at 800m as a senior, his first year competing in track and field ... swept league, district and state titles at 800m in 2002 ... state-winning time of 1:55.3 was a personal-best ... also ran on Renton's state champion 4x400-meter relay, helping the school to a fifth-place state finish ... took second in the 800m at the 2002 Pasco Invite, and helped the mile relay to seventh ... also lettered in swimming as a senior.

COLLEGIATE BEST MARKS

400m.....48.59 800m.....1:46.29 1500m.....3:49.86



Teddy Davis

Senior • White Salmon, Wash. • Columbia HS / Oregon

Transferred from Oregon in 2005 ... competed in the high jump at the 2004 NCAA Championships ... one of two high jumpers on the UW roster with bests over seven feet.

2005-06: Missed all but the first month of the season with an injury ... cleared season-best 6-4 3/4 at the UW Invite. **2004-05:** Redshirted the 2005 season after transferring from Oregon ... competed unattached on five occasions, recording a best of 6-6 3/4 outdoors, and 6-8 3/4 indoors.

2003-04 (Oregon): Cleared a lifetime-best 7-1 to place third at Regionals ... mark equaled the fifth-best in Oregon history ... placed 25th in the event

at NAAs ... ranked sixth in the Pac-10 Conference during the regular season ... earned second-team Academic All-Pac-10 honors. **2002-03 (Oregon):** Qualified for first Pac-10 Championships with a season-best clearance of 7-0 1/4 at Dempsey Indoor ... placed 10th in Pac-10 meet debut, clearing 6-8 1/4.

High School and Personal: Parents are Jacqueline and Joe Camp ... fourth of five siblings ... a four-time state prep champion ... captured state titles in 2002 in both the high jump and triple jump, despite being limited by injury for a portion of the season ... also won the state high jump title in 2000, and again in 2001, with a prep-best clearance of 6-11 ... won six district titles as a prep, and seven league titles ... led Columbia to district titles as a junior and senior, and to state runner-up honors in 2002 ... also excelled on the football field, earning a pair of all-league honors at wide receiver ... helped Columbia to league football titles in 1999 and 2002 ... majoring in biology.

COLLEGIATE BEST MARKS

High Jump..... 7-1

NCAA COMPETITOR

MAJOR MEETS

2003 Pac-10 TF..... 10th, HJ	2004 Regional TF..... 3rd, HJ
2004 MPSF TF..... 5th (tie), HJ	2004 NCAA-O..... 25th, HJ
2004 Pac-10 TF..... NH, HJ	





Cameron Elisara

Freshman • Spokane, Wash. • Ferris HS

The nation's 10th-ranked prep shot putter as a prep ... a two-time state champion ... has an excellent chance to represent the Huskies in the shot put at Pac-10s ... teams with UW football teammate Daniel Te'o-Nesheim to give UW two shot putters with bests over 60 feet for the first time since 1996 ... is at Washington on a football scholarship.

High School and Personal: America's 10th-ranked prep shot putter during the 2006 outdoor season ... topped 63 feet in the shot twice in 2006, the last a 63-4 1/2 toss to win his second-straight state shot put crown ... season-best throw of 63-8 was the 10th-best by a U.S. prep shot putter in 2006 ... won 2005 state title with a throw of 59-5 1/2, and was 14th at state in 2004, his first year in the sport ... swept district and regional shot put titles in both 2005 and 2006 ... was second at regionals as a sophomore ... also threw the discus at the district and regional level, earning third at districts in 2006, and seventh in 2005 ... signed a football scholarship to attend UW midway through his senior year ... was a first-team AP and Seattle Times all-state pick on the gridiron ... as a junior, recorded 10 sacks in five games before suffering an ankle injury ... was ranked as high as 10th in the nation among defensive tackles by various football recruiting services.

PERSONAL BEST MARKS

Shot Put..... 63-8 Discus..... 149-0

TWO-TIME STATE CHAMPION

Coach Metcalf on Elisara:

"Cameron's one of the strongest shot putters we've had in the last 10 years. He's working hard on his technique, and should make some big contributions for us."

PAC-10 CHAMPION

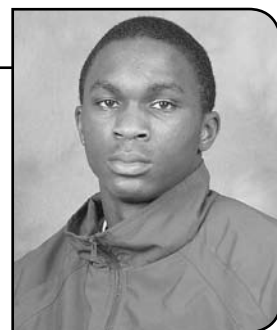
MAJOR MEETS

2004 USA Jr. TF.....7th, HJ; 7th, LJ	2005 USA Jr. TF.....4th, HJ 15th, LJ
2004 IAAF Jr. TF.....19th, HJ; 19th (tie), LJ	2006 MPSF TF.....2nd, HJ 1st, LJ
2005 MPSF TF.....5th, HJ 3rd, LJ	2006 NCAA-I.....12th, LJ*
2005 NCAA-I.....6th, LJ*	2006 Pac-10 TF.....2nd, HJ 1st, LJ
2005 Pac-10 TF.....5th, HJ 4th, LJ	2006 Regional TF.....2nd, HJ 2nd, LJ
2005 Regional TF.....6th, HJ 11th (tie), LJ	2006 NCAA-O.....18th, HJ 22nd, LJ
2005 NCAA-O.....t17th, HJ	2006 USA Sr. TF.....12th, LJ

* - Indicates All-America Honor Won

Norris Frederick

Junior • Seattle, Wash. • Roosevelt HS



A two-time NCAA long jump All-American ... the reigning Pac-10 and MPSF long jump champion ... a five-time NCAA Championships participant, including bids in both the long and high jumps ... the only Husky ever to long jump 25 feet and high jump seven feet.

2005-06: Earned All-America honors at the NCAA indoor meet for the second-straight year, placing 12th ... competed in both the long and high jumps at the NCAA outdoor meet ... won first-ever Pac-10 Conference long jump title with a wind-aided leap of 25-10 ... jump ranked seventh in the nation during the collegiate season, and would have ranked No. 2 all-time at UW ... was also second at Pac-10s in the high jump, his 18 total points scored helping UW to a fourth-place team finish ... matched that scoring total at the MPSF indoor meet, leading UW to its first-ever indoor conference crown ... won the long jump and was second in the high jump at MPSFs ... took second in both events at the NCAA West Regional, helping UW to a best-ever fourth-place finish ... topped 25 feet in the long jump four times in 2006, including a legal best of 25-4 3/4 at Regionals ... also finished above seven feet in four high jump competitions in 2006, his best a 7-1 clearance at Pac-10s ... ranks second all-time at UW indoors (25-6 1/4) and fourth outdoors (25-4 1/4) in the long jump, and tied for second indoors (7-0 1/4) and outdoors (7-1) in the high jump. **2004-05:** Became UW's first long jump All-American since 1965 with a sixth-place finish at the NCAA Indoor meet ... cleared 25 feet six times during the 2005 indoor season, including a 25-6 1/4 effort that ranked second in UW history ... ranked eighth in the world among junior-age long jumpers in 2005 ... also cleared 7-0 1/2 in the high jump in 2005, becoming the first Husky ever with career bests of 25 feet in the long jump and seven feet in the high jump ... qualified for the NCAA meet outdoors in the high jump, tying for 17th ... placed fourth in the high jump, and 15th in the long jump, at U.S. Jr. Nationals ... was fourth in the long jump, and tied for third in the high jump, at Pac-10s ... also earned top-five finishes in both events at the MPSFs.

High School and Personal: Mother's name is Darlene Shears ... has three brothers, Anthony, Gregory and Marquel ... a seven-time prep All-American ... named Gatorade's Track and Field Athlete of the Year for the state of Washington ... is the only prep athlete in state history to high jump seven feet and long jump 24 feet ... ranked among the nation's top-five in the high jump (2nd, 7-1) and long jump (4th, 24-10 1/2) in 2004 ... placed seventh in both events at the 2004 U.S. Jr. Nationals ... competed in both events at the 2004 IAAF Jr. World Championships, placing 19th in the high jump, and tying for 19th in the long jump ... won the long jump at the 2004 Golden West Games, and was second in the high jump ... won the high jump and was second in the long at the 2004 Junior Olympics ... finished the 2004 outdoor season ranked among the world's best junior-age (under-20) athletes in the long jump (26th) and triple jump (32nd) ... finished career with three state titles in the high jump, and two in the long jump ... added the triple jump in 2004, placing second at state in 48-7 ... boasts triple jump best of 48-8 3/4 ... also played four years of varsity basketball, averaging 11.2 points per game as a senior.

COLLEGIATE BEST MARKS

High Jump..... 7-0 1/2 / 7-0 1/4i Long Jump..... 25-6 1/4i / 25-3 1/4



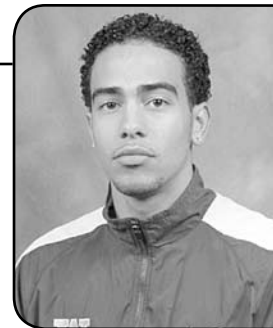
NCAA REGIONAL COMPETITOR

MAJOR MEETS

2005 Big West TF..... 3rd, 110m HH 1st, 400m IH	2006 WAC-I TF..... 4th, 60m HH 2006 Big West TF..... 7th, 110m HH
2005 Regional TF..... 9th, 110m HH 11th, 400m IH	2006 Regional TF..... 15th, 110m HH 19th, 400m IH
2005 USA Jr. TF..... 6th, 110m HH	

James Fredrickson

Junior • Kent, Wash. • Kentridge / CS Northridge



Talented hurdler who will make an immediate impact after transferring from CS Northridge in the fall ... won the 2005 Big West Conference title in the 400m IH ... a regional qualifier in both hurdles events in 2005 and 2006 ... 400m IH best of 51.84 would have placed fourth in 2006 Pac-10 final.

Coach Metcalf on Fredrickson:
"James is as good a combination hurdler as we've had here. He can immediately score in the 110- and 400-meter hurdles at Pac-10s."

2005-06 (CS Northridge): Clocked a lifetime-best of 51.84 in the 400m IH at the Cal-Nevada meet ... was seventh in the 110m HH, and 11th in the 200m, at the 2006 Big West meet ... competed in both hurdles events at Regionals, placing 15th in the 110m HH and 19th in the 400m IH ... was fourth in 60m HH, in 8.08, at the 2006 WAC indoor meet ... finished CSUN career among the Matadors' all-time top-10 in both the 110m HH (6th) and 400m IH (9th). **2004-05 (CS Northridge):** Led Northridge to Big West Conference title in 2005, including an individual win in the 400m IH (52.43), and a third-place finish in the 110m HH (14.25) ... competed in both hurdles events at Regionals, placing ninth in the 110m HH (14.30) and 11th in the 400m IH (53.07) ... capped the year with a sixth-place finish in the 110m HH at the USA Jr. Nationals, in a lifetime-best 14.23 seconds.

High School and Personal: Parents are Linda and David ... has two brothers, Matt and Marty, and one sister, Sarah ... swept league, district, and state titles in 2003 and 2004 in the 110- and 300m hurdles ... added the state 200m crown as a senior ... cracked the state's all-time prep top-10 list in both the 300m IH (37.00) and the 110m HH (14.10) in 2004 ... earned three letters, and was team captain in 2004 ... also lettered in basketball, earning All-SPSL honors in 2004 ... maintained a 3.4 GPA ... majoring in communications, with a minor in American ethnic studies.

COLLEGIATE BEST MARKS

60m HH..... 8.08i 200m..... 21.66i / 21.89 110m HH..... 14.23 400m IH..... 51.84



Tim Freeman

Senior • Bainbridge Island, Wash. • Bainbridge HS

Part of one of the nation's deepest 800m units ... led UW DMR to the 10th-fastest time in school history in 2005 ... is within two tenths of a second of UW's all-time top-10 at 800m indoors ... is a senior indoors, and a junior outdoors.

2005-06: Competed in only the first three meets of the indoor season before missing the remainder of the year with an injury ... led DMR to sixth, in 9:51.60, at the UW Indoor Invitational ... also competed in the 400m, 600m and 800m indoors. **2004-05:** Was

UW's No. 5 half-miler, clocking a season-best 1:51.47 at the Ken Shannon Invite ... led DMR to third at the UW Indoor Invite in 9:51.36, UW's 10th-best ever ... ran sixth in the DMR at MPSFs, and was ninth at 800m. **2003-04:** Competed at just a handful of meets outdoors ... shaved nearly two seconds off of his 800m PR at the Seattle International in June with a 1:50.25 posting ... mark was bettered by just six Pac-10 men's runners in 2004 ... placed seventh in the 800m at MPSFs.

High School and Personal: Parents are Sheryl Somers and Glenn Freeman ... has two brothers, Josh and Andrew ... the 2003 Class 3A state champion at 800m ... swept league and district 800m titles in both 2002 and 2003 ... was second at state in the 800m in 2002, and in the 4x400m in 2003 ... ran 11th in the 800m at the 2003 Last Chance Qualifier at Dempsey Indoor, in a prep-best 1:52.16 ... was second in the 800m at the 2003 National Scholastic Indoor Championships at the New York Armory ... took fourth in the event at the 2003 Arcadia Invite, and was seventh at the Seattle International ... captained both the track and cross-country squads as a senior ... plans to study medicine.

COLLEGIATE BEST MARKS

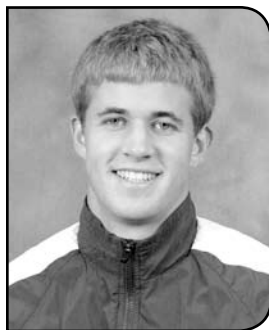
800m..... 1:50.25

MPSF SCORER

MAJOR MEETS

2004 MPSF TF..... 7th, 800m	2005 MPSF TF..... 9th, 800m 6th, DMR
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Brian Govier

Freshman • Mercer Island, Wash. • Mercer Island HS

A four-time top-10 finisher at state in the middle distance events ... was third in the 2004 state 1600m final, a race won by teammate Austin Abbott ... should be among UW's top contenders at 1500m.

2006 (Cross Country): Redshirted the 2006 cross country season to preserve a year of eligibility ... ran unattached at the Willamette Invitational, placing 47th overall in 25:32 ... would have been UW's No. 7 runner if competing in uniform.

High School and Personal: Won the 2003 2A state cross country title ... earned top-10 state track championships finishes at both 800m and 1600m in each of his last two seasons ... was second at state at 1600m in 2005, and third in 2004, the latter race won by fellow Husky Austin Abbott ... ran fifth at state in the half-mile as a senior, and was seventh in the same event his junior year ... was the 2004 KingCo 3A conference champion for cross country ... also captured a KingCo track title later that year in the 800m, and was second at the KingCo meet in the 1600m ... one of eight runners named to DyeStat's Preseason All-Western United States second team in 2005.

PERSONAL BEST MARKS

800m.....1:56.24 1600m.....4:15.6 3200m.....9:13.11

STATE CROSS COUNTRY CHAMPION

Coach Metcalf on Govier:

"Brian is a state champion, a great student and a great young man. It's going to be fun to throw him in with that middle distance group and see what happens."

PAC-10 SCORER

MAJOR MEETS

2006 MPSF TF	DQ, 400m	2006 Pac-10 TF	8th, 400m
	DNF, 4x400m		5th, 4x100m
		2006 Regional TF	6th, 4x100m



Alex Harcourt

Junior • Kent, Wash. • Kentridge HS / Highline CC

One of the Pac-10's top returning quarter-milers ... will play a key role on all four UW relays ... has already run on four relays ranked among UW's all-time top-10 ... boasts a 400m best of 46.57 that is just one-hundredth shy of UW's all-time top-10 ... competed just one year of high school track.

2005-06: Competed on all four UW relays ... ran eighth in the Pac-10 800m final ... also ran on UW's 4x100m relay in the postseason, taking fifth at Pac-10s and sixth at Regionals ... led 4x1 to a time of 40.07 at the WSU Dual, seventh-best ever at UW ... ran lead leg of UW 4x400m relay that clocked a 3:07.86 at Notre Dame to qualify for indoor nationals ... time was third-fastest in UW history ... also boasts a leg of UW's No. 9 indoor 4x4 all-time, and its No. 7 DMR. **2004-05 (Highline CC):** Sat out the 2004-05 season. **2003-04 (Highline CC):** Led Highline to the 2004 NWAACC team title ... was the second-place finisher in the 400m at the NWAACC meet, in a personal-best time of 46.57 ... mark would have been good for fourth at the 2004 Pac-10 Championships ... won the 400m at the 2004 Ken Shannon Invite at Husky Stadium.

High School and Personal: Parents are Sarahjane and James ... mother, Sarahjane, ran a 58.57 for 400 meters ... won the state 400m title in 2003, his first year in the sport ... finished the race in 49.91 seconds, nearly a half-second faster than his nearest challenger ... won the 2003 district title in a prep-best time of 48.97 seconds ... also lettered four years in diving ... was fifth at the state diving championships in 2002, and seventh in 2003.

COLLEGIATE BEST MARKS

400m Dash..... 46.57



Did You Know?

Washington put three competitors atop the podium at the 2006 Pac-10 Championships, including one each in the long jump, javelin and 400-meter hurdles.

NCAA XC CHAMPIONSHIPS COMPETITOR

MAJOR MEETS

2005 MPSF TF 16th, 3000m 6th, DMR	2006 MPSF TF 6th, 3000m
2005 USA Jr. XC 13th	2006 Pac-10 XC 39th (6th UW)
2005 NACAC XC 6th	2006 Regional XC 35th (6th)
2005 Pac-10 XC 37th (6th UW)	2006 NCAA XC 220th (7th)

Jon Harding

Sophomore • Issaquah, Wash. • Issaquah HS



Will be a sophomore outdoors and a junior indoors ... the Huskies' No. 2 returnee at 5000m ... ranks among UW's all-time top-10 indoors at 300m and 5000m ... placed 13th at the 2005 USA Junior Cross Country Nationals, and sixth at the 2005 NACAC Championships ... has run in UW's top-seven in each of his first two cross country seasons.

2006 (Cross Country): Ran in UW's top-seven at all three postseason meets ... was the team's No. 7 finisher at nationals, helping the Huskies to a 12th-place team finish ... ran sixth for UW at both Pac-10s and Regionals ... was also the team's No. 6 runner at Pre-Nationals ... finished a season-best 22nd at the Sundodger Invite ... named Academic All-Pac-10 honorable mention following the season. **2005-06:** Raced just four times indoors in 2006, but three ranked among UW's all-time top-11 in their events ... placed sixth in the 3000m at the 2006 MPSF meet ... 3K time of 8:06.86 ranks eighth in UW history, and is the second-best ever by a Husky frosh ... clocked 14:22.59 for 5000m at UW's Last Chance Qualifier, the ninth-fastest indoor 5K time in UW history ... also ran a leg of UW's 11th-fastest DMR all-time, clocking 9:51.60 at the UW Indoor Invite ... competed just twice outdoors, once each at 1500m and 5000m ... earned Academic All-Pac-10 honorable mention for both track and cross country ... ran in UW's top-seven at four of six varsity races in the fall ... ran sixth for UW, 37th overall, at Pac-10s, helping UW to fourth ... led all Husky finishers at the season-opening Sundodger Invite, placing fourth ... ran seventh for UW at Pre-Nationals, and was the team's No. 4 finisher, 14th overall, at the Willamette Invite. **2004-05:** Redshirted the outdoor track and cross country seasons ... indoors, was 16th in the 3000m and sixth in the DMR at the 2005 MPSF meet ... made cross debut in the spring at the U.S. Junior Nationals, placing 13th ... ran sixth overall at the NACAC Championships in Florida, leading Team USA to sixth.

High School and Personal: Parents are Jill and Jim ... is the oldest of six siblings ... father is a 1978 UW grad ... the 2004 state champion at 3200m ... took third at the state cross country meet in 2002, and was the 28th-place finisher in 2001 ... led Issaquah cross country to second at state in 2002, and fourth in 2001 ... competed in the two-mile at the 2004 Arcadia Invitational, finishing in 9:22 ... ran 17th overall in the 2002 Border Clash cross country meet ... also competed at the Junior Olympics Nationals in 1998, running the 1500m ... named most inspirational by his track teammates in 2004 ... interests include skateboarding and video production, and is considering a career as a graphic artist.

COLLEGIATE BEST MARKS

1500m.....3:54.94 Mile..... 4:14.14i 3000m.....8:06.86i 5000m.....14:20.90



Jon Hickey

Senior • Richland, Wash. • Richland HS

The No. 4 indoor 5K runner in UW history ... a cancer survivor, has raised more than \$6,000 for cancer research since 2004 as the founder of the Tri-Cities Race Against Cancer and the Race for the Cure in Shoreline.

2006 (Cross Country): Ran just once in the fall, placing fourth for UW, 28th overall, at the Mike Hodges Invite ... earned Academic All-Pac-10 honorable mention. **2005-06:** Among UW's top-five at 3K and 5K during the 2006 track season ... placed 14th in the 5K at Pac-10s, in 14:39.83 ... also ran the 1500m and 3K outdoors, and competed in the mile, 3K

and DMR indoors ... earned first-team Academic All-Pac-10 honors on the track ... ran twice in the fall, placing fifth for UW, 24th overall, at the Sundodger Invite, and 24th overall at Willamette. **2004-05:** Returned in the fall of 2004 just six months after having a tumor removed ... was 35th overall, No. 4 for UW, at Pac-10s, and placed third overall at the Sundodger meet ... earned second-team Academic All-Pac-10 honors in the fall ... redshirted both track seasons. **2003-04:** Competed just once during the 2003 fall season ... an Academic All-Pac-10 honorable mention honoree in cross country, and a second-team all-academic pick on the track ... a Pac-10 and NCAA Regional track qualifier at 5000m ... saw his outdoor season cut short by a tumor ... season-best 5Ktime of 14:14.24 led UW outdoors ... indoors, ran the 5K in 14:11.39, UW's fourth-best ever ... was ninth in the mile at MPSFs, in 4:08.28. **2002-03:** Redshirted the fall ... ran 16th in the 1500m at Pac-10s ... was also a Pac-10 qualifier at 5000m.

High School and Personal: Parents are Eva and John ... has one brother, James ... placed fifth at the 2001 state 3A cross country meet in 16:13 ... earned all-state and all-league cross country honors in 2001 ... won two state track titles in 2002 ... captured the 1600m crown in 4:14.23, and won the 3200m in 9:09.58, both personal bests ... led Hanford to district and regional titles in 2001, and second at state ... placed fifth in the 3200m at state in 2001 ... ran second in the mile at the 2002 Pasco Invite ... an Academic All-State honoree ... majoring in political science.

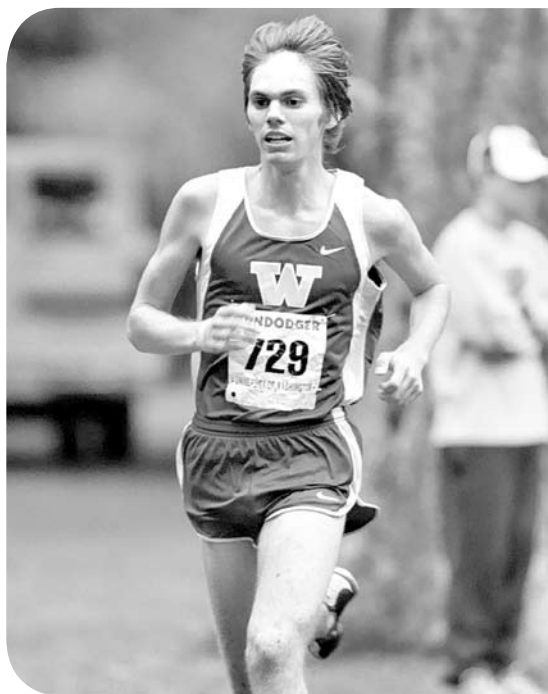
COLLEGIATE BEST MARKS

1500m.....3:49.18 Mile.....4:08.28i 3000m..... 8:14.89i 5000m..... 14:11.39i / 14:14.24

PAC-10 COMPETITOR

MAJOR MEETS

2003 Pac-10 TF 16th, 1500m	2004 Pac-10 XC 35th (4th UW)
2004 MPSF TF 17th, Mile	2006 Pac-10 TF 14th, 5000m





Mart Israel

IAAF JR. WORLD CHAMP'S COMPETITOR

Sophomore • Karksi-Nuia, Estonia • Karksi-Nuia HS

One of Europe's top young discus throwers ... will have three years of collegiate eligibility remaining ... boasts a lifetime best of 207-4 that would have won the discus at the 2006 NCAA Championships, and, if duplicated, would rank third on UW's all-time top-10 ... also boasts shot put, hammer and javelin bests that are each good enough to score at the Pac-10 meet.

High School and Personal: Parents are Ilisa and Hans ... has two older brothers, Olavi and Jaak ... attended Tallinn University of Technology for two years after high school ... finished both the 2005 and 2006 seasons ranked among the world's top-40 in the discus by the IAAF ... ranked 35th in the world in 2005 with a best of 207-3, and was 38th in 2006 with a best of 207-4 ... placed 14th in the discus at the 2006 European Athletics Championships, and was 20th at the European Junior Athletics Championships in 2000 ... placed eighth in the discus at the 2003 World University Games ... was the seventh overall finisher in the discus at the 2002 IAAF Junior World Championships, with a throw of 194-11 ... majoring in marketing.

MAJOR MEETS

2000 Europe Jr. TF 20th, DT | 2003 World Univ. Gms. 8th, DT
2002 IAAF Jr. TF 7th, DT | 2006 Europe Sr. TF 16th, DT

Coach Metcalf on Israel:

"Mart has the potential to have as large an impact as any newcomer in the history of our program."

COLLEGIATE BEST MARKS

Shot Put 58-7 1/2 | Discus 207-4 | Hammer 197-6 | Javelin 196-8

PAC-10 COMPETITOR

MAJOR MEETS

2004 Pac-10 XC 54th (8th UW) | 2006 Pac-10 TF 11th, Steeple
2005 MPSF TF 21st, 3000m | DNF, 5000m
6th, DMR

Caleb Knox

Junior • Mill Creek, Wash. • Jackson HS

A Pac-10 steeplechase competitor in 2006 ... competed in both the steeple and 5K at the 2006 Pac-10 Championships.

2006 (Cross Country): Did not compete in cross country for the second-straight year. **2005-06:** Redshirted the fall cross country season ... was UW's No. 2 steepler for the second-straight year ... season-best of 9:12.97, at the Cardinal Invite, was an eight-second personal best ... ran 11th in the steeple at Pac-10s ... also ran the 5K at Pac-10s, but did not finish ... made his 2005-06 debut in the indoor season finale at Dempsey Indoor, running the 3000m. **2004-05:** Was UW's No. 2 steepler, clocking a best of 9:20.65 at the Ken Shannon Invite ... indoors, was sixth in the DMR, and 21st in the 3000m, at the MPSF Championships ... also competed in the mile, 1500m and 5000m ... ran in four cross country meets as a true freshman in 2004, including two unattached ... was the eighth UW finisher, 54th overall, at Pac-10s ... also ran attached at the Emerald City Invite, placing 21st.

High School and Personal: Born in Aurora, Colo. ... parents are Linda and Steve ... has a younger sister, Aubrea ... ran 14th overall at the 2003 state cross country championships ... placed 26th at the 2004 Border Clash cross country meet ... finished the 2004 indoor track season ranked ninth in the nation at two miles, with a best of 9:13.79 ... missed the 2004 track season with an injury ... named to DyeStat's "Hot 100" list of West Region preps in the fall of 2003 ... ran 10th in the 1600m, and 14th in the 3200m, at the 2003 state track meet ... a first-team All-WesCo 4A selection at both 1600m and 3200m in 2003 ... also earned first-team All-WesCo honors in 2002 ... placed second at the 2002 district cross country meet ... was sixth in the 3200m at the 2003 Pasco Invite, in 9:30.41 ... clocked personal-best 3000m time of 8:32 at the 2004 Last Chance Qualifier at Dempsey Indoor.

COLLEGIATE BEST MARKS

1500m 3:57.27 | Mile 4:16.34i | 3000m 8:32.22i
Steeple 9:12.97 | 5000m 15:33.21



Did You Know?

Washington sent 15 athletes to the 2006 NCAA Outdoor Championships, including at least one in every event area — sprints, mid-distances, long distances, horizontal jumps, vertical jumps and throws.

PAC-10 SCORER

MAJOR MEETS

2004 MPSF TF	10th, PV	2005 MPSF TF	5th, PV
2004 Pac-10 TF	6th, PV	2005 Pac-10 TF	3rd, PV
2004 Regional TF	10th (tie), PV	2005 Regional TF	NH, PV



McKane Lee

Junior • Arlington, Wash. • Arlington HS



Is hopeful to recover from an injury that sidelined him for all of 2006 ... will likely limit competition in the winter to prepare for a full-go outdoors ... the Huskies' top returning vaulter, and when healthy, one of the top vaulters in the Pac-10 Conference ... is among UW's all-time top-10 indoors and out.

2005-06: Cleared an indoor career-best 17-4 1/2 at the UW Indoor Preview before missing the rest of the season with an ankle injury ... was granted a redshirt year and will be a junior again in 2007. **2004-05:** Placed third at the Pac-10 Championships in 17-0 1/4, after a sixth-place finish as a freshman ... no-heighted, along with half the field, in wind and rain at the NCAA Regional ... cleared a lifetime-best 17-5 in a win at the Ken Shannon Invite, good for 10th all-time outdoors at UW ... moved up to sixth on UW's indoor list with a 17-3 clearance at the Husky Classic ... placed fifth at the MPSF Championships ... topped 17 feet three times indoors, and twice outdoors. **2003-04:** Cleared 16-11 3/4 at the Pac-10 Championships, good for sixth ... tied for 10th in the event at the NCAA West Regional ... was just 1/4-inch shy of UW's freshman record in the vault ... indoors, posted a best of 16-7 1/4 that ranked 10th all-time at Washington ... placed 10th in the event at the MPSF Championships, clearing 16-6.

High School and Personal: Parents are Victoria and Riley ... has two brothers, Cahlen and Bodie, and two sisters, Amarah and Dejah ... ranked 13th in the Track and Field News' 2003 prep pole vault rankings, with a best indoor mark of 16-2 ... mark of 16-6 in 2002 equaled the nation's seventh-best by a prep vaulter ... went undefeated in league and district competition all four years ... was a four-time top-five finisher at the Washington state meet, including a state title in 2001 and runner-up placings in 2002 and 2003 ... won the pole vault at the 2000 Junior Olympics Regionals, and took second in 2001 ... the 13th-place finisher at the 2002 Junior Olympics Nationals at Stanford, with a mark of 15-6 ... best mark of 15-9 in 2001 set the state record for a sophomore ... interested in a career in architecture.

COLLEGIATE BEST MARKS

Pole Vault..... 17-5

Brad Liber

Junior • San Diego, Calif. • University City HS

Was 10th at Pac-10s in the 10000m in 2005, and sixth in the steeple at Pac-10s in 2006 ... the Huskies' top returning steepler ... will be a junior outdoors, but a senior indoors.

2006 (Cross Country): Ran just twice in the fall, both time with UW's "B" squad ... was 24th, third for UW, at the Mike Hodges Invite and 41st (6th UW) at Willamette ... earned Academic All-Pac-10 honorable mention for the second-straight year. **2005-06:** Dropped down from 10K to steeple in 2006 ... steeple best of 9:05.05 led all Huskies in 2006, and was UW's best since 2003

... placed sixth in the steeple at Pac-10s, and was 14th at Regionals ... won career steeple debut at UW Outdoor Preview in March, and won again at the WSU Dual ... ran the 3000m and DMR at MPSF Indoor Championships ... was fourth in the DMR, but did not finish the 3K ... DMR time of 9:51.03 was ninth-best ever at UW ... lowered mile PR by eight seconds indoors ... in the fall, was UW's No. 7 runner at Pac-10s, in 39th ... also ran in the open race at Pre-Nationals, placing 36th ... earned Academic All-Pac-10 honorable mention for both sports. **2004-05:** Placed 10th in the 10000m, and 18th in the 5000m, at Pac-10s ... 10K season-best of 29:59.22 nearly cracked UW's all-time top-10 ... ran in UW's top-six at all four varsity meets in the fall ... was third for UW at Regionals, and sixth for UW at Pac-10s ... placed sixth overall, tops for UW, at Willamette ... ran fifth for UW at Pre-Nationals, and sixth at Sundodger. **2003-04:** Redshirted the outdoor track season ... ran unattached outdoors at 1500m, 5000m and 10000m ... showed the most promise in the 10K, clocking 30:29.96 in 10K debut at Oregon ... took 16th in the 5000m at MPSFs indoors ... was statistically UW's top redshirt in the fall of 2003 ... ran unattached on four occasions ... placed fifth in college debut at the Emerald City Invite ... was 32nd at Sundodger, eighth at the Geoduck, and fourth in the open race at Pac-10s ... took 29th at the U.S. Junior Cross Country Nationals.

High School and Personal: Parents are Leslie and Brad ... the eighth-place state cross country finisher in 2002 ... led school to second at state and a San Diego CIF title in 2002 ... won the 1600m and 3200m at the 2003 San Diego Sectionals, and qualified for state finals at 3200m ... also swept league titles in 2002 ... was CIF Champ at 3200m in 2002 ... earned All-CIF honors in the 1600m in 2002, and was all-league at 800m in 2001 ... took second at the 2003 Manhattan Invite ... was named the San Diego Union-Tribune's Athlete of the Month ... earned a 3.67 GPA.

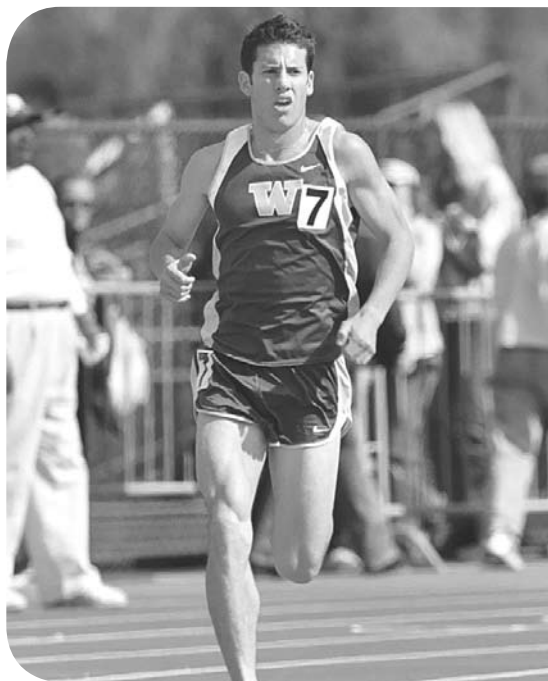
COLLEGIATE BEST MARKS

800m.....1:55.59i	1500m.....3:56.89	Mile.....4:10.46	3000m.....8:42.53i
Steeple.....9:05.05	5000m.....14:25.96	10000m.....29:59.22	

PAC-10 SCORER

MAJOR MEETS

2004 USA Jr. XC	29th	2005 Pac-10 XC	39th (7th UW)
2004 MPSF TF	16th, 5000m	2006 MPSF TF	DNF, 3000m
2004 Pac-10 XC	38th (6th UW)		4th, DMR
2004 Regional XC	45th (3rd UW)	2006 Pac-10 TF	6th, Steeple
2005 Pac-10 TF	10th, 10000m	2006 Regional TF	14th, Steeple
	18th, 5000m		





Zack Midles

RS Freshman • Olympia, Wash. • Capital HS

The nation's No. 1 prep hammer thrower in 2005, and the No. 2 U.S. prep in 2004 ... a two-time prep All-American ... redshirted the 2006 season.

2005-06: Redshirted his first season at UW to preserve a year of eligibility while gaining experience with the heavier collegiate hammer ... tossed the weight unattached on two occasions indoors, with a best of 53-1 1/2 ... also competed unattached outdoors, with bests of 45-6 1/2 in the shot, 142-10 in the discus and 177-7 in the hammer.

High School and Personal: Parents are Lisa and Dwight ... father, Dwight, is a former WSU Cougar and U.S. Olympic Trials competitor in the hammer ... older brother, Adam, was the 2005 Pac-10 hammer champion at USC ... also has two younger sisters, Olivia and Mackenzie ... named to the Track and Field News and USA Today All-America squads in both 2004 and 2005 ... led all U.S. preps in 2005 with a hammer best of 227-9 ... was America's No. 2 prep as a junior ... earned seven-career top-10 finishes at state, including a state hammer title in 2005 ... as a junior, placed second at state in the hammer to national prep leader Nate Rolfe of Inglemoor ... earned runner-up honors at state in the discus in 2004 and 2005, and was the state shot put runner-up as a junior ... placed fourth in the hammer at the 2005 U.S. Junior Nationals ... was 12th in the hammer at the 2003 World Youth Games in Quebec ... won the hammer at the 2005 Golden West Games in Sacramento, and the 2005 Youth Nationals in Eugene ... also excelled academically, earning Capital High School's Business Student of the Year honor as a senior ... interested in a career in public relations.

PERSONAL BEST MARKS

Shot Put..... 57-11 Discus..... 177-10 Hammer..... 227-9

TWO-TIME PREP ALL-AMERICAN

MAJOR MEETS

2005 USA Jr. TF.....4th, HT



NCAA COMPETITOR

MAJOR MEETS

2004 Pac-10 XC.....27th (3rd UW)	2006 MPSF TF.....2nd, 5000m
2004 Regional XC.....93rd (7th UW)	2006 Pac-10 TF.....21st, 5000m
2005 USA Jr. XC.....5th	2006 NCAA-O.....21st, 10000m
2005 World Jr. XC.....68th (6th US)	2006 Pac-10 XC.....7th (1st UW)
2005 Regional XC.....16th (2nd UW)	2006 Regional XC.....5th (1st UW)
2005 NCAA XC.....93rd (1st UW)	2006 NCAA XC.....53rd (1st UW)

Jeremy Mineau

Sophomore • Menlo Park, Calif. • Menlo-Atherton HS

An NCAA Championships competitor at 10000m in 2006 ... holds UW record indoors at 5K (13:54.03), and is second outdoors at 10K (28:49.69) ... UW's No. 1 finisher each of the past two NCAA Cross Country Championships.

2006 (Cross Country): Led the Huskies in all five meets he entered, including all-three postseason meets ... earned first-team All-Pac-10 and first-team All-West Region honors ... was seventh at the Pac-10 meet and fifth at the Regional, the latter matching the fifth-best ever by a Husky men's runner ... was 53rd overall at NCAAs, leading the Husky men to a 12th-place team finish ... team finish was UW's best since 1993 ... earned Team MVP and a coaches' award for leadership following the season ... also earned Academic All-Pac-10 second-team acclaim.

2005-06: Was a sophomore during the indoor season, but a redshirt freshman outdoors ... competed just six times, total, from January to June ... broke 15-year-old UW 5000m record indoors, clocking 13:54.03 at the MPSF Championships to take second ... time was a 17-second personal best, and four seconds faster than the previous UW record ... outdoors, qualified for first NCAA Championships with a time of 28:49.69 for 10000m at Stanford ... time was UW's second-best ever, and fastest ever by a Husky frosh ... was 21st in the 10000m at NCAAs, and was 21st in the 5K at Pac-10s ... was dynamic in the fall, leading the UW men to 27th at the NCAA XC Championships, his 93rd-place finish tops on the team ... missed the Pre-National and Pac-10 meets with an injury before coming back strong at Regionals ... was UW's No. 2 runner at Regionals, his 16th-place finish the second-best by a UW men's runner since 2001, and a 77-spot improvement over his finish at the same meet in 2004 ... shaved more than 2:30 off of his 10K cross country best at the Regional, finishing in 30:43 ... also competed at the Willamette Invite, placing ninth ... earned second-team Academic All-Pac-10 honors on the track, and was honorable mention in the fall. **2004-05:** Ran the 5000m in 14:11.81 indoors, then UW's fourth-best ever ... redshirted the outdoor season, competing unattached at 1500m and 5000m ... was UW's top freshman during the cross country season ... one of three freshmen in UW's top-10 at Pac-10s ... was UW's No. 3 runner, 27th overall, at Pac-10s, second-best among Pac-10 frosh ... also ran third for UW at Pre-Nationals, and was team's No. 7 runner at the NCAA West Regional, his first-ever 10000m competition ... beat all but two Husky finishers in unattached debut at the Sundodger Invite, placing eighth ... qualified for the world cross country championships with a fifth-place finish at the U.S. Junior Nationals in February ... was Team USA's No. 6 finisher at worlds, placing 68th overall.

High School and Personal: Parents are Diana Gibson and David Mineau ... ranked second in the state, and 12th in the nation in 2004 with a 3200m PR of 9:01.54 ... swept Central Coast Section Cross Country Runner of the Year and Middle-Distance Runner of the Year honors in 2003-04 ... won CCS cross country titles in 2002 and 2003, including a course record in 2002 ... also won back-to-back section titles in the 3200m ... placed second at the 2003 Division-I state cross country meet ... captained Menlo-Atherton as a senior ... earned a 3.9 (unweighted) GPA.

COLLEGIATE BEST MARKS

1500m.....3:54.21 Mile.....4:11.68i 3000m.....8:15.00i 5000m.....13:54.03i / 14:18.31
10000m.....28:49.69



NCAA ALL-AMERICAN

MAJOR MEETS

2003 Pac-10 XC30th (5th UW)	2006 NCAA-I5th, DMR*
2003 Regional XC35th (3rd UW)	2006 Pac-10 TF10th, 1500m
2003 NCAA XC145th (4th UW)	2006 Regional TF18th, 1500m
2004 Pac-10 TF8th, 1500m	2006 Pac-10 XC31st (3rd UW)
2004 Regional TF15th, 1500m	2006 Regional XC39th (4th UW)
2005 Pac-10 XC60th (10th UW)	2006 NCAA XC86th (3rd UW)
2006 MPSF TF4th, Mile	
4th, DMR; DNF, 3000m	

* - Indicates All-America Honor Won

Carl Moe

Junior • Auburn, Wash. • Auburn-Riverside HS



An NCAA track and field All-American in the distance medley relay ... returned in 2006 after missing the 2005 season with plantar fasciitis ... set UW freshman records in 2004 in the 1500m (since broken), and 3000m ... ranks among UW's top-10 all-time indoors in the mile and 3000m, and on five DMRs.

2006 (Cross Country): Was UW's No. 3 finisher at all three postseason meets, including a 12th-place team effort at NCAAs ... was 31st overall at Pac-10s, 39th at Regionals and 86th at NCAAs ... also ran in UW's top-five at the Pre-National, Dellinger and Sundodger meets, including a team-leading sixth-place finish at the latter ... named Most Inspirational by his teammates after the season ... earned Academic All-Pac-10 honorable mention. **2005-06:** Earned first-career All-America honor, leading UW's DMR to fifth at the NCAA Indoor meet ... also ran on UW record-equaling DMR at Notre Dame in March ... was fourth in the mile and DMR at MPSFs ... mile time (4:03.76) ranked fourth in UW history ... was 10th in 1500m final at Pac-10s, and 18th at Regionals ... ran at less than full strength throughout the fall season ... co-captained UW to its second NCAA XC appearance in three years ... ran three times in the fall, including a 60th-place finish at Pac-10s, before shutting down for the season ... earned Academic All-Pac-10 honorable mention for both sports. **2004-05:** Redshirted the season with plantar fasciitis ... ran unattached four times outdoors, including a win in the 1500m at the Ken Shannon Invite. **2003-04:** Had outstanding debut season ... set UW freshman 1500m record (since broken) of 3:44.91 at Oregon ... despite an injury, was one of four Huskies to qualify for the Pac-10 1500m final, placing eighth ... also qualified for Pac-10s in the steeple ... ran 15th in the 1500m prelims at Regionals ... of seven indoor races in 2004, six ranked among the top-10 all-time at UW ... went 8:02.82 in first collegiate 3K, fastest ever by a Husky frosh and UW's third-fastest all-time ... ran 4:07.15 for a mile in first college race, then UW's ninth-best ever ... ran the 800m leg on four of the 10 fastest DMRs ever at UW, including record 9:35.35 effort at the Last Chance Qualifier (9:35.35) ... the only freshman to compete in every varsity race during the 2003 fall season ... helped UW reach NCAAs for the first time since 1993 ... was UW's No. 4 runner at NCAAs ... was third for UW, 35th overall, at Regionals, his first-ever 10K race ... ran 30th at Pac-10s to lead a third-place team finish ... debuted 13th at Sundodger.

High School and Personal: Parents are Kathy and Dave ... has an older sister, Kelsie ... aunt, Marjan (Moulijn) Howard, competed for UW's track and cross country teams in the 1970s ... named Gatorade's 2003 Track and Field Athlete of the Year for the state of Washington ... also earned athlete of the year honors from the Tacoma News-Tribune and Seattle P-I ... the 2002 class 4A state cross country champion ... logged one of the top prep track seasons in state history in 2003 ... set a state record, and ranked third nationally, with a time of 8:48.04 for 3200m at the Arcadia Invite ... won the state title at 1600m in a meet-record 4:05.09, just one second off the state record ... was defeated just once during the 2003 prep season, taking third in the 800m at state ... was second in the mile at the 2003 Golden West Games ... as a junior, took third at state in both the 1600m and 3200m, and was fifth in the mile at Golden West ... fourth in the 1600m at state in 2001 ... earned a 3.7 GPA.

COLLEGIATE BEST MARKS

800m..... 1:51.84	1500m..... 3:44.91	Mile..... 4:03.76i	3000m..... 8:02.82i
	Steeple..... 9:14.65	5000m..... 14:14.59	



Dave Nyland

Junior • Woodinville, Wash. • Woodinville HS

The Huskies' lone returning javelin specialist ... placed 17th in the event at Pac-10s in 2005, and was 14th in 2006 ... the 2004 state runner-up.

2005-06: Competed at Pac-10 Championships for second-straight year, placing 14th ... topped 200 feet for first time in a win at the Oregon Invite ... also earned wins at the Ken Shannon and Springtime Invitationals ... threw over 190 feet at five of six meets in 2006 ... earned second-team Academic All-Pac-10 honors. **2004-05:** Was UW's No. 3 javelin competitor in 2005, earning a season-best mark of 199-2 at the UW-WSU Dual ... competed

in the javelin at the Pac-10 Championships, placing 17th ... won the javelin at the Spike Arlt Invitational with a throw of 195-0 ... also earned top-five javelin finishes at the UW Outdoor Preview, the Pepsi Invitational and the Ken Shannon Invite.

High School and Personal: Parents are Roslynn and Carl ... has an older sister, Carly ... took second at state in 2004 with a throw of 183-1 ... swept league and district titles as a senior ... placed fifth in the javelin at the 2004 U.S. Junior Nationals and third in the Meet of Champions that same year ... named Team MVP as a senior, and served as team captain his junior and senior seasons ... completed the 2003 Seattle Marathon ... earned a 3.79 GPA in high school ... interested in a career in law enforcement.

COLLEGIATE BEST MARKS

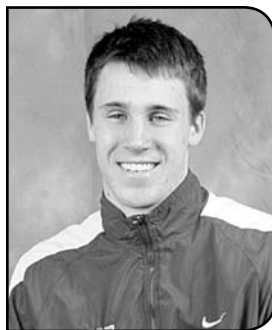
Javelin..... 200-0

PAC-10 COMPETITOR

MAJOR MEETS

2005 Pac-10 TF17th, JT	2006 Pac-10 TF14th, JT
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Jared O'Connor

Sophomore • Clifton Park, N.Y. • Shenendehowa HS/UNC

Transferred to Washington in the spring of 2006 after spending his first two seasons at North Carolina ... will redshirt the indoor season in order to even out his eligibility ... boasts a best of 16-1 3/4 in the vault, giving UW four vaulters with bests over 16 feet.

2005-06 (UNC/UW): Competed indoors at North Carolina before transferring to Washington in the spring ... was the No. 7 overall finisher at the ACC Indoor Championships, clearing 15-7 ... topped personal-best 16-7 1/4 at the Virginia Tech Last Chance Meet indoors

... redshirted the outdoor campaign at UW. **2004-05 (North Carolina):** Competed indoors and outdoors for the Tar Heels ... topped season-best 15-1 indoors.

High School and Personal: Parents are Gale and Brian ... has an older brother, Aaron ... won back-to-back state indoor titles in 2003 and 2004 ... set the New York state prep record with a clearance of 15-10 in his victory at state indoors in 2004, held in the Syracuse Carrier Dome ... matched the performance at the 2004 Nike Indoor Nationals at the New York City Armory ... earned All-America honors with finishes at the Nike Indoor Nationals in both 2003 and 2004 ... a three-time state qualifier and four-time Nike Nationals competitor ... majoring in environmental studies.

COLLEGIATE BEST MARKS

Pole Vault..... 16-1 3/4

NIKE PREP ALL-AMERICAN

MAJOR MEETS

2005 ACC TF-I..... NH, PV | 2006 ACC TF-I..... 7th, PV

Coach Metcalf on O'Connor:

"It's exciting that someone of Jared's caliber wants to come all the way across the country to be a part of our program. He's well on his way to be a terrific contributor for us."

PAC-10 XC COMPETITOR

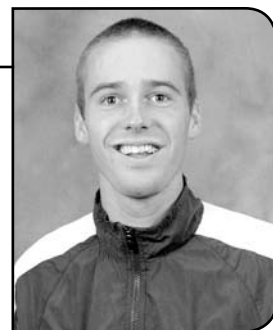
MAJOR MEETS

2004 Pac-10 XC 40th (7th UW) | 2006 Pac-10 XC 46th (7th UW)
2004 Regional XC 81st (6th UW)



Matt Owen

Senior • Yakima, Wash. • East Valley HS



Among UW's top-five at 1500m in 2006 ... a frequent competitor in UW cross country's top-seven ... a two-time state prep cross country champion.

2006 (Cross Country): Competed three times for the UW varsity ... was the team's No. 7 runner at Pac-10s, in 46th ... led all Husky "B" team members in 10th at the Willamette Invite, and was 44th overall at Sundodger ... also competed in the open race at Pre-Nationals, placing eighth. **2005-06:** Limited by injury throughout 2005-06 ... ran just twice in the fall, placing ninth at Sundodger, and 28th at Willamette ... competed in the mile and 3K indoors, and in the 800m, 1500m and 5K outdoors ... lowered his mile best to 4:12.50 in March. **2004-05:** Ran in UW's top-five in the 1500m and 5000m ... won the 1500m at the Ken Foreman Invite in a career-best 3:52.46 ... took 25 seconds off his 5K personal best with a time of 14:27.66 at Stanford ... ran 12th in the 5K at MPSFs ... was a key member of UW's top-seven during the fall season ... ran seventh for UW, 40th overall, at Pac-10s, and was UW's No. 6 runner at Regionals ... was No. 7 for UW at the Sundodger and Pre-National meets, and was the team's No. 2 finisher at Willamette. **2003-04:** Raced three times in the fall, with a best of second in the open race at Pac-10s ... was 21st overall at Sundodger, and sixth at the Geoduck Invite ... ran sparingly during the track season while nursing an injury. **2002-03:** Redshirted the year ... competed unattached three times in the fall, with a best finish of 30th at the Emerald City Invite ... also competed at the Sundodger and Willamette Invites ... ran 8:53.08 for 3000m indoors in lone track appearance.

High School and Personal: Won back-to-back 2A cross country titles in 2000-01 ... also won the state 3200m title on the track ... was the state runner-up in the event as a junior, adding a ninth-place finish in the 1600m ... earned All-Region honors with a top-25 finish at the 2001 Foot Locker West Regional meet ... was sixth overall the 2001 Nike Border Clash ... also won the 2001 Shoreline Invitational.

COLLEGIATE BEST MARKS

1500m..... 3:52.46 | Mile..... 4:12.50i | 3000m..... 8:22.25i | 5000m..... 14:27.66

Did You Know?

The MPSF title won by the Husky men in 2006 was the first conference title won by a Washington men's track team since capturing the Pacific Coast Conference Crown in 1928.

PAC-10 SCORER

MAJOR MEETS

2001 NJCAA TF..... 12th, PV	2005 MPSF TF..... 13th, PV
2004 MPSF TF..... 15th, PV	2006 MPSF TF..... 10th, PV
2004 Pac-10 TF..... 13th, PV	2006 Pac-10 TF..... 8th, PV
2004 Regional TF..... 16th (tie), PV	2006 Regional TF..... 15th (tie), PV



Seth Perrins

Senior • Tekoa, Wash. • Tekoa HS / Ricks College



One of two returning vaulters who have scored at the Pac-10 meet ... was eighth in the vault at Pac-10s in 2006 ... competed one year at Ricks College in Utah before leaving on a two-year Mormon mission ... earned his B.S. in biology in 2005 ... placed 12th at the 2001 NJCAA Nationals.

2005-06: Was UW's top vaulter in 2006, taking eighth at Pac-10s and tying for 15th at Regionals ... cleared career-best heights at both meets, first a 16-6 3/4 at Pac-10s, then a 16-7 3/4 at Regionals ... won the vault at the Oregon Invite, and was 10th at the MPSF Championships ... earned Academic All-Pac-10 honorable mention. **2004-05:** Redshirted the outdoor season after suffering an injury in the spring ... placed 13th at MPSFs ... cleared 16-0 3/4 at Stanford in lone outdoor appearance. **2003-04:** Came back from a two-year layoff to post Pac-10 and NCAA Regional qualifying marks in the pole vault ... was 13th in the event at the Pac-10 meet, and tied for 16th at the Regional ... cleared a season-best 16-5 1/4 at Oregon, second-best among UW vaulters outdoors in 2004 ... indoors, cleared 16 feet even for a 15th-place finish at the MPSF Championships ... consistently bettered his marks throughout the season. **2002-03:** Sat out the 2003 season while on a Mormon mission. **2001-02:** Sat out the 2002 season while on a Mormon mission. **2000-01 (Ricks College):** Cleared 15-4 in first season at Ricks College in Utah ... placed 12th in the pole vault at the 2001 National Junior College Athletic Association Championships.

High School and Personal: Parents are Dianne and Sam ... 10th of 11 siblings, including six brothers and four sisters ... won three consecutive state vault titles from 1998-2000 ... qualified for state as a freshman ... set the state Class B pole vault record in 2000 ... lettered all four years at Tekoa, and was a captain his junior and senior seasons ... also competed in the javelin, with a best toss of 180 feet ... played football as a freshman and sophomore, and basketball as a senior ... majoring in biology, and is interested in a career in medicine ... earned a 3.87 GPA.

COLLEGIATE BEST MARKS

Pole Vault - 16-7 1/4



Kevin Peters

Senior • Longview, Wash. • Mark Morris HS

Ranks fifth in UW history at 10000m outdoors, and seventh at 5000m indoors ... an NCAA provisional qualifier at 10K in 2006 ... a two-time NCAA Cross Country Championships competitor.

2006 (Cross Country): Ran in UW's top-seven at the NCAA Championships for the second-straight year ... was UW's No. 6 finisher at NCAAAs, helping Huskies to 12th-place team finish ... ran No. 7 for UW, 75th overall, at Regionals, and was the No. 8 UW finisher, in 56th overall, at Pac-10s ... also ran in UW's top-seven at the Sundodger, Dellinger and Pre-National meets ...

earned fourth-career second-team Academic All-Pac-10 honor. **2005-06:** An NCAA provisional qualifier at 10000m outdoors ... ran under 30 minutes for 10K for the second-straight season, clocking a 29:22.47 at Stanford in March ... time was the fifth-fastest in UW history ... was 13th in the 10K, and 29th in the 5K, at Pac-10s ... clocked 14:16.62 for 5000m indoors, UW's seventh-best ever ... placed 10th in the 5K at the MPSF Indoor Championships ... ran in UW's top-five at all three postseason cross country races ... was the team's No. 6 finisher at NCAAAs, placing 189th overall ... one of five Huskies in the top-31 at Regionals ... was also UW's No. 5 runner at Pac-10s, placing 33rd ... placed 12th in the open race at Pre-Nationals, and was the 23rd-place finisher at Willamette ... earned second-team Academic All-Pac-10 honors for both cross country and track. **2004-05:** Competed three times for UW in the fall ... had a breakout season on the track ... ran sixth in the 5000m at the MPSF meet in 14:17.14 ... qualified provisionally for the NCAA Championships outdoors with a time of 29:31.43 in the 10000m at Stanford ... 10K time was then UW's seventh-best ever ... ran 12th in the 10K at Pac-10s ... one of four Huskies to break 30 minutes in the 10K in 2005 ... took more than a minute off his 10K personal best, and more than 31 seconds from his 5K best ... earned second-team Academic All-Pac-10 honors for track, and was an honorable mention pick in the fall. **2003-04:** Redshirted the 2003 fall season ... ran four times unattached ... was 12th overall at the Emerald City Invite, 15th at the Geoduck Invite, and 27th at Sundodger, tops among Husky redshirts ... ran fifth in the open race at Pac-10s ... ran three times outdoors, at distances from 1500m to 10000m ... indoors, ran twice each at 3000m and 5000m ... took 13th in the 5K at the MPSF Championships in 14:44.84.

High School and Personal: Parents are Cheryl and Mark ... has an older sister, Amy ... a three-time state cross country championships qualifier ... missed his senior season in 2002-03 with an injury ... competed in the 3200m at the state track championships in 2000 ... won District IV cross country championship in 2001 ... a four-time letterman at Mark Morris, and two-time team captain ... also excelled academically, graduating with a 3.69 GPA.

COLLEGIATE BEST MARKS

1500m.....3:54.87 3000m.....8:14.79i 5000m.....14:16.62i / 14:29.14
10000m.....29:22.47

NCAA XC COMPETITOR

MAJOR MEETS

2004 MPSF TF..... 13th, 5000m	2006 MPSF TF..... 10th, 5000m
2005 MPSF TF..... 6th, 5000m	2006 Pac-10 TF..... 13th, 10000m
2005 Pac-10 TF..... 12th, 10000m	29th, 5000m
2005 Pac-10 XC..... 33rd (5th UW)	2006 Pac-10 XC..... 56th (8th UW)
2005 Regional XC..... 31st (5th UW)	2006 Regional XC..... 75th (7th UW)
2005 NCAA XC..... 189th (6th UW)	2006 NCAA XC..... 193rd (6th UW)



Scott Roth

Freshman • Granite Bay, Calif. • Granite Bay HS

The reigning U.S. junior pole vault champion ... a three-time California state vault champion ... the nation's No. 1 prep vaulter in both 2005 and 2006 ... ranked among the top-10 junior-age vaulters in the world in 2006 ... boasts a vault best of 17-5 that would rank among UW's top-10 all-time if duplicated at Washington.

High School and Personal: Parents are Laurie and Curt ... has a brother, Derek ... father, Curt, was a pole vaulter at Sacramento State ... won the vault at the 2006 USATF Jr. National Championships, clearing 17-0 3/4 ... also won national crowns at the 2005 Nike Outdoor Nationals, the 2005 USA Youth Outdoor Track and Field Championships, and the 2006 Nike Indoor Nationals ... competed for Team USA at the 2006 Junior World Championships in China ... finished the 2006 season ranked ninth in the world by the IAAF among junior-age vaulters with a best of 17-5 ... took the silver medal at the 2005 IAAF World Junior Championships in Morocco, tying the meet record with a clearance at 17-2 3/4 ... mark ranked 13th in the world among junior-age vaulters in 2005 ... cleared 16-4 as a sophomore in 2004, nearly 10 inches beyond any other U.S. sophomore ... is interested in a career as a dentist ... earned a 4.18 prep GPA.

PERSONAL BEST MARKS

Pole Vault..... 17-5

USATF JR. NATIONAL CHAMPION

MAJOR MEETS

2005 Jr. World TF..... 2nd, PV | 2006 USA Jr. TF..... 1st, PV

Coach Metcalf on Roth:

"Scott has a ton of big-meet experience, and that allows him to come in here and make an immediate impact. He'll jump higher every year he's here."

U.S. OLYMPIC TRIALS QUALIFIER

MAJOR MEETS

2003 USA Jr. TF..... 5th, 10000m	2005 Pac-10 XC..... 27th (3rd UW)
2003 Pac-10 XC..... 35th (6th UW)	2005 Regional XC..... 25th (3rd UW)
2003 Regional XC..... 36th (4th UW)	2005 NCAA XC..... 174th (4th UW)
2003 NCAA XC..... 168th (5th UW)	2006 MPSF TF..... 11th, 5000m
2004 Pac-10 TF..... 11th, 10000m	2006 Pac-10 TF..... 6th, 10000m
DNF, 5000m	23rd, 5000m
2004 Regional XC..... 51st (4th UW)	2006 Pac-10 XC..... 27th (2nd UW)
2005 MPSF TF..... 13th, 3000m	2006 Regional XC..... 10th (2nd UW)
2005 Pac-10 TF..... 11th, 10000m	2006 NCAA XC..... 65th (2nd UW)

Mike Sayenko

Senior • Bellevue, Wash. • Sammamish HS

Among UW's all-time top-10 at 5000m and 10000m... a two-time All-West Region Cross Country honoree ... bettered the Olympic qualifying standard in the marathon in December ... an aspiring graphic artist, designed both the inside and outside covers of this media guide.

2006 (Cross Country): Was UW's No. 2 finisher at each of the five meets in which he competed ... became the first Husky since 1992 to compete at three NCAA Cross Country Championship meets ... placed 65th overall at NCAAs, leading a 12th-place team effort ... also ran in UW's top-five at NCAAs in 2003 and 2005 ... earned second-straight All-West Region accolade with a 10th-place Regional finish, and was 27th at Pac-10s ... earned team's Most Improved honor after the season ... also earned second-team Academic All-Pac-10 accolades ... capped the 2006 calendar year with an eighth-place finish in the California International Marathon, his first-ever marathon race ... final time of 2 hours, 19 minutes, 45 seconds was below the Olympic qualifying standard in the event, earning Sayenko a spot at next year's Olympic Trials. **2005-06:** Ran sixth in the 10000m at Pac-10s, and was 23rd in the 5000m ... placed 11th in the 5K at MPSFs ... indoor 5K best of 14:18.07 was UW's eighth-best ever ... ran in UW's top-seven throughout the fall... was 174th at NCAAs helping UW to 27th ... placed 27th at Pac-10s and 25th at Regionals, the latter good for All-West Region honors ... earned second-team Academic All-Pac-10 honors in the spring, and was honorable mention in the fall. **2004-05:** Limited by injury to just one fall appearance in 2004 ... was UW's No. 4 runner at Regionals, in 51st overall ... made a healthy return in the spring ... was among UW's leaders in the mile and 3000m indoors ... ran 13th in the 3K at MPSFs ... logged a 29:50.09 for 10K at Stanford, UW's ninth-best ever ... placed 11th in the 10K at Pac-10s for second-straight year ... earned Academic All-Pac-10 honorable mention for both sports. **2003-04:** Placed 11th in the 10K at Pac-10s ... clocked 5K and 10K season-bests of 14:34.55 and 30:12.42, respectively ... competed unattached indoors, including a 5K best of 14:23.32 ... one of UW's top performers in the fall ... was the team's No. 5 runner at NCAAs, helping UW to 21st ... ran 36th at Regionals, and 35th at Pac-10s ... earned Academic All-Pac-10 honorable mention in the fall. **2002-03:** Redshirted the year ... earned USATF Jr. All-American honors with a fifth-place finish in the 10K, in 30:49.70, at the USA Jr. Nationals ... ran unattached in the fall.

High School and Personal: Born Mikhail Sayenko in Odessa, Ukraine ... parents are Lyudmila and Andrey ... set school 3200m record with a time of 9:12 in a 16th-place finish at the 2002 Arcadia Invite ... earned All-West Region honors with a top-25 finish at the 2001 Foot Locker West Regional ... was fourth at both the 2000 and 2001 state 3A cross country meets, in 16:31 and 16:11, respectively ... was third in the 3200m at the 2002 state track meet ... also took seventh in the mile at state in 2002 ... as a junior, was fourth at state in the 3200m, and ninth in the mile ... set prep bests of 4:18 (mile) and 15:25 (5000m) ... set course record at Sammamish State Park ... is pursuing a double major in painting and art history.

COLLEGIATE BEST MARKS

1500m.....3:55.11 Mile.....4:12.27i 3000m.....8:14.60i / 8:33.09
5000m.....14:18.07i / 14:33.79 10000m.....29:50.09



USA XC CHAMPIONSHIPS COMPETITOR

MAJOR MEETS

2004 USA Jr. XC	18th	2006 Regional XC	50th (5th UW)
2005 Pac-10 XC	30th (4th UW)	2006 NCAA XC	179th (5th UW)
2006 Pac-10 XC	38th (5th UW)		

Adam Shimer

Junior • Edmonds, Wash. • Meadowdale HS



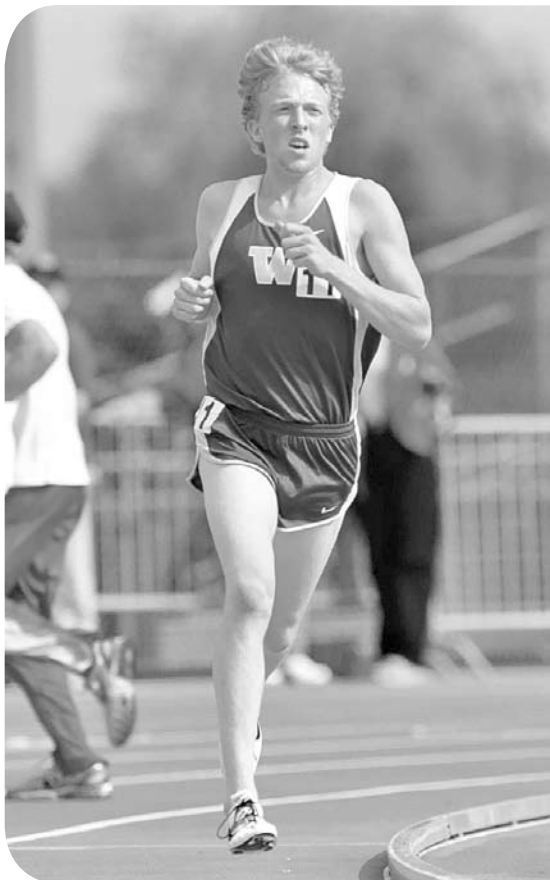
Has been limited by injury to just two outdoor races in the last two years, and just four total in his three-year career ... a consistent top-seven performer throughout the past two cross country seasons ... made second-career appearance at the USA Cross Country Championships in March.

2006 (Cross Country): Led UW men to 12th at the NCAA Championships with a 179th-place individual effort, fifth among Huskies ... was also UW's No. 5 runner at Pac-10s (38th overall) and Regionals (50th) ... clocked 8K cross country PR of 24:41 at Pac-10s, 15 seconds faster than his previous best ... also ran with the varsity at the Sundodger and Dellinger Invites, and was in the open race at Pre-Nationals ... earned Academic All-Pac-10 honorable mention. **2005-06:** Did not compete during the 2006 track season ... helped UW to fourth at the Pac-10 meet with a 30th-place finish, fourth-best by a UW runner ... was the team's first alternate runner at both Regionals and NAAs ... was No. 6 UW runner, in 26th overall, at the season-opening Sundodger Invitational ... also ran 27th in an unattached performance at Willamette ... earned Academic All-Pac-10 honorable mention for cross country. **2004-05:** Earned top-10 finishes in his only two outdoor track appearances, both at 5000m ... ran indoors in the mile and 3000m ... ran at the Emerald City and Sundodger Invites in the fall, placing second and 20th, respectively. **2003-04:** Redshirted the cross country and track seasons ... competed four times unattached during the track season, including twice each indoors and out ... won first-career outdoor 5K race with a time of 14:52.86 at the Ken Shannon Invite ... also attempted the 10000m ... was among the Huskies' highest-finishing redshirts at all four cross country meets in which he competed ... ran in the Emerald City, Sundodger and Geoduck Invitational, and in the open race at the Pac-10 Championships ... placed eighth at the Geoduck ... in March, ran a career-best 8000m cross country time of 25:40 to place 18th at the U.S. Junior Nationals.

High School and Personal: Both parents, Kaya and Mike, attended UW ... has a younger sister, Shirley ... took second at the 2002 state cross country meet, and was the eighth-place state finisher in 2001 ... earned All-State cross country honors both years ... a first-team All-WesCo cross country selection each of his last two seasons ... won league cross country title in 2002, and was third at the regional meet ... earned fourth at the 2001 WesCo cross country meet ... led Meadowdale to a seventh-place state cross country finish in 2002 ... won district cross country titles in 2001 and 2003, and district two-mile crowns in 2002 and 2003 ... a 10-time prep letterwinner, served three years as captain ... named prep athlete of the month three times ... also lettered in swimming.

COLLEGIATE BEST MARKS

Mile.....4:20.87i 3000m.....8:42.84 5000m.....14:52.86 10000m.....31:28.61



Kelly Spady

RS Freshman • Mukilteo, Wash • Kamiak HS

Will be a sophomore indoors, and a redshirt freshman outdoors ... the 2004 Washington state 4A cross country champion ... should be among UW's best in the mile and 5000m.

2006 (Cross Country): Ran with UW's top-seven at each of the first two meets of the year ... was the No. 2 UW finisher, in 11th overall, at Sundodger, and was Washington's No. 7 finisher at the Dellinger Invite ... also ran in the open race at Pre-Nationals, placing 103rd overall ... clocked 8K cross country best of 24:26 at Sundodger. **2005-06:** Redshirted

the 2005 season to preserve a year of eligibility ... competed twice unattached ... would have been UW's No. 7 runner at the Sundodger Invitational, placing 28th in unofficial collegiate debut ... also ran unattached at Willamette, placing 57th ... competed indoors in the mile and 3000m ... placed 14th in the 3K at the MPSF Championships ... clocked a season mile best of 4:11.42 at the Husky Classic.

High School and Personal: Parents are Sheri Henderson and Bob Spady ... has three younger siblings ... the 2004 state 4A cross country champion ... time of 15:24 on the 5000m course was third-fastest in meet history ... ran 10th at state in 2003, and 12th in 2002 ... placed 13th at the 2004 Foot Locker Cross Country Regionals in Walnut, Calif. ... finished sixth in prestigious Border Clash event in 2004 ... swept league and district titles in 2004 after finishing second and third, respectively, in previous season ... led team to top-10 state finishes in 2003 and 2004 ... earned 4A State All-Star honors as senior ... ran fourth in 3200m at state in 2005, and 13th in 2004 ... captained the cross country squad in 2004 ... interested in studying physical therapy.

COLLEGIATE BEST MARKS

Mile.....4:11.42i 3000m.....8:18.83i

STATE XC CHAMPION

MAJOR MEETS

2006 MPSF TF 14th, 3000m





Kyle Still

Junior • Bellingham, Wash. • Sehome HS

The Huskies' top-returning competitor in the 400m hurdles ... current hurdles best is just one second shy of UW's all-time top-10.

2005-06: One of the Huskies' top-three quarter-hurdlers, boasting a best of 53.15 that was just one second shy of UW's all-time top-10 ... clocked the mark in a fifth-place finish at Cal's Brutus Hamilton Invitational ... helped UW's 4x400m relay to victories at Cal and WSU ... indoors, competed at distances from 400m-800m ... earned academic All-Pac-10 honorable mention.. **2004-2005:** Competed in

both hurdles events outdoors, clocking bests of 16.44 seconds and 54.71 seconds ... placed fourth in the 110m hurdles at the UW-WSU Dual ... indoors, ran the sprints and 4x400m relay ... placed fourth in the 400m at the season-opening UW Indoor Preview, in a season-best 50.78 seconds ... led UW's 4x400m relay to second at the Husky Classic in 3:13.93.

High School and Personal: Parents are Valerie and Darren ... has a brother, Dalton, and two sisters, Candice and Kodi ... qualified for state championships competition in both track and cross country as a junior and senior ... ran eighth at state in both hurdles events in 2004, and was the state's seventh-place finisher in the 300m hurdles as a junior ... also ran twice at state in cross country, leading Sehome to a third-place finish in 2003 and to fifth in 2004 ... served as track team captain as a senior ... earned a 3.8 GPA as a prep.

COLLEGIATE BEST MARKS

400m Dash..... 49.20i 400m IH..... 53.15

Coach Metcalf on Still:

"Kyle has worked his tail off to improve the last couple of years, and has gotten himself to the point where we believe he can go score for us in the hurdles and relay at the Pac-10 meet."

PAC-10 COMPETITOR

MAJOR MEETS

2006 Pac-10 TF..... 14th, SP 2006 USA Jr. TF..... 14th, SP
16th, DT 10th, DT



Daniel Te'o-Nesheim

Sophomore • Kailua, Hawaii • Hawaii Prep HS

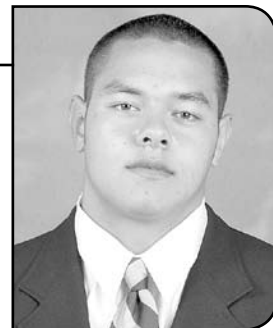
An outstanding prep thrower who also competes for UW's football team ... competed in both the shot put and discus at last year's Pac-10 meet ... was a key member of UW's defensive line last fall.

2006 (Football): Started all 11 games at defensive end ... finished the season with 35 tackles, including 10 for loss and three sacks. **2005-06:** Was the Huskies' No. 1 shot putter in 2006, and ranked second among UW discus competitors ... was 14th in the shot, and 16th in the discus, at the Pac-10 Championships ... competed at the 2006 USATF Junior National Championships after the track season, taking 10th in the discus and 14th in the shot ... tossed the shot a season-best 53-11 for a victory at the Ken Shannon Invite ... notched career-best discus toss to 167-5 at the USATF Jr. National meet ... redshirted the 2005 football season to preserve a year of eligibility ... won the Mark Drennan Defensive Scout Squad Player of the Year award at the team's annual postseason banquet.

High School and Personal: Helped Hawaii Prep's football team to a 10-2 overall record and a 9-0 league record as a senior ... team lost in the state semifinals in 2004 ... two-time first-team all-league (Big Island Interscholastic Federation) selection for football ... also excelled on the track team as a shot putter and discus thrower ... among his coaches on the Hawaii Prep staff was former UW All-America center Bern Brostek.

COLLEGIATE BEST MARKS

Shot Put..... 53-11 Discus..... 167-5



Did You Know?

Sophomore Daniel Te'o-Nesheim is one of dozens of two-sport athletes who have competed in track and field for UW, including U.S. Olympian Ja'Warren Hooker, NFL tight end Ernie Conwell, and All-American gymnast Carly Dockendorf.

RANDY BACON

Sophomore
Sprints
Tacoma, Wash.
Washington HS

Personal Best Marks
60m - 7.16i

JACKSON BEACH

Freshman
Jumps
Ellensburg, Wash.
Ellensburg HS

Personal Best Marks
TJ - 40-10

ALEC BROMKA

RS Freshman
Distances
Portland, Ore.
Catlin Gable HS

Personal Best Marks
1500m - 4:06.87 3000m - 8:51.09

JOE DARDA

RS Freshman
Distances
Ellensburg, Wash.
Ellensburg HS

Personal Best Marks
3000m - 9:11.08i 5000m - 15:45.38i

PETER FOLLMER

Freshman
Throws
Kent, Wash.
Kentrledge HS

Personal Best Marks
SP - 46-0 1/2 DT - 146-3

COREY FREDERICKS

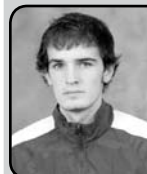
Junior
Jumps/Multi
Vancouver, Wash.
Evergreen HS

Personal Best Marks
Dec - 5.989 LJ - 22-4 1/2

DON GASPAR

Freshman
Sprints
Los Gatos, Calif.
Los Gatos HS

Personal Best Marks
400m - 48.49

CHRIS GLASER

Freshman
Distances
Yakima, Wash.
West Valley HS

Personal Best Marks
800m - 2:00 1600m - 4:18 3200m - 9:17

JEFF GUDAITIS

Freshman
Sprints
Tacoma, Wash.
Tacoma Baptist HS

Personal Best Marks
100m - 10.9 200m - 22.5 400m - 48.9

ZACK GUSSIN

Freshman
Distances
Seattle, Wash.
Ballard HS

Personal Best Marks
1500m - 4:06.87 3200m - 8:51.09

LEONARD HARRIS

Freshman
Sprints
Kent, Wash.
Kentrledge HS

Personal Best Marks
100m - 10.61 200m - 22.51 TJ - 47-6 1/2

RICKY HARRISON

Freshman
Sprints
Woodinville, Wash.
Woodinville HS

Personal Best Marks
110m HH - 15.3 300m IH - 39.6

BOBBY NOBLE

Freshman
Multi-Events
New Canaan, Conn.
New Canaan HS

Personal Best Marks
Dec - 5.927 HJ - 6-6

DAVID PINKERTON

Freshman
Pole Vault
Snohomish, Wash.
Snohomish HS

Personal Best Marks
PV - 14-6

CONOR SAYRES

RS Freshman
Pole Vault
Valleyford, Wash.
Freeman HS

Personal Best Marks
PV - 12-11 3/4

JAKE SCHMITT

Freshman
Distances
Kentfield, Calif.
Redwood HS/
Univ. of California

Personal Best Marks
1600m - 4:15.2 3200m - 9:06

RYAN VU

Freshman
Pole Vault
Bellevue, Wash.
Interlake HS

Personal Best Marks
PV - 16-3

BRADEN WEEKS

Freshman
Jumps
Lynden, Wash.
Lynden HS

Personal Best Marks
LJ - 20-10 TJ - 44-3 1/2

JAMES WILSON

Junior
Distances
Yakima, Wash.
West Valley HS

Personal Best Marks
3000m - 8:24.03i 5000m - 15:36.58

ZACH WOODS

Freshman
Javelin
Oregon City, Ore.
Oregon City HS

Personal Best Marks
JT - 185-0



Daria Amiad-Pavlov

WORLD YOUTH CHAMPIONSHIPS COMPETITOR

Sophomore • Ashdod, Israel • Gimnasia Realit

Among Israel's all-time top-10 competitors in the heptathlon and pole vault ... boasts a heptathlon best of 5,053 that is beyond the NCAA's provisional-qualifying standard ... ranks among UW's all-time top-10 indoors in the high jump and pentathlon ... missed much of the 2006 outdoor season with an injury ... was married following the 2006 season.

2005-06: Was UW's leader indoors in the pentathlon, high jump, long jump and triple jump ... earned an NCAA provisional qualifying score in the pentathlon with a 3,854-point performance at MPSFs, falling just shy of UW's school record of 3,915 ... placed fourth in the pent at MPSFs, and was eighth in the high jump and 11th in the triple jump ... also topped 3,800 points in the pentathlon at the UW Indoor Invitational ... also cracked UW's all-time top-10 in the high jump indoors with a clearance of 5-7 3/4 at MPSFs, good for sixth all-time ... would almost certainly have scored in the heptathlon at the Pac-10 outdoor meet if not for an injury that limited her to just two competitions outdoors ... competed just once outdoors, in the first outdoor meet of the season, before returning for the high and long jumps at the Pac-10 Championships ... despite the injury, tied for 10th in the high jump and was 17th in the long jump at Pac-10s.

High School and Personal: Born in Moscow, Russia in 1984 ... parents are Inna and Alexander ... lifetime heptathlon best of 5,053 points ranks sixth in Israeli history ... set the mark in the second-place finish at the Tel Aviv meet in April 2005 ... also ranks among Israel's all-time top-10 in the pole vault with a best of 10-10, the nation's sixth-best mark ... placed 20th in the heptathlon with a score of 3,305 at the 2001 IAAF World Youth Championships in Debrecen, Hungary.

COLLEGIATE BEST MARKS

800m..... 2:24.80i 60m HH..... 9.31 High Jump..... 5-7 3/4i / 5-7 Long Jump..... 19-0 1/2i / 16-10
Triple Jump..... 38-7 1/2i Shot Put..... 38-0 3/4i Javelin..... 98-4 Pentathlon..... 3,854

MAJOR MEETS

2001 IAAF Youth TF 20th, HEP | 2006 Pac-10 TF 10th (tie), HJ;
2006 MPSF TF 4th, PENT; | 17th, LJ
8th, HJ; 11th, TJ



PAC-10 SCORER

MAJOR MEETS

2006 MPSF TF 6th, 60mH | 2006 Pac-10 TF 14th, 400mH
6th, 4x100m; 6th, 4x400m



Falesha Ankton

Sophomore • Benicia, Calif. • Benicia HS

A Pac-10 Championships competitor in the hurdles and relays in 2006 ... boasts best marks just shy of UW's all-time top-10 in all three hurdles events ... the fourth-place finisher in the 300m hurdles at the 2005 California state meet.

2005-06: One of the Huskies' top competitors in all three hurdles events, and a regular on UW's 4x100m and 4x400m relays ... led both relays to sixth-place finishes at the 2006 Pac-10 meet ... also ran in the 400m hurdles at Pac-10s, placing 14th overall in the preliminary round ... earned a victory in her outdoor hurdles debut, at the UW Outdoor Preview ... was sixth in the 60m hurdles at the MPSF Indoor meet ... clocked a season-best 8.93 for the 60m hurdles at MPSFs, and recorded season-bests outdoors of 14.58 and 1:02.82 in the 100m hurdles and 400m hurdles, respectively.

High School and Personal: Parents are Finas and Vernon ... has two brothers, Vernon Jr. and Vincent ... ran fourth at state in the 300m hurdles in 2005 ... won league and district hurdles titles as a senior ... was 11th at state her junior year ... placed second in the hurdles at the Arcadia Invite in 2005...took fifth in the 400m hurdles in the 2005 USA Junior Olympics ... earned three letters, and was team captain as a senior ... boasts 12 years of tap-dancing experience ... plans to major in business.

COLLEGIATE BEST MARKS

400m Dash..... 59.08i 60m HH..... 8.93 100m HH..... 14.58 400m IH..... 1:02.82



Did You Know?

The Husky women have put at least one athlete atop the podium at the NCAA Championships in each of the last two seasons, including pole vaulter Kate Soma in 2005, and miler Amy Lia in 2006.

FIVE-TIME STATE CHAMPION

MAJOR MEETS

2004 SEC XC..... 82nd (8th UK)	2006 SEC-I TF.....9th, Mile
2005 SEC XC..... 48th (6th UK)	16th, Mile; 1st DMR
2005 Regional XC..... 108th (5th UK)	

Andrea Brown

Soph. • Bellingham, Wash. • Mt. Baker HS/Kentucky



Coach Metcalf on Brown:
"Andrea has phenomenal mechanics. She's an incredibly upbeat and positive young woman who is going to fit in really well with our team both personally and athletically."

Transferred to Washington in the fall from the University of Kentucky ... runs the middle distance events on the track ... won five state track titles as a Washington prep, including an unprecedented three-consecutive 800m crown.

2006 (Cross Country): Redshirted the 2006 fall season after transferring from Kentucky ... will have two years of cross country eligibility remaining.

2005-06 (Kentucky): Ran in Kentucky's top-seven throughout the 2005 season ... was sixth for the Wildcats, 48th overall, at the SEC Championships ... was fifth for Kentucky at the NCAA Southeast Regional ... placed third at the Woodford Trials, and was Kentucky's fifth runner at the prestigious Notre Dame Invitational ... was among UK's top competitors in the 800m, mile and 1500m events ... ran 4:53.41 for a mile at the SEC Indoor Championships, placing ninth ... also at SEC Indoors, led UK's distance medley relay to a conference title and was 16th in the 800m ... outdoors, ranked third for Kentucky at 800m (2:16.16) and fourth at 1500m (4:40.56). **2004-05 (Kentucky):** Was Kentucky's No. 4 runner at the Woodford Trials, placing fifth overall ... was 73rd at the Stanford Invite, and 82nd at the SEC Championships ... redshirted the indoor and outdoor track seasons.

High School and Personal: Parents are Vernon and Christi Brown ... a five-time state track champion ... swept state titles at 800m in 2002, 2003 and 2004, becoming the first female in state history to do so ... also won state crowns in the 1600m and 3200m events ... won four consecutive district championships in the 800m ... set school record in the 800m with at time of 2:12.20 ... named to numerous all-state track and cross country teams ... plans to major in kinesiology.

COLLEGIATE BEST MARKS

800m.....2:13.35i / 2:16.16 1500m.....4:40.56 Mile.....4:53.41i



Anita Campbell

Sophomore • Vancouver, B.C. • Aldergrove HS

Had an outstanding freshman season, competing in the NCAA Track Championships, the NCAA Cross Country Championships, and the World Junior Cross Country Championships ... set UW's freshman record at 5000m on the track.

2006 (Cross Country): Qualified for second-straight NCAA Championship meet, placing 89th overall ... was UW's No. 1 or 2 finisher at every varsity meet ... earned second-team All-Pac-10 and first-team All-West Region honors ... placed ninth overall, second for UW, at Pac-10s, and was the Huskies' leader in sixth at Regionals ... also led UW at the Dellinger and Pre-National

meets. **2005-06:** Had an outstanding freshman year, setting UW's freshman record at 5000m and qualifying for the NCAA Championships in her debut season ... ran just seven times, total, throughout the 2006 track season, including four championship-meet races ... was 21st in the 5K at NCAAs, her time of 16:29.91 the UW's sixth-fastest ever, and the best-ever by a Husky frosh ... time marked a 21-second improvement over her previous best, clocked in a sixth-place finish at Pac-10s ... was third in the event at Regionals, and second at MPSFs ... was equally outstanding in the fall ... was UW's lone representative at the 2005 NCAA XC Championships, placing 94th ... NCAA finish was tops by a UW frosh since 2001 ... was the 13th-highest finishing freshman at NCAAs ... placed second at the Canadian Jr. Nationals in December to qualify for her second-consecutive IAAF World Cross Country Championships appearance ... placed 57th at Worlds, leading Canada to 10th ... one of four true freshmen to run in UW's top-seven at every team competition in 2005 ... was the team's No. 1 finisher, in 11th overall, at Regionals, earning All-West Region honors ... ran second for UW, in 17th, at Pac-10s, and was the team's No. 4 finisher at Pre-Nationals ... placed 16th in collegiate debut at the Sundodger Invitational, and was 11th overall at Willamette.

High School and Personal: Parents are Lorna and Garnett ... has a brother, Quinn ... ran 84th overall at the 2005 World Junior Cross Country Championships in St. Etienne, France ... missed three months of the 2004 season with a broken leg ... finished fifth at Canadian Junior Cross Country Nationals in 2002 ... won the 3200m in a meet-record 11:12.96 at the 2005 World Junior Cross Country Championships ... won the B.C. prep cross country title in 2004 ... ran 11th in the 3000m at the 2003 World Youth Games ... was second in the 3000m and third in the 1500m at the 2002 B.C. prep track championships, and was second and fourth, respectively, in 2003 ... won the 2003 Sunfair Invitational ... placed second in the 3000m at the 2003 Mt. SAC Relays ... won the bronze medal at the 2003 Canadian Legion Juvenile Cross Country Championships ... named 2004 B.C. Juvenile Cross Country Female Athlete of the Year in 2004 ... received B.C. Junior Development Award for distance running in 2001 ... has participated in ballet and is a blue belt in karate.

COLLEGIATE BEST MARKS

3000m.....9:36.21i 5000m.....16:29.91

NCAA COMPETITOR

MAJOR MEETS

2005 World Jr. XC..... 85th	2006 Pac-10 TF..... 6th, 5000m
2005 Pac-10 XC..... 17th (2nd UW)	2006 Regional TF..... 3rd, 5000m
2005 Regional XC..... 11th (1st UW)	2006 NCAA-0..... 21st, 5000m
2005 NCAA XC..... 94th	2006 Pac-10 XC..... 9th (2nd UW)
2005 Canada Jr. XC..... 2nd	2006 Regional XC..... 6th (1st UW)
2006 MPSF TF..... 2nd, 5000m	2006 NCAA XC..... 89th (2nd UW)
2006 World Jr. XC..... 57th	





Kailey Campbell

Freshman • Seattle, Wash. • Ballard HS

One of the state's top middle-distance runners ... one of three Ballard women's distance runners on the UW track roster.

2006 (Cross Country): Redshirted the cross country season to preserve a year of eligibility ... did not run unattached at any UW meets.

High School and Personal: Parents, Rana and Derek, both competed for UW's club sailing team ... has a younger brother, Brent ... has never competed in cross country ... one of the state's top middle-distance runners ... earned matching fourth-place finishes in the state 1600m final in both 2003 and 2005 ... swept league and district titles in the event as a freshman ... placed second in the 1600m at both the league and district meets from 2004-06, and was second in the 800m at both meets her last two seasons ... also lettered four years in soccer ... earned All-KingCo honorable mention honors on the soccer field as a junior ... graduated with a 3.96 GPA ... plans to major in biology.

PERSONAL BEST MARKS

800m.....2:13 1600m.....4:58

Coach Metcalf on Campbell:

"Kailey's incredibly talented. Once she establishes some consistency, and is able to train in our program for a little while, she's going to be outstanding for us."

PAC-10 COMPETITOR

MAJOR MEETS

2005 USA Jr TF 5th, 800m	2006 MPSF TF 12th, Mile
2005 Pac-10 XC 40th (6th UW)	5th, DMR
2005 Regional XC 53rd (6th UW)	2006 Pac-10 TF 10th, 1500m
	2006 Pac-10 XC 50th (7th UW)

Annaliese Chapa

Sophomore • Portland, Ore. • Central Catholic HS



One of UW's top milers in 2006 ... ran sixth-fastest mile in UW history last winter ... was a Pac-10 Championships finalist at 1500m ... a 2005 Harrier Magazine All-American ... father, Rodolfo, was a star distance runner at Oregon, and brother, Joaquin, competes currently at Stanford.

2006 (Cross Country): Ran in UW's top-seven on three occasions ... was UW's No. 7 finisher at Pac-10s, in 50th overall, helping team to a third-place finish ... ran sixth for UW at Sundodger (32nd overall) and seventh at Pre-Nationals (166th overall) ... earned Academic All-Pac-10 honorable mention. **2005-06:** Ran the mile during the 2006 indoor season ... clocked 4:50.09 in the MPSF Championships final in March, good for sixth in the race, and sixth in UW history in the event ... also ran on UW's fifth-place DMR at MPSFs ... after a busy fall and winter, ran a relatively light spring schedule ... placed 10th in the 1500m final at Pac-10s ... clocked season-bests of 4:30.56 (1500m) and 2:14.53 (800m) at the Oregon Invite ... one of four true freshmen to run in UW's top-seven at every team cross country competition in 2005 ... was the Huskies' No. 6 runner at Regionals and Pac-10s, placing 53rd and 40th, respectively ... placed ninth in collegiate debut at the Sundodger Invitational, and was 17th at Willamette.

High School and Personal: Born in Cleveland, Ohio ... parents are Patricia Eiting, a former sprinter and long jumper at Indiana; and Rodolfo Chapa, a star distance runner at Oregon ... has a sister, Alma, and three brothers, Juan, Alberto and Joaquin, the latter a distance runner at Stanford ... a 2005 Harrier Magazine All-American ... placed fifth in the 800m at the 2005 U.S. Junior Nationals ... won district titles at 800m and 1500m in 2004, before placing second at state in both ... was seventh in 800m and fourth in 1500m at state as a junior, and sixth in both as a sophomore ... ran seventh in the 800m at the 2004 Golden West Games, in a lifetime-best 2:10.47 ... was 12th in the mile at the 2005 Nike Outdoor Nationals ... placed 23rd at the 2005 Washington/Oregon Border Clash ... earned a 3.6 GPA in high school.

COLLEGIATE BEST MARKS

800m.....2:14.53 1500m.....4:30.56 Mile.....4:50.09



Did You Know?

Washington's women have brought home 18 All-America honors since 2003, including at least one each in the hurdles, distances, jumps and throws.

PAC-10 COMPETITOR

MAJOR MEETS

2006 Pac-10 TF..... 19th, 800m



Emily Collins

RS Freshman • Eugene, Ore. • Marist HS



A two-time state 800-meter champion, and two-time state runner-up ... competed in the 800m at the 2006 Pac-10 Championships.

2006 (Cross Country): Ran three times in the fall ... was 96th overall at Sundodger in lone varsity appearance ... also ran twice with UW's "B" team, placing 76th, sixth for UW, at Willamette, and 18th, fourth for UW, at the Mike Hodges Invite. **2005-06:** Redshirted the 2005 fall season to preserve a year of eligibility ... competed just once unattached, placing 69th, second among Husky redshirts, at the season-opening Sundodger Invitational ... competed regularly at 800m throughout the winter and spring, culminating in a 19th-place finish at the Pac-10 Championships ... time of 2:16.43 in Pac-10 prelim was a season-best outdoors ... clocked 2:14.93 for 800m during the indoor campaign.

High School and Personal: Parents are Jane Kitterman-Collins and Stan Collins ... has a younger sister, Elena ... won state 800m titles in 2002 and 2004, and was state runner-up in 2003 and 2005 ... also led 4x100m and 4x400m relays to state titles in 2005 ... swept district 800m titles all four years, and won three district 400m crowns ... set district 400m record of 58.19 as a junior ... led Marist to state championship as a senior ... named conference track athlete of the year in 2005 ... named Marist's outstanding student-athlete in 2005 ... a four-year track team MVP... captained the cross country, track and soccer teams as a senior ... earned first-team all-league honors in soccer as a senior, and was a second team all-state selection.

COLLEGIATE BEST MARKS

400m.....59.91 800m..... 2:14.93i / 2:16.43



Kelley DiVesta

Junior • Colorado Springs, Colo. • Palmer HS

Has reached the NCAA Championships in each of her first two seasons ... UW's freshman record holder ... one of five 13-foot vaulters in UW history ... one of the nation's top-returning vaulters ... ranked third among NCAA frosh in 2005.

2005-06: Reached first NCAA Championship final with a lifetime-best 13-5 1/2 clearance in qualifying ... topped 12-9 1/2 in the final to place 15th ... earned second-straight top-five regional finish with a tie for fourth, and was seventh at Pac-10s ... PR'd in the postseason

for the second-straight year, topping 13 feet at all three 2006 outdoor postseason competitions ... was 11th at MPSFs ... is tied for third on UW's all-time list outdoors, and ranks sixth indoors ... earned Academic All-Pac-10 honorable mention. **2004-05:** Season-best mark of 13-3 3/4, set in a fifth-place Regional finish, was a UW freshman record and ranked third among NCAA freshmen in 2005 ... placed 15th at the NCAA Championships at 13-1 1/2 ... one of a record five UW women's vaulters to compete at NAAs in 2005, including four each indoors and out ... was fifth in the vault at Pac-10s, and 11th at the MPSFs ... improved her season-best vault nearly every time out in 2005, capped by consecutive 13-foot efforts at Regionals and NAAs ... also tossed the discus and javelin in dual-meet action.

High School and Personal: Parents are Barbara and Dave ... has two brothers, Aaron and Austin ... the top prep vaulter in state history ... broke her own state record as a senior, clearing 12-6 1/2 to capture her second-straight state title ... ranked among the top-25 preps in the nation in 2004 ... first broke state record in 2003 with a clearance of 11-9 ... won her first state title as a junior, clearing 11-7 ... was third at state in 2002, and 14th as a freshman in 2001 ... named to the Colorado All-State team for track and field ... was also an outstanding diver, earning 16th at state and earning first-team all-state honors ... lettered all four years in track, gymnastics and diving ... graduated third in her class with a 4.5 GPA.

COLLEGIATE BEST MARKS

Pole Vault..... 13-5 1/4

NCAA COMPETITOR

MAJOR MEETS

2005 MPSF TF	11th, PV	2006 MPSF TF	11th, PV
2005 Pac-10 TF	5th, PV	2006 Pac-10 TF	7th, PV
2005 Regional TF	5th, PV	2006 Regional TF	4th (tie), PV
2005 NCAA-0	15th, PV	2006 NCAA-0	15th, PV



Did You Know?

Junior Kelley DiVesta was one of an NCAA-record five Husky pole vaulters to clear 13 feet in 2005. All five reached the NCAA Championships and three were All-Americans, including NCAA champion Kate Soma.



Sheree Ellis

Sophomore • Kent, Wash. • Kentridge HS

Will be a junior indoors, and a sophomore outdoors ... ranks No. 7 all-time at UW in the shot put indoors, and No. 10 in the event outdoors.

2005-06: Was UW's top shot and discus competitor ... placed 10th in the shot at Pac-10s, and was ninth at MPSFs ... season-best toss of 46-11 3/4 won the shot at the WSU Dual, and was the 10th-best throw ever by a Husky woman ... led all UW discus competitors with a throw of 122-8 at the Brutus Hamilton Invite ... notched indoor best

of 45-11 3/4 at MPSFs ... finished lower than fourth just three times in 11 outdoor competitions. **2004-05:** Redshirted the 2005 outdoor season ... competed twice unattached outdoors, winning the shot at both the Ken Shannon and Ken Foreman Invites ... season-best toss of 48-5 1/4 at the Foreman would have ranked No. 7 all-time at UW ... represented UW indoors, her shot-put best of 46-11 3/4 ranking seventh on UW's all-time list ... placed ninth in the shot at the MPSFs.

High School and Personal: Mother's name is JoAnn ... has four siblings ... brother Kai played football at UW and is currently in the CFL ... brother Jason plays basketball at Boise State ... earned third-place state shot put finishes in both 2003 (41-2 1/4) and 2004 (40-10) ... also earned three top-six finishes in the discus at districts ... lettered three seasons in basketball.

COLLEGIATE BEST MARKS

Shot Put..... 48-5 1/4 Discus..... 122-8

PAC-10 COMPETITOR

MAJOR MEETS

2005 MPSF TF 9th, SP 2006 Pac-10 TF 10th, SP
2006 MPSF TF 9th, SP



PREP ALL-AMERICAN

MAJOR MEETS

2006 Pac-10 XC 79th (10th UW) 2006 Regional XC 82nd (6th UW)

***C*oach Metcalf *on* Follett:**

"Katie has great mechanics. She's going to be a great distance runner for us in the very near future."

Katie Follett

Freshman • Fort Collins, Colo. • Fort Collins HS



Won eight conference and nine regional track titles in Colorado, and was a 10-time all-state performer ... competed at the elite Foot Locker Cross Country Regionals in both 2004 and 2005 ... ran in UW's top-seven throughout the 2006 fall cross country season.

2006 (Cross Country): One of three freshmen or sophomores in UW's top-seven at the NCAA West Regional ... ran sixth for UW at the Regional, in 82nd overall ... also ran with the team at Pac-10s, and was in UW's top-three at the Sundodger, Dellinger and Pre-National meets ... was the No. 2 UW finisher at Pre-Nationals, in 21:36 ... ran season-best 21:27 for 6K in a 17th-place finish at Sundodger.

High School and Personal: Parents are Karen and Kevin ... has two younger sisters, Kelsey and Kirsten ... a Harrier Magazine Cross Country All-American ... a 10-time All-State performer ... won eight conference and nine regional track titles ... named the Northern/Front Range Conference Cross Country Runner of the Year in each of her four prep seasons ... won 23 of the 34 cross country races she entered during her prep career ... placed 20th at the 2005 Footlocker Midwest Regional meet in Wisconsin, and was 22nd at the same event as a sophomore ... won the 3200m at the Kansas Relays in 2004, and was second in the 1600m ... set Fort Collins school records in the 3200m and 3200m relay, and at 5000m in cross country ... won the Elanor Troxell Award in 2006 as Fort Collins' top student-athlete ... graduated with a perfect 4.0 GPA ... is planning to take pre-med coursework.

PERSONAL BEST MARKS

800m.....2:14.4 1600m.....4:48.4 3200m.....10:47.5

Did You Know?

Of the six women's athletes who competed for Washington at the NCAA Championships in 2006, only one — pole vaulter Carly Dockendorf — will not be back in 2007.

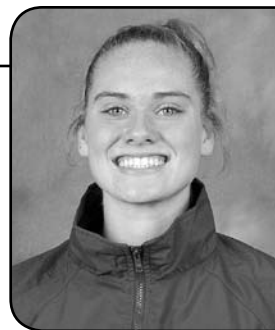
PAC-10 COMPETITOR

MAJOR MEETS

2005 MPSF TF	16th, LJ	2006 Pac-10 TF	10th, HEP;
2006 MPSF TF	10th, PENT	15th, HJ; t11th, LJ; 11th, TJ	
	t11th, HJ		



Liz Fuller



Sophomore • Vancouver, Wash. • Fort Vancouver HS

Will be a sophomore outdoors, and a junior indoors ... ranks among UW's all-time top-10 in both the heptathlon and the pentathlon ... represented UW in four events at the 2006 Pac-10 meet, including the heptathlon, long jump, triple jump and high jump ... ranks among UW's all-time best in the high jump and both multi-events.

2005-06: Was UW's most active Pac-10 Championships competitor in 2006, representing the team in four different events ... placed 10th in the heptathlon at Pac-10s with a lifetime-best score of 4,821 points, UW's fifth-most ever in the event ... was also 11th at Pac-10s in the long and triple jumps, and 15th in the high jump ... was the Huskies' 2006 leader in all four events, and ranked No. 2 in the shot put ... significantly improved her lifetime bests in all 12 events in which she competed ... indoor best of 5-7 in the high jump equaled UW's eighth-best all-time ... was 10th in the pentathlon, and 11th in the high jump, at MPSFs ... MPSF pentathlon score of 3,610 was UW's fifth-best ever ... earned Academic All-Pac-10 honorable mention. **2004-05:** Redshirted the 2005 outdoor track season to preserve a year of eligibility ... competed unattached throughout the outdoor campaign ... placed fifth in first-career heptathlon at the Ken Foreman Invite, scoring 4,389 points ... took second in the 100m hurdles at the Ken Shannon Invite ... indoors, posted the eighth-best pentathlon mark in UW history with a 3,051 at the UW Indoor Invite ... was 16th in the long jump at the 2005 MPSF Indoor Conference Championships.

High School and Personal: Parents are Louanne and Tom ... has an older sister, Emily ... both grandfathers competed at UW in the 1930s ... grandfather Lew Leuhrs played football at UW from 1936-41, while other grandfather, John Fuller, was on the UW basketball team from 1929-31 ... was Fort Vancouver's lone representative at the 2004 state track meet, placing 10th in the high jump and 13th in the long jump ... was named MVP of the track team all four years ... earned 11 prep letters, including four in track, three each in basketball and volleyball, and one in tennis ... earned a 3.98 GPA in high school ... considering a career in chemistry.

COLLEGIATE BEST MARKS

60m Dash.....	8.04i	200m.....	25.76	800m.....	2:34.61	60m Hurdles.....	8.97i
100m Hurdles.....	14.71w / 14.94	High Jump.....	5-7	Long Jump.....	18-9 3/4w / 18-4 1/4		
Triple Jump.....	38-1 1/2w / 36-9	Shot Put.....	40-10 1/2i / 37-8	Javelin.....	114-10		
Pentathlon.....	3,610	Heptathlon.....	4,821				



Samantha Gaffney

EIGHT-TIME STATE CHAMPION

Freshman • Sandy, Utah • Judge Memorial HS

A four-time state track champion and four-time state cross country champion ... one of just two athletes in state history to sweep cross country state titles in all four years ... has competed in numerous regional and national meets, including the Foot Locker Cross Country Regionals and Golden West Games.

2006 (Cross Country): Reshirted the 2006 cross country season to preserve a year of eligibility ... did not compete unattached.

High School and Personal: Parents are Lorrie and David ... has a younger sister, Jessica ... swept 3A state cross country titles all four years ... was just the second person in state history to accomplish the feat ... set 3A state cross country meet record of 18:22 for 5000m in 2005 ... also won four state track titles, and led the Sandy girls' team to three state track crowns ... captured state 1600m honors in 2003 and 2005, and won 3200m crowns in 2003 and 2004 ... placed second in the 3200m at the 2005 state meet ... overcame injury to finish fifth in the 3200m at state as a senior ... a seven-time all-state honoree ... named state 3A Cross Country Athlete of the Year in all four seasons ... ran 14th at the Footlocker West Regional cross country meet in 2005 ... was second at the 2005 Stanford Cross Country Invitational ... placed 14th in the 3200m at the 2005 Golden West Games, and was eighth in the two-mile at the 2005 Arcadia Invitational ... earned a 3.93 GPA ... considering a biology major, with an interest in medicine.

PERSONAL BEST MARKS

800m.....	2:18.2	1600m.....	5:04.18	Mile.....	5:07	Two Mile.....	10:39.79	3200m.....	10:55.80
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Coach Metcalf
on Gaffney:

"Sam won eight Utah state championships; she knows how to win. She's not afraid to work hard, and over time, that hard work is going to pay off for her."



Kira Harrison

Senior • Bellingham, Wash. • Meridian HS

Is sixth all-time on UW's indoor 800m list, 11th all-time in the mile, and has run on three of UW's 10-best distance medley relays.

2005-06: Focused solely on track in 2006 after participating in cross country in each of her first two seasons ... ran just once indoors, and just three times outdoors ... placed 11th overall in the 800m at Pac-10s ... also ran the 800m at the WSU Dual and Ken Shannon meets, and ran the mile at the UW Indoor Preview. **2004-05:** Earned Academic All-Pac-10 honorable mention in the fall ... among UW's leaders at

800m and 1500m for the second-straight year ... led DMR to fourth at MPSFs, their time of 11:41.45 UW's sixth-best ever ... also placed seventh at MPSFs in the 800m ... placed 16th in the 800m at the Pac-10 meet ... won the 800m at the UW Outdoor Preview ... also competed in the 1500m and 4x400m ... in the fall, was UW's No. 7 finisher at the NCAA West Regional, helping UW clinch its eighth-straight NCAA Championships berth ... ran in the team's top-four at the Willamette and Pre-National meets, and was the No. 9 UW finisher at the Pac-10 meet. **2003-04:** Was top Husky freshman in both the 800m and 1500m ... led all Huskies in the half-mile with a PR of 2:09.26 at the NCAA Regional ... placed 11th in the 800m at Regionals, and was 10th at Pac-10s ... clocked a personal-best 4:29.83 for 1500m at Oregon ... won the 1500m at the Ken Shannon Invite ... indoors, ran the fifth-fastest 800m in UW history with a 2:11.77 at MPSFs ... placed sixth in the MPSF 800m and ran a leg of UW's third-place DMR ... led DMR to the second-fastest time in UW history at the Last Chance Qualifier, in 11:23.57 ... ran four times during the 2003 cross country season ... made UW debut in a 23rd-place finish at the Sundodger Invite ... also ran in open races at Pre-Nationals and Pac-10s.

High School and Personal: Parents are Diana and Brent ... has an older brother, Nathaniel ... granddaughter of Husky Hall of Famer Walter Harrison, a two-time UW track letterman and a center on the UW football team from 1940-42 ... did not compete in cross country as a prep ... won back-to-back state 2A 1600m titles in 2002 and 2003 ... set state 2A record at 1600m ... led Meridian to fourth at the 2003 state track meet ... never finished lower than sixth in any of four 800m races at state ... was the runner-up at 800m as a senior ... set a meet record in the 1600m at the 2003 Davis Invite ... was named Outstanding Athlete at the 2003 Nooksack Valley Invite after setting meet records at 800m and 1600m ... also earned first-team all-state honors in soccer ... led Meridian soccer to second at state in 2001 ... earned a 3.91 GPA.

COLLEGIATE BEST MARKS

800m..... 2:09.26 1500m..... 4:29.64 Mile..... 4:51.51i

PAC-10 COMPETITOR

MAJOR MEETS

2004 MPSF TF	6th, 800m	2004 NCAA XC	DNF
	3rd, DMR	2005 MPSF TF	7th, 800m
2004 Pac-10 TF	10th, 800m		4th, DMR
2004 Regional TF	11th, 800m	2005 Pac-10 TF	16th, 800m
2004 Pac-10 XC	74th (9th UW)	2006 Pac-10 TF	11th, 800m
2004 Regional XC	66th (7th UW)		



PREP ALL-AMERICAN

Whitney Hooks

Freshman • Everett, Wash. • Cascade HS

Coach Metcalf on Hooks:

"Whitney's a stud. Being a freshman is all about learning and developing, but I'm excited about her potential and what she can do for us."

A two-time prep All-American ... became the only class 4A athlete ever to sweep four-consecutive state titles in 2006 when she won her unprecedented fourth-straight shot put crown ... set a meet record in her 2006 win, tossing the shot 47-3 ... also captured two state discus titles ... ranks second in state history in the shot put with a best of 51-1 1/4, less than three inches shy of the state record of 52-4 ... finished her prep career with five of the 10-best shot put marks in state history ... career-best toss of 51-1 1/2 set a meet record at the 2006 Washington-Oregon Meet of Champions, and was the second-best by a U.S. prep last year ... ranked seventh among U.S. preps in 2005 ... one of just two girls ever to win three Meet of Champions titles, having captured shot put crowns in 2003, 2004 and 2006 ... as a freshman, tossed 41-8 to win first state shot put title after just three months' experience in the event, and having torn a ligament in her hand in the weeks prior to the state meet ... coached in high school by former Husky great Bill Stengele.



PERSONAL BEST MARKS

Shot Put..... 51-1 1/4 Discus..... 150-1

Did You Know?

Whitney Hooks is one of two prep All-Americans joining the Huskies this season, including pole vaulter Scott Roth.

USA JR. XC CHAMP'S PARTICIPANT

MAJOR MEETS

2006 USA Jr. XC 30th | 2006 Pac-10 XC 63rd (9th UW)

***Coach Metcalf
on Huber:***

"Mo has tremendous potential and desire. She's willing to work hard to improve, and that's going to benefit her greatly down the road."

Mo Huber**Freshman • Oakland, Calif. • Acalanes HS**

One of the nation's top prep distance runners in 2006 ... a three-time top-10 finisher at the California state cross country meet ... will run the longer distances for Washington.

2006 (Cross Country): Ran four times with the varsity in 2006, including a 63rd-place finish at Pac-10s ... was UW's ninth finisher at the Pac-10 meet, and was seventh on the team at the Dellinger Invite ... also ran No. 8 for UW, 54th overall, at Sundodger, and was the third UW finisher in the open race at Pre-Nationals.

High School and Personal: Parents are Peg Kelly and Chris Huber ... has an older sister, Dana and a younger brother, Kevin ... father played basketball at Humboldt State and mother was a collegiate bowler and swimmer ... ran in the top-14 at the California state cross country championships all four years, including three top-10 finishes, and a best of second in 2005 ... was a first-team All-State honoree as a senior ... ran 30th in the 2006 USATF Jr. National Cross Country Championships in New York City ... also lettered two years in soccer, and was an all-league honoree as a sophomore ... interested in studying Spanish.

PERSONAL BEST MARKS

800m.....2:19 1600m.....4:56 3200m.....10:55

**Lindsey Kirschman****FOUR-TIME ALL-STATE HONOREE****Freshman • Redding, Calif. • Enterprise HS**

A top-10 finisher at the California state cross country meet ... a two-time all-state track performer and two-time all-state cross country honoree ... should be one of UW's top competitors in the 1500m and mile.

2006 (Cross Country): Competed three times during the fall cross country season ... was the team's No. 2 finisher, in 46th overall, at Willamette, and was UW's No. 3 finisher, in 17th overall, at the Mike Hodges Invite ... also ran at Sundodger, placing 84th overall.

High School and Personal: Parents are Cheryl and Tom Kirschman ... ran 10th at the California state cross country championships her junior year ... won the 2003 Stanford Cross Country Invitational as a sophomore ... was fourth at the state track championships in the 1600m as a senior, and fifth in the 800m her junior year ... was also fifth in the 800m at the 2004 Golden West Games ... ran 18th at the Footlocker West Regional Cross Country meet as a junior ... earned all-state track honors her freshman and sophomore years, and was an all-state cross country performer as a senior ... was a seven-time All-CIF Northern Section honors ... also lettered one year in basketball ... earned several school and regional academic and sportsmanship honors ... graduated with a 3.80 prep GPA ... is considering a biology major, with an interest in environmental biology.

PERSONAL BEST MARKS

800m.....2:11.71 1600m.....4:52

***Coach Metcalf
on Kirschman:***

"Lindsey will do anything that we ask of her. She's run fast at 800- and 1,600 meters, so she'll probably need some time to develop as a distance runner, but she is eager to learn and eager to see how good she can be."

Did You Know?

Hooks, Huber and Kirschman are three of 23 freshmen on the Huskies' 55-woman roster this spring. Washington boasts just six returning seniors, and just two seniors with NCAA Championships experience.



Brooke Lademan

Sophomore • Palos Verdes, Calif. • Peninsula HS

A first-team All-West Region cross country honoree in 2005 ... placed fourth at state in cross country as a senior ... did not begin running track until her sophomore year of high school.

2006 (Cross Country): Ran in UW's top-seven at every varsity meet ... was the Huskies' No. 5 finisher at Pac-10s and Regionals, placing 32nd and 61st, respectively ... clocked season-best 21:43 for 6K at the Dellinger Invite. **2005-06:** One of four freshmen to run in UW's top-seven at every team competition in 2005 ... never ran lower than

fourth for UW as a freshman ... earned top-10 finishes in each of her first two collegiate races, placing sixth, second for UW, at the Sundodger Invite, and leading UW with a fifth-place finish at Willamette ... was one of four UW women to earn All-West Region honors, placing 22nd at the Regional meet to lead UW to third ... ran third on the squad, 23rd overall, at Pac-10s, and was the team's No. 2 runner at Pre-Nationals ... was among UW's leaders at 5000m outdoors, and at 3000m indoors ... ran a season-best 9:50.98 for 3K in the MPSF final ... placed 14th in the 3K at the MPSF meet, and was 22nd in the 5000m at the Pac-10 Outdoor Championships ... outdoor 5K best of 17:23.58, posted at the Stanford Invite in March, was UW's fourth-best on the year ... debuted in the mile at the UW Indoor Invitational ... also ran the 1500m and 3000m outdoors.

High School and Personal: Born in Long Beach, Calif. ... mother's name is Paige ... has two younger brothers, Timmy and Patrick ... did not begin racing until her sophomore year ... placed fourth at the 2004 Foot Locker Regionals in Walnut, Calif. ... ran 31st at the 2004 Foot Locker National Championships in San Diego ... finished fourth overall at the 2004 California state cross country championships ... led team to Bay League championship as sophomore and second place as a senior ... earned a 3.5 GPA in high school ... interested in a career in mechanical engineering.

COLLEGIATE BEST MARKS

1500m.....4:48.46 Mile.....5:05.18i 3000m.....9:50.98i 5000m.....17:23.58

ALL-WEST REGION XC HONOREE

MAJOR MEETS

2005 Pac-10 XC.....23rd (3rd UW)	2005 Pac-10 TF.....22nd, 5000m
2005 Regional XC.....22nd (4th UW)	2006 Pac-10 XC.....32nd (5th UW)
2005 MPSF TF.....14th, 3000m	2006 Regional XC.....61st (5th UW)



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NCAA DIVISION-II ALL-AMERICAN

Kinyatta Leonhardt

Senior • Petaluma, Calif. • St. Vincent HS/Seattle Pacific

MAJOR MEETS

2004 GNAC-I TF.....1st, 60m Dash	2005 NCAA DII-I TF.....7th, DMR*
1st, 200m	2005 GNAC-O TF.....1st, 400m
2004 GNAC-O TF.....2nd, 200m	2006 MPSF TF.....5th, 4x400m
2nd, 400m	2006 Pac-10 TF.....13th, 400m
2005 GNAC-I TF.....1st, 60m Dash	6th, 4x100m
2nd, 200m	6th, 4x400m

* - Indicates All-America Honor Won



Enters her second year at Washington after transferring from Seattle Pacific University in 2006 ... an NCAA Division-II All-American, and two-time conference champion ... led three UW relays to top-10 all-time marks in 2006 ... is the Huskies' top returnee at 400 meters.

2005-06: Made immediate impact in first season on the Husky squad ... was the Huskies' No. 2 competitor at 400m, and ran on both UW's 4x100- and 4x400-meter relays ... led relays to matching sixth-place finishes at Pac-10s ... also helped 4x4 to a fifth-place finish at the MPSF Indoor meet ... ran on three relays ranked among UW's top-10 all-time, including the No. 3 indoor 4x4 (3:44.90), the No. 8 outdoor 4x4 (3:43.61) and the No. 9 outdoor 4x1 (46.07) ... also competed individually in the 400m at Pac-10s, placing 13th overall. **2004-05 (SPU):** Earned first-career All-America honor, leading SPU's distance medley relay to seventh at the NCAA Division-II Championships ... won Great Northwest Athletic Conference titles in the 60m dash indoors, and the 400m outdoors ... was second indoors in the GNAC 200m ... ran on SPU's two-fastest DMRs all-time ... 60m best of 7.94 seconds ranked second in SPU history ... also contributed to the Falcons' second-best all-time mark in the 4x400m. **2003-04 (SPU):** Swept GNAC titles indoors in the 60m and 200m ... earned GNAC Indoor Championships Newcomer of the Meet honors ... led SPU to indoor conference title ... placed second at the GNAC outdoor meet in both the 200m and 400m events ... an NCAA provisional qualifier outdoors at 400m, her best of 56.22 the fifth-fastest in SPU history.

High School and Personal: Swept district titles in the 100m, 200m and 400m in 2003 ... won league crowns in all three events during each of her three prep seasons ... also competed in the long jump ... set six school records at St. Vincent High School ... also lettered four years in soccer and once in softball ... was an all-league performer on the soccer pitch ... majoring in accounting.

COLLEGIATE BEST MARKS

60m Dash.....7.94i 200m.....25.20 400m Dash.....55.53

NCAA CHAMPION

MAJOR MEETS

2003 Pac-10 XC20th (2nd UW)	2006 MPSF TF7th, Mile
2003 Regional XC20th (3rd UW)	2006 Pac-10 TF2nd, 1500m
2003 NCAA XC108th (3rd UW)	2006 Regional TF3rd, 1500m
2004 MPSF TF3rd, 800m	2006 NCAA-01st, 1500m*
2005 Pac-10 TF4th, 1500m	2006 USA Sr. TF9th, 1500m
2005 Regional TF7th, 1500m	2006 NACAC U23 TF5th, 1500m
2005 NCAA-012th, 1500m*	2006 Pac-10 XC6th (1st UW)
2005 Pac-10 XC31st (4th UW)	2006 Regional XC8th (1st UW)
2005 Regional XC17th (3rd UW)	2006 NCAA XC55th (1st UW)

* - Indicates All-America Honor Won



Amy Lia

Junior • Bothell, Wash. • Bothell HS



The reigning NCAA 1500m champion ... is the first Husky woman to win an NCAA title in a track event ... time of 4:14.63 led all collegiate runners during the 2006 collegiate season, and ranks seventh in Pac-10 history ... ran ninth in the 1,500-meter final at the 2006 USATF Outdoor Championships ... a two-time track All-American ... ranks among UW's all-time best in the 800 meters, mile, 1,500 meters and DMR ... is also a first-team All-Pac-10 cross country performer, and earned her third All-West Region cross country honor this fall.

2006 (Cross Country): Followed up an NCAA Championship spring season with an outstanding fall, earning first-team All-Pac-10 and first-team All-West Region cross country honors, while qualifying for her second-career NCAA Cross Country Championships appearance ... ran 55th at NCAAs, tops by a UW woman since 2001 and a 53-spot improvement over her previous NCAA finish, in 2003 ... was sixth at Pac-10 and eighth at Regionals, the former highest by a Husky at the conference meet since 2001 ... clocked a lifetime-best 20:45 for 6K at Pac-10s ... also led UW at the Sundodger meet ... earned team MVP honors at the year-end banquet. **2005-06:** Won the 1500m at the 2006 NCAA Track and Field Championships ... became the second UW woman in as many years to win an NCAA title ... is the first Husky woman ever to win an NCAA title in a track event ... was in last place with 250 meters to go, before surging around the final turn and passing the leaders at the 1400m mark ... win came barely one hour after teammate Ryan Brown won the men's 800m, making them the first pair of UW teammates ever to win NCAA titles on the same day ... winning time of 4:14:63 led all collegiate runners in the 2006 collegiate season ... time was the third-fastest in UW history, and the seventh-fastest in Pac-10 history ... was the last qualifier for the final, after a fifth-place preliminary finish ... earned second-straight All-America honor ... ran ninth in the 1500m final at the USATF Outdoor Nationals in 4:15.26 ... finish was the best-ever by a UW woman in the event, and was the second-highest of the collegiate runners in the field ... represented Team USA at the NACAC Outdoor Championships, placing fifth in the 1500m ... was second in the 1500m at Pac-10s, and third at Regionals ... ran just four times outdoors, total, prior to Pac-10s ... indoors, narrowly missed an NCAA Championships berth with a time of 4:44.34 in the mile ... mile time ranked fourth in UW history ... placed seventh in the mile at MPSFs ... raced just twice in the fall, placing 31st at Pac-10s and 17th at Regionals, the latter earning her second-career All-West Region honor. **2004-05:** Redshirted the 2004 fall and winter seasons ... returned outdoors to earn All-America honors in the 1500m, placing 12th at NCAAs ... clocked a 4:18.19 in the NCAA prelim, a four-second PR ... time was the ninth-fastest by a collegian in 2005 ... was fourth in the event at Pac-10s, and seventh at Regionals. **2003-04:** Missed nearly all of the 2004 outdoor season with an injury, after having one of the best indoor seasons ever by a UW frosh ... placed third in the 800m at MPSFs in 2:09.73, second-fastest ever at UW and then tops for a UW freshman ... also set UW freshman mile record of 4:50.51, sixth-fastest ever at UW, and ran on the two fastest DMRs in UW history ... previewed her terrific indoor campaign with an outstanding fall cross country season ... was one of four freshmen to lead UW to 19th at the NCAA Cross Country Championships ... ran third for UW at NCAAs, in 21:19 ... placed 20th at Regionals to earn All-West Region honors ... was No. 2 for UW, 20th overall, at Pac-10s ... also ran No. 2 at Notre Dame and Pre-Nationals, and was the top UW finisher in her debut at Sundodger.

High School and Personal: Parents are Cathy Key and Tony Lia ... has an older brother, Joe ... won consecutive KingCo Conference cross country titles in 2001 and 2002 ... also captured back-to-back conference crowns in both the 800m and 1600m events ... a three-time top-20 finisher at the state 3A cross country championships ... the runner-up at the 1999 Junior Olympics cross country championships ... earned three letters, and was captain once ... also lettered in gymnastics, and played premier-league soccer for three years.

COLLEGIATE BEST MARKS

800m.....2:09.73i / 2:10.91 1500m.....4:14.63 Mile.....4:44.34

Did You Know?

With their wins, just hours apart, on the final day of the 2006 NCAA Track and Field Championships, junior Amy Lia and senior Ryan Brown became the first pair of UW teammates to win NCAA titles on the same day.



Ashley Lodree

Senior • Richmond, Calif. • El Cerrito HS

The top returning hurdler in the NCAA ... a four-time NCAA All-American, needs just one more to tie Kate Soma for most in UW history ... is a full half-second faster than any other hurdler ever at UW ... one of just 10 women in Pac-10 history to break 13 seconds in the 100-meter hurdles ... ranks among UW's all-time top-10 in 10 of the 11 of the events she has attempted, and holds UW records in the 60-meter hurdles, 100-meter hurdles, 60-meter dash and 200-meter dash (indoors) ... has run below the old UW 100m hurdles record of 13.55 seconds 24 times ... the reigning MPSF indoor hurdles champion.

FOUR-TIME NCAA ALL-AMERICAN

MAJOR MEETS

2004 MPSF TF 4th, 60m HH;	2005 Pac-10 TF 3rd, 60m HH;
..... 4th, LJ 10th, 400m HH;
2004 NCAA-I TF 14th, 60m HH 6th, 4x100m; 8th, 4x400m
2004 Pac-10 TF 6th, 100m HH;	2005 Regional TF 5th, 100m HH
..... 8th, 100m; 8th, LJ;	2005 NCAA-O TF 5th, 100m HH*
..... 6th, 4x100m	2005 USA Sr. TF 10th, 100m HH
2004 Regional TF 6th, 100m HH;	2006 MPSF TF 1st, 60m HH;
..... 8th, 100m 3rd, 60m
2005 MPSF TF 2nd, 60m HH;	2006 NCAA-I TF 9th, 60m HH*
..... 3rd, 60m; 3rd, 4x400m	2006 Pac-10 TF 4th, 100m HH
2005 NCAA-I TF 10th, 60m HH*	2006 Regional TF 3rd, 100m HH
	2007 NCAA-O TF 7th, 100m HH*

* - Indicates All-America Honor Won

2005-06: Became just the second UW woman to twice earn multiple All-America honors in one year with All-America performances in the sprint hurdles indoors and out ... was seventh in the 100m hurdles at the NCAA outdoor meet and ninth in the 60m hurdles indoors, earning her third- and fourth-career All-America honors ... needs just one more All-America honor to tie pole vaulter Kate Soma for UW's all-time career record ... clocked four times below her previous school record of 13.17 seconds during the 2006 postseason ... became just the 10th woman in Pac-10 history to break 13 seconds in the 100m hurdles, wind-aided or otherwise, with a 12.95-second wind-aided time in the Regional prelim at BYU (12.99 after altitude adjustment) ... made it legal a day later with a 13.00-second time in the final (13.04 adjusted), crushing the UW record of 13.17 she set in the 2005 NCAA final ... also ran under the older record twice at nationals, clocking matching 13.13-second efforts in the semifinal and final ... was third in the hurdles at Regionals and fourth at Pac-10s ... also ran the 100 meters at Pac-10s, placing 11th ... won first-career conference title in the MPSF hurdles final, clocking 8.17 seconds ... matched that time in prelims at the NCAA Indoor meet to take ninth overall ... also competed at MPSFs in the 60m dash, placing third in 7.39 seconds, just one-hundredth shy of the school-record of 7.38 she set at the Husky Classic two weeks prior ... also broke UW's 200-meter record indoors at the Husky Classic, clocking a 24.42. **2004-05:** Earned All-America honors in the sprint hurdles indoors and out, becoming just the sixth UW woman ever to win multiple All-America honors in one year ... placed fifth in the 100m hurdles at the NCAA Outdoor meet, and 10th in the 60m hurdles at NCAA Indoors ... lowered her lifetime best in each of her final seven hurdles races of 2005 ... best was a then-UW-record 13.17 posting, run first in the NCAA prelim and matched in the USATF Outdoor Nationals semifinal ... placed 10th overall at the USATF meet ... ranked 19th among U.S. women in the event in 2005, the youngest member of the top-20 ... broke her own school record twice in 2005 ... placed fifth in the hurdles at Regionals and third at Pac-10s, the latter in a then-UW record 13.23 seconds ... also at Pac-10s, placed sixth in the 4x100m, eighth in the 4x400m, and 10th in the 400m hurdles ... clocked a 59.65 in just her second-ever 400m hurdles race, at Oregon, second-best among Pac-10 women in 2005 and ninth-fastest in UW history ... also ran legs of the seventh-fastest 4x100m and ninth-fastest 4x400m relays all-time at UW ... indoors, broke her own school record in the 60m hurdles, and ran UW's second-best ever times in the 60m (7.44) and 200m (24.81) dashes ... clocked an 8.15 in a second-place finish at MPSFs to break her own UW record ... led UW 4x400m to a Husky Classic win in 3:49.23, ninth-best all-time indoors at UW. **2003-04:** Had one of the finest seasons of any NCAA freshman hurdler ... placed 14th in the 60m hurdles at NCAA Indoors ... just missed qualifying for the NCAA Outdoors ... was sixth in the 100m hurdles by just .06 seconds at Regionals ... placed eighth in the 100m dash at Regionals, her time of 11.73 seconds UW's third-best ever ... scored in four events at the Pac-10 meet, placing sixth in the 100m hurdles and 4x100m, and eighth in the long jump and 100m dash ... crushed UW's decade-old 100m hurdles record of 13.55 seconds in her first collegiate final, and lowered it six more times ... first record-breaker was a wind-aided 13.43 at the Stanford Invite ... made the record legal with a 13.54 in the Texas Relays prelim, before running a wind-aided 13.39 in the final ... fastest legal mark was a UW-record 13.41 at the Drake Relays ... placed eighth at Pac-10s in the long jump with a season-best 19-5 1/4 ... scored 23 of UW's 108 points in a dual-meet victory at WSU, including three individual wins and relay crown ... indoor best of 8.19 seconds broke by .02 the UW record of 8.21 set by Claudine Robinson in 1994 ... moved to sixth on UW's indoor long jump list with a fourth-place clearance of 19-6 1/2 at MPSFs.

High School and Personal: Born in Chicago ... mother's name is Wanda, and sister is Alexandria ... a prep All-American in both hurdles events in 2003 ... best legal 100m hurdles mark of 13.63 seconds was the nation's fifth-best in 2003 ... after the season, clocked a 13.56 in the 100m hurdles in a third-place finish at the U.S. Junior Nationals ... ranked third in the nation in the 300m hurdles with a best mark of 41.54 ... won the high hurdles at the 2003 Golden West Games in 13.64 seconds ... as a high-school sophomore, placed second in the 100m hurdles, in 13.74, at the Junior World Championships in Hungary ... never placed lower than sixth in the 100m hurdles in four years of state championships competition ... also earned top-six state finishes in the 300m hurdles and long jump during her prep career ... missed the 2002 season due to injury ... interested in fashion design.

COLLEGIATE BEST MARKS

60m Dash..... 7.38i 100m Dash..... 11.3h / 11.73 200m..... 24.42i / 24.56 60m HH..... 8.15i
100m HH..... 12.99aw / 13.04a / 13.13 400m IH..... 59.65 Long Jump..... 19-6 1/4i / 19-5 1/2



NCAA COMPETITOR

MAJOR MEETS

2005 Pac-10 XC.....23rd (3rd UW)	2005 Pac-10 TF..... 22nd, 5000m
2005 Regional XC.....22nd (4th UW)	2006 Pac-10 XC.....32nd (5th UW)
2005 MPSF TF..... 14th, 3000m	2006 Regional XC.....61st (5th UW)

Stevie Marshalek

Senior • Kent, Wash. • Kentlake HS



Ranks fourth all-time indoors at UW, and fifth outdoors ... a three-time NCAA Championships competitor ... missed nearly all of the 2006 outdoor season after suffering a foot injury in March ... one of an NCAA-record five UW vaulters over 13 feet in 2005.

2005-06: Reached NCAA Championships for the third-straight year ... was 14th at NAAs indoors before suffering a foot injury at the start of the outdoor season ... competed just once outdoors, and just six times total, in 2006. **2004-05:** Made second-career NCAA appearance, placing 13th indoors ... one of an NCAA-record four UW vaulters at the indoor championships ... cleared a lifetime-best 13-7 1/4 to win the Last Chance Qualifier indoors ... mark ranked 11th in the nation indoors, and was then third-best ever at UW ... also topped 13 feet at the MPSF meet, earning fourth, and at the Pole Vault Summit ... placed 10th in the vault at Regionals, in an outdoor season-best 12-11 3/4, and ninth at Pac-10s. **2003-04:** Was the nation's fifth-ranked freshman vaulter ... placed 14th in NCAA Championships debut, the best ever for a UW freshman vaulter ... qualified for the IAAF World Junior Championships with a second-place finish at the U.S. Junior Nationals ... was seventh at Pac-10s with a UW indoor freshman-record clearance of 13-2 1/4 ... also set indoor freshman record with a 13-3 at the Last Chance Qualifier ... was one spot shy of an NCAA Championships berth indoors ... cleared 13-1 1/2 in her collegiate debut.

High School and Personal: Born in Yakima, Wash. ... parents are Jennifer and Steve ... has three brothers, Josh, Seth and Chris ... set state prep records indoors and out at the 3A and 4A levels ... earned prep All-America honors from Track and Field News, Verizon and Nike in both 2002 and 2003 ... ranked sixth in Track and Field News' 2003 national prep rankings ... placed fourth at the 2003 U.S. Junior Nationals, and was the eighth in 2002 ... earned third at the Nike Indoor Championships in 2003, and fifth in 2002 ... took third in the vault at the 2002 and 2003 Golden West Games ... was third overall in the event at the 2002 N.Y. Armory Indoor Championships ... earned third in 2000 as a high-school freshman, and fifth in 1998 as a seventh-grader, at the Junior Olympics ... finished second, third and first, respectively, in the pole vault at the state championship meet from 2001-03 ... also excelled in gymnastics, five times qualifying for state and regional championships, and once for Junior Nationals ... won the Seamount League gymnastics title in 2000.

COLLEGIATE BEST MARKS

Pole Vault..... 13-7 1/4i / 13-3



Syreeta Martin

Sophomore • Tacoma, Wash. • Wilson HS

The Huskies' top returning quarter hurdler ... was 12th at Pac-10s in the 400m hurdles as a freshman ... also ranked among UW's top-three in the 100m and 400m dashes, and was a member of UW 4x4 that clocked the No. 8 time in school history.

2005-06: Led all UW quarter hurdlers, and was among the team's top-three in the 100m and 400m dashes ... clocked season hurdles best of 1:02.78 in a 12th-place overall finish at Pac-10s ... also at Pac-10s, helped UW's 4x400m relay to sixth in 3:43.61, the eighth-fastest time in school history ... also ran on two history-making relays indoors, including the No.3 4x4 (3:44.90) and No. 10 DMR (11:47.95) ... led both relays to fifth at MPSFs.

High School and Personal: Parents are Yvonne and Marcus ... has two siblings, Isaiah and Tierra ... earned four top-five state finishes in 2005, including second in the 300m hurdles, fifth in the 100m hurdles and second in both the 4x100m and 4x200m relays ... also ran sixth at state in the 300m hurdles as a junior ... won league 100m hurdles title as a freshman, and was runner-up her sophomore year ... lettered in both track and cross country all four years, and was track team captain in 2004 and 2005 ... honored as a WIAA Scholar Athlete ... majoring in engineering.

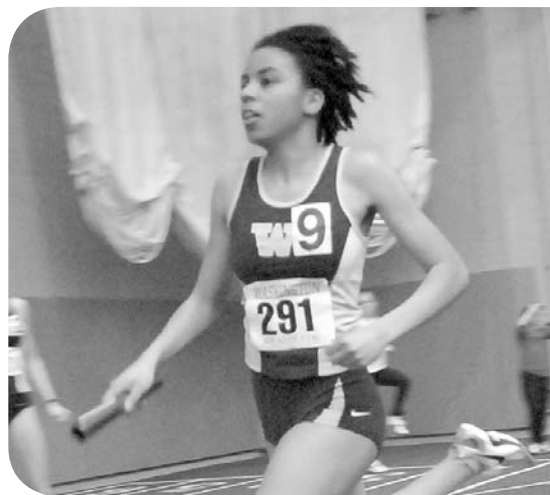
COLLEGIATE BEST MARKS

100m Dash..... 12.46 400m Dash..... 58.61 400m IH..... 1:02.78

PAC-10 SCORER

MAJOR MEETS

2006 MPSF TF..... 5th, 4x400m;	2006 Pac-10 TF.....12th, 400m IH;
5th, DMR	6th, 4x400m





Brianna McLeod

Senior • Jenks, Okla. • Jenks HS

One of just three seniors in the UW distance corps ... a two-time Pac-10 track competitor at 5000m ... has run on two of UW's top-10 DMRs all-time.

2006 (Cross Country): Competed twice in the fall, placing 13th overall at the Mike Hodges Invite and 47th at the Willamette Invite ... was in UW's top-three at both events ... earned Academic All-Pac-10 honorable mention. **2005-06:** Ran just once in the fall, placing 21st at Sundodger ... was UW's No. 2 runner at 5K, and was among the team's leaders in the mile and 1500m ... clocked a lifetime-best 16:51.96 for 5K at the Stanford Invite ... ran legs on UW's No.

5 and No. 10 DMRs all-time ... led DMR to fifth at MPSFs ... individually, ran 20th in the 3K at MPSFs, and 17th in the 5K at the Pac-10 meet ... earned Academic All-Pac-10 honorable mention for both cross country and track. **2004-05:** Redshirted the 2005 indoor season with an injury, and ran sparingly outdoors ... was 13th in the 5K at Pac-10s ... was UW's sixth finisher at the NCAA Cross Country Regionals ... ran third for UW at the Sundodger and Willamette Invites, and was fifth on the team at Pre-Nationals ... earned Academic All-Pac-10 honorable mention for both track and cross country. **2003-04:** A Pac-10 track qualifier at 1500m and 5000m, despite competing just four times ... placed 12th in 1500m at the Texas Relays, in 4:32.82 ... indoors, led DMR to third at MPSFs ... ran in UW's top-seven at every varsity cross country meet ... one of four freshmen in UW's top-seven at NAAs ... ran fifth for UW at NAAs, helping the team to 19th ... ran fifth for UW at Regionals, and fourth at Pac-10s ... became just the second freshman ever to win their UW debut with a victory at the Emerald City Invite.

High School and Personal: Born in Humble, Tex. ... parents are Daria and Tim ... has five siblings ... a Verizon Prep All-American at 3000m in 2002 and 2003 ... named prep All-American by Nike and Harrier Magazine in 2001 and 2002 ... led Jenks to league, district and state cross titles all four years ... the three-time state 5A cross country champ, and five-time state track champ ... took second at state cross in 2001, while injured ... ranked sixth nationally at 3200m in 2003 ... placed third in the 3K at the 2003 U.S. Jr. Nationals, and was fifth in 2002 ... ran second in the mile, in 4:50.90, at the 2003 Golden West Games ... earned two top-five finishes at the 2002 Nike Indoor meet ... was honored as the state's top cross country runner with the Jim Thorpe Award, and was a finalist for the Wendy's High School Heisman ... competed for the U.S. at the 2003 Pan Am Jr. Championships ... also won two state team titles and three state relay titles in swimming, and was a three-time top-five individual finisher ... earned a 4.28 GPA.

COLLEGIATE BEST MARKS

800m.....2:13.33 1500m.....4:32.82 Mile.....4:53.23i 3000m.....10:03.59 5000m.....16:51.96

NCAA XC COMPETITOR

MAJOR MEETS

2003 Pac-10 XC.....33rd (4th UW)	2005 Pac-10 TF.....13th, 5000m
2003 Regional XC.....37th (5th UW)	2006 MPSF TF.....20th, 3000m
2003 NCAA XC.....216th (5th UW)	5th, DMR
2004 MPSF TF.....3rd, DMR	2006 Pac-10 TF.....17th, 5000m
2004 Regional XC.....59th (6th UW)	



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NCAA ALL-AMERICAN

MAJOR MEETS

2005 MPSF TF.....4th, 800m	2005 Pac-10 XC.....44th (7th UW)
8th, 4x400m	2006 MPSF TF.....5th, 800m
2005 NCAA-I.....9th, 800m*	2006 Pac-10 TF.....9th, 800m
2005 Pac-10 TF.....10th, 800m	2006 Regional TF.....6th, 800m
8th, 4x400m	2006 Pac-10 XC.....24th (3rd UW)
2005 Regional TF.....17th, 800m	2006 Regional XC.....23rd (3rd)

* - Indicates All-America Honor Won



Amanda Miller

Junior • Wenatchee, Wash. • Eastmont HS

An NCAA All-American at 800m ... among UW's all-time top-10 in six events, including No. 1 at 800m indoors ... narrowly missed NCAA berths in 2006.

2006 (Cross Country): Ran just three times in the fall, but was a key postseason contributor ... was 24th at Pac-10s and 23rd at Regionals, No. 3 for UW in both meets ... also ran in the open race at Pre-Nationals, placing 26th ... named Most Inspirational by her teammates, and earned Academic All-Pac-10 honorable mention. **2005-06:** Led all Huskies at 800m indoors, and was UW's No. 2 runner at 800m and 1500m outdoors ... career-best of 4:23.11 for 1500m at the Cardinal Invite was UW's 10th-best ever ... also climbed to No. 7 on UW's outdoor 800m list with an altitude-adjusted time of 2:08.13 at Regionals ... ran sixth in the 800m at Regionals, and was ninth at Pac-10s ... cracked UW's all-time top-10 indoors in the DMR (5th) and 4x400m relay (10th) ... ran fifth in the 800m at MPSFs ... one of six freshmen to run in UW's top-seven during the 2005 fall season ... was UW's No. 7 runner at Pac-10s, in 44th ... ran No. 3 for UW at Pre-Nationals ... placed 25th at Sundodger, and 26th at Willamette. **2004-05:** Redshirted the fall with an injury ... placed ninth in the 800m at NCAA Indoors to earn All-America honors ... UW's first female 800m All-American since 1985 ... broke UW's indoor 800m record in first collegiate 800m, clocking a 2:08.33 at the Husky Classic ... lowered the record twice more, including a 2:06.76 in the NCAA prelim ... time was fastest by an NCAA freshman indoors, and ranked 17th indoors among U.S. women ... competed in the 800m and 4x400m at Pac-10s ... was 17th in the 800m at Regionals ... helped UW's 4x400m to ninth all-time at UW.

High School and Personal: Parents are Barb and Doug ... won the 2002 Nike Border Clash and was fifth in 2001 ... never finished lower than fourth in four years at the state cross country meet ... captured the 2001 state 3A cross title as a sophomore, leading Eastmont to the team crown ... finished third at the 4A level in 2002, and was fourth in 2003 ... placed third at state as a freshman in 2000 ... on the track, earned six state titles and 15 top-four state finishes ... swept state 800m crowns in 2001, 2002 and 2003 ... won the mile at state in 2002, and was second the other three years ... also added 4x200m and 4x400m crowns in 2002 ... lettered in basketball in 2001-02 ... an all-state cross country performer in both 2001 and 2002, and the NCW Sports Award Female Athlete of the Year in 2001-02 ... named valedictorian with a 3.9 GPA.

COLLEGIATE BEST MARKS

800m..... 2:06.76i / 2:09.71 1500m..... 4:23.11 Mile..... 4:57.46i 3000m..... 9:54.01



PAC-10 COMPETITOR

MAJOR MEETS

2006 Pac-10 TF 15th (tie), PV



Alli Moore

Sophomore • Bellingham, Wash. • Sehome HS



One of four Huskies to represent Washington in the pole vault at the 2006 Pac-10 Championships ... ranks ninth all-time at Washington in the vault ... transferred to UW in 2005-06 after redshirting her freshman year at Arizona.

2005-06: One of four vaulters to represent Washington at the 2006 Pac-10 Championships ... cleared a season-best 11-11 3/4 at Pac-10s to finish in a tie for 15th ... Pac-10 clearance ranked her ninth on UW's all-time vault top-10 ... topped indoor season-best 11-6 1/4 at the UW Last Chance Qualifier. **2004-05 (Univ. of Arizona):** Redshirted her freshman season at Arizona before transferring to UW prior to the 2005 academic year.

High School and Personal: Parents are Suzette and Craig ... has two brothers, Will and Noah, and three sisters, Annie, Megan, and Jeni ... won a state pole vault title as a junior in 2003, and was the No. 4 state finisher in 2004 ... also earned a third-place state finish with Sehome's 4x400-meter relay in 2003 ... earned eight prep letters, including four each in track and gymnastics ... earned five top-six finishes at the state gymnastics competition, including a state title on bars in 2002-03 ... earned a 3.7 GPA in high school ... plans to study nursing.

COLLEGIATE BEST MARKS

Pole Vault..... 11-11 3/4



Mary Moriarty

Sophomore • Seattle, Wash. • Ballard HS/Seattle Pacific

Transferred to after the 2006 cross country season ... a top-15 finisher in the mile and 3K at the NCAA D-II Track Championships ... the GNAC conference champion in the 3K in 2006 ... could make an immediate impact in the distance events.

2006 (Cross Country): Led SPU to a sixth-place finish at the NCAA Division-II Championships ... was the Falcons' No. 2 runner at nationals, placing 51st overall in 21:36 ... was sixth at the GNAC Championships, and 23rd at regionals ... earned second-straight first-team All-GNAC cross country honor ... was named GNAC Cross

Country Runner of the Week after a second-place finish at the St. Martin's Invitational in September.

2005-06 (SPU): One of SPU's top competitors in the mile and 3000m ... won GNAC outdoor title in the 3K with a best of 10:22.8 at the outdoor conference meet ... also placed fifth at the GNAC outdoor meet in the 1500m, helping SPU to the team conference crown ... set SPU indoor records in both the mile and 3K, clocking a 5:00.37 in the former and a 10:17.69 in the latter ... ran fifth in the 5000m and sixth in the mile at the 2006 GNAC Indoor meet ... placed 13th in the mile at the NCAA Division-II Indoor Championships, and 15th in the 3000m at the NCAA D-II outdoor meet ... also had an outstanding debut cross country season, earning Great Northwest Athletic Conference Freshman of the Year honors ... earned all-conference honors in the fall after a seventh-place finish at the GNAC Championships ... was 41st at regionals.

High School and Personal: Parents are Cathy and Kevin ... has two older brothers, Casey and Tim, and two younger sisters, Brigid and Theresa ... oldest brother, Casey, ran track and cross country at Yale ... competed in track and cross country all four years at Ballard ... won KingCo 4A title in the 3200m as a senior, and was fourth in the KingCo 1600m final ... also ran at the state cross country championships in 2004 ... majoring in public health, with an interest in working as a personal trainer.

COLLEGIATE BEST MARKS

1500m..... 4:43.74 Mile..... 5:00.37 3000m..... 10:06.03

NCAA D-II CONFERENCE CHAMPION

MAJOR MEETS

2005 GNAC XC 7th (2nd SPU)	2006 GNAC TF-O 1st, 3000m;
2005 D-II Reg'l XC ... 41st (4th SPU)	5th, 1500m
2006 GNAC TF-I..... 5th, 5000m;	2006 NCAA DII-O 15th, 3000m
6th, Mile	2006 GNAC XC 6th (2nd SPU)
2006 NCAA DII-I..... 13th, Mile	2006 D-II Reg'l XC ... 23rd (6th SPU)
	2006 NCAA DII-XC 51st (2nd SPU)

Coach Metcalf
on Moriarty:

"Mary's a talented young lady who has fit in really well with our team. She's been to nationals three times at the Division-II level and we're excited to have her join our distance group."

Did You Know?

In just the past four years, Washington's women's track and field athletes have combined to set 16 school records and post 117 marks that are currently listed among UW's all-time top-10s.



Jennifer Nash

Junior • Tracy, Calif. • Merrill West HS

A four-time prep All-American ... should be a significant factor for UW in the sprints and relays at the Pac-10 meet ... boasts lifetime bests in the 60m, 100m and 200m that, if equaled at Washington, would place her among the best in the collegiate ranks ... has led two UW 4x100-meter relays to top-10 all-time marks in the UW record books.

2005-06: Was UW's No. 2 competitor in the 100m and 200m dashes ... ran 15th in the 100m at Pac-10s, and led UW's 4x100m relay to sixth ... relay's time of 46.07 equaled the ninth-fastest in UW history ... clocked a wind-aided season-best of 12.05 in the 100m at Cal, and a wind-legal best of 12.13 at Stanford ... was 11th in the 60m, and 14th in the 200m, at MPSFs. **2004-05:** Was limited by injury throughout the 2005 season ... ran just twice indoors ... outdoors, took 19th in the 100m and 200m dashes at Pac-10s, and led UW's 4x100m relay to sixth ... relay's time of 46.04 equaled UW's seventh-best ever ... ran a season-best 11.98 for 100m in a win at Oregon ... won the 200m at the Ken Shannon Invite in 25.00.

High School and Personal: Parents are Timothy, Sr. and Bernice ... has one brother, Timothy II ... a four-time prep All-American ... finished the 2004 indoor season tied for fifth in the nation with a best of 7.45 seconds for 60 meters ... placed second in the 60m dash, and third in the 200m, at the National Scholastic Indoor Championships in New York City ... also earned top-four finishes in both events at the Simplot Indoor Games ... indoor 200m best of 24.20 seconds ranked sixth nationally among prep sprinters ... outdoors, ranked ninth nationally in the 100m, and 13th in the 200m ... career-best mark of 11.58 seconds earned third in the 100m dash at the 2004 Arcadia Invite ... also placed second in the 200m at Arcadia ... earned top-seven finishes in four events at the 2004 California state meet, including the 100m (5th), 200m (6th), 4x100m (3rd) and 4x400m (7th) ... won the 100m dash at the Stanford Invitational in 2003 and 2004, including a prep meet record of 11.64 seconds her senior season ... holds school and SJAA Section records in the 100m and 200m, and is a member of the record-holding 4x100m and 4x400m relays ... coached in high school by John Harvey ... named to Merrill West's honor roll with a 3.3 GPA.

COLLEGIATE BEST MARKS

60m Dash..... 7.68i 100m Dash..... 11.98 200m..... 25.00

FOUR-TIME PREP ALL-AMERICAN

MAJOR MEETS

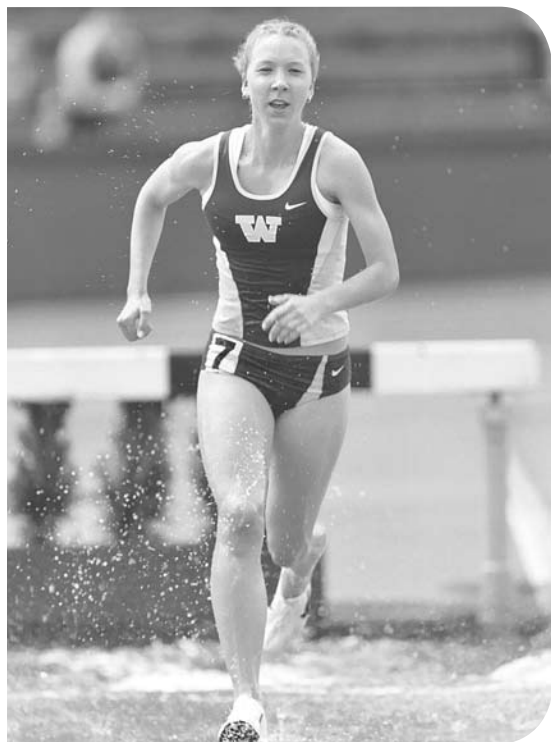
2005 MPSF TF	13th, 60m;	2006 MPSF TF	11th, 60m;
2005 Pac-10 TF	19th, 100m;		14th, 200m
	19th, 200m; 6th, 4x100m	2006 Pac-10 TF	15th, 100m;
			6th, 4x100m



PAC-10 COMPETITOR

MAJOR MEETS

2004 Pac-10 XC	68th (8th UW)	2006 Pac-10 TF	12th, Steeple
2005 MPSF TF	25th, 3000m	2006 Pac-10 XC	25th (4th UW)
2005 Pac-10 XC	56th (9th UW)	2006 Regional XC	100th (7th UW)
2006 MPSF TF	13th, 5000m		



Trisha Rasmussen

Junior • Phoenix, Ariz. • Mountain Ridge HS

Has been UW's top steepler in each of the past two seasons ... ranks sixth all-time at UW in the event, and was 12th in the steeple at Pac-10s.

2006 (Cross Country): Ran in UW's top-seven at all five varsity meets ... was the No. 4 UW finisher at Pac-10s, and No. 7 at Regionals ... one of four Huskies in the top-25 at the Pac-10 meet, placing 25th overall ... also placed 25th overall at Sundodger ... was UW's No. 4 finisher at the Dellinger and Pre-National meets ... was awarded the team's Most Improved honor at the annual postseason banquet, and shared Most Inspirational with sophomore Amanda Miller ... earned second-team Academic All-Pac-10 honors. **2005-06:** Was again UW's top steepler ... season-best of 11:04.87 at the Pac-10 meet was the sixth-best ever at UW ... ran 12th in the steeple at Pac-10s, and was 13th in the 5K at the MPSF meet ... earned Academic All-Pac-10 honorable mention in the fall, and earned second-team academic honors for track ... competed five times in the fall, and was the team's first alternate at Regionals ... placed 56th at Pac-10s in her home state of Arizona ... ran sixth for UW at Pre-Nationals, and was the team's No. 8 finisher at both the Sundodger and Willamette Invites. **2004-05:** Tried all distances from 1500m to 5000m on the track ... season-best steeple mark of 11:10.07 cracked UW's all-time top-10 ... was 25th in the 3000m at MPSFs ... the only freshman to travel with the varsity cross country squad in 2004 ... ran eighth for UW at Pac-10s, helping Huskies to third ... was the No. 3 UW finisher in the open race at Pre-Nationals ... placed 23rd in debut at the Sundodger Invite ... also competed at Willamette.

High School and Personal: Parents are Linda and Bob ... has two older brothers, Erik and Jeremy, the latter a four-year letterwinner in track and cross country at Arizona State ... never placed outside the top-15 at state cross country, with a best of fourth in 2003 ... was seventh in 2002, 14th in 2001, and 13th in 2000 ... swept regional cross country titles in 2002 and 2003 ... led Mountain Ridge to a sweep of regional titles all four years, and to four-straight top-seven state cross country finishes ... captured state 3200m title in 2004, and was the state runner-up at 1600m ... a four-year all-state and all-region selection ... named regional runner of the year as a junior and senior, and was twice named to the All-Arizona team ... ran twice at the Foot Locker West Regional meet, and was the 13th-place finisher in the 3200m at the 2004 Arcadia Invite ... is majoring in community and environmental planning, and is interested in pursuing a career in architecture or urban design.

COLLEGIATE BEST MARKS

800m.....2:15.38 1500m.....4:39.18 Mile.....5:06.54 3000m..... 10:02.45 / 10:13.17
Steeple.....11:04.87 5000m.....17:34.36



Robyn Robblee

Freshman • Ellensburg, Wash. • Ellensburg HS



Coach Metcalf on Robblee:
"Robyn has some definite potential. She jumped consistently at 5-6 in high school, and has looked great in practice. She's going to be a terrific high jumper for us."

An outstanding prep high jumper with the potential to make UW's Pac-10 Championships travel squad at the end of the year ... competed in four different events at state as a prep.

High School and Personal: Parents are Johneel and Phil ... has an older brother, Jesse ... was a six-time state championships participant ... placed sixth at state in both the long jump and 300-meter hurdles as a senior ... also competed at state in the 4x400m relay in 2006, the hurdles in 2005, and the 400m and 4x400m in 2004 ... swept district titles in the high jump, long jump and 300m hurdles as a senior, and was also regional hurdles champ ... was named Outstanding Female Field Athlete at districts after her 2006 high jump-long jump double ... helped Ellensburg to league and district titles as a sophomore ... earned eight prep letters, including four in track and four in soccer.

PERSONAL BEST MARKS

400m..... 59.8 300m Hurdles..... 46.7 High Jump..... 5-6 Long Jump..... 17-1



Dani Schuster

Sophomore • Kennewick, Wash. • Kamiakin HS

Competed in first full season in 2005-06 after redshirting the previous year with a foot injury ... led all Huskies at 800m outdoors in 2006 with the sixth-fastest time (2:07.43) in UW history ... is among the fastest returning half-milers in the conference this year.

2006 (Cross Country): Ran just three times with the varsity in 2006, including a 62nd-place finish (8th UW) at Pac-10s ... ran fifth for UW at Pre-Nationals, and was the team's No. 8 finisher at the Dellinger Invite ... earned Academic All-Pac-10 honorable mention. **2005-06:**

Was UW's top half-miler on the track ... moved to sixth in UW history with the time of 2:07.43 at the Ken Shannon Invite ... time was just eight-tenths shy of UW's all-time freshman record ... also cracked UW's indoor 800m list with a time of 2:12.70, good for ninth all-time ... was eighth in the event at Pac-10s, and 13th at Regionals ... helped DMR to fifth at the MPSF Championships, their time of 11:47.95 the UW's 10th-best ever ... one of six freshmen to run in UW's top-seven during the 2005 cross country season ... one of UW's top-seven finishers at each of the last four meets, including Pac-10s and Regionals ... ran fifth for UW, 39th overall, at Pac-10s, and was the team's No. 7 finisher (66th) at Regionals ... was fifth on the squad at Pre-Nationals ... placed 38th in collegiate debut at the Sundodger Invite, before grabbing 15th two weeks later at Willamette ... earned Academic All-Pac-10 honorable mention for both track and cross country. **2004-05:** Redshirted the cross country and track seasons ... ran twice unattached in the fall ... stayed out of all track competitions in the spring to rehab a foot injury.

High School and Personal: Parents are Nancy Miller and George Schuster ... fourth of five siblings ... competed for three years at San Diego's Torrey Pines High School before transferring to Kamiakin for her senior season ... ran 11th at the Washington state cross country meet in 2003, leading Kamiakin to third ... as a senior, placed fifth at state in the 800m, and was second at districts in both the 800m and 1600m ... placed second at the 2002 Stanford Cross Country Invite ... placed fourth at the 2001 California state cross country meet ... earned 13th at the 2002 Foot Locker West Regional Cross Country Meet ... swept league and CIF titles at 800m in 2001, and was eighth at state ... won the 1600m at the 2002 Arcadia Invite in a league record 4:54 ... earned fourth at Arcadia in 2003 ... had a terrific freshman cross country season, placing fourth at the Stanford Invite, third at the league championships

COLLEGIATE BEST MARKS

800m.....2:07.43 1500m.....4:38.34 Mile.....4:56.27

PAC-10 SCORER

MAJOR MEETS

2005 Pac-10 XC.....39th (5th UW)	2006 Pac-10 TF.....8th, 800m
2005 Regional XC.....66th (7th UW)	2006 Regional TF.....13th, 800m
2006 MPSF TF.....5th, DMR	2006 Pac-10 XC.....63rd (8th UW)



Did You Know?

Dani Schuster is one of nine returning Huskies who scored for Washington at the 2006 Pac-10 Championships.



Tori Tyler

2005 PAC-10 XC NEWCOMER OF THE YEAR

Sophomore • Los Altos, Calif. • Gunn HS

The 2005 Pac-10 Women's Cross Country Newcomer of the Year ... earned All-Pac-10 and All-West Region cross country honors in 2005 ... California's 3200m state champion in 2005 ... a Pac-10 competitor at 5,000- and 10,000 meters as a freshman ... ranks eighth in UW history in the 5K indoors.

2006 (Cross Country): Sat out most of the 2006 fall season after a busy 2005 ... ran just twice in the fall, placing 23rd overall at Sundodger, and 39th overall at the Dellinger Invite. **2005-06:** Was among UW's top competitors at 5K and 10K on the track ... competed in both events at Pac-10s, placing 15th

and 10th, respectively ... was ninth in the 5000m at the MPSF meet, her time of 17:07.58 the eighth-best ever at UW ... led all UW runners at three of five cross country races in the fall of 2005 ... never ran lower than second on the team ... earned three top-10 finishes during her debut season ... was named Pac-10 Newcomer of the Year following the season ... named San Jose Sports Hall of Fame Female Prep Athlete of the Year in October ... captured second-team All-Pac-10 honors with an eighth-place finish at the conference meet, best by a UW frosh since 2001 ... eighth-place Pac-10 finish was highest by a conference true freshman ... was also named All-West Region after a 15th-place finish at the Regional meet ... ran fourth in collegiate debut at the Sundodger Invitational, and was the No. 7 overall finisher at Willamette ... led all Huskies at the Pre-National meet in 28th.

High School and Personal: Parents are Joan and John ... father is the former coach of USA Rugby ... older brothers Tavin and Trevor each played Division-I sports, Tavin in rugby at Santa Clara and Trevor in soccer at Cal Poly ... sister, Tami, was a national-level ice skater ... ran third at the 2004 state cross country championships ... won the 2005 California state 3200m title in 10:38 ... placed fourth in the 5000m at the 2005 USA Junior Nationals ... was 12th at the 2005 USA Junior Cross Country Nationals ... placed eighth at the 2004 Foot Locker Cross Country Regionals, and 27th at the Foot Locker Nationals ... swept sectional cross country titles in 2003 and 2004, and was second in 2002 ... also won the 3200m at the sectional meet in 2003 and 2004 ... qualified for state in the 1600m as a freshman ... an honorable-mention cross country All-American in 2004 ... named to the San Jose Mercury-News' All-Area team for cross country and track in 2004-05 ... a first-team all-league and All-CCS honoree in 2004 and 2005 ... earned 10 varsity letters, including four each for track and cross country, and two for soccer ... excelled as a club soccer player, earning all-district and all-area honors at the U14, U15 and U17 levels, and leading club team to state title ... named 2004 High School Sports Focus' Scholar Athlete of the Year ... earned with 3.8 GPA.

COLLEGIATE BEST MARKS

Mile.....5:03.58i 3000m.....9:51.34i 5000m.....17:07.58i / 17:11.02
10000m.....36:53.36

MAJOR MEETS

2005 USA Jr. XC.....12th	2006 MPSF TF.....9th, 5000m
2005 USA Jr. TF.....4th, 5000m	2006 Pac-10 TF.....10th, 10000m
2005 Pac-10 XC.....8th (1st UW)	15th, 5000m
2005 Regional XC.....15th (2nd UW)	



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Sayaka Yoshinaga

Senior • Seattle, Wash. • Ballard HS

Ran with UW's top-seven in the postseason this fall, and will contribute at 3K and 5K on the track ... one of just three seniors in the UW distance corps.

2006 (Cross Country): Had best cross country season to date, running with UW's top-seven at both postseason races ... was the No. 4 UW finisher at Regionals, in 45th, and No. 6, in 33rd overall, at Pac-10s ... led the Huskies' "B" squad in eighth place overall at the Mike Hodges Invite ... was also the top "B" squad finisher, in 12th overall, at the Willamette Invite, and placed 56th at Sundodger ... shaved more than 30 seconds off her previous 6K cross country best with a 21:53 at Pac-10s. **2005-06:** Ran just twice during the outdoor season, including once each at 3K and 5K ... did not run indoors ... ran in UW's top-seven at each of UW's first two cross country meets, and traveled with the team to Pre-Nationals and Pac-10s ... was UW's No. 7 finisher at the Sundodger and Willamette Invites, placing 26th and 37th, respectively ... was the 10th UW finisher at Pac-10s, in 67th overall ... also placed 22nd in the open race at Pre-Nationals. **2004-05:** Did not compete during the fall ... ran 15th in the 5000m at the MPSF Indoor meet ... also ran the mile indoors, and the 3K and 5K outdoors ... shaved 38 seconds off her 5K best with a time of 18:13.30 at the Ken Shannon Invite. **2003-04:** Competed at distances from one mile to 5000m ... scored top-five finishes in both of her outdoor 5K races in 2004 ... indoors, helped UW to a third-place finish at MPSFs with a seventh-place effort in the 5K in an indoor-best 18:12.38 ... also ran indoors in the mile and 3000m ... ran three times in the fall, including a fourth-place finish in the open race at Pac-10s ... made UW debut at Sundodger, placing 34th ... also competed at the Geoduck Invite. **2002-03:** Redshirted both the cross country and track seasons.

High School and Personal: Parents are Tomoko and Takumi ... brother, Sho, plays football at UW ... has another brother, Riki ... took 37th at the state AAA cross country championships, and 17th at the AAA district meet, in 2001 ... was the 11th-place finisher in the 3200m at the state track meet in 2002, and placed fifth in the event at the district championships ... earned eight varsity letters, and served as captain of the track squad in 2002 ... was named Ballard's MVP for cross country as a junior and senior, and was the team's track MVP in 2001 ... an art major.

COLLEGIATE BEST MARKS

1500m.....4:51.45 Mile.....5:11.63i 3000m..... 10:28.80i / 10:35.99
5000m..... 18:01.31



BROOKE ANDERSON

RS Freshman
Distances
San Diego, Calif.
University City HS

Personal Best Marks
800m - 2:19 1600m - 5:07

CORRINE BALDASSIN

Sophomore
Throws
Gig Harbor, Wash.
Bellarmine Prep

Personal Best Marks
JT - 131-4

ASHLEIGH BEARD

Freshman
Throws
Vancouver, Wash.
Hudson's Bay HS

Personal Best Marks
SP - 38-10 JT - 125-9

LYDIA BYLSMA

Freshman
Jumps
Longview, Wash.
Mark Morris HS

Personal Best Marks
LJ - 15-4 TJ - 33-6

OLIVIA GARROW

Junior
Distances
Seattle, Wash.
Nathan Hale HS

Personal Best Marks
1500m - 5:00.90 3000m - 10:55.51i

RILEY GLANDON

Freshman
Jumps
Redmond, Wash.
Inglesmoor HS

Personal Best Marks
TJ - 35-7

SHANNON HARVEY

RS Freshman
Throws
Olympia, Wash.
Capital HS

Personal Best Marks
HT - 156-7

LAUREN HO

Freshman
Distances
Kailua, Hawaii
Hawaii Baptist Acad.

Personal Best Marks
800m - 2:16 1500m - 4:44 3000m - 10:22

ANNA IMPERATI

Freshman
Mid-Distances
Portland, Ore.
Jesuit HS

Personal Best Marks
1500m - 4:46 3000m - 10:32

CHELSEY JOHNSON

Freshman
Sprints/Hurdles
Lacey, Wash.
Rainier HS

Personal Best Marks
100m HH - 15.91 300m IH - 46.9

KAISA KERANEN

Sophomore
Multi-Events
Seattle, Wash.
Roosevelt HS

Personal Best Marks
JT - 125-5

ALLISON LOMBARDO

RS Freshman
High Jump
Richland, Wash.
Richland HS

Personal Best Marks
HJ - 5-1

KOREDE OYETUGA

Freshman
Throws
Everett, Wash.
Everett HS

Personal Best Marks
SP - 39-0 DT - 110-0

ANDREA PETERSON

Sophomore
Pole Vault
Bonney Lake, Wash.
Sumner HS

Personal Best Marks
PV - 11-9

JANINE SANDELL

Junior
Throws
Deer Valley, Ariz.
Deer Valley HS/UC
Santa Barbara

Personal Best Marks
DT - 160-10

KRISTINA SHOEMAKE

Freshman
Jumps
Bellevue, Wash.
Interlake HS

Personal Best Marks
HJ - 5-5

MYRRIAH SWANGO

Senior
Pole Vault
Laguna Hills, Calif.
Laguna Hills HS

Personal Best Marks
PV - 12-6

BRANDY TAYLOR

Freshman
Sprints
Cleveland, Ohio
Collinwood HS

Personal Best Marks
400m - 55.5 800m - 2:14

LINDSAY TODD

Junior
Jumps
Rock Island, Ill.
Rock Island HS

Personal Best Marks
HJ - 5-5 1/4

CAROLINE VELDMAN

Freshman
Throws
Fort Collins, Colo.
Poudre HS

Personal Best Marks
SP - 42-7 DT - 144-1

NICOLE VIELMA

Freshman
Jumps
Fife, Wash.
Fife HS

Personal Best Marks
HJ - 4-10 LJ - 15-7 3/4 TJ - 33-6 3/4

LAUREN WALKER

Freshman
Pole Vault
Huntington Beach, Calif.
Huntington Beach HS

Personal Best Marks
PV - 11-2

KARINA WEGMAN

RS Freshman
Distances
Seattle, Wash.
Bishop Blanchet HS

Personal Best Marks
1600m - 5:24.13 3200m - 11:33.6

ALLY WOJCIECHOWSKI

RS Freshman
Pole Vault
Lake Oswego, Ore.
Lake Oswego HS

Personal Best Marks
PV - 12-0



Greg Metcalf

**Head Coach • Track & Field, Cross Country •
5th Year, 10th Overall**

As a youth running the hills and dirt lanes around Ephrata, Wash., Greg Metcalf dreamed

of being a Washington Husky.

Upon joining the Huskies as a junior in 1990, he dreamed of breaking records and earning All-American accolades.

After graduating from UW in 1993 with an All-American certificate on the wall and the school's fourth-fastest steeplechase time to his credit, Metcalf dreamed of one day returning to his alma mater as head coach.

On Aug. 13, 2002, Metcalf's latest dream became a reality. Having served five years as assistant track and field coach in charge of UW's distance runners, Metcalf was named Washington's 12th head track and field coach, and just the fifth since Clarence "Hec" Edmundson took the helm in 1919.

Metcalf has made a strong impact on the strength of UW's track and field teams.

The 2006 season was certainly Metcalf's finest. Two UW distance runners won NCAA track titles, while an additional 17 Huskies earned All-America honors. That total of 19



All-Americans was a UW record — breaking the previous mark of 15 set one year prior.

Both men's and women's teams earned top-25 national finishes, while the men were fourth at the NCAA West Regional and won the MPSF Indoor Conference title.

Metcalf was recognized for his coaching excellence with the MPSF's Men's Coach of the Year honor, and was one of just a handful of coaches nationally to boast two NCAA Champions in their specific event area.

That success has been building in each of Metcalf's four seasons at the helm of the UW track and field program. Washington's women have finished among the top-25 teams at the NCAA Outdoor Championships in each of the past three years, including a tie for 15th in 2005. The Husky men, meanwhile, have placed among the top-30 at the NCAA Indoor Championships in each of Metcalf's four seasons.

Husky individuals have also shone as brightly in the last four years as ever before, combining for five NCAA titles, 44 All-America awards and 75 NCAA Championships appearances, while breaking school records on 43 separate occasions.

The wins by Ryan Brown and Amy Lia at the 2006 NCAA Championships were truly representative of Metcalf's coaching prowess. A former walkon who competed just one year of high school track, Brown has blossomed under Metcalf's tutelage into a Pac-10, Regional and NCAA Champion, and has won six-career All-America honors.

Lia, meanwhile, has developed into one of the nation's premier distance runners, leading the cross country squad to the NCAA Championships as a freshman and earning back-to-back All-America honors in the 1,500 meters in 2005 and 2006. Her time of 4:14.63 in the 2006 NCAA final was seventh-best in Pac-10 history, and the fastest in the nation during the 2006 college season.

Metcalf also made his impact felt in 2006 with the team's newcomers, leading fresh-

2006 MPSF MEN'S COACH OF THE YEAR

CHAMPIONSHIP MEETS

Men	Women
2003 NCAA TF-I..... 20th (tie)	1997 NCAA XC 14th
2003 NCAA XC 21st	1998 NCAA XC 9th
2004 NCAA TF-I..... 22nd (tie)	1999 NCAA XC 13th
2005 NCAA TF-I..... 28th (tie)	2000 NCAA XC 23rd
2005 NCAA XC 27th	2001 NCAA XC 14th
2006 NCAA TF-I..... 19th (tie)	2002 NCAA XC 31st
2006 NCAA TF-O 22nd (tie)	2003 NCAA TF-O 29th (tie)
2006 NCAA XC 12th	2003 NCAA XC 19th
	2004 NCAA TF-I..... 37th
	2004 NCAA TF-O 18th (tie)
	2004 NCAA XC 23rd
	2005 NCAA TF-I..... 16th (tie)
	2005 NCAA TF-O 15th (tie)
	2006 NCAA TF-O 21st (tie)

DISTANCE-RUNNING EXCELLENCE

- TWO NCAA CHAMPIONS
- SIX PAC-10 CHAMPIONS
- 23 NCAA ALL-AMERICANS

man Tori Tyler to Pac-10 Women's Cross Country Newcomer of the Year honors, and guiding freshman Anita Campbell to NCAA Championships berths in both cross country and track, and a spot at the IAAF World Junior Cross Country Championships. Red-shirt freshman Jeremy Mineau, meanwhile, broke Washington's long-standing indoor record at 5,000 meters, and competed at the NCAA Championships in the 10,000 meters outdoors.

In all, Metcalf's distance runners have earned two NCAA track titles, six Pac-10 titles, 24 All-America awards, 80 NCAA Championships bids and 16 school records in his nine years with the program.

Additionally, Metcalf continues to direct Washington's cross country squads, which he has built over the past decade into two of the most talented in the U.S.

Washington's women's cross country squad has reached the NCAA Championships in eight of Metcalf's 10 seasons, including five top-20 finishes and a best-ever eighth-place effort in 1998.

The UW men, meanwhile, have competed for national titles three times in the past four years, including a 12th-place national finish in 2006. UW's star in 2005 was senior Mark Mandi, whom Metcalf transformed from the state's 43rd-place finisher in 2000 into a two-time first-team All-Pac-10 performer.



In addition, at least one Husky has qualified for the IAAF World Cross Country Championships in seven of Metcalf's first nine seasons, while more than a dozen have placed in the top-10 at the USATF Junior Nationals.

The true measure of Metcalf's success, however, lies in how his athletes have performed in the professional and international ranks.

Two-time Pac-10 steeplechase runner-up Christian Belz has won numerous national titles and set two national records in his native Switzerland, and has represented the Swiss at each of the past two Summer Olympic Games.

Former Husky Sabrina Monroe won the 2005 NACAC Cross Country title against an elite international field, while Brown ran fifth at the NACAC Track Championships this past summer. Lia, too, was fifth at the NACAC meet, and placed ninth at the USATF Outdoor Track and Field Championships. Senior-to-be Mike Sayenko also made an international impact in 2006, bettering the Olympic "A" qualifying standard in his first-ever marathon race.

Metcalf has also accepted the coaching responsibilities for assistant coach Kelly Strong, one of the world's premier women's steeplers. Strong's time of 9:48.90 in the steeple at the 2006 Ken Shannon Invitational was the third-fastest by a U.S. woman in 2006, and the seventh-fastest in U.S. history.

In addition to their athletic prowess, Metcalf's teams have been among the brightest at a school renowned for its high academic standards. His teams are five-time recipients

of the Cross Country Coaches Association All-Academic honor, and four UW individuals have earned Academic All-America. UW placed 18 runners on the Pac-10's all-academic cross country team in 2006, and have boasted the most academic honorees of any Pac-10 school in nine of the past 16 years.

Washington is the second head coaching position for Metcalf, who served in 1996-97 as the head cross country and assistant track coach at Auburn University. His Tiger athletes accumulated four All-America awards and seven NCAA Championship berths. Additionally, he coached the Auburn men to second at the 1997 NCAA Indoor Track & Field Championships.

Metcalf received a bachelor's degree in geography from UW in 1993 and completed necessary coursework for a master's of science in exercise physiology at Auburn.

A four-time Academic All-Pac-10 honoree at Washington, Metcalf earned All-American honors at the 1992 and 1993 NCAA Champi-

onships. His best collegiate mark of 8:41.17 ranks fourth all-time among Husky steeplers. He also was a steeple finalist in the 1996 U.S. Olympic Trials.

Metcalf was also a memorable figure at the state prep level, winning state titles in both cross country (1987) and track (1,600m, 1988) as a senior at Ephrata (Wash.) High School.

Metcalf, 37, resides in Seattle with his wife Kristin, a former Husky distance runner and assistant track coach at Seattle's Bishop Blanchet High School, and their three-year-old daughter, Mackenzie.

Husky Coaching History

All-Time UW Men's Coaches

Year	Coach
2003-cur.	Greg Metcalf
1998-2002	Orin Richburg
1968-97	Ken Shannon
1955-68	Stan Hiserman
1919-54	Clarence S. Edmundson
1916-18*	Charles W. VanderVeer
1915	Lawrence J. Martin
1912-14*	Dr. David C. Hall
1911	Maybury
1909-10*	Dr. David C. Hall
1907-08	Hiram B. Conibear
1906	Winnie Cutter
1905	Dr. B.F. Roller
1903-04	James C. Knight
1900-02*	Charles W. VanderVeer

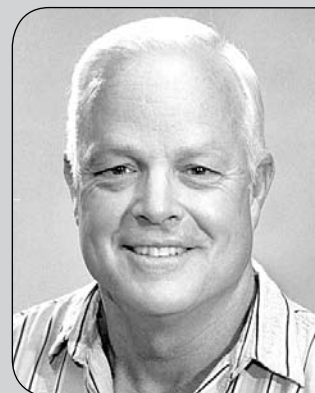
* - indicates multiple terms

All-Time UW Women's Coaches

Year	Coach
2003-cur.	Greg Metcalf
1986-2002	Orin Richburg
1985	Clyde Duncan
1976-84	Alan Bonney
1975	Rusty Llewellyn



Clarence "Hec" Edmundson, 1919-54



Ken Shannon, 1968-97



Pat Licari

Assistant Coach • Vault/Jumps/Multi • 10th Year

It's no secret as to why the nation's top prep vaulters are clamoring to work with ninth-year UW assistant Pat Licari.

Over the past nine years, Licari has developed some of the nation's premier vaulters, including one world gold medalist and three-time USATF champion, two NCAA champions, two Pac-10 champions and six All-Americans.

Washington in 2005 became the first NCAA Division-I school to qualify four women's vaulters for the NCAA Championships, doing so both indoors and out. Kate Soma won the NCAA title outdoors — Licari's third-straight year with an NCAA champion — and was the national runner-up indoors, earning the fourth and fifth All-America honors of her collegiate career.

Carly Dockendorf (sixth outdoors) and Ashley Wildhaber (fifth indoors) also earned All-America honors in 2005, while Stevie Marshalek and Kelley DiVesta each earned NCAA Championships berths.

All five women's vaulters topped the 13-foot mark — a feat never before accomplished by any women's collegiate vault unit — while Soma's collegiate-best vault of 14-3 1/2 ranks seventh in NCAA history.

Licari has been equally influential with his men's vaulters, guiding Brad Walker to back-to-back NCAA indoor titles in 2003 and 2004, and a collegiate-best clearance of 19-0 1/4 that is a Pac-10 record, and the sixth-best mark ever by a collegiate vaulter.

Licari has continued to train Walker, now a UW volunteer assistant, during the latter's professional career,

guiding the former Husky to a gold medal at the 2006 IAAF World Indoor Championships. In 2006, Walker — ranked No. 1 in the IAAF World Rankings since 2005 — became just the 12th vaulter, and the fourth American, ever to clear the elite six-meter mark (19-8 1/4). Walker's vault moved him into a tie for eighth in the world all-time in the pole vault, and was equal to the third-best vault ever by an American.

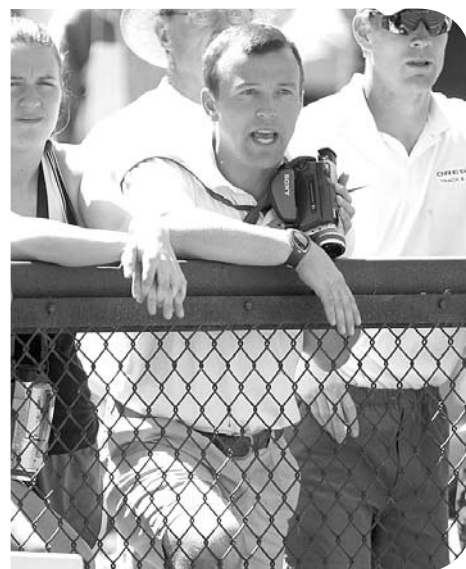
Licari has also had success with his jumpers, leading Norris Frederick to All-America honors in the long jump indoors in 2005 and 2006, and guiding Frederick to Pac-10 and MPSF titles in the long jump last year. In addition, Frederick earned NCAA Championships bids in the high jump in each of the past two seasons, while J.R. Wolkoff was an NCAA long jump qualifier in 2005.

Frederick's career-best long jump of 25-6 1/4 is the second-longest in UW history, and longest in more than 40 years, while in 2005, Frederick and junior Warren Eickhoff became the first Husky duo to top seven feet in the high jump since 1989.

The 2004 season featured much of the same for Licari, who guided Walker to his second NCAA indoor title and Soma to a Pac-10 title and runner-up performance at the NCAA Outdoor Championships.

Both Walker and Soma competed at the 2004 U.S. Olympic Trials, while Marshalek competed at the IAAF World Junior Championships. Four Husky women's vaulters cleared 13 feet, while three earned NCAA Championships invitations.

In 2003, Walker earned his first NCAA indoor title while Soma placed sixth at the NCAA meet. Licari's most unlikely success was converted gymnast Dockendorf, who climbed into the top-10 in Canadian history in after less than one full calendar year of work with Licari.



In 2002, Walker won his first of two straight Pac-10 titles, was runner-up at the NCAA Championships, and placed sixth at the U.S. Senior Nationals.

In all, Licari's athletes have combined for three NCAA titles, four Pac-10 titles, and 14 All-America awards during his nine years at UW.

Licari was head cross country and track coach at Highline Community College from 1991-96 before coming to the UW in 1997.

A native of Sumner, Wash., Licari was a prep All-American and state pole vault champion at Sumner High School, and earned All-Pac-10 honors in the event at Washington State.

Licari and his wife, Jean — the head track coach at Federal Way High School — have two daughters, Katelin and Madison.

Reedus Thurmond

Assistant Coach • Throws • 2nd Year



Three-time collegiate All-American Reedus Thurmond enters his second year as an assistant coach at Washington, where he heads UW's prestigious throwing program.

Washington is the first full-time coaching position for Thurmond, who is assisted by his wife, the former Aretha Hill, one of the most decorated Washington track athletes of all-time.

Washington's throwers saw an immediate turnaround in their fortunes in their first year under Thurmond in 2005, combining for one Pac-10 title, one MPSF title, two All-America honors and three NCAA Championship berths.

Senior Juan Romero won the Pac-10 javelin crown in 2005, UW's first in the event since 1996 and its 18th Pac-10 throwing title all-time.

Romero and hammer thrower Martin Bingisser also earned All-America honors in the javelin and hammer throw, respectively, with Bingisser adding an indoor conference title in the weight throw, and Will Conwell joining his teammates at the NCAA Championship meet in the discus.

In all, Romero, Bingisser and Conwell combined to add an average of over 17 feet each to their lifetime bests during their single year with Thurmond, while becoming the first UW men's throwing trio to earn NCAA Championships berths since 1979.

Thurmond, 26, came to UW in December 2005 from Auburn University, where he worked as a graduate

assistant while continuing to train and compete at the professional level.

A 2002 graduate of Auburn, Thurmond was a three-time All-American in the discus, and captured the Southeastern Conference discus title as a senior.

Thurmond has continued his success post-collegiate, placing 11th in the discus at the 2005 USA Track and Field Championships, and 12th in the event at the 2004 U.S. Olympic Trials.

A native of Los Angeles, Calif., Thurmond graduated from Auburn in 2002 with a degree in health promotion. He and wife Aretha, the two-time U.S. discus champion, were married in April 2005.



LaMonte Vaughn, Jr.

Assistant Coach • Sprints/Hurdles/Relays • 3rd Year



"We're going to graduate, and we're going to win," said LaMonte Vaughn, Jr., upon his hiring as UW's sprints, hurdles and relays coach in October of 2004.

So far, Vaughn has been right on the money.

Washington's sprinters and hurdlers have performed at historic levels in Vaughn's first two seasons, combining for one Pac-10 title, one MPSF title, four school records and eight All-America honors, including four relays.

Prior to Vaughn's arrival at UW before the 2005 season, Washington had failed to qualify a single relay for the NCAA Championships since 1998 — in the two years since, six of a possible eight UW relays have earned NCAA Championships bids, with four of the six earning All-America honors.

Washington's 4x400m relay in 2006 became the first UW relay to win in the postseason since 1975 when

they won at the 2006 NCAA West Regional meet, earning an unprecedented third-straight NCAA Championships bid. The 4x4 was third at the NCAA Indoor meet — also tops by a UW relay since '75 — and eighth outdoors, sweeping All-America honors for the year.

Both Washington relays qualified for the 2005 NCAA Outdoor Championships for the first time in the program's 85 years of NCAA competition, including a time of 3:03.85 in the 4x400 meters that broke a 30-year-old UW record, and ranked ninth in the nation in 2005.

Washington's 4x100-meter relay, meanwhile, placed fourth at Pac-10s in 2005 and was third at the NCAA West Regional, and 12th at the 2005 NCAA Championships. Despite boasting not a single runner who had ever run below 10.60 for 100 meters, the relay clocked a best time of 39.43 seconds that is second-best ever at UW, and fastest by any Washington relay since 1983.

Vaughn's proteges have shone brightly on an individual level as well. Hurdler Ashley Lodree has crushed school records indoors and out, while earning four-career All-America honors. Lodree's fifth-place finish in the 100-meter hurdles at the 2005 NCAA Outdoor meet was the best-ever by a UW women's hurdler, while her time of 12.99 seconds (after altitude-adjustment) was the 10th-fastest in Pac-10 Conference history.

Senior Shane Charles, too, excelled in the hurdles the past two seasons, winning 2006 Pac-10 and NCAA West Regional titles in the 400-meter hurdles, while breaking UW and Grenadan national records with a best time of 49.51 seconds, nearly a second faster than his best entering the 2006 season.

Vaughn's sprinters also saw significant improvement in the other events, with Husky quarterback Isaiah Stan-

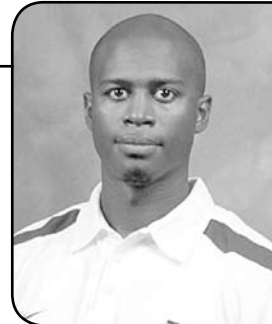
back placing fifth in the 2006 Pac-10 100-meter final, and quarter-miler Bruce Jackson earning the Huskies' first individual NCAA Championships bid in a sprint event since 2001.

Prior to coming to UW in 2005, Vaughn worked one year as a volunteer assistant at Eastern Kentucky, and was the sprints coach for four years at Marshall University from 2000-03. While at Marshall, Vaughn guided his athletes to 13 school records and one conference title, including the best finish ever for Marshall's 4x400-meter relay squad at the MAC Indoor Championships.

Vaughn brings an SEC background to UW, having earned a bachelor's degree in kinesiology from the University of Kentucky in 1996. A two-time NCAA qualifier and the third-place finisher in the 800 meters at the 1996 SEC Indoor Championships, Vaughn's best of 1:48.23 in the event was the second-fastest in Wildcats history.

After graduating from UK, Vaughn spent two years coaching high-school athletes in Kentucky and Florida. Included among those athletes is three-time ACC champion and 2004 U.S. Olympic Trials participant Mario Lowe, whom Vaughn coached in the triple jump at Titusville (Fla.) High School in 1998.

Vaughn, 32, resides in Seattle with his wife, Devonina, and their five-year old daughter, Brianna.



Jimmy Bean

Assistant Coach • Distances • 1st Year

Jimmy Bean begins his first year as assistant coach for cross country and track & field at Washington, where he will work directly with the men's distance runners as

well assist head coach Greg Metcalf with recruiting and administrative duties.

If the results from this fall are any indication, Bean's tenure at Washington will be a rousing success.

Washington's men's cross country team qualified for its third NCAA Championships in the past four years, earning a 12th-place finish that matched the fourth-best in school history.

Junior Jeremy Mineau just missed earning his first-career All-America honor, but was a first-team All-Pac-10 and All-West Region honoree, while senior Mike Sayenko earned first-team All-West Region honors and posted an Olympic "A" qualifying mark in the marathon.

Bean came to Seattle from Willamette University, where he spent two years as the head assistant coach/recruiting coordinator.

During his time at Willamette, Bean assisted in coaching the cross country and track & field teams to four top-10 finishes at the NCAA Division-III Championships, including a fourth-place finish for the Willamette men in 2005. In addition, Bean assisted in coaching Willamette runner Nick Symmonds to an unprecedented seven national championships in the 800- and 1,500-meter runs. With support from Bean, Symmonds ran personal bests of 1:45.83 and 3:40.91 as a senior at Willamette, and recently placed second overall in the 800 at the USATF Outdoor Track & Field Championships.

As the recruiting coordinator, Bean was instrumental in bringing large and talented recruiting classes to Willamette.

Prior to his appointment there, Bean worked as a graduate assistant with the cross country and track and field teams at the University of Iowa. While pursuing his master's degree in athletic administration, Bean primarily assisted in coordinating Iowa's recruiting efforts as well as assisting

Coch Metcalf on Bean:

"Jimmy fit in really well with our coaching staff — he has a terrific amount of energy and enthusiasm, and is going to do a great job at Washington."

coach Larry Wiecek with the men's distance squad.

Bean attended Greenville College in Greenville, Ill., earning a bachelor's degree in 2002 with a double-major in sociology and recreational leadership. While at Greenville, Bean competed in both the cross country and track and field, earning All-Midwest Region honors in cross country and helping Greenville to four cross country conference championships, and two National Christian College championships in track and field.



Kelly Strong

Assistant Coach • Distances • 5th Year

Five-time collegiate All-American Kelly Strong, formerly Kelly MacDonald, enters her fifth season as an assistant coach at UW. Strong is heavily involved in day-to-day operations and recruiting, and

works directly with UW's women's distance runners.

Strong's first four years at Washington have been some of the most outstanding in the history of UW's women's distance program.

Amy Lia won the 2006 NCAA Championship at 1,500 meters, and was ninth at the USATF Outdoor Championships. Her All-America honor was her second-straight in the event and the fifth won by a UW woman in Strong's four seasons.

Washington's women's cross country program has also continued its success under the combined tutelage of Strong and head coach Greg Metcalf, reaching the NCAA Championships in three of the last five years.

Much of that success has been due to Strong's prowess as a recruiter. Her first group of women's distance

signees — including Lia — was ranked sixth in the nation by Track and Field News, while her 2005-06 recruits included Pac-10 Cross Country Newcomer of the Year Tori Tyler, and All-West Region performers Tyler, Anita Campbell and Brooke Lademan.

While coaching at UW, Strong continues to train and compete at the sport's highest level.

A 2002 graduate of Arizona State, Strong ranks seventh in U.S. history in the steeplechase with a career-best of 9:48.90, and placed fifth at the 2004 U.S. Olympic Trials.

Strong earned five All-America honors and three Pac-10 titles during her collegiate career at ASU, where she set five school records.

A native of Tualatin, Ore., Strong took third in the steeplechase and 5,000 meters at the 2001 NCAA Championships, and was third again in the steeplechase final at the U.S. Senior National Championships on the same track two weeks later.

She was recognized in 2002 with ASU's Pac-10 Medal, and was ASU's Athlete of the Year in 2001-02.

Strong and her husband, former ASU All-American Brandon Strong, were married in 2004, and currently reside in Kirkland.



Kate Carlson

Volunteer Assistant Jumps/Vault • 3rd Year

Kate Carlson enters her third season as a volunteer assistant coach at Washington, where she works with the Husky vaulters and jumpers.

Carlson's first year at UW, in 2005, saw Washington turn out the finest women's vault unit in NCAA history. Senior Kate Soma won the 2005 NCAA title outdoors and was the runner-up indoors, while achieving a vault of 14 feet, 3 1/2 inches that ranks seventh in NCAA history.

Furthermore, five different UW vaulters earned NCAA Championships berths, including four each indoors and outdoors, all NCAA records. Soma captured two All-America honors, while juniors Carly Dockendorf (sixth outdoors) and Ashley Wildhaber (fifth indoors) each took home All-America hardware as well.

Carlson came to UW directly from Dartmouth College, where she ranks second all-time in the pole vault. Carlson did not begin vaulting until her junior year, having rowed for the Dartmouth crew in each of her first two seasons.

Carlson earned her bachelor's degree in psychology from Dartmouth in 2004, with a minor in education. She and her husband, vaulter Jonathan Carlson, were married in 2004.



Will Conwell

Volunteer Assistant Throws • 1st Year

Former Husky Will Conwell enters his first year as a volunteer assistant on the UW coaching staff. Conwell will assist throws coach Reedus Thurmond with the Washington throwers, specifically in the men's shot and discus events.

Conwell is the most recent of four Washington graduates currently serving on the Huskies' coaching staff, having just completed his collegiate career in 2006. The four-time letterwinner ranks among the finest discus throwers in UW history, with a lifetime best of 200 feet, 1 inch that is Washington's fifth-longest ever.

The Kent, Wash., native closed his career with three-consecutive top-five finishes at the Pac-10 Championships, and an NCAA Championships berth in 2006. As a senior, he became just the 10th Husky men's athlete ever to be named a Pac-10 Conference Athlete of the Week after achieving his lifetime-best toss of 200-1 in San Diego. That mark ranked Conwell seventh in the 2006 collegiate rankings, and was the 12th-best by an American men's thrower last season.

Conwell saw significant improvement in his only year working with throws coach Reedus Thurmond, adding 23 feet to his previous lifetime-best during the 2006 season.

A 2001 graduate of Kentwood High School in Kent, Wash., Conwell originally attended Washington on a football scholarship before switching to track full-time in 2003. Conwell earned a bachelor's degree from Washington in 2006, and is currently pursuing graduate studies. His uncle, Ernie, was also a football and track competitor at Washington, setting numerous records in both sports before embarking on an 11-year NFL career as a tight end with the St. Louis Rams (1996-02) and New Orleans Saints (2003-06).



Aretha Thurmond

Volunteer Assistant Throws • 2nd Year

Three-time U.S. discus champion Aretha Thurmond enters her second year as a volunteer assistant coach at Washington, where she assists husband and UW throws coach Reedus Thurmond. Washington is the first coaching position for Thurmond, who came to Seattle from Opelika, Ala., where she trained for several years after leaving Seattle in 1998.

Known as Aretha Hill during a prolific career at Washington from 1995-98, Thurmond set Washington, Pac-10 Conference and American collegiate records in the discus, and was a four-time NCAA All-American.

Thurmond has been America's pre-eminent women's discus competitor for the past decade, earning top-five finishes at the USA Championships every year since 1996, including back-to-back U.S. crowns in 2003 and 2004, and a third title in 2006. Thurmond has twice represented the United States at the Olympic Games, and was the gold medalist at the 2003 Pan Am Games. She has ranked among the top-10 in the IAAF's World Rankings in each of the past five seasons, including a final ranking of No. 5 in 2006.

Thurmond's lifetime best of 216 feet, 1 inch ranks third in U.S. history, while her collegiate best of 215-3 is a Pac-10 record, and the second-best ever by a U.S. collegian.

Thurmond, 28, earned a bachelor's degree in sociology from Washington in 1998, and was a 1994 graduate of Renton (Wash.) High School. She married former Auburn thrower and UW assistant coach Reedus Thurmond in April 2005.



Hendrik Voll

Volunteer Assistant Throws • 1st Year

Estonian thrower Hendrik Voll enters his first year as a volunteer assistant coach at Washington, working alongside throws coach Reedus Thurmond.

While in his first year with Washington's track program, Voll is actually in his second year at the University, where he is studying for a PhD. in mechanical engineering, with a focus on indoor climate systems.

In addition to his studies, Voll continues to compete professionally throughout the world in the discus. A four-time top-eight national finisher in the decathlon at the Estonian Athletics Championships, Voll only recently narrowed his focus to the discus, earning his first IAAF ranking in the event in 2006 after a lifetime-best throw of 191 feet, 4 inches.

A native of Tallinn, Estonia, the 26-year-old Voll studied previously at Chalmers University in Sweden before coming to the United States in 2005. In addition to Estonian, English and Swedish, Voll is also fluent in Russian and Finnish.



Brad Walker

Volunteer Assistant Pole Vault • 1st Year

Reigning indoor pole vault world champion Brad Walker enters his first official year as a volunteer assistant at his alma mater in 2007. Walker, who has continued to train at Washington since concluding his collegiate career in 2004, will work with UW assistant Pat Licari to mentor the Huskies' vaulters.

A graduate of Spokane's University High School, Walker ranked sixth in NCAA history and set a Pac-10 pole vault record of 19-0 ¼ during his four-year career at Washington, which concluded in 2004 with a successful defense of his 2003 NCAA indoor pole vault title. Walker was a four-time NCAA All-American and two-time Pac-10 Champion, was named MONDO West Region Track and Field Athlete of the Year in 2003, and also was the male recipient of the 2003 Pac-10 Medal for overall athletic and academic excellence.

Since graduating, Walker has climbed to the top of the pole vault world, winning three USATF championships and a world indoor title, and earning a silver medal at the 2005 IAAF World Outdoor Championships. In October of 2005, Walker became the first Washington athlete ever to achieve a No. 1 ranking in the IAAF's Event-by-Event World Outdoor Rankings.

In Germany in July 2006, Walker became one of just 12 vaulters worldwide — and one of just four Americans — ever to clear six meters (19-8 1/4) in the event. That vault placed him in a tie for eighth all-time worldwide in the vault, and equaled the third-best ever by an American men's vaulter.

Walker, 25, has remained in Seattle since graduating to train with Licari at Washington's Dempsey Indoor facility. His work with Washington's vaulters will be balanced against a full international competition schedule, with the goal of qualifying for the 2008 Olympics in Beijing.

OTHER HUSKY SUPPORT STAFF

Scott Baebler.....	Event Manager (5th Year)
Karen Baebler.....	Asst. AD, Olympic Sports (10th Year)
Brian Beaky	Athletic Communications (6th Year)
Eric Davis.....	Academic Counselor (3rd Year)
Sherry Eischen.....	Program Coordinator (9th Year)
Matt Ludwig.....	Strength Coach (2nd Year)
Dr. Kim Harmon	Team Physician (9th Year)
Chip Lydum.....	Assoc. AD, Facilities (13th Year)
	Chief Administrator, Track & Field
Gary McGuire	Equipment Manager (8th Year)
Nicole Smith.....	Athletic Trainer (4th Year)
Josh Smith	Athletic Trainer (2nd Year)

Feb. 24-25	MPSF Championships (Seattle, Wash.): 1. Washington 107 ; 2. Stanford 100; 3. UCLA 88; 4. Arizona 84; 5. Oregon 76; 6. Arizona State 66; 7. California 52; 8. Long Beach State 45; 9. Washington State 41.
March 10-11	at NCAA Indoor Championships (Fayetteville, Ark.): Top-10 Teams - 1. Arkansas 53; 2. LSU 45; 3. Florida State 41; 4. Texas 35; 5. Tennessee 25; 6. Oregon 23; 7. Wisconsin 22; 8. Baylor 21; 9. Florida 20; 10. Arizona 18; t19. Washington 10 .
April 8	at Pepsi Invitational (Eugene, Ore.): 1. Washington 178 2/3 ; 2. Oregon 176; 3. Minnesota 172 1/3; 4. Boise State 84.
April 29	at WSU Dual (Pullman, Wash.): 1. Washington 112 , 2. Washington State 91
May 13-14	at Pac-10 Championships (Eugene, Ore.): 1. USC 140; 2. Oregon 133; 3. Arizona 122; 4. Washington 99 ; 5. UCLA 97; 6. Arizona State 76; 7. Stanford 60; 8. California 53; 9. Washington State 37.
May 26-27	at NCAA Regional Championships (Provo, Utah): Top-10 Teams - 1. USC 123; 2. BYU 86.5; 3. Arizona 75; 4. Washington 71 ; 5. Oregon 62; 6. California 47; 7. Washington State 39; 8. Boise State 33; 9. Stanford 28; 10. Arizona State 26.
June 7-10	at NCAA Championships (Sacramento, Calif.): Top-10 Teams - 1. Florida St. 67; 2. LSU 51; 3. Texas 36; 4. Arizona 34; 5. Arkansas 33; 6. Tennessee 32; 7. UTEP 31; 8. Wisconsin 30; 9. BYU 26; USC 26; North Carolina 26; t22. Washington 11 .

NOTE: Only scored meets listed; full schedule on following page.

- (Career best) listed if superior to 2006 season best.
- For indoor events, NCAA standards are listed Automatic / Provisional.
- Indoor marks and wind-aided marks above 4.0 mps (W) are not accepted for NCAA qualifying.

60-Meter Dash (Indoor)**NCAA: 6.62/6.72**

Isaiah Stanback	6.80 (2/25)
Davaon Spence	6.83 (2/11)
J.R. Wolfork	6.87 (2/24)
Shelton Sampson (6.84i)	7.12 (1/14)
Randy Bacon	7.16 (1/14)
Doug Blaty (7.09i)	7.24 (1/14)
Blake Bidleman	7.35 (2/24)
Corey Fredericks (7.24i)	7.37 (1/14)

100 Meters**NCAA Reg: 10.50**

* Isaiah Stanback	10.48 (5/13)
Doug Blaty (11.25)	11.44 (4/12)
Phil McCary	11.51 (5/6)
Blake Bidleman	11.55 (4/8)
Corey Fredericks	11.67 (4/12)

200 Meters**NCAA Reg: 21.19**

Jordan Boase (21.19i)	21.26 (4/29)
Bruce Jackson	21.88 (4/29)
Phil McCary	22.39 (4/8)
Michael Mateljan	23.41 (4/8)

200 Meters (Indoor)**NCAA: 20.83 / 21.23**

# Jordan Boase	21.19 (2/24)
Davaon Spence (21.61)	21.64 (2/24)
Shelton Sampson (21.18i)	22.72 (2/11)

400-Meter Dash**NCAA Reg: 47.26**

* Bruce Jackson (46.60)	46.41 (6/7)
Jordan Boase (47.76i)	47.83 (3/25)
Alex Harcourt	47.83 (4/15)
Blake Bidleman	50.44 (5/6)
Corey Fredericks (52.18i)	52.79 (4/12)
Doug Blaty (52.47)	53.19 (4/12)

400-Meter Dash (Indoor)**NCAA: 46.05 / 47.25**

Bruce Jackson (46.60)	47.82 (2/24)
Jordan Boase (47.76i)	47.84 (2/11)
Phil McCary (48.09i)	48.40 (3/4)
Kyle Still	49.20 (3/4)
Tim Freeman	50.89 (2/12)
Alex Harcourt	51.45 (2/11)
Blake Bidleman (50.81i)	51.67 (1/15)
Corey Fredericks	52.18 (1/15)

800 Meters**NCAA Reg: 1:50.40**

\$* Ryan Brown	1:46.29 (6/10)
* Austin Abbott (1:48.57i)	1:49.45 (4/15)
Shane Charles (1:49.59)	1:53.56 (3/25)
Tom Wyatt	1:54.49 (4/29)
Carl Moe (1:51.84)	1:53.91 (4/8)
Matt Owen	1:54.35 (3/18)
Bruce Jackson (1:49.68)	1:54.14 (5/6)

800 Meters (Indoor)

Ryan Brown (1:47.31)	1:50.19 (2/24)
Austin Abbott (1:48.57i)	1:50.59 (1/28)
Shane Charles (1:49.59)	1:50.68 (2/24)
Bruce Jackson (1:49.68)	1:52.31 (2/11)
Tim Freeman (1:50.25)	1:53.42 (1/28)
Phil McCary	1:54.03 (2/11)
Carl Moe (1:51.84)	1:54.08 (1/14)
Brad Liber	1:55.99 (1/28)
Kyle Still	1:56.66 (1/28)
Tom Peterson	1:56.80 (1/28)
Brian Williams	1:56.82 (1/28)

1,500 Meters**NCAA Reg: 3:47.80**

* Austin Abbott	3:44.30 (5/14)
* Carl Moe (3:44.91)	3:47.75 (5/14)
Ryan Brown	3:49.86 (3/31)
Jon Hickey (3:49.18)	3:51.99 (4/22)
Matt Owen (3:52.46)	3:53.22 (3/31)
Jon Harding	3:54.94 (3/18)
Mike Sayenko (3:55.33)	3:55.11 (5/6)
Mark Mandi (3:51.44)	3:55.53 (4/29)
Tom Wyatt	3:55.55 (3/31)
Chris Ahl	3:55.64 (3/31)
Kevin Peters (3:54.87)	3:56.20 (3/18)
Thomas Peterson	3:56.66 (3/18)
Jeremy Mineau	3:57.06 (3/18)
Caleb Knox	3:57.27 (5/6)
James Wilson (3:57.97)	4:02.31 (4/22)
Travis Boyd (4:00.95)	4:08.12 (5/6)
Blake Bidleman	4:31.08 (5/7)
Doug Blaty	4:48.95 (4/13)
Corey Fredericks	5:01.59 (4/13)

Mile (Indoor)**NCAA: 3:59.00 / 4:04.90**

# Austin Abbott	3:59.47 (2/11)
# Carl Moe	4:03.76 (2/25)
Brad Liber	4:10.46 (2/11)
Kelly Spady	4:11.42 (2/11)
Jeremy Mineau	4:11.68 (1/28)
Mike Sayenko	4:12.27 (1/28)
Matt Owen	4:12.50 (3/4)
Tom Peterson	4:13.23 (3/4)
James Wilson	4:15.63 (1/28)
Jon Hickey (4:08.28i)	4:17.75 (3/4)

Steeplechase**NCAA Reg: 9:07.00**

* Brad Liber	9:05.05 (5/13)
Caleb Knox	9:12.97 (4/1)
James Wilson	9:25.11 (4/1)

3,000 Meters (Indoor)**NCAA: 7:55.00 / 8:05.00**

Jon Harding	8:06.86 (2/25)
Mark Mandi (8:04.93)	8:12.28 (2/25)
Kevin Peters	8:14.79 (1/28)
Mike Sayenko (8:14.60i)	8:15.87 (2/11)
Jon Hickey	8:16.63 (2/11)
Kelly Spady	8:18.83 (2/25)
James Wilson	8:24.03 (3/4)
Matt Owen (8:22.25)	8:24.92 (1/28)
Tom Peterson	8:29.00 (2/11)
Travis Boyd (8:21.42i)	8:31.51 (2/11)
Caleb Knox	8:32.22 (3/4)

5,000 Meters**NCAA Reg: 14:10.00**

Carl Moe	14:14.59 (3/31)
Jon Harding	14:20.90 (3/31)
Mark Mandi (14:05.99)	14:22.99 (4/21)
Kevin Peters (14:16.62i)	14:29.14 (4/21)
Jon Hickey (14:11.39i)	14:39.83 (5/14)
Mike Sayenko (14:18.07i)	14:41.67 (4/21)
Matt Owen (14:27.66)	14:53.12 (4/8)
Jeremy Mineau (13:54.03i)	14:53.25 (5/14)
Chris Ahl	14:59.46 (4/21)
Travis Boyd (14:29.90i)	15:11.27 (4/8)

5,000 Meters (Indoor)**NCAA: 13:50.00 / 14:11.90**

\$# Jeremy Mineau	13:54.03 (2/24)
Kevin Peters	14:16.62 (2/24)
Mike Sayenko	14:18.07 (2/24)
Jon Harding	14:22.59 (3/4)
Mark Mandi (14:05.99)	14:26.03 (2/24)
Travis Boyd (14:29.90i)	14:59.76 (3/4)

10,000 Meters**NCAA: 28:45.00 / 29:30.00**

# Jeremy Mineau	28:49.69 (3/31)
# Kevin Peters	29:22.47 (3/31)
Mike Sayenko (29:50.09)	30:21.37 (3/31)
Travis Boyd (30:11.99)	30:37.56 (4/21)
Mark Mandi (29:38.71)	31:45.14 (5/13)

60-Meter Hurdles (Indoor)**NCAA: 7.70 / 7.91**

Corey Williams	8.27 (2/11)
Blake Bidleman	8.56 (2/25)
Michael Mateljan	8.54 (3/4)
Corey Fredericks	9.16 (3/4)
Doug Blaty	9.85 (3/4)

110-Meter Hurdles**NCAA Reg: 14.30**

Blake Bidleman	15.10W (4/8)
	15.39 (5/7)
Michael Mateljan	15.24w (4/22)
	15.50 (3/18)
Corey Fredericks (16.44)	17.23 (4/13)
Doug Blaty	18.86 (3/18)

400-Meter Hurdles**NCAA Reg: 52.51**

\$* Shane Charles	49.51 (5/14)
* Phil McCary	52.27 (5/13)
Kyle Still	53.15 (4/15)

4x100-Meter Relay**NCAA Reg: 40.66**

* Boase/Harcourt/Charles/Stanback	40.07 (4/29)
* McCary/Harcourt/Boase/Stanback	40.39a (5/26)
	40.77 (3/25)
McCary/Mateljan/Fredericks/Blaty	43.23 (4/8)

4x400-Meter Relay**NCAA Reg: 3:10.00**

* Boase/Charles/Brown/Jackson	3:04.22 (6/8)
* Boase/Charles/McCary/Jackson	3:07.08 (5/14)
Boase/McCary/Jackson/Still	3:11.28 (4/29)
Harcourt/McCary/Abbott/Still	3:12.83 (4/15)

4x400-Meter Relay (Indoor)**NCAA: 3:05.00 / 3:10.40**

# Boase/Brown/Charles/Jackson	3:07.03 (3/11)
# Harcourt/Brown/Charles/Jackson	3:07.86 (3/4)
Harcourt/Charles/McCary/Boase	3:11.64 (1/28)
Brown/Boase/McCary/Jackson	3:11.94 (2/11)

2006 Men's Best Marks

Dist. Medley Relay (Indoor)

# Abbott/Jackson/Brown/Moe	NCAA: 9:33.00 / 9:43.70
Abbott/Harcourt/Brown/Moe	9:35.35 (3/3)
Moe/McCary/Abbott/Liber	9:44.54 (1/28)
Liber/McCary/Freeman/Harding	9:51.03 (2/24)
Hickey/B. Williams/Owen/Peterson	9:51.60 (1/28)
	10:07.44 (1/28)

High Jump**NCAA Reg: 6-10 3/4 (2.10)**

* Norris Frederick	7-1 (2.16)	(5/14)
* Warren Eickhoff (7-0 1/2)	6-10 3/4 (2.10)	(5/6)
Blake Bidleman (6-0 3/4)	6-0 3/4 (1.85)	(4/29)
Corey Fredericks (5-10 1/2)	5-9 3/4 (1.77)	(4/12)
Doug Blaty (5-7 1/4)	5-7 (1.70)	(3/18)

High Jump (Indoor)**NCAA: 7-3 3/4 (2.23) / 7-1 1/2 (2.17)**

Norris Frederick (7-0 1/2)	7-0 1/4 (2.14)	(2/25)
Warren Eickhoff (7-0 1/2)	6-10 3/4 (2.10)	(3/4)
Teddy Davis (7-1)	6-4 3/4 (1.95)	(1/28)
Blake Bidleman	6-0 3/4 (1.85)	(2/24)
Corey Fredericks	5-10 1/2 (1.79)	(1/27)

Pole Vault**NCAA Reg: 16-6 3/4 (5.05)**

* Sam Roberts (17-3)	17-0 3/4 (5.20)	(5/13)
* Seth Perrins	16-7 1/4 (5.06)	(5/26)
Scott Finley (16-7 1/2)	15-3 (4.65)	(4/29)
Blake Bidleman (13-11 3/4)	12-11 1/2 (3.95)	(5/7)
Doug Blaty	12-11 1/2 (3.95)	(4/29)
Corey Fredericks	11-11 3/4 (3.65)	(4/13)

Pole Vault (Indoor)**NCAA: 18-0 1/2 (5.50) / 17-0 3/4 (5.20)**

# McKane Lee (17-5)	17-4 1/2 (5.30)	(1/14)
Sam Roberts (17-3)	17-0 3/4 (5.20)	(1/28)
Scott Finley	16-7 1/2 (5.07)	(3/4)
Seth Perrins (16-5 1/4)	16-1 3/4 (4.92)	(3/4)
Blake Bidleman	13-11 3/4 (4.26)	(2/25)
Corey Fredericks	11-11 3/4 (3.65)	(1/15)

Long Jump**NCAA Reg: 24-1 (7.34)**

* Norris Frederick (25-6 1/4)	25-10w (7.87)	(5/13)
	25-4 3/4 (7.75)	(5/26)
J.R. Wolfork (24-8 1/4)	23-5 1/4w (7.14)	(3/31)
	22-9 1/4 (6.94)	(4/22)
Corey Fredericks (22-4 1/2)	20-3 1/2 (6.18)	(4/12)
Blake Bidleman (20-8)	20-2 1/2 (6.16)	(4/12)
Doug Blaty (22-6 1/2)	19-8 1/4 (6.00)	(4/12)

Long Jump (Indoor)**NCAA: 25-9 1/4 (7.85) / 24-5 1/2 (7.45)**

# Norris Frederick (25-6 1/4)	25-2 1/2 (7.68)	(2/24)
J.R. Wolfork (24-8 1/4)	23-9 1/2 (7.25)	(2/24)
Doug Blaty	22-6 1/2 (6.87)	(1/14)
Corey Fredericks (22-4 1/2)	21-5 1/4 (6.53)	(1/14)
Blake Bidleman	20-8 (6.30)	(2/24)

Triple Jump**NCAA Reg: 49-5 3/4 (15.08)**

J.R. Wolfork (48-6)	46-4 3/4w (14.14)	(5/14)
	43-3 (13.18)	(4/29)
Corey Fredericks (45-0 1/4)	39-8 (12.09)	(4/29)

Triple Jump (Indoor)**NCAA: 53-13/4 (16.20) / 50-10 1/4 (15.50)**

No competitors

Shot Put**NCAA Reg: 55-1 1/2 (16.80)**

Daniel Te'o-Nesheim	53-11 (16.43)	(5/6)
Will Conwell (55-1 1/2)	52-10 (16.10)	(4/29)
Martin Bingisser	48-6 (14.78)	(4/29)
Blake Bidleman (42-6)	39-7 (12.06)	(5/6)
Doug Blaty (40-8 3/4)	39-3 (11.96)	(4/12)
Corey Fredericks (41-0 1/2)	38-1 1/4 (11.61)	(4/12)

Shot Put (Indoor)**NCAA: 63-4 (19.30) / 58-3 (17.75)**

Will Conwell	55-1 1/2 (16.80)	(2/25)
Daniel Te'o-Nesheim	52-8 (16.05)	(3/4)
Blake Bidleman	42-6 (12.95)	(2/11)
Corey Fredericks	41-0 1/2 (12.51)	(2/11)
Doug Blaty	40-8 3/4 (12.41)	(1/15)

Weight Throw (Indoor)**NCAA: 69-6 3/4 (21.20) / 62-4 (19.00)**

# Martin Bingisser	64-8 3/4 (19.73)	(2/24)
Will Conwell	58-0 1/4 (17.68)	(1/28)

Key:

- NCAA championship meet competitors underlined
- * — NCAA Regional Championships qualifying mark
- # — NCAA provisional qualifying mark
- @ — NCAA automatic qualifying mark
- \$ — Washington school record
- w — Wind-aided mark between 2.0-4.0 mps
- W — Wind-aided mark greater than 4.0 mps
- a — Mark adjusted for altitude per NCAA standards

Jan. 14, UW Indoor Preview, Seattle

Jan. 15, UW Open #1, Seattle

Jan. 27-28, National Pole Vault Summit, Reno, Nev.¹

Jan. 27-28, UW Indoor Invitational, Seattle

Jan. 29, UW Open #2, Seattle

Feb. 11, The Husky Classic, Seattle

Feb. 12, UW Open #3, Seattle

Feb. 24-25, MPSF Championships, Seattle

Mar. 3-4, Alex Wilson Invitational, South Bend, Ind.²

Mar. 4, NCAA Last Chance Qualifier, Seattle

Mar. 10-11, NCAA Indoor Championships, Fayetteville, Ark.

Mar. 18, UW Outdoor Preview, Seattle

Mar. 25, Springtime Invitational, Auburn, Ala.³

Mar. 25, ASU Invitational, Tempe, Ariz.

Mar. 31-Apr. 1, Stanford Invitational, Palo Alto, Calif.

Apr. 8, Pepsi Invitational, Eugene, Ore.

Apr. 12-13, California Invitational Multi-Events, Azusa, Calif.

Apr. 14-15, Mt. SAC Relays, Walnut, Calif.¹

Apr. 15, Brutus Hamilton Invitational, Berkeley, Calif.

Apr. 21-22, Oregon Invitational, Eugene, Ore.

Apr. 22, UCSD Triton Invitational, San Diego, Calif.⁴

Apr. 29, UW-WSU Dual, Seattle

May 6, Ken Shannon Invitational, Seattle

May 6-7, Pac-10 Championships Multi-Events, Eugene, Ore.⁵

May 13-14, Pac-10 Championships, Eugene, Ore.

May 26-27, NCAA West Regional Champ's, Provo, Utah

June 7-10, NCAA Championships, Sacramento, Calif.

¹ - Roberts only.² - 4x400m, DMR only.³ - Throwers only.⁴ - Conwell only.⁵ - Bidleman only.**Discus****NCAA Reg: 169-7 (51.70)**

* Will Conwell	200-1 (60.98)	(4/22)
Daniel Te'o-Nesheim	166-5 (50.72)	(5/6)
Martin Bingisser	137-0 (41.76)	(4/29)
Doug Blaty	129-7 (39.50)	(4/13)
Blake Bidleman	128-4 (39.11)	(4/29)
Corey Fredericks	116-1 (35.39)	(4/13)

Hammer Throw**NCAA Reg: 182-5 (55.60)**

* Martin Bingisser	212-9 (64.85)	(4/29)
* Will Conwell	182-10 (55.73)	(5/13)

Javelin**NCAA Reg: 202-1 (61.60)**

* Juan Romero	233-10 (71.29)	(5/13)
Dave Nyland (199-2)	200-0 (60.95)	(4/22)
Corey Fredericks	149-10 (45.67)	(4/13)
Doug Blaty (156-3)	149-8 (45.61)	(4/13)
Blake Bidleman	142-10 (43.55)	(5/7)

Heptathlon (Indoor)**NCAA: 5,650 / 5,200**

\$ Blake Bidleman	5,126	(2/25)
Corey Fredericks (4,551)	4,523	(1/28)

Decathlon**NCAA: 7,500 / 7,000**

Blake Bidleman	6,590	(5/7)
Corey Fredericks	5,989	(4/13)
Doug Blaty	5,924	(4/13)

Feb. 24-25	MPSF Championships (Seattle, Wash.): 1. Stanford 161; 2. Arizona State 115; 3. California 109; 4. Arizona 64; 5. Washington 60.5 ; 6. Oregon 53; 7. UCLA 41.5; 8. Washington State 38.5; 9. Long Beach State 9; 10. UC Irvine 6.5; 11. Cal Poly 3.
March 10-11	at NCAA Indoor Championships (Fayetteville, Ark.): Top-10 Teams - 1. Texas 51; 2. Stanford 36; 3. Arizona 30; 4. No. Carolina 29; t5. Miami 27, Georgia 27; 7. LSU 25; t8. USC 21, Auburn 21; t10. Northern Ariz. 20, So. Carolina 20; Washington DNS .
April 8	at Pepsi Invitational (Eugene, Ore.): 1. Oregon 203; 2. Penn State 199; 3. Washington 152 ; 4. Boise State 95.
April 29	at WSU Dual (Pullman, Wash.): 1. Washington State 111.5; 2. Washington 91.5
May 13-14	at Pac-10 Championships (Eugene, Ore.): 1. Arizona State 154; 2. Stanford 151.5; 3. USC 112; 4. UCLA 103; 5. Oregon 97; 6. California 76; 7. Washington 41 ; 8. Wash. State 40; 9. Arizona 37; 10. Oregon State 4.
May 26-27	at NCAA Regional Championships (Provo, Utah): Top-10 Teams - t1. Stanford 94, USC 94; 3. UCLA 92.5; 4. Arizona State, 82; 5. Oregon 62; 6. California 47; 7. Washington 30 ; 8. Utah State 28; 9. Arizona 25; t10. BYU 20, Washington State 20.
June 7-10	at NCAA Championships (Sacramento, Calif.): Top-10 Teams - 1. Auburn 57; 2. USC 38.5; 3. South Carolina 38; t4. Arizona State 37, Nebraska 37; 6. Texas 36; t7. LSU 30, Miami 30; 9. Georgia 25.75; 10. Texas A&M 24; t21. Washington 12 ; Air Force 12.

NOTE: Only scored meets listed; full schedule below.

- (Career best) listed if superior to 2006 season best.
- For indoor events, NCAA standards are listed Automatic / Provisional.
- Indoor marks and wind-aided marks above 4.0 mps (W) are not accepted for NCAA qualifying.

60-Meter Dash (Indoor)

NCAA: 7.27 / 7.44

\$# Ashley Lodree	7.38 (2/11)
Jennifer Nash	7.68 (2/11)
Brynne Steward (7.86i)	7.95 (3/4)
Liz Fuller	8.04 (3/4)
Kaisa Keranen	8.05 (1/14)
Chanda Hardin-Scott (8.00)	8.32 (1/14)

100 Meters

NCAA Reg: 11.75

Ashley Lodree	11.3h (4/8)
	11.76 (4/29)
Jennifer Nash (11.98)	12.05w (4/15)
	12.13 (3/25)
Syreeta Martin	12.46 (4/29)
Chanda Hardin-Scott (12.71)	12.85 (4/29)
Carly Dockendorf	13.04 (5/6)

200 Meters

NCAA Reg: 23.96

Lauran Dignam (24.34)	24.39 (4/29)
Ashley Lodree (24.42)	24.56 (4/8)
Kinyatta Leonhardt	25.20 (4/29)
Jennifer Nash	25.38 (3/25)
Liz Fuller	25.76 (5/6)
Chanda Hardin-Scott (26.08)	26.69 (4/29)
Kaisa Keranen	26.93 (4/12)

200 Meters (Indoor)

NCAA: 23.30 / 23.90

\$ Ashley Lodree	24.42 (2/11)
Lauran Dignam (24.34)	25.31 (1/14)
Jennifer Nash	25.33 (1/28)
Brynne Steward	25.51 (2/11)
Kinyatta Leonhardt (25.34)	25.67 (3/4)
Chanda Hardin-Scott (26.08)	27.84 (1/14)
Danielle Wilson	27.88 (2/11)
Brenda Baxter (26.60i)	28.01 (1/14)
Liz Fuller	28.59 (2/11)
Mallory Higgins (28.84)	29.17 (1/28)

400-Meter Dash

NCAA Reg: 54.61

*\$ Lauran Dignam	54.31 (4/29)
Kinyatta Leonhardt	55.53 (4/29)
Syreeta Martin	58.61 (4/22)
Emily Collins	59.91 (4/29)
Danielle Wilson (1:03.59i)	1:04.40 (3/18)

400 Meters (Indoor)

NCAA Indoor: 52.40 / 54.40

Lauran Dignam (54.41)	55.46 (3/4)
Kinyatta Leonhardt	58.17 (2/24)
Syreeta Martin	58.61 (3/4)
Falesha Ankton	59.08 (3/4)
Brenda Baxter (1:00.05i)	1:01.34 (1/14)
Danielle Wilson	1:03.59 (1/28)
Sarah Henry	1:03.64 (1/28)
Liz Fuller	1:05.99 (1/15)
Mallory Higgins (1:07.22i)	1:08.96 (2/11)

800 Meters

* Dani Schuster	
* Amanda Miller (2:06.76i)	

Amy Lia (2:09.73i)	
Kira Harrison (2:09.26)	
Annaliese Chapa	
Trisha Rasmussen	
Emily Collins (2:14.93i)	
Lindy Wright	
Liz Fuller	
Kaisa Keranen (2:35.78i)	
Sarah Henry (2:34.87i)	

800 Meters (Indoor)

NCAA Indoor: 2:05.70 / 2:09.00

# Amanda Miller (2:06.76i)	2:07.64 (3/4)
Dani Schuster	2:12.70 (2/11)
Emily Collins	2:14.93 (3/4)
Annaliese Chapa	2:15.05 (1/28)
Daria Pavlov	2:24.80 (2/24)
Sarah Henry	2:34.87 (2/11)
Kaisa Keranen	2:35.78 (1/27)
Liz Fuller	2:38.24 (1/27)

1,500 Meters

NCAA Reg: 4:27.80

* Amy Lia	4:23.11 (4/1)
* Amanda Miller	4:30.56 (4/22)
Annaliese Chapa	4:37.28 (4/21)
Brianna McLeod (4:32.82)	4:38.34 (4/21)
Dani Schuster	4:48.46 (4/29)
Brooke Lademan	5:02.06 (5/6)
Tina Gall	5:08.83 (5/6)
Olivia Garrow (5:00.90)	

Mile (Indoor)

NCAA Indoor: 4:38.50 / 4:47.00

# Amy Lia	4:44.34 (3/4)
Annaliese Chapa	4:50.09 (3/4)
Amanda Miller	4:52.05 (2/11)
Dani Schuster	4:56.27 (3/4)
Brianna McLeod (4:53.23i)	4:57.39 (3/4)
Tori Tyler	5:03.58 (1/28)
Brooke Lademan	5:05.18 (3/4)
Kira Harrison (4:51.51i)	5:08.69 (1/14)
Trish Rasmussen	5:06.54 (3/4)
Tina Gall (5:18.86i)	5:23.78 (1/14)
Lindy Wright	5:26.47 (1/14)
Karen Schwager (5:14.36i)	5:28.16 (3/4)

Steeplechase

NCAA Reg: 10:50.25

Trish Rasmussen	11:04.87 (5/13)
Karen Schwager (11:01.27)	11:37.22 (4/8)

3,000 Meters (Indoor)

NCAA Indoor: 9:16.00 / 9:35.00

Anita Campbell	9:36.21 (2/11)
Brooke Lademan	9:50.90 (2/25)
Tori Tyler	9:51.34 (2/11)
Brooke Lademan	9:50.90 (2/25)
Brianna McLeod (10:03.59i)	10:04.87 (2/25)
Trisha Rasmussen (10:13.17i)	10:17.24 (2/11)
Tina Gall	10:38.46 (3/4)
Olivia Garrow	10:55.51 (3/4)

5,000 Meters

NCAA Reg: 16:52.00

* Anita Campbell	16:29.91 (6/7)
* Brianna McLeod	16:51.96 (3/31)
Tori Tyler (17:07.58i)	17:11.02 (3/31)
Brooke Lademan	17:23.58 (3/31)
Trisha Rasmussen (17:34.36)	17:40.67 (4/21)
Sayaka Yoshinaga	18:01.31 (5/6)

5,000 Meters (Indoor)

NCAA: 16:10.00 / 16:45.00

# Anita Campbell	16:33.27 (2/24)
Tori Tyler	17:07.58 (2/24)
Trisha Rasmussen (17:34.36)	17:42.44 (2/24)

10,000 Meters

NCAA: 33:55.00 / 35:00.00

Tori Tyler	36:53.36 (5/13)
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60-Meter Hurdles (Indoor)

NCAA: 8.15 / 8.43

# Ashley Lodree (8.15i)	8.16 (1/28)
Brynne Steward	8.55 (3/4)
Falesha Ankton	8.93 (2/25)
Liz Fuller	8.97 (1/14)
Kaisa Keranen	9.27 (1/27)
Daria Pavlov	9.31 (2/24)

100-Meter Hurdles

NCAA Reg: 13.92

\$# Ashley Lodree	12.99aw (5/26)
	13.04a (5/27)
	13.13 (6/9)
Brynne Steward (14.05)	14.22 (4/15)
Falesha Ankton	14.58 (4/29)
Liz Fuller	14.71w (3/18)
	14.94 (5/6)
Kaisa Keranen	16.05 (4/12)

400-Meter Hurdles

NCAA Reg: 1:00.82

Syreeta Martin	1:02.78 (5/13)
Falesha Ankton	1:02.82 (4/22)
Lauran Dignam (1:02.52)	1:03.87 (3/18)
Mallory Higgins (1:11.14)	1:16.60 (3/18)

4x100-Meter Relay

NCAA Reg: 45.70

Dignam/Leonhardt/Ankton/Nash	46.07 (5/13)
Steward/Lodree/Dignam/Nash	46.21 (4/8)
Steward/Leonhardt/Dignam/Nash	46.72 (4/15)
Dignam/Leonhardt/Martin/Ankton	46.86 (5/6)
Steward/Dignam/Leonhardt/Lodree	46.94 (4/29)
Steward/Lodree/Leonhardt/Nash	47.28 (3/25)

4x400-Meter Relay

NCAA Reg: 3:42.00

Dignam/Leonhardt/Martin/Ankton	3:43.61 (5/14)
Dignam/Steward/Leonhardt/Martin	3:50.17 (3/25)

4x400-Meter Relay (Indoor)

NCAA: 3:33.50 / 3:40.00

Dignam/Steward/Leonhardt/Martin	3:44.90 (2/25)
Martin/Steward/Miller/Dignam	3:49.62 (2/11)
Lodree/Steward/Ankton/Dignam	3:49.99 (1/28)
Ankton/Steward/Leonhardt/Dignam	3:52.01 (1/14)
Lodree/Nash/Martin/Wilson	4:00.96 (1/14)
Martin/Wilson/Collins/Henry	4:08.56 (1/28)

Dist. Medley Relay (Indoor)

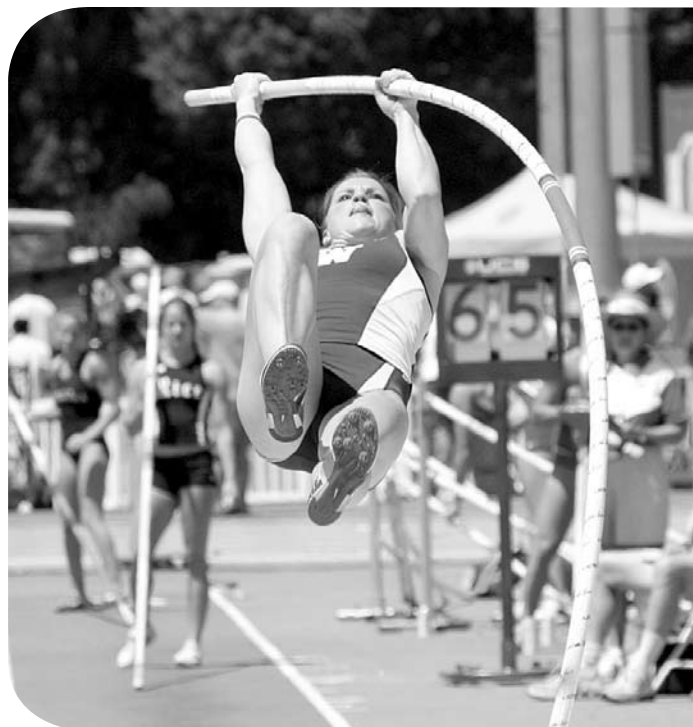
NCAA: 11:09.00 / 11:28.00

McLeod/Dignam/Miller/Lia	11:38.61 (1/27)
Schuster/Martin/Chapa/McLeod	11:47.95 (2/24)
Lademan/Schuster/McLeod/Rasmussen	12:10.15 (3/4)

High Jump

NCAA Reg: 5-8 3/4 (1.75)

Liz Fuller	5-7 (1.70) (4/29)
Daria Pavlov	5-7 (1.70) (5/13)
Laurie Roberts	5-7 (1.70) (4/29)
Lindsay Todd	5-5 1/4 (1.66) (4/22)
Kaisa Keranen	5-1 1/4 (1.56) (4/12)



Carly Dockendorf qualified for her fifth-straight NCAA Championships in 2006, and topped 13-7 both indoors and out.

High Jump (Indoor)

	NCAA: 6-0 1/2 (1.84) / 5-10 (1.78)
Daria Pavlov	5-7 3/4 (1.72) (2/24)
Liz Fuller	5-7 (1.70) (1/14)
Laurie Roberts	5-5 1/4 (1.66) (1/28)
Lindsay Todd	5-5 1/4 (1.66) (3/4)
Kaisa Keranen	4-10 1/2 (1.49) (1/27)

Pole Vault

	NCAA Reg: 12-5 1/2 (3.80)
* Carly Dockendorf (13-9 1/4i)	13-7 1/4 (4.15) (5/14)
* Kelley DiVesta	13-5 1/4 (4.10) (6/8)
* Ashley Wildhaber (13-9 1/4i)	12-11 1/2 (3.95) (5/14)
Myrriah Swango (12-6)	12-1 1/2 (3.70) (4/8)
Ali Moore	11-11 3/4 (3.65) (5/14)
Stevie Marshalek (13-7 1/4i)	11-9 3/4 (3.60) (3/18)

Pole Vault (Indoor)

	NCAA: 13-9 1/4 (4.20) / 12-11 1/2 (3.95)
# Carly Dockendorf (13-9 1/4)	13-7 3/4 (4.16) (3/4)
# Stevie Marshalek (13-7 1/4i)	13-5 3/4 (4.11) (3/4)
# Ashley Wildhaber (13-9 1/4i)	13-1 (3.99) (2/24)
Kelley DiVesta (13-3 3/4)	12-7 1/4 (3.84) (2/24)
Myrriah Swango	12-6 (3.81) (3/4)

Long Jump

	NCAA Reg: 19-7 (5.97)
Liz Fuller	18-9 3/4w (5.73) (5/13)
	18-4 1/4 (5.59) (4/13)
Kaisa Keranen (17-5 1/2)	17-9 3/4w (5.43) (4/8)
	17-3 1/4 (5.26) (4/13)
Daria Pavlov (19-0 1/2i)	16-10 (5.13) (5/13)
Carly Dockendorf	16-0 1/2 (4.89) (3/18)

Long Jump (Indoor)

	NCAA: 21-0 (6.40) / 20-0 1/4 (6.10)
Daria Pavlov	19-0 1/2 (5.80) (1/27)
Liz Fuller	18-3 1/4 (5.57) (3/4)
Kaisa Keranen	17-5 1/2 (5.32) (1/14)

Triple Jump

	NCAA Reg: 40-5 (12.32)
Liz Fuller	38-1 1/2w (11.62) (5/14)
	36-9 (11.20) (4/8)
Lindsay Todd (35-1 1/4i)	34-8 1/2 (10.58) (4/8)
Allison Moore	33-5 3/4 (10.19) (4/29)

Triple Jump (Indoor)

	NCAA: 43-7 3/4 (13.30) / 41-6 (12.65)
Daria Pavlov	38-7 1/2 (11.77) (2/25)
Lindsay Todd (35-1 1/4)	34-11 (10.64) (1/28)

Shot Put

	NCAA Reg: 46-11 (14.30)
* Sheree Ellis	46-11 3/4 (14.32) (4/29)
Liz Fuller (40-10 1/2i)	37-8 (11.48) (4/29)
Arlecier West	35-4 (10.77) (4/29)
Kaisa Keranen (33-6i)	31-10 (9.70) (4/12)

Shot Put (Indoor)

	NCAA: 55-5 1/2 (16.90) / 50-6 1/4 (15.40)
Sheree Ellis (46-11 3/4i)	45-11 3/4 (14.01) (2/25)
Liz Fuller	40-10 1/2 (12.46) (1/27)
Daria Pavlov	38-0 3/4 (11.60) (2/24)
Kaisa Keranen	33-6 (10.21) (1/15)

Weight Throw (Indoor)

	NCAA: 68-10 3/4 (21.00) / 62-4 (19.00)
Arlecier West (50-11 1/2i)	50-8 1/4 (15.45) (2/11)

Discus

	NCAA Reg: 155-2 (47.30)
Sheree Ellis	122-8 (37.39) (4/15)
Arlecier West	117-3 (35.74) (3/18)

Hammer Throw

	NCAA Reg: 177-7 (54.15)
Arlecier West	153-3 (46.72) (4/29)
Sheree Ellis	79-6 (24.23) (4/29)

Javelin

	NCAA Reg: 142-6 (43.45)
* Tiffany Zahn	161-9 (49.30) (5/13)
Kaisa Keranen	124-2 (37.85) (3/18)
Liz Fuller	114-10 (35.00) (5/7)
Corrine Baldassin	110-0 (33.53) (4/8)
Daria Pavlov	98-4 (29.98) (3/18)

Pentathlon (Indoor)

	NCAA: 4,050 / 3,700
# Daria Pavlov	3,854 (2/24)
Liz Fuller	3,610 (2/24)
Kaisa Keranen	3,213 (1/27)

Heptathlon

	NCAA: 5,500 / 5,000
Liz Fuller	4,821 (5/7)
Kaisa Keranen	4,469 (4/13)

Key:

- NCAA championship meet competitors underlined
- * — NCAA Regional Championships qualifying mark
- # — NCAA provisional qualifying mark
- @ — NCAA automatic qualifying mark
- \$ — Washington school record
- i — Mark set indoors
- w — Wind-aided mark between 2.0-4.0 mps
- W — Wind-aided mark greater than 4.0 mps
- a — Mark adjusted for altitude per NCAA standards

Jan. 14, UW Indoor Preview, **Seattle**
 Jan. 15, UW Open #1, **Seattle**
 Jan. 27-28, UW Indoor Invitational, **Seattle**
 Jan. 28, National Pole Vault Summit, **Reno, Nev.**
 Jan. 29, UW Open #2, **Seattle**
 Feb. 11, The Husky Classic, **Seattle**
 Feb. 12, UW Open #3, **Seattle**
 Feb. 24-25, MPSF Championships, **Seattle**
 Mar. 4, NCAA Last Chance Qualifier, **Seattle**
 Mar. 10-11, NCAA Indoor Championships, **Fayetteville, Ark.**
 Mar. 18, UW Outdoor Preview, **Seattle**
 Mar. 25, Springtime Invitational, **Auburn, Ala.**¹
 Mar. 25, ASU Invitational, **Tempe, Ariz.**
 Mar. 31-Apr. 1, Stanford Invitational, **Palo Alto, Calif.**
 Apr. 8, Pepsi Invitational, **Eugene, Ore.**
 Apr. 12-13, California Invitational Multi-Events, **Azusa, Calif.**
 Apr. 14-15, Mt. SAC Relays, **Walnut, Calif.**²
 Apr. 15, Brutus Hamilton Invitational, **Berkeley, Calif.**
 Apr. 20-22, Oregon Invitational, **Eugene, Ore.**
 Apr. 29, UW-WSU Dual, **Seattle**
 May 6, Ken Shannon Invitational, **Seattle**
 May 6-7, Pac-10 Championships Multi-Events, **Eugene, Ore.**³
 May 13-14, Pac-10 Championships, **Eugene, Ore.**
 May 26-27, NCAA West Regional Champ's, **Provo, Utah**
 June 7-10, NCAA Championships, **Sacramento, Calif.**

¹ - Throwers only.

² - Lodree, vaulters only.

³ - Fuller only.

MPSF Indoor Championships

Feb. 24-25 • Seattle, Wash.

Washington's men's team won its first conference title of any kind in nearly 80 years at the 2006 Mountain Pacific Sports Federation Championships at Dempsey Indoor, knocking off seven of the other eight Pac-10 teams and a handful of Big West opponents. The three individual titles won by sophomore **Norris Frederick** (long jump) and juniors **Martin Bingisser** (weight throw) and **Ryan Brown** (800 meters) equaled the third-most conference titles in UW history — indoors or out — while the team's win was its first in conference championship competition since winning the Pacific Coast Conference crown in 1928. The Huskies saw a 30-point day-two lead dwindle to just seven by meet's end, after scratches in the pole vault and triple jump and a dropped stick in the 4x400-meter relay. Still, Washington's 107 points were enough to hold off Stanford (100) and four-time defending champion UCLA (88) for UW's first-ever indoor conference crown. Sophomore **Ashley Lodree's** victory in the hurdles helped the UW women to fifth at 60.5, while Stanford won its fourth-straight MPSF women's crown with a 161-point total. In all, athletes competing at the two-day meet combined for 122 NCAA qualifying marks, while setting seven meet records and three facility bests.

Men

Team Scoring: 1. Washington 107; 2. Stanford 100; 3. UCLA 88; 4. Arizona 84; 5. Oregon 76; 6. Arizona State 66; 7. California 52; 8. Long Beach State 45; 9. Washington State 42.

UW Scorers:

1st	Martin Bingisser	Weight Throw	64-8 3/4
1st	Ryan Brown	800m Run	1:50.35
1st	Norris Frederick	Long Jump	25-2 1/2
2nd	Austin Abbott	Mile Run	4:02.72
2nd	Jordan Boase	200m Dash	21.26
2nd	Norris Frederick	High Jump	7-0 1/4
2nd	Jeremy Mineau	5000m Run	13:54.03
2nd	Isaiah Stanback	60m Dash	6.80
4th	Carl Moe	Mile Run	4:03.76
4th	J.R. Wolfork	Long Jump	23-9 1/2
4th	Moe/McCary	Dist. Med. Relay	9:51.03
5th	Davaon Spence	200m Dash	21.80
6th	Shane Charles	800m Run	1:51.35
6th	Jon Harding	3000m Run	8:06.86
6th	Sam Roberts	Pole Vault	16-7 1/4
6th	Davaon Spence	60m Dash	6.88
7th	Blake Bidleman	Heptathlon	5,126
8th	J.R. Wolfork	60m Dash	6.98



Norris Frederick won the indoor conference title in the long jump, and was second in the high jump.

Women

Team Scoring: 1. Stanford 161; 2. Arizona State 115; 3. California 109; 4. Arizona 64; 5. Washington 60.5; 6. Oregon 53; 7. UCLA 41.5; 8. Washington State 38.5; 9. Long Beach State 9; 10. UC Irvine 6.5; 11. Cal Poly 3.

UW Scorers:

1st	Ashley Lodree	60m Hurdles	8.17
2nd	Anita Campbell	5000m Run	16:33.27
3rd	Ashley Lodree	60m Dash	7.39
4th	Carly Dockendorf	Pole Vault	13-5
4th	Daria Pavlov	Pentathlon	3,854
5th	Amanda Miller	800m Run	2:08.00
5th	Ashley Wildhaber	Pole Vault	13-1
5th	Dignam/Steward	4x400m	3:44.90
5th	Leonhardt/Lodree		
5th	Schuster/Martin	Dist. Med. Relay	11:47.95
7th	Amy Lia	Mile Run	4:52.18
8th (tie)	Daria Pavlov	High Jump	5-5 1/4

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Ashley Lodree earned her third-career All-America honor with a ninth-place finish in the hurdles at the 2006 NCAA Indoor meet.

NCAA Indoor Championships

Mar. 10-11 • Fayetteville, Ark.

Washington's track and field teams combined for 10 All-America honors at the 2006 NCAA Indoor Championships, equaling a UW single-meet record set just last year. An all-time best nine of those honors went to UW men, including top-five finishes in the 4x400-meter and distance medley relays, and a 12th-place effort in the long jump for sophomore **Norris Frederick**. Washington's 4x4 — including sophomore **Jordan Boase**, junior **Ryan Brown** and seniors **Shane Charles** and **Bruce Jackson** — earned a third-place finish, best-ever by a UW relay indoors, while the distance medley relay squad of Brown, Jackson and sophomores **Carl Moe** and **Austin Abbott** matched the 2005 DMR's fifth-place NCAA finish. Washington's women were also outstanding, with junior **Ashley Lodree** netting her third-career All-America honor (9th, 60m hurdles), and **Carly Dockendorf** (12th) and **Stevie Marshalek** (14th) each earning top-15 finishes in the women's pole vault.

Men

Top-10 Teams: 1. Arkansas 53; 2. LSU 45; 3. Florida State 41; 4. Texas 35; 5. Tennessee 25; 6. Oregon 23; 7. Wisconsin 22; 8. Baylor 21; 9. Florida 20; 10. Arizona 18; **t19. Washington 10.**

UW Participants:

3rd	Boase/Brown	4x400m Relay	3:07.03
	Charles/Jackson		
5th	Moe/Jackson	Dist. Med. Relay	9:39.96
	Brown/Abbott		
12th	Norris Frederick	Long Jump	24-3 3/4

Women

Top-10 Teams: 1. Texas 51; 2. Stanford 36; 3. Arizona St. 30; 4. No.Carolina 29; t5. Miami 27, Georgia 27; 7. LSU 25; t8. USC 21, Auburn 21; t10. Northern Ariz. 20, So. Carolina 20; **Washington DNS.**

UW Participants:

9th	Ashley Lodree	60m Hurdles	8.17
12th	Carly Dockendorf	Pole Vault	13-1 1/2
14th	Stevie Marshalek	Pole Vault	12-7 1/2

2006 Postseason Summaries



Shane Charles was one of three Huskies to win Pac-10 titles in 2006, winning the 400-meter hurdles in a UW-record 49.51 seconds.

Men

Team Totals: 1. USC 140; 2. Oregon 133; 3. Arizona 122; **4. Washington 99**; 5. UCLA 97; 6. Arizona State 76; 7. Stanford 60; 8. California 53; 9. Washington State 37.

UW Scorers:

1st	Shane Charles	400m Hurdles	49.51
1st	Norris Frederick	Long Jump	25-10w
1st	Juan Romero	Javelin	233-10
2nd	Norris Frederick	High Jump	7-1
3rd	Martin Bingisser	Hammer	209-3
3rd	Ryan Brown	800m Run	1:49.61
3rd	Boase/Charles	4x400m Relay	3:07.08
4th	McCary/Jackson		
4th	Austin Abbott	1,500m Run	3:44.30
4th	Will Conwell	Discus	186-6
4th	Sam Roberts	Pole Vault	17-0 3/4
5th	Isaiah Stanback	100m Dash	10.50
5th	Boase/Harcourt	4x100m	40.31
5th (tie)	Warren Eickhoff	High Jump	6-6 3/4
6th	Austin Abbott	800m Run	1:53.29
6th	Brad Liber	Steeplechase	9:05.05
6th	Mike Sayenko	10,000m Run	31:11.57
7th	Bruce Jackson	400m Dash	47.94
8th	Blake Bidleman	Decathlon	6,590
8th	Alex Harcourt	400m Dash	48.15
8th	Seth Perrins	Pole Vault	16-6 3/4

Pac-10 Championships

May 13-14 • Eugene, Ore.

Senior **Shane Charles** broke UW and Grenadan national records in a Pac-10-winning performance in the 400-meter hurdles, while **Norris Frederick** (long jump) and **Juan Romero** (javelin) each earned titles of their own, leading UW's men to a fourth-place finish at the 2006 Pac-10 Championships. The three individual titlists were the most for a UW men's team since 1976, while the Huskies' fourth-place finish was the team's best since 1997. Fifteen of the 24 Washington men entered in the meet earned top-five finishes in at least one event, as did four UW women. Led by second-place finishers **Carly Dockendorf** (pole vault) and **Amy Lia** (1,500 meters), the Husky women placed seventh overall with 41 points, as Arizona State captured its first-ever Pac-10 women's crown with a 154-point total. USC (140) won the final event to edge host and defending champion Oregon (133) for the men's title, ahead of Arizona (122) and fourth-place Washington (99).

Women

Team Totals: 1. Arizona State 154; 2. Stanford 151.5; 3. USC 112; 4. UCLA 103; 5. Oregon 97; 6. California 76; 7. Washington 41; 8. Wash. State 40; 9. Arizona 37; 10. Oregon State 4.

UW Scorers:

2nd	Carly Dockendorf	Pole Vault	13-7 1/4
2nd	Amy Lia	1,500m Run	4:18.88
2nd	Tiffany Zahn	Javelin	161-9
4th	Ashley Lodree	100m Hurdles	13.59
6th	Anita Campbell	5,000m Run	16:50.21
6th	Dignam/Leonhardt	4x100m Relay	46.71
6th	Ankton/Nash		
6th	Dignam/Leonhardt	4x400m Relay	3:43.61
7th	Martin/Ankton		
7th	Kelley DiVesta	Pole Vault	13-3 1/2
8th	Lauran Dignam	400m Dash	54.50
8th	Dani Schuster	800m Run	2:13.82

NCAA West Regional Championships

May 26-27 • Provo, Utah

Senior **Shane Charles** won the 400m hurdles and helped UW to a win in the 4x400m relay, leading the Huskies to a team-record 14 automatic-qualifying performances at the 2006 NCAA West Regional. Charles' hurdles win earned UW's third individual Regional title in the last two years, while the 4x4's victory was the first by a UW relay in the postseason since the 1975 NCAA Championships. Other notable performances included those by **Norris Frederick**, who became the first Husky ever to qualify through the Regional system in two events with runner-up finishes in the high- and long jumps, and a school-record run of 13.04 seconds (after altitude adjustment) in the 100-meter hurdles for junior **Ashley Lodree**. Washington's men placed fourth in the event — best-ever for a UW men's or women's team — while the Huskies women were seventh.

Men

Top-10 Teams: 1. USC 123; 2. BYU 86.5; 3. Arizona 75; **4. Washington 71**; 5. Oregon 62; 6. California 47; 7. Washington State 39; 8. Boise State 33; 9. Stanford 28; 10. Arizona State 26.

UW Scorers:

1st	Shane Charles	400m Hurdles	49.98
1st	Boase/Charles	4x400m Relay	3:04.67
2nd	Norris Frederick	High Jump	6-11
2nd	Norris Frederick	Long Jump	25-4 3/4
2nd	Juan Romero	Javelin	226-4
3rd	Austin Abbott	1,500m Run	3:53.00
3rd	Ryan Brown	800m Run	1:48.49
4th	Martin Bingisser	Hammer	206-11
5th	Bruce Jackson	400m Dash	47.02
5th	Isaiah Stanback	100m Dash	10.46
6th	McCary/Harcourt	4x100m Relay	40.79
6th	Stanback/Boase		
8th	Will Conwell	Discus	186-1



Behind two NCAA Regional titles and 11 top-five finishes, UW's men earned a fourth-place finish at the 2006 West Regional in Provo, Utah.

Women

Top-10 Teams: t1. Stanford 94, USC 94; 3. UCLA 92.5; 4. Arizona State, 82; 5. Oregon 62; 6. California 47; **7. Washington 30**; 8. Utah State 28; 9. Arizona 25; t10. BYU 20, Washington State 20.

UW Scorers:

3rd	Anita Campbell	5,000m Run	17:04.86
3rd	Carly Dockendorf	Pole Vault	13-3 3/4
3rd	Amy Lia	1,500m Run	4:25.02
3rd	Ashley Lodree	100m Hurdles	13.00
4th	Kelley DiVesta	Pole Vault	13-3 3/4
6th	Amanda Miller	800m Run	2:09.77

NCAA Outdoor Championships

June 7-10 • Sacramento, Calif.

Ryan Brown won the 800 meters and **Amy Lia** won the 1,500 meters at the 2006 NCAA Track and Field Championships in Sacramento, capping an historic week for Washington track and field.

Brown and Lia were just the fifth pair of UW teammates to win NCAA titles in the same year, and the first since 1929 to do so exclusively in events on the track. Washington has had 27 NCAA champions all-time, including at least one in each of the last four seasons.

Brown's winning time of 1 minute, 46.29 seconds — nearly a full second faster than the 24-year old UW record of 1:47.21 — was the third-fastest mark by an American men's runner in 2006, and the fastest by a collegiate runner since the 2005 season.

"I won the national championship," Brown said, still unable to contain his smile 10 minutes after the race. "That's a wonderful feeling."

Lia's win was also a come-from-behind effort. Running last with 250 meters to go, the Bothell, Wash., native suddenly surged forward, gaining 15 meters on the leaders in a 50-meter span entering the corner. Just as Brown had done an hour before, Lia caught the leaders at the 100-meter mark, took one look over her shoulder and sprinted to the finish, staring almost in surprise as her name appeared atop the scoreboard.

Lia crossed the line in 4:14.63 — more than a half-second ahead of Villanova's Marina Muncan and nearly four seconds faster than her previous lifetime best. The time was the fastest in 2006 in the collegiate ranks by nearly a full second, the ninth-fastest by an American woman in 2006, and the seventh-fastest in Pac-10 Conference history.

"I mean, I just can't believe I won," Lia said, laughing. "This is crazy."

In all, Washington was represented at the national meet by 15 athletes, including at least one in every event area — sprints, mid-distances, distances, hurdles, relays, horizontal jumps, vertical jumps, pole vault and throws.

In addition to the wins by Lia and Brown, **Ashley Lodree** placed seventh in the 100-meter hurdles, **Juan Romero** was 11th in the javelin, **Martin Bingisser** was 12th in the hammer, and the 4x400-meter relay team of Brown, **Jordan Boase**, **Shane Charles** and **Bruce Jackson** was eighth. All nine earned All-America honors, equaling the school's all-time outdoor championships record set in 1983. Furthermore, the Huskies' total of 19 All-Americans in 2006 — including 10 at March's NCAA Indoor meet — broke by three the single-season record of 16 set in 2005.

Those strong performances lifted Washington's men into a tie for 22nd in the team standings with 11 points, while the UW women tied for 20th with 12 points. Florida State won its first-ever NCAA men's team title with 67 points, routing runner-up LSU (51) while Auburn (57) defeated USC (38.5) for the women's crown.



Men

Top-10 Teams: 1. Florida St. 67; 2. LSU 51; 3. Texas 36; 4. Arizona 34; 5. Arkansas 33; 6. Tennessee 32; 7. UTEP 31; 8. Wisconsin 30; t9. BYU 26; USC 26; North Carolina 26; **t22. Washington 11**, UCLA 11, South Alabama 11, Minnesota 11.

UW Participants:

1st	Ryan Brown	800m Run	1:46.29
8th	Boase/Charles Brown/Jackson	4x400m Relay	3:08.18
9th	Shane Charles	400m Hurdles	50.16
11th	Juan Romero	Javelin	209-7
12th	Martin Bingisser	Hammer	206-2
16th	Bruce Jackson	400m Dash	47.17
18th	Norris Frederick	High Jump	7-0 1/4
20th	Austin Abbott	1,500m Run	3:50.73
21st	Jeremy Mineau	10,000m Run	30:10.82
22nd	Norris Frederick	Long Jump	23-3 1/4
—	Will Conwell	Discus	FOUL

Women

Top-10 Teams: 1. Auburn 57; 2. USC 38.5; 3. South Carolina 38; t4. Arizona State 37, Nebraska 37; 6. Texas 36; t7. LSU 30, Miami 30; 9. Georgia 25.75; 10. Texas A&M 24; **t21. Washington 12**; Air Force 12.

UW Participants:

1st	Amy Lia	1,500m Run	4:14.63
7th	Ashley Lodree	100m Hurdles	13.13
11th	Carly Dockendorf	Pole Vault	13-3 1/2
15th	Kelley DiVesta	Pole Vault	12-11 1/2
21st	Anita Campbell	5,000m Run	16:29.91



2006 Academic Honors

A record thirty-six Washington student-athletes were named to the 2006 Pac-10 All-Academic Track and Field team, including an all-time best 10 first-team honorees. Washington's total of 36 academic honorees led all Pac-10 schools, ahead of Stanford (33), Washington State (29) and Arizona State (27). Washington's record academic totals were boosted by an outstanding men's team, which placed four student-athletes on the Pac-10 All-Academic First Team, and an additional six on that second team. That total of 10 first- or second-team honorees was easily the Pac-10's highest total among men's teams, with only ASU (7) boasting more than five such honorees.

Leading the way for the Huskies were first-teamers **Martin Bingisser (Grad., 3.72, Law School)**, **Travis Boyd (Sr., 3.71, Marketing)**, **Corey Fredericks (Grad., 3.87, Mathematics)**, **Jon Hickey (Grad. 3.64, Political Science)** and **Lindsay Todd (Sr., 3.71, Prosthetics and Orthotics)**. All but Bingisser (2x) and Boyd (3x) were first-time first-team honorees on the track and field side, while Boyd also boasts a pair of first-team All-Academic cross country honors in his career.

In addition to Washington's all-conference academic honorees, hammer thrower Bingisser was named to the CoSIDA Region VII All-Academic first-team, and was a third-team ESPN The Magazine Academic All-American. The graduate student in UW's School of Law maintained a 3.87 undergraduate GPA in philosophy, and held a 3.72 GPA in his graduate studies at the end of the 2006 season. To be considered for the Pac-10 All-Academic team, an athlete must be a starter or significant contributor with a minimum 3.0 overall grade point average, and have completed at least one year at their current institution. All-Region and All-America selections are determined by a vote of college sports information directors.

2006 ACADEMIC ALL-PAC-10 TRACK & FIELD TEAMS

Men's First Team

Name	School	Year	GPA	Major
Philip Allen	USC	So.	3.71	Music Industry Technology
Martin Bingisser	WASH	Grad.	3.72	Law School
Travis Boyd	WASH	Sr.	3.71	Marketing
Jeremy Cramer	ASU	Jr.	3.91	Mathematics
Corey Fredericks	WASH	Grad.	3.87	Mathematics
Jacob Hamman	USC	Jr.	3.76	Architecture
Jon Hickey	WASH	Grad.	3.64	Political Science
Jeffrey Hunter	ARIZ	Sr.	3.67	Teaching & Teacher Education
Griffin Lee	ASU	Sr.	3.76	Kinesiology
Michael McGrath	ORE	So.	3.61	International Studies
Christopher Ogle	ARIZ	So.	3.94	Psychology
Drew Polley	WSU	RFr.	3.81	Undeclared
Velibor Radejovic	ASU	Sr.	3.67	Business Information Systems
Galen Rupp	ORE	So.	4.05	Business
Matt Scherer	ORE	So.	3.57	Business
Ryan Scott	WSU	Sr.	3.85	Management & Operations
Drew Shackelton	UCLA	So.	3.80	Undeclared
Kyle Shackelton	UCLA	RFr.	3.80	Undeclared
Kevin Swartz	USC	Jr.	3.77	Accounting
Ryan Warrenburg	ASU	Sr.	3.71	Political Science
Andrew Young	ORE	Sr.	3.83	Human Physiology

Men's Second Team (UW only)

Blake Bidleman	WASH	Grad.	3.35	Geography
Jeremy Mineau	WASH	So.	3.46	Human Physiology
Dave Nyland	WASH	So.	3.46	Law, Society and Justice
Kevin Peters	WASH	Grad.	3.49	Psychology
Sam Roberts	WASH	Sr.	3.40	Political Science
Mike Sayenko	WASH	Sr.	3.42	Interdisciplinary Visual Arts

Men's Honorable Mention (UW only)

Doug Blaty, Grad.; Will Conwell, Grad.; Jon Harding, So.; Caleb Knox, So.; Brad Liber, Jr.; Mark Mandi, Grad.; Michael Mateljan, So.; Phil McCary, Sr.; Carl Moe, Jr.; Seth Perrins, Grad.; Kyle Still, So.; J.R. Wolfork, Grad.

Women's First Team

Name	School	Year	GPA	Major
Brooke Bennett	ASU	So.	3.92	Nursing
Lauren Denfeld	OSU	So.	3.93	Business Administration
Rachel Ellison	ASU	Sr.	3.84	Nursing
Jamie Fuller	OSU	Sr.	3.87	Business Administration
Kaylee Gardner	WSU	Jr.	3.84	Nursing
McKinnon Hanson	WSU	So.	4.00	Philosophy
Kate Hutchinson	USC	Jr.	3.73	Political Science & International Relations
Arianna Lambie	STAN	Jr.	3.98	Earth Systems
Roslyn Lundeen	ORE	Sr.	3.80	Biology
Hannah Moore	ORE	Sr.	3.72	Architecture
Kate Neeper	USC	Sr.	3.98	International Relations & Spanish
Neoma Palmer	OSU	Jr.	3.88	Exercise & Sport Science
Haley Paul	WSU	So.	3.93	Undeclared
Sarah Pearson	ORE	So.	3.85	Human Physiology
Kaitlin Poggi	OSU	So.	4.00	General Science
Sara Shisslak	ASU	Jr.	3.90	Anthropology
Tara Stirewalt	OSU	Sr.	3.86	Merchandise Management
Jenna Timinsky	UCLA	Jr.	3.88	Linguistic Anthropology
Lindsay Todd	WASH	Sr.	3.71	Prosthetics & Orthotics
Amanda Trotter	STAN	Jr.	3.86	Human Biology
Katy Trotter	STAN	Jr.	3.75	Human Biology

Women's Second Team (UW only)

Trisha Rasmussen	WASH	Jr.	3.60	Community & Environmental Planning
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Women's Honorable Mention (UW only)

Kelley DiVesta, So.; Carly Dockendorf, Grad.; Liz Fuller, So.; Kaisa Keranen, So.; Brianna McLeod, Jr.; Amanda Miller, So.; Jennifer Nash, So.; Dani Schuster, So.; Karen Schwager, Sr.; Brynne Steward, Sr.; Ashley Wildhaber, Sr.; Tiffany Zahn, Sr.

Arizona Wildcats

Location: Tucson, Ariz.
Enrollment: 37,000
Home Track: Drachman Stadium (5,000)
President: Dr. Robert Shelton
Athletic Director: Jlm Livengood
Head Coach (M/W): Fred Harvey (Cal Poly, '83), 5th year
Associate Head Coach: James Li (distances)
Assistant Coaches: Dawn Boxley (sprints/hurdles), Amy Skiersz-Wilson (distances), Sheldon Blockburger (jumps), Craig Carter (throws)
2006 Pac-10 Finishes (M/W): 3rd/9th
2006 NCAA Indoor Finishes (M/W): 10th/DNS
2006 NCAA Outdoor Finishes (M/W): 4th/70th (tie)
Men's Returning All-Americans (4): Jake Arnold, Sr. Decathlon; Jordan Powell, So., Long Jump; Obed Mutanya, Sr., 5,000m; Adam Kuehl, Sr., Discus
Women's Returning All-Americans: None

Arizona State Sun Devils

Location: Tempe, Ariz.
Enrollment: 63,278
Home Track: Sun Angel Stadium, Joe Sellen Track (9,000)
President: Michael Crow
Athletic Director: Lisa Love
Head Coach (M/W): Greg Kraft (Cal Poly, '78), 11th year
Assistant Coaches: David Dumble (throws), Dion Miller (w-sprints), Louie Quintana (distances), Jeremy Rasmussen (distances), Terry Winston (m-sprints)
2006 Pac-10 Finishes (M/W): 6th/1st
2006 NCAA Indoor Finishes (M/W): 60th (tie)/3rd
2006 NCAA Outdoor Finishes (M/W): 29th/4th (tie)
Men's Returning All-Americans (2): Aaron Aguayo, Sr., Steeplechase; Joshua Kinnaman, Jr., Decathlon/Heptathlon (i)
Women's Returning All-Americans (6): Stephanie Garnett, So., Long Jump (i); Amy Hastings, Sr., 10,000m/5,000m (i); Jacquelyn Johnson, Jr., Heptathlon/Pentathlon (i); Jenna Kingma, So., 5,000m/3,000m (i); Jessica Pressley, Jr., Discus/Shot Put; Sarah Stevens, So., Shot Put/Shot Put (i);

California Golden Bears

Location: Berkeley, Calif.
Enrollment: 33,000
Home Track: Edwards Stadium (22,000)
Chancellor: Robert M. Birgeneau
Athletic Director: Sandy Barbour
Head Coach (M/W): Chris Huffins (California, '93), 5th year
Assistant Head Coach: Ed Miller (California, '76), 24th year
Assistant Coaches: Tony Sandoval (distances), Jennifer Joyce (throws), Bryan Fetzer (w-sprints/hurdles), Scott Slover (pole vault)
2006 Pac-10 Finishes (M/W): 8th/6th
2006 NCAA Indoor Finishes (M/W): DNS/35th (tie)
2006 NCAA Outdoor Finishes (M/W): 46th (tie)/37th (tie)
Men's Returning All-Americans: Giliat Ghebray, Sr., 5,000m
Women's Returning All-Americans: Alysia Johnson, Jr., 800m

Oregon Ducks

Location: Eugene, Ore.
Enrollment: 20,044
Home Track: Hayward Field (10,500)
President: Dave Frohnmaier
Athletic Director: Bill Moos
Assoc. A.D./Director of Track & Field: Vin Lananna (C.W. Post College, '75), 2nd year
Assistant Coaches: Kelly Blair LaBounty (multi/w-hurdles), Lance Deal (throws), Robert Johnson (jumps/w-sprints), Andy Powell (distances), Dan Steele (m-sprints/vault)
2006 Pac-10 Finishes (M/W): 2nd/5th
2006 NCAA Indoor Finishes (M/W): 6th/23rd
2006 NCAA Outdoor Finishes (M/W): 12th (tie)/11th
Men's Returning All-Americans (4): Derrick Jones, So., 4x100m; Jordan Kent, Jr., 4x100m/4x400m; Galen Rupp, Jr., 10,000m/3,000m (i)/5,000m (i); Tommy Skipper, Sr., Pole Vault (2)/Pole Vault (i)(3)
Women's Returning All-Americans (6): Dana Buchanan, Sr., DMR (i); Britney Henry, Sr., Hammer; Lauryn Jordan, Sr., Heptathlon; Rebekah Noble, So., 800m/800m (i); Irie Searcy, Jr., DMR (i); Rachel Yurkovich, So., Javelin

Oregon State Beavers

Location: Corvallis, Ore.
Enrollment: 19,362
Home Track: Linus Pauling Track
President: Dr. Edward Ray
Athletic Director: Bob De Carolis
Head Coach (W): Kelly Sullivan (Willamette, '79), 2nd year
Assistant Coaches: Cynthia Castro, Connor Holt
2006 Pac-10 Finish (W): 10th
2006 NCAA Indoor Finish (W): DNC
2006 NCAA Outdoor Finish (W): DNC

Stanford Cardinal

Location: Stanford, Calif.
Enrollment: 14,846
Home Track: Cobb Track & Angell Field (1772)
President: John Hennessy
Interim Athletic Director: Debra Gore Mann
Head Coach (Men's): Robert Weir (SMU, '83), 3rd year, 13th overall
Head Coach (Women's): Edrick Floreal (Arkansas, '90), 3rd year, 7th overall
Assistant Coaches: Kris Mack (multi/pole vault), David Vidal (distances), John Rembao (high jump/sprints/middle distances)
2006 Pac-10 Finishes (M/W): 7th/2nd
2006 NCAA Indoor Finishes (M/W): 52nd/2nd
2006 NCAA Outdoor Finishes (M/W): 37th/12th
Men's Returning All-Americans (11): Neftalem Araja, Jr., Dist.; Russell Brown, Jr., Mid-Dist.; Joaquin Chapa, Jr., Mid-Dist.; Hakon DeVries, So., Dist.; Michael Garcia, Jr., Mid-Dist.; Brett Gotcher, Sr., Dist.; Jacob Gomez, Sr., Dist.; Garrett Heath, Sr., Dist.; Jonathan Pierce, Sr., Dist.; Michael Robertson, Sr., Discus; Rolf Steier, Sr., Dist.
Women's Returning All-Americans (10): Lauren Centrowitz, Jr., Dist.; Janice Davis, Sr., Sprints; Lindsay Flacks, So., Dist.; Ashley Freeman, Sr., Sprints/Mid-Dist.; Keisha Gaines, Jr., Sprints; Arianna Lambie, Jr., Dist.; Erica McLain, Jr., Jumps; Teresa McWalters, Jr., Dist.; Amanda Trotter, Sr., Dist.; Katy Trotter, Sr., Dist.

UCLA Bruins

Location: Los Angeles, Calif.
Enrollment: 36,890
Home Track: Drake Stadium (11,700)
Acting Chancellor: Norman Abrams
Athletic Director: Dan Guerrero
Head Coach (M): Art Venegas (CS Northridge, '74), 8th year, 26th overall at UCLA
Head Coach (W): Jeanette Bolden (UCLA, '83), 14th year
Assistant Coaches: Anthony Curran (pole vault), Mike Powell (jumps), Eric Peterson (distances), Tony Veney (sprints/hurdles/relays)
2006 Pac-10 Finishes (M/W): 4th/5th
2006 NCAA Indoor Finishes (M/W): 52nd (tie)/13th
2006 NCAA Outdoor Finishes (M/W): 14th/22nd
Men's Returning All-Americans (4): Kevin Craddock, So., 110m HH; Greg Garza, Jr., Discus; Boldizar Kocsor, So., Hammer; Mike Landers, Sr., Pole Vault
Women's Returning All-Americans (5): Ashley Caldwell, Sr., 1,500m; Nicole Leach, So., 400m IH; Jackie Nguyen, Sr., Pole Vault; Kamaiya Warren, Sr., Discus; Renee Williams, Jr., Triple Jump;

USC Trojans

Location: Los Angeles, Calif.
Enrollment: 33,000
Home Track: Katherine B. Loker Stadium
President: Dr. Steven B. Sample
Athletic Director: Mike Garrett
Head Coach: Ron Allice (Long Beach State, '62), 13th year
Assistant Coaches: Tina Fernandes (w-sprints), John Henry Johnson (m-sprints), Dan Lange (throws), Michael Pullins (jumps), Tommie Lee White (hurdles), Tom Walsh (distances)
2006 Pac-10 Finishes (M/W): 1st/3rd
2006 NCAA Indoor Finishes (M/W): 19th (tie)/8th (tie)
2006 NCAA Outdoor Finishes (M/W): 9th/2nd
Men's Returning All-Americans (6): Noah Bryant, Sr., Shot Put; DeSean Cunningham, Sr., 4x400m; Kai Kelley, Jr., 4x400m; Lionel Larry, Jr., 400m/4x400m; Adam Midles, Sr., Hammer; Duane Solomon, Jr., 800m.
Women's Returning All-Americans (4): Candice Davis, Sr., 100m HH/4x100m; Jessica Onye-punuka, Jr., 4x100m; Eva Orban, So., Hammer; Carol Rodriguez, 100m/200m/4x100m.

Washington State Cougars

Location: Pullman, Wash.
Enrollment: 22,000
Home Track: Mooberry Track Complex (4,000)
President: V. Lane Rawlins
Athletic Director: Jim Sterk
Head Coach: Rick Sloan (UCLA, '69), 13th year, 34th overall at WSU
Associate Coach: Debra Farwell (WSU, '83), 11th year
Assistant Coaches: Jason Drake (distances), Mark Macdonald (sprints/hurdles), Matt McGee (vault/high jump/multi), Ellannee Richardson (sprints/relays)
2006 Pac-10 Finishes (M/W): 7th/8th
2006 NCAA Indoor Finishes (M/W): DNS/26th (tie)
2006 NCAA Outdoor Finishes (M/W): 26th (tie)/25th (tie)
Men's Returning All-Americans (3): Tyson Byers, Sr., Pole Vault; John Casselman, Sr., 400m IH; Matt Lamb, So., Discus
Women's Returning All-Americans (2): Diana Pickler, Sr., Heptathlon (2); Julie Pickler, Sr., Heptathlon (2)

UW-WSU Scoring Meet History

2006 UW-WSU Dual

Apr. 29 • Pullman, Wash.

Behind **Shane Charles'** meet record of 50.18 seconds in the 400-meter hurdles and a sweep of the shot put and discus by **Will Conwell**, Washington's men defeated Washington State, 112-91, at the Mooberry Track Complex in Pullman. The UW's win — its first in Pullman since 2000 — was also its second-straight in the series, including a 110.5-92.5 victory at Husky Stadium in 2005. That marks Washington's first back-to-back series wins since 1999-2000, and equals UW's longest series winning streak since reeling off 11 straight from 1915-32. Washington built its win on the strength of 12 victories in 19 events, including Conwell's sweep and a 7.5-point performance by **Norris Frederick**, who won the long jump and tied teammate **Warren Eickhoff** for high jump honors. The Huskies' women were equally outstanding — setting school and stadium records — but were defeated 111.5-91.5 by their cross-state rivals. **Ashley Lodree** set meet and stadium records with a winning time of 13.25 seconds in the 100-meter hurdles, won the 100-meter dash in 11.76 seconds, and also anchored UW's 4x100-meter relay team to second place, ultimately scoring 10.75 of UW's 91.5 points — or 12 percent of the UW total — on her own. Equally impressive was senior Lauran Dignam, whose second-place time of 54.31 seconds in the 400-meter dash broke by one-tenth the Washington school record she set on the same track two years prior.



Senior Will Conwell swept the shot put and discus to lead the Huskies' men to victory at the 2006 UW-WSU Dual in Pullman.

Men's Meet Records

Event	Mark	Individual	School	Year
100m	10.26	Anthony Buchanon	WSU	2003
200m	20.57	Ja'Warren Hooker	UW	2001
400m	45.74	Gabriel Triacoh	WSU	1984
800m	1:47.96	Rob Webster	UW	1982
1,500m	3:42.6	Richard Tuwei	WSU	1985
Steeple	8:24.4	Henry Rono	WSU	1978
5,000m	13:46.52	Josephat Kapkory	WSU	1994
110m HH	13.47	Arend Watkins	WSU	2001
400m IH	50.18	Shane Charles	UW	2006
4x100m	39.55	Boston/Mason/McSwain/Buchanon	WSU	2004
4x400m	3:08.2	Williams/Avgnan/Ramsey/Whitlock	WSU	1981
High Jump	7-5	Brent Harken	WSU	1982
Pole Vault	18-1	Brad Walker	UW	2002
Long Jump	25-8 1/2	Demetrios Araouzoz	WSU	1986
Triple Jump	54-3 1/2	Ian Campbell	WSU	1981
Shot Put	64-4 1/2	Dimitrios Koutsoukis	WSU	1985
Discus	199-1	John van Reenen	WSU	1970
Hammer	255-1	Tore Gustafsson	WSU	1986
Javelin	252-3	Stefan Wikstrom	WSU	1990

UW Record in Seattle: 18-25
UW Record in Pullman: 14-33-1
Last UW Win: 2006, 112-91 (A)
Last WSU Win: 2004, 112-90 (A)
Long UW Win Streak: 11, 1915-32
Long WSU Win Streak: 22, 1976-95

Women's Meet Records

Event	Mark	Individual	School	Year
100m	11.67	Pam Qualls	WSU	1986
200m	23.81	Pam Qualls	WSU	1987
400m	53.3h	Celestine N'Drin	WSU	1990
800m	2:04.61	Celestine N'Drin	WSU	1987
1,500m	4:22.76	Susan Gregg	UW	1983
3,000m	9:31.34	Jennifer Bravard	WSU	1993
Steeple	10:41.67	Laura Halverson	UW	2005
5,000m	16:21.17	Sabrina Monro	UW	2003
100m HH	13.25	Ashley Lodree	UW	2006
400m IH	57.88	Terra Barter	UW	1995
4x100m	44.78	Higgins/Mucker/Brown/Green	WSU	2000
4x400m	3:41.13	Higgins/Evans/Smith/Richardson	WSU	1999
High Jump	6-2 3/4	Vicki Borsheim	UW	1987
Pole Vault	13-7 1/4	Tamara Diles	WSU	2005
Long Jump	20-10 3/4	Chantal Brunner	WSU	1993
Triple Jump	41-8 3/4	Cicely Clinkenbeard	WSU	2002
Shot Put	55-7	Jennifer Ponath	UW	1988
Discus	198-7	Aretha Hill	UW	1998
Hammer	187-4	Andrea Thornton	WSU	2001
Javelin	163-11	Rachel Bertholf	WSU	2005

UW Record in Seattle: 10-4
UW Record in Pullman: 9-6
Last UW Win: 2004, 108-95 (A)
Last WSU Win: 2005, 111-92 (H)
Long UW Winning Streak: 7, 1993-97
Long WSU Winning Streak: 6, 1998-2003

All-Time Men's Results (WSU leads 57-33-1)

2006	UW 112, WSU 91 (A)
2005	UW 110.5, WSU 92.5 (H)
2004	WSU 112, UW 90 (A)
2003	WSU 116, UW 81 (H)
2002	WSU 103, UW 99 (A)
2001	WSU 99, UW 64 (A)
2000	UW 106, WSU 57 (A)
1999	UW 86, WSU 77 (H)
1998	WSU 93, UW 70 (A)
1997	UW 103, WSU 99 (H)
1996	UW 104, WSU 97 (A)
1995	WSU 122, UW 66 (A)
	WSU 97, UW 62 (H)
1994	WSU 88, UW 74 (A)
	WSU 105, UW 94 (H)
1993	WSU 88, UW 74 (H)
1992	WSU 96, UW 67 (A)
1991	WSU 101, UW 61 (H)
1990	WSU 110, UW 53 (A)
1989	WSU 83, UW 77 (H)
1988	WSU 91, UW 70 (A)
1987	WSU 92, UW 67 (H)
1986	WSU 102, UW 51 (A)
1985	WSU 105, UW 58 (H)
1984	WSU 105, UW 56 (A)
1982	WSU 95, UW 68 (A)
1981	WSU 91, UW 72 (A)
	WSU 98, UW 65 (H)
1980	WSU 101, UW 63 (A)
1979	WSU 86, UW 77 (H)
1978	WSU 108, UW 54 (A)
1977	WSU 88.5, UW 74.5 (H)
1976	WSU 117, UW 45 (A)
1975	UW 95, WSU 68 (H)
1974	WSU 84, UW 79 (A)
1973	WSU 91.5, UW 71.5 (H)
1972	WSU 100, UW 62 (A)
1971	UW 84, WSU 61 (H)
1970	WSU 105, UW 49 (A)
1969	WSU 115, UW 39 (H)
1968	WSU 107, WSU 38 (A)
1967	UW 88, WSU 57 (H)
1966	UW 75, WSU 69 (A)
1965	WSU 82, UW 63 (H)
1964	WSU 85, UW 60 (A)
1963	WSU 74, UW 71 (H)
1962	WSU 80, UW 65 (A)
1961	UW 75.2, WSU 55.8 (H)
1960	WSU 71.5, UW 59.5 (A)
1959	WSU 67.7, UW 63.3 (H)
1958	WSU 71, UW 60 (A)
1957	UW 84.3, WSU 46.7 (H)
1956	WSU 71.6, UW 59.4 (A)
1955	UW 70, WSU 61 (H)
1954	UW 68, WSU 63 (A)
1953	WSU 79.5, UW 51.5 (H)
1952	WSU 77, UW 54 (A)
1951	WSU 72.5, UW 58.5 (H)
1950	UW 65.5, WSU 65.5 (A), tie
1949	WSU 79, UW 52 (H)
1948	WSU 87.3, UW 43.7 (A)
1947	WSU 67, UW 64 (H)
1946	WSU 69.5, UW 61.5 (A)
1943	UW 69, WSU 62 (A)
1942	UW 71.3, WSU 59.7 (A)
1941	WSU 73, UW 58 (H)
1940	WSU 68.7, UW 62.3 (A)
1939	WSU 87, UW 44 (H)
1938	UW 75, WSU 56 (H)
1937	WSU 76, UW 55 (A)
1936	WSU 69, UW 62 (H)
1935	UW 76.3, WSU 54.7 (A)
1934	WSU 77.5, UW 52.5 (H)
1933	WSU 72, UW 59 (A)
1932	UW 68, WSU 63 (H)
1931	UW 78, WSU 53 (A)
1930	UW 75, WSU 55 (H)
1929	UW 82.3, WSU 48.7 (A)
1928	UW 78, WSU 53 (H)
1925	UW 85, WSU 50 (H)
1923	UW 98, WSU 33 (A)
1922	UW 83, WSU 38 (H)
1921	UW 84, WSU 47 (A)
1920	UW 77, WSU 54 (H)
1915	UW 72, WSU 58 (H)
1914	WSU 77, UW 54 (A)
1913	UW 68, WSU 63 (H)
1912	WSU 81, UW 59 (A)
1902	UW 86, WSU 35 (A)
1901	UW 96, WSU 26 (H)
1900	UW 74, WSU 41 (A)

All-Time Women's Results (UW leads 19-12)

2006	WSU 111.5, UW 91.5 (A)
2005	WSU 111, UW 92 (H)
2004	UW 108, WSU 95 (A)
2003	WSU 113, UW 90 (H)
2002	WSU 105, UW 98 (A)
2001	WSU 114.5, UW 43.5 (A)
	WSU 122, UW 40 (A)
2000	WSU 110, UW 44 (A)
1999	WSU 107, UW 47 (H)
1998	WSU 85, UW 69 (A)
1997	UW 100.5, WSU 80.5 (H)
1996	UW 99, WSU 80 (A)
1995	UW 101, WSU 64 (A)
	UW 90, WSU 46 (H)
1994	UW 78.5, WSU 52.5 (A)
	UW 77.5, WSU 58.5 (H)
1993	UW 70, WSU 66 (H)
1992	WSU 90, UW 45 (A)
1991	UW 77, WSU 59 (H)
1990	UW 86, WSU 59 (A)
	UW 72.7, WSU 63.3 (A)
1989	UW 83, WSU 53 (H)
1988	UW 72, WSU 64 (A)
1987	WSU 80, UW 56 (H)
1986	WSU 82.7, UW 51.3 (A)
1985	UW 77, WSU 59 (H)
1983	UW 77, WSU 32 (H)
1982	UW 74, WSU 35 (A)
1981	UW 79, WSU 38 (H)
1980	UW 70, WSU 57 (A)
1979	UW 80, WSU 47 (H)

UW-Oregon Scoring Meet History

All-Time Men's Results
(Oregon leads 62-33)

2006*	UW 178, UO 176 (A)
2005*	UO 180.5, UW 169.5 (A)
2004*	UO 191, UW 144 (A)
2003*	UO 211, UW 113 (A)
2002	UO 117, UW 81 (A)
2001	UO 87, UW 75 (A)
2000	UW 85, UO 78 (A)
1999	UW 94, UO 67 (A)
1998	UW 82, UO 81 (H)
1997	UW 108, UO 95 (A)
1996	UO 104, UW 93 (H)
1995	UO 113, UW 50 (A)
1994	UO 107, UW 56 (H)
1993	UO 96, UW 67 (A)
1992	UO 89, UW 73 (H)
1991	UO 115, UW 48 (A)
1990	UW 84, UO 79 (H)
1989	UO 132, UW 31 (A)
1988	UO 102, UW 60 (H)
1987	UO 125, UW 33 (A)
1986	UO 119, UW 44 (H)
1985	UO 109, UW 53 (A)
1984	UO 84, UW 74 (H)
1983	UO 108, UW 54 (A)
1982	UO 98, UW 64 (H)
1981	UO 107, UW 56 (A)
1980	UO 100, UW 63 (H)
1979	UO 117, UW 46 (A)
1978	UO 110, UW 53 (H)
1977	UO 101, UW 60 (A)
1976	UO 84, UW 79 (H)
1975	UO 95.5, UO 67.5 (A)
1974	UW 93, UO 70 (H)
1973	UO 115, UW 48 (A)
1972	UO 109, UW 54 (H)
1971	UO 85, UW 60 (A)
1970	UO 89, UW 65 (H)
1969	UO 111, UW 37 (A)
1968	UW 70, UO 66 (H)
1967	UW 76, UO 69 (A)
1966	UO 86, UW 59 (H)
1965	UO 93, UW 52 (A)
1964	UO 91.5, UW 52.5 (H)
1963	UO 103, UW 42 (A)
1962	UO 98, UW 46 (H)
1961	UO 95, UW 36 (A)
1960	UO 77, UW 54 (H)
1959	UO 81.5, UW 49.5 (A)
1958	UO 78, UW 53 (H)
1957	UO 84, UW 47 (A)
1956	UO 71.5, UW 59.5 (H)
1955	UO 69.5, UW 61.5 (H)
1954	UO 74, UW 57 (A)
1953	UW 77, UO 54 (H)
1952	UO 69.5, UW 61.5 (A)
1951	UW 74, UO 57 (H)
1950	UO 73, UW 58 (A)
1949	UO 70, UW 61 (H)
1948	UW 73, UO 58 (A)
1947	UW 81, UO 50 (H)
1946	UW 75, UO 55 (A)
1943	UO 68, UW 63 (H)
1942	UW 85, UO 46 (A)
1941	UW 86, UO 45 (H)
1940	UW 77, UO 54 (A)
1939	UO 73, UW 58 (H)
1938	UO 67, UW 64 (A)
1937	UW 86, UO 44 (H)
1936	UW 74, UO 57 (A)
1935	UW 76.5, UO 54.5 (H)
1934	UO 67, UW 64 (A)
1933	UO 69, UW 62 (H)
1932	UW 77, UO 54 (A)
1931	UW 83.5, UO 47.5 (H)
1930	UO 69.3, UW 61.6 (A)
1929	UW 82, UO 49 (H)
1928	UW 94.5, UO 36.5 (A)
1927	UW 76, UO 55 (H)
1926	UW 88.5, UO 42.5 (A)
1925	UW 85, UO 46 (H)
1924	UW 73.6, UO 57.3 (A)
1923	UW 85, UO 46 (H)
1922	UW 75, UO 56 (A)
1921	UW 88, UO 43 (H)
1920	UO 66, UW 64 (H)
1919	UO 69, UW 62 (A)
1916	UO 76, UW 55 (H)
1915	UO 86, UO 44 (A)
1914	UO 67, UW 54 (H)
1912	UO 86, UW 54 (H)
1905	UO 62, UW 60 (A)
1904	UW 88, UO 34 (H)
1902	UW 103, UO 73 (H)
1901	UO 66.5, UO 55.5 (A)
1900	UO 62, UW 50 (H)



Senior Bruce Jackson anchored UW's 4x400-meter relay to a meet-clinching victory at the 2006 Pepsi Team Invitational in Eugene.

All-Time Women's Results
(Oregon leads 24-6)

2006*	UO 203, UW 152 (A)
2005*	UO 171, UW 164.5 (A)
2004*	UO 184.5, UW 169 (A)
2003*	UO 204, UW 149 (A)
2002	UO 105, UW 95 (A)
2001	UO 88, UW 65 (A)
2000	UO 80, UW 74 (A)
1999	UW 89, UO 64 (A)
1998	UW 88.5, UO 68.5 (H)
1997	UO 98, UW 83 (A)
1996	UW 91, UO 89 (H)
1995	UO 71, UW 65 (A)
1994	UW 90, UO 46 (H)
1993	UO 88, UW 48 (A)
1992	UO 98, UW 38 (H)
1991	UO 72, UW 64 (A)
1990	UW 72, UO 64 (H)
1989	UO 83, UW 53 (A)
1988	UO 84, UW 47 (H)
1987	UO 87, UW 44 (A)
1986	UO 84.5, UW 51.5 (H)
1985	UO 81, UW 55 (A)
1984	UO 70, UW 56 (H)
1983	UO 72, UW 55 (A)
1982	UO 79, UW 47 (H)
1981	UO 74, UW 53 (A)
1980	UO 75, UW 53 (H)
1979	UO 99, UW 33 (A)
1978	UO 67, UW 60 (H)
1977	UW 66, UO 61 (A)

2006 Pepsi Team Invitational*

Apr. 8 • Eugene, Ore.

Behind five event wins — including a clutch final-event victory in the 4x400 meters — Washington's men narrowly defeated No. 7 Oregon, along with Minnesota and Boise State, for the team title at the 17th-Annual Pepsi Invitational in Eugene. The win was the first-ever for Washington at the Pepsi meet, and the first by a UW team over Oregon since 2000. Washington's 176 2/3-point total narrowly edged the host Ducks' 176 and Minnesota's 172 1/3. Boise State placed fourth with 84 points. Three teams entered the final event with a chance to win the meet, but it was the Huskies' foursome of **Jordan Boase, Shane Charles, Ryan Brown and Bruce Jackson** who crossed the line first, in a meet-record 3:07.73. Other event winners included Brown (800m), **Austin Abbott** (1,500m), **Norris Frederick** (long jump, high jump - tie). When Brown won the 800m with six events remaining, it appeared that the Huskies had the meet in hand. Injuries, however, forced UW to scratch both of its entrants in the triple jump, and when Charles was disqualified for a false start in the 400-meter hurdles, the door was opened for Oregon and Minnesota to make their surge, setting up the final-event heroics. On the women's side it was Oregon taking its 12th Pepsi Invitational title, and 24th win in 30 tries over Washington, which placed third. **Ashley Lodree** (100m Dash), **Amy Lia** (1,500m) and **Carly Dockendorf** (pole vault) each won events for the UW women.

***NOTE:** Washington and Oregon duelled annually from 1900-2002, missing only a handful of years due to World Wars I and II. Since 2003, the Pepsi Team Invitational, held annually in Eugene and including two other Division-I teams, has been considered by both schools as the annual scoring meet in lieu of a traditional duel.

Men's Meet Records

Event	Mark	Individual	School	Year
100m	10.25	Ja'Warren Hooker	UW	2000
200m	20.80	Ed Turner	UW	1996
400m	46.06	Matt Scherer	UO	2006
800m	1:48.67	Rob Webster	UW	1981
1,500m	3:34.8	Peter Spir/Dub Myers	UO/UO	1977/1984
Steeplechase	8:43.37	Micah Davis	UO	1998
5,000m	13:19.3	Rudy Chapa	UO	1979
110m Hurdles	13.70	Eric Mitchum	UO	2004
400m Hurdles	51.18	Bob Gray	UO	1992
4x100m Relay	40.16	Ryan/Turner/Hattix/Dawson	UW	1996
4x400m Relay	3:07.73	Boase/Charles/Brown/Jackson	UW	2006
High Jump	7-1 3/4 (2.18)	Jeff Lindsey	UO	2004
Pole Vault	18-0 1/2 (5.50)	Trevor Woods/Piotr Buciarski	UO/UO	2002/1999
Long Jump	25-10 3/4 (7.89)	Leonidas Watson	UO	2005
Triple Jump	53-1 3/4 (16.20)	Spencer Williams	UO	1990
Shot Put	66-10 1/2 (20.38)	Jeff Stover	UO	1980
Discus	205-6 (62.64)	Dean Crouser	UO	1981
Hammer	242-8 (73.98)	Ken Flax	UO	1985
Javelin	238-8 (72.76)	Troy Burkholder	UW	1996

UW Record in Seattle:	18-28	Last UO Win:	2005, 180.5-169.5 (A)
UW Record in Eugene:	15-34	Long UW Win Streak:	9, 1921-29
Last UW Win:	2006, 178-176 (A)	Long UO Win Streak:	15, 1975-89

Women's Meet Records

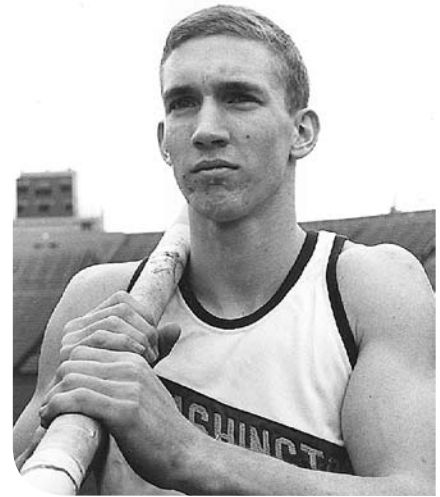
Event	Mark	Individual	School	Year
100m	11.53	Donna Dennis	UW	1984
200m	23.84	LaReina Woods	UO	1996
400m	52.53	Camara Jones	UO	1995
800m	2:03.11	Rebekah Noble	UO	2006
1,500m	4:14.80	Claudette Groenendaal	UO	1985
3,000m	9:04.41	Regina Joyce	UW	1981
Steeplechase	10:33.77	Dana Buchanan	UO	2006
100m Hurdles	13.55	Ashley Lodree	UW	2005
400m Hurdles	58.31	Keisha Griffiths	UW	1999
4x100m Relay	45.20	Smith/Walker/Keller/Dennis	UW	1984
4x400m Relay	3:40.17		UO	2006
High Jump	6-2 (1.88)	Vicki Borsheim	UW	1987
Pole Vault	14-0 (4.27)	Kate Soma	UW	2005
Long Jump	20-7 (6.27)	Meledy Smith	UW	1984
Triple Jump	41-8 1/2 (12.71)	Sara Jessie	UO	1995
Shot Put	53-11 1/4 (16.44)	Bree Fuqua	UO	2005
Discus	192-3 (58.60)	Aretha Hill	UW	1997
Hammer	200-11 (61.25)	Britney Henry	UO	2006
Javelin	189-3 (57.68)	Helena Uusitalo	UW	1986

UW Record in Seattle:	4-7	Last UO Win:	2006, 203-152 (A)
UW Record in Eugene:	2-17	Long UW Winning Streak:	2, 1998-99
Last UW Win:	1999, 89-64 (A)	Long UO Winning Streak:	12, 1978-89

Conference and National Records

American Records

Men		Women	
100 Meters	9.79, Maurice Green, NIKE, 1999	10.49, Florence Griffith, World Class AC, 1988	
200 Meters	19.32, Michael Johnson, NIKE, 1996	21.34, Florence Griffith, World Class AC, 1988	
400 Meters	43.18, Michael Johnson, NIKE, 1999	48.70, Sanya Richards, NIKE, 2006	
800 Meters	1:42.60, Johnny Gray, Santa Mon. TC, 1985	1:56.40, Jearl Miles Clark, Reebok, 1999	
1,500 Meters	3:29.30, Bernard Lagat, NIKE, 2005	3:57.12, Mary Slaney, Athletics West, 1983	
Steeplechase	8:08.82, Daniel Lincoln, NIKE, 2006	9:29.32, Brianna Shook, Toledo, 2004	
5,000 Meters	12:58.21, Bob Kennedy, NIKE, 1996	14:45.35, Regina Jacobs, NIKE, 2000	
10,000 Meters	27:13.98, Meb Keflezghi, NIKE, 2001	30:50.32, Deena Drossin, Asics, 2002	
High Hurdles	12.90, Dominique Arnold, NIKE, 2006	12.33, Gail Devers, NIKE, 2000	
400-Meter Hurdles	46.78, Kevin Young, FLKR, 1999	52.61, Kim Batten, USA, 1995	
400-Meter Relay	37.40, National Team, 1992/1993	41.47, National Team, 1997	
1,600-Meter Relay	2:54.20, National Team, 1998	3:15.51, National Team, 1988	
High Jump	7-10 1/2, Charles Austin, Unat., 1991	6-8, Louise Ritter, Mazda TC, 1988	
Pole Vault	19-9 1/4, Jeff Hartwig, NIKE, 2000	15-10, Stacy Dragila, NIKE, 2004	
Long Jump	29-4 1/2, Mike Powell, Foot Lock. TC, 1991	24-7, Jackie Joyner-Kersey, Honda TC, 1994	
Triple Jump	59-4 1/4, Kenny Harrison, NIKE, 1996	47-5, Tiombe Hurd, NIKE, 2004	
Shot Put	75-10 1/4, Randy Barnes, Mazda TC, 1990	66-2 1/2, Ramona Pagel, Mazda TC, 1988	
Discus	237-4, Ben Plucknett, SoCal Striders, 1981	227-10, Suzy Powell, Asics, 2002	
Hammer Throw	270-9, Lance Deal, NYAC, 1996	242-4, Erin Gilreath, NYAC, 2005	
Javelin (new)	287-8, Breaux Greer, Adidas, 2004	204-10, Kim Kreiner, NIKE, 2006	
Multi Events	8,891, Dan O'Brien, Reebok, 1992	7,291, Jackie Joyner-Kersey, World Class AC, 1988	



Brian Sternberg set world and American records in the pole vault at the 1963 Modesto Relays.



Aretha Hill broke the American collegiate record in the discus in 2000.

Collegiate Records*

Men		Women	
100 Meters	9.92, Ato Boldon, UCLA, 1996	10.78, Dawn Sowell, LSU, 1989	
200 Meters	19.86, Justin Gatlin, TENN, 2002	22.04, Dawn Sowell, LSU, 1989	
400 Meters	44.00, Quincy Watts, USC, 1992	50.18, Pauline Davis, ALA, 1989	
800 Meters	1:44.55, Julius Achon, GMU, 1996	1:59.11, Suzy Favor, WISC, 1990	
1,500 Meters	3:35.30, Sydney Maree, VILL, 1981	4:06.75, Tiffany McWilliams, Miss. St., 2003	
Steeplechase	8:05.4, Henry Rono, WSU, 1978	9:43.25, Ida Nilsson, NAZ, 2004	
5,000 Meters	13:08.4, Henry Rono, WSU, 1978	15:09.67, Kim Smith, PROV, 2004	
10,000 Meters	27:36.2, Gabriel Kamau, UTEP, 1982	32:19.97, Alicia Craig, STAN, 2004	
High Hurdles	13.00, Renaldo Nehemiah, MARY, 1979	12.48, Ginnie Powell, USC, 2006	
400-Meter Hurdles	47.56, Kerron Clement, FLA 2005	53.54, Sheena Johnson, UCLA, 2003	
400-Meter Relay	38.04, Texas Christian, 1998	42.50, Louisiana State, 1989	
1,600-Meter Relay	2:59.59, LSU, 2005	3:23.75, Texas, 2004	
High Jump	7-9 3/4, Hollis Conway, SWLA, 1989	6-6, Amy Acuff, UCLA, 1995	
Pole Vault	19-7 1/2, Lawrence Johnson, TENN, 1996	15-1, Chelsea Johnson, UCLA, 2006	
Long Jump	28-8 1/4, Erick Walder, ARK, 1994	22-11 1/4, Jackie Joyner, UCLA, 1985	
Triple Jump	57-7 3/4, Keith Connor, SMU, 1982	46-9i, Suzette Lee, LSU, 1997	
Shot Put	72-2 1/4, John Godina, UCLA, 1995	62-3 3/4, Meg Ritchie, ARIZ, 1983	
Discus	222-0, Hannes Hopley, SMU, 2004	221-5, Meg Ritchie, ARIZ, 1981	
Hammer Throw	268-10, Balazs Kiss, USC, 1995	236-3, Jenny Dahlgren, UGA, 2006	
Javelin (new)	264-9, Gabriel Wallin, BSU, 2004	202-10, Irina Kharun, IND, 2003	
Multi-Events	8,465, Trey Hardee, TEX, 2006	6,527, Diane Guthrie-Gresham, GMU, 1995	

* - Collegiate records include only marks made during the collegiate season.

Pac-10 Records*

Men		Women	
100 Meters	9.90, Ato Boldon, UCLA, 1996	10.97, Gail Devers, UCLA, 1987	
200 Meters	19.80, Ato Boldon, UCLA, 1996	22.33, Inger Miller, UCLA, 1993	
400 Meters	43.50, Quincy Watts, USC, 1992	49.96, Monique Henderson, UCLA, 2005	
800 Meters	1:41.77, Joaquim Cruz, ORE, 1984	1:58.51, Brigita Langerholc, USC, 2000	
1,500 Meters	3:34.48, Bernard Lagat, WSU, 1998	4:07.69, Lena Nilsson, UCLA, 2003	
Steeplechase	8:05.4, Henry Rono, WSU, 1978	9:46.30, Lisa Aguilera, ASU, 2003	
5,000 Meters	13:08.4, Henry Rono, WSU, 1978	15:15.48, Lauren Fleshman, STAN, 2003	
10,000 Meters	27:22.47, Henry Rono, WSU, 1978	32:19.97, Alicia Craig, STAN, 2004	
High Hurdles	13.22, Greg Foster, UCLA, 1978	12.48, Ginnie Powell, USC, 2006	
400-Meter Hurdles	47.72, Kevin Young, UCLA, 1998	52.95, Sheena Johnson, UCLA, 2004	
400-Meter Relay	38.44, USC, 1988	42.96, USC, 2006	
1,600-Meter Relay	2:59.91, UCLA, 1988	3:27.57, UCLA, 2004	
High Jump	7-7 1/4, Jesse Williams, USC, 2006	6-6, Amy Acuff, UCLA, 1995	
	7-7 1/4, Del Davis, UCLA, 1982		
Pole Vault	19-0 1/4, Brad Walker, WASH, 2003	15-1, Chelsea Johnson, UCLA, 2006	
Long Jump	27-4 1/2, Randy Williams, USC, 1972	22-2 1/2, Gail Devers, UCLA, 1988	
Triple Jump	57-0 1/2, Joseph Taiwo, WSU, 1984	46-2, Candice Baucham, UCLA, 2005	
Shot Put	72-2 1/4, John Godina, UCLA, 1995	61-10 1/4, Valeyta Althouse, UCLA, 1995	
Discus	216-2, Dean Crouser, ORE, 1983	215-3, Aretha Hill, WASH, 1998	
Hammer Throw	270-10, Balazs Kiss, USC, 1995	221-7, Britney Henry, ORE, 2006	
Javelin (new)	268-7, Esko Mikkola, ARIZ, 1998	186-10, Inga Stasiulionyte, USC, 2002	
Multi-Events	8,322, Mike Ramos, WASH, 1986	6,132, Gea Johnson, ASU, 1990	

* - Pac-10 records include marks made through Aug. 31 of an athlete's senior year.



Brad Walker set the Pac-10 pole vault record at the 2003 NCAA Indoor Championships.



Ja'Warren Hooker, 100m, 200m, 400m

100 Meters

10.18	Ja'Warren Hooker	1998
10.26	Pablo Franco	1975
10.27	Sterling Hinds	1982
10.30	LaNorris Marshall	1983
10.43	Davaon Spence	2005
	Ed Turner	1996
10.44	Byron Howell	1984
10.48	Isaiah Stanback	2006
10.50	Kelly Coleman	1992
10.52	Tim Martin	1994

200 Meters

20.23	Ja'Warren Hooker	2000
20.46	LaNorris Marshall	1981
20.61	Sterling Hinds	1982
20.66	Byron Howell	1985
20.68	Pablo Franco	1977
20.74	Ed Turner	1996
21.12	Bernie Jackson	1981
21.18	Tim Martin	1993
21.26	Jordan Boase	2006
21.27	Kelly Coleman	1992

400 Meters

44.91	Ja'Warren Hooker	2000
45.81	Orlando McKay	1990
46.06	Billy Hicks	1975
46.13	Derek Prior	1998
46.30	B.J. Dawson	1998
46.31	Brent Merritt	1991
46.41	Bruce Jackson	2006
46.44ch	Terry Tobacco	1959
46.44h	Mark Williamson	1984
46.51	Ed Turner	1996

c - Converted from 440 yards

800 Meters

1:46.29	Ryan Brown	2006
1:47.21	Rob Webster	1982
1:47.54h	Bill Smart	1970
1:48.04h	Mitch Leffler	1992
1:48.24h	Greg Gibson	1976
1:48.39	Brice Newton	1997
1:48.57	Austin Abbott	2005
1:48.60	Ty Minnis	1995
1:48.72	Dwight Wheaton	1991
1:48.84h	Peter Favell	1978

1,500 Meters

3:39.89	Bruce Stirling	1987
3:41.74h	Alan Hjort	1989
3:42.64	Geoff Perry	1998
3:43.24h	Greg Gibson	1976
3:43.34h	Rick Albright	1973
3:43.40	Eric Garner	2004
3:43.56	Stormy Shouman	1990
3:43.74	Peter Favell	1978
3:43.77	Gary Gustafson	1978
3:44.07	Dan Bell	1988

3,000-Meter Steeplechase

8:32.27	Dan Bell	1987
8:32.54h	Jim Johnson	1972
8:40.24	Atle Naesheim	1989
8:41.17	Greg Metcalf	1992
8:42.14h	Bill Koss	1972
8:44.54h	Gary Gustafson	1976
8:44.93	Nick Pavach	1996
8:46.92	Mike Hill	2002
8:48.34h	Christian Belz	1997
8:50.64h	Scott Holmes	1975

5,000 Meters

13:40.61	David Bazzi	2001
13:53.45	Alan Hjort	1989
13:54.07	Jeremy Park	2003
13:54.54	Adam Leahy	1990
13:56.84h	Tim Murray	1977
13:57.58	Bill Stolp	1979
13:57.85	Bruce McDowell	1989
13:59.94h	Jim Johnson	1972
14:02.12	Jason Fayant	2001
14:04.44h	Mark Hallenbeck	1979

10,000 Meters

28:34.54	David Bazzi	2001
28:49.69	Jeremy Mineau	2006
28:58.34h	Curt Corvin	1986
29:13.04h	Jim Reinke	1987
29:22.47	Kevin Peters	2006
29:22.54h	Bill Stolp	1979
29:27.14h	Steve Surface	1977
29:27.84h	Bill McClement	1978
29:38.71	Mark Mandi	2005
29:50.09	Mike Sayenko	2005

110-Meter Hurdles

13.57	Spider Gaines	1976
13.91	Lorenzo Bellamy	1980
13.94	Dana Hall	1990
14.04ch	Bill Roe	1967
14.11	Aaron Williams	1981
	Ben Meyer	2000
14.24ch	Dave Williams	1967
	Jim Seymour	1970
	Terry Lavery	1974
14.27	Greg Barber	1998

c - Converted from 120-yard hurdles

400-Meter Hurdles

49.51	Shane Charles	2006
49.85	Bernard Ellison	1991
51.45	Brad Goodrich	2002
51.64yh	Terry Lavery	1974
	Tom Strathairn	1978
	Dan Johnston	1998
51.88y	Brian Mondschein	1975
51.89	Sean Williams	2004
52.17	Ben Meyer	2000
52.21	Pat Stenkamp	1981

c - Converted from 440-yard hurdles

4x100-Meter Relay

39.24	Brown/Hinds/Howell/Marshall	1983
39.43	Boase/Davidson/S. Williams/Spence	2005
39.49	Marshall/Stankovic/Howell/Jackson	1981
39.84ch	Carr/Elkins/Hicks/Davis	1974
39.86	Noji/Hall/McKay/Jones	1990
39.94ch	Kirtman/Hicks/Franco/Tinner	1975
40.07	Boase/Harcourt/Charles/Stankovic	2006
40.11	Belur/Gaines/Franco/Davis	1976
40.14	Ryan/Dawson/Rose/Hooker	1998
40.16	Washington	1997

c - Converted from 440-yard relay

4x400-Meter Relay

3:03.85	S. Williams/Charles/Brown/Jackson	2005
3:04.14yh	Tinner/Belur/Franco/Hicks	1975
3:04.22	Boase/Charles/Brown/Jackson	2006
3:04.73	Bryant/McKay/Merritt/Ellison	1990
3:05.21	Hooker/Prior/Anabel/Dawson	1998
3:06.41	Adams/McCary/S. Williams/Jackson	2004
3:06.53	Strub/McKay/Merritt/Ellison	1991
3:07.08	Boase/Charles/McCary/Jackson	2006
3:08.37	Boase/Charles/S. Williams/Jackson	2005
3:08.47	Kozol/DeRosans/Jackson/Stankovic	1980

c - Converted from mile relay



These six sprinters — (clockwise from top left) Ryan Brown, Shane Charles, Bruce Jackson, Sean Williams, Phil McCary and Jordan Boase — including five from Seattle-area high schools, combined to clock four of UW's ten-fastest 4x400-meter relays all-time from 2004-06, including a UW-record 3:03.85 in 2005.

All-Time UW Men's Outdoor Top-10s



Spider Gaines, 110m Hurdles

Washington Men's Freshman Records

100 Meters	10.18, Ja'Warren Hooker, 1998	400-Meter Hurdles	51.53, Brad Goodrich, 2001
200 Meters	20.70, Ja'Warren Hooker, 1998	High Jump	7-4 1/2, Rick Noji, 1986
400 Meters	46.42, Ja'Warren Hooker, 1998	Pole Vault	17-0, Jeff Taylor, 1972
800 Meters	1:47.9h, Greg Gibson, 1973	Long Jump	25-6 1/4, Norris Frederick, 2005
1,500 Meters	3:44.36, Austin Abbott, 2005	Triple Jump	50-3 1/2, Tony Parrish, 1994
Mile	4:04.5h, Greg Gibson, 1973	Shot Put	59-11, Russ Vincent, 1974
3,000 Meters	8:02.02i, Carl Moe, 2004	Discus	187-2, Ben Lindsey, 1997
Steeplechase	8:44.4h, Gary Gustafson, 1976	Hammer Throw	221-5, Scott Neilson, 1976
5,000 Meters	13:54.03i, Jeremy Mineau, 2006	Javelin (old)	266-11, Bob Rockett, 1983
10,000 Meters	28:49.69, Jeremy Mineau, 2006	Javelin (new)	238-8, Troy Burkholder, 1996
110-Meter Hurdles	13.57, Spider Gaines, 1976	Decathlon	7,638, Mike Ramos, 1982

High Jump

7-6 1/2	Rick Noji	1990
7-1	Norris Frederick	2006
	Lucian Moore	1977
	Mike Ramos	1986
7-0 1/2	J.D. Taylor	1985
	Mark Alan	1989
7-0 1/4	Tracey Thomas	1988
	Sean Steele	2001
7-0	Darryl Laverdure	1973
	Doug Meade	1981

Pole Vault

18-6 1/2	Brad Walker	2003
18-0 1/2	Garth Willard	1992
18-0 1/4	Steve Oravetz	1979
17-10 1/2	Ron Johnson	1992
	Bryan Madche	1996
	Matt Phillips	2000
17-6 1/4	Kirk Bryde	1972
17-6	Jeff Taylor	1975
17-5 3/4	Todd Campbell	1994
17-5	McKane Lee	2005

Long Jump

27-4	Phil Shinnick	1963
25-7	Rob Scott	1992
25-5 3/4	Wariboko West	1964
25-4 3/4	Norris Frederick	2006
25-1 3/4	Grant Birkinshaw	1971
25-1 1/4	Aaron Williams	1981
25-0	Ed Turner	1997
24-9	Peter Spencer	1969
24-8 1/4	J.R. Wolkoff	2005
24-7 1/4	Tony Zackery	1986

Triple Jump

52-5 3/4	Wayne Hinkley	1975
51-5 1/2	Eric Klein	1968
51-5	Al Harris	1983
50-11	Dion Brown	1989
50-5 1/4	Aaron Williams	1981
	Tony Parrish	1995
50-4 1/4	Vestee Jackson	1982
50-3	Dennis Cook	1977
49-11	Jerrod Akins	1994
49-9 3/4	John Triplett	1976

Shot Put

65-11	Steve Summers	1979
65-4	Ben Lindsey	1998
64-4	Russ Vincent	1976
62-11 1/4	John Hubbell	1969
62-9 1/2	Ernie Conwell	1996
61-7	Pete Kaligis	1994
61-3 3/4	Ernie Cathcart	1972
60-10 1/4	Jeff Johnson	1981
60-3	Erik Johnson	1988
60-0 1/4	Neal Kneip	1986

Discus

214-7	Borys Chambul	1976
210-3	Adam Setliff	1993
202-7	Ben Lindsey	1998
201-8	Doug Wollen	1982
200-1	Will Conwell	2006
192-11	Todd Wilson	1991
192-4	Dan Tabish	1987
189-6	Pat Feider	1990
187-3	Mat Schwinn	2003
186-4	Al Pemberton	1968

Hammer

238-7	Scott Neilson	1978
216-2	Neil Kneip	1985
212-9	Martin Bingisser	2006
208-5	Sam Fu	1995
205-8	Erik Johnson	1988
200-5	Damon Felice	1996
200-0	Casey Ballwey	1974
196-9	Rich Bagley	1979
194-6	Bill Stengele	1997
188-1	Kevin Cardiff	1980

Javelin (new implement, 1986-)

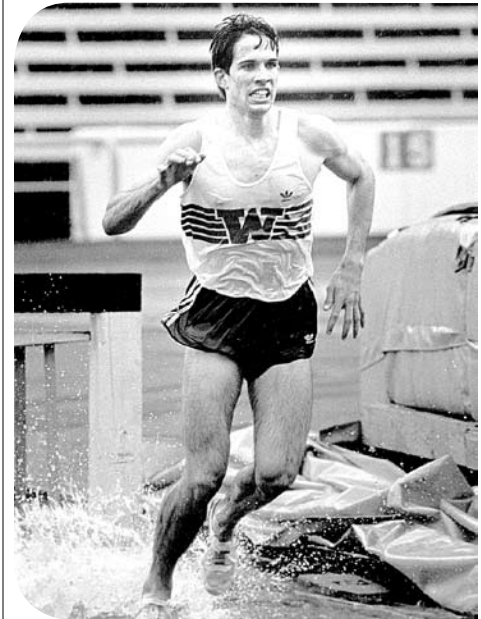
249-6	Darryl Roberson	1989
240-8	Tony Parsley	1991
238-8	Troy Burkholder	1996
237-2	Mike deMunnik	1994
236-1	Craig Manalili	1994
233-10	Juan Romero	2006
233-5	Bob Rockett	1987
	Jacob Smith	1995
232-7	Havard Johansen	1990
231-3	Justin St. Clair	1999

Javelin (old implement, pre-1986)

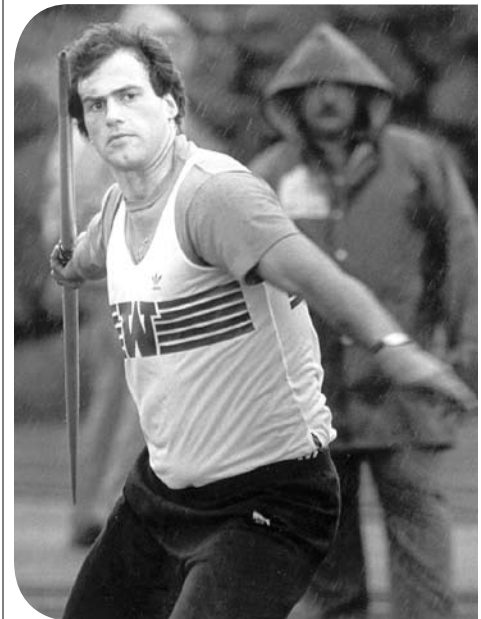
287-6	Bob Rockett	1985
280-8	Duncan Atwood	1978
275-6	Cary Feldman	1971
269-6	Rod Ewaliko	1976
264-7	Gary Quitslund	1972
261-3	Tom Sinclair	1979
260-0	Mike Mahovlich	1980
255-7	Dale Pedersen	1983
254-3	Robert Moulder	1980
242-3	Fred Luke	1968

Decathlon

8,322	Mike Ramos	1986
8,063	Steve Erickson	1985
7,758	Gary Gefre	1980
7,465	Gary Wipfler	1981
7,426	Jacob Predmore	2000
7,125	Brian Mondschein	1977
7,065	Stan Vegar	1977
6,991	E.J. Iddings	1997
6,970	Dave Lorvick	1980
6,967	Dave Williams	1964



Dan Bell, Steeplechase



Bob Rockett, Javelin

60-Meter Dash

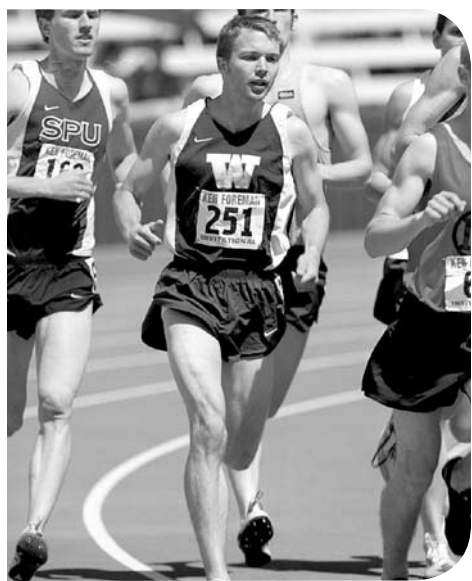
6.55	Ja'Warren Hooker	2001
6.71c	Ed Turner	1997
	Willem Ryan	1997
6.77c	Tim Martin	1994
	Sterling Hinds	1983
6.78c	Napoleon Kaufman	1993
	Rick Noji	1987
6.80	Isaiah Stanback	2006
6.80c	Carlos Hattix	1997
6.81c	Kelley Coleman	1993
6.81	Marvin Kasim, Jr.	1999
c - Converted from 55 meters		

60-Meter Hurdles

7.82c	Dana Hall	1991
7.90c	Skip Moody	1998
7.95c	Ben Meyer	1997
8.06c	Kyle Gano	1994
8.08	Marc James	2004
8.09c	Greg Barber	1999
8.10c	Don Morehead	1984
8.22c	Joshua Renz	2001
8.27	Corey Williams	2006
c - Converted from 55-meter hurdles		

200 Meters

20.56	Ja'Warren Hooker	2001
21.05	Ed Turner	1997
21.18	Shelton Sampson	2003
21.19	Jordan Boase	2006
21.54	Beno Bryant	1990
21.57	Tim Martin	1994
	Orlando McKay	1990
21.64	Davaon Spence	2006
21.80	Carlos Hattix	1997
	Andre DeSaussure	1998

**Jeremy Park, 3,000 Meters****Eric Garner, Mile Run****400 Meters**

46.45	Derek Prior	1999
46.86	B.J. Dawson	1998
47.32	Orlando McKay	1991
47.41	Sean Williams	2005
47.58	Bernard Ellison	1990
47.76	Jordan Boase	2005
47.82	Bruce Jackson	2006
48.02	Ja'Warren Hooker	2000
48.03	Greg Forni	2003
48.29	Nik Williams	2004

800 Meters

1:49.59	Shane Charles	2005
1:49.64	Ryan Brown	2005
1:50.59	Austin Abbott	2006
1:50.65	Mitch Leffler	1993
1:51.14c	Rich Mesmer	1968
1:51.17	Bruce Jackson	2005
1:51.55	Todd Arnold	2003
1:51.81	John Snyder	2002
1:51.91	Eric Garner	2004
1:51.93	Andy Clark	1992
c - Converted from 880 yards		

Mile

3:58.93	Eric Garner	2002
3:59.24	Greg Gibson	1974
3:59.47	Austin Abbott	2006
4:03.76	Carl Moe	2006
4:03.77	John Russell	2004
4:05.45	Andy Fader	2004
4:05.54	Dave Barnett	1984
4:05.59	Al Hjort	1990
4:05.71	Dan Bell	1987
4:06.04	Todd Arnold	2002

**Shane Charles, 800 Meters, 4x400-Meter Relay****3,000 Meters**

7:54.13	Jeremy Park	2003
8:02.56	Eric Garner	2002
8:02.82	Carl Moe	2004
8:04.92	Mark Mandi	2004
8:04.94c	Jim Johnson	1972
8:06.04	Dustin Duke	2002
8:06.57	David Bazzi	2001
8:06.86	Jon Harding	2006
8:07.20c	Dan Bell	1987
8:10.21c	Neal Panchen	1993
c - Converted from two-mile run		

5,000 Meters

13:54.03	Jeremy Mineau	2006
13:58.51	David Bazzi	2001
14:10.81	Andy Fader	2004
14:11.39	Jon Hickey	2004
14:12.51	Mark Mandi	2004
14:13.89	Mike Hill	2002
14:16.62	Kevin Peters	2006
14:18.07	Mike Sayenko	2006
14:22.59	Jon Harding	2006
14:23.74	Pat Ewing	1983

**Jeremy Mineau, 5,000 Meters**

All-Time UW Men's Indoor Top-10s

4x400-Meter Relay

3:07.03	Boase/Brown/Charles/Jackson	2006
3:07.33	Hooker/Dawson/Anabel/Prior	1998
3:07.86	Harcourt/Brown/Charles/Jackson	2006
3:07.94	S. Williams/Brown/Charles/Jackson	2005
3:10.07	Hooker/Mackey/Prior/Anabel	1999
3:10.67	N. Williams/Adams/McCary/S. Williams	2004
3:10.74c	Kozol/Bathurst/Bredahl/Stankovic	1981
3:11.64	Harcourt/Charles/McCary/Boase	2006
3:11.71	N. Williams/S. Williams/Goodrich/Forni	2003
3:11.93	Walters/Hooker/Adams/Goodrich	2001

c - Converted from mile relay

Distance Medley Relay

9:35.35	Abbott/Jackson/Brown/Moe	2006
	Garner/S. Williams/Moe/Russell	2004
9:36.20	Abbott/S. Williams/Brown/Fader	2005
9:38.09	Russell/S. Williams/Arnold/Moe	2004
9:40.82	Garner/S. Williams/Arnold/Park	2003
9:43.59	Russell/S. Williams/Jackson/Moe	2004
9:44.54	Abbott/Harcourt/Brown/Moe	2006
9:49.73	Russell/Jackson/Moe/Fader	2004
9:51.03	Moe/McCary/Abbott/Liber	2006
9:51.36	Abbott/Brown/Freeman/Fader	2005

c - Converted from yards to meters

High Jump

7-5	Rick Noji	1988
7-0 1/4	Norris Frederick	2006
	Warren Eickhoff	2005
	Rob Reynolds	1996
	Tracey Thomas	1988
6-11 3/4	Sean Steele	2001
6-11	Greg Fjellman	1992
6-10 3/4	Tay Cody	1994
	Mark Allan	1991
6-10 1/2	Mike Ramos	1983
	Stan Vegar	1978

Pole Vault

19-0 1/4	Brad Walker	2003
17-10	Steve Oravetz	1979
17-7 3/4	Matt Phillips	2000
17-6 1/2	Garth Willard	1992
17-6	Jeff Taylor	1975
17-3	McKane Lee	2005
17-1 3/4	Brian Madche	1998
17-1	Craig Connors	1998
	Todd Campbell	1995
17-0 3/4	Sam Roberts	2006

Long Jump

25-6 1/2	Phil Shinnick	1965
25-6 1/4	Norris Frederick	2005
25-0	Ed Turner	1996
24-5 1/2	Robert Scott	1992
23-9 1/2	J.R. Wolfork	2006
23-9	Skip Moody	1997
23-7 1/2	Mike Ramos	1984
23-7 1/4	Shane Paulsen	1991
23-6 3/4	Vestee Jackson	1982
23-4 1/2	Jacob Predmore	1999
	Tyriff Rudder	2001



Rick Noji, High Jump

Triple Jump

50-10	John Triplett	1976
50-2 1/2	Wayne Hinkley	1975
50-0 1/2	Tony Parrish	1995
49-8 1/4	Marcus Kelly	2001
49-7	Greg Henderson	1982
49-3 3/4	James Sims, Jr.	2003
49-2 1/4	Jerrold Akins	1992
49-1 3/4	Al Harris	1984
48-11 1/2	Tyriff Rudder	2001
48-7	Dennis Cook	1977

Shot Put

65-5 1/4	Ben Lindsey	1998
64-4	Russ Vincent	1975
64-1	Steve Summers	1980
60-7	John Hubbell	1969
60-6 1/2	Ernie Conwell	1995
58-11 1/2	Eric Johnson	1988
57-5 3/4	Neal Kneip	1986
56-10 1/4	George Sutherland	1975
56-7 1/4	Brett Holden	1982
56-1 3/4	Kurth Connell	1997

35-lb. Weight Throw

71-5 1/2	Scott Neilson	1979
65-7 1/2	Neal Kneip	1986
64-8 3/4	Martin Bingisser	2006
62-1 3/4	Russ Vincent	1978
61-6	Eric Johnson	1989
61-4 3/4	Bill Stengele	1997
58-0 1/4	Will Conwell	2006
55-9 1/4	Sam Fu	1995
55-3	Casey Ballwey	1974
54-6	Dan Tabish	1987

Heptathlon

5,126	Blake Bidleman	2006
4,609	Doug Blaty	2004
4,551	Corey Fredericks	2005



Phil Shinnick, Long Jump



Ben Lindsey, Shot Put

100 Meters

11.47	Zelda Johnson	1985
11.53	Donna Dennis	1983
11.54h	Ashley Lodree	2006
11.84	Esrenee Cunningham	1989
	Tracy Griffin	1994
11.86	Shirley Walker	1985
11.87	Marzette Penton	1996
11.90	Meledy Smith	1984
11.94	Michele Stapleton	1989
11.96	Keisha Griffis	1997

200 Meters

23.40	Donna Dennis	1983
23.86	Tracy Griffin	1994
24.12	Chelsie Pentz	2000
24.13	Zelda Johnson	1985
24.14h	Esrenee Cunningham	1989
24.34	Lauran Dignam	2004
24.44	Tamanika Terry	1994
24.44h	Joyce Schweim	1989
24.50	Keisha Griffis	1998
24.56	Ashley Lodree	2006

400 Meters

54.31	Lauran Dignam	2006
54.44	Keisha Griffis	1998
54.45	Patrice Woods	1996
54.47	Terra Barter	1995
54.64	Koko Sandmeyer	1994
54.70	Monique Glass	1998
54.74h	Colleen Richardson	1980
54.84h	Kelsey Sheppard	2000
54.98	Asya Muhammad	1998
55.05	Chelsie Pentz	2000

800 Meters

2:05.73	Sarah Bolender	1987
2:05.97	Courtney Inman	2003
2:06.51	Dana Arnim	1980
2:06.75	Mary Dong	1987
2:06.80	Sandra Gregg	1981
2:07.43	Dani Schuster	2006
2:08.13a	Amanda Miller	2006
2:08.14h	Susan Gregg	1982
2:08.43	Danelle Kabush	1998
2:08.71	Lia Minelli	1997

a - includes altitude adjustment



Sarah Bolender, 800 Meters

Washington Women's Freshman Records

100 Meters	11.53, Donna Dennis, 1983
200 Meters	23.40, Donna Dennis, 1983
400 Meters	54.6h, Colleen Richardson, 1980
800 Meters	2:06.75, Mary Dong, 1987
1,500 Meters	4:12.7h, Regina Joyce, 1981
3,000 Meters	8:59.39, Regina Joyce, 1981
Steeplechase	10:37.27, Dallan Williams, 2004
5,000 Meters	16:29.91, Anita Campbell, 2006
10,000 Meters	34:34.79, Lisa Gibbs, 2002
100-Meter Hurdles	13.41, Ashley Lodree, 2004
400-Meter Hurdles	57.35, Keisha Griffis, 1996
High Jump	6-0, Sherri Felton, 1978
Pole Vault	13-3 3/4, Kelley DiVesta, 2005
Long Jump	21-0, Meledy Smith, 1984
Triple Jump	39-11 1/2, Fahern Thomas, 1992
Shot Put	50-5 1/4i, Meg Jones, 1985
Discus	175-8, Cecelia Barnes, 1999
Hammer Throw	156-4, Cecelia Barnes, 1999
Javelin (old)	170-6, Vicki Smiley, 1983
Javelin (new)	157-9, Tiffany Zahn, 2003
Heptathlon	4,891, Angie Tasker, 1987



Keisha Griffis, 400-Meter Hurdles

1,500 Meters

4:10.93	Courtney Inman	2003
4:12.84h	Regina Joyce	1981
4:14.63	Amy Lia	2006
4:18.31	Sandra Gregg	1981
4:18.81	Danelle Kabush	1998
4:19.07	Lindsey Egerdahl	2005
4:21.00	Sarah Bolender	1988
4:21.96	Tara Carlson	1996
4:22.76	Susan Gregg	1983
4:23.11	Amanda Miller	2006

3,000 Meters

8:55.05	Regina Joyce	1982
9:16.56	Tara Carlson	1996
9:20.35	Margaret Butler	2000
9:23.66	Janicka Peterson	1990
9:23.89	Jennifer Smalley	1991
9:26.38	Cami Matson	2000
9:31.04	Emily Johnson	1996
9:31.10	Sabrina Monro	2003
9:31.91	Anne Howard	1991
9:32.44h	Kathy Adams	1979

3,000-Meter Steeplechase

10:33.28	Laura Halverson	2004
10:35.31	Kate Spigel	2003
10:37.27	Dallon Williams	2004
10:43.26	Camille Connelly	2005
11:01.27	Karen Schwager	2004
11:04.87	Trish Rasmussen	2006
11:55.54	Kelsey McCallum	2004
12:21.07	Amy King	2001

5,000 Meters

15:35.60	Regina Joyce	1982
15:55.71	Tara Carlson	1996
15:56.90	Sabrina Monro	2003
16:01.20	Anna Aoki	2001
16:10.94	Gillian Palmer	2001
16:29.91	Anita Campbell	2006
16:30.04h	Karen Petley	1982
16:32.60	Jennifer Gillette	1990
16:36.95	Brandi Evans	1992
16:38.97	Kate Bradshaw	2001

10,000 Meters

33:13.45	Regina Joyce	1983
33:32.28	Sabrina Monro	2003
33:35.51	Kate Bradshaw	2001
34:04.70	Deeja Youngquist	1999
34:04.77	Anna Aoki	2001
34:12.54h	Karen Petley	1982
34:34.79	Lisa Gibbs	2002
35:03.94h	Sara Lindgren	1984
35:08.24h	Kathy Adams	1978
35:29.09	Michelle Buresh	1990

100-Meter Hurdles

13.04a	Ashley Lodree	2006
13.55	Claudine Robinson	1994
13.62	Shirley Walker	1984
13.69	Joyce Schweim	1990
13.86	Leslie Campbell	1991
13.98	Grace Vela	2004
14.05	Brynne Steward	2003
	Patrice Davis	1999
14.07	Keisha Griffis	1998
14.11	Lara Kelley	1999

a - includes altitude adjustment

400-Meter Hurdles

57.13	Terra Barter	1995
57.35	Keisha Griffis	1997
57.79	Mari Bjone	1991
58.29	Kelsey Sheppard	2000
58.40	Patrice Woods	1995
59.45	Angie Tasker	1990
	Patrice Davis	1997
59.53	Joyce Schweim	1989
59.65	Ashley Lodree	2005
59.94	Lara Kelley	1999

4x100-Meter Relay

44.74h	Smith/Walker/Johnson/Dennis	1985
45.20	Keller/Walker/Smith/Dennis	1984
45.63	Cunningham/Stapleton/Gamby/Schweim	1989
45.67	Smith/T. Moore/Pentz/Hawkins	2000
45.81	Vela/Craddock/Steward/Lodree	2004
45.89	McClatcher/Penton/Griffis/Muhammad	1998
46.04	Steward/Lodree/Dignam/Nash	2005
	Washington	1999
46.07	Dignam/Leonhardt/Ankton/Nash	2006
	Griffin/Sandmeyer/Woods/Barter	1994



Tara Davis, Triple Jump

4x400-Meter Relay

3:37.68	McClatcher/Glass/Griffis/Muhammad	1998
3:39.04	Sheppard/Pentz/Moore/Bledsoe	2000
3:39.65	Woods/Casbere/Barter/Sandmeyer	1994
3:41.60	Newton/Minelli/Woods/Barter	1995
3:41.92	Washington	1999
3:41.97	Reimbold/Minelli/Newton/Woods	1996
3:43.24h	Nomiyama/Shannon/Arnim/Richardson	1980
3:43.61	Dignam/Leonhardt/Martin/Ankton	2006
3:43.92	Glass/Minelli/Davis/Newton	1997
3:44.58	Steward/Dignam/Lodree/Miller	2005

High Jump

6-2 3/4	Vicki Borsheim	1987
6-0 1/2	Maggie Garrison	1978
6-0	Sherri Felton	1978
5-10 1/4	Dianne Baumann	1983
5-10	Makare Desilets	1997
5-9 3/4	Gaye Brandenstein	1982
5-8 3/4	Celia Willis	1990
	Mary Prince	1990
5-8 1/2	Janie Vermeere	1994
5-8	Diane Jolivet	1983
	Fran Richardson	1997/98

Pole Vault

14-2	Kate Soma	2004
13-9 1/4	Carly Dockendorf	2005
13-5 1/4	Kelley DiVesta	2006
	Ashley Wildhaber	2005
13-2 1/4	Stevie Marshalek	2004
12-11 1/2	Sandy Erickson	2000
12-2	Alexis Jaime	2001
12-1 1/2	Myrriah Swango	2006
11-11 3/4	Alli Moore	2006
11-7 3/4	Chris Withey	2000

Long Jump

21-0	Meledy Smith	1984
20-8 1/2	Tara Davis	1995
20-8 1/4	Shiri Milton	1984
20-1	Kendra Keller	1987
	Angie Tasker	1989
19-11 1/4	Jakki Davis	1984
19-10 3/4	Sonja Forster	1992
19-9	Kam Warner	1994
19-7 1/2	Tami Mathewson	1990
	Zee Ogarro	2002

Triple Jump

41-7 3/4	Tara Davis	1995
41-4 1/2	Brittany Roberts	2003
40-9 3/4	Michelle Reid	1997
40-8 1/4	Angie Tasker	1989
40-7	Suzanne Silvis	1994
40-4 3/4	Sidney Brown	2004
39-11 1/2	Fahern Thomas	1992
39-10 1/2	Kyla Sutton	1996
39-7 1/2	Celia Willis	1991
39-2 1/4	Meledy Smith	1985

Shot Put

55-7	Jennifer Ponath	1988
52-6	Shirley Ross	1988
51-10 1/4	Caryl Van Pelt	1981
51-5	Aretha Hill	1998
51-2 1/2	Meg Jones	1987
50-8 3/4	Sesilia Thomas	2000
49-4 1/2	Jackie Henry	1983
48-0 3/4	Cherron Davis	2004
47-0 1/4	Soozie Shanley	1995
46-11 3/4	Sheree Ellis	2006

Discus

215-3	Aretha Hill	1998
179-3	Jennifer Ponath	1988
175-8	Cecilia Barnes	1999
174-10	Meg Jones	1987
170-7	Sandy Whitlock	1990
168-0	Susanne Dandenault	1990
161-2	Soozie Shanley	1995
160-1	Jackie Henry	1980
159-1	Caryl Van Pelt	1979
157-9	Sesilia Thomas	1997

Hammer

189-9	Kameko Gay	2003
169-1	Rebecca Morrison	1998
168-7	Soozie Shanley	1996
168-2	Aretha Hill	1998
156-4	Cecilia Barnes	1999
155-2	Carin Trygg	2004
153-3	Arlecier West	2006
150-5	Piper Hope	2005
149-10	Searan Salibian	2002
144-3	Sesilia Thomas	1999

Javelin (new implement, 1999-)

173-7	Megan Priestestersbach	2004
161-9	Tiffany Zahn	2006
159-6	Heather Reichmann	2003
136-4	Chris Withey	2000
122-8	Kaisa Keranen	2006
122-5	Grace Vela	2005
117-1	Rebecca Morrison	1999
114-11	Emily Whitish	1990
114-10	Liz Fuller	2006
110-0	Kelly Stovin	2004

Javelin (old implement, pre-1999)

197-4	Helena Uusitalo	1986
191-2	Deanna Carr	1983
182-4	Shelly Sanford	1989
173-4	Tessie Schorr	1993
171-10	Liz Lasiter	1986
170-6	Vicki Smiley	1983
	Lisa Torrison	1983
167-7	Kristin Ronning	1993
167-2	Monika Parker	1994
165-10	Laura Kruse	1994

Heptathlon

5,266	Sonja Forster	1992
5,225	Grace Vela	2004
5,186	Angie Tasker	1989
4,831	Janie Vermeere	1994
4,821	Liz Fuller	2006
4,796	Deanna Carr	1982
4,657	Shelley Pascoe	1991
4,469	Kaisa Keranen	2006
4,404	Dianne Baumann	1982
4,367	Jennifer Nacrelli	1984



Vicki Borsheim, High Jump

60-Meter Dash

7.38	Ashley Lodree	2006
7.40c	Tracy Griffin	1994
7.50c	Donna Dennis	1986
	Zelda Johnson	1985
7.52c	Marzette Penton	1997
7.57c	Tami Mathewson	1993
7.60	LeTasha Moore	2002
7.62c	Jamara Alexander	2001
7.64c	Joyce Schweim	1991
	Keisha Griffis	1996

c - Converted from 55 meters

60-Meter Hurdles

8.15	Ashley Lodree	2005
8.21c	Claudine Robinson	1994
8.41c	Joyce Schweim	1991
8.55	Brynne Steward	2006
8.55c	Leslie Campbell	1990
8.59c	Patrice Davis	1999
8.62c	Kam Warner	1994
8.63	Grace Vela	2005
8.66c	Lara Kelley	1999
8.68c	Kelsey Sheppard	2001

c - Converted from 55-meter hurdles

200 Meters

24.42	Ashley Lodree	2006
24.49	Tracy Griffin	1994
24.86	Marzette Penton	1996
	Chelsie Pentz	2000
25.13	Lauran Dignam	2004
25.23	Joyce Schweim	1991
25.27	Jamara Alexander	2000
25.30	Tamanika Terry	1994
25.31	Kelsey Sheppard	2001
25.32	LeTasha Moore	2002



Tracy Griffin, 200 Meters



Courtney Inman, Mile Run

400 Meters

55.11	Kelsey Sheppard	2002
55.46	Lauran Dignam	2006
55.48	Chelsie Pentz	2000
55.74	Koko Sandmeyer	1994
55.91	Patrice Woods	1996
56.01	Kellie Gamby	1991
56.13	LeTasha Moore	2002
56.23	Monique Glass	1999
56.35	Lara Kelley	1999
56.48	Arlene Bledsoe	2000

800 Meters

2:06.76	Amanda Miller	2005
2:08.39	Courtney Inman	2003
2:09.73	Amy Lia	2004
2:11.06c	Sarah Bolender	1987
2:11.08	Terra Barter	1995
2:11.77	Kira Harrison	2004
2:12.43	Angela Froese	1995
2:12.44c	Sandra Gregg	1983
2:12.70	Dani Schuster	2006
2:12.93	Lora Funk	1994

c - Converted from 880 yards

Mile

4:40.24	Courtney Inman	2003
4:42.17	Ingviil Makestad	2004
4:42.27	Lindsey Egerdahl	2005
4:44.34	Amy Lia	2006
4:48.36c	Sandra Gregg	1983
4:50.09	Annaliese Chapa	2006
4:50.14c	Marjan Mouljin	1978
4:50.65	Margaret Butler	2000
4:50.69	Janicka Peterson	1989
4:50.97	Cami Matson	2000

c - Converted from 1,500 meters

3,000 Meters

9:32.28	Sabrina Monro	2002
9:32.39	Tara Carlson	1996
9:33.84	Deeja Youngquist	1999
9:35.08	Lindsey Egerdahl	2004
9:36.21	Anita Campbell	2006
9:36.23	Anna Aoki	2000
9:39.74	Melinda Campbell	2000
9:41.44	Sandra Gregg	1983
9:42.14	Margaret Butler	2000
9:44.84	Susan Gregg	1983

5,000 Meters

16:22.13	Sabrina Monro	2003
16:33.01	Anna Aoki	2000
16:33.27	Anita Campbell	2006
16:45.58	Lisa Gibbs	2002
16:57.56	Kate Bradshaw	2002
16:58.00	Deeja Youngquist	1997
16:59.87	Jamie Gibbs	2002
17:07.58	Tori Tyler	2006
17:13.57	Angela Wishaar	2005
17:14.83	Alison Tubbs	2004



Kelsey Sheppard, 400 Meters, 4x400-Meter Relay

All-Time UW Women's Indoor Top-10s

4x400-Meter Relay

3:44.00	Glass/Sheppard/Muhammad/Griffis	1999
3:44.26	Pentz/Sheppard/Moore/Bledsoe	2000
3:44.90	Dignam/Steward/Leonhardt/Martin	2006
3:45.32	R. Moore/Jensen/Sheppard/Hawkins	2002
3:45.40	Woods/Griffin/Sandmeyer/Barter	1994
3:47.19	Sandmeyer/Hallett/Doht/Bjone	1991
3:48.68	L. Moore/Sheppard/Jensen/Hawkins	2002
3:48.84	Griffis/McClatcher/Newton/Woods	1996
3:49.12	Pentz/Bledsoe/Moore/Hawkins	2000
3:49.23	Dignam/Steward/Lodree/Miller	2005

Distance Medley Relay

11:23.12	Lia/Jensen/Makestad/Egerdahl	2004
11:23.57	Makestad/Harrison/Lia/Egerdahl	2004
11:35.41	Kabush/Griffis/Froese/Butler	1998
11:36.54	Funk/Barter/Johnson/Carlson	1994
11:38.61	McLeod/Dignam/Miller/Lia	2006
11:41.12	Barter/Woods/Froese/Carlson	1995
11:41.45	Egerdahl/Steward/Harrison/Connelly	2005
11:44.88	Syrdal/Glass/Inman/Smith	1999
11:46.30	Egerdahl/Harrison/McLeod/Wishaar	2004
11:47.95	Schuster/Martin/Chapa/McLeod	2006

High Jump

6-2	Vicki Borsheim	1988
6-0	Maggie Garrison	1977
5-8 1/4	Dianne Baumann	1983
5-8	Grace Vela	2005
	Celia Willis	1990
5-7 3/4	Daria Pavlov	2006
	Francine Richardson	1997
5-7	Liz Fuller	2006
	Sidney Brown	2003
	Mary Prince	1990



Meledy Smith, Long Jump



Lindsey Egerdahl, Distance Medley Relay



Kate Soma, Pole Vault

Pole Vault

14-3 1/2	Kate Soma	2005
13-9 1/4	Ashley Wildhaber	2005
13-7 3/4	Carly Dockendorf	2006
13-7 1/4	Stevie Marshalek	2005
12-9 1/2	Sandy Erickson	2002
12-7 1/4	Kelley DiVesta	2006
12-6	Myrriah Swango	2006
12-4	Alexis Jaime	2003
12-0 3/4	MerryJane Bendico	2001
11-3 3/4	Amy Groesbeck	2004

Long Jump

20-5 1/2	Meledy Smith	1984
19-9 3/4	Tara Davis	1995
19-9	Kendra Keller	1984
19-7 3/4	Angie Tasker	1989
	Jakki Davis	1984
19-6 3/4	Grace Vela	2005
19-6 1/4	Ashley Lodree	2004
	Kam Warner	1994
19-5 3/4	Michele Reid	1998
19-3	Marzette Penton	1998

Triple Jump

41-4 1/4	Brittany Roberts	2003
40-6 3/4	Angie Tasker	1988
40-3 1/4	Sidney Brown	2005
40-0 1/2	Michele Reid	1998
39-7 1/2	Tara Davis	1995
39-3 3/4	Grace Vela	2005
39-3 1/2	Kyla Sutton	1996
39-2 1/2	Suzanne Silvis	1994
38-9 1/2	Bonnie Snyder	2005
38-8 3/4	Celia Willis	1992

Shot Put

52-7 1/2	Jennifer Ponath	1988
51-4 1/2	Shirley Ross	1988
50-9 1/2	Meg Jones	1988
49-10 3/4	Caryl Van Pelt	1978
49-9 3/4	Seselia Thomas	2000
49-4 1/4	Aretha Hill	1998
46-11 3/4	Sheree Ellis	2005
46-10	Suzanne Dandenault	1991
46-1 1/4	Cherron Davis	2003
46-0 1/2	LaTonya White	1990

20-lb. Weight Throw

55-2	Aretha Hill	1998
52-2 1/2	Soozie Shanley	1996
51-5 3/4	Seselia Thomas	2000
50-11 1/2	Arlecier West	2005
50-8 3/4	Kameko Gay	2003
49-1 1/2	Rebecca Morrison	1999
47-9 1/4	Searan Salibian	2002
47-7 1/4	Carin Trygg	2004
42-3 1/4	Cherron Davis	2003
40-9	Mia Norheim	2003

Pentathlon

3,915	Grace Vela	2005
3,854	Daria Pavlov	2006
3,696	Dianne Baumann	1983
3,692	Angie Tasker	1989
3,610	Liz Fuller	2006
3,508	Sonja Forster	1990
3,471	Bonnie Snyder	2005
3,266	Roxanne Rohweder	1984
3,251	Deanna Carr	1983
3,213	Kaisa Keranen	2006

Did You Know?

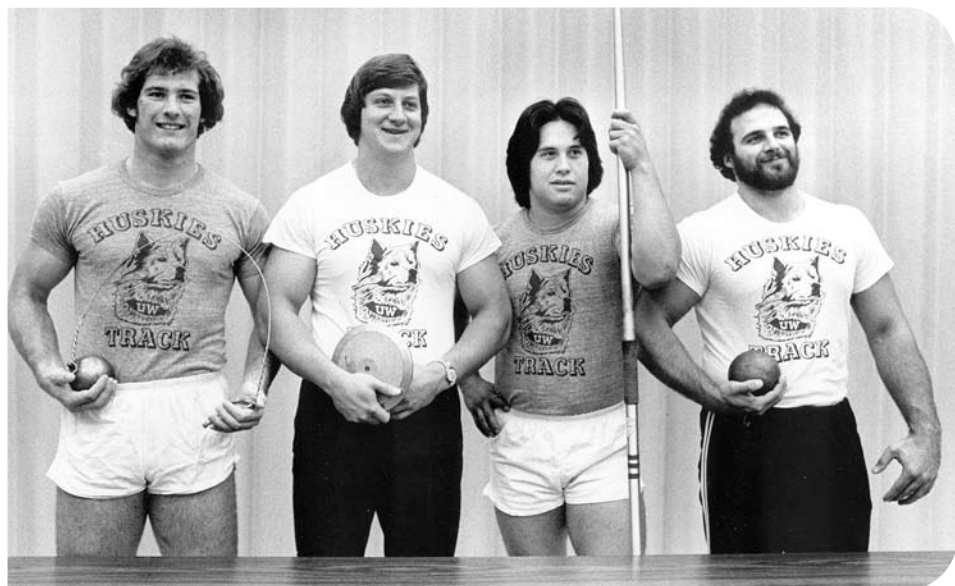
Senior Ashley Lodree ranks among UW's all-time top-10 in 10 of the 11 events she has contested during her college career, and boasts four school records.

Pac-10 Outdoor Results (1979-)

Year	Champion	Pts.	UW Place	UW Pts.
2006	USC	140	4	99
2005	Oregon	152	5	75.5
2004	UCLA	143	8	45
2003	USC	139	9	37
2002	Stanford	151	8	49
2001	Stanford	142	8	42
2000	USC	154	4t	83
1999	USC	164	9	52
1998	UCLA	135.5	6	93
1997	USC	145	3	96
1996	UCLA	151	3	97.5
1995	UCLA	163.5	8	54
1994	UCLA	135	9	30
1993	UCLA	170	7	60
1992	UCLA	123	6	54.5
1991	Washington St.	135.7	6	70
1990	Oregon	141	6	70
1989	UCLA	153	6	55
1988	UCLA	147	9	42
1987	UCLA	176	6	45
1986	Oregon	134	9	29
1985	Washington St.	149.5	8	43
1984	Washington St.	157.3	7	43
1983	Washington St.	132	8	37
1982	UCLA	146	9	27
1981	Arizona	133	8	28
1980	UCLA	163	10	20
1979	Oregon	145	6	43

Pac-8 Outdoor Results (1960-78)

Year	Champion	Pts.	UW Place	UW Pts.
1978	USC	126	5	60
1977	USC	146	5	69
1976	USC	180	2	99
1975	USC	152	6	67
1974	USC	134.5	7	50.5
1973	UCLA	156	6	34
1972	USC	140	4	64
1971	UCLA	126	8	26
1970	UCLA	111	7	33
1969	UCLA	98	8	24
1968	USC	128	7	31
1967	Oregon	129	6	43
1966	UCLA	80	8	20
1965	Oregon	52	8	16
1964	USC	73	5	33
1963	USC	74	6	24
1962	USC	78.5	5	17
1961	USC	101	5	21
1960	USC	83.5	4	32.5



The Fab Four (l-r): Scott Neilson, Borys Chambul, Rod Ewaliko and Russ Vincent combined to sweep the throws at the 1976 Pac-10 Championships, four of 73 Pac-10 titles earned by UW athletes all-time.

Men's Pac-10 Champions (Pac-8 before 1979)

Year	Champion	Event	Mark	Year	Champion	Event	Mark
2006	Shane Charles	400m Hurdles	49.51	1978	Scott Neilson	Hammer	232-4
	Norris Frederick	Long Jump	25-10w		Duncan Atwood	Javelin	261-8
	Juan Romero	Javelin	233-10	1977	Scott Neilson	Hammer	213-11
2005	Ryan Brown	800m Run	1:47.31		Duncan Atwood	Javelin	265-9
2003	Brad Walker	Pole Vault	18-2 1/2		Brian Mondschein	Decathlon	7,066 pts.
2002	Mike Hill	Steeplechase	8:54.19	1976	Graham Barr	Steeplechase	8:56.0
	Brad Walker	Pole Vault	18-0 1/2		Spider Gaines	110m Hurdles	13.9
2001	David Bazzi	10,000m Run	29:27.31		Russ Vincent	Shot Put	63-9 3/4
2000	Ja'Warren Hooker	100m Dash	10.19		Borys Chambul	Discus	196-4
	Ja'Warren Hooker	200m Dash	20.39		Scott Neilson	Hammer	209-6
	Ben Lindsey	Shot Put	63-11 3/4		Rod Ewaliko	Javelin	265-3
1998	Ja'Warren Hooker	100m Dash	10.24	1975	Rod Ewaliko	Javelin	260-9
	Ja'Warren Hooker	200m Dash	20.70	1974	Al Davis	100y Dash	9.7
	Hooker/Prior/Anabel/Dawson	4x400m Relay	3:06.49	1972	Bill Koss	Steeplechase	8:42.0
1996	Troy Burkholder	Javelin	229-5		Kirk Bryde	Pole Vault	16-9 1/2
1992	Mitch Leffler	800m Run	1:49.05	1971	Jim Seymour	440y Hurdles	50.9
1990	Rick Noji	High Jump	7-2 1/2		Kirk Bryde	Pole Vault	17-4
1989	Darryl Roberson	Javelin	238-4		Cary Feldman	Javelin	258-4
1988	Darryl Roberson	Javelin	236-2	1970	Jim Johnson	Steeplechase	8:47.6
1987	Bruce Stirling	1500m Run	3:44.29		Cary Feldman	Javelin	236-6
	Dan Bell	Steeplechase	8:36.68	1969	John Hubbell	Shot Put	62-11 1/4
1986	Mike Ramos	Decathlon	8,322 pts.	1967	Washington	Mile Relay	3:11.6
1985	Steve Erickson	Decathlon	8,067 pts.	1964	Jerry Plowman	220y Dash	21.4
	Tony Zackery	Long Jump	25-11 1/4w		Wariboko West	Long Jump	24-11 1/4
1984	Mike Ramos	Decathlon	7,824 pts.		Al Pemberton	Discus	175-6
1983	Mike Ramos	Decathlon	7,824 pts.	1963	Brian Sternberg	Pole Vault	15-0
1980	Gary Gefre	Decathlon	7,758 pts.	1962	John Cramer	Pole Vault	15-0 1/2
1979	Scott Neilson	Hammer	235-0	1961	John Cramer	Pole Vault	15-0
	Tom Sinclair	Javelin	259-11	1960	Don Failla	Pole Vault	14-0
					Bill Coats	Pole Vault	14-0
					John Douglas	Javelin	237-0



2002 Pac-10 steeplechase champion Mike Hill

Did You Know?

Washington athletes have won at least one Pac-10 title every year since 2000, combining for 14 conference crowns in that seven-year span.

Women's Conference Meet History



Two-time Pac-10 10,000-meter champ Anna Aoki.



Soozie Shanley won the hammer at the '96 Pac-10 meet.

Women's Pac-10 Champions (1987-)

Year	Champion	Event	Mark
2004	Kate Soma	Pole Vault	14-2
2001	Anna Aoki	10,000m	34:19.63
2000	Kate Bradshaw	10,000m	34:41.03
1998	Anna Aoki	10,000m	35:04.99
	Aretha Hill	Discus	208-11
1996	Aretha Hill	Discus	195-9
	Soozie Shanley	Hammer	157-10
1995	Tara Davis	Long Jump	20-2 1/4
1992	Sonja Forster	Heptathlon	5,266 pts.
1991	Mari Bjone	400m Hurdles	58.21
1988	Jennifer Ponath	Shot Put	55-5 3/4
1987	Vicki Borsheim	High Jump	6-0 3/4
	Helena Uusitalo	Javelin	180-7

Pac-10 Outdoor Results (1987-)

Year	Champion	Pts.	UW Place	UW Pts.
2006	Arizona State	154	7	41
2005	Stanford	173	8	42.5
2004	UCLA	174.5	6	67
2003	UCLA	155	6	64
2002	UCLA	160	9	36
2001	UCLA	155	9	33
2000	UCLA	167.5	7	58
1999	UCLA	160.5	7	56
1998	UCLA	174	4	94
1997	UCLA	189.5	8	59
1996	USC	151	4	77
1995	UCLA	149	4	79
1994	UCLA	127	6	49
1993	UCLA	146	7	24
1992	Oregon	122	8	33
1991	Oregon	130.5	6	52
1990	UCLA	116	5	66
1989	UCLA	153	6	55
1988	UCLA	143	5	27
1987	UCLA	121	6	49

NorPac Outdoor Results (1983-86)

Year	Champion	Pts.	UW Place	UW Pts.
1986	Oregon	156	4	96
1985	Oregon	156	3	127
1984	Oregon	148	2	114
1983	Oregon	215	2	105

NCWSA Outdoor Results (1976-82)

Year	Champion	Pts.	UW Place	UW Pts.
1982	Oregon	194	5	62
1981	Oregon	257	3	107
1980	Oregon	244	3	102
1979	Oregon	172	2	95
1978	Oregon	142	3	74
1977	Seattle Pacific	159	3	63
1976	Seattle Pacific	149	5t	33

Mountain Pacific Sports Federation Indoor Conference Championships

Since the Pacific-10 Conference does not sponsor indoor track and field, most Pac-10 schools compete indoors in the Mountain Pacific Sports Federation, along with selected members of the Big West Conference. With the exception of the 2002 and 2003 seasons, the Huskies have been a member of the MPSF for indoor track and field since 1993. Husky athletes have combined for two MPSF team titles and 25 individual crowns, including four individual titles and the men's team championship at the 2006 meet, the most recent of three-straight held at UW's Dempsey Indoor. The conference championships return to Seattle in 2007 on Feb. 23-24.

Men's MPSF Indoor Conference Champions

Year	Champion	Event	Mark
2006	Martin Bingisser	Weight Throw	64-8 3/4
	Ryan Brown	800m Run	1:50.35
	Norris Frederick	Long Jump	25-2 1/2
2004	Eric Garner	1 Mile Run	4:00.53
2001	David Bazzi	1 Mile Run	4:19.09
	Jason Fayant	5,000m Run	15:25.59
	Ja'Warren Hooker	60m Dash	6.51
	Ja'Warren Hooker	200m Dash	20.75
	Brad Walker	Pole Vault	17-9
2000	Ja'Warren Hooker	55m Dash	6.19
	Ja'Warren Hooker	200m Dash	21.34
1998	Ja'Warren Hooker	55m Dash	6.13
	Hooker/Dawson/Anabel/Prior	4x400m Relay	3:12.05
1996	Washington	4x400m Relay	3:14.81
1995	Ed Turner	200m Dash	21.41
1994	Tim Martin	55m Dash	6.33
1993	Mitch Leffler	800m Run	1:50.65

Women's MPSF Indoor Conference Champions

Year	Champion	Event	Mark
2006	Ashley Lodree	60m Hurdles	8.17
2005	Kate Soma	Pole Vault	13-8 1/4
2004	Ingvill Makestad	1 Mile Run	4:42.17
2000	Seselia Thomas	Shot Put	48-6
1996	Aretha Hill	Shot Put	47-11 1/4
1995	Tara Davis	Long Jump	19-9 3/4
1994	Claudine Robinson	55m Hurdles	7.68
1993	Claudine Robinson	55m Hurdles	7.86

Men's Team Results

Year	Champion	Pts.	UW Place	UW Pts.
2006	Washington	107	1	107
2005	UCLA	117.5	6	62
2004	UCLA	127	8	47.5
2003*	UCLA	127.5	—	—
2002*	UCLA	132	—	—
2001	Washington St.	108.5	3	104
2000	Stanford	142	6	65
1999	Stanford	128	5	61
1998	Washington St.	116.5	3	83
1997	Idaho	106.5	4	74
1996	Arizona	104	3	72
1995	Arizona	101	4	69.5
1994	Arizona	99.5	5	69
1993	Utah St.	98	7	36

Women's Team Results

Year	Champion	Pts.	UW Place	UW Pts.
2006	Stanford	161	5	60.5
2005	Stanford	180.5	3	69
2004	Stanford	148	3	83
2003*	Stanford	171	—	—
2002*	Arizona	137	—	—
2001	Arizona	142	6	46
2000	Washington St.	136.5	4	66
1999	Washington St.	117	5	59
1998	Stanford	113	3	75
1997	Stanford	103	4	56.5
1996	Washington	95	1	95
1995	Arizona	107	3	70
1994	Utah St.	87	3	83
1993	UNLV	91	4	55

NCAA Outdoor Results (1921-)

Year	Champion	Pts.	UW Place	UW Pts.
2006	Florida State	67	22t	11
2005	Arkansas	60	—	—
2004	Arkansas	65.5	—	—
2003	Arkansas	59	—	—
2002	Louisiana State	64	30t	8
2001	Tennessee	50	33t	6
2000	Stanford	72	28t	8.5
1999	Arkansas	59	—	—
1998	Arkansas	58.5	23t	10
1997	Arkansas	55	—	—
1996	Arkansas	55	26t	12
1995	Arkansas	61.5	54t	4
1994	Arkansas	83	65t	2
1993	Arkansas	69	36t	7
1992	Arkansas	60	—	—
1991	Tennessee	51	58t	4
1990	Louisiana State	44	28t	10
1989	Louisiana State	53	51t	4
1988	UCLA	82	55	4
1987	UCLA	81	26	11
1986	SMU	53	26t	11
1985	Arkansas	61	15	16
1984	Oregon	113	42t	10
1983	SMU	104	18t	28
1982	UTEP	105	22t	23
1981	UTEP	70	30t	6
1980	UTEP	69	29	7
1979	UTEP	64	5t	28
1978	UTEP/UCLA	50	12	21
1977	Arizona State	64	15	11
1976	USC	64	7	28
1975	UTEP	55	10	17
1974	Tennessee	60	9t	18
1973	UCLA	52	—	—
1972	UCLA	82	6t	18
1971	UCLA	52	12t	14
1970	Oregon/Kansas/BYU	35	22t	9
1969	San Jose State	48	38t	3
1968	USC	58	13	12
1967	USC	86	38t	4
1966	UCLA	81	32t	6
1965	USC/Oregon	32	46t	3
1964	Oregon	70	29t	8
1963	USC	61	10	17
1962	Oregon	85	—	—
1961	USC	65	49t	1.4
1960	Kansas	50	—	—
1959	Kansas	73	28t	6.1
1958	USC	48 6/7	—	—
1957	Villanova	47	—	—
1956	UCLA	57.7	—	—
1955	USC	42	—	—
1954	USC	66 17/20	—	—
1953	USC	80	27t	5
1952	USC	66 7/12	—	—
1951	USC	56	25t	5
1950	USC	49	—	—
1949	USC	55.4	—	—
1948	Minnesota	46	—	—
1947	Illinois	59 2/3	30	5
1946	Illinois	78	16t	8
1945	Navy	62	—	—
1944	Illinois	79	—	—
1943	USC	46	8	17
1942	USC	85.5	26t	4
1941	USC	81.5	34	1
1940	USC	47	32t	2
1939	USC	86	—	—
1938	USC	67.75	—	—
1937	USC	62	—	—
1936	USC	103 1/3	—	—
1935	USC	74.2	26t	4



Ryan Brown came from behind in the final 150 meters to win the 800 neters at the 2006 NCAA Championships, one of two NCAA titles won by Huskies last season, and one of 27 NCAA titles all-time by UW athletes.

Year	Champion	Pts.	UW Place	UW Pts.
1934	Stanford	63	—	—
1933	LSU	58	38t	1
1932	Indiana	56	—	—
1931	USC	77	20t	8
1930	USC	55 27/70	2	40
1929	Ohio State	50	2	42
1928	Stanford	72	4	26
1927	Illinois	35	3	29
1926	USC	27	—	7
1925	Stanford	31	—	13.5
1924	No Meet Held	—	—	—
1923	Michigan	29.5	15	5.5
1922	California	28.5	—	—
1921	Illinois	20.25	4	12.25

NCAA Indoor Results (1965-)

Year	Champion	Pts.	UW Place	UW Pts.
2006	Auburn	57	21t	12
2005	Arkansas	56	28t	7
2004	LSU	44.5	22t	11
2003	Arkansas	52	20t	10
2002	Tennessee	62.5	—	—
2001	LSU	34	11t	16
2000	Arkansas	41.5	22t	6
1999	Arkansas	65	—	—
1998	Arkansas	56	13	16
1997	Arkansas	59	43t	4
1996	George Mason	39	—	—
1995	Arkansas	59	—	—

Year	Champion	Pts.	UW Place	UW Pts.
1994	Arkansas	94	—	—
1993	Arkansas	66	—	—
1992	Arkansas	53	—	—
1991	Arkansas	34	41t	4
1990	Arkansas	44	45t	2
1989	Arkansas	34	—	—
1988	Arkansas	34	35t	4
1987	Arkansas	39	18t	8
1986	Arkansas	49	36t	3
1985	Arkansas	70	—	—
1984	Arkansas	38	—	—
1983	SMU	43	—	—
1982	UTEP	67	—	—
1981	UTEP	76	—	—
1980	UTEP	76	26	7.5
1979	Villanova	52	16	11.6
1978	UTEP	44	14t	14
1977	Wash. State	25.5	12t	7
1976	UTEP	23	—	—
1975	UTEP	36	—	—
1974	UTEP	19	39t	3
1973	Manhattan	18	26t	4
1972	USC	19	32t	3
1971	Villanova	22	22t	4
1970	Kansas	27.5	28t	3
1969	Kansas	41.5	—	—
1968	Villanova	35.5	—	—
1967	USC	26	39t	1
1966	Kansas	14	—	—
1965	Missouri	14	25t	3



3-time AAU champ Gus Pope.

AAU/TAC National Champions

1984	Duncan Atwood, Javelin	1930	Herman Brix, Shot Put
1983	Rod Ewaliko, Javelin		Steve Anderson, 120y HH
1979	Duncan Atwood, Javelin		Ed Genung, 880y Run
1976	Fred Luke, Javelin		Paul Jessup, Discus
1974	Jim Johnson, Steeple	1929	Herman Brix, Shot Put
1973	Cary Feldman, Javelin		Steve Anderson, 120y HH
1972	Fred Luke, Javelin	1928	Herman Brix, Shot Put
1963	Brian Sternberg, Pole Vault		Steve Anderson, 120y HH
1932	Ed Genung, 880y Run	1922	Gus Pope, Discus
1931	Herman Brix, Shot Put	1921	Gus Pope, Discus
	Ed Genung, 880y Run	1920	Gus Pope, Discus
	Paul Jessup, Discus		

Men's National Meet History

Men's NCAA Champions

Year	Champion	Event	Mark
2006	Ryan Brown	800-Meter Run	1:46.29
2004	Brad Walker	Pole Vault (Indoor)	18-8 1/4
2003	Brad Walker	Pole Vault (Indoor)	19-0 1/4
1998	Ja'Warren Hooker	55-Meter Dash (Indoor)	6.13
1986	Mike Ramos	Decathlon	8,261 (meet record)
1979	Tom Sinclair	Javelin	261-3
	Scott Neilson	Hammer	237-3
	Scott Neilson	Weight Throw (Indoor)	71-5 1/2
1978	Scott Neilson	Hammer	237-5
	Scott Neilson	Weight Throw (Indoor)	68-7 3/4
1977	Scott Neilson	Hammer	228-4
	Scott Neilson	Weight Throw (Indoor)	68-10 1/2
1976	Scott Neilson	Hammer	216-8
	Borys Chambul	Discus	202-3
1975	Keith Tinner/Jerry Belur/ Pablo Franco/Billy Hicks	Mile Relay	3:05.10
1971	Cary Feldman	Javelin	259-0
1963	Brian Sternberg	Pole Vault	16-3 3/4
1930	Steve Anderson	120y High Hurdles	14.4
	Paul Jessup	Discus	160-9 3/8
1929	Steve Anderson	220y Low Hurdles	23.5
	Ed Genung	880y Run	1:55.0
1928	Rufus Kiser	Mile	4:17.6
1927	Herman Brix	Shot Put	46-7 3/8
1925	Jim Charteris	880y Run	1:55.4
1921	Gus Pope	Shot Put	45-4 1/2
	Gus Pope	Discus	142-2 1/4



Scott Neilson was a seven-time NCAA champion.

Career NCAA Outdoor Championships Individual Scoring (Since 1922)

History of NCAA Scoring

1985- : 10-8-6-5-4-3-2-1

1982-84: 15-12-10-9-8-7-6-5-4-3-2-1

1922-1981: 10-8-6-4-2-1

Name (Years)	Career NCAA Points Scored
Anderson, Dean (1926-28)	8
Anderson, Steve (1928-30)	40
Angle, Jim (1935-37)	2
Atwood, Duncan (1974, '77-'78)	6
Ballwey, Casey (1974)	1
Bazzi, David (1997-2001)	2
Bell, Dan (1984-87)	6
Belur, Jerry (1972, '74-'75)	2.5
Boase, Jordan (2005-06)	0.25
Bracken, Dan (1931-33)	1
Brix, Herman (1926-28)	18
Brown, Dennis (1981-83)	3
Brown, Ryan (2003-06)	10.25
Bryant, Beno (1990)	1
Bryde, Kirk (1971-72)	2
Burkholder, Troy (1996)	5
Callison, Cecil (1922-23)	1
Celms, John (1966-68)	2
Chambul, Borys (1972, '74-'76)	11
Charles, Shane (2005-06)	0.25
Charteris, Jim (1925-27)	20
Clark, Lyle (1942, '46-'47)	1

All-Time NCAA Individual Scoring Top-10

Name (Years)	Points
1. Scott Neilson (1976-79)	40
Steve Anderson (1928-30)	40
3. Mike Ramos (1982-86)	30
4. Rufus Kiser (1928-30)	24
Bob Rockett (1983-84)	24
6. Paul Jessup (1928-30)	22
7. Jim Charteris (1925-27)	20
8. Herman Brix (1926-28)	18
Rod Ewaliko (1973-76)	18
10. Cary Feldman (1970-72)	16
Ed Genung (1929-32)	16

Clarke, George (1924-26)	3	Neilson, Scott (1976-79)	40
Conwell, Ernie (1992-96)	8	Noji, Rick (1986-90)	8.5
Corvin, Curt (1984-86)	1	Oravetz, Steve (1978-79)	1
Cramer, John (1961-63)	7.8	Palmason, Vic (1935-37)	2
Dodds, Gordon (1928-29)	2	Peltret, Ed (1925-27)	1
DuPree, Dave (1966-68)	0.5	Phillips, Matt (1999-2001)	0.5
Egtvet, Percy (1923-25)	0.2	Predmore, Jake (1996-2001)	2
Ellison, Bernard (1990-91)	1	Quitslund, Gary (1972-73)	8
Erickson, Steve (1981-85)	9	Qvale, Kjell (1940-41)	1
Ewaliko, Rod (1973-76)	18	Ramos, Mike (1982-86)	30
Feldman, Cary (1970-72)	16	Ramsey, Red (1925-26)	1
Franco, Pablo (1974-75, '77)	2.5	Roberson, Darryl (1988-89)	8
Gaines, Spider (1977-78)	1	Roberts, Dave (1965-67)	2
Gefre, Gary (1978-80)	1	Rockett, Bob (1983-84)	24
Genung, Ed (1929-32)	16	Roe, Bill (1965-67)	2
Hartley, Talbot (1929-31)	4	Setliff, Adam (1992-93)	4
Hensey, John (1947-50)	2	Seymour, Jim (1970-71)	5
Hicks, Billy (1974-75)	3.5	Shinnick, Phil (1962-65)	7
Hinds, Sterling (1982-84)	3	Sinclair, Tom (1978-79)	14
Hooker, Ja'Warren (1998-2001)	13	Skartvedt, Darrold (1952-54)	4
Howell, Byron (1981-85)	6	Smart, Bill (1968-70)	3
Hubbell, John (1968-70)	8	Smith, Bob (1941-43)	6
Humes, Tom (1927-29)	2	St. Clair, Justin (1998-2001)	3
Jackson, Bruce (2004-06)	0.25	Steed, William (1946-49)	2
Jessup, Paul (1928-30)	22	Sternberg, Brian (1963)	10
Johnson, Jim (1970-72)	8	Stirling, Bruce (1983)	1
Kaligis, Pete (1992-94)	2	Summers, Steve (1978-79)	6
Kamm, Tom (1943, '47)	6	Swanzy, Gene (1941-43)	1
Kiser, Rufus (1928-30)	24	Tabish, Dan (1983-87)	2
Klein, Eric (1967-68)	4	Taylor, Jeff (1972-74)	8
Kydd, Bill (1943)	4	Temple, Tom (1966-68)	0.5
LaBounty, Cliff (1957-59)	0.1	Tinner, Keith (1975-77)	2.5
Lindsey, Ben (1997-2001)	4	Tobacco, Terry (1957-59)	6
Luke, Fred (1966-68)	1	Vincent, Russ (1974-77)	4
Madche, Brian (1994-96)	3	Walker, Brad (2000-03)	8
Maginnis, William (1923-25)	1	Walsh, Marty (1967-69)	0.5
Marshall, LaNorris (1981, '83)	9	Webster, Rob (1979-82)	4
Mason, Earl (1921-23)	1.3	West, Wariboko (1963-65)	2
McGoldrick, Jim (1937-40)	2	Wilde, Drummond (1925-26)	1
McKay, Orlando (1989-91)	1	Williams, Dave (1965-67)	6.5
Merritt, Brent (1990-91)	1		
Metcalfe, Greg (1991-93)	3		
Meyer, Denny (1952-54)	1		
Moulder, Robert (1980-81)	6		



Sprinter Bruce Jackson in 2006 became one of just three Huskies ever to win three All-America honors in one season, and is the only Husky ever to lead five different UW relays to NCAA Championships appearances.

All-America Selection Procedure

From 1921-1986, All-America certificates were given to the top-six finishers in each event at the NCAA Championships. In 1987, an amendment was added that included one additional American for every foreign-born athlete in the top-six. In 1994, the number of All-Americans was expanded to include the top eight finishers, and one additional American for every foreign-born athlete in the top eight.

Men's All-Americans

* - Freshman

(i) - Indoor

Year	Name	Event	NCAA Place
2006	Austin Abbott	DMR (i)	5th
	Martin Bingisser	Hammer	12th
	Jordan Boase	4x400m Relay	8th
	Jordan Boase	4x400m Relay (i)	3rd
	Ryan Brown	4x400m Relay	8th
	Ryan Brown	800 Meters	1st
	Ryan Brown	4x400m Relay (i)	3rd
	Ryan Brown	DMR (i)	5th
	Shane Charles	4x400m Relay	8th
	Shane Charles	4x400m Relay (i)	3rd
	Norris Frederick	Long Jump (i)	12th
	Bruce Jackson	4x400m Relay	8th
	Bruce Jackson	4x400m Relay (i)	3rd
	Bruce Jackson	DMR (i)	5th
2005	Carl Moe	DMR (i)	5th
	Juan Romero	Javelin	11th
	Austin Abbott*	DMR (i)	5th
	Ryan Brown	800 Meters	10th
	Ryan Brown	DMR (i)	5th
2004	Andy Fader	DMR (i)	5th
	Norris Frederick*	Long Jump (i)	6th
	Sean Williams	DMR (i)	5th
2003	Eric Garner	Mile Run (i)	8th
	Brad Walker	Pole Vault (i)	1st
2003	Jeremy Park	3,000m Run (i)	13th
	Brad Walker	Pole Vault (i)	1st

Year	Name	Event	NCAA Place
2002	Eric Garner	Mile Run (i)	13th
	Brad Walker	Pole Vault	2nd
2001	David Bazzi	5,000m Run	8th
	David Bazzi	10,000m Run	8th
	Ja'Warren Hooker	200m Dash	5th
	Ja'Warren Hooker	200m Dash (i)	2nd
	Ja'Warren Hooker	60m Dash (i)	3rd
2000	Brad Walker	Pole Vault (i)	7th
	Ja'Warren Hooker	200m Dash	6th
	Ja'Warren Hooker	60m Dash (i)	6th
	Ja'Warren Hooker	200m Dash (i)	6th
	Ben Lindsey	Discus	11th
	Matt Phillips	Pole Vault	8th
	Jacob Predmore	Decathlon	7th
	Justin St. Clair	Javelin	6th
	Derek Prior	400m Dash (i)	10th
	Justin St. Clair	Javelin	12th
1999	Scott Anabel	4x400m Relay (i)	8th
	B.J. Dawson	4x400m Relay (i)	8th
	Ja'Warren Hooker*	100m Dash	3rd
	Ja'Warren Hooker*	55m Dash (i)	1st
	Ja'Warren Hooker*	200m Dash (i)	8th
1998	Ja'Warren Hooker*	4x400m Relay (i)	8th
	Ben Lindsey	Discus	5th
	Ben Lindsey	Shot Put (i)	5th
	Geoff Perry	1,500m Run	10th
	Derek Prior	4x400m Relay (i)	8th
	Ben Lindsey	Discus	9th
	Brice Newton	1,500m Run	12th
	Ed Turner	200m Dash (i)	5th
	Troy Burkholder*	Javelin	4th
	Ernie Conwell	Shot Put	5th
1997	Bryan Madche	Pole Vault	6th
	Nick Pavach	Steeplechase	11th
	Ernie Conwell	Shot Put	5th
1996	Pete Kaligis	Shot Put	7th
	Greg Metcalf	Steeplechase	6th
1995	Adam Setliff	Discus	5th
	Dana Hall	55m Hurdles (i)	4th
1994	Tony Parsley	Javelin	10th
	Todd Wilson	Discus	5th

Year	Name	Event	NCAA Place
1990	Beno Bryant*	4x400m Relay	5th
	Bernard Ellison	4x400m Relay	5th
	Orlando McKay	4x400m Relay	5th
	Brent Merritt	4x400m Relay	5th
	Rick Noji	High Jump	3rd
	Rick Noji	High Jump (i)	5th
	Darryl Roberson	Javelin	10th
	Todd Wilson	Discus	9th
	Darryl Roberson	Javelin	5th
	Rick Noji	High Jump (i)	4th
1989	Darryl Roberson	Javelin	5th
	Rick Noji	High Jump (i)	4th
1988	Darryl Roberson	Javelin	5th
	Dan Bell	Steeplechase	3rd
	Rick Noji	High Jump (i)	2nd
	Rick Noji	High Jump	6th (tie)
	Bob Rockett	Javelin	9th
	Bruce Stirling	1,500m Run	8th
	Dan Tabish	Discus	7th
	Curt Corvin	10,000m Run	8th
	Neal Kneip	Hammer Throw	9th
	Neal Kneip	Weight Throw (i)	5th
1987	Rick Noji	High Jump (i)	6th
	Mike Ramos	Decathlon	1st
	Steve Erickson	Decathlon	4th
	Byron Howell	200m Dash	6th
	Neal Kneip	Weight Throw (i)	7th
	Bob Rockett	Javelin	2nd
	Dale Pedersen	Javelin	14th
	Bob Rockett	Javelin	3rd
	Dennis Brown	4x100m Relay	2nd
	Sterling Hinds	4x100m Relay	2nd
1986	Byron Howell	4x100m Relay	2nd
	LaNorris Marshall	4x100m Relay	2nd
	Mike Ramos	Decathlon	3rd
	Bob Rockett	Javelin	7th
	Steve Erickson	Decathlon	9th
	Mike Ramos	Decathlon	3rd
	Ron Webster	800m Run	9th
	Doug Wollen	Discus	9th
	Steve Erickson	Decathlon	7th
	Bernard Jackson	200m Dash	7th
1985	LaNorris Marshall	200m Dash	3rd
	Gary Gefre	Decathlon	6th
	Robert Moulder	Javelin	3rd
	Gary Gefre	Decathlon	8th (tie)
	Mike Mahovich	Javelin	7th
	Scott Neilson	Hammer Throw	1st
	Scott Neilson	Weight Throw (i)	1st
	Steve Oravetz	Pole Vault (i)	5th (tie)
	Tom Sinclair	Javelin	1st
	Steve Summers	Shot Put	3rd
1984	Steve Summers	Shot Put (i)	6th
	Duncan Atwood	Javelin	3rd
	Scott Neilson	Hammer Throw	1st
	Scott Neilson	Weight Throw (i)	1st
	Steve Oravetz	Pole Vault	6th
	Tom Sinclair	Javelin	4th
	Steve Summers	Shot Put	7th
	Russ Vincent	Shot Put (i)	3rd
	Spider Gaines	110m Hurdles	6th
	Spider Gaines	55m Hurdles (i)	5th
1983	Brian Mondschein	Decathlon	7th
	Scott Neilson	Hammer Throw	1st
	Scott Neilson	Weight Throw (i)	1st
	Borys Chambul	Discus	1st
	Rod Ewaliko	Javelin	4th
	Scott Neilson	Hammer Throw	1st
	Russ Vincent	Shot Put	4th
	Steve Oravetz	Javelin	4th
	Tom Sinclair	Javelin	4th
	Steve Summers	Shot Put	7th
1982	Russ Vincent	Shot Put (i)	3rd
	Spider Gaines	110m Hurdles	6th
	Spider Gaines	55m Hurdles (i)	5th
	Brian Mondschein	Decathlon	7th
	Scott Neilson	Hammer Throw	1st
	Scott Neilson	Weight Throw (i)	1st
	Borys Chambul	Discus	1st
	Rod Ewaliko	Javelin	4th
	Scott Neilson	Hammer Throw	1st
	Russ Vincent	Shot Put	4th
1981	Steve Oravetz	Javelin	4th
	Tom Sinclair	Javelin	4th
	Steve Summers	Shot Put	7th
	Russ Vincent	Shot Put (i)	3rd
	Spider Gaines	110m Hurdles	6th
	Spider Gaines	55m Hurdles (i)	5th
	Brian Mondschein	Decathlon	7th
	Scott Neilson	Hammer Throw	1st
	Scott Neilson	Weight Throw (i)	1st
	Borys Chambul	Discus	1st
1980	Rod Ewaliko	Javelin	4th
	Scott Neilson	Hammer Throw	1st
	Russ Vincent	Shot Put	4th
	Steve Oravetz	Javelin	4th
	Tom Sinclair	Javelin	4th
	Steve Summers	Shot Put	7th
	Russ Vincent	Shot Put (i)	3rd
	Spider Gaines	110m Hurdles	6th
	Spider Gaines	55m Hurdles (i)	5th
	Brian Mondschein	Decathlon	7th
1979	Scott Neilson	Hammer Throw	1st
	Scott Neilson	Weight Throw (i)	1st
	Borys Chambul	Discus	1st
	Rod Ewaliko	Javelin	4th
	Scott Neilson	Hammer Throw	1st
	Russ Vincent	Shot Put	4th
	Steve Oravetz	Javelin	4th
	Tom Sinclair	Javelin	4th
	Steve Summers	Shot Put	7th
	Russ Vincent	Shot Put (i)	3rd
1978	Spider Gaines	110m Hurdles	6th
	Spider Gaines	55m Hurdles (i)	5th
	Brian Mondschein	Decathlon	7th
	Scott Neilson	Hammer Throw	1st
	Scott Neilson	Weight Throw (i)	1st
	Borys Chambul	Discus	1st
	Rod Ewaliko	Javelin	4th
	Scott Neilson	Hammer Throw	1st
	Russ Vincent	Shot Put	4th
	Steve Oravetz	Javelin	4th
1977	Tom Sinclair	Javelin	4th
	Steve Summers	Shot Put	7th
	Russ Vincent	Shot Put (i)	3rd
	Spider Gaines	110m Hurdles	6th
	Spider Gaines	55m Hurdles (i)	5th
	Brian Mondschein	Decathlon	7th
	Scott Neilson	Hammer Throw	1st
	Scott Neilson	Weight Throw (i)	1st
	Borys Chambul	Discus	1st
	Rod Ewaliko	Javelin	4th
1976	Scott Neilson	Hammer Throw	1st
	Russ Vincent	Shot Put	4th
	Steve Oravetz	Javelin	4th
	Tom Sinclair	Javelin	4th
	Steve Summers	Shot Put	7th
	Russ Vincent	Shot Put (i)	3rd
	Spider Gaines	110m Hurdles	6th
	Spider Gaines	55m Hurdles (i)	5th
	Brian Mondschein	Decathlon	7th
	Scott Neilson	Hammer Throw	1st
1975	Scott Neilson	Weight Throw (i)	1st
	Borys Chambul	Discus	1st
	Rod Ewaliko	Javelin	4th
	Scott Neilson	Hammer Throw	1st
	Russ Vincent	Shot Put	4th
	Steve Oravetz	Javelin	4th
	Tom Sinclair	Javelin	4th
	Steve Summers	Shot Put	7th
	Russ Vincent	Shot Put (i)	3rd
	Spider Gaines	110m Hurdles	6th
1974	Spider Gaines	55m Hurdles (i)	5th
	Brian Mondschein	Decathlon	7th
	Scott Neilson	Hammer Throw	1st
	Scott Neilson	Weight Throw (i)	1st
	Borys Chambul	Discus	1st
	Rod Ewaliko	Javelin	4th
	Scott Neilson	Hammer Throw	1st
	Russ Vincent	Shot Put	4th
	Steve Oravetz	Javelin	4th
	Tom Sinclair	Javelin	4th
1973	Steve Summers	Shot Put	7th
	Russ Vincent	Shot Put (i)	3rd
	Spider Gaines	110m Hurdles	6th
	Spider Gaines	55m Hurdles (i)	5th
	Brian Mondschein	Decathlon	7th
	Scott Neilson	Hammer Throw	1st
	Scott Neilson	Weight Throw (i)	1st
	Borys Chambul	Discus	1st
	Rod Ewaliko	Javelin	4th
	Scott Neilson	Hammer Throw	1st
1972	Russ Vincent	Shot Put	4th
	Steve Oravetz	Javelin	4th
	Tom Sinclair	Javelin	4th
	Steve Summers	Shot Put	7th
	Russ Vincent	Shot Put (i)	3rd
	Spider Gaines	110m Hurdles	6th
	Spider Gaines	55m Hurdles (i)	5th
	Brian Mondschein	Decathlon	7th
	Scott Neilson	Hammer Throw	1st
	Scott Neilson	Weight Throw (i)	1st
1971	Borys Chambul	Discus	1st
	Rod Ewaliko	Javelin	4th
	Scott Neilson	Hammer Throw	1st
	Russ Vincent	Shot Put	4th
	Steve Oravetz	Javelin	4th
	Tom Sinclair	Javelin	4th
	Steve Summers	Shot Put	7th
	Russ Vincent	Shot Put (i)	3rd
	Spider Gaines	110m Hurdles	6th
	Spider Gaines	55m Hurdles (i)	5th
1970	Brian Mondschein	Decathlon	7th
	Scott Neilson	Hammer Throw	1st
	Scott Neilson	Weight Throw (i)	1st
	Borys Chambul	Discus	1st
	Rod Ewaliko	Javelin	4th
	Scott Neilson	Hammer Throw	1st
	Russ Vincent	Shot Put	4th
	Steve Oravetz	Javelin	4th
	Tom Sinclair	Javelin	4th
	Steve Summers	Shot Put	7th

Did You Know?

Washington's men have combined for 41 All-America honors since 2000, including a record 16 in 2006. The Huskies' 22 All-America honors since the start of the 2005 season are the most of any two-year span in UW history.

Men's National Meet History

Year	Name	Event	NCAA Place
1975	Jerry Belur	Mile Relay	1st
	Rod Ewaliko	Javelin	3rd
	Pablo Franco	Mile Relay	1st
	Billy Hicks	400m Dash	6th
	Billy Hicks	Mile Relay	1st
	Keith Tinner	Mile Relay	1st
1974	Casey Ballwey	Hammer Throw	6th
	Borys Chambul	Discus	6th
	Rod Ewaliko	Javelin	2nd
	Jeff Taylor	Pole Vault	2nd
1972	Kirk Bryde	Pole Vault	5th
	Gary Quitslund	Javelin	2nd
	Jim Johnson	Steeplechase	2nd
1971	Cary Feldman	Javelin	1st
	Jim Seymour	440y Hurdles	4th
1970	Cary Feldman	Javelin	3rd
	Jim Seymour	440y Hurdles	6th
	Bill Smart	Mile Run	5th
1969	John Hubbell	Shot Put	5th
	Bill Smart	Mile Run	6th
1968	John Celms	Steeplechase	5th
	Don Fate	Javelin	8th
	John Hubbell	Shot Put	3rd
	Eric Klein	Triple Jump	4th
1967	Dave DuPree	4x110y Relay	5th
	Marty Ludish	4x110y Relay	5th
	Fred Luke	Javelin	6th
	Dave Roberts	Mile Run	6th
	Tom Temple	4x110y Relay	5th
	Dave Williams	4x110y Relay	5th
1966	Dave Roberts	Mile Run	6th
	Dave Williams	440y Hurdles	4th
	Dave Williams	120y Hurdles	6th
1965	Bill Roe	120y Hurdles	5th
	Dave Williams	Broad Jump	6th
1964	Phil Shinnick	Broad Jump	3rd
	Wariboko West	Broad Jump	5th
1963	John Cramer	Pole Vault	6th
	Phil Shinnick	Broad Jump	6th
	Brian Sternberg	Pole Vault	1st
1962	John Cramer	Pole Vault	5th (tie)
1961	John Cramer	Pole Vault	4th (tie)
1959	Cliff LaBounty	Pole Vault	6th (tie)
	Jack Larson	Mile Run	7th
	Terry Tobacco	440m Dash	3rd



Steve Anderson won five All-America honors from 1928-30, and set a world record in the 120-yard hurdles.

Year	Name	Event	NCAA Place	Year	Name	Event	NCAA Place
1953	Denny Meyer	Two-Mile Run	6th	1933	Dan Bracken	120y Hurdles	6th
	Darrold Skartvedt	Broad Jump	4th	1931	Ed Genung	880y Run	3rd
	George Widenfelt	High Jump	2nd (tie)		Talbot Hartley	440y Dash	5th
1947	Lyle Clark	120y Hurdles	6th	1930	Steve Anderson	120y Hurdles	1st
	John Hensey	880y Run	5th		Steve Anderson	220y Hurdles	3rd
	William Steed	Two-Mile Run	5th		Talbot Hartley	440y Dash	5th
1946	Don Wold	Mile Run	2nd		Paul Jessup	Discus	1st
1943	Tom Kamm	Broad Jump	3rd		Paul Jessup	Shot Put	4th
	Bill Kydd	Javelin	4th		Rufus Kiser	Mile Run	2nd
	Bob Smith	220y Dash	5th	1929	Steve Anderson	220y Hurdles	1st
	Gene Swanzey	880y Run	6th		Steve Anderson	120y Hurdles	3rd
	Dick Yantis	Discus	4th		Gordon Dodds	880y Run	5th
1942	Bob Smith	220y Dash	5th		Ed Genung	880y Run	1st
	Bob Smith	440y Dash	5th		Paul Jessup	Shot Put	4th
1941	Kjell Qvale	220y Dash	6th		Paul Jessup	Discus	4th
1940	Jim McGoldrick	120y Hurdles	5th		Rufus Kiser	Mile Run	2nd
1935	Jim Angle	Mile Run	5th	1928	Steve Anderson	220y Hurdles	2nd
	Vic Palmason	880y Run	5th		Herman Brix	Shot Put	3rd
					Tom Humes	Broad Jump	5th
					Rufus Kiser	Mile Run	1st
				1927	Dean Anderson	100y Dash	2nd
					Herman Brix	Shot Put	1st
					Jim Charteris	880y Run	2nd
					Ed Peltret	440y Dash	6th
				1926	Herman Brix	Shot Put	5th
					Jim Charteris	880y Run	5th
					George Clarke	100y Dash	5th
					Red Ramsay	Two-Mile Run	6th
				1925	Jim Charteris	880y Run	1st
					George Clarke	100y Dash	6th
					Percy Egtvet	High Jump	6th (tie)
					William Maginnis	Two-Mile Run	6th
					Drummond Wilde	Mile Run	6th
				1923	Cecil Callison	Broad Jump	6th
					Earl Mason	Pole Vault	4th (tie)
				1921	Chuck Frankland	High Jump	4th (tie)
					Vic Hurley	100y Dash	5th
					Gus Pope	Shot Put	1st
					Gus Pope	Discus	1st
					James Pratt	440y Dash	4th

All-America Records

Most All-America Awards, Individual Season (Indoor/Outdoor combined)

1.	Ryan Brown, 2006	4
	Ja'Warren Hooker, 1998	4
3.	Bruce Jackson, 2006	3
	Ja'Warren Hooker, 2000	3
	Ja'Warren Hooker, 2001	3
4.	Jordan Boase, 2006	2
	Shane Charles, 2006	2
	Ryan Brown, 2005	2
	David Bazzi, 2001	2
	Ben Lindsey, 1998	2
	Rick Noji, 1990	2
	Rick Noji, 1987	2
	Neal Kneip, 1986	2
	Steve Summers, 1979	2
	Scott Neilson, 1979	2
	Scott Neilson, 1978	2
	Scott Neilson, 1977	2
	Spider Gaines, 1977	2
	Billy Hicks, 1975	2
	Dave Williams, 1966	2
	Bob Smith, 1942	2
	Steve Anderson, 1930	2
	Paul Jessup, 1930	2
	Steve Anderson, 1929	2
	Paul Jessup, 1929	2
	Gus Pope, 1921	2

Most All-America Awards, Individual Career

1.	Ja'Warren Hooker, 1998-2001	10
2.	Scott Neilson, 1976-79	7
3.	Ryan Brown, 2003-06	6
	Rick Noji, 1986-90	6
4.	Steve Anderson, 1928-30	5
5.	Brad Walker, 2000-04	4
	Ben Lindsey, 1997-2000	4
	Bob Rockett, 1983-87	4
	Dave Williams, 1965-67	4
	Paul Jessup, 1928-30	4

Most All-America Awards, Team

Season		Meet	
1. 1998	10	1. '98 Indoor	7
2. 1990	8	'90 Outdoor	7
	8	'29 Outdoor	7
4. 2000	7	4. '83 Outdoor	6
	7	'75 Outdoor	6
1930	7	'67 Outdoor	6
1967	6	'30 Outdoor	6
1930	6		

NCAA Outdoor Results (1982-)

Year	Champion	Pts.	UW Place	UW Pts.
2006	Auburn	57	21t	12
2005	Texas	55	15t	17
2004	UCLA	69	18t	13
2003	Louisiana State	64	29t	9
2002	South Carolina	82	—	—
2001	USC	64	—	—
2000	Louisiana State	58	66t	1
1999	Texas	62	—	—
1998	Texas	60	29t	8
1997	Louisiana State	63	—	—
1996	Louisiana State	81	30	7
1995	Louisiana State	69	47t	3
1994	Louisiana State	86	63t	1
1993	Louisiana State	93	49t	2
1992	Louisiana State	87	—	—
1991	Louisiana State	78	54t	2
1990	Louisiana State	53	—	—
1989	Louisiana State	86	—	—
1988	Louisiana State	61	10	26
1987	Louisiana State	62	28t	8
1986	Texas	65	22	11.5
1985	Oregon	52	—	—
1984	Florida State	145	34t	12
1983	UCLA	116.5	17t	24
1982	UCLA	153	28	11

AIAW Outdoor Results (1976-81)

Year	Champion	Pts.	UW Place	UW Pts.
1981	Tennessee	61	16	13
1980	CS Northridge	59	31	6
1979	CS Northridge	67	—	—
1978	CS Northridge	57	14t	10
1977	UCLA	86	12t	12
1976	Prairie View	60	30	4

NCAA Indoor Results (1983-)

Year	Champion	Pts.	UW Place	UW Pts.
2006	Texas	51	—	—
2005	Tennessee	46	16t	13
2004	Louisiana State	52	37	3.5
2003	Louisiana State	62	—	—
2002	Louisiana State	57	—	—
2001	UCLA	53.3	—	—
2000	UCLA	51	—	—
1999	Texas	61	—	—
1998	Texas	60	—	—
1997	Louisiana State	49	—	—
1996	Louisiana State	52	—	—
1995	Louisiana State	40	—	—
1994	Louisiana State	48	32t	5
1993	Louisiana State	49	—	—
1992	Florida	50	—	—
1991	Louisiana State	48	—	—
1990	Texas	50	—	—
1989	Louisiana State	61	—	—
1988	Texas	71	8t	16
1987	Louisiana State	49	—	—
1986	Texas	31	—	—
1985	Florida State	34	—	—
1984	Nebraska	59	29t	4
1983	Nebraska	47	—	—

Women's National Champions

Amy Lia, 1,500m, 2006

Sophomore Amy Lia pulled off perhaps the upset of the year at the 2006 NCAA Championships, winning the 1,500 meters in 4:14.63. Having placed last in the 1,500-meter final the year before, and seeded last among the 12 runners in the 2006 final, Lia was an afterthought to many when running in last place with 250 meters to go in the race. The Bothell, Wash., native, however, mounted a huge kick to catch the leaders with 100 meters to go, then took a quick look over her shoulder before sprinting to the finish. In addition to becoming the youngest Husky woman to win an NCAA title, Lia was also the first to win a track event at nationals since the NCAA added women's sports in 1982.



Kate Soma, Pole Vault, 2005

The most decorated female in UW track and field history saved her best for last, winning the 2005 NCAA pole vault title in her final meet. Having matched or improved her NCAA Championships finish in each of her seven-career NCAA appearances, Soma had only one place left to go after a second-straight runner-up finish at the 2005 NCAA meet indoors. The senior did just that at the outdoor championships in Sacramento, with first-attempt clearances at each of her first four heights, and a winning clearance of 14-1 1/4. The Portland, Ore., native finished her career with a UW-record five All-America honors, and a lifetime-best of 14-3 1/2 that is tied for seventh in NCAA history.



Jennifer Ponath, Shot Put, 1988

Jennifer Ponath fought through a case of strep throat to win a national title in 1988, heaving the shot put 54 feet, 4 1/2 inches at Hayward Field in Eugene, Ore. A graduate of Seattle's Shorewood High School, Ponath also placed seventh in the discus, guiding the UW women to a best-ever 10th-place team finish. She is one of just two Husky women to earn multiple All-America honors at one meet, and is the only UW woman to capture three such awards in one year.



Helena Uusitalo, Javelin, 1986

In her first year of U.S. competition, junior Helena Uusitalo in 1986 became the first UW woman ever to win an NCAA title. A native of Finland, Uusitalo launched the javelin 193 feet, 1 inch on her second toss, but sprained her ankle on her fourth attempt and fouled her final two. Uusitalo followed up her national title with a second-place finish in 1987, and set a school record of 197-4 which stands to this day.



Regina Joyce, 3,000m, 1981

In a collegiate-record time of 9:00.20, Regina Joyce earned the first national title of any kind for a UW women's track athlete at the 1981 AIAW National Championships. A dual citizen of Ireland and England, Joyce would go on to win national titles in both nations later that summer, and competed for Ireland in the marathon at the 1982 Olympics. Joyce set four school records during her two years at UW, three of which still stand.



Career Outdoor NCAA Championships Individual Scoring*

History of NCAA Scoring

1985-: 10-8-6-5-4-3-2-1

1982-84: 15-12-10-9-8-7-6-5-4-3-2-1

Name (Years)	Career NCAA Points Scored
Terra Barter (1994-95)	1
Mari Bjone (1991)	2
Vicki Borsheim (1985-87)	1.5
Tara Carlson (1993-96)	1
Carly Dockendorf (2003-05)	3
Deanna Carr (1981-83)	14
Donna Dennis (1983-86)	8
Aretha Hill (1995-98)	22
Courtney Inman (1999-2003)	5
Regina Joyce (1981-83)	12
Meg Jones (1985-87)	4
Laura Kruse (1994-95)	1
Amy Lia (2004-06)	10
Ashley Lodree (2004-06)	6
Monika Parker (1991-95)	2
Jennifer Ponath (1984-88)	14
Heather Reichmann (1999-2003)	2

All-Time NCAA Individual Scoring Top-10

Name (Years)	Points
1. Aretha Hill (1995-98)	22
2. Kate Soma (2002-05)	20
3. Helena Uusitalo (1986-87)	18
4. Jennifer Ponath (1984-88)	14
Deanna Carr (1981-83)	14
6. Regina Joyce (1981-83)	12
7. Amy Lia (2004-06)	10
Meledy Smith (1984-85)	10
9. Shirley Ross (1987)	8
Donna Dennis (1983-86)	8
Shirley Ross (1987)	8
Shelly Sanford (1987)	2
Meledy Smith (1984-85)	10
Kate Soma (2002-05)	20
Megan Priestersbach (2000-04)	5
Seselia Thomas (1997-2000)	1
Helena Uusitalo (1986-87)	18

* Does not include AIAW Champ's



Ashley Lodree could become UW's most decorated female athlete of all-time with two more All-America honors.



Thrower Meg Jones was the first UW woman ever to earn four-career All-America honors.



Ashley Wildhaber was one of three Husky pole vaulters to earn All-America honors in 2005.

All-America Selection Procedure

From 1921-1986, All-America certificates were given to the top-six finishers in each event at the NCAA Championships. In 1987, an amendment was added that included one additional American for every foreign-born athlete in the top-six. In 1994, the number of All-Americans was expanded to include the top eight finishers, and one additional American for every foreign-born athlete in the top eight.

Women's All-Americans

* - Freshman

			(i) - Indoor				NCAA				NCAA
Year	Name	Event		NCAA Place	Year	Name	Event		NCAA Place	Year	Name
2006	Amy Lia	1,500m Run	1st		1991	Mari Bjone	400m Hurdles		7th		
	Ashley Lodree	100m Hurdles	7th			Janicka Peterson	3,000m Run		10th		
	Ashley Lodree	60m Hurdles (i)	9th		1988	Vicki Borsheim	High Jump (i)		2nd		
2005	Carly Dockendorf	Pole Vault	6th			Meg Jones	Discus		9th		
	Lindsey Egerdahl	Mile Run (i)	8th			Meg Jones	Shot Put		5th		
	Amy Lia	1,500m Run	12th			Jennifer Ponath	Discus		7th		
	Ashley Lodree	100m Hurdles	5th			Jennifer Ponath	Shot Put		1st		
	Ashley Lodree	60m Hurdles (i)	10th			Jennifer Ponath	Shot Put (i)		3rd		
	Amanda Miller*	800m Run (i)	9th			Shirley Ross	Shot Put		2nd		
	Kate Soma	Pole Vault	1st			Shirley Ross	Shot Put (i)		7th		
	Kate Soma	Pole Vault (i)	2nd			Shelly Sanford	Javelin		7th		
	Ashley Wildhaber	Pole Vault (i)	5th		1987	Meg Jones	Shot Put		9th		
2004	Kate Soma	Pole Vault	2nd			Helena Uusitalo	Javelin		2nd		
	Kate Soma	Pole Vault (i)	5th (tie)		1986	Vicki Borsheim	High Jump		7th		
	Megan Priestersbach	Javelin	4th			Helena Uusitalo	Javelin		1st		
2003	Courtney Inman	1,500m Run	4th		1985	Meg Jones	Shot Put (i)		8th		
	Heather Reichmann	Javelin	7th			Camille Rivard	800m Run (i)		2nd		
	Kate Soma	Pole Vault	7th		1984	Meledy Smith	Long Jump		3rd		
2000	Seselia Thomas	Discus	8th			Meledy Smith	Long Jump (i)		4th		
1999	Cecelia Barnes*	Discus	9th		1983	Deanna Carr	Javelin		5th		
1998	Keisha Griffis	400m Hurdles	9th			Donna Dennis	100m Dash		8th		
	Aretha Hill	Discus	2nd			Regina Joyce	10,000m Run		5th		
	Danelle Kabush	1,500m Run	9th		1982	Deanna Carr	Javelin		7th		
1997	Aretha Hill	Discus	4th			Regina Joyce	3,000m Run		9th		
1996	Tara Carlson	5,000m Run	8th		1981	Maggie Garrison	High Jump		6th		
	Aretha Hill	Discus	3rd			Sandra Gregg	1,500m Run		5th		
1995	Terra Barter	400m Hurdles	8th			Regina Joyce	3,000m Run		1st		
	Tara Davis	Triple Jump	11th			Caryl Van Pelt	Shot Put		9th		
	Aretha Hill*	Discus	7th		1980	Dana Arnim	4x800m Relay		3rd		
1994	Laura Kruse*	Javelin	8th			Deanna Carr	Javelin		7th		
	Monika Parker	Javelin	10th			Sandra Gregg	4x800m Relay		3rd		
	Claudine Robinson	55m Hurdles (i)	4th			Susan Gregg	4x800m Relay		3rd		
1993	Monika Parker	Javelin	7th			Anne Phillips	4x800m Relay		3rd		
	Claudine Robinson	55m Hurdles (i)	9th (tie)		1977	Maggie Garrison	High Jump		3rd		
	Tessie Schorr	Javelin	9th			Caryl Van Pelt	Shot Put		3rd		

All-America Records

Most All-America Awards, Individual Career

1. Kate Soma, 2002-05	5
2. Ashley Lodree, 2004-06	4
Aretha Hill, 1995-98	4
Meg Jones, 1985-88	4
5. Jennifer Ponath, 1984-88	3
Regina Joyce, 1981-83	3
Deanna Carr, 1981-83	3
8. Amy Lia, 2004-06	2
Monika Parker, 1991-95	2
Claudine Robinson, 1991-94	2
Shirley Ross, 1987-88	2
Vicki Borsheim, 1985-88	2
Helena Uusitalo, 1986-87	2
Meledy Smith, 1984-85	2
Sandra Gregg, 1980-83	2
Maggie Garrison, 1977-81	2
Caryl Van Pelt, 1977-81	2

Most All-America Awards, Individual Season (Indoor/Outdoor combined)

1. Jennifer Ponath, 1988	3
2. Ashley Lodree, 2006	2
Ashley Lodree, 2005	2
Kate Soma, 2005	2
Kate Soma, 2004	2
Shirley Ross, 1988	2
Meg Jones, 1988	2
Meledy Smith, 1984	2
9. Several tied with	1

Most All-America Awards, Team

Season	Meet
1. 2005	9
2. 1988	9
3. 1980	5
4. 1981	4
5. 8 tied with	3
1. 1988 Outdoor	6
2. 2005 Indoor	5
1980 Outdoor	5
4. 2005 Outdoor	4
1981 Outdoor	4

WORLD RECORDS

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EXPERIENCE



Phil Shinnick was one of two Huskies to set world records at the 1963 Modesto Relays.

Not only have Washington athletes appeared frequently on the world stage, several have exceeded the limits of human performance to establish new world records. Steve Anderson became the first Husky to break a world mark, doing so with a 14.4-second performance in the 120-yard hurdles in 1928, while pole vaulter Brian Sternberg and long jumper Phil Shinnick are the most recent to achieve the task, having bettered world records on the same day in 1963, at the Modesto Relays. Following is a list of those UW competitors who have helped set the benchmarks to which athletes worldwide have aspired:

1963	Brian Sternberg	Pole Vault	16-8
1963	Phil Shinnick	Long Jump	27-4*
1932	Herman Brix	Shot Put	52-8 1/2
1930	Paul Jessup	Discus	169-8 7/8
1928	Herman Brix	Shot Put	51-8
1928	Steve Anderson	120-yard Hurdles	14.4

* - pending ratification

Huskies on the World Stage

OLYMPIANS

Since Ira Courtney first took the University of Washington to the Olympic Games as a sprinter in 1912, the purple and gold have had an enduring presence at the prestigious event. A total of 35 Huskies, from six different nations, have represented Washington at the Olympics, winning four medals. Following is a list of those UW athletes who have contributed to Washington's Olympic lore:

2004 — Athens, Greece

Aretha Hill (USA), Discus, 19th
Christian Belz (SUI), 5000m, 22nd
Orin Richburg (USA), Asst. Coach

2000 — Sydney, Australia

Adam Setliff (USA), Discus, 5th
Christian Belz (SUI), Steeple, 20th
Ja'Warren Hooker (USA), 4x400m, dnc

1996 — Atlanta, USA

Adam Setliff (USA), Discus, 12th
Aretha Hill (USA), Discus, 35th

1984 — Los Angeles, USA

Sterling Hinds (CAN), 4x400m, 3rd
Duncan Atwood (USA), Javelin
Regina Joyce (IRE), Marathon
Ken Shannon (USA), Asst. Coach

1980 — Moscow, Russia

Rod Ewaliko (USA), Javelin, dnc*
Duncan Atwood (USA), Javelin, dnc*
Scott Neilson (CAN), Hammer

1976 — Montreal, Canada

Borys Chambul (CAN), Discus

1972 — Munich, West Germany

Kirk Bryde (CAN), Pole Vault
Jim Seymour (USA), 400m IH, 4th
Fred Luke (USA), Javelin, 8th

1964 — Tokyo, Japan

Phil Shinnick (USA), Long Jump, dnp
Wariboko West (NIG), Long Jump, 4th

1960 — Rome, Italy

Terry Tobacco (CAN), 400m

1956 — Melbourne, Australia

Terry Tobacco (CAN), 400m, dnp
4x400 Relay (USA), 5th

1952 — Helsinki, Finland

George Widenfeldt (SWE), Decathlon, 4th
Bob Hutchinson (CAN), 100m,
dnp; 200m, dnp
4x100m relay, dnp

1936 — Berlin, Germany

Bruce Humber (CAN), 100m, 200m; dnp
4x100 relay (USA), 4th

1932 — Los Angeles, USA

Ed Genung (USA), 800m, 4th
Paul Jessup (USA), Discus; dnp

1928 — Amsterdam, Netherlands

Steve Anderson (USA), 110m HH, 2nd
Herman Brix (USA), Shot Put, 2nd

1924 — Paris, France

Gus Pope (USA), Discus, 4th

1920 — Antwerp, Belgium

Gus Pope (USA), Discus, 3rd

1912 — Stockholm, Sweden

Ira Courtney (USA), 100m, 200m; dnp

* - Did not compete due to U.S. boycott

Husky grad Christian Belz has represented his native Switzerland at each of the last two Olympic Games.

WORLD CHAMPIONS

In addition to representing Washington at nearly every Summer Olympiad since 1912, Husky athletes have made a significant impact in Olympic off years at the IAAF World Championships. Held every two years from 1983-91, and every four years since, the IAAF World Championships regularly feature fields just as deep as the Olympics — or deeper, given the more lenient qualifying standards — while crowning world champions indoors and out in every event. Three Huskies competed at the 2005 world championships in Helsinki, Finland, with 2004 UW alum Brad Walker earning a silver medal in the pole vault. Following is a complete list of those Washington athletes and coaches who have participated in the IAAF World Outdoor Championships since its inception in 1983:

2005 — Helsinki, Finland

Christian Belz (SUI), 10,000m, 14th, 27:53.16
Aretha (Hill) Thurmond (USA)*, Discus, 22nd, 154-8
Brad Walker (USA), Pole Vault, 2nd, 18-10 1/2
* Voted team captain

2003 — St. Denis, France

Christian Belz (SUI), 5,000m, 13th, 13:26.02
Aretha Hill (USA), Discus, 20th, 166-7 1/2

2001 — Edmonton, Alberta, Canada

Christian Belz (SUI), Steeple, 11th, 8:31.43
Orin Richburg (USA), Head Coach
Adam Setliff (USA), Discus, 5th, 218-4

1999 — Seville, Spain

Christian Belz (SUI), Steeple, 22nd, 8:29:19
Aretha Hill (USA), Discus, 23rd, 203-11

1997 — Athens, Greece

Orin Richburg (USA), Assistant Coach
Adam Setliff (USA), Discus, 7th, 208-2

1995 — Gothenburg, Sweden

Rick Noji (USA) High Jump, t27th, 7-2 1/2

1993 — Stuttgart, Germany

Rick Noji (USA) High Jump, t21st, 7-2 1/2

1991 — Tokyo, Japan

Rick Noji (USA) High Jump, 8th, 7-5 3/4

1987 — Rome, Italy

Duncan Atwood (USA) Javelin, 12th, 238-0

1983 — Helsinki, Finland

Rod Ewaliko (USA) Javelin, 11th, 255-1
Regina Joyce (IRE) Marathon, 7th 2:33:52



Former Husky Aretha (Hill) Thurmond carried the American flag during the Opening Ceremonies at the 2005 IAAF World Championships after being elected captain of Team USA.

Kirk Bryde won the 1971 Pac-8 pole vault title, set a Canadian men's record, and represented Canada at the 1972 Olympics.

C

HISTORY

Abbey, George	1949-51
Abbott, Austin	2005-06
Aachterman, Peg	1979
Ackerman, Carl	1948
Adair, Tammy	1978-81
Adams, Ben	1938
Adams, Cristian	2001-02, '04
Adams, Dale	1982
Adams, Kathy	1977
Adams, Robert	1929-31
Adams, Sonja	1984-86
Agostinelli, Monte	1982
Aguirre, Domingo	1941
Akins, Jerrod	1992-94
Akinson, Dennis	1961
Alan, Mark	1988, '91-92
Albright, Richard	1970-74
Aleinkoff, Paul	1958-60
Aleinkoff, Steve	1980
Alexander, D'Andrae	2001
Alexander, Roc	2003
Alexander, Sam	1994-96
Algryer, Ray	1926
Allamano, John	1966-68
Allen	1900
Allen, Mike	1992-93
Allen, Terrance	1999
Anabel, Scott	1995-99
Anacker, Don	1957-59
Andersen, Keith	1972
Anderson	1910
Anderson, Angela	1993-94
Anderson, Bob	1939
Anderson, Bruce	1936
Anderson, Casey	1921
Anderson, Dean	1926-28
Anderson, Gene	1964
Anderson, Keith	1973
Anderson, Oscar	1915
Anderson, Roy	1942
Anderson, Shawn	1988-91
Anderson, Steve	1928-30
Anderson, Steve	1992-93
Anderson, Sylvester	1922-23
Anderson, Tyler	1989-92
Anderson, Von	1994-95
Angell, Abe	1954-56
Angell, Anthony	1960-62
Angle, Jim	1935-37
Anicker, Rick	1980-81
Ankton, Falesha	2006
Anschutz, Bert	1935-37
Aoki, Anna	1997-2001
Applegate, Kenneth	1924-27
Aragaki, Aaron	1990
Armstrong, Deanna	1992
Armstrong, Pat	1968
Arnim, Dana	1979
Arnold, Todd	2001-04
Arthaud, Don	1932-33
Arthaud, Jack	1939-40
Atkins, Herm	1970
Atkins, Jerrod	1991
Atwood, Duncan	1974, '77-78
Augerson, Casey	1918-20
Augustine, Tony	1990
Augustine, Webster	1924-26
Austin, Djan	1993
Austin, Rachel	1994
Auzias-Turrene	1912
Avey, Gene	1939-49

Bagley, Rich	1979
Bailey, Brandon	2003-04
Bain, Jerry	1958-60
Baines, Simon	1994
Baker, Julie	1996
Baldwin, Bob	1996
Bale, Robert	1929-31
Bale, Dick	1951-52
Ball, John	1966
Ballwey, Casey	1974
Banks, Henry	1952-55
Bannick, John	1934
Bantz, Burwell	1908
Baptiste, Bernard	1967-68
Barajaz, George	1990, '92-94
Barber, Greg	1997-98, '00-01
Barnes, Burton	1933-34
Barnes, Cecilia	1999
Barnett, David	1980-84
Barr, Darrell	1940-41
Barron, Jack	1943
Barry, Jay	1990
Barter, Terra	1994-95
Bartholmey, Don	1949-50
Bathurst, John	1979-82
Baudram, Warren	1940
Baugh, Gerald	1972
Baumann, Dianne	1982-83
Bazzi, Dave	1997-2001
Beall, Harry	1920-22
Beaty, Chris	1977, '79
Bechtolt, Chuck	1938-40
Beeman, Mary	2002-04
Beguhl, Phill	1973
Bek, Margaret	1996
Belford, John	1987
Bell, Charles	1939-40
Bell, Dan	1984-85, '87-88
Bell, Dee Dee	1990
Bell, Gerry	1943
Bell, Theodore	1931-34
Bellamy, Lorenzo	1979-80
Belur, Jerry	1972, '74
Belz, Christian	1997-98
Bender, Bert	1958-59
Bendico, MerryJane	1998, '00-01
Benjamin, Marva	1983-86
Bennett, Lori	1992
Berge, Steve	1970
Bergesen, Kristi	1987-88
Bergman, Eugene	1919-21
Bergstrom, Julie	1979, '81-83
Bidleman, Blake	2002, '06
Biere, Sondra	1996
Biegelow, Dick	1942



All-Time Letterwinners



Billy Hicks (left) outkicked the competition to the finish line to clinch the mile relay for UW at the 1975 NCAA Championships.

Coaston, Leslie	1981-84
Coatney, Dave	1977-80
Coats, William	1960
Cochran, Elvin	1913-14
Cochran, Lamont	1915
Cocking, Boyd	1926
Coddington, Travis	1997
Cody, T.J.	1994
Colbourne, Greg	1978
Cole, Bruce	1940-42
Cole, Jay	1990-93
Cole, Mark	1972
Cole, Mike	1974
Coleman, Kelly	1990-93
Coleman, Sam	1938-39
Collins, Emily	2006
Comin, Myron	1934
Compton, Tracy	1996-97
Condon	1911
Condon, John	1931-33
Congdon, Gordon	1935
Connell, Kurth	1996-98
Connelly, Camille	2002-05
Conner, Rich	1990
Connors, Craig	1997-98
Consecki, Scott	1930
Conwell, Ernie	1993-96
Conwell, Will	2002, '04-06
Cook, Dennis	1977-78
Cook, Phillippe	2002-03
Coombes, Mike	1983
Corbin, Merritt	1932-33
Corbitt	1918
Corvin, Curt	1984-86, '88
Cosgrove	1900
Cotsirilos, Steve	1972
Cottrell, Tina	1996
Coulson, Sara	1983
Courage, Mary	
Courtney, Ira	1911-12
Courtwright, Ed	1938-39
Couvson, Kim	1995-98
Coyle, Frank	1908
Craddock, Cheri	2004
Craig, Larry	1969-70
Cram, Jack	1927-30
Cramer, John	1961-63
Crandall, Laura	1980
Craty	1900
Craven, Tony	1987
Cressel, Marcia	1978
Crites, Newton	1912-15
Croadsdill, Charles	1938
Cronin, Mary	1978, '81-82
Cummins, Robert	1948
Cunningham, Esrene	1987-90
Cunnington, Heidi	2001
Custer, Ed	1933
Custer, Walt	1933
Cutts, Elmer	1929
Czubin, Chuck	1963

D	
Dailey, Ervin	1918-20
Dalby, Dave	1947-48
Dalum, Doug	1977-79
Dambreville, Andrew	1996-99
Dandenault, Suzanne	1989-92
Danielson, Greg	1968-69
Dankworth, Gary	1970-73
Davidson, Harry	1914
Davidson, Patrick	2004-05
Davies, Mark	1993-94
Davies, Robert	1929
Davis, Al	1974
Davis, Cherron	2003-04
Davis, Jakke	1983-84
Davis, John	1956-57
Davis, Marsh	1919-21
Davis, Patrice	1996-99
Davis, Spencer	1993
Davis, Tara	1995
Dawson, B.J.	1995-98
Day, James	1998-99
Day, Paul	1998
Deeks, Don	1943
DeGallier, Jeff	1981-84
Delfel, Eric	1996
DeMunnik, Mike	1993-94, '96
Dennis, Donna	1983-86
Derby, Dean	1956-57
DeRosans, Reggie	1981
DeSaussure, Andre	1995, '97
Desilets, Makare	1997
DeSouza, Kevin	2001-02
Dignam, Luran	2003-06
Dill, Jake	2000
Dillaway, Steve	1965-67
DiVesta, Kelley	2005-06
Dixon, Ashandi	1989-93
Dixon, Bill	1950-51
Doan, Jennifer	1979-81
Dockendorf, Carly	2003-06
Dodds, Gordon	1928-29
Dodge, Harold	1943
Dohm, Clarence	1905
Dohrt, Karlyn	1990-92
Donaldson, John	1949-51
Donaldson, Pete	1979-80
Donawa, Jay	1993
Dong, Mary	1987-88
Donnelly, Matt	1985-89
Donovan, Clyde	1933
Doran, Kevin	1987
Doremus, Ralph	1933
Douglas, Don	1920-22
Douglas, Donald	1946
Douglas, John	1959-61
Downey, Craig	2000-01
Downey, Heidi	1989-91
Draughton, Jennifer	1989-90

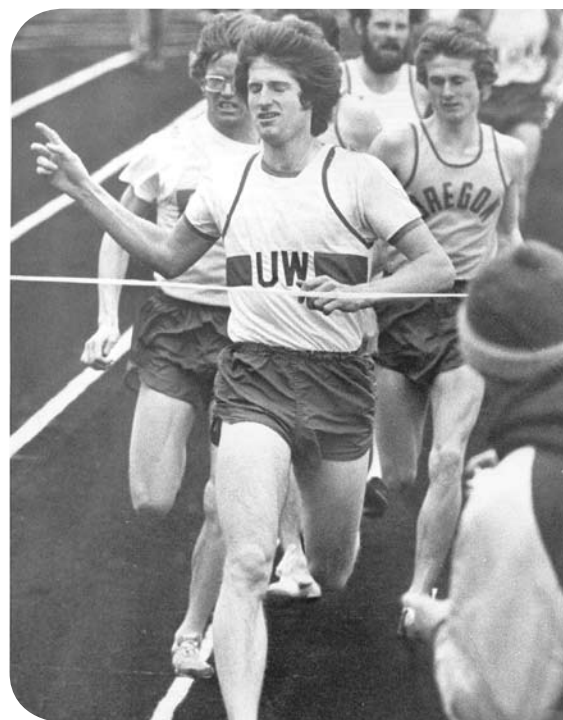
Driscoll, Les	1957-58
Drury, Jim	1935-36
Dryden, Kim	1981
DuBois, Kenneth	1923-24
Dufour, Pete	1951-52
Dufu, Kojo	1994-96
Duke, Dustin	2001-02
Dunn, Bryant	1930-32
Dupen, Brad	1983-85
DuPree, Dave	1966-68
Durst, Lora	1980
Duryee, Diana	1985

E	
Eakins	1910-11
Easton, Roy	1972
Eckman, Ray	1920
Edmiston, Ariel	1934-35
Edmonds, Rupert	1912-15
Egbert, Vince	1938
Egerdahl, Lindsey	2002-05
Egtvet, Percy	1923-25
Ehlers, Jeff	1985
Eichenberger, Paul	1978
Eickhoff, Warren	2003-06
Eitelberg, Dani	1977-78
Elkins, Dan	1973-74
Ellingsen, Dave	1981
Ellingsen, Jan	1978-79
Ellis, Kristin	1992
Ellis, Sheree	2006
Ellison, Aaron	1985-89
Ellison, Bernard	1990-91
Emel, Michelle	1994-96
Emrich, T.J.	2005
Enger, Harold	1943
England, Negley	1932-34
Englestone, Eric	1984-87
English, Liza	1998-2001
Erickson	1918
Erickson, Don	1986
Erickson, Sandy	1999-00, '02
Erickson, Steve	1981-85
Erickson, Tom	1985
Eriksen, Dick	1939
Ernest	1924
Eskesen, Staci	1995-98
Evans	1910-11
Evans, Brandi	1989-92
Evans, Greg	1981
Evans, Thomas	1960-62
Ewaliko, Rod	1973-76
Ewing, Greg	1981
Ewing, Pat	1980-83

F	
Faber, Fred	1942
Factory, Mike	1977
Fader, Andy	2002-05
Faget, Melvin	1927-28
Fagnani, Cari	1983-85
Failla, Don	1959-61
Fairleigh, Larry	1969-70
Fairleigh, Mark	1972
Fairleigh, Mike	1970
Fancher, John	1914
Farias, Laura	1986-87
Fate, Don	1968-70
Faulkner, Virginia	1978-80
Favell, Peter	1977-81
Fayant, Chris	2002
Fayant, Jason	1999-02
Fayant, Jesse	2003
Fedore, Len	1983-84
Feider, Pat	1990-91
Feinburg, Davey	1994
Feldmann, Cary	1970-72
Felice, Damon	1995-96
Fellows, Jerry	1970

Felton, Sherri	1978
Fennema, Carl	1947-48
Ferguson, Ginger	1987
Ferguson, Jack	1928
Ferris, Jennifer	1992
Ferry, Edward	1922-24
Fetter, Earl	1946-47
Fields	1900
Fillman, Rich	1987
Finke, Ralph	1924
Finks, Whitt	1987
Fischer	1938
Fisher, Jim	1966-68
Fjellman, Greg	1992
Flagg, Jack	1937-39
Flanagan, Kevin	1986-87
Floberg, John	1950
Flora, Amy	1996
Flynn, Devon	1978-79
Foianini, Ashley	1998
Foianini, Kara	1992-94
Forni, Greg	2000-01
Fornia, Bob	1951-54
Forster, Andy	1997
Forster, Sonja	1989-92
Forsyth, Elliott	1987-88, '90-91
Forward, Toni	1979-80, '83
Foster, Phil	1921
Fotheringill, Ty	1995
Foushee, Marie	2004
Fram, Don	1933
Franco, Pablo	1974-75, '77
Frankland, Charles	1920-22
Frankland, Charles	1947
Franza, Megan	1998
Frederick, Norris	2005-06
Free, A.K.	1922-23
Freeman, Tim	2004-05
Froese, Angela	1995-98
Fromm, Greg	1989
Frost, Eugene	1933-34
Frostad, Knut	1961-62
Froude, Chester	1924
Fu, Sam	1993-95
Fuller, Liz	2006
Fuller, Roy	1931
Fulton, Jeff	1967
Funk, Lora	1992-94

G	
Gable, John	1935
Gabrio, Gerry	1978-79
Gaches	1900
Gaines, Sharon	1995
Gaines, Spider	1977-78
Galer, Fred	1932-34
Gamby, Kellie	1988-91
Gamish, Dan	1985
Ganje, Laura	1993
Gano, Kyle	1992-94
Garner, Eric	2001-04
Garretson, Ron	1941-43
Garrett, Brian	1967
Garrett, George	1932
Garrison, Dave	1972-73
Garrison, Maggie	1977, '79, '81
Garrison, Sue	1978
Gary, Bob	1985-88
Gary, Clark	1962
Gary, Robert	1985-88
Gaskell, Dave	1991
Gatewood, Joe	2004-05
Gavin, John	1933
Gay, Kameko	2001-03
Gayton, Carver	1959
Gayton, Gary	1952-55
Gazin, Kurt	1992
Gefre, Gary	1978-80
Genung, Ed	1929-32
George, September	1987-88
Gerbatz, Brenda	1983-85
Gheewala, Neha	1996-97
Gibbs, Jamie	2002-04
Gibbs, Lisa	2002
Gibson, Greg	1973-74, '77
Gibson, John	1915-17
Giesen, Alan	1989-90
Gilchrist, Andy	1987-90
Giles, Don	1941
Gill, Barney	1994
Gillite, Jennifer	1987-90
Gilliam, Darrell	1946
Gilpin, Tom	1963
Giordano, Jesse	2001-03
Gish	1910-11
Glass, Monique	1996-99



Greg Gibson ran the first four-minute mile in UW history, and is one of just three Huskies to have accomplished the feat.

Glass, Steve	1998	Hale, Mark	1987-90
Gleason, Villeroy	1915	Hall, Dana	1988-91
Goetzing, Karl	1979	Hall, Ned	1937
Goiney, Bob	1972	Hallenbeck, Mark	1977-79
Golob, Devin	2001-02	Hallett, Amy	1989-91
Gomes, Dave	1979	Halverson, Laura	2002, '04-05
Gomes, Genevieve	1994	Hamilton, James	1972-73
Gomez, Luis	1987	Hammermaster, Gene	1954-56
Gonsecki, Scott	1931-32	Hammonds, Annette	1979
Goodner, Ernest	1919-20	Hamre, Nelson	1991
Goodrich, Brad	2001-02	Hanenberger, Pete	1968
Gordon, Gavin	1984	Hankinson, Mike	1989
Gordon, Scott	1989	Hann, Mike	1970
Gourlay, Arthur	1928	Hanningan, Bill	1982
Goxx, Lyle	1926	Hansen, Doug	1972
Grace	1912	Hansen, Neil	1992, '94-95
Graham, Ryan	2001	Hansen, Tom	1983
Grant	1900	Hanson, Cherish	1990-91
Grant	1977	Hanson, Gary	1966-67
Graves, Terri	1998	Hanson, Neil	1992-95
Gray, Harold	1915-19	Harcourt, Alex	2006
Gray, Larry	1954-55	Hardebeck, Dan	1988
Green, Jeff	1989-91	Harder, Don	1985-86
Green, Stan	1953-54	Harder, Richard	1959-61
Greene, Harold	1905	Hardin-Scott, Chanda	2005
Gregg, Sandra	1980-83	Harkins, Paul	1997-00
Gregg, Susan	1980-83	Harmon	1913
Gregory, Keith	1982	Harrell, Newson	1931-32
Greve, Joan	1993	Harris, Al	1970
Grichuchin, Fred	1935	Harris, Al	1983, '85-86
Grierke, Brian	1987	Harris, Brian	2004-05
Griffin, Scott	1990	Harrison, Donn	1948-50
Griffin, Traci	1992-94	Harrison, Jelani	2000, '02
Griffis, Keisha	1996-99	Harrison, Kira	2004-06
Griffith, Janet	1983	Harrison, Walt	1942-43
Guenther, Fred	1952-53	Hartley, Talbot	1929-31
Guerrero, Pat	1989-91	Haslam, Harry	1970
Guiberson, Kevin	1990	Hatheway, Ernest	1921-24
Guterrez, Uriel	1996	Hattix, Carlos	1996-97
Gustafson, Gary	1977-79	Hatzenbeler, Steve	1994-96
Guzman, Michelle	1990-91	Hawken, Harvey	1961-63
Gylling, Jim	1981-82	Hawkins, Harold	1934
		Hawkins, Lauren	1990-91
		Hawkins, Shavon	1999-00, '02
		Hay, Marion	1936-38
		Hayes, John	1949
		Hayes, John	1974, '77
		Haynes, Nat	1930
		Hazelton, Scott	1987
		Hazlet, Steward	1963-64
		Heaton, Archie	1939-41
		Henderson, Greg	1981-82
		Hendry, Christie	1980

H	
Haagern, Merrill	1941-43
Hablou, Wallace	1950
Hafferty, Cajh	1989
Hage, Bob	1938-39
Hagerty, Frank	1923
Haines, Margaret	1998-01
Halberg, Chris	1989



Ten-time All-American Ja'Warren Hooker won one NCAA title, and represented the Huskies at the 2000 Olympic Games.

Hennessy, Matt	2002
Henning, Burt	1927
Henry, Dean	1955
Henry, Jackie	1980-83
Hensey, John	1947-50
Herbert, Al	1941
Herried, Bill	1979
Heun, Tom	1977-78
Heusser, Shannon	1995
Hickel, Tim	1980
Hickey, Jon	2003-06
Hicks, Bill	1974
Higgins	1900
Hildrum, Tom	1999-00
Hill, Amy	1994
Hill, Aretha	1995-98
Hill, Michelle	1985-86
Hill, Mike	2000-02
Hill, S.	1900
Hill, W.	1900
Hilt, Brent	1979-82
Hiltabedel, Charles	1946
Hilton	1912
Hilton, Dan	1995-96
Hilton, Jim	1954-56
Hinds, Sterling	1982-84
Hinkley, Wayne	1973-74
Hintze, Barbara	1983-84
Hjort, Alan	1988-90
Ho, Evelyn	1996-97
Hobbs, Richard	1960-61
Hodgson, Laura	2003
Hoelting, Kim	1968-70
Hogue, Jim	1965-66
Hoitnik, Staci	1990-93
Holcombe, Pat	1980-81
Holden, Brett	1981-83
Holland, Julie	1985
Holmes, Scott	1974
Holzknicht, Ted	1951
Hooker, Ja'Warren	1998-01
Hope, Piper	2005
Horat, Albey	1991-92
Hord, Joey	2000
Hossman, Carl	1933
Howard, Adam	1999
Howard, Anne	1990-91
Howe, Michael	1984
Howell, Byron	1981-85
Hubbard, Harry	1939
Hubbell, John	1968-70
Hublou, Wallace	1948
Hufford, Merle	1931
Hughes, Dave	1991, '93
Hulbert, Tara	2000
Humber, Bruce	1935-37
Humes, Thomas	1927-29
Hunt, Woodward	1960
Hunter, Andy	1999
Hunter, Darren	1993-95
Hunter, David	1985
Hurd, Bob	1949
Hurley, Victor	1921-23
Hurston, Mary	1986-88
Husby	1912
Hutchinson, Bob	1951-53
Hutson, Jason	1994

I	
Ichikawa, Laura	1985-86
Iddings, E.J.	1997-99
Iddings, Owen	2000
Ingraham, James	1960
Ingraham, Reed	1928-29
Ingraham, Woodrow	1961
Inman, Courtney	1999-03
Isaacson, Brian	1982
Iverson, Tony	1999



Regina Joyce won the 1981 AIAW national title at 3,000 meters, UW's first women's national crown, and represented Ireland in the marathon at the 1982 Olympic Games.

J	
Jackson, Bernie	1981
Jackson, Bruce	2004-06
Jackson, Connie	1981-82
Jackson, Doug	2000-01
Jackson, Lyle	1983
Jackson, Vestee	1982, '84
Jaime, Alexis	2001-03
Jamerson, Jay	1986-89
James, Bill	1958-60
James, Brad	1987
James, Marc	2001-02, '04
Jansen, Tracy	1978-79
Jayne, Tim	1972
Jens, Seth	2001-03
Jensen, Cambrielle	2002-04
Jernigan, Noel	1955
Jessup, Paul	1928-30
Joachims, Herb	1942
Johns, Jack	1930
Johns, Paul	1940-41
Johnson	1911
Johnson, Ben	1969
Johnson, Dan	1978
Johnson, Dave	1978
Johnson, Emily	1993-96
Johnson, Eric	1994, '96-97
Johnson, Erik	1986, '88
Johnson, Jeff	1980
Johnson, Jill	2003
Johnson, Jim	1950
Johnson, Jim	1970-72
Johnson, Kari	1991
Johnson, Ken	1961-63
Johnson, Pat	1987-90
Johnson, Rockne	1949
Johnson, Ron	1992
Johnson, Zelda	1985
Johnston, Colin	1995-96
Johnston, Dan	1996-99
Johnston, Mike	1956
Jolivet, Diana	1982-85
Jones, Brent	1988
Jones, Linda	1979
Jones, Meg	1985-88
Jones, Shirley	1988
Jones, Simon	1994
Jones, Steve	1986, '88, '90
Jonsson, Dwight	1998
Joyce, Regina	1981-83

K	
Kabush, Danelle	1996-98
Kaligis, Pete	1992-94
Kamm, Tom	1943, '47
Kangas, Greg	1982
Kasim, Marvin	1999
Kaufman, Napoleon	1992
Kaye, Bob	1972
Kaynor, Pete	1994
Kearney, Kevin	1992-93
Keating, Bob	1937
Keire, Paul	1987
Keller, Kendra	1984-87
Kelley, Lara	1996-99
Kelly, Marcus	1998, '01-02
Kennon, Calvin	1984-85
Kenny, Mike	1980
Kent, James	1946-47
Kenworthy	1900
Kerry, Bill	1952, '56-57
Kertes, Jan	1968-69
Khemis, Nacime	1994
Kildal, Cory	1993
Killien, Ken	1934-36
Killien, Phil	1963-65
Kimball, Laila	1997
Kindred, Steve	1992-93
King, Amy	1999-00
King, Cleo	1908
King, John	1933-34
King, Winchester	1923-25
Kintner, Bill	1937
Kipp, Dwight	1939-40
Kirkendall, Mike	1992
Kirkpatrick, Joey	1997
Kiser, Rufus	1928-30
Kiter, Michael	2002-03
Klein, Eric	1967-68
Knable, Ken	1982
Knapp, Clarence	1915
Kneip, Neal	1985-86
Knight	1917
Knox, Caleb	2005-06
Knutson, Eric	1990-91
Knutson, Kiersten	1990
Kobel, Mel	1955-56
Koch, Scott	1992-93, '95
Kok, Henrik	2001
Koley, Peter	1985
Kolstad, Dayton	1958-60

All-Time Letterwinners



Current UW head coach Greg Metcalf was a three-year letterwinner at Washington, earned All-America honors in the steeplechase in 1993, and ran in the 1996 U.S. Olympic Trials.

Koss, Ben	2000-03	Liebsack, Stacy	1989-90
Koss, Bill	1969-72	Lilly, Ed	1980
Kotto, Fred	1985-86	Lim, Ron	1962
Kozol, John	1978-81	Linde, Carl	1930
Krause, Mike	1978-79	Lindgren, Sara	1984-85
Kriz, Aimee	1992-94	Lindsey, Ben	1997-01
Kruse, Laura	1994-95	Linton, Robert	1921
Kurras, Julie	1982	Lipscombe, Jack	1935
Kutzera, Brian	1982	Liska, Debbie	1979
Kydd, Bill	1943	Lockhart, Bob	1938-40
		Lodree, Ashley	2004-06
		Lomax, John	1960-62
		Long, John	1941-42
		Lorvick, Adrienne	1983
		Lorvick, Dave	1978-82
		Loucks, Darin	1992-94
		Loudon, Dick	1951
		Louie, Bob	1964
		Louie, Johnny	1964
		Lovely, Dawn	1990
		Lowe, Kenya	1993
		Lucas, Mike	1982-85
		Lucci, Frank	1955-57
		Luke, Fred	1966-68
		Luke, Milton	1960
		Lund, Harry	1934
		Lund, Ron	1955
		Lunsford, Walt	1935
		Lynch, Jack	1964-65
		Lynn, Bob	1941

L			
LaBarge, Peter	1960		
LaBellarte, Paul	1985		
Labonge, Carl	1952-55		
LaBounty, Cliff	1957-59		
Lack, Cindy	1979-82		
Lademan, Brooke	2006		
Lahmann, Jennifer	1991		
Lambe, Rod	1979		
Landy	1921		
Lane, Katie	1993-94		
Lang	1911		
Langer, Jerry	1951-55		
Lanigan, Erik	2002		
Larberg, Don	1947-49		
Larson, Jack	1958-60		
Lasiter, Liz	1985		
Lauger, Charles	1946-47		
LaVerdure, Darryl	1973-74		
Lavery, Terry	1972-74		
Lawrence, Meghan	2005		
Leach, Larry	1996		
Leadbetter, Bob	1954-56		
Leahy, Adam	1989-90		
Ledford, Chris	1997-99		
Lee, McKane	2004-05		
Leffler, Mitch	1990-93		
LeForstier, Frederick	1993		
Lendig	1900		
Leonhardt, Kinyatta	2006		
Lermusik, John	1980-82		
Lesley, Earl	1950-21		
LeTourneau, Jack	1959		
Lewis, Moses	1999		
Lewis, Pam	1991-94		
Lia, Amy	2005-06		
Liber, Brad	2005-06		

M			
MacCluer, Gavin	1996-97		
MacDonald, Bill	1915-19		
MacDonald, Bill	1943		
MacDonald, William	1947		
MacIntyre, Charles	1927		
Mackey, James	1999-00		
MacPherson, Mike	1996, '98		
Madche, Bryan	1994-98		
Mager, Gene	1941		
Maginnis, William	1923		
Maginnis, Dave	1936-38		
Mahnken, Carl	1956-57		
Mahovich, Mike	1979-82		
Makela, George	1959-61		
Makestad, Ingvill	2004		
Makrogiannis, Eugenie	1995-96		

Malm, Katie	1992-96	Meyer, Bill	1937	Nelson, Lara	2005
Manalili, Craig	1992-95	Meyer, Denny	1952-54	Neubauer, Lance	1979
Mandi, Mark	2003-06	Meyer, Richard	1960-61	Nevelle, Jim	1993
Manjarrez, Tony	1992, '94	Meyring, Don	1946	Newing, Geoff	1972-73
Mantle, Vernon	1930-31	Michael, Mike	1985-86	Newton, Brice	1984-97
Mapes, Gary	1957-58	Michel, Dan	1956-58	Newton, Nolanna	1995-97
Markov, Vic	1936-37	Mickelson, Erik	1998-99	Nickelberry, Ray	1963
Marks, Kevin	1990, '92	Miles, Tonjua	1982	Nickell, George	1928-30
Marley, Sacha	1993	Mill, Doug	1967	Nipert, Mike	1980
Marshalek, Stevie	2004-05	Miller, Amanda	2005-06	Noji, Rick	1986-90
Marshall, LaNorris	1981, '83	Miller, Greg	1977	Nomiyama, Janice	1979-83
Martin, Brian	1980	Miller, Henry	1926	Nomiyama, Lori	1983
Martin, Dave	1972	Miller, James	1922	Northcraft, Dick	1938-40
Martin, Paul	1940	Miller, Jess	1935-37	Notaro, Marc	1990
Martin, Syreeta	2006	Miller, Merle	1937	Nyland, Dave	2005-06
Martin, Tim	1992-95	Miller, Reed	1958-60		
Mason, Ben	1955	Millett, Tom	1956		
Mason, Earl	1921-23	Milton, Shiri	1984-85		
Massey, Howard	1969	Mincy, Charles	1990		
Massingale, Garcia	1982	Mineau, Jeremy	2006		
Mathewson, Tami	1990-93	Minelli, Lia	1994-97		
Mathies, John	1960-61	Minnis, Ty	1994-97		
Matland, Conrad	1949-50	Minnitti, Rob	1999-01		
Matson, Cami	1997-00	Moe, Carl	2004, '06		
Maurer, Craig	1990	Mole, John	1996		
Mayer, Robert	1980-82	Molenaar, Dee	1947-48		
McAdams, Dean	1940	Moller, Carrie	1991		
McBride, Chad	1992	Monda, Sue	1978		
McBride, Cye	1992	Mondschein, Brian	1973, '77		
McCallister, Ed	1980-81	Monro, Sabrina	2003		
McCallum, Charles	1927	Montgomery, Bob	1963		
McCallum, Donald	1927-28	Montgomery, Dick	1937-39		
McCary, Phil	2004-06	Montgomery, Robin	1934		
McClatcher, Mikki	1994-97	Moody, Skip	1996-99		
McClelland, George	1913-14	Moore, Alli	2006		
McClelland, Kirby	1987	Moore, LeTasha	2000-02		
McClement, Bill	1978	Moore, Lou	1979		
McClement, Bob	1980	Moore, Lucian	1977-78		
McCluskey, Mike	1957	Moore, Rianna	2002-03		
McConkey, Fred	1949-51	Moore, Terry	1980		
McCord, Murray	1964-65	Morales, Carrie	1994		
McCoy, Rhamu	1993-94	Morehead, Don	1983-84		
McCrary, Tom	1903-05	Moren, John	1984		
McCulloch, Dave	1956-58	Morford	1918		
McDonald, Mary	1992-94	Morgan, Art	1936-38		
McDonald, Tom	1905	Morgan, Ken	1950-52		
McDonald, William	1920	Morgan, Matt	1979, '80		
McDowell, Bruce	1986, '88-90	Morris, Chris	1993		
McFee, John	1912-14	Morris, Frank	1952		
McGaffy, Wesley	1919	Morrison, Rebecca	1998-99		
McGillicuddy	1913	Morton, Charlie	1989		
McGinnis, William	1924-25	Morton, Darrell	1958-59		
McGoldrick, Jim	1937-40	Moser, Bill	1957-59		
McKay	1910	Moulder, Robert	1980-81		
McKay, Fred	1964-66	Moulijn, Marjan	1978-79		
McKay, Jim	1989-92	Mucherheide, Tom	1980-81		
McKay, Orlando	1989-91	Muhammad, Asya	1997-00		
McKimson, Dick	1956-57	Muir, Robert	1947-48		
McLaren, Ian	1937	Mulfinger, Kirk	1991-92		
McLaughlin, Bob	1941, '46	Mullen, Emily	1999-00		
McLean, Rob	1972	Mullian, Tracey	1988-91		
McLean, Sutherland	1942, '46	Munroe, Jeff	1992-94		
McLeod, Brianna	2004-06	Murphy	1900		
McLeod, Horace	1923	Murphy, Tom	1938-41		
McMahon, Paul	1932-33	Murray, Tim	1977		
McMurray, Kevin	1987				
McNeil, Chester	1931				
McRae, Ronald	1949				
McVickers, Aimee	1990-91				
Meade, Doug	1980-81				
Meador, Ron	1932-33				
Meagher, Vicki	1980				
Meier	1910				
Meisnist, Ken	1925				
Menashe, Dave	1977-80				
Mendez, Paul	1994				
Merlino, Laurie	1988				
Merritt, Brent	1990-91				
Mesmer, Rich	1968-70				
Mesojednik, Paul	1980				
Metcalf, Greg	1991-93				
Metlen, Dave	1921-22				
Meurer, Don	1953				
Meyer, Ben	1996-00				

N			
Nace, Howard	1942		
Nacrelli, Jennifer	1984-87		
Naesheim, Atle	1988-89		
Nagahisa, Fumi	2002-03		
Nail, Joe	1941-43		
Nardin, Al	1946-27		
Nash, Jennifer	2005-06		
Neal, Pat	1984		
Neil, Sara	1979-80		
Neilson, Scott	1976-79		
Neiman	1912		
Neiman, Paul	1959		
Nelson, Arthur	1929		
Nelson, Bill	1996		
Nelson, Kirk	1989-91		

O			
O'Brian, Dan	1969		
O'Brien, Mike	1999		
O'Connell, Cathy	1987-90		
O'Leary, John	1979-80		
O'Neil, Harley	1939		
O'Neil, Paul	1930		
O'Neill, Shannon	1989-90		
Ocken, Sue	1989-90		
Odegard, Cleave	1987-89		
Oelke, Sheryl	1990-91		
Ogarro, Zee	1999-02		
Ogden, Steven	1989		
Oldberg, Barney	1958-61		
Oldfield, Steve	1963-65		
Olma, Mike	1986		
Olson, Bill	1948-50		
Olson, Sharon	1995-96		
Oravetz, Steve	1978-79		
Owen, Matt	2005		
Owen, Mike	1981		

P			
Pacheco, Anica	1996		
Padberg, Bryan	1990-91		
Padron, Jennifer	1982		
Palmason, Vic	1935-37		
Palmer, Gillian	2001		
Panchen, Neil	1992-93		
Pangallo, Dick	1979-80		
Panton, Jim	1937-38		
Pape	1910		
Parish, Ross	1980		
Park, Jeremy	2002-03		
Park, Tae Sung	1993-95		
Parker, Carolyn	1997		
Parker, Dave	1977, '79		
Parker, Monika	1993-95		
Parks, Laura	1992		
Parrish, Scott	1984-86		
Parrish, Tony	1994-95		
Parsley, Reed	1969-70		
Parsley, Tony	1991-92		
Parsons, Dean	1952-54		
Partridge, Diane	1977		
Pascoe, Shelley	1991		
Patten	1911-13		
Patton, Jeff	1996		
Paulsen, Shane	1990-93		
Pavach, Nick	1992-96		
Pavlov, Daria	2006		
Pearce, Ramona	1980		
Pearson, Erik	1997		
Pearson, Joe	1900-03		
Pearson, Matt	1997-98		
Pearson, Robert	1900		
Peckham, Jeff	1977		
Peddie, Chris	1987-88		
Pedersen, Dale	1982-84		
Pedersen, Ross	1932-34		
Pederson, Erik	2002		
Peoples, Clint	1962		
Peltret, Ed	1925-27		
Pemberton, Al	1964-66		
Pendleton, Crosby	1929-31		



Juan Romero won the 2006 Pac-10 javelin title with a throw of 233-10 that was seven feet beyond his previous lifetime best.

Penton, Marzette	1996-99
Pentz, Chelsie	1998-01
Pereboom, Darla	1978-80
Pereboom, Sonja	1979-80
Perfremment, Ernie	1933
Perkins	1920
Perrins, Seth	2004, '06
Perry, Geoff	1997-00
Perry, Joel	2001
Perry, Loran	1950-52
Perry, Travis	1991
Peters, Kevin	2005-06
Peterson, Brooke	1998
Peterson, Bryan	1992
Peterson, Janicka	1987-90
Peterson, Marilee	1978-79
Peterson, Sarah	2000-01
Petley, Karen	1981-82
Petrin, Mike	1979-80
Phillips, Ann	1979-81
Phillips, Matt	1999-01
Pickering, Gerry	1966-67
Piel, Jennifer	1994
Pierry, Tom	1981
Pittman, Evert	1943
Plowman, Jerry	1962-64
Plumb, Frank	1933-35
Ponath, Jennifer	1984-88
Poole, Dan	1969, '72
Pope, Gus	1919-21
Popovskaya, Elena	2002
Porter, Sunny	1999
Posner, Amy	1991-94
Pratt, Reginald	1921-22
Predmore, Jacob	1996-99
Prior, Derek	1998, '00
Prout, Larry	1966-67
Pruitt, Kelly	1981-82
Pruzan, Harry	1933-35
Pulford, Larry	1956-58
Pullen, Kathy	1987
Pulley, Julie	1978

Q

Quan, T.J.	1998-99
Quitslund, Gary	1972-73
Qvale, Kjell	1940-42

R

Radford, Mike	1977-78
Rainey, Ben	1994
Ramos, Mike	1982-86
Ramsey, Finlay	1925-26
Ramstedt, Julius	1929-31
Rasmussen, Trisha	2005-06
Rathman, Bill	1992
Raymond, Mike	1993-94
Rector, Michael	1942
Redfern, Mel	1948
Redmond, Eddie	1998
Reed, Robert	1928-29
Reese, Jenny	1989-92
Reichmann, Heather	2001-03
Reid, Michelle	1995-98
Reid, Scott	1980, '82
Reinelt, Herb	1949
Reinke, Jim	1984-88
Reinking, Dick	1964-66
Rembold, Kali	1993-96
Remund, Frank	1999-02
Rene, Jeremy	1987
Renouard, Bob	1977
Renz, Joshua	1998-01
Renz, Sherri	1979
Reynolds, Rob	1995-98
Reynolds, Sewall	1946
Rhuddy, Kenneth	1930-32
Richard, Kristy	1989-92
Richards, Bill	1950-52
Richards, Meredith	1984
Richardson, Colleen	1980-83
Richardson, Fran	1997-99
Richardson, Keith	1981
Richburg, Julio	1988-90
Richmond, Bill	1984-87
Rickey, Paul	1998
Ridgeway	1910

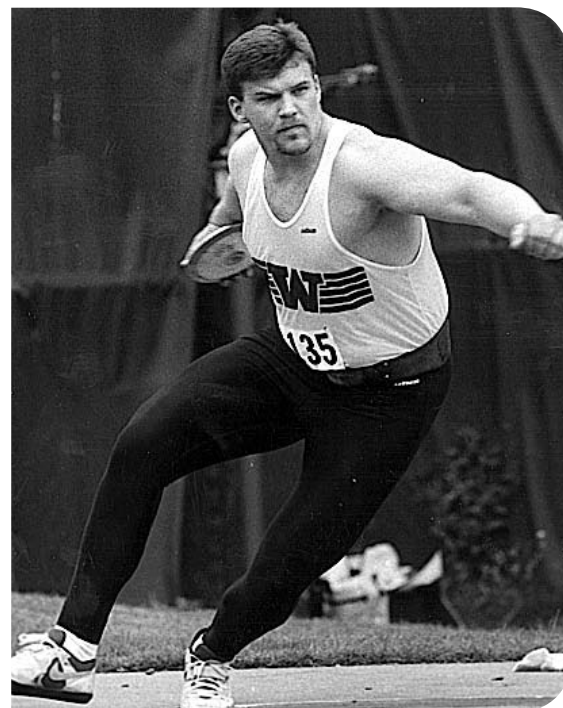
Riedl, Karen	1997
Riley, Elizabeth	1993-94
Riley, Fenwick	1930
Roberson, Darryl	1988-89
Roberts, Brittny	2001-03
Roberts, Dave	1965-67
Roberts, Laurie	2006
Roberts, Sam	2003-06
Robinson, Andrew	2003-05
Robinson, Claudine	1991-94
Robinson, Doug	1946, '49
Robinson, Earl	1947
Robinson, Gary	1980
Robinson, Josh	1999-02
Robinson, Richard	1942
Robinson, Vern	1954
Rochette, Daryl	1991
Rockett, Bob	1983-85
Rodeheffer, Matt	1994
Roe, Bill	1965-67
Roe, T.T.	1987-89
Roetman, Rainey	1979
Rogers, Elizabeth	2000
Rogge, Josh	1999, '01-02
Rohrer, Lee	1995
Rohrschieb, Walter	1935-36
Rohweder, Roxanne	1984-87
Romero, Juan	2002-04, '06
Ronning, Kristin	1990-93
Rosdahl, Andy	1991
Rose, Amy	1999
Rose, Tyler	1997-99
Rosenquist, Frank	1932-33
Ross, Fred	1928-30
Ross, Shirley	1987
Rowe, Leslie	1981
Rowe, Tim	1972
Rubestello, Leo	1943
Rucker, Jim	2000-01
Rudder, Tyriff	2001
Rueckert, Dan	1978-79
Russell, John	2000, '03-04
Russell, Ray	1942-43
Rustad, Doug	1962
Rutledge, Kevin	1981
Rutter, Bob	1974
Ryan, Tim	1900
Ryan, Field	1952-54
Ryan, Willem	1996-99

S

Sahlberg, Zach	2001
Saladino, Peter	1990-91
Salibian, Searan	1999-02
Samples, Roger	1935-36
Sampson, Shelton	2003
Samuelson, Justelle	1993-96
Sanders, Jeff	1980-81
Sanders, Leo	1998
Sandmeyer, Koko	1991-94
Sanford, Shelly	1987-88
Sargent	1900
Sarles, Trevor	1963-65
Saunders, Barney	1959-60
Saunders, Robert	1961
Sauter, Andrea	2000
Savage, Jennifer	1991
Sayenko, Mike	2004-06
Scanlon, Henry	1947-48
Schaures, John	1992
Schepman, Hoddy	1957
Scherer, Lewis	1903
Schibig, Louise	1980
Schloessler, Lee	1946
Schock	1900
Schorr, Tessie	1990-93
Schroeder, Marvin	1927
Schruth, Dan	1999-00
Schultz, Jim	1967, '68
Schur, Brian	1994
Schuster, Dani	2006

Schutte, Todd	1988-89
Schwager, Karen	2004
Schweim, Joyce	1987-90
Schwinn, Mat	1999, '01-03
Scoggins, Garrett	1993-94
Scott, Jim	1940
Scott, Rob	1992-93
Scruton, Lee	1980
Seferovoch, Larry	1962-64
Seibel, Mike	1986
Sellers, Elbert	1929, '35
Semanskee, Stace	1982
Senger, Bob	1972
Senior, Micky	1973
Setliff, Adam	1992-93
Seward, Carissa	1991
Seymour, Jim	1970-71
Shaeffer, Chris	1989
Shaffer, Ron	1952
Shanley, Soozie	1995-96
Shannon, Patsy	1979-81
Shaures, John	1989-90
Shеды, Aaron	1992-93
Shelley, William	1927-29
Shelton, Thad	1996
Shepard	1918
Sheppard, Kelsey	1999-02
Shera, Brian	1925
Sheron, Ed	1955
Sherrick	1910-11
Shields, Don	1970
Shields, Pat	1970
Shierk, Lia	1987
Shih, Jim	1994
Shinnick, Phil	1962-65
Shish, Greg	1980
Short, Nate	1985-89
Shouman, Stormy	1988-91
Shroeder, Marvin	1925
Shugarts, Gerg	1987
Sievers, Chris	1956-58
Silvis, Suzanne	1991-94
Sims, Jr., James	2002-03
Simon, Darrell	1928
Simpson, Eric	1993-95
Simpson, Larry	1967
Sinclair, Tom	1978-79
Singer, Dean	1955-57
Singletary, Gerald	1972

Singleton, Chris	2002-03
Sinhkoskey, Gary	1959
Sires, Jed	1998
Skartvedt, Darrold	1952-54
Slade, Douglas	1923
Sletvett, Todd	1988
Sloan, Bill	1940
Smalley, Jennifer	1991
Smart, Bill	1968-70
Smiley, Vickie	1983
Smith, Bill	1930
Smith, Bob	1941-43
Smith, Craig	1992
Smith, Graham	1927-28
Smith, Greg	1982-84
Smith, Hans	1948
Smith, Jacob	1992-95
Smith, Jamara	2000-01
Smith, Martin	1947
Smith, Matt	1988, '91
Smith, Meledy	1984-85
Smith, Rex	1905
Smith, Teo	1985-89
Smith, Troy	1927-29
Smith, Willard	1939-41
Smyth, Greg	1972-73
Snider, Loyal	1924-27
Snyder, John	2001-02
Snyder, Julia	1985-86
Softli, Tony	1958
Sollars, Theresa	1980-82
Soma, Kate	2002-05
Southwick, Everett	1951
Southwick, Glen	1919
Spangler, Kirk	1978-79
Spence, Courtney	2001
Spence, Davaon	2004-05
Spencer, Pete	1968-70
Spigel, Kate	2001, '03
Spiestersbach, Megan	2000-04
St. Clair, Justin	1998-00
St. Clair, Tom	1987
Stanback, Isaiah	2006
Stankovic, Zvonko	1979-80
Stapleton, Bill	1979
Stapleton, Michelle	1989
Stark, Greg	1983
Steed, Bill	1946-49
Steele, Sean	2000-01



Adam Setliff earned All-America honors in the discus in 1993, and was the fifth-place finisher at the 2000 Summer Olympic Games.

All-Time Letterwinners

Steensland, Doug	1962	Taylor, Art	1939
Stehr, Vaughn	1986	Taylor, Dan	1970, '72-'73
Stengele, Bill	1994-97	Taylor, J.D.	1985-86
Stenkamp, Pat	1980-82	Taylor, Jeff	1972-74
Stenstrom, Sam	1915-16	Taylor, Vincent	1985
Sternberg, Brian	1963	Temple, Tom	1966-68
Stevens, Jim	1986	Te'o-Nesheim, Daniel	2006
Steward, Brynne	2003-06	Terry, Michael	1998
Steward, Pete	1950-51	Terry, Tamanika	1992-95
Still, Kyle	2006	Teunis, Wyers	1924-25
Stirling, Bruce	1983, '85-87	Thayer	1900
Stocker, Val	1987-90	Therault, Steve	1980
Stoll	1910-11	Thiel, Lynne	1982
Stolp, Bill	1977-79	Thome, Aleah	1998
Stone, Bob	1981	Thomas, Fahern	1992
Stonkus, Arnie	1977-78	Thomas, Garth	1985-86
Strathairn, Tom	1966-68	Thomas, Sesilia	1997-00
Strickler, Howard	1961-62	Thomas, Tracey	1988, '91
Strom, Terry	1954-56	Thomason	1912
Strong, Mike	1980	Thompson, Don	1939
Strub, Chris	1980	Thompson, E.B.	1903
Strub, Mike	1990-93	Thompson, Morgan	2000-01
Stuclell, Ed	1917	Thornburgh, Dale	1952
Stupey, Lynn	1978	Thowsen, Jon	1972-73
Stutfield, Fred	1936-38	Thrall, John	1961
Summers, Steve	1978-79	Thrall, Mike	1962-63
Sundquist, Stanley	1950	Tibbals, Maurice	1903-05
Surface, Steve	1977-78	Tinner, Keith	1975-77
Sutherland, George	1973-74	Tobacco, Terry	1957-59
Sutton, Kyla	1993-96	Todd, Lindsay	2006
Suver	1938	Todd, Jim	1940-41
Swan, John	1938	Tolbert, Bill	1977
Swanson, Leif	1979-80	Tom, Angie	1994
Swanson, Michelle	1987	Tonning, Bjarne	1934
Swanson, Robin	1987	Topping, Matt	2001, '03
Swanzey, Gene	1941-42	Torkelson, Nancy	1985-86
Sweeney, Scott	1997-'98	Torney, Jack	1925-27
Swift, Craig	1970, '72	Torrance, John	1980
Swisher, Bob	1933-35	Torrell, Eric	1983
Syrdal, Kara	1998-01	Torrison, Lisa	1983-85
		Touran, Kathryn	2003
		Traynor, John	1990
		Trexler, Gene	1950
		Triplett, John	1977
		Trowbridge, Bill	1937
		Trueblood, Harold	1930
		Tubbs, Alison	2004
		Tulin, Charles	1952
		Tuohy, Brendan	2002-03



Football team quarterback Isaiah Stanback ran fifth in the 100 meters at the 2005 Pac-10 Championships, and ranks among UW's all-time top-10 in the 60- and 100-meter dashes.

Tupper, Cecil	1924-25
Turene	1913
Turnbull, Larry	1960-63
Turner, Ed	1994, '97
Turner, Kevin	1978-81
Tuson, Roger	1947, '49
Twitchell	1900
Tyler, Tori	2006

U

Ullman, Tom	1940-41
Umsted, Louis	1950
Urrutia, Carlene	1987-88
Uusitalo, Helena	1986-87

V

Vagners, Juris	1959
Van Anderson, Chris	1995
Van Pelt, Caryl	1977, '79, '81
Van Voris, Cecil	1923
Van, Mark	1978-79
Vanderhoof, Rod	1951-53
Vandermay, Bill	1936-38
VanderMeij, Melissa	1996-97
Vavak, Roy	1965
Vegar, Stan	1977
Vela, Grace	2004-05
Verbon, Nick	2003
Vermeere, Janie	1991-94
Vernon, Frank	1908
Versaw, Kristin	1998
Viereck, Girtton	1930
Villani, Chris	1978, '81-82
Vincent, Russ	1974-77

W

Wainhouse, Mary	1979
Walker, Bill	1969
Walker, Brad	2000-04
Walker, Keith	1989
Walker, Marc	1979, '80
Walker, Shirley	1984-85
Wallis, Jeff	2002
Walmsley, Mike	1970
Walsh, Marty	1967-69
Walter, Clement	1912
Walter, Ernest	1913-15
Walters, Anthony	2000-01
Walters, Gene	1942
Waltner, Al	1979, '81-82
Wang, Alex	1994
Ward, Mike	1979
Wardlow, Duane	1952-54
Warmuth, Leo	1989-90
Warner, Kam	1993-97
Warnock, Rob	1998, '00
Waterhouse, Katelyn	2003
Watkins, Greg	1980-81
Watson, Archie	1940-41
Webb, Cecil	1948
Weber, Julian	1932
Webster, Rob	1979-82
Weil, Kari	1998-99
Weingarten, Harry	1948
Weiser, Karl	1963-65
Weiser, Phil	1961-63
Weisman, Paul	1950
Weisz, Tim	1990-91
Welch, Doug	1986-87
Wells, Scott	1981-82
Werner, Clyde	1968
Werner, Susan	2000-02
West, Wariboko	1963-65
Westlake, Doug	1966-68
Westlund, Lynn	1961
Westman, Eythor	2001
Wetterling, Brian	1990
Wheaton, Dwight	1991-94



Megan Priestersbach set a UW javelin record in a fourth-place finish at the 2004 NCAA Championships, and represented UW at the 2004 U.S. Olympic Trials.

Whipple, Jake	1994
White	1910
White, Coral	1903
White, Dave	1981
White, LaTonya	1990-91
White, Mike	1992
Whiting, Keith	1929, '31
Whitish, Emily	1999-00
Whitlock, Sandy	1990
Whitten, Ty	1994, '97
Whitworth, Don	1936
Widell, Ralph	1974
Widenfelt, George	1951-53
Wieh, Dick	1957
Wilcox, Rod	1988
Wilde, Drummond	1925-26
Wilde, Frank	1926
Wildhaber, Ashley	2004-06
Wildinson, Trevor	1949
Wilkins, Jesse	1939
Wilkinson, Trevor	1947
Will, John	1941
Willard, Garth	1991-92
Williams	1900
Williams, Aaron	1979, '81
Williams, Barb	1979-80
Williams, Bill	1912-14
Williams, Carlos	2000-01
Williams, Dallan	2004
Williams, Dave	1965-67
Williams, Harold	1921-23
Williams, Heidi	1985-87
Williams, Loren	1979
Williams, Sean	2002-05
Williams, Simon	1988
Williams, T.	1910
Williamson, Mark	1983-86
Willis, Bob	1964-66
Willis, Celia	1990-92
Wilson, Evan	2005
Wilson, John	1922-23
Wilson, Lyle	1972
Wilson, Todd	1988, '91
Winegar, Isaac	1994
Winger, Dan	1972-74
Winney, Terrie	1978-79
Winsor, Will	1905
Wipfler, Gary	1980-81
Wise, Rigel	2002-05
Wishaar, Angela	2003-05

Withey, Chris	1998-00
Witter, Babe	1991
Wlatner, Al	1980
Woelful, Paul	1928
Wold, Don	1946-48
Wolfe, Rebecca	1984-85
Wolfork, J.R.	2005-06
Wollen, Doug	1979-83
Wood, Harrison	1967-69
Woodbridge, Dudley	1915-16
Woods, Patrice	1993-96
Woodward, Walt	1930-33
Woolfolk	1918
Woth, Mike	1983
Woutilla, Bob	1968
Wright, Garner	1911-14
Wright, Ken	1938-39
Wyckoff, Lor	1979
Wyman, Andy	1993-95

Y

Yagle, Mary	1979-81
Yamauchi, Marci	1996
Yantis, Dick	1941-43
Yeager, Justin	1993
Yenchsky, Chad	1995
Yorke, Greg	1970
Youngkin, Jessica	1996
Youngquist, Deeja	1996-99

Z

Zackery, Tony	1985-89
Zahn, Tiffany	2003-06
Zajac, Brad	1991-92, '94
Zebert, Diane	1979-80
Zener, Robert	1922-23
Zocolla, Jim	1985-87
Zwiebel, Gordon	1932-34

Founded in 1861, the University of Washington is one of the foremost institutions of higher education in the nation, richly combining its research, instructional and public service missions.

Its internationally acclaimed faculty includes five Nobel laureates and the winner of the 1990 National Book Award for fiction. Washington is part of an elite group of research universities whose contributions to American life are unique because they generate the basic knowledge upon which practical innovations are based.

The UW student body on the Seattle campus totals about 39,000, with an undergraduate enrollment of approximately 25,000. The UW also has campuses in Bothell and Tacoma, designed primarily for upper division (junior and senior) undergraduates and master's level graduate programs. Total enrollment at these campuses is about 3,600.

For more than 30 years, the university has been among the country's top five institutions in the dollar value of federal research grants and contracts awarded to its faculty. In 2001, the most recent year for which that data has been collected, the UW ranked second overall and first among public universities. Total grant and contract activity for 2002 exceeded \$800 million. More than 80 percent of the university's grant and contract funds come from federal agencies. Research contributes directly to the educational goals of graduate and professional students, as well as to those of undergraduates.

Instruction and research at Washington are supported by a library system that is one of the most extensive in the nation, consisting of five major units and 18 branches, as well as libraries at UW Tacoma and UW Bothell, together housing more than five mil-

lion volumes. In addition to offering instruction in more than 100 academic disciplines, the university offers a spectrum of continuing education courses that advance technical and professional skills and provide opportunities for personal growth and enrichment.

Washington has 17 major schools and colleges: Architecture and Urban Planning, Arts and Sciences, Business Administration, Dentistry, Education, Engineering, Forest Resources, The Graduate School, The Information School, Law, Medicine, Nursing, Ocean and Fishery Sciences, Pharmacy, Public Affairs, Public Health and Community Medicine, and Social Work.

About 90 percent of the University's undergraduate students are state residents, although instructional programs draw students from every region of the country and overseas.

Most freshmen entering Washington are in the top quarter of their high school graduating classes. In



2002, the average incoming freshman boasted a 3.67 high school grade-point average and a combined 1,176 SAT I score.

Beyond its academic and service missions, the UW has a strong economic impact on Washington and the Pacific Northwest. With about 27,000 employees, Washington is the second-largest employer in King County. Washington operates the University of Washington Medical Center and Harborview Medical Center, which annually provide more than 200,000 days of patient care and record more than 300,000 visits to their outpatient clinics.

Washington also plays a critical role in attracting new business to the region. It provides these, and established businesses, with a steady stream of well-educated graduates and with highly skilled faculty members who assist business and industry in a variety



of ways.

The University of Washington in Seattle is located on 703 acres in the city's northeast residential area, a beautiful setting on the shores of Lake Washington and Portage Bay. The majestic Cascade Mountains can be seen to the east and the Olympics loom to the west, while the southern view includes downtown Seattle and Lake Union. The combination of this spectacular setting with buildings in both neo-Gothic and modern styles gives the campus a distinctive aura.

UW QUICK FACTS

School: University of Washington

Location: Seattle, Wash.

Founded: November 4th, 1861

Nicknames: Huskies, Dawgs, U-Dub

Colors: Purple and Gold

Web site: www.GoHuskies.com

Type: Public research university with campuses in Seattle, Tacoma, Bothell

Acreage (Seattle campus): 643 acres in north-central Seattle

Buildings (Seattle campus): more than 200 total

Governance: 10-member board of regents

Faculty: Approx. 6,000

Staff: Approx. 21,700

Alumni: Over 200,000

Enrollment: 42,974



Campus Landmarks

Central Plaza

The well-traveled crossroads of the University, known on campus as "Red Square" because of its red brick paving, has at its borders the Administration Building, Suzzallo Library, Odegaard Undergraduate Library, Kane Hall and Meany Hall. The red brick expanse forms the roof of a 1,000-car underground parking garage built in 1971.

Denny Hall

Built in 1895 and the first building on the present campus, it now houses classrooms and offices. Its cupola features the Varsity Bell, brought from the original downtown campus and rung only during Homecoming and selected special events.

Bank of America Arena at Hec Edmundson Pavilion

This athletic facility, utilized by men and women students in intercollegiate and intramural sports programs, has a seating capacity of 10,000 for men's and women's basketball. The pavilion was built in 1928 to honor Hall of Fame basketball coach Clarence S. "Hec" Edmundson, and was renovated in 2000.

Frosh Pond and Drumheller Fountain

Designed in 1909 for the Alaska-Yukon-Pacific Exposition, rebuilt in the 1930's; fountain added for the University centennial in 1961; leads to Rainier Vista mall.

Golf Driving Range

Facility with night-lighted tees, two putting-chipping greens for students, faculty, staff, current members of the Alumni Association, and the general public; located at the northeast corner of the Montlake parking lot.

Husky Stadium

The largest stadium in the Pacific Northwest. The 72,500-seat football, soccer, and track and field complex was dedicated in 1920. A 15,000-seat upper deck was added in 1950, with 12,700 seats added in 1987. The playing surface features FieldTurf and a Chevron track. The field runs east and west, opening onto Union Bay.

Intramural Activities Building

"IMA", with courts for basketball, volleyball, badminton, racquetball, tennis, squash, handball, archery and fencing facilities, swimming pool, saunas, and dressing rooms for students, faculty, staff, and guests. A major renovation over the last few years has made the IMA a campus showpiece.

Liberal Arts Quadrangle

"The Quad", a traditional campus cluster of buildings and open space; architecture is collegiate Gothic; trees, lawns, and brick paths, as designed in the University's 1915 campus plan.

Campus Observatory

Features a vintage six-inch refracting telescope, which is available for free public showings on selected clear nights. Located since 1895 near the north entrance to campus.

South Campus Center

Student union facilities with dining and meeting rooms, bank branch, lounges, and University Book Store branch; completed in 1975 and located on Portage Bay south of the Health Sciences complex.

Husky Union Building

"The HUB," a social, cultural, recreational, and service center for students and the University community with dining facilities, University Book Store branch, auditorium, bank branch, ticket office, offices for student organizations, barber shop, meeting rooms, lounges, microcomputer laboratory, ballroom, and game rooms; first occupied in 1949 with subsequent additions and renovations.

Sylvan Theater

Site of early-day graduation ceremonies; an outdoor area featuring a grass "stage" with the four columns from the administration-classroom building constructed in 1861 on the original campus in downtown Seattle.

University Libraries

Suzzallo & Allen, Odegaard Undergraduate, Health Sciences, K.K. Sherwood, East Asia, UW, Bothell Library, UW, Tacoma Library, and 15 other branches; more than 5 million volumes, plus archival materials and manuscripts, maps, newspapers, microforms, research reports, media materials and government publications.

Waterfront Activities Center

Boating facility located behind Husky Stadium on Union Bay; variety of activities available, including canoe and rowboat rentals and private boat storage.



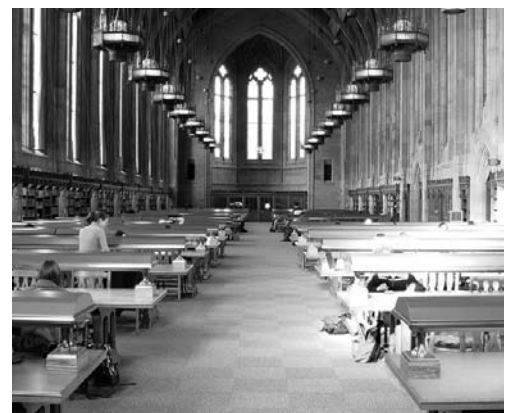
"Red Square"



"The Quad"



"The HUB"



Suzzallo Library



Top Row: Bruce Lee, Richard Karn, Gregory "Pappy" Boyington, Patrick Duffy, Dawn Wells (far right)

Middle Row: Joel McHale, Bob Sapp, Bonnie Dunbar & Michael Anderson, Ann Rule

Bottom Row: Kyle MacLachlan, Anna Faris, Kenny "G" Gorelick, Andrew Brimmer, Richard Gordon, Karsten Solheim

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Fran Bigelow '65, Founder, Fran's Chocolates

Gregory "Pappy" Boyington '34, WWII
Fighter Ace, Medal of Honor

Andrew Brimmer '50, '51, First African-
American member of Federal Reserve Board of
Governors

Mark Brunell '93, NFL Quarterback

Dyan Cannon '72, Actress

Edward E. Carlson '32, CEO,
United Airlines

Dale Chihuly '65, Artist

Beverly Cleary '39, Author

Charles Cross '81, Rock critic, author

Norm Dicks '63, U.S. House of
Representatives

Patrick Duffy '71, Actor, "Dallas",
"Step by Step"

Bonnie Dunbar '71, Astronaut

James Edwards '70, Longtime NBA Center

Dan Evans '48, Washington Gov. and
U.S. Senator

John Fabain '74, Astronaut

Anna Faris, Actress "Scary Movie",
"Lost in Translation"

Thomas Foley '51 & '57, Former Speaker
of the House

Booth Gardner '58, Former Governor
of Washington

Richard Gordon, Astronaut, Apollo 12

Kenny "G" Gorelick '78, Jazz Musician

David Guterson '78 & '82, Author
"Snow Falling on Cedars"

Don Heinrich '63, NFL Quarterback

William B. Hutchinson '32, Surgeon
and founder of Fred Hutchinson Cancer
Research Center

Richard Karn '79, Actor,
"Home Improvement"

Kitty Kelly, '64, Author

Hank Ketcham, Cartoonist, "Dennis
the Menace"

Jim Lambright '65, Former UW Head
Football Coach

Bruce Lee, Actor, martial arts legend

Kyle MacLachlan '82, Actor "Twin Peaks",
"Sex & The City"

Hugh McElhenny '52, NFL Hall of Famer

Joel McHale, '95, Actor and TV host of
E!'s "The Soup"

Warren Moon '78, NFL Hall of Famer

Pamela Reed '75, Actress, "Kindergarten Cop",
"The Right Stuff"

Bob Sapp '97, Actor and martial arts
superstar

Detlef Schrempf '88, Former NBA All-Star

Sonny Sixkiller '74, TV Commentator

Karsten Solheim, Inventor of "rabbit ears"
antenna for TV, owner Ping Golf Clubs

Julia Sweeney, Actress, "Saturday
Night Live"

Kim Thayil '85, Lead Guitarist,
Soundgarden

Robb Weller '72, Actor, TV Host

Dawn Wells '60, Actress, "Gilligan's Island"

Rainn Wilson '90, Actor, "The Office"

Key Athletics Administrators

University President Mark Emmert



Mark A. Emmert became the 30th president of the University of Washington on June 14, 2004. An alumnus of the UW, Emmert seeks to expand the University's stellar national and international standing. With the UW already ranked as the leading public university in terms of research grants and contracts, Emmert hopes to work with faculty and staff to support continued growth of seminal research and to provide students with even greater educational opportunities.

Prior to returning to his alma mater, Emmert was chancellor of Louisiana State University for five years.

There, he developed and launched a comprehensive Flagship Agenda, a strategic plan to improve LSU's academic reputation and position it among the finest public universities in the country.

Before his appointment to LSU, Emmert served five years as Chancellor and Provost of the University of Connecticut. Previous to that, he was Provost and Vice President for Academic Affairs at Montana State University and held faculty and administrative positions at the University of Colorado.

Emmert has been an American Council on Education Fellow and a J.W. Fulbright Administrative Fellow. He is co-chair of the Prosperity Partnership and of the National Association of State Universities and Land-Grant Colleges' Board of Oceans and Atmosphere. He is also a member of the Puget Sound Partnership and the National Security Higher Education Advisory Board.

A 1975 graduate of the UW, where he majored in political science, Emmert received his doctoral and master's degrees in public administration from the Maxwell School of Syracuse University. He and his wife, DeLaine, are natives of Fife, Washington. They have two children, Steve and Jennifer.

Senior Associate Athletic Director Marie Tuite



Marie Tuite enters her 13th year as Senior Associate Athletic Director for Sports Programs and Student Services in 2005. She is also Washington's Senior Women's Administrator. During her first 12 years at Washington, the Huskies have enjoyed a tremendous amount of success.

Since her arrival at the UW, the Huskies have steadily improved in postseason appearances. In 1994-95, 15 of Washington's teams were represented in postseason competition. That number rose to 17 in 1995-96. In 1996-97 all 23 programs qualified or sent representatives to postseason play, and in 2000, five Husky teams earned

Pac-10 Championships.

Tuite, a native of Livonia, Mich., joined the Husky staff after serving as the Assistant Director of Championships for the National Collegiate Athletic Association. She was a liaison for the NCAA's sports committees in the administration and conduct of various championships. Her duties included working with host institutions, coordinating corporate sponsor programs, merchandising and promotions.

During her tenure at the NCAA, Tuite oversaw the administration of the Division I men's soccer championship, the Division I men's volleyball championship, the Division I women's gymnastics championship, the Division I women's softball College World Series and the 40-team Division III men's basketball championship. She also worked with the NCAA Division I women's lacrosse championship and the Division I swimming and diving championship.

Tuite is no stranger to the Pac-10 Conference. She served as the assistant women's athletic director at California from 1984-89. Her responsibilities included managing, developing and controlling fiscal policies for the department; supervising capital construction projects; management of home athletic events; supervision of the business office and support staff and insuring department compliance with university, NCAA and conference policies and procedures.

In 2001, Tuite began her five-year term of service as a member of the NCAA Division I Women's Basketball Committee. She is responsible for the organization and administration of the Pac-10 Conference Women's Basketball Tournament, and serves on the Senior Women's Television Committee.

A 1975 graduate of Central Michigan with a bachelor of science in physical education, Tuite lettered for the Chippewas in basketball and field hockey. In 1981 she earned her master of arts degree in athletic administration from Central Michigan. Tuite was inducted into the Central Michigan Hall of Fame in 1990. Tuite has two sons, Josh and Jake.

Athletics Director Todd Turner



William "Todd" Turner was named director of intercollegiate athletics at the University of Washington on June 19, 2004. The 54-year-old Turner is the 15th athletic director in Washington's history.

A veteran of 28 years as an athletics administrator, Washington is the fourth university where Turner has served as athletics director. He came to the UW after directing Vanderbilt's athletics program for the previous seven years. His position was dissolved in 2003 when the department was placed under the

direction of the Office of Student Athletics, Recreation and Wellness.

Turner previously held the position of athletics director at North Carolina State and of Connecticut. He also worked in athletics administration at Virginia.

As the director at Washington, Turner oversees one of the nation's most successful athletics programs. In his first year alone, two Husky teams won Pac-10 titles, while five UW coaches were named Pac-10 Coach of the Year. In addition, 12 of UW's 23 intercollegiate teams finished among the top-16 in the nation, and two Husky individuals won NCAA titles.

The UW athletic program finished 13th in the 2004-05 United States Sports Academy's Directors' Cup rankings. It includes 23 sport programs with a \$39.5 million annual budget. Approximately 650 student-athletes compete for Washington's athletic teams, while the department includes a staff of 195. In the most recent NCAA graduation report, Washington student-athletes graduated at 84 percent, slightly ahead of the graduation rate for all UW students.

A 1976 graduate of the Ohio University Sports Administration program, Turner received a Bachelor of Arts degree in religion from the University of North Carolina at Chapel Hill in 1973. He earned the Ohio University Graduate School's Distinguished Alumni Award in 1993.

Turner, a native of Raleigh, N.C., is married to the former Sara Newbold, also of Raleigh. They have four children: Kate, Allison, Molly, and Drew.

Executive Associate Athletic Director Jeff Compher



Jeff Compher enters his second year as UW's Executive Associate Athletic Director. Compher serves as the general manager for the Husky athletic department, coordinating the daily administrative operations of the department with special emphasis on the football, men's basketball, baseball and men's and women's crew programs, as well as the administrative operations that support those teams.

Compher also helps to develop long-range and annual operating plans, and chairs the senior management team, overseeing the operation of

all senior managers.

Prior to coming to Washington, Compher spent the previous four years as director of athletics at Western Carolina University, overseeing a department of 15 intercollegiate athletic programs and 300 student-athletes.

Compher initiated several major programs that significantly improved Western Carolina's overall program. During his tenure, the Catamounts built and renovated facilities totalling nearly \$15 million. He developed a private sports medicine partnership, created a former student-athlete organization and started a successful CHAMPS/Life Skills program. Compher developed and implemented a five-year strategic plan and led Western through the NCAA Certification process.

Compher worked with Todd Turner at Vanderbilt from 1996-2000. From 1998 to 2000, he served as senior associate director of athletics. He was responsible for all external components within the athletic department, including annual giving, media relations, marketing and promotions, corporate sponsorship sales, radio and television properties and broadcast rights and ticket sales.

Compher began his career as an assistant athletic director at North Carolina State from 1986 to 1992. He later worked at N.C. State Chancellor's office from 1993 to 1996.

Compher, 47, earned his bachelor of science in psychology from James Madison in 1980. He graduated from Shippensburg (Pa.) in 1982 with a master of science degree in counselling and student personnel services. He and his wife, Cathy, have two sons, C.J. and David. Compher is a native of Baltimore.



Opened in May of 2005, the state-of-the-art Conibear Shellhouse and Student Services Building houses Washington's academic tutoring offices, as well as study and dining halls.

The University of Washington is committed to promoting student athletic achievement as a complement to the greater academic mission of the University. Recognizing this commitment, the staff of Student-Athlete Academic Services (SAAS) assists student-athletes through a variety of academic and life-skills programs that address the needs of a diverse population.

The primary goal of SAAS is to help student-athletes develop their academic potential and achieve success in reaching their academic goals. The staff of SAAS works closely with faculty, coaches, student services and University administration to help student-athletes balance

the demands of academics and athletics.

In addition to its role as a direct academic service provider, Student-Athlete Academic Services also strives to make student-athletes aware of the various services and resources available to them at the University, and to help them make the best use of these resources.

In addition to classroom effort, the SAAS staff of Academic Advisors, Academic Coordinators, a Tutorial Coordinator and a Learning Specialist recognize that a student-athlete's academic performance is influenced by a number of factors, including individual learning styles; satisfaction with his or her choice of major; personal and

social life; as well as athletic standing.

Because of these various influences, SAAS directly assists student-athletes with matters pertaining to:

- Academic Planning and Advising
- Tutorial and Specialized Classroom Support
- Personal Counseling
- Admissions
- Financial Aid

In addition to these services, SAAS houses a computing center for student-athlete use.

In the spring of 2005, SAAS moved its operations into the state-of-the-art Conibear Shellhouse and Student Services Building, among the finest student-athlete academic support facilities in the nation. In addition to housing the crew house and student dining facilities, the new building features state-of-the-art computer lab facilities, large study tables and small-group tutoring spaces, a student lounge, and staff offices.

With its central location in the UW athletic department, close to all of Washington's athletic practice facilities, the new academic center is an outstanding resource for student-athletes, helping them reach for the same standard of excellence in academics as is sought in athletics.

Visit Student-Athlete Academic Services online at:
<http://depts.washington.edu/saas/>



Student-Athlete Academic Services

Senior Associate Athletic Director for Compliance: John Morris (3rd year)
Office Phone: (206)543-4621 **Email:** jgmorris@u.washington.edu

Associate Athletic Director for Student Development: Kim Durand (2nd year)
Office Phone: (206)221-3551 **Email:** durand@u.washington.edu

Assistant Director for Academic Coordinators: Rick Mulcahy (10th year)
Office Phone: (206) 616-2407 **Email:** rsm@u.washington.edu

Assistant Director for Academic Advisors: Rob Post (16th year)
Office Phone: (206) 543-0610 **Email:** rpost@u.washington.edu

Assistant Director for Learning Resources: Pam Robenolt (8th year)
Office Phone: (206) 616-2351 **Email:** proben@u.washington.edu

Financial Aid Coordinator: Robin Chang (3rd year)
Office Phone: (206) 616-2808 **Email:** robinc@u.washington.edu

Continuing Eligibility/Compliance Coordinator: MaryAnn Emery (7th year)
Office Phone: (206) 543-2290 **Email:** maemery@u.washington.edu

Initial Eligibility/Housing Coordinator: Shawn Farrell (3rd year)
Office Phone: (206) 543-6468 **Email:** smf6@u.washington.edu

Counseling Services Coordinator: Alafiani Washington (5th year)
Office Phone: (206) 543-2427 **Email:** icatutor@u.washington.edu

Life Skills Coordinator: TBA
Office Phone: (206) 543-3701 **Email:**

Senior Counselor Mentor: Gertrude Peoples (36th year)
Office Phone: (206) 616-2447 **Email:** gpeoples@u.washington.edu

Compliance Assistant: Robyn Hefner (1st year)
Office Phone: (206)543-0981 **Email:** hefnerr@u.washington.edu

Administrative Assistant, SAAS: Suzanne Anderson (15th year)
Office Phone: (206) 543-0611 **Email:** suzy@u.washington.edu

Academic Advisors: Eric Davis, Ashlee Anderson-Ching

Academic Coordinators: Rod Jones, Carrie Bayless, Ink Aleaga, Bruce Hilliard



Washington's tutors and other academic services employees are committed to providing student-athletes the learning tools with which to build success in their academic and post-collegiate employment careers.

Sports Performance & Health

Washington's Sports Performance program is headquartered in the 12,000-foot weight room facility that houses a balance of machine apparatus and free weights as well as a variety of modern fitness equipment.

The spacious room is equipped with some 15,000 pounds of Olympic weights, 34 Olympic bars, eight Olympic benches, six incline benches, three military benches, three knee extension and hamstring curl machines, eight Olympic power racks, 60 pairs of dumbbells, six exercise bikes and three Stairmasters, as well as numerous other cutting edge apparatus.

The weight room, housed in the Graves Annex Building (which also contains the football coaches' offices as well as offices for most other sports' coaches), doubles UW's previous workout space and resources. Planned fitness programs are aided by computerized training and evaluations, video instruction, a plyometric testing area, and a sauna and jacuzzi. Apparatus representing the latest technology in fitness and strength training are continually being added to the weight room, ensuring that Husky athletes have every opportunity to excel.

Located near all of the athletes' locker rooms and practice and competition venues, the weight room is a convenient stop during the student-athletes' busy days.

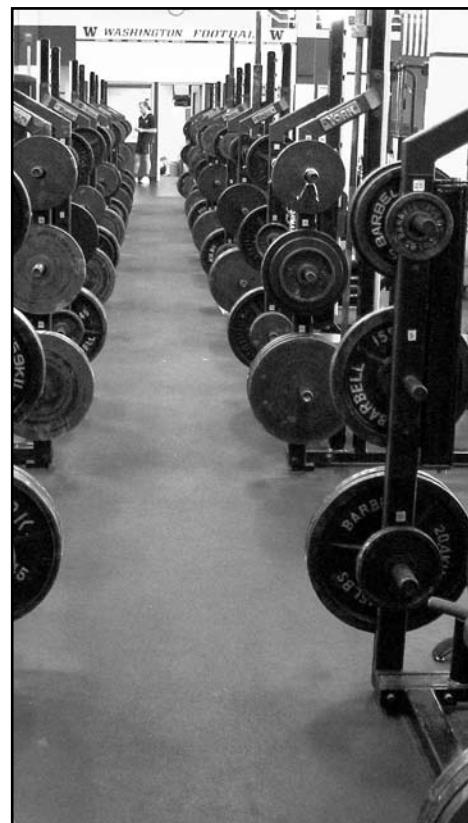
A long list of Husky athletes have been voted to the National All-Strength Team.

Washington's athletic training staff consists of seven full-time certified athletic trainers, 12 student trainers and a staff of seven doctors, all working to help provide the 700-plus Husky student-athletes the best available medical care. In addition, a network of other specialists – dentists, optometrists, etc. – are all available for any of the UW student-athletes' needs.

University of Washington Sports Medicine, located in Bank of America Arena, provides medical and orthopaedic care for the Husky athletes as well as the Seattle community. UWSM physicians include Drs. Roger Larson, John O'Kane, Trey Green, Kim Harmon, Jon Drezner, Carol Teitz, Chris Wahl and Monique Burton. They are all fellowship trained in sports medicine and have faculty appointments and clinical practices at the UW.

The physical health and safety of all Washington student-athletes is of paramount importance to all Husky coaches and medical personnel.

To that end, the Husky training staff vigilantly continues the educational process, keeping informed on all of the various advancements in the field of sports medicine.



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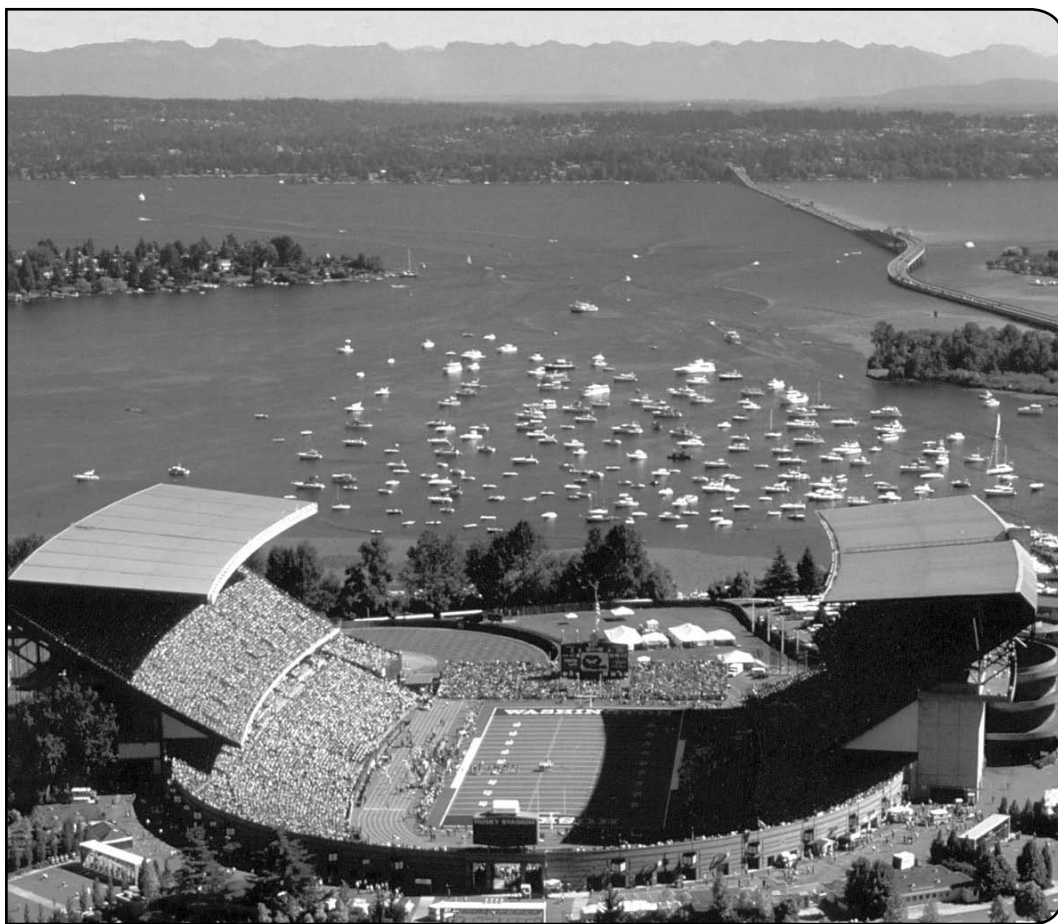
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The University of Washington has undergone a building boom over the past decade and a half, as the athletic campus has seen the addition of state-of-the-art facilities. In 1997-98, the men's and women's soccer teams moved into a beautiful new soccer stadium located on the north end of the complex, while the baseball team broke into its new digs just south of the new soccer facility. The baseball stadium has since added FieldTurf on the infield surface, making it one of the premier facilities in the northwest. Both stadiums are open to stunning views of the Cascade Mountains and majestic Mount Rainier.

By far the largest addition to the athletic facilities is the Dempsey Indoor facility, located just outside the northeast corner of Husky Stadium. The 80,000 square-foot home of Husky Indoor track opened in 2001 to rave reviews. It includes a full-sized football field with a FieldTurf surface and is surrounded by a six-lane MONDO surface track. Dempsey, as it is called, houses practices for many of the 23 teams, as well as other events throughout the year.

Looming high above Lake Washington, Husky Stadium, home to the UW's football and track and field teams, is a unique structure that has seen considerable growth since its original opening in 1920. Its current capacity of 72,500 makes it the largest stadium of any kind in the northwest, and of the 20 largest college football stadiums in the country. It has gained a reputation as one of the most scenic stadiums in the country with the east end opening up to beautiful views of Lake Washington.



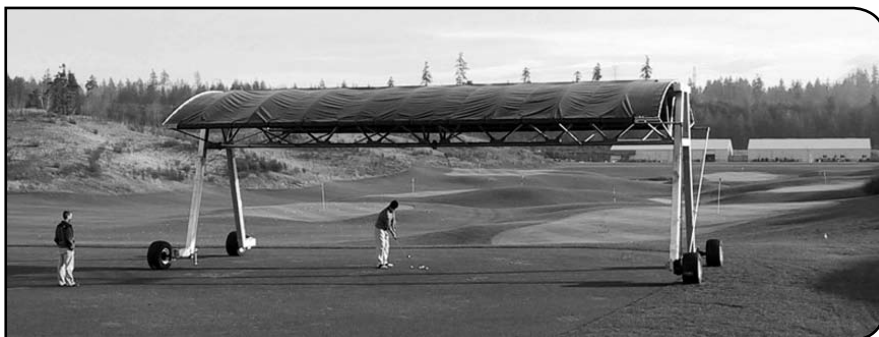
Husky Stadium



Baseball and Soccer Fields



Dempsey Indoor Facility



Washington National Golf Club

Washington Athletic Facilities



Bank of America Arena at the Hec Edmundson Pavilion

Bank of America Arena at Hec Edmundson Pavilion is the workhorse of the Husky facilities. The Pavilion, built in 1927, is the competition home of Husky men's and women's basketball, volleyball and gymnastics. It also houses nearly all of the Huskies' locker room facilities and the equipment and training rooms. Virtually every UW team makes use of the arena in some capacity. As part of the Campaign for the Student-Athlete (see next page), Bank of America Arena underwent a 16-month renovation before re-opening in 2000. The 2006-07 year will be the 81st year for the arena, which has seen the men's basketball team compile more wins in its home arena than any other team in the country and houses the 2005 NCAA Champions in volleyball.

The Husky facilities family also includes Husky Softball Stadium, located just east of Husky Stadium and also right next to Lake Washington. In 12 years the stadium has hosted four NCAA regional tournaments and been the home of two Pacific-10 conference champions. The stadium was slated for success from day one, when UW pitcher Nancy Wagner christened it with a no-hitter against Willamette.

The Lloyd Nordstrom Tennis Center, the top indoor facility in the west, is another of the UW's fine athletic buildings. Located directly to the north of Husky Stadium, it is the indoor site for both Husky tennis teams. The Conibear Shellhouse joins the other Husky venues that have recently undergone complete renovations. Serving the Husky crew teams since 1949, it has recently been expanded by 75 percent, to 47,250 square feet. It also serves as the hub for all Husky athletes, with a dining room, computer labs and study areas.



Nordstrom Tennis Center



Conibear Shellhouse



Husky Softball Stadium

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The last decade or so has been the most successful stretch ever in Washington athletics history as each of the 23 programs in the department have fielded successful teams and many have reached the highest points in their teams' history. In 2005-06, the UW finished in the top 20 for the fifth time in six years in the Director's Cup Standings, a ranking that judges an athletic department's overall success.

Here's a look at the recent success of the University of Washington teams.

- Five National Championships in 2005-2006, including team titles in women's volleyball, IRA Championships for men's crew in the Freshman Eight and Open Four boats, and individual track and field titles for Amy Lia in the 1,500-meters and Ryan Brown in the 800-meters.
- Women's volleyball team won first team title in school history and consecutive Pac-10 Championships in 2004 and 2005 ... ranked No. 1 much of 2004 ... made 2004, 2005 & 2006 Final Four ... 2003 NCAA Women's Volleyball Tournament quarterfinalists ... 1997 NCAA round of 16 and 1996 participant ... made NCAA tourney second round in 2002.
- Volleyball coach Jim McLaughlin named national Coach of the Year in 2004 and 2005 Pac-10 Coach of the Year for the third time in four seasons.
- Four All-Americans on Husky volleyball squad, including Courtney Thompson, who also became the first Husky in any sport to win the Honda Award, given to the top women athletes in 12 NCAA-sanctioned sports.
- 1997, 1998 and 2001 NCAA Women's Crew national champions and runner-up in 1999, 2000, 2002 ... has finished in the top 10 in all 10 NCAA championships ever.
- Softball team advanced to College World Series in seven of last 12 seasons and to the regionals in 14 in a row; finished as national runner-up in 1996 and 1999.
- 1996 and 2000 Pacific-10 Conference softball champions.
- Men's and Women's Soccer both won Pac-10 Championship in 2000.
- NCAA Men's Soccer Tournament in nine of the last 11 seasons; NCAA No. 1 seed in 1996.
- NCAA Women's Soccer Tournament in 1994, 1995, 1996, 1998, 2000, 2001 and 2003, 2004 ... Pac-10 player of the Year in 2001, 2003 and 2004 ... NCAA Elite Eight in 2004.
- 2001, 2002, 2003, 2005 and 2006 NCAA Men's Tennis Round of 16 and second round in 2004; NCAA team participant in each of last 12 seasons; NCAA individual semifinalist in 1998 and 2003.
- NCAA Women's Tennis Regional participant in nine of the last 10 seasons; NCAA Round of Eight in 2001 and 2004; 11 individual All-Americans in last seven seasons.
- Men's and Women's Tennis both ranked in top 25 the last six years.
- 1997 Men's Intercollegiate Rowing Association national champions and 1998 runner-up. Freshmen national champions in 2001 and 2002, varsity four champs in 2002, 2004 and 2005 and junior varsity eight champions in 2004 and 2005.
- Men's golf finished third at 2005 NCAA Championships (highest ever) and had the national individual champion in 2005.
- NCAA Men's Golf Championships participant the last seven seasons ... 4th in NCAA in 2001, 11th in 2002, sixth in 2004, ninth in 2006.
- Women's Golf finished sixth at 2006 NCAA Championships and had the Pac-10 medalist and NCAA West Regional champion.
- NCAA Women's Golf Championships participant each of last nine years; 16th in the nation in 2001, 20th in 2002, sixth in 2004, 14th in 2005 and sixth in 2006.



Washington won the 2005 NCAA Championship in women's volleyball.

- 1998 NCAA Gymnastics Regional champions; 1997 & 1998 NCAA team championships ... gymnasts have competed in postseason 24 of last 25 seasons.
- Consecutive NCAA Sweet 16 appearances for Men's Basketball in 2005 and 2006 ... 2005 No. 1 seed in NCAA Men's Basketball Tournament ... 1998 NCAA Men's Tournament Sweet 16 and 1999 tournament appearance ... second-place finish in Pac-10 in 2004, when team made NCAA tournament ... won 2005 Pac-10 Tournament championship.
- NCAA Women's Basketball Championship participant, 1997, 1998, 2001, 2003 and 2006.
- Women's Basketball reached NCAA elite eight in 2001.
- 1997 & 1998 Baseball Pac-10 champions ... seven NCAA regional trips in last 13 years ... made it to regional championship game five times since 1994 ... until 2005, only team from the Northwest to make NCAAAs since 1991 ... Pac-10 Pitcher of the Year and Freshman of the Year in 2004 ... Pac-10 Pitcher of the Year and Golden Spikes Award Winner in 2006.
- NCAA Women's Cross Country Championships: 23rd in 2004, 19th in 2003, 13th in 1999, 9th in 1998 and 14th in 1997 ... women have made NCAAAs eight of last 10 seasons ... Tori Tyler Pac-10 Newcomer of the Year in 2005.
- NCAA Men's Cross Country West Regional Championships, 1998 through 2005 ... 12th at NCAA nationals in 2006 ... three-straight first-team All-Pac-10 performers.
- Track & Field has produced at least one NCAA Champion for four straight years ... 19 All-America honors in 2006 and 16 in 2005 ... men's team was 22nd, while women's team was 20th at NCAA Championships in 2006.
- Indoor Track: UW men won MPSF Indoor Conference title in 2006 ... Greg Metcalf was named MPSF Coach of the Year ... men's team 19th at NCAA Indoor Championships ... nine combined men's and women's indoor All-Americans.
- Huskies have won five NCAA track titles in last four years, including Ryan Brown (800m) and Amy Lia (1500m) in 2006, Kate Soma (PV) in 2005, and Brad Walker (PV) in 2003 and 2004 ... Walker is world's No. 1-ranked men's vaulter, while assistant coach Aretha Thurmond is a three-time U.S. discus champ.
- Husky Football team finished 11-1 and won the Pac-10 in 2000 before winning the 2001 Rose Bowl and finishing No. 3 in the final national rankings.
- Football team has appeared in a bowl game eight of the last 11 years.
- Women's swim team finished best-ever 19th at 2003 NCAAAs ... men finish 25th at 2004 NCAA Tournament, their best finish since 1978.
- Both men's and women's swim teams set school records for wins in 2001-02.

Excellence in Coaching



BASEBALL Ken Knutson

Three-time Pac-10 North Coach of the Year (1996-97-98) ... Led UW to Pac-10 Conference titles in 1997 & 1998 ... NCAA appearances in six of last 13 seasons... Has had 64 players go professional.



MEN'S BASKETBALL Lorenzo Romar

Led his alma mater to NCAA tournaments in 2004, 2005 and 2006 ... No. 1 seed in 2005 tourney ... 2005 Pac-10 coach of the year ... Led UW to Pac-10 tournament title in 2005 ... Lettered for UW 1979-80.



WOMEN'S BASKETBALL June Daugherty

Assistant Coach at U.S. Olympic Festival in 1995 ... First-team All-American selection as a player in 1978 ... led UW to Pac-10 title and NCAA Elite Eight in 2001 ... also NCAAs in 1997, 1998, 2003 and 2006.



MEN'S CREW Bob Ernst

Head Coach U.S. National Team (1976-88) ... Coach of 1984 Gold Medalist U.S. Team ... Coached UW women to six national titles ... Led men to 1997 national title ... 10-time Pac-10 Coach of the Year.



WOMEN'S CREW Eleanor McElvaine

Named women's crew coach in summer, 2003 ... member of Husky Hall of Fame as a rower ... coached 2001 U.S. Junior women to world championship ... coached four UW varsity 4s to NCAA titles.



FOOTBALL Tyrone Willingham

Named the Husky coach in Dec., 2004 ... while at Stanford, was a two-time Pac-10 Coach of the Year in 1997 and 1999 ... National Coach of the Year and Sporting News Sportsman of the Year in 2002.



WOMEN'S GOLF Mary Lou Mulflur

Pac-10 Coach of the Year in 1988 and 1999 ... Played in the U.S. Open in both 1979 and 1980 ... NCAA Tournaments in 1995 and 1997 through 2006 ... has coached 23 All-Scholar-Athlete team members.



MEN'S GOLF Matt Thurmond

Led Huskies to 6th place at 2004 NCAAs and 3rd in 2005 ... Won Pac-10 Coach of the Year in 2005 ... won 2005 Pac-10 title and coached NCAA individual champ in '05 ... Coached UW to regional title in '02.



GYMNASTICS Joanne Bowers

Named UW head coach in June of 2006 ... while an assistant at Michigan coached 13 All-Americans ... a four-time letterwinner and two-time captain as a player at James Madison.



MEN'S SOCCER Dean Wurzbarger

Head Coach for U.S. Under-16 National Team in 1999 ... 1999 MPSF and 2004 Pac-10 Coach of the Year ... Led UW to MPSF title in 2000 ... NCAAs in 1992, 1995, 1996, 1997, 1998, 1999, 2000, 2001, 2003 and 2004.



WOMEN'S SOCCER Leslie Gallimore

National Coach of the Year in 2000 ... 1994 West Region Coach of the Year ... Entered Cal Hall of Fame in 1995 ... NCAA appearances in 1994, 1995, 1996, 1998, 2000, 2001, 2003 & 2004 ... NCAA Elite Eight in 2004.



SOFTBALL Heather Tarr

Former Husky player who took over the Washington program in July of 2004 ... was an assistant at Pacific for six years ... an All-Pac-10 as a Husky in 1996 and 1997 ... a three-time Pac-10 All-Academic selection.



SWIMMING Whitney Hite

Named UW head coach in September of 2006 ... Was an assistant with the California women helping the Golden Bears to three top-8 national finishes ... Won three NCAA women's titles as assistant with Georgia.



MEN'S TENNIS Matt Anger

Led UW to "Sweet 16" appearances in 2001-03, 2005 and 2006 ... Led UW to NCAAs in each of the last 12 years ... Highest national ranking No. 6 in 2001 ... won 2005 Pac-10 team title.



WOMEN'S TENNIS Jill Hultquist

Former UW asst. named head coach in Aug. ... 2001 national assistant coach of the year ... played on WTA pro tour from 1987-97, ranking as high as No. 6 in the world in doubles ... four-time All-American.



TRACK & FIELD Greg Metcalf

The 2006 MPSF Coach of the Year ... Led the men's indoor track team to the 2006 MPSF Championship ... Has coached two NCAA Champions and 42 All-Americans as head coach.



VOLLEYBALL Jim McLaughlin

Coached volleyball to first NCAA title in 2005... 2004 National Coach of the Year ... Three-time Pac-10 Coach of the Year (2002, '04, '05) ... Led UW to 2004 NCAA Final Four and Pac-10 title ... won men's NCAA title in 1990 at USC.

Seattle: The Emerald City

University of Washington students are fortunate to be located in one of the most exciting cities in the country. Known primarily for its panoramic beauty, coffee-drinking, software, internet and aerospace industries, Seattle is truly a unique place to live. From its pioneering and Native American heritage to its modern international influences, the city represents a diverse mix of cultures and ethnic communities. Sports lovers can enjoy a variety of activities year-round, including hiking, kayaking and climbing, while rubbing elbows with some of the world's top professional athletes, including the Mariners' Ichiro, the Seahawks' Shaun Alexander, and the Sonics' Ray Allen. For those who favor a more contemporary and cosmopolitan lifestyle, the world-famous Pike Place Market, downtown shopping, museums, musical venues and award-winning dining are all just around the corner when strolling the city streets.



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