



UNIVERSITY INFORMATION

Location: Seattle, Wash.
Founded: Nov. 4, 1861
Enrollment: 42,000
Nickname: Huskies
Colors: Purple and Gold
Conference: Pacific-10
Indoor Track: Dempsey Indoor
Outdoor Track: Husky Stadium
President: Mark Emmert
Acting Athletic Director: Scott Woodward
Internet Site: www.gohuskies.com

COACHING INFORMATION

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 Assistant Coach (Vault/Jumps): Pat Licari (11th yr.)
 Office Phone: (206) 685-7429
 Assistant Coach (Throws): Reedus Thurmond (3rd yr.)
 Office Phone: (206) 616-8086
 Asst. Coach (Sprints/Hurdles): LaMonte Vaughn, Jr. (4th yr.)
 Office Phone: (206) 543-7914
 Assistant Coach (Men's Distances): Jimmy Bean (2nd yr.)
 Office Phone: (206) 221-2625
 Assistant Coach (Women's Distances): Kelly Strong (6th yr.)
 Office Phone: (206) 221-4047
 Volunteer Assistants: Ryan Brown (mid-distances), Will Conwell (throws),
 John Wayne Penton, Jr. (sprints), Brad Walker (vault)
 Olympic Sports Phone: (206) 543-2279
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ADMINISTRATIVE STAFF

Certified Athletic Trainer: Elisha Cusumano
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TEAM INFORMATION

2007 Men's Pac-10 Finish: 6th
 2007 Men's NCAA Finish (Outdoor/Indoor): 15th (tie)/7th (tie)
 NCAA Men's Competitors Returning / Lost: 9/3
 Men's Best Conference Finish: 2nd—1976
 Men's Best NCAA Finish: 2nd—1929, 1930
 2007 Women's Pac-10 Finish: 9th
 2007 Women's NCAA Finish (Outdoor/Indoor): 59th (tie)/34th (tie)
 NCAA Women's Competitors Returning / Lost: 4/1
 Women's Best Conference Finish: 4th—1995, 1996, 1998
 Women's Best NCAA Finish: 10th—1988



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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 2007 dual in Seattle saw the Husky men hand Washington State its worst Husky Stadium loss since that inaugural meet, defeating the Cougars 103-60.

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 six 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 seven indoor meets this 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 Florida State, Baylor, Wisconsin, and Michigan sending athletes to compete, in addition to regular visitors Stanford, Arizona State, Oregon, UCLA and other Pac-10 institutions. In 2003, retired Georgetown coach Frank Gaglione 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, 2004 Olympic pole vault silver medalist Toby Stevenson, and 2004 Olympic decathlon silver medalist Bryan Clay. Since 2003, competitions at Dempsey Indoor have produced dozens of top-10 world marks, numerous U.S.-leading marks, 28 UW records and over 1,000 NCAA qualifying efforts.

Highlights in 2007 included Arizona State senior Amy Hastings setting the American collegiate 5000m record at the Husky Classic, running 15:30.17. Texas Tech's Sally Kipyego also turned in the fastest 3000m run in the NCAA last year at the UW Invitational, finishing in a Dempsey record time of 8:56.72.

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, is one of seven on the 2008 Dempsey Indoor schedule, including six collegiate meets and one open meet.

The facility includes a permanent 307-meter MONDO track (six lanes on the straight-away, 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	3:56.72, Nick Symmonds, OTC, 1/13/07
3000m	7:48.59, Bolota Asmeron, NIKE, 1/31/04
5000m	13:30.74, Chris Solinsky, Wisconsin, 2/10/07
4x400m Relay	3:06.98, Oregon, 2/26/05
DMR	9:33.16, Stanford, 1/26/07
High Jump	7-5 1/4, Michael Mason, UBC, 2/10/07
Pole Vault	19-0 3/4, Toby Stevenson, Unattached, 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, IWTG, 2/1/03
Heptathlon	5,677, Josh Hustedt, Stanford, 1/27/07

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	8:56.72, Sally Kipyego, Texas Tech, 1/27/07
5000m	15:30.17, Amy Hastings, ASU, 2/10/07
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, Unattached, 2/11/06
Weight Throw	72-6 1/4, Loree Smith, NYAC, 2/10/07
Pentathlon	4,207, Jackie Johnson, ASU, 2/24/06



From top to bottom, from the first cross country meet in the fall to the final gun at the NCAA Championships in June, the Washington men's track and field athletes shined brighter on the national stage than they had in 30 years. Ryan Brown added his second NCAA title in the 800-meters, and the men amassed 14 NCAA All-American honors, bringing their two-year total to 30, by far the most prolific period in team history.

The UW men's seventh-place finish at the 2007 NCAA Indoor Championships was the team's best-ever indoors, and equaled its third-best NCAA finish overall since 1930. They followed that up with a 15th-place finish at the NCAA Outdoor meet, the best outdoor showing since 1985.

This came on the heels of the men's cross country team placing 12th in the fall, making Washington one of just four teams in the nation to place in the Top-15 in cross country and indoor and outdoor track and field.

This season, despite losing Brown and his nine All-American awards to graduation, the Huskies bring back six All-Americans, a diverse group of student-athletes capable of helping the Huskies contend for their first national championship. If the rest of the country was unaware of the talent nestled away in the Pacific Northwest, that changed when the Husky men were ranked No. 2 in the preseason indoor rankings by the United State Track and Field Coaches Association, which based its rankings on returning performers from the 2007 best marks list.

After finishing in the Top-25 just five times at either the NCAA Indoor or Outdoor meets over the past 17 years, sixth-year head coach **Greg Metcalf** has led the Huskies to four such finishes in the past two. The question is no longer what can the Huskies achieve, but what will they accomplish next?

Sprints/Hurdles/Relays

If forced to single out one group to shoulder the load for the Husky men this season, the sprints, hurdles, and relays would likely get the nod. The sprints corps boasts a whopping five returners with NCAA experience, including all four members of Washington's NCAA Outdoor 4x400m relay, two of which also competed in individual events at NCAA's.

Fourth-year sprints coach **LaMonte Vaughn, Jr.** has sent five individuals and eight relays to the NCAA Championships in his first three seasons, and has veteran talent to work with at every position this year.

Leading the charge will be senior **Alex Harcourt** (Kent, Wash./Highline CC), the school record-holder in the 400m dash indoors and a Top-15 finisher in the event at both NCAA Indoors and Outdoors last season. Harcourt also ran the anchor leg on UW's 4x400m relay which took second at Pac-10's and Regionals and was 17th at NCAA's.

The other three legs of that relay also return, including Harcourt's high school teammate at Kentridge, senior **James Fredrickson** (Kent, Wash./CS Northridge), senior **Kyle Still** (Bellingham, Wash./Sehome), and sophomore **Jeff Gudaitis** (Tacoma, Wash./Tacoma Baptist). Fredrickson earned a pair of All-American honors last season in his first year with the team, one as part of UW's fifth-place DMR, and the other for a 10th-place finish in the 400m hurdles. Hurdles are where Fredrickson really shines, and he entered UW's Top-10 in all three hurdles events last year, ranking third in the 400m IH.

There may actually be an odd-man out in the 4x400 relay, as the Huskies are expected to receive a big-time boost from the return of **Jordan Boase** (Jr., Bothell, Wash./Bothell). Boase was a member of the 2006 4x400m relay that earned All-American honors both indoors and out, but left the sport last season, unsure if it was right for him. But Boase, who ranks in UW's Top-10 in five different events, knew he had too much talent to sit idle any longer, and returns to the team this year reenergized.

Randy Bacon (Jr., Tacoma, Wash./Washington) led the team in both of the shorter sprints last season, and is back to lead a crop of mostly newcomers. Bacon posted personal-bests in every event last season, and scored in the 60m dash at MPSF's. The top newcomer looks to be junior transfer **Joseph Turner** (Fresno, Calif./Modesto JC), a three-time

junior college All-American who was named the 2006 Nor-Cal Runner of the Year. Turner's best 200m time of 20.74 would be one of the best in school history if duplicated.

Talented freshmen additions include **Ryan Hamilton** (Vancouver, Wash./Evergreen) in the sprints and **Kenny Shaw** (San Jacinto, Calif./San Jacinto) in the hurdles. All-American jumper **Norris Frederick** also has experience running the 4x100m relay and could be called upon once again.

Mid-Distances

Despite the departure of two-time NCAA 800-meter champion Ryan Brown to graduation, Washington's middle distance unit remains one of the most formidable in the nation.

While Brown captured the headlines with his second title last year at the NCAA Indoor meet, teammate **Austin Abbott** (Sr., Chehalis, Wash./W.F. West) was right on his heels in fourth place. A four-time All-American, Abbott has been a member of UW's vaunted distance medley relay, which has finished fifth at each of the last three NCAA Indoor Championships. He is also one of just three four-minute milers in school history.

Another vital leader for the team as a whole, let alone the mid-distance group, is senior **Carl Moe** (Auburn, Wash./Auburn-Riverside). Moe ran the anchoring 1600-meter leg on two of UW's past three NCAA distance medley relays, and added a new skill to his repertoire last season when he qualified for NCAA's in the steeplechase, his first individual NCAA appearance. Moe also is a top-notch miler, running 4:01.33 last year, the fourth-best in school history in his only attempt of the year.

Several young Huskies have also shown promise and will look to take the next step. One of the brightest prospects is sophomore **Brian Govier** (Mercer Island, Wash./Mercer Island). Govier was third on the squad in the 800m behind UW's All-American pair, running a top time of 1:50.19. He took fifth in the 800m at MPSF's and was 10th at Pac-10's in his first outing. The same type of impact freshman year might be expected from **Charlie Williams** (Fr., Gig Harbor, Wash./Gig Harbor). Williams was second at the 2007 4A state meet in the 800m and has a personal best of 1:53.43.

Senior **Tim Freeman** (Bainbridge Island, Wash./Bainbridge Island), a two-time MPSF scorer, and sophomore **Chris Ahl** (Seattle, Wash./Bishop Blanchet) should provide additional depth.

Distances

Much of UW's success in the longer runs this season could depend on the status of **Jeremy Mineau** (Jr., Menlo Park, Calif./Menlo-Atherton). When healthy, the junior is clearly one of the top distance runners in the nation, but injuries limited Mineau to just three outings on the track last season, and he redshirted the cross country season in the fall while trying to get back at full strength. A healthy Mineau led the cross country squads at NCAA's in both 2005 and 2006, and was an NCAA competitor at 10000-meters in 2006. He also holds UW's indoor 5K record and is second all-time in the 10K.

The distances are far from just a one-man show, however. Highly-regarded California-Berkeley transfer **Jake Schmitt** (So., Kentfield, Calif./Redwood) will finally be unleashed after running unattached during the 2007 track campaign and the cross country season this past fall. Schmitt has not



Five-time All-American senior Norris Frederick reacts after his first career 26-foot long jump last year at NCAA Regionals. The 26-0 3/4 jump was the best collegiate jump in 2007.

run attached since his freshman year in 2006, but then was the 10th-place finisher at Pac-10's in the 10K.

Looking back on the 2007 cross country season, the Huskies could look to their two most consistent performers, **Jon Harding** (Jr., Issaquah, Wash./Issaquah) and **Kelly Spady** (So., Mukilteo, Wash./Kamiak), to make the biggest impact on the track as well. Harding led the Huskies at the Pac-10 Cross Country Championships with a 20th-place finish, and also set school and course records at the Sundodger Invite. Spady led the squad at West Regionals when the course expanded to 10000-meters. Spady is already in UW's Top-10 indoors in both the 3K and 5K and could be on the verge of a breakout season.

Freshman **Max O'Donoghue-McDonald** (Seattle, Wash./Seattle Prep) was the Newcomer of the Year for cross country, running second among Huskies at NCAA Regionals and should factor in on the track, as should senior **Caleb Knox** (Mill Creek, Wash./Jackson) and mid-distance runners Moe and Ahl if they stretch their legs a bit.

Pole Vault

Washington's pole vault tradition welcomed a new star into the fold last season, as **Scott Roth** (Granite Bay, Calif./Granite Bay) shattered freshman school records en route to All-American honors both indoors and outdoors. Not even current pole vault World Champion Brad Walker was clearing the bar at Roth's height as a freshman, so it's clear that big things are expected out of the sophomore this coming season and beyond.

Roth was second in the vault at the Pac-10 Championships, and took eighth at the NCAA Outdoor meet. That was followed by a gold medal at the Pan-American Junior Athletic Championships in Brazil over the summer. Roth has already cleared the 18-foot mark and will look to score big points for UW this season.

Adding depth to veteran coach Pat Licari's unit are junior **Jared O'Connor** (Clifton Park, N.Y./U. of North Carolina) and sophomore **Ryan Vu** (Bellevue, Wash./Interlake). Both have personal best clearances of 16-6 and should continue to progress. Also getting their first taste of the Dempsey this season will be freshmen **Jeremy Lashinske** (Phoenix, Ariz./Brophy College Prep) and **Sean Beighton** (Edmonds, Wash./Kamiak).

If history is any indication, it would shock no one if the newcomers are vying for conference titles and All-American honors before long, as Licari's vaulters remain a model of excellence at Washington.

Name	Event	Yr.	Hometown (High School/Previous College)	Pronunciation Key
Abbott, Austin	Mid-Distances	Sr.	Chehalis, Wash. (W.F. West)	"ALL"
Abdulahi, Faisal	Mid-Distances	Fr.	Kelso, Wash. (Kelso)	
Acheson, Kyle	Sprints	Fr.	Port Angeles, Wash. (Port Angeles)	
Ahl, Chris	Distances	So.	Seattle, Wash. (Bishop Blanchet)	"Boze"
Anderson, Richard	Throws	Fr.	Tacoma, Wash. (Wilson)	
Bacon, Randy	Sprints	Jr.	Tacoma, Wash. (Washington)	
Beighton, Sean	Pole Vault	Fr.	Edmonds, Wash. (Kamiak)	"ell-iss-SAR-uh"
Boase, Jordan	Sprints	Jr.	Bothell, Wash. (Bothell)	
Booker, Riley	Distances	RFr.	San Diego, Calif. (University City)	
Carl, Lance	Multi	Fr.	Missoula, Mont. (Big Sky)	"FOAL-mur"
Darda, Joe	Distances	So.	Ellensburg, Wash. (Ellensburg)	
Elisara, Cameron	Throws	So.	Spokane, Wash. (Ferris)	
Ferleman, Andrew	Multi	Fr.	Bellevue, Wash. (Newport)	"GO-vee-er" "good-ITIS"
Follmer, Peter	Throws	So.	Kent, Wash. (Kentridge)	
Frederick, Norris	Jumps	Sr.	Seattle, Wash. (Roosevelt)	
Fredericks, Corey	Jumps/Multi	Sr.	Vancouver, Wash. (Evergreen)	Rhymes with "RIDDLES" min-NO
Fredrickson, James	Sprints/Hurdles	Sr.	Kent, Wash. (Kentridge/CS Northridge)	
Freeman, Tim	Mid-Distances	Sr.	Bainbridge Island, Wash. (Bainbridge)	
Govier, Brian	Mid-Distances	So.	Mercer Island, Wash. (Mercer Island)	Rhymes with "LADY"
Gudaits, Jeff	Sprints	So.	Tacoma, Wash. (Tacoma Baptist)	
Gussin, Zack	Distances	RFr.	Seattle, Wash. (Ballard)	
Hamilton, Ryan	Sprints	Fr.	Vancouver, Wash. (Evergreen)	tuh-O NESS-ime
Harcourt, Alex	Sprints	Sr.	Kent, Wash. (Kentridge/Highline CC)	
Harding, Jon	Distances	Jr.	Issaquah, Wash. (Issaquah)	
Knox, Caleb	Distances	Sr.	Mill Creek, Wash. (Jackson)	R
Lashinske, Jeremy	Pole Vault	Fr.	Phoenix, Ariz. (Brophy College Prep)	
Manning, Graydon	Distances	Fr.	Olympia, Wash. (Capital)	
McCary, David	Distances	Fr.	Kirkland, Wash. (Juanita)	Rhymes with "LADY"
Midles, Zack	Throws	So.	Olympia, Wash. (Capital)	
Mineau, Jeremy	Distances	Jr.	Menlo Park, Calif. (Menlo-Atherton)	
Moe, Carl	Distances	Sr.	Auburn, Wash. (Auburn-Riverside)	tuh-O NESS-ime
Nielsen, Kyle	Throws	Fr.	Langley, B.C. (Centennial Secondary)	
Nyland, Dave	Javelin	Jr.	Woodinville, Wash. (Woodinville)	
O'Connor, Jared	Pole Vault	Jr.	Clifton Park, N.Y. (Shenecohowa/No. Carolina)	R
O'Donoghue-McDonald, Max	Distances	Fr.	Seattle, Wash. (Seattle Prep)	
Ordoña, Logan	Mid-Distances	Fr.	Everett, Wash. (Everett)	
Peterson, Tom	Distances	Sr.	Modesto, Calif. (Beyer)	Rhymes with "LADY"
Pierson, Etienne	Mid-Distances	Fr.	Woodinville, Wash. (Woodinville)	
Quackenbush, Cameron	Distances	Fr.	Spokane, Wash. (Ferris)	
Roth, Scott	Pole Vault	So.	Granite Bay, Calif. (Granite Bay)	tuh-O NESS-ime
Rucker, Sam	Sprints	Fr.	Seabeck, Wash. (Klahowya Secondary)	
Schmitt, Jake	Distances	So.	Kentfield, Calif. (Redwood/California)	
Shaw, Kenny	Sprints/Hurdles	Fr.	San Jacinto, Calif. (San Jacinto)	Rhymes with "LADY"
Spady, Kelly	Distances	So.	Mukilteo, Wash. (Kamiak)	
Still, Kyle	Sprints/Hurdles	Sr.	Bellingham, Wash. (Sehome)	
Styrk, Ryan	Mid-Distances	Fr.	Seattle, Wash. (Seattle Prep)	R
Swarthout, Jordan	Distances	RFr.	Olympia, Wash. (Capital)	
Te'o-Nesheim, Daniel	Throws	Jr.	Kailua, Hawaii (Hawaii Prep)	
Timpe, Miles	Sprints/Hurdles	Jr.	Enumclaw, Wash. (Enumclaw)	Rhymes with "LADY"
Tully-Doyle, Colton	Distances	RFr.	San Diego, Calif. (Rancho Bernardo/UC Santa Barbara)	
Turner, Joseph	Sprints	Jr.	Fresno, Calif. (Fresno/Modesto JC)	
Vu, Ryan	Pole Vault	So.	Belleuve, Wash. (Interlake)	tuh-O NESS-ime
Charlie Williams	Mid-Distances	Fr.	Gig Harbor, Wash. (Gig Harbor)	
Wilson, James	Distances	Sr.	Yakima, Wash. (West Valley)	
Woods, Zach	Javelin	So.	Oregon City, Ore. (Oregon City)	

Jumps/Multi-Events

Undoubtedly the most electrifying member of the Husky track and field squad is senior **Norris Frederick** (Seattle, Wash./Roosevelt). A five-time All-American coming off his best season yet, Frederick is famous for rallying the Dempsey Indoor crowd prior to each of his long or high jumps. He will certainly be one of the favorites to capture a long-sought national title in the long jump and continues to improve in the high jump as well.

The 2007 West Region Field Athlete of the Year, Frederick was third in the long jump at NCAA Outdoors and sixth at the NCAA Indoor meet. He also tied for 10th in the high jump indoors, earning his first All-American high jump honor. Frederick also became the second Husky ever to surpass the 26-foot mark in the long jump, winning West Regionals with 26-0 3/4. It was the best jump in the NCAA last year.

With all the necessary talent, the challenge now for Frederick is to harness it on a more consistent basis, and turn in his best performances at the biggest meets. Frederick will make sure that the Dempsey fans stand up and take notice this season, pushing him to greater heights -- and distances.

After Frederick, Washington is short on veteran jumpers, but **Corey Fredericks** (Vancouver, Wash./Evergreen) could lead the team in the triple jump, and freshman **Andrew Ferleman** (Bellevue, Wash./Newport) could see time in the jumps as well as the multi-events. Fredericks also scored a team-high 4,878 in the heptathlon last year.

Freshman **Lance Carl** (Missoula, Mont. / Big Sky) should also help give the Huskies a deep, though green, pool of multi-event specialists.

Throws

This year's crop of throwers could be one of the most talented on the team, but also lacks a marquee name. Martin Bingisser graduated last season after his second-consecutive All-American award in the hammer throw, leaving the Huskies without any NCAA experience this season in the throws. However, upwards of five different throwers have the ability to score at Pac-10's or take the next step towards nationals, it just remains to be seen which will put together the combination of strength, technique, and health.

In the shot put, two-sport stars **Daniel Te'o-Nesheim** (Jr., Kailua, Hawaii/Hawaii Prep) and **Cameron Elisara** (So., Spokane, Wash./Ferris) each competed at West Regionals last season, and after a fall of throwing the opposition to the turf on the football field, they should be that much stronger for throwing inanimate objects.

Perhaps benefiting most from Bingisser's knowledge was **Zack Midles** (So., Olympia, Wash./Capital), the nation's No. 1 prep hammer thrower in 2005. Midles was second behind Bingisser in both the weight and hammer throws last year, and placed seventh in the events at both the MPSF Championships and Pac-10 Championships. With only one full season under his belt, Midles already ranks in UW's Top-10 in both the weight and hammer and his continued progression

would greatly bolster the team as a whole.

The javelin is another question mark that could wind up being a major strength if things fall the right way. **David Nyland** (Jr., Woodinville, Wash./Woodinville) has struggled with injuries but is a two-time Pac-10 competitor. He competed just once unattached last season but threw 215-10 in that one outing, a personal best and what would have been a Regional qualifying mark. **Zach Woods** (So., Oregon City, Ore./Oregon City) turned in a very solid freshman season, leading the team with a mark of 184-1 and taking 12th at Pac-10's.

A pair of newcomers adds even further intrigue to the throws unit. Freshman **Kyle Nielsen** (Langley, B.C./Centennial Secondary) brings tremendous credentials to Montlake. Nielsen was the No. 1 ranked Canadian junior javelin thrower, placing fifth at the 2007 Pan-American Junior Games as part of Team Canada. He brings a personal best of 219-2 to UW that would have ranked as the best mark on the team and one of the best in the Pac-10 last year. Fellow freshman **Richard Anderson** (Tacoma, Wash./Wilson) has a 58-foot personal best in the shot put, and could add depth if he does not redshirt the season.

Over the past four seasons, Washington's women's track and field team has placed two Huskies atop the NCAA Championship podium, earned 18 All-America honors and combined for four top-25 NCAA Championship finishes.

While the team continued to enjoy standout individual performances in 2007, most notably from senior Ashley Lodree, the overall inexperience of the group showed in the team scores at the biggest meets. Despite the loss of Lodree, truly one of the program's all-time greats, this season's team is shaping up to be much more dynamic from top to bottom.

Competing for conference and national titles is typically the work of upper-classmen. Despite rolling out just six seniors out of a 56-woman roster, five of those six have NCAA Championship experience, two are All-Americans, and **Amy Lia** is a former NCAA Champion.

Lia, the 2006 NCAA 1500m Champion, and **Amanda Miller**, a two-time All-American in the mile and 800-meters, lead one of the nation's premier mid-distance groups. Lia has been out of action recovering from injury but has clearly proven to have all the talent necessary to run among the elite when healthy. BYU transfer **Michelle Turner** adds another experienced leader to the mix, as she has run at the past two NCAA Outdoor meets in the 800m.

Two more seniors with six NCAA appearances between them are pole vaulters **Kelley DiVesta** and **Stevie Marshalek**. Both will be looking to earn their first All-American honors this year and add to UW's growing vault legacy which includes three NCAA titles over the past five years.

In the fall, UW's cross country runners turned in an history eighth-place finish, led by junior **Anita Campbell** and sophomore **Katie Follett**. The two became the first pair to earn All-American honors in the same season. Campbell is already a two-time NCAA competitor at 5000m, and Follett looks poised to make a run at her first national track championship competition, giving the Huskies a formidable pair to anchor the distances.

The returning experience provided by those three units will be relied upon to score big, as the younger groups find their footing and start to emerge. As a team the Huskies were Top-25 NCAA Outdoor finishers each year from 2004-06, and with the returning talent there is every reason to believe the 2008 version will return to those lofty ranks.

Sprints/Hurdles/Relays

No unit on the team will have a bigger hole to fill than the sprints and hurdles group, which will need to move on without graduated senior Ashley Lodree. A school record-holder in four events, Lodree left as a six-time All-American, the most honors ever bestowed upon any Husky female.

However, the Huskies still return two major contributors in **Syreeta Martin** (Jr., Tacoma, Wash./Wilson) and **Falesha Antkon** (Jr., Benicia, Calif./Benicia). Both have scored for the Huskies at the Pac-10 Championships and MPSF Championships and complement each other nicely. Martin is slightly stronger at the longer sprints. She is the top returnee at 200m and 400m and was fifth at Pac-10's in the 400m hurdles last year. Martin's top 200m indoor time of 25.12 ranks fifth in school history. Antkon has the edge at the shorter sprints and has a great chance to crack UW's Top-10 in the 60m hurdles. Another year of improvement for both Martin and Antkon should mean points for the Huskies at the conference meets.

The short sprints are a murkier situation. A number of freshmen could be thrown into the mix from the start including **Lauren Visoria** (Vancouver, Wash./Evergreen), **Christina Lee** (Kennewick, Wash./Southridge), **Toni Thompson** (Gig Harbor, Wash./Gig Harbor), and **Kierah Calcote** (Seattle, Wash./Foster).

Figuring into the 4x400-meter relay equation should be Antkon and Martin for starters, but after that assistant coach **LaMonte Vaughn, Jr.** will have to find the best fit.

Freshman **Marie Tvare** (Oslo, Norway/Wang) is a strong contender, or one of UW's mid-distance specialists could be asked to speed things up a bit. The 4x100m also figures to be mostly up for grabs, with Antkon and Martin as the incumbents.

Mid-Distances

In recent years, the women's middle distance group has been one of the best in the country, and this year is expected to be more of the same.

The most well-known quantities include two-time All-American **Amanda Miller** (Sr., Wenatchee, Wash./Eastmont), and NCAA competitor **Dani Schuster** (Jr., Kennewick, Wash./Kamiakin). Also expected to make major contributions are sophomore **Katie Follett** (Fort Collins, Colo./Fort Collins) and BYU transfer **Michelle Turner** (Orem, Utah/BYU) who has twice competed in the 800-meters at the NCAA Outdoor Championships and is a Mountain West Conference champion. Follett was a revelation during the cross country season, placing 19th at NCAA's to earn All-America honors. She could run anywhere from the mile to the 5K.

Miller earned All-American honors as a freshman in the 800-meters, then earned her second award with a ninth-place mile finish last season. She owns the indoor school record in the 800m and has the second-fastest mile time in school history. Miller also ran at NCAA Outdoors last year in the 1500m. Schuster is also coming off an NCAA Indoor appearance in the mile, and ranks in UW's Top-10 in three events plus the distance medley relay.

And all that is to say nothing of Washington's only NCAA Champion on either the men's or women's side. Senior **Amy Lia** (Bothell, Wash./Bothell), the 2006 NCAA Champion at 1500-meters, was derailed by injuries last season and forced to miss her senior cross country season in the fall. But Lia cannot be counted out, and she is expected to return for the outdoor campaign. If Lia can stay healthy and work back to full strength, it will be a major boon to the postseason power of the mid-distance unit.

There are still more mid-distance runners worthy of attention. **Andrea Brown** (Jr., Bellingham, Wash./Kentucky), a former SEC Champion in the DMR could be a factor in the mile, as could sophomore **Kailey Campbell** (Seattle, Wash./Ballard).

Since Greg Metcalf and assistant coach **Kelly Strong** took over six seasons ago, six women's mid-distance runners have earned All-American honors. Multiple NCAA competitors is an expectation out of this group, and multiple All-Americans is certainly within range.

Steeple/Distances

The Washington women's cross country team had a banner year in 2007, setting a program record with an eighth-place finish at the NCAA Championships in Terre Haute, Indiana. Also for the first time ever, UW produced two All-Americans in the same season as **Katie Follett** placed 19th and **Anita Campbell** (Jr., Vancouver, B.C./Aldergrove) was 20th in identical times. They were UW's first XC All-Americans since 2001.



Senior Amanda Miller (left) and junior Dani Schuster (right) check the times at the 2007 NCAA Indoor Championships where both competed in the final of the mile run.

Campbell is a two-time NCAA track competitor as well, having run at 5000-meters the past two years. She also was third at Pac-10's and 2nd at MPSF's in the 5K last year, and qualified for Canada's World Championship cross country team with an eighth-place finish at the Canadian National Championships during the winter. Campbell also earned first team All-Pac-10 status during the fall.

As for Follett, she improved her standing by over 70 places at both Pac-10's and Regionals in the fall, running in the top-10 overall at both cross country races. She may contribute more to the mid-distances, however, as she scored for UW in the mile and 1500m run as a freshman last year.

One of the biggest recruits in program history joins the Husky distance corps this spring. **Marie Lawrence** (Fr., Reno, Nev./Reno) was a four-time prep All-American in cross country and the 2006 US Junior National Champion in the steeplechase. Given assistant coach Kelly Strong's own aptitude in the steeple, it seems like a perfect fit for Lawrence to become an immediate factor in the steeplechase and other distances. She ran in UW's top-four at every varsity cross country race during the fall, and placed 13th at Pac-10's to earn second team All-Pac-10.

Both of UW's top steeplechasers from a year ago also return. **Mo Huber** (So., Oakland, Calif./Acalanes) and **Trisha Rasmussen** (Sr., Phoenix, Ariz./Mountain Ridge) both rank in the Husky all-time Top-10 in the event.

Three more freshmen could make immediate impacts as part of Metcalf and Strong's outstanding recruiting class. **Lauren Saylor** (Clovis, Calif./Buchanan) ran in UW's top-seven throughout the fall and earned a spot on the US Junior National XC team in the winter. The Huskies also picked up two transfers at the start of winter quarter. **Kenna Patrick** (Fr., Federal Way, Wash./UPS) had a stellar freshman cross country season for U. of Puget Sound in the fall before coming to UW, while **Bailey Schutte** (Rfr., Portland, Ore./UCLA) joins the squad from UCLA. Both have the potential to compete at Pac-10's this season.

Pole Vault

With one NCAA title, one Pac-10 title and seven All-America honors in the past five years, Washington's pole vault unit knows a thing or two about raising the bar.

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 seniors **Stevie**

Name	Event	Yr.	Hometown (High School/Previous College)	Pronunciation
Amiad-Pavlov, Daria	Jumps/Multi	Jr.	Ashdod, Israel (Gimnasia Realit)	"DAR-ee-uh"
Anderson, Brooke	Distances	So.	San Diego, Calif. (University City)	
Anderson, Dayna	Distances	Fr.	San Diego, Calif. (University City)	
Ankton, Falesha	Sprints/Hurdles	Jr.	Benicia, Calif. (Benicia)	Like "FELICIA", last name "AINK-ton"
Brown, Andrea	Mid-Distances	Jr.	Bellingham, Wash. (Mt. Baker/Kentucky)	
Bryant, Elisa	Throws	Fr.	Seattle, Wash. (Inglemoor)	
Bylsma, Lydia	Jumps	RFr.	Longview, Wash. (Mark Morris)	"BILLS-muh"
Calcote, Kierah	Sprints	Fr.	Seattle, Wash. (Foster)	
Campbell, Anita	Distances	Jr.	Vancouver, B.C. (Aldergrove)	
Campbell, Kailey	Mid-Distances	So.	Seattle, Wash. (Ballard)	
Chapa, Annaliese	Distances	So.	Portland, Ore. (Central Catholic)	"on-uh-LEASE", "CHAP-uh"
Clark, Brianna	Jumps	Fr.	Snohomish, Wash. (Snohomish)	
Collins, Emily	Distances	Jr.	Eugene, Ore. (Marist)	
DiVesta, Kelley	Pole Vault	Sr.	Colorado Springs, Colo. (Palmer)	
Fero, Anna	Distances	Fr.	Seattle, Wash. (Holy Names)	
Fjeran, Taylor	Pole Vault	Fr.	Mukilteo, Wash. (Kamiak)	
Fleishman, Lindsey	Jumps	Fr.	Seattle, Wash. (Kentridge)	
Follett, Katie	Distances	So.	Fort Collins, Colo. (Fort Collins)	"FALL-ut"
Fuller, Liz	Multi-Events	Jr.	Vancouver, Wash. (Fort Vancouver)	
Gaffney, Samantha	Distances	RFr.	Sandy, Utah (Judge Memorial)	
Ho, Lauren	Distances	RFr.	Kailua, Hawaii (Hawaii Baptist Academy)	
Huber, Mo	Distances	So.	Oakland, Calif. (Acalanes)	"HOO-burr"
Imperati, Anna	Distances	RFr.	Portland, Ore. (Jesuit)	"im-purr-OTT-ee"
Keranan, Kaisa	Multi-Events	Jr.	Seattle, Wash. (Roosevelt)	"CARE-uh-nin"
Kirschman, Lindsey	Mid-Distances	So.	Redding, Calif. (Enterprise)	
Lawrence, Marie	Distances	Fr.	Reno, Nev. (Reno)	
Lee, Christina	Sprints	Fr.	Kennewick, Wash. (Southridge)	
Lia, Amy	Distances	Sr.	Bothell, Wash. (Bothell)	"LEE-uh"
Lombardo, Allison	High Jump	So.	Richland, Wash. (Richland)	
Marshalek, Stevie	Pole Vault	Sr.	Kent, Wash. (Kentlake)	"mar-SHALL-ick"
Martin, Syreeta	Sprints	Jr.	Tacoma, Wash. (Wilson)	"sigh-REET-uh"
Miller, Amanda	Distances	Sr.	Wenatchee, Wash. (Eastmont)	
Moore, Allison	Pole Vault	Jr.	Bellingham, Wash. (Sehome)	
Mudlo, Kelly	Pole Vault	Fr.	Littleton, Colo. (Heritage)	
Nichols, Taylor	Jumps	Fr.	Bakersfield, Calif. (Stockdale)	
Oyetuga, Korede	Throws	RFr.	Everett, Wash. (Everett)	"core-AY-DAY" "oy-uh-TOOGA"
Patrick, Kenna	Distances	Fr.	Federal Way, Wash. (Thomas Jefferson/Puget Sound)	
Peterson, Andrea	Pole Vault	Jr.	Bonney Lake, Wash. (Sumner)	
Rasmussen, Trisha	Distances	Sr.	Phoenix, Ariz. (Mountain Ridge)	
Robblee, Robyn	Jumps	RFr.	Ellensburg, Wash. (Ellensburg)	"ROBE-lee"
Sauvage, Stephanie	Distances	Fr.	Seattle, Wash. (Seattle Prep)	
Saylor, Lauren	Distances	Fr.	Clovis, Calif. (Buchanan)	
Schuster, Dani	Distances	Jr.	Kennewick, Wash. (Kamiakin)	"SHOO-stir"
Schutte, Bailey	Distances	RFr.	Portland, Ore. (Jesuit/UCLA)	"Shoot"
Shimada, Kelsey	Pole Vault	Fr.	Bellevue, Wash. (Newport)	
Shoemaker, Kristina	Jumps	So.	Bellevue, Wash. (Interlake)	
Stopa, Amanda	Distances	So.	Snohomish, Wash. (Snohomish/Oregon)	
Thompson, Toni	Sprints	Fr.	Gig Harbor, Wash. (Gig Harbor)	
Turner, Michelle	Mid-Distances	Sr.	Orem, Utah (Timpanogos/BYU)	
Tvare, Marie	Sprints	Fr.	Oslo, Norway (Wang)	
Tyler, Tori	Distances	So.	Los Altos, Calif. (Gunn)	
Veldman, Caroline	Throws	RFr.	Fort Collins, Colo. (Poudre)	
Vielma, Nicole	Jumps	So.	Fife, Wash. (Fife)	"vee-ELL-ma"
Visoria, Lauren	Sprints	Fr.	Vancouver, Wash. (Evergreen)	
Walker, Lauren	Pole Vault	RFr.	Huntington Beach, Calif. (Huntington Beach)	
Wojciechowski, Allison	Pole Vault	So.	Lake Oswego, Ore. (Lakeridge)	"whoa-juh-HOW-skee"

Marshalek (Kent, Wash./Kentlake) and **Kelley DiVesta** (Colorado Springs, Colo./Palmer).

DiVesta is looking to rebound from a junior year which saw her miss the NCAA outdoor meet for the first time. Even in an off-year, she still was seventh at Pac-10's, and her career-best of 13-5 1/4 is fourth all-time at Washington. Marshalek ranks just ahead of DiVesta in third with a best mark of 13-5 3/4. She made her fourth-career NCAA Championship appearance at the outdoor meet last season and placed third at Pac-10's, but is still looking for her first All-American honor.

The depth in the unit is also impressive. Three 12-foot vaulters will be back in action as junior **Andrea Peterson** (Bonney Lake, Wash./Sumner), redshirt freshman **Lauren Walker** (Huntington Beach, Calif./Huntington Beach), and sophomore **Ally Wojciechowski** (Lake Oswego, Ore.) all surpassed the benchmark last season and will target 13-feet this year. Junior **Allison Moore** (Bellingham, Wash./Sehome) will also contribute as her personal best of 11-11 3/4 ranks ninth outdoors.

The prowess of coach **Pat Licari** has attracted several new freshman additions as well. Taylor Fjeran (Mukilteo, Wash./Kamiak) comes in with a personal best of 11-6, but given the large talent pool, it's likely that the freshmen would redshirt.

Jumps/Multi-Events

Losing Ashley Lodree will be felt again in the jumps, where she competed sparingly but exceptionally in the long jump. Luckily, the Huskies are led by a pair of versatile athletes that can perform well in any jump event.

Junior **Liz Fuller** (Vancouver, Wash./Fort Vancouver) has competed in every jump area at the Pac-10 Championships, and is also UW's top returning multi-event specialist, placing eighth in the heptathlon at last year's Pac-10's, and seventh in the pentathlon indoors at the MPSF's. She ranks in the Top-10 in both multi-events. Fellow junior **Daria Amiad-Pavlov** (Ashdod, Israel/Gimnasia Realit) led the Huskies in the triple jump indoors and high jump outdoors and has earned an NCAA Provisional heptathlon mark in the past.

The bulk of the jumps squad will be looking to make their first big impressions this season after gaining a year of experience in 2007. Redshirt freshman **Robyn Robblee** (Ellensburg, Wash./Ellensburg) and sophomore **Kristina Shoemaker** (Bellevue, Wash./Interlake) specialize in the high jump and should compete for inclusion at the Pac-10 Championships.

The Huskies could receive an immediate boost from freshman **Taylor Nichols** (Bakersfield, Calif./Stockdale), a multiple prep All-American who twice finished in the top-three at US Junior Nationals in the triple jump. Nichols' triple jump mark from the 07 US Juniors of 39-11 1/2 would be a Top-10 UW mark both indoors and out.

Throws

The one group with perhaps the biggest learning curve will be the throws, who return just two competitors that were not part of the multi-events.

One returnee is **Kaisa Keranen** (Jr., Seattle, Wash./Roosevelt), a former multi-event competitor who found her niche in the javelin. Keranen competed just one time last season, but her throw of 143-8 was an NCAA Regional qualifying mark and the fourth-best ever at Washington. Devote full-time to the throws, Keranen can hopefully make that performance a regular occurrence.

Redshirt freshman **Korede Oyetuga** (Everett, Wash./Everett) is the top returning Husky in the discus and the hammer throw. Also ready for her first action is **Caroline Veldman** (Fort Collins, Colo./Poudre) who is a former Colorado state high school discus champion and redshirted the 2007 season.

Early returns suggest that walk-on freshman **Elisa Bryant** (Seattle, Wash./Inglemoor) could pack a serious punch in the weight throw and the discus. The 2007 4A state discus champ is the daughter of Eric Bryant, a former strength coach at Washington.

Multi-event specialists Liz Fuller and Daria Amiad-Pavlov should also help round out the throws group.

2008 NCAA INDOOR STANDARDS

Event	Automatic		Provisional	
	FAT	MT	FAT	MT
60m Dash	6.63	—	6.74	—
60m Hurdles	7.70	—	7.91	—
200m	20.83	—	21.23	—
400m	46.15	45.9	47.25	47.0
800m	1:48.20	1:47.9	1:50.50	1:50.2
Mile	3:59.50	3:59.2	4:04.00	4:03.7
3,000m	7:54.50	7:54.2	8:05.00	8:04.7
5,000m	13:47.00	13:46.7	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)	7-0 1/4 (2.14)	—	—
Pole Vault	18-0 1/2 (5.50)	17-0 3/4 (5.20)	—	—
Long Jump	25-9 1/4 (7.85)	24-7 1/4 (7.50)	—	—
Triple Jump	52-10 (16.10)	50-6 1/4 (15.40)	—	—
Shot Put	63-4 (19.30)	58-3 (17.75)	—	—
35-Pound Weight	70-6 1/2 (21.50)	63-11 3/4 (19.50)	—	—
Heptathlon	5,650 points	5,300 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.



2008 NCAA OUTDOOR REGIONAL STANDARDS

Track Event	FAT	MT	Field Event	Standard	Metric		
100m	10.55	--	High Jump	6-10 3/4	2.10		
200m	21.35	--	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	4:06.00	4:05.7	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	186-4	56.80		
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
			Decathlon	7,500 points		6,900 points	

Outdoor Qualifying Guidelines

- 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.

2008 Women's Qualifying Standards

2008 NCAA INDOOR STANDARDS

Event	Automatic		Provisional	
	FAT	MT	FAT	MT
60m Dash	7.26@	—	7.44@	—
60m Hurdles	8.14@	—	8.43@	—
200m	23.20	—	23.90	—
400m	52.40	52.1	54.40	54.1
800m	2:05.00	2:04.7	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	16:45.00	16:44.7
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
High Jump	6-0 ³ / ₄ (1.85)	5-10 (1.78)
Pole Vault	13-9 ¹ / ₄ (4.20)	12-11 ¹ / ₂ (3.95)
Long Jump	20-10 (6.35)	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)	61-6 (18.75)
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.



2008 NCAA OUTDOOR REGIONAL STANDARDS

Track Event	FAT	MT	Field Event	Standard	Metric
100m	11.75	—	High Jump	5-8 ³ / ₄	1.75
200m	23.96	—	Pole Vault	12-7 ¹ / ₂	3.85
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	4:49.30	4:49.0	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

- 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.

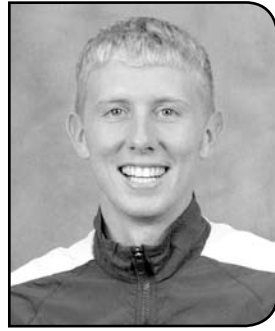
FOUR-TIME NCAA ALL-AMERICAN

Austin Abbott

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

A four-time track All-American ... has led UW's distance medley relay to fifth at each of the last three NCAA championships ... one of just three four-minute milers in UW history ... fourth in the 800m at NCAA Indoors last year.

2007 (Cross Country): Competed only two times for the Huskies but was impressive in consecutive races ... placed 13th overall and first among Huskies at the Willamette Invite in a career-best 8K time of 24:34 ... ran in UW's top-five for the first time at Pre-Nationals, placing 95th overall and fourth among Huskies in 24:36. **2006-07:** For the third-straight year, ran the



MAJOR MEETS

2005 MPSF TF	4th, mile	2006 Pac-10 TF	4th, 1500m
2005 NCAA-I	5th, DMR*	2006 Pac-10 TF	6th, 800m
2005 Pac-10 TF	2nd, 1500m	2006 Regional TF	3rd, 1500m
2005 Regional TF	14th, 1500m	2006 NCAA-O	20th, 1500m
2006 MPSF TF	2nd, mile	2007 MPSF TF	1st, Mile
2006 MPSF TF	4th, DMR	2007 MPSF TF	2nd, DMR
2006 NCAA-I	5th, DMR*	2007 NCAA-I	4th, 800m*
		2007 NCAA-I	5th, DMR*

* - Indicates All-America Honor Won

opening leg of UW's distance medley relay, propelling the relay to fifth at the NCAA Indoor Championships and earning his third All-American honor ... earned fourth All-American honor a day later with a fourth-place finish in the 800m, the first individual All-American honor of his career ... took first at the MPSF Championships in the mile (4:02.82) and first at the UW Indoor Preview in the 800m ... competed just once outdoors, running the 800m at the ASU Clif Bar Invitational ... competed 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.....1:49.00i / 1:48.57 1500m.....3:44.30 Mile.....3:59.47



Chris Ahl

Sophomore • Seattle, Wash. • Bishop Blanchet HS

MAJOR MEETS

2007 Pac-10 XC

65th (9th UW)

Pac-10 cross country competitor has shown steady improvement ... best 1500m time last season just four seconds out of UW's Top-10 ... set personal bests in every distance ran last season.

2007 (Cross Country): Competed on three occasions for the Huskies, opening with identical times of 25:44 at the Sundodger and Dellinger Invite ... ran next at Pac-10's, placing 65th overall and ninth among Huskies in a season-best time of 24:53. **2006-07:** Ran three times indoors, setting a personal best in the 3000m ... competed unattached during the outdoor season, running a career best 5000m time of 14:17.65 at the Stanford Invitational, shaving nearly half a minute off his previous best entering the year ... ran the 1500m on three occasions, setting a personal best time of 3:48.56 at the Ken Shannon Invite, good for fourth place ... ran in UW's top-seven on three occasions during cross country season ... 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.....8:23.84 5000m.....14:23.29i / 14:17.65

GENERAL INFO.

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2008 WASHINGTON TRACK AND FIELD MEDIA GUIDE

PAC-10 SCORER

MAJOR MEETS

2007 MPSF TF 6th, 60m | 2007 Pac-10 TF 16th, 100m
 14th, 200m; 6th, 4x100m



Randy Bacon

Junior • Tacoma, Wash. • Washington HS

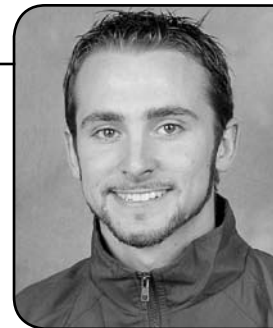
Top Husky short distance sprinter last season, setting personal bests in each event ... scored at both the MPSF and Pac-10 Championships.

2006-07: Was Washington's best sprinter at 60m, 100m, and 200m indoors, setting personal bests across the board ... placed sixth at the MPSF Championships in the 60m dash in a season-best 6.96 ... finished eighth at MPSFs in the 200m dash, running 21.96 ... placed second in the 100m dash at both the Brutus Hamilton Invite and the UW-WSU dual ... ran final leg of winning 4x100m relay at the UW-WSU dual, posting a season-best time of 40.96 ... part of sixth-place 4x100m relay at Pac-10 Championships ... ran career-best wind-aided 100m time of 10.59 at the Pepsi Invite. **2005-06:** Ran the 60-meter dash at the UW Indoor Preview, running 7.16, fifth-best on the team indoors ... did not compete during outdoor season. **2004-05:** Redshirted the 2004-05 season ... did not compete unattached.

High School and Personal: Mother's name is Cheryl Lee ... has an older brother, Chris Lee ... took second at state in the 400m as a junior ... clocked a 49.12 in the state final, and a career-best 48.45 in the prelim ... lettered three years in track, and two in cross country ... was the track team captain in each of his last two seasons ... majoring in architecture.

COLLEGIATE BEST MARKS

60m.....6.96i | 100m.....10.59W / 10.85 | 200m.....21.96i / 22.12



Jordan Boase

Junior • Bothell, Wash. • Bothell HS

A two-time All-American who returns to the Huskies after a year away from the sport ... as a sophomore in 2006, was part of UW's 4x400m relay that won All-American honors both indoors and outdoors ... in UW's Top-10 in five different events.

2006-07: Took a year off track, redshirting the season. **2005-06:** Earned All-American honors both indoors and out for his inclusion on UW's 4x400m relay ... ran the opening 400m relay leg at both NCAA Championship appearances, leading the Huskies to 3rd-place indoors and eighth outdoors ... 4x400m relay clocked an indoor school record of 3:07.03 at NCAA's ... relay also won

the West Regional outdoors, and ran a season-best 3:04.22 in the NCAA Outdoor semi that ranks third in school history ... also led the team in the 200-meters both indoors and out, and was second on the team in the 400m indoors and out ... took second in the 200m at MPSF Championships ... top outdoor 200m time of 21.26 ranked ninth in school history and ranks fourth indoors with top 200m time of 21.19 ... ran 47.84 in the 400m at the Husky Classic, which ranks sixth indoors ... part of four different 4x400m relay teams that made the UW top-10 lists. **2004-05:** Led Washington's 4x100m relay to the NCAA Championships for the first time since 1983 ... led relay to 11th at the NCAA Championships, its time of 39.43 the second-fastest in UW history and fastest since 1983 ... was third in the relay at the NCAA West Regional and fifth at Pac-10s ... ran in the 200m prelim at the Pac-10 Championships, placing sixth in his heat in a career-best 21.37 ... indoors, clocked two of UW's fastest-ever sprint marks ... ran second in the 400m at the Last Chance Qualifier, his time of 47.76 UW's sixth-best ever ... indoor 200m best of 21.81, at the Husky Classic, equaled UW's 10th-fastest all-time.

High School and Personal: Parents are Kim and Brian ... has two brothers, Matt and Adam ... only competed in track his senior year of high school ... led Bothell's 4x100m relay to a state title in 2004 ... also led relay to a win at the Washington-Oregon Meet of Champions, and at the 2004 KingCo Conference meet ... placed third in the 2004 KingCo 100m final behind two of the state's fastest competitors.

COLLEGIATE BEST MARKS

60m.....7.12i | 200m.....21.19i / 21.26 | 400m.....47.76i / 47.83

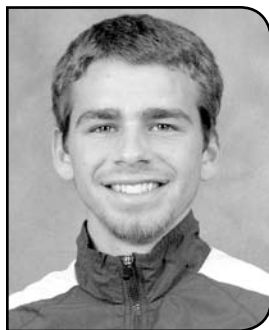
TWO-TIME NCAA ALL-AMERICAN

MAJOR MEETS

2005 MPSF TF 9th, 200m	2006 NCAA-I 3rd, 4x400m*
..... 17th, 400m	2006 Pac-10 TF 9th, 200m
2005 Pac-10 TF 6th, 200m 3rd, 4x400m
..... 5th, 4x100m	2006 Regional TF 6th, 4x100m
2005 Regional TF 3rd, 4x100m 1st, 4x400m
2005 NCAA-O 11th, 4x100m	2006 NCAA-O 8th, 4x400m*
2006 MPSF TF 2nd, 200m	

* - Indicates All-America Honor Won





Riley Booker

RS Freshman • San Diego, Calif. • University City HS

Will be a sophomore indoors and redshirt freshman outdoors ... competed at both postseason meets for the cross country team in the fall ... California state cross country champion as a prep.

2007 (Cross Country): Finished in the top-seven at every varsity race, including a season-best No. 5 finish at the Bill Dellinger Invite and 54th-place overall finish ... Dellinger time of 24:29 was also an 8K personal best ... placed 58th overall and seventh among Huskies at Pac-10's ... was sixth on the team

and 64th overall at Regionals ... also placed seventh among Huskies at the Sundodger and sixth at Pre-Nationals. **2006-07:** Ran three times during UW's indoor track season ... placed 12th in the mile at the UW Indoor Preview with a time of 4:15.39 in his first collegiate appearance ... ran eighth in the 3000m at UW Last Chance Qualifier in 8:20.78 ... redshirted the 2006 cross country 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

COLLEGIATE BEST MARKS

Mile.....4:15.39 3000m.....8:20.78

STATE CROSS COUNTRY CHAMPION

MAJOR MEETS

2007 Pac-10 XC58th (7th UW) | 2007 Regional XC64th (6th UW)



NCAA REGIONAL COMPETITOR

MAJOR MEETS

2007 MPSF TF15th, SP | 2007 Regional TF18th, SP
2007 Pac-10 TF17th, SP

Cameron Elisara

Sophomore • Spokane, Wash. • Ferris HS

The nation's 10th-ranked prep shot putter as a prep ... a two-time state champion ... plays defensive tackle on the Husky football team, playing in 12 games this past season ... competed in the shot put at MPSFs, Pac-10s, and Regionals during freshman year.

2007 (Football): Named to the Pac-10 All-Academic second team ... a regular in the rotation among the defensive tackles ... played in 12 of 13 (all but the UCLA game) ... had a tackle vs. Boise State and vs. USC. **2006-07:** Competed exclusively in the shot put both indoors and out ... qualified for West Regional and placed 18th with a throw of 54-3 3/4 ... placed 17th at Pac-10 Championships, throwing 51-9 ... season-best 55-2 came in third-place finish at Auburn Springtime Invite ... new indoor best of 55-9 1/4 achieved at UW Last Chance Meet ... turned in a 15th-place finish at the MPSF Championships via a 52-3 1/4 throw ... during football season, earned the Mark Drennan Defensive Scout of the Year award at the team's postseason banquet ... won the UW's Pepsi Player of the Week Award for his work on the service team after the Oregon State game ... spent the year on the UW service team, but didn't see any action as a true freshman in 2006.

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.

COLLEGIATE BEST MARKS

Shot Put.....55-9 1/4i / 55-2



FIVE-TIME NCAA ALL-AMERICAN

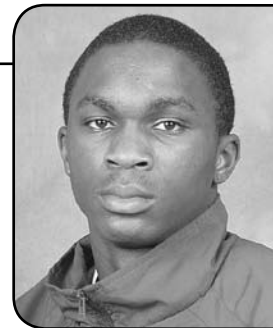
MAJOR MEETS

2004 USA Jr. TF.....	7th, HJ	2006 Pac-10 TF.....	2nd, HJ
2004 IAAF Jr. TF.....	7th, LJ	2006 Regional TF.....	1st, LJ
2004 IAAF Jr. TF.....	19th (tie), LJ	2006 NCAA-O.....	2nd, LJ
2005 MPSF TF.....	5th, HJ	2006 NCAA-O.....	18th, HJ
2005 MPSF TF.....	3rd, LJ	2006 USA Sr. TF.....	22nd, LJ
2005 NCAA-I.....	6th, LJ*	2007 MPSF TF.....	12th, LJ
2005 Pac-10 TF.....	5th, HJ	2007 MPSF TF.....	3rd, HJ
2005 Pac-10 TF.....	4th, LJ	2007 MPSF TF.....	1st, LJ
2005 Regional TF.....	6th, HJ	2007 NCAA-I.....	10th (tie), HJ*
2005 Regional TF.....	11th (tie), LJ	2007 NCAA-I.....	6th, LJ*
2005 NCAA-O.....	17th, HJ	2007 Pac-10 TF.....	6th, 4x100m
2005 USA Jr. TF.....	4th, HJ	2007 Pac-10 TF.....	6th, HJ; 2nd, LJ
2005 USA Jr. TF.....	15th, LJ	2007 Regional TF.....	2nd, HJ
2006 MPSF TF.....	2nd, HJ	2007 Regional TF.....	1st, LJ
2006 MPSF TF.....	1st, LJ	2007 NCAA-O.....	25th, HJ
2006 NCAA-I.....	12th, LJ*	2007 NCAA-O.....	3rd, LJ*

* - Indicates All-America Honor Won

Norris Frederick

Senior • Seattle, Wash. • Roosevelt HS



One of the most decorated athletes in UW history ... a five-time NCAA All-American, four times in the long jump and once in the high jump ... 2006 Pac-10 long jump champion and 2006 and 2007 MPSF long jump champion ... the only Husky ever to long jump 25 feet and high jump seven feet ... finished a career-best third in the long jump at 2007 NCAA Outdoor Championships ... cleared 26 feet in the long jump for the first time in winning West Regionals.

2006-07: Added three more All-American honors, bringing his career total to five ... placed a career-best third in the long jump at NCAA Outdoors in the face of strong headwinds ... won the West Regional in a wind-aided jump of 26-0 3/4, the best collegiate jump in 2007 ... took sixth in the long jump at NCAA Indoor Championships, jumping 25-1 1/4 ... also earned first All-American honor in the high jump, finishing 10th at the indoor national meet ... career-best 7-2 1/4 high jump ranked second on UW indoor Top-10 ... placed second in the high jump at Regionals, but did not advance past qualifying at NCAA's ... season-best long jump of 25-10 was a UW indoor school record ... won second-straight MPSF long jump title with 25-2 1/2 leap ... voted West Region Field Athlete of the Year after indoor season by U.S. Track and Field Coaches ... also ran lead-off on 4x100m relay with the unit running a season-best 40.96 in a win at the UW-WSU dual ... also won both the long and high jumps at WSU dual. **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.....7-1 / 7-2 1/4i Long Jump.....25-10i / 26-0 3/4w





James Fredrickson

Senior • Kent, Wash. • Kentridge HS / CS Northridge

Earned two NCAA All-American awards in first season with the team after transferring from CS Northridge ... a versatile sprinter and hurdler who competed in four events at the 2007 Pac-10's, scoring in three ... part of UW's fifth-place DMR at NCAA's ... 10th in the 400m hurdles at NCAA Outdoors last year.

2006-07: Turned in a special first season on the squad, earning two All-American honors, and was UW's best hurdler and an essential member of several relays ... ran the 400m leg on Washington's distance medley relay, which placed fifth at NCAA Indoors for the third-straight year, earning the foursome All-American honors ... outdoors, earned All-American honors with 10th-place finish in the 400m hurdles ... also ran with UW's 4x400m relay, which finished second at Regionals and sixth in their NCAA semifinal ... season-best DMR time of 9:35.89 at MPSFs ranks third all-time at UW ... part of MPSF winning 4x400m relay, which ran a season-best 3:09.08 that was a provisional time and ranks fifth in school history indoors ... season best 60m hurdles time of 8.03 in second-place finish at MPSFs, fourth in the school Top-10 ... placed second with 4x400m relay at Pac-10 Championships in 3:08.70 ... also placed second at Pac-10's in the 400m hurdles in 50.63, the third-fastest time in school history ... season-best 4x400 time of 3:08.39 came at ASU Clif Bar Invite, and ranks 10th in school history ... dominated UW-WSU dual, winning 110m hurdles, 400m hurdles, 4x100m relay and 4x400m relay ... best 110m hurdles time of 14.21 was a Regional qualifying mark and ranks seventh at UW ... all told, placed his name on UW's Top-10 in four indoor events and three outdoor events. **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

COLLEGIATE BEST MARKS

60m HH.....8.03i 200m.....21.66i / 21.79 110m HH.....14.21 400m IH.....50.63

MPSF SCORER

MAJOR MEETS

2004 MPSF TF 7th, 800m 2007 MPSF TF 9th, 800m
2005 MPSF TF 9th, 800m
..... 6th, DMR

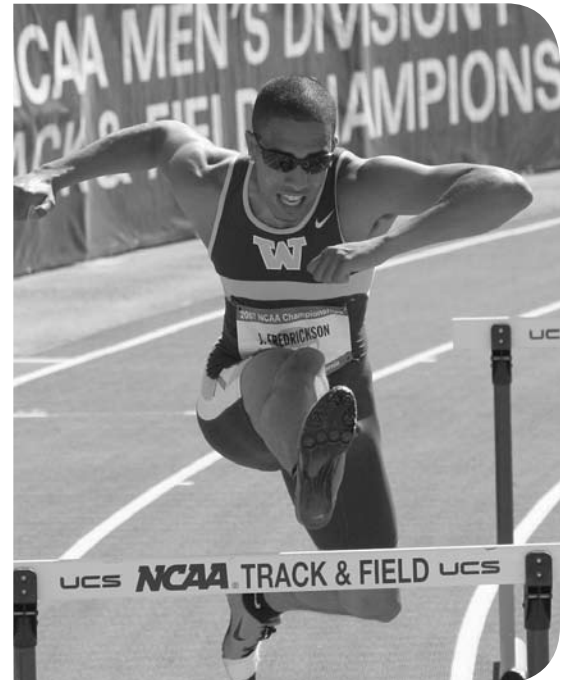


TWO-TIME NCAA ALL-AMERICAN

MAJOR MEETS

2005 Big West TF 3rd, 110m HH	2007 MPSF TF 2nd, 60m HH
..... 1st, 400m IH 2nd, DMR
2005 Regional TF 9th, 110m HH 1st, 4x400m
..... 11th, 400m IH	2007 NCAA-I 5th, DMR*
2005 USA Jr. TF 6th, 110m HH	2007 Pac-10 TF 13th, 100m HH
2006 WAC-I TF 4th, 60m HH 2nd, 400m IH
2006 Big West TF 7th, 110m HH 6th, 4x100m; 2nd, 4x400m
..... 11th, 200m	2007 Regional TF 4th, 400m IH
2006 Regional TF 15th, 110m HH	2007 NCAA-O 10th, 400m IH*
..... 19th, 400m IH 17th, 4x400m

* - Indicates All-America Honor Won



Tim Freeman

Senior • Bainbridge Island, Wash. • Bainbridge Island HS

Veteran mid-distance runner has scored at two MPSF Championships meets ... personal-best 800m time sits just outside UW's Top-10.

2006-07: Competed in the 800m, DMR and 4x400 relays indoors, placing ninth in the 800 at the MPSF Championships ... outdoors, ran the 400 and 800-meters, with best 800 time of 1:52.92 coming in a fifth-place finish at the Oregon Invite ... placed third in the 800m at the Ken Shannon Invite, and fourth at the UW-WSU dual. **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

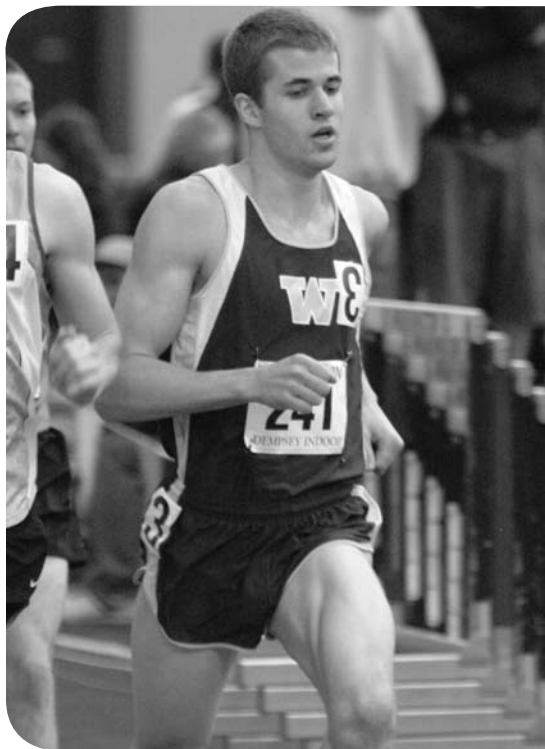
400m.....50.89i / 51.16 800m.....1:52.46i / 1:50.25



MPSF SCORER

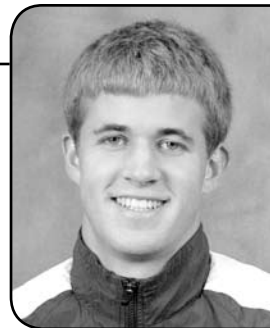
MAJOR MEETS

2007 MPSF TF 5th, 800m | 2007 Pac-10 XC 59th (8th UW)
 2007 Pac-10 TF 10th, 800m



Brian Govier

Sophomore • Mercer Island, Wash. • Mercer Island HS



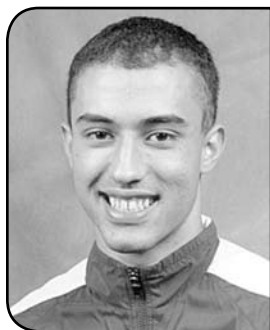
Finished 10th in the 800m at Pac-10's and was fifth at MPSF's in strong freshman campaign... ran in UW's top-10 in three cross country races in the fall ... the 2003 state 2A cross country champion.

2007 (Cross Country): Had a solid first season, running a season-best 24:40 at Pac-10's where he finished eighth on the squad and 59th overall ... also was eighth among Huskies and 34th at the Sundodger ... placed 75th, No. 6 on the team at Dellinger Invite in 24:51 ... finished in 23rd place at Mike Hodges Invite. **2006-07:** Consistently ran the 800m, 1500m, and mile in his first track campaign ... was UW's third-fastest 800m runner behind All-Americans Ryan Brown and Austin Abbott, turning in a season-best 1:50.19 at the UW Last Chance Qualifier ... took first in the 1500-meters at the UW Outdoor Preview ... best 1500m time of 3:48.93 ranked fourth on the squad ... also ran the distance medley relay at the UW Indoor Invitational ... 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

COLLEGIATE BEST MARKS

800m.....1:50.19i / 1:50.51 1500m.....3:48.93 Mile.....4:12.01



Jeff Gudaitis

Sophomore • Tacoma, Wash. • Tacoma Baptist HS

Competed at the NCAA Outdoor Championships in first season, running the lead leg on UW's 4x400m relay ... 4x4 also won the MPSF title and finished second at Pac-10's ... best relay times rank fifth at UW indoors and 10th outdoors.

2006-07: Reached first NCAA Championships, running at the outdoor meet with the 4x400m relay which placed second at Regionals, and sixth in the NCAA semis ... was the lead sprinter on the 4x400 whose best time of 3:08.39 ranked 10th in school history ... also ran the relay indoors, with a season-best time of 3:09.08 bettering the NCAA provisional standard ... 4x400 relay captured the MPSF title in 3:09.28 ... also ran the 200m and 400m indoors ... placed seventh in the 400 at MPSFs in a season-best of 48.62 ... ran the 4x100 relay on three occasions, once at Pac-10's and in a season-best 40.96 in winning the UW-WSU dual ... 4x400m relay placed second at Pac-10 Championships.

High School and Personal: Mother is Maria Gudaitis ... helped Tacoma Baptist to the state A/B track titles in 2004 and 2006, serving as team captain for three years ... part of the state champion 4x400 relay all four years ... won state titles at 400 and 200-meters as a senior ... won 10 Sea-Tac League titles ... won the 400-meters at the Shelton Invite in 2004 and 2006 ... was also a four-year letterwinner in both football and basketball ... was named All-State in football as a wide receiver and defensive back in both 2004 and 2005 ... All-Pacific League in football and basketball from 2004-06 ... interested in a business major

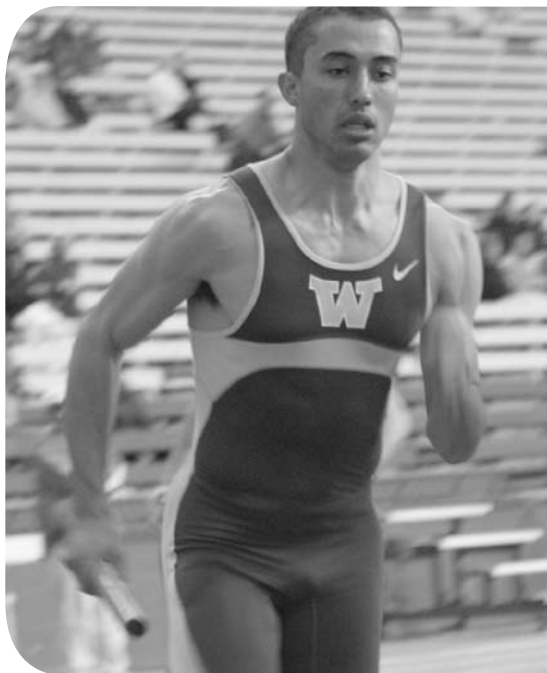
COLLEGIATE BEST MARKS

200m.....22.48i 400m.....48.62i / 48.47

NCAA COMPETITOR

MAJOR MEETS

2007 MPSF TF 17th, 200m
 7th, 400m; 1st, 4x400m
 2007 Pac-10 TF 10th, 400m
 6th, 4x100m; 2nd, 4x400m
 2007 Regional TF 2nd, 4x400m
 2007 NCAA-O 17th, 4x400m





Zack Gussin

RS Freshman • Seattle, Wash. • Ballard HS

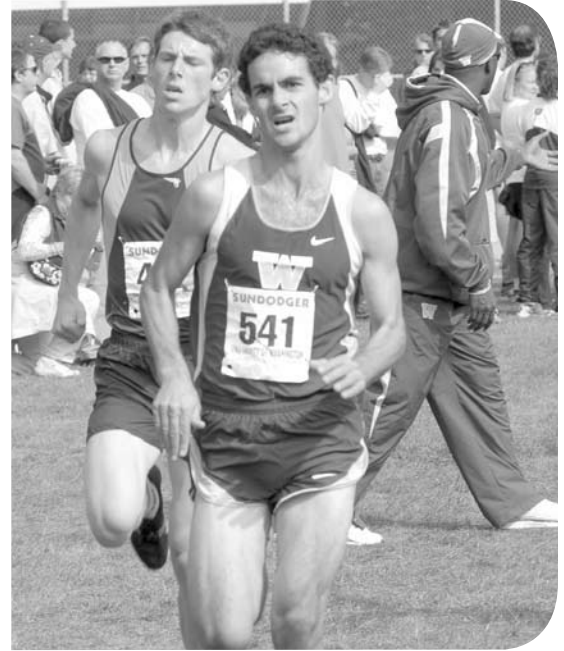
Former Top-10 prep performer will be a sophomore indoors and redshirt freshman outdoors ... ran three times for cross country in the fall.

2007 (Cross Country): Opened the season with 39th-place finish (9th UW) at Sundodger in 25:12 ... ran twice more with the "B" squad, placing third among Huskies at the Willamette and fourth at the Mike Hodges Invite. **2006-07:** Competed in the mile three times during indoor track season, with best time of 4:17.70 coming at the UW Last Chance Qualifier ... ran twice unattached in the 1500m during outdoor season ... redshirted the cross country season to preserve a year of eligibility.

High School and Personal: Parents are Jordan and Debra ... has one older brother, Stephen ... is a triplet along with two sisters Rachel and Emily ... placed eighth at state in 2004 and 2005 ... was in the lead pack at state in 2003 before falling and finishing 66th ... won KingCo Conference cross country title in each of his final two seasons, and was the KingCo runner-up in 2003 ... placed second at the 2006 Brooks Meet of Champions in Portland ... ran eighth at the 2006 Washington/Oregon Border Clash meet, and was 16th at Border Clash in 2005 ... was sixth at state in the 1600m as a senior, and sixth in the 3200m his junior year ... prep teammate of fellow Husky Kailey Campbell.

COLLEGIATE BEST MARKS

1500m.....3:59.06 Mile.....4:17.70



NCAA COMPETITOR

MAJOR MEETS

2006 MPSF TF.....	DQ, 400m	2007 Pac-10 TF.....	2nd, 400m
	DNF, 4x400m		2nd, 4x400m
2006 Pac-10 TF.....	8th, 400m	2007 Regional TF.....	3rd, 400m
	5th, 4x100m		2nd, 4x400m
2006 Regional TF.....	6th, 4x100m	2007 NCAA-O.....	13th, 400m
2007 NCAA-I.....	13th, 400m		17th, 4x400m

Alex Harcourt

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

School record holder in the 400-meter dash indoors ... placed in the Top-15 at both NCAA Indoors and Outdoors in the 400-meters last year ... also ran the anchor leg on UW's 4x400m relay which took second at Pac-10's and West Regionals and 17th at NCAA's ... name appears eight times on Washington's all-time Top-10 lists after just two seasons ... competed just one year of high school track.

2006-07: Competed at both NCAA Indoors and NCAA Outdoors, excelling in the 400-meters ... set indoor school record with 46.43 400m run at UW Invitational ... finished third in 400m preliminary heat at NCAA Indoors ... reached NCAA semifinal in the 400m outdoors, placing sixth in 46.68 and ranking 13th overall ... ran the anchor leg on 4x400m relay, which ran at NCAA's, finishing sixth in its semifinal heat ... placed second at the Pac-10 Championships in the 400-meters in a career-best 45.87 that ranks third in school history ... also finished second at Pac-10's with 4x4 ... placed third in the 400 at West Regionals and second in the 4x4 ... won the 400 dash at the Brutus Hamilton Invite and the UW-WSU dual. **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-10's 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

200m.....21.41i 400m.....46.43i / 45.87



NCAA XC CHAMPIONSHIPS COMPETITOR

MAJOR MEETS

2005 MPSF TF 16th, 3000m	2006 Regional XC 35th (6th UW)
..... 6th, DMR	2006 NCAA XC 220th (7th UW)
2005 USA Jr. XC 13th	2007 MPSF TF 14th, 3000m
2005 NACAC XC 6th	2007 Pac-10 TF 12th, 5000m
2005 Pac-10 XC 37th (6th UW)	2007 Pac-10 XC 20th (1st UW)
2006 MPSF TF 6th, 3000m	2007 Regional XC 51st (4th UW)
2006 Pac-10 XC 39th (6th UW)	

Jon Harding

Junior • Issaquah, Wash. • Issaquah HS



Will be a junior outdoors and a senior indoors ... led the Huskies three times during cross country, including a 20th-place overall finish at the Pac-10 meet ... set Lincoln Park course record with win at UW's Sundodger Invitational ... ranks in UW's all-time Top-10 indoors at 3000m and 5000m.

2007 (Cross Country): Washington's most consistent runner up front, leading the team at three out of five races ... broke Washington record and Lincoln Park course record with first-place finish at Sundodger Invite, running 23:36 to surpass former Stanford runner Jonathan Riley's mark from the 2000 Pac-10 Championships ... also ran under 24-minutes at the Pac-10 Championships, leading the Huskies with a 20th-place finish ... also led the team and placed 52nd overall at Pre-Nationals ... 27th overall (2nd UW) at Dellinger ... at Regionals, finished 51st, fourth among Huskies, in 31:29. **2006-07:** Competed in the mile and 3000m indoors and the 1500m and 5000m outdoors during track season ... set personal best 4:05.29 in the mile at the UW Last Chance Qualifier, the third-fastest on the squad ... placed 12th at the Pac-10 Championships in 5000m, also competing in the 1500m, finishing 17th in the prelim ... lowered PR in 1500m by five seconds at Ken Shannon Invitational to 3:49.25 ... won the 3000m at the UW-WSU dual meet ... during cross country campaign, 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. **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.....3:49.25 Mile.....4:05.29 3000m.....8:06.86i 5000m.....14:20.90



Caleb Knox

Senior • Mill Creek, Wash. • Jackson HS

Shot into UW's top-three for the first time in cross country's two postseason meets this fall ... has been one of UW's top steeplechasers the past two seasons.

2007 (Cross Country): Came on very strong at the end of the season, rising into UW's top-three after never running in the top-seven prior ... finished second among Huskies at the Pac-10 Championships (33rd overall) in 23:53, his first time under 24-minutes ... followed that up with a Top-50 finish at Regionals, taking 49th and third on the team ... led all Huskies at the Mike Hodges Invite, running seventh overall to lead the team to second-place ... took 19th-place at the Sundodger (5th UW) and 90th (8th UW) at Dellinger Meet. **2006-07:** Third for the Huskies in the steeplechase with a season-best 9:16.50 at the UW-WSU dual ... also competed once in the mile indoors, and once in the 1500m outdoors, setting PRs in both runs ... did not compete in cross country for the second-straight year. **2005-06:** 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 ... redshirted the fall cross country season. **2004-05:** 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 ... 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.

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.....3:56.99 Mile.....4:14.07 3000m.....8:32.22i
Steeple.....9:12.97 5000m.....15:33.21

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	2007 Pac-10 XC 33rd (2nd UW)
	2007 Regional XC 49th (3rd UW)





Jeremy Lashinske

Freshman • Phoenix, Ariz • Brophy College Prep

Pole vaulter who brings a 16-foot personal best clearance to Washington.

High School and Personal: Parents are Jeannie and Mark Lashinske ... one sister, Angela ... mother plays tennis while father is a cyclist and runner ... placed seventh in the pole vault at the 2005 Junior Olympics in Indianapolis ... competed at the Arcadia meet in 2006 and 2007 ... an All-State selection and was named Team MVP

three times ... high school teammate Corey Dysick is a decathlete at Stanford was also a three-year varsity diver in high school won the St. Ignatius of Loyola Award for Jesuit Spirituality in 2007 ... plans to major in mechanical engineering.

PERSONAL BEST MARKS

100m.....11.54 High Jump.....5-10 Long Jump.....19-0 Pole Vault.....16-0

Did You Know?
Washington's men's team won its second-straight indoor conference title in 2007 at the MPSF Championships, marking UW's first successful defense of a conference crown since 1921-22.

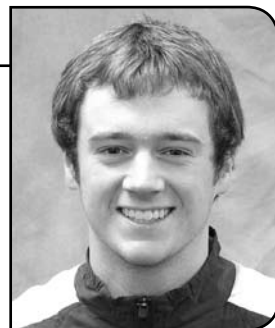
PAC-10 SCORER

MAJOR MEETS

2005 USA Jr. TF.....4th, HT | 2007 Pac-10 TF.....7th, HT
2007 MPSF TF.....7th, WT | 2007 Regional TF.....10th, HT

Zack Midles

Sophomore • Olympia, Wash. • Capital HS



Placed seventh at both the Pac-10 Championships and MPSF Championships in the weight throw and hammer throw last year ... ranks in UW's top-10 both indoors and out ... 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.

2006-07: Second on the team in the weight throw, competing five times indoors ... best weight throw of 58-5 1/4 came at Husky Classic and ranked seventh in UW indoor Top-10 ... placed seventh in the weight at MPSF Championships ... threw the hammer and discus during outdoor season, qualifying for NCAA Regionals in the hammer with a top throw of 198-9 at the Pac-10 Championships, where he finished seventh ... placed 10th at Regionals with 195-4 throw ... placed second in discus at Auburn Springtime Invite with season-best of 155-5 ... placed second in the hammer throw at the Stanford Invite and UW-WSU dual ... best hammer throw of 198-9 ranks eighth in Husky history. **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.

COLLEGIATE BEST MARKS

Weight Throw.....58-5 1/4 Discus.....155-5 Hammer Throw.....198-9



NCAA COMPETITOR

MAJOR MEETS

2004 Pac-10 XC.....27th (3rd UW)	2006 Pac-10 TF.....21st, 5000m
2004 Regional XC.....93rd (7th UW)	2006 NCAA-O.....21st, 10000m
2005 USA Jr. XC.....5th	2006 Pac-10 XC.....7th (1st UW)
2005 World Jr. XC.....68th (6th US)	2006 Regional XC.....5th (1st UW)
2005 Regional XC.....16th (2nd UW)	2006 NCAA XC.....53rd (1st UW)
2005 NCAA XC.....93rd (1st UW)	2007 MPSF TF.....2nd, 5000m
2006 MPSF TF.....2nd, 5000m	

Jeremy Mineau

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



UW's No. 1 finisher at the NCAA Cross Country Championships in 2005 and 2006 ... missed 2007 cross country season due to injury ... an NCAA Championships competitor at 10000m in 2006 ... holds UW record indoors at 5k and is second outdoors at 10k.

2007 (Cross Country): Redshirted the season due to injury. **2006-07:** Competed just three times during track campaign after outstanding cross country season ... track season highlighted by a second-place finish at the MPSF Championships in the 5000m, clocking in at 14:06.34 ... led the Huskies in all five cross country 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 NAAs, 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 NAAs, 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:** 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 ... ran the 5000m in 14:11.81 indoors, then UW's fourth-best ever ... redshirted the outdoor season, competing unattached at 1500m and 5000m.

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	



Carl Moe

Senior • Auburn, Wash. • Auburn-Riverside HS



Led UW's distance medley relay to fifth at the last two NCAA Indoor Championships, earning All-American honors ... ran the steeple chase at NAAs but was DQ'd for a disputed ruling of impeding progress ... a member of UW's top-three DMR's all-time.

2007 (Cross Country): Strong start to senior cross country season was derailed by injury towards season's end ... still ran in UW's top-five at all four meets in which he competed, including running second on the team (64th overall) at Pre-Nationals ... third among Huskies at Bill Dellinger; 33rd overall ... began the season with an eighth-place finish at the Sundodger ... fought through injuries to place 47th at Pac-10 Championships, fifth on the team, in final race. **2006-07:** Earned second straight All-American honor as part of UW's DMR that finished fifth at the NCAA Championships ... was UW's top steepler, qualifying for the NCAA Championships where he was sadly disqualified in the semifinals for allegedly impeding another runner ... steeple time of 8:48.93 at Regionals was 10th-fastest mark in UW history ... UW's top runner at 1500m with season-best 3:47.50 coming at the ASU Clif Bar Invitational ... qualified for Regionals in 1500m but chose to focus on steeple ... ran UW's second-fastest mile time of the season and fourth-best in school history in his one and only race, clocking 4:01.33 at the UW Last Chance Qualifier ... earned Academic All-Pac-10 honorable mention in both track and cross country ... was UW's No. 3 finisher at all three postseason meets during cross country season, including a 12th-place team effort at NAAs ... was 31st overall at Pac-10s, 39th at Regionals and 86th at NAAs ... 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. **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 ... 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. **2003-04:** Had outstanding debut season ... set UW freshman 1500m record (since broken) of 3:44.91 at Oregon ... was one of four Huskies to qualify for the Pac-10 1500m final, placing eighth

TWO-TIME NCAA ALL-AMERICAN

MAJOR MEETS

2003 Pac-10 XC.....30th (5th UW)	2006 Pac-10 XC.....31st (3rd UW)
2003 Regional XC.....35th (3rd UW)	2006 Regional XC.....39th (4th UW)
2003 NCAA XC.....145th (4th UW)	2006 NCAA XC.....86th (3rd UW)
2004 Pac-10 TF.....8th, 1500m	2007 MPSF TF.....4th, Mile
2004 Regional TF.....15th, 1500m5th, DMR
2005 Pac-10 XC.....60th (10th UW)	2007 NCAA-I.....5th, DMR*
2006 MPSF TF.....4th, Mile	2007 Pac-10 TF.....5th, Steeple
.....4th, DMR; DNF, 3000m20th, 5000m
2006 NCAA-I.....5th, DMR*	2007 Regional TF.....4th, Steeple
2006 Pac-10 TF.....10th, 1500m	2007 NCAA-O.....DQ, Steeple
2006 Regional TF.....18th, 1500m	2007 Pac-10 XC.....47th (5th UW)

* - Indicates All-America Honor Won

Carl Moe cont'd...

... 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 NCAAAs for the first time since 1993 ... was UW's No. 4 runner at NCAAAs ... 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..... 4:01.33 3000m..... 8:02.82i
Steeple..... 8:48.93 5000m..... 14:14.59



Kyle Nielsen

JUNIOR PAN-AM GAMES COMPETITOR

Freshman • Langley, B.C. • Centennial Secondary

Top-ranked Canadian junior javelin thrower, placed fifth at the 2007 Pan-American Junior Games in Sao Paulo, Brazil as part of Team Canada.

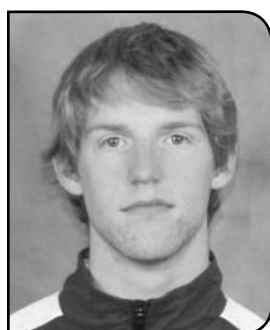
High School and Personal: Parents are Julie and Tom Nielsen ... one younger brother, Erik ... the top-ranked Canadian junior javelin thrower ... placed fifth in the javelin at the 2007 Pan-American Junior Games in Sao Paulo, Brazil with a throw of 210-9 ... won Canadian Junior Nationals in 2007 with 204-0 throw ... the British Columbia high school record holder in the javelin, throwing his personal-best of 219-2 at the High School Provincial Championships ... also placed first in the decathlon at the Provincial Champ's with 6,240 points, and was second in the shot put en route to being named Most Outstanding Athlete of the meet ... B.C. Athletics Junior Athlete of the Year in 2007 and was Coquitlam Cheetahs Track and Field Club Athlete of the Year ... is the B.C. Juvenile Record Holder (177-2) ... also lettered in football ... considering major in construction management with

PERSONAL BEST MARKS

Javelin.....219-2 Shot Put.....46-8

Did You Know?

Kyle Nielsen is one of two young Huskies who competed at the 2007 Pan-American Junior Games in Brazil. The other, sophomore Scott Roth, won two All-American awards in his first year with the Huskies



PAC-10 COMPETITOR

MAJOR MEETS

2005 Pac-10 TF..... 17th, JT | 2006 Pac-10 TF..... 14th, JT



David Nyland

Junior • Woodinville, Wash. • Woodinville HS

Twice a Pac-10 competitor in the javelin ... limited by injuries to one unattached appearance last year, but threw a personal best.

2006-07: Competed once unattached in the javelin, throwing 215-10 which would have been the best throw on the team by over 30 feet and a Regional qualifying throw. **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..... 215-10



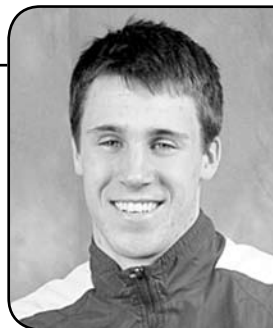
ACC MEET SCORER

MAJOR MEETS

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

Jared O'Connor

Junior • Clifton Park, N.Y. • Shenendehowa / UNC



One of five Husky vaulters to clear 16-feet outdoors last year ... transferred to Washington in the spring of 2006 after spending his first two seasons at North Carolina ... scored at the ACC Indoor meet in 2006.

2006-07: UW's No. 4 pole vaulter outdoors, cleared 16-0 ¾ at the Pepsi Invite for a second-place finish ... cleared the same height in unattached competition at the Mt. SAC Relays ... competed three times unattached during indoor season. **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.....16-6i / 16-1 3/4



Max O'Donoghue-McDonald

TWO-TIME STATE XC CHAMPION

Freshman • Seattle, Wash. • Seattle Prep

Washington's top freshman on the men's cross country squad, placing second on the team at NCAA Regionals and 46th overall ... Washington state 3A cross country champion in 2005 and 2006, and runner-up in 2004 ... 3200m state champion on the track in 2005 and 2007.

2007 (Cross Country): Top freshman on the squad, running in the top five at every varsity meet ... ended on a high note, finishing second on the team and 46th overall at Regionals in a time of 31:18 ... finished 40th in his first Pac-10 Championships, the fourth Husky across the line ... was the third UW finisher, sixth overall, in college debut at Sundodger ... also ran in UW's top-five at Dellinger and Pre-National meets.

High School and Personal: Parents are Amy O'Donoghue and Greg McDonald ... has younger brother, Drew, and younger sister, Lily ... one of the best prep distance runners in Washington state history ... 2006 Footlocker Cross Country Third Team All-American after placing 15th at the Footlocker Cross Country National Championships ... 3A state cross country champion in 2005 and 2006, runner up in 2004 ... as a senior in 2006, won state in a time of 15:32, over 30 seconds faster than second-place finisher ... Seattle Prep finished top-five at state all four years of his prep career ... 3A state track champion at 3200m in 2005 and 2007 ... also finished fourth in the 1600m race at state in 2007 ... Metro League and King County District cross country champ from 2004-06 ... won 2006 Nike WA/OR Border Clash in time of 14:01 over 4,400m ... Seattle Prep Athlete of the Year for 2007 ... prep teammate of fellow freshman Ryan Styrk ... graduated with 3.6 GPA ... undeclared major.

COLLEGIATE BEST MARKS

8,000m (XC).....24:05 10,000m (XC).....31:18

MAJOR MEETS

2007 Pac-10 XC.....40th (4th UW) | 2007 Regional XC....46th (2nd UW)





Scott Roth

Sophomore • Granite Bay, Calif. • Granite Bay HS

Gold medal winner at 2007 Pan-American Junior Athletic Championships in Sao Paulo, Brazil ... earned NCAA All-American honors at first two NCAA Championships meets ... UW freshman record holder, twice clearing 18 feet ... the nation's top-ranked freshman vaulter last year.

2006-07: Record-breaking freshman season resulted in two All-American honors and a gold medal at the Pan-American Junior Athletic Championships ... was the nation's top-ranked freshman vaulter, setting a school freshman record with a clearance of 18-1 3/4 at the Last Chance Qualifier, surpassing the NCAA auto mark ... finished 11th at NCAA Indoors, earning first All-American award ... followed that with second All-American honor at NCAA Outdoor Championships, finishing eighth ... placed second at the Pac-10 Championships with outdoor best of 17-10 1/2 ... broke Jeff Taylor's freshman pole vault record of 17-0 that had stood since 1972 ... also broke the 18-foot mark at the UW Indoor Invitational, winning the event with an 18-1 vault ... also won the pole vault at the ASU Clif Bar Invitational, the Pepsi Invitational, UW-WSU dual, and Ken Shannon Invite ... placed second at Regionals with a vault of 17-5 ... ranks second on UW's indoor Top-10 behind only two-time World Champion Brad Walker ... took second at U.S. Junior Track and Field Championships in June, qualifying for the junior Pan-Am games in Sao Paulo, Brazil, where he captured gold with a top clearance of 17-4 1/2.

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.

COLLEGIATE BEST MARKS

Pole Vault.....18-1 3/4i / 17-10 1/2

TWO-TIME NCAA ALL-AMERICAN

MAJOR MEETS

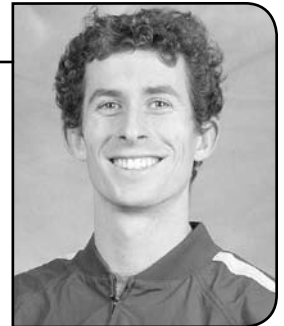
2005 Jr. World TF.....2nd, PV	2007 Pac-10 TF.....2nd, PV
2006 USA Jr. TF.....1st, PV	2007 Regional TF.....2nd, PV
2007 MPSF TF.....NH, PV	2007 NCAA-O.....8th, PV*
2007 NCAA-I.....11th (tie), PV*	

* - Indicates All-America Honor Won



Jake Schmitt

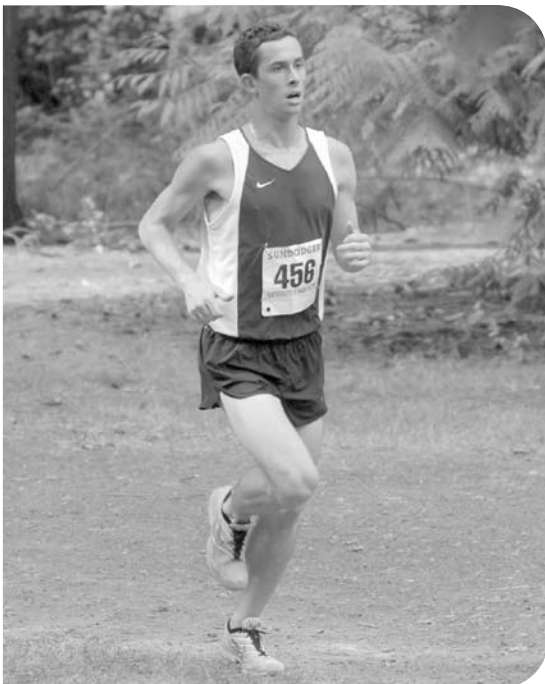
Sophomore • Kentfield, Calif. • Redwood HS / California



WORLD JR. TRACK CHAMPS. PARTICIPANT

MAJOR MEETS

2005 Pac-10 XC.....49th (7th Cal)20th, 5000m
2005 Regional XC.....70th (5th Cal)	2006 Pac-10 TF.....10th, 10000m
2006 MPSF TF.....15th, 3000m	2006 World Jr. TF.....17th, 10000m



First chance eligible to compete as a Husky after redshirting track and cross country seasons following transfer from Cal ... would have been one of UW's top cross country competitors if running attached ... a 2006 Junior World Track Championships competitor at 10000-meters.

2007 (Cross Country): Competed twice unattached while redshirting season following transfer from Cal ... UW's top unattached competitor, beginning with No. 4 finish at Sundodger which would have been second on the squad ... placed third overall at the Willamette Invite in 24:02. **2006-07 (Cal):** Competed in 2006 Junior World Track Championships in Beijing, China, placing 17th in the 10,000m ... did not compete during track season ... ran twice for the Golden Bears during 2006 cross country season, once at the Chile Pepper Festival where he ran fourth for Cal in 30:37.04 over 10k, and once at the Pac-10 Championships where he was Cal's No. 3 runner and 50th overall in a time of 24:58.02. **2005-06 (Cal):** Ran distance events during track season ... competed in two events at the MPSF Championships, the 5000m (14:44.92) and the 3000m (8:19.76) ... clocked in at 25:51 (49th) at the Pac-10 Championships ... in the 10,000m at the Stanford Invitational, finished at 30:15.38 ... competed five times for Cal during freshman cross country season, running in Bears' top-seven in every outing ... in the NCAA West Regional, placed 70th overall in 32:01.

High School and Personal: Born in San Francisco, California ... parents are Tom and Laura Schmitt ... both parents competed in cross country and track and field at Cal ... mother coaches Redwood High School's cross country team ... two younger sisters, Meagan and Caitlin ... sister Meagan plays volleyball at Cal ... Grabbed 19th place at the 2004 Footlocker Cross Country Nationals ... claimed the California state cross country title as a senior at Redwood HS...placed fifth in the 3200m at the 2005 state meet ... a 2004 Verizon Junior All-American in track and field and honorable mention All-American in cross country ... 11-time Marin County Athletic League champion in cross country and track and field ... six-time North Coast Section champion in cross country and track and field ... led high school to three league cross country

COLLEGIATE BEST MARKS

1500m.....3:54.40	Mile.....4:10.04	3000m.....8:14.58	5000m.....14:28.05
		10,000m.....30:15.38	

PAC-10 COMPETITOR

MAJOR MEETS

2006 MPSF TF	14th, 3000m	2007 Pac-10 XC	37th (3rd UW)
2007 MPSF TF	10th, 3000m	2007 Regional XC	31st (1st UW)
2007 Pac-10 TF	11th, 5000m		



Kelly Spady

Sophomore • Mukilteo, Wash. • Kamiak HS



Will be a junior indoors and sophomore outdoors ... was UW's top finisher at cross country West Regionals in the fall, placing 31st overall ... ran in UW's top-three at every meet ... led the Huskies in the 3K indoors last season.

2007 (Cross Country): Had a breakthrough sophomore season, running in UW's top three at every varsity race including leading the team at West Regionals with a 31st-place finish ... came just six seconds short of earning All-Region honors ... top Husky finisher at Dellinger Invite, placing 21st in season-best 23:57 ... opened with a No. 5 finish (2nd UW) at the Sundodger ... also ran third for the Huskies at Pre-Nationals and the Pac-10 Championships, finishing 37th at the conference meet. **2006-07:** UW's top performer in 3000m indoors, running a season-best 8:07.69 at the MPSF Championships for 10th place ... placed 11th at the Pac-10 Championships in the 5000m with a time of 14:35.93 ... also competed in the 1500m and 3000m outdoors and the DMR and mile indoors ... 4:09.56 mile time at Last Chance Qualifier was a new PR ... during cross country season, 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:** 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 ... redshirted the 2005 cross country 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.

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

1500m.....3:50.68 Mile.....4:09.56 3000m.....8:07.69 5000m.....14:17.04i / 14:24.03

Kyle Still

Senior • Bellingham, Wash. • Sehome HS

Competed at first NCAA Championships last season, running the lead leg of UW's 4x400-meter relay ... an MPSF champion in the 4x4 ... a Pac-10 scorer and regional qualifier in the 400m hurdles ... ranks in UW's indoor top-10 in the 4x4 and the DMR.

2006-07: One of Washington's best at all things 400-meters, running the dash, hurdles and relay ... ran the lead leg of UW's NCAA 4x400m relay, which placed sixth in its semifinal heat in a time of 3:11.05 ... also part of UW's MPSF-winning 4x400m relay ... 4x4 relay ran season-best time of 3:09.08

at the Last Chance Qualifier, an NCAA Provisional time and the fifth-best indoor time in school history ... No. 2 on the team in the 400m hurdles, running a career-best 52.34 in a seventh-place finish at the Pac-10 Championships ... took fifth at MPSF Championships with a 400m time of 48.52. **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.....48.39i / 48.28 400m IH..... 52.34

NCAA COMPETITOR

MAJOR MEETS

2007 MPSF TF	5th, 400m	2007 Pac-10 TF	7th, 400m IH
.....1st, 4x400m		2007 NCAA-O	17th, 4x400m





Daniel Te'o-Nesheim

Junior • Kailua, Hawaii • Hawaii Prep

Two-sport star led the Washington football team's defense with 15 tackles for loss during sophomore season ... has competed in both the shot put and discus at the last two Pac-10 Championships.

2007 (Football): Started all 13 games at defensive end for the Huskies ... led the Husky defense with 8.5 sacks for 44 yards lost ... 57 total tackles was fourth on the team ... led the Huskies with 15 tackles for loss, including four in the Apple Cup vs. WSU ... also forced two fumbles. **2006-07:** Qualified for NCAA Regionals in the shot put and competed at Pac-10's in both the shot put and discus ... led the Huskies in the shot put indoors despite competing only twice, throwing a career-high 56-5 1/4 at the UW Invitational ... top indoor shot put ranked 10th on UW Top-10 ... finished 21st in the shot put at West Regionals, throwing 52-11 ... top outdoor shot put of 56-4 1/2 came at Auburn Springtime Invite in a second-place finish ... UW's No. 2 discus competitor, with leading mark of 159-8 coming at the UW-WSU dual ... placed 18th at Pac-10's in the shot put and 19th in the discus ... started all 11 games at defensive end for the Husky football team ... 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..... 56-5 1/4 / 56-4 1/2 Discus..... 167-5

NCAA REGIONAL COMPETITOR

MAJOR MEETS

2006 Pac-10 TF..... 14th, SP	2007 Pac-10 TF..... 18th, SP
..... 16th, DT 19th, DT
2006 USA Jr. TF..... 14th, SP	2007 Regional TF..... 21st, SP
..... 10th, DT	



REGIONAL XC COMPETITOR

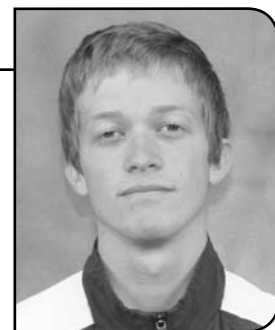
MAJOR MEETS

2007 Pac-10 XC..... 53rd (6th UW) 2007 Regional XC... 123rd (7th UW)



Colton Tully-Doyle

RS Freshman • San Diego, Calif. • Rancho Bernardo HS / UC Santa Barbara



Distance specialist is coming off his first season with the cross country team after transferring from UC Santa Barbara ... entered UW's top-seven for the first time at the Pac-10 Championships and NCAA Regionals.

2007 (Cross Country): Made UW's top-seven for the first time in the Huskies' two postseason meets ... placed 53rd, sixth on the team, at Pac-10's in 24:25 ... ran seventh on the Huskies at Regionals ... strong showing at Mike Hodges Invite, placing 22nd (2nd UW) ... competed unattached at the Sundodger but was 17th overall and sixth among all Husky team members. **2006-07 (UCSB):** Running cross country, placed 10th overall and fifth among Gauchos at Titan Invitational ... finished 23rd overall in season-opening Annual Alumni Meet dual with Cal Poly ... placed 54 th at UC Irvine Invitational with a time of 26:46.3 over five miles ... also competed at the Stanford Invitational, running 26:16.

High School and Personal: Born in Santa Rosa, California ... parents are Juli Tully and Dennis Doyle ... the youngest of six siblings (four brothers, one sister) ... a three-time Palomar League Champion in track ... named All-CIF cross country in 2005 and 2006 ... named All-CIF track in 2005 and 2006 ... placed eighth at the 2006 California state meet in the 1600m in 4:14 ... competed at the 2006 Golden West meet, finishing second in the 3200m ... finished sixth at the 2006 Arcadia Invite in the 3200m ... majoring in political science and business with a minor in Italian.

COLLEGIATE BEST MARKS

4-Mile (XC)..... 20:12 8000m (XC)..... 24:25 10,000m (XC)..... 33:16

THREE-TIME JUCO ALL-AMERICAN**Joseph Turner****Junior • Fresno, Calif. • Fresno HS / Modesto Junior College**

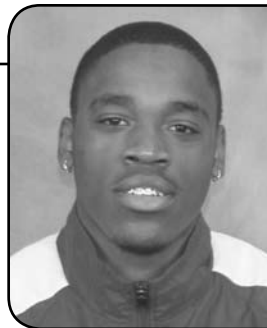
Decorated junior college sprinter enters his first season with the Huskies ... will have two years of eligibility remaining ... a three-time junior college All-American.

2005-07 (Modesto Junior College): A three-time JuCo All-American ... set the school record in the 200-meters (20.74), winning the California state title in San Mateo in 2006 ... named Nor-Cal Runner of the Year in 2006 ... was second in the 200m and third in the 400m at the 2007 California Junior College Championships ... qualified for U.S. Olympic Trials in 200-meters.

High School and Personal: Parents are Lavada Haynes and Donnie Joe Turner ... two older brothers, Willard Lanont Haynes and Donnie Marquise Turner ... competed at state all four years of high school in the 100m and 200m, never finishing lower than fifth ... placed second in the 200-meters at the Arcadia Invitational in 2005, and third in the 100-meters ... captained track team and was named team MVP all four years ... Gatorade Scholarship Award winner senior year ... lettered four years in football ... high school teammates with Pac-10 players such as Brandon Breazell of UCLA and Bernard Hicks and Charles Amadi of Cal ... majoring in sociology with a minor in law, society, and justice.

COLLEGIATE BEST MARKS

200m.....20.74 400m.....47.12

**Ryan Vu****Sophomore • Bellevue, Wash • Interlake HS**

One of four Husky vaulters to clear 16 feet both indoors and outdoors last season ... UW's No. 2 returning vaulter indoors with a clearance of 16-6.

2006-07: One of five Husky pole vaulters to clear 16-feet ... set new personal record at the UW Last Chance Meet with a vault of 16-6 ... cleared 16-feet three times outdoors, all at 16-0 ¾ ... placed second at Ken Shannon Invite and second at the Pepsi Invite, both with 16-0 ¾ vaults ... competed at Pac-10 Championships but did not clear a height placed 14th at MPSF Championships with clearance of 15-5 ¾ ... tied for 10th at the Husky Classic with mark of 15-7 ¼.

COLLEGIATE BEST MARKS

Pole Vault.....16-6i / 16-0 ¾

PAC-10 COMPETITOR**MAJOR MEETS**

2007 MPSF TF 14th, PV | 2007 Pac-10 TF NH, PV

**Did You Know?**

Washington's No. 2 preseason ranking from the USTFCCCA was its highest ranking all-time, surpassing last year's No. 4 ranking. The ranking was based on returning athletes from last year's final descending order list.



Charlie Williams

Freshman • Gig Harbor, Wash. • Gig Harbor HS

Top prep performer in the mid-distances ... ran three times unattached in the fall with the cross country squad, placing 41st at the Sundodger Invite.

2007 (Cross Country): UW's most frequent unattached competitor, running at the Sundodger, Willamette, and Mike Hodges invites ... finished 41st in first run at Sundodger, UW's No. 3 unattached competitor ... crossed the line 24th at Mike Hodges (4th UW) ... placed

35th at Willamette in 25:07.

High School and Personal: Parents are Erin and Chuck Williams ... has one younger sister, Kelly ... grandfather James Kelly competed in cross country and track from 1947-51 and ran at the Olympic Pre-Trials ... captained Gig Harbor to a pair of top-10 state finishes his junior and senior years ... helped Gig Harbor track and field to the 4A state championship in 2005 and 2007, and a runner-up finish in 2006 ... compiled four Narrows League titles during prep career ... senior year in 2007, placed second at 4A state championships in the 800m and the 1600m ... ran at the 2007 Arcadia Invitational in Arcadia, Calif., taking sixth in the 800m ... won the Shoreline Invitational 800m in 2007 ... eagle scout who has been awarded the gold palm ... undecided on a major.

PERSONAL BEST MARKS

800m.....1:53.43 1600m.....4:10.8

PAC-10 COMPETITOR

MAJOR MEETS

2006 Pac-10 XC77th (9th UW)

James Wilson

Senior • Yakima, Wash. • West Valley HS

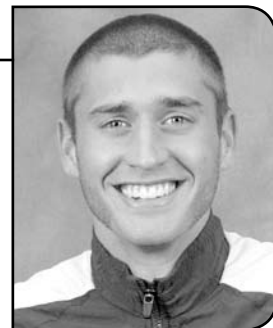
One of UW's top returnees at 3000-meters ... competed three times for cross country in the fall including a 40th-place finish at the Sundodger.

2007 (Cross Country): Opened with a 40th-place finish at the Sundodger in 25:13 ... ran season-best 25:01 at Willamette Invite in 25th-place finish ... also ran the Mike Hodges Invite, crossing the line 35th overall and fifth on the squad. **2006-07:** Ran 3000m twice during the indoor track season, lowering his PR by six seconds at the Last Chance Qualifier, clocking 8:18.59 ... competed three times outdoors, at three distances (1500m, 3000m, 5000m) ... during cross country, was UW's top finisher at the Mike Hodges Invitational, 20th overall ... finished ninth among Huskies at the Pac-10 Championships and was 77th overall in a time of 27:19 ... also competed in the Sundodger Invitational, placing 69th, and the Willamette Invite, placing 34th. **2005-06:** Competed in the mile and 3000m indoors, and the 1500m and steeplechase outdoors ... focused mostly on the steeple, earning four top-10 finishes ... season-best finish and time came at Stanford, clocking 9:25.11 to place third ... time was an 18-second improvement over his best the previous year ... ran unattached twice during the 2005 fall season ... would have been UW's No. 6 runner at the Sundodger Invite, his 26th-place finish bettered by only five other Huskies ... also ran unattached at Willamette, placing 38th. **2004-05:** Redshirted the cross country and track seasons ... was active during the outdoor track season at distances from 1500m to 5000m ... indoors, competed in the mile and 3000m ... ran unattached at the first three cross country meets of the year before making his official UW debut in the open race at the Pre-National meet ... was the ninth UW finisher, in 64th overall, at the Pac-10 Championships ... placed seventh in unattached debut at the Emerald City Invite ... was 51st at Sundodger, and 34th at Willamette.

High School and Personal: Parents are Gwen and John ... has an older brother, Brian ... the fourth-place state cross country finisher in 2003 ... captained West Valley to a sweep of league, district and state cross country titles as a senior ... won the 2003 Enumclaw Cross Country Invite, and was the ninth-place finisher at the 2003 Nike Border Clash ... a two-time first-team All-Mid-Valley League honoree, and a nominee for Yakima Valley Athlete of the Year honors in 2004 ... followed up an outstanding cross season with a win in the 3200m at the 2004 district track championships ... placed 73rd at the state cross country meet as a junior.

COLLEGIATE BEST MARKS

1500m.....3:57.97 Mile.....4:15.63 3000m.....8:18.59 5000m.....15:16.25
Steeple.....9:25.11



KYLE ACHESON

Freshman
Sprints
Port Angeles, Wash.
Port Angeles HS

Personal Best Marks
110m HH - 15.0 300 IH - 39.0

RICHARD ANDERSON

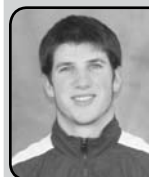
Freshman
Throws
Tacoma, Wash.
Wilson HS

Personal Best Marks
SP - 58-0

SEAN BEIGHTON

Freshman
Pole Vault
Edmonds, Wash.
Kamiak HS

Personal Best Marks
PV - 15-3

LANCE CARL

Freshman
Multi
Missoula, Mont.
Big Sky HS

Personal Best Marks
200m - 22.3 PV - 14-6 LJ - 20-8

JOE DARDA

Sophomore
Distances
Ellensburg, Wash.
Ellensburg HS

Collegiate Best Marks
3000m - 8:51.00 5000m - 15:06.90

ANDREW FERLEMAN

Freshman
Multi
Bellevue, Wash.
Newport HS

Personal Best Marks
110m HH - 14.5 LJ - 22-1

PETER FOLLMER

RS Freshman
Throws
Kent, Wash.
Kentrledge HS

Collegiate Best Marks
SP - 43-11 1/2 DT - 146-5

COREY FREDERICKS

Senior
Jumps/Multi
Vancouver, Wash.
Evergreen HS

Personal Best Marks
Dec - 5,989 Hep - 4,874 TJ - 45-9

RYAN HAMILTON

Freshman
Sprints
Vancouver, Wash.
Evergreen HS

Personal Best Marks
100m - 10.63 200m - 21.48 400m - 51.80

GRAYDON MANNING

Freshman
Distances
Olympia, Wash.
Capital HS

Personal Best Marks
1600m - 4:16.32 3200m - 9:10.01

DAVID McCARY

Freshman
Distances
Kirkland, Wash.
Juanita HS

Personal Best Marks
800m - 1:57.16 1600m - 4:18.1

LOGAN ORDONA

Freshman
Mid-Distance
Everett, Wash.
Everett HS

Personal Best Marks
400m - 51.03 800m - 1:55.22

TOM PETERSON

Senior
Distances
Modesto, Calif.
Beyer HS

Collegiate Best Marks
800m - 1:56.80i 1500m - 3:56.66

ETIENNE PIERSON

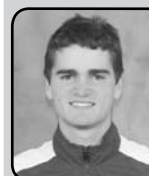
Freshman
Mid-Distance
Woodinville, Wash.
Woodinville HS

Personal Best Marks
800m - 1:57 1600m - 4:23

CAMERON QUACKENBUSH

Freshman
Distances
Spokane, Wash.
Ferris HS

Personal Best Marks
3200m - 9:16 5000m (XC) - 15:26

SAM RUCKER

Freshman
Sprints
Seabeck, Wash.
Klahowya Secondary

Personal Best Marks
200m - 22.22 400m - 48.7

KENNY SHAW

Freshman
Sprints/Hurdles
San Jacinto, Calif.
San Jacinto HS

Personal Best Marks
110m HH - 14.16 300m IH - 38.27

JORDAN SWARTHOUT

RS Freshman
Distances
Olympia, Wash.
Capital HS

Personal Best Marks
1600m - 4:18 3200m - 9:20

MILES TIMPE

Freshman
Sprints/Hurdles
Enumclaw, Wash.
Enumclaw HS

Personal Best Marks
110m HH - 14.9 300m IH - 38.6

ZACH WOODS

Sophomore
Javelin
Oregon City, Ore.
Oregon City HS

Collegiate Best Marks
JT - 184-1



Daria Amiad-Pavlov

Junior • Ashdod, Israel • Gimnasia Realit

Led the Huskies last season in the high jump and triple jump ... ranks among UW's all-time top-10 indoors in the high jump and pentathlon ... was married following the 2006 season.

2006-07: Led the Huskies in the triple jump indoors and high jump outdoors ... one of the most versatile athletes on the squad, competed in sprints, throws, jumps and hurdles ... competed at seven different outdoor meets and three indoors ... placed 13th in the long jump at Pac-10's and 17th in the triple jump. Entered in the Pac-10 heptathlon but did not finish ... was first in the high jump at the Mt. Sac Relays with a clearance of 5-5 ... season-best high jump of 5-7 came at the ASU Clif Bar Invitational where she placed third ... also competed four times in the javelin, throwing a personal best 109-8 at the ASU Clif Bar Invitational. **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

60m.....8.50 800m.....2:24.80i 60m HH.....9.31 High Jump.....5-7 3/4i / 5-7 Long
Jump.....19-0 1/2i / 18-3 Triple Jump.....38-7 1/2i / 37-11 1/4 Shot Put.....38-0 3/4i / 35-9 1/2
Javelin.....109-8 Pentathlon.....3,854

MPSF SCORER

MAJOR MEETS

2001 IAAF Youth TF.....20th, HEP17th, LJ
2006 MPSF TF.....4th, PENT	2007 Pac-10 TF.....13th, LJ
.....8th, HJ; 11th, TJ17th, TJ; DNF, HEP
2006 Pac-10 TF.....10th (tie), HJ	



PAC-10 COMPETITOR

MAJOR MEETS

2007 Pac-10 TF.....22nd, 5000m 2007 Regional XC.....79th (7th UW)
2007 Pac-10 XC.....32nd (6th UW)

Brooke Anderson

Sophomore • San Diego, Calif. • University City HS

Pac-10 competitor at 5000-meters last year ... ran in the top-seven of UW's eighth-place cross country team at Pac-10's and Regionals ... finished 32nd overall at Pac-10 Cross Country Championships.

2007 (Cross Country): Came on strong at season's end, running a career-best 21:19 at the Pac-10 Championships, 32nd overall and sixth among Huskies ... seventh on the team (79th overall) at West Regionals in 21:58 ... placed 15th at Mike Hodges, third on the team ... also ran in the top-seven at the Sundodger, finishing 15th overall in 21:47 ... received Coaches' Award at year's end for leadership and major improvements ... selected to Pac-10 All-Academic second team. **2006-07:** Did not compete during cross country season or indoor track season ... ran full outdoor track season, competing in 1500m, 3000m, and 5000m ... placed 22nd at Pac-10 Championships in the 5000m, clocking in at 17:54.92 ... season-best 3000m time of 10:10.26 set at the UW Outdoor Preview. **2005-06:** Redshirted the 2005-06 cross country and track seasons with a foot injury.

High School and Personal: Parents are Leslie and John ... younger sister Dayna a freshman on the team ... four-time district champion in 5K ... placed 26th at the prestigious Roy Griak Invitational in 2004 ... also earned top-40 finishes at the Manhattan Invitational in 2003 and 2004 ... won league cross country title as a senior, and placed fourth at the CIF meet ... ran ninth at CIF in 2002 ... missed the 2003 state meet with an injury ... a two-time All-League and All-CIF honoree for cross country ... named Western League Runner of the Year in 2004 ... led team to four-year sweep of league titles, and a pair of top-10 state finishes ... earned 11 varsity letters, including four each for cross country and soccer, and three for track ... captained all three squads as a senior ... led track squad to league and CIF titles in 2004 and 2005, and led soccer team to a league title in 2004, and a CIF crown in 2003 ... a 2004 San Diego Union-Tribune first-team All-Academic honoree ... recipient of numerous area, state and national academic awards ... prep teammate of former Husky Brad Liber and current Husky Riley Booker ... graduated with 4.67 GPA ... interested in a career in business.

COLLEGIATE BEST MARKS

1500m.....4:49.20 3000m.....10:10.26i 5000m.....17:54.92



PAC-10 SCORER

MAJOR MEETS

2006 MPSF TF	6th, 60m HH	2007 MPSF TF	17th, 200m
2006 Pac-10	14th, 400m IH	8th, 60m HH; 6th, 4x400m
.....	6th, 4x100m; 6th, 4x400m		

Falesha Ankton

Junior • Benicia, Calif. • Benicia HS



Will be a junior indoors and a sophomore outdoors ... one of UW's top returning sprinters, and the top returning 60m hurdler ... ranks in UW's top-10 indoors in the 4x400m relay ... has scored at both the Pac-10 and MPSF Championships.

2006-07: One of UW's top sprinters and hurdlers indoors, but did not compete outdoors ... second on the team in the 60m hurdles with best time of 8.72 coming in the prelims at the Husky Classic ... won the 60m hurdles title at the UW Indoor Preview, running 8.88 ... ran the second leg on UW's top 4x400m relay indoors, which placed sixth at the MPSF Championships in 3:47.58, the seventh best mark in Husky history ... also placed eighth in the 60m hurdles at MPSFs, and 17th in the 200m ... also competed in the 300m and 400m. **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

200m.....	25.40i	400m.....	59.08i	60m HH.....	8.72i / 8.93	100m HH.....	14.58
				400m IH.....	1:02.82		



Andrea Brown

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



A former SEC champion in the DMR, now enters second year at Washington after transferring from Kentucky ... debuted for cross country team in the fall, running four times including a No. 58 finish at Pac-10's ... won three consecutive 800m state titles as a Washington prep, the first in state history to do so.

2007 (Cross Country): Competed four times, twice running in UW's varsity top-10 ... finished 58th overall at Pac-10 Championships, eighth

on the squad in season-best 6K time of 21:53 ... was Washington's No. 2 finisher at both the Willamette and Mike Hodges Invites, finishing in the top-15 overall at each race ... placed 37th at season-opening Sundodger.

2006-07: Competed just twice during the track campaign, running the mile indoors at the UW Invitational and the Husky Classic ... best time was 5:03.78 ... did not compete outdoors ... 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

COLLEGIATE BEST MARKS

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

MAJOR MEETS

2004 SEC XC.....	82nd (7th UK)	2006 SEC TF	1st, DMR
2005 SEC XC.....	48th (6th UK)	9th, Mile; 16th, 800m
2005 Regional XC....	108th (5th UK)	2007 Pac-10 XC	58th (8th UW)





Elisa Bryant

Freshman • Seattle, Wash. • Inglemoor HS

Washington state champion and daughter of former Husky strength coach could make immediate impact in the throws in first season.

High School and Personal: Parents are Shana and Eric Bryant ... both parents are UW alums and Eric is a former strength coach at Washington ... is the middle child of five siblings ... older brother Deven and older sister Tonya also attend Washington ... won the discus at the Arcadia Invite in 2007 with a career-best throw of 150-3 ... won the state 4A discus title as a senior and was top-five the previous two years ... also placed third in the

shot put at state in 2007 and was top-10 in prior two seasons ... earned a 3.8 GPA in high school ... interested in a business major.

HIGH SCHOOL STATE CHAMPION



PERSONAL BEST MARKS

Shot Put.....41-5 Discus.....150-3

PAC-10 COMPETITOR

MAJOR MEETS

2007 Pac-10 TF.....17th, 1500m

Kailey Campbell

Sophomore • Seattle, Wash. • Ballard HS

Ran the 1500-meters at last year's Pac-10 Championships, placing 17th ... made collegiate cross country debut in the fall.

2007 (Cross Country): Competed at both "B" meets, leading the Huskies at the Willamette Invite with a third-place finish in 17:31 ... placed 31st at Mike Hodges Invite (6th UW). **2006-07:** Competed three times in the mile indoors, with season-best time of 5:00.07 at the UW Indoor Preview ... indoor mile time ranked fifth on team ... outdoors, ran 800m and 1500m ... placed second in the 800m at the Ken Shannon Invite in 2:15.68 ... best 1500m time came at the Oregon Invitational, where she clocked 4:41.88 ... 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.



COLLEGIATE BEST MARKS

800m.....2:15.68 1500m.....4:41.88 Mile.....5:00.07



NCAA XC ALL-AMERICAN

MAJOR MEETS

2005 World Jr. XC	84th	2006 Pac-10 XC	9th (2nd UW)
2005 Pac-10 XC	17th (2nd UW)	2006 Regional XC	6th (1st UW)
2005 Regional XC	11th (1st UW)	2006 NCAA XC	89th (2nd UW)
2005 NCAA XC	94th	2007 MPSF TF	2nd, 5000m
2005 Canada Jr. XC	2nd	2007 Pac-10 TF	3rd, 5000m
2006 MPSF TF	2nd, 5000m	2007 Regional TF	4th, 5000m
2006 World Jr. XC	56th	2007 NCAA-O	19th, 5000m
2006 Pac-10 TF	6th, 5000m	2007 Pac-10 XC	6th (1st UW)
2006 Regional TF	3rd, 5000m	2007 Regional XC	4th (1st UW)
2006 NCAA-O	21st, 5000m	2007 NCAA XC	20th (2nd UW)*
		2007 Canada Sr. XC	8th

* - Indicates All-America Honor Won

Anita Campbell

Junior • Vancouver, B.C. • Aldergrove HS



COLLEGIATE BEST MARKS

1500m.....4:38.76 3000m.....9:36.21 5000m.....16:28.19i / 16:00.03



Earned first NCAA Cross Country All-American award in the fall, placing 20th at NCAA's to help the Huskies to a program-best eighth-place finish ... qualified for a trip to the World Cross Country Championships with an eighth-place finish at the Canadian National Championships ... a two-time NCAA competitor at 5000-meters ... first team cross country All-Pac-10 in 2007.

2007 (Cross Country): Enjoyed historic junior season, leading the Huskies to a program-best eighth-place finish ... returned to NCAA's for third-straight year, earning first career All-American award with 20th-place finish in a time of 20:43 ... along with teammate Katie Follett, UW's first cross country All-Americans since 2001 ... ran first or second for the Huskies at every varsity race, going under 21-minutes every outing ... earned first team All-Pac-10 honors for sixth-place finish at the conference meet ... named All-West Region for fourth-place Regional finish, the best finish by a Husky since Tara Carlson was third in 1995 ... set school-record at Sundodger Invite, winning the race in 20:20 ... placed 12th overall and first on the team at Pre-Nationals, leading the Huskies to best-ever fourth-place finish ... also placed sixth (2nd UW) at Dellinger meet ... voted Team MVP at year's end ... qualified for spot on Canadian Senior Cross Country Team with eighth-place finish at the Canadian National Championships ... earned Pac-10 All-Academic honorable mention. **2006-07:** Qualified for second-straight NCAA Track and Field Championships in the 5000m ... placed seventh in her NCAA semifinal in a time of 16:28.77 ... made the NCAA's via her fourth place Regional finish, clocking 16:21.37 ... moved into fourth in the Huskies' record book with her 5000m performance at the Stanford Invitational, running 16:00.03 ... placed third at the Pac-10 Championships in the 5000m ... also ran the 1500m and 3000m once each outdoors, winning the 3000m race in the UW-WSU Dual ... clocked an NCAA provisional qualifying time indoors in the 5000m at the MPSF Championships, running in 16:28.19 and finishing second ... was UW's top performer in the 3000m indoors, posting a time of 9:38.95 at the Husky Classic in her only outing at that distance ... a Pac-10 All-Academic honorable mention ... qualified for second-straight NCAA Cross Country Championship meet, placing 89th overall ... was UW's No. 1 or 2 finisher at every varsity cross country 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 NCAA's, 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 NCAA's ... 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.



Kelley DiVesta

Senior • Colorado Springs, Colo. • Palmer HS

A two-time NCAA Outdoor Championships competitor ... UW's top vaulter indoors last season ... one of five 13-foot vaulters in UW history ... set the UW freshman pole vault record at 13-3 3/4.

2006-07: One of UW's top two pole vaulters, surpassed the 13-foot mark three times during the season ... finished seventh at Pac-10's for the second-straight year, and qualified for the NCAA West Regional, but failed to clear the bar, missing NCAA's for the first time ... recorded UW's best indoor vault of the season with a 13-3 1/4 clearance at the Husky Classic, well surpassing the NCAA Provisional mark ... was 22nd on the national list, just missing NCAA Indoors by 1 1/2 inches ... placed ninth at MPSFs with a mark of 12-11 1/2 ... won the pole vault at the Ken Shannon Invite, and placed second at five other outdoor meets ... best outdoor clearance of 13-1 3/4 came at UW-WSU dual, earning her second place. **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 NCAA's 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 NCAA's ... 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.....13-3 3/4i / 13-5 1/4

NCAA COMPETITOR

MAJOR MEETS

2005 MPSF TF	11th, PV	2006 Regional TF	4th (tie), PV
2005 Pac-10 TF	5th, PV	2006 NCAA-0	15th, PV
2005 Regional TF	5th, PV	2007 MPSF TF	9th, PV
2005 NCAA-0	15th, PV	2007 Pac-10 TF	7th, PV
2006 MPSF TF	11th, PV	2007 Regional TF	NH, PV
2006 Pac -10 TF	7th, PV		



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NCAA XC ALL-AMERICAN

MAJOR MEETS

2006 Pac-10 XC	79th (10th UW)	2007 Pac-10 XC	9th (2nd UW)
2006 Regional XC	82nd (6th UW)	2007 Regional XC	7th (2nd UW)
2007 MPSF TF	6th, Mile	2007 NCAA XC	19th (1st UW)*
2007 Pac-10 TF	8th, 1500m		

* - Indicates All-America Honor Won



Katie Follett

Sophomore • Fort Collins, Colo. • Fort Collins HS

Along with teammate Anita Campbell, became UW's first cross country All-Americans since 2001, leading the team with a 19th-place finish at NCAA's ... named second team All-Pac-10 and All-West Region in helping cross country to a program-best eighth-place finish ... scored in mid-distance runs at MPSF and Pac-10 Championships as a freshman.

2007 (Cross Country): Sensational sophomore season was a driving force behind UW's eighth-place NCAA finish ... earned first-career All-American award, placing 19th at NCAA's, a split second ahead of teammate Anita Campbell, marking UW's first ever All-American duo, and first All-Americans since 2001 ... made major improvements at every race compared to freshman season, earning team's Most Improved award and sharing Most Inspirational ... jumped from 79th at 2006 Pac-10's to ninth in 2007 to earn second team All-Pac-10 honors ... named All-West-Region after seventh-place Regional finish, second on the team, up from 82nd-place finish the previous year ... led the team with No. 2 overall finish at Bill Dellinger meet at the Sundodger in 20:37, which broke the previous school record and is second now to Campbell who finished first ... a Pac-10 All-Academic honorable mention. **2006-07:** Ran several distances during the track season including mile, 1500m, 3000m, and 5000m ... season-best 1500m time of 4:27.87 came at Pac-10 Championships where she finished eighth ... run at Pac-10's fell just seven hundredths of a second short of the 1500m Regional qualifying time ... ranked second on UW in the indoor 3000m with a time of 9:47.86 ... mile time of 4:52.08 was third best on the squad ... during cross country season, was 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.

COLLEGIATE BEST MARKS

Mile.....4:52.08 1500m.....4:27.87 3000m.....9:47.86i 5000m.....17:57.92



PAC-10 SCORER

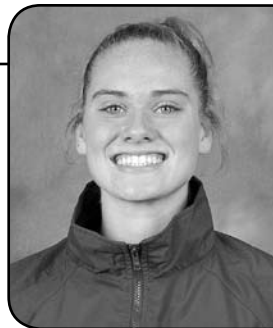
MAJOR MEETS

2005 MPSF TF	16th, LJ	2007 MPSF TF	7th, HJ
2006 MPSF TF	10th, PENT	14th, TJ; 7th, PENT
.....	t11th, HJ	2007 Pac-10 TF	18th, HJ
2006 Pac-10 TF	10th, HEP;	18th, TJ; 8th, HEP
.....	15th, HJ; t11th, LJ; 11th, TJ		



Liz Fuller

Junior • Vancouver, Wash. • Fort Vancouver HS



Will be a junior outdoors and a senior indoors ... the only Husky to complete the pentathlon and heptathlon last season ... UW's top returning long jumper ... represented UW in three events at the MPSF and Pac-10 Championships last year ... ranks in UW's all-time top-10 in five events.

2006-07: Competed in a huge number of events and was only Husky woman to complete the pentathlon indoors and heptathlon outdoors ... set personal bests in both multi-events ... placed seventh at MPSF Championships in pentathlon with 3,651 points, fifth best in UW history ... also was 7th in the high jump and 14th in triple jump at MPSFs ... finished eighth at Pac-10's in the heptathlon, also competing in main high and triple jumps ... career-best heptathlon score of 4,845 at Cal Invite Multis ranks fourth all-time at UW ... led the team in the outdoor triple jump (37-10), indoor long jump (17-11 1/2), and indoor high jump (5-6 1/2) ... also set personal bests in 100m hurdles, 800m, long jump, triple jump, and javelin ... ran anchor leg on UW's best 4x100m relay, which placed second at the UW-WSU dual in 49.28. **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 ... considering a career in chemistry.

COLLEGIATE BEST MARKS

60m Dash.....	8.04i	200m.....	25.76	800m.....	2:29.86i / 2:31.32	60m HH.....	8.85
100m Hurdles.....	14.71w / 14.89	High Jump.....	5-6 1/2i / 5-7	Long Jump.....	18-3 1/4i / 18-9 3/4w / 18-9	Triple Jump.....	36-11 3/4i / 38-1 1/2w / 37-10
Javelin.....	116-7	Pentathlon.....	3,651	Heptathlon.....	4,845	Shot Put.....	40-10 1/2i / 37-8



Samantha Gaffney

EIGHT-TIME STATE CHAMPION

RS Freshman • Sandy, Utah • Judge Memorial HS

Has yet to make collegiate debut after redshirting last season ... 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.

2006-07: Reshirted the cross country and track seasons 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

PERSONAL BEST MARKS

800m.....	2:18.2	1600m.....	5:04.18	Mile.....	5:07	3200m.....	10:55.80
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Did You Know?
Liz Fuller is one of seven returning Husky women that scored at the 2007 Pac-10 Track and Field Championships.



Lauren Ho

RS Freshman • Kailua, Hawaii • Hawaii Baptist Academy

Six-time state champion as a prep yet to make collegiate track debut ... did not compete for cross country in the fall ... named Gatorade Athlete of the Year for Hawaii as a prep.

2006-07: Competed twice in the fall, running in the season-opening Sundodger Invite where she placed 11th among UW runners, and at the Willamette Invite, running fourth amongst Huskies ... redshirted the track season.

High School and Personal: Parents are Sandy and Dennis Ho ... youngest of three siblings, including brother Brett and sister Tarah ... both siblings competed collegiately in the Seattle area, Brett in soccer at UPS and Tarah in track at SPU ... a six-time state prep champion ... inducted into Nissan's Hawaii Hall of Honor in 2006 ... named the Gatorade State Athlete of the Year in 2004-05 after winning four state titles ... swept state cross country titles in each of her final two seasons, and was fourth in 2003 ... swept state track titles at 800m, 1500m and 3000m as a junior in 2005, and won state 1500m title as a freshman ... never finished lower than fourth in nine-career state championship races, including three cross country and six track finals ... missed her senior track season with an injury ... ran ninth in the 2004 Footlocker West Regional meet in California, just one spot shy of a berth at nationals ... was 35th at the Footlocker meet as a senior ... won seven ILH cross country or track and field titles ... a seven-time letter winner and five-time team captain ... also excelled in soccer her first two years, winning All-ILH first-team and all-state honorable mention as a sophomore ... was selected as a Region VII pool player in U.S. Soccer's Olympic Development Program ... considering a career as a nutritionist.

COLLEGIATE BEST MARKS

5000m (XC).....19:15 6000m (XC).....22:35

SIX-TIME STATE CHAMPION



PAC-10 COMPETITOR

MAJOR MEETS

2006 USA Jr. XC.....30th 2007 Pac-10 TF.....17th, 3000m SC
2006 Pac-10 XC.....63rd (9th UW)



Mo Huber

Sophomore • Oakland, Calif. • Acalanes HS

Washington's leading steeplechaser during freshman season ... the No. 2 Husky returner at the 5K and No. 3 at the 3K ... one of the nation's top prep distance runners in 2006.

2007 (Cross Country): Saw action in three races, opening with 18th-place finish at Sundodger Invite ... ran with the varsity at Dellinger Invite, placing eighth on the team and 69th overall in 21:39 ... finished 20th at Mike Hodges Invite, fourth out of seven Huskies. **2006-07:** Had a strong freshman season on the track, leading all Huskies in the steeplechase and ranking second on the squad at 5000m ... competed at the Pac-10 Championships, finishing 17th, in the 3000m steeplechase ... season-best steeple time of 10:56.54 at the Pepsi Invitational ... also ran the 1500m three times outdoors, posting a best time of 4:37.72 ... indoors, competed in the 3000m and the mile ... ran four times with cross country 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 swimmer at Bowling Green ... 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.

COLLEGIATE BEST MARKS

1500m.....4:37.72 Mile.....5:10.04 3000m.....10:08.02i 5000m.....17:06.72
Steeple.....10:56.54



PAC-10 XC PARTICIPANT

MAJOR MEETS

2006 USA Jr. XC 30th | 2007 Pac-10 XC 62nd (10th UW)
 2006 Pac-10 XC 63rd (9th UW)

Anna Imperati

RS Freshman • Portland, Ore. • Jesuit HS

Distance specialist has run in UW's top-10 at the past two cross country Pac-10 Championships ... ran twice unattached on the track last year to preserve a year of eligibility.

2007 (Cross Country): Ran with the varsity Top-10 on three occasions, most notably placing 62nd overall, 10th among Huskies, at Pac-10 Championships ... finished 17th, seventh on UW, at Sundodger Invite ... was the ninth Husky across the line at the Bill Dellinger ... was UW's top finisher at the Mike Hodges Invite in 12th place. **2006-07:** Did not compete during indoor track season and ran twice unattached outdoors to preserve a year of eligibility ... ran the 3000m in both unattached races, with a top time of 10:31.72 ... competed three times in the fall, twice with the varsity cross country team ... ran 10th among Huskies at the Sundodger Invite, and ninth at the Bill Dellinger Invite ... ran with the "B" squad in the Open race at Pre-Nationals, running second among Husky finishers and 87th overall.

High School and Personal: Parents are Kathryn Beaumont and Sam Imperati ... has an older brother, Tony ... father played soccer at Santa Clara ... competed at Nike Team Nationals in 2004 and 2005, placing 95th and 66th, respectively ... was 25th at the state championships as a senior, and 64th her junior year ... earned top-10 league finishes both seasons ... was a first-team All-Metro League honoree for cross country in 2005 ... captured second-team all-league honors the previous season ... earned all-state honorable mention as a senior ... was named Most Improved for cross country in each of her final two seasons, and was the team MVP in 2005 ... also earned a Most Improved honor for the 2005 track season, and was named Jesuit's Outstanding Female Track Athlete in 2006.

COLLEGIATE BEST MARKS

3000m.....10:31.72



Kaisa Keranen

Junior • Seattle, Wash. • Roosevelt HS

Competed just once last season, but turned in the fourth-best javelin throw ever at Washington ... competed in multi-events before shifting focus towards javelin.

2006-07: Despite competing just once all season, her javelin throw of 143-8 at the Auburn Springtime Invite was the best on the team by 27 feet, and an NCAA Regional qualifying mark ... javelin throw was fourth-best ever at Washington ... did not compete indoors. **2005-06:** Competed in the multi-events, focusing more attention on the javelin in the outdoor season

... tallied 3,213 points in first collegiate pentathlon at the UW Invitational ... also competed separately indoors in the 60m dash, long jump, and high jump ... scored 4,469 at the Cal Invite Multis in the heptathlon outdoors, one of only two Huskies to complete the event ... set new personal-best in the javelin with a throw 124-2 at the UW Outdoor Preview, which was second on the team ... placed second on the team in the long jump outdoors, with a best legal mark of 17-3 3/4 at the Cal Invite Multis ... best wind-aided jump of 17-9 3/4 at the Pepsi Invite. **2004-05:** Redshirted the 2005 indoor and outdoor track seasons to preserve a year of eligibility ... competed unattached during both seasons ... placed sixth in first-career heptathlon at the Ken Foreman Invite, scoring 4,219 points ... unattached javelin best of 125-5 would have ranked fifth all-time (new implement) at Washington ... indoors, competed in the 60m dash, long jump and shot put.

High School and Personal: Parents are Monique and Jussi ... has three siblings, Mikko, Raija, and Hanna ... placed fifth in the heptathlon at the Junior Olympic Nationals in 2004 ... placed sixth at state in the long jump as a senior ... a three-time track team MVP, and captain of the squad in 2004 ... earned most inspirational honors her freshman and junior seasons ... also lettered in soccer all four years, and led Roosevelt to a second-place state finish in 2000.

PERSONAL BEST MARKS

60m.....8.05 200m.....27.12 800m.....2:35.78i / 2:36.18 100m HH.....15.98
 High Jump.....4-10 1/2i / 5-1 1/4 Long Jump.....17-5 1/2i / 17-9 3/4w / 17-3 1/4
 Shot Put.....33-6i / 34-7 3/4 Javelin.....143-8
 Pentathlon.....3,213 Heptathlon.....4,469





Amy Lia

Senior • Bothell, Wash. • Bothell HS

The 2006 NCAA 1500m champion ... 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 ... first team All-Pac-10 in cross country in 2006, but was forced to sit out senior season due to injury.

2006-07: Injuries prevented her from matching the huge successes of 2006 on the track ... only ran her signature 1500m event three times ... posted the second-fastest 1500m time of her career in first run of 2007 at the Stanford Invitational, clocking in at 4:17.49, second only to her NCAA-winning PR ... settled for 10th place finish in 1500m at Pac-10 Championships in first event back after missing over a month ... part of UW's top DMR that ran an NCAA Provisional time of 11:24.45 at the UW Indoor Invite ... followed up an NCAA Championship spring season with an outstanding fall cross country campaign, 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 NAAs, 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 NAAs ... 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 NAAs, 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.

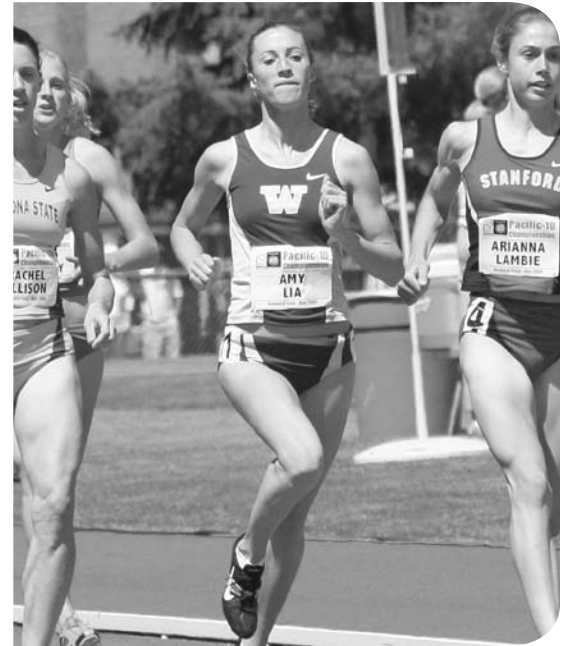
High School and Personal: Parents are Cathy Key and Tony Lia ... has an older brother, Joe ... won consecutive KingCo Conference cross country titles in 2001 and 2002 ... also captured back-to-back conference crowns in both the 800m and 1600m events ... a three-time top-20 finisher at the state 3A cross 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.

NCAA CHAMPION

MAJOR MEETS

2003 Pac-10 XC.....20th (2nd UW)	2006 Pac-10 TF.....2nd, 1500m
2003 Regional XC.....20th (3rd UW)	2006 Regional TF.....3rd, 1500m
2003 NCAA XC.....108th (3rd UW)	2006 NCAA-O.....1st, 1500m*
2004 MPSF TF.....3rd, 800m	2006 USA Sr. TF.....9th, 1500m
2005 Pac-10 TF.....4th, 1500m	2006 NACAC U23 TF...5th, 1500m
2005 Regional TF.....7th, 1500m	2006 Pac-10 XC.....6th (1st UW)
2005 NCAA-O.....12th, 1500m*	2006 Regional XC.....8th (1st UW)
2005 Pac-10 XC.....31st (4th UW)	2006 NCAA XC.....55th (1st UW)
2005 Regional XC.....17th (3rd UW)	2007 Pac-10 TF.....10th, 1500m
2006 MPSF TF.....7th, Mile	

* - Indicates All-America Honor Won



COLLEGIATE BEST MARKS

800m.....2:09.73 / 2:07.48 1500m.....4:14.63 Mile.....4:44.34



JUNIOR NATIONAL CHAMPION

MAJOR MEETS

2005 USA Jr TF 2nd, Steeple	2007 Pac-10 XC 13th (3rd UW)
2006 World Jr XC ... 52nd (4th USA)	2007 Regional XC ... 32nd (4th UW)
2006 USA Jr TF 1st, Steeple	2007 NCAA XC 117th (4th UW)
2007 USA Jr XC 11th	

Marie Lawrence

Freshman • Reno, Nev. • Reno HS



One of the top freshmen in the Pac-10 during cross country season, earning second team All-Pac-10 distinction ... ran fourth for UW at NCAA Championships, helping team to program-best eighth-place finish ... one of the nation's top prep recruits ... a four-time Footlocker Cross Country All-American ... 2006 Junior National Champion in the 3K steeplechase.

2007 (Cross Country): Stellar freshman season, UW's Newcomer of the Year ran No. 3 or No. 4 at every varsity race for the Huskies ... placed 13th at the Pac-10 Championships (3rd UW) in season-best 20:34, earning second team All-Pac-10 and was the third freshman across the line ... finished 117th overall (4th UW) at first NCAA Championships, helping the Huskies to eighth ... also ran fourth on the squad at West Regionals and Pre-Nationals ... burst onto the scene with third-place finish at Sundodger Invite in 20:58, followed by 13th-place run at the Dellinger in 20:48, running No. 3 for the Huskies on both occasions.

High School and Personal: Born in Carson City, Nevada ... parents are Lee and Jack Lawrence ... older sister Collier runs cross country and track for Washington State ... younger brother John will run for Portland State ... one of the top recruits in the class of 2007 ... placed 11th at the 2007 USA Cross Country Championships in Boulder, Colo. ... Junior National Champion in 3k steeplechase in 2006 with a championship meet record time of 10:15 ... Footlocker Cross Country All-American in the 5k from 2003-06 after placing second at the Footlocker XC Championships in 2003, 2004, and 2005, and fifth in 2006 ... has represented the United States at both the World Junior Cross Country Championships and the World Junior Track and Field Championships ... Gatorade Athlete of the Year for Northern Nevada for cross country and track ... three-time Nevada state cross country champion ... also a state champ on the track in 800m, 1600m, and 3200m ... plans to major in physical therapy.

COLLEGIATE BEST MARKS

6000m (XC).....20:34



Stevie Marshalek

Senior • Kent, Wash. • Kentlake HS

Reached NCAA Championships in each of four seasons ... applying for final year of outdoor eligibility after missing majority of 2006 season with a foot injury ... ranks third outdoors and fourth indoors on UW's top-10 pole vault lists.

2006-07: Reached fourth NCAA Championship in four years, second NCAA Outdoor meet and first since freshman season ... earned NCAA bid with fifth place NCAA Regional finish, clearing 13-3 ¾ ... won the pole vault at the UW-WSU dual meet with a career-best outdoor mark of 13-5 ¾ that ranks third in Husky history ... took third at the Pac-10 Championships with 13-1 ½ vault ... was top vaulter at UW Outdoor Preview, again clearing 13-1 ½ ... placed second at the Pepsi Invite and Ken Shannon Invite, and third at four more meets. **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 ¾, 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 / 13-5 3/4

NCAA COMPETITOR

MAJOR MEETS

2004 MPSF TF 2nd, PV	2005 Regional TF 10th, PV
2004 Pac-10 TF 7th, PV	2006 NCAA-I 14th, PV
2004 Regional TF 6th, PV	2007 MPSF TF 10th, PV
2004 NCAA-O 14th, PV	2007 Pac-10 TF 3rd, PV
2005 MPSF TF 4th, PV	2007 Regional TF 5th, PV
2005 NCAA-I 13th, PV	2007 NCAA-O 21st (tie), PV
2005 Pac-10 TF 9th, PV	





Syreeta Martin

Junior • Tacoma, Wash. • Wilson HS

The Huskies' top returning sprinter ... led the team at 200-meters outdoors, was second at 400-meters indoors, and qualified for regionals in the 400-meter hurdles ... part of three top UW relays ... ranks ninth all-time at UW in 400m hurdles.

2006-07: Showed continued improvement, becoming one of the team's most versatile sprinters ... led the team in the outdoor 200m and 400m hurdles, was second-fastest in the indoor 200 and 400m dashes, and ran the lead-off leg of UW's top 4x100m and 4x400m relays ... top 400m hurdles time of 59.60 was good for a fifth place finish at Pac-10's, and was a Regional qualifying mark, as well as ranking ninth on the outdoor Top-10 ... ran 15th in the 400m hurdles at West Regionals ... at MPSFs, placed seventh in the 400m dash, 11th in 200m dash, and led off sixth-place 4x400m relay ... took first in the 400m hurdles at the Brutus Hamilton Invite and the UW-WSU dual meet. **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.....12.46 200m.....25.12i / 25.10 400m.....56.45i / 58.61
60m HH.....9.00 400m IH.....59.60

PAC-10 SCORER

MAJOR MEETS

2006 MPSF TF	5th, 4x400m;	2007 MPSF TF	11th (tie), 200m
.....	5th, DMR	7th, 400m; 6th, 4x400m
2006 Pac-10 TF	12th, 400m IH;	2007 Pac-10 TF	5th, 400m IH
.....	6th, 4x400m	2007 Regional TF	15th, 400m IH



PAC-10 COMPETITOR

MAJOR MEETS

2006 Pac-10 TF.....15th, PV 2007 Pac-10 TF.....NH, PV



Allison Moore

Junior • Bellingham, Wash. • Sehome HS / Arizona

Represented UW at each of the past two Pac-10 Championships ... ranks ninth all-time outdoors in the pole vault for Washington ... transferred to UW after redshirting one year at Arizona.

2006-07: Competed 10 times in the pole vault, including at the Pac-10 Championships ... matched career-best 11-11 3/4 vault outdoors at UW-WSU dual, which ranks ninth on the UW outdoor vault list ... won the pole vault at the Oregon Invitational ... established new indoor personal best vault of 11-6 3/4 at UW Indoor Preview, and equaled it at the Husky Classic. **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

COLLEGIATE BEST MARKS

Pole Vault.....11-6 1/4i / 11-11 3/4



TWO-TIME NCAA ALL-AMERICAN

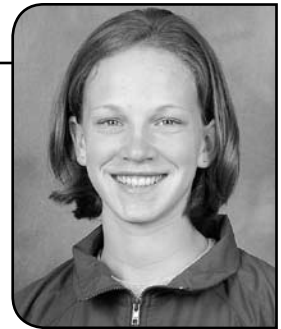
MAJOR MEETS

2005 MPSF TF.....	4th, 800m	2006 Regional XC.....	23rd (3rd)
.....	8th, 4x400m	2007 MPSF TF.....	1st, Mile
2005 NCAA-I.....	9th, 800m*	2nd, DMR; 6th, 4x400m
2005 Pac-10 TF.....	10th, 800m	2007 NCAA-I.....	9th, Mile*
.....	8th, 4x400m	2007 Pac-10 TF.....	4th, 1500m
2005 Regional TF.....	17th, 800m	2007 Regional TF.....	5th, 1500m
2005 Pac-10 XC.....	44th (7th UW)	2007 NCAA-O.....	14th, 1500m
2006 MPSF TF.....	5th, 800m	2007 Pac-10 XC.....	15th (4th UW)
2006 Pac-10 TF.....	9th, 800m	2007 Regional XC.....	17th (3rd UW)
2006 Regional TF.....	6th, 800m	2007 NCAA XC.....	108th (3rd UW)
2006 Pac-10 XC.....	24th (3rd UW)		

* - Indicates All-America Honor Won

Amanda Miller

Senior • Wenatchee, Wash. • Eastmont HS



Earned NCAA All-American award for ninth-place finish in the mile last season ... also named NCAA All-American as a freshman for ninth-place finish in 800-meters ... 2007 MPSF Champion in the mile ... UW's record-holder at 800-meters indoors ... the Huskies' No. 3 finisher at 2007 NCAA Cross Country Championships, helping UW to a program-best eighth-place finish ... named All-West Region for the second-straight year.

2007 (Cross Country): Had strongest cross country season yet, running from No. 2 to No. 4 at every varsity race save for the Sundodger where she did not compete ... was the No. 3 Husky at the NCAA Championships, finishing 108th overall in her first national meet ... earned All-West-Region for the second-straight year, placing 17th overall (3rd UW) ... at Pre-National meet, helped Huskies to program-best No. 4 finish with 35th-place showing, second on the team ... just missed making the All-Pac-10 team by one spot, placing 15th at the conference meet ... received Pac-10 All-Academic honorable mention. **2006-07:** One of UW's biggest standouts on the track, earning All-American honors in the Mile indoors with a ninth place finish at the NCAA Championships ... just missed the finals at the NCAA's outdoors in the 1500m, falling .01 seconds short in her semifinal run in her attempt to earn three All-America honors in three different events ... time of 4:20.58 in the 1500m NCAA semifinal was a personal best and ranks seventh in the UW record books ... career-best mile time of 4:41.36 came at UW Last Chance Qualifier and is the second-best time in school history ... also moved into seventh on all-time charts in the 4x400m relay with a time of 3:47.58 at the MPSF Championships ... ran just three times in the fall cross country season, 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 / 2:07.92 1500m..... 4:20.58 Mile..... 4:41.36 3000m..... 9:54.01





Kenna Patrick

STATE CROSS COUNTRY CHAMPION

Freshman • Federal Way, Wash. • Thomas Jefferson HS / University of Puget Sound

Joins the Huskies after attending the University of Puget Sound and running cross country in the fall ... the 2006 Washington state 4A cross country champion ... finished 51st overall at NCAA Division-III Championships in the fall and was named All-Northwest Conference first team.

2007 (Cross Country at UPS): Helped lead the Loggers to 23rd place at the NCAA D-III Championships in Northfield, Minn., placing second on the team and 51st overall ... led the Loggers at NCAA West Regionals, placing third overall ... selected to the All-Northwest Conference first team following a sixth-place finish at the NWC Championships, helping UPS to a second-place team finish.

High School and Personal: Born in Tacoma, Wash. ... parents are Joan and Kevin Patrick ... has one older brother, Kellan, and one younger sister, Camryn ... father Kevin also attended UW and brother Kellan is a current student ... the 2006 Washington state 4A cross country champion in a time of 18:13, also winning league and district crowns ... named 2006 Girls Cross Country MVP by the Seattle PI ... top-10 state XC finisher as a sophomore and junior ... led school to top-10 state finishes all four years, culminating in second-place finish in 2006 ... a three-time Nike Borderclash competitor, placing second as a senior ... named third-team All-Region at the 2006 Footlocker West Region meet ... on the track, was a top-10 finisher at state in the mile and two-mile during junior and senior years.

PERSONAL BEST MARKS

800m.....2:17 Mile.....4:59 2-Mile.....10:39 5k.....17:40

PAC-10 COMPETITOR

MAJOR MEETS

2007 MPSF TF 13th, PV | 2007 Pac-10 TF 16th, PV



Andrea Peterson

Junior • Bonney Lake, Wash. • Sumner HS



Ranks ninth indoors all-time at UW in the pole vault ... competed at both the MPSF and Pac-10 Championships last season ... one of five Huskies to clear 12 feet indoors in 2007.

2006-07: Broke into the UW indoor Top-10 list in the pole vault with a clearance of 12-3 ½ at the National Pole Vault Summit ... cleared 12 feet in each of her first four indoor meets ... finished 13th at the MPSF Championships and 16th at the Pac-10 Championships ... season-best outdoor vault of 11-6 ¼ came at the Ken Shannon Invite, good for fifth place. **2005-06:** Did not compete indoors or outdoors. **2004-05:** Redshirted the 2005 season to preserve a year of eligibility ... competed unattached in the pole vault during the indoor season, earning a season-best of 11-9 at the Husky Classic.

High School and Personal: Parents are Heidi and Ed ... has a younger brother, Arne ... aunt Lorah Brakke and uncle David Peterson each rowed on UW crews ... only participated in track her junior and senior seasons ... placed seventh in the vault at the 2003 state meet, her first year of competition in the event, and was second in 2004 ... earned All-State honors as a senior ... also earned All-State honors as a gymnast in 2004 after taking second at the state championships ... was a prep gymnastics teammate of Husky gymnast Raimy Iselin ... plans on studying medicine.

COLLEGIATE BEST MARKS

Pole Vault.....12-3 1/2i / 11-9

NCAA XC COMPETITOR

MAJOR MEETS

2004 Pac-10 XC68th (8th UW)	2007 MPSF TF17th, 3000m
2005 MPSF TF25th, 3000m	2007 Pac-10 TF21st, 5000m
2005 Pac-10 XC56th (9th UW)16th, Steeple
2006 MPSF TF13th, 5000m	2007 Pac-10 XC25th (5th UW)
2006 Pac-10 TF12th, Steeple	2007 Regional XC58th (5th UW)
2006 Pac-10 XC25th (4th UW)	2007 NCAA XC201st (5th UW)
2006 Regional XC...100th (7th UW)	

Trisha Rasmussen

Senior • Phoenix, Ariz. • Mountain Ridge HS



One of UW's top steeplechasers, ran the event at the last two Pac-10 meets ... best steeple time ranks seventh all-time at UW ... completed best cross country season in the fall, running fifth for UW at all three postseason meets to help the Husky women place eighth at NCAA's.

2007 (Cross Country): Had strongest cross country season yet, running fifth for the Huskies at five of six varsity meets ... placed fifth for the Huskies at the NCAA Championships in her first trip to nationals ... ran career-best 6K time of 20:56 at the Pac-10 Championships, duplicating her 25th-place finish from 2006 ... ran in 58th-place at Regionals, fifth on the squad ... placed 13th at the Sundodger and 51st at Bill Dellinger, fifth on the team in both outings ... shared the team's Most Inspirational award for the second-straight year ... a Pac-10 All-Academic second team selection for the second-straight year. **2006-07:** Competed twice indoors and ran a full outdoor track schedule ... placed 16th in the steeplechase and 21st in the 5000m at the Pac-10 Championships ... turned in season-best 3000m time of 10:08.56 at MPSF Championships ... also ran the 1500m and 800m outdoors ... named second-team Academic All-Pac-10 ... ran in UW's top-seven at all five cross country 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.....10:08.56 / 10:02.45
	Steeple.....11:04.87	5000m.....17:23.35	



Robyn Robblee

RS Freshman • Ellensburg, Wash. • Ellensburg HS

Will be a sophomore indoors and redshirt freshman outdoors ... competed in four different events at state as a prep.

2006-07: Competed four times indoors in the high jump, with best jump of 5-2 ¼ coming at the UW Last Chance Qualifier ... did not compete outdoors.

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.

COLLEGIATE BEST MARKS

High Jump.....5-2 1/4i

Did You Know?
Current Husky student-athletes hold 36 marks that rank in UW's career Top-10 lists, including senior Trisha Rasmussen, who is seventh in the steeplechase.





Lauren Saylor

Freshman • Clovis, Calif. • Buchanan HS

One of the top recruits out of the state of California ... a Footlocker Cross Country All-American as a prep ... ran in UW's top-seven at every varsity meet during cross country season as the Huskies took eighth at NCAA's.

2007 (Cross Country): Standout freshman season, running in UW's top-seven at every varsity meet starting with the Dellinger, where she placed 54th ... ran seventh for the Huskies at NCAA's, but was physically spent near the race's end, collapsing but still gutting out final 300-meters to finish ... ran season-best 21:27 at Pac-10 Championships, placing 41st (7th UW) ... the sixth Husky finisher

at Regionals, 61st overall ... placed sixth in the U.S. Junior Cross Country Championships, earning a spot on the U.S. Junior National Team that will travel to the World Cross Country Championships in Edinburgh, Great Britain.

High School and Personal: Born in Orange County, California ... parents are Julie and James Saylor ... has one younger brother, Christian, and one younger sister, Cathryn ... one of the top recruits out of the state of California ... Footlocker All-American in 2004 after placing 14th at Footlocker Nationals ... finished 12th or better at state all four years including fifth in 2004 and third in 2006 ... placed sixth at the 2006 Sacramento Meet of Champs in the 3200m ... competed in the 2005 Arcadia Invitational, placing fifth in the 2-mile run ... named all-state in cross country in 2004 and 2006 and in track in 2005 and 2007 ... seven-time league track champion ... captained high school all four years and led team to a top-eight state finish each year including second as a junior and third as a senior ... four-time league and section champion ... graduated with a 3.8 GPA ... plans to major in business and minor in psychology.

COLLEGIATE BEST MARKS

6000m (XC).....21.27

PREP ALL-AMERICAN

MAJOR MEETS

2007 Pac-10 XC..... 41st (7th UW) | 2007 NCAA XC.....253rd (7th UW)
2007 Regional XC..... 61st (6th UW)



NCAA COMPETITOR

MAJOR MEETS

2005 Pac-10 XC.....39th (5th UW)	2007 MPSF TF..... 6th, 800m
2005 Regional XC.....66th (7th UW) 2nd, DMR
2006 MPSF TF..... 5th, DMR	2007 NCAA-I..... 16th, Mile
2006 Pac-10 TF..... 8th, 800m	2007 Pac-10 TF..... 4th, 800m
2006 Regional TF..... 13th, 800m	2007 Regional TF..... 19th, 1500m
2006 Pac-10 XC.....62nd (8th UW)	2007 Pac-10 XC.....59th (9th UW)
	2007 NCAA XC.....236th (6th UW)

Danielle Schuster

Junior • Kennewick, Wash. • Kamiakin HS

An NCAA participant in the mile last season and Regional qualifier in the 800m and 1500m ... placed fourth in the 800m at 2007 Pac-10 Championships ... part of UW's second-place DMR at 2007 MPSF meet ... ranks fourth in the 800m and third in the mile indoors at UW, and is sixth at 800m outdoors ... was the No. 6 UW finisher at 2007 NCAA Cross Country Championships, as the team placed eighth.

2007 (Cross Country): Ran with UW's top-seven on four occasions, including placing sixth among Huskies at the NCAA Championships in Terre Haute ... best run of 21:20 came at Pre-Nationals, good for a 59th-place finish, No. 5 on the team ... opened the season with a 10th-place Sundodger finish (4th UW) ... ran seventh for UW at Dellinger Invite (67th overall) and was 59th overall at Pac-10's ... an honorable mention for Pac-10 All-Academic. **2006-07:** Had an excellent track season, qualifying for NCAA Indoor Championships in the mile ... career-best mile time of 4:33.33 at UW Last Chance Qualifier is third on UW's all-time list ... led the team in the 800m outdoors with a time of 2:07.39, ranking her sixth all-time at Washington ... placed fourth in the 800m at the Pac-10 Championships in a time of 2:10.72 ... qualified for Regionals in the 1500m, placing 19th overall with a PR of 4:25.14 ... twice ran on UW's DMR indoors, runs ranking third and fourth in UW's records book, with the top-time of 11:24.45 coming at the UW Indoor Invitational ... earned Academic All-Pac-10 honorable mention in cross country and track ... during cross country season, 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. **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

400m.....58.34 800m.....2:09.99 / 2:07.39 1500m.....4:25.14 Mile.....4:43.33



PAC-10 XC COMPETITOR

Did You Know?
BYU transfer Michelle Turner twice ran the 800-meters at the NCAA Championships, giving the Husky women seven athletes with NCAA meet experience.

Bailey Schutte

RS Freshman • Portland, Ore. • Jesuit High / UCLA



Will have four years of eligibility remaining after transferring from UCLA ... ran in the Bruins' top-seven and competed at Pac-10 Championships during 2006 cross country season.

2006-07 (UCLA): Placed 68th at the Pac-10 Cross Country Championships ... finished 78th in the open race at the Pre-National meet ... UCLA's No. 4 runner at the UCSD Triton Invitational (9th overall) ... the No. 4 runner for UCLA, finishing 52nd overall at the Bill Dellinger Invite ... opened up her college running career as the Bruins' No. 10 runner at the UCLA/UCR Dual Meet ... did not compete during track before transferring to Washington.

High School and Personal: Born in Seattle at the UW medical center ... parents are Amy and Todd Schutte ... Todd was a three-year track team member at Washington from 1987-89 ... has one younger sister, Payton ... a high school teammate of current UW distance runner Anna Imperati ... won three district track titles, two at 3000m ... most valuable runner junior and senior years ... led team to two state titles and two Nike National Team competitions ... second fastest runner in school history behind

PERSONAL BEST MARKS

1500m.....4:39 3000m.....10:09 5000m (XC).....18:09



Michelle Turner

Senior • Orem, Utah • Timpanogos HS / BYU

Transfer from BYU will have one year of eligibility remaining ... twice named All-Mountain Region ... four-time Mountain West Conference champion including winning 800m the last two seasons ... two-time NCAA Championships participant at 800m ... BYU school-record holder in 800m indoors.

2006-07 (BYU): Named to the All-MWC Team for track ... reached the semifinals in the 800m at the NCAA Championships ... set a new MWC Championship record in the 800 meters with her time of 2:05.44 ... took fifth in the 800 meters at the West Region meet ... placed

seventh in the 800m at the MWC Indoor Invitational ... ran a season-best time in the 1500m (4:24.41) at the ASU/Clif Bar Invitational ... ran on the 4x800m relay team that set a BYU record of 8:39.84 at the Penn Relays ... and ran on the third place 4x400 relay team at the MWC Championships. **2005-06 (BYU):** Great track season culminated at NCAA Championships, running the 800m in a then-personal best of 2:07.0 ... finished fifth in the 800m at the NCAA West Region Championships with a time of 2:09.40 ... won the 800-meter title at the MWC Outdoor Championships with a time of 2:08.65 ... won the 1500m at the Stanford Invitational with a time of 4:27.59 ... took home a MWC Indoor Championship title in the 800m with a time of 2:14.05 ... finished tenth in the 800m (2:12.47) and ran in the eighth-place 4x400m relay (4:07.13) at the UW Indoor Invitational ... finished 11th in the 800m at the Husky Indoor Classic with a time of 2:08.59 ... placed fourth in the 800m at ASU Invitational with a time of 2:21.06 ... during cross country season, had a time of 19:34.8 in the BYU Alumni Invitational ... ran in the BYU Autumn Classic with a time of 20:16.5 ... placed fourth with a time of 19:27 at the Big Green Invite. **2004-05 (BYU):** Finished sixth in the 4x400 relay (3:57.99) at the Husky Invitational ... placed third in the 800m at the MWC Indoor Championships with a time of 2:15.43 ... took fifth and passed the meet record for the 800m (2:12.49) at the Stanford Invitational ... finished fourth in the 800m at the MWC Outdoor Championships with a personal-best time of 2:11.09 ... redshirted the cross country season.

High School and Personal: Married to Matthew Turner ... parents are Gordon and Kathleen Lindsay ... brother, Bryan, ran for both BYU men's cross country and track teams, earning All-American honors ... also has three other brothers ... Lettered three years in track at Timpanogos ... placed 12th at Nationals in the 800m as a senior ... took second in state in the 400m and 800m and third in the 200m ... region champ in the 100m and 4x400m ... broke seven school records.

COLLEGIATE BEST MARKS

200m.....25.6 400m.....55.4 800m.....2:05.44 1500m.....4:24.41

NCAA COMPETITOR

MAJOR MEETS

2005 MWC TF-I.....	3rd, 800m	2006 Regional TF.....	5th, 800m
.....	2nd, 4x400y	2006 NCAA-O.....	19th, 800m
2005 MWC TF-O.....	4th, 800m	2007 MWC TF-I.....	7th, 800m
.....	3rd, 4x400m	2007 MWC TF-O.....	1st, 800m
2005 Regional TF.....	13th, 800m	3rd, 4x400m
2006 MWC TF-I.....	1st, 800m	2007 Regional TF.....	5th, 800m
.....	1st, DMR; 6th, 4x400m	7th, 4x400m
2006 MWC TF-O.....	1st, 800m	2007 NCAA-O.....	14th, 800m
.....	3rd, 4x400m		





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.

2006-07: Sat out most of the 2006 fall season after a busy 2006 ... ran just twice in the fall, placing 23rd overall at Sundodger, and 39th overall at the Dellinger Invite ... redshirted both indoor and outdoor track seasons, competing just twice unattached in the 3000m outdoors. **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.

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)	



COLLEGIATE BEST MARKS

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

STATE CHAMPION

Caroline Veldman

RS Freshman • Fort Collins, Colo. • Poudre HS

Did You Know?

Washington has sent a total of 64 athletes to the NCAA Indoor and Outdoor Championship since 2005, the most prolific stretch in team history. Those 64 have returned home with 51 All-America honors, also obliterating all previous three-year records.

Set to make collegiate debut after redshirting first year on the squad ... Colorado state discus champion as a prep.

2006-07: Redshirted the indoor and outdoor seasons to preserve a year of eligibility.

High School and Personal: Parents are Laurita Mechy and Dave Veldman ... three older brothers, Dustin, Colin, and Taylor ... Colin throws for the University of Oregon, and qualified for the 2006 NCAA Championships in the hammer throw ... lettered all four years in track, captaining team as a junior and senior ... won 5A state discus title senior year and placed sixth in shot put ... was Top-10 at state in shot and discus junior year ... also played hockey, captaining the high school girls hockey team in 2005 and 2006.

PERSONAL BEST MARKS

Shot Put.....42-7 Discus.....144-11



DAYNA ANDERSON

Freshman
Distances
San Diego, Calif.
University City HS

Personal Best Marks
1600m - 5:16 3200m - 11:30

EMILY COLLINS

Junior
Mid-Distances
Eugene, Ore.
Marist HS

Collegiate Best Marks
800m - 2:12.41 1500m - 4:38.78

LINDSEY KIRSCHMAN

Sophomore
Mid-Distances
Redding, Calif.
Enterprise HS

Collegiate Best Marks
Mile - 5:00.90 6000m (XC) - 22:51

TAYLOR NICHOLS

Freshman
Jumps
Bakersfield, Calif.
Stockdale HS

Personal Best Marks
TJ - 39-11 1/2

KRISTINA SHOEMAKE

Sophomore
Jumps
Bellevue, Wash.
Interlake HS

Collegiate Best Marks
HJ - 5-3 / 5-4 1/4i

LAUREN VISORIA

Freshman
Sprints
Vancouver, Wash.
Evergreen HS

Collegiate Best Marks
60m - 8.10 400m - 59.75

LYDIA BYLSMA

RS Freshman
Jumps
Longview, Wash.
Mark Morris HS

Personal Best Marks
JT - 131-4

ANNA FERO

Freshman
Distances
Seattle, Wash.
Holy Names Academy

Personal Best Marks
1600m - 5:08 3200m - 11:02

CHRISTINA LEE

Freshman
Sprints
Kennewick, Wash.
Southridge HS

Personal Best Marks
400m - 58.1 800m - 2:18.9

KOREDE OYETUGA

RS Freshman
Throws
Everett, Wash.
Everett HS

Collegiate Best Marks
DT - 133-7 HT - 146-7

AMANDA STOPA

Sophomore
Distances
Snohomish, Wash.
Snohomish HS / Oregon

Collegiate Best Marks
1500m - 4:52.32 6000m (XC) - 22:26

LAUREN WALKER

RS Freshman
Pole Vault
Huntington Beach, Calif.
Huntington Beach HS

Collegiate Best Marks
PV - 12-0i

KIERAH CALCOTE

Freshman
Sprints
Seattle, Wash.
Foster HS

Personal Best Marks

TAYLOR FJERAN

Freshman
Pole Vault
Mukilteo, Wash.
Kamiak HS

Personal Best Marks
PV - 11-6

ALLISON LOMBARDO

Sophomore
Jumps
Richland, Wash.
Richland HS

Collegiate Best Marks
HJ - 5-1 / 5-4 1/2i

STEPHANIE SAUVAGE

Freshman
Distances
Seattle, Wash.
Seattle Prep

Personal Best Marks
800m - 2:24 5000m (XC) - 20:20

MARIE TVARE

Freshman
Sprints/Hurdles
Oslo, Norway
Wang HS

Collegiate Best Marks
400m - 59.03

ALLY WOJCIECHOWSKI

Sophomore
Pole Vault
Lake Oswego, Ore.
Lake Oswego HS

Collegiate Best Marks
PV - 12-1i / 11-7 3/4

ANNALIESE CHAPA

Sophomore
Mid-Distances
Portland, Ore.
Central Catholic HS

Collegiate Best Marks
1500m - 4:30.56 Mile - 4:50.09

LINDSEY FLEISHMAN

Freshman
Jumps
Seattle, Wash.
Kentridge HS

Personal Best Marks
LJ - 17-6 TJ - 38-2

KELLY MUDLO

Freshman
Pole Vault
Littleton, Colo.
Heritage HS

Personal Best Marks
200m - 26.6 PV - 11-0

KELSEY SHIMADA

Freshman
Pole Vault
Bellevue, Wash.
Newport HS

Personal Best Marks
PV - 10-9 TJ - 32-6

NICOLE VIELMA

Sophomore
Jumps
Fife, Wash.
Fife HS

Collegiate Best Marks
HJ - 5-1 TJ - 35-10 1/2



Greg Metcalf

**Head Coach • Track & Field, Cross Country •
6th Year, 11th Overall**

Over the past 18 years, Greg Metcalf has come to epitomize Washington track and field.

A product of Ephrata, Wash. near the center of the state, Metcalf made his mark as a Husky All-American distance runner from 1990-93. His boundless passion for the sport led him into coaching, and soon he was back at his alma mater working with the distance program.

On Aug. 13, 2002, having served five years as assistant coach, Metcalf was named Washington's 12th head track and field coach, and just the fifth since Clarence "Hec" Edmundson took the helm in 1919.

An energetic presence, Metcalf immediately installed a new set of expectations that the team has already taken steps towards reaching. NCAA championships are the goal, and Metcalf's successes thus far have been nothing short of remarkable.

The last two seasons have been among the finest in the Huskies' storied track and field history. In 2007, Washington's men earned all-time best finishes at both the NCAA Indoor (7th) and NCAA Outdoor (15th) Track and Field Championships, while half-miler Ryan Brown captured his second NCAA 800-meter title and led 10 total Huskies to top-10 NCAA Championships finishes.



Washington's men also earned their second-straight MPSF Indoor conference title, placed among the top-four teams at the NCAA West Regional for the second-straight year and handed cross-state rival Washington State its worst Husky Stadium defeat in 85 years.

Metcalf was recognized for his coaching excellence with his second-straight MPSF's Men's Coach of the Year honor, and was honored by his coaching peers as the 2007 West Region Indoor Men's Coach of the Year.

All that came on the heels of a 2006 season in which 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 -- in fact, the past three seasons rank as the three most prolific in UW history in terms of All-America honors earned, with a combined 51 Huskies named All-America since 2005.

In addition to their All-America prowess, Husky individuals in Metcalf's tenure have combined for six NCAA titles, seven Pac-10 crowns and 113 NCAA Championships appearances, while breaking school records on 50 separate occasions.

The wins by Ryan Brown (800m) and Amy Lia (1,500m) 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 blossomed under Metcalf's tutelage into a two-time Pac-10, two-time Regional and two-time NCAA Champion, and won nine-career All-America honors.

Lia, meanwhile, has developed into one of the nation's premier distance runners, placing 55th at the 2006 NCAA Cross Country Championships 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.

Not to be overshadowed is Metcalf's work with the men and women cross country teams, which have each developed into national contenders in recent years, capped off by historic finishes for each team over the past two seasons.

2007 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
2007 NCAA TF-I..... 7th (tie)	2004 NCAA TF-I..... 37th
2007 NCAA TF-O..... 15th (tie)	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)
	2007 NCAA TF-I..... 34th (tie)
	2007 NCAA TF-O..... 56th (tie)
	2007 NCAA XC..... 8th

DISTANCE-RUNNING EXCELLENCE

- **THREE NCAA TITLES**
- **SEVEN PAC-10 CHAMPIONS**
- **32 NCAA ALL-AMERICANS**

The 2007 Husky women's team set a new program-high with an eighth-place finish at NCAA's, and for the first time ever had two All-Americans in the same season in junior Anita Campbell and sophomore Katie Follett. Follett placed 19th at NCAA's and Campbell was 20th, as the two crossed the finish in identical times.

The women's cross country squad has now reached the NCAA Championships in nine of Metcalf's 11 seasons, including six top-20 finishes. The UW men, meanwhile, have competed for national titles three times in the past five 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





as a prep 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 eight of Metcalf's first 10 seasons, including Campbell, a 2008 Canadian senior team member. More than a dozen have placed in the top-10 at the USATF Junior Nationals.

In all, Metcalf's distance runners have earned three NCAA track titles, seven Pac-10 titles, 32 All-America awards, 96 NCAA Championships bids and 17 school records in his 10 years with the program.

Another indication of Metcalf's success 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 Monro won the 2005 NACAC Cross Country title against an elite international field, while Brown ran fifth at the NACAC Track Championships in 2006. Lia, too, was fifth at the 2006 NACAC meet, and placed ninth at the 2006 USATF Outdoor Track and Field Championships, while 2007 graduate Mike Sayenko bettered Olympic "A" qualifying standard in his first-ever marathon race in 2006, then placed 29th at the Olympic Marathon trials in 2007.

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

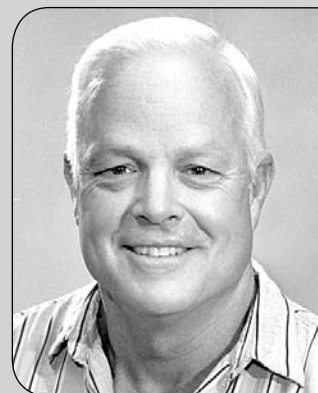
* - indicates multiple terms

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

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 6:25.98 in the 2,000-meter steeplechase at the 2007 UW Outdoor Preview broke the American record in the event, while her best of 9:47.68 in the more-commonly-run 3,000-meter steeple is 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 six-time recipients of the U.S. Track and Field and Cross Country Coaches Association (USTFCCCA) All-Academic honor, and six UW individuals have earned Academic All-America. UW placed 13 runners on the Pac-10's all-academic cross country team in 2007, and has boasted the most academic honorees of any Pac-10 school in nine of the past 17 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 Championships. 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.



Pat Licari

Assistant Coach • Vault/Jumps/Multi • 11th Year

It's no secret as to why the nation's top prep vaulters are clamoring to work with 11th-year UW assistant coach Pat Licari.

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

In 2007, Husky fans used to watching the nation's top vaulters were treated to the emergence of freshman Scott Roth under Licari's guidance. Roth picked up All-American honors both indoors (11th) and outdoors (8th), and captured gold at the 2007 Pan-American Junior Athletics Championships in São Paulo, Brazil. Roth's best indoor jump of 18-1 ¾ broke the UW freshman indoor record set by Husky alumnus Brad Walker, the current No. 1-ranked vaulter in the world.

2007 was far from a one-person show in the vaults, as junior McKane Lee qualified for NCAA Indoors for the men and senior Stevie Marshalek competed at NCAA Outdoors on the women's side.

Licari guided 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 during the latter's professional career, guiding the former Husky to gold medals at the 2006 IAAF World Indoor Championships and 2007 IAAF World Outdoor Championships, as well as four U.S. National titles. 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 ¼). 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 enjoyed equal success on the women's side. Washington in 2005 became the first school in America to qualify four women's vaulters for the NCAA Championships, doing so both indoors and out. Senior Kate Soma won the NCAA title outdoors -- Licari's third NCAA champion in as many years -- 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 at the NCAA meet, 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 collegiate history.

Licari has also had success with his jumpers, leading senior Norris Frederick to five All-America honors over the past three years, and guiding Frederick to the Pac-10 long jump title in 2006 and MPSF long jump titles in 2006 and 2007. Frederick earned All-America honors both indoors and outdoors in the long jump last season, as well as the high jump indoors. His wind-aided jump of 26-0 ¾ won the NCAA West Regional and gave Frederick the NCAA lead, as well as being the second-longest in UW history, and longest in more than 40 years.

In addition, Frederick earned NCAA Championships bids in the high jump in 2005 and 2006, while J.R. Wolfork was an NCAA long jumper qualifier in 2005. In 2005, Frederick and 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, however, was converted gymnast Carly Dockendorf, who climbed into the top-10 in Canadian history 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 19 All-America awards during his 10 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.



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GENERAL INFO.

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WASHINGTON

LaMonte Vaughn, Jr.

Assistant Coach • Sprints/Hurdles/Relays • 4th Year



LaMonte Vaughn, Jr., was brought to Washington to teach speed, so it should come as no surprise that he has turned UW's sprints, hurdles, and relays program into one of the nation's elite in such a short span of time.

Since his hiring in October of 2004, Washington's sprinters and hurdlers have performed at historic levels, combining for one Pac-10 title, four MPSF titles, and 11 All-America honors, including four relays. Vaughn's athletes currently hold a whopping 10 school records in sprints, hurdles, or 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 three years since, eight UW relays have earned eight NCAA Championships bids, with five of the eight earning All-America honors.

In 2007, the men's 4x400m relay made it back to the NCAA Outdoor Championships for the third-straight year, despite losing half the runners from the 2006 All-American foursome. Vaughn also helped guide the men's distance medley relay back to the NCAA's for the third-straight season, adding another All-American honor to their growing legacy.

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 the 4x400 and 4x100 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 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. In 2007, hurdler Ashley Lodree wrapped up an unprecedented career in which she earned a UW record six All-America honors. She left UW holding four school records, obliterating the previous 60m and 100m hurdle records, and ranks in the school top-10 in 12 different events. Lodree's third-place finish in the 60m hurdles at the 2007 NCAA Indoor Championships was the best-ever NCAA finish for a UW hurdler. Her sixth-place time of 12.99 at the 2007 NCAA Outdoors in the 100m hurdles was the best-ever by a UW woman and the ninth-fastest in Pac-10 history.

The men's hurdlers have also enjoyed plenty of accolades under Vaughn. In 2007, junior James Fredrickson earned his first All-American hurdles honor, placing 10th in the 400m hurdles at the NCAA outdoor meet. In 2006, Shane Charles won the 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 continue to assault the record books. Last year, junior Alex Harcourt set a new 400m indoor record of 46.43, and his top outdoor time of 45.87 ranked third at UW and was the fastest since UW legend Ja'Warren Hooker set the school record of 44.91 in 2000. Harcourt

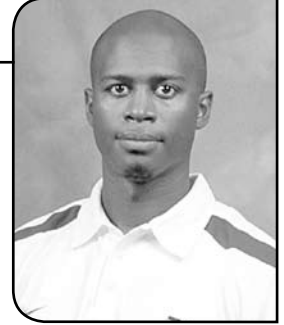
participated both indoors and outdoors last year in the 400m. Also back in 2006, quarter-miler Bruce Jackson earned the Huskies' first individual NCAA Championships bid in a sprint event since 2001.

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, 33, resides in Seattle with his wife, Devonia, and their six-year old daughter, Brianna.





Reedus Thurmond

Assistant Coach • Throws • 3rd Year

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

program.

In 2007, Thurmond coached Martin Bingisser to his second-consecutive All-American honor, with the senior finishing sixth overall at the outdoor NCAA meet. Bingisser improved right up until his final throw, a personal best of 222-feet, 2-inches that was the longest for a Husky since 1978.

Washington's throwers saw an immediate turnaround in their fortunes in their first year under Thurmond in 2006, combining for one Pac-10 title, one MPSF title, two All-America honors and three NCAA Championship berths. Juan Romero won the Pac-10 javelin crown in 2006, UW's first in the event since 1996 and its 18th Pac-10 throwing title all-time.

Romero and 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-collegiately, 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.



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

A native of Los Angeles, Calif., Thurmond graduated from Auburn in 2002 with a degree in health promotion. He and wife Aretha, the three-time U.S. discus champion, were married in April 2005. The couple welcomed their first child, Theo, in June of 2007.

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Jimmy Bean

Assistant Coach • Distances • 2nd Year

Jimmy Bean is in the midst of his second year as assistant coach for cross country and track & field at Washington, where

he works directly with

the men's distance runners and assists head coach Greg Metcalf with recruiting and administrative duties.

Bean's first year at Washington was one of the best-ever for UW's men's distance program. The Huskies' cross country squad earned a 12th-place NCAA finish -- its best since 1993 and fourth-best all-time.

On the track, senior Ryan Brown won the NCAA indoor title at 800 meters, and was third nationally outdoors. In addition, half-miler Austin Abbott placed fourth at the NCAA indoor meet, and UW's distance medley relay was fifth, paving the way for a best-ever seventh-place NCAA team finish.

In 2007 cross country season, the men dealt with injuries to top returner Jeremy Mineau, who redshirted the season due to injury, and senior leader Carl Moe, but had breakout seasons from junior Jon

Harding, sophomore Kelly Spady, and freshman Max O'Donoghue-McDonald, setting the stage for a prompt return to NCAA's next year.

Bean first demonstrated his coaching acumen at Oregon's Willamette University, where he led 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 and reigning USATF Outdoor 800-meter champion Nick Symmonds to an unprecedented seven national championships in the 800- and 1,500-meter runs.

Bean has also worked as a graduate assistant with the cross country and track and field teams at the University of Iowa, where he pursued a master's degree in athletic



administration. Bean primarily assisted in coordinating the Hawkeyes' recruiting efforts and assisted 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.



Five-time collegiate All-American Kelly Strong, formerly Kelly MacDonald, enters her sixth 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 five years at Washington have been some of the most outstanding in the history of UW's women's distance program.

The fall of 2007 saw the Washington women's cross country team turn in what could easily be termed the best season in program history. The women placed eighth at the NCAA Championships in Terre Haute, Ind., a new program high.

Strong was instrumental in the development of junior Anita Campbell and sophomore Katie Follett, who became UW's first pair of cross country All-Americans in one season in team history, and the first since 2001. Follett and Campbell finished in identical times at NCAA's to place 19th and 20th, respectively.

The women accomplished all this despite the absence of senior Amy Lia, one of the most decorated distance runners in UW history, who was recovering from injury. 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.

All told, eight All-America awards have been claimed by UW women under Strong's watch in her first five years, and the cross country program has reached NCAA's in four of the past six years under the combined tutelage of Strong and head coach Gret Metcalf. Since 2003, the women have earned one All-American award at 800-meters, three at 1500 meters including Lia's title, and two more in the mile.

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 class included Pac-10 Cross Country Newcomer of the Year Tori Tyler.

Kelly Strong

Assistant Coach • Distances • 6th Year



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

A 2002 graduate of Arizona State, Strong is the American record-holder in the 2,000-meter steeplechase (6:25.98), ranks seventh in U.S. history in the 3,000-meter steeple (9:47.68), and placed fifth in the event 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. Last year at the UW Outdoor Preview, Strong set the American record in the 2000m steeplechase with a time of 6:25.98.

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.

VOLUNTEER ASSISTANTS

Ryan Brown, Distances (1st Year)

Two-time NCAA Champion Ryan Brown enters his first season working with UW's mid-distance runners, teaming with coaches Greg Metcalf, Jimmy Bean, and Kelly Strong. Brown, a 2007 graduate, won two national titles in the 800-meters, and was a nine-time All-American, the second-most in UW history. He currently runs for Asics on the professional circuit.

Will Conwell, Throws (2nd Year)

Former Husky Will Conwell enters his second year as a volunteer assistant on the UW coaching staff. Conwell assists throws coach Reedus Thurmond, specifically in the men's shot and discus events. The Kent, Wash. native closed his college career in 2006 with an NCAA Championship berth in the discus. He was a top-five finisher at the Pac-10 Championships three years in a row and is married to former Husky Kate (Soma) Conwell, the 2005 NCAA pole vault champion.

John Wayne Penton, Jr., Sprints (1st Year)

Joining sprints coach LaMonte Vaughn this season is Lakewood, Wash. native John Wayne Penton, Jr. Penton is a 1997 graduate of the University of California, Berkeley where he played football after receiving a full ride scholarship following his graduation from Lakes High School. Penton was a Pac-10 starter at cornerback for the Bears and a two-time Washington state track champion. Penton has been the sprints coach at Highline High School since 200.

Brad Walker, Pole Vault (2nd Year)

Reigning World Pole Vault Champion Brad Walker continues to train with Husky vaults coach Pat Licari at the Dempsey Indoor facility and works with Washington's stable of vaulters. The Mountlake Terrace, Wash. resident won the gold medal at the 2006 Indoor World Championships and at the 2007 Outdoor World Championships, in addition to his two NCAA pole vault titles and four All-American honors. Walker continues to train for the 2008 Beijing Olympic Games.

OTHER HUSKY SUPPORT STAFF

Scott Baebler.....	Event Manager (6th Year)
Karen Baebler.....	Asst. AD, Olympic Sports (11th Year)
Michael Bruscas....	Athletic Communications (1st Year)
Eric Davis.....	Academic Counselor (4th Year)
Sherry Eischen.....	Program Coordinator (10th Year)
Matt Ludwig.....	Strength Coach (3rd Year)
Dr. Kim Harmon.....	Team Physician (10th Year)
Chip Lydum.....	Assoc. AD, Facilities (14th Year)
.....	Chief Administrator, Track & Field
Gary McGuire.....	Equipment Manager (9th Year)
Elisha Cusumano.....	Athletic Trainer (1st Year)

Feb. 23-24	MPSF Championships (Seattle, Wash.): 1. Washington 109 ; 2. Arizona 88; 3. Oregon 86; 4. Stanford 79.5; 5. Arizona State 79; 6. California 64; 7. Wash. State 63.5; 8. Long Beach State 50; 9. UCLA 35.
March 9-10	at NCAA Indoor Championships (Fayetteville, Ark.): 1. Wisconsin 40; 2. Florida State 35; 3. Texas 34; 4. Stanford 28; 5. Auburn 25; 6. Michigan 23; 7 (tie). Washington 22 , Arkansas 22; 9. Northern Iowa 21.50; 10 (tie). Baylor 21, Tennessee 21, LSU 21, Louisville 21.
April 7	at Pepsi Team Invitational (Eugene, Ore.): 1. Oregon 211; 2. Washington 164; 3. Kansas State 133; 4. USC 118.
April 28	at WSU Dual (Seattle, Wash.): 1. Washington 103 ; 2. Washington State 60.
May 12-13	at Pac-10 Championships (Stanford, Calif.): 1. Oregon 114; 2. Arizona State 111; 3. USC 110; 4. UCLA 92; 5. Arizona 91; 6. Washington 89 ; 7. Washington State 84; 8. Stanford 72; 9. California 56.
May 25-26	at NCAA Regional Championships (Eugene, Ore.): 1. USC 83; 2. Oregon 75; 3. Washington 70 ; 4. UCLA 53.5; 5. Arizona State 53; 6. Wash. State 46; t7. Stanford 43.5, Arizona 43.5; 9. BYU 35.5; t10. Long Beach State 27, California 27.
June 6-9	at NCAA Championships (Sacramento, Calif.): 1. Florida State 54; 2. LSU 48; 3. Auburn 34; 4. Tennessee 31; 5. USC 27; 6. North Carolina 26; t7. Wisconsin 7, Louisville 7; 9. UCLA 21; t10. Oregon 20, Stanford 20; t15. Washington 15 , Baylor 15, Oklahoma 15.

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

- (Career best) listed if superior to 2007 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: 6.62/6.74

Randy Bacon	6.96 (2/24)
Corey Fredericks (7.24i)	7.27 (1/26)
Leonard Harris	7.42 (2/10)
Bobby Noble	7.58 (2/24)

100 Meters

NCAA Reg: 10.50

Randy Bacon	10.59W (4/7)
	10.85 (4/28)
Chris Stevens	11.02 (3/24)
Blake Bidleman	11.35 (4/11)

200 Meters

NCAA Reg: 21.19

Randy Bacon (21.96i)	22.12 (3/24)
Don Gaspar	22.59 (3/24)
Blake Bidleman	22.94 (3/24)

200 Meters (Indoor)

NCAA: 20.83 / 21.23

Alex Harcourt	21.41 (2/10)
James Fredrickson (21.66i)	21.79 (2/10)
Randy Bacon	21.96 (2/23)
Jeff Gudaitis	22.48 (2/23)
Don Gaspar	22.75 (3/3)
Corey Fredericks	23.11 (3/3)
Bobby Noble	24.37 (2/11)

400-Meter Dash

NCAA Reg: 47.20

* Alex Harcourt (46.43i)	45.87 (5/13)
Ryan Brown	47.48 (3/24)
Kyle Still	48.28 (3/24)
Jeff Gudaitis	48.47 (5/12)
Don Gaspar (49.82i)	49.89 (4/28)
Blake Bidleman	49.92 (4/11)
Tim Freeman (50.89i)	51.16 (3/24)

400-Meter Dash (Indoor)

NCAA: 46.05 / 47.25

\$# Alex Harcourt	46.43 (1/27)
Kyle Still	48.39 (2/10)
Jeff Gudaitis	48.62 (2/24)
Don Gaspar	49.82 (2/24)

800 Meters

NCAA Reg: 1:50.40

* Ryan Brown (1:46.29)	1:47.51 (5/13)
* Austin Abbott (1:49.00i)	1:49.31 (3/24)
Brian Govier (1:50.19i)	1:50.51 (3/24)
Tim Freeman (1:50.25)	1:52.92 (4/21)
Matt Owen (1:54.35)	1:54.60 (4/28)

800 Meters (Indoor)

NCAA: 1:47.80 / 1:49.90

\$# Ryan Brown	1:48.40 (1/27)
# Austin Abbott	1:49.00 (3/3)
Brian Govier	1:50.19 (3/3)
Tim Freeman (1:50.25)	1:52.46 (2/24)

1,500 Meters

* Carl Moe (3:44.91)	
Jon Hickey	
Matt Owen	
Brian Govier	
Jon Harding	
Ryan Brown	
Kelly Spady	
Mike Sayenko	
Zack Gussin	
Chris Glaser	
James Wilson (3:57.97)	
Riley Booker	
Blake Bidleman	

5 Mile (Indoor)

# Austin Abbott (3:59.47i)	
# Carl Moe	
Jon Harding	
Jon Hickey	
Ryan Brown	
Kelly Spady	
Brad Liber	
Brian Govier	
Caleb Knox	
Riley Booker	
Travis Boyd	
Chris Glaser	
Zack Gussin	

3,000 Meters (Indoor)

Kelly Spady	
Mike Sayenko	
Jon Hickey	
Jon Harding (8:06.86)	
James Wilson	
Jeremy Mineau	
Riley Booker	
Chris Ahl	
Matt Owen (8:22.25)	
Travis Boyd (8:21.42i)	
Carl Moe (8:02.82i)	
Kevin Peters (8:14.79i)	
Alec Bromka	
Chris Glaser	

3,000m Steeplechase

* Carl Moe	
* Brad Liber	
Caleb Knox (9:12.97)	

5,000 Meters

* Mike Sayenko	
Jon Hickey (14:11.39i)	
Carl Moe (14:14.59)	
Kelly Spady (14:17.04i)	
Jon Harding (14:20.90)	
Kevin Peters (14:16.12i)	
Adam Shimer (14:47.62i)	
Travis Boyd (14:29.86i)	
Matt Owen (14:27.66)	
Joe Darda	
James Wilson	

NCAA Reg: 3:47.80

3:47.50 (3/24)	
3:48.18 (5/4)	
3:48.22 (5/4)	
3:48.93 (5/4)	
3:49.25 (5/4)	
3:49.77 (3/31)	
3:50.68 (4/20)	
3:50.74 (5/4)	
3:59.06 (3/16)	
4:00.80 (3/16)	
4:01.44 (5/4)	
4:05.08 (3/16)	
4:25.93 (4/12)	

NCAA: 3:59.00 / 4:04.00

4:00.59 (2/10)	
4:01.33 (3/3)	
4:05.29 (3/3)	
4:06.02 (3/3)	
4:07.73 (2/10)	
4:09.56 (3/3)	
4:10.45 (2/10)	
4:12.01 (1/13)	
4:14.07 (2/10)	
4:15.39 (1/13)	
4:16.28 (1/13)	
4:17.70 (2/10)	
4:17.70 (3/3)	

NCAA: 7:54.00 / 8:05.00

8:07.69 (2/24)	
8:07.93 (2/10)	
8:10.41 (2/24)	
8:14.53 (1/27)	
8:18.59 (3/3)	
8:19.27 (2/10)	
8:20.78 (3/3)	
8:23.84 (2/10)	
8:24.02 (1/27)	
8:24.13 (1/27)	
8:25.77 (2/24)	
8:34.62 (1/27)	
8:36.98 (1/13)	
8:47.65 (1/27)	

NCAA Reg: 9:07.00

8:48.93 (5/26)	
9:01.96 (5/12)	
9:16.50 (4/28)	

NCAA Reg: 14:12.00

14:08.71 (4/20)	
14:13.58 (3/30)	
14:16.91 (3/30)	
14:24.03 (3/30)	
14:27.08 (3/30)	
14:54.38 (3/30)	
14:55.23 (5/4)	
15:05.04 (5/4)	
15:06.24 (5/13)	
15:06.90 (4/7)	
15:16.25 (4/7)	

5,000 Meters (Indoor)

# Jeremy Mineau (13:54.03i)	
Mike Sayenko	
Kelly Spady	
Chris Ahl	
Travis Boyd	
Matt Owen (14:27.66)	
Kevin Peters (14:16.12i)	
Adam Shimer	

NCAA: 13:48.00 / 14:10.00

14:06.34 (2/23)	
14:14.73 (3/3)	
14:17.04 (2/10)	
14:23.29 (3/3)	
14:29.86 (2/10)	
14:33.98 (3/3)	
14:36.72 (3/3)	
14:47.62 (3/3)	

10,000 Meters

* Jeremy Mineau (28:49.69)	
* Mike Sayenko	
Adam Shimer	

NCAA: 28:45.00 / 29:30.00

28:57.02 (3/31)	
29:07.22 (4/29)	
30:28.35 (4/20)	

60-Meter Hurdles (Indoor)

James Fredrickson	
Richard Harrison	
Corey Fredericks (9.16i)	
Bobby Noble	

NCAA: 7.70 / 7.91

8.03 (2/24)	
8.70 (3/3)	
9.37 (1/27)	
9.44 (2/24)	

110-Meter Hurdles

* James Fredrickson	
Blake Bidleman	
Ricky Harrison	
Bobby Noble	

NCAA Reg: 14.30

14.21 (4/28)	
14.74 (4/12)	
15.62 (4/28)	
18.05 (3/16)	

400-Meter Hurdles

* James Fredrickson	
* Kyle Still	
Ricky Harrison	

NCAA Reg: 52.51

50.63 (5/13)	
52.34 (5/13)	
58.48 (4/14)	

4x100-Meter Relay

Frederick/Fredrickson/Gudaitis/Bacon	
Frederick/Fredrickson/Gudaitis/Gaspar	

NCAA Reg: 40.66

40.96 (4/28)	
41.18 (3/24)	

4x400-Meter Relay

* Gudaitis/Fredrickson/Brown/Harcourt	
* Still/Gudaitis/Brown/Harcourt	
Still/Gudaitis/Fredrickson/Harcourt	

NCAA Reg: 3:10.00

3:08.39 (3/24)	
3:08.99 (4/7)	
3:13.22 (4/28)	

4x400-Meter Relay (Indoor)

# Gudaitis/Still/Brown/Fredrickson	
Harcourt/Fredrickson/Still/Gudaitis	
Gudaitis/Gaspar/Freeman/Harrison	

NCAA: 3:06.50 / 3:10.40

3:09.08 (3/3)	
3:12.59 (1/27)	
3:24.07 (1/13)	

Dist. Medley Relay (Indoor)

# Abbott/Fredrickson/Brown/Moe	
# Abbott/Still/Govier/Spady	
Brown/Fredrickson/Freeman/Liber	

NCAA: 9:34.00 / 9:45.70

9:35.89 (2/23)	
9:43.40 (1/26)	
9:57.67 (1/26)	

High Jump

* Norris Frederick (7-2 1/4i)	
* Teddy Davis (7-1)	
Blake Bidleman	

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

7-1 (2.16) (5/26)	
6-11 (2.11) (5/26)	
6-2 3/4 (1.90) (4/11)	



Mike Sayenko qualified for regionals in both the 5000m and 10000m, the latter in a time of 29:07.22 that was fourth-fastest in school history.

High Jump (Indoor)

NCAA: 7-4 1/4 (2.24) / 7-1 (2.16)

# Norris Frederick	7-2 1/4 (2.19)	(1/13)
Teddy Davis (7-1)	6-6 3/4 (2.00)	(3/3)
Bobby Noble	6-2 3/4 (1.90)	(3/3)
Corey Fredericks	6-0 (1.83)	(2/23)

Pole Vault

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

* Scott Roth (18-1 3/4i)	17-10 1/2 (5.45)	(5/12)
* McKane Lee (17-9 3/4i)	16-10 3/4 (5.15)	(5/12)
* Seth Perrins (16-11 1/2i)	16-6 3/4 (5.05)	(4/28)
Jared O'Connor (16-1 3/4)	16-0 3/4 (4.90)	(4/7)
Ryan Vu (16-6i)	16-0 3/4 (4.90)	(5/4)
Conor Sayres	15-1 (4.60)	(3/16)
Blake Bidleman (13-11 3/4i)	13-11 1/4 (4.25)	(5/6)
Bobby Noble	12-11 3/4 (3.96)	(3/16)

Pole Vault (Indoor)

NCAA: 18-0 1/2 (5.50) / 17-0 3/4 (5.20)

@ Scott Roth	18-1 3/4 (5.53)	(3/3)
# McKane Lee	17-9 3/4 (5.43)	(3/3)
Seth Perrins	16-11 1/2 (5.17)	(2/24)
Ryan Vu	16-6 (5.03)	(3/3)
Corey Fredericks	13-3 3/4 (4.06)	(2/24)
Bobby Noble	12-8 (3.86)	(12/8)

Long Jump

NCAA Reg: 24-1 (7.34)

* Norris Frederick (25-10i)	26-0 3/4w (7.94)	(5/25)
	24-6 1/4 (7.47)	(5/12)
Blake Bidleman	21-7 1/4 (6.58)	(3/24)
Corey Fredericks (22-4 1/2i)	21-6 3/4 (6.57)	(4/28)
Braden Weeks (21-6 1/4i)	21-4 1/4 (6.51)	(5/4)

Long Jump (Indoor)

NCAA: 25-9 1/4 (7.85) / 24-7 1/4 (7.50)

\$@ Norris Frederick	25-10 (7.87)	(1/27)
Corey Fredericks (22-4 1/2i)	21-11 (6.68)	(2/23)
Braden Weeks	21-6 1/4 (6.56)	(3/3)
Bobby Noble	20-4 1/4 (6.20)	(3/3)
Leonard Harris	16-8 (5.08)	(2/10)

Triple Jump

NCAA Reg: 49-2 1/2 (15.00)

Corey Fredericks	45-9 (13.94)	(4/28)
Braden Weeks (44-8 3/4i)	44-4 (13.51)	(4/20)
Jackson Beach	43-8 (13.31)	(4/28)

Triple Jump (Indoor)

NCAA: 52-10 (16.10) / 50-6 1/4 (15.40)

Braden Weeks	44-8 3/4 (13.63)	(3/3)
Jackson Beach	42-7 (12.98)	(2/10)

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 June 6-9, NCAA Championships, *Sacramento, Calif.*

¹ - Throwers only.

Shot Put

NCAA Reg: 55-1 1/2 (16.80)

* Mart Israel	56-9 1/4 (17.30)	(3/24)
* Daniel Te'o-Nesheim (56-5 1/4i)	56-4 1/2 (17.18)	(3/24)
* Cameron Elisara (55-9 1/4i)	55-2 (16.81)	(3/24)
Martin Bingisser	49-6 1/2 (15.10)	(4/28)
Blake Bidleman	44-0 3/4 (13.43)	(4/11)

Shot Put (Indoor)

NCAA: 63-4 (19.30) / 58-3 (17.75)

Daniel Te'o-Nesheim	56-5 1/4 (17.20)	(1/27)
Cameron Elisara	55-9 1/4 (17.00)	(3/3)
Corey Fredericks	41-1 3/4 (12.54)	(2/23)
Bobby Noble	34-6 1/4 (10.52)	(1/26)

Weight Throw (Indoor)

NCAA: 70-6 1/2 (21.50) / 63-11 3/4 (19.50)

# Martin Bingisser	67-0 (20.42)	(3/3)
Zack Midles	58-5 1/4 (17.81)	(2/10)

Discus

NCAA Reg: 169-7 (51.70)

* Mart Israel	208-9 (63.64)	(3/31)
Daniel Te'o-Nesheim (166-5)	159-8 (48.66)	(4/28)
Zack Midles	155-5 (47.38)	(3/24)
Blake Bidleman	129-6 (39.47)	(3/16)
Corey Fredericks	117-9 (35.89)	(3/16)
Bobby Noble	90-11 (27.72)	(3/16)

Hammer Throw

NCAA Reg: 182-5 (55.60)

* Martin Bingisser	222-1 (67.70)	(6/8)
* Zack Midles	198-9 (60.58)	(5/13)

Javelin NCAA Reg: 202-1 (61.60)

Zach Woods	184-1 (56.12)	(4/28)
Bobby Noble	159-2 (48.51)	(3/16)
Corey Fredericks (149-10)	149-6 (45.57)	(3/16)
Blake Bidleman (142-10)	142-3 (43.36)	(5/6)

Heptathlon (Indoor)

NCAA: 5,650 / 5,300

Corey Fredericks	4,874	(2/24)
Bobby Noble	4,437	(2/24)

Decathlon

NCAA: 7,500 / 6,900

* Blake Bidleman	7,006	(4)
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Feb. 23-24	MPSF Championships (Seattle, Wash.): 1. Arizona State 135; 2. Stanford 96; 3. California 80; 4. Washington 73.5 , Arizona 73.5; 6. Washington State 72; 7. Oregon 65.5; 8. UCLA 40.5; 9. Long Beach State 15; 10. UC Irvine 8.
March 9-10	at NCAA Indoor Championships (Fayetteville, Ark.): 1. Arizona State 38; 2. LSU 33; 3. Tennessee 30; 4. Georgia 28; 5. Auburn 26; 6. Stanford 24; 7. UCLA 23; 8. Texas 22; 9. Michigan 21; 10 (tie). South Carolina 20, Texas Tech 20; 34 (tie). Washington 6 .
April 7	at Pepsi Team Invitational (Eugene, Ore.): 1. Oregon 183.5; 2. Kansas State 165; 3. Washington 151.5 ; 4. USC 118.
April 28	at WSU Dual (Seattle, Wash.): 1. Washington State 102; 2. Washington 61
May 12-13	at Pac-10 Championships (Stanford, Calif.): 1. Arizona State 158; 2. Stanford 134.33; 3. UCLA 118.5; 4. USC 113; 5. Washington State 67.83; 6. Arizona 62; 7. Oregon 61; 8. California 54.33; 9. Washington 49 ; 10. Oregon State 0.
May 25-26	at NCAA Regional Championships (Eugene, Ore.): 1. Arizona State 94; 2. USC 74; 3. UCLA 67; 4. Stanford 60; 5. San Diego State 53; 6. BYU 48.5; 7. California 48; 8. Oregon 44; 9. Arizona 33; 10. Washington 29 .
June 6-9	at NCAA Championships (Sacramento, Calif.): 1. Arizona State 60; 2. LSU 53; 3. Michigan 36; 4. Texas A&M 34; 5. UCLA 30; 6. Texas 29; 7. USC 27; 8. California 26; 9. Georgia 24; 10. Stanford 23, Texas Tech 23; 159. Washington 3 , Sam Houston St. 3, Florida Int'l 3, Texas-San Antonio 3, Fresno State 3, Charlotte 3, Colorado State 3, Michigan State 3.

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

- (Career best) listed if superior to 2007 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	7.34 (2/24)
Jennifer Nash (7.68)	7.77 (1/13)
Kinyatta Leonhardt	7.84 (2/10)
Daria Amiad-Pavlov	8.50 (3/3)

100 Meters	NCAA Reg: 11.75
* Ashley Lodree (11.3h/11.76)	11.54w (5/13)
	11.5h (4/7)
	11.89 (5/12)
Jennifer Nash (11.98)	12.42 (5/4)

200 Meters	NCAA Reg: 23.96
Syreeta Martin	25.10 (3/24)
Kinyatta Leonhardt (25.50)	25.21 (4/7)
Jennifer Nash (25.38)	26.39 (4/14)
Brandy Taylor (26.83i)	27.03 (4/7)
Daria Amiad-Pavlov	27.09w (5/5)
Liz Fuller (25.76)	27.26W (4/11)
	27.39 (3/16)

200 Meters (Indoor)	NCAA: 23.30 / 23.90
\$ Ashley Lodree	24.22 (2/10)
Syreeta Martin	25.12 (2/23)
Falesha Ankton	25.40 (2/23)
Brandy Taylor	26.83 (2/10)
Chelsey Johnson	27.31 (2/10)
Liz Fuller (25.76)	27.49 (3/3)
Daria Amiad-Pavlov	27.51 (3/3)

400-Meter Dash	NCAA Reg: 54.61
Kinyatta Leonhardt (55.53)	55.99 (4/7)
Dani Schuster	58.34 (5/4)
Brandy Taylor	59.74 (5/4)

400 Meters (Indoor)	NCAA Indoor: 52.40 / 54.40
Kinyatta Leonhardt (55.53)	55.99 (3/3)
Syreeta Martin	56.45 (2/24)
Falesha Ankton (59.08)	59.16 (1/27)
Brandy Taylor	1:02.27 (1/27)
Chelsey Johnson	1:02.60 (2/10)

800 Meters	NCAA Reg: 2:09.80
* Dani Schuster	2:07.39 (3/24)
* Amy Lia	2:07.48 (3/24)
* Amanda Miller (2:06.76i)	2:07.92 (4/21)
* Kira Harrison	2:09.00 (4/7)
Emily Collins	2:12.41 (3/24)
Kailey Campbell	2:15.68 (5/4)
Trisha Rasmussen (2:15.38)	2:16.07 (5/4)
Liz Fuller (2:29.86i)	2:31.32 (5/6)

800 Meters (Indoor)	NCAA Indoor: 2:05.20 / 2:09.00
Amanda Miller (2:06.76i)	2:09.57 (1/27)
# Dani Schuster (2:07.43)	2:09.99 (2/10)
Kira Harrison (2:09.26)	2:10.17 (2/10)
Lindsey Kirschman	2:16.35 (1/27)
Liz Fuller	2:29.86 (2/23)

1,500 Meters	NCAA Reg: 4:27.80
* Amy Lia (4:14.63)	4:17.49 (3/31)
* Amanda Miller	4:20.58 (6/7)
* Dani Schuster	4:25.14 (3/31)
Katie Follett	4:27.87 (5/13)
Kira Harrison (4:29.64)	4:33.76 (3/24)
Mo Huber	4:37.72 (3/24)
Karina Wegman	4:38.54 (5/4)
Anita Campbell	4:38.76 (4/7)
Emily Collins	4:38.78 (3/30)
Trisha Rasmussen (4:39.18)	4:40.89 (3/24)
Kailey Campbell	4:41.88 (4/21)
Sayaka Yoshinaga	4:42.06 (4/21)
Brianna McLeod (4:32.82)	4:49.06 (4/28)
Brooke Anderson	4:49.20 (4/21)

Mile (Indoor)	NCAA Indoor: 4:40.00 / 4:48.00
# Amanda Miller	4:41.36 (3/3)
# Dani Schuster	4:43.33 (3/3)
Katie Follett	4:52.08 (2/24)
Emily Collins	4:58.03 (2/24)
Kailey Campbell	5:00.07 (1/13)
Lindsey Kirschman	5:00.90 (2/10)
Karina Wegman	5:02.23 (3/3)
Brianna McLeod (4:53.23i)	5:03.09 (2/10)
Andrea Brown	5:03.78 (2/10)
Amy Lia (4:44.34i)	5:05.55 (1/27)
Mo Huber	5:10.04 (1/13)

3,000 Meters (Indoor)	NCAA Indoor: 9:15.00 / 9:34.00
Anita Campbell (9:36.21i)	9:38.95 (2/10)
Katie Follett	9:47.86 (3/3)
Sayaka Yoshinaga	9:56.45 (3/3)
Karina Wegman	9:59.82 (2/24)
Mo Huber	10:08.02 (3/3)
Brianna McLeod	10:08.31 (1/13)
Trisha Rasmussen	10:08.56 (2/24)
Brooke Lademan	10:48.57 (1/13)

3,000m Steeplechase	NCAA Reg: 10:50.25
Mo Huber	10:56.54 (4/7)
Trisha Rasmussen (11:04.87)	11:09.14 (5/23)

5,000 Meters	NCAA Reg: 16:52.00
* Anita Campbell	16:00.03 (3/31)
Mo Huber	17:06.72 (3/30)
Karina Wegman	17:22.26 (3/30)
Trisha Rasmussen	17:23.35 (3/30)
Sayaka Yoshinaga (17:24.30)	17:24.55 (3/30)
Brooke Anderson	17:54.92 (5/13)
Katie Follett	17:57.92 (4/7)

5,000 Meters (Indoor)	NCAA: 16:08.00 / 16:42.00
# Anita Campbell	16:28.19 (2/23)
Sayaka Yoshinaga	17:24.30 (2/23)

10,000 Meters	NCAA: 33:30.00 / 35:00.00
Sayaka Yoshinaga	37:13.83 (5/12)

60-Meter Hurdles (Indoor)	NCAA: 8.15 / 8.43
# Ashley Lodree	8.01 (3/9)
Falesha Ankton	8.72 (2/10)
Liz Fuller (8.97i)	9.00 (3/3)
Syreeta Martin	9.00 (1/13)
Daria Pavlov (9.31i)	9.64 (3/3)
Megan Dahl	10.33 (1/13)

100-Meter Hurdles	NCAA Reg: 13.92
* Ashley Lodree	12.99 (6/8)
Liz Fuller (14.71w)	14.89 (4/11)
Daria Amiad-Pavlov	15.78 (5/5)

400-Meter Hurdles	NCAA Reg: 1:00.82
* Syreeta Martin	59.60 (5/13)

4x100-Meter Relay	NCAA Reg: 45.70
Martin/Nash/Amiad-Pavlov/Fuller	49.28 (4/28)

4x400-Meter Relay	NCAA Reg: 3:42.00
Martin/Lodree/Harrison/Leonhardt	3:47.94 (3/24)
Martin/Miller/Harrison/Taylor	3:56.14 (4/28)

4x400-Meter Relay (Indoor)	NCAA: 3:33.00 / 3:40.00
Martin/Ankton/Miller/Lodree	3:47.58 (2/24)
Lodree/Leonhardt/Martin/Ankton	3:51.58 (1/27)
Washington "A"	3:52.07 (2/10)
Washington "B"	3:53.44 (2/10)
Ankton/Taylor/Harrison/Leonhardt	3:57.64 (1/13)

Dist. Medley Relay (Indoor)	NCAA: 11:09.00 / 11:30.00
# Miller/Leonhardt/Schuster/Lia	11:24.45 (1/26)
# Schuster/Leonhardt/Harrison/Miller	11:25.67 (2/23)
Kirschman/Harrison/Martin/Yoshinaga	11:59.19 (1/26)

High Jump	NCAA Reg: 5-8 3/4 (1.75)
Daria Amiad-Pavlov (5-7 3/4)	5-7 (1.70) (3/24)
Lindsay Todd	5-7 (1.70) (3/16)
Liz Fuller (5-7)	5-5 1/4 (1.66) (4/11)
Kristina Shoemake (5-4 1/4i)	5-3 (1.60) (5/4)
Allison Lombardo (5-4 1/4i)	5-1 (1.55) (5/4)
Nicole Vielma	5-1 (1.55) (3/16)

High Jump (Indoor)	NCAA: 6-0 1/2 (1.84) / 5-10 (1.78)
Liz Fuller (5-7)	5-6 1/2 (1.69) (2/10)
Allison Lombardo	5-4 1/4 (1.63) (3/3)
Lindsay Todd (5-5 1/4)	5-4 1/4 (1.63) (3/3)
Kristina Shoemake	5-4 1/4 (1.58) (3/3)
Robyn Roblee	5-2 1/4 (1.58) (3/3)
Megan Dahl	5-0 1/4 (1.53) (1/13)
Nicole Vielma	4-10 1/4 (1.48) (1/27)



Anita Campbell owned the distances for the Huskies, qualifying for her second-straight NCAA Championships at 5000 meters.

Pole Vault

NCAA Reg: 12-5 1/2 (3.80)

* Stevie Marshalek (13-7 1/4i)	13-5 3/4 (4.11)	(4/28)
* Kelley DiVesta (13-5 1/4)	13-1 3/4 (4.01)	(4/28)
* Myrriah Swango (12-8i)	12-6 (3.81)	(5/4)
Alli Moore	11-11 3/4 (3.65)	(4/28)
Ally Wojciechowski (12-0)	11-7 3/4 (3.55)	(4/7)
Andrea Peterson (12-3 1/2)	11-6 1/4 (3.51)	(5/4)

Pole Vault (Indoor)

NCAA: 13-9 1/4 (4.20) / 12-11 1/2 (3.95)

# Kelley DiVesta (13-5 1/4)	13-3 3/4 (4.06)	(2/10)
# Stevie Marshalek (13-7 1/4i)	13-0 1/4 (3.97)	(3/3)
Myrriah Swango	12-8 (3.86)	(2/11)
Andrea Peterson	12-3 1/2 (3.75)	(1/20)
Ally Wojciechowski	12-0 (3.66)	(2/10)
Alli Moore (11-11 3/4)	11-6 1/4 (3.51)	(2/10)

Long Jump

NCAA Reg: 19-8 1/4 (6.00)

* Ashley Lodree	20-8 1/2 (6.31)	(5/12)
Liz Fuller (18-9 3/4w)	18-9 (5.71)	(3/24)
Daria Amiad-Pavlov (19-0 1/2i)	18-3 (5.56)	(4/13)

Long Jump (Indoor)

NCAA: 21-0 (6.40) / 20-0 1/4 (6.10)

Liz Fuller (18-9 3/4w)	17-11 1/2 (5.47)	(3/3)
Megan Dahl	13-2 3/4 (4.03)	(1/13)

Triple Jump

NCAA Reg: 40-5 (12.32)

Liz Fuller (38-1 1/2i)	37-10 (11.53)	(4/28)
Daria Amiad-Pavlov (38-7 1/2i)	37-11 1/4 (11.56)	(5/13)
Nicole Vielma	35-10 1/2 (10.93)	(5/4)
Lydia Bylsma	34-7 (10.54)	(5/4)

Triple Jump (Indoor)

NCAA: 43-7 3/4 (13.30) / 41-6 (12.65)

Daria Amiad-Pavlov (38-7 1/2i)	37-2 1/4 (11.33)	(1/13)
Liz Fuller (38-1 1/2w)	36-11 3/4 (11.27)	(3/3)
Nicole Vielma	34-10 1/4 (10.62)	(3/3)
Riley Glandon	31-11 1/2 (9.74)	(1/13)

Shot Put

NCAA Reg: 46-11 (14.30)

* Sheree Ellis	48-5 1/4 (14.76)	(4/28)
Janine Sandell	46-9 (14.25)	(5/4)
Liz Fuller (40-10 1/2i)	36-10 1/2 (11.24)	(5/5)
Shannon Harvey	35-10 3/4 (10.94)	(4/7)
Daria Amiad-Pavlov (38-0 3/4i)	35-9 1/2 (10.91)	(5/5)

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- NCAA championship meet competitors underlined
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¹ - Throwers only.

² - Swango's 4/14 mark is from Mt. SAC.

Shot Put (Indoor)

NCAA: 55-5 1/2 (16.90) / 50-6 1/4 (15.40)

Sheree Ellis	47-5 1/4 (14.46)	(1/27)
Whitney Hooks	46-7 1/4 (14.20)	(1/27)
Liz Fuller (40-10 1/2i)	38-9 (11.81)	(1/13)
Daria Amiad-Pavlov (38-0 3/4i)	37-9 1/4 (11.51)	(1/13)
Megan Dahl	35-10 1/2 (10.93)	(1/13)

Weight Throw (Indoor)

NCAA: 68-10 3/4 (21.00) / 62-4 (19.00)

Whitney Hooks	46-6 (14.17)	(2/23)
Shannon Harvey	46-2 3/4 (14.09)	(2/23)
Sheree Ellis	42-4 1/4 (12.91)	(2/10)

Discus

NCAA Reg: 155-2 (47.30)

* Janine Sandell	157-1 (47.88)	(3/30)
Korede Oyetuga	133-7 (40.72)	(4/28)
Sheree Ellis	133-2 (40.59)	(3/16)
Shannon Harvey	108-10 (33.18)	(4/7)

Hammer Throw

NCAA Reg: 177-7 (54.15)

Shannon Harvey	155-3 (47.32)	(4/7)
Korede Oyetuga	146-7 (44.68)	(4/28)

Javelin NCAA Reg: 142-6 (43.45)

* Kaisa Keranen	143-8 (43.80)	(3/24)
Liz Fuller	116-7 (35.53)	(3/16)
Daria Amiad-Pavlov	109-8 (33.43)	(3/24)
Shannon Harvey	88-8 (27.04)	(5/4)

Pentathlon (Indoor)

NCAA: 4,050 / 3,700
(2/23)

Liz Fuller 3,651

Heptathlon

NCAA: 5,500 / 5,050
4,845 (4/12)

Liz Fuller

MPSF Indoor Championships

Feb. 23-24 • Seattle, Wash.

Washington's fifth-ranked men's track team won its second-consecutive Mountain Pacific Sports Federation (MPSF) Indoor Track and Field crown in 2007 at Dempsey Indoor. **Ryan Brown's** individual and relay wins were two of seven victories by Husky athletes at the two-day meet, which serves as the indoor conference championships for Pac-10 and selected Big West Conference schools. The Huskies' 109 final team points were 21 ahead of runner-up Arizona and 23 ahead of eighth-ranked Oregon. Stanford, ranked sixth nationally, placed fourth with 79.5 points, while Arizona State was fifth at 79. Washington's women also excelled, scoring 74.5 points -- including 31 from double-winner **Ashley Lodree** -- to place fourth overall, just five points back of third-place Cal (79). Top-ranked Arizona State snapped Stanford's string of four-straight MPSF titles with a 135-point effort, while the No. 5 Cardinal were second (96). In addition to the expected contributions from their top-ranked individuals, the UW men received several key contributions from lower-ranked competitors, including a second-place hurdles finish by **James Frederickson** -- who was seeded seventh overall -- and a pair of top-eight finishes in the 60- and 200-meter dashes by sophomore **Randy Bacon**, who entered the meet ranked 16th and 15th, respectively, among conference competitors. Sophomore **Kyle Still** and freshman **Jeff Gudaitis** placed fourth and seventh in the 400 meters, respectively, while junior **McKane Lee** and senior **Seth Perrins** placed 5th and 6th in the pole vault.

Men

Team Scoring: 1. Washington 109; 2. Arizona 88; 3. Oregon 86; 4. Stanford 79.50; 5. Arizona State 79; 6. California 64; 7. Washington St. 63.50; 8. Long Beach St. 50; 9. UCLA 35.

UW Scorers:

1st	Ryan Brown	800m Run	1:48.59
1st	Austin Abbott	Mile Run	4:02.82
1st	Gudaitis/Still	4x400m Relay	3:09.28
	Brown/Fredrickson		
1st	Norris Frederick	Long Jump	25-2 1/2
2nd	Jeremy Mineau	5000m Run	14:06.34
2nd	Abbott/Fredrickson	Distance Medley	9:35.89
	Brown/Moe		
2nd	Martin Bingisser	Weight Throw	63-7 3/4
3rd	Norris Frederick	High Jump	6-71/2
4th	James Fredrickson	60m Hurdles	8.03
4th	Mike Sayenko	5000m Run	14:32.96
5th	Kyle Still	400m Dash	48.52
5th	Brian Govier	800m Run	1:50.54
5th	McKane Lee	Pole Vault	16-11 1/2
6th	Randy Bacon	60m Dash	6.96
6th	Seth Perrins	Pole Vault	16-11 1/2
6th	Corey Fredericks	Heptathlon	4,874
7th	Jeff Gudaitis	400m Dash	48.62
7th	Zack Midles	Weight Throw	57-1
8th	Randy Bacon	200m Dash	21.96



Ashley Lodree scored nearly half of UW's 73.50 points at the MPSF Championships, winning the 60m dash and 60m hurdles.

Women

Team Scoring: 1. Arizona State 135; 2. Stanford 96; 3. California 80; 4. (tie) Washington 73.50; Arizona 73.50; 6. Washington St. 72; 7. Oregon 65.50; 8. UCLA 40.50; 9. Long Beach St. 15; 10. UC Irvine 8.

UW Scorers:

1st	Ashley Lodree	60m Dash	7.34
1st	Ashley Lodree	60m Hurdles	8.17
1st	Amanda Miller	Mile Run	4:48.98
2nd	Ashley Lodree	200m Dash	24.35
2nd	Anita Campbell	5000m Run	16:28.19
2nd	Schuster/Leonhardt	Distance Medley	11:25.67
	Harrison/Miller		
4th	Syretta Martin	400m Dash	56.45
6th	Dani Schuster	800m Run	2:11.54
6th	Katie Follett	Mile Run	4:52.08
6th	Sayaka Yoshinaga	5000m Run	17:24.30
6th	Martin/Ankton/Miller/Lodree	4x400m Relay	3:47.58
7th	Liz Fuller	High Jump	5-5 3/4
7th	Liz Fuller	Pentathlon	3,651
8th	Falesha Ankton	60m Hurdles	10.60
8th (tie)	Lindsay Todd	High Jump	5-3 3/4

NCAA Indoor Championships

Mar. 9-10 • Fayetteville, Ark.

The Washington men finished in a tie for seventh in the final team standings at the 2007 NCAA Indoor Championships, the best-ever performance by a UW men's team indoors. Senior **Ryan Brown**, who came from 10 meters back on the final lap to win the 800-meter run, became just the fifth Husky ever to win multiple NCAA track and field titles, and is the first to do so exclusively in events on the track since 1930. Teammate **Austin Abbott** finished in fourth place in the same event to also earn All-America honors. Washington also received a history-making performance from junior **Amanda Miller**, who became the first Husky woman ever to be an All-American in both the 800 meters and mile with a ninth-place mile finish. Junior **Norris Frederick** earned a pair of All-America honors, placing sixth in the long jump and finishing in a tie for 10th in the men's high jump.

Men

Top-10 Teams: 1. Wisconsin 40; 2. Florida State 35; 3. Texas 34; 4. Stanford 28; 5. Auburn 25; 6. Michigan 23; 7. (tie) Washington 22; Arkansas 22; 9. Northern Iowa 21.50; 10. (tie) Baylor 21, Tennessee 21, LSU 21, Louisville 21.

UW Participants:

1st	Ryan Brown	800m Run	1:48.40
4th	Austin Abbott	800m Run	1:49.65
5th	Abbott/Fredrickson	DMR	9:38.30
	Brown/Moe		
6th	Norris Frederick	Long Jump	25-1 1/4
10th (tie)	Norris Frederick	High Jump	6-10 3/4
11th (tie)	Scott Roth	Pole Vault	16-10 3/4
13th	Alex Harcourt	400m Dash	47.50
--	McKane Lee	Pole Vault	NH

Women

Top-10 Teams: 1. Arizona State 38; 2. LSU 33; 3. Tennessee 30; 4. Georgia 28; 5. Auburn 26; 6. Stanford 24; 7. UCLA 23; 8. Texas 22; 9. Michigan 21; 10. (tie) South Carolina 20, Texas Tech 20; 34. (tie) Washington 6.

UW Participants:

3rd	Ashley Lodree	60m Hurdles	8.01
9th	Amanda Miller	Mile Run	4:49.13
16th	Dani Schuster	Mile Run	5:07.06
18th	Ashley Lodree	60m Dash	7.46



Senior Ryan Brown celebrates on the podium after his NCAA Indoor Championship win at 800-meters. Brown also helped the men's distance medley relay to a fifth-place finish.



Martin Bingisser placed second in the hammer throw with the longest mark by a Husky in nearly 30 years at 217-11.

Men
Team Totals: 1. Oregon 114; 2. Arizona State 111; 3. USC 110; 4. UCLA 92; 5. Arizona 91; 6. Washington 89; 7. Washington State 84; 8. Stanford 72; 9. California 56.

UW Scorers:

1st	Ryan Brown	800m Run	1:47.51
2nd	Alex Harcourt	400m Dash	45.87
2nd	James Fredrickson	400m Hurdles	50.63
2nd	Gudaitis/Fredrickson	4x400m Relay	3:08.70
	Brown/Harcourt		
2nd	Norris Frederick	Long Jump	24-6 1/4
2nd	Scott Roth	Pole Vault	17-10 1/2
2nd	Martin Bingisser	Hammer	217-11
5th	Carl Moe	Steeplechase	8:57.13
5th	Teddy Davis	High Jump	6-10 3/4
5th	McKane Lee	Pole Vault	16-10 3/4
6th	Kyle Still	400m Hurdles	52.34
6th	Brad Liber	Steeplechase	9:01.96
6th	Frederick/Fredrickson	4x100m Relay	41.09
	Gudaitis/Bacon		
6th	Norris Frederick	High Jump	6-10 3/4
7th	Zack Midles	Hammer	198-9
8th	Jon Hickey	1500m Run	3:49.54

NCAA West Regional Championships

May 25-26 • Eugene, Ore.

Ashley Lodree, Ryan Brown, and Norris Frederick all captured titles at the NCAA West Regional Championships, leading 14 Huskies and one relay to automatic berths for the NCAA Outdoor Championships. Washington's men placed third in the final team standings, just 13 points behind No. 4 and regional champion USC, and just five points back of fifth-ranked Pac-10 champion Oregon. The UW women were 10th, as second-ranked ASU won its second-straight regional crown with 94 points to easily outpace No. 10 USC (74). While the Huskies' men led the team heroics, it was senior hurdler Lodree who provided the day's most outstanding individual performance, earning her first-ever postseason crown with a win in the 100-meter hurdles. Already a five-time NCAA All-American, Lodree also qualified for the NCAA Championships in the long jump, after finishing in third place. Joining Lodree atop the victory podium Saturday was Ryan Brown, who remained undefeated in 800-meter finals over the last calendar year with a narrow victory over USC's Duane Solomon. On Friday, Frederick took the NCAA lead in the long jump with his first ever 26-foot jump, landing at 26-0 3/4. In addition to the wins by Brown and Frederick, Washington was second in four more events, including the 4x400 relay, Frederick in the high jump, **Scott Roth** in the pole vault, and **Martin Bingisser** in the hammer throw.

Men

Top-10 Teams: 1. USC 83; 2. Oregon 75; 3. Washington 70; 4. UCLA 53.5; 5. Arizona State 53; 6. Washington State 46; 7. Arizona 43.5; Stanford 43.5; 9. BYU 35.5; 10. California 27, Long Beach State 27.

UW Scorers:

1st	Ryan Brown	800m Run	1:49.65
1st	Norris Frederick	Long Jump	26-0 3/4w
2nd	Gudaitis/Fredrickson	4x400m Relay	3:08.73
	Brown/Harcourt		
2nd	Norris Frederick	High Jump	7-1
2nd	Scott Roth	Pole Vault	17-5
2nd	Martin Bingisser	Hammer	217-9
3rd	Alex Harcourt	400m Dash	46.39
4th	James Fredrickson	400m Hurdles	51.29
4th	Carl Moe	Steeplechase	8:48.93
7th	Teddy Davis	High Jump	6-11

Pac-10 Championships

May 12-13 • Stanford, Calif.

Senior **Ryan Brown** won his second-career Pac-10 title Sunday and led Washington's 4x400-meter relay to a second-place finish, keying the Husky men to a sixth-place team finish at the 2007 Pac-10 Track and Field Championships at Stanford's Cobb Track & Angell Field. Brown was one of a team-record 18 to earn top-five conference finishes over the meet's two days. In addition, three Huskies on Sunday clocked times among the nation's 10-fastest this year, while five achieved marks among the top-10 in UW history. Washington's high men's team score (89 points) was its second-best since 1998. Senior **Martin Bingisser** made it four first- or second-place finishes for the UW men with a second-place toss of 217-11 in the hammer throw, the best by a Husky in nearly 30 years, since Scott Neilson's school-record toss of 238-7 in 1978. Freshman **Zack Midles** placed seventh in the hammer, while his older brother, Adam - a senior at USC - was the only thrower to eclipse Bingisser on Sunday, winning his second Pac-10 title with a throw of 222-11. Washington's women, meanwhile, received nearly half of their 49 points from senior **Ashley Lodree**, who added a second-place finish in the 100-meter hurdles (13.31 seconds) and a fourth-place finish in the 100-meter dash (11.54 seconds) Sunday to the third-place finish she earned in Saturday's long jump competition. Freshman **Scott Roth** placed second in the pole vault in his first Pac-10 competition.

Women

Team Totals: 1. Arizona State 158; 2. Stanford 134 1/3; 3. UCLA 118 1/2; 4. USC 113; 5. Washington State 67 5/6; 6. Arizona 62; 7. Oregon 61; 8. California 54 1/3; 9. Washington 49; 10. Oregon State 0.

UW Scorers:

2nd	Ashley Lodree	100m Hurdles	13.31 (w: -0.4)
3rd	Anita Campbell	5000m Run	16:26.67
3rd	Ashley Lodree	Long Jump	20-8 1/2
3rd	Stevie Marshalek	Pole Vault	13-1 1/2
4th	Ashley Lodree	100m Dash	11.54 (w: 2.1)
4th	Dani Schuster	800m Run	2:10.72
4th	Amanda Miller	1500m Run	4:23.68
5th	Syreeta Martin	400m Hurdles	59.60
7th	Kelley DiVesta	Pole Vault	12-5 1/2
8th	Katie Follett	1500m Run	4:27.87



James Fredrickson comes around the first turn on his way to a fourth-place finish in the 400m hurdles. Fredrickson qualified for NCAA's in the hurdles and 4x400m relay in his first Regionals appearance for UW.

Women

Top-10 Teams: 1. Arizona State 94; 2. USC 74; 3. UCLA 67; 4. Stanford 48.5; 5. San Diego State 53; 6. BYU 48.5; 7. California 48; 8. Oregon 44; 9. Arizona 33; 10. Washington 29.

UW Scorers:

1st	Ashley Lodree	100m Hurdles	13.06w
3rd	Ashley Lodree	Long Jump	20-7 3/4
4th	Anita Campbell	5000m Run	16:21.37
5th	Amanda Miller	1500m Run	4:22.06
5th	Stevie Marshalek	Pole Vault	13-3 3/4

NCAA Outdoor Championships

June 6-9 • Sacramento, Calif.

The Washington men and field team scored its highest team finish in 22 years at the 2007 NCAA Track and Field Championships, as six Washington athletes to earn All-America honors at Sacramento State's Alex G. Spanos Sports Complex.

The reigning NCAA outdoor and indoor champion in the event, **Ryan Brown** was boxed inside early in the race, and forced to drop all the way back to last place at the 400-meter mark to find a clear lane in which to sprint to the front. The Renton High School graduate unleashed his patented finishing kick with 300 meters to go - about 100 meters earlier than usual - and climbed all the way to third before falling just three-tenths of a second shy of his third-straight NCAA 800-meter crown.

"I definitely didn't get out well, and had a hard time getting back up to the front," said Brown, whose finish snapped a year-long streak of victories in 800-meter finals, dating back to the 2006 NCAA West Regional. "When we came into the straight, Andrew, Elias and I were all going all-out for the finish line, and I just came up short. I think if I had gotten a better start, I might have been able to catch them, but I just didn't have enough left in the tank."

Brown's third-place performance Saturday caps one of the most distinguished careers in UW track and field history, including two NCAA titles, two Pac-10 titles, three NCAA West Regional crowns and nine All-America honors.

Only one Husky - seven-time NCAA champion Scott Neilson - has earned more national crowns, and only Olympic sprinter Ja'Warren Hooker boasts more career All-America awards (10).

In total five UW men took home All-America honors. Those outstanding performances - including a third-place long jump finish for junior **Norris Frederick**, a sixth-place hammer finish for senior **Martin Bingisser**, an eighth-place pole vault finish for freshman **Scott Roth** and a 10th-place finish for quarter hurdler **James Fredrickson** - lifted the 11th-ranked UW men into a tie for 15th in the final team standings with 16 points, equal to No. 14 Baylor and No. 15 Oklahoma.

Senior **Ashley Lodree's** third-place hurdles finish Friday scored three points for the UW women, who tied for 59th place overall.

The Huskies' men's team finish was its highest at the NCAA outdoor meet since 1985, and capped a banner year for the UW men's team, which placed 12th at the 2006 NCAA Cross Country Championships and seventh at the 2007 NCAA Indoor Championships, and won its second-consecutive indoor track conference title.

"It's been a great year for our men's program, and our women's team has accomplished some terrific things, too," said fifth-year head coach Greg Metcalf, who has now coached 30 distance runners to All-America honors in his 10 years directing UW's distance program, and has mentored 50 All-Americans team-wide in his five years as head coach.

"We're increasing the profile of Washington track and field every year, to the point that people expect us to come to this meet and be a contender," he said. "I like that our guys feel like they could have done more at this meet, and aren't happy with how we finished - that tells me that the expectation has changed, where our team now expects to be contending for national titles. Most of these young men and women will be back next year and that attitude has me excited at the thought of what they can accomplish."



Norris Frederick rallies the crowd before a jump at NCAA's where he placed third in the face of strong headwinds.



Ashley Lodree set a school record and went under the 13-second mark for the first time in her final 100m hurdles race, placing sixth in a time of 12.99 for her sixth All-American honor.

Men

Top-10 Teams: 1. Florida State 54, 2. LSU 48, 3. Auburn 34, 4. Tennessee 30.5, 5. USC 27, 6. North Carolina 26, t7. Louisville 22, Wisconsin 22; 9. UCLA 21, 10. Oregon 20; **t15. Washington 16.**

UW Participants:

3rd	Ryan Brown	800m Run	1:47.77
3rd	Norris Frederick	Long Jump	25-0 1/2
6th	Martin Bingisser	Hammer Throw	222-2
8th	Scott Roth	Pole Vault	17-6 1/2
10th	James Fredrickson	400m Hurdles	51.14
14th	Alex Harcourt	400m Dash	46.68
17th	Still/Gudaitis	4x400m Relay	3:11.05
	Fredrickson/Harcourt		
--	Carl Moe	Steeplechase	8:41.45 (DQ)
--	Norris Frederick	High Jump	NH

Women

Top-10 Teams: 1. Arizona State 60, 2. LSU 53; 3. Michigan 36, 4. Texas A&M 34, 5. UCLA 30, 6. Texas 29, 7. USC 27, 8. California 26, 9. Georgia 24, t10. Stanford 23, Georgia Tech 23, **t59. Washington 3.**

UW Participants:

6th	Ashley Lodree	100m Hurdles	12.99
14th	Amanda Miller	1,500m Run	4:20.58
16th	Ashley Lodree	Long Jump	20-2 1/4
19th	Anita Campbell	5,000m Run	16:28.77
21st (tie)	Stevie Marshalek	Pole Vault	12-3 1/2

2007 Academic Honors

Thirty-three Washington student-athletes were named to the 2007 Pac-10 All-Academic Track and Field team, the second-highest total of any conference school. This was the Huskies' second-straight season among the Pac-10's top-two most-honored teams. Washington's totals were boosted by its six first-team honorees, including four men and two women.

Leading the way for the Huskies were first-teamers **Brooke Anderson (Jr., 3.85, Finance)**, **Martin Bingisser (Grad., 3.73, Law School)**, **Emily Collins (So., 3.83, Arts and Sciences)**, **Joe Darda (So., 3.72, Psychology)**, **Corey Fredericks (Grad., 3.68, Physics)**, and **Jon Hickey (Grad., 3.70, Public Administration)**. Bingisser, a three-time honoree, and Fredericks and Hickey, both two-time honorees, all completed their undergraduate degrees and were enrolled in graduate programs during the season. Anderson, Collins and Darda were each recognized for the first time in their UW careers.

In addition to Washington's all-conference academic honorees, Bingisser, **Mike Sayenko** and **Amanda Miller** were each named to CoSIDA's Academic All-District team. Bingisser, a CoSIDA Academic All-America first team selection, also earned first-team ESPN the Magazine Academic All-America honors. A hammer thrower, Bissinger is a second-year graduate student in UW's School of Law. He maintained a 3.87 undergraduate GPA in philosophy, and held a 3.73 GPA in his graduate studies at the end of the 2007 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.

2007 ACADEMIC ALL-PAC-10 TRACK & FIELD TEAMS

Men's First Team

Name	School	Year	GPA	Major
Chris Bencomo	UCLA	Jr.	3.66	Anthropology
Martin Bingisser	WASH	Grad	3.72	Law School
Kal Clark	ASU	Jr.	3.93	Biology
Joe Darda	WASH	So.	3.72	Psychology
Corey Fredericks	WASH	Grad	3.68	Physics
Michael Garcia	STAN	RS Jr.	3.55	Biological Sciences
Andrew Greif	ORE	So.	3.95	Pre-Journalism
Troy Harris	ARIZ	Sr.	3.73	Media Arts
Garrett Heath	STAN	RS So.	3.75	Management Science & Engineering
Jon Hickey	WASH	Grad	3.70	Public Administration
Graeme Hoste	STAN	Jr.	3.69	Earth Systems
Michael McGrath	ORE	RS Jr.	3.61	Political Science
Christopher Ogle	ARIZ	Jr.	3.96	Psychology
Galen Rupp	ORE	Jr.	3.93	Marketing
Daniel Schaerer	STAN	Jr.	3.70	Human Biology
Ryan Scott	WSU	So.	3.88	Management & Operations
Kyle Shackleton	UCLA	RS So.	3.79	Business-Economics
Andrew Smith	ASU	Sr.	4.00	Non-Degree Graduate
Forrest Tahdoahnippah	STAN	RS Jr.	3.77	Public Policy
Scott Wall	ORE	RS So.	3.93	Business
Xuehan Xiong	ARIZ	So.	4.00	Computer Science

Men's Second Team (UW only)

Travis Boyd	WASH	Grad	3.65	Marketing
Mike Sayenko	WASH	Grad	3.46	Interdisciplinary Visual Arts
Kyle Still	WASH	Jr.	3.39	Arts & Sciences

Men's Honorable Mention (UW only)

Teddy Davis, Sr.; Jon Harding, So.; Caleb Knox, Jr.; Brad Liber, Jr.; Zack Midles, RS Fr.; Carl Moe, Jr.; Seth Perrins, Sr.; Daniel Te'o-Nesheim, So.; James Wilson, Jr..

Women's First Team

Name	School	Year	GPA	Major
Brooke Anderson	WASH	Jr.	3.85	Finance
Brooke Bennett	ASU	Jr.	3.76	Nursing
Emily Collins	WASH	So.	3.83	Arts & Sciences
Claire Cormier	STAN	RS So.	3.92	Civil & Environmental Engineering & Urban Studies
Karen DeMartini	WSU	Jr.	3.77	Accounting
Lauren Denfeld	OSU	Jr.	3.90	Business/Marketing Management
Angelica Flynn	WSU	So.	3.85	Movement Studies
Kaylee Gardner	WSU	Sr.	3.82	Movement Studies
Samantha Godfrey	OSU	Jr.	3.98	Mechanical Engineering
McKinnon Hanson	WSU	Jr.	3.99	Philosophy
Arianna Lambie	STAN	RS Jr.	3.97	Earth Systems
Jacqueline Nguyen	UCLA	Sr.	3.73	Physiological Science
Lindsay Oman	USC	Sr.	3.77	Communication, Journalism
Neoma Palmer	OSU	Sr.	3.78	Exercise & Sport Science/Pre-Therapy & Allied Health
Corey Randall	ASU	Jr.	3.80	Journalism/Mass Communication
Lissa Regets	ASU	So.	3.84	Journalism/Mass Communication
Sara Shisslak	ASU	Sr.	3.84	Non-Degree Graduate
Angela Spadafino	ASU	RS Fr.	3.85	Supply Chain Management
Sara Trané	WSU	So.	3.93	Movement Studies
Amanda Trotter	STAN	Sr.	3.86	Human Biology
Kathleen Trotter	STAN	Sr.	3.76	Human Biology

Women's Second Team (UW only)

Shannon Harvey	WASH	Jr.	3.73	Business Administration
Trisha Rasmussen	WASH	Sr.	3.66	Community & Environmental Planning
Lindsay Todd	WASH	Grad	3.70	Prosthetics & Orthotics

Women's Honorable Mention (UW only)

Daria Amiad-Pavlov, So.; Anita Campbell, So.; Kelly DiVesta, Jr.; Liz Fuller, So.; Kira Harrison, Sr.; Allison Lombardo, RS Fr.; Brianna McLeod, Sr.; Amanda Miller, Jr.; Allison Moore, So.; Dani Schuster, So.; Karina Wegman, RS Fr.; Ally Wojciechowski, RS Fr.; Sayaka Yoshinaga, Sr.

Arizona Wildcats

Location: Tucson, Ariz.
Enrollment: 37,000
Home Track: Drachman Stadium (5,000)
President: Dr. Robert Shelton
Athletic Director: Jim Livengood
Head Coach (M/W): Fred Harvey (Cal Poly, '83), 6th year
Associate Head Coach: James Li (distances)
Assistant Coaches: Dawn Boxley (sprints/hurdles), Sheldon Blockburger (jumps), Craig Carter (throws)
2007 Pac-10 Finishes (M/W): 5th/6th
2007 NCAA Indoor Finishes (M/W): 14th/DNS
2007 NCAA Outdoor Finishes (M/W): 12th (tie)/DNS
Men's Returning 2007 All-Americans (5): Shawn Best, Sr., Shot Put (i); Jarred Sola, Sr., Shot Put; Marcus Tyus, Sr., 4x100m; Xiong Xuehan, Jr., 4x100m; Bobby McCoy, Sr., 4x100m
Women's Returning 2007 All-Americans (1): Shevell Quinley, Jr., Heptathlon

Arizona State Sun Devils

Location: Tempe, Ariz.
Enrollment: 63,278
Home Track: Sun Angel Stadium, Joe Sellen Track (5,000)
President: Michael Crow
Athletic Director: Lisa Love
Head Coach (M/W): Greg Kraft (Cal Poly, '78), 12th year
Assistant Coaches: David Dumble (throws), Louie Quintana (distances), Kenny McDaniel (w-sprints/hurdles/relays), Terry Winston (m-sprints/hurdles/relays)
2007 Pac-10 Finishes (M/W): 2nd/1st
2007 NCAA Indoor Finishes (M/W): 25th (tie)/1st
2007 NCAA Outdoor Finishes (M/W): 22nd (tie)/1st
Men's Returning 2007 All-Americans (3): Kyle Alcorn, Sr., Steeplechase; Matt Turner, Sr., Long Jump (i); Ryan Whiting, So., Shot Put/Shot Put (i)
Women's Returning 2007 All-Americans (6): Tai Battle, Sr., Discus; Shauntel Elcock, Jr., 4x400m; Jacquelyn Johnson, Sr., 4x400m/Heptathlon/Pentathlon (i); April Kubishta, Sr., Pole Vault; Jessica Pressley, Sr., Shot Put/Shot Put (i); Sarah Stevens, Jr., Shot Put/Hammer/Shot Put (i)

California Golden Bears

Location: Berkeley, Calif.
Enrollment: 34,953
Home Track: Edwards Stadium (22,000)
Chancellor: Robert M. Birgeneau
Athletic Director: Sandy Barbour
Interim Director of Track and Field: Tony Sandoval (New Mexico, '68), 26th year at Cal
Assistant Head Coach: Ed Miller (California, '76), 25th year
Assistant Coaches: John Rembao (jumps/multis), Mike Gipson (sprints/hurdles/relays), Magdalena Lewy (distances), Scott Slover (pole vault)
2007 Pac-10 Finishes (M/W): 9th/8th
2007 NCAA Indoor Finishes (M/W): 19th (tie)/15th
2007 NCAA Outdoor Finishes (M/W): 68th/8th
Men's Returning 2007 All-Americans (3): Francis Gadayon, Jr., DMR; David Torrence, Sr., DMR; Ed Wright, Sr., High Jump/High Jump (i)
Women's Returning 2007 All-Americans (3): Alysia Johnson, Jr., 800m/800m (i); Inika McPherson, Jr., High Jump/High Jump (i); Cassandra Strickland, Sr., Triple Jump (i)

Oregon Ducks

Location: Eugene, Ore.
Enrollment: 20,388
Home Track: Hayward Field (10,500)
President: Dave Frohnemayer
Athletic Director: Pat Kilkenny
Assoc. A.D./Director of Track & Field: Vin Lananna (C.W. Post College, '75), 2nd year
Assoc. Director of Track & Field: Dan Steele (m-sprints/vault)
Assistant Coaches: Kelly Blair LaBounty (multi/hurdles), Lance Deal (throws), Robert Johnson (jumps/sprints), Andy Powell (distances)
2007 NCAA Indoor Finishes (M/W): 19th (tie)/21st (tie)
2007 NCAA Outdoor Finishes (M/W): 10th (tie)/27th (tie)
Men's Returning 2007 All-Americans (3): A.J. Acosta, So., Mile; Marcus Dillon, Sr., 400m; Galen Rupp, Sr., 10,000m/5,000m (i);
Women's Returning 2007 All-Americans (2): Rebekah Noble, Jr., 800m/800m (i); Rachel Yurkovich, Jr., Javelin

Oregon State Beavers

Location: Corvallis, Ore.
Enrollment: 19,000
Home Track: Linus Pauling Track
President: Dr. Edward Ray
Athletic Director: Bob De Carolis
Head Coach (W): Kelly Sullivan (Willamette, '79), 3rd year
Assistant Coaches: Cynthia Castro, Andrew Wartenburg
2007 Pac-10 Finish (W): 10th
2007 NCAA Indoor Finish (W): DNC
2007 NCAA Outdoor Finish (W): DNC

Stanford Cardinal

Location: Stanford, Calif.
Enrollment: 14,846
Home Track: Cobb Track & Angell Field (1772)
President: John Hennessy
Athletic Director: Bob Bowlsby
Director of Track & Field: Edrick Floreal (Arkansas, '90), 10th overall
Head Coach (W): Peter Tegen (University of Koln, '65), 3rd year
Assistant Coaches: Kris Mack (multi/pole vault), David Vidal (distances), Jackie Bailey (sprints), Kevin McMahon (throws)
2007 Pac-10 Finishes (M/W): 8th/2nd
2007 NCAA Indoor Finishes (M/W): 4th/6th
2007 NCAA Outdoor Finishes (M/W): 10th (tie)/10th (tie)
Men's Returning 2007 All-Americans (11): Russell Brown, Sr., 1500m/Mile/DMR; Zach Chandy, So., DMR; Michael Garcia, Sr., DMR; Garrett Heath, Sr., 1500m/Mile/DMR; Graeme Hoste, Sr., Pole Vault/Pole Vault (i); Josh Hustedt, Sr., Heptathlon
Women's Returning 2007 All-Americans (4): Lauren Centrowitz, Sr., 1500m.; Arianna Lambie, Sr., 1500m/3000m (i)/5000m (i); Erica McLain, Sr., long jump/triple jump/triple jump (i); Teresa McWalters, Sr., 5000m

UCLA Bruins

Location: Los Angeles, Calif.
Enrollment: 37,590
Home Track: Drake Stadium (11,700)
Chancellor: Gene Block
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), 15th year
Assistant Coaches: Anthony Curran (pole vault), Mike Powell (jumps), Eric Peterson (distances), Tony Veney (sprints/hurdles/relays)
2007 Pac-10 Finishes (M/W): 4th/3rd
2007 NCAA Indoor Finishes (M/W): DNS/7th
2007 NCAA Outdoor Finishes (M/W): 9th/5th
Men's Returning 2007 All-Americans (1): Greg Garza, Sr., Discus
Women's Returning 2007 All-Americans (6): Allie Bohannon, Jr., Mile; Ingrid Kantola, Sr., Pole Vault/Pole Vault (i); Krystin Lacy, Jr., 4x400m; Nicole Leach, Jr., 400m IH/4x400m; Rhonda Watkins, Jr., Long Jump/High Jump/Long Jump (i); Merice Wisdom, Sr., 4x400m

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), 14th 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)
2007 Pac-10 Finishes (M/W): 3rd/4th
2007 NCAA Indoor Finishes (M/W): 22nd (tie)/41st (tie)
2007 NCAA Outdoor Finishes (M/W): 5th/7th
Men's Returning 2007 All-Americans (4): Ahmad Rashad, So., 200m; Lionel Larry, Sr., 400m; Duane Solomon, Sr., 800m; Kai Kelley, Sr., 110m HH
Women's Returning 2007 All-Americans (4): Carol Rodriguez, Sr., 100m/4x100m; Jessica Onyepunuka, Sr., 100m/4x100m; Shalina Clarke, So., 4x100m; Eva Orban, Jr., Hammer

Washington State Cougars

Location: Pullman, Wash.
Enrollment: 22,000
Home Track: Mooberry Track Complex (4,000)
President: Elson S. Floyd
Athletic Director: Jim Sterk
Head Coach: Rick Sloan (UCLA, '69), 14th year, 35th overall at WSU
Associate Coach: Debra Farwell (WSU, '83), 12th year
Assistant Coaches: Jason Drake (distances), Mark Macdonald (sprints/hurdles), Matt McGee (vault/high jump/multi), Ellannee Richardson (sprints/relays)
2007 Pac-10 Finishes (M/W): 7th/5th
2007 NCAA Indoor Finishes (M/W): 32nd (tie)/27th (tie)
2007 NCAA Outdoor Finishes (M/W): 63rd (tie)/27th (tie)
Men's Returning 2007 All-Americans (3): Matt Lamb, Jr., Discus
Women's Returning 2007 All-Americans (2): McKenzie Garberg, Sr., Discus

UW-WSU Scoring Meet History

2007 UW-WSU Dual

April 30 • Seattle, Wash.

Washington's 21st-ranked men's track and field team handed rival Washington State its worst defeat at Husky Stadium since 1922 in the 92nd running of the Washington-Washington State Dual. The Husky men earned wins in 13 of 19 events for a 103-60 dual-meet win, which was believed to be the first in the series ever held at night in Husky Stadium. Junior **James Fredrickson** was one of UW's biggest scorers on the night, earning wins in both hurdles events and leading the Huskies' 4x100- and 4x400-meter relay squads to wins as well. Four-time All-American **Norris Frederick** was also a multiple winner in individual events for the UW men, who began the night with a 1-2 sweep in the hammer by senior **Martin Bingisser** and freshman **Zack Midles**. Washington's women, meanwhile, suffered their third-straight defeat at the hands of the their cross-state rivals, who were equal in dominance to the UW men with a 102-61 victory over the host Huskies. Five-time All-American **Ashley Lodree** won the 100-meter dash and 100-meter hurdles, and took second in her first long jump competition in nearly three years, while junior All-American **Amanda Miller** earned a sweep in the 800- and 1,500-meter races. Other event winners for included (on the men's side) junior **Alex Harcourt** (46.62, 400-meter dash), senior **Jon Hickey** (3:52.86, 1,500 meters), sophomore **Jon Harding** (8:28.12, 3,000 meters), junior **Carl Moe** (9:00.34, 3,000-meter steeplechase) and freshman **Scott Roth** (16-10 3/4, pole vault), while sophomores **Anita Campbell** (9:53.70, 3,000 meters) and **Syreeta Martin** (1:00.79, 400-meter hurdles) and senior **Stevie Marshalek** (13-5 3/4, pole vault) all added victories for the UW women.



James Fredrickson won the 110- and 400-meter hurdles and was part of both victorious UW relays in the win over WSU.

Men's Meet Records

Event	Mark	Individual	School	Year
100m	10.26	Anthony Buchanan	WSU	2003
200m	20.57	Ja'Warren Hooker	UW	2001
400m	45.74	Gabriel Tiacoh	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/Buchanan	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 Araouzios	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: 19-25
UW Record in Pullman: 14-33-1
Last UW Win: 2007, 103-60 (H)
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	10:40.15	Collier Lawrence	WSU	2007
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/Edwards/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	193-6	McKenzie Garberg	WSU	2007
Hammer	193-6	McKenzie Garberg	WSU	2007
Javelin	163-11	Rachel Bertholf	WSU	2005

UW Record in Seattle: 10-5
UW Record in Pullman: 9-6
Last UW Win: 2004, 108-95 (A)
Last WSU Win: 2007, 102-61 (H)
Long UW Winning Streak: 7, 1993-97
Long WSU Winning Streak: 6, 1998-2003



All-Time Women's Results (UW leads 19-13)

2007	WSU 102, UW 61 (H)
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)
1978	UW 108, WSU 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 93, 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 Men's Results
(Oregon leads 63-33)

2007*	UO 211, UW 164 (A)
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)
1918	UO 76, UW 55 (H)
1917	UO 86, UO 44 (A)
1916	UO 67, UW 54 (H)
1915	UO 86, UO 44 (A)
1914	UO 67, UW 54 (H)
1913	UO 86, UW 54 (H)
1912	UO 62, UW 60 (A)
1911	UO 62, UW 60 (A)
1910	UW 88, UO 34 (H)
1909	UW 103, UO 73 (H)
1908	UO 66.5, UO 55.5 (A)
1907	UO 62, UW 50 (H)



Freshman Scott Roth led the Husky pole vaulters who captured the top five spots at the Pepsi Team Invitational.

All-Time Women's Results
(Oregon leads 25-6)

2007*	UO 183.5, UW 151.5 (A)
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)

2007 Pepsi Team Invitational*

April 7 • Eugene, Ore.

Host Oregon swept Pepsi Invitational crowns for the fifth time in six years, taking back the men's crown won by Washington in 2006. The eighth-ranked Oregon men scored 211 points to easily handle a Washington team that was without two of its top competitors in four-time All-American **Austin Abbott** and NCAA-leading thrower **Mart Israel**. The Huskies received wins from two-time NCAA champion **Ryan Brown**, in the 800 meters, and from freshman **Scott Roth**, who led a UW sweep of the top five places in the pole vault. Washington also received strong performances from senior **Martin Bingisser** in the hammer, whose toss of 215 feet, 5 inches was the third longest in UW history and one of the top-10 marks in the nation this year. The 24th-ranked Husky women combined for four regional marks and three all-time top-10 efforts, leading to a team score of 151.5. Sophomore **Sheree Ellis** accounted for UW's lone win of the afternoon, taking the shot put title with a throw of 46-6 $\frac{3}{4}$. Senior **Ashley Lodree** earned a pair of regional qualifying marks in the 100-meter dash (11.5h) and 100-meter hurdles (13.55), the latter run into a significant headwind. Senior **Kira Harrison** (2:09.00, 800m) and sophomore **Syreeta Martin** (1:00.24) also added regional-qualifying efforts, while freshmen **Mo Huber** (10:56.54, steeplechase, 5th all-time), **Shannon Harvey** (155-3, hammer, 6th) and **Ally Wojciechowski** (11-7 $\frac{3}{4}$, pole vault, 110th) all posted marks among UW's top-10 all-time.

*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 $\frac{3}{4}$ (2.18)	Jeff Lindsey	UO	2004
Pole Vault	18-0 $\frac{1}{2}$ (5.50)	Trevor Woods/Piotr Buciarski	UO/UO	2002/1999
Long Jump	25-10 $\frac{3}{4}$ (7.89)	Leonidas Watson	UO	2005
Triple Jump	53-1 $\frac{3}{4}$ (16.20)	Spencer Williams	UO	1990
Shot Put	66-10 $\frac{1}{2}$ (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:	2007, 211-164 (A)
UW Record in Eugene:	15-35	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 Griffis	UW	1999
4x100m Relay	45.20	Smith/Walker/Keller/Dennis	UW	1984
4x400m Relay	3:36.07		UO	2007
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 $\frac{1}{2}$ (12.71)	Sara Jessie	UO	1995
Shot Put	53-11 $\frac{1}{4}$ (16.44)	Bree Fuqua	UO	2005
Discus	192-3 (58.60)	Aretha Hill	UW	1997
Hammer	216-6 (65.98)	Britney Henry	UO	2007
Javelin	189-3 (57.68)	Helena Uusitalo	UW	1986

UW Record in Seattle:	4-7	Last UO Win:	2007, 183.5-151.5 (A)
UW Record in Eugene:	2-18	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
Mile	3:46.91, Alan Webb, NIKE, 2007	4:16.71, Mary Slaney, Athletics West, 1983
Steeplechase	8:08.82, Daniel Lincoln, NIKE, 2006	9:28.75, Lisa Galaviz, NIKE, 2007
5,000 Meters	12:58.21, Bob Kennedy, NIKE, 1996	14:44.80, Shalane Flanagan, NIKE, 2007
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	16-0, Jenn Stuczynski, adidas, 2007
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	222-0, Suzy Powell-Roos, Asics, 2007
Hammer Throw	270-9, Lance Deal, NYAC, 1996	242-4, Erin Gilreath, NYAC, 2005
Javelin (new)	299-6, Breaux Greer, adidas, 2007	210-7, Kim Kreiner, NIKE, 2007
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.



Mike Ramos still holds the Pac-10 decathlon record with 8,322 points in 1986.

Collegiate Records*

	Men	Women
100 Meters	9.92, Ato Boldon, UCLA, 1996	10.78, Dawn Sowell, LSU, 1989
200 Meters	19.86, Walter Dix, FSU, 2007	22.04, Dawn Sowell, LSU, 1989
400 Meters	44.00, Quincy Watts, USC, 1992	50.10, Monique Henderson, UCLA, 2005
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
Mile	3:52.44, Sydney Maree, VILL, 1981	4:29.04, Angela Chalmers, UNA, 1987
Steeplechase	8:05.4, Henry Rono, WSU, 1978	9:38.08, Anna Willard, MICH, 2007
5,000 Meters	13:08.4, Henry Rono, WSU, 1978	15:09.67, Kim Smith, PROV, 2004
10,000 Meters	27:33.48, Galen Rupp, ORE, 2007	31:56.72, Sally Kipyego, TXTCH, 2007
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, Louisiana State, 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	6-6, Kajsa Bergqvist, SMU, 1997
Long Jump	28-8 1/4, Erick Walder, ARK, 1994	15-1, Chelsea Johnson, UCLA, 2006
Triple Jump	57-7 3/4, Keith Connor, SMU, 1982	22-11 1/4, Jackie Joyner, UCLA, 1985
Shot Put	72-2 1/4, John Godina, UCLA, 1995	46-9, Suzette Lee, LSU, 1997
Discus	222-0, Hannes Hoppe, SMU, 2004	62-3 3/4, Meg Ritchie, ARIZ, 1983
Hammer Throw	268-10, Balazs Kiss, USC, 1995	221-5, Meg Ritchie, ARIZ, 1981
Javelin (new)	292-4, Patrick Boden, TEX, 1990	239-4, Jenny Dahlgren, UGA, 2007
Multi-Events	8,465, Trey Hardee, TEX, 2006	202-10, Irina Kharun, IND, 2003
		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	22.23, Carol Rodriguez, USC, 2006
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, 1967	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
	19-0 1/4, Tommy Skipper, ORE, 2007	
Long Jump	27-4 1/2, Randy Williams, USC, 1972	22-10, Rhonda Watkins, UCLA, 2007
Triple Jump	57-0 1/2, Joseph Taiwo, WSU, 1984	46-5 1/4, Erica McLain, STAN, 2007
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	226-8, Eva Orban, USC, 2006
Javelin (new)	268-7, Esko Mikkola, ARIZ, 1998	189-11, Rachel Yurkovich, ORE, 2007
Multi-Events	8,322, Mike Ramos, WASH, 1986	6,205, Diana Pickler, WSU, 2007

* - 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
45.87	Alex Harcourt	2007
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
c - Converted from 440 yards		

800 Meters

1:46.29	Ryan Brown	2006
1:47.21	Rob Webster	1982
1:47.51	Ryan Brown	2007
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

1,500 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
8:48.93	Carl Moe	2007

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
29:07.22	Mike Sayenko	2007
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

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
14.21	James Fredrickson	2007
14.24ch	Dave Williams	1967
	Jim Seymour	1970
	Terry Lavery	1974

c - Converted from 120-yard hurdles

400-Meter Hurdles

49.51	Shane Charles	2006
49.85	Bernard Ellison	1991
50.63	James Fredrickson	2007
51.45	Brad Goodrich	2002
51.64yh	Terry Lavery	1974
	Tom Straithairn	1978
	Dan Johnston	1998
51.88y	Brian Mondschein	1975
51.89	Sean Williams	2004
52.17	Ben Meyer	2000

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/Stanback	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
3:08.39	Gudaitis/Fredrickson/Brown/Harcourt	2007

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



Scott Roth, Pole Vault

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	17-10 1/2, Scott Roth, 2007
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	2007
	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	Scott Roth	2007
	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

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. Wolfork	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
208-9	Mart Israel	2007
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 Schwin	2003

Hammer

238-7	Scott Neilson	1978
222-1	Martin Bingisser	2007
216-2	Neil Kneip	1985
208-5	Sam Fu	1995
205-8	Erik Johnson	1988
200-5	Damon Felice	1996
200-0	Casey Ballwey	1974
198-9	Zack Midles	2007
196-9	Rich Bagley	1979
194-6	Bill Stengele	1997

Javelin (new implement, 1986-)

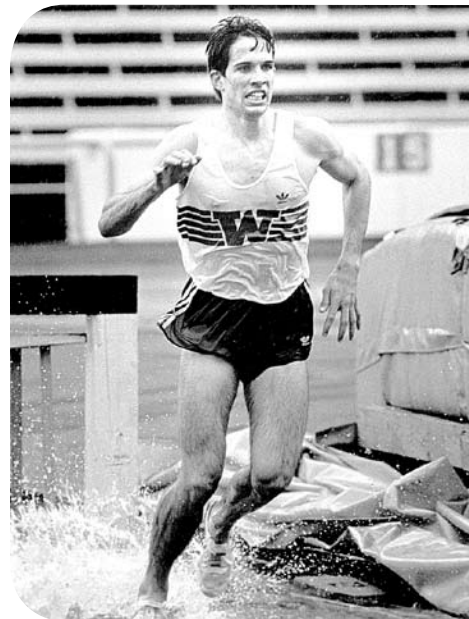
249-6	Darryl Roberson	1989
240-8	Tony Parsley	1991
238-8	Troy Burkholder	1996
237-2	Mike deMunnik	1994
236-1	Craig Manalili	1994
233-10	Juan Romero	2006
233-5	Bob Rockett	1987
	Jacob Smith	1995
232-7	Havard Johansen	1990
231-3	Justin St. Clair	1999

Javelin (old implement, pre-1986)

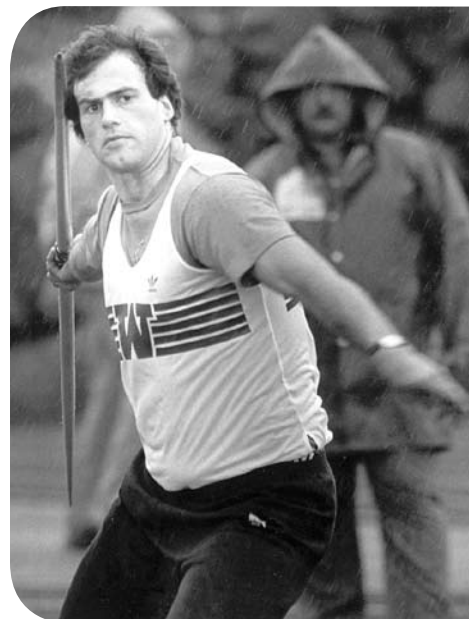
287-6	Bob Rockett	1985
280-8	Duncan Atwood	1978
275-6	Cary Feldman	1971
269-6	Rod Ewaliko	1976
264-7	Gary Quitslund	1972
261-3	Tom Sinclair	1979
260-0	Mike Mahovlich	1980
255-7	Dale Pedersen	1983
254-3	Robert Moulder	1980
242-3	Fred Luke	1968

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
7,006	Blake Bidleman	2007
6,991	E.J. Iddings	1997
6,970	Dave Lorwick	1980



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
8.03	James Fredrickson	2007
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

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
21.41	Alex Harcourt	2007
21.54	Beno Bryant	1990
21.57	Tim Martin	1994
	Orlando McKay	1990
21.64	Davaon Spence	2006
21.79	James Fredrickson	2007

**Jeremy Park, 3,000 Meters****Eric Garner, Mile Run****400 Meters**

46.63	Alex Harcourt	2007
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

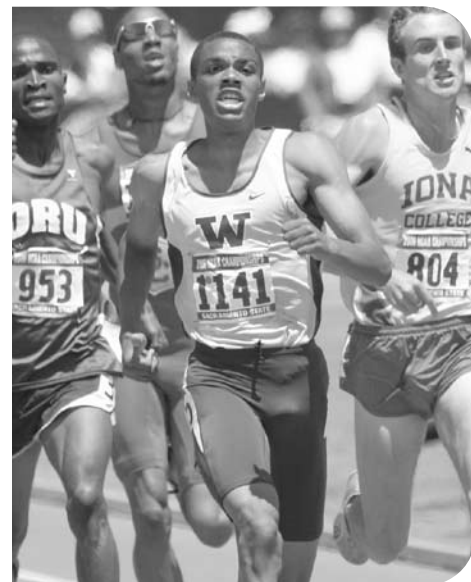
800 Meters

1:48.40	Ryan Brown	2007
1:49.00	Austin Abbott	2007
1:49.59	Shane Charles	2005
1:49.64	Ryan Brown	2005
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

c - Converted from 880 yards

Mile

3:58.93	Eric Garner	2002
3:59.24	Greg Gibson	1974
3:59.47	Austin Abbott	2006
4:01.33	Carl Moe	2007
4:03.77	John Russell	2004
4:05.45	Andy Fader	2004
4:05.29	Jon Harding	2007
4:05.54	Dave Barnett	1984
4:05.59	Al Hjort	1990
4:05.71	Dan Bell	1987

**Ryan Brown: 800 Meters, 4x400 Meter Relay, DMR****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
8:07.69	Kelly Spady	2007

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
14:14.73	Mike Sayenko	2007
14:16.62	Kevin Peters	2006
14:17.04	Kelly Spady	2007
14:22.59	Jon Harding	2006

**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
3:09.08	Gudaitis/Still/Brown/Fredrickson	2007
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

c - Converted from mile relay

Distance Medley Relay

9:35.35	Abbott/Jackson/Brown/Moe	2006
	Garner/S. Williams/Moe/Russell	2004
9:35.89	Abbott/Fredrickson/Brown/Moe	2007
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
9:43.40	Abbott/Still/Govier/Spady	2007
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

c - Converted from yards to meters

High Jump

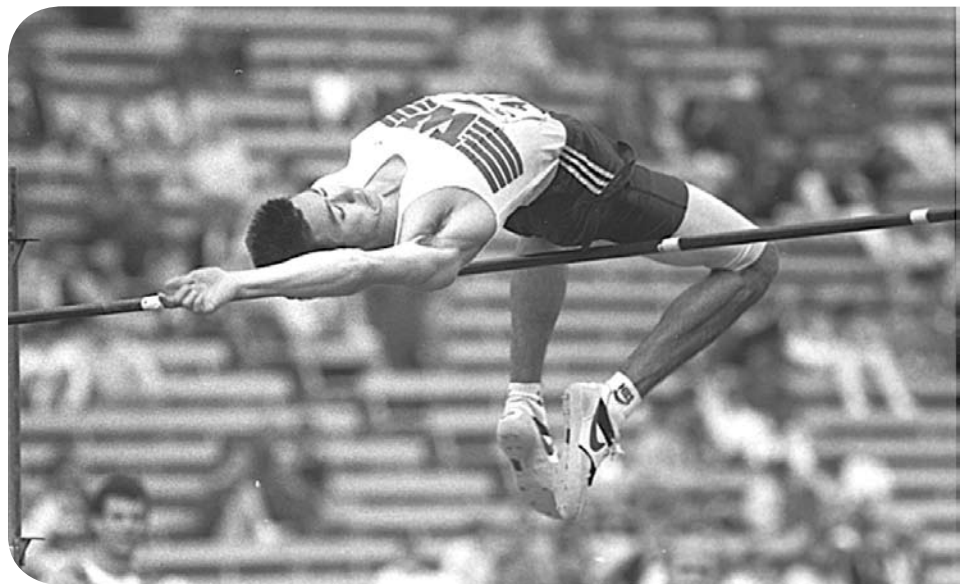
7-5	Rick Noji	1988
7-2 1/4	Norris Frederick	2007
7-0 1/4	Warren Eickhoff	2005
	Rob Reynolds	1996
	Tracey Thomas	1988
6-11 3/4	Sean Steele	2001
6-11	Greg Fjellman	1992
6-10 3/4	Tay Cody	1994
	Mark Allan	1991
6-10 1/2	Mike Ramos	1983
	Stan Vegar	1978

Pole Vault

19-0 1/4	Brad Walker	2003
18-1 3/4	Scott Roth	2007
17-10	Steve Oravetz	1979
17-9 3/4	McKane Lee	2007
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

Long Jump

25-10	Norris Frederick	2007
25-6 1/2	Phil Shinnick	1965
25-0	Ed Turner	1996
24-5 1/2	Robert Scott	1992
23-9 1/2	J.R. Wolkfork	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
	Tyriiff 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	Tyriiff Rudder	2001
48-7	Dennis Cook	1977

Shot Put

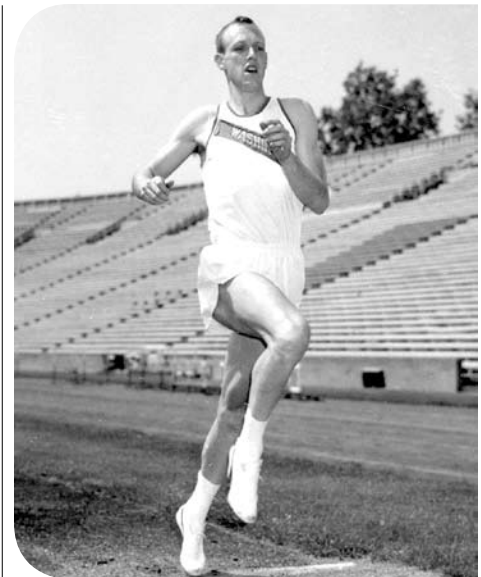
65-5 1/4	Ben Lindsey	1998
64-4	Russ Vincent	1975
64-1	Steve Summers	1980
60-7	John Hubbell	1969
60-6 1/2	Ernie Conwell	1995
58-11 1/2	Eric Johnson	1988
57-5 3/4	Neal Kneip	1986
56-10 1/4	George Sutherland	1975
56-7 1/4	Brett Holden	1982
56-5 1/4	Daniel Te'o-Nesheim	2007

35-lb. Weight Throw

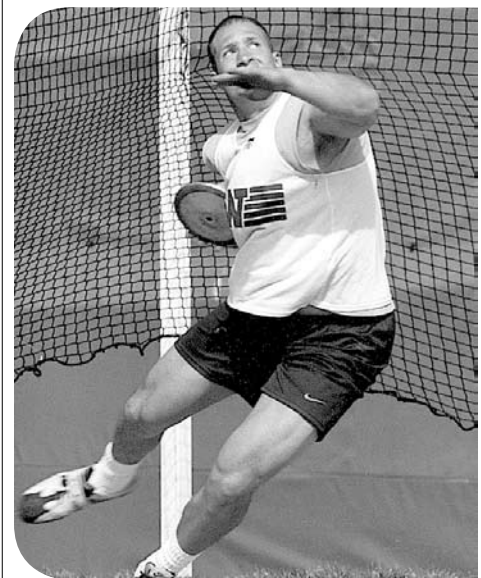
71-5 1/2	Scott Neilson	1979
67-0	Martin Bingisser	2007
65-7 1/2	Neal Kneip	1986
64-8 3/4	Martin Bingisser	2006
62-1 3/4	Russ Vincent	1978
61-6	Eric Johnson	1989
61-4 3/4	Bill Stengele	1997
58-5 1/4	Zack Midles	2007
58-0 1/4	Will Conwell	2006
55-9 1/4	Sam Fu	1995
55-3	Casey Ballwey	1974

Heptathlon

5,126	Blake Bidleman	2006
4,874	Corey Fredericks	2007
4,609	Doug Blaty	2004
4,437	Bobby Noble	2007



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
2:07.39	Dani Schuster	2007
2:07.48	Amy Lia	2007
20:07.92	Amanda Miller	2007
2:08.14h	Susan Gregg	1982
2:08.43	Danelle Kabush	1998

a - includes altitude adjustment



Megan Spriesterbach, Javelin (new implement)

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
4:20.58	Amanda Miller	2007
4:21.00	Sarah Bolender	1988
4:21.96	Tara Carlson	1996
4:22.76	Susan Gregg	1983

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
10:56.54	Mo Huber	2007
11:01.27	Karen Schwager	2004
11:04.87	Trisha 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
16:00.03	Anita Campbell	2007
16:01.20	Anna Aoki	2001
16:10.94	Gillian Palmer	2001
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

12.99	Ashley Lodree	2007
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
59.60	Syreetta Martin	2007
59.65	Ashley Lodree	2005

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 3/4	Stevie Marshalek	2007
13-5 1/4	Kelley DiVesta	2006
	Ashley Wildhaber	2005
12-11 1/2	Sandy Erickson	2000
12-6	Myrriah Swango	2007
12-2	Alexis Jaime	2001
11-11 3/4	Allison Moore	2007
11-7 3/4	Allison Wojciechowski	2007
	Chris Withey	2000

Long Jump

21-0	Meledy Smith	1984
20-8 1/2	Ashlee Lodree	2007
	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
48-5 1/4	Sheree Ellis	2007
48-0 3/4	Cherron Davis	2004
47-0 1/4	Soozie Shanley	1995

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
155-3	Shannon Harvey	2007
155-2	Carin Trygg	2004
153-3	Arlecier West	2006
150-5	Piper Hope	2005
149-10	Searan Salibian	2002

Javelin (new implement, 1999-)

173-7	Megan Spriestersbach	2004
161-9	Tiffany Zahn	2006
159-6	Heather Reichmann	2003
143-8	Kaisa Keranen	2007
136-4	Chris Withey	2000
122-5	Grace Vela	2005
117-1	Rebecca Morrison	1999
116-7	Liz Fuller	2007
114-11	Emily Whitish	1990
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
4,845	Liz Fuller	2007
4,831	Janie Vermeere	1994
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

7.34	Ashley Lodree	2007
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

8.01	Ashley Lodree	2007
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

24.22	Ashley Lodree	2007
24.49	Tracy Griffin	1994
24.86	Marzette Penton	1996
	Chelsie Pentz	2000
25.12	Syreeta Martin	2007
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



Jennifer Ponath, Shot Put



Ashley Lodree: 60 Meter Dash, 60 Meter Hurdles, 100 Meter Hurdles, 200 Meters

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
55.99	Kinyatta Leonhardt	2007
56.01	Kellie Gamby	1991
56.13	LeTasha Moore	2002
56.23	Monique Glass	1999
56.35	Lara Kelley	1999

800 Meters

2:06.76	Amanda Miller	2005
2:08.39	Courtney Inman	2003
2:09.73	Amy Lia	2004
2:09.99	Dani Schuster	2007
2:10.17	Kira Harrison	2007
2:11.06c	Sarah Bolender	1987
2:11.08	Terra Barter	1995
2:12.43	Angela Froese	1995
2:12.44c	Sandra Gregg	1983
2:12.93	Lora Funk	1994

c - Converted from 880 yards

Mile

4:40.24	Courtney Inman	2003
4:41.36	Amanda Miller	2007
4:42.17	Ingvill Makestad	2004
4:42.27	Lindsey Egerdahl	2005
4:43.33	Dani Schuster	2007
4:44.34	Amy Lia	2006
4:48.36c	Sandra Gregg	1983
4:50.09	Annaliese Chapa	2006
4:50.14c	Marjan Moulijn	1978
4:50.65	Margaret Butler	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
16:28.19	Anita Campbell	2007
16:33.01	Anna Aoki	2000
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



Lindsey Egerdahl, Distance Medley Relay



Meledy Smith, Long Jump



Kate Soma, Pole Vault

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
3:47.58	Martin/Ankton/Miller/Lodree	2007
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

Distance Medley Relay

11:23.12	Lia/Jensen/Makestad/Egerdahl	2004
11:23.57	Makestad/Harrison/Lia/Egerdahl	2004
11:24.45	Miller/Leonhardt/Schuster/Lia	2007
11:25.67	Schuster/Leonhardt/Harrison/Miller	2007
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

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

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
13-3 3/4	Kelley DiVesta	2007
12-9 1/2	Sandy Erickson	2002
12-8	Myrriah Swango	2007
12-4	Alexis Jaime	2003
12-3 1/2	Andrea Peterson	2007
12-0 3/4	MerryJane Bendico	2001

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
47-5 1/4	Sheree Ellis	2007
46-10	Suzanne Dandenault	1991
46-7 1/4	Whitney Hooks	2007
46-1 1/4	Cherron Davis	2003

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
46-6	Whitney Hooks	2007
46-2 3/4	Shannon Harvey	2007

Pentathlon

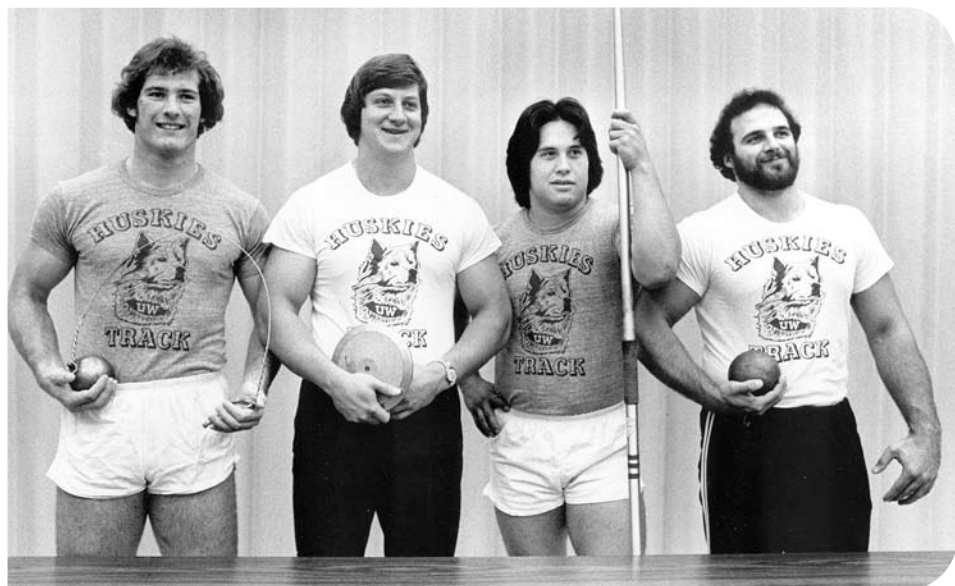
3,915	Grace Vela	2005
3,854	Daria Pavlov	2006
3,696	Dianne Baumann	1983
3,692	Angie Tasker	1989
3,651	Liz Fuller	2007
3,508	Sonja Forster	1990
3,471	Bonnie Snyder	2005
3,266	Roxanne Rohweder	1984
3,251	Deanna Carr	1983
3,213	Kaisa Keranen	2006

Pac-10 Outdoor Results (1979-)

Year	Champion	Pts.	UW Place	UW Pts.
2007	Oregon	114	6	89
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
2007	Ryan Brown	800m Run	1:47.51	1978	Scott Neilson	Hammer	232-4
2006	Shane Charles	400m Hurdles	49.51		Duncan Atwood	Javelin	261-8
	Norris Frederick	Long Jump	25-10w	1977	Scott Neilson	Hammer	213-11
	Juan Romero	Javelin	233-10		Duncan Atwood	Javelin	265-9
2005	Ryan Brown	800m Run	1:47.31		Brian Mondschein	Decathlon	7,066 pts.
2003	Brad Walker	Pole Vault	18-2 1/2	1976	Graham Barr	Steeplechase	8:56.0
2002	Mike Hill	Steeplechase	8:54.19		Spider Gaines	110m Hurdles	13.9
	Brad Walker	Pole Vault	18-0 1/2		Russ Vincent	Shot Put	63-9 3/4
2001	David Bazzi	10,000m Run	29:27.31		Borys Chambul	Discus	196-4
2000	Ja'Warren Hooker	100m Dash	10.19		Scott Neilson	Hammer	209-6
	Ja'Warren Hooker	200m Dash	20.39		Rod Ewaliko	Javelin	265-3
	Ben Lindsey	Shot Put	63-11 3/4	1975	Rod Ewaliko	Javelin	260-9
1998	Ja'Warren Hooker	100m Dash	10.24	1974	Al Davis	100y Dash	9.7
	Ja'Warren Hooker	200m Dash	20.70	1972	Bill Koss	Steeplechase	8:42.0
	Hooker/Prior/Anabel/Dawson	4x400m Relay	3:06.49		Kirk Bryde	Pole Vault	16-9 1/2
1996	Troy Burkholder	Javelin	229-5	1971	Jim Seymour	440y Hurdles	50.9
1992	Mitch Leffler	800m Run	1:49.05		Kirk Bryde	Pole Vault	17-4
1990	Rick Noji	High Jump	7-2 1/2		Cary Feldman	Javelin	258-4
1989	Darryl Roberson	Javelin	238-4	1970	Jim Johnson	Steeplechase	8:47.6
1988	Darryl Roberson	Javelin	236-2		Cary Feldman	Javelin	236-6
1987	Bruce Stirling	1500m Run	3:44.29	1969	John Hubbell	Shot Put	62-11 1/4
	Dan Bell	Steeplechase	8:36.68	1967	Washington	Mile Relay	3:11.6
1986	Mike Ramos	Decathlon	8,322 pts.	1964	Jerry Plowman	220y Dash	21.4
1985	Steve Erickson	Decathlon	8,067 pts.		Wariboko West	Long Jump	24-11 1/4
	Tony Zackery	Long Jump	25-11 1/4w		Al Pemberton	Discus	175-6
1984	Mike Ramos	Decathlon	7,824 pts.	1963	Brian Sternberg	Pole Vault	15-0
1983	Mike Ramos	Decathlon	7,824 pts.	1962	John Cramer	Pole Vault	15-0 1/2
1980	Gary Gefre	Decathlon	7,758 pts.	1961	John Cramer	Pole Vault	15-0
1979	Scott Neilson	Hammer	235-0	1960	Don Failla	Pole Vault	14-0
	Tom Sinclair	Javelin	259-11		Bill Coats	Pole Vault	14-0
					John Douglas	Javelin	237-0

Did You Know?

Washington athletes have won at least one Pac-10 title every year since 2000, combining for 15 conference crowns in that seven-year span.



2006 Pac-10 javelin champion Juan Romero

Women's Conference Meet History



Two-time Pac-10 10,000-meter champ Anna Aoki.

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



Soozie Shanley won the hammer at the '96 Pac-10 meet.

Pac-10 Outdoor Results (1987-)

Year	Champion	Pts.	UW Place	UW Pts.
2007	Arizona State	158	9	49
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 three MPSF team titles and 32 individual crowns, including seven individual titles and the men's team championship at the 2007 meet, the most recent of four-straight held at UW's Dempsey Indoor.

Men's MPSF Indoor Conference Champions

Year	Champion	Event	Mark
2007	Ryan Brown	800m Run	1:48.59
	Austin Abbott	Mile Run	4:02.82
	Gudaitis/Still/Brown/Fredrickson	4x400m Relay	3:09.28
	Norris Frederick	Long Jump	25-2 1/2
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	Mile Run	4:00.53
2001	David Bazzi	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
2007	Ashley Lodree	60m Dash	7.34
	Ashley Lodree	60m Hurdles	8.17
	Amanda Miller	Mile Run	4:48.98
2006	Ashley Lodree	60m Hurdles	8.17
2005	Kate Soma	Pole Vault	13-8 1/4
2004	Ingvill Makestad	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.
2007	Washington	109	1	109
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.
2007	Arizona State	135	4t	73.5
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.
2007	Florida State	54	15t	16
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 pulls away from the competition with a finishing kick to win the 800 meters at the 2007 NCAA Indoor Championships, one of 28 NCAA titles all-time by UW athletes and the second for Brown.

Year	Champion	Pts.	UW Place	UW Pts.	Year	Champion	Pts.	UW Place	UW Pts.
1934	Stanford	63	—	—	1994	Arkansas	94	—	—
1933	LSU	58	38t	1	1993	Arkansas	66	—	—
1932	Indiana	56	—	—	1992	Arkansas	53	—	—
1931	USC	77	20t	8	1991	Arkansas	34	41t	4
1930	USC	55 27/70	2	40	1990	Arkansas	44	45t	2
1929	Ohio State	50	2	42	1989	Arkansas	34	—	—
1928	Stanford	72	4	26	1988	Arkansas	34	35t	4
1927	Illinois	35	3	29	1987	Arkansas	39	18t	8
1926	USC	27	—	7	1986	Arkansas	49	36t	3
1925	Stanford	31	—	13.5	1985	Arkansas	70	—	—
1924	No Meet Held	—	—	—	1984	Arkansas	38	—	—
1923	Michigan	29.5	15	5.5	1983	SMU	43	—	—
1922	California	28.5	—	—	1982	UTEP	67	—	—
1921	Illinois	20.25	4	12.25	1981	UTEP	76	—	—

NCAA Indoor Results (1965-)

Year	Champion	Pts.	UW Place	UW Pts.	Year	Champion	Pts.	UW Place	UW Pts.
2007	Wisconsin	40	7t	22	1977	Wash. State	25.5	12t	7
2006	Auburn	57	21t	12	1976	UTEP	23	—	—
2005	Arkansas	56	28t	7	1975	UTEP	36	—	—
2004	LSU	44.5	22t	11	1974	UTEP	19	39t	3
2003	Arkansas	52	20t	10	1973	Manhattan	18	26t	4
2002	Tennessee	62.5	—	—	1972	USC	19	32t	3
2001	LSU	34	11t	16	1971	Villanova	22	22t	4
2000	Arkansas	41.5	22t	6	1970	Kansas	27.5	28t	3
1999	Arkansas	65	—	—	1969	Kansas	41.5	—	—
1998	Arkansas	56	13	16	1968	Villanova	35.5	—	—
1997	Arkansas	59	43t	4	1967	USC	26	39t	1
1996	George Mason	39	—	—	1966	Kansas	14	—	—
1995	Arkansas	59	—	—	1965	Missouri	14	25t	3

AAU/TAC National Champions



3-time AAU champ Gus Pope.

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
2007	Ryan Brown	800-Meter Run (Indoor)	1:48.40
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
Bingisser, Martin (2007)	3
Boase, Jordan (2005-06)	0.25
Bracken, Dan (1931-33)	1
Brix, Herman (1926-28)	18
Brown, Dennis (1981-83)	3
Brown, Ryan (2003-07)	16.25
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. Ryan Brown (2003-07)	16.25

Clarke, George (1924-26)	3	Noji, Rick (1986-90)	8.5
Conwell, Ernie (1992-96)	8	Oravetz, Steve (1978-79)	1
Corvin, Curt (1984-86)	1	Palmason, Vic (1935-37)	2
Cramer, John (1961-63)	7.8	Peltret, Ed (1925-27)	1
Dodds, Gordon (1928-29)	2	Phillips, Matt (1999-2001)	0.5
DuPree, Dave (1966-68)	0.5	Predmore, Jake (1996-2001)	2
Egtvet, Percy (1923-25)	0.2	Quitslund, Gary (1972-73)	8
Ellison, Bernard (1990-91)	1	Qvale, Kjell (1940-41)	1
Erickson, Steve (1981-85)	9	Ramos, Mike (1982-86)	30
Ewaliko, Rod (1973-76)	18	Ramsey, Red (1925-26)	1
Feldman, Cary (1970-72)	16	Roberson, Darryl (1988-89)	8
Franco, Pablo (1974-75, '77)	2.5	Roberts, Dave (1965-67)	2
Frederick, Norris (2007)	6	Rockett, Bob (1983-84)	24
Gaines, Spider (1977-78)	1	Roth, Scott (2007)	1
Gefre, Gary (1978-80)	1	Roe, Bill (1965-67)	2
Genung, Ed (1929-32)	16	Setliff, Adam (1992-93)	4
Hartley, Talbot (1929-31)	4	Seymour, Jim (1970-71)	5
Hensey, John (1947-50)	2	Shinnick, Phil (1962-65)	7
Hicks, Billy (1974-75)	3.5	Sinclair, Tom (1978-79)	14
Hinds, Sterling (1982-84)	3	Skartvedt, Darrold (1952-54)	4
Hooker, Ja'Warren (1998-2001)	13	Smart, Bill (1968-70)	3
Howell, Byron (1981-85)	6	Smith, Bob (1941-43)	6
Hubbell, John (1968-70)	8	St. Clair, Justin (1998-2001)	3
Humes, Tom (1927-29)	2	Steed, William (1946-49)	2
Jackson, Bruce (2004-06)	0.25	Sternberg, Brian (1963)	10
Jessup, Paul (1928-30)	22	Stirling, Bruce (1983)	1
Johnson, Jim (1970-72)	8	Summers, Steve (1978-79)	6
Kaligis, Pete (1992-94)	2	Swanzy, Gene (1941-43)	1
Kamm, Tom (1943, '47)	6	Tabish, Dan (1983-87)	2
Kiser, Rufus (1928-30)	24	Taylor, Jeff (1972-74)	8
Klein, Eric (1967-68)	4	Temple, Tom (1966-68)	0.5
Kydd, Bill (1943)	4	Tinner, Keith (1975-77)	2.5
LaBounty, Cliff (1957-59)	0.1	Tobacco, Terry (1957-59)	6
Lindsey, Ben (1997-2001)	4	Vincent, Russ (1974-77)	4
Luke, Fred (1966-68)	1	Walker, Brad (2000-03)	8
Madche, Brian (1994-96)	3	Walsh, Marty (1967-69)	0.5
Maginnis, William (1923-25)	1	Webster, Rob (1979-82)	4
Marshall, LaNorris (1981, '83)	9	West, Wariboko (1963-65)	2
Mason, Earl (1921-23)	1.3	Wilde, Drummond (1925-26)	1
McGoldrick, Jim (1937-40)	2	Williams, Dave (1965-67)	6.5
McKay, Orlando (1989-91)	1	Wilson, Todd (1991)	4
Merritt, Brent (1990-91)	1	Wold, Don (1946-48)	8
Metcalfe, Greg (1991-93)	3	Widenfelt, George (1951-53)	5
Meyer, Denny (1952-54)	1	Wollen, Doug (1979-83)	5
Moulder, Robert (1980-81)	6	Yantis, Dick (1941-43)	4
Neilson, Scott (1976-79)	40		



Sprinter Bruce Jackson is one of just four 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
2007	Austin Abbott	800 Meters (i)	4th
	Austin Abbott	DMR (i)	5th
	Martin Bingisser	Hammer	6th
	Ryan Brown	800 Meters	3rd
	Ryan Brown	800 Meters (i)	1st
	Ryan Brown	DMR (i)	5th
	Norris Frederick	Long Jump	3rd
	Norris Frederick	Long Jump (i)	6th
	Norris Frederick	High Jump (i)	10th
	James Fredrickson	400m Hurdles	10th
	James Fredrickson	DMR (i)	5th
	Carl Moe	DMR (i)	5th
2006	Scott Roth*	Pole Vault	8th
	Scott Roth*	Pole Vault (i)	11th
	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	800m Run	1st
	Ryan Brown	4x400m Relay (i)	3rd
	Ryan Brown	DMR (i)	5th
	Shane Charles	4x400m Relay	8th
	Shane Charles	4x400m Relay (i)	3rd
2000	Norris Frederick	Long Jump (i)	12th
	Bruce Jackson	4x400m Relay	8th
	Bruce Jackson	4x400m Relay (i)	3rd
	Bruce Jackson	4x400m Relay (i)	3rd

Year	Name	Event	NCAA Place
2005	Bruce Jackson	DMR (i)	5th
	Carl Moe	DMR (i)	5th
	Juan Romero	Javelin	11th
	Austin Abbott*	DMR (i)	5th
	Ryan Brown	800m Run	10th
2004	Ryan Brown	DMR (i)	5th
	Andy Fader	DMR (i)	5th
	Norris Frederick*	Long Jump (i)	6th
	Sean Williams	DMR (i)	5th
	Eric Garner	Mile Run (i)	8th
2003	Brad Walker	Pole Vault (i)	1st
	Brad Walker	Pole Vault (i)	1st
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
	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
1999	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
1998	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
	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

Year	Name	Event	NCAA Place
1997	Ben Lindsey	Discus	9th
	Brice Newton	1,500m Run	12th
	Ed Turner	200m Dash (i)	5th
1996	Troy Burkholder*	Shot Put	4th
	Ernie Conwell	Shot Put	5th
	Bryan Madche	Pole Vault	6th
	Nick Pavach	Steeplechase	11th
	Ernie Conwell	Shot Put	5th
1995	Pete Kaligis	Shot Put	7th
1994	Greg Metcalf	Steeplechase	6th
1993	Adam Setliff	Discus	5th
	Dana Hall	55m Hurdles (i)	4th
	Tony Parsley	Javelin	10th
	Todd Wilson	Discus	5th
	Beno Bryant*	4x400m Relay	5th
1990	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
	Darryl Roberson	Javelin	5th
1989	Darryl Roberson	Javelin	5th
1988	Rick Noji	High Jump (i)	4th
1987	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
1986	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
1985	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
1984	LaNorris Marshall	200m Dash	3rd
	Gary Gefre	Decathlon	6th
	Robert Moulder	Javelin	3rd
1983	Gary Gefre	Decathlon	8th (tie)
1982	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
	Steve Summers	Shot Put (i)	6th
	Duncan Atwood	Javelin	3rd
	Scott Neilson	Hammer Throw	1st
	Scott Neilson	Weight Throw (i)	1st
1981	Steve Oravetz	Pole Vault	6th
	Tom Sinclair	Javelin	4th
	Steve Summers	Shot Put	7th
	Russ Vincent	Shot Put (i)	3rd
	Russ Vincent	Shot Put (i)	3rd

Did You Know?

Washington's men have combined for 55 All-America honors since 2000, including a record 16 in 2006. The Huskies' 30 All-America honors since the start of the 2006 season are the most of any two-year span in UW history.

Men's National Meet History

Year	Name	Event	NCAA Place
1977	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
1976	Borys Chambul	Discus	1st
	Rod Ewaliko	Javelin	4th
	Scott Neilson	Hammer Throw	1st
	Russ Vincent	Shot Put	4th
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
1974	Keith Tinner	Mile Relay	1st
	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
	Cary Feldman	Javelin	3rd
1970	Jim Seymour	440y Hurdles	6th
	Bill Smart	Mile Run	5th
	John Hubbell	Shot Put	5th
1969	Bill Smart	Mile Run	6th
	John Celms	Steeplechase	5th
	Don Fate	Javelin	8th
1968	John Hubbell	Shot Put	3rd
	Eric Klein	Triple Jump	4th
	1967		
1967	Dave DuPree	4x110y Relay	5th
	Marty Ludish	4x110y Relay	5th
	Fred Luke	Javelin	6th
1966	Dave Roberts	Mile Run	6th
	Tom Temple	4x110y Relay	5th
	Dave Williams	4x110y Relay	5th
1965	Dave Roberts	Mile Run	6th
	Dave Williams	440y Hurdles	4th
	Dave Williams	120y Hurdles	6th
1964	Bill Roe	120y Hurdles	5th
	Dave Williams	Broad Jump	6th
	Phil Shinnick	Broad Jump	3rd
	Wariboko West	Broad Jump	5th



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
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
1953	Denny Meyer	Two-Mile Run	6th
	Darold Skartvedt	Broad Jump	4th
	George Widenfelt	High Jump	2nd (tie)
1947	Lyle Clark	120y Hurdles	6th
	John Hensey	880y Run	5th
	William Steed	Two-Mile Run	5th
1946	Don Wold	Mile Run	2nd
1943	Tom Kamm	Broad Jump	3rd
	Bill Kydd	Javelin	4th
	Bob Smith	220y Dash	5th
	Gene Swanzey	880y Run	6th

Year	Name	Event	NCAA Place
1942	Dick Yantis	Discus	4th
	Bob Smith	220y Dash	5th
	Bob Smith	440y Dash	5th
1941	Kjell Qvale	220y Dash	6th
1940	Jim McGoldrick	120y Hurdles	5th
1935	Jim Angle	Mile Run	5th
	Vic Palmason	880y Run	5th
	1933		
1933	Dan Bracken	120y Hurdles	6th
	Ed Genung	880y Run	3rd
	Talbot Hartley	440y Dash	5th
1930	Steve Anderson	120y Hurdles	1st
	Steve Anderson	220y Hurdles	3rd
	Talbot Hartley	440y Dash	5th
1929	Paul Jessup	Discus	1st
	Paul Jessup	Shot Put	4th
	Rufus Kiser	Mile Run	2nd
1928	Steve Anderson	220y Hurdles	1st
	Steve Anderson	120y Hurdles	3rd
	Gordon Dodds	880y Run	5th
1927	Ed Genung	880y Run	1st
	Paul Jessup	Shot Put	4th
	Paul Jessup	Discus	4th
1926	Rufus Kiser	Mile Run	2nd
	Steve Anderson	220y Hurdles	2nd
	Herman Brix	Shot Put	3rd
1925	Tom Humes	Broad Jump	5th
	Rufus Kiser	Mile Run	1st
	Dean Anderson	100y Dash	2nd
1924	Herman Brix	Shot Put	1st
	Jim Charteris	880y Run	2nd
	Ed Peltret	440y Dash	6th
1923	Herman Brix	Shot Put	5th
	Jim Charteris	880y Run	5th
	George Clarke	100y Dash	5th
1922	Red Ramsay	Two-Mile Run	6th
	Jim Charteris	880y Run	1st
	George Clarke	100y Dash	6th
1921	Percy Egtvet	High Jump	6th (tie)
	William Maginnis	Two-Mile Run	6th
	Drummond Wilde	Mile Run	6th
1920	Cecil Callison	Broad Jump	6th
	Earl Mason	Pole Vault	4th (tie)
	Chuck Frankland	High Jump	4th (tie)
1919	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.	Ryan Brown, 2007	3
	Norris Frederick, 2007	3
	Bruce Jackson, 2006	3
	Ja'Warren Hooker, 2000	3
	Ja'Warren Hooker, 2001	3
4.	Austin Abbott, 2007	2
	James Fredrickson, 2007	2
	Scott Roth, 2007	2
	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.	Ryan Brown, 2003-07	9
3.	Scott Neilson, 1976-79	7
4.	Rick Noji, 1986-90	6
5.	Norris Frederick, 2005-07	5
5.	Steve Anderson, 1928-30	5
7.	Austin Abbott, 2005-07	4
	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. 2006	16 '07 Indoor
2. 2007	14 '06 Indoor
3. 1998	10 '06 Outdoor
4. 1990	8 '98 Indoor
1979	8 '90 Outdoor
	7 '29 Outdoor

NCAA Outdoor Results (1982-)

Year	Champion	Pts.	UW Place	UW Pts.
2007	Arizona State	60	59t	3
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.
2007	Arizona State	38	34t	6
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 (2004-07)	9
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. Ashley Lodree (2004-07)	9
10. 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

Women's National Meet History



Ashley Lodree became UW's most decorated female athlete of all-time with two All-America honors in 2007.



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

Year	Name	Event	NCAA Place
2007	Ashley Lodree	100m Hurdles	6th
	Ashley Lodree	60m Hurdles (i)	3rd
	Amanda Miller	Mile Run (i)	9th
2006	Amy Lia	1,500m Run	1st
	Ashley Lodree	100m Hurdles	7th
	Ashley Lodree	60m Hurdles (i)	9th
2005	Carly Dockendorf	Pole Vault	6th
	Lindsey Egerdahl	Mile Run (i)	8th
	Amy Lia	1,500m Run	12th
	Ashley Lodree	100m Hurdles	5th
	Ashley Lodree	60m Hurdles (i)	10th
	Amanda Miller*	800m Run (i)	9th
	Kate Soma	Pole Vault	1st
	Kate Soma	Pole Vault (i)	2nd
	Ashley Wildhaber	Pole Vault (i)	5th
2004	Kate Soma	Pole Vault	2nd
	Kate Soma	Pole Vault (i)	5th (tie)
	Megan Spriestersbach	Javelin	4th
2003	Courtney Inman	1,500m Run	4th
	Heather Reichmann	Javelin	7th
	Kate Soma	Pole Vault	7th
2000	Seselia Thomas	Discus	8th
1999	Cecelia Barnes*	Discus	9th
1998	Keisha Griffis	400m Hurdles	9th
	Aretha Hill	Discus	2nd
	Danelle Kabush	1,500m Run	9th
1997	Aretha Hill	Discus	4th
1996	Tara Carlson	5,000m Run	8th
	Aretha Hill	Discus	3rd
1995	Terra Barter	400m Hurdles	8th
	Tara Davis	Triple Jump	11th
	Aretha Hill*	Discus	7th
1994	Laura Kruse*	Javelin	8th
	Monika Parker	Javelin	10th
	Claudine Robinson	55m Hurdles (i)	4th

Year	Name	Event	NCAA Place
1993	Monika Parker	Javelin	7th
	Claudine Robinson	55m Hurdles (i)	9th (tie)
	Tessie Schorr	Javelin	9th
1991	Mari Bjone	400m Hurdles	7th
	Janicka Peterson	3,000m Run	10th
1988	Vicki Borsheim	High Jump (i)	2nd
	Meg Jones	Discus	9th
	Meg Jones	Shot Put	5th
	Jennifer Ponath	Discus	7th
	Jennifer Ponath	Shot Put	1st
	Jennifer Ponath	Shot Put (i)	3rd
	Shirley Ross	Shot Put	2nd
	Shirley Ross	Shot Put (i)	7th
	Shelly Sanford	Javelin	7th
1987	Meg Jones	Shot Put	9th
	Helena Uusitalo	Javelin	2nd
1986	Vicki Borsheim	High Jump	7th
	Helena Uusitalo	Javelin	1st
1985	Meg Jones	Shot Put (i)	8th
	Camille Rivard	800m Run (i)	2nd
1984	Meledy Smith	Long Jump	3rd
	Meledy Smith	Long Jump (i)	4th
1983	Deanna Carr	Javelin	5th
	Donna Dennis	100m Dash	8th
	Regina Joyce	10,000m Run	5th
1982	Deanna Carr	Javelin	7th
	Regina Joyce	3,000m Run	9th
1981	Maggie Garrison	High Jump	6th
	Sandra Gregg	1,500m Run	5th
	Regina Joyce	3,000m Run	1st
	Caryl Van Pelt	Shot Put	9th
1980	Dana Arnim	4x800m Relay	3rd
	Deanna Carr	Javelin	7th
	Sandra Gregg	4x800m Relay	3rd
	Susan Gregg	4x800m Relay	3rd
	Anne Phillips	4x800m Relay	3rd
1977	Maggie Garrison	High Jump	3rd
	Caryl Van Pelt	Shot Put	3rd

All-America Records

Most All-America Awards, Individual Career

1. Ashley Lodree, 2004-07	6
2. Kate Soma, 2002-05	5
3. 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. Amanda Miller, 2005-07	2
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, 2007	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	1. 1988 Outdoor	6
1988	9	2. 2005 Indoor	5
3. 1980	5	1980 Outdoor	5
4. 1981	4	4. 2005 Outdoor	4
5. 9 tied with	3	1981 Outdoor	4

WORLD RECORDS



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

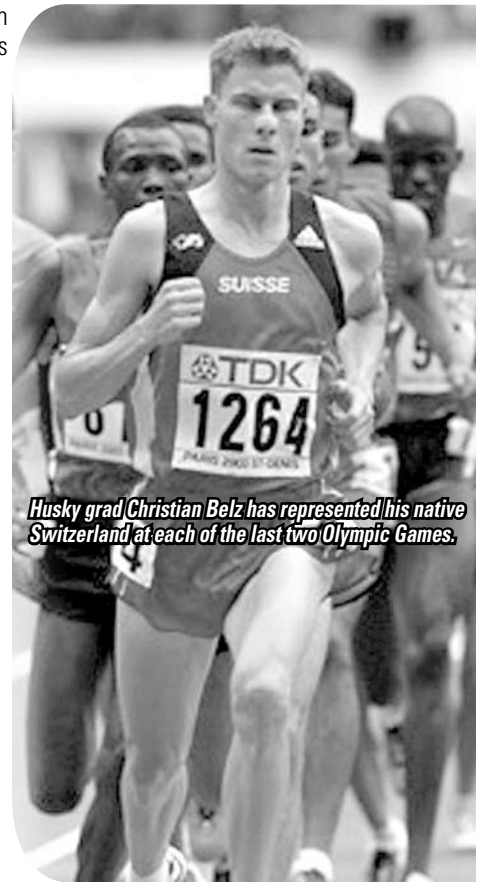
1920 — Antwerp, Belgium

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



Former Husky Brad Walker holds the American flag after capturing the gold medal at the 2007 World Championships in Osaka, Japan. Walker also won gold at the 2006 Indoor World Championships and has four

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, 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. Recently, former Husky grad and two-time NCAA Champion Brad Walker has dominated in the pole vault on the world stage, winning gold at the 2007 World Outdoor meet and at the 2006 World Indoors. 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:

2007 — Osaka, Japan

Brad Walker (USA), Pole Vault, 1st, 19-2 3/4

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

A	
Abbey, George	1949-51
Abbott, Austin	2005-07
Achterman, 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
Aguierre, 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
Algyer, Ray	1926
Allamano, John	1966-68
Allen	1900
Allen, Mike	1992-93
Allen, Terrance	1999
Amiad-Pavlov, Daria	2006-07
Anabel, Scott	1995-99
Anacker, Don	1957-59
Andersen, Keith	1972
Anderson	1910
Anderson, Angela	1993-94
Anderson, Bob	1939
Anderson, Brooke	2007
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	2006-07
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	1939-40

B	
Bacon, Randy	2007
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
Bechtol, 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, '06-07
Biere, Sondra	1996
Bigelow, Dick	1942
Bingham, Harry	1938-40
Bingham, Jeff	1969
Bingisser, Martin	2004-07
Birch, Jeff	1966-67
Birkinshaw, Grant	1972
Bjone, Mari	1991
Bjorkland, Leon	1938-39
Blake, Hilary	1992-93
Bledsoe, Arlene	2000-01
Bledsoe, Clarence	1930-32
Blue, Eugene	1919
Blue, Nick	1998
Blystone, Hillary	1990
Boase, Jordan	2005-06
Bobrow, Perry	1988
Boetske	1900
Bohrer, Steve	1987
Bolender, Sarah	1985-88
Bollen, Chris	1964-65
Bollinger, Ron	1954
Booker, Mike	1968
Bordenet, Matt	1991
Boren, Wendy	1988-90
Borgerson, Liv	1992
Borsheim, Vicki	1985-88
Bosset, Rachel	2001
Bottjer, Ryan	1998-99, '01
Bowles, Shannon	1994, '96-97
Bowman, Claire	1911-13
Bowman, Hugh	1908-11
Bowman, John	1985-86
Boyce	1900
Boyd, Travis	2004
Bozarth	1918
Bracken, Dan	1931-33
Bradbury, Dale	1978, '80-81
Bradley, Blayne	1991
Bradshaw, Kate	2000-03
Brager, Natalie	1994-96
Braley, Russ	1942
Brandenstein, Gaye	1979, '81-82
Brandon, Bob	1972-73
Brandt, Mike	1969
Brannon, Ernie	1957-59
Brashers, Preston	2004
Braun, Gordy	1974, '77
Braunschweiger, Bob	1958-59
Braunstein, Tony	1992-93
Brayton, Joelle	1994-96
Brazier, John	1955
Bredahl, Dennis	1979-81
Brewer, Phil	1947-49
Brewer, Britt	1984
Brian, Bevan	1999-01
Bridge, Todd	1993
Brigham, Charles	1946, '49-51
Brinkley, Jim	1941-43
Brix, Egert	1924-26
Brix, Herman	1926-28
Brodie, Doane	1928-31
Brokaw	1910-11
Bronn, Greg	1987-88, '90
Brousseau, Joe	1999
Brosvold, Greg	1969
Brown, Dennis	1981-83



Kirk Bryde won the 1971 Pac-8 pole vault title, set a Canadian men's record, and represented Canada at the 1972 Olympics.

Brown, Dick	1949	Caricke, David	1946
Brown, Dion	1989	Carlson, Tara	1993-96
Brown, Henry	1987	Carlton, Dennis	1953
Brown, Pat	1979	Carr, Deanna	1981-83
Brown, Ryan	2003, '05-07	Carr, Luther	1957
Brown, Sidney	2002-05	Carr, Michael	1973-74
Brown, Steve	1963-65	Carroll, Pat	1980-81
Brunell, Stacy	1993	Carter, Frank	1924
Brunnner, Stephanie	1990	Casbere, Jessie	1992-94
Bryan, Bob	1954-56	Cassidy, Debbie	1981-83
Bryan, James	1922-23	Cassity, George	1955-56
Bryant, Beno	1990	Casson, Chris	1988
Bryde, Kirk	1971-72	Castrodale, Jule	1988
Buchanan, William	1961	Cathcart, Ernie	1972
Buckley, John	1935-38	Caulkins, Glen	1900
Buckley, Leanne	1982-84	Celestine, Brian	1979-82
Buresh, Michelle	1989-90	Celms, John	1966-68
Burke, Jack	1947-50	Chambul, Borys	1972, '74
Burkhardt, Lara	1994-96	Chang, Spencer	1990
Burkholder, Troy	1996	Chapa, Annaliese	2006
Burney, Jack	1953	Chapin, Ron	1990-93
Burney, John	1947-49	Chapman, Melissa	2000-01
Burns, Karrie	1991	Charles, Shane	2005-06
Burns, Samantha	1996-97	Charouhas, Tom	1978
Burston, Ray	1925-26	Charteris, James	1925-27
Buse, August	1931	Chenaur, Sam	1984, '86
Bush, Fred	1950	Chestnut, Fred	1900
Butler, Dan	1982-84	Childs, Boyd	1935-37
Butler, Margaret	1997-00	Childs, Lee	1970
Bynoe, Alex	1992-95	Christensen, Dana	1978
Byrne, Tim	1972, '74	Christensen, Scott	1970, '72

C			Chung, Aaron	1992
			Churchwell, Ann	1984
			Clark, Andy	1989-92
	Cadman, Jason	1996, '98-00	Clark, Lyle	1942, '46-47
	Cadwell, George	1932	Clark, Steve	1973-74
	Cairney, Ralph	1930-32	Clarke, George	1924-26
	Calder, Lester	1920	Clarkson, Charles	1928-30
	Calhoun, Bill	1981	Cline, Jim	1979-80
	Callies, Michelle	1981	Clinton, Dick	1943
	Callison, Cecil	1922-23	Clyde, Paul	1913-16
	Cameron, Pete	1953	Coaston, Laurie	1981-84
	Campbell, Anita	2006-07	Coaston, Leslie	1981-84
	Campbell, Ed	1910	Coatney, Dave	1977-80
	Campbell, Graham	1998-99	Coats, William	1960
	Campbell, Kailey	2007	Cochran, Elvin	1913-14
	Campbell, Leslie	1989-91	Cochran, Lamont	1915
	Campbell, Todd	1992-95	Cocking, Boyd	1926
	Cardiff, Kevin	1980-83	Coddington, Travis	1997



Herman Brix, pictured here winning a silver medal in the shot put at the 1928 Olympic Games in Amsterdam, and set a world record later that year.

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.

Cody, T.J.	1994	Dandenault, Suzanne	1989-92
Colbourne, Greg	1978	Danielson, Greg	1968-69
Cole, Bruce	1940-42	Dankworth, Gary	1970-73
Cole, Jay	1990-93	Davidson, Harry	1914
Cole, Mark	1972	Davidson, Patrick	2004-05
Cole, Mike	1974	Davies, Mark	1993-94
Coleman, Kelly	1990-93	Davies, Robert	1929
Coleman, Sam	1938-39	Davis, Al	1974
Collins, Emily	2006-07	Davis, Cherron	2003-04
Comin, Myron	1934	Davis, Jakke	1983-84
Compton, Tracy	1996-97	Day, James	1956-57
Condon	1911	Davis, Marsh	1919-21
Condon, John	1931-33	Davis, Patrice	1996-99
Congdon, Gordon	1935	Davis, Spencer	1993
Connell, Kurth	1996-98	Davis, Tara	1995
Connelly, Camille	2002-05	Davis, Teddy	2007
Conner, Rich	1990	Dawson, B.J.	1995-98
Connors, Craig	1997-98	Day, James	1998-99
Consecki, Scott	1930	Day, Paul	1998
Conwell, Ernie	1993-96	Deeks, Don	1943
Conwell, Will	2002, '04-06	DeGallier, Jeff	1981-84
Cook, Dennis	1977-78	Delfel, Eric	1996
Cook, Phillippe	2002-03	DeMunnik, Mike	1993-94, '96
Coombes, Mike	1983	Dennis, Donna	1983-86
Corbin, Merritt	1932-33	Derby, Dean	1956-57
Corbitt	1918	DeRosans, Reggie	1981
Corvin, Curt	1984-86, '88	DeSaussure, Andre	1995, '97
Cosgrove	1900	Desilets, Makare	1997
Cotsirilos, Steve	1972	DeSouza, Kevin	2001-02
Cottrell, Tina	1996	Dignam, Laurant	2003-06
Coulson, Sara	1983	Dill, Jake	2000
Courage, Mary		Dillaway, Steve	1965-67
Courtney, Ira	1911-12	DiVesta, Kelley	2005-07
Courtwright, Ed	1938-39	Dixon, Ashandi	1989-93
Couvson, Kim	1995-98	Dixon, Bill	1950-51
Coyle, Frank	1908	Doan, Jennifer	1979-81
Craddock, Cheri	2004	Dockendorf, Carly	2003-06
Craig, Larry	1969-70	Dodds, Gordon	1928-29
Cram, Jack	1927-30	Dodge, Harold	1943
Cramer, John	1961-63	Dohm, Clarence	1905
Crandall, Laura	1980	Doht, Karlyn	1990-92
Craty	1900	Donaldson, John	1949-51
Craven, Tony	1987	Donaldson, Pete	1979-80
Cressel, Marcia	1978	Donawa, Jay	1993
Crites, Newton	1912-15	Dong, Mary	1987-88
Croadsdill, Charles	1938	Donnelly, Matt	1985-89
Cronin, Mary	1978, '81-82	Donovan, Clyde	1933
Cummins, Robert	1948	Doran, Kevin	1987
Cunningham, Esreneee	1987-90	Doremus, Ralph	1933
Cunnington, Heidi	2001	Douglas, Don	1920-22
Custer, Ed	1933	Douglas, Donald	1946
Custer, Walt	1933	Douglas, John	1959-61
Cutts, Elmer	1929	Downey, Craig	2000-01
Czubin, Chuck	1963	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

D	
Dailey, Ervin	1918-20
Dalby, Dave	1947-48
Dalum, Doug	1977-79
Dambreville, Andrew	1996-99

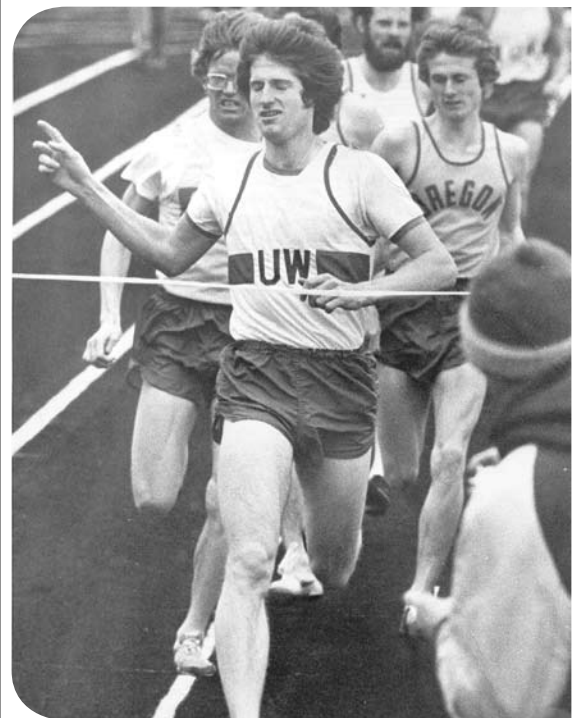
Duke, Dustin	2001-02
Dunn, Bryant	1930-32
Dupen, Brad	1983-85
DuPree, Dave	1966-68
Durst, Lora	1980
Duryee, Diana	1985

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
Elisara, Cameron	2007
Elkins, Dan	1973-74
Ellingsen, Dave	1981
Ellingsen, Jan	1978-79
Ellis, Kristin	1992
Ellis, Sheree	2006-07
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
Eskenes, 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
Follett, Katie	2007
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	2005-07
Fredericks, Corey	2007
Fredrickson, James	2007
Free, A.K.	1922-23
Freeman, Tim	2004-05, '07
Froese, Angela	1995-98
Fromm, Greg	1989
Frost, Eugene	1933-34
Frostad, Knut	1961-62
Froude, Chester	1924
Fu, Sam	1993-95
Fuller, Liz	2006-07
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
Gillette, 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	Haines, Margaret	1998-01	Heaton, Archie	1939-41
Gleason, Villero	1915	Halberg, Chris	1989	Henderson, Greg	1981-82
Goetzinger, Karl	1979	Hale, Mark	1987-90	Hendry, Christie	1980
Goiney, Bob	1972	Hall, Dana	1988-91	Hennessy, Matt	2002
Golob, Devin	2001-02	Hall, Ned	1937	Henning, Burt	1927
Gomes, Dave	1979	Hallenbeck, Mark	1977-79	Henry, Dean	1955
Gomes, Genevieve	1994	Hallett, Amy	1989-91	Henry, Jackie	1980-83
Gomez, Luis	1987	Halverson, Laura	2002, '04-05	Hensey, John	1947-50
Gonsecki, Scott	1931-32	Hamilton, James	1972-73	Herbert, Al	1941
Goodner, Ernest	1919-20	Hammermaster, Gene	1954-56	Herried, Bill	1979
Goodrich, Brad	2001-02	Hammonds, Annette	1979	Heun, Tom	1977-78
Gordon, Gavin	1984	Hamre, Nelson	1991	Heusser, Shannon	1995
Gordon, Scott	1989	Hanenberger, Pete	1968	Hickel, Tim	1980
Gourlay, Arthur	1928	Hankinson, Mike	1989	Hickey, Jon	2003-07
Govier, Brian	2007	Hann, Mike	1970	Hicks, Bill	1974
Gox, Lyle	1926	Hanningan, Bill	1982	Higgins	1900
Grace	1912	Hansen, Doug	1972	Hildrum, Tom	1999-00
Graham, Ryan	2001	Hansen, Neil	1992, '94-95	Hill, Amy	1994
Grant	1900	Hansen, Tom	1983	Hill, Aretha	1995-98
Grant	1977	Hanson, Cherish	1990-91	Hill, Michelle	1985-86
Graves, Terri	1998	Hanson, Gary	1966-67	Hill, Mike	2000-02
Gray, Harold	1915-19	Hanson, Neil	1992-95	Hill, S.	1900
Gray, Larry	1954-55	Harcourt, Alex	2006-07	Hill, W.	1900
Green, Jeff	1989-91	Hardebeck, Dan	1988	Hilt, Brent	1979-82
Green, Stan	1953-54	Harder, Don	1985-86	Hiltabidel, Charles	1946
Greene, Harold	1905	Harder, Richard	1959-61	Hilton	1912
Gregg, Sandra	1980-83	Hardin-Scott, Chanda	2005	Hilton, Dan	1995-96
Gregg, Susan	1980-83	Harding, Jon	2007	Hilton, Jim	1954-56
Gregory, Keith	1982	Harkins, Paul	1997-00	Hinds, Sterling	1982-84
Greve, Joan	1993	Harmon	1913	Hinkley, Wayne	1973-74
Grichuchin, Fred	1935	Harrell, Newson	1931-32	Hintze, Barbara	1983-84
Grierke, Brian	1987	Harris, Al	1970	Hjort, Alan	1988-90
Griffin, Scott	1990	Harris, Al	1983, '85-86	Ho, Evelyn	1996-97
Griffin, Traci	1992-94	Harris, Brian	2004-05	Hobbs, Richard	1960-61
Griffs, Keisha	1996-99	Harrison, Donn	1948-50	Hodgson, Laura	2003
Griffith, Janet	1983	Harrison, Jelani	2000, '02	Hoeltling, Kim	1968-70
Gudaitis, Jeff	2007	Harrison, Kira	2004-07	Hogue, Jim	1965-66
Guenther, Fred	1952-53	Harrison, Walt	1942-43	Hoitnik, Staci	1990-93
Guerrero, Pat	1989-91	Hartley, Talbot	1929-31	Holcombe, Pat	1980-81
Guiberson, Kevin	1990	Haslam, Harry	1970	Holden, Brett	1981-83
Gutierrez, Uriel	1996	Hatheway, Ernest	1921-24	Holland, Julie	1985
Gustafson, Gary	1977-79	Hattix, Carlos	1996-97	Holmes, Scott	1974
Guzman, Michelle	1990-91	Hatzenbeler, Steve	1994-96	Holzkecht, Ted	1951
Gylling, Jim	1981-82	Hawken, Harvey	1961-63	Hooker, Ja'Warren	1998-01
		Hawkins, Harold	1934	Hope, Piper	2005
		Hawkins, Lauren	1990-91	Horat, Albey	1991-92
		Hawkins, Shavon	1999-00, '02	Hord, Joey	2000
		Hay, Marion	1936-38	Hossman, Carl	1933
		Hayes, John	1949	Howard, Adam	1999
		Hayes, John	1974, '77	Howard, Anne	1990-91
		Haynes, Nat	1930	Howe, Michael	1984
		Hazelton, Scott	1987	Howell, Byron	1981-85
		Hazlet, Steward	1963-64	Hubbard, Harry	1939
				Hubbell, John	1968-70
				Huber, Mo	2007
				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
				Hurson, Mary	1986-88
				Husby	1912
				Hutchinson, Bob	1951-53
				Hutson, Jason	1994



Ten-time All-American Ja'Warren Hooker won one NCAA title, and represented the Huskies at the 2000 Olympic Games.



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

K

Jackson, Bernie	1981	Kabush, Danelle	1996-98
Jackson, Bruce	2004-06	Kaligis, Pete	1992-94
Jackson, Connie	1981-82	Kamm, Tom	1943, '47
Jackson, Doug	2000-01	Kangas, Greg	1982
Jackson, Lyle	1983	Kasim, Marvin	1999
Jackson, Vestee	1982, '84	Kaufman, Napoleon	1992
Jaime, Alexis	2001-03	Kaye, Bob	1972
Jamerson, Jay	1986-89	Kaynor, Pete	1994
James, Bill	1958-60	Kearney, Kevin	1992-93
James, Brad	1987	Keating, Bob	1937
James, Marc	2001-02, '04	Keire, Paul	1987
Jansen, Tracy	1978-79	Keller, Kendra	1984-87
Jayne, Tim	1972	Kelley, Lara	1996-99
Jens, Seth	2001-03	Kelly, Marcus	1998, '01-02
Jensen, Cambrielle	2002-04	Kennon, Calvin	1984-85
Jernigan, Noel	1955	Kenny, Mike	1980
Jessup, Paul	1928-30	Kent, James	1946-47
Joachims, Herb	1942	Kenworthy	1900
Johns, Jack	1930	Kerry, Bill	1952, '56-57
Johns, Paul	1940-41	Kertes, Jan	1968-69
Johnson	1911	Khemis, Nacime	1994
Johnson, Ben	1969	Kildal, Cory	1993
Johnson, Dan	1978	Killien, Ken	1934-36
Johnson, Dave	1978	Killien, Phil	1963-65
Johnson, Emily	1993-96	Kimbrell, Laila	1997
Johnson, Eric	1994, '96-97	Kindred, Steve	1992-93
Johnson, Erik	1986, '88	King, Amy	1999-00
Johnson, Jeff	1980	King, Cleo	1908
Johnson, Jill	2003	King, John	1933-34
Johnson, Jim	1950	King, Winchester	1923-25
Johnson, Jim	1970-72	Kintner, Bill	1937
Johnson, Kari	1991	Kipp, Dwight	1939-40
Johnson, Ken	1961-63	Kirkendall, Mike	1992
Johnson, Pat	1987-90	Kirkpatrick, Joey	1997
Johnson, Rockne	1949	Kiser, Rufus	1928-30
Johnson, Ron	1992	Kiter, Michael	2002-03
Johnson, Zelda	1985	Klein, Eric	1967-68
Johnston, Colin	1995-96	Knable, Ken	1982
Johnston, Dan	1996-99	Knapp, Clarence	1915
Johnston, Mike	1956	Kneip, Neal	1985-86
Jolivet, Diana	1982-85	Knight	1917
Jones, Brent	1988	Knox, Caleb	2005-06
Jones, Linda	1979	Knutson, Eric	1990-91
Jones, Meg	1985-88	Knutson, Kiersten	1990
Jones, Shirley	1988	Kobel, Mel	1955-56
Jones, Simon	1994	Koch, Scott	1992-93, '95
Jones, Steve	1986, '88, '90	Kok, Henrik	2001
Jonsson, Dwight	1998	Koley, Peter	1985
Joyce, Regina	1981-83	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

L		Lomax, John	1960-62
LaBarge, Peter	1960	Long, John	1941-42
LaBellarte, Paul	1985	Lorvick, Adrienne	1983
Labonge, Carl	1952-55	Lorvick, Dave	1978-82
LaBounty, Cliff	1957-59	Loucks, Darin	1992-94
Lack, Cindy	1979-82	Loudon, Dick	1951
Lademan, Brooke	2006	Louie, Bob	1964
Lahmann, Jennifer	1991	Louie, Johnny	1964
Lambe, Rod	1979	Lovely, Dawn	1990
Landy	1921	Lowe, Kenya	1993
Lane, Katie	1993-94	Lucas, Mike	1982-85
Lang	1911	Lucci, Frank	1955-57
Langer, Jerry	1951-55	Luke, Fred	1966-68
Lanigan, Erik	2002	Luke, Milton	1960
Larberg, Don	1947-49	Lund, Harry	1934
Larson, Jack	1958-60	Lund, Ron	1955
Lasiter, Liz	1985	Lunsford, Walt	1935
Lauger, Charles	1946-47	Lynch, Jack	1964-65
LaVerdure, Darryl	1973-74	Lynn, Bob	1941
Lavery, Terry	1972-74		
Lawrence, Meghan	2005	M	
Leach, Larry	1996	MacCluer, Gavin	1996-97
Leadbetter, Bob	1954-56	MacDonald, Bill	1915-19
Leahy, Adam	1989-90	MacDonald, Bill	1943
Ledford, Chris	1997-99	MacDonald, William	1947
Lee, McKane	2004-05, '07	MacIntyre, Charles	1927
Leffler, Mitch	1990-93	Mackey, James	1999-00
LeForstier, Frederick	1993	MacPherson, Mike	1996, '98
Lendig	1900	Madche, Bryan	1994-98
Leonhardt, Kinyatta	2006	Mager, Gene	1941
Lermusik, John	1980-82	Maginis, William	1923
Lesley, Earl	1950-21	Maginnis, Dave	1936-38
LeTourneau, Jack	1959	Mahnken, Carl	1956-57
Lewis, Moses	1999	Mahovich, Mike	1979-82
Lewis, Pam	1991-94	Makela, George	1959-61
Lia, Amy	2005-07	Makestad, Ingvi	2004
Liber, Brad	2005-06	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, '07	Miller, Amanda	2005-07	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	2006-07	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	O	
Massey, Howard	1969	Mincy, Charles	1990	O'Brian, Dan	1969
Massingale, Garcia	1982	Mineau, Jeremy	2006	O'Brien, Mike	1999
Mathewson, Tami	1990-93	Minelli, Lia	1994-97	O'Connell, Cathy	1987-90
Mathies, John	1960-61	Minnis, Ty	1994-97	O'Leary, John	1979-80
Matland, Conrad	1949-50	Minnitti, Rob	1999-01	O'Neil, Harley	1939
Matson, Cami	1997-00	Moe, Carl	2004, '06-07	O'Neil, Paul	1930
Maurer, Craig	1990	Mole, John	1996	O'Neill, Shannon	1989-90
Mayer, Robert	1980-82	Molenaar, Dee	1947-48	Ocken, Sue	1989-90
McAdams, Dean	1940	Moller, Carrie	1991	Odegard, Cleave	1987-89
McBride, Chad	1992	Monda, Sue	1978	Oelke, Sheryl	1990-91
McBride, Cy	1992	Mondschein, Brian	1973, '77	Ogarro, Zee	1999-02
McCallister, Ed	1980-81	Monro, Sabrina	2003	Ogden, Steven	1989
McCallum, Charles	1927	Montgomery, Bob	1963	Oldberg, Barney	1958-61
McCallum, Donald	1927-28	Montgomery, Dick	1937-39	Oldfield, Steve	1963-65
McCary, Phil	2004-06	Montgomery, Robin	1934	Olma, Mike	1986
McClatcher, Mikki	1994-97	Moody, Skip	1996-99	Olson, Bill	1948-50
McClelland, George	1913-14	Moore, Alli	2006-07	Olson, Sharon	1995-96
McClelland, Kirby	1987	Moore, LeTasha	2000-02	Oravetz, Steve	1978-79
McClement, Bill	1978	Moore, Lou	1979	Owen, Matt	2005, '07
McClement, Bob	1980	Moore, Lucian	1977-78	Owen, Mike	1981
McCluskey, Mike	1957	Moore, Rianna	2002-03		
McConkey, Fred	1949-51	Moore, Terry	1980	P	
McCord, Murray	1964-65	Morales, Carrie	1994	Pacheco, Anica	1996
McCoy, Rhamu	1993-94	Morehead, Don	1983-84	Padberg, Bryan	1990-91
McCrary, Tom	1903-05	Moren, John	1984	Padron, Jennifer	1982
McCulloch, Dave	1956-58	Morford	1918	Palmason, Vic	1935-37
McDonald, Mary	1992-94	Morgan, Art	1936-38	Palmer, Gillian	2001
McDonald, Tom	1905	Morgan, Ken	1950-52	Panchen, Neil	1992-93
McDonald, William	1920	Morgan, Matt	1979, '80	Pangallo, Dick	1979-80
McDowell, Bruce	1986, '88-90	Morris, Chris	1993	Panton, Jim	1937-38
McFee, John	1912-14	Morris, Frank	1952	Pape	1910
McGaffy, Wesley	1919	Morrison, Rebecca	1998-99	Parish, Ross	1980
McGillicuddy	1913	Morton, Charlie	1989	Park, Jeremy	2002-03
McGinnis, William	1924-25	Morton, Darrell	1958-59	Park, Tae Sung	1993-95
McGoldrick, Jim	1937-40	Moser, Bill	1957-59	Parker, Carolyn	1997
McKay	1910	Moulder, Robert	1980-81	Parker, Dave	1977, '79
McKay, Fred	1964-66	Moulijn, Marjan	1978-79	Parker, Monika	1993-95
McKay, Jim	1989-92	Mucherheide, Tom	1980-81	Parks, Laura	1992
McKay, Orlando	1989-91	Muhammad, Asya	1997-00	Parrish, Scott	1984-86
McKimson, Dick	1956-57	Muir, Robert	1947-48	Parrish, Tony	1994-95
McLaren, Ian	1937	Mulfinger, Kirk	1991-92	Parsley, Reed	1969-70
McLaughlin, Bob	1941, '46	Mullen, Emily	1999-00	Parsley, Tony	1991-92
McLean, Rob	1972	Mullian, Tracey	1988-91	Parsons, Dean	1952-54
McLean, Sutherland	1942, '46	Munroe, Jeff	1992-94	Partridge, Diane	1977
McLeod, Brianna	2004-06	Murphy	1900	Pascoe, Shelley	1991
McLeod, Horace	1923	Murphy, Tom	1938-41	Patten	1911-13
McMahon, Paul	1932-33	Murray, Tim	1977	Patton, Jeff	1996
McMurray, Kevin	1987			Paulsen, Shane	1990-93
McNeil, Chester	1931	N		Pavach, Nick	1992-96
McRae, Ronald	1949	Nace, Howard	1942	Pearce, Ramona	1980
McVickers, Aimee	1990-91	Nacrelli, Jennifer	1984-87	Pearson, Erik	1997
Meade, Doug	1980-81	Naesheim, Atle	1988-89	Pearson, Joe	1900-03
Meador, Ron	1932-33	Nagahisa, Fumi	2002-03	Pearson, Matt	1997-98
Meagher, Vicki	1980	Nail, Joe	1941-43	Pearson, Robert	1900
Meier	1910	Nardin, Al	1946-27	Peckham, Jeff	1977
Meisnist, Ken	1925	Nash, Jennifer	2005-06	Peddie, Chris	1987-88
Menashe, Dave	1977-80	Neal, Pat	1984	Pedersen, Dale	1982-84
Mendez, Paul	1994	Neil, Sara	1979-80	Pedersen, Ross	1932-34
Merlino, Laurie	1988	Neilson, Scott	1976-79	Pederson, Erik	2002
Merritt, Brent	1990-91	Neiman	1912	Peebles, Clint	1962
Mesmer, Rich	1968-70	Neiman, Paul	1959	Peltret, Ed	1925-27
Mesojednik, Paul	1980	Nelson, Arthur	1929	Pemberton, Al	1964-66
Metcalf, Greg	1991-93	Nelson, Bill	1996	Pendleton, Crosby	1929-31
Metlen, Dave	1921-22	Nelson, Kirk	1989-91	Penton, Marzette	1996-99
Meurer, Don	1953				
Meyer, Ben	1996-00				



Darryl Roberson won consecutive Pac-10 javelin titles in 1988-89 and boasts a school-record throw of 249-6.

Pentz, Chelsie	1998-01
Pereboom, Darla	1978-80
Pereboom, Sonja	1979-80
Perfrement, Ernie	1933
Perkins	1920
Perrins, Seth	2004, '06-07
Perry, Geoff	1997-00
Perry, Joel	2001
Perry, Loran	1950-52
Perry, Travis	1991
Peters, Kevin	2005-06
Peterson, Andrea	2007
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	2005-07
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, Brittney	2001-03
Roberts, Dave	1965-67
Roberts, Laurie	2006
Roberts, Sam	2003-06
Robinson, Andrew	2003-05

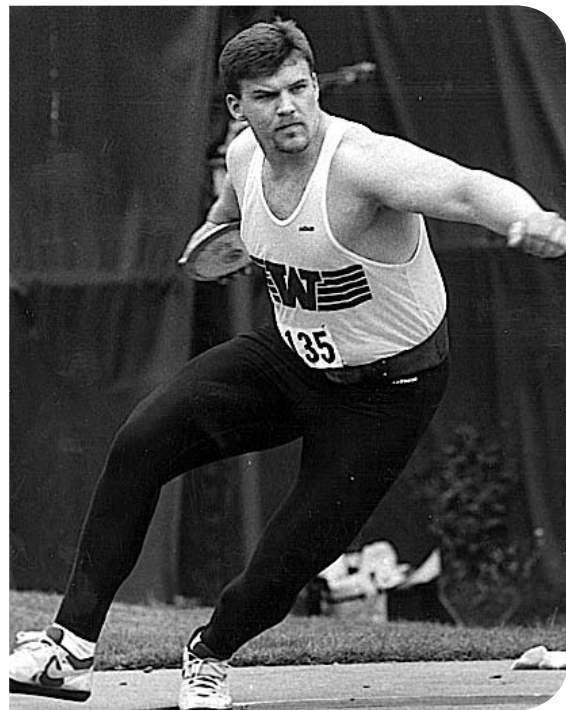
Robinson, Claudine	1991-94
Robinson, Doug	1946, '49
Robinson, Earl	1947
Robinson, Gary	1980
Robinson, Josh	1999-02
Robinson, Richard	1942
Robinson, Vern	1954
Rochette, Daryl	1991
Rockett, Bob	1983-85
Rodeheffer, Matt	1994
Roe, Bill	1965-67
Roe, T.T.	1987-89
Roetman, Rainey	1979
Rogers, Elizabeth	2000
Rogge, Josh	1999, '01-02
Rohrer, Lee	1995
Rohrschick, 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
Roth, Scott	2007
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	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
Sandell, Janine	2007
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, Hody	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	2006-07
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
Sheedy, 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
Spady, Kelly	2007
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
Steenland, Doug	1962
Stehr, Vaughn	1986
Stengele, Bill	1994-97
Stenkamp, Pat	1980-82
Stenstrom, Sam	1915-16
Sternberg, Brian	1963
Stevens, Jim	1986



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

Steward, Brynne	2003-06	Te'o-Nesheim, Daniel	2006-07	Twitchell	1900
Steward, Pete	1950-51	Terry, Michael	1998	Tyler, Tori	2006
Still, Kyle	2006-07	Terry, Tamanika	1992-95		
Stirling, Bruce	1983, '85-87	Teunis, Wyers	1924-25		
Stocker, Val	1987-90	Thayer	1900		
Stoll	1910-11	Therault, Steve	1980		
Stolp, Bill	1977-79	Thiel, Lynne	1982		
Stone, Bob	1981	Thome, Aleah	1998		
Stonkus, Arnie	1977-78	Thomas, Fahern	1992		
Strathairn, Tom	1966-68	Thomas, Garth	1985-86		
Strickler, Howard	1961-62	Thomas, Sessilia	1997-00		
Strom, Terry	1954-56	Thomas, Tracey	1988, '91		
Strong, Mike	1980	Thomason	1912		
Strub, Chris	1980	Thompson, Don	1939		
Strub, Mike	1990-93	Thompson, E.B.	1903		
Stuclell, Ed	1917	Thompson, Morgan	2000-01		
Stupey, Lynn	1978	Thornburgh, Dale	1952		
Stutfield, Fred	1936-38	Thowson, Jon	1972-73		
Summers, Steve	1978-79	Thrall, John	1961		
Sundquist, Stanley	1950	Thrall, Mike	1962-63		
Surface, Steve	1977-78	Tibbals, Maurice	1903-05		
Sutherland, George	1973-74	Tinner, Keith	1975-77		
Sutton, Kyla	1993-96	Tobacco, Terry	1957-59		
Suver	1938	Todd, Lindsay	2006-07		
Swan, John	1938	Todd, Jim	1940-41		
Swango, Myrriah	2007	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		
		Tupper, Cecil	1924-25		
		Turene	1913		
		Turnbull, Larry	1960-63		
		Turner, Ed	1994, '97		
		Turner, Kevin	1978-81		
		Tuson, Roger	1947, '49		

T	
Tabish, Dan	1983-87
Tabor, Phil	2002
Taft, Ann	1978-80
Tangreen, Stacy	1982
Tasker, Angie	1987-90
Taylor, Art	1939
Taylor, Dan	1970, '72-73
Taylor, J.D.	1985-86
Taylor, Jeff	1972-74
Taylor, Vincent	1985
Temple, Tom	1966-68



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.

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, Gorton	1930
Villani, Chris	1978, '81-82
Vincent, Russ	1974-77
Vu, Ryan	2007

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
Wegman, Karina	2007
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
Whipple, Jake	1994
White	1910
White, Coral	1903
White, Dave	1981



Helena Uusitalo, a native of Finland, was Washington's first women's NCAA Champion, winning the javelin in 1986 with a throw of 193-1. She still holds the school record.

White, LaTonya	1990-91	Wold, Don	1946-48
White, Mike	1992	Wolfe, Rebecca	1984-85
Whiting, Keith	1929, '31	Wolfork, J.R.	2005-06
Whitish, Emily	1999-00	Wollen, Doug	1979-83
Whitlock, Sandy	1990	Wood, Harrison	1967-69
Whitten, Ty	1994, '97	Woodbridge, Dudley	1915-16
Whitworth, Don	1936	Woods, Patrice	1993-96
Widell, Ralph	1974	Woods, Zach	2007
Widenfelt, George	1951-53	Woodward, Walt	1930-33
Wiehl, Dick	1957	Woolfolk	1918
Wilcox, Rod	1988	Wothe, Mike	1983
Wilde, Drummond	1925-26	Woutilla, Bob	1968
Wilde, Frank	1926	Wright, Garner	1911-14
Wildhaber, Ashley	2004-06	Wright, Ken	1938-39
Wildinson, Trevor	1949	Wyckoff, Lor	1979
Wilkins, Jesse	1939	Wyman, Andy	1993-95
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		

Y

Yagle, Mary	1979-81
Yamauchi, Marci	1996
Yantis, Dick	1941-43
Yeager, Justin	1993
Yenchiesky, Chad	1995
Yorke, Greg	1970
Yoshinaga, Sayaka	2007
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

University President



Mark Emmert became the 30th president of the University of Washington on June 14, 2004. Emmert, 54, had been chancellor of Louisiana State University since April 1999. Before that, he served five years as chancellor and provost at the University of Connecticut.

Emmert holds doctoral and master's degrees in public administration from the Maxwell School of Syracuse University, and a bachelor's degree in political science from the University of Washington. He is a native of Fife.

At LSU, Emmert developed the National Flagship Agenda: 2003-2010, which aims to increase the University's research and scholarly productivity while enhancing the quality and competitiveness of undergraduate and graduate students. The strategy was designed to place LSU among the finest public universities in the United States, and to support the state of Louisiana's economic development.

At UConn, Emmert played a critical role in implementing the university's strategic plan, which included enhancing the institution's academic standing, increasing endowment support and strengthening education.

Before assuming the chancellorship at UConn, Emmert served as provost and vice president for academic affairs at Montana State University. He also 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 also participated in a J.W. Fulbright Administrative Seminar in the former East Germany in 1994. He is married to DeLaine S. Emmert. They have two children, Jennifer and Steve.

Executive Associate Athletic Director



Jeff Compher enters his fourth year as Washington'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 rowing 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 daily operation of all senior managers.

Prior to coming to Washington, Compher spent the previous four years as director of athletics at Western Carolina University.

Compher began his career as an assistant athletic director at North Carolina State from 1986 to 1992. He later worked at N.C. State as director of the Chancellor's Circle in the Office of University Development from 1993 to 1996.

Compher, 49, 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.

Sr. Associate Athletic Director for Business & Finance



Paul King is in his 13th year overseeing the business and financial affairs of the athletic department. He is responsible for the overall financial management of all athletic programs, involving policy making, strategic planning, financial management, staff and organizational development. He is the department's chief operating officer and chief financial officer.

King supervises the business office, personnel and payroll, travel, and computer systems, and handles all contract and insurance matters for the department.

Beginning his 23rd year overall at Washington, King previously worked as the department's business manager. A 54-year-old native of Minneapolis, Minn., King received his bachelor's degree in accounting from the University of Minnesota. He and his wife, Deborah, have four adult children.

Sr. Associate Athletic Director



Marie Tuite enters her 14th year as Senior Associate Athletic Director for Sports Programs in 2006-07. She is also Washington's Senior Women's Administrator. During her first 13 years at Washington, the Huskies have enjoyed a tremendous amount of success.

Tuite oversees 18 of Washington's athletic programs, including volleyball, women's basketball, and softball. Since her arrival at Washington, the Huskies have steadily improved in postseason appearances including an NCAA championship for volleyball in 2005.

Tuite, a native of Livonia, Mich., joined the Husky staff after serving as the Assistant Director of Championships for the National Collegiate Athletic Association, overseeing the administration of many Division I sport championships. She continues to maintain a strong presence in the NCAA, having served on or continuing to serve on various women's basketball committees, including the organization and administration of the Pac-10 Conference Women's Basketball Tournament.

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.

Sr. Associate Athletic Director for Compliance



John Morris enters his third year as Washington's Senior Associate Athletic Director for Compliance/Student Development.

As senior associate director, Morris is responsible for the athletic department's compliance with all applicable University, State of Washington, Pacific-10 Conference and NCAA rules, regulations and policies that govern intercollegiate athletics, its programs and personnel. He provides clarification and interpretations of NCAA and Pac-10 rules to all department staff, student-athletes and external supporters other representatives of athletic interests, and has oversight of procedures that deal with recruiting, eligibility and financial aid. In addition, Morris oversees the operations of the Student-Athlete Academic Services unit, including academic advising, tutoring and life skills.

Morris earned his bachelor of arts degrees in French and political science from Vanderbilt in 1990, and his law degree from Vanderbilt's School of Law in 1993.

A native of St. Louis, the 39-year-old Morris lives with his wife, Taylor, and young son, Oliver.

Notable Husky Alumni



Top Row: Bruce Lee, Richard Karn, Gregory "Pappy" Boyington, Rainn Wilson, 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

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

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 Fabian '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"

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RECORDS

HISTORY

WASHINGTON



Washington's Athletic Prowess

Not only is Washington annually ranked among America's top-five public universities, the Huskies' athletic teams consistently rank among the nation's best in the annual NACDA Director's Cup rankings of overall athletic prowess.

In 2006-07 alone, 18 of Washington's 23 teams participated in national postseason tournaments, including NCAA semifinal appearances for the Huskies' volleyball and softball teams, and a national championship in men's crew. Since the start of the 2000-01 season, UW teams have combined for three national team championships — including 2001 women's crew, 2005 women's volleyball and 2007 men's crew crowns — and have seen seven Washington student-athletes earn NCAA individual titles.

In addition, hundreds of UW student-athletes have gone on to success in professional sports, including dozens in recent years alone. Washington athletes litter the rankings of the world's elite competitors, including 2006-07 NBA Rookie of the Year Brandon Roy (Portland Trailblazers), 2006 NBA Slam Dunk Contest Champion Nate Robinson (New York Knicks), major-league rookie phenom Tim Lincecum (San Francisco Giants), 2006 NFL Hall of Fame Inductee Warren Moon, top-10 U.S. Women's Open finisher Paige Mackenzie, ATP Tour pro Robert Kendrick, two-time U.S. discus Olympian Aretha Thurmond, and world-No. 1-ranked pole vaulter Brad Walker.





Dawg-Gone Greats: Huskies in the Pros/U.S. National Teams

Roc Alexander, NFL (Houston Texans)
 Rich Alexis, NFL (St. Louis Rams)
 Ely Allen, MLS (LA Galaxy)
 Khalif Barnes, NFL (Jacksonville Jaguars)
 Mark Brunell, NFL (Washington Redskins)
 Mark Bruener, NFL (Houston Texans)
 Sam Burns, U.S. National Rowing Team
 Mike Chabala, MLS (Houston Dynamo)
 Jaime Clark, NPF (Chicago Bandits)
 Will Conroy, NBA (Free Agent)
 Ernie Conwell, NFL (New Orleans Saints)
 Marquis Cooper, NFL (Seattle Seahawks)
 Matt Deakin, U.S. National Rowing Team
 Dan Dickau, NBA (Los Angeles Clippers)
 Joe Franchino, MLS (New England Revolution)
 Louise Friberg, LPGA Tour
 Tina Frimpong, U.S. National Soccer Team
 Scott Gault, U.S. National Rowing Team
 Dashon Goldson, NFL (San Francisco 49ers)
 Jennifer Greggain (Stapleton) LPGA Tour
 Ty Harden, MLS (LA Galaxy)
 Spencer Hawes, NBA (Sacramento Kings)
 Damon Huard, NFL (Kansas City Chiefs)

Derrick Johnson, NFL (Atlanta Falcons)
 Bobby Jones, NBA (San Antonio Spurs)
 Robert Kendrick, ATP Tennis Pro
 Olin Kreutz, NFL (Chicago Bears)
 Giuseppe Lanzone, U.S. National Rowing Team
 Kyle Larson, U.S. National Rowing Team
 Danielle Lawrie, Canadian National Softball Team
 Candace Lee, U.S. National Volleyball Team
 James Lepp, Canadian Professional Golf Tour
 Tim Lincecum, MLB (San Francisco Giants)
 Trevor Linden, MLB (San Francisco Giants)
 Dane Looker, NFL (St. Louis Rams)
 Omare Lowe, NFL (Atlanta Falcons)
 Paige Mackenzie, LPGA Tour
 Anna Mickelson, U.S. National Rowing Team
 Lawyer Milloy, NFL (Atlanta Falcons)
 Aaron Myette, MLB (Chicago White Sox)
 Brett Newlin, U.S. National Rowing Team
 Tony Parrish, NFL (Dallas Cowboys)
 Bryan Pittman, NFL (Houston Texans)
 Brandon Prideaux, MLS (Colorado Rapids)
 Nate Robinson, NBA (New York Knicks)
 Brandon Roy, NBA (Portland Trailblazers)

Hope Solo, U.S. National Soccer Team
 Isaiah Stanback, NFL (Dallas Cowboys)
 Jerramy Stevens, NFL (Tampa Bay Buccaneers)
 Aretha Thurmond, Track & Field
 (2-time U.S. Olympian)
 Joe Toledo, NFL (Miami Dolphins)
 Larry Tripplett, NFL (Buffalo Bills)
 Marques Tuiasosopo, NFL (New York Jets)
 Craig Waibel, MLS (Houston Dynamo)
 C.J. Wallace, NFL (Seattle Seahawks)
 Brad Walker, Track & Field (4-time U.S. Champion)
 Mary Whipple, U.S. National Rowing Team
 Sean White, MLB (Seattle Mariners)
 Reggie Williams, NFL (Jacksonville Jaguars)

CREATING WINNERS IN COMPETITION



BASEBALL **Ken Knutson**

Winningest baseball coach in UW history ... three-time Pac-10 North Coach of the Year ... has sent 70 players into professional baseball ... All-Pac-10 pitcher at UW.



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 1997-2006 including sixth place NCAA finish in 2006 and 2004 has coached 23 All-Scholar-Athlete team members.



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 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.



MEN'S GOLF **Matt Thurmond**

Led Huskies to 6th place at 2004 NAAs 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 2002.



MEN'S TENNIS **Matt Anger**

Led UW to "Sweet 16" appearances in 2001-03, 2005 and 2006 ... Led UW to NAAs in each of the last 12 years ... Highest national ranking No. 6 in 2001 ... won 2005 Pac-10 team title.



WOMEN'S BASKETBALL **Tia Jackson**

Introduced as head coach on April 6, 2007 ... served as an assistant at Duke, UCLA, Stanford and Virginia Commonwealth ... played at Iowa where she led her squad to a 1994 NCAA Final Four appearance ... played for the Phoenix Mercury in the WNBA.



GYMNASTICS **Joanne Bowers**

Named UW head coach in June of 2006 and honored as 2007 Pac-10 Co-Coach of the Year and West Region Coach of the Year ... while an assistant at Michigan coached 13 All-Americans ... a four-time letterwinner and two-time captain as a player at James Madison.



WOMEN'S TENNIS **Jill Hultquist**

Former UW assistant 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.

CREATING WINNERS IN THE CLASSROOM

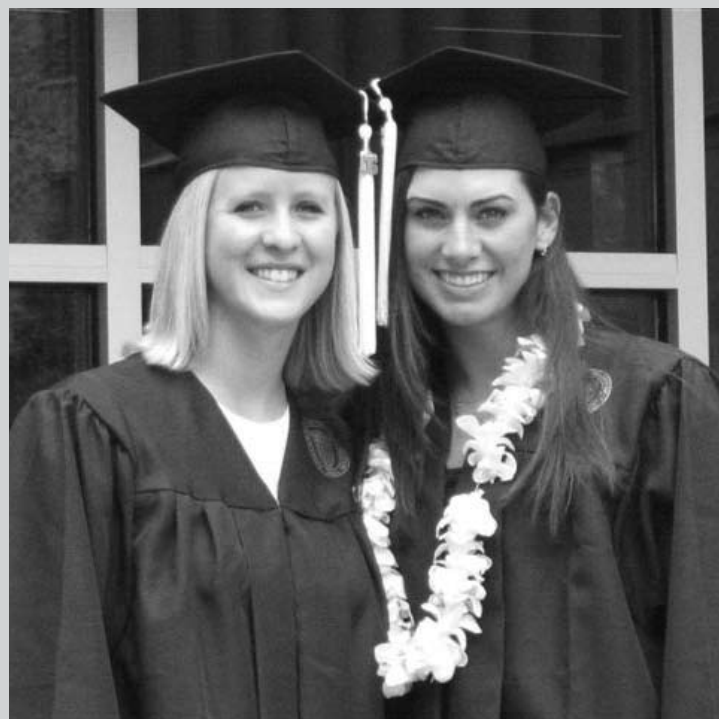
Student-Athlete Academic Services (SAAS) consists of academic counseling, academic coordination, a comprehensive tutorial program, learning resources and assistance for students with learning disabilities, a study skills program for all students, a comprehensive Life Skills program, and leadership and mentoring opportunities. We focus on the needs of each individual student-athlete and develop an individualized program to meet those needs. Integration into the larger campus environment is encouraged and facilitated through collaborative programs developed with a variety of UW programs and resources.

Four full-time academic advisors provide academic counseling support for student-athletes. Advisors assist students with course selection, major declaration, graduation planning, and career/internship opportunities through the use of individualized academic plans designed for each student.

Academic coordinators serve to assist students with the transition to university life and the University of Washington. They assist students with academic monitoring, tutorial scheduling, academic goal setting, time management and study skill development. One-on-one meetings are conducted with freshmen and students in academic difficulty on a weekly basis.

The Learning Resources unit is headed by a full-time learning specialist available to assist students with learning disabilities, study skills development, and academic success strategies. Under the direction of the

Tutorial Coordinator, approximately 70 highly trained tutors provide individual, small group, and review session tutorial services for student-athletes each quarter.





MEN'S CREW

Michael Callahan

Named UW men's head coach in July of 2007 ... served previous three years as the Huskies' freshman coach ... directed the 2006 freshman eight crew to a national championship ... 2004 U.S. Olympic Team member ... Rowed at UW and was team captain in 1996.



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 11 NCAA's in 15 years including NCAA Sweet 16 appearance in 2003.



TRACK & FIELD/XC

Greg Metcalf

The 2006 and 2007 MPSF Coach of the Year ... Led the men's indoor track team to 7th place at 2007 NCAA Championships ... Has coached six NCAA Champions and 60 All-Americans in five years as head coach.



WOMEN'S CREW

Bob Ernst

Director of UW men's and women's rowing programs ... returned to post of women's head coach in July of 2007 ... served as men's head coach from 1987-2007 ... led men to 2007 and 1997 national titles ... 11-time Pac-10 Coach of the Year.



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.



VOLLEYBALL

Jim McLaughlin

Coached volleyball to its first NCAA title in 2005 ... 2004 National Coach of the Year ... Three-time Pac-10 Coach of the Year ... Led UW to Pac-10 titles in 2004 and 2005 and Final Four appearances each of the last three seasons ... Won men's NCAA title in 1990 at USC.



FOOTBALL

Tyrone Willingham

Named the Husky head 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.



SOFTBALL

Heather Tarr

Former UW player who took over the program in July of 2004 ... Led the Huskies to a third place finish at the 2007 Women's College World Series and Super Regional appearances in 2004, 2005 and 2007 ... Has coached six All-Americans and 18 All-Pac-10 selections.



CREATING WINNERS IN LIFE

Under the umbrella of Student-Athlete Academic Service, the **Life Skills Program** at University of Washington provides student-athletes with the tools and resources to reach their maximum potential as students, athletes, and citizens. The program provides educational experiences and services in order to develop well-balanced lifestyles and prepare for life after college. The University of Washington program aligns with NCAA CHAMPS/Life Skills that follows five commitments to student-athlete development:

Career Development

Life Skills allows student-athletes to explore career and graduate school options, develop job search skills, build resume materials, and search for internships and employment.

Community Service

Through community outreach projects, the student-athletes bring attention to the importance of academics and higher education, providing positive role models for children, and serving populations less fortunate.

Personal Development

With the help of offices throughout campus, programs foster personal growth and proper decision making skills for student-athletes. Available resources and services help student-athletes prepare for the many challenges they face in college and in life, including time management, financial planning, and drugs and alcohol education.

Academic Excellence

University of Washington is strongly committed to promoting the academic achievement of student-athletes. Life Skills is an important link between the variety of academic services developed to support Student-Athlete Academic Services.

Athletic Excellence

Life Skills ensures the health and wellness needs of student-athletes are met through programs coordinated with athletic departments to enhance the performance of student-athletes, including strength and conditioning, nutrition, training, and medical resources. Husky student-athletes are provided with the means to perform and compete at the highest level in their sport.



The Space Needle



Pike Place Market



Puget Sound

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, or watching the Mariners at Safeco Field, Seahawks at Qwest Field or Sonics and Storm at Key Arena.

For those who like living in the heart of a metropolitan city, 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.



Mount Rainier

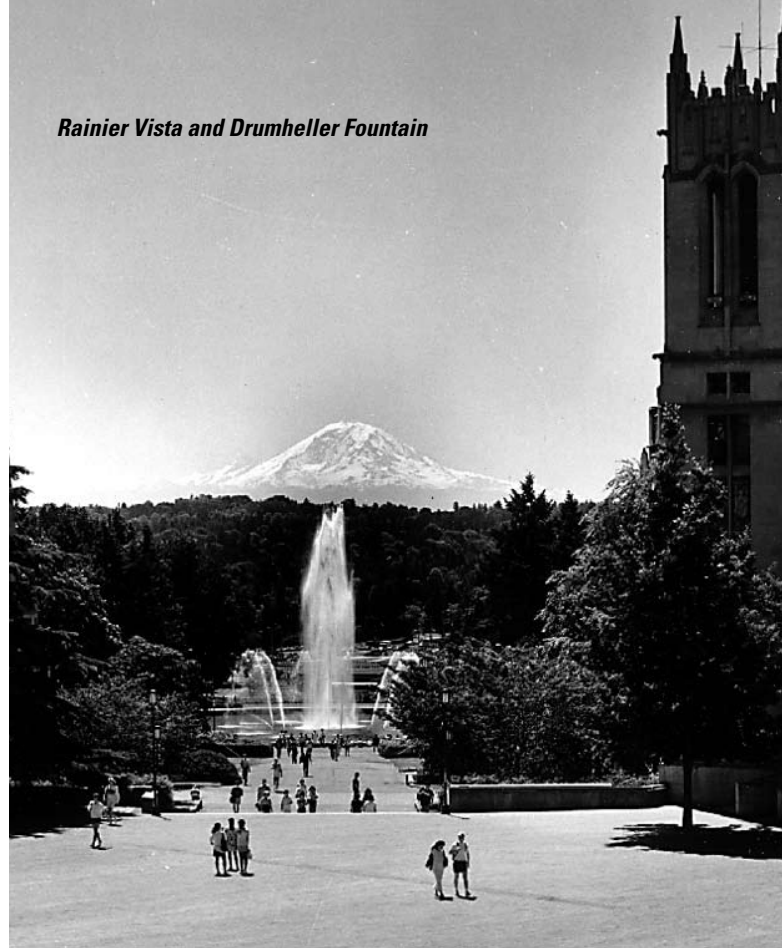


Safeco Field

The Quad



Rainier Vista and Drumheller Fountain



The UW Campus

Situated on 634 acres in Seattle's northeast residential area amidst the shores of Lake Washington and Portage Bay, the UW campus is really a city within a city. Not only does the campus have a world-class teaching hospital and medical center, multiple housing and food service options, 23 libraries, modern labs and classrooms, it also has at least 20 coffee shops for students to study and socialize. In addition, wi-fi connections are available all over campus.

The views from the campus are unparalleled as 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. This combination of spectacular settings with the neo-Gothic and modern architecture of the campus' buildings make the University of Washington one of the most beautiful places to go to school.

Sylvan Theater



The Music Building



Red Square





Sports Performance Center



Washington's Training Facilities

Husky athletes benefit from access to some of the top sport performance facilities of any public university in the country. The University of Washington is renowned worldwide for its medical education program, so it's no surprise that the Huskies' trainers and team doctors are among the best in the business. Washington's athletic training room, located Inside Bank of America Arena, includes numerous training tables, examination rooms, orthopaedic tubs and a full-time staff of seven certified athletic trainers, 12 student trainers and seven doctors, all working to help provide the 700-plus Husky student-athletes the best available medical care.

Washington's Sports Performance program, meanwhile, has recently moved into one of the nation's finest weight room facilities, housing a balance of machine apparatus and free weights, as well as a variety of modern fitness equipment and access to some of the country's elite sports performance experts.



*Conibear Shellhouse
Windermere Dining Room*



*Bank of America Arena
Training Room*



*UW Sports Medicine
Clinic*