

HEAD COACH • Greg Metcalf

7th Year, 12th Overall • 2008 National Cross Country 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	2004 NCAA TF-I.....37th
2007 NCAA TF-O.....15th (tie)	2004 NCAA TF-O.....18th (tie)
2008 NCAA TF-I.....10th (tie)	2004 NCAA XC.....23rd
2008 NCAA TF-O.....16th	2005 NCAA TF-I.....16th (tie)
2008 NCAA XC.....18th	2005 NCAA TF-O.....15th (tie)
	2006 NCAA TF-O.....21st (tie)
	2007 NCAA TF-I.....34th (tie)
	2007 NCAA TF-O.....59th (tie)
	2007 NCAA XC.....8th
	2008 NCAA TF-I.....22nd (tie)
	2008 NCAA XC.....1st

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

Metcalf's work with the men's and women's cross country teams have developed each into national contenders in recent years, with historic finishes for each team over the past three seasons, capped off by an undefeated season for the 2008 women's team and the program's first NCAA title.

The 2008 Husky women's cross country team rewrote the history books, racing to the school's first National Championship in dominating fashion. The Huskies moved up to the No. 1 ranking for the first time ever one race into the season, and held it throughout the year. The women stunned the cross country world with a sweep of the top six spots at the 2008 Pac-10 Championships, recording the first perfect score in conference history while going against No. 2 ranked Oregon on its home course, no less. Washington went on to win Regionals and NCAA's by 52 points.

Metcalf and his team racked up the awards and accolades during the 2008 season, starting with a staggering five All-America awards for senior Amanda Miller, junior Katie Follett, sophomore Mel Lawrence, and freshmen Christine Babcock and Kendra Schaaf. Schaaf was the Pac-10 individual champion, UW's first in 26 years, and was named Pac-10 Athlete of the Year, while Babcock was Newcomer of the Year, and Washington monopolized six of the seven spots on the All-Pac-10 First Team. Metcalf was named the USTFCCA National Coach of the Year as well as Pac-10 Coach of the Year.

Metcalf also continues to direct a renaissance of the track and field program, with the past three seasons ranking among the greatest in Washington's storied history. In 2008, the men's team scored its most points at the NCAA Outdoor meet since 1983, finishing 16th. That marked the fourth-consecutive NCAA meet where the UW men placed in the Top-20, something that had not happened since 1978-79. The men racked up eight All-American honors indoors and out, and were named the USTFCCA National Scholar Team of the Year for possessing the best balance of athletic and academic achievement of any team during the outdoor season.

The Husky women's distance runners also laid the foundation for their fall success on the track in the spring of 2008. Follett, Miller, and Michelle Turner all finished in the Top-10 in the mile run at 2008 NCAA Indoors, all earning All-America honors. Washington was the only school to have three All-Americans in one event. Follett then proceeded to win the Pac-10 1500-meter title, the first by a UW woman on the track since 2001. Turner followed that up by winning the NCAA West Region title at 1500-meters, and Miller capped off her track career with her fourth All-American award, placing 11th in the 1500m at NCAA Outdoors.



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 in 2007 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 four seasons rank as the three most prolific in UW history in terms of All-America honors earned, with a combined 71 All-America honors in track and cross country since 2005.

In addition to their All-America prowess, Husky track and field individuals in Metcalf's tenure have combined for six NCAA titles, nine Pac-10 crowns and 133 NCAA Championships appearances, while breaking school records on 60 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 walk-on 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, 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.

In all, Metcalf's distance runners have earned three NCAA track titles, nine Pac-10 titles, 43 All-America awards, 111 NCAA Championships bids and 21 school records in his 11-plus years with the program.

The U.S. Olympic Trials this past summer featured several Husky distance runners in action, including the trio of Follett, Miller, and Turner, who all competed in the 1500-meters alongside new freshman Christine Babcock. Ryan Brown advanced into the semifinals of the 800-meter run, and current Husky assistant coach Kelly Strong ran in the steeplechase. 2007 graduate Mike Sayenko bettered the Olympic "A" qualifying standard in his first-ever marathon race in 2006, then placed 29th at the Olympic Marathon trials in 2007. In all, nine Washington track athletes from Metcalf's tenure competed at the U.S. Trials.

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 eight-time recipients of the U.S. Track and Field and Cross Country Coaches Association (USTFCCCA) All-Academic honor, including the men's team being named the 2008 Outdoor Scholar Team of the Year, and six UW individuals have earned Academic All-America. UW placed 44 athletes on the Pac-10's All-Academic cross country or track teams in 2007-08, and has boasted the most academic honorees of any Pac-10 school in nine of the past 18 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 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 daughter, Mackenzie.

HUSKY COACHING HISTORY

All-Time UW Men's Coaches

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



Clarence "Hec" Edmundson, 1919-54



Ken Shannon, 1968-97

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

ASSISTANT COACHES

JIMMY BEAN • Men's Distances • Third Year



COACH JIMMY BEAN:

- *Men's Cross Country has finished in the Top-20 in two of his three seasons as an assistant.*
- *Men's distance runners have earned fourteen All-America awards over the past three years.*
- *Assisted Willamette U. to four Top-10 NCAA D-III finishes.*

Jimmy Bean is in the midst of his third year as assistant coach for cross country and track & field at Washington, where he aids Head Coach Greg Metcalf with the men's distance runners and assists with recruiting and administrative duties.

Bean is a valuable resource for Metcalf, handling many recruiting responsibilities for the men's distance runners and organizing Washington's home track and field and cross country meets. Bean is the meet director for UW's indoor track meets at the Dempsey Indoor, which has become one of the premiere destinations for top track teams around the country, and routinely attracts over 1,000 athletes per meet.

Washington's distance runners have enjoyed tremendous success with Bean on board over the past three seasons. For starters, the Husky men's cross country squad finished in the Top-20 at the NCAA Championships in 2006 and 2008.

This past fall, Bean helped coach the Huskies to the NCAA Championships, where they placed 18th despite the team's No. 1 runner, Jeremy Mineau, being unable to compete on race day. Washington was one of just three teams to make NCAA's that did not receive a single vote in the preseason poll.

Bean's first year on Metcalf's staff in 2006 coincided with one of the best-ever seasons for UW's men's distance program. The Huskies' cross country squad

earned a 12th-place NCAA finish -- its best since 1993 and third-best all-time. By 2008, the Huskies had an entirely new top-five at NCAA's, thanks in part to Bean's ability to steadily recruit talented new runners.

The 2008 track season was another memorable year for the men. Veterans Austin Abbott and Carl Moe continue to improve and garner All-American honors. Abbott placed seventh in the 800m for his first NCAA Outdoor All-American honor, and Moe finished 8th in the steeplechase in the fifth-best time in school history. Jake Schmitt reached his first NCAA meet last year as well, finishing 21st in the 10,000-meters.

Bean first demonstrated his coaching acumen at Oregon's Willamette University, where he assisted coach Matt McGuirk. The cross country and track & field teams earned a combined four top-10 finishes at the NCAA Division-III Championships with Bean on staff, including a fourth-place finish for the Willamette men in 2005.

In addition, Bean assisted in coaching Willamette runner and 2008 U.S. Olympian 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.



COACH PAT LICARI:

- ***Coached Brad Walker to two NCAA titles, the American pole vault record and 2008 Olympics.***
- ***Guided eight different vaulters to All-American honors, two winning NCAA titles.***
- ***Coached Norris Frederick to nine All-America honors in the jumps.***

Twelve years into Pat Licari's tenure at Washington, and the veteran coach continues to churn out All-Americans on a yearly basis.

Over the past 11 seasons, Licari has developed some of the nation's premier vaulters, including one Olympian, two NCAA champions, two Pac-10 champions and eight different All-Americans.

The 2008 season may have been Licari's best yet. Indoors, senior Kelley DiVesta continued to improve all the way through her final national meet, as she set a lifetime-best at NCAA Indoors of 13-9 3/4 to earn her first All-American honor. In one of the year's most stunning success stories, junior Jared O'Connor raised his PR by nearly a foot at the final two outdoor meets, winning the NCAA West Regional title and then finishing in a tie for second at the NCAA Championships.

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 3/4 broke the UW freshman indoor record set by Olympian and World Champion Brad Walker.

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 continues 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 June of 2008, Walker cleared 19-9 3/4 at the Prefontaine Classic to break the American record which had stood for eight years. Walker would go on to represent the U.S.A. at the Beijing Olympic Games.

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 great success with his jumpers. Last season, Norris Frederick completed one of the greatest careers of any Husky in any event. Frederick was the only athlete in the NCAA who was an All-American in both the long jump and high jump, and he did that both indoors and out. The four All-American honors brought Frederick's career total to nine, tied for second-most ever at Washington. Frederick also set personal-bests in both events, and his 26-foot, 7 3/4-inch long jump to win the MPSF title was a school record. He went on to compete in the Olympic Trials.

In 2005, J.R. Wolfork was an NCAA long jumper qualifier and Frederick and Warren Eickhoff became the first Husky duo to top seven feet in the high jump since 1989.

Both Walker and Soma competed at the 2004 U.S. Olympic Trials, with Walker winning his second-straight NCAA indoor title, and Soma winning the Pac-10 title and finishing runner-up at NCAA Outdoors. 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 and would eventually earn All-America honors.

Walker won his first of two-straight Pac-10 titles in 2002, 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 25 All-America awards during his 11 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.

ASSISTANT COACHES

RAUL SHEEN • Sprints/Hurdles/Relays • First Year



COACH RAUL SHEEN:

- *The 2008 West Region Assistant Coach of the Year at Long Beach State.*
- *LBSU sprinters won 10 Big West titles in 2008 and four competed at NCAA Outdoors.*
- *Coached Idaho State to first ever Big Sky Conference title in 2007.*

Raul Sheen is set to embark on his first season at Washington, where he will head the sprints, hurdles, and relay units. Sheen joined the Husky staff in the fall of 2008 following a one-year stint at Long Beach State where he was named the 2008 West Region Assistant Coach of the Year.

Sheen's sprinters had a remarkable amount of success during his one year with the program. Brent Gray earned All-America honors in the 200-meter dash with a 5th-place finish at the 2008 NCAA Outdoor Championships, and won the 100- and 200-meter dashes at the West Regional meet. Gray was named the 2008 Big West Track Athlete of the Year, and also won the MPSF 200m Championship at Washington's own Dempsey Indoor in a facility record time of 20.93 seconds.

"It became increasingly clear to me every time I spoke with Raul that he was a great fit for Washington," said head coach Greg Metcalf. "I had the opportunity to watch the Long Beach State Sprinters last year and was impressed without knowing who Raul was. I made an inquiry to the head coach at Long Beach State, Andy Sythe, and he had only great things to say about the work Raul had done there."

All told, four of Sheen's sprinters qualified for the NCAA Outdoor Championships this past spring, competing in the 100m, 200m, and 4x100m relay. Sheen's athletes won 10 Big West Conference titles to lead Long Beach State to the team championship. He also guided LBSU's sprint medley relay to a victory at the prestigious Drake Relays.

A native of Rupert, Idaho, Sheen was a four-year member of the Idaho State University track and field team, then served as assistant coach in charge of sprints and relays from 2005-07. During that time he led the Bengal women's team to its first ever Big Sky Conference Championship in 2007, as well as the 2006 Indoor Big Sky title for the men. His athletes won six conference titles, and garnered 25 All-Big Sky Conference honors.

"I am extremely excited to be in Seattle joining the Husky family," said Sheen. "Being originally from the Pacific Northwest, it is a bit of a homecoming for me, and I am very excited to join a program that is truly on the rise. Coach Metcalf and his excellent staff have done a great job with the track and field teams, and I am confident this is a team that will be a national power for years to come."

Sheen received his bachelor's degree from in physical education from Idaho State in 2002, and followed that up at ISU with a master's in athletic administration in 2003. While completing his studies, Sheen was a graduate assistant at Idaho State. That was followed by one year as a volunteer assistant at the University of New Mexico, before Sheen returned to ISU on a full-time basis in 2005.

**COACH KELLY STRONG:**

- *Recruited and assisted with coaching the 2008 Women's Cross Country NCAA Champions.*
- *Huskies recorded first perfect score ever to win 2008 Pac-10 XC title.*
- *Seventeen All-America honors have been won by the women's distance crew while on staff.*

Since coming to Washington seven years ago, Kelly Strong has worked in tandem with head distance coach Greg Metcalf to build and nurture the Husky women's distance group into one of the best in the nation, epitomized by the women's cross country team winning the program's first NCAA Championship in the fall of 2008.

Strong, formerly Kelly MacDonald, is heavily involved in day-to-day operations and recruiting, handles team travel planning and helps provide individual support for the women's distance runners.

The past few years have seen the women's distance program rise to unparalleled heights. Three Huskies and one UW recruit ended the 2008 track season at the U.S. Olympic Trials, and that success carried over into the past cross country season. The women, ranked third in the preseason, quickly assumed the No. 1 ranking and then steamrolled to the NCAA Championship.

On their way to the title, the women made history by recording a perfect score at the Pac-10 Championships, the first in conference history. Washington swept the top six spots, on the home course of the second-ranked Oregon Ducks, no less, and snapped Stanford's 12-year reign.

The Huskies' incomparable depth was in evidence at the national meet, as five Huskies earned All-American honors (Christine Babcock, Kendra Schaaf, Mel Lawrence, Katie Follett, and Amanda Miller), and the entire top-seven placed in the top-51.

Washington's depth is a testament to Strong's reputation as one of the nation's best recruiters. Freshmen stars Kendra Schaaf and Christine Babcock led the team at NCAA's, with Schaaf winning Pac-10 Athlete of the Year honors and Babcock getting Newcomer of the Year. The duo, the only freshmen All-Americans in the nation, are the latest of Strong's signees that

have raised the talent level at UW immensely. Her first group of women's distance signees was ranked sixth in the nation by Track and Field News, and included 2006 NCAA 1500-meter Champion and two-time All-American Amy Lia. The 2008 freshmen are widely regarded among the nation's best, including a No. 4 ranking from Flotrack.com.

The groundwork for the team's national title was laid the previous fall in 2007, as the Huskies placed eighth at the NCAA Championships, then a new program high. That season, Katie Follett and Anita Campbell earned All-American honors with Top-20 finishes. That marked the first time UW had multiple All-Americans in the same season, and were the first for the program since 2001. Of course, the 2008 team essentially threw out the record book with five All-Americans, with Follett a repeat winner.

The 2008 track season was filled with more milestones for Metcalf and Strong's group. Follett, Amanda Miller, and Michelle Turner all earned All-America honors in the mile at the NCAA Indoor meet, the only school to have three All-Americans in the same event. Follett broke three indoor school records, and went on to win the Pac-10 Championship at 1500-meters. Turner then won the 1500m West Regional title, and Miller capped off her track career with an 11th-place finish in the 1500m at NCAA Outdoors, earning her fourth All-America honor. The trio then capped off their seasons competing at the U.S. Olympic Trials, all in the 1500m.

All told, 17 All-America awards have been claimed by UW women in the seven years since Strong joined up with Metcalf, and the cross country program has reached NCAA's in five of the past seven years under their combined tutelage, with a national title now to their credit. Since 2003 on the track, the women have earned one All-American award at 800-meters, four at 1500-meters, and five in the mile.

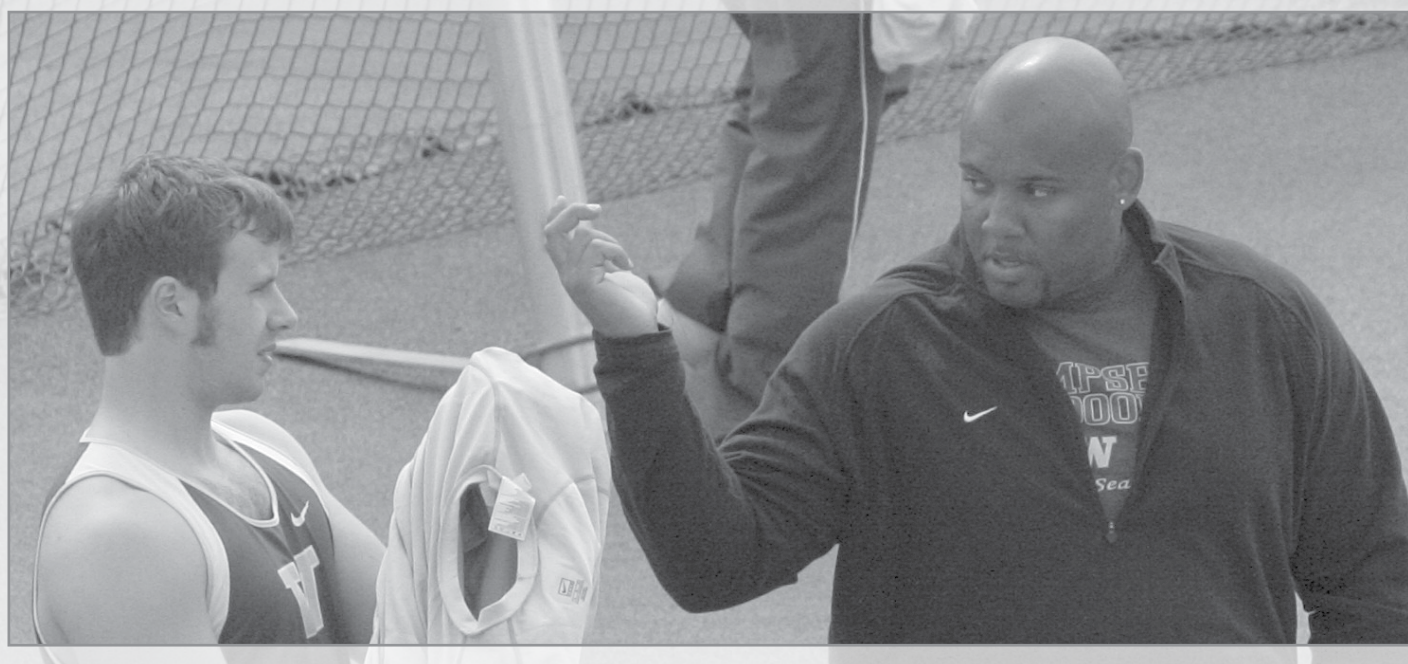
For many years Strong was also one of the top-ranked American steeplechasers, with Metcalf providing coaching assistance. She was ranked in the Top-10 by Track and Field News as recently as 2008, and competed at the 2008 U.S. Olympic Trials. Strong also placed fifth in the event at the 2004 Olympic Trials.

A 2002 graduate of Arizona State, Strong earned five All-America honors and three Pac-10 titles during her collegiate career, and set five school records. She also set the American record in the 2,000-meter steeplechase (6:25.98), and ranks seventh in U.S. history in the 3,000-meter steeple (9:47.68).

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.

ASSISTANT COACHES

REEDUS THURMOND • Throws • Fourth Year



COACH REEDUS THURMOND:

- *Throwers have earned three All-America honors in first three seasons.*
- *Coached Juan Romero to UW's first Pac-10 javelin title in 10 years.*
- *Guided volunteer assistant Will Conwell to sixth in the discus at 2008 Olympic Trials.*

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

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.

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.

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. Conwell continues to work with Thurmond as a volunteer assistant, and placed sixth at the 2008 U.S. Olympic Trials in the discus.

Last season, the Huskies went young, showing great signs for the future. Sophomore Zack Midles took 7th at Regionals in the hammer throw, narrowly missing his first NCAA berth, freshman Kyle Nielsen was a Regional qualifier in the javelin, and freshman Elisa Bryant broke the school record in the women's weight throw and made Regionals in the hammer.

Thurmond, 27, 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 with a degree in health promotion, 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. He qualified for the Olympic Trials again in 2008, placing 18th overall.

Washington is the first full-time coaching position for Thurmond, who in 2005 married the former Aretha Hill, one of the most decorated Washington track athletes of all-time. She is the reigning U.S. discus champion, and a three-time Olympian, including the Beijing Games. The couple welcomed their first child, Theo, in June of 2007.

RYAN BROWN

Two-time NCAA Champion Ryan Brown is in his second season working with UW's 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.

Brown continues to compete professionally for Asics. This past summer, he reached the semifinals of the 800-meters at the U.S. Olympic Trials, finishing 14th overall. He ranked fifth among all Americans indoors in the 800-meters last year with a best time of 1:47.94.

Brown is the school record holder in the 800-meters indoors and out, and was part of UW's distance medley relay that placed fifth at NCAA Indoors for three straight years from 2005-07. He won the NCAA Outdoor 800-meter title in 2006 and then followed that up by winning the NCAA Indoor title in 2007.



JAMES FREDRICKSON

Washington alumni James Fredrickson enters his first season assistant the Husky sprinters and hurdlers along with Raul Sheen. Fredrickson just wrapped an outstanding college career at the 2008 NCAA Outdoor Championships. A two-time All-American, Fredrickson joined the UW from Cal State Northridge prior to his junior season.

In 2007, Fredrickson was part of Washington's 5th-place distance medley relay at NCAA Indoors, and placed 10th in the 400m hurdles at the NCAA Outdoor Championships. Fredrickson reached NCAA's once again in the 400m hurdles in 2008, and also ran on UW's 4x100m relay which won the Pac-10 title for the first time in school history and reached NCAA's.

In just two years at Washington, Fredrickson broke into the school's Top-10 lists in nine different events.



WILL CONWELL

Former Husky Will Conwell is now in his third season on the UW coaching staff. Conwell assists Reedus Thurmond with the Washington throwers, specifically in the men's shot and discus events.

Since his graduation in 2006, Conwell has continued to train with Thurmond and compete for Club Northwest, and he has steadily become one of the top discus throwers in the nation. At the 2008 U.S. Olympic Trials, Conwell placed sixth in the discus with a mark of 202-feet, 7-inches and was just three feet shy of third-place and a spot on the Olympic roster.

The four-time letterwinner ranks among the finest discus throwers in UW history, with a collegiate-best of 200 feet, 1 inch that is Washington's fifth-longest ever. The Kent, Wash., native closed his career with three-consecutive top-five finishes at the Pac-10 Championships, and an NCAA Championships berth in 2006.

Conwell is the husband of former Husky Kate Soma, an NCAA Champion in the women's pole vault and five-time All-American.



JOSEPH TAIWO

Former Olympian Joseph Taiwo is in his first season as part of the Husky program, lending his knowledge and experience to Pat Licari in the jumps.

Taiwo, the father of current freshman Jeremy Taiwo, competed in the triple jump at the 1984 and 1988 Summer Olympic Games for Nigeria. Taiwo placed ninth in each Olympiad. He also placed fifth in the 1987 World Championships.

No stranger to the Pac-10, Taiwo attended Washington State from 1982-84, where he set the Pac-10 triple jump record of 57-0 1/2, a mark that still stands 25 years later. He was the Pac-10 triple jump champion in 1982 and 1984.

