

FACILITIES • Husky Stadium

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 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.



Washington's rise to prominence over the past seven 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 multiple Top-25 teams from all across the country heading to Seattle every two weeks to chase qualifying times. In 2003, retired Georgetown coach Frank Gagliano was quoted as having called Dempsey Indoor "the best indoor track in America," an opinion echoed by 2004 U.S. indoor 800-meter champion and 2000 Olympian Michael Stember.

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

Stember is just one of dozens of U.S. and foreign Olympians who have raised the competitive bar at Dempsey Indoor, including such luminaries as 2008 Olympic Decathlon Gold Medalist Bryan Clay, U.S. Olympians Kara Goucher and Amy Yoder-Begley, three-time world shot put champion John Godina, and 2004 Olympic pole vault silver medalist Toby Stevenson. Since 2003, competitions at Dempsey Indoor have produced dozens of top-10 world marks, numerous U.S.-leading marks, 27 UW records and over 1,000 NCAA qualifying efforts.

Highlights in 2008 included Washington senior Norris Frederick eclipsing the facility long jump record, as he flew 26-feet, 7 3/4-inches to win the MPSF meet title. Professional runner Steve Sherer also blazed to a record mile time of 3:56.00, which gave him the world lead up to that point.

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 2009 Dempsey Indoor schedule, including six collegiate meets and one open meet.

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

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

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

DEMPSEY INDOOR RECORDS

MEN

60m.....	6.63, Ja'Warren Hooker, Asics	2/1/03
60m Hurdles	7.77, Jeff Hunter, Arizona	3/4/06
200m	20.93, Brent Gray, Long Beach St.	2/29/08
400m.....	46.17, Andre Ammons, Unattached	2/15/03
800m.....	1:47.38, Zach Whitmarsh, Pacific Sport	2/15/03
Mile	3:56.00, Steve Sherer, Athletic Performance	2/2/08
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.....	9:31.52, Stanford	2/29/08
High Jump	7-6 1/2, Michael Mason, UBC	1/19/08
Pole Vault	19-0 3/4, Toby Stevenson, Unatt.	1/31/04
Long Jump.....	26-7 3/4, Norris Frederick, UW	2/29/08
Triple Jump.....	54-6 1/2, Julien Kapek, USC	2/1/03
Shot Put	70-5 1/4, Ryan Whiting, Arizona St.	3/1/08
Weight Throw.....	76-5 1/2, James Parker, Team XO	2/16/08
Heptathlon.....	5,784, Josh Hustedt, Stanford	3/1/08

WOMEN

60m.....	7.31, Janice Davis, Stanford	2/25/05
.....	7.31, Chauntae Bayne, Stanford	2/25/06
60m Hurdles	7.98, 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, TXTCH	1/27/07
5000m.....	15:30.17, Amy Hastings, Arizona St.	2/10/07
4x400m Relay.....	3:35.06, UCLA	3/3/03
DMR	11:05.16, Stanford	1/31/03
High Jump	6-1 1/2, Ebba Jungmark, Washington St.	2/16/08
Pole Vault	14-9 1/2, Mary Sauer, Unatt.	2/11/06
Long Jump	21-6, Grace Upshaw, NIKE	2/14/04
Triple Jump.....	45-7 1/4, Erica McLain, Stanford	2/26/05
Shot Put.....	58-6, Jill Camarena, Unatt.	2/11/06
Weight Throw	72-6 1/4, Loree Smith, NYAC	2/10/07
Pentathlon	4,207, Jackie Johnson, Arizona St.	2/24/06

Facility records set in 2008 in **bold**.

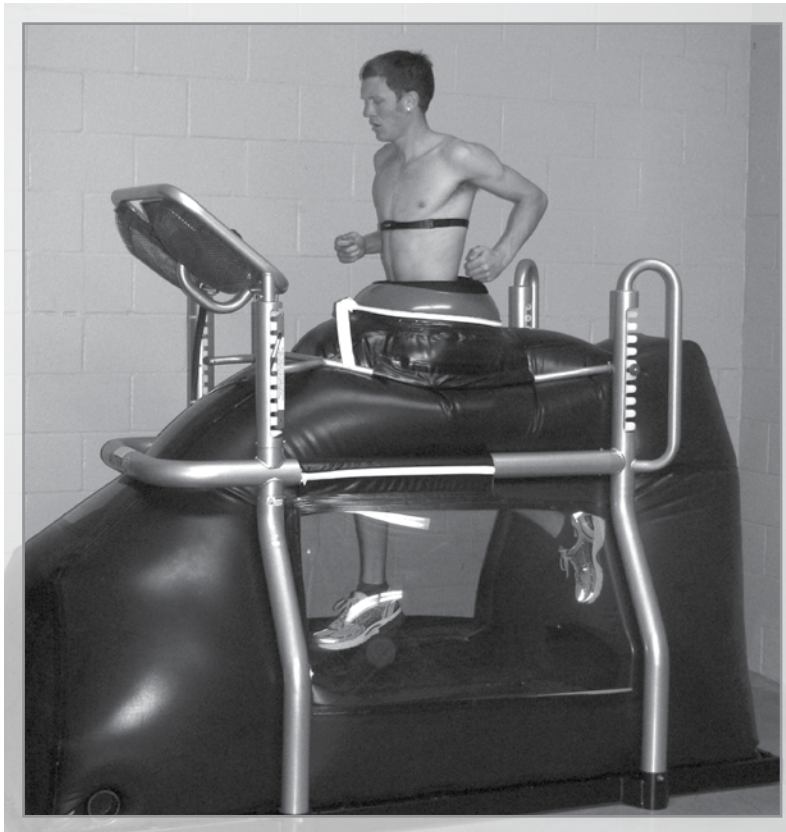


FACILITIES • Equipment

ALTER-G TREADMILL

Washington Track & Field athletes now benefit from the presence of the Alter-G treadmill, located in the renowned Dempsey Indoor facility. UW distance runners, jumpers, sprinters, and throwers alike have access to a piece of equipment many amateur and professional athletes are finding to be a necessity not only for rehabilitation but also injury prevention and general fitness growth. The Alter-G, while being used currently by many professional baseball, basketball, and football franchises, has been identified as a great tool for training by many of this year's track & field athletes on the American Olympic Team. Now paired with the one-of-a-kind Dempsey Indoor and the recently renovated Sports Performance Center, Washington Track & Field athletes have access to state-of-the-art resources necessary to succeed at the Pac-10 and NCAA level.

This anti-gravity treadmill is a groundbreaking training device that allows athletes to run naturally while moving at a prescribed percentage of body weight. With the Gravity Differential Technology, touch screen control, and Alter-G software, athletes are able to intelligently approach training in a way that prevents injury and also allows athletes speedy recovery from injury. G-Trainers combine five areas of technology all working together: patented Gravity Differential Technology, an advanced air pressure regulation system, enclosure sealing component, a customized treadmill, and a touch screen control panel that creates an unprecedented training environment for the track & field athlete looking for an alternative approach to running. Due to the growing generosity and support of alumni and donors, the Alter-G's cutting edge technology is yet another reason why Husky Track & Field is on the rise.



ECCENTRIX

Created by 4 field professionals and 3 Washington graduates, the Eccentrixx lifting machine is a self spotting machine that eliminates the need for human spotters in free weight lifts. It has been designed for anyone wanting the safety of a self spotting machine whether in a private or public gym, by a collegiate or pro team, or in the health care field.

The original idea was formed during a track and field practice by former UW discus thrower, Mat Schwinn. His dream was to design a machine that would allow athletes to do eccentric lowering of heavy weight for multiple repetitions. From that concept the Eccentrixx lifting machine was born.

Standing 10' tall and weighing approximately 2,000 lbs., the machine has substantial structural strength for the weight bearing lifts and exercises programmed into the computer which operates the machine. It is capable of lifting 1,500 lbs at 15"/second. The Machine accommodates all free weight lifts and is easy to use. The athlete simply uses a computer touch screen to enter personal exercise data and choose a pre-programmed exercise. The weight support arms move up and down automatically according to the exercise chosen and the personal data entered. Photo eyes count reps and keep track of the position of the weight bar. The Machine can accommodate and store data for up to 500 users.

This machine, located in the Dempsey Indoor, is another example of Washington Track & Field training and operating at the highest levels within the Pac-10 Conference and NCAA Division I level.

For ordering information or questions, visit www.Eccentrixx.com

