

OUTLOOK • 2009 Men's Season Preview

Last year was more of the same for the Husky men's track and field crew, and the new norm is Top-20 NCAA finishes both indoors and out, a slew of All-Americans, school records, and performances that made national headlines.

Indoors, the Huskies placed 10th at the national meet, their second consecutive Top-10 finish, and outdoors, the Dawgs placed 16th with its highest NCAA point total since 1983. Coupled with the men's 15th-place finish in 2007, it marked the first time since 1978-79 that UW had back-to-back Top-20 showings at NCAA's. Including the 18th-place finish by the men's cross country squad at the 2008 NCAA meet, the UW has been in the Top-20 at the past five NCAA track or cross country championships.

With four returning All-Americans that will all contend for national titles, and eight returning NCAA participants, Washington's top-end talent is as impressive as ever. Points will come at the national meets, but where the team will really look to take a step forward this season is with the overall depth at the conference level. Having won the MPSF Championship in 2006 and 2007, the men will look to regain the top spot this year inside their own Dempsey Indoor facility, and climb the ranks of the Pac-10 outdoors.

Seventh-year head coach Greg Metcalf welcomes a new addition to his staff this year as well, as Raul Sheen takes over the sprints, hurdles, and relays group. Sheen comes to Seattle from Long Beach State, where he was the 2008 West Region Assistant Coach of the Year and sent four sprinters to the NCAA Outdoor meet last year.

With six major indoor meets set to pack the Dempsey with the nation's elite college and pro athletes and three outings at Husky Stadium, the 2009 season once again promises to pad the Washington record books.

Sprints/Hurdles

While the Huskies welcome back numerous All-Americans, senior sprinter Jordan Boase (Bothell, Wash./Bothell) could certainly be considered the face of the men's program. Boase broke school records in the 400-meters last year both indoors and out, rocketing onto the national stage in 44.82 seconds last season in Tempe, Arizona. Boase placed third in the 400m at NCAA Indoors and was fourth at NCAA Outdoors and will be one of the favorites to win UW's first NCAA title in the sprints since Ja'Warren Hooker in 1998.

After not competing in 2007, Boase came practically out of nowhere last season. This year he'll have to deal with a target on his back, and gel with new sprints coach Raul Sheen. In their few months together so far, Sheen has been impressed with the professional way with which Boase conducts himself.

"He definitely has his goals set, and he understands how to go about accomplishing them," says Sheen. "He's a phenomenal athlete, extremely strong, and it will be interesting to see how he does this year. It's a long season for him, so our goal is just to keep him healthy and let him do what he's done."

In addition to his individual prowess, Boase last year ran the lead-off leg on UW's 4x100m relay, which captured the Pac-10 Championships for the first time in program history and competed at NCAA's. With three of the four sprinters from that group back this season, including Boase, senior Joe Turner and sophomore Ryan Hamilton, and returning NCAA Regional qualifier Jeff Gudaitis, the men's sprints group could be one of the deepest and most reliable on the team.

Hamilton and senior Randy Bacon will be relied upon in the short sprints, along with Cal State Northridge transfer Kenjamine Jackson who competed at Regionals last season on the 4x100m relay. Turner meanwhile bolsters both the short and intermediate sprints with his best event likely the 200m.

"Ryan Hamilton has been working a lot in the weight room with our new sports performance guy, Ryan Feek, on improving his flexibility," says Sheen. "I don't see why he shouldn't be a factor at Pac-10's as well as looking to get into NCAA meets individually. Joe is one of those tweeners that will help us across the board. He's just one of those lucky guys that can do it all pretty well. And Kenjamine is a stud that will also be a major factor this year."

Washington could get significant help in their depth from several youngsters crossing over from the gridiron. Freshmen Jordan Polk and Adam Long both bring exceptional prep credentials to the track and personal bests that would already be competitive at the

conference level. Wide receiver Alvin Logan will also compete for the first time during the indoor season.

"Adam was a 21.20 guy out of California, and I know he's run 10.53 at one point. Jordan's run 10.63," says Sheen. "Those marks right there are Pac-10 marks, and if you start getting them stronger and faster and putting them on the relay, that's a good recipe."

Boase and Gudaitis lead the intermediate sprints, with Turner pitching in as well. Gudaitis just missed out on NCAA's himself last year by one spot, placing sixth at West Regionals and will be invaluable to both the long relay and potentially the DMR. Redshirt freshman Sam Rucker has also been impressive in practice thus far.

"My goal for both genders is to get all the relays to nationals," says Sheen. "It can definitely be the face of your group, if not your program. That's kind of my passion, and my ultimate goal is year in and year out we're getting our relays to the national meet."

One area lacking in experience is the hurdles, as two-time All-American James Fredrickson graduated and has moved into a volunteer assistants role. Sophomore Miles Timpe was a Pac-10 competitor last season at the 400m hurdles and has come back stronger.

"Miles has shown a lot of strength in practice and in his abilities to do some of the longer intervals in workouts, so we'll see how that translates over into the long hurdles," says Sheen.

Mid-Distances

Five-time All-American Austin Abbott is back for his final season, and the Chehalis, Wash. native will be expected to be one of the team's biggest point scorers. Abbott reasserted himself as one of the elite racers in the country at the 2008 NCAA Outdoor Championships, when he took seventh in the 800-meters despite coming in with a seed time that ranked outside the Top-20. He earned his first All-America award in over a year, and will look to turn that into his strongest season yet in 2009.

"Austin's got one full year left, and he's definitely the leader of that group from a talent standpoint for sure," says coach Metcalf. "If Austin can get it done for us, we can be Top-10 or Top-20 at NCAA Indoors. I think he's capable of contending to win at 800-meters or at a mile. So we have to figure out if he'll run DMR or something else at the national meet, but that will work itself out."

Backing up Abbott in the 800m is junior Brian Govier from Mercer Island, Wash. Govier ranks fourth on the UW indoor Top-10 in the 800m and will also be valuable in the DMR.

"Brian Govier has been on the verge for a couple years now," says Metcalf. "Brian's very talented, he's a junior now and I'll expect a little more out of Brian this year."

Sophomore Charlie Williams led the team in the 800-meters indoors



Four-time All-American senior Jordan Boase has the fastest 400-meter time of any returning sprinter in the NCAA.

last year and should be a factor again, as should junior Chris Ahl, whose 4:05 mile time last season was tops on the team indoors.

True freshman Ryan Soberanis, and redshirt freshmen Ryan Styrk, and Faisal Abdullahi could see time in the 800m or the mile.

Distances

While their women's distance counterparts were making history with an NCAA title, the Husky men's long distance harriers also had an exceptional fall. Unranked at the beginning of the year, the men finished 18th at NCAA's, their second Top-20 finish in the past three seasons.

Senior Jeremy Mineau missed the NCAA cross country meet after leading the team most of the year, making the Top-20 finish all the more impressive. However he's expected to be healthy for the spring and should be one of the top 10,000-meter runners in the conference.

Junior Jake Schmitt had his best cross country season to date, leading the team at NCAA's, and placed 21st in the 10k at the 2008 NCAA Outdoor meet. Junior Kelly Spady also came on strong at the end of the fall, adjusting well to the 10k distance. Spady hasn't run a 10k yet in track but looked great at the longer distance in the fall.

"By the time we get to the outdoor track season, I really believe that Jeremy, Jake, and even Kelly Spady may be running the 10k this year, which could give us at least three guys that can run low 29-minutes for 10k," says Metcalf.

Adding depth to the group will be sophomores Jordan Swarthout and Colton Tully-Doyle, both top-five cross country contributors who made major progress over the summer. Swarthout was a Pac-10 track competitor at 5,000-meters last year. Youngster such as redshirt freshman Max O'Donoghue-McDonald and true freshmen Joey Bywater and Rob Webster Jr. could factor in. Webster is the son of former UW All-American Rob Webster, who held the school's 800-meter record for 24 years.

"We'll see how the youngsters progress. Max is getting healthy; Joey Bywater is a very talented young man we've added to our team. It will be fun to watch that group transform as the calendar turns to the spring. I think there's some depth and some talent, we'll just kind of wait to how it unfolds. Rob Webster could potentially get a shot in the steeple," says Metcalf.

Pole Vault

One of the most sensational stories from the 2008 season was the out of nowhere success of vaulter Jared O'Connor, who qualified for NCAA Regionals with the minimum clearance needed, then proceeded to catch fire and win the Regional title and eventually tie for second at the NCAA Championships.

O'Connor raised his personal best by nearly a foot in one day at Regionals, and was clearing nearly every height on his first attempt. For coach Pat Licari, O'Connor's success was perhaps the most sudden, but certainly nothing new. O'Connor's All-American award was the seventh earned by men's vaulters alone under Licari.

O'Connor should form a dynamic vaulting duo with two-time All-American Scott Roth. Roth set UW's freshman record in 2007 and earned All-America honors indoors and out. Last year he barely missed out on a third award, placing 10th at the NCAA Indoor meet, before an injury forced him to redshirt the outdoor season. With both vaulters back healthy and pushing each other, it could mean big points for the Huskies at nationals.

"With Jared the potential to do what he did was always there, it was just a matter of getting his mental game together in the meet. For this year the goal is to stay healthy, be more consistent, and jump higher," says Licari. "Scott is doing really well. He has put a ton of work into getting his back healthy over the course of the last year. He is in great shape, strong, and the back feels pretty good."

Another vaulter looking to put his name alongside O'Connor and Roth is junior Ryan Vu. The Bellevue, Wash. native is a two-time Pac-10 competitor who has been on the verge of a breakout similar to O'Connor's. Freshman Austin Ouder Kirk us the lone addition to the group but has cleared 16-feet in high school and Licari expects big things from him down the road.

Jumps/Multi-Events

The biggest void anywhere on the team this year is in the men's jumps, where the impact of 2008 grad Norris Frederick cannot be overstated or overlooked. The nine-time All-American carried the jumps unit the past several years, winning three MPSF titles, one Pac-10 title, one West Regional title, and earning a pair of top-three NCAA finishes. He was an automatic point scoring machine, and coach Metcalf knows he won't be easily replaced.

"Man we're going to miss Norris Frederick. Put the word 'tear' after that," says Metcalf. "He was all-everything for us, and basically averaged sixteen points a championship meet. He was phenomenal and the lightning bolt for our track program."

Still, several Huskies will do their best to make up for the loss, and freshman Jeremy Taiwo is first and foremost among that group. Taiwo, a Renton, Wash. native, had a standout prep career and is the son of Pac-10 triple jump record holder Joseph Taiwo. He should contribute right away in the jumps and may also get a shot in the multi-events.

"Jeremy Taiwo is a guy who has the potential to help fill the gap Norris left," says coach Licari. "Jeremy will be a great high jumper and long jumper, but his best jump is probably the triple. To add to all that he is training for multi events, and is doing a great job there to."

Andrew Ferleman was Washington's top multi-event competitor last

Men's Roster			
Name	Event	Yr.	Hometown (High School/Previous College)
Abbott, Austin	Mid-Distances	Sr.	Chehalis, Wash. (W.F. West)
Abdullahi, Faisal	Mid-Distances	RFr.	Kelso, Wash. (Kelso)
Ahl, Chris	Distances	Jr.	Seattle, Wash. (Bishop Blanchet)
Anderson, Richard	Throws	RFr.	Tacoma, Wash. (Wilson)
Bacon, Randy	Sprints	Sr.	Tacoma, Wash. (Washington)
Barsamian-Moncrief, Milan	Jumps	Fr.	Edmonds, Wash. (Western Reserve Academy (Oh.))
Boase, Jordan	Sprints	Sr.	Bothell, Wash. (Bothell)
Bromka, Alec	Distances	Jr.	Portland, Ore. (Catlin Gabel School)
Bywater, Joey	Distances	Fr.	Lake Stevens, Wash. (Lake Stevens)
Drosky, Greg	Distances	Fr.	Walnut Creek, Calif. (Las Lomas)
Farris Jr., Tommy	Throws	Fr.	Joyce, Wash. (Crescent)
Ferleman, Andrew	Multi	So.	Bellevue, Wash. (Newport)
Follmer, Peter	Throws	So.	Kent, Wash. (Kentridge)
Govier, Brian	Mid-Distances	Jr.	Mercer Island, Wash. (Mercer Island)
Gudaitis, Jeff	Sprints	Jr.	Tacoma, Wash. (Tacoma Baptist)
Hamilton, Ryan	Sprints	So.	Vancouver, Wash. (Evergreen)
Highberg, Gregger	Sprints/Hurdles	Fr.	Federal Way, Wash. (Federal Way)
Jackson, Kenjamine	Sprints	Sr.	Seattle, Wash. (Kentwood/Cal State Northridge)
Johnson, Clayton	Jumps	Fr.	Snohomish, Wash. (Snohomish)
Kmetz, Thomas	Jumps	Fr.	San Marino, Calif. (Loyola)
Lashinske, Jeremy	Pole Vault	RFr.	Phoenix, Ariz. (Brophy College Prep)
Logan, Alvin	Sprints	Fr.	Aurora, Colo. (Regis Jesuit)
Long, Adam	Sprints	Fr.	Los Angeles, Calif. (St. Bernard)
McCary, David	Distances	RFr.	Kirkland, Wash. (Juanita)
McCune, Josh	Jumps	So.	Tacoma, Wash. (Curtis/Clark CC)
Midles, Zack	Throws	Jr.	Olympia, Wash. (Capital)
Mineau, Jeremy	Distances	Sr.	Menlo Park, Calif. (Menlo-Atherton)
Nielsen, Kyle	Throws	So.	Langley, B.C. (Centennial Secondary)
Nyland, David	Javelin	Sr.	Woodinville, Wash. (Woodinville)
O'Connor, Jared	Pole Vault	Sr.	Clifton Park, N.Y. (Shenedehowa/No. Carolina)
O'Donoghue-McDonald, Max	Distances	RFr.	Seattle, Wash. (Seattle Prep)
Ouder Kirk, Austin	Pole Vault	Fr.	Newport, Ore. (Newport)
Palmer, Andy	Sprints	Fr.	Woodinville, Wash. (Inglemoor)
Partin, Alex	Mid-Distances	Fr.	Bellevue, Wash. (Bellevue)
Pierson, Etienne	Mid-Distances	RFr.	Woodinville, Wash. (Woodinville)
Polk, Jordan	Sprints	Fr.	Portland, Ore. (Lincoln)
Quackenbush, Cameron	Distances	RFr.	Spokane, Wash. (Ferris)
Roth, Scott	Pole Vault	So.	Granite Bay, Calif. (Granite Bay)
Rucker, Sam	Sprints	RFr.	Seabeck, Wash. (Klahowya Secondary)
Schmitt, Jake	Distances	Jr.	Kentfield, Calif. (Redwood/California)
Soberanis, Ryan	Mid-Distances	Fr.	Camas, Wash. (La Salle (Milwaukie, Ore.))
Spady, Kelly	Distances	Jr.	Mukilteo, Wash. (Kamiah)
Styrk, Ryan	Mid-Distances	RFr.	Seattle, Wash. (Seattle Prep)
Swarthout, Jordan	Distances	So.	Olympia, Wash. (Capital)
Taiwo, Jeremy	Jumps/Multis	Fr.	Renton, Wash. (Newport)
Taylor, Angus	Throws	Fr.	Richmond, B.C. (Vancouver College Prep)
Timpe, Miles	Sprints/Hurdles	So.	Enumclaw, Wash. (Enumclaw)
Tully-Doyle, Colton	Distances	So.	San Diego, Calif. (Rancho Bernardo/UC Santa Barbara)
Turner, Joe	Sprints	Sr.	Fresno, Calif. (Fresno/Modesto JC)
Vetter, Jake	Jumps	Fr.	Montesano, Wash. (Montesano)
Vu, Ryan	Pole Vault	Jr.	Bellevue, Wash. (Interlake)
Charlie Williams	Mid-Distances	So.	Gig Harbor, Wash. (Gig Harbor)
Woods, Warren	Jumps	Fr.	Walnut, Calif. (Loyola)
Woods, Zach	Javelin	Jr.	Oregon City, Ore. (Oregon City)

year as just a freshman. As with any second-year student-athlete, year two could be vastly different from year one.

"Andrew is as strong as ever right now," says Licari. "He is improving all his events, and if he stays healthy and continues to perfect technique, he should improve greatly on his first year."

Additional contributions in the jumps could come from newcomer Josh McCune, who was the NWAACC triple jump champ with Clark CC last year, and freshmen Jake Vetter, Thomas Kmetz, Clayton Johnson and Warren Woods.

Throws

A young group of Dawgs was on the verge of great things last season, and with every key thrower back in the mix, this is one unit that could surprise on the conference and national levels.

Junior Zack Midles from Olympia's Capital High School leads the unit and already ranks in UW's Top-10 in both the hammer and weight throws. Midles was seventh in the loaded West Regional hammer throw last year, just missing an NCAA bid. He should also be a big factor in the discus and provides great leadership for a still maturing group.

"Zack Midles is kind of the emotional leader of that group, and one of the overall leaders on our track team. Zack is on the verge of throwing lots farther in both the discus and the hammer. He's a great teammate

and a great guy to have on our team. He's good for both the men's and women's sides," says coach Metcalf.

Husky athletes have won 12 Pac-10 javelin titles over the years, and returners David Nyland and Kyle Nielsen will look to add a new chapter to that tradition this season. Nyland was only able to throw once last season, as his year was cut short by rotator cuff surgery. However, that one throw in an early outdoor meet traveled 226 feet, the sixth-best mark in the West Region last year. Nielsen qualified for Regionals as just a freshman last year.

"Kyle threw 220-feet plus in the summer months and looks like his training is really starting to pay off. David Nyland had Tommy John surgery in late spring, but his rehab is going well," says Metcalf. "So in theory at the end of the track season I think we'll have two javelin throwers who can chuck it out there. It's about keeping them healthy and ready to go when it counts."

One area lacking in experience is the shot put, but redshirt freshman Richard Anderson could contribute, while Peter Follmer and Zach Woods both competed at Pac-10's last season in the discus and javelin, respectively.

The newcomer that could make the most immediate impact is likely Angus Taylor from Richmon, British Columbia. Taylor was the Canadian Junior National Champion in the hammer in 2007 and 2008 and competed at the World Youth Games.

OUTLOOK • 2009 Women's Season Preview

The women's track and field program, and the entire University for that matter, is still riding high after the phenomenal success of the Husky women's cross country team this past fall. Washington powered its way to an undefeated season, sweeping the Pac-10 Championships, taking the West Regional, and then dominating the NCAA Championships for the program's first national title.

Seventh-year track and field and cross country head coach Greg Metcalf was named the USTFCCA National Coach of the Year, and five Huskies took home All-America honors, proving Washington has easily the deepest corps of women's distance runners anywhere in the country right now.

The impact of the team's success is twofold, first as the excitement and energy from the championship season permeates the other units of the track team and raises everyone's expectations. But more tangibly, Coach Metcalf has an abundance of gifted runners from 800-meters to 10,000-meters that can score big points on the conference and national levels, and will be the foundation of the 2009 track team.

"Winning is contagious and it galvanizes your team," said Metcalf. "They see an experience and it gives them belief that they also can do the same thing. This fall, having our women's team win the national championship, I think it was a jolt in the arm to our entire track program. Our sprinters, throwers and jumpers, they were all excited and all of our coaches were at the meet. Everyone wants to feed off of the momentum."

Much as with the cross country team, the women's track squads will combine a large and talented freshman class with key returners in every area. While the distance group will be the cornerstone of the 2009 squad, every other unit should be deeper and more well-rounded this year.

Sprints/Hurdles/Relays

At the end of 2008, Washington's sprints group was essentially a one-woman crew, as Falesha Ankon carried the torch for the group that was minus junior Syreeta Martin, who redshirted the outdoor season, from an already thin roster. The good news was that Ankon enjoyed a breakthrough season and is back to lead a rebuilt sprints group.

Ankon competed at NCAA Indoors with UW's distance medley relay and then reached NCAA Outdoors in the 100m hurdles with a second-place finish at West Regionals. New sprints coach Raul Sheen will be counting on her experience to influence a largely inexperienced group.

"Falesha's a great leader for the entire group, men included. I have her lead warm-up drills every day now," says Sheen. "Both her and Syreeta have their eyes on making the national meet. Syreeta's more of a long hurdler, and Falesha's had success there, but has been especially strong in the short hurdles. She will be looking to make the national meet indoors as an individual this year as well. She was right at the provisional mark last year."

Ankon and Martin will also be major factors in the short sprints and relays, but it will be up to UW's large number of fresh faces to help pick up the slack. Six newcomers join the team this year, with a wide range of backgrounds and experience. Seattle's Bianca Greene from Garfield High School was a six-time state champion and leads a quarter of local sprinters including Spokane's Jordan Carlson, Tacoma's Amber Finley, and Bothell's Lindsay Finch. Joi Glass joins the team from Oakland, Calif., and the Huskies picked up an outstanding transfer from the University of Arkansas in Dominique Lauderdale, originally from Bakersfield, Calif.

The group could one day be a major strength for the program, and while several will help right off the bat, Coach Sheen is taking a long term approach with others who are not yet at full strength.

"As far as the intermediate sprints it's all young people," Sheen says. "A lot of the girls have been in that 55-56 second range. So can they get down to 53 seconds? Potentially. The short group is a work in progress. Bianca Greene and Dominique Lauderdale are our girls but both are working through some nagging injuries and we're just being patient. Both of them when healthy are going to be great."

Finley, who comes from the same Tacoma Baptist high school as men's quarter-miler Jeff Gudaitis, could help from the first indoor meet onwards.

"Amber is from a small school and has had somewhat limited experience and resources, so she's really starting to come around,"

says Sheen. "She's someone that could surprise people this year and definitely in the future."

The same could be said for the women's group as a whole.

Mid-Distances

The Huskies had perhaps the best group of mid-distance runners in the nation last year, and despite the graduation of All-American milers Amanda Miller and Michelle Turner, this still figures to be one of the team's greatest strengths as Washington has become a mid-distance powerhouse over the past several years.

Since Courtney Inman placed fourth in the 1,500-meters in 2003, Husky women have earned 10 All-America honors in the mid-distances, with Amy Lia winning the NCAA 1,500-meter title in 2006. Miller, Turner, and junior Katie Follett all competed in the 1,500-meters at the U.S. Olympic Trials this past summer, along with incoming freshman Christine Babcock, as the Huskies got to see the present and future of the program running with the nation's elite.

Follett, out of Fort Collins, Colo., has become one of the most versatile and talented runners in the nation. She placed sixth in the mile run at NCAA indoors last year, then won the program's first Pac-10 Championship at 1,500-meters in the spring. Follett ran 2:06 in the 800m, 4:15 in the 1500m, and 16:01 in the 5000m, breaking several school records. She followed up her track season by earning her second-consecutive All-America honor in cross country in the fall. With such a wide range, Follett will impact the long distances as well, and the coaches are certainly not going to limit the three-time All-American.

"Katie has as good of range as any young girl in America. So with her, it's just kind of fun, she can do lots of different things for us so we'll give her a chance. Ultimately at the end of the year we'll decide what she'll do," said coach Metcalf."

The sky is the limit for Babcock, the national high school record holder in the 1600-meters. The Irvine, Calif. native broke a longstanding national record, running 4:33.82 to win her third state title at 1600-meters, while also qualifying for the Trials in the 1,500 with a time of 4:16.42. Much like Follett, Babcock showed her prowess at longer distances as well, as she led the Huskies at the NCAA Cross Country Championships, placing seventh overall to earn her first of what figures to be numerous All-America honors.

Also poised for a standout track season is junior Kailey Campbell from Seattle's Ballard High School. Campbell placed ninth in the 1,500-meter final at Pac-10's last year, then showed major progress during the cross country season. Senior Andrea Brown out of Bellingham, Wash. was a provisional qualifier in the mile last year and went to NCAA's with the DMR.

"Kailey Campbell made tremendous progress this cross country season and I believe it will translate well to her racing on the track," says Metcalf. "I believe that Kailey is very capable of running fast at 1500-meters and she has a chance to run low 4:40s in the mile. Andrea



Two-time NCAA 5,000-meter competitor Anita Campbell returns after redshirting the 2008 season. Campbell was first team All-Pac-10 Cross Country in the fall.

Brown's another girl that was at the NCAA meet as part of our DMR and is more than capable of competing at nationals."

Another gifted runner that fits into the mold of Follett and Babcock is Mel Lawrence, who redshirted the season last year but placed 25th at NCAA Cross Country this past fall and was runner-up at the Pac-10 Championships. So while she's shown great ability in the longer distances, the mile and 1,500m will certainly be within her range.

Distances

The fact that the Huskies are the reigning NCAA Cross Country National Champions and swept the top six spots at the Pac-10 Championships this past fall is about all that needs to be said about the talent on hand for the distance events. But here's a closer look anyhow.

Washington dominated the conference at the 6,000-meter cross country distance in the fall, led by freshmen Kendra Schaaf out of Craven, Saskatchewan and the aforementioned Babcock. Schaaf crushed the Pac-10 meet record in winning the first individual title for UW since 1982. She was named Pac-10 Athlete of the Year and Babcock earned Newcomer of the Year. If any freshmen can be counted on to excel from the firing of the first gun, it is these two. While Babcock may lean towards the mid-distances with some runs at 5k, Schaaf will likely counter that with a focus on the longer runs and the occasional 1,500m.

Katie Follett and Mel Lawrence can both move between the middle and long distances, and Lawrence adds an added dimension in the steeplechase, where she was the U.S. Junior National Champion in high school.

"The steeple becomes an exciting event for us. Mel Lawrence is the U.S. junior record holder in the steeple. She hasn't run one in a couple of years, but her cross country season was awesome," says coach Metcalf. "She'll steeple but not until late in the spring. Right now the goal for her is just to get better at the mile and 1500-meters and 3000 and 5000 and then we'll figure out the steeple along the way, but she is talented enough to be at NCAA's anywhere from the mile to the 5k and the steeple."

The Huskies will gladly welcome back a healthy Anita Campbell, who missed last track season due to a nagging injury but proved she was back with another stellar cross country season. Despite having exhausted her cross country eligibility, Campbell is still just a junior outdoors for track. She is a two-time NCAA competitor in the 5,000-meters on the track and should contend for conference titles and All-America honors.

Sophomore Lauren Saylor should also be poised for a breakout season on the track. Saylor barely missed All-American honors in cross country by a tenth of a second, but was one of the most improved distance runners in the conference and could duplicate that improvement in track, where she already has scored for UW at Pac-10's in the 10,000-meters. Another Regional qualifier last year that should continue to progress is Mo Huber, who set major PR's in the steeplechase last year.

Newcomers are not limited to just Schaaf and Babcock, as a number of talented freshman that redshirted the cross country season due to UW's unparalleled depth could now see their first official action. The coaching staff also added a talented transfer in Laura Mickelson from Loyola Marymount, who has competed as an individual at NCAA Cross Country and at NCAA Track in the 5k.

"At 5k and 10k I think we have a whole host of possibilities there with Anita Campbell, Lauren Saylor, and Kenna Patrick. Bailey Scutte was 13th in the 5000m last year at Pac-10's," Metcalf says. "We have one exciting new addition in Laura Mickelson. She has run under 16:30 for the 5,000 and can also run the 10k. Lauren Saylor made massive progress and we really believe she can be at the national meet. Then we have a host of youngsters that are itching to get going so we'll just see how the year goes and what kind of progress they can make."

Pole Vault

12th-year coach Pat Licari has been churning out All-Americans practically on a yearly basis, and 2008 saw another name added to that list as Kelley DiVesta took seventh at the NCAA Indoor Championships. It was the eighth All-American performance by one of Licari's female vaulters.

The only downside is that UW's top three vaulters from last season have all moved on, leaving it up to another new face to come to the forefront. Washington has several returners in Andrea Peterson, Lauren Walker, and Ally Wojciechowski who will be looking to take the next step. Peterson owns the best mark out of the group, having cleared 12-8 indoors.

"In the women's vault if you are competitive in the Pac-10 you are also competitive at a national level. Andrea, Lauren, and Ally I would compare to Jared last year before his breakthrough," says Licari. "They all possess the physical ability, and are working on putting it together in a meet. If they could they would be right in the mix."

One woman expected to provide a major boost is Lara Jones, a transfer from Duke who competed at NCAA's in 2007. Jones, a Seattle native, will have one year of eligibility remaining.

"Lara brings the experience of having been to Nationals and is a very hard worker. She is a great addition to the group," says Licari.

Jumps/Multi-Events

Washington's top freshman in the field events is Spokane native Kelly McNamee, who brings a 5-foot, 10-inch personal best in the high jump across the state to Seattle. The Huskies have been without an elite women's high jumper for several years, so the addition of McNamee is particularly huge.

Kelly was one of the finest high jumpers in the country last year," says coach Metcalf. "In watching her this fall, Kelly's going to beat people.

Women's Roster			
Name	Event	Yr.	Hometown (High School/Previous College)
Amiad-Pavlov, Daria	Jumps/Multi	Sr.	Ashdod, Israel (Gimnasia Realit)
Anderson, Brooke	Distances	Jr.	San Diego, Calif. (University City)
Anderson, Dayna	Distances	So.	San Diego, Calif. (University City)
Ankton, Falesha	Sprints/Hurdles	Jr.	Benicia, Calif. (Benicia)
Aurigemma, Nicole	Distances	Fr.	Carlsbad, Calif. (Carlsbad)
Babcock, Christine	Mid-Distances	Fr.	Irvine, Calif. (Woodbridge)
Bonner, Ellie	Distances	Fr.	Snohomish, Wash. (Snohomish)
Brown, Andrea	Mid-Distances	Sr.	Bellingham, Wash. (Mt. Baker/Kentucky)
Bryant, Elisa	Throws	So.	Seattle, Wash. (Inglemoor)
Campbell, Anita	Distances	Jr.	Vancouver, B.C. (Aldergrove)
Campbell, Kailey	Mid-Distances	Jr.	Seattle, Wash. (Ballard)
Carlson, Jordan	Sprints	Fr.	Spokane, Wash. (Shadle Park)
Clark, Brianna	Jumps	RFr.	Snohomish, Wash. (Snohomish)
Collins, Emily	Mid-Distances	Sr.	Eugene, Ore. (Marist)
Evans, Kayla	Distances	Fr.	Tacoma, Wash. (Bellarmine Prep)
Finch, Lindsay	Sprints	Fr.	Bothell, Wash. (Inglemoor)
Finley, Amber	Sprints	Fr.	Puyallup, Wash. (Tacoma Baptist)
Fjeran, Taylor	Pole Vault	RFr.	Mukilteo, Wash. (Kamiak)
Fleishman, Lindsey	Jumps	RFr.	Seattle, Wash. (Kendridge)
Follett, Katie	Distances	Jr.	Fort Collins, Colo. (Fort Collins)
Fruiland, Emilie	Distances	Fr.	Everett, Wash. (Jackson)
Fuller, Liz	Multi-Events	Sr.	Vancouver, Wash. (Fort Vancouver)
Glass, Joi	Sprints	Fr.	Oakland, Calif. (Skyline)
Greene, Bianca	Sprints	Fr.	Seattle, Wash. (Garfield)
Huber, Mo	Distances	Jr.	Oakland, Calif. (Acalanes)
Huse, Erica	Throws	Fr.	Puyallup, Wash. (Tacoma Baptist)
Jones, Lara	Pole Vault	Sr.	Seattle, Wash. (Lakeside School/Duke)
Kirschman, Lindsey	Mid-Distances	Jr.	Redding, Calif. (Enterprise)
Lauderdale, Dominique	Sprints	So.	Bakersfield, Calif. (Ridgeview/Arkansas)
Lawrence, Mel	Distances	RFr.	Reno, Nev. (Reno)
Lightfoot, Courtney	Distances	Fr.	Oak Park, Calif. (Oak Park)
Linnell, Allison	Distances	Fr.	Colts Neck, N.J. (Marine Academy of Science & Tech.)
Lombardo, Allison	High Jump	Jr.	Richland, Wash. (Richland)
Martin, Syreeta	Sprints	Jr.	Tacoma, Wash. (Wilson)
McGuirk, Adrienne	Distances	Fr.	Lake Oswego, Ore. (Jesuit)
McNamee, Kelly	Jumps/Multis	Fr.	Spokane, Wash. (Ferris)
Mickelson, Laura	Distances	Sr.	Manhattan Beach, Calif. (Mira Costa/Loyola Marymount)
Mudlo, Kelly	Pole Vault	RFr.	Littleton, Colo. (Heritage)
Nichols, Taylor	Jumps	RFr.	Bakersfield, Calif. (Stockdale)
Oyetuga, Korede	Throws	So.	Everett, Wash. (Everett)
Ozog, Anyka	Throws	Jr.	Edmonds, Wash. (Shorewood)
Patrick, Kenna	Distances	So.	Federal Way, Wash. (Thomas Jefferson/Puget Sound)
Peterson, Andrea	Pole Vault	Sr.	Bonney Lake, Wash. (Sumner)
Pighin, Brooke	Throws	So.	Port Alberni, B.C. (Alberni District Secondary/Fresno State)
Robblee, Robyn	Jumps	So.	Ellensburg, Wash. (Ellensburg)
Sauvage, Stephanie	Distances	RFr.	Seattle, Wash. (Seattle Prep)
Saylor, Lauren	Distances	So.	Clovis, Calif. (Buchanan)
Schaaf, Kendra	Distances	Fr.	Craven, Saskatchewan (Lumsden)
Schutte, Bailey	Distances	So.	Portland, Ore. (Jesuit/UCLA)
Shimada, Kelsey	Pole Vault	RFr.	Bellevue, Wash. (Newport)
Soules, Caroline	Jumps	Fr.	Shoreline, Wash. (Shorewood)
Stopa, Amanda	Distances	So.	Snohomish, Wash. (Snohomish/Oregon)
Vielma, Nicole	Jumps	Jr.	Fife, Wash. (Fife)
Visoria, Lauren	Sprints	RFr.	Vancouver, Wash. (Evergreen)
Walker, Lauren	Pole Vault	So.	Huntington Beach, Calif. (Huntington Beach)
Wojciechowski, Ally	Pole Vault	Jr.	Lake Oswego, Ore. (Lakeridge)

She's going to be a six-footer, and she is an impressive young woman. She's capable of doing many things, we've just got to figure out what best suits her. Is it in the multi-events and the high jump, or the hurdles? She can do anything; she's that kind of athlete."

Experienced high jumpers Allison Lombardo and Robyn Robblee return to make for a very solid overall group. Redshirt freshman Taylor Nichols could make an impact in the long and triple jumps, and junior Nicole Vielma has experience at both conference meets in the high and triple jumps.

In the multis, senior Daria Amiad-Pavlov has been the team's top triple jumper for the past two years and also has the school's second-best pentathlon score.

"Daria just has indoor eligibility remaining but she is training really well and is hoping to contribute at the MPSFs in the multi and triple jump," says coach Licari.

One of the other most valuable Huskies is senior Liz Fuller, who as opposed to Amiad-Pavlov just has outdoor eligibility remaining. Fuller has contributed greatly in the high jump and hurdles, and hit the NCAA Provisional qualifying mark in the pentathlon last season in taking second at MPSFs.

"I am really looking forward to Liz's last outdoor season. She is hoping to improve on her Pac 10 placing and get to Nationals," Licari says.

Throws

Leading the throwers last season was Elisa Bryant from Seattle's Inglemoor High School. Bryant crushed the school record indoors in the weight throw, and went on to score at both MPSF and Pac-10 meets and compete at West Regionals. Bryant will now look to take the next step and reach nationals.

"Elisa Bryant is going to do it all for us indoors. She's going to throw the weight and the shot indoors, but her specialty is the weight and the hammer," said coach Metcalf. "As we move outdoors she'll throw the disc. I think she's poised to impact this year in several events."

A major addition to the group will be sophomore Brooke Pighin, who transferred to Washington from Fresno State. Pighin specializes in the javelin, a void that needed filling on the team the past couple years. As just a freshman, Pighin reached the Regional meet and her best throw of 157-6 last season would rank fourth on UW's Top-10.

"Brooke is an athlete that should be able to score at the Pac-10 meet and possibly at the national meet. In the women's javelin, the national championships sort of run through the Pac-10. The Pac-10 is loaded in the javelin and only got better this year," said Metcalf.

Sophomore Korede Oyetuga will also be expected to contribute in the shot with newcomers Erica Huse and Anyka Ozog rounding out the main group.

2009 NCAA INDOOR STANDARDS

Event	Automatic (Banked ov Over 200m)		Provisional	
	FAT	MT	FAT	MT
60m	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	1:48.00	1:47.7	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
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.



2009 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	--	<div>Non-Regional NCAA Event Standards</div> <table><thead><tr><th colspan="2">Automatic</th><th colspan="2">Provisional</th></tr><tr><th>FAT</th><th>MT</th><th>FAT</th><th>MT</th></tr></thead><tbody><tr><td>10,000m</td><td>28:45.00</td><td>28:44.7</td><td>29:30.00</td></tr><tr><td>Decathlon</td><td>7,500 points</td><td>7,500 points</td><td>6,900 points</td></tr></tbody></table>			Automatic		Provisional		FAT	MT	FAT	MT	10,000m	28:45.00	28:44.7	29:30.00	Decathlon	7,500 points	7,500 points	6,900 points
Automatic		Provisional																			
FAT	MT	FAT				MT															
10,000m	28:45.00	28:44.7				29:30.00															
Decathlon	7,500 points	7,500 points	6,900 points																		
400m Hurdles	52.51	52.2																			
4x100m Relay	40.66	40.4																			
4x400m Relay	3:10.00	3:09.7																			

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 2009 NCAA Championships, Jun. 10-13 in Fayetteville, Ark. 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.

2009 NCAA INDOOR STANDARDS

Event	Automatic (Banked ov Over 200m)		Provisional	
	FAT	MT	FAT	MT
60m	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	4:38.00	4:37.7	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.

**2009 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	5,500 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 2009 NCAA Championships, Jun. 10-13 in Fayetteville, Ark. 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.