

HUSKY QUICK FACTS

University Information

Location: Seattle, Wash.
Mailing Address: 229 Graves Bldg., Box 354070, Seattle, WA 98195
Founded: Nov. 4, 1861
Enrollment: 36,000 (26,000 undergraduate)
Nickname: Huskies
Colors: Purple and Gold
Conference: Pacific-10
Home Track: Dempsey Indoor/Husky Stadium
President: Dr. Lee L. Huntsman
Interim Athletic Director: Richard Thompson
Senior Associate Athletic Director: Marie Tuite
Internet Site: www.gohuskies.com

Coaching Information

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Office Phone: (206) 543-0811
Assistant Coach (Vault/Jumps): Pat Licari (8th year)
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Assistant Coach (Sprints/Hurdles): Dion Miller (2nd year)
Office Phone: (206) 543-7914
Assistant Coach (Throws): Bud Rasmussen (2nd year)
Office Phone: (206) 616-8086
Assistant Coaches (Distances): David Bazzi (3rd year)
..... Kelly MacDonald (2nd year)
Volunteer Assistants: Duncan Atwood (throws)
..... Hugo Munoz (jumps)
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Administrative Staff

Certified Athletic Trainer: Nikki Smith/Aurea Magbalot
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Team Information

2003 Men's Pac-10 Finish: 9th
2003 Men's NCAA Finish: N/A
2003 Women's Pac-10 Finish: 6th
2003 Women's NCAA Finish: 29th (tie)
NCAA Men's Competitors Returning / Lost: 4/1
NCAA Women's Competitors Returning / Lost: 2/4
Men's Best Conference Finish: 2nd—1976
Men's Best NCAA Finish: 2nd—1929, 1930
Women's Best Conference Finish: 4th—1995, 1996, 1998
Women's Best NCAA Finish: 10th—1988

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TABLE OF CONTENTS

2004 Season Info

Quick Facts	1
2004 Men's Roster	2
2004 Women's Roster	3
2004 Men's Outlook	4-5
2004 Women's Outlook	6-7
Men's Qualifying Standards	8
Women's Qualifying Standards	9
Husky Stadium	10
Dempsey Indoor	11
Preseason Performance Lists	12
Affiliations	13

Athlete Bios

Men's Bios	14-31
Women's Bios	32-47

Husky Coaches

Head Coach Greg Metcalf	48-49
All-Time Husky Coaches	49
Assistant Coach Pat Licari	50
Assistant Coach Dion Miller	50
Assistant Coach Bud Rasmussen	51
Assistant Coach David Bazzi	51
Assistant Coach Kelly MacDonald	51
Volunteer Assistants	51

2003 Season Review

2003 Men's Best Marks	52-53
2003 Women's Best Marks	54-55
2003 Postseason Summary	56
2003 Pac-10 All-Academic Teams	57

Husky Records

Men's Outdoor Records	58-59
Men's Freshman Records	60
Men's Outdoor Top-10 Performers by, Event	60-61
Men's Indoor Top-10 Performers by, Event	62-63
Women's Outdoor Records	64-65
Women's Freshman Records	66
Women's Outdoor Top-10 Performers by, Event	66-67
Women's Indoor Top-10 Performers, by Event	68-69

105 Years of Husky History

Husky All-Americans	70-72
UW vs. the World	73
Men's All-Time Team Finishes	74
Women's All-Time Team Finishes	75
Husky Champions	76-77
All-Time Letterwinners	78-83
Dual Meet History	84

The Husky Experience—The Best of Everything

Husky Athletic Administration	85
University of Washington	86-87
UW Alumni and Husky Highlights	88-89
UW Total Student-Athlete Program	90-91
UW Athletic Facilities	92
Campaign for the Student-Athlete	93
UW Strength & Conditioning, Athletic Medicine	94
Excellence in Coaching	95
Seattle	96



Pronunciation Chart

CRISTIAN Adams	"CHRISTIAN"	Seth JENS	Rhymes with "LENS"
Blake BIDLEMAN	BYE-dull-man	Brad LIBER	LYE-burr
Doug BLATY	BLAY-dee	Mark MANDI	MAN-dee
Preston BRASHERS	bruh-SHEARS	Phil McCARY	muh-CARE-ee
VINH Chung	Rhymes with "WIN"	FUMI NAGAHISA	HOO-mee
PHILLIPPE Cook	fill-LEEP		nah-guh-HEE-suh
Warren EICKHOFF	EYE-coff	Seth PERRINS	PARE-ins
STIG Ellingsen	SHTEEG	Juan ROMERO	ro-MARE-oh
Andy FADER	FAY-dur	Mike SAYENKO	sigh-YENK-oh
Chris FAYANT	FAY-ont	Adam SHIMER	SHY-murr
Matt FRANCK	"FRANK"	DAVAON Spence	DAY-vee-on
Jesse GIORDANO	JEE-or-DAWN-oh	RIGEL Wise	RYE-jull

Name	Event	Yr.	Hometown (High School/Previous College)
Adsit-Morris, Chessa	Distances	So.	San Diego, Calif. (University)
Banini, Gaelle	Mid-Distances	So.	Richmond, B.C. (Charles London)
Beeman, Mary	Throws	Sr.	Port Angeles, Wash. (Port Angeles)
Bocian, Shirley	Throws	Fr.	Seattle, Wash. (Bishop Blanchet)
Brown, Sidney	Jumps	Jr.	Brush Prairie, Wash. (Prairie)
Caprye, Kendra	Multi-Events	Jr.	Spokane, Wash. (Shadle Park)
Connelly, Camille	Steeple/Distances	Jr.	Marysville, Wash. (Marysville-Pilchuk)
Craddock, Cheri	Sprints	Fr.	San Pablo, Calif. (James Logan)
Daiger, Jessica	Distances	Fr.	Seattle, Wash. (Bishop Blanchet)
Davis, Cherron	Throws	So.	Auburn, Wash. (Auburn-Riverside)
Dignam, Lauran	Sprints	So.	Honolulu, Hawaii (Iolani)
Dockendorf, Carly	Pole Vault	So.	Port Moody, B.C. (Best Secondary)
Egerdahl, Lindsey	Mid-Distances	Jr.	Auburn, Wash. (Auburn)
Foushee, Marie	Distances	Fr.	Bellevue, Wash. (Bellevue)
Gall, Tina	Distances	Fr.	Edmonds, Wash. (Edmonds-Woodway)
Gibbs, Jamie	Distances	Jr.	Arvada, Colo. (Arvada West)
Groesbeck, Amy	Pole Vault	RFr.	Bellingham, Wash. (Squalicum)
Halverson, Laura	Steeple/Distances	Jr.	Mica, Wash. (Freeman)
Hardin-Scott, Chanda	Hurdles	Fr.	Denver, Colo. (East)
Harrison, Kira	Mid-Distances	Fr.	Bellingham, Wash. (Meridian)
Higgins, Mallory	Hurdles	So.	Bellevue, Wash. (Eastlake)
Hodgson, Laura	Distances	So.	Spokane, Wash. (North Central)
Hope, Piper	Throws	So.	Orofino, Idaho (Orofino)
Jaime, Alexis	Pole Vault	Sr.	Laguna Hills, Calif. (Laguna Hills)
Jensen, Cambrielle	Sprints/Hurdles	Jr.	Arlington, Wash. (Arlington)
Jones, Merilee	Pole Vault	Jr.	Columbia River, Wash. (Columbia River)
Kaneko, Noelani	Distances	So.	Seattle, Wash. (Bishop Blanchet)
Lia, Amy	Distances	Fr.	Bothell, Wash. (Bothell)
Lo, Natalie	Distances	Fr.	Auburn, Wash. (Auburn-Riverside)
Lodree, Ashley	Sprints/Hurdles	Fr.	Richmond, Calif. (El Cerritos)
Makestad, Ingvill	Mid-Distances	Jr.	Odda, Norway (Odda Vidaregaende Skole)
Marshalek, Stevie	Pole Vault	Fr.	Kent, Wash. (Kentlake)
McCallum, Kelsey	Distances	Fr.	Edmonds, Wash. (Edmonds-Woodway)
McLeod, Brianna	Mid-Distances	Fr.	Jenks, Okla. (Jenks)
Nelson, Lara	High Jump	Jr.	Spokane, Wash. (Central Valley)
Ranstrom, Cassie	Distances	Fr.	Seattle, Wash. (Seattle Christian)
Roberts, Brittiny	Jumps	Sr.	Fresno, Calif. (Bullard)
Schlatter, Kristan	Jumps	So.	Olympia, Wash. (Olympia)
Schwager, Karen	Mid-Distances	So.	Langley, Wash. (South Whidbey)
Shiraiwa, Leila	Distances	So.	Gig Harbor, Wash. (Gig Harbor)
Soma, Kate	Pole Vault	Jr.	Portland, Ore. (Grant)
Smith, Katrina	Sprints	So.	Los Angeles, Calif. (Beverly Hills)
Spiestersbach, Megan	Javelin	Sr.	Lakewood, Wash. (Bellarmine Prep)
Steward, Brynne	Hurdles	So.	Sylmar, Calif. (Cleveland)
Swango, Mariah	Pole Vault	So.	Laguna Hills, Calif. (Laguna Hills)
Touran, Kathryn	Distances	Jr.	Petoskey, Mich. (Petoskey)
Trygg, Carin	Throws	Fr.	Kenmore, Wash. (Inglemoor)
Tubbs, Alison	Distances	RFr.	Enumclaw, Wash. (Enumclaw)
Vela, Grace Chenesai	Jumps/Multi	Jr.	Toronto, Ont. (Vaughan/Lewis College)
Wildhaber, Ashley	Pole Vault	So.	Chehalis, Wash. (W.F. West/UNC Wilmington)
Williams, Dallan	Distances	Fr.	Turlock, Calif. (Turlock)
Wise, Molly	Distances	So.	Gig Harbor, Wash. (Gig Harbor/Colorado)
Wishaar, Angela	Mid-Distances	Jr.	Shoreline, Wash. (Shorecrest)
Yoshinaga, Sayaka	Distances	RFr.	Seattle, Wash. (Ballard)
Zahn, Tiffany	Javelin	So.	Newberg, Ore. (Newberg)

Head Coach: Greg Metcalf (2nd year, 7th overall at UW)

Assistant Coaches: Pat Licari (vaults/jumps), Dion Miller (sprints/hurdles), Bud Rasmussen (throws), David Bazzi (distances), Kelly MacDonald (distances)

Volunteer Assistant Coaches: Duncan Atwood (throws), Hugo Munoz (jumps)

Pronunciation Chart

GAELLE BANINI GAY-ell buh-NEE-nee	NOELANI KANEKO no-uh-LAWN-ee kuh-NAY-koh	Kate SOMA Rhymes with "COMA"
Shirley BOCIAN BO-shin	Amy LIA LEE-uh	Megan SPIESTERSBACH SPREE-stir-bock
Kendra CAPRYE cuh-PREE	Ashley LODREE luh-DRAY	Kathryn TOURAN tur-RAN
CHERI Craddock shuh-REE	INGVILL MAKESTAD ING-vill	CARIN TRYGG CAR-in TRIG
Jessica DAIGER DYE-grr	MOW-keh-stah	Grace CHENESAI VELA ... SHEN-uh-sigh
CHERRON Davis shuh-RAWN	mar-SHAWL-eck	VELLA
Lauran DIGNAM DIG-num	Kelsey McCALLUM muh-CAL-um	Ashley WILDHABER WY-uld-hay-burr
Lindsey EGERDAHL EGG-ur-doll	BRIANNA McLEOD bree-ON-uh	DALLON Williams Rhymes with
Marie FOUSHEE foo-SHAY	muh-CLOUD	"GALLON"
Tina GALL Rhymes with "BALL"	KRISTAN SCHLATTER kris-TAN	Angela WISHAAR WISH-ar
Amy GROESBECK GROW-speck	SHLOT-ur	SAYAKA YOSHINAGA sigh-YOCK-uh
Laura HALVERSON HAL-vur-sin	Karen SCHWAGER SHWOG-ur	yo-shee-NOG-uh
CHANDA Hardin-Scott SHAWN-duh	LEILA SHIRAIWA LAY-luh	Tiffany ZAHN Rhymes with "DAWN"
KIRA Harrison KEER-uh	shuh-RYE-wuh	



One of the most important moments in the resurgence of Washington's men's track and field program came, ironically, on one of the team's lowest days.

On a warm May afternoon in Los Angeles, first-year head coach **Greg Metcalf** stood looking at the results from the 2003 Pac-10 Championships. The numbers 37 and nine told the story — 37 the team's point total, nine its place of the nine teams competing.

"I knew then that we had to get better, right away," Metcalf says.

Metcalf tasked his coaches with finding athletes who could contend in the Pac-10 immediately, whether from the high school, collegiate, or international ranks. The UW coaches answered Metcalf's challenge, landing a recruiting class that has combined for three national titles and seven All-America certificates.

Most significantly, the Huskies landed an impact athlete in every event area, which when combined with the team's two returning All-Americans and four returning NCAA competitors, give the Huskies' their most well-rounded squad in years.

It's no surprise, then, that the excitement is already building in anticipation of a 2004 season that marks the next step in returning Washington's men's program to its rightful place among the Pac-10 elite.

"There's a lot of excitement in the program right now, and it's important that we be successful to keep that going," says sprints/hurdles coach **Dion Miller**. "The atmosphere in the air is a lot different than it was just a year ago. We're not quite there yet, but it's a good sign that we're attracting such outstanding kids."

Sprints/Hurdles

If anyone should be excited, it's Miller, whose national recruiting profile helped the UW land a talented crop of newcomers hailing from as far away as Jamaica.

"We wanted to recruit kids who could have an impact right away, and we've done that with this group," Miller says.

Headlining the sprint corps are a pair of Jamaican transfers, **Patrick Davidson** and **Davaon Spence**. Prep teammates in their hometown of Kingston, Jamaica, the two split up to attend junior-college in the U.S., before reuniting in the summer of 2002 to win Jamaican national titles in both the 4x100- and 4x400-meter relays.



Senior Brad Walker ranked third in the world indoors in 2003.

"Patrick and Davaon bring a lot of maturity to the squad," Miller says.

Their maturity will help a sprint corps led by junior quarter-miler **Sean Williams**, an NCAA Regional qualifier in 2003 whom Miller says is one to watch in 2004.

"Sean has worked really hard during the offseason, and has become a student of track and field," Miller says. "He's definitely going to surprise people this year."

Williams will also try his hand at the 400-meter hurdles, an event headlined by senior **Brad Goodrich**, the No. 2 quarter-hurdler in Washington history.

Distances

While newcomers headline the sprints, UW's distance corps will ride the backs of three NCAA Championships veterans.

Seniors **Todd Arnold**, **Eric Garner** and **John Russell** each carried the momentum from their 2003 track seasons into the fall, leading the UW men back to the NCAA Cross Country Championships for the first time since 1993.

After earning an NCAA bid with a fourth-place run in the 800 meters at last year's Regional, Arnold will be the team's standard-bearer in the event in 2004, but will be challenged by Garner and a pair of newcomers. Reigning Norwegian half-mile champion **Stig Ellingsen**, whose career-best would rank among the top 800-meter marks in UW history, and prep

All-American **Carl Moe** have the talent to run with the Husky veterans, and give the UW four runners with the ability to score in the event at the conference meet.

"Our men's distance corps was good last year, and on paper, the temptation is there to say that, given who we have coming back and who we've added, they could be great this year," Metcalf says.

The Huskies could boast even more depth at 1,500 meters, where both Russell and All-American Garner return from a unit that saw six of its own qualify for the 2003 Pac-10 Championships.

One of just two four-minute milers in UW history, Garner is the unquestioned leader of the talented group, with the school's mile record in his pocket and Bruce Stirling's 1,500-meter record of 3:39.89 squarely in his sights. He may have to act quickly, though, to grab the record before Russell, who returned in 2003 after two lost years to injury and promptly qualified the NCAA Championships.

Garner and Russell also anchor the Huskies at 5,000 meters, while the UW returns two top steeplers in **Andrew Robinson** and **Matt Topping**, as well as 10,000-meter man **Mark Mandi**.

"Mark is a special kid," Metcalf says, "as are **Mike Sayenko**, **Travis Boyd** and **Andy Fader**, each of whom can make a big impact for us. There are probably 12-13 guys who have a chance to run really fast for us this spring."

Pole Vault

The event that will pack Dempsey Indoor for five weekends this winter is without a doubt the pole vault, where three-time All-American **Brad Walker** returns for his final season of competition.

The 2003 West District Track and Field Athlete of the Year, Walker returns to defend the 2003 NCAA indoor title he won with a Pac-10 record vault of 19-0 1/4 that tied for third in the world last year, and was the sixth-best in NCAA history.

Walker, however, has only indoor eligibility in 2004, so it will be up to the UW's other vaulters to carry the torch outdoors.

Freshman **McKane Lee**, the nation's 13th-highest prep vaulter in 2003, joins returning NCAA Regional competitors **Fumi Nagahisa** and **Sam Roberts** to form the core of the UW vault unit that together will seek to replace Walker's points in the 2004 postseason.

"McKane was the state's best vaulter last year," says eighth-year vaults/jumps coach **Pat Licari**, "while Sam and Fumi hve both made significant improvements, and are showing the potential to go really high this spring."

Jumps

If Licari spends too much time with the vaulters, he may miss some exciting action in the other jumps, where a pair of talented returnees and a top transfer seek to elevate UW in the Pac-10 standings.

Only a handful of Huskies have high-jumped higher indoors than sophomore **Warren Eickhoff**, whose best of 6-9 1/2 last season led all UW jumpers.

Eickhoff will battle resurgent junior **Phillippe Cook**, who last year ranked second on the team in the high and long jumps, one year after competing in both events at the Pac-10 Championships.

"Warren is looking really good in the high jump," Licari says. "Phillippe, too, has been working really hard to improve himself in all areas."

The two are joined by transfer **J.R. Wolfork**, a Division-III All-American in the long jump in 2003 at Pacific Lutheran University. Wolfork's best long jump mark of 23-10 is tops among Huskies entering 2004, while his triple jump best of 48-6 ranks among the Pac-10 leaders.

"J.R. brings a lot to our team, in terms of his work ethic and attitude," Licari says. "I really hope to see him at nationals this year in the triple jump, long jump, or both."

Throws

Besides the sprints, perhaps the clearest evidence of UW's recruiting emphasis this season is in the throws, where newcomers boast leading marks in all events.

Freshman **Evan Wilson** and sophomore **Joe Gatewood**, a transfer from Santa Rosa JC, will battle for supremacy among UW newcomers in the shot put, each boasting bests above 60 feet.

With the loss of NCAA Regional competitor Mat Schwinn, the two are also Washington's preseason leaders in the discus, but will have to get past junior **Will Conwell**, who returns from a redshirt year ready to climb the rungs of the Pac-10 elite.

"Will is going to distinguish himself as one of the better throwers we've had at UW," Rasmussen says. "He brings a lot of energy and enthusiasm to our unit."

Another freshman, **Martin Bingisser**, brings a best mark in the hammer of 186-10 that would have placed among the top-10 at the 2003 Pac-10 meet, and has the ability to make "as tremendous an impact as anyone coming into this program," Rasmussen says.

At least one other Husky freshman will beg to differ. First-year spear specialist **Brian Harris**, the nation's fifth-best prep thrower in 2003, seeks to move to the head of a unit that saw three individuals qualify for postseason competition last year, and has traditionally been one of the UW's marquee squads.

"Brian is a terrific addition to our javelin corps, which of course was already strong with **Rigel Wise**, **Seth Jens** and **Juan Romero** all returning from last season," Rasmussen says. "The conference race is really wide open this year, and all of those guys have the potential to be right in the thick of it."

Summary

At last year's Pac-10 meet, the Husky distance corps accounted for nearly half of the team's 37 points. Metcalf says that with the talent returning in so many different areas, and the commitment to recruiting athletes who can contribute right away, that will not be the case in 2004.

"In every area on our team, we have a person capable of scoring points in the postseason and being an NCAA qualifier," he says. "Taking this program to the level we want it to be isn't going to be a one-year process, but looking at our team, we're better across the board. Once these guys go out and achieve the levels of success they're capable of, then we'll see things really start to take off."



Back Row (l-r): Ryan Thomas, Travis Boyd, Davaon Spence, Matt Owen, Jon Hickey, Doug Gibson, Stephen Mull, Brenton Laws, Cameron Hartman, Phil McCary, Vinh Chung, Mark Mandi, Andy Fader, Andrew Robinson, Chris Fayant, Carl Moe, Doug Blaty, Seth Perrins, Brad Liber. **Middle Row (l-r):** Curtis Easton, Chris Goiney, Stig Ellingsen, Patrick Davidson, Matt Topping, Matt Franck, Kevin Hansen, Preston Brashers, Joe Gatewood, Sam Roberts, Blake Bidleman, Warren Eickhoff, Brandon Bailey, Bruce Jackson, Tim Freeman, Brian Harris, Evan Wilson, Rigel Wise, Mike Sayenko. **Front row (l-r):** Adam Shimer, Kevin Riley-Peters, Sean Williams, J.R. Wolfork, Phillippe Cook, Cristian Adams, Marc James, Todd Arnold, Jesse Giordano, Fumi Nagahisa, John Russell, Nolan Gatewood, Seth Jens, Will Conwell, Martin Bingisser, Juan Romero. **Not pictured:** Dustin Duke, Brad Goodrich, McKane Lee, Brad Walker, Nik Williams.



How do you replace two All-Americans, four NCAA competitors, a Pac-10 champion and four school-record holders?

That's the question which must be answered in 2004 by second-year head coach **Greg Metcalf**. In his first season at the helm of the UW program, Metcalf led the Husky women to their top NCAA Championships finish since 1998, and their top placing at the Pac-10 meet in the past five years.

The success, however, was built on the backs of seniors, including 1,500-meter star Courtney Inman and javelin thrower Heather Reichmann, each of whom set school records in All-America performances at the NCAA Championships.

Metcalf and his staff, however, have searched far and wide to find the top prep, junior college and international talent available, and combined that with a stellar crop of returnees to comprise a formidable UW women's squad.

"Those seniors are going to be hard to replace," Metcalf says. "But by their success, they've raised the level of expectation for every other athlete on our team. Despite the losses, we'll be a much better team than we were, because everyone believes in what they are doing, and in the direction this program is going."

Sprints/Hurdles

Second-year sprints/hurdles coach **Dion Miller** has bolstered his unit with some of the nation's most sought-after preps.

Highlighting a terrific freshman sprint trio is **Ashley Lodree**, a prep All-American at both the 100- and 300-meter hurdles. Lodree and fellow frosh **Cheri Craddock**, a sub-12 second 100-meter runner in high school, will immediately bolster the Huskies' sprint corps, while equally-talented freshman **Chanda Hardin-Scott** rehabilitates an injury.

"I'm excited to see what Ashley will bring to the table," says Miller. "We're definitely in good shape in the hurdles."

Miller's optimism can be credited not only to Lodree, but also to returnees **Brynne Steward** and **Cambrielle Jensen**, each of whom ranked among the Pac-10's top hurdlers in 2003.

Steward, a sophomore, and Jensen, a junior, rank among the top-10 all-time in the 100- and 400-meter hurdles, respectively, and are also key members of the team's 4x100- and 4x400-meter relays.



Sidney Brown could score in both the high and triple jumps at the Pac-10 meet.

"Cambrielle, in particular, is really poised to have a breakthrough year," Miller says. "She's in great shape, and brings a lot of talent and leadership to our squad."

Sophomore **Lauran Dignam** will also make an impact, as UW's top returning sprinter and a member of both relays.

Distances

It is in the distance events where the losses were heaviest last season. Even before Inman and fellow NCAA competitors Kate Bradshaw and Sabrina Monro finished their stellar careers in 2003, however, Metcalf was already working the phones to find suitable replacements.

The coach's first call was to Norway, where he found 800-meter national champion **Ingvill Makestad**.

"You can't replace Courtney Inman, but Ingvill's pretty darn close," Metcalf says. "She does everything she needs to do to be successful. She'll be fun to watch."

Boasting a best of 2:04.34 for 800 meters that would have taken second at last year's Pac-10 meet, Makestad should headline the half-mile, and will challenge junior **Lindsey Egerdahl** for top honors at 1,500 meters.

The sixth-place 1,500-meter finisher at the 2003 NCAA Regional, Egerdahl is ready to be the leader of a young distance corps that lacks a single senior.

"The challenge before Lindsey is to be a leader," Metcalf says. "That's her expectation, and my expectation of her."

Egerdahl and Pac-10 1,500-meter competitors **Kathryn Touran** and **Angela Wishaar** welcome a terrific freshman group that played a big role in UW's run to the 2003 NCAA Cross Country meet.

Prep All-American **Brianna McLeod** and newcomers **Amy Lia** and **Kira Harrison** will run the middle distances, while **Dallon Williams** will join Pac-10 competitor **Camille Connelly** in the steeple. Williams will also try her hand at the longer events, as will freshman **Marie Foushee**, joining returnees **Laura Hodgson** and **Jamie Gibbs**.

Pole Vault

No region in America is stronger in the women's vault than the West, and vaults/jumps coach **Pat Licari** has built his squad accordingly.

Every vaulter in the region will be targeting junior **Kate Soma**, who placed second at the 2003 Regional with a mark of 13-10, the eighth-best in Pac-10 history. Soma earned All-America honors with a seventh-place finish at the NCAAs, and has set her sights even higher in 2004.

"Kate is a hard worker and a great role model for our other vaulters," Licari says.

Challenging Soma stride for stride will be freshman **Stevie Marshalek** and sophomore **Carly Dockendorf**. Marshalek, a prep All-American, boasts a best of 12-11 1/2 that would rank second in UW history, while Dockendorf, also an All-American gymnast at UW, was the No. 8 finisher at the 2003 Pac-10 meet.

"The Pac-10 is by far the strongest conference in the women's vault," Licari says. "and we have two of conference's top returnees in Kate and Carly, to go with Stevie and **Ashley Wildhaber**. As a unit, we're right where we want to be."

Jumps

On paper, one of UW's best units is the jumps, with talent two-deep in every event.

Senior **Brittany Roberts** earned her first NCAA Championships bid last season, in the triple jump, and was among the Huskies' leaders in the long, triple and high jumps. The triple jump is her forte, however, where she is one of just six UW women ever to clear 40 feet — a list including teammate **Sidney Brown**.

"Brittney this year is really looking to put herself into an elite class of jumpers, and earn All-America honors," Licari says. "Sidney, too, was just a couple of inches away from qualifying for nationals, though she might have a better shot in the high jump than the triple."

Indeed, Brown's best high jump mark of 5-7 equaled Roberts for the team lead, and was among the best in the Pac-10.

The two returnees will be joined in 2004 by junior transfer **Grace Vela**, a Division-II All-American who was named the Great Lakes Valley Conference's Athlete of the Year after winning five events at the 2003 GLVC Championships.

Vela's multi-event prominence has her primed for success in the heptathlon, though her strongest event is the long jump, where her best of 19-8 leads all Huskies entering 2004.

"Grace shows a lot of ability and promise," Licari says. "I definitely think she can be a national-level heptathlete."

Additionally, Washington returns multi-eventer **Kendra Caprye**, whose best of 3,971 in 2003 was the ninth-highest total in UW history.

Throws

School-record holders Heather Reichmann and Kameko Gay will be missed by the UW's throwing squad, but throws coach **Bud Rasmussen** says that suitable replacements can be found within the Husky ranks.

"**Megan Priestersbach** has NCAA experience in the javelin, and should, along with **Tiffany Zahn**, make us at least as strong there as we were before," he says. "**Cherron Davis**, meanwhile, boasts a hammer-shot combination that's as strong as anybody's in the Pac-10."

The UW women throwers have long counted on the javelin to produce All-Americans, and 2004 should be no exception. Priestersbach, an NCAA competitor in 2001, returns from a redshirt year with designs on being a big factor at the NCAA meet. Zahn, meanwhile, placed fourth at the Pac-10 meet as a freshman in 2003, and will attempt to duplicate that success at the Regional this season.

"Tiffany was pretty banged-up by the end of the season last year, but she was still our top Pac-10 scorer," Rasmussen says. "That says a lot about her toughness."

It will be left to Davis, the Pac-10's No. 8 shot putter last season, to pick up the slack in the hammer left by the graduation of Gay, while **Mary Beeman**, a Pac-10 shot qualifier last season, will contribute in the shot and discus.

"Cherron is healthier than last year, and is looking to join the 50-50 club," Rasmussen says.

Summary

The losses were heavy, but the gains remarkable. Metcalf is convinced that as good as last year's women's team proved to be, this one can be better.

"At the start of every year we hand out goal sheets to our athletes," he says. "As I was looking them over this year, I realized that if everyone were to achieve the goals they've set out for themselves, we'd be able to compete with just about any team out there."

"I'm excited by the fact that our team has set those kinds of goals for themselves," Metcalf continues. "That tells me that they have changed their expectations, and that they refuse to settle any longer for anything less than total success."



Back Row (l-r): Mariah Swango, Ashley Wildhaber, Stevie Marshalek, Jessica Daiger, Marie Foushee, Molly Wise, Camille Connelly, Kira Harrison, Amy Lia, Dallan Williams, Brianna McLeod, Sayaka Yoshinaga, Shirley Bocian, Natalie Lo, Laura Hodgson, Alison Tubbs. **Middle Row (l-r):** Amy Groesbeck, Grace Chenesai Vela, Luran Dignam, Mallory Higgins, Cassie Ranstrom, Karen Schwager, Ingviil Makestad, Tiffany Zahn, Kelsey McCallum, Noelani Kaneko, Tina Gall, Carin Trygg, Leila Shiraiwa, Ashley Lodree, Brynne Steward, Chanda Hardin-Scott. **Front Row (l-r):** Lara Nelson, Kendra Caprye, Merilee Jones, Angela Wishaar, Cambrielle Jensen, Mary Beeman, Megan Priestersbach, Katrina Smith, Lindsey Egerdahl, Laura Halverson, Kathryn Touran, Jamie Gibbs, Kate Soma. **Not pictured:** Chessa Adsit-Morris, Gaelle Banini, Sidney Brown, Cheri Craddock, Cherron Davis, Carly Dockendorf, Piper Hope, Alexis Jaime, Brittney Roberts, Kristan Schlatter.



2004 Men's Qualifying Standards

2004 SEASON INFO

ATHLETE BIOS

COACHES

2003 REVIEW

RECORDS

HISTORY

2004 NCAA INDOOR STANDARDS

Event	Automatic		Provisional	
	FAT	MT	FAT	MT
60m	6.62	—	6.72	—
60m Hurdles	7.70	—	7.95	—
200m	20.85	—	21.25	—
400m	46.15	45.9	47.25	47.0
800m	1:48.30	1:48.0	1:50.20	1:49.9
Mile	3:59.30	3:59.0	4:04.90	4:04.6
3,000m	7:56.00	7:55.7	8:08.00	8:07.7
5,000m	13:53.10	13:52.8	14:15.00	14:14.7
4x400m Relay	3:06.90	3:06.6	3:10.40	3:10.1
Distance Medley Relay	9:35.00	9:34.7	9:45.75	9:45.5

Event	Automatic	Provisional
High Jump	7-3 ³ / ₄ (2.23)	7-1 ¹ / ₂ (2.17)
Pole Vault	18-0 ¹ / ₂ (5.50)	17-4 ¹ / ₂ (5.30)
Long Jump	25-9 ¹ / ₄ (7.85)	24-9 ¹ / ₄ (7.55)
Triple Jump	53-5 ³ / ₄ (16.30)	51-2 ¹ / ₄ (15.60)
Shot Put	63-11 ³ / ₄ (19.50)	58-3 (17.75)
35-Pound Weight	70-0 ¹ / ₂ (21.35)	63-11 ³ / ₄ (19.50)
Heptathlon	5,500 points	5,100 points

Indoor Qualifying Guidelines

1. 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.

2004 PACIFIC-10 CONFERENCE MEET STANDARDS

Track Event	Standard	Field Event	Standard	Metric
100m	10.74	High Jump	6-8 ³ / ₄	2.05
200m	21.44	Pole Vault	16-4 ³ / ₄	5.00
400m	47.84	Long Jump	23-11 ¹ / ₂	7.30
800m	1:51.44	Triple Jump	47-7	14.50
1,500m	3:50.14	Shot Put	55-9 ¹ / ₄	17.00
Mile*	4:08.14	Discus	168-11	51.50
Steeplechase	9:09.14	Hammer	190-3	58.00
5,000m	14:35.14	Javelin	196-10	60.00
10,000m	No Standard	Decathlon	6,800 points	
110m Hurdles	14.74			
400m Hurdles	53.64			
4 X 100 relay	No Standard			
4 X 400 relay	No Standard			

* - indoor event

2004 NCAA OUTDOOR REGIONAL STANDARDS

Track Event	FAT	MT	Field Event	Standard	Metric
100m	10.50	—	High Jump	6-10 ³ / ₄	2.10
200m	21.19	—	Pole Vault	16-4 ³ / ₄	5.00
400m	47.26	47.0	Long Jump	24-1	7.34
800m	1:50.62	1:50.3	Triple Jump	49-5 ³ / ₄	15.08
1,500m	3:48.21	3:47.9	Shot Put	54-0 ¹ / ₂	16.47
Mile	4:06.61	4:06.3	Discus	168-6	51.37
3,000m Steeplechase	9:08.15	9:07.9	Javelin	202-2	61.62
5,000m	14:18.58	14:18.3	Hammer	182-6	55.63
110m Hurdles	14.33	—			
400m Hurdles	52.51	52.2			
4x100m Relay	40.66	40.4			
4x400m Relay	3:10.84	3:10.6			

Non-Regional NCAA Event Standards

	Automatic		Provisional	
	FAT	MT	FAT	MT
10,000m	29:00.00	28:59.7	29:45.00	29:44.7
Decathlon		7,500 points		7,000 points

Outdoor Qualifying Guidelines

- The qualifying period is Feb. 27 - May 22, 2004.
- Indoor marks (including those prior to Feb. 27) count towards the Pac-10 meet, but not for the NCAA Regional.
- 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 each Regional, the top five finishers in each individual event (exceptions noted below) and the top three teams in each relay will be awarded automatic bids to the 2004 NCAA Championships, Jun. 9-12 in Austin, Texas. The remaining NCAA berths (approximately six per individual event and five per relay) will be awarded to the highest-ranking individuals and relay teams not to earn automatic berths, provided those athletes and teams competed at their respective Regional meets.
- The 10,000-meter run and decathlon events will not be subject to Regional standards. Athletes will continue to qualify for the NCAA Championships in those events by meeting predetermined automatic and provisional standards. 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.

2004 NCAA INDOOR STANDARDS

Event	Automatic		Provisional	
	FAT	MT	FAT	MT
60m	7.30	—	7.44	—
60m Hurdles	8.15	—	8.43	—
200m	23.50	—	24.00	—
400m	52.90	52.6	54.50	54.2
800m	2:05.65	2:05.4	2:09.00	2:08.7
Mile	4:38.50	4:38.2	4:48.40	4:48.1
3,000m	9:16.00	9:15.7	9:35.00	9:34.7
5,000m	16:15.00	16:14.7	16:45.00	16:44.7
4x400m Relay	3:34.50	3:34.2	3:40.00	3:39.7
Distance Medley Relay	11:15.00	11:14.7	11:36.00	11:35.7

Event	Automatic	Provisional
High Jump	6-0 1/2 (1.84)	5-10 (1.78)
Pole Vault	13-9 1/4 (4.20)	12-11 1/2 (3.95)
Long Jump	21-0 (6.40)	20-4 1/4 (6.20)
Triple Jump	43-7 3/4 (13.30)	41-6 (12.65)
Shot Put	54-1 3/4 (16.50)	49-10 1/2 (15.20)
20-Pound Weight	65-3 1/2 (19.90)	60-8 1/2 (18.50)
Pentathlon	4,050 points	3,700 points

Indoor Qualifying Guidelines

1. 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.

2004 PACIFIC-10 CONFERENCE MEET STANDARDS

Track Event	Standard	Field Event	Standard	Metric
100m	12.04	High Jump	5-7	1.70
200m	24.64	Pole Vault	12-5 1/2	3.80
400m	55.44	Long Jump	19-0 1/4	5.80
800m	2:11.14	Triple Jump	39-4 1/2	12.00
1,500m	4:40.14	Shot Put	43-5 3/4	13.25
Mile*	5:01.14	Discus	150-11	46.00
Steeplechase	11:10.14	Hammer	170-7	52.00
5,000m	17:30.14	Javelin	142-8	43.50
10,000m	No Standard	Heptathlon	4400 points	
100 m Hurdles	14.34			
400m Hurdles	1:02.04			
4 X 100 relay	No Standard			
4 X 400 relay	No Standard			

* - indoor event

2004 NCAA OUTDOOR REGIONAL STANDARDS

Track Event	FAT	MT	Field Event	Standard	Metric
100m	11.78	—	High Jump	5-8	1.73
200m	23.96	—	Pole Vault	12-3 1/2	3.75
400m	54.61	54.3	Long Jump	19-5 1/2	5.93
800m	2:10.29	2:10.0	Triple Jump	40-2 3/4	12.26
1,500m	4:29.12	4:28.8	Shot Put	46-8 3/4	14.24
Mile	4:50.80	4:50.5	Discus	152-10	46.58
Steeplechase	10:57.18	10:56.9	Javelin	139-9	42.61
5,000m	16:56.43	16:56.1	Hammer	173-4	52.84
100m Hurdles	13.95	—			
400m Hurdles	1:00.82	1:00.5			
4x100m Relay	45.80	45.5			
4x400m Relay	3:43.03	3:42.7			

Non-Regional NCAA Event Standards

	Automatic		Provisional	
	FAT	MT	FAT	MT
10,000m	34:10.00	34:09.7	35:15.00	35:14.7
Heptathlon	5,500 points		5,000 points	

Outdoor Qualifying Guidelines

- The qualifying period is Feb. 27 - May 22, 2004.
- Indoor marks (including those prior to Feb. 27) count towards the Pac-10 meet, but not for the NCAA Regional.
- 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 each Regional, the top five finishers in each individual event (exceptions noted below) and the top three teams in each relay will be awarded automatic bids to the 2004 NCAA Championships, Jun. 9-12 in Austin, Texas. The remaining NCAA berths (approximately six per individual event and five per relay) will be awarded to the highest-ranking individuals and relay teams not to earn automatic berths, provided those athletes and teams competed at their respective Regional meets.
- The 10,000-meter run and decathlon events will not be subject to Regional standards. Athletes will continue to qualify for the NCAA Championships in those events by meeting predetermined automatic and provisional standards. 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.



Looming high above Lake Washington, Husky Stadium is a unique structure that has grown with the times. Its current capacity of 72,500 seats makes it the largest stadium in the Pacific Northwest and the nation's 15th-largest on-campus facility.

Husky Stadium was built in 1920 at a cost of \$600,000, listing an initial capacity of 30,000. Four subsequent expansion projects have brought the stadium to its current configuration, including the upper deck built on the north side in 1987 that expanded the stadium's seating capacity to 72,500.

In 2001, Washington 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. Throwers using the East Field's two shot put areas, javelin runway and discus and hammer cage can watch as their implements sail high into a Seattle sky framed by Mt. Rainier and the Olympic Mountains.

An all-weather track was first installed in 1968. During the summer of 1989, Husky Stadium became the ben-

eficiary of an eight-lane synthetic surface track. The \$1.5 million gift from the Seattle Organizing Committee enabled Husky Stadium to provide athletes with a world-class facility as host of the track and field competition as well as the opening and closing ceremonies of the 1990 Goodwill Games.

The Goodwill Games competition kept the record-keeper busy as 33 stadium standards were eclipsed during the international competition.

One record that was not broken was the steeplechase mark of 8:05.4 established by Henry Rono in 1978. Rono's time stood as the world record for 11 years and still ranks No. 4 all-time.

Husky Stadium has also served as the host for several elite-level meets, including the 1971 NCAA Championships, the 1972 AAU championships and the Pacific-10 Conference Championships in 1990 and 1997.

Washington will again host the Pac-10 Championships in 2005.





The newest, and largest, addition to Washington's growing athletic complex is Dempsey Indoor. The 80,000-square foot home of Husky indoor track opened in September of 2001 to rave reviews.

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.

Dempsey Indoor was among the nation's premier indoor track destinations in 2003, with eight meets featuring many of the finest collegiate and prep athletes in the nation, as well as numerous former Olympians. The facility lived up to its reputation as one of America's fastest indoor venues, bearing witness to five top-10 2003 world marks, three top all-time U.S. marks (though not officially records), eight UW indoor records and dozens of NCAA qualifying marks.

This year, Dempsey Indoor will again host eight track and field competitions, highlighted by the second-annual Pac-10 Invitational on Feb. 14, and the 2004 MPSF Championships on Feb. 27-28.

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, and is considered one of the premier indoor facilities on the West Coast.

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	7.83, Jeff Hunter, Arizona, 3/3/03
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
1 Mile	3:58.40, Michael Stember, NIKE, 2/15/03
3000m	7:49.68, Bolota Asmeron, NIKE, 2/1/03
5000m	13:49.82, Louis Luchini, Stanford, 2/1/03
4x400m Relay	3:09.35, Arizona State, 3/1/03
DMR	9:34.56, Stanford, 1/31/03
High Jump	7-1, Jason Boness, Oregon, 2/2/02
Pole Vault	18-8 1/4, Paul Terek, Unattached, 2/1/03
Long Jump	24-6 1/2, Allen Simms, USC, 2/1/03
Triple Jump	54-6 1/2, Julien Kapek, USC, 2/1/03
Shot Put	65-6 3/4, John Godina, adidas, 2/1/03
Weight Throw	73-9 1/2, Derek Woodske, IWTC, 2/1/03

WOMEN

60m Dash	7.35, Jakki Bailey, Stanford, 2/1/03
60m Hurdles	8.15, Angela Whyte, Idaho, 3/1/03
200m	23.72, Michelle Davis, UNLV, 2/9/02
400m	53.62, Megan Addy, Sheffield Elite, 2/15/03
800m	2:02.91, Heather Henningar, Pacific Sport, 2/15/03
1 Mile	4:33.41, Lena Nilsson, UCLA, 3/3/03
3000m	9:07.88, Alicia Craig, Stanford, 2/1/03
5000m	16:22.13, Sabrina Monro, Washington, 2/28/03
4x400m Relay	3:35.06, UCLA, 3/3/03
DMR	11:05.16, Stanford, 1/31/03
High Jump	5-10 1/2, Kimberly Stone, Stanford, 2/15/03
	5-10 1/2, Kaylene Wagner, CP-SLO, 2/15/03
Pole Vault	14-3 1/2, Tracy O'Hara, UCLA, 2/2/02
Long Jump	19-11 3/4, Angela Whyte, Idaho, 3/1/03
Triple Jump	41-6, Rosaline Olomina, Unattached, 1/18/03
Shot Put	56-8, Seilala Sua, NIKE, 2/1/03
Weight Throw	66-8, Cari Soong, UCLA, 2/2/02



2004 Preseason Performance Lists

100 Meters

Davaon Spence, Jr. (10.34)
Patrick Davidson, Jr. (10.50)
Nolan Gatewood, Sr. (10.68)
Shelton Sampson, So. (10.70)
Doug Blaty, Fr. (10.95)
Brenton Laws, So. (10.98)
Derrick Johnson, Jr. (11.03w)
Chris Singleton, Jr. (11.04)
Sean Williams, Jr. (11.10)
Matt Fountaine, So. (11.12)
Marc James, Sr. (11.22)

200 Meters

Shelton Sampson, So. (21.18i)
Davaon Spence, Jr. (21.20)
Patrick Davidson, Jr. (21.50)
Nolan Gatewood, Sr. (21.70)
Sean Williams, Jr. (21.82)
Brenton Laws, So. (22.04w)
Cristian Adams, Sr. (22.0h)
Doug Blaty, Fr. (22.28)
Nik Williams, Jr. (22.68i)
Vinh Chung, So. (22.71)

400 Meters

Cristian Adams, Sr. (46.95)
Sean Williams, Jr. (47.19)
Patrick Davidson, Jr. (47.75)
Nik Williams, Jr. (48.29i)
Brad Goodrich, Sr. (48.78i)
Phil McCary, So. (49.20i)
Stig Ellingsen, Jr. (49.30)
Vinh Chung, So. (49.75i)
Nolan Gatewood, Sr. (49.80)
Brandon Bailey, Jr. (50.03i)
Cameron Hartman, So. (51.05)
Brenton Laws, So. (51.73i)

800 Meters

Stig Ellingsen, Jr. (1:49.63)
Todd Arnold, Sr. (1:50.00)
Eric Garner, Sr. (1:50.74)
Carl Moe, Fr. (1:51.85)
Andy Fader, Jr. (1:52.06)
Tim Freeman, Fr. (1:52.16)
Curtis Easton, Fr. (1:54.04)
John Hickey, So. (1:55.27i)
Jesse Giordano, Sr. (1:55.82i)
Cameron Hartman, So. (1:56.52i)
Andrew Robinson, Jr. (1:59.28)
Matt Topping, Sr. (2:00.12)
Adam Shimer, Fr. (2:04)

1,500 Meters

Eric Garner, Sr. (3:41.23i)
John Russell, Sr. (3:44.65)
Dustin Duke, Sr. (3:47.30)
Todd Arnold, Sr. (3:47.84i)
Andy Fader, Jr. (3:48.49)
John Hickey, So. (3:49.18)
Stig Ellingsen, Jr. (3:52.71)
Andrew Robinson, Jr. (3:58.14)
Travis Boyd, So. (4:00.95)
Mark Mandi, Jr. (4:02.35)
Carl Moe, Fr. (1600m, 4:05.09)
Chris Fayant, Jr. (4:11.88)
Curtis Easton, Fr. (1600m, 4:22)
Brad Liber, Fr. (1600m, 4:26)
Adam Shimer, Fr. (1600m, 4:30)

Steeplechase

Andrew Robinson, Jr. (9:15.85)
Matt Topping, Sr. (9:21.70)
Chris Fayant, Jr. (9:45.75)

5,000 Meters

John Russell, Sr. (14:10.18)
Eric Garner, Sr. (14:13.26)
Andy Fader, Jr. (14:23.88)
John Hickey, So. (14:31.78)
Dustin Duke, Sr. (14:34.36)
Mark Mandi, Jr. (14:42.83)
Travis Boyd, So. (14:50.18i)
Preston Brashers, Jr. (15:02.39)
Chris Fayant, Jr. (16:08.6h)

10,000 Meters

Mark Mandi, Jr. (30:22.92)
Travis Boyd, So. (30:54.84)

110-meter Hurdles

Marc James, Sr. (14.72)
Brad Goodrich, Sr. (14.79)
Blake Bidleman, Jr. (15.14)
Jesse Giordano, Sr. (15.16)

400-meter Hurdles

Brad Goodrich, Sr. (51.45)
Brandon Bailey, Jr. (53.25)
Jesse Giordano, Sr. (53.43)
Blake Bidleman, Jr. (54.14)
Phil McCary, So. (54.78)
Marc James, Sr. (55.56)

High Jump

Warren Eickhoff, So. (6-9 1/2i)
Phillippe Cook, Jr. (6-7 1/2i)
Nolan Gatewood, Sr. (5-10)

Pole Vault

Brad Walker, Sr. (19-0 1/4)
McKane Lee, Fr. (16-7)
Fumi Nagahisa, Sr. (16-2 1/2i)
Sam Roberts, So. (16-0 3/4i)
Seth Perrins, So. (15-4)

Long Jump

J.R. Wolfork, So. (23-10)
Chris Singleton, Jr. (23-0 1/2)
Phillippe Cook, Jr. (22-10 1/4)
Nolan Gatewood, Sr. (22-0)
Sam Roberts, So. (21-1 1/4)

Triple Jump

James Sims, Jr. (49-3 3/4i)
J.R. Wolfork, So. (48-6)
Phillippe Cook, Jr. (44-2 3/4)
Nolan Gatewood, Sr. (44-1)
Vinh Chung, So. (42-8)

Shot Put

Evan Wilson, Fr. (62-6)
Joe Gatewood, So. (61-9 1/4)
Martin Bingisser, Fr. (49-8 1/2)
Will Conwell, Jr. (49-3 1/2)
Nolan Gatewood, Sr. (44-0)

Discus

Joe Gatewood, So. (166-3)
Evan Wilson, Fr. (163-2)
Will Conwell, Jr. (150-10)
Brian Harris, Fr. (150-0)
Martin Bingisser, Fr. (136-8)
Nolan Gatewood, Sr. (135-0)

Hammer

Martin Bingisser, Fr. (186-10)
Joe Gatewood, So. (159-7)

Javelin

Brian Harris, Fr. (213-1)
Seth Jens, Sr. (209-5)
Rigel Wise, Jr. (205-9)
Juan Romero, Jr. (201-1)
Nolan Gatewood, Sr. (150-0)

Decathlon

None

100 Meters

Cheri Craddock, Fr. (11.83)
Lauran Dignam, So. (12.50)
Cambrielle Jensen, So. (12.75)
Brynne Steward, So. (12.80)
Mallory Higgins, So. (13.63)

200 Meters

Cheri Craddock, Fr. (24.0h)
Lauran Dignam, So. (25.25)
Katrina Smith, So. (25.6h)
Cambrielle Jensen, Jr. (25.72)
Brynne Steward, So. (25.75)
Kendra Caprye, Jr. (28.44)

400 Meters

Cheri Craddock, Fr. (54.1h)
Katrina Smith, So. (56.9h)
Lauran Dignam, So. (57.48i)
Cambrielle Jensen, Jr. (57.85i)
Kira Harrison, Fr. (58.8)
Cassie Ranstrom, Fr. (1:01.0h)
Gaelle Banini, So. (1:01.77)

800 Meters

Ingvill Makestad, Jr. (2:04.34)
Lindsey Egerdahl, Jr. (2:10.07)
Kira Harrison, Fr. (2:12.44)
Brianna McLeod, Fr. (2:13)
Amy Lia, Fr. (2:15)
Dallon Williams, Fr. (2:18)
Kathryn Touran, Jr. (2:18.36)
Cambrielle Jensen, Jr. (2:19.01)
Angela Wishaar, Jr. (2:19.76)
Cassie Ranstrom, Fr. (2:20.0h)
Gaelle Banini, So. (2:20.53)
Karen Schwager, So. (2:25.07)

Camille Connelly, Jr. (2:25.10)
Kelsey McCallum, Fr. (2:28)
Laura Halverson, Jr. (2:28.26)
Noelani Kaneko, So. (2:28.32i)

1,500 Meters

Ingvill Makestad, Jr. (4:13.58)
Lindsey Egerdahl, Jr. (4:23.87)
Camille Connelly, Jr. (4:35.09)
Kathryn Touran, Jr. (4:36.04)
Angela Wishaar, Jr. (4:39.04)
Noelani Kaneko, So. (4:45.0h)
Laura Halverson, Jr. (4:45.31)
Laura Hodgson, So. (4:48.67)
Brianna McLeod, Fr. (1600m, 4:49)
Karen Schwager, So. (4:52.56)
Alison Tubbs, RFr. (1600m, 4:54.41)
Kira Harrison, Fr. (1600m, 5:01.29)
Marie Foushee, Fr. (1600m, 5:02)
Dallon Williams, Fr. (1600m, 5:02.47)
Amy Lia, Fr. (1600m, 5:07)
Cassie Ranstrom, Fr. (1600m, 5:17)
Kelsey McCallum, Fr. (1600m, 5:19)
Sayaka Yoshinaga, RFr. (1600m, 5:20)

Steeplechase

Camille Connelly, Jr. (10:52.47)
Laura Halverson, Jr. (11:05.04)

5,000 Meters

Alison Tubbs, RFr. (16:44.81)
Jamie Gibbs, Jr. (16:59.87i)
Laura Hodgson, Jr. (17:28.43)
Camille Connelly, Jr. (17:37.00)
Molly Wise, So. (19:13.1h)

10,000 Meters

Jamie Gibbs, Jr. (36:12.20)
Laura Hodgson, Jr. (37:16.57)

100-meter Hurdles

Ashley Lodree, Fr. (13.56)
Chanda Hardin-Scott, Fr. (13.79)
Brynne Steward, So. (14.05)
Mallory Higgins, So. (14.79)
Cambrielle Jensen, Jr. (15.44)
Kendra Caprye, Jr. (16.80w)

400-meter Hurdles

Cambrielle Jensen, Jr. (1:00.51)
Brynne Steward, So. (1:06.07)
Ashley Lodree, Fr. (300mH, 41.54)
Chanda Hardin-Scott (300mH, 42.63)

High Jump

Brittany Roberts, Sr. (5-7)
Sidney Brown, Jr. (5-7)
Lara Nelson, Jr. (5-5)
Kendra Caprye, Jr. (5-4 1/2)

Pole Vault

Kate Soma, Jr. (13-10)
Carly Dockendorf, So. (12-11 1/2)
Stevie Marshalek, Fr. (12-11 1/2)
Ashley Wildhaber, So. (12-6)
Alexis Jaime, Sr. (12-4i)
Amy Groesbeck, RFr. (11-6)
Mariah Swango, So. (10-10i)

Long Jump

Grace Chenesai Vela, So. (19-8)
Ashley Lodree, Fr. (19-6)
Brittany Roberts, Sr. (18-4 1/2)

Kendra Caprye, Jr. (16-4 1/2i)
Lara Nelson, Jr. (16-0 1/2i)

Triple Jump

Brittany Roberts, Sr. (41-4 1/2)
Sidney Brown, Jr. (40-1 1/4)
Grace Chenesai Vela, So. (39-1)
Kristan Schlatter, So. (33-9 1/2i)

Shot Put

Cherron Davis, So. (47-9 3/4)
Mary Beeman, Sr. (44-9 1/2i)
Piper Hope, So. (46-1)
Carin Trygg, Fr. (42-10)
Shirley Bocian, Fr. (38-4 1/2)
Kendra Caprye, Jr. (35-8 1/4)

Discus

Cherron Davis, So. (142-8)
Piper Hope, So. (148-5)
Carin Trygg, Fr. (128-6)
Mary Beeman, Sr. (116-2)
Shirley Bocian, Fr. (114-6)

Hammer

Piper Hope, So. (165-0)
Carin Trygg, Fr. (128-0)
Mary Beeman, Sr. (108-11)

Javelin

Megan Priestestersbach, Sr. (158-2)
Tiffany Zahn, So. (157-9)
Kendra Caprye, Jr. (102-0)

Heptathlon

Grace Chenesai Vela, So. (4,493)
Kendra Caprye, Jr. (3,971)



PACIFIC-10 CONFERENCE

Entering the 2003-04 season, the Pacific-10 Conference continues to uphold its tradition as the "Conference of Champions." Pac-10 members have claimed an incredible 73 NCAA team titles over the past nine seasons, for an average of more than eight championships per academic year.

Even more impressive is the breadth of the Pac-10's success, as those 73 team titles over the past nine seasons have come in 21 different men's and women's sports. The Pac-10 has now led the nation in NCAA Championships 38 of the last 43 years and finished second five times.

Spanning nearly a century of outstanding athletics achievement, the Pac-10 has captured 325 NCAA titles (243 men's, 82 women's), far outdistancing the runner-up Big Ten Conference's 193 titles.

The Conference's reputation is further proven in the annual NACDA Directors' Cup competition, the prestigious award that honors the best overall collegiate athletics programs in the country.

STANFORD continued its remarkable run in the 2003-04 season, winning its ninth-consecutive NACDA Directors' Cup. In the 2002-03 final standings, four of the Top 10, and seven of the top 20 Division I programs, were Pac-10 members: No. 1 STANFORD, No. 6 UCLA, No. 9 CALIFORNIA, No. 10 ARIZONA STATE, No. 13 USC, No. 16 ARIZONA and No. 17 WASHINGTON.

The Pac-10 captured eight NCAA titles in 2002-03, most of any conference and also laid claim to 39 individual titles. Three different Pac-10 members won at least one NCAA Championship, with UCLA leading the nation with four.

Overall, the Conference had 23 teams finish in the top three at NCAA Championship events. Participation in the postseason was a common occurrence for the Pac-10 in 2002-03. Of the 22 sports sponsored by the Pac-10, 19 witnessed at least half its teams participating in the postseason, including 64 men's teams and 78 women's teams.

Pac-10 Directory

800 South Broadway, Suite 400
Walnut Creek, CA 94596
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Internet: www.pac-10.org

Commissioner: Thomas C. Hansen

Asst. Commissioner, Championships and Administration: Christine Hoyles

Asst. Commissioner, Public Relations: Jim Muldoon

Asst. Commissioner, Electronic Communications: Duane Lindberg

Asst. Commissioner, Compliance and Enforcement: Mike Matthews

Asst. Commissioner, Business and Finance: Ben Jay

Asst. Commissioner, Enforcement: Ron Barker

Asst. Commissioner, Olympic Sports: Chris Dawson

Asst. Directors of Public Relations: Dave Hirsch & Julie Reuvers

P.R. Interns: Steve Hitchcock & Morgan Berman

NATIONAL COLLEGIATE ATHLETIC ASSOCIATION

The University of Washington is a Division I member of the National Collegiate Athletic Association. The NCAA's basic purpose is to maintain intercollegiate athletics as an integral part of the educational program and the athlete as an integral part of the student body.

The 2004 NCAA Division I Men's and Women's Indoor Championships will be held Friday and Saturday, March 12-13 at the University of Arkansas' Randall Tyson Track Center, in Fayetteville, Ark. The Outdoor Championships will be held in two rounds. The first round will consist of four two-day Regional meets on May 28th and 29th, before a traditional four-day Championship Round, held June 10-13 in Austin, Texas.

With the exception of the 10,000-meter and decathlon events, individuals will no longer qualify for the Championships on the strength of statistical performance alone.

Athletes will continue to seek provisional and automatic qualifying marks (for a complete listing, see pages 8-9 of this guide), how-

ever those standards will qualify them for the Regional meets only, not the Championship.

The top five individual finishers and top-three relay teams in each event, at each Regional site, will earn automatic invitations to the Championship round. The remaining Championship berths (approximately six per individual event and five per relay) will be awarded to non-qualifying athletes in order of regular-season performance, provided said athlete competed at one of the four Regional competitions. No athlete who fails to compete in an event at one of the four Regional meets will be eligible to compete in that event at the NCAA Championships.

Team champions are determined by the success of individuals who have qualified for the NCAA meet. Individuals earn team points for placing among the top eight. The first-place finisher receives 10 points with each subsequent finisher earning points in accordance with the following scoring system: 10 - 8 - 6 - 5 - 4 - 3 - 2 - 1.

Athletes placing among the top eight in their respective events earn All-America accolades. Additionally, the top eight Americans in each event are guaranteed All-America certificates, so for each non-American among the top eight, an additional All-America award is presented to the next-highest finishing American.



NCAA

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Cristian

ADAMS

Senior • Lakewood, Wash. • Lakes High School

2002-03: Competed sparingly in 2002-03 ... ran just twice each at 400m and 4x400m, clocking best times of 49.09 and 3:15.72, respectively. **2001-02:** Placed fifth in the 400m at the Pac-10 meet with a personal-best time of 46.95 ... was one of UW's top scorers at the conference meet, helping the 4x400m team to sixth place in 3:11.40 ... won five of nine 400m races he entered ... helped the Husky

DMR squad to a sixth-place finish at the Drake Relays ... indoor 400m PR of 48.71 is just 0.17 seconds off UW career top-10. **2000-01:** Ranked second on the team at 400m with mark of 48.63 ... ran on both the 4x400m and distance medley relay squads, posting team-best times in each event ... also ran the 100m and 200m dashes.

High School and Personal: Born Aug. 29, 1981 in Lakewood, Wash. ... married wife, Susanna, in January 2003 ... mother's name is Judy ... has an older sister, Cristanie ... was the Washington class 3A state champion in the 400m as a junior ... led Lakes to two state track titles ... ran on the 4x400m and 4x100m relay teams that each finished second at state in 1999 ... set SPSL and district records in the 400m ... was runner-up at state in the 400m and second in the 4x400m relay his senior season ... lettered all four years in track, serving as captain his last two seasons ... also earned three letters in football, where he was a teammate of former Husky Reggie Williams ... academically, was named to the Honor Society his junior year.

UW Career Bests

200m..... 22.0h 400m..... 46.95 400m (indoor)..... 48.71



Todd

ARNOLD

Senior • Westport, Wash. • Ocosta High School

2003 (Cross Country): As co-captain, led the UW men back to the NCAA Championships for the first time since 1993 ... placed 41st at the Pac-10 Championships, and was the team's sixth runner at the Pre-National Meet ... a second-team Academic All-Pac-10 selection. **2002-03:** A second-team Academic All-Pac-10 honoree in both track and field and cross country ... on the track, earned first-ever trip to the NCAA Championships with a fourth-place finish in the 800m at the NCAA West Regional ... was the 24th overall finisher in the 800m at the national meet ... clocked a 1:50.00 for 800m at the Pac-10 meet to place seventh ... led all UW half-milers in 2003 ... indoors, teamed with three others to set a school record of 9:40.82 in the DMR at the Pac-10 Invite ... time of 1:51.55 for 800m at the Pac-10 Invite was the fourth-fastest indoor mark in UW history ... led all Husky milers indoors with a Pac-10 qualifying time of 4:06.65 ... finished among the top-three Huskies in all but two cross-country meets ... won the season-opening Emerald City Invitational, finishing in 25:47 ... placed third among UW finishers, 26th overall, at the Pac-10 Championships ... clocked first 10K time of 32:00 in 41st-place finish at 2002 NCAA Regional. **2001-02:** An honorable mention Academic All-Pac-10 pick on the track ... ran the seventh-fastest indoor mile in UW history, clocking a 4:06.04 at the UW Indoor Qualifier ... outdoors, was the Huskies' No. 3 runner at both 800m and 1500m ... placed 11th at the Pac-10 Championships in the 800m with a then-PR of 1:52.34 ... won the 800m at the Husky Classic and Bronco Invitational ... posted 1500m PR of 3:48.87 in a third-place finish at the Oregon Dual ... was the Huskies' No. 5 runner in two meets during the 2001 cross-country season ... ran a 26:12 for 8000m to place fifth at the season-opening Emerald City Invitational ... the

following week, placed 13th overall at the Sundodger Invitational in a personal-best 24:52. **2000-01:** Competed at 800m, 1500m and 3000m ... ran season-best 800m time (1:59.19) at the WSU Dual and best 1500m time of the season (3:51.92) at the UW Preview ... won his first-career collegiate race, the mile at the Early Bird Invite ... ran in first four cross-country meets ... was 14th overall at the Emerald City Invitational in season-best 8000m time of 27:23.

High School and Personal: Born July 18, 1982 in Kirkland ... parents are Lois and Robert ... swept state titles his senior season in the 800m, 1600m, 3200m and cross country ... was runner up in the 3200m at state in 1998 and 1999... voted Academic All-State in cross country and track all four years ... a nine-time state meet medalist in cross country and track ... finished 35th in the 8000m at the 1999 USATF Jr. National Cross Country meet ... set school records from 800m to 3200m ... a nine-time district champ ... voted into the Ocosta High School Athletic Hall of Fame ... was named valedictorian with a 4.0 GPA.

UW Career Bests

800m..... 1:50.00 1500m..... 3:48.87 800m (indoor)..... 1:51.55 Mile (indoor)..... 4:06.04
XC: 8000m..... 24:28 10000m.....32:00





Brandon

BAILEY

Junior • Lacey, Wash. • North Thurston High School

2002-03: A first-team Academic All-Pac-10 honoree ... earned first-ever trip to the Pac-10 Championships with a time of 53.25 at the Ken Foreman Invitational ... led all Husky intermediate hurdlers ... placed 14th in the 400m prelim at the Pac-10 meet, and ran a leg of the Huskies' ninth-place Pac-10 4x400m relay squad ... earned a pair of victories on the track, including a 400m win at the Shotwell Invite in Bellingham, and a 4x400m win in a dual meet vs. WSU. **2001-02:** Ran just once outdoors, placing eighth in the 400m hurdles at the Salzman Invite in 57.64 ... indoors, competed three times at 400m, with a best mark of 51.32.

High School and Personal: Born Mar. 1, 1983 in Germany ... parents are Stephanie and Kenneth ... has twin brothers, Andrew and Ryan ... won league and district titles in the 300m hurdles as a senior ... placed third in the event at the 2001 state meet with a school-record mark of 38.75 seconds ... holds top-five 300m hurdles marks in school history ... as a junior, was league champ, second in district, and fifth at state in the event ... swept the hurdles at the 2001 Chehalis Classic, setting a meet record in the intermediate hurdles ... lettered four years in track, and two in football ... was named team captain his senior year, and was team MVP in 2000 and 2001 ... graduated with a 3.89 GPA ... received numerous academic accolades, including The Olympian's Award of Excellence for Community Service.

UW Career Bests

400m hurdles..... 53.25 400m (indoor)..... 50.03



Martin

BINGISSER

Freshman • Bellevue, Wash. • Interlake High School

2002-03 (Cal State Northridge): Redshirted the season at Cal-State Northridge before transferring to Washington in the summer of 2003 ... competing unattached, achieved a career-best mark in the hammer of 193-5 that, if duplicated, would rank ninth all-time at Washington ... mark would have taken eighth place at the 2003 Pac-10 Championships.

High School and Personal: Born Aug. 16, 1983 ... parents Lynn and Fred ... has two older sisters, Sara and Amy ... ranked 20th among the nation's prep hammer throwers in 2002 with a best mark of 186-10 ... took fifth in the hammer at the 2002 Golden West Games, and qualified for the 2002 U.S. Junior National Championships ... placed 10th in the hammer at the state meet his junior season ... lettered three years in track and twice in football, earning second-team all-league and team MVP honors in the latter ... plans to major in philosophy, and is considering a career as a professor.

Personal Best Marks

Shot Put..... 49-8 1/2 Discus..... 136-8 Hammer..... 193-5





Will

CONWELL

Junior • Kent, Wash. • Kentwood High School

2002-03: Retired from football in the spring of 2003 in order to focus solely on track ... redshirted the track season to work further with first-year throws coach Bud Rasmussen ... competed unattached in the discus at the Ken Foreman Invitational, notching a mark of 157-2 ... threw the shot twice indoors, with a best mark of 48-4 3/4 at the UW Indoor Preview. **2001-2002:** Ranked second for UW in the shot put and discus ... won the shot put at the Salzman Invite with season-best throw of 49-3 1/2 ... closed the season with three-straight top-five finishes, including a second-place finish in the discus at the Ken Foreman Invite ... threw the shot four times indoors, with a best mark of 48-6 1/4 in a third-place finish at the UW Indoor Qualifier in March.

High School and Personal: Born Sept 12, 1982 in Portland ... parents are Gail, a teacher, and Roy, a pastor and former football player at Idaho ... uncle, Ernie, participated in track and football at UW and earned a Super Bowl ring with the St. Louis Rams ... aunt, Pauline Thomas, was an Olympic trials competitor in the shot put ... second of four siblings ... earned state shot put title in 2000 with a heave of 56-7 ... notched three other top-five state finishes in prep career, including a third-place finish in the discus in 2000, and second- and fourth-place finishes, respectively, in the shot put and discus in 2001 ... was a three-time champion at the Pasco Invitational, claiming shot put titles in 2000 and 2001, and the discus crown in 2001 ... also competed in the triple jump and high jump ... in football, led team to a 29-8 record and three state tournament appearances in three varsity seasons ... a first-team selection to the prestigious Long Beach Press-Telegram's "Best in the West" team ... an All-State pick by the AP and the Seattle Times ... sported a 3.6 GPA in high school.

UW Career Bests

Shot Put..... 49-3 1/2 Discus.....150-10 Shot Put (indoor)..... 48-6 1/4



Phillippe

COOK

Junior • Seattle, Wash. • Rainier Beach High School

2002-03: Ranked second among all Huskies in the long, triple and high jumps ... equaled career-best high jump mark of 6-4 3/4 twice, including dual competition vs. Washington State ... closed the season with five-straight top-five finishes, including season-best marks in all three jumps ... placed second in the long jump at the Ken Foreman Invitational, in 22-3 ... recorded career-bests in all three jumps indoors. **2001-02:** Led all Husky competitors in the long jump in 2002, posting a season-best mark of 22-10 1/4 in a third-place finish at the Ken Foreman Invitational ... placed 12th in the long jump at the Pac-10 Championships ... also competed at the conference meet in the high jump, placing 16th with a season-best 6-4 3/4 ... earned top-five finishes in five of 13 outdoor competitions ... indoors, posted a best long jump mark of 21-8 1/4 at the Husky Scoring Meet ... had indoor high jump best of 6-6 3/4 in third-place finish at the Vandal Indoor.

High School and Personal: Born June 29, 1983 ... parents are Wyessar and Norman ... has an older brother, Norman, Jr., and an older sister, Ossie ... cleared 6-10 to earn a state championship in the high jump his senior season ... was second at Mt. SAC in the high jump in 2001, jumping 6-8 ... also leapt 6-8 to place third in the event at the AAU Junior Olympics ... captained team to Metro League and KingCo Conference titles in 2001 ... earned a letter all four years ... interested in a career as a computer engineer.

UW Career Bests

High Jump..... 6-4 3/4 Long Jump..... 22-10 1/4 Triple Jump..... 44-2 3/4
High Jump (indoor)..... 6-7 1/2 Long Jump (indoor)..... 22-0 3/4 Triple Jump (indoor)..... 43-9





Patrick

DAVIDSON

Junior • Kingston, Jamaica • St. Jago High School

2002-03 (SW Christian College): Earned Academic All-America honors at SW Christian College ... placed 13th in the prelims of the 100m at the 2003 NJCAA Championships with a time of 10.77 ... was 17th in the prelims of the 200m at the same event ... led SWCC to sixth in the 4x100m relay at the 2003 national meet ... clocked personal-best times of 10.50 for 100m and 21.50 for 200m at the 2003 Texas Christian Invitational ... 100m mark, if duplicated, would rank seventh all-time at Washington ... led SWCC to fifth in the 4x400m at the 2003 Texas Relays ... named to the "Who's Who" of American junior colleges in 2003 for his athletic and academic excellence.

High School and Personal: Born Sept. 1, 1982 ... parents are Dolsie Lamey and Patrick Davidson, Sr. ... prep teammate of fellow Husky newcomer Davaon Spence ... teamed with Spence to win Jamaican national titles in the 4x100m and 4x400m relay events in 2002 ... ran in all preliminary and semi-final heats of both relays, but was injured for the finals ... won his semi-final heat of the 100m at the 1999 Jamaican National Boys and Girls Championships ... coached at St. Jago by five-time Olympian and three-time world champion Bert Cameron ... also excelled on the soccer field, and was recruited as a soccer player by the A-League Syracuse Salty Dogs.

Personal Best Marks

100m..... 10.50 200m..... 21.50 400m..... 47.75



Warren

EICKHOFF

Sophomore • Snohomish, Wash. • Snohomish High School

2002-03: Was Washington's top high jumper, both indoors and out ... indoor best of 6-9 1/2 was just a half-inch shy of Washington's top-10 all-time ... indoor mark bettered the Pac-10 qualifying standard ... won the high jump at the Ken Shannon Invitational with an outdoor season-best of 6-5 1/2 ... excelled indoors, recording his two best marks of 2003 at Dempsey Indoor, and placing below fifth just once in five indoor competitions.

High School and Personal: Born July 18, 1983 ... parents are Lynda and Duane ... has two siblings, Ben and Ellyn ... finished fourth or better at state three times, including a third-place finish in 2002 ... won league and district titles in each of his last two seasons ... led Snohomish to a fourth-place state team finish in 2000 ... won the high jump at the 2002 Pasco Invitational, and swept high jump titles at the Larry Eason Invite in 2001 and 2002 ... lettered all four years, and served as captain in 2002 ... teamed at Snohomish with fellow Husky Jesse Giordano ... interested in a career in sports therapy.

UW Career Bests

High Jump..... 6-5 1/2 High Jump (indoor)..... 6-9 1/2





Stig

ELLINGSEN

Soph. • Tromsø, Norway • Norwegian School of Management

Born Sept. 8, 1981 in Tromsø, Norway ... attended Valler High School in Baerum, Norway ... parents are Jorann Vervik and Tor Arnt Ellingsen ... has two brothers, Ola and Ivar, and a sister, Line ... attended B.I. Norwegian School of Management after high school ... is Norway's reigning 800m champion, having won the event, in 1:51.30, at the 2003 Norwegian Senior National Championships in Fredrikstad ... swept Norwegian junior titles at 800m every year from 1999-2002 ... competed on the European amateur circuit, taking sixth in the half-mile at the 2002 European Cup in Banska Bstryka ... also excelled on the soccer field as a prep.

Personal Best Marks

400m..... 49.30 800m..... 1:49.63 1500m..... 3:52.71



Andy

FADER

Junior • Everett, Wash. • Cascade High School

2003 (Cross Country): Earned first-team Academic All-Pac-10 honors ... helped the Husky men reach the NCAA Championships for the first time since 1993 ... ran seventh on the squad at the NCAA West Regional, placing 48th in a 10K cross country best of 30:55 ... team's fourth-place Regional finish was its highest at the meet since 1994 ... sparked UW men to a third at the Pac-10 Championships, clocking 25:47 for 8000m in a 24th-place finish, fourth on the team. **2002-03:** An honorable mention Academic All-Pac-10 pick in cross-country, and a second-team academic all-conference selection on the track ... posted Pac-10 and NCAA Regional qualifiers at 1500m and 5000m ... ran both events at the Regional, placing 23rd in the 1500m and 21st in the 5000m ... earned second-straight top-10 Pac-10 1500m finish, placing seventh at the conference meet in a career-best 3:48.49 ... earned top-10 finishes in 11 of 15 regular-season races in 2003 ... clocked the ninth-fastest indoor mile in UW history, a 4:08.40 at the UW Indoor Preview ... top 3000m time of 8:13.51 was the 10th-best indoor mark ever at Washington ... ran the lead leg of the sixth-fastest distance medley relay squad in UW history, clocking a 10:01.35 at the Pac-10 Invite ... during the fall season, ran in UW's top-seven at every regular-season cross country race ... clocked then-best time of 24:46 for 8000m in 19th-place finish at Sundodger Invitational ... one of five Huskies among the top-six finishers at the Emerald City Invitational, placing sixth in 26:29 ... ran 42nd overall at the Pac-10 Championships, helping UW to a fourth-place finish. **2001-02:** Was the Huskies' No. 5 runner at 1500m, posting a best mark of 3:49.30 ... the tenth finisher overall in the event at the Pac-10 Championships ... took fourth in the 1500m, in 3:52.94, at the U.S. Junior Nationals in June ... recorded first-career win in the 1500m at the Salzman Invitational ... indoors, competed in the mile and 3000m ... redshirted the cross country season.



High School and Personal: Born Feb. 3, 1983 in Everett ... parents are Lori and Jerry ... has one brother, Joel ... posted four-career top-10 finishes at the Washington state track meet ... best finishes were matching fifths in the 1600m and 3200m at the 2001 state meet ... also placed eighth in the 3200m, and ninth in the 1600m at the 2000 meet ... served as team captain as a senior, leading his team to a regional title and 15th-place state finish ... as a senior, captured district 3200m title and WesCo league titles in the 3200m and 1600m races ... also won district and league in 2000.

UW Career Bests

800m..... 1:52.06 1500m..... 3:48.49 5000m..... 14:23.88 Mile (indoor)..... 4:08.40
3000m (indoor)..... 8:13.51 XC: 8000m..... 24:23 10000m..... 30:55



Eric

GARNER

Senior • Kelso, Wash. • Kelso High School

2003 (Cross Country): Was the Huskies' No. 1 runner at the NCAA Regional meet, helping lead Washington back to the NCAA Championships for the first time since 1993 ... clocked a 30:17 for 10000m at the Regional, placing 21st overall ... was the 10th-place finisher, first on the team, at the Pac-10 Championships, leading UW to third ... ran third on the squad at the NCAA Championships, helping Washington to 21st overall ... has led the Huskies at seven-straight 8000m cross country races over the past two seasons, and at seven of the last nine meets overall. **2002-03:** Backed up breakout 2002 track season with an outstanding year ... qualified for the NCAA Regional Championships in three events ... earned an NCAA Championships berth with a fourth-place finish in the 1500m at the Regional ... took 20th at NCAAAs ... earned second-straight top-five 1500m finish at Pac-10s, placing third ... also had Pac-10 and Regional qualifying marks at 800m and 5000m ... ran a leg of UW's school-record DMR squad ... relay clocked a time of 9:40.82 to win the Pac-10 Invite ... led UW runners at four of five cross country races in 2002 ... was 19th overall at the Pac-10 meet, helping UW to fourth ... placed 28th at the NCAA Regional. **2001-02:** Had one of the top indoor seasons in UW history ... became the first Husky to run a four-minute mile on Washington soil with a UW record 3:58.93 in March ... mark of 8:02.56 for 3000m was also a UW record, since broken ... was an NCAA qualifier in both events ... earned All-America honors with a 4:07.06 in the mile at the NCAAAs, good for 13th ... outdoors, earned Pac-10 Athlete of the Week honors for a 3:43.40 1500m effort at Oregon ... was ninth in the 1500m at the 2002 USA Sr. Nationals in a career-best 3:43.21, the sixth-fastest ever at UW ... earned top-five finishes at the 2002 Pac-10 meet in the 1500m (fifth) and 800m (fourth) ... an NCAA provisional qualifier at 1500m ... won six races outdoors ... ran in every cross-country meet ... had season-best 10th-place finish in team victory at the Emerald City Invite ... ran 25th overall at the Pac-10 meet. **2000-01:** Earned first-ever trip to the Pac-10 Championships, placing 13th in the steeple ... won the steeple at the Salzman Invitational and the 1500m title at the UC Davis Quad meet ... recorded best 1500m mark of the season (3:49.65) at the Stanford Invite ... indoors, won the mile at the McDonald's II meet ... recorded best mile time of the year (4:12.87aa) at the MPSF Championships ... ran in every race during the 2000 fall season ... among the UW top-five at all but one meet ... the runner-up at the Emerald City Invite ... had season-best time (24:46) at the Sundodger Invite ... ran 34th at the Pac-10s and 57th at the West Regional. **1999-2000:** Redshirted the 1999 cross country and 2000 track campaigns to preserve a year of eligibility.

High School and Personal: Born Jan. 26, 1981 ... parents are Janet Seaberg and Jerry Garner ... has two sisters, Jennifer and Kirsten ... a five-time MVP for cross country and track ... named All-State for both cross country and track in each of his last two years ... twice honored as Most Inspirational ... ran prep PRs of 4:17.22 for 1600m, 9:22 for 3200m and 1:57 for 800m ... a member of the National Honor Society with a 3.55 GPA.

UW Career Bests

800m..... 1:50.74 1500m..... 3:43.21 5000m..... 14:13.2 Mile (indoor)..... 3:58.93 3000m (indoor)..... 8:02.56
XC: 8000m..... 24:10 10000m..... 30:17



Joe

GATEWOOD

Sophomore • Puyallup, Wash. • Puyallup High School

2002-03 (Santa Rosa JC): Lettered in football at Santa Rosa Junior College in the fall of 2002 ... did not compete in track and field ... transferred to Tacoma's Pierce Community College in the spring to earn his AA before coming to Washington in the fall of 2003. **2001-02 (North Idaho College):** Qualified for the National Junior College Athletic Association Track and Field Championships both indoors and out ... was a two-time NJCAA All-American, earning the honors in the weight throw indoors and the discus outdoors ... transferred to Santa Rosa JC following the spring track season.

High School and Personal: Born July 6, 1983 ... parents are Carol and Jerry ... joins his brother Nolan on the Husky squad ... has another brother, Ryan ... won Washington's 4A state title in 2001, and took 10th at the meet in 2000 ... lettered three seasons at Puyallup, and served as captain once ... also excelled in football, earning all-league honors in 2000.

Personal Best Marks

Shot Put..... 61-9 1/4 Discus..... 166-3 Hammer..... 159-7 Weight Throw (indoor)..... 52-0



2004 SEASON INFO

ATHLETE BIOS

COACHES

2003 REVIEW

RECORDS

HISTORY



Brad

GOODRICH

Senior • Maple Valley, Wash. • Tahoma High School

2002-03: Missed the last month of the 2003 season due to illness ... competed outdoors in the 400m hurdles and 4x400m relay ... clocked top hurdles mark of 53.50 at the Texas Relays ... indoors, ran a season-best 400m mark of 48.88 in a third-place finish at the UW Indoor Preview ... led UW's 4x400m relay squad to second at the UW Invite, in a season-best time of 3:12.42 that equaled the seventh-fastest ever at Washington ... ran third leg of 4x400m relay at the Pac-10 Invite that placed third in 3:11.71, fourth on the UW all-time chart. **2001-02:** Led all Huskies in the 400m hurdles with a career-best mark of 51.45 seconds that is the second-fastest ever by a UW athlete ... set the mark in a second-place finish at the Oregon Dual ... was the team's No. 2 runner in the high hurdles with a mark of 14.88 seconds ... finished in the top-five in all but three races all season ... won the 400m hurdles at the Husky Classic, and was on the winning 4x400m relay team at the Ken Foreman Invitational ... clocked personal-best indoor 400m time of 48.78 at the season-opening University Open. **2000-01:** Was among the Huskies' top hurdlers, besting Pac-10 qualifying standards in each hurdles event ... season-best 400m hurdles mark of 51.53 was tops on the team by nearly four seconds ... set the mark in a victory at the Ken Foreman Invitational in May ... also earned a Pac-10 qualifying mark with a fourth-place finish in the 110m hurdles at the Oregon Dual, finishing in 14.79 seconds ... matched the time in a preliminary heat at the Pac-10 meet ... teamed with three other Huskies to earn a fifth-place finish in the 4x100m at Pac-10s, with a season-best time of 40.92 ... set a meet record with a 52.89-second victory in the 400m hurdles at the Salzman Invitational ... led the team at 400m indoors, running a 48.91 in an eighth-place finish at the MPSF Championships ... helped the 4x400m relay squad to a third-place finish at the MPSF meet in a season-best 3:11.93.

High School and Personal: Born Nov. 22, 1981 in Maple Valley ... parents are Kathy and Ron ... cousin, Gale Goodrich, played for the NBA's Los Angeles Lakers ... took second in the 300m hurdles and third in the 110m hurdles at the state championship meet in 2000 ... loss in the 300m hurdles came by just one one-hundredth of a second ... set school records in each event ... was ninth at state in both hurdles events as a junior ... personal-best 300m hurdles time of 37.65 seconds ranked ninth all-time in the state of Washington ... interested in a career as a physical therapist.

UW Career Bests

110m hurdles.....	14.79	400m hurdles.....	51.45
400m (indoor).....	48.78	60m hurdles (indoor).....	8.40



Brian

HARRIS

Freshman • Hillsboro, Ore. • Hillsboro High School

Born June 14, 1985 ... parents are Maureen and Mark ... has two siblings, John and Lisa ... earned Track and Field News Prep All-America honors with a best mark of 213-1 in the javelin that ranked fourth in the nation in 2003 ... mark would have been good for second at the 2003 Pac-10 Championships ... placed fourth in the javelin at the 2003 Golden West Invitational with a throw of 201-8 ... placed 14th in the event at the 2002 U.S. Junior National Championships ... took third at the 2003 Oregon state meet with a throw of 192-9 ... earned two district titles during his prep career ... lettered all four years, and served as captain in 2003 ... excelled in basketball, leading Hillsboro to a second-place state finish in 2003 ... 108 career blocks are a school record ... was also outstanding in the classroom, earning a 3.7 prep GPA.

Personal Best Marks

Discus..... 150-0 Javelin..... 213-1





Jonathan

HICKEY

Sophomore • Hanford, Wash. • Hanford High School

2003 (Cross Country): An Academic All-Pac-10 honorable mention honoree ... competed just once during the 2003 cross country campaign, clocking a 20:50 for 8000m in a seventh-place finish at the Geoduck Invitational in Olympia. **2002-03:** Took 16th in the 1500m at the Pac-10 Track Championships ... qualified for the meet with a season-best time of 3:49.18 at the Pepsi Invite in Oregon ... was also a Pac-10 qualifier at 5000m ... earned top-10 finishes in 10 of 12 races on the track ... indoors, ran a leg of distance medley relay squad that clocked the sixth-fastest time in UW history, a 10:01.35 at the Pac-10 Invite ... competed at every distance from 800m to 5000m ... redshirted the 2002 cross country season ... competed three times unattached, including a 16th-place finish at the Emerald City Invitational ... clocked 8000m PR of 24:53 in 23rd-place finish at the Sundodger Invitational.

High School and Personal: Born Mar. 23, 1984 in Richland ... parents are Eva and John ... has a younger brother, James ... placed fifth at the 2001 state 3A cross-country meet, finishing in 16:13 ... earned all-state and all-league cross-country honors in 2001 ... won a pair of state titles on the track in 2002 ... captured the 1600m crown in 4:14.23, and won the 3200m in 9:09.58, both personal bests ... led Hanford to district and regional titles in 2001, and second at the state championships ... also competed at state in 2001, taking fifth at 3200m ... second in the mile at the 2002 Pasco Invite ... earned Academic All-State honors ... majoring in physics

UW Career Bests

1500m..... 3:49.18 5000m..... 14:31.78 Mile (indoor)..... 4:09.96 3000m (indoor)..... 8:14.89
XC: 6000m..... 20:50



2004 SEASON INFO

ATHLETE BIOS

COACHES

2003 REVIEW

RECORDS

HISTORY

Bruce

JACKSON

Sophomore • Seattle, Wash. • Nathan Hale High School

2002-03 (Eastern Washington University): Competed for one season at Eastern Washington University before transferring to UW in the summer of 2003 ... placed eighth in the 400m, in 54.31, at the 2003 Big Sky Conference Indoor Championships ... was 15th outdoors in the 800m at the Big Sky meet ... led Eastern's 4x400m relay squad to fourth at the conference meet outdoors, and seventh indoors. **2001-02 (Eastern Washington University):** Redshirted the 2001-02 cross country and track seasons per Prop 48 rules.

High School and Personal: Born July 1, 1983 ... parents are Victoria and Arthur ... became the first Washington boys' athlete to sweep the state's 400m and 800m state in the same year with dual wins in 2001 ... competed in the 1500m and 4x400m relay events at the 2001 U.S. Junior Nationals in Sacramento ... competed in the 800m at the 2001 Adidas High School Championships ... in 2001, won a Metro League title in the 400m and a district crown at 800m ... made two appearances at the state cross country championships ... named MOst Inspirational by his track teammates in 2001 ... was a four-year track letterwinner, and twice served as captain ... earned honorable mention All-Metro League honors for his exploits on the basketball court.

Personal Best Marks

200m..... 22.31 400m..... 47.70 800m..... 1:53.91 1600m..... 4:37





Marc JAMES

Senior • Colo. Springs, Colo. • Harrison High School

2002-03: Competed just twice outdoors, at the Texas Relays and Ken Shannon Invitational ... indoors, was UW's top 60m hurdler, posting a career-best mark of 8.10 seconds that ranks sixth in UW history ... clocked a PR of 7.12 in the 60m dash at the Last Chance Qualifier ... never finished lower than third in six indoor finals. **2001-02:** The Huskies' top competitor in the 110m hurdles, boasting a best mark of 14.75 that was just .01 shy of the Pac-10 qualifying standard ... also competed in the 100m, 400m hurdles and 4x100m relay ... 400m hurdles PR of 53.45 bettered the Pac-10 qualifying standard ... earned the mark in a fourth-place finish at the Cal Invite, one of three top-10 finishes at the meet ... won three of seven 110m hurdles races entered in 2002 ... indoors, competed only in the 60m hurdles ... led all UW hurdlers with a 60m hurdles PR of 8.27 seconds. **2000-01:** Qualified for the Pac-10 meet in first outdoor collegiate race, clocking a 14.72 in the 110m hurdles at the Washington Preview in March ... finished 14th in the event at the conference meet with a mark of 14.75 ... earned two hurdles victories during the season ... was also a regular competitor in the 400m hurdles, posting a season-best mark of 55.56 seconds ... was a sprint and hurdles specialist during the indoor season, reaching the MPSF Championships in the 60m hurdles ... false-started at the conference meet ... led the team in both sprint hurdles events, posting a season-best 60m hurdles mark of 8.33 seconds ... posted top times of 6.92 seconds and 7.22 seconds, respectively, in the 55m and 60m dashes.

High School and Personal: Born June 6, 1982 in Mineola, NY ... parents are Margaret and Horace ... has three siblings, Denise, LaTonya and Vincent ... helped team finish fourth or better at state in each of his four seasons ... earned Colorado state titles in the 110m hurdles and the 4x400m relay in 2000 ... that same season, was state runner-up in the 300m hurdles and the 4x200m relay ... led Harrison to a state title that season as team captain ... took third in the 100m hurdles and sixth in the 400m hurdles at the 1997 AAU Junior Olympics Nationals ... placed third at state in the 110m hurdles, 4x100m relay and 4x400m relay as a junior in 1999 ... also placed fourth in the 300m hurdles that year ... had three top-10 finishes at the state meet his freshman and sophomore seasons ... was runner-up in the 110 hurdles at the 1999 and 2000 Great Southwest track meets in Arizona ... posted identical seventh-place finishes in the 110m hurdles at the Arcadia Invitational and the Golden West Invitational in 1999.

UW Career Bests

100m..... 11.25 110m hurdles..... 14.72 400m hurdles..... 55.56
60m dash (indoor)..... 7.12 60m hurdles (indoor)..... 8.10



Seth JENS

Senior • Colstrip, Mont. • Colstrip High School

2002-03: Earned third-straight top-15 finish at the Pac-10 Championships, taking 12th with a throw of 183-3 ... best throw of 201-6 earned eighth at the Oregon Invite ... also competed at Stanford, and in a dual meet vs. WSU. **2001-02:** Led all Husky javelin throwers for the second-straight season ... took seventh in the event at the Pac-10 meet with a heave of 201-0 ... career-best effort of 209-5 earned second at the Oregon Pepsi Invitational ... overcame wet, snowy conditions to post a mark of 203-7 in victory at the Husky Classic ... won first two javelin competitions of the season, and never finished below seventh in the event all year. **2000-01:** Was UW's top javelin competitor, qualifying for the Pac-10 meet ... earned 15th at the conference meet with a throw of 178-6 ... season-best throw of 208-8 came in a win at the Ohio Quad ... also bested the field at the UC Davis Quad and the Salzman Invitational ... had top-10 marks at every regular-season competition.

High School and Personal: Born May 10, 1982 ... parents are Leslie and Jim ... has one brother, Jesse ... earned All-State and All-American honors in 2000, captaining Colstrip to league, district and state titles ... set school records and won state titles in the javelin in 1999 and 2000 ... placed sixth in the javelin at the 2000 Foot Locker Nationals ... was voted team MVP as a senior ... only participated in two seasons of track ... also earned three letters each in football and baseball ... earned Academic All-State honors three years ... was listed in Who's Who in high school academics ... graduated with a 3.9 GPA.

UW Career Bests

Javelin..... 209-5





McKane

LEE

Freshman • Arlington, Wash. • Arlington High School

Born Dec. 4, 1983 ... parents are Victoria and Riley ... has two brothers, Cahlen and Bodie, and two sisters, Amarah and Dejah ... ranked 13th in the Track and Field News' 2003 prep pole vault rankings, with a best indoor mark of 16-2 ... mark of 16-6 in 2002 equaled the nation's seventh-best by a prep vaulter ... went undefeated in league and district competition all four years ... was a four-time top-five finisher at the Washington state meet, including a state title in 2001 and runner-up placings in 2002 and 2003 ... won the pole vault at the 2000 Junior Olympics Regionals, and took second in 2001 ... the 13th-place finisher at the 2002 Junior Olympics Nationals at Stanford, with a mark of 15-6 ... best mark of 15-9 in 2001 set the state record for a sophomore ... interested in a career in architecture.

Personal Best Marks

Pole Vault..... 16-7



2004 SEASON INFO

ATHLETE BIOS

COACHES

2003 REVIEW

RECORDS

HISTORY

Mark

MANDI

Junior • Everett, Wash. • Mariner High School

2003 (Cross Country): A second-team Academic All-Pac-10 selection ... competed in every varsity meet for the second-straight season ... led the UW men back to the NCAA Championships for the first time since 1993 ... was the Huskies' top finisher at the national meet, crossing the line 67th to lead a 21st-place team effort ... ran second on the squad at the NCAA Regional, placing 32nd in a 10K cross country best of 30:29 ... led UW to third at the Pac-10 meet with a 15th-place finish, second on the team ... one of just two Huskies to place among the UW's top-five finishers at every varsity race. **2002-03:** Earned Academic All-Pac-10 honorable mention in both track and cross country ... was UW's top runner at 10000m, taking 11th in the event at the Pac-10 Championships ... clocked career-best 10K time of 30:22.92 at the Stanford Invite ... earned a pair of victories in 2003, including one each at 3000m and 5000m ... lowered 5K PR by nearly a minute, to 14:42.83, at the Oregon Invite ... indoors, moved to ninth all-time at UW in the 5000m with a mark of 14:48.40 at the Husky Invitational ... also competed in the mile and 3000m ... trained hard over the previous summer to become one of just four Huskies to run in every varsity cross country race in 2002 ... was fifth on the squad, 43rd overall, at the NCAA West Regional ... took 36th at the Pac-10 meet, in 25:12 ... ran 8000m PR of 24:52 in 22nd-place finish at the Sundodger Invitational ... took fifth overall at the Emerald City Invite. **2001-02:** Redshirted the cross-country and track seasons ... ran unattached at 1500m and 5000m, with best marks of 4:08.06 and 15:31.82, respectively ... placed third in the 5000m at the Spring Break Open ... ran the mile and 3000m indoors ... was sixth in the mile at the Small College Invitational in 4:35.16.

High School and Personal: Born May 7, 1983 in Houston ... parents are Daisy and Reynaldo ... both brothers, Renaldo and Santiago, attend UW ... competed at the 2000 Cross-Country Junior Olympics Nationals in Reno, Nev. ... earned a top-50 finish in cross-country at the state championships in 2000 ... captained the Mariner cross-country squad in 2000 ... earned Outstanding Distance Runner honors at Mariner as a senior ... named a Washington Scholar, having graduated with a 3.92 GPA.

UW Career Bests

5000m.....	14:42.83	10000m.....	30:22.92
Mile (indoor).....	4:16.42	3000m (indoor).....	8:33.58
		5000m (indoor).....	14:48.40
XC: 8000m.....	24:32	10000m.....	30:29





Phil

McCARY

Sophomore • Kirkland, Wash. • Juanita High School

2002-03: Competed three times in the 400m hurdles, clocking a season-best of 54.78 at the Ken Foreman Invitational ... also ran on UW's 4x400m relay squad, leading the team to a best of 3:15.85 at the Foreman ... indoors, ranked fifth among UW competitors at 400m with a best of 49.20 ... led indoor 4x400m relay squad to a fourth-place finish at the UW Invite, with a season-best mark of 3:15.50.

High School and Personal: Born Apr. 30, 1984 ... parents are Kathy and Doug ... has three siblings, Colleen, Ben and David ... was 300m hurdles runner-up at the 2002 state meet, finishing in 38.10 ... took third in the 400m at state in 2001, in a personal-best 49.01 ... ran a leg of the national-record setting 4x800m relay at the 2000 Junior Olympics in Buffalo, N.Y. ... as an eighth grader, placed eighth in the 400m at the 1998 Junior Olympics Regionals ... also lettered two years in football, earning All-KingCo honorable mention on special teams ... earned a 3.75 prep GPA.

UW Career Bests

400m IH..... 54.78 400m Dash (indoor)..... 49.20



Carl

MOE

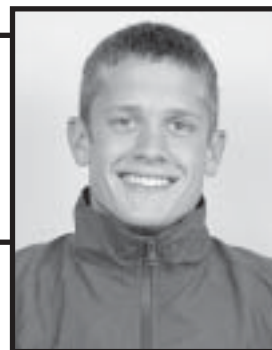
Freshman • Auburn, Wash. • Auburn-Riverside High School

2003 (Cross Country): One of just four Huskies, and the only freshman, to compete in every varsity race ... helped Washington reach the NCAA Championships for the first time since 1993 ... was the team's No. 4 runner at the national meet, crossing the line 145th in 31:13 to spark a 21st-place team finish ... placed 35th, third among Huskies, in first-ever 10000m competition, at the NCAA Regional ... helped UW to third at the Pac-10 meet with a 30th-place finish ... debuted at the Sundodger Invitational with a 13th-place finish, in an 8K cross country PR of 24:44.

High School and Personal: Born Mar. 13, 1984 ... parents are Kathy and Dave ... has an older sister, Kelsie ... aunt, Marjan 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 Post-Intelligencer ... the reigning 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 runs, and was fifth overall at Golden West ... fourth in the 1600m at state in 2001 ... earned eight letters, and was twice team captain ... earned a 3.7 GPA.

Personal Best Marks

800m..... 1:51.85 1600m..... 4:05.09 3200m..... 8:48.04
XC: 8000m..... 24:44 10000m..... 30:33





Sam

ROBERTS

Sophomore • Cashmere, Wash. • Cashmere High School

2002-03: Earned first-ever NCAA West Regional bid with a mark of 16-0 3/4 at the Stanford Invite ... one of three UW pole vaulters to qualify for Regional competition ... placed 25th at the Regional with a mark of 15-7 1/4 ... indoors, achieved a best of 16-0 3/4 in an 11th-place finish at the Last Chance Qualifier.

High School and Personal: Born Sept. 24, 1983 in Athens, Ga. ... parents are Nancy and Rodney ... has two siblings, Jesse and Emma ... placed third in the pole vault at the 2002 Washington/Oregon Meet of Champions ... earned first-team All-Central Washington Athletic Conference honors in 2001 and 2002 ... led Cashmere to runner-up state finishes in each of his last two seasons ... earned three letters in basketball ... an Academic All-State honoree in 2000 ... graduated with a 3.7 GPA.

UW Career Bests

Pole Vault..... 16-0 3/4 Pole Vault (indoor)..... 16-0 3/4



2004 SEASON INFO

ATHLETE BIOS

COACHES

2003 REVIEW

RECORDS

HISTORY

Juan

ROMERO

Junior • Renton, Wash. • Lindbergh High School

2002-03: Earned first-career Pac-10 Championships bid with a career-best javelin throw of 201-1 at the season-opening Ken Shannon Invite ... placed 10th in the javelin at the Pac-10 meet, with a throw of 185-4 ... won the event at the Ken Foreman Invite ... also earned top-five finishes at the Stanford Invite, and the Pomona-Pitxer Invite. **2001-02:** One of four javelin competitors for Washington in 2002 ... took sixth in the event at the U.S. Junior National Championships in June with a throw of 191-9 ... posted top collegiate throw of 192-5 in a fifth-place finish at the WSU Dual ... top individual finish was second, at the season-opening Salzman Invitational.

High School and Personal: Born Feb. 3, 1983 ... parents are Carmen and Sal ... has an older brother and two older sisters ... heritage is Mexican ... posted top-10 finishes at the state championship meet in each of his last three seasons at Lindbergh ... top state finish was third, in a personal-best 194-6, as a junior in 2000 ... was seventh in the event at state his senior year, eighth as a sophomore ... placed fourth in the javelin at the Pasco Invitational in 2001 ... led team to three top-10 state finishes and a league championship, in 2001 ... an expert in the martial art of jiu-jitsu ... earned state amateur titles in the sport in 1998 and 1999 ... was also a four-year letterman in football.

UW Career Bests

Javelin..... 201-1





John

RUSSELL

Senior • Mica, Wash. • Freeman High School

2003 (Cross Country): Earned Academic All-Pac-10 honorable mention ... one of four Huskies to run in every varsity race ... was UW's No. 2 runner at the NCAA meet, crossing the line 78th to lead the team to 21st ... led UW to its first national meet since 1993 ... ran fifth on the squad, 38th overall, in a 10K cross country best of 30:38 at the NCAA Regional ... sparked a third-place team finish at Pac-10s with a 23rd-place finish, third among Huskies. **2002-03:** An honorable mention Academic All-Pac-10 pick in both track and cross country ... completed successful return from two seasons lost to injury ... earned first-career NCAA berth with a fifth-place finish in the 1500m at the NCAA Regional ... took 21st at nationals ... was sixth in the 1500m at the Pac-10s ... posted career-best mark of 3:44.65 at the Oregon Invite ... won the 1500m at the WSU Dual ... placed lower than fifth in just two of 10 1500m races ... ran three times during the 2002 fall season ... made his comeback at the Sundodger Invite, crossing the line 57th in 25:28 ... was 52nd overall, in 25:34, at the Pac-10 meet. **2001-02:** Missed both the track and cross-country seasons due to tendinitis. **2000-01:** Redshirted both the indoor and outdoor track seasons due to tendinitis ... an honorable mention Academic All-Pac-10 cross country pick ... the UW's top finisher at all but one fall race ... won the Emerald City Invite and took second at Big Cross ... placed 12th overall, first among Huskies, at the Pac-10s ... was fifth at the Sundodger Invite, seventh at the Wolverine Interregional and 25th at the West Regional, first among Husky finishers. **1999-2000:** Placed fourth in the 1500m at the Pac-10 meet in 3:45.79 ... also placed 17th at the Pac-10s in the 5000m ... UW's top indoor miler, posting a best time of 4:05.78 to take third at the MPSF meet ... indoor mile PR of 4:05.78 was sixth-fastest ever at UW ... cracked UW cross country's top seven ... was the second UW finisher, 12th overall, at the Michigan Interregional ... finished 38th at the Pac-10 meet and 51st at the NCAA Regional ... was among the leaders at the U.S. Junior Nationals before losing a shoe and dropping to 13th.

High School and Personal: Born July 13, 1981 ... parents are Char and Pat ... has an older brother, Joe ... posted school records in the 1600m (4:15) and 3200m (9:20) ... won the 1998 Class 1A state cross country title as a senior ... also captured state titles in the 1600m and 3200m events ... a three-year member of the National Honor Society ... majoring in computer science.

UW Career Bests

800m..... 1:54.39 1500m..... 3:44.65 5000m..... 14:10.18 Mile (indoor)..... 4:05.78 3000m (indoor)..... 8:38.37
XC: 8000m..... 24:12 10000m..... 30:38



Mike

SAYENKO

RS Freshman • Bellevue, Wash. • Sammamish High School

2003 (Cross Country): Ran at all but one varsity meet, including all three postseason races ... earned Academic All-Pac-10 honorable mention ... was the team's No. 5 runner at the NCAA meet, crossing the line in 31:28 ... helped UW to a 21st-place finish in first national-meet appearance since 1993 ... ran 36th overall, fourth among Huskies, at the NCAA Regional ... sparked a third-place UW finish at Pac-10s with a 35th-place finish, in 26:06 ... also competed at the Sundodger Invite, and in the Pre-National open race. **2002-03:** Redshirted both the track and cross country seasons ... took fifth in the 10000m, in 30:49.70, at the U.S. Junior Nationals ... ran unattached in the 3000m once indoors ... also ran unattached three times in the fall ... led all UW finishers at the Willamette Invite, placing 25th in a career-best 24:38 ... placed ninth at the Emerald City Invite, and 26th at the Sundodger.

High School and Personal: Born Mikhail Sayenko on July 12, 1984 in Odessa, Ukraine ... parents are Lyudmila and Andrey ... set Sammamish High School 3200m record with a personal-best time of 9:12 in a 16th-place finish at the 2002 Arcadia Invite ... earned All-West Region honors with a top-25 finish at the 2001 Foot Locker West Regional ... was fourth at the both the 2000 and 2001 state 3A cross-country meets, in 16:31 and 16:11, respectively ... was third in the 3200m at the 2002 state track meet, trailing only fellow Huskies John Hickey and Stephen Mull ... also took seventh in the mile at state in 2002, finishing in 4:19.89 ... as a junior, was fourth at state in the 3200m, and ninth in the mile ... set course record at Sammamish State Park ... an architecture major.

UW Career Bests

10000m..... 30:49.70 3000m (indoor)..... 8:32.71 XC: 8000m..... 24:38 10000m..... 30:34





Davaon

SPENCE

Junior • Kingston, Jamaica • St. Jago High School

2002-03 (Mt. Hood CC): A two-time All-American at Mt. Hood Community College, ranking among the nation's leaders at 100m and 200m ... set Mt. Hood school record with a best of 10.37 in the 100m ... if duplicated, mark would rank fifth all-time at UW ... 200m PR of 21.20 seconds is better than all but eight marks in UW history ... won the 100m at the Oregon Twilight meet in a wind-aided 10.54. **2001-**

02 (Mt. Hood CC): Won NWAACC title at 100m, in 10.68 ... added an NWAACC title at 200m, in 21.43, and led Mt. Hood to second in the 4x100m ... swept NWAACC Regional titles in all three events ... along with prep teammate and fellow Husky newcomer Patrick Davidson, won Jamaican national titles in the 4x100m and 4x400m.

High School and Personal: Born Apr. 14, 1982 in Kingston, Jamaica ... parents are Novlette Henderson and Michael Spence ... has three sisters, Judison, Marcia and Taneisha ... prep teammate of fellow Husky newcomer Patrick Davidson... ran on Jamaican 4x100m relay squad that set a world youth record of 40.03 seconds at the 1999 World Youth Championships in Poland ... helped relay to a second-place finish at the 1999 Pan-Am Games, and a fifth-place finish at the 2000 World Youth Championships ... was the seventh-place finisher in the 100m, in 10.57, at the 1999 World Youth Championships ... as a high-school senior, placed second among Jamaican preps in the 100m with a mark of 10.49 ... was second in the 100m, and third in the 200m, at the national championships in 2000 ... also competed for St. Jago in soccer, for one year, and in cricket for three years ... coached at St. Jago by five-time Olympian and three-time world champion Bert Cameron, of whom he says, "he is the one that inspires me to be the true sprinter I am."

Personal Best Marks

100m..... 10.34 200m..... 21.20



2004 SEASON INFO

ATHLETE BIOS

COACHES

Matt

TOPPING

Senior • Kennewick, Wash. • Kamiakin High School

2003 (Cross Country): Earned honorable mention to the Pac-10's academic all-conference squad ... ran just twice during the season, both times placing among the team's top-four runners ... was the third Husky finisher at the Pre-National meet, in 24:50 ... took fourth on the squad, 10th overall, at the Sundodger Invitational.

2002-03: Redshirted the indoor season ... focused on the steeple outdoors, with a best time of 9:21.70 in a fourth-place finish at the Ken Foreman Invite ... had a terrific cross country campaign, as one of just four Huskies to run in the UW's top seven at every varsity meet ... was the team's No. 2 runner, 20th overall, at the Pac-10 Championships, finishing in an 8K career-best 24:40 to lead UW to fourth overall ... was 57th at the NCAA Regional meet, clocking a 32:27 in the first 10K cross country race of his UW career ... placed 17th at the Emerald City Invitational and 13th at the Sundodger Invite, helping the Husky men to victories in both meets. **2001-02:** Ran twice outdoors on the track, including once each in the steeple and 5000m ... indoors, clocked the sixth-fastest 5000m mark in UW history with a time of 14:40.86 ... also competed in the mile and 3000m ... notched top-10 finishes in five of seven indoor competitions ... helped UW cross country to a win at the Emerald City Invite with a 39th-place finish, in 28:26 ... did not see any other varsity action. **2000-01:** Outdoors, competed at distances from 1500m-5000m ... indoors, was a member of the 4x800m relay that won the Jerry Martin Invitational title ... competed in five cross country races a freshman, including a 54th-place finish at the Pac-10 Championships ... recorded top finish of the year at the Emerald City Invite, placing ninth ... clocked season best time (25:41) at the Sundodger Invitational.

High School and Personal: Born Sept. 3, 1981 ... parents are Marcia and Charles ... has three sisters, Sarah, Mary and Abby ... placed sixth at the 1999 state cross country meet ... was voted Big 9 Runner of the Year for cross country his junior season, and for track and cross country his senior season ... earned three top-10 state cross country finishes ... lettered all four years in cross country ... plans to become a youth pastor.

UW Career Bests

Steeple..... 9:21.70 Mile (indoor)..... 4:13.31 3000m (indoor)..... 8:20.54 5000m (indoor)..... 14:40.86
XC: 8000m..... 24:38 10000m..... 32:27



2003 REVIEW

RECORDS

HISTORY



Brad

WALKER

Senior • Spokane, Wash. • University High School

Returning NCAA indoor pole vault champion and three-time NCAA All-American will use final season of indoor eligibility in 2004, but has no remaining outdoor eligibility ... will instead turn his attention to qualifying for the 2004 Olympic Games.

2002-03: Named MONDO West District Track and Field Athlete of the Year after a season in which he ranked as high as third in the IAAF World Rankings ... led to

Verizon's 2003 Academic All-America team for combined success in athletics and academics ... was a recipient of the Pac-10 Medal, awarded to the top male and female student-athletes at each Pac-10 institution ... was also named Washington's Student-Athlete of the Year, and received first-team Academic All-Pac-10 acclaim ... captured the NCAA indoor pole vault title with a vault of 19-0 1/4 that was nearly nine inches beyond his nearest competitor, and equaled the winning mark at the 2003 IAAF World Indoor Championships ... became the first athlete in Pac-10 history to clear 19 feet, breaking by three inches the previous Pac-10 record of 18-9 1/4 set by Stanford's Toby Stevenson in 2000 ... finished the indoor season tied with American Derek Miles and France's Romain Mesnil for third in the 2003 IAAF World Rankings, and tied Miles for the best indoor vault by an American in 2003 ... mark tied for 12th overall in the final IAAF 2003 Comprehensive World Rankings, combining indoor and outdoor performances ... equaled the sixth-best mark in NCAA history ... outdoors, saw his bid for an NCAA Championships double dashed by a broken hand just days prior to the NCAA West Regional meet ... was at the time the nation's top-ranked vaulter, with a school-record best outdoor mark of 18-6 1/2 ... won second-straight Pac-10 title in May, clearing 18-2 1/2 in what would be the final outdoor vault of his UW career.

2001-02: Returned from offseason foot surgery to post one of the finest seasons ever by a UW vaulter ... solidified his spot as the top pole vaulter in school history with a UW-record vault of 18-6 in a sixth-place finish at the U.S. Senior National Championships in June ... set school pole vault record three times during the 2002

outdoor season ... vaulted a then-record 18-2 1/2 in a runner-up finish at the 2002 NCAA Championships ... earned All-America honors for the second time in his UW career ... at the Pac-10 meet in Pullman, Wash., became the first Husky since 1972 to win a conference title in the pole vault, soaring 18-0 1/2 ... first broke school record with a vault of 18-1 at the WSU Dual, half an inch beyond the 10-year-old mark of 18-0 1/2 set by Garth Willard in 1992 ... named the Pac-10's Men's Field Athlete of the Week for his effort ... finished in the top-five in every regular-season competition ... indoors, won three of four events entered, improving his season-best mark each time ... posted indoor season-best of 17-2 3/4 in a victory at the Husky Classic ... earned first-team Academic All-Pac-10 honors. **2000-01:** Despite an undiagnosed broken foot, finished the season in a tie for 12th at the NCAA Championship meet in Eugene, Ore. ... notched four victories on the season, and placed below second in just one of eight regular-season competitions ... had career-best vault of 17-7 in fifth-place finish at Mt. SAC ... earned indoor All-American honors with a seventh-place finish at the NCAA Indoor Championships in Fayetteville, Ark. ... had career-best vault of 17-11 3/4 in the finals at the NCAAs, nearly three inches better than previous career best ... won four-consecutive indoor pole vault titles to close out the regular season, including the MPSF Championship. **1999-2000:** Placed sixth at the Pac-10 Championships with a height of 16-9 1/2, his best on the season ... notched a first-place finish at the Washington Quad meet with a vault of 15-1 ... during the indoor season, placed fourth at the MPSF Championships with a season-best indoor vault of 16-2 3/4.

High School and Personal: Born June 21, 1981 in Aberdeen, S.D. ... parents are Diana and Thomas ... has an older sister, Tanya ... led University High to consecutive state track and field championships in 1998 and 1999 ... named All-Greater Spokane League following his senior season ... was 1999 regional and district pole vault champion and finished second at the state meet ... placed seventh in the state as a junior ... also lettered in football ... a three-time letterwinner ... was a member of the National Honor Society ... graduated with a 3.89 GPA.

UW Career Bests

Pole Vault..... 18-6 1/2 Pole Vault (indoor)..... 19-0 1/4

2003 IAAF World Indoor Rankings

Name	Country	Mark
1. Tim Lobinger	Germany	19-1
2. Adam Ptacek	Czech Republic	19-0 3/4
3. Brad Walker	United States	19-0 1/4
Derek Miles	United States	19-0 1/4
Romain Mesnil	France	19-0 1/4
6. Oleksandr Korchmid	Ukraine	18-10 1/4
Michael Stolle	Germany	18-10 1/4
8. Jeff Hartwig	United States	18-9 1/2
Lars Borgeling	Germany	18-9 1/2
Rens Blom	Netherlands	18-9 1/2
Vasily Gorshkov	Russia	18-9 1/2
Richard Spiegelburg	Germany	18-9 1/2

All-Time Collegiate Pole Vault Top-10

Name	School	Year	Mark
1. Lawrence Johnson	Tennessee	1996	19-7 1/2
2. Istvan Bagyula	George Mason	1991	19-5
3. Jacob Davis	Texas	1998	19-4 1/4
4. Bill Payne	Baylor	1991	19-2 3/4
5. Joe Dial	Oklahoma State	1985	19-2 1/4
6. Brad Walker	Washington	2003	19-0 1/4
Russ Buller	Louisiana State	1999	19-0 1/4
Jim Davis	Fresno State	2000	19-0 1/4
9. Doug Fraley	Fresno State	1986	18-11
10. Jeff Buckingham	Kansas	1983	18-10 1/2





Sean

WILLIAMS

Junior • Kirkland, Wash. • Lake Washington High School

2002-03: Continued to climb the UW charts as a sophomore, notching a best indoor mark of 48.19 for 400m that ranked seventh in school history ... ran the second leg of UW's record-setting distance medley relay squad, which with a mark of 9:40.82 shaved 12 seconds off the previous Washington standard ... a member of three of Washington's top-10 4x400m relay squads ... best of the three ranks fourth in UW history with a mark of 3:11.71 ... outdoors, led all Huskies at 400m with a best of 47.19 seconds ... placed 10th in the quarter at the NCAA West Regional meet, in 47.68 ... was the 13th-place finisher in the 400m at the Pac-10 Championships, in 48.38 ... also ran a leg of UW's ninth-place 4x400m relay at the conference meet ... placed lower than fifth in any heat just twice during the 2003 regular season ... was the team's No. 2 runner at 200m outdoors, with a career-best mark of 21.82 ... scored in four different events at the WSU Dual. **2001-02:** Had an outstanding freshman season, leading all UW athletes at 100m and 200m, and ranking second on the squad at 400m ... took 10th at the Pac-10 meet in the 400m, in 47.90, and helped the 4x400m relay squad to a sixth-place finish in 3:11.40 ... placed fifth or better in 16 of 19 regular-season races ... won the 400m at the Oregon Dual, in 48.09 ... scored in three events at both the Oregon Dual and the WSU Dual ... top 400m time of 47.69 took second at the Foreman Invite ... top 100m mark of 11.10 led UW in 2002 ... best time of 22.00 in the 200m was also a UW season best ... indoors, led the 4x400m relay team to a win in 3:14.24 at the Vandal Indoor ... won the 200m at the University Open with a time of 22.06 that led all Huskies.

High School and Personal: Born June 7, 1983 ... parents are Pilar and Gary ... placed fourth in the 400m and seventh in the 4x400m at the 2001 Junior Olympics Nationals in Sacramento, Calif. ... relay split in the 4x400m final was 46.6 ... won first-ever 400m race, finishing in 48.25 at the 2001 Pasco Invitational ... led Lake Washington to a pair of top-five state finishes in 2000 and 2001, the latter season as team captain ... was Lake Washington's MVP in 2001 ... placed second at state in the 200m and 400m events as a senior ... was 2001 district champ at 400m and ran a leg of the league and district champion 4x400m relay ... broke the KingCo league record in a 400m victory at the league championship meet ... also captured league titles at 100m and 200m ... in 2000, won league and district titles in the 200m ... led the 4x100m and 4x400m squads to top-three placings at the 2000 state meet ... was twice featured as the Eastside Journal's "Athlete of the Week" ... a member of the National Honor Society.

UW Career Bests

100m..... 11.10	200m..... 21.82	400m..... 47.19
60m dash (indoor)..... 7.09	200m (indoor)..... 22.06	400m (indoor)..... 48.19

Evan

WILSON

Freshman • Shepherd, Mont. • Billings Senior High School

Born Nov. 12, 1984 ... parents are Kristianne and Craig ... has a younger brother, Collin ... won consecutive state shot put titles in 2002 and 2003 ... took third in the shot at the 2001 state meet, and third in the discus at state in 2002 ... won three conference championships in the shot put ... was named to the All-State team in each of his final three seasons ... lettered all four years at Billings Senior, and was named captain as both a junior and senior ... earned four Academic All-State accolades ... earned valedictorian honors with a perfect 4.0 GPA ... interested in a career in politics.

Personal Best Marks

Shot Put..... 62-6	Discus..... 163-2
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Rigel

WISE

Junior • Kelso, Wash. • Kelso High School

2002-03: Qualified for second-straight trip to the Pac-10 Championships ... earned sixth at the conference meet with a UW career-best javelin throw of 205-9 ... mark led all UW spears in 2003 ... was the 20th-place finisher in the javelin at the NCAA West Regional meet, achieving a mark of 192-7 ... won the javelin at the season-opening Ken Shannon Invitational with a throw of 204-4 ... also topped 200 feet in a fourth-place finish in the WSU Dual, throwing 205-7. **2001-02:** One of UW's three Pac-10 qualifiers in the javelin ... achieved season-best mark of 199-3 in a sixth-place finish at the Oregon Pepsi Invitational ... also cleared 190 feet the week prior, with a heave of 198-6 at the Bronco Invitational ... notched eight top-10 finishes in 2002, including a win at the Spring Break Open.

High School and Personal: Born June 20, 1982 ... youngest of three siblings ... led the entire state of Washington in 2001 with a best throw of 208-11 ... placed fourth in the javelin at the 2000 state championships ... earned Pasco Invitational titles in both the javelin and discus in 2001 ... later that year, took fourth in the javelin at the Golden West Games ... served as team captain in 2001 ... was a four-year letterwinner in track and football ... played both tight end and linebacker in high school ... was a first-team All-Greater St. Helens League selection at tight end in 2001, and a second-team pick at linebacker in 2000 ... prep teammate of fellow Husky Eric Garner ... plays bass guitar in band 'Bridge of Size.'

UW Career Bests

Javelin..... 205-9



J.R.

WOLFORK

Sophomore • Issaquah, Wash. • Issaquah High School

2002-03 (Pacific Lutheran University): Competed for Pacific Lutheran University before transferring to Washington in the summer of 2003. **2001-02 (Pacific Lutheran University):** Earned NCAA Division-III All-America honors with a third-place finish in the long jump at the DIII national championships ... moved onto PLU's all-time top-10 in three different events ... long jump PR of 23-10 1/4 ranked third all-time at PLU ... best mark of 10.87 for 100m was sixth in school history, and triple-jump PR of 46-3 1/2 ranked eighth all-time.

High School and Personal: Born Mar. 31, 1983 in Warner Robins, Ga. ... has seven siblings; Raquel, Yoshaca, Larry, Thadies, Leonard, Brittany and Nicole ... earned top-five finishes in three different events at the 2001 state track championships ... was the second-place finisher in the long jump, took third in the 100m, and was fifth in the 200m ... also lettered in football, in 2000 ... majoring in spanish, and interested in a career as a firefighter.

Personal Best Marks

100m..... 10.70 Long Jump..... 23-10 Triple Jump..... 48-6



Blake Bidleman



Junior
Hurdles
Kirkland, Wash.
Inglemoor HS

Vinh Chung



Sophomore
Sprints/Jumps
Hastings, NZ
Roosevelt HS

Matt Franck



RS Freshman
Distances
Bellevue, Wash.
Bellevue HS

Kevin Hansen



RS Freshman
Distances
Shoreline, Wash.
Shorecrest HS

Stephen Mull



RS Freshman
Distances
Seattle, Wash.
Bishop Blanchet HS

Andrew Robinson



Junior
Mid-Distances
Edmonds, Wash.
Edmonds-Woodway HS

Nik Williams



Junior
Sprints
Marysville, Wash.
Lake Stevens HS

Doug Blaty



Sophomore
Multi-Events
Couer D'Alene, Idaho
Lake City HS/
Univ. of Oregon

Dustin Duke



Senior
Distances
Mill Creek, Wash.
Jackson HS

Tim Freeman



Freshman
Distances
Bainbridge Island,
Wash.
Bainbridge HS

Cameron Hartman



Sophomore
Mid-Distances
Stanwood, Wash.
Lakewood HS

Fumi Nagahisa



Senior
Pole Vault
Bellevue, Wash.
Inerlake HS

Adam Shimer



Freshman
Distances
Edmonds, Wash.
Meadowdale HS

Travis Boyd



Sophomore
Distances
Mukilteo, Wash.
Kamiak HS

Curtis Easton



Freshman
Distances
Kenmore, Wash.
Inglemoor HS

Nolan Gatewood



Senior
Multi-Events
Puyallup, Wash.
Puyallup HS/
Univ. of Illinois

Brenton Laws



Sophomore
Sprints
Albuquerque, NM
La Cueva HS

Matt Owen



RS Freshman
Steeple/Distances
Yakima, Wash.
East Valley HS

James Sims, Jr.



Junior
Jumps
Las Vegas, Nev.
Valley HS

Preston Brashers



Junior
Distances
N. Bonneville, Wash.
Stevenson HS

Chris Fayant



Junior
Steeple/Distances
Spokane, Wash.
Mead HS

Jesse Giordano



Senior
Mid-Distances
Snohomish, Wash.
Snohomish HS

Brad Liber



Freshman
Distances
San Diego, Calif.
University HS

Seth Perrins



Sophomore
Pole Vault
Tekeo, Wash.
Tekeo HS/
Ricks College

Chris Singleton



Junior
Jumps
Etiwanda, Calif.
Etiwanda HS



Mary

BEEMAN

Senior • Port Angeles, Wash. • Port Angeles High School

2002-03: An honorable mention Academic All-Pac-10 honoree ... earned first-career Pac-10 Championships bid with a throw of 44-2 3/4 in the shot put at the Oregon Pepsi Invite ... took 11th in the event at the conference meet with a career-best heave of 44-9 1/2 ... earned first-career victory at the Ken Foreman Invite, winning the shot with a mark of 42-9 3/4 ... also competed in the discus

and hammer ... indoors, notched a career-best shot mark of 44-9 1/2 at the Husky Invite. **2001-02:** Moved into seventh on UW's all-time weight throw chart with a heave of 39-5 1/2 at the UW Invitational ... ranked third among UW's shot-putters and discus throwers ... notched season-best shot mark of 42-2 in a sixth-place finish at the Oregon Pepsi Invite ... career-best discus throw of 116-0 earned sixth at the WSU Dual. **2000-01:** Threw the shot and discus during the outdoor season ... placed out of the top seven just once in 10 competitions ... had a career-best shot put of 40-5 in a sixth-place finish at the Ken Foreman Invite... season-best discus mark of 114-0 earned sixth at the Oregon Dual ... competed in three indoor meets, with a best of 37-10 in the shot.

High School and Personal: Born Jan. 29, 1982 in Seattle ... parents are Mary Jo Acker and Donald Beeman ... has two brothers, Armen and Wes, and a sister, Ann ... placed fifth in the state in the shot put as a senior, 12th as a junior ... was Olympic League shot put champion in each of her final two seasons ... added the league discus title to her resume her senior year ... earned first-team all-league honors her last two years... lettered in track three years, acting as captain one year... also earned two letters each in volleyball and basketball ... received three academic letters and was named first-team All-Academic in basketball.

UW Career Bests

Shot Put..... 45-9 1/4 Discus..... 116-2 Hammer..... 108-11
Shot Put (indoor)..... 44-9 1/2 Weight Throw (indoor)..... 39-5 1/2



Sidney

BROWN

Junior • Brush Prairie, Wash. • Prairie High School

2002-03: Earned Academic All-Pac-10 honorable mention ... set career-highs in both the high and triple jumps ... qualified for the Pac-10 meet in both events,

taking seventh in the triple and ninth in the high ... competed in the high jump at the NCAA West Regional ... became just the sixth UW woman ever to clear 40 feet in the triple jump with a mark of 40-1 1/4 at the Pomona-Pitzer Invitational ... career-best high jump mark of 5-7, set twice in 2003, is just an inch below UW's all-time top-10 ... placed fifth or better in 11 of 13 outdoor competitions ... indoors, cracked UW's all-time charts in both the high and triple jumps ... covered 39-4 1/2 in the triple jump at the Pac-10 Invite to rank fifth all-time ... indoor high jump best of 5-7 equaled the UW's sixth-best indoor mark.

2001-02: Ranked second among Husky competitors in the high and triple jumps ... was ninth in the triple jump in first-career appearance at the Pac-10 meet ... set a then-career-high at the meet with a jump of 38-5 1/2 ... earned nine top-five finishes in 13 total outdoor competitions ... achieved then-best high jump mark of 5-5 at both the Ken Foreman Invite and the WSU Dual ... high-jumped an indoor best 5-3 3/4 at the UW Invite ... notched indoor triple-jump best of 37-1 1/4 in a fourth-place finish at the Husker Invite.

High School and Personal: Born Apr. 23, 1983 in Portland, Ore. ... parents are Sharlene and Timothy ... has a younger brother, Carl ... the 2001 Washington state triple jump champion, with a leap of 37-3 3/4 ... placed second at state in the high jump with a mark of 5-4 ... boasted prep high jump best of 5-8 ... won both the triple

and high jumps at the 2001 Washington-Oregon Border Clash All-Star meet ... led team to top-10 finishes in each of her last two seasons ... earned MVP honors her senior year ... a four-time All-Greater St. Helens League Academic Team selection ... named the Class of 2001's "Most Outstanding Scholar-Athlete" ... member of 2001 Washington National Livestock Judging team, earning third place at the state livestock judging championships ... graduated with honors with a 3.8 GPA.

UW Career Bests

High Jump..... 5-7 Triple Jump..... 40-1 1/4 High Jump (indoor)..... 5-7 Triple Jump (indoor)..... 39-4 1/2





Camille

CONNELLY

Junior • Marysville, Wash. • Marysville-Pilchuk High School

2003 (Cross Country): A second-team Academic All-Pac-10 honoree ... as co-captain, helped the UW women reach the NCAA Championships for the seventh-straight year, the seventh-longest active streak in the nation ... led all UW finishers at the Geoduck Invitational, placing sixth ... was the second overall finisher in the Pac-10 women's open race. **2002-03:** A second-team Academic All-Pac-10 selection in both cross country and track ... placed seventh in the steeple at the Pac-10 meet, in time of 10:52.47 that was second-fastest ever at UW ... placed 22nd in the event at the NCAA Regional ... also a Pac-10 qualifier at 1500m ... competed indoors in the mile and 3000m ... anchored UW's distance medley relay squad that set the eighth-fastest mark ever at UW, in 11:54.68 ... the team's sixth finisher at all four cross country meets in which she competed ... placed 30th overall at the Pac-10 Championships in a 6K cross-country best of 21:55, helping UW to a third-place team finish ... did not compete at the Regional or NCAA meets ... placed 13th overall at the season-opening Emerald City Invitational. **2001-02:** Placed 12th in the steeple at the Pac-10 meet, in 11:30.60 ... clocked top steeple mark of 11:26.40 at the WSU Dual ... indoors, focused on the mile, posting a top time of 5:08.69, at the UW Invite ... was among Washington's top-seven finishers at all but one cross-country meet ... ran a career-best 5000m time of 17:54 in a 16th-place finish at the Sundodger Invite ... was seventh on the team at the NCAA Championships in UW's 14th-place finish ... the sixth UW finisher at the Pac-10 meet.

High School and Personal: Born March 8, 1983 ... parents are Katrina and Robert ... oldest of three siblings, Amelia and Kristin ... a five-time Junior Olympics All-American, twice on the track (1998 and 2000) and three times in cross country ('97-'99) ... earned top-15 finishes at the Junior Olympics Cross-Country Nationals three straight seasons ... placed among the top 15 at state each of her last three years ... finished as high as sixth in 1999 ... as a sophomore, led school to a state title, capturing league and district honors, and placing 14th at state ... placed second in the 3000m at the 2000 Junior Olympics Nationals, in a personal-best 10:25 ... earned valedictorian honors with a 4.0 GPA ... also named Soroptimist International of Marysville's Student of the Year, Marysville-Pilchuk's Female Athlete of the Year and Scholar Athlete of the Year.

UW Career Bests

1500m..... 4:35:09 Steeple..... 10:52.47 5000m..... 17:37.00 Mile (indoor)..... 5:01.27 3000m (indoor)..... 9:59.78
XC: 5000m..... 17:54 6000m..... 21:55



2004 SEASON INFO

ATHLETE BIOS

COACHES

2003 REVIEW

RECORDS

HISTORY



Cherron

DAVIS

Sophomore • Auburn, Wash. • Auburn-Riverside High School

2002-03: Placed eighth in the shot at the Pac-10 meet with a throw of 46-10 1/4 ... qualified for the meet on the strength of a career-best 47-9 3/4 put at the Oregon Pepsi Invite that ranks eighth in UW history ... took 13th in the event at the NCAA West Regional ... was undefeated in the shot at Husky Stadium, winning the event at both the Ken Shannon and Ken Foreman Invites ... indoors, climbed to eighth on the UW's all-time shot put list with a mark of 46-1 1/4 at the Pac-10 Invite ... also ranked among UW's top-10 weight throw competitors, with a best of 42-3 1/4 that is seventh all-time. **2001-02:** Redshirted the 2001-02 season ... competed unattached at two indoor meets, winning the shot put in both ... posted mark of 45-3 1/2 in the shot at the Small College Invitational that would have led all Huskies in 2002 ... also won the shot at the University Open with a mark of 44-1 1/2.

High School and Personal: Born June 25, 1982 ... parents are Roxanne and William ... has a brother, Jeff ... set 4A state shot put record with a career-best of 47-1 1/2 ... earned state titles in both the shot put and discus in 2001 ... was also top Washington shot-putter in 2000 ... left Auburn-Riverside with league records in the shot, discus and javelin ... earned four top-10 state finishes in the discus, and two in the javelin ... captained Auburn-Riverside squad to rtop-four state finishes in 2000 and 2001 ... at the Arcadia Invitational in California, posted top-five finishes in the shot put in 2000 and 2001 ... the three-time South Puget Sound League Field Athlete of the Year ... the Seattle Times Prep Athlete of the Month in the spring of 2000 ... earned 10 varsity letters, in track, basketball and golf ... was an honorable mention all-league selection on the basketball court in 1999.

UW Career Bests

Shot Put..... 47-9 3/4 Discus..... 142-8
Shot Put (indoor)..... 46-1 1/4 Weight Throw (indoor)..... 42-3 1/4





Lauran

DIGNAM

Sophomore • Honolulu, Hawaii • Iolani High School

2002-03: Led all Huskies at 200m and 400m, and was on both of UW's top relays ... the 14th overall finisher in the 400m at the Pac-10 meet, in 58.60 ... also ran on UW's eighth-place 4x100m relay at the Pac-10 meet ... won the 200m at the Ken Foreman Invite ... competed in four events at the WSU Dual, notching a season-best 200m mark, of 25.25 ... top 400m mark of 57.66 earned fourth at the Oregon

Invite ... indoors, ran the 400m leg of the eighth-fastest distance medley relay in school history, setting a mark of 11:54.68 ... led all Huskies indoors at 400m in 57.48 ... also competed in the 200m and 4x400m relay.

High School and Personal: Born June 19, 1984 in Westminster, Calif. ... parents are Cindy and Stephen ... youngest of three siblings, Eric and Corrine ... was named Most Outstanding Athlete at the 2002 Hawaii state championships after tying a meet record with five gold medals, including individual crowns at 100m, 200m and 400m ... for her career, earned nine state championships on the track, and led Iolani to state titles in both track and cross-country as a senior ... set the state meet record with her win in the 200m in 2002, crossing the line in 25.04 seconds ... ran the 200m after already having won titles at 100m (12.40), 400m (55.82) and 4x100m (49.63) earlier in the day ... finished off her record-tying day by anchoring Iolani's championship 4x400m relay squad, which finished in 4:01.66 ... also won five medals in 2000, including golds at 400m and 200m, silvers at 100m and in the 4x100m relay, and a bronze in the 4x400m ... a three-sport star, was named the Interscholastic League of Hawaii's Player of the Year for soccer in 2002 ... inducted into the Nissan Hall of Honor in 2002.

UW Career Bests

100m..... 12.50	200m..... 25.25	400m..... 57.66
200m (indoor)..... 25.63	400m (indoor)..... 57.48	



Carly

DOCKENDORF

Sophomore • Port Moody, B.C. • Best Secondary School

2002-03: Two-sport athlete who achieved significant success in both track and gymnastics ... earned Academic All-Pac-10 honorable mention in both sports ... cleared 12-11 1/2 in the pole vault at the Pac-10 Championships to place eighth, in just the third official outdoor competition of her collegiate career ... mark equaled

the second-best ever at Washington, and is tied for ninth-best in Canadian history ... placed 13th in the vault at the NCAA West Regional with a mark of 12-10 1/4 ... won the vault at the WSU Dual, in her official UW outdoor debut ... indoors, set the fifth-best mark in UW history, 12-0, at the Pac-10 Invite barely 12 hours after recording a perfect 10 on the floor exercise to help the UW gymnasts defeat Boise State ... scored another 10 to win a share of the Pac-10 title in the uneven bars ... earned second-team All-America honors on the floor ... won two events at the NCAA West Regional Gymnastics meet, becoming the first UW gymnast ever to post even one victory at the meet ... three perfect-10s are the most ever by a UW gymnast ... ranked among the top-10 in both bars and floor heading into the NCAA Championships ... named team MVP. **2001-02:** Competed just once, unattached, at the Ken Foreman Invite ... with a borrowed pole and shoes, and just two weeks of practice, finished third with a mark of 12-1 1/2 that would have ranked fourth all-time at UW ... completed first season of competition with the UW gymnastics team, earning Rookie of the Year honors ... won the floor exercise against Utah with a score of 9.975, the highest score on the floor ever by a UW freshman.

High School and Personal: Born January 31, 1983 ... parents are Maureen and Neal ... has a younger brother, Brody, and two older siblings, Carrie and Dustin ... also competes on the UW gymnastics team ... won the B.C. provincial championship in the pole vault as a senior, clearing 11-10 ... was fourth overall in the event at the 2001 Canadian Junior Nationals in Kitchener, Ontario, clearing 11-6 ... took 11th in the vault with a mark of 11-0 at the Canadian Senior Nationals ... as a gymnast, placed sixth in the all-around at the 1998 Canadian National Championships ... finished fourth in the all-around and third on the vault at the 1996 Junior Pan-American Games ... also competed in high school in volleyball, wrestling, rugby and soccer.

UW Career Bests

Pole Vault..... 12-11 1/2	Pole Vault (indoor)..... 12-0
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Lindsey

EGERDAHL

Junior • Auburn, Wash. • Auburn High School

2003 (Cross Country): Earned Academic All-Pac-10 honorable mention ... as co-captain, led a UW women's squad featuring four freshmen back to the NCAA Championships for the seventh-straight year, the nation's seventh-longest active streak ... was the Huskies' top runner at the national meet, placing 85th in 21:11 to spark a 19th-place team finish ... earned All-West Region honors with a 13th-place finish at the NCAA West Regional, helping the team to third ... ran 35th at the Pac-10 Championships ... led the Huskies at the Notre Dame and Pre-National meets. **2002-03:** A second-team Academic All-Pac-10 selection for cross country, and honorable mention pick for track ... earned second-straight top-10 Pac-10 finish, taking seventh in the 1500m ... Pac-10 time of 4:23.87 was ninth-fastest in UW history ... ran sixth in the event at the NCAA Regional ... earned seven top-five finishes in 2003 ... was also a Pac-10 qualifier at 800m, boasting a best of 2:10.36 ... ran lead leg of UW's distance medley relay squad that was eighth-fastest ever at UW, in 11:54.68 ... during the fall, was UW's No. 2 runner at both the NCAA Regional and NCAA Championships ... ran 21:21 for 6000m at the Pac-10 meet to place third on the team, 14th overall, and lead UW to a third-place team finish ... was the 20th overall finisher at the NCAA Regional, in 22:11. **2001-02:** Was the Huskies' No. 2 runner at 800m and 1500m, posting Pac-10 qualifying marks at each distance ... best 1500m mark of 4:31.33 earned ninth at the 2002 Pac-10 meet ... was the conference's highest-ranked freshman at 800m during the regular season, owning a best mark of 2:10.07 ... took fourth in the 1500m at the USA Junior Nationals in 4:30.93 ... earned three regular-season wins, and was top-five in 12 of 16 races during the 2002 outdoor season ... was a member of the Huskies' runner-up distance medley relay squad at the Drake Relays ... indoors, had two victories and seven top-10 finishes in eight races ... ran in the Huskies' first two cross-country meets of the season.

High School and Personal: Born May 1, 1983 ... parents are Peggy and Ryan ... youngest of four siblings, Michelle, Kristen and Jeanna ... never placed below seventh at the Class 4A state cross country meet, with a personal-best fourth-place finish as a freshman ... never placed below ninth in four years of regional competition ... finished fifth at the 1998 Class 4A state cross country meet in 18:52 ... was named team MVP in each of her last three cross country seasons ... on the track, placed fourth at state in the 1600m in 2000 and 2001 with identical 5:04 times ... interested in a career in public relations.

UW Career Bests

800m..... 2:10.07 1500m..... 4:23.87 800m (indoor)..... 2:15.65 Mile (indoor)..... 4:55.12
XC: 5000m..... 17:27 6000m..... 20:52

2004 SEASON INFO

ATHLETE BIOS

COACHES

2003 REVIEW

RECORDS

HISTORY



Marie

FOUSHEE

Freshman • Bellevue, Wash. • Bellevue High School

2003 (Cross Country): One of four freshmen in the Huskies' top-seven ... helped lead UW back to NCAA Championships for the seventh-straight year, the seventh-longest active streak in the nation ... ran seventh on the squad at the national meet, in a 6K cross country best of 22:38, to spark a 19th-place team effort ... was the 59th overall finisher at the Pac-10 Championships ... ran fourth on the squad, 13th overall, in a 5000m cross country best of 17:39 at the Sundodger Invite ... took third among UW runners at Notre Dame, and was the team's No. 6 runner at the Pre-National meet.

High School and Personal: Born Feb. 9, 1985 ... parents are Jana and Jeff ... has an older brother, Charlie ... won the 3A state cross country title in 2002 ... also captured state titles in the 1600m and 3200m runs as a senior ... performance at the state track meet led Bellevue to the team title in 2003 ... never placed lower than sixth in any event at state, including four races each at 1600m and 3200m ... earned three top-10 state cross country finishes, and was 18th as a freshman ... won two league cross country titles, and earned four more league titles on the track ... helped Bellevue sweep league and regional titles in both track and cross country as a senior ... placed ninth at the 2003 Washington/Oregon Border Clash ... named the Eastside Journal's Female Athlete of the Year in 2003 ... graduated with a 3.95 GPA ... contemplating a career in nursing.

Personal Best Marks

1600m..... 5:02 3000m..... 10:14 3200m..... 11:00 XC: 5000m..... 18:03





Jamie

GIBBS

Junior • Arvada, Colo. • Arvada West High School

2003 (Cross Country): Earned Academic All-Pac-10 honorable mention ... ran sixth on the squad at the NCAA Regional, helping UW clinch its seventh-straight NCAA Championships bid ... was the No. 7 UW runner, 43rd overall, at the Pac-10 meet ... ran fourth for UW at Notre Dame, and third on the team, 98th overall, at Pre-Nationals. **2002-03:** Earned Academic All-Pac-10 honorable mention for both cross

country and track ... a Pac-10 qualifier at 5000m, in 17:21.06 ... competed at the Pac-10 meet in the 10K, placing 13th ... ran in all but one meet during the 2002 fall season ... was the team's No. 4 finisher at the Pac-10, Regional and NCAA meets ... placed second overall at the season-opening Emerald City Invite, in 19:59.

2001-02: Limited by injury during the 2002 outdoor season ... placed eighth in the 10000m at the Pac-10 meet in 38:46.70, in just her second-career 10000m race ... indoors, recorded the fifth-fastest 5000m mark in UW history with a 16:59.87 at the McDonald's II meet ... ran no lower than fourth on the squad in every meet during the 2001 fall season ... one of five freshmen to run in UW's top-seven ... placed 17th overall at Pac-10s, in 6000m cross country best of 21:48 ... finished fourth in debut at the Emerald City Invite ... was the Huskies' No. 4 finisher, in 22:16, in a 14th-place team finish at the NCAA meet ... earned All-West Region honors with a 25th place finish at the NCAA Regional.

High School and Personal: Born Nov. 8, 1982 ... parents are Donna and Ron ... has three siblings; Lisa, Gibby and Danny ... only ran cross country for two years, earning all-conference honors in both ... ran 17th at the 200 Colorado state cross country meet ... placed fifth in the 1600m at the 2001 Simplot Indoor Games, in 5:13 ... led Arvada West to consecutive league and regional titles ... netted top-10 finishes at state track in both the 1600m and 3200m events ... set school records in three relays ... shared valedictorian honors with her sister, Lisa, finishing with a 4.0 GPA ... interested in law enforcement.

UW Career Bests

5000m..... 17:21.06 10000m..... 36:12.20 Mile (indoor)..... 5:09.11 3000m (indoor)..... 10:02.51 5000m (indoor)..... 16:59.87
XC: 5000m..... 17:50 6000m..... 21:48



Laura

HALVERSON

Junior • Mica, Wash. • Freeman High School

2003 (Cross Country): Earned Academic All-Pac-10 honorable mention ... ran sixth on the squad, 39th overall, at the Pac-10 meet ... placed fifth overall at the season-opening Emerald City Invite ... set 5K cross country PR of 17:51 in a 17th-place finish at the Sundogder Invite ... also ran at the Notre Dame and Geoduck Invitationals. **2002-03:** Limited by injury to just a handful of indoor competitions in 2003 ... competed in the mile and 3000m ... redshirted the outdoor track season ... an honorable mention Academic All-Pac-10 honoree ... ran five times during the fall season, including all three postseason races ... ran fifth on the squad at the Pac-10 meet, sixth at the NCAA Regional, and fifth at the NCAA Championships. **2001-02:** Was UW's top steepler, with a best of 11:05.04 at the WSU Dual that ranks third all-time ... placed 11th in the event at the Pac-10 meet, in 11:26.26 ... established a Husky Stadium steeple record, since broken, with a winning mark of 11:19.99 in steady snow at the Husky Classic ... was 10th in the steeple at the Drake Relays ... finished in the top-10 in every regular-season steeple competition ... limited indoors by an injury ... ran in six of seven cross country meets in 2001, missing only the NCAAs ... was ninth overall in UW debut at the Emerald City Invite ... one of five Husky freshmen to run in the team's top-seven ... was fifth on the squad at Pac-10s, and sixth at the NCAA West Regional.

High School and Personal: Born Nov. 19, 1982 ... parents are Linda and Neil ... has four siblings; Patti, Denise, Alan and Joe ... prep teammate of fellow Husky John Russell ... the three-time state cross country champion ... placed ninth at the 2000 Washington/Oregon Border Clash ... on the track, earned three state titles and 10 top-five state finishes ... in 2001, swept state titles at 1600m, in 5:03, and at 3200m, in 11:15 ... 3200m title was her second-straight in the event, having won in 11:44 in 2000 ... also netted a second (1600m) and a third (800m) at the 2000 state meet ... never finished below second in the 3200m in four years at state ... carried a 4.0 GPA ... entered UW as a junior academically.

UW Career Bests

800m..... 2:28.26 1500m..... 4:45.31 Steeple..... 11:05.04 Mile (indoor)..... 5:08.80 3000m (indoor)..... 10:08.08
XC: 5000m..... 17:37 6000m..... 21:46





Chanda

HARDIN-SCOTT

Freshman • Denver, Colo. • Denver East High School

Born July 14, 1985 in Los Angeles ... parents are Leona and Norris ... a three-time prep All-American, despite missing the entire 2003 outdoor season with an injury ... prior to her injury, ranked among the national leaders in all three hurdles events, from 60m to 300m ... ranked second in the nation indoors in the 60m hurdles by

Track and Field News in 2003 ... best of 13.94 seconds in the 100m hurdles was the 10th-best prep mark entering the 2003 season, and 300m hurdles best of 43.11 was the nation's ninth-fastest ... named a Track and Field News prep All-American in both outdoor hurdles events in 2002 ... placed 10th in the 100m hurdles at the USA Junior Nationals in 2002 ... captured Colorado's state 300m hurdles title in 2002, and was runner-up in the 100m hurdles ... placed among the top-five finishers at state in the 300m hurdles in each of her three years of outdoor competition ... earned identical second-place 60m hurdles finishes at the Simplot Indoor Games in 2002 and 2003 ... was the No. 3 finisher in the 60m hurdles at the 2003 Nike Indoor Classic in Maryland ... named All-State in each of her three seasons of track competition ... also lettered twice in basketball, and was a member of the honor roll her junior year.

Personal Best Marks

100m hurdles..... 13.79 300m hurdles..... 42.63



2004 SEASON INFO

ATHLETE BIOS

COACHES

2003 REVIEW

RECORDS

HISTORY

Kira

HARRISON

Freshman • Bellingham, Wash. • Meridian High School

2003 (Cross Country): Competed four times during the 2003 fall season, including once unattached ... made official UW debut in a 23rd-place finish at the Sundodger Invite ... unattached performance at the Emerald City Invite marked her first-ever cross country competition, at any level ... ran in the open races at the Pre-National and Pac-10 meets, placing 42nd and 5th, respectively.

High School and Personal: Born June 12, 1985 ... parents are Diana and Brent ... has an older brother, Nathaniel, at UW ... is the granddaughter of Husky Hall of Famer Walter Harrison, an outstanding center on the UW football team from 1940-42 ... did not compete in cross country as a prep ... won back-to-back state 2A 1600m titles in 2002 and 2003 ... owns the state 2A record at 1600m ... led Meridian to a fourth-place finish at the 2003 state track meet ... never finished lower than sixth in any of four 800m races at the state track championships ... was the runner-up at 800m as a senior ... set a meet record in the 1600m at the 2003 Davis Invite ... was named Outstanding Athlete at the 2003 Nooksack Valley Invite after setting meet records at 800m and 1600m ... also excelled on the soccer field, earning first-team all-state honors as a senior ... led Meridian to a second-place state soccer finish in 2001 ... graduated with a 3.91 GPA.

Personal Best Marks

400m..... 58.8 800m..... 2:12.44 1600m..... 5:01.29 3200m..... 11:46.05
XC: 5000m..... 18:07 6000m..... 22:57





Laura

HODGSON

Sophomore • Spokane, Wash. • North Central High School

2003 (Cross Country): Earned first-team Academic All-Pac-10 honors ... helped the Huskies to a fourth-place Pac-10 finish with a 55th-place individual performance ... was third on the squad, 12th overall, at the Sundodger Invite ... ran seventh among Huskies at Notre Dame, and fifth on the squad at the Pre-National meet.

2002-03: A Pac-10 qualifier on the track at 5000m ... ran first collegiate 10K at the Pac-10 meet, placing 15th in 37:16.57 ... indoors, notched the ninth-fastest 5000m mark in UW history with a time of 17:33.35 at the Pac-10 Invite ... during the fall, became the first Husky cross country runner ever to earn a victory in their collegiate debut, capturing medalist honors at the season-opening Emerald City Invite ... crossed the 5000m course in 17:41 to win by 18 seconds ... was the first win of any sort by a UW freshman since Regina Joyce in 1980 ... set 5K PR of 17:17 at the Sundodger Invite ... ran third on the squad, 31st overall, at the NCAA Regional, helping UW qualify for its sixth-straight NCAA meet ... ran sixth on the squad at the NCAAs ... placed 32nd overall in first Pac-10 appearance, in 22:03.

High School and Personal: Born July 25, 1984 ... parents are Roberta and J.C. ... has a sister, Alyssa ... ran third at the 2001 state cross country meet, in 18:32 ... led North Central to a sweep of the state, regional and district cross country crowns in 2001 ... was runner-up in the 3200m at the 2002 state meet, in 11:04.46 ... took fourth in the event at state in 2000 ... earned four first-team All-GSL honors ... took second at the 2001 Nike Border Clash meet ... won the 3200m at the 2002 Pasco Invitational, in 10:49.2 ... also earned top-10 finishes at Pasco in the 3200m in 2000, and the mile in 2001 ... ran second in the two-mile at the 2002 Nike Indoor Classic, in 10:52.74 ... qualified as a soloist on the french horn for the 2002 State Solo/Ensemble competition ... earned valedictorian honors with a 4.0 GPA ... majoring in math.

UW Career Bests

1500m..... 4:48.67 5000m..... 17:28.43 10000m..... 37:16.57 Mile (indoor)..... 5:06.11 3000m (indoor)..... 10:03.42
5000m (indoor)..... 17:33.35 XC: 5000m..... 17:17 6000m..... 21:57



Cambrielle

JENSEN

Junior • Arlington, Wash. • Arlington High School

2002-03: Earned second-straight top-10 400m hurdles finish at the Pac-10 meet, placing ninth in 1:01.56 ... bested the Pac-10 and NCAA Regional standards in the 400m hurdles with a mark of 1:00.51 at the WSU Dual, the 10th-fastest time in UW history ... ran 19th in the event at the Regional ... also ran on the Huskies' top 4x100m and 4x400m relays ... placed third or better in 10 of 13 heats during the regular season ... won two events at the Ken Shannon Invite, including the 400m hurdles and the 4x400m relay ... indoors, competed in the 200m, 400m and 4x400m relay. **2001-02:** One of UW's most versatile runners, competing in the 100m, 200m, 800m, 100m hurdles, 400m hurdles, and both relays ... was most effective in the 400m hurdles, taking 10th at the Pac-10 meet in 1:01.80 ... also ran at Pac-10s on the UW's 4x400m relay, placing eighth in 3:47.44 ... won first-ever collegiate race, taking the 400m at the Salzman Invite ... placed fifth or better in all but five races during the regular season, including four wins ... scored in three events each in dual meet competitions vs. Oregon and WSU ... clocked top 100m hurdles time of 15.44 in a fifth-place finish at the Bronco Invite ... indoors, led 4x400m relay squad to victory at the season-opening University Open ... was the team's No. 2 runner indoors at 200m, clocking a personal-best of 25.66 in a second-place finish at the Husky Scoring Meet.

High School and Personal: Born Mar. 28, 1983 ... parents are Joan and Dean ... has an older brother, Cale ... the 2001 state champion in the 300m hurdles ... also won the 300m hurdles at the 2001 Washington/Oregon Border Clash ... took sixth in the 400m hurdles at the 2001 Junior Olympics ... the four-time Wesco League champion in the 300m hurdles, and three-time champ in the 100m hurdles ... was state runner-up in both hurdles events in 2000, and took fifth in the 100m and 200m dashes ... was fourth and third, respectively, at state in the 300m hurdles in her first two seasons ... placed eighth in the 400m hurdles at the 1999 Foot Locker National Outdoor Championships in Raleigh, N.C. ... voted team MVP in each of her last three years, and most inspirational every year except 2000 ... captained the team in each of her final two seasons ... also lettered three years in cross-country, serving as captain twice.

UW Career Bests

400m..... 58.48 100m hurdles..... 15.44 400m hurdles..... 1:00.51
60m hurdles (indoor)..... 9.06 200m (indoor)..... 25.66 400m (indoor)..... 57.85





Amy

LIA

Freshman • Bothell, Wash. • Bothell High School

2003 (Cross Country): Ran among the top-three Huskies at every varsity race ... one of four freshmen who helped lead UW back to the NCAA Championships for the seventh-straight year, the nation's seventh-longest active streak ... ran first on the squad in her debut at the Sundodger Invite, placing seventh overall in 17:26 ... was the team's third finisher, in 21:19, in a 19th-place team effort at the NCAA meet ... earned All-West Region honors with a 20th-place finish at the NCAA Regional, helping UW to third ... was second on the squad, 20th overall, at the Pac-10 Championships ... also ran No. 2 for Washington at Notre Dame and Pre-Nationals.

High School and Personal: Born May 24, 1984 ... 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 ... earned three top-20 finishes at the state 3A cross country championships ... the runner-up at the 1999 Junior Olympics cross country championships ... named Eastside Journal Athlete of the Week as a senior ... earned three letters, and served as captain one season ... also lettered in gymnastics, and played premier-league soccer for three years.

Personal Best Marks

800m..... 2:15 1600m..... 5:07
XC: 5000m..... 17:26 6000m..... 21:01



Ashley

LODREE

Freshman • Richmond, Calif. • El Cerrito High School

Born Oct. 22, 1985 in Chicago ... mother's name is Wanda, and sister is Alexandria ... a prep All-American in both hurdles events in 2003 ... closed the 2003 season ranked among the top-five preps nationally in both the 100m hurdles and 300m hurdles ... best legal mark of 13.63 during the regular season was the nation's fifth-best ... after the season, clocked a 13.56 for 100m hurdles in a third-place finish at the U.S. Junior Nationals at Stanford ... mark would have been good for seventh at last year's Pac-10 Championships ... ranked third in the nation in the 300m hurdles with a best mark of 41.54 ... won the high hurdles at the 2003 Golden West Games in Sacramento in 13.64 seconds ... as a high-school sophomore, placed second in the 100m hurdles, in 13.74, at the Junior World Championships in Hungary ... never placed lower than sixth in the 100m hurdles in four years of state championships competition ... also earned top-six state finishes in the 300m hurdles and long jump during her prep career ... missed the 2002 season due to injury ... interested in a career in fashion design.

Personal Best Marks

100m hurdles..... 13.63 300m hurdles..... 41.54
Long Jump..... 19-6





Ingvill

MAKESTAD

Junior • Odda, Norway • Odda Vidaregaende Skole

2003 (Cross Country): After sitting out the first half of the season, ran no lower than second on the squad in three postseason meets ... one of five newcomers to compete for Washington at the NCAA Championships ... earned All-West Region honors with a fifth-place finish at the NCAA Regional meet, in 20:37 ... led the Huskies to a third-place finish at the Regional, helping the UW women qualify for a seventh-consecutive trip to the NCAA Championships ... was the team's No. 2 runner at the national meet, sparking a 19th-place team finish ... led all Huskies with a ninth-place finish at the Pac-10 Championships, in just her second-ever cross country race at any level ... made cross debut at the Pre-National Meet, running fourth on the squad.

High School and Personal: Born Aug. 7, 1981 in Odda, Norway ... parents are Sissel and Karsten Makestad ... has a younger brother, Kjetil ... has competed on the European amateur circuit for several years ... won the 2003 Norwegian national title at 800m ... followed up that performance with a fourth-place finish in the 1500m at the Under-23 European Championships in Poland last summer ... ran a personal-best of 4:13.58 at the European under-23 meet that, if duplicated at Washington, would be the school's third-fastest all-time ... took fourth in the 800m at the Under-20 European Championships in both 1997 and 1999 ... was the eighth-place finisher in the 800m at the 1998 World Junior Championships in France, finishing in 2:06.38 ... ran a leg of Norway's second-place 4x400m relay squad in a 1999 EuroCup competition ... placed second in the 800m in a 1999 EuroCup race, in a personal-best 2:04.99.

Personal Best Marks

800m..... 2:04.99 1500m..... 4:13.58
XC: 6000m..... 20:37



Stevie

MARSHALEK

Freshman • Kent, Wash. • Kentlake High School

Born June 1, 1985 in Yakima, Wash. ... parents are Jennifer and Steve ... has three brothers, Josh, Seth and Chris ... boasts Washington prep records indoors and out at both 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 in the pole vault at the 2003 U.S. Junior Nationals, and was the eighth-place finisher in 2002 ... earned third at the Nike Indoor Championships in 2003, and fifth in 2002 ... took third in the vault each of the past two seasons at the 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 ... swept league and district titles in each of her last two seasons ... 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.

Personal Best Marks

Pole Vault..... 12-10 Pole Vault (indoor)..... 12-11 1/2





Brianna

McLEOD

Freshman • Jenks, Okla. • Jenks High School

2003 (Cross Country): One of just three Huskies to run in the team's top-seven at every varsity meet ... one of four freshmen in the team's top-seven at the NCAA Championships ... helped the UW women reach the NCAA's for the seventh-straight year ... became just the second freshman ever to win their UW debut with a victory at the season-opening Emerald City Invite ... ran fifth on the squad at the NCAA meet, helping the UW women to 19th ... was the team's No. 5 runner at the NCAA Regional, and ran fourth on the squad at the Pac-10 meet ... also ran in the top-seven at all three regular-season meets.

High School and Personal: Born Nov. 19, 1984 in Humble, Tex. ... parents are Daria and Tim ... has five siblings ... named a Verizon Prep All-American at 3000m in 2002 and 2003... earned cross country All-America honors from both Nike and Harrier Magazine in 2001 and 2002 ... led Jenks to sweeps of the league, district and state cross country titles all four years ... the three-time state 5A cross country champ ... took second at state in 2001, while injured ... was ranked sixth nationally at 3200m ... a five-time state track champion ... placed third in the 3000m at the 2003 U.S. Junior Nationals, and was fifth in 2002 ... ran second in the mile, in 4:50.90, at the 2003 Golden West Games ... earned two top-five finishes at the 2002 Nike Indoor meet ... set a meet record in the H.S. girls 1600m at the 2003 Texas Relays ... was honored as the state's top cross country runner with the Jim Thorpe Award, and was a finalist for the Wendy's High School Heisman ... competed for the U.S. at the 2003 Pan Am Junior Championships ... also led Jenks to state swimming titles in 2002 and 2003 ... swam on the three-time state champion 400 free relay, and earned three individual top-five state finishes ... graduated with a 4.28 GPA.

Personal Best Marks

800m..... 2:13 1600m..... 4:49 3000m..... 9:46 3200m..... 10:41 XC: 5000m..... 17:41 6000m..... 21:43



Brittney

ROBERTS

Senior • Fresno, Calif. • Bullard High School

2002-03: One of just six UW women, including teammate Sidney Brown, to clear 40 feet in the triple jump ... earned first-ever NCAA Championships bid with a third-place finish in the triple at the West Regional, just 3/4 of an inch shy of first place ... took fourth in the event at the Pac-10 meet two weeks prior, her third straight top-10 Pac-10 finish in the event ... also competed in the high jump at the Pac-10s, placing 11th ... was 22nd overall in the triple at the NCAA meet ... moved to second in UW history in the triple with a jump of 41-4 1/2 at the Stanford Invite ... placed outside the top-five in the triple just once in five months ... was also UW's leading long jumper, and tied for team-high in the high jump ... indoors, set a UW record with a winning jump of 41-4 1/4 at the UW Invite, more than 10 inches beyond the previous best. **2001-02:** Led all UW competitors in the high and triple jumps, and was second on the squad in the long jump ... at the Pac-10 meet, climbed to third in UW history in the triple, soaring 40-8 3/4 to place fourth ... placed 13th at the Pac-10 meet in the high jump, at 5-5 1/4 ... qualified for the meet with a best high jump mark of 5-7 that was just an inch shy of UW's all-time top-10 ... covered 18-0 1/2 in season-best long jump ... won the triple jump at the Salzman Invite with a then-best jump of 40-0 ... indoors, was UW's leading triple jumper at 39-10 1/2, then the third-best indoor mark ever at UW. **2000-01:** Placed 10th in the triple jump at the Pac-10 meet with a mark of 36-11 3/4 ... led the squad in 2001 with a mark of 38-7 ... was UW's lone high jumper outdoors ... posted a season-best jump of 5-1 3/4 at the Salzman Invite ... never placed out of the top-10 in 15 total events ... ranked third on the squad in the long jump with a best mark of 17-5 1/2 ... indoors, led all UW triplers with an MPSF-qualifying mark of 39-0 1/2 ... placed fifth in the event at the MPSF meet at 37-4 ... notched top UW mark in the high jump at 5-3. **1999-2000:** Redshirted the season.



High School and Personal: Born May 14, 1981 in Chino, Calif. ... parents are Beverly and Terumi ... has a brother, T.J., and a sister, Ashley ... cousin of Ralph Boston, 1960 Olympic long jump gold medalist and former world-record holder ... competed at the California state track meet all four years ... placed ninth in the triple jump at state as a junior, and ninth in the high jump as a freshman ... also earned 10th and 11th place finishes in the high jump and long jump, respectively, in 1997, and in the triple jump and long jump, respectively, in 1999 ... was captain of the track team her senior season.

UW Career Bests

High Jump..... 5-7 Long Jump..... 18-4 1/2 Triple Jump..... 41-4 1/2
High Jump (indoor)..... 5-6 Long Jump (indoor)..... 17-3 1/4 Triple Jump (indoor)..... 41-4 1/4



Kate

SOMA

Junior • Portland, Ore. • Grant High School

2002-03: Is the nation's No. 2 returning vaulter ... is the only UW woman ever to clear 13 feet, having done so five times outdoors, and once indoors ... earned Academic All-Pac-10 honorable mention ... became UW's first female pole vault All-American with a seventh-place finish at the NCAA meet ... was forced out of competition at the national meet when a broken pole lacerated her hand on her

third attempt at 13-9 1/2 ... injury kept her out of U.S. Senior Nationals ... achieved the eighth-best mark in Pac-10 history with a clearance of 13-10 at the NCAA West Regional, nearly nine inches beyond her previous best and good for second place ... mark would have won every Regional except the West, where Oregon's Becky Holliday set a collegiate record ... placed sixth in the event at the Pac-10 meet ... indoors, broke her own UW record with a mark of 13-3 3/4 at the Pac-10 Invite ... placed 12th at the NCAA Indoor meet, in 12 11 1/2. **2001-02:** Crushed UW indoor and outdoor pole vault records in first collegiate season ... became first Husky female ever to clear 13 feet in the vault with a mark of 13-1 1/2 at the Oregon Dual that was two inches beyond the previous UW record ... placed 16th at the NCAA meet with a mark of 12-3 1/2 ... the following week, placed third at the U.S. Junior Nationals at 12-11 1/2 ... tied for 12th in the vault at the Pac-10 meet ... was equally dominant indoors, with a best of 12-11 1/2 that was nearly a foot beyond the previous indoor record of 12-0 3/4 ... set the mark at the UW Invitational in February, just her fourth collegiate competition ... four of six indoor vaults in 2002 were beyond the previous UW record.

High School and Personal: Born Feb. 13, 1983 ... parents are Donna and Tom ... has two sisters, Christine Soma and Mica Cojocar ... won 2001 state title in the pole vault at 11-9 ... took first at the 2001 Junior Olympics at Oregon's Hayward Field, vaulting a prep-best 12-0 ... as a junior, set a district record and placed second at state ... was eighth at state in 1999 ... won consecutive league titles from 1999-2001 ... captained squad her senior year ... was a cheerleader her last three years at Grant, earning All-American honors in the sport in 2000 ... a member of the National Honor Society, graduated with a 3.95 GPA.

UW Career Bests

Pole Vault..... 13-10 Pole Vault (indoor)..... 13-3 3/4



Megan

SPRIESTERSBACH

Senior • Lakewood, Wash. • Bellarmine Prep

2002-03: Redshirted the season to preserve a year of eligibility. **2001-02:** Was at her best over the final month, capping the regular season with a career-best throw of 158-2 in a victory at the Ken Foreman Invite... mark was an NCAA provisional qualifier, and broke her own UW javelin record of 156-4 ... school record lasted one week, until Heather Reichmann bettered it with a throw of 158-3 at the Pac-10 meet ... took eighth at that same Pac-10 meet with a throw of 154-10 ... earned third-straight top-10 Pac-10 finish ... finished fourth or better in all but two javelin events in 2002. **2000-01:** Placed 18th in the javelin in NCAA meet debut, with a mark of 137-5 ... was the third-place finisher at Pac-10s ... won four-straight javelin events to open the season, and seven of 12 overall ... season-best of 156-4 earned first at the Ohio Quad.. **1999-2000:** Placed fourth in the javelin with a mark of 144-2 at the Pac-10 meet ... recorded season-best mark of 147-1 in a second-place finish at BYU.

High School and Personal: Born Apr. 9, 1981 ... parents are Mary and Dan ... has a brother, Ryan ... father started at safety for UW from 1966-68 and currently serves as a Pac-10 football referee ... set a school record in the javelin in an eighth-place finish at the 1998 Junior Olympics... earned three top-five state finishes in the javelin, with a best of fourth, in 1998 ... set the Bellarmine record in the triple jump in 1998 ... collected nine letters, three each in track and field, basketball and soccer ... soccer team won the 1996 state title and was third in 1998 ... basketball placed seventh at state in 1998 ... first-team All-Narrows League in basketball as a senior and a second-team soccer selection ... named the Tacoma News Tribune Athlete of the Week in April 1998 ... voted the Lakewood Journal and Bellarmine Prep Athlete of the Month for April 1999.

UW Career Bests

Javelin..... 158-2





Brynne

STEWART

Sophomore • Sylmar, Calif. • Cleveland High School

2002-03: Was UW's top sprint hurdler, clocking a best of 14.05 that equaled the fifth-fastest mark in UW history ... placed 21st in the event at the NCAA Regional in 14.14 ... was the 13th overall finisher in the 100m hurdles at the Pac-10 meet, in 14.48 ... also competed at Pac-10s in the 4x100m relay, leading UW to eighth ... was a member of both of UW's top relays ... led the 4x100m squad to a best of 47.38 at the Pepsi Invite ... 4x400m squad earned top clocking of 3:52.59 at the same meet ... swept the 100m dash, 100m hurdles and 4x400m relay titles in outdoor debut at the Ken Shannon Invite ... competed in six events total outdoors, including both hurdles, both relays, and the 100m and 200m dashes ... indoors, ranked among the top-three Huskies in both sprints and the 60m hurdles ... won first-ever collegiate final, clocking 8.98 in the 60m hurdles at the Indoor Preview ... led all sprint hurdlers in 8.78 seconds ... was just .04 off the team's season-best at 200m, with a mark of 25.55 at the Pac-10 Invite.

High School and Personal: Born Jan. 10, 1984 in Mission Hills, Calif. ... parents are Katheryn and Lowell Steward, Jr. ... has two sisters, Carlyn and Kimberly ... won the 100m hurdles title at the 2000 USATF Junior Nationals, in 15.0 seconds ... took sixth in the event at the AAU Junior Olympics in 2000 ... clocked prep-best hurdles mark of 14.5 seconds in a 10th-place finish at the California state meet in 2002 ... also PR'd in the 300m hurdles at the same meet, placing 12th in 44.4 seconds ... swept regional titles in both hurdles events in 2001 and 2002, and added the 4x100m relay crown as a senior ... lettered all four years, serving as captain in each of the last two ... led Cleveland to district and regional titles in 2002, and top-three placings in both from 1999-2001 ... also lettered three years in basketball, averaging 17 ppg. as a senior ... was outstanding in the classroom as well, earning a 3.7 GPA.

UW Career Bests

100m hurdles..... 14.05 60m hurdles (indoor)..... 8.78 200m (indoor)..... 25.55



2004 SEASON INFO

ATHLETE BIOS

COACHES

2003 REVIEW

RECORDS

HISTORY



Kathryn

TOURAN

Junior • Petoskey, Mich. • Petoskey High School

2003 (Cross Country): Earned Academic All-Pac-10 honorable mention ... ran sixth on the squad at the NCAA Championships, helping UW to a 19th-place finish ... ran seventh on the squad in a third-place team finish at the NCAA West Regional ... strong finish helped UW clinch seventh-straight NCAA Championships bid ... was 45th overall at the Pac-10 meet, in 23:59 ... placed third at the season-opening Emerald City Invite, and was UW's No. 5 runner at Notre Dame. **2002-03:** Earned Academic All-Pac-10 honorable mention on the track ... earned first-ever bid to the Pac-10 meet with a time of 4:36.04 for 1500m at the Pepsi Invite ... took 16th in the event at the Pac-10 meet ... earned top-six finishes in three of four regular-season 1500m races ... indoors, ran once each in the 800m, mile and 3000m events ... ran in three races during the 2002 cross country season ... led all Husky finishers, in a career-best 18:34, at the Willamette Invite ... also ran at the Emerald City and Sundodger meets, finishing among the top-10 UW runners at both. **2001-02:** Missed all of the 2001 cross-country season and most of the track seasons with an injury ... ran just twice outdoors as an unattached runner, posting a best mark of 4:48.26 in the 1500m at the Ken Foreman Invitational. **2000-01:** Redshirted both the track and cross country seasons.

High School and Personal: Born May 1, 1982 ... parents are Suzanne Wehrenberg and Neal Touran ... oldest of four siblings, including Nick, Molly and Jack ... father, an anesthesiologist, did his medical residency at UW ... was a state medalist in cross country as a senior ... placed eighth in the state at 1600m in 1999 ... lettered all four years ... was captain of the team from 1998-2000 ... ran in the 1999 Foot Locker Cross Country Invitational ... was a National Merit Scholarship Finalist ... majoring in zoology.

UW Career Bests

800m..... 2:18.36 1500m..... 4:36.04
800m (indoor)..... 2:24.41 Mile (indoor)..... 5:08.25 3000m (indoor)..... 10:09.95
XC: 5000m..... 17:54 6000m..... 22:13





Alison

TUBBS

RS Freshman • Enumclaw, Wash. • Enumclaw High School

2003 (Cross Country): Ran just twice while recovering from injury ... earned a victory in first-ever 6000m cross country competition, in the open race at the Pac-10 meet ... also competed at the Geoduck Invitational, placing eighth overall, and second among Huskies, in 18:37. **2002-03:** Redshirted both the cross country and track and field seasons with an injury.

High School and Personal: Born Oct. 27, 1983 ... parents are Tim and Nancy ... has two younger sisters, Vanessa and Melanie ... father was a track and cross country letterwinner at Western Washington ... won the 2001 Great American Shootout in North Carolina in 16:48, the fastest 5000m cross country mark in the nation in 2001 ... placed third in the 5000m against a nationally-competitive field at the 2001 Seattle International Track and Field Championships, posting a time of 16:44.81 that was a meet record for a prep runner ... was second in the 3200m at the 2001 Nike Indoor Championships ... missed the 2002 track season while rehabilitating an injury ... in 2001, set a state 4A championships record with a time of 10:11.94 in the 3200m, nearly 48 seconds ahead of her nearest competitor ... was runner-up in the 1600m at the 2001 state meet, in 4:54.41 ... placed sixth at state in 2001, and 14th at state in 2000 ... earned a fifth-place finish in the 1600m and a sixth in the 3200m at state in 2000 ... was honored as both league and district MVP in 2000 and 2001.

Personal Best Marks

1600m..... 4:54.41 3200m..... 10:11.94 5000m..... 16:44.81
XC: 5000m..... 16:48 6000m..... 23:51



Grace Chenesai

VELA

Junior • Toronto, Ont. • Vaughan High School

2002-03 (Lewis University): Earned NCAA Division II All-America honors as a member of Lewis' outstanding 4x100m relay squad ... relay's best of 45.77 seconds set a Lewis University record ... also competed at the D-II nationals in both the triple and long jumps, placing 11th and 12th, respectively ... was named Great Lakes Valley Conference Athlete of the Year after winning five events at the 2003 GLVC Championships ... won individual conference titles in the 100m hurdles, long jump, triple jump and heptathlon, and added another in the 4x100m relay ... indoors, added a pair of GLVC titles, in the 55m hurdles and the triple jump, and placed second in the long jump ... boasts bests in the long jump and heptathlon that would rank among Washington's all-time top-10. **2001-02 (Lewis University):** Competed as a freshman at Lewis University.

High School and Personal: Born Sept. 8, 1982 in Harare, Zimbabwe ... has four siblings, brothers Blessed and Emmanuel, and sisters Sitembile and Thandiwe ... earned Ontario provincial long jump title as a junior in 2000 ... was named Vaughan's Athlete of the Year that same season ... served as captain all four seasons ... majoring in economics ... interested in teaching economics at the collegiate level.

Personal Best Marks

200m..... 25.83 Long Jump..... 19-8 Triple Jump..... 39-1 Heptathlon..... 4,493
55m hurdles (indoor)..... 8.44





Ashley

WILDHABER

Sophomore • Chehalis, Wash. • W.F. West High School

2002-03 (UNC Wilmington): Competed for one season at UNC Wilmington before transferring to Washington in the fall of 2003 ... set a meet record in a victory at the 2003 Colonial Athletic Association Championships, clearing 11-6 1/4 ... crushed the UNC Wilmington school record outdoors with a best of 12-6 ... placed seventh in the vault at the ECAC Championships with a mark of 12-4 ... placed 23rd in the pole vault at the NCAA East Regional ... won the vault at the 2003 Georgia Invitational.

High School and Personal: Born Oct. 29, 1983 ... parents are Pamela and Fred ... has five siblings, brothers Jeremy and Justin, and sisters Amber, April and Andrea ... uncle, Brian Stapp, played football at Washington in 1959, and has the team's award for Special Teams Scout Squad MVP named after him ... won the pole vault at the 2002 U.S. Junior Olympics Regionals in Shoreline, Wash. ... placed seventh in the event at the 2002 Nike Indoor Classic in Maryland ... was the state 3A titlist as a sophomore in 2000, and took third in the event in 2001 ... received the Olympian's Award of Excellence in 2001 ... lettered all four year and served as captain in 2002 ... also lettered four times in volleyball, and once in basketball ... interested in a career in forestry management.

Personal Best Marks

Pole Vault..... 12-6



2004 SEASON INFO

ATHLETE BIOS

COACHES

2003 REVIEW

RECORDS

HISTORY



Dallon

WILLIAMS

Freshman • Turlock, Calif. • Turlock High School

2003 (Cross Country): One of four freshmen to run in UW's top-seven at the NCAA Championships ... ran fourth on the squad at the national meet, sparking a 19th-place team finish ... earned All-West Region honors with a 26th-place finish at the NCAA Regional, in a 6K cross country best of 21:12 ... strong finish helped Huskies place third and clinch seventh-straight NCAA Championships berth ... 26th-place Regional finish mirrored her Pac-10 placing, the third-best conference finish by a Husky in 2003 ... ran fourth on the squad, and 11th overall, in collegiate debut at the Emerald City Invite ... also ran with the varsity at the Sundodger and Notre Dame Invites, and was the 13th overall finisher in the open race at the Pre-National Meet.

High School and Personal: Born Jan. 9, 1985 ... parents are Carolyn and Ralph ... has an older brother, Drew ... went undefeated at 800m, 1600m and 3200m during the 2003 regular season ... earned cross country All-America honors in 2002 with a seventh-place finish at the USATF Junior Nationals ... was the seventh-place finisher at the 2003 CIF state cross country meet, in a career-best 18:25 ... earned district cross country MVP honors in 2002, and league MVP honors for track and cross country as a senior ... led track and cross country squads to league titles as a junior and senior ... was undefeated in cross country league competition her senior year ... qualified for the state track meet at 3200m in 2002, and made her first trip to the state cross country meet in 2000 ... swept league 800m and 1600m titles as a freshman ... never placed lower than second at the Central California Conference cross country meet ... owns two national age-group titles in the triathlon ... never placed below third in eight years of competition at the Ironkids national triathlon finals ... also participated three years in basketball.

Personal Best Marks

800m..... 2:18 1600m..... 5:00.47 3200m..... 11:16
XC: 5000m..... 17:49 6000m..... 21:12





Angela

WISHAAR

Junior • Shoreline, Wash. • Shorecrest High School

2003 (Cross Country): Saw action in four meets during the 2003 fall season ... was the third overall finisher in the open race at the Pac-10 meet, clocking a 6K cross country best of 24:18 ... ran fifth on the team, 14th overall, at the Geoduck Invitational in Olympia ... shaved more than two minutes off her preseason 5K cross country PR with an 18:59 at the Sundodger Invite ... placed 20th overall at the

season-opening Emerald City Invite. **2002-03:** Earned first-career Pac-10 Championships berth with a 4:39.04 for 1500m at the Pepsi Invite ... took 17th in the event at the conference meet, in 4:44.51 ... earned top-10 finishes in all but one regular-season race ... was among the Huskies' top-five at 800m with a best of 2:19.76 ... indoors, ran the mile and 800m ... competed once during the cross country season, clocking a 21:56 for 5000m at the season-opening Emerald City Invite. **2001-02:** Focused on the 800m during the 2002 track season, clocking a best time of 2:23.74 at the Salzman Invite ... earned top-10 finishes in both of her outdoor races ... also ran the 800m indoors, with a best of 2:21.22 at the UW Indoor Qualifier ... redshirted the 2001 cross-country season.

High School and Personal: Born Nov. 11, 1982 ... parents are Joni and James ... has a brother, Nicholas, and a sister, Valerie ... served as Shoreline's team captain her senior season ... lettered all four years ... was named Shoreline's Female Scholar Athlete of the Year in 2001 ... also lettered four years in soccer, leading squad to a Class 4A state title and a No. 8 national ranking in 2000 ... participated on Diamonte select soccer squad, leading team to club-level state title in 1997.

UW Career Bests

800m..... 2:19.76 1500m..... 4:39.04 800m (indoor)..... 2:21.22 Mile (indoor)..... 5:04.65
XC:5000m..... 18:59 6000m..... 24:18



Tiffany

ZAHN

Sophomore • Newberg, Ore. • Newberg High School

2002-03: Capped a terrific freshman year with a fourth-place finish in the javelin at the Pac-10 meet ... career-best mark of 157-9 at Pac-10s was the third-best in UW history ... placed 11th in the event at the NCAA West Regional ... took second in the javelin at the Pepsi Invite with a mark of 155-2 ... placed lower than fourth in an event just twice all season.

High School and Personal: Born Nov. 14, 1983 ... parents are Teri and Clyde ... has one brother, Phil ... earned prep All-American honors from Track and Field News and Accelerade, and was a USATF Jr. All-American honoree ... ranked fourth in the nation by Track and Field News in 2002 ... a two-time top-10 finisher in the javelin at the U.S. Junior Nationals ... took fourth in the event in 2001, and sixth in 2002 ... won Oregon's state javelin title in 2002 ... placed second at state in 2001, and seventh in 2000 ... swept the state and regional competitions of the Junior Olympics in 2001 before taking fourth at the national meet ... also won the state Junior Olympics title in 2000, and was second at the regional meet ... placed second in the javelin at the Adidas Outdoor Nationals in 2002 with a mark of 142-5 ... a first-team all-state and all-league selection in 2001 and 2002 ... named a Pac 9 Scholar Athlete in 2002 ... also lettered in both soccer and basketball ... earned second-team all-league honors for soccer in 2000 and 2001, also serving as captain both years ... was a second-team all-league selection on the basketball court in 2002, and a third-team pick in 2001 ... graduated with a 3.8 GPA.

Personal Best Marks

Javelin..... 157-9



Chessa Adsit-Morris



Sophomore
Distances
San Diego, Calif.
University HS

Cheri Craddock



Freshman
Sprints
San Pablo, Calif.
James Logan HS

Mallory Higgins



Sophomore
Hurdles
Bellevue, Wash.
Eastlake HS

Noelani Kaneko



Sophomore
Distances
Seattle, Wash.
Bishop Blanchet HS

Cassie Ranstrom



Freshman
Distances
Seattle, Wash.
Seattle Christian HS

Katrina Smith



Sophomore
Sprints
Los Angeles, Calif.
Beverly Hills HS

Sayaka Yoshinaga



RS Freshman
Distances
Seattle, Wash.
Ballard HS

Gaelle Banini



Sophomore
Mid-Distances
Richmond, B.C.
Charles London HS

Jessica Daiger



Freshman
Distances
Seattle, Wash.
Bishop Blanchet HS

Piper Hope



Sophomore
Throws
Orofino, Idaho
Orofino HS

Natalie Lo



Freshman
Distances
Auburn, Wash.
Auburn-Riverside HS

Kristan Schlatter



Sophomore
Jumps
Olympia, Wash.
Olympia HS

Mariah Swango



Sophomore
Pole Vault
Laguna Hills, Calif.
Laguna Hills HS

Shirley Bocian



Freshman
Throws
Seattle, Wash.
Bishop Blanchet HS

Tina Gall



Freshman
Distances
Edmonds, Wash.
Edmonds-Woodway HS

Alexis Jaime



Senior
Pole Vault
Laguna Hills, Calif.
Laguna Hills HS

Kelsey McCallum



Freshman
Distances
Edmonds, Wash.
Edmonds-Woodway HS

Karen Schwager



Sophomore
Mid-Distances
Langley, Wash.
South Whidbey HS

Carin Trygg



Freshman
Throws
Kenmore, Wash.
Inglemoor HS

Kendra Caprye



Junior
Multi-Events
Spokane, Wash.
Shadle Park HS

Amy Groesbeck



RS Freshman
Pole Vault
Bellingham, Wash.
Squalicum HS

Merilee Jones



Junior
Pole Vault
Columbia River, Wash.
Columbia River HS

Lara Nelson



Junior
High Jump
Spokane, Wash.
Central Valley HS

Leila Shiraiwa



Sophomore
Distances
Gig Harbor, Wash.
Gig Harbor HS

Molly Wise



Sophomore
Distances
Gig Harbor, Wash.
Gig Harbor HS/
Univ. of Colorado



Greg

METCALF

Head Coach, Track & Field and Cross Country
2nd year, 7th overall at UW

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

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

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

On Aug. 13, 2002, Metcalf's latest dream became a reality.

Having served five years as assistant track and field coach in charge of Washington's distance runners, Metcalf became Washington's 12th head track and field coach all-time, and just the fifth since Clarence "Hec" Edmundson took the helm in 1919.

Metcalf is only the second coach in Washington history to be simultaneously handed the reins of both the men's and women's programs, joining former coach Orin Richburg.

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

Washington's women's cross country squad has reached the NCAA Championships in each of Metcalf's seven seasons, and the coach led the Husky men back to the NCAA meet this fall for the first time since 1994.

The 2003 track season, Metcalf's first at the helm of the entire program, proved to be one of the most exciting seasons in Washington history. Eleven Huskies qualified for NCAA Championships competition, more than doubling the team's number of NCAA participants from a year before.

Washington's women earned three All-America certificates and tied for 29th overall at the NCAA meet, equaling the best performance by a UW women's team at the national meet since 1988.

Pole vaulter Brad Walker earned an NCAA indoor title in March 2003 with a mark of 19-0 1/4 that equaled the third-best indoor vault in the world in 2003. Additionally, Husky athletes shattered 14 school records, while achieving three marks that ranked among the Pac-10's top-10 all-time.



By maximizing the potential of the state-of-the-art Dempsey Indoor facility, Metcalf has helped make Washington a premier destination for professional, collegiate and prep athletes seeking high-level indoor competition.

Last year, Metcalf brought a slew of former Olympians to Dempsey Indoor to compete against the nation's top collegiate teams. The resulting meets produced five top-10 world marks, three of the top Masters' marks in U.S. history, eight school records and dozens of NCAA qualifying performances.

In 1997, Metcalf's first season working with Husky distance corps, he guided the Husky women to a 14th-place finish at the NCAA meet, a placing matched by Washington's 2001 squad. In between, the Huskies posted top-25 NCAA finishes each season, including a all-time best ninth place finish in 1998.

Metcalf has not only been defined by his team's success. Several individuals have excelled under his tutelage as well. In 2002, miler Eric Garner became just the second Husky ever to post a four-minute mile, while in 2003 Courtney Inman broke a 22-year old school record to earn All-America honors in the 1,500 meters.

Metcalf has also prepared runners for outstanding careers after college, as illustrated by the success of former Huskies David Bazzi and Christian Belz.

Bazzi, an All-American and Pac-10 champion in 2001 and holder of two school records, was a member of the United States' team at the 2001 World University Games, and currently works as a UW assistant.

Belz, a two-time Pac-10 steeplechase runner-up, won two national steeplechase titles in his native Switzerland and ran for the Swiss national team at the 2000 Olympic Games in Sydney, Australia.



Greg and Kristin Metcalf



In all, Metcalf's runners have earned 10 All-America awards, five Pac-10 titles, 63 NCAA qualifying marks, and 11 school records.

Metcalf's teams have also been among the brightest at a school renowned for its high academic standards. His cross-country runners are five-time recipients of the Cross-Country Coaches Association All-Academic honor, and three Husky individuals have earned Academic All-American acclaim. UW dominated the Pac-10's all-academic track team in 2003, placing 33 athletes on the team, including six first-team honorees.

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. He coached the Auburn men's team to a second-place performance at the 1997 NCAA Indoor Track & Field Championships.

Metcalf received a bachelor's degree in geography from UW in 1993 and completed all 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 among all-time Husky steeplers. He also was a steeple finalist in the 1996 U.S. Olympic Trials.

At Ephrata (Wash.) High School, Metcalf won the 1987 state cross country title and the 1988 1,600-meter crown.

Metcalf is married to former Husky distance runner Kristin Ellis, currently a teacher and track coach at Bishop Blanchet High School in Seattle. The couple is expecting their first child in February.

Husky Coaching History

All-Time UW Men's Coaches

Year	Coach	Dual Meet Record	Percentage
2003-cur.	Greg Metcalf	0-1	.000
1998-2002	Orin Richburg	23-12	.657
1968-97	Ken Shannon	80-88-1	.476
1955-68	Stan Hiserman	57-49	.538
1919-54	Clarence S. Edmundson	83-50	.624
1916-18*	Charles W. VanderVeer	0-2	.000
1915	Lawrence J. Martin	1-1	.500
1912-14*	Dr. David C. Hall	4-4	.500
1911	Maybury	2-1	.667
1909-10*	Dr. David C. Hall	3-2	.600
1907-08	Hiram B. Conibear	1-5	.167
1906	Winnie Cutter	2-1	.667
1905	Dr. B.F. Roller	6-3	.667
1903-04	James C. Knight	2-1-1	.500
1900-02*	Charles W. VanderVeer	7-3	.700
Totals		263-223-2	.541

* - indicates multiple terms

All-time UW Women's Coaches

Year	Coach	Dual Meet Record	Percentage
2003-cur.	Greg Metcalf	0-1	.000
1986-2002	Orin Richburg	79-32-1	.710
1985	Clyde Duncan	3-1	.750
1976-84	Alan Bonney	18-24	.429
1975	Rusty Llewellyn	0-0	.000
Totals		97-58-1	.625



Ken Shannon



Clarence "Hec" Edmundson





Pat

LICARI

Assistant Coach, Vaults/Jumps/Multi, 8th Year

In the spring of 2002, head coach Greg

Metcalf hired Pat Licari as a full-time assistant coach to work with Washington's pole vaulters and jumpers, and with good reason.

Over the past seven years at Washington, Licari has developed some of the nation's premier vaulters, including All-Americans Matt Phillips and Kate Soma, and NCAA champion Brad Walker.

The 2003 season was among the finest ever for the Huskies' vaulters. Walker earned the NCAA indoor title with a Pac-10 record vault of 19-0 1/4 that equaled the third-best indoor vault in the world last year, and was the sixth-best vault in collegiate history.

Soma, meanwhile, earned her first NCAA All-America certificate with a sixth-place performance at the NCAA Championships. Soma's season-best of 13-10 at the NCAA West Regional was the sixth-best vault in Pac-10

history, while teammate Carly Dockendorf climbed to ninth in Canadian history with a vault of 12-11 1/2.

The 2002 season was nearly as successful for Licari, who saw Walker win his first of two straight Pac-10 titles, earn All-America honors with a second-place finish at the NCAA Championships, and take sixth at the U.S. Senior Nationals.

On the women's side, then-freshman Soma improved her career-best mark by more than a foot after only a few months working with Licari, shattering the school records both indoors and outdoors.

Soma is Licari's fourth All-American in his eight-year tenure, a list that also includes Walker, pole vaulter Matt Phillips and decathlete Jacob Predmore.

Licari was head cross country and track coach at Highline Community College from 1991-96 before coming to the UW as a volunteer assistant. He worked six years in



that capacity before being named a full-time assistant under Metcalf in 2002.

Licari earned All-Pac-10 honors as a pole vaulter for Washington State, and was a member of the 1991 Pac-10 Champions. In high school, he was an All-American pole vaulter and the Class 3A state champion.

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



Dion

MILLER

Assistant Coach, Sprints/Hurdles/Relays, 2nd Year

In only his second year directing Wash-

ington sprints, hurdles and relays, Dion Miller has already demonstrated a superior talent for working with young sprinters, as well as a unique ability to recruit on a national scale.

In hiring Miller, head coach Greg Metcalf ensured that his sprinters and hurdlers will understand exactly what is necessary to win, which is all the young coach has done, regardless of the level of competition.

In 2003, Miller directed Husky sprinters to seven of the UW's top-10 marks all-time, including four below the Pac-10 qualifying standards. His 2004 recruiting class, meanwhile, may be the most talented sprint class in Washington history, with three prep All-

Americans and a bevy of talented J.C. transfers.

Miller came to Washington in the fall of 2002 from Texas Tech, where he built his alma mater's sprint corps into one of the nation's elite. In 2002 alone, Miller's athletes earned 13 All-America honors, and the Red Raiders' 4x100-meter relay team earned its first-ever Big 12 championship.

Prior to his employment at Texas Tech, Miller spent two years coaching at the high school level in his hometown of Fort Worth, Texas.

A 1998 graduate of Texas Tech with a degree in exercise science, Miller twice earned All-America honors and was a 13-time all-conference selection on the track for the Red Raiders.



The 28-year-old was an eight-time NCAA qualifier during his four-year career, and qualified for the 1996 Olympic Trials in both the 100m and 200m events.

Miller and his wife, Carol, have two children, daughter Alandrea and son Kameron.



Bud

RASMUSSEN

Assistant Coach, Throws, 2nd Year

Bryan A. "Bud" Rasmussen may be entering just his second year at Washington, but his prowess with throwers is well-known throughout the nation.

Rasmussen qualified eight throwers for NCAA Regional competition in 2003, including javelin All-American Heather Reichmann, the Huskies' first All-American in the event since 1994. Under Rasmussen's tutelage, Reichmann achieved the best throw in school history, and closed the year ranked 10th among American women.

In all, Husky throwers broke two school records, including a mark of 189-9 in the hammer by Kameko Gay that was nearly 20 feet beyond her best entering the season.

Prior to joining Greg Metcalf at Washington in the fall of 2002, Rasmussen spent seven years as coach at North Idaho College.

During that time, Rasmussen directed 82 National Junior College Athletic Association All-Americans, 18 national champions and five NJCAA record holders. He also served one year as the head coach at Couer D'Alene High School, a post once held by legendary UW coach Clarence "Hec" Edmundson.

A native of Idaho, Rasmussen earned a B.A. in communications from Boise State in 1992, and an M.Ed. in secondary education from Idaho in 1997. He has since completed all coursework for a master's in physical education from Eastern Washington, and plans to pursue a Ph.D in education from Idaho.



A Level II Coach in the USATF Coaching Education Program, Rasmussen is best known nationally as the co-creator of the Iron Wood Thrower Development Camp, among the nation's elite academies for prep throwers. The camp brings together over 130 of the nation's top prep throwers, as well as instructors boasting American records, world records, and Olympic medals.

David Bazzi

Distances (3rd Year)



Former Husky All-American David Bazzi enters his third year as an assistant coach at Washington. Bazzi assists head coach Greg Metcalf with scheduling and meet management, and works closely with the Husky distance runners.

Bazzi's first two years have seen Husky distance runners topple five school records and record 27 times among the top-10 all-time at Washington.

An outstanding distance runner in his own right, Bazzi competed at Washington from 1996-2001, earning a pair of All-America honors in the 5,000 and 10,000 meters at the 2001 NCAA Championships. The school-record holder in both events, Bazzi was crowned Pac-10 10,000-meter champ in 2001, and competed post-collegiately at the 2001 World University Games in China.

The 26-year old Bazzi, a graduate of Seattle's O'Dea High School, is married to former Washington distance runner Kara Syrdal. The couple resides in Seattle.



Duncan Atwood
Volunteer Assistant
Throws
2nd Year

Kelly MacDonald

Distances (2nd Year)



Kelly MacDonald enters her second season as an assistant coach at UW, working with UW's distance runners and coordinating Washington's recruiting efforts.

A 2002 graduate of Arizona State, MacDonald ranks seventh in U.S. history in the steeplechase with a career-best of 9:55.49, and is the ninth-fastest collegiate steepler of all-time.

While at Arizona State, MacDonald earned a reputation as one of the top distance runners in the nation, earning five All-America honors and three Pac-10 titles.

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

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

MacDonald, 25, currently resides in Seattle.



Hugo Munoz
Volunteer Assistant
Jumps
1st Year



2003 Men's Best Marks

April 12	at Pepsi Invitational (Eugene, Ore.): 1. Oregon 211; 2. Minnesota 171; 3. Washington 113 ; 4. Colorado 108.
May 3	WSU Dual (Seattle, Wash.): Washington State 116, Washington 81 .
May 16-17	at Pac-10 Championships (Los Angeles, Calif.): 1. USC 139; 2. Stanford 128; 3. Oregon 127; 4. UCLA 123; 5. Arizona State 82; 6. Washington State 77; 7. California 54; 8. Arizona 46; 9. Washington 37 .
May 30-31	at NCAA Regional Championships (Palo Alto, Calif.): 1. UCLA 101; 2. USC 92; 3. Oregon 71; 4. Stanford 69; 5. BYU 67; 6. Arizona State 45; 7. California 40; 8. Boise State 38; 9. Arizona 32; 10. CS Northridge 22; 11. Northern Arizona 19; 12. Washington 17 , Washington State 17; 14. Utah State 16, Cal Poly SLO 16; 16. Idaho 14; 17. Weber State 10, Riverside 10; 19. Eastern Washington 9; 20. CS Sacramento 6, Idaho State 6, Portland State 6, CS Fullerton 6; 24. Irvine 4; 25. Fresno State 3; 26. Long Beach State 2; 27. Portland 1.
June 11-14	at NCAA Championships (Sacramento, Calif.): 1. Arkansas 59; 2. Auburn 50; 3. USC 41.5; 4. LSU 36; 5. Nebraska 33; 6. Florida 32; 7. Stanford 30, Tennessee 30; 9. Minnesota 29; 10. South Carolina 22; 11. Penn 20, Texas A&M 20; 13. Oregon 19.25; 14. Georgia 19, TCU 19; 16. Middle Tennessee State 17; 17. Texas Tech 16, SMU 16; 19. UCLA 14.5; 20. Mississippi State 13; 21. UTEP 12, Texas 12; 23. UConn 11; 24. Colorado 10, Kansas 10, Boise State 10; Washington DNS .

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

UW (Career Best) listed if superior to 2003 Season Best Career bests are outdoor only (indoor season best also listed if superior to 2003 Pac-10 Championships standard) NCAA standards listed are for Regional Championships; for 1000m and decathlon/heptathlon, standards are for NCAA Championships				Andy Fader	1:52.06	(p)
				Phil Tabor	1:53.23	(p)
				John Hickey	1:58.03	(a)
				Andrew Robinson	1:59.28	(k)
				Matt Topping	2:00.12	(a)
				Jesse Giordano	2:00.33	(a)
				Cameron Hartman	2:00.96	(a)
100 meters	NCAA	10.50		1,500 meters	NCAA	3:50.00
	Pac-10	10.74			Pac-10	3:50.14
* Rod Alexander		10.53	(k)	%* Eric Garner (3:43.40)		3:44.37 (j)
* Shelton Sampson		10.70	(p)	%* John Russell		3:44.65 (j)
Reggie Williams		10.81	(k)	%* Jeremy Park (3:45.27)		3:46.58 (d)
Brenton Laws		10.98	(k)	* Todd Arnold (3:48.87)		3:48.38 ci (2/15)
Derrick Johnson		11.03w	(b)	%* Andy Fader		3:48.49 (q)
Chris Singleton		11.04	(p)	%* Jon Hickey		3:49.18 (d)
Matt Fountaine		11.12	(b)	Andrew Robinson		3:58.14 (b)
Nick Verbon		11.50	(n)	Travis Boyd		4:00.95 (p)
				Mark Mandi		4:02.35 (a)
200 meters	NCAA	21.20		Dustin Duke (3:47.30)		4:07.09 (a)
	Pac-10	21.44		Ryan Brown		4:10.86 (a)
* Shelton Sampson		21.18i / 21.75	(2/15)(p)	Phil Tabor		4:13.36 (a)
Sean Williams		21.82	(h)	Nick Verbon		5:01.61 (n)
Brenton Laws		22.04w / 22.30	(b/p)			
Vinh Chung		22.71	(d)	3,000m Steeplechase	NCAA	9:12.00
Nick Verbon		24.14	(k)		Pac-10	9:09.14
Greg Forni (21.88)		24.60	(k)	%* Jesse Fayant		8:58.81 (q)
				Andrew Robinson		9:15.85 (k)
400 meters	NCAA	47.45		Matt Topping		9:21.70 (p)
	Pac-10	47.84				
%* Sean Williams		47.19	(g)	5,000 meters	NCAA	14:25.00
Nik Williams		48.40	(p)		Pac-10	14:35.14
Ryan Brown		48.59	(h)	%* Jeremy Park		13:54.07 (b)
Cristian Adams (46.95)		49.09	(a)	%* Eric Garner		14:13.26 (b)
Greg Forni (48.71)		49.20	(b)	%* Jesse Fayant		14:19.02 (b)
Vinh Chung		51.01	(a)	%* Andy Fader		14:23.88 (b)
Cameron Hartman		51.05	(k)	* Jon Hickey		14:31.78 (j)
Nick Verbon		53.72	(n)	Mark Mandi		14:42.83 (j)
				Dustin Duke (14:34.26)		14:42.51 (b)
800 meters	NCAA	1:51.15		Preston Brashers		15:02.39 (p)
	Pac-10	1:51.44		Ben Koss (14:31.83)		15:31.59 (j)
%* Todd Arnold		1:50.00	(q)	Travis Boyd		15:58.13 (j)
%* Eric Garner		1:50.74	(k)			
* Ryan Brown		1:50.97i / 1:54.42	(2/15)(j)			

10,000 meters

	NCAA	29:45.00 / 29:00.00	
		No Pac-10 Standard	
Mark Mandi		30:22.92	(b)
Ben Koss		30:35.41	(b)
Travis Boyd		30:54.84	(b)

110-meter hurdles

	NCAA	14.40	
	Pac-10	14.74	
Nick Erbon		14.77	(q)
Marc James (14.72)		15.04	(c)
Blake Bidleman		15.14	(p)

400-meter hurdles

	NCAA	52.70	
	Pac-10	53.64	
* Brandon Bailey		53.25	(p)
* Brad Goodrich (51.45)		53.50	(c)
* Jesse Giordano		53.64	(p)
Blake Bidleman		54.14	(p)
Phil McCary		54.78	(p)

4 x 100-meter Relay

	NCAA	40.70	
		No Pac-10 Standard	
Alexander/Sampson/S. Williams/R. Williams		40.79	(k)
Alexander/S. Williams/Johnson/R. Williams		41.01	(b)
Alexander/Sampson/S. Williams/Laws		41.44	(p)
S. Williams/Laws/Erbon/Forni		42.55	(j)
Laws/N. Williams/Chung/S. Williams		42.55	(d)
Chung/N. Williams/Forni/Bidleman		43.40	(a)
James/Laws/Erbon/S. Williams		43.43	(a)

4 x 400-meter Relay

	NCAA	3:11.50	
		No Pac-10 Standard	
N. Williams/S. Williams/Brown/Forni		3:13.05	(d)
Tabor/Brown/N. Williams/McCary		3:14.85	(p)
S. Williams/N. Williams/Goodrich/Forni		3:15.72	(c)
S. Williams/Adams/Forni/N. Williams		3:17.93	(b)
Brown/S. Williams/N. Williams/Goodrich		3:18.1	(j)
Bailey/Bidleman/Giordano/Hartman		3:20.33	(p)
Bailey/Bidleman/Hartman/Laws		3:24.09	(a)
Goodrich/Brown/Forni/Chung		3:24.51	(a)
Bailey/Bidleman/Hartman/McCary		3:24.99	(k)
Fader/Hickey/Robinson/Ting		3:36.33	(a)

High Jump

	NCAA	6-9 1/2 (2.07)	
	Pac-10	6-8 3/4 (2.05)	
* Warren Eickhof		6-9 1/2i (2.07)/6-5 1/2 (1.97) (2/15)	(b)
Phillippe Cook (6-4 3/4)		6-4 3/4 (1.95)	(k,p)
Nick Erbon		5-8 3/4 (1.75)	(k)

Pole Vault

	NCAA	16-0 3/4 (4.90)	
	Pac-10	16-4 3/4 (5.00)	
%* Brad Walker		19-0 1/4i (5.80)/18-6 1/2 (5.65) (3/14)	(b)
% Fumi Nagahisa		16-1 1/4 (4.91)	(r)
% Sam Roberts		16-0 3/4 (4.90)	(b)
Nick Erbon		12-7 1/2 (3.85)	(n)

Long Jump

	NCAA	24-0 1/4 (7.32)	
	Pac-10	23-11 1/2 (7.30)	
Chris Singleton		23-0 1/2 (7.02)	(b)
Phillippe Cook (22-10 1/4)		22-3 (6.78)	(p)
Nick Erbon		21-6 1/4 (6.56)	(d)
Sam Roberts		21-1 1/4 (6.43)	(d)

Triple Jump

	NCAA	49-0 1/4 (14.84)	
	Pac-10	47-7 (14.50)	
* James Sims		49-3 3/4i (15.03)/48-5 1/2 (14.77) (2/15)	(b)
Phillippe Cook		44-2 3/4 (13.48)	(k)
Vinh Chung		42-8 (13.00)	(d)

Shot Put

	NCAA	53-5 3/4 (16.30)	
	Pac-10	55-9 1/4 (17.00)	
Brenda Tuohy		50-7 1/2 (15.43)	(k)
Mat Schwinn (48-2 3/4)		46-4 1/4 (14.13)	(k)
Nick Erbon		32-3 (9.83)	(n)

Discus

	NCAA	165-0 (50.30)	
	Pac-10	168-11 (51.50)	
%* Mat Schwinn		187-3 (57.08)	(q)
Brenda Tuohy (146-9)		139-9 (42.61)	(d)
Nick Erbon		104-9 (31.92)	(p)

Hammer

	NCAA	179-0 (54.56)	
	Pac-10	190-3 (58.00)	
Brenda Tuohy		162-5 (49.50)	(k)
Mat Schwinn (156-3)		140-6 (42.83)	(d)

Javelin

	NCAA	198-6 (60.50)	
	Pac-10	196-10 (60.00)	
%* Rigel Wise		205-9 (62.71)	(q)
%* Seth Jens (209-5)		201-6 (61.42)	(j)
%* Juan Romero		201-1 (61.30)	(a)
Nick Erbon		136-1 (41.73)	(k)

Decathlon

	NCAA	7,000 / 7,500	
	Pac-10	6,800	
Nick Erbon		5,991	(n)

Key:

- NCAA championship meet competitors
- %— NCAA Regional Championships qualifier
- # — NCAA Championships qualifier (10,000m, multi-events only)
- * — Pac-10 qualifier (some marks achieved indoors)
- c — Indoor mile mark converted to 1500m per NCAA standard
- i — Pac-10 qualifying mark achieved during 2003 indoor season
- \$ — Washington school record
- w — 2003 mark adjusted for wind

- (a)— Mar 22, Ken Shannon Invitational, Seattle
- (b)— Mar 29-30, Stanford Invitational, Palo Alto, Calif.
- (c)— Apr 3-6, Texas Relays, Austin, Texas
- (d)— Apr 12, Pepsi Invitational, Eugene, Ore.
- (e)— Apr 12, Oregon Mini-Meet, Eugene, Ore.
- (f)— Apr 12, Shotwell Invitational, Tacoma, Wash.
- (g)— Apr 17-19, Mt. SAC Relays, Walnut, Calif.
- (h)— Apr 18, Pomona-Pitzer Invitational, Claremont, Calif.
- (j)— Apr 27, Oregon Invitational, Eugene, Ore.
- (k)— May 3, WSU Dual, Seattle
- (m)— May 9, Cardinal Qualifier, Palo Alto, Calif.
- (n)— May 9-10, Pac-10 Multi-Events, Los Angeles, Calif.
- (p)— May 10, Ken Foreman Invitational, Seattle
- (q)— May 17-18, Pac-10 Championships, Los Angeles, Calif.
- (r)— May 30-31, NCAA Regional Championships, Palo Alto, Calif.
- (s)— June 1-14, NCAA Championships, Sacramento, Calif.
- (t)— Jun. 20-22, U.S. Junior Nationals, Sacramento, Calif.
- (u)— Jun. 20-22, U.S. Senior Nationals, Sacramento, Calif.



2003 Women's Best Marks

April 12 at Pepsi Invitational (Eugene, Ore.): 1. Oregon 204; 2. Minnesota 172; **3. Washington 149**; 4. Colorado 100.

May 3 WSU Dual (Seattle, Wash.): Washington State 113, **Washington 90**.

May 16-17 at Pac-10 Championships (Los Angeles, Calif.): 1. UCLA 155; 2. Stanford 140; 3. Arizona State 109; 4. USC 101; 5. Washington State 87; **6. Washington 64**; 7. Oregon 60; 8. Arizona 58; 9. California 40.

May 30-31 at NCAA Regional Championships (Palo Alto, Calif.): 1. UCLA 138; 2. Stanford 77; 3. USC 76; 4. Arizona State 55; 5. Oregon 48.5; 6. Washington State 43; 7. BYU 42; 8. San Diego State 39; 9. Arizona 34; 10. Cal Poly SLO 30; **11. Washington 26**; 12. California 23; 13. CS Northridge 19; 14. Idaho 16; 15. Idaho State 14; 16. Boise State 13; 17. Weber State 10, Northern Arizona 10; 19. Santa Barbara 7.5; 20. Portland State 10; 21. Utah 4; 22. Utah State 3, Long Beach State 3; 24. Southern Utah 1.

June 11-14 at NCAA Championships (Sacramento, Calif.): 1. LSU 64; 2. Texas 50; 3. South Carolina 47; 4. Florida 36; 5. Nebraska 33; 6. Indiana 32; 7. North Carolina 30; 8. UCLA 28; 9. Stanford 27; 10. Penn State 24; 11. Georgia 22; 12. Washington State 21; 13. USC 19; 14. Auburn 18; 15. BYU 17.5; 16. Cal Poly-SLO 16.5; 17. Oregon 14.5; 18. Miami (FL) 14; 19. Arkansas 13.5; 20. Yale 13, Idaho 13; 22. Arizona 12, Illinois 12, Tennessee 12; 25. Notre Dame 11; 26. Florida State 10.5; 27. Providence 10, Mississippi State 10; **29. Washington 9**, Baylor 9, Arizona State 9, San Diego State 9.

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

UW (Career Best) listed if superior to 2003 Season Best
Career bests are outdoor only (indoor season best also listed if mark is superior to 2003 Pac-10 Championships standards)

Indoor marks accepted for Pac-10 Champs., but not for NCAA
NCAA standards listed are for Regional Championships; for 10,000m and decathlon/heptathlon, standards are for NCAA Championships

100 meters

NCAA **11.80**
Pac-10 **12.04**

Rianna Moore	12.37w/12.46	(h/e)
Lauran Dignam	12.50	(n)
Katelyn Werhouse	12.51w/12.67	(j/n)
Brynne Steward	12.80	(a)
Jamara Alexander (12.03)	12.66w/12.82	(j/e)
Mallory Higgins	13.63	(a)

200 meters

NCAA **24.00**
Pac-10 **24.64**

Lauran Dignam	25.25	(j)
Rianna Moore	25.51	(e)
Brynne Steward	25.75	(j)
Kendra Caprye	28.44	(m)

400 meters

NCAA **55.00**
Pac-10 **55.44**

Lauran Dignam	57.66	(h)
Rianna Moore (59.30)	59.66	(a)
Gaelle Banini	1:01.07	(j)
Melissa Chapman	1:04.80	(e)

800 meters

NCAA **2:10.30**
Pac-10 **2:11.14**

%* Courtney Inman	2:05.97	(p)
* Lindsey Egerdahl (2:10.07)	2:10.36	(n)
Kathryn Touran	2:18.36	(n)
Karla Tentschert	2:19.50	(j)
Angela Wishaar	2:19.76	(n)
Gaelle Banini	2:20.53	(n)
Melissa Chapman (2:15.36)	2:22.18	(j)
Jill Johnson (2:22.31)	2:23.05	(j)
Karen Schwager	2:25.07	(n)
Kendra Caprye	2:48.34	(d)

1,500 meters

NCAA **4:31.00**
Pac-10 **4:40.14**

%* Courtney Inman	4:10.93	(r)
* Lindsey Egerdahl	4:23.87	(p)
%* Camille Connelly	4:35.09	(e)
Kathryn Touran	4:36.04	(e)
* Angela Wishaar	4:39.04	(n)
Kate Spigel	4:42.28	(f)
Laura Hodgson	4:48.67	(n)
Karen Schwager	4:52.56	(j)

3,000m Steeplechase

NCAA **11:00.00**
Pac-10 **11:10.14**

%* Kate Spigel	10:35.31	(p)
%* Camille Connelly	10:52.47	(p)

5000 meters

NCAA **17:00.00**
Pac-10 **17:30.14**

%* Sabrina Monro	15:56.90	(f)
* Kate Bradshaw (16:38.97)	17:04.12	(h)
* Jamie Gibbs	17:21.06	(b)
* Laura Hodgson	17:28.43	(h)
Camille Connelly	17:37.00	(b)

10,000 meters

NCAA **35:15.00 / 34:10.00**
No Pac-10 Standard

! Sabrina Monro	33:32.28	(b)
# Kate Bradshaw (33:35.51)	34:43.47	(b)
Jamie Gibbs (36:12.20)	37:07.40	(p)
Laura Hodgson	37:16.57	(p)

100-meter hurdles

NCAA **14.10**
Pac-10 **14.34**

%* Brynne Steward	14.05	(j)
Mallory Higgins	14.79	(n)
Cambrielle Jensen (15.44)	16.63	(a)
Kendra Caprye	16.80w/17.59	(m/d)



Courtney Inman set a UW 1,500-meter record at the 2003 NCAA Championships.

400-meter hurdles	NCAA	1:01.50
	Pac-10	1:02.04
%* Cambrielle Jensen	1:00.51	(j)
Brynne Steward	1:06.07	(g)
Kate Spigel	1:09.55	(j)
Camille Connelly	1:12.45	(j)

4 x 100-meter Relay	NCAA	46.20
	No Pac-10 Standard	
Steward/Dignam/R. Moore/Jensen	47.38	(e)
Steward/Dignam/Caprye/Werhouse	49.36	(p)

4 x 400-meter Relay	NCAA	3:45.50
	No Pac-10 Standard	
Jensen/Inman/Steward/Dignam	3:52.59	(e)
Washington	3:56.93	(b)
Jensen/Steward/Dignam/R. Moore	3:57.52	(a)
Johnson/Schwager/Wishaar/Egerdahl	4:06.65	(n)
Tentschert/Banini/Chapman/Dignam	4:07.85	(j)

High Jump	NCAA	5-7 (1.70)
	Pac-10	5-7 (1.70)
%* Sidney Brown	5-7 (1.70)	(b, g)
%* Brittney Roberts (5-7)	5-7 (1.70)	(b)
Lara Nelson	5-5 (1.65)	(n)
Kendra Caprye	5-4 1/2 (1.64)	(d)

Pole Vault	NCAA	12-0 (3.66)
	Pac-10	12-5 1/2 (3.80)
\$%* Kate Soma	13-10 (4.22)	(q)
\$%* Carly Dockendorf	12-1 1/2 (3.95)	(p)
Alexis Jaime (12-2)	11-10 (3.61)	(n)

Long Jump	NCAA	19-4 1/4 (5.90)
	Pac-10	19-0 1/4 (5.80)
Brittney Roberts	18-4 1/2 (5.60)	(j)
Katelyn Werhouse	18-2 1/2 (5.55)	(h, j, n)
Jamar Alexander (18-4 1/2)	17-7 (5.36)	(j)
Kendra Caprye	16-1 3/4 (4.92)	(d)

Triple Jump	NCAA	40-0 (12.19)
	Pac-10	39-4 1/2 (12.00)
%* Brittney Roberts	41-4 1/2 (12.61)	(b)
%* Sidney Brown	40-1 1/4 (12.22)	(g)
Katelyn Werhouse	35-6 (10.82)	(a)
Kristan Schlatter	33-3 1/4 (10.14)	(n)

Shot Put	NCAA	45-7 1/4 (13.90)
	Pac-10	43-5 3/4 (13.25)
%* Cherron Davis	47-9 3/4 (14.57)	(h)
* Kameko Gay	44-11 3/4i (13.71)/44-5 1/2 (13.55)(3/1)(a)	
* Mary Beeman	44-9 1/2i (13.65)/44-9 1/2 (13.65)(2/1)(p)	
Kendra Caprye	35-8 1/4 (10.88)	(d)

Discus	NCAA	150-0 (45.72)
	Pac-10	150-11 (46.00)
Mia Norheim	143-4 (43.68)	(e)
Cherron Davis	142-8 (43.49)	(j)
Mary Beeman	116-2 (35.40)	(a)

Hammer	NCAA	168-4 (51.30)
	Pac-10	170-7 (52.00)
\$%* Kameko Gay	189-9 (57.85)	(n)
Mia Norheim	131-3 (40.02)	(a)
Mary Beeman	108-1 (33.19)	(a)

Javelin	NCAA	136-1 (41.48)
	Pac-10	142-8 (43.50)
\$%* Heather Reichmann	159-6 (48.62)	(r)
%* Tiffany Zahn	157-9 (48.09)	(p)
Jenny Gregorak	102-3 (31.18)	(a)
Kendra Caprye	102-0 (31.09)	(j)

Heptathlon	NCAA	5,000 / 5,500
	Pac-10	4,400
Kendra Caprye	3,971	(d)

Key:

- NCAA championship meet competition site
- %— NCAA Regional Championships qualifier
- # — NCAA Championships qualifier (10,000m, multi-events only)
- * — Pac-10 qualifier (some marks achieved indoors)
- c — Indoor mile mark converted to 1500m per NCAA standard
- i — Pac-10 qualifying mark achieved during 2003 indoor season
- \$ — Washington school record
- w — 2003 mark adjusted for wind
- (a)– Mar 22, Ken Shannon Invitational, Seattle
- (b)– Mar 29-30, Stanford Invitational, Palo Alto, Calif.
- (c)– Apr 3-6, Texas Relay, Austin, Texas
- (d)– Apr 7, WWU/Spring Forward Multi-Events, Bellingham, Wash.
- (e)– Apr 12, Pepsi Invitational, Eugene, Ore.
- (f)– Apr 17-19, Mt. SAC Relay, Walnut, Calif.
- (g)– Apr 18, Pomona-Pitzer Invitational, Claremont, Calif.
- (h)– Apr 27, Oregon Invitational, Eugene, Ore.
- (j)– May 3, WSU Dual, Seattle
- (k)– May 9, Cardinal Qualifier, Palo Alto, Calif.
- (m)– May 9-10, Pac-10 Multi-Events, Los Angeles, Calif.
- (n)– May 10, Ken Foreman Invitational, Seattle
- (p)– May 17-18, Pac-10 Championships, Los Angeles, Calif.
- (q)– May 30-31, NCAA Regional Championships, Palo Alto, Calif.
- (r)– June 1-14, NCAA Championships, Sacramento, Calif.
- (s)– Jun. 20-22, U.S. Junior Nationals, Sacramento, Calif.
- (t)– Jun. 20-22, U.S. Senior Nationals, Sacramento, Calif.



2003 Postseason Performances

2004 SEASON INFO

ATHLETE BIOS

COACHES

2003 REVIEW

RECORDS

HISTORY

NCAA Indoor Championships

Mar. 14-15 • Fayetteville, Ark.

Men

Top-10 Teams: 1. Arkansas, 52; 2. Auburn, 28; 3. Nebraska, 26; 4. LSU, 24; t5. Tennessee, 23; t5. S. Carolina, 23; t5. Villanova 23; 8. Minnesota, 21; 9. Indiana, 19; 10. Stanford, 18; **t20. Washington, 10.**

UW Participants:

1st	Brad Walker	Pole Vault	19-0 1/4
13th	Jeremy Park	3000m	8:12.21

Women

Top-10 Teams: 1. LSU, 62; t2. Florida, 44; t2. South Carolina, 44; 4. North Carolina, 38; 5. Texas, 35; 6. Stanford, 32; 7. Auburn, 29; t8. Indiana, 24; t8. UCLA, 24; 10. Arkansas, 22; **Washington, DNS.**

UW Participants:

9th	Courtney Inman	Mile	4:48.03
12th	Kate Soma	Pole Vault	12-11 1/2

Pac-10 Championships

May 17-18 • Los Angeles, Calif.

Men

Team Totals: 1. USC, 139; 2. Stanford, 128; 3. Oregon, 127; 4. UCLA, 123; 5. Arizona State, 82; 6. Washington State, 77; 7. California, 54; 8. Arizona, 46; **9. Washington, 37.**

UW Scorers:

1st	Brad Walker	Pole Vault	18-2 1/2
3rd	Eric Garner	1500m	3:46.19
3rd	Mat Schwinn	Discus	187-3
4th	Jesse Fayant	Steeplechase	8:58.81
6th	John Russell	1500m	3:47.78
6th	Rigel Wise	Javelin	205-9
7th	Todd Arnold	800m	1:51.46
7th	Andy Fader	1500m	3:48.49

Women

Team Totals: 1. UCLA, 155; 2. Stanford, 140; 3. Arizona State, 109; 4. USC, 101; 5. Washington State, 87; **6. Washington, 64;** 7. Oregon, 60; 8. Arizona, 58; 9. California, 40.

UW Scorers:

3rd	Courtney Inman	800m	2:05.97
3rd	Courtney Inman	1500m	4:15.14
3rd	Sabrina Monro	10000m	34:02.98
3rd	Kate Spigel	Steeplechase	10:35.31
4th	Kate Bradshaw	10000m	35:13.93
4th	Sabrina Monro	5000m	16:54.46
4th	Brittany Roberts	Triple Jump	40-10 1/2
4th	Tiffany Zahn	Javelin	157-9
5th	Heather Reichmann	Javelin	155-5
6th	Kameko Gay	Hammer	180-9
6th	Kate Soma	Pole Vault	12-11 1/2
7th	Sidney Brown	Triple Jump	39-9 3/4
7th	Camille Connelly	Steeplechase	10:52.47
7th	Lindsey Egerdahl	1500m	4:23.87
8th	Kate Bradshaw	5000m	17:33.43
8th	Cherron Davis	Shot Put	46-10 1/4
8th	Carly Dockendorf	Pole Vault	12-11 1/2
8th	Steward/Dignam/ Caprye/Waterhouse	4x100m Relay	49.36

NCAA West Regional Championships

May 30-31 • Palo Alto, Calif.

Men

Top-10 Teams: 1. UCLA, 101; 2. USC, 92; 3. Oregon, 71; 4. Stanford, 69; 5. Brigham Young, 67; 6. Arizona State, 45; 7. California, 40; 8. Boise State, 38; 9. Arizona, 32; 10. Cal State Northridge, 22; **12. Washington, 17.**

UW Scorers:

4th	Todd Arnold	800m	1:50.67
4th	Eric Garner	1500m	3:47.12
5th	John Russell	1500m	3:47.34
6th	Mat Schwinn	Discus	182-2

Women

Top-10 Teams: 1. UCLA, 138; 2. Stanford, 77; 3. USC, 76; 4. Arizona St., 55; 5. Oregon, 48.5; 6. Wash. State, 43; 7. BYU, 42; 8. San Diego St., 39; 9. Arizona, 34; 10. Cal Poly SLO, 30; **11. Washington, 26.**

UW Scorers:

2nd	Kate Soma	Pole Vault	13-10
3rd	Courtney Inman	1500m	4:22.11
3rd	Brittany Roberts	Triple Jump	41-4 1/4
6th	Lindsey Egerdahl	1500m	4:30.67
7th	Heather Reichmann	Javelin	154-0
8th	Kameko Gay	Hammer	180-8

NCAA Outdoor Championships

June 11-14 • Sacramento, Calif.

Men

Top-10 Teams: 1. Arkansas, 59; 2. Auburn, 50; 3. USC, 41.5; 4. LSU, 36; 5. Nebraska, 33; 6. Florida, 32; t7. Stanford, 30; t7. Tennessee, 30; 9. Minnesota, 29; 10. South Carolina, 22; **Washington, DNS.**

UW Participants:

20th	Eric Garner	1500m	3:47.80
21st	John Russell	1500m	3:47.92
24th	Todd Arnold	800m	1:50.80

Women

Top-10 Teams: 1. LSU, 64; 2. Texas, 50; 3. S. Carolina, 47; 4. Florida, 36; 5. Nebraska, 33; 6. Indiana, 32; 7. N. Carolina, 30; 8. UCLA, 28; 9. Stanford, 27; 10. Penn State, 24; **t29. Washington, 9.**

UW Participants:

4th	Courtney Inman	1500m	4:10.93
7th	Heather Reichmann	Javelin	159-6
7th	Kate Soma	Pole Vault	13-5 1/2
10th	Sabrina Monro	10000m	33:42.80
22nd	Brittany Roberts	Triple Jump	40-3 1/4
25th	Kate Bradshaw	10000m	36:00.05

The 2003 season was not only a banner year for Washington on the track, but in the classroom as well, as a record 33 Washington athletes were named to the 2003 Pac-10 All-Academic squads. The team's six first-team honorees were third-most in the Pac-10, while its five second-teamers were the conference's second-highest total. Leading the way for Washington was senior pole vaulter Brad Walker (3.52 GPA, business administration). In addition to earning his second-consecutive first-team Academic All-Pac-10 honor, Walker was one of 17 athletes nationally to garner Verizon Academic All-America honors.

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.

2003 ACADEMIC ALL-PAC-10 TRACK & FIELD TEAMS

Men's First Team

Name	School	Year	GPA	Major
Mark Anderson	Arizona	Jr.	3.82	Biochemistry
Ryan Andrus	Oregon	Jr.	3.98	Business Administration
Brandon Bailey	Washington	So.	3.78	Psychology
John Burke	California	Sr.	3.58	Molecular and Cell Biology
Martin Conrad	California	Sr.	3.60	History and Political Science
Eric Dudley	Wash. State	Sr.	4.00	Mechanical Engineering
Tim Gehring	Wash. State	Jr.	3.60	Accounting
Ian Johnson	Wash. State	Jr.	4.00	General Linguistics
Santiago Lorenzo	Oregon	Sr.	3.81	Exercise and Movement Science
Nick Mazur	California	Sr.	3.56	Political Science
Michael Mortensen	Arizona	Jr.	3.96	Russian
Justin Nikbakhsh-Tali	Wash. State	Sr.	3.93	Accounting
Aaron Powell	Arizona	So.	4.00	General Biology
John Stiegeler	Oregon	Sr.	3.76	Mathematics Education/Pre-Dental
Adam Tenforde	Stanford	Sr.	3.87	Human Biology
Brad Walker	Washington	Sr.	3.52	Business Administration/Finance
Nik Williams	Washington	So.	3.70	Architecture
Trevor Woods	Oregon	Jr.	3.73	Accounting
Andrew Young	Oregon	Fr.	3.73	Undeclared

Men's Second Team (UW only)

Todd Arnold	Washington	Jr.	3.36	English
Andy Fader	Washington	So.	3.41	Undeclared

Men's Honorable Mention (UW only)

Blake Bidleman, So.; Ben Koss, Sr.; Mark Mandi, So.; Fumi Nagahisa, Jr.; Jeremy Park, Sr.; Andrew Robinson, So.; John Russell, Jr.; Phil Tabor, So.; Brendan Tuohy, Jr.

Women's First Team

Name	School	Year	GPA	Major
Lisa Aguilera	Arizona State	Sr.	3.45	Finance
Melissa Astete	USC	So.	3.88	Business
Kelly Burke	Arizona State	So.	3.86	Broadcasting
Julie Corbett	Wash. State	So.	4.00	Undeclared
Kitty Currier	Stanford	Jr.	3.87	Biology
Whitney Evans	Wash. State	Sr.	3.93	Finance
Erinn Gulbrandsen	Oregon	Jr.	3.73	English
Beth Hoge	Arizona	Jr.	3.85	Nutritional Science
Gail Larsen	UCLA	Jr.	3.72	Biology
Roslyn Lundeen	Oregon	So.	3.91	Psychology
Eri Macdonald	Oregon	Sr.	3.70	Journalism
Heather Murtaugh	Oregon	Sr.	3.92	Exercise and Movement Science
Chelsea Powell	Arizona	So.	3.88	Media Arts
Heather Reichmann	Washington	Sr.	3.72	Master's Teaching
Ellannee Richardson	Wash. State	Sr.	3.67	Criminal Justice
Kristen Riley	Oregon	Jr.	3.83	French
Cody Sohn	Arizona State	Sr.	3.67	Anthropology
Kate Spigel	Washington	Jr.	3.68	Business Administration
Angela Wishaar	Washington	So.	3.80	Classics

Women's Second Team (UW only)

Kate Bradshaw	Washington	Sr.	3.29	Psychology
Camille Connelly	Washington	So.	3.72	Biology
Courtney Inman	Washington	Sr.	3.42	Business Administration

Women's Honorable Mention (UW only)

Jamara Alexander, Sr.; Mary Beeman, Jr.; Sidney Brown, So.; Kendra Caprye, So.; Carly Dockendorf, RFr.; Lindsey Egerdahl, So.; Kameko Gay, Sr.; Jamie Gibbs, So.; Alexis Jaime, Jr.; Rianna Moore, Jr.; Mia Norheim, So.; Kate Soma, So.; Kathryn Touran, So.



100 Meters

Washington: 10.18 • Ja'Warren Hooker • 1998 • Seattle, Wash.
Husky Stadium: 10.05 • Leroy Burrell • 1990 • United States
Pac-10: 9.90 • Ato Boldon • 1996 • UCLA
Collegiate: 9.90 • Ato Boldon • 1996 • UCLA
American: 9.78 • Tim Montgomery • 2002 • NIKE
World: 9.78 • Tim Montgomery • 2002 • United States

200 Meters

Washington: 20.23 • Ja'Warren Hooker • 2000 • Provo, Utah
Husky Stadium: 20.54 • Michael Johnson • 1990 • United States
Pac-10: 19.80 • Ato Boldon • 1996 • UCLA
Collegiate: 19.87 • Lorenzo Daniel/John Capel • 1988/1999 • Miss. St./Florida
American: 19.32 • Michael Johnson • 1996 • NIKE
World: 19.32 • Michael Johnson • 1996 • United States

400 Meters

Washington: 44.91 • Ja'Warren Hooker • 2000 • Seattle, Wash.
Husky Stadium: 44.79 • Robert Hernandez • 1990 • Cuba
Pac-10: 43.50 • Quincy Watts • 1992 • USC
Collegiate: 44.00 • Quincy Watts • 1992 • USC
American: 43.18 • Michael Johnson • 1999 • NIKE
World: 43.18 • Michael Johnson • 1999 • United States

800 Meters

Washington: 1:47.21 • Ron Webster • 1982 • Provo, Utah
Husky Stadium: 1:45.10 • George Kersh • 1990 • United States
Pac-10: 1:41.77 • Joaquim Cruz • 1984 • Oregon
Collegiate: 1:44.55 • Julius Achon • 1996 • George Mason
American: 1:42.60 • Johnny Gray • 1985 • Santa Monica TC
World: 1:41.11 • Wilson Kipketer • 1997 • Denmark

1,500 Meters

Washington: 3:39.89 • Bruce Stirling • 1987 • Baton Rouge, La.
Husky Stadium: 3:38.2 • Jerome Howe • 1972 • Mid-America TC
Pac-10: 3:34.48 • Bernard Lagat • 1998 • Washington State
Collegiate: 3:35.30 • Sydney Maree • 1981 • Villanova
American: 3:29.77 • Sydney Maree • 1985 • Puma
World: 3:26.00 • Hicham El Guerrouj • 1998 • Morocco



Dan Bell,
Steeplechase



David Bazzi, 5,000m and 10,000m

3,000-meter Steeplechase

Washington: 8:32.27 • Dan Bell • 1987 • San Jose, Calif.
Husky Stadium: 8:05.4 • Henry Rono • 1978 • Washington State
Pac-10: 8:05.4 • Henry Rono • 1978 • Washington State
Collegiate: 8:05.4 • Henry Rono • 1978 • Washington State
American: 8:09.17 • Henry Marsh • 1985 • Athletics West
World: 7:55.28 • Brahim Boulami • 2001 • Morocco

5,000 Meters

Washington: 13:40.61 • David Bazzi • 2001 • Walnut, Calif.
Husky Stadium: 13:33.52 • Paul Williams • 1990 • Canada
Pac-10: 13:08.4 • Henry Rono • 1978 • Washington State
Collegiate: 13:08.4 • Henry Rono • 1978 • Washington State
American: 12:58.21 • Bob Kennedy • 1996 • NIKE
World: 12:39.36 • Haile Gebrselassie • 1998 • Ethiopia

10,000 Meters

Washington: 28:34.54 • David Bazzi • 2001 • Stanford, Calif.
Husky Stadium: 27:26.33 • H. Boutayeb • 1990 • Mexico
Pac-10: 27:22.47 • Henry Rono • 1978 • Washington State
Collegiate: 27:36.2 • Gabriel Kamau • 1982 • Texas - El Paso
American: 27:20.15 • Meb Keflezghi • 2002 • NIKE
World: 26:22.75 • Haile Gebrselassie • 1998 • Ethiopia

110-meter Hurdles

Washington: 13.57 • Spider Gaines • 1976 • Eugene, Ore.
Husky Stadium: 13.43 • Greg Foster • 1980 • UCLA
Pac-10: 13.22 • Greg Foster • 1978 • UCLA
Collegiate: 13.00 • Renaldo Nehemiah • 1979 • Maryland
American: 12.92 • Kingdom/Johnson • '89/'96 • Adidas TC/Nike
World: 12.91 • Colin Jackson • 1993 • Great Britain

400-meter Hurdles

Washington: 49.85 • Bernard Ellison • 1991 • Tempe, Ariz.
Husky Stadium: 48.78 • Winthrop Graham • 1990 • Jamaica
Pac-10: 47.72 • Kevin Young • 1988 • UCLA
Collegiate: 47.85 • Kevin Young • 1988 • UCLA
American: 46.78 • Kevin Young • 1992 • Foot Locker TC
World: 46.78 • Kevin Young • 1992 • United States

400-meter Relay

Washington: 39.24 • Brown, Hinds, Howell, Marshall • 1983
Husky Stadium: 38.45 • United States • 1990
Pac-10: 38.44 • USC • 1988
Collegiate: 38.04 • Texas Christian • 1998
American: 37.40 • National Team • 1992 & 1993
World: 37.40 • United States • 1992 & 1993

1,600-meter Relay

Washington: 3:04.73 • Bryant, McKay, Merritt, Ellison • 1990
Husky Stadium: 2:59.54 • United States • 1990
Pac-10: 2:59.91 • UCLA • 1988
Collegiate: 2:59.91 • UCLA • 1988
American: 2:54.20 • National Team • 1998
World: 2:54.20 • United States • 1998

High Jump

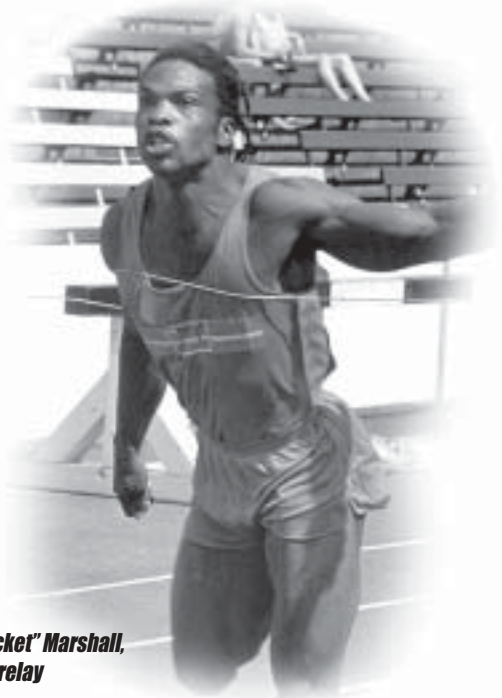
Washington: 7-6 1/2 • Rick Noji • 1990 • Durham, N.C.
Husky Stadium: 7-7 3/4 • Hollis Conway • 1990 • United States
Pac-10: 7-7 1/4 • Del Davis • 1982 • UCLA
Collegiate: 7-9 3/4 • Hollis Conway • 1989 • Southwest Louisiana
American: 7-10 1/2 • Charles Austin • 1991 • Unattached
World: 8-0 1/2 • Javier Sotomayor • 1993 • Cuba

Pole Vault

Washington: 18-6 1/2 • Brad Walker • 2003 • Palo Alto, Calif.
Husky Stadium: 19-5 • Rodion Gataullin • 1990 • Soviet Union
Pac-10: 19-0 1/4 • Brad Walker • 2003 • Washington
Collegiate: 19-7 1/2 • Lawrence Johnson • 1996 • Tennessee
American: 19-9 1/4 • Jeff Hartwig • 2000 • NIKE
World: 20-1 3/4 • Sergey Bubka • 1994 • Ukraine

Long Jump

Washington: 27-4 • Phil Shinnick • 1963 • Modesto, Calif.
Husky Stadium: 27-6 • Carl Lewis • 1990 • United States
Pac-10: 27-4 1/2 • Randy Williams • 1972 • USC
Collegiate: 28-8 1/4 • Erick Walder • 1994 • Arkansas
American: 29-4 1/2 • Mike Powell • 1991 • Footlocker TC
World: 29-4 1/2 • Mike Powell • 1991 • United States



LaNorris "Cricket" Marshall,
4x100-meter relay

Triple Jump

Washington: 52-5 3/4 • Wayne Hinkley • 1975 • Pullman, Wash.
Husky Stadium: 58-1 1/2 • Kenny Harrison • 1990 • United States
Pac-10: 56-7 1/2 • Allen Simms • 2003 • USC
Collegiate: 57-7 3/4 • Keith Connor • 1982 • Southern Methodist
American: 59-4 1/4 • Kenny Harrison • 1996 • Nike
World: 60-0 1/4 • Jon Edwards • 1995 • Great Britain

Shot Put

Washington: 65-11 • Steve Summers • 1979 • Tempe, Ariz.
Husky Stadium: 70-4 • Randy Barnes • 1990 • United States
Pac-10: 72-2 1/4 • John Godina • 1995 • UCLA
Collegiate: 72-2 1/4 • John Godina • 1995 • UCLA
American: 75-10 1/4 • Randy Barnes • 1990 • Mazda TC
World: 75-10 1/4 • Randy Barnes • 1990 • United States

Discus

Washington: 214-7 • Borys Chambul • 1976 • Montreal, Canada
Husky Stadium: 220-3 • Romas Ubartas • 1990 • Soviet Union
Pac-10: 216-2 • Dean Crouser • 1983 • Oregon
Collegiate: 219-6 • Gabor Mate • 1980 • Auburn
American: 237-4 • Ben Plucknett • 1981 • S. California Striders
World: 243-0 • Jurgen Schult • 1986 • East Germany

Hammer

Washington: 238-7 • Scott Neilson • 1978 • Seattle, Wash.
Husky Stadium: 276-0 • Igor Astapovitch • 1990 • Soviet Union
Pac-10: 270-10 • Balazs Kiss • 1995 • USC
Collegiate: 268-10 • Balazs Kiss • 1995 • USC
American: 270-9 • Lance Deal • 1996 • New York AC
World: 284-7 • Yuriy Syedikh • 1986 • Soviet Union

Javelin

Washington: 249-6 • Darryl Roberson • 1989 • Seattle, Wash.
Husky Stadium: 276-1 • Viktor Zaitsev • 1990 • Soviet Union
Pac-10: 268-7 • Esko Mikkola • 1998 • Arizona
Collegiate: 292-4 • Patrik Boden • 1990 • Texas
American: 285-10 • Tom Pukstys • 1997 • NYAC
World: 323-1 • Jan Zelezny • 1996 • Czech Republic

Decathlon

Washington: 8,322 • Mike Ramos • 1986 • Los Angeles, Calif.
Husky Stadium: 8,403 • Dave Johnson • 1990 • United States
Pac-10: 8,322 • Mike Ramos • 1986 • Washington
Collegiate: 8,463 • Tom Pappas • 1999 • Tennessee
American: 8,891 • Dan O'Brien • 1992 • Reebok
World: 9,026 • Roman Sebrle • 2001 • Czech Republic



Men's Outdoor Top-10 Performers

2004 SEASON INFO

ATHLETE BIOS

COACHES

2003 REVIEW

RECORDS

HISTORY

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	Ed Turner	1996
10.44	Byron Howell	11984
10.50	Kelly Coleman	1992
10.52	Tim Martin	1994
10.53	Roc Alexander	2003
10.54	Willem Ryan	1999
10.54h	Al Davis	1976

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
21.27	Kelly Coleman	1992
21.29	Willem Ryan	1998

400 Meters

44.91	Ja'Warren Hooker	2000
45.81	Orlando McKay	1990
46.06	Billy Hicks	1975
46.13	Derek Prior	1998
46.30	B.J. Dawson	1998
46.31	Brent Merritt	1991
46.44h	Terry Tobacco	1959
46.44h	Mark Williamson	1984
46.51	Ed Turner	1996
46.56	Calvin Kennon	1984

800 Meters

1:47.21	Ron Webster	1982
1:47.4	Bill Smart	1970
1:47.9	Mitch Leffler	1992
1:48.1	Greg Gibson	1976
1:48.39	Brice Newton	1997
1:48.60	Ty Minnis	1995
1:48.72	Dwight Wheaton	1991
1:48.7	Peter Favell	1978
1:49.01	T.T. Roe	1989
1:49.2	Mikee Radford	1977

1,500 Meters

3:39.89	Bruce Stirling	1987
3:41.6	Alan Hjort	1989
3:42.64	Geoff Perry	1998
3:43.1	Greg Gibson	1976
3:43.2	Rick Albright	1973
3:43.40	Eric Garner	2002
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

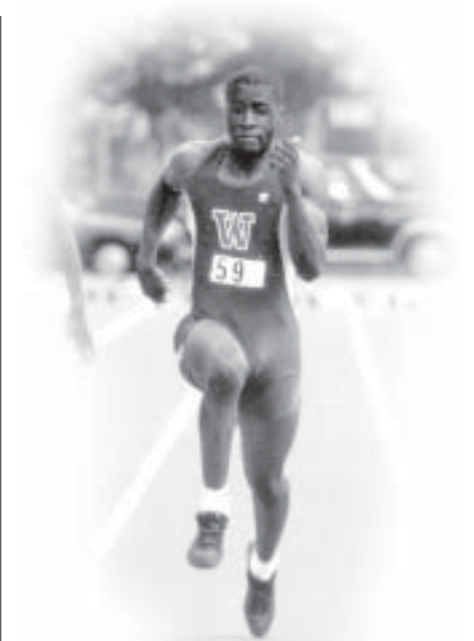
8:32.27	Dan Bell	1987
8:32.4	Jim Johnson	1972
8:40.24	Atle Naesheim	1989
8:41.17	Greg Metcalf	1992
8:42.0	Bill Koss	1972
8:44.4	Gary Gustafson	1976
8:44.93	Nick Pavach	1996
8:46.92	Mike Hill	2002
8:48.2	Christian Belz	1997
8:50.5	Scott Holmes	1975

5,000 Meters

13:40.61	David Bazzi	2001
13:53.45	Alan Hjort	1989
13:54.07	Jeremy Park	2003
13:54.54	Adam Leahy	1990
13:56.7	Tim Murray	1977
13:57.58	Bill Stolp	1979
13:57.85	Bruce McDowell	1989
13:59.8	Jim Johnson	1972
14:02.12	Jason Fayant	2001
14:04.3	Mark Hallenbeck	1979

10,000 Meters

28:34.54	David Bazzi	2001
28:58.2	Curt Corvin	1986
29:12.9	Jim Reinke	1987
29:22.4	Bill Stolp	1979
29:27.0	Steve Surface	1977
29:27.7	Bill McClement	1978
29:53.0	Bill Glad	1975
29:53.79	Nick Pavach	1996
29:56.0	Chris Villani	1981
30:03.8	Neil Panchen	1992



Ja'Warren Hooker, 100m, 200m, 400m

110-Meter Hurdles

13.57	Spider Gaines	1976
13.91	Lorenzo Bellamy	1980
13.94	Dana Hall	1990
14.04yh	Bill Roe	1967
14.11	Aaron Williams	1981
14.11	Ben Meyer	2000
14.24yh	Dave Williams	1967
	Jim Seymour	1970
	Terry Lavery	1974
14.27	Greg Barber	1998

400-Meter Hurdles

49.85	Bernard Ellison	1991
51.45	Brad Goodrich	2002
51.64	Terry Lavery	1974
	Tom Straithairn	1978
	Dan Johnston	1998
52.17	Ben Meyer	2000
52.21	Pat Stenkamp	1981
52.34	Nate Short	1989
52.63	Mark Hale	1989
52.67	Dennis Bredahl	1981
52.69	Pat Guererro	1989



Grant Birkinshaw, long jump

Washington Men's Freshman Records

100 Meters	10.18, Ja'Warren Hooker, 1998
200 Meters	20.70, Ja'Warren Hooker, 1998
400 Meters	46.42, Ja'Warren Hooker, 1998
800 Meters	1:47.9h, Greg Gibson, 1973
1,500 Meters	3:45.56, John Russell, 2000
Mile	4:04.5h, Greg Gibson, 1973
3,000 Meters	8:14.98, Dave Barnett, 1980
Steeplechase	8:44.4h, Gary Gustafson, 1976
5,000 Meters	14:07.5h, Steve Surface, 1975
10,000 Meters	29:38.8h, Steve Surface, 1975
110-Meter Hurdles	13.57, Spider Gaines, 1976

400-Meter Hurdles	51.53, Brad Goodrich, 2001
High Jump	7-4 1/2, Rick Noji, 1986
Pole Vault	17-0, Jeff Taylor, 1972
Long Jump	25-1 3/4, Grant Birkinshaw, 1972
Triple Jump	50-3 1/2, Tony Parrish, 1994
Shot Put	59-11, Russ Vincent, 1974
Discus	187-2, Ben Lindsey, 1997
Hammer Throw	221-5, Scott Neilson, 1976
Javelin (old)	266-11, Bob Rockett, 1983
Javelin (new)	238-8, Troy Burkholder, 1996
Decathlon	7,638, Mike Ramos, 1982

High Jump

7-6 1/2	Rick Noji	1990
7-1	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
6-11 3/4	Rob Reynolds	1996
	Joel Perry	2001

Pole Vault

18-6 1/2	Brad Walker	2003
18-0 1/2	Garth Willard	1992
18-0 1/4	Steve Oravetz	1979
17-10 1/2	Ron Johnson	1992
	Bryan Madche	1996
	Matt Phillips	2000
17-6 1/4	Kirk Bryde	1972
17-6	Jeff Taylor	1975
17-5 3/4	Todd Campbell	1994
17-3	Craig Connors	1998

Long Jump

27-4	Phil Shinnick	1963
25-7	Rob Scott	1992
25-5 3/4	Wariboko West	1964
25-1 3/4	Grant Birkinshaw	1971
25-1 1/4	Aaron Williams	1981
25-0	Ed Turner	1997
24-9	Peter Spencer	1969
24-7 1/4	Tony Zackery	1986
24-6 3/4	Tony Softli	1958
24-6 1/2	Dion Brown	1989



**Rick Noji,
High Jump**

Triple Jump

52-5 3/4	Wayne Hinkley	1975
51-5 1/2	Eric Klein	1968
51-5	Al Harris	1983
50-11	Dion Brown	1989
50-5 1/4	Aaron Williams	1981
	Tony Parrish	1995
50-4 1/4	Vestee Jackson	1982
50-3	Dennis Cook	1977
49-11	Jerrod Akins	1994
49-9 3/4	John Triplett	1976

Shot Put

65-11	Steve Summers	1979
65-4	Ben Lindsey	1998
64-4	Russ Vincent	1976
62-11 1/4	John Hubbell	1969
62-9 1/2	Ernie Conwell	1996
61-7	Pete Kaligis	1994
61-3 3/4	Ernie Cathcart	1972
60-10 1/4	Jeff Johnson	1981
60-3	Erik Johnson	1988
60-0 1/4	Neal Kneip	1986

Discus

214-7	Borys Chambul	1976
210-3	Adam Setliff	1993
202-7	Ben Lindsey	1998
201-8	Doug Wollen	1982
192-11	Todd Wilson	1991
192-4	Dan Tabish	1987
189-6	Pat Feider	1990
187-3	Mat Schwinn	2003
186-4	Al Pemberton	1968
182-8	Scott Parrish	1986

Hammer

238-7	Scott Neilson	1978
216-2	Neil Kneip	1985
208-5	Sam Fu	1995
205-8	Erik Johnson	1988
200-5	Damon Felice	1996
200-0	Casey Ballway	1974
196-9	Rich Bagley	1979
194-6	Bill Stengele	1997
188-1	Kevin Cardiff	1980
186-3	Babe Witter	1990

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
233-5	Bob Rockett	1987
	Jacob Smith	1995
232-7	Havard Johansen	1990
231-3	Justin St. Clair	1999
223-9	Mike Olma	1986

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 Mahovich	1980
255-7	Dale Pedersen	1983
254-3	Robert Moulder	1980
242-3	Fred Luke	1968

Decathlon

8,322	Mike Ramos	1986
8,063	Steve Erickson	1985
7,758	Gary Gefre	1980
7,465	Gary Wipfler	1981
7,426	Jacob Predmore	2000
7,125	Brian Mondschein	1977
7,065	Stan Vegar	1977
6,991	E.J. Iddings	1997
6,970	Dave Lorvick	1980
6,967	Dave Williams	1964



Borys Chambul, Discus



Men's Indoor Top-10 Performers

2004 SEASON INFO

ATHLETE BIOS

COACHES

2003 REVIEW

RECORDS

HISTORY

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*
6.80c	Carlos Hattix	1997*
6.81c	Kelley Coleman	1993*
6.81	Marvin Kasim, Jr.	1999

* Mark converted from 55 meters

60-Meter Hurdles

7.82c	Dana Hall	1991*
7.90c	Skip Moody	1998*
7.95c	Ben Meyer	1997*
8.06c	Kyle Gano	1994*
8.09c	Greg Barber	1999*
8.10	Marc James	2003
8.10c	Don Morehead	1984*
8.22c	Joshua Renz	2001*
8.23	Greg Barber	1999
8.25	Ben Meyer	1999

* Mark converted from 55-meter hurdles

200 Meters

20.56	Ja'Warren Hooker	2001
21.05	Ed Turner	1997
21.18	Shelton Sampson	2003
21.54	Beno Bryant	1990
21.57	Tim Martin	1994
	Orlando McKay	1990
21.80	Carlos Hattix	1997
	Andre DeSaussure	1998
21.82	Willem Ryan	1999
21.85	Kelley Coleman	1993



Mitch Leffler, 800 meters



Eric Garner, Mile

400 Meters

46.45	Derek Prior	1999
46.86	B.J. Dawson	1998
47.32	Orlando McKay	1991
47.58	Bernard Ellison	1990
48.02	Ja'Warren Hooker	2000
48.03	Greg Forni	2003
48.19	Sean Williams	2003
48.29	Nik Williams	2003
48.34	Ed Turner	1996
48.35	James Mackey	1999

800 Meters

1:50.65	Mitch Leffler	1993
1:50.97	Ryan Brown	2003
1:51.14c	Rich Mesmer	1968*
1:51.55	Todd Arnold	2003
1:51.81	John Snyder	2002
1:51.93	Andy Clark	1992
1:52.02	Bryce Newton	1995
1:52.10	Dwight Wheaton	1992
1:52.44	Ron Chapin	1992
1:52.49	Tyler Anderson	1992

* Mark converted from 880 yards

Mile

3:58.93	Eric Garner	2002
3:59.24	Greg Gibson	1974
4:05.54	Dave Barnett	1984
4:05.59	Al Hjort	1990
4:05.71	Dan Bell	1987
4:05.78	John Russell	2000
4:06.04	Todd Arnold	2002
4:07.55	David Bazzi	2001
4:08.40	Andy Fader	2003
4:08.88c	T.T. Roe	1987*

* Mark converted from 1,500 meters

3,000 Meters

7:54.13	Jeremy Park	2003
8:02.56	Eric Garner	2002
8:04.94c	Jim Johnson	1972*
8:06.04	Dustin Duke	2002
8:06.57	David Bazzi	2001
8:07.20c	Dan Bell	1987*
8:10.21c	Neal Panchen	1993*
8:12.94	Al Hjort	1989
8:13.34c	Scott Holmes	1975*
8:13.51	Andy Fader	2003

* Mark converted from two-mile run

5,000 Meters

13:58.51	David Bazzi	2001
14:13.89	Mike Hill	2002
14:23.74	Pat Ewing	1983
14:33.22	Jason Fayant	2000
14:36.22	Ben Koss	2003
14:40.86	Matt Topping	2002
14:42.02	Michael Kiter	2002
14:45.21	Jesse Fayant	2003
14:48.40	Mark Mandi	2003
14:50.18	Travis Boyd	2003

4 x 400-Meter Relay

3:07.33	Hooker/Dawson/ Anabel/Prior	1998
3:10.07	Hooker/Mackey/ Prior/Anabel	1999
3:10.74c	Kozol/Bathurst/ Bredahl/Stankovic	1981*
3:11.71	N. Williams/S. Williams/ Goodrich/Forni	2003
3:11.93	Walters/Hooker/ Adams/Goodrich	2001
3:12.42	Johnson/S. Williams/ Brown/Forni	2003
	N. Williams/S. Williams/ Brown/Goodrich	2003
3:12.67	Mackey/Lewis/ Anabel/Prior	1999
3:13.79c	Bryant/McKay/ Ellison/Strub	1990*
3:13.98	Walters/Hooker/ Forni/Mackey	2000

* Mark converted from mile relay



Jeremy Park, 3,000 meters

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	Jerrod Akins	1992
49-1 3/4	Al Harris	1984
48-11 1/2	Tyriff Rudder	2001
48-7	Dennis Cook	1977

Shot Put

65-5 1/4	Ben Lindsey	1998
64-4	Russ Vincent	1975
64-1	Steve Summers	1980
60-7	John Hubbell	1969
60-6 1/2	Ernie Conwell	1995
58-11 1/2	Eric Johnson	1988
57-5 3/4	Neal Kneip	1986
56-10 1/4	George Sutherland	1975
56-7 1/4	Brett Holden	1982
56-1 3/4	Kurth Connell	1997

35-lb. Weight Throw

71-5 1/2	Scott Neilsen	1979
65-7 1/2	Neal Kneip	1986
62-1 3/4	Russ Vincent	1978
61-6	Eric Johnson	1989
61-4 3/4	Bill Stengle	1997
55-9 1/4	Sam Fu	1995
55-3	Casey Ballway	1974
54-6	Dan Tabish	1987
53-9	Mat Schwinn	2002
53-8 1/4	Brendan Tuohy	2002



Phil Shinnick, Long Jump

David Bazzi,
5,000 Meters

Distance Medley Relay

9:40.82	Garner/S. Williams/ Arnold/Park	2003
9:52.65	Minnis/Dawson/ Newton/Hatzenbeler	1996
9:57.84c	Johnson/Garrison/ Winger/Hawkins	1972*
10:00.92	Cadman/Mackey/ Quan/Hawkins	1999
10:01.30	Minnis/Turner/ Newton/Hunter	1995
10:01.35	Fader/Brown/ Tabor/Hickey	2003
10:04.08	Garner/Rogge/ Kiter/Hill	2002
10:05.28	Duke/Hill/ Sahlberg/Snyder	2001
10:05.59	Pearson/Lewis/ Perry/Fayant	1999
10:06.54	Perry/Mickelson/ Pearson/Bazzi	1998

* Mark converted from yards to meters



Brad Walker, Pole Vault

High Jump

7-5	Rick Noji	1988
7-0 1/4	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
6-10	Lucian Moore	1978
	John Hayes	1975
	Darryl Laverdure	1973

Pole Vault

19-0 1/4	Brad Walker	2003
17-10	Steve Oravetz	1979
17-7 3/4	Matt Phillips	2000
17-6 1/2	Garth Willard	1992
17-6	Jeff Taylor	1975
17-1 3/4	Brian Madche	1998
17-1	Craig Connors	1998
	Todd Campbell	1995
17-0	Rick Anicker	1981
16-7	Ron Johnson	1992

Long Jump

25-1	Phil Shinnick	1965
25-0	Ed Turner	1996
24-5 1/2	Robert Scott	1992
23-9	Skip Moody	1997
23-7 1/2	Mike Ramos	1984
23-7 1/4	Shane Paulsen	1991
23-6 3/4	Vestee Jackson	1982
23-4 1/2	Jacob Predmore	1999
	Tyriff Rudder	2001
23-4 1/4	Greg Watkins	1981



100 Meters

Washington: 11.14 • Zelda Johnson • 1985 • Walnut, Calif.
Husky Stadium: 11.03 • Carlette Guidry • 1990 • United States
Pac-10: 10.97 • Gail Devers • 1987 • UCLA
Collegiate: 10.78 • Dawn Sowell • 1989 • LSU
American: 10.49 • Florence Griffith • 1988 • World Class AC
World: 10.49 • Florence Griffith • 1988 • United States

200 Meters

Washington: 23.40 • Donna Dennis • 1983 • Los Angeles, Calif.
Husky Stadium: 22.64 • Dannette Young • 1990 • United States
Pac-10: 22.33 • Inger Miller • 1993 • UCLA
Collegiate: 22.04 • Dawn Sowell • 1989 • LSU
American: 21.34 • Florence Griffith • 1988 • World Class AC
World: 21.34 • Florence Griffith • 1988 • United States

400 Meters

Washington: 54.44 • Keisha Griffis • 1998 • Seattle, Wash.
Husky Stadium: 50.34 • Ana Quirot • 1990 • Cuba
Pac-10: 50.33 • Maicel Malone • 1991 • Arizona State
Collegiate: 50.18 • Pauline Davis • 1989 • Alabama
American: 48.83 • Valerie Brisco • 1984 • World Class AC
World: 47.60 • Marita Koch • 1985 • East Germany

800 Meters

Washington: 2:05.73 • Sarah Bolender • 1987 • Corvallis, Ore.
Husky Stadium: 1:57.52 • Ana Quirot • 1990 • Cuba
Pac-10: 1:58.51 • Brigita Langerholc • 2000 • USC
Collegiate: 1:59.11 • Suzy Favor • 1990 • Wisconsin
American: 1:56.40 • Jearl Miles • 1999 • Reebok
World: 1:53.28 • Jarmila Kratochvilova • 1983 • Czechoslovakia

1,500 Meters

Washington: 4:10.93 • Courtney Inman • 2003 • Sacramento, Calif.
Husky Stadium: 4:09.17 • Leah Ellis • 1993 • Abbotsford Royals
Pac-10: 4:09.86 • Lena Nilsson • 2003 • UCLA
Collegiate: 4:06.75 • Tiffany McWilliams • 2003 • Mississippi State
American: 3:57.12 • Mary Slaney • 1983 • Athletics West
World: 3:50.46 • Yunxia Qu • 1993 • China



Donna Dennis, 200 meters

3,000-meters

Washington: 8:55.05 • Regina Joyce • 1982 • Cork, Ireland
Husky Stadium: 8:47.84 • Robyn Meagher • 1992 • Canada
Pac-10: 8:59.15 • Annette Hand • 1988 • Oregon
Collegiate: 8:47.35 • Vicki Huber • 1988 • Villanova
American: 8:25.83 • Mary Slaney • 1985 • Athletics West
World: 8:06.11 • Junxia Wang • 1993 • China

3,000-meter Steeplechase

Washington: 10:35.31 • Kate Spigel • 2003 • Los Angeles, Calif.
Husky Stadium: 10:45.10 • Kate Spigel • 2003 • Washington
Pac-10: 9:46.30 • Lisa Aguilera • 2003 • Arizona State
Collegiate: 9:44.95 • Kassi Anderson • 2003 • BYU
American: 9:43.36 • Elizabeth Jackson • 2001 • United States
World: 9:08.33 • Gulnara Samitova • 2003 • Russia

5,000 Meters

Washington: 15:35.60 • Regina Joyce • 1982 • Cork, Ireland
Husky Stadium: 15:02.23 • Yelena Romnova • 1990 • Soviet Union
Pac-10: 15:23.94 • Lauren Fleshman • 2003 • Stanford
Collegiate: 15:23.03 • Kathy Hayes • 1985 • Oregon
American: 14:45.35 • Regina Jacobs • 2000 • Mizuno
World: 14:28.09 • Jiang Bo • 1997 • China

10,000 Meters

Washington: 33:13.45 • Regina Joyce • 1983 • Oslo, Norway
Husky Stadium: 32:01.17 • Wanda Panfil • 1990 • Poland
Pac-10: 32:31.65 • Amy Skieresz • 1997 • Arizona
Collegiate: 32:22.97 • Carole Zajac • 1992 • Villanova
American: 30:50.32 • Deena Drossin • 2002 • Asics
World: 29:31.78 • Junxia Wang • 1993 • China

100-meter Hurdles

Washington: 13.55 • Claudine Robinson • 1994 • Eugene, Ore.
Husky Stadium: 12.70 • Natalya Grigoryeva • 1990 • Soviet Union
Pac-10: 12.61 • Gail Devers • 1988 • UCLA
Collegiate: 12.61 • Gail Devers • 1988 • UCLA
American: 12.33 • Gail Devers • 2000 • Nike
World: 12.21 • Yordanka Donkova • 1988 • Bulgaria

400-meter Hurdles

Washington: 57.13 • Terra Barter • 1996 • Tucson, Ariz.
Husky Stadium: 55.16 • Sandra Farmer • 1990 • United States
Pac-10: 53.47 • Janeene Vickers • 1991 • UCLA
Collegiate: 54.24 • Sheena Johnson • 2003 • UCLA
American: 52.61 • Kim Batten • 1995 • United States
World: 52.34 • Yuliya Pechonkina • 2003 • Russia



*Regina Joyce, 3,000-,
5,000-, and 10,000 meters*

400-meter Relay

Washington: 44.6h • Smith, Walker, Johnson, Dennis • 1985
Husky Stadium: 42.46 • United States • 1990
Pac-10: 43.14 • USC • 2000
Collegiate: 42.50 • Louisiana State • 1989
American: 41.47 • National Team • 1997
World: 41.37 • East Germany • 1985

1,600-meter Relay

Washington: 3:37.68 • Glass, Penton, Griffis, Muhammad • 1998
Husky Stadium: 3:21.22 • Soviet Union • 1990
Pac-10: 3:28.93 • USC • 1987
Collegiate: 3:27.08 • Texas • 1999
American: 3:15.51 • National Team • 1988
World: 3:15.17 • Soviet Union • 1988

High Jump

Washington: 6-2 ³/₄ • Vicki Borsheim • 1987 • Everett, Wash.
Husky Stadium: 6-7 ¹/₂ • Yelena Yelesina • 1990 • Soviet Union
Pac-10: 6-6 • Amy Acuff • 1995 • UCLA
Collegiate: 6-6 • A. Acuff/K. Bergqvist • 1995/1997 • UCLA/SMU
American: 6-8 • Louise Ritter • 1988 • Mazda TC
World: 6-10 ¹/₄ • S. Kostadinova • 1987 • Bulgaria

Pole Vault

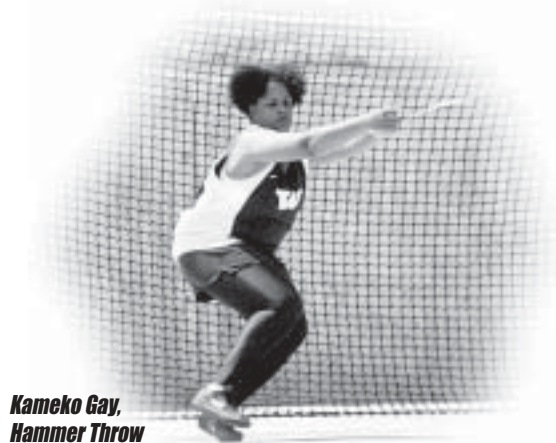
Washington: 13-10 • Kate Soma • 2003 • Palo Alto, Calif.
Husky Stadium: 12-11 ¹/₂ • Kate Soma/Stevie Marshalek • 2003 • UW/Unatt.
Pac-10: 14-10 ¹/₄ • Amy Linnen • 2002 • Arizona
Collegiate: 14-7 ¹/₄ • Tracy O'Hara • 2000 • UCLA
American: 15-9 ¹/₄ • Stacy Dragila • 2000 • Reebok
World: 15-9 ³/₄ • Yelena Isinbayeva • 2003 • Russia

Long Jump

Washington: 21-0 • Meledy Smith • 1984 • Berkeley, Calif.
Husky Stadium: 22-8 ³/₄ • Inessa Kravets • 1990 • Soviet Union
Pac-10: 22-2 ¹/₂ • Gail Devers • 1988 • UCLA
Collegiate: 23-9 • Jackie Joyner • 1985 • UCLA
American: 24-7 • Jackie Joyner • 1994 • Honda TC
World: 24-8 ¹/₄ • Galina Chistyakova • 1988 • Soviet Union



Tara Davis,
Triple Jump



Kameko Gay,
Hammer Throw

Triple Jump

Washington: 41-7 ³/₄ • Tara Davis • 1996 • Walnut, Calif.
Husky Stadium: 43-3 • Amy Littlepage • 1997 • California
Pac-10: 46-0 ³/₄ • Sheila Hudson • 1990 • California
Collegiate: 46-9 • Suzette Lee • 1997 • Louisiana State
American: 47-3 ¹/₂ • Sheila Hudson • 1996 • Reebok
World: 50-10 ¹/₄ • Inessa Kravets • 1995 • Ukraine

Shot Put

Washington: 55-7 • Jennifer Ponath • 1988 • Pullman, Wash.
Husky Stadium: 67-7 • Natalya Lisovskya • 1990 • Soviet Union
Pac-10: 61-10 ¹/₄ • Valeyta Althouse • 1995 • UCLA
Collegiate: 62-3 ³/₄ • Meg Ritchie • 1983 • Arizona
American: 66-2 ¹/₂ • Ramona Pagel • 1988 • Mazda
World: 74-3 • Natalya Lisovskaya • 1987 • Soviet Union

Discus

Washington: 215-3 • Aretha Hill • 1998 • San Diego, Calif.
Husky Stadium: 223-4 • Ilke Wyludde • 1990 • East Germany
Pac-10: 215-3 • Aretha Hill • 1998 • Washington
Collegiate: 221-5 • Meg Ritchie • 1981 • Arizona
American: 227-10 • Suzy Powell • 2002 • Asics
World: 252-0 • Gabriele Reinsch • 1988 • East Germany

Hammer

Washington: 189-9 • Kameko Gay • 2003 • Seattle, Wash.
Husky Stadium: 172-9 • Jennifer Dunkin • 2002 • Western Oregon
Pac-10: 218-9 • Julianna Tudja • 2003 • USC
Collegiate: 228-11 • Candice Scott • 2003 • Florida
American: 236-3 • Anna Norgren-Mabon • 2002 • Unattached
World: 249-7 • Mihaela Melinte • 1999 • Romania

Javelin

Washington: 159-6 • Heather Reichmann • 2003 • Sacramento, Calif.
Husky Stadium: 202-2 • Natalya Skikolenko • 1990 • USSR (old imp.)
Pac-10: 183-7 • Inga Strasiulionyte • 2002 • USC
Collegiate: 202-10 • Irina Kharun • 2003 • Indiana
American: 199-8 • Kim Kreiner • 2003 • NIKE
World: 234-8 • Osleidys Menendez • 2001 • Cuba

Heptathlon

Washington: 5,266 • Sonja Forster • 1992 • Eugene, Ore.
Husky Stadium: 6,783 • Jackie Joyner • 1990 • United States
Pac-10: 6,135 • Gea Johnson • 1990 • Arizona State
Collegiate: 6,718 • Jackie Joyner • 1985 • UCLA
American: 7,291 • Jackie Joyner • 1988 • World Class AC
World: 7,291 • Jackie Joyner • 1988 • United States



Women's Outdoor Top-10 Performers

2004 SEASON INFO

ATHLETE BIOS

COACHES

2003 REVIEW

RECORDS

HISTORY

100 Meters

11.47	Zelda Johnson	1985
11.53	Donna Dennis	1983
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
12.00	Chelsie Pentz	2000

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
24.44	Tamanika Terry	1994
24.44h	Joyce Schweim	1989
24.50	Keisha Griffis	1998
24.58	Marzette Penton	1998
24.60	Kellie Gamby	1989

400 Meters

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
55.45	Kellie Gamby	1989



Claudine Robinson, 100-meter hurdles

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
5,000 Meters	16:33.5h, Tara Carlson, 1993
10,000 Meters	34:34.79, Lisa Gibbs, 2002
110-Meter Hurdles	13.62, Shirley Walker, 1984
400-Meter Hurdles	57.35, Keisha Griffis, 1996
High Jump	6-0, Sherri Felton, 1978
Pole Vault	13-1 1/2, Kate Soma, 2002
Long Jump	21-0, Meledy Smith, 198
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



Shirley Walker, 110-meter hurdles

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
2:08.0	Susan Gregg	1982
2:08.43	Danelle Kabush	1998
2:08.71	Lia Minelli	1997
2:09.11	Colleen Richardson	1982
2:09.12	Kali Rembold	1996

1,500 Meters

4:10.93	Courtney Inman	2003
4:12.7	Regina Joyce	1981
4:18.31	Sandra Gregg	1981
4:18.81	Danelle Kabush	1998
4:21.00	Sarah Bolender	1988
4:21.96	Tara Carlson	1996
4:22.76	Susan Gregg	1983
4:23.39	Emily Johnson	1996
4:23.87	Lindsey Egerdahl	2003
4:24.59	Jennifer Smalley	1991

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
9:32.3	Kathy Adams	1979

3,000 Meter Steeplechase

10:35.31	Kate Spigel	2003
10:52.47	Camille Connolly	2003
11:05.04	Laura Halverson	2002
12:21.07	Amy King	2001

5,000 Meters

15:35.60	Regina Joyce	1982
15:55.71	Tara Carlson	1996
15:56.90	Sabrina Monro	2003
16:01.20	Anna Aoki	2001
16:10.94	Gillian Palmer	2001
16:29.9	Karen Petley	1982
16:32.60	Jennifer Gillette	1990
16:36.95	Brandi Evans	1992
16:38.97	Kate Bradshaw	2001
16:39.6	Kathy Adams	1978

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
34:12.4	Karen Petley	1982
34:34.79	Lisa Gibbs	2002
35:03.8	Sara Lindgren	1984
35:08.1	Kathy Adams	1978
35:29.09	Michelle Buresh	1990

100-Meter Hurdles

13.55	Claudine Robinson	1994
13.62	Shirley Walker	1984
13.69	Joyce Schweim	1990
13.86	Leslie Campbell	1991
14.05	Brynne Steward	2003
	Patrice Davis	1999
14.07	Keisha Griffis	1998
14.11	Lara Kelley	1999
14.13	Kelsey Sheppard	2001
14.14	Kam Warner	1993

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
59.94	Lara Kelley	1999
60.51	Cambrielle Jensen	2003

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

13-10	Kate Soma	2003
12-11 1/2	Carly Dockendorf	2003
	Sandy Erickson	2000
12-2	Alexis Jaime	2001
11-7 3/4	Chris Withey	1999/2000
11-5 3/4	Margaret Haines	2000
	MerryJane Bendico	2001
10-10	Jenny Gregorak	2002

Long Jump

21-0	Meledy Smith	1984
20-8 1/2	Tara Davis	1994/95
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
40-1 1/4	Sidney Brown	2003
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
47-9 3/4	Cherron Davis	2003
47-0 1/4	Soozie Shanley	1995
46-8 3/4	LaTonya White	1990

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
149-10	Searan Salibian	2002
144-3	Sesilia Thomas	1999
131-3	Mia Norheim	2003
123-7	Emily Whitish	1999
108-11	Mary Beeman	2003



Heather Reichmann, Javelin

Javelin (new implement, 1999-)

159-6	Heather Reichmann	2003
158-2	Megan Priestersbach	2002
157-9	Tiffany Zahn	2003
136-4	Chris Withey	2000
117-1	Rebecca Morrison	1999
114-11	Emily Whitish	1990
102-3	Jenny Gregorak	2003
102-0	Kendra Caprye	2003

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 Lasater	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
5,186	Angie Tasker	1989
4,831	Janie Vermeere	1994
4,796	Deanna Carr	1982
4,657	Shelley Pascoe	1991
4,404	Dianne Baumann	1982
4,367	Jennifer Nacrelli	1984
4,234	Carolyn Parker	1997
3,971	Kendra Caprye	2003
3,910	Roxanne Rohweder	1987



Vicki Borsheim,
High Jump



Women's Indoor Top-10 Performers

2004 SEASON INFO

ATHLETE BIOS

COACHES

2003 REVIEW

RECORDS

HISTORY

60-Meter Dash

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*
7.65c	Esrenee Cunningham	1989*

* Mark converted from 55 meters

60-Meter Hurdles

8.21c	Claudine Robinson	1994*
8.41c	Joyce Schweim	1991*
8.55c	Leslie Campbell	1990*
8.59c	Patrice Davis	1999*
8.62c	Kam Warner	1994*
8.66c	Lara Kelley	1999*
8.68c	Kelsey Sheppard	2001*
8.74c	Keisha Griffis	1998*
8.75c	Kendra Keller	1987*
8.76c	Sonja Forster	1992*

* - Mark converted from 55-meter hurdles

200 Meters

24.49	Tracy Griffin	1994
24.86	Marzette Penton	1996
	Chelsie Pentz	2000
25.23	Joyce Schweim	1991
25.27	Jamara Alexander	2000
25.30	Tamanika Terry	1994
25.31	Kelsey Sheppard	2001
25.32	LeTasha Moore	2002
25.35	Shavon Hawkins	2000
25.39	Mikki McClatcher	1996



Tracy Griffin, 100 and 200 meters



Courtney Inman, 800 meters and Mile Run

400 Meters

55.11	Kelsey Sheppard	2002
55.48	Chelsie Pentz	2000
55.74	Koko Sandmeyer	1994
55.91	Patrice Woods	1996
56.01	Kellie Gamby	1991
56.13	LeTasha Moore	2002
56.23	Monique Glass	1999
56.35	Lara Kelley	1999
56.48	Arlene Bledsoe	2000
56.55	Asya Muhammad	1999

800 Meters

2:08.39	Courtney Inman	2003
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
2:13.02	Kali Reimbold	1996
2:13.10	Lia Minelli	1997
2:13.54	Emily Johnson	1993
2:13.89	Heidi Downing	1991

* Mark converted from 880 yards

Mile

4:40.24	Courtney Inman	2003
4:48.36c	Sandra Gregg	1983*
4:50.14c	Marjan Moulijn	1978*
4:50.65	Margaret Butler	2000
4:50.69	Janicka Peterson	1989
4:50.97	Cami Matson	2000
4:52.02	Tara Carlson	1994
4:52.38c	Mary Dong	1987*
4:52.94	Susan Gregg	1983
4:53.74	Sandra Gregg	1983

* Mark 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
9:36.23	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
9:45.94	Jennifer Smalley	1991
9:46.04	Brandi Evans	1992

5,000 Meters

16:22.13	Sabrina Monro	2003
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
17:22.76	Kara Syrdal	2000
17:24.14	Sara Lindgren	1984
17:33.35	Laura Hodgson	2003
17:37.33	Katie Malm	1994



Kelsey Sheppard, 400 meters

4 x 400-Meter Relay

3:44.00	Glass/Sheppard/ Muhammad/Griffis	1999
3:44.26	Pentx/Sheppard/ Moore/Bledsoe	2000
3:45.40	Woods/Griffin/ Sandmeyer/Barter	1994
3:45.32	R. Moore/Jensen/ Sheppard/Hawkins	2002
3:47.19	Sandmeyer/Hallett/ Doht/Bjone	1991
3:48.68	L. Moore/Sheppard/ Jensen/Hawkins	2002
3:48.84	Griffis/McClatcher/ Newton/Woods	1996
3:49.12	Pentz/Bledsoe/ Moore/Hawkins	2000
3:49.34	Pentz/Glass/ Davis/Griffis	1998
3:50.03	Woods/Barter/ Newton/McClatcher	1995

Distance Medley Relay

11:35.41	Kabush/Griffis/ Froese/Butler	1998
11:36.54	Funk/Barter/ Johnson/Carlson	1994
11:41.12	Barter/Woods/ Froese/Carlson	1995
11:44.88	Syrdal/Glass/ Inman/Smith	1999
11:49.72	Froese/Griffis/ Rose/Kabush	1998
11:53.44	Matson/King/ Smith/Barter	2000
11:53.54	Minelli/McClatcher/ Kabush/Butler	1997
11:54.68	Egerdahl/Dignam/ Chapman/Connolly	2003
12:01.04	Phillips/Adair/ Gregg/Gregg	1981
12:01.93	Syrdal/Butler/ Matson/King	2000



Meledy Smith, Long Jump



Monique Glass,
4x400-meter relay

High Jump

6-2	Vicki Borsheim	1988
6-0	Maggie Garrison	1977
5-8 1/4	Dianne Baumann	1983
5-8	Celia Willis	1990
5-7 3/4	Francine Richardson	1997
5-7	Sidney Brown	2003
	Mary Prince	1990
5-6 1/2	Roxanne Rohweder	1987
	Diane Jolivet	1984
5-6	Brittany Roberts	2003
	Elena Popovskaya	2002
	Sonja Forster	1992

Pole Vault

13-3 3/4	Kate Soma	2003
12-9 1/2	Sandy Erickson	2002
12-4	Alexis Jaime	2003
12-0 3/4	MerryJane Bendico	2001
12-0	Carly Dockendorf	2003
10-11 3/4	Taylor Wilkins	2002
	Christina Withey	2000
10-10	Mariah Swango	2003
	Jenny Gregorak	2002
10-6 3/4	Margaret Haines	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 1/4	Kam Warner	1994
19-5 3/4	Michele Reid	1998
19-3	Marzette Penton	1998
19-1 3/4	Sonja Forster	1992
19-1 1/4	Zee Ogarro	2001

Triple Jump

41-4 1/4	Brittany Roberts	2003
40-6 3/4	Angie Tasker	1988
40-0 1/2	Michele Reid	1998
39-7 1/2	Tara Davis	1995
39-4 1/2	Sidney Brown	2003
39-3 1/2	Kyla Sutton	1996
39-2 1/2	Suzanne Silvis	1994
38-8 3/4	Celia Willis	1991/92
38-6 1/4	Sharon Olsen	1996
38-4	September George	1988

Shot Put

52-7 1/2	Jennifer Ponath	1988
51-4 1/2	Shirley Ross	1988
50-9 1/2	Meg Jones	1988
49-10 3/4	Caryl Van Pelt	1978
49-9 3/4	Seselia Thomas	2000
49-4 1/4	Aretha Hill	1998
46-10	Suzanne Dandenault	1991
46-1 1/4	Cherron Davis	2003
46-0 1/2	LaTonya White	1990
45-2 1/2	Soozie Shanley	1995

20-lb. Weight Throw

55-2	Aretha Hill	1998
52-2 1/2	Soozie Shanley	1996
51-5 3/4	Seselia Thomas	2000
50-8 3/4	Kameko Gay	2003
49-1 1/2	Rebecca Morrison	1999
47-9 1/4	Searan Salibian	2002
42-3 1/4	Cherron Davis	2003
40-9	Mia Norheim	2003
39-5 1/2	Mary Beeman	2002
39-1 1/4	Emily Whitish	2000



Aretha Hill, Weight Throw



Ever since Husky thrower Gus Pope took Chicago by storm with a pair of national titles at the inaugural NCAA Championships in 1921, Washington track and field athletes have been a regular player on collegiate track and field's grandest stages. With 36 Olympians, six world-record setters, 22 NCAA Champions and 179 All-Americans, Washington has established itself as a dynamic force in American track and field. Just last year, former Husky thrower Aretha Hill earned her first U.S. discus crown, while distance runner Christian Belz finished among the top-15 in the 5,000 meters at the IAAF World Championships.

Even the Huskies' current athletes threw themselves into the fray in 2003: pole vaulter Brad Walker won the NCAA indoor championship with a Pac-10 record vault of 19-0 1/2 that was sixth-best in NCAA history, and ranked third in the world during the 2003 indoor season, while javelin star Heather Reichmann earned All-America honors at the 2003 NCAA Championships and closed the year ranked among the top-10 female javelin competitors in the U.S. Additionally, pole vaulter Carly Dockendorf climbed to ninth in Canadian history, while distance runner Courtney Inman and pole vaulter Kate Soma each climbed the Pac-10 record books with All-America performances.

No Husky athlete has earned more All-America certificates than former sprinter Ja'Warren Hooker, who nabbed 10 such honors throughout his career, including a UW-record four in 1998 (see box below). Hooker and his fellow sprinters have a long way to go, however, to catch the Huskies' most prolific unit — it's throwers. Nearly half (79) of Washington's 179 All-America certificates have been earned by UW throwers, including 32 in the javelin alone (see box on page 72).

From the world record-double by vaulter Brian Sternberg and jumper Phil Shinnick at the 1963 Modesto Relays, to Scott Neilson's seven NCAA titles in the 1970s, to Hill's U.S. discuscrown in 2003, Washington has built an illustrious record on the national and international stage. What follows is a brief history of those outstanding teams and individuals, who elevated themselves above the rest to bring glory to the purple and gold.

NOTE: All-Americans listed below are those which could be confirmed by the UW Sports Information office. Asterisks indicate indoor events.

Men's All-Americans

Year	Name	Event	NCAA Place
2003	Brad Walker	Pole Vault*	1st
2002	Brad Walker	Pole Vault	2nd
2002	Eric Garner	Mile Run*	13th
2001	Ja'Warren Hooker	200m Dash	5th
2001	David Bazzi	5,000m Run	8th
2001	David Bazzi	10,000m Run	8th
2001	Brad Walker	Pole Vault*	7th
2001	Ja'Warren Hooker	200m Dash*	2nd
2001	Ja'Warren Hooker	60m Dash*	3rd
2000	Ja'Warren Hooker	200m Dash	6th
2000	Jacob Predmore	Decathlon	7th
2000	Justin St. Clair	Javelin	6th
2000	Matt Phillips	Pole Vault	8th
2000	Ben Lindsey	Discus	11th
2000	Ja'Warren Hooker	60m Dash*	6th
2000	Ja'Warren Hooker	200m Dash	6th
1999	Justin St. Clair	Javelin	12th
1999	Derek Prior	400m Dash*	10th
1998	Ja'Warren Hooker	100m Dash	3rd
1998	Geoff Perry	1,500m Run	10th
1998	Ben Lindsey	Discus	5th
1998	Ja'Warren Hooker	55m Dash*	1st
1998	Ja'Warren Hooker	4x400m Relay*	8th
1998	Derek Prior	4x400m Relay*	8th
1998	B.J. Dawson	4x400m Relay*	8th
1998	Scott Anabel	4x400m Relay*	8th
1998	Ja'Warren Hooker	200m Dash*	8th
1998	Ben Lindsey	Shot Put*	5th
1997	Brice Newton	1,500m Run	12th
1997	Ben Lindsey	Discus	9th
1997	Ed Turner	200m Dash*	5th
1996	Nick Pavach	Steeplechase	11th
1996	Ernie Conwell	Shot Put	5th
1996	Troy Burkholder	Javelin	4th
1996	Bryan Madche	Pole Vault	5th
1995	Ernie Conwell	Shot Put	5th
1994	Pete Kaligis	Shot Put	7th
1993	Adam Setliff	Discus	5th
1993	Greg Metcalf	Steeplechase	6th

All-America Records

Most All-America Awards, Career

1.	Ja'Warren Hooker, 1998-2001	10
2.	Scott Neilson, 1976-79	7
	Rick Noji, 1986-90	7
4.	Ben Lindsey, 1997-2000	4
	Aretha Hill, 1995-98	4
	Bob Rockett, 1983-87	4
7.	Brad Walker, 2000-03	3
	Darryl Roberson, 1988-90	3
	Meg Jones, 1985-88	3
	Jennifer Ponath, 1988	3
	Neal Kneip, 1985-86	3
	Mike Ramos, 1982-86	3
	Steve Erickson, 1981-85	3
	Regina Joyce, 1981-83	3
	Deanna Carr, 1980-82	3
	Steve Summers, 1978-79	3
	Jim Charteris, 1925-27	3

Most All-America Awards, Season (Indoor/Outdoor combined)

1.	Ja'Warren Hooker, 1998	4
2.	Ja'Warren Hooker, 2000	3
	Jennifer Ponath, 1988	3
4.	Ja'Warren Hooker, 2001	2
	David Bazzi, 2000	2
	Ben Lindsey, 1998	2
	Rick Noji, 1989	2
	Rick Noji, 1988	2
	Shirley Ross, 1988	2
	Rick Noji, 1987	2
	Neal Kneip, 1986	2
	Meledy Smith, 1984	2
	Scott Neilson, 1979	2
	Steve Summers, 1979	2
	Scott Neilson, 1978	2
	Spider Gaines, 1977	2
	Scott Neilson, 1977	2
	Gus Pope, 1921	2

Year	Name	Event	NCAA Place
1991	Todd Wilson	Discus	5th
1991	Tony Parsley	Javelin	10th
1991	Dana Hall	55m Hurdles*	4th
1990	Rick Noji	High Jump	3rd
1990	Darryl Roberson	Javelin	5th
1990	Bernard Ellison	4x400m Relay	5th
1990	Orlando McKay	4x400m Relay	5th
1990	Beno Bryant	4x400m Relay	5th
1990	Brent Merritt	4x400m Relay	5th
1990	Todd Wilson	Discus	9th
1990	Rick Noji	High Jump*	5th
1989	Darryl Roberson	Javelin	5th
1988	Darryl Roberson	Javelin	5th
1988	Rick Noji	High Jump	6th
1988	Rick Noji	High Jump*	4th
1987	Rick Noji	High Jump*	2nd
1987	Rick Noji	High Jump	6th
1987	Bruce Stirling	1,500m Run	8th
1987	Dan Bell	Steeplechase	3rd
1987	Dan Tabish	Discus	7th
1987	Bob Rockett	Javelin	9th
1986	Rick Noji	High Jump*	6th
1986	Neal Kneip	Hammer Throw	9th
1986	Curt Corvin	10,000m Run	8th
1986	Mike Ramos	Decathlon	1st
1986	Neal Kneip	Weight Throw*	5th
1985	Neal Kneip	Weight Throw*	7th
1985	Bob Rockett	Javelin	2nd
1985	Byron Howell	200m Dash	6th
1985	Steve Erickson	Decathlon	4th
1984	Bob Rockett	Javelin	3rd
1984	Dale Pedersen	Javelin	14th
1983	Dennis Brown	4x100m Relay	2nd
1983	Sterling Hinds	4x100m Relay	2nd
1983	Byron Howell	4x100m Relay	2nd
1983	LaNorris Marshall	4x100m Relay	2nd
1983	Mike Ramos	Decathlon	3rd
1983	Bob Rockett	Javelin	7th
1982	Mike Ramos	Decathlon	3rd
1982	Steve Erickson	Decathlon	9th
1982	Doug Wollen	Discus	9th
1982	Dale Pedersen	Javelin	8th
1982	Ron Webster	800m Run	9th
1981	Steve Erickson	Decathlon	7th
1981	LaNorris Marshall	200m Dash	3rd



The Fab Four (from left to right): Scott Neilson, Borys Chambul, Rod Ewaliko and Russ Vincent combined to sweep the throwing events at the 1976 Pac-10 Championships. Neilson and Vincent would go on to earn All-America honors, two of 79 such awards earned all-time by Husky throwers.



Thrower Ben Lindsey earned four All-America honors.

Year	Name	Event	NCAA Place
1981	Bernard Jackson	200m Dash	7th
1980	Robert Moulder	Javelin	3rd
1980	Gary Gefre	Decathlon	6th
1979	Scott Neilson	Hammer Throw	1st
1979	Tom Sinclair	Javelin	1st
1979	Steve Summers	Shot Put	3rd
1979	Scott Neilson	Weight Throw*	1st
1979	Gary Gefre	Decathlon	8th (tie)
1979	Mike Mahovich	Javelin	7th
1979	Steve Oravetz	Pole Vault*	5th (tie)
1979	Steve Summers	Shot Put*	6th
1978	Scott Neilson	Hammer Throw	1st
1978	Duncan Atwood	Javelin	3rd
1978	Tom Sinclair	Javelin	4th
1978	Steve Oravetz	Pole Vault	6th
1978	Steve Summers	Shot Put	7th
1978	Scott Neilson	Weight Throw*	1st
1978	Russ Vincent	Shot Put*	3rd
1977	Scott Neilson	Hammer Throw	1st
1977	Spider Gaines	110m Hurdles	6th
1977	Brian Mondschein	Decathlon	7th
1977	Scott Neilson	Weight Throw*	1st
1977	Spider Gaines	55m Hurdles*	5th
1976	Russ Vincent	Shot Put	4th
1976	Scott Neilson	Hammer Throw	1st
1974	Jeff Taylor	Pole Vault	2nd
1974	Rod Ewaliko	Javelin	2nd
1972	Gary Quitslund	Javelin	2nd
1971	Cary Feldman	Javelin	1st
1963	Brian Sternberg	Pole Vault	1st
1930	Steve Anderson	120y Hurdles	1st
1930	Paul Jessup	Discus	1st
1929	Steve Anderson	220y Hurdles	1st
1929	Ed Genung	880y Run	1st
1928	Rufus Kiser	Mile Run	1st
1927	Herman Brix	Shot Put	1st
1927	Jim Charteris	880y Run	2nd
1926	Jim Charteris	880y Run	5th
1925	Jim Charteris	880y Run	1st
1921	Gus Pope	Shot Put	1st
1921	Gus Pope	Discus	1st



Women's All-Americans

Year	Name	Event	NCAA Place
2003	Courtney Inman	1,500m	4th
2003	Heather Reichmann	Javelin	7th
2003	Kate Soma	Pole Vault	7th
2000	Seselia Thomas	Discus	8th
1999	Cecelia Barnes	Discus	9th
1998	Danelle Kabush	1,500m	9th
1998	Aretha Hill	Discus	2nd
1998	Keisha Griffis	400m Hurdles	9th
1997	Aretha Hill	Discus	4th
1996	Tara Carlson	5,000m	8th
1996	Aretha Hill	Discus	3rd
1995	Aretha Hill	Discus	7th
1995	Tara Davis	Triple Jump	11th
1995	Terra Barter	400m Hurdles	8th
1994	Laura Kruse	Javelin	8th
1994	Monika Parker	Javelin	10th
1994	Claudine Robinson	55m Hurdles*	4th
1993	Monika Parker	Javelin	7th
1993	Claudine Robinson	55m Hurdles*	9th (tie)
1993	Tessie Schorr	Javelin	9th
1991	Janicka Peterson	3,000m	10th
1991	Mari Bjone	400m Hurdles	7th
1988	Shirley Ross	Shot Put	2nd
1988	Jennifer Ponath	Discus	7th
1988	Meg Jones	Discus	9th
1988	Shelly Sanford	Javelin	9th
1988	Vicki Borsheim	High Jump*	2nd
1988	Shirley Ross	Shot Put*	7th



Washington's two-mile relay squad of (from left) Sandra Gregg, Anne Phillips, Susan Gregg and Dana Arnim earned All-America honors with a third-place finish at the 1980 AIAW National Championships.

Year	Name	Event	NCAA Place
1988	Jennifer Ponath	Shot Put*	3rd
1988	Jennifer Ponath	Shot Put	1st
1987	Meg Jones	Shot Put	9th
1987	Helena Uusitalo	Javelin	2nd
1986	Helena Uusitalo	Javelin	1st
1986	Vicki Borsheim	High Jump	7th
1985	Meg Jones	Shot Put*	8th
1985	Camille Rivard	800m*	2nd
1984	Meledy Smith	Long Jump	3rd
1984	Meledy Smith	Long Jump*	4th
1983	Donna Dennis	100m Dash	8th
1983	Regina Joyce	10,000m	5th
1983	Deanna Carr	Javelin	5th
1982	Deanna Carr	Javelin	7th
1982	Regina Joyce	3,000m	9th
1981	Regina Joyce	3,000m	1st
1981	Sandra Gregg	1,500m	5th
1981	Maggie Garrison	High Jump	6th
1981	Caryl Van Pelt	Shot Put	9th
1980	Deanna Carr	Javelin	7th
1980	Sandra Gregg	4x800m Relay	3rd
1980	Anne Phillips	4x800m Relay	3rd
1980	Susan Gregg	4x800m Relay	3rd
1980	Dana Arnim	4x800m Relay	3rd
1977	Maggie Garrison	High Jump	3rd
1977	Caryl Van Pelt	Shot Put	3rd

All-Time All-Americans By Event

Event	No. of All-Americans	Most Recent
100m/60m Dash	5	Ja'Warren Hooker, 2001
200m Dash	9	Ja'Warren Hooker, 2001
400m Dash	1	Derek Prior, 1999
800m Run	6	Camille Rivard, 1985
1,500m/Mile Run	8	Courtney Inman, 2003
Steeplechase	3	Nick Pavach, 1996
3,000m Run	3	Janicka Peterson, 1991
5,000m Run	2	David Bazzi, 2001
10,000m Run	3	David Bazzi, 2001
110m HH/60m HH	6	Dana Hall, 1991
400m IH	3	Keisha Griffis, 1998
4x100m Relay	4	Brown/Hinds/Howell/Marshall, 1983
4x400m Relay	8	Hooker/Dawson/Anabel/Prior, 1998
High Jump	11	Rick Noji, 1990
Pole Vault	10	Brad Walker, 2003
Long Jump	2	Meledy Smith, 1984
Triple Jump	1	Tara Davis, 1995
Shot Put	19	Ben Lindsey, 1998
Discus	18	Seselia Thomas, 2000
Hammer/Weight	10	Neal Kneip, 1986
Javelin	32	Heather Reichmann, 2003
Heptathlon	0	
Decathlon	10	Jacob Predmore, 2000

NOTE: Where applicable, indoor and outdoor honors have been combined

* - includes marks from past equivalent event (i.e., 800m list includes All-America certificates won at 880 yards)

UW at the Olympic Games

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 25 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:

2000	Adam Setliff (USA), Discus, 5th	1956	4x400 Relay (USA), 5th
	Christian Belz (Switzerland), Steeplechase, dnp	1952	George Widenfeldt (Sweden), Decathlon, 4th
	Ja'Warren Hooker (USA), 4x400, dnc		Bob Hutchinson (Canada), 100m, 200m, dnp;
1996	Adam Setliff (USA), Discus, 12th		4x100 relay (USA), dnp
	Aretha Hill (USA), Discus, 35th	1936	Bruce Humbar (Canada), 100m, 200m, dnp;
1984	Sterling Hinds (Canada), 4x400, 3rd		4x100 relay (USA), 4th
	Duncan Atwood (USA), Javelin	1932	Ed Genung (USA), 800m, 4th;
	Regina Joyce (Ireland), Marathon		Paul Jessup (USA), Discus
1980	Ken Shannon (USA), Asst. Coach	1928	Steve Anderson (USA), 100m HH, 2nd
	Rod Ewaliko (USA), Javelin, dnc		Herman Brix (USA), Shot Put, 2nd
	Duncan Atwood (USA), Javelin, dnc	1924	Gus Pope (USA), Discus, 4th
1976	Scott Neilson (Canada), Hammer	1920	Gus Pope (USA), Discus, 3rd
1972	Borys Chambul (Canada), Discus	1912	Ira Courtney (USA), 100, 200, dnp
	Jim Seymour (USA), 400m IH, 4th		
	Fred Luke (USA), Javelin, 8th		
1964	Phil Shinnick (USA), Long Jump, dnp		
	Wariboko West (Nigeria), Long Jump, 4th		
1960	Terry Tobacco (Canada), 400m		
1956	Terry Tobacco (Canada), 400m, dnp		



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

World-Record Setting Huskies

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 (at left) 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 he 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, PV, 16-8	1930	Paul Jessup, Discus, 169-8 7/8
1963	Phil Shinnick, LJ, 27-4 (never ratified)	1928	Herman Brix, Shot put, 51-8
1932	Herman Brix, Shot put, 52-8 1/2	1928	Steve Anderson, 120yd HH, 14.4



Steve Anderson

Huskies at the IAAF World Championships

Note: Prior to 1991, the World Championships occurred once every four years; it has since occurred once every two years.

1983 — Helsinki, Finland

Rod Ewaliko (USA) Javelin, 11th, 255-1
Regina Joyce (IRE) Marathon, 7th 2:33:52

1987 — Rome, Italy

Duncan Atwood (USA) Javelin, 12th, 238-0

1991 — Tokyo, Japan

Rick Noji (USA) High Jump, 8th, 7-5 3/4

1993 — Stuttgart, Germany

Rick Noji (USA) High Jump, t21st, 7-2 1/2

1995 — Gothenburg, Sweden

Rick Noji (USA) High Jump, t27th, 7-2 1/2

1997 — Athens, Greece

Adam Setliff (USA), Discus, 7th, 208-2
Orin Richburg (USA), Assistant Coach

1999 — Seville, Spain

Aretha Hill (USA), Discus, 23rd, 203-11
Christian Belz (SUI), Steeple, 22nd, 8:29:19

2001 — Edmonton, Alberta, Canada

Orin Richburg (USA), Head Coach
Adam Setliff (USA), Discus, 5th, 218-4
Christian Belz (SUI), Steeple, 11th, 8:31.43

2003 — St. Denis, France

Christian Belz (SUI), 5,000m, 13th, 13:26.02
Aretha Hill (USA), Discus, 20th, 68-2 1/2



Aretha Hill won the 2003 U.S. discus title and represented the U.S. at the 2003 World Championships in Paris, France.



All-Time Men's Team Finishes

2004 SEASON INFO

ATHLETE BIOS

COACHES

2003 REVIEW

RECORDS

HISTORY

Pac-10 Outdoor Results (1979-)

Year	Champion	Pts.	UW Place	UW Pts.
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 (1960-77)

Year	Champion	Pts.	UW Place	UW Pts.
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

MPSF Indoor Results (1993-2001)

Year	Champion	Pts.	UW Place	UW Pts.
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

NCAA Outdoor Results (1921-)

Year	Champion	Pts.	UW Place	UW Pts.
2003	Arkansas	59	—	—
2002	Louisiana State	64	30t	8
2001	Tennessee	60	33t	6
2000	Stanford	72	28t	8.5
1999	Arkansas	59	—	—
1998	Arkansas	58.5	23t	10



Brian Sternberg led UW to 10th at the 1963 NCAA meet.

Year	Champion	Pts.	UW Place	UW Pts.
1997	Arkansas	55	—	—
1996	Arkansas	55	26	12
1995	Arkansas	61.5	54t	4
1994	Arkansas	83	65	2
1993	Arkansas	69	36t	7
1992	Arkansas	60	—	—
1991	Tennessee	51	58	4
1990	Louisiana State	44	28t	10
1989	Louisiana State	53	50t	4
1988	UCLA	82	55	4
1987	UCLA	81	26	11
1986	SMU	53	26	11
1985	Arkansas	61	15	16
1984	Oregon	113	42t	10
1983	SMU	104	18t	28
1982	UTEP	105	22t	23
1981	UTEP	70	30	6
1980	UTEP	69	29	7
1979	UTEP	64	6	26
1978	USC	59	12	21
1977	Arizona State	64	15	11
1976	USC	64	7	28
1975	UTEP	55	10	17
1974	Tennessee	60	9	18
1973	UCLA	52	—	—
1972	UCLA	82	6	18
1971	UCLA	52	12	14
1979	Oregon/Kansas/BYU	35	22	9
1969	San Jose State	48	38	3
1968	USC	58	12	12
1967	USC	86	37	4
1966	UCLA	81	37	6
1965	USC/Oregon	32	46	3
1964	Oregon	70	29	8
1963	USC	61	10	17
1962	Oregon	85	—	0.4
1961	USC	65	—	1.4
1960	Kansas	50	—	—
1959	Kansas	73	29	6.1
1958	USC	48	—	—
1957	Villanova	47	—	—
1956	UCLA	57	—	—
1955	USC	42	—	—
1954	USC	66	—	—
1953	USC	80	26	5
1952	USC	66	—	—
1951	USC	56	25	5
1950	USC	49	—	—

Year	Champion	Pts.	UW Place	UW Pts.
1949	USC	55	—	—
1948	Minnesota	46	—	—
1947	Illinois	59	30	5
1946	Illinois	78	16	8
1945	Navy	62	—	—
1944	Illinois	79	—	—
1943	USC	46	9	17
1942	USC	85	26	4
1941	USC	81	—	2
1940	USC	47	—	2
1939	USC	86	—	—
1938	USC	67	—	—
1937	USC	62	—	4
1936	USC	103	—	—
1935	USC	74	26	4
1934	Stanford	63	—	—
1933	LSU	58	—	1
1932	Indiana	56	—	—
1931	USC	77	21	8
1930	USC	55	2	40
1929	Ohio State	50	2	42
1928	Stanford	72	4	26
1927	Illinois	35	3	29
1926	USC	27	—	7
1925	Stanford	31	—	13.5
1924	No Meet Held			
1923	Michigan	29	15	5.3
1922	California	28	—	—
1921	Illinois	20	52	1.3

NCAA Indoor Results (1965-)

Year	Champion	Pts.	UW Place	UW Pts.
2003	Arkansas	52	20t	10
2002	Tennessee	62.5	—	—
2001	LSU	34	11t	16
2000	Arkansas	41.5	22t	6
1999	Arkansas	65	—	—
1998	Arkansas	56	13	16
1997	Arkansas	59	43t	4
1996	George Mason	39	—	—
1995	Arkansas	59	—	—
1994	Arkansas	94	—	—
1993	Arkansas	66	—	—
1992	Arkansas	53	—	—
1991	Arkansas	34	41t	4
1990	Arkansas	44	45t	2
1989	Arkansas	34	—	—
1988	Arkansas	34	35t	4
1987	Arkansas	39	18t	8
1986	Arkansas	49	36t	3
1985	Arkansas	70	—	—
1984	Arkansas	38	—	—
1983	SMU	43	—	—
1982	UTEP	67	—	—
1981	UTEP	76	—	—
1980	UTEP	76	26	7.5
1979	Villanova	52	16	11.6
1978	UTEP	44	14t	14
1977	Wash. State	25.5	12t	7
1976	UTEP	23	—	—
1975	UTEP	36	—	—
1974	UTEP	19	39t	3
1973	Manhattan	18	26t	4
1972	USC	19	32t	3
1971	Villanova	22	22t	4
1970	Kansas	27.5	28t	3
1969	Kansas	41.5	—	—
1968	Villanova	35.5	—	—
1967	USC	26	39t	1
1966	Kansas	14	—	—
1965	Missouri	14	25t	3



Anna Aoki's Pac-10 title at 10,000 meters in 1998 helped the Huskies to a fourth-place team finish.

Pac-10 Outdoor Results (1987-)

Year	Champion	Pts.	UW Place	UW Pts.
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 (1978-82)

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

MPSF Indoor Results (1993-2001)

Year	Champion	Pts.	UW Place	UW Pts.
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 (1982-)

Year	Champion	Pts.	UW Place	UW Pts.
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	29	8
1997	Louisiana State	63	38	5
1996	Louisiana State	81	30	7
1995	Louisiana State	69	47t	3
1994	Louisiana State	86	63	1
1993	Louisiana State	93	49t	2
1992	Louisiana State	87	—	—
1991	Louisiana State	78	54	2
1990	Louisiana State	53	—	—
1989	Louisiana State	86	—	—
1988	Louisiana State	61	10	26
1987	Louisiana State	62	28t	8.5
1986	Texas	65	22	11.5
1985	Oregon	52	—	—
1984	Florida State	145	34t	12.5
1983	UCLA	116.5	18t	24
1982	UCLA	153	29	11



The Huskies' eighth-place finish at the 1988 NCAA Indoor Championships was helped by the performance of Shirley Ross, who took seventh in the shot put.



Jennifer Ponath heaved the shot 54-4 1/2 to win the 1988 NCAA championship.

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

Year	Champion	Pts.	UW Place	UW Pts.
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	—	—

Editor's Note: The Washington women's team was a member of the NCWSA Conference from 1976-82. From 1983-86, the women were a part of the NorPac conference. In 1987, the UW women became a part of the Pac-10. On the national scale, the women competed in the AIAW from 1976-1981. From 1982-present, the women have been a part of the NCAA.



Men's Pac-10 Champions (Pac-8 before 1979)

Year	Champion	Event	Mark
2003	Brad Walker	Pole Vault	18-2 1/2
2002	Mike Hill	Steeplechase	8:54.19
	Brad Walker	Pole Vault	18-0 1/2
2001	David Bazzi	10,000m	29:27.31
2000	Ja'Warren Hooker	100m	10.19
	Ja'Warren Hooker	200m	20.39
	Ben Lindsey	Shot Put	63-11 3/4
1998	Ja'Warren Hooker	100m	10.24
	Ja'Warren Hooker	200m	20.70
	Hooker/Prior/ Anabel/Dawson	4x400 Relay	3:06.49
1996	Troy Burkholder	Javelin	229-5
1992	Mitch Leffler	800m	1:49.05
1990	Rick Noji	High Jump	7-2 1/2
1989	Darryl Roberson	Javelin	238-4
1988	Darryl Roberson	Javelin	236-2
1987	Bruce Stirling	1500m	3:44.29
	Dan Bell	Steeplechase	8:36.68
1986	Mike Ramos	Decathlon	8,322 pts.
1985	Steve Erickson	Decathlon	8,067 pts.
	Tony Zackery	Long Jump	25-11 1/4w
1984	Mike Ramos	Decathlon	7,824 pts.
1983	Mike Ramos	Decathlon	7,824 pts.
1980	Gary Gefre	Decathlon	7,758 pts.
1979	Scott Neilson	Hammer	235-0
	Tom Sinclair	Javelin	259-11



Bruce Stirling, 1987 Pac-10 1,500m champion.

Year	Champion	Event	Mark
1978	Scott Neilson	Hammer	232-4
	Duncan Atwood	Javelin	261-8
1977	Scott Neilson	Hammer	213-11
	Duncan Atwood	Javelin	265-9
	Brian Mondschein	Decathlon	7,066 pts.
1976	Graham Barr	Steeplechase	8:56.0
	Spider Gaines	110m High Hurdles	13.9
	Russ Vincent	Shot Put	63-9 3/4
	Borys Chambul	Discus	196-4
	Scott Neilson	Hammer	209-6
	Rod Ewaliko	Javelin	265-3
	Rod Ewaliko	Javelin	260-9
1975	Al Davis	100y dash	9.7
1974	Bill Koss	Steeplechase	8:42.0
1972	Kirk Bryde	Pole Vault	16-9 1/2
	Jim Seymour	440y Int. Hurdles	50.9
1971	Kirk Bryde	Pole Vault	17-4
	Cary Feldman	Javelin	258-4
1970	Jim Johnson	Steeplechase	8:47.6
	Cary Feldman	Javelin	236-6
1969	John Hubbell	Shot Put	62-11 1/4
1967	Washington	Mile Relay	3:11.6
1964	Jerry Plowman	220y dash	21.4
	Wariboko West	Long Jump	24-11 1/4
	Al Pemberton	Discus	175-6
1963	Brian Sternberg	Pole Vault	15-0
1962	John Cramer	Pole Vault	15-0 1/2
1961	John Cramer	Pole Vault	15-0
1960	Don Failla	Pole Vault	14-0
	Bill Coats	Pole Vault	14-0
	John Douglas	Javelin	237-0



Five-time Pac-10 champion Ja'Warren Hooker.

Women's Pac-10 Champions (1987-)

Year	Champion	Event	Mark
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



Kate Bradshaw, 2000 Pac-10 10,000m champ.

Men's NCAA Outdoor Champions

Year	Champion	Event	Mark
1986	Mike Ramos <i>(meet record)</i>	Decathlon	8,261 pts.
1979	Scott Neilson	Hammer	237-3
	Tom Sinclair	Javelin	261-3
1978	Scott Neilson	Hammer	237-5
1977	Scott Neilson	Hammer	228-4
1976	Scott Neilson	Hammer	216-8
	Borys Chambul	Discus	202-3
1975	Tinner/Belur/ Franco/Hicks	Mile Relay	3:05.1
1971	Cary Feldman	Javelin	259-0
1963	Brian Sternberg	Pole Vault	16-4 3/4
1930	Steve Anderson	120y High Hurdles	14.4
	Paul Jessup	Discus	160-9
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	50-11 3/4
1925	Jim Charteris	880y run	1:55.4
1921	Gus Pope	Shot Put	45-5 1/2
	Gus Pope	Discus	142-2

Mike Ramos, 1986 NCAA decathlon champion.

Women's NCAA Outdoor Champions (IAIAW before 1982)

Year	Champion	Event	Mark
1988	Jennifer Ponath	Shot Put	54-4 1/2
1986	Helena Uusitalo	Javelin	193-1
1981	Regina Joyce	3000m	9:00.20

NCAA Indoor Champions

Year	Champion	Event	Mark
2003	Brad Walker	Pole Vault	19-0 1/4
1998	Ja'Warren Hooker	55 meters	6.13
1979	Scott Neilson	Weight Throw	71-5 1/2
1978	Scott Neilson	Weight Throw	68-7 3/4
1977	Scott Neilson	Weight Throw	68-10 1/2

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
1976	Fred Luke, Javelin		Paul Jessup, Discus
1974	Jim Johnson, Steeplechase	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	1922	Gus Pope, Discus
1931	Herman Brix, Shot put	1921	Gus Pope, Discus
	Ed Genung, 880y	1920	Gus Pope, Discus
	Paul Jessup, Discus		



Scott Neilson won a record seven NCAA titles.

Men's MPSF Indoor Conference Champions

Year	Champion	Event	Mark
2001	David Bazzi	Mile	4:19.09
	Jason Fayant	5,000	15:25.59
	Ja'Warren Hooker	60m	6.51
	Ja'Warren Hooker	200m	20.75
	Brad Walker	Pole Vault	17-9
2000	Ja'Warren Hooker	55m	6.19
	Ja'Warren Hooker	200m	21.34
1998	Ja'Warren Hooker	55m	6.13
	Hooker/Dawson/ Anabel/Prior	4x400m Relay	3:12.05
1996	Washington	4x400m Relay	3:14.81
1995	Ed Turner	200m	21.41
1994	Tim Martin	55m	6.33
1993	Mitch Leffler	800m	1:50.65

Women's MPSF Indoor Conference Champions

Year	Champion	Event	Mark
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

2000 MPSF shot put champion Seselia Thomas.



All-Time Letterwinners

2004 SEASON INFO

ATHLETE BIOS

COACHES

2003 REVIEW

RECORDS

HISTORY

A

Abbey, George	1949-51
Achterman, Peg	1979
Ackerman, Carl	1948
Adair, Tammy	1978-81
Adams, Ben	1938
Adams, Cristian	2001-03
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	1991
Albright, Richard	1970-74
Aleinkoff, Paul	1958-60
Aleinkoff, Steve	1980
Alexander, D'Andrae	2001
Alexander, Jamara	2003
Alexander, Roc	2003
Alexander, Sam	1993-96
Algier, Ray	1926
Allamano, John	1966-68
Allen	1900
Allen, Mark	1991-92
Allen, Mike	1992-93
Allen, Terrance	1999
Anabel, Scott	1995-98
Anacker, Don	1957-59
Andersen, Keith	1972
Anderson	1910
Anderson, Angela	1993-95
Anderson, Bob	1939
Anderson, Bruce	1936
Anderson, Casey	1921
Anderson, Dean	1926-28
Anderson, Gene	1964
Anderson, Keith	1973
Anderson, Oscar	1915
Anderson, Roy	1942
Anderson, Shawn	1989-91
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
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	2001-03
Arthaud, Don	1932-33
Arthaud, Jack	1939-40
Atkins, Herm	1970
Atkins, Jerrod	1991
Atkins, Maiya	1999
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



Kirk Bryde won the 1971 Pac-8 pole vault crown with a mark of 17-4.

B

Bagley, Rich	1979
Bailey, Brandon	2002-03
Bain, Jerry	1958-60
Baines, Simon	1994
Baker, Julie	1996-97
Baldwin, Bob	1996
Bale Robert	1929-31
Bale, Dick	1951-52
Ball, John	1966
Ballwey, Casey	1974
Banini, Gaele	2003
Banks, Henry	1952-55
Bannick, John	1934
Bantz, Burwell	1908
Baptiste, Bernard	1967-68
Barajaz, George	1990, '92-'94
Barber, Greg	1997-2001
Barnes, Burton	1933-34
Barnes, Cecilia	1999
Barnett, Dave	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
Becker, Laura	1999
Beeman, Mary	2001-03
Beguhl, Phill	1973
Bek, Margaret	1995-1997
Belford, John	1987
Bell, Charles	1939-40
Bell, Dan	1984-85, '86-'87
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	1998-2001
Benjamin, Marva	1983-86
Bennett, Lori	1992
Berge, Steve	1970
Bergesen, Kristi	1987
Bergman, Eugene	1919-21
Bergstrom, Julie	1979, '81-'83
Bidleman, Blake	2002-03
Biere, Sonda	1996
Bigelow, Dick	1942
Bigler, Josh	1997
Bingham, Harry	1938-40
Bingham, Jeff	1969
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	1998-99
Blystone, Hillary	1990
Boetske	1900
Bohrer, Steve	1987
Bolender, Sarah	1985-87
Bollen, Chris	1964-65
Bollinger, Ron	1954
Bookey, Mike	1968
Bordenet, Matt	1991
Boren, Wendy	1989-90
Borgerson, Liv	1992
Borsheim, Vickie	1985-87
Bosset, Rachel	1998-99
Bottjer, Ryan	1998-99, 2001
Bowles, Shannon	1994, '96-'97
Bowman, Claire	1911-13
Bowman, Hugh	1908-11
Bowman, John	1985-86
Boyce	1900
Boyd, Travis	2003
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	2002-03
Braun, Gordy	1974, '77
Braunschweiger, Bob	1958-59
Braunstein, Tony	1992-93
Brayton, Joelle	1993-96
Brazier, John	1955
Bredahl, Dennis	1979-81
Brewer Phil	1947-49
Brewer, Britt	1984
Brian, Bevan	1999-2001
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, '90
Brosseau, Joe	1999
Brovold, Greg	1969
Brown, Dennis	1981-83
Brown, Dick	1949
Brown, Dion	1989
Brown, Henry	1987
Brown, Pat	1979
Brown, Ryan	2003
Brown, Sidney	2002-03
Brown, Steve	1963-65
Brunell, Stacy	1993
Brunner, Stephanie	1990
Bryan, Bob	1954-56
Bryan, James	1922-23
Bryant, Beno	1990
Bryde, Kirk	1971-72
Buchanan, William	1961
Buckley, John	1935-38
Buckley, Leanne	1982-84
Bulick, Traci	1998
Buresch, Michelle	1989-90
Burke, Jack	1947-50
Burkhardt, Lara	1993-96
Burkholder, Troy	1996
Burney, Jack	1953
Burney, John	1947-49
Burns, Karrie	1991
Burns, Samantha	1996-97
Burston, Ray	1925-26
Buse, August	1931
Bush, Fred	1950
Butler, Dan	1982-84
Bynoe, Alex	1992-95
Byrne, Time	1972, '74

C

Cadman, Jason	1996-97, '99-'00
Cadwell, George	1932
Cairney, Ralph	1930-32
Calder, Lester	1920
Calhoun, Bill	1981
Callies, Michelle	1981
Callison, Cecil	1922-23
Cameron, Pete	1953
Campbell, Ed	1910
Campbell, Graham	1999
Campbell, Leslie	1989-91
Campbell, Todd	1993-95
Cantrell, Julie	1997
Caprye, Kendra	2002-03
Cardiff, Kevin	1980-83
Caricke, David	1946
Carlson, Tara	1993-96
Carlton, Dennis	1953
Carr, Deanna	1981-83
Carr, Luther	1957
Carr, Michael	1973-74
Carroll, Pat	1980-81
Carter, Frank	1924
Casbere, Jessie	1992-94
Cassidy, Debbie	1981-83
Cassidy, George	1955-56
Cathcart, Ernie	1972
Caulkins, Glen	1900
Celestine, Brian	1979-82
Celms, John	1966-68
Chambul, Borys	1972, '74
Chandler, Cassidy	1998
Chang, Eric	1997
Chang, Spencer	1990
Chapin, Ron	1990-93
Chapman, Melissa	2000-03
Charouhas, Tom	1978
Charteris, James	1925-27
Chenaur, Sam	1984, '86
Chestnut, Fred	1900
Childs, Boyd	1935-37
Childs, Lee	1970
Chisholm, Neil	1998
Christensen, Dana	1978
Christensen, Scott	1970, '72
Christianson, Cory	2001
Chung, Aaron	1992
Chung, Vinh	2003
Churchwell, Ann	1984
Clark, Andy	1989-92
Clark, Lyle	1942, '46-'47
Clark, Steve	1973-74
Clarke, George	1924-26
Clarkson, Charles	1928-30
Cline, Jim	1979-80



Billy Hicks (left) outkicked his two closest competitors on the final leg of the mile relay at the 1975 NCAA Championships to win Washington's first NCAA relay crown.



Maggie Garrison is one of two UW women's high jumpers to clear six feet.

Clinton, Dick	1943
Clyde, Paul	1913-16
Coaston, Laurie	1981-84
Coaston, Leslie	1981-84
Coatney, Dave	1977-80
Coats, William	1960
Cochran, Elvin	1913-14
Cochran, Lamont	1915
Cocking, Boyd	1926
Coddington, Travis	1997
Cody, T.J.	1994
Colbourne, Greg	1978
Cole, Bruce	1940-42
Cole, Jay	1990-93
Cole, Mark	1972
Cole, Mike	1974
Coleman, Kelly	1990-93
Coleman, Sam	1938-39
Collier, Cori	1998
Comin, Myron	1934
Compton, Tracy	1996-97
Condon	1911
Condon, John	1931-33
Congdon, Gordon	1935
Connell, Kurth	1996-97
Connelly, Camille	2002-03
Conner, Rich	1990
Connors, Craig	1997
Consecki, Scott	1930
Conwell, Ernie	1992-96
Conwell, Will	2002
Cook, Dennis	1977-78
Cook, Phillipe	2002-03
Coombes, Mike	1983
Corbin, Merritt	1932-33
Corbitt	1918
Corvin, Curt	1984-86
Cosgrove	1900
Cotsirilos, Steve	1972
Cottrell, Tina	1996
Coulson, Sara	1983
Courage, Mary	
Courtney, Ira	1911-12
Courtwright, Ed	1938-39
Couvson, Kim	1995-98
Coyle, Frank	1908
Craig, Larry	1969-70
Cram, Jack	1927-30
Cramer, John	1961-63
Crandall, Laura	1980
Crary	1900
Craven, Tony	1987
Cressel, Marcia	1978
Crites, Newton	1912-15
Croadsdill, Charles	1938
Cronin, Mary	1978, '81-'82
Cummins, Robert	1948
Cunningham, Esrene	1987-90
Cunnington, Heidi	2001
Custer, Ed	1933
Custer, Walt	1933
Cutts, Elmer	1929

D	
Dailey, Ervin	1918-20
Dalby, Dave	1947-48
Dalum, Doug	1977-79
Dambreville, Andrew	1996-99
Dandenault, Suzanne	1989-92
Danielson, Greg	1968-69
Dankworth, Gary	1970-73
Davidson, Harry	1914
Davies, Mark	1993-94
Davies, Robert	1929
Davis, Al	1974
Davis, Cherron	2003
Davis, Jakke	1983-84
Davis, John	1956-57
Davis, Marsh	1919-21
Davis, Patrice	1996-99
Davis, Spencer	1993
Davis, Tara	1994-95
Dawson, B.J.	1995-98
Day, James	1999
Day, Paul	1998
Deeks, Don	1943
DeGallier, Jeff	1981-84
Delfel, Eric	1995-96
DeMunnik, Mike	1993-94, '96
Dennis, Donna	1983-86
Derby, Dean	1956-57
DeRosans, Reggie	1981
DeSaussure, Andre	1995-97
Desilets, Makare	1997
DeSouza, Kevin	2001-02
Dignam, Luran	2003
Dill, Jake	2000
Dillaway, Steve	1965-67
Dixon, Ashandi	1989-93
Dixon, Ashandi	1989-92
Dixon, Bill	1950-51
Doan, Jennifer	1979-81
Dodds, Gordon	1928-29
Dodge, Harold	1943
Dohm, Clarence	1905
Doht, Karlyn	1990-92
Donaldson, John	1949-51
Donaldson, Pete	1979-80
Donawa, Jay	1993
Dong, Mary	1987
Donnelly, Matt	1985-89
Donovan, Clyde	1933
Doran, Kevin	1987
Doremus, Ralph	1933
Dorsey, Kelly	2001
Douglas, Don	1920-22
Douglas, Donald	1946
Douglas, John	1959-61
Downey, Craig	2000-01
Downey, Heidi	1989-91
Draughton, Jennifer	1989-90
Driscoll, Les	1957-58
Drury, Jim	1935-36

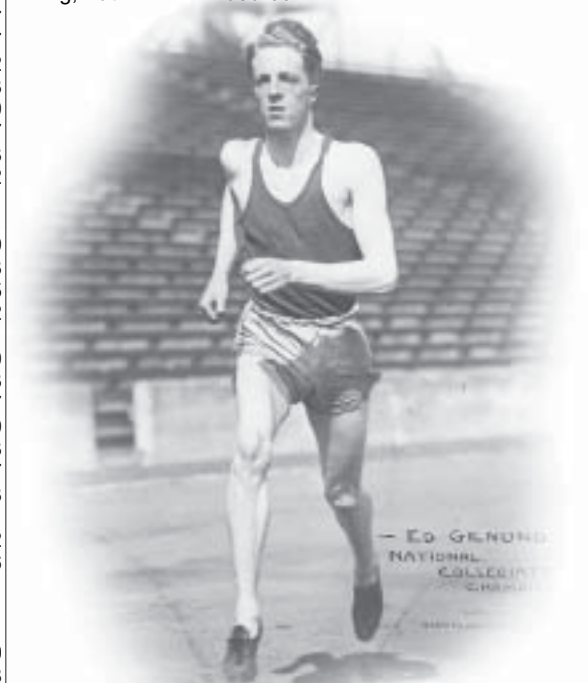
Dryden, Kim	1981
DuBois, Kenneth	1923-24
Dufour, Pete	1951-52
Dufu, Kojo	1994-96
Duke, Dustin	2001-03
Dunn, Bryant	1930-32
Dupen, Brad	1983-85
DuPree, Dave	1966-68
Durst, Lora	1980
Duryee, Diana	1985

E	
Eakins	1910-11
Easton, Roy	1972
Eckman, Ray	1920
Edmiston, Ariel	1934-35
Edmonds, Rupert	1912-15
Egbert, Vince	1938
Egerdahl, Lindsey	2002-03
Egtvet, Percy	1923-25
Ehlers, Jeff	1985
Eichenberger, Paul	1978
Eickhoff, Warren	2003
Eitelberg, Dani	1977-78
Elkins, Dan	1973-74
Ellingsen, Dave	1981
Ellingsen, Jan	1978-79
Ellis, Kristin	1992
Ellison, Aaron	1985-89
Ellison, Bernard	1990-91
Emel, Michelle	1993-96
Enger, Harold	1943
England, Negley	1932-34
Englestone, Eric	1984-87
English, Liza	1998-2000
Erickson	1918
Erickson, Don	1986
Erickson, Sandy	1999-2002
Erickson, Steve	1981-85
Erickson, Tom	1985
Erksen, Dick	1939
Ernest	1924
Eskesen, Staci	1995-98
Evans	1910-11
Evans, Brandi	1989-92
Evans, Greg	1981
Evans, Thomas	1960-62
Ewaliko, Rod	1973-74
Ewing, Greg	1981
Ewing, Pat	1980-83

F	
Faber, Fred	1942
Factory, Mike	1977
Fader, Andy	2002-03
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	1999-2003
Fedore, Len	1983-84
Feider, Pat	1990-91
Feinburg, Davey	1994
Feldmann, Cary	1970-72
Felice, Damon	1993, '95-'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	1994-96
Flynn, Devon	1978-79
Foianini, Ashley	1997-98
Foianini, Kara	1992-94
Forni, Greg	2000-03
Fornia, Bob	1951-54
Forster, Andy	1995, '97
Forster, Sonja	1989-92
Forsyth, Elliott	1987, '90-'91
Forward, Toni	1979-80, '83

Foster, Phil	1921
Fotheringill, Ty	1995
Fountaine, Matt	2003
Fram, Don	1933
Franco, Pablo	1974, '77
Frankland, Charles	1920-22
Frankland, Charles	1947
Franza, Megan	1998
Free, A.K.	1922-23
Froese, Angela	1995-98
Fromme, Greg	1989
Frost, Eugene	1933-34
Frostad, Knut	1961-62
Froude, Chester	1924
Fu, Sam	1992-95
Fujiwara-Herbert, Mikiya	1999
Fuller, Roy	1931
Fulton, Jeff	1967
Funk, Lora	1992-94

G	
Gable, John	1935
Gabrio, Gerry	1978-79
Gaches	1900
Gaines, Sharon	1991-95
Gaines, Spider	1977-78
Galer, Fred	1932-34
Gamby, Kelly	1989-91
Gamish, Dan	1985
Ganje, Laura	1993
Gano, Kyle	1992-94
Garner, Eric	2001-03
Garretson, Ron	1941-43
Garrett, Brian	1967
Garrett, George	1932
Garrison, Dave	1972-73
Garrison, Maggie	1977, '79, '81
Garrison, Sue	1978
Gary, Bob	1986-87
Gary, Clark	1962
Gary, Robert	1984
Gaskell, Dave	1991
Gavin, John	1933
Gay, Kameko	2001-03
Gayton, Carver	1959
Gayton, Gary	1952-55
Gazin, Kurt	1992
Gefre, Gary	1978-80
Genung, Eddie	1929-32
George, September	1987
Gerbatz, Brenda	1983-85
Gheewala, Neha	1995-97
Gibbs, Jaime	2002-03
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, '97
Gillite, Jennifer	1987-90
Gilliam, Darrell	1946
Gilpin, Tom	1963
Giordano, Jesse	2001-03
Gish	1910-11
Glass, Monique	1996-99
Glass, Steve	1996, '98
Gleason, Villeroy	1915
Goetzinger, Karl	1979
Goiney, Bob	1972
Golob, Devin	2001-02
Gomes, Dave	1979
Gomes, Genevieve	1994
Gomez, Luis	1987
Gonsecki, Scott	1931-32
Goodner, Ernest	1919-20
Goodrich, Brad	2001-03
Gordon, Gavin	1984
Gordon, Scott	1989
Gourlay, Arthur	1928
Gox, Lyle	1926
Grace	1912



Ed Genung won the 880-yard run at the 1929 NCAA Championships.



All-Time Letterwinners

2004 SEASON INFO

ATHLETE BIOS

COACHES

2003 REVIEW

RECORDS

HISTORY



Rufus Kiser won the 1928 NCAA title in the mile with a time of 4:12.7.

Graham, Ryan	2001
Grant	1900
Grant	1977
Grant, Tim	1998
Graves, Terri	1998
Gray, Harold	1915-19
Gray, Larry	1954-55
Green, Jeff	1989-91
Green, Stan	1953-54
Greene, Harold	1905
Gregg, Sandra	1980-83
Gregorak, Jenni	2002-03
Gregory, Keith	1982
Greve, Joan	1993
Grichuchin, Fred	1935
Grierke, Brian	1987
Griffin, Scott	1990
Griffin, Traci	1992-94
Griffis, Keisha	1996-99
Griffith, Janet	1983
Guenther, Fred	1952-53
Guerrero, Pat	1989-91
Guiberson, Kevin	1990
Guiterrez, Uriel	1996
Gustafson, Gary	1977-79
Guzman, Michelle	1990-91
Gylling, Jim	1981-82

H	
Haagern, Merrill	1941-43
Hablou, Wallace	1950
Habtamu, Aregaw	2001
Hafferty, Cajh	1989
Hage, Bob	1938-39
Hagerty, Frank	1923
Haines, Laura	1999
Haines, Margaret	1998-2001
Halberg, Chris	1989
Hale, Mark	1987-90
Hall, Dana	1989-91
Hall, Jenna	1995
Hall, Lindsey	1998
Hall, Ned	1937
Hallenbeck, Mark	1977-79
Hallett, Amy	1989-91
Halverson, Laura	1992
Hamilton, James	1972-73

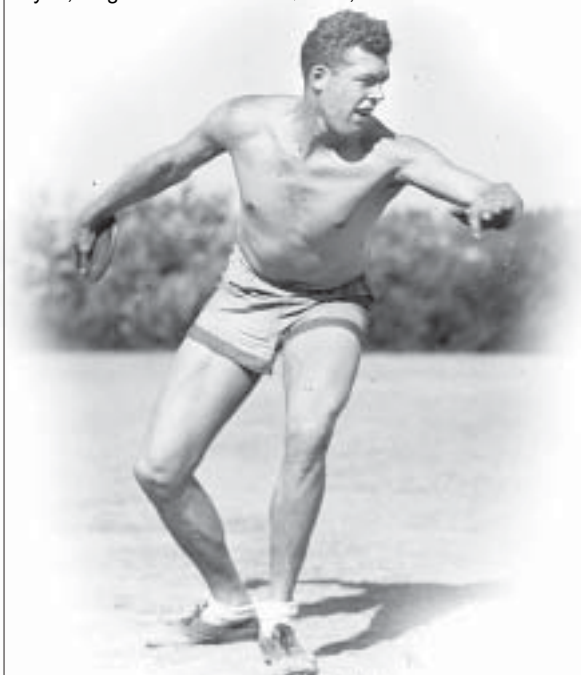
Hammermaster, Gene	1954-56
Hammonds, Annette	1979
Hamre, Nelson	1991
Hanenberger, Pete	1968
Hankinson, Mike	1989
Hann, Mike	1970
Hanningan, Bill	1982
Hansen, Doug	1972
Hansen, Neil	1992
Hansen, Tom	1983
Hanson, Cherish	1990-91
Hanson, Gary	1966-67
Hanson, Neil	1992-95
Harder, Don	1985-86
Harder, Richard	1959-61
Harkins, Paul	1997-2000
Harmon	1913
Harrell, Newson	1931-32
Harris, Al	1970
Harris, Al	1983, '85-'86
Harris, Gerald	1997
Harrison, Donn	1948-50
Harrison, Jelani	2000
Harrison, Walt	1942-43
Hart, Brian	1998
Hartley, Talbot	1929-31
Hartman, Cameron	2003
Haskins, Jake	2002
Haslam, Harry	1970
Hatheway, Ernest	1921-24
Hattix, Carlos	1996-97
Hatzenbeler, Steve	1993-96
Hawken, Harvey	1961-63
Hawkins, Harold	1934
Hawkins, Lauren	1990-91
Hawkins, Shavon	1999-2002
Hay, Marion	1936-38
Hayes, John	1949
Hayes, John	1974, '77
Haynes, Nat	1930
Hazelton, Scott	1987
Hazlet, Steward	1963-64
Heaton, Archie	1939-41
Henderson, Greg	1981-82
Hendry, Christie	1980
Hennessey, Matt	2002
Henning, Burt	1927
Henry, Dean	1955
Henry, Jackie	1980-83

Hensey, John	1949-50
Herbert, Al	1941
Herried, Bill	1979
Heun, Tom	1977-78
Heusser, Shannon	1992-95
Heusser, Shannon	1992
Hickel, Tim	1980
Hickey, John	2003
Hicks, Bill	1974
Higgins	1900
Higgins, Mallory	2003
Hildrum, Tom	1996-2000
Hill, Amy	1994
Hill, Aretha	1995-98
Hill, Michelle	1985-86
Hill, Mike	1999-2002
Hill, S.	1900
Hill, W.	1900
Hilt, Brent	1979-82
Hiltabidel, Charles	1946
Hilton	1912
Hilton, Dan	1995-96
Hilton, Jim	1954-56
Hinds, Sterling	1982-84
Hinkley, Wayne	1973-74
Hintze, Barbara	1983-84
Hjort, Alan	1989
Ho, Evelyn	1994-97
Ho, Jeff	1999
Hobbs, Richard	1960-61
Hodgson, Laura	2003
Hoelting, Kim	1968-70
Hoffman, Steve	1995
Hogue, Jim	1965-66
Hoitnik, Staci	1990-93
Holcombe, Pat	1980-81
Holden, Brett	1981-83
Holland, Julie	1985
Holmes, Scott	1974
Holzkecht, Ted	1951
Hooker, JaWarren	1998-2001
Horat, Albey	1991-92
Hord, Joey	2000
Hossman, Carl	1933
Howard, Adam	1999
Howard, Anne	1990-91
Howe, Kirsten	1998-99
Howe, Michael	1984
Howell, Byron	1981-85
Hubbard, Harry	1939
Hubbell, John	1968-70
Hublou, Wallace	1948
Hufford, Merle	1931
Hughes, Dave	1991, '93
Hulbert, Tara	2000
Humber, Bruce	1935-37
Humes, Thomas	1927-29
Hunt, Woodward	1960
Hunter, Andy	1999
Hunter, Darren	1993-95
Hunter, David	1985
Hurd, Bob	1949
Hurley, Victor	1921-23
Hurson, Mary	1986-87
Husby	1912
Hutchinson, Bob	1951-53
Hutson, Jason	1994-95

I	
Ichikawa, Laura	1985-86
Iddings, E.J.	1997-2000
Iddings, Owen	1999-2000
Ingraham, James	1960
Ingraham, Reed	1928-29
Ingraham, Woodrow	1961
Inman, Courtney	1999-2003
Isaacson, Brian	1982
Iverson, Tony	1999

J	
Jackson, Bernie	1981
Jackson, Connie	1981-82
Jackson, Doug	2000-01
Jackson, Lyle	1983
Jackson, Vestee	1982, '84
Jaime, Alexis	2001-03
Jamerson, Jay	1986-89
James, Bill	1958-60
James, Brad	1987
James, Marc	2001-03
Jansen, Tracy	1978-79
Jayne, Tim	1972
Jens, Seth	2001-03
Jensen, Cambrielle	2002-03
Jensen, Chrss	1995
Jernigan, Noel	1955
Jessup, Paul	1928-30
Joachims, Herb	1942
Johns, Jack	1930
Johns, Paul	1940-41
Johnson	1911
Johnson, Ben	1969
Johnson, Dan	1978
Johnson, Dave	1978
Johnson, Derrick	2003
Johnson, Emily	1993-96
Johnson, Eric	1994-97
Johnson, Erik	1986
Johnson, Jeff	1980
Johnson, Jill	2000-03
Johnson, Jim	1950
Johnson, Jim	1970-72
Johnson, Kai	1991
Johnson, Kari	1991
Johnson, Ken	1961-63
Johnson, Lynde	1997, '99
Johnson, Pat	1987-90
Johnson, Rockne	1949
Johnson, Ron	1992
Johnson, Zelda	1985
Johnston, Colin	1995-96
Johnston, Dan	1996-99
Johnston, Mike	1956
Jolivet, Diana	1982-85
Jones, Linda	1979
Jones, Meg	1985-87
Jones, Simon	1994
Jones, Steve	1986, '90
Jonson, Dwight	1998
Joyce, Regina	1981-83

K	
Kabush, Danelle	1996-98
Kaligis, Pete	1992-'94
Kamm, Tom	1943, '47
Kangas, Greg	1982
Kasim, Marvin	1999
Kaufman, Napoleon	1992
Kaye, Bob	1972
Kaynor, Pete	1994
Kearney, Kevin	1992-93
Keating, Bob	1937
Keire, Paul	1987
Keller, Kendra	1984-87
Kelley, Lara	1996-99
Kelly, Marcus	1998, 2001-02
Kennon, Calvin	1984-85
Kenny, Mike	1980
Kent, James	1946-47
Kenworthy	1900
Kerry, Bill	1952, '56-'57
Kertes, Jan	1968-69
Khemis, Nacime	1994
Kildal, Cory	1993
Killien, Ken	1934-36
Killien, Phil	1963-65
Kimbrell, Laila	1997
Kindred, Steve	1992-93
King, Amy	1998-2001
King, Cleo	1908
King, John	1933-34
King, Winchester	1923-25
Kintner, Bill	1937
Kipp, Dwight	1939-40
Kirkendall, Mike	1992
Kirkpatrick, Joey	1997
Kiser, Rufus	1928-30
Kiter, Michael	2002
Klein, Eric	1967-68
Knable, Ken	1982
Knapp, Clarence	1915
Kneip, Neal	1985-86
Knight	1917
Knutson, Eric	1990-91
Knutson, Kiersten	1990
Kobel, Mel	1955-56
Koch, Scott	1992-93, '95
Kok, Hendrick	2001
Koley, Peter	1985
Kolstad, Dayton	1958-60
Koss, Ben	2000-03
Koss, Bill	1969-72



Paul Jessup's throw of 169-8 7/8 in the discus set a world record in 1930.

All-Time Letterwinners

W

Kotto, Fred	1985-86	Liska, Debbie	1979	Martin, Dave	1972
Kozol, John	1978-81	Lockhart, Bob	1938-40	Martin, Paul	1940
Krause, Mike	1978-79	Lomax, John	1960-62	Martin, Tim	1992-95
Kriz, Aimee	1992-94	Long, John	1941-42	Mason, Ben	1955
Kruse, Laura	1994-95	Lorvick, Adrienne	1983	Mason, Earl	1921-23
Kulinsky, Ben	1997	Lorvick, Dave	1978-82	Massey, Howard	1969
Kurras, Julie	1982	Loucks, Darin	1992-94	Massingale, Garcia	1982
Kutzer, Brian	1982	Loudon, Dick	1951	Mathewson, Tami	1990-93
Kydd, Bill	1943	Louie, Bob	1964	Mathies, John	1960-61
		Louie, Johnny	1964	Matland, Conrad	1949-50
		Lovely, Dawn	1990	Matson, Cami	1997-2000
		Lowe, Kenya	1993	Maurer, Craig	1990
		Lucas, Mike	1982-85	Mayer, Robert	1980-82
		Lucci, Frank	1955-57	McAdams, Dean	1940
		Luke, Fred	1966-68	McBride, Chad	1992
		Luke, Milton	1960	McBride, Cy	1992
		Lund, Harry	1934	McCallister, Ed	1980-81
		Lund, Ron	1955	McCallum, Charles	1927
		Lunsford, Walt	1935	McCallum, Donald	1927-28
		Lynch, Jack	1964-65	McCary, Phil	2003
		Lynn, Bob	1941	McClatcher, Mikki	1994-98
				McClelland, George	1913-14
				McClelland, Kirby	1987
				McClement, Bill	1978
				McClement, Bob	1980
				McCluskey, Mike	1957
				McConkey, Fred	1949-51
				McCord, Murray	1964-65
				McCoy, Rhamu	1993-94
				McCorry, Tom	1903-05
				McCulloch, Dave	1956-58
				McDonald, Mary	1992-94
				McDonald, Tom	1905
				McDonald, William	1920
				McDowell, Bruce	1986-89
				McFee, John	1912-14
				McGaffy, Wesley	1919
				McGillicuddy	1913
				McGinnis, William	1924-25
				McGoldrick, Jim	1937-40
				McKay	1910
				McKay, Fred	1964-66
				McKay, Jim	1989-92
				McKay, Orlando	1989-91
				McKimson, Dick	1956-57
				McLaren, Ian	1937
				McLaughlin, Bob	1941, '46
				McLean, Rob	1972
				McLean, Sutherland	1942, '46
				McLeod, Horace	1923
				McMahon, Paul	1932-33
				McMurray, Kevin	1987
				McNeil, Chester	1931
				McRae, Ronald	1949
				McVickers, Aimee	1990-91
				Meade, Doug	1980-81
				Meador, Ron	1932-33
				Meagher, Vicki	1980
				Meier	1910
				Meisnist, Ken	1925
				Menashe, Dave	1977-80
				Mendez, Paul	1994
				Merritt, Brent	1990-91
				Mesmer, Rich	1968-70
				Mesojednik, Paul	1980
				Metcalf, Greg	1991-1993
				Metlen, Dave	1921-22
				Meurer, Don	1953
				Meyer, Ben	1996-2000
				Meyer, Bill	1937
				Meyer, Denny	1952-54
				Meyer, Richard	1960-61
				Meyring, Don	1946
				Michael, Mike	1985-86
				Michel, Dan	1956-58
				Michel, Samantha	2000
				Mickelson, Erik	1999
				Miles, Tonjua	1982
				Mill, Doug	1967
				Miller, Greg	1977
				Miller, Henry	1926
				Miller, James	1922
				Miller, Jess	1935-37



Greg Metcalf earned All-America honors in the steeplechase.

Miller, Merle	1937	Mullian, Tracey	1989-91
Miller, Reed	1958-60	Munroe, Jeff	1992-94
Millett, Tom	1956	Murphy	1900
Mills, Clayton	1995	Murphy, Tom	1938-41
Milton, Shiri	1984-85	Murray, Tim	1977
Mincy, Charles	1990		
Minelli, Lia	1994-97		
Minnis, Ty	1994-97		
Minnitti Rob	1999-2001		
Mitts, Jared	2001		
Moehl, Kristen	1997-98		
Mole, John	1996-97		
Molenaar, Dee	1947-48		
Moller, Carrie	1991		
Monda, Sue	1978		
Mondschein, Brian	1973, '77		
Monro, Sabrina	2002-03		
Montgomery, Bob	1963		
Montgomery, Dick	1937-39		
Montgomery, Robin	1934		
Moody, Skip	1996-99		
Moore, LeTasha	2002		
Moore, Lou	1979		
Moore, Lucian	1977-78		
Moore, Rianna	2001-03		
Moore, Terry	1980		
Moore, Tesha	2000-01		
Morales, Carrie	1994		
Morehead, Don	1983-84		
Moren, John	1984		
Morford	1918		
Morgan, Art	1936-38		
Morgan, Ken	1950-52		
Morgan, Matt	1979, '80		
Morris, Brian	1995		
Morris, Chris	1993		
Morris, Frank	1952		
Morrison, Rebecca	1998-99		
Morton, Charlie	1989		
Morton, Darrell	1958-59		
Moser, Bill	1957-59		
Moulder, Robert	1980-81		
Moulijn, Marjan	1978-79		
Mucherheide, Tom	1980-81		
Muhammad, Asya	1997-2000		
Muir, Robert	1947-48		
Mulfinger, Kirk	1991-92		
Mullen, Emily	1999-2001		



Regina Joyce won the 1981 AIAW national title at 3,000 meters.

2004 SEASON INFO

ATHLETE BIOS

COACHES

2003 REVIEW

RECORDS

HISTORY



All-Time Letterwinners

2004 SEASON INFO

ATHLETE BIOS

COACHES

2003 REVIEW

RECORDS

HISTORY

O

O'Brian, Dan	1969
O'Brien, Mike	1999
O'Connell, Cathy	1987-90
O'Leary, John	1979-80
O'Neil, Harley	1939
O'Neil, Paul	1930
O'Neill, Shannon	1989-90
Ocken, Sue	1989-90
Odegard, Cleave	1987-89
Oelke, Sheryl	1990-91
Ogarro, Zee	1999-2002
Ogden, Steven	1989
Oldberg, Barney	1958-61
Oldfield, Steve	1963-65
Olma, Mike	1986
Olson, Bill	1948-50
Olson, Sharon	1995-96
Oravetz, Steve	1978-79
Owen, Mike	1981

P

Pacheco, Anica	1994-96
Padberg, Bryan	1990-91
Padron, Jennifer	1982
Palmason, Vic	1935-37
Palmer, Gillian	2001
Panchen, Neil	1992-93
Pangallo, Dick	1979-80
Panton, Jim	1937-38
Pape	1910
Parish, Ross	1980
Park, Jeremy	2002-03
Park, Tae Sung	1993-95
Parker, Carolyn	1997
Parker, Dave	1977, '79
Parker, Monika	1991-95
Parks, Laura	1992
Parrish, Scott	1984-86
Parrish, Tony	1994-95
Parsley, Reed	1969-70
Parsley, Tony	1991-92
Parsons, Dean	1952-54
Partridge, Diane	1977
Pascoe, Shelley	1991
Patten	1911-13
Patton, Jeff	1996
Paulsen, Shane	1990-93
Pavach, Nick	1992-96
Pearce, Ramona	1980
Pearson, Joe	1900-03
Pearson, Matt	1997
Pearson, Robert	1900
Peckham, Jeff	1977
Peddle, Chris	1987
Pedersen, Dale	1982-84
Pedersen, Ross	1932-34
Peeples, Clint	1962
Peltret, Ed	1925-27
Pemberton, Al	1964-66
Pendleton, Crosby	1929-31
Penton, Marzette	1996-99
Pentz, Chelsie	1998-2001
Pereboom, Daria	1978-80
Pereboom, Sonja	1979-80
Perfrement, Ernie	1933
Perkins	1920
Perry, Geoff	1997-2000
Perry, Joel	2001
Perry, Loran	1950-52
Perry, Travis	1991
Peterson, Brooke	1998
Peterson, Bryan	1992
Peterson, Janicka	1987-90
Peterson, Marilee	1978-79
Peterson, Sarah	1998-2001
Petley, Karen	1981-82
Petrin, Mike	1979-80
Phillips, Ann	1979-81
Phillips, Matt	1999-2001



Adam Setliff placed fifth in the discus at the 2000 Olympic Games.

Pickering, Gerry	1966-67
Piel, Jennifer	1994-95
Pierry, Tom	1981
Pittman, Evert	1943
Plowman, Jerry	1962-64
Plumb, Frank	1933-35
Ponath, Jennifer	1984-85
Poole, Dan	1969, '72
Pope, Gus	1919-21
Popovskaya, Elena	2002
Porter, Sunny	1998-99
Posner, Amy	1991-94
Pratt, Reginald	1921-22
Predmore, Jacob	1996-2001
Prior, Derek	1998, 2000
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	1940-41

R

Radford, Mike	1977-78
Ragland, Jane	1996-97
Rainey, Ben	1994
Ramos, Mike	1982-86
Ramsey, Finlay	1925-26
Ramstedt, Julius	1929-31
Rathman, Bill	1992
Raymond, Mike	1993-95
Reactor, Michael	1942
Redfern, Mel	1948
Redmond, Eddie	1998
Reed, Robert	1928-29
Reese, Jenny	1989-92
Reichmann, Heather	1999-2003
Reid, Michelle	1995-98
Reid, Scott	1980, '82
Reinelt, Herb	1949

Reinke, Jim	1984-87
Reinking, Dick	1964-66
Rembold, Kali	1993-96
Remund, Frank	1999-2002
Rene, Jeremy	1987
Renouard, Bob	1977
Renz, Joshua	1999-2001
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	1989-90
Richmond, Bill	1984-87
Rickey, Paul	1998
Ridgeway	1910
Riedl, Karen	1997
Riley, Elizabeth	1993-94
Riley, Fenwick	1930
Roberts, Brittny	2001-03
Roberts, Dave	1965-67
Roberts, Sam	2003
Robinson, Andrew	2002-03
Robinson, Claudine	1991-94
Robinson, Doug	1946, '49
Robinson, Earl	1947
Robinson, Gary	1980
Robinson, Josh	1998-2002
Robinson, Nicole	2002
Robinson, Richard	1942
Robinson, Vern	1954
Rochette, Daryl	1991
Rockett, Bill	1985
Rockett, Bob	1983-84
Rodeheffer, Matt	1994
Roe, Bill	1965-67
Roe, T.T.	1987-89
Roetman, Rainey	1979
Rogers, Elizabeth	1999-2001
Rogge, Josh	1999, 2001-02
Rohrer, Lee	1995
Rohrschieb, Walter	1935-36
Rohweder, Roxanne	1984-87

Romero, Juan	2002-03
Ronning, Kristin	1990-93
Rosdahl, Andy	1991
Rose, Amy	1997-99
Rose, Tyler	1997-99
Rosenquist, Frank	1932-33
Ross, Fred	1928-30
Ross, Shirley	1987
Rowe, Leslie	1981
Rowe, Tim	1972
Rubestello, Leo	1943
Rucker, Jim	2000-01
Rudder, Tyriff	2000-01
Rueckert, Dan	1978-79
Russell, John	2000, '03
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	2001-02
Saladino, Peter	1990-91
Salibian, Searan	1999-2002
Samples, Roger	1935-36
Sampson, Shelton	2003
Samuelson, Justelle	1993-96
Sanders, Jeff	1980-81
Sanders, Leo	1997
Sandmeyer, Koko	1991-94
Sanford, Shelly	1987
Sargent	1900
Sarles, Trevor	1963-65
Saunders, Barney	1959-60
Saunders, Robert	1961
Sauter, Andrea	2000
Savage, Jennifer	1991
Scanlon, Henry	1947-48
Schaures, John	1992
Schepman, Hoddly	1957
Scherer, Lewis	1903
Schibig, Louise	1980
Schlatter, Kristan	2003
Schloessler, Lee	1946
Schock	1900
Schorr, Tessie	1990-93
Schroeder, Marvin	1927
Schruth, Dan	1999-2000
Schultz, Jim	1967, '68
Schur, Brian	1994
Schutte, Todd	1989
Schwager, Karen	2003
Schweim, Joyce	1987-90
Schwinn, Mat	1999, 2001-03
Scoggins, Garrett	1993-94
Scott, Jim	1940
Scott, Rob	1992-93
Scutron, 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	1999-2002
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	1989-91
Shroeder, Marvin	1925
Shugarts, Gerg	1987
Sievers, Chris	1956-58
Silvis, Suzanne	1991-94
Simms, James	2002-03
Simon, Darrell	1928
Simpson, Eric	1991-95
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
Sloan, Bill	1940
Smalley, Jennifer	1991
Smart, Bill	1968-70
Smiley, Vickie	1983
Smith, Bill	1930
Smith, Bob	1941-42
Smith, Craig	1992
Smith, Graham	1927-28
Smith, Greg	1982-84
Smith, Hans	1948
Smith, Jacob	1992-95
Smith, Jamara	2000-01
Smith, Jennifer	1999
Smith, Martin	1947
Smith, Matt	1991
Smith, Melody	1984-85
Smith, Rex	1905
Smith, Teo	1985-89
Smith, Troy	1927-29
Smith, Willard	1939-41
Smith, Greg	1972-73
Snider, Loyal	1924-27
Snipes, Laura	1998
Snyder, John	2001-02
Snyder, Julia	1985-86
Softli, Tony	1958
Sollars, Theresa	1980-82
Soma, Kate	2002-03
Southwick, Everett	1951
Southwick, Glen	1919
Spangler, Kirk	1978-79
Spence, Courtney	2001-02
Spencer, Pete	1968-70
Spigel, Kate	2000-01, '03
Spiestersbach, Megan	2000-02
Springmeyer, Tristan	1999
St. Clair, Justin	1998-2001
St. Clair, Tom	1987
Stankovic, Zvonko	1979-80
Stapleton, Bill	1979
Stapleton, Michelle	1989
Stark, Greg	1983
Steed, Bill	1946-49
Steele, Sean	2000-01
Steensland, Doug	1962
Stehr, Vaughn	1986
Stengele, Bill	1994-97
Stenkamp, Pat	1980-82
Stenstrom, Sam	1915-16
Sterling, Bruce	1983
Sternberg, Brian	1963
Stevens, Jim	1986
Steward, Brynne	2003
Steward, Pete	1950-51
Stirling, Bruce	1985-87
Stockler, Val	1987-90
Stoll	1910-11

Stolp, Bill	1977-79	Thayer	1900
Stone, Bob	1981	Theriault, Steve	1980
Stonkus, Arnie	1977-78	Thiel, Lynne	1982
Strathairn, Tom	1966-68	Thoma, Aleah	1998
Strickler, Howard	1961-62	Thomas, Fahern	1992
Strom, Terry	1954-56	Thomas, Garth	1985-86
Strong, Mike	1980	Thomas, Sesilia	1997-2000
Strub, Chris	1980	Thomas, Tracey	1991
Strub, Mike	1990-93	Thomason	1912
Stucell, Ed	1917	Thompson, Don	1939
Stukey, Lynn	1978	Thompson, E.B.	1903
Stutfield, Fred	1936-38	Thompson, Jesse	2002
Summers, Steve	1978-79	Thompson, Morgan	2000-01
Sundquist, Stanley	1950	Thornburgh, Dale	1952
Surface, Steve	1977-78	Thowsen, Jon	1972-73
Sutherland, George	1973-74	Thrall, John	1961
Sutton, Kyla	1993-96	Thrall, Mike	1962-63
Suver	1938	Tibbals, Maurice	1903-05
Swan, John	1938	Tinner, Keith	1977
Swanson, Leif	1979-80	Tobacco, Terry	1957-59
Swanson, Michelle	1987	Todd, Jim	1940-41
Swanson, Robin		Tolbert, Bill	1977
Swanzey, Gene	1941-42	Tom, Angie	1994-95
Sweeney, Scott	1995, '97-'98	Tonning, Bjarne	1934
Swift, Craig	1970, '72	Topping, Matt	2001, '03
Swisher, Bob	1933-35	Torkelson, Nancy	1985-86
Syrdal, Kara	1998-2001	Torney, Jack	1925-27
		Torrance, John	1980
		Torrell, Eric	1983
		Torrison, Lisa	1983-85
		Touran, Kathryn	2002-03
		Tramosch, Jonica	1999-2000
		Traynor, John	1990
		Trexler, Gene	1950
		Triplett, John	1977
		Trowbridge, Bill	1937
		Trueblood, Harold	1930
		Tulin, Charles	1952
		Tuohy, Brendan	2001-03
		Tupper, Cecil	1924-25
		Turene	1913
		Turnbull, Larry	1960-63
		Turner, Ed	1994-'97
		Turner, Kevin	1978-81
		Tuson, Roger	1947, '49
		Tutrow, James	1999
		Twitcheil	1900

T

Tabish, Dan	1983-85
Tabor, Phil	2002-03
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
Tebo, J.J.	1995
Temple, Tom	1966-68
Tentscert, Karla	2003
Terry, Mark	1998
Terry, Tamanika	1992-95
Teunis, Wyers	1924-25

U

Ullman, Tom	1940-41
Umsted, Louis	1950
Urrutia, Carlene	1987
Uusitalo, Helena	1987

V

Vagners, Juris	1959
Van Fleet, Jessica	1999
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
Verbon, Nick	2003
Vermeere, Janie	1991-94
Vermeulen, Vorster	1995
Vernon, Frank	1908
Versaw, Kristin	1998
Viereck, Girtton	1930
Villani, Chris	1978, '81-'82
Vincent, Russ	1974, '77

W

Wainhouse, Mary	1979
Walker, Bill	1969
Walker, Brad	2000-03
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, 2000
Waterhouse, Katelyn	2003
Watkins, Greg	1980-81
Watson, Archie	1940-41
Webb, Cecil	1948
Weber, Julian	1932
Webster, Rob	1979-82
Weil, Keri	1998-99
Weingarten, Harry	1948
Weiser, Karl	1963-65
Weiser, Phil	1961-63
Weisman, Paul	1950
Weisz, Tim	1990-91
Welch, Doug	1986-87
Wells, Scott	1981-82
Werner, Clyde	1968
Werner, Susan	1999-2002
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, Brandy	2001
White, Coral	1903
White, Dave	1981
White, LaTonya	1990-91
White, Mike	1992
Whiting, Keith	1929, '31
Whitish, Emily	1999-2000
Whitlock, Sandy	1990

Wariboko West took fourth in the long jump at the 1960 Olympic Games.

Whitten, Ty	1994-95, '97
Whitworth, Don	1936
Widell, Ralph	1974
Widenfelt, George	1951-53
Wiehl, Dick	1957
Wilde, Drummond	1925-26
Wilde, Frank	1926
Wildinson, Trevor	1949
Wilkins, Jesse	1939
Wilkins, Taylor	2001-02
Wilkinson, Trevor	1947
Will, John	1941
Willard, Garth	1991-92
Willard, Garth	1992
Williams	1900
Williams, Aaron	1979, '81
Williams, Barb	1979-80
Williams, Bill	1912-14
Williams, Carlos	2000-01
Williams, Dave	1965-67
Williams, Harold	1921-23
Williams, Heidi	1985-87
Williams, Loren	1979
Williams, Matt	2002
Williams, Nik	2003
Williams, Reggie	2003
Williams, Sean	2002-03
Williams, T.	1910
Williamson, Mark	1983-86
Willis, Bob	1964-66
Willis, Celia	1990-92
Wilson, John	1922-23
Wilson, Lyle	1972
Wilson, Todd	1991
Winegar, Isaac	1994-95
Winger, Dan	1972-74
Winney, Terrie	1978-79
Winsor, Will	1905
Wipfler, Gary	1980-81
Wirth, John	1998
Wise, Rigel	2002-03
Wishaar, Angela	2002-03
Withey, Chris	1998-2000
Witter, Babe	1991
Wlatner, Al	1980
Woelful, Paul	1928
Wold, Don	1946-48
Wolfe, Rebecca	1984-85
Wollen, Doug	1979-83

Wood, Harrison	1967-69
Woodbridge, Dudley	1915-16
Woodley, Kyle	1999
Woods, Patrice	1993-96
Woodward, Walt	1930-33
Woolfolk	1918
Wothel, Mike	1983
Woutilla, Bob	1968
Wright, Garner	1911-14
Wright, Ken	1938-39
Wyckoff, Lor	1979
Wyman, Andy	1992-95

Y

Yagle, Mary	1979-81
Yamauchi, Marci	1995-98
Yantis, Dick	1941-42
Yeager, Justin	1993
Yenchesky, Chad	1995
Yorke, Greg	1970
Youngkin, Jessica	1996-97
Youngquist, Deeja	1996-99

Z

Zackery, Tony	1985-89
Zahn, Tiffany	2003
Zajac, Brad	1991-92, 1994-95
Zeibert, Diane	1979-80
Zener, Robert	1922-23
Zocolla, Jim	1985-87
Zwiebel, Gordon	1932-34



Terry Tobacco is one of four Huskies to compete in multiple Olympics.



Washington vs. Oregon

Men's Records

Event	Mark	Individual	School	Year
100m	10.25	Ja'Warren Hooker	UW	2000
200m	20.80	Ed Turner	UW	1996
400m	46.24	Pat Johnson	UO	1995
800m	1:48.67	Rob Webster	UW	1981
1,500m	3:34.8	Peter Spir	UO	1977
		Dub Myers	UO	1984
Steeplechase	8:43.37	Micah Davis	UO	1998
5,000m	13:19.3	Rudy Chapa	UO	1979
110m Hurdles	13.90	Micah Harris	UO	2002
400m Hurdles	51.18	Bob Gray	UO	1992
4x100m Relay	40.16	Ryan, Turner, Hattix, Dawson	UW	1996
4x400m Relay	3:11.21		UW	2000
High Jump	7-0 1/2 (2.15)	Jason Walton	UO	1993
		Jason Boness	UO	2001
Pole Vault	18-0 1/2 (5.50)	Trevor Woods	UO	2002
		Piotr Buciariski	UO	1999
Long Jump	25-2 (7.67)	Phil Shinnick	UW	1963
Triple Jump	53-1 3/4 (16.20)	Spencer Williams	UO	1990
Shot Put	66-10 1/2 (20.38)	Jeff Stover	UO	1980
Discus	205-6 (62.64)	Dean Crouser	UO	1981
Hammer	242-8 (73.98)	Ken Flax	UO	1985
Javelin	238-8 (72.76)	Troy Burkholder	UW	1996

Women's 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	2:04.38	Leann Warren	UO	1985
1,500m	4:14.80	Claudette Groenendaal	UO	1985
3,000m	9:04.41	Regina Joyce	UW	1981
100m Hurdles	13.78	Kay Garnett	UO	1984
400m Hurdles	58.31	Keisha Griffis	UW	1999
4x100m Relay	45.20	Smith, Walker, Keller, Dennis	UW	1984
4x400m Relay	3:40.53	McClatcher, Glass, Griffis, Muhammad	UW	1998
High Jump	6-2 (1.88)	Vicki Borsheim	UW	1987
Pole Vault	13-5 1/4 (4.10)	Becky Holliday	UO	2002
		Niki Reed	UO	2001
Long Jump	20-7 (6.27)	Meledy Smith	UW	1984
Triple Jump	41-8 1/2 (12.71)	Sara Jessie	UO	1995
Shot Put	52-4 (15.95)	Quenna Beasley	UO	1985
Discus	192-3 (58.60)	Aretha Hill	UW	1997
Hammer	186-6 (56.86)	Maureen Morrison	UO	2000
Javelin	189-3 (57.68)	Helena Uusitalo	UW	1986

Washington vs. Wash. State

Men's Records

Event	Mark	Individual	School	Year
100m	10.26	Anthony Buchanan	WSU	2003
200m	20.70	George Kablan	WSU	1981
400m	45.74	Gabriel Tiacoh	WSU	1984
800m	1:47.96	Rob Webster	UW	1982
1,500m	3:42.6	Richard Tuwei	WSU	1985
Steeplechase	8:24.4	Henry Rono	WSU	1978
5,000m	13:46.52	Josephat Kapkory	WSU	1994
110m Hurdles	13.83	Dominique Arnold	WSU	1996
400m Hurdles	51.13	Mark Macdonald	WSU	1990
4x100m Relay	39.80	Marshall, Stanovich Howell, Jackson	UW	1981
4x400m Relay	3:08.2	Williams, Avgnan Ramsey, Whitlock	WSU	1981
High Jump	7-5 (2.26)	Brent Harken	WSU	1982
Pole Vault	18-1 (5.51)	Brad Walker	UW	2002
Long Jump	25-0 1/2 (7.63)	Norbert Payton	WSU	1970
Triple Jump	54-3 1/2 (16.54)	Ian Campbell	WSU	1981
Shot Put	64-4 1/2 (19.62)	Dimitrios Koutsoukis	WSU	1985
Discus	199-1 (60.68)	John van Reenen	WSU	1970
Hammer	255-1 (77.74)	Tore Gustafsson	WSU	1986
Javelin	252-3 (76.90)	Stefan Wikstrom	WSU	1990

Women's 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
Steeplechase	10:45.10	Kate Spigel	UW	2003
3,000m	9:31.34	Jennifer Bravard	WSU	1993
5,000m	16:21.17	Sabrina Monro	UW	2003
100m Hurdles	13.75	Agneta Rosenblad	WSU	2001
400m Hurdles	57.88	Terra Barter	UW	1995
4x100m Relay	45.41	Higgins, Mucker Evans, Sewell	WSU	2000
4x400m Relay	3:41.13	Higgins, Evans, Smith, Richardson	WSU	1999
High Jump	6-2 3/4 (1.90)	Vicki Borsheim	UW	1987
Pole Vault	12-5 1/2 (3.80)	Carly Dockendorf	UW	2003
		Tamara Diles	WSU	2003
		Kate Soma	UW	2002
		Jeannette Martus	WSU	2000
Long Jump	20-10 3/4 (6.37)	Chantal Brunner	WSU	1993
Triple Jump	41-8 3/4 (12.72)	Cicely Clinkenbeard	WSU	2002
Shot Put	55-7 (16.94)	Jennifer Ponath	UW	1988
Discus	198-7 (60.54)	Aretha Hill	UW	1998
Hammer	184-10 (56.33)	Brittany Hinchcliffe	WSU	2002
Javelin	187-6 (57.16)	Helena Uusitalo	UW	1986