

# 2006 husky track & field information



## HUSKY QUICK FACTS

### University Information

**Location:** Seattle, Wash.  
**Mailing Address:** 229 Graves Bldg.  
Box 354070, Seattle, WA 98195  
**Founded:** Nov. 4, 1861  
**Enrollment:** 42,000 (31,474 undergrad)  
**Nickname:** Huskies  
**Colors:** Purple and Gold  
**Conference:** Pacific-10  
**Indoor Track:** Dempsey Indoor  
**Outdoor Track:** Husky Stadium  
**President:** Mark Emmert  
**Athletic Director:** Todd Turner  
**Internet Site:** www.gohuskies.com

### Coaching Information

Head Coach Track & Field / Cross Country: ..... Greg Metcalf (4th yr.)  
Office Phone: (206) 543-0811  
Assistant Coach (Vault/Jumps): ..... Pat Licari (9th yr.)  
Office Phone: (206) 685-7429  
Assistant Coach (Throws): ..... Reedus Thurmond (1st yr.)  
Office Phone: (206) 616-8086  
Asst. Coach (Sprints/Hurdles): ..... LaMonte Vaughn, Jr. (2nd yr.)  
Office Phone: (206) 543-7914  
Assistant Coach (Men's Distances): ..... David Bazzi (5th yr.)  
Office Phone: (206) 221-2625  
Assistant Coach (Women's Distances): ..... Kelly Strong (4th yr.)  
Office Phone: (206) 221-4047  
Volunteer Assistants: ..... Duncan Atwood (javelin)  
Kate Carlson (vault)  
Aretha Thurmond (throws)  
Track Office Phone: (206) 221-2625 ..... Fax: (206) 685-1677

### Administrative Staff

Certified Athletic Trainers: ..... Nikki Smith, Susie Wegner  
Equipment Mgrs.: ..... Gary McGuire, Jim Hagland, Grant Gasca  
Athletic Communications Director: ..... TBA  
Asst. Athletic Comm. Director/Track Contact: ..... Brian Beaky  
Office: (206) 543-2331 ..... Cell: (206) 227-5709  
Fax: (206) 543-5000 ..... E-mail: bbeaky@u.washington.edu

### TEAM INFO

2005 Men's Pac-10 Finish: ..... 5th  
2005 Men's NCAA Finish (Outdoor/Indoor): ..... DNS/28th (tie)  
NCAA Men's Competitors Returning / Lost: ..... 9/2  
Men's Best Conference Finish: ..... 2nd—1976  
Men's Best NCAA Finish: ..... 2nd—1929, 1930

2005 Women's Pac-10 Finish: ..... 8th  
2005 Women's NCAA Finish (Outdoor/Indoor): ..... 15th (tie)/16th (tie)  
NCAA Women's Competitors Returning / Lost: ..... 7/2  
Women's Best Conference Finish: ..... 4th—1995, 1996, 1998  
Women's Best NCAA Finish: ..... 10th—1988

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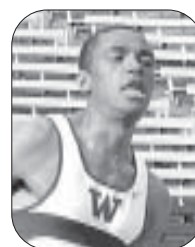
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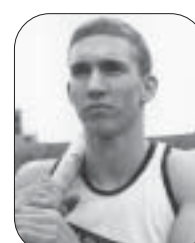
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# HUSKY TRACK AND FIELD HISTORY

5 WORLD RECORDS  
25 NCAA CHAMPIONS  
16 OLYMPIC OLYMPIANS  
223 NCAA ALL-AMERICANS

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... AND A CHAMPION IMAGOS  
... CHAMPIONSHIP MEDAL  
... NATIONAL RECORD  
... ALL-AMERICAN  
... MEET COMPETITION

... *IN THE MAKING*



## Husky Stadium Records

### MEN

100m Dash	10.05, Leroy Burrell, USA, 1990
200m Dash	20.54, Michael Johnson, USA, 1990
400m Dash	44.79, Robert Hernandez, Cuba, 1990
800m	1:45.10, Joaquim Cruz, Oregon, 1984
1500m	3:38.2, Jerome Howe, Mid-America TC, 1972
Steeplechase	8:05.4, Henry Rono, Wash. State, 1978
5000m	13:33.52, Paul Williams, Canada, 1990
10000m	27:26.33, H. Boutayeb, Morocco, 1990
110m Hurdles	13.43, Greg Foster, UCLA, 1980
400m Hurdles	48.78, Winthrop Graham, Jamaica, 1990
4x100m Relay	38.45, USA, 1990
4x400m Relay	2:59.54, USA, 1990
High Jump	7-7 3/4, Hollis Conway, USA, 1990
Pole Vault	19-5, Rodion Gataullin, USSR, 1990
Long Jump	27-6, Carl Lewis, USA, 1990
Triple Jump	58-1 1/2, Kenny Harrison, USA, 1990
Shot Put	70-4, Randy Barnes, USA, 1990
Discus	220-3, Romas Ubartas, USSR, 1990
Hammer	276-0, Igor Astapovitch, USSR, 1990
Javelin	276-1, Viktor Zaitsev, USSR, 1990
Decathlon	8,403, Dave Johnson, USA, 1990

### WOMEN

100m Dash	11.03, Carlette Guidry, USA, 1990
200m Dash	22.64, Dannette Young, USA, 1990
400m Dash	50.34, Ana Quirot, Cuba, 1990
800m	1:57.52, Ana Quirot, Cuba, 1990
1500m	4:09.17, Leah Pells, Abbotsford Royals, 1993
Steeplechase	9:58.27, Carrie Messner, Asics, 2004
5000m	15:02.23, Yelena Romnova, USSR, 1990
10000m	32:01.17, Wanda Panfil, Poland, 1990
100m Hurdles	12.70, Natalya Grigoryeva, USSR, 1990
400m Hurdles	55.16, Sandra Farmer, USA, 1990
4x100m Relay	42.46, USA, 1990
4x400m Relay	3:21.22, USSR, 1990
High Jump	6-7 1/2, Yelena Yelesina, USSR, 1990
Pole Vault	13-7 1/4, Tamara Diles, Washington State, 2005
Long Jump	22-8 3/4, Inessa Kravets, USSR, 1990
Triple Jump	43-8 1/2, Simidele Adeagbo, Team XO, 2004
Shot Put	67-7, Natalya Lisovskya, USSR, 1990
Discus	223-4, Ilke Wyludde, East Germany, 1990
Hammer	172-9, Jennifer Dunkin, Western Oregon, 2002
Javelin	202-2, Natalya Skikolenko, USSR, 1990
Heptathlon	6,783, Jackie Joyner, USA, 1990

While Dempsey Indoor hosts the Huskies from January to March, when the weather warms up, Washington's track and field teams head outdoors to 72,500-seat Husky Stadium, the largest on-campus track and field facility in the Pac-10.

Athletes running on the hallowed Husky Stadium track do so in the footsteps of some of track and field's most notable names, including former U.S. gold medalists Carl Lewis and Michael Johnson, both of whom own facility records.

The eyes of the entire world were upon Husky Stadium in 1990, when the Huskies' outdoor track and field home played host to the Opening and Closing Ceremonies, and all track and field competition, for the 1990 Goodwill Games.

In addition to the 33 Stadium records set during the Goodwill Games, the facility has served as the site of numerous collegiate records, including a record of 8:05.4 in the steeplechase by Washington State's Henry Rono that has stood for the last 26 years.

Perhaps it's not surprising that Rono's mark should withstand the test of time, as the Cougars and Huskies have been going at it in Husky Stadium since 1922, two years after the stadium's initial construction. Last year's dual in Seattle went down to the wire, with Washington's men pulling off a 110.5-92.5 win, and the UW women suffering a rare home defeat, 111-92.

Husky Stadium has been a regular site of top collegiate competition, including the 1997 Pac-10 Track and Field Championships, the 1972 AAU Championships, and the 1971 NCAA Championships.

Looming high above Lake Washington, Husky Stadium provides competitors with a unique combination of world-class competition and breathtaking natural scenery. Throwers using the East Field's two shot put areas, javelin runway and discus and hammer cages can watch as their implements sail high into a Seattle sky framed by Mt. Rainier and the Olympic Mountains, while pole vaulters and jumpers can take in the boats and seaplanes on Lake Washington in between jumps.

In 2001, the UW installed FieldTurf on both the stadium infield, used as an athlete warm-up area, and on the East Field between Husky Stadium and Lake Washington. An all-weather track was first installed in 1968, and was resurfaced in 1989.





# dempsey indoor

Washington's rise to prominence over the past four years can largely be credited to the opening of Dempsey Indoor, one of the finest competitive indoor track and field venues on the West Coast.

Home to up to eight indoor meets each winter, the 80,000-square foot home of UW indoor track and field has become one of the premier destinations for indoor competition, while also serving year-round as a training facility for Washington's track and field teams.

The facility has drawn the attention of the entire nation, with teams from as far away as Texas A&M, Wisconsin, Michigan and Colorado sending athletes to compete, in addition to regular visitors Stanford, Oregon and UCLA. In 2003, retired Georgetown coach Frank Gagliano was quoted as having called Dempsey Indoor "the best indoor track in America," an opinion echoed by 2004 U.S. indoor 800-meter champion and 2000 Olympian Michael Stember.

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

Stember is just one of more than a dozen U.S. and foreign Olympians who have raised the competitive bar at Dempsey Indoor, including such luminaries as three-time world shot put champion John Godina, and 2004 Olympic pole vault silver medalist Toby Stevenson. Since 2003, competitions at Dempsey Indoor have produced 16 top-10 world marks, numerous U.S.-leading marks, 13 UW records and hundreds of NCAA qualifying efforts.

Even the media have jumped aboard, with the Seattle Times calling Dempsey Indoor "a catalyst for a resurgence for track and field."

In 2004, the facility became the host site of the MPSF Championships, the indoor conference championships for most major West Coast Division-I teams. This year's MPSF meet, scheduled for Feb. 24-25, is one of eight on the 2006 Dempsey Indoor schedule, including five collegiate and three open meets.

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

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

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

## Dempsey Indoor Records

### MEN

60m Dash .....	6.63, Ja'Warren Hooker, Asics, 2/1/03
60m Hurdles .....	7.80, Matt Mason, Wash. State, 2/28/04
200m .....	21.10, Rubin Williams, Unattached, 2/15/03
400m .....	46.17, Andre Ammons, Unattached, 2/15/03
800m .....	1:47.38, Zach Whitmarsh, Pacific Sport, 2/15/03
Mile .....	3:58.40, Michael Stember, NIKE, 2/15/03
3000m .....	7:48.59, Bolota Asmeron, NIKE, 1/31/04
5000m .....	13:36.48, Matt Tegenkamp, Wisconsin, 2/12/05
4x400m Relay .....	3:06.98, Oregon, 2/26/05
DMR .....	9:34.21, UCLA, 2/14/04
High Jump .....	7-3 3/4, Jesse Williams, USC, 1/29/05
Pole Vault .....	19-0 3/4, Toby Stevenson, Unatt., 1/31/04
Long Jump .....	26-6 1/4, Matt Mason, Wash. State, 2/27/04
Triple Jump .....	54-6 1/2, Julien Kapek, USC, 2/1/03
Shot Put .....	65-6 3/4, John Godina, adidas, 2/1/03
Weight Throw .....	73-9 1/2, Derek Woodske, IWTC, 2/1/03
Heptathlon .....	5,518, Robert Arnold, Arizona, 2/26/05

### WOMEN

60m Dash .....	7.31, Janice Davis, Stanford, 2/25/05
60m Hurdles .....	8.06, Sheena Johnson, UCLA, 2/27/04
200m .....	23.72, Michelle Davis, UNLV, 2/9/02
400m .....	53.57, Ashley Purnell, Stanford, 3/5/05
800m .....	2:02.91, Heather Henningar, Pacific Sport, 2/15/03
Mile .....	4:33.41, Lena Nilsson, UCLA, 3/3/03
3000m .....	9:00.27, Malindi Elmore, Asics, 1/31/04
5000m .....	15:54.72, Alicia Craig, Stanford, 2/12/05
4x400m Relay .....	3:35.06, UCLA, 3/3/03
DMR .....	11:05.16, Stanford, 1/31/03
High Jump .....	6-1 1/4, Sharon Day, Cal Poly, 1/29/05
Pole Vault .....	14-8, Chelsea Johnson, UCLA, 2/14/04
Long Jump .....	21-6, Grace Upshaw, NIKE, 2/14/04
Triple Jump .....	45-7 1/4, Erica McLain, Stanford, 2/26/05
Shot Put .....	57-1, Stephanie Brown, Unatt., 1/31/04
Weight Throw .....	67-8 1/4, Cari Soong, UCLA, 1/31/04
Pentathlon .....	4,088, Brook Meredith, California, 2/26/04





The face of Washington track and field is changing before our eyes.

Long known for its distance running and throwing prowess, the UW is of late churning out All-America-caliber competitors in the sprints, hurdles, relays and jumps, and has the national message boards lighting up with one question:

*"What's going on at Washington?"*

The answer is a track and field revival, led by fourth-year head coach **Greg Metcalf** and his world-class assistant coaching staff. In just three seasons, UW's coaches have taken the Husky men from ninth at the Pac-10 meet to fifth, the team's 75.5 points in 2005 its most since 2000.

Furthermore, Husky athletes are competing at a national level in nearly every event area.

Washington qualified three relays for NCAA Championships competition in 2005, including the first NCAA appearance by a UW 4x1 since 1989.

Junior **Shane Charles** ranked among the national leaders in the 400-meter hurdles, while freshman **Norris Frederick** was an All-American in the long jump, and an NCAA qualifier in the high jump as well.

Washington achieved this revival while continuing to succeed at its traditional strengths — sophomore **Ryan Brown** captured Pac-10 and NCAA Regional titles at 800 meters, and was an All-American in the event. Miler **Austin Abbott** and throwers **Will Conwell** (discus) and **Martin Bingisser** (hammer) all earned top-five conference finishes, while Brown and Abbott combined to lead UW's distance medley relay to All-America acclaim.

All of the above individuals return in 2006, each among the 10 returning Pac-10 scorers spanning 12 different events that the UW boasts this year.

"What we've tried to do is to develop significant competitors in every event area," Metcalf says. "To compete in this conference, you can't be one-dimensional; you have to do everything well. Hopefully, what we've done the past three years will lay the groundwork for a long run of success."

## Sprints/Hurdles/Relays

Second-year assistant coach **LaMonte Vaughn, Jr.**, says he coaches his runners to win — the times will take care of themselves.

Vaughn's unit ran to win in 2005, and in the process broke a 30-year-old school record in the 4x400 meters, and clocked top-10 all-time marks in eight of nine sprint/hurdle/relay events.

Things could be similar in 2006, as UW returns three-fourths of its record-setting 4x4 which placed 10th at the NAAs and clocked a 3:03.85 at the Pac-10 meet, the nation's ninth-fastest in 2005. Junior **Ryan Brown** (Renton, Wash./Renton) is a two-time All-American, while seniors **Bruce Jackson** (Seattle, Wash./Nathan Hale) and **Shane Charles** (Birch Grove, St. Andrew's, Grenada/St. Aguilan Secondary/Central Ariz.) are among the Pac-10's best in the 400 meters and 400-meter hurdles, respectively.

They'll be joined either by junior transfer **Alex Harcourt** (Kent, Wash./Kentridge/Highline CC) — whose 400-meter best of 46.57 is faster than any current Husky — or one of two NCAA-experienced sprinters, senior **Phil McCary** (Kirkland, Wash./Juanita) and walkon sensation **Jordan Boase** (Bothell, Wash./Bothell).

Boase will likely be the team's leader at 200 meters, having clocked a 21.81 indoors last year that was good for 10th all-time at UW.



**Pac-10 champion Ryan Brown anchors what could be the nation's deepest half-mile unit.**

Jackson, whose 46.60 in 2005 earned sixth at Pac-10s, will anchor UW at 400 meters, while Harcourt and redshirt frosh **Victor Okocha** (Renton, Wash./Renton) will contribute as well.

The Huskies will be thinner, however, in the 100- and 4x100-meter events. With senior **Davaon Spence** (Kingston, Jamaica/St. Jago/Mt. Hood CC) — a 10.43 sprinter in 2005 — finished after the indoor season, only Boase will return from the 4x100-meter squad that shocked the nation in 2005 with a best of 39.43 seconds, and an 11th-place NCAA finish.

Junior **Isaiah Stanback** (Seattle, Wash./Garfield), UW's starting quarterback, will be among those battling for a spot on the 4x1, along with redshirt freshman **Randy Bacon** (Tacoma, Wash./Washington) and others.

"No one thought we could run 39.43 last year, so if we did it then, why can't we do it again?" Vaughn says. "What made that team great wasn't its speed, it was its cohesiveness. That's something the guys we have this year can match."

Vaughn will also be thin in the sprint hurdles, with only redshirt freshman **Michael Mateljan** (Fullbrook, Calif./Fullbrook) and first-year junior **Corey Williams** (Las Vegas, Nev./Las Vegas), but returns one of the nation's top quarter hurdlers in Charles. Ranked 10th nationally entering the 2005 regional, Charles fell over the second hurdle, ending his NCAA chances. His best of 50.46 seconds is a national record in his native Grenada, and is the second-fastest ever at UW.

"This group has a lot of firepower, and they are committed to making each other great," Vaughn says. "They will all go the wall for each other, and you love to see that as a coach."

## Mid-Distances

Washington's middle-distance group has long been one of the team's deepest units — this year, however, it may be one the deepest in the nation.

Reigning Pac-10 and NCAA Regional half-mile champion **Ryan Brown** (1:47.31), an All-American outdoors last season, is one of four UW returnees to break the 1:50 barrier in 2005 — the first such quartet in UW history. Brown and senior **Shane Charles** (1:49.59i) traded UW's

indoor record twice in 2005, and have their sights set on All-America honors this season.

They'll be challenged senior **Bruce Jackson** (1:49.68), and sophomore **Austin Abbott** (1:48.57), the latter an All-American, with Brown, in the distance medley relay last season.

"The 800-meter group is the heart of our team," Metcalf says. "To be the best in that group, you have to be one of the best in the country."

The Huskies are likewise deep at 1,500 meters, with freshman-record holder Abbott (3:44.36) and the man whose record he broke, sophomore **Carl Moe** (Auburn, Wash./Auburn-Riverside). Abbott placed third at Pac-10s as a freshman in 2005, while Moe (3:44.91) ran eighth at Pac-10s in 2004 before redshirting 2005 with an injury.

"The intensity and toughness that Austin and Carl bring to practice every day raises the bar for our entire team," Metcalf says. "I expect to see them battling for the lead at Pac-10s in May."

## Steeple/Distances

Washington's cross country team enjoyed a terrific fall, due largely to its talented 10,000-meter returnees. Four Huskies broke 30 minutes in the 10,000 meters in 2005, and all return in 2006.

Sophomore **Brad Liber** (San Diego, Calif./University) and juniors **Mike Sayenko** (Bellevue, Wash./Sammamish) and **Kevin Peters** (Longview, Wash./Mark Morris) all finished in the top-12 of the 10,000-meter final at Pac-10s, while senior **Mark Mandi** (Everett, Wash./Mariner) boasts three-career top-11 Pac-10 finishes. Sayenko (29:50.09), Mandi (29:38.71) and Peters (29:31.43) each rank among UW's all-time top-10 at 10,000 meters, while Mandi is one of five returnees among UW's top-10 all-time indoors at 5,000 meters.

**Jeremy Mineau** (Menlo Park, Calif./Menlo-Atherton) will make his outdoor track debut after clocking 14:11.81 for 5,000 meters indoors in 2005, while freshman **Jordan McNamara** (Auburn, Wash./Auburn-Riverside) will look to cash in on an outstanding fall campaign.

That depth does not extend to the steeple, however, where only Liber and sophomore **Caleb Knox** (Mill Creek, Wash./Jackson) boast any experience. Each will try their hand at the event this year, though it's likely Washington will have to wait until 2007 before either is ready to challenge the Pac-10's best.

"We have tremendous depth in the distance events, but so does everyone in the conference," Metcalf says. "If our guys show the same competitive fire they did in the fall, though, we'll have a lot to celebrate at Pac-10s and NAAs."

## Pole Vault

Washington's pole vault unit has given UW fans much to celebrate in recent years, with at least one Husky placing among the top-six at the Pac-10 meet in five of the past six seasons.

Junior **McKane Lee** (Arlington, Wash./Arlington) ranks among UW's all-time top-10 indoors and out, and placed third at Pac-10s a year ago. Lee (17-5) and senior **Sam Roberts** (Cashmere, Wash./Cashmere) each topped 17 feet in 2005, while senior **Seth Perrins** (Tekoa, Wash./Tekoa/Ricks Coll.) topped 16-5 in 2004 before being limited by injury last year.

"Sam and McKane have both picked up right where they left off at the end of last year, jumping consistently at career-best heights," says ninth-year vault coach **Pat Licari**. "Seth, too, looks as sharp as he ever has. Each of those guys have a ton of potential."



# 2006 men's outlook

Name	Event	Yr.	Hometown (High School/Previous College)
Abbott, Austin	Distances	So.	Chehalis, Wash. (W.F. West)
Ahl, Chris	Distances	Fr.	Seattle, Wash. (Bishop Blanchet)
Ala, Brandon	Discus	Jr.	Waianae, Hawaii (Kamehameha)
Bacon, Randy	Sprints	RFr.	Tacoma, Wash. (Washington)
Bidleman, Blake	Multi-Events	Sr.	Redmond, Wash. (Inglemoor)
Bingisser, Martin	Hammer	Jr.	Bellevue, Wash. (Interlake/Cal State Northridge)
Blaty, Doug	Multi-Events	Sr.	Coeur d'Alene, Idaho (Lake City/Univ. of Oregon)
Boase, Jordan	Sprints	So.	Bothell, Wash. (Bothell)
Boyd, Travis	Distances	Jr.	Mukiteo, Wash. (Kamiak)
Bromka, Alec	Distances	Fr.	Portland, Ore. (Catlin Gable)
Brown, Ryan	Mid-Distances	Jr.	Renton, Wash. (Renton)
Charles, Shane	Sprints/Hurdles	Sr.	Birch Grove, St. Andrew's, Grenada (St. Andrews Aquilan Secondary/Central Arizona JC)
Conwell, Will	Throws	Sr.	Kent, Wash. (Kentwood)
Darda, Joe	Distances	Fr.	Ellensburg, Wash. (Ellensburg)
Davis, Teddy	High Jump	Jr.	White Salmon, Wash. (Columbia/Univ. of Oregon)
Dols, Michael	Mid-Distances	Fr.	Chelan, Wash. (Chelan)
Eickhoff, Warren	High Jump	Sr.	Snohomish, Wash. (Snohomish)
Finley, Scott	Pole Vault	Fr.	Granite Hills, Calif. (Granite Hills)
Frederick, Norris	Jumps	So.	Seattle, Wash. (Roosevelt)
Fredericks, Corey	Jumps/Multi	So.	Vancouver, Wash. (Evergreen)
Freeman, Tim	Mid-Distances	Jr.	Bainbridge Island, Wash. (Bainbridge)
Harcourt, Alex	Sprints	RFr.	Kent, Wash. (Kentridge/Highline CC)
Harding, Jon	Distances	RFr.	Issaquah, Wash. (Issaquah)
Harris, Brian	Javelin	Jr.	Hillsboro, Ore. (Hillsboro)
Hickey, Jon	Distances	Jr.	Richland, Wash. (Hanford)
Jackson, Bruce	Sprints/Mid-Distances	Sr.	Seattle, Wash. (Nathan Hale/Eastern Washington)
Knox, Caleb	Distances	So.	Mill Creek, Wash. (Jackson)
Lee, McKane	Pole Vault	Jr.	Arlington, Wash. (Arlington)
Liber, Brad	Distances	So.	San Diego, Calif. (University City)
Mandi, Mark	Distances	Sr.	Everett, Wash. (Mariner)
Mateljan, Michael	Hurdles	RFr.	Fullbrook, Calif. (Fullbrook Union)
McCary, Phil	Hurdles	Jr.	Juanita, Wash. (Juanita)
McNamara, Jordan	Distances	Fr.	Auburn, Wash. (Auburn-Riverside)
Midles, Zack	Throws	Fr.	Olympia, Wash. (Capital)
Mineau, Jeremy	Distances	RFr.	Menlo Park, Calif. (Menlo-Atherton)
Moe, Carl	Distances	So.	Auburn, Wash. (Auburn-Riverside)
Nyland, Dave	Javelin	So.	Woodinville, Wash. (Woodinville)
Okocha, Victor	Sprints	RFr.	Renton, Wash. (Renton)
Owen, Matt	Steeple/Distances	So.	Yakima, Wash. (East Valley)
Perrins, Seth	Pole Vault	Jr.	Tekoa, Wash. (Tekoa/Ricks College)
Peters, Kevin	Distances	Jr.	Longview, Wash. (Mark Morris)
Peterson, Tom	Distances	RFr.	Modesto, Calif. (Fred Beyer)
Roberts, Sam	Pole Vault	Sr.	Cashmere, Wash. (Cashmere)
Romero, Juan	Javelin	Sr.	Renton, Wash. (Lindbergh)
Sampson, Shelton	Sprints	Jr.	Tacoma, Wash. (Clover Park)
Sayenko, Mike	Distances	Jr.	Bellevue, Wash. (Sammamish)
Sayres, Conor	Pole Vault	Fr.	Valleyford, Wash. (Freeman)
Shimer, Adam	Distances	So.	Edmonds, Wash. (Meadowdale)
Spady, Kelly	Distances	Fr.	Mukiteo, Wash. (Kamiak)
Spence, Davaon	Sprints	Sr.	Kingston, Jamaica (St. Jago/Mt. Hood CC)
Stanback, Isaiah	Sprints	Jr.	Seattle, Wash. (Garfield)
Still, Kyle	Sprints/Hurdles	Sr.	Bellingham, Wash. (Sehome)
Tanenbaum, Eric	Jumps	Fr.	Walnut Creek, Calif. (Northgate)
Te'o-Nesheim, Daniel	Throws	Fr.	Kailua, Hawaii (Hawaii Prep)
Williams, Brian	Mid-Distances	Fr.	Bellevue, Wash. (Bellevue)
Williams, Corey	Hurdles	So.	Las Vegas, Nev. (Las Vegas)
Wilson, James	Distances	So.	Yakima, Wash. (West Valley)
Wolfford, J.R.	Jumps/Sprints	Sr.	Issaquah, Wash. (Issaquah/PLU)
Wyatt, Tom	Distances	RFr.	Lakewood, Wash. (Charles Wright)

## Jumps/Multi-Events

After failing to send a jumper to the NCAA meet from 2000-04, Washington sent both sophomore **Norris Frederick** (Seattle, Wash./Roosevelt) and senior **J.R. Wolfford** (Issaquah, Wash./Issaquah/PLU) to nationals in 2005, with Frederick doubling in the long- and high jumps.

Frederick's sixth-place finish at the NCAA indoor meet was tops by a UW long jumper since 1965, and a fitting reward for a freshman who cleared 25-6 1/4 in 2005, eighth-best in the world by a junior-age athlete. Wolfford (24-8 1/4) neared the 25-foot mark himself, was sixth at Pac-10s, and 21st at the NCAA meet outdoors.

Frederick also returns as the UW's top high jumper with a best of 7-0 1/2, good for an NCAA at-large berth in 2005. One of just 12 UW high jumpers ever to have cleared the seven-foot mark, Frederick could be one three to do so this season, as both senior **Warren Eickhoff** (Snohomish, Wash./Snohomish) and junior transfer **Teddy Davis** (White Salmon, Wash./Columbia/Oregon) — the latter an NCAA Championships competitor in 2004 — boast bests over seven feet as well.

"It's exciting to have three guys who have been to NAAs, and one — Warren Eickhoff — who just barely missed," Licari says. "They're going to push each other all year. None of them want to be the one guy who doesn't make it to nationals."

Washington will, however, be green in the multi-events, with seniors **Doug Blaty** (Coeur d'Alene, Idaho/Coeur d'Alene/Oregon) and **Blake Bidleman** (Redmond, Wash./Inglemoor), and sophomore **Corey Fredericks** (Vancouver, Wash./Evergreen) boasting nary a completed decathlon among them. All three will attempt the heptathlon indoors, and if healthy, Licari says, could surprise at the Pac-10 meet in May.

## Throws

Throwers' photos fill the back half of this guide, and for good reason — the unit has accounted for nearly half of UW's 269 All-America honors, and boasts 20 Pac-10 and 14 NCAA titles.

Senior discus thrower **Will Conwell** (Kent, Wash./Kentwood) and junior hammer-thrower **Martin Bingisser** (Bellevue, Wash./Interlake/CS Northridge) will attempt to add their names to that prestigious list this year. Each boast multiple top-five Pac-10 meet finishes, and are among the conference's top returnees in 2006.

Conwell will also anchor UW in the shot put, and will mentor freshman shot-putter **Daniel Te'o-Nesheim** (Kailua, Hawaii/Hawaii Prep) and junior discus thrower **Brandon Ala** (Waianae, Hawaii/Kamehameha), both UW football players and former prep track stars competing for the first time at the collegiate level.

"Will is our leader," says first-year assistant **Reedus Thurmond**. "Both he and Martin are self-starters, and are willing both to do whatever it takes to get better, and whatever it takes to help those around them improve as well."

Bingisser will tutor prep national champion **Zack Midles** (Olympia, Wash./Olympia) in the hammer, while senior **Juan Romero** (Renton, Wash./Lindbergh) and sophomore **Dave Nyland** (Woodinville, Wash./Woodinville) will anchor a javelin unit depleted by the losses of Pac-10 scorers Rigel Wise and Brian Harris.

"We have a small squad this year, but one with a lot of potential," Thurmond says. "They're all hard workers, and have the chance to do well."

## Overview

With 10 returning Pac-10 individual scorers, seven returning NCAA competitors, three All-Americans and one Pac-10 champion, Metcalf believes that his Huskies have the depth and experience to challenge the Pac-10's "Big Four" — UCLA, USC, Oregon and ASU — in 2006.

"What sets elite athletes apart is that they are not afraid to say, 'I want to be great,'" Metcalf says. "From what I've seen so far, the athletes on this team have a stronger desire to be great than any I've ever been around, and that has me excited for this season."





The 2005 season proved once and for all that being one of the best teams in the country doesn't carry much weight when it comes to competing in the loaded Pac-10 Conference.

The Huskies earned top-20 finishes at the NCAA Championships both indoors (tied, 16th) and outdoors (tied, 15th) in 2005, UW's best NCAA performances in almost 20 years.

On an individual level, senior Kate Soma won an NCAA pole vault title — UW's first NCAA title since 1988 — while seven Husky women combined for a record nine All-America honors.

That meant little, however, at the Pac-10 Championships. After seeing its Pac-10 scoring total increase in each of head coach **Greg Metcalf's** first three seasons — including a 67-point, sixth-place high in 2004 — the UW scored just 42.5 points in 2005, slipping to eighth.

"At our first meeting every year, I tell our team that our goal is to compete for the Pac-10 title," Metcalf says. "Only the best teams in the country can do that, and that's what we strive to be."

The Huskies' five returning All-Americans should hold the team's place on the national scene, while UW's nationally-ranked newcomers should provide the depth needed to resume the UW's climb up the imposing Pac-10 ladder.

"This team was close last year to doing some big things," Metcalf says. "We just needed to make a few small improvements in certain areas, and I think we've done that with this recruiting class. I'm excited for this season."

## Sprints/Hurdles/Relays

No one electrifies UW meets like junior **Ashley Lodree** (Richmond, Calif./El Cerrito). Already the school-record holder in the 60- and 100-meter hurdles, Lodree added a pair of All-America honors in 2005, while shattering her hurdles bests and adding to UW's top-10 all-time lists in the 60-, 100- and 200-meter dashes, the 400-meter hurdles, and both outdoor relays.

The 19th-ranked U.S. women's hurdler in 2005, Lodree will seek to lower her UW-record bests of 8.15 and 13.17 seconds in the 60- and 100-meter hurdles, while improving upon her respective 10th- and fifth-place NCAA efforts.

"Ashley is still learning to use all of her abilities," says assistant coach **LaMonte Vaughn, Jr.** "She's always had talent, but it wasn't until the end of last year that she started to believe in how good she can be. That added confidence is going to make her even tougher to beat."

In addition to challenging for Pac-10 and NCAA titles in the hurdles, Lodree will also be among UW's leaders in the short sprints. Joining her will be sophomore **Jennifer Nash** (Tracy, Calif./Merrill West), healthy again after battling injuries in 2005. A four-time prep All-American, Nash's prep 100-meter best of 11.58 seconds is better than all but a handful of marks in the nation.

While Lodree and Nash are a 1-2 punch in the sprints, Lodree and senior **Brynn Steward** (Sylmar, Calif./Cleveland) are the same in the hurdles. Having made her first Pac-10 hurdles final in 2005, Steward looks to be a key scorer for UW in the hurdles and relay events this year.

Senior **Lauran Dignam** (Honolulu, Hawaii/Iolani), UW's school-record holder at 400 meters (54.41) will anchor the team's quarter-milers, while freshmen **Falesha Ankton** (Benecia, Calif./Benecia) and **Syreeta Martin** (Tacoma, Wash./Wilson) appear ready to contribute right away in both the open quarter and 400-meter hurdles.



**Junior Ashley Lodree is a two-time All-American, and is among UW's all-time top-10 in 10 different events.**

"This is a much deeper group than we had last year," Vaughn says. "We return each of our 'Big Four' and add some terrific freshmen. I'm expecting a lot out of them."

## Mid-Distances

Despite the loss of All-American miler Lindsey Egerdahl, the Huskies' middle-distance unit should be as strong as ever with two returning All-Americans and a loaded freshman class.

Sophomore **Amanda Miller** (Wenatchee, Wash./Eastmont) looks to build upon an outstanding debut season in 2005 that saw her set Washington's indoor school record at 800 meters (2:06.76) and earn All-America honors in the event at the NCAA Indoor Championships.

Challenging Miller will be UW's other All-America returnee, junior **Amy Lia** (Bothell, Wash./Bothell). After missing the 2004 outdoor season with an injury, Lia returned in 2005 to earn All-America honors in the 1,500 meters, her time of 4:18.19 UW's third-fastest ever. Lia also ranks among UW's all-time best with marks of 2:09.73 for 800 meters (indoor) and 4:50.51 for the mile.

"Amanda is tough as nails," Metcalf says, "and the same goes for Amy. Nothing either of those two accomplish would surprise me."

Miller and Lia are the cream of a seemingly endless crop of talented middle-distance runners at Metcalf's disposal. Junior **Kira Harrison** (Bellingham, Wash./Meridian) is among UW's all-time top-10 indoors in the 800 meters and mile, while redshirt freshman **Dani Schuster** (Kennewick, Wash./Kamiakin) and freshman **Annaliese Chapa** (Portland, Ore./Central Catholic) both looked great leading UW's cross country team in the fall.

## Steeple/Distances

While loaded in the short- and long-distance races, UW will have to rebuild in the steeple after losing three of its all-time top-four steeplers, including school-record holder Laura Halverson.

Senior **Karen Schwager** (Langley, Wash./South Whidbey), the Pac-10's No. 9 steepler in 2004, and sophomore **Trish Rasmussen** (Phoenix, Ariz./Mountain Ridge) are the only Huskies with Pac-10 experience, though any of UW's freshmen could try their hand at the event.

None of those freshmen boast more accolades than **Tori Tyler** (Los Altos, Calif./Gunn), California's 3,200-meter champion and the fourth-place 5,000-meter finisher at the 2005 U.S. Junior Nationals. Tyler transferred her talent to the college level in the fall, earning All-Pac-10 and All-West Region honors, and being named Pac-10 Cross Country Newcomer of the Year.

"Tori's driven to succeed," Metcalf says. "We'll run her at 5- and 10K, and see where she fits in best. We have the luxury of depth at those distances, so we'll have some flexibility there."

Fellow freshmen **Anita Campbell** (Vancouver, B.C./Aldergrove) and **Brooke Lademan** (Rolling Hills, Calif./Rolling Hills) will further fortify UW's distance corps, which already includes Pac-10 5,000-meter finalist **Brianna McLeod** (Jenks, Okla./Jenks).

"I'd like to take it a little easy with the freshmen, and ease them into things, but they won't let me," Metcalf says. "They're hungry to run, to compete, and to win. You have to love that as a coach."

## Pole Vault

There is little doubt that the UW reigns supreme in the world of collegiate women's pole vaulting. The Huskies put an NCAA-record five women's vaulters over 13 feet in 2005, and set another record by sending each to the NCAA Championships, including four each indoors and out.

Despite losing NCAA champion and five-time All-American Kate Soma, the UW still returns the NCAA's deepest vault unit, including two of the top-three returning vaulters in the nation.

Converted gymnast **Carly Dockendorf** (Port Moody, B.C./Best Secondary) returns for her senior season after completing her gymnastics eligibility last year. Since first picking up a pole in 2002, Dockendorf has soared to fifth in Canadian history with a best of 13-9 1/4 that earned sixth at the NCAA Outdoor meet in 2005, and is the nation's No. 2 returning mark in 2006.

In fact, Dockendorf is tied among collegiate returnees with senior **Ashley Wildhaber** (Chehalis, Wash./W.F. West/UNC Wilmington), whose matching 13-9 1/4 clearance took fifth at the 2005 NCAA Indoor Championships.

That All-America pair combine with junior **Stevie Marshalek** (Kent, Wash./Kentlake) and sophomore **Kelley DiVesta** (Colorado Springs, Colo./Palmer) to form the nation's top vault unit. Both Marshalek and DiVesta competed at the NCAAs in 2005, while their bests of 13-7 1/4 and 13-3 3/4 each rank among the nation's top returning marks in 2006.

"The pole vault has just been going nuts," says coach **Pat Licari**. "Ashley and Carly both look great, and Kelley has really gotten stronger. The confidence of this group is so high right now; they refuse to set any limits for themselves."

## Jumps/Multi-Events

Licari might wish he could transfer some of his pole vault unit's depth to the jumps, where the Huskies lose their top-two competitors in the high, long and triple jumps, and the heptathlon.

A lack of depth at the top, however, has created an opportunity for UW's young jumpers to step up and play significant roles.

Leading the way will be freshman **Daria Pavlov** (Ashdod, Israel/Gimnasia Realit), one of the top multi-eventers in Israeli history. In addition to her heptathlon talent, Pavlov will also be one of UW's top competitors in the high, long and triple jumps, and could be a scoring force at the Pac-10 Championships.



# 2006 women's outlook

Name	Event	Yr.	Hometown (High School/Previous College)
Alley-Barnes, Asuba	Hurdles	Fr.	Seattle, Wash. (Garfield)
Anderson, Brooke	Distances	Fr.	San Diego, Calif. (University City)
Ankton, Falesha	Sprints/Hurdles	Fr.	Benicia, Calif. (Benicia)
Baldassin, Corrine	Throws	Fr.	Gig Harbor, Wash. (Bellarmine Prep)
Bell, Jill	Long Jump	Jr.	Bellevue, Wash. (Bellevue)
Buckingham, Kaitlin	Distances	RFr.	Dallas, Texas (Richardson)
Campbell, Anita	Distances	Fr.	Vancouver, B.C. (Aldergrove)
Chapa, Annaliese	Distances	Fr.	Portland, Ore. (Central Catholic)
Collins, Emily	Distances	Fr.	Eugene, Ore. (Marist)
Craddock, Cheri	Sprints	Jr.	San Pablo, Calif. (James Logan)
Dignam, Lauran	Sprints	Sr.	Honolulu, Hawaii (Iolani)
DiVesta, Kelley	Pole Vault	So.	Colorado Springs, Colo. (Palmer)
Dockendorf, Carly	Pole Vault	Sr.	Port Moody, B.C. (Best Secondary)
Ellis, Sheree	Throws	RFr.	Kent, Wash. (Kentridge)
Fuller, Liz	Multi-Events	RFr.	Vancouver, Wash. (Fort Vancouver)
Gall, Tina	Distances	So.	Edmonds, Wash. (Edmonds-Woodway)
Garrow, Olivia	Distances	So.	Seattle, Wash. (Nathan Hale)
Giffen, Dana	Pole Vault	Fr.	Spokane, Wash. (Mead)
Hardin-Scott, Chanda	Hurdles	So.	Denver, Colo. (East)
Harrison, Kira	Mid-Distances	Jr.	Bellingham, Wash. (Meridian)
Harvey, Shannon	Throws	Fr.	Olympia, Wash. (Capital)
Henry, Sarah	Sprints	Fr.	Orting, Wash. (Orting)
Higgins, Mallory	Hurdles	Sr.	Bellevue, Wash. (Eastlake)
Jones, Angie	High Jump	Sr.	Seattle, Wash. (Holy Names Academy)
Keranan, Kaisa	Multi-Events	RFr.	Seattle, Wash. (Roosevelt)
Lademan, Brooke	Distances	Fr.	Rolling Hills, Calif. (Rolling Hills)
Lia, Amy	Distances	Jr.	Bothell, Wash. (Bothell)
Lodree, Ashley	Sprints/Hurdles	Jr.	Richmond, Calif. (El Cerrito)
Lombardo, Allison	Jumps	Fr.	Richland, Wash. (Richland)
Marshalek, Stevie	Pole Vault	Jr.	Kent, Wash. (Kentlake)
Martin, Syreeta	Sprints	Fr.	Tacoma, Wash. (Wilson)
McCaslin, Amy	Distances	Fr.	San Diego, Calif. (Torrey Pines)
McLeod, Brianna	Mid-Distances	Jr.	Jenks, Okla. (Jenks)
Mehtala, Jaclyn	Distances	Fr.	Tacoma, Wash. (Stadium)
Miller, Amanda	Distances	So.	Wenatchee, Wash. (Eastmont)
Moore, Allison	Jumps	Fr.	Bellingham, Wash. (Sehome)
Nash, Jennifer	Sprints	So.	Tracy, Calif. (Merrill West)
Pavlov, Daria	Jumps	Fr.	Ashdod, Israel (Gimnasia Realit)
Peterson, Andrea	Pole Vault	RFr.	Bonney Lake, Wash. (Sumner)
Rasmussen, Trisha	Distances	So.	Phoenix, Ariz. (Mountain Ridge)
Roberts, Laurie	Jumps	Fr.	Menlo Park, Calif. (Menlo-Atherton)
Schuster, Dani	Distances	RFr.	Kennewick, Wash. (Kamiakin)
Schwager, Karen	Steeple/Distances	Sr.	Langley, Wash. (South Whidbey)
Steward, Brynne	Sprints/Hurdles	Sr.	Sylmar, Calif. (Cleveland)
Swango, Myrriah	Pole Vault	Sr.	Laguna Hills, Calif. (Laguna Hills)
Todd, Lindsay	Jumps	So.	Rock Island, Ill. (Rock Island)
Tyler, Tori	Distances	Fr.	Los Altos, Calif. (Gunn)
Wegman, Karina	Distances	Fr.	Seattle, Wash. (Bishop Blanchet)
West, Arlecier	Hammer	Jr.	Kent, Wash. (Kent-Meridian/Highline CC)
Wildhaber, Ashley	Pole Vault	Sr.	Chehalis, Wash. (W.F. West/UNC Wilmington)
Wilson, Danielle	Sprints	So.	Seattle, Wash. (Garfield)
Wojciechowski, Ally	Jumps	Fr.	Lake Oswego, Ore. (Lakeridge)
Wright, Lindy	Distances	Sr.	Seattle, Wash. (Seattle Prep)
Yoshinaga, Sayaka	Distances	Jr.	Seattle, Wash. (Ballard)
Zahn, Tiffany	Javelin	Sr.	Newberg, Ore. (Newberg)

"Daria's a talented athlete," Licari says. "She's already competing at a Pac-10 level. She's excited to be here, and we're excited to have her."

Pavlov will be challenged in the high jump by freshman **Laurie Roberts** (Menlo Park, Calif./Menlo-Atherton) and in the long and triple jumps by redshirt frosh **Liz Fuller** (Vancouver, Wash./Fort Vancouver). Roberts boasts a prep best of 5-8 in the high jump that would have scored at last year's Pac-10 meet, while Fuller is UW's top returnee in the horizontal jumps indoors.

Fuller and Pavlov will likely vie to represent UW in the Pac-10 heptathlon, while redshirt freshman **Kaisa Keranen** (Seattle, Wash./Roosevelt) will try to add her name to the mix.

"We don't have a lot of experience, but we do have talented athletes who want to seize this opportunity," Licari says. "There are at least 2-3 folks in this group who can score at Pac-10s."

## Throws

Three-time Pac-10 scorer **Tiffany Zahn** (Newberg, Ore./Newberg) is the lone experienced returnee for first-year throws coaches **Reedus** and **Aretha Thurmond**.

The Huskies, however, won't have to start from scratch. Washington's coaches redshirted

newcomers **Sheree Ellis** (Kent, Wash./Kentridge) and **Arlecier West** (Kent, Wash./Kent-Meridian/Highline CC) in 2005, and that patience should be rewarded in 2006, as both have benefitted from the instructional year and appear primed for postseason runs.

A 41-foot prep shot-putter, Ellis added five feet to her PR during the 2005 indoor season, and will be a contender at the Pac-10 and Regional meets. Junior transfer West, meanwhile, climbed to fourth in UW history in the weight throw during the 2005 indoor campaign, and boasts a collegiate hammer best of 151-3 that would be among UW's all-time bests.

"Sheree is explosive, and Arly has a ton of talent," says Reedus Thurmond. "Both will throw farther this year than they ever have; they haven't even come close to tapping their potential."

Zahn, meanwhile, has fought off injuries to post top-eight Pac-10 javelin finishes three years in a row, and enters her final season in 2006 seeking her first NCAA Championships berth.

Frosh **Corrine Baldassin** (Gig Harbor, Wash./Bellarmine Prep) will also throw the jav, while prep All-American **Shannon Harvey** (Olympia, Wash./Capital) will likely redshirt to gain experience with the heavier college hammer.

"Tiffany is a stud," Thurmond says. "She's had to battle some injuries, but she's never let it show in her results. Her leadership will be an important factor in the development of this young group."

## Overview

A 2005 Washington's women's team strong at its highest levels but short on depth excelled at the NCAA Championships, but struggled at the Pac-10 meet.

With most of its top competitors back in 2006 — including five of its seven All-Americans — Metcalf says that it's on Washington's other returnees and talented newcomers to step up their level of intensity and give the Huskies the depth they'll need to be contenders in the postseason.

"The track doesn't lie," Metcalf says. "You have to want to work hard, to take risks, to leave it all out on the track — if you don't, you'll lose to someone who does. We have a number of talented athletes this year who are willing to do those things on a daily basis, and that gets me excited to come to practice every day."





# 2006 men's qualifying standards

## 2006 NCAA INDOOR STANDARDS

Event	Automatic		Provisional	
	FAT	MT	FAT	MT
60m Dash	6.62	—	6.72	—
60m Hurdles	7.70	—	7.91	—
200m	20.83	—	21.23	—
400m	46.05	45.8	47.25	47.0
800m	1:47.80	1:47.5	1:49.50	1:49.2
Mile	3:59.00	3:58.7	4:04.90	4:04.6
3,000m	7:55.00	7:54.7	8:05.00	8:04.7
5,000m	13:50.00	13:49.7	14:11.90	14:11.6
4x400m Relay	3:05.00	3:04.7	3:10.40	3:10.1
Distance Medley Relay	9:33.00	9:32.7	9:43.70	9:43.4

Event	Automatic		Provisional	
	FAT	MT	FAT	MT
High Jump	7-3 3/4 (2.23)	7-1 1/2 (2.17)	7-1 1/2 (2.17)	7-1 1/2 (2.17)
Pole Vault	18-0 1/2 (5.50)	17-0 3/4 (5.20)	17-0 3/4 (5.20)	17-0 3/4 (5.20)
Long Jump	25-9 1/4 (7.85)	24-5 1/2 (7.45)	24-5 1/2 (7.45)	24-5 1/2 (7.45)
Triple Jump	53-1 3/4 (16.20)	50-10 1/4 (15.50)	50-10 1/4 (15.50)	50-10 1/4 (15.50)
Shot Put	63-4 (19.30)	58-3 (17.75)	58-3 (17.75)	58-3 (17.75)
35-Pound Weight	69-6 3/4 (21.20)	62-4 (19.00)	62-4 (19.00)	62-4 (19.00)
Heptathlon	5,650 points	5,200 points	5,200 points	5,200 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.



### MPSF Indoor Championships Qualifying

Beginning in 2006, athletes will no longer qualify for the Mountain Pacific Sports Federation Indoor Conference Championships by meeting pre-determined qualifying standards. Instead, each school may enter up to 27 men and 27 women, regardless of qualifying mark. There is no limit on the number of events in which an athlete can be entered; however, no institution may enter more athletes in any single event than there are scoring places in that event.

### Pac-10 Outdoor Championships Qualifying

There are no predetermined qualifying standards for the Pac-10 Conference Championships. Instead, each institution is allowed to enter 24 men and 24 women, at the sole discretion of the head coach. There is no limit on the number of events in which an athlete can be entered; however, no institution may enter more athletes in any single event than there are scoring places in that event.



## 2006 NCAA OUTDOOR REGIONAL STANDARDS

Track Event	Automatic		Field Event	Standard		Metric
	FAT	MT		FAT	MT	
100m	10.50	—	High Jump	6-10 3/4	2.10	2.10
200m	21.19	—	Pole Vault	16-6 3/4	5.05	5.05
400m	47.26	47.0	Long Jump	24-1	7.34	7.34
800m	1:50.40	1:50.1	Triple Jump	49-5 3/4	15.08	15.08
1,500m	3:47.80	3:47.5	Shot Put	55-1 1/2	16.80	16.80
Mile	4:06.00	4:05.7	Discus	169-7	51.70	51.70
3,000m Steeplechase	9:07.00	9:06.7	Javelin	202-1	61.60	61.60
5,000m	14:10.00	14:09.7	Hammer	182-5	55.60	55.60
110m Hurdles	14.30	—				
400m Hurdles	52.51	52.2				
4x100m Relay	40.66	40.4				
4x400m Relay	3:10.00	3:09.7				

### Non-Regional NCAA Event Standards

	Automatic		Provisional	
	FAT	MT	FAT	MT
10,000m	28:45.00	28:44.7	29:30.00	29:29.7
Decathlon	7,500 points	7,500 points	7,000 points	7,000 points

### Outdoor Qualifying Guidelines

- The qualifying period is Feb. 25 - May 20, 2006.
- Only marks achieved outdoors will be accepted for NCAA Regional Championships qualifying.
- The four NCAA Regional Championships will be comprised of all athletes who achieved the above standards, as well as any additional athletes or relay teams which earned conference championships. At 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 2006 NCAA Championships, Jun. 7-10 in Sacramento, Calif. 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 are not subject to Regional standards. Athletes qualify for the NCAA Championships in those events by meeting the predetermined automatic and provisional standards listed above. In the event that there exists an insufficient number of automatic qualifiers to fill the NCAA field, additional athletes will be added in descending order from the list of those athletes who have met the event's provisional qualifying standard.



# 2006 women's qualifying standards

## 2006 NCAA INDOOR STANDARDS

Event	Automatic		Provisional	
	FAT	MT	FAT	MT
60m Dash	7.27	—	7.44	—
60m Hurdles	8.15	—	8.43	—
200m	23.30	—	23.90	—
400m	52.40	52.1	54.40	54.1
800m	2:05.70	2:05.4	2:09.00	2:08.7
Mile	4:38.50	4:38.2	4:47.00	4:46.7
3,000m	9:16.00	9:15.7	9:35.00	9:34.7
5,000m	16:10.00	16:09.7	16:45.00	16:44.7
4x400m Relay	3:33.50	3:33.2	3:40.00	3:39.7
Distance Medley Relay	11:09.00	11:08.7	11:28.00	11:27.7

Event	Automatic		Provisional	
	FAT	MT	FAT	MT
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)	20-0 1/4 (6.10)		
Triple Jump	43-7 3/4 (13.30)	41-6 (12.65)		
Shot Put	55-5 1/2 (16.90)	50-6 1/4 (15.40)		
20-Pound Weight	68-10 3/4 (21.00)	62-4 (19.00)		
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.



### MPSF Indoor Championships Qualifying

Beginning in 2006, athletes will no longer qualify for the Mountain Pacific Sports Federation Indoor Conference Championships by meeting pre-determined qualifying standards. Instead, each school may enter up to 27 men and 27 women, regardless of qualifying mark. There is no limit on the number of events in which an athlete can be entered; however, no institution may enter more athletes in any single event than there are scoring places in that event.

### Pac-10 Outdoor Championships Qualifying

There are no predetermined qualifying standards for the Pac-10 Conference Championships. Instead, each institution is allowed to enter 24 men and 24 women, at the sole discretion of the head coach. There is no limit on the number of events in which an athlete can be entered; however, no institution may enter more athletes in any single event than there are scoring places in that event.



1 1

## 2006 NCAA OUTDOOR REGIONAL STANDARDS

Track Event		Field Event		Standard		Metric	
	FAT		MT				
100m	11.75	High Jump	—	5-8 3/4		1.75	
200m	23.96	Pole Vault	—	12-5 1/2		3.80	
400m	54.61	Long Jump	54.3	19-7		5.97	
800m	2:09.80	Triple Jump	2:09.5	40-5		12.32	
1,500m	4:27.80	Shot Put	4:27.5	46-11		14.30	
Mile	4:49.60	Discus	4:49.3	155-2		47.30	
Steeplechase	10:50.25	Javelin	10:50.0	142-6		43.45	
5,000m	16:52.00	Hammer	16:51.7	177-7		54.15	
100m Hurdles	13.92		—				
400m Hurdles	1:00.82		1:00.5				
4x100m Relay	45.70		45.4				
4x400m Relay	3:42.00		3:41.7				

### Non-Regional NCAA Event Standards

	Automatic		Provisional	
	FAT	MT	FAT	MT
10,000m	33:55.00	33:54.7	35:00.00	34:59.7
Heptathlon		5,500 points		5,000 points

### Outdoor Qualifying Guidelines

- The qualifying period is Feb. 25 - May 20, 2006.
- Only marks achieved outdoors will be accepted for NCAA Regional Championships qualifying.
- The four NCAA Regional Championships will be comprised of all athletes who achieved the above standards, as well as any additional athletes or relay teams which earned conference championships. At 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 2006 NCAA Championships, Jun. 7-10 in Sacramento, Calif. 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 are not subject to Regional standards. Athletes qualify for the NCAA Championships in those events by meeting the predetermined automatic and provisional standards listed above. In the event that there exists an insufficient number of automatic qualifiers to fill the NCAA field, additional athletes will be added in descending order from the list of those athletes who have met the event's provisional qualifying standard.





## AUSTIN *abbott*

So. • Chehalis, Wash. • W.F. West HS



UW's freshman record holder in the mile and 1500m ... one of three UW frosh to earn All-America honors in 2005 ... ranks among UW's all-time top-10 performers in four different events.

**2005 (Cross Country):** Competed just once, running No. 7 for UW, 40th overall at the Sundodger Invite. **2004-05:** One of three Husky freshmen to earn All-America honors in 2005, the first frosh to do so since 1999 ... helped UW's distance medley relay to a fifth-place finish at the NCAA Indoor Championships, the relay's highest-ever finish at the NCAA meet ... set UW freshman records in the mile (4:02.25) and 1500m (3:44.36) ... mile time was the third-fastest in UW history ... also ranks among UW's all-time top-10 outdoors in the 800m (1:48.57, 7th), and indoors in the 800m (3rd, 1:51.02) and the distance medley relay (2nd, 9:36.20; 7th, 9:51.36) ... one of four Huskies to break 1:50 in the 800m in 2005, the first such quartet in UW history ... placed second in the 1500m final at the Pac-10 Championships, in 3:45.85 ... was 14th overall in the event at the NCAA Regional ... redshirted the 2004 fall season ... competed just once unattached, placing 15th overall at the Jim Danner Invite.

**High School and Personal:** Parents are Kerry and Mike, both former college basketball players ... has two younger siblings, Brandon and Kiersten ... led W.F. West to a third-place finish at the 2004 state track championships, and a seventh-place finish at state in 2003 ... won a state title at 1600m in 2004, crossing the line in 4:14 ... also took second at state in the 800m in 2004, an improvement on his fifth-place 800m finish of a year before ... was second at state in the 1600m in 2003, and led W.F. West's 4x400m relay to eighth ... ran sixth in the mile at the 2004 Arcadia Invite ... took third in the 800m at the 2004 Washington-Oregon Meet of Champions ... also lettered three years in golf, and twice in basketball ... captained track, golf and basketball teams in 2003 and 2004 ... named school's Athlete of the Year in 2004.

### Collegiate Best Marks

800m..... 1:48.57/1:51.02i    1500m..... 3:44.36    Mile..... 4:02.25

1 2



## MARTIN *bingisser*

Jr. • Bellevue, Wash. • Interlake HS /  
Cal State-Northridge

The No. 12 returning hammer thrower in the nation, and the No. 2 returnee in the Pac-10 ... one of just seven UW throwers ever to top 200 feet in the hammer ... earned his BA in philosophy in June 2005, and is currently enrolled in UW's School of Law ... has spent the past two summers training in Europe.

**2004-05:** Became just the seventh UW thrower ever to toss the hammer 200 feet ... did so three times, his best a 206-11 at the Ken Shannon Invite that ranks fourth in UW history ... also topped 200 at the WSU Dual (204-7) and Pac-10 meet (201-2) ... earned second-straight third-place Pac-10 finish ... won the hammer in three of his six competitions in 2005 ... threw just once, unattached, during the indoor season, tossing the shot 43-0 1/2 at the UW Open #1.

**2003-04:** Ranked sixth in the nation among collegiate freshmen in the hammer ... career-best throw of 199-10 earned third at the 2004 Pac-10 meet ... finish was the highest by any Husky at the meet ... was the first UW hammer thrower to score at the Pac-10 meet since 1996 ... placed 15th in the event at the NCAA West Regional. **2002-03 (Cal State Northridge):** Redshirted the season at Cal State Northridge before transferring ... competing unattached, achieved a best mark in the hammer of 193-5 that would have taken eighth at the 2003 Pac-10 Championships.

**High School and Personal:** Parents are Lynn and Fred ... has two older sisters, Sara and Amy ... ranked 20th among U.S. preps in 2002 with a hammer best of 186-10 ... took fifth in the hammer at the 2002 Golden West Games, and qualified for the 2002 U.S. Junior National Meet ... 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.



### Collegiate Best Marks

Hammer..... 206-11





## JORDAN *boase*

So. • Bothell, Wash. • Bothell HS

Walkon emerged in 2005 as one of Washington's top sprinters ... placed 11th at NCAAs with UW's 4x100m relay ... ranks among UW's all-time best indoors at 200m and 400m.

**2004-05:** Led Washington's 4x100m relay to the NCAA Championships for the first time since 1983 ... led relay to 11th at the NCAA Championships, its time of 39.43 the second-fastest in UW history and fastest since 1983 ... was third in the relay at the NCAA West Regional and fifth at Pac-10s ... ran in the 200m prelim at the Pac-10 Championships, placing sixth in his heat in a career-best 21.37 ... indoors, clocked two of UW's fastest-ever sprint marks ... ran second in the 400m at the Last Chance Qualifier, his time of 47.76 UW's sixth-best ever ... indoor 200m best of 21.81, at the Husky Classic, equaled UW's 10th-fastest all-time.

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



### Collegiate Best Marks

60m Dash..... 7.12i    200m..... 21.37/21.81i    400m Dash..... 47.76i/48.12



## TRAVIS *boyd*

Jr. • Mukilteo, Wash. • Kamiak HS



Returns to track after spending the 2005 season studying in Spain ... ranks ninth in UW history at 5,000 meters indoors.

**2005 (Cross Country):** Led the UW men back to the NCAA Championships for just the second time since 1993 ... was the team's No. 3 runner at nationals, placing 150th overall ... ran No. 4 for UW, in 29th place, at the NCAA West Regional ... also ran in UW's top-seven at the Pre-National Meet, and was the eighth Husky finisher (40th overall) at Pac-10s ... earned third-straight first-team Academic All-Pac-10 honor. **2004-05:** Redshirted the 2005 track season to study abroad in Spain ... during the fall, ran first or second for UW at all three postseason races ... led all UW finishers in 18th overall at the NCAA Regional ... placed 15th overall at Pac-10s, helping UW to fourth. **2003-04:** Earned first-team Academic All-Pac-10 honors for cross country and track ... focused on the 5000m and 10000m during the 2004 outdoor track season ... took 13th in the 10000m in 31:46.48 in Pac-10 Championships debut ... season-best of 14:44.56 for 5000m earned fourth at the Oregon Invite ... indoors, clocked the ninth-fastest 5000m time in UW history with a 14:29.90 at the Pac-10 Invite ... ran the 3000m and 5000m at the MPSF meet, earning top-15 finishes in both

... had a terrific first cross country season ... won the season-opening Emerald City Invite at Woodland Park ... became one of just three freshmen, and the first UW male, ever to win their debut race ... was the ninth UW finisher at Pac-10s, helping Huskies to third ... ran fifth overall at the Sundodger Invite, and was the No. 5 UW runner at Pre-Nationals. **2002-03:** Competed at every distance from 1500m to 10000m ... indoors, ran a season-best of 14:50.18 for 5000m ... redshirted the 2002 fall season ... ran unattached three times.

**High School and Personal:** Parents are Julie and Robert ... has an older sister, Angie ... was the 2002 district cross country champion, finishing the 5000m course in 15:53 ... individual title helped cross country squad to second-place finish district finish ... ran 20th at the 2001 state 4A cross country championships, finishing in 16:21 ... placed fourth, in 15:59, at the 2002 Richland Cross Country Invitational ... twice competed in the 3200m at the state track meet ... was 13th at state in 2002 and 10th in 2001, the latter in a career-best 9:26 ... at the 2002 Pasco Invite, placed 10th in the 3200m and led the distance medley relay squad to a fifth-place mark ... was an eight-time letterwinner in track and cross country.

### Collegiate Best Marks

3000m..... 8:21.42i    5000m..... 14:29.90i/14:44.56    10000m..... 30:11.99





## RYAN *brown*

Jr. • Renton, Wash. • Renton HS



The 2005 Pac-10 and NCAA West Regional 800m champion ... a two-time All-American ... ranks first or second all-time at UW in five different events ... sat out the entire 2003-04 season ... ran just one season of high-school track.

**2005 (Cross Country):** Ran just once in the fall, placing 63rd at the Sundodger Invitational. **2004-05:** Had an outstanding season after walking away from track and field in 2003-04 ... came from behind in the last 200 meters to win Pac-10 and NCAA West Regional titles at 800m ... clocked a 1:47.31 in the Pac-10 800m final, the fastest time by a UW runner since 1982 and second-fastest all-time ... earned two All-America honors in 2005, becoming just the 15th UW male to do so ... was 10th in the 800m at NCAA Outdoors, and led UW's distance medley relay to fifth at NCAA Indoors ... also ran on UW's 10th-place 4x400m at NCAA Outdoors ... led 4x400m relay to third at Pac-10s in a UW-record 3:03.85; and to third at the NCAA Regional ... broke UW's indoor 800m record with a time of 1:49.64 (since broken) ... also ranks on UW's all-time indoor top-10 in the 4x400m (2nd, 3:07.94) and DMR (2nd, 9:36.20; 7th, 9:51.36) ... did not compete in cross country. **2003-04:** Sat out the 2003-04 season ... ran 1:51.06 for 800m

at the Seattle International in June. **2002-03:** Set a UW indoor freshman record of 1:50.97 at 800m, then-second-fastest all-time at UW ... also cracked UW's indoor top-10 in the 4x400m (6th, 3:12.42) and DMR (6th, 10:01.35) ... ran sparingly outdoors, with an 800m best of 1:54.49 at the Oregon Invite ... also competed at 400m and 1500m, and 4x400m.

**High School and Personal:** Born in Baltimore ... parents are Karen Smith and Gary Colbert ... has two older siblings, Richard and Everette ... was undefeated at 800m as a senior, his first year competing in track and field ... swept league, district and state titles at 800m in 2002 ... state-winning time of 1:55.3 was a personal-best ... also ran on Renton's state champion 4x400-meter relay, helping the school to a fifth-place state finish ... took second in the 800m at the 2002 Pasco Invite, and helped the mile relay to seventh ... also lettered in swimming as a senior.

### Collegiate Best Marks

400m..... 48.59    800m..... 1:47.31i/1:49.64i    1500m..... 3:52.18

1 4



## SHANE *charles*

Sr. • Birch Grove, St. Andrew's, Grenada •  
St. Andrew's Secondary / Central Ariz.

Is the top-ranked 400m hurdler in his home nation of Grenada ... captured a Grenadan national 400m hurdles title in 2003 ... set UW records indoors at 800m, and outdoors in the 4x400m ... ranked 10th in the nation in the 400m hurdles in 2005, but tripped over the second hurdle at Regionals and did not finish.

**2004-05:** Placed third in the 400m hurdles at Pac-10s, his time of 50.46 seconds UW's second-fastest ever, and the 10th-fastest time in the nation in 2005 ... needed only to cross the finish line at the NCAA Regional to earn an NCAA Championships spot, but fell over the second hurdle and could not finish ... did compete at NCAA's in the 4x400m, leading UW to 10th ... led relay to third at Pac-10s, their time of 3:03.85 a UW school record and the nation's ninth-fastest in 2005 ... indoors, broke UW's 800m record twice, the last a 1:49.59 posting at the MPSF meet ... placed second in the MPSF 800m final. **2003-04 (Central Arizona CC):** Earned NJCAA All-America honors with a second-place finish in the 400m hurdles at the 2004 NJCAA Championships, in a then-best 50.95 seconds ... won the hurdles at the 2004 NJCAA Regional ... named to the All-ACCAA first-team. **2002-03 (Central Arizona CC):** Led all Grenadan quarter hurdlers in 2003 with a best of 51.15 seconds ... following the collegiate season, won Grenada's national 400m hurdles title ... led Grenada's 4x400m relay to eighth at the Pan-American Games ... also competed individually at the meet, placing sixth in his 400m hurdles semifinal ... earned first-team All-ACCAA honors.

**High School and Personal:** Born in St. George's, Grenada ... mother's name is Mary ... has an older brother, Tain, and a younger sister, Shenice ... one of two Husky sprinters from the Caribbean, joining Jamaica native Davaon Spence ... clocked 53.89 in the 400m hurdles to set the Grenadan junior national record in 2001 ... named to Grenada's national team for the 2000 Jr. CARIFTA Games ... a communications major.



### Collegiate Best Marks

400m..... 48.42i    800m..... 1:49.59i/1:50.23    400m IH..... 50.46





## WILL conwell

Sr. • Kent, Wash. • Kentwood HS

A two-time top-five Pac-10 finisher ... boasts an indoor discus best of 188-5 that would rank eighth all-time at UW if duplicated outdoors ... sat out the 2003 season after breaking both wrists in a weightlifting accident ... came to UW on a football scholarship.

**2004-05:** Placed fifth in the discus at the Pac-10 meet with a toss of 178-2 ... lifetime-best outdoor throw of 178-10 won the Sun Angel Classic, and was just four feet shy of UW's all-time top-10 ... placed 10th in the event at the NCAA Regional ... threw the discus once indoors, achieving a mark of 188-5 at the Vandal Indoor ... earned Academic All-Pac-10 honorable mention. **2003-04:** Added 23 feet to his personal best with a throw of 173-5 at the season-opening Salzman Invite ... topped 170 again at the Pac-10 meet with a throw of 171-9, good for fourth ... placed 14th in the discus at the NCAA West Regional ... sat out the indoor season with an injury. **2002-03:** Retired from football in the spring of 2003 in order to focus solely on track ... redshirted the track season after breaking both wrists in a weightlifting accident ... 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 Invitational with season-best throw of 49-3 1/2 ... 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.

**High School and Personal:** 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 ... has four siblings ... brother Ryan plays football at Western Washington, while sister Sarah plays volleyball at Idaho ... 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.



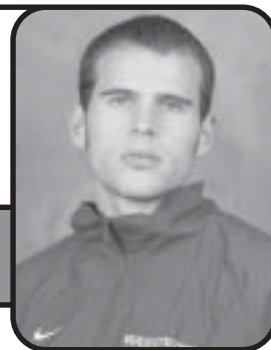
### Collegiate Best Marks

High Jump..... 6-0    Shot Put..... 49-3 1/2 / 48-6 1/4i    Discus.....188-5i / 178-10



## TEDDY davis

Jr. • White Salmon, Wash. • Columbia HS  
/ Univ. of Oregon



Redshirted the 2005 season after transferring from Oregon ... competed in the high jump at the 2004 NCAA Championships ... boasts a best of 7-1 in the high jump that, if duplicated, would rank second all-time at UW.

**2004-05:** Redshirted the 2005 season after transferring from Oregon ... competed unattached on five occasions, recording a best of 6-6 3/4 outdoors, and 6-8 3/4 indoors. **2003-04 (Oregon):** Cleared a lifetime-best 7-1 at the NCAA Regional to place third ... mark equaled the fifth-best in Oregon history ... placed 25th in the event at the NCAA meet ... ranked sixth in the Pac-10 Conference during the regular season ... earned second-team Academic All-Pac-10 honors. **2002-03 (Univ. of Oregon):** Qualified for first Pac-10 Championships with a season-best clearance of 7-0 1/4 at Dempsey Indoor ... placed 10th in Pac-10 meet debut, clearing 6-8 1/4.

**High School and Personal:** Parents are Jacqueline and Joe Camp ... fourth of five siblings ... a four-time state prep champion ... captured state titles in 2002 in both the high jump and triple jump, despite being limited by injury for a portion of the season ... also won the state high jump title in 2000, and again in 2001, with a prep-best clearance of 6-11 ... won six district titles as a prep, and seven league titles ... led Columbia to district titles as a junior and senior, and to state runner-up honors in 2002 ... also excelled on the football field, earning a pair of all-league honors at wide receiver ... helped Columbia to league football titles in 1999 and 2002 ... majoring in biology.

### Collegiate Best Marks

High Jump..... 7-1 / 7-0 1/4i





## WARREN *eickhoff*

Sr. • Snohomish, Wash. • Snohomish HS



A two-time Pac-10 scorer ... narrowly missed first NCAA Championships berth in 2005 ... one of just 12 UW high jumpers ever to clear seven feet ... indoor best of 7-0 1/4 is tied for No. 2 all-time at UW.

**2004-05:** Matched or bettered previous outdoor best of 6-6 3/4 in all nine outdoor competitions in 2005 ... cleared an outdoor-best of 6-11 to place eighth at the NCAA West Regional, narrowly missing an NCAA Championships berth ... was seventh in the event at the Pac-10 meet ... became just the fifth Husky to clear seven feet indoors with a jump of 7-0 3/4 at the MPSF Championships, good for fourth ... is one of just 12 Huskies to clear seven feet overall ... mark equaled the second-best ever indoors at UW. **2003-04:** UW's top high jumper for the second-straight year ... cleared career-best matching 6-6 3/4 to tie for sixth in the high jump at the Pac-10 Championships ... also went 6-6 3/4 at the Pepsi Team Invite ... only competed four times outdoors ... indoors, twice cleared a season-best 6-8 3/4 ... tied for 11th in the high jump at the MPSF Championships. **2002-03:** Was UW's top high jumper, indoors and out ... indoor best of 6-9 1/2 was just a half-inch shy of UW'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.

**High School and Personal:** 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 ... interested in a career in sports therapy.

### Collegiate Best Marks

High Jump..... 7-0 3/4i / 6-11

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## SCOTT *finley*

Fr. • Granite Hills, Calif. • Granite Hills HS

Talented prep vaulter could contribute immediately for UW this season ... ranked eighth among U.S. preps in 2005 with a best of 16-6 ... second-best vaulter in San Diego prep history.

**High School and Personal:** Parents are Karen and Paul ... has two siblings, Kevin and Heather ... earned All-CIF, All-State and All-American honors during the 2005 prep season ... cleared a lifetime best of 16-6 at the 2005 Golden West Games in Sacramento to place third ... clearance equaled the eighth-best by a U.S. prep in 2005, and ranked second in San Diego prep history ... tied for fifth at the 2005 Arcadia Invite ... also earned All-CIF and All-State acclaim in 2004 ... lettered three years, and served as a team captain his senior season.

### Personal Best Marks

Pole Vault..... 16-6







NORRIS

*frederick*

So. • Seattle, Wash. • Roosevelt HS

Earned All-America honors in the long jump as a freshman ... competed at NAAs in both the long and high jumps ... the only Husky ever to long jump 25 feet and high jump seven feet ... ranked eighth in the world among junior-age long jumpers in 2005

... one of just five Huskies ever to clear seven feet indoors, and one of just 12 to do so overall.

**2004-05:** Became UW's first long jump All-American since 1965 with a sixth-place finish at the NCAA Indoor Championships ... cleared 25 feet six times during the 2005 indoor season, including a 25-6 1/4 effort that ranked second in UW history ... ranked eighth in the world among junior-age long jumpers in 2005 ... also cleared 7-0 1/2 in the high jump in 2005, becoming the first Husky ever with career bests of 25 feet in the long jump and seven feet in the high jump ... qualified for the NCAA meet outdoors in the high jump, tying for 17th ... placed fourth in the high jump, and 15th in the long jump, at U.S. Junior Nationals ... was fourth in the long jump, and tied for third in the high jump, at Pac-10s ... also earned top-five finishes in both events at the MPSFs ... ranks among UW's all-time top-10 in both events both indoors and out ... is second indoors (25-6 1/4) and fourth outdoors (25-3 1/4) in the long jump, and tied for second indoors (7-0 1/4) and fourth outdoors (7-0 1/2) in the high jump.

**High School and Personal:** Mother's name is Darlene Shears ... has three brothers, Anthony, Gregory and Marquel ... a seven-time prep All-American ... is the only prep athlete in state history ever to high jump seven feet and long jump 24 feet ... ranked second in the nation in the high jump in 2004, clearing 7-1 ... in addition, was the nation's fourth-ranked prep in the long jump, with a best of 24-10 1/2 ... finished the 2004 outdoor season ranked 26th in the world among junior-age (under-20) athletes in the long jump, and was 32nd in the world in the triple jump ... cleared 7-0 1/2 at Dempsey Indoor in February to rank third in the nation among preps ... named Gatorade's Track and Field Athlete of the Year for the state of Washington ... placed seventh in both events at the 2004 U.S. Junior Nationals ... competed in both events at the 2004 IAAF Junior World Championships, placing 19th in the high jump, and tying for 19th in the long jump ... won the long jump at the 2004 Golden West Games, and was second in the high jump ... won the high jump and was second in the long at the 2004 Junior Olympics ... won three state titles in the high jump, and two in the long jump ... added the triple jump in 2004, and proceeded to place second at the state championships in 48-7 ... boasts triple jump best of 48-8 3/4 ... also played four years of varsity basketball, averaging 11.2 points per game as a senior.

#### Collegiate Best Marks

High Jump..... 7-0 1/2 / 7-0 1/4i Long Jump..... 25-6 1/4i / 25-3 1/4



4x400m in 2003 ...ran 11th in the 800m at the 2003 Last Chance Qualifier at Dempsey Indoor, in a prep-best 1:52.16 ... was second in the 800m at the 2003 National Scholastic Indoor Championships at the New York Armory ... took fourth in the event at the 2003 Arcadia Invite, and was seventh at the Seattle International ... captained both the track and cross-country squads as a senior ... plans to study medicine.

#### Collegiate Best Marks

800m..... 1:50.25 / 1:52.09i

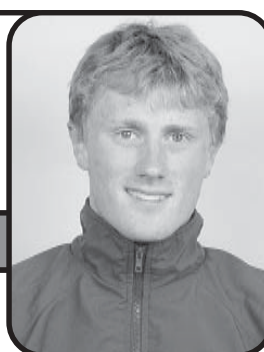


Jr. • Bainbridge Island, Wash. • Bainbridge HS

Part of one of the nation's deepest 800m units... led UW DMR to the seventh-fastest time in school history in 2005 ... is within one second of UW's all-time top-10 at 800m indoors.

**2005 (Cross Country):** Did not compete in cross country in 2005. **2004-05:** Did not compete in cross country in 2004 ... was UW's No. 5 half-miler, clocking a season-best 1:51.47 at the Ken Shannon Invite ... led DMR to third at the UW Indoor Invite in 9:51.36, UW's seventh-best ever ... ran sixth in the DMR at MPSFs, and was ninth at 800m. **2003-04:** Redshirted the fall season ... competed at just a handful of meets outdoors ... shaved nearly two seconds off of his 800m PR at the Seattle International in June with a 1:50.25 posting ... mark was bettered by just six Pac-10 men's runners in 2004 ... placed seventh in the 800m at MPSFs.

**High School and Personal:** Parents are Sheryl Somers and Glenn Freeman ... has two brothers, Josh and Andrew ... the 2003 Class 3A state champion at 800m ... swept league and district 800m titles in both 2002 and 2003 ... was second at state in the 800m in 2002, and in the







## ALEX *harcourt*

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



Will vie to replace Sean Williams on UW's school-record 4x400m relay ... one of the top junior-college quarter-milers in the state in 2005 ... boasts a 400m best of 46.57 that is just one-hundredth shy of UW's all-time top-10 ... competed just one year of high school track.

**2004-05 (Highline CC):** Sat out the 2004-05 season. **2003-04 (Highline CC):** Led Highline to the 2004 NWAACC team title ... was the second-place finisher in the 400m at the NWAACC meet, in a personal-best time of 46.57 ... mark would have been good for fourth at the 2004 Pac-10 Championships ... won the 400m at the 2004 Ken Shannon Invite at Husky Stadium.

**High School and Personal:** Parents are Sarahjane and James ... mother, Sarahjane, ran a 58.57 for 400 meters ... won the state 400m title in 2003, his first year in the sport ... finished the race in 49.91 seconds, nearly a half-second faster than his nearest challenger ... won the 2003 district title in a prep-best time of 48.97 seconds ... also lettered four years in diving ... was fifth at the state diving championships in 2002, and seventh in 2003.

### Collegiate Best Marks

400m Dash..... 46.57 / 47.51

18



## JON *harding*

RFr. • Issaquah, Wash. • Issaquah HS

Will be a sophomore indoors and a redshirt freshman outdoors ... placed 13th at the 2005 USA Junior Cross Country Nationals, and sixth at the 2005 NACAC Championships.

**2005 (Cross Country):** Ran in UW's top-seven at five of six varsity races ... ran sixth for UW, 37th overall, at the Pac-10 Championships, helping UW to fourth ... led all Husky finishers at the season-opening Sundodger Invitational, placing fourth ... ran seventh for UW at Pre-Nationals, and was the team's No. 4 finisher, 14th overall, at the Willamette Invite ... earned Academic All-Pac-10 honorable mention. **2004-05:** Redshirted the outdoor track and cross country seasons ... indoors, was 16th in the 3000m and sixth in the DMR at the 2005 MPSF Championships ... made cross debut in the spring at the U.S. Junior Nationals, placing 13th ... ran sixth overall at the NACAC Championships in Florida, leading Team USA to sixth.

**High School and Personal:** Parents are Jill and Jim ... is the oldest of six siblings ... father is a 1978 UW grad ... the 2004 state champion at 3200m ... took third at the state cross country meet in 2002, and was the 28th-place finisher in 2001 ... led Issaquah cross country to second at state in 2002, and fourth in 2001 ... competed in the two-mile at the 2004 Arcadia Invitational, finishing in 9:22 ... ran 17th overall in the 2002 Border Clash cross country meet ... also competed at the Junior Olympics Nationals in 1998, running the 1500m ... named most inspirational by his track teammates in 2004 ... interests include skateboarding and video production, and is considering a career as a graphic artist.



### Collegiate Best Marks

1500m..... 3:55.59    Mile..... 4:14.14i    3000m..... 8:20.39i    5000m..... 14:28.37





## JON hickey

Jr. • Richland, Wash. • Hanford HS

The third-fastest indoor 5000m runner in UW history ... a cancer survivor, has raised more than \$6,000 for cancer research since 2004 as the founder of the Tri-Cities Race Against Cancer.

**2005 (Cross Country):** Was UW's No. 5 runner, in 24th overall, at the Sundodger Invite ... also ran at Willamette, placing 34th. **2004-05:** Returned in the fall of 2004, just six months after having a tumor removed ... was 35th overall, No. 4 for UW, at the 2004 Pac-10 Cross Country meet, and placed third overall at the Sundodger meet ... earned second-team Academic All-Pac-10 honors in the fall ... redshirted both track seasons. **2003-04:** An Academic All-Pac-10 honorable mention honoree in cross country, and a second-team all-academic pick on the track ... a Pac-10 and NCAA Regional track qualifier at 5000m ... saw his outdoor season cut short by a tumor ... season-best 5000m time of 14:14.24 led all Huskies outdoors ... indoors, ran the 5K in 14:11.39, UW's third-best ever ... was ninth in the mile at MPSFs, in 4:08.28 ... competed just once during the 2003 fall season. **2002-03:** Ran 16th in the 1500m at Pac-10s ... was also a Pac-10 qualifier at 5000m ... redshirted the fall.

**High School and Personal:** Parents are Eva and John ... has one brother, James ... placed fifth at the 2001 state 3A cross country meet in 16:13 ... earned all-state and all-league cross country honors in 2001 ... won two state track titles 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 state ... placed fifth in the 3200m at state in 2001 ... ran second in the mile at the 2002 Pasco Invite ... an Academic All-State honoree ... majoring in political science.

### Collegiate Best Marks

1500m..... 3:49.18    Mile..... 4:08.28i    3000m..... 8:14.89i    5000m..... 14:11.39i / 14:14.24



## BRUCE jackson

Sr. • Seattle, Wash. • Nathan Hale HS / Eastern Washington Univ.



19

Shaved more than a second off of his 400m PR in 2005 ... the sixth-place Pac-10 finisher in 2005 ... one of three returning members of UW's school-record 4x400m relay, seeking its third-straight NCAA Championships bid.

**2004-05:** Ran under 47 seconds for 400m five times in 2005, including a lifetime-best 46.60 at Pac-10s ... placed sixth in the event at Pac-10s, and seventh at the NCAA Regional ... led UW's 4x400m to a third-place Pac-10 finish in 3:03.85, anchoring the relay in 44.8 seconds ... relay's time ranked ninth in the nation in 2005, and broke a 30-year-old UW record ... led relay to 10th at NCAA Championships ... one of four Huskies to break 1:50 for 800m, clocking a 1:49.68 in a win at the Ken Shannon Invite ... moved to sixth all-time on UW's indoor 800m list with 1:51.17 posting. **2003-04:** One of four Seattle-area sprinters who led UW's 4x400m relay to 16th at the NCAAs ... became the first UW mile relay to run at the NCAA meet since 1998 ... anchored relay to fifth at Pac-10s in 3:06.41, then third-fastest ever at UW, and to fourth at the NCAA Regional ... indoors, helped DMR to fourth at the MPSF meet in 9:49.73, fifth-fastest ever at UW. **2002-03** **(Eastern Wash. Univ.):** Competed for one season at Eastern Washington before transferring to UW in the summer of 2003 ... placed eighth in the 400m, in 54.31, at the 2003 Big Sky Conference Indoor meet ... was 15th outdoors in the 800m at the Big Sky meet ... led Eastern's 4x400m relay to fourth at the Big Sky meet outdoors, and seventh indoors. **2001-02 (Eastern Wash.):** Redshirted the 2001-02 cross country and track seasons.

**High School and Personal:** Parents are Victoria and Arthur ... became in 2001 the first Washington boys' athlete to sweep the state's 400m and 800m titles in the same year ... 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.

### Collegiate Best Marks

400m..... 46.60    800m..... 1:49.68 / 1:51.17i





CALEB

*knox*

So. • Mill Creek, Wash. • Jackson HS



Will contend for UW's top honors in the steeple ... competed in the Pac-10 Cross Country Championships as a freshman.

**2005 (Cross Country):** Did not compete in any varsity races during the 2005 fall season. **2004-05:** Was UW's No. 2 steepler, clocking a best of 9:20.65 at the Ken Shannon Invite ... indoors, was sixth in the DMR, and 21st in the 3000m, at the MPSF Championships ... also competed in the mile, 1500m and 5000m ... ran in fourcross country meets as a true freshman in 2004, including two unattached ... was the eighth UW finisher, 54th overall, at Pac-10s ... also ran attached at the Emerald City Invite, placing 21st.

**High School and Personal:** Born in Aurora, Colo. ... parents are Linda and Steve ... has a younger sister, Aubrea ... ran 14th overall at the 2003 state cross country championships ... placed 26th at the 2004 Border Clash cross country meet ... finished the 2004 indoor track season ranked ninth in the nation at two miles, with a best of 9:13.79 ... missed the 2004 track season with an injury ... named to DyeStat's "Hot 100" list of West Region preps in the fall of 2003 ... ran 10th in the 1600m, and 14th in the 3200m, at the 2003 state track meet ... a first-team All-

WesCo 4A selection at both 1600m and 3200m in 2003 ... also earned first-team All-WesCo honors in 2002 ... placed second at the 2002 district cross country meet ... was sixth in the 3200m at the 2003 Pasco Invite, in 9:30.41 ... clocked personal-best 3000m time of 8:32 at the 2004 Last Chance Qualifier at Dempsey Indoor.

#### Collegiate Best Marks

1500m..... 3:59.35    Mile..... 4:16.34i    3000m..... 8:33.33i    Steeple..... 9:20.65    5000m..... 15:33.21

20



McKANE

*lee*

Jr. • Arlington, Wash. • Arlington HS

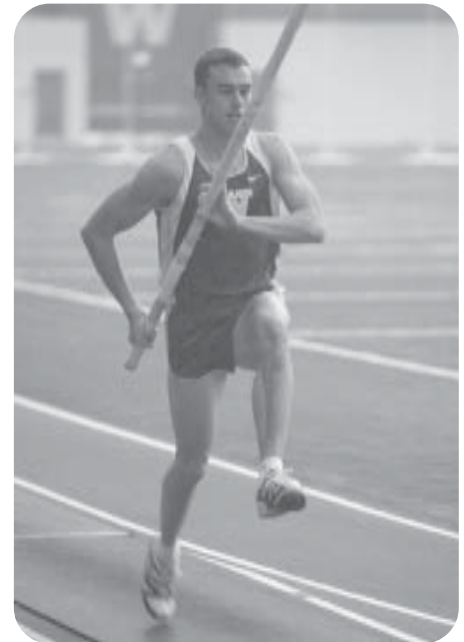
The Huskies' top returning vaulter, and the No. 3 returning vaulter in the Pac-10 Conference ... ranks sixth all-time indoors at UW, and 10th outdoors.

**2004-05:** Placed third at the Pac-10 Championships in 17-0 1/4, after a sixth-place finish as a freshman ... no-heighted, along with half the field, in wind and rain at the NCAA Regional ... cleared a lifetime-best 17-5 in a win at the Ken Shannon Invite, good for 10th all-time outdoors at UW ... moved up to sixth on UW's indoor list with a 17-3 clearance at the Husky Classic ... placed fifth at the MPSF Championships ... topped 17 feet three times indoors, and twice outdoors. **2003-04:** Cleared 16-11 3/4 at the Pac-10 Championships, good for sixth ... tied for 10th in the event at the NCAA West Regional ... was just 1/4-inch shy of UW's freshman record in the vault ... indoors, posted a best of 16-7 1/4 that ranked 10th all-time at Washington ... placed 10th in the event at the MPSF Championships, clearing 16-6.

**High School and Personal:** 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.

#### Collegiate Best Marks

Pole Vault..... 17-5 / 17-3i







## BRAD *liber*

So. • San Diego, Calif. • University City HS

One of four Huskies to break 30 minutes in the 10000m in 2005 ... placed 10th in the 10K at Pac-10s ... just six seconds shy of UW's all-time top-10 in the event.

**2005 (Cross Country):** Was UW's No. 7 runner at Pac-10s, in 39th ... also ran in the open race at Pre-Nationals, placing 36th ... earned Academic All-Pac-10 honorable mention. **2004-05:** Placed 10th in the 10000m at Pac-10s ... 10K season-best of 29:59.22 nearly cracked UW's all-time top-10 ... ran in UW's top-six at all four varsity meets in the fall ... was third for UW at Regionals, and sixth for UW at Pac-10s ... placed sixth overall, tops for UW, at Willamette ... ran fifth for UW at Pre-Nationals, and sixth at Sundodger. **2003-04:** Redshirted the outdoor track season ... ran unattached outdoors at 1500m, 5000m and 10000m ... showed the most promise in the 10K, clocking 30:29.96 in 10K debut at Oregon ... took 16th in the 5000m at MPSFs ... was statistically UW's top redshirt in the fall of 2003 ... ran unattached on four occasions ... placed fifth in college debut at the Emerald City Invite ... was 32nd at Sundodger, eighth at the Geoduck, and fourth in the open race at Pac-10s ... took 29th at the U.S. Junior Cross Country Nationals.

**High School and Personal:** Parents are Leslie and Brad ... the eighth-place state cross country finisher in 2002 ... led school to second at state and a San Diego CIF title in 2002 ... won the 1600m and 3200m at the 2003 San Diego Sectionals, and qualified for state finals at 3200m ... also swept league titles in 2002 ... was CIF Champ at 3200m in 2002 ... earned All-CIF honors in the 1600m in 2002, and was all-league at 800m in 2001 ... took second at the 2003 Manhattan Invite ... was named the San Diego Union-Tribune's Athlete of the Month ... earned a 3.67 GPA.

### Collegiate Best Marks

1500m..... 3:56.89    Mile..... 4:18.18i    3000m..... 8:42.53i    5000m..... 14:25.96 / 14:49.23i    10000m..... 29:59.22



## MARK *mandi*

Sr. • Everett, Wash. • Mariner HS

Among UW's all-time top-10 in three different events ... an All-Pac-10 cross country honoree in 2004 and 2005 ... did not run competitively until his junior year of high school.

**2005 (Cross Country):** Led UW to its second NCAA Championships in the last three years ... earned All-West Region honors, and became the first Husky ever to win back-to-back first-team All-Pac-10 awards ... also became just the sixth Husky to win two career races ... was UW's No. 2 runner at NCAAs, placing 109th ... fourth-place Pac-10 effort equaled UW's best-ever, while fifth-place Regional finish was UW's fifth-best ever ... won his season debut for the second-straight year, at the Willamette Invitational ... was named to the Pac-10's All-Academic second team for the third-straight season. **2004-05:** Earned second-team Academic All-Pac-10 honors in the fall, and honorable mention for track ... ran 11th in the 5000m at Pac-10s, and 19th at Regionals ... one of four Huskies to break 30 minutes in the 10000m, his NCAA provisional-qualifying best of 29:38.41 UW's eighth-fastest ever ... redshirted the indoor season ... placed sixth at Pac-10s in the fall, earning first-team all-conference honors ... was UW's No. 2 runner at the Regional ... won the 2004 Sundodger Invite ... ran 14th overall at Pre-Nationals.

**2003-04:** A second-team Academic All-Pac-10 pick in track and cross country ... led UW at 10K on the track with a best of 29:48.92 ... earned 10th in the 10K, and 11th in the 5K, at Pac-10s ... also cracked UW's indoor top-10 in the 5K (4th, 14:12.51) and 3K (4th, 8:04.93), both NCAA provisional marks ... in the fall, led UW to the NCAAs for the first time since 1993 ... was UW's top NCAA finisher, in 67th ... ran second for UW at Pac-10s and Regionals, placing 15th and 32nd, respectively. **2002-03:** Earned Academic All-Pac-10 honorable mention in both track and cross country ... placed 11th in the 10000m at Pac-10s ... lowered 5K PR by nearly a minute, to 14:42.83, at Oregon ... ran in every varsity race in the fall ... was 43rd at Regionals and 36th at Pac-10s. **2001-02:** Redshirted the season.

**High School and Personal:** Parents are Daisy and Reynaldo ... has two brothers, Reynaldo and Santiago ... did not run until his junior year ... ran at the 2000 Cross Country Junior Olympics Nationals ... earned a top-50 finish at state in 2000 ... captained the Mariner cross country squad in 2000 ... named Mariner's Outstanding Distance Runner in 2001 ... named a Washington Scholar, with a 3.92 GPA.

### Collegiate Best Marks

Mile..... 4:08.03i    3000m..... 8:04.93i    5000m..... 14:05.99 / 14:12.51i    10000m..... 29:38.41





## PHIL *McCary*

Sr. • Kirkland, Wash. • Juanita HS



Has helped UW 4x400m relay reach the NCAA Championships in each of the last two seasons ... is tied for 11th in UW history indoors at 400m.

**2004-05:** Helped UW's 4x400m reach the NCAAs for the second-straight year ... was the relay's first alternate at NCAAs ... ran the 400m hurdles at Pac-10s ... clocked season-best hurdles time of 53.54 at the Ken Shannon Invite ... competed indoors at 400m and in both relays ... earned academic All-Pac-10 honorable mention. **2003-04:** Led UW's 4x400m relay to fifth at Pac-10s, fourth at Regionals, and 16th at the NCAAs ... Pac-10 time of 3:06.41 was UW's third-fastest ever ... individually, placed 15th in the Pac-10 400m prelim ... also ran on UW's top 4x100m relay ... posted career-bests of 21.83 (wind-aided) for 200m and 48.09 for 400m at WSU ... indoor 400m PR of 48.35 then equaled UW's 10th-fastest all-time ... led relay to second at the MPSF meet ... relay time of 3:10.67 at the Husky Invite was then third-fastest ever at UW ... placed 16th in the 400m at the MPSFs. **2002-03:** Competed in the 400m hurdles, with a season-best of 54.78 ... led UW mile relay to a best of 3:15.85 ... ran indoors in the 400m and 4x400m.

**High School and Personal:** 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 GPA.

### Collegiate Best Marks

200m..... 21.83w/21.90/22.26i    400m Dash..... 48.09 / 48.35i    400m Hurdles..... 54.78

2 2



## JORDAN *McNamara*

Fr. • Auburn, Wash. • Auburn-Riverside HS

Broke into a loaded UW cross country lineup in the fall, helping the UW men to the NCAA Championships ... prep teammate of Husky sophomore Carl Moe.

**2005 (Cross Country):** Ran in UW's top-10 at all six varsity competitions in 2005 ... helped the Huskies reach the NCAA Championships for just the second time since 1993 ... was UW's No. 7 runner at the NCAA meet, placing 224th ... placed eighth overall in each of his first two collegiate races, including the Sundodger and Willamette Invites ... was UW's No. 2 runner, 34th overall, at Pre-Nationals ... placed 54th overall at Pac-10s, and was 50th, seventh for UW, at Regionals, the latter his first-career 10K cross country competition.

**High School and Personal:** Parents are Katy Holmes, a world-champion professional body builder, and Brad McNamara, a U.S. Marine ... has two younger siblings ... won the Sunfair Cross Country Invitational in 2004 ... earned a pair of third-place state track finishes in 2005, in the 1600m (4:16.6) and 3200m (9:19) ... won the 1600m at the 2005 Shoreline Invitational ... placed 10th in the 3200m at the Arcadia Invite in 2005 ... led Auburn-Riverside to top-10 state cross country finishes in 2003 (7th) and 2004 (4th) ... helped team to consecutive league titles as a junior and senior, and a regional title in 2004 ... prep teammate of fellow Husky Carl Moe ... plans to major in history, and is interested in becoming a teacher.



### Personal Best Marks

400m..... 52.6    800m..... 1:56.55    1600m..... 4:15.17    3200m..... 9:05.32





## ZACK *midles*

Fr. • Olympia, Wash. • Capital HS

The nation's No. 1 prep hammer thrower in 2005, and the No. 2 U.S. prep in 2004 ... a two-time prep All-American ... brother of reigning Pac-10 hammer champ Adam Midles of USC ... will likely redshirt 2006 to gain experience with the college hammer.

**High School and Personal:** Parents are Lisa and Dwight ... father, Dwight, is a former WSU Cougar and U.S. Olympic Trials competitor in the hammer ... older brother, Adam, is the reigning Pac-10 hammer champion at USC ... also has two younger sisters, Olivia and Mackenzie ... named to the Track and Field News and USA Today All-America squads in both 2004 and 2005 ... led all U.S. preps in 2005 with a hammer best of 227-9 ... was America's No. 2 prep as a junior ... earned seven-career top-10 finishes at state, including a state hammer title in 2005 ... as a junior, placed second at state in the hammer to national prep leader Nate Rolfe of Inglemoor ... earned runner-up honors at state in the discus in 2004 and 2005, and was the state shot put runner-up as a junior ... placed fourth in the hammer at the 2005 U.S. Junior Nationals ... was 12th in the hammer at the 2003 World Youth Games in Quebec ... won the hammer at the 2005 Golden West Games in Sacramento, and the 2005 Youth Nationals in Eugene ... also excelled academically, earning Capital High School's Business Student of the Year honor as a senior ... interested in a career in public relations.



### Personal Best Marks

Shot Put..... 57-11    Discus..... 177-10    Hammer..... 227-9



## JEREMY *mineau*

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

Expected to make an immediate impact on the track, after two outstanding cross country seasons ... will be a sophomore indoors, but a redshirt freshman outdoors ... indoor 5000m best of 14:11.81 is UW's fourth-best ever.

**2005 (Cross Country):** Led the UW men to 27th at the NCAA Championships, his 93rd-place finish tops on the team ... missed the Pre-National and Pac-10 meets with an injury before coming back strong at the NCAA West Regional ... was UW's No. 2 runner at the Regional, his 16th-place finish the second-best by a UW men's runner since 2001, and a 77-spot improvement over his finish at the same meet a year ago ... shaved more than 2:30 off of his 10K cross country best at the Regional, finishing in 30:43 ... also competed at the Willamette Invite, placing ninth ... earned Academic All-Pac-10 honorable mention. **2004-05:** Ran the 5000m in 14:11.81 indoors, fourth-best ever at UW ... redshirted the outdoor season, competing unattached at 1500m and 5000m ... was UW's top freshman during the cross country season ... one of three freshmen in UW's top-10 at Pac-10s ... was UW's No. 3 runner, 27th overall, at the Pac-10 meet, second-best among Pac-10 freshmen ... also ran third for UW at Pre-National.

als, and was UW's No. 7 runner at the NCAA West Regional, his first-ever 10000m competition ... beat all but two Husky finishers in unattached debut at the Sundodger Invitational, placing eighth ... qualified for the world cross country championships with a fifth-place finish at the U.S. Junior Nationals in February ... was Team USA's No. 6 finisher at worlds, placing 68th overall.

**High School and Personal:** Parents are Diana Gibson and David Mineau ... ranked second in the state, and 12th in the nation in 2004 with a 3200m PR of 9:01.54 ... swept Central Coast Section Cross Country Runner of the Year and Middle-Distance Runner of the Year honors during the 2003-04 season ... won CCS cross country titles in 2002 and 2003, including a course record in 2002 ... also won back-to-back section titles in the 3200m ... placed second at the 2003 Division-I state cross country meet ... captained Menlo-Atherton as a senior ... also excelled in the classroom, graduating with a 3.9 (unweighted) GPA.

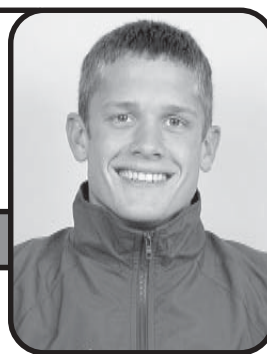
### Collegiate Best Marks

1500m..... 3:54.21    Mile..... 4:16.34i    3000m..... 8:15.00i    5000m..... 14:11.81i / 14:18.31





CARL  
*moe*



So. • Auburn, Wash. • Auburn-Riverside HS

Returns in 2006 after missing the 2005 season with plantar fasciitis ... set UW freshman records in the 1500m (since broken), and 3000m ... ranks among UW's top-10 all-time indoors in the mile and 3000m, and on four distance medley relays.

**2005 (Cross Country):** Ran at less than full strength throughout the fall season ... co-captained UW to its second NCAA Championships appearance in the past three seasons ... was sixth for UW at the Willamette and Pre-National meets, before shutting it down after a 60th-place finish at Pac-10s ... earned Academic All-Pac-10 honorable mention. **2004-05:** Redshirted the 2004-05 season with plantar fasciitis ... ran unattached four times outdoors, including a win in the 1500m at the Ken Shannon Invite. **2003-04:** Set UW freshman 1500m record (since broken) of 3:44.91 at Oregon ... despite an injury, was one of four Huskies to qualify for the Pac-10 1500m final, placing eighth ... also qualified for Pac-10s in the steeple ... ran 15th in the 1500m prelims at the NCAA Regional ... of seven indoor races in 2004, six ranked among the top-10 all-time at UW ... went 8:02.82 in first collegiate 3000m, fastest ever by a Husky frosh and UW's third-fastest all-time ... made UW track debut in the mile at the UW Indoor Preview,

clocking the ninth-fastest mark ever by a Husky, in 4:07.15 ... ran the third (800m) leg of UW's school-record DMR at the Last Chance Qualifier (9:35.35) ... relay broke UW record set earlier in 2004 by Moe and his teammates, who clocked 9:38.09 at the Husky Invite ... also ran legs of UW's fifth- and sixth-fastest DMRs all-time ... the only freshman to compete in every varsity race during the 2003 fall season ... helped UW reach the NCAA meet for the first time since 1993 ... was UW's No. 4 runner at the NCAAAs ... was third for UW, 35th overall, in first-ever 10000m competition, at the NCAA Regional ... ran 30th at Pac-10s to lead a third-place team finish ... debuted 13th at Sundodger.

**High School and Personal:** Parents are Kathy and Dave ... has an older sister, Kelsie ... aunt, Marjan (Moulin) Howard, competed for UW's track and cross country teams in the 1970s ... named Gatorade's 2003 Track and Field Athlete of the Year for the state of Washington ... also earned athlete of the year honors from the Tacoma News-Tribune and Seattle P-I ... the 2002 class 4A state cross country champion ... logged one of the top prep track seasons in state history in 2003 ... set a state record, and ranked third nationally, with a time of 8:48.04 for 3200m at the Arcadia Invite ... won the state title at 1600m in a meet-record 4:05.09, just one second off the state record ... was defeated just once during the 2003 prep season, taking third in the 800m at state ... was second in the mile at the 2003 Golden West Games ... as a junior, took third at state in both the 1600m and 3200m, and was fifth in the mile at Golden West ... fourth in the 1600m at state in 2001 ... earned a 3.7 GPA.

#### Collegiate Best Marks

800m..... 1:51.84    1500m..... 3:44.91    Mile..... 4:07.15i    3000m.....8:02.82i    Steeple..... 9:14.65    5000m..... 14:17.26



DAVE  
*nyland*

So. • Woodinville, Wash. • Woodinville HS

One of UW's two javelin returnees with Pac-10 Championships experience ... placed 17th in the event at Pac-10s in 2005 ... the 2004 state runner-up.

**2004-05:** Was UW's No. 3 javelin competitor in 2005, earning a season-best mark of 199-2 at the UW-WSU Dual ... competed in the javelin at the Pac-10 Championships, placing 17th ... won the javelin at the Spike Arlt Invitational with a throw of 195-0 ... also earned top-five javelin finishes at the UW Outdoor Preview, the Pepsi Invitational and the Ken Shannon Invite.

**High School and Personal:** Parents are Roslynn and Carl ... has an older sister, Carly ... took second at state in 2004 with a throw of 183-1 ... swept league and district titles as a senior ... placed fifth in the javelin at the 2004 U.S. Junior Nationals and third in the Meet of Champions that same year ... named Team MVP as a senior, and served as team captain his junior and senior seasons ... completed the 2003 Seattle Marathon ... earned a 3.79 GPA in high school ... interested in a career in law enforcement.



#### Collegiate Best Marks

Javelin..... 199-2







## SETH *perrins*

Jr. • Tekoa, Wash. • Tekoa HS / Ricks Coll.

Redshirted the 2005 outdoor season with an injury ... added more than a foot to his previous best in 2004 ... competed one year at Ricks College in Utah before leaving on a two-year Mormon mission ... placed 12th at the 2001 NJCAA Nationals.

**2004-05:** Redshirted the outdoor season after suffering an injury in the spring ... placed 13th at MPSFs ... cleared 16-0 3/4 at Stanford in lone outdoor appearance. **2003-04:** Came back from a two-year layoff to post Pac-10 and NCAA Regional qualifying marks in the pole vault ... was 13th in the event at the Pac-10 meet, and tied for 16th at the Regional ... cleared a season-best 16-5 1/4 at Oregon, second-best among UW vaulters outdoors in 2004 ... indoors, cleared 16 feet even for a 15th-place finish at the MPSF Championships ... consistently bettered his marks throughout the season. **2002-03:** Sat out the 2003 season while on a Mormon mission. **2001-02:** Sat out the 2002 season while on a Mormon mission. **2000-01 (Ricks College):** Cleared 15-4 in first season at Ricks College in Utah ... placed 12th in the pole vault at the 2001 National Junior College Athletic Association Championships.

**High School and Personal:** Parents are Dianne and Sam ... 10th of 11 siblings, including six brothers and four sisters ... won three consecutive state vault titles from 1998-2000 ... qualified for state as a freshman ... set the state Class B pole vault record in 2000 ... lettered all four years at Tekoa, and was a captain his junior and senior seasons ... also competed in the javelin, with a best toss of 180 feet ... played football as a freshman and sophomore, and basketball as a senior ... majoring in biology, and is interested in a career in medicine ... earned a 3.87 GPA.

### Collegiate Best Marks

Pole Vault..... 16-5 1/4 / 16-0 3/4i



## KEVIN *peters*

Jr. • Longview, Wash. • Mark Morris HS

A member of UW's all-time top-10 indoors in the 5000m, and outdoors at 10000m.

**2005 (Cross Country):** Ran in UW's top-five at all three postseason races ... was the team's No. 6 finisher at the NCAA Championships, placing 189th overall ... one of five Huskies in the top-31 at the NCAA West Regional, placing 31st ... helped UW reach the NCAA Championships for the second time in three seasons ... was also UW's No. 5 runner at Pac-10s, placing 33rd ... placed 12th in the open race at Pre-Nationals, and was the 23rd-place finisher at Willamette ... earned second-team Academic All-Pac-10 honors. **2004-05:** Earned second-team Academic All-Pac-10 honors for track, and was an honorable mention pick in the fall ... had a breakout season on the track ... ran sixth in the 5000m at the MPSF meet in 14:17.14, seventh-fastest ever indoors at UW ... qualified provisionally for the NCAA Championships outdoors with a time of 29:31.43 in the 10000m at Stanford ... 10K time was UW's seventh-best ever, and the second-fastest by a Husky since 1987 ... ran 12th in the 10K at Pac-10s ... one of four Huskies to break 30 minutes in the 10K in 2005 ... took more than a minute off his 10K personal best, and more than 31 seconds from his 5K best ... competed

three times for UW in the fall. **2003-04:** Ran three times outdoors, at distances from 1500m to 10000m ... indoors, ran twice each at 3000m and 5000m ... took 13th in the 5K at the MPSF Championships in 14:44.84 ... redshirted the 2003 fall season ... ran four times unattached ... was 12th overall at the Emerald City Invite, 15th at the Geoduck Invite, and 27th at Sundodger, tops among Husky redshirts ... ran fifth in the open race at Pac-10s.

**High School and Personal:** Parents are Cheryl and Mark ... has an older sister, Amy ... a three-time state cross country qualifier ... missed his senior season with an injury ... competed in the 3200m at the state track meet in 2000 ... won District IV cross country championship in 2001 ... a four-time letterman, and two-time team captain ... graduated with a 3.69 GPA.

### Collegiate Best Marks

1500m..... 3:54.87    3000m..... 8:28.06i    5000m..... 14:17.14i / 14:29.92    10000m..... 29:31.43





## SAM roberts

Sr. • Cashmere, Wash. • Cashmere HS



One of two returning vaulters to place among the top-10 at last year's Pac-10 Championships ... added nine inches to his career best in 2005, after adding six inches the previous season ... ranks 11th all-time at UW in the pole vault.

**2004-05:** Tied for 10th in the vault at the Pac-10 Championships ... added nearly nine inches to his career best with a clearance of 17-3 at the Ken Shannon Invitational ... mark briefly ranked 10th all-time at UW, until teammate McKane Lee cleared 17-5 minutes later to knock Roberts down to 11th ... was 12th in the vault at the MPSF Championships. **2003-04:** Cleared an outdoor season-best 15-11 in the vault outdoors at the Texas Relays ... also competed in the long- and triple jumps due to injuries to other athletes ... indoors, tied for eighth in the vault at the MPSF meet with a season-best 16-6 effort. **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 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 ... a 2000 Academic All-State honoree ... graduated with a 3.7 GPA.

### Collegiate Best Marks

Pole Vault..... 17-3 / 16-6i

26



## JUAN romero

Sr. • Renton, Wash. • Lindbergh HS

Earned a fifth year after redshirting the 2005 season ... a top-10 Pac-10 finisher in 2003 and 2004 ... improved his career best in each of his first three seasons.

**2004-05:** Opened the season with a win at the UW Outdoor Preview, before shutting down for the year with an injury ... returned at the Ken Shannon Invite to throw unattached, achieving a season-best 192-1. **2003-04:** Placed eighth at the Pac-10 meet with a career-best toss of 208-9, more than seven feet beyond his previous career best, and 16 feet better than his previous season best ... threw the javelin just seven times in 2004, placing sixth or higher five times. **2002-03:** Earned first-career Pac-10 Championships bid with a season-best throw of 201-1 at the 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 and Pomona-Pitzer Invites. **2001-02:** One of four javelin competitors for Washington in 2002 ... took sixth in the event at the U.S. Junior Nationals in June with a throw of 191-9 ... posted season-best 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:** Parents are Carmen and Sal ... has an older brother and two older sisters ... 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, and 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 2001 league championship ... 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.



### Collegiate Best Marks

Javelin..... 208-9







## MIKE sayenko

Jr. • Bellevue, Wash. • Sammamish HS

Missed nearly four months in 2004 with a broken leg after being hit by a car ... an All-West Region cross country performer in 2005 ... among UW's all-time top-10 at 10000m.

**2005 (Cross Country):** Ran in UW's top-seven all year ... was 174th at NCAA Championships, helping UW to 27th ... placed 27th at Pac-10s and 25th at Regionals, the latter good for All-West Region honors ... earned Academic All-Pac-10 honorable mention for the third-straight year. **2004-05:** Earned Academic All-Pac-10 honorable mention for both cross country and track ... was among UW's leaders in the mile and 3000m indoors ... ran 13th in the 3K at the MPSF Championships ... logged a 29:50.09 for 10000m at Stanford, the ninth-fastest in UW history ... placed 11th in the 10K at the Pac-10 meet ... limited by injury to just one fall appearance in 2004 ... was UW's No. 4 runner at Regionals, in 51st overall. **2003-04:** Earned Academic All-Pac-10 honorable mention in the fall ... placed 11th in the 10K at the Pac-10 Championships ... clocked 5K and 10K season-bests of 14:34.55 and 30:12.42, respectively ... competed unattached indoors, including a 5K best of 14:23.32 that would have ranked sixth all-time at UW ... one of UW's top performers in the fall ... was the team's No. 5 runner at NCAAAs, helping UW to 21st ... ran 36th at the NCAA Regional, and 35th at Pac-10s. **2002-03:** Redshirted the year ... earned USA Junior All-American honors with a fifth-place finish in the 10K, in 30:49.70, at the USA Jr. Nationals ... ran unattached in the fall.

**High School and Personal:** Born Mikhail Sayenko in Odessa, Ukraine ... parents are Lyudmila and Andrey ... set school 3200m record with a 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 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 ... also took seventh in the mile at state in 2002 ... as a junior, was fourth at state in the 3200m, and ninth in the mile ... set prep bests of 4:18 (mile) and 15:25 (5000m) ... set course record at Sammamish State Park ... an architecture major.

### Collegiate Best Marks

1500m..... 3:55.33    3000m..... 8:14.60i    5000m..... 14:23.32i / 14:33.79    10000m..... 29:50.09

27



## KELLY spady

Fr. • Mukilteo, Wash. • Kamiak HS

Talented freshman who will focus on the 1500m and 5000m events ... the 2004 Washington state 4A cross country champion, and the fourth-place state finisher at 3200m.

**2005 (Cross Country):** Redshirted the 2005 season to preserve a year of eligibility ... competed twice unattached ... would have been UW's No. 7 runner at the Sundodger Invitational, placing 28th in unofficial collegiate debut ... also ran unattached at Willamette, placing 57th.

**High School and Personal:** Parents are Sheri Henderson and Bob Spady ... has three younger siblings ... the 2004 state 4A cross country champion ... time of 15:24 on the 5000m course was third-fastest in meet history ... ran 10th at state in 2003, and 12th in 2002 ... placed 13th at the 2004 Foot Locker Cross Country Regionals in Walnut, Calif. ... finished sixth in prestigious Border Clash event in 2004 ... swept league and district titles in 2004 after finishing second and third, respectively, in previous season ... led team to top-10 state finishes in 2003 and 2004 ... earned 4A State All-Star honors as senior ... ran fourth in 3200m at state in 2005, and 13th in 2004 ... captained the cross country squad in 2004 ... interested in studying physical therapy.

### Personal Best Marks

400m..... 53.0    800m..... 1:58    1600m..... 4:17    Mile..... 4:18    3200m..... 9:12





## DAVAON *spence*

Sr. • Kingston, Jamaica • St. Jago HS  
/ Mt. Hood CC



Has only indoor eligibility in 2006 ... is among UW's all-time top-10 in three events ... anchored 4x100m relay at 2005 NCAAAs ... boasts two Jamaican national titles and one world youth record.

**2004-05:** Anchored UW's 4x100m relay to 11th at the NCAA Championships, their time of 39.43 UW's second-best ever ... first UW sprint relay to compete at NCAAAs since 1983 ... led relay to fifth at Pac-10s in 40.00, and third at Regionals in 39.66 ... ran 10.43 for 100m at the Jamaican National Championships, equaling UW's fifth-best ever ... tied for seventh on UW's 200m list indoors with a 21.80 at the MPSF Championships ... was third in the 60m and sixth in the 200m at MPSFs. **2003-04:** Led UW in the short sprints indoors and out ... best of 10.63 seconds at 100m was a Pac-10 qualifier... clocked 21.82 for 200m indoors, then UW's ninth-best ever... placed eighth in the 60m and 200m at the MPSF Championships. **2002-03 (Mt. Hood):** Among the nation's best at 100m (10.37) and 200m (21.20). **2001-02 (Mt. Hood):** Won NWAACC title at 100m and 200m, and was second at 4x100m ... swept NWAACC Regional titles in all three events.

**High School and Personal:** Born in Kingston, Jamaica ... parents are Novlette Henderson and Michael Spence ... has three sisters, Judison, Marcia and Taneisha ... ran on Jamaican 4x100m relay that set a world youth record of 40.03 seconds at the 1999 World Youth Championships ... helped relay to second at the 1999 Pan-Am Games, and fifth at the 2000 World Youth Championships ... was seventh in the 100m, in 10.57, at the 1999 World Youth Championships ... as a 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 2000 national meet ... also competed for St. Jago in soccer and cricket ... coached at St. Jago by three-time world champion Bert Cameron, of whom he says, "he is the one that inspires me to be the true sprinter I am."

### Collegiate Best Marks

60m Dash..... 6.83i    100m..... 10.43    200m..... 21.20 / 21.80i

28



## ISAIAH *stanback*

Jr. • Seattle, Wash. • Garfield HS

Placed seventh in the 60m at MPSF in 2005, his first year of college track ... is less than a tenth shy of UW's all-time top-10 in the 60m dash ... also plays quarterback for UW's football team ... will not compete in April due to spring football commitments.

**2005 (Football):** Started all 11 games at quarterback for UW during the 2005 football season, finishing with 2,136 yards and nine TDs ... also rushed for 353 yards and five scores. **2004-05:** Ranked second among all UW sprinters in the 60m dash in his first year of track ... placed seventh in the event at the MPSF Championships, clocking lifetime bests of 6.89 and 6.91 seconds in the MPSF prelim and final, respectively ... ran the 100m twice outdoors, and ran on the team's 4x100m relay at Stanford ... switched back to football for spring practice in April ... appeared in seven games for the UW football team in 2004, including five at quarterback ... ranked second among UW passers with 389 yards and three TDs. **2003-04:** Did not compete in track ... played in 11 games for the UW football team in 2003, mostly at wide receiver ... led all UW receivers with a 14.3 yards-per-catch average ... tied a UW record for kick returns in a game with seven vs. Cal. **2002-03:** Redshirted both the track and field, and football seasons to preserve a year of eligibility.

**High School and Personal:** Parents are Nita Aneise Williams and Ken Stanback ... lettered in football, track and baseball... ranked second in passing among Washington prep quarterbacks as a senior ... ranked as high as fifth in the nation among prep quarterbacks by national recruiting services ... majoring in American ethnic studies.



### Collegiate Best Marks

60m Dash..... 6.89i    100m..... 10.93







J.R.

**wolk**

Sr. • Issaquah, Wash. • Issaquah HS  
/ Pacific Lutheran University

One of eight returning NCAA Championships competitors for the UW men ... climbed UW's all-time top-10 lists in the long jump, and reached first NCAA Championships ... was a Division-III All-American at PLU before transferring to UW in 2003 ... also competes on UW's football team.

**2004-05:** Qualified for first NCAA Championships with a seventh-place finish in the long jump at the NCAA Regional ... placed 21st at NCAAs ... was sixth at Pac-10s in the long jump, and 13th in the triple jump ... season-best long jump mark of 24-8 1/4 won the Ken Shannon Invite, and was UW's ninth-best ever... was undefeated in the long jump at Husky Stadium, winning both the Ken Shannon and WSU Dual titles ... indoor long jump best of 23-7 1/2 equals UW's sixth-best indoor mark ... walked on to the Huskies' football team in the spring ... appeared on special teams in all 11 games during the 2005 season, making one tackle and recovering a fumble.

**2003-04:** Redshirted the 2004 season after suffering an injury in his first meet of the year ... ran 7.05 for 60m at the UW Indoor Preview, and had a 24-foot long jump called back for a foul. **2002-03 (Pacific Lutheran):** Competed for PLU before transferring to UW in the summer of 2003. **2001-02 (Pacific Lutheran):** Earned NCAA Division-III All-American honors with a third-place finish in the long jump at the DIII national championships ... 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 was eighth all-time.

**High School and Personal:** Born 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.

#### Collegiate Best Marks

60m Dash..... 7.05    100m..... 10.70    Long Jump..... 24-8 1/4 / 23-7 1/2i    Triple Jump..... 45-8



2 9



**TOM**  
**wyatt**

RFr. • Tacoma, Wash. • Charles Wright Acad.



Expected to be healthy after missing his first year and a half with a back injury ... won six state titles as a prep, including back-to-back titles at 1600m and 3200m in 2003 and 2004.

**2005 (Cross Country):** Missed second-straight season with a back injury suffered in high school.

**2004-05:** Redshirted the cross country and track seasons while rehabilitating a preseason back injury.

**High School and Personal:** Born in Dallas, Texas ... parents are Nancy and Todd ... has a younger brother, Russell, and an older sister, Kelly ... is a third-generation collegiate track competitor; father ran for Pomona-Pitzer College, and grandfather competed at Cal ... earned prep All-American honors from Adidas and the National Scholastic Sports Foundation in 2004 ... finished senior season ranked sixth nationally in the mile, and fifth indoors at 3000m, by Track and Field News ... captured six individual state titles during his prep career ... led Charles Wright to a sweep of team and individual cross country titles at the 2003 state championships, winning in a meet-record time of 15:38 ... a first-team Foot Locker All-West Region selection in

2003 ... set Class A state records in the 1600m (4:12) and 3200m (9:17) ... clocked the nation's fifth-fastest indoor 3000m time in 2004 ... as a freshman, ran second at state in the 800m, third in the mile, and led the 4x400m relay squad to first ... missed his sophomore year with tendonitis, but returned in 2002-03 to claim third at state in cross country, second at state in the 800m and 4x400m relay, and a pair of state titles in the 1600m and 3200m ... successfully defended both state titles in 2004, and added the 2003 cross country crown ... ran third overall at the 2003 Nike Border Clash in Oregon ... placed eighth at the 2003 Foot Locker West Regional Cross Country Championships, and was the 26th overall finisher at the Foot Locker Nationals ... also lettered in soccer.

#### Personal Best Marks

800m..... 1:54.2    1600m..... 4:06.72    3200m..... 9:05.6



# other husky men to watch

## **Chris Ahl**



Freshman  
Distances  
Seattle, Wash.  
Bishop Blanchet HS

## **Brandon Ala**



Junior  
Discus  
Waianae, Hawaii  
Kamehameha HS

## **Randy Bacon**



RS Freshman  
Sprints  
Tacoma, Wash.  
Washington HS

## **Blake Bidleman**



Senior  
Hurdles/Multi  
Redmond, Wash.  
Inglemoor HS

## **Doug Blaty**



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

## **Alec Bromka**



Freshman  
Distances  
Portland, Ore.  
Catlin Gable HS

## **Joe Darda**



Freshman  
Distances  
Ellensburg, Wash.  
Ellensburg HS

## **Michael Dols**



Freshman  
Mid-Distances  
Chelan, Wash.  
Chelan HS

## **Corey Fredericks**



Sophomore  
Jumps/Multi  
Vancouver, Wash.  
Evergreen HS

## **Michael Mateljan**



RS Freshman  
Hurdles  
Fullbrook, Calif.  
Fullbrook Union HS

## **Victor Okocha**



RS Freshman  
Sprints  
Renton, Wash.  
Renton HS

## **Matt Owen**



Sophomore  
Steeple/Distances  
Yakima, Wash.  
East Valley HS

## **Tom Peterson**



RS Freshman  
Distances  
Modesto, Calif.  
Fred Beyer HS

## **Shelton Sampson**



Junior  
Sprints  
Tacoma, Wash.  
Clover Park HS

## **Conor Sayres**



Freshman  
Pole Vault  
Valleyford, Wash.  
Freeman HS

## **Adam Shimer**



Sophomore  
Distances  
Edmonds, Wash.  
Meadowdale HS

## **Kyle Still**



Sophomore  
Sprints/Hurdles  
Bellingham, Wash.  
Sehome HS

## **Eric Tanenbaum**



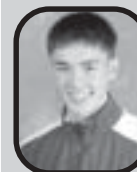
Freshman  
Jumps  
Walnut Creek, Calif.  
Northgate HS

## **Daniel Te'o-Nesheim**



Freshman  
Throws  
Kailua, Hawaii  
Hawaii Prep

## **Brian Williams**



Freshman  
Mid-Distances  
Bellevue, Wash.  
Bellevue HS

## **Corey Williams**



Junior  
Sprints  
Las Vegas, Nev.  
Las Vegas HS

## **James Wilson**



Sophomore  
Distances  
Yakima, Wash.  
West Valley HS





## FALESHA *ankton*

Fr. • Benicia, Calif. • Benicia HS

Talented freshman who could make an immediate contribution in both hurdles events ... the fourth-place finisher in the 300m hurdles at the 2005 California state meet.

**High School and Personal:** Parents are Finas and Vernon ... has two brothers, Vernon Jr. and Vincent ... ran fourth at state in the 300m hurdles in 2005 ... won league and district hurdles titles as a senior ... was 11th at state her junior year ... placed second in the hurdles at the Arcadia Invite in 2005...took fifth in the 400m hurdles in the 2005 USA Junior Olympics ... earned three letters, and was team captain as a senior ... has been a tap dancer for the last twelve years ... plans to major in business.

### Personal Best Marks

100m Hurdles..... 14.05    300m Hurdles..... 43.00



## ANITA *campbell*

Fr. • Vancouver, B.C. • Aldergrove HS

The only UW representative at the 2005 NCAA Cross Country Championships ... a first-team All-West Region cross country honoree ... will redshirt indoors to train for March's IAAF World Cross Country Championships ... missed three months in 2004 with a broken leg.

**2005 (Cross Country):** Was Huskies' lone representative at the 2005 NCAA Championships, placing 94th ... NCAA finish was tops by a UW frosh since 2001 ... was the 13th-highest finishing freshman at the NCAA meet ... placed second at the Canadian Junior Nationals in December, earning a berth at the World Junior Cross Country Championships in March ... will be making her second-straight World Championships appearance ... one of four true freshmen to run in UW's top-seven at every team competition in 2005 ... was the team's No. 1 finisher, in 11th overall, at the NCAA West Regional ... ran second for UW, in 17th, at the Pac-10 meet, and was the team's No. 4 finisher at the Pre-National Championships ... placed 16th in collegiate debut at the Sundodger Invitational, and was 11th overall at Willamette.

**High School and Personal:** Parents are Lorna and Garnett ... has a brother, Quinn ... ran 84th overall at the 2005 World Junior Cross Country Championships in St. Etienne, France ... missed three months of the 2004 season with a broken leg ... finished fifth at Canadian Junior Cross Country Nationals in 2002 ... won the 3200m in a meet-record 11:12.96 at the 2005 World Junior Cross Country Championships ... won the B.C. prep cross country title in 2004 ... ran 11th in the 3000m at the 2003 World Youth Games ... was second in the 3000m and third in the 1500m at the 2002 B.C. prep track championships, and was second and fourth, respectively, in 2003 ... won the 2003 Sunfair Invitational ... placed second in the 3000m at the 2003 Mt. SAC Relays ... won the bronze medal at the 2003 Canadian Legion Juvenile Cross Country Championships ... named 2004 B.C. Juvenile Cross Country Female Athlete of the Year in 2004 ... received B.C. Junior Development Award for distance running in 2001 ... has participated in ballet and is a blue belt in karate.

### Personal Best Marks

800m..... 2:20    1500m..... 4:41    3000m..... 9:57







## ANNALIESE *chapa*

Fr. • Portland, Ore. • Central Catholic HS



One of four true freshmen in UW's top-seven during the 2005 fall season ... a 2005 Harrier Magazine All-American ... placed fifth in the 800m at the 2005 U.S. Junior Nationals ... father, Rodolfo, was a star distance runner at Oregon, and brother, Joaquin, competes currently at Stanford.

**2005 (Cross Country):** One of four true freshmen to run in UW's top-seven at every team competition in 2005 ... was the Huskies' No. 6 runner at the NCAA West Regional and Pac-10 meets, placing 53rd and 40th, respectively ... placed ninth in collegiate debut at the Sundodger Invitational, and was 17th at Willamette.

**High School and Personal:** Born in Cleveland, Ohio ... parents are Patricia Eiting, a former sprinter and long jumper at Indiana; and Rodolfo Chapa, a star distance runner at Oregon ... has a sister, Alma, and three brothers, Juan, Alberto and Joaquin, the latter a distance runner at Stanford ... a 2005 Harrier Magazine All-American ... placed fifth in the 800m at the 2005 U.S. Junior Nationals ... won district titles at 800m and 1500m in 2004, before placing second at

state in both ... was seventh in 800m and fourth in 1500m at state as a junior, and sixth in both as a sophomore ... ran seventh in the 800m at the 2004 Golden West Games, in a lifetime-best 2:10.47 ... was 12th in the mile at the 2005 Nike Outdoor Nationals ... placed 23rd at the 2005 Washington/Oregon Border Clash ... earned a 3.6 GPA in high school.

### Personal Best Marks

800m..... 2:10.47    1500m..... 4:34.25    Mile..... 4:51.47    3000m..... 10:12

3 2



## EMILY *collins*

Fr. • Eugene, Ore. • Marist HS

A two-time state 800-meter champion, and two-time state runner-up ... redshirted the fall cross country season, but could be a solid contributor for UW at 800- and 1,500-meters this spring.

**2005 (Cross Country):** Redshirted the 2005 fall season to preserve a year of eligibility ... competed just once unattached, placing 69th, second among Husky redshirts, at the season-opening Sundodger Invitational.

**High School and Personal:** Parents are Jane Kitterman-Collins and Stan Collins ... has a younger sister, Elena ... won state 800m titles in 2002 and 2004, and was state runner-up in 2003 and 2005 ... also led 4x100m and 4x400m relays to state titles in 2005 ... swept district 800m titles all four years, and won three district 400m crowns ... set district 400m record of 58.19 as a junior ... led Marist to state championship as a senior ... named conference track athlete of the year in 2005 ... named Marist's outstanding student-athlete in 2005 ... a four-year track team MVP... captained the cross country, track and soccer teams as a senior ... earned first-team all-league honors in soccer as a senior, and was a second team all-state selection.

### Personal Best Marks

400m..... 58.19    800m..... 2:15.35







## LAURAN *dignam*

Sr. • Honolulu, Hawaii • Iolani HS

Holds UW's 400m record, and ranks No. 6 all-time at 200m ... is fifth in the 200m indoors, and has run on four relays ranked among UW's all-time top-10 ... led UW in six events in 2005 ... one of Hawaii's most decorated preps, with nine state titles.

**2004-05:** Led Washington in six different events in 2005, including the 200m, 400m and both relays outdoors, and the 400m and 4x400m indoors ... led UW's 4x100m and 4x400m relays to sixth and eighth, respectively, at Pac-10s ... sprint relay's Pac-10 time of 46.04 seconds equaled the seventh-fastest in UW history ... also competed at Pac-10s in the 400m hurdles ... led 4x400m squad to a time of 3:44.58 at Oregon, UW's ninth-best ever ... indoor 4x400m best of 3:49.23 also ranked ninth all-time ... was at her best against WSU for the second-straight year, setting season-best marks in the 200m (24.68) and 400m (55.97) ... placed eighth in the 400m and 4x400m, and 17th in the 200m, at the MPSF Championships. **2003-04:** Set a personal best by nearly two seconds with a school-record 54.41 in the 400m at the WSU Dual ... previous personal best was 56.18 seconds, set just three weeks earlier ... also at WSU, covered 200m in 24.34 to rank sixth in UW history ... placed 11<sup>th</sup> in the 400m at Pac-10s, and 12<sup>th</sup> at Regionals ... was 16<sup>th</sup> in the 200m at Pac-10s, and led 4x400m relay to eighth ... third-place 200m time of 25.13 at MPSFs was UW's fourth-best ever ... also placed fifth at MPSFs in the 4x400m. **2002-03:** Led all Huskies at 200m and 400m, and was on both of UW's top relays ... took 14th in the 400m, and eighth in the 4x100m, at Pac-10s ... ran season-best 200m mark of 25.25 at WSU ... ran top 400m mark of 57.66 at Oregon ... indoors, ran the 400m leg of UW's eighth-fastest distance medley relay all-time, in 11:54.68 ... led all Huskies indoors at 400m.

**High School and Personal:** Born in Westminster, Calif. ... parents are Cindy and Stephen ... has two siblings, Eric and Corrine ... named Most Outstanding Athlete at the 2002 Hawaii state meet after tying a meet record with five gold medals ... set the state meet record in her 200m win, finishing in 25.04 ... 200m win was her fourth of the day, having already won titles at 100m (12.40), 400m (55.82) and 4x100m (49.63) earlier in the day ... finished the day by anchoring 4x400m squad to the title in 4:01.66 ... for her career, earned nine state track titles, and led Iolani to titles in both track and cross country as a senior ... won five state medals in 2000, including golds at 400m and 200m, silvers at 100m and 4x100m, and a bronze at 4x400m ... named the Interscholastic League of Hawaii's Player of the Year for soccer in 2002 ... a 2002 inductee into the Nissan Hall of Honor.

### Collegiate Best Marks

60m Dash..... 7.84i    100m Dash..... 12.09w/12.50    200m..... 24.34 / 25.13i    400m Dash..... 54.41 / 56.73i



## KELLEY *divesta*

So. • Colorado Springs, Colo. • Palmer HS

One of a record five UW women's vaulters to compete at the NCAA Championships in 2005 ... UW's freshman record holder ... the nation's No. 13 returning vaulter ... ranked third among NCAA frosh.

**2004-05:** Season-best mark of 13-3 3/4, set in a fifth-place Regional finish, was a UW freshman record and ranked third among NCAA freshmen in 2005 ... placed 15th at the NCAA Championships at 13-1 1/2 ... one of a record five UW women's vaulters to compete at NAAs in 2005, including four each indoors and out ... ranks fourth on UW's all-time list outdoors, and sixth indoors ... was fifth in the vault at Pac-10s, and 11th at the MPSF Championships ... improved her season-best vault nearly every time out in 2005, capped by consecutive 13-foot efforts at Regionals and NAAs ... also tossed the discus and javelin in dual-meet action.

**High School and Personal:** Parents are Barbara and Dave ... has two brothers, Aaron and Austin ... the top prep vaulter in state history ... broke her own state record as a senior, clearing 12-6 1/2 to capture her second-straight state title ... ranked among the top-25 preps in the nation in 2004 ... first broke state record in 2003 with a clearance of 11-9 ... won her first state title as a junior, clearing 11-7 ... was third at state in 2002, and 14th as a freshman in 2001 ... named to the Colorado All-State team for track and field ... was also an outstanding diver, earning 16th at state and earning first-team all-state honors ... lettered all four years in track, gymnastics and diving ... graduated third in her class with a 4.5 GPA.

### Collegiate Best Marks

Pole Vault..... 13-3 3/4 / 12-5 1/2i







## CARLY *dockendorf*

Sr. • Port Moody, B.C. • Best Secondary



Will enjoy first full season of vaulting after exhausting her gymnastics eligibility in 2005 ... the fifth-ranked pole vaulter in Canadian history ... the No. 2 returning vaulter in the nation in 2006 ... has never finished lower than eighth at Pac-10s ... only began vaulting in 2002 ... an All-American in both track and gymnastics.

**2004-05:** Soared to fifth in Canadian history with a clearance of 13-9 1/4 at the NCAA Championships ... placed sixth at NAAs, earning first-career All-America honor ... of three UW pole vault All-Americans in 2005 ... vaulted just seven times total, indoors and out, due to gymnastics commitments ... was seventh in the vault at Regionals, and fourth at Pac-10s ... placed 17th at the NCAA Indoor Championships in Arkansas, less than 24 hours after representing the UW gymnasts in Utah ... ranks second all-time among UW vaulters outdoors, and fourth indoors ... fell just one-tenth shy of qualifying for her third-straight NCAA Gymnastics Championships ... earned second gymnastics Team MVP honor ... finished her UW gymnastics career in 2005 with 48 event titles and a UW-record six perfect 10s. **2003-04:** Qualified as an individual for the NCAA Championships in both track and gymnastics ... placed 13<sup>th</sup> in the pole vault and 24th in

the floor exercise in her NCAA appearances ... set a then-Husky Stadium record with a mark of 13-3 1/2 at the Seattle International ... placed sixth at Pac-10s, and third at Regionals ... cleared 13 feet four times in her final five meets ... split time indoors between track and gymnastics ... cleared a 2004 indoor-best 12-9 1/2 in January ... shared the NCAA West Regional gymnastics crown in the floor exercise, and was second at Pac-10s ... earned All-Pac-10 gym honors ... ranked third in the nation on the floor, and 11th on bars ... added to her UW career record with three perfect 10s. **2002-03:** Earned Academic All-Pac-10 honorable mention in both track and gymnastics ... was eighth in the pole vault at Pac-10s, and 13th at Regionals, just the third and fourth outdoor competitions of her UW career ... Pac-10 mark of 12-11 1/2 was then second-best ever at UW, and broke into Canada's all-time top-10 ... won her UW debut at the WSU Dual ... set UW's fifth-best indoor mark all-time with a 12-0 at the Pac-10 Invite, barely 12 hours after scoring 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 gymnastics All-America honors on the floor ... won two events at the NCAA West Regional Gymnastics meet, becoming the first UW gymnast to post even one such victory ... scored three perfect 10s ... ranked among the nation's top-10 in both bars and floor ... named gymnastics 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 ... was named UW gymnastics' Rookie of the Year ... won the floor exercise against Utah with a UW freshman-record score of 9.975.

**High School and Personal:** Parents are Maureen and Neal ... has a younger brother, Brody, and two older siblings, Carrie and Dustin ... had never vaulted before her freshman year at UW ... as a gymnast, placed sixth in the all-around at the 1998 Canadian Nationals ... 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.

### Collegiate Best Marks

Pole Vault..... 13-9 1/4 / 13-5 1/4i



## SHEREE *ellis*

RFr. • Kent, Wash. • Kentridge HS

Will be a sophomore indoors, and a redshirt freshman outdoors ... ranks No. 7 all-time at UW in the shot put indoors ... unattached outdoor best of 48-5 1/4 would also be UW's seventh-best all-time.

**2004-05:** Redshirted the 2005 outdoor season ... competed twice unattached outdoors, winning the shot at both the Ken Shannon and Ken Foreman Invites ... season-best toss of 48-5 1/4 at the Foreman would have ranked No. 7 all-time at UW ... represented UW indoors, her shot-put best of 46-11 3/4 ranking seventh on UW's all-time list ... placed ninth in the shot at the MPSFs.

**High School and Personal:** Mother's name is JoAnn ... has four siblings ... brother Kai played football at UW and is currently in the CFL ... brother Jason plays basketball at Boise State ... earned third-place state shot put finishes in both 2003 (41-2 1/4) and 2004 (40-10) ... also earned three top-six finishes in the discus at districts... lettered three seasons in basketball.

### Collegiate Best Marks

Shot Put..... 48-5 1/4 / 46-11 3/4i







## LIZ fuller

RFr. • Vancouver, Wash. • Ft. Vancouver HS

Will be a redshirt freshman outdoors, and a sophomore indoors ... ranks among UW's all-time top-10 in the pentathlon ... will challenge to represent UW in the heptathlon at Pac-10s.

**2004-05:** Redshirted the 2005 outdoor track season to preserve a year of eligibility ... competed unattached throughout the outdoor campaign ... placed fifth in first-career heptathlon at the Ken Foreman Invite, scoring 4,389 points ... took second in the 100m hurdles at the Ken Shannon Invite ... indoors, posted the eighth-best pentathlon mark in UW history with a 3,051 at the UW Indoor Invite ... was 16th in the long jump at the 2005 MPSF Indoor Conference Championships.

**High School and Personal:** Parents are Louanne and Tom ... has an older sister, Emily ... both grandfathers competed at UW in the 1930s ... grandfather Lew Leuhrs played football at UW from 1936-41, while other grandfather, John Fuller, was on the UW basketball team from 1929-31 ... was Fort Vancouver's lone representative at the 2004 state track meet, placing 10th in the high jump and 13th in the long jump ... was named MVP of the track team all four years ... earned 11 prep letters, including four in track, three each in basketball and volleyball, and one in tennis ... earned a 3.98 GPA in high school ... considering a career in chemistry.



### Collegiate Best Marks

60m Dash..... 8.35i    200m..... 27.74/28.83i    800m..... 2:39.11/2:56.05i    60m Hurdles..... 9.40i    100m Hurdles..... 15.39  
High Jump..... 5-1 1/4 / 5-1 1/4i    Long Jump..... 17-6 1/4 17-1 1/2i    Shot Put..... 36-0 1/4i / 35-31/4    Javelin..... 97-11  
Pentathlon..... 3,051i    Heptathlon..... 4,389



## KIRA harrison

Jr. • Bellingham, Wash. • Meridian HS

Is sixth all-time on UW's indoor 800m list, 10th all-time in the mile, and has run on three of UW's 10-best distance medley relays.



**2005 (Cross Country):** Redshirted the 2005 fall cross country season. **2004-05:** Earned Academic All-Pac-10 honorable mention in the fall ... among UW's leaders at 800m and 1500m for the second-straight year ... led DMR to fourth at MPSFs, their time of 11:41.45 UW's sixth-best ever ... also placed seventh at MPSFs in the 800m ... placed 16th in the 800m at the Pac-10 meet ... won the 800m at the UW Outdoor Preview ... also competed in the 1500m and 4x400m ... in the fall, was UW's No. 7 finisher at the NCAA West Regional, helping UW clinch its eighth-straight NCAA Championships berth ... ran in the team's top-four at the Willamette and Pre-National meets, and was the No. 9 UW finisher at the Pac-10 meet. **2003-04:** Was top Husky freshman in both the 800m and 1500m ... led all Huskies in the half-mile with a PR of 2:09.26 at the NCAA Regional ... placed 11th in the 800m at Regionals, and was 10th at Pac-10s ... clocked a personal-best 4:29.83 for 1500m at Oregon ... won the 1500m at the Ken Shannon Invite ... indoors, ran the fifth-fastest 800m in UW history with a 2:11.77 at MPSFs ... placed sixth in the MPSF 800m and ran a leg of UW's third-place DMR ... led DMR to the second-fastest time in UW history at the Last Chance Qualifier, in 11:23.57 ... ran four times during the 2003 cross country season ... made UW debut in a 23rd-place finish at the Sundodger Invite ... also ran in open races at Pre-Nationals and Pac-10s.

**High School and Personal:** Parents are Diana and Brent ... has an older brother, Nathaniel ... granddaughter of Husky Hall of Famer Walter Harrison, a two-time UW track letterman and a 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 ... set state 2A record at 1600m ... led Meridian to fourth at the 2003 state track meet ... never finished lower than sixth in any of four 800m races at state ... 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 earned first-team all-state honors in soccer ... led Meridian soccer to second at state in 2001 ... earned a 3.91 GPA.

### Collegiate Best Marks

800m..... 2:09.26 / 2:11.77i    1500m..... 4:29.64    Mile..... 4:51.51i





## SHANNON *harvey*

Fr. • Olympia, Wash. • Capital HS



One of the nation's top prep hammer throwers in 2005 ... the 2004 Junior Olympics hammer champion ... from same high school as fellow UW freshman thrower Zack Midles.

**High School and Personal:** Parents are Michelle and Glenn ... has two younger brothers, Robert and Stephen ... father competed in water polo and swimming at UCLA ... boasts four top-10 state championships finishes, including runner-up honors in the hammer in both 2004 and 2005 ... was also fifth at state in the shot put as a senior, and 10th her junior season ... hammer best of 156-7 was the nation's 10th-best prep mark in 2005 ... won the hammer at the 2004 Junior Olympics Nationals in Eugene, Ore. ... earned back-to-back third-place hammer finishes at the Golden West Games in 2004 and 2005 ... earned six prep letters, including four in track and two in volleyball ... served as team captain in both sports her junior and senior seasons ... was a second-team all-league selection on the volleyball court her senior year ... also earned numerous academic awards ... graduated with a 3.96 GPA ... is enrolled in the FRAP program in the UW School of Business ... plans to major in business, with the goal of pursuing a law degree.

### Personal Best Marks

Shot Put..... 39-6    Hammer..... 156-7

3 6



## KAISA *keranen*

RFr. • Seattle, Wash. • Roosevelt HS

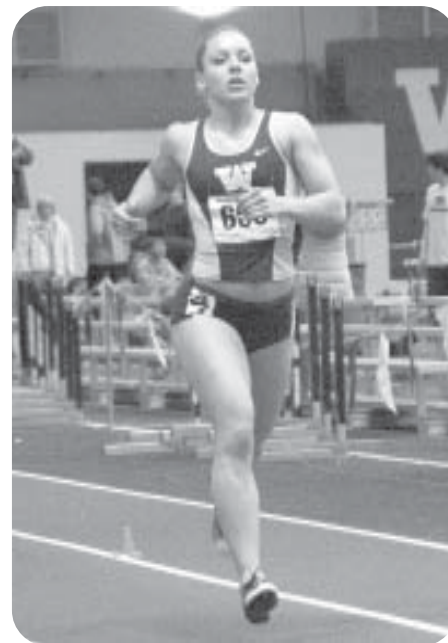
Will compete to represent UW in the heptathlon at the Pac-10 Championships ... placed fifth in the heptathlon at the 2004 Junior Olympic Nationals.

**2004-05:** Redshirted the 2005 indoor and outdoor track seasons to preserve a year of eligibility ... competed unattached during both seasons ... placed sixth in first-career heptathlon at the Ken Foreman Invite, scoring 4,219 points ... unattached javelin best of 125-5 would have ranked fifth all-time (new implement) at Washington ... indoors, competed in the 60m dash, long jump and shot put.

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

### Collegiate Best Marks

60m Dash..... 8.32i	200m..... 27.12	800m..... 2:36.54	100m Hurdles..... 15.98
High Jump..... 4-11	Long Jump..... 17-4 1/2 / 16-8 3/4i		
Shot Put..... 34-7 3/4 / 24-9 1/4i	Javelin..... 125-5	Heptathlon..... 4,219	







## BROOKE *lademan*

Fr. • Rolling Hills, Calif. • Rolling Hills HS

One of four freshmen to run in UW's top-seven during the fall season ... earned first-team All-West Region cross country honors ... placed fourth at state in cross country as a senior ... did not begin running track until her sophomore year of high school.

**2005 (Cross Country):** One of four freshmen to run in UW's top-seven at every team competition in 2005 ... never ran lower than fourth for UW as a freshman ... earned top-10 finishes in each of her first two collegiate races, placing sixth, second for UW, at the Sundodger Invitational, and leading UW with a fifth-place finish at Willamette ... was one of four UW women to earn All-West Region honors, placing 22nd at the Regional meet to lead UW to third ... ran third on the squad, 23rd overall, at Pac-10s, and was the team's No. 2 runner at Pre-Nationals.

**High School and Personal:** Born in Long Beach, Calif. ... mother's name is Paige ... has two younger brothers, Timmy and Patrick ... did not begin competing until her sophomore year of high school ... the fourth-place finisher at the 2004 Foot Locker Regionals in Walnut, Calif. ... ran 31st at the 2004 Foot Locker National Championships in San Diego ... finished fourth overall at the 2004 California state cross country championships ... led team to Bay League championship as sophomore and second place as a senior ... earned a 3.5 GPA in high school ... interested in a career in mechanical engineering.



### Personal Best Marks

800m..... 2:21    1600m..... 5:06    3200m..... 10:48



## AMY *lia*

Jr. • Bothell, Wash. • Bothell HS



Missed the 2004 spring and fall seasons with an injury ... returned in spring 2005 to earn All-America honors in the 1500m ... set UW freshman records in the 800m and 1500m in 2003.

**2005 (Cross Country):** Competed just once during the 2005 fall season, placing 17th at the NCAA West Regional to earn second-career All-West Region honor ... the third of four UW women in the top-25 at the Regional ... one of just five non-freshmen to run in UW's top-seven at any point in 2005. **2004-05:** Redshirted the 2004 cross country and indoor track seasons ... returned outdoors to earn All-America honors in the 1500m, placing 12th at NCAAs ... clocked a 4:18.19 in the NCAA prelim, a four-second PR and the third-fastest time ever at UW ... time was the ninth-fastest by a collegian in 2005 ... was fourth in the event at Pac-10s, and seventh at Regionals. **2003-04:** Missed nearly all of the outdoor season with an injury, after having one of the best indoor seasons ever by a UW frosh ... placed third in the half-mile at the MPSF Championships in 2:09.73, second-fastest ever at Washington and a UW freshman record ... also set UW freshman mile record of 4:50.51, sixth-fastest ever at UW, and ran on the two fastest DMRs in UW history ... one of four freshmen to lead UW to 19th at the NCAA Cross

Country Championships ... ran third for UW at the NCAAs, in 21:19 ... placed 20th at Regionals to earn All-West Region honors ... was No. 2 for UW, 20th overall, at Pac-10s ... also ran No. 2 at Notre Dame and Pre-Nationals, and was the top UW finisher in her debut at Sundodger.

**High School and Personal:** Parents are Cathy Key and Tony Lia ... has an older brother, Joe ... won consecutive KingCo Conference cross country titles in 2001 and 2002 ... also captured back-to-back conference crowns in both the 800m and 1600m events ... a three-time top-20 finisher at the state 3A cross country championships ... the runner-up at the 1999 Junior Olympics cross country championships ... earned three letters, and was captain once ... also lettered in gymnastics, and played premier-league soccer for three years.

### Collegiate Best Marks

800m..... 2:09.73i / 2:14.74    1500m..... 4:18.19    Mile..... 4:50.51i





## ASHLEY *Iodree*

Jr. • Richmond, Calif. • El Cerrito HS



The most dominant sprint hurdler in UW history ... a two-time NCAA All-American ... ranks among UW's all-time top-10 in 10 of the 11 events she has attempted ... has run below the old UW 100m hurdles record of 13.55 seconds 15 times in her first two seasons ... ranked 19th among U.S. women in 2005, and ranked No. 2 in the world among hurdlers under the age of 20.

**2004-05:** Earned All-America honors in the sprint hurdles indoors and out, becoming just the sixth UW woman ever to win multiple All-America honors in one year ... placed fifth in the 100m hurdles at the NCAA Championships outdoors, and 10th in the 60m hurdles at NCAAs indoors ... clocked the seven fastest 100m hurdles times of her life in her last seven races of the 2005 season ... best was a school-record 13.17 posting, run first in the NCAA prelim and matched in the USA Championships semi-final ... USA Championships semi-final effort earned 10th place overall ... ranked 19th among U.S. women in the event in 2005, the youngest member of the top-20 ... broke her own school record twice in 2005 ... placed fifth in the hurdles at Regionals and third at Pac-10s, the latter in a then-UW record 13.23 seconds ... also at Pac-10s, placed sixth

in the 4x100m, eighth in the 4x400m, and 10th in the 400m hurdles ... clocked a 59.65 in just her second-ever 400m hurdles race, at Oregon, second-best among Pac-10 women in 2005 and ninth-fastest in UW history ... also ran legs of the seventh-fastest 4x100m and ninth-fastest 4x400m relays all-time at UW ... indoors, broke her own school record in the 60m hurdles, and ran UW's second-best ever times in the 60m (7.44) and 200m (24.81) dashes ... clocked an 8.15 in a second-place finish at MPSFs to break her own UW record ... led UW 4x400m to a Husky Classic win in 3:49.23, ninth-best all-time indoors at UW. **2003-04:** Had one of the finest seasons of any NCAA freshman hurdler ... placed 14th in the 60m hurdles at NCAA Indoors ... just missed qualifying for the NCAA Outdoors ... was sixth in the 100m hurdles by just .06 seconds at Regionals ... placed eighth in the 100m dash at Regionals, her time of 11.73 seconds UW's third-best ever ... scored in four events at the Pac-10 meet, placing sixth in the 100m hurdles and 4x100m, and eighth in the long jump and 100m dash ... crushed UW's decade-old 100m hurdles record of 13.55 seconds in her first collegiate final, and lowered it six more times ... first record-breaker was a wind-aided 13.43 at the Stanford Invite ... made the record legal with a 13.54 in the Texas Relays prelim, before running a wind-aided 13.39 in the final ... fastest legal mark was a UW-record 13.41 at the Drake Relays ... placed eighth at Pac-10s in the long jump with a season-best 19-5 1/4 ... scored 23 of UW's 108 points in a dual-meet victory at WSU, including three individual wins and relay crown ... indoor best of 8.19 seconds broke by .02 the UW record of 8.21 set by Claudine Robinson in 1994 ... moved to sixth on UW's indoor long jump list with a fourth-place clearance of 19-6 1/2 at MPSFs.

**High School and Personal:** 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 ... best legal 100m hurdles mark of 13.63 seconds was the nation's fifth-best in 2003 ... after the season, clocked a 13.56 in the 100m hurdles in a third-place finish at the U.S. Junior Nationals ... 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 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 fashion design.

### Collegiate Best Marks

60m Dash..... 7.44i	100m Dash..... 11.73	200m..... 24.81i	60m Hurdles..... 8.15i	100m Hurdles..... 13.17
	400m Hurdles..... 59.65	Long Jump..... 19-6 1/4i / 19-5 1/2		





STEVIE

*marshalek*

So. • Kent, Wash. • Kentlake HS

Ranks third all-time indoors at UW, and fourth outdoors ... a two-time NCAA Championships competitor... one of an NCAA-record five UW vaulters over 13 feet in 2005.

**2004-05:** Made second-career NCAA appearance, placing 13th indoors ... one of an NCAA-record four UW vaulters at the indoor championships ... cleared a lifetime-best 13-7 1/4 to win the Last Chance Qualifier indoors ... mark ranked 11th in the nation indoors, and was the third-best ever at UW ... also topped 13 feet at the MPSF meet, earning fourth, and at the Pole Vault Summit ... placed 10th in the vault at Regionals, in an outdoor season-best 12-11 3/4, and ninth at Pac-10s. **2003-04:** Was the nation's fifth-ranked freshman vaulter ... placed 14th in NCAA Championships debut, the best ever for a UW freshman vaulter ... qualified for the IAAF World Junior Championships with a second-place finish at the U.S. Junior Nationals ... was seventh at Pac-10s with a UW indoor freshman-record clearance of 13-2 1/4 ... also set indoor freshman record with a 13-3 at the Last Chance Qualifier ... was one spot shy of an NCAA Championships berth indoors ... cleared 13-1 1/2 in her collegiate debut.

**High School and Personal:** Born in Yakima, Wash. ... parents are Jennifer and Steve ... has three brothers, Josh, Seth and Chris ... set state prep records indoors and out at the 3A and 4A levels ... earned prep All-America honors from Track and Field News, Verizon and Nike in both 2002 and 2003 ... ranked sixth in Track and Field News' 2003 national prep rankings ... placed fourth at the 2003 U.S. Junior Nationals, and was the eighth in 2002 ... earned third at the Nike Indoor Championships in 2003, and fifth in 2002 ... took third in the vault at the 2002 and 2003 Golden West Games ... was third overall in the event at the 2002 N.Y. Armory Indoor Championships ... earned third in 2000 as a high-school freshman, and fifth in 1998 as a seventh-grader, at the Junior Olympics ... finished second, third and first, respectively, in the pole vault at the state championship meet from 2001-03 ... also excelled in gymnastics, five times qualifying for state and regional championships, and once for Junior Nationals ... won the Seamount League gymnastics title in 2000.

#### Collegiate Best Marks

Pole Vault..... 13-7 1/4i / 13-3



3 9



SYREETA  
*martin*

Fr. • Tacoma, Wash. • Wilson HS

Could make an immediate contribution in the 400m dash and 400m hurdles ... a four-time top-five finisher at the state track championships.

**High School and Personal:** Parents are Yvonne and Marcus ... has two siblings, Isaiah and Tierra ... earned four top-five state finishes in 2005, including second in the 300m hurdles, fifth in the 100m hurdles and second in both the 4x100m and 4x200m relays ... also ran sixth at state in the 300m hurdles as a junior ... won league 100m hurdles title as a freshman, and was runner-up her sophomore year ... lettered in both track and cross country all four years, and was track team captain in 2004 and 2005 ... honored as a WIAA Scholar Athlete ... majoring in engineering.

#### Personal Best Marks

100m Hurdles.....14.87      300m Hurdles.....43.79







## BRIANNA *mcLeod*

Jr. • Jenks, Okla. • Jenks HS



Will be a sophomore indoors after redshirting the 2005 indoor season with an injury ... was still somewhat limited in fall 2005 ... anchors a young distance group at 5000m and 10000m.

**2005 (Cross Country):** Ran just once in the fall, placing 21st at the Sundodger Invite ... earned Academic All-Pac-10 honorable mention. **2004-05:** Earned Academic All-Pac-10 honorable mention for both track and cross country ... redshirted the 2005 indoor season with an injury, and ran sparingly outdoors ... was 13th in the 5000m at Pac-10s ... in the fall, was UW's sixth finisher at Regionals ... ran third for UW at the Sundodger and Willamette Invites, and was fifth on the team at Pre-Nationals. **2003-04:** A Pac-10 track qualifier at 1500m and 5000m, despite competing just four times ... placed 12th in 1500m at the Texas Relays, in 4:32.82 ... set 5K PR of 16:59.50 at Stanford ... indoors, led DMR to a third-place MPSF finish in 11:46.30, eighth-fastest ever at UW ... ran in UW's top-seven at every varsity cross country meet ... one of four freshmen in UW's top-seven at the NCAAs ... ran fifth for UW at NCAAs, helping the team to 19th ... ran fifth for UW at Regionals, and fourth at Pac-10s ... became just the second freshman ever to win their UW debut with a victory at the Emerald City Invite.

**High School and Personal:** Born in Humble, Tex. ... parents are Daria and Tim ... has five siblings ... named a Verizon Prep All-American at 3000m in 2002 and 2003 ... named prep All-American by Nike and Harrier Magazine in 2001 and 2002 ... led Jenks to league, district and state cross titles all four years ... the three-time state 5A cross country champ, and five-time state track champ ... took second at state cross in 2001, while injured ... ranked sixth nationally at 3200m in 2003 ... placed third in the 3K 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 HS 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 won two state team titles and three state relay titles in swimming, and was a three-time top-five individual finisher ... earned a 4.28 GPA.

### Collegiate Best Marks

800m..... 2:13.33 / 2:14.34i    1500m..... 4:32.82    Mile..... 4:53.23i    3000m..... 10:03.59i    5000m..... 16:59.50



## AMANDA *milller*

So. • Wenatchee, Wash. • Eastmont HS

Earned All-America honors indoors in 2005 ... one of three UW frosh to earn All-America honors in 2005, the first to do so indoors since 1998 ... broke UW's school record at 800m as a freshman.

**2005 (Cross Country):** One of six freshmen to run in UW's top-seven ... was UW's No. 7 runner at Pac-10s, in 44th overall ... ran No. 3 for UW at Pre-Nationals ... placed 25th at Sundodger, and 26th at Willamette. **2004-05:** Redshirted the fall with an injury ... placed ninth in the 800m at NCAA Indoors to earn All-America honors ... UW's first female 800m All-American since 1985 ... broke UW's indoor 800m record in first collegiate 800m, clocking a 2:08.33 at the Husky Classic ... lowered the record twice more, to 2:07.32 at the Last Chance Qualifier, and to 2:06.76 in the NCAA prelim ... time of 2:06.76 was fastest by an NCAA freshman indoors, and ranked 17th indoors among U.S. women ... outdoors, was sixth in 800m prelim at Pac-10s, and 17th at Regionals ... also ran the 4x400m, posting a best of 3:44.58 that was UW's ninth-best all-time ... ran on the relay at Pac-10s.

**High School and Personal:** Parents are Barb and Doug ... won the 2002 Nike Border Clash and was fifth in 2001 ... never finished lower than fourth in four years at state for cross country ... captured the 2001 state 3A cross country title as a sophomore, leading Eastmont to the team crown ... finished third at the 4A level in 2002, and was fourth in 2003 ... placed third at state as a freshman in 2000 ... on the track, earned six state titles and 15 top-four state finishes ... swept state 800m crowns in 2001, 2002 and 2003 ... won the mile at state in 2002, and was second the other three years ... also added 4x200m and 4x400m crowns in 2002 ... lettered in basketball in 2001-02 ... an all-state cross country performer in both 2001 and 2002, and the NCW Sports Award Female Athlete of the Year in 2001-02 ... named valedictorian with a 3.9 GPA.



### Collegiate Best Marks

800m..... 2:06.76i / 2:09.71    1500m..... 4:31.50    Mile..... 4:57.46i    3000m..... 10:02.88i





## JENNIFER *nash*

So. • Tracy, Calif. • Merrill West HS

Will be at full strength in 2005 after being limited by injury throughout the 2005 campaign ... should make an impact in the sprints at the Pac-10 meet ... competed in three events at the 2005 Pac-10 Championships ... a four-time prep All-American.

**2004-05:** Was limited by injury throughout the 2005 season ... ran just twice indoors ... outdoors, took 19th in the 100m and 200m dashes at Pac-10s, and led UW's 4x100m relay to sixth ... relay's time of 46.04 equaled UW's seventh-best ever ... ran a season-best 11.98 for 100m in a win at Oregon ... won the 200m at the Ken Shannon Invite in 25.00.

**High School and Personal:** Parents are Timothy, Sr. and Bernice ... has one brother, Timothy II ... a four-time prep All-American ... finished the 2004 indoor season tied for fifth in the nation with a best of 7.45 seconds for 60 meters ... placed second in the 60m dash, and third in the 200m, at the National Scholastic Indoor Championships in New York City ... also earned top-four finishes in both events at the Simplot Indoor Games ... indoor 200m best of 24.20 seconds ranked sixth nationally among prep sprinters ... outdoors, ranked ninth nationally in the 100m, and 13th in the 200m ... career-best mark of 11.58 seconds earned third in the 100m dash at the 2004 Arcadia Invite ... also placed second in the 200m at Arcadia ... earned top-seven finishes in four events at the 2004 California state meet, including the 100m (5th), 200m (6th), 4x100m (3rd) and 4x400m (7th) ... won the 100m dash at the Stanford Invitational in 2003 and 2004, including a prep meet record of 11.64 seconds her senior season ... holds school and SJAA Section records in the 100m and 200m, and is a member of the record-holding 4x100m and 4x400m relays ... coached in high school by John Harvey ... named to Merrill West's honor roll with a 3.3 GPA.

### Collegiate Best Marks

60m Dash..... 7.76i    100m Dash..... 11.98    200m..... 25.00



4 1



## DARIA *pavlov*

Fr. • Ashdod, Israel • Gimnasia Realit

Among Israel's all-time top-10 competitors in the heptathlon and pole vault ... boasts a heptathlon best of 5,053 that is beyond the NCAA's provisional-qualifying standard ... a 2001 World Youth Championships competitor.

**High School and Personal:** Born in Moscow, Russia in 1984 ... parents are Inna and Alexander ... lifetime heptathlon best of 5,053 points ranks sixth in Israeli history ... set the mark in the second-place finish at the Tel Aviv meet in April 2005 ... also ranks among Israel's all-time top-10 in the pole vault with a best of 10-10, the nation's sixth-best mark ... placed 20th in the heptathlon with a score of 3,305 at the 2001 IAAF World Youth Championships in Debrecen, Hungary.

### Personal Best Marks

High Jump..... 5-7    Long Jump..... 19-8 3/4    Triple Jump..... 39-8 3/4  
Heptathlon..... 5,053







## TRISHA *rasmussen*

So. • Phoenix, Ariz. • Mountain Ridge HS



UW's top returning steepler ... ranks sixth in UW history in the steeple ... will also run at 5000m ... sister of ASU's Jeremy Rasmussen.

**2005 (Cross Country):** Competed five times in the fall, and was the team's first alternate at the NCAA West Regional ... placed 56th at the Pac-10 Championships in her home state of Arizona ... ran sixth for UW at the Pre-National meet, and was the team's No. 8 finisher at both the Sundodger and Willamette Invitationals ... earned Academic All-Pac-10 honorable mention.

**2004-05:** Tried all distances from 1500m to 5000m ... made a successful debut in the steeplechase at the WSU Dual, her time of 11:10.07 sixth-fastest ever at UW ... was 25th in the 3000m at the MPSF Indoor meet ... competed in the mile and 3000m during the 2005 indoor season ... the only freshman to travel with the varsity cross country squad in 2004 ... ran eighth for UW at Pac-10s, helping Huskies to third ... was the No. 3 UW finisher in the open race at Pre-Nationals ... placed 23rd in debut at the Sundodger Invite ... also competed at Willamette.

**High School and Personal:** Parents are Linda and Bob ... has two older brothers, Erik and Jeremy, the latter a four-year letterwinner in track and cross country at Arizona State ... never placed outside the top-15 at state cross country, with a best of fourth in 2003 ... was seventh in 2002, 14th in 2001, and 13th in 2000 ... swept regional cross country titles in 2002 and 2003 ... led Mountain Ridge to a sweep of regional titles all four years, and to four-straight top-seven state cross country finishes ... captured state 3200m title in 2004, and was the state runner-up at 1600m ... a four-year all-state and all-region selection ... named regional runner of the year as a junior and senior, and was twice named to the All-Arizona team ... ran twice at the Foot Locker West Regional meet, and was the 13th-place finisher in the 3200m at the 2004 Arcadia Invite ... interested in pursuing a career in architecture or urban design.

### Collegiate Best Marks

1500m..... 4:39.18    Mile..... 5:12.03i    3000m..... 10:07.62 / 10:13.17i    Steeple..... 11:10.07    5000m..... 17:34.36

4 2



## LAURIE *roberts*

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

Should make an immediate impact in the high jump ... boasts a high jump best of 5-8 that would rank among UW's all-time top-10, and would have placed fourth at the 2005 Pac-10 Championships.

**High School and Personal:** A four-year track letterwinner ... high-jumped 5-6 at the 2003 California State Championships to place sixth ... also competed at state in 2004 and 2005 ... competed in the high jump at the 2004 Golden West Games ... prep best of 5-8 in the high jump would rank among UW's all-time top-10 ... voted track team MVP in each of her last three seasons ... graduated with a perfect 4.0 GPA.

### Personal Best Marks

100m..... 12.6    High Jump..... 5-8







DANI

*schuster*

RFr. • Kennewick, Wash. • Kamiakin HS

Should contribute for UW at 800m and 1500m after a terrific fall ... missed all of the 2004-05 season with an injury ... was one of UW's top competitors during the 2005 cross country season.

**2005 (Cross Country):** One of six freshmen to run in UW's top-seven for most of the season ... one of UW's top-seven finishers at each of the last four meets, including Pac-10s and Regionals ... ran fifth for UW, 39th overall, at Pac-10s, and was the team's No. 7 finisher (66th) at Regionals ... was fifth on the squad at Pre-Nationals ... placed 38th in collegiate debut at the Sundodger Invite, before grabbing 15th two weeks later at Willamette ... earned Academic All-Pac-10 honorable mention. **2004-05:** Redshirted the cross country and track seasons ... ran twice unattached in the fall ... stayed out of all track competitions in the spring to rehab a foot injury.

**High School and Personal:** Parents are Nancy Miller and George Schuster ... fourth of five siblings ... competed for three years at San Diego's Torrey Pines High School before transferring to Kamiakin for her senior season ... ran 11th at the Washington state cross country meet in 2003, leading Kamiakin to third ... as a senior, placed fifth at state in the 800m, and was second at districts in both the 800m and 1600m ... placed second at the 2002 Stanford Cross Country Invite ... placed fourth at the 2001 California state cross country meet ... earned 13th at the 2002 Foot Locker West Regional Cross Country Meet ... swept league and CIF titles at 800m in 2001, and was eighth at state ... won the 1600m at the 2002 Arcadia Invite in a league record 4:54 ... earned fourth at Arcadia in 2003 ... had a terrific freshman cross country season, placing fourth at the Stanford Invite, third at the league championships and fourth at the CIF Regionals ... earned a 3.77 (unweighted) GPA.

#### Personal Best Marks

800m..... 2:12    1600m..... 4:54



BRYNNE  
*steward*

Sr. • Sylmar, Calif. • Cleveland HS

Ranks No. 4 all-time at UW in the 60m hurdles, and seventh in the 100m hurdles ... also has contributed to marks among UW's all-time top-10 in all four relays ... a Pac-10 finalist in the 100m hurdles.

**2004-05:** Made first Pac-10 individual final, placing ninth in the 100m hurdles ... also ran ninth in the 400m hurdles at Pac-10s, and led UW's 4x100m and 4x400m relays to sixth and eighth, respectively ... former relay's time of 46.04 seconds equaled UW's seventh-best ever ... led 4x400m to a time of 3:44.58 at Oregon, ninth-best in UW history ... ran season-bests of 14.22 and 1:03.71 in the hurdles outdoors in 2005 ... indoors, clocked an 8.55 in the 60m hurdles in the MPSF prelim, UW's fourth-best ever ... placed seventh in the MPSF hurdles final ... also ran fourth in the DMR, and eighth in the 4x400m, at MPSFs ... earned second-straight Academic All-Pac-10 honorable mention. **2003-04:** Ranked third or better for UW in eight different events ... led UW's 4x100m and 4x400m relays to sixth and eighth, respectively, at Pac-10s ... sprint relay's best of 45.81 at Pac-10s was UW's fifth-fastest ever ... was 13th at Pac-10s in the 100m hurdles, and 16th in the 400m hurdles ... climbed to seventh on UW's 60m hurdles list with an 8.64 at MPSFs ... earned Academic All-Pac-10 honorable mention. **2002-03:** Led all UW 100m hurdlers

with a best of 14.05, UW's seventh-best ever ... placed 21st in the event at Regionals, and 13th at Pac-10s ... led UW's 4x100m relay to eighth at Pac-10s ... led all UW hurdlers indoors with a best of 8.78 seconds.... won collegiate hurdles debut, at the UW Indoor Invite.

**High School and Personal:** Parents are Katheryn and Lowell Steward, Jr. ... has two sisters, Carlyn and Kimberly ... won the 100m hurdles title at the 2000 USATF Junior Nationals ... took sixth in the event at the 2000 AAU Junior Olympics ... clocked prep-best hurdles mark of 14.5 seconds in a 10th-place finish at the 2002 California state meet ... also PR'd in the 300m hurdles at state, placing 12th in 44.4 seconds ... swept regional titles in both 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 points per game as a senior ... was outstanding in the classroom as well, earning a 3.7 GPA.

#### Collegiate Best Marks

60m Dash..... 7.86i    100m Dash..... 12.29w / 12.48    200m..... 25.55i    400m ..... 56.57 / 58.88i    60m Hurdles..... 8.55i  
100m Hurdles..... 14.05    400m Hurdles..... 1:03.13





## WT **TORI** *tyler*

Fr. • Los Altos, Calif. • Gunn HS



Had a breakout fall campaign, earning All-Pac-10 and All-West Region honors ... named Pac-10 Women's Newcomer of the Year in December ... is the first Husky athlete in the 31-year history of Pac-10 cross country to earn one of the conference's individual postseason awards.

**2005 (Cross Country):** Led all UW runners at three of five races in 2005 ... never ran lower than second on the team ... earned three top-10 finishes during her debut season ... captured second-team All-Pac-10 honors with an eighth-place finish at the conference meet, best by a UW frosh since 2001 ... eighth-place Pac-10 finish was highest by a conference true freshman ... was also named All-West Region after a 15th-place finish at the Regional meet ... ran fourth in collegiate debut at the Sundodger Invitational, and was the No. 7 overall finisher at Willamette ... led all Huskies at the Pre-National meet in 28th ... named San Jose Sports Hall of Fame Female Prep Athlete of the Year in October.

**High School and Personal:** Parents are Joan and John ... father is the former coach of USA Rugby ... older brothers Tavin and Trevor each played Division-I sports, Tavin in rugby at Santa Clara and Trevor in soccer at Cal Poly ... sister, Tami, was a national-level ice skater ... ran third at the 2004 state cross country championships ... won the 2005 California state 3200m title in 10:38 ... placed fourth in the 5000m at the 2005 USA Junior Nationals ... was 12th at the 2005 USA Junior Cross Country Nationals ... placed eighth at the 2004 Foot Locker Cross Country Regionals, and 27th at the Foot Locker Nationals ... swept Central Coast Section cross country titles in 2003 and 2004, and was second in 2002 ... also won the 3200m at the CCS meet in 2003 and 2004 ... qualified for state in the 1600m as a freshman ... an honorable-mention cross country All-American in 2004 ... named to the San Jose Mercury-News' All-Area team for cross country and track in 2004-05 ... a first-team all-league and All-CCS honoree in 2004 and 2005 ... earned 10 varsity letters, including four each for track and cross country, and two for soccer ... excelled as a club soccer player, earning all-district and all-area honors at the U14, U15 and U17 levels, and leading club team to state title ... named 2004 High School Sports Focus' Scholar Athlete of the Year ... earned with 3.8 GPA.

### Personal Best Marks

1600m..... 5:00    3200m..... 10:31    5000m..... 16:50



## ARLECIER *west*

Jr. • Kent, Wash. • Kent-Meridian HS /  
Highline CC

Transferred to UW in the fall of 2004 ... ranks fourth in UW history in the weight throw, and boasts an unattached best of 151-3 in the hammer that would be UW's seventh-best ever.

**2004-05:** Redshirted the 2005 outdoor season after transferring to UW in the fall ... achieved a best of 151-3 in the hammer while competing unattached which would have ranked No. 7 all-time at UW ... competed attached in the weight throw indoors ... best of 50-11 1/2 took fourth at MPSFs, and ranked fourth in UW history. **2003-04 (Highline CC):** improved her Highline hammer record to 144-9, the region's fourth-best mark in 2004 ... placed third in the hammer at the 2004 NWAACC Championships with a throw of 144-5, earning NWAACC All-America honors ... placed seventh at the NWAACC meet in the shot put, and was an NWAACC qualifier in the discus ... named to the NWAACC's All-Academic team in 2004. **2002-03 (Highline CC):** Set a Highline Community College record in the hammer with a throw of 140-7 ... season-best tosses of 39-1 1/2 in the shot put, and 110-6 in the discus, each ranked second all-time at Highline.

**High School and Personal:** Born in Houston, Texas ... parents are Joyce and William ... youngest of six siblings, including brothers Andre, Marcus and Brian, and sisters Meshawn and Tashawna ... did not compete in track until her junior year ... placed 12th in the hammer at state in 2001, and was the ninth-place finisher in 2002 ... also lettered in basketball as a senior ... majoring in sociology, with a minor in social welfare.



### Collegiate Best Marks

Weight Throw..... 50-11 1/2    Hammer..... 151-3 (unattached)





## ASHLEY *wildhaber*

Sr. • Chehalis, Wash. • W.F. West HS /  
UNC-Wilmington

An All-American in 2005 ... best mark of 13-9 1/4 ranks second among returning collegians in 2006 ... one of an NCAA-record five UW women to compete at the NAAs in 2005 ... part of the first NCAA vault unit ever to boast five 13-foot vaulters in one year ... competed one year at UNC Wilmington before transferring to UW in the fall of 2003.

**2004-05:** Added eight inches to her career best, after having added seven inches in 2005 ... earned first-career NCAA All-America honor with a fifth-place finish at the NCAA Indoors ... one of three UW pole vault All-Americans in 2005 ... cleared a lifetime-best 13-9 1/4 at the NCAA meet, UW's second-best ever indoors ... tied for 20th in the vault at the NCAA Outdoor Championships ... placed sixth in the vault at Pac-10s, and fourth at Regionals ... cleared an outdoor season-best 13-5 1/4 at Mt. SAC to climb to third on UW's all-time outdoor top-10 ... placed fifth in the vault at MPSFs. **2003-04:** Added more than seven inches to her career bests in her first season at UW ... became the fourth UW woman to vault 13 feet with a clearance of 13-1 3/4 at Regionals ... vault won a jump-off for seventh place, and was then fourth-best in UW history ... one of three UW women among the top-seven at Regionals ... achieved indoor best of 12-9 at the Last Chance Qualifier. **2002-03 (UNC Wilmington):** Set a meet record in a victory at the 2003 CAA Championships, clearing 11-6 1/4 ... crushed the UNCW 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 Invite.

**High School and Personal:** Parents are Pamela and Fred ... has five siblings, brothers Jeremy and Justin, and sisters Amber, April and Andrea ... uncle, Brian Stapp, played football at UW 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 ... placed seventh in the event at the 2002 Nike Indoor Classic in Maryland ... was the state 3A titlist in 2000, and took third in the event in 2001 ... received The Olympian's Award of Excellence in 2001 ... lettered all four years and served as captain in 2002 ... also lettered four times in volleyball, and once in basketball ... interested in a career in the performing arts.

### Collegiate Best Marks

Pole Vault..... 13-9 1/4i / 13-5 1/4



4 5



## SAYAKA *yoshinaga*

Jr. • Seattle, Wash. • Ballard HS



**2005 (Cross Country):** Ran in UW's top-seven at each of the season's first two meets, and traveled with the team to Pre-Nationals and Pac-10s ... was the Huskies' No. 7 finisher at the Sundodger and Willamette Invites, placing 26th and 37th, respectively ... was the 10th UW finisher at Pac-10s, in 67th overall ... also placed 22nd in the open race at Pre-Nationals. **2004-05:** Did not compete during the fall ... ran 15th in the 5000m at the MPSF Indoor meet ... also ran the mile indoors, and the 3000m and 5000m outdoors ... shaved 38 seconds off her 5K best with a time of 18:13.30 at the Ken Shannon Invite. **2003-04:** Showed versatility on the track, running at distances from one mile to 5000m ... scored top-five finishes in both of her outdoor 5K races in 2004 ... indoors, helped UW to a third-place finish at the MPSF meet with a seventh-place effort in the 5K in an indoor-best 18:12.38 ... also ran indoors in the mile and 3000m ... ran three times in the fall, including a fourth-place finish in the open race at Pac-10s ... made UW debut at Sundodger, placing 34th ... also competed at the Geoduck Invite. **2002-03:** Redshirted both the cross country and track seasons.

**High School and Personal:** Parents are Tomoko and Takumi ... brother, Sho, is a receiver on the Husky football team ... has another brother, Riki ... took 37th at the state AAA cross country championships, and 17th at the AAA district meet, in 2001 ... was the 11th-place finisher in the 3200m at the state track meet in 2002, and placed fifth in the event at the district championships ... earned eight varsity letters, and served as captain of the track squad in 2002 ... was named Ballard's MVP for cross country as a junior and senior, and was the team's track MVP in 2001 ... contemplating an art major.

### Collegiate Best Marks

1500m..... 4:51.45    Mile (indoor)..... 5:11.63    3000m..... 10:28.80i / 10:35.99    5000m..... 18:12.38i / 18:13.30





Sr. • Newberg, Ore. • Newberg HS

The Pac-10's No. 4 returnee in the javelin ... a three-time top-five Pac-10 Championships finisher ... ranks third in UW history in the javelin.

**2004-05:** Limited by injury to just five competitions in 2005 ... achieved a season-best of 154-9 at Stanford ... earned third-straight top-five finish at Pac-10s, placing fifth with a throw of 152-4 ... was 19th in the event at Regionals. **2003-04:** Earned top-five honors at the Pac-10 meet for the second-straight year, placing third with a season-best toss of 155-6 ... was 18th in the event at Regionals ... hovered around 150 feet all season, with seven of eight throws falling between 146-8 and 155-6. **2002-03:** Placed fourth in the javelin at the Pac-10 meet ... career-best mark of 157-9 at Pac-10s is the third-best in UW history ... placed 11th in the event at Regionals.

**High School and Personal:** Parents are Teri and Clyde ... has one brother, Phil ... earned prep All-American honors from Track and Field News and Accelerade ... ranked fourth in the nation by T&FN in 2002 ... earned USATF Jr. All-American honors with a fourth-place finish in the javelin

at the 2001 U.S. Junior Nationals ... placed sixth in 2002 ... won Oregon's state javelin title in 2002 ... was second at state in 2001, and seventh in 2000 ... swept state and regional competitions of the 2001 Junior Olympics, and took fourth at nationals ... won the state Junior Olympics title in 2000 ... placed second in the jav at the 2002 Adidas Nationals with a mark of 142-5 ... a two-time first-team all-state selection ... named a Pac 9 Scholar Athlete in 2002 ... also lettered in soccer and basketball ... a second-team all-league pick for soccer in 2000 and 2001 ... a second-team all-league selection on the basketball court in 2002, and a third-team pick in 2001 ... earned a 3.8 GPA.

#### **Collegiate Best Marks**

Javelin..... 157-9



# other husky women to watch

## ***Asuba Alley-Barnes***



Freshman  
Sprints/Hurdles  
Seattle, Wash.  
Garfield HS

## ***Kaitlin Buckingham***



RS Freshman  
Distances  
Dallas, Texas  
Richardson HS

## ***Dana Giffen***



Freshman  
Pole Vault  
Spokane, Wash.  
Mead HS

## ***Angie Jones***



Senior  
High Jump  
Seattle, Wash.  
Holy Names Acad.

## ***Jaclyn Mehtala***



Freshman  
Distances  
Tacoma, Wash.  
Stadium HS

## ***Myrriah Swango***



Senior  
Pole Vault  
Laguna Hills, Calif.  
Laguna Hills HS

## ***Brooke Anderson***



Freshman  
Distances  
San Diego, Calif.  
University City HS

## ***Cheri Craddock***



Junior  
Sprints  
San Pablo, Calif.  
James Logan HS

## ***Chanda Hardin-Scott***



Sophomore  
Hurdles  
Denver, Colo.  
Denver East HS

## ***Kinyatta Leonhardt***



Junior  
Sprints  
Petaluma, Calif.  
St. Vincent HS/SPU

## ***Allison Moore***



Freshman  
Jumps  
Bellingham, Wash.  
Sehome HS

## ***Lindsay Todd***



Sophomore  
Jumps  
Rock Island, Ill.  
Rock Island HS

## ***Ally Wojciechowski***



Freshman  
Jumps  
Lake Oswego, Ore.  
Lakeridge HS

## ***Corrine Baldassin***



Freshman  
Throws  
Gig Harbor, Wash.  
Gig Harbor HS

## ***Tina Gall***



Sophomore  
Distances  
Edmonds, Wash.  
Edmonds-Woodway HS

## ***Sarah Henry***



Freshman  
Sprints  
Olympia, Wash.  
Capital HS

## ***Allison Lombardo***



Freshman  
Jumps  
Richland, Wash.  
Richland HS

## ***Andrea Peterson***



RS Freshman  
Pole Vault  
Bonney Lake, Wash.  
Sumner HS

## ***Karina Wegman***



Freshman  
Distances  
Seattle, Wash.  
Bishop Blanchet HS

## ***Lindy Wright***



Senior  
Distances  
Seattle, Wash.  
Seattle Prep HS

## ***Jill Bell***



Junior  
Long Jump  
Bellevue, Wash.  
Bellevue HS

## ***Olivia Garrow***



Sophomore  
Distances  
Seattle, Wash.  
Nathan Hale HS

## ***Mallory Higgins***



Senior  
Hurdles  
Bellevue, Wash.  
Eastlake HS

## ***Amy McCaslin***



Freshman  
Distances  
San Diego, Calif.  
Torrey Pines HS

## ***Karen Schwager***



Senior  
Steeplechase  
Langley, Wash.  
South Whidbey HS

## ***Danielle Wilson***



Sophomore  
Sprints  
Seattle, Wash.  
Garfield HS





GREG

*metcalf*

Head Coach, Track & Field and Cross Country  
4th Year, 9th overall at UW

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

Upon 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, Metcalf 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 UW's distance runners, Metcalf was named Washington's 12th head track and field coach, and just the fifth since Clarence "Hec" Edmundson took the helm in 1919.

Just four years later, signs already exist that Metcalf may be turning Washington's track program into a top national contender.

Washington's women have finished among the top-20 teams at the NCAA Outdoor Championships in each of the past two years, including a tie for 15th in 2005, best by a UW women's team since 1988. The Husky men, meanwhile, have placed among the top-30 at the NCAA Indoor Championships in each of Metcalf's three seasons.

Husky individuals have also shined as bright in the last three years as ever before, combining for three NCAA titles, 23 All-America awards and 53 NCAA Championships appearances, while breaking school records on 34 separate occasions.

In 2005 alone, Husky athletes earned a school-record 28 NCAA Championships berths, with a record 15 bringing home All-America honors. Pole vaulter Kate Soma won the NCAA outdoor title, while half-miler Ryan Brown captured the Pac-10 and NCAA West Regional crowns at 800 meters.

Metcalf's distance runners were among the team's top performers. Brown shaved nearly three seconds off of his 800-meter best after a one-year track hiatus, and capped his outstanding postseason with an All-America performance at the NCAA Championships.

Sophomore Amy Lia was an NCAA All-American as well at 1,500 meters, while freshman Amanda Miller (800m), senior Lindsey Egerdahl (Mile) and UW's distance medley relay all earned All-America honors indoors. Furthermore, Miller, Brown and the DMR all broke indoor school records, while Abbott added a UW freshman record outdoors at 1,500 meters.

Additionally, Metcalf continues to direct the UW'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 eight of Metcalf's nine seasons, including five top-20 finishes and a best-ever eighth-place effort in 1998.

The UW men, meanwhile, have competed for national titles twice in the past three years, after not having previously qualified for nationals since 1993. UW's star in 2005 was senior Mark Mandi, whom Metcalf transformed from the state's 43rd-place finisher in 2000 into a two-time first-team All-Pac-10 performer, the first Husky ever to win the honor in back-to-back years.

In addition, at least one Husky has qualified for the IAAF World Cross Country Championships in seven of Metcalf's nine fall seasons, while more than a dozen have placed in the top-10 at the U.S. Junior Track Nationals.







In all, Metcalf's distance runners have earned 17 All-America awards, six Pac-10 titles, 74 NCAA Championships bids and 13 school records in his eight years with the program.

Furthermore, many of Metcalf's runners have gone on to outstanding careers in the professional and international ranks.

Two-time Pac-10 steeplechase runner-up Christian Belz has won numerous national titles and set two national records in his native Switzerland, and has represented the Swiss at each of the past two Summer Olympic Games.

Former Husky Sabrina Monro won the 2005 NACAC Cross Country title against an elite international field, while two-time All-American and 2001 Pac-10 10,000-meter champion David Bazzi was a member of Team USA at the 2001 World University Games.

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 four Husky individuals have earned Academic All-America acclaim. UW placed a record 16 runners on the Pac-10's all-academic cross country team in 2004, and have boasted the most academic honorees of any conference school in eight of the past 14 years.

Washington is the second head coaching position for Metcalf, who served in 1996-97 as the head cross country

## Husky Coaching History

### All-Time UW Men's Coaches

Year	Coach	Dual Meet Record	Percentage
2003-cur.	Greg Metcalf	1-2	.333
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
<b>Totals</b>		<b>264-224-2</b>	<b>.540</b>

\* - indicates multiple terms

### All-Time UW Women's Coaches

Year	Coach	Dual Meet Record	Percentage
2003-cur.	Greg Metcalf	1-2	.333
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
<b>Totals</b>		<b>98-59-1</b>	<b>.627</b>



**Ken Shannon**



**Clarence "Hec" Edmundson**

and assistant track coach at Auburn University. His Tiger athletes accumulated four All-America awards and seven NCAA Championship berths. Additionally, he coached the Auburn men to second at the 1997 NCAA Indoor Track & Field Championships.

Metcalf received a bachelor's degree in geography from UW in 1993 and completed 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, 36, resides in Seattle with his wife Kristin, a former Husky distance runner and assistant track coach at Seattle's Bishop Blanchet High School. They live in Seattle with their two-year-old daughter, Mackenzie.





## PAT *licari*

Asst. Coach, Vault/Jumps/Multi, 9th Year

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

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

Washington in 2005 became the first NCAA Division-I school to qualify four women's vaulters for the NCAA Championships, doing so both indoors and out. Senior Kate Soma won the NCAA title outdoors — Licari's third NCAA champion in as many years — and was the national runner-up indoors, earning the fourth and fifth All-America honors of her collegiate career.

Juniors Carly Dockendorf (sixth outdoors) and Ashley Wildhaber (fifth indoors) also earned All-America honors in 2005, while sophomore Stevie Marshalek and freshman Kelley DiVesta each earned NCAA Championships berths.

All five women's vaulters topped the 13-foot mark — a feat never before accomplished by any women's collegiate vault unit — while Soma's collegiate-best vault of 14-3 1/2 ranks seventh in NCAA history.

Licari has been equally influential with his men's vaulters, guiding Brad Walker to back-to-back NCAA indoor titles in 2003 and 2004, and a collegiate-best clearance of 19-0 1/4 that is a Pac-10 record, and the sixth-best mark ever by a collegiate vaulter.

Licari has continued to train Walker during the latter's professional career, guiding the former Husky to a silver medal at the 2005 IAAF World Championships, and a lifetime best of 19-6 1/4 that is the sixth-best ever by an American male. Walker finished the 2005 season ranked No. 1 in the IAAF's World Rankings, the first Husky ever to earn such recognition.

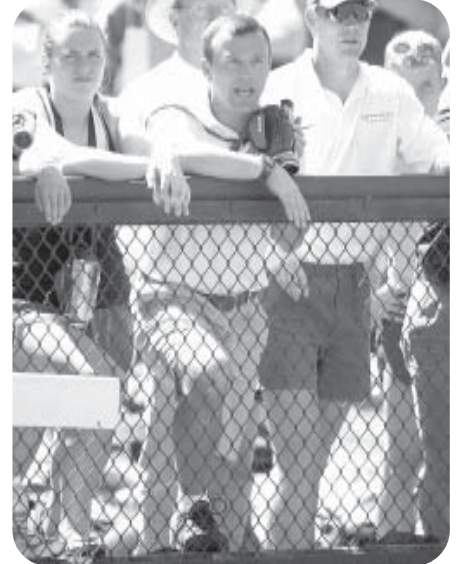
Licari also had success with his jumpers in 2005, leading freshman Norris Frederick to All-America honors in the long jump indoors, and guiding both Frederick and long jumper J.R. Wolfork to NCAA Championships berths outdoors.

Frederick's best jump of 25-6 1/4 was the second-longest in UW history, and longest in more than 40 years, while Frederick and junior Warren Eickhoff became the first Husky duo to top seven feet in the high jump since 1989.

The 2004 season featured much of the same for Licari, who guided Walker to his second NCAA indoor title and Soma to a Pac-10 title and runner-up performance at the NCAA Outdoor Championships.

Both Walker and Soma competed at the 2004 U.S. Olympic Trials, while Marshalek competed at the IAAF World Junior Championships. Four Husky women's vaulters cleared 13 feet, while three earned NCAA Championships invitations.

In 2003, Walker earned his first NCAA indoor title while Soma placed sixth at the NCAA meet. Licari's most unlikely success, however, was converted gymnast Dockendorf, who climbed into the top-10 in Canadian history after less than one full calendar year of work with Licari.



In 2002, Walker won his first of two straight Pac-10 titles, was runner-up at the NCAA Championships, and placed sixth at the U.S. Senior Nationals.

In all, Licari's athletes have combined for three NCAA titles, three Pac-10 titles, and 13 All-America awards during his eight years at UW.

Licari was head cross country and track coach at Highline Community College from 1991-96 before coming to the UW in 1997.

A native of Sumner, Wash., Licari was a prep All-American and state pole vault champion at Sumner High School, and earned All-Pac-10 honors in the event at Washington State.

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



## REEDUS *thurmond*

Assistant Coach, Throws, 1st Year

Washington is the first full-time coaching position for Thurmond, who will be assisted by his wife, the former Aretha Hill, one of the most decorated Washington track athletes of all-time.

Thurmond, 25, came to UW in December from Auburn University, where he worked as a graduate assistant while continuing to train and compete at the professional level.

A 2002 graduate of Auburn, Thurmond was a three-time All-American in the discus, and captured the Southeastern Conference discus title as a senior.

Thurmond has continued his success post-collegiately, placing 11th in the discus at the 2005 USA Track and Field Championships, and 12th in the event at the 2004 U.S. Olympic Trials.

A native of Los Angeles, Calif., Thurmond graduated from Auburn in 2002 with a degree in health promotion. He and wife Aretha, the two-time U.S. discus champion and 1998 UW alum, were married in April 2005.



Three-time collegiate All-American Reedus Thurmond enters his first year as an assistant coach at Washington, where he will take the reins of UW's prestigious throwing program.



# meet the coaches



## LaMONTE *vaughn, jr.*

Asst. Coach, Sprints/Hurdles/Relays, 2nd Year



"We're going to graduate, and we're going to win," said LaMonte Vaughn, Jr., upon his hiring as UW's sprints, hurdles and relays coach in October of 2004.

So far, Vaughn has been right on the money.

Washington's sprinters and hurdlers in 2005 enjoyed an historic season, combining for one Pac-10 title, three All-America honors and four school records.

Both Washington relays qualified for the NCAA Outdoor Championships for the first time in the program's 85 years of NCAA competition, including a time of 3:03.85 in the 4x400 meters that broke a 30-year-old UW record, and ranked ninth in the nation in 2005.

Washington's 4x100-meter relay, meanwhile, placed third at the Pac-10 and NCAA West Regional meets and 12th at the NCAA Championships. Despite boasting not a single runner who had ever run below 10.60 for 100 meters, the relay clocked a best time of 39.43 seconds that is second-best ever at UW, and fastest by any Washington relay since 1983.

Sophomore hurdler Ashley Lodree also broke school records indoors and out, while becoming just the sixth Husky ever to earn multiple All-America honors in one season. Lodree's fifth-place finish in the 100-meter hurdles at the NCAA Outdoor meet was the best-ever by a UW women's hurdler, while her time of 13.17 seconds was the 19th-fastest by an American woman during the 2005 campaign.

Most accomplished, however, was sophomore Ryan Brown, who returned from a one-year lay-off to win Pac-10 and NCAA West Regional titles at 800 meters, and earned All-America honors with a 10th-place finish in the event at the NCAA meet. In just one year with Vaughn and UW head coach Greg Metcalf, Brown shaved more than three seconds off of his 800-meter best, culminating with a 1:47.31 posting at the Pac-10 meet that was the second-best ever by a UW runner.

Junior Bruce Jackson also saw significant improvement, lowering his 400-meter best by more than a second in a 46.60-second, sixth-place Pac-10 effort, while senior Davaon Spence ran

a 10.43 for 100 meters to climb to fifth in UW history, and junior Shane Charles set an indoor school record at 800 meters.

Prior to coming to UW in 2005, Vaughn worked one year as a volunteer assistant at Eastern Kentucky, and was the sprints coach for four years at Marshall University from 2000-03. While at Marshall, Vaughn guided his athletes to 13 school records and one conference title, including the best finish ever for Marshall's 4x400-meter relay squad at the MAC Indoor Championships.

Vaughn brings an SEC background to UW, having earned a bachelor's degree in kinesiology from the University of Kentucky in 1996. A two-time NCAA qualifier and the third-place finisher in the 800 meters at the 1996 SEC Indoor Championships, Vaughn's best of 1:48.23 in the event was the second-fastest in Wildcats history.

After graduating from UK, Vaughn spent two years coaching high-school athletes in Kentucky and Florida. Included among those athletes is three-time ACC champion and 2004 U.S. Olympic Trials participant Mario Lowe, whom Vaughn coached in the triple jump at Titusville (Fla.) High School in 1998.

Vaughn, 31, resides in Seattle with his wife, Devonia, and their four-year old daughter, Brianna.



## DAVID *bazzi*

Asst. Coach, Men's Distances, 5th Year

Former Husky All-American David Bazzi enters his

fifth year as a UW assistant coach. Bazzi assists head coach Greg Metcalf with scheduling and meet management, and works closely with UW's men's distance runners.

Bazzi is one of five UW All-Americans on the Huskies' coaching staff, including head coach Greg Metcalf and volunteer assistants Duncan Atwood, Jacob Predmore and Aretha (Hill) Thurmond.

Bazzi's first four years have seen an explosion of positive results from UW's distance runners, who have combined for one Pac-10 title, four All-America awards, and eight school records, and have recorded 53 marks among UW's top-10 all-time.

The 2005 season was certainly one of Bazzi's best, as half-miler Ryan Brown won Pac-10 and NCAA West Regional titles, and earned All-America honors at the NCAA Championships.

Brown also led Washington's distance medley relay to All-America honors indoors, while setting school records in the DMR and 800 meters. Austin Abbott added a UW freshman record outdoors at 1,500 meters, and cracked UW's all-time top-10 indoors in the 800 meters and mile run.

An outstanding distance runner in his own right, Bazzi competed at UW 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 at the 2001 World University Games in China.



The 28-year old Bazzi, a graduate of Seattle's O'Dea High School, is married to former Washington distance runner Kara Syrdal. They reside in Seattle.





## KELLY *strong*

Asst. Coach, Women's Distances, 4th Year

Five-time collegiate All-American Kelly Strong, formerly Kelly MacDonald, enters her fourth season as an assistant coach at UW.

Strong is heavily involved in day-to-day operations and recruiting, and works directly with UW's women's distance runners.

Strong's first three years at Washington have been some of the most outstanding in the history of UW's women's distance program.

Four Huskies have earned All-America honors, including three in 2005 alone. Freshman Amanda Miller set an indoor school record at 800 meters, while sophomore Amy Lia shaved a stunning 21 seconds off of her pre-season best at 1,500 meters to earn All-America honors outdoors, and climb to third in UW history.

Washington's women's cross country program has also continued its success under the combined tutelage of Strong and

head coach Greg Metcalf, reaching the NCAA Championships in three of the last four years.

In addition to her success as a coach, Strong has proven to be a dynamic recruiter. Her first group of women's distance signees — including Lia — was ranked sixth in the nation by Track and Field News, while her 2005-06 recruits included Pac-10 Cross Country Newcomer of the Year Tori Tyler, and All-West Region performers Tyler, Anita Campbell and Brooke Lademan.

While coaching at Washington, Strong also continues to train and compete at the sport's highest levels.

A 2002 graduate of Arizona State, Strong ranks ninth in U.S. history in the steeplechase with a career-best of 9:55.49, and was the fifth-place finisher in the event at the 2004 U.S. Olympic Trials.

Strong earned five All-America honors and three Pac-10 titles during her collegiate career at ASU, where she set five school records.



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

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

Strong and her husband, former ASU All-American Brandon Strong, were married in 2004, and currently reside in Kirkland.

5 2

## Duncan Atwood

Volunteer Assistant - Javelin (4th Year)



Two-time U.S. Olympian and 1978 UW alum Duncan Atwood enters his fourth year as a volunteer assistant coach at Washington, working specifically with the Huskies' talented javelin corps.

Atwood guided Heather Reichmann to All-America honors and a No. 10 U.S. ranking in 2003, and in 2004 mentored senior Megan Priestersbach to fourth-place at the NCAA Championships and a berth at the U.S. Olympic Trials. Since Atwood's hiring,

the UW women's javelin record has fallen four times, and has increased by more than 15 feet.

The U.S. national javelin champion in 1979, 1980 and 1987, Atwood set a UW javelin record of 280 feet, 8 inches, and placed third at the 1978 NCAA Championships to earn one of UW's 37 All-America awards in the javelin all-time.

After earning his bachelor's degree in kinesiology in 1978, Atwood began a 10-year international career, winning three U.S. titles and earning a top world ranking of No. 3, in 1985.

Atwood returned to UW to earn his MBA in marketing in 1986 before beginning his coaching career. In addition to coaching duties, Atwood is employed as a biomechanics consultant by USA Track and Field, where he works regularly with 2004 Olympian Rob Minniti and other top U.S. throwers.

Atwood also coaches the javelin at the Ironwood Throws Camp and is the inventor of a patented multifunction stretching device for home and commercial gyms.

## Kate Carlson

Volunteer Assistant - Pole Vault (2nd Year)



Kate Carlson enters her second season as a volunteer assistant coach at Washington, where she works with the Husky vaulters.

Carlson's first year at UW, in 2005, saw Washington turn out the finest women's vault unit in NCAA history. Senior Kate Soma won the 2005 NCAA title outdoors and was the runner-up indoors, while achieving a vault of 14 feet, 3 1/2 inches that ranks seventh in NCAA history.

Furthermore, five different UW vaulters earned NCAA Championships berths, including four each indoors and outdoors, all NCAA records. Soma captured two All-America honors, while juniors Carly Dockendorf (sixth outdoors) and Ashley Wildhaber (fifth indoors) each took home All-America hardware as well.

Carlson came to UW directly from Dartmouth College, where she ranks second all-time in the pole vault. Carlson did not begin vaulting until her junior year, having rowed for the Dartmouth crew in each of her first two seasons.

Carlson earned her bachelor's degree in psychology from Dartmouth in 2004, with a minor in education. She and her husband, Jonathan, were married in 2004.





# meet the coaches

## Jacob Predmore

### Volunteer Assistant - Multi-Events (2nd Year)



Former UW All-American Jacob Predmore enters his second year as a volunteer assistant coach at Washington, where he works with his former event coach, Pat Licari, to train the Huskies' multi-event athletes.

In 2005, Predmore's first season at UW, he coached senior Grace Vela to an indoor school record in the pentathlon, and a sixth-place finish in the heptathlon at the Pac-10 Championships.

Prior to joining the UW coaching staff in 2005, Predmore coached vaulters and jumpers for one year at Bothell High School, and was an assistant track and field coach at Juanita High School from 2001-02.

A 2000 graduate of Washington, Predmore was one of the Huskies' most prolific multi-eventers, his lifetime-best score of 7,426 points ranking fifth in UW history. Predmore's seventh-place finish in the decathlon at the 2000 NCAA Championships earned the Husky his first-career All-America honor, and was the first by a UW men's multi-eventer since 1986.

Predmore also ranks among UW's all-time top-10 indoors in the long lump with a best of 23 feet, 4 1/2 inch.

Predmore, 28, graduated from Cedarcrest High School in Duvall, Wash., in 1996, and earned a bachelor's degree in economics from UW in 2000. He and his wife, Amanda, currently reside in Sammamish.

## Aretha Thurmond

### Volunteer Assistant - Throws (1st Year)



Two-time U.S. discus champion Aretha Thurmond enters her first year as a volunteer assistant coach at Washington, where she will work with husband and UW throws coach Reedus Thurmond. Washington is the first coaching position for Thurmond, who comes to Seattle from Opelika, Ala., where she has trained for the past several years.

Known as Aretha Hill during a prolific career at Washington from 1995-98, Thurmond set Washington, Pac-10 Conference and American collegiate records in the discus, and was a four-time NCAA All-American.

For much of the past decade, Thurmond has been America's pre-eminent women's discus competitor, earning top-five finishes at the USA Championships every year since 1996, including back-to-back U.S. crowns in 2003 and 2004. Thurmond has twice represented the United States at the Olympic Games, and was the gold medalist at the 2003 Pan Am Games. She has ranked among the top-10 in the IAAF's World Rankings in each of the past four seasons, including a final ranking of No. 6 in 2005.

Thurmond's lifetime best of 216 feet, 1 inch ranks third in U.S. history, while her collegiate best of 215-3 is a Pac-10 record, and the second-best ever by a U.S. collegian.

Thurmond, 27, earned a bachelor's degree in sociology from Washington in 1998, and was a 1994 graduate of Renton (Wash.) High School. She married former Auburn thrower and UW assistant coach Reedus Thurmond in April.

## Washington Track and Field Support Staff

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**Scott Baebler**  
Event Manager (4th Year)



**Karen Baebler**  
Assistant Director of  
Olympic Sports (9th Year)



**Brian Beaky**  
Athletic Communications  
(5th Year)



**Eric Davis**  
Academic Counselor  
(2nd Year)



**Sherry Eischen**  
Program Coordinator  
(8th Year)



**Matt Ludwig**  
Strength Coach (1st Year)



**Dr. Kim Harmon**  
Team Physician (8th year)



**Chip Lydum**  
Assoc. AD, Facilities (12th Year)  
Chief Admin., Track & Field



**Gary McGuire**  
Equipment Mgr. (7th year)



**Shona Reid-McLaughlin**  
Acad. Counselor (10th year)



**Nicole Smith**  
Athletic Trainer (3rd year)



**Josh Smith**  
Athletic Trainer (1st year)



## 2005 Men's Best Marks

Feb. 25-26 **MPSF Championships** (Seattle, Wash.): 1. UCLA 117.5; 2. Stanford 93.5; 3. Arizona 93; 4. California 90; 5. Oregon 65; **6. Washington 62**; 7. Washington State 49; 8. Cal State Northridge 48; 9. UC Davis 20; 10. Long Beach State 17.

March 11-12 at **NCAA Indoor Championships** (Fayetteville, Ark.): Top-10 Teams - 1. Arkansas 56; 2. Florida 46; 3. Wisconsin 43; 4. Auburn 37; 5. Indiana 30; 6. Oregon 29; 7. Nebraska 28; 8. Florida St. 26; 9. Michigan 25; 10. Texas 20; **t28. Washington 7**; Northern Iowa 7, Kansas State 7.

April 9 at **Pepsi Invitational** (Eugene, Ore.): 1. Oregon 180.5; **2. Washington 169.5**; t3. Indiana, Missouri 140.5

April 30 **WSU Dual** (Seattle, Wash.): **1. Washington 110.5**, Washington State 92.5.

May 14-15 at **Pac-10 Championships** (Los Angeles, Calif.): 1. Oregon 152; 2. UCLA 134.5; 3. Arizona State 122; 4. USC 106; **5. Washington 75.5**; 6. Stanford 66; 7. Arizona 65; 8. California 60.5; 9. Washington State 36.5.

May 27-28 at **NCAA Regional Championships** (Eugene, Ore.): Top-10 Teams - 1. USC 103; 2. Oregon 87.5; 3. UCLA 71.33; 4. Arizona St. 71; 5. BYU 68; 6. Stanford 51; 7. California 40.5; 8. Arizona 34.83; 9. WSU 33.5; 10. Boise St. 32; **11. Washington 30.5**.

June 8-11 at **NCAA Championships** (Sacramento, Calif.): 1. Arkansas 60; 2. Florida 49; 3. LSU 36; t4. BYU 34, Florida State 34; 6. USC 33; 7. Stanford 28; 8. Texas 25; t9. Oregon 23, Auburn 23, Arizona 23; **Washington DNS**.

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

- (Career best) listed if superior to season best.
- For indoor events, NCAA standards are listed Provisional / Automatic.
- Indoor marks and wind-aided marks above 4.0 mps (W) are not accepted for NCAA qualifying.

### 60-Meter Dash (Indoor) NCAA Indoor: 6.72/6.62 MPSF: 7.04

* Davaon Spence	6.83 (2/26)
* Isaiah Stanback	6.89 (2/25)
* Patrick Davidson	6.95 (2/25)
* Matt Fountaine	7.04 (2/25)
Sean Williams	7.06 (1/29)
J.R. Wolfork	7.11 (2/12)
Jordan Boase	7.12 (1/29)
Nik Williams	7.20 (1/29)
Phil McCary	7.22 (1/29)
Corey Fredericks	7.24 (2/25)
Doug Blaty (7.09i)	7.29 (1/15)
Brandon Bailey	7.42 (1/29)
Michael Mateljan	7.45 (1/15)
Cody Ellis	8.24 (2/12)

<b>100-Meter Dash</b>	<b>NCAA Reg: 10.50</b>
Davaon Spence (10.55w)	10.60 (5/14)
Patrick Davidson (10.68w)	10.77 (5/14)
Isaiah Stanback	10.93 (3/25)
J.R. Wolfork	11.23 (4/30)
Doug Blaty (11.25)	11.38w (4/21)
T.J. Emrich	11.51 (5/12)

<b>200 Meters</b>	<b>NCAA Reg: 21.19</b>
Jordan Boase	21.37 (5/14)
Davaon Spence	21.61 (4/16)
Patrick Davidson	21.74 (5/7)
Nik Williams (22.24)	22.52 (4/30)

### 200 Meters (Indoor) NCAA Indoor: 21.23 / 20.83 MPSF: 22.44

* Davaon Spence (21.65)	21.80 (2/25)
* Jordan Boase	21.81 (2/12)
* Patrick Davidson (21.74)	21.96 (2/25)
Nik Williams (22.24)	22.52 (2/12)
Phil McCary (21.83w)	22.64 (2/12)
Brandon Bailey	23.36 (1/29)
Kyle Still	23.41 (2/12)

<b>400-Meter Dash</b>	<b>NCAA Reg: 47.26</b>
% Bruce Jackson	46.60 (5/15)
Sean Williams (47.19)	47.94 (4/9)
Jordan Boase (47.76i)	48.12 (3/26)
Nik Williams (48.29i)	49.12 (4/30)
Phil McCary (48.09i)	49.44 (3/26)
T.J. Emrich	53.09 (5/12)
Doug Blaty (52.47)	54.16 (3/19)

### 400-Meter Dash (Indoor) NCAA Indoor: 47.25 / 46.05 MPSF: 49.24

* Sean Williams (47.19)	47.41 (2/25)
* Jordan Boase	47.76 (3/5)
* Nik Williams (48.29i)	48.39 (1/29)
* Shane Charles	48.42 (2/12)
* Phil McCary (48.09)	48.59 (3/5)
Brandon Bailey (49.99i)	50.70 (3/5)
Kyle Still	50.78 (1/16)

### 800 Meters NCAA Reg: 1:50.40

% Ryan Brown	1:47.31 (5/15)
% Austin Abbott	1:48.57 (3/26)
% Bruce Jackson	1:49.68 (5/7)
% Shane Charles (1:49.59i)	1:50.23 (3/26)
Tim Freeman (1:50.25)	1:51.47 (5/7)
Andy Fader (1:52.06)	1:54.24 (4/30)

### 800 Meters (Indoor) NCAA Indoor: 1:49.50 / 1:48.00 MPSF: 1:55.64

* Shane Charles	1:49.59 (2/25)
* Ryan Brown	1:49.64 (2/12)
* Austin Abbott	1:51.02 (1/29)
* Bruce Jackson	1:51.17 (1/29)
* Tim Freeman (1:50.25)	1:52.09 (2/25)
* Andy Fader (1:52.06)	1:54.13 (1/29)

### 1500 Meters NCAA Reg: 3:48.21

% Austin Abbott	3:44.36 (4/15)
% Andy Fader	3:46.63 (5/27)
Mark Mandi	3:51.44 (5/7)
Ryan Brown	3:52.18 (4/15)
Matt Owen	3:52.46 (5/14)
Kevin Peters	3:54.87 (3/19)
Mike Sayenko	3:55.33 (3/19)
Brad Liber	3:56.89 (4/23)
Tim Freeman	3:57.51 (4/9)
James Wilson	3:57.97 (3/19)
Caleb Knox	3:59.35 (4/23)
T.J. Emrich	5:26.02 (5/13)

### Mile (Indoor) NCAA Indoor: 4:04.90 / 3:59.30 MPSF: 4:15.14

* Austin Abbott	4:02.25 (2/12)
* Andy Fader (4:05.45i)	4:05.74 (2/26)
* Jon Harding	4:14.14 (1/29)
* Mike Sayenko	4:14.79 (1/15)
James Wilson	4:16.13 (1/29)
Jeremy Mineau	4:16.34 (1/15)
Caleb Knox	4:16.34 (2/12)
Matt Owen	4:17.77 (1/29)
Brad Liber	4:18.18 (1/29)
Adam Shimer	4:20.87 (2/12)
Andrew Robinson (4:13.53i)	4:22.46 (2/12)
Bruce Jackson	4:31.00 (2/12)

### Steeplechase NCAA Reg: 9:08.15

Andrew Robinson	9:15.79 (4/30)
Caleb Knox	9:20.65 (5/7)
James Wilson	9:43.03 (4/30)

### 3,000 Meters (Indoor) NCAA Indoor: 8:05.00 / 7:56.00 MPSF: 8:35.14

* Andy Fader	8:11.09 (2/12)
* Mike Sayenko	8:14.60 (1/29)
* Jeremy Mineau	8:15.00 (1/29)
* Jon Harding	8:20.39 (2/26)
* Matt Owen	8:22.25 (3/5)
* Kevin Peters	8:28.06 (1/15)
* James Wilson	8:30.19 (3/5)
* Caleb Knox	8:33.33 (1/29)
Adam Shimer	8:42.84 (1/29)
Andrew Robinson (8:37.24i)	8:45.49 (1/15)

### 5,000 Meters NCAA Reg: 14:15.75

% Mark Mandi	14:05.99 (3/25)
% Andy Fader	14:08.07 (3/25)
Brad Liber	14:25.96 (4/30)
Matt Owen	14:27.66 (3/25)
Kevin Peters (14:17.14i)	14:29.92 (4/30)
Mike Sayenko (14:23.32i)	14:33.79 (4/23)
Adam Shimer	15:16.80 (4/30)
Caleb Knox	15:33.21 (3/25)
James Wilson	15:36.58 (3/25)

### 5,000 Meters (Indoor) NCAA Indoor: 14:15.00 / 13:53.10 MPSF: No Standard

# Jeremy Mineau	14:11.81 (3/5)
Kevin Peters	14:17.14 (2/25)
Matt Owen	14:46.45 (2/25)
Brad Liber	14:49.23 (2/12)
Mike Sayenko (14:23.32i)	15:01.69 (3/5)

### 10,000-Meter Run NCAA Prov/Auto: 29:45.00 / 29:00.00

# Kevin Peters	29:31.43 (3/25)
# Mark Mandi	29:38.71 (4/15)
Mike Sayenko	29:50.09 (3/25)
Brad Liber	29:59.22 (3/25)

### 60-Meter Hurdles (Indoor) NCAA Indoor: 7.91 / 7.70 MPSF: 8.54

* T.J. Emrich	8.38 (1/29)
Corey Fredericks	9.22 (3/5)

### 110-Meter Hurdles NCAA Reg: 14.33

T.J. Emrich	15.26w (3/25)
	15.41 (4/30)
Corey Fredericks	16.44 (4/9)
Kyle Still	16.44 (4/30)

### 400-Meter Hurdles NCAA Reg: 52.51

% Shane Charles	50.46 (5/15)
Sean Williams (51.89)	52.67 (5/7)
Phil McCary	53.54 (5/7)
Brandon Bailey (53.25)	54.15 (3/19)
Kyle Still	54.71 (4/30)

### 4x100-Meter Relay NCAA Reg: 40.66

% Boase/Davidson/S. Williams/Spence	39.43 (6/8)
% McCary/Davidson/S. Williams/Boase	40.55 (4/30)
Davidson/Spence/Boase/Stanback	41.01 (3/19)



# 2005 season review

## 4x400-Meter Relay

% S. Williams/Charles/Brown/Jackson	3:03.85	(5/15)	<b>NCAA Reg: 3:10.84</b>
% Boase/Charles/S. Williams/Jackson	3:08.37	(3/26)	
% S. Williams/Charles/Spence/Jackson	3:09.44	(4/16)	
% McCary/Jackson/N. Williams/S. Williams	3:09.59	(4/30)	

## 4x400-Meter Relay (Indoor)

# S. Williams/Brown/Charles/Jackson	3:07.94	(2/26)	<b>NCAA Indoor: 3:10.40 / 3:06.10</b>
Boase/N. Williams/McCary/Still	3:13.93	(2/12)	<b>MPSF: No Standard</b>
N. Williams/McCary/S. Williams/Boase	3:16.15	(1/15)	
Boase/N. Williams/McCary/Freeman	3:17.30	(1/29)	

## Distance Medley Relay (Indoor)

# Abbott/S. Williams/Brown/Fader	9:36.20	(3/4)	<b>NCAA Indoor: 9:43.70 / 9:33.00</b>
Abbott/Brown/Freeman/Fader	9:51.36	(1/28)	<b>MPSF: No Standard</b>
Knox/McCary/Freeman/Harding	10:01.77	(2/25)	

## High Jump

% Norris Frederick	7-0 1/2	(2.15)	(5/7)	<b>NCAA Reg: 6-10 3/4 (2.10)</b>
% Warren Eickhoff (7-0 1/4i)	6-11	(2.11)	(5/27)	
Phillipe Cook	6-8 3/4	(2.05)	(4/9)	
T.J. Emrich	5-10 3/4	(1.80)	(5/7)	
Doug Blaty (5-7 1/4)	5-6 1/2	(1.69)	(4/21)	

## High Jump (Indoor)

* Warren Eickhoff	7-0 1/4	(2.14)	(2/26)	<b>NCAA Indoor: 7-1 1/2 (2.17) / 7-3 3/4 (2.23)</b>
* Norris Frederick	7-0 1/4	(2.14)	(3/5)	<b>MPSF: 6-6 (1.98)</b>
* Phillippe Cook (6-8 3/4i)	6-6 1/4	(1.99)	(3/5)	
Corey Fredericks	5-10 1/2	(1.79)	(1/29)	
Doug Blaty (5-7 1/4)	5-6	(1.68)	(1/16)	

## Pole Vault

% McKane Lee	17-5	(5.31)	(5/7)	<b>NCAA Reg: 16-6 3/4 (5.05)</b>
% Sam Roberts	17-3	(5.26)	(5/7)	
Seth Perrins (16-5 1/4)	16-0 3/4	(4.90)	(3/25)	
T.J. Emrich	15-7 1/4	(4.76)	(5/7)	

## Pole Vault (Indoor)

# McKane Lee	17-3	(5.26)	(2/12)	<b>NCAA Indoor: 17-0 3/4 (5.20) / 18-0 1/2 (5.50)</b>
* Sam Roberts (16-6i)	16-1 1/4	(4.91)	(1/29)	<b>MPSF: 15-9 (4.80)</b>
* Seth Perrins (16-5 1/4)	15-9 1/4	(4.81)	(2/12)	
Corey Fredericks	11-7 3/4	(3.55)	(2/26)	

## Long Jump

% Norris Frederick (25-6 1/4i)	25-3 1/4	(7.70)	(4/17)	<b>NCAA Reg: 24-1 (7.34)</b>
% J.R. Wolfork	24-8 1/4	(7.52)	(5/7)	
Corey Fredericks (22-4 1/2i)	21-9 1/2	(6.64)	(4/30)	
T.J. Emrich	20-8 3/4	(6.32)	(5/12)	
Doug Blaty (20-9i)	19-8w	(5.99)	(4/21)	

## Long Jump (Indoor)

# Norris Frederick	25-6 1/4	(7.78)	(1/29)	<b>NCAA Indoor: 24-5 1/2 (7.45) / 25-9 1/4 (7.85)</b>
* J.R. Wolfork	23-7 1/2	(7.20)	(1/15)	<b>MPSF: 22-5 3/4 (6.85)</b>
Corey Fredericks	22-4 1/2	(6.82)	(1/29)	
Doug Blaty (20-9i)	19-10 1/4	(6.05)	(1/15)	

## Triple Jump

J.R. Wolfork (48-6)	45-8	(13.92)	(5/7)	<b>NCAA Reg: 49-5 3/4 (15.08)</b>
Corey Fredericks	45-0 1/4	(13.72)	(4/9)	

## Triple Jump (Indoor)

J.R. Wolfork (48-6)	46-9 1/2	(14.26)	(2/12)	<b>NCAA Indoor: 50-10 1/4 (15.50) / 53-1 3/4 (16.20)</b>
Corey Fredericks	44-4	(13.51)	(2/12)	<b>MPSF: 46-11 (14.30)</b>

## Shot Put

Evan Wilson (52-10 3/4i)	52-2 1/2	(15.91)	(4/30)	<b>NCAA Reg: 54-6 (16.61)</b>
Joe Gatewood (53-0i)	49-8 1/4	(15.14)	(4/30)	
Doug Blaty (39-11 1/2)	38-6 1/4	(11.74)	(4/21)	
Corey Fredericks (33-3 1/4)	33-3	(10.13)	(4/9)	
T.J. Emrich	29-9 1/2	(9.08)	(5/12)	

## Shot Put (Indoor)

* Evan Wilson (52-10 3/4i)	52-7 1/2	(16.04)	(2/18)	<b>NCAA Indoor: 58-3 (17.75) / 63-4 (19.30)</b>
Doug Blaty (39-11 1/2)	39-6 3/4	(12.06)	(1/16)	<b>MPSF: 52-6 (16.00)</b>
Corey Fredericks	33-5 1/4	(10.19)	(2/25)	

## Weight Throw (Indoor)

Will Conwell	43-5 1/4	(13.24)	(1/15)	<b>NCAA Indoor: 62-4 (19.00) / 69-6 3/4 (21.20)</b>
				<b>MPSF: 52-6 (16.00)</b>

## Discus

% Will Conwell (188-5i)	178-10	(54.52)	(4/16)	<b>NCAA Reg: 165-3 (50.37)</b>
Joe Gatewood (161-8)	160-10	(49.02)	(5/7)	
Evan Wilson (163-2)	130-2	(39.67)	(4/30)	
Doug Blaty	124-11	(38.08)	(4/22)	
Corey Fredericks	98-1	(29.91)	(3/19)	
T.J. Emrich	80-2	(24.44)	(5/13)	

## Hammer

% Martin Bingisser	206-11	(63.08)	(5/7)	<b>NCAA Reg: 182-6 (55.63)</b>
Will Conwell	151-8	(46.23)	(4/30)	
Joe Gatewood (159-7)	149-4	(45.52)	(4/30)	

## Javelin

% Rigel Wise	221-5	(67.48)	(4/16)	<b>NCAA Reg: 202-2 (61.62)</b>
% Brian Harris (221-0)	211-7	(64.50)	(4/30)	
Dave Nyland	199-2	(60.70)	(4/30)	
Doug Blaty (156-3)	153-11	(46.92)	(4/22)	
Corey Fredericks	143-8	(43.78)	(3/19)	
T.J. Emrich	131-3	(40.03)	(5/13)	

## Heptathlon (Indoor)

Corey Fredericks	4,551	(2/26)	<b>NCAA Indoor: 5,200 / 5,650</b>
			<b>MPSF: 4,900</b>

## Decathlon

T.J. Emrich	5,903	(5/13)	<b>NCAA Prov/Auto: 7,000 / 7,500</b>
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### Key:

- NCAA championship meet competitors underlined
- % — NCAA Regional Championships qualifying mark
- # — NCAA provisional qualifying mark
- ! — NCAA automatic qualifying mark
- \* — MPSF Indoor Championships qualifying mark
- \$ — Washington school record
- w — Wind-aided mark between 2.0-4.0 mps
- W — Wind-aided mark greater than 4.0 mps

Jan. 15, Husky Indoor Preview, *Seattle*  
 Jan. 16, UW Open #1, *Seattle*  
 Jan. 21-22, National Pole Vault Summit, *Reno, Nev.*  
 Jan. 28-29, UW Indoor Invitational, *Seattle*  
 Jan. 30, UW Open #2, *Seattle*  
 Feb. 12, The Husky Classic, *Seattle*  
 Feb. 13, UW Open #3, *Seattle*  
 Feb. 25-26, MPSF Championships, *Seattle*  
 Feb. 25-27, USA Indoor Championships, *Boston, Mass.*  
 Mar. 4, Alex Wilson Invitational, *South Bend, Ind.*  
 Mar. 5, NCAA Last Chance Qualifier, *Seattle*  
 Mar. 5, Linfield Icebreaker, *McMinnville, Ore.*<sup>1</sup>  
 Mar. 11-12, NCAA Indoor Championships, *Fayetteville, Ark.*  
 Mar. 19, UW Outdoor Preview, *Seattle*  
 Mar. 25-26, Stanford Invitational, *Palo Alto, Calif.*  
 Apr. 9, Pepsi Invitational, *Eugene, Ore.*  
 Apr. 15-17, Mt. SAC Relays, *Walnut, Calif.*  
 Apr. 16, Sun Angel Invitational, *Tempe, Ariz.*  
 Apr. 16, Spike Arlt Invitational, *Ellensburg, Wash.*<sup>2</sup>  
 Apr. 21-23, Oregon Invitational, *Eugene, Ore.*  
 Apr. 22-23, UCSD Triton Invitational, *San Diego, Calif.*<sup>3</sup>  
 Apr. 30, UW-WSU Dual, *Seattle*  
 May 7, Ken Shannon Invitational, *Seattle*  
 May 14-15, Pac-10 Championships, *Los Angeles, Calif.*  
 May 12-14, Ken Foreman Invitational, *Seattle*<sup>4</sup>  
 May 27-28, NCAA West Regional Champ's, *Eugene, Ore.*  
 June 8-11, NCAA Championships, *Sacramento, Calif.*

<sup>1</sup> - Conwell only

<sup>2</sup> - Eickhoff only

<sup>3</sup> - Bingisser, Conwell and Gatewood only

<sup>4</sup> - Owen, Emrich only.



## 2005 Women's Best Marks

Feb. 25-26 **MPSF Championships** (Seattle, Wash.): 1. Stanford 180.5; 2. California 94; **3. Washington 69**; 4. UCLA 67; 5. Arizona 66; 6. Wash. State 58.5; 7. CSU Northridge 44; 8. Oregon 42; 9. Cal Poly 17.5; 10. Long Beach St. 9.5; 11. UC Davis 9; 12. UC Irvine 4.

March 11-12 at **NCAA Indoor Championships** (Fayetteville, Ark.): Top-10 Teams - 1. Tennessee 46; 2. Florida 36; 3. Miami (FL) 32; 4. Nebraska 29; 5. South Carolina; t6. LSU, BYU 26; 8. Stanford 24; 9. Texas 23; 10. Auburn 20; **t16. Washington**, Duke, Colorado 13.

April 9 at **Pepsi Invitational** (Eugene, Ore.): 1. Missouri 171.5; 2. Oregon 171; **3. Washington 164.5**; 4. Indiana 107.

April 30 **WSU Dual** (Seattle, Wash.): 1. Washington State 111, **Washington 92**.

May 14-15 at **Pac-10 Championships** (Los Angeles, Calif.): 1. Stanford 173; 2. UCLA 125; 3. Arizona State 118; 4. USC 99; 5. California 82; 6. Washington State 74.5; 7. Oregon 68; **8. Washington 42.5**; 9. Arizona 36.

May 27-28 at **NCAA Regional Championships** (Eugene, Ore.): Top-10 Teams - 1. Stanford 110.5; 2. UCLA 85; 3. Arizona St. 74; 4. USC 63; 5. BYU 54; 6. California 52; 7. Arizona 38; 8. Oregon 36; **9. Washington 30**; 10. Cal Poly 29.

June 8-11 at **NCAA Championships** (Sacramento, Calif.): 1. Texas 55; t2. UCLA 48, South Carolina 48; 4. Tennessee 40; 5. Stanford 29; 6. Georgia 28; 7. USC 25; 8. Nebraska 24; 9. Miami (FL) 23; t10. BYU 22, Florida 22; **t15. Washington 17**, Auburn 17.

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

- (Career best) listed if superior to season best.
- For indoor events, NCAA standards are listed Provisional / Automatic.
- Indoor marks and wind-aided marks above 4.0 mps (W) are not accepted for NCAA qualifying.

### 60-Meter Dash (Indoor) NCAA Indoor: 7.44 / 7.27 MPSF: 7.84

#* Ashley Lodree	7.44 (1/29)
* Grace Vela	7.71 (2/12)
Jennifer Nash	7.76 (2/25)
Brynne Steward (7.86i)	7.92 (1/29)
Kate Soma (7.88i)	7.99 (1/29)
Chanda Hardin-Scott	8.00 (3/5)
Bonnie Snyder	8.04 (3/5)
Lauran Dignam (7.94i)	8.09 (1/29)
Danielle Wilson	8.14 (1/29)
E'Braune Crowder	8.28 (3/5)
Brenda Baxter	8.31 (1/29)
Liz Fuller	8.35 (3/5)
Mallory Higgins (8.04i)	8.38 (1/29)

### 100-Meter Dash NCAA Reg: 11.75

Jennifer Nash	11.98 (4/23)
Ashley Lodree (11.73)	11.99 (3/26)
Brynne Steward (12.29w)	12.48 (4/16)
Kate Soma	12.59 (4/30)
Chanda Hardin-Scott	12.71 (3/25)
Grace Vela	12.93 (4/23)
Danielle Wilson	13.01 (5/7)
E'Braune Crowder	13.35 (3/19)

### 200 Meters NCAA Reg: 23.96

Lauran Dignam (24.34)	24.68 (4/30)
Jennifer Nash	25.00 (5/7)
Grace Vela (24.87w)	25.45 (5/7)
Chanda Hardin-Scott	26.08 (4/30)
Brenda Baxter (26.60i)	26.73 (4/30)
Danielle Wilson (27.38i)	27.60 (5/7)

### 200 Meters (Indoor) NCAA Indoor: 23.90 / 23.30 MPSF: 25.54

* Ashley Lodree	24.81 (1/29)
* Lauran Dignam (24.34)	25.45 (2/12)
Brynne Steward (25.55i)	25.59 (2/12)
Grace Vela (24.87w)	26.23 (1/15)
Chanda Hardin-Scott	26.51 (2/12)
Brenda Baxter	26.60 (2/12)
E'Braune Crowder	27.31 (3/5)
Danielle Wilson	27.38 (1/29)
Clarissa Cabbage	27.61 (1/29)
Danielle Wilson	28.01 (3/5)
Liz Fuller	28.83 (3/5)
Mallory Higgins (28.84)	29.07 (2/12)

### 400-Meter Dash NCAA Reg: 54.61

Lauran Dignam (54.41)	55.97 (4/30)
Brenda Baxter (1:00.05)	1:00.24 (4/30)
Chanda Hardin-Scott	1:04.07 (4/23)

### 400-Meter Dash (Indoor) NCAA Indoor: 54.40 / 52.40 MPSF: 58.54

* Lauran Dignam (54.41)	56.73 (2/12)
Brenda Baxter	1:00.05 (2/12)
Clarissa Cabbage	1:01.53 (1/29)
Mallory Higgins	1:07.22 (1/29)

### 800 Meters NCAA Reg: 2:09.80

% Lindsey Egerdahl	2:09.36 (4/30)
% Amanda Miller (2:06.76i)	2:09.71 (4/23)
Kira Harrison (2:09.26)	2:12.04 (4/9)
Grace Vela (2:24.36)	2:25.08 (5/8)

### 800 Meters (Indoor) NCAA Indoor: 2:09.00 / 2:05.65 MPSF: 2:20.14

\$\$* Amanda Miller	2:06.76 (3/11)
* Kira Harrison (2:09.26)	2:12.25 (2/25)
Lindsey Egerdahl (2:09.66)	2:14.82 (2/12)
Bonnie Snyder	2:25.91 (2/25)
Grace Vela (2:24.36)	2:30.27 (2/25)
Liz Fuller	2:56.05 (1/28)

### 1500 Meters NCAA Reg: 4:27.80

% Amy Lia	4:18.19 (6/9)
% Lindsey Egerdahl	4:19.07 (4/9)
Kira Harrison	4:29.64 (3/26)
Amanda Miller	4:31.50 (3/26)
Camille Connelly (4:34.80)	4:36.83 (5/7)
Angela Wishaar (4:31.56)	4:37.40 (4/23)
Laura Halverson	4:38.13 (3/19)
Trisha Rasmussen	4:39.18 (4/16)
Brianna McLeod (4:32.82)	4:40.11 (5/7)
Olivia Garrow	5:00.90 (5/7)

### Mile (Indoor) NCAA Indoor: 4:47.00 / 4:38.50 MPSF: 5:10.14

#* Lindsey Egerdahl	4:42.27 (3/5)
* Kira Harrison	4:51.51 (3/5)
* Amanda Miller	4:57.46 (1/29)
* Laura Halverson	4:57.97 (3/5)
* Camille Connelly (4:55.30i)	5:04.88 (1/29)
* Angela Wishaar (4:54.02i)	5:06.73 (1/29)
Trisha Rasmussen	5:12.03 (1/15)
Sayaka Yoshinaga (5:11.63i)	5:17.52 (3/5)
Tina Gall	5:18.86 (3/5)
Olivia Garrow	5:24.26 (2/12)
Karen Schwager (5:14.36i)	5:29.08 (1/29)
Lindy Wright	5:30.22 (1/15)
Kaitlin Buckingham	5:39.17 (1/15)

### Steeplechase NCAA Reg: 10:52.10

% Laura Halverson (10:33.28)	10:39.49 (5/14)
% Camille Connelly	10:43.26 (4/30)
Trisha Rasmussen	11:10.07 (4/30)

### 3,000 Meters (Indoor) NCAA Indoor: 9:35.00 / 9:16.00 MPSF: 10:30.14

* Lindsey Egerdahl (9:35.08i)	9:44.28 (1/29)
* Camille Connelly (9:48.03i)	9:53.40 (2/26)
* Amanda Miller	10:02.88 (1/15)
* Trisha Rasmussen	10:13.17 (2/12)
* Kira Harrison	10:22.26 (1/15)

### 5,000 Meters NCAA Reg: 16:52.00

% Angela Wishaar	16:47.62 (3/25)
Lindsey Egerdahl	16:57.32 (3/25)
Camille Connelly (17:15.53i)	17:29.07 (3/25)
Trisha Rasmussen	17:34.36 (3/25)
Brianna McLeod (16:59.50)	17:51.44 (4/30)
Laura Halverson (17:43.28i)	17:52.24 (5/15)
Sayaka Yoshinaga (18:12.38i)	18:13.30 (5/7)
Tina Gall	18:37.66 (4/30)
Jamie Gibbs (16:59.87i)	18:55.38 (4/30)

### 5,000 Meters (Indoor) NCAA Indoor: 16:45.00 / 16:10.00 MPSF: No Standard

Angela Wishaar	17:13.57 (2/25)
Camille Connelly (17:15.53i)	17:30.83 (3/5)
Laura Halverson	17:43.28 (2/25)
Sayaka Yoshinaga (18:12.38i)	18:25.28 (2/25)
Tina Gall	18:39.62 (2/25)

### 10,000 Meters NCAA Prov/Auto: 35:15.00 / 34:10.00

Angela Wishaar	37:58.26 (5/14)
Meghan Lawrence	38:37.35 (5/14)

### 60-Meter Hurdles (Indoor) NCAA Indoor: 8.43 / 8.15 MPSF: 8.94

\$\$* Ashley Lodree	8.15 (2/26)
* Brynne Steward	8.55 (2/25)
* Grace Vela	8.63 (2/25)
Bonnie Snyder	9.02 (2/25)
Mallory Higgins (8.96i)	9.31 (3/5)
Liz Fuller	9.40 (3/5)

### 100-Meter Hurdles NCAA Reg: 13.95

\$\$ Ashley Lodree	13.17 (6/8)
Grace Vela (13.98)	14.19 (4/23)
Brynne Steward (14.05)	14.22 (4/23)
Mallory Higgins (14.79)	16.16 (5/7)

### 400-Meter Hurdles NCAA Reg: 1:00.82

% Ashley Lodree	59.65 (4/23)
Lauran Dignam	1:02.52 (5/7)
Brynne Steward (1:03.13)	1:03.71 (4/23)
Mallory Higgins	1:11.14 (4/30)

### 4x100-Meter Relay NCAA Reg: 45.80

Steward/Lodree/Dignam/Nash	46.04 (5/14)
Steward/Lodree/Dignam/Hardin-Scott	46.56 (4/30)
Steward/Dignam/Wilson/Hardin-Scott	48.37 (3/19)

### 4x400-Meter Relay NCAA Reg: 3:42.00

Steward/Dignam/Lodree/Miller	3:44.58 (4/23)
Steward/Dignam/Harrison/Egerdahl	3:53.91 (4/9)

### 4x400-Meter Relay (Indoor) NCAA Indoor: 3:40.00 / 3:33.50 MPSF: No Standard

Dignam/Steward/Lodree/Miller	3:49.23 (2/12)
Dignam/Steward/Lodree/Baxter	3:54.46 (1/29)

### Distance Medley Relay (Indoor) NCAA Indoor: 11:28.00 / 11:09.00 MPSF: No Standard

Egerdahl/Steward/Harrison/Connelly	11:41.45 (2/25)
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# 2005 season review



*Kate Soma won the NCAA pole vault title outdoors and was second indoors, earning two of a record nine All-America honors won by UW women in 2005.*

## High Jump

Sidney Brown  
Grace Vela (5-8i)  
Angie Jones  
Lara Nelson (5-5 3/4i)  
Lindsay Todd (5-3 1/4i)

**NCAA Reg: 5-8 3/4 (1.75)**

5-7 (1.70) (5/14)  
5-5 (1.65) (4/30)  
5-3 (1.60) (4/9)  
5-3 (1.60) (5/14)  
5-3 (1.60) (5/7)

## High Jump (Indoor)

**NCAA Indoor: 5-10 (1.78) / 6-0 1/2 (1.84)**

**MPSF: 5-3 3/4 (1.62)**

\* Grace Vela  
\* Sidney Brown (5-7)  
\* Lara Nelson  
Lindsay Todd  
Liz Fuller  
Bonnie Snyder

5-8 (1.73) (2/25)  
5-5 3/4 (1.67) (2/12)  
5-5 3/4 (1.67) (2/12)  
5-3 1/4 (1.61) (3/5)  
5-1 1/4 (1.56) (1/28)  
5-1 (1.55) (2/25)

## Pole Vault

% Kate Soma (14-3 1/2i)  
% Carly Dockendorf  
% Ashley Wildhaber (13-9 1/4i)  
% Kelley DiVesta  
% Stevie Marshalek (13-7 1/4i)  
Myrriah Swango (11-10 1/2)

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

14-1 1/4 (4.30) (6/11)  
13-9 1/4 (4.20) (6/11)  
13-5 1/4 (4.10) (4/17)  
13-3 3/4 (4.06) (5/27)  
12-11 3/4 (3.96) (5/27)  
11-9 3/4 (3.60) (4/30)

## Pole Vault (Indoor)

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

**MPSF: 12-3 1/2 (3.75)**

\$!\* Kate Soma  
#\* Ashley Wildhaber  
#\* Stevie Marshalek  
#\* Carly Dockendorf  
\* Kelley DiVesta

14-3 1/2 (4.36) (2/12)  
13-9 1/4 (4.20) (3/12)  
13-7 1/4 (4.15) (3/5)  
13-5 1/4 (4.10) (3/5)  
12-5 1/2 (3.80) (3/5)

## Long Jump

Grace Vela (19-8)  
Jill Bell  
Sidney Brown  
Lindsay Todd  
Bonnie Snyder (17-11 1/2i)

**NCAA Reg: 19-6 1/4 (5.95)**

19-0 (5.79) (5/14)  
17-10 3/4 (5.45) (4/9)  
17-7 1/2 (5.37) (3/19)  
16-7 1/4 (5.06) (4/30)  
15-11 (4.85) (3/19)

## Long Jump (Indoor)

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

**MPSF: 17-8 1/2 (5.40)**

\* Grace Vela (19-8)  
\* Bonnie Snyder  
Liz Fuller

19-6 3/4 (5.96) (2/12)  
17-11 1/2 (5.47) (2/13)  
17-1 1/2 (5.22) (3/5)

## Triple Jump

% Sidney Brown (40-11 3/4w)  
Grace Vela (39-3 3/4i)  
Lindsay Todd

**NCAA Reg: 40-2 3/4 (12.26)**

40-3 1/2 (12.28) (4/9)  
39-1 3/4 (11.93) (5/5)  
35-1 1/4 (10.70) (4/30)

## Triple Jump (Indoor)

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

**MPSF: 37-1 (11.30)**

\* Sidney Brown (40-11 3/4w)  
\* Grace Vela  
\* Bonnie Snyder

40-3 1/4 (12.27) (1/29)  
39-3 3/4 (11.98) (2/12)  
38-9 1/2 (11.82) (1/30)

## Shot Put

**NCAA Reg: 46-11 (14.30)**

Piper Hope  
Grace Vela (34-10 1/2)

38-11 1/2 (11.87) (4/30)  
34-2 (10.41) (4/9)

## Shot Put (Indoor)

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

**MPSF: 44-7 1/2 (13.60)**

\* Sheree Ellis  
Liz Fuller  
Grace Vela (34-10 1/2)  
Bonnie Snyder

46-11 3/4 (14.32) (1/29)  
36-0 1/4 (10.98) (1/28)  
34-7 3/4 (10.56) (2/25)  
34-0 1/4 (10.37) (1/28)

## Weight Throw (Indoor)

**NCAA Indoor: 60-8 1/2 (18.50) / 67-3 1/4 (20.50)**

**MPSF: 49-2 1/2 (15.00)**

\* Arlecier West  
Carin Trygg (47-7 1/4i)

50-11 1/2 (15.53) (2/25)  
45-3 (13.79) (2/12)

## Discus

**NCAA Reg: 155-2 (47.30)**

Piper Hope

122-3 (37.26) (4/30)

## Hammer

**NCAA Reg: 177-7 (54.15)**

Piper Hope

150-5 (45.85) (5/14)

## Javelin

**NCAA Reg: 141-6 (43.15)**

% Tiffany Zahn (157-9)  
Grace Vela

154-9 (47.17) (3/25)  
122-5 (37.32) (4/9)

## Pentathlon (Indoor)

**NCAA Indoor: 3,700 pts / 4,050 pts**

**MPSF: 3,400**

\$\* Grace Vela  
\* Bonnie Snyder  
Liz Fuller

3,915 (2/25)  
3,471 (2/25)  
3,051 (1/28)

## Heptathlon

**NCAA Prov/Auto: 5,000 / 5,500**

# Grace Vela (5,225)

5,092 (5/8)

## Key:

- NCAA championship meet competitors underlined
- % — NCAA Regional Championships qualifying mark
- # — NCAA provisional qualifying mark
- ! — NCAA automatic qualifying mark
- \* — MPSF Indoor Championships qualifying mark
- \$ — Washington school record
- w — Wind-aided mark between 2.0-4.0 mps
- W — Wind-aided mark greater than 4.0 mps

Jan. 15, Husky Indoor Preview, *Seattle*  
Jan. 16, UW Open #1, *Seattle*  
Jan. 21-22, National Pole Vault Summit, *Reno, Nev.*  
Jan. 28-29, UW Indoor Invitational, *Seattle*  
Jan. 30, UW Open #2, *Seattle*  
Feb. 12, The Husky Classic, *Seattle*  
Feb. 13, UW Open #3, *Seattle*  
Feb. 25-26, MPSF Championships, *Seattle*  
Mar. 5, NCAA Last Chance Qualifier, *Seattle*  
Mar. 11-12, NCAA Indoor Championships, *Fayetteville, Ark.*  
Mar. 19, UW Outdoor Preview, *Seattle*  
Mar. 25-26, Stanford Invitational, *Palo Alto, Calif.*  
Apr. 9, Pepsi Invitational, *Eugene, Ore.*  
Apr. 13-14, Mt. SAC Multi-Events, *Azusa, Calif.*  
Apr. 15-17, Mt. SAC Relays, *Walnut, Calif.*  
Apr. 16, Sun Angel Classic, *Tempe, Ariz.*  
Apr. 22-23, Oregon Invitational, *Eugene, Ore.*  
Apr. 30, UW-WSU Dual, *Seattle*  
May 7, Ken Shannon Invitational, *Seattle*  
May 7-8, Pac-10 Multi Events, *Los Angeles, Calif.*  
May 14-15, Pac-10 Championships, *Los Angeles, Calif.*  
May 27-28, NCAA West Regional Champ's, *Eugene, Ore.*  
June 8-11, NCAA Championships, *Sacramento, Calif.*



# 2005 postseason performances

## NCAA Indoor Championships

Mar. 11-12 • Fayetteville, Ark.

### Men

**Top-10 Teams:** 1. Arkansas 56; 2. Florida 46; 3. Wisconsin 43; 4. Auburn 37; 5. Indiana 30; 6. Oregon 29; 7. Nebraska 28; 8. Florida State 26; 9. Michigan 25; 10. Texas 20; **t28. Washington 7.**

### UW Participants:

5th	Abbott/S. Williams/ Brown/Fader	Dist. Medley Relay	9:36.40
6th	Norris Frederick	Long Jump	25-5 1/4

### Women

**Top-10 Teams:** 1. Tennessee 46; 2. Florida 36; 3. Miami (FL) 32; 4. Nebraska 29; 5. South Carolina 27; t6. LSU 26, BYU 26; 8. Stanford 24; 9. Texas 23; 10. Auburn 20; **t16. Washington 13.**

### UW Participants:

2nd	Kate Soma	Pole Vault	14-1 1/4
5th	Ashley Wildhaber	Pole Vault	13-9 1/4
8th	Lindsey Egerdahl	Mile Run	4:43.86
9th	Amanda Miller	800m Run	2:06.76
10th	Ashley Lodree	60m Hurdles	8.22
13th	Stevie Marshalek	Pole Vault	13-1 1/2
17th	Carly Dockendorf	Pole Vault	12-7 1/2

## Pac-10 Championships

May 14-15 • Los Angeles, Calif.

### Men

**Team Totals:** 1. Oregon 152; 2. UCLA 134.5; 3. Arizona State 122; 4. USC 106; **5. Washington 75.5**; 6. Stanford 66; 7. Arizona 65; 8. California 60.5; 9. Washington State 36.5

### UW Scorers:

1st	Ryan Brown	800m Run	1:47.31
2nd	Austin Abbott	1,500m Run	3:45.85
3rd	Martin Bingisser	Hammer	201-2
3rd	Shane Charles	400m Hurdles	50.46
t3rd	Norris Frederick	High Jump	6-11 3/4
3rd	McKane Lee	Pole Vault	17-0 3/4
3rd	Rigel Wise	Javelin	215-7
3rd	S. Williams/Charles/ Brown/Jackson	4x400m	3:03.85
4th	Norris Frederick	Long Jump	24-8 1/4
5th	Will Conwell	Discus	178-2
5th	Spence/Davidson/ S. Williams/Boase	4x100m Relay	40.00
6th	Bruce Jackson	400m Dash	46.60
6th	J.R. Wolfork	Long Jump	24-3 1/2
7th	Andy Fader	1,500m Run	3:48.25
8th	Warren Eickhoff	High Jump	6-8 3/4

### Women

**Team Totals:** 1. Stanford 173; 2. UCLA 125; 3. Arizona State 118; 4. USC 99; 5. California 82; 6. Washington State 74.5; 7. Oregon 68; **8. Washington 42.5**; 9. Arizona 36.

### UW Scorers:

3rd	Lindsey Egerdahl	1,500m Run	4:19.32
3rd	Ashley Lodree	100m Hurdles	13.23
4th	Carly Dockendorf	Pole Vault	13-3 1/2
5th	Kelley DiVesta	Pole Vault	12-11 1/2
5th	Tiffany Zahn	Javelin	152-4
6th	Amy Lia	1,500m Run	4:22.56
6th	Grace Vela	Heptathlon	5,092
6th	Ashley Wildhaber	Pole Vault	12-11 1/2
6th	Steward/Lodree/ Dignam/Nash	4x100m Relay	46.04
t7th	Sidney Brown	High Jump	5-7
7th	Laura Halverson	Steeplechase	10:39.49
8th	Sidney Brown	Triple Jump	39-7 1/4
8th	Steward/Dignam/ Miller/Lodree	4x400m Relay	3:49.18

## NCAA West Regional Championships

May 27-28 • Eugene, Ore.

### Men

**Top-10 Teams:** 1. USC 103; 2. Oregon 87.5; 3. UCLA 71.33 4. Arizona St. 71; 5. BYU 68; 6. Stanford 51; 7. California 40.5; 8. Arizona 34.83; 9. Washington St. 33.5; 10. Boise State 32; **11. Washington, 30.5.**

### UW Scorers:

1st	Ryan Brown	800m Run	1:48.20
3rd	Boase/Davidson/ S. Williams/Spence	4x100m Relay	39.66
3rd	S. Williams/Charles/ Brown/Jackson	4x400m Relay	3:08.15
6th	Norris Frederick	High Jump	6-11
7th	Bruce Jackson	400m Dash	47.13
7th	J.R. Wolfork	Long Jump	24-3 3/4
8th	Andy Fader	1,500m Run	3:51.33
t8th	Warren Eickhoff	High Jump	6-11

### Women

**Top-10 Teams:** 1. Stanford 110.5; 2. UCLA 85; 3. Arizona State 74; 4. USC 63; 5. BYU 54; 6. California 52; 7. Arizona 38; 8. Oregon 36; **9. Washington, 30**; 10. Cal Poly 29.

### UW Scorers:

1st	Kate Soma	Pole Vault	13-7 3/4
4th	Ashley Wildhaber	Pole Vault	13-3 3/4
5th	Ashley Lodree	100m Hurdles	13.31
5th	Kelley DiVesta	Pole Vault	13-3 3/4
6th	Lindsey Egerdahl	1,500m Run	4:22.47
7th	Carly Dockendorf	Pole Vault	12-11 3/4
7th	Amy Lia	1,500m Run	4:22.67

## NCAA Outdoor Championships

June 8-11 • Sacramento, Calif.

### Men

**Top-10 Teams:** 1. Arkansas 60; 2. Florida 49; 3. LSU 36; t4. BYU 34, Florida State 34; 6. USC 33; 7. Stanford 28; 8. Texas 25; t9. Oregon 23, Auburn 23, Arizona 23; **Washington DNS.**

### UW Participants:

10th	Ryan Brown	800m Run	1:48.66
10th	S. Williams/Charles/ Brown/Jackson	4x400m Relay	3:04.78
11th	Boase/Davidson/ S. Williams/Spence	4x100m Relay	39.43
t17th	Norris Frederick	High Jump	6-10 3/4
21st	J.R. Wolfork	Long Jump	23-7 1/4

### Women

**Top-10 Teams:** 1. Texas 55; t2. UCLA 48, South Carolina 48; 4. Tennessee 40; 5. Stanford 29; 6. Georgia 28; 7. USC 25; 8. Nebraska 24; 9. Miami (FL) 23; t10. BYU 22, Florida 22; **t15. Washington 17**, Auburn 17.

### UW Participants:

1st	Kate Soma	Pole Vault	14-1 1/4
5th	Ashley Lodree	100m Hurdles	13.20
6th	Carly Dockendorf	Pole Vault	13-9 1/4
12th	Amy Lia	1,500m Run	4:27.89
15th	Kelley DiVesta	Pole Vault	13-1 1/2
21st	Ashley Wildhaber	Pole Vault	12-9 1/2
24th	Lindsey Egerdahl	1,500m Run	4:26.42



# 2005 academic honorees

A total of eight Washington track and field athletes were named to the Pac-10 All-Academic first or second teams in 2005, while 12 more earned honorable mention. Two Huskies earned their third-straight first-team All-Pac-10 honor, including senior sprinter Brandon Bailey (3.72 GPA, Psychology) and senior miler Angela Wishaar (3.85, Classics). That dynamic duo was joined on the first team by first-timers Martin Bingisser (3.86, Philosophy), Kevin Peters (3.51, Psychology) and Camille Connelly (3.71, Molecular Cell Development).

In addition to Washington's all-conference academic honorees, senior pole vaulter Kate Soma was named to the CoSIDA Region VII All-Academic first-team, and was a third-team *ESPN The Magazine* Academic All-American.

To be considered for the Pac-10 All-Academic team, an athlete must be a starter or significant contributor with a minimum 3.0 overall grade point average, and have completed at least one year at their current institution. All-Region and All-America selections are determined by a vote of college sports information directors.

## 2005 ACADEMIC ALL-PAC-10 TRACK & FIELD TEAMS

### Men's First Team

Name	School	Year	GPA	Major
<b>Brandon Bailey</b>	<b>WASH</b>	<b>Sr.</b>	<b>3.72</b>	<b>Psychology</b>
<b>Martin Bingisser</b>	<b>WASH</b>	<b>Sr.</b>	<b>3.86</b>	<b>Philosophy</b>
Kal Clark	ASU	So.	3.96	Biology (honors)
Jeremy Cramer	ASU	Jr.	3.91	Mathematics (honors)
Evan Fox	STAN	Sr.	3.70	Earth Systems
Ryan Freimuth	WSU	Jr.	3.88	Accounting
David Glasgow	CAL	Grad.	4.00	Education
Jacob Hamman	USC	Jr.	3.72	Architecture
Bryan Kelley	STAN	Jr.	3.61	Communications/Economics
Griffin Lee	ASU	Jr.	3.63	Kinesiology
David Madden	ASU	So.	4.00	Political Science (honors)
Christopher Ogle	ARIZ	So.	3.91	Psychology
<b>Kevin Peters</b>	<b>WASH</b>	<b>Sr.</b>	<b>3.51</b>	<b>Psychology</b>
Aaron Powell	ARIZ	So.	4.00	Biology
Caleb Rexius	ORE	RFr.	4.03	Business
Sol Rexius	ORE	So.	4.13	Accounting
Greg Ross	CAL	Grad.	3.91	Education
Matt Scherer	ORE	Jr.	3.63	Business
Ryan Scott	WSU	RFr.	3.86	Undeclared
Ryan Warrenburg	ASU	Jr.	3.67	Political Science
Andy Young	ORE	Jr.	3.81	Human Physiology/Chemistry/Business

### Men's Second Team (UW only)

<b>Andy Fader</b>	<b>WASH</b>	<b>Sr.</b>	<b>3.43</b>	<b>Economics</b>
<b>Sam Roberts</b>	<b>WASH</b>	<b>Jr.</b>	<b>3.41</b>	<b>Political Science</b>

### Men's Honorable Mention (UW only)

Will Conwell, Sr.; Mark Mandi, Jr.; Phil McCary, Jr.; Mike Sayenko, Jr.

### Women's First Team

Name	School	Year	GPA	Major
Sofie Abildtrup	ORE	Sr.	3.77	Art
Melissa Astete	USC	Sr.	3.90	Business
Rachel Bertholf	WSU	Sr.	3.74	Marketing
Angelina Cabrera	ARIZ	So.	4.00	Pre-Business
<b>Camille Connelly</b>	<b>WASH</b>	<b>Sr.</b>	<b>3.71</b>	<b>Molecular Cell Development</b>
Julia Corbett	WSU	Sr.	3.77	Fine Arts
Jaime Fuller	OSU	Jr.	3.85	Business Administration
Bree Fuqua	ORE	Sr.	3.90	Psychology
Kaylee Gardner	WSU	Jr.	3.87	Movement Sciences
Rebecca Gausepohl	ARIZ	Jr.	3.98	Nursing
Beth Hoge	ARIZ	Sr.	3.86	Movement Sciences
Jennifer Kowacz	ASU	Sr.	4.00	Fine Art (Drawing)
Arianna Lambie	STAN	So.	3.90	Undeclared
Roslyn Lundeen	ORE	Jr.	3.80	Biology
Chelsea Powell	ARIZ	Sr.	3.87	Media Arts
Corey Randall	ASU	So.	3.78	Journalism/Mass Communications
Sara Shisslak	ASU	Jr.	3.90	Anthropology
Jenna Timisky	UCLA	RSo.	3.84	Linguistics and Anthropology
Amanda Trotter	STAN	So.	3.82	Undeclared
Carmen Winant	UCLA	Sr.	3.87	Art
<b>Angela Wishaar</b>	<b>WASH</b>	<b>Sr.</b>	<b>3.85</b>	<b>Classics</b>

### Women's Second Team (UW only)

<b>Kate Soma</b>	<b>WASH</b>	<b>Sr.</b>	<b>3.50</b>	<b>Marketing</b>
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### Women's Honorable Mention (UW only)

Sidney Brown, Sr.; Lindsey Egerdahl, Sr.; Laura Halverson, Grad.; Brianna McLeod, So.; Lara Nelson, Sr.; Brynne Steward, Jr.; Grace Vela, Sr.; Tiffany Zahn, Jr.





## Washington vs Washington State All-Time Dual Meet Records



### 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
3,000m	9:31.34	Jennifer Bravard	WSU	1993
Steeple	10:41.67	Laura Halverson	UW	2005
5,000m	16:21.17	Sabrina Monro	UW	2003
100m HH	13.59	Ashley Lodree	UW	2005
400m IH	57.88	Terra Barter	UW	1995
4x100m	45.41	Higgins/Mucker/ Evans/Sewell	WSU	2000
4x400m	3:41.13	Higgins/Evans/ Smith/Richardson	WSU	1999
High Jump	6-2 3/4	Vicki Borsheim	UW	1987
Pole Vault	13-7 1/4	Tamara Diles	WSU	2005
Long Jump	20-10 3/4	Chantal Brunner	WSU	1993
Triple Jump	41-8 3/4	Cicely Clinkenbeard	WSU	2002
Shot Put	55-7	Jennifer Ponath	UW	1988
Discus	198-7	Aretha Hill	UW	1998
Hammer	184-10	Brittany Hinchcliffe	WSU	2002
Javelin	187-6	Helena Uusitalo	UW	1986

**All-Time Series Record:** UW leads 19-10

**Current Streak:** WSU owns a 1-meet winning streak (2005)

<b>UW Record in Seattle:</b>	10-4
<b>UW Record in Pullman:</b>	9-6
<b>Last UW Win:</b>	2004, 108-95 (A)
<b>Last WSU Win:</b>	2005, 111-92 (H)
<b>Long UW Winning Streak:</b>	7, 1993-97
<b>Long WSU Winning Streak:</b>	6, 1998-2003

### Women's Results (UW leads 19-10)

2005 WSU 111, UW 92 (H)	1992 WSU 90, UW 45 (A)
2004 <b>UW 108, WSU 95 (A)</b>	1991 <b>UW 77, WSU 59 (H)</b>
2003 WSU 113, UW 90 (H)	1990 <b>UW 86, WSU 59 (A)</b>
2002 WSU 105, UW 98 (A)	<b>UW 72.7, WSU 63.3 (A)</b>
2001 WSU 114.5, UW 43.5 (A)	1989 <b>UW 83, WSU 53 (H)</b>
2000 WSU 110, UW 44 (A)	1988 <b>UW 72, WSU 64 (A)</b>
1999 WSU 107, UW 47 (H)	1987 WSU 80, UW 56 (H)
1998 WSU 85, UW 69 (A)	1986 WSU 82.7, UW 51.3 (A)
1997 <b>UW 100.5, WSU 80.5 (H)</b>	1985 <b>UW 77, WSU 59 (H)</b>
1996 <b>UW 99, WSU 80 (A)</b>	1983 <b>UW 77, WSU 32 (H)</b>
1995 <b>UW 101, WSU 64 (A)</b>	1982 <b>UW 74, WSU 35 (A)</b>
<b>UW 90, WSU 46 (H)</b>	1981 <b>UW 79, WSU 38 (H)</b>
1994 <b>UW 78.5, WSU 52.5 (A)</b>	1980 <b>UW 70, WSU 57 (A)</b>
<b>UW 77.5, WSU 58.5 (H)</b>	1979 <b>UW 80, WSU 47 (H)</b>
1993 <b>UW 70, WSU 66 (H)</b>	

### Men's Records

Event	Mark	Individual	School	Year
100m	10.26	Anthony Buchanon	WSU	2003
200m	20.70	George Kablan	WSU	1981
400m	45.74	Gabriel Tiachoh	WSU	1984
800m	1:47.96	Rob Webster	UW	1982
1,500m	3:42.6	Richard Tuwei	WSU	1985
Steeple	8:24.4	Henry Rono	WSU	1978
5,000m	13:46.52	Josephat Kapkory	WSU	1994
110m HH	13.83	Dominique Arnold	WSU	1996
400m IH	50.76	Shane Charles	UW	2005
4x100m	39.55	Boston/Mason/ McSwain/Buchanon	WSU	2004
4x400m	3:08.2	Williams/Avgnan/ Ramsey/Whitlock	WSU	1981
High Jump	7-5	Brent Harken	WSU	1982
Pole Vault	18-1	Brad Walker	UW	2002
Long Jump	25-0 1/2	Norbert Payton	WSU	1970
Triple Jump	54-3 1/2	Ian Campbell	WSU	1981
Shot Put	64-4 1/2	Dimitrios Koutsoukis	WSU	1985
Discus	199-1	John van Reenen	WSU	1970
Hammer	255-1	Tore Gustafsson	WSU	1986
Javelin	252-3	Stefan Wikstrom	WSU	1990

**All-Time Series Record:** WSU leads 58-31-1

**Current Streak:** UW owns a 1-meet winning streak (2005)

<b>UW Record in Seattle:</b>	18-25
<b>UW Record in Pullman:</b>	13-33-1
<b>Last UW Win:</b>	2005, 110.5-92.5 (H)
<b>Last WSU Win:</b>	2004, 112-90 (A)
<b>Long UW Winning Streak:</b>	11, 1915-32
<b>Long WSU Winning Streak:</b>	22, 1976-95

### Men's Results (WSU leads 58-31-1)

2005 <b>UW 110.5, WSU 92.5 (H)</b>	1962 WSU 80, UW 65 (A)
2004 WSU 112, UW 90 (A)	1961 <b>UW 75.2, WSU 55.8 (H)</b>
2003 WSU 116, UW 81 (H)	1960 WSU 71.5, UW 59.5 (A)
2002 WSU 103, UW 99 (A)	1959 WSU 67.7, UW 63.3 (H)
2001 WSU 99, UW 64 (A)	1958 WSU 71, UW 60 (A)
2000 <b>UW 106, WSU 57 (A)</b>	1957 <b>UW 84.3, WSU 46.7 (H)</b>
1999 WSU 107, UW 47 (H)	1956 WSU 71.6, UW 59.4 (A)
1998 WSU 93, UW 70 (A)	1955 <b>UW 70, WSU 61 (H)</b>
1997 <b>UW 103, WSU 99 (H)</b>	1954 <b>UW 68, WSU 63 (A)</b>
1996 <b>UW 104, WSU 97 (A)</b>	1953 WSU 79.5, UW 51.5 (H)
1995 WSU 122, UW 66 (A)	1952 WSU 77, UW 54 (A)
WSU 97, UW 62 (H)	1951 WSU 72.5, UW 58.5 (H)
1994 WSU 88, UW 74 (A)	1950 UW 65.5, WSU 65.5 (A), tie
WSU 105, UW 94 (H)	1949 WSU 79, UW 52 (H)
1993 WSU 88, UW 74 (H)	1948 WSU 87.3, UW 43.7 (A)
1992 WSU 96, UW 67 (A)	1947 WSU 67, UW 64 (H)
1991 WSU 101, UW 61 (H)	1946 WSU 69.5, UW 61.5 (A)
1990 WSU 110, UW 53 (A)	1943 <b>UW 69, WSU 62 (A)</b>
1989 WSU 83, UW 77 (H)	1942 <b>UW 71.3, WSU 59.7 (A)</b>
1988 WSU 91, UW 70 (A)	1941 WSU 73, UW 58 (H)
1987 WSU 92, UW 67 (H)	1940 WSU 68.7, UW 62.3 (A)
1986 WSU 102, UW 51 (A)	1939 WSU 87, UW 44 (H)
1985 WSU 105, UW 58 (H)	1938 <b>UW 75, WSU 56 (H)</b>
1984 WSU 105, UW 56 (A)	1937 WSU 76, UW 55 (A)
1982 WSU 95, UW 68 (A)	1936 WSU 69, UW 62 (H)
1981 WSU 91, UW 72 (A)	1935 <b>UW 76.3, WSU 54.7 (A)</b>
WSU 98, UW 65 (H)	1934 WSU 77.5, UW 52.5 (H)
1980 WSU 101, UW 63 (A)	1933 WSU 72, UW 59 (A)
1979 WSU 86, UW 77 (H)	1932 <b>UW 68, WSU 63 (H)</b>
1978 WSU 108, UW 54 (A)	1931 <b>UW 78, WSU 53 (A)</b>
1977 WSU 88.5, UW 74.5 (H)	1930 <b>UW 75, WSU 55 (H)</b>
1976 WSU 117, UW 45 (A)	1929 <b>UW 82.3, WSU 48.7 (A)</b>
1975 <b>UW 95, WSU 68 (H)</b>	1928 <b>UW 78, WSU 53 (H)</b>
1974 WSU 84, UW 79 (A)	1925 <b>UW 85, WSU 50 (H)</b>
1973 WSU 91.5, UW 71.5 (H)	1923 <b>UW 98, WSU 33 (A)</b>
1972 WSU 100, UW 62 (A)	1922 <b>UW 93, WSU 38 (H)</b>
1971 <b>UW 84, WSU 61 (H)</b>	1921 <b>UW 84, WSU 47 (A)</b>
1970 WSU 105, UW 49 (A)	1920 <b>UW 77, WSU 54 (H)</b>
1969 WSU 115, UW 39 (H)	1915 <b>UW 72, WSU 58 (H)</b>
1968 WSU 107, WSU 38 (A)	1914 WSU 77, UW 54 (A)
1967 <b>UW 88, WSU 57 (H)</b>	1913 <b>UW 68, WSU 63 (H)</b>
1966 <b>UW 75, WSU 69 (A)</b>	1912 WSU 81, UW 59 (A)
1965 WSU 82, UW 63 (H)	1902 <b>UW 86, WSU 35 (A)</b>
1964 WSU 85, UW 60 (A)	1901 <b>UW 96, WSU 26 (H)</b>
1963 WSU 74, UW 71 (H)	1900 <b>UW 74, WSU 41 (A)</b>



# conference & national records

## American Records

Men		Women	
<b>100 Meters</b> .....	9.78, Tim Montgomery, NIKE, 2002	10.49, Florence Griffith, World Class AC, 1988	
<b>200 Meters</b> .....	19.32, Michael Johnson, NIKE, 1996	21.34, Florence Griffith, World Class AC, 1988	
<b>400 Meters</b> .....	43.18, Michael Johnson, NIKE, 1999	48.83, Valerie Brisco, World Class AC, 1984	
<b>800 Meters</b> .....	1:42.60, Johnny Gray, Santa Mon. TC, 1985	1:56.40, Jearl Miles, Reebok, 1999	
<b>1,500 Meters</b> .....	3:29.30, Bernard Lagat, NIKE, 2005	3:57.12, Mary Slaney, Athletics West, 1983	
<b>Steeplechase</b> .....	8:09.17, Henry Marsh, Ath. West, 1985	9:29.32, Brianna Shook, Toledo, 2004	
<b>5,000 Meters</b> .....	12:58.21, Bob Kennedy, NIKE, 1996	14:45.35, Regina Jacobs, Mizuno, 2000	
<b>10,000 Meters</b> .....	27:13.98, Meb Keflezghi, NIKE, 2001	30:50.32, Deena Drossin, Asics, 2002	
<b>High Hurdles</b> .....	12.92, Roger Kingdom, Adidas, 1989	12.33, Gail Devers, NIKE, 2000	
	12.92, Allen Johnson, NIKE, 1996		
<b>400-Meter Hurdles</b> .....	46.78, Kevin Young, FLKR, 1999	52.61, Kim Batten, USA, 1995	
<b>400-Meter Relay</b> .....	37.40, National Team, 1992/1993	41.47, National Team, 1997	
<b>1,600-Meter Relay</b> .....	2:54.20, National Team, 1998	3:15.51, National Team, 1988	
<b>High Jump</b> .....	7-10 1/2, Charles Austin, Unat., 1991	6-8, Louise Ritter, Mazda TC, 1988	
<b>Pole Vault</b> .....	19-9 1/4, Jeff Hartwig, NIKE, 2000	15-10, Stacy Dragila, NIKE, 2004	
<b>Long Jump</b> .....	29-4 1/2, Mike Powell, Foot Lock. TC, 1991	24-7, Jackie Joyner, Honda TC, 1994	
<b>Triple Jump</b> .....	59-4 1/4, Kenny Harrison, NIKE, 1996	47-5, Tiombe Hurd, NIKE, 2004	
<b>Shot Put</b> .....	75-10 1/4, Randy Barnes, Mazda TC, 1990	66-2 1/2, Ramona Pagel, Mazda TC, 1988	
<b>Discus</b> .....	237-4, Ben Plucknett, SoCal Striders, 1981	227-10, Suzy Powell, Asics, 2002	
<b>Hammer Throw</b> .....	270-9, Lance Deal, NYAC, 1996	242-4, Erin Gilreath, NYAC, 2005	
<b>Javelin (new)</b> .....	287-8, Breaux Greer, Adidas, 2004	199-8, Kim Kreiner, NIKE, 2003	
<b>Multi Events</b> .....	8,891, Dan O'Brien, Reebok, 1992	7,291, Jackie Joyner, World Class AC, 1988	



*Phil Shinnick set world and U.S. records in the long jump at the 1963 Modesto Relays.*



*Aretha Hill broke the American collegiate record in the discus in 2000.*

## Collegiate Records\*

Men		Women	
<b>100 Meters</b> .....	9.92, Ato Boldon, UCLA, 1996	10.78, Dawn Sowell, LSU, 1989	
<b>200 Meters</b> .....	19.86, Justin Gatlin, TENN, 2002	22.04, Dawn Sowell, LSU, 1989	
<b>400 Meters</b> .....	44.00, Quincy Watts, USC, 1992	50.18, Pauline Davis, ALA, 1989	
<b>800 Meters</b> .....	1:44.55, Julius Achon, GMU, 1996	1:59.11, Suzy Favor, WISC, 1990	
<b>1,500 Meters</b> .....	3:35.30, Sydney Maree, VILL, 1981	4:06.75, Tiffany McWilliams, Miss. St., 2003	
<b>Steeplechase</b> .....	8:05.4, Henry Rono, WSU, 1978	9:43.25, Ida Nilsson, NAZ, 2004	
<b>5,000 Meters</b> .....	13:08.4, Henry Rono, WSU, 1978	15:09.72, Kim Smith, PROV, 2004	
<b>10,000 Meters</b> .....	27:36.2, Gabriel Kamau, UTEP, 1982	32:19.97, Alicia Craig, STAN, 2004	
<b>High Hurdles</b> .....	13.00, Renaldo Nehemiah, MARY, 1979	12.61, Gail Devers, UCLA, 1988	
<b>400-Meter Hurdles</b> .....	47.56, Kerron Clement, FLA 2005	53.54, Sheena Johnson, UCLA, 2003	
<b>400-Meter Relay</b> .....	38.04, Texas Christian, 1998	42.50, Louisiana State, 1989	
<b>1,600-Meter Relay</b> .....	2:59.59, LSU, 2005	3:23.75, Texas, 2004	
<b>High Jump</b> .....	7-9 3/4, Hollis Conway, SWLA, 1989	6-6, Amy Acuff, UCLA, 1995	
		6-6, Kajsa Bergqvist, SMU, 1997	
<b>Pole Vault</b> .....	19-7 1/2, Lawrence Johnson, TENN, 1996	15-0, Chelsea Johnson, UCLA, 2004	
<b>Long Jump</b> .....	28-8 1/4, Erick Walder, ARK, 1994	22-11 1/4, Jackie Joyner, UCLA, 1985	
<b>Triple Jump</b> .....	57-7 3/4, Keith Connor, SMU, 1982	46-9i, Suzette Lee, LSU, 1997	
<b>Shot Put</b> .....	72-2 1/4, John Godina, UCLA, 1995	62-3 3/4, Meg Ritchie, ARIZ, 1983	
<b>Discus</b> .....	222-0, Hannes Hopley, SMU, 2004	221-5, Meg Ritchie, ARIZ, 1981	
<b>Hammer Throw</b> .....	268-10, Balazs Kiss, USC, 1995	229-9, Loree Smith, CSU, 2005	
<b>Javelin (new)</b> .....	264-9, Gabriel Wallin, BSU, 2004	202-10, Irina Kharun, IND, 2003	
<b>Multi-Events</b> .....	8,463, Tom Pappas, TENN, 1999	6,527, Diane Guthrie-Gresham, GMU, 1995	

\* - Collegiate records include only marks made during the collegiate season.

## Pac-10 Records\*

Men		Women	
<b>100 Meters</b> .....	9.90, Ato Boldon, UCLA, 1996	10.97, Gail Devers, UCLA, 1987	
<b>200 Meters</b> .....	19.80, Ato Boldon, UCLA, 1996	22.33, Inger Miller, UCLA, 1993	
<b>400 Meters</b> .....	43.50, Quincy Watts, USC, 1992	49.96, Monique Henderson, UCLA, 2005	
<b>800 Meters</b> .....	1:41.77, Joaquim Cruz, ORE, 1984	1:58.51, Brigita Langerholc, USC, 2000	
<b>1,500 Meters</b> .....	3:34.48, Bernard Lagat, WSU, 1998	4:09.86, Lena Nilsson, UCLA, 2003	
<b>Steeplechase</b> .....	8:05.4, Henry Rono, WSU, 1978	9:46.30, Lisa Aguilera, ASU, 2003	
<b>5,000 Meters</b> .....	13:08.4, Henry Rono, WSU, 1978	15:23.94, Lauren Fleshman, STAN, 2003	
<b>10,000 Meters</b> .....	27:22.47, Henry Rono, WSU, 1978	32:19.97, Alicia Craig, STAN, 2004	
<b>High Hurdles</b> .....	13.22, Greg Foster, UCLA, 1978	12.61, Ginnie Powell, USC, 2005	
		12.61, Gail Devers, UCLA, 1988	
<b>400-Meter Hurdles</b> .....	47.72, Kevin Young, UCLA, 1998	52.95, Sheena Johnson, UCLA, 2004	
<b>400-Meter Relay</b> .....	38.44, USC, 1988	43.14, USC, 2000	
<b>1,600-Meter Relay</b> .....	2:59.91, UCLA, 1988	3:27.57, UCLA, 2004	
<b>High Jump</b> .....	7-7 1/4, Del Davis, UCLA, 1982	6-6, Amy Acuff, UCLA, 1995	
<b>Pole Vault</b> .....	19-0 1/4, Brad Walker, WASH, 2003	15-0, Chelsea Johnson, UCLA, 2004	
<b>Long Jump</b> .....	27-4 1/2, Randy Williams, USC, 1972	22-2 1/2, Gail Devers, UCLA, 1988	
<b>Triple Jump</b> .....	56-7 1/2, Allen Simms, USC, 2003	46-0 3/4, Sheila Hudson, CAL, 1990	
<b>Shot Put</b> .....	72-2 1/4, John Godina, UCLA, 1995	61-10 1/4, Valeyta Althouse, UCLA, 1995	
<b>Discus</b> .....	216-2, Dean Crouser, ORE, 1983	215-3, Aretha Hill, WASH, 1998	
<b>Hammer Throw</b> .....	270-10, Balazs Kiss, USC, 1995	219-5, Jessica Cosby, UCLA, 2004	
<b>Javelin (new)</b> .....	268-7, Esko Mikkola, ARIZ, 1998	186-10, Inga Stasiulionyte, USC, 2002	
<b>Multi-Events</b> .....	8,322, Mike Ramos, WASH, 1986	6,135, Gea Johnson, ASU, 1990	

\* - Pac-10 records include marks made through Aug. 31 of an athlete's senior year.



*Brad Walker set the Pac-10 pole vault record at the 2003 NCAA Indoor Championships.*



## 100 Meters

10.18	Ja'Warren Hooker	1998
10.26	Pablo Franco	1975
10.27	Sterling Hinds	1982
10.30	LaNorris Marshall	1983
10.43	Davaon Spence	2005
	Ed Turner	1996
10.44	Byron Howell	1984
10.50	Kelly Coleman	1992
10.52	Tim Martin	1994
10.53	Roc Alexander	2003

## 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
46.44ch	Terry Tobacco	1959
46.44h	Mark Williamson	1984
46.51	Ed Turner	1996
46.56	Calvin Kennon	1984
c - Converted from 440 yards		

## 800 Meters

1:47.21	Rob Webster	1982
<b>1:47.31</b>	<b>Ryan Brown</b>	<b>2005</b>
1:47.54h	Bill Smart	1970
1:48.04h	Mitch Leffler	1992
1:48.24h	Greg Gibson	1976
1:48.39	Brice Newton	1997
<b>1:48.57</b>	<b>Austin Abbott</b>	<b>2005</b>
1:48.60	Ty Minnis	1995
1:48.72	Dwight Wheaton	1991
1:48.84h	Peter Favell	1978

## 1,500 Meters

3:39.89	Bruce Stirling	1987
3:41.74h	Alan Hjort	1989
3:42.64	Geoff Perry	1998
3:43.24h	Greg Gibson	1976
3:43.34h	Rick Albright	1973
3:43.40	Eric Garner	2004
3:43.56	Stormy Shouman	1990
3:43.74	Peter Favell	1978
3:43.77	Gary Gustafson	1978
3:44.07	Dan Bell	1988

## 3,000-Meter Steeplechase

8:32.27	Dan Bell	1987
8:32.54h	Jim Johnson	1972
8:40.24	Atle Naesheim	1989
8:41.17	Greg Metcalf	1992
8:42.14h	Bill Koss	1972
8:44.54h	Gary Gustafson	1976
8:44.93	Nick Pavach	1996
8:46.92	Mike Hill	2002
8:48.34h	Christian Belz	1997
8:50.64h	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
13:56.84h	Tim Murray	1977
13:57.58	Bill Stolp	1979
13:57.85	Bruce McDowell	1989
13:59.94h	Jim Johnson	1972
14:02.12	Jason Fayant	2001
14:04.44h	Mark Hallenbeck	1979

## 10,000 Meters

28:34.54	David Bazzi	2001
28:58.34h	Curt Corvin	1986
29:13.04h	Jim Reinke	1987
29:22.54h	Bill Stolp	1979
29:27.14h	Steve Surface	1977
29:27.84h	Bill McClement	1978
<b>29:31.43</b>	<b>Kevin Peters</b>	<b>2005</b>
<b>29:38.71</b>	<b>Mark Mandi</b>	<b>2005</b>
<b>29:50.09</b>	<b>Mike Sayenko</b>	<b>2005</b>
29:53.14h	Bill Glad	1975

## 110-Meter Hurdles

13.57	Spider Gaines	1976
13.91	Lorenzo Bellamy	1980
13.94	Dana Hall	1990
14.04ch	Bill Roe	1967
14.11	Aaron Williams	1981
	Ben Meyer	2000
14.24ch	Dave Williams	1967
	Jim Seymour	1970
	Terry Lavery	1974
14.27	Greg Barber	1998
c - Converted from 120-yard hurdles		

## 400-Meter Hurdles

49.85	Bernard Ellison	1991
<b>50.46</b>	<b>Shane Charles</b>	<b>2005</b>
51.45	Brad Goodrich	2002
51.64yh	Terry Lavery	1974
	Tom Straithairn	1978
	Dan Johnston	1998
51.88y	Brian Mondschein	1975
51.89	Sean Williams	2004
52.17	Ben Meyer	2000
52.21	Pat Stenkamp	1981
c - Converted from 440-yard hurdles		



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

## 4 x 100-Meter Relay

39.24	Brown/Hinds	1983
	Howell/Marshall	
39.43	Boase/Davidson	2005
	S. Williams/Spence	
39.49	Marshall/Stankovic	1981
	Howell/Jackson	
39.84ch	Carr/Elkins	1974
	Hicks/Davis	
39.86	Noji/Hall	1990
	McKay/Jones	
39.94ch	Kirtman/Hicks	1975
	Franco/Tinner	
40.11	Belur/Gaines	1976
	Franco/Davis	
40.14	Ryan/Dawson	1998
	Rose/Hooker	
40.16	Washington	1997
40.19	Coleman/Horat	1991
	McKay/Hall	

c - Converted from 440-yard relay

## 4 x 400-Meter Relay

3:03.85	S. Williams/Charles	2005
	Brown/Jackson	
3:04.14yh	Tinner/Belur	1975
	Franco/Hicks	
3:04.73	Bryant/McKay	1990
	Merritt/Ellison	
3:05.21	Hooker/Prior	1998
	Anabel/Dawson	
3:06.41	Adams/McCary	2004
	S. Williams/Jackson	
3:06.53	Strub/McKay	1991
	Merritt/Ellison	
3:08.37	Boase/Charles	2005
	S. Williams/Jackson	
3:08.47	Kozol/DeRosans	1980
	Jackson/Stankovic	
3:09.16	Mackey/Hooker	2000
	Forni/Prior	
3:09.44	S. Williams/Charles	2005
	Spence/Jackson	

c - Converted from mile relay



## Washington Men's Freshman Records



Grant Birkinshaw, long jump

<b>100 Meters</b>	10.18, Ja'Warren Hooker, 1998
<b>200 Meters</b>	20.70, Ja'Warren Hooker, 1998
<b>400 Meters</b>	46.42, Ja'Warren Hooker, 1998
<b>800 Meters</b>	1:47.9h, Greg Gibson, 1973
<b>1,500 Meters</b>	3:44.36, Austin Abbott, 2005
<b>Mile</b>	4:04.5h, Greg Gibson, 1973
<b>3,000 Meters</b>	8:14.98, Dave Barnett, 1980
<b>Steeplechase</b>	8:44.4h, Gary Gustafson, 1976
<b>5,000 Meters</b>	14:07.5h, Steve Surface, 1975
<b>10,000 Meters</b>	29:38.8h, Steve Surface, 1975
<b>110-Meter Hurdles</b>	13.57, Spider Gaines, 1976

<b>400-Meter Hurdles</b>	51.53, Brad Goodrich, 2001
<b>High Jump</b>	7-4 1/2, Rick Noji, 1986
<b>Pole Vault</b>	17-0, Jeff Taylor, 1972
<b>Long Jump</b>	25-3 1/4, Norris Frederick, 2005
<b>Triple Jump</b>	50-3 1/2, Tony Parrish, 1994
<b>Shot Put</b>	59-11, Russ Vincent, 1974
<b>Discus</b>	187-2, Ben Lindsey, 1997
<b>Hammer Throw</b>	221-5, Scott Neilson, 1976
<b>Javelin (old)</b>	266-11, Bob Rockett, 1983
<b>Javelin (new)</b>	238-8, Troy Burkholder, 1996
<b>Decathlon</b>	7,638, Mike Ramos, 1982

### High Jump

7-6 1/2	Rick Noji	1990
7-1	Lucian Moore	1977
	Mike Ramos	1986
<b>7-0 1/2</b>	<b>Norris Frederick</b>	<b>2005</b>
	J.D. Taylor	1985
	Mark Alan	1989
7-0 1/4	Tracey Thomas	1988
	Sean Steele	2001
7-0	Darryl Laverdure	1973
	Doug Meade	1981

### Pole Vault

18-6 1/2	Brad Walker	2003
18-0 1/2	Garth Willard	1992
18-0 1/4	Steve Oravetz	1979
17-10 1/2	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
<b>17-5</b>	<b>McKane Lee</b>	<b>2005</b>

### Long Jump

27-4	Phil Shinnick	1963
25-7	Rob Scott	1992
25-5 3/4	Wariboko West	1964
<b>25-3 1/4</b>	<b>Norris Frederick</b>	<b>2005</b>
25-1 3/4	Grant Birkinshaw	1971
25-1 1/4	Aaron Williams	1981
25-0	Ed Turner	1997
24-9	Peter Spencer	1969
<b>24-8 1/4</b>	<b>J.R. Wolfork</b>	<b>2005</b>
24-7 1/4	Tony Zackery	1986

### Triple Jump

52-5 3/4	Wayne Hinkley	1975
51-5 1/2	Eric Klein	1968
51-5	Al Harris	1983
50-11	Dion Brown	1989
50-5 1/4	Aaron Williams	1981
	Tony Parrish	1995
50-4 1/4	Vestee Jackson	1982
50-3	Dennis Cook	1977
49-11	Jerrold 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
<b>206-11</b>	<b>Martin Bingisser</b>	<b>2005</b>
205-8	Erik Johnson	1988
200-5	Damon Felice	1996
200-0	Casey Ballwey	1974
196-9	Rich Bagley	1979
194-6	Bill Stengele	1997
188-1	Kevin Cardiff	1980

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

### Decathlon

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



Dan Bell, Steeplechase



## 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
c - 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
8.08	Marc James	2004
8.09c	Greg Barber	1999
8.10c	Don Morehead	1984
8.22c	Joshua Renz	2001
8.25	Ben Meyer	1999
c - Converted from 55-meter hurdles		

## 200 Meters

20.56	Ja'Warren Hooker	2001
21.05	Ed Turner	1997
<b>21.18</b>	<b>Shelton Sampson</b>	<b>2003</b>
21.54	Beno Bryant	1990
21.57	Tim Martin	1994
	Orlando McKay	1990
<b>21.80</b>	<b>Davaon Spence</b>	<b>2005</b>
	Carlos Hattix	1997
	Andre DeSaussure	1998
<b>21.81</b>	<b>Jordan Boase</b>	<b>2005</b>

## 400 Meters

46.45	Derek Prior	1999
46.86	B.J. Dawson	1998
47.32	Orlando McKay	1991
47.41	Sean Williams	2005
47.58	Bernard Ellison	1990
<b>47.76</b>	<b>Jordan Boase</b>	<b>2005</b>
48.02	Ja'Warren Hooker	2000
48.03	Greg Forni	2003
48.29	Nik Williams	2004
48.34	Ed Turner	1996



David Bazzi, 5,000 Meters

## 800 Meters

<b>1:49.59</b>	<b>Shane Charles</b>	<b>2005</b>
<b>1:49.64</b>	<b>Ryan Brown</b>	<b>2005</b>
1:50.65	Mitch Leffler	1993
<b>1:51.02</b>	<b>Austin Abbott</b>	<b>2005</b>
1:51.14c	Rich Mesmer	1968
<b>1:51.17</b>	<b>Bruce Jackson</b>	<b>2005</b>
1:51.55	Todd Arnold	2003
1:51.81	John Snyder	2002
1:51.91	Eric Garner	2004
1:51.93	Andy Clark	1992
c - Converted from 880 yards		

## Mile

3:58.93	Eric Garner	2002
3:59.24	Greg Gibson	1974
<b>4:02.25</b>	<b>Austin Abbott</b>	<b>2005</b>
4:03.77	John Russell	2004
4:05.45	Andy Fader	2004
4:05.54	Dave Barnett	1984
4:05.59	Al Hjort	1990
4:05.71	Dan Bell	1987
4:06.04	Todd Arnold	2002
<b>4:07.15</b>	<b>Carl Moe</b>	<b>2004</b>

## 3,000 Meters

7:54.13	Jeremy Park	2003
8:02.56	Eric Garner	2002
<b>8:02.82</b>	<b>Carl Moe</b>	<b>2004</b>
<b>8:04.92</b>	<b>Mark Mandi</b>	<b>2004</b>
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
8:11.09	Andy Fader	2005
c - Converted from two-mile run		

## 5,000 Meters

13:58.51	David Bazzi	2001
14:10.81	Andy Fader	2004
<b>14:11.39</b>	<b>Jon Hickey</b>	<b>2004</b>
<b>14:11.81</b>	<b>Jeremy Mineau</b>	<b>2005</b>
<b>14:12.51</b>	<b>Mark Mandi</b>	<b>2004</b>
14:13.89	Mike Hill	2002
<b>14:17.14</b>	<b>Kevin Peters</b>	<b>2005</b>
14:23.74	Pat Ewing	1983
<b>14:29.90</b>	<b>Travis Boyd</b>	<b>2004</b>
14:33.22	Jason Fayant	2000

## 4 x 400-Meter Relay

3:07.33	Hooker/Dawson	1998
	Anabel/Prior	
3:07.94	S. Williams/Brown	2005
	Charles/Jackson	
3:10.07	Hooker/Mackey	1999
	Prior/Anabel	
3:10.67	N. Williams/Adams	2004
	McCary/S. Williams	
3:10.74c	Kozol/Bathurst	1981
	Bredahl/Stankovic	
3:11.71	N. Williams/S. Williams	2003
	Goodrich/Forni	
3:11.93	Walters/Hooker	2001
	Adams/Goodrich	
3:12.42	Johnson/S. Williams	2003
	Brown/Forni	
	N. Williams/S. Williams	2003
	Brown/Goodrich	
3:12.67	Mackey/Lewis	1999
	Anabel/Prior	
c - Converted from mile relay		



Eric Garner, Mile Run



# uw men's indoor top-10s

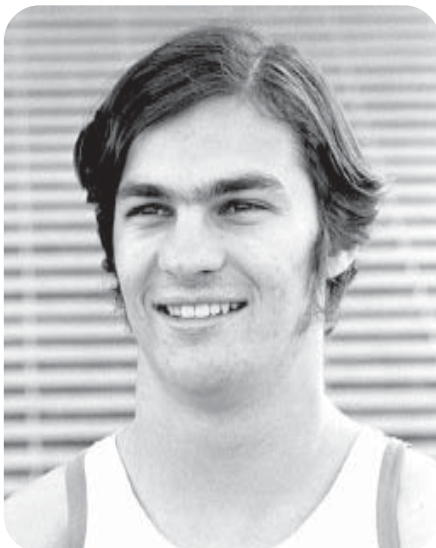


*Rick Noji, High Jump*

## Distance Medley Relay

9:35.35	Garner/S. Williams	2004
	Moe/Russell	
9:36.20	Abbott/S. Williams	2005
	Brown/Fader	
9:38.09	Russell/S. Williams	2004
	Arnold/Moe	
9:40.82	Garner/S. Williams	2003
	Arnold/Park	
9:43.59	Russell/S. Williams	2004
	Jackson/Moe	
9:49.73	Russell/Jackson	2004
	Moe/Fader	
9:51.36	Abbott/Brown	2005
	Freeman/Fader	
9:52.65	Minnis/Dawson	1996
	Newton/Hatzenbeler	
9:57.84c	Johnson/Garrison	1972
	Winger/Hawkins	
10:00.92	Cadman/Mackey	1999
	Quan/Hawkins	

c - Converted from yards to meters



*John Triplett, Triple Jump*

## High Jump

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

## Pole Vault

19-0 1/4	Brad Walker	2003
17-10	Steve Oravetz	1979
17-7 3/4	Matt Phillips	2000
17-6 1/2	Garth Willard	1992
17-6	Jeff Taylor	1975
<b>17-3</b>	<b>McKane Lee</b>	<b>2005</b>
17-1 3/4	Brian Madche	1998
17-1	Craig Connors	1998
	Todd Campbell	1995
17-0	Rick Anicker	1981

## Long Jump

25-6 1/2	Phil Shinnick	1965
<b>25-6 1/4</b>	<b>Norris Frederick</b>	<b>2005</b>
25-0	Ed Turner	1996
24-5 1/2	Robert Scott	1992
23-9	Skip Moody	1997
<b>23-7 1/2</b>	<b>J.R. Wolfork</b>	<b>2005</b>
	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

## 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 Neilson	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 Stengele	1997
55-9 1/4	Sam Fu	1995
55-3	Casey Ballwey	1974
54-6	Dan Tabish	1987
53-9	Mat Schwinn	2002
53-8 1/4	Brendan Tuohy	2002



*Ben Lindsey, Shot Put*



## 100 Meters

11.47	Zelda Johnson	1985
11.53	Donna Dennis	1983
<b>11.73</b>	<b>Ashley Lodree</b>	<b>2004</b>
11.84	Esrenee Cunningham	1989
	Tracy Griffin	1994
11.86	Shirley Walker	1985
11.87	Marzette Penton	1996
11.90	Meledy Smith	1984
11.94	Michele Stapleton	1989
11.96	Keisha Griffis	1997

## 200 Meters

23.40	Donna Dennis	1983
23.86	Tracy Griffin	1994
24.12	Chelsie Pentz	2000
24.13	Zelda Johnson	1985
24.14h	Esrenee Cunningham	1989
<b>24.34</b>	<b>Lauran Dignam</b>	<b>2004</b>
24.44	Tamanika Terry	1994
24.44h	Joyce Schweim	1989
24.50	Keisha Griffis	1998
24.58	Marzette Penton	1998

## 400 Meters

<b>54.41</b>	<b>Lauran Dignam</b>	<b>2004</b>
54.44	Keisha Griffis	1998
54.45	Patrice Woods	1996
54.47	Terra Barter	1995
54.64	Koko Sandmeyer	1994
54.70	Monique Glass	1998
54.74h	Colleen Richardson	1980
54.84h	Kelsey Sheppard	2000
54.98	Asya Muhammad	1998
55.05	Chelsie Pentz	2000

## 800 Meters

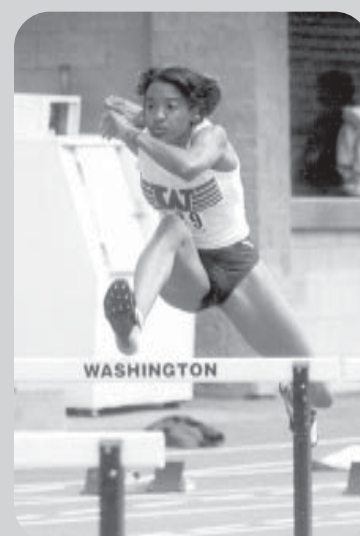
2:05.73	Sarah Bolender	1987
2:05.97	Courtney Inman	2003
2:06.51	Dana Arnim	1980
2:06.75	Mary Dong	1987
2:06.80	Sandra Gregg	1981
2:08.14h	Susan Gregg	1982
2:08.43	Danelle Kabush	1998
2:08.71	Lia Minelli	1997
2:09.11	Colleen Richardson	1982
2:09.12	Kali Rembold	1996

## 1,500 Meters

4:10.93	Courtney Inman	2003
4:12.84h	Regina Joyce	1981
<b>4:18.19</b>	<b>Amy Lia</b>	<b>2005</b>
4:18.31	Sandra Gregg	1981
4:18.81	Danelle Kabush	1998
4:19.07	Lindsey Egerdahl	2005
4:21.00	Sarah Bolender	1988
4:21.96	Tara Carlson	1996
4:22.76	Susan Gregg	1983
4:23.39	Emily Johnson	1996

## Washington Women's Freshman Records

<b>100 Meters</b>	11.53, Donna Dennis, 1983
<b>200 Meters</b>	23.40, Donna Dennis, 1983
<b>400 Meters</b>	54.6h, Colleen Richardson, 1980
<b>800 Meters</b>	2:06.75, Mary Dong, 1987
<b>1,500 Meters</b>	4:12.7h, Regina Joyce, 1981
<b>3,000 Meters</b>	8:59.39, Regina Joyce, 1981
<b>Steeplechase</b>	10:37.27, Dallon Williams, 2004
<b>5,000 Meters</b>	16:33.5h, Tara Carlson, 1993
<b>10,000 Meters</b>	34:34.79, Lisa Gibbs, 2002
<b>100-Meter Hurdles</b>	13.41, Ashley Lodree, 2004
<b>400-Meter Hurdles</b>	57.35, Keisha Griffis, 1996
<b>High Jump</b>	6-0, Sherri Felton, 1978
<b>Pole Vault</b>	13-3 3/4, Kelley DiVesta, 2005
<b>Long Jump</b>	21-0, Meledy Smith, 1984
<b>Triple Jump</b>	39-11 1/2, Fahern Thomas, 1992
<b>Shot Put</b>	50-5 1/4i, Meg Jones, 1985
<b>Discus</b>	175-8, Cecelia Barnes, 1999
<b>Hammer Throw</b>	156-4, Cecelia Barnes, 1999
<b>Javelin (old)</b>	170-6, Vicki Smiley, 1983
<b>Javelin (new)</b>	157-9, Tiffany Zahn, 2003
<b>Heptathlon</b>	4,891, Angie Tasker, 1987



*Keisha Griffis, 400-Meter Hurdles*

## 3,000 Meters

8:55.05	Regina Joyce	1982
9:16.56	Tara Carlson	1996
9:20.35	Margaret Butler	2000
9:23.66	Janicka Peterson	1990
9:23.89	Jennifer Smalley	1991
9:26.38	Cami Matson	2000
9:31.04	Emily Johnson	1996
9:31.10	Sabrina Monro	2003
9:31.91	Anne Howard	1991
9:32.44h	Kathy Adams	1979



*Sarah Bolender, 800 Meters*

## 3,000-Meter Steeplechase

10:33.28	Laura Halverson	2004
10:35.31	Kate Spigel	2003
10:37.27	Dallon Williams	2004
10:43.26	Camille Connelly	2005
<b>11:01.27</b>	<b>Karen Schwager</b>	<b>2004</b>
<b>11:10.07</b>	<b>Trish Rasmussen</b>	<b>2005</b>
11:55.54	Kelsey McCallum	2004
12:21.07	Amy King	2001

## 5,000 Meters

15:35.60	Regina Joyce	1982
15:55.71	Tara Carlson	1996
15:56.90	Sabrina Monro	2003
16:01.20	Anna Aoki	2001
16:10.94	Gillian Palmer	2001
16:30.04h	Karen Petley	1982
16:32.60	Jennifer Gillette	1990
16:36.95	Brandi Evans	1992
16:38.97	Kate Bradshaw	2001
16:39.74h	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
34:12.54h	Karen Petley	1982
34:34.79	Lisa Gibbs	2002
35:03.94h	Sara Lindgren	1984
35:08.24h	Kathy Adams	1978
35:29.09	Michelle Buresh	1990



# uw women's outdoor top-10s

## 100-Meter Hurdles

<b>13.17</b>	<b>Ashley Lodree</b>	<b>2005</b>
13.55	Claudine Robinson	1994
13.62	Shirley Walker	1984
13.69	Joyce Schweim	1990
13.86	Leslie Campbell	1991
13.98	Grace Vela	2004
<b>14.05</b>	<b>Bryenne Steward</b>	<b>2003</b>
	Patrice Davis	1999
14.07	Keisha Griffis	1998
14.11	Lara Kelley	1999

## 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
<b>59.55</b>	<b>Ashley Lodree</b>	<b>2005</b>
59.94	Lara Kelley	1999

## 4 x 100-Meter Relay

44.74h	Smith/Walker	1985
	Johnson/Dennis	
45.20	Keller/Walker	1984
	Smith/Dennis	
45.63	Cunningham/Stapleton	1989
	Gamby/Schweim	
45.67	Smith/T. Moore	2000
	Pentz/Hawkins	
45.81	Vela/Craddock	2004
	Steward/Lodree	
45.89	McClatcher/Penton	1998
	Griffis/Muhammad	
<b>46.04</b>	<b>Steward/Lodree</b>	<b>2005</b>
	<b>Dignam/Nash</b>	
	Washington	1999
46.07	Griffin/Sandmeyer	1994
	Woods/Barter	
46.10	Smith/Pentz	2001
	L. Moore/Ogarro	

## 4 x 400-Meter Relay

3:37.68	McClatcher/Glass	1998
	Griffis/Muhammad	
3:39.04	Sheppard/Pentz	2000
	Moore/Bledsoe	
3:39.65	Woods/Casbere	1994
	Barter/Sandmeyer	
3:41.60	Newton/Minelli	1995
	Woods/Barter	
3:41.92	Washington	1999
3:41.97	Reimbold/Minelli	1996
	Newton/Woods	
3:43.24h	Nomiyama/Shannon	1980
	Arnim/Richardson	
3:43.92	Glass/Minelli	1997
	Davis/Newton	
<b>3:44.58</b>	<b>Steward/Dignam</b>	<b>2005</b>
	<b>Lodree/Miller</b>	
3:45.33	Coaston/Benjamin	1984
	Dennis/Walker	

## High Jump

6-2 3/4	Vicki Borsheim	1987
6-0 1/2	Maggie Garrison	1978
6-0	Sherri Felton	1978
5-10 1/4	Dianne Baumann	1983
5-10	Makare Desilets	1997
5-9 3/4	Gaye Brandenstein	1982
5-8 3/4	Celia Willis	1990
	Mary Prince	1990
5-8 1/2	Janie Vermeere	1994
5-8	Diane Jolivet	1983
	Fran Richardson	1997/98

## Pole Vault

14-2	Kate Soma	2004
<b>13-9 1/4</b>	<b>Carly Dockendorf</b>	<b>2005</b>
<b>13-5 1/4</b>	<b>Ashley Wildhaber</b>	<b>2005</b>
<b>13-3 3/4</b>	<b>Kelley DiVesta</b>	<b>2005</b>
<b>13-2 1/4</b>	<b>Stevie Marshalek</b>	<b>2004</b>
12-11 1/2	Sandy Erickson	2000
12-2	Alexis Jaime	2001
<b>11-9 3/4</b>	<b>Myrriah Swango</b>	<b>2005</b>
11-7 3/4	Chris Withey	2000
11-5 3/4	Margaret Haines	2000
	MerryJane Bendico	2001

## Long Jump

21-0	Meledy Smith	1984
20-8 1/2	Tara Davis	1995
20-8 1/4	Shiri Milton	1984
20-1	Kendra Keller	1987
	Angie Tasker	1989
19-11 1/4	Jakki Davis	1984
19-10 3/4	Sonja Forster	1992
19-9	Kam Warner	1994
19-7 1/2	Tami Mathewson	1990
	Zee Ogarro	2002

## Triple Jump

41-7 3/4	Tara Davis	1995
41-4 1/2	Brittany Roberts	2003
40-9 3/4	Michelle Reid	1997
40-8 1/4	Angie Tasker	1989
40-7	Suzanne Silvis	1994
40-4 3/4	Sidney Brown	2004
39-11 1/2	Fahern Thomas	1992
39-10 1/2	Kyla Sutton	1996
39-7 1/2	Celia Willis	1991
39-2 1/4	Meledy Smith	1985

## Shot Put

55-7	Jennifer Ponath	1988
52-6	Shirley Ross	1988
51-10 1/4	Caryl Van Pelt	1981
51-5	Aretha Hill	1998
51-2 1/2	Meg Jones	1987
50-8 3/4	Sesilia Thomas	2000
49-4 1/2	Jackie Henry	1983
48-0 3/4	Cherron Davis	2004
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
155-2	Carin Trygg	2004
150-5	Piper Hope	2005
149-10	Searan Salibian	2002
144-3	Sesilia Thomas	1999
143-2	Cherron Davis	2004

## Javelin (new implement, 1999- )

173-7	Megan Priestersbach	2004
159-6	Heather Reichmann	2003
<b>157-9</b>	<b>Tiffany Zahn</b>	<b>2003</b>
136-4	Chris Withey	2000
122-5	Grace Vela	2005
117-1	Rebecca Morrison	1999
114-11	Emily Whitish	1990
110-0	Kelly Stovin	2004
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 Lasiter	1986
170-6	Vicki Smiley	1983
	Lisa Torrison	1983
167-7	Kristin Ronning	1993
167-2	Monika Parker	1994
165-10	Laura Kruse	1994

## Heptathlon

5,266	Sonja Forster	1992
5,225	Grace Vela	2004
5,186	Angie Tasker	1989
4,831	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



# uw women's indoor top-10s

## 60-Meter Dash

7.40c	Tracy Griffin	1994
<b>7.44</b>	<b>Ashley Lodree</b>	<b>2005</b>
7.50c	Donna Dennis	1986
	Zelda Johnson	1985
7.52c	Marzette Penton	1997
7.57c	Tami Mathewson	1993
7.60	LeTasha Moore	2002
7.62c	Jamara Alexander	2001
7.64c	Joyce Schweim	1991
	Keisha Griffis	1996

c - Converted from 55 meters

## 60-Meter Hurdles

<b>8.15</b>	<b>Ashley Lodree</b>	<b>2005</b>
8.21c	Claudine Robinson	1994
8.41c	Joyce Schweim	1991
<b>8.55</b>	<b>Bryenne Steward</b>	<b>2004</b>
8.55c	Leslie Campbell	1990
8.59c	Patrice Davis	1999
8.62c	Kam Warner	1994
8.63	Grace Vela	2005
8.66c	Lara Kelley	1999
8.68c	Kelsey Sheppard	2001

c - Converted from 55-meter hurdles

## 200 Meters

24.49	Tracy Griffin	1994
<b>24.81</b>	<b>Ashley Lodree</b>	<b>2005</b>
24.86	Marzette Penton	1996
	Chelsie Pentz	2000
<b>25.13</b>	<b>Lauran Dignam</b>	<b>2004</b>
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



Tracy Griffin, 60 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

<b>2:06.76</b>	<b>Amanda Miller</b>	<b>2005</b>
2:08.39	Courtney Inman	2003
<b>2:09.73</b>	<b>Amy Lia</b>	<b>2004</b>
2:11.06c	Sarah Bolender	1987
2:11.08	Terra Barter	1995
<b>2:11.77</b>	<b>Kira Harrison</b>	<b>2004</b>
2:12.43	Angela Froese	1995
2:12.44c	Sandra Gregg	1983
2:12.93	Lora Funk	1994
2:13.02	Kali Reimbold	1996

c - Converted from 880 yards

## Mile

4:40.24	Courtney Inman	2003
4:42.17	Ingwill Makestad	2004
4:42.27	Lindsey Egerdahl	2005
4:48.36c	Sandra Gregg	1983
4:50.14c	Marjan Moulijn	1978
<b>4:50.51</b>	<b>Amy Lia</b>	<b>2004</b>
4:50.65	Margaret Butler	2000
4:50.69	Janicka Peterson	1989
4:50.97	Cami Matson	2000
<b>4:51.51</b>	<b>Kira Harrison</b>	<b>2005</b>

c - Converted from 1,500 meters

## 3,000 Meters

9:32.28	Sabrina Monro	2002
9:32.39	Tara Carlson	1996
9:33.84	Deeja Youngquist	1999
9:35.08	Lindsey Egerdahl	2004
9:36.23	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

## 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
17:13.57	Angela Wishaar	2005
17:14.83	Alison Tubbs	2004
17:15.53	Camille Connelly	2004
17:22.76	Kara Syrdal	2000



Meledy Smith, Long Jump



# uw women's indoor top-10s



*Vicki Borsheim, High Jump*

## 4 x 400-Meter Relay

3:44.00	Glass/Sheppard	1999
	Muhammad/Griffis	
3:44.26	Pentz/Sheppard	2000
	Moore/Bledsoe	
3:45.40	Woods/Griffin	1994
	Sandmeyer/Barter	
3:45.32	R. Moore/Jensen	2002
	Sheppard/Hawkins	
3:47.19	Sandmeyer/Hallett	1991
	Doht/Bjone	
3:48.68	L. Moore/Sheppard	2002
	Jensen/Hawkins	
3:48.84	Griffis/McClatcher	1996
	Newton/Woods	
3:49.12	Pentz/Bledsoe	2000
	Moore/Hawkins	
<b>3:49.23</b>	<b>Dignam/Steward</b>	<b>2005</b>
	<b>Lodree/Miller</b>	
3:49.34	Pentz/Glass	1998
	Davis/Griffis	

## Distance Medley Relay

11:23.12	Lia/Jensen	2004
	Makestad/Egerdahl	
11:23.57	Makestad/Harrison	2004
	Lia/Egerdahl	
11:35.41	Kabush/Griffis	1998
	Froese/Butler	
11:36.54	Funk/Barter	1994
	Johnson/Carlson	
11:41.12	Barter/Woods	1995
	Froese/Carlson	
11:41.45	Egerdahl/Steward	2005
	Harrison/Connelly	
11:44.88	Syrdal/Glass	1999
	Inman/Smith	
11:46.30	Egerdahl/Harrison	2004
	McLeod/Wishaar	
11:49.72	Froese/Griffis	1998
	Rose/Kabush	
11:53.44	Matson/King	2000
	Smith/Barter	

## High Jump

6-2	Vicki Borsheim	1988
6-0	Maggie Garrison	1977
5-8 1/4	Dianne Baumann	1983
5-8	Grace Vela	2005
	Celia Willis	1990
5-7 3/4	Francine Richardson	1997
5-7	Sidney Brown	2003
	Mary Prince	1990
5-6 1/2	Roxanne Rohweder	1987
	Diane Jolivet	1984

## Pole Vault

14-3 1/2	Kate Soma	2005
<b>13-9 1/4</b>	<b>Ashley Wildhaber</b>	<b>2005</b>
<b>13-7 1/4</b>	<b>Stevie Marshalek</b>	<b>2005</b>
<b>13-5 1/4</b>	<b>Carly Dockendorf</b>	<b>2005</b>
12-9 1/2	Sandy Erickson	2002
<b>12-5 1/2</b>	<b>Kelley DiVesta</b>	<b>2005</b>
12-4	Alexis Jaime	2003
12-0 3/4	MerryJane Bendico	2001
11-3 3/4	Amy Groesbeck	2004
	<b>Myrriah Swango</b>	<b>2003</b>



*Kate Soma, Pole Vault*

## Long Jump

20-5 1/2	Meledy Smith	1984
19-9 3/4	Tara Davis	1995
19-9	Kendra Keller	1984
19-7 3/4	Angie Tasker	1989
	Jakki Davis	1984
19-6 3/4	Grace Vela	2005
<b>19-6 1/4</b>	<b>Ashley Lodree</b>	<b>2004</b>
	Kam Warner	1994
19-5 3/4	Michele Reid	1998
19-3	Marzette Penton	1998

## Triple Jump

41-4 1/4	Brittany Roberts	2003
40-6 3/4	Angie Tasker	1988
40-3 1/4	Sidney Brown	2005
40-0 1/2	Michele Reid	1998
39-7 1/2	Tara Davis	1995
39-3 3/4	Grace Vela	2005
39-3 1/2	Kyla Sutton	1996
39-2 1/2	Suzanne Silvis	1994
38-9 1/2	Bonnie Snyder	2005
38-8 3/4	Celia Willis	1991/92

## 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
<b>46-11 3/4</b>	<b>Sheree Ellis</b>	<b>2005</b>
46-10	Suzanne Dandenault	1991
46-1 1/4	Cherron Davis	2003
46-0 1/2	LaTonya White	1990

## 20-lb. Weight Throw

55-2	Aretha Hill	1998
52-2 1/2	Soozie Shanley	1996
51-5 3/4	Seselia Thomas	2000
<b>50-11 1/2</b>	<b>Arlecier West</b>	<b>2005</b>
50-8 3/4	Kameko Gay	2003
49-1 1/2	Rebecca Morrison	1999
47-9 1/4	Searan Salibian	2002
47-7 1/4	Carin Trygg	2004
42-3 1/4	Cherron Davis	2003
40-9	Mia Norheim	2003

## Pentathlon

3,915	Grace Vela	2005
3,696	Dianne Baumann	1983
3,692	Angie Tasker	1989
3,508	Sonja Forster	1990
3,471	Bonnie Snyder	2005
3,266	Roxanne Rohweder	1984
3,251	Deanna Carr	1983
<b>3,051</b>	<b>Liz Fuller</b>	<b>2005</b>



# men's conference meet history

## Pac-10 Outdoor Results (1979-)

Year	Champion	Pts.	UW Place	UW Pts.
2005	Oregon	152	5	75.5
2004	UCLA	143	8	45
2003	USC	139	9	37
2002	Stanford	151	8	49
2001	Stanford	142	8	42
2000	USC	154	4t	83
1999	USC	164	9	52
1998	UCLA	135.5	6	93
1997	USC	145	3	96
1996	UCLA	151	3	97.5
1995	UCLA	163.5	8	54
1994	UCLA	135	9	30
1993	UCLA	170	7	60
1992	UCLA	123	6	54.5
1991	Washington St.	135.7	6	70
1990	Oregon	141	6	70
1989	UCLA	153	6	55
1988	UCLA	147	9	42
1987	UCLA	176	6	45
1986	Oregon	134	9	29
1985	Washington St.	149.5	8	43
1984	Washington St.	157.3	7	43
1983	Washington St.	132	8	37
1982	UCLA	146	9	27
1981	Arizona	133	8	28
1980	UCLA	163	10	20
1979	Oregon	145	6	43

## Pac-8 Outdoor Results (1960-78)

Year	Champion	Pts.	UW Place	UW Pts.
1978	USC	126	5	60
1977	USC	146	5	69
1976	USC	180	2	99
1975	USC	152	6	67
1974	USC	134.5	7	50.5
1973	UCLA	156	6	34
1972	USC	140	4	64
1971	UCLA	126	8	26
1970	UCLA	111	7	33
1969	UCLA	98	8	24
1968	USC	128	7	31
1967	Oregon	129	6	43
1966	UCLA	80	8	20
1965	Oregon	52	8	16
1964	USC	73	5	33
1963	USC	74	6	24
1962	USC	78.5	5	17
1961	USC	101	5	21
1960	USC	83.5	4	32.5



Mike Hill's 2001 Pac-10 steeplechase title is one of 12 earned by UW athletes since 2000.



The Fab Four (l-r): Scott Neilson, Borys Chambul, Rod Ewaliko and Russ Vincent combined to sweep the throws at the 1976 Pac-10 Championships, four of 74 Pac-10 titles earned by UW athletes all-time.

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

Year	Champion	Event	Mark
2005	Ryan Brown	800m Run	1:47.31
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 Run	29:27.31
2000	Ja'Warren Hooker	100m Dash	10.19
	Ja'Warren Hooker	200m Dash	20.39
	Ben Lindsey	Shot Put	63-11 3/4
1998	Ja'Warren Hooker	100m Dash	10.24
	Ja'Warren Hooker	200m Dash	20.70
	Ja'Warren Hooker/Derek Prior/Scott Anabel/B.J. Dawson	4x400m Relay	3:06.49
1996	Troy Burkholder	Javelin	229-5
1992	Mitch Leffler	800m Run	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 Run	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
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 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
1975	Rod Ewaliko	Javelin	260-9
1974	Al Davis	100y Dash	9.7
1972	Bill Koss	Steeplechase	8:42.0
	Kirk Bryde	Pole Vault	16-9 1/2
1971	Jim Seymour	440y Hurdles	50.9
	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



# women's conference meet history

## Pac-10 Outdoor Results (1987-)

Year	Champion	Pts.	UW Place	UW Pts.
2005	Stanford	173	8	42.5
2004	UCLA	174.5	6	67
2003	UCLA	155	6	64
2002	UCLA	160	9	36
2001	UCLA	155	9	33
2000	UCLA	167.5	7	58
1999	UCLA	160.5	7	56
1998	UCLA	174	4	94
1997	UCLA	189.5	8	59
1996	USC	151	4	77
1995	UCLA	149	4	79
1994	UCLA	127	6	49
1993	UCLA	146	7	24
1992	Oregon	122	8	33
1991	Oregon	130.5	6	52
1990	UCLA	116	5	66
1989	UCLA	153	6	55
1988	UCLA	143	5	27
1987	UCLA	121	6	49

## NorPac Outdoor Results (1983-86)

Year	Champion	Pts.	UW Place	UW Pts.
1986	Oregon	156	4	96
1985	Oregon	156	3	127
1984	Oregon	148	2	114
1983	Oregon	215	2	105

## NCWSA Outdoor Results (1976-82)

Year	Champion	Pts.	UW Place	UW Pts.
1982	Oregon	194	5	62
1981	Oregon	257	3	107
1980	Oregon	244	3	102
1979	Oregon	172	2	95
1978	Oregon	142	3	74
1977	Seattle Pacific	159	3	63
1976	Seattle Pacific	149	5t	33

## Women's Pac-10 Champions (1987-)

Year	Champion	Event	Mark
2004	Kate Soma	Pole Vault	14-2
2001	Anna Aoki	10,000m	34:19.63
2000	Kate Bradshaw	10,000m	34:41.03
1998	Anna Aoki	10,000m	35:04.99
1996	Aretha Hill	Discus	208-11
1996	Aretha Hill	Discus	195-9
1995	Soozie Shanley	Hammer	157-10
1992	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



Anna Aoki, 10,000 meters, 1998 & 2001



Soozie Shanley, Hammer, 1996

## Mountain Pacific Sports Federation Indoor Conference Championships

Since the Pacific-10 Conference does not sponsor indoor track and field, Washington and many other Pac-10 schools compete indoors in the Mountain Pacific Sports Federation, along with selected members of the Big West, Mountain West, Western Athletic and West Coast Conferences. With the exception of the 2002 and 2003 seasons, the Huskies have been a member of the MPSF for indoor track and field since 1993. Husky athletes have combined for one MPSF team title and 21 individual crowns, including a mile sweep at the 2004 meet, the first of three straight held at UW's Dempsey Indoor. The conference championships return to Seattle in 2008 on Feb. 2-25.

### Men's MPSF Indoor Conference Champions

Year	Champion	Event	Mark
2004	Eric Garner	Mile Run	4:00.53
2001	David Bazzi	Mile Run	4:19.09
	Jason Fayant	5,000m Run	15:25.59
	Ja'Warren Hooker	60m Dash	6.51
	Ja'Warren Hooker	200m Dash	20.75
	Brad Walker	Pole Vault	17-9
2000	Ja'Warren Hooker	55m Dash	6.19
	Ja'Warren Hooker	200m Dash	21.34
1998	Ja'Warren Hooker	55m Dash	6.13
	Hooker/Dawson/Anabel/Prior	4x400m Relay	3:12.05
1996	Washington	4x400m Relay	3:14.81
1995	Ed Turner	200m Dash	21.41
1994	Tim Martin	55m Dash	6.33
1993	Mitch Leffler	800m Run	1:50.65

### Women's MPSF Indoor Conference Champions

Year	Champion	Event	Mark
2005	Kate Soma	Pole Vault	13-8 1/4
2004	Ingvill Makestad	Mile Run	4:42.17
2000	Seselia Thomas	Shot Put	48-6
1996	Aretha Hill	Shot Put	47-11 1/4
1995	Tara Davis	Long Jump	19-9 3/4
1994	Claudine Robinson	55m Hurdles	7.68
1993	Claudine Robinson	55m Hurdles	7.86

### Men's Team Results

Year	Champion	Pts.	UW Place	UW Pts.
2005	UCLA	117.5	6	62
2004	UCLA	127	8	47.5
2003*	UCLA	127.5	—	—
2002*	UCLA	132	—	—
2001	Washington St.	108.5	3	104
2000	Stanford	142	6	65
1999	Stanford	128	5	61
1998	Washington St.	116.5	3	83
1997	Idaho	106.5	4	74
1996	Arizona	104	3	72
1995	Arizona	101	4	69.5
1994	Arizona	99.5	5	69
1993	Utah St.	98	7	36

### Women's Team Results

Year	Champion	Pts.	UW Place	UW Pts.
2005	Stanford	180.5	3	69
2004	Stanford	148	3	83
2003*	Stanford	171	—	—
2002*	Arizona	137	—	—
2001	Arizona	142	6	46
2000	Washington St.	136.5	4	66
1999	Washington St.	117	5	59
1998	Stanford	113	3	75
1997	Stanford	103	4	56.5
1996	Washington	95	1	95
1995	Arizona	107	3	70
1994	Utah St.	87	3	83
1993	UNLV	91	4	55



## NCAA Outdoor Results (1921-)

Year	Champion	Pts.	UW Place	UW Pts.
2005	Arkansas	60	—	—
2004	Arkansas	65.5	—	—
2003	Arkansas	59	—	—
2002	Louisiana State	64	30t	8
2001	Tennessee	50	33t	6
2000	Stanford	72	28t	8.5
1999	Arkansas	59	—	—
1998	Arkansas	58.5	23t	10
1997	Arkansas	55	—	—
1996	Arkansas	55	26t	12
1995	Arkansas	61.5	54t	4
1994	Arkansas	83	65t	2
1993	Arkansas	69	36t	7
1992	Arkansas	60	—	—
1991	Tennessee	51	58t	4
1990	Louisiana State	44	28t	10
1989	Louisiana State	53	51t	4
1988	UCLA	82	55	4
1987	UCLA	81	26	11
1986	SMU	53	26t	11
1985	Arkansas	61	15	16
1984	Oregon	113	42t	10
1983	SMU	104	18t	28
1982	UTEP	105	22t	23
1981	UTEP	70	30t	6
1980	UTEP	69	29	7
1979	UTEP	64	5t	28
1978	UTEP/UCLA	50	12	21
1977	Arizona State	64	15	11
1976	USC	64	7	28
1975	UTEP	55	10	17
1974	Tennessee	60	9t	18
1973	UCLA	52	—	—
1972	UCLA	82	6t	18
1971	UCLA	52	12t	14
1970	Oregon/Kansas/BYU	35	22t	9
1969	San Jose State	48	38t	3
1968	USC	58	13	12
1967	USC	86	38t	4
1966	UCLA	81	32t	6
1965	USC/Oregon	32	46t	3
1964	Oregon	70	29t	8
1963	USC	61	10	17
1962	Oregon	85	—	—
1961	USC	65	49t	1.4
1960	Kansas	50	—	—
1959	Kansas	73	28t	6.1
1958	USC	48 <sup>6/7</sup>	—	—
1957	Villanova	47	—	—
1956	UCLA	57.7	—	—
1955	USC	42	—	—
1954	USC	66 <sup>17/20</sup>	—	—
1953	USC	80	27t	5
1952	USC	66 <sup>7/12</sup>	—	—
1951	USC	56	25t	5
1950	USC	49	—	—
1949	USC	55.4	—	—
1948	Minnesota	46	—	—
1947	Illinois	59 <sup>2/3</sup>	30	5
1946	Illinois	78	16t	8
1945	Navy	62	—	—
1944	Illinois	79	—	—
1943	USC	46	8	17
1942	USC	85.5	26t	4
1941	USC	81.5	34	1
1940	USC	47	32t	2



Mike Ramos won the NCAA title in the decathlon in 1986, setting a meet record with 8,261 points. Ramos' win scored 10 team points for UW, part of 30 NCAA team points scored by Ramos all-time, the third-highest total by any UW male.

Year	Champion	Pts.	UW Place	UW Pts.	Year	Champion	Pts.	UW Place	UW Pts.
1939	USC	86	—	—	1995	Arkansas	59	—	—
1938	USC	67.75	—	—	1994	Arkansas	94	—	—
1937	USC	62	—	—	1993	Arkansas	66	—	—
1936	USC	103 <sup>1/3</sup>	—	—	1992	Arkansas	53	—	—
1935	USC	74.2	26t	4	1991	Arkansas	34	41t	4
1934	Stanford	63	—	—	1990	Arkansas	44	45t	2
1933	LSU	58	38t	1	1989	Arkansas	34	—	—
1932	Indiana	56	—	—	1988	Arkansas	34	35t	4
1931	USC	77	20t	8	1987	Arkansas	39	18t	8
1930	USC	55 <sup>27/70</sup>	2	40	1986	Arkansas	49	36t	3
1929	Ohio State	50	2	42	1985	Arkansas	70	—	—
1928	Stanford	72	4	26	1984	Arkansas	38	—	—
1927	Illinois	35	3	29	1983	SMU	43	—	—
1926	USC	27	—	7	1982	UTEP	67	—	—
1925	Stanford	31	—	13.5	1981	UTEP	76	—	—
1924	No Meet Held				1980	UTEP	76	26	7.5
1923	Michigan	29.5	15	5.5	1979	Villanova	52	16	11.6
1922	California	28.5	—	—	1978	UTEP	44	14t	14
1921	Illinois	20.25	4	12.25	1977	Wash. State	25.5	12t	7

## NCAA Indoor Results (1965-)

Year	Champion	Pts.	UW Place	UW Pts.
2005	Arkansas	56	28t	7
2004	LSU	44.5	22t	11
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	—	—

## 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
1979	Duncan Atwood, Javelin	HH	
1976	Fred Luke, Javelin		Ed Genung, 880y Run
1974	Jim Johnson, Steeple		Paul Jessup, Discus
1973	Cary Feldman, Javelin	1929	Herman Brix, Shot Put
1972	Fred Luke, Javelin		Steve Anderson, 120y
1963	Brian Sternberg, Pole Vault	HH	
1932	Ed Genung, 880y Run	1928	Herman Brix, Shot Put
1931	Herman Brix, Shot Put		Steve Anderson, 120y
	Ed Genung, 880y Run	HH	
	Paul Jessup, Discus	1922	Gus Pope, Discus
		1921	Gus Pope, Discus
		1920	Gus Pope, Discus



# men's ncaa meet history

## Men's NCAA Champions

Year	Champion	Event	Mark
2004	Brad Walker	Pole Vault (Indoor)	18-8 1/4
2003	Brad Walker	Pole Vault (Indoor)	19-0 1/4
1998	Ja'Warren Hooker	55-Meter Dash (Indoor)	6.13
1986	Mike Ramos	Decathlon	8,261 ( <i>meet record</i> )
1979	Tom Sinclair	Javelin	261-3
	Scott Neilson	Hammer	237-3
	Scott Neilson	Weight Throw (Indoor)	71-5 1/2
1978	Scott Neilson	Hammer	237-5
	Scott Neilson	Weight Throw (Indoor)	68-7 3/4
1977	Scott Neilson	Hammer	228-4
	Scott Neilson	Weight Throw (Indoor)	68-10 1/2
1976	Scott Neilson	Hammer	216-8
	Borys Chambul	Discus	202-3
1975	Keith Tinner/Jerry Belur/ Pablo Franco/Billy Hicks	Mile Relay	3:05.10
1971	Cary Feldman	Javelin	259-0
1963	Brian Sternberg	Pole Vault	16-3 3/4
1930	Steve Anderson	120y High Hurdles	14.4
	Paul Jessup	Discus	160-9 3/8
1929	Steve Anderson	220y Low Hurdles	23.5
	Ed Genung	880y Run	1:55.0
1928	Rufus Kiser	Mile	4:17.6
1927	Herman Brix	Shot Put	46-7 3/8
1925	Jim Charteris	880y Run	1:55.4
1921	Gus Pope	Shot Put	45-4 1/2
	Gus Pope	Discus	142-2 1/4



Scott Neilson was a seven-time NCAA champion.

## Career NCAA Outdoor Championships Individual Scoring (Since 1922)

### History of NCAA Scoring

1985-: 10-8-6-5-4-3-2-1

1982-84: 15-12-10-9-8-7-6-5-4-3-2-1

1922-1981: 10-8-6-4-2-1

Name (Years)	Career NCAA Points Scored
Anderson, Dean (1926-28)	8
Anderson, Steve (1928-30)	40
Angle, Jim (1935-37)	2
Atwood, Duncan (1974, '77-'78)	6
Ballwey, Casey (1974)	1
Bazzi, David (1997-2001)	2
Bell, Dan (1984-87)	6
Belur, Jerry (1972, '74-'75)	2.5
Bracken, Dan (1931-33)	1
Brix, Herman (1926-28)	18
Brown, Dennis (1981-83)	3
Bryant, Beno (1990)	1
Bryde, Kirk (1971-72)	2
Burkholder, Troy (1996)	5
Callison, Cecil (1922-23)	1
Celms, John (1966-68)	2
Chambul, Borys (1972, '74-'76)	11
Charteris, Jim (1925-27)	20
Clark, Lyle (1942, '46-'47)	1
Clarke, George (1924-26)	3
Conwell, Ernie (1992-96)	8
Corvin, Curt (1984-86)	1

### All-Time NCAA Individual Scoring Top-10

Name (Years)	Points
1. Scott Neilson (1976-79)	40
Steve Anderson (1928-30)	40
3. Mike Ramos (1982-86)	30
4. Rufus Kiser (1928-30)	24
Bob Rockett (1983-84)	24
6. Paul Jessup (1928-30)	22
7. Jim Charteris (1925-27)	20
8. Herman Brix (1926-28)	18
Rod Ewaliko (1973-76)	18
10. Cary Feldman (1970-72)	16
Ed Genung (1929-32)	16

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



## All-America Selection Procedure

From 1921-1986, All-America certificates were given to the top-six finishers in each event at the NCAA Championships. In 1987, an amendment was added that included one additional American for every foreign-born athlete in the top-six. In 1994, the number of All-Americans was expanded to include the top eight finishers, and one additional American for every foreign-born athlete in the top eight.

## Men's All-Americans (\* - Freshman)

Year	Name	Event	NCAA Place
2005	Ryan Brown	800 Meters	10th
	Austin Abbott*	Dist. Med. Relay (indoor)	5th
	Ryan Brown	Dist. Med. Relay (indoor)	5th
	Andy Fader	Dist. Med. Relay (indoor)	5th
	Norris Frederick*	Long Jump (indoor)	6th
	Sean Williams	Dist. Med. Relay (indoor)	5th
2004	Eric Garner	Mile Run (indoor)	8th
	Brad Walker	Pole Vault (indoor)	1st
2003	Jeremy Park	3,000m Run (indoor)	13th
	Brad Walker	Pole Vault (indoor)	1st
2002	Eric Garner	Mile Run (indoor)	13th
	Brad Walker	Pole Vault	2nd
2001	David Bazzi	5,000m Run	8th
	David Bazzi	10,000m Run	8th
	Ja'Warren Hooker	200m Dash	5th
	Ja'Warren Hooker	200m Dash (indoor)	2nd
	Ja'Warren Hooker	60m Dash (indoor)	3rd
	Brad Walker	Pole Vault (indoor)	7th
2000	Ja'Warren Hooker	200m Dash	6th
	Ja'Warren Hooker	60m Dash (indoor)	6th
	Ja'Warren Hooker	200m Dash (indoor)	6th
	Ben Lindsey	Discus	11th
	Matt Phillips	Pole Vault	8th
	Jacob Predmore	Decathlon	7th
	Justin St. Clair	Javelin	6th
1999	Derek Prior	400m Dash (indoor)	10th
	Justin St. Clair	Javelin	12th
1998	Scott Anabel	4x400m Relay (indoor)	8th
	B.J. Dawson	4x400m Relay (indoor)	8th
	Ja'Warren Hooker*	100m Dash	3rd
	Ja'Warren Hooker*	55m Dash (indoor)	1st
	Ja'Warren Hooker*	200m Dash (indoor)	8th
	Ja'Warren Hooker*	4x400m Relay (indoor)	8th
	Ben Lindsey	Discus	5th
	Ben Lindsey	Shot Put (indoor)	5th
	Geoff Perry	1,500m Run	10th
	Derek Prior	4x400m Relay (indoor)	8th
1997	Ben Lindsey	Discus	9th
	Brice Newton	1,500m Run	12th
	Ed Turner	200m Dash (indoor)	5th
1996	Troy Burkholder*	Javelin	4th
	Ernie Conwell	Shot Put	5th
	Bryan Madche	Pole Vault	6th
	Nick Pavach	Steeplechase	11th
1995	Ernie Conwell	Shot Put	5th
1994	Pete Kaligis	Shot Put	7th
1993	Greg Metcalf	Steeplechase	6th
	Adam Setliff	Discus	5th
1991	Dana Hall	55m Hurdles (indoor)	4th
	Tony Parsley	Javelin	10th
	Todd Wilson	Discus	5th
1990	Beno Bryant*	4x400m Relay	5th
	Bernard Ellison	4x400m Relay	5th
	Orlando McKay	4x400m Relay	5th
	Brent Merritt	4x400m Relay	5th
	Rick Noji	High Jump	3rd
	Rick Noji	High Jump (indoor)	5th
	Darryl Roberson	Javelin	10th
	Todd Wilson	Discus	9th
1989	Darryl Roberson	Javelin	5th
1988	Rick Noji	High Jump (indoor)	4th
	Darryl Roberson	Javelin	5th
1987	Dan Bell	Steeplechase	3rd
	Rick Noji	High Jump (indoor)	2nd
	Rick Noji	High Jump	6th (tie)
	Bob Rockett	Javelin	9th
	Bruce Stirling	1,500m Run	8th
	Dan Tabish	Discus	7th

Year	Name	Event	NCAA Place
1986	Curt Corvin	10,000m Run	8th
	Neal Kneip	Hammer Throw	9th
	Neal Kneip	Weight Throw (indoor)	5th
	Rick Noji	High Jump (indoor)	6th
	Mike Ramos	Decathlon	1st
1985	Steve Erickson	Decathlon	4th
	Byron Howell	200m Dash	6th
	Neal Kneip	Weight Throw (indoor)	7th
1984	Bob Rockett	Javelin	2nd
	Dale Pedersen	Javelin	14th
	Bob Rockett	Javelin	3rd
1983	Dennis Brown	4x100m Relay	2nd
	Sterling Hinds	4x100m Relay	2nd
	Byron Howell	4x100m Relay	2nd
	LaNorris Marshall	4x100m Relay	2nd
	Mike Ramos	Decathlon	3rd
	Bob Rockett	Javelin	7th
1982	Steve Erickson	Decathlon	9th
	Mike Ramos	Decathlon	3rd
	Ron Webster	800m Run	9th
	Doug Wollen	Discus	9th
1981	Steve Erickson	Decathlon	7th
	Bernard Jackson	200m Dash	7th
	LaNorris Marshall	200m Dash	3rd
1980	Gary Gefre	Decathlon	6th
	Robert Moulder	Javelin	3rd
1979	Gary Gefre	Decathlon	8th (tie)
	Mike Mahovich	Javelin	7th
	Scott Neilson	Hammer Throw	1st
	Scott Neilson	Weight Throw (indoor)	1st
	Steve Oravetz	Pole Vault (indoor)	5th (tie)
	Tom Sinclair	Javelin	1st
	Steve Summers	Shot Put	3rd
	Steve Summers	Shot Put (indoor)	6th
1978	Duncan Atwood	Javelin	3rd
	Scott Neilson	Hammer Throw	1st
	Scott Neilson	Weight Throw (indoor)	1st
	Steve Oravetz	Pole Vault	6th
	Tom Sinclair	Javelin	4th
	Steve Summers	Shot Put	7th
	Russ Vincent	Shot Put (indoor)	3rd
1977	Spider Gaines	110m Hurdles	6th
	Spider Gaines	55m Hurdles (indoor)	5th
	Brian Mondschein	Decathlon	7th
	Scott Neilson	Hammer Throw	1st
	Scott Neilson	Weight Throw (indoor)	1st
1976	Borys Chambul	Discus	1st
	Rod Ewaliko	Javelin	4th
	Scott Neilson	Hammer Throw	1st
	Russ Vincent	Shot Put	4th
1975	Jerry Belur	Mile Relay	1st
	Rod Ewaliko	Javelin	3rd
	Pablo Franco	Mile Relay	1st
	Billy Hicks	400m Dash	6th
	Billy Hicks	Mile Relay	1st
	Keith Tinner	Mile Relay	1st



*Husky tight end Dave Williams was a two-sport star, earning All-America honors in the broad jump, 120-yard hurdles, 440-yard hurdles and 440-yard relay.*



# men's ncaa meet history

## All-America Records

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

1.	Ja'Warren Hooker, 1998	4
2.	Ja'Warren Hooker, 2000	3
	Ja'Warren Hooker, 2001	3
4.	Ryan Brown, 2005	2
	David Bazzi, 2001	2
	Ben Lindsey, 1998	2
	Rick Noji, 1990	2
	Rick Noji, 1987	2
	Neal Kneip, 1986	2
	Steve Summers, 1979	2
	Scott Neilson, 1979	2
	Scott Neilson, 1978	2
	Scott Neilson, 1977	2
	Spider Gaines, 1977	2
	Billy Hicks, 1975	2
	Dave Williams, 1966	2
	Bob Smith, 1942	2
	Steve Anderson, 1930	2
	Paul Jessup, 1930	2
	Steve Anderson, 1929	2
	Paul Jessup, 1929	2
	Gus Pope, 1921	2

### Most All-America Awards, Individual Career

1.	Ja'Warren Hooker, 1998-2001	10
2.	Scott Neilson, 1976-79	7
3.	Rick Noji, 1986-90	6
4.	Steve Anderson, 1928-30	5
5.	Brad Walker, 2000-04	4
	Ben Lindsey, 1997-2000	4
	Bob Rockett, 1983-87	4
	Dave Williams, 1965-67	4
	Paul Jessup, 1928-30	4
10.	Darryl Roberson, 1988-90	3
	Neal Kneip, 1985-86	3
	Mike Ramos, 1982-86	3
	Steve Erickson, 1981-85	3
	Steve Summers, 1978-79	3
	Rod Ewaliko, 1973-76	3
	John Cramer, 1961-63	3
	Bob Smith, 1941-43	3
	Rufus Kiser, 1928-30	3
	Herman Brix, 1926-28	3
	Jim Charteris, 1925-27	3

### Most All-America Awards, Team

Season	Meet	
1. 1998	10	1. '98 Indoor 7
2. 1990	8	'90 Outdoor 7
1979	8	'29 Outdoor 7
4. 2000	7	4. '83 Outdoor 6
1978	7	'75 Outdoor 6
1930	7	'67 Outdoor 6
7. 2005	6	'30 Outdoor 6
2001	6	8. '05 Indoor 5
1987	6	'00 Outdoor 5
1983	6	'87 Outdoor 5
1975	6	'79 Outdoor 5
1967	6	'78 Outdoor 5
1930	6	'43 Outdoor 5

Year	Name	Event	NCAA Place	Year	Name	Event	NCAA Place
1974	Casey Ballwey	Hammer Throw	6th	1941	Kjell Qvale	220y Dash	6th
	Borys Chambul	Discus	6th	1940	Jim McGoldrick	120y Hurdles	5th
	Rod Ewaliko	Javelin	2nd	1935	Jim Angle	Mile Run	5th
	Jeff Taylor	Pole Vault	2nd		Vic Palmason	880y Run	5th
1972	Kirk Bryde	Pole Vault	5th	1933	Dan Bracken	120y Hurdles	6th
	Gary Quitslund	Javelin	2nd	1931	Ed Genung	880y Run	3rd
	Jim Johnson	Steeplechase	2nd		Talbot Hartley	440y Dash	5th
1971	Cary Feldman	Javelin	1st	1930	Steve Anderson	120y Hurdles	1st
	Jim Seymour	440y Hurdles	4th		Steve Anderson	220y Hurdles	3rd
1970	Cary Feldman	Javelin	3rd		Talbot Hartley	440y Dash	5th
	Jim Seymour	440y Hurdles	6th		Paul Jessup	Discus	1st
	Bill Smart	Mile Run	5th		Paul Jessup	Shot Put	4th
1969	John Hubbell	Shot Put	5th		Rufus Kiser	Mile Run	2nd
	Bill Smart	Mile Run	6th	1929	Steve Anderson	220y Hurdles	1st
1968	John Celms	Steeplechase	5th		Steve Anderson	120y Hurdles	3rd
	Don Fate	Javelin	8th		Gordon Dodds	880y Run	5th
	John Hubbell	Shot Put	3rd		Ed Genung	880y Run	1st
	Eric Klein	Triple Jump	4th		Paul Jessup	Shot Put	4th
1967	Dave DuPree	4x110y Relay	5th		Paul Jessup	Discus	4th
	Marty Ludish	4x110y Relay	5th		Rufus Kiser	Mile Run	2nd
	Fred Luke	Javelin	6th	1928	Steve Anderson	220y Hurdles	2nd
	Dave Roberts	Mile Run	6th		Herman Brix	Shot Put	3rd
	Tom Temple	4x110y Relay	5th		Tom Humes	Broad Jump	5th
	Dave Williams	4x110y Relay	5th		Rufus Kiser	Mile Run	1st
1966	Dave Roberts	Mile Run	6th	1927	Dean Anderson	100y Dash	2nd
	Dave Williams	440y Hurdles	4th		Herman Brix	Shot Put	1st
	Dave Williams	120y Hurdles	6th		Jim Charteris	880y Run	2nd
1965	Bill Roe	120y Hurdles	5th		Ed Peltret	440y Dash	6th
	Dave Williams	Broad Jump	6th	1926	Herman Brix	Shot Put	5th
1964	Phil Shinnick	Broad Jump	3rd		Jim Charteris	880y Run	5th
	Wariboko West	Broad Jump	5th		George Clarke	100y Dash	5th
1963	John Cramer	Pole Vault	6th		Red Ramsay	Two-Mile Run	6th
	Phil Shinnick	Broad Jump	6th	1925	Jim Charteris	880y Run	1st
	Brian Sternberg	Pole Vault	1st		George Clarke	100y Dash	6th
1962	John Cramer	Pole Vault	5th (tie)		Percy Egtvet	High Jump	6th (tie)
1961	John Cramer	Pole Vault	4th (tie)		William Maginnis	Two-Mile Run	6th
1959	Cliff LaBounty	Pole Vault	6th (tie)		Drummond Wilde	Mile Run	6th
	Jack Larson	Mile Run	7th	1923	Cecil Callison	Broad Jump	6th
	Terry Tobacco	440m Dash	3rd		Earl Mason	Pole Vault	4th (tie)
1953	Denny Meyer	Two-Mile Run	6th	1921	Chuck Frankland	High Jump	4th (tie)
	Darold Skartvedt	Broad Jump	4th		Vic Hurley	100y Dash	5th
	George Widenfelt	High Jump	2nd (tie)		Gus Pope	Shot Put	1st
1947	Lyle Clark	120y Hurdles	6th		Gus Pope	Discus	1st
	John Hensey	880y Run	5th		James Pratt	440y Dash	4th
	William Steed	Two-Mile Run	5th				
1946	Don Wold	Mile Run	2nd				
1943	Tom Kamm	Broad Jump	3rd				
	Bill Kydd	Javelin	4th				
	Bob Smith	220y Dash	5th				
	Gene Swanzey	880y Run	6th				
	Dick Yantis	Discus	4th				
1942	Bob Smith	220y Dash	5th				
	Bob Smith	440y Dash	5th				



# women's ncaa meet history

## NCAA Outdoor Results (1982-)

Year	Champion	Pts.	UW Place	UW Pts.
2005	Texas	55	15t	17
2004	UCLA	69	18t	13
2003	Louisiana State	64	29t	9
2002	South Carolina	82	—	—
2001	USC	64	—	—
2000	Louisiana State	58	66t	1
1999	Texas	62	—	—
1998	Texas	60	29t	8
1997	Louisiana State	63	—	—
1996	Louisiana State	81	30	7
1995	Louisiana State	69	47t	3
1994	Louisiana State	86	63t	1
1993	Louisiana State	93	49t	2
1992	Louisiana State	87	—	—
1991	Louisiana State	78	54t	2
1990	Louisiana State	53	—	—
1989	Louisiana State	86	—	—
1988	Louisiana State	61	10	26
1987	Louisiana State	62	28t	8
1986	Texas	65	22	11.5
1985	Oregon	52	—	—
1984	Florida State	145	34t	12
1983	UCLA	116.5	17t	24
1982	UCLA	153	28	11

## AIAW Outdoor Results (1976-81)

Year	Champion	Pts.	UW Place	UW Pts.
1981	Tennessee	61	16	13
1980	CS Northridge	59	31	6
1979	CS Northridge	67	—	—
1978	CS Northridge	57	14t	10
1977	UCLA	86	12t	12
1976	Prairie View	60	30	4

## NCAA Indoor Results (1983-)

Year	Champion	Pts.	UW Place	UW Pts.
2005	Tennessee	46	16t	13
2004	Louisiana State	52	37	3.5
2003	Louisiana State	62	—	—
2002	Louisiana State	57	—	—
2001	UCLA	53.3	—	—
2000	UCLA	51	—	—
1999	Texas	61	—	—
1998	Texas	60	—	—
1997	Louisiana State	49	—	—
1996	Louisiana State	52	—	—
1995	Louisiana State	40	—	—
1994	Louisiana State	48	32t	5
1993	Louisiana State	49	—	—
1992	Florida	50	—	—
1991	Louisiana State	48	—	—
1990	Texas	50	—	—
1989	Louisiana State	61	—	—
1988	Texas	71	8t	16
1987	Louisiana State	49	—	—
1986	Texas	31	—	—
1985	Florida State	34	—	—
1984	Nebraska	59	29t	4
1983	Nebraska	47	—	—

## Women's National Champions

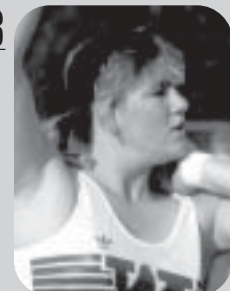


### Kate Soma, Pole Vault, 2005

The most decorated female in UW track and field history saved her best for last, winning the 2005 NCAA pole vault title in her final collegiate meet. Having matched or improved her NCAA Championships finish in each of her seven-career NCAA appearances, Soma had only one place left to go after a second-straight runner-up finish at the 2005 NCAA meet indoors. The senior did just that at the outdoor championships in Sacramento, with first-attempt clearances at each of her first four heights, and a winning clearance of 14-1 1/4. The Portland, Ore., native finished her career with a UW-record five All-America honors, and a lifetime-best of 14-3 1/2 that is tied for seventh in NCAA history.

### Jennifer Ponath, Shot Put, 1988

Jennifer Ponath fought through a case of strep throat to win a national title in 1998, heaving the shot put 54 feet, 4 1/2 inches at Hayward Field in Eugene, Ore. A graduate of Seattle's Shorewood High School, Ponath also placed seventh in the discus, guiding the UW women to a best-ever 10th-place team finish. She is one of just two Husky women to earn multiple All-America honors at one meet, and is the only UW woman to capture three such awards in one year.



### Helena Uusitalo, Javelin, 1986

In her first year of U.S. collegiate competition, junior Helena Uusitalo in 1986 became the first UW woman ever to win an NCAA title. A native of Finland, Uusitalo launched the javelin 193 feet, 1 inch on her second toss, but sprained her ankle on her fourth attempt and fouled her final two. Uusitalo followed up her national title with a second-place finish in 1987, and set a school record of 197-4 which stands to this day.

### Regina Joyce, 3,000m, 1981

In a collegiate-record time of 9:00.20, Regina Joyce earned the first national title of any kind for a UW women's track athlete at the 1981 AIAW National Championships. Joyce, a dual citizen of Ireland and England, would go on to win national titles in both nations later that summer, and competed for Ireland in the marathon at the 1982 Olympics. During her two years at UW, Joyce set four school records, three of which still stand.



## Career Outdoor NCAA Championships Individual Scoring\*

### History of NCAA Scoring

1985-: 10-8-6-5-4-3-2-1

1982-84: 15-12-10-9-8-7-6-5-4-3-2-1

### Name (Years)

Name (Years)	Career NCAA Points Scored
Terra Barter (1994-95)	1
Mari Bjone (1991)	2
Vicki Borsheim (1985-87)	1.5
Tara Carlson (1993-96)	1
Carly Dockendorf (2003-05)	3
Deanna Carr (1981-83)	14
Donna Dennis (1983-86)	8
Aretha Hill (1995-98)	22
Courtney Inman (1999-2003)	5
Regina Joyce (1981-83)	12
Meg Jones (1985-87)	4
Laura Kruse (1994-95)	1
Ashley Lodree (2004-05)	4
Monika Parker (1991-95)	2
Jennifer Ponath (1984-88)	14
Heather Reichmann (1999-2003)	2
Shirley Ross (1987)	8

### All-Time NCAA Individual Scoring Top-10

Name (Years)	Points
1. Aretha Hill (1995-98)	22
2. Kate Soma (2002-05)	20
3. Helena Uusitalo (1986-87)	18
4. Jennifer Ponath (1984-88)	14
Deanna Carr (1981-83)	14
6. Regina Joyce (1981-83)	12
7. Meledy Smith (1984-85)	10
8. Shirley Ross (1987)	8
Donna Dennis (1983-86)	8
10. Courtney Inman (1999-2003)	5
Megan Priestersbach (2000-04)	5
Shelly Sanford (1987)	2
Meledy Smith (1984-85)	10
Kate Soma (2002-05)	20
Megan Priestersbach (2000-04)	5
Seselia Thomas (1997-2000)	1
Helena Uusitalo (1986-87)	18

\* Does not include AIAW Champ's



# women's ncaa meet history



*Thrower Meg Jones is one of just three UW women ever to earn at least four All-America honors in their UW careers.*

## All-America Records

### Most All-America Awards, Individual Career

- |                             |   |
|-----------------------------|---|
| 1. Kate Soma, 2002-05       | 5 |
| 2. Aretha Hill, 1995-98     | 4 |
| Meg Jones, 1985-88          | 4 |
| 4. Jennifer Ponath, 1984-88 | 3 |
| Regina Joyce, 1981-83       | 3 |
| Deanna Carr, 1981-83        | 3 |
| 7. Ashley Lodree, 2004-05   | 2 |
| Monika Parker, 1991-95      | 2 |
| Claudine Robinson, 1991-94  | 2 |
| Shirley Ross, 1987-88       | 2 |
| Vicki Borsheim, 1985-88     | 2 |
| Helena Uusitalo, 1986-87    | 2 |
| Meledy Smith, 1984-85       | 2 |
| Sandra Gregg, 1980-83       | 2 |
| Maggie Garrison, 1977-81    | 2 |
| Caryl Van Pelt, 1977-81     | 2 |

### Season (Indoor/Outdoor combined)

- |                          |   |
|--------------------------|---|
| 1. Jennifer Ponath, 1988 | 3 |
| 2. Ashley Lodree, 2005   | 2 |
| Kate Soma, 2005          | 2 |
| Kate Soma, 2004          | 2 |
| Shirley Ross, 1988       | 2 |
| Meg Jones, 1988          | 2 |
| Meledy Smith, 1984       | 2 |
| 8. Several tied with     | 1 |

### Most All-America Awards, Team

Season		Meet	
1. 2005	9	1. 1988 Outdoor	6
1988	9	2. 2005 Indoor	5
3. 1980	5	1980 Outdoor	5
4. 1981	4	4. 2005 Outdoor	4
5. 2004	3	1981 Outdoor	4
2003	3	6. 2003 Outdoor	3
1998	3	1998 Outdoor	3
1995	3	1995 Outdoor	3
1994	3	1988 Indoor	3
1993	3	1983 Outdoor	3
1983	3		

## All-America Selection Procedure

Prior to 1987, both the AIAW (1977-1981) and the NCAA (1982-present) awarded All-America honors to the top-six finishers in each event at the national championships. In 1987, an amendment was added that included one additional American for every foreign-born athlete in the top-six. In 1994, the number of All-Americans was expanded to include the top eight finishers, and one additional American for every foreign-born athlete in the top eight.

## Women's All-Americans (\* - Freshman)

Year	Name	Event	NCAA Place
2005	Carly Dockendorf	Pole Vault	6th
	Amy Lia	1,500m Run	12th
	Ashley Lodree	100m Hurdles	5th
	Kate Soma	Pole Vault	1st
	Lindsey Egerdahl	Mile Run (indoor)	8th
	Ashley Lodree	60m Hurdles (indoor)	10th
	Amanda Miller*	800m Run (indoor)	9th
	Kate Soma	Pole Vault (indoor)	2nd
	Ashley Wildhaber	Pole Vault (indoor)	5th
	Kate Soma	Pole Vault	2nd
2004	Kate Soma	Pole Vault (indoor)	5th (tie)
	Megan Priestersbach	Javelin	4th
	Courtney Inman	1,500m Run	4th
2003	Heather Reichmann	Javelin	7th
	Kate Soma	Pole Vault	7th
	Seselia Thomas	Discus	8th
1999	Cecelia Barnes*	Discus	9th
1998	Keisha Griffis	400m Hurdles	9th
	Aretha Hill	Discus	2nd
1997	Danelle Kabush	1,500m Run	9th
	Aretha Hill	Discus	4th
1996	Tara Carlson	5,000m Run	8th
	Aretha Hill	Discus	3rd
1995	Terra Barter	400m Hurdles	8th
	Tara Davis	Triple Jump	11th
1994	Aretha Hill*	Discus	7th
	Laura Kruse*	Javelin	8th
	Monika Parker	Javelin	10th
	Claudine Robinson	55m Hurdles (indoor)	4th
1993	Monika Parker	Javelin	7th
	Claudine Robinson	55m Hurdles (indoor)	9th (tie)
	Tessie Schorr	Javelin	9th
1991	Mari Bjone	400m Hurdles	7th
	Janicka Peterson	3,000m Run	10th
1988	Vicki Borsheim	High Jump (indoor)	2nd
	Meg Jones	Discus	9th
	Meg Jones	Shot Put	5th
	Jennifer Ponath	Discus	7th
	Jennifer Ponath	Shot Put	1st
	Jennifer Ponath	Shot Put (indoor)	3rd
	Shirley Ross	Shot Put	2nd
	Shirley Ross	Shot Put (indoor)	7th
	Shelly Sanford	Javelin	7th
	Meg Jones	Shot Put	9th
1987	Helena Uusitalo	Javelin	2nd
	Vicki Borsheim	High Jump	7th
1986	Helena Uusitalo	Javelin	1st
	Meg Jones	Shot Put (indoor)	8th
1985	Camille Rivard	800m Run (indoor)	2nd
	Meledy Smith	Long Jump	3rd
1984	Meledy Smith	Long Jump (indoor)	4th
	Deanna Carr	Javelin	5th
1983	Donna Dennis	100m Dash	8th
	Regina Joyce	10,000m Run	5th
1982	Deanna Carr	Javelin	7th
	Regina Joyce	3,000m Run	9th
1981	Maggie Garrison	High Jump	6th
	Sandra Gregg	1,500m Run	5th
	Regina Joyce	3,000m Run	1st
	Caryl Van Pelt	Shot Put	9th
1980	Dana Arnim	4x800m Relay	3rd
	Deanna Carr	Javelin	7th
	Sandra Gregg	4x800m Relay	3rd
	Susan Gregg	4x800m Relay	3rd
1977	Anne Phillips	4x800m Relay	3rd
	Maggie Garrison	High Jump	3rd
	Caryl Van Pelt	Shot Put	3rd



## Huskies 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 35 Huskies, from six different nations, have represented Washington at the Olympics, winning four medals. Following is a list of those UW athletes who have contributed to Washington's Olympic lore:

### 2004 -- Athens, Greece

Aretha Hill (USA), Discus, 19th  
Christian Belz (SUI), 5000m, 22nd  
Orin Richburg (USA), Asst. Coach

### 2000 -- Sydney, Australia

Adam Setliff (USA), Discus, 5th  
Christian Belz (SUI), Steeple, 20th  
Ja'Warren Hooker (USA), 4x400m, dnc

### 1996 -- Atlanta, USA

Adam Setliff (USA), Discus, 12th  
Aretha Hill (USA), Discus, 35th

### 1984 -- Los Angeles, USA

Sterling Hinds (CAN), 4x400m, 3rd  
Duncan Atwood (USA), Javelin  
Regina Joyce (IRE), Marathon  
Ken Shannon (USA), Asst. Coach

### 1980 -- Moscow, Russia

Rod Ewaliko (USA), Javelin, dnc\*  
Duncan Atwood (USA), Javelin, dnc\*  
Scott Neilson (CAN), Hammer

### 1976 -- Montreal, Canada

Borys Chambul (CAN), Discus

### 1972 -- Munich, West Germany

Kirk Bryde (CAN), Pole Vault  
Jim Seymour (USA), 400m IH, 4th  
Fred Luke (USA), Javelin, 8th

### 1964 -- Tokyo, Japan

Phil Shinnick (USA), Long Jump, dnp  
Wariboko West (NIG), Long Jump, 4th

### 1960 -- Rome, Italy

Terry Tobacco (CAN), 400m

### 1956 -- Melbourne, Australia

Terry Tobacco (CAN), 400m, dnp  
4x400 Relay (USA), 5th

### 1952 -- Helsinki, Finland

George Widenfeldt (SWE), Dec., 4th  
Bob Hutchinson (CAN), 100m,  
dnp; 200m, dnp  
4x100m relay, dnp

### 1936 -- Berlin, Germany

Bruce Humber (CAN), 100m,  
200m, dnp  
4x100 relay (USA), 4th

### 1932 -- Los Angeles, USA

Ed Genung (USA), 800m, 4th  
Paul Jessup (USA), Discus; dnp

### 1928 -- Amsterdam, Netherlands

Steve Anderson (USA), 110m HH, 2nd  
Herman Brix (USA), Shot Put, 2nd

### 1924 -- Paris, France

Gus Pope (USA), Discus, 4th

## Medal Count

**Gold:** None

**Silver:** 2 (most recent: Steve Anderson,  
110m HH, 1920; Herman  
Brix, Shot Put, 1920)

**Bronze:** 2 (most recent: Sterling Hinds,  
4x400m, 1984)

### 1920 -- Antwerp, Belgium

Gus Pope (USA), Discus, 3rd

### 1912 -- Stockholm, Sweden

Ira Courtney (USA), 100m, 200m,  
dnp

\* - Did not compete due to U.S. boycott

7 8



*Steve Anderson*

## 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 the same day in 1963, at the Modesto Relays. Following is a list of those UW competitors who have helped set the benchmarks to which athletes worldwide have aspired:

1963 Brian Sternberg, PV, 16-8

1963 Phil Shinnick, LJ, 27-4 (never ratified)

1932 Herman Brix, SP, 52-8 1/2

1930 Paul Jessup, DT, 169-8 7/8

1928 Herman Brix, SP, 51-8

1928 Steve Anderson, 120yd HH, 14.4

## Huskies at the IAAF World Championships

**Note:** Held every four years prior to 1991, every two years since.

### 2005 — Helsinki, Finland

Christian Belz (SUI), 10,000m, 14th, 27:53.16  
Aretha (Hill) Thurmond (USA)\*, Discus, 22nd, 154-8  
Brad Walker (USA), Pole Vault, 2nd, 18-10 1/2  
\* Voted team captain

### 2003 — St. Denis, France

Christian Belz (SUI), 5,000m, 13th, 13:26.02  
Aretha Hill (USA), Discus, 20th, 166-7 1/2

### 2001 — Edmonton, Alberta, Canada

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

### 1999 — Seville, Spain

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

### 1997 — Athens, Greece

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

### 1995 — Gothenburg, Sweden

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

### 1993 — Stuttgart, Germany

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

### 1991 — Tokyo, Japan

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

### 1987 — Rome, Italy

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

### 1983 — Helsinki, Finland

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



*Two-time Olympian Aretha (Hill) Thurmond captained Team USA at the 2005 World Championships, and carried the U.S. flag at the opening ceremonies.*



# all-time letterwinners

## A

Abbey, George	1949-51
Abbott, Austin	2005
Achterman, Peg	1979
Ackerman, Carl	1948
Adair, Tammy	1978-81
Adams, Ben	1938
Adams, Cristian	2001-02, '04
Adams, Dale	1982
Adams, Kathy	1977
Adams, Robert	1929-31
Adams, Sonja	1984-86
Agostinelli, Monte	1982
Aguierre, Domingo	1941
Akins, Jerrod	1992-94
Akinson, Dennis	1961
Alan, Mark	1988, '91-'92
Albright, Richard	1970-74
Aleinkoff, Paul	1958-60
Aleinkoff, Steve	1980
Alexander, D'Andrae	2001
Alexander, Roc	2003
Alexander, Sam	1994-96
Algier, Ray	1926
Allamano, John	1966-68
Allen	1900
Allen, Mike	1992-93
Allen, Terrance	1999
Anabel, Scott	1995-99
Anacker, Don	1957-59
Andersen, Keith	1972
Anderson	1910
Anderson, Angela	1993-94
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	1988-91
Anderson, Steve	1928-30
Anderson, Steve	1992-93
Anderson, Sylvester	1922-23
Anderson, Tyler	1989-92
Anderson, Von	1994-95
Angell, Abe	1954-56
Angell, Anthony	1960-62
Angle, Jim	1935-37
Anicker, Rick	1980-81
Anschutz, Bert	1935-37
Aoki, Anna	1997-2001
Applegate, Kenneth	1924-27
Aragaki, Aaron	1990
Armstrong, Deanna	1992
Armstrong, Pat	1968
Arnim, Dana	1979
Arnold, Todd	2001-04
Arthaud, Don	1932-33
Arthaud, Jack	1939-40
Atkins, Herm	1970
Atkins, Jerrod	1991
Atwood, Duncan	1974, '77-'78
Augerson, Casey	1918-20
Augustine, Tony	1990
Augustine, Webster	1924-26
Austin, Djan	1993
Austin, Rachel	1994
Auzias-Turrene	1912
Avey, Gene	1939-40

## B

Bagley, Rich	1979
Bailey, Brandon	2003-04
Bain, Jerry	1958-60
Baines, Simon	1994
Baker, Julie	1996
Baldwin, Bob	1996
Bale, Robert	1929-31
Bale, Dick	1951-52
Ball, John	1966
Ballwey, Casey	1974
Banks, Henry	1952-55
Bannick, John	1934
Bantz, Burwell	1908
Baptiste, Bernard	1967-68
Barajaz, George	1990, '92-'94
Barber, Greg	1997-98, 2000-01
Barnes, Burton	1933-34
Barnes, Cecilia	1999
Barnett, David	1980-84
Barr, Darrell	1940-41
Barron, Jack	1943
Barry, Jay	1990
Barter, Terra	1994-95
Bartholmey, Don	1949-50
Bathurst, John	1979-82
Baudram, Warren	1940
Baugh, Gerald	1972
Baumann, Dianne	1982-83
Bazzi, Dave	1997-2001
Beall, Harry	1920-22
Beaty, Chris	1977, 79
Bechtol, Chuck	1938-40
Beeman, Mary	2002-04
Beguhl, Phill	1973
Bek, Margaret	1996
Belford, John	1987
Bell, Charles	1939-40
Bell, Dan	1984-85, '87-'88
Bell, Dee Dee	1990
Bell, Gerry	1943
Bell, Theodore	1931-34
Bellamy, Lorenzo	1979-80
Belur, Jerry	1972, '74
Belz, Christian	1997-98
Bender, Bert	1958-59
Bendico, MerryJane	1998, 2000-01
Benjamin, Marva	1983-86
Bennett, Lori	1992
Berge, Steve	1970
Bergesen, Kristi	1987-88
Bergman, Eugene	1919-21
Bergstrom, Julie	1979, '81-'83
Bidleman, Blake	2002
Biere, Sondra	1996
Bigelow, Dick	1942

Bingham, Harry	1938-40
Bingham, Jeff	1969
Bingisser, Martin	2004-05
Birch, Jeff	1966-67
Birkinshaw, Grant	1972
Bjone, Mari	1991
Bjorkland, Leon	1938-39
Blake, Hilary	1992-93
Bledsoe, Arlene	2000-01
Bledsoe, Clarence	1930-32
Blue, Eugene	1919
Blue, Nick	1998
Blystone, Hillary	1990
Boase, Jordan	2005
Bobrow, Perry	1988
Boetske	1900
Bohrer, Steve	1987
Bolender, Sarah	1985-88
Bollen, Chris	1964-65
Bollinger, Ron	1954
Bookey, Mike	1968
Bordenet, Matt	1991
Boren, Wendy	1988-90
Borgerson, Liv	1992
Borsheim, Vicki	1985-88
Bosset, Rachel	2001
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	2004
Bozarth	1918
Bracken, Dan	1931-33
Bradbury, Dale	1978, '80-'81
Bradley, Blayne	1991
Bradshaw, Kate	2000-03
Brager, Natalie	1994-96
Braley, Russ	1942
Brandenstein, Gaye	1979, '81-'82
Brandon, Bob	1972-73
Brandt, Mike	1969
Brannon, Ernie	1957-59
Brashers, Preston	2004
Braun, Gordy	1974, '77
Braunschweiger, Bob	1958-59
Braunstein, Tony	1992-93
Brayton, Joelle	1994-96
Brazier, John	1955
Bredahl, Dennis	1979-81
Brewer, Phil	1947-49
Brewer, Britt	1984
Brian, Bevan	1999-2001
Bridge, Todd	1993
Brigham, Charles	1946, '49-'51
Brinkley, Jim	1941-43
Brix, Egert	1924-26



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

Brix, Herman	1926-28	Cameron, Pete	1953
Brodie, Doane	1928-31	Campbell, Ed	1910
Brokaw	1910-11	Campbell, Graham	1998-99
Bronn, Greg	1987-88, '90	Campbell, Leslie	1989-91
Brosseau, Joe	1999	Campbell, Todd	1992-95
Brovold, Greg	1969	Cardiff, Kevin	1980-83
Brown, Dennis	1981-83	Caricke, David	1946
Brown, Dick	1949	Carlson, Tara	1993-96
Brown, Dion	1989	Carlton, Dennis	1953
Brown, Henry	1987	Carr, Deanna	1981-83
Brown, Pat	1979	Carr, Luther	1957
Brown, Ryan	2003, '05	Carr, Michael	1973-74
Brown, Sidney	2002-05	Carroll, Pat	1980-81
Brown, Steve	1963-65	Carter, Frank	1924
Brunell, Stacy	1993	Casbere, Jessie	1992-94
Brunner, Stephanie	1990	Cassidy, Debbie	1981-83
Bryan, Bob	1954-56	Cassidy, George	1955-56
Bryan, James	1922-23	Casson, Chris	1988
Bryant, Beno	1990	Castrodale, Jule	1988
Bryde, Kirk	1971-72	Cathcart, Ernie	1972
Buchanan, William	1961	Caulkins, Glen	1900
Buckley, John	1935-38	Celestine, Brian	1979-82
Buckley, Leanne	1982-84	Celms, John	1966-68
Buresh, Michelle	1989-90	Chambul, Borys	1972, '74
Burke, Jack	1947-50	Chang, Spencer	1990
Burkhardt, Lara	1994-96	Chapin, Ron	1990-93
Burkholder, Troy	1996	Chapman, Melissa	2000-01
Burney, Jack	1953	Charles, Shane	2005
Burney, John	1947-49	Charouhas, Tom	1978
Burns, Karrie	1991	Charteris, James	1925-27
Burns, Samantha	1996-97	Chenaur, Sam	1984, '86
Burston, Ray	1925-26	Chestnut, Fred	1900
Buse, August	1931	Childs, Boyd	1935-37
Bush, Fred	1950	Childs, Lee	1970
Butler, Dan	1982-84	Christensen, Dana	1978
Butler, Margaret	1997-2000	Christensen, Scott	1970, '72
Bynoe, Alex	1992-95	Christianson, Cory	2001
Byrne, Tim	1972, '74	Chung, Aaron	1992
		Churchwell, Ann	1984
		Clark, Andy	1989-92
		Clark, Lyle	1942, '46-'47
		Clark, Steve	1973-74
		Clarke, George	1924-26
		Clarkson, Charles	1928-30



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



# all-time letterwinners



**Billy Hicks (left) outkicked 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.**

Cline, Jim 1979-80  
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  
Comin, Myron 1934  
Compton, Tracy 1996-97  
Condon 1911  
Condon, John 1931-33  
Congdon, Gordon 1935  
Connell, Kurth 1996-98  
Connelly, Camille 2002-05  
Conner, Rich 1990  
Connors, Craig 1997-98  
Consecki, Scott 1930  
Conwell, Ernie 1993-96  
Conwell, Will 2002, '04-05  
Cook, Dennis 1977-78  
Cook, Phillippe 2002-03  
Coombes, Mike 1983  
Corbin, Merritt 1932-33  
Corbitt 1918  
Corvin, Curt 1984-86, '88  
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  
Craddock, Cheri 2004  
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  
Croaddill, 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  
Czubin, Chuck 1963

## 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  
Davidson, Patrick 2004-05  
Davies, Mark 1993-94  
Davies, Robert 1929  
Davis, Al 1974  
Davis, Cherron 2003-04  
Davis, Jakke 1983-84  
Davis, John 1956-57  
Davis, Marsh 1919-21  
Davis, Patrice 1996-99  
Davis, Spencer 1993  
Davis, Tara 1995  
Dawson, B.J. 1995-98  
Day, James 1998-99  
Day, Paul 1998  
Deeks, Don 1943  
DeGallier, Jeff 1981-84  
Delfel, Eric 1996  
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, Lauran 2003-05  
Dill, Jake 2000  
Dillaway, Steve 1965-67  
DiVesta, Kelley 2005  
Dixon, Ashandi 1989-93  
Dixon, Bill 1950-51  
Doan, Jennifer 1979-81  
Dockendorf, Carly 2003-05  
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 1987-88  
Donnelly, Matt 1985-89

Donovan, Clyde 1933  
Doran, Kevin 1987  
Doremus, Ralph 1933  
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 2001-02  
Dunn, Bryant 1930-32  
Dupen, Brad 1983-85  
DuPree, Dave 1966-68  
Durst, Lora 1980  
Duryee, Diana 1985

## E

Eakins 1910-11  
Easton, Roy 1972  
Eckman, Ray 1920  
Edmiston, Ariel 1934-35  
Edmonds, Rupert 1912-15  
Egbert, Vince 1938  
Egerdahl, Lindsey 2002-05  
Egtvet, Percy 1923-25  
Ehlers, Jeff 1985  
Eichenberger, Paul 1978  
Eickhoff, Warren 2003-05  
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 1994-96  
Emrich, T.J. 2005  
Enger, Harold 1943  
England, Negley 1932-34  
Englestone, Eric 1984-87  
English, Liza 1998-2001  
Erickson 1918  
Erickson, Don 1986  
Erickson, Sandy 1999-2000, '02  
Erickson, Steve 1981-85  
Erickson, Tom 1985  
Eriksen, Dick 1939  
Ernest 1924  
Eskesen, Staci 1995-98  
Evans 1910-11  
Evans, Brandi 1989-92  
Evans, Greg 1981  
Evans, Thomas 1960-62  
Ewaliko, Rod 1973-76  
Ewing, Greg 1981  
Ewing, Pat 1980-83

## F

Faber, Fred 1942  
Factory, Mike 1977  
Fader, Andy 2002-05  
Faget, Melvin 1927-28  
Fagnani, Cari 1983-85  
Failla, Don 1959-61  
Fairleigh, Larry 1969-70  
Fairleigh, Mark 1972  
Fairleigh, Mike 1970  
Fancher, John 1914  
Farias, Laura 1986-87  
Fate, Don 1968-70  
Faulkner, Virginia 1978-80  
Favell, Peter 1977-81  
Fayant, Chris 2002

Fayant, Jason 1999-02  
Fayant, Jesse 2003  
Fedore, Len 1983-84  
Feider, Pat 1990-91  
Feinburg, Davey 1994  
Feldmann, Cary 1970-72  
Felice, Damon 1995-96  
Fellows, Jerry 1970  
Felton, Sherri 1978  
Fennema, Carl 1947-48  
Ferguson, Ginger 1987  
Ferguson, Jack 1928  
Ferris, Jennifer 1992  
Ferry, Edward 1922-24  
Fetter, Earl 1946-47  
Fields 1900  
Fillman, Rich 1987  
Finke, Ralph 1924  
Finks, Whitt 1987  
Fischer 1938  
Fisher, Jim 1966-68  
Fjellman, Greg 1992  
Flagg, Jack 1937-39  
Flanagan, Kevin 1986-87  
Floberg, John 1950  
Flora, Amy 1996  
Flynn, Devon 1978-79  
Foianini, Ashley 1998  
Foianini, Kara 1992-94  
Forni, Greg 2000-01  
Fornia, Bob 1951-54  
Forster, Andy 1997  
Forster, Sonja 1989-92  
Forsyth, Elliott 1987-88, '90-'91  
Forward, Toni 1979-80, '83  
Foster, Phil 1921  
Fotheringill, Ty 1995  
Foushee, Marie 2004  
Fram, Don 1933  
Franco, Pablo 1974-75, '77  
Frankland, Charles 1920-22  
Frankland, Charles 1947  
Franza, Megan 1998  
Frederick, Norris 2005  
Free, A.K. 1922-23  
Freeman, Tim 2004-05  
Froese, Angela 1995-98  
Fromm, Greg 1989  
Frost, Eugene 1933-34  
Frostad, Knut 1961-62  
Froude, Chester 1924

Fu, Sam 1993-95  
Fuller, Roy 1931  
Fulton, Jeff 1967  
Funk, Lora 1992-94

## G

Gable, John 1935  
Gabrio, Gerry 1978-79  
Gaches 1900  
Gaines, Sharon 1995  
Gaines, Spider 1977-78  
Galer, Fred 1932-34  
Gamby, Kellie 1988-91  
Gamish, Dan 1985  
Ganje, Laura 1993  
Gano, Kyle 1992-94  
Garner, Eric 2001-04  
Garretson, Ron 1941-43  
Garrett, Brian 1967  
Garrett, George 1932  
Garrison, Dave 1972-73  
Garrison, Maggie 1977, '79, '81  
Garrison, Sue 1978  
Gary, Bob 1985-88  
Gary, Clark 1962  
Gary, Robert 1985-88  
Gaskell, Dave 1991  
Gatewood, Joe 2004-05  
Gavin, John 1933  
Gay, Kameko 2001-03  
Gayton, Carver 1959  
Gayton, Gary 1952-55  
Gazin, Kurt 1992  
Gefre, Gary 1978-80  
Genung, Ed 1929-32  
George, September 1987-88  
Gerbatz, Brenda 1983-85  
Gheewala, Neha 1996-97  
Gibbs, Jamie 2002-04  
Gibbs, Lisa 2002  
Gibson, Greg 1973-74, '77  
Gibson, John 1915-17  
Giesen, Alan 1989-90  
Gilchrist, Andy 1987-90  
Giles, Don 1941  
Gill, Barney 1994  
Gillete, Jennifer 1987-90  
Gilliam, Darrell 1946  
Gilpin, Tom 1963



**Greg Gibson ran the first four-minute mile in UW history, and is one of just two Huskies ever to have accomplished the feat.**



# all-time letterwinners

Giordano, Jesse	2001-03	Hagerty, Frank	1923	Heaton, Archie	1939-41
Gish	1910-11	Haines, Margaret	1998-2001	Henderson, Greg	1981-82
Glass, Monique	1996-99	Halberg, Chris	1989	Hendry, Christie	1980
Glass, Steve	1998	Hale, Mark	1987-90	Hennessy, Matt	2002
Gleason, Villeroy	1915	Hall, Dana	1988-91	Henning, Burt	1927
Goetzinger, Karl	1979	Hall, Ned	1937	Henry, Dean	1955
Goiney, Bob	1972	Hallenbeck, Mark	1977-79	Henry, Jackie	1980-83
Golob, Devin	2001-02	Hallett, Amy	1989-91	Hensey, John	1947-50
Gomes, Dave	1979	Halverson, Laura	2002, '04-05	Herbert, Al	1941
Gomes, Genevieve	1994	Hamilton, James	1972-73	Herried, Bill	1979
Gomez, Luis	1987	Hammermaster, Gene	1954-56	Heun, Tom	1977-78
Gonsecki, Scott	1931-32	Hammonds, Annette	1979	Heusser, Shannon	1995
Goodner, Ernest	1919-20	Hamre, Nelson	1991	Hickel, Tim	1980
Goodrich, Brad	2001-02	Hananberger, Pete	1968	Hickey, John	2003-04
Gordon, Gavin	1984	Hankinson, Mike	1989	Hicks, Bill	1974
Gordon, Scott	1989	Hann, Mike	1970	Higgins	1900
Gourlay, Arthur	1928	Hanningan, Bill	1982	Hildrum, Tom	1999-2000
Goxx, Lyle	1926	Hansen, Doug	1972	Hill, Amy	1994
Grace	1912	Hansen, Neil	1992, '94-'95	Hill, Aretha	1995-98
Graham, Ryan	2001	Hansen, Tom	1983	Hill, Michelle	1985-86
Grant	1900	Hanson, Cherish	1990-91	Hill, Mike	2000-02
Grant	1977	Hanson, Gary	1966-67	Hill, S.	1900
Graves, Terri	1998	Hanson, Neil	1992-95	Hill, W.	1900
Gray, Harold	1915-19	Hardebeck, Dan	1988	Hilt, Brent	1979-82
Gray, Larry	1954-55	Harder, Don	1985-86	Hiltabidel, Charles	1946
Green, Jeff	1989-91	Harder, Richard	1959-61	Hilton	1912
Green, Stan	1953-54	Hardin-Scott, Chanda	2005	Hilton, Dan	1995-96
Greene, Harold	1905	Harkins, Paul	1997-2000	Hilton, Jim	1954-56
Gregg, Sandra	1980-83	Harmon	1913	Hinds, Sterling	1982-84
Gregg, Susan	1980-83	Harrell, Newson	1931-32	Hinkley, Wayne	1973-74
Gregory, Keith	1982	Harris, Al	1970	Hintze, Barbara	1983-84
Greve, Joan	1993	Harris, Al	1983, '85-'86	Hjort, Alan	1988-90
Grichuchin, Fred	1935	Harris, Brian	2004-05	Ho, Evelyn	1996-97
Grierke, Brian	1987	Harrison, Donn	1948-50	Hobbs, Richard	1960-61
Griffin, Scott	1990	Harrison, Jelani	2000, '02	Hodgson, Laura	2003
Griffin, Traci	1992-94	Harrison, Kira	2004-05	Hoelting, Kim	1968-70
Griffis, Keisha	1996-99	Harrison, Walt	1942-43	Hogue, Jim	1965-66
Griffith, Janet	1983	Hartley, Talbot	1929-31	Hoitnik, Staci	1990-93
Guenther, Fred	1952-53	Haslam, Harry	1970	Holcombe, Pat	1980-81
Guerrero, Pat	1989-91	Hatheway, Ernest	1921-24	Holden, Brett	1981-83
Guiberson, Kevin	1990	Hattix, Carlos	1996-97	Holland, Julie	1985
Gutierrez, Uriel	1996	Hatzenbeler, Steve	1994-96	Holmes, Scott	1974
Gustafson, Gary	1977-79	Hawkins, Harvey	1961-63	Holzknicht, Ted	1951
Guzman, Michelle	1990-91	Hawkins, Harold	1934	Hooker, Ja'Warren	1998-2001
Gylling, Jim	1981-82	Hawkins, Lauren	1990-91	Hope, Piper	2005
		Hawkins, Shavon	1999-2000, '02	Horat, Albey	1991-92
		Hay, Marion	1936-38	Hord, Joey	2000
		Hayes, John	1949	Hossman, Carl	1933
		Hayes, John	1974, '77	Howard, Adam	1999
		Haynes, Nat	1930	Howard, Anne	1990-91
		Hazelton, Scott	1987	Howe, Michael	1984
		Hazlet, Steward	1963-64	Howell, Byron	1981-85

## H

Haagern, Merrill	1941-43
Hablou, Wallace	1950
Hafferty, Cajh	1989
Hage, Bob	1938-39



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



**Regina Joyce won the 1981 AIAW national title at 3,000 meters, UW's first women's national crown, and represented Ireland in the marathon at the 1982 Olympic Games.**

## J

Jackson, Bernie	1981
Jackson, Bruce	2004-05
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	2001-02, '04
Jansen, Tracy	1978-79
Jayne, Tim	1972
Jens, Seth	2001-03
Jensen, Cambrielle	2002-04
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, Emily	1993-96
Johnson, Eric	1994, '96-'97
Johnson, Erik	1986, '88
Johnson, Jeff	1980
Johnson, Jill	2003
Johnson, Jim	1950
Johnson, Jim	1970-72
Johnson, Kari	1991
Johnson, Ken	1961-63
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, Brent	1988
Jones, Linda	1979
Jones, Meg	1985-88
Jones, Shirley	1988
Jones, Simon	1994

Jones, Steve	1986, '88, '90
Jonsson, 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	1999-2000
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	2002-03
Klein, Eric	1967-68





**Current UW head coach Greg Metcalf was a three-year letterwinner at Washington, earned All-America honors in the steeplechase in 1993, and ran in the 1996 U.S. Olympic Trials.**

Knable, Ken	1982	Lawrence, Meghan	2005
Knapp, Clarence	1915	Leach, Larry	1996
Kneip, Neal	1985-86	Leadbetter, Bob	1954-56
Knight	1917	Leahy, Adam	1989-90
Knox, Caleb	2005	Ledford, Chris	1997-99
Knutson, Eric	1990-91	Lee, McKane	2004-05
Knutson, Kiersten	1990	Leffler, Mitch	1990-93
Kobel, Mel	1955-56	LeForstier, Frederick	1993
Koch, Scott	1992-93, '95	Lendig	1900
Kok, Henrik	2001	Lermusik, John	1980-82
Koley, Peter	1985	Lesley, Earl	1950-21
Kolstad, Dayton	1958-60	LeTourneau, Jack	1959
Koss, Ben	2000-03	Lewis, Moses	1999
Koss, Bill	1969-72	Lewis, Pam	1991-94
Kotto, Fred	1985-86	Lia, Amy	2005
Kozol, John	1978-81	Liber, Brad	2005
Krause, Mike	1978-79	Liebsack, Stacy	1989-90
Kriz, Aimee	1992-94	Lilly, Ed	1980
Kruse, Laura	1994-95	Lim, Ron	1962
Kurras, Julie	1982	Linde, Carl	1930
Kutzera, Brian	1982	Lindgren, Sara	1984-85
Kydd, Bill	1943	Lindsey, Ben	1997-2001
		Linton, Robert	1921
		Lipscombe, Jack	1935
		Liska, Debbie	1979
		Lockhart, Bob	1938-40
		Lodree, Ashley	2004-05
		Lomax, John	1960-62
		Long, John	1941-42
		Lorvick, Adrianne	1983
		Lorvick, Dave	1978-82
		Loucks, Darin	1992-94
		Loudon, Dick	1951
		Louie, Bob	1964
		Louie, Johnny	1964
		Lovely, Dawn	1990
		Lowe, Kenya	1993
		Lucas, Mike	1982-85
		Lucci, Frank	1955-57
		Luke, Fred	1966-68
		Luke, Milton	1960
		Lund, Harry	1934
		Lund, Ron	1955
		Lunsford, Walt	1935
		Lynch, Jack	1964-65
		Lynn, Bob	1941

## L

LaBarge, Peter	1960
LaBellarte, Paul	1985
Labonge, Carl	1952-55
LaBounty, Cliff	1957-59
Lack, Cindy	1979-82
Lahmann, Jennifer	1991
Lambe, Rod	1979
Landy	1921
Lane, Katie	1993-94
Lang	1911
Langer, Jerry	1951-55
Lanigan, Erik	2002
Larberg, Don	1947-49
Larson, Jack	1958-60
Lasiter, Liz	1985
Lauger, Charles	1946-47
LaVerdure, Darryl	1973-74
Lavery, Terry	1972-74

## M

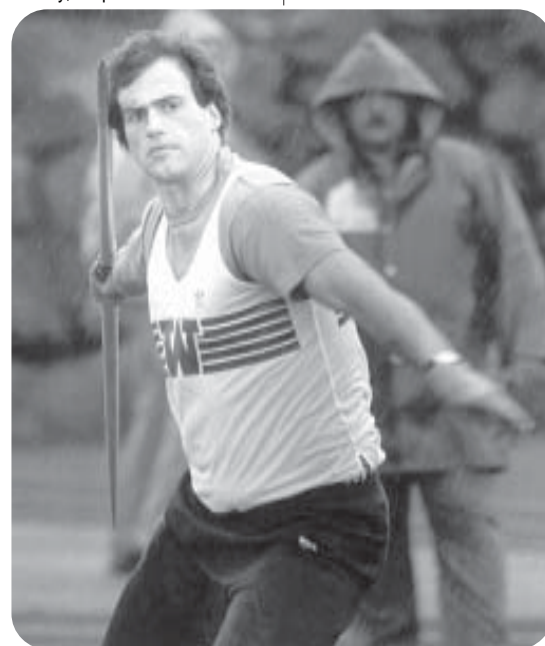
MacCluer, Gavin	1996-97
MacDonald, Bill	1915-19
MacDonald, Bill	1943
MacDonald, William	1947
MacIntyre, Charles	1927
Mackey, James	1999-2000
MacPherson, Mike	1996, '98
Madche, Bryan	1994-98
Mager, Gene	1941
Maginis, William	1923
Maginnis, Dave	1936-38
Mahnken, Carl	1956-57
Mahovich, Mike	1979-82
Makela, George	1959-61
Makestad, Ingvi	2004
Makrogiannis, Eugene	1995-96
Malm, Katie	1992-96
Manalili, Craig	1992-95
Mandi, Mark	2003-05
Manjarrez, Tony	1992, '94
Mantle, Vernon	1930-31
Mapes, Gary	1957-58
Markov, Vic	1936-37
Marks, Kevin	1990, '92
Marley, Sacha	1993
Marshalek, Stevie	2004-05
Marshall, LaNorris	1981, '83
Martin, Brian	1980
Martin, Dave	1972
Martin, Paul	1940
Martin, Tim	1992-95
Mason, Ben	1955
Mason, Earl	1921-23
Massey, Howard	1969
Massingale, Garcia	1982
Mathewson, Tami	1990-93
Mathies, John	1960-61
Matland, Conrad	1949-50
Matson, Cami	1997-2000
Maurer, Craig	1990
Mayer, Robert	1980-82
McAdams, Dean	1940
McBride, Chad	1992
McBride, Cy	1992
McCallister, Ed	1980-81
McCallum, Charles	1927
McCallum, Donald	1927-28
McCary, Phil	2004-05
McClatcher, Mikki	1994-97
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
McCrary, Tom	1903-05
McCulloch, Dave	1956-58
McDonald, Mary	1992-94
McDonald, Tom	1905
McDonald, William	1920
McDowell, Bruce	1986, '88-90
McFee, John	1912-14
McGaffey, 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, Brianna	2004-05
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
Merlino, Laurie	1988
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
Mickelson, Erik	1998-99
Miles, Tonjua	1982
Mill, Doug	1967
Miller, Amanda	2005
Miller, Greg	1977
Miller, Henry	1926
Miller, James	1922
Miller, Jess	1935-37
Miller, Merle	1937
Miller, Reed	1958-60
Millett, Tom	1956
Milton, Shiri	1984-85
Mincy, Charles	1990
Minelli, Lia	1994-97
Minnis, Ty	1994-97
Minnitti, Rob	1999-2001
Moe, Carl	2004
Mole, John	1996
Molenaar, Dee	1947-48
Moller, Carrie	1991
Monda, Sue	1978
Mondschein, Brian	1973, '77
Monro, Sabrina	2003
Montgomery, Bob	1963
Montgomery, Dick	1937-39
Montgomery, Robin	1934
Moody, Skip	1996-99

Moore, LeTasha	2000-02
Moore, Lou	1979
Moore, Lucian	1977-78
Moore, Rianna	2002-03
Moore, Terry	1980
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, 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	1999-2000
Mullian, Tracey	1988-91
Munroe, Jeff	1992-94
Murphy	1900
Murphy, Tom	1938-41
Murray, Tim	1977

## N

Nace, Howard	1942
Nacrelli, Jennifer	1984-87
Naesheim, Atle	1988-89
Nagahisa, Fumi	2002-03
Nail, Joe	1941-43
Nardin, Al	1946-27
Nash, Jennifer	2005
Neal, Pat	1984
Neil, Sara	1979-80
Neilson, Scott	1976-79
Neiman	1912
Neiman, Paul	1959
Nelson, Arthur	1929
Nelson, Bill	1996
Nelson, Kirk	1989-91
Nelson, Lara	2005
Neubauer, Lance	1979
Nevelle, Jim	1993



**School-record holder Bob Rockett's four-career All-America honors equal the sixth-most ever by a UW athlete.**



# all-time letterwinners

Newing, Geoff 1972-73  
 Newton, Brice 1994-97  
 Newton, Nolanna 1995-97  
 Nickelberry, Ray 1963  
 Nickell, George 1928-30  
 Nipert, Mike 1980  
 Noji, Rick 1986-90  
 Nomiya, Janice 1979-83  
 Nomiya, Lori 1983  
 Northcraft, Dick 1938-40  
 Notaro, Marc 1990  
 Nyland, Dave 2005

## 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, Matt 2005  
 Owen, Mike 1981

## P

Pacheco, Anica 1996  
 Padberg, Bryan 1990-91  
 Padron, Jennifer 1982  
 Palmason, Vic 1935-37  
 Palmer, Gillian 2001  
 Panchen, Neil 1992-93  
 Pangallo, Dick 1979-80  
 Pantoni, 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 1993-95  
 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, Erik 1997  
 Pearson, Joe 1900-03  
 Pearson, Matt 1997-98  
 Pearson, Robert 1900  
 Peckham, Jeff 1977  
 Peddie, Chris 1987-88  
 Pedersen, Dale 1982-84  
 Pedersen, Ross 1932-34  
 Pederson, Erik 2002  
 Peeples, Clint 1962  
 Peltret, Ed 1925-27  
 Pemberton, Al 1964-66  
 Pendleton, Crosby 1929-31  
 Penton, Marzette 1996-99  
 Pentz, Chelsie 1998-2001  
 Pereboom, Darla 1978-80

Pereboom, Sonja 1979-80  
 Perfrement, Ernie 1933  
 Perkins 1920  
 Perrins, Seth 2004  
 Perry, Geoff 1997-2000  
 Perry, Joel 2001  
 Perry, Loran 1950-52  
 Perry, Travis 1991  
 Peters, Kevin 2005  
 Peterson, Brooke 1998  
 Peterson, Bryan 1992  
 Peterson, Janicka 1987-90  
 Peterson, Marilee 1978-79  
 Peterson, Sarah 2000-01  
 Petley, Karen 1981-82  
 Petrin, Mike 1979-80  
 Phillips, Ann 1979-81  
 Phillips, Matt 1999-2001  
 Pickering, Gerry 1966-67  
 Piel, Jennifer 1994  
 Pierry, Tom 1981  
 Pittman, Evert 1943  
 Plowman, Jerry 1962-64  
 Plumb, Frank 1933-35  
 Ponath, Jennifer 1984-88  
 Poole, Dan 1969, '72  
 Pope, Gus 1919-21  
 Popovskaya, Elena 2002  
 Porter, Sunny 1999  
 Posner, Amy 1991-94  
 Pratt, Reginald 1921-22  
 Predmore, Jacob 1996-99  
 Prior, Derek 1998, 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 1940-42

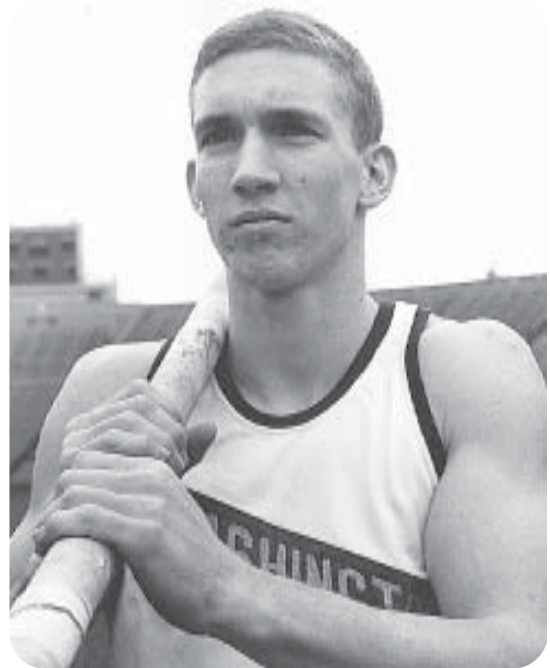
## R

Radford, Mike 1977-78  
 Rainey, Ben 1994  
 Ramos, Mike 1982-86  
 Ramsey, Finlay 1925-26  
 Ramstedt, Julius 1929-31  
 Rasmussen, Trish 2005  
 Rathman, Bill 1992  
 Raymond, Mike 1993-94  
 Rector, Michael 1942  
 Redfern, Mel 1948  
 Redmond, Eddie 1998  
 Reed, Robert 1928-29  
 Reese, Jenny 1989-92  
 Reichmann, Heather 2001-03  
 Reid, Michelle 1995-98  
 Reid, Scott 1980, '82  
 Reinelt, Herb 1949  
 Reinke, Jim 1984-88  
 Reinking, Dick 1964-66  
 Rembold, Kali 1993-96  
 Remund, Frank 1999-2002  
 Rene, Jeremy 1987  
 Renouard, Bob 1977  
 Renz, Joshua 1998-2001  
 Renz, Sherri 1979  
 Reynolds, Rob 1995-98  
 Reynolds, Sewall 1946  
 Rhuddy, Kenneth 1930-32  
 Richib, Kristy 1989-92  
 Richards, Bill 1950-52  
 Richards, Meredith 1984  
 Richardson, Colleen 1980-83  
 Richardson, Fran 1997-99  
 Richardson, Keith 1981

Richburg, Julio 1988-90  
 Richmond, Bill 1984-87  
 Rickey, Paul 1998  
 Ridgeway 1910  
 Riedl, Karen 1997  
 Riley, Elizabeth 1993-94  
 Riley, Fenwick 1930  
 Roberson, Darryl 1988-89  
 Roberts, Brittany 2001-03  
 Roberts, Dave 1965-67  
 Roberts, Sam 2003-05  
 Robinson, Andrew 2003-05  
 Robinson, Claudine 1991-94  
 Robinson, Doug 1946, '49  
 Robinson, Earl 1947  
 Robinson, Gary 1980  
 Robinson, Josh 1999-2002  
 Robinson, Richard 1942  
 Robinson, Vern 1954  
 Rochette, Daryl 1991  
 Rockett, Bob 1983-85  
 Rodeheffer, Matt 1994  
 Roe, Bill 1965-67  
 Roe, T.T. 1987-89  
 Roetman, Rainey 1979  
 Rogers, Elizabeth 2000  
 Rogge, Josh 1999, 2001-02  
 Rohrer, Lee 1995  
 Rohrschieb, Walter 1935-36  
 Rohweder, Roxanne 1984-87  
 Romero, Juan 2002-04  
 Ronning, Kristin 1990-93  
 Rosdahl, Andy 1991  
 Rose, Amy 1999  
 Rose, Tyler 1997-99  
 Rosenquist, Frank 1932-33  
 Ross, Fred 1928-30  
 Ross, Shirley 1987  
 Rowe, Leslie 1981  
 Rowe, Tim 1972  
 Rubestello, Leo 1943  
 Rucker, Jim 2000-01  
 Rudder, Tyriff 2001  
 Rueckert, Dan 1978-79  
 Russell, John 2000, '03-'04  
 Russell, Ray 1942-43  
 Rustad, Doug 1962  
 Rutledge, Kevin 1981  
 Rutter, Bob 1974  
 Ryan 1900  
 Ryan, Field 1952-54  
 Ryan, Willem 1996-99

## S

Sahlberg, Zach 2001  
 Saladino, Peter 1990-91  
 Salibian, Searan 1999-2002  
 Samples, Roger 1935-36  
 Sampson, Shelton 2003  
 Samuelson, Justelle 1993-96  
 Sanders, Jeff 1980-81  
 Sanders, Leo 1998  
 Sandmeyer, Koko 1991-94  
 Sanford, Shelly 1987-88  
 Sargent 1900  
 Sarles, Trevor 1963-65  
 Saunders, Barney 1959-60  
 Saunders, Robert 1961  
 Sauter, Andrea 2000  
 Savage, Jennifer 1991  
 Sayenko, Mike 2004-05  
 Scanlon, Henry 1947-48  
 Schaares, John 1992  
 Schepman, Hodydy 1957  
 Scherer, Lewis 1903  
 Schibig, Louise 1980  
 Schloessler, Lee 1946  
 Schock 1900  
 Schorr, Tessie 1990-93  
 Schroeder, Marvin 1927  
 Schrueth, Dan 1999-2000



**Brian Sternberg set a world record of 16-7 in the pole vault at the 1963 Modesto Relays, then won the NCAA championship three weeks later.**

Schultz, Jim 1967, '68  
 Schur, Brian 1994  
 Schutte, Todd 1988-89  
 Schwager, Karen 2004  
 Schweim, Joyce 1987-90  
 Schwinn, Mat 1999, 2001-03  
 Scoggins, Garrett 1993-94  
 Scott, Jim 1940  
 Scott, Rob 1992-93  
 Scruton, Lee 1980  
 Seferovoch, Larry 1962-64  
 Seibel, Mike 1986  
 Sellers, Elbert 1929, '35  
 Semanskee, Stace 1982  
 Senger, Bob 1972  
 Senior, Micky 1973  
 Setliff, Adam 1992-93  
 Seward, Carissa 1991  
 Seymour, Jim 1970-71  
 Shaeffer, Chris 1989  
 Shaffer, Ron 1952  
 Shanley, Soozie 1995-96  
 Shannon, Patsy 1979-81  
 Shaures, John 1989-90  
 Sheedy, Aaron 1992-93  
 Shelley, William 1927-29  
 Shelton, Thad 1996  
 Shepard 1918  
 Sheppard, Kelsey 1999-2002  
 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 1988-91  
 Shroeder, Marvin 1925  
 Shugarts, Gerg 1987  
 Sievers, Chris 1956-58  
 Silvis, Suzanne 1991-94  
 Sims, Jr., James 2002-03  
 Simon, Darrell 1928  
 Simpson, Eric 1993-95  
 Simpson, Larry 1967  
 Sinclair, Tom 1978-79

Singer, Dean 1955-57  
 Singletary, Gerald 1972  
 Singleton, Chris 2002-03  
 Sinkoskey, Gary 1959  
 Sires, Jed 1998  
 Skartvedt, Darrold 1952-54  
 Slade, Douglas 1923  
 Sletvett, Todd 1988  
 Sloan, Bill 1940  
 Smalley, Jennifer 1991  
 Smart, Bill 1968-70  
 Smiley, Vickie 1983  
 Smith, Bill 1930  
 Smith, Bob 1941-43  
 Smith, Craig 1992  
 Smith, Graham 1927-28  
 Smith, Greg 1982-84  
 Smith, Hans 1948  
 Smith, Jacob 1992-95  
 Smith, Jamara 2000-01  
 Smith, Martin 1947  
 Smith, Matt 1988, '91  
 Smith, Meledy 1984-85  
 Smith, Rex 1905  
 Smith, Teo 1985-89  
 Smith, Troy 1927-29  
 Smith, Willard 1939-41  
 Smyth, Greg 1972-73  
 Snider, Loyal 1924-27  
 Snyder, John 2001-02  
 Snyder, Julia 1985-86  
 Softli, Tony 1958  
 Sollars, Theresa 1980-82  
 Soma, Kate 2002-05  
 Southwick, Everett 1951  
 Southwick, Glen 1919  
 Spangler, Kirk 1978-79  
 Spence, Courtney 2001  
 Spence, Davaon 2004-05  
 Spencer, Pete 1968-70  
 Spigel, Kate 2001, '03  
 Spriestersbach, Megan 2000-04  
 St. Clair, Justin 1998-2000



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  
 Sternberg, Brian 1963  
 Stevens, Jim 1986  
 Steward, Brynne 2003-05  
 Steward, Pete 1950-51  
 Stirling, Bruce 1983, '85-87  
 Stocker, Val 1987-90  
 Stoll 1910-11  
 Stolp, Bill 1977-79  
 Stone, Bob 1981  
 Stonkus, Arnie 1977-78  
 Strathairn, Tom 1966-68  
 Strickler, Howard 1961-62  
 Strom, Terry 1954-56  
 Strong, Mike 1980  
 Strub, Chris 1980  
 Strub, Mike 1990-93  
 Stucelli, Ed 1917  
 Stupey, Lynn 1978  
 Stutfield, Fred 1936-38  
 Summers, Steve 1978-79  
 Sundquist, Stanley 1950  
 Surface, Steve 1977-78  
 Sutherland, George 1973-74  
 Sutton, Kyla 1993-96  
 Suver 1938  
 Swan, John 1938  
 Swanson, Leif 1979-80  
 Swanson, Michelle 1987  
 Swanson, Robin 1987  
 Swanzey, Gene 1941-42  
 Sweeney, Scott 1997-98  
 Swift, Craig 1970, '72  
 Swisher, Bob 1933-35  
 Syrdal, Kara 1998-2001

**T**  
 Tabish, Dan 1983-87  
 Tabor, Phil 2002  
 Taft, Ann 1978-80  
 Tangreen, Stacy 1982  
 Tasker, Angie 1987-90  
 Taylor, Art 1939  
 Taylor, Dan 1970, '72-'73  
 Taylor, J.D. 1985-86  
 Taylor, Jeff 1972-74  
 Taylor, Vincent 1985  
 Temple, Tom 1966-68  
 Terry, Michael 1998  
 Terry, Tamanika 1992-95  
 Teunis, Wyers 1924-25  
 Thayer 1900  
 Theriault, Steve 1980  
 Thiel, Lynne 1982  
 Thome, Aleah 1998  
 Thomas, Fahern 1992  
 Thomas, Garth 1985-86  
 Thomas, Sesilia 1997-2000  
 Thomas, Tracey 1988, '91  
 Thomason 1912  
 Thompson, Don 1939  
 Thompson, E.B. 1903  
 Thompson, Morgan 2000-01  
 Thornburgh, Dale 1952  
 Thowsen, Jon 1972-73

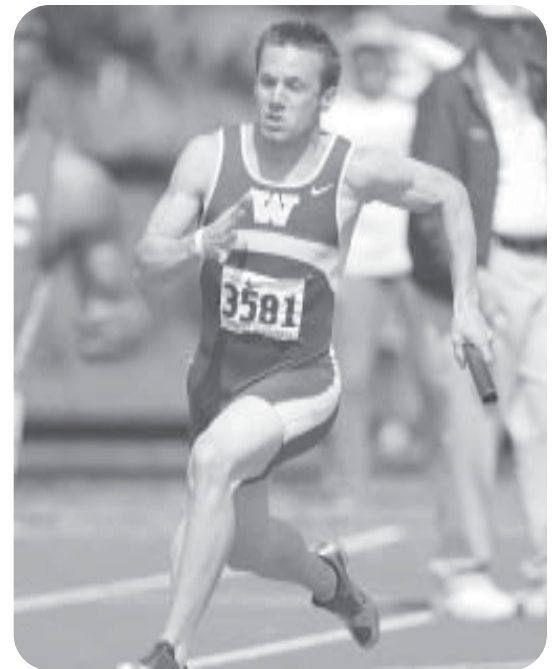
Thrall, John 1961  
 Thrall, Mike 1962-63  
 Tibbals, Maurice 1903-05  
 Tinner, Keith 1975-77  
 Tobacco, Terry 1957-59  
 Todd, Jim 1940-41  
 Tolbert, Bill 1977  
 Tom, Angie 1994  
 Tonning, Bjarne 1934  
 Topping, Matt 2001, '03  
 Torkelson, Nancy 1985-86  
 Torney, Jack 1925-27  
 Torrance, John 1980  
 Torrell, Eric 1983  
 Torrison, Lisa 1983-85  
 Touran, Kathryn 2003  
 Traynor, John 1990  
 Trexler, Gene 1950  
 Triplett, John 1977  
 Trowbridge, Bill 1937  
 Trueblood, Harold 1930  
 Tubbs, Alison 2004  
 Tulin, Charles 1952  
 Tuohy, Brendan 2002-03  
 Tupper, Cecil 1924-25  
 Turene 1913  
 Turnbull, Larry 1960-63  
 Turner, Ed 1994, '97  
 Turner, Kevin 1978-81  
 Tuson, Roger 1947, '49  
 Twitchell 1900

**U**  
 Ullman, Tom 1940-41  
 Umsted, Louis 1950  
 Urrutia, Carlene 1987-88  
 Uusitalo, Helena 1986-87

**V**  
 Vagners, Juris 1959  
 Van Anderson, Chris 1995  
 Van Pelt, Caryl 1977, '79, '81  
 Van Voris, Cecil 1923  
 Van, Mark 1978-79  
 Vanderhoof, Rod 1951-53  
 Vandermay, Bill 1936-38

VanderMeij, Melissa 1996-97  
 Vavak, Roy 1965  
 Vegar, Stan 1977  
 Vela, Grace 2004-05  
 Verbon, Nick 2003  
 Vermeere, Janie 1991-94  
 Vernon, Frank 1908  
 Versaw, Kristin 1998  
 Viereck, Giron 1930  
 Villani, Chris 1978, '81-'82  
 Vincent, Russ 1974-77

**W**  
 Wainhouse, Mary 1979  
 Walker, Bill 1969  
 Walker, Brad 2000-04  
 Walker, Keith 1989  
 Walker, Marc 1979, '80  
 Walker, Shirley 1984-85  
 Wallis, Jeff 2002  
 Walmsley, Mike 1970  
 Walsh, Marty 1967-69  
 Walter, Clement 1912  
 Walter, Ernest 1913-15  
 Walters, Anthony 2000-01  
 Walters, Gene 1942  
 Waltner, Al 1979, '81-'82  
 Wang, Alex 1994  
 Ward, Mike 1979  
 Wardlow, Duane 1952-54  
 Warmuth, Leo 1989-90  
 Warner, Kam 1993-97  
 Warnock, Rob 1998, 2000  
 Waterhouse, Katelyn 2003  
 Watkins, Greg 1980-81  
 Watson, Archie 1940-41  
 Webb, Cecil 1948  
 Weber, Julian 1932  
 Webster, Rob 1979-82  
 Weil, Kari 1998-99  
 Weingarten, Harry 1948  
 Weiser, Karl 1963-65  
 Weiser, Phil 1961-63  
 Weisman, Paul 1950  
 Weisz, Tim 1990-91  
 Welch, Doug 1986-87  
 Wells, Scott 1981-82  
 Werner, Clyde 1968



**Sean Williams ran on 15 different relays ranked among UW's top-10 all-time, including school records in the 4x400 meters and distance medley relay.**

Werner, Susan 2000-2002  
 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, Coral 1903  
 White, Dave 1981  
 White, LaTonya 1990-91  
 White, Mike 1992  
 Whiting, Keith 1929, '31  
 Whitish, Emily 1999-2000  
 Whitlock, Sandy 1990  
 Whitten, Ty 1994, '97  
 Whitworth, Don 1936  
 Widell, Ralph 1974  
 Widenfelt, George 1951-53  
 Wiehl, Dick 1957  
 Wilcox, Rod 1988  
 Wilde, Drummond 1925-26  
 Wilde, Frank 1926  
 Wildhaber, Ashley 2004-05  
 Wildinon, Trevor 1949  
 Wilkins, Jesse 1939  
 Wilkinson, Trevor 1947  
 Will, John 1941  
 Willard, Garth 1991-92  
 Williams 1900  
 Williams, Aaron 1979, '81  
 Williams, Barb 1979-80  
 Williams, Bill 1912-14  
 Williams, Carlos 2000-01  
 Williams, Dallan 2004  
 Williams, Dave 1965-67  
 Williams, Harold 1921-23  
 Williams, Heidi 1985-87  
 Williams, Loren 1979  
 Williams, Sean 2002-05  
 Williams, Simon 1988  
 Williams, T. 1910  
 Williamson, Mark 1983-86  
 Willis, Bob 1964-66  
 Willis, Celia 1990-92  
 Wilson, Evan 2005  
 Wilson, John 1922-23  
 Wilson, Lyle 1972  
 Wilson, Todd 1988, '91

Winegar, Isaac 1994  
 Winger, Dan 1972-74  
 Winney, Terrie 1978-79  
 Winsor, Will 1905  
 Wipfler, Gary 1980-81  
 Wise, Rigel 2002-05  
 Wishaar, Angela 2003-05  
 Withey, Chris 1998-2000  
 Witter, Babe 1991  
 Wlatner, Al 1980  
 Woelfel, Paul 1928  
 Wold, Don 1946-48  
 Wolfe, Rebecca 1984-85  
 Wolfork, J.R. 2005  
 Wollen, Doug 1979-83  
 Wood, Harrison 1967-69  
 Woodbridge, Dudley 1915-16  
 Woods, Patrice 1993-96  
 Woodward, Walt 1930-33  
 Woolfolk 1918  
 Wothe, Mike 1983  
 Woutilla, Bob 1968  
 Wright, Garner 1911-14  
 Wright, Ken 1938-39  
 Wyckoff, Lor 1979  
 Wyman, Andy 1993-95

**Y**  
 Yagle, Mary 1979-81  
 Yamauchi, Marci 1996  
 Yantis, Dick 1941-43  
 Yeager, Justin 1993  
 Yenchsky, Chad 1995  
 Yorke, Greg 1970  
 Youngkin, Jessica 1996  
 Youngquist, Deeja 1996-99

**Z**  
 Zackery, Tony 1985-89  
 Zahn, Tiffany 2003-05  
 Zajac, Brad 1991-92, '94  
 Zebert, Diane 1979-80  
 Zener, Robert 1922-23  
 Zocolla, Jim 1985-87  
 Zwiebel, Gordon 1932-34



**Megan Priestersbach set a UW javelin record in a fourth-place finish at the 2004 NCAA Championships, and represented UW at the 2004 U.S. Olympic Trials.**