

UNIVERSITY OF WASHINGTON HUSKY TRACK & FIELD 2012



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Fierce Competition Awaits At Pepsi Team Invite

PEPSI TEAM INVITATIONAL

APRIL 7 • EUGENE, ORE. • HAYWARD FIELD

ON THE TRACK: The Husky track and field squad heads to one of the early season highlights this weekend, as UW pays a visit to Oregon's Hayward Field for the annual Pepsi Team Invitational. The scored meet sets the Huskies against Pac-12 rivals Oregon and UCLA, along with Texas A&M, the three-time defending NCAA Champions on both the men's and women's sides.

This is the 23rd year of the Pepsi Team Invitational, and it will be the 14th appearance for Washington. The javelin competitions, which will be one of the marquee events of the meet, go off at 10:15 a.m., with the first track events set for 12:35 p.m. and the next group of field events starting at 12:20. The meet should be finished around 4 p.m.

The Oregon Sports Network will webcast the Pepsi Team Invitational live in HD for free on www.goducks.com beginning at noon.

The international scoring system will be in place for the Pepsi Team Invitational, which allows schools to score a maximum of two competitors in each event (one team per relay). Individual event scoring is 9-7-6-5-4-3-2-1. Relays will be 9-7-6-5.

PURPLE AND GOLD PERSPECTIVE: Coming off the season opener two weeks ago at the Trojan Invite, many Huskies now have a good feel for outdoor competition and will look to step it up and make a few tweaks this Saturday. Also rounding out the full team will be several distance runners that did not run at USC but will open up this weekend.

Three of the four members of UW's NCAA Champion distance medley relay will compete for the first time outdoors on Saturday. Sophomore Katie Flood starts out at a shorter distance, as she'll run the 800-meters for the first time in college. Freshman Baylee Mires, the 800m leg on the DMR, will also run the 800-meters in a very strong field. Chelsea Orr, a sophomore indoors but a redshirt freshman outdoors, steps up in distance and she'll run the 5,000-meters. The fourth DMR member, sprinter Jordan Carlson, competed at USC but she'll run her 400-meter dash for the first time outdoors.

Starting at 100-meters and moving up, senior Bianca Greene and freshman Haley Jacobson will run both the 100- and 200-meters. Jacobson opened with a 12.03 in the 100m at USC, already just short of the Husky Top-10. Joining Carlson in the 400m will be sophomore Michelle Fero. In the 100m hurdles, freshman Naivasha Sophusson Smith will run along with junior Sarah Schireman. Kayla Stueckle, Gianna Woodruff, and Skye Atchley will all tackle the 400-meter hurdles.

Along with Flood and Mires, freshman Eleanor Fulton and junior Laura Schmitt will run 800-meters, and Fulton is also entered at 1,500-meters. Fulton already ranks eighth nationally in the early going at 1,500-meters after she opened with a 4:22.26 at USC. Juniors Christine Babcock and Justine Johnson and redshirt freshman Chloe Curtis make the 1,500 a big event for the Dawgs.

At 5k, Orr will be joined by redshirt freshman Liberty Miller, who ran a nice 1,500m at USC two weeks back, and sophomore Phoebe Merritt. Sophomore Mackenzie Carter also opens up in the steeplechase on Saturday.

In the field, Caroline Soules and Kelly McNamee look to post some points and PRs in the high jump. Junior Logan Miller got the win at USC with a pole vault clearance of 13-2 1/4, and she'll have another tough field to contend with this week, with redshirt frosh Georgia Reynolds also in the mix.

Senior Taylor Nichols will both triple and long jump, as will sophomore Alana Alexander. Junior Shanae Lakes surpassed 40-feet in her triple jump opener at USC and she'll focus on that event. Schireman will add her long jump skills as well.

Sophomore Shelby Williams will be in the open shot put as well as the 200m dash. Erica Huse will be UW's other shot putter, and she will also throw discus and hammer. Senior Elisa Bryant is the top seed in the discus, and second seed in the hammer.

HUSKY TRACK SCHEDULE

Indoor

Date	Meet	Location
Jan. 14	UW Indoor Preview	Seattle
Jan. 27-28	UW Invitational	Seattle
Feb. 4	Bronco Classic	Boise, Idaho
Feb. 10-11	The Flotrack Husky Classic	Seattle
Feb. 12	UW Indoor Open	Seattle
Feb. 24-25	MPSF Championships	M - 8th; W - 5th
Mar. 3	UW Final Qualifier	Seattle
Mar. 9-10	NCAA Championships	W - t23rd

Outdoor

Date	Meet	Location
Mar. 23-24	Trojan Invitational	Los Angeles, Calif.
Apr. 7	Pepsi Team Invitational	Eugene, Ore.
Apr. 19-21	Mt. SAC Relays	Walnut, Calif.
Apr. 21	Beach Invitational	Cerritos, Calif.
April 28	at Washington State	Pullman, Wash.
May 4	WWU Twilight Invite	Bellingham, Wash.
May 5-6	Pac-12 Multi-Events	Eugene, Ore.
May 12-13	Pac-12 Championships	Eugene, Ore.
May 24-26	NCAA Preliminary Rounds	Austin, Texas
June 6-9	NCAA Championships	Des Moines, Iowa

Bold font indicates Husky home meet, at Dempsey Indoor.

2012 USTFCCA Week 1 Outdoor Rankings

Men			Women		
1	Florida	260.06	1	Oregon	350.95
2	LSU	247.59	2	LSU	302.70
3	Florida State	239.06	3	Clemson	278.87
4	Arkansas	231.22	4	USC	253.08
5	Texas	226.61	5	Texas A&M	209.69
6	Texas A&M	224.49	6	Arkansas	209.01
7	Texas Tech	197.97	7	Oklahoma	182.41
8	USC	186.81	8	Texas	178.30
9	Mississippi State	167.14	9	Kansas	167.81
10	Arizona State	159.15	10	Texas Tech	162.70
11	Indiana	157.89	11	Florida	155.06
12	Arizona	156.70	12	Georgia	145.93
13	Baylor	142.83	13	UCF	143.50
14	Mississippi	142.07	14	Arizona	136.31
15	Nebraska	138.13	15	Kansas State	125.48
16	Oregon	134.76	16	Tennessee	124.63
17	Virginia Tech	133.33	17	Baylor	119.04
18	Georgia	132.69	18	Auburn	115.91
19	Stanford	122.19	19	Arizona State	115.65
20	Iowa	117.29	20	Stanford	100.62
21	Auburn	105.92	21	Southern Illinois	93.17
22	Princeton	94.47	22	Florida State	90.36
23	Oklahoma	93.32	23	Nebraska	86.76
24	Wisconsin	90.00	24	BYU	84.52
25	Kansas	88.15	25	UTEP	80.14

HUSKY TRACK QUICK FACTS

University of Washington
Athletic Department, Box 354070
Seattle, WA 98195-4070

Enrollment:..... 42,000 (31,400 undergraduate)
Founded:..... Nov. 4, 1861
President:..... Michael K. Young
Director of Athletics:..... Scott Woodward
Nickname:..... Huskies
Colors:..... Purple and Gold
Home Facility:..... Dempsey Indoor
Conference:..... Pac-12 (Outdoor) / MPSF (Indoor)
Head Coach:..... Greg Metcalf (10th year)
Assoc. Head Coach:..... Jason Drake (3rd year)
Asst. Coach (Vault/Jumps):..... Pat Licari (15th year)
Asst. Coach (Throws):..... T.J. Crater (1st year)
Asst. Coach (Sprints/Hurdles):..... Raul Sheen (4th year)
Asst. Coach (Distances):..... Lauren Denfeld (2nd year)

Website:..... www.GoHuskies.com

2011 Men's Pac-10 / MPSF Finish:..... 8th / 8th
2011 Men's NCAA Finish (Outdoor/Indoor):..... t20th / t18th
Best Men's Pac-10 Finish:..... 2nd (1976)
Best Men's MPSF Finish:..... 1st (2007, 2006)
Best Men's NCAA Finish (Outdoor/Indoor):.....
..... 2nd (1929, 1930) / t7th (2007)
Men's 2011 All-Americans Returning:..... Seven
James Alaka, Jr. - 200m; 4x100m
Colton Dunn, Jr. - 4x100m
James Cameron, Jr. - Mile (i)
Ryan Hamilton, Sr. - 4x100m
Maurice McNeal, So. - 400m; 4x100m
Jeremy Taiwo, Jr. - Decathlon, Heptathlon (i)
Joe Zimmerman, Jr. - Javelin

2011 Women's Pac-10 / MPSF Finish:..... 9th / 5th
2011 Women's NCAA Finish (Outdoor/Indoor):..... t54th / DNS
Best Women's Pac-10 Finish:..... 4th (1995, '96, '98)
Best Women's MPSF Finish:..... 1st (1996)
Best Women's NCAA Finish (Outdoor/Indoor):.....
..... 10th (1988) / t8th (1988)
Women's 2011 All-Americans Returning:..... Three
Katie Flood - 1,500m; 3,000m (i)
Megan Goethals - 5,000m; 3,000m (i)
Logan Miller - Pole Vault

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Four Dawgs are in a competitive javelin competition, with seniors Amanda Peterson and Brooke Pighin leading the way, and juniors Jordin Seekins and Ally Mueller looking to push their way up the national lists as well. Peterson set the school record at this meet a year ago, throwing 174-feet.

Saturday will mark the first outdoor 100- and 200-meter dashes for junior James Alaka since he ran PRs last summer at the European Championships and World University Games. The Pac-10 Champion in both short sprints a year ago, Alaka won't be the favorite as Texas A&M brings a number of speedsters that could push Alaka to some fast times if conditions are favorable. Senior Ryan Hamilton and sophomore Matt Anthony will also run both short sprints. Hamilton matched his PR at 100-meters at USC, running 10.68. Senior Sam Rucker is the lone Husky entered at 400-meters.

At 800-meters, junior Brad Whitley leads a group of five Huskies who could all contend for points. Sophomore Gareth Gilna, sophomore Kyle Blume, redshirt frosh Sean Krinik, and freshman Derrick Daigre are all in the mix. Veterans Joey Bywater, Ryan Soberanis, and Charlie Williams lead the way at 1,500-meters in another strong field.

Junior Rob Webster Jr. will open up in the 5k on Saturday, joined by Aaron Beattie, Taylor Carlson, and Tyler King. In the steeplechase, Pac-10 point scorer Michael Miller runs for the first time this season, joined by freshman Meron Simon, who ran a solid 9:12 in his first collegiate steeplechase at USC. Carlson may also steeple for the first time.

In the hurdles, senior Miles Timpe is entered in both the long and short races. Dan Sanders will go at the 400-meter hurdles, and junior Shayne Moore attacks the 110m hurdles.

Coming off a victory at USC and his first seven-foot clearance in college, sophomore A.J. Maricich looks to build on that momentum as one of four jumpers with a PR over seven feet in Saturday's high jump. Freshman Chase Walker and junior Clayton Johnson add to the depth there.

NCAA Indoor qualifier J.J. Juilfs returns to his hometown of Eugene to compete in the pole vault, along with senior Robby Fegles and redshirt frosh Alex Neshyba. Junior Julian Bardwell and sophomore Kasen Covington will have stiff competition in the long and triple jumps, but if they improve on their season-openers at USC, they could both get into NCAA Prelim qualifying range.

In the throws, freshman Danny Shelton is entered in the shot, heading down after some spring football practice. Javelin standout Joe Zimmerman will take up the needed second spot in the shot put. In the discus, junior Conner Larned and senior Angus Taylor are set to go, and both will also toss the hammer.

The men's javelin features an NCAA finals-caliber field, with Zimmerman and freshmen Curtis Clauson and Quinn Hale competing against current NCAA leader Sam Humphreys of A&M, and some other Pac-12 talents. Ten competitors have seed marks over 200-feet, with seven over 220.

ALL ROADS LEAD TO IOWA: For the second straight year, the outdoor track season heads towards Des Moines, Iowa for the NCAA Championships from June 6-9. Athletes will reach the final site by qualifying through the preliminary rounds, held at two different locations. The western half of the country will be in Austin, Texas for the West Prelims on May 24-26, and the eastern half will meet in Jacksonville, Florida. There are no set NCAA qualifying standards anymore; athletes will qualify for the prelims by ranking in the top 48 in their event in their respective region. For relay teams it will be the top 24. The top-12 finishers from each regional meet then advance to Des Moines. Therefore most events will feature initial fields of 96 athletes over the two sites, that will be whittled down to 24 that advance to Iowa.

HUSKIES IN THE RANKINGS: A new set of team rankings came out this Tuesday from the U.S. Track & Field and Cross Country Coaches Association, factoring in this year's outdoor results for the first time. But at the moment, the majority of the rankings are still based on last year's marks, so not much can be learned yet. The Husky men are ranked 44th this week, getting their largest amount of points from the 2011 marks of Maurice McNeal at 400-meters and Jeremy Taiwo in the decathlon. Taiwo has yet to compete in 2012 as he rehabs from hip surgery. The women's team is ranked 33rd, based entirely on 2011 data. Megan Goethals in the 5k and Amanda Peterson in the javelin are providing the most points, though Goethals has yet to open up outdoors, and Peterson threw a solid 159-feet in her javelin opener, short of the 174-feet she threw last year that is currently counting in the team rankings.

2012 HUSKIES IN THE WEST REGION TOP-50 OUTDOORS

Men					Women				
Name	Event	Mark	West Rank	National (Top-100)	Name	Event	Mark	West Rank	National (Top-100)
Joe Zimmerman	Javelin	228-9	8th	17th	Eleanor Fulton	1,500m	4:22.26	5th	8th
A.J. Maricich	High Jump	7-0 1/4	10th (tie)	23rd (tie)	Christine Babcock	1,500m	4:24.91	10th	26th
Anthony/Alaka/ McNeal/Hamilton	4x100m	40.13	16th	26th	Logan Miller	Pole Vault	13-2 1/4	15th	28th
Ryan Soberanis	1,500m	3:48.96	21st	49th	Amanda Peterson	Javelin	159-3	16th	20th
Robby Fegles	Pole Vault	16-7 1/2	23rd	46th	Brooke Pighin	Javelin	154-10	19th	27th
Meron Simon	Steeplechase	9:12.78	25th	39th	Liberty Miller	1,500m	4:27.90	20th	53rd
Maurice McNeal	200m	21.32	32nd	57th	Shaniae Lakes	Triple Jump	40-4 3/4	25th (tie)	58th
Curtis Clauson	Javelin	207-4	32nd	63rd	Jordin Seekins	Javelin	140-2	44th (tie)	84th
Kasen Covington	Triple Jump	48-6	33rd	69th	Elisa Bryant	Discus	153-1	50th	87th
Angus Taylor	Hammer	187-11	36th	65th					
Charlie Williams	1,500m	3:50.48	37th	80th					
Ryan Hamilton	100m	10.68	44th (tie)	N/A					
J.J. Juilfs	Pole Vault	16-1 3/4	49th	89th					
Julian Bardwell	Long Jump	23-3 1/2	49th (tie)	N/A					

DMR BRINGS HOME THE TITLE AT NCAA INDOORS: The women's distance medley relay brought home the first indoor track title in the history of the Husky women's track program, providing the high point of UW's trip to Nampa, Idaho for the NCAA Indoor Championships on March 9-10. On the first night of the two-day meet, the Husky foursome of Chelsea Orr, Jordan Carlson, Baylee Mires, and Katie Flood got the win in the 4,000-meter race in a time of 11:05.20, holding off Oregon, Dartmouth, and Georgetown. The Huskies were in eighth-place when Flood got the stick for the final 1,600-meters, but the pace slowed up front and Flood got right back in the mix, eventually pulling away on the final lap for the win. It was the first NCAA title for Washington in a relay event since the men's 1,600m relay win in 1975. The men's distance medley relay of Ryan Soberanis, Maurice McNeal, Brad Whitley, and Joey Bywater met with some misfortune before the women's race, as Soberanis was tripped and fell on the opening leg, and the Huskies had to settle for 10th-place. Sophomore Megan Goethals ran in the 5,000-meters on night one, placing ninth, to just miss a podium spot. She then came back on Saturday to finish 11th in the 3,000-meter final, with Flood also coming back to run the 3k, finishing 9th. Freshman J.J. Juilfs made his NCAA debut in the pole vault, clearing his opening height of 17-0 3/4 but then bowing out in 17th-place. The 10 points scored by the women's team was good for a tie for 23rd-place in the final standings.

NCAA INDOORS IN REVIEW: The indoor track season came to a close in early March, with the University of Washington having made its mark on the national scene and rewritten its own recordbooks once again. The Dempsey Indoor facility welcomed thousands of the NCAA's top athletes through its doors, producing dozens of NCAA Indoor qualifiers, as the UW was a constant focal point of the indoor season. Stepping into the spotlight in a big way was sophomore Katie Flood, as she smashed a school record each of the first three times she took to the track. Flood's records in the mile (4:28.48), the 3,000-meters (8:55.31), and as the anchor on the distance medley relay (10:55.01) all rank among the top-10 indoor times in NCAA history, and all led the NCAA. She then led the DMR to the first ever NCAA title for the Husky women indoors, as Chelsea Orr, Jordan Carlson, Baylee Mires, and Flood got the win in Nampa, Idaho. It was the first NCAA title in a running event for UW since 2007. With the win, the UW women finished tied for 23rd at NCAAs with 10 points. Additional school records were set by Carlson in the women's 400-meters (54.67), sophomore Megan Goethals at 5,000-meters (15:54.89), and the men's distance medley relay of Ryan Soberanis, Maurice McNeal, Brad Whitley, and Joey Bywater (9:31.68). The men's DMR joined the women at nationals, Goethals ran in both the 3k and 5k, and freshman J.J. Juilfs advanced in the pole vault. The women's DMR earned First Team All-America honors for its national title, while the men's DMR and Goethals earned Second Team All-America honors, and Juilfs was honorable mention. The Huskies once again hosted the MPSF Championships, which this year added full teams from BYU and Colorado, and the Utah women. The Husky women finished fifth overall at MPSFs with 56 points while the men placed eighth with 37.5 points. The women's DMR that would go on to win at NCAAs also took the MPSF title in a Dempsey and MPSF Record time. An impressive 11 facility records were set in 2012, with four produced by high school athletes at the Brooks PR Invite. As has become tradition, athletes in the long distance races came to the Dempsey to run fast, and were rewarded. A look at the descending order lists prior to NCAAs shows that 15 of the top-25 men's times at 3,000-meters, and 14 of the top-25 5,000-meter times were run in the Dempsey. On the women's side, 10 of 25 in the 3k and 12 of 25 in the 5k came from the Dempsey, plus seven of the 25 fastest miles.

ADD BOWERMAN AWARD TO THE FLOOD WATCH: With three NCAA leading times in three runs this year, sophomore **Katie Flood** has drawn a national spotlight and earned a spot on the Bowerman Watch List, a 10-athlete list of athletes contending for national athlete of the year honors, basically the Heisman Trophy of college track. That's what can happen when one runs an 8:55.31 followed by a 4:28.48, then anchors a DMR at 10:55.01. This past fall, Flood capped off one of the best cross country seasons in Washington history with a seventh-place finish at the NCAA Cross Country Championships, earning her first cross All-America honor, and leading UW to second overall. She had previously won the inaugural Pac-12 Cross Country Championships, becoming the third Husky ever to win the conference title. But since stepping back onto the track this indoor season, Flood is proving that no record is safe, as she has made a huge leap from an already impressive freshman season. A year ago, Flood made it to NCAA Indoors, placing 10th in the 3k, and setting a PR of 9:09.85. Her one mile run ended up at a solid 4:47.45. Outdoors, she stuck to the 1,500-meters, running a best of 4:18.80 and winding up 20th overall in the NCAA Outdoor semifinal round. With the year of experience and consistent training, Flood has crushed those first two times and put her name into the NCAA recordbooks. In her debut at the UW Invitational, Flood lowered the UW 3,000-meter record by more than 13 seconds down to 8:55.31, which ranked her as the No. 6 indoor performer in NCAA history, and the No. 5 American collegiate indoors or outdoors at 3,000-meters. Two weeks later at the Flotrack Husky Classic, Flood dropped nearly 20 seconds off her mile PR, running 4:28.48, which is the fourth-fastest time in NCAA history, and dropped six and a half seconds off UW's school record. Two of the three women ahead of Katie on the list won gold (Jenny Simpson at 1,500m) and silver (Sally Kipyego at 10,000m) medals just last summer at the IAAF World Championships. Most recently, at the MPSF Championships, Flood ran the 1,600m anchor leg on UW's distance medley relay, which won in a school, MPSF, and Dempsey record time of 10:55.01, another NCAA leader. Both of Flood's individual times were the fastest in the

NCAA since 2009. The Des Moines, Iowa native and prep superstar has come a long way in a year's time, and she and her coaches hope it is just the start of great things to come. She was named the **West Region Women's Track Athlete of the Year** by the USTFCCA prior to indoor nationals.

RECORDS FALL AT MPSF CHAMPIONSHIPS: The bigger MPSF Championship meet indeed proved to be better, as record after record went by the wayside in the Dempsey Indoor. Seven MPSF meet records and four facility records were set over the two days, with Washington setting new records in both distance medley relays and Jordan Carlson setting the 400-meter mark. The Mountain Pacific Sports Federation was joined for the first time this year by full men's and women's teams from Colorado and BYU, as well as the Utah women's teams, bringing the total to 12 men's teams and 14 women's teams. The Husky women finished fifth overall with 56 points while Stanford took home the title. Arizona State dominated the men's team race, winning with 131.5, while Washington placed eighth with 37.5 points. On Friday night, the Husky women's DMR set school, MPSF, and Dempsey records with an NCAA-leading time of 10:55.01. Katie Flood brought home the win after Chelsea Orr, Carlson, and Baylee Mires handled the first three legs. The men's DMR of Ryan Soberanis, Maurice McNeal, Brad Whitley, and Joey Bywater ran a record 9:35.06, good for fourth and seventh in the NCAA. Carlson came back Saturday and set the new 400m record at 54.67, taking fourth. Other big performers for UW included Angus Taylor, second in the men's weight with a PR of 62-7 3/4. J.J. Juilfs was third in the pole vault at 17-1 3/4, and McNeal was third with a 400m PR of 46.69. The women also had third-place efforts from Megan Goethals, who hit the NCAA Auto mark in the 3k at 9:08.42, and senior Elisa Bryant who threw the weight 63-1 1/4. Senior Mel Lawrence made her season debut with a fourth-place finish in the 5k, and Logan Miller and Taylor Nichols were fourth in the pole vault and triple jump, respectively.

POLE VAULT TRADITION CONTINUES TO EXPAND: Three-time NCAA Champion **Scott Roth** may have graduated in 2011, taking an armful of national awards with him, but UW's vaulters seem to grow on trees with **Coach Pat Licari** nurturing the growth. Roth's titles make a total of six for Licari's vaulters in the past nine years. Looking to jump back on the wave of momentum she rode at the end of the 2011 season is junior **Logan Miller**. The Nevada native cleared three-straight personal-bests last year at West Prelims to advance to NCAAAs at 13-5 1/4. She matched that clearance in Des Moines to place 11th overall and earn All-America Second Team honors. That was the first All-America honor for a Husky women's vaulter since 2008, and the ninth overall since 2003. For the men, looking to soften the blow of Roth's departure is freshman **J.J. Juilfs**, a Eugene native who was one of the top junior vaulters in the U.S. the past two years. Juilfs won the 2011 U.S. Junior Championship with a mark of 17-2 3/4. Nobody expects Juilfs to contend for national titles in his freshman season, but the rookie showed that might not prevent him from doing it anyhow, as he thrilled the Dempsey with a personal-best clearance of 17-7 at the UW Invitational on Jan. 28. He then made his first NCAA cut with a jump-off clearance of 17-8 1/4 at the UW Final Qualifier, earning a trip to NCAA Indoors, where he placed 17th, clearing his opening bar. Juilfs already owns the No. 5 mark indoors in school history. Senior **Robby Fegles** also vaulted into the UW Top-10 list this season, clearing the 17-foot barrier for the first time at 17-1 3/4, which ties for 10th on the UW lists. In just his first year working with Licari in 2011, Fegles raised his PR to 16-9 1/2 and he took 27th at West Prelims and scored at the Pac-10 meet.

SPRINTERS RETURNING FIREPOWER, CHASE NCAA POINTS: Coach Sheen's sprints crew returns the 2011 Pac-10 Athlete of the Meet, a school record-holder, and four athletes to earn All-America honors last season, giving UW its most depth in the sprints in several seasons. Quarter milers **Maurice McNeal** and **Jordan Carlson** have made the biggest impression so far this indoor season. Carlson, who broke the 400-meter outdoor school record last spring, added the indoor record to her name at the MPSF Championships, as she ran 54.67. She also has ran the 400m leg on UW's distance medley relay, which captured the 2012 NCAA title indoors, the first indoor NCAA title in the history of the women's track program. McNeal was a Pac-10 finalist at 200-meters and 400-meters last year and made the NCAA semis at 400-meters while setting a freshman record of 45.60. Indoors he's lowered his PR to 46.69 and run on the men's DMR, which also earned an NCAA Indoor bid with a school record time of 9:31.68. As the Huskies head outdoors, junior **James Alaka** will be looking to further establish himself as one of the NCAA's top sprinters. Alaka became the first Husky since 2000 to sweep the Pac-10 100m and 200m titles last spring, earning Pac-10 Athlete of the Meet honors in the process, and while defending those titles is a high priority, Alaka is also looking to advance to his first NCAA finals this spring and set himself up for a big 2012 summer, which could include an Olympic shot for his native Great Britain. Alaka and McNeal also are half of UW's 4x100-meter relay, which placed 16th at the NCAA Outdoor Championships to earn the group Second Team All-America honors. Also returning from that relay are senior **Ryan Hamilton** and junior **Colton Dunn**. The women will look for a big senior year from Carlson outside, and continued development from sophomore **Kayla Stueckle**, who made NCAA Prelims last year in the 400-meter hurdles and ran an open 400m PR indoors of 56.11.

RETURNING ALL-AMERICANS: A total of ten Huskies return in 2012 who earned USTFCCA All-America honors last season, be it First Team, Second Team, or Honorable Mention. The USTFCCA began breaking down its All-America honors into the three categories last season. First Team status goes to the top eight finishers in each event at each NCAA track meet, so those who wind up scoring team points at nationals. Athletes that finish 9-16 at the national meet receive Second Team honors, and any athlete who reaches the final site indoors or out but ends up outside the top-16 earns Honorable Mention. Washington has three returning First Team All-Americans in junior **James Cameron**, senior **Jeremy Taiwo**, and sophomore **Megan Goethals**. Cameron was eighth in the mile run at NCAA Indoors last year, while Taiwo was eighth in the heptathlon indoors and 15th in the decathlon outdoors to add a Second Team honor. Goethals scored at the NCAA Outdoor meet, placing sixth in the 5,000-meters, after taking 13th in the 3k indoors for a Second Team honor. Cameron and Taiwo have yet to compete in 2012 due to injuries. Six more Dawgs were Second Team honorees last year. The men's 4x100-meter relay placed 16th at NCAA Outdoors, earning Second Team status for **James Alaka**, **Maurice McNeal**, **Ryan Hamilton**, and **Colton Dunn**, all of who return this season. Alaka and McNeal also were Honorable Mentions individually at 200m and 400m outdoors, respectively. Sophomore **Katie Flood** was a Second Team All-American indoors in the 3,000-meters, placing 10th, and an Honorable Mention outdoors at 1,500-meters. Junior pole vaulter **Logan Miller** took 11th at NCAA Outdoors last year to make the Second Team. Junior **Joe Zimmerman** rounds out the list of 2011 honorees, as he was an Honorable Mention with a 20th-place javelin finish. Zimmerman was also a conventional All-American in 2010 before the teams were split, as he was fourth in the javelin at Nationals that year. Other Huskies back with previous All-America honors include **Mel Lawrence** (three times on the track), **Christine Babcock** (once on the track), **Elisa Bryant** (eighth in the weight throw in 2009), and **Brooke Pighin** (seventh in the javelin in 2009). That makes for 14 Huskies on the 2012 roster to earn All-America honors at least once in their career.

WOMEN'S CROSS COUNTRY EARNS MORE NCAA HARDWARE: For the third time in the past four years, the Husky women's cross country team found itself on the podium at the NCAA Championships in November. After the mud settled in Terre Haute, Indiana, the Huskies found out they had just missed the program's second national title by a miniscule eight points, placing second to Georgetown and ahead of defending champion Villanova and No. 1-ranked Florida State. Washington took just one senior to nationals, as **Christine Babcock** ended her career with a second-place team trophy, a first-place trophy from 2008, and a third-place trophy from 2009. Leading the Huskies all season was sophomore **Katie Flood**, who captured the inaugural Pac-12 Cross Country Championship and then placed seventh at nationals for her first cross country All-America honor. Also coming on strong late in the year was sophomore **Megan Goethals**, who took 18th at nationals for her own All-America honor. Babcock, sophomore **Justine Johnson**, and junior **Lindsay Flanagan** rounded out UW's top-five at nationals. Those five all earned All-West Region honors as well, as the Huskies won the NCAA West Regional title for the fourth year in a row. After a slow start to the season had dropped UW from a preseason No. 11 ranking down to 24th, Washington returned to prominence with a victory at the Wisconsin Invitational, which featured one of the largest fields in NCAA history. That shot UW back up to No. 2 in the polls. Washington placed second at the Pac-12 Championships but led the conference at

NCAAs, and **Greg Metcalf** was named Pac-12 Coach of the Year for the third time in the past four years.

HUSKIES ON HISTORIC RUN OF NCAA SUCCESS: The Husky men's track team is currently on an historic run of consistent success at the NCAA Championships. Six years running now the men's team has finished in the Top-25 at the NCAA Outdoor Championships, beginning in 2006. Prior to the current run, Washington had placed in the Top-25 at the NCAA Outdoor meet just once from 1986-2005. The men tied for 15th in 2007 and were 15th again in 2010, the highest finish during the string and the highest since 1985. However, the most points scored at a national meet during the streak was in 2008, when the men scored 19.33 points, their most since 1983, to place 16th. The six-year run matches the best in program history, as UW also finished in the Top-25 every year from 1974-79. Indoors, the men's team has placed in the Top-25 at five of the last seven NCAA Indoor meets, seven of the past 10, and nine of the past 13. In 2007 and 2008, the Huskies had their best indoor finishes in program history, placing seventh in 2007 and 10th in 2008. Combining the NCAA Indoor and Outdoor meets, the men's team has finished in the Top-25 at 11 of the past 13 championships. The women's team has tallied four Top-25 finishes at the NCAA Outdoor meet dating back to 2004, most recently in 2009, when the women finished 19th with 14 points. Prior to their 18th-place finish in 2004, the women had gone 15 years without a Top-25 finish. Indoors the Husky women have scored at seven of the past nine championships, after scoring at only one of the previous 15 NCAA Indoor Championships. This year the women's team tied for 23rd at the NCAA Indoor meet, their third Top-25 finish since 2005, and their 10 points was the third-most scored in program history at the NCAA Indoor meet. The consistent performances at the national championships have led to impressive finishes in the recently created USTFCCCA Program of the Year standings, which require teams to score at the NCAA Cross Country, Indoor Track, and Outdoor Track Championships to qualify. Washington was one of just six programs to place both its men's and women's teams in the 2009-10 Program of the Year standings. The UW men's squad was rated the No. 5 program in the NCAA and the women were 15th. In 2008-09, the inaugural rankings saw the UW women finish ninth overall and the men 10th, making them one of six programs ranked in the Top-10 in both.

DEMPSEY INDOOR: Now beginning its second decade of competition, Washington's Dempsey Indoor continues to enhance its reputation as one of the nation's fastest venues. Over the past three years, more and more elite professionals have come through the Dempsey on a regular basis. The 2011 season saw the likes of track superstars Shalane Flanagan, Kara Goucher, Chris Solinsky, Amy Begley, and a return from Husky legend Brad Walker, while 2010 was highlighted by Olympians Nick Symmonds, Shannon Rowbury, Jesse Williams, and Jen Rhines. The Dempsey produces numerous top-10 world marks every year and has seen 39 UW indoor school records broken, and thousands of NCAA qualifying marks. The Dempsey is also the annual host site of the MPSF Championships. 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 serves as an indoor practice facility for many UW teams. Following is a list of new facility records set during the 2012 season. Nearly half the women's records were broken this year, with high schoolers getting some amazing records at the Brooks PR Invitational on Feb. 26.

2012 Dempsey Indoor Records

Women's 60m	7.21, Shayla Sanders, Unattached, 2/26/12*
Women's 400m	53.21, Courtney Okolo, Unattached, 2/26/12*
Women's Mile	4:28.41, Sally Kipyego, Oregon Track Club, 2/11/12
Women's 3,000m	8:47.91, Sally Kipyego, Oregon Track Club, 1/28/12
Women's 4x400m Relay	3:33.70, Oregon, 2/25/12
Women's DMR	10:55.01, Washington, 2/24/12
Women's High Jump	6-4, Brigetta Barrett, 2/25/12
Women's Shot Put	58-7 1/2, Julie Labonte, 2/25/12
Men's 400m	46.06, Najee Glass, Unattached, 2/26/12*
Men's 3,000m	7:43.08, Ryan Hill, North Carolina State, 2/11/12
Men's 5,000m	13:29.94, Chris Thompson, Oregon Track Club, 2/10/12

*High School competitor at Brooks PR Invite

HEAD COACH GREG METCALF: Former Husky All-American Greg Metcalf is in the midst of his 10th season as head of Washington's track and field program, and his 15th year overall on the staff, and remains the driving force behind UW's rise to national prominence. Metcalf, also the head cross country coach, led the women's cross country team to the National Championship in 2008, the first team title for a UW track program. The women went undefeated and Metcalf earned Pac-10 and National Coach of the Year honors. They followed that with a third-place NCAA finish in 2009 and a second-place finish this past fall in 2011, making for three podium finishes in four seasons, with Metcalf earning his second and third Pac-10 Coach of the Year honors. The men's cross country squad has also reached NCAAs in five of the past nine years with three Top-20 finishes since 2006. The track and field squads have also enjoyed a prolonged period of unprecedented success the past several years. The men have finished in the Top-25 at nine of the last 11 NCAA Championship meets, including consecutive Top-10 indoor finishes in 2007 and 2008. Washington was one of six programs to place both its men's and women's teams in the 2009-10 USTFCCCA Program of the Year standings, which measures combined NCAA Championship results across cross country, indoor, and outdoor track. The Husky men's squad was rated the No. 5 program in the NCAA and the women were 15th. In 2008-09 the UW women were ninth and the men 10th. In 2008, the men's team scored its most points at the NCAA Outdoor meet since 1983, finishing 16th. Men's track also won the MPSF Championships in both 2006 and 2007, and Metcalf was named conference coach of the year on both occasions. The women's track team has also had six Top-25 NCAA finishes since 2005, and sent three team members to the 2008 U.S. Olympic Trials in the 1500-meters. Metcalf's distance runners have combined for three individual NCAA track titles, one NCAA distance medley relay title, 13 Pac-12 titles, 75 All-America awards, 166 NCAA Championship bids and 34 school records in 14-plus years with the program. In addition to their athletic prowess, Metcalf's teams have achieved remarkable things in the classroom. His teams are 10-time recipients of the USTFCCCA All-Academic honor, including National Scholar Team of the Year honors for both 2008 men's outdoor track team and the national champion 2008 women's cross country team. Washington is the second head coaching position for Metcalf, who served in 1996-97 as the head cross country and assistant track coach at Auburn University. A four-time Academic All-Pac-10 honoree at Washington, Metcalf earned All-American honors at the 1992 and 1993 NCAA Championships. His best collegiate mark of 8:41.17 ranks fourth all-time among Husky steeplers. He also was a steeple finalist in the 1996 U.S. Olympic Trials.

2012 UW NCAA INDOOR CHAMPIONSHIPS COMPETITORS

Name	Yr.	Event	Mark	Seeding	Result	All-America Status
Joey Bywater	Jr.	DMR	9:31.68	10th	10th, 10:02.96	Second Team All-America
Jordan Carlson	Sr.	DMR	10:55.01	1st	1st, 11:05.20	First Team All-America
Katie Flood	So.	DMR	10:55.01	1st	1st, 11:05.20	First Team All-America
		3,000m Run	8:55.31	1st	9th, 9:19.69	Second Team All-America
Megan Goethals	So.	5,000m Run	15:54.89	8th	9th, 16:12.89	Second Team All-America
		3,000m Run	9:08.42	13th	11th, 9:24.68	Second Team All-America
J.J. Juilfs	Fr.	Pole Vault	17-8 1/4	13th	17th, 17-0 3/4	Honorable Mention All-America
Maurice McNeal	So.	DMR	9:31.68	10th	10th, 10:02.96	Second Team All-America
Baylee Mires	Fr.	DMR	10:55.01	1st	1st, 11:05.20	First Team All-America
Chelsea Orr	So.	DMR	10:55.01	1st	1st, 11:05.20	First Team All-America
Ryan Soberanis	Sr.	DMR	9:31.68	10th	10th, 10:02.96	Second Team All-America
Brad Whitley	So.	DMR	9:31.68	10th	10th, 10:02.96	Second Team All-America

2012 UPDATES TO UW'S ALL-TIME INDOOR TRACK AND FIELD TOP-10 LISTS

Men					Women				
Name	Event	Mark	All-Time UW Rank	School Record	Name	Event	Mark	All-Time UW Rank	School Record
Soberanis/McNeal/ Whitley/Bywater	DMR	9:31.68	1st	9:35.35 (old)	Jordan Carlson	400m	54.67	1st	55.11 (old)
Maurice McNeal	400m	46.69	4th	46.09	Katie Flood	Mile	4:28.48	1st	4:34.98 (old)
Michael Miller Jr.	800m	1:49.61	4th	1:48.40	Katie Flood	3,000m	8:55.31	1st	9:08.50 (old)
Angus Taylor	Weight Throw	62-7 3/4	4th	71-5 1/2	Megan Goethals	5,000m	15:54.89	1st	16:09.26 (old)
Maurice McNeal	200m	21.40	5th	20.56	Orr/Carlson/ Mires/Flood	DMR	10:55.01	1st	11:05.80 (old)
Rob Webster Jr.	5,000m	13:55.16	5th	13:48.86	Megan Goethals	3,000m	9:08.42	2nd	8:55.31
J.J. Juilfs	Pole Vault	17-8 1/4	5th	18-9 1/4	Erica Huse	Weight Throw	52-5 1/2	3rd	65-8 3/4
James Alaka	200m	21.47	7th	20.56	Lindsay Flanagan	5,000m	16:14.92	4th	15:54.89
Ryan Soberanis	Mile	4:02.32	7th	3:58.23	Babcock/Carlson/ Mires/Johnson	DMR	11:18.34	4th	10:55.01
Joey Bywater	3,000m	8:03.83	7th	7:53.13	Chelsea Orr	Mile	4:39.78	5th	4:28.48
A.J. Maricich	High Jump	6-11 1/2	7th (tie)	7-5	Christine Babcock	3,000m	9:16.96	5th	8:55.31
Rucker/Sanders/ Alaka/McNeal	4x400m	3:10.64	8th	3:07.03	Fero/Woodruff/ Stueckle/Carlson	4x400m	3:45.13	5th	3:44.00
Julian Bardwell	Long Jump	23-7 1/2	9th (tie)	26-7 3/4	Baylee Mires	800m	2:09.57	6th	2:06.69
Meron Simon	Mile	4:04.54	10th	3:58.23	Sarah Schireman	Pentathlon	3,607	6th	3,915
Robby Fegles	Pole Vault	17-1 3/4	10th (tie)	18-9 1/4	Chelsea Orr	3,000m	9:23.67	7th	8:55.31
					Stueckle/Schmitt/ Oden/Carlson	4x400m	3:45.99	7th	3:44.00
					Logan Miller	Pole Vault	13-4 1/2	7th	14-3 1/2
					Kayla Stueckle	400m	56.11	9th	54.67
					Justine Johnson	800m	2:10.10	9th	2:06.69
					Justine Johnson	Mile	4:41.13	9th	4:28.48
					Shelby Williams	Pentathlon	3,487	9th	3,915