

UNIVERSITY OF WASHINGTON HUSKY TRACK & FIELD 2011



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UW, WSU Meet For Final Time In Husky Stadium

UW VS. WSU DUAL MEET

APRIL 29 • SEATTLE, WASH. • HUSKY STADIUM

LIVE RESULTS: www.GoHuskies.com

ON THE TRACK: After nearly 90 years the Huskies and Cougars will meet on the track at Husky Stadium for the final time for their annual track and field showdown. With the pending stadium renovation, the track will be removed from Husky Stadium and a new outdoor facility is in the planning stages, adjacent to the Husky Soccer Field. So while the rivalry will continue on for future years, the long-time Husky home track will be no more after this season.

The dual is set for this Friday, April 29, beginning first with the men's and women's hammer throw out at West Seattle Stadium at 12 noon. Action resumes at Husky Stadium with the women's javelin throw at 3 p.m. followed by the men at 3:45. The first track events, the men's and women's steeplechase, will go off at 4 p.m. and the evenings final races, the 4x400m relays, will go at 6:55 p.m.

The UW-WSU dual is one of the longest-running in the nation, and one of the few remaining two-team duals left in D-I track. The Huskies and Cougars first met in 1900, with Washington taking a 74-41 win. This year's meeting will as usual feature multiple All-Americans and NCAA title contenders battling for bragging rights before they vie for conference and national honors.

The men's meet could be a fight to the finish, with each squad holding clear advantages on paper in certain events. The Huskies are currently ranked 30th in the national polls, while the Cougar men are 46th. Washington State looks to be the favorites in the women's dual, as the Cougars are ranked 21st and the Dawgs come in at 46th.

A more in-depth preview will be posted once entries are finalized.

SCHEDULE: The schedule for Friday's dual meet is as follows:

Field Events

12:00 PM Hammer Throw (Women then Men)
@ West Seattle Stadium
3:00 PM Javelin (W)
4:00 PM Pole Vault (W)
4:00 PM Long Jump (W)
3:45 PM Javelin (M)*
4:30 PM High Jump (W)
4:45 PM Long Jump (M)*
4:30 PM Discus (W)
5:30 PM Pole Vault (M)*
5:30 PM Triple Jump (W)
5:15 PM Discus (M)*
5:45 PM High Jump (M)*
5:45 PM Shot Put (W)
6:30 PM Triple Jump (M)*
6:15 PM Shot Put (M)*

Track Events

4:00 PM 3000m Steeplechase (W)
4:15 PM 3000m Steeplechase (M)
4:30 PM 4x100m Relay (W)
4:35 PM 4x100m Relay (M)
4:45 PM 1500m Run (W)
4:55 PM 1500m Run (M)
5:05 PM 100m Hurdles (W)
5:10 PM 110m Hurdles (M)
5:15 PM 400m Dash (W)
5:20 PM 400m Dash (M)
5:25 PM 100m Dash (W)
5:30 PM 100m Dash (M)
5:35 PM 800m Run (W)
5:40 PM 800m Run (M)
5:45 PM 400m Hurdles (W)
5:50 PM 400m Hurdles (M)
6:00 PM 200m Dash (W)
6:05 PM 200m Dash (M)
6:10 PM 3000m Run (W)
6:35 PM 3000m Run (M)
6:55 PM 4x400m Relay (W)
7:00 PM 4x400m Relay (M)

*Men's Field Event times approximate, will follow women's events

HUSKY TRACK SCHEDULE

Indoor

Date	Meet	Location
Jan. 15	UW Indoor Preview	Seattle
Jan. 28-29	UW Invitational	Seattle
Feb. 11-12	The Flotrack Husky Classic	Seattle
Feb. 13	UW Indoor Open	Seattle
Feb. 25-26	MPSF Championships	Seattle
Mar. 5	UW Final Qualifier	Seattle
Mar. 11-12	NCAA Championships	College Station, Texas

Outdoor

Date	Meet	Location
Mar. 25-26	Stanford Invitational	Palo Alto, Calif.
Apr. 9	Pepsi Team Invitational	Eugene, Ore.
Apr. 14-16	Mt. SAC Relays	Walnut, Calif.
Apr. 22-23	Oregon Relays	Eugene, Ore.
April 29	vs. Washington State	Seattle
May 7	Ken Shannon Invitational	Seattle
May 7-8	Pac-10 Multi-Events	Tucson, Ariz.
May 13-14	Pac-10 Championships	Tucson, Ariz.
May 26-28	NCAA Preliminary Rounds	Eugene, Ore.
June 8-11	NCAA Championships	Des Moines, Iowa

Bold font indicates Husky home meet, at either Dempsey Indoor (indoor) or Husky Stadium (outdoor).

2011 USTFCCA Week 4 Outdoor Rankings

Men			Women		
1	Texas A&M	367.57	1	LSU	339.35
2	LSU	322.75	2	Texas A&M	297.72
3	Florida State	272.66	3	Oregon	280.32
4	Florida	261.69	4	Clemson	263.46
5	Texas Tech	254.67	5	USC	218.85
6	Texas	177.19	6	Oklahoma	204.21
7	Virginia Tech	175.44	7	Arizona	187.32
8	USC	172.49	8	Texas	181.67
9	Arizona	167.24	9	Texas Tech	160.85
10	Baylor	150.47	10	Arizona State	159.10
11	Georgia	146.19	11	Arkansas	158.20
12	Nebraska	132.15	12	Baylor	151.04
13	BYU	123.24	13	Auburn	149.30
14	Mississippi	117.50	14	North Carolina	118.76
15	Arkansas	115.36	15	SMU	113.94
16	Kansas	110.76	16	Tennessee	110.80
17	Penn State	103.45	17	UCF	107.02
18	Mississippi State	100.92	18	Nebraska	106.83
19	Auburn	98.70	19	Georgia	102.14
20	Oregon	89.71	20	So. Illinois	100.91
21	Oklahoma	88.47	21	Washington St	100.23
22	Wisconsin	88.37	22	BYU	94.83
23	Stanford	84.13	23	Colorado	92.51
24	TCU	77.84	24	TCU	91.63
25	Arizona State	75.61	25	Kansas State	88.66

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:..... Phyllis Wise (Interim)
Director of Athletics:..... Scott Woodward
Nickname:..... Huskies
Colors:..... Purple and Gold
Home Facility:..... Dempsey Indoor/Husky Stadium
Press Row Phone:..... (206) 714-5556
Conference:..... Pacific-10 (Outdoor) / MPSF (Indoor)
Head Coach:..... Greg Metcalf (9th year)
Asst. Coach (Vault/Jumps):..... Pat Licari (14th year)
Asst. Coach (Throws):..... Reedus Thurmond (6th year)
Asst. Coach (Sprints/Hurdles):..... Raul Sheen (3rd year)
Asst. Coach (Distances):..... Jason Drake (2nd year)
Asst. Coach (Distances):..... Lauren Denfeld (1st year)

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

2010 Men's Pac-10 / MPSF Finish:..... 6th / 9th
2010 Men's NCAA Finish (Outdoor/Indoor):..... 15th / t20th
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 2010 NCAA Final Site Competitors Returning:..... Seven
James Alaka - 100m, 200m
Kyle Nielsen - Javelin
Scott Roth - Pole Vault (i), Pole Vault
Jeremy Taiwo - Decathlon
Colton Tully-Doyle - 5,000m (i)
Ryan Vu - Pole Vault
Joe Zimmerman - Javelin

2010 Women's Pac-10 / MPSF Finish:..... 9th / 8th
2010 Women's NCAA Finish (Outdoor/Indoor):..... t66th / t28th
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 2010 NCAA Final Site Competitors Returning:..... One
Mel Lawrence - 3000m (i), Steeplechase

Husky Athletic Communications

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UW-WSU DUAL MEET HISTORY: More than one hundred years of history has passed between the Huskies and Cougars on the track. The rivals first squared off in 1900, and the early years were dominated by the Seattleites. Washington won 15 of the first 17 meetings until 1932. The Cougars then strung together eight wins from 1946-53. The biggest run in the series was from 1976 until 1995, when Washington State dominated with 22 consecutive wins, snapped in 1996 when UW scored a 104-97 win in Pullman. Since that time things have been nearly even, with WSU holding an 8-7 lead. UW posted its greatest Husky Stadium win over WSU in 2007, a 103-60 victory. The Cougar men have now taken the last three meets. The women have squared off 35 times prior with UW holding a 20-15 edge. The Huskies were 18-3 against their rivals from 1979 until 1997, when WSU turned it around and took 12 of the next 13 duals. The Husky women snapped a four-meet win streak for WSU in 2009, squeaking out the win by just a third of a point, the closest meet in UW-WSU history. The Cougars hold a 26-19 edge in Seattle on the men's side, while the Husky women own an 11-5 advantage on their home turf, though until 2009 their last home win came back in 1997.

ALL ROADS LEAD TO IOWA: The outdoor track season heads towards the NCAA Championships in Des Moines, Iowa from June 8-11. For the second season, 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 Eugene, Oregon for the West Prelims on May 26-28, and the eastern half will meet in Bloomington, Indiana. 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.

ALAKA, ROTH GO BACK-TO-BACK WITH PAC-10 POTW: Washington collected two Pac-10 Track & Field Athlete of the Week honors over the first two weeks of the season. First up was sophomore James Alaka, who garnered Men's Track Athlete of the Week honors on April 11. That came after the Pepsi Team Invitational, in which Alaka won the title at 100-meters, 200-meters, and ran a leg on the winning 4x100-meter relay team. Alaka won the 100-meters in 10.53 seconds into a strong headwind, winning by nearly three tenths. He then cruised to a 21.18 second win at 200-meters, again winning by a large margin into the wind. The relay clocked a season-best 40.24 seconds. On April 18, senior Scott Roth was named Men's Field Event Athlete of the Week, the first such honor in his decorated career. Roth broke the school pole vault record with a win at the Mt. SAC Relays. Competing against a field of professionals that included vaulters with Olympic Games experience, Roth stole the show with a sterling performance. Roth cleared two bars cleanly and then broke the record with a jump over 18-9 1/4, once again needing just one try. That easily surpassed American record-holder Brad Walker's former school record of 18-6 1/2 set in 2003. Roth took three shots at 19-0 3/4, which would have been a new Pac-10 record, barely brushing off the bar on his second attempt. Still, the 18-9 1/4 clearance was the best pole vault by an American in 2011 indoors or outdoors, and the second-best clearance in the world outdoors this season.

HUSKIES IN THE RANKINGS: In the fourth week of USTFCCA national team rankings, all 2010 marks were tossed out for the first time, making for a lot of changes in the polls. However the Husky men were largely unaffected, as they moved up one spot to No. 30. The women lost some preseason points and dropped to 46th. Providing big points for the men is Scott Roth, who remains No. 1 nationally in the pole vault. Colton Tully-Doyle and James Cameron are 14th and 18th at 5,000-meters, and Kyle Nielsen and Joe Zimmerman rank 16th and 20th respectively in the javelin. The men were ranked 21st in the preseason. Junior Amanda Peterson is providing the most points for the women as she ranks third nationally in the javelin. Other top-20 marks come from Katie Flood at 1,500-meters (14th), Lindsay Flanagan at 10k (16th), and Megan Goethals in the 5k (17th). The men return all of their point scorers from the 2010 NCAA Outdoor Championships at which they finished 15th.

FIELD EVENT WINS HIGHLIGHT OREGON RELAYS: The Husky track and field squads wrapped up their second trip to Hayward Field this season, leaving the Oregon Relays with a number of personal and season-best marks. UW had a couple big crunch time performances from sophomores Shaniae Lakes and Joe Zimmerman in the women's triple jump and men's javelin, respectively, to close the meet on a big upswing. Lakes had not hit the 41-foot mark since her freshman year. Through five jumps on Saturday, her outdoor season best was 38-10 1/2. But on her final run, Lakes hit her marks, and flew to a new career-best of 41-3 1/4 to take the victory. Not to be overlooked was the third-place finish of redshirt freshman Alana

Alexander, as she also set a major PR, going 39-8 1/2 on her fifth attempt. Zimmerman got the line he wanted on his sixth and final javelin throw. Through five throws he had a best of 220-6, but on his final toss he fired the spear 231-7, a season-best by 10-feet, to place second overall. Senior Scott Roth easily won his fourth straight pole vault dating back to the NCAA Indoor Championships. Roth cleared 18-0 1/2 on his second attempt, the fourth straight meet he's been over 18-feet. He then had the bar raised all the way up to 19-0 3/4 to take another shot at the Pac-10 record for the second week in a row, but that bar eluded him again today on three attempts. In the men's 800-meter final, junior Ryan Styrk and redshirt freshman Brad Whitley both posted season-bests. Styrk was fifth in a time of 1:50.04, while Whitley was close behind in sixth-place in 1:51.39. In the second heat, freshman Kyle Blume of Seattle got the victory in 1:53.19, another season-best. Also running well outside his usual comfort zone was James Alaka. The London native moved up to run an open 400-meters for the first time in his college career, and posted a very solid 48.06 second time to take second overall. On Friday, freshman Kasen Covington had a season-best 51-foot triple jump to place third, though it was wind-aided. In the women's discus throw, junior Elisa Bryant was third with a season-best of 157-7 coming on her fourth throw. The field in the men's 1,500-meter run was very strong, but the times in the end weren't especially fast, as only one runner went under 3:45. Senior Colton Tully-Doyle led three Huskies across the line in fifth place in 3:49.63. Gareth Gilna and Ryan Soberanis were sixth and seventh.

ROTH'S RECORD HEADLINES BIG WEEK AT MT. SAC: A big week for the Huskies at the Mt. SAC Relays was capped off by a school record vault from senior Scott Roth on April 16, as he took the U.S. lead with a clearance of 18-9 1/4. Roth broke American record-holder Brad Walker's outdoor mark of 18-6 1/2. Roth got to his record height with no misses and needed just one vault to clear 18-9 1/4 as well. Despite being the only college athlete in a field of mostly professionals, Roth was the only vaulter over at 18-9 1/4. He had the bar raised to 19-0 3/4, which would have been a new Pac-10 record, but was unable to make his three tries. Still, Roth's clearance ranks him second in the world so far this year outdoors. That effort was just one of nearly 20 PRs by Husky athletes at the three-day meet. Saturday, Angus Taylor PR'd in the hammer with a mark of 201-feet, 2-inches, and James Alaka shaved down his season-best at 100m to a wind-legal 10.34 seconds as the top collegiate finisher, fifth overall, in the invitational. The Husky 4x100-meter relay also got its second straight win, taking the Olympic Development Elite section in 40.30 seconds. Friday PRs came from Justine Johnson in the 1,500-meters (4:22.57), and James Cameron at 1,500m (3:44.90), while Joey Bywater (SB 3:46.14), junior Ryan Soberanis (PR 3:47.69), and junior Charlie Williams (SB 3:52.25) all ran well. For the first time in five years, the Huskies have a women's sprinter under the 55-second mark for the quarter mile. Jordan Carlson has battled through injuries early in her career to come on strong in 2011, and the Spokane native broke through with a PR in the 400 of 54.74 seconds. That's the best time by a Husky since 2006 and ties for seventh on the school's Top-10 list. Freshman Michelle Fero also ran a PR of 56.28 seconds. Continuing a big day for the women's sprinters was senior Dominique Lauderdale, who won her 200-meter heat in a big PR of 24.24 seconds, the fastest time by a Husky since Chelsie Pentz in 2000, jumping Lauderdale up to sixth on the all-time list. Shortly thereafter, freshman Maurice McNeal made a big splash in the 400-meter dash, winning his heat by more than a second and placing third out of more than 40 entries in 46.86 seconds. In the javelin, Kyle Nielsen had a season-best toss of 234-feet, 6-inches. Joe Zimmerman added five feet to his season-best with a throw of 221-10. In the women's javelin, Amanda Peterson had a solid follow-up to her school record debut. She threw 165-4 on her fourth attempt to win her flight and place fifth overall as the top collegian. The Huskies continued to accumulate the PRs in the jumps. In the women's triple jump, Taylor Nichols went 40-feet, 7-inches, wind-aided. Then freshman A.J. Maricich cleared 6-10 3/4 to take fifth in the men's high jump with his best outdoor clearance so far this season. Back on the track, UW's top two finishers in the men's and women's 400-meter hurdles had their fastest times of the year. Dan Sanders ran 53.03 and Kayla Stueckle stopped the clock at 1:01.40. The final Husky in action late Friday was Lindsay Flanagan who went under 16:30 in the 5k for the first time at 16:28.86. In the women's hammer throw, Elisa Bryant had a season-best throw of 180-7.

ALAKA, PETERSON LEAD DAWGS AT PEPSI TEAM INVITE: Six event victories and a new school record wrapped a big day for the Huskies as they completed their first scored meet of the outdoor season at the Pepsi Team Invitational at Oregon's Hayward Field on April 9. Three wins for sprinter James Alaka and a school record for newcomer Amanda Peterson helped set the tone for the early season tune-up. On the men's side, the 10th-ranked Ducks got the win with 195 points, followed by ninth-ranked Nebraska with 181. The Huskies were third with 159 points, outpacing eighth-ranked Stanford which had 121. Third-ranked Oregon took the women's team title with 205 points, with Washington coming in fourth with 112. One of the first events of the day was the women's javelin, where it took all of two throws for junior Amanda Peterson to become the new Washington school record-holder. Peterson threw 168-feet, 5-inches on her first attempt, then fired the spear 174-2 on her second toss to set the school record, previously held by Megan Priesterbach who went 173-7 in 2004. Washington's five other event wins came on the men's side, including another in the javelin, as two-time All-American Kyle Nielsen got his senior season off to a solid start with a toss of 233-10 to get the win. Jimmy Brookman also had a PR of 215-9 and All-American Joe Zimmerman debuted with a 216-4 toss to take fourth. Three more wins came on the heels of sprinter James Alaka. He was first at 100m in 10.53 seconds into a headwind, while junior Ryan Hamilton was third in a time of 10.99. Alaka also rolled to an easy win at 200-meters, clocking 21.18. UW clocked a very impressive 40.24-seconds win in the men's 4x100-meter relay, with Alaka on the second leg. Freshman Maurice McNeal led off, then Alaka handed to Colton Dunn who passed to Hamilton on the anchor. The final Husky victory lap was run by senior Scott Roth, who tied his own meet record with a clearance of 18-0 1/2 in the pole vault. In the steeplechase, sophomores James Cameron and Michael Miller went second and third. Cameron, an All-American indoors in the mile, clocked 9:02.83, a huge 36 second improvement over his previous steeple from a year ago. More PRs were had throughout the field events. Sophomore Julian Bardwell had a new best long jump of 23-5 1/4, and freshman Kasen Covington went 49-9 3/4 to take fourth in the triple jump. Conner Larned extended his best in the discus out to 172-10 to place fourth. Angus Taylor was second in the hammer, tossing 195-6. Nearly pulling off the upset of the day was freshman Katie Flood, who simply continues to roll at any track over any distance, as she took second in the 1,500-meters in 4:18.80. Flood nearly chased down NCAA indoor mile champion Jordan Hasay of Oregon, who held on for the win in 4:18.61. Maybe the biggest PR of the day came from Laura Schmitt, who sliced more than five seconds off her lifetime 800-meter best to run 2:10.05 and place sixth. Also PRing was Lindsay Flanagan, who lowered her career-best 5,000-meter time with a third-place finish in 16:34.11. In the sprints, Dominique Lauderdale and the rest of the field was slowed by the windy conditions, but she still placed third in the 100-meters in a time of 11.86 seconds. Jordan Carlson PR'd in 55.08 to take third in the 400m.

SPRINTERS START FAST AT STANFORD INVITE: The Huskies started the outdoor track season with a bang from their top two sprinters, James Alaka and Dominique Lauderdale, who each won the 100-meter dashes at the Stanford Invitational, held March 25-26. After doing short so well, Washington went long, as senior Colton Tully-Doyle and sophomore James Cameron ran the second and third-fastest 5,000-meters in school history. Washington made its mark early in the sprints. Alaka made his season debut in style, as he won the men's 100-meters in 10.37 seconds, edging out pro runner Josh Norman. It's the fifth time Alaka has gone under 10.40 seconds in his Husky career. Lauderdale ran to a big PR to start her outdoor season, winning in 11.54 seconds, well under her previous career-best of 11.77 seconds. Lauderdale's time would tie for third-best in school history but it was wind-aided. Later in the evening it was time for the distance runners to dig in. Husky freshman Megan Goethals crushed the UW freshman record at 5,000-meters, as she placed fourth in the top heat in a time of 16:06.64, surpassing Anita Campbell's 16:29.91 freshman mark from 2006. That ranks eighth on the Husky top-10 list. The top heat of the men's 5,000-meters was up next, and three UW men broke the 14-minute barrier. Tully-Doyle posted the number two 5k time in Washington history at 13:47.25. Right behind Tully-Doyle was Cameron, who showed his versatility today by stopping the clock in 13:51.83, which now ranks him third right behind Tully-Doyle and record-holder David Bazzi (13:40.61). Also getting into the mix was junior Max O'Donoghue-McDonald, who set

a 20-second personal-best with a time of 13:59.82. Sophomore Lindsay Flanagan became just the fifth Husky woman ever to go under 34 minutes in the 10k, running 33:42.50 to jump up to fifth in school history. Jordan Carlson had a big PR in the 400-meters of 55.24. Sophomore Justine Johnson had a good opening at 1,500-meters, as she clocked 4:26.80, just a couple seconds off her PR. On Saturday, freshman Maurice McNeal posted a speedy debut at 200-meters, winning his section in a time of 21.23 seconds. That time would have qualified for NCAA West Prelims a year ago. Husky sophomore Colton Dunn was fourth in that same heat, running a big PR of 21.74. The top Husky men's relays also both placed second overall. At 800-meters, redshirt freshman Brad Whitley blew about six seconds off his outdoor 800-meter PR, as he led UW with a time of 1:51.94. Leading the throws was junior Angus Taylor, who opened up in the hammer throw with a best toss of 192-feet, 11-inches on his fifth attempt. Freshman Kasen Covington placed fourth in the triple jump with a best of 49-2 ¼ which came on his sixth and final jump.

2011 INDOOR IN REVIEW: Washington's 2011 indoor season had a little bit of everything, from veteran seniors going out on a high note, to impressive returns to form from familiar faces, and several new faces bursting onto the national scene. The highlight of the season was senior pole vaulter Scott Roth, who successfully defended his NCAA Indoor title with a gritty performance at nationals in College Station, Texas. Roth suffered a hamstring injury early in the season and had not competed in a month by the time NCAAAs rolled around, but he was able to regain his form and won the title with a clearance of 18-0 1/2. He becomes just the sixth Husky track athlete to own multiple NCAA titles, and was the first repeat winner since fellow vaulter Brad Walker won the indoor titles in 2003-04. Roth earned the sixth All-America honor of his career, the most by a vaulter and fifth-most in school history. Also earning All-America First Team honors at NCAAAs were sophomores James Cameron and Jeremy Taiwo. Cameron capped an incredible indoor season with an eighth-place mile finish, while Taiwo placed eighth in the heptathlon. Cameron punched his ticket to NCAAAs by running the second-best mile in school history at 3:58.51, the fourth sub-four minute mile in UW history. Taiwo raised his own heptathlon school record to 5,780 points at nationals. The Husky men posted 12 points to tie for 18th, and while the women did not score, they were well represented by freshmen Katie Flood and Megan Goethals. The young distance runners were the only two freshmen in the 3,000-meter field. Flood placed 10th and Goethals was 13th, earning both of them All-America Second Team honors. Washington had an incredible 35 new marks written into its indoor Top-10 list, with another school record coming from senior Colton Tully-Doyle in the 3,000m (7:53.13). Tully-Doyle would place 18th at NCAAAs, and senior Ryan Vu also earned All-America Second Team honors with an 11th-place finish in the pole vault in his final UW competition. Washington's own Dempsey Indoor was once again the place to be for distance runners, as a majority of the NCAA qualifiers posted their top times in Seattle. Looking at the Top-20 on the men's national list from 800-meters through 5,000-meters, exactly 40 of the 80 best times in the four distance events came from the Dempsey, while the Dempsey accounted for 29 of the 80 best marks in the same distances on the women's side.

ROTH'S TITLE HIGHLIGHTS NCAA INDOORS: Seven Huskies qualified for the NCAA Indoor Championships, hosted this year by Texas A&M in College Station. As always, the meet brought some highs and lows, but nobody went higher than senior Scott Roth, who successfully defended his indoor pole vault national title. Despite not competing in a month while rehabbing a hamstring injury, Roth's experience proved too much to overcome. Despite some early struggles, which included a third attempt at 17-6 1/2, Roth got on a roll with a first attempt clearance at 17-10 1/2 and again at 18-0 1/2. That first jump made proved critical, as only one other vaulter made that bar, and did so on his second attempt, giving Roth the tiebreaker. Ben Peterson of Minnesota was unable to clear another bar, so Roth collected his second national championship, becoming one of just six Huskies all-time to win multiple NCAA titles. Also scoring for the Huskies was sophomores James Cameron and Jeremy Taiwo. Seeded just 12th entering the meet, Cameron qualified for the mile final, and ran to eighth in a time of 4:01.88. Taiwo also finished eighth in his second career NCAA Indoor heptathlon competition. He raised his school record to 5,780, and had PRs in the 60m dash, 60m hurdles, long jump, and 1,000m run, but subpar showings in the shot put and pole vault kept Taiwo from contending for the title. Still, he became the first Husky to ever score in the heptathlon at nationals. Senior Ryan Vu competed for the final time as a Husky, tying for 11th in the pole vault with a 17-2 3/4 clearance, and senior Colton Tully-Doyle was 18th in the 3,000-meter final, struggling in a congested field that knocked him off stride. The women were represented by freshmen Katie Flood and Megan Goethals in the 3,000-meters. Both ran well as the only two freshmen in the field, and finished just out of scoring position, Flood placing 10th and Goethals 13th. The Husky men's 12 points earned them a tie for 18th in the team standings. The 12 points had only been surpassed five times since 1965 and Roth's title was the ninth indoor title in school history. Roth, Cameron, and Taiwo were named First Team All-Americans by the USTFCCA. Vu, Flood, and Goethals earned Second Team honors and Tully-Doyle was an honorable mention.

DEMPSEY INDOOR: Having just concluded its first decade of competition, Washington's Dempsey Indoor continues to enhance its reputation as one of the nation's fastest venues. Over the past two years, more and more elite professionals have come through the Dempsey on a regular basis. This year 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 33 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 2010 season:

2011 Dempsey Indoor Records

Men's 60m	6.58, Josh Norman, Unattached, 1/15/11
Men's Mile	3:54.52, Chris Solinsky, Nike, 2/12/11
Men's 60m Hurdles	7.75, Ronald Brookins, Sacramento State, 2/12/11
Women's 60m	7.23, Amber Purvis, Oregon, 2/26/11
Women's 800m	2:02.91, Geena Gall, Oregon Track Club, 3/5/11
Women's 3,000m	8:53.14, Lisa Koll, Nike, 1/15/11
Women's DMR	11:02.15, Oregon, 1/28/11
Women's High Jump	6-3 1/2, Brigetta Barrett, Arizona, 2/26/11
Women's Pentathlon	4,507, Brianne Theisen, Oregon, 1/28/11

2011 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)
Scott Roth	Pole Vault	18-9 1/4	1st	1st	Amanda Peterson	Javelin	174-2	3rd	3rd
Kyle Nielsen	Javelin	234-6	6th	16th	Katie Flood	1,500m	4:18.80	5th	14th
Joe Zimmerman	Javelin	231-7	8th	20th	Lindsay Flanagan	10,000m	33:42.50	10th	16th
Colton Tully-Doyle	5,000m	13:47.25	10th	14th	Megan Goethals	5,000m	16:06.64	13th	17th
James Cameron	5,000m	13:51.83	11th	18th	Justine Johnson	1,500m	4:22.57	18th	44th
James Alaka	100m	10.34	12th	28th (tie)	Shaniae Lakes	Triple Jump	41-3 1/4	22nd	45th
Kasen Covington	Triple Jump	49-9 3/4	15th (tie)	27th (tie)	Dominique Lauderdale	100m	11.54	25th	51st
Jeremy Taiwo	Decathlon	7,335	16th	25th	Lindsay Flanagan	5,000m	16:28.86	29th	65th
Angus Taylor	Hammer	201-2	20th	39th	Taylor Nichols	Triple Jump	40-7	35th	72nd (tie)
McNeal/Alaka/ Dunn/Hamilton	4x100m	40.24	22nd	43rd	Logan Miller	Pole Vault	12-9 1/2	44th (tie)	73rd (tie)
Maurice McNeal	400m	46.86	24th	45th	Elisa Bryant	Hammer	180-7	41st	80th
M. O'Donoghue-Mcdonald	5,000m	13:59.82	24th	45th	Jordin Seekins	Javelin	140-7	44th	N/A
Jimmy Brookman	Javelin	215-9	25th	50th	Elisa Bryant	Discus	157-7	50th	86th
Conner Larned	Discus	176-5	27th	45th					
A.J. Maricich	High Jump	6-10 3/4	30th (tie)	52nd (tie)					
Julian Bardwell	Long Jump	24-3 3/4	30th (tie)	66th (tie)					
James Cameron	3,000m Steeple	9:02.83	31st	66th					
James Cameron	1,500m	3:44.90	33rd	43rd					
Ryan Styrk	800m	1:50.04	38th	57th					
Rob Webster Jr.	10,000m	29:50.21	38th	61st					
James Alaka	200m	21.18	40th	81st					
Joey Bywater	1,500m	3:46.14	41st	64th					
Maurice McNeal	200m	21.23	45th	89th					
Michael Miller Jr.	3,000m Steeple	9:09.07	48th	77th					

2011 UW NCAA INDOOR CHAMPIONSHIPS COMPETITORS

Name	Yr.	Event	Mark	Seeding	Result	All-America Status
James Cameron	So.	Mile Run	3:58.51	12th	8th, 4:01.88	First Team All-America
Katie Flood	Fr.	3,000m Run	9:09.85	5th	10th, 9:22.59	Second Team All-America
Megan Goethals	Fr.	3,000m Run	9:11.56	7th	13th, 9:23.48	Second Team All-America
Scott Roth	Sr.	Pole Vault	18-1	1st	1st, 18-0 1/2	First Team All-America
Jeremy Taiwo	So.	Heptathlon	5,746	7th	8th, 5,780	First Team All-America
Colton Tully-Doyle	Sr.	3,000m Run	7:53.13	11th	18th, 8:24.26	Honorable Mention All-America
Ryan Vu	Sr.	Pole Vault	17-7	12th (tie)	11th (tie), 17-2 3/4	Second Team All-America

2011 UPDATES TO UW'S ALL-TIME OUTDOOR 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
Scott Roth	Pole Vault	18-9 1/4	1st	18-6 1/2 (old)	Amanda Peterson	Javelin	174-2	1st	173-7 (old)
Colton Tully-Doyle	5,000m	13:47.25	2nd	13:40.61	Shaniae Lakes	Triple Jump	41-3 1/4	3rd	41-7 3/4
James Cameron	5,000m	13:51.83	3rd	13:40.61	Lindsay Flanagan	10,000m	33:42.50	5th	33:13.45
Angus Taylor	Hammer	201-2	7th	238-7	Dominique Lauderdale	200m	24.24	6th	23.40
Kasen Covington	Triple Jump	49-9 3/4	tie-10th	52-5 3/4	Jordan Carlson	400m	54.74	7th	54.31
					Jordin Seekins	Javelin	140-7	7th	174-2
					Megan Goethals	5,000m	16:06.64	8th	15:35.60
					Stueckle/Lauderdale/ Carlson/Greene	4x100m	45.93	8th	44.74
					Ally Mueller	Javelin	137-1	8th	174-2
					Logan Miller	Pole Vault	12-9 1/2	9th	14-2
					Katie Flood	1,500m	4:18.80	10th	4:10.66

2011 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
Colton Tully-Doyle	3,000m	7:53.13	1st	7:54.13 (old)	Dominique Lauderdale	60m	7.37	2nd	7.34
Jeremy Taiwo	Heptathlon	5,780	1st	5,559 (old)	Katie Flood	3,000m	9:09.85	2nd	9:08.50
James Cameron	Mile	3:58.51	2nd	3:58.23	Megan Goethals	3,000m	9:11.56	3rd	9:08.50
Kasen Covington	Triple Jump	50-8 1/4	2nd	50-10	Taylor Nichols	Triple Jump	40-7 1/2	3rd	41-4 1/4
Andrew Ferleman	Heptathlon	5,309	2nd	5,746	Johnson/Fero/ Orr/Flood	DMR	11:20.85	4th	11:05.80
James Cameron	3,000m	8:00.17	3rd	7:53.13	Phoebe Merritt	5,000m	16:34.50	5th	16:09.26
Kale Schmidt	Heptathlon	5,140	3rd	5,746	Lindsay Flanagan	5,000m	16:36.20	6th	16:09.26
Ryan Styrk	800m	1:49.93	4th	1:48.40	Fero/Carr/ Stueckle/Carlson	4x400m	3:46.83	6th	3:44.00
James Cameron	5,000m	13:54.77	4th	13:48.86	Chelsea Orr	3,000m	9:26.73	7th	9:08.50
Joey Bywater	Mile	4:00.53	5th	3:58.23	Shaniae Lakes	Triple Jump	39-10 1/2	7th	41-4 1/4
Jeremy Taiwo	Long Jump	23-10 3/4	5th	26-7 3/4	Logan Miller	Pole Vault	13-1 3/4	8th	14-3 1/2
Rob Webster Jr.	5,000m	14:05.50	6th	13:48.86	Justine Johnson	3,000m	9:31.86	9th	9:08.50
Ryan Vu	Pole Vault	17-7	6th	19-0 1/4	Johnson/Fero/ Carter/Flood	DMR	11:34.20	9th	11:05.80
Max O'Donoghue-Mcdonald	Mile	4:03.63	7th	3:58.23					
Soberanis/Dunn/ Styrk/Tully-Doyle	DMR	9:38.23	7th	9:35.35					
A.J. Maricich	High Jump	6-11 1/2	7th (tie)	7-5					
Jeremy Taiwo	High Jump	6-11 1/2	7th (tie)	7-5					
Soberanis/Dunn/ Styrk/Cameron	DMR	9:39.29	8th	9:35.35					
Ryan Soberanis	Mile	4:04.00	9th	3:58.23					
Jeremy Taiwo	60m Hurdles	8.14	9th	7.82					
Colton Tully-Doyle	Mile	4:05.20	10th	3:58.23					
Conner Larned	Weight Throw	57-11 1/4	10th	71-5 1/2					