

WASHINGTON TRACK AND FIELD

Apr. 29, 2009

//For Immediate Release//

Contact: Michael Bruscas

UW and WSU Meet On Husky Stadium Track

The Husky women climbed 11 spots to No. 16 in the national rankings this week.

ON THE TRACK: One of the oldest track and field rivalries in the nation is set for another installment this Saturday, as the Huskies and Cougars go head to head at Husky Stadium in their annual dual meet. This will be the 94th meeting between the two men's teams, with the first dating back to 1900, and the 34th meeting between the women.

The meet opens with the first field events at 11 a.m., and the first running events start at 12 noon. Admission is free for all spectators. The dual meet is part of a whirlwind day for Husky athletics, including the Windermere Cup in the morning and baseball and softball games in the afternoon. Track fans should be aware that the Montlake Bridge will be closed from 9:30 a.m. until 2:30 p.m. to accommodate the crew races. The men's and women's hammer throw will be held separately on Friday afternoon at West Seattle Stadium, beginning at 4:30 p.m.

The Cougars won both men's and women's duals last year in Pullman, but both duals should be very competitive and tightly contested this weekend, with several All-Americans, Pac-10 Champions, and NCAA title contenders on display for each side. Washington has the edge as far as the national rankings are concerned. The Husky men are ranked 14th this week by the USTFCCA and the women are a season-high 16th, while the Cougar men rank 25th and the Cougar women are 50th. However, the rankings are more a reflection of a team's highest-ranked athletes and the Cougars will hope that their depth can offset some of UW's top talent.

Every one of Washington's 25 current Regional qualifiers are scheduled to compete on Saturday, many in multiple events. All-Americans Austin Abbott, Jordan Boase, Scott Roth, Jake Schmitt, Jared O'Connor, and Jeremy Taiwo will lead the Husky men, while fellow All-Americans in action on the women's side include Katie Follett, Christine Babcock, Falesha Ankton, Anita Campbell, Mel Lawrence, Kailey Campbell, and Elisa Bryant. This will likely be the final home appearances for seniors Boase and Abbott, two of the most decorated Huskies in history, as they will most likely rest during next Friday's home finale.

Official entry lists will be published to www.GoHuskies.com Thursday evening. For fans that can't make the trip down to Husky Stadium, Flotrack.org will be on hand to film the dual meet and post race videos soon after completion.

EVENT SCHEDULE: Following is the time schedule for the UW-WSU dual meet at Husky Stadium. All times are approximate.

Friday May 1, 2009

4:30 PM-Hammer Throw (Women then Men) @ West Seattle Stadium

Saturday May 2, 2009

11:00 AM-Javelin (W)
11:00 AM-Long Jump (W)
11:45 AM-Javelin (M)
11:45 AM-Long Jump (M)
12:00 PM-3000m Steeplechase (W)
12:15 PM-3000m Steeplechase (M)
12:30 PM-High Jump (W)
12:30 PM-4x100m Relay (W)
12:30 PM-Shot Put (W)
12:45 PM-Pole Vault (W)
12:35 PM-4x100m Relay (M)
12:45 PM-Triple Jump (W)
12:45 PM-1500m Run (W)
12:55 PM-1500m Run (M)
1:05 PM-100m Hurdles (W)
1:15 PM-110m Hurdles (M)

1:15 PM-Shot Put (M)
1:25 PM-400m Dash (W)
1:30 PM-400m Dash (M)
1:30 PM-Triple Jump (M)
1:40 PM-100m Dash (W)
1:45 PM-100m Dash (M)
1:45 PM-High Jump (M)
1:45 PM-Discus (W)
1:50 PM-800m Run (W)
1:55 PM-800m Run (M)
2:00 PM-Pole Vault (M)
2:00 PM-400m Hurdles (W)
2:05 PM-400m Hurdles (M)
2:15 PM-200m Dash (W)
2:25 PM-200m Dash (M)
2:35 PM-3000m Run (W)
2:30 PM-Discus (M)
2:50 PM-3000m Run (M)
3:10 PM-4x400m Relay (W)
3:15 PM-4x400m Relay (M)

HUSKIES IN THE RANKINGS: The Husky men's squad held steady at No. 14 in the weekly USTFCCA Rankings, but the women's group shot up 11 spots to a season-high No. 16 ranking this week. The rankings compile Regional qualifiers in every event and assign points to the athletes that estimate their likelihood of scoring points at the NCAA Championships. Preseason bests were taken out of consideration this week,

HUSKY TRACK SCHEDULE

Indoor

Date	Meet	Location
Dec. 6, 2008	UW Winter Preview	Seattle
Jan. 17	UW Indoor Preview	Seattle
Jan. 30-31	UW Invitational	Seattle
Feb. 14	The Husky Classic	Seattle
Feb. 15	UW Indoor Open	Seattle
Feb. 27-28	MPSF Championships	Seattle
Mar. 7	UW Last Chance Qualifier	Seattle
Mar. 13-14	NCAA Championships	College Station, Texas

Outdoor

Date	Meet	Location
Mar. 27-28	Stanford Invitational	Palo Alto, Calif.
Apr. 4	Jim Click Shootout	Tucson, Ariz.
Apr. 10-11	Sun Angel Classic	Tempe, Ariz.
Apr. 16-18	Mt. SAC Relays	Walnut, Calif.
Apr. 24	Penn Relays	Philadelphia, Penn.
Apr. 24-25	Oregon Relays	Eugene, Ore.
May 2	vs. Washington State	Seattle
May 8	Ken Shannon Invitational	Seattle
May 8-9	Pac-10 Multi-Events	Eugene, Ore.
May 16-17	Pac-10 Championships	Eugene, Ore.
May 29-30	NCAA West Regional	Eugene, Ore.
June 11-14	NCAA Championships	Fayetteville, Ark.

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

2009 USTFCCA Outdoor Rankings

Men			Women		
1	Florida	290.01	1	Texas A&M	301.51
2	Oregon	287.41	2	Oregon	247.84
3	Texas A&M	242.76	3	LSU	245.49
4	Arizona State	204.59	4	Arizona State	199.70
5	Florida State	201.14	5	Florida State	186.55
6	LSU	193.66	6	Virginia Tech	185.41
7	Auburn	183.95	7	Texas	178.83
8	Arkansas	182.55	8	Tennessee	177.98
9	South Carolina	178.35	9	USC	176.94
10	Baylor	178.31	10	Baylor	172.79
11	Nebraska	168.57	11	Michigan	169.32
12	California	144.03	12	BYU	143.00
13	Texas	131.88	13	Penn State	134.55
14	WASHINGTON	130.83	14	Miami (Fla.)	128.04
15	Texas Tech	127.96	15	Arkansas	127.17
16	Kentucky	119.62	16	WASHINGTON	121.18
17	Stanford	114.79	17	Florida	119.93
18	USC	112.68	18	Nebraska	118.07
19	Georgia	107.27	19	Minnesota	111.00
20	Virginia Tech	94.86	20	Auburn	105.72
21	BYU	93.98	21	UTEP	94.57
22	Arizona	90.92	22	South Carolina	86.05
23	Louisville	89.73	23	Stanford	82.75
24	Tennessee	87.89	24	Texas Tech	81.66
25	Washington St.	87.66	25	UCLA	75.73

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:..... Mark Emmert
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 (7th year)
Asst. Coach (Vault/Jumps):..... Pat Licari (12th year)
Asst. Coach (Throws):..... Reedus Thurmond (3rd year)
Asst. Coach (Sprints/Hurdles):..... Raul Sheen (1st year)
Asst. Coach (Distances):..... Jimmy Bean (3rd year)
Asst. Coach (Distances):..... Kelly Strong (7th year)

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

2009 Men's MPSF Finish:..... 6th
2009 Men's NCAA Indoor Finish:..... 33rd (tie)
2008 Men's Pac-10 Finish:..... 9th
2008 Men's NCAA Outdoor Finish:..... 16th / 10th
Best Men's Pac-10 Finish:..... 2nd (1976)
Best Men's MPSF Finish:..... 1st (2007, 2006)
Best Men's NCAA Finish:..... 2nd (1929, 1930)
Men's 2008 NCAA Competitors Returning:..... Seven
Austin Abbott (800m)
Jordan Boase (400m, 4x100m)
Ryan Hamilton (4x100m)
Jared O'Connor (pv)
Scott Roth (pv)
Jake Schmitt (10000m)
Joe Turner (4x100m)

2009 Women's MPSF Finish:..... 5th
2009 Women's NCAA Indoor Finish:..... 35th (tie)
2008 Women's Pac-10 Finish:..... 10th
2008 Women's NCAA Outdoor Finish:..... DNS
Best Women's Pac-10 Finish:..... 4th (1995, '96, '98)
Best Women's MPSF Finish:..... 1st (1996)
Best Women's NCAA Finish:..... 10th (1988)
Women's 2008 NCAA Competitors Returning:..... Three
Falesha Ankton (100m HH, DMR)
Andrea Brown (DMR)
Katie Follett (mile, 1500m)

Husky Athletic Communications

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accounting for the women's quick rise, as their 2009 performances alone have been top notch. In individual events, Scott Roth is the highest-ranked Husky, currently third nationally in the pole vault with a best clearance of 18-1. Several other Huskies are currently ranked in the NCAA Top-10 in their events. Austin Abbott sits fourth in the 1,500-meters, with his time of 3:41.62 set in a win at the Stanford Invite, senior Jordan Boase is fifth in the 400m in 45.67, and sophomore Kyle Nielsen sits seventh in the javelin throw (239-2). On the women's side, Anita Campbell (15:45.85), Katie Follett (15:48.72) and Mel Lawrence (15:50.36) rank fourth, sixth, and seventh, respectively, in the 5,000-meter run, evidence as to why UW won the cross country title in such dominating fashion in the fall. Campbell's 10,000m time from Stanford (33:40.22) also ranks eighth overall, and freshman Christine Babcock is seventh in the 1,500m with a time of 4:16.50.

NCAA SELECTION PROCESS: Automatic NCAA Championships berths will be granted to the top-five finishers in each individual event, and top-three relays, from each of the four Regionals contested nationwide May 29-30. Athletes qualify for Regionals by meeting pre-determined standards, or by winning their conference title. The NCAA then supplements the Championships field with the highest-ranking competitors (6-7 per individual event and 5-6 per relay) from the national performance lists, provided the athlete competed in their event at a Regional meet and was not among the finishers to earn automatic berths. The lone exceptions are the 10,000 meters and multi-events, in which athletes qualify directly for the NCAA Championships by meeting provisional and automatic standards.

HUSKIES MAKE STATEMENT AT PENN RELAYS: In its first trip to the legendary Penn Relays in 16 years, the UW track and field team picked up second- and third-place finishes in its two relays on April 17 at University of Pennsylvania's Franklin Field. Washington had not sent a squad to Penn since 1993, head coach Greg Metcalf's senior season at UW. First up was the Women's 4x1500-meter Championship of America, featuring the Husky quartet of juniors Kailey Campbell and Katie Follett, redshirt freshman Mel Lawrence, and true freshman Christine Babcock on the anchor. Campbell opened with a 4:18 split, putting UW right in the mix. Follett then took the baton and turned in her best showing of the season with a 4:16 split, as she took over the lead over the final 20 meters and handed off to Lawrence in first place. Lawrence held the lead for much of the third leg, but Georgetown and Tennessee put on a kick and opened up a small lead heading into the final leg. Lawrence still ran 4:20 for her leg, a four-second PR. On the anchor leg, Tennessee and Georgetown both sported multiple-time All-American seniors, while Babcock was running just her third college 1,500m. Babcock pulled away from Villanova, but Tennessee's Sarah Bowman led the Vols to the win in 17:08.34 followed by Georgetown in 17:11.80, and then the Huskies in 17:14.55. All three teams broke the previous meet record of 17:15.62 set by Michigan in 2007. Several hours later, it was time for the Men's Sprints Medley Championship of America, featuring four Husky seniors: Joe Turner, Kenjamine Jackson, Jordan Boase, and Austin Abbott. Turner and Jackson ran well over the first two 200m legs, but it was Boase who shocked the onlookers when he went into overdrive and powered from the back of the pack all the way into first place for the hand-off to Abbott. Abbott led early on the final leg, before letting Tennessee's Joe Franklin move in front and sticking right behind him. Abbott looked in good position for his patented finishing kick, but Franklin was very strong and was able to hold off Abbott, as Tennessee thwarted UW again for the win in 3:17.77. Abbott and the Huskies finished second in 3:18.81, ahead of Albany, and two-time defending champion LSU which took fourth.

CAMPBELL EARNS PAC-10 WEEKLY HONORS: Washington junior distance standout **Anita Campbell** was named the Pac-10 Women's Track Athlete of the Week for the week of April 13-19. Campbell is the first Husky woman to win the weekly award in four years. A native of Vancouver, B.C., Campbell ran her first 5,000-meters outdoors since the 2007 season on April 17 at the Mt. SAC Relays, and crossed the line in 15-minutes, 45.85-seconds, the second-fastest time in Washington history. The time was a 15-second personal best. Campbell now ranks fourth in the NCAA at the 5k, in addition to ranking eighth at 10,000-meters. The only Husky to run a faster 5k was Regina Joyce who went 15:35.60 in 1982. Campbell already set the indoor school record earlier this year in a time of 16:09.26 and went on to place 13th at NCAA Indoors. She was also a First Team All-Pac-10 honoree in cross country in the fall, helping lead the Huskies to the national championship. Campbell is the first Husky woman to earn Pac-10 Athlete of the Week recognition since five-time All-American sprinter and hurdler Ashley Lodree won the honor on April 25, 2005. Three-time Olympian Aretha (Hill) Thurmond is the only other UW woman to win the award. A total of fourteen Huskies have combined to win the award on nineteen occasions, with senior sprinter Jordan Boase the most recent recipient in 2008.

UP NEXT: Washington closes out its home track and field season next Friday, May 8, with the running of the joint Ken Shannon-Ken Foreman Invitational. For the second straight

year the Huskies are combining their traditional Ken Shannon meet with Seattle Pacific's Ken Foreman Invite. The first event will be the hammer throw at 12:30 out at West Seattle Stadium, with the Husky Stadium field events starting at 3:30 and the track events at 4.

BOASE READY FOR ENCORE: Few could have predicted the season that awaited **Jordan Boase** heading into 2008, when the two-time All-American in the 4x400m relay returned to the team after a year off from the sport. Even after Boase started the year by breaking the indoor school record in the 400-meters, and placing third at the NCAA Indoor Championships, he still remained something of an unknown nationally. That all changed at the Sun Angel Classic in April in Tempe, when Boase took over the NCAA lead with a school record 44.82, which was the second-fastest run in the world at the time. Boase would go on to battle USC's senior sprinter Lionel Larry, with Larry getting the edge for the Pac-10 title as both went under 45-seconds. The Bothell, Wash. native also ran the lead-off leg for UW's 4x100m relay, which won the Pac-10 title for the first time in program history, and qualified for nationals. At the national meet, Boase placed fourth in an extremely fast 400m final, running 44.83 despite having been limited in training by an injury. Boase went on to make the semifinals of the U.S. Olympic Trials, before a painful blister stopped him one race short of the final. But a fully healthy Boase is coming off another outstanding indoor season and will be hunting for his first national title outdoors this spring. Boase ran an indoor PR of 46.09 seconds to win his second straight MPSF 400-meter title, and headed to NCAA Indoors as one of the clear favorites. Boase won his preliminary heat with ease, but in the final he was assigned to the outside lane and just beaten to inside position when the lanes converged. Trapped in third, Boase had to slow down to move around one competitor, and was unable to track down the winner of the heat. The winner, Michael Bingham of Wake Forest, actually came out of the first heat, and Boase settled for third for the second straight year. With just one 400-meter race under his belt so far outdoors, Boase is fifth nationally with a time of 45.67 set in a victory at the Sun Angel Classic.

ABBOTT IN PERFECT POSITION FOR FINISHING KICK: The most decorated current Husky in terms of All-American honors this season is senior **Austin Abbott**, a native of Chehalis, Wash. who will go down as one of the greatest mid-distance runners in school history with a strong final season. Abbott has added to his legacy this this season by breaking the school mile record and submitting the second-best 1,500-meter time in school history outdoors. At the UW Last Chance Meet, in his final appearance in the Dempsey Indoor as a Husky, Abbott ran 3:58.23 to break the school record in the mile run. Abbott was already one of just three four-minute milers in Washington history, but he overtook the marks set by Eric Garner (3:58.93; 2002) and Greg Gibson (3:59.24; 1974) with a powerful finishing kick. Garner was running in the very same heat, competing for Brooks Eastside, and finished in 4:00.66. Gibson was also on hand to witness the record-setting run, and the three gathered for a photo after the race. Abbott has five All-America awards to his name, three coming as part of UW's distance medley relay, which placed fifth at NCAA's in 2005, 2006, and 2007. Abbott also took fourth in the 800-meters indoors in 2007. But following his best individual finish, Abbott was hampered by injury and only competed once on the track over the next year. It was not until the 2008 Pac-10 Championships that Abbott would get back to his old form, as he broke a longstanding personal-best in the 800, running 1:48.14 for a fourth-place finish. Abbott went on to the NCAA Outdoor Championships, where he placed seventh to earn his fifth All-American honor and first in more than a year. He focused on the 800-meters for the majority of this indoor season, and was ranked in the top-10 with an indoor PR of 1:48.56, but chose to run the mile at NCAA Indoors after his record-setting run. Abbott found himself out of his comfort zone at Nationals, up front and setting the pace rather than hanging back and waiting to kick, and he failed to make the final. However, Abbott bounced back in short time at the start of the outdoor season, as he won the top 1,500-meter race at the Stanford Invitational on March 27, running 3:41.62, which was the fastest performance by a Husky since Bruce Stirling set the school record of 3:39.89 in 1987. Abbott's time still ranks fourth in the NCAA this outdoor season.

THROWING UNIT TAKES FLIGHT: Owning the most storied tradition of possibly any unit at Washington, this year's corps of throwers has shown major progress from a year ago and looks poised to add its own chapter to a legacy that includes numerous Olympians, All-Americans, and National and Pac-10 Champions. During the indoor season, sophomore **Elisa Bryant** became UW's first ever women's weight throw All-American, as she took eighth-place with a lifetime-best and school-record toss of 65-8 3/4. A Regional qualifier in the hammer throw last year as a freshman, Bryant has continued to develop in the discus as well, and earned her first Regional mark in that event as well with a mark of 158-6. Washington's biggest improvement in any event this year might be in the javelin, where sophomores **Kyle Nielsen** and **Brooke Pighin** have each rocketed up among the nation's elite in their first few outings this year. Nielsen, a native of Langley, B.C., made Regionals last season as a freshman, but has subsequently smashed his personal best throw in each

2009 HUSKY OUTDOOR STATISTICAL LEADERS

Women's		
100m Dash	Falesha Ankton	11.98
200m Dash	Falesha Ankton	24.52
400m Dash	Jordan Carlson	56.31
800m Run	Christine Babcock	2:06.55
1500m Run	Christine Babcock	4:16.50
5000m Run	Anita Campbell	15:45.85
10000m Run	Anita Campbell	33:40.22
3000m Steeple	Allison Linnell	10:51.67
100m Hurdles	Falesha Ankton	13.46
400m Hurdles	Falesha Ankton	1:01.11
4x100m Relay	Ankton/Lauderdale/ Carlson/Greene	46.28
4x400m Relay	Glass/Finley/ Martin/Carlson	3:51.09
High Jump	Kelly McNamee	5-8 3/4
Pole Vault	Lara Jones	13-3 1/2
Long Jump	Taylor Nichols	18-5 3/4
Triple Jump	Taylor Nichols	39-1
Shot Put	Korede Oyetuga	36-7 3/4
Discus	Elisa Bryant	158-6
Hammer	Elisa Bryant	178-1
Javelin	Brooke Pighin	162-0
Heptathlon	No competitors	
Men's		
100m Dash	Joe Turner	10.74
200m Dash	Jeff Gudaitis	21.89
400m Dash	Jordan Boase	45.67
800m Run	Austin Abbott	1:49.18
1500m Run	Austin Abbott	3:41.62
5000m Run	Jake Schmitt	14:03.95
10000m Run	Jake Schmitt	28:53.99
3000m Steeple	David McCary	9:22.66
100m Hurdles	Gregger Highberg	16.95
400m Hurdles	Miles Timpe	53.81
4x100m Relay	Turner/Boase/ Jackson/Taiwo	40.74
4x400m Relay	Timpe/Abdullahi/ Govier/Soberanis	3:20.08
High Jump	No competitors	
Pole Vault	Scott Roth	18-1
Long Jump	Jeremy Taiwo	22-9
Triple Jump	Josh McCune	43-11 1/4
Shot Put	Richard Anderson	52-6
Discus	Zack Midles	167-5
Hammer	Zack Midles	209-4
Javelin	Kyle Nielsen	239-2
Decathlon	No competitors	

of his first two competitions this year. Nielsen went 225-11 at the Stanford Invite, a PR by 13 feet, and followed that up with a mark of 239-2 at the Jim Click Shootout. Nielsen currently ranks fifth nationally and leaped up to third in the UW Top-10 lists, ahead of former All-Americans and Pac-10 Champions. Pighin, a transfer from Fresno State, has immediately filled a major need for the women. Like Nielsen, Pighin is a British Columbian, coming from Port Alberni, and made Regionals as a freshman. Pighin set a new personal-best at the Sun Angel Classic, throwing 162-0, which was the second-best throw by a Husky in the past 10 years and currently ranks her 15th nationally. The men's hammer throw continues to be another major strength for UW, as junior **Zack Midles** (Olympia, Wash./Capital) and freshman **Angus Taylor** (Richmond, B.C./Vancouver College Prep) have already notched Regional qualifiers, and Midles continues to improve in the discus throw and inch closer to qualifying in that event as well.

FIVE VAULTERS VIE FOR NATIONALS: Washington has been a consistent national pole vault power under coach Pat Licari, producing two national champions, eight different All-Americans, and American record-holder and 2008 Olympian Brad Walker. Two of those eight All-Americans are currently honing their craft on this year's squad and rank among the nation's best yet again. Sophomore **Scott Roth**, a two-time All-American as a freshman in 2007, is back from injury and vaulting higher than ever before. Roth is currently ranked third in the NCAA after he cleared a new personal best of 18-1 at the Jim Click Shootout, the second-best vault in UW history behind only Walker. Also operating at a high level is senior **Jared O'Connor**, the 2008 NCAA Outdoor Runner-Up and West Region Champion. O'Connor's season-best clearance of 17-4 1/2 came at the Stanford Invite and is ranked 10th. Three more Huskies have already qualified for Regionals in the vault, all establishing new PR's this season under Licari. Transfer student **Lara Jones** had never cleared 13-feet in her career before coming to UW this season. Jones has already gone up and over 13-3 1/2 outdoors, the sixth-best mark in school history. Senior **Andrea Peterson** has also booked her first trip to Regionals with a clearance of 12-11 1/2, which is 10 inches higher than her previous outdoor best entering the season. Last but not least is junior **Ryan Vu**, who hit his first Regional mark this season and certainly can't be counted out at Regionals, not after O'Connor went into the '08 Regional meet with the minimum qualifying mark and proceeded to PR on three straight vaults and win the title.

NEWCOMERS WASTE NO TIME: Washington has received an immediate boost in several key areas this season from a talented freshman class and several transfer students. Two freshmen can already call themselves All-Americans. **Christine Babcock** (Irvine, Calif./Woodbridge) has lived up to her legendary high school career thus far, as she already ranks in UW's top-10 in the 800-meters, mile run, and 1,500-meters, and was part of UW's record-setting DMR, which placed eighth at NCAA Indoors and earned her an All-America honor. Babcock also anchored UW's third-place 4x1500m relay at the Penn Relays. Freshman **Jeremy Taiwo** has also

done it all in his first year, quite literally, as the Renton, Wash. native placed 12th in the heptathlon at NCAA Indoors to earn All-America honors. Taiwo also won the MPSF heptathlon and broke the school record, and will look to add three more events to his repertoire outdoors in the decathlon. True freshman **Kelly McNamee** (Spokane, Wash./Ferris) has filled a big hole for the Huskies in the women's high jump. She qualified for NCAA Indoors and cleared a best of 5-11 1/2, the best jump by a Husky in more than 20 years. Also flashing signs of great potential has been **Joey Bywater**, a Lake Stevens, Wash. native. Bywater posted his first NCAA Regional mark at the Oregon Relays, running 3:45.43 in the 1,500-meters, one of the fastest times ever by a Husky frosh. **Ryan Soberanis** has also had a strong year in the 800m, running the fifth-best time by a Husky indoors at 1:50.52. As for the transfer students now part of the Husky family, senior **Lara Jones** and sophomore **Brooke Pighin** have stepped in and thrived. Jones, a Seattle native that came to UW from Duke, has cleared 13-feet in the pole vault for the first time in her career under coach Pat Licari, and already ranks sixth in UW history. Pighin, a transfer from Fresno State, threw the javelin 162-0 in her second Husky meet, a PR and the No. 2 mark in UW history. She's currently ranked in the Top-20 nationally. Both Jones and Pighin will compete at Regionals for a spot at NCAA's. Vancouver, B.C.'s **Angus Taylor** has also added depth to the men's throws unit, setting the eighth-best weight throw mark during the indoor season and earning a spot at Regionals in the hammer throw this season. Also, while **Mel Lawrence** (Reno, Nev.) has already completed two outstanding cross country seasons, she is in the midst of her debut track season and crushed the indoor 3k record at MPSFs then placed 12th at NCAA Indoors, and followed that up with a 15:50.36 PR in the 5k at the Stanford Invite that ranks seventh in the NCAA.

2008 INDOOR IN REVIEW: The NCAA Indoor Championships on March 14 put the capper on another outstanding indoor track and field campaign for the Huskies. With six collegiate meets at UW's Dempsey Indoor facility, Washington was once again one of the focal points of the national indoor track scene. Many of the fastest times in America were turned in at the Dempsey, with Husky athletes contributing a good number themselves. A whopping 36 new times or marks were written into the UW indoor Top-10 lists this season, with seven new school records. Washington sent 12 athletes to the NCAA Indoor meet in College Station, Texas, and they returned to Seattle with nine All-America honors between them. UW's indoor All-Americans included: senior **Jordan Boase**, who took third in the 400m for the second straight year; **Katie Follett** who took fifth in the 3K; **Elisa Bryant**, eighth in the weight throw in her first NCAA meet; the eighth-place women's DMR comprised of **Christine Babcock**, **Falesha Ankton**, **Kailey Campbell**, and Follett; **Jake Schmitt**, ninth in the 5K to earn his first All-America award; and freshman **Jeremy Taiwo**, who was 12th in the heptathlon just three months into his college career. Both teams scored six points at Nationals, which put the men in a tie for 33rd and the women in a tie for 35th. Once again Washington played host to the Mountain Pacific Sports Federation (MPSF) Championships with the men placing

2009 Husky NCAA West Regional Qualifiers

Men	Event	Mark	NCAA Rank	Women	Event	Mark	NCAA Rank
Scott Roth	Pole Vault	18-1	3rd	Anita Campbell	5,000m	15:45.85	4th
Austin Abbott	1,500m	3:41.62	4th	Katie Follett	5,000m	15:48.72	6th
Jordan Boase	400m	45.67	5th	Christine Babcock	1,500m	4:16.50	7th
Kyle Nielsen	Javelin	239-2	7th	Mel Lawrence	5,000m	15:50.36	7th
Jared O'Connor	Pole Vault	17-4 1/2	11th (tie)	Anita Campbell	10,000m	33:40.22	8th
Jake Schmitt	10,000m	28:53.99	15th	Christine Babcock	800m	2:06.55	18th
Austin Abbott	800m	1:49.18	16th	Katie Follett	1,500m	4:20.00	18th
Zack Midles	Hammer	209-4	22nd	Brooke Pighin	Javelin	162-0	18th
Joey Bywater	1,500m	3:45.43	42nd	Falesha Ankton	100m Hurdles	13.46	22nd
Jake Schmitt	5,000m	14:03.95	47th	Lauren Saylor	10,000m	34:42.10	25th
Ryan Vu	Pole Vault	16-6 3/4	49th (tie)	Lara Jones	Pole Vault	13-3 1/2	28th (tie)
Jeff Gudaitis	400m	47.17	58th	Kailey Campbell	1,500m	4:22.38	29th
Angus Taylor	Hammer	189-9	73rd	Kenna Patrick	5,000m	16:28.11	35th
				Kelly McNamee	High Jump	5-8 3/4	35th (tie)
				Mel Lawrence	1,500m	4:24.10	42nd
				Andrea Peterson	Pole Vault	12-11 1/2	49th (tie)
				Elisa Bryant	Discus	158-6	65th
				Elisa Bryant	Hammer	178-1	71st
				Lauren Saylor	5,000m	16:45.19	92nd

2009 UPDATES TO UW'S ALL-TIME OUTDOOR TRACK & FIELD TOP-10 LISTS

Men					Women				
Name	Event	Mark	All-Time UW Rank	School/Old Record	Name	Event	Mark	All-Time UW Rank	School/Old Record
Austin Abbott	1,500m	3:41.62	2nd	3:39.89 (1987)	Anita Campbell	5,000m	15:45.85	2nd	15:35.60 (1982)
Scott Roth	Pole Vault	18-1	2nd	18-6 1/2 (2003)	Brooke Pighin	Javelin (new)	162-0	2nd	173-7 (2004)
Jake Schmitt	10,000m	28:53.99	3rd	28:34.54 (2001)	Katie Follett	5,000m	15:48.72	3rd	15:35.60 (1982)
Kyle Nielsen	Javelin (new)	239-2	3rd	249-6 (1989)	Mel Lawrence	5,000m	15:50.36	4th	15:35.60 (1982)
Zack Midles	Hammer	209-4	4th	238-7 (1978)	Anita Campbell	10,000m	33:40.22	4th	33:13.45 (1983)
Jake Schmitt	5,000m	14:03.95	10th	13:40.61 (2001)	Christine Babcock	800m	2:06.55	5th	2:05.73 (1987)
					Christine Babcock	1,500m	4:16.50	6th	4:10.93 (2003)
					Allison Linnell	3,000m Steeple	10:51.67	6th	10:33.28 (2004)
					Lara Jones	Pole Vault	13-3 1/2	6th	14-2 (2004)
					Kelly McNamee	High Jump	5-8 3/4	7th (tie)	6-2 3/4 (1987)
					Andrea Peterson	Pole Vault	12-11 1/2	7th (tie)	14-2 (2004)
					Amanda Stopa	3,000m Steeple	11:09.94	9th	10:33.28 (2004)
					Kenn Patrick	5,000m	16:28.11	9th	15:35.60 (1982)
					Lauren Saylor	10,000m	34:42.10	9th	33:13.45 (1983)
					Falesha Ankton	200m	24.52	10th	23.40 (1983)
					Elisa Bryant	Discus	158-6	10th	215-3 (1998)

sixth, though just four points out of second, and the women taking fifth, but only six points from third. UW earned four titles at the MPSFs, including Boase with a win in the 400m, Schmitt in the 5K, Taiwo in the heptathlon, and the women's distance medley relay. Highlighting the school record showings was senior **Austin Abbott** in the mile run. Abbott went 3:58.23 at the Last Chance Meet to break Eric Garner's school record, with Garner running in the same heat. Other records were set by Boase in the 400m (46.09), Taiwo in the heptathlon (5,559), **Mel Lawrence** in the 3K (9:08.50), **Anita Campbell** in the 5K (16:09.26), the women's DMR (11:05.80), and Bryant in the weight throw (65-8 3/4). The women's 3,000-meter list was the most drastically altered, as Lawrence, Follett, Anita Campbell, and **Lauren Saylor** ran the four fastest times in school history, respectively.

WOMEN'S CROSS COUNTRY TAKES NCAA BY STORM: This past fall, the Husky women's cross country team grabbed the national spotlight, dominating every race they entered en route to the program's first National Championship. At the start of the season, the women were given a No. 3 national ranking, but quickly jumped up to No. 1 after dominating wins at the Sundodger and Tiger Invitational. UW confirmed its top billing with a huge win at Pre-Nationals. The Huskies then headed for a showdown with second-ranked Oregon at the Ducks' home course for the Pac-10 Championships. Washington turned the expected battle into an historic route, sweeping the top six places to record a perfect 15 points and snap Stanford's 12-year run of conference titles. Freshman **Kendra Schaaf** won the race by 30 seconds in a conference record time, becoming UW's first individual champion since 1982. After another routine win at West Regionals, the women went to NCAA's as the overwhelming favorite and did not disappoint, defeating Oregon once again by 52 points to win the national title. Freshman **Christine Babcock** led the way with a 7th-place finish, followed by Schaaf (12th-place), sophomore **Mel Lawrence** (25th), junior **Katie Follett** (26th), senior **Amanda Miller** (35th), sophomore **Lauren Saylor** (41st), and senior **Anita Campbell** (51st). The top five all earned All-America honors, with Saylor just missing out by one-tenth of a second. Schaaf was named Pac-10 Athlete of the Year, a first ever for Washington, and Babcock was named Pac-10 Newcomer of the Year. Head coach Greg Metcalf swept the coaching awards, as he was named the Pac-10, West Regional, and National Coach of the Year.

DEMPSEY INDOOR: Having now just concluded its eighth season, Washington's Dempsey Indoor has solidified its reputation as one of the nation's top indoor competition venues. The facility includes a permanent 307-meter MONDO track (six lanes on the straightaway, five on the oval) and a full 100-yard FieldTurf infield equipped to host the shot put, weight throw, long jump, triple jump, high jump and pole vault events. Dempsey Indoor has hosted dozens of Olympians; in 2009 alone this year fans witnessed 2008 U.S. Olympians Kara Goucher, Amy Yoder-Begley, Loree Smith, Sharon Day, Galen Rupp, and Andrew Wheating. The Dempsey produces numerous top-10 world marks every year and has seen 33 UW indoor school records broken, and hundreds of NCAA qualifying marks. The facility is also the annual host site of the MPSF Championships. 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 2009 season:

2009 Dempsey Indoor Records

Men's 60m Hurdles	7.77 (tied); Myles Bradley, Stanford, 2/27
Men's 400m	46.09; Jordan Boase, Washington, 2/28
Men's 800m	1:47.03; Andrew Wheating, Oregon, 2/14
Men's 3,000m	7:47.97; German Fernandez, Oklahoma State, 2/14
Men's DMR	9:28.35; Arkansas, 1/30
Men's Heptathlon	6,174; Ashton Eaton, Oregon, 1/30-1/31
Women's 60m	7.31 (tied); Charonda Williams, Arizona State, 2/28
Women's 200m	23.44; Charonda Williams, Arizona State, 2/27
Women's 3,000m	8:53.88; Jennifer Barringer, Colorado, 1/31
Women's 5,000m	15:01.70; Jennifer Barringer, Colorado, 2/14
Women's Pentathlon	4,276; Sharon Day, Asics, 1/30

HEAD COACH GREG METCALF: Former Husky All-American Greg Metcalf is in the midst of his seventh season as head of Washington's track and field program, and his 12th year overall on the staff, and remains the driving force behind UW's rise to national prominence. A native of Ephrata, Wash., Metcalf is just a few months away from capturing the program's first ever national team championship, as the 2008 Husky women's cross country team went undefeated to with the NCAA title. Metcalf earned Pac-10 and National Coach of the Year honors for his efforts, and also guided the men's cross country squad to 18th at nationals, its second Top-20 finish in the past three years. The track and field squads have also enjoyed a prolonged period of unprecedented success the past several years. The men finished in the Top-25 at six consecutive NCAA Championship meets from 2006-08, including consecutive Top-10 indoor finishes in 2007 and 2008. At the 2008 NCAA Outdoor Championships, UW placed 16th with its most points since the 1983 season. The men also won the MPSF Championships in both 2006 and 2007, and Metcalf was named conference coach of the year on both occasions. The women have also had four Top-25 NCAA finishes since 2005, and sent three team members to the 2008 U.S. Olympic Trials in the 1500-meters. Husky track and field individuals in Metcalf's tenure have combined for six NCAA titles, nine Pac-10 crowns and 145 NCAA Championships appearances, while breaking school records on 60 separate occasions. In addition to their athletic prowess, Metcalf's teams have been among the brightest at a school renowned for its high academic standards. His teams are eight-time recipients of the U.S. Track and Field and Cross Country Coaches Association (USTFCCCA) All-Academic honor, including the men's track team being named the 2008 Outdoor Scholar Team of the Year, and the 2008 National Champion women's cross country team being named National Women's Scholar Team of the Year. Six UW individuals have earned Academic All-America honors. 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.