

WASHINGTON TRACK AND FIELD

May 14, 2008

//For Immediate Release//
Contact: Michael Bruscas

Huskies Head to Tempe for Pac-10 Championships

Washington has captured at least one conference crown in eight straight seasons.

ON THE TRACK: The Washington track and field teams enter the postseason stretch this weekend with the 2008 Pac-10 Championships on tap this Friday and Saturday, May 16-17. Arizona State will host the event on Joe Sellah Track at Sun Angel Stadium, with action beginning each day at 10:30 a.m. PT.

This is the 78th annual championship meet for the men, and the 22nd annual for the women. As always, it will be a field loaded with some of the top track and field talent in the nation and the world at large. The host Sun Devils captured both the men's and women's NCAA Indoor Championship crowns, and the women are the defending NCAA Outdoor champion, as well as currently being ranked No. 1 in the USTFCCA rankings.

Six Pac-10 men's teams are ranked in the Top-25, and the Huskies are the last team looking in, ranked 26th. USC leads the way at No. 5, followed by No. 6 Arizona State, No. 7 UCLA, No. 13 Oregon, No. 16 Arizona, and No. 20 Washington State. Challenging the top-ranked ASU women will be No. 4 USC, No. 7 UCLA, No. 8 Stanford, and No. 15 Oregon. The Husky women are currently unranked.

The Huskies have a number of men and women that will be among the favorites for conference crowns this weekend, beginning with junior sprinter Jordan Boase, who leads the Pac-10 and the NCAA in both the 200-meter and 400-meter dashes. Boase, who finished 3rd in the 400m at NCAA Indoors, really grabbed the national spotlight when he broke the UW school-record by running 44.82 to win the 400-meters at the Sun Angel Classic back in April. Now back at the scene of the crime, Boase will be running the 400 for the first time since the record-setting run. The Pac-10 is loaded with talent at 400-meters, and thus the final on Saturday could be an NCAA finals preview. USC's Lionel Larry is ranked second in the nation behind Boase, and is the defending Pac-10 champion. Arizona State's Joel Phillip is ranked fourth in the NCAA, and Arizona's Bobby McCoy is ranked sixth.

Senior Norris Frederick was the Pac-10 long jump champion in 2006, and finished runner-up last year to Arizona State's Matt Turner, who is back as well. Frederick will also be a favorite in the high jump, having recently cleared a personal-best of 7-3 1/4 at the UW-WSU dual. Ranked second in their events are sophomore Jake Schmitt in the 10,000m (28:56.05), Carl Moe in the steeplechase (8:51.11), and UW's 4x100m relay comprised of Boase, senior James Fredrickson, junior Joseph Turner, and freshman Ryan Hamilton.

On the women's side, Washington's mid-distance corps will be expected to do the bulk of the scoring. Sophomore Katie Follett, and seniors Amanda Miller and Michelle Turner rank among the conference's best from 800-meters all the way up to 5000-meters. Follett ranks third in the 800 and 1500, and is second in the 5K, while Miller is fourth in the 800 and fifth in the 1500. Turner is also in the top-eight at both middle distances. Washington's last women's conference champion was Kate Soma in the pole vault in 2004, and the Huskies have a strong vault group once again. Senior Kelley DiVesta is ranked fourth in the Pac-10 after her ninth-place finish at NCAA Indoors, and senior Stevie Marshalek took third at last year's Pac-10's. Junior Falesha Ankton is the only women's sprinter competing. She ranks fifth in the 100m hurdles and seventh in the 400m hurdles.

RETURNING SCORERS: The following Huskies put points on the board at last year's Pac-10 Championships at Stanford, and will be back in action this weekend:

Men			Women		
James Fredrickson	2nd, 400m Hurdles	50.63	Stevie Marshalek	3rd, Pole Vault	13-1 1/2
Norris Frederick	2nd, Long Jump	24-6 1/4	Dani Schuster	4th, 800m Run	2:10.72
	6th, High Jump	6-10 3/4	Amanda Miller	4th, 1500m Run	4:23.68
Carl Moe	5th, Steeplechase	8:57.13	Kelley DiVesta	7th, Pole Vault	12-5 1/2
Kyle Still	6th, 400m Hurdles	52.34	Katie Follett	8th, 1500m Run	4:27.87
Zack Midles	7th, Hammer	198-9			

PAC-10'S ON THE AIR: FOX Sports Net will air a two-hour tape delayed show starting Thursday, May 22. Dwight Stones will call the action, while color commentary will be provided by Tom Feuer. Lindsay Soto will provide additional commentary from the infield. For area fans, FOX Northwest will first be running the telecast on Friday, May 23, at 12 PST. It will then be repeated on Saturday, May 24, at 3 a.m., and again on Sunday, May 25, at 2 p.m.

RESULTS: Results of the 2008 Pac-10 Championships will be updated periodically on Arizona State's athletics website, www.thesundevils.com, as well as at the end of each day on GoHuskies.com along with a full recap of the day's action. The following link goes directly to ASU's Championship page:

- <http://thesundevils.cstv.com/sports/c-track/spec-rel/pac-10-track-championship-08.html>

2008 Husky Track Schedule

Indoor

Date	Meet	Location
Dec. 1, 2007	UW Winter Preview	Seattle
Jan. 19	UW Indoor Preview	Seattle
Feb. 1-2	UW Invitational	Seattle
Feb. 16	The Husky Classic	Seattle
Feb. 17	UW Open Meet	Seattle
Feb. 29-Mar. 1	MPSF Championships	Seattle
Mar. 8	Last Chance Qualifier	Seattle
Mar. 14-15	NCAA Championships	Fayetteville, Ark.

Outdoor

Date	Meet	Location
Mar. 28	UW Outdoor Preview	Seattle
Apr. 5	Pepsi Team Invitational	Eugene, Ore.
Apr. 5	Stanford Invitational	Palo Alto, Calif.
Apr. 12	Sun Angel Classic	Tempe, Ariz.
Apr. 17-20	Mt. SAC Relays	Walnut, Calif.
Apr. 25-26	Oregon Relays	Eugene, Ore.
May 3	UW-WSU Dual	Pullman, Wash.
May 9-10	Pac-10 Multi-Events	Tempe, Ariz.
May 10	Ken Shannon Invitational	Seattle
May 16-17	Pac-10 Championships	Tempe, Ariz.
May 30-31	NCAA West Regional	Northridge, Calif.
June 11-14	NCAA Championships	Des Moines, Iowa
June 20-24	USATF Jr./Sr. Nationals	Indianapolis, Ind.
June 27-July 6	U.S. Olympic Trials	Eugene, Ore.

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

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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 (Acting AD)
Home Facility:..... Dempsey Indoor/Husky Stadium
Press Row Phone:..... (206) 714-5556
Conference:..... Pacific-10
Head Coach:..... Greg Metcalf (6th year)
Asst. Coach (Vault/Jumps):..... Pat Licari (11th year)
Asst. Coach (Throws):..... Reedus Thurmond (2nd year)
Asst. Coach (Sprints/Hurdles):..... LaMonte Vaughn, Jr. (4th year)
Asst. Coach (Distances):..... Jimmy Bean (2nd year)
Asst. Coach (Distances):..... Kelly Strong (6th year)

Track Office Phone:..... (206) 543-2279
Website:..... www.GoHuskies.com

2007 Men's Pac-10 Finish:..... 6th
2007 Men's NCAA Finish (Outdoor/Indoor):.. 15th (tie)/7th (tie)
Men's NCAA Competitors Returning/Lost:..... 7/2
Best Men's Conference Finish:..... 2nd (1976)
Best Men's NCAA Finish:..... 2nd (1929, 1930)
2007 Women's Pac-10 Finish:..... 9th
2007 Women's NCAA Finish (Outdoor/Indoor):.. 59th (tie)/34th (tie)
NCAA Women's Competitors Returning/Lost:..... 4/2
Best Women's Conference Finish:..... 4th (1995, '96, '98)
Best Women's NCAA Finish:..... 10th (1988)

Husky Athletic Communications

Michael Bruscas, Track and Field SID
E-mail: mbruscas@u.washington.edu
Office Phone: (206) 543-2230 / Fax: (206) 543-5000
Mobile Phone: (206) 714-5556

USTFCCCA Outdoor Rankings Week 6

Men		Women	
1. Texas A&M	251.58	1. Arizona State	325.92
2. Florida State	250.81	2. LSU	314.95
3. Florida	238.03	3. Texas A&M	254.53
4. LSU	234.11	4. USC	243.07
5. USC	201.37	5. Texas Tech	216.24
6. Arizona State	197.07	6. Virginia Tech	215.54
7. UCLA	184.39	7. UCLA	200.25
8. Auburn	165.96	8. Stanford	162.48
9. UTEP	161.55	9. Florida	144.34
10. Baylor	142.37	10. Minnesota	142.65
11. Colorado	136.04	11. UTEP	142.44
12. Texas	135.32	12. Miami (Fla.)	132.40
13. Oregon	133.91	13. Arkansas	126.22
14. Tennessee	125.06	14. Penn State	122.94
15. Arkansas	121.95	15. Oregon	120.28
16. Arizona	116.12	16. Texas	115.99
17. Kentucky	115.24	17. Florida State	115.45
18. TCU	113.37	18. Baylor	108.28
19. Clemson	103.09	19. Mississippi	104.18
20. Washington St.	102.22	20. Oklahoma	104.03
21. Liberty	100.24	21. TCU	102.65
22. South Carolina	97.50	22. Michigan	102.14
23. Texas Tech	96.60	23. Tennessee	101.77
24. Georgia	93.33	24. N. Carolina	95.30
25. UTSA	92.12	25. Auburn	90.59

2007 PAC-10 CHAMPIONSHIPS IN REVIEW: Senior **Ryan Brown** won his second-career Pac-10 title and led Washington's 4x400-meter relay to a second-place finish, keying the Husky men to a sixth-place team finish at the 2007 Pac-10 Track and Field Championships at Stanford. Brown's performances scored 18 of Washington's 89 points, a total just three points shy of fourth and 27 shy of No. 11 Oregon's winning score (116). Brown was one of five Husky men or women to earn first- or second-place finishes Sunday, and one of a team-record 18 to earn top-five conference finishes over the meet's two days. Washington's high men's team score — its second-best since 1998 — was impressive when considering that the Huskies were without four key scorers in sophomores **Jeremy Mineau** and **Mart Israel**, and juniors **Austin Abbott** and **Dave Nyland**, each of whom boasted marks in 2007 that would have ranked among the top-five in their events and would likely have put UW in the mix for the Pac-10 title. The UW women, meanwhile, were led by the 23 points of junior **Ashley Lodree**, who for the second time in her career scored in the 100-meter dash (fourth), 100-meter hurdles (second) and long jump (third), a feat accomplished just four times, total, in Pac-10 history. Reigning NCAA indoor champ ASU won its second-straight conference women's crown, downing host Stanford by a 154-134 1/3 margin, while UW was ninth with 49.

PAC-10 PROWESS: While UW's teams have never claimed a Pac-10 title outright, Ryan Brown's win in the 800 meters in 2007 did extend an impressive string of eight straight years with at least one individual titlist. That streak now marks the UW's longest-ever run of individual champions, besting a seven-year run from 1974-1980, highlighted by Scott Neilson's four titles in the hammer. Washington athletes have combined for 15 Pac-10 titles over the eight years of the streak, including a high of three in 2006.

LAST TIME OUT: Senior Carl Moe authored a rousing end to the 2008 Washington track and field home season this evening, flying around Husky Stadium in 4:01.53 to win the mile run in his last appearance in front of the Husky faithful. Moe's run was the final major race of the Ken Shannon/Ken Foreman Invitational, which featured several outstanding performances despite windy conditions. Moe was all by himself for the final lap, and many of the remaining spectators lined the backstretch to urge him on. Though he fell just short of breaking the four-minute mile for the first time in his career, Moe did easily surpass the 1500-meter NCAA Regional qualifying time with the run. A two-time All-American from Auburn, Wash., Moe was given a standing ovation by teammates after the meet for his gritty performance. Headlining the event on the women's side was sophomore Katie Follett, who ran the third-fastest 800-meter time in Washington history in her first attempt at the distance all season. Follett won in 2:06.43, which ranks her in the Top-20 in the NCAA this season, although she will likely not run the 800 again this year, focusing on the 1500 and 5000-meters. She had not competed in an 800-meter race since high school. Also earning a new Regional qualifying mark was sophomore transfer Sarah Pappas. Pappas cleared a personal-best 12-7 1/2 in the pole vault, taking first in the event. Pappas joins seniors Kelley DiVesta and Stevie Marshalek as regional qualifiers in the pole vault.

EVENT SCHEDULE: Following is the tentative time schedule for the Ken Shannon/Ken Foreman Invitational. All times are pacific and subject to change.

Friday, May 16 Field Events

10:30 am Women's Hammer Final
5:00 pm Men's Javelin Final
5:30 pm Men's Pole Vault Final
6:00 pm Men's Long Jump Final
6:00 pm Women's Long Jump Final
6:00 pm Women's Shot Put Final
8:00 pm Women's Javelin Final
8:00 pm Men's Shot Put Final

Track Events

5:00 pm Women's 1,500m Trials
5:15 pm Men's 1,500m Trials
5:35 pm Women's 100mH Trials
5:50 pm Men's 110mH Trials
6:10 pm Women's 400m Trials
6:25 pm Men's 400m Trials
6:40 pm Women's 100m Trials
6:55 pm Men's 100m Trials
7:15 pm Women's 800m Trials
7:30 pm Men's 800m Trials
7:45 pm Women's 3,000m SC Final
8:00 pm Men's 3,000m SC Final
8:20 pm Women's 400mH Trials
8:35 pm Men's 400mH Trials
8:55 pm Women's 200m Trials
9:10 pm Men's 200m Trials
9:25 pm Women's 10,000m Final
10:10 pm Men's 10,000m Final

Saturday, May 17 Field Events

10:30 am Men's Hammer Final
5:00 pm Men's Discus Final
5:00 pm Men's High Jump Final
5:00 pm Women's Triple Jump Final
5:30 pm Women's Pole Vault Final
7:30 pm Women's Discus Final
7:30 pm Women's High Jump Final
7:30 pm Men's Triple Jump Final

Track Events

6:30 pm Women's 4x100m Final
6:37 pm Men's 4x100m Final
6:45 pm Women's 1,500m Final
6:52 pm Men's 1,500m Final
7:00 pm Women's 100mH Final
7:10 pm Men's 110mH Final
7:20 pm Women's 400m Final
7:27 pm Men's 400m Final
7:35 pm Women's 100m Final
7:42 pm Men's 100m Final
7:50 pm Women's 800m Final
7:57 pm Men's 800m Final
8:05 pm Women's 400mH Final
8:12 pm Men's 400mH Final
8:20 pm Women's 200m Final
8:27 pm Men's 200m Final
8:35 pm Women's 5,000m Final
9:00 pm Men's 5,000m Final
9:25 pm Women's 4x400m Final
9:35 pm Men's 4x400m Final

DAWG BITES

- Washington has boasted at least one Pac-10 champion in eight-straight years, and at least one NCAA champ for five-straight seasons. Senior Ryan Brown extended both streaks in 2007, winning NCAA indoor and Pac-10 800m crowns.
- The final period was placed on Washington's indoor season when 27 Huskies were named to the MPSF All-Academic team. The Huskies were second to Stanford in total honorees out of the 10 schools (eight from the Pac-10 and two from the Big West). Team member must be at least a sophomore academically and have maintained a cumulative GPA of a 3.0 or better.
- Junior Jordan Boase was named Pac-10 Track Athlete of the Week for the week of Apr. 7-13 after his record-setting 400-meter run at the Sun Angel Classic. Boase broke Ja'Warren Hooker's school record in 44.82 seconds, which tied for the second-fastest time in the world this year. He becomes the first Pac-10 weekly award winner since Shane Charles in 2006. The award was the 15th for the Husky men all-time.
- The Husky men's 10th-place finish at the 2008 NCAA Indoor Championships was their second-straight Top-10 finish indoors, following 2007's all-time high seventh-place finish. The last two years represent the two-best NCAA Indoor finishes in school history, and the 2007 place equaled UW's third-best NCAA finish overall since 1930.
- Senior Norris Frederick was named the 2008 West Region Field Athlete of the Year by the U.S. Track and Field Coaches Association. It is the second year in a row Frederick won the award.
- Washington has sent a total of 72 athletes to the NCAA Indoor and Outdoor Championship since 2005, the most prolific stretch in team history. Those 64 have returned home with 58 All-America honors, also obliterating all previous three-year records.
- Washington's No. 2 indoor preseason men's ranking marked the highest ever ranking for a UW track program, surpassing last season's No. 4 indoor ranking. The ranking was based on returning athletes from last season's final descending order list. The Husky men came in 10th-place in the preseason outdoor list.
- In both 2006 and 2007, Washington boasted at least one NCAA competitor in every event area -- sprints, hurdles, middle distance, long distance, relays, horizontal jumps, vertical jumps, pole vault and throws. This season the Huskies already covered every area indoors save for throws, long distance and hurdles.
- In 2006-07, the Husky men were one of only four teams that finished in the Top-15 in cross country, indoor track and outdoor track.

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 25-26. 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 IN THE RANKINGS: The Husky men dropped two spots in the week six USTF-CCCA rankings, slipping just out of the Top-25 at No. 26. The Huskies got new points this week from Carl Moe, whose 4:01.53 mile time converted to the ninth-best 1500m time in the West Region and 27th nationally. Also scoring well for UW is Norris Frederick in the high jump as he cleared a lifetime-best 7-3 1/4 at the UW-WSU dual to move to sixth nationally. Jordan Boase took over the NCAA lead in the 200-meters at the Cougar dual, running 20.37, however the ranking system only gives him full credit for his NCAA-leading 400m time, assuming he won't run both at the NCAA meet. Husky men also rank in the Top-25 nationally in four other events, including Jake Schmitt (21st, 10000m), David Nyland (14th, javelin), Carl Moe (17th, steeple), and two different 4x100-meter relay teams, the best of which includes Boase, James Fredrickson, Joseph Turner, and Ryan Hamilton, and ranks 15th. The Husky women are unranked, receiving most of their points from Katie Follett, Kelley DiVesta, and Amanda Miller. Two weeks ago, Follett ran 16:01.16 in the 5000m at Stanford to move into seventh-place nationally, while DiVesta improved her pole vault two inches to climb to 21st at 13-3 1/2. Miller ranks 26th in the 800-meters at 2:06.98. The women also suffer from the same rule that penalizes Boase, as Follett is not receiving full points for her performances, right now scoring most in the 800 although she is higher in both the 5K and 1500m (15th, 4:10.20). Amanda Miller ranks just behind Follett in the 1500m, sitting 18th nationally. All told the Huskies have 31 NCAA Regional qualifying marks thus far. For a complete list of qualifiers and NCAA rankings turn to page four.

BOASE RETURNS TO RECORD-SETTING SCENE: Despite a third-place finish at the NCAA Indoor Championships in the 400-meters -- the best finish ever by a Husky -- junior **Jordan Boase** remained something of an unknown on the national scene. Boase won a pair of All-America awards as a sophomore in 2006 as part of UW's 4x400m relay, but then left the team last season to decide if the sport still appealed to him. Thankfully for the Huskies and the track world at large, Boase decided to return. He broke the indoor school record to win the MPSF Championships indoors, and then bettered his PR again at NCAA's, finishing third in 46.34. Boase had not competed since that final indoor run heading into the April 12th Sun Angel Classic in Tempe, Ariz. with nearly a month off. Despite the downtime, Boase came out and shocked the track world with a NCAA-leading time of 44.82. The time came against a strong field including ASU's Joel Phillip who placed just ahead of Boase in second at NCAA indoors. Boase broke the school-record outdoors, held for eight years by UW legend Ja'Warren Hooker, who previously held every significant sprints record. His time

Monster PR of the Week: Sophomore **Katie Follett** has certainly not been toiling in obscurity this season, with All-American performances in the mile indoors and in cross country in the fall, but Follett's 800-meter "fun" run at last weekend's Ken Shannon/Ken Foreman Invitational was especially remarkable. Follett had not run the 800 since high school, and ran a Top-10 time nationally in the 5K just six days prior, but somehow she still managed to run the UW's third-fastest 800 in school history, finishing in 2:06.43 in poor conditions. Whatever time she ran would have been a PR, but leave it to Follett to nearly set a school record as well in likely her only 800m run this year.

2008 Husky Track and Field Outdoor Statistical Leaders

Women		
100m Dash	Falesha Anktion	12.13
200m Dash	Falesha Anktion	24.86
400m Dash	Dani Schuster	1:00.18
800m Run	Katie Follett	2:06.43
1,500m Run	Katie Follett	4:19.20
5000m Run	Katie Follett	16:01.16
10000m Run	Trisha Rasmussen	35:01.64
100m Hurdles	Falesha Anktion	13.68w
400m Hurdles	Falesha Anktion	1:00.57
3000m Steeple	Mo Huber	10:48.94
4x100m Relay	Liz Fuller/Daria Amiad Pavlov/ Sarah Pappas/Kelley DiVesta	51.38
4x400m Relay	Lindsey Kirschman/Kailey Campbell Dani Schuster/Michelle Turner	4:01.23
High Jump	Daria Amiad-Pavlov	5-7
Pole Vault	Kelley DiVesta	13-3 1/2
Long Jump	Liz Fuller	18-2 1/2
Triple Jump	Daria Amiad-Pavlov	38-8 3/4
Shot Put	Korede Oyetuga	39-0 1/2
Discus	Elisa Bryant	147-2
Hammer	Elisa Bryant	178-9
Javelin	Liz Fuller	116-6
Heptathlon	Liz Fuller	4,780
Men		
100m Dash	Ryan Hamilton	10.76
200m Dash	Jordan Boase	20.37
400m Dash	Jordan Boase	44.82
800m Run	Austin Abbott	1:49.37
1,500m Run	Carl Moe	3:48.06
5000m Run	Jordan Swarhout	14:32.72
10000m Run	Jake Schmitt	28:56.05
110m Hurdles	Kenny Shaw	14.76w
400m Hurdles	James Fredrickson	51.23
3000m Steeple	Carl Moe	8:51.11
4x100m Relay	Jordan Boase/James Fredrickson Joseph Turner/Ryan Hamilton	39.80
4x400m Relay	Jeff Gudaitis/James Fredrickson Joseph Turner/Jordan Boase	3:09.41
High Jump	Norris Frederick	7-3 1/4
Pole Vault	Jared O'Connor	16-6 3/4
Long Jump	Norris Frederick	25-2 3/4w
Triple Jump	Corey Fredericks	46-0
Shot Put	Cameron Elisara	52-10 3/4
Discus	Zach Midles	163-9
Hammer	Zach Midles	205-8
Javelin	David Nyland	226-0
Decathlon	Andrew Ferleman	6,064

Washington's 2008 NCAA Regional Championships Qualifiers

Men					Women				
Name	Event	Mark	Regional Ranking	National Ranking	Name	Event	Mark	Regional Ranking	National Ranking
Jordan Boase	200m	20.37	1st	1st	Katie Follett	5000m	16:01.16	2nd	7th
Jordan Boase	400m	44.82	1st	1st	Katie Follett	1500m	4:19.20	3rd	15th
Carl Moe	300m Steeple	8:51.11	2nd	17th	Katie Follett	800m	2:06.43	4th	20th
Boase/Fredrickson/ Turner/Hamilton	4x100m Relay	39.80	2nd	16th	Amanda Miller	1500m	4:19.49	5th	18th
Norris Frederick	High Jump	7-3 1/4	2nd	5th (tie)	Falesha Ankton	100m Hurdles	13.68	5th	58th (tie)
Bacon/Fredrickson Turner/Hamilton	4x100m Relay	40.00	5th	23rd (tie)	Amanda Miller	800m	2:06.98	6th	26th
Jake Schmitt	10,000m	28:56.05*	5th	21st	Kelley DiVesta	Pole Vault	13-1 1/2	7th (tie)	21st (tie)
David Nyland	Javelin	226-0	5th	14th	Michelle Turner	1500m	4:23.38	10th	34th
Austin Abbott	800m	1:49.37	6th	31st (tie)	Michelle Turner	800m	2:08.31	13th	53rd (tie)
James Fredrickson	400m IH	51.23	6th	30th	Falesha Ankton	400m Hurdles	1:00.57	14th	69th
Norris Frederick	Long Jump	25-2 3/4	7th	26th	Stevie Marshalek	Pole Vault	12-7 1/2	21st (tie)	62nd (tie)
Gudaitis/Fredrickson/ Turner/Boase	4x400m Relay	3:09.41	8th	51st	Sarah Pappas	Pole Vault	12-7 1/2	21st (tie)	62nd
Carl Moe	1500m	3:43.33**	9th	27th	Elisa Bryant	Hammer Throw	178-9	21st	77th
Zach Midles	Hammer Throw	205-8	10th	32nd	Trisha Rasmussen	5000m	16:47.96	27th (tie)	103rd (tie)
Kyle Nielsen	Javelin	212-5	11th	49th	Lauren Saylor	5000m	16:49.73	33rd	110th
Jared O'Connor	Pole Vault	16-6 3/4	16th (tie)	47th (tie)					

* - Athletes in the 10,000m and multi-events qualify directly for the NCAA Championships.

** - Converted from mile run

also tied 2004 Olympic gold medalist Jeremy Wariner for second-fastest in the world this year, though Wariner has since retaken the world lead. The Bothell, Wash. native, who competed in high school track for just two months before walking on at UW, is now coming into his own with the help of coach LaMonte Vaughn. Boase backed up his 400m time this past weekend at the UW-WSU dual, running solo for the first time since the Sun Angel and clocking an NCAA-leading 20.37 in the 200-meters. The run broke Hooker's dual meet record, and was just 0.14 seconds shy of Hooker's school record. Boase has achieved the U.S. Olympic Trials "A" standard in the 400-meters, guaranteeing himself a spot in the Olympic trials this summer in Eugene, where he figures to have a legitimate shot at making at least the relay pool.

FREDERICK THRILLS WITH WORLD-CALIBER LEAP: Based on his own lofty standards, senior **Norris Frederick** was having a so-so year. Sure, he ranked in the Top-10 in both the long jump and high jump, but the five-time All-American from Roosevelt High School had yet to give the Dempsey faithful the jaw-dropping show he's known for. That moment came at the MPSF Championships, when Frederick soared into the NCAA lead with a monstrous personal-best long jump of 26-7 3/4. When the length was announced, Frederick treated the fans to a celebratory back flip. The jump broke the UW indoor record, the Dempsey facility record, the MPSF meet record, and ranked as the second-best jump by an American this year, and the sixth-best jump in the world. Entering the NCAA Indoor Championships as the favorite in the long jump, Frederick would have to settle for second, as he again surpassed 26-feet, going 26-2 3/4 to hold the lead through the first flight. However, Cal State Northridge's Reindell Cole went 26-7 3/4 with his first jump, matching Frederick's personal best from MPSFs and the mark held up, although none of Cole's remaining five jumps surpassed Frederick's best. The second-place long jump finish was the best in UW history, and Frederick capped off his best ever NCAA meet with a sixth-place high jump finish the next day, walking away with two more All-American awards to bring his total to seven, and scoring 11 of UW's 17 points. Notorious for performing best at bigger meets, Frederick has yet to clear 16-feet outdoors, but last weekend in Pullman, he turned in a lifetime-best high jump clearance of 7-3 1/4, soaring up to fifth in the NCAA standings. Frederick's long list of achievements includes a Pac-10 championship, three MPSF championships, an NCAA West Regional championship plus five long jump All-American awards and two All-American high jump honors, but he will be pushing hard for his first NCAA title in his final outdoor campaign.

IF IT CAN BE MEASURED, MILLER CAN RUN IT: Senior **Amanda Miller** was an invaluable weapon for the Huskies indoors, and has been a versatile speedster throughout her illustrious career. With a fifth-place finish in the mile at March's NCAA Indoor Championships, Miller led the first trio of All-American milers in UW history, finishing just ahead of teammates Katie Follett and Michelle Turner. It was Miller's second-straight All-American mile performance, following up a ninth-place finish in 2007. Miller also won All-American honors in the 800-meters in 2005. Miller, who ranks among UW's all-time Top-10 in seven events, posted her first automatic qualifier in the mile at the Husky Classic, running 4:39.93 which would have been a school record had Katie Follett not finished just ahead of Miller in the same race. She also bettered her own school record in the 800-meters at the UW Invitational on Feb. 2, finishing in 2:06.69, though she chose to stick with the mile at NCAA's rather than the 800. In 2005, Miller became UW's first female All-American in the 800-meters since 1985. This season, Miller decided that excelling at two indoor events just wasn't engaging enough, and she led UW's distance medley relay to its first ever NCAA

berth, running the opening 1200-meter leg of the relay which slashed over 10 seconds from the school record entering this season. The stage was set for Miller's outstanding season in the fall, when she had her best cross country season to date, running third for the Huskies at the NCAA Championships. Miller placed 108th overall in her first cross country national meet, and the women's team established a new program benchmark with an eight-place finish. Since moving outdoors, Miller has continued to excel, running one of the nation's best 1500-meters at the Sun Angel Classic, as she went under 4:20 for the first time, finishing in 4:19.49, the 16th-best time in the NCAA thus far, and easily a regional qualifying mark. At the UW-WSU dual, Miller improved her outdoor 800m PR, winning the event in 2:06.98, the sixth-fastest in UW history and a top-25 mark nationally.

NO RECORD SAFE FROM FOLLETT: **Katie Follett** had a respectable freshman season by any measure, but the Fort Collins, Colorado native gave little warning for what has become a remarkable sophomore campaign this year. Everything started back in September, when Follett finished second at the Sundodger Invitational, leading head coach Greg Metcalf to praise her offseason work, saying she had simply made herself into a better distance runner. Metcalf proved prescient, as Follett went on to earn her first All-American award in cross country, finishing 19th at NCAA's to lead the women to a program-best eighth-place finish. Follett spent the indoor season crushing various school records, and putting her name up near the top of the NCAA rankings in multiple events. At the Husky Classic, Follett crushed UW's mile record by more than three seconds, finishing in 4:37.22 to obtain the automatic NCAA qualifying mark. The run was the third fastest in the NCAA at the time, and 12th-best by an American. Follett would not run the mile again until the NCAA Championships, where she submitted a sixth-place finish in 4:41.88, right behind teammate Amanda Miller and just ahead of ninth-place finisher Michelle Turner, making UW the only school to have three All-Americans in one event. Also during the indoor season, Follett ran as the anchor leg of UW's distance medley relay, finishing off two school-record runs on the only two occasions the Huskies ran their DMR during the regular season. After cutting three seconds off the school record the first time out, the Huskies demolished that record once again at MPSFs, running 11:12.77 to move into the Top-10 of the NCAA this season. The time is over 10 seconds faster than the previous school record entering 2008. Also at the MPSFs, Follett went out and ran the 3,000m for the first time this season, and shattered that indoor record by more than seven seconds as well. Follett placed second to Stanford's Arianna Lambie in a time of 9:25.09 that gave her three NCAA qualifying marks, and three school records in less than three weeks. Since moving outdoors, Follett has continued to turn in exceptional runs every time she takes to the oval. This outdoor season, Follett has placed herself on UW's Top-10 list in the 800-meters (3rd, 2:06.43), 1500-meters (7th, 4:19.20), and 5000-meters (5th, 16:01.16). Follett's top times in the 5K and the 800-meters were run just six days apart.

WOMEN'S VAULT TRADITION SWELLS: With one NCAA title, one Pac-10 title, and seven All-America honors over the past five years, Washington's pole vault unit under coach Pat Licari knows a thing or two about raising the bar. Heading into the 2008 season, two vaulters remained from the quintet that set an NCAA record in 2005 by being the first unit to send five vaulters over 13-feet in one season. One of the two was senior **Stevie Marshalek**, who only had outdoor eligibility remaining and is still looking to get back to her status as a national contender, having cleared the NCAA Regional mark but not the 13-foot barrier yet this season. Marshalek is a

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four-time NCAA participant and was third at the 2007 Pac-10 Championships. Fellow senior **Kelley DiVesta** benefited from a full indoor season, and it turned out to be the best of her career. DiVesta did what every coach dreams of--setting a personal-best at the NCAA Championships. She cleared 13-9 1/4 to place seventh at the NCAA Indoor Championships in Fayetteville to earn her first career All-American honor, making eight awards for Licari's women's crew in six years. DiVesta is off to a solid start in the outdoor season as well, clearing a season-best 13-3 1/2 in winning the pole vault at the UW-WSU dual meet to rank 18th in the NCAA descending order list. At last weekend's Ken Shannon/Ken Foreman Invitational, another vaulter punched her postseason ticket, as sophomore Sarah Pappas, a transfer from Oklahoma, cleared the NCAA Regional mark for the first time in her career.

2008 INDOOR IN REVIEW: Washington track and field was put front and center before the indoor season even began, as the Husky men earned a No. 2 preseason ranking from the USTFCCA. An all-time high for the program, the Huskies spent the early part of the season recovering from an assortment of injuries, and never quite reached full strength. But when NCAA's rolled around, senior Norris Frederick and junior Jordan Boase were enough to propel the men to a 10th-place finish. Frederick took second in the long jump and sixth in the high jump, and Boase was third at 400-meters, scoring 17 points total. Sophomore Scott Roth also made his third NCAA appearance, taking 10th in the pole vault. On the women's side, the Huskies broke into the Top-20 late in the season, thanks in large part to the women's dominant middle-distance corps. Seniors Amanda Miller and Michelle Turner and sophomore Katie Follett all earned All-American honors in the mile, making UW the only team at NCAA's to earn three All-American awards in one event. Miller was fifth, Follett sixth, and Turner ninth. Senior Kelley DiVesta also earned points at the national meet with her seventh-place pole vault finish. DiVesta set a new personal record at NCAA's with a 13-9 1/4 clearance to earn her first All-American award. The women's mile and pole vault added up to nine points for the Huskies, placing them in a tie for 22nd, the third-best finish all-time for the women. All told, the Husky men and women combined for seven All-America honors. Seven new indoor school records were set during the 2008 campaign, including three by Follett (mile, 3000m, DMR). The Dempsey Indoor was a hotbed for worldclass talent once again, and nine facility records were smashed during the season, including eight on the men's side. Norris Frederick provided one of the most thrilling facility records when he long jumped 26-7 3/4 to win the MPSF Championship on Feb. 29. Frederick's mark was a personal-best and sixth-best in the world at the time.

2008 Dempsey Indoor Records

Men's 200m	20.93, Brent Gray, Long Beach St., 2/29/08
Men's Mile	3:56.00, Steve Sherer, Athletic Performance, 2/2/08 (No. 2 in the world)
Men's DMR	9:31.52, Stanford, 2/29/08
Men's High Jump	7-6 1/2, Michael Mason, UBC, 1/19/08
Men's Long Jump	26-7 3/4, Norris Frederick, UW, 2/29/08 (No. 6 in the world)
Men's Shot Put	70-5 1/4, Ryan Whiting, Arizona St., 3/1/08 (No. 8 in the world)
Men's Weight Throw	76-5 1/2, James Parker, Team XO, 2/16/08
Men's Heptathlon	5,784, Josh Hustedt, Stanford, 3/1/08
Women's High Jump	6-1 1/2, Ebba Jungmark, Wash. St., 2/16/08

HEAD COACH GREG METCALF: Former Husky All-American Greg Metcalf is in his sixth year as Washington's head coach of track and field and cross country, and his 11th year overall on the UW staff. Metcalf earned West Region Indoor Men's Coach of the Year honors in 2007 after leading Ryan Brown to his second-straight NCAA 800-meter title, and guiding the Washington men to a second-straight indoor conference title and a seventh-place tie at the NCAA Indoor meet, the latter an all-time program best. The men followed that benchmark with another Top-10 indoor finish in 2008, as they tied for 10th, the first time in history they posted consecutive Top-10 finishes. The Husky women meanwhile jumped back into the Top-25 with a 22nd-place finish on the strength of their trio of All-Americans in the mile. Amanda Miller, Katie Follett, and Michelle Turner all earned All-American honors in the mile, which falls directly under Metcalf's watch. No other team, men's or women's, had three All-Americans in one event. In Metcalf's first five full seasons at the helm, plus the 2008 indoor campaign, he has led the UW women and men to five top-25 finishes at the NCAA Championships per team. Individually, 22 UW distance runners have earned NCAA berths, with three earning NCAA titles and 15 grabbing All-America accolades, a list which does not include the team's three-time All-America distance medley relays (2005-07). In addition, Metcalf has led the Huskies' women's cross country team to the NCAA meet nine of his first 11 years at the helm, and is coming off a program-best eighth-place finish, with two women earning All-American honors for the first time in history. Metcalf guided the UW men to a 12th-place NCAA cross country finish in 2006. In 11 years atop Washington's distance program, Metcalf has coached his athletes to three NCAA championships, six Pac-10 titles, 29 All-American awards, 19 school-records and 102 NCAA Championships berths. A 1993 UW graduate, Metcalf was a two-time All-American in the steeple, and ran in the 1996 U.S. Olympic Trials.

STAR-STUDED STAFF: Supporting Metcalf in the development of Washington as a national track and field power are a number of heralded assistant coaches. Eleventh-year vaults/jumps coach Pat Licari has coached athletes to three NCAA titles, four Pac-10 titles, and 22 All-American awards. Former NCAA pole vault champion Brad Walker is currently the No. 1 ranked vaulter in the world, and still trains with Licari at the Dempsey. Fourth-year sprints/hurdles coach LaMonte Vaughn, Jr., meanwhile, has had a banner first three years, mentoring Ashley Lodree to six All-America honors and guiding eight UW relays to NCAA berths, including five All-American relays. Vaughn has been instrumental this season in the emergence of sprinter Jordan Boase, the current NCAA leader at 200 and 400-meters. Third-year throws coach Reedus Thurmond has mentored two conference champions and three NCAA qualifiers in his first two years, including a pair of All-America performers, while sixth-year distance coach Kelly Strong was a five-time All-American and three-time Pac-10 champion at ASU, and is the American record-holder in the 2,000-meter steeplechase. The women's distance unit under Strong has continued to increase its profile each year, and women's cross country placed an all-time best eighth-place in 2007 with two All-Americans. All told, eight All-America awards have been claimed by UW women under Strong's watch in her first five years. Second-year distance coach Jimmy Bean contributed to one of the best season's ever for Husky men's distance runners last year, as four Huskies earned All-American honors on the track.

2008 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
Jordan Boase	400m Dash	44.82	1st	Same	Elisa Bryant	Hammer Throw	178-9	2nd	189-9
Jordan Boase	200m Dash	20.37	2nd	20.23	Katie Follett	800m Run	2:06.43	3rd	2:05.73
Norris Frederick	High Jump	7-3 1/4	2nd	7-6 1/2	Mo Huber	3000m Steeple	10:48.94	5th	10:33.28
Jake Schmitt	10000m Run	28:56.05	3rd	28:34.54	Katie Follett	5000m Run	16:01.16	5th	15:35.60
Boase/Fredrickson/ Turner/Hamilton	4x100m Relay	39.80	4th	39.24	Falesha Ankton	100m Hurdles	13.73	5th	12.99
Zack Midles	Hammer Throw	205-8	5th (tie)	238-7	Amanda Miller	800m Run	2:06.98	7th	2:05.73
Bacon/Fredrickson/ Turner/Hamilton	4x100m Relay	40.00	8th	39.24	Katie Follett	1500m Run	4:19.20	7th	4:10.93
					Sarah Pappas	Pole Vault	12-7 1/2	7th	14-2
					Amanda Miller	1500m Run	4:19.49	8th	4:10.93
					Amanda Stopa	3000m Steeple	11:16.38	8th	10:33.28
					Trisha Rasmussen	10000m Run	35:01.64	8th	33:13.45
					Anna Imperati	3000m Steeple	11:21.45	9th	10:33.28
					Allison Moore	Pole Vault	11-11 3/4	10th (tie)	14-2
					Andrea Peterson	Pole Vault	11-11 3/4	10th (tie)	14-2
					Lauren Walker	Pole Vault	11-11 3/4	10th (tie)	14-2

All-Time UW Pac-10 Champions (Pac-8 before 1979)

Men Year	Champion	Event	Mark
2007	Ryan Brown	800m Run	1:47.51
2006	Shane Charles	400m Hurdles	49.51
	Norris Frederick	Long Jump	25-10w
	Juan Romero	Javelin	233-10
2005	Ryan Brown	800m Run	1:47.31
2003	Brad Walker	Pole Vault	18-2 1/2
2002	Mike Hill	Steeplechase	8:54.19
	Brad Walker	Pole Vault	18-0 1/2
2001	David Bazzi	10,000m Run	29:27.31
2000	Ja'Warren Hooker	100m Dash	10.19
	Ja'Warren Hooker	200m Dash	20.39
	Ben Lindsey	Shot Put	63-11 3/4
1998	Ja'Warren Hooker	100m Dash	10.24
	Ja'Warren Hooker	200m Dash	20.70
	Hooker/Prior/ Anabel/Dawson	4x400m Relay	3:06.49
1996	Troy Burkholder	Javelin	229-5
1992	Mitch Leffler	800m Run	1:49.05
1990	Rick Noji	High Jump	7-2 1/2
1989	Darryl Roberson	Javelin	238-4
1988	Darryl Roberson	Javelin	236-2
1987	Bruce Stirling	1500m Run	3:44.29
	Dan Bell	Steeplechase	8:36.68
1986	Mike Ramos	Decathlon	8,322 pts.
1985	Steve Erickson	Decathlon	8,067 pts.
	Tony Zackery	Long Jump	25-11 1/4w
1984	Mike Ramos	Decathlon	7,824 pts.
1983	Mike Ramos	Decathlon	7,824 pts.
1980	Gary Gefre	Decathlon	7,758 pts.
1979	Scott Neilson	Hammer	235-0
	Tom Sinclair	Javelin	259-11
1978	Scott Neilson	Hammer	232-4
	Duncan Atwood	Javelin	261-8
1977	Scott Neilson	Hammer	213-11
	Duncan Atwood	Javelin	265-9
1976	Brian Mondschein	Decathlon	7,066 pts.
	Graham Barr	Steeplechase	8:56.0
	Spider Gaines	110m Hurdles	13.9
	Russ Vincent	Shot Put	63-9 3/4
	Borys Chambul	Discus	196-4
	Scott Neilson	Hammer	209-6
	Rod Ewaliko	Javelin	265-3
1975	Rod Ewaliko	Javelin	260-9
1974	Al Davis	100y Dash	9.7
1972	Bill Koss	Steeplechase	8:42.0
	Kirk Bryde	Pole Vault	16-9 1/2
1971	Jim Seymour	440y Hurdles	50.9
	Kirk Bryde	Pole Vault	17-4
	Cary Feldman	Javelin	258-4
1970	Jim Johnson	Steeplechase	8:47.6
	Cary Feldman	Javelin	236-6
1969	John Hubbell	Shot Put	62-11 1/4
1967	Washington	Mile Relay	3:11.6
1964	Jerry Plowman	220y Dash	21.4
	Wariboko West	Long Jump	24-11 1/4
	Al Pemberton	Discus	175-6
1963	Brian Sternberg	Pole Vault	15-0
1962	John Cramer	Pole Vault	15-0 1/2
1961	John Cramer	Pole Vault	15-0
1960	Don Failla	Pole Vault	14-0
	Bill Coats	Pole Vault	14-0
	John Douglas	Javelin	237-0

Women

Year	Champion	Event	Mark
2004	Kate Soma	Pole Vault	14-2
2001	Anna Aoki	10,000m	34:19.63
2000	Kate Bradshaw	10,000m	34:41.03
1998	Anna Aoki	10,000m	35:04.99
	Aretha Hill	Discus	208-11
1996	Aretha Hill	Discus	195-9
	Soozie Shanley	Hammer	157-10
1995	Tara Davis	Long Jump	20-2 1/4
1992	Sonja Forster	Heptathlon	5,266 pts.
1991	Mari Bjone	400m Hurdles	58.21
1988	Jennifer Ponath	Shot Put	55-5 3/4
1987	Vicki Borsheim	High Jump	6-0 3/4
	Helena Uusitalo	Javelin	180-7

Men's Pac-10 Championships Results (Pac-8 Before 1979)

Year	Champion	Pts.	UW Place	UW Pts.
2007	Oregon	114	6	89
2006	USC	140	4	99
2005	Oregon	152	5	75.5
2004	UCLA	143	8	45
2003	USC	139	9	37
2002	Stanford	151	8	49
2001	Stanford	142	8	42
2000	USC	154	4t	83
1999	USC	164	9	52
1998	UCLA	135.5	6	93
1997	USC	145	3	96
1996	UCLA	151	3	97.5
1995	UCLA	163.5	8	54
1994	UCLA	135	9	30
1993	UCLA	170	7	60
1992	UCLA	123	6	54.5
1991	Washington St.	135.7	6	70
1990	Oregon	141	6	70
1989	UCLA	153	6	55
1988	UCLA	147	9	42
1987	UCLA	176	6	45
1986	Oregon	134	9	29
1985	Washington St.	149.5	8	43
1984	Washington St.	157.3	7	43
1983	Washington St.	132	8	37
1982	UCLA	146	9	27
1981	Arizona	133	8	28
1980	UCLA	163	10	20
1979	Oregon	145	6	43
1978	USC	126	5	60
1977	USC	146	5	69
1976	USC	180	2	99
1975	USC	152	6	67
1974	USC	134.5	7	50.5
1973	UCLA	156	6	34
1972	USC	140	4	64
1971	UCLA	126	8	26
1970	UCLA	111	7	33
1969	UCLA	98	8	24
1968	USC	128	7	31
1967	Oregon	129	6	43
1966	UCLA	80	8	20
1965	Oregon	52	8	16
1964	USC	73	5	33
1963	USC	74	6	24
1962	USC	78.5	5	17
1961	USC	101	5	21
1960	USC	83.5	4	32.5

Women's Pac-10 Championships Results

Year	Champion	Pts.	UW Place	UW Pts.
2007	Arizona State	158	9	49
2006	Arizona State	154	7	41
2005	Stanford	173	8	42.5
2004	UCLA	174.5	6	67
2003	UCLA	155	6	64
2002	UCLA	160	9	36
2001	UCLA	155	9	33
2000	UCLA	167.5	7	58
1999	UCLA	160.5	7	56
1998	UCLA	174	4	94
1997	UCLA	189.5	8	59
1996	USC	151	4	77
1995	UCLA	149	4	79
1994	UCLA	127	6	49
1993	UCLA	146	7	24
1992	Oregon	122	8	33
1991	Oregon	130.5	6	52
1990	UCLA	116	5	66
1989	UCLA	153	6	55
1988	UCLA	143	5	27
1987	UCLA	121	6	49