



WASHINGTON TRACK AND FIELD

May 8, 2008

//For Immediate Release//

Contact: Michael Bruscas

Joint Shannon/Foreman Meet Ends Regular Season

Several senior All-Americans will make their final appearances in front of the hometown fans.

ON THE TRACK: The final home meet for the Washington track and field team goes off inside Husky Stadium this Saturday, May 10, as the Huskies host the Ken Shannon/Ken Foreman Invitational. Washington, which hosts the Ken Shannon annually, welcomes Seattle Pacific as co-hosts of the meet. SPU traditionally hosts the Ken Foreman Invite in West Seattle. Field events begin at 2 p.m. and the first track event will start at 3 p.m.

The meet brings the regular season to a close for the Huskies, with the Pac-10 Multi-Event Championships beginning this weekend in Tempe, Ariz. to be followed by the main competition next weekend at Arizona State. Given the proximity of the intense postseason meets, many of UW's top athletes will be resting up this weekend. The Huskies will still have a handful of current regional qualifiers in action on Saturday, including seniors Amanda Miller, Michelle Turner, Amy Lia, Kelley DiVesata, junior Dani Schuster, and sophomore Katie Follett on the women's side. Many of UW's top mid-distance runners on the men's team will compete in a special mile run invitational, including senior All-Americans Carl Moe and Austin Abbott.

The field for the Ken Shannon/Ken Foreman Invitational will be mostly comprised of local small colleges and clubs. Teams on hand from around the region include Western Washington, Central Washington, Pacific Lutheran, Puget Sound, British Columbia, Seattle U., and Simon Fraser.

LIVE RESULTS: Live results of the 2008 Ken Shannon/Ken Foreman Invitational will be posted throughout the meet to the official site of UW athletics, www.GoHuskies.com. In addition, a complete recap of the evening's events will be posted to GoHuskies.com shortly after the meet's conclusion.

KEN SHANNON HISTORY: Washington renamed its annual spring invitational in 2002 to honor former head coach Ken Shannon, the second-longest tenured coach in University of Washington history. In 29 years as head coach of Washington men's track and field team, from 1968-97, Shannon guided the Huskies to seven top-12 finishes at the NCAA Championships, including a best of sixth in 1972. Under Shannon's tutelage, Husky athletes combined to earn 81 All-America certificates, 38 Pac-10 titles, and 18 NCAA championships, while setting 10 NCAA records. After stepping down as Washington's head coach following the 1997 season, Shannon remained on staff as the UW's throws coach, mentoring seven more All-Americans over the next four years, including 2000 U.S. Olympian Aretha Hill, before retiring for good in 2001.

LAST TIME OUT: Another NCAA-leading run by junior sprinter Jordan Boase was certainly the performance of the day, but the Washington State track and field teams prevailed over Washington in the yearly dual meet at Mooberry Field last Saturday in Pullman. The Cougar men, ranked 25th, defeated the 30th-ranked Huskies, 92-71, snapping Washington's three-meet win streak. The Cougar women handled a thin Husky roster, 116-47 to win their fourth dual in a row. Boase, already the NCAA leader in the 400-meter dash, took the NCAA lead in the 200-meters as well, running 20.37 seconds. The time is the second-fastest in Washington history, just behind UW legend Ja'Warren Hooker's 20.23, although Boase broke Hooker's UW-WSU dual meet record of 20.57 set back in 2001. Senior Norris Frederick won both the men's high and long jumps for the second straight year, setting a personal-best in the high jump. Frederick cleared 7-3 1/4 to beat out Washington State's Trent Arrivey, who was also very impressive at 7-2 1/2. Frederick now ranks fifth nationally outdoors. Zack Midles, a sophomore, was also a multiple winner for the Dawgs, taking first in both the discus and hammer throw. On the women's side, the Huskies had to cope without All-American sophomore Katie Follett, who was busy running the school's fifth-best 5K time in history at a meet in Stanford, but UW still won the mid-distances races thanks to All-American seniors Amanda Miller and Michelle Turner. Miller ran the 800-meters for the first time this season, and posted a personal-best 2:06.98, moving her up to sixth on the women's Top-10 list. Turner captured the 1500-meters in 4:25.46, nearly six seconds faster than runner-up Lisa Egami of WSU. Junior Falesha Ankton was responsible for 12 of the women's 47 points, as she ran well in the 100m and 200m dashes, and the 100m and 400m hurdles. Ankton won the 100m hurdles in 13.73 seconds, the fifth-fastest time in school history. Senior Kelley DiVesta had her best outdoor pole vault of the season thus far, winning the event by more than a foot with a clearance of 13-3 1/2.

MULTIS UP AND RUNNING IN TEMPE: This Friday, May 9, actually marks the beginning of postseason action for a select number of UW's track team. The Pac-10 Multi-Event Championships begin in Tempe, Ariz., hosted by Arizona State, continuing on Saturday to crown the conference champs in the heptathlon and decathlon. Juniors Daria Amiad-Pavlov and Liz Fuller will compete on the women's side, while freshman Andrew Ferleman dives in on the men's side.

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

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USTFCCCA Outdoor Rankings Week 5

Men		Women	
1. Texas A&M	260.93	1. Arizona State	326.16
2. Florida	248.00	2. LSU	321.69
3. LSU	247.82	3. Texas A&M	268.22
4. Florida State	240.73	4. USC	232.22
5. USC	206.67	5. UCLA	211.25
6. Arizona State	203.55	6. Virginia Tech	207.77
7. UCLA	185.52	7. Texas Tech	204.83
8. UTEP	170.25	8. Stanford	163.44
9. Auburn	168.64	9. Minnesota	147.53
10. Texas	165.69	10. UTEP	145.37
11. Baylor	149.08	11. Arkansas	140.02
12. Colorado	137.40	12. Miami (Fla.)	139.82
13. Oregon	133.87	13. Florida	135.39
14. Tennessee	128.73	14. Penn State	126.15
15. Arkansas	125.98	15. Baylor	123.03
16. TCU	120.97	16. Oregon	117.48
17. Arizona	119.04	17. TCU	109.17
18. Kentucky	118.74	18. Michigan	107.36
19. Wash. State	104.28	19. Tennessee	106.15
20. Liberty	102.93	20. Mississippi	104.47
21. BYU	97.50	21. Oklahoma	98.36
22. Clemson	95.21	22. Florida State	98.15
23. Georgia	92.54	23. Auburn	95.58
24. Washington	91.97	24. Texas	95.11
25. California	88.86	25. Arizona	93.52

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

Field Events

12:30 PM-Hammer Throw (Women then Men) @ West
Seattle Stadium
2:00 PM-Pole Vault (W)
2:00 PM-Long Jump (W)
3:30 PM-High Jump (W)
3:30 PM-Long Jump (M)
3:00 PM-Discus (W) Men to Follow
5:00 PM-Triple Jump (W)
5:00 PM-Javelin (W) Men to Follow
5:00 PM-Shot Put (W) Men to Follow
5:30 PM-Pole Vault (M)
5:30 PM-High Jump (M)
6:15 PM-Triple Jump (M)

Track Events

3:00 PM-3000m Steeplechase (W)
3:15 PM-3000m Steeplechase (M)
3:30 PM-4x100m Relay (W)
3:35 PM-4x100m Relay (M)
3:45 PM-100m Hurdles (W)
3:55 PM-110m Hurdles (M)
4:05 PM-400m Dash (W)
4:10 PM-400m Dash (M)
4:20 PM-100m Dash (W)
4:30 PM-100m Dash (M)
4:45 PM-800m Run (W)
4:55 PM-800m Run (M)
5:10 PM-400m Hurdles (W)
5:20 PM-400m Hurdles (M)
5:30 PM-200m Dash (W)
5:45 PM-200m Dash (M)
5:55 PM-1500m Run (W)
6:05 PM-1500m Run (M)
6:20 PM-5000m Run (W)
6:45 PM-5000m Run (M)
7:05 PM-Men's Invitational Mile
7:15 PM-4 x 400m Relay (W)
7:25 PM-4 x 400m Relay (M)

DAWG BITES

- The final period was placed on Washington's indoor season earlier this week, as 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.
- 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.

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 climbed back into the Top-25 for the first time since the preseason outdoor poll this week, coming in at No. 24, up six spots from the previous week. Added points came from Norris Frederick in the high jump as he cleared a lifetime-best 7-3 1/4 at the UW-WSU dual to move to fifth nationally. Jordan Boase took over the NCAA lead in the 200-meters last weekend, 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 just outside the top-50 at No. 51, and climbed 13 spots since last week, thanks to a boost from Katie Follett, Kelley DiVesta, and Amanda Miller. Follett ran 16:01.16 in the 5000m last week at Stanford to move into sixth-place nationally, while DiVesta improved her pole vault two inches to climb to 18th at 13-3 1/2. Miller ran her first 800-meters of the season and went 2:06.98, ranking 23rd. The women also suffer from the same rule that penalizes Boase, as Follett is not receiving full points for her 13th-place 1500-meter time since she is ranked higher in the 5K. Amanda Miller ranks just behind Follett in the 1500m, sitting 16th nationally, while Michelle Turner is also 31st in the event. All three finished in the Top-10 in the mile at NCAA Indoors. All told the Huskies have 29 NCAA Regional qualifying marks thus far. For a complete list of qualifiers and NCAA rankings turn to page four.

BOASE RIPS OFF RECORD RUN IN TEMPE: 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 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

Monster PR of the Week: Sophomore Zach Midles captured two events last week at the UW-WSU dual meet in Pullman. Midles improved his personal-best in the hammer throw up to 205-8, which ranks ninth in the West Region. His biggest jump, however, came in the discus, where he threw 163-9 for the win. The mark was 30-feet farther than his previous best this season, and was over eight feet farther than his personal best.

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	Amanda Miller	2:06.98
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	113-11
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 Swarthout	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	Zach Midles	49-7 3/4
Discus	Zach Midles	163-9
Hammer	Zach Midles	205-8
Javelin	David Nyland	226-0
Decathlon	Andrew Ferleman	5,845

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	6th
Jordan Boase	400m	44.82	1st	1st	Katie Follett	1500m	4:19.20	3rd	13th
Carl Moe	300m Steeple	8:51.11	2nd	17th	Amanda Miller	800m	2:06.98	4th	24th
Boase/Fredrickson/ Turner/Hamilton	4x100m Relay	39.80	2nd	15th	Amanda Miller	1500m	4:19.49	5th	16th
Norris Frederick	High Jump	7-3 1/4	2nd	5th (tie)	Falesha Ankton	100m Hurdles	13.68	5th	56th (tie)
Bacon/Fredrickson Turner/Hamilton	4x100m Relay	40.00	4th	21st (tie)	Michelle Turner	800m	2:08.31	11th	51st (tie)
Jake Schmitt	10,000m	28:56.05*	5th	21st	Michelle Turner	1500m	4:23.38	10th	31st
David Nyland	Javelin	226-0	5th	14th	Falesha Ankton	400m Hurdles	1:00.57	14th	63rd
Austin Abbott	800m	1:49.37	6th	26th (tie)	Kelley DiVesta	Pole Vault	13-1 1/2	7th (tie)	18th (tie)
James Fredrickson	400m IH	51.23	6th	28th	Stevie Marshalek	Pole Vault	12-7 1/2	20th (tie)	50th (tie)
Norris Frederick	Long Jump	25-2 3/4	7th	26th	Elisa Bryant	Hammer Throw	178-9	20th	74th
Gudaitis/Fredrickson/ Turner/Boase	4x400m Relay	3:09.41	8th	51st	Trisha Rasmussen	5000m	16:47.96	27th (tie)	102nd (tie)
Zach Midles	Hammer Throw	205-8	9th	30th	Mo Huber	3000m Steeple	10:48.94	28th	94th
Kyle Nielsen	Javelin	212-5	11th	46th	Lauren Saylor	5000m	16:49.73	33rd	109th
Jared O'Connor	Pole Vault	16-6 3/4	15th (tie)	44th (tie)					

* - The 10,000m and multi-events will not be contested at the NCAA Regional Meet; athletes in those events qualify directly for the NCAA Championships.

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. Follett has placed herself among the Top-15 nationally in both the 1500m and 5000m, including a 5K run of 16:01.16 last weekend at Stanford that ranks sixth in the NCAA and fifth in UW history..

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 just rounding back into form as she cleared the Regional qualifying mark last week in Tempe. Marshalek is a four-time NCAA participant. 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 last weekend's UW-WSU dual meet to rank 18th in the NCAA descending order list.

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	Mo Huber	3000m Steeple	10:48.94	5th	10:33.28
Norris Frederick	High Jump	7-3 1/4	2nd	7-6 1/2	Katie Follett	5000m Run	16:01.16	5th	15:35.60
Jake Schmitt	10000m Run	28:56.05	3rd	28:34.54	Falesha Ankton	100m Hurdles	13.73	5th	12.99
Boase/Fredrickson/ Turner/Hamilton	4x100m Relay	39.80	4th	39.24	Amanda Miller	800m Run	2:06.98	6th	2:05.73
Zack Midles	Hammer Throw	205-8	5th (tie)	238-7	Katie Follett	1500m Run	4:19.20	7th	4:10.93
Bacon/Fredrickson/ Turner/Hamilton	4x100m Relay	40.00	8th	39.24	Amanda Miller	1500m Run	4:19.49	8th	4:10.93
					Anna Imperati	3000m Steeple	11:21.45	8th	10:33.28
					Trisha Rasmussen	10000m Run	35:01.64	8th	33:13.45
					Sarah Pappas	Pole Vault	12-3 1/2	8th	14-2
					Michelle Turner	800m Run	2:08.31	10th	2:05.73
					Allison Moore	Pole Vault	11-11 3/4	10th (tie)	14-2
					Lauren Walker	Pole Vault	11-11 3/4	10th (tie)	14-2