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While Dempsey Indoor hosts the Huskies from January to March, when the weather warms up, Washington's track and field teams head outdoors to 72,500-seat Husky Stadium, the largest on-campus track and field facility in the Pac-10.

Athletes running on the hallowed Husky Stadium track do so in the footsteps of some of track and field's most notable names, including former U.S. gold medalists Carl Lewis and Michael Johnson, both of whom own facility records.

The eyes of the entire world were upon Husky Stadium in 1990, when the Huskies' outdoor track and field home played host to the Opening and Closing Ceremonies, and all track and field competition, for the 1990 Goodwill Games.

In addition to the 33 Stadium records set during the Goodwill Games, Husky Stadium has served as the site of numerous collegiate records, including a record of 8:05.4 in the steeplechase by Washington State's Henry Rono that has stood for the last 26 years.

Perhaps it's not surprising that Rono's mark should withstand the test of time, as the Cougars and Huskies have been going at it in

Husky Stadium since 1922, two years after the stadium's initial construction. This year's intrastate dual meet – one of four collegiate meets at Husky Stadium in 2005 – is scheduled for Apr. 30, and will be the 98th all-time between the two schools.

Husky Stadium has been a regular site of top collegiate competition, including the 1997 Pac-10 Track and Field Championships, the 1972 AAU Championships, and the 1971 NCAA Championships.

Looming high above Lake Washington, Husky Stadium provides competitors with a unique combination of world-class competition and breathtaking natural scenery. Throwers using the East Field's two shot put areas, javelin runway and discus and hammer cages can watch as their implements sail high into a Seattle sky framed by Mt. Rainier and the Olympic Mountains, while pole vaulters and jumpers can take in the boats and seaplanes on Lake Washington in between jumps.

In 2001, the UW installed FieldTurf on both the stadium infield, used as an athlete warm-up area, and on the East Field between Husky Stadium and Lake Washington. An all-weather track was first installed in 1968, and was resurfaced at a cost of \$1.5 million in 1989.

Husky Stadium Records

MEN

100m Dash	10.05, Leroy Burrell, USA, 1990
200m Dash	20.54, Michael Johnson, USA, 1990
400m Dash	44.79, Robert Hernandez, Cuba, 1990
800m	1:45.10, Joaquim Cruz, Oregon, 1984
1500m	3:38.2, Jerome Howe, Mid-America TC, 1972
Steeplechase	8:05.4, Henry Rono, Wash. State, 1978
5000m	13:33.52, Paul Williams, Canada, 1990
10000m	27:26.33, H. Boutayeb, Mexico, 1990
110m Hurdles	13.43, Greg Foster, UCLA, 1980
400m Hurdles	48.78, Winthrop Graham, Jamaica, 1990
4x100m Relay	38.45, USA, 1990
4x400m Relay	2:59.54, USA, 1990
High Jump	7-7 3/4, Hollis Conway, USA, 1990
Pole Vault	19-5, Rodion Gataullin, USSR, 1990
Long Jump	27-6, Carl Lewis, USA, 1990
Triple Jump	58-1 1/2, Kenny Harrison, USA, 1990
Shot Put	70-4, Randy Barnes, USA, 1990
Discus	220-3, Romas Ubartas, USSR, 1990
Hammer	276-0, Igor Astapovitch, USSR, 1990
Javelin	276-1, Viktor Zaitsev, USSR, 1990
Decathlon	8,403, Dave Johnson, USA, 1990

WOMEN

100m Dash	11.03, Carlette Guidry, USA, 1990
200m Dash	22.64, Dannette Young, USA, 1990
400m Dash	50.34, Ana Quirot, Cuba, 1990
800m	1:57.52, Ana Quirot, Cuba, 1990
1500m	4:09.17, Leah Ells, Abbotsford Royals, 1993
Steeplechase	9:58.27, Carrie Messner, Asics, 2004
5000m	15:02.23, Yelena Romnova, USSR, 1990
10000m	32:01.17, Wanda Panfil, Poland, 1990
100m Hurdles	12.70, Natalya Grigoryeva, USSR, 1990
400m Hurdles	55.16, Sandra Farmer, USA, 1990
4x100m Relay	42.46, USA, 1990
4x400m Relay	3:21.22, USSR, 1990
High Jump	6-7 1/2, Yelena Yelesina, USSR, 1990
Pole Vault	13-3 1/2, Carly Dockendorf, Washington, 2004
Long Jump	22-8 3/4, Inessa Kravets, USSR, 1990
Triple Jump	43-8 1/2, Simidele Adeagbo, Team XO, 2004
Shot Put	67-7, Natalya Lisovskaya, USSR, 1990
Discus	223-4, Ilke Wyludde, East Germany, 1990
Hammer	172-9, Jennifer Dunkin, Western Oregon, 2002
Javelin	202-2, Natalya Skikolenko, USSR, 1990
Heptathlon	6,783, Jackie Joyner, USA, 1990



Washington's rise to prominence over the past three years can largely be credited to the opening of Dempsey Indoor, one of the finest competitive indoor track and field venues on the West Coast.

Home to up to eight indoor competitions each winter, the 80,000-square foot home of UW indoor track and field has become one of the premier destinations for indoor competition, while also serving year-round as a training facility for Washington's track and field teams.

The facility has drawn the attention of the entire nation, with teams from as far away as Texas A&M, Kentucky, Michigan and Colorado sending athletes to compete, in addition to regular visitors Stanford, Oregon and UCLA. In 2003, retired Georgetown coach Frank Gagliano was quoted as having called Dempsey Indoor "the best indoor track in America," an opinion echoed by 2004 U.S. indoor 800-meter champion and 2000 Olympian Michael Stember.

"I love this track," Stember told the Seattle Times in 2003. "It mimics running outdoors."

Stember is just one of more than a dozen U.S. and foreign Olympians who have raised the competitive bar at Dempsey Indoor, with past fields including such luminaries as three-time world shot put champion John Godina, and 2004 U.S. pole vault champion Toby Stevenson. In the past two years alone, competitions at Dempsey

Indoor have produced 13 top-10 world marks, numerous U.S.-leading marks, 12 UW records and hundreds of NCAA qualifying efforts.

Even the media have jumped on board, with the Seattle Times calling Dempsey Indoor "a catalyst for a resurgence for track and field."

In 2004, the facility added to its profile when it became the host site of the MPSF Championships, the indoor conference championships for most major West Coast Division-I teams. This year's MPSF meet, scheduled for Feb. 25-26, is one of eight on the 2005 Dempsey Indoor schedule, including five collegiate and three open meets.

The facility includes a permanent 307-meter MONDO track (six lanes on the straightaway, five on the oval) and a full 100-yard FieldTurf infield equipped to host the shot put, weight throw, long jump, triple jump, high jump and pole vault events.

In addition to its competitive use, the building is utilized as an indoor practice facility for Washington's football, softball, baseball and men's and women's soccer teams, and is considered one of the premier indoor facilities of its kind on the West Coast.

The facility is named for California businessman Neal Dempsey, a 1964 Washington graduate who, along with his wife, Janet, gave \$10 million to the University in January of 2001.

Dempsey Indoor Records

MEN

60m Dash	6.63, Ja'Warren Hooker, Asics, 2/1/03
60m Hurdles	7.80, Matt Mason, Wash. State, 2/28/04
200m	21.10, Rubin Williams, Unattached, 2/15/03
400m	46.17, Andre Ammons, Unattached, 2/15/03
800m	1:47.38, Zach Whitmarsh, Pacific Sport, 2/15/03
Mile	3:58.40, Michael Stember, NIKE, 2/15/03
3000m	7:48.59, Bolota Asmeron, NIKE, 1/31/04
5000m	13:47.40, Mike Donnelly, NIKE, 3/6/04
4x400m Relay	3:09.07, UCLA, 2/28/04
DMR	9:34.21, UCLA, 2/14/04
High Jump	7-1 1/2, Kiley Johnson, Team XO, 1/31/04
Pole Vault	19-0 3/4, Toby Stevenson, Unatt., 1/31/04
Long Jump	26-6 1/4, Matt Mason, Wash. State, 2/27/04
Triple Jump	54-6 1/2, Julien Kapek, USC, 2/1/03
Shot Put	65-6 3/4, John Godina, adidas, 2/1/03
Weight Throw	73-9 1/2, Derek Woodske, IWTC, 2/1/03
Heptathlon	5,443, Gabe LeMay, Oregon, 2/27/04

WOMEN

60m Dash	7.35, Jakki Bailey, Stanford, 2/1/03
60m Hurdles	8.06, Sheena Johnson, UCLA, 2/27/04
200m	23.72, Michelle Davis, UNLV, 2/9/02
400m	53.62, Megan Addy, Sheffield Elite, 2/15/03
800m	2:02.91, Heather Henningar, Pacific Sport, 2/15/03
Mile	4:33.41, Lena Nilsson, UCLA, 3/3/03
3000m	9:00.27, Malindi Elmore, Asics, 1/31/04
5000m	15:56.58, Alicia Craig, Stanford, 2/14/04
4x400m Relay	3:35.06, UCLA, 3/3/03
DMR	11:05.16, Stanford, 1/31/03
High Jump	6-0 3/4, Sharon Day, Cal Poly, 1/31/04
	6-0 3/4, Kaylene Wagner, Cal Poly, 1/31/04
Pole Vault	14-8, Chelsea Johnson, UCLA, 2/14/04
Long Jump	21-6, Grace Upshaw, NIKE, 2/14/04
Triple Jump	43-5 3/4, Kamila Rywelska, BYU, 3/6/04
Shot Put	57-1, Stephanie Brown, Unatt., 1/31/04
Weight Throw	67-8 1/4, Cari Soong, UCLA, 1/31/04
Pentathlon	4,088, Brook Meredith, California, 2/26/04

In the world of college athletics, where injuries and graduation can significantly impact a team's fortunes, rebuilding can be a difficult task.

Entering Year Three of his rebuilding effort at Washington, however, head coach **Greg Metcalf** — himself a UW alum — sees signs that 2005 may be the year the pieces finally fall into place.

The numbers certainly back up that belief. Projected to score roughly 20 points at the 2004 Pac-10 Championships, the UW men instead scored 45, including 36 by athletes who return in 2005.

Add in the team's top two returning sprinters, **Davaon Spence** (Kingston, Jamaica/St. Jago HS/Mt. Hood CC) and **Patrick Davidson** (Kingston, Jamaica/St. Jago HS/SW Christian College), and its top two returning jumpers, **Phillippe Cook** (Seattle, Wash./Rainier Beach) and **J.R. Wolfork** (Issaquah, Wash./Issaquah HS/Pacific Lutheran) — all of whom missed the 2004 Pac-10 meet with various injuries — and a recruiting class among the finest in UW history, and it becomes clear why Metcalf feels this could be a breakthrough year.

"We're at a better starting position than we've ever been," he says. "The first step towards becoming a champion is to decide to be outstanding in everything you do. I see our guys making that decision every day at practice, and that gets me excited."

Sprints/Hurdles/Relays

Returning its top-two performers in the 100- and 200 meters, and four of its top-five quarter-milers, the UW is loaded as never before in the sprints.

Senior **Sean Williams** (Kirkland, Wash./Lake Washington) and juniors **Phil McCary** (Juanita, Wash./Juanita) and **Bruce Jackson** (Seattle, Wash./Nathan Hale HS/Eastern Washington Univ.) all return from a 4x400m relay squad that reached the NCAA Championships in 2004 and placed fifth at the Pac-10 meet, their time of 3:06.41 the nation's 15th-fastest and the third-best ever at UW.

The relay will likely be even stronger in 2005 with the addition of **Shane Charles** (Birch Grove, St. Andrew's/St. Aguilan Secondary), a transfer from Central Arizona who led his native Grenada to eighth in the 4x400 at the 2003 Pan-Am Games.

"Last year was an eye-opener for the relay," says assistant coach **LaMonte Vaughn, Jr.** "With the addition of Shane, the expectation level is raised. Shane has a tremendous sense of what it takes to succeed, and he's able to help other people to manage themselves. He is something special."

Charles will also play a central role in the 400-meter hurdles, where his best of 50.92 seconds led all Grenadians in 2004 and earned junior-college All-America honors. Combine that mark with Williams' 51.89 from 2004 — seventh-fastest ever at UW — and the Huskies have as strong a 1-2 punch in the event as any Pac-10 team.

"Sean has the potential to compete for a Pac-10 title," Vaughn says. "He just needs to have faith in his ability and go all-out from the start."

The UW will also benefit from the healthy return of Jamaican sprinters Spence and Davidson, the team's top performers at 100- and 200 meters before injuries sidelined both in April.

The Huskies' deep sprints corps also includes McCary and senior **Nik Williams** (Marysville, Wash./Lake Stevens) — who each rank among UW's all-time top-10 indoors at 400 meters — and freshman **Michael Mateljan** (Fullbrook, Calif./Fullbrook), expected to carry the load in a 100-meter hurdles event thinned by graduation.



Junior Will Conwell is the Pac-10's No. 3 returning competitor in the discus.

With so much experience to work with, Vaughn is focused less on technique than on motivation.

"I don't coach people just to run fast," he says, "I coach them to win. We have to execute at a high level to beat the teams in the Pac-10."

Mid-Distances

The 800-meter and mile runs bring the crowd to its feet at Dempsey Indoor, and for good reason — since 2002, those events (along with the 1,500 meters outdoors) have produced for UW five NCAA Championships competitors, two All-Americans, one school record and two freshman records.

Despite the losses of two-time All-American Eric Garner and 2003 NCAA competitors Todd Arnold and John Russell, the Huskies figure to reload in 2005 rather than rebuild, with Pac-10 scorers and talented newcomers filling the gaps.

Leading all UW returnees in both events is sophomore **Carl Moe** (Auburn, Wash./Auburn), who despite a foot injury in 2004 lowered UW's 1,500-meter freshman record to 3:44.91, and placed eighth in the event at the Pac-10 meet.

While Moe sits out the indoor season to complete his injury rehab, don't be surprised to see senior **Andy Fader** (Everett, Wash./Cascade) leading the mile at Dempsey Indoor. The fifth-place 1,500-meter finisher at the 2004 Pac-10 meet, the junior boasts three-straight top-10 conference efforts, and is the fourth-fastest miler in UW history.

"Andy and Carl are true leaders," Metcalf says. "They set the example everyone else follows."

Team honors in the 800 could be a true dawg-fight, as sophomore **Ryan Brown** (Renton, Wash./Renton), the UW indoor freshman record holder at 1:50.97, battles Moe, sophomore **Tim Freeman** (Bainbridge Island, Wash./Bainbridge) and freshman **Austin Abbott** (Chehalis, Wash./W.F. West) for UW's top spot.

The state 1,600-meter champ in 2004, Abbott should also make an impact at 1,500 meters.

"I've seen some amazing things from those guys this fall," Metcalf says. "We need folks to step up and fill the gaps left by Eric, John and Todd, and those four in particular are responding to that challenge in a big way," Metcalf says.

Steeple/Distances

There's no need for UW to reload in the longer distances, where Washington returns its top-two steeplers, four of its top-five at 5,000 meters and two of its top three at 10,000 meters.

Moe and senior **Andrew Robinson** (Edmonds, Wash./Edmonds-Woodway) led all Huskies in the steeple in 2004, but will likely cede event honors to sophomore **Jesse Fayant** (Spokane, Wash./Mead HS/WSU), back at UW after a year at Washington State. As a UW freshman two seasons ago, Fayant ran fourth in the steeple at the Pac-10 meet, with a best of 8:58.81 that ranks fourth among returning Pac-10 steeplers this season.

The Huskies are likewise deep in the longer distances, with Fader leading three returnees among UW's all-time top-four indoors at 5,000 meters, and junior **Mark Mandi** (Everett, Wash./Everett) one of six Huskies to run under 31 minutes at 10,000 meters in 2004.

It was Mandi who led UW in both events at the Pac-10 meet with respective 11th- and 10th-place finishes, his 10,000 meter mark of 29:48.92 ranking seventh in UW history. He and Fader, along with sophomore **Mike Sayenko** (Bellevue, Wash./Sammamish) give the UW three returning Pac-10 5,000-meter qualifiers. Add in redshirt freshman **Brad Liber** (San Diego, Calif./University) and freshman **Jeremy Mineau** (Menlo Park, Calif./Menlo-Atherton), and the Huskies have a chance to do serious damage in the event this season.

"The five- and 10K events are the deepest on our team," Metcalf says. "Mark Mandi is going to be a force in the Pac-10 this year, and the guys behind him all ran fantastic this fall."

Pole Vault

Two-time NCAA champ Brad Walker has finally moved on, but his success has helped UW assistant **Pat Licari** assemble a terrific unit.

The Huskies got a glimpse of the future at last year's Pac-10 Championships, where freshman **McKane Lee** (Arlington, Wash./Arlington) placed sixth with a career-best mark of 16-11 1/2, two inches beyond Walker's freshman best.

"McKane really made some big strides last year," Licari says. "He has the talent to be one of the best vaulters in this conference."

Chasing Lee all season were sophomores **Seth Perrins** (Tekoa, Wash./Tekoa HS/Ricks College) and **Sam Roberts** (Cashmere, Wash./Cashmere), each of whom topped the 16-5 mark. Now juniors, they will be joined by Washington state runner-up **Loren DuVall** (Longview, Wash./Mark Morris) to form a group of four all capable of scoring at the Pac-10 meet.

"That's as deep a group of men's vaulters as we've ever had," says Licari, who has coached seven All-Americans in the past four years. "The exciting thing, too, is that each of them still has a lot of room to grow. They're not even close yet to how high they can go."

Jumps/Multi-Events

Just a year removed from an injury-plagued season that saw UW fail to qualify a single long- or triple-jumper for postseason competition, the Huskies could boast one of the Pac-10's deepest jumps units in 2004.

Name	Event	Yr.	Hometown (High School/Previous College)
Abbott, Austin	Distances	Fr.	Chehalis, Wash. (W.F. West)
Bacon, Randy	Sprints	Fr.	Tacoma, Wash. (Washington)
Bailey, Brandon	Hurdles	Sr.	Lacey, Wash. (North Thurston)
Bidleman, Blake	Hurdles/Multi	Jr.	Redmond, Wash. (Inglemoor)
Bingisser, Martin	Hammer	So.	Bellevue, Wash. (Interlake/Cal State-Northridge)
Blaty, Doug	Multi-Events	Jr.	Coeur d'Alene, Idaho (Lake City/Oregon)
Boase, Jordan	Sprints	Fr.	Bothell, Wash. (Bothell)
Boyd, Travis	Distances	Jr.	Mukiteo, Wash. (Kamiak)
Brown, Ryan	Mid-Distances	So.	Renton, Wash. (Renton)
Charles, Shane	Sprints/Hurdles	Jr.	Birch Grove, St. Andrew's (St. Andrews Aguilan Secondary/Central Arizona)
Conwell, Will	Throws	Jr.	Kent, Wash. (Kentwood)
Cook, Phillippe	Jumps	Sr.	Seattle, Wash. (Rainier Beach)
Davidson, Patrick	Sprints	Sr.	Kingston, Jamaica (St. Jago/SW Christian Coll.)
Davis, Teddy	High Jump	Jr.	White Salmon, Wash. (Columbia/Oregon)
DuVall, Loren	Pole Vault	Fr.	Longview, Wash. (Mark Morris)
Eickhoff, Warren	High Jump	Jr.	Snohomish, Wash. (Snohomish)
Emrich, T.J.	Pole Vault/Hurdles	Fr.	Chehalis, Wash. (W.F. West)
Fader, Andy	Distances	Sr.	Everett, Wash. (Cascade)
Fayant, Jesse	Steeple/Distances	So.	Spokane, Wash. (Mead)
Frederick, Norris	Jumps	Fr.	Seattle, Wash. (Roosevelt)
Fredericks, Corey	Jumps/Multi	Fr.	Vancouver, Wash. (Evergreen)
Freeman, Tim	Mid-Distances	So.	Bainbridge Island, Wash. (Bainbridge)
Gatewood, Joe	Throws	Jr.	Puyallup, Wash. (Puyallup/North Idaho College/Santa Rosa JC)
Gobena, Araya	Distances	Fr.	Seattle, Wash. (Nathan Hale)
Harding, Jon	Distances	Fr.	Issaquah, Wash. (Issaquah)
Harris, Brian	Javelin	So.	Hillsboro, Ore. (Hillsboro)
Hickey, Jonathan	Distances	Jr.	Hanford, Wash. (Hanford)
Jackson, Bruce	Mid-Distances	Jr.	Seattle, Wash. (Nathan Hale/Eastern Washington)
Knox, Caleb	Distances	Fr.	Mill Creek, Wash. (Jackson)
Lee, McKane	Pole Vault	So.	Arlington, Wash. (Arlington)
Liber, Brad	Distances	RFr.	San Diego, Calif. (University)
Mandi, Mark	Distances	Jr.	Everett, Wash. (Mariner)
Mateljan, Michael	Hurdles	Fr.	Fullbrook, Calif. (Fullbrook)
McCary, Phil	Sprints/Hurdles	Jr.	Juanita, Wash. (Juanita)
Mineau, Jeremy	Distances	Fr.	Menlo Park, Calif. (Menlo-Atherton)
Moe, Carl	Distances	So.	Auburn, Wash. (Auburn-Riverside)
Nyland, Dave	Javelin	Fr.	Woodinville, Wash. (Woodinville)
Owen, Matt	Steeple/Distances	So.	Yakima, Wash. (East Valley)
Perrins, Seth	Pole Vault	Jr.	Tekeo, Wash. (Tekeo/Ricks College)
Peters, Kevin	Distances	So.	Longview, Wash. (Mark Morris)
Peterson, Tom	Distances	Fr.	Modesto, Calif. (Fred Beyer)
Roberts, Sam	Pole Vault	Jr.	Cashmere, Wash. (Cashmere)
Robinson, Andrew	Steeple/Distances	Sr.	Edmonds, Wash. (Edmonds-Woodway)
Romero, Juan	Javelin	Sr.	Renton, Wash. (Lindbergh)
Sayenko, Mike	Distances	So.	Bellevue, Wash. (Sammamish)
Shimer, Adam	Distances	RFr.	Edmonds, Wash. (Meadowdale)
Spence, Davaon	Sprints	Sr.	Kingston, Jamaica (St. Jago/Mt..Hood CC)
Still, Kyle	Sprints/Hurdles	Fr.	Bellingham, Wash. (Sehome)
Williams, Nik	Sprints	Sr.	Marysville, Wash. (Lake Stevens)
Williams, Sean	Sprints/Hurdles	Sr.	Kirkland, Wash. (Lake Washington)
Wilson, James	Distances	Fr.	Yakima, Wash. (East Valley)
Wilson, Evan	Throws	So.	Shepherd, Mont. (Billings Senior)
Wise, Rigel	Javelin	Sr.	Kelso, Wash. (Kelso)
Wolfork, J.R.	Jumps/Sprints	Jr.	Issaquah, Wash. (Issaquah/PLU)
Wyatt, Tom	Distances	Fr.	Lakewood, Wash. (Charles Wright)

Washington could potentially be led in all three jumps by freshman **Norris Frederick** (Seattle, Wash./Roosevelt), who led the nation in 2004 with a prep-best high jump mark of 7-1, and was the nation's fourth-ranked prep in the long jump, at 24-10 1/2. Having already competed against the world's best at the IAAF World Junior Championships last summer, Frederick should have no trouble adapting to competition in the Pac-10, where his marks make him an immediate conference threat.

"Norris is one of the most talented athletes I've ever worked with," Licari says. "The challenge is going to be keeping him from over-extending himself, because he never wants to stop jumping."

Fellow newcomer **J.R. Wolfork**, who missed the 2004 season with an injury after earning Division-III All-America honors in 2003 at Pacific Lutheran, gives the UW two long jumpers with bests beyond 23-10, while the healthy return of senior **Phillippe Cook**, himself a Pac-10 high- and long-jump competitor in 2002, will add depth for the Huskies in those events.

Both Wolfork and Frederick have each bettered 48 feet in the triple jump as well, while junior **Warren Eickhoff** (Snohomish, Wash./Snohomish) is a two-time Pac-10 high jump qualifier with a best finish of sixth in 2004.

"J.R. is going to make a big impact for us," Licari says. "The jumps overall in the Pac-10 have been down the last few years, so if these guys are firing on all cylinders at the end of the year, they're capable of scoring a lot of points in those events."

UW's lone decathlete in 2004, junior **Doug Blaty** (Coeur d'Alene, Idaho/Lake City HS/Oregon), will be joined by freshman **Corey Fredericks** (Vancouver, Wash./Evergreen) and junior **Blake Bidleman** (Redmond, Wash./Inglemoor). The three have just one decathlon between them, but Licari is excited by their potential.

"There's so much room for each of them to grow," Licari says. "Corey, in particular, shows a lot of potential. He could be a real threat down the road."

Throws

Throwers have earned more honors than any other unit in UW's long history, and 2004 was no exception. Discus-thrower **Will Conwell** (Kent, Wash./Kentwood), hammer-thrower **Martin Bingisser** (Bellevue, Wash./Interlake HS/CS Northridge) and javelin-thrower **Brian Harris** (Hillsboro, Ore./Hillsboro) each earned top-four finishes at the Pac-10 meet, as throwers accounted for 20 of UW's 45 Pac-10 points.

"Last year was great, and this year could be better," says UW assistant **Bud Rasmussen**. "Those guys each look as good as they ever have."

Conwell's discus best of 173-5 will be challenged by junior **Joe Gatewood** (Puyallup, Wash./Puyallup/N. Idaho Coll./Santa Rosa JC), who will also vie sophomore **Evan Wilson** (Shepherd, Mont./Billings Senior) for shot-put honors.

As it has been for 30 years, the UW is deepest in the javelin, with sophomore Harris' best of 221-0 leading three Huskies over 200 feet. Senior **Rigel Wise** (Kelso, Wash./Kelso) is a two-time sixth-place Pac-10 finisher with a best of 220-6, while senior **Juan Romero** (Renton, Wash./Lindbergh) has thrown 208-6, and freshman **Dave Nyland** (Woodinville, Wash./Woodinville) has gone 197-9.

"Will looks as good as he ever has, and Martin, Brian and Rigel are each capable of earning All-America honors," Rasmussen says. "We're in year three of returning this throws program to glory, and I can't imagine a better group of guys to build upon."

Overview

With just a handful of key losses, talented veterans, and top preps lining up to wear the purple and gold, head coach Greg Metcalf appears well on his way to returning Washington to the Pac-10's top tier.

"This is the most talented team, top to bottom, that I've seen here in my three years," Metcalf says. "The key is to stay healthy. We need our best people at their best at the end of the year. If that's the case, we're going to really make some noise."

Pardon head coach **Greg Metcalf** if he gets a little excited talking about his women's team in 2005. It's just that with five returning NCAA Championships competitors, and the return of 15 of the 17 Huskies to score at last year's Pac-10 Championships, there's plenty to be excited about.

"Last year we went to the Pac-10 meet with the goal of breaking into the top-five," says Metcalf, whose Huskies fell just two points shy of their 2004 goal with a sixth-place conference finish. "This year, we have the talent to do that and more."

Long known for their success in the distance and throwing events, the Husky women showed their versatility in 2004 by qualifying three women's pole vaulters, one heptathlete, and one hurdler for NCAA Championships competition, in addition to graduated javelin thrower Megan Priestersbach.

"The distances and throws are always going to be an important part of what we do here," Metcalf says. "But to be able to go toe-to-toe with the best teams in the nation, we need to be able to compete across the board, and that means being outstanding in the sprints, hurdles and jumps as well."

Incoming prep stars like four-time All-American sprinter **Jennifer Nash** (Sacramento, Calif./Merrill West) and heptathlete **Bonnie Snyder** (Salina, Kans./Salina Central) have the Huskies on the way towards fulfilling Metcalf's vision, but the coach knows it will take more than speed and athleticism for UW to reach its goals in 2005.

"This team is talented, but talent isn't enough," he says. "You have to be willing to bring the best version of yourself every day to practice. So far, this group is doing that better than any I've ever had, and that makes for a potentially exciting season."

Sprints/Hurdles/Relays

First-year UW assistant **LaMonte Vaughn, Jr.** likely needed only to look at the talent on the Huskies' 2005 roster before accepting the job of sprints/hurdles/relays coach this fall.

Sophomore **Ashley Lodree** (Richmond, Calif./El Cerrito) ranked seventh in the IAAF's World Junior Rankings with a time of 13.41 seconds in the 100-meter hurdles, and was the No.-1 college freshman in the nation in the 60-meter hurdles.

Lodree set UW records in both events and placed 14th at the NCAA indoor meet, before finishing sixth in the 100 hurdles at the outdoor Regional Championship. In addition, the freshman was UW's top 100-meter dash competitor, with a best of 11.73 seconds that is UW's third-fastest ever.

"Ashley has a lot of natural ability, but she also takes her preparation very seriously, and has a lot of mental toughness," Vaughn says.

Lodree will likely cede 100-meter honors this year to freshman Nash, a four-time prep All-American whose 2004 prep best of 11.58 seconds would have qualified the high-school senior for NCAA competition out of the West Region.

Nash also excels at 200 meters, and will likely join Lodree and juniors **Brynn Steward** (Sylmar, Calif./Cleveland) and **Lauran Dignam** (Honolulu, Hawaii/Iolani) on a formidable 4x100-meter relay.

"Jennifer is one of the most powerful young female athletes I have ever coached," Vaughn says. "She's as fast as anybody I've ever been associated with."

It will be Dignam who provides Nash's stiffest test in the 200. The junior ranks sixth in UW history in the event with a best of 24.34 seconds, and holds the UW record of 54.41 seconds at 400 meters.

"Lauran's looking great in practice," Vaughn says. "I'm pleased with her development. She's definitely going to make better strides in her racing."



Senior heptathlete Grace Vela posted marks among UW's all-time top-10 in five different events in 2004.

Rounding out the sprints/hurdles unit are veterans Steward and **Grace Vela** (Toronto, Ont./Vaughan HS/Lewis College), both of whom rank among UW's top-10 all-time in the 100-meter hurdles. Combined with Lodree, the three give Washington a sprint hurdles trio to rival any on the West Coast.

"They're capable of great things," Vaughn says. How much they accomplish is entirely up to them."

Mid-Distances

As is usually the case at Washington, the Huskies are loaded in the middle-distance events, with returning Pac-10 scorers at both 800- and 1,500 meters.

The talent-laden unit is led by senior **Lindsey Egerdahl** (Auburn, Wash./Auburn), who seeks an NCAA bid in the 1,500 meters after sixth-place Regional finishes in 2003 and 2004. Among UW's all-time top-10 in three events, Egerdahl is a three-time top-10 Pac-10 finisher with a best of 4:22.38 that is fourth among Pac-10 returnees.

Pacing Egerdahl in 2004 was sophomore **Kira Harrison** (Bellingham, Wash./Meridian), whose 800-meter best of 2:09.26 earned 11th at the NCAA Regional. Harrison, Egerdahl and **Amy Lia** (Bothell, Wash./Bothell), UW's freshman record-holder indoors in the 800 (2:09.73) and mile (4:50.51), give the Huskies three women capable of NCAA bids at one or both distances in 2005.

"Those three girls are all capable of making an impact at the Pac-10 meet," Metcalf says, "but they're just the tip of the iceberg when you're talking about our talent in those events."

In fact, the Huskies boast eight returning Pac-10 qualifiers at 1,500 meters, including seniors **Angela Wishaar** (Shoreline, Wash./Shorewood) and **Laura Halverson** (Mica, Wash./Freeman), and sophomore **Brianna McLeod** (Jenks, Okla./Jenks). Add to that mix four-time state 800-meter champion **Amanda Miller** (Wenatchee, Wash./Eastmont) and fellow freshman **Dani Schuster** (Kennewick, Wash./Kennewick), and Washington boasts one of the nation's top collections of young middle-distance talent.

"Dani and Amanda are going to be competitive in this conference for sure," Metcalf says. "Top to bottom, this is without a doubt the most talented middle-distance group we've ever had."

Steeple/Distances

The good news doesn't stop there for Metcalf, who also returns three of the Pac-10's top-nine steeplers, and four Pac-10 5,000-meter qualifiers.

Halverson ran fourth in the 2004 Pac-10 steeple final before crushing UW's school record with a time of 10:33.28 at the NCAA Regional. One spot back at the Pac-10 meet was sophomore **Dallon Williams** (Turlock, Calif./Turlock), whose best of 10:37.27 was a UW frosh record and the school's third-fastest ever. Junior **Karen Schwager** (Langley, Wash./South Whidbey) and senior **Camille Connelly** (Marysville, Wash./Marysville-Pilchuck) have each placed among the Pac-10's top-nine, while Arizona's reigning prep 3,200-meter champ, **Trisha Rasmussen** (Phoenix, Ariz./Mountain Ridge) and Notre Dame transfer **Megan Johnson** (Seattle, Wash./Seattle Prep/Notre Dame), will challenge for Pac-10 berths as well.

"We have six women capable of running under 11 minutes in the steeple," Metcalf says. "That could score us a lot of points at the Pac-10 meet."

Williams also challenged UW's freshman record at 5,000 meters, and placed 10th in the event at the Pac-10 meet. Williams and McLeod were both Pac-10 qualifiers in the 5,000, while Wishaar and senior **Meghan Lawrence** (Bellingham, Wash./Meridian) will also be in the mix.

"Dallon was running at a different level this fall," Metcalf says. "If she can carry that over to the track, she could be capable of something special."

Injuries could deprive UW of both of its returning 10,000-meter competitors. Fourth-place Pac-10 finisher **Alison Tubbs** (Enumclaw, Wash./Enumclaw) was forced to retire after just one season, and senior **Jamie Gibbs** (Arvada, Colo./Arvada West) will be limited to just a handful of meets. Lawrence is considered likeliest to fill the position, but others could step forward.

Pole Vault

UW assistant **Pat Licari** has no such concerns with his pole vault unit, which with three of the top-14 finishers at the NCAA Championships, and four with vaults over 13 feet, may be the nation's best.

Three-time All-American **Kate Soma** (Portland, Ore./Grant) will challenge for her first NCAA title after placing second outdoors, and tying for fifth indoors, in 2004. The senior will also defend the Pac-10 pole vault title she won last year with a UW-record vault of 14 feet, 2 inches, 10th-best in NCAA history and 12th-best by an American in 2004.

"Kate's the most technically sound vaulter I've ever worked with," Licari says. "She'll certainly be among the favorites for an NCAA title."

Soma was one of three UW vaulters to qualify for the NCAA meet in 2004, most of any school. Each finished among the top-14, with sophomore **Carly Dockendorf** (Port Moody, B.C./Best Secondary) placing 13th and freshman **Stevie Marshalek** (Kent, Wash./Kentlake) taking 14th. In just her second full season vaulting, B.C.-native Dockendorf cleared 13-3 1/2 to move to seventh in Canadian history, while Marshalek's best of 13-3 ranked 18th in the world among junior-age women.

"To see both of them over 13 feet already is exciting," Licari says. "**Ashley Wildhaber** also added seven inches to her PR last year. Those four are all capable of clearing 14 feet."

Licari should at least add a fifth over 13 feet in 2004 with the addition of **Kelley DiVesta** (Colorado Springs, Colo./Palmer), whose prep best of 12-6 1/2 is a state record. She and Wildhaber (Chehalis, Wash./W.F. West/UNC-Wilmington), who nearly became UW's fourth NCAA qualifier with a seventh-place finish at the 2004 Regional, round out one of the deepest vault units in NCAA history.

Name	Event	Yr.	Hometown (High School/Previous College)
Adsit-Morris, Chessa	Distances	Jr.	San Diego, Calif. (University)
Baxter, Brenda	Sprints	Fr.	Bremerton, Wash. (Klahowya)
Brown, Sidney	Jumps	Sr.	Brush Prairie, Wash. (Prairie)
Buckingham, Kaitlin	Distances	Fr.	Dallas, Texas (Richardson)
Connelly, Camille	Steeple/Distances	Sr.	Marysville, Wash. (Marysville-Pilchuk)
Craddock, Cheri	Sprints	So.	San Pablo, Calif. (James Logan)
Crowder, E'Braune	Sprints	Fr.	Tacoma, Wash. (Mount Tahoma)
Davis, Cherron	Throws	Jr.	Auburn, Wash. (Auburn-Riverside)
Dignam, Lauran	Sprints	Jr.	Honolulu, Hawaii (Iolani)
DiVesta, Kelley	Pole Vault	Fr.	Colorado Springs, Colo. (Palmer)
Dockendorf, Carly	Pole Vault	Jr.	Port Moody, B.C. (Best Secondary)
Egerdahl, Lindsey	Mid-Distances	Sr.	Auburn, Wash. (Auburn)
Ellis, Sheree	Throws	Fr.	Kent, Wash. (Kentridge)
Fuller, Liz	Multi-Events	Fr.	Vancouver, Wash. (Fort Vancouver)
Gall, Tina	Distances	RFr.	Edmonds, Wash. (Edmonds-Woodway)
Garrow, Olivia	Distances	Fr.	Seattle, Wash. (Nathan Hale)
Gibbs, Jamie	Distances	Sr.	Arvada, Colo. (Arvada West)
Halverson, Laura	Steeple/Distances	Sr.	Mica, Wash. (Freeman)
Hardin-Scott, Chanda	Hurdles	RFr.	Denver, Colo. (East)
Harrison, Kira	Mid-Distances	So.	Bellingham, Wash. (Meridian)
Higgins, Mallory	Hurdles	Jr.	Bellevue, Wash. (Eastlake)
Hodgson, Laura	Distances	Jr.	Spokane, Wash. (North Central)
Johnson, Megan	Steeple/Mid-Distances	Sr.	Seattle, Wash. (Seattle Prep/Notre Dame)
Keranan, Kaisa	Multi-Events	Fr.	Seattle, Wash. (Roosevelt)
Lawrence, Meghan	Distances	Sr.	Bellingham, Wash. (Meridian)
Lia, Amy	Distances	So.	Bothell, Wash. (Bothell)
Lodree, Ashley	Sprints/Hurdles/Jumps	So.	Richmond, Calif. (El Cerrito)
Marshalek, Stevie	Pole Vault	So.	Kent, Wash. (Kentlake)
McLeod, Brianna	Mid-Distances	So.	Jenks, Okla. (Jenks)
Miller, Amanda	Distances	Fr.	Wenatchee, Wash. (Eastmont)
Nash, Jennifer	Sprints	Fr.	Sacramento, Calif. (Merrill West)
Nelson, Lara	High Jump	Sr.	Spokane, Wash. (Central Valley)
Peterson, Andrea	Pole Vault	Fr.	Bonney Lake, Wash. (Sumner)
Rasmussen, Trisha	Distances	Fr.	Phoenix, Ariz. (Mountain Ridge)
Schuster, Dani	Distances	Fr.	Kennewick, Wash. (Kamiakin)
Schwager, Karen	Mid-Distances	So.	Langley, Wash. (South Whidbey)
Snyder, Bonnie	Jumps/Multi	Fr.	Salina, Kans. (Salina Central)
Soma, Kate	Pole Vault	Sr.	Portland, Ore. (Grant)
Steward, Brynne	Sprints/Hurdles	Jr.	Sylmar, Calif. (Cleveland)
Stirn, Dana	Pole Vault	Fr.	Tacoma, Wash. (Bellarmine Prep)
Swango, Myrriah	Pole Vault	Jr.	Laguna Hills, Calif. (Laguna Hills)
Todd, Lindsay	Jumps	Fr.	Rock Island, Ill. (Rock Island)
Trygg, Carin	Throws	So.	Kenmore, Wash. (Inglemoor)
Tubbs, Alison	Distances	So.	Enumclaw, Wash. (Enumclaw)
Vela, Grace	Jumps/Multi	Sr.	Toronto, Ont. (Vaughan/Lewis University)
West, Arlecier	Hammer	Jr.	Kent, Wash. (Kent-Meridian/Highline CC)
Wildhaber, Ashley	Pole Vault	Jr.	Chehalis, Wash. (W.F. West/UNC Wilmington)
Williams, Dallan	Steeple/Distances	So.	Turlock, Calif. (Turlock)
Wilson, Danielle	Sprints	Fr.	Seattle, Wash. (Garfield)
Wishaar, Angela	Mid-Distances	Sr.	Shoreline, Wash. (Shorewood)
Wright, Lindy	Mid-Distances	So.	Seattle, Wash. (Seattle Prep)
Yoshinaga, Sayaka	Distances	So.	Seattle, Wash. (Ballard)
Zahn, Tiffany	Javelin	Jr.	Newberg, Ore. (Newberg)

"Is it nuts to think that we could sweep all five spots at the Regional?" Licari asks. "All of these ladies have what it takes to be top-five; whichever are at their best will be the ones going to the NCAA's."

Jumps/Multi-Events

Licari also returns a deep jumps unit led by senior **Grace Vela**. An NCAA qualifier in the heptathlon last season, Vela boasted bests in the long and triple jumps that each ranked among the 10-best by a Canadian woman in 2004. In addition, her heptathlon best of 5,225 points earned fourth at the Pac-10 meet, and was second all-time at UW.

"Grace is extremely valuable to our team," Licari says. "She wants to be an All-American in the heptathlon this year, and if she can make the same kind of improvement she did last year, that's certainly possible."

Vela and sophomore **Ashley Lodree** both long-jumped 19-6 1/4 to rank among the best-ever at UW, and placed ninth and eighth, respectively, at the Pac-10 Championships. Vela was also ninth at the Pac-10 meet in the triple jump while junior **Sidney Brown** (Brush Prairie, Wash./Prairie) was sixth in the triple, and fourth in the high jump.

"I was really impressed with the efforts by Ashley and Sidney last year," Licari says. "They stepped up and scored some points for us at the Pac-10 meet that we weren't expected to score."

With both Vela and Brown seniors, freshman **Bonnie Snyder** (Salina, Kans./Salina Central) represents the future of UW's jumps unit. A 16-time top-10 state finisher from Kansas, Snyder could make an impact for UW in all three jumping events, and will join Vela in the heptathlon.

"Bonnie's going to have an outstanding career," Licari says. "She has some truly amazing talent."

Throws

Two-time Pac-10 scorer **Tiffany Zahn** (Newberg, Ore./Newberg) headlines a throws unit that will rely heavily on newcomers in 2005.

Seeking to become UW's third-straight All-American in the javelin, Zahn's third-place Pac-10 finish and best of 157-9 make her the top returning javelin thrower in the Pac-10 conference.

"Tiffany's been so close these past two years," says UW assistant **Bud Rasmussen** of Zahn, who has narrowly missed NCAA at-large selection in each of her first two seasons. "If she's healthy in May and June, she'll be an All-American for sure."

A season-ending injury to two-time Pac-10 shot put scorer **Cherron Davis** (Auburn, Wash./Auburn-Riverside) leaves Zahn as UW's only returnee with Pac-10 experience, and just one of two Huskies — along with sophomore **Carin Trygg** (Kenmore, Wash./Inglemoor) — with any collegiate experience.

The sixth-ranked hammer thrower in UW history with a best of 155-2, Trygg will be asked to carry the load in the hammer and discus as UW's top healthy returnee in both events. Junior transfer **Arlecier West** (Kent, Wash./Kent-Meridian/Highline CC) will provide depth in the hammer and disc, while freshman **Sheree Ellis** (Kent, Wash./Kentridge) will anchor the shot.

"We're thin for sure, but there's promise," the coach says. "Carin and Arlecier are both making strides, and Sheree is looking like she could be one of the top young throwers in the nation."

Overview

With an unprecedented wealth of returning Pac-10 scorers, five proven NCAA Championships competitors, and a recruiting class boasting stars in every event, the expectation is for 2005 to be one of the finest seasons in recent history at UW.

Metcalf knows, however, that success is not built on talent alone.

"I've worked around a lot of great athletes over the years, and the one consistent factor I see in their success is that they never, ever, lose sight of their goals," he says. "Every workout is done with the same intensity, whether it's the first day of the season or the NCAA final. Right now, I see that same consistency from this group, and that has me super-excited. They should be fun to watch."

2005 Men's Qualifying Standards

2005 MPSF INDOOR CHAMPIONSHIPS MEET STANDARDS

Event	FAT	MT
60m Dash	7.04	6.8
60m Hurdles	8.54	8.3
200m	22.44	22.2
400m	49.24	49.0
800m	1:55.64	1:55.4
Mile	4:15.14	4:15.0
3,000m	8:35.14	8:35.0
5,000m		No Standard
4x400m/Dist. Medley Relay		No Standards

Pac-10 Outdoor Championships Qualifying

Starting in 2005, athletes will no longer qualify for the Pac-10 Championships by meeting pre-determined standards. Instead, each institution will be allowed to enter 24 men and 24 women, at the sole discretion of the head coach. There is no limit on the number of events in which an athlete can be entered; however, no institution may enter more athletes in any single event than there are scoring places in that event.



Event	Standard	Event	Standard
High Jump	6-6 (1.98)	Shot Put	52-6 (16.00)
Pole Vault	15-9 (4.80)	35-Pound Weight	52-6 (16.00)
Long Jump	22-5 3/4 (6.85)	Heptathlon	4,900 points
Triple Jump	46-11 (14.30)		

2005 NCAA INDOOR STANDARDS

Event	Automatic		Provisional	
	FAT	MT	FAT	MT
60m Dash	6.62	—	6.72	—
60m Hurdles	7.70	—	7.91	—
200m	20.83	—	21.23	—
400m	46.05	45.8	47.25	47.0
800m	1:48.00	1:47.7	1:49.50	1:49.2
Mile	3:59.30	3:59.0	4:04.90	4:04.6
3,000m	7:56.00	7:55.7	8:05.00	8:04.7
5,000m	13:53.10	13:52.8	14:15.00	14:14.7
4x400m Relay	3:06.10	3:05.8	3:10.40	3:10.1
Distance Medley Relay	9:33.00	9:32.7	9:43.70	9:43.4

Event	Automatic	Provisional
High Jump	7-3 3/4 (2.23)	7-1 1/2 (2.17)
Pole Vault	18-0 1/2 (5.50)	17-0 3/4 (5.20)
Long Jump	25-9 1/4 (7.85)	24-5 1/2 (7.45)
Triple Jump	53-1 3/4 (16.20)	50-10 1/4 (15.50)
Shot Put	63-4 (19.30)	58-3 (17.75)
35-Pound Weight	69-6 3/4 (21.20)	62-4 (19.00)
Heptathlon	5,650 points	5,200 points

Indoor Qualifying Guidelines

1. All athletes achieving Automatic standards will be qualified for the NCAA Championships. In the event that there are not enough qualifiers to provide full fields, athletes will be added, in order of performance, from the list of those who have achieved the Provisional standard.

2005 NCAA OUTDOOR REGIONAL STANDARDS

Track Event	FAT	MT	Field Event	Standard	Metric
100m	10.50	—	High Jump	6-10 3/4	2.10
200m	21.19	—	Pole Vault	16-6 3/4	5.05
400m	47.26	47.0	Long Jump	24-1	7.34
800m	1:50.40	1:51.1	Triple Jump	49-5 3/4	15.08
1,500m	3:48.21	3:47.9	Shot Put	54-6	16.61
Mile	4:06.61	4:06.3	Discus	165-3	50.37
3,000m Steeplechase	9:08.15	9:07.9	Javelin	202-2	61.62
5,000m	14:15.75	14:15.5	Hammer	182-6	55.63
110m Hurdles	14.33	—			
400m Hurdles	52.51	52.2			
4x100m Relay	40.66	40.4			
4x400m Relay	3:10.00	3:09.7			

Non-Regional NCAA Event Standards

	Automatic		Provisional	
	FAT	MT	FAT	MT
10,000m	29:00.00	28:59.7	29:45.00	29:44.7
Decathlon		7,500 points		7,000 points

Outdoor Qualifying Guidelines

1. The qualifying period is Feb. 26 - May 21, 2005.
2. Only marks achieved outdoors will be accepted for NCAA Regional Championships qualifying.
3. The four NCAA Regional Championships will be comprised of all athletes who achieved the above standards, as well as any additional athletes or relay teams which earned conference championships. At each Regional, the top five finishers in each individual event (exceptions noted below) and the top three teams in each relay will be awarded automatic bids to the 2005 NCAA Championships, Jun. 8-11 in Sacramento, Calif. The remaining NCAA berths (approximately six per individual event and five per relay) will be awarded to the highest-ranking individuals and relay teams not to earn automatic berths, provided those athletes and teams competed at their respective Regional meets.
4. The 10,000-meter run and decathlon events are not subject to Regional standards. Athletes qualify for the NCAA Championships in those events by meeting predetermined automatic and provisional standards. In the event that there exists an insufficient number of automatic qualifiers to fill the NCAA field, additional athletes will be added in descending order from the list of those athletes who have met the event's provisional qualifying standard.

2005 Women's Qualifying Standards

HUSKY FEVER

2005 MPSF INDOOR CHAMPIONSHIPS MEET STANDARDS

Event	FAT	MT
60m Dash	7.84	7.6
60m Hurdles	8.94	8.7
200m	25.54	25.3
400m	58.54	58.3
800m	2:20.14	2:20.0
Mile	5:10.14	5:10.0
3,000m	10:30.14	10:30.0
5,000m		No Standard
4x400m/Dist. Medley Relay		No Standards

Event	Standard	Event	Standard
High Jump	5-3 3/4 (1.62)	Shot Put	44-7 1/2 (13.60)
Pole Vault	12-3 1/2 (3.75)	20-Pound Weight	49-2 1/2 (15.00)
Long Jump	18-2 1/2 (5.55)	Pentathlon	3,400 points
Triple Jump	37-1 (11.30)		

Pac-10 Outdoor Championships Qualifying

Starting in 2005, athletes will no longer qualify for the Pac-10 Championships by meeting pre-determined standards. Instead, each institution will be allowed to enter 24 men and 24 women, at the sole discretion of the head coach. There is no limit on the number of events in which an athlete can be entered; however, no institution may enter more athletes in any single event than there are scoring places in that event.



2005 NCAA INDOOR STANDARDS

Event	Automatic		Provisional	
	FAT	MT	FAT	MT
60m Dash	7.27	—	7.44	—
60m Hurdles	8.15	—	8.43	—
200m	23.30	—	23.90	—
400m	52.40	52.1	54.40	54.1
800m	2:05.65	2:05.4	2:09.00	2:08.7
Mile	4:38.50	4:38.2	4:47.00	4:46.7
3,000m	9:16.00	9:15.7	9:35.00	9:34.7
5,000m	16:10.00	16:09.7	16:45.00	16:44.7
4x400m Relay	3:33.50	3:33.2	3:40.00	3:39.7
Distance Medley Relay	11:09.00	11:08.7	11:28.00	11:27.7

Event	Automatic	Provisional
High Jump	6-0 1/2 (1.84)	5-10 (1.78)
Pole Vault	13-9 1/4 (4.20)	12-11 1/2 (3.95)
Long Jump	21-0 (6.40)	20-0 1/4 (6.10)
Triple Jump	43-7 3/4 (13.30)	41-6 (12.65)
Shot Put	55-5 1/2 (16.90)	50-6 1/4 (15.40)
20-Pound Weight	67-3 1/4 (20.50)	60-8 1/2 (18.50)
Pentathlon	4,050 points	3,700 points

Indoor Qualifying Guidelines

1. All athletes achieving automatic standards will be qualified for the NCAA Championships. In the event that there are not enough qualifiers to provide full fields, athletes will be added, in order of performance, from the list of those who have achieved the Provisional standard.

2005 NCAA OUTDOOR REGIONAL STANDARDS

Track Event	FAT	MT	Field Event	Standard	Metric
100m	11.75	—	High Jump	5-8 13/4	1.75
200m	23.96	—	Pole Vault	12-5 1/2	3.80
400m	54.61	54.3	Long Jump	19-6 1/4	5.95
800m	2:09.80	2:09.5	Triple Jump	40-2 3/4	12.26
1,500m	4:27.80	4:27.5	Shot Put	46-11	14.30
Mile	4:49.60	4:49.3	Discus	155-2	47.30
Steeplechase	10:52.10	10:51.8	Javelin	141-6	43.15
5,000m	16:52.00	16:51.7	Hammer	177-7	54.15
100m Hurdles	13.95	—			
400m Hurdles	1:00.82	1:00.5			
4x100m Relay	45.80	45.5			
4x400m Relay	3:42.00	3:41.7			

Non-Regional NCAA Event Standards

	Automatic		Provisional	
	FAT	MT	FAT	MT
10,000m	34:10.00	34:09.7	35:15.00	35:14.7
Heptathlon	5,500 points		5,000 points	

Outdoor Qualifying Guidelines

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PACIFIC-10 CONFERENCE

Entering the 2004-05 season, the Pacific-10 Conference continues to uphold its tradition as the "Conference of Champions." Pac-10 members have claimed an incredible 84 NCAA team titles over the past nine seasons, an average of more than eight championships per academic year.

Even more impressive is the breadth of the Pac-10's success, as those 84 team titles over the past nine seasons have come in 21 different men's and women's sports. The Pac-10 has now led the nation in NCAA Championships 39 of the last 44 years and finished second five times.

Spanning nearly a century of athletics achievement, the Pac-10 has captured 336 NCAA titles (246 men's, 90 women's), outdistancing the runner-up Big Ten's 197 titles.

The Conference's reputation is further proven in the annual United States Sports Academy Directors' Cup competition, the prestigious award that honors the best overall collegiate athletics programs in the country. Stanford continued its remarkable run in the 2003-04 season, winning its 10th consecutive USSA Directors' Cup, while Washington earned its highest finish ever, at eighth.

The Pac-10 earned 11 NCAA titles in 2003-04, more than double any other conference. The Pac-10 total of 11 was followed most closely by the Southeastern Conference, which earned five NCAA crowns, and the Big Ten, which had four.

The 11 titles for the Pac-10 are the most for the conference since 1997-98. The Pac-10 had the most NCAA titles of any conference in women's sports with eight, and tied with the SEC and Big Ten for most in men's sports with three. NCAA team champions from the Pac-10 in 2003-04 came from: UCLA (women's gymnastics, women's golf, softball, women's track and field), Stanford (men's and women's cross country and women's tennis), USC (women's volleyball and men's and women's water polo) and California (men's golf).



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NATIONAL COLLEGIATE ATHLETIC ASSOCIATION

The University of Washington is a Division I member of the National Collegiate Athletic Association. The NCAA's basic purpose is to maintain intercollegiate athletics as an integral part of the educational program and the athlete as an integral part of the student body.

The 2005 NCAA Division I Men's and Women's Indoor Championships will be held Friday and Saturday, March 11-12 at the University of Arkansas' Randall Tyson Track Center, in Fayetteville, Ark. The Outdoor Championships will be held in two rounds. The first round will consist of four two-day Regional meets on May 27th and 28th, before a traditional four-day Championship Round, held June 8-11 in Sacramento, Calif.

With the exception of the 10,000-meter and decathlon events, individuals no longer qualify for the Championships on the strength of statistical performance alone.

Athletes continue to seek automatic qualifying marks (for a complete listing, see pages

10-11 of this guide), however those standards qualify them for the Regional meets only, not the Championship.

The top five individual finishers and top-three relay teams in each event, at each Regional site, will earn automatic invitations to the Championship round. The remaining Championship berths (approximately six per individual event and five per relay) will be awarded to non-qualifying athletes in order of regular-season performance, provided said athlete competed at one of the four Regional competitions. No athlete who fails to compete in an event at one of the four Regional meets is eligible to compete in that event at the NCAA Championships.

Team champions are determined by the success of individuals who have qualified for the NCAA meet. Individuals earn team points for placing among the top eight. The first-place finisher receives 10 points with each subsequent finisher earning points in accordance with the following scoring system: 10 - 8 - 6 - 5 - 4 - 3 - 2 - 1.

Athletes placing among the top eight in their respective events earn All-America accolades. Additionally, the top eight Americans in each event are guaranteed All-America certificates, so for each non-American among the top eight, an additional All-America award is presented to the next-highest finishing American.



NCAA

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2005 Husky Track and Field Bios

KATE SOMA

2004 Pac-10 Champion

2004 NCAA Runner-Up

Three-Time All-American

U.S. Olympic Trials Competitor

No. 10 Vaulter in NCAA History





Austin

ABBOTT

Freshman • Chehalis, Wash. • W.F. West High School

Expected to be among the Huskies' top competitors at 800m and 1500m ... the reigning Washington state champion at 1600m. **2004 (Cross Country):** Redshirted the fall season to preserve a year of eligibility ... competed just once unattached, placing 15th overall at the Jim Danner Invitational.

High School and Personal: Born Dec. 8, 1985 ... parents are Kerry and Mike ... both parents played basketball at the collegiate level ... has two younger siblings, Brandon and Kiersten ... combined with prep teammate T.J. Emrich to lead W.F. West to a third-place finish at the 2004 state track championships, and a seventh-place finish at state in 2003 ... won a state title at 1600m in 2004, crossing the line in 4:14 ... also took second at state in the 800m in 2004, an improvement on his fifth-place 800m finish of a year before ... was second at state in the 1600m in 2003, and led W.F. West's 4x400m relay to eighth ... ran sixth in the mile at the 2004 Arcadia Invite ... took third in the 800m at the 2004 Washington-Oregon Meet of Champions ... also lettered three years in golf, and twice in basketball ... captained track, golf and basketball teams in 2003 and 2004 ... named school's Athlete of the Year in 2004.

Personal Best Marks

800m..... 1:52.27 1600m..... 4:13.77



Martin

BINGISSER

Sophomore • Bellevue, Wash. • Interlake High School/Cal State Northridge



The top returning hammer thrower in the Pac-10 Conference ... the seventh-ranked hammer thrower in Washington history ... spent the fall quarter training with top throwers in Europe ... could become just the seventh UW thrower ever to top 200 feet in the hammer ... creator and operator of the Hammer Center network, a family of websites devoted to the development of hammer throwing in the U.S. ... originally committed to Cal State Northridge before transferring to UW following his redshirt freshman season. **2003-04:** Ranked sixth in the nation among collegiate freshmen in the hammer ... career-best throw of 199-10 earned third at the 2004 Pac-10 meet ... finish was the highest by any Husky at the meet ... was the first UW hammer thrower to score at the Pac-10 meet since 1996 ... placed 15th in the event at the NCAA West Regional ... also topped 190 feet at Oregon, throwing 197-7 ... won the hammer at the Ken Shannon Invite. **2002-03 (Cal State Northridge):** Redshirted the season at Cal State Northridge before transferring ... competing unattached, achieved a best mark in the hammer of 193-5 that would have taken eighth at the 2003 Pac-10 Championships.

High School and Personal: Born Aug. 16, 1983 ... parents Lynn and Fred ... has two older sisters, Sara and Amy ... ranked 20th among the nation's prep hammer throwers in 2002 with a best mark of 186-10 ... took fifth in the hammer at the 2002 Golden West Games, and qualified for the 2002 U.S. Junior National Championships ... placed 10th in the hammer at the state meet his junior season ... lettered three years in track and twice in football, earning second-team all-league and team MVP honors in the latter ... plans to major in philosophy, and is considering a career as a professor.

UW Career Bests

Hammer..... 199-10

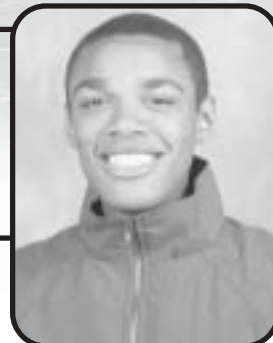




Ryan

BROWN

Sophomore • Renton, Wash. • Renton High School



2005 SEASON INFO

ATHLETE BIOS

Returns for his sophomore season after taking a year off in 2003-04 ... as a freshman two years ago, set UW's indoor freshman record at 800m ... ranks second in UW history at 800m indoors, and boasts legs of top-10 all-time 4x400m and distance medley relays. **2003-04:** Sat out the 2003-04 season after a terrific freshman year in 2003 ... clocked a personal-best 1:51.06 for 800m at the Seattle International in June. **2002-03:** Set a UW indoor freshman record at 800m in just his third collegiate race, clocking a 1:50.97 at the UW Indoor Invite ... mark was the second-fastest indoors ever at UW ... led 4x400m relay to a win at the Husky Invite in 3:12.42, then the sixth-fastest indoor mark in UW history ... also cracked UW's all-time top-10 in the distance medley relay with a time of 10:01.35 at the Pac-10 Invite, then sixth-fastest ever at Washington ... ran sparingly outdoors, with an 800m best of 1:54.49 at the Oregon Invite ... also competed at 400m and 1500m, and ran a leg of the team's top 4x400m squad.

High School and Personal: Born Sept. 17, 1984 in Baltimore ... parents are Karen Smith and Gary Colbert ... has two older siblings, Richard and Everette ... was undefeated at 800m as a senior, his first year competing in track and field ... swept league, district and state titles at 800m in 2002 ... state-winning time of 1:55.3 was a personal-best ... also ran on Renton's state champion 4x400-meter relay, helping the school to a fifth-place state finish ... took second in the 800m at the 2002 Pasco Invite, and helped the mile relay to seventh ... also lettered in swimming as a senior.

UW Career Bests

400m..... 48.59 800m..... 1:51.06 1500m..... 4:10.86 800m (indoor)..... 1:50.97

COACHES



Shane

CHARLES

Junior • Birch Grove, St. Andrews, Grenada • St. Andrews Secondary/Central Arizona

Is the top-ranked 400m hurdler in his home nation of Grenada ... captured a Grenadan national 400m hurdles title in 2003 ... set Grenada's junior national 400m hurdles record in 2001, his first year of competition in the event ... boasts a career-best of

50.95 seconds that would rank second in UW history, and would have been among the top-25 marks in the nation last year ... also expected to fill the vacancy left by departed senior Cristian Adams in UW's NCAA-qualifying 4x400m relay. **2003-04 (Central Arizona CC):** Earned NJCAA All-American honors in 2004 with a second-place finish in the 400m hurdles at the 2004 NJCAA Championships, clocking a personal-best 50.95 seconds ... qualified for the national meet with a victory in the 400m hurdles at the 2004 NJCAA Region I Championships, in 51.94 seconds ... named to the All-ACCAC first-team in 2004. **2002-03 (Central Arizona CC):** Led all Grenadan hurdlers in 2003 with a best of 51.15 seconds in the 400m hurdles ... mark would have ranked second all-time at UW, and would have been among the top-30 times in the NCAA ... following the collegiate season, won Grenada's national 400m hurdles title at the 2003 Cable & Wireless National Championships ... led Grenada's 4x400m relay squad to eighth at the Pan-American Games in the Dominican Republic ... also competed individually at the meet, placing sixth in his semifinal heat of the 400m hurdles ... a first-team pick to the Arizona Community College Athletic Association squad.

High School and Personal: Born Aug. 30, 1983 in St. George's, Grenada ... mother's name is Mary ... has an older brother, Tain, and a younger sister, Shenice ... one of three Husky sprinters from the Caribbean, joining Jamaican natives Davaon Spence and Patrick Davidson ... clocked 53.89 in the 400m hurdles to set the Grenadan junior national record in 2001, less than a year after he first attempted the event ... named to Grenada's national team for the 2000 Junior CARIFTA Games ... plans to major in communications.

Collegiate Best Marks

400m IH..... 50.95



2004 REVIEW

RECORDS

HISTORY



Will

CONWELL

Junior • Kent, Wash. • Kentwood High School

Entering just his second full track season, after splitting time with football as a freshman ... is the Pac-10's No. 3 returning thrower in the discus ... is just nine feet shy of Washington's all-time top-10 in the discus. **2003-04:** Opened the season by adding 23 feet to his personal best with a throw of 173-5 at the Salzman

Invite in March ... topped 170 again at the Pac-10 meet with a throw of 171-9, good for fourth ... finished fourth or better in eight of 10 discus competitions in 2004 ... placed 14th in the discus at the NCAA West Regional ... for dual-meet purposes, also competed once each in the hammer and high jump ... sat out the indoor season with an injury. **2002-03:** Retired from football in the spring of 2003 in order to focus solely on track ... redshirted the track season to work further with first-year throws coach Bud Rasmussen ... competed unattached in the discus at the Ken Foreman Invitational, notching a mark of 157-2 ... threw the shot twice indoors, with a best mark of 48-4 3/4 at the UW Indoor Preview. **2001-2002:** Ranked second for UW in the shot put and discus ... won the shot put at the Salzman Invitational with season-best throw of 49-3 1/2 ... closed the season with three-straight top-five finishes, including a second-place finish in the discus at the Ken Foreman Invite ... threw the shot four times indoors, with a best mark of 48-6 1/4 in a third-place finish at the UW Indoor Qualifier in March.

High School and Personal: Born Sept 12, 1982 in Portland ... parents are Gail, a teacher, and Roy, a pastor and former football player at Idaho ... uncle, Ernie, participated in track and football at UW and earned a Super Bowl ring with the St. Louis Rams ... aunt, Pauline Thomas, was an Olympic Trials competitor in the shot put ... second of four siblings ... earned state shot put title in 2000 with a heave of 56-7 ... notched three other top-five state finishes in prep career, including a third-place finish in the discus in 2000, and second- and fourth-place finishes, respectively, in the shot put and discus in 2001 ... was a three-time champion at the Pasco Invitational, claiming shot put titles in 2000 and 2001, and the discus crown in 2001 ... also competed in the triple jump and high jump ... in football, led team to a 29-8 record and three state tournament appearances in three varsity seasons ... a first-team selection to the prestigious Long Beach Press-Telegram's "Best in the West" team ... an All-State pick by the AP and the Seattle Times ... sported a 3.6 GPA in high school.

UW Career Bests

Shot Put..... 49-3 1/2 Discus.....173-5 Shot Put (indoor)..... 48-6 1/4



Phillippe

COOK

Senior • Seattle, Wash. • Rainier Beach High School

One of UW's leading high jump competitors in each of the past three seasons ... is barely an inch shy of UW's all-time indoor high jump top-10 ... has also been among the UW leaders in the long and triple jumps. **2003-04:** Missed the 2004 outdoor season after a promising indoor campaign ... closed to within 1 1/4 inches of UW's all-time indoor top-10 with a career-best clearance of 6-8 3/4 at the Husky Invitational ... also went 6-6 3/4 in a third-place finish at the Pac-10 Invite. **2002-03:** Ranked second among all Huskies in the long, triple and high jumps ... equaled career-best high jump mark of 6-4 3/4 at two meets, including at the WSU Dual ... closed the season with five-straight top-five finishes, including season-best marks in all three jumps ... placed second in the long jump at the Ken Foreman Invite, in 22-3 ... recorded career-bests in all three jumps indoors. **2001-02:** Led all UW competitors in the long jump in 2002, posting a season-best mark of 22-10 1/4 in a third-place finish at the Foreman Invite ... placed 12th in the long jump at the Pac-10 Championships ... also competed at the conference meet in the high jump, placing 16th with a season-best 6-4 3/4 ... indoors, posted a best long jump mark of 21-8 1/4 at the Husky Scoring Meet ... had indoor high jump best of 6-6 3/4 in third-place finish at the Vandal Indoor.

High School and Personal: Born June 29, 1983 ... parents are Wyessar and Norman ... has an older brother, Norman, Jr., and an older sister, Ossie ... cleared 6-10 to earn a state championship in the high jump his senior season ... was second at Mt. SAC in the high jump in 2001, jumping 6-8 ... also leapt 6-8 to place third in the event at the AAU Junior Olympics ... captained team to Metro League and KingCo Conference titles in 2001 ... earned a letter all four years ... interested in a career as a computer engineer.

UW Career Bests

High Jump..... 6-4 3/4 Long Jump..... 22-10 1/4 Triple Jump..... 44-2 3/4
High Jump (indoor)..... 6-8 3/4 Long Jump (indoor)..... 22-0 3/4 Triple Jump (indoor)..... 43-9





Patrick

DAVIDSON

Senior • Kingston, Jamaica • St. Jago High School/
SW Christian College



2005 SEASON INFO

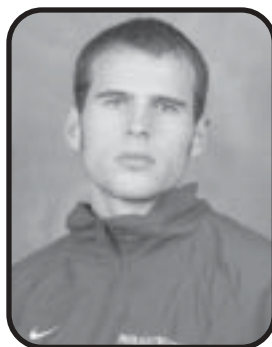
ATHLETE BIOS

Entering second season at UW after transferring from SW Christian College in Texas ... boasts a leg of the 10th-fastest indoor 4x400m relay in UW history ... fully healthy after having been limited for much of 2004 by an injury ... teamed with fellow Husky Davaon Spence to win Jamaican national titles in the 4x100m and 4x400m relay events in 2002. **2003-04:** Suffered an injury early in the season that limited him throughout ... ran 16th in the 100m dash at the Pac-10 meet ... was Washington's No. 2 competitor in both the 100m and 200m ... at the WSU Dual, posted season-bests in the 100m (10.79) and 200m (21.74), and led UW's 4x100m relay to a season-best of 40.79 ... won the 100m at the Ken Shannon and Pepsi Invitationals ... ran sparingly indoors, at distances from 60m to 400m. **2002-03 (SW Christian College):** Earned Academic All-America honors at Southwest Christian College ... placed 13th in the prelims of the 100m at the 2003 National Junior College Athletic Association Championships with a time of 10.77 ... was 17th in the prelims of the 200m at the same event ... led Southwest Christian to sixth in the 4x100m relay at the 2003 national meet ... clocked personal-best times of 10.50 for 100m and 21.50 for 200m at the 2003 Texas Christian Invitational ... led SWCC to fifth in the 4x400m at the 2003 Texas Relays ... named to the "Who's Who" of American junior colleges in 2003 for his athletic and academic excellence.

High School and Personal: Born Sept. 1, 1982 ... parents are Dolsie Lamey and Patrick Davidson, Sr. ... prep teammate of fellow Husky newcomer Davaon Spence ... teamed with Spence to win Jamaican national titles in the 4x100m and 4x400m relay events in 2002 ... ran in all preliminary and semi-final heats of both relays, but was injured for the finals ... won his semi-final heat of the 100m at the 1999 Jamaican National Boys and Girls Championships ... coached at St. Jago by five-time Olympian and three-time world champion Bert Cameron ... also excelled on the soccer field, and was recruited as a soccer player by the A-League Syracuse Salty Dogs.

Collegiate Best Marks

100m..... 10.50 200m..... 21.50 60m dash (indoor)..... 7.22 200m (indoor)..... 22.60 400m (indoor)..... 50.77



Teddy

DAVIS

Junior • White Salmon, Wash. • Columbia High School/Oregon

Will redshirt the 2005 season after transferring from Oregon ... competed in the high jump at the 2004 NCAA Championships ... the No. 3 returning high jumper in the NCAA West Region ... boasts a best of 7-1 in the high jump that, if duplicated, would equal the second-best all-time at Washington. **2003-04 (Univ. of Oregon):** Cleared

a lifetime-best 7-1 at the NCAA West Regional to place third, earning first-career NCAA Championships berth ... placed 25th in the event at the NCAA meet ... season-best of 7-1 equaled the fifth-best mark in Oregon history ... ranked sixth in the Pac-10 Conference during the regular season with a best of 6-10 3/4 ... earned second-team Academic All-Pac-10 honors. **2002-03 (Univ. of Oregon):** Qualified for first Pac-10 Championships with a season-best clearance of 7-0 1/4, at Dempsey Indoor in Seattle ... placed 10th in Pac-10 meet debut, clearing 6-8 1/4 ... just missed qualifying for the NCAA West Regional, falling 3/4 inch shy of the standard.

High School and Personal: Born Apr. 16, 1983 ... parents are Jacqueline and Joe Camp ... fourth of five siblings, including brothers Alex, Sam and Chris, and sister Stephanie ... a four-time state prep champion ... captured state titles in 2002 in both the high jump and triple jump, despite being limited by injury for a portion of the season ... also won the state high jump title in 2000, and again in 2001, with a prep-best clearance of 6-11 ... won six district titles as a prep, and seven league titles ... placed third in the high jump at the 2002 Oregon-Washington Meet of Champions, losing only on misses ... led Columbia to district titles as a junior and senior, and to state runner-up honors in 2002 ... also excelled on the football field, earning a pair of all-league honors at wide receiver ... helped Columbia to league football titles in 1999 and 2002 ... majoring in biology.

Collegiate Best Marks

High Jump..... 7-1 High Jump (indoor)..... 7-0 1/4



2004 REVIEW

RECORDS

HISTORY



Loren

DuVALL

Freshman • Longview, Wash. • Mark Morris High School

Born Dec. 14, 1985 ... parents are Lori and David ... was a four-time top-four finisher in the pole vault at the state track championships, including runner-up efforts in 2003 and 2004 ... placed fourth at state in 2001 and 2002 ... set a District IV pole vault record with a clearance of 15-6 as a senior ... vault led all

Washington preps in 2004 ... won the vault at the 2003 Track City Classic in Eugene, Ore. ... was the seventh-place finisher in the pole vault at the 2003 Junior Olympics Nationals in Miami, Fla. ... also excelled at basketball, before giving up the sport to focus solely on vaulting ... earned a 3.4 GPA.

Personal Best Marks

Pole Vault..... 15-6



Warren

EICKHOFF

Junior • Snohomish, Wash. • Snohomish High School

One of the top returning high jumpers in the Pac-10 Conference ... indoor best of 6-9 1/2 ranks just 1/2-inch shy of UW's all-time top-10. **2003-04:** Led all Husky high jumpers for the second-straight season ... equaled outdoor career-best of 6-6 3/4 to tie for sixth in the high jump at the Pac-10 Championships ... only competed four times outdoors ... also went 6-6 3/4 in outdoor debut at the Pepsi Team Invite ... indoors, cleared a season-best 6-8 3/4 at both the UW Indoor Preview and the Pac-10 Invite ... tied for 11th in the high jump at the MPSF Championships. **2002-03:** Was Washington's top high jumper, both indoors and out ... indoor best of 6-9 1/2 was just a half-inch shy of the UW's top-10 all-time ... indoor mark bettered the Pac-10 qualifying standard ... won the high jump at the Ken Shannon Invitational with an outdoor season-best of 6-5 1/2 ... excelled indoors, recording his two best marks of 2003 at Dempsey Indoor, and placing below fifth just once in five indoor competitions.

High School and Personal: Born July 18, 1983 ... parents are Lynda and Duane ... has two siblings, Ben and Ellyn ... finished fourth or better at state three times, including a third-place finish in 2002 ... won league and district titles in each of his last two seasons ... led Snohomish to a fourth-place state team finish in 2000 ... won the high jump at the 2002 Pasco Invitational, and swept high jump titles at the Larry Eason Invite in 2001 and 2002 ... lettered all four years, and served as captain in 2002 ... interested in a career in sports therapy.

UW Career Bests

High Jump..... 6-6 3/4 High Jump (indoor)..... 6-9 1/2





Andy

FADER

Senior • Everett, Wash. • Cascade High School



2005 SEASON INFO

ATHLETE BIOS

COACHES

2004 REVIEW

RECORDS

HISTORY

Washington's top-returnee at 1500m and 5000m ... has placed in the top-10 of the 1500m at the Pac-10 meet three-straight years, with a best of fifth in 2004 ... ranks second in UW history indoors at 5000m, and is fourth all-time in the mile. **2004**

(Cross Country): A second-team Academic All-Pac-10 honoree ... voted a co-captain for the 2004 season ... ran in UW's top-five at all four varsity competitions ... led the Huskies to fifth at the Pac-10 meet with a 36th-place effort ... was 54th at the NCAA West Regional ... placed fourth overall at the Sundodger Invite, and was the team's No. 4 finisher at the Pre-National Meet. **2003-04:** A first-team Academic All-Pac-10 honoree for both track and cross country ... earned a top-10 finish in the 1500m at the Pac-10 meet for the third-straight year, placing fifth in a career-best 3:46.34 ... was a Pac-10 and NCAA Regional qualifier at 1500m and 5000m for the second-straight year ... placed 13th in the Regional 5000m final ... won the 1500m at the Ken Shannon Invite in 3:46.69 ... indoor 5000m best of 14:10.81 led all Huskies in 2004, and ranked second all-time at UW ... also cracked the indoor top-10 in the mile, posting a time of 4:05.45 to take fifth at the MPSF Championships ... anchored UW's fourth-place distance medley relay at the MPSF meet, clocking a 9:49.73 to move to fifth all-time ... during the fall, helped the UW men reach the NCAA Championships for the first time since 1993 ... ran seventh on the squad at the NCAA West Regional, placing 48th in a 10K cross country best of 30:55 ... team's fourth-place Regional finish was its highest at the meet since 1994 ... sparked UW men to third at the Pac-10 meet with a 24th-place effort, fourth on the team. **2002-03:** An honorable mention Academic All-Pac-10 pick in cross country, and a second-team selection on the track ... placed 23rd in the 1500m, and 21st in the

5000m, at the NCAA Regional ... ran seventh in the 1500m at the Pac-10 meet in a then-best 3:48.49 ... moved to ninth on UW's indoor mile list with a 4:08.40 at the UW Preview ... top 3000m time of 8:13.51 was then the 10th-best indoor mark ever at UW ... led DMR to the then-No. 6 mark in UW history, a 10:01.35 at the Pac-10 Invite ... ran in UW's top-seven at every regular-season cross country race ... ran 42nd overall at the Pac-10 Championships, helping UW to fourth ... ran sixth overall at the Emerald City meet, and was 19th at the Sundodger Invite. **2001-02:** Was UW's No. 5 runner at 1500m, with a best of 3:49.30 ... placed 10th in the event at the Pac-10 meet ... took fourth in the 1500m, in 3:52.94, at the U.S. Junior Nationals in June ... redshirted the cross country season.

High School and Personal: Born Feb. 3, 1983 in Everett ... parents are Lori and Jerry ... has one brother, Joel ... posted four-career top-10 finishes at the state track meet, including matching fifths in the 1600m and 3200m in 2001 ... also placed eighth in the 3200m, and ninth in the 1600m, in 2000 ... captained Cascade to a 2000 regional title and 15th-place state finish ... as a senior, captured district 3200m title and WesCo league titles in the 3200m and 1600m races ... also won district and league in 2000.

UW Career Bests

1500m..... 3:46.34 5000m..... 14:14.87 Mile (indoor)..... 4:05.45 3000m (indoor)..... 8:13.51 5000m (indoor)..... 14:10.81
XC: 8000m..... 24:23 10000m..... 30:55



Jesse

FAYANT

Sophomore • Spokane, Wash. • Mead High School/WSU

Returned to UW in the spring of 2004 after transferring to Washington State following the 2003 track season ... redshirted the 2004 season ... the No. 4 finisher in the steeple at the 2003 Pac-10 meet. **2003-04 (Washington State):** Transferred to WSU in the summer of 2003 ... sat out the fall before returning to UW in the spring ... redshirted

the track season per Pac-10 transfer rules. **2002-03:** UW's top steepler in 2003, taking fourth at the Pac-10 meet in 8:58.81 ... placed 28th in the event at the NCAA Regional ... finished lower than fourth just once in five regular-season steeples ... also excelled at 5000m, clocking a 14:19.02 at Stanford ... indoors, competed at distances from the mile to the 5000m ... redshirted the 2002 cross country season.

High School and Personal: Born April 15, 1984 in Spokane ... parents are Cathy and Tony ... youngest of three Fayants to compete for Washington, including older brothers Jason and Chris ... has two other siblings, Todd and Tami ... placed 10th at the 2001 Foot Locker Cross Country Nationals, and was second at the Regional meet ... set a state prep record of 8:19 at 3000m ... the 2001 state 4A cross country champion ... also captured a state track title at 3200m, in 2002 ... won the 3200m at the 2002 Texas Relays, in 9:04 ... named team MVP as a senior.

UW Career Bests

Steeple..... 8:58.81 5000m..... 14:19.02
Mile (indoor)..... 4:23.07 3000m (indoor)..... 8:28.68 5000m (indoor)..... 14:45.21





Norris

FREDERICK

Freshman • Seattle, Wash. • Roosevelt High School

Born Feb. 2, 1986 ... mother's name is Darlene Shears ... has three brothers, Anthony, Gregory and Marquel ... a seven-time prep All-American ... is the only athlete in state history ever to high jump seven feet and long jump 24 feet ... led the nation in the high jump in 2004, clearing 7-1 ... mark would have ranked among the top-25 in the NCAA in 2004, and would have qualified Frederick for NCAA Championships competition out of the West region ... in addition, was the nation's fourth-ranked prep in the long jump, with a best of 24-10 1/2 ... finished the 2004 outdoor season ranked 26th in the world among junior-age (under-20) athletes in the long jump, and was 32nd in the world in the triple jump ... cleared 7-0 1/2 at Dempsey Indoor in February to rank third in the nation among preps ... named Gatorade's Track and Field Athlete of the Year for the state of Washington ... placed seventh in both the high and long jumps at the 2004 U.S. Junior Nationals ... competed in both events at the 2004 IAAF Junior World Championships, placing 19th in the high jump, and tying for 19th in the long jump ... won the long jump at the 2004 Golden West Games, and was second in the high jump ... did the reverse at the 2004 Junior Olympics in Eugene, winning the high jump and placing second in the long ... won three state titles in the high jump, and two in the long jump ... added the triple jump to his repertoire in 2004, and proceeded to place second at the state championships in 48-7 ... boasts triple jump best of 48-8 3/4 ... also played four years on Roosevelt's varsity basketball squad, averaging 11.2 points per game as a senior.

Personal Best Marks

100m..... 11.1h High Jump..... 7-1 Long Jump..... 24-10 1/2
Triple Jump..... 48-8 3/4 High Jump (indoor)..... 7-0 1/2



Tim

FREEMAN

Sophomore • Bainbridge Island, Wash. • Bainbridge High School

An 800m specialist who peaked late in the 2004 season ... boasts the fastest PR of any returning Husky half-miler. **2003-04:** Competed at just a handful of meets during the outdoor season ... peaked towards the end of the season, before shaving nearly two seconds off of his 800m PR at the Seattle International in June ... clocked 1:50.25 at Seattle International, a mark bettered by just six Pac-10 men's runners in 2004 ... ran in the top-five in four of five 800m finals in 2004 ... placed seventh in the 800m at the MPSF Indoor Championships ... clocked indoor PR of 1:52.31 in the MPSF prelim.

High School and Personal: Born July 3, 1984 ... parents are Sheryl Somers and Glenn Freeman ... has two brothers, Josh and Andrew ... the reigning Class AAA state champion at 800m ... swept league and district titles in the half-mile in both his junior and senior seasons ... was runner-up in the 800m at the 2002 state track championships, and took second at state in the 4x400m relay in 2003 ... made his Dempsey Indoor debut with an 11th-place finish in the 800m at the 2003 NCAA Last Chance Qualifier, in a prep-best 1:52.16 ... was second in the 800m at the 2003 National Scholastic Indoor Championships at the New York Armory ... took fourth in the event at the 2003 Arcadia Invite, and was seventh at the 2003 Seattle International Track Championships ... captained both the track and cross-country squads as a senior, and was a track captain only in 2002 ... earned seven letters at Bainbridge ... in the winter, worked as a volunteer ski instructor at Crystal Mountain, and coached youth track camps during the summer ... plans to study medicine.

UW Career Bests

800m..... 1:50.25 800m (indoor)..... 1:52.31





Joe

GATEWOOD

Junior • Puyallup, Wash. • Puyallup High School/North Idaho College/Santa Rosa JC



The UW's No. 2-returning competitor in the shot put, discus and hammer ... missed the last half of the 2004 season ... was recruited out of high school to North Idaho College in 2001 by then-head coach Bud Rasmussen, now UW's throws coach ... was a two-time JC All-American ... sat out the 2003 track season to play football at Santa Rosa JC. **2003-04:** Improved his marks every time out in 2004 ... heaved the disc a best of 161-8 at WSU in April, his last meet before being sidelined by an injury ... also recorded bests of 159-2 in the hammer, and 43-9 1/4 in the shot ... led all Huskies indoors in the shot and weight throw ... placed 15th in the shot at the MPSF Championships ... tossed the shot a season-best 53-0 at the Last Chance Qualifier. **2002-03 (Santa Rosa JC):** Lettered in football at Santa Rosa Junior College in the fall of 2002 ... did not compete in track and field ... transferred to Tacoma's Pierce Community College in the spring to earn his AA before enrolling at UW. **2001-02 (North Idaho College):** Qualified for the National Junior College Athletic Association Track and Field Championships both indoors and out ... was a two-time NJCAA All-American, earning the honors in the weight throw indoors and the discus outdoors ... recruited to North Idaho by Bud Rasmussen, now UW's throws coach ... transferred to Santa Rosa JC following the spring track season.

High School and Personal: Born July 6, 1983 ... parents are Carol and Jerry ... has two brothers, Nolan and Ryan ... won Washington's 4A state title in 2001, and took 10th at the meet in 2000 ... lettered three seasons at Puyallup, and served as captain once ... also excelled in football, earning all-league honors in 2000.

Collegiate Best Marks

Shot Put..... 61-9 1/4 Discus..... 166-3 Hammer..... 159-7 Shot Put (indoor)..... 53-0 Weight Throw (indoor)..... 52-0



Brian

HARRIS

Sophomore • Hillsboro, Ore. • Hillsboro High School

The top returning javelin thrower in the Pac-10 Conference ... is just three feet shy of UW's all-time top-10 in the javelin ... competed at the IAAF World Junior Championships over the summer ... a USATF/Verizon Junior All-American in 2004 ... ranked second among NCAA freshmen in 2004. **2003-04:** Ranked 27th in the NCAA in the javelin, and was No. 2 among collegiate freshmen ... just missed an NCAA Championships berth ... placed fourth in the javelin at the Pac-10 Championships with a toss of 218-1 ... one of three Huskies to score in the javelin at Pac-10s ... was seventh in the event at the NCAA West Regional ... won the javelin at the WSU Dual with a career-best throw of 221-0, just three feet shy of UW's all-time top-10 ... placed second in the javelin at the U.S. Junior Nationals to qualify for the IAAF World Junior Championships in Grosseto, Italy ... won three javelin competitions in 2004, including his UW debut at the Cal Poly Invite.

High School and Personal: Born June 14, 1985 ... parents are Maureen and Mark ... has two siblings, John and Lisa ... earned Track and Field News Prep All-America honors with a best mark of 213-1 in the javelin that ranked fourth in the nation in 2003 ... placed fourth in the javelin at the 2003 Golden West Invitational with a throw of 201-8 ... placed 14th in the event at the 2002 U.S. Junior National Championships ... took third at the 2003 Oregon state meet with a throw of 192-9 ... earned two district titles during his prep career ... lettered all four years, and served as captain in 2003 ... excelled in basketball, leading Hillsboro to a second-place state finish in 2003 ... 108 blocks in 2003 were a school record ... was also outstanding in the classroom, earning a 3.7 prep GPA.

UW Career Bests

Javelin..... 221-0



2005 SEASON INFO

ATHLETE BIOS

COACHES

2004 REVIEW

RECORDS

HISTORY



Jonathan

HICKEY

Junior • Hanford, Wash. • Hanford High School

Missed the last half of the 2004 season after having a tumor removed from his skull ... was at full strength in the fall ... is the Huskies' No.3-returning competitor at 5000m ... a three-time Pac-10 qualifier ... ranks third in UW history indoors at 5000m. **2004 (Cross Country):** Returned at full strength after having a tumor removed in the spring ... ran three times for the Huskies, including a third-place effort at the Sundodger Invite ... placed 35th overall, and fourth on the team, at the Pac-10 meet to lead UW to fourth place ... was UW's sixth finisher at the Pre-National Meet. **2003-04:** An Academic All-Pac-10 honorable mention honoree in cross country, and a second-team academic all-conference pick on the track ... a Pac-10 and NCAA Regional qualifier at 5000m ... saw his outdoor season cut short for health reasons ... season-best 5000m time of 14:14.24 at the Stanford Invite led all Huskies outdoors in 2004 ... indoors, logged the third-fastest 5000m time in UW history, clocking a 14:11.39 at the Last Chance Qualifier ... placed ninth in the mile at the MPSF Championships, in 4:08.28 ... competed just once during the 2003 cross country campaign, placing seventh at the Geoduck Invite. **2002-03:** Took 16th in the 1500m at the Pac-10 meet ... qualified for the meet with a season-best time of 3:49.18 at the Pepsi Invite in Oregon ... was also a Pac-10 qualifier at 5000m ... earned top-10 finishes in 10 of 12 races on the track ... indoors, ran a leg of distance medley relay that clocked the sixth-fastest time in UW history, a 10:01.35 at the Pac-10 Invite ... ran at every distance from 800m to 5000m ... redshirted the 2002 cross country season ... competed three times unattached in the fall, including a 16th-place finish at the Emerald City Invite, and a 23rd-place finish at the Sundodger Invite.

High School and Personal: Born Mar. 23, 1984 in Richland ... parents are Eva and John ... has a younger brother, James ... placed fifth at the 2001 state 3A cross country meet, finishing in 16:13 ... earned all-state and all-league cross country honors in 2001 ... won two state titles on the track in 2002 ... captured the 1600m crown in 4:14.23, and won the 3200m in 9:09.58, both personal bests ... led Hanford to district and regional titles in 2001, and second at state ... placed fifth in the 3200m at state in 2001 ... ran second in the mile at the 2002 Pasco Invite ... an Academic All-State honoree ... majoring in physics.

UW Career Bests

1500m..... 3:49.18 5000m..... 14:14.24 Mile (indoor)..... 4:08.28 3000m (indoor)..... 8:14.89 5000m (indoor)..... 14:11.39
XC: 8000m..... 24:21



Bruce

JACKSON

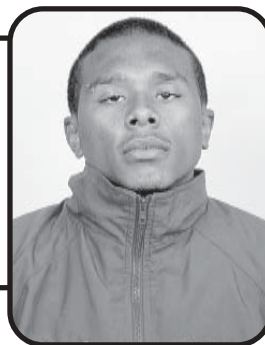
Junior • Seattle, Wash. • Nathan Hale High School/
Eastern Washington University

Enters second season at UW since transferring from Eastern Washington in the fall of 2003 ... one of three returnees from UW's 2004 NCAA-qualifying 4x400m relay ... will train with UW's sprinters this year after working with the distance runners in 2004. **2003-04:** One of four Seattle-area sprinters who combined to lead UW's 4x400m relay to 16th at the NCAA Championships ... became the first UW mile relay to run at the NCAA meet since 1998 ... anchored relay to fifth at the Pac-10 Championships in 3:06.41, third-fastest ever at UW ... led team to fourth in the event at the NCAA West Regional ... individually, ran a season-best of 1:54.37 for 800m in the Pac-10 prelim ... also ran once each at 400m and 1500m ... indoors, helped DMR to fourth at the MPSF meet in 9:49.73, fifth-fastest ever at UW. **2002-03 (Eastern Washington University):** Competed for one season at Eastern Washington University before transferring to UW in the summer of 2003 ... placed eighth in the 400m, in 54.31, at the 2003 Big Sky Conference Indoor Championships ... was 15th outdoors in the 800m at the Big Sky meet ... led Eastern's 4x400m relay squad to fourth at the conference meet outdoors, and seventh indoors. **2001-02 (Eastern Washington):** Redshirted the 2001-02 cross country and track seasons per Prop 48 rules.

High School and Personal: Born July 1, 1983 ... parents are Victoria and Arthur ... became the first Washington boys' athlete to sweep the state's 400m and 800m state in the same year with dual wins in 2001 ... competed in the 1500m and 4x400m relay events at the 2001 U.S. Junior Nationals in Sacramento ... competed in the 800m at the 2001 Adidas High School Championships ... in 2001, won a Metro League title in the 400m and a district crown at 800m ... made two appearances at the state cross country championships ... named Most Inspirational by his track teammates in 2001 ... was a four-year track letterwinner, and twice served as captain ... earned honorable mention All-Metro League honors for his exploits on the basketball court.

Collegiate Best Marks

400m..... 47.70 800m..... 1:53.91 1500m..... 4:16.91 800m (indoor)..... 1:52.19





McKane

LEE

Sophomore • Arlington, Wash. • Arlington High School

The Huskies' top returning vaulter, and the No. 4 returning vaulter in the Pac-10 Conference ... tied for fifth among collegiate freshmen vaulters in 2004 ... ranks 10th all-time indoors at UW, and is just four inches shy of UW's outdoor top-10.

2003-04: Added four inches to his prep best with a clearance of 16-11 3/4 at the Pac-10 Championships, good for sixth ... tied for 10th in the event at the NCAA West Regional ... posted two best marks in final two competitions of 2004 ... was just 1/4-inch shy of UW's freshman record in the vault ... indoors, posted a best of 16-7 1/4 that ranks 10th all-time at Washington ... placed 10th in the event at the MPSF Championships, clearing 16-6 ... cleared at least 16 feet in 11 of 14 competitions in 2004.

High School and Personal: Born Dec. 4, 1983 ... parents are Victoria and Riley ... has two brothers, Cahlen and Bodie, and two sisters, Amarah and Dejah ... ranked 13th in the Track and Field News' 2003 prep pole vault rankings, with a best indoor mark of 16-2 ... mark of 16-6 in 2002 equaled the nation's seventh-best by a prep vaulter ... went undefeated in league and district competition all four years ... was a four-time top-five finisher at the Washington state meet, including a state title in 2001 and runner-up placings in 2002 and 2003 ... won the pole vault at the 2000 Junior Olympics Regionals, and took second in 2001 ... the 13th-place finisher at the 2002 Junior Olympics Nationals at Stanford, with a mark of 15-6 ... best mark of 15-9 in 2001 set the state record for a sophomore ... interested in a career in architecture.

UW Career Bests

Pole Vault..... 16-11 3/4 Pole Vault (indoor)..... 16-7 1/4



2005 SEASON INFO

ATHLETE BIOS

COACHES

2004 REVIEW

RECORDS

HISTORY



Brad

LIBER

RS Freshman • San Diego, Calif. • University High School

Will be a sophomore indoors, but a freshman outdoors ... competes at distances from 1500m to 10000m ... coming off an outstanding fall cross country season.

2004 (Cross Country): Was outstanding in first full season of cross country ... one of just four Huskies to run in the team's top-six at all four varsity meets ... was the team's No. 3 finisher at the NCAA West Regional, placing 45th in 31:45 ... the sixth UW finisher at the Pac-10 meet, helping the Huskies to fourth overall ... led the team with a sixth-place finish at the Willamette Invite ... ran fifth on the squad at Pre-Nationals, and was the sixth UW finisher at the Sundodger Invite. **2003-04:** Redshirted the outdoor season after competing attached indoors ... ran unattached outdoors at 1500m, 5000m and 10000m ... showed the most promise in the long race, clocking 30:29.96 in his first-ever 10000m at the Oregon Invite ... took 16th place in the 5000m at the MPSF Championships indoors ... also ran indoors in the mile and 3000m ... was statistically UW's top redshirt in the fall of 2003 ... ran unattached on four occasions ... placed fifth in first collegiate race, at the Emerald City Invite ... three weeks later, logged a season-best 8000m time of 25:28 at the Sundodger Invite, good for 32nd ... crossed the line eighth at the Geoduck Invite, and was fourth in the open race at the Pac-10 Championships ... after the season, took 29th at the U.S. Junior Cross Country Nationals in Houston, finishing in 26:16.

High School and Personal: Born Apr. 16, 1985 ... parents are Leslie and Brad ... placed eighth at the California state cross country championships in 2002 ... led HS to a second-place team finish at state and a San Diego CIF title as a senior ... won the 1600m and 3200m at the 2003 San Diego Section Championships, and qualified for the state finals at 3200m ... duplicated his league-title double in 2002 ... was CIF Champ at 3200m in 2002 ... earned All-CIF honors in the 1600m as a sophomore, and was all-league at 800m his freshman year ... took second in the 2.5-mile Van Cortland Park Manhattan Invitational in 2003 ... was named the San Diego Union-Tribune's Athlete of the Month ... earned a 3.67 GPA.

UW Career Bests

1500m..... 4:01.23 5000m..... 14:50.81 10000m..... 30:29.96
 Mile (indoor)..... 4:27.68 3000m (indoor)..... 8:42.53 5000m (indoor)..... 15:11.12
 XC: 8000m..... 25:28





Mark

MANDI

Junior • Everett, Wash. • Mariner High School

The seventh-ranked 10000m competitor in UW history ... also boasts times among UW's all-time indoor top-four in the 3000m and 5000m ... an indoor NCAA provisional qualifier in both events in 2004 ... has finished no lower than 11th in two years of Pac-10 10000m competition ... coming off an All-Pac-10 cross country

season ... did not begin running competitively until his junior year of high school. **2004 (Cross Country):** Led all UW finishers at the Sundodger, Pre-National and Pac-10 meets ... earned All-Pac-10 honors with a sixth-place finish at the Pac-10 meet, equaling the fifth-best ever by a UW men's runner ... was UW's No. 2 runner at the NCAA Regional ... earned first cross country win at any level at the Sundodger Invite ... was the first Husky men's runner to win the UW-hosted Sundodger meet since 1993 ... ran 14th overall at the Pre-National meet. **2003-04:** A second-team Academic All-Pac-10 selection in track and cross country ... led UW at 10000m for the second-straight year, with a lifetime-best of 29:48.92 that is UW's seventh-fastest ever ... earned 10th in the 10000m, and 11th in the 5K, at the Pac-10 meet ... indoor 5000m best of 14:12.51 was a 36-second PR, and ranked fourth in UW history ... also posted fourth-fastest 3000m mark all-time, in 8:04.93 ... posted NCAA provisional-qualifying marks in both events ... had a breakout season of cross country ... led the UW men back to the NCAA Championships for the first time since 1993 ... was UW's top finisher at the national meet, crossing the line 67th to lead a 21st-place team effort ... ran second on the squad at the NCAA Regional, placing 32nd in a 10K cross country best of 30:29 ... led UW to third at the Pac-10 meet with a 15th-place finish, second on the team ... one of just two Huskies to place among the UW's top-five finishers at every varsity race. **2002-03:** Earned Academic All-Pac-10 honorable mention in both track and cross country ... was UW's top runner at 10000m, taking 11th in the event at the Pac-10 meet ... clocked season-best 10K time of 30:22.92 at Stanford ... lowered 5K PR by nearly a minute, to 14:42.83, at Oregon ... indoor 5000m best of 14:48.40 was then ninth-fastest ever at UW ... also ran the mile and 3K ... one of just four Huskies to run in every varsity cross country race in 2002 ... was fifth on the squad, 43rd overall, at the NCAA Regional ... took 36th at the Pac-10 meet ... placed fifth at the Emerald City Invite, and 22nd at Sundodger. **2001-02:** Redshirted the cross country and track seasons ... ran unattached at 1500m and 5000m, with bests of 4:08.06 and 15:31.82 ... ran the mile and 3000m indoors.

High School and Personal: Born May 7, 1983 in Houston ... parents are Daisy and Reynaldo ... both brothers, Reynaldo and Santiago, attend UW ... ran at the 2000 Cross Country Junior Olympics Nationals in Reno, Nev. ... earned a top-50 finish at the 2000 state cross country meet ... captained the Mariner cross country squad in 2000 ... named Mariner's Outstanding Distance Runner in 2001 ... named a Washington Scholar, having graduated with a 3.92 GPA.

UW Career Bests

5000m..... 14:41.49 10000m..... 29:48.92 Mile (indoor)..... 4:10.98 3000m (indoor)..... 8:04.93 5000m (indoor)..... 14:12.51
XC: 8000m..... 24:06 10000m..... 30:29

Phil

McCARY

Junior • Kirkland, Wash. • Juanita High School

One of three returnees from UW's 2004 NCAA-qualifying 4x400m relay ... the UW's top returner at 400m ... tied for 10th in UW history indoors at 400m ... has a hand in three of UW's 10-fastest 4x400m relays. **2003-04:** One of four Seattle-area sprinters who led UW's 4x400m relay to 16th at the NCAA Championships ... the first UW relay to run at the NCAA meet since 1998 ... led relay to fifth at Pac-10s, and fourth at the NCAA Regional ... Pac-10 time of 3:06.41 was UW's third-fastest ever ... placed 15th in the Pac-10 400m prelim ... ran on UW's top 4x100m relay ... posted career-bests of 21.83 (wind-aided) for 200m and 48.09 for 400m at WSU ... indoors, ranked among UW's best at 200m, 400m and 4x400m ... indoor 400m PR of 48.35 equaled UW's 10th-fastest all-time ... led relay to second at the MPSF meet ... relay time of 3:10.67 at the Husky Invite was third-fastest ever at UW ... also ran on 10th-fastest UW relay all-time, in Boise ... placed 16th in the 400m at the MPSF meet. **2002-03:** Ran three times in the 400m IH, with a season-best of 54.78 ... led UW mile relay to a best of 3:15.85 ... competed in the 400m and 4x400m indoors, with bests of 49.20 and 3:15.50, respectively.

High School and Personal: Born Apr. 30, 1984 ... parents are Kathy and Doug ... has three siblings, Colleen, Ben and David ... was 300m hurdles runner-up at the 2002 state meet, finishing in 38.10 ... took third in the 400m at state in 2001, in a personal-best 49.01 ... ran a leg of the national-record setting 4x800m relay at the 2000 Junior Olympics in Buffalo, N.Y. ... as an eighth grader, placed eighth in the 400m at the 1998 Junior Olympics Regionals ... also lettered two years in football, earning All-KingCo honorable mention on special teams ... earned a 3.75 prep GPA.

UW Career Bests

200m..... 21.83w/21.90 400m..... 48.09 400m IH.....54.78 200m (indoor)..... 22.26 400m Dash (indoor)..... 48.35





Jeremy

MINEAU

Freshman • Menlo Park, Calif. • Menlo-Atherton High School



2005 SEASON INFO

ATHLETE BIOS

The nation's 12th-ranked prep at 3200m in 2004 ... could redshirt the track season to preserve a year of eligibility ... expected to run at distances from 1500m to 10000m. **2004 (Cross Country):** One of three freshmen in the team's top-10 at the Pac-10 Championships ... was third on the team, and 27th overall, at the Pac-10 meet, second-best among Pac-10 freshmen ... also ran third for UW at Pre-Nationals, and was the team's seventh overall finisher at the NCAA West Regional, his first-ever 10000m competition ... beat all but two Husky finishers in unattached debut at the Sundodger Invitational, placing eighth ... named team's Top Newcomer.

High School and Personal: Born Jan. 17, 1986 ... parents are Diana Gibson and David Mineau ... ranked second in the state, and 12th in the nation in 2004 with a 3200m PR of 9:01.54 ... swept Central Coast Section Cross Country Runner of the Year and Middle-Distance Runner of the Year honors during the 2003-04 season ... won CCS cross country titles in 2002 and 2003, including a course record in 2002 ... also won back-to-back section titles in the 3200m ... placed second at the 2003 Division-I state cross country meet ... captained Menlo-Atherton as a senior ... also excelled in the classroom, graduating with a 3.9 (unweighted) GPA.

Personal Best Marks

400m..... 53.8 800m..... 2:00.2 Mile..... 4:18.03 3200m..... 9:01.54
XC: 8000m..... 24:34 10000m..... 33:19

COACHES



Carl

MOE

Sophomore • Auburn, Wash. • Auburn-Riverside High School

The UW freshman record holder in the 1500m outdoors, and in the 3000m indoors ... UW's top returnee in the 800m, 1500m and steeple ... an NCAA provisional qualifier indoors at 3000m ... ranks among UW's top-10 all-time indoors in the mile and 3000m, and ran legs on four of UW's top-five distance medley relays all-time

... will be eased back into competition after missing the fall with a leg injury suffered last spring. **2004 (Cross Country):** Redshirted the fall season to rehab a spring track injury. **2003-04:** Set UW freshman record of 3:44.91 for 1500m at Oregon ... despite an injury, was one of four Huskies to qualify for the Pac-10 1500m final, placing eighth ... ran 15th in the 1500m prelims at the NCAA Regional ... won the steeple at the WSU Dual ... clocked PRs of 1:51.84 for 800m and 9:14.65 in the steeple, the latter a Pac-10 qualifying mark ... of seven indoor races in 2004, six ranked among the top-10 all-time at UW ... went 8:02.82 in first collegiate 3000m, fastest ever by a Husky frosh and UW's third-fastest all-time ... made UW track debut in the mile at the UW Indoor Preview, clocking the ninth-fastest mark ever by a Husky, in 4:07.15 ... ran the third (800m) leg of UW's school-record DMR at the Last Chance Qualifier, crossing the line in 9:35.35, just .35 of NCAA automatic-qualifying standard ... relay broke UW record set earlier in 2004 by Moe and his teammates, who clocked 9:38.09 at the Husky Invite ... also ran legs of UW's fourth- and fifth-fastest DMRs all-time ... one of just four Huskies, and the only freshman, to compete in every varsity race during the fall season ... helped UW reach the NCAA meet for the first time since 1993 ... was UW's No. 4 runner at the NCAAs, placing 145th in 31:13 to spark a 21st-place team finish ... was third for UW, 35th overall, in first-ever 10000m competition at the NCAA Regional ... helped UW to third at the Pac-10 meet with a 30th-place finish ... debuted 13th at the Sundodger Invite.

High School and Personal: Born Mar. 13, 1984 ... parents are Kathy and Dave ... has an older sister, Kelsie ... aunt, Marjan Howard, competed for UW's track and cross country teams in the 1970s ... named Gatorade's 2003 Track and Field Athlete of the Year for the state of Washington ... also earned athlete of the year honors from the Tacoma News-Tribune and Seattle Post-Intelligencer ... the 2002 class 4A state cross country champion ... logged one of the top prep track seasons in state history in 2003 ... set a state record, and ranked third nationally, with a time of 8:48.04 for 3200m at the Arcadia Invite ... won the state title at 1600m in a meet-record 4:05.09, just one second off the state record ... was defeated just once during the 2003 prep season, taking third in the 800m at state ... was second in the mile at the 2003 Golden West Games ... as a junior, took third at state in both the 1600m and 3200m runs, and was fifth at Golden West ... fourth in the 1600m at state in 2001 ... earned eight letters, and was twice team captain ... earned a 3.7 GPA.

UW Career Bests

800m..... 1:51.84 1500m..... 3:44.91 Steeple..... 9:14.65 Mile (indoor)..... 4:07.15 3000m (indoor)..... 8:02.82
XC: 8000m..... 24:44 10000m..... 30:33

2004 REVIEW

RECORDS

HISTORY



Seth

PERRINS

Junior • Tekoa, Wash. • Tekoa High School/Ricks College

Enrolled at Washington in the fall of 2003 after taking two years off from the sport to serve a Mormon mission ... by the end of the season, had added more than a foot to his previous best ... competed one year at Ricks College in Utah before leaving on his mission ... was the 12th-place finisher at the NJCAA Nationals in 2001. **2003-04:** Came back from a two-year layoff to post Pac-10 and NCAA Regional qualifying marks in the pole vault ... was 13th in the event at the Pac-10 meet, and tied for 16th at the Regional ... cleared a season-best 16-5 1/4 at Oregon, second-best among UW vaulters outdoors in 2004 ... indoors, cleared 16 feet even for a 15th-place finish at the MPSF Championships ... consistently bettered his marks throughout the season. **2002-03:** Sat out the 2003 season while on a Mormon mission. **2001-02:** Sat out the 2002 season while on a Mormon mission. **2000-01 (Ricks College):** Cleared 15-4 in first season at Ricks College in Utah ... placed 12th in the pole vault at the 2001 National Junior College Athletic Association Championships.

High School and Personal: Born Apr. 5, 1981 ... parents are Dianne and Sam ... 10th of 11 siblings, including six brothers and four sisters ... won three consecutive state pole vault titles from 1998-2000 ... was a state qualifier as a freshman ... set the state of Washington Class B pole vault record in 2000 ... lettered all four years at Tekoa, and was a captain his junior and senior seasons ... also competed in the javelin, with a best toss of 180 feet ... played football as a freshman and sophomore, and basketball as a senior ... majoring in biology, and is interested in a career in medicine ... graduated with a 3.87 GPA.

UW Career Bests

Pole Vault..... 16-5 1/4 Pole Vault (indoor)..... 16-0



Juan

ROMERO

Senior • Renton, Wash. • Lindbergh High School

One of three Husky returnees to score in the javelin at the 2004 Pac-10 meet ... has been among the top-10 at the conference meet in each of the last two seasons ... has improved his career best in each of his first three seasons. **2003-04:** Placed eighth at the Pac-10 meet with a career-best toss of 208-9, more than seven feet beyond his previous best ... throw was 16 feet better than his previous season-best ... threw the javelin just seven times in 2004, placing sixth or higher five times. **2002-03:** Earned first-career Pac-10 Championships bid with a season-best javelin throw of 201-1 at the season-opening Ken Shannon Invite ... placed 10th in the javelin at the Pac-10 meet, with a throw of 185-4 ... won the event at the Ken Foreman Invite ... also earned top-five finishes at the Stanford and Pomona-Pitzer Invites. **2001-02:** One of four javelin competitors for Washington in 2002 ... took sixth in the event at the U.S. Junior National Championships in June with a throw of 191-9 ... posted season-best throw of 192-5 in a fifth-place finish at the WSU Dual ... top individual finish was second, at the season-opening Salzman Invitational.

High School and Personal: Born Feb. 3, 1983 ... parents are Carmen and Sal ... has an older brother and two older sisters ... posted top-10 finishes at the state championship meet in each of his last three seasons at Lindbergh ... top state finish was third, in a personal-best 194-6, as a junior in 2000 ... was seventh in the event at state his senior year, eighth as a sophomore ... placed fourth in the javelin at the Pasco Invitational in 2001 ... led team to three top-10 state finishes and a league championship, in 2001 ... an expert in the martial art of jiu-jitsu ... earned state amateur titles in the sport in 1998 and 1999 ... was also a four-year letterman in football.

UW Career Bests

Javelin..... 208-9



Mike

SA YENKO

Sophomore • Bellevue, Wash. • Sammamish High School

Missed nearly four months with a broken leg, after being struck by a car in July while riding his bike ... returned for the final cross country meet of the 2004 season ... boasts unattached indoor 5000m best of 14:23.32 that is bettered by only five Huskies all-time ... a Pac-10 10000m competitor in 2004. **2004 (Cross Country):** Limited by injury to just one appearance ... ran fourth for UW, and 51st overall, at the NCAA Regional ... earned second-straight Academic All-Pac-10 honorable mention. **2003-04:** Was among UW's leaders in the 5000m and 10000m outdoors ... competed at the Pac-10 meet in both, taking 11th in the 10000m before withdrawing from the 5000m ... clocked 5K and 10K season-bests of 14:34.55 and 30:12.42, respectively ... indoors, ran unattached in the mile, 3000m and 5000m ... indoor 5K best of 14:23.32 would have ranked sixth all-time at Washington ... ran at all but one varsity cross country meet, including all three postseason races ... was the team's No. 5 runner at the NCAA meet, crossing the line in 31:28 ... helped UW to a 21st-place finish in team's first national-meet appearance since 1993 ... ran 36th overall, fourth among Huskies, at the NCAA Regional ... sparked a third-place UW finish at Pac-10s with a 35th-place finish, in 26:06 ... also competed at the Sundodger Invite, and in the Pre-National open race ... an Academic All-Pac-10 honorable mention recipient. **2002-03:** Redshirted both the track and cross country seasons ... took fifth in the 10000m, in 30:49.70, at the U.S. Junior Nationals ... indoors, ran unattached at 3000m ... competed unattached three times in the fall ... led all UW finishers at the Willamette Invite, in 25th ... ran ninth at the Emerald City Invite, and 26th at the Sundodger.

High School and Personal: Born Mikhail Sayenko on July 12, 1984 in Odessa, Ukraine ... parents are Lyudmila and Andrey ... set Sammamish High School 3200m record with a personal-best time of 9:12 in a 16th-place finish at the 2002 Arcadia Invite ... earned All-West Region honors with a top-25 finish at the 2001 Foot Locker West Regional ... was fourth at the both the 2000 and 2001 state 3A cross country meets, in 16:31 and 16:11, respectively ... was third in the 3200m at the 2002 state track meet ... also took seventh in the mile at state in 2002, finishing in 4:19.89 ... as a junior, was fourth at state in the 3200m, and ninth in the mile ... set course record at Sammamish State Park ... an architecture major.

UW Career Bests

1500m..... 3:56.17 5000m..... 14:34.55 10000m..... 30:12.42 3000m (indoor)..... 8:23.69 5000m (indoor)..... 14:23.32
XC: 8000m..... 24:37 10000m..... 30:34

Davaon

SPENCE

Senior • Kingston, Jamaica • St. Jago High School/Mt. Hood CC

The top Husky sprinter in 2004 ... qualified for Pac-10 competition in the 100m, before missing the last month of the season with an injury ... boasts the ninth-fastest indoor 200m mark in UW history ... transferred to UW in 2003 from Mt. Hood Community College, where he was a two-time All-American ... teamed with

fellow Husky Patrick Davidson to win Jamaican national titles in the 4x100m and 4x400m in 2002 ... also teamed with Davidson in 1999 to set a world youth 4x100m record with the Jamaican national team. **2003-04:** Led UW outdoors in the 100m and 200m, and indoors at 60m and 200m ... legal 100m best of 10.63 was just .09 shy of UW's all-time top-10 ... a Pac-10 qualifier at 100m ... won the 100m and 200m in UW outdoor debut at the Cal Poly Invite ... clocked 21.82 for 200m indoors, equaling the ninth-fastest ever at UW ... placed eighth in the 60m and 200m at the MPSF Championships. **2002-03 (Mt. Hood CC):** Ranked among the nation's leaders at 100m and 200m ... set Mt. Hood 100m record in 10.37 ... 200m PR of 21.20 is better than all but eight marks in UW history ... won the 100m at the Oregon Twilight meet in a wind-aided 10.54. **2001-02 (Mt. Hood CC):** Won NWAACC title at 100m, in 10.68 ... added an NWAACC title at 200m, in 21.43, and led Mt. Hood to second in the 4x100m ... swept NWAACC Regional titles in all three events.

High School and Personal: Born Apr. 14, 1982 in Kingston, Jamaica ... parents are Novlette Henderson and Michael Spence ... has three sisters, Judison, Marcia and Taneisha ... prep teammate of fellow Husky Patrick Davidson ... ran on Jamaican 4x100m relay that set a world youth record of 40.03 seconds at the 1999 World Youth Championships in Poland ... helped relay to second at the 1999 Pan-Am Games, and fifth at the 2000 World Youth Championships ... was seventh in the 100m, in 10.57, at the 1999 World Youth Championships ... as a senior, placed second among Jamaican preps in the 100m with a mark of 10.49 ... was second in the 100m, and third in the 200m, at the 2000 national meet ... also competed for St. Jago in soccer and cricket ... coached at St. Jago by three-time world champion Bert Cameron, of whom he says, "he is the one that inspires me to be the true sprinter I am."

Collegiate Best Marks

100m..... 10.34 200m..... 21.20 60m dash (indoor)..... 6.90 200m (indoor)..... 21.82



Sean

WILLIAMS

Senior • Kirkland, Wash. • Lake Washington High School

One of three returnees from UW's 2004 NCAA-qualifying 4x400m relay ... added the 400m hurdles to his repertoire in 2004, quickly climbing to seventh in UW history ... has run legs of two of the 10-fastest 4x400m relays in UW history ... indoors, ranks seventh all-time at UW in the 400m dash ... also appears on four of

UW's top-10 indoor 4x400m relays, and each of the top-four distance medley relays in UW history. **2003-04:**

One of four Seattle-area sprinters who led UW's 4x400m relay to 16th at the NCAA Championships ... became the first UW relay to run at the NCAA meet since 1998 ... led relay to fifth at Pac-10s, and fourth at the NCAA Regional ... Pac-10 relay time of 3:06.41 was UW's third-fastest ever ... switched to the 400m hurdles in 2004 after competing at 400m each of the previous three years ... shot to seventh in UW history in the event with a time of 51.89 seconds at the Pac-10 meet, good for seventh ... Pac-10 finish equaled the highest by a UW quarter-hurdler since 1996 ... also ran on UW's 4x100m at Pac-10s, placing seventh ... was 13th in the hurdles at the NCAA West Regional ... indoors, ranked among the UW leaders at 200m and 400m, and ran on two record-setting DMRs ... led DMR to a UW-record 9:35.35 at the Last Chance Qualifier, just .35 seconds shy of the NCAA automatic-qualifying standard ... relay broke record of 9:38.09 set weeks earlier by Williams and his teammates ... led a third different relay to a time of 9:43.59 at the Pac-10 Invite, fourth-fastest ever at UW ... in addition to the prior UW record of 9:40.82, set in 2003, can now claim legs on the four fastest DMRs in UW history ... also led the 4x400m to a top-10 all-time indoor mark, its best of 3:10.67 the third-best ever at UW.

2002-03: Indoor 400m PR of 48.19 ranked seventh in UW history ... led DMR to a then-UW record of 9:40.82 at the Pac-10 Invite, 12 seconds faster than the previous best ... led three different 4x400m relay combos to marks among UW's top-10 all-time, including a best of 3:11.71 that was then UW's fourth-fastest ever ... outdoors, led all Huskies at 400m with a best of 47.19 seconds ... placed 10th in the 400m at the NCAA Regional, and 13th in the event at the Pac-10 meet ... also led 4x400m relay to ninth at Pac-10s ... ranked second on the squad at 200m outdoors, with a career-best mark of 21.82 ... scored in four different events at the WSU Dual. **2001-02:** Was terrific as a freshman, leading all Huskies with marks of 11.10 at 100m and 22.00 at 200m ... 400m PR of 47.69 was UW's second-best ... at the Pac-10 meet, took 10th in the 400m and led the 4x400m relay to sixth ... placed fifth or better in 16 of 19 regular-season races ... scored in three events at both the Oregon and WSU Duals ... top 400m time of 47.69 took second at the Foreman Invite ... indoors, led all Huskies at 200m with a best of 22.06 ... also competed in the 60m, 400m and 4x400m.

High School and Personal: Born June 7, 1983 ... parents are Pilar and Gary ... ran fourth in the 400m and seventh in the 4x400m at the 2001 Junior Olympics Nationals ... relay split in the 4x400m final was 46.6 ... won first-ever 400m race, finishing in 48.25 at the 2001 Pasco Invite ... led Lake Washington to a pair of top-five state finishes in 2000 and 2001, the latter as team captain ... was the Kangaroos' MVP in 2001 ... placed second at state in the 200m and 400m as a senior ... was 2001 district champ at 400m and ran a leg of the league and district champion 4x400m relay ... broke the KingCo league record in a 400m win at the KingCo meet ... also won KingCo titles at 100m and 200m ... in 2000, won league and district titles at 200m ... led the 4x100m and 4x400m squads to top-three placings at state in 2000 ... twice named "Athlete of the Week" by the Eastside Journal ... a National Honor Society member.

UW Career Bests

400m..... 47.19 400m IH..... 51.89 200m (indoor)..... 22.06 400m (indoor)..... 48.19

Evan

WILSON

Sophomore • Shepherd, Mont. • Billings Senior High School

UW's leading shot competitor outdoors in 2004 ... needs to add just three feet to top Regional-qualifying standard ... a two-time state prep champion. **2003-04:** Heaved the shot 51-5 at the WSU Dual to lead all Huskies in 2004 ... scored in both the shot and disc at the WSU Dual ... was an MPSF shot qualifier indoors with a best of 52-10 3/4 ... placed 14th in the event at the MPSF meet ... was remarkably consistent indoors, with all seven of his best throws landing between 50-10 3/4 and 52-10 3/4.

High School and Personal: Born Nov. 12, 1984 ... parents are Kristianne and Craig ... has a younger brother, Collin ... won consecutive state shot put titles in 2002 and 2003 ... took third in the shot at the 2001 state meet, and third in the discus at state in 2002 ... won three conference championships in the shot put ... was named to the All-State team in each of his final three seasons ... lettered all four years at Billings Senior, and was named captain as both a junior and senior ... earned four Academic All-State accolades ... earned valedictorian honors with a perfect 4.0 GPA ... interested in a career in politics.

Personal Best Marks

Shot Put..... 62-6 Discus..... 163-2





Rigel

WISE

Senior • Kelso, Wash. • Kelso High School



2005 SEASON INFO

ATHLETE BIOS

COACHES

2004 REVIEW

RECORDS

HISTORY

One of three returning UW javelin competitors to score at the 2004 Pac-10 meet ... boasts consecutive sixth-place Pac-10 finishes ... career-best of 220-6 is just three feet shy of UW's all-time top-10 ... is also a talented musician. **2003-04:** Placed sixth at the Pac-10 meet for the second-straight year, with a toss of 213-10 ... one of three Huskies to score in the javelin at Pac-10s ... notched career-best toss of 220-6 at the WSU Dual ... placed 15th in the javelin at the NCAA West Regional ... topped the 200-foot mark four times in 2004, after doing so just three times the previous two years combined. **2002-03:** Placed sixth at the Pac-10 Championships with a then career-best javelin throw of 205-9 ... mark led all UW spearers in 2003 ... placed 20th in the event at the NCAA West Regional ... won the javelin at the season-opening Ken Shannon Invite with a throw of 204-4 ... also topped 200 feet at the WSU Dual, throwing 205-7. **2001-02:** One of UW's three Pac-10 qualifiers in the javelin ... achieved season-best mark of 199-3 in a sixth-place finish at the Oregon Pepsi Invite ... also cleared 190 feet the week prior, with a heave of 198-6 at the Bronco Invitational ... notched eight top-10 finishes in 2002, including a win at the Spring Break Open.

High School and Personal: Born June 20, 1982 ... youngest of three siblings ... led the entire state of Washington in 2001 with a best throw of 208-11 ... placed fourth in the javelin at the 2000 state championships ... earned Pasco Invitational titles in both the javelin and discus in 2001 ... later that year, took fourth in the javelin at the Golden West Games ... served as team captain in 2001 ... was a four-year letterwinner in track and football ... played both tight end and linebacker in high school ... was a first-team All-Greater St. Helens League selection at tight end in 2001, and a second-team pick at linebacker in 2000 ... plays bass guitar in band 'Bridge of Sighs.'

UW Career Bests

Javelin..... 220-6



J.R.

WOLFORK

**Junior • Issaquah, Wash. • Issaquah High School/
Pacific Lutheran University**

Fully healthy again after missing the 2004 season with an injury ... could crack UW's all-time top-10 in the long and triple jumps ... transferred to Washington in 2003 from Pacific Lutheran University, where he earned Division-III All-America honors in the long jump. **2003-04:** Redshirted the 2004 season after suffering an injury in his first meet of the year ... ran 7.05 for 60m at the UW Indoor Preview, and had a 24-foot long jump called back for a foul. **2002-03 (Pacific Lutheran University):** Competed for Pacific Lutheran University before transferring to Washington in the summer of 2003. **2001-02 (Pacific Lutheran University):** Earned NCAA Division-III All-America honors with a third-place finish in the long jump at the DIII national championships ... moved onto PLU's all-time top-10 in three different events ... long jump PR of 23-10 1/4 ranked third all-time at PLU ... best mark of 10.87 for 100m was sixth in school history, and triple-jump PR of 46-3 1/2 was eighth all-time.

High School and Personal: Born Mar. 31, 1983 in Warner Robins, Ga. ... has seven siblings; Raquel, Yoshaca, Larry, Thadies, Leonard, Brittany and Nicole ... earned top-five finishes in three different events at the 2001 state track championships ... was the second-place finisher in the long jump, took third in the 100m, and was fifth in the 200m ... also lettered in football, in 2000 ... majoring in spanish, and interested in a career as a firefighter.

Collegiate Best Marks

100m..... 10.70 Long Jump..... 23-10 1/4 Triple Jump..... 48-6 60m dash (indoor)..... 7.05





Tom

WYATT

Freshman • Lakewood, Wash. • Charles Wright Academy

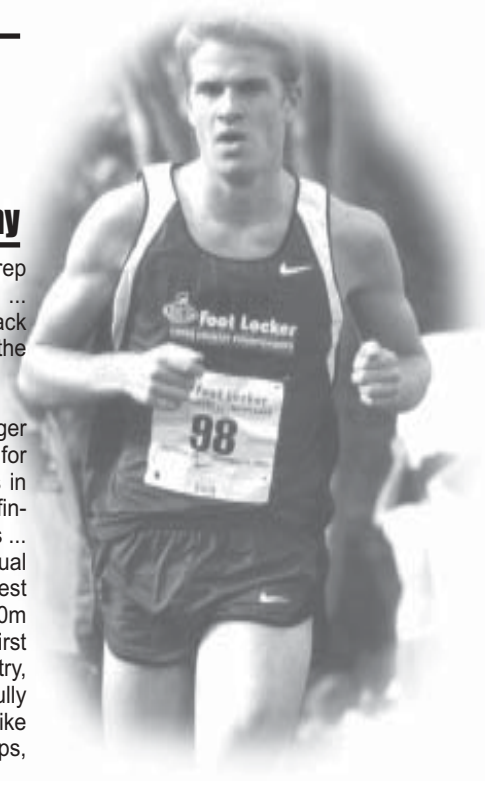
Ranked sixth nationally among prep milers, and was the nation's fifth-ranked prep at 3000m, during the 2004 indoor season ... a six-time state prep champion ... holds state prep records in the 1600m and 3200m ... will redshirt the 2004 track season to further rehabilitate a broken back. **2004 (Cross Country):** Redshirted the

2004 fall season while recovering from a broken back.

High School and Personal: Born Oct. 26, 1985 in Dallas, Texas ... parents are Nancy and Todd ... has a younger brother, Russell, and an older sister, Kelly ... is a third-generation collegiate track competitor; father ran for Pomona-Pitzer College, and grandfather competed at Cal ... one of the nation's most outstanding preps in 2003-04, earning prep All-American honors from Adidas and the National Scholastic Sports Foundation ... finished senior season ranked sixth nationally in the mile, and fifth indoors at 3000m, by Track and Field News ... captured six individual state titles during his prep career ... led Charles Wright to a sweep of team and individual titles at the 2003 state cross country championships with a meet-record time of 15:38 ... a first-team All-West Region selection by Foot Locker in 2003 ... the Class A state record-holder in the 1600m (4:12) and 3200m (9:17) ... as a freshman, ran second at state in the 800m, third in the mile, and led the 4x400m relay squad to first ... missed his sophomore year with tendonitis, but returned in 2002-03 to claim third at state in cross country, second at state in the 800m and 4x400m relay, and a pair of state titles in the 1600m and 3200m ... successfully defended both state titles in 2004, and added the 2003 cross country crown ... ran third overall at the 2003 Nike Border Clash in Oregon ... placed eighth at the 2003 Foot Locker West Regional Cross Country Championships, and was the 26th overall finisher at the Foot Locker Nationals ... also lettered in soccer.

Personal Best Marks

800m..... 1:54.2	1600m..... 4:06.72	3200m..... 9:05.6
	XC: 5000m..... 15:18	



Other Husky Men to Watch

HUSKY STATEVILLE FEVER

Randy Bacon



Freshman
Sprints
Tacoma, Wash.
Washington HS

Brandon Bailey



Senior
Hurdles
Lacey, Wash.
North Thurston HS

Blake Bidleman



Junior
Hurdles/Multi
Redmond, Wash.
Inglemoor HS

Doug Blaty



Junior
Multi-Events
Couer D'Alene, Idaho
Lake City HS/
Univ. of Oregon

Jordan Boase



Freshman
Sprints
Bothell, Wash.
Bothell HS

Travis Boyd



Junior
Distances
Mukilteo, Wash.
Kamiak HS

T.J. Emrich



Freshman
Pole Vault/Hurdles
Chehalis, Wash.
W.F. West HS

Corey Fredericks



Freshman
Jumps
Vancouver, Wash.
Evergreen HS

Araya Gobena



Freshman
Distances
Seattle, Wash.
Nathan Hale HS

Jon Harding



Freshman
Distances
Issaquah, Wash.
Issaquah HS

Caleb Knox



Freshman
Distances
Mill Creek, Wash.
Jackson HS

Michael Mateljan



Freshman
Hurdles
Fullbrook, Calif.
Fullbrook Union HS

Dave Nyland



Freshman
Javelin
Woodinville, Wash.
Woodinville HS

Matt Owen



Sophomore
Distances
Yakima, Wash.
East Valley HS

Kevin Peters



Sophomore
Distances
Longview, Wash.
Mark Morris HS

Tom Peterson



Freshman
Distances
Modesto, Calif.
Fred Beyer HS

Sam Roberts



Junior
Pole Vault
Cashmere, Wash.
Cashmere HS

Andrew Robinson



Senior
Steeple/Distances
Edmonds, Wash.
Edmonds-Woodway HS

Adam Shimer



RS Freshman
Distances
Edmonds, Wash.
Meadowdale HS

Kyle Still



Freshman
Sprints/Hurdles
Bellingham, Wash.
Sehome HS

Nik Williams



Senior
Sprints
Marysville, Wash.
Lake Stevens HS

James Wilson



Freshman
Distances
Yakima, Wash.
East Valley HS

2005 SEASON INFO

ATHLETE BIOS

COACHES

2004 REVIEW

RECORDS

HISTORY



Sidney

BROWN

Senior • Brush Prairie, Wash. • Prairie High School

Among the top-six UW triple jumpers all-time ... one of only six UW women ever to triple jump 40 feet or more ... tied for sixth all-time in the indoor high jump, and is just an inch shy of the outdoor top-10 ... a five-time top-10 finisher at the Pac-10 meet. **2003-04:** Earned Academic All-Pac-10 honorable mention ... led UW in

both the high and triple jumps ... one of the UW's top scorers at Pac-10s, placing fourth in the high jump and sixth in the triple ... cleared career-best 40-4 3/4 in the triple at Pac-10s, the sixth-best mark in UW history ... competed in the triple at the NCAA Regional, placing 10th ... equaled career-best high jump mark of 5-7 at WSU, and boasted a wind-aided best of 40-11 3/4 in the triple at the same meet ... limited by an ankle injury to just one competition indoors, posting an MPSF-qualifying clearance of 5-5 in the high jump at the UW Indoor Invite. **2002-03:** Earned Academic All-Pac-10 honorable mention ... took seventh in the high, and ninth in the triple, at Pac-10s ... competed in the high jump at the NCAA Regional ... cleared 40 feet in the triple for the first time with a mark of 40-1 1/4 at Pomona-Pitzer ... twice set career-high of 5-7 in the high jump ... indoors, cleared 39-4 1/2 in the triple at the Pac-10 Invite to rank fifth all-time ... indoor high jump best of 5-7 equaled the UW's sixth-best indoor mark. **2001-02:** Was ninth in the triple at first-career Pac-10 meet, clearing 38-5 1/2 ... top high jump mark was 5-5 ... indoor bests were 5-3 3/4 in the high jump, and 37-1 1/4 in the triple.

High School and Personal: Born Apr. 23, 1983 in Portland, Ore. ... parents are Sharlene and Timothy ... has a younger brother, Carl ... the 2001 Washington state triple jump champion, with a leap of 37-3 3/4 ... placed second at state in the high jump with a mark of 5-4 ... boasted prep high jump best of 5-8 ... won both events at the 2001 NIKE Border Clash All-Star meet ... led team to top-10 state finishes in each of her last two seasons ... earned MVP honors her senior year ... a four-time All-Greater St. Helens League Academic selection ... named the Class of 2001's "Most Outstanding Scholar-Athlete" ... member of 2001 Washington National Livestock Judging team, earning third at the state livestock judging championships ... graduated with a 3.8 GPA.

UW Career Bests

High Jump..... 5-7 Triple Jump..... 40-11 3/4w / 40-4 3/4 High Jump (indoor)..... 5-7 Triple Jump (indoor)..... 39-4 1/2



Camille

CONNELLY

Senior • Marysville, Wash. • Marysville-Pilchuck High School

Boasts the fourth-fastest steeple mark in UW history ... also ranks eighth all-time indoors at 5000m. **2004 (Cross Country):** Earned second-team Academic All-Pac-10 honors ... ran in four meets for the Huskies, including the Pac-10 Championships ... led all UW finishers at the NIKE Jim Danner Invite in Portland, placing third ... ran 79th overall at Pac-10s. **2003-04:** A second-team Academic All-Pac-10 honoree for cross country and track ... a Pac-10 qualifier in the 1500m and 5000m ... lowered 1500m PR to 4:34.80 at Cal Poly ... also ran the steeple ... indoors, ran the UW's eighth-fastest 5000m mark all-time, clocking 17:15.53 at the Last Chance Qualifier ... placed eighth in the mile at the MPSF meet, in 4:55.06 ... in the fall, co-captained the cross country team to a seventh-straight NCAA appearance ... led UW at the Geoduck Invite, placing sixth ... was second overall in the Pac-10 open race. **2002-03:** A second-team Academic All-Pac-10 selection in both sports ... was seventh in the steeple at Pac-10s in 10:52.47, fourth-fastest ever at UW ... placed 22nd in the event at the NCAA Regional ... also a Pac-10 qualifier at 1500m ... ran indoors in the mile and 3000m, and anchored the eighth-fastest distance medley relay in UW history ... the team's sixth finisher at all four cross country meets in which she competed ... placed 30th overall at the Pac-10 meet in a 6K best of 21:55 to help UW to third ... was 13th at the Emerald City Invite. **2001-02:** Ran 12th in the steeple at Pac-10s ... top steeple mark was 11:26.40 at WSU ... ran the mile indoors, with a best of 5:08.69 ... among UW's top-seven at all but one cross country meet ... ran seventh on the team at the NAAs, and was UW's No. 6 runner at Pac-10s.

High School and Personal: Born May 8, 1983 ... parents are Katrina and Robert ... oldest of three siblings, Amelia and Kristin ... a seven-time Junior Olympics All-American ... earned top-15 finishes at the Junior Olympics Cross Country Nationals three straight seasons ... placed among the top 15 at state three times, with a high of sixth in 1999 ... led school to state title as a sophomore, capturing league and district honors, and placing 14th at state ... placed second in the 3000m at the 2000 Junior Olympics Nationals, in a personal-best 10:25 ... earned valedictorian honors with a 4.0 GPA ... also named Soroptimist International of Marysville's Student of the Year, Marysville-Pilchuck's Female Athlete of the Year and Scholar Athlete of the Year.



UW Career Bests

1500m..... 4:34.80 Steeple..... 10:52.47 5000m..... 17:37.00 Mile (indoor)..... 4:55.06 3000m (indoor)..... 9:48.03
5000m (indoor)..... 17:15.53 XC: 5000m..... 17:54 6000m..... 21:55



Cherron

DAVIS

Junior • Auburn, Wash. • Auburn-Riverside High School



Will redshirt the 2005 season after suffering an injury in the fall ... ranks among UW's all-time top-10 in the shot put ... a two-time Pac-10 scorer ... has never lost a shot put competition in a UW uniform at Husky Stadium. **2003-04:** Stepped up at the Pac-10 meet for the second-straight year, placing seventh in the shot put ... career-best effort of 48-0 3/4 at Pac-10s was the eighth-best in UW history ... was 19th in the shot at the NCAA West Regional ... remained undefeated at home with a win at the Ken Shannon Invitational ... also tossed the hammer and discus in 2004 ... led all UW discus throwers with a best of 133-2 in Eugene, and ranked second in the hammer with a best of 146-7 1/4 ... indoors, threw the shot exclusively, placing 13th at the MPSF Championships with a season-best mark of 45-4 1/4. **2002-03:** Placed eighth in the shot at the Pac-10 meet with a throw of 46-10 1/4 ... qualified for the meet with a career-best 47-9 3/4 put at the Oregon Pepsi Invite, among the top-10 all-time at UW ... took 13th in the event at the NCAA West Regional ... won the shot at both the Ken Shannon and Ken Foreman Invites ... indoors, set the eighth-best UW shot mark all-time with a toss of 46-1 1/4 at the Pac-10 Invite ... also ranked among UW's top-10 weight throw competitors, with a best of 42-3 1/4 that is seventh all-time. **2001-02:** Redshirted the 2001-02 season ... competed unattached twice indoors, winning the shot put in both ... posted mark of 45-3 1/2 in the shot at the Small College Invite that would have led UW in 2002.

High School and Personal: Born June 25, 1982 ... parents are Roxanne and William ... has a brother, Jeff ... set 4A state shot put record with a career-best of 47-1 1/2 ... earned state titles in both the shot put and discus in 2001 ... was also top Washington shot-putter in 2000 ... left Auburn-Riverside with league records in the shot, discus and javelin ... earned four top-10 state finishes in the discus, and two in the javelin ... captained Auburn-Riverside squad to rtop-four state finishes in 2000 and 2001 ... at the Arcadia Invitational in California, posted top-five finishes in the shot put in 2000 and 2001 ... the three-time South Puget Sound League Field Athlete of the Year ... the Seattle Times Prep Athlete of the Month in the spring of 2000 ... earned 10 varsity letters, in track, basketball and golf ... was an honorable mention all-league selection on the basketball court in 1999.

UW Career Bests

Shot Put..... 48-0 3/4 Discus..... 142-8 Hammer..... 146-7 1/4 Shot Put (indoor)..... 46-1 1/4 Weight Throw (indoor)..... 42-3 1/4



Lauran

DIGNAM

Junior • Honolulu, Hawaii • Iolani High School

The UW school-record holder at 400m, and the sixth-ranked Husky all-time at 200m ... ranks fourth all-time on UW's indoor 200m list ... ranked first or second for UW in eight different events in 2004, including the 100m (2nd), 200m (1st), 400m (1st) and 4x400m (1st) outdoors, and the 60m (1st), 200m (1st), 400m (2nd)

and 4x400m (1st) indoors. **2003-04:** Set a personal best by nearly two seconds with a school-record 54.41 in the 400m at the WSU Dual ... previous personal best was 56.18 seconds, set just three weeks earlier ... also at WSU, covered 200m in 24.34 to rank sixth in UW history ... placed 11th in the 400m at the Pac-10 meet, and 12th at the NCAA Regional ... was 16th in the 200m at Pac-10s, and helped the 4x400m relay to eighth ... swept 100m and 200m titles at the Salzman Invite ... indoors, keyed the UW's third-place MPSF team finish with a third-place effort at 200m, her time of 25.13 the fourth-fastest ever at Washington ... also ran a leg of the team's fifth-place 4x400m relay at MPSFs ... bested MPSF qualifying standards in the 60m and 200m. **2002-03:** Led all Huskies at 200m and 400m, and was on both of UW's top relays ... took 14th in the 400m at the Pac-10 meet ... also ran on UW's eighth-place 4x100m relay at Pac-10s ... won the 200m at the Ken Foreman Invite ... notched a season-best 200m mark of 25.25 at WSU ... top 400m mark of 57.66 earned fourth at the Oregon Invite ... indoors, ran the 400m leg of the eighth-fastest distance medley relay in school history, in 11:54.68 ... led all Huskies indoors at 400m in 57.48 ... also competed in the 200m and 4x400m relay.

High School and Personal: Born June 19, 1984 in Westminster, Calif. ... parents are Cindy and Stephen ... youngest of three siblings, Eric and Corrine ... named Most Outstanding Athlete at the 2002 Hawaii state meet after tying a meet record with five gold medals ... set the state meet record in her 200m win, finishing in 25.04 ... 200m win was her fourth of the day, having already won titles at 100m (12.40), 400m (55.82) and 4x100m (49.63) earlier in the day ... closed out her record day by anchoring Iolani's 4x400m squad to the title in 4:01.66 ... for her career, earned nine state track titles, and led Iolani to titles in both track and cross country as a senior ... won five state medals in 2000, including golds at 400m and 200m, silvers at 100m and 4x100m, and a bronze at 4x400m ... named the Interscholastic League of Hawaii's Player of the Year for soccer in 2002 ... a 2002 inductee into the Nissan Hall of Honor.

UW Career Bests

100m..... 12.09w/12.50 200m..... 24.34 400m..... 54.41 60m (indoor)..... 7.84 200m (indoor)..... 25.13 400m (indoor)..... 57.48



Kelley

DI VESTA

Freshman • Colorado Springs, Colo. • Palmer High School

Born Oct. 20, 1985 ... parents are Barbara and Dave ... has two brothers, Aaron and Austin ... the top prep pole vaulter in the history of the state of Colorado ... broke her own state record as a senior, clearing 12-6 1/2 to capture her second-consecutive state title ... ranked among the top-25 preps in the nation in 2004 ... first broke the state record in 2003 with a clearance of 11-9 ... captured her first state title as a junior, clearing 11-7 ... was third at state in 2002, and 14th as a freshman in 2001 ... named to the Colorado All-State team for track and field ... was also an outstanding prep diver, earning 16th at the state meet and grabbing first-team all-state honors ... lettered all four years in track, gymnastics and diving ... graduated third in her class with a 4.5 GPA.

Personal Best Marks

Pole Vault..... 12-6 1/2



Carly

DOCKENDORF

Junior • Port Moody, B.C. • Best Secondary School



The seventh-ranked pole vaulter in Canadian history ... ranks second all-time among UW pole vaulters outdoors, and is tied for third on UW's indoor list ... only learned how to pole vault in 2002 ... is also one of the nation's top collegiate gymnasts ... qualified as an individual for NCAA Championships competition in 2004 in both track and field and gymnastics. **2003-04:** Placed 13th in the pole vault in first-career NCAA Championships appearance ... one of three UW women's vaulters to compete at the NCAA meet, most of any school ... one of four UW women to vault 13 feet in 2004, a feat matched nationally only by Nebraska ... set a Husky Stadium record with a career-best mark of 13-3 1/2 in June to win the Seattle International, and move to seventh in Canadian history ... earned second-straight top-10 Pac-10 finish, placing sixth ... earned an automatic NCAA berth with a third-place finish at the NCAA West Regional ... cleared 13 feet for the first time in a win at the WSU Dual, going 13-2 1/4 ... topped 13 feet three more times in her final four meets of the '04 season ... top indoor clearance of 2004 was a 12-9 1/2 effort at the National Pole Vault Summit ... split time during indoor season between track and gymnastics ... qualified as an individual for the NCAA Championships in gymnastics, placing 24th in the floor exercise ... co-champion of the floor exercise at the NCAA West Regional ... earned All-Pac-10 gym honors ... ranked third in the nation on the floor, and 11th on bars ... boasts more perfect 10s (six) than any other gymnast in UW history. **2002-03:** Earned Academic All-Pac-10 honorable mention in both track and gymnastics ... in just the third outdoor competition of her collegiate career, cleared 12-11 1/2 in the pole vault at the Pac-10 meet to place eighth ... mark equaled the second-best ever at UW, and placed her among the top-10 vaulters in Canadian history ... placed 13th in the vault at the NCAA Regional with a mark of 12-10 1/4 ... won the vault at the WSU Dual, in her official UW outdoor debut ... indoors, set the fifth-

best mark in UW history, 12-0, at the Pac-10 Invite barely 12 hours after recording a perfect 10 on the floor exercise to help the UW gymnasts defeat Boise State ... scored another 10 to win a share of the Pac-10 title in the uneven bars ... earned second-team gymnastics All-America honors on the floor ... won two events at the NCAA West Regional Gymnastics meet, becoming the first UW gymnast ever to post even one such victory ... scored three perfect 10s ... ranked among the nation's top-10 in both bars and floor heading into the NCAA meet ... named gymnastics team MVP. **2001-02:** Competed just once, unattached, at the Ken Foreman Invite ... with a borrowed pole and shoes, and just two weeks of practice, finished third with a mark of 12-1 1/2 that would have ranked fourth all-time at UW ... completed first season of competition with the UW gymnastics team, earning Rookie of the Year honors ... won the floor exercise against Utah with a score of 9.975, the highest score on the floor ever by a UW freshman.

High School and Personal: Born January 31, 1983 ... parents are Maureen and Neal ... has a younger brother, Brody, and two older siblings, Carrie and Dustin ... did not begin vaulting until her freshman year at Washington ... as a gymnast, placed sixth in the all-around at the 1998 Canadian National Championships ... finished fourth in the all-around and third on the vault at the 1996 Junior Pan-American Games ... also competed in high school in volleyball, wrestling, rugby and soccer.

UW Career Bests

Pole Vault..... 13-3 1/2 Pole Vault (indoor)..... 12-9 1/2



Lindsey

EGERDAHL

Senior • Auburn, Wash. • Auburn High School



2005 SEASON INFO

ATHLETE BIOS

COACHES

2004 REVIEW

RECORDS

HISTORY

The UW's top returning middle-distance competitor, with marks among the top-10 all-time in the mile, 1500m and 3000m ... seeking first individual NCAA berth at 1500m after back-to-back sixth-place Regional finishes in 2003 and 2004 ... has twice captained UW's cross country teams to NCAA Championships berths. **2004**

(Cross Country): Co-captained the UW women to their eighth-straight NCAA Championships, the sixth-longest active streak in the nation ... was the team's No. 1 finisher at the national meet, becoming the first Husky since Tara Carlson in 1994-95 to lead UW at the NCAA meet in consecutive seasons ... was 92nd at the NCAAs, sparking a 23rd-place team effort ... ran first or second for UW at every varsity race ... earned second-career All-West Region honor with a 16th-place finish at the NCAA West Regional ... placed 16th at the Pac-10 meet to lead UW to third ... led all Huskies with a fourth-place finish at Willamette, and was the team's No. 2 finisher at the Sundodger and Pre-National meets. **2003-04:** Earned Academic All-Pac-10 honorable mention for cross country and track ... cracked UW's all-time top-10 in four events ... outdoors, ran Pac-10 and NCAA Regional qualifiers in the 800m and 1500m ... was sixth in the 1500m at the Regional, her time of 4:22.38 seventh-fastest ever at UW ... was seventh in the 1500m at the Pac-10 meet, her third-straight top-10 Pac-10 finish ... earned two victories (both at 800m), and 12 top-five finishes in 2004 ... indoors, posted NCAA qualifying marks in the mile and distance medley relay ... anchored UW's DMR to a school-record 11:23.12 at the Husky Invite ... team-best 3000m PR of 9:35.08 ranked fourth all-time at UW ... also climbed to third on UW's all-time list in the mile with a 4:47.82 at the Pac-10 Invite ... placed fourth in the mile, and third in the DMR, at the MPSF meet. **2002-03:** A second-team Academic All-Pac-10 selection for cross country, and honorable mention pick for track ... ran seventh in the 1500m at the Pac-10 meet, and was sixth at the NCAA Regional ... was also a Pac-10 qualifier

at 800m, with a best of 2:10.36 ... ran lead leg of eighth-fastest DMR ever at UW ... during the fall, was UW's No. 2 runner at both the NCAA Regional and NCAA Championships ... placed a career-best 14th overall at the Pac-10 meet, leading UW to third ... earned All-West Region honors with a 20th-place finish at the NCAA Regional. **2001-02:** Was UW's No. 2 runner at 800m and 1500m, posting Pac-10 qualifying marks in both ... placed ninth in the 1500m at the Pac-10 meet ... was the Pac-10's highest-ranked freshman at 800m during the regular season, with a best mark of 2:10.07 ... took fourth in the 1500m at the USA Junior Nationals in 4:30.93 ... earned three regular-season wins, and was top-five in 12 of 16 races during the 2002 outdoor season ... a member of the Huskies' runner-up DMR at the Drake Relays ... ran only in the Huskies' first two cross country meets of the season.

High School and Personal: Born May 1, 1983 ... parents are Peggy and Ryan ... youngest of four siblings, Michelle, Kristen and Jeanna ... never placed below seventh at the Class 4A state cross country meet, with a personal-best fourth-place finish as a freshman ... never placed below ninth in four years of regional competition ... finished fifth at the 1998 Class 4A state cross country meet in 18:52 ... was named team MVP in each of her last three cross country seasons ... on the track, placed fourth at state in the 1600m in 2000 and 2001 with identical 5:04 times ... interested in a career in public relations.

UW Career Bests

800m..... 2:09.66 1500m..... 4:22.38 800m (indoor)..... 2:15.65 Mile (indoor)..... 4:47.82 3000m (indoor)..... 9:35.08
XC: 5000m..... 17:14 6000m..... 20:52



Sheree

ELLIS

Freshman • Kent, Wash. • Kentridge High School

Born Oct. 28, 1985 ... mother's name is JoAnn ... has three older brothers —Tyrone, Kai and Jason — and a younger sister, Carmel ... Kai played defensive line at UW in 2001-02, and is currently in the CFL ... Jason plays basketball at Boise State ... earned top-five state finishes in the shot put in each of her final three seasons at Kentridge ... placed third in the shot in 2004, with a throw of 40-10 ... was also third in 2003, with a career-best mark of 41-2 1/4 ... also excelled in the discus, with consecutive finishes of third, sixth and second in her last three years of district competition ... also lettered three seasons in basketball.

Personal Best Marks

Shot Put..... 41-2 1/4 Discus..... 130-3



Jamie

GIBBS

Senior • Arvada, Colo. • Arvada West High School

Has never finished lower than 13th in three years of Pac-10 10000m competition, with a best of eighth, in 2002 ... ranks sixth all-time on the UW's indoor 5000m list.

2004 (Cross Country): Earned Academic All-Pac-10 honorable mention ... the No. 6 UW finisher at the Pac-10 meet, helping UW to third ... ran ninth overall at the Emerald City Invite ... also ran in the top-seven at the Sundodger, Willamette and Pre-National meets.

2003-04: Earned Academic All-Pac-10 honorable mention for cross country and track ... sat out the indoor season, and most of the outdoor season, with an injury ... made lone track appearance in the 10K at the Pac-10 meet ... in first race since the previous November, placed 10th in 39:34.20 ... during the fall, ran sixth on the squad at the NCAA Regional ... was 43rd overall at the Pac-10 meet ... ran in UW's top-four at the Notre Dame and Pre-National meets. **2002-03:** Earned Academic All-Pac-10 honorable mention for cross country and track ... a Pac-10 track qualifier at 5000m, in 17:21.06 ... competed at the Pac-10 meet in the 10K, placing 13th ... was the team's No. 4 finisher at the Pac-10, Regional and NCAA cross country meets ... placed second at Emerald City. **2001-02:** Limited by injury outdoors ... placed eighth in the 10000m at the Pac-10 meet ... ran the fifth-fastest indoor 5000m in UW history with a 16:59.87 in Idaho ... ran fourth or better for UW in every cross country meet ... UW's No. 4 runner in a 14th-place NCAA team finish ... earned All-Region honors with a 25th-place finish at the NCAA Regional ... one of five frosh in UW's top-seven ... placed 17th at Pac-10s, and fourth at Emerald City.

High School and Personal: Born Nov. 8, 1982 ... parents are Donna and Ron ... has three siblings; Lisa, Gibby and Danny ... only ran cross country for two years, earning all-conference honors in both ... ran 17th at the 2000 Colorado state cross country meet ... placed fifth in the 1600m at the 2001 Simplot Indoor Games, in 5:13 ... led Arvada West to consecutive league and regional titles ... netted top-10 state finishes in both the 1600m and 3200m events ... set school records in three relays ... shared valedictorian honors with her sister, Lisa, finishing with a 4.0 GPA ... interested in law enforcement.

UW Career Bests

5000m..... 17:21.06 10000m..... 36:12.20 Mile (indoor)..... 5:09.11 3000m (indoor)..... 10:02.51 5000m (indoor)..... 16:59.87
XC: 5000m..... 17:40 6000m..... 21:48



Laura

HALVERSON

Senior • Mica, Wash. • Freeman High School

Broke UW steeple record at the 2004 West Regional ... ran fourth in the steeple at the 2004 Pac-10 meet ... missed the entire 2003 track season with an injury ... captained UW's cross country squad to its eighth-straight NCAA appearance in 2004, the nation's sixth-longest active streak. **2004 (Cross Country):** Earned Academic All-Pac-10 honorable mention ... co-captained the UW women to a 23rd-place finish at the NCAA Championships ... ran fifth for UW at the NCAA and regional meets, and was fourth on the squad at Pac-10s ... also ran in the open race at Pre-Nationals.

2003-04: Earned Academic All-Pac-10 honorable mention for cross country and track ... UW's top steepler, placing fourth at the Pac-10 meet and 14th at the NCAA West Regional ... Regional time of 10:33.28 set a UW record ... lowered steeple PR all four times she ran the event in 2004 ... helped UW's cross country squad to fourth at the 2003 Pac-10 meet, running sixth for UW, and 39th overall ... placed fifth at the Emerald City Invite, and was 17th at Sundodger ... also ran at the Notre Dame and Geoduck Invites. **2002-03:** An honorable mention Academic All-Pac-10 cross country honoree ... ran in just a handful of indoor meets before redshirting the track season with an injury ... ran five times in the fall ... was fifth on the squad at the Pac-10 meet, sixth at the Regional, and fifth at the NCAA Championships. **2001-02:** Steeple PR of 11:05.04 led all UW women ... placed 11th in the event at Pac-10s ... set a Husky Stadium steeple record, since broken, with a mark of 11:19.99 in steady snow at the Husky Classic ... was 10th in the steeple at the Drake

Relays ... limited indoors by an injury ... ran in six of seven cross country meets in 2001, missing only the NCAAs ... was ninth overall in UW debut at the Emerald City Invite ... one of five freshmen in the team's top-seven ... was fifth on the squad at Pac-10s, and sixth at the NCAA Regional.

High School and Personal: Born Nov. 19, 1982 ... parents are Linda and Neil ... has four siblings; Patti, Denise, Alan and Joe ... three-time state cross country champ ... placed ninth at the 2000 Nike Border Clash ... on the track, earned three state titles and 10 top-five state finishes ... in 2001, swept state titles at 1600m, in 5:03, and at 3200m, in 11:15 ... 3200m title was her second-straight, having won in 11:44 in 2000 ... also netted a second (1600m) and a third (800m) at state in 2000 ... never finished below second at state in the 3200m ... carried a 4.0 GPA ... entered UW as a junior academically.

UW Career Bests

1500m..... 4:45.31 Steeple..... 10:33.28 Mile (indoor)..... 4:58.75 3000m (indoor)..... 9:58.15
XC: 5000m..... 17:37 6000m..... 21:46





Chanda

HARDIN-SCOTT

RS Freshman • Denver, Colo. • Denver East High School



Will be eased back into competition after missing two full years with an injury ... prior to the injury, was the nation's second-ranked prep hurdler indoors as a high-school senior. **2003-04:** Redshirted the entire 2004 track season while rehabbing an injury suffered during the 2003 indoor season.

High School and Personal: Born July 14, 1985 in Los Angeles ... parents are Leona and Norris ... a three-time prep All-American, despite missing the entire 2003 outdoor season with an injury ... prior to her injury, ranked among the national leaders in all three hurdles events, from 60m to 300m ... ranked second in the nation indoors in the 60m hurdles by Track and Field News in 2003 ... best of 13.94 seconds in the 100m hurdles was the 10th-best prep mark entering the 2003 season, and 300m hurdles best of 43.11 was the nation's ninth-fastest ... named a Track and Field News prep All-American in both outdoor hurdles events in 2002 ... placed 10th in the 100m hurdles at the USA Junior Nationals in 2002 ... captured Colorado's state 300m hurdles title in 2002, and was runner-up in the 100m hurdles ... placed among the top-five finishers at state in the 300m hurdles in each of her three years of outdoor competition ... earned identical second-place 60m hurdles finishes at the Simplot Indoor Games in 2002 and 2003 ... was the No. 3 finisher in the 60m hurdles at the 2003 Nike Indoor Classic in Maryland ... named All-State in each of her three seasons of track competition ... also lettered twice in basketball, and was a member of the honor roll her junior year.

Personal Best Marks

100m hurdles..... 13.79 300m hurdles..... 42.63



Kira

HARRISON

Sophomore • Bellingham, Wash. • Meridian High School

Was UW's top half-miler as a freshman, placing 10th at the Pac-10 meet and 11th at the NCAA Regional ... boasts the fifth-fastest indoor 800m mark in UW history, and was on the second-fastest distance medley relay ever at Washington. **2004**

(Cross Country): Earned Academic All-Pac-10 honorable mention ... was UW's seventh finisher at the NCAA West Regional, helping Washington clinch its eighth-straight NCAA Championships berth, the sixth-longest streak in the country ... ran in the team's top-four at the Willamette and Pre-National meets, and was the ninth UW finisher at the Pac-10 Championships. **2003-04:** Was top Husky freshman in both the 800m and 1500m ... led all Huskies in the half-mile, with a PR of 2:09.26 at the NCAA Regional ... placed 11th in the 800m at the Regional, and was 10th in the event at the Pac-10 meet ... clocked a personal-best 4:29.83 for 1500m at the Oregon Invite ... won the 1500m at the Ken Shannon Invite ... indoors, ran the fifth-fastest 800m in UW history with a 2:11.77 at the MPSF Championships ... placed sixth in the MPSF 800m and ran a leg of UW's third-place DMR ... led DMR to the second-fastest time in UW history at the Last Chance Qualifier, in 11:23.57 ... ran four times during the 2003 cross country season, including once unattached ... made UW debut in a 23rd-place finish at the Sundodger Invite ... unattached run at the Emerald City Invite marked her first-ever cross country race at any level ... also ran in open races at the Pre-National and Pac-10 meets, placing 42nd and fifth, respectively.

High School and Personal: Born June 12, 1985 ... parents are Diana and Brent ... has an older brother, Nathaniel ... granddaughter of Husky Hall of Famer Walter Harrison, a two-time UW track letterman and an outstanding center on the UW football team from 1940-42 ... did not compete in cross country as a prep ... won back-to-back state 2A 1600m titles in 2002 and 2003 ... set the state 2A record at 1600m ... led Meridian to a fourth-place finish at the 2003 state track meet ... never finished lower than sixth in any of four 800m races at the state track championships ... was the runner-up at 800m as a senior ... set a meet record in the 1600m at the 2003 Davis Invite ... was named Outstanding Athlete at the 2003 Nooksack Valley Invite after setting meet records at 800m and 1600m ... also earned first-team all-state honors in soccer ... led Meridian soccer to second at state in 2001 ... earned a 3.91 GPA.

UW Career Bests

800m..... 2:09.26 1500m..... 4:29.83 800m (indoor)..... 2:11.77 Mile (indoor)..... 4:56.74
XC: 5000m..... 17:31 6000m..... 22:21



2005 SEASON INFO

ATHLETE BIOS

COACHES

2004 REVIEW

RECORDS

HISTORY



Meghan

LAWRENCE

Senior • Bellingham, Wash. • Meridian High School

A fifth-year senior who had never competed collegiately before walking on to the UW cross country squad in September ... led all Husky finishers in her UW cross country debut, and remained among the team's top-five the entire season ... expected to be a major factor for UW at 5000m and 10000m. **2004 (Cross Country):**

Made the squad as a walkon just a week prior to the season-opening Emerald City Invite ... made lifetime cross country debut at Emerald City, leading all UW finishers with a seventh-place finish ... placed among the top-five UW finishers at all three postseason competitions ... the No. 3 UW finisher at the NCAA Championships, spoarking a 23rd-place team effort ... ran fifth for UW, 32nd overall, at the Pac-10 meet, and was the No. 4 UW finisher at the NCAA West Regional ... named the team's Top Newcomer at the postseason banquet.

High School and Personal: Born Nov. 8, 1981 in Fresno, Calif ... parents are Barbara and Sandy, the latter a former tennis player at Stanford ... has two siblings, Yancey and Melissa ... did not run competitively during her first four years of college ... completed the Skagit Falls Marathon in 2002a four-year letterwinner for the track team at Meridian High School ... served as captain in each of her final two seasons ... never competed in cross country before walking on to the UW team in the fall of 2004 ... also lettered four years in soccer ... earned a 3.98 GPA ... a double-major in English and French.

Personal Best Marks

Mile..... 5:45 3200m..... 12:02
XC: 5000m..... 18:51 6000m..... 21:45



Amy

LIA

Sophomore • Bothell, Wash. • Bothell High School

Expected to return outdoors after having been sidelined since March 2004 with an injury ... prior to the injury, set indoor freshman records in the 800m and mile ... ranks among UW's all-time top-six in both ... also ran legs on the two fastest DMRs in UW history. **2004 (Cross Country):** Redshirted the 2004 fall season. **2003-**

04: Had one of the best indoor seasons ever by a UW frosh ... placed third in the half-mile at the MPSF Championships in 2:09.73, second-fastest ever at Washington and tops all-time by a UW frosh ... just two weeks prior, clocked a mile PR of 4:50.51 that is a UW freshman record, and sixth on the school's all-time list ... was a member of the two fastest DMRs in UW history, leading off an 11:23.12 effort at the Husky Invite, and running the third leg of an 11:23.57 posting at the Last Chance Qualifier ... saw limited action outdoors after suffering an injury in March ... the previous fall, was one of four freshmen who helped lead UW to 19th at the NCAA Championships ... ran third on the squad at the national meet, in 21:19 ... earned All-West Region honors with a 20th-place finish at the NCAA Regional, helping UW to third ... was second on the squad, 20th overall, at the Pac-10 meet ... also ran No. 2 for Washington at Notre Dame and Pre-Nationals, and was the top Husky finisher in her debut at the Sundodger Invitational.

High School and Personal: Born May 24, 1984 ... parents are Cathy Key and Tony Lia ... has an older brother, Joe ... won consecutive KingCo Conference cross country titles in 2001 and 2002 ... also captured back-to-back conference crowns in both the 800m and 1600m events ... earned three top-20 finishes at the state 3A cross country championships ... the runner-up at the 1999 Junior Olympics cross country championships ... named Eastside Journal Athlete of the Week as a senior ... earned three letters, and was captain once ... also lettered in gymnastics, and played premier-league soccer for three years.

UW Career Bests

800m..... 2:14.74 1500m..... 4:39.53 800m (indoor)..... 2:09.73 Mile (indoor)..... 4:50.51 XC: 5000m..... 17:26 6000m..... 21:01



Ashley

LODREE

Sophomore • Richmond, Calif. • El Cerrito High School

Shattered UW's sprint hurdles records, indoors and out ... ranked seventh in the world among junior-age (under-20) hurdlers in 2004, and was fourth in the USATF junior national rankings ... ranks among UW's all-time top-10 in the 100m hurdles, 100m dash and 4x100m relay outdoors, and in the 60m hurdles and long jump indoors. **2003-04:** Had one of the finest seasons of any NCAA freshman hurdler ... placed 14th in the 60m hurdles at the NCAA Indoor meet ... just missed qualifying for the NCAA's outdoors ... was sixth in the 100m hurdles by just six hundredths of a second at the NCAA Regional ... also ran the 100m dash at the Regional, placing eighth in 11.73 seconds, third-fastest ever by a UW woman ... scored in four events at the Pac-10 meet, placing sixth in the 100m hurdles and 4x100m relay, and eighth in the long jump and 100m dash ... crushed UW's decade-old 100m hurdles record of 13.55 seconds in her first collegiate final, and lowered it six more times ... first record-breaker was a wind-aided 13.43 at the Stanford Invite ... made the record legal with a 13.54-second run in the prelims of the Texas Relays, and lowered her wind-aided best to 13.39 seconds in the final ... fastest legal mark of the year was a UW-record 13.41, earning third at the Drake Relays ... in the long jump, placed eighth at Pac-10s with a season-best effort of 19-5 1/4 ... scored 23 of UW's 108 points in a 108-95 dual-meet victory at WSU, including three individual wins and relay crown ... indoor best of 8.19 seconds broke by two hundredths the UW record of 8.21 set by Claudine Robinson in 1994 ... equaled the sixth-best indoor long jump mark in UW history with a fourth-place clearance of 19-6 1/2 at the MPSF meet.

High School and Personal: Born Oct. 22, 1985 in Chicago ... mother's name is Wanda, and sister is Alexandria ... a prep All-American in both hurdles events in 2003 ... best legal 100m hurdles mark of 13.63 seconds was the nation's fifth-best in 2003 ... after the season, clocked a 13.56 for 100m HH in a third-place finish at the U.S. Junior Nationals ... ranked third in the nation in the 300m HH with a best mark of 41.54 ... won the high hurdles at the 2003 Golden West Games in 13.64 seconds ... as a high-school sophomore, placed second in the 100m hurdles, in 13.74, at the Junior World Championships in Hungary ... never placed lower than sixth in the 100m HH in four years of state championships competition ... also earned top-six state finishes in the 300m IH and long jump during her prep career ... missed the 2002 season due to injury ... interested in a career in fashion design.

UW Career Bests

100m Dash..... 11.73 100m HH..... 13.39w/13.41 Long Jump..... 19-5 1/2 200m (indoor)..... 25.79 60m HH..... 8.19 Long Jump (indoor)..... 19-6 1/4

Stevie

MARSHALEK

Sophomore • Kent, Wash. • Kentlake High School

Ranks second all-time indoors at UW, and is third on the outdoor list ... set UW freshman pole vault records indoors and out ... ranked 18th in the world among junior-age (under-20) pole vaulters in 2004 ... a USATF/Verizon Junior All-American ... competed at IAAF World Junior Championships ... one of four UW vaulters

over 13 feet in 2004, a feat matched nationally only by Nebraska. **2003-04:** Was the nation's fifth-ranked freshman vaulter ... one of three UW vaulters among the top-14 finishers at the NCAA Championships, placing 14th ... NCAA finish was the best ever for a UW freshman vaulter ... qualified for the IAAF World Junior Championships with a second-place finish at the 2004 USA Junior Nationals ... placed seventh at the Pac-10 meet with a UW outdoor freshman-record clearance of 13-2 1/4 ... achieved UW indoor freshman record vault of 13-3 at the Last Chance Qualifier, missing an NCAA indoor berth by one spot ... cleared 13-1 1/2 in her collegiate debut.

High School and Personal: Born June 1, 1985 in Yakima, Wash. ... parents are Jennifer and Steve ... has three brothers, Josh, Seth and Chris ... set state prep records indoors and out at the 3A and 4A levels ... earned prep All-America honors from Track and Field News, Verizon and Nike in both 2002 and 2003 ... ranked sixth in Track and Field News' 2003 national prep rankings ... placed fourth at the 2003 U.S. Junior Nationals, and was the eighth in 2002 ... earned third at the Nike Indoor Championships in 2003, and fifth in 2002 ... took third in the vault at the 2002 and 2003 Golden West Games ... was third overall in the event at the 2002 N.Y. Armory Indoor Championships ... earned third in 2000 as a high-school freshman, and fifth in 1998 as a seventh-grader, at the Junior Olympics ... finished second, third and first, respectively, in the pole vault at the state championship meet from 2001-03 ... also excelled in gymnastics, five times qualifying for state and regional championships, and once for Junior Nationals ... won the Seamount League gymnastics title in 2000.

UW Career Bests

Pole Vault..... 13-3 Pole Vault (indoor)..... 13-2 1/4

2005 SEASON INFO

ATHLETE BIOS

COACHES

2004 REVIEW

RECORDS

HISTORY



Brianna

McLEOD

Sophomore • Jenks, Okla. • Jenks High School

A 1500m-5000m specialist ... expected to make a full return after sitting out the last half of the 2004 season with an injury ... as a freshman, ran a leg of the seventh-fastest distance medley relay in UW history. **2004 (Cross Country):** Earned Academic All-Pac-10 honorable mention ... competed in just four meets, including running sixth on the team at the NCAA West Regional ... was the UW's No. 3 finisher at the Sundodger and Willamette Invites, and was fifth on the squad at the Pre-National Meet. **2003-04:** A Pac-10 qualifier at 1500m and 5000m, despite competing just four times outdoors ... was just three seconds shy of the NCAA Regional qualifying standards in both events ... placed 12th in lone 1500m run of the season at the Texas Relays, in 4:32.82 ... set 5K PR of 16:59.50 at the Stanford Invite ... indoors, led DMR to a third-place MPSF Championships finish in 11:46.30, seventh-fastest ever at UW ... was terrific in her first cross country season, as one of just three Huskies to run in the team's top-seven at every varsity meet ... one of four freshmen in the team's top-seven at the NCAA Championships ... ran fifth on the squad at the NCAA meet, helping the UW women to 19th ... became just the second freshman ever to win their UW debut with a victory at the season-opening Emerald City Invite ... was the team's No. 5 runner at the NCAA Regional, and ran fourth on the squad at the Pac-10 Championships.

High School and Personal: Born Nov. 19, 1984 in Humble, Tex. ... parents are Daria and Tim ... has five siblings ... named a Verizon Prep All-American at 3000m in 2002 and 2003 ... earned cross country All-America honors from both Nike and Harrier Magazine in 2001 and 2002 ... led Jenks to sweeps of league, district and state cross country titles all four years ... the three-time state 5A cross country champ ... took second at state in 2001, while injured ... was ranked sixth nationally at 3200m ... a five-time state track champion ... placed third in the 3000m at the 2003 U.S. Junior Nationals, and was fifth in 2002 ... ran second in the mile, in 4:50.90, at the 2003 Golden West Games ... earned two top-five finishes at the 2002 Nike Indoor meet ... set a meet record in the H.S. girls 1600m at the 2003 Texas Relays ... was honored as the state's top cross country runner with the Jim Thorpe Award, and was a finalist for the Wendy's High School Heisman ... competed for the U.S. at the 2003 Pan Am Junior Championships ... also led Jenks to state swimming titles in 2002 and 2003 ... swam on the three-time state champion 400 free relay, and earned three individual top-five state finishes ... earned a 4.28 GPA.

UW Career Bests

800m..... 2:13.33 1500m..... 4:32.82 5000m..... 16:59.50
800m (indoor)..... 2:14.34 Mile (indoor)..... 4:53.23 3000m (indoor)..... 10:03.59
XC: 5000m..... 17:24 6000m..... 21:43



Amanda

MILLER

Freshman • Wenatchee, Wash. • Eastmont High School

2004 (Cross Country): Redshirted the cross country season with an injury ... expected to compete at full strength in the 2005 outdoor season.

High School and Personal: Born Mar. 2, 1986 ... parents are Barb and Doug ... won the prestigious Nike Border Clash cross country competition in 2002, and was the fifth-place finisher the year before ... never finished lower than fourth in four years of state cross country competition ... captured the state 3A cross country title as a sophomore in 2001, leading Eastmont to a sweep of league, district and state titles ... finished third at the 4A level the following year, and was the fourth-place state cross country finisher in 2003 ... also grabbed a third-place state finish as a freshman, at the 2A level ... was equally dominant on the track during her prep career, earning six state titles and 15 top-four state championships finishes ... as a sophomore in 2002, followed up her cross country state title with a sweep of state track titles in the 800m, mile, 4x200m relay and 4x400m relay ... also won state 800m crowns in 2001 and 2003 ... in addition to her state mile title in 2002, was a three-time state runner-up in the event ... lettered all four years in cross country and track, and served as captain in each of her last two seasons ... also lettered in basketball in 2001-02 ... named to the WIAA Coaches' All-State Cross Country team in both 2001 and 2002, and was the NCW Sports Award Female Athlete of the Year as a sophomore ... also excelled academically, earning valedictorian honors with a 3.9 GPA.

Personal Best Marks

800m..... 2:10 1600m..... 4:50 3200m..... 11:42
XC: 5000m..... 18:29



Jennifer

NASH

Freshman • Sacramento, Calif. • Merrill West High School

Born May 19, 1986 ... parents are Timothy, Sr. and Bernice ... has one brother, Timothy II ... a four-time prep All-American ... finished the 2004 indoor season tied for fifth in the nation with a best of 7.45 seconds for 60 meters ... placed second in the 60m dash, and third in the 200m, at the National Scholastic Indoor Championships in New York City ... also earned top-four finishes in both events at the Simplot Indoor Games ... indoor 200m best of 24.20 seconds ranked sixth nationally among prep sprinters ... outdoors, ranked ninth nationally in the 100m, and 13th in the 200m ... career-best mark of 11.58 seconds earned third in the 100m dash at the 2004 Arcadia Invite ... also placed second in the 200m at Arcadia ... earned top-seven finishes in four events at the 2004 California state meet, including the 100m (5th), 200m (6th), 4x100m (3rd) and 4x400m (7th) ... won the 100m dash at the Stanford Invitational in 2003 and 2004, including a prep meet record of 11.64 seconds her senior season ... holds school and SJAA Section records in the 100m and 200m, and is a member of the record-holding 4x100m and 4x400m relays ... coached in high school by John Harvey ... named to Merrill West's honor roll with a 3.3 GPA.

Personal Best Marks

100m Dash..... 11.54w/11.58 200m..... 23.73 60m (indoor)..... 7.45 200m (indoor)..... 24.20

Trish

RASMUSSEN

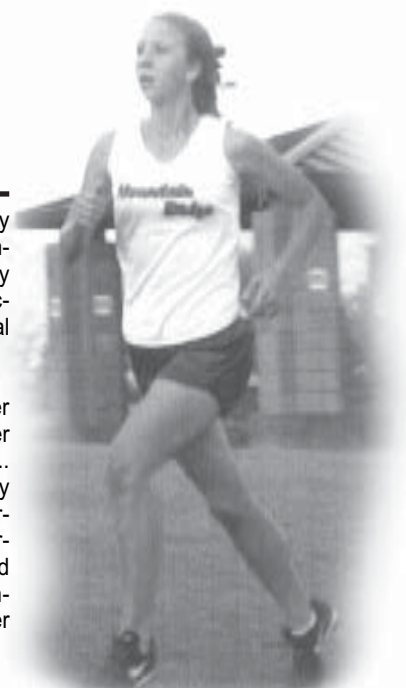
Freshman • Phoenix, Ariz. • Mountain Ridge High School

The only freshman to travel with the Husky varsity during the fall cross country season ... Arizona's reigning state prep champion at 3200m ... expected to compete in the 1500m, steeple and 5000m this season. **2004 (Cross Country):** The only freshman to travel with the varsity this year ... ran eighth on the squad at the Pac-10 meet, helping the Huskies to third overall ... was the third UW finisher in the open race at the Pre-National Meet ... placed 23rd in debut at the Sundodger Invite ... also competed at Willamette.

High School and Personal: Born Sept. 16, 1985 in Crystal, Minn. ... parents are Linda and Bob ... has two older brothers, Erik and Jeremy, the latter a four-year letterwinner in track and cross country at Arizona State ... never placed outside the top-15 at the state 5A cross country championships, with a best finish of fourth in 2003 ... also placed seventh in 2002, 14th as a sophomore, and 13th as a freshman ... swept regional cross country titles in 2002 and 2003 ... led Mountain Ridge to a sweep of team regional titles all four years, and to four-straight top-seven state cross country finishes ... captured state 3200m title in 2004, and was the state runner-up at 1600m ... a four-year all-state and all-region selection ... named regional runner of the year as a junior and senior, and was twice named to the All-Arizona team ... ran twice at the Foot Locker West Regional Championships, and was the 13th-place finisher in the 3200m at the 2004 Arcadia Invite ... interested in pursuing a career in architecture or urban design.

Personal Best Marks

800m..... 2:19.46 1600m..... 5:09.38 3200m..... 11:11.33
XC: 5000m..... 18:11 6000m..... 22:05





Dani

SCHUSTER

Freshman • Kennewick, Wash. • Kamiakin High School

The fifth-place finisher in the 800m at the 2004 Washington state championships ... expected to focus primarily on the 800m and 1500m in 2004. **2004 (Cross Country):** Redshirted the 2004 cross country season to preserve a year of eligibility ... ran twice unattached, at both the Sundodger and Willamette Invationals.

High School and Personal: Born Feb. 11, 1986 ... parents are Nancy Miller and George Schuster ... fourth of five siblings ... competed for three years at Torrey Pines High School in San Diego, before transferring to Kamiakin for her senior season ... placed 11th overall at the Washington state cross country championships in 2003, leading Kamiakin to third ... as a senior, placed fifth at state in the 800m, and earned a pair of second-place finishes, in the 800m and 1600m, at the district meet ... placed second at the 2002 Stanford Cross Country Invite in 18:13 ... as a sophomore, ran fourth at the California state championships in 18:15 ... earned 13th overall at the 2002 Foot Locker West Regional Cross Country Meet ... swept league and CIF titles at 800m as a sophomore, and was eighth in the event at state ... won the 1600m at the 2002 Arcadia Invite, setting a league record of 4:54 ... earned fourth at Arcadia the following year ... was equally successful in cross country as a freshman, placing fourth at the Stanford Invite, third at the league championships and fourth at the CIF Regional meet ... lettered all four years in cross country and track ... also excelled in the classroom, earning a 3.77 (unweighted) GPA.

Personal Best Marks

800m..... 2:12 1600m..... 4:54
XC: 5000m..... 18:13 6000m..... 22:23



Bonnie

SNYDER

Freshman • Salina, Kans. • Salina Central High School

Born March 15, 1986 ... parents are Alice Day and Mark Snyder ... older sister, Ashley Keats, is a sophomore on the track team at Virginia Tech ... placed third or higher at the state championships in seven different events during her prep career ... in four years of state championships competition, earned two state titles, six second-place finishes, six third-place finishes, a fourth-place finish and a sixth-place finish ... won state 100m hurdles crown in 2004, her first year of competition in the event ... also in 2004, placed second at state in the long and triple jumps, and was fourth in the 100m dash ... junior year included a state title in the 100m dash, second-place finishes in the long and triple jumps, and third-place effort at 400m ... as a sophomore year, led Salina Central to the state title with runner-up finishes in the 100m dash and triple jump, and third-place efforts in the long jump and 4x100m ... was equally prolific as a freshman, with third-place finishes in the 100m, 200m and triple jump, and a sixth in the long jump ... also excelled academically, earning a 4.0 GPA.

Personal Best Marks

100m Dash..... 12.17 200m..... 25.60 400m..... 59.20 800m..... 2:32
High Jump..... 5-2 Long Jump..... 18-7 Triple Jump..... 39-9
Shot Put..... 36-2 Javelin..... 103-4





Kate

SOMA

Senior • Portland, Ore. • Grant High School



2005 SEASON INFO

ATHLETE BIOS

COACHES

2004 REVIEW

RECORDS

HISTORY

The 2004 Pac-10 pole vault champion ... a three-time NCAA All-American ... competed at the 2004 U.S. Olympic Trials ... lifetime best of 14-2 is the fifth-best outdoor mark in NCAA history, and is 10th overall ... earned All-America honors indoors and outdoors in 2004, becoming just the fourth UW woman ever to win two such honors in the same season ... with two more All-America awards in 2005, would become the most decorated female athlete in UW track and field history ... has literally raised the bar in each of her three seasons at Washington, having broken UW's pole vault record as a freshman and bettered it each year since ... participated in the 2004 NACAC (North American, Central American and Caribbean) Under-23 Championships in Canada over the summer. **2003-04:** Placed second in the vault at the 2004 NCAA outdoor meet, and tied for fifth indoors, becoming one of just four UW women ever to win multiple All-America awards in the same season ... led UW to a tie for 18th at the NCAA outdoor meet in 2004, the school's highest placing since 1988 ... won her first Pac-10 title, and the first-ever by a UW women's vaulter, with a school-record clearance of 14-2 at the Pac-10 meet in Tucson ... one of three UW women's vaulters to compete at the NCAA outdoor meet in 2004, most of any school ... one of four UW women to vault 13 feet in 2004, a feat matched nationally only by Nebraska ... qualified for the NCAAs with a second-place finish at the West Regional, at 13-5 3/4 ... cleared 13-5 3/4 indoors at the Pac-10 Invite to break her own UW indoor record ... placed second in the vault at the MPSF Championships ... earned Academic All-Pac-10 second team honors. **2002-03:** Became UW's first female pole vault All-American with a seventh-place finish at the NCAA meet, despite being forced out of action when a broken pole cut her hand on her third attempt at 13-9 1/2 ... injury kept her out of U.S. Senior Nationals ... climbed to eighth in Pac-10 history with a mark of 13-10 at the NCAA West Regional, nearly

a nine-inch PR and good for second place ... mark would have won every Regional except the West, where Oregon's Becky Holliday set a collegiate record ... placed sixth in the event at the Pac-10 meet ... indoors, broke her own UW record with a mark of 13-3 3/4 at the Pac-10 Invite ... placed 12th at the NCAA Indoor meet, in 12-11 1/2 ... earned Academic All-Pac-10 honorable mention. **2001-02:** Crushed UW pole vault records in first collegiate season ... became first Husky female over 13 feet with a UW-record mark of 13-1 1/2 at the Oregon Dual ... placed 16th at the NCAA meet with a mark of 12-3 1/2 ... the following week, placed third at U.S. Junior Nationals at 12-11 1/2 ... tied for 12th in the vault at the Pac-10 meet ... indoor best of 12-11 1/2, set in just her fourth collegiate competition, was nearly a foot beyond the previous UW indoor record of 12-0 3/4 ... four of six indoor vaults in 2002 were beyond the previous UW record.

High School and Personal: Born Feb. 13, 1983 ... parents are Donna and Tom ... has two sisters, Mica Cojocar and Christine Soma, the latter a freshman soccer player at Gonzaga ... won 2001 state pole vault title at 11-9 ... took first at the 2001 Junior Olympics at Oregon's Hayward Field, vaulting a prep-best 12-0 ... as a junior, set a district record and placed second at state ... was eighth at state in 1999 ... won consecutive league titles from 1999-2001 ... captained squad her senior year ... was a cheerleader her last three years at Grant, earning All-American honors in the sport in 2000 ... a member of the National Honor Society, graduated with a 3.95 GPA.

UW Career Bests

Pole Vault..... 14-2 Pole Vault (indoor)..... 13-5 3/4

2004 Final USATF Women's Outdoor Rankings

Name	Team	Mark
1. Stacy Dragila	Nike	15-10
2. Kellie Suttle	Nike	15-3 3/4
3. Andrea Dutoit	Unattached	15-1
4. Tracy O'Hara	Unattached	15-0 1/4
5. Chelsea Johnson	UCLA	15-0
Mary Sauer	Asics	15-0
7. April Steiner	Sky Athletics	14-7 1/4
Lindsay Taylor	Pocatello Track Club	14-7 1/4
9. Becky Holliday	New Balance	14-5 1/2
10. Shannon Gallagher	Indiana Invaders	14-4
11. Alicia Warlick	Santa Monica TC	14-3 1/4
12. Kate Soma	Washington	14-2

All-Time Collegiate Pole Vault Top-10

Name	School	Year	Mark
1. Chelsea Johnson	UCLA	2004	15-0
2. Amy Linnen	Arizona	2002	14-10 1/4i
3. Thorey Elisdottir	Georgia	2001	14-9 1/2i
4. Becky Holliday	Oregon	2003	14-8
5. Tracy O'Hara	UCLA	2000	14-7 1/4
Lacy Janson	Florida State	2003	14-7 1/4i
7. Melissa Price	Fresno State	1998	14-3 1/2
8. Tamara Diles	Washington State	2002	14-3 1/4i
April Steiner	Arkansas	2003	14-3 1/4i
10. Kate Soma	Washington	2004	14-2



Brynne

STEWART

Junior • Sylmar, Calif. • Cleveland High School

Ranks among UW's top-10 all-time in the 60m hurdles and 100m hurdles, and ran a leg of the No. 5 4x100m relay in UW history ... also runs the 400m dash and 400m hurdles. **2003-04:** Ranked third or better for UW in eight individual events, including the 400m (2nd), 400m IH (2nd), 100m (3rd) and 100m HH (3rd) outdoors, and the 60m (2nd), 200m (3rd), 400m (3rd) and 60m HH (2nd) indoors ... led UW's 4x100m and 4x400m relays to sixth and eighth, respectively, at the Pac-10 meet ... sprint relay's best of 45.81 at Pac-10s was fifth-fastest ever at UW ... was 13th at the Pac-10 meet in the 100m HH, and 16th in the 400m IH ... top 60m HH time of 8.64 seconds at the MPSF meet was seventh-fastest ever at UW ... earned Academic All-Pac-10 honorable mention. **2002-03:** Led all UW 100m hurdlers with a best of 14.05 that is sixth-fastest ever at UW ... placed 21st in the event at the NCAA Regional ... was 13th overall in the 100m HH at the Pac-10 meet, and led UW's 4x100m relay to eighth ... swept the 100m, 100m HH and 4x400m relay titles at the Ken Shannon Invite ... indoors, ranked among UW's top three in the 60m (3rd), 200m (2nd) and 60m HH (1st) ... won collegiate hurdles debut, at the UW Indoor Invite ... led all UW hurdlers indoors with a best of 8.78 seconds.

High School and Personal: Born Jan. 10, 1984 in Mission Hills, Calif. ... parents are Katheryn and Lowell Steward, Jr. ... has two sisters, Carlyn and Kimberly ... won the 100m hurdles title at the 2000 USATF Junior Nationals ... took sixth in the event at the 2000 AAU Junior Olympics ... clocked prep-best hurdles mark of 14.5 seconds in a 10th-place finish at the 2002 California state meet ... also Pr'd in the 300m hurdles at state, placing 12th in 44.4 seconds ... swept regional titles in both events in 2001 and 2002, and added the 4x100m relay crown as a senior ... lettered all four years, serving as captain in each of the last two ... led Cleveland to district and regional titles in 2002, and top-three placings in both from 1999-2001 ... also lettered three years in basketball, averaging 17 ppg. as a senior ... was outstanding in the classroom as well, earning a 3.7 GPA.

UW Career Bests

100m dash..... 12.29w 400m 56.57 100m hurdles..... 14.05 400m hurdles..... 1:03.13
60m dash (indoor)..... 7.86 200m (indoor)..... 25.55 400m (indoor)..... 58.88 60m hurdles (indoor)..... 8.64



Grace Chenesai

VELA

Senior • Toronto, Ont. • Vaughan High School/Lewis Univ.

One of the top returning heptathletes in the nation ... ranks second all-time at UW in both the heptathlon and pentathlon ... is also among the all-time UW best in the 100m HH and long jump. **2003-04:** Finished the 2004 season ranked among the top-10 Canadian women in the heptathlon (6th), long jump (7th), triple jump (9th) and 100m hurdles (9th) ... placed 21st in the heptathlon at the NCAA Championships ... competed in five events at the Pac-10 meet ... was fourth in the Pac-10 heptathlon with a score of 5,225, second-best ever at UW ... placed ninth at Pac-10s in the long and triple jumps, was 10th in the 100m hurdles, and led the 4x100m relay to sixth ... clocked 13.98 in the Pac-10 100m hurdles prelim, sixth-fastest ever at UW ... 2004 triple jump best of 38-11 3/4, also at Pac-10s, was just three inches shy of UW's all-time top-10 ... was UW's top long jumper outdoors, at 19-6 1/2 ... at the MPSF indoor meet, placed fourth in the pentathlon, eighth in the long jump and ninth in the triple ... MPSF pent score of 3,592 was second-best ever at UW ... indoor long jump best of 19-6 1/4 tied for UW's sixth-best ever. **2002-03 (Lewis University):** Earned NCAA Division II All-America honors with Lewis' 4x100m relay ... relay's best of 45.77 seconds was a school record ... also competed at D-II nationals in both the triple and long jumps, placing 11th and 12th, respectively ... was named conference Athlete of the Year after winning five events at the 2003 GLVC Championships ... won individual GLVC titles in the 100m HH, long jump, triple jump and heptathlon, and added another in the 4x100m ... indoors, added a pair of GLVC titles in the 55m HH and the triple jump, and was second in the long jump. **2001-02 (Lewis University):** Competed as a freshman at Lewis University.

High School and Personal: Born Sept. 8, 1982 in Harare, Zimbabwe ... has five siblings: brothers Blessed and Emmanuel, and sisters Sitembile, Thandiwe and Thabiso ... earned Ontario provincial long jump title as a junior in 2000 ... was named Vaughan's Athlete of the Year that same season ... served as captain all four seasons ... majoring in economics ... interested in teaching economics at the collegiate level.

UW Career Bests

200m..... 24.87w/24.93 800m..... 2:24.36 100m HH..... 13.98 HJ..... 5-3 1/4 LJ..... 19-6 1/2 TJ..... 38-11 3/4 SP..... 34-10 1/2
JT..... 107-6 Heptathlon..... 5,225 60m dash (indoor)..... 7.95 200m (indoor)..... 25.91 800m (indoor)..... 2:31.45 60m HH (indoor)..... 8.80
HJ (indoor)..... 4-11 3/4 LJ (indoor)..... 19-6 1/4 TJ (indoor)..... 38-0 3/4 SP (indoor)..... 31-5 1/4 Pentathlon (indoor)..... 3,592





Ashley

WILDHABER

Junior • Chehalis, Wash. • W.F. West High School/UNC Wilmington



One of four UW women to vault 13 feet in 2004, a feat matched nationally only by Nebraska ... seeking first NCAA berth after placing seventh at the 2004 NCAA West Regional ... competed one year at UNC Wilmington before transferring to UW in the fall of 2003. **2003-04:** Added more than seven inches to her career bests in her first season at UW ... became the fourth UW woman to vault 13 feet with a clearance of 13-1 3/4 at the NCAA Regional ... vault won a jump-off for seventh place, and was the fourth-best in UW history ... one of three UW women among the top-seven Regional finishers ... achieved indoor best of 12-9 at the Last Chance Qualifier. **2002-03 (UNC Wilmington):** Set a meet record in a victory at the 2003 CAA Championships, clearing 11-6 1/4 ... crushed the UNCW school record outdoors with a best of 12-6 ... placed seventh in the vault at the ECAC Championships with a mark of 12-4 ... placed 23rd in the pole vault at the NCAA East Regional ... won the vault at the 2003 Georgia Invite.

High School and Personal: Born Oct. 29, 1983 ... parents are Pamela and Fred ... has five siblings, brothers Jeremy and Justin, and sisters Amber, April and Andrea ... uncle, Brian Stapp, played football at UW in 1959, and has the team's award for Special Teams Scout Squad MVP named after him ... won the pole vault at the 2002 U.S. Junior Olympics Regionals in Shoreline, Wash. ... placed seventh in the event at the 2002 Nike Indoor Classic in Maryland ... was the state 3A titlist as a sophomore in 2000, and took third in the event in 2001 ... received the Olympian's Award of Excellence in 2001 ... lettered all four years and served as captain in 2002 ... also lettered four times in volleyball, and once in basketball ... interested in a career in the performing arts.

UW Career Bests

Pole Vault..... 13-1 3/4 Pole Vault (indoor)..... 12-9



Dallan

WILLIAMS

Sophomore • Turlock, Calif. • Turlock High School

The UW freshman record-holder in the steeplechase outdoors, and the 3000m indoors ... the No. 4 returning steepler in the Pac-10 Conference in 2004 ... coming off an All-Pac-10 and All-West Region fall cross country season. **2004 (Cross Country):** Led UW to eighth-straight NCAA Championships, the sixth-longest active streak in

the nation ... finished first or second for UW at five of six meets in 2004 ... was the team's No. 2 runner at nationals, placing 124th to lead UW to 23rd overall ... earned All-Pac-10 honors with a team-best seventh-place finish at the Pac-10 meet, marking UW's 11th-straight year with a top-10 conference finisher ... named All-West Region after a 17th-place finish at the NCAA Regional, second on the team ... led all Huskies in 45th at the Pre-National Meet, and was the No. 2 UW finisher at the Willamette Invite. **2003-04:** Was one of three freshmen atop the Pac-10's steeple rankings during the regular season ... earned Pac-10 and NCAA Regional qualifying marks in the steeple and 5000m ... earned two top-10 finishes in her Pac-10 meet debut, placing fifth in the steeple and 10th in the 5K ... ran the third-fastest steeple in UW history at the NCAA Regional, crossing the line in 10:37.27, well below the UW freshman record ... just missed another frosh record with a 5000m best of 16:41.19 at Stanford ... 5000m PR led all Huskies in 2004 ... one of four freshmen to run in UW's top-seven at the NCAA Cross Country Championships ... ran fourth on the squad at the national meet, sparking a 19th-place team finish ... placed 26th at the NCAA Regional, in a 6K cross country best of 21:12 ... also placed 26th at the Pac-10 meet, third-best on the squad ... ran fourth for UW, and 11th overall, in collegiate debut at the Emerald City Invite ... also ran at the Sundodger and Notre Dame Invites, and was the 13th overall finisher in the open race at the Pre-National Meet.

High School and Personal: Born Jan. 9, 1985 ... parents are Carolyn and Ralph ... has an older brother, Drew ... was undefeated at 800m, 1600m and 3200m during the 2003 regular season ... earned cross country All-America honors in 2002 with a seventh-place finish at the USATF Junior Nationals ... was also seventh at the 2003 CIF state cross country meet, in 18:25 ... earned district cross country MVP honors in 2002, and league MVP honors for track and cross country as a senior ... led track and cross country squads to league titles both years ... undefeated in cross country league competition her senior year ... qualified for the state track meet at 3200m in 2002, and made her first trip to the state cross country meet in 2000 ... swept league 800m and 1600m titles as a freshman ... never placed lower than second at the Central California Conference cross country meet ... owns two national age-group titles in the triathlon ... never placed below third in eight years at the Ironkids national triathlon finals ... also participated three years in basketball.

UW Career Bests

Steeple..... 10:37.27 5000m..... 16:41.19 Mile (indoor)..... 5:00.67 3000m (indoor)..... 9:52.62
XC: 5000m..... 17:17 6000m..... 21:10



2005 SEASON INFO

ATHLETE BIOS

COACHES

2004 REVIEW

RECORDS

HISTORY



Angela

WISHAAR

Senior • Shoreline, Wash. • Shorewood High School

Followed up a breakout track season in 2004 with a fantastic fall ... is the Huskies' No. 2 returning competitor at 1500m ... seeking first Regional bid after an 11th-place finish in the 1500m at the Pac-10 meet ... ran leg of seventh-fastest distance medley relay in UW history ... a three-time first-team Academic All-Pac-10 honoree. **2004 (Cross Country):** After not having run among the team's top seven at any meet in her previous two seasons, was in the team's top-five at all six varsity meets ... took three minutes off of her 6K cross country PR ... ran fourth on the squad at the NCAA Championships, leading UW to 23rd place ... earned All-West Region honors with an 18th-place finish at the NCAA Regional, third-best on the team ... was also UW's No. 3 runner at Pac-10s, placing 19th in a third-place team effort ... led all UW finishers, at fifth overall, in 2004 debut at the Sundodger Invite ... also ran at the Willamette and Pre-National meets ... a first-team Academic All-Pac-10 honoree. **2003-04:** Grabbed second-straight first-team Academic All-Pac-10 track honor, and was an honorable mention pick in the fall ... enjoyed a breakout year on the track, lowering 1500m PR by eight seconds and qualifying for her second-straight Pac-10 Championships ... placed 11th in the Pac-10 1500m final ... clocked career-best of 4:31.56 at the Oregon Invite ... won the 1500m at the WSU Dual ... indoors, clocked a mile PR of 4:54.02 to take seventh at the MPSF meet ... also ran a leg of UW's third-place distance medley relay at the MPSF meet, the seventh-fastest DMR in UW history ... ran in four meets during the 2003 fall season ... was third in the open race at the Pac-10 meet, and 14th overall at the Geoduck Invite ... also competed at the Emerald City and Sundodger Invitational. **2002-03:** A first-team Academic All-Pac-10 selection on the track ... took 17th in Pac-10 1500m debut ... qualified for the conference meet with a season-best of 4:39.04 for 1500m at Oregon ... was among the Huskies' top-five at 800m, in 2:19.76 ... competed just once in the fall, at the season-opening Emerald City Invite. **2001-02:** Focused on the 800m, with a best time of 2:23.74 at the Salzman Invite ... also ran the 800m indoors, with a best of 2:21.22 at the UW Indoor Qualifier ... redshirted the 2001 cross country season to preserve a year of eligibility.

High School and Personal: Born Nov. 11, 1982 ... parents are Joni and James ... has two siblings, Nicholas and Valerie ... was Shorewood's team captain in 2001 ... lettered all four years ... was named Shorewood's Female Scholar Athlete of the Year in 2001 ... also lettered four years in soccer, leading squad to a Class 4A state title and a No. 8 national ranking in 2000 ... participated on Diamonte select soccer squad, leading team to club-level state title in 1997.

UW Career Bests

800m..... 2:19.76 1500m..... 4:31.56 800m (indoor)..... 2:17.23 Mile (indoor)..... 4:54.02
XC: 5000m..... 17:31 6000m..... 21:19

Tiffany

ZAHN

Junior • Newberg, Ore. • Newberg High School

The top returning javelin competitor in the Pac-10 Conference ... boasts consecutive top-five Pac-10 finishes, including a third-place effort in 2004 ... ranks third in UW history in the javelin. **2003-04:** Earned top-five honors at the Pac-10 meet for the second-straight year, placing third with a season-best toss of 155-6 ... was 18th in the javelin at the NCAA West Regional ... hovered around 150 feet all season, with seven of eight throws falling between 146-8 and 155-6. **2002-03:** Capped a terrific freshman year with a fourth-place finish in the javelin at the Pac-10 meet ... career-best mark of 157-9 at Pac-10s is the third-best in UW history ... placed 11th in the event at the NCAA West Regional ... took second in the javelin at the Pepsi Invite with a mark of 155-2.

High School and Personal: Born Nov. 14, 1983 ... parents are Teri and Clyde ... has one brother, Phil ... earned prep All-American honors from Track and Field News and Accelerade ... ranked fourth in the nation by T&FN in 2002 ... earned USATF Jr. All-American honors with a fourth-place finish in the javelin at the 2001 U.S. Junior Nationals ... placed sixth in 2002 ... won Oregon's state javelin title in 2002 ... was second at state in 2001, and seventh in 2000 ... swept state and regional competitions of the 2001 Junior Olympics, and took fourth at nationals ... won the state Junior Olympics title in 2000 ... placed second in the jav at the 2002 Adidas Nationals with a mark of 142-5 ... a two-time first-team all-state selection ... named a Pac 9 Scholar Athlete in 2002 ... also lettered in soccer and basketball ... a second-team all-league pick for soccer in 2000 and 2001 ... a second-team all-league selection on the basketball court in 2002, and a third-team pick in 2001 ... graduated with a 3.8 GPA.

UW Career Bests

Javelin..... 157-9



Other Husky Women to Watch

HUSKY STATEVILLE FEVER

Chessa Adsit-Morris



Junior
Distances
San Diego, Calif.
University HS

Brenda Baxter



Freshman
Sprints
Bremerton, Wash.
Klahowya HS

Kaitlin Buckingham



Freshman
Distances
Dallas, Texas
Richardson HS

Cheri Craddock



Sophomore
Sprints
San Pablo, Calif.
James Logan HS

Liz Fuller



Freshman
Jumps
Vancouver, Wash.
Ft. Vancouver HS

Tina Gall



RS Freshman
Distances
Edmonds, Wash.
Edmonds-Woodway HS

Olivia Garrow



Freshman
Distances
Seattle, Wash.
Nathan Hale HS

Mallory Higgins



Junior
Hurdles
Bellevue, Wash.
Eastlake HS

Laura Hodgson



Junior
Distances
Spokane, Wash.
North Central HS

Megan Johnson



Senior
Steeplechase
Seattle, Wash.
Seattle Prep HS/
Notre Dame

Kaisa Keranen



Freshman
Multi-Events
Seattle, Wash.
Roosevelt HS

Lara Nelson



Senior
High Jump
Spokane, Wash.
Central Valley HS

Andrea Peterson



Freshman
Pole Vault
Bonney Lake, Wash.
Sumner HS

Karen Schwager



Sophomore
Mid-Distances
Langley, Wash.
South Whidbey HS

Dana Stirn



Freshman
Pole Vault
Tacoma, Wash.
Bellarmine Prep

Myrriah Swango



Junior
Pole Vault
Laguna Hills, Calif.
Laguna Hills HS

Lindsay Todd



Freshman
Jumps
Rock Island, Ill.
Rock Island HS

Carin Trygg



Sophomore
Throws
Kenmore, Wash.
Inglemoor HS

Alison Tubbs



Sophomore
Distances
Enumclaw, Wash.
Enumclaw HS

Arlecier West



Freshman
Hammer
Kent, Wash.
Kent-Meridian HS

Danielle Wilson



Freshman
Sprints
Seattle, Wash.
Garfield HS

Lindy Wright



Sophomore
Mid-Distances
Seattle, Wash.
Seattle Prep

Sayaka Yoshinaga



Sophomore
Distances
Seattle, Wash.
Ballard HS

2005 SEASON INFO

ATHLETE BIOS

COACHES

2004 REVIEW

RECORDS

HISTORY

**Greg****METCALF****Head Coach, Track & Field and Cross Country****3rd year, 8th overall at UW**

As a youth running the hills and dirt lanes around Ephrata, Wash., Greg Metcalf dreamed of being a Washington Husky.

Upon joining the Huskies as a junior in 1990, he dreamed of breaking records and earning All-American accolades.

After graduating from UW in 1993 with an All-American certificate on the wall and the school's fourth-fastest steeplechase time to his credit, Metcalf dreamed of one day returning to his alma mater as head coach.

On Aug. 13, 2002, Metcalf's latest dream became a reality. Having served five years as assistant track and field coach in charge of UW's distance runners, Metcalf was named Washington's 12th head track and field coach, and just the fifth since Clarence "Hec" Edmundson took the helm in 1919.

Additionally, Metcalf continues to direct Washington's cross country squads, which he has built over the past eight

years into two of the most talented in the U.S.

Washington's women's squad boasts the nation's sixth-longest active streak of NCAA Championships appearances, having qualified for the meet in each of Metcalf's eight seasons. The UW men, meanwhile, returned to the NCAA meet in 2003 for the first time since 1993, and are a consistent factor at the conference and regional levels.

Including a 19th-place NCAA finish in 2003, Metcalf's women's squads have placed among the top-20 at the national meet five times since 1997, including a UW-record ninth-place finish in 1998.

Signs already exist that Metcalf may be turning Washington's track program towards a similar era of dominance.

Washington's women were 29th at the NCAA Outdoor Meet in 2003, Metcalf's first season, and tied for 18th in 2004, the latter tops by a UW women's team since 1988. The Husky men, meanwhile,



have placed among the top-25 at the NCAA Indoor Championships in each of Metcalf's two seasons.

Husky individuals have also shined as bright in the last two years as ever before, combining for 25 NCAA Championships appearances, eight All-America awards, and two NCAA championships, while breaking school records on 27 separate occasions.

Metcalf has also prepared runners for outstanding careers after college.

Former Husky David Bazzi, an All-American and Pac-10 champion in 2001 and holder of two school records, was a member of the United States' team at the 2001 World University Games, and currently works as a UW assistant.

Christian Belz, meanwhile, twice the Pac-10 steeplechase runner-up, has won two national steeplechase titles in his native Switzerland, and has represented the Swiss at each of the past two Summer Olympics.

In all, Metcalf's runners have earned 11 All-America awards, five Pac-10 titles, 65 NCAA Championships bids, and 14 school records.

Metcalf's teams have also been among the brightest at a school renowned for its high academic standards. His cross country runners are five-time recipients of the Cross Country Coaches Association All-Academic honor, and three Husky individuals have earned Aca-

**Greg and Kristin Metcalf**

Husky Coaching History

All-Time UW Men's Coaches

Year	Coach	Dual Meet Record	Percentage
2003-cur.	Greg Metcalf	0-2	.000
1998-2002	Orin Richburg	23-12	.657
1968-97	Ken Shannon	80-88-1	.476
1955-68	Stan Hiserman	57-49	.538
1919-54	Clarence S. Edmundson	83-50	.624
1916-18*	Charles W. VanderVeer	0-2	.000
1915	Lawrence J. Martin	1-1	.500
1912-14*	Dr. David C. Hall	4-4	.500
1911	Maybury	2-1	.667
1909-10*	Dr. David C. Hall	3-2	.600
1907-08	Hiram B. Conibear	1-5	.167
1906	Winnie Cutter	2-1	.667
1905	Dr. B.F. Roller	6-3	.667
1903-04	James C. Knight	2-1-1	.500
1900-02*	Charles W. VanderVeer	7-3	.700
Totals		263-224-2	.540

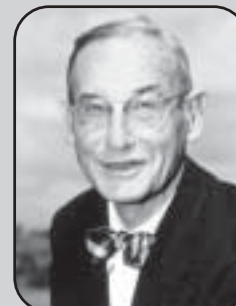
* - indicates multiple terms

All-Time UW Women's Coaches

Year	Coach	Dual Meet Record	Percentage
2003-cur.	Greg Metcalf	1-1	.500
1986-2002	Orin Richburg	79-32-1	.710
1985	Clyde Duncan	3-1	.750
1976-84	Alan Bonney	18-24	.429
1975	Rusty Llewellyn	0-0	.000
Totals		98-58-1	.627



Ken Shannon



Clarence "Hec" Edmundson

demic All-America acclaim. UW placed a record-tying 16 runners on the Pac-10's all-academic cross country team in 2004, second only to Stanford.

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. His Tiger athletes accumulated four All-America awards and seven NCAA Championship berths. He coached the Auburn men's team to a second-place performance at the 1997 NCAA Indoor Track & Field Championships.

Metcalf received a bachelor's degree in geography from UW in 1993 and completed all necessary coursework for a master's of science in exercise physiology at Auburn.

A four-time Academic All-Pac-10 honoree at Washington, Metcalf boasts a best collegiate mark of 8:41.17 that still ranks fourth all-time among Husky steeplers. Metcalf twice earned All-American honors in the steeple, at the 1992 and 1993 NCAA Championships, and was a steeple finalist at the 1996 U.S. Olympic Trials.

Metcalf also excelled at the high school level, winning the 1987 state cross country title and 1988 1,600-meter crown as a senior at Ephrata (Wash.) High School.

Metcalf and wife Kristin, a former Husky distance runner, reside in Seattle with their one-year old daughter, MacKenzie.





Pat

LICARI

Assistant Coach, Vaults/Jumps/Multi, 9th Year

It's no secret as to why the nation's top prep vaulters are clamoring to work with ninth-year UW assistant coach Pat Licari.

Over the past eight years at Washington, Licari has developed some of the nation's premier vaulters, including a two-time NCAA champion and two Pac-10 champions.

Washington was the only school in America to send three women's vaulters to the NCAA meet in 2004, where all three placed among the top-14 finishers. Junior Kate Soma was the NCAA runner-up outdoors, tied for fifth indoors and captured her first Pac-10 title with a clearance of 14 feet, 2 inches, 12th-best by a U.S. woman in 2004.

Licari was equally influential with the men's vaulters, guiding senior Brad Walker to a second-consecutive NCAA indoor title and a clearance of 19-1 1/4, sixth-best in the world in 2004.

Both Walker and Soma competed at the U.S. Olympic Trials, while freshman Stevie Marshalek competed at the IAAF World Junior Championships. In addition, Licari led four women's vaulters over 13 feet in 2004, a feat matched nationally only by Nebraska.

In 2003, Walker earned his first NCAA indoor title with a Pac-10 record of 19-0 1/4, the sixth-best vault in collegiate history. Soma, meanwhile, earned her first All-America honor with a sixth-place finish at the NCAA meet, while Carly Dockendorf achieved a mark among the top-10 in Canadian history.

The 2002 season was equally successful for Licari, who saw Walker win his first of two straight Pac-10 titles, earn runner-up honors at the NCAA Championships, and take sixth at the U.S. Senior Nationals.

During his eight years at Washington, Licari's athletes have combined for two NCAA titles, three Pac-10 titles, and eight All-America awards.



Licari was head cross country and track coach at Highline Community College from 1991-96 before coming to the UW in 1997.

A native of Sumner, Wash., Licari was a prep All-American and state pole vault champion at Sumner High School, and earned All-Pac-10 honors in the event at Washington State.

Licari and his wife, Jean — the head track coach at Federal Way High School — have two daughters, Katelin and Madison.



Bud

RASMUSSEN

Assistant Coach, Throws, 3rd Year

Bryan A. "Bud" Rasmussen, long one of the Northwest's most respected throws coaches, has quickly established himself as one of the nation's top professionals in his field.

Washington's javelin throwers have earned two All-America honors in Rasmussen's two seasons, including Megan Priestersbach's fourth-place finish in 2004. Priestersbach closed 2004 ranked 10th among U.S. women, matching Husky Heather Reichmann's final U.S. ranking in 2003, and was a finalist at the 2004 U.S. Olympic Trials.

Rasmussen discus protege Mat Schwinn also earned an Olympic Trials berth in 2004, while freshman spearer Brian Harris qualified for the IAAF World Junior Championships.

Rasmussen's first season at UW saw eight throwers qualify for the 2003 NCAA Regional, including javelin All-American Reichmann, the Huskies' first in the event since 1994.

In all, Husky throwers under Rasmussen have broken three school records, including one-year improvements of nearly 20 feet by UW-record holders Priestersbach in the javelin, and Kameko Gay in the hammer.

Prior to his arrival at Washington in the fall of 2002, Rasmussen spent seven years as coach at North Idaho College, directing 82 National Junior College Athletic Association All-Americans, 18 national champions and five NJCAA record holders. He also spent one year as the head coach at Couer D'Alene High School, a post once held by legendary UW coach Clarence "Hec" Edmundson.



Rasmussen is best known nationally as the co-creator of the Iron Wood Thrower Development Camp, among the nation's elite academies for prep throwers. A native of Idaho, he earned a B.A. in communications from Boise State in 1992, an M.Ed. in secondary education from Idaho in 1997, and has completed all coursework for a master's in physical education from Eastern Washington.

LaMonte

VAUGHN, JR.

Assistant Coach, Sprints/Hurdles/Relays, 1st Year



"We're going to graduate, and we're going to win," says LaMonte Vaughn, Jr., who was hired in October of 2004 to coach the UW's sprinters, hurdlers and relays.

A two-time NCAA qualifier at 800 meters during his collegiate career at Kentucky, Vaughn spent the 2004 season working as a volunteer assistant to sprints coach Tim Moore at

Eastern Kentucky. Vaughn's athletes in 2004 combined for eight Ohio Valley Conference championships, with three earning bids to the NCAA Regional meet.

Prior to 2004, Vaughn coached sprinters and hurdlers for four years at Marshall University, guiding the Thundering Herd's athletes to 13 school records and one conference title, including the best finish ever for Marshall's 4x400-meter relay squad at the MAC Indoor Championships.

Vaughn brings an SEC background to Washington, having earned a bachelor's degree in kinesiology from the University of Kentucky in 1996. A two-time NCAA qualifier and the third-place finisher in the 800 meters at the 1996 SEC Indoor Championships, Vaughn

boasts a best of 1 minute, 48.23 seconds in the event that was the second-fastest in Wildcats history.

After graduating from UK, Vaughn spent two years coaching high-school athletes in Kentucky and Florida. Included among those athletes is three-time ACC champion and 2004 U.S. Olympic Trials participant Mario Lowe, whom Vaughn coached in the triple jump at Titusville (Fla.) High School in 1998.

Vaughn, who replaces departed sprints coach Dion Miller, resides in Seattle with his wife, Devonia, and their three-year old daughter, Brianna.

David Bazzi

Distances (4th Year)



Former Husky All-American David Bazzi enters his fourth year as an assistant coach at Washington. Bazzi assists head coach Greg Metcalf with scheduling and meet management, and works closely with the Husky men's distance runners.

Bazzi's first three years have seen an explosion of positive results from UW's distance runners, who have combined to topple eight school records and record 53 times among the top-10 all-time at Washington.

An outstanding distance runner in his own right, Bazzi competed at Washington from 1996-2001, earning a pair of All-America honors in the 5,000 and 10,000 meters at the 2001 NCAA Championships. The school-record holder in both events, Bazzi was crowned Pac-10 10,000-meter champ in 2001, and competed post-collegiately at the 2001 World University Games in China.

The 26-year old Bazzi, a graduate of Seattle's O'Dea High School, is married to former Washington distance runner Kara Syrdal. They reside in Seattle.

Kelly Strong

Distances (3rd Year)



Kelly Strong, formerly Kelly MacDonald, enters her third season as an assistant coach at UW. Strong is heavily involved in day-to-day operations and recruiting, and works directly with UW's women's distance runners.

A 2002 graduate of Arizona State, Strong ranks ninth in U.S. history in the steeplechase with a career-best of 9:55.49, and was the fifth-place finisher in the event at the 2004 U.S. Olympic Trials.

Strong earned five All-America honors and three Pac-10 titles during her collegiate career at ASU, where she set five school records.

A native of Tualatin, Ore., Strong took third in the steeplechase and 5,000 meters at the 2001 NCAA Championships, and was third again in the steeplechase final at the U.S. Senior National Championships on the same track two weeks later.

She was recognized in 2002 as ASU's Pac-10 Medal Winner, and earned ASU Athlete of the Year honors in 2001-02. Strong and her husband, former ASU All-American Brandon Strong, were married in August. The couple reside in Seattle.

Duncan Atwood

Volunteer Assistant - Javelin (3rd Year)



Two-time U.S. Olympian and 1978 UW alum Duncan Atwood enters his third year as a volunteer assistant coach at Washington, working specifically with the Huskies' talented javelin corps.

In 2003, the first-year coach guided Heather Reichmann to All-America honors and a No. 10 national USATF women's ranking, and in 2004 mentored senior Megan Spriestersbach to fourth-place at the NCAA Championships and a berth at the 2004 U.S. Olympic Trials. Since Atwood's hiring, the UW women's javelin record has fallen four times, and has increased by more than 15 feet.

The U.S. national javelin champion in 1979, 1980 and 1987, Atwood set a UW javelin record of 280 feet, 8 inches (old implement), and placed third at the 1978 NCAA Championships to earn one of UW's 37 All-America awards in the javelin all-time.

After earning his bachelor's degree in kinesiology in 1978, Atwood began a 10-year international professional career, winning three U.S. javelin titles and earning a high world ranking of third, in 1985.

Atwood returned to Washington to earn his MBA in marketing in 1986 before embarking on a career in coaching. In addition to his work at Washington, Atwood is employed as a biomechanics consultant by USA Track and Field, where he works regularly with 2004 Olympian Rob Minnitti and other top U.S. throwers.

Atwood also coaches the javelin at the prestigious Ironwood Throws Camp and is the inventor of a patented multifunction stretching device for home and commercial gyms.

Kate Carlson

Volunteer Assistant - Jumps (1st Year)



Kate Carlson enters her first season as a volunteer assistant coach at Washington, where she will help mentor the Husky vaulters.

Carlson comes to UW directly from Dartmouth University, where she ranks second all-time in the pole vault. Carlson did not begin vaulting until her junior year, having rowed for the DU crew in each of her first two seasons.

Carlson earned her bachelor's degree in psychology from Dartmouth in 2004, with a minor in education. She and her husband, Jonathan, were married in July, and currently reside in Seattle.

Washington Track and Field Support Staff



Scott Baebler
Event Manager (3rd Year)



Rose Baker
Strength Coach (1st Year)



Brian Beaky
Media Relations (4th Year)



Eric Davis
Acad. Counselor (1st year)



Sherry Eischen
Program Coord. (7th year)



Karen Flor
Assistant Director of
Olympic Sports (8th year)



Dr. Kim Harmon
Team Physician (7th year)



Chip Lydum
Assoc. AD, Facilities (11th year)
Chief Admin., Track & Field



Gary McGuire
Equipment Mgr. (6th year)



Shona Reid-McLaughlin
Acad. Counselor (9th year)



Nicole Smith
Athletic Trainer (2nd year)



Susie Wegner
Training Rm. Intern (1st year)

2004 Husky Season Review

BRAD WALKER

**2004 NCAA Indoor Champion
6th Place, U.S. Olympic Trials
No. 6 World Ranking in 2004**



2004 Men's Best Marks

Feb. 26-28	MPSF Championships (Seattle, Wash.): 1. UCLA 127; 2. California 108; 3. Stanford 82.50; 4. Arizona 77.5; 5. Oregon 66.5; Cal State Northridge 56; 7. Washington State 50; 8. Washington 47.5 ; t9. Utah State, Idaho 15; 11. Long Beach State 10.
March 12-13	at NCAA Indoor Championships (Fayetteville, Ark.): Top-10 Teams: 1. LSU 44.5; t2. Florida, Arkansas 38; 4. Texas 31; 5. Michigan 28; t6. Purdue, Baylor 25; 8. TCU 24; 9. Ohio State 20; 10. Wisconsin 19; t22. Washington , Mississippi 11 .
April 10	at Pepsi Invitational (Eugene, Ore): 1. Oregon 191; 2. Minnesota 169; 3. Washington 144 ; 4. Colorado 101.
April 17	at State Challenge Cup (Pullman, Wash.): 1. Team Washington 463; 2. Team Idaho 169.
May 1	at WSU Dual (Pullman, Wash.): Washington State 112; Washington 90 .
May 14-15	at Pac-10 Championships (Tucson, Ariz.): 1. UCLA 143; t2. Oregon, Arizona State 120; 4. USC 95; 5. Arizona 93; 6. Stanford 76; 7. California 75; 8. Washington 45 ; 9. Washington State 41.
May 28-29	at NCAA Regional Championships (Northridge, Calif.): Top-10 Teams — 1. UCLA 141; 2. USC 82; 3. BYU 79.5; t4. Arizona State, Oregon 63; 6. Stanford 48; 7. California 34; 8. Boise State 31; 9. Arizona 28.5; 10. Washington State 23; 17. Washington 13 .
June 9-12	at NCAA Championships (Austin, Texas): Top 10 Teams — 1. Arkansas 65.5; 2. Florida 49; 3. LSU 31; t4. TCU, Southern Methodist, Ohio St. 30; 7. Baylor 2; 8. Texas Tech 26.5; 9. Oregon 26; t10. Wisconsin 22; Arizona St. 22; Washington DNS .

NOTE: Only scored meets listed; full schedule on following page

- (Career best) listed if superior to 2004 season best.
- For indoor events, NCAA standards are listed Provisional / Automatic.
- Indoor marks and wind-aided marks above 4.0 mps (W) accepted for Pac-10 meet, but not for NCAA's.

60-Meter Dash (Indoors)	NCAA Indoor: 6.72/6.62 MPSF: 7.04
^ Davaon Spence	6.90 (2/27)
J.R. Wolfork	7.05 (1/17)
Brenton Laws (7.02)	7.08 (1/31)
Doug Blaty	7.09 (2/26)
Patrick Davidson	7.22 (3/6)
Marc James (7.12)	7.22 (1/31)
Vinh Chung	7.24 (2/1)

100-Meter Dash	NCAA Reg: 10.50 / Pac-10: 10.74
* Davaon Spence	10.55w (3/20)
	10.63 (4/1)
* Patrick Davidson	10.68w (4/10)
	10.79 (5/1)
Marc James	11.13 (5/1)
Brenton Laws (10.98)	11.16w (3/20)
	11.38 (3/26)
Doug Blaty	11.25 (4/24)
Phil McCary	11.67 (5/1)

200 Meters	NCAA Reg: 21.19 / Pac-10: 21.44
Davaon Spence	21.67 (3/26)
Patrick Davidson	21.74 (5/1)
Phil McCary	21.83w (4/17)
	21.90 (4/10)
Cristian Adams	22.23w (4/17)
Nik Williams	22.24 (5/1)
Brenton Laws (22.04w)	22.55 (3/20)
Marc James	23.14w (4/24)

200 Meters (Indoors)	NCAA Indoor: 21.25 / 20.85 Pac-10: 21.44 / MPSF: 22.44
^ Davaon Spence	21.82 (2/14)
^ Phil McCary	22.26 (3/6)
^ Sean Williams (22.06)	22.34 (1/31)
Brenton Laws (22.29)	22.53 (1/31)
Patrick Davidson	22.60 (2/27)
Cristian Adams	22.62 (3/6)
Nik Williams (22.68)	22.92 (3/6)
Vinh Chung	23.01 (2/1)
Marc James	23.34 (1/31)
Blake Bidleman	23.51 (2/1)
Doug Blaty	23.54 (3/6)

400-Meter Dash	NCAA Reg: 47.26 / Pac-10: 47.84
* Cristian Adams (46.95)	47.48 (5/14)
Phil McCary	48.09 (4/17)
Nik Williams	48.38 (3/13)
Sean Williams (47.19)	48.46 (3/26)
Bruce Jackson	49.10 (5/1)
Stig Ellingsen	50.52 (5/8)
Doug Blaty	52.47 (4/24)
Marc James	53.11 (3/20)

400-Meter Dash (Indoors)	NCAA Indoor: 47.25 / 46.15 Pac-10: 47.84 / MPSF: 49.64
^ Nik Williams	48.29 (2/27)
^ Phil McCary	48.35 (2/14)
^ Sean Williams (48.19)	48.61 (2/27)
^ Cristian Adams (48.71)	48.86 (2/27)
Brandon Bailey	49.99 (3/6)
Davaon Spence	50.10 (3/6)
Cameron Hartman	50.45 (3/6)
Jesse Giordano	50.63 (2/14)
Patrick Davidson	50.77 (2/14)
Blake Bidleman (50.27)	50.81 (3/6)
Brenton Laws	51.67 (3/6)
Marc James	53.03 (1/17)

800 Meters	NCAA Reg: 1:50.62 / Pac-10: 1:51.44
%* Todd Arnold	1:49.45 (5/28)
%* Eric Garner	1:50.18 (5/1)
Carl Moe	1:51.84 (3/20)
Stig Ellingsen	1:51.95 (4/17)
Tim Freeman	1:52.09 (5/1)
John Russell	1:52.36 (4/17)
Bruce Jackson	1:54.77 (5/8)

800 Meters (Indoors)	NCAA Indoor: 1:50.20 / 1:48.30 Pac-10: 1:51.44 / MPSF: 1:56.14
^ Eric Garner	1:51.91 (2/14)
^ Bruce Jackson	1:52.19 (1/31)
^ Tim Freeman	1:52.31 (2/27)
^ Curtis Easton	1:55.49 (2/15)
^ Cameron Hartman	1:56.08 (1/31)
Jesse Giordano (1:55.82)	1:58.27 (1/17)

1,500 Meters	NCAA Reg: 3:48.21 / Pac-10: 3:50.14
%* Eric Garner	3:43.40 (3/27)
%* Carl Moe	3:44.91 (4/24)
%* John Russell (3:44.65)	3:45.06 (3/27)
%* Andy Fader	3:46.69 (5/8)
* Todd Arnold	3:48.47 (3/27)
Jon Hickey (3:49.18)	3:51.63 (5/8)
Mark Mandi	3:52.18 (4/24)
Mike Sayenko	3:56.17 (4/24)
Kevin Peters	3:59.10 (5/8)
Matt Topping (4:01.16)	4:02.29 (5/1)
Tim Freeman	4:02.86 (3/20)
Stig Ellingsen	4:03.85 (3/20)
Bruce Jackson	4:16.91 (3/20)
Doug Blaty	4:47.08 (4/5)

Mile (Indoors)	NCAA Indoor: 4:04.90 / 3:59.30 Pac-10: 4:08.14 / MPSF: 4:15.14
%*^ Eric Garner (3:58.93)	4:00.53 (2/28)
%*^ John Russell	4:03.77 (2/28)
%* Andy Fader	4:05.45 (2/28)
%* Todd Arnold (4:06.04)	4:06.32 (1/17)
%* Carl Moe	4:07.15 (1/17)
^ Jon Hickey	4:08.28 (2/28)
^ Mark Mandi	4:10.98 (1/31)
Travis Boyd	4:17.25 (1/31)
Andrew Robinson (4:13.53)	4:17.65 (2/14)
Curtis Easton	4:18.37 (3/6)
Preston Brashers (4:15.84)	4:20.90 (2/14)
Matt Franck	4:20.98 (2/14)
Doug Gibson	4:23.53 (1/17)
Brad Liber	4:27.68 (2/14)

Steeplechase	NCAA Reg: 9:08.15 / Pac-10: 9:23.54
* Carl Moe	9:14.65 (4/16)
* Andrew Robinson (9:15.85)	9:16.07 (5/8)
Chris Fayant	9:26.12 (5/8)
Matt Topping (9:21.70)	9:41.92 (4/24)

3,000 Meters (Indoors)	NCAA Indoor: 8:08.00 / 7:56.00 MPSF: 8:35.14
%^ Carl Moe	8:02.82 (1/31)
%^ Mark Mandi	8:04.93 (3/6)
%^ Eric Garner (8:02.56)	8:06.29 (2/27)
^ Jon Hickey (8:14.89)	8:19.44 (1/31)
^ Andy Fader (8:13.51)	8:21.23 (2/14)
^ Travis Boyd	8:21.42 (2/27)
Kevin Peters	8:35.64 (2/14)
Brad Liber	8:42.53 (1/31)
Chris Fayant	8:45.62 (3/6)
Preston Brashers (8:38.13)	8:45.69 (1/17)
Andrew Robinson (8:37.24)	8:53.67 (3/6)

5,000 Meters	NCAA Reg: 14:18.58 / Pac-10: 14:35.14
%* Andy Fader (14:23.88)	14:14.87 (4/24)
%* Jon Hickey	14:14.24 (3/26)
* Mark Mandi (14:42.83)	14:41.49 (5/1)
* Travis Boyd	14:44.56 (4/24)
* Mike Sayenko	14:34.55 (4/16)
Matt Owen	14:52.87 (3/26)
Matt Franck	15:05.92 (5/8)
Matt Topping	15:05.97 (5/8)
Kevin Peters	15:07.66 (5/1)

5,000 Meters (Indoors)	NCAA Indoor: 14:15.00 / 13:53.10 Pac-10: 14:35.14
%* Andy Fader	14:10.81 (3/6)
%* Jon Hickey	14:11.39 (3/6)
%* Mark Mandi	14:12.51 (2/14)
* Travis Boyd	14:29.90 (2/14)
* Preston Brashers	14:35.05 (3/6)
Matt Franck	14:39.62 (3/6)
Kevin Peters	14:44.84 (2/28)
Brad Liber	15:11.12 (2/28)

10,000-Meter Run	NCAA Prov/Auto: 29:45.00 / 29:00.00
Mark Mandi	29:48.92 (3/26)
Travis Boyd	30:11.99 (3/26)
Mike Sayenko	30:12.42 (3/26)
Matt Franck	30:33.26 (4/24)
Kevin Peters	30:43.58 (4/24)

60-Meter Hurdles (Indoors)	NCAA Indoor: 7.95 / 7.70 MPSF: 8.54
^ Marc James	8.08 (2/27)
Blake Bidleman	8.57 (2/15)
Jesse Giordano (8.46)	8.82 (2/15)
Brandon Bailey	9.20 (3/6)
Doug Blaty	9.75 (2/26)

110-Meter Hurdles	NCAA Reg: 14.33 / Pac-10: 14.74
* Marc James	14.49w/14.64 (4/10)
Brandon Bailey	16.17 (4/10)
Doug Blaty	18.69 (4/5)

2004 Season Review

HUSKY W W W FEVER



Senior Eric Garner earned indoor All-America honors in the mile in 2004.

400-Meter Hurdles

%* Sean Williams	NCAA Reg: 52.51 / Pac-10: 53.64	51.89	(5/14)
* Brandon Bailey (53.25)		53.33	(3/20)
Blake Bidleman (54.14)		54.49	(3/13)
Phil McCary (54.78)		55.59	(3/20)

4x100-Meter Relay

James/Davidson/McCary/S. Williams	NCAA Reg: 40.66	40.94	(5/1)
James/Spence/Davidson/S. Williams		41.09	(3/27)

4x400-Meter Relay

% Adams/McCary/S. Williams/Jackson	NCAA Reg: 3:10.84	3:06.41	(5/15)
N. Williams/Adams/S. Williams/Jackson		3:12.89	(5/1)

4x400-Meter Relay (Indoors)

N. Williams/Adams/McCary/S. Williams	NCAA Indoor: 3:10.40 / 3:06.90	3:10.67	(1/31)
Adams/Davidson/McCary/N. Williams		3:12.99	(2/7)
N. Williams/Spence/S. Williams/Davidson		3:15.95	(1/17)
McCary/Davidson/Spence/Hartman		3:19.69	(2/14)

Distance Medley Relay (Indoors)

\$\$ Garner/S. Williams/Moe/Russell	NCAA Indoor: 9:45.75 / 9:35.00	9:35.35	(3/6)
% Russell/S. Williams/Arnold/Moe		9:38.09	(1/31)
% Russell/S. Williams/Jackson/Moe		9:43.59	(2/14)
Russell/Jackson/Moe/Fader		9:49.73	(2/28)

High Jump

Warren Eickhoff	NCAA Reg: 6-10 3/4 (2.10) / Pac-10: 6-8 3/4 (2.05)	6-6 3/4 (2.00)	(5/15)
Will Conwell		6-0 (1.83)	(5/1)
Doug Blaty		5-7 1/4 (1.71)	(4/24)

High Jump (Indoors)

^^ Phillippe Cook	NCAA Indoor: 7-1 1/2 (2.17) / 7-3 3/4 (2.23)	6-8 3/4 (2.05)	(1/31)
^^ Warren Eickhoff (6-9 1/2)	Pac-10: 6-8 3/4 (2.05) / MPSF: 6-6 (1.98)	6-8 3/4 (2.05)	(2/15)
Doug Blaty		5-5 1/4 (1.66)	(2/26)

Pole Vault

%* McKane Lee	NCAA Reg: 16-4 3/4 (5.00) / Pac-10: 16-4 3/4 (5.00)	16-11 1/2 (5.17)	(5/14)
%* Seth Perrins		16-5 1/4 (5.01)	(4/24)
Sam Roberts (16-0 3/4)		15-11 (4.85)	(4/1)
Doug Blaty		11-7 3/4 (3.55)	(4/5)

Pole Vault (Indoors)

#*^ Brad Walker (19-0 1/4)	NCAA Indoor: 17-4 1/2 (5.30) / 18-0 1/2 (5.50)	18-8 1/4 (5.70)	(3/13)
^^ McKane Lee	Pac-10: 16-4 3/4 (5.00) / MPSF: 15-5 (4.70)	16-7 1/4 (5.06)	(2/7)
^^ Sam Roberts		16-6 (5.03)	(2/27)
^ Seth Perrins		16-0 (4.88)	(2/27)
^ Fumi Nagahisa (16-2 1/2)		15-9 (4.80)	(1/10)
Doug Blaty		13-1 3/4 (4.01)	(2/15)

Long Jump

Sam Roberts	NCAA Reg: 24-1 (7.34) / Pac-10: 23-11 1/2 (7.30)	20-11 1/4 w (6.38)	(5/1)
Vinh Chung		20-4 1/4 (6.20)	(4/10)
Doug Blaty		20-3 3/4 (6.19)	(4/4)

Long Jump (Indoors)

Doug Blaty	NCAA Indoor: 24-9 1/4 (7.55) / 25-9 1/4 (7.85)	20-9 (6.32)	(2/14)
Vinh Chung	Pac-10: 23-11 1/2 (7.30) / MPSF: 22-5 3/4 (6.85)	20-4 1/4 (6.20)	(3/6)

Triple Jump

Vinh Chung	NCAA Reg: 49-5 3/4 (15.08) / Pac-10: 47-7 (14.50)	43-9 (13.33)	(4/10)
Sam Roberts		41-11 1/4 (12.78)	(5/1)

Shot Put

Evan Wilson	NCAA Reg: 54-0 1/2 (16.47) / Pac-10: 55-9 1/4 (17.00)	51-5 (15.67)	(5/1)
Joe Gatewood		47-2 1/2 (14.39)	(3/20)
Martin Bingisser		44-6 1/4 (13.57)	(5/1)
Doug Blaty		39-2 1/4 (11.94)	(4/4)

Shot Put (Indoors)

^ Joe Gatewood	NCAA Indoor: 58-3 (17.75) / 63-11 3/4 (19.50)	53-0 (16.15)	(3/6)
^ Evan Wilson	Pac-10: 55-9 1/4 (17.00) / MPSF: 49-2 1/2 (15.00)	52-10 3/4 (16.12)	(2/27)
Doug Blaty		39-11 1/2 (12.18)	(2/1)

Weight Throw (Indoors)

Joe Gatewood (52-0)	NCAA Indoor: 63-11 3/4 (19.50) / 70-0 1/2 (21.35)	48-11 1/2 (14.91)	(1/31)
	MPSF: 52-6 (16.00)		

Discus

%* Will Conwell	NCAA Reg: 168-6 (51.37) / Pac-10: 164-3 (50.07)	173-5 (52.87)	(3/13)
Joe Gatewood		161-8 (49.27)	(4/17)
Evan Wilson		130-1 (39.66)	(5/1)
Doug Blaty		120-8 (36.79)	(4/5)

Hammer

%* Martin Bingisser	NCAA Reg: 182-6 (55.63) / Pac-10: 180-5 (55.00)	199-10 (60.92)	(5/15)
Joe Gatewood		159-2 (48.52)	(4/10)
Will Conwell		140-4 (42.78)	(5/1)

Javelin

%* Brian Harris	NCAA Reg: 202-2 (61.62) / Pac-10: 190-5 (58.05)	221-0 (67.36)	(5/1)
%* Rigel Wise		220-6 (67.22)	(5/1)
%* Juan Romero		208-9 (63.64)	(5/14)
Seth Perrins		158-6 1/2 (48.33)	(5/8)
Doug Blaty		156-3 (47.65)	(4/5)

Heptathlon (Indoors)

\$ Doug Blaty	NCAA Indoor: 5,100 / 5,500	4,609	(2/26)
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Decathlon

* Doug Blaty	NCAA Prov/Auto: 7,000 / 7,500	5,892	(4/5)
	Pac-10: 5,892		

Key:

- NCAA championship meet competitors underlined
- % — NCAA Regional Championships qualifier
- # — NCAA provisional qualifier
- ! — NCAA automatic qualifier
- * — Pac-10 Championships qualifier
- ^ — MPSF Indoor Championships qualifier
- \$ — Washington school record
- w — Wind-aided mark between 2.0-4.0 mps
- W — Wind-aided mark greater than 4.0 mps

Jan. 9-10, National Pole Vault Summit, *Reno, Nev.*
 Jan. 17, UW Indoor Preview, *Seattle*
 Jan. 18, UW Open #1, *Seattle*
 Jan. 31, UW Indoor Invitational, *Seattle*
 Feb. 1, UW Open #2, *Seattle*
 Feb. 7, United Heritage Invitational, *Boise, Idaho*
 Feb. 14, Pac-10 Invitational, *Seattle*
 Feb. 15, UW Open #3, *Seattle*
 Feb. 26-28, MPSF Championships, *Seattle*
 Mar. 6, UW Last Chance Qualifier, *Seattle*
 Mar. 12-13, NCAA Indoor Championships, *Fayetteville, Ark.*
 Mar. 13, Salzman Invitational, *Tacoma, Wash.*
 Mar. 20, Cal Poly Invitational, *San Luis Obispo, Calif.*
 Mar. 20, Oregon Preview Meet *Eugene, Ore.*
 Mar. 26-27, Stanford Invitational, *Palo Alto, Calif.*
 Mar. 31-Apr. 4, Texas Relays, *Austin, Texas*
 Apr. 4-5, WWU Multi-Events, *Bellingham, Wash.*
 Apr. 10, Pepsi Invitational, *Eugene, Ore.*
 Apr. 16-18, Mt. SAC Relays, *Walnut, Calif.*
 Apr. 17, State Challenge Cup, *Pullman, Wash.*
 Apr. 22-24, Drake Relays, *Des Moines, Iowa*
 Apr. 23-24, Oregon Invitational, *Eugene, Ore.*
 May 1, UW-WSU Dual, *Pullman, Wash.*
 May 8, Ken Shannon Invitational, *Seattle*
 May 14-15, Pac-10 Championships *Tucson, Ariz.*
 May 28-29, NCAA Regional Champ's, *Northridge, Calif.*
 June 9-12, NCAA Championships, *Austin, Texas*
 July 9-18, U.S. Olympic Trials, *Sacramento, Calif.*
 Aug. 20-29, 2004 Olympic Games, *Athens, Greece*

2004 Women's Best Marks

Feb. 26-28	MPSF Championships (Seattle, Wash.): 1. Stanford 148; 2. UCLA 109; 3. Washington 83 ; 4. Washington State 73; 5. Arizona 62; 6. California 53; 7. Cal State Northridge 35.5; 8. Cal Poly SLO 31; 9. Oregon 24; 10. Utah State 19; 11. UC Irvine 11.5; Long Beach State 10.
March 12-13	at NCAA Indoor Championships (Fayetteville, Ark.): Top 10 Teams — 1. LSU 52; 2. Florida 51; 3. Nebraska 45.5; 4. Tennessee 43; 5. UCLA 40; 6. Georgia 36; 7. Stanford, Texas 30; 9. Providence 20; 10. Miami, South Carolina, Arkansas 19; 37. Washington 3.5 .
April 10	at Pepsi Invitational (Eugene, Ore): 1. Oregon 184.5; 2. Washington 169 ; 3. Minnesota 160.5; 4. Colorado 100.
April 17	at State Challenge Cup (Pullman, Wash.): 1. Team Washington 348, 2. Team Idaho 284.
May 1	at WSU Dual (Pullman, Wash.): Washington 108 , 2. Washington State, 95.
May 14-15	at Pac-10 Championships (Tucson, Ariz.): 1. UCLA 174.5, 2. Stanford 153, 3. USC 111, 4. Arizona State 97, 5. California 69, 6. Washington 67 , 7. Oregon 59, 8. Washington State 45.5, 9. Arizona 42.
May 28-29	at NCAA Regional Championships (Northridge, Calif.): Top-10 Teams — 1. UCLA 141, 2. USC 79, 3. Stanford 74, 4. BYU 56, 5. Arizona State 47, 6. San Diego State 40, 7. Arizona 38, 8. Washington 30 , 9. Oregon 29, 10. California 25.
June 9-12	at NCAA Championships (Austin, Texas): Top-10 Teams — 1. UCLA 69, 2. LSU 68, 3. Nebraska 58, 4. Texas 42, 5. Florida 29, 6. Stanford 27, 7. South Carolina 24, Georgia 24, Tennessee 24, 10. Miami (FL) 22; T18. Washington 13 , Auburn 13.

NOTE: Only scored meets listed; full schedule on following page

• (Career best) listed if superior to 2004 season best.
• For indoor events, NCAA standards are listed Provisional / Automatic.
• Indoor marks and wind-aided marks above 4.0 mps (W) accepted for Pac-10 meet, but not for NCAAs.

60-Meter Dash (Indoors) NCAA Indoor: 7.44 / 7.30 MPSF: 7.84

^ Lauran Dignam	7.84	(3/6)
Brynne Steward	7.86	(3/6)
Kate Soma	7.88	(3/6)
Grace Vela	7.95	(2/15)
Mallory Higgins	8.04	(2/14)

100-Meter Dash NCAA Reg: 11.78 / Pac-10: 12.04

%* Ashley Lodree	11.73	(5/14)
Lauran Dignam	12.09w	(3/20)
	12.66	(3/26)
Brynne Steward	12.29w	(4/10)
Cheri Craddock	12.37	(5/1)
Kate Soma	12.83	(5/8)
Ashley Wildhaber	13.42	(5/8)
Mallory Higgins (13.63)	14.10	(4/24)

200 Meters NCAA Reg: 23.96 / Pac-10: 24.64

* Lauran Dignam	24.34	(5/1)
Grace Vela	24.87w	(4/14)
	24.93	(5/8)
Cheri Craddock	25.06	(5/8)

200 Meters (Indoors) NCAA Indoor: 24.00 / 23.50 Pac-10: 24.64 / MPSF: 25.54

^ Lauran Dignam	25.13	(2/28)
Ashley Lodree	25.79	(1/31)
Brynne Steward (25.55)	25.81	(3/6)
Grace Vela	25.91	(2/1)
Kendra Caprye	28.75	(2/1)
Mallory Higgins	28.84	(2/1)

400-Meter Dash NCAA Reg: 54.61 / Pac-10: 55.44

%* Lauran Dignam	54.41	(5/1)
Brynne Steward	56.57	(5/1)
Gaelle Banini	59.92	(4/10)

400-Meter Dash (Indoors) NCAA Indoor: 54.50 / 52.90 Pac-10: 55.44 / MPSF: 58.54

^ Cambrielle Jensen	57.26	(2/28)
Lauran Dignam (57.48)	58.63	(1/31)
Brynne Steward	58.88	(2/14)
Gaelle Banini	1:00.87	(1/17)

800 Meters NCAA Reg: 2:10.29 / Pac-10: 2:11.14

%* Kira Harrison	2:09.26	(5/28)
%* Lindsey Egerdahl	2:09.66	(5/1)
Amy Lia	2:14.74	(3/20)
Brianna McLeod	2:13.33	(3/20)
Gaelle Banini	2:18.55	(4/17)
Angela Wishaar (2:19.76)	2:21.11	(5/8)
Grace Vela	2:24.36	(4/15)

800 Meters (Indoors)

*^ Amy Lia	2:09.73	(2/28)
^ Kira Harrison	2:11.77	(2/27)
^ Brianna McLeod	2:14.34	(3/6)
^ Cambrielle Jensen	2:14.47	(1/31)
^ Angela Wishaar	2:17.23	(3/6)
^ Gaelle Banini	2:18.19	(2/27)
^ Katrina Smith	2:19.83	(3/6)
Grace Vela	2:31.45	(2/26)

1500 Meters

%* Lindsey Egerdahl	4:22.38	(4/29)
%* Ingvill Makestad	4:23.76	(3/27)
* Kira Harrison	4:29.83	(4/24)
* Angela Wishaar	4:31.56	(4/24)
* Marie Foushee	4:32.61	(5/8)
* Brianna McLeod	4:32.82	(4/8)
* Camille Connelly	4:34.80	(3/20)
* Amy Lia	4:39.53	(3/27)
Kathryn Touran (4:36.04)	4:41.50	(5/1)
Laura Halverson (4:45.31)	4:46.64	(3/20)
Sayaka Yoshinaga	4:51.45	(5/8)

Mile (Indoors)

%*^ Ingvill Makestad	4:42.17	(2/28)
%*^ Lindsey Egerdahl	4:47.82	(2/14)
*^ Amy Lia	4:50.51	(2/14)
*^ Brianna McLeod	4:53.23	(2/14)
*^ Angela Wishaar	4:54.02	(2/28)
*^ Camille Connelly	4:55.30	(1/31)
*^ Kira Harrison	4:56.74	(3/6)
*^ Laura Halverson	4:58.75	(3/6)
*^ Marie Foushee	5:00.43	(3/6)
*^ Dallan Williams	5:00.67	(1/31)
Sayaka Yoshinaga	5:11.63	(3/6)
Karen Schwager (5:14.36)	5:15.17	(3/6)
Molly Wise	5:20.45	(1/31)
Kelsey McCallum	5:25.25	(1/17)

Steepchase

%* Laura Halverson	10:33.28	(5/29)
%* Dallan Williams	10:37.27	(5/29)
* Karen Schwager	11:01.27	(5/8)
Camille Connelly (10:52.47)	11:18.44	(3/26)
Kelsey McCallum	11:55.54	(5/15)

3,000 Meters (Indoors) NCAA Indoor: 9:35.00 / 9:16.00 MPSF: 10:30.14

^ Lindsey Egerdahl	9:35.08	(1/31)
^ Camille Connelly	9:48.03	(2/14)
^ Alison Tubbs	9:52.34	(2/14)
^ Dallan Williams	9:52.62	(1/17)
^ Angela Wishaar	9:55.78	(2/14)
^ Laura Halverson	9:58.15	(1/17)
^ Brianna McLeod	10:03.59	(1/31)
^ Karen Schwager	10:26.21	(2/27)
^ Sayaka Yoshinaga	10:28.80	(1/17)
Molly Wise	10:41.12	(3/6)
Leila Shiraiwa (11:17.56)	11:23.82	(1/17)

NCAA Indoor: 2:09.00 / 2:05.65

Pac-10: 2:11.14 / MPSF: 2:20.14

5,000 Meters

%* Dallan Williams	16:41.19	(3/26)
%* Alison Tubbs	16:49.51	(3/26)
* Brianna McLeod	16:59.50	(3/26)
* Marie Foushee	17:11.66	(4/24)
Noelani Kaneko	18:17.79	(5/15)
Molly Wise	18:22.93	(5/8)
Sayaka Yoshinaga	18:41.71	(5/1)
Laura Hodgson (17:28.43)	18:43.27	(3/26)
Leila Shiraiwa	19:20.78	(5/8)

NCAA Reg: 16:56.43 / Pac-10: 17:30.14

5,000 Meters (Indoors)

5,000 meters (indoor)	NCAA Indoor: 16:45.00 / 16:15.00	Pac-10: 17:30.14
* Alison Tubbs	17:14.83	(2/28)
* Camille Connelly	17:15.53	(3/6)
Sayaka Yoshinaga	18:12.38	(2/28)

10,000 Meters

Alison Tubbs	37:14.59	(5/14)
Jamie Gibbs (36:12.20)	39:34.20	(5/14)

60-Meter Hurdles (Indoors)

NCAA Indoor: 8.43 / 8.15 MPSF: 9.04

%* Ashley Lodree	8.19	(3/6)
^ Brynne Steward	8.64	(2/27)
^ Grace Vela	8.80	(2/26)
^ Mallory Higgins (8.96)	9.02	(2/1)
Cambrielle Jensen (9.06)	9.98	(3/6)
Kendra Caprye	9.99	(2/1)

100-Meter Hurdles

NCAA Reg: 13.95 / Pac-10: 14.34

%* Ashley Lodree	13.39w	(4/3)
	13.41	(4/24)
* Grace Vela	13.98	(5/14)
* Brynne Steward (14.05)	14.06	(5/8)
Mallory Higgins (14.79)	15.50	(3/13)
Cambrielle Jensen (15.44)	15.78	(4/17)

400-Meter Hurdles

NCAA Reg: 1:00.82 / Pac-10: 1:02.04

* Cambrielle Jensen (1:00.51)	1:01.32	(4/10)
Brynne Steward	1:03.13	(5/8)
Camille Connelly	1:10.90	(4/10)
Laura Halverson	1:11.48	(5/1)
Karen Schwager	1:14.08	(5/1)

4x100-Meter Relay

NCAA Reg: 45.80

Vela/Craddock/Steward/Lodree	45.81	(5/15)
Lodree/Dignam/Vela/Steward	46.67	(3/27)
Steward/Harrison/Vela/Dignam	47.09	(4/10)

4x400-Meter Relay

NCAA Reg: 3:43.03

Jensen/Steward/Lodree/Dignam	3:47.65	(3/27)
Jensen/Steward/Harrison/Dignam	3:51.95	(4/10)

4x400-Meter Relay (Indoors)

NCAA Indoor: 3:40.00 / 3:34.50

Jensen/Steward/Dignam/Banini	3:50.26	(3/6)
Steward/Jensen/Smith/Dignam	3:53.00	(1/31)
Steward/Lodree/Dignam/Jensen	3:55.40	(1/17)



Senior Megan Priestersbach set a UW javelin record with a 173-foot, 6-inch toss at the 2004 NCAA Championships, good for fourth place and a berth at the U.S. Olympic Trials.

Distance Medley Relay (Indoors)	NCAA Indoor: 11:36.00 / 11:19.00
\$% Lia/Jensen/Makestad/Egerdahl	11:23.12 (1/31)
% Makestad/Lia/Harrison/Egerdahl	11:23.57 (3/6)
Egerdahl/Harrison/McLeod/Wishaar	11:46.30 (2/28)

High Jump	NCAA Reg: 5-8 (1.73) / Pac-10: 5-7 (1.70)
* Sidney Brown	5-7 (1.70) (5/1)
Grace Vela	5-3 1/4 (1.61) (5/7)
Brittany Roberts (5-7)	5-3 (1.60) (5/1)

High Jump (Indoors)	NCAA Indoor: 5-10 (1.78) / 6-0 1/2 (1.84)
	Pac-10: 5-7 (1.70) / MPSF: 5-3 3/4 (1.62)
^ Sidney Brown (5-7)	5-5 (1.65) (1/17)
^ Lara Nelson (5-5)	5-3 3/4 (1.62) (2/14)
Kendra Caprye (5-3)	5-1 (1.55) (1/31)
Grace Vela	4-11 3/4 (1.52) (2/26)

Pole Vault	NCAA Reg: 12-3 1/2 (3.75) / Pac-10: 12-5 1/2 (3.80)
@\$%* Kate Soma	14-2 (4.32) (5/15)
%* Stevie Marshalek	13-2 1/4 (4.02) (5/15)
%* Carly Dockendorf	13-2 1/4 (4.02) (5/15)
%* Ashley Wildhaber	13-1 3/4 (4.01) (5/28)
Mariah Swango	11-10 1/2 (3.62) (3/20)

Pole Vault (Indoors)	NCAA Indoor: 12-11 1/2 (3.95) / 13-9 1/4 (4.20)
	Pac-10: 12-5 1/2 (3.80) / MPSF: 11-9 3/4 (3.60)
\$%*^ Kate Soma	13-5 3/4 (4.11) (2/14)
*%^ Stevie Marshalek	13-3 (4.04) (3/6)
*^ Carly Dockendorf	12-9 1/2 (3.90) (1/10)
*^ Ashley Wildhaber	12-9 (3.89) (3/6)
Amy Groesbeck	11-3 3/4 (3.45) (1/31)
Mariah Swango	11-3 3/4 (3.45) (2/1)
Merilee Jones	10-11 3/4 (3.35) (2/1)

Long Jump	NCAA Reg: 19-5 1/2 (5.93) / Pac-10: 19-0 1/2 (5.80)
%* Grace Vela (19-8)	19-6 1/2 (5.96) (3/20)
* Ashley Lodree	19-5 1/4 (5.92) (5/14)
Brittany Roberts (18-4 1/2)	17-4 1/4w (5.29) (4/10)

Long Jump (Indoors)	NCAA Indoor: 20-4 1/4 (6.20) / 21-0 (6.40)
	Pac-10: 19-0 1/2 (5.80) / MPSF: 17-8 1/2 (5.40)
*^ Ashley Lodree	19-6 1/4 (5.95) (2/27)
*^ Grace Vela	19-6 1/4 (5.95) (3/6)
Brittany Roberts	17-6 3/4 (5.35) (1/17)
Kendra Caprye (16-4 1/2)	16-3 (4.95) (2/1)

Triple Jump	NCAA Reg: 40-2 3/4 (12.26) / Pac-10: 39-4 1/2 (12.00)
%* Sidney Brown	40-11 3/4w (12.49) (5/1)
* Brittany Roberts (41-4 1/2)	39-2 1/4w (11.94) (4/10)
* Grace Vela	38-11 3/4 (11.88) (5/15)

Triple Jump (Indoors)	NCAA Indoor: 41-6 (12.65) / 43-7 3/4 (13.30)
	Pac-10: 39-4 1/2 (12.00) / MPSF: 36-1 1/4 (11.00)
*^ Brittany Roberts (41-4 1/4)	39-6 (12.04) (1/31)
^ Grace Vela	38-0 3/4 (11.60) (2/28)

Shot Put	NCAA Reg: 46-8 3/4 (14.24) / Pac-10: 43-5 3/4 (13.25)
%* Cherron Davis	48-0 3/4 (14.65) (5/14)
* Mary Beeman (44-9 1/2)	44-0 3/4 (13.43) (5/1)
Grace Vela	34-10 1/2 (10.63) (5/7)

Shot Put (Indoors)	NCAA Indoor: 49-10 1/2 (15.20) / 54-1 3/4 (16.50)
	Pac-10: 43-5 3/4 (13.25) / MPSF: 42-8 (13.00)
** Cherron Davis (46-1 1/4)	45-4 1/4 (13.82) (2/28)
** Mary Beeman (44-9 1/2)	44-0 3/4 (13.43) (2/28)
Carin Trygg	38-3 1/4 (11.66) (1/31)
Kendra Caprye (34-5)	34-3 (10.44) (2/1)
Grace Vela	31-5 1/4 (9.58) (2/26)

Weight Throw (Indoors)	NCAA Reg: 60-8 1/2 (18.50) / 65-3 1/2 (19.90)
	MPSF: 49-2 1/2 (15.00)
Carin Trygg	47-7 1/4 (14.51) (2/1)

Discus	NCAA Reg: 152-10 (46.58) / Pac-10: 150-11 (46.00)
Cherron Davis (142-8)	133-2 (40.58) (4/10)
Carin Trygg	125-11 (38.38) (5/1)
Mary Beeman	118-8 (36.16) (4/10)

Hammer	NCAA Reg: 173-4 (52.84) / Pac-10: 170-7 (52.00)
Carin Trygg	155-2 (47.29) (4/17)
Cherron Davis	146-7 1/4 (44.69) (3/20)

Javelin	NCAA Reg: 139-9 (42.61) / Pac-10: 142-1 (43.32)
\$%* Megan Priestersbach	173-7 (52.90) (6/11)
%* Tiffany Zahn (157-9)	155-6 (47.41) (5/14)
Kelly Stovin	110-0 (33.52) (5/15)
Grace Vela	107-6 (32.76) (4/15)

Pentathlon (Indoors)	NCAA Indoor: 3,700 pts / 4,050 pts
\$ Grace Vela	3,592 (2/26)

Heptathlon	NCAA Prov/Auto: 5,000 / 5,500
	Pac-10: 4,400
#* Grace Vela	5,225 (5/8)

Key:

- NCAA championship meet competitors underlined
- % — NCAA Regional Championships qualifier
- # — NCAA provisional qualifier
- ! — NCAA automatic qualifier
- * — Pac-10 Championships qualifier
- ^ — MPSF Indoor Championships qualifier
- \$ — Washington school record
- w — Wind-aided mark between 2.0-4.0 mps
- W — Wind-aided mark greater than 4.0 mps

Jan. 9-10, National Pole Vault Summit, *Reno, Nev.*
 Jan. 17, UW Indoor Preview, *Seattle*
 Jan. 18, UW Open #1, *Seattle*
 Jan. 31, UW Indoor Invitational, *Seattle*
 Feb. 1, UW Open #2, *Seattle*
 Feb. 7, United Heritage Invitational, *Boise, Idaho*
 Feb. 14, Pac-10 Invitational, *Seattle*
 Feb. 15, UW Open #3, *Seattle*
 Feb. 26-28, MPSF Championships, *Seattle*
 Mar. 6, UW Last Chance Qualifier, *Seattle*
 Mar. 12-13, NCAA Indoor Championships, *Fayetteville, Ark.*
 Mar. 13, Salzman Invitational, *Tacoma, Wash.*
 Mar. 20, Cal Poly Invitational, *San Luis Obispo, Calif.*
 Mar. 20, Oregon Preview Meet *Eugene, Ore.*
 Mar. 26, UPS Open, *Tacoma, Wash.*
 Mar. 26-27, Stanford Invitational, *Palo Alto, Calif.*
 Mar. 31-Apr. 4, Texas Relays, *Austin, Texas*
 Apr. 10, Pepsi Invitational, *Eugene, Ore.*
 Apr. 14-15, California Invitational, *Azusa, Calif.*
 Apr. 16-18, Mt. SAC Relays, *Walnut, Calif.*
 Apr. 17, State Challenge Cup, *Pullman, Wash.*
 Apr. 22-24, Drake Relays, *Des Moines, Iowa*
 Apr. 23-24, Oregon Invitational, *Eugene, Ore.*
 May 1, UW-WSU Dual, *Pullman, Wash.*
 May 8, Ken Shannon Invitational, *Seattle*
 May 14-15, Pac-10 Championships *Tucson, Ariz.*
 May 28-29, NCAA Regional Champ's, *Northridge, Calif.*
 June 9-12, NCAA Championships, *Austin, Texas*
 July 9-18, U.S. Olympic Trials, *Sacramento, Calif.*
 Aug. 20-29, 2004 Olympic Games, *Athens, Greece*

2004 Postseason Performances

NCAA Indoor Championships

Mar. 12-13 • Fayetteville, Ark.

Men

Top-10 Teams: 1. LSU 44.5; 2. Arkansas 38; 3. Florida 38; 4. Texas 31; 5. Michigan 28; t6. Baylor, Purdue 25; 8. TCU 24; 9. Ohio State 20; t10. Wisconsin, BYU 19; **t22. Washington 11.**

UW Participants:

1st	Brad Walker	Pole Vault	18-8 1/4
8th	Eric Garner	Mile Run	4:05.85

Women

Top-10 Teams: 1. LSU 52; 2. Florida 51; 3. Nebraska 45.5; 4. Tennessee 43; 5. UCLA 40; 6. Georgia 36; t7. Stanford, Texas 30; 9. Providence 20; t10. Miami, South Carolina, Arkansas 19; **37. Washington 3.5.**

UW Participants:

t5th	Kate Soma	Pole Vault	13-3 1/2
14th	Ashley Lodree	60m Hurdles	8.29
15th	Ingvill Makestad	Mile Run	4:53.37

Pac-10 Championships

May 14-15 • Tucson, Ariz.

Men

Team Totals: 1. UCLA 143; 2. Oregon 130; 3. Arizona State 120; 4. USC 95; 5. Arizona 93; 6. Stanford 76; 7. California 75; **8. Washington 45;** 9. Washington State 41.

UW Scorers:

3rd	Martin Bingisser	Hammer	199-10
4th	Todd Arnold	800m Run	1:49.92
4th	Will Conwell	Discus	171-9
4th	Brian Harris	Javelin	218-1
5th	Andy Fader	1500m Run	3:46.34
5th	Adams/McCary/ S. Williams/Jackson	4x400m Relay	3:06.41
6th	McKane Lee	Pole Vault	16-11 1/2
6th	Rigel Wise	Javelin	213-10
t6th	Warren Eickhoff	High Jump	6-6 3/4
7th	John Russell	1500m Run	3:46.89
7th	Sean Williams	400m Hurdles	51.89
7th	James/Davidson/ McCary/S. Williams	4x100m Relay	41.57
8th	Carl Moe	1500m Run	3:47.25
8th	Juan Romero	Javelin	208-9

Women

Team Totals: 1. UCLA 174.5; 2. Stanford 153; 3. USC 111; 4. Arizona State 97; 5. California 69; **6. Washington 67;** 7. Oregon 59; 8. Washington State 45.5; 9. Arizona 42.

UW Scorers:

1st	Kate Soma	Pole Vault	14-2
3rd	Tiffany Zahn	Javelin	155-6
4th	Sidney Brown	High Jump	5-6
4th	Laura Halverson	Steeplechase	10:47.65
4th	Megan Priestersbach	Javelin	155-4
4th	Alison Tubbs	10000m Run	37:14.59
4th	Grace Vela	Heptathlon	5,225
5th	Dallon Williams	Steeplechase	10:52.80
6th	Sidney Brown	Triple Jump	40-4 3/4
6th	Carly Dockendorf	Pole Vault	13-2 1/4
6th	Ashley Lodree	100m Hurdles	13.72
6th	Vela/Craddock/ Steward/Lodree	4x100m Relay	45.81
7th	Cherron Davis	Shot Put	48-0 3/4
7th	Lindsey Egerdahl	1500m Run	4:32.50
7th	Stevie Marshalek	Pole Vault	13-2 1/4
8th	Cambrielle Jensen	400m Hurdles	1:01.95
8th	Ashley Lodree	100m Dash	11.93
8th	Ashley Lodree	Long Jump	19-5 1/4
8th	Jensen/Lodree/ Vela/Dignam	4x400m Relay	3:48.98

NCAA West Regional Championships

May 28-29 • Northridge, Calif.

Men

Top-10 Teams: 1. UCLA 141; 2. USC 82; 3. BYU 79.5; t4. Arizona State, Oregon 63; 6. Stanford 48; 7. California 34; 8. Boise State 31; 9. Arizona 28.5; 10. Washington State 23; **17. Washington, 13.**

UW Scorers:

4th	Adams/McCary/ S. Williams/Jackson	4x400m Relay	3:07.25
6th	Todd Arnold	800m Run	1:51.15
6th	Eric Garner	1500m Run	3:46.17
7th	Brian Harris	Javelin	211-8

Women

Top-10 Teams: 1. UCLA 141; 2. USC 79; 3. Stanford 74; 4. BYU 56; 5. Arizona State 47; 6. San Diego State 40; 7. Arizona 38; **8. Washington, 30;** 9. Oregon 29; 10. California 25.

UW Scorers:

2nd	Kate Soma	Pole Vault	13-5 3/4
2nd	Megan Priestersbach	Javelin	167-3
3rd	Carly Dockendorf	Pole Vault	13-1 3/4
6th	Lindsey Egerdahl	1500m Run	4:22.38
6th	Ashley Lodree	100m Hurdles	13.62
7th	Ashley Wildhaber	Pole Vault	13-1 3/4
8th	Ashley Lodree	100m Dash	11.73

NCAA Outdoor Championships

June 9-12 • Austin, Texas

Men

Top-10 Teams: 1. Arkansas 65.5; 2. Florida 49; 3. LSU 31; t4. TCU, SMU, Ohio State 30; 7. Baylor 27; 8. Texas Tech 26.5; 9. Oregon 26; 10. Wisconsin 22; **Washington, DNS.**

UW Participants:

16th	Adams/McCary/ S. Williams/Jackson	4x400m Relay	3:08.16
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Women

Top-10 Teams: 1. UCLA 69; LSU 68; 3. Nebraska 58; 4. Texas 42; 5. Florida 29; 6. Stanford 27; t7. South Carolina, Georgia, Tennessee 24; 10. Miami (FL) 22; **t18. Washington, 13.**

UW Participants:

2nd	Kate Soma	Pole Vault	13-9 1/4
4th	Megan Priestersbach	Javelin	173-7
13th	Carly Dockendorf	Pole Vault	13-1 1/2
14th	Stevie Marshalek	Pole Vault	13-1 1/2
21st	Grace Vela	Heptathlon	4,960

A total of 11 Washington track and field athletes were named to the Pac-10 All-Academic first or second teams in 2004, equaling Oregon for the second-most first- and second-team honors in the conference. Four Husky men earned first-team acclaim, including second-time honorees Brandon Bailey (3.77 GPA, Psychology) and Nik Williams (3.53, Architecture), and first-timers Andy Fader (3.40, Economics) and Travis Boyd (3.79, Premajor). Matching the UW men on the women's side was junior miler Angela Wishaar (3.84, Classics), who herself was honored for the second-straight season.

To be considered for the Pac-10 All-Academic team, an athlete must be a starter or significant contributor with a minimum 3.0 overall grade point average, and have completed at least one year at their current institution.

2004 ACADEMIC ALL-PAC-10 TRACK & FIELD TEAMS

Men's First Team

Name	School	Year	GPA	Major
Ryan Andrus	Oregon	Sr.	3.94	Business Administration
Brandon Bailey	Washington	Jr.	3.77	Psychology
Travis Boyd	Washington	So.	3.79	Premajor
Jeremy Cramer	Arizona State	RFr.	3.92	Mathematics
Thad Cullinan	Washington State	Jr.	3.65	Marketing
Andy Fader	Washington	Jr.	3.40	Economics
Evan Fox	Stanford	Jr.	3.40	Earth Systems
Ryan Freimuth	Washington State	So.	3.87	Accounting
Tim Gehring	Washington State	Sr.	3.63	Accounting
Ian Johnson	Washington State	Sr.	3.71	General Linguistics
Gabriel LeMay	Oregon	Sr.	3.77	Biology
Dan Maher	Arizona State	Grad.	3.75	Sociology
Nick Mazur	California	Sr.	3.63	History
Matt Scherer	Oregon	So.	3.74	Business Administration
Kurt Seefeld	California	So.	3.59	Undeclared
Nik Williams	Washington	Jr.	3.53	Architecture
Ahmad Wright	California	Sr.	3.39	Sociology
Trevor Woods	Oregon	Sr.	3.74	Business Administration
Andrew Young	Oregon	So.	3.76	Exercise & Movement Science

Men's Second Team (UW only)

Todd Arnold	Washington	Sr.	3.35	English
Jon Hickey	Washington	So.	3.59	Political Science
Mark Mandi	Washington	Jr.	3.37	Engineering

Men's Honorable Mention (UW only)

Vinh Chung (So.); Will Conwell (Jr.); Sam Roberts (So.); John Russell (Sr.)

Women's First Team

Name	School	Year	GPA	Major
Melissa Astete	USC	Jr.	3.94	Business
Leila Ben-Youssef	Stanford	Sr.	3.72	Human Biology
Rachel Bertholf	Washington State	Jr.	3.66	Marketing
Maribeth Buche	UCLA	So.	3.83	Economics
Ana Cabrera	Washington State	Jr.	3.94	Communications/Spanish
Megan Cassidy	Arizona	So.	4.00	Political Science
Donielle Colich	Stanford	Jr.	3.65	Psychology
Kitty Currier	Stanford	Sr.	3.86	Biology
Erinn Gulbrandsen	Oregon	Sr.	3.73	English
Connie Jerz	Arizona	Sr.	3.60	Pre-Physiological Sciences
Kirsten Larwin	Oregon	Sr.	3.89	French
Chelsea Powell	Arizona	Jr.	3.88	Media Arts
Ruth Schmidt	Arizona	Sr.	3.80	Psychology
Sara Shisslak	Arizona State	RFr.	3.86	Anthropology
Jenna Timinsky	UCLA	So.	3.84	Linguistics & Anthropology
Amanda Underwood	Arizona	Jr.	3.58	Physiological Sciences
Carmen Winant	UCLA	Jr.	3.83	Art
Angela Wishaar	Washington	Jr.	3.84	Classics
Alicia Yee	Arizona	Sr.	3.86	Marketing

Women's Second Team (UW only)

Camille Connelly	Washington	Jr.	3.69	Biology
Kate Soma	Washington	Jr.	3.48	Marketing
Alison Tubbs	Washington	Jr.	3.50	Premajor

Women's Honorable Mention (UW only)

Mary Beeman (Sr.); Sidney Brown (Jr.); Lindsey Egerdahl (Jr.); Jamie Gibbs (Jr.); Laura Halverson (Jr.); Karen Schwager (So.); Brynne Steward (So.).



Husky Records and History

**Dennis Brown, Sterling
Hinds, Byron Howell,
LaNorris Marshall**

UW Record Holders, 4x100m

2nd Place, 1983 NCAA

Championships

Six Combined All-America Awards

American Records



Phil Shinnick set a World and American record in the long jump at the 1963 Modesto Relays.

	Men	Women
100 Meters	9.78, Tim Montgomery, NIKE, 2002	10.49, Florence Griffith, World Class AC, 1988
200 Meters	19.32, Michael Johnson, NIKE, 1996	21.34, Florence Griffith, World Class AC, 1988
400 Meters	43.18, Michael Johnson, NIKE, 1999	48.83, Valerie Brisco, World Class AC, 1984
800 Meters	1:42.60, Johnny Gray, Santa Mon. TC, 1985	1:56.40, Jearl Miles, Reebok, 1999
1,500 Meters	3:29.77, Sydney Maree, Puma, 1985	3:57.12, Mary Slaney, Athletics West, 1983
Steeplechase	8:09.17, Henry Marsh, Ath. West, 1985	9:29.32, Brianna Shook, Toledo, 2004
5,000 Meters	12:58.21, Bob Kennedy, NIKE, 1996	14:45.35, Regina Jacobs, Mizuno, 2000
10,000 Meters	27:13.98, Meb Keflezghi, NIKE, 2001	30:50.32, Deena Drossin, Asics, 2002
High Hurdles	12.92, Roger Kingdom, Adidas, 1989	12.33, Gail Devers, NIKE, 2000
	12.92, Allen Johnson, NIKE, 1996	
400-Meter Hurdles	46.78, Kevin Young, FLKR, 1999	52.61, Kim Batten, USA, 1995
400-Meter Relay	37.40, National Team, 1992/1993	41.47, National Team, 1997
1,600-Meter Relay	2:54.20, National Team, 1998	3:15.51, National Team, 1988
High Jump	7-10 1/2, Charles Austin, Unat., 1991	6-8, Louise Ritter, Mazda TC, 1988
Pole Vault	19-9 1/4, Jeff Hartwig, NIKE, 2000	15-10, Stacy Dragila, NIKE, 2004
Long Jump	29-4 1/2, Mike Powell, Foot Lock. TC, 1991	24-7, Jackie Joyner, Honda TC, 1994
Triple Jump	59-4 1/4, Kenny Harrison, NIKE, 1996	47-5, Tiombe Hurd, NIKE, 2004
Shot Put	75-10 1/4, Randy Barnes, Mazda TC, 1990	66-2 1/2, Ramona Pagel, Mazda TC, 1988
Discus	237-4, Ben Plucknett, SoCal Striders, 1981	227-10, Suzy Powell, Asics, 2002
Hammer Throw	270-9, Lance Deal, NYAC, 1996	236-7, Erin Gilreath, NYAC, 2004
Javelin (new)	287-8, Breaux Greer, Adidas, 2004	199-8, Kim Kreiner, NIKE, 2003
Multi Events	8,891, Dan O'Brien, Reebok, 1992	7,291, Jackie Joyner, World Class AC, 1988

Collegiate Records

	Men	Women
100 Meters	9.92, Ato Boldon, UCLA, 1996	10.78, Dawn Sowell, LSU, 1989
200 Meters	19.86, Justin Gatlin, TENN, 2002	22.04, Dawn Sowell, LSU, 1989
400 Meters	44.00, Quincy Watts, USC, 1992	50.18, Pauline Davis, ALAB, 1989
800 Meters	1:44.55, Julius Achon, GMU, 1996	1:59.11, Suzy Favor, WISC, 1990
1,500 Meters	3:35.30, Sydney Maree, VILL, 1981	4:06.75, Tiffany McWilliams, Miss. St., 2003
Steeplechase	8:05.4, Henry Rono, WSU, 1978	9:43.25, Ida Nilsson, NAZ, 2004
5,000 Meters	13:08.4, Henry Rono, WSU, 1978	15:23.03, Kathy Hayes, ORE, 1985
10,000 Meters	27:36.2, Gabriel Kamau, UTEP, 1982	32:19.97, Alicia Craig, STAN, 2004
High Hurdles	13.00, Renaldo Nehemiah, MARY, 1979	12.61, Gail Devers, UCLA, 1988
400-Meter Hurdles	47.85, Kevin Young, UCLA, 1988	54.24, Sheena Johnson, UCLA, 2003
400-Meter Relay	38.04, Texas Christian, 1998	42.50, Louisiana State, 1989
1,600-Meter Relay	2:59.91, UCLA, 1988	3:23.75, Texas, 2004
High Jump	7-9 3/4, Hollis Conway, SWLA, 1989	6-6, Amy Acuff, UCLA, 1995
		6-6, Kajsa Bergqvist, SMU, 1997
		6-6, Chaunte Howard, GATC, 2004
Pole Vault	19-7 1/2, Lawrence Johnson, TENN, 1996	15-0, Chelsea Johnson, UCLA, 2004
Long Jump	28-8 1/4, Erick Walder, ARK, 1994	22-11 1/4, Jackie Joyner, UCLA, 1985
Triple Jump	57-7 3/4, Keith Connor, SMU, 1982	46-9, Suzette Lee, LSU, 1997
Shot Put	72-2 1/4, John Godina, UCLA, 1995	62-10, Laura Gerraughty, NC, 2004
Discus	222-0, Hannes Hopley, SMU, 2004	221-5, Meg Ritchie, ARIZ, 1981
Hammer Throw	268-10, Balazs Kiss, USC, 1995	228-11, Candice Scott, FLA, 2003
Javelin (new)	264-9, Gabriel Wallin, BSU, 2004	202-10, Irina Kharun, IND, 2003
Multi-Events	8,463, Tom Pappas, TENN, 1999	6,527, Diane Guthrie-Gresham, GMU, 1995



Aretha Hill broke the American collegiate record in the discus during the 2000 season.

Pac-10 Records



Brad Walker set the Pac-10 pole vault record at the 2003 NCAA Indoor Championships.

	Men	Women
100 Meters	9.90, Ato Boldon, UCLA, 1996	10.97, Gail Devers, UCLA, 1987
200 Meters	19.80, Ato Boldon, UCLA, 1996	22.33, Inger Miller, UCLA, 1993
400 Meters	43.50, Quincy Watts, USC, 1992	50.33, Maicel Malone, ASU, 1991
800 Meters	1:41.77, Joaquim Cruz, ORE, 1984	1:58.51, Brigita Langerholc, USC, 2000
1,500 Meters	3:34.48, Bernard Lagat, WSU, 1998	4:09.86, Lena Nilsson, UCLA, 2003
Steeplechase	8:05.4, Henry Rono, WSU, 1978	9:46.30, Lisa Aguilera, ASU, 2003
5,000 Meters	13:08.4, Henry Rono, WSU, 1978	15:23.94, Lauren Fleshman, STAN, 2003
10,000 Meters	27:22.47, Henry Rono, WSU, 1978	32:19.97, Alicia Craig, STAN, 2004
High Hurdles	13.22, Greg Foster, UCLA, 1978	12.61, Gail Devers, UCLA, 1988
400-Meter Hurdles	47.72, Kevin Young, UCLA, 1998	52.95, Sheena Johnson, UCLA, 2004
400-Meter Relay	38.44, USC, 1988	43.14, USC, 2000
1,600-Meter Relay	2:59.91, UCLA, 1988	3:27.57, UCLA, 2004
High Jump	7-7 1/4, Del Davis, UCLA, 1982	6-6, Amy Acuff, UCLA, 1995
Pole Vault	19-0 1/4, Brad Walker, WASH, 2003	15-0, Chelsea Johnson, UCLA, 2004
Long Jump	27-4 1/2, Randy Williams, USC, 1972	22-2 1/2, Gail Devers, UCLA, 1988
Triple Jump	56-7 1/2, Allen Simms, USC, 2003	46-0 3/4, Sheila Hudson, CAL, 1990
Shot Put	72-2 1/4, John Godina, UCLA, 1995	61-10 1/4, Valeyta Althouse, UCLA, 1995
Discus	216-2, Dean Crouser, ORE, 1983	215-3, Aretha Hill, WASH, 1998
Hammer Throw	270-10, Balazs Kiss, USC, 1995	219-5, Jessica Cosby, UCLA, 2004
Javelin (new)	268-7, Esko Mikkola, ARIZ, 1998	186-10, Inga Stasiulionyte, USC, 2002
Multi-Events	8,322, Mike Ramos, WASH, 1986	6,135, Gea Johnson, ASU, 1990

100 Meters

10.18	Ja'Warren Hooker	1998
10.26	Pablo Franco	1975
10.27	Sterling Hinds	1982
10.30	LaNorris Marshall	1983
10.43	Ed Turner	1996
10.44	Byron Howell	1984
10.50	Kelly Coleman	1992
10.52	Tim Martin	1994
10.53	Roc Alexander	2003
10.54	Willem Ryan	1999
10.54h	Al Davis	1976

200 Meters

20.23	Ja'Warren Hooker	2000
20.46	LaNorris Marshall	1981
20.61	Sterling Hinds	1982
20.66	Byron Howell	1985
20.68	Pablo Franco	1977
20.74	Ed Turner	1996
21.12	Bernie Jackson	1981
21.18	Tim Martin	1993
21.27	Kelly Coleman	1992
21.29	Willem Ryan	1998

400 Meters

44.91	Ja'Warren Hooker	2000
45.81	Orlando McKay	1990
46.06	Billy Hicks	1975
46.13	Derek Prior	1998
46.30	B.J. Dawson	1998
46.31	Brent Merritt	1991
46.44h	Terry Tobacco	1959
	Mark Williamson	1984
46.51	Ed Turner	1996
46.56	Calvin Kennon	1984

800 Meters

1:47.21	Rob Webster	1982
1:47.54h	Bill Smart	1970
1:48.04h	Mitch Leffler	1992
1:48.24h	Greg Gibson	1976
1:48.39	Brice Newton	1997
1:48.60	Ty Minnis	1995
1:48.72	Dwight Wheaton	1991
1:48.84h	Peter Favell	1978
1:49.01	T.T. Roe	1989
1:49.34h	Mike Radford	1977

1,500 Meters

3:39.89	Bruce Stirling	1987
3:41.74h	Alan Hjort	1989
3:42.64	Geoff Perry	1998
3:43.24h	Greg Gibson	1976
3:43.34h	Rick Albright	1973
3:43.40	Eric Garner	2004
3:43.56	Stormy Shouman	1990
3:43.74	Peter Favell	1978
3:43.77	Gary Gustafson	1978
3:44.07	Dan Bell	1988

3,000-Meter Steeplechase

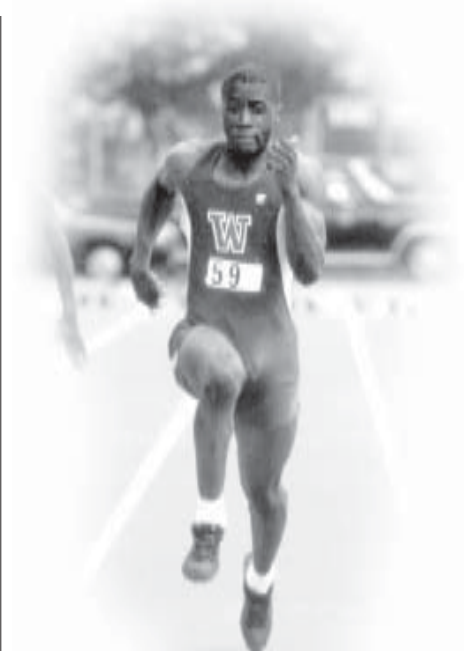
8:32.27	Dan Bell	1987
8:32.54h	Jim Johnson	1972
8:40.24	Atle Naesheim	1989
8:41.17	Greg Metcalf	1992
8:42.14h	Bill Koss	1972
8:44.54h	Gary Gustafson	1976
8:44.93	Nick Pavach	1996
8:46.92	Mike Hill	2002
8:48.34h	Christian Belz	1997
8:50.64h	Scott Holmes	1975

5,000 Meters

13:40.61	David Bazzi	2001
13:53.45	Alan Hjort	1989
13:54.07	Jeremy Park	2003
13:54.54	Adam Leahy	1990
13:56.84h	Tim Murray	1977
13:57.58	Bill Stolp	1979
13:57.85	Bruce McDowell	1989
13:59.94h	Jim Johnson	1972
14:02.12	Jason Fayant	2001
14:04.44h	Mark Hallenbeck	1979

10,000 Meters

28:34.54	David Bazzi	2001
28:58.34h	Curt Corvin	1986
29:13.04h	Jim Reinke	1987
29:22.54h	Bill Stolp	1979
29:27.14h	Steve Surface	1977
29:27.84h	Bill McClement	1978
29:48.92	Mark Mandi	2004
29:53.14h	Bill Glad	1975
29:53.79	Nick Pavach	1996
29:56.14h	Chris Villani	1981



Ja'Warren Hooker, 100m, 200m, 400m

110-Meter Hurdles

13.57	Spider Gaines	1976
13.91	Lorenzo Bellamy	1980
13.94	Dana Hall	1990
14.04yh	Bill Roe	1967
14.11	Aaron Williams	1981
	Ben Meyer	2000
14.24yh	Dave Williams	1967
	Jim Seymour	1970
	Terry Lavery	1974
14.27	Greg Barber	1998

400-Meter Hurdles

49.85	Bernard Ellison	1991
51.45	Brad Goodrich	2002
51.64	Terry Lavery	1974
	Tom Straithairn	1978
	Dan Johnston	1998
51.88y	Brian Mondschein	1975
51.89	Sean Williams	2004
52.17	Ben Meyer	2000
52.21	Pat Stenkamp	1981
52.34	Nate Short	1989

Washington Men's Freshman Records



Grant Birkinshaw, long jump

100 Meters	10.18, Ja'Warren Hooker, 1998
200 Meters	20.70, Ja'Warren Hooker, 1998
400 Meters	46.42, Ja'Warren Hooker, 1998
800 Meters	1:47.9h, Greg Gibson, 1973
1,500 Meters	3:44.91, Carl Moe, 2004
Mile	4:04.5h, Greg Gibson, 1973
3,000 Meters	8:14.98, Dave Barnett, 1980
Steeplechase	8:44.4h, Gary Gustafson, 1976
5,000 Meters	14:07.5h, Steve Surface, 1975
10,000 Meters	29:38.8h, Steve Surface, 1975
110-Meter Hurdles	13.57, Spider Gaines, 1976

400-Meter Hurdles	51.53, Brad Goodrich, 2001
High Jump	7-4 1/2, Rick Noji, 1986
Pole Vault	17-0, Jeff Taylor, 1972
Long Jump	25-1 3/4, Grant Birkinshaw, 1972
Triple Jump	50-3 1/2, Tony Parrish, 1994
Shot Put	59-11, Russ Vincent, 1974
Discus	187-2, Ben Lindsey, 1997
Hammer Throw	221-5, Scott Neilson, 1976
Javelin (old)	266-11, Bob Rockett, 1983
Javelin (new)	238-8, Troy Burkholder, 1996
Decathlon	7,638, Mike Ramos, 1982

UW Men's Outdoor Top-10s

4 x 100-Meter Relay

39.24	Brown/Hinds	1983
	Howell/Marshall	
39.49	Marshall/Stankovic	1981
	Howell/Jackson	
39.84yh	Carr/Elkins	1974
	Hicks/Davis	
39.86	Noji/Hall	1990
	McKay/Jones	
39.94yh	Kirtman/Hicks	1975
	Franco/Tinner	
40.11	Belur/Gaines	1976
	Franco/Davis	
40.14	Ryan/Dawson	1998
	Rose/Hooker	
40.16	Washington	1997
40.19	Coleman/Horat	1991
	McKay/Hall	
40.24h	Noji/Hall	1988
	Richburg/Jones	

4 x 400-Meter Relay

3:04.14yh	Tinner/Belur	1975
	Franco/Hicks	
3:04.73	Bryant/McKay	1990
	Merritt/Ellison	
3:05.21	Hooker/Prior	1998
	Anabel/Dawson	
3:06.41	Adams/McCary	2004
	S. Williams/Jackson	
3:06.53	Strub/McKay	1991
	Merritt/Ellison	
3:08.47	Kozol/DeRosans	1980
	Jackson/Stankovic	
3:09.16	Mackey/Hooker	2000
	Forni/Prior	
3:09.64	Smith/Butler	1983
	Howell/Williamson	
3:09.93	Williamson/Morehead	1984
	Butler/Kennon	
3:10.04	DuPree/Temple	1967
	Walsh/D. Williams	

High Jump

7-6 1/2	Rick Noji	1990
7-1	Lucian Moore	1977
	Mike Ramos	1986
7-0 1/2	J.D. Taylor	1985
	Mark Alan	1989
7-0 1/4	Tracey Thomas	1988
	Sean Steele	2001
7-0	Darryl Laverdure	1973
	Doug Meade	1981
6-11 3/4	Rob Reynolds	1996
	Joel Perry	2001

Pole Vault

18-6 1/2	Brad Walker	2003
18-0 1/2	Garth Willard	1992
18-0 1/4	Steve Oravetz	1979
17-10 1/2	Ron Johnson	1992
	Bryan Madche	1996
	Matt Phillips	2000
17-6 1/4	Kirk Bryde	1972
17-6	Jeff Taylor	1975
17-5 3/4	Todd Campbell	1994
17-3	Craig Connors	1998

Long Jump

27-4	Phil Shinnick	1963
25-7	Rob Scott	1992
25-5 3/4	Wariboko West	1964
25-1 3/4	Grant Birkinshaw	1971
25-1 1/4	Aaron Williams	1981
25-0	Ed Turner	1997
24-9	Peter Spencer	1969
24-7 1/4	Tony Zackery	1986
24-6 3/4	Tony Softli	1958
24-6 1/2	Dion Brown	1989

Triple Jump

52-5 3/4	Wayne Hinkley	1975
51-5 1/2	Eric Klein	1968
51-5	Al Harris	1983
50-11	Dion Brown	1989
50-5 1/4	Aaron Williams	1981
	Tony Parrish	1995
50-4 1/4	Vestee Jackson	1982
50-3	Dennis Cook	1977
49-11	Jerrold Akins	1994
49-9 3/4	John Triplett	1976

Shot Put

65-11	Steve Summers	1979
65-4	Ben Lindsey	1998
64-4	Russ Vincent	1976
62-11 1/4	John Hubbell	1969
62-9 1/2	Ernie Conwell	1996
61-7	Pete Kaligis	1994
61-3 3/4	Ernie Cathcart	1972
60-10 1/4	Jeff Johnson	1981
60-3	Erik Johnson	1988
60-0 1/4	Neal Kneip	1986

Discus

214-7	Borys Chambul	1976
210-3	Adam Setliff	1993
202-7	Ben Lindsey	1998
201-8	Doug Wollen	1982
192-11	Todd Wilson	1991
192-4	Dan Tabish	1987
189-6	Pat Feider	1990
187-3	Mat Schwinn	2003
186-4	Al Pemberton	1968
182-8	Scott Parrish	1986

Hammer

238-7	Scott Neilson	1978
216-2	Neil Kneip	1985
208-5	Sam Fu	1995
205-8	Erik Johnson	1988
200-5	Damon Felice	1996
200-0	Casey Ballwey	1974
199-10	Martin Bingisser	2004
196-9	Rich Bagley	1979
194-6	Bill Stengele	1997
188-1	Kevin Cardiff	1980

Javelin (new implement, 1986-)

249-6	Darryl Roberson	1989
240-8	Tony Parsley	1991
238-8	Troy Burkholder	1996
237-2	Mike deMunnik	1994
236-1	Craig Manalili	1994
233-5	Bob Rockett	1987
	Jacob Smith	1995
232-7	Havard Johansen	1990
231-3	Justin St. Clair	1999
223-9	Mike Olma	1986

Javelin (old implement, pre-1986)

287-6	Bob Rockett	1985
280-8	Duncan Atwood	1978
275-6	Cary Feldman	1971
269-6	Rod Ewaliko	1976
264-7	Gary Quitslund	1972
261-3	Tom Sinclair	1979
260-0	Mike Mahovlich	1980
255-7	Dale Pedersen	1983
254-3	Robert Moulder	1980
242-3	Fred Luke	1968

Decathlon

8,322	Mike Ramos	1986
8,063	Steve Erickson	1985
7,758	Gary Gefre	1980
7,465	Gary Wipfler	1981
7,426	Jacob Predmore	2000
7,125	Brian Mondschein	1977
7,065	Stan Vegar	1977
6,991	E.J. Iddings	1997
6,970	Dave Lorvick	1980
6,967	Dave Williams	1964



Borys Chambul, Discus

2005 SEASON INFO

ATHLETE BIOS

COACHES

2004 REVIEW

RECORDS

HISTORY

60-Meter Dash

6.55	Ja'Warren Hooker	2001
6.71	Ed Turner	1997*
	Willem Ryan	1997*
6.77	Tim Martin	1994*
	Sterling Hinds	1983*
6.78	Napoleon Kaufman	1993*
	Rick Noji	1987*
6.80	Carlos Hattix	1997*
6.81	Kelley Coleman	1993*
	Marvin Kasim, Jr.	1999

* Mark converted from 55 meters

60-Meter Hurdles

7.82	Dana Hall	1991*
7.90	Skip Moody	1998*
7.95	Ben Meyer	1997*
8.06	Kyle Gano	1994*
8.08	Marc James	2004
8.09	Greg Barber	1999*
8.10	Don Morehead	1984*
8.22	Joshua Renz	2001*
8.25	Ben Meyer	1999

* Mark converted from 55-meter hurdles

200 Meters

20.56	Ja'Warren Hooker	2001
21.05	Ed Turner	1997
21.18	Shelton Sampson	2003
21.54	Beno Bryant	1990
21.57	Tim Martin	1994
	Orlando McKay	1990
21.80	Carlos Hattix	1997
	Andre DeSaussure	1998
21.82	Davaon Spence	2004
	Willem Ryan	1999



David Bazzi, 5,000 Meters

400 Meters

46.45	Derek Prior	1999
46.86	B.J. Dawson	1998
47.32	Orlando McKay	1991
47.58	Bernard Ellison	1990
48.02	Ja'Warren Hooker	2000
48.03	Greg Forni	2003
48.19	Sean Williams	2003
48.29	Nik Williams	2004
48.34	Ed Turner	1996
48.35	Phil McCary	2004
	James Mackey	1999

800 Meters

1:50.65	Mitch Leffler	1993
1:50.97	Ryan Brown	2003
1:51.14y	Rich Mesmer	1968
1:51.55	Todd Arnold	2003
1:51.81	John Snyder	2002
1:51.91	Eric Garner	2004
1:51.93	Andy Clark	1992
1:52.02	Bryce Newton	1995
1:52.10	Dwight Wheaton	1992
1:52.19	Bruce Jackson	2004

Mile

3:58.93	Eric Garner	2002
3:59.24	Greg Gibson	1974
4:03.77	John Russell	2004
4:05.45	Andy Fader	2004
4:05.54	Dave Barnett	1984
4:05.59	Al Hjort	1990
4:05.71	Dan Bell	1987
4:06.04	Todd Arnold	2002
4:07.15	Carl Moe	2004
4:07.55	David Bazzi	2001

3,000 Meters

7:54.13	Jeremy Park	2003
8:02.56	Eric Garner	2002
8:02.82	Carl Moe	2004
8:04.92	Mark Mandi	2004
8:04.94	Jim Johnson	1972*
8:06.04	Dustin Duke	2002
8:06.57	David Bazzi	2001
8:07.20	Dan Bell	1987*
8:10.21	Neal Panchen	1993*
8:12.94	Al Hjort	1989

* Mark converted from two-mile run

5,000 Meters

13:58.51	David Bazzi	2001
14:10.81	Andy Fader	2004
14:11.39	Jon Hickey	2004
14:12.51	Mark Mandi	2004
14:13.89	Mike Hill	2002
14:23.74	Pat Ewing	1983
14:29.90	Travis Boyd	2004
14:33.22	Jason Fayant	2000
14:36.22	Ben Koss	2003
14:40.86	Matt Topping	2002

4 x 400-Meter Relay

3:07.33	Hooker/Dawson	1998
	Anabel/Prior	
3:10.07	Hooker/Mackey	1999
	Prior/Anabel	
3:10.67	N. Williams/Adams	2004
	McCary/S. Williams	
3:10.74	Kozol/Bathurst	1981*
	Bredahl/Stankovic	
3:11.71	N. Williams/S. Williams	2003
	Goodrich/Forni	
3:11.93	Walters/Hooker	2001
	Adams/Goodrich	
3:12.42	Johnson/S. Williams	2003
	Brown/Forni	
	N. Williams/S. Williams	2003
	Brown/Goodrich	
3:12.67	Mackey/Lewis	1999
	Anabel/Prior	
3:12.99	Adams/Davidson	2004
	McCary/N. Williams	

* Mark converted from mile relay



Jeremy Park, 3,000 meters

Mitch Leffler, 800 meters



*Rick Noji,
High Jump*

Distance Medley Relay

9:35.35	Garner/S. Williams	2004
	Moe/Russell	
9:38.09	Russell/S. Williams	2004
	Arnold/Moe	
9:40.82	Garner/S. Williams	2003
	Arnold/Park	
9:43.59	Russell/S. Williams	2004
	Jackson/Moe	
9:49.73	Russell/Jackson	2004
	Moe/Fader	
9:52.65	Minnis/Dawson	1996
	Newton/Hatzenbeler	
9:57.84	Johnson/Garrison	1972*
	Winger/Hawkins	
10:00.92	Cadman/Mackey	1999
	Quan/Hawkins	
10:01.30	Minnis/Turner	1995
	Newton/Hunter	
10:01.35	Fader/Brown	2003
	Tabor/Hickey	

* Mark converted from yards to meters

High Jump

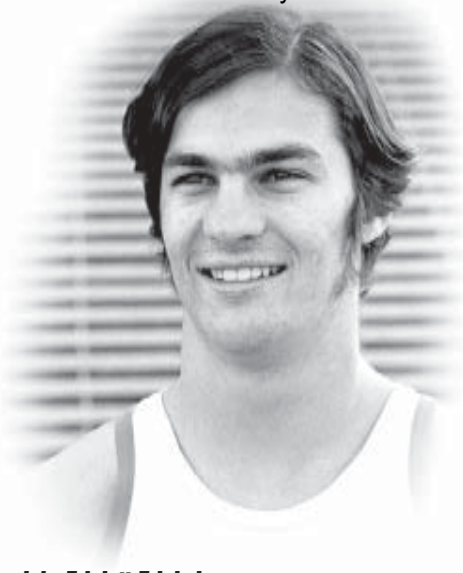
7-5	Rick Noji	1988
7-0 1/4	Rob Reynolds	1996
	Tracey Thomas	1988
6-11 3/4	Sean Steele	2001
6-11	Greg Fjellman	1992
6-10 3/4	Tay Cody	1994
	Mark Allan	1991
6-10 1/2	Mike Ramos	1983
	Stan Vegar	1978
6-10	Lucian Moore	1978
	John Hayes	1975
	Darryl Laverdure	1973

Pole Vault

19-0 1/4	Brad Walker	2003
17-10	Steve Oravetz	1979
17-7 3/4	Matt Phillips	2000
17-6 1/2	Garth Willard	1992
17-6	Jeff Taylor	1975
17-1 3/4	Brian Madche	1998
17-1	Craig Connors	1998
	Todd Campbell	1995
17-0	Rick Anicker	1981
16-7 1/4	McKane Lee	2004

Long Jump

25-6 1/2	Phil Shinnick	1965
25-0	Ed Turner	1996
24-5 1/2	Robert Scott	1992
23-9	Skip Moody	1997
23-7 1/2	Mike Ramos	1984
23-7 1/4	Shane Paulsen	1991
23-6 3/4	Vestee Jackson	1982
23-4 1/2	Jacob Predmore	1999
	Tyriiff Rudder	2001
23-4 1/4	Greg Watkins	1981



John Triplett, Triple Jump

Triple Jump

50-10	John Triplett	1976
50-2 1/2	Wayne Hinkley	1975
50-0 1/2	Tony Parrish	1995
49-8 1/4	Marcus Kelly	2001
49-7	Greg Henderson	1982
49-3 3/4	James Sims, Jr.	2003
49-2 1/4	Jerrod Akins	1992
49-1 3/4	Al Harris	1984
48-11 1/2	Tyriiff Rudder	2001
48-7	Dennis Cook	1977

Shot Put

65-5 1/4	Ben Lindsey	1998
64-4	Russ Vincent	1975
64-1	Steve Summers	1980
60-7	John Hubbell	1969
60-6 1/2	Ernie Conwell	1995
58-11 1/2	Eric Johnson	1988
57-5 3/4	Neal Kneip	1986
56-10 1/4	George Sutherland	1975
56-7 1/4	Brett Holden	1982
56-1 3/4	Kurth Connell	1997

35-lb. Weight Throw

71-5 1/2	Scott Neilson	1979
65-7 1/2	Neal Kneip	1986
62-1 3/4	Russ Vincent	1978
61-6	Eric Johnson	1989
61-4 3/4	Bill Stengele	1997
55-9 1/4	Sam Fu	1995
55-3	Casey Ballwey	1974
54-6	Dan Tabish	1987
53-9	Mat Schwinn	2002
53-8 1/4	Brendan Tuohy	2002



Ben Lindsey, Shot Put

100 Meters

11.47	Zelda Johnson	1985
11.53	Donna Dennis	1983
11.73	Ashley Lodree	2004
11.84	Esrenee Cunningham	1989
	Tracy Griffin	1994
11.86	Shirley Walker	1985
11.87	Marzette Penton	1996
11.90	Meledy Smith	1984
11.94	Michele Stapleton	1989
11.96	Keisha Griffis	1997

200 Meters

23.40	Donna Dennis	1983
23.86	Tracy Griffin	1994
24.12	Chelsie Pentz	2000
24.13	Zelda Johnson	1985
24.14h	Esrenee Cunningham	1989
24.34	Lauran Dignam	2004
24.44	Tamanika Terry	1994
24.44h	Joyce Schweim	1989
24.50	Keisha Griffis	1998
24.58	Marzette Penton	1998

400 Meters

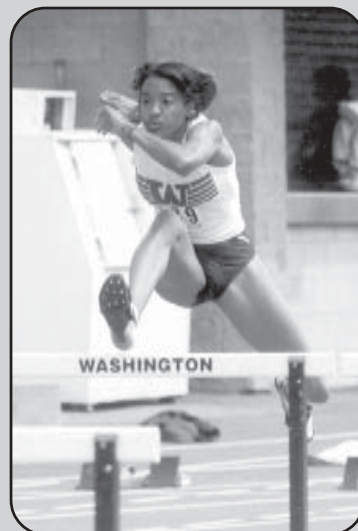
54.41	Lauran Dignam	2004
54.44	Keisha Griffis	1998
54.45	Patrice Woods	1996
54.47	Terra Barter	1995
54.64	Koko Sandmeyer	1994
54.70	Monique Glass	1998
54.74h	Colleen Richardson	1980
54.84h	Kelsey Sheppard	2000
54.98	Asya Muhammad	1998
55.05	Chelsie Pentz	2000



Regina Joyce, 3,000-, 5,000-, and 10,000 meters

Washington Women's Freshman Records

100 Meters	11.53, Donna Dennis, 1983
200 Meters	23.40, Donna Dennis, 1983
400 Meters	54.6h, Colleen Richardson, 1980
800 Meters	2:06.75, Mary Dong, 1987
1,500 Meters	4:12.7h, Regina Joyce, 1981
3,000 Meters	8:59.39, Regina Joyce, 1981
Steeplechase	10:41.78, Dallon Williams, 2004
5,000 Meters	16:33.5h, Tara Carlson, 1993
10,000 Meters	34:34.79, Lisa Gibbs, 2002
100-Meter Hurdles	13.41, Ashley Lodree, 2004
400-Meter Hurdles	57.35, Keisha Griffis, 1996
High Jump	6-0, Sherri Felton, 1978
Pole Vault	13-2 1/4, Stevie Marshalek, 2004
Long Jump	21-0, Meledy Smith, 1984
Triple Jump	39-11 1/2, Fahern Thomas, 1992
Shot Put	50-5 1/4i, Meg Jones, 1985
Discus	175-8, Cecelia Barnes, 1999
Hammer Throw	156-4, Cecelia Barnes, 1999
Javelin (old)	170-6, Vicki Smiley, 1983
Javelin (new)	157-9, Tiffany Zahn, 2003
Heptathlon	4,891, Angie Tasker, 1987



Keisha Griffis, 400-Meter Hurdles

800 Meters

2:05.73	Sarah Bolender	1987
2:05.97	Courtney Inman	2003
2:06.51	Dana Arnim	1980
2:06.75	Mary Dong	1987
2:06.80	Sandra Gregg	1981
2:08.14h	Susan Gregg	1982
2:08.43	Danelle Kabush	1998
2:08.71	Lia Minelli	1997
2:09.11	Colleen Richardson	1982
2:09.12	Kali Rembold	1996

1,500 Meters

4:10.93	Courtney Inman	2003
4:12.84h	Regina Joyce	1981
4:18.31	Sandra Gregg	1981
4:18.81	Danelle Kabush	1998
4:21.00	Sarah Bolender	1988
4:21.96	Tara Carlson	1996
4:22.38	Lindsey Egerdahl	2004
4:22.76	Susan Gregg	1983
4:23.39	Emily Johnson	1996
4:23.76	Ingviill Makestad	2004

3,000 Meters

8:55.05	Regina Joyce	1982
9:16.56	Tara Carlson	1996
9:20.35	Margaret Butler	2000
9:23.66	Janicka Peterson	1990
9:23.89	Jennifer Smalley	1991
9:26.38	Cami Matson	2000
9:31.04	Emily Johnson	1996
9:31.10	Sabrina Monro	2003
9:31.91	Anne Howard	1991
9:32.44h	Kathy Adams	1979

3,000 Meter Steeplechase

10:33.28	Laura Halverson	2004
10:35.31	Kate Spigel	2003
10:37.21	Dallon Williams	2004
10:52.47	Camille Connelly	2003
11:01.27	Karen Schwager	2004
11:55.54	Kelsey McCallum	2004
12:21.07	Amy King	2001

5,000 Meters

15:35.60	Regina Joyce	1982
15:55.71	Tara Carlson	1996
15:56.90	Sabrina Monro	2003
16:01.20	Anna Aoki	2001
16:10.94	Gillian Palmer	2001
16:30.04h	Karen Petley	1982
16:32.60	Jennifer Gillette	1990
16:36.95	Brandi Evans	1992
16:38.97	Kate Bradshaw	2001
16:39.74h	Kathy Adams	1978

10,000 Meters

33:13.45	Regina Joyce	1983
33:32.28	Sabrina Monro	2003
33:35.51	Kate Bradshaw	2001
34:04.70	Deeja Youngquist	1999
34:04.77	Anna Aoki	2001
34:12.54h	Karen Petley	1982
34:34.79	Lisa Gibbs	2002
35:03.94h	Sara Lindgren	1984
35:08.24h	Kathy Adams	1978
35:29.09	Michelle Buresh	1990

100-Meter Hurdles

13.41	Ashley Lodree	2004
13.55	Claudine Robinson	1994
13.62	Shirley Walker	1984
13.69	Joyce Schweim	1990
13.86	Leslie Campbell	1991
13.98	Grace Vela	2004
14.05	Brynne Steward	2003
	Patrice Davis	1999
14.07	Keisha Griffis	1998
14.11	Lara Kelley	1999

UW Women's Outdoor Top-10s

400-Meter Hurdles

57.13	Terra Barter	1995
57.35	Keisha Griffis	1997
57.79	Mari Bjone	1991
58.29	Kelsey Sheppard	2000
58.40	Patrice Woods	1995
59.45	Angie Tasker	1990
	Patrice Davis	1997
59.53	Joyce Schweim	1989
59.94	Lara Kelley	1999
60.51	Cambrielle Jensen	2003

4 x 100-Meter Relay

44.74h	Smith/Walker	1985
	Johnson/Dennis	
45.20	Keller/Walker	1984
	Smith/Dennis	
45.63	Cunningham/Stapleton	1989
	Gamby/Schweim	
45.67	Smith/T. Moore	2000
	Pentz/Hawkins	
45.81	Vela/Craddock	2004
	Steward/Lodree	
45.89	McClatcher/Penton	1998
	Griffis/Muhammad	
46.04	Washington	1999
46.07	Griffin/Sandmeyer	1994
	Woods/Barter	
46.10	Smith/Pentz	2001
	L. Moore/Ogarro	
46.20	Richardson/Forward	1983
	Davis/Dennis	

4 x 400-Meter Relay

3:37.68	McClatcher/Glass	1998
	Griffis/Muhammad	
3:39.04	Sheppard/Pentz	2000
	Moore/Bledsoe	
3:39.65	Woods/Casbere	1994
	Barter/Sandmeyer	
3:41.60	Newton/Minelli	1995
	Woods/Barter	
3:41.92	Washington	1999
3:41.97	Reimbold/Minelli	1996
	Newton/Woods	
3:43.24h	Nomiyama/Shannon	1980
	Arnim/Richardson	
3:43.92	Glass/Minelli	1997
	Davis/Newton	
3:45.33	Coaston/Benjamin	1984
	Dennis/Walker	
3:45.45	Jensen/Sheppard	2002
	L. Moore/Hawkins	

High Jump

6-2 3/4	Vicki Borsheim	1987
6-0 1/2	Maggie Garrison	1978
6-0	Sherri Felton	1978
5-10 1/4	Dianne Baumann	1983
5-10	Makare Desilets	1997
5-9 3/4	Gaye Brandenstein	1982
5-8 3/4	Celia Willis	1990
	Mary Prince	1990
5-8 1/2	Janie Vermeere	1994
5-8	Diane Jolivet	1983
	Fran Richardson	1997/98

Pole Vault

14-2	Kate Soma	2004
13-2 1/4	Carly Dockendorf	2004
	Stevie Marshalek	2004
13-1 3/4	Ashley Wildhaber	2004
12-11 1/2	Sandy Erickson	2000
12-2	Alexis Jaime	2001
11-7 3/4	Chris Withey	1999/2000
11-5 3/4	Margaret Haines	2000
	MerryJane Bendico	2001

Long Jump

21-0	Meledy Smith	1984
20-8 1/2	Tara Davis	1994/95
20-8 1/4	Shiri Milton	1984
20-1	Kendra Keller	1987
	Angie Tasker	1989
19-11 1/4	Jakki Davis	1984
19-10 3/4	Sonja Forster	1992
19-9	Kam Warner	1994
19-7 1/2	Tami Mathewson	1990
	Zee Ogarro	2002

Triple Jump

41-7 3/4	Tara Davis	1995
41-4 1/2	Brittany Roberts	2003
40-9 3/4	Michelle Reid	1997
40-8 1/4	Angie Tasker	1989
40-7	Suzanne Silvis	1994
40-4 3/4	Sidney Brown	2004
39-11 1/2	Fahern Thomas	1992
39-10 1/2	Kyla Sutton	1996
39-7 1/2	Celia Willis	1991
39-2 1/4	Meledy Smith	1985

Shot Put

55-7	Jennifer Ponath	1988
52-6	Shirley Ross	1988
51-10 1/2	Caryl Van Pelt	1981
51-5	Aretha Hill	1998
51-2 1/2	Meg Jones	1987
50-8 3/4	Sesilia Thomas	2000
49-4 1/2	Jackie Henry	1983
48-0 3/4	Cherron Davis	2004
47-0 1/4	Soozie Shanley	1995
46-8 3/4	LaTonya White	1990



Tara Davis,
Triple Jump

Discus

215-3	Aretha Hill	1998
179-3	Jennifer Ponath	1988
175-8	Cecilia Barnes	1999
174-10	Meg Jones	1987
170-7	Sandy Whitlock	1990
168-0	Susanne Dandenault	1990
161-2	Soozie Shanley	1995
160-1	Jackie Henry	1980
159-1	Caryl Van Pelt	1979
157-9	Sesilia Thomas	1997

Hammer

189-9	Kameko Gay	2003
169-1	Rebecca Morrison	1998
168-7	Soozie Shanley	1996
168-2	Aretha Hill	1998
156-4	Cecilia Barnes	1999
155-2	Carin Trygg	2004
149-10	Searan Salibian	2002
144-3	Sesilia Thomas	1999
143-2	Cherron Davis	2004
131-3	Mia Norheim	2003

Javelin (new implement, 1999-)

173-7	Megan Priestersbach	2004
159-6	Heather Reichmann	2003
157-9	Tiffany Zahn	2003
136-4	Chris Withey	2000
117-1	Rebecca Morrison	1999
114-11	Emily Whitish	1990
110-0	Kelly Stovin	2004
107-6	Grace Vela	2004
102-3	Jenny Gregorak	2003
102-0	Kendra Caprye	2003

Javelin (old implement, pre-1999)

197-4	Helena Uusitalo	1986
191-2	Deanna Carr	1983
182-4	Shelly Sanford	1989
173-4	Tessie Schorr	1993
171-10	Liz Lasiter	1986
170-6	Vicki Smiley	1983
	Lisa Torrison	1983
167-7	Kristin Ronning	1993
167-2	Monika Parker	1994
165-10	Laura Kruse	1994

Heptathlon

5,266	Sonja Forster	1992
5,225	Grace Vela	2004
5,186	Angie Tasker	1989
4,831	Janie Vermeere	1994
4,796	Deanna Carr	1982
4,657	Shelley Pascoe	1991
4,404	Dianne Baumann	1982
4,367	Jennifer Nacrelli	1984
4,234	Carolyn Parker	1997
3,971	Kendra Caprye	2003

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RECORDS

HISTORY

60-Meter Dash

7.40	Tracy Griffin	1994*
7.50	Donna Dennis	1986*
	Zelda Johnson	1985*
7.52	Marzette Penton	1997*
7.57	Tami Mathewson	1993*
7.60	LeTasha Moore	2002
7.62	Jamara Alexander	2001*
7.64	Joyce Schweim	1991*
	Keisha Griffis	1996*
7.65	Esrenee Cunningham	1989*

* Mark converted from 55 meters

60-Meter Hurdles

8.19	Ashley Lodree	2004
8.21	Claudine Robinson	1994*
8.41	Joyce Schweim	1991*
8.55	Leslie Campbell	1990*
8.59	Patrice Davis	1999*
8.62	Kam Warner	1994*
8.64	Brynne Steward	2004
8.66	Lara Kelley	1999*
8.68	Kelsey Sheppard	2001*
8.74	Keisha Griffis	1998*

* Mark converted from 55-meter hurdles

200 Meters

24.49	Tracy Griffin	1994
24.86	Marzette Penton	1996
	Chelsie Pentz	2000
25.13	Lauran Dignam	2004
25.23	Joyce Schweim	1991
25.27	Jamara Alexander	2000
25.30	Tamanika Terry	1994
25.31	Kelsey Sheppard	2001
25.32	LeTasha Moore	2002
25.35	Shavon Hawkins	2000



Tracy Griffin, 60 and 200 meters



Courtney Inman, 800 meters and mile run

400 Meters

55.11	Kelsey Sheppard	2002
55.48	Chelsie Pentz	2000
55.74	Koko Sandmeyer	1994
55.91	Patrice Woods	1996
56.01	Kellie Gamby	1991
56.13	LeTasha Moore	2002
56.23	Monique Glass	1999
56.35	Lara Kelley	1999
56.48	Arlene Bledsoe	2000
56.55	Asya Muhammad	1999

800 Meters

2:08.39	Courtney Inman	2003
2:09.73	Amy Lia	2004
2:11.06	Sarah Bolender	1987*
2:11.08	Terra Barter	1995
2:11.77	Kira Harrison	2004
2:12.43	Angela Froese	1995
2:12.44	Sandra Gregg	1983*
2:12.93	Lora Funk	1994
2:13.02	Kali Reimbold	1996
2:13.10	Lia Minelli	1997

* Mark converted from 880 yards

Mile

4:40.24	Courtney Inman	2003
4:42.17	Ingviil Makestad	2004
4:47.82	Lindsey Egerdahl	2004
4:48.36	Sandra Gregg	1983*
4:50.14	Marjan Moulijn	1978*
4:50.51	Amy Lia	2004
4:50.65	Margaret Butler	2000
4:50.69	Janicka Peterson	1989
4:50.97	Cami Matson	2000
4:52.02	Tara Carlson	1994

* Mark converted from 1,500 meters

3,000 Meters

9:32.28	Sabrina Monro	2002
9:32.39	Tara Carlson	1996
9:33.84	Deeja Youngquist	1999
9:35.08	Lindsey Egerdahl	2004
9:36.23	Anna Aoki	2000
9:39.74	Melinda Campbell	2000
9:41.44	Sandra Gregg	1983
9:42.14	Margaret Butler	2000
9:44.84	Susan Gregg	1983
9:45.94	Jennifer Smalley	1991

5,000 Meters

16:22.13	Sabrina Monro	2003
16:33.01	Anna Aoki	2000
16:45.58	Lisa Gibbs	2002
16:57.56	Kate Bradshaw	2002
16:58.00	Deeja Youngquist	1997
16:59.87	Jamie Gibbs	2002
17:14.83	Alison Tubbs	2004
17:15.53	Camille Connelly	2004
17:22.76	Kara Syrdal	2000
17:24.14	Sara Lindgren	1984



Ashley Lodree, 60-meter Hurdles

UW Women's Indoor Top-10s



Vicki Borsheim, High Jump

4 x 400-Meter Relay

3:44.00	Glass/Sheppard	1999
	Muhammad/Griffis	
3:44.26	Pentz/Sheppard	2000
	Moore/Bledsoe	
3:45.40	Woods/Griffin	1994
	Sandmeyer/Barter	
3:45.32	R. Moore/Jensen	2002
	Sheppard/Hawkins	
3:47.19	Sandmeyer/Hallett	1991
	Doht/Bjone	
3:48.68	L. Moore/Sheppard	2002
	Jensen/Hawkins	
3:48.84	Griffis/McClatcher	1996
	Newton/Woods	
3:49.12	Pentz/Bledsoe	2000
	Moore/Hawkins	
3:49.34	Pentz/Glass	1998
	Davis/Griffis	
3:50.03	Woods/Barter	1995
	Newton/McClatcher	

Distance Medley Relay

11:23.12	Lia/Jensen	2004
	Makestad/Egerdahl	
11:23.57	Makestad/Harrison	2004
	Lia/Egerdahl	
11:35.41	Kabush/Griffis	1998
	Froese/Butler	
11:36.54	Funk/Barter	1994
	Johnson/Carlson	
11:41.12	Barter/Woods	1995
	Froese/Carlson	
11:44.88	Syrdal/Glass	1999
	Inman/Smith	
11:46.30	Egerdahl/Harrison	2004
	McLeod/Wishaar	
11:49.72	Froese/Griffis	1998
	Rose/Kabush	
11:53.44	Matson/King	2000
	Smith/Barter	
11:53.54	Minelli/McClatcher	1997
	Kabush/Butler	

High Jump

6-2	Vicki Borsheim	1988
6-0	Maggie Garrison	1977
5-8 1/4	Dianne Baumann	1983
5-8	Celia Willis	1990
5-7 3/4	Francine Richardson	1997
5-7	Sidney Brown	2003
	Mary Prince	1990
5-6 1/2	Roxanne Rohweder	1987
	Diane Jolivet	1984
5-6	Brittany Roberts	2003
	Elena Popovskaya	2002
	Sonja Forster	1992

Pole Vault

13-5 3/4	Kate Soma	2004
13-3	Stevie Marshalek	2004
12-9 1/2	Carly Dockendorf	2004
	Sandy Erickson	2002
12-5 1/2	Ashley Wildhaber	2004
12-4	Alexis Jaime	2003
12-0 3/4	MerryJane Bendico	2001
11-3 3/4	Amy Groesbeck	2004
	Myrriah Swango	2003
10-11 3/4	Merilee Jones	2004
	Taylor Wilkins	2002
	Christina Withey	2000

Long Jump

20-5 1/2	Meledy Smith	1984
19-9 3/4	Tara Davis	1995
19-9	Kendra Keller	1984
19-7 3/4	Angie Tasker	1989
	Jakki Davis	1984
19-6 1/4	Ashley Lodree	2004
	Grace Vela	2004
	Kam Warner	1994
19-5 3/4	Michele Reid	1998
19-3	Marzette Penton	1998

Triple Jump

41-4 1/4	Brittany Roberts	2003
40-6 3/4	Angie Tasker	1988
40-0 1/2	Michele Reid	1998
39-7 1/2	Tara Davis	1995
39-4 1/2	Sidney Brown	2003
39-3 1/2	Kyla Sutton	1996
39-2 1/2	Suzanne Silvis	1994
38-8 3/4	Celia Willis	1991/92
38-6 1/4	Sharon Olsen	1996
38-4	September George	1988

Shot Put

52-7 1/2	Jennifer Ponath	1988
51-4 1/2	Shirley Ross	1988
50-9 1/2	Meg Jones	1988
49-10 3/4	Caryl Van Pelt	1978
49-9 3/4	Seselia Thomas	2000
49-4 1/4	Aretha Hill	1998
46-10	Suzanne Dandenault	1991
46-1 1/4	Cherron Davis	2003
46-0 1/2	LaTonya White	1990
45-2 1/2	Soozie Shanley	1995

20-lb. Weight Throw

55-2	Aretha Hill	1998
52-2 1/2	Soozie Shanley	1996
51-5 3/4	Seselia Thomas	2000
50-8 3/4	Kameko Gay	2003
49-1 1/2	Rebecca Morrison	1999
47-9 1/4	Searan Salibian	2002
47-7 1/4	Carin Trygg	2004
42-3 1/4	Cherron Davis	2003
40-9	Mia Norheim	2003
39-5 1/2	Mary Beeman	2002

Pentathlon

3,696	Dianne Baumann	1983
3,692	Angie Tasker	1989
3,592	Grace Vela	2004
3,508	Sonja Forster	1990
3,266	Roxanne Rohweder	1984
3,251	Deanna Carr	1983



Meledy Smith, Long Jump

2005 SEASON INFO

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Men's Pac-10 Meet History

2005 SEASON INFO

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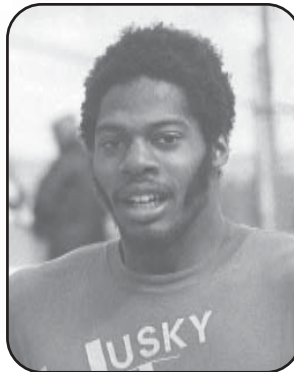
HISTORY

Pac-10 Outdoor Results (1979-)

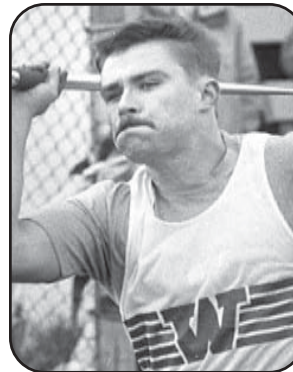
Year	Champion	Pts.	UW Place	UW Pts.
2004	UCLA	143	8	45
2003	USC	139	9	37
2002	Stanford	151	8	49
2001	Stanford	142	8	42
2000	USC	154	4t	83
1999	USC	164	9	52
1998	UCLA	135.5	6	93
1997	USC	145	3	96
1996	UCLA	151	3	97.5
1995	UCLA	163.5	8	54
1994	UCLA	135	9	30
1993	UCLA	170	7	60
1992	UCLA	123	6	54.5
1991	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

Pac-8 Outdoor Results (1960-78)

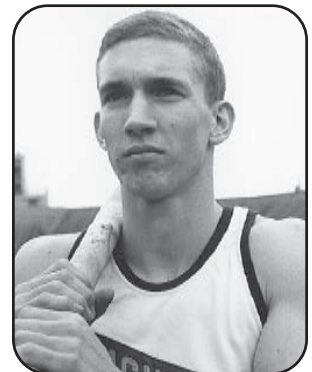
Year	Champion	Pts.	UW Place	UW Pts.
1978	USC	126	5	60
1977	USC	146	5	69
1976	USC	180	2	99
1975	USC	152	6	67
1974	USC	134.5	7	50.5
1973	UCLA	156	6	34
1972	USC	140	4	64
1971	UCLA	126	8	26
1970	UCLA	111	7	33
1969	UCLA	98	8	24
1968	USC	128	7	31
1967	Oregon	129	6	43
1966	UCLA	80	8	20
1965	Oregon	52	8	16
1964	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



Spider Gaines, 110m HH, 1976



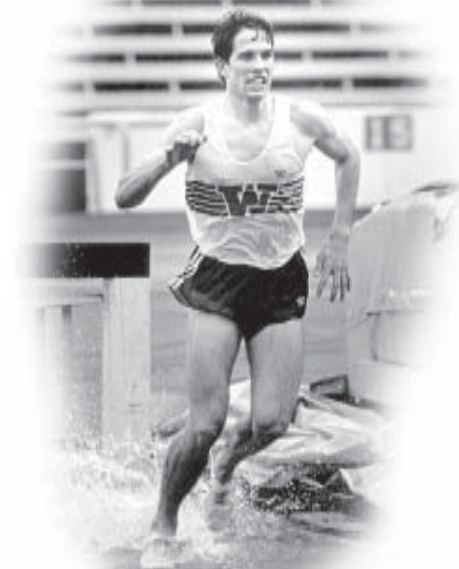
Darryl Roberson, JT, 1988, '89



Brian Sternberg, PV, 1963

Men's Pac-10 Champions (Pac-8 before 1979)

Year	Champion	Event	Mark
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
	Ja'Warren Hooker/Derek Prior/Scott Anabel/B.J. 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
	Brian Mondschein	Decathlon	7,066 pts.
1976	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
	Don Failla	Pole Vault	14-0
1960	Bill Coats	Pole Vault	14-0
	John Douglas	Javelin	237-0



Dan Bell, 1987 Pac-10 Steeple Champion

Women's Pac-10 Meet History



Anna Aoki, Two-time Pac-10 10,000-Meter Champion

Pac-10 Outdoor Results (1987-)

Year	Champion	Pts.	UW Place	UW Pts.
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

NorPac Outdoor Results (1983-86)

Year	Champion	Pts.	UW Place	UW Pts.
1986	Oregon	156	4	96
1985	Oregon	156	3	127
1984	Oregon	148	2	114
1983	Oregon	215	2	105

NCWSA Outdoor Results (1978-82)

Year	Champion	Pts.	UW Place	UW Pts.
1982	Oregon	194	5	62
1981	Oregon	257	3	107
1980	Oregon	244	3	102
1979	Oregon	172	2	95
1978	Oregon	142	3	74
1977	Seattle Pacific	159	3	63
1976	Seattle Pacific	149	5t	33

Women's Pac-10 Champions (1987-)

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
1996	Aretha Hill	Discus	208-11
	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



Jennifer Ponath, 1988 Pac-10 Shot Put Champion.

Mountain Pacific Sports Federation Indoor Conference Championships

Since the Pacific-10 Conference does not sponsor indoor track and field, Washington and many other Pac-10 schools compete indoors in the Mountain Pacific Sports Federation, along with selected members of the Big West, Mountain West, Western Athletic and West Coast Conferences. With the exception of the 2002 and 2003 seasons, the Huskies have been a member of the MPSF for indoor track and field since 1993. Husky athletes have combined for one MPSF team title and 20 individual crowns, including a sweep of the mile titles at the 2004 meet, held at Dempsey Indoor on the UW campus. The conference championships return to Washington in 2005, scheduled to run all day on Friday and Saturday, Feb. 25-26.

Men's MPSF Indoor Conference Champions

Year	Champion	Event	Mark
2004	Eric Garner	Mile Run	4:00.53
2001	David Bazzi	Mile Run	4:19.09
	Jason Fayant	5,000m Run	15:25.59
	Ja'Warren Hooker	60m Dash	6.51
	Ja'Warren Hooker	200m Dash	20.75
	Brad Walker	Pole Vault	17-9
2000	Ja'Warren Hooker	55m Dash	6.19
	Ja'Warren Hooker	200m Dash	21.34
1998	Ja'Warren Hooker	55m Dash	6.13
	Hooker/Dawson/Anabel/Prior	4x400m Relay	3:12.05
1996	Washington	4x400m Relay	3:14.81
1995	Ed Turner	200m Dash	21.41
1994	Tim Martin	55m Dash	6.33
1993	Mitch Leffler	800m Run	1:50.65

Women's MPSF Indoor Conference Champions

Year	Champion	Event	Mark
2004	Ingvill Makestad	Mile Run	4:42.17
2000	Seselia Thomas	Shot Put	48-6
1996	Aretha Hill	Shot Put	47-11 1/4
1995	Tara Davis	Long Jump	19-9 3/4
1994	Claudine Robinson	55m Hurdles	7.68
1993	Claudine Robinson	55m Hurdles	7.86

Men's Team Results

Year	Champion	Pts.	UW Place	UW Pts.
2004	UCLA	127	8	47.5
2003*	UCLA	127.5	—	—
2002*	UCLA	132	—	—
2001	Washington St.	108.5	3	104
2000	Stanford	142	6	65
1999	Stanford	128	5	61
1998	Washington St.	116.5	3	83
1997	Idaho	106.5	4	74
1996	Arizona	104	3	72
1995	Arizona	101	4	69.5
1994	Arizona	99.5	5	69
1993	Utah St.	98	7	36

Women's Team Results

Year	Champion	Pts.	UW Place	UW Pts.
2004	Stanford	148	3	83
2003*	Stanford	171	—	—
2002*	Arizona	137	—	—
2001	Arizona	142	6	46
2000	Washington St.	136.5	4	66
1999	Washington St.	117	5	59
1998	Stanford	113	3	75
1997	Stanford	103	4	56.5
1996	Washington	95	1	95
1995	Arizona	107	3	70
1994	Utah St.	87	3	83
1993	UNLV	91	4	55

NCAA Outdoor Results (1921-)

Year	Champion	Pts.	UW Place	UW Pts.
2004	Arkansas	65.5	—	—
2003	Arkansas	59	—	—
2002	Louisiana State	64	30t	8
2001	Tennessee	50	33t	6
2000	Stanford	72	28t	8.5
1999	Arkansas	59	—	—
1998	Arkansas	58.5	23t	10
1997	Arkansas	55	—	—
1996	Arkansas	55	26t	12
1995	Arkansas	61.5	54t	4
1994	Arkansas	83	65t	2
1993	Arkansas	69	36t	7
1992	Arkansas	60	—	—
1991	Tennessee	51	58t	4
1990	Louisiana State	44	28t	10
1989	Louisiana State	53	51t	4
1988	UCLA	82	55	4
1987	UCLA	81	26	11
1986	SMU	53	26t	11
1985	Arkansas	61	15	16
1984	Oregon	113	42t	10
1983	SMU	104	18t	28
1982	UTEP	105	22t	23
1981	UTEP	70	30t	6
1980	UTEP	69	29	7
1979	UTEP	64	5t	28
1978	UTEP/UCLA	50	12	21
1977	Arizona State	64	15	11
1976	USC	64	7	28
1975	UTEP	55	10	17
1974	Tennessee	60	9t	18
1973	UCLA	52	—	—
1972	UCLA	82	6t	18
1971	UCLA	52	12t	14
1970	Oregon/Kansas/BYU	35	22t	9
1969	San Jose State	48	38t	3
1968	USC	58	13	12
1967	USC	86	38t	4
1966	UCLA	81	32t	6
1965	USC/Oregon	32	46t	3
1964	Oregon	70	29t	8
1963	USC	61	10	17
1962	Oregon	85	—	—
1961	USC	65	49t	1.4
1960	Kansas	50	—	—
1959	Kansas	73	28t	6.1
1958	USC	48 6/7	—	—
1957	Villanova	47	—	—
1956	UCLA	57.7	—	—
1955	USC	42	—	—
1954	USC	66 17/20	—	—
1953	USC	80	27t	5
1952	USC	66 7/12	—	—
1951	USC	56	25t	5
1950	USC	49	—	—
1949	USC	55.4	—	—

Mike Ramos won the NCAA title in the decathlon in 1986, setting a meet record with 8,261 points. Ramos' win scored 10 team points for UW, part of 30 NCAA team points scored by Ramos all-time, the third-highest total by any UW men's athlete.

Year	Champion	Pts.	UW Place	UW Pts.
1948	Minnesota	46	—	—
1947	Illinois	59 2/3	30	5
1946	Illinois	78	16t	8
1945	Navy	62	—	—
1944	Illinois	79	—	—
1943	USC	46	8	17
1942	USC	85.5	26t	4
1941	USC	81.5	34	1
1940	USC	47	32t	2
1939	USC	86	—	—
1938	USC	67.75	—	—
1937	USC	62	—	—
1936	USC	103 1/3	—	—
1935	USC	74.2	26t	4
1934	Stanford	63	—	—
1933	LSU	58	38t	1
1932	Indiana	56	—	—
1931	USC	77	20t	8
1930	USC	55 27/70	2	40
1929	Ohio State	50	2	42
1928	Stanford	72	4	26
1927	Illinois	35	3	29
1926	USC	27	—	7
1925	Stanford	31	—	13.5
1924	No Meet Held	—	—	—
1923	Michigan	29.5	15	5.5
1922	California	28.5	—	—
1921	Illinois	20.25	4	12.25

NCAA Indoor Results (1965-)

Year	Champion	Pts.	UW Place	UW Pts.
2004	LSU	44.5	22t	11
2003	Arkansas	52	20t	10
2002	Tennessee	62.5	—	—
2001	LSU	34	11t	16
2000	Arkansas	41.5	22t	6
1999	Arkansas	65	—	—
1998	Arkansas	56	13	16
1997	Arkansas	59	43t	4
1996	George Mason	39	—	—
1995	Arkansas	59	—	—
1994	Arkansas	94	—	—
1993	Arkansas	66	—	—
1992	Arkansas	53	—	—
1991	Arkansas	34	41t	4
1990	Arkansas	44	45t	2
1989	Arkansas	34	—	—
1988	Arkansas	34	35t	4
1987	Arkansas	39	18t	8
1986	Arkansas	49	36t	3
1985	Arkansas	70	—	—
1984	Arkansas	38	—	—
1983	SMU	43	—	—
1982	UTEP	67	—	—
1981	UTEP	76	—	—
1980	UTEP	76	26	7.5
1979	Villanova	52	16	11.6
1978	UTEP	44	14t	14
1977	Wash. State	25.5	12t	7
1976	UTEP	23	—	—
1975	UTEP	36	—	—
1974	UTEP	19	39t	3
1973	Manhattan	18	26t	4
1972	USC	19	32t	3
1971	Villanova	22	22t	4
1970	Kansas	27.5	28t	3
1969	Kansas	41.5	—	—
1968	Villanova	35.5	—	—
1967	USC	26	39t	1
1966	Kansas	14	—	—
1965	Missouri	14	25t	3

AAU/TAC National Champions

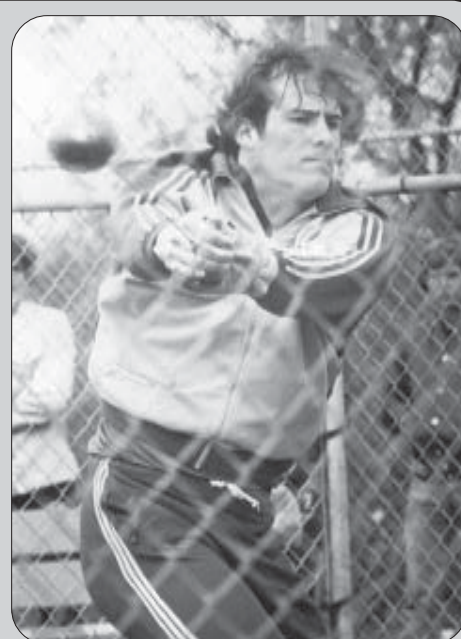
1984 Duncan Atwood, Javelin	1930 Herman Brix, Shot Put
1983 Rod Ewaliko, Javelin	Steve Anderson, 120y HH
1979 Duncan Atwood, Javelin	Ed Genung, 880y Run
1976 Fred Luke, Javelin	Paul Jessup, Discus
1974 Jim Johnson, Steeplechase	1929 Herman Brix, Shot Put
1973 Cary Feldman, Javelin	Steve Anderson, 120y HH
1972 Fred Luke, Javelin	1928 Herman Brix, Shot Put
1963 Brian Sternberg, Pole Vault	Steve Anderson, 120y HH
1932 Ed Genung, 880y Run	1922 Gus Pope, Discus
1931 Herman Brix, Shot Put	1921 Gus Pope, Discus
Ed Genung, 880y Run	1920 Gus Pope, Discus
Paul Jessup, Discus	



3-time AAU champ Gus Pope.

Men's NCAA Champions

Year	Champion	Event	Mark
2004	Brad Walker	Pole Vault (Indoor)	18-8 1/4
2003	Brad Walker	Pole Vault (Indoor)	19-0 1/4
1998	Ja'Warren Hooker	55-Meter Dash (Indoor)	6.13
1986	Mike Ramos	Decathlon	8,261 (meet record)
1979	Tom Sinclair	Javelin	261-3
	Scott Neilson	Hammer	237-3
	Scott Neilson	Weight Throw (Indoor)	71-5 1/2
1978	Scott Neilson	Hammer	237-5
	Scott Neilson	Weight Throw (Indoor)	68-7 3/4
1977	Scott Neilson	Hammer	228-4
	Scott Neilson	Weight Throw (Indoor)	68-10 1/2
1976	Scott Neilson	Hammer	216-8
	Borys Chambul	Discus	202-3
1975	Keith Tinner/Jerry Belur/ Pablo Franco/Billy Hicks	Mile Relay	3:05.10
1971	Cary Feldman	Javelin	259-0
1963	Brian Sternberg	Pole Vault	16-3 3/4
1930	Steve Anderson	120y High Hurdles	14.4
	Paul Jessup	Discus	160-9 3/8
1929	Steve Anderson	220y Low Hurdles	23.5
	Ed Genung	880y Run	1:55.0
1928	Rufus Kiser	Mile	4:17.6
1927	Herman Brix	Shot Put	46-7 3/8
1925	Jim Charteris	880y Run	1:55.4
1921	Gus Pope	Shot Put	45-4 1/2
	Gus Pope	Discus	142-2 1/4



Scott Neilson was a seven-time NCAA champion.

Career NCAA Outdoor Championships Individual Scoring (Since 1922)

History of NCAA Scoring

1985-: 10-8-6-5-4-3-2-1

1982-84: 15-12-10-9-8-7-6-5-4-3-2-1

1922-1981: 10-8-6-4-2-1

Name (Years)	Career NCAA Points Scored
Anderson, Dean (1926-28)	8
Anderson, Steve (1928-30)	40
Angle, Jim (1935-37)	2
Atwood, Duncan (1974, '77-'78)	6
Ballwey, Casey (1974)	1
Bazzi, David (1997-2001)	2
Bell, Dan (1984-87)	6
Belur, Jerry (1972, '74-'75)	2.5
Bracken, Dan (1931-33)	1
Brix, Herman (1926-28)	18
Brown, Dennis (1981-83)	3
Bryant, Beno (1990)	1
Bryde, Kirk (1971-72)	2
Burkholder, Troy (1996)	5
Callison, Cecil (1922-23)	1
Celms, John (1966-68)	2
Chambul, Borys (1972, '74-'76)	11
Charteris, Jim (1925-27)	20
Clark, Lyle (1942, '46-'47)	1
Clarke, George (1924-26)	3
Conwell, Ernie (1992-96)	8
Corvin, Curt (1984-86)	1

All-Time NCAA Individual Scoring Top-10

Name (Years)	Points
1. Scott Neilson (1976-79)	40
Steve Anderson (1928-30)	40
3. Mike Ramos (1982-86)	30
4. Rufus Kiser (1928-30)	24
Bob Rockett (1983-84)	24
6. Paul Jessup (1928-30)	22
7. Jim Charteris (1925-27)	20
8. Herman Brix (1926-28)	18
Rod Ewaliko (1973-76)	18
10. Cary Feldman (1970-72)	16
Ed Genung (1929-32)	16

Cramer, John (1961-63)	7.8	Palmason, Vic (1935-37)	2
Dodds, Gordon (1928-29)	2	Peltret, Ed (1925-27)	1
DuPree, Dave (1966-68)	0.5	Phillips, Matt (1999-2001)	0.5
Egtvet, Percy (1923-25)	0.2	Predmore, Jake (1996-2001)	2
Ellison, Bernard (1990-91)	1	Quitslund, Gary (1972-73)	8
Erickson, Steve (1981-85)	9	Qvale, Kjell (1940-41)	1
Ewaliko, Rod (1973-76)	18	Ramos, Mike (1982-86)	30
Feldman, Cary (1970-72)	16	Ramsey, Red (1925-26)	1
Franco, Pablo (1974-75, '77)	2.5	Roberson, Darryl (1988-89)	8
Gaines, Spider (1977-78)	1	Roberts, Dave (1965-67)	2
Gefre, Gary (1978-80)	1	Rockett, Bob (1983-84)	24
Genung, Ed (1929-32)	16	Roe, Bill (1965-67)	2
Hartley, Talbot (1929-31)	4	Setliff, Adam (1992-93)	4
Hensey, John (1947-50)	2	Seymour, Jim (1970-71)	5
Hicks, Billy (1974-75)	3.5	Shinnick, Phil (1962-65)	7
Hinds, Sterling (1982-84)	3	Sinclair, Tom (1978-79)	14
Hooker, Ja'Warren (1998-2001)	13	Skartvedt, Darrold (1952-54)	4
Howell, Byron (1981-85)	6	Smart, Bill (1968-70)	3
Hubbell, John (1968-70)	8	Smith, Bob (1941-43)	6
Humes, Tom (1927-29)	2	St. Clair, Justin (1998-2001)	3
Jessup, Paul (1928-30)	22	Steed, William (1946-49)	2
Johnson, Jim (1970-72)	8	Sternberg, Brian (1963)	10
Kaligis, Pete (1992-94)	2	Stirling, Bruce (1983)	1
Kamm, Tom (1943, '47)	6	Summers, Steve (1978-79)	6
Kiser, Rufus (1928-30)	24	Swanzey, Gene (1941-43)	1
Klein, Eric (1967-68)	4	Tabish, Dan (1983-87)	2
Kydd, Bill (1943)	4	Taylor, Jeff (1972-74)	8
LaBounty, Cliff (1957-59)	0.1	Temple, Tom (1966-68)	0.5
Lindsey, Ben (1997-2001)	4	Tinner, Keith (1975-77)	2.5
Luke, Fred (1966-68)	1	Tobacco, Terry (1957-59)	6
Madche, Brian (1994-96)	3	Vincent, Russ (1974-77)	4
Maginnis, William (1923-25)	1	Walker, Brad (2000-03)	8
Marshall, LaNorris (1981, '83)	9	Walsh, Marty (1967-69)	0.5
Mason, Earl (1921-23)	1.3	Webster, Rob (1979-82)	4
McGoldrick, Jim (1937-40)	2	West, Wariboko (1963-65)	2
McKay, Orlando (1989-91)	1	Wilde, Drummond (1925-26)	1
Merritt, Brent (1990-91)	1	Williams, Dave (1965-67)	6.5
Metcalfe, Greg (1991-93)	3	Wilson, Todd (1991)	4
Meyer, Denny (1952-54)	1	Wold, Don (1946-48)	8
Moulder, Robert (1980-81)	6	Widenfelt, George (1951-53)	5
Neilson, Scott (1976-79)	40	Wollen, Doug (1979-83)	5
Noji, Rick (1986-90)	8.5	Yantis, Dick (1941-43)	4
Oravetz, Steve (1978-79)	1		

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All-America Records

Most All-America Awards, Individual Career

1.	Ja'Warren Hooker, 1998-2001	10
2.	Scott Neilson, 1976-79	7
3.	Rick Noji, 1986-90	6
4.	Steve Anderson, 1928-30	5
5.	Brad Walker, 2000-04	4
	Ben Lindsey, 1997-2000	4
	Bob Rockett, 1983-87	4
	Dave Williams, 1965-67	4
	Paul Jessup, 1928-30	4
10.	Darryl Roberson, 1988-90	3
	Neal Kneip, 1985-86	3
	Mike Ramos, 1982-86	3
	Steve Erickson, 1981-85	3
	Steve Summers, 1978-79	3
	Rod Ewaliko, 1973-76	3
	John Cramer, 1961-63	3
	Bob Smith, 1941-43	3
	Rufus Kiser, 1928-30	3
	Herman Brix, 1926-28	3
	Jim Charteris, 1925-27	3

Season (Indoor/Outdoor combined)

1.	Ja'Warren Hooker, 1998	4
2.	Ja'Warren Hooker, 2000	3
	Ja'Warren Hooker, 2001	3
4.	David Bazzi, 2001	2
	Ben Lindsey, 1998	2
	Rick Noji, 1990	2
	Rick Noji, 1987	2
	Neal Kneip, 1986	2
	Steve Summers, 1979	2
	Scott Neilson, 1979	2
	Scott Neilson, 1978	2
	Scott Neilson, 1977	2
	Spider Gaines, 1977	2
	Billy Hicks, 1975	2
	Dave Williams, 1966	2
	Bob Smith, 1942	2
	Steve Anderson, 1930	2
	Paul Jessup, 1930	2
	Steve Anderson, 1929	2
	Paul Jessup, 1929	2
	Gus Pope, 1921	2

Most All-America Awards, Team

Season	Meet	
1. 1998	10	1. 1998 Indoor 7
2. 1990	8	1990 Outdoor 7
	8	1929 Outdoor 7
4. 2000	7	4. 2000 Outdoor 6
	7	1983 Outdoor 6
	7	1975 Outdoor 6
7. 2001	6	1967 Outdoor 6
	6	1930 Outdoor 6
	6	9. 1987 Outdoor 5
	6	1979 Outdoor 5
	6	1978 Outdoor 5
	6	1943 Outdoor 5

All-America Selection Procedure

From 1921-1986, All-America certificates were given to the top-six finishers in each event at the NCAA Championships. In 1987, an amendment was added that included one additional American for every foreign-born athlete in the top-six. In 1994, the number of All-Americans was expanded to include the top eight finishers, and one additional American for every foreign-born athlete in the top eight.

Men's All-Americans

Year	Name	Event	NCAA Place
2004	Eric Garner	Mile Run (indoor)	8th
	Brad Walker	Pole Vault (indoor)	1st
2003	Jeremy Park	3,000m Run (indoor)	13th
	Brad Walker	Pole Vault (indoor)	1st
2002	Brad Walker	Pole Vault	2nd
	Eric Garner	Mile Run (indoor)	13th
2001	Ja'Warren Hooker	200m Dash	5th
	David Bazzi	5,000m Run	8th
	David Bazzi	10,000m Run	8th
	Brad Walker	Pole Vault (indoor)	7th
	Ja'Warren Hooker	200m Dash (indoor)	2nd
	Ja'Warren Hooker	60m Dash (indoor)	3rd
2000	Ja'Warren Hooker	200m Dash	6th
	Jacob Predmore	Decathlon	7th
	Justin St. Clair	Javelin	6th
	Matt Phillips	Pole Vault	8th
	Ben Lindsey	Discus	11th
	Ja'Warren Hooker	60m Dash (indoor)	6th
	Ja'Warren Hooker	200m Dash	6th
1999	Justin St. Clair	Javelin	12th
	Derek Prior	400m Dash (indoor)	10th
1998	Ja'Warren Hooker	100m Dash	3rd
	Geoff Perry	1,500m Run	10th
	Ben Lindsey	Discus	5th
	Ja'Warren Hooker	55m Dash (indoor)	1st
	Ja'Warren Hooker	4x400m Relay (indoor)	8th
	Derek Prior	4x400m Relay (indoor)	8th
	B.J. Dawson	4x400m Relay (indoor)	8th
	Scott Anabel	4x400m Relay (indoor)	8th
	Ja'Warren Hooker	200m Dash (indoor)	8th
	Ben Lindsey	Shot Put (indoor)	5th
1997	Brice Newton	1,500m Run	12th
	Ben Lindsey	Discus	9th
	Ed Turner	200m Dash (indoor)	5th
1996	Nick Pavach	Steeplechase	11th
	Ernie Conwell	Shot Put	5th
	Troy Burkholder	Javelin	4th
	Bryan Madche	Pole Vault	6th
1995	Ernie Conwell	Shot Put	5th
1994	Pete Kaligis	Shot Put	7th
1993	Adam Setliff	Discus	5th
	Greg Metcalf	Steeplechase	6th
1991	Todd Wilson	Discus	5th
	Tony Parsley	Javelin	10th
	Dana Hall	55m Hurdles (indoor)	4th
1990	Rick Noji	High Jump	3rd
	Darryl Roberson	Javelin	10th
	Bernard Ellison	4x400m Relay	5th
	Orlando McKay	4x400m Relay	5th
	Beno Bryant	4x400m Relay	5th
	Brent Merritt	4x400m Relay	5th
	Todd Wilson	Discus	9th
	Rick Noji	High Jump (indoor)	5th
1989	Darryl Roberson	Javelin	5th
1988	Darryl Roberson	Javelin	5th
	Rick Noji	High Jump (indoor)	4th
1987	Rick Noji	High Jump (indoor)	2nd
	Rick Noji	High Jump	6th (tie)
	Bruce Stirling	1,500m Run	8th
	Dan Bell	Steeplechase	3rd
	Dan Tabish	Discus	7th
	Bob Rockett	Javelin	9th
1986	Rick Noji	High Jump (indoor)	6th
	Neal Kneip	Hammer Throw	9th
	Curt Corvin	10,000m Run	8th
	Mike Ramos	Decathlon	1st
	Neal Kneip	Weight Throw (indoor)	5th
1985	Neal Kneip	Weight Throw (indoor)	7th
	Bob Rockett	Javelin	2nd
	Byron Howell	200m Dash	6th
	Steve Erickson	Decathlon	4th



The Fab Four (from left to right): Scott Neilson, Borys Chambul, Rod Ewaliko and Russ Vincent combined to sweep the throwing events at the 1976 Pac-10 Championships. Neilson and Vincent would go on to earn All-America honors, two of 97 such awards earned all-time by Husky men's and women's throwers.

1984	Bob Rockett	Javelin	3rd
	Dale Pedersen	Javelin	14th
1983	Dennis Brown	4x100m Relay	2nd
	Sterling Hinds	4x100m Relay	2nd
	Byron Howell	4x100m Relay	2nd
	LaNorris Marshall	4x100m Relay	2nd
	Mike Ramos	Decathlon	3rd
	Bob Rockett	Javelin	7th
1982	Mike Ramos	Decathlon	3rd
	Steve Erickson	Decathlon	9th
	Doug Wollen	Discus	9th
	Ron Webster	800m Run	9th
1981	Steve Erickson	Decathlon	7th
	LaNorris Marshall	200m Dash	3rd
	Bernard Jackson	200m Dash	7th
1980	Robert Moulder	Javelin	3rd
	Gary Gefre	Decathlon	6th
1979	Scott Neilson	Hammer Throw	1st
	Tom Sinclair	Javelin	1st
	Steve Summers	Shot Put	3rd
	Scott Neilson	Weight Throw (indoor)	1st
	Gary Gefre	Decathlon	8th (tie)
	Mike Mahovich	Javelin	7th
	Steve Oravetz	Pole Vault (indoor)	5th (tie)
	Steve Summers	Shot Put (indoor)	6th
1978	Scott Neilson	Hammer Throw	1st
	Duncan Atwood	Javelin	3rd
	Tom Sinclair	Javelin	4th
	Steve Oravetz	Pole Vault	6th
	Steve Summers	Shot Put	7th
	Scott Neilson	Weight Throw (indoor)	1st
	Russ Vincent	Shot Put (indoor)	3rd
1977	Scott Neilson	Hammer Throw	1st
	Spider Gaines	110m Hurdles	6th
	Brian Mondschein	Decathlon	7th
	Scott Neilson	Weight Throw (indoor)	1st
	Spider Gaines	55m Hurdles (indoor)	5th
1976	Russ Vincent	Shot Put	4th
	Scott Neilson	Hammer Throw	1st
	Borys Chambul	Discus	1st
	Rod Ewaliko	Javelin	4th
1975	Rod Ewaliko	Javelin	3rd
	Billy Hicks	400m Dash	6th
	Billy Hicks	Mile Relay	1st
	Keith Tinner	Mile Relay	1st
	Jerry Belur	Mile Relay	1st
	Pablo Franco	Mile Relay	1st
1974	Rod Ewaliko	Javelin	2nd
	Borys Chambul	Discus	6th
	Casey Ballwey	Hammer Throw	6th
	Jeff Taylor	Pole Vault	2nd
1972	Gary Quitslund	Javelin	2nd
	Jim Johnson	Steeplechase	2nd
	Kirk Bryde	Pole Vault	5th
1971	Jim Seymour	440y Hurdles	4th
	Cary Feldman	Javelin	1st
1970	Cary Feldman	Javelin	3rd
	Jim Seymour	440y Hurdles	6th
	Bill Smart	Mile Run	5th

1969	Bill Smart	Mile Run	6th
	John Hubbell	Shot Put	5th
1968	John Hubbell	Shot Put	3rd
	Eric Klein	Triple Jump	4th
	John Celms	Steeplechase	5th
	Don Fate	Javelin	8th
1967	Fred Luke	Javelin	6th
	Dave Williams	4x110y Relay	5th
	Tom Temple	4x110y Relay	5th
	Dave DuPree	4x110y Relay	5th
	Marty Ludish	4x110y Relay	5th
	Dave Roberts	Mile Run	6th
1966	Dave Roberts	Mile Run	6th
	Dave Williams	440y Hurdles	4th
	Dave Williams	120y Hurdles	6th
1965	Dave Williams	Broad Jump	6th
	Bill Roe	120y Hurdles	5th
1964	Wariboko West	Broad Jump	5th
	Phil Shinnick	Broad Jump	3rd
1963	Phil Shinnick	Broad Jump	6th
	Brian Sternberg	Pole Vault	1st
	John Cramer	Pole Vault	6th
1962	John Cramer	Pole Vault	5th (tie)
1961	John Cramer	Pole Vault	4th (tie)
1959	Terry Tobacco	440m Dash	3rd
	Cliff LaBounty	Pole Vault	6th (tie)
	Jack Larson	Mile Run	7th
1953	Darold Skartvedt	Broad Jump	4th
	Denny Meyer	Two-Mile Run	6th
	George Widenfelt	High Jump	2nd (tie)
1947	William Steed	Two-Mile Run	5th
	Lyle Clark	120y Hurdles	6th
	John Hensey	880y Run	5th
1946	Don Wold	Mile Run	2nd
1943	Tom Kamm	Broad Jump	3rd
	Gene Swanzey	880y Run	6th
	Bill Kydd	Javelin	4th
	Dick Yantis	Discus	4th
	Bob Smith	220y Dash	5th
1942	Bob Smith	220y Dash	5th
	Bob Smith	440y Dash	5th
1941	Kjell Qvale	220y Dash	6th
1940	Jim McGoldrick	120y Hurdles	5th
1935	Vic Palmason	880y Run	5th
	Jim Angle	Mile Run	5th
1933	Dan Bracken	120y Hurdles	6th
1931	Ed Genung	880y Run	3rd
	Talbot Hartley	440y Dash	5th
1930	Talbot Hartley	440y Dash	5th
	Paul Jessup	Discus	1st
	Paul Jessup	Shot Put	4th
	Rufus Kiser	Mile Run	2nd
	Steve Anderson	120y Hurdles	1st
	Steve Anderson	220y Hurdles	3rd
1929	Steve Anderson	220y Hurdles	1st
	Steve Anderson	120y Hurdles	3rd
	Ed Genung	880y Run	1st
	Paul Jessup	Shot Put	4th
	Paul Jessup	Discus	4th
	Gordon Dodds	880y Run	5th
	Rufus Kiser	Mile Run	2nd
1928	Rufus Kiser	Mile Run	1st
	Steve Anderson	220y Hurdles	2nd
	Tom Humes	Broad Jump	5th
	Herman Brix	Shot Put	3rd
1927	Herman Brix	Shot Put	1st
	Dean Anderson	100y Dash	2nd
	Ed Peltret	440y Dash	6th
	Jim Charteris	880y Run	2nd
1926	Jim Charteris	880y Run	5th
	Red Ramsay	Two-Mile Run	6th
	Herman Brix	Shot Put	5th
	George Clarke	100y Dash	5th
1925	George Clarke	100y Dash	6th
	Jim Charteris	880y Run	1st
	Drummond Wilde	Mile Run	6th
	William Maginnis	Two-Mile Run	6th
	Percy Egtvet	High Jump	6th (tie)
1923	Earl Mason	Pole Vault	4th (tie)
	Cecil Callison	Broad Jump	6th
1921	Gus Pope	Shot Put	1st
	Gus Pope	Discus	1st
	Vic Hurley	100y Dash	5th
	James Pratt	440y Dash	4th
	Chuck Frankland	High Jump	4th (tie)

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NCAA Outdoor Results (1982-)

Year	Champion	Pts.	UW Place	UW Pts.
2004	UCLA	69	18t	13
2003	Louisiana State	64	29t	9
2002	South Carolina	82	—	—
2001	USC	64	—	—
2000	Louisiana State	58	66t	1
1999	Texas	62	—	—
1998	Texas	60	29t	8
1997	Louisiana State	63	—	—
1996	Louisiana State	81	30	7
1995	Louisiana State	69	47t	3
1994	Louisiana State	86	63t	1
1993	Louisiana State	93	49t	2
1992	Louisiana State	87	—	—
1991	Louisiana State	78	54t	2
1990	Louisiana State	53	—	—
1989	Louisiana State	86	—	—
1988	Louisiana State	61	10	26
1987	Louisiana State	62	28t	8
1986	Texas	65	22	11.5
1985	Oregon	52	—	—
1984	Florida State	145	34t	12
1983	UCLA	116.5	17t	24
1982	UCLA	153	28	11

AIAW Outdoor Results (1976-81)

Year	Champion	Pts.	UW Place	UW Pts.
1981	Tennessee	61	16	13
1980	CS Northridge	59	31	6
1979	CS Northridge	67	—	—
1978	CS Northridge	57	14t	10
1977	UCLA	86	12t	12
1976	Prairie View	60	30	4

NCAA Indoor Results (1983-)

Year	Champion	Pts.	UW Place	UW Pts.
2004	Louisiana State	52	37	3.5
2003	Louisiana State	62	—	—
2002	Louisiana State	57	—	—
2001	UCLA	53.3	—	—
2000	UCLA	51	—	—
1999	Texas	61	—	—
1998	Texas	60	—	—
1997	Louisiana State	49	—	—
1996	Louisiana State	52	—	—
1995	Louisiana State	40	—	—
1994	Louisiana State	48	32t	5
1993	Louisiana State	49	—	—
1992	Florida	50	—	—
1991	Louisiana State	48	—	—
1990	Texas	50	—	—
1989	Louisiana State	61	—	—
1988	Texas	71	8t	16
1987	Louisiana State	49	—	—
1986	Texas	31	—	—
1985	Florida State	34	—	—
1984	Nebraska	59	29t	4
1983	Nebraska	47	—	—

Women's National Champions



Jennifer Ponath, Shot Put, 1988

Jennifer Ponath fought through a case of strep throat to win a national title in 1998, heaving the shot put 54 feet, 4 1/2 inches at Hayward Field in Eugene, Ore. A graduate of Seattle's Shorewood High School, Ponath also placed seventh in the discus, guiding the UW women to a best-ever 10th-place team finish. She is one of just two Husky women to earn multiple All-America honors at one meet, and is the only UW woman to capture three such awards in one year.

Helena Uusitalo, Javelin, 1986

In her first year of U.S. collegiate competition, junior Helena Uusitalo in 1986 became the first UW woman ever to win an NCAA title. A native of Finland, Uusitalo launched the javelin 193 feet, 1 inch on her second toss, but sprained her ankle on her fourth attempt and fouled her final two. Uusitalo followed up her national title with a second-place finish in 1987, and set a school record of 197-4 which stands to this day.



Regina Joyce, 3,000m, 1981

In a collegiate-record time of 9:00.20, Regina Joyce earned the first national title of any kind for a UW women's track athlete at the 1981 AIAW National Championships. Joyce, who boasted dual citizenship of Ireland and England, would go on to win national titles in both nations later that summer, and competed for Ireland in the marathon at the 1982 Olympic Games. During her two years at Washington, Joyce set four UW outdoor records, three of which still stand.

Career Outdoor NCAA Championships Individual Scoring*

History of NCAA Scoring

1985- : 10-8-6-5-4-3-2-1

1982-84: 15-12-10-9-8-7-6-5-4-3-2-1

Name (Years)	Career NCAA Points Scored
Terra Barter (1994-95)	1
Mari Bjone (1991)	2
Vicki Borsheim (1985-87)	1.5
Tara Carlson (1993-96)	1
Deanna Carr (1981-83)	14
Donna Dennis (1983-86)	8
Aretha Hill (1995-98)	22
Courtney Inman (1999-2003)	5
Regina Joyce (1981-83)	12
Meg Jones (1985-87)	4
Laura Kruse (1994-95)	1
Monika Parker (1991-95)	2
Jennifer Ponath (1984-88)	14
Heather Reichmann (1999-2003)	2
Shirley Ross (1987)	8
Shelly Sanford (1987)	2
Meledy Smith (1984-85)	10
Kate Soma (2002-04)	10
Megan Spriestersbach (2004)	5
Seselia Thomas (1997-2000)	1
Helena Uusitalo (1986-87)	18

* Does not include AIAW Championships

All-Time NCAA Individual Scoring Top-10

Name (Years)	Points
1. Aretha Hill (1995-98)	22
2. Helena Uusitalo (1986-87)	18
3. Jennifer Ponath (1984-88)	14
Deanna Carr (1981-83)	14
5. Regina Joyce (1981-83)	12
6. Meledy Smith (1984-85)	10
Kate Soma (2002-04)	10
7. Shirley Ross (1987)	8
Donna Dennis (1983-86)	8
10. Courtney Inman (1999-2003)	5
Megan Spriestersbach (2000-04)	5

All-America Records

Most All-America Awards, Individual Career

1. Aretha Hill, 1995-98	4
Meg Jones, 1985-88	4
3. Kate Soma, 2002-04	3
Jennifer Ponath, 1984-88	3
Regina Joyce, 1981-83	3
Deanna Carr, 1981-83	3
7. Monika Parker, 1991-95	2
Claudine Robinson, 1991-94	2
Shirley Ross, 1987-88	2
Vicki Borsheim, 1985-88	2
Helena Uusitalo, 1986-87	2
Meledy Smith, 1984-85	2
Sandra Gregg, 1980-83	2
Maggie Garrison, 1977-81	2
Caryl Van Pelt, 1977-81	2

Season (Indoor/Outdoor combined)

1. Jennifer Ponath, 1988	3
2. Kate Soma, 2004	2
Shirley Ross, 1988	2
Meg Jones, 1988	2
Meledy Smith, 1984	2
6. Several tied with	1

Most All-America Awards, Team

Season	Meet	
1. 1988	9	1. 1988 Outdoor 6
2. 1980	5	2. 1980 Outdoor 5
3. 1981	4	3. 1981 Outdoor 4
4. 2004	3	4. 2003 Outdoor 3
2003	3	1998 Outdoor 3
1998	3	1995 Outdoor 3
1995	3	1988 Indoor 3
1994	3	1983 Outdoor 3
1993	3	9. Several tied at 2
1983	3	

Women's All-Americans

Year	Name	Event	NCAA Place
2004	Megan Priestersbach	Javelin	4th
	Kate Soma	Pole Vault	2nd
	Kate Soma	Pole Vault (indoor)	5th (tie)
2003	Kate Soma	Pole Vault	7th
	Courtney Inman	1,500m Run	4th
	Heather Reichmann	Javelin	7th
2000	Seselia Thomas	Discus	8th
1999	Cecelia Barnes	Discus	9th
1998	Danelle Kabush	1,500m Run	9th
	Keisha Griffis	400m Hurdles	9th
	Aretha Hill	Discus	2nd
1997	Aretha Hill	Discus	4th
1996	Tara Carlson	5,000m Run	8th
	Aretha Hill	Discus	3rd
1995	Aretha Hill	Discus	7th
	Tara Davis	Triple Jump	11th
	Terra Barter	400m Hurdles	8th
1994	Laura Kruse	Javelin	8th
	Monika Parker	Javelin	10th
	Claudine Robinson	55m Hurdles (indoor)	4th
1993	Monika Parker	Javelin	7th
	Tessie Schorr	Javelin	9th
	Claudine Robinson	55m Hurdles (indoor)	9th (tie)
1991	Janicka Peterson	3,000m Run	10th
	Mari Bjone	400m Hurdles	7th
1988	Shirley Ross	Shot Put	2nd
	Jennifer Ponath	Discus	7th
	Jennifer Ponath	Shot Put	1st
	Meg Jones	Discus	9th
	Meg Jones	Shot Put	5th
	Shelly Sanford	Javelin	7th
	Vicki Borsheim	High Jump (indoor)	2nd
	Shirley Ross	Shot Put (indoor)	7th
	Jennifer Ponath	Shot Put (indoor)	3rd
1987	Meg Jones	Shot Put	9th
	Helena Uusitalo	Javelin	2nd
1986	Helena Uusitalo	Javelin	1st
	Vicki Borsheim	High Jump	7th
1985	Meg Jones	Shot Put (indoor)	8th
	Camille Rivard	800m Run (indoor)	2nd
1984	Meledy Smith	Long Jump	3rd
	Meledy Smith	Long Jump (indoor)	4th
1983	Donna Dennis	100m Dash	8th
	Regina Joyce	10,000m Run	5th
	Deanna Carr	Javelin	5th
1982	Deanna Carr	Javelin	7th
	Regina Joyce	3,000m Run	9th
1981	Regina Joyce	3,000m Run	1st
	Sandra Gregg	1,500m Run	5th
	Maggie Garrison	High Jump	6th
	Caryl Van Pelt	Shot Put	9th
1980	Deanna Carr	Javelin	7th
	Sandra Gregg	4x800m Relay	3rd
	Anne Phillips	4x800m Relay	3rd
	Susan Gregg	4x800m Relay	3rd
	Dana Arnim	4x800m Relay	3rd
1977	Maggie Garrison	High Jump	3rd
	Caryl Van Pelt	Shot Put	3rd

All-America Selection Procedure

Prior to 1987, both the AIAW (1977-1981) and the NCAA (1982-present) awarded All-America honors to the top-six finishers in each event at the national championships. In 1987, an amendment was added that included one additional American for every foreign-born athlete in the top-six. In 1994, the number of All-Americans was expanded to include the top eight finishers, and one additional American for every foreign-born athlete in the top eight.



Thrower Meg Jones' four-career All-America honors equal Aretha Hill for the most by a Husky woman.

Huskies on the World Stage

UW at the Olympic Games

Since Ira Courtney first took the University of Washington to the Olympic Games as a sprinter in 1912, the purple and gold have had an enduring presence at the prestigious event. A total of 35 Huskies, from six different nations, have represented Washington at the Olympics, winning four medals. Following is a list of those UW athletes who have contributed to Washington's Olympic lore:

2004	Aretha Hill (USA), Discus, 19th	1960	Terry Tobacco (Canada), 400m
	Christian Belz (Switzerland), 5,000m, 22nd	1956	Terry Tobacco (Canada), 400m, dnp
	Orin Richburg (USA), Asst. Coach	1956	4x400 Relay (USA), 5th
2000	Adam Setliff (USA), Discus, 5th	1952	George Widenfeldt (Sweden), Decathlon, 4th
	Christian Belz (Switzerland), Steeplechase, 20th		Bob Hutchinson (Canada), 100m, dnp; 200m, dnp; 4x100 relay, dnp
1996	Ja'Warren Hooker (USA), 4x400, dnc	1936	Bruce Humber (Canada), 100m, 200m, dnp; 4x100 relay (USA), 4th
	Adam Setliff (USA), Discus, 12th	1932	Ed Genung (USA), 800m, 4th
	Aretha Hill (USA), Discus, 35th		Paul Jessup (USA), Discus; dnp
1984	Sterling Hinds (Canada), 4x400, 3rd	1928	Steve Anderson (USA), 110m HH, 2nd
	Duncan Atwood (USA), Javelin		Herman Brix (USA), Shot Put, 2nd
	Regina Joyce (Ireland), Marathon	1924	Gus Pope (USA), Discus, 4th
	Ken Shannon (USA), Asst. Coach	1920	Gus Pope (USA), Discus, 3rd
1980	Rod Ewaliko (USA), Javelin, dnc	1912	Ira Courtney (USA), 100, 200, dnp
	Duncan Atwood (USA), Javelin, dnc		
	Scott Neilson (Canada), Hammer		
1976	Borys Chambul (Canada), Discus		
1972	Jim Seymour (USA), 400m IH, 4th		
	Fred Luke (USA), Javelin, 8th		
1964	Phil Shinnick (USA), Long Jump, dnp		
	Wariboko West (Nigeria), Long Jump, 4th		



Herman Brix, pictured here winning a silver medal in the shot put at the 1928 Olympic Games in Amsterdam, set a world record in the event that same year.



Steve Anderson

World-Record Setting Huskies

Not only have Washington athletes appeared frequently on the world stage, several have exceeded the limits of human performance to establish new world records. Steve Anderson (at left) became the first Husky to break a world mark, doing so with a 14.4-second performance in the 120-yard hurdles in 1928, while pole vaulter Brian Sternberg and long jumper Phil Shinnick are the most recent to achieve the task, having bettered world records on the same day in 1963, at the Modesto Relays. Following is a list of those UW competitors who have helped set the benchmarks to which athletes worldwide have aspired:

1963	Brian Sternberg, PV, 16-8	1930	Paul Jessup, DT, 169-8 7/8
1963	Phil Shinnick, LJ, 27-4 (never ratified)	1928	Herman Brix, SP, 51-8
1932	Herman Brix, SP, 52-8 1/2	1928	Steve Anderson, 120yd HH, 14.4

Huskies at the IAAF World Championships

Note: Prior to 1991, the World Championships occurred once every four years; it has since occurred once every two years.

1983 — Helsinki, Finland

Rod Ewaliko (USA) Javelin, 11th, 255-1
Regina Joyce (IRE) Marathon, 7th 2:33:52

1987 — Rome, Italy

Duncan Atwood (USA) Javelin, 12th, 238-0

1991 — Tokyo, Japan

Rick Noji (USA) High Jump, 8th, 7-5 3/4

1993 — Stuttgart, Germany

Rick Noji (USA) High Jump, t21st, 7-2 1/2

1995 — Gothenburg, Sweden

Rick Noji (USA) High Jump, t27th, 7-2 1/2

1997 — Athens, Greece

Adam Setliff (USA), Discus, 7th, 208-2
Orin Richburg (USA), Assistant Coach

1999 — Seville, Spain

Aretha Hill (USA), Discus, 23rd, 203-11
Christian Belz (SUI), Steeple, 22nd, 8:29:19

2001 — Edmonton, Alberta, Canada

Orin Richburg (USA), Head Coach
Adam Setliff (USA), Discus, 5th, 218-4
Christian Belz (SUI), Steeple, 11th, 8:31.43

2003 — St. Denis, France

Christian Belz (SUI), 5,000m, 13th, 13:26.02
Aretha Hill (USA), Discus, 20th, 166-7 1/2



Aretha Hill is the United States' two-time defending discus champion, having won the event in both 2003 and 2004.

All-Time Letterwinners

HUSKY W V U FEVER

A

Abbey, George	1949-51
Achterman, Peg	1979
Ackerman, Carl	1948
Adair, Tammy	1978-81
Adams, Ben	1938
Adams, Cristian	2001-02, '04
Adams, Dale	1982
Adams, Kathy	1977
Adams, Robert	1929-31
Adams, Sonja	1984-86
Agostinelli, Monte	1982
Aguirre, Domingo	1941
Akins, Jerrod	1992-94
Akinson, Dennis	1961
Alan, Mark	1991
Albright, Richard	1970-74
Aleinkoff, Paul	1958-60
Aleinkoff, Steve	1980
Alexander, D'Andrae	2001
Alexander, Roc	2003
Alexander, Sam	1994-96
Algyer, Ray	1926
Allamano, John	1966-68
Allen	1900
Allen, Mark	1991-92
Allen, Mike	1992-93
Allen, Terrance	1999
Anabel, Scott	1995-99
Anacker, Don	1957-59
Andersen, Keith	1972
Anderson	1910
Anderson, Angela	1993-94
Anderson, Bob	1939
Anderson, Bruce	1936
Anderson, Casey	1921
Anderson, Dean	1926-28
Anderson, Gene	1964
Anderson, Keith	1973
Anderson, Oscar	1915
Anderson, Roy	1942
Anderson, Shawn	1989-91
Anderson, Steve	1928-30
Anderson, Steve	1992-93
Anderson, Sylvester	1922-23
Anderson, Tyler	1989-92
Anderson, Von	1994-95
Angell, Abe	1954-56
Angell, Anthony	1960-62
Angle, Jim	1935-37
Anicker, Rick	1980-81
Anschutz, Bert	1935-37
Aoki, Anna	1997-2001
Applegate, Kenneth	1924-27
Aragaki, Aaron	1990
Armstrong, Deanna	1992
Armstrong, Pat	1968
Arnim, Dana	1979
Arnold, Todd	2001-04
Arthaud, Don	1932-33
Arthaud, Jack	1939-40
Atkins, Herm	1970
Atkins, Jerrod	1991
Atwood, Duncan	1974, '77-'78
Augerson, Casey	1918-20
Augustine, Tony	1990
Augustine, Webster	1924-26
Austin, Djan	1993
Austin, Rachel	1994
Auzias-Turrene	1912
Avey, Gene	1939-40



Kirk Bryde won the 1971 Pac-8 pole vault crown with a mark of 17-4.

B

Bagley, Rich	1979
Bailey, Brandon	2003-04
Bain, Jerry	1958-60
Baines, Simon	1994
Baker, Julie	1996
Baldwin, Bob	1996
Bale, Robert	1929-31
Bale, Dick	1951-52
Ball, John	1966
Ballwey, Casey	1974
Banks, Henry	1952-55
Bannick, John	1934
Bantz, Burwell	1908
Baptiste, Bernard	1967-68
Barajaz, George	1990, '92-'94
Barber, Greg	1997-98, 2000-01
Barnes, Burton	1933-34
Barnes, Cecilia	1999
Barnett, David	1980-84
Barr, Darrell	1940-41
Barron, Jack	1943
Barry, Jay	1990
Barter, Terra	1994-95
Bartholmey, Don	1949-50
Bathurst, John	1979-82
Baudram, Warren	1940
Baugh, Gerald	1972
Baumann, Dianne	1982-83
Bazzi, Dave	1997-2001
Beall, Harry	1920-22
Beaty, Chris	1977, '79
Bechtol, Chuck	1938-40
Beeman, Mary	2002-04
Beguhl, Phill	1973
Bek, Margaret	1996
Belford, John	1987
Bell, Charles	1939-40
Bell, Dan	1984-87
Bell, Dee Dee	1990
Bell, Gerry	1943
Bell, Theodore	1931-34
Bellamy, Lorenzo	1979-80
Belur, Jerry	1972, '74
Belz, Christian	1997-98
Bender, Bert	1958-59
Bendico, MerryJane	1998, 2000-01

Benjamin, Marva	1983-86
Bennett, Lori	1992
Berge, Steve	1970
Bergesen, Kristi	1987
Bergman, Eugene	1919-21
Bergstrom, Julie	1979, '81-'83
Bidleman, Blake	2002
Biere, Sondra	1996
Bigelow, Dick	1942
Bingham, Harry	1938-40
Bingham, Jeff	1969
Bingisser, Martin	2004
Birch, Jeff	1966-67
Birkinshaw, Grant	1972
Bjone, Mari	1991
Bjorkland, Leon	1938-39
Blake, Hilary	1992-93
Bledsoe, Arlene	2000-01
Bledsoe, Clarence	1930-32
Blue, Eugene	1919
Blue, Nick	1998
Blystone, Hillary	1990
Boetske	1900
Bohrer, Steve	1987
Bolender, Sarah	1985-87
Bollen, Chris	1964-65
Bollinger, Ron	1954
Booker, Mike	1968
Bordenet, Matt	1991
Boren, Wendy	1989-90
Borgerson, Liv	1992
Borsheim, Vicki	1985-87
Bosset, Rachel	2001
Botzler, Ryan	1998-99, 2001
Bowles, Shannon	1994, '96-'97
Bowman, Claire	1911-13
Bowman, Hugh	1908-11
Bowman, John	1985-86
Boyce	1900
Boyd, Travis	2004
Bozarth	1918
Bracken, Dan	1931-33
Bradbury, Dale	1978, 80-'81
Bradley, Blayne	1991
Bradshaw, Kate	2000-03
Brager, Natalie	1994-96
Braley, Russ	1942
Brandenstein, Gaye	1979, '81-'82
Brandon, Bob	1972-73

Brandt, Mike	1969
Brannon, Ernie	1957-59
Brashers, Preston	2004
Braun, Gordy	1974, '77
Braunschweiger, Bob	1958-59
Braunstein, Tony	1992-93
Brayton, Joelle	1994-96
Brazier, John	1955
Bredahl, Dennis	1979-81
Brewer, Phil	1947-49
Brewer, Britt	1984
Brian, Bevan	1999-2001
Bridge, Todd	1993
Brigham, Charles	1946, '49-'51
Brinkley, Jim	1941-43
Brix, Egert	1924-26
Brix, Herman	1926-28
Brodie, Doane	1928-31
Brokaw	1910-11
Bronn, Greg	1987, '90
Brosseau, Joe	1999
Brovold, Greg	1969
Brown, Dennis	1981-83
Brown, Dick	1949
Brown, Dion	1989
Brown, Henry	1987
Brown, Pat	1979
Brown, Ryan	2003
Brown, Sidney	2002-04
Brown, Steve	1963-65
Brunell, Stacy	1993
Brunner, Stephanie	1990
Bryan, Bob	1954-56
Bryan, James	1922-23
Bryant, Beno	1990
Bryde, Kirk	1971-72
Buchanan, William	1961
Buckley, John	1935-38
Buckley, Leanne	1982-84
Buresh, Michelle	1989-90
Burke, Jack	1947-50
Burkhardt, Lara	1994-96
Burkholder, Troy	1996
Burney, Jack	1953
Burney, John	1947-49
Burns, Karrie	1991
Burns, Samantha	1996-97
Burston, Ray	1925-26
Buse, August	1931
Bush, Fred	1950
Butler, Dan	1982-84
Butler, Margaret	1997-2000
Bynoe, Alex	1992-95
Byrne, Tim	1972, '74

C

Cadman, Jason	1996, '98-'00
Cadwell, George	1932
Cairney, Ralph	1930-32
Calder, Lester	1920
Calhoun, Bill	1981
Callies, Michelle	1981
Callison, Cecil	1922-23
Cameron, Pete	1953
Campbell, Ed	1910
Campbell, Graham	1998-99
Campbell, Leslie	1989-91
Campbell, Todd	1992-95
Cardiff, Kevin	1980-83
Caricke, David	1946
Carlson, Tara	1993-96
Carlton, Dennis	1953
Carr, Deanna	1981-83
Carr, Luther	1957
Carr, Michael	1973-74
Carroll, Pat	1980-81
Carter, Frank	1924
Casbere, Jessie	1992-94
Cassidy, Debbie	1981-83
Cassity, George	1955-56
Cathcart, Ernie	1972
Caulkins, Glen	1900
Celestine, Brian	1979-82
Celms, John	1966-68
Chambul, Borys	1972, '74
Chang, Spencer	1990
Chapin, Ron	1990-93
Chapman, Melissa	2000-01
Charouhas, Tom	1978
Charteris, James	1925-27
Chenaur, Sam	1984, '86
Chestnut, Fred	1900
Childs, Boyd	1935-37
Childs, Lee	1970
Christensen, Dana	1978
Christensen, Scott	1970, '72
Christianson, Cory	2001
Chung, Aaron	1992
Churchwell, Ann	1984
Clark, Andy	1989-92
Clark, Lyle	1942, '46-'47
Clark, Steve	1973-74
Clarke, George	1924-26
Clarkson, Charles	1928-30
Cline, Jim	1979-80
Clinton, Dick	1943
Clyde, Paul	1913-16
Coaston, Laurie	1981-84
Coaston, Leslie	1981-84
Coatney, Dave	1977-80
Coats, William	1960



Billy Hicks (left) outkicked his two closest competitors on the final leg of the mile relay at the 1975 NCAA Championships to win Washington's first NCAA relay crown.

2005 SEASON INFO

ATHLETE BIOS

COACHES

2004 REVIEW

RECORDS

HISTORY

Cochran, Elvin	1913-14
Cochran, Lamont	1915
Cocking, Boyd	1926
Coddington, Travis	1997
Cody, T.J.	1994
Colbourne, Greg	1978
Cole, Bruce	1940-42
Cole, Jay	1990-93
Cole, Mark	1972
Cole, Mike	1974
Coleman, Kelly	1990-93
Coleman, Sam	1938-39
Comin, Myron	1934
Compton, Tracy	1996-97
Condon	1911
Condon, John	1931-33
Congdon, Gordon	1935
Connell, Kurth	1996-98
Connelly, Camille	2002-03
Conner, Rich	1990
Connors, Craig	1997-98
Consecki, Scott	1930
Conwell, Ernie	1993-96
Conwell, Will	2002, '04
Cook, Dennis	1977-78
Cook, Phillipe	2002-03
Coombes, Mike	1983
Corbin, Merritt	1932-33
Corbitt	1918
Corvin, Curt	1984-86
Cosgrove	1900
Cotsirilos, Steve	1972
Cottrell, Tina	1996
Coulson, Sara	1983
Courage, Mary	
Courtney, Ira	1911-12
Courtwright, Ed	1938-39
Couvson, Kim	1995-98
Coyle, Frank	1908
Craddock, Cheri	2004
Craig, Larry	1969-70
Cram, Jack	1927-30
Cramer, John	1961-63
Crandall, Laura	1980
Crary	1900
Craven, Tony	1987
Cressel, Marcia	1978
Crites, Newton	1912-15
Croadsdill, Charles	1938
Cronin, Mary	1978, '81-'82

Cummins, Robert	1948
Cunningham, Esrenee	1987-90
Cunnington, Heidi	2001
Custer, Ed	1933
Custer, Walt	1933
Cutts, Elmer	1929
D	
Dailey, Ervin	1918-20
Dalby, Dave	1947-48
Dalum, Doug	1977-79
Dambreville, Andrew	1996-99
Dandenault, Suzanne	1989-92
Danielson, Greg	1968-69
Dankworth, Gary	1970-73
Davidson, Harry	1914
Davidson, Patrick	2004
Davies, Mark	1993-94
Davies, Robert	1929
Davis, Al	1974
Davis, Cherron	2003-04
Davis, Jakke	1983-84
Davis, John	1956-57
Davis, Marsh	1919-21
Davis, Patrice	1996-99
Davis, Spencer	1993
Davis, Tara	1995
Dawson, B.J.	1995-98
Day, James	1998-99
Day, Paul	1998
Deeks, Don	1943
DeGallier, Jeff	1981-84
Delfel, Eric	1996
DeMunnik, Mike	1993-94, '96
Dennis, Donna	1983-86
Derby, Dean	1956-57
DeRosans, Reggie	1981
DeSaussure, Andre	1995, '97
Desilets, Makare	1997
DeSouza, Kevin	2001-02
Dignam, Lauran	2003-04
Dill, Jake	2000
Dillaway, Steve	1965-67
Dixon, Ashandi	1989-93
Dixon, Bill	1950-51
Doan, Jennifer	1979-81
Dockendorf, Carly	2003-04
Dodds, Gordon	1928-29

Dodge, Harold	1943
Dohm, Clarence	1905
Doht, Karlyn	1990-92
Donaldson, John	1949-51
Donaldson, Pete	1979-80
Donawa, Jay	1993
Dong, Mary	1987
Donnelly, Matt	1985-89
Donovan, Clyde	1933
Doran, Kevin	1987
Doremus, Ralph	1933
Douglas, Don	1920-22
Douglas, Donald	1946
Douglas, John	1959-61
Downey, Craig	2000-01
Downey, Heidi	1989-91
Draughton, Jennifer	1989-90
Driscoll, Les	1957-58
Drury, Jim	1935-36
Dryden, Kim	1981
DuBois, Kenneth	1923-24
Dufour, Pete	1951-52
Dufu, Kojo	1994-96
Duke, Dustin	2001-02
Dunn, Bryant	1930-32
Dupen, Brad	1983-85
Dupree, Dave	1966-68
Durst, Lora	1980
Duryee, Diana	1985
E	
Eakins	1910-11
Easton, Roy	1972
Eckman, Ray	1920
Edmiston, Ariel	1934-35
Edmonds, Rupert	1912-15
Egbert, Vince	1938
Egerdahl, Lindsey	2002-04
Egtvet, Percy	1923-25
Ehlers, Jeff	1985
Eichenberger, Paul	1978
Eickhoff, Warren	2003-04
Eitelberg, Dani	1977-78
Elkins, Dan	1973-74
Ellingsen, Dave	1981
Ellingsen, Jan	1978-79
Ellis, Kristin	1992
Ellison, Aaron	1985-89
Ellison, Bernard	1990-91
Emel, Michelle	1994-96
Enger, Harold	1943
England, Negley	1932-34
Englestone, Eric	1984-87
English, Liza	1998-2001
Erickson	1918
Erickson, Don	1986
Erickson, Sandy	1999-2000, '02
Erickson, Steve	1981-85
Erickson, Tom	1985
Eriksen, Dick	1939
Ernest	1924
Eskenes, Staci	1995-98
Evans	1910-11
Evans, Brandi	1989-92
Evans, Greg	1981
Evans, Thomas	1960-62
Ewaliko, Rod	1973-76
Ewing, Greg	1981
Ewing, Pat	1980-83

Faber, Fred	1942
Factory, Mike	1977
Fader, Andy	2002-04
Faget, Melvin	1927-28
Fagnani, Cari	1983-85
Failla, Don	1959-61
Fairleigh, Larry	1969-70
Fairleigh, Mark	1972
F	
Fairleigh, Mike	1970
Fancher, John	1914
Farias, Laura	1986-87
Fate, Don	1968-70
Faulkner, Virginia	1978-80
Favell, Peter	1977-81
Fayant, Chris	2002
Fayant, Jason	1999-02
Fayant, Jesse	2003
Fedore, Len	1983-84
Feider, Pat	1990-91
Feinburg, Davey	1994
Feldmann, Cary	1970-72
Felice, Damon	1995-96
Fellows, Jerry	1970
Felton, Sherri	1978
Fennema, Carl	1947-48
Ferguson, Ginger	1987
Ferguson, Jack	1928
Ferris, Jennifer	1992
Ferry, Edward	1922-24
Fetter, Earl	1946-47
Fields	1900
Fillman, Rich	1987
Finke, Ralph	1924
Finks, Whitt	1987
Fischer	1938
Fisher, Jim	1966-68
Fjellman, Greg	1992
Flagg, Jack	1937-39
Flanagan, Kevin	1986-87
Floberg, John	1950
Flora, Amy	1996
Flynn, Devon	1978-79
Foianini, Ashley	1998
Foianini, Kara	1992-94
Forni, Greg	2000-01
Fornia, Bob	1951-54
Forster, Andy	1997
Forster, Sonja	1989-92
Forsyth, Elliott	1987, '90-'91
Forward, Toni	1979-80, '83
Foster, Phil	1921
Fotheringill, Ty	1995
Foushee, Marie	2004
Fram, Don	1933
Franco, Pablo	1974-75, '77
Frankland, Charles	1920-22
Frankland, Charles	1947
Franza, Megan	1998
Free, A.K.	1922-23
Frome, Angela	1995-98
Fromme, Greg	1989
Frost, Eugene	1933-34
Frostad, Knut	1961-62
Froude, Chester	1924
Fu, Sam	1993-95
Fuller, Roy	1931
Fulton, Jeff	1967
Funk, Lora	1992-94



Maggie Garrison is one of two UW women's high jumpers to clear six feet.

G	
Gable, John	1935
Gabrio, Gerry	1978-79
Gaches	1900
Gaines, Sharon	1995
Gaines, Spider	1977-78
Galer, Fred	1932-34
Gamby, Kelly	1989-91
Gamish, Dan	1985
Ganje, Laura	1993
Gano, Kyle	1992-94
Garner, Eric	2001-04
Garretson, Ron	1941-43
Garrett, Brian	1967
Garrett, George	1932
Garrison, Dave	1972-73
Garrison, Maggie	1977, '79, '81
Garrison, Sue	1978
Gary, Bob	1985-88
Gary, Clark	1962
Gary, Robert	1984
Gaskell, Dave	1991
Gavin, John	1933
Gay, Kameko	2001-03
Gayton, Carver	1959
Gayton, Gary	1952-55
Gazin, Kurt	1992
Gefre, Gary	1978-80
Genung, Eddie	1929-32
George, September	1987
Gerbatz, Brenda	1983-85
Gheewala, Neha	1996-97
Gibbs, Jamie	2002-04
Gibbs, Lisa	2002
Gibson, Greg	1973-74, '77
Gibson, John	1915-17
Giesen, Alan	1989-90
Gilchrist, Andy	1987-90
Giles, Don	1941
Gill, Barney	1994
Gillete, Jennifer	1987-90
Gilliam, Darrell	1946
Gilpin, Tom	1963
Giordano, Jesse	2001-03
Gish	1910-11
Glass, Monique	1996-99
Glass, Steve	1998
Gleason, Villeroy	1915
Goetzinger, Karl	1979
Goiney, Bob	1972
Golob, Devin	2001-02
Gomes, Dave	1979
Gomes, Genevieve	1994
Gomez, Luis	1987
Gonsecki, Scott	1931-32
Goodner, Ernest	1919-20
Goodrich, Brad	2001-02
Gordon, Gavin	1984
Gordon, Scott	1989
Gourlay, Arthur	1928

Ed Genung won the 880-yard run at the 1929 NCAA Championships.



Rufus Kiser won the 1928 NCAA title in the mile with a time of 4:12.7.

Goxx, Lyle	1926
Grace	1912
Graham, Ryan	2001
Grant	1900
Grant	1977
Graves, Terri	1998
Gray, Harold	1915-19
Gray, Larry	1954-55
Green, Jeff	1989-91
Green, Stan	1953-54
Greene, Harold	1905
Gregg, Sandra	1980-83
Gregg, Susan	1980-83
Gregory, Keith	1982
Greve, Joan	1993
Grichuchin, Fred	1935
Grierke, Brian	1987
Griffin, Scott	1990
Griffin, Traci	1992-94
Griffis, Keisha	1996-99
Griffith, Janet	1983
Guenther, Fred	1952-53
Guerrero, Pat	1989-91
Guiberson, Kevin	1990
Guiterrez, Uriel	1996
Gustafson, Gary	1977-79
Guzman, Michelle	1990-91
Gylling, Jim	1981-82

H

Haagern, Merrill	1941-43
Hablou, Wallace	1950
Hafferty, Cajh	1989
Hage, Bob	1938-39
Hagerty, Frank	1923
Haines, Margaret	1998-2001
Halberg, Chris	1989
Hale, Mark	1987-90
Hall, Dana	1989-91
Hall, Ned	1937
Hallenbeck, Mark	1977-79
Hallett, Amy	1989-91
Halverson, Laura	2002, '04
Hamilton, James	1972-73
Hammermaster, Gene	1954-56
Hammonds, Annette	1979
Hamre, Nelson	1991

Hanenberger, Pete	1968
Hankinson, Mike	1989
Hann, Mike	1970
Hanningan, Bill	1982
Hansen, Doug	1972
Hansen, Neil	1992, '94-'95
Hansen, Tom	1983
Hanson, Cherish	1990-91
Hanson, Gary	1966-67
Hanson, Neil	1992-95
Harder, Don	1985-86
Harder, Richard	1959-61
Harkins, Paul	1997-2000
Harmon	1913
Harrell, Newson	1931-32
Harris, Al	1970
Harris, Al	1983, '85-'86
Harris, Brian	2004
Harrison, Donn	1948-50
Harrison, Jelani	2000, '02
Harrison, Kira	2004
Harrison, Walt	1942-43
Hartley, Talbot	1929-31
Haslam, Harry	1970
Hatheway, Ernest	1921-24
Hattix, Carlos	1996-97
Hatzenbeler, Steve	1994-96
Hawken, Harvey	1961-63
Hawkins, Harold	1934
Hawkins, Lauren	1990-91
Hawkins, Shavon	1999-2000, '02
Hay, Marion	1936-38
Hayes, John	1949
Hayes, John	1974, '77
Haynes, Nat	1930
Hazelton, Scott	1987
Hazlet, Steward	1963-64
Heaton, Archie	1939-41
Henderson, Greg	1981-82
Hendry, Christie	1980
Hennessey, Matt	2002
Henning, Burt	1927
Henry, Dean	1955
Henry, Jackie	1980-83
Hensey, John	1947-50
Herbert, Al	1941
Herried, Bill	1979
Heun, Tom	1977-78
Heusser, Shannon	1995

Hickel, Tim	1980
Hickey, John	2003-04
Hicks, John	1974
Higgins	1900
Hildrum, Tom	1999-2000
Hill, Amy	1994
Hill, Aretha	1995-98
Hill, Michelle	1985-86
Hill, Mike	2000-02
Hill, S.	1900
Hill, W.	1900
Hilt, Brent	1979-82
Hiltabidel, Charles	1946
Hilton	1912
Hilton, Dan	1995-96
Hilton, Jim	1954-56
Hinds, Sterling	1982-84
Hinkley, Wayne	1973-74
Hintze, Barbara	1983-84
Hjort, Alan	1989
Ho, Evelyn	1996-97
Hobbs, Richard	1960-61
Hodgson, Laura	2003
Hoelting, Kim	1968-70
Hogue, Jim	1965-66
Hoitnik, Staci	1990-93
Holcombe, Pat	1980-81
Holden, Brett	1981-83
Holland, Julie	1985
Holmes, Scott	1974
Holzknicht, Ted	1951
Hooker, Ja'Warren	1998-2001
Horat, Albey	1991-92
Hord, Joey	2000
Hossman, Carl	1933
Howard, Adam	1999
Howard, Anne	1990-91
Howe, Michael	1984
Howell, Byron	1981-85
Hubbard, Harry	1939
Hubbell, John	1968-70
Hublou, Wallace	1948
Hufford, Merle	1931
Hughes, Dave	1991, '93
Hulbert, Tara	2000
Humber, Bruce	1935-37
Humes, Thomas	1927-29
Hunt, Woodward	1960
Hunter, Andy	1999
Hunter, Darren	1993-95
Hunter, David	1985
Hurd, Bob	1949
Hurley, Victor	1921-23
Hurson, Mary	1986-87
Husby	1912
Hutchinson, Bob	1951-53
Hutson, Jason	1994

I

Ichikawa, Laura	1985-86
Iddings, E.J.	1997-99
Iddings, Owen	2000
Ingraham, James	1960
Ingraham, Reed	1928-29
Ingraham, Woodrow	1961
Inman, Courtney	1999-2003
Isaacson, Brian	1982
Iverson, Tony	1999

J

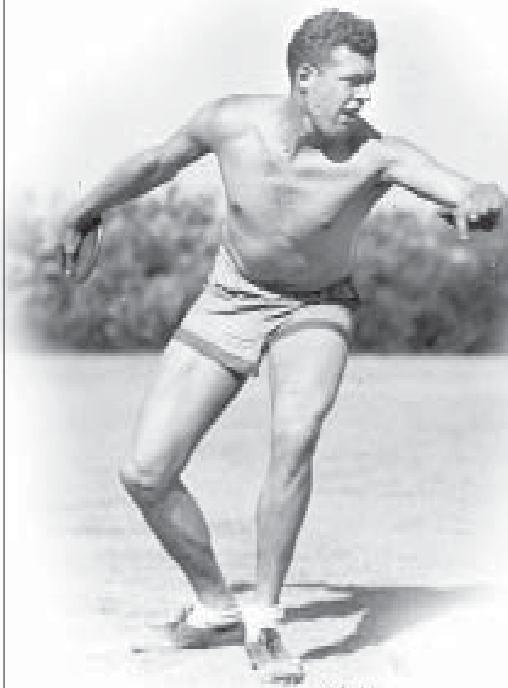
Jackson, Bernie	1981
Jackson, Bruce	2004
Jackson, Connie	1981-82
Jackson, Doug	2000-01
Jackson, Lyle	1983
Jackson, Vestee	1982, '84
Jaime, Alexis	2001-03
Jamerson, Jay	1986-89
James, Bill	1958-60
James, Brad	1987

James, Marc	2001-02, '04
Jansen, Tracy	1978-79
Jayne, Tim	1972
Jens, Seth	2001-03
Jensen, Cambrielle	2002-04
Jernigan, Noel	1955
Jessup, Paul	1928-30
Joachims, Herb	1942
Johns, Jack	1930
Johns, Paul	1940-41
Johnson	1911
Johnson, Ben	1969
Johnson, Dan	1978
Johnson, Dave	1978
Johnson, Emily	1993-96
Johnson, Eric	1994, '96-'97
Johnson, Erik	1986
Johnson, Jeff	1980
Johnson, Jill	2003
Johnson, Jim	1950
Johnson, Jim	1970-72
Johnson, Kari	1991
Johnson, Ken	1961-63
Johnson, Pat	1987-90
Johnson, Rockne	1949
Johnson, Ron	1992
Johnson, Zeldia	1985
Johnston, Colin	1995-96
Johnston, Dan	1996-99
Johnston, Mike	1956
Jolivet, Diana	1982-85
Jones, Brent	1988
Jones, Linda	1979
Jones, Meg	1985-87
Jones, Simon	1994
Jones, Steve	1986, '88, '90
Jonsson, Dwight	1998
Joyce, Regina	1981-83

K

Kabush, Danelle	1996-98
Kaligis, Pete	1992-94
Kamm, Tom	1943, '47
Kangas, Greg	1982
Kasim, Marvin	1999
Kaufman, Napoleon	1992

Kaye, Bob	1972
Kaynor, Pete	1994
Kearney, Kevin	1992-93
Keating, Bob	1937
Keire, Paul	1987
Keller, Kendra	1984-87
Kelley, Lara	1996-99
Kelly, Marcus	1998, 2001-02
Kennon, Calvin	1984-85
Kenny, Mike	1980
Kent, James	1946-47
Kenworthy	1900
Kerry, Bill	1952, '56-'57
Kertes, Jan	1968-69
Khemis, Nacime	1994
Kildal, Cory	1993
Killien, Ken	1934-36
Killien, Phil	1963-65
Kimbrell, Laila	1997
Kindred, Steve	1992-93
King, Amy	1999-2000
King, Cleo	1908
King, John	1933-34
King, Winchester	1923-25
Kintner, Bill	1937
Kipp, Dwight	1939-40
Kirkendall, Mike	1992
Kirkpatrick, Joey	1997
Kiser, Rufus	1928-30
Kiter, Michael	2002-03
Klein, Eric	1967-68
Knable, Ken	1982
Knapp, Clarence	1915
Kneip, Neal	1985-86
Knight	1917
Knutson, Eric	1990-91
Knutson, Kiersten	1990
Kobel, Mel	1955-56
Koch, Scott	1992-93, '95
Kok, Henrik	2001
Koley, Peter	1985
Kolstad, Dayton	1958-60
Koss, Ben	2000-03
Koss, Bill	1969-72
Kotto, Fred	1985-86
Kozol, John	1978-81
Krause, Mike	1978-79
Kriz, Aimee	1992-94



Paul Jessup's throw of 169-8 7/8 in the discus set a world record in 1930.

All-Time Letterwinners

2005 SEASON INFO

ATHLETE BIOS

COACHES

2004 REVIEW

RECORDS

HISTORY

Kruse, Laura	1994-95	Lomax, John	1960-62	Martin, Dave	1972
Kurras, Julie	1982	Long, John	1941-42	Martin, Paul	1940
Kutzer, Brian	1982	Lorvick, Adrienne	1983	Martin, Tim	1992-95
Kydd, Bill	1943	Lorvick, Dave	1978-82	Mason, Ben	1955
		Loucks, Darin	1992-94	Mason, Earl	1921-23
L		Loudon, Dick	1951	Massey, Howard	1969
LaBarge, Peter	1960	Louie, Bob	1964	Massingale, Garcia	1982
LaBellarte, Paul	1985	Louie, Johnny	1964	Mathewson, Tami	1990-93
Labonge, Carl	1952-55	Lovely, Dawn	1990	Mathies, John	1960-61
LaBounty, Cliff	1957-59	Lowe, Kenya	1993	Matland, Conrad	1949-50
Lack, Cindy	1979-82	Lucas, Mike	1982-85	Matson, Cami	1997-2000
Lahmann, Jennifer	1991	Lucci, Frank	1955-57	Maurer, Craig	1990
Lamby, Rod	1979	Luke, Fred	1966-68	Mayer, Robert	1980-82
Landy	1921	Luke, Milton	1960	McAdams, Dean	1940
Lane, Katie	1993-94	Lund, Harry	1934	McBride, Chad	1992
Lang	1911	Lund, Ron	1955	McBride, Cy	1992
Langer, Jerry	1951-55	Lunsford, Walt	1935	McCallister, Ed	1980-81
Lanigan, Erik	2002	Lynch, Jack	1964-65	McCallum, Charles	1927
Larberg, Don	1947-49	Lynn, Bob	1941	McCallum, Donald	1927-28
Larson, Jack	1958-60			McCary, Phil	2004
Lasiter, Liz	1985	M		McClatcher, Mikki	1994-97
Lauger, Charles	1946-47	MacCluer, Gavin	1996-97	McClelland, George	1913-14
LaVerdure, Darryl	1973-74	MacDonald, Bill	1915-19	McClelland, Kirby	1987
Lavery, Terry	1972-74	MacDonald, Bill	1943	McClement, Bill	1978
Leach, Larry	1996	MacDonald, William	1947	McClement, Bob	1980
Leadbetter, Bob	1954-56	MacIntyre, Charles	1927	McCluskey, Mike	1957
Leahy, Adam	1989-90	Mackey, James	1999-2000	McConkey, Fred	1949-51
Ledford, Chris	1997-99	MacPherson, Mike	1996, '98	McCord, Murray	1964-65
Lee, McKane	2004	Madche, Bryan	1994-98	McCoy, Rhamu	1993-94
Leffler, Mitch	1990-93	Mager, Gene	1941	McCrory, Tom	1903-05
LeForstier, Frederick	1993	Maginis, William	1923	McCulloch, Dave	1956-58
Lendig	1900	Maginnis, Dave	1936-38	McDonald, Mary	1992-94
Lermusik, John	1980-82	Mahnken, Carl	1956-57	McDonald, Tom	1905
Lesley, Earl	1950-21	Mahovich, Mike	1979-82	McDonald, William	1920
LeTourneau, Jack	1959	Makela, George	1959-61	McDowell, Bruce	1986-89
Lewis, Moses	1999	Makestad, Ingvi	2004	McFee, John	1912-14
Lewis, Pam	1991-94	Makrogiannis, Eugenie	1995-96	McGaffy, Wesley	1919
Lia, Amy	2004	Malm, Katie	1992-95	McGillicuddy	1913
Liebsack, Stacy	1989-90	Manalili, Craig	1992-95	McGinnis, William	1924-25
Lilly, Ed	1980	Mandi, Mark	2003-04	McGoldrick, Jim	1937-40
Lim, Ron	1962	Manjarrez, Tony	1992-95	McKay	1910
Lindgren, Sara	1984-85	Mantle, Vernon	1930-31	McKay, Fred	1964-66
Lindsey, Ben	1997-2001	Mapes, Gary	1957-58	McKay, Jim	1989-92
Linton, Robert	1921	Markov, Vic	1936-37	McKay, Orlando	1989-91
Lipscombe, Jack	1935	Marks, Kevin	1990, '92	McKimson, Dick	1956-57
Liska, Debbie	1979	Marley, Sacha	1993	McLaren, Ian	1937
Lockhart, Bob	1938-40	Marshalek, Stevie	2004	McLaughlin, Bob	1941, '46
Lodree, Ashley	2004	Marshall, LaNorris	1981, '83	McLean, Rob	1972
		Martin, Brian	1980	McLean, Sutherland	1942, '46
				McLeod, Brianna	2004
				McLeod, Horace	1923
				McMahon, Paul	1932-33
				McMurray, Kevin	1987
				McNeil, Chester	1931
				McRae, Ronald	1949
				McVickers, Aimee	1990-91
				Meade, Doug	1980-81
				Meader, Ron	1932-33
				Meagher, Vicki	1980
				Meier	1910
				Meisnist, Ken	1925
				Menashe, Dave	1977-80
				Mendez, Paul	1994
				Merritt, Brent	1990-91
				Mesmer, Rich	1968-70
				Mesojednik, Paul	1980
				Metcalfe, Greg	1991-1993
				Metlen, Dave	1921-22
				Meurer, Don	1953
				Meyer, Ben	1996-2000
				Meyer, Bill	1937
				Meyer, Denny	1952-54
				Meyer, Richard	1960-61
				Meyring, Don	1946
				Michael, Mike	1985-86
				Michel, Dan	1956-58
				Mickelson, Erik	1998-99
				Miles, Tonjua	1982
				Mill, Doug	1967
				Miller, Greg	1977
				Miller, Henry	1926
				Miller, James	1922
				Miller, Jess	1935-37



Greg Metcalf earned All-America honors in the steeplechase.

Miller, Merle	1937	N	
Miller, Reed	1958-60	Nace, Howard	1942
Millett, Tom	1956	Nacrelli, Jennifer	1984-87
Milton, Shiri	1984-85	Naesheim, Atle	1989
Mincy, Charles	1990	Nagahisa, Fumi	2002-03
Minelli, Lia	1994-97	Nail, Joe	1941-43
Minnis, Ty	1994-97	Nardin, Al	1946-27
Minnitti, Rob	1999-2001	Neal, Pat	1984
Moe, Carl	2004	Neil, Sara	1979-80
Mole, John	1996	Neilson, Scott	1976-79
Molenaar, Dee	1947-48	Neiman	1912
Moller, Carrie	1991	Neiman, Paul	1959
Monda, Sue	1978	Nelson, Arthur	1929
Mondschein, Brian	1973, '77	Nelson, Bill	1996
Monro, Sabrina	2003	Nelson, Kirk	1989-91
Montgomery, Bob	1963	Neubauer, Lance	1979
Montgomery, Dick	1937-39	Neville, Jim	1993
Montgomery, Robin	1934	Newing, Geoff	1972-73
Moody, Skip	1996-99	Newton, Brice	1994-97
Moore, LeTasha	2000-02	Newton, Nolanna	1995-97
Moore, Lou	1979	Nickelberry, Ray	1963
Moore, Lucian	1977-78	Nickell, George	1928-30
Moore, Rianna	2002-03	Nipert, Mike	1980
Moore, Terry	1980	Noji, Rick	1986-90
Morales, Carrie	1994	Nomiyama, Janice	1979-83
Morehead, Don	1983-84	Nomiyama, Lori	1983
Moren, John	1984	Northcraft, Dick	1938-40
Morford	1918	Notaro, Marc	1990
Morgan, Art	1936-38		
Morgan, Ken	1950-52	O	
Morgan, Matt	1979, '80	O'Brian, Dan	1969
Morris, Chris	1993	O'Brien, Mike	1999
Morris, Frank	1952	O'Connell, Cathy	1987-90
Morrison, Rebecca	1998-99	O'Leary, John	1979-80
Morton, Charlie	1989	O'Neil, Harley	1939
Morton, Darrell	1958-59	O'Neil, Paul	1930
Moser, Bill	1957-59	O'Neill, Shannon	1989-90
Moulder, Robert	1980-81	Ocken, Sue	1989-90
Moulijn, Marjan	1978-79	Odegard, Cleave	1987-89
Mucherheide, Tom	1980-81	Oelke, Sheryl	1990-91
Muhammad, Asya	1997-2000	Ogarro, Zee	1999-2002
Muir, Robert	1947-48	Ogden, Steven	1989
Mulfinger, Kirk	1991-92	Oldberg, Barney	1958-61
Mullen, Emily	1999-2000	Oldfield, Steve	1963-65
Mullian, Tracey	1989-91	Olma, Mike	1986
Munroe, Jeff	1992-94	Olson, Bill	1948-50
Murphy	1900	Olson, Sharon	1995-96
Murphy, Tom	1938-41	Oravetz, Steve	1978-79
Murray, Tim	1977	Owen, Mike	1981

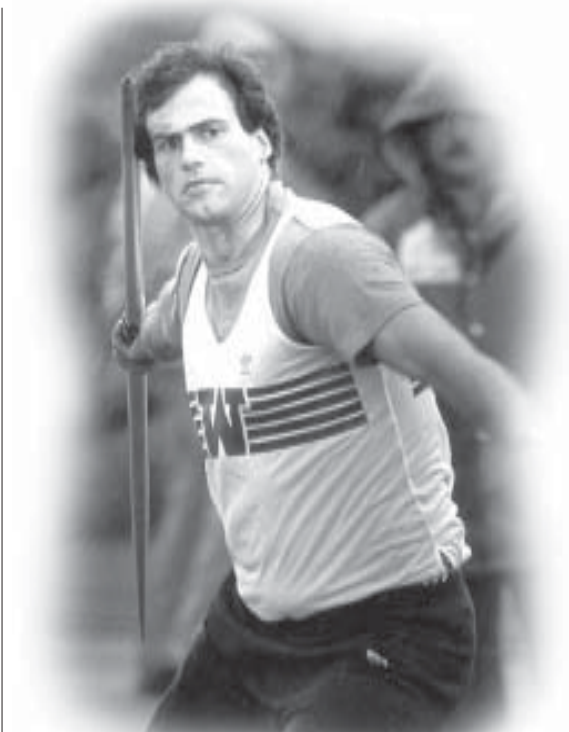
Regina Joyce won the 1981 AIAW national title at 3,000 meters.

All-Time Letterwinners

HUSKY WILFEVER

P

Pacheco, Anica	1996
Padberg, Bryan	1990-91
Padron, Jennifer	1982
Palmason, Vic	1935-37
Palmer, Gillian	2001
Panchen, Neil	1992-93
Pangallo, Dick	1979-80
Panton, Jim	1937-38
Pape	1910
Parish, Ross	1980
Park, Jeremy	2002-03
Park, Tae Sung	1993-95
Parker, Carolyn	1997
Parker, Dave	1977, '79
Parker, Monika	1993-95
Parks, Laura	1992
Parrish, Scott	1984-86
Parrish, Tony	1994-95
Parsley, Reed	1969-70
Parsley, Tony	1991-92
Parsons, Dean	1952-54
Partridge, Diane	1977
Pascoe, Shelley	1991
Patten	1911-13
Patton, Jeff	1996
Paulsen, Shane	1990-93
Pavach, Nick	1992-96
Pearce, Ramona	1980
Pearson, Erik	1997
Pearson, Joe	1900-03
Pearson, Matt	1997-98
Pearson, Robert	1900
Peckham, Jeff	1977
Peddle, Chris	1987
Pedersen, Dale	1982-84
Pedersen, Ross	1932-34
Pederson, Erik	2002
Peeples, Clint	1962
Peltret, Ed	1925-27
Pemberton, Al	1964-66
Pendleton, Crosby	1929-31
Penton, Marzette	1996-99
Pentz, Chelsie	1998-2001
Pereboom, Darla	1978-80
Pereboom, Sonja	1979-80
Perfrement, Ernie	1933
Perkins	1920
Perrins, Seth	2004
Perry, Geoff	1997-2000
Perry, Joel	2001
Perry, Loran	1950-52
Perry, Travis	1991
Peterson, Brooke	1998
Peterson, Bryan	1992
Peterson, Janicka	1987-90
Peterson, Marilee	1978-79
Peterson, Sarah	2000-01
Petley, Karen	1981-82
Petrin, Mike	1979-80
Phillips, Ann	1979-81
Phillips, Matt	1999-2001
Pickering, Gerry	1966-67
Piel, Jennifer	1994
Pierr, Tom	1981
Pittman, Evert	1943
Plowman, Jerry	1962-64
Plumb, Frank	1933-35
Ponath, Jennifer	1984-88
Poole, Dan	1969, '72
Pope, Gus	1919-21
Popovskaya, Elena	2002
Porter, Sunny	1999
Posner, Amy	1991-94
Pratt, Reginald	1921-22
Predmore, Jacob	1996-99
Prior, Derek	1998, 2000
Prout, Larry	1966-67
Pruitt, Kelly	1981-82
Pruzan, Harry	1933-35
Pulford, Larry	1956-58
Pullen, Kathy	1987
Pulley, Julie	1978



Four-time All-American Bob Rockett set a UW javelin record in 1985.

Q

Quan, T.J.	1998-99
Quitslund, Gary	1972-73
Qvale, Kjell	1940-42

R

Radford, Mike	1977-78
Rainey, Ben	1994
Ramos, Mike	1982-86
Ramsey, Finlay	1925-26
Ramstedt, Julius	1929-31
Rathman, Bill	1992
Raymond, Mike	1993-94
Rector, Michael	1942
Redfern, Mel	1948
Redmond, Eddie	1998
Reed, Robert	1928-29
Reese, Jenny	1989-92
Reichmann, Heather	2001-03
Reid, Michelle	1995-98
Reid, Scott	1980, '82
Reinelt, Herb	1949
Reinke, Jim	1984-87
Reinking, Dick	1964-66
Rembold, Kali	1993-96
Remund, Frank	1999-2002
Rene, Jeremy	1987
Renouard, Bob	1977
Renz, Joshua	1998-2001
Renz, Sherri	1979
Reynolds, Rob	1995-98
Reynolds, Sewall	1946
Rhuddy, Kenneth	1930-32
Richard, Kristy	1989-92
Richards, Bill	1950-52
Richards, Meredith	1984
Richardson, Colleen	1980-83
Richardson, Fran	1997-99
Richardson, Keith	1981
Richburg, Julio	1989-90
Richmond, Bill	1984-87
Rickey, Paul	1998
Ridgeway	1910
Riedl, Karen	1997
Riley, Elizabeth	1993-94
Riley, Fenwick	1930
Roberson, Darryl	1988-89
Roberts, Brittny	2001-03
Roberts, Dave	1965-67
Roberts, Sam	2003-04
Robinson, Andrew	2003-04
Robinson, Claudine	1991-94
Robinson, Doug	1946, '49
Robinson, Earl	1947
Robinson, Gary	1980
Robinson, Josh	1999-2002
Robinson, Richard	1942
Robinson, Vern	1954
Rochette, Daryl	1991
Rockett, Bob	1983-85
Rodeheffer, Matt	1994
Roe, Bill	1965-67
Roe, T.T.	1987-89
Roetman, Rainey	1979
Rogers, Elizabeth	2000
Rogge, Josh	1999, 2001-02
Rohrer, Lee	1995
Rohrschieb, Walter	1935-36
Rohweder, Roxanne	1984-87
Romero, Juan	2002-04
Ronning, Kristin	1990-93
Rosdahl, Andy	1991
Rose, Amy	1999
Rosen, Tyler	1997-99
Rosenquist, Frank	1932-33
Ross, Fred	1928-30
Ross, Shirley	1987
Rowe, Leslie	1981
Rowe, Tim	1972
Rubestello, Leo	1943
Rucker, Jim	2000-01
Rudder, Tyriff	2001
Rueckert, Dan	1978-79
Russell, John	2000, '03-04
Russell, Ray	1942-43
Rustad, Doug	1962
Rutledge, Kevin	1981
Rutter, Bob	1974
Ryan	1900
Ryan, Field	1952-54
Ryan, Willem	1996-99

S

Sahlberg, Zach	2001
Saladino, Peter	1990-91
Salibian, Searan	1999-2002
Samples, Roger	1935-36
Sampson, Shelton	2003
Samuelson, Justelle	1993-96
Sanders, Jeff	1980-81
Sanders, Leo	1998
Sandmeyer, Koko	1991-94
Sanford, Shelly	1987
Sargent	1900
Sarles, Trevor	1963-65
Saunders, Barney	1959-60
Saunders, Robert	1961
Sauter, Andrea	2000
Savage, Jennifer	1991
Sayenko, Mike	2004
Scanlon, Henry	1947-48
Schaures, John	1992
Schepman, Hoddy	1957
Scherer, Lewis	1903
Schibig, Louise	1980
Schloessler, Lee	1946
Schock	1900
Schorr, Tessie	1990-93
Schroeder, Marvin	1927
Schruth, Dan	1999-2000
Schultz, Jim	1967, '68
Schur, Brian	1994
Schutte, Todd	1989
Schwager, Karen	2004
Schweim, Joyce	1987-90
Schwinn, Mat	1999, 2001-03
Scoggins, Garrett	1993-94
Scott, Jim	1940
Scott, Rob	1992-93
Scruton, Lee	1980
Seferovoch, Larry	1962-64
Seibel, Mike	1986
Sellers, Elbert	1929, '35
Semanskee, Stace	1982
Senger, Bob	1972
Senior, Micky	1973
Setliff, Adam	1992-93
Seward, Carissa	1991
Seymour, Jim	1970-71
Shaeffer, Chris	1989
Shaffer, Ron	1952
Shanley, Soozie	1995-96
Shannon, Patsy	1979-81
Shaures, John	1989-90
Sheedy, Aaron	1992-93
Shelley, William	1927-29
Shelton, Thad	1996
Shepard	1918
Sheppard, Kelsey	1999-2002
Shera, Brian	1925
Sheron, Ed	1955
Sherrick	1910-11
Shields, Don	1970
Shields, Pat	1970
Shierk, Lia	1987
Shih, Jim	1994
Shinnick, Phil	1962-65
Shish, Greg	1980
Short, Nate	1985-89
Shouman, Stormy	1989-91
Shroeder, Marvin	1925
Shugarts, Gerg	1987
Sievers, Chris	1956-58
Silvis, Suzanne	1991-94
Sims, Jr., James	2002-03
Simon, Darrell	1928
Simpson, Eric	1993-95
Simpson, Larry	1967
Sinclair, Tom	1978-79
Singer, Dean	1955-57
Singleton, Gerald	1972
Singleton, Chris	2002-03
Sinhkoskey, Gary	1959
Sires, Jed	1998
Skartvedt, Darrold	1952-54
Slade, Douglas	1923
Sloan, Bill	1940
Smalley, Jennifer	1991
Smart, Bill	1968-70
Smiley, Vickie	1983
Smith, Bill	1930
Smith, Bob	1941-43
Smith, Craig	1992
Smith, Graham	1927-28
Smith, Greg	1982-84
Smith, Hans	1948
Smith, Jacob	1992-95
Smith, Jamara	2000-01
Smith, Martin	1947
Smith, Matt	1991
Smith, Meledy	1984-85
Smith, Rex	1905
Smith, Teo	1985-89
Smith, Troy	1927-29
Smith, Willard	1939-41
Smyth, Greg	1972-73
Snider, Loyal	1924-27
Snyder, John	2001-02
Snyder, Julia	1985-86
Softli, Tony	1958
Sollars, Theresa	1980-82
Soma, Kate	2002-04
Southwick, Everett	1951
Southwick, Glen	1919
Spangler, Kirk	1978-79
Spence, Courtney	2001
Spence, Davaon	2004
Spencer, Pete	1968-70
Spigel, Kate	2001, '03
Spiestersbach, Megan	2000-04
St. Clair, Justin	1998-2000
St. Clair, Tom	1987
Stankovic, Zvonko	1979-80
Stapleton, Bill	1979
Stapleton, Michelle	1989
Stark, Greg	1983
Steed, Bill	1946-49
Steele, Sean	2000-01
Steensland, Doug	1962
Stehr, Vaughn	1986
Stengele, Bill	1994-97
Stenkamp, Pat	1980-82
Stenstrom, Sam	1915-16
Sternberg, Brian	1963
Stevens, Jim	1986
Steward, Brynne	2003-04
Steward, Pete	1950-51
Stirling, Bruce	1983, '85-87
Stocker, Val	1987-90
Stoll	1910-11
Stolp, Bill	1977-79
Stone, Bob	1981
Stonkus, Arnie	1977-78
Strathairn, Tom	1966-68
Strickler, Howard	1961-62
Strom, Terry	1954-56
Strong, Mike	1980
Strub, Chris	1980
Strub, Mike	1990-93
Stucell, Ed	1917
Stupey, Lynn	1978
Stutfield, Fred	1936-38
Summers, Steve	1978-79
Sundquist, Stanley	1950
Surface, Steve	1977-78
Sutherland, George	1973-74
Sutton, Kyla	1993-96
Suver	1938
Swan, John	1938
Swanson, Leif	1979-80
Swanson, Michelle	1987
Swanson, Robin	1987
Swanzy, Gene	1941-42
Sweeney, Scott	1997-98
Swift, Craig	1970, '72
Swisher, Bob	1933-35
Syrdal, Kara	1998-2001

2005 SEASON INFO

ATHLETE BIOS

COACHES

2004 REVIEW

RECORDS

HISTORY

T		Touran, Kathryn	2003
Tabish, Dan		Traynor, John	1990
Tabor, Phil		Trexler, Gene	1950
Taft, Ann		Triplett, John	1977
Tangreen, Stacy		Trowbridge, Bill	1937
Tasker, Angie		Trueblood, Harold	1930
Taylor, Art		Tubbs, Alison	2004
Taylor, Dan		Tulin, Charles	1952
Taylor, J.D.		Tuohy, Brendan	2002-03
Taylor, Jeff		Tupper, Cecil	1924-25
Taylor, Vincent		Turene	1913
Temple, Tom		Turnbull, Larry	1960-63
Terry, Michael		Turner, Ed	1994, '97
Terry, Tamanika		Turner, Kevin	1978-81
Teunis, Wyers		Tuson, Roger	1947, '49
Thayer		Twitchell	1900
Therault, Steve			
Thiel, Lynne			
Thome, Aleah			
Thomas, Fahern			
Thomas, Garth			
Thomas, Sesilia			
Thomas, Tracey			
Thomason			
Thompson, Don			
Thompson, E.B.			
Thompson, Morgan			
Thornburgh, Dale			
Thowsen, Jon			
Thrall, John			
Thrall, Mike			
Tibbals, Maurice			
Tinner, Keith			
Tobacco, Terry			
Todd, Jim			
Tolbert, Bill			
Tom, Angie			
Tonning, Bjarne			
Topping, Matt			
Torkelson, Nancy			
Torney, Jack			
Torrance, John			
Torrell, Eric			
Torrison, Lisa			

U

Ullman, Tom	1940-41
Umsted, Louis	1950
Urrutia, Carlene	1987
Uusitalo, Helena	1986-87

V

Vagners, Juris	1959
Van Anderson, Chris	1995
Van Pelt, Caryl	1977, '79, '81
Van Voris, Cecil	1923
Van, Mark	1978-79
Vanderhoof, Rod	1951-53
Vandermay, Bill	1936-38
VanderMeij, Melissa	1996-97
Vavak, Roy	1965
Vegar, Stan	1977
Vela, Grace	2004
Verbon, Nick	2003
Vermeere, Janie	1991-94
Vernon, Frank	1908
Versaw, Kristin	1998
Viereck, Girtan	1930
Villani, Chris	1978, '81-'82
Vincent, Russ	1974-77

W

Wainhouse, Mary	1979
Walker, Bill	1969
Walker, Brad	2000-04
Walker, Keith	1989
Walker, Marc	1979, '80
Walker, Shirley	1984-85
Wallis, Jeff	2002
Walmsley, Mike	1970
Walsh, Marty	1967-69
Walter, Clement	1912
Walter, Ernest	1913-15
Walters, Anthony	2000-01
Walters, Gene	1942
Waltner, Al	1979, '81-'82
Wang, Alex	1994
Ward, Mike	1979
Wardlow, Duane	1952-54
Warmuth, Leo	1989-90
Warner, Kam	1993-97
Warnock, Rob	1998, 2000
Waterhouse, Katelyn	2003
Watkins, Greg	1980-81
Watson, Archie	1940-41
Webb, Cecil	1948
Weber, Julian	1932
Webster, Rob	1979-82
Weil, Kari	1998-99
Weingarten, Harry	1948
Weiser, Karl	1963-65
Weiser, Phil	1961-63
Weisman, Paul	1950
Weisz, Tim	1990-91
Welch, Doug	1986-87
Wells, Scott	1981-82
Werner, Clyde	1968
Werner, Susan	2000-2002
West, Wariboko	1963-65
Westlake, Doug	1966-68
Westlund, Lynn	1961
Westman, Eythor	2001
Wetterling, Brian	1990
Wheaton, Dwight	1991-94
Whipple, Jake	1994
White	1910
White, Coral	1903
White, Dave	1981
White, LaTonya	1990-91
White, Mike	1992
Whiting, Keith	1929, '31
Whitish, Emily	1999-2000
Whitlock, Sandy	1990
Whitten, Ty	1994, '97
Whitworth, Don	1936
Widell, Ralph	1974
Widenfelt, George	1951-53
Wiehl, Dick	1957
Wilde, Drummond	1925-26
Wilde, Frank	1926
Wildhaber, Ashley	2004
Wildinson, Trevor	1949
Wilkins, Jesse	1939
Wilkinson, Trevor	1947
Will, John	1941
Willard, Garth	1991-92
Williams	1900
Williams, Aaron	1979, '81
Williams, Barb	1979-80
Williams, Bill	1912-14
Williams, Carlos	2000-01
Williams, Dallan	2004
Williams, Dave	1965-67
Williams, Harold	1921-23
Williams, Heidi	1985-87
Williams, Loren	1979
Williams, Sean	2002-04
Williams, T.	1910
Williamson, Mark	1983-86
Willis, Bob	1964-66
Willis, Celia	1990-92
Wilson, John	1922-23
Wilson, Lyle	1972

Wariboko West took fourth in the long jump at the 1960 Olympic Games.

Z

Wilson, Todd	1991
Winegar, Isaac	1994
Winger, Dan	1972-74
Winney, Terrie	1978-79
Winsor, Will	1905
Wipfler, Gary	1980-81
Wise, Rigel	2002-04
Wishaar, Angela	2003-04
Withey, Chris	1998-2000
Witter, Babe	1991
Wlatner, Al	1980
Woelful, Paul	1928
Wold, Don	1946-48
Wolfe, Rebecca	1984-85
Wollen, Doug	1979-83
Wood, Harrison	1967-69
Woodbridge, Dudley	1915-16
Woods, Patrice	1993-96
Woodward, Walt	1930-33
Woolfolk	1918
Wothe, Mike	1983
Woutilla, Bob	1968
Wright, Garner	1911-14
Wright, Ken	1938-39
Wyckoff, Lor	1979
Wyman, Andy	1993-95

Y

Yagle, Mary	1979-81
Yamauchi, Marci	1996
Yantis, Dick	1941-43
Yeager, Justin	1993
Yenchesky, Chad	1995
Yorke, Greg	1970
Youngkin, Jessica	1996
Youngquist, Deeja	1996-99



Terry Tobacco is one of four Huskies to compete in multiple Olympics.