



WASHINGTON TRACK AND FIELD

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//For Immediate Release//

Contact: Brian Beaky

NCAA Championship Berths on the Line for Husky Hopefuls at 2004 West Regional

On the Track: With the nation's 10th-ranked women's team and 26th-ranked men's team, Washington unleashes 30 athletes this weekend at the NCAA West Regional Championships in Northridge, Calif., their only mission to return home with automatic qualifying spots for June's NCAA Championships. With 13 women's teams and eight men's squads ranked among the top-25 in one of the two major polls, the West Regional is perhaps the nation's most competitive, especially with the promise of NCAA competition guaranteed only to the top-five finishers in each event, and the top-three relays. Competition at Cal State Northridge begins Friday, May 28, and concludes Saturday.

Seeding the Field: Four Huskies enter the West Regional seeded among the top-five in their events, rankings which, if matched, would earn automatic NCAA Championships berths. The list includes **Kate Soma** (2nd, pole vault), **Megan Priestersbach** (4th, javelin), **Todd Arnold** (5th, 800m) and **Eric Garner** (5th, 1,500m). Fear not, though, if your favorite Husky is not among the top-five: four of the UW's six automatic NCAA Championships qualifiers at the 2003 Regional entered the meet ranked sixth or lower.

Event Schedule: Following is a schedule of events for the 2004 NCAA West Regional Championships. All times are Pacific and subject to change.

Friday, May 28

8:00 a.m.	Hammer (W)
11:30 a.m.	Hammer (M)
12:00 p.m.	High Jump (M)
2:00 p.m.	Pole Vault (W)
3:00 p.m.	4x100m Relay Prelim (W)
3:15 p.m.	4x100m Relay Prelim (M)
3:30 p.m.	1,500m Prelim (W)
3:45 p.m.	1,500m Prelim (M)
4:00 p.m.	100m HH Prelim (W)
4:15 p.m.	110m HH Prelim (M)
4:30 p.m.	400m Dash Prelim (W)
4:45 p.m.	400m Dash Prelim (M)
5:00 p.m.	Shot Put (M)
5:00 p.m.	Discus (W)
5:00 p.m.	Long Jump (M)
5:00 p.m.	Long Jump (W)
5:00 p.m.	100m Dash Prelim (W)
5:15 p.m.	100m Dash Prelim (M)
5:30 p.m.	800m Run Prelim (W)
5:45 p.m.	800m Run Prelim (M)
6:05 p.m.	400m IH Prelim (W)
6:20 p.m.	400m IH Prelim (M)
6:40 p.m.	200m Dash Prelim (W)
6:55 p.m.	200m Dash Prelim (M)
7:10 p.m.	5,000m Run Final (W)
7:30 p.m.	5,000m Run Final (M)

Saturday, May 29

9:00 a.m.	Javelin (M)
10:30 a.m.	High Jump (W)
12:30 p.m.	Pole Vault (M)
12:30 p.m.	Javelin (W)
3:30 p.m.	Shot Put (W)
3:30 p.m.	Triple Jump (M)
3:30 p.m.	Triple Jump (W)
3:30 p.m.	4x100m Relay Final (W)
3:37 p.m.	4x100m Relay Final (M)
3:45 p.m.	1,500m Run Final (W)
3:52 p.m.	1,500m Run Final (M)
4:00 p.m.	Discus (M)
4:00 p.m.	100m HH Final (W)
4:10 p.m.	110m HH Final (M)
4:20 p.m.	400m Dash Final (W)
4:25 p.m.	400m Dash Final (M)
4:30 p.m.	100m Dash Final (W)
4:37 p.m.	100m Dash Final (M)
4:45 p.m.	800m Run Final (W)
4:52 p.m.	800m Run Final (M)
5:00 p.m.	400m IH Final (W)
5:07 p.m.	400m IH Final (M)
5:15 p.m.	200m Dash Final (W)
5:22 p.m.	200m Dash Final (M)
5:30 p.m.	Steeplechase Final (W)
6:00 p.m.	Steeplechase Final (M)
6:30 p.m.	4x400m Relay Final (W)
6:50 p.m.	4x400m Relay Final (M)

Meet Results: Live results from the 2004 NCAA West Regional Championships will be posted to www.GoMatadors.com and www.NCAASports.com. In addition, a full recap of UW action will be posted to www.GoHuskies.com at the conclusion of each day.

2004 Husky Track Schedule

Indoor

Date	Meet	Location
Jan. 17	UW Indoor Preview	Seattle
Jan. 31	Husky Invitational	Seattle
Feb. 7	Bronco Invitational	Boise, Idaho
Feb. 14	Pac-10 Invitational	Seattle
Feb. 27-28	MPSF Championships	Seattle
Mar. 6	UW Last Chance Qualifier	Seattle
Mar. 12-13	NCAA Champs.	Fayetteville, Ark.

Outdoor

Date	Meet	Location
Mar. 20	Cal Poly Invite	San Luis Obispo, CA
Mar. 26-27	Stanford Invitational	Palo Alto, CA
Apr. 1-Apr. 3	Texas Relays	Austin, TX
Apr. 10	Pepsi Invitational	Eugene, OR
Apr. 16-18	Mt. SAC Relays	Walnut, CA
Apr. 17	Interstate Challenge	Pullman, WA
Apr. 22-24	Drake Relays	Des Moines, IA
Apr. 24	Oregon Invitational	Eugene, ORE
May 1	UW-WSU Dual	Pullman, WA
May 7-8	Pac-10 Multi Events	Tucson, AZ
May 8	Ken Shannon Invitational	Seattle
May 14-15	Pac-10 Championships	Tucson, AZ
May 28-29	NCAA Regional	Northridge, CA
June 9-12	NCAA Championships	Austin, TX
June 24-27	USATF Jr. Nat'l's	Buffalo, NY
July 9-18	U.S. Olympic Trials	Sacramento, CA
Aug. 20-29	Olympic Games	Athens, Greece

Bold font indicates Husky home meet. All home indoor meets held at Dempsey Indoor, all home outdoor meets held at Husky Stadium.

Hot off the Presses ...

- Two-time NCAA champion pole vaulter Brad Walker ranked No. 2 in the world in 2004, **p3**
- 2004 Pac-10 champion Kate Soma is the sixth-ranked pole vaulter in Pac-10 history, and is qualified for the 2004 U.S. Olympic Trials, **p4**
- Olympic Trials qualifier Megan Priestersbach seeks to uphold UW's All-American tradition in the women's javelin, **p6**
- 18-year-old freshman Ashley Lodree is the fourth-fastest Under-20 sprint hurdler in the world, **p7**
- Multi-eventer Grace Vela, Canada's third-ranked heptathlete, ranks in the 2004 Canadian top-10 in four different events, **p8**

Husky Track Quick Facts

University of Washington
Athletic Department, Box 354070
Seattle, WA 98195-4070

Enrollment: 37,000 (26,000 undergraduate)
Founded: Nov. 4, 1861
President: Dr. Lee L. Huntsman
Director of Athletics: Barbara Hedges
Home Stadium: Dempsey Indoor/Husky Stadium
Press Row Phone: (206) 227-5709
Conference: Pacific-10
Head Coach: Greg Metcalf (2nd year)
Asst. Coach (Vault/Jumps): Pat Licari (8th year)
Asst. Coach (Sprints/Hurdles): Dion Miller (2nd year)
Asst. Coach (Throws): Bud Rasmussen (2nd year)
Asst. Coach (Distances): David Bazzi (3rd year)
Asst. Coach (Distances): . Kelly MacDonald (2nd year)
Track Office Phone: (206) 221-2625
Website: www.gohuskies.com
2003 Men's Pac-10 Finish: 9th
2003 Men's NCAA Finish: N/A
2003 Women's Pac-10 Finish: 6th
2003 Women's NCAA Finish: 29th (tied)
NCAA Competitors Returning/Lost: 6/5
Best Men's Conference Finish: 2nd (1976)
Best Men's NCAA Finish: 2nd (1929, 1930)
Best Women's Conference Finish: .. 4th (1995, '96, '98)
Best Women's NCAA Finish: 10th (1988)

Husky Media Relations

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2004 USTCA Dual Meet Power Rankings

Men		Women	
1. BYU	413.17	1. UCLA	460.87
2. Minnesota	410.64	2. Nebraska	422.93
3. Florida	410.14	3. BYU	420.02
4. Nebraska	409.94	4. Georgia	414.50
5. Wisconsin	407.56	5. S. Carolina	404.61
6. Tennessee	402.90	6. Florida State	395.68
7. Arizona State	399.89	7. N. Carolina	392.64
8. Indiana	390.48	8. Rice	389.26
9. Georgia	389.28	9. Arizona State	385.28
10. Clemson	389.03	10. Washington	382.60
11. LSU	388.79	11. San Diego St.	381.60
12. UCLA	383.59	12. Pittsburgh	377.25
13. Air Force	368.59	13. Nevada	376.84
14. Rice	367.46	14. LSU	376.65
Ohio State	367.46	15. California	373.50
16. Illinois	366.86	16. Wisconsin	373.35
17. California	365.80	17. Penn State	373.29
18. Kansas State	365.46	18. Kansas State	370.45
19. Texas A&M	363.42	19. Cornell	368.99
26. Washington	356.41	20. Florida	368.27

* - Rankings as of May 24

NCAA Selection Process: The NCAA in 2004 will use Regional Championship meets to determine qualifying for the NCAA Championships. Automatic NCAA berths will be granted to the top-five finishers in each individual event, and top-three relay teams from each of the four Regionals nationwide, contested May 28-29. Athletes qualified for Regionals by meeting pre-determined NCAA standards, or by winning their conference title. The NCAA will then supplement the Championships field with the highest-ranking individuals (roughly 6-7 per individual event and 5-6 per relay) from the national performance lists, provided the athlete competed at their respective Regional meet and was not among the finishers to earn automatic NCAA berths. The lone exceptions to the Regional qualifying system are the 10,000-meter and multi-events; athletes will continue to qualify for the NCAA Championships in those events as they have in the past, by meeting pre-determined provisional and automatic-qualifying standards. At-large selections for the 2004 NCAA Championships will be announced at www.ncaasports.com after 5 p.m. CDT on Sunday, May 30.

Pac-10 Redux: Eighteen top-five finishes and one Pac-10 title helped the UW to sixth on the women's side and eighth among men's teams at the 2004 Pac-10 Championships in Tucson, Ariz. The Huskies' 67 women's points were its most since 1998, while the men's eighth-place finish marked a one-spot improvement over its 2003 finish. Junior **Kate Soma** earned her first Pac-10 title with a UW-record clearance of 14-2 in the pole vault, an Olympic Trials qualifier and the sixth-best vault in Pac-10 history. Soma led three Husky scorers in the vault, including sophomore **Carly Dockendorf** and freshman **Stevie Marshalek**, the latter of whom set a UW freshman record of 13-2 1/4. Matching the women's vaulters were the men's milers, as junior **Andy Fader** led three UW scorers in the 1,500 meters with a fifth-place finish. Other top finishers included **Martin Bingisser**, third place in the hammer; and **Tiffany Zahn**, third place in the javelin. Also of note were performances by freshman **Ashley Lodree**, who scored in all four of her events and clocked the third-fastest 100-meter dash time in UW history, and junior **Sean Williams**, whose points in three events were capped by history-making runs in the 400-meter hurdles and 4x400-meter relay, each of which ranked among the 10-best ever at UW.

Pac-10 Prowess: While UW's teams have never claimed a Pac-10 title outright, **Kate Soma's** win the pole vault in 2004 did extend an impressive string of five straight years with at least one individual titlist. Washington has had one titlist in each of the past two years, including Soma and 2003 vault winner **Brad Walker**, after putting two champions on the podium in 2002. The Huskies' longest-ever streak of individual champions was a seven-year run from 1974-1980, highlighted by **Scott Neilson's** four titles in the hammer.

Surprise Scorers: For the second-straight year, Washington benefitted at the Pac-10 Championships from a number of competitors who spurned their conference ranking in favor of a high finish at the Pac-10 meet. Fourteen of UW's 45 points on the men's side and 17 of the Husky womens' 67 points came from athletes ranked lower than eighth in their event entering the weekend, a list which includes some of the team's top conference finishers. For the second-straight year, senior **Todd Arnold** was the UW's top gainer, moving up 11 spots from his No. 15 800-meter ranking to place fourth. **Andy Fader** also turned a double-digit seed into a scoring finish for the second year in a row, climbing from 14th to fifth in the 1,500 meters, while junior **Sidney Brown** (11th to 4th in the high jump) and freshman **McKane Lee** (13th to sixth in the pole vault) also made big moves.

Washington's 2004 NCAA West Regional Championships Competitors

Men					Women				
Name	Event	Mark	Regional Ranking	National Ranking	Name	Event	Mark	Regional Ranking	National Ranking
Adams/McCary/ S. Williams/Jackson	4x400m	3:06.41	5th	15th	Kate Soma	Pole Vault	14-2	2nd	2nd
Eric Garner	1,500m	3:43.40	5th	24th (tie)	Megan Priestersbach	Javelin	164-2	4th	9th
Todd Arnold	800m	1:49.47	5th	38th	Carly Dockendorf	Pole Vault	13-2 1/4	6th (tie)	22nd (tie)
Brian Harris	Javelin	221-0	8th	28th	Stevie Marshalek	Pole Vault	13-2 1/4	6th (tie)	22nd (tie)
Carl Moe	1,500m	3:46.97	8th	33rd	Tiffany Zahn	Javelin	154-9	7th	21st
Rigel Wise	Javelin	220-6	10th	30th	Ashley Lodree	100m HH	13.39w	7th	26th
John Russell	1,500m	3:45.06	10th	36th	Ashley Lodree	100m Dash	11.73	9th	60th (tie)
Martin Bingisser	Hammer	199-10	10th	38th (tie)	Lindsey Egerdahl	1,500m	4:23.98	10th	34th
Sean Williams	400m IH	51.89	11th	52nd (tie)	Sidney Brown	Triple Jump	40-11 3/4	10th	60th
Will Conwell	Discus	173-5	11th	64th	Alison Tubbs	5,000m	16:49.51	12th	61st
Andy Fader	5,000m	14:14.87	14th	62nd	Lauran Dignam	400m Dash	54.41	12th	64th
Andy Fader	1,500m	3:46.34	15th	41st	Kira Harrison	800m	2:09.80	15th	72nd
McKane Lee	Pole Vault	16-4 3/4	15th (tie)	43rd (tie)	Ashley Wildhaber	Pole Vault	12-9 1/2	16th (tie)	45th (tie)
Seth Perrins	Pole Vault	16-5 1/4	22nd	64th (tie)	Dallon Williams	Steeplechase	10:41.78	17th	55th
					Cherron Davis	Shot Put	48-0 3/4	18th	77th
					Laura Halverson	Steeplechase	10:47.65	22nd	74th

* — List above reflects only UW's declared NCAA West Regional entries; qualifiers not declared for any reason (injury, illness, etc.) are not included.

Wait 'Til Next Year: Happy with the UW women's sixth-place finish at the Pac-10 Championships? Well, wait 'til next year. Washington's women will return athletes responsible for 62 of their 67 points at this year's conference meet, losing only fourth-place javelin finisher **Megan Priestersbach**. On the men's side, the story is much the same, with 37 of Washington's 45 points returning for the 2005 campaign. The news may not be so good this time next year, however — of the 62 points returning for the UW women, 32 were scored by Husky juniors, while 18 of the men's 37 returning points were earned by the Class of 2005.

Beating the System: Washington took full advantage of the new regional-qualifying system in 2003, with six Huskies earning automatic NCAA berths at the West Regional, including four who entered the meet ranked 30th or lower nationally in their events, and likely would not have qualified under the old format. A total of 30 Huskies qualified for last year's regional championships, but 35 are qualified in 2004, including five in the javelin and six at 1,500 meters. For a complete list of Washington's 2004 NCAA West Regional Championships competitors, see the box above.

Rankings Report: A strong performance at the Pac-10 Championships lifted the Washington women four spots to 10th in the USTCA Dual Meet Power Rankings, and earned the team its first mention of the year in the Trackwire 25. Washington's women scored 382.60 points in the USTCA ranking, which simulates head-to-head competition between the nation's top college teams, moving into the top-10 for the first time since March. Pac-10 champ UCLA held onto the No. 1 spot with 460.87 points, ahead of Nebraska (422.93) and BYU (420.02). Meanwhile, the UW women earned a top-25 rankings from Trackwire for the first time this year, their 11 points equalling Penn State and Auburn for 24th overall in the ranking, which predicts team scoring at the NCAA Championships. UCLA was again No. 1 with 64 points, edging LSU (57) and Texas (56). Washington's men, 25th entering the Pac-10 meet, picked up six points but dropped one place, to 26th, with a score of 356.41. BYU was ranked No. 1 by the USTCA, while Arkansas earned top honors from Trackwire. The UW men were unranked by Trackwire.

Walker Watch: If the Huskies are to capitalize on an outstanding indoor season in 2004, they'll have to do it without four-time All-American **Brad Walker**, who finished his collegiate career in March by winning his second-straight NCAA indoor pole vault title. The No. 6 vaulter in NCAA history, the now unattached Walker cleared 19-1 at May's Sky Athletics Invite to move to No. 2 in the world in 2004, trailing only American Toby Stevenson in his bid for a berth at the 2004 Olympic Games. Last year, the Husky led all Americans indoors and tied for third in the world with a Pac-10 record mark of 19-0 1/4 that equaled the winning height at the IAAF World Indoor Championships. Walker has matched up five times against America's best this season and has stepped up to the challenge each time, placing second at the U.S. Pole Vault Summit, fourth at the U.S. Indoor Championships, second at Mt. SAC, third at the Modesto Relays and second at the Sky Invite. Already an Olympic "A" qualifier and America's No. 2-ranked vaulter, Walker needs only to finish among the top-three at July's U.S. Olympic Trials to earn a trip to Athens.

The Road to Athens: Walker is far from the only Husky seeking Olympic glory this summer. Chief among Washington's Olympic hopefuls is former Husky **Aretha Hill**, who is automatically qualified for July's Olympic Trials as the reigning U.S. discus champion. Hill, a 1996 U.S. Olympian, is one of three former Huskies — including Swiss steepler **Christian Belz** and Ellensburg, Wash., native **Ja'Warren Hooker** — seeking return trips to the Games. Both Olympians in 2000, Belz was Switzerland's top-ranked steepler in 2003, while Hooker will be among a field of 10-15 runners competing for six spots in the U.S. 400-meter pool. Should any of the three qualify for the 2004 Games, they would become just the fifth Huskies to qualify for multiple Olympics. Thrower **Gus Pope** hurled the disc at both the 1924 and 1928 Games, earning a bronze in 1924. Hurdler **Terry Tobacco** also competed twice, in 1956 and 1960, while thrower **Adam Setliff** tossed the discus at the 1996 and 2000 Olympics, placing fifth in Sydney. Former javelin All-American and current UW volunteer assistant coach **Duncan Atwood** is the fourth UW athlete to have qualified for multiple Olympics, having done so in 1980 and 1984, but competed only in the latter, missing the 1980 Olympics in Moscow as a result of the U.S. boycott.

Monster PR of the Week: While several Huskies earned impressive personal bests at the Pac-10 Championships, senior **Juan Romero's** toss of 208-9 in the javelin stood above the rest. The 10th-place finisher at last year's Pac-10 meet, Romero had failed to top 193 feet in 2004, after consistently throwing in the 200-foot range last season. After unleashing a throw of 200-6 on his third attempt in Tucson, however, Romero twice more broke the 200-foot barrier, his final toss of 208-9 a 16-foot season best, seven-foot lifetime best, and good for eighth place in the Pac-10 field.

2004 Husky Track and Field Statistical Leaders

Women's		
100m Dash	Ashley Lodree	11.73*%
200m Dash	Lauran Dignam	24.34*
400m Dash	Lauran Dignam	54.41*%
800m Run	Lindsey Egerdahl	2:09.66*%
1,500m Run	Ingwill Makestad	4:23.76*%
Steeplechase	Dallon Williams	10:41.78*%
5,000m Run	Dallon Williams	16:41.19*%
10,000m Run	Alison Tubbs	37:14.59
100m Hurdles	Ashley Lodree	13.39w*%
400m Hurdles	Cambrielle Jensen	1:01.32*
4x100m Relay	Vela/Craddock/Steward/Lodree	45.81
4x400m Relay	Jensen/Steward/Lodree/Dignam	3:47.65
High Jump	Sidney Brown	5-7*
Pole Vault	Kate Soma	14-2*%
Long Jump	Grace Vela	19-6 1/2*%
Triple Jump	Sidney Brown	40-11 3/4w*%
Shot Put	Cherron Davis	48-0 3/4*%
Discus	Cherron Davis	133-2
Hammer	Carin Trygg	155-2
Javelin	Megan Priestestersbach	164-2*%
Heptathlon	Grace Vela	5,225*%

Men's		
100m Dash	Davaon Spence	10.55w*
200m Dash	Davaon Spence	21.67
400m Dash	Cristian Adams	47.48*
800m Run	Todd Arnold	1:49.47*%
1,500m Run	Eric Garner	3:43.40*%
Steeplechase	Carl Moe	9:14.65*
5,000m Run	Jon Hickey	14:14.24*%
10,000m Run	Mark Mandi	29:48.92
110m Hurdles	Marc James	14.49w*
400m Hurdles	Sean Williams	51.89*%
4x100m Relay	James/Davidson/McCary/S. Williams	40.94
4x400m Relay	Adams/McCary/S. Williams/Jackson	3:06.41%
High Jump	Warren Eickhoff	6-6 3/4*
Pole Vault	McKane Lee	16-11 1/2*%
Long Jump	Sam Roberts	20-11 1/4w
Triple Jump	Vinh Chung	43-9
Shot Put	Evan Wilson	51-5
Discus	Will Conwell	173-5*%
Hammer	Martin Bingisser	199-10%
Javelin	Brian Harris	221-0*%
Decathlon	Doug Blaty	5,892*

* - Pac-10 qualifier % - NCAA qualifier
i - Indoor mark w - Wind-aided mark

Olympics Hopefuls: The Olympic veterans are joined by a banner crop of current and former Huskies of legitimate Olympic-caliber who are seeking their first Games invitations. In addition to Walker — the fourth-place finisher at the 2004 U.S. Indoor Championships — two other Huskies boast Olympic Trials qualifying marks, including pole vaulter **Kate Soma** (14-2), currently No. 8 in the 2004 U.S. outdoor rankings, and javelin thrower **Megan Priestestersbach** (164-2), America's 12th-ranked spearer. Former Husky **Courtney Inman** — Canada's fourth-ranked women's miler — is targeting the Olympic "B" standard of 4:07.15 in the 1,500 meters, just three seconds fastest than her career-best, while assistant coach **Kelly MacDonald**, currently the world's sixth-ranked women's steepler, seeks a trials qualifier of 10:00.00, also a three-second PR. 2003 NCAA javelin All-American **Heather Reichmann** could also make the Olympic Trials with a mark of 164-0, while Canadian pole vaulter **Carly Dockendorf** seeks a clearance at 13-11 3/4, and 100-meter hurdler **Ashley Lodree** sets her sights on a 13.11-second effort.

It's Not the Size of the Dog in the Fight: Two-time All-American pole vaulter **Kate Soma** may stand only an inch above 5'-0", but the Husky junior towers over UW female vaulters past and present. At May's Pac-10 Championships, the Portland, Ore., native became just the eighth Pac-10 vaulter ever to clear 14 feet, earning her first-career Pac-10 title with a mark of 14-2. The clearance moved Soma to No. 2 in the collegiate rankings, No. 6 in Pac-10 history and No. 7 in the U.S. women's rankings, but most importantly, it qualified the Husky junior for a berth at July's U.S. Olympic Trials, where the top-three finishers will earn berths in the Athens Games. In March, Soma earned her second-straight All-America accolade with a fifth-place finish at the NCAA indoor meet, backing up her seventh-place performance outdoors in 2003. One of just three Husky women ever to clear 13 feet in the vault, Soma is the only Husky female ever to have done so both indoors and out, owning school records in both. The Portland, Ore., native cleared 13-5 1/2 at June's NCAA outdoor meet, and might have gone higher if not for a broken pole that lacerated her right hand on her third attempt at 13-10. The meet marked the third NCAA appearance for Soma, who was the 12th-place finisher at the 2003 NCAA Indoor Championships, and 16th-place finisher outdoors in 2002. Soma has broken UW's indoor and outdoor records in all six of her collegiate "seasons," including three indoors and three outdoors, a tradition she began as a freshman by setting UW benchmarks of 13-1 1/2 outdoors, and 12-11 1/2 indoors. After entering UW with a best of 12-0 at Portland's Grant High School, Soma added 13 inches to her PR in 2002, eight more in 2003, and four more this season. Perhaps it's her support system — Soma's mother, Donna, is one of America's top vaulters in her age group, while Soma's high school coach designs shoes worn by elite vaulters Dmitri Markov and Stacy Dragila.

All-Time Pac-10 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. Becky Holliday	Oregon	2003	14-8
4. Tracy O'Hara	UCLA	2000	14-7 1/4
5. Tamara Diles	Wash. State	2003	14-3 1/4
6. Kate Soma	Washington	2004	14-2
7. Nikki McEwen	Oregon	2003	14-1 1/4
Connie Jerz	Arizona	2003	14-1 1/4
9. Andrea Dutoit	Arizona	2001	13-9 1/4
10. Erica Hoerning	UCLA	2001	13-7

Washington's 2004 Pac-10 Championships Competitors

Men					Women				
Name	Event	Qualifying Mark	Pac-10 Ranking	Pac-10 Finish	Name	Event	Qualifying Mark	Pac-10 Ranking	Pac-10 Finish
Cristian Adams	400m Dash	47.72	20th	12th	Mary Beeman	Shot Put	44-0 3/4i	20th	12th
Todd Arnold	4x400m Relay	3:08.57	4th	5th	Sidney Brown	High Jump	5-7	11th (tie)	4th
Martin Bingisser	800m	1:51.23	15th	4th	Cheri Craddock	Triple Jump	41-11 3/4	5th	6th
Travis Boyd	Hammer	197-7	6th	3rd		200m	25.06	N/A*	18th
Will Conwell	5,000m	14:29.90i	30th	—		4x100m Relay	45.90	7th	6th
Patrick Davidson	10,000m	30:11.99	11th	13th	Cherron Davis	Shot Put	47-3	12th	7th
	Discus	173-5	4th	4th	Lauran Dignam	200m	24.34	18th	16th
	100m Dash	10.68w	16th (tie)	16th		400m Dash	54.41	9th	11th
	200m Dash	21.74	N/A^	—		4x400m Relay	3:47.65	9th	8th
	4x100m Relay	40.94	7th	7th	Carly Dockendorf	Pole Vault	13-2 1/4	7th	6th
Warren Eickhoff	High Jump	6-8 3/4i	9th (tie)	6th	Lindsey Egerdahl	800m	2:09.66	14th	11th
Stig Ellingsen	800m	1:51.95	22nd*	17th		1,500m	4:23.98	11th	7th
Andy Fader	1,500m	3:46.69	14th	5th	Marie Foushee	1,500m	4:32.61	22nd	17th
Eric Garner	800m	1:50.18	9th	18th		5,000m	17:11.66	18th	13th
	1,500m	3:43.40	5th	12th	Jamie Gibbs	10,000m	N/A	N/A	10th
Brian Harris	Javelin	221-0	2nd	4th	Laura Halverson	Steeplechase	10:56.95	8th	4th
Bruce Jackson	800m	1:54.77	N/A*	16th	Kira Harrison	800m	2:09.80	16th	10th
	4x400m Relay	3:08.57	4th	5th	Cambrielle Jensen	400m Hurdles	1:01.32	12th	8th
Marc James	110m Hurdles	14.49w	9th	12th		4x400m Relay	3:47.65	9th	8th
	4x100m Relay	40.94	7th	7th	Ashley Lodree	100m Dash	11.85	11th (tie)	8th
McKane Lee	Pole Vault	16-7 1/4i	13th	6th		100m Hurdles	13.39w	4th	6th
Mark Mandi	5,000m	14:12.51i	23rd	11th		4x100m Relay	45.90	7th	6th
	10,000m	29:48.92	9th	10th		Long Jump	19-6 1/4i	12th	8th
Phil McCary	400m Dash	48.09	N/A*	15th	Stevie Marshalek	Pole Vault	13-3i	6th	7th
	4x100m Relay	40.94	7th	7th	Karen Schwager	Steeplechase	11:01.27	10th	9th
	4x400m Relay	3:08.57	4th	5th	Kate Soma	Pole Vault	13-5 3/4	3rd	1st
Carl Moe	1,500m	3:44.91	7th	8th	Megan Priestersbach	Javelin	164-2	3rd	4th
Seth Perrins	Pole Vault	16-5 1/4	18th	13th	Brynnne Steward	100m Hurdles	14.06	15th	13th
Andrew Robinson	Steeplechase	9:16.07	11th	10th		400m Hurdles	1:03.13	18th*	16th
Juan Romero	Javelin	192-8	10th	8th		4x100m Relay	45.90	7th	6th
John Russell	1,500m	3:45.06	9th	7th		4x400m Relay	3:47.65	9th	8th
Mike Sayenko	5,000m	14:34.55	34th	—	Alison Tubbs	5,000m	16:49.51	10th	12th
	10,000m	30:12.42	12th	11th		10,000m	N/A	N/A	4th
Sean Williams	400m Hurdles	52.93	11th	7th	Grace Vela	100m Hurdles	14.00	12th	10th
	4x100m Relay	40.94	7th	7th		4x100m Relay	45.90	7th	6th
	4x400m Relay	3:08.57	4th	5th		Long Jump	19-6 1/2	11th	9th
Rigel Wise	Javelin	220-6	3rd	6th		Triple Jump	38-3 1/2w	14th (tie)*	9th
						Heptathlon	5,225	5th	4th
					Ashley Wildhaber	Pole Vault	12-9 1/2	12th	—
					Dallon Williams	Steeplechase	10:41.78	3rd	5th
						5,000m	16:41.19	7th	10th
					Angela Wishaar	1,500m	4:31.56	19th	11th
					Tiffany Zahn	Javelin	154-9	4th	3rd

* - Wildcard entry

^ - Athlete entered per right-of-entry rule, allowing one entry for each event in which the school has no qualifier

Olympics History: Washington has qualified at least one athlete for all but four of the 19 Olympic Games held since 1924, with a record four Huskies — including head coach **Ken Shannon**, a U.S. assistant — participating in the 1984 Olympics in Los Angeles. Of the 36 Huskies who have competed in Olympic Games all-time, four have earned medals, and 18 have placed among the top-five in their events. Only once, in 1928, have two Huskies medaled at the same Games, with hurdler **Steve Anderson** and shot-putter **Herman Brix** earning matching silver medals in Amsterdam. The two would go on to set World Records in their events later that same year.

The Kids Are Alright: Track and Field News knew what it was doing in the preseason when it ranked Washington's women's recruiting class of 2004 the nation's sixth-best. Three UW women's freshmen rank among America's top-10 junior-age athletes, including second-ranked sprint hurdler **Ashley Lodree**, fourth-ranked junior women's vaulter **Stevie Marshalek**, and sixth-ranked freshman steepler **Dallon Williams**. Proving that they may have been overlooked by Track and Field News, Washington's men's class has put up some impressive marks of its own, including a 221-foot javelin PR by **Brian Harris** that is the third-best by a U.S. junior in 2004. In addition to the U.S. junior rankings, the Huskies' 2004 newcomers have rewritten the UW's freshman records, with four such marks falling indoors (including two to Bothell's **Amy Lia**) and three more having been knocked off during the outdoor season. Prep All-American **Carl Moe** boasts freshman records in the mile and 1,500 meters, **Martin Bingisser** boasts UW's seventh-best hammer mark all-time.

Garnering Acclaim: By earning his second-career All-America honor with an eighth-place finish in the mile at March's NCAA indoor meet, and posting the UW's sixth-fastest 1,500-meter time outdoors, senior **Eric Garner** has ensured that his name will come up in any future discussion of Washington's legendary distance-running tradition. Currently the fifth-ranked runner at 1,500 meters entering this week's NCAA West Regional, Garner is seeking his third-straight NCAA Championships invitation, after placing 20th in the 1,500 meters last year, and eighth in March's indoors mile. A graduate of Kelso (Wash.) High School, Garner burst onto the scene in 2002 with a school-record 3:58.93 mile at Dempsey Indoor, the first four-minute mile ever by a Husky on Washington soil and the third-fastest ever by a Washington state resident. Garner earned All-America honors with a 13th-place finish in the mile that season at the NCAA indoor meet, and returned in 2003 to become the UW's most prolific postseason qualifier. Garner placed third in the 1,500 at the 2003 Pac-10 meet, and earned an NCAA berth with a fourth-place finish at the Regional. Garner already owns the all-time UW indoor marks in the mile and distance medley relay, ranks second in the indoor 3,000m and is sixth all-time indoors at 800m, and outdoors at 1,500m. At the 2004 MPSF Championships, Garner accounted for more than a quarter of the UW's 47.5 team points, winning the mile in an NCAA-qualifying 4:00.53 just 24 hours after taking sixth in the 3,000m. In addition to boasting NCAA qualifying marks again in 2004 at 800- and 1,500 meters, he is also UW's top cross country competitor, having led UW at all but one varsity meet in the past two seasons.

Spear Superiority: Maybe we all should take a year off. That's what UW senior **Megan Priestersbach** did in 2003, and — if her fourth-place finish at the 2004 Pac-10 Championships is any indication — it doesn't seem to have slowed her one bit. On Mar. 26, in just her second competition since May of 2002, Priestersbach heaved the javelin 164 feet, 2 inches, five feet beyond UW's school record, eighth-best by a Pac-10 thrower since the new javelin implement came into use six years ago, and well beyond the "B" qualifying standard for July's U.S. Olympic Trials. The throw also reclaimed the UW record she had first set in 2002, a season in which the Lakewood, Wash., native earned her third of four-career top-10 Pac-10 finishes. Just prior to the start of the 2003 season, the decision was made to redshirt Priestersbach, both to allow a nagging injury to heal, and to gain extra experience working with first-year coaches **Bud Rasmussen** and two-time Olympian **Duncan Atwood**. The plan was to make a run at an NCAA Championships berth in 2004; so far, the plan is working. As of May 24, Priestersbach ranks 12th among U.S. women, and ninth among collegians, with a No. 4 NCAA West Regional ranking that has her in line to earn one of five automatic NCAA bids. Priestersbach is attempting to reach the NCAA meet for the second time in her UW career, having placed 18th as a sophomore in 2001. Following is a list of the Pac-10's all-time top-10 javelin competitors:

<u>All-Time Pac-10 Javelin Top-10 (New Implement)</u>			
Name	School	Year	Mark
1. Inga Stasiulionyte	USC	2002	186-10
2. Sarah Malone	Oregon	2004	179-7
3. Elisa Crumley	Oregon	2002	169-7
4. Leslie Erickson	USC	2002	168-11
5. Karis Howell	Oregon	2000	168-1
6. Roslyn Lundeen	Oregon	2002	166-11
7. Julie De Marni	Arizona	2002	165-10
8. Megan Priestersbach	Washington	2004	164-2
9. Molly Monroe	Wash. State	2000	161-4
10. Seilala Sua	UCLA	1999	161-2

Husky Greats Give Back: Looking for a reason for the Huskies' remarkable javelin success? Look no further than former U.S. Olympian **Duncan Atwood**, now in his second year volunteering his time to his alma mater as a javelin coach, working with assistant coach **Bud Rasmussen**. The results speak for themselves: in 2003, four UW javelin throwers qualified for the NCAA Regional, and **Heather Reichmann** earned All-America honors with a throw of 159-6 that was 10th-best by a U.S. woman in 2003. Atwood joins two fellow Huskies on the UW staff, including second-year head coach **Greg Metcalf** — a two-time steeplechase All-American at UW and a participant at the 1996 U.S. Olympic Trials — and two-time Husky All-American **David Bazzi**, now a UW assistant coach.

20 Years of Spear Success: From **Fred Luke** and **Duncan Atwood** to **Darryl Roberson** and **Helena Uusitalo**, the UW has a long-standing tradition of excellence in the javelin. Since 1982, when women's track and field joined the NCAA, the Huskies have sent at least one javelin thrower to all but three NCAA Championships, including **Heather Reichmann's** All-America performance in 2003. The list of UW javelin greats includes four Pac-10 Champions (Uusitalo, '87; Roberson, '88-89; Troy Burkholder, '96), three NCAA champions (Uusitalo, '86, Tom Sinclair, '79 Cary Feldman, '71) and three U.S. Olympians (Atwood, '80, '84; Rod Ewaliko, '80; Fred Luke, '72). In UW history, only the four NCAA hammer throw titles won by Scott Neilson eclipse the Huskies' national-championship prowess in the spear, which has featured more UW All-Americans (26) than any other event. This year, five Husky javelin throwers have qualified for NCAA Regional competition, including senior **Megan Priestersbach's** school-record effort of 164-2 at the Stanford Invite. Of the five, only Priestersbach boasts NCAA Championships experience, having placed 18th in 2001.

2004 UW Top-10 List Revisions*

Men's 10,000 Meters		
28:34.54	David Bazzi	2001
28:58.2	Curt Corvin	1986
29:12.9	Jim Reinke	1987
29:22.4	Bill Stolp	1979
29:27.0	Steve Surface	1977
29:27.7	Bill McClement	1978
29:48.92	Mark Mandi	2004

Men's 400-Meter Hurdles		
49.85	Bernard Ellison	1991
51.45	Brad Goodrich	2002
51.64	Terry Lavery	1974
	Tom Strathairn	1978
	Dan Johnston	1998
51.89	Sean Williams	2004

Men's 4x400 Meters		
3:04.73	Bryant/McKay/Merritt/Ellison	1990
3:05.21	Hooker/Prior/Anabel/Dawson	1998
3:06.41	Adams/McCary/S. Williams/Jackson	2004

Men's Hammer Throw		
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 Ballway	1974
199-10	Martin Bingisser	2004

Women's 100 Meters		
11.47	Zelda Johnson	1985
11.53	Donna Dennis	1983
11.73	Ashley Lodree	2004

Women's 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

Women's 400 Meters		
54.41	Lauran Dignam	2004
54.44	Keisha Griffis	1998
54.45	Patrice Woods	1996

Women's 1,500 Meters		
4:10.93	Courtney Inman	2003
4:12.7	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
4:22.76	Susan Gregg	1983
4:23.39	Emily Johnson	1996
4:23.76	Ingvald Makestad	2004

Women's Steeplechase		
10:35.31	Kate Spigel	2003
10:41.78	Dallon Williams	2004
10:47.65	Laura Halverson	2004
10:52.47	Camille Connelly	2003
11:01.27	Karen Schwager	2004
11:55.54	Kelsey McCallum	2004

* - List continued on page 9

2004 UW Top-10 List Revisions*

Women's 100-Meter Hurdles

13.39	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

Women's 4x100-Meter Relay

44.74h	Smith/Walker/Johnson/Dennis	1985
45.20	Keller/Walker/Smith/Dennis	1984
45.63	Cunningham/Stapleton/Gamby/Schweim	1989
45.67	Smith/T. Moore/Pentz/Hawkins	2000
45.81	Vela/Craddock/Steward/Lodree	2004

Women's Pole Vault

14-2	Kate Soma	2003
13-2 1/4	Carly Dockendorf	2004
	Stevie Marshalek	2004
12-11 1/2	Sandy Erickson	2000
12-9 1/2	Ashley Wildhaber	2004

Women's Triple Jump

41-7 3/4	Tara Davis	1995
41-4 1/2	Brittany Roberts	2003
40-11 3/4	Sidney Brown	2004

Women's Shot Put

55-7	Jennifer Ponath	1988
52-6	Shirley Ross	1988
51-10 1/4	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

Women's Hammer Throw

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

Women's Javelin Throw

164-2	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

Women's Heptathlon

5,266	Sonja Forster	1992
5,225	Grace Vela	2004

* - Continued from page 8

The 'Lo' Down: It only took **Ashley Lodree** one meet to crush the Washington's 100-meter hurdles record. But then, everything the 18-year-old does is fast — whether breaking the UW's freshman record in the 60-meter hurdles in her first collegiate race, or reaching the NCAA Championships just five weeks after her first college meet. So, it should be no surprise that in her first collegiate 100-meter hurdles final, Lodree blazed to a wind-aided time of 13.43 seconds, breaking the UW record of 13.55 set by All-American **Claudine Robinson** in 1994. Lodree has since run 10 hurdles races, with seven under Robinson's old record pace, including a wind-aided best of 13.39 at the Texas Relays, and a legal record of 13.41 seconds at Drake. Lodree's efforts rank the freshman No. 4 in the world among junior-age runners in the IAAF's 2004 World Rankings, trailing only TCU freshman MaKeatha Cooper, South Carolina freshman Ronetta Alexander and Australia's Sally McClellan. Currently America's second-ranked junior — a classification roughly defined as any runner under the age of 20 as of Dec. 31, 2004 — Lodree finds herself running out of records to set. On Mar. 6, the Richmond, Calif., native knocked Robinson off the top of the UW indoor charts with a 60-meter hurdles best of 8.19 seconds that was the fastest by a college freshman in 2004, and earned her a trip to the NCAA indoor meet, where she placed 14th. Lodree also has top-10 all-time UW marks in the 100 meters and long jump (indoor), and scored in four events at the 2004 Pac-10 Championships. Lodree, however, isn't fazed by national acclaim. In 2003, she ranked among the top-five preps in both the 100- and 300-meter hurdles, placing third in the former at the U.S. Junior Nationals. Who are likely to be Lodree's chief rivals in the coming years? Following is a list of the top legal marks by U.S. junior hurdlers in 2004:

2004 U.S. Junior Women's 100-Meter Hurdles Rankings

Name	School	Mark
1. Ronetta Alexander	South Carolina	13.29
2. Ashley Lodree	Washington	13.41
3. Shantia Moss	Pompano Beach (FL) HS	13.53
Jacquelyn Johnson	Arizona State	13.53
Pavi'Elle James	Northwestern HS (Miami, FL)	13.53
6. Courtney Johnson	Indiana	13.55
7. Alandra Sherman	Eisenhower HS (Houston, TX)	13.58
8. LeeAndrea Robinson	Kimball HS (Dallas, TX)	13.66
9. Alexis Rogers	Fairbanks HS (Houston, TX)	13.68
10. Talia Stewart	Logan HS (Union City, CA)	13.72

Aloha Record Book: Track fans in Hawaii must have figured it was only a matter of time. Having seen Honolulu native **Lauran Dignam** tear through the state's prep record books to the tune of nine state titles — including five in 2002 alone — island track supporters probably weren't surprised to see Dignam, now a Husky sophomore, PR by nearly two seconds in the 400 meters at May's WSU Dual, breaking **Keisha Griffis'** school record of 54.44 seconds by three hundredths of a second. Husky fans, on the other hand — who had never seen Dignam break 56 seconds in a Washington uniform — instead found themselves pleasantly surprised. As if to prove to those fans that the school-record mark wasn't a fluke, Dignam backed it up with another massive personal best in the 200 meters, clocking a time of 24.34 seconds to climb to sixth on Washington's all-time list. Without a Pac-10 qualifying mark in either event three weeks ago, the sophomore in one day established herself as one to watch at the conference meet, where she placed 11th in the 400, 16th in the 200, and helped the 4x400-meter relay to seventh. It's not as if Dignam's outstanding day went completely unforeshadowed. Earlier this year, Dignam showed a tendency for significant improvement with a quarter-second 200-meter personal best at the MPSF Indoor Championships, where the sophomore placed third overall. Even before her marks at the WSU dual, Dignam was already the Huskies' 2004 leader in all three sprint events, and she led the team in the 200- and 400 meters last season. Maybe it's just the Cougars that bring out the best in Dignam — her season-best 200-meter mark in 2003 also came in dual competition against Washington State.

Double-Duty Dockendorf: Washington has had plenty of two-sport athletes over the years, but few, if any, have attempted to compete in two sports in one season. That was the feat accomplished this winter by gymnast/pole vaulter extraordinaire **Carly Dockendorf**, who in February entered an even more select group by competing in two different sports on the same weekend — *on the road*. With both teams in Boise, Dockendorf found time to win the all-around competition for the Husky gymnasts Friday night, then place fourth in the pole vault on Saturday morning at the United Heritage Invitational. At May's WSU Dual, competing for just the third time since capping the 2004 gymnastics season at the NCAA Championships in April, Dockendorf climbed into a tie for seventh in Canadian history with a vault of 13-2 1/4 at the WSU Dual, a height she matched two weeks later in a sixth-place finish at the Pac-10 Championships. The mark also qualified Dockendorf for the 2004 NCAA West Regional, marking the second-straight season the Port Moody, B.C., native has qualified individually for NCAA competition in both sports. In 2003, Dockendorf set a UW gym record with three perfect 10s while pole vaulting her way to an eighth-place finish at the 2003 Pac-10 Championships, in 12-11 1/2, then the second-best outdoor mark in UW history. During the 2003 season, she established herself as one of Washington's top gymnasts, earning All-America honors and sharing the conference crown in the floor exercise with a perfect 10 at the Pac-10 Championships. A provincial pole vault champion as a prep, Dockendorf's vault best of 13-2 1/4 ranks fourth in Athletics Canada's 2004 rankings, and equals the seventh-best ever by a Canadian woman. A high ranking does not necessarily equal an Olympics berth, however — she must still better the qualifying standard of 14-5 1/4 at least twice before July 11.

Athletics Canada All-Time Women's Pole Vault Rankings

Name	Year	Mark
1. Dana Ellis	2004	14-6
2. Stephanie McCann	2004	14-5 1/4
3. Ardin Tucker-Harrison	2002	13-9 3/4
4. Kelsie Hendry	2004	13-9 1/4
5. Trista Bernier	1998	13-7 1/4
6. Jackie Honey	2001	13-6 1/4
7. Carly Dockendorf	2004	13-2 1/4
Simona Kovacic	2003	13-2 1/4
9. Adrienne Vangool	2003	13-1 3/4
10. Rebecca Chambers	1999	12-11 1/2
Melissa Feinstein	2000	12-11 1/2
Sue Kupper	2004	12-11 1/2

Remember Me?: To the casual fan, junior **Will Conwell** may have fallen off the radar early last year when he gave up football — where he was a linebacker for the Huskies — in favor of a career in track and field. After redshirting the 2003 season to rehabilitate some lingering injuries, Conwell has exploded back onto the front page in 2004, earning an NCAA Regional Championships bid with a discus throw of 173-5 in his season debut. Once expected to follow his uncle, Husky legend **Ernie Conwell**, to football glory, Conwell is instead focusing on matching his famous uncle's track accomplishments. A five-year letterwinner in track and field at Washington, the elder Conwell climbed as high as fourth on the UW's all-time shot put list, and was an All-American in the event at the 1996 NCAA Championships, placing fifth. Washington's current Conwell is the West Region's eighth-ranked discus thrower, and could earn an NCAA Championships berth with a top-five finish this weekend.

Multi-Talented: When Toronto native **Grace Vela** decided to transfer to Washington from Chicago's Lewis University in 2004, the UW coaches knew they were getting a talented multi-eventer. What they may not have known, however, is that in addition to her ability to compete with America's top collegians, Vela ranks among the top women in all of Canada. Vela finished fourth at May's Pac-10 Championships heptathlon, her score of 5,225 the second-best in UW history, third-highest by a Canadian woman this year, and 22nd in the 2004 NCAA rankings. Vela competed in four more events at the Pac-10 Championships the following weekend, meaning that including the heptathlon, Vela toed the line 11 times at the conference meet. Crisscrossing the track for simultaneous events is nothing new to Vela, however — the Toronto native currently ranks among Athletics Canada's top-10 in four events, and is provisionally qualified for the NCAA Championships in the heptathlon. A graduate of Vaughan High School, Vela was an NCAA Division-II All-American in 2003 in the 4x100-meter relay, and earned top-12 national finishes in the long jump and triple jump. Even more impressive, however, was her performance at the 2003 Great Lakes Valley Conference Championships, where the Zimbabwe-born Vela won five events to earn conference Athlete of the Year honors. Following is a list of events in which Vela's marks rank among the Canadian leaders in 2004:

Event	Vela's 2004 Best	National Ranking	2004 Canadian Leader
Heptathlon	5,225	3rd	Kim Vanderhoek, 5,793
Triple Jump	38-11 3/4	5th	Althea Williams, 44-9 3/4
Long Jump	19-6 1/2	6th	Alice Falaiye, 21-2 1/2
100m Hurdles	13.98	7th	Perdita Felicien, 12.60
200m Dash	24.93	17th	Krysha Bailey, 23.59

Triple Double: Teammates **Brittany Roberts** and **Sidney Brown** became, in 2003, the first Washington women's tandem ever to triple-jump 40 feet in the same season, with Roberts' best of 41-4 1/2 ranking second all-time at Washington, and Brown's 40-1 1/4 the UW's sixth-best mark. For perspective, only three UW women in the entire decade of the 1990s ever reached 40 feet in the event, and only six (including Roberts and Brown) have done it at Washington all-time.

One for the Ages: Having been defeated by their cross-state rivals for seven-straight years, Washington's women entered the 2004 dual at Washington State determined to get back on the winning track. By the end of the day, Husky women had indeed downed the Cougars on the strength of one school record, one meet record, one of the top-10 marks in Canadian women's history, and seven marks among the top-10 all-time in UW history. Husky freshman Ashley Lodree accounted for 23 of Washington's 108 points in the historic 108-95 win, winning the 100-meter dash, 100-meter hurdles and long jump, and running on UW's 4x100- and 4x400-meter relays. Sophomore **Lauran Dignam** was outstanding, too, setting a UW record at 400 meters and running the sixth-fastest 200-meter mark all-time, while sophomore **Carly Dockendorf** set a meet record in the pole vault with a mark of 13-2 1/4, seventh-best in Canadian history. Junior **Sidney Brown** added the third-best triple-jump mark ever by a Husky woman, while **Grace Vela** climbed to 10th on UW's sprint hurdles list. The win improved the Huskies to 19-8 all-time against the Cougars, and was UW's first win in Pullman since 1996.

World-Class Walker: He may have finished his collegiate career in March, but **Brad Walker's** legacy at Washington will undoubtedly last for decades. The senior, who had only indoor eligibility left in 2004, capped his career in Fayetteville, Ark., with a second-straight NCAA indoor pole vault title, successfully defending the crown he won a year before. Walker needed only to clear 18-8 1/4 to win this year's title, after having crushed the field by nine inches to win the 2003 crown with a height of 19-0 1/4 that was better than all but two indoor marks in the *world* in 2003, and equaled the winning mark at the 2003 IAAF World Indoor Championships. Walker finished the 2003 indoor season tied for third in the world with American Derek Miles and Romain Mesnil of France, and tied Miles for the U.S. best. Even having not competed at any of the major professional meets in the summer and fall, Walker still finished among the top-12 vaulters in the final IAAF World Rankings, and was named MONDO's West District Athlete of the Year. Walker crushed his own UW record by more than six inches, and became the first Pac-10 vaulter ever to clear the 19-foot mark, shattering by three inches the record of 18-9 1/4 set by Stanford's Toby Stevenson. Having already bested the Olympic Trials standard of 18-8 1/2, Walker now needs only to finish among the top-three at July's U.S. Olympic Trials to earn a trip to Athens for the Olympic Games. The former Husky took second at the U.S. Pole Vault Summit in January, fourth at the U.S. Indoor Championships a month later, and is currently tied for second in the world outdoors at 19-1.

All-Time Collegiate Pole Vault Top-10

Name	School	Year	Mark
1. Lawrence Johnson	Tennessee	1996	19-7 1/2
2. Istvan Bagyula	George Mason	1991	19-5
3. Jacob Davis	Texas	1998	19-4 1/4
4. Bill Payne	Baylor	1991	19-2 3/4
5. Joe Dial	Oklahoma State	1985	19-2 1/4
6. Brad Walker	Washington	2003	19-0 1/4
Russ Buller	Louisiana State	1999	19-0 1/4
Jim Davis	Fresno State	2000	19-0 1/4
9. Doug Fraley	Fresno State	1986	18-11
10. Jeff Buckingham	Kansas	1983	18-10 1/2

NCAA Championships By the Numbers: When **Brad Walker** won his second-straight NCAA pole vault title in March, the senior joined an elite class. Only four Huskies, including Walker, have earned more than one NCAA title, including just two — Walker and seven-time champion Scott Neilson — since 1930. Neilson, one of only four athletes in NCAA history to win four-straight NCAA titles in the same event, was certainly the most prolific titlist in UW history, with three indoor weight throw crowns, and four-straight NCAA hammer titles from 1976-79. The other Huskies to earn multiple NCAA titles did so in the NCAA's infancy, including hurdler **Steve Anderson**, in 1929 and 1930, and **Gus Pope**, the shot and discus champ in 1921. Twenty-two UW athletes have combined for 27 NCAA titles overall, a total which ranks 22nd among NCAA institutions all-time. Interestingly, of the 21 Huskies to win titles prior to Walker, eight competed in Olympics, including three medalists.

2004 Indoor Season Recap: For the second-consecutive season, Seattle's Dempsey Indoor was the place to be for indoor track and field on the West Coast. Five collegiate and three open meets kept the Dempsey Indoor statkeepers busy, with numerous U.S.-leading and top-10 world marks requiring constant revisions to the facility

records. Twenty such records fell between January and March, while Husky athletes recorded five school records and 46 marks among UW's all-time indoor top-10. At the NCAA Championships, senior pole vaulter **Brad Walker** won his second-consecutive national title — a feat accomplished by just four Huskies all-time — while pole vaulter **Kate Soma** and miler **Eric Garner** each earned their second-career All-America honors, giving the UW three individual-event indoor All-Americans for the first time since 1988. The Huskies also played host to the 2004 MPSF Championships, with Garner and miler **Ingvill Makestad** thrilling the crowd with dramatic mile victories, leading the Husky women and men to third- and eighth-place finishes, respectively. The season was also notable for the performances of the Husky freshmen, who combined for five freshman records. First-year hurdler **Ashley Lodree** was the nation's top-ranked freshman sprint hurdler, clocking a best of 8.19 seconds that broke **Claudine Robinson's** 10-year-old school record of 8.21.

Star-Studded Staff: Washington's assistant coaching staff in 2004 is in no way short on accolades. Eighth-year vaults/jumps coach **Pat Licari** has directed six All-Americans, including two-time NCAA champion **Brad Walker**. Second-year throws coach **Bud Rasmussen** founded the prestigious Iron Wood Thrower Development Camp, and in seven years at North Idaho College mentored 82 NJCAA All-Americans, 18 national champions and five NJCAA record holders. Second-year sprints/relays coach **Dion Miller** in 2002 led Texas Tech sprinters to 13 All-America accolades, and a Big 12 title in the 4x100-meter relay, and is one of the most dynamic recruiters on the West Coast. Third-year distance coach **David Bazzi**, a Washington alum, was the 2001 Pac-10 champion at 10,000 meters, and still holds three all-time school records. Rounding out the all-star cast is second-year distance coach **Kelly MacDonald**, who graduated from Arizona State in 2002 with five All-America honors and three Pac-10 titles, and is largely credited with putting together a women's recruiting class in 2003 that was ranked sixth in the nation by Track and Field News. Ironically, the most accomplished members of the Husky coaching staff are the team's two volunteer assistants — former Olympians **Duncan Atwood** and **Hugo Munoz**. Atwood, a UW All-American and two-time Olympian, works with the Husky throwers, while Munoz, who competed in the high jump for Peru at the 2000 Olympic Games, mentors the jumpers.

Head Coach Greg Metcalf: Former Husky All-American **Greg Metcalf** is in his second year as Washington's head coach of track and field and cross-country, and his seventh year overall on the UW coaching staff. In his first season at the helm, Metcalf led the UW women to 29th at the NCAA Championships, equaling their highest point total since the 1998 season, and guided seven UW distance runners to NCAA Championships appearances. In seven years directing Washington's cross country program, Metcalf has led the women's cross country team to seven-consecutive NCAA Championships, the seventh-longest active streak in the nation. Metcalf has coached nine All-Americans, five Pac-10 champions, 13 school-record setters and 62 NCAA qualifiers. A 1993 UW graduate, Metcalf was a two-time All-American in the steeplechase, and ran in the 1996 U.S. Olympic trials.