



# WASHINGTON TRACK AND FIELD

Apr. 21, 2004

//For Immediate Release//

Contact: Brian Beaky

## Postseason in Sight As Top-25 UW Track Teams Split for Action at UO, Drake Relays

**On the Track:** With just three weeks of regular-season competition remaining before the Pac-10 Championships on May 14-15, Washington's ninth-ranked women and No. 21 men will seek to solidify postseason qualifying marks at two meets this weekend, including the prestigious Drake Relays in Des Moines, Iowa and the Oregon Invitational in Eugene. Husky pride will ride on the shoulders of UW's sprinters and hurdlers in Des Moines, where 10 UW athletes — including freshman hurdler **Ashley Lodree** and the team's NCAA-qualified men's 4x400-meter relay — will compete Friday and Saturday. The remainder of the team, minus its top speedsters, will head to Eugene to battle Oregon, Arizona State, California and numerous West Coast small colleges and clubs in the Oregon Invitational. Multi-events at Oregon run Thursday and Friday, with the body of the meet scheduled in two sessions on Saturday. Complete entries for both meets are available by visiting [www.drakerelays.com](http://www.drakerelays.com), and [www.goducks.com](http://www.goducks.com), respectively.

**Drake Relays Draw World's Best:** For the third time this month, Washington's sprinters and hurdlers will find themselves surrounded by the world's best athletes when they toe the line this weekend at the Drake Relays. Many of the same Olympians and World Champions who descended upon the Texas Relays three weeks ago, and appeared again at last week's Mt. SAC Relays, will join the Huskies and over 8,500 other athletes in at 18,000-seat Drake Stadium for the two-day meet, which has earned a reputation as one of the world's finest annual competitions. Athletes from 62 nations are entered in this week's Relays, which will be contested for the 95th time since its debut in 1910.

**Event Schedule:** Following is a schedule of events including UW athletes at the 2004 Drake Relays. For a complete event schedule, visit [www.drakerelays.com](http://www.drakerelays.com). All times are Pacific and subject to change. The Huskies will also have athletes competing at the 2004 Oregon Invitational in Eugene, including multi-eventers on Thursday and Friday, and a full team in action in Saturday. For a complete Oregon Invitational schedule, visit [www.goducks.com](http://www.goducks.com).

### Friday, April 23

10:56 a.m. 100m Hurdles, Prelims (W)  
12:09 p.m. 100m Dash, Prelims (M)  
1:00 p.m. 400m Hurdles, Final (W)  
1:22 p.m. 400m Hurdles, Final (M)  
3:45 p.m. 4x400m Relay, Prelims (M)

### Saturday, April 24

7:20 a.m. Shuttle Hurd. Relay, Pre. (W)  
8:47 a.m. Sprint Med. Relay, Final (W)  
9:06 a.m. Sprint Med. Relay, Final (M)  
10:19 a.m. Shuttle Hurd. Relay, Final (W)  
11:30 a.m. 100m Hurdles, Final (W)  
12:06 p.m. 100m Dash, Final (M)  
1:10 p.m. Long Jump, Final (W)  
3:55 p.m. 4x400m Relay, Final (M)

**Meet Results:** Fans can follow the results of the 2004 Drake Relays live on the internet at [www.drakerelays.com](http://www.drakerelays.com), and can check [GoHuskies.com](http://GoHuskies.com) for a full recap of UW action each day. Results of the 2004 Oregon Invitational will be posted to [www.goducks.com](http://www.goducks.com) immediately following Saturday's meet, with a UW recap posted to [GoHuskies](http://GoHuskies.com) shortly thereafter.

## 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	<b>Ken Shannon Invitational</b>	<b>Seattle</b>
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 Brad Walker is tied for the American lead in the pole vault, and ranks fourth in the world, **p3**
- Freshman Ashley Lodree has broken all of UW sprint hurdles records, and is No. 2 in USA Track and Field's 2004 junior women's rankings, **p4**
- Multi-eventer Grace Vela's heptathlon best is tops by a Canadian woman this year, **p6**
- Former UW linebacker Will Conwell has his sights set on an NCAA Championships berth in the discus, **p7**
- Senior javelin thrower Megan Priestersbach is ranked eighth among American women in the 2004 USA Track and Field Rankings, **p9**

## 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. Wisconsin	382.52	1. Nebraska	398.76
2. Arizona State	377.91	2. S. Carolina	392.44
3. Tennessee	373.96	3. BYU	387.50
4. Florida	371.73	4. UCLA	377.35
5. Georgia	370.73	5. San Diego St.	373.27
6. Nebraska	369.79	6. Nevada	372.43
7. LSU	368.63	7. Georgia	370.66
8. BYU	363.76	8. LSU	366.55
9. Minnesota	360.48	<b>9. Washington</b>	<b>347.84</b>
10. Clemson	355.00	10. Kansas State	347.15
11. Cincinnati	349.51	11. Penn State	345.43
12. UCLA	347.82	12. California	345.21
13. California	345.52	13. Miami (FL)	338.57
14. Miss. State	341.03	14. Cornell	336.18
15. Princeton	340.87	15. Arizona	331.99
16. Iowa State	338.02	16. Texas Tech	327.39
17. Cornell	337.89	17. Weber State	326.28
18. Air Force	333.78	18. Clemson	321.72
19. Illinois	333.14	19. Baylor	321.08
<b>21. Washington</b>	<b>327.74</b>	20. Ball State	320.38

\* - Rankings as of Apr. 21

**Rankings Report:** Despite a weekend in which Washington rested many of its top competitors, both UW teams remained among the top-25 of the USTCA Dual Meet Power Rankings, which simulate head-to-head competition between the nation's top college teams. The UW women climbed back into the top-10 with a rating of 347.84, second-best among Pac-10 schools and just 50 points behind No. 1 Nebraska. The Husky men, meanwhile, fell seven spots to No. 21 with a 327.74-point total, while Wisconsin knocked off ASU for top honors at 382.52. The Trackwire 25, on the other hand, had a particularly Southern flavor, with Arkansas' men and LSU's women leading the rankings, which predict team scores at the NCAA Championships. The defending NCAA champion Lady Tigers scored 63 points from Trackwire to hold off charging UCLA (56), while perennial contender Arkansas moved past last week's No. 1, LSU, by a 54-49 margin. Neither UW squad merited top-25 mention from Trackwire, though the Husky women were among other teams receiving points, with three.

**Just Dandy, Thank You:** The Huskies' lofty team rankings can be credited to the performances of several outstanding individuals, three of whom were recognized this week in Trackwire's Dandy Dozen. The list, which predicts the top-12 finishers in each event at the NCAA Championships, slots senior **Megan Spriestersbach** into seventh in the javelin, and likes junior **Kate Soma** to win a third-straight All-America honor with an eighth-place ranking in the pole vault. Senior **Eric Garner** also merited Trackwire's mention at No. 10 in the 1,500 meters, a ranking which, if matched, would put Garner in line for his third-career All-America honor.

**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 school history, with three indoor weight throw crowns, and four-straight NCAA hammer titles from 1976-79. The remaining 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 champion in 1921. Twenty-two Husky 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 Olympic Games, including three Olympic medalists.

**New NCAA Format:** For the second-straight season, the NCAA in 2004 will use Regional Championship meets to determine qualifying for the NCAA Championships. The NCAA Championships will draw the top-five finishers in each individual event, and top-three relay teams from each of the four Regionals nationwide, to be contested May 28-29. Athletes will qualify for Regional meets by meeting pre-determined NCAA standards, or by winning their conference title. The NCAA will then round out the Championships field by selecting the highest-ranking individuals (approximately six per individual event and five per relay) from the national collegiate performance lists, provided those athletes competed at their respective Regional meets and were not among the finishers to earn automatic NCAA berths. The lone exceptions to the Regional qualifying system will be the 10,000-meter and multi-events, which will not be subject to Regional competition. 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.

## Washington's 2004 NCAA West Regional Championships Qualifiers

Men					Women				
Name	Event	Mark	Regional Ranking	National Ranking	Name	Event	Mark	Regional Ranking	National Ranking
Eric Garner	1,500m	3:43.40	3rd	10th	Kate Soma	Pole Vault	13-5 3/4	3rd	7th
Brian Harris	Javelin	219-10 1/2	5th	23rd	Megan Priestersbach	Javelin	164-2	3rd	7th
John Russell	1,500m	3:45.06	5th	16th	Ashley Lodree	100m HH	13.39w	4th	19th
Adams/McCary/ S. Williams/Jackson	4x400m	3:09.14	5th	35th	Grace Vela	Heptathlon	5,065	5th	23rd
Martin Bingisser	Hammer	197-7	7th	34th	Tiffany Zahn	Javelin	154-9	7th	21st
Will Conwell	Discus	173-5	7th	50th	Dallon Williams	5,000m	16:41.19	9th	37th
Rigel Wise	Javelin	215-0 1/4	8th	30th	Grace Vela	Long Jump	19-6 1/2	9th (tie)	54th (tie)
John Hickey	5,000m	14:14.24	11th	46th	Stevie Marshalek	Pole Vault	12-10 1/4	11th	24th
Carl Moe	1,500m	3:46.97	12th	40th	Lindsey Egerdahl	800m	2:09.70	12th	43rd
McKane Lee	Pole Vault	16-4 3/4	17th (tie)	50th (tie)	Ingwill Makestad	1,500m	4:23.76	12th	28th
					Lindsey Egerdahl	1,500m	4:26.88	13th	30th
					Alison Tubbs	5,000m	16:49.51	13th	54th
					Dallon Williams	Steeplechase	10:49.03	16th	53rd
					Ashley Wildhaber	Pole Vault	12-4	20th	53rd (tie)
					Laura Halverson	Steeplechase	10:57.17	21st	76th

\* — The 10,000m and multi-events are not subject to Regional qualifying. Athletes in those events qualify for the NCAAs by meeting predetermined standards.

**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, and already 25 are qualified in 2004, including four in the javelin and five at 1,500 meters. For a complete list of Washington's 2004 NCAA West Regional Championships qualifiers, see the box above.

**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 sixth-ranked vaulter in NCAA history, Walker began his campaign for the 2004 Olympic Games with a second-place clearance of 18-6 3/4 at last week's Mt. SAC Relays, equaling the best outdoor mark by an American this year. In 2003, the Husky led all American vaulters 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 twice against America's best this season and has stepped up to the challenge both times, placing second at the U.S. Pole Vault Summit, and fourth at the U.S. Indoor Championships. Already an Olympic "A" qualifier, Walker needs to finish among the top-three at July's U.S. Olympic Trials to earn a trip to Athens for the 2004 Olympic Games in Athens, Greece, with the fourth-place finisher traveling as an alternate.

**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 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.

**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 — Husky sophomore **Ingwill Makestad** boasts a good shot of toeing the line in Athens for her native Norway, needing only to lower her 1,500-meter PR from 4:13 to the Olympic "B" standard of 4:07 to likely earn a bid. That's also the time being targeted by former Husky **Courtney Inman** — Canada's fourth-ranked women's miler — who could make the Games with an impressive outdoor campaign. For pole vaulter **Kate Soma**, the magic number is the U.S. Trials standard of 14-8 — 10 inches beyond her career best, while assistant coach **Kelly MacDonald**, currently the world's third-ranked women's steepler, seeks a trials qualifier of 10:00.00. Javelin stars **Heather Reichmann** and **Megan Priestersbach** could also make the Games if they can reach Trials-qualifying marks of 178-10, and perform well at the trials in July.



**The 'Lo' Down:** It only took **Ashley Lodree** one collegiate outdoor meet to crush the Huskies' 100-meter hurdles record. But then, everything the Husky freshman 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 **Claudine Robinson** in 1994. After Robinson's record stood for 10 years, Lodree's stood for only eight days, as the freshman lowered it again, to a wind-aided 13.39, in the finals at the Texas Relays, adding a wind-legal record of 13.54 in the prelim. Currently ranked No. 2 in the West Region, Lodree finds herself running out of records to set. On Mar. 6, the Richmond, Calif., native lowered her 60-meter hurdles best to 8.19 seconds, knocking Robinson off the top of the UW indoor charts while qualifying for the NCAA Indoor Championships. One of just two freshmen in the NCAA field, Lodree earned 14th-place overall and closed the indoor season as America's top-ranked collegiate freshman hurdler. Lodree, however, isn't one to be fazed by national acclaim. Last year, she ranked among the top-five preps nationally in both the 100- and 300-meter hurdles, and placed third in the former at the U.S. Junior Nationals. Lodree is also making an assault on the UW's long jump records, having climbed to sixth all-time indoors with a Pac-10 qualifying best of 19-6 1/4. With seven records (either freshman or school) in her first nine collegiate hurdles races, Lodree has established herself as one to watch over the next three-plus years. Who are likely to be Lodree's chief rivals? Following is a list of 2004's top U.S. junior women's hurdlers:

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

Name	School	Mark
1. MaKeatha Cooper	Texas Christian	13.24
2. <b>Ashley Lodree</b>	<b>Washington</b>	<b>13.39</b>
3. Jacquelyn Johnson	Arizona State	13.53
4. Ronnetta Alexander	South Carolina	13.55
5. Alandra Sherman	Eisenhower HS	13.59
6. Shantia Moss	Pompano Beach (FL) HS	13.72
7. Tiffany McDonald	Arizona	13.80
8. Fatmata Fofanah	Pittsburgh	13.83
9. Courtney Johnson	Indiana	13.84
10. Jessica Ohanaja	Westbury HS	13.85

**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 debuting outdoors with the school's sixth-fastest 1,500-meter time, senior **Eric Garner** has ensured that his name will come up in any future discussion of Washington's legendary distance-running tradition. 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. 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 meters 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 ranking among the team leaders in nearly every distance event, Garner is also the UW's top cross country runner, having led UW at all but one varsity meet in the past two seasons.

**Monster PR of the Week:** It may have only been a three-foot improvement over her previous best, but **Carin Trygg's** throw of 155 feet, 2 inches in the hammer at last weekend's State Challenge Cup was significant. The freshman from Kenmore, Wash. has improved consistently throughout 2004, from a 129-10 debut in March, to 152-1 in April, and 155-2 last weekend. With three more seasons ahead of her, Trygg currently ranks sixth on the UW's all-time hammer list, which dates back to the event's NCAA debut in 1996.

## 2004 Husky Track and Field Statistical Leaders

Women's		
100m Dash	Lauran Dignam	12.09w
200m Dash	Lauran Dignam	24.70
400m Dash	Lauran Dignam	56.18
800m Run	Lindsey Egerdahl	2:09.70**
1,500m Run	Ingviil Makestad	4:23.76**
Steeplechase	Dallon Williams	10:49.03**
5,000m Run	Dallon Williams	16:41.19**
10,000m Run	No competitors	
100m Hurdles	Ashley Lodree	13.39w**
400m Hurdles	Cambrielle Jensen	1:01.32*
4x100m Relay	Lodree/Dignam/Vela/Steward	46.67
4x400m Relay	Jensen/Steward/Lodree/Dignam	3:47.65
High Jump	Sidney Brown	5-5
Pole Vault	Kate Soma	13-5 3/4**
Long Jump	Grace Vela	19-6 1/2**
Triple Jump	Brittany Roberts	39-2 1/4w*
Shot Put	Cherron Davis	45-5 3/4*
Discus	Cherron Davis	133-2
Hammer	Carin Trygg	155-2
Javelin	Megan Priestersbach	164-2**
Heptathlon	Grace Vela	5,065

Men's		
100m Dash	Davaon Spence	10.55w*
200m Dash	Davaon Spence	21.67
400m Dash	Phil McCary	48.09
800m Run	Todd Arnold	1:51.23*
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	52.93*
4x100m Relay	James/Spence/Davidson/S. Williams	41.09
4x400m Relay	Adams/McCary/S. Williams/Jackson	3:11.56
High Jump	Warren Eickhoff	6-6 3/4*
Pole Vault	McKane Lee	16-4 3/4**
Long Jump	Sam Roberts	20-11 1/4w
Triple Jump	Vinh Chung	43-9
Shot Put	Evan Wilson	51-0 1/4
Discus	Will Conwell	173-5**
Hammer	Martin Bingisser	197-7*
Javelin	Brian Harris	219-10 1/2**
Decathlon	Doug Blaty	5,892

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

## 2004 UW Top-10 List Revisions

### Men's 1,500 Meters

3:39.89	Bruce Stirling	1987
3:41.6	Alan Hjort	1989
3:42.64	Geoff Perry	1998
3:43.1	Greg Gibson	1976
3:43.2	Rick Albright	1973
<b>3:43.40</b>	<b>Eric Garner</b>	<b>2004</b>

### 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
<b>29:48.92</b>	<b>Mark Mandi</b>	<b>2004</b>

### Men's 4x400 Meters

3:04.73	Bryant/McKay/Merritt/Ellison	1990
3:05.21	Hooker/Prior/Anabel/Dawson	1998
3:06.53	Strub/McKay/Merritt/Ellison	1991
3:08.47	Kozol/DeRosans/Jackson/Stankovic	1980
<b>3:09.14</b>	<b>Adams/McCary/S. Williams/Jackson</b>	<b>2004</b>

### 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
<b>197-7</b>	<b>Martin Bingisser</b>	<b>2004</b>

### 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
<b>4:23.76</b>	<b>Ingvill Makestad</b>	<b>2004</b>

### Women's Steeplechase

10:35.31	Kate Spigel	2003
<b>10:49.03</b>	<b>Dallon Williams</b>	<b>2004</b>
10:52.47	Camille Connelly	2003
<b>10:57.17</b>	<b>Laura Halverson</b>	<b>2004</b>

### Women's 100-Meter Hurdles

<b>13.39w/13.54</b>	<b>Ashley Lodree</b>	<b>2004</b>
13.55	Claudine Robinson	1994

### Women's Pole Vault

13-10	Kate Soma	2003
12-11 1/2	Carly Dockendorf	2003
	Sandy Erickson	2000
<b>12-10 1/4</b>	<b>Stevie Marshalek</b>	<b>2004</b>
<b>12-4</b>	<b>Ashley Wildhaber</b>	<b>2004</b>

### 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
<b>155-2</b>	<b>Carin Trygg</b>	<b>2004</b>
149-10	Searan Salibian	2002
144-3	Sesilia Thomas	1999
<b>143-2</b>	<b>Cherron Davis</b>	<b>2004</b>

### Women's Javelin Throw

<b>164-2</b>	<b>Megan Priestersbach</b>	<b>2004</b>
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
<b>107-6</b>	<b>Grace Vela</b>	<b>2004</b>

### Women's Heptathlon

5,266	Sonja Forster	1992
5,186	Angie Tasker	1989
<b>5,065</b>	<b>Grace Vela</b>	<b>2004</b>

**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. With a season best of 13-5 3/4 that currently ranks 11th among American women's vaulters, and seventh among collegians, Soma has put herself into position for a rare All-America double in 2004. In March, Soma earned her second-straight NCAA 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 two 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 vaulted herself in the Pac-10's all-time elite at last year's NCAA West Regional Championships, clearing 13 feet, 10 inches to break her own Washington outdoor record by more than eight inches and climb to eighth in Pac-10 history. The sixth-place finisher at the 2003 Pac-10 Championships, Soma was bested at the Regional only by Oregon's Becky Holliday, who set a collegiate outdoor record of 14-8 in her Regional win. Soma's has broken UW's indoor and outdoor records in all five of her collegiate "seasons," including three indoors and two outdoors, a tradition she began as a freshman by setting UW benchmarks of 13-1 1/2 outdoors, and 12-11 1/2 indoors. Soma entered the UW with a best of 12-0 at Grant High School, but improved that mark by more than a foot in 2002.

### 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. Nikki McEwen	Oregon	2003	14-1 1/4
	Connie Jerz	2003	14-1 1/4
<b>8. Kate Soma</b>	<b>Washington</b>	<b>2003</b>	<b>13-10</b>
9. Andrea Dutoit	Arizona	2001	13-9 1/4
10. Erica Hoerning	UCLA	2001	13-7

**Norse by Northwest:** Sophomore transfer **Ingvill Makestad** shook up the national indoor rankings in February with a dramatic win in her first-career collegiate mile, at the MPSF Championships. The 22-year old Norwegian, who blew past Stanford All-American Sara Bei on the homestretch, crossed the line in 4:42.17, fastest by a Norwegian runner this year and just two seconds off the school record established by **Courtney Inman** a year ago. Makestad placed 15th in the mile at her first-career NCAA Indoor meet in March, and has now set her sights on improving that performance in either the 800- or 1,500 meters at the NCAA outdoor meet this June, while also seeking the Olympic "B" qualifying standards of 2:01.30 and 4:07.15, respectively. The sophomore qualified for NCAA Regional competition in her first collegiate 1,500 meters in March, clocking a time of 4:23.76 at Stanford that was UW's ninth-fastest all-time. Should Makestad better the Olympic standards, she won't be fazed by the talented international field, as she already boasts loads of experience competing against the world's best college-age athletes. Last summer, Makestad won her nation's 800 meter title, just weeks before placing fourth in the 1,500 meters at the Under-23 European Championships in Poland, in a career-best time of 4:13.58. Since arriving at UW in the fall, Makestad has found nothing but success, taking ninth at the Pac-10 Cross Country Championships — just her second-ever cross country competition — and fifth at the NCAA Regional. Ironically, at the Regional Makestad placed just ahead of USC's Iryna Vaschuk, who also finished just behind Makestad in the Under-23 European 1,500-meter final.

## 2004 Updates to UW Indoor School Records

Men					Women				
Name	Event	Mark	All-time UW Rank	School Record	Name	Event	Mark	All-time UW Rank	School Record
Doug Blaty	Heptathlon	4,609	1st	Same	Ashley Lodree	60m Hurdles	8.19	1st	Same
Garner/S. Williams/Moe/Russell	DMR	9:35.35	1st	Same	Kate Soma	Pole Vault	13-5 3/4	1st	Same
Andy Fader	5,000m	14:10.81	2nd	13:58.51	Lia/Jensen/Makestad/Egerdahl	DMR	11:23.12	1st	Same
Russell/S. Williams/Arnold/Moe	DMR	9:38.09	2nd	9:35.35	Amy Lia	800m	2:09.73	2nd	2:08.39
John Hickey	5,000m	14:11.39	3rd	13:58.51	Ingviil Makestad	Mile Run	4:42.17	2nd	4:40.24
Carl Moe	3,000m	8:02.82	3rd	7:54.13	Stevie Marshalek	Pole Vault	13-1 1/2	2nd	13-5 3/4
John Russell	Mile Run	4:03.77	3rd	3:58.93	Grace Vela	Pentathlon	3,592	2nd	3,692
N. Williams/Adams/McCary/S. Williams	4x400m	3:10.67	3rd	3:07.33	Lindsey Egerdahl	Mile Run	4:47.82	3rd	4:40.24
Andy Fader	Mile Run	4:05.45	4th	3:58.93	Carly Dockendorf	Pole Vault	12-9 1/2	3rd (tie)	13-3 3/4
Mark Mandi	3,000m	8:04.92	4th	7:54.13	Lauran Dignam	400m	25.13	4th	24.49
Mark Mandi	5,000m	14:12.51	4th	13:58.51	Lindsey Egerdahl	3,000m	9:35.08	4th	9:32.28
Russell/S. Williams/Jackson/Moe	DMR	9:43.59	4th	9:35.35	Kira Harrison	800m	2:11.77	5th	2:08.39
Marc James	60m Hurdles	8.08	5th	7.82	Ashley Wildhaber	Pole Vault	12-5 1/2	5th	13-5 3/4
Russell/Jackson/Moe/Fader	DMR	9:49.73	5th	9:35.35	Amy Lia	Mile Run	4:50.51	6th	4:40.24
Eric Garner	800m	1:51.91	6th	1:50.65	Egerdahl/Harrison/McLeod/Wishaar	DMR	11:46.30	6th	11:23.12
Travis Boyd	5,000m	14:29.90	7th	13:58.51	Ashley Lodree	Long Jump	19-6 1/4	6th (tie)	20-5 1/2
Nik Williams	400m	48.29	8th	46.45	Grace Vela	Long Jump	19-6 1/4	6th (tie)	20-5 1/2
Carl Moe	Mile Run	4:07.15	9th	3:58.93	Brynne Steward	60m Hurdles	8.64	7th	8.21
Davaon Spence	200m	21.82	9th (tie)	20.56	Carin Trygg	Weight Throw	47-7 1/4	7th	55-2
McKane Lee	Pole Vault	16-7 1/4	10th	19-0 1/4	Alison Tubbs	5,000m	17:14.83	7th	16:22.13
Bruce Jackson	800m	1:52.19	10th	1:50.65	Camille Connelly	5,000m	17:15.53	8th	16:22.13
Adams/Davidson/McCary/N. Williams	4x400m	3:12.99	10th	3:07.33	Amy Groesbeck	Pole Vault	11-3 3/4	8th (tie)	13-5 3/4
Phil McCary	400m	48.35	10th (tie)	46.45	Merilee Jones	Pole Vault	10-11 3/4	10th (tie)	13-5 3/4

**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. No fewer than seven of Vela's personal bests in 2004 would rank among the top-10 in Athletics Canada's season rankings, were the Husky a paid member of the organization. At last week's California Invite, Vela scored a 5,065 in her first collegiate heptathlon, fourth best in UW history and 135 points beyond the current Canadian leader. The junior's individual event PRs of 5-3 1/4 in the high jump, 107-6 in the javelin and Pac-10 qualifying 19-6 1/2 in the long jump are each fourth-best among Canadian women this season. Vela's outdoor success was previewed indoors, where the junior climbed the UW's all-time top-10 in the long jump and pentathlon. The Vaughan High School graduate 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 GLVC Athlete of the Year honors. Following is a list of events in which Vela's marks challenge those of Canada's leaders in 2004:

Event	Vela's 2004 Best	National Ranking	2004 Canadian Leader
Heptathlon	5,065	1st	Same
Long Jump	19-6 1/2	4th	Alice Falaiye, 21-2 1/4
High Jump	5-3 1/4	4th	Nicole Forrester, 5-10
Javelin	107-6	4th	Krista Woodward, 161-6
100m Hurdles	14.16w	6th	Angela Whyte, 12.79
Triple Jump	38-3 1/2w	7th	Althea Williams, 44-9 3/4
200m Dash	25.10	9th	Lami Oyewumi, 24.02

**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), one NCAA champion (Uusitalo, '86) and a U.S. Olympian (Atwood, '80, '84). In all, three different Huskies have thrown the javelin for the U.S. at the Olympic Games and three more have earned NCAA titles. In UW history, no event has featured more separate NCAA champions than javelin's three, with only the four hammer throw titles won by Scott Neilson eclipsing the UW's success in the spear. Already this year, four Huskies have qualified for NCAA Regional competition in the spear, including senior **Megan Spriestersbach's** school-record effort of 164-2 at the Stanford Invite. Of the four, only Spriestersbach boasts NCAA experience, having placed 18th in 2001.

**Husky Greats Give Back:** Looking for a reason for the Huskies' remarkable javelin success in 2004? Look no further than former U.S. Olympian **Duncan Atwood**, now in his second year volunteering his time to his alma mater as a throws 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.



**Spear Superiority:** Maybe we all should take a year off. That's what Husky senior **Megan Priestersbach** did in 2003, and 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 and eighth-best by a Pac-10 thrower since the new javelin implement came into use six years ago. For Priestersbach, the throw reclaimed the UW record she had first set in 2002, a season in which the Lake-wood, Wash., native earned her third-consecutive top-10 Pac-10 finish. 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 Apr. 21, Priestersbach ranks eighth among U.S. women, and seventh among collegians, with a No. 3 NCAA West Regional ranking that has her in line to earn one of five automatic NCAA bids. Priestersbach is attempting to reach her second NCAA meet in her four competitive years at Washington, having placed 18th as a sophomore in 2001. Following is a list of the Pac-10's all-time top-10 javelin competitors:

## All-Time Pac-10 Javelin Top-10 (New Implement)

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. <b>Megan Priestersbach</b>	<b>Washington</b>	<b>2004</b>	<b>164-2</b>
9. Molly Monroe	Wash. State	2000	161-4
10. Seilala Sua	UCLA	1999	161-2

**Mile Mayhem:** Washington's sprinters and jumpers may be catching up quickly, but the list of Pac-10 Championships qualifiers leaves no doubt that distance running is still the UW's bread and butter. A stunning 15 Huskies have posted Pac-10 qualifying marks in the 1,500 meters, which includes converted indoor mile marks. That total already surpasses the record 11 1,500-meter qualifiers from 2003 — in fact, the Husky women nearly surpass that mark on their own, with a remarkable 10 UW women currently included in the Pac-10's 1,500-meter rankings. While the team boasts its share of savvy veterans, it is a bumper crop of newcomers that have pushed the unit to record levels of success, with seven of the 15 qualifiers currently in their first collegiate seasons. However many of these 15 end up competing at the Pac-10 meet remains to be seen, but those that do will have history on their side. At least one UW runner has scored in the 1,500 meters at every Pac-10 Championships since 1989, including a record five 1,500-meter scorers (three men, two women) in 2003.

**Triple Double:** Teammates **Brittany Roberts** and **Sidney Brown** became, in 2003, the first UW 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.

**Jamaican Sensations:** Don't blame second-year sprints/hurdles coach **Dion Miller** for catching a bit of island fever — the island nation of Jamaica is producing some impressive track talent. Washington's 2004 roster includes two athletes from the Caribbean nation, juniors **Patrick Davidson** and **Davaon Spence**. The two grew up friends at St. Jago HS in Kingston, Jamaica, and competed together on relay squads that swept Jamaican national titles in 2003. After splitting up to attend U.S. junior colleges, the two reunited at Washington this season, providing the UW a pair of top-flight sprinters to bolster a team already strong in the distances and field events. Davidson's career-best marks of 10.50 for 100m and 21.50 for 200m would each have scored at the 2003 Pac-10 Championships, while Spence adds big-meet experience from years of competition at the World Youth Championship. The two have already made their presence felt at Washington, with Pac-10 qualifying marks in the 100 meters for both, and a 100-meter best of 10.55 seconds for Spence that is just .01 off the UW's all-time top-10. Spence ranks ninth on the UW's all-time 200m list indoors, and Davidson ran a leg of the school's 10th-fastest indoor 4x400m.

**Remember Me?:** To the casual Husky fan, junior **Will Conwell** may have fallen off the radar early last year when he gave up football — where he was a scholarship 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 seventh-ranked discus competitor, and could earn an NCAA Championships berth with a top-five finish at May's West Regional in Northridge, Calif.

**The Kids Are Alright:** If Track and Field News needed any evidence to support their No. 6 national ranking of Washington's women's recruiting class, they need look no further than the national indoor performance lists. Husky women's frosh lit up the lists with outstanding performances, including four UW freshman records. Bothell's **Amy Lia** boasted two of those records, in the 800m and mile, including a half-mile best of 2:09.73 that is the school's second-best all-time. Two-time prep All-American **Ashley Lodree**, meanwhile, set the school record in the 60-meter hurdles and tied for sixth-best ever in the long jump, while pole vaulter **Stevie Marshalek** became just the second UW woman to clear 13 feet with a freshman record vault of 13-3 at the Last Chance Qualifier. Proving that they might have been overlooked by Track and Field News, however, the Husky men's freshmen are throwing up some mighty marks of their own. Spear specialist **Brian Harris** is an NCAA qualifier at 219-10 1/4, as is hammer thrower **Martin Bingisser**, who ranks seventh in Washington history with a best of 197-7. Currently, freshmen and transfers lead all Husky competitors in 14 events, including seven each on the men's and women's sides.

**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. Two-sport excellence is nothing new for Dockendorf – in 2003, the Port Moody, B.C., native set a UW gym record with three perfect 10s while pole vaulting her way to second all-time at Washington, and into the top-10 in Canadian history. A redshirt freshman in 2003, Dockendorf improved weekly, culminating with an eighth-place finish at the 2003 Pac-10 Championships, in 12-11 1/2, the second-best outdoor mark in UW history. The weekend of Mar. 1, 2003, though, may have marked the most impressive display of Dockendorf's athletic ability. On Friday, Feb. 28, the redshirt freshman scored a perfect 10 on the floor exercise to lead UW to a dual-meet win, then turned around barely 12 hours later and soared 12-0 in the pole vault at the Pac-10 Invitational, among the best marks ever at UW. 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 12-11 1/2 tied for fourth in the 2003 Athletics Canada rankings, and was the ninth-best ever by a Canadian woman. To qualify for Olympic competition, Dockendorf will have to clear 14-5 1/4 at least twice before July 11, while also finishing among the top-three at July's Canadian Olympic Trials.

## Athletics Canada All-Time Women's Pole Vault Rankings

Name	Year	Mark
1. Stephanie McCann	2002	14-3 1/4
2. Dana Ellis	2003	14-1 1/4
3. Ardin Tucker-Harrison	2002	13-9 3/4
4. Kelsie Hendry	2003	13-8 1/4
5. Trista Bernier	1998	13-7 1/4
6. Jackie Honey	2001	13-6 1/4
7. Simona Kovacic	2003	13-2 1/4
8. Adrienne Vangool	2003	13-1 3/4
<b>9. Carly Dockendorf</b>	<b>2003</b>	<b>12-11 1/2</b>
Rebecca Chambers	1999	12-11 1/2
Melissa Feinstein	2000	12-11 1/2
Sue Kupper	2004	12-11 1/2

**Scandinavian Invasion:** Don't think that **Ingvill Makestad** is the only Norwegian 800-meter champion on the Washington track and field roster. The Huskies, in fact, boast the odd coincidence of having *both* of Norway's reigning half-mile titlists competing in purple and gold this season, including Makestad and men's champ **Stig Ellingsen**. A native of Tromso, Ellingsen clocked a winning time of 1:51.30 in the 800-meter final at the 2003 Norwegian Outdoor Track and Field Championships, after sweeping junior titles every year from 1999-2002. The junior, who was also an outstanding prep soccer player, has competed for years on the European amateur circuit, with a best finish of sixth in the half-mile at the 2002 European Cup in Banska Bstryka. Ellingsen clocked a 4:03.85 in his first collegiate 1,500 meters at Cal Poly, and owns a season-best of 1:51.95 in the 800 meters.

**Raising Arizona:** Already in 2004, 46 Husky athletes have punched their tickets to Tucson for the 2004 Pac-10 Championships at the University of Arizona. Those 46 athletes have combined for 59 qualifying marks, surpassing last year's total of 55 with three weeks remaining in the regular season. Pac-10 teams can bring a maximum of 24 athletes and two wild cards per team to the meet, and may place one athlete in each event for which the school has no qualifier. Thus, some athletes to post qualifying marks may not compete, and others not qualified may be entered in some events. Following is a list of UW's 2004 Pac-10 Championships qualifiers:

Men		Qualifying	Pac-10
Name	Event	Mark	Ranking
Todd Arnold	800m	1:51.23	10th
	1,500m	3:48.47	13th
Brandon Bailey	400m Hurdles	53.33	13th
Martin Bingisser	Hammer	197-7	5th
Travis Boyd	5,000m	14:29.90i	26th
Preston Brashers	5,000m	14:35.05i	31st
Will Conwell	Discus	173-5	3rd
Phillippe Cook	High Jump	6-8 3/4i	8th (tie)
Patrick Davidson	100m Dash	10.68w	11th (tie)
Warren Eickhoff	High Jump	6-8 3/4i	8th (tie)
Andy Fader	1,500m	3:48.34	12th
	5,000m	14:10.81i	17th
Eric Garner	1,500m	3:43.40	1st
Brian Harris	Javelin	219-10 1/2	2nd
John Hickey	5,000m	14:11.39i	18th
Marc James	110m Hurdles	14.49w	7th
McKane Lee	Pole Vault	16-7 1/4i	12th
Mark Mandi	5,000m	14:12.51i	20th
Carl Moe	1,500m	3:46.97	11th
Sam Roberts	Pole Vault	16-6i	15th (tie)
Mike Sayenko	5,000m	14:34.55	30th
Davaon Spence	100m Dash	10.55w	8th
John Russell	1,500m	3:45.06	4th
Sean Williams	400m Hurdles	52.93	8th (tie)
Rigel Wise	Javelin	215-0 1/4	5th

Women		Qualifying	Pac-10
Name	Event	Mark	Ranking
Mary Beeman	Shot Put	44-0 3/4i	20th
Camille Connelly	1,500m	4:34.80	26th
	5,000m	17:15.53	18th
Cherron Davis	Shot Put	45-5 3/4	16th
Carly Dockendorf	Pole Vault	12-9 1/2i	13th (tie)
Lindsey Egerdahl	800m	2:09.70	11th
	1,500m	4:26.88	12th
Marie Foushee	Mile	5:00.43i	16th
Laura Halverson	Mile	4:58.75i	14th
	Steeplechase	10:57.17	3rd
Kira Harrison	800m	2:10.58	23rd
	1,500m	4:33.50	20th
Cambrielle Jensen	400m Hurdles	1:01.32	4th
Amy Lia	800m	2:09.73i	12th
	1,500m	4:39.53	32nd
Ashley Lodree	100m Hurdles	13.39w	3rd
	Long Jump	19-6 1/4i	10th (tie)
Ingvill Makestad	1,500m	4:23.76	8th
Stevie Marshalek	Pole Vault	13-3i	7th
Brianna McLeod	1,500m	4:32.82	20th
	5,000m	16:59.50	13th
Brittany Roberts	Triple Jump	39-6i	7th
Kate Soma	Pole Vault	13-5 3/4	3rd
Megan Spriestersbach	Javelin	164-2	3rd
Alison Tubbs	5,000m	16:49.51	10th
Grace Vela	100m Hurdles	14.16w	14th
	Long Jump	19-6 1/2	9th
	Heptathlon	5,065	3rd
Ashley Wildhaber	Pole Vault	12-9i	15th
Dallon Williams	Mile	5:00.67	17th
	Steeplechase	10:49.03	2nd
	5,000m	16:41.19	5th
Angela Wishaar	1,500m	4:33.37	22nd
Tiffany Zahn	Javelin	154-9	4th



**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 the American outdoor lead at 18-6 3/4.

## 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. <b>Brad Walker</b>	<b>Washington</b>	<b>2003</b>	<b>19-0 1/4</b>
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

**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 **Ingviil 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.

**2004 NCAA Indoor Championships Recap:** The five Huskies who traveled to Fayetteville, Ark., in March represented not only the team's largest indoor championships contingent since 1998, but also one of its most talented in the last decade. Three of the five Husky athletes earned All-America honors—the most individual UW All-Americans indoors since 1988—while the Husky men earned their fifth top-25 finish in the last five years. The meet, however, belonged to senior **Brad Walker**, who in his final collegiate performance earned his second-straight NCAA indoor pole vault title. Joining Walker on the awards podium were junior **Kate Soma**, who became the first UW women's indoor All-American since 1994 with a fifth-place finish in the pole vault, and senior **Eric Garner**, whose eighth-place mile finish earned his second-career All-America certificate. Also competing for Washington were a pair of NCAA first-timers, including freshman hurdler **Ashley Lodree**, the 14th-place finisher in the 60-meter hurdles, and sophomore **Ingviil Makestad**, the 15th-place mile finisher.

**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.