



WASHINGTON TRACK AND FIELD

Apr. 26, 2005

//For Immediate Release//

Contact: Brian Beaky

Dawgs, Cougs Seek State Supremacy in 98th Intrastate Dual Meet at Husky Stadium

On the Track: The state's most historic track and field rivalry reaches a fever pitch Saturday at Husky Stadium, when Washington and Washington State meet in head-to-head competition for the 98th time since 1900. This year's dual could be one of the most exciting in the prestigious history of the long-running dual, with both schools' men's squads ranked among the top-13 teams in the country, and the two women's teams each among the top-20. Washington's 13th-ranked men, in the midst of their finest season in years, are seeking to break a four-year streak of victories by their cross-state rival, while the 19th-ranked Husky women will attempt to defend their 2004 dual meet crown. Admission is free to all spectators, with field events scheduled to begin at 10:15 a.m. with the women's javelin, and events on the track kicking off at 1:15 p.m.

Event Schedule: Following is a schedule of events for Saturday's UW-WSU Dual at Husky Stadium. Note: Hammer throws will be conducted Friday evening at West Seattle Stadium. All times are Pacific and subject to change:

10:15 a.m.	Javelin (W)	2:25 p.m.	110m Hurdles (M)
11:00 a.m.	Pole Vault (W)	2:30 p.m.	High Jump (M)
11:00 a.m.	Long Jump (W)		400m Dash (W)
11:30 a.m.	Javelin (M)	2:35 p.m.	400m Dash (M)
12:30 p.m.	Shot Put (W)	2:40 p.m.	100m Dash (W)
	Long Jump (M)	2:45 p.m.	100m Dash (M)
1:00 p.m.	High Jump (W)	2:50 p.m.	800m Run (W)
1:15 p.m.	Steeplechase (W)	3:00 p.m.	800m Run (M)
1:30 p.m.	Steeplechase (M)	3:05 p.m.	400m Hurdles (W)
1:45 p.m.	4x100m Relay (W)	3:15 p.m.	400m Hurdles (M)
1:50 p.m.	4x100m Relay (M)		Triple Jump (M)
2:00 p.m.	Pole Vault (M)		Discus (M)
	Triple Jump (W)	3:25 p.m.	200m Dash (W)
	Discus (W)	3:30 p.m.	200m Dash (M)
	1500m Run (W)	3:35 p.m.	5000m Run (W)
2:10 p.m.	1500m Run (M)	4:00 p.m.	5000m Run (M)
2:15 p.m.	Shot Put (M)	4:20 p.m.	4x400m Relay (W)
2:20 p.m.	100m Hurdles (W)	4:25 p.m.	4x400m Relay (M)

UW-WSU Dual History: When the Huskies' and Cougars' athletes enter Husky Stadium on Saturday, they will carry with them the legends of 98 years of dueling in a rivalry that dates back to 1900. Interrupted just once since 1945, the rivalry has proven bountiful for both squads, with the Cougars owning a 66-30-1 advantage in men's competition, and the Huskies boasting a 19-8 edge in women's duals, which date back to 1979. The Huskies have had more success against the Cougars at home than in Pullman, winning 17 of 41 men's matchups all-time in Husky Stadium, and 10 of 12 women's matchups at home. The teams' last meeting in Seattle came in 2003, with Washington State earning the last of three-straight sweeps over their cross-state rivals. The Husky women snapped that streak in Pullman last year, defeating the Cougs by a 108-95 margin, while the UW men were downed for the fourth-straight year, by a score of 112-90.

2005 Husky Track Schedule

Indoor		
Date	Meet	Location
Jan. 15	UW Indoor Preview	Seattle
Jan. 21-22	Nat'l Pole Vault Summit	Reno, Nev.
Jan. 28-29	UW Indoor Invitational	Seattle
Feb. 12	The Husky Classic	Seattle
Feb. 25-26	MPSF Championships	Seattle
Mar. 5	Last Chance Qualifier	Seattle
Mar. 11-12	NCAA Champ's	Fayetteville, Ark.

Outdoor		
Date	Meet	Location
Mar. 19	UW Outdoor Preview	Seattle
Mar. 25-26	Stanford Invitational	Palo Alto, CA
Apr. 9	Pepsi Invitational	Eugene, OR
Apr. 15-17	Mt. SAC Relays	Walnut, CA
Apr. 16	Sun Angel Classic	Tempe, AZ
Apr. 23	Oregon Invitational	Eugene, OR
Apr. 30	UW-WSU Dual	Seattle
May 6-7	Pac-10 Multi Events	Los Angeles, CA
May 7	Ken Shannon Invitational	Seattle
May 13-14	Pac-10 Champ's	Los Angeles, CA
May 27-28	NCAA West Regional	Eugene, OR
June 8-11	NCAA Champ's	Sacramento, CA
June 23-26	USATF Jr./Sr. Nat'l's	Carson, CA

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 ...

- Quarterback Isaiah Stanback is one of six two-sport athletes competing for UW this year, **p3**
- Former UW linebacker Will Conwell, nephew of UW great Ernie Conwell, has reinvented himself as one of the Pac-10's top discus competitors, **p3**
- Washington boasts the deepest women's pole vault unit in NCAA history, including two-time NCAA runner-up Kate Soma, **p4**
- Freshman long jumper Norris Frederick ranks fifth in the world among junior-age jumpers, **p5**
- Everett natives Mark Mandi and Andy Fader, first linked in an Everett McDonald's, are now two of the Pac-10's top distance runners, **p6**
- Three Husky sprinters hail from Caribbean nations, including NCAA Regional qualifier Shane Charles of Grenada, **p7**

Husky Track Quick Facts

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

Enrollment: 42,000 (31,474 undergraduate)
Founded: Nov. 4, 1861
President: Mark Emmert
Director of Athletics: Todd Turner
Home Facility: Dempsey Indoor/Husky Stadium
Press Row Phone: (206) 227-5709
Conference: Pacific-10
Head Coach: Greg Metcalf (3rd year)
Asst. Coach (Vault/Jumps): Pat Licari (9th year)
Asst. Coach (Throws): Bud Rasmussen (3rd year)
Asst. Coach (Sprints/Hurdles): .. LaMonte Vaughn, Jr. (1st year)
Asst. Coach (Distances): David Bazzi (4th year)
Asst. Coach (Distances): Kelly Strong (3rd year)
Volunteer Assistants: Duncan Atwood (javelin)
 Kate Carlson (jumps)
Track Office Phone: (206) 221-2625
Website: www.gohuskies.com
2004 Men's Pac-10 Finish: 8th
2004 Men's NCAA Finish (Outdoor/Indoor): DNS/22nd (tie)
Men's NCAA Competitors Returning/Lost: 3/3
2004 Women's Pac-10 Finish: 6th
2004 Women's NCAA Finish (Outdoor/Indoor): 18th (tie)/37th
NCAA Women's Competitors Returning/Lost: 5/2
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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2005 USTCA Dual Meet Power Rankings

Men		Women	
1. Texas Tech	385.77	1. S. Carolina	370.05
2. UCLA	379.95	2. California	359.61
3. Florida	379.87	3. Arizona State	359.39
4. BYU	378.51	4. Penn State	354.91
5. Tennessee	372.71	5. UCLA	353.74
6. Nebraska	355.88	6. BYU	351.39
7. California	353.77	7. Nebraska	348.54
8. LSU	352.79	8. Miami (FL)	348.16
9. Ariz. State	352.47	9. Kansas St.	341.77
10. Illinois	346.14	10. Georgia	341.33
11. Kansas St.	344.16	11. Ga. Tech	337.56
12. Wash. State	340.66	12. Alabama	335.94
13. Washington	339.46	13. Wich. State	332.27
14. Georgia	338.22	14. LSU	329.70
15. Indiana	336.31	15. UCSB	329.02
16. Arizona	327.70	16. Wash. State	327.05
17. Wisconsin	326.48	17. Cornell	324.09
18. Rutgers	326.09	18. W. Michigan	319.56
19. Cornell	323.48	19. Washington	319.33
20. Iowa State	322.43	20. Texas Tech	317.65

* - Rankings as of Apr. 26.

Scouting the Dual: By just about any measure, Washington and Washington State appear headed for one of the closest duals ever between the two schools. Both the Huskies and Cougars boast teams ranked among the nation's top-13 on the men's side, with WSU 12th and Washington 13th, while the Husky women rank 19th and the Cougars 16th. A simulated dual between the two at TeamPower.org, which simulates head-to-head competition using the top-two marks in each event for each team from the 2005 regular season, predicts a 103-98 win for Washington State on the men's side, and a 101-98 victory for the Husky women. Never in meet history have both duals been decided by fewer than five points, while just once (2002) have fewer than 10 points separated both squads.

Meet Results: Results will be posted throughout the meet on the wall adjacent to Tunnel 23 in Husky Stadium. Results will also be posted to GoHuskies.com, with a full recap to be posted at the meet's conclusion.

Rankings Report: This week's dual features a matchup of two of the nation's top collegiate teams, with both men's squads boasting rankings in the top-13 of the USTCA Dual Meet Power Rankings, and the two schools' women's squads each among the USTCA's top-19. Washington's men fell three spots to 13th in this week's USTCA ranking, which simulates head-to-head competition between the nation's top college squads. The Huskies' 339.46 points was just one behind WSU's No. 12 total of 340.66, and within 50 points of top-ranked Texas Tech's 385.77. The UW women, meanwhile, scored 319.33 points to rank 19th overall, while WSU was 16th at 307.61. Neither Husky team earned mention in this week's Trackwire 25, with both the nine points scored by the UW women and the two points earned by the UW men too few for top-25 mention. Arkansas continued to lead the Trackwire men's rankings with 69 points, while Texas claimed top honors on the women's side with 65.

Dawg Bites

• Sophomore **Ashley Lodree** was named Pac-10 Women's Track Athlete of the Week on Apr. 25. Lodree ran a Pac-10 leading time of 59.65 seconds in the 400-meter hurdles at Oregon on Apr. 23, and led the Huskies' 4x400-meter relay to a time of 3:44.58, both ninth-fastest in UW history. Lodree was the first Husky since **Brad Walker** in 2003 to receive the Pac-10 honor, and the first UW woman to do so since 1998.

• Washington's 10 All-Americans at the 2005 NCAA Indoor Championships were its most ever at an NCAA meet, and equaled the team's total from the last four NCAA Championships combined.

• **Kate Soma** and **Ashley Wildhaber** each earned All-America honors indoors in the pole vault, becoming the first UW event tandem to earn All-America honors at the same meet since 1994.

• **Lindsey Egerdahl's** indoor All-America honor in the women's mile, and that earned by the men's distance medley relay team of **Austin Abbott, Sean Williams, Ryan Brown** and **Andy Fader** were the first such awards ever earned by UW competitors in those events.

• Freshmen **Austin Abbott**, **Norris Frederick** and **Amanda Miller** were all All-Americans indoors in 2005, becoming the first UW frosh to earn the honor since 1999.

- Washington currently boasts four women's pole vaulters with bests over 13-5, the only such quartet in NCAA history.

• Two former Huskies are currently serving as Washington assistant coaches. Three-time U.S. javelin champion **Duncan Atwood** is a volunteer assistant with the Husky spearers, while All-American distance runner **David Bazzi** works with Washington's men's distance runners.

Washington's 2005 NCAA West Regional Championships Qualifiers

Men				
Name	Event	Mark	Regional Ranking	National Ranking
Austin Abbott	800m Run	1:48.57	4th	15th
Norris Frederick	Long Jump	25-3 1/4	4th	12th
Spence/Davidson/ Boase/S. Williams	4x100m Relay	40.37	5th	33rd (tie)
Boase/Charles/ S. Williams/Jackson	4x400m Relay	3:08.37	5th	23rd
S. Williams/Charles/ Spence/Jackson	4x400m Relay	3:09.44	5th	34th (tie)
Rigel Wise	Javelin	221-5	6th	14th
S. Williams/Charles/ Brown/Jackson	4x400m Relay	3:10.44	6th	42nd
McCary/Jackson/ N. Williams/S. Williams	4x400m Relay	3:10.44	6th	42nd
Ryan Brown	800m Run	1:49.21	7th	23rd
Austin Abbott	1,500m Run	3:44.36	8th	25th (tie)
Norris Frederick	High Jump	6-10 3/4	8th (tie)	35th (tie)
Martin Bingisser	Hammer	198-6	9th	35th
Bruce Jackson	400m Dash	46.95	10th	53rd (tie)
Kevin Peters	10,000m Run	29:31.43	N/A*	44th
Shane Charles	400m Hurdles	51.84	11th (tie)	40th (tie)
Will Conwell	Discus	178-10	12th	28th
McKane Lee	Pole Vault	16-6 3/4	12th (tie)	42nd (tie)
Sam Roberts	Pole Vault	16-6 3/4	12th (tie)	42nd (tie)
Mark Mandi	10,000m Run	29:38.71	N/A*	55th
Mark Mandi	5,000m Run	14:05.99	18th	42nd
Shane Charles	800m Run	1:50.23	18th	53rd (tie)
Andy Fader	5,000m Run	14:08.07	23rd	54th (tie)

Women				
Name	Event	Mark	Regional Ranking	National Ranking
Kate Soma	Pole Vault	14-0	2nd	2nd
Ashley Lodree	400m Hurdles	59.65	2nd	26th
Lindsey Egerdahl	1,500m Run	4:19.07	4th	8th
Ashley Wildhaber	Pole Vault	13-5 1/4	4th (tie)	7th (tie)
Ashley Lodree	100m Hurdles	13.50	5th	25th
Sidney Brown	Triple Jump	40-3 1/2	7th	69th
Laura Halverson	Steeplechase	10:42.27	10th	45th
Kelley DiVesta	Pole Vault	12-6 1/4	11th (tie)	38th (tie)
Carly Dockendorf	Pole Vault	12-6 1/4	11th (tie)	38th (tie)
Tiffany Zahn	Javelin	154-9	12th	33rd
Angela Wishaar	5,000m Run	16:47.62	15th	58th
Stevie Marshalek	Pole Vault	12-5 1/2	15th (tie)	41st (tie)
Amanda Miller	800m Run	2:09.71	18th	72nd
Amy Lia	1,500m Run	4:27.75	26th	68th

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

Huskies are World-Class: A number of former Huskies and UW coaches are doing their part this year to make Washington a player on the international scene. Two-time NCAA indoor pole vault champion **Brad Walker** won the vault at the 2005 USA Indoor Championships in February, and is ranked seventh in the world in 2005. UW alum **Sabrina Monro** won the 2005 NACAC Cross Country Championship, while past UW All-Americans **Christian Belz** and **Courtney Inman** each excelled at the IAAF World Cross Country Championships in France. Additionally, 2003 Husky grad **Mat Schwinn** is America's seventh-ranked competitor in the discus, while UW assistant coach **Kelly Strong**, an ASU alum, is the world's fourth-ranked competitor in the steeple.

Resourceful Recruiting: Washington's coaches in 2005 have found a creative way to add elite athletes to the squad without giving up scholarships — recruit talent from UW's other sports. The current UW track roster includes three members of UW's football team, two women's basketball players, and a UW gymnast. The most accomplished of the sextet is gymdawg **Carly Dockendorf**, a two-time NCAA competitor in the pole vault with a lifetime best of 13-5 1/4. Dockendorf is joined by football players **Isaiah Stanback**, **Cody Ellis** and **Matt Fontaine**, and women's basketball players **Angie Jones** and **Jill Bell**. Stanback, who played in seven games at quarterback for the UW in 2004, qualified for the MPSF meet indoors in the 60-meter dash, and clocked a 10.93 for 100 meters outdoors. Wide receiver Ellis and cornerback Fontaine also competed at 60 meters indoors, while sophomore Jones, a reserve guard, has competed in the high jump. The gem of the group could be Bell, who made her UW long jump debut in Oregon earlier this month. The basketball team's top rebounder, Bell set a state prep record in the long jump in 2000, and was the ninth-place finisher in the event at the 1999 World Youth Championships. On the flipside, Husky jumper **J.R. Wolfork** suited up at wide receiver for the Husky football team during spring practice.

You Might Recall: The practice of mining talent from other UW programs has unearthed countless gems for the Husky track program in the past. In fact, a glance at Washington's career top-10 charts reveals several such performers, including 110m hurdles record-holder **Spider Gaines**, a tailback for the UW football team in the 1970s, and sprinter **Ja'Warren Hooker**, the UW record-holder at 100m, 200m, and 400m and a Husky wide receiver from 1997-98. Others on the list include football players **Ernie Conwell** (No. 5, shot put), **Dana Hall** (No. 3, 110m HH), **Sterling Hinds** (No. 3, 100m/200m), **Pete Kaligis** (No. 6, shot put), **Orlando McKay** (No. 2, 400m), **Brent Merritt** (No. 6, 400m) and **Tony Parrish** (No. 5, triple jump), basketball players **Tara Davis** (No. 1, triple jump; No. 2, long jump) and **Heather Reichmann** (No. 2, javelin) and All-American volleyball star **Makare Desilets** (No. 5, high jump). UW's two-sport stars have even excelled on the world stage — **Herman Brix** and **Paul Jessup**, who starred for UW's football teams in the 1920s, each competed at the Olympic Games, and set world records in the shot put and discus, respectively.

Remember Me?: To the casual Husky fan, junior **Will Conwell** may have fallen off the radar in 2003 when he gave up football — where he was a UW linebacker — in favor of track and field. After redshirting the 2003 season to rehab two broken wrists, Conwell burst back onto the scene in 2004, earning an NCAA Regional bid in the discus with a throw of 173-5 and taking fourth place at the Pac-10 Championships. The Pac-10's No. 3-returning discus thrower in 2005, Conwell has his season off to a fast start with an indoor PR of 188-5 and an outdoor best of 178-10, both beyond the NCAA's regional qualifying standard. Once expected to follow his uncle, Husky legend **Ernie Conwell**, to football glory, Conwell is instead focusing on matching his famous uncle's throwing accolades. A five-year letterwinner in track and field at Washington, the elder Conwell ranks fourth all-time at UW in the shot put, and was the fifth-place finisher in the event at the 1996 NCAA Championships.

It's Not the Size of the Dog in the Fight: Four-time All-American pole vaulter **Kate Soma** may stand only an inch above 5'-0", but the Husky senior cuts a towering figure in collegiate pole vaulting history. Soma has cleared the elite 14-foot barrier four times in her UW career and three times this season, including a UW indoor record clearance of 14-3 1/2 on Feb. 12 that equals the seventh-best by a collegiate vaulter all-time, and is tops by a collegian in 2005. The Portland, Ore., native is tied for fifth among American women in the 2005 IAAF World Rankings, and is the 24th-ranked woman in the world. Soma earned second at March's NCAA Indoor Championships, her second-straight runner-up honor in the event and her fourth-career All-America performance, equaling **Aretha Hill** and **Meg Jones** for the most such honors in UW history. That consistency has helped Soma to break UW's pole vault record in each of her seven collegiate "seasons," including four indoors and three outdoors. In clearing 14-3 1/2, Soma backed up her UW outdoor record clearance of 14-2 at last year's Pac-10 Championships, a vault which won Soma her first Pac-10 title and qualified her for the 2004 U.S. Olympic Trials. Soma followed up her Pac-10 crown with a second-place finish at the NCAA Championships and her second All-America honor of the year, a feat accomplished by just four other UW women all-time. Perhaps it's her support system — Soma's mother, Donna, boasts an U.S. vault age-group record, while her high school coach designs shoes worn by elite vaulters Dragila and Dmitri Markov.

All-Time NCAA Division-I Pole Vault Top-10

Name	School	Year	Mark
1. Chelsea Johnson	UCLA	2004	15-0
2. Amy Linnen	Arizona	2002	14-10 1/4i
3. Thorey Elisdottir	Georgia	2001	14-9 1/2i
4. Becky Holliday	Oregon	2003	14-8
5. Lacy Janson	Florida State	2003	14-7 1/4i
Tracy O'Hara	UCLA	2000	14-7 1/4
7. Kate Soma	Washington	2005	14-3 1/2i
Melissa Price	Fresno State	1998	14-3 1/2
9. April Steiner	Arkansas	2003	14-3 1/4i
Tamara Diles	Wash. State	2002	14-3 1/4i

Vault Supremacy: There is little doubt that Washington reigns supreme in the world of collegiate women's vaulting. Four UW women qualified for the 2005 NCAA Indoor Championships, most-ever for any team in the event. Senior **Kate Soma** and junior **Ashley Wildhaber** each earned All-America honors with top-five finishes, giving UW four vaulters with career top-13 NCAA finishes under their belts, including a 13th-place finish by sophomore **Stevie Marshalek** on Saturday, and an 11th-place finish by junior **Carly Dockendorf** at the 2004 NCAA outdoor meet. The four also are the only quartet in collegiate vault history to each boast bests above 13-5, including marks by Soma (14-3 1/2) and Wildhaber (13-9 1/4) that rank among the top-10 in Pac-10 Conference history.

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. Kate Soma	Washington	2005	14-3 1/2i
6. Tamara Diles	Wash. State	2002	14-3 1/4i
7. Nikki McEwen	Oregon	2003	14-1 1/4
Connie Jerz	Arizona	2003	14-1 1/4
9. Ashley Wildhaber	Washington	2005	13-9 1/4i
Andrea Dutoit	Arizona	2001	13-9 1/4

Monster PR of the Week: In what was one of the most hotly-contested battles for Monster PR of the Week in recent memory, it was junior **Phil McCary** who emerged victorious, his time of 53.56 seconds in the 400-meter hurdles nearly one second better than his previous career best. A graduate of Juanita High School in Kirkland, McCary in 2004 was a part of the first UW relay to reach the NCAA Championships since 1998, helping the Huskies to a 14th-place finish in the 4x400 meters. McCary edged out **Bruce Jackson** (46.95, 400m) and the **women's 4x400m** squad (3:44.58) for this week's MPROW honor.

2005 Husky Track and Field Statistical Leaders

Women's		
100m Dash	Jennifer Nash	11.98
200m Dash	Ashley Lodree	24.81i
400m Dash	Lauran Dignam	56.12
800m Run	Amanda Miller	2:06.76i
1500m Run	Lindsey Egerdahl	4:19.07
Steeplechase	Laura Halverson	10:42.27
5000m Run	Angela Wishaar	16:47.62
10000m Run	No competitors	
100m Hurdles	Ashley Lodree	13.50
400m Hurdles	Ashley Lodree	59.65
4x100m Relay	Nash/Steward/ Dignam/Lodree	46.39
4x400m Relay	Steward/Dignam/ Lodree/Miller	3:44.58
High Jump	Grace Vela	5-8i
Pole Vault	Kate Soma	14-3 1/2i
Long Jump	Grace Vela	19-6 3/4i
Triple Jump	Sidney Brown	40-3 1/2
Shot Put	Sheree Ellis	46-11 3/4i
Discus	Piper Hope	117-10
Hammer	Piper Hope	146-8
Javelin	Tiffany Zahn	154-9
Heptathlon	No competitors	

Men's		
100m Dash	Davaon Spence	10.66
200m Dash	Davaon Spence	21.61
400m Dash	Bruce Jackson	46.95
800m Run	Austin Abbott	1:48.57
1500m Run	Austin Abbott	3:44.36
Steeplechase	Andrew Robinson	9:27.70
5000m Run	Mark Mandi	14:05.99
10000m Run	Kevin Peters	29:31.43
110m Hurdles	T.J. Emrich	15.26w/15.41
400m Hurdles	Shane Charles	51.84
4x100m Relay	Spence/Davidson/ Boase/S. Williams	40.37
4x400m Relay	S. Williams/Brown/ Charles/Jackson	3:07.94i
High Jump	Eickhoff/Frederick	7-0 1/4i
Pole Vault	McKane Lee	17-3i
Long Jump	Norris Frederick	25-6 1/4i
Triple Jump	J.R. Wolfork	46-9 1/2i
Shot Put	Evan Wilson	52-7 1/2i
Discus	Will Conwell	178-10
Hammer	Martin Bingisser	198-6
Javelin	Rigel Wise	221-5
Decathlon	No competitors	

Moving On Up: Including her second-place effort at the 2005 NCAA Indoor Championships, senior **Kate Soma** has matched or improved her finish in each of her six-career appearances at the NCAA meet, having placed 16th outdoors in 2002, 12th indoors and seventh outdoors in 2003, fifth (tied) indoors and second outdoors in 2004, and second indoors in 2005. Should that trend continue at June's NCAA Outdoor meet, Soma could become just the third NCAA champion in UW women's history, and the first since 1988.

Rare Double: From the first time she entered a pole vault competition — going 12-1 1/2 at Husky Stadium in 2002 — it was obvious that junior **Carly Dockendorf**, already a decorated UW gymnast, was in an elite class of athletes. Just two years later, Dockendorf moved into a class all her own, adding an NCAA Track Championships berth to the NCAA Gymnastics invite she earned last April. While it is not uncommon for a college athlete to compete in multiple NCAA Championships in one year — track/cross country and volleyball/basketball doubles being among the most common — to do so in two unrelated sports in which qualification is based on individual, not team, performance is extremely rare. Dockendorf finished 11th in her NCAA pole vault debut, after placing 24th on the floor exercise at April's NCAA gymnastics meet. The junior nearly repeated the feat this season, placing 17th in the pole vault at March's NCAA Indoor Track Championships before falling one-tenth of a point shy of qualifying for the NCAA gymnastics meet in April.

Double-Duty Dockendorf: There is no doubt that pole vaulter/gymnast **Carly Dockendorf** is one of the finest two-sport athletes in UW history. The Port Moody, B.C., native added to her legend in March with a 17th-place finish in the vault at the NCAA Indoor Championships in Arkansas, just 19 hours after competing in Utah for the Husky gymnastics team. Balancing two sports, though, is nothing new to Dockendorf — the junior earned a second-straight NCAA gymnastics berth last April, before a terrific 2004 track season that included a sixth-place finish at the Pac-10 meet, third place at the NCAA Regional, and 11th place at June's NCAA Championships. After missing the first two months of the 2005 indoor track season with an injury, Dockendorf cleared 13-5 1/4 in her Mar. 5 season debut to cinch an NCAA berth, and move into sole possession of eighth-place in Canadian women's history. Amazingly, Dockendorf has been pole vaulting for less than three years, having begun the sport only after seeing Husky vaulters working out at Dempsey Indoor during her freshman gymnastics season in 2002. Dockendorf began her two-sport double on a full-time basis in 2003, winning All-America honors on the gymnastics floor while placing eighth in the pole vault at the Pac-10 Championships. Her seven perfect 10s are the most by any UW gymnast all-time, while her six-career vaults over 13 feet rank second in UW history.

Athletics Canada All-Time Women's Pole Vault Rankings

Name	Year	Mark
1. Dana Buller	2004	14-8
2. Stephanie McCann	2004	14-5 1/4
3. Kelsie Hendry	2005	14-4 1/2i
4. Ardin Tucker-Harrison	2002	13-9 3/4
5. Trista Bernier	1998	13-7 1/4
6. Jackie Honey	2001	13-6 1/4
7. Adrienne Vangool	2004	13-5 3/4
8. Carly Dockendorf	2005	13-5 1/4i
9. Sue Kupper	2005	13-3 1/2i
10. Simona Kovacic	2003	13-2 1/4

Dazzling Debut: Freshman **Norris Frederick** has done everything he can to back up the hype that accompanied his signing with Washington, earning All-America honors indoors in the long jump while breaking UW's freshman long jump record outdoors. The Roosevelt High School graduate launched six jumps over 25 feet during the 2005 indoor season, the best a 25-foot, 6 1/4 inch monster that led all NCAA freshmen indoors, and ranks fifth in the 2005 IAAF World Junior Rankings. The talented freshman placed sixth in the long jump at the 2005 NCAA indoor meet, tops by a Husky long jumper since 1965, and is already qualified for NCAA Regional competition in the long and high jumps outdoors. Success for Frederick, currently America's 16th-ranked male long jumper, and the top-ranked American junior-age competitor, is certainly to be expected — he ranked second among U.S. prep high jumpers in 2004 with a best of 7-1, and was the United States' fourth-ranked prep long jumper at 24-10 1/2. Frederick literally jumped out of his shoes at July's IAAF World Junior Championships in Italy, tearing apart the footwear which had guided him to five state titles during his four-year prep career. With borrowed shoes, Frederick managed to place 19th in both events at the world meet, and closed the 2004 season ranked among the top-35 under-20 athletes in the world.

2005 IAAF Junior Men's Long Jump Rankings

Name	Country	Mark
1. Viktor Kuznyetsov	Ukraine	26-11 3/4i
2. Jie Ding	China	25-9 1/2i
3. Chris Noffke	Australia	25-8 1/4
Saleh Abdelaziz Al-Haddad	Kuwait	25-8 1/4
5. Norris Frederick	United States	25-6 1/4i
6. Adrian Vasile	Romania	25-4 3/4i
7. Zutao Jin	China	25-4i
8. Sebastian Bayer	Germany	25-3 1/2i

Record Rookies: Husky freshmen have been outstanding in 2005, combining for three All-America honors, one school record, six freshman records and 19 marks among the team's top-10 all-time. Seattle's **Norris Frederick**, the sixth-place long jumper at the 2005 NCAA indoor meet, broke a 34-year-old UW freshman record in the event at April's Mt. SAC Relays, clearing 25-3 1/4 to climb to fourth in UW history overall. Chehalis native **Austin Abbott** also set a UW freshman record at Mt. SAC, his time of 3:44.36 in the 1,500 meters just under **Carl Moe's** record set one year ago. Abbott and Wenatchee's **Amanda Miller** joined Frederick on the All-America stand at the NCAA Indoor meet in March, becoming the first freshman trio ever to earn All-America honors at the same NCAA competition. In fact, just six Husky freshmen had earned All-America awards, indoors or out, since 1990, including none since 1999. All three have added to UW's record books this season, with Miller setting an indoor school record of 2:06.76 in the 800 meters, and Frederick adding indoor marks of 25-6 1/4 in the long jump and 7-0 1/4 in the high jump to rank second all-time on both lists. The success hasn't just been limited to those three, however. Freshmen **Jordan Boase** and **Kelley DiVesta** posted marks among UW's all-time outdoor best in the 4x400-meters and pole vault, respectively, while distance runners **Jeremy Mineau** and **Jon Harding** have both earned international cross country acclaim, including a 68th-place finish by Mineau at March's IAAF World Cross Country Championships, and a sixth-place finish for Harding at the North, Central American and Caribbean Cross Country meet in February.

Half-Mile Madness: Washington has dominated the Pac-10 men's 800-meter rankings in 2005, with three Huskies currently ranked among the top-seven conference competitors. The event could be a big one for Washington at the Pac-10 Championship meet in two weeks, with all three currently in scoring positions. Tops among the trio is freshman **Austin Abbott**, whose time of 1:48.57 is the Pac-10's third-fastest in 2005, and leads all collegiate freshmen this year. Sophomore **Ryan Brown** (1:49.21, 6th in Pac-10) and junior **Shane Charles** (7th, 1:49.59) join Abbott to form the first UW half-mile trio since 1992 to each boast season-bests below 1:50. In fact, no *two* Huskies had accomplished the feat in the same season since 1998, before Abbott and Brown both did so for the first time in February.

20 Years of Spear Success: From **Fred Luke** and **Duncan Atwood** to **Darryl Roberson** and **Helena Uusitalo**, Washington 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 All-American performances by **Megan Priestersbach** in 2004, and **Heather Reichmann** in 2003. The list of Washington's 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 titles won in the hammer — all by **Scott Neilson** — eclipse the Huskies' national-championship prowess in the spear, which includes a UW-record 27 All-Americans all-time. Five Husky javelin throwers qualified for the 2004 NCAA West Regional Championships, including senior Priestersbach, who followed up a second-place regional finish with a fourth-place effort at the national meet, tops by a UW woman in the event since 1987. The senior set a Washington school record and qualified for the U.S. Olympic Trials with her final collegiate toss, a 173 foot-7 inch monster that broke her own UW benchmark by more than six feet, and was the third-best in Pac-10 history.

Everett Connection: Washington junior **Mark Mandi** and senior **Andy Fader** have come a long way from the days when Mandi flipped burgers at a McDonald's in Everett, Wash., and Fader was one of his regular customers. Back then, Mandi was an aspiring high-school distance runner who had not picked up the sport until his junior year at Everett's Mariner High School, and was admittedly in awe of the local prep stars, including Fader, who patronized the Everett McDonald's where he then worked. Cascade alum Fader, meanwhile, was one of the state's top prospects, with four-career top-10 state track finishes and a pair of WesCo league titles to his credit. Four years later, the Everett tandem are two of the nation's fastest competitors at 5,000 meters, with Mandi clocking an NCAA Regional-qualifying time of 14:05.99 at Stanford in March, and Fader two seconds behind in 14:08.07. While Fader was among UW's top recruits in 2001, Mandi enrolled at Washington as a student, before walking on to the UW cross country squad in the fall. Just a year later, Mandi was running in UW's top-seven at every varsity competition, while Fader earned a second-straight top-10 finish in the 1,500 meters at the Pac-10 Championships. In 2003, the two united to lead Washington's men's cross country squad to its first NCAA Championships since 1993, with Mandi leading all Huskies in 67th overall, less than three years after barely cracking the top-50 at the state cross country meet as a high-school senior. The two have since ensured that their remarkable story will not soon be forgotten, with Mandi clocking the UW's seventh-fastest 10,000-meter mark all-time, and Fader earning marks among UW's top-10 all-time indoors in the 5,000 meters and mile, while anchoring the UW's distance medley relay to All-America honors and a fifth-place finish at the 2005 NCAA Indoor Championships.

2005 Revisions to UW's All-Time

Top-10 Outdoor Lists

Men's 800 Meters

1:47.21	Rob Webster	1982
1:47.54h	Bill Smart	1970
1:48.04h	Mitch Leffler	1992
1:48.24h	Greg Gibson	1976
1:48.39	Brice Newton	1997
1:48.57	Austin Abbott	2005
1:48.60	Ty Minnis	1995
1:48.72	Dwight Wheaton	1991
1:48.84h	Peter Favell	1978
1:49.01	T.T. Roe	1989

Men's 10,000 Meters

28:34.54	David Bazzi	2001
28:58.34h	Curt Corvin	1986
29:13/04h	Jim Reinke	1987
29:22.54h	Bill Stolp	1979
29:27.14h	Steve Surface	1977
29:27.84h	Bill McClement	1978
29:31.43	Kevin Peters	2005
29:38.71	Mark Mandi	2005
29:50.09	Mike Sayenko	2005
29:53.14h	Bill Glad	1975

Men's 400-Meter Hurdles

49.85	Bernard Ellison	1991
51.45	Brad Goodrich	2002
51.64yh	Terry Lavery	1974
	Tom Straithairn	1978
	Dan Johnston	1998
51.84	Shane Charles	2005
51.88y	Brian Mondschein	1975
51.89	Sean Williams	2004
52.17	Ben Meyer	2000
52.21	Pat Stenkamp	1981

Men's 4x400-Meter Relay

3:04.14yh	Tinner/Belur/Franco/Hicks	1975
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
3:06.53	Strub/McKay/Merritt/Ellison	1991
3:08.37	Boase/Charles/S. Williams/Jackson	2005
3:08.37yh	Kozol/DeRosans/Jackson/Stankovic	1980
3:09.16	Mackey/Hooker/Forni/Prior	2000
3:09.44	S. Williams/Charles/Spence/Jackson	2005
3:09.64	Smith/Butler/Howell/Williamson	1983

Long Jump

27-4	Phil Shinnick	1963
25-7	Rob Scott	1992
25-5 3/4	Wariboko West	1964
25-3 1/4	Norris Frederick	2005
25-1 3/4	Grant Birkinshaw	1971
25-1 1/4	Aaron Williams	1981
25-0	Ed Turner	1997
24-9	Peter Spencer	1969
24-7 1/4	Tony Zackery	1986
24-6 3/4	Tony Softli	1958

Continued on following page ...

2005 Revisions to UW's All-Time Top-10 Outdoor Lists, Cont.

Women's 1,500 Meters

4:10.93	Courtney Inman	2003
4:12.84h	Regina Joyce	1981
4:18.31	Sandra Gregg	1981
4:18.81	Danelle Kabush	1998
4:19.07	Lindsey Egerdahl	2005
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	Ingvill Makestad	2004

Women's 400-Meter Hurdles

57.13	Terra Barter	1995
57.35	Keisha Griffis	1997
57.79	Mari Bjone	1991
58.29	Kelsey Sheppard	2000
58.40	Patrice Woods	1995
59.45	Angie Tasker	1990
	Patrice Davis	1997
59.53	Joyce Schweim	1989
59.65	Ashley Lodree	2005
59.94	Lara Kelley	1999

Women's 4x400-Meter Relay

3:37.68	McClatcher/Glass/Griffis/Muhammad	1998
3:39.04	Sheppard/Pentz/Moore/Bledsoe	2000
3:39.65	Woods/Casbere/Barter/Sandmeyer	1994
3:41.60	Newton/Minelli/Woods/Barter	1995
3:41.92	Washington	1999
3:41.97	Reimbold/Minelli/Newton/Woods	1996
3:43.24h	Nomiyama/Shannon/Arnim/Richardson	1980
3:43.92	Glass/Minelli/Davis/Newton	1997
3:44.58	Steward/Dignam/Lodree/Miller	2005
3:45.33	Coaston/Benjamin/Dennis/Walker	1984

Pole Vault

14-2	Kate Soma	2004
13-5 1/4	Ashley Wildhaber	2005
13-3 1/4	Carly Dockendorf	2004
13-2 1/4	Stevie Marshalek	2004
12-11 1/2	Sandy Erickson	2000
12-6 1/4	Kelley DiVesta	2005
12-2	Alexis Jaime	2001
11-7 3/4	Chris Withey	2000
11-5 3/4	Margaret Haines	2000
	MerryJane Bendico	2001

Hammer

189-9	Kameko Gay	2003
169-1	Rebecca Morrison	1998
168-7	Soozie Shanley	1996
168-2	Aretha Hill	1998
156-4	Cecilia Barnes	1999
155-2	Carin Trygg	2004
149-10	Searan Salibian	2002
146-4	Piper Hope	2005
144-3	Seselia Thomas	1999
143-2	Cherron Davis	2004

The 'Lo' Down: She's barely halfway through her 2005 collegiate season, but already sophomore **Ashley Lodree** boasts five times among the top-10 in UW history. Known mostly for exploits in the sprint hurdles -- having earned All-America honors in the 60-meter hurdles indoors in 2005, and boasting school records in the 60- and 100-meter hurdles -- Lodree is currently the Pac-10 Conference leader in the 400-meter hurdles, an event she has competed in just twice in her collegiate career. Lodree ran the ninth-fastest 400-meter hurdles mark in UW history at April's Oregon Invitational, and currently ranks among UW's all-time top-10 in eight different events. But then, everything the 19-year-old does is fast. Lodree placed 10th in the hurdles at the 2005 NCAA Indoor Championships, earning her first All-America honor and the first by a UW women's hurdler since **Claudine Robinson** in 1994. The Richmond, Calif., native was a one-woman whirlwind in 2004, placing 14th in the 60-meter hurdles at the 2004 NCAA indoor meet before bettering UW's 100-meter hurdles record seven times outdoors, including a wind-aided best of 13.39 at the Texas Relays, and a legal record of 13.41 seconds at the Drake Relays. Despite just missing an NCAA outdoor berth with a sixth-place finish at the NCAA West Regional, Lodree's efforts ranked the freshman No. 7 in the world among junior-age runners in the 2004 IAAF World Rankings, and No. 2 among U.S. junior. At February's 2005 MPSF Championships, Lodree lowered her own school 60-meter hurdles record to 8.15 seconds, eighth-fastest by any collegiate woman in 2005, and four hundredths of a second below the mark of 8.19 seconds she set in 2004. The sophomore also boasts marks this year in the 60-meter dash (7.44 seconds, 2nd all-time), indoor 200-meter run (24.81, 2nd) and 4x400-meter relay (3:44.58, 9th) that rank among UW's best all-time, and finished the indoor season tied for the world lead in the hurdles for athletes under the age of 20.

Island Fever: Don't be surprised if Seattle seems tropical this spring— with three Caribbean sprinters on the UW roster, there's a distinct island flavor to the 2005 season. Grenada's **Shane Charles** joins Jamaica's **Patrick Davidson** and **Davaon Spence** on the Husky roster this year, giving the UW three sprinters with international experience. Charles led all of his countrymen in the 400-meter hurdles in 2003 and 2004, and debuted fifth in UW history in the event last weekend. Grenada's national champion in the 400-meter hurdles in 2003, and the junior national record holder in the event, Charles earned All-America honors at Central Arizona JC in 2004 with a best of 50.95 seconds that would have qualified him for last year's NCAA Championships, and already boasts a time of 51.84 seconds in the event this year that ranks sixth in UW history. Spence and Davidson, meanwhile, teammates at Kingston, Jamaica's St. Jago High School, teamed for a world youth record in the 4x400m at the 1999 World Youth Games in Poland, and led Jamaica's relay to a silver medal at the 1999 Pan Am Games. The two split up to attend junior colleges in the U.S. before reuniting at UW last season, each setting Pac-10 qualifying marks before injuries cut their seasons short in May.

NCAA Selection Process: Automatic NCAA Championships berths will be granted to the top-five finishers in each individual event, and top-three relay teams from each of the four Regional Championships contested nationwide, May 27-28. Athletes qualify 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 competitors (roughly 6-7 per individual event and 5-6 per relay) from the national performance lists, provided the athlete competed at a Regional competition and was not among the finishers to earn automatic NCAA berths. The lone exceptions are the 10,000-meter and multi-events, in which athletes qualify directly for the NCAA Championships by meeting pre-determined provisional and automatic standards. Already this year, 32 Huskies have combined for 34 regional qualifying marks and two NCAA provisional qualifying marks.

2005 Updates to UW Indoor Top-10 Lists

Men					Women				
Name	Event	Mark	All-time UW Rank	School Record	Name	Event	Mark	All-time UW Rank	School Record
Shane Charles	800m Run	1:49.59	1st	Same	Ashley Lodree	60m Hurdles	8.15	1st	Same
Ryan Brown	800m Run	1:49.64	2nd	1:49.59	Amanda Miller	800m Run	2:06.76	1st	Same
Norris Frederick	Long Jump	25-6 1/4	2nd	25-6 1/2	Kate Soma	Pole Vault	14-3 1/2	1st	Same
Corey Fredericks	Heptathlon	4,551	2nd	4,609	Grace Vela	Pentathlon	3,915	1st	Same
S. Williams/Brown/Charles/Jackson	4x400m	3:07.94	2nd	3:07.33	Ashley Lodree	60m Dash	7.44	2nd	7.40
Abbott/S. Williams	DMR	9:36.20	2nd	9:35.35	Ashley Lodree	200m Dash	24.81	2nd	24.49
Brown/Fader					Ashley Wildhaber	Pole Vault	13-9 1/4	3rd	14-3 1/2
Warren Eickhoff	High Jump	7-0 1/4	2nd (tie)	7-5	Sidney Brown	Triple Jump	40-3 1/4	3rd	41-4 1/4
Norris Frederick	High Jump	7-0 1/4	2nd (tie)	7-5	Lindsey Egerdahl	Mile Run	4:42.27	3rd	4:40.24
Austin Abbott	Mile Run	4:02.25	3rd	3:58.93	Stevie Marshalek	Pole Vault	13-7 1/4	3rd	14-3 1/2
Austin Abbott	800m Run	1:51.02	4th	1:49.64	Carly Dockendorf	Pole Vault	13-5 1/4	4th	14-3 1/2
Jeremy Mineau	5,000m Run	14:11.81	4th	13:58.51	Brynne Steward	60m Hurdles	8.55	4th	8.15
Sean Williams	400m Dash	47.41	4th	46.45	Grace Vela	High Jump	5-8	4th	6-2
Jordan Boase	400m Dash	47.76	6th	46.45	Arlecier West	Weight Throw	50-11 1/2	4th	55-2
Bruce Jackson	800m Run	1:51.17	6th	1:49.64	Bonnie Snyder	Pentathlon	3,471	5th	3,915
McKane Lee	Pole Vault	17-3	6th	19-0 1/4	Kelley DiVesta	Pole Vault	12-5 1/2	6th	14-3 1/2
Abbott/Brown/Freeman/Fader	DMR	9:51.36	6th	9:35.35	Grace Vela	Long Jump	19-6 3/4	6th	20-5 1/2
J.R. Wolfork	Long Jump	23-7 1/2	6th (tie)	25-6 1/2	Grace Vela	Triple Jump	39-3 3/4	6th	41-4 1/4
Kevin Peters	5,000m Run	14:17.14	7th	13:58.51	Egerdahl/Steward	DMR	11:41.45	6th	11:23.12
Davaon Spence	200m Dash	21.80	7th (tie)	20.56	Harrison/Connelly				
Jordan Boase	200m Dash	21.81	10th (tie)	20.56	Sheree Ellis	Shot Put	46-11 3/4	7th	52-7 1/2
Kevin Peters	5,000m Run	14:33.76	9th	13:58.51	Angela Wishaar	5,000m Run	17:13.57	7th	16:22.13
Andy Fader	3,000m Run	8:11.09	10th	7:54.13	Liz Fuller	Pentathlon	3,051	8th	3,723
					Grace Vela	60m Hurdles	8.63	8th	8.15
					Grace Vela	High Jump	5-6 1/2	8th (tie)	6-2
					Bonnie Snyder	Triple Jump	38-9 1/2	9th	41-4 1/4
					Dignam/Steward	4x400m	3:49.23	9th	3:44.00
					Lodree/Miller				
					Kira Harrison	Mile	4:51.51	10th	4:40.24

Pac-10 Format Change: For the first time, Pac-10 athletes will no longer qualify for the Pac-10 championships by meeting pre-determined qualifying standards. Instead, each Pac-10 school will be allowed to bring any 24 men and any 24 women to UCLA for the May 13-14 meet, regardless of entry mark. In previous years, only qualified athletes were allowed to compete, while each team was granted three wildcards, and was allowed to enter one competitor in every event for which it had no qualifier. To view the 2005 Pac-10 Performance List, visit www.DirectAthletics.com, and follow the links at the top of the page. No password is required. The top-25 only in each event can also be viewed at www.Pac-10.org.

Just Dandy, Thank You: Three Huskies earned mention in this week's Trackwire Dandy Dozen, which predicts the order of finish in each event at the NCAA Championships. Senior **Kate Soma**, the NCAA runner-up indoors, is picked second in the pole vault, while indoor All-Americans **Ashley Wildhaber** (8th, pole vault) and **Norris Frederick** (7th, long jump) also earned mention in the listing, used to compile the weekly Trackwire 25 team rankings.

Head Coach Greg Metcalf: Former Husky All-American **Greg Metcalf** is in his third year as Washington's head coach of track and field and cross country, and his eighth year overall on the UW staff. In his first two-plus seasons at the helm, Metcalf has led the UW women to three top-30 finishes at the NCAA Championships, including 18th outdoors in 2004 and a tie for 16th indoors in 2005, and has guided the Husky men to consecutive top-30 indoor finishes in each of the last two years. Individually, 12 UW distance runners have earned NCAA berths, with four grabbing All-America accolades, a list which does not include the team's All-America distance medley relay in 2005. In addition, Metcalf has led the Huskies' women's cross country team to the NCAA meet in each of his eight years atop the UW distance program, marking the

sixth-longest active streak of NCAA appearances in the nation. In all, Metcalf has coached 17 All-Americans, five Pac-10 champions, 16 school-record setters and 71 NCAA qualifiers. A 1993 UW graduate, Metcalf was a two-time All-American in the steeple, and ran in the 1996 U.S. Olympic trials.

Star-Studded Staff: Washington's assistant coaching staff in 2005 is in no way short on accolades. Ninth-year vaults/jumps coach **Pat Licari** has directed 10 All-Americans, including two-time NCAA champion **Brad Walker**. Third-year throws coach **Bud Rasmussen** founded the prestigious Iron Wood Thrower Development Camp, has mentored two All-Americans in two years at Washington, and in seven years at North Idaho College coached 82 NJCAA All-Americans, 18 national champions and five NJCAA record holders. First-year sprints/relays coach **LaMonte Vaughn, Jr.** mentored **Ashley Lodree** to All-America honors in 2005, after leading eight Eastern Kentucky sprinters to Ohio Valley Conference titles in 2004, and coaching athletes to 13 school records in four years at Marshall University. Fourth-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 third-year distance coach **Kelly Strong**, 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 member of the Husky coaching staff is one of the team's volunteer assistants — former Olympian **Duncan Atwood**. A UW All-American, two-time Olympian and three-time U.S. champion, Atwood has helped Husky women's javelin throwers earn All-America honors in each of his two seasons with the team, and mentored freshman **Brian Harris** to an IAAF Junior World Championships berth in 2004.