



WASHINGTON TRACK AND FIELD

May 2, 2007

//For Immediate Release//

Contact: Brian Beaky

UW Wraps Up Regular Season at Home Track Finale

Huskies past and present converge at Husky Stadium on Friday for annual Ken Shannon Invitational.

On the Track: Washington's track and field teams wrap up the 2007 regular season at home Friday against an outstanding regional field of college, professional and prep athletes at the fifth-annual Ken Shannon Invitational at Husky Stadium. Representing the final tuneup before next week's Pac-10 Championship meet at Stanford, Friday's meet is sure to be a high-intensity affair, with numerous Husky athletes scrambling to set or improve NCAA Regional qualifying marks, or to prove themselves worthy of an entry at the Pac-10 Championship meet. Events begin Friday afternoon at 4:30 p.m., and conclude under the lights at 9:00 p.m. For complete entries and meet information, visit www.GoHuskies.com.

Live Results: Live results of the 2007 Ken Shannon Invitational will be posted throughout the meet to the official site of UW athletics, www.GoHuskies.com. In addition, a complete recap of the evening's events will be posted to GoHuskies.com shortly after the meet's conclusion.

Multi-Eventers Jump-Start Pac-10s: While their Husky teammates tune-up for the postseason at Friday's regular-season finale at Husky Stadium, UW decathletes **Blake Bidleman** and **Corey Fredericks**, and heptathletes **Liz Fuller** and **Daria Amiad-Pavlov** will try to stake their teams to early Pac-10 leads this weekend as they compete in the multi-events portion of the Pac-10 Championships this Saturday and Sunday at Stanford. Both Bidleman — already an NCAA qualifier this year — and Fuller are Pac-10 Championships veterans, while Fredericks and Amiad-Pavlov will be making their first-ever appearances in the multi-events portion of the conference meet. Live results will be posted to www.gostanford.com, with recaps posted to GoHuskies.com after each day's competition.

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

Pac-10 Championships on Tap: The opening the of the multi-events competition at the Pac-10 Championships on Saturday means just one week remains before all Pac-10 teams converge at Stanford en masse for the 2007 conference meet. As a reminder, each Pac-10 school is allowed to enter 24 men and 24 women in the Pac-10 Championships field, regardless of entry mark. There is no limit on the number of events in which an athlete can be entered; however, no institution may enter more athletes in any event than there are scoring places. Washington's men enter next week's meet seeking to improve upon a fourth-place finish of a year ago, while the UW women will try to better their seventh-place effort last year. The road will be tough, however — six Pac-10 men's teams and seven Pac-10 women's teams are ranked among the national Top-25 in at least one of the two major polls, including a combined eight top-10 squads.

Did You Know?

Senior **Blake Bidleman** enters this week's Pac-10 Championships decathlon ranked fourth in the conference, and with a chance to post the best finish by a UW decathlete at Pac-10s since Jacob Predmore scored a third-place effort in 2000.

2007 Husky Track Schedule

Indoor

Date	Meet	Location
Jan. 13	UW Indoor Preview	Seattle
Jan. 19-20	Nat'l Pole Vault Summit	Reno, Nev.
Jan. 26-27	UW Indoor Invitational	Seattle
Feb. 10	The Husky Classic	Seattle
Feb. 11	UW Open Meet	Seattle
Feb. 23-24	MPSF Championships	Seattle
Mar. 3	Last Chance Qualifier	Seattle
Mar. 9-10	NCAA Championships	Fayetteville, Ark.

Outdoor

Date	Meet	Location
Mar. 16	UW Outdoor Preview	Seattle
Mar. 24	ASU Invitational	Tempe, Ariz.
	Springtime Invitational	Auburn, Ala.
Mar. 30-31	Stanford Invitational	Stanford, Calif.
Apr. 7	Pepsi Invitational	Eugene, Ore.
Apr. 11-12	Calif. Invite Multis	Azusa, Calif.
Apr. 13-15	Mt. SAC Relays	Walnut, Calif.
Apr. 14	Brutus Hamilton Invit'l	Berkeley, Calif.
Apr. 20-21	Oregon Invitational	Eugene, Ore.
Apr. 27	UW-WSU Dual	Seattle
May 4	Ken Shannon Invitational	Seattle
May 5-6	Pac-10 Multi Events	Stanford, Calif.
May 12-13	Pac-10 Champ's	Stanford, Calif.
May 25-26	NCAA West Regional	Eugene, Ore.
June 6-9	NCAA Champ's	Sacramento, Calif.
June 21-24	USATF Jr./Sr. Nat'l's	Indianapolis, Ind.

Bold font indicates Husky home meet, at either Dempsey Indoor (indoor) or Husky Stadium (outdoor).

Hot off the Presses ...

- Though still a year away, Washington already boasts a number of athletes qualified for the 2008 U.S. Olympic Trials, **p3**
- Since walking away from the sport for a year, **Ryan Brown** of Renton has won two NCAA titles and become a eight-time All-American, **p4**
- Hurdler **Ashley Lodree** ranks among the Pac-10's all-time 10 best, and is on her way to becoming the most decorated female athlete in UW history, **p5**
- Roosevelt HS alum **Norris Frederick** is one of America's most exciting young long jumpers, **p5**
- Freshman pole vaulter **Scott Roth** has a U.S. record in his sights, and could become the first freshman since Ja'Warren Hooker to win an NCAA title at UW, **p6**
- Two-time Olympian **Aretha (Hill) Thurmond**, three-time U.S. champion **Brad Walker** and U.S. record-holder **Kelly Strong** highlight an elite training corps for UW athletes, **p8**

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 (5th year, 10th overall)
Asst. Coach (Vault/Jumps):..... Pat Licari (10th year)
Asst. Coach (Throws):..... Reedus Thurmond (2nd year)
Asst. Coach (Sprints/Hurdles):..... LaMonte Vaughn, Jr. (3rd year)
Asst. Coach (Distances):..... Jimmy Bean (1st year)
Asst. Coach (Distances):..... Kelly Strong (5th year)
Volunteer Assistants:..... Kate Carlson (vault),
Will Conwell (throws), Hendrik Voll (throws),
Brad Walker (vault)
Track Office Phone:..... (206) 221-2625
Website:..... www.gohuskies.com

2006 Men's Pac-10 Finish:..... 4th
2006 Men's NCAA Finish (Outdoor/Indoor):..... 22nd (tie)/19th (tie)
Men's NCAA Competitors Returning/Lost:..... 6/5
Best Men's Conference Finish:..... 2nd (1976)
Best Men's NCAA Finish:..... 2nd (1929, 1930)
2006 Women's Pac-10 Finish:..... 7th
2006 Women's NCAA Finish (Outdoor/Indoor):..... 21st (tie)/DNS
NCAA Women's Competitors Returning/Lost:..... 5/1
Best Women's Conference Finish:..... 4th (1995, '96, '98)
Best Women's NCAA Finish:..... 10th (1988)

Husky Athletic Communications

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2007 Trackwire 25 National Collegiate Rankings

Men		Women	
1. Florida State	65	1. LSU	69
2. USC	51	2. Arizona State	65
3. Oregon	32	3. South Carolina	37
LSU	32	4. Auburn	32
5. Auburn	31	5. USC	31
6. Arizona State	27	6. Michigan	29
Tennessee	27	7. Georgia	27
8. Florida	26	8. Texas	25
9. Arizona	25	9. Oregon	23
10. Texas	24	10. Stanford	22
11. Wisconsin	22	11. Texas Tech	21
Baylor	22	12. UCLA	19
13. Clemson	20	13. Miami (FL)	18
14. North Carolina	19	14. Texas A&M	16
15. Louisville	18	15. Nebraska	14
UCLA	18	16. Virginia Tech	13
McNeese State	18	Washington State	13
18. Texas Tech	17	California	13
19. Mississippi	16	19. UTEP	12
BYU	16	Minnesota	12
21. Arkansas	14	21. 7 tied at	11
NR. Washington	6	NR. Washington	8

* - Rankings released May 1

Rankings Report: For the first time in the 2007 indoor or outdoor track seasons, both Washington squads dropped out of this week's Trackwire 25, which predicts team scoring at June's NCAA Championship meet. Ranked as high as 10th two weeks ago, and 21st last week, the UW men dropped into the also receiving votes section of this week's rankings, scoring six points to fall five shy of top-25 mention. The UW women also fell into the ARV section of the rankings after seeing their scoring drop from 11 points in last week's poll (good for 25th) to just eight this week. In fact, the Trackwire rankings proved turbulent for many teams this week, with LSU's women seeing an 18-point lead over No. 2 and reigning indoor champion ASU cut to just four at 69-65, and USC vaulting over two teams to claim the No. 2 spot behind defending outdoor champion Florida State in the men's rankings. The coaches' poll, meanwhile, saw much less turnover from top-to-bottom, with the UW men moving just one spot down from 12th to 13th, and the Husky women falling just outside the top-20 after a No. 19 ranking two weeks ago. Both the ASU women and Florida State men retained their No. 1 spots in the coaches' poll, with South Carolina and Auburn claiming the runner-up spots, respectively.

Pac-10 Prowess: If the national rankings are any indication, Washington will be in for a dogfight at this year's Pac-10 Championship meet. Conference foes account for four of the top-10 men's rankings in this week's Trackwire's 25, including No. 2 USC, No. 3 Oregon, No. 6 Arizona State and No. 9 Arizona, with No. 15 UCLA also earning top-25 mention. The women's side is just as tough, with NCAA Indoor champion ASU ranking No. 2 overall, and Pac-10 rivals USC (No. 5), Oregon (No. 9), Stanford (No. 10), UCLA (No. 12), Washington State (No. 16) and Cal (No. 16) all ranked among the top-25 as well. In fact, 11 of the 18 full Pac-10 men's and women's track teams (OSU fields only a women's distance squad) earned at least top-25 mention, with an additional four — both UW teams, as well as the Stanford men and California men — falling out of the rankings after top-25 mentions last week.

Just Dandy, Thank You: In addition to their lofty team rankings, several Husky individuals are currently ranked by Trackwire in their weekly Dandy Dozen event rankings, the individual NCAA predictions from which the team rankings are generated. Two-time defending NCAA 800-meter champion **Ryan Brown** is ranked third at 800 meters, while defending NCAA 1,500-meter champion **Amy Lia** is listed fourth in her primary event. Washington also boasts top-10 individual rankings from five-time hurdles All-American **Ashley Lodree** (currently listed No. 6 in the 100m hurdles), freshman **Scott Roth** (No. 9, pole vault), junior **Norris Frederick** (No. 9, long jump) and sophomore **Anita Campbell** (No. 10, 5,000m).

Dawg Bites

- Head coach **Greg Metcalf** and junior **Norris Frederick** were named the USTFCCA's West Region Men's Coach of the Year and West Region Men's Field Athlete of the Year in March.
- The UW men's seventh-place finish at the 2007 NCAA Indoor Championships was the team's best-ever indoors, and equaled its third-best NCAA finish overall since 1930.
- Washington's men's team won its second-straight indoor conference title in 2007, marking UW's first successful defense of a conference crown since 1921-22.
- Washington is one of only a handful of NCAA teams to boast two returning NCAA champions. Senior Ryan Brown won the 800m, and junior Amy Lia won the 1500m at the 2006 NCAA Championships, becoming the first pair of UW teammates to win NCAA titles on the same day. Brown also won the NCAA indoor title at 800m in March.
- Washington has boasted at least one Pac-10 champion in seven-straight years, and at least one NCAA champion for five-consecutive seasons. Three Huskies earned Pac-10 titles in 2006, while two brought home NCAA Championship hardware.
- Washington has sent a total of 64 athletes to the NCAA Indoor and Outdoor Championship since 2005, the most prolific stretch in team history. Of those 64, 45 have returned home with All-America honors, also obliterating all previous three-year records.
- Washington's 45 All-Americans since the start of the 2005 season are more than its total from the previous seven years, combined.
- The Huskies boasted at least one NCAA competitor in every event area in 2006 -- sprints, hurdles, middle distance, long distance, relays, horizontal jumps, vertical jumps, pole vault and throws. Of those, 11 return in 2007, including eight All-Americans.

Washington's 2007 NCAA Regional Championships Qualifiers

Men					Women				
Name	Event	Mark	Regional Ranking	National Ranking	Name	Event	Mark	Regional Ranking	National Ranking
Mart Israel	Discus	208-9	1st	1st	Ashley Lodree	100m Hurdles	13.06w	2nd	6th
Gudaitis/Fredrickson/ Brown/Harcourt	4x400m Relay	3:08.39	2nd	17th	Stevie Marshalek	Pole Vault	13-5 3/4	3rd	6th (tie)
Still/Gudaitis/ Brown/Harcourt	4x400m Relay	3:08.99	2nd	20th	Amy Lia	1,500m Run	4:17.49	3rd	8th
Ryan Brown	800m Run	1:48.60	3rd	11th	Anita Campbell	5,000m Run	16:00.03	4th	12th
Alex Harcourt	400m Dash	46.62	3rd	27th	Amanda Miller	1,500m Run	4:21.48	5th	25th
Scott Roth	Pole Vault	17-3 1/2	4th (tie)	12th (tie)	Kelley DiVesta	Pole Vault	13-1 3/4	7th	14th (tie)
Austin Abbott (will redshirt)	800m Run	1:49.31	5th	23rd	Dani Schuster	800m Run	2:07.39	10th	28th
Norris Frederick	High Jump	7-1	5th (tie)	15th (tie)	Amy Lia	800m Run	2:07.48	11th	33rd
James Fredrickson	400m Hurdles	51.58	6th	34th	Syreeta Martin	400m Hurdles	1:00.24	13th	60th (tie)
Martin Bingisser	Hammer	216-1	7th	15th	Amanda Miller	800m Run	2:07.92	13th	44th (tie)
Norris Frederick	Long Jump	24-4 1/2	9th	43rd (tie)	Sheree Ellis	Shot Put	48-5 1/4	16th	66th
Carl Moe	Steeplechase	9:00.34	11th	43rd	Janine Sandell	Discus	157-1	18th	71st
James Fredrickson	110m Hurdles	14.21	12th	56th (tie)	Kira Harrison	800m Run	2:09.00	18th	61st
McKane Lee	Pole Vault	16-6 3/4	15th (tie)	34th (tie)	Dani Schuster	1,500m Run	4:25.14	19th	67th
Seth Perrins	Pole Vault	16-6 3/4	15th (tie)	34th (tie)	Kaisa Keranen	Javelin	143-8	21st (tie)	74th (tie)
Zack Midles	Hammer	195-5	17th	57th	Myrriah Swango	Pole Vault	12-5 1/2	26th (tie)	57th (tie)
Brad Liber	Steeplechase	9:04.77	18th	62nd					
Mike Sayenko	5,000m Run	14:08.71	18th	56th					
Mart Israel	Shot Put	56-9 1/4	22nd	50th (tie)					
Mike Sayenko	5,000m Run	14:08.71	22nd	86th					
Daniel Te'o-Nesheim	Shot Put	56-4 1/2	23rd (tie)	59th (tie)					
Cameron Elisara	Shot Put	55-2	30th	92nd (tie)					
Carl Moe	1,500m Run	3:47.50	32nd	101st					
Jeremy Mineau	10,000m Run	28:57.02	N/A*	20th					
Mike Sayenko	10,000m Run	29:07.22	N/A*	29th					
Blake Bidleman	Decathlon	7,006	N/A*	23rd					

* - 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.

Road to Eugene 2007: With just three weeks remaining before the 2007 NCAA West Regional Championships in Eugene, Washington already boasts 42 NCAA Regional qualifiers (counting relays as one, not four), five more than its total from the entire 2006 campaign. In fact, UW's men's team alone boasts 29 qualifiers, just eight fewer than the combined total for UW men and women in 2006. This year's NCAA West Regional, May 25-26 at Oregon, is one of four regionals nationwide at which athletes will seek automatic NCAA Championships berths. Washington crowned two Regional champions in 2007 -- including 400-meter hurdler **Shane Charles** and the men's 4x400-meter relay team -- and has seen four Huskies win regional titles in the five years the system has been in place.

Road to Eugene 2008: In addition to qualifying for collegiate post-season championships, several Huskies have even loftier goals this season — qualifying for the 2008 U.S. Olympic Trials in Eugene, Ore. Three have already guaranteed their spots at the Trials by meeting the USATF's "A" qualifying standard in their event, while six others boast provisional "B" qualifying marks. Chief among UW's "A" qualifiers is junior **Mike Sayenko**, who surprised many with a 2-hour, 19-minute, 45-second time in the California International Marathon in December, his first-ever marathon attempt. He'll be joined at the Trials by two of America's pre-eminent competitors in their events — former Husky, UW volunteer assistant coach and three-time U.S. pole vault champion **Brad Walker**, and current UW assistant coach **Kelly Strong**. Both boast "A" qualifying marks in their events (the pole vault and steeplechase, respectively) and are each among the top-10 competitors in U.S. history. Trials "B" qualifiers include seniors **Ryan Brown** (800m) and **Martin Bingisser** (hammer), juniors **Amy Lia** (1500m) and **Norris Frederick** (long jump), sophomore **Jeremy Mineau** (10,000m), freshman **Scott Roth** (pole vault) and 2005 UW alum **Sean Williams** (400m hurdles).

NCAA Selection Process: Automatic NCAA Championships berths will be granted to the top-five finishers in each individual event, and top-three relays, from each of the four Regionals contested nationwide May 25-26. Athletes qualify for Regionals by meeting pre-determined standards, or by winning their conference title. The NCAA then supplements the Championships field with the highest-ranking competitors (6-7 per individual event and 5-6 per relay) from the national performance lists, provided the athlete competed in their event at a Regional meet and was not among the finishers to earn automatic berths. The lone exceptions are the 10,000 meters and multi-events, in which athletes qualify directly for the NCAA Championships by meeting provisional and automatic standards.

National Records Abound: Several Huskies have recently established themselves as players on the national scene by setting national records in their home countries, including the U.S. and abroad. Washington's track and field fans have been treated to two such performances this season, including a U.S. record in the 2,000-meter steeplechase by assistant coach **Kelly Strong** and a Canadian junior record in the pole vault by freshman **Ryan Vu**. Strong, already ranked seventh in U.S. history in the more-commonly-run 3,000-meter steeple, moved to No. 1 in U.S. history at the 2K distance with a time of 6:25.98 at the UW Outdoor Preview meet in March, breaking the American record of 6:29.2 set by Ann Gaffigan in 2005. Bellevue native Vu, meanwhile, who boasts dual citizenship in the U.S. and Canada, broke the Canadian junior national pole vault record with a clearance of 16-6 at Washington's indoor season-finale in March. Last year, senior **Shane Charles** broke the senior national 400-meter hurdles record in his native Grenada, while in 2005, both Charles and former Husky **Christian Belz** (10,000m, Switzerland) set national records in their home countries.

Brown is Back: Just three years ago, **Ryan Brown** was out of track and field, having walked away from a promising career, stating a desire to focus on school over sports. In the two years since returning to the sport in January 2005, however, Brown has won multiple NCAA, Pac-10, West Regional and MPSF 800-meter titles, and captured a stunning eight All-America accolades. Brown's turnaround began in the 2005 Pac-10 800-meter final, as the Renton native outkicked Pac-10 favorite Jon Rankin of UCLA down the homestretch to win in 1:47.31, then continued two weeks later when Brown outkicked Rankin again to win the 2005 NCAA West Regional. After filling in the intervening 12 months with All-America performances in the 800m (10th, 2005 Outdoors), 4x400m (3rd, 2006 Indoors) and DMR (5th, 2006 Indoors) Brown was back atop the podium at the 2006 NCAA Outdoor Championships, again outkicking the field in the final 100 meters for his first NCAA title, and the first by a Husky men's runner since 1998. Brown's time of 1:46.29 in the NCAA final shattered the school record and was the fastest by a collegian in 2006, and was more than a full second faster than his previous lifetime best. The senior then matched that performance at the 2007 NCAA Indoor meet -- his first experience running an open 800 on a banked track -- coming from behind yet again to capture his second NCAA 800-meter crown, a feat matched by just four other individuals in UW history. Brown also led UW's distance medley relay squad to its third-straight fifth-place finish at the NCAA Indoor meet to raise his career All-America total to eight, second-most in UW history.

NCAA Championships By the Numbers: Senior **Ryan Brown's** win in the 800 meters was the 32nd all-time by a Washington track and field at the NCAA Championships. Twenty-six UW athletes have combined for those 32 NCAA titles overall -- a total which ranks 20th among NCAA institutions all-time -- including at least one in each of the last five seasons. Additionally, the Huskies have placed 299 athletes on the All-America podium, including a stunning 45 since the start of the 2004-05 season alone. At least one Husky has earned All-America honors in each of the last 15 years, and 45 of the last 47 years, including record-breaking totals of 10 each at the 2005 and 2006 NCAA Indoor Championships, and 11 at the 2007 NCAA Indoor Championships. In addition to the single-meet records set indoors in 2005 and 2006, Washington also set single-season records in both years, with Husky athletes combining for 15 All-America honors in 2005 and 19 in 2006. A regular top-five finisher in the 1920s, Washington's men have placed among the top-15 at the NCAA meet 10 times since 1970, including a seventh-place finish at the NCAA Indoor meet in March. The Husky women, meanwhile, boast five top-25 finishes, including a high of 10th in 1988, and a tie for 15th at last year's outdoor championships.

Elite Company: In capturing two All-America honors at the 2006 NCAA Indoor Championships, senior **Ryan Brown** became one of just 10 Huskies ever to earn multiple All-America honors at one meet, a feat he then replicated outdoors in 2006 and indoors in 2007. Sprinter **Ja'Warren Hooker**, UW's most prolific All-American with 10 career honors, holds the UW meet record with three All-America awards at the 1998 NCAA Indoor Championships, and is the only Husky besides Brown to accomplish the All-America double more than once. Brown's honors, furthermore, helped extend his career total to eight, second-most in UW history behind only Hooker (10). History is also in the making on the women's side, where senior **Ashley Lodree's** five All-America honors are tied for the most-ever by a UW woman with pole vaulter **Kate Soma**, who also captured five All-America honors, from 2002-05. Furthermore, juniors **Austin Abbott** and **Norris Frederick** also moved into the history books with their four-career All-America honors, a total surpassed by just five individuals -- including Brown -- in UW history. Both Abbott and Frederick have potentially three NCAA meets to raise their All-America totals, while seniors Brown and Lodree will have one final chance in June to claim UW's career All-America records.

Monster PR of the Week: Redshirt freshman **Zack Midles** made plenty of headlines during an outstanding prep career at Olympia's Capital High School, where he ranked No. 1 in the nation in the hammer and placed fourth at U.S. Junior Nationals. After redshirting in 2006 to add bulk and train with the heavier college hammer, Midles has burst into UW's all-time top-10s in both the weight throw indoors and the hammer throw outdoors, including a 195-5 mark in the hammer at last week's UW-WSU Dual. That mark was a 10-foot improvement over Midles' previous best in the event and ranks second only to senior **Martin Bingisser** among UW hammer throwers of the last 10 years. Midles is currently ranked eighth in the Pac-10 in the hammer, and is the nation's fifth-ranked freshman thrower.

2007 Husky Track and Field Statistical Leaders (Indoor & Outdoor)

Women's		
100m Dash	Ashley Lodree	11.5h
200m Dash	Ashley Lodree	24.22i
400m Dash	Kinyatta Leonhardt	55.99
800m Run	Dani Schuster	2:07.39
1,500m Run	Amy Lia	4:17.49
5000m Run	Anita Campbell	16:00.03
10000m Run	No competitors	
100m Hurdles	Ashley Lodree	13.06w
400m Hurdles	Syreeta Martin	1:00.24
3000m Steeple	Mo Huber	10:56.54
4x100m Relay	Martin/Nash/ Amiad-Pavlov/Fuller	49.28
4x400m Relay	Martin/Ankton/ Miller/Lodree	3:47.58i
High Jump	Amiad-Pavlov/Todd	5-7
Pole Vault	Stevie Marshalek	13-5 3/4
Long Jump	Ashley Lodree	19-8
Triple Jump	Daria Amiad-Pavlov	37-10
Shot Put	Sheree Ellis	48-5 1/4
Discus	Janine Sandell	157-1
Hammer	Shannon Harvey	155-3
Javelin	Kaisa Keranen	143-8
Heptathlon	Liz Fuller	4,845
Men's		
100m Dash	Randy Bacon	10.59W
200m Dash	Alex Harcourt	21.41i
400m Dash	Alex Harcourt	46.43i
800m Run	Ryan Brown	1:48.40i
1,500m Run	Carl Moe	3:47.50
5000m Run	Jeremy Mineau	14:06.34i
10000m Run	Jeremy Mineau	28:57.02
110m Hurdles	James Fredrickson	14.21
400m Hurdles	James Fredrickson	51.58
3000m Steeple	Brad Liber	9:05.31
4x100m Relay	Frederick/Fredrickson/ Gudaitis/Bacon	40.96
4x400m Relay	Gudaitis/Fredrickson/ Brown/Harcourt	3:08:39
High Jump	Norris Frederick	7-2 1/4i
Pole Vault	Scott Roth	18-1 3/4i
Long Jump	Norris Frederick	25-10i
Triple Jump	Corey Fredericks	45-9
Shot Put	Mart Israel	56-9 1/4
Discus	Mart Israel	208-9
Hammer	Martin Bingisser	216-1
Javelin	Zach Woods	184-1
Decathlon	Blake Bidleman	7,006

The 'Lo' Down: Senior **Ashley Lodree**, who enters this week ranked sixth in the NCAA and 14th in the U.S. in the 100-meter hurdles, entered rare air at the 2006 NCAA West Regional -- and that's not just a reference to the thin air of BYU's Clarence Robison Track. The Richmond, Calif., native became the first Husky ever to break 13 seconds in the 100-meter hurdles with a wind-aided time of 12.99 seconds (after altitude adjustment) in the regional prelim, then backed it up with a wind-legal 13.04-second, altitude-adjusted time in the final. The latter mark crushed Lodree's own school record of 13.17 set twice in 2005, while the former mark was the 10th-fastest, wind-aided or otherwise, in Pac-10 Conference history. Already a five-time All-American, including three indoors in the 60m hurdles (10th, 2005; 9th, 2006; 3rd, 2007) and two outdoors in the 100m hurdles (5th, 2005; 7th, 2006), Lodree enters 2007 with a chance to surpass **Kate Soma's** UW record of five All-America honors, while also seeking UW's first-ever NCAA hurdles title. Lodree boasts top-10 all-time marks in all 11 of the events she has attempted in her UW career, including four school records -- no other woman in UW history has ever ranked on as many of UW's all-time lists, while just one, distance runner **Regina Joyce**, has held as many UW records. Lodree has already this season broken her own school records in the 60-meter dash (7.34), 200-meter dash (24.22) and 60-meter hurdles (8.01), the latter time coming in a near-victory at the NCAA Indoor Championships, where she finished just .03 seconds behind winner Shantia Moss of Georgia Tech. In addition to her terrific NCAA performance, Lodree just barely missed an unprecedented triple win at the MPSF Indoor Conference Championships, capturing 60-meter dash and hurdles titles, and placing second in the 200 meters. Lodree has already clocked a wind-aided time of 13.06 seconds this season to rank sixth in the NCAA, and 14th in the U.S. so far in 2007.

Jumping Out of His Shoes: Junior **Norris Frederick**, who captured his third-straight indoor All-America honor in March, literally jumped out of his shoes at the 2004 World Junior Championships, tearing apart the footwear which guided him to five state prep titles. Undeterred, the Roosevelt High School senior strapped on borrowed shoes and placed 19th in both the high and long jumps. It takes more than an equipment malfunction to ground Frederick: a Pac-10 champion, four-time All-American and five-time NCAA Championships participant, Frederick in June became the first Husky ever to compete in both the long and high jumps at the same NCAA Championships, a feat he duplicated indoors in March. Those appearances were Frederick's fourth in the long jump (6th, 2005 indoors*; 12th, 2006 indoors*; 22nd, 2006 outdoors; 6th, 2007 indoors*) and third in the high jump (14th, 2005 outdoors; 15th, 2006 outdoors; 10th, 2007 indoors*), and include four All-America honors (indicated with a * above). Frederick has both literally and figuratively raised the bar higher in 2007 -- just three months into his junior campaign, Frederick has already notched lifetime bests of 7-2 ¼ in the high jump and 25-10 in the long jump, the latter breaking former world-record holder **Phil Shinnick's** UW indoor mark of 25-6 ½ set in 1965. One of just seven Huskies ever to long jump 25 feet -- something he has done 17 times already -- and one of just 12 to high jump seven feet, Frederick is the first ever to do both, and has a realistic shot at two of UW's most hallowed school records -- **Rick Noji's** 7-6 ½ mark in the high jump from 1990, and Shinnick's seemingly-untouchable world-record mark of 27-4 in the long jump from 1963. Despite battling pneumonia, Frederick managed to successfully defend his MPSF long jump title in February with a jump of 25-2 1/2, and was third in the high jump.

Frederick, Metcalf Honored by USTFCCCA: Fifth-year Washington head coach **Greg Metcalf** was named West Region Men's Coach of the Year and junior long jumper **Norris Frederick** was named West Region Men's Field Athlete of the Year in March by the USTFCCCA. Metcalf, whose USTFCCCA honor was the first of his five-year head coaching career, has been instrumental in the revival of Washington track and field since his hiring in 2002. His first four-plus seasons have seen Washington produce six individual NCAA titles, six individual Pac-10 titles and 55 All-America award winners, including a record-breaking 19 All-Americans in 2006 alone. Washington's men, placed eighth at the 2002 Pac-10 Championships in Metcalf's first year, tied for seventh at the NCAA Indoor Championships earlier this month, and have won back-to-back MPSF Indoor conference crowns. Frederick, meanwhile, earned All-America honors in both the high- and long jumps in March, captured his second-straight MPSF long jump in February, and was the Pac-10 long jump champion a year ago. Frederick is the only Husky ever to long jump 25 feet and high jump seven feet in his career, and boasts season- and career-bests of 25 feet, 10 inches and 7'-2 ½", respectively, that ranked him No. 3 and No. 11 nationally during the 2007 indoor campaign.

Amazing Amy: Junior **Amy Lia** pulled off one of the most memorable come-from-behind wins in recent NCAA Championships history in the 1,500-meter final at the 2006 NCAA Outdoor meet, coming from 25 meters back over the final half-lap to capture her first NCAA title. It's hard to fault the casual observer for ruling out Lia when she was running last with 250 meters to go -- the sophomore from Bothell, Wash., had placed last in the 1,500-meter final a year before, just barely staved off elimination in the semi-final round, and was the lowest-seeded of any of the 12 finals competitors. But as the racers entered the final turn, Lia suddenly surged forward on the outside, catching and passing the leaders at the 100-meter mark and taking one quick look over her shoulder before sprinting to the finish. Lia's effort was remarkable not only for her win -- the first by a UW women's track athlete at the national meet since **Regina Joyce's** AIAW 3,000-meter crown in 1981 -- but for her winning time of 4:14.63, a nearly three-second PR and the fastest by any collegiate women's athlete during the 2006 collegiate season. Lest anyone think Lia's performance was a fluke, the junior-to-be backed it up with a ninth-place finish at the USATF Outdoor Championships, and a fifth-place effort as a member of Team USA at the NACAC Under-23 Championships. Lia followed up her outstanding spring with a first-team All-Pac-10 and All-West Region performances in the fall, and made her 1,500-meter debut at Stanford in 4:17.93 -- second-fastest of her career, and good for eighth in the national track rankings.

Vault Legacy: From **Brad Walker** to **Kate Soma** to an NCAA-record five women's vaulters over 13 feet in 2005, there is little doubt that Washington reigns supreme in the world of collegiate -- and in Walker's case, international -- pole vaulting. In just the past four years, Washington pole vaulters current and past have stood atop the podium at the NCAA Championships, the USATF Championships and the IAAF World Championships, combining for two world-championship medals, three USATF titles, three NCAA titles, three Pac-10 titles and 10 All-America honors. Reigning world indoor champion Walker, who has taken on an active role at UW this season as a volunteer assistant coach, holds the world's No. 3 ranking in the pole vault, while both he and Soma rank among the NCAA's all-time top-10 in their respective events.

Roth Sets Bar High: Fans used to watching the world's best pole vaulters wear the purple and gold roared loud and long for freshman vaulter **Scott Roth** during the 2007 indoor campaign. Roth responded with lifetime-best clearance of 17-6 ½ and 18-1 at the season's first two meets, and an outstanding 18-1 ¾ clearance at the UW Last Chance Qualifier, the latter good for second among collegiate vaulters during the 2007 indoor season. That Roth should succeed right from the start is little surprise. The Granite Bay, Calif., native has led all U.S. prep pole vaulters in each of the past two seasons, and boasted a prep-best clearance of 17-4 that was among the best in U.S. prep history. Already over 18-1 ¾ this season, Roth has a chance to break the age-group record of 18-3 set by Oregon's Tommy Skipper in 2004, and also has the chance to become the first freshman to win an NCAA pole vault title since Skipper captured the NCAA outdoor crown that same year. Should Roth do so, he would add to UW's already-impressive pole vault legacy -- including NCAA champions **Brad Walker** and **Kate Soma**, and numerous All-Americans. Roth has his outdoor season season off to a fast start with a regional-qualifying mark of 17-3 1/2 that is tied for 12th in the nation so far this spring.

Best in NCAA History: Washington's pole vaulters haven't just been good the past 10 years -- they've been record-good. During the 2005 season, Washington's women's vaulters broke three NCAA records, including most women's vaulters at a single NCAA Championships (4), most women's vaulters to compete at NAAs in one year, indoors and out (5), and most women's vaulters over 13 feet in one season (5). In fact, whereas prior to 2005, no team had ever sent more than three women's vaulters to the NCAA meet, Washington sent four each to the NCAA Indoor and Outdoor Championships, with three earning All-America honors and senior **Kate Soma** bringing home the 2005 NCAA outdoor title. Washington should remain a vaulting force in 2007, as two of the five return, including two-time NCAA qualifier **Stevie Marshalek** and three-time NCAA qualifier **Kelley DiVesta**. Those two, both currently among the nation's top-12 women's vaulters, will attempt to have their photos placed alongside former teammates Soma, **Carly Dockendorf** and **Ashley Wildhaber** on the Huskies' All-American wall.

Long-Range Talents: Those who only follow UW track and field outdoors may not have heard of sophomores **Jeremy Mineau** or **Anita Campbell** entering the spring of 2006, but they certainly have now. Making his outdoor debut in March 2006 before a hometown crowd at Stanford, Menlo Park, Calif., native Mineau obliterated UW's freshman record in the 10,000 meters and climbed to second on UW's all-time list. Mineau's time of 28:49.69 -- second in 2006 by a collegiate freshman -- was just the third sub-29 minute 10K in UW history, and was just 15 seconds shy of the school record. Mineau hasn't stopped there, making NCAA Championships appearances in both track (21st, 10000m) and cross country (53rd, leading UW to 12th), and earning first-team All-Pac-10 and All-West Region honors in the fall. Campbell, likewise, entered last spring as a household name to fans of UW's cross country and indoor track and field squads -- the Vancouver, B.C., native has earned top-100 finishes at the NCAA Cross Country Championships in each of her first two years, and set a UW freshman record indoors with a 16:33.27 posting in a second-place effort at the 2006 MPSF Championships -- but was an unknown quantity to UW's outdoor fans before the NCAA Regional meet, where her surprising third-place finish placed the freshman in the NCAA Championships field. Campbell's subsequent 21st-place finish -- in a UW freshman-record 16:29.91, no less -- sent notice that she, and Mineau, will be strong contenders for Washington through at least the 2009 campaign. Both have their 2007 seasons off to fast starts, with Mineau having repeated his sub-29 effort with a nearly-identical 28:57.02 at Stanford in March, and Campbell shaving a stunning 29 seconds off of her outdoor 5K personal best with a 16:00.03 posting at Stanford -- UW's fourth-fastest ever and the No. 12 mark in the nation this year.

2007 Updates to UW's All-Time Top-10

Outdoor Lists

Men's 10,000 Meters

SR: 28:34.54	David Bazzi	2001
28:49.69	Jeremy Mineau	2006
28:58.34h	Curt Corvin	1986
29:07.22	Mike Sayenko	2007

Men's 110-Meter Hurdles

SR: 13.57	Spider Gaines	1976
13.91	Lorenzo Bellamy	1980
13.94	Dana Hall	1990
14.04ch	Bill Roe	1967
14.11	Aaron Williams	1981
	Ben Meyer	2000
14.21	James Fredrickson	2007

Men's 400-Meter Hurdles

SR: 49.51	Shane Charles	2006
49.85	Bernard Ellison	1991
51.45	Brad Goodrich	2002
51.58	James Fredrickson	2007

Men's 4x400-Meter Relay

SR: 3:03.85	S. Williams/Charles/Brown/Jackson	2005
3:04.14ch	Tinner/Belur/Franco/Hicks	1975
3:04.22	Boase/Charles/Brown/Jackson	2006
3:04.73	Bryant/McKay/Merritt/Elison	1990
3:05.21	Hooker/Prior/Anabel/Dawson	1998
3:06.41	Adams/McCary/S. Williams/Jackson	2004
3:06.53	Strub/McKay/Merritt/Elison	1991
3:07.08	Boase/Charles/McCary/Jackson	2006
3:08.37	Boase/Charles/S. Williams/Jackson	2005
3:08.39	Gudaitis/Fredrickson/Brown/Harcourt	2007

Men's High Jump

SR: 7-6 1/2	Rick Noji	1990
7-1	Norris Frederick	2007
	Lucian Moore	1977
	Mike Ramos	1986

Men's Discus

SR: 214-7	Borys Chambul	1976
210-3	Adam Setliff	1993
208-9	Mart Israel	2007

Men's Hammer

SR: 238-7	Scott Neilson	1978
216-2	Neil Kneip	1985
216-1	Martin Bingisser	2007
208-5	Sam Fu	1995
205-8	Erik Johnson	1988
200-5	Damon Felice	1996
200-0	Casey Ballwey	1974
196-9	Rich Bagley	1979
195-5	Zack Midles	2007

Men's Decathlon

SR: 8,322	Mike Ramos	1986
8,063	Steve Erickson	1985
7,758	Gary Gefre	1980
7,465	Gary Wipfler	1981
7,426	Jacob Predmore	2000
7,125	Brian Mondschein	1977
7,065	Stan Vegar	1977
7,006	Blake Bidleman	2007

Women's 800 Meters

SR: 2:05.73	Sarah Bolender	1987
2:05.97	Courtney Inman	2003
2:06.51	Dana Arnim	1980
2:06.75	Mary Dong	1987
2:06.80	Sandra Gregg	1981
2:07.39	Dani Schuster	2007
2:07.48	Amy Lia	2007
2:07.92	Amanda Miller	2007

2007 Updates to UW's All-Time Top-10 Outdoor Lists, Cont.

Women's 1,500 Meters

SR: 4:10.93	Courtney Inman	2003
4:12.84h	Regina Joyce	1981
4:14.63	Amy Lia	2006
4:18.31	Sandra Gregg	1981
4:18.81	Danelle Kabush	1998
4:19.07	Lindsey Egerdahl	2005
4:21.00	Sarah Bolender	1988
4:21.48	Amanda Miller	2007

Women's 3,000-Meter Steeplechase

SR: 10:33.28	Laura Halverson	2004
10:35.31	Kate Spigel	2003
10:37.27	Dallon Williams	2004
10:43.26	Camille Connelly	2005
10:56.54	Mo Huber	2007

Women's 5,000 Meters

SR: 15:35.60	Regina Joyce	1982
15:55.71	Tara Carlson	1996
15:56.90	Sabrina Monro	2003
16:00.03	Anita Campbell	2007

Women's Pole Vault

14-2	Kate Soma	2004
13-9 1/4	Carly Dockendorf	2005
13-5 3/4	Stevie Marshalek	2004
13-5 1/4	Kelley DiVesta	2006
	Ashley Wildhaber	2005
12-11 1/2	Sandy Erickson	2000
12-5 1/2	Myrriah Swango	2007
12-2	Alexis Jaime	2001
11-11 3/4	Alli Moore	2006
11-7 3/4	Ally Wojciechowski	2007
	Chris Withey	2000

Women's Long Jump

21-0	Meledy Smith	1984
20-8 1/2	Tara Davis	1995
20-8 1/4	Shiri Milton	1984
20-1	Kendra Keller	1987
	Angie Tasker	1989
19-11 1/4	Jakki Davis	1984
19-10 3/4	Sonja Forster	1992
19-9	Kam Warner	1994
19-8	Ashley Lodree	2007

Women's Shot Put

SR: 55-7	Jennifer Ponath	1988
52-6	Shirley Ross	1988
51-10 1/4	Caryl Van Pelt	1981
51-5	Aretha Hill	1998
51-2 1/2	Meg Jones	1987
50-8 3/4	Sesilia Thomas	2000
49-4 1/2	Jackie Henry	1983
48-5 1/4	Sheree Ellis	2007

Women's 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
155-3	Shannon Harvey	2007

Women's Javelin (new implement, 1999-)

SR: 173-7	Megan Priestersbach	2004
161-9	Tiffany Zahn	2006
159-6	Heather Reichmann	2003
143-8	Kaisa Keranen	2007
136-4	Chris Withey	2000
122-5	Grace Vela	2005
117-1	Rebecca Morrison	1999
116-7	Liz Fuller	2007

Women's Heptathlon

SR: 5,266	Sonja Forster	1992
5,225	Grace Vela	2004
5,186	Angie Tasker	1989
4,845	Liz Fuller	2007

Mid-Distance Madness: A look at the current NCAA rankings is a testament to Washington's dominance in the middle distance events. **Austin Abbott** (800m), **Ryan Brown** (800m), **Amy Lia** (1,500m) and **Amanda Miller** (1,500m) each rank among the nation's top-25 in their respective events, while **Dani Schuster** (800m; 1,500m), **Carl Moe** (1,500m) and **Kira Harrison** (800m) have all bettered regional standards as well. That the Huskies should be flying high in those events is no surprise, of course -- Washington athletes have won three of the eight NCAA titles awarded in the 800 meters, 1,500 meters and mile since last June, and swept three of four middle-distance titles at the 2007 MPSF Indoor Conference Championships in February. Since 2004, Washington's middle-distance unit -- defined to include those athletes in the 800 meters, 1,500 meters, mile and the three middle-distance legs of the distance medley relay -- have combined for three NCAA titles, one outdoor conference title, six indoor conference titles, one regional title and 18 All-America honors. Washington middle-distance runners earned three All-America honors at the 2007 NCAA Indoor meet, including Brown's 800-meter win, Abbott's fourth-place 800-meter finish, and a ninth-place finish in the mile for Miller.

Relay Rewards: There's never been a better time to run on a UW relay than right now. Washington's win in the 4x400 meters at the 2006 NCAA West Regional was the first in the postseason by a UW relay since 1975, and clinched the team's third-straight NCAA Championships bid. Only one other relay in UW can match that feat -- the Huskies' current distance medley relay squad, which has earned three-straight top-five NCAA Indoor Championships finishes. Three Husky foursomes earned All-America honors in 2006 -- the first time in UW history that has happened -- including a third-place finish for Washington's 4x400-meter relay indoors that was the best-ever for a UW relay indoors, and the best by a UW 4x400-meter squad, indoors or out, since winning the 1975 NCAA outdoor title. Prior to the arrival of assistant coach **LaMonte Vaughn, Jr.**, who took over UW's sprint/relay program in 2005, Washington had failed to qualify a relay for the NCAA Championships since 1998 -- in the two-plus years since Vaughn's hire, seven of the Huskies' 10 relays have qualified for the NCAA Championships, while five have earned All-America honors -- a feat accomplished by just three UW relays in the previous 30 years. Washington had multiple relays at both the 2005 NCAA Outdoor and 2006 NCAA Indoor meets -- something that had not occurred even once previously in 85 years of NCAA competition -- and has put three of its four relays atop the UW record books, with the fourth (the 4x100-meter relay) clocking UW's second-fastest time ever, and the fastest by a UW sprint relay in 22 years.

Two-Sport Studs: Washington's current roster includes four athletes currently on scholarship in other sports, including football players **Chris Stevens**, **Daniel Te'o-Nesheim**, and **Cameron Elisara**, and volleyball star **Janine Sandell**. The latter three have all achieved regional qualifying standards already, including a throw of 157-1 in the discus by Sandell that is UW's best this century. A Pac-10 Championships participant a year ago and a key member of the Huskies' defensive line last fall, **Te'o-Nesheim** is off to a terrific start this season with a best of 56-4 1/2, while two-time state champion Elisara, who ranked 10th in the nation among U.S. preps in 2006, is also over the regional standard with a best of 55-2. In addition to those competing officially for UW, a number of other Husky football players were regulars in the Dempsey Indoor fields this season -- tight end Johnnie Kirton competed unattached in throwing events at each of UW's first three meets, while defensive backs Desmond Davis and Matt Mosley, linebackers Stevens and Dan Howell, and wide receivers Quintin Daniels, Cody Ellis and D'Andre Goodwin all competed unattached in the sprints.

History in the Making?: With a near-record number of NCAA qualifiers, and perhaps the most experienced NCAA Championships contingent in UW history, it's no surprise that Washington reached a number of historical milestones at the 2007 NCAA Indoor meet. Senior **Ryan Brown** successfully defended his NCAA outdoor title at 800 meters, becoming just the fifth Husky to win multiple NCAA titles, and the first do so exclusively in track events since 1930. Brown also led UW's distance medley relay to fifth to up his career All-America total to eight, second-most in UW history and just two shy of **Ja'Warren Hooker's** once-untouchable UW career record of 10 All-America honors. Senior **Ashley Lodree**, meanwhile, captured her fifth-career All-America honor with a third-place hurdles finish, tying the UW women's career record of five All-America honors set by pole vaulter Kate Soma (2002-05). Juniors **Austin Abbott** and **Norris Frederick**, meanwhile, each earned their fourth-career All-America honors to move into a tie for sixth all-time in that category, while freshman pole vaulter **Scott Roth** became UW's first freshman All-American since 2005. Washington also set numerous milestones as a team, with the 11 All-America honors ranking No. 1 all-time for UW at a single NCAA Championship meet, and the men's team's seventh-place finish its best-ever indoors, and equaling its third-best NCAA finish overall since 1930. Furthermore, Brown's win extended a streak of five-straight seasons with at least one NCAA champion, and also preserved a streak that has seen at least one UW male competitor earn a top-10 NCAA Championships finish in each of the past 47 years.

Former Huskies Return: Two new faces on the Husky squad will be familiar to all who follow Washington track and field -- former Huskies **Will Conwell** and **Brad Walker** return to Montlake in 2007 as volunteer assistant coaches, Conwell working with UW's discus throwers, and Walker with the Husky pole vaulters. Both bring impressive pedigrees to the UW staff: 2006 graduate Conwell was a four-time top-five finisher and ranks among the Huskies' all-time best in the discus and weight throw. Walker, meanwhile, has won three USATF titles and two world championship medals, and elevated himself to No. 1 in the IAAF World Rankings in the pole vault since graduating in 2004 as a two-time NCAA champion and Pac-10 record holder. Not even Walker, however, can match the accolades of Big W Club Director **Aretha (Hill) Thurmond**, who trains at her alma mater alongside husband and UW throwing coach **Reedus Thurmond**. A four-time All-American during her time at Washington from 1995-98, the former **Aretha Hill** boasts three U.S. discus titles, is a two-time U.S. Olympian, and ranks third in U.S. history -- and second in NCAA history -- in the event.

2007 Indoor Season Redux: Washington continued to raise its national profile during the 2007 indoor season, with the Huskies' men's team capturing its second-straight conference championship and placing seventh at the NCAA Indoor meet, and a record-breaking total of 11 Huskies bringing home indoor All-America honors, including an NCAA title at 800 meters for senior **Ryan Brown**. Brown's win was one of four top-five finishes for UW athletes at the NCAA meet, including a third-place hurdles effort for senior **Ashley Lodree**, a fourth-place 800-meter finish for junior **Austin Abbott**, and a fifth-place finish in the distance medley relay for Abbott, Brown, and juniors **James Fredrickson** and **Carl Moe**. In addition to their NCAA exploits, Washington's teams and athletes also excelled at the MPSF Indoor Championships, capturing seven individual titles -- including four men's crowns and three women's crowns -- and winning their second-consecutive conference men's team championship. In all, Husky athletes combined to win one NCAA title, seven conference individual titles and one conference team title, while earning 11 All-America honors and breaking six school records.

Ridiculous Records: Washington's athletes have certainly kept the team's indoor record-keepers busy in 2007, combining for 50 marks among the Huskies' all-time top-10 indoors, including five school records -- three by hurdler **Ashley Lodree**. Washington's highly-acclaimed indoor facility, Dempsey Indoor, has certainly had an effect on the Huskies' indoor list -- UW's all-time top-10 indoor lists for men and women include 336 marks, 154 of which (46%) have been achieved since the start of the 2002 season, UW's first in the facility. For a complete look at UW's Indoor Top-10 Marks, click the "History" link at GoHuskies.com.

Head Coach Greg Metcalf: Former Husky All-American **Greg Metcalf** is in his fifth year as Washington's head coach of track and field and cross country, and his 10th year overall on the UW staff. Metcalf earned West Region Indoor Men's Coach of the Year honors in 2007 after leading **Ryan Brown** to his second-straight NCAA 800-meter title, and guiding the Washington men to a second-straight indoor conference title and a seventh-place tie at the NCAA Indoor meet, the latter an all-time program best. Metcalf can only hope that 2007 continues on the same track as his banner 2006 campaign, when middle distance runners Brown and **Amy Lia** won NCAA titles, and UW men combined for three individual conference crowns and the Huskies' first-ever indoor team title. In his first four-plus seasons at the helm, Metcalf has led the UW women to four top-25 finishes at the NCAA Championships, and guided the Husky men to three top-25 efforts, including the aforementioned seventh-place finish indoors in March. Individually, 19 UW distance runners have earned NCAA berths, with three earning NCAA titles and 11 grabbing All-America accolades, a list which does not include the team's three-time All-America distance medley relays (2005-07). In addition, Metcalf has led the Huskies' women's cross country team to the NCAA meet eight of his first 10 years at the helm, and guided the UW men to a 12th-place NCAA cross country finish in 2006. In nine years atop Washington's distance program, Metcalf has coached three NCAA champions, six Pac-10 champions, 22 All-Americans, 13 school-record setters and 78 NCAA Championships competitors. 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 2007 is in no way short on accolades. Tenth-year vaults/jumps coach **Pat Licari** has coached 12 All-Americans, including NCAA champions **Brad Walker** and **Kate Soma**. Third-year sprints/hurdles coach **LaMonte Vaughn, Jr.**, meanwhile, has had a banner first two years, mentoring **Ashley Lodree** to four All-America honors and guiding five of UW's six relays to NCAA berths, including four All-American relays. Second-year throws coach **Reedus Thurmond** mentored two conference champions and three NCAA qualifiers in his first year, including a pair of All-America performers, while fifth-year distance coach **Kelly Strong** was a five-time All-American and three-time Pac-10 champion at ASU, and is the American record-holder in the 2,000-meter steeplechase. The newcomer to the group is first-year men's distance coach **Jimmy Bean**, an All-Midwest Region performer at Division-III Greenville (Ill.) University and a highly-touted coach and recruiter. In addition to the outstanding full-time staff, Washington's athletes are able to train alongside some of the world's top athletes, including former Huskies **Aretha (Hill) Thurmond** and **Brad Walker**. Thurmond, who trains with her husband, UW coach Reedus Thurmond, while directing Washington's Big W Alumni Club, and Walker, a UW volunteer assistant coach, are both among the premier athletes in the world, combining for six U.S. titles and two Olympic appearances, and each ranking among America's all-time top-four in their respective events.