

# WASHINGTON TRACK AND FIELD

May 8, 2007

//For Immediate Release//

Contact: Brian Beaky

## Frederick, Lodree Among Favorites at Pac-10 Meet

*As many as six Huskies could be in contention for Pac-10 Conference titles this weekend at Stanford.*

**On the Track:** Washington's track and field teams open the 2007 postseason Saturday at Stanford at the Pac-10 Track and Field Championships, Presented by 76 PROClean Gasolines. The UW men boast a number of title contenders, including conference leaders **Norris Frederick** (long jump) and **Scott Roth** (pole vault), and reigning NCAA champion **Ryan Brown** (800 meters), as well as the Pac-10's second-ranked 4x400-meter relay squad. On the women's side, five-time All-American senior **Ashley Lodree** (100-meter hurdles) and senior pole vaulter **Stevie Marshalek** are among the top seeds in their events and will be vying for their first conference titles as well. Events run throughout the afternoon Saturday and Sunday. For links to an event schedule, meet entries (posted Thursday) and live results, visit [www.GoHuskies.com](http://www.GoHuskies.com).

**Pac-10 Championships TV Schedule:** The 2007 Pac-10 Championships will be broadcast on a tape-delayed basis by Fox Sports Net. Dwight Stones and Tom Feuer will call the action, with Lindsay Soto providing commentary from the infield. The two-hour broadcast, which will include most track finals and field-event highlights, will air in the Pacific Northwest on Fox Sports Net Northwest on Sat., May 19 at 2 p.m. PT. A complete listing of broadcast times in all regions can be found at [www.GoHuskies.com](http://www.GoHuskies.com).

**Live Results!:** Results will be updated to the web continuously throughout the meet; links to live results can be found at [www.GoHuskies.com](http://www.GoHuskies.com), [www.GoStanford.com](http://www.GoStanford.com) and [www.Pac-10.org](http://www.Pac-10.org). In addition, complete results along with a full recap of UW action including quotes, historical notes and event descriptions will be posted to [www.GoHuskies.com](http://www.GoHuskies.com) following the conclusion of each day's events.

**Multi-Eventers Put UW On the Board:** Senior decathlete **Blake Bidleman** and sophomore heptathlete **Liz Fuller** scored Washington's first points of the 2007 Pac-10 Championships last weekend with top-eight finishes in their events at the Pac-10 Multi-Events competition, always held a week before the main portion of the meet. The eighth-place finisher a year ago and seventh-seeded entrant in the competition, Bidleman outperformed the form chart to finish fifth, the best Pac-10 finish by a UW decathlete since 2000 and good for four points in the team standings. Fuller, meanwhile, also moved up the form chart from a No. 10 seed to place eighth, earning the UW women their first point in the heptathlon since the 2004 season.

**What to Watch For:** This year's Pac-10 meet could be one of the best in the conference's 77-year history, with six to-25 men's teams and five top-25 women's teams in attendance, including the reigning NCAA indoor champion Arizona State women and the second-ranked USC men. The Trojans, led by conference leaders Lionel Larry (400m) and Adam Midles (hammer) will be looking to defend their 2006 team title against the likes of No. 6 ASU and No. 8 Arizona, while Washington — ranked as high as 10th earlier in the year — will mount a challenge on the shoulders of past champions **Norris Frederick** (2006 long jump) and **Ryan Brown** (2005 800m). The Sun Devils' women, meanwhile, will turn to NCAA indoor champions Amy Hastings (5K, 10K) and Sarah Stevens (shot put, discus, hammer) to defend their 2006 Pac-10 title, while No. 6 USC, No. 9 Oregon, No. 10 UCLA and No. 11 Stanford bid for the upset, and Washington counters with NCAA 1,500-meter champion **Amy Lia** and five-time hurdles All-American **Ashley Lodree**. For a complete breakdown of UW's past performances at the Pac-10 meet, see page 9 of this release.

## Did You Know?

Washington has boasted at least one Pac-10 champion in each of the past seven-straight seasons, combining for 14 total titles in that span. Three Huskies won conference titles last year, marking UW's most prolific Pac-10 meet since 1998.

## 2007 Husky Track Schedule

### Indoor

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

### Outdoor

| Date           | Meet                            | Location           |
|----------------|---------------------------------|--------------------|
| <b>Mar. 16</b> | <b>UW Outdoor Preview</b>       | <b>Seattle</b>     |
| 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.       |
| <b>Apr. 27</b> | <b>UW-WSU Dual</b>              | <b>Seattle</b>     |
| <b>May 4</b>   | <b>Ken Shannon Invitational</b> | <b>Seattle</b>     |
| 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      | 63       | 1. LSU                | 69       |
| 2. USC                | 48       | 2. Arizona State      | 61       |
| 5. Auburn             | 32       | 3. South Carolina     | 37       |
| 4. Louisville         | 31       | 4. Auburn             | 32       |
| LSU                   | 31       | 5. Michigan           | 31       |
| 6. Arizona State      | 27       | 6. USC                | 30       |
| 7. Tennessee          | 25       | 7. Georgia            | 28       |
| 8. Arizona            | 24       | 8. Texas              | 25       |
| Clemson               | 24       | 9. Oregon             | 24       |
| 10. Florida           | 23       | 10. UCLA              | 23       |
| 11. Oregon            | 22       | 11. Stanford          | 22       |
| Baylor                | 22       | 12. Texas Tech        | 21       |
| 13. BYU               | 21       | 13. Miami (FL)        | 17       |
| 14. North Carolina    | 20       | 14. Texas A&M         | 15       |
| 15. UCLA              | 19       | Washington State      | 15       |
| 16. Texas             | 18       | 16. Nebraska          | 14       |
| Wisconsin             | 18       | 17. Arkansas          | 14       |
| 18. Texas Tech        | 16       | 18. California        | 13       |
| Northern Iowa         | 16       | 19. Virginia Tech     | 13       |
| 20. McNeese State     | 15       | 20. UTEP              | 12       |
| 21. Mississippi       | 14       | Colorado              | 12       |
| <b>NR. Washington</b> | <b>8</b> | Iowa                  | 12       |
|                       |          | <b>NR. Washington</b> | <b>9</b> |

\* - Rankings released May 8

**Pac-10 Championships Qualifying:** Each Pac-10 school is allowed to enter 28 men and 28 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.

**2006 Pac-10 Redux:** Senior **Shane Charles** broke UW and Grenadan national records in a Pac-10-winning performance in the 400-meter hurdles, while **Norris Frederick** (long jump) and **Juan Romero** (javelin) each earned titles of their own, leading UW's men to a fourth-place finish at the 2006 Pac-10 Championships. The three individual titlists were the most for a UW men's team since 1976, while the Huskies' fourth-place finish was the team's best since 1997. Fifteen of the 24 Washington men entered in the meet earned top-five finishes in at least one event, as did four UW women. Led by second-place finishers **Carly Dockendorf** (pole vault) and **Amy Lia** (1,500 meters), the Husky women placed seventh overall with 41 points, as Arizona State captured its first-ever Pac-10 women's crown with a 154-point total. USC (140) won the final event to edge host and defending champion Oregon (133) for the men's title, ahead of Arizona (122) and fourth-place Washington (99).

**Two-Time Champs:** Should junior **Norris Frederick** successfully defend his 2006 Pac-10 long jump title, he would become just the fourth Husky to do so in any event since Pac-8 expansion in 1979. Frederick is looking to join an elite group of UW athletes to accomplish the repeat, including vaulters **Brad Walker** (2003-04), **Kirk Bryde** (1971-72) and **John Cramer** (1961-62), javelin throwers **Darryl Roberson** (1988-89), **Duncan Atwood** (1977-78), **Rod Ewaliko** (1975-76) and **Cary Feldman** (1970-71), decathlete **Mike Ramos** (1983-84) and hammer star **Scott Neilson** (1976-78). Senior **Ryan Brown**, too, could win his second Pac-10 800-meter title, though it would not be a repeat since Brown's first win came in 2005.

**Pac-10 Prowess:** While UW's teams have never claimed a Pac-10 title outright, the wins by **Shane Charles** (400m hurdles) **Norris Frederick** (long jump) and **Juan Romero** (javelin) in 2006 did extend an impressive string of seven straight years with at least one individual titlist. That streak matches the UW's longest-ever streak of individual champions — a seven-year run from 1974-1980, highlighted by **Scott Neilson's** four titles in the hammer. Furthermore, Washington's three Pac-10 champions in 2006 were its most individual titlists since 1977, and are surpassed in UW history only by the six conference titles won by UW men at the Pac-8 Championships in 1976.

## 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              | 5th (tie)        |
| Gudaitis/Fredrickson/<br>Brown/Harcourt | 4x400m Relay | 3:08.39  | 2nd              | 16th             | Stevie Marshalek | Pole Vault   | 13-5 3/4 | 4th              | 8th (tie)        |
| Still/Gudaitis/<br>Brown/Harcourt       | 4x400m Relay | 3:08.99  | 2nd              | 21st             | Amy Lia          | 1,500m Run   | 4:17.49  | 3rd              | 9th              |
| 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              | 30th             | Amanda Miller    | 1,500m Run   | 4:21.48  | 5th              | 26th             |
| Scott Roth                              | Pole Vault   | 17-3 1/2 | 5th (tie)        | 14th (tie)       | Kelley DiVesta   | Pole Vault   | 13-1 3/4 | 8th              | 16th             |
| Norris Frederick                        | High Jump    | 7-1      | 5th (tie)        | 15th (tie)       | Dani Schuster    | 800m Run     | 2:07.39  | 10th             | 28th             |
| Austin Abbott                           | 800m Run     | 1:49.31  | 6th              | 26th             | Amy Lia          | 800m Run     | 2:07.48  | 11th             | 33rd             |
| James Fredrickson                       | 400m Hurdles | 51.58    | 6th              | 36th             | Amanda Miller    | 800m Run     | 2:07.92  | 13th             | 47th (tie)       |
| Martin Bingisser                        | Hammer       | 216-1    | 7th              | 15th             | Syreeta Martin   | 400m Hurdles | 1:00.24  | 13th             | 60th (tie)       |
| Norris Frederick                        | Long Jump    | 24-5     | 9th              | 46th             | Sheree Ellis     | Shot Put     | 48-5 1/4 | 17th             | 70th             |
| Carl Moe                                | Steeplechase | 9:00.34  | 12th             | 45th             | Dani Schuster    | 1,500m Run   | 4:25.14  | 18th             | 67th             |
| James Fredrickson                       | 110m Hurdles | 14.21    | 12th             | 60th (tie)       | Janine Sandell   | Discus       | 157-1    | 19th             | 78th             |
| McKane Lee                              | Pole Vault   | 16-6 3/4 | 16th (tie)       | 39th (tie)       | Kira Harrison    | 800m Run     | 2:09.00  | 19th             | 71st             |
| Seth Perrins                            | Pole Vault   | 16-6 3/4 | 16th (tie)       | 39th (tie)       | Kaisa Keranen    | Javelin      | 143-8    | 22nd             | 82nd             |
| Zack Midles                             | Hammer       | 195-5    | 17th             | 60th             | Myrriah Swango   | Pole Vault   | 12-5 1/2 | 24th (tie)       | 54th (tie)       |
| Brad Liber                              | Steeplechase | 9:04.77  | 20th             | 69th             |                  |              |          |                  |                  |
| Mart Israel                             | Shot Put     | 56-9 1/4 | 22nd             | 53rd (tie)       |                  |              |          |                  |                  |
| Mike Sayenko                            | 5,000m Run   | 14:08.71 | 23rd             | 89th             |                  |              |          |                  |                  |
| Daniel Te'o-Nesheim                     | Shot Put     | 56-4 1/2 | 23rd (tie)       | 63rd (tie)       |                  |              |          |                  |                  |
| Cameron Elisara                         | Shot Put     | 55-2     | 30th             | 95th (tie)       |                  |              |          |                  |                  |
| Carl Moe                                | 1,500m Run   | 3:47.50  | 32nd             | 108th            |                  |              |          |                  |                  |
| Jeremy Mineau                           | 10,000m Run  | 28:57.02 | N/A*             | 20th             |                  |              |          |                  |                  |
| Blake Bidleman                          | Decathlon    | 7,006    | N/A*             | 30th             |                  |              |          |                  |                  |
| Mike Sayenko                            | 10,000m Run  | 29:07.22 | N/A*             | 30th             |                  |              |          |                  |                  |

\* - 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.

**Rankings Report:** Both Washington squads remained just outside of this week's Trackwire 25, which predicts team scoring at June's NCAA Championship meet. Ranked as high as 10th earlier in the year before injuries and attrition took their toll, Washington's men placed in the 'also receiving votes' portion of this week's ranking with eight team points, three shy of the 11 needed for top-25 mention. The UW women, meanwhile, also appeared in the ARV section of the rankings despite increasing their scoring total to nine team points, just two points shy of a top-25 mention. Both LSU's women and Florida State's men retained the No. 1 positions, with the Lady Tigers holding a 69-61 lead over No. 2 and reigning indoor champion ASU, and the Seminoles boasting a 63-48 advantage over second-ranked USC. The coaches' poll, meanwhile, took a one-week hiatus after a relatively light weekend of competition nationally, meaning the UW squads enter this week's Pac-10 meet with the same rankings they held a week ago — Washington's men are listed 13th nationally by the USTFCCCA, while the Husky women sit just outside the top-20.

**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 second at 800 meters, while defending NCAA 1,500-meter champion **Amy Lia** is listed third in her primary event. Washington also boasts top-12 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), sophomore **Anita Campbell** (No. 10, 5,000m), junior **Amanda Miller** (No. 12, 1,500 meters) and senior **Stevie Marshalek** (No. 12, pole vault).

**Road to Eugene 2007:** With just two weeks remaining before the 2007 NCAA West Regional Championships in Eugene, Washington already boasts 41 NCAA Regional qualifiers (counting relays as one, not four), five more than its total from the entire 2006 campaign. 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 postseason 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).

**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 indoors in March 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 over the past two-plus years, Washington also set single-season records in both 2005 and 2006, 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:** Though usually an individual award, the Monster PR of the Week honors have occasionally been awarded to an entire unit which exceeds their lifetime bests on the same weekend. That was the case last Friday for the Huskies' 1,500-meter group of seniors **Jon Hickey**, **Matt Owen** and **Mike Sayenko**, and sophomore **Jon Harding**, each of whom recorded significant personal bests at the Ken Shannon Invitational, including marks by Hickey, Harding and Sayenko that were each at least four seconds better than what they had run in their previous four-plus years of competition. That unit, which also includes junior **Carl Moe** and freshmen **Brian Govier** and **Kelly Spady**, will try this weekend to extend UW's streak of five-straight years with at least one top-five finisher in the Pac-10 1,500m final.

## 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/<br>Amiad-Pavlov/Fuller      | 49.28     |
| 4x400m Relay  | Martin/Ankton/<br>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 | Carl Moe                                 | 9:00.34   |
| 4x100m Relay  | Frederick/Fredrickson/<br>Gudaitis/Bacon | 40.96     |
| 4x400m Relay  | Gudaitis/Fredrickson/<br>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 fifth 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 -- four months into his junior campaign, Frederick has 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 ninth 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, is the 2007 world leader in the pole vault and ranks among the top-12 vaulters in world history, while both he and Soma are 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 ½ 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 three-time NCAA qualifiers **Stevie Marshalek** and **Kelley DiVesta**. Those two, both currently among the nation's top-16 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        |
| <b>29:07.22</b> | <b>Mike Sayenko</b> | <b>2007</b> |

#### 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        |
| <b>14.21</b> | <b>James Fredrickson</b> | <b>2007</b> |

#### Men's 400-Meter Hurdles

|              |                          |             |
|--------------|--------------------------|-------------|
| SR: 49.51    | Shane Charles            | 2006        |
| 49.85        | Bernard Ellison          | 1991        |
| 51.45        | Brad Goodrich            | 2002        |
| <b>51.58</b> | <b>James Fredrickson</b> | <b>2007</b> |

#### 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        |
| <b>3:08.39</b> | <b>Gudaitis/Fredrickson/Brown/Harcourt</b> | <b>2007</b> |

#### Men's High Jump

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

#### Men's Discus

|              |                    |             |
|--------------|--------------------|-------------|
| SR: 214-7    | Borys Chambul      | 1976        |
| 210-3        | Adam Setliff       | 1993        |
| <b>208-9</b> | <b>Mart Israel</b> | <b>2007</b> |

#### Men's Hammer

|              |                         |             |
|--------------|-------------------------|-------------|
| SR: 238-7    | Scott Neilson           | 1978        |
| 216-2        | Neil Kneip              | 1985        |
| <b>216-1</b> | <b>Martin Bingisser</b> | <b>2007</b> |
| 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        |
| <b>195-5</b> | <b>Zack Midles</b>      | <b>2007</b> |

#### 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        |
| <b>7,006</b> | <b>Blake Bidleman</b> | <b>2007</b> |

#### 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        |
| <b>2:07.39</b> | <b>Dani Schuster</b> | <b>2007</b> |
| <b>2:07.48</b> | <b>Amy Lia</b>       | <b>2007</b> |
| <b>2:07.92</b> | <b>Amanda Miller</b> | <b>2007</b> |

## 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        |
| <b>4:21.48</b> | <b>Amanda Miller</b> | <b>2007</b> |

### 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        |
| <b>10:56.54</b> | <b>Mo Huber</b>  | <b>2007</b> |

### Women's 5,000 Meters

|                 |                       |             |
|-----------------|-----------------------|-------------|
| SR: 15:35.60    | Regina Joyce          | 1982        |
| 15:55.71        | Tara Carlson          | 1996        |
| 15:56.90        | Sabrina Monro         | 2003        |
| <b>16:00.03</b> | <b>Anita Campbell</b> | <b>2007</b> |

### Women's Pole Vault

|                 |                           |             |
|-----------------|---------------------------|-------------|
| 14-2            | Kate Soma                 | 2004        |
| 13-9 1/4        | Carly Dockendorf          | 2005        |
| <b>13-5 3/4</b> | <b>Stevie Marshalek</b>   | <b>2004</b> |
| 13-5 1/4        | Kelley DiVesta            | 2006        |
|                 | Ashley Wildhaber          | 2005        |
| 12-11 1/2       | Sandy Erickson            | 2000        |
| <b>12-6</b>     | <b>Myrriah Swango</b>     | <b>2007</b> |
| 12-2            | Alexis Jaime              | 2001        |
| 11-11 3/4       | Alli Moore                | 2006        |
| <b>11-7 3/4</b> | <b>Ally Wojciechowski</b> | <b>2007</b> |
|                 | 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        |
| <b>19-8</b> | <b>Ashley Lodree</b> | <b>2007</b> |

### 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        |
| <b>48-5 1/4</b> | <b>Sheree Ellis</b> | <b>2007</b> |

### 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        |
| <b>155-3</b> | <b>Shannon Harvey</b> | <b>2007</b> |

### Women's Javelin (new implement, 1999- )

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

### Women's Heptathlon

|              |                   |             |
|--------------|-------------------|-------------|
| SR: 5,266    | Sonja Forster     | 1992        |
| 5,225        | Grace Vela        | 2004        |
| 5,186        | Angie Tasker      | 1989        |
| <b>4,845</b> | <b>Liz Fuller</b> | <b>2007</b> |

**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-26 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 men's 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 history 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 men's relay for the NCAA Championships since 1998 -- in the two-plus years since Vaughn's hire, seven of the Huskies' 10 men's 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 ½, 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.



# All-Time UW Pac-10 Champions (Pac-8 before 1979)

| Men<br>Year | Champion                       | Event        | Mark       |
|-------------|--------------------------------|--------------|------------|
| 2006        | Shane Charles                  | 400m Hurdles | 49.51      |
|             | Norris Frederick               | Long Jump    | 25-10w     |
|             | Juan Romero                    | Javelin      | 233-10     |
| 2005        | Ryan Brown                     | 800m Run     | 1:47.31    |
| 2003        | Brad Walker                    | Pole Vault   | 18-2 1/2   |
| 2002        | Mike Hill                      | Steeplechase | 8:54.19    |
|             | Brad Walker                    | Pole Vault   | 18-0 1/2   |
| 2001        | David Bazzi                    | 10,000m Run  | 29:27.31   |
| 2000        | Ja'Warren Hooker               | 100m Dash    | 10.19      |
|             | Ja'Warren Hooker               | 200m Dash    | 20.39      |
|             | Ben Lindsey                    | Shot Put     | 63-11 3/4  |
| 1998        | Ja'Warren Hooker               | 100m Dash    | 10.24      |
|             | Ja'Warren Hooker               | 200m Dash    | 20.70      |
|             | Hooker/Prior/<br>Anabel/Dawson | 4x400m Relay | 3:06.49    |
| 1996        | Troy Burkholder                | Javelin      | 229-5      |
| 1992        | Mitch Leffler                  | 800m Run     | 1:49.05    |
| 1990        | Rick Noji                      | High Jump    | 7-2 1/2    |
| 1989        | Darryl Roberson                | Javelin      | 238-4      |
| 1988        | Darryl Roberson                | Javelin      | 236-2      |
| 1987        | Bruce Stirling                 | 1500m Run    | 3:44.29    |
|             | Dan Bell                       | Steeplechase | 8:36.68    |
| 1986        | Mike Ramos                     | Decathlon    | 8,322 pts. |
| 1985        | Steve Erickson                 | Decathlon    | 8,067 pts. |
|             | Tony Zackery                   | Long Jump    | 25-11 1/4w |
| 1984        | Mike Ramos                     | Decathlon    | 7,824 pts. |
| 1983        | Mike Ramos                     | Decathlon    | 7,824 pts. |
| 1980        | Gary Gefre                     | Decathlon    | 7,758 pts. |
| 1979        | Scott Neilson                  | Hammer       | 235-0      |
|             | Tom Sinclair                   | Javelin      | 259-11     |
| 1978        | Scott Neilson                  | Hammer       | 232-4      |
|             | Duncan Atwood                  | Javelin      | 261-8      |
| 1977        | Scott Neilson                  | Hammer       | 213-11     |
|             | Duncan Atwood                  | Javelin      | 265-9      |
| 1976        | Brian Mondschein               | Decathlon    | 7,066 pts. |
|             | Graham Barr                    | Steeplechase | 8:56.0     |
|             | Spider Gaines                  | 110m Hurdles | 13.9       |
|             | Russ Vincent                   | Shot Put     | 63-9 3/4   |
|             | Borys Chambul                  | Discus       | 196-4      |
|             | Scott Neilson                  | Hammer       | 209-6      |
|             | Rod Ewaliko                    | Javelin      | 265-3      |
| 1975        | Rod Ewaliko                    | Javelin      | 260-9      |
| 1974        | Al Davis                       | 100y Dash    | 9.7        |
| 1972        | Bill Koss                      | Steeplechase | 8:42.0     |
|             | Kirk Bryde                     | Pole Vault   | 16-9 1/2   |
| 1971        | Jim Seymour                    | 440y Hurdles | 50.9       |
|             | Kirk Bryde                     | Pole Vault   | 17-4       |
|             | Cary Feldman                   | Javelin      | 258-4      |
| 1970        | Jim Johnson                    | Steeplechase | 8:47.6     |
|             | Cary Feldman                   | Javelin      | 236-6      |
| 1969        | John Hubbell                   | Shot Put     | 62-11 1/4  |
| 1967        | Washington                     | Mile Relay   | 3:11.6     |
| 1964        | Jerry Plowman                  | 220y Dash    | 21.4       |
|             | Wariboko West                  | Long Jump    | 24-11 1/4  |
|             | Al Pemberton                   | Discus       | 175-6      |
| 1963        | Brian Sternberg                | Pole Vault   | 15-0       |
| 1962        | John Cramer                    | Pole Vault   | 15-0 1/2   |
| 1961        | John Cramer                    | Pole Vault   | 15-0       |
| 1960        | Don Failla                     | Pole Vault   | 14-0       |
|             | Bill Coats                     | Pole Vault   | 14-0       |
|             | John Douglas                   | Javelin      | 237-0      |

## Women

| Year | Champion        | Event        | Mark       |
|------|-----------------|--------------|------------|
| 2004 | Kate Soma       | Pole Vault   | 14-2       |
| 2001 | Anna Aoki       | 10,000m      | 34:19.63   |
| 2000 | Kate Bradshaw   | 10,000m      | 34:41.03   |
| 1998 | Anna Aoki       | 10,000m      | 35:04.99   |
|      | Aretha Hill     | Discus       | 208-11     |
| 1996 | Aretha Hill     | Discus       | 195-9      |
|      | Soozie Shanley  | Hammer       | 157-10     |
| 1995 | Tara Davis      | Long Jump    | 20-2 1/4   |
| 1992 | Sonja Forster   | Heptathlon   | 5,266 pts. |
| 1991 | Mari Bjone      | 400m Hurdles | 58.21      |
| 1988 | Jennifer Ponath | Shot Put     | 55-5 3/4   |
| 1987 | Vicki Borsheim  | High Jump    | 6-0 3/4    |
|      | Helena Uusitalo | Javelin      | 180-7      |

# Men's Pac-10 Championships Results (Pac-8 Before 1979)

| Year | Champion       | Pts.  | UW<br>Place | UW<br>Pts. |
|------|----------------|-------|-------------|------------|
| 2006 | USC            | 140   | 4           | 99         |
| 2005 | Oregon         | 152   | 5           | 75.5       |
| 2004 | UCLA           | 143   | 8           | 45         |
| 2003 | USC            | 139   | 9           | 37         |
| 2002 | Stanford       | 151   | 8           | 49         |
| 2001 | Stanford       | 142   | 8           | 42         |
| 2000 | USC            | 154   | 4t          | 83         |
| 1999 | USC            | 164   | 9           | 52         |
| 1998 | UCLA           | 135.5 | 6           | 93         |
| 1997 | USC            | 145   | 3           | 96         |
| 1996 | UCLA           | 151   | 3           | 97.5       |
| 1995 | UCLA           | 163.5 | 8           | 54         |
| 1994 | UCLA           | 135   | 9           | 30         |
| 1993 | UCLA           | 170   | 7           | 60         |
| 1992 | UCLA           | 123   | 6           | 54.5       |
| 1991 | Washington St. | 135.7 | 6           | 70         |
| 1990 | Oregon         | 141   | 6           | 70         |
| 1989 | UCLA           | 153   | 6           | 55         |
| 1988 | UCLA           | 147   | 9           | 42         |
| 1987 | UCLA           | 176   | 6           | 45         |
| 1986 | Oregon         | 134   | 9           | 29         |
| 1985 | Washington St. | 149.5 | 8           | 43         |
| 1984 | Washington St. | 157.3 | 7           | 43         |
| 1983 | Washington St. | 132   | 8           | 37         |
| 1982 | UCLA           | 146   | 9           | 27         |
| 1981 | Arizona        | 133   | 8           | 28         |
| 1980 | UCLA           | 163   | 10          | 20         |
| 1979 | Oregon         | 145   | 6           | 43         |
| 1978 | USC            | 126   | 5           | 60         |
| 1977 | USC            | 146   | 5           | 69         |
| 1976 | USC            | 180   | 2           | 99         |
| 1975 | USC            | 152   | 6           | 67         |
| 1974 | USC            | 134.5 | 7           | 50.5       |
| 1973 | UCLA           | 156   | 6           | 34         |
| 1972 | USC            | 140   | 4           | 64         |
| 1971 | UCLA           | 126   | 8           | 26         |
| 1970 | UCLA           | 111   | 7           | 33         |
| 1969 | UCLA           | 98    | 8           | 24         |
| 1968 | USC            | 128   | 7           | 31         |
| 1967 | Oregon         | 129   | 6           | 43         |
| 1966 | UCLA           | 80    | 8           | 20         |
| 1965 | Oregon         | 52    | 8           | 16         |
| 1964 | USC            | 73    | 5           | 33         |
| 1963 | USC            | 74    | 6           | 24         |
| 1962 | USC            | 78.5  | 5           | 17         |
| 1961 | USC            | 101   | 5           | 21         |
| 1960 | USC            | 83.5  | 4           | 32.5       |

# Women's Pac-10 Championships Results

| Year | Champion      | Pts.  | UW<br>Place | UW<br>Pts. |
|------|---------------|-------|-------------|------------|
| 2006 | Arizona State | 154   | 7           | 41         |
| 2005 | Stanford      | 173   | 8           | 42.5       |
| 2004 | UCLA          | 174.5 | 6           | 67         |
| 2003 | UCLA          | 155   | 6           | 64         |
| 2002 | UCLA          | 160   | 9           | 36         |
| 2001 | UCLA          | 155   | 9           | 33         |
| 2000 | UCLA          | 167.5 | 7           | 58         |
| 1999 | UCLA          | 160.5 | 7           | 56         |
| 1998 | UCLA          | 174   | 4           | 94         |
| 1997 | UCLA          | 189.5 | 8           | 59         |
| 1996 | USC           | 151   | 4           | 77         |
| 1995 | UCLA          | 149   | 4           | 79         |
| 1994 | UCLA          | 127   | 6           | 49         |
| 1993 | UCLA          | 146   | 7           | 24         |
| 1992 | Oregon        | 122   | 8           | 33         |
| 1991 | Oregon        | 130.5 | 6           | 52         |
| 1990 | UCLA          | 116   | 5           | 66         |
| 1989 | UCLA          | 153   | 6           | 55         |
| 1988 | UCLA          | 143   | 5           | 27         |
| 1987 | UCLA          | 121   | 6           | 49         |