

WASHINGTON TRACK AND FIELD

Apr. 11, 2007

//For Immediate Release//

Contact: Brian Beaky

Mt. SAC Relays Highlight Week To Come For UW Track

Huskies kick off regular season's final month with whirlwind weekend at Cal, Mt. SAC.

On the Track: After uniting for a run at team titles at last week's Pepsi Invitational in Eugene, Washington's track and field teams will split up again, with the field-eventers headed to the prestigious Mt. SAC Relays in Walnut, Calif., and the sprinters competing at Cal's Brutus Hamilton Invitational. Action at Mt. SAC begins Wednesday with the two-day multi-events competition at Azusa Pacific, and continues Friday-Sunday on the Mt. San Antonio College campus. The Brutus Hamilton Invite, meanwhile, runs Saturday only, with the sprint competition confined mainly to the early afternoon. For complete event schedules, start lists, and links to live results, visit the following host sites:

California Invitational Multi Events: www.apu.edu/athletics

48th-Annual Mt. SAC Relays: www.mtsacrelays.com

Brutus Hamilton Invitational: www.calbears.com

Meet Results: Full recaps of each day's competition at Azusa, Mt. SAC and Cal, including quotes, records and UW results, will be posted to GoHuskies.com immediately following the conclusion of competition at each meet. Fans of UW's jumpers, throwers and vaulters who want to follow the action at Mt. SAC live can do so via the following link: <http://www.mtsacrelays.com/archives/2007/results/index.htm>. Results from each of the other two meets will be posted to the host sites of the respective institutions, listed above, at the end of each day.

Last Time Out: Six Huskies improved NCAA Regional marks and four cracked Washington's all-time top-10 Saturday, leading UW's men's and women's teams to respective second- and third-place finishes at the four-team Pepsi Invitational in Eugene. Host Oregon swept Pepsi Invitational crowns for the fifth time in six years, taking back the men's crown won by Washington in 2006. The eighth-ranked Oregon men scored 211 points to handle a Washington team that was without two of its top competitors in four-time All-American **Austin Abbott** — who is redshirting the season — and NCAA-leading thrower **Mart Israel**. The 12th-ranked Huskies scored 164 points for second, ahead of Kansas State (133), and a partial squad from No. 2 USC (118). The Huskies received wins from two-time NCAA champion **Ryan Brown**, in the 800 meters, and from freshman **Scott Roth**, who led a UW sweep of the top five places in the pole vault. Washington also received strong performances from senior **Martin Bingisser** and freshman **Zack Midles** in the hammer — Bingisser's toss of 215 feet, 5 inches was the third longest in UW history and one of the top-10 marks in the nation this year, while Midles' 185-6 best was an NCAA Regional qualifier. The 24th-ranked Husky women, meanwhile, combined for four regional marks and three all-time top-10 efforts, leading to a team score of 151.5 that was behind both No. 11 Oregon (183.5) and Kansas State (165) but ahead of No. 6 and reigning NCAA runner-up USC (121). Sophomore **Sheree Ellis** accounted for UW's lone win of the afternoon, taking the shot put title with a throw of 46-6 ¾, while senior **Ashley Lodree** (13.55, 100m hurdles) sophomore **Syreeta Martin** (1:00.24, 400m hurdles) and senior **Kira Harrison** (2:09.00, 800m) added regional-qualifying efforts.

Did You Know?

Kira Harrison's 2:09.00 at Oregon last weekend did more than just give Washington three women's half-milers under the NCAA's regional-qualifying standard. It also put three UW women — including sophomore **Dani Schuster** (2:07.39) and junior **Amy Lia** (2:07.48) — below the 2:10 mark in the 800 meters for the first time since 1982, when All-Americans **Sandra and Susan Gregg**, and **Colleen Richardson** each accomplished the feat. That number, furthermore, could increase to four by season's end — two-time All-American **Amanda Miller** has yet to run an 800 outdoors, but boasts a career-best of 2:06.76 at the distance.

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 ...

- Washington's men's team, which placed seventh at the NCAA Indoor meet, is currently ranked No. 11 outdoors, **p2**
- 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 six-time All-American, **p3**
- 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, **p4**
- 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, **p5**
- 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)

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2007 Trackwire 25 National Collegiate Rankings

Men		Women	
1. Florida State	63	1. Arizona State	61
2. Auburn	44	2. LSU	43
3. USC	40	3. USC	36
4. Arizona	34	4. South Carolina	34
5. Tennessee	30	5. Texas A&M	31
6. Wisconsin	28	6. Texas	29
7. Arizona State	27	Michigan	29
8. Oregon	26	8. Auburn	27
9. Arkansas	25	9. Georgia	26
10. LSU	23	10. Oregon	25
11. Washington	22	11. UCLA	24
Clemson	22	12. Stanford	23
13. North Carolina	21	13. Texas Tech	21
14. Louisville	20	14. Cal	18
15. Baylor	19	Miami (FL)	18
Texas	19	16. BYU	17
17. UCLA	17	17. Tennessee	15
18. Florida	16	Minnesota	15
McNeese State	16	19. Florida	14
UTEP	16	Duke	14
Nebraska	16	26. Washington	11
Georgia	16		

* - Rankings released Apr. 10

Rankings Report: Washington's men climbed one spot to 11th in this week's Trackwire 25, which predicts team scoring at June's NCAA Championship meet. The Huskies' 22 points were equal to that of ACC foe Clemson, and were one point higher than their 21-point total of a week ago. That ranking matched UW's listing in the debut outdoor release of the U.S. Track Coaches' Association's Division-I rankings, which placed the Huskies 11th, one spot behind Clemson and one ahead of SEC power Florida. Both rankings agreed on a top-five of Florida State, Auburn, USC, Arizona and Tennessee, with the defending-champ Seminoles favored by a significant margin over No. 2 Auburn. Washington's women, meanwhile, held steady with 11 points in the Trackwire ranking but fell two spots to 26th, with reigning NCAA indoor champion Arizona State holding a commanding lead over No. 2 LSU in both polls. The UW women were unranked by the USTFCCA.

Pac-10 Prowess: If the preseason rankings are any indication, Washington will be in for a dogfight at this year's Pac-10 Championship meet. Conference foes accounted for four of the top-10 men's rankings in Trackwire's initial Top-25 in April, including No. 2 USC, No. 4 Arizona, No. 8 Oregon and No. 9 Arizona State, with No. 12 Washington, No. 17 UCLA and No. 22 Washington State also earning top-25 mention. The women's side is just as tough, with NCAA Indoor champion ASU holding a commanding lead at No. 1, and Pac-10 rivals USC (No. 6), UCLA (No. 9), Oregon (No. 11), Cal (No. 13), Stanford (No. 16) and Washington State (No. 20) all joining No. 24 Washington in the top-25. In fact, of the 18 full Pac-10 men's and women's track teams (OSU fields only a women's distance squad), 15 are ranked among the top-25, and seven among the top-10.

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. National discus leader **Mart Israel** is ranked No. 1 by Trackwire in that event, while two-time defending NCAA 800-meter champion **Ryan Brown** is ranked second at 800 meters. Washington also boasts top-five individual rankings from five-time hurdles All-American **Ashley Lodree** (currently listed No. 4 in the 100m hurdles), and defending NCAA 1,500-meter champion **Amy Lia** (No. 3, 1,500m) and four-time All-American **Norris Frederick** (No. 5, long jump). Other Huskies included in this week's rankings are **Martin Bingisser** (No. 10, hammer), **Amanda Miller** (No. 9, 1,500m), **Anita Campbell** (No. 10, 5,000m) and **Scott Roth** (No. 11, pole vault).

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	Anita Campbell	5,000m Run	16:00.03	2nd	7th
Scott Roth	Pole Vault	17-2 3/4	2nd	4th (tie)	Amy Lia	1,500m Run	4:17.49	3rd	4th
Gudaitis/Fredrickson/ Brown/Harcourt	4x400m Relay	3:08.39	2nd	13th	Ashley Lodree	100m Hurdles	13.55	4th	25th (tie)
<i>Austin Abbott (will redshirt)</i>	800m Run	1:49.31	3rd	9th	Amanda Miller	1,500m Run	4:21.48	5th	13th
Martin Bingisser	Hammer	215-5	4th	9th	Stevie Marshalek	Pole Vault	13-1 1/2	5th (tie)	7th (tie)
Ryan Brown	800m Run	1:49.45	4th	12th	Syreeta Martin	400m Hurdles	1:00.24	7th	34th (tie)
McKane Lee	Pole Vault	16-6 3/4	7th (tie)	19th (tie)	Dani Schuster	800m Run	2:07.39	8th	15th
Carl Moe	1,500m Run	3:47.50	16th	31st (tie)	Amy Lia	800m Run	2:07.48	9th	18th
Mart Israel	Shot Put	56-9 1/4	18th	36th	Kelley DiVesta	Pole Vault	12-9 1/2	11th (tie)	19th (tie)
Daniel Te'o-Nesheim	Shot Put	56-4 1/2	19th (tie)	41st (tie)	Sheree Ellis	Shot Put	47-7	12th	52nd
Cameron Elisara	Shot Put	55-2	24th	64th	Dani Schuster	1,500m Run	4:25.14	13th	26th
Zack Midles	Hammer	185-6	25th	75th	Janine Sandell	Discus	157-1	15th	54th
Jeremy Mineau	10,000m Run	28:57.02	N/A*	13th	Kira Harrison	800m Run	2:09.00	16th	40th
					Kaisa Keranen	Javelin	143-8	19th (tie)	59th (tie)

* - 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: Just halfway through the 2007 outdoor regular season, Washington already boasts 27 NCAA Regional qualifiers, just three shy of 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. For a complete list of UW's NCAA Regional qualifiers, see the box on page three of this release.

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.

Road to Eugene 2008: In addition to qualifying for conference, regional and national 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 "B" qualifying marks that will gain them entry to the Trials if there are not enough "A" qualifiers to provide full fields. 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) and freshman **Scott Roth** (pole vault).

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 800m 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.

The 'Lo' Down: Senior **Ashley Lodree** 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.

Brains And Brawn: In just three years, senior **Martin Bingisser** has already captured an indoor conference title, earned an All-America honor and posted UW's best marks in a decade in the hammer and weight throws -- but it's his accomplishments outside the cage that truly set him apart. A three-time third-place hammer finisher at the Pac-10 Championships and the 2006 MPSF Conference champion in the weight throw, Bingisser earned his bachelor's degree in philosophy in June 2005 after just three years of college, and is currently in his second year in the UW School of Law. The Interlake High School graduate, who is using his final year of eligibility in 2007 while pursuing his J.D., has been on a tear since transferring from Cal State Northridge in the fall of 2004, culminating with a 64-foot, 8 3/4-inch toss to win the hammer at the 2006 MPSF Indoor meet -- just the second weight throw competition of his collegiate career. Bingisser's weight success, which includes a career-best throw of 64-11 1/4 earlier in 2007, UW's best in 22 years -- echoes his success in the hammer throw, where the Bellevue native placed 12th at the 2006 NCAA Championships, and ranks fourth in UW history -- and ninth in the NCAA with a best of 215-5 this season. In addition to his academic and athletic prowess, Bingisser is among the country's leading hammer scholars -- his website, HammerCenter.com, provides the nation's most comprehensive coverage of the hammer at the prep and college level, plus videos and other instruction tools.

Monster PR of the Week: Much of the attention in the hammer throw in recent years has been focused on the successes of the UW men, including All-American Martin Bingisser and up-and-comer Zack Midles, but the Huskies' women's throwers have been improving as well. That became evident last weekend at Oregon when redshirt freshman **Shannon Harvey** improved her hammer best by nearly 14 feet with a toss of 155 feet, 3 inches. A former teammate of Midles at Olympia's Capitol High School, Harvey redshirted last season to adjust to the heavier collegiate implements, and has thrown the shot, discus, and hammer for UW outdoors in 2007.

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	13.55
400m Hurdles	Syreeta Martin	1:00.24
3000m Steeple	Mo Huber	10:56.54
4x100m Relay	No competitors	
4x400m Relay	Martin/Ankton/ Miller/Lodree	3:47.58i
High Jump	Amiad-Pavlov/Todd	5-7
Pole Vault	Kelley DiVesta	13-3 3/4i
Long Jump	Liz Fuller	18-9
Triple Jump	Daria Amiad-Pavlov	37-2 1/4i
Shot Put	Sheree Ellis	47-7
Discus	Janine Sandell	157-1
Hammer	Shannon Harvey	155-3
Javelin	Kaisa Keranen	143-8
Heptathlon	No competitors	

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	14.48
400m Hurdles	James Fredrickson	52.68
3000m Steeple	Brad Liber	9:07.93
4x100m Relay	Frederick/Fredrickson/ Gudaitis/Gaspar	41.18
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	Braden Weeks	44-8 3/4i
Shot Put	Mart Israel	56-9 1/4
Discus	Mart Israel	208-9
Hammer	Martin Bingisser	215-5
Javelin	Bobby Noble	159-2
Decathlon	No competitors	

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 last weekend in 4:17.93 -- second-fastest of her career, and good for fourth in the national track rankings.

Jumping Out of His Shoes: Junior **Norris Frederick**, who captured his third-straight indoor All-America honor earlier this month, 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 USTFCCA: 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 USTFCCA. Metcalf, whose USTFCCA 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.

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 already has his outdoor season off to a fast start with a regional-qualifying mark of 17-2 ¾ in his outdoor debut, good for fourth in the nation through the season's first two weeks.

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 will attempt to have their photos placed alongside former teammates **Soma**, **Carly Dockendorf** and **Ashley Wildhaber** on the Huskies' All-American wall.

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), **Dani Schuster** (800m), **Amy Lia** (1,500m) and **Amanda Miller** (1,500m) each rank among the nation's top-15 in their respective events, while Schuster (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 junior **Amanda 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.

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

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
29:13.04h	Jim Reinke	1987
29:22.47	Kevin Peters	2006
29:22.54h	Bill Stolp	1979
29:27.14h	Steve Surface	1977
29:27.84h	Bill McClement	1978
29:38.71	Mark Mandi	2005
29:49.51	Mike Sayenko	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/Ellison	1990
3:05.21	Hooker/Prior/Anabel/Dawson	1998
3:06.41	Adams/McCary/S. Williams/Jackson	2004
3:06.53	Strub/McKay/Merritt/Ellison	1991
3:07.08	Boase/Charles/McCary/Jackson	2006
3:08.37	Boase/Charles/S. Williams/Jackson	2005
3:08.39	Gudaitis/Fredrickson/Brown/Harcourt	2007

Men's 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
215-5	Martin Bingisser	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

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

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

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

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
48-0 3/4	Cherron Davis	2004
47-0 1/4	Soozie Shanley	1995
47-7	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

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. 7 mark in the nation this year.

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 Johnie 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.

Strong Sets U.S. Steeple Record: Washington's athletes weren't the only ones making waves at the UW Outdoor Preview meet in March. Assistant coach **Kelly Strong** stole the show with a winning time of 6:25.98 in the 2,000-meter steeplechase, breaking the American record of 6:29.2 set by Ann Gaffigan in 2005. The former ASU All-American, who has coached distance runners at Washington since 2002, already ranks among America's finest steeplers at the more commonly-run 3,000-meter distance, where her best of 9:48.90 is the seventh-best ever by an American woman. Strong, who competes professionally for Asics, continues to train under Washington head coach **Greg Metcalf** in preparation for a run at the 2008 Olympics in Beijing, where the women's steeplechase will be contested as a medal event for the first time.

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. Ironically, the most accomplished members of the Husky coaching staff are two of the team's volunteer assistants -- former Huskies **Aretha (Hill) Thurmond** and **Brad Walker**. The two are each 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.