

WASHINGTON STATE UNIVERSITY SPORTS INFORMATION - TRACK & FIELD RELEASE**DIRECTOR:** Bill Stevens **ASST. DIRS:** Linda Chalich, Craig Lawson, Jessica Schmick, Joe Nickell**Contact:** Linda Chalich (lindak@wsu.edu) (509) 335-COUG; Direct Line (509) 335-0268

April 15, 2009

Mt. SAC Relays and More This Weekend for WSU Track & Field

WSU Track & Field 2009 Outdoor Schedule

Mar. 21 USC Trojan Invite, L.A.
Dusty Lane Open, Spokane
Mar. 27-28 Stanford Invitational
Apr. 1-4 Texas Relays, Austin
Apr. 4 Sam Adams Classic, Spokane
Apr. 9-11 UCLA Johnson/Joyner-
Kersee Invite, Los Angeles
Apr. 15-18 Mt. SAC Relays, Walnut
Apr. 18 VS Athletics/Long Beach
Invite. Cerritos
PLU Invite, Tacoma
Apr. 25 D. Hartman Invite, Spokane
May 2 Cougar-Husky Dual, Seattle
May 8-9 Vandal Jamboree, Moscow
May 9-10 Pac-10 Combined Events,
Eugene
May 16-17 Pac-10 Championships,
Eugene
May 29-30 NCAA West Regional,
Eugene
June 10-13 NCAA Outdoor Champs,
Fayetteville, Ark.

MT. SAC AND MORE FOR COUGS THIS WEEKEND: Washington State University track and field teams will be well-represented at the 51st Annual Mt. San Antonio College (Mt. SAC) Relays, at Walnut, Calif., April 16-18...over 12,000 competitors from youth to world class athletes...billed as world's largest...13 World Records have been set at historic Hilmer Lodge Stadium...for more information, go online to www.mtsacrelays.com...several Cougars will also be competing at the VS Athletics/Long Beach Invitational meet at Cerritos College, Saturday, April 18...and four throwers will compete at the Pacific Lutheran University Invite Saturday, April 18, in Tacoma...meet results will be posted on the WSU Athletics website, www.wsucougars.com, when available after competition concludes.

ABOUT THE COUGAR COACHES: Head coach Rick Sloan is in his 36th season with the Cougar track program; 15th year as a head coach, 14th year as mentor to the combined men's and women's program...he is joined by associate coach Debra Farwell, and assistant coaches Jason Drake (Head Coach Cross Country), Mark Macdonald, Ellannee Richardson and Matt McGee...former decathlete Rickey Moody joins Megan Johnson and Kyle Chandler as volunteer coaches.

ANDERSON NAMED PAC-10 MALE TRACK ATHLETE OF WEEK AGAIN: For the second consecutive week, Jeshua Anderson (sophomore, Woodland Hills, Calif.) was honored as the Pac-10 Male Track Athlete of the Week for March 30-April 5...Anderson successfully defended his Texas Relays title with a winning time and improved NCAA RQ of 49.44 seconds...at same meet, ran improved NCAA RQ time of 14.20 in 110m hurdles, and on 4x400m relay...this his third Pac-10 AoW honor in his career...Anderson was also selected wsucougars.com Athlete of the Week for the second time this season.

NATIONAL TEAM RANKINGS: The WSU men's track and field team is ranked 20th in the United States Track & Field and Cross Country Coaches Association (USTFCCCA) Div. I 2009 Outdoor team rankings released April 15...USTFCCCA national rankings are a prediction of how teams and individuals will place at the 2009 NCAA Div. I Outdoor Championships (June 10-13, Fayetteville, Ark.)...this week, Oregon men are No. 1 with Pacific-10 Conference foes Arizona State (13th), Washington (14th), UCLA (16th), Stanford (17th), USC (18th), and California (19th) also ranked in the men's top 25...Texas A&M women's team is No. 1...Pac-10 members Oregon (2nd), Arizona State (5th), USC (8th), UCLA (9th), Stanford (20th), and Arizona (22nd)...WSU women's team is 54th.

NATIONAL INDIVIDUAL RANKINGS: The USTFCCCA individual rankings by event as of April `5 - WSU men: Sam Ahlbeck (26th-steeplechase), Jeshua Anderson (3rd-400m hurdles, 41st-110m hurdles, 36th-400m dash), Trent Arrivey (5th-high jump), Matt Lamb (3rd-discus), Barry Leavitt (14th-400m hurdles), Luke Lemenager (56th-800m), Philip MacArthur (41st-hammer), Robert Williams (17th-110m hurdles), and Moreno Zapata (39th-triple jump)...WSU men's 400m relay (31st) and 1600m relay (24th) are also ranked...Cougar women ranked: Lisa Egami (36th-1500m), Lorraine King (22nd-400m hurdles), Courtney Kirkwood (51st-javelin), Anna Layman (7th-800m), Sara Trané (12th-steeplechase), and Marissa Tschida (16th-javelin)...WSU women's 4x400m relay is ranked 39th...USTFCCCA website can be found at www.ustfccca.org.

NCAA REGIONAL QUALIFYING: The goal for the WSU competitors in the outdoor season is to reach NCAA Regional Qualifying marks...the top-five individual finishers from each regional event automatically advance to the

NCAA Championships, June 10-13 in Fayetteville, Ark....the only events that still have national provisional and automatic national qualifying marks are the heptathlon and decathlon, and the 10,000m races.

COUGARS' OUTDOOR NCAA REGIONAL QUALIFYING: (National standings/West Region standings)

Women:

800m	Lisa Egami	2:08.16 (31st / 10th)
	Anna Layman	2:09.23 (45th / 12th)
1500m	Lisa Egami	4:22.57 (20th / 10th)
5000m	Isley Gonzalez	16:39.39 (31st / 16th)
400m Hurdles	Lorraine King	1:00.30 (49th / 10th)
3k Steeplechase	Amanda Andrews	10:42.72 (45th / 10th)
	Emily Farrar	10:47.27 (53rd / 13th)
Pole Vault	Alexa Huestis	3.85m / 12-7 1/2 (t-43rd / t-10th)
Javelin	Marissa Tschida	50.40m / 165-4 (9th / 5th)
	Lynnea Braun	46.25m / 151-9 (30th / 12th)
	Courtney Kirkwood	46.06m / 151-1 (32nd / 13th)

Men:

100m	Justin Woods	10.52 (39th / 4th)
800m	Luke Lemenager	1:49.92 (23rd / 8th)
110m Hurdles	Robert Williams	13.81 (8th / 4th)
	Jeshua Anderson	14.20 (33rd / 8th)
400m Hurdles	Jeshua Anderson	49.44 (1st / 1st)
	Barry Leavitt	51.39 (21st / 9th)
	J Hopkins	52.27 (47th / 13th)
	Trevor Habberstad	52.47 (57th / 14th)
3k Steeplechase	Sam Ahlbeck	8:53.46 (11th / 5th)
400m Relay	Woods, Williams, Anderson, Murray	40.07 (15th / 2nd)
1600m Relay	Leavitt, Anderson, Follett, Woods	3:09.28 (22nd / 3rd)
High Jump	Trent Arrivey	2.19m / 7-2 1/4 (t-6th / 1st)
Triple Jump	Moreno Zapata	15.29m / 50-2w (25th / 5th)
Discus	Matt Lamb	56.21m / 184-5 (13th / 6th)
Hammer	Phil MacArthur	60.78m / 199-5 (34th / 8th)

COUG ALUMS AT MT. SAC: American 110m hurdles record-holder, Dominique Arnold will open his 2009 campaign at the 2009 Mt. SAC Relays...Arnold set the American Record of 12.90 seconds in Lausanne, Switzerland in 2006...he is a former NCAA Champion, 2006 US Outdoor Champion and the 2006 World Indoor Championship 60m hurdles Bronze Medalist...Sam Lightbody will be competing in the men's discus invitational for VS Athletics TC...Lightbody played football and threw for WSU from 2001-04...Blessing Ufodiana will be triple jumping in the women's invitational section...Ufodiana has the second-best triple jump in WSU history (2004)...all three alums competed at the US Olympic Trials last summer.

AIR ARRIVEY: Trent Arrivey (air-eh-vee), a junior from Woodinville, Wash., has cleared the high jump bar at over 7-feet several times this year...a 2008 All-American, Arrivey is currently leading the national qualifying list with his winning mark from the Stanford Invite of 7-2 1/4 (2.19m)...his lifetime best is 7-3 1/4 (2.22m), his winning jump at the 2008 NCAA West Regional meet...Arrivey had a top 2009 indoor mark of 7-3 (2.21m)...he has cleared 7-feet in four of the seven meets he has competed in this year.

FOUR TIMES THE FUN FOR WSU QUALIFIERS IN INTERMEDIATE HURDLES: Jeshua Anderson (sophomore, Woodland Hills, Calif.) leads the nation in the men's 400m hurdles with a time of 49.44, run at the UCLA Johnson/Joyner-Kersey Invite April 11...Anderson is the WSU record-holder at 48.68, the reigning Pac-10, NCAA, US Junior and World Junior Champion...ran a time of 49.48 at Texas Relays...ran the school record time of 48.68 at World Juniors in Poland...Barry Leavitt (senior, Benton City) reached NCAA RQ at the Trojan Invite with a time of 51.56 and dropped it to 51.39 at the Texas Relays...J Hopkins (freshman, Everett) joined qualifiers with his Stanford Invite time of 52.27...not wanting to miss out on the fun, sophomore Trevor Habberstad (Santa Clarita, Calif.) ran an NCAA RQ time of 52.47 at UCLA April 11.

WOODS SOLID IN SPRINTS: Sprinter Justin Woods (senior, Buena Vista, Calif.) ran an NCAA RQ time of 10.52 in the 100m dash and a season-best 200m time of 21.53 at the UCLA JJK meet April 11...Woods also runs on both WSU relays..has participated in three consecutive NCAA Outdoor Championships to date and is looking to make an appearance at his fourth this spring, with plans to capture an All-American certificate.

GONZALEZ BACK IN STRIDE: Spending the fall semester away from campus and organized training in order to student teach did not stall senior Isley Gonzalez (Sunnyside)...Gonzalez only has the outdoor season for eligibility and is making the most of it, running a 5k time of 16:39.38 at the Stanford Invite, an NCAA RQ mark and the sixth-best time in WSU history.

ZAPATA JUMPS IN: Senior Moreno Zapata (Lakewood), men's team captain, triple jumped 50-2w (15.29m) for third place at the Stanford Invite in the men's invitational event...Zapata's PR at WSU is a hyper wind-aided (6.5 meters per second) 51-9 1/4 (15.78m) leaped in 2007 at the NCAA West Regional in Eugene...his top non-wind-aided jump came the next year at the same meet in Northridge of 50-8 1/4 (15.45m).

HOW LO CAN SHE GO? Lorraine King, senior from Fontana, Calif., and the women's team captain, reached an NCAA RQ mark in the 400m hurdles with her Stanford Invite time of 1:00.30...her lifetime-best time is 58.39, set last season at the Texas Relays...mark is third-best in WSU history...heel bruise has bothered her this season...she is aiming for the school record of 57.07 set by Randi Smith in 2000.

STEEPLECHASE ANOTHER STRONG EVENT FOR COUGARS: Both sides of the roster have strong 3000m steeplechase competitors for WSU again this year...Sam Ahlbeck (junior, Renton) ran a PR and NCAA RQ time of 8:53.46 at Stanford...Amanda Andrews (sophomore, Gig Harbor) ran a PR and NCAA RQ time of 10:42.72 which is fifth-best in WSU women's history...freshman Emily Farrar (Bainbridge Island) ran an NCAA RQ time of 10:47.27 for second place at the UCLA JJK Invite April 10...this was Farrar's second steeplechase race and her time is the seventh-fastest in school history.

EGADS! EGAMI: Lisa Egami, a junior from Coquitlam, British Columbia, Canada, has NCAA RQ marks in both the 800m and the 1500m...ran the 800m time of 2:09.58 at Trojan Invite and bettered that with a 2:08.16 clocking at the UCLA JJK Invite April 11...her 1500m time of 4:22.57 came at the Stanford Invite, third-fastest time in WSU history...Egami set the school record in the mile during the 2009 indoor season with a time of 4:44.92i at the MPSF Championships in Seattle...that was the second time in two weeks that Egami had broken the school record, both at the UW Dempsey Indoor Facility.

LOOKOUT FOR LUKE: Luke Lemenager (junior, Maple Valley, Wash.) ran a PR and NCAA RQ time of 1:49.92 in the 800m at the UCLA JJK meet...this was Lemenager's first run under 1:50...freshman Joe Abbott (Reno) ran a PR time of 1:51.98 in the 800m at the same meet.

NO QUALIFYING MARKS NEEDED FOR PAC-10 CHAMPIONSHIPS: The Pacific-10 Conference will forego its own set of qualifying marks for its championship meet...instead, a maximum of 24 women and 24 men may be entered from each school at the head coach's discretion...outdoor and indoor seasons will be used for descending order lists and seeding into the championship heats/flights.

EASY VIEWING OF PAC-10 PERFORMANCE LISTS: The Pacific-10 Conference performance descending order lists can be viewed online at www.directathletics.com...click on Performance Lists and under Current Seasons, click again on Pac-10 Outdoor Track & Field Performance Lists.

ANDERSON MAKES TRACKSHARK TOP 12 SPRINTERS/HURDLERS TO WATCH IN 2009 LIST: WSU sophomore Jeshua Anderson was named to the TrackShark.com Top 12 Sprinters/Hurdlers to watch in 2009...Anderson won the men's 400m hurdles at the Pac-10 Conference, NCAA, USA Junior and World Junior Championship meets in 2008.

TRACK AND FIELD REUNION: The Gray "W" Varsity Club and Track and Field Team will host the a Track and Field Reunion Friday, May 1, 2009, at the Big Picture in Redmond, Wash...the Cougar-Husky Dual Meet will take place the next day, Saturday, May 2, at Husky Stadium...for more information, please contact Gray W coordinator Willie Jude via the email grayw@wsu.edu and update your information to ensure that you are not left out...also stay current with information through the Facebook group, [WSU Track Reunion](#).

NO COUGAR HOME OUTDOOR MEETS IN 2009: Because of slated construction on the North side of Martin Stadium and the subsequent encroachment of equipment and supplies onto Mooberry Track, WSU will not host any outdoor track and field meets during the 2009 season.

WSU COMPETITORS SCHEDULED FOR MT. SAC RELAYS AT WALNUT, CALIF., APRIL 16-18:

WSU Women

100m - Princess Joy Griffey
200m - Princess Joy Griffey
1500m - Lisa Egami
5000m - Michelly Foley, Isley Gonzalez
100m Hurdles - Brittnay Crabb
400m Hurdles - Brittnay Crabb, Veronica Elseroad-Wall, Caroline Hedel, Lorraine King
3000m Steeplechase - Amanda Andrews, Sara Trané
4x400m Relay - Griffey, Elseroad-Wall, Crabb, King
High Jump - Maria Creech
Pole Vault - Alexa Huestis, Hiliary Moore
Long Jump - Candace Missouri
Triple Jump - Candace Missouri, Jessica Yates
Javelin - Courtney Kirkwood, Marissa Tschida

WSU Men

100m - Justin Woods
200m - Justin Woods
400m - Reny Follett
800m - Joe Abbott
10,000m - Drew Polley
110m Hurdles - Jeshua Anderson
400m Hurdles - Jeshua Anderson, J Hopkins, Barry Leavitt
4x400m Relay - Leavitt, Follett, Anderson, Woods
3000m Steeplechase - Sam Ahlbeck
High Jump - Trent Arrivey, Ryan Deese, Shawn Swartz
Pole Vault - Jake Baertlein, Beau Carrillo
Long Jump - Christian Crain
Triple Jump - Sean Wilson, Moreno Zapata
Shot Put - Joe Bartlett
Discus - Joe Bartlett
Hammer - Phil MacArthur

WSU COMPETITORS SCHEDULED FOR VS ATHLETICS/LONG BEACH INVITE, AT CERRITOS, APRIL 18:

WSU Women

100m - Princess Joy Griffey
100m Hurdles - Caroline Hedel
400m Hurdles - Brittnay Crabb, Veronica Elseroad-Wall, Caroline Hedel
Pole Vault - Alexa Huestis, Hilary Moore

WSU Men

400m - Reny Follett
800m - Joe Abbott
400m Hurdles - J Hopkins
High Jump - Ryan Deese
Pole Vault - Jake Baertlein
Long Jump - Christian Crain

WSU COMPETITORS SCHEDULED FOR PLU INVITE, AT TACOMA, APRIL 18:

WSU Women

Shot Put - Jennifer Hamilton

Hammer - Jennifer Hamilton, Kjirsten Jensen, Cassie Whitfield

Javelin - Jennifer Hamilton

WSU Men

Discus - Conner Larned

-www.wsucougars.com-