WASHINGTON STATE

STRIVING FOR EXCELLENCE

Table of Contents

The University	2-7
Academics	8-11
Athletic Facilities	12-15
Time of Your Life	16-17
Conference of Champions	18
Coaches' Profiles	20-25
New Cougar Champions	
2004 Season Outlook	28-31
Rosters	32-33
Depth Chart	34
Pac-10/NCAA Qualifying Standards	35
Student-Athlete Profiles	36-55
WSU History & Records	56-78
Cross Country	79-85
Athletic Administration	86-87

2004 Washington State

Track & Field Coaching Staff

Bohler Gym M10, P.O. Box 641602, Pullman, WA 99164-1602 Office: 509-335-0248, Fax: 509-335-0344

Head Coach: Rick Sloan (UCLA, 1969-WSU, 1978, 10th year head coach, 31st year with program) 509-335-0248 • ricks@wsu.edu

Associate Coach: Debra Farwell (WSU, 1983) 335-0260 (Throws) • debral@wsu.edu

Assistant Coaches:

Mark Macdonald (WSU, 1992-WSU, 1993) 335-0246 (Sprints/Hurdles) • markd@wsu.edu Kris Grimes (Abilene Christian, 1989-Missouri, 1992) 335-0288 (Jumps) • krisg@wsu.edu Jason Drake (Colorado, 1994) 335-0230 (Cross Country–Distance) jzdrake@wsu.edu Ellannee Richardson (WSU, 2002) 335-4730 (Sprints/Hurdles) • erichardson@wsu.edu

Volunteer Assistant Coaches:

Dan O'Brien, Michael Friedberg, Andrea Thornton

www.wsucougars.com

Head Coach Rick Sloan

2004 marks 31 years at WSU.

Five-time District 8 Track & Field Coach of the Year.

Successfully coached 40 athletes to NCAA outdoor All-American status 67 times, and directed 19 athletes to 33 indoor All-America honors.

During his nine years as head coach, Cougar men have set 10 school records and Cougar women have set 26 school records.

Coach of American record holder and Olympic decathlon gold medalist Dan O'Brien.

Accorded the title of Master Coach by USA Track & Field in 1994.



WHITNEY EVANS

NCAA Champion

Eight-time All-American

"Coach Sloan has been one of the most influential individuals in my life over the past five years. He taught me how to expect the most of myself, not only on the track, but also in the classroom and in my personal life. His dedication to his athletes and the team, the passion with which he pursues his and the team's goals, and the positive attitude with which he overcomes any adversity were, and always will be, one of the overriding examples of how anyone can successfully accomplish their dreams."



ELLANNEE RICHARDSON

Pacific-10 Champion Five-time All-American

"I chose Washington State because it had so many positive things to offer. Pullman, Washington offers such a sense of community. Everyone in town is so friendly to the college student, and the residents go out of their way to make us feel welcome.

I majored in sociology and criminal justice while in school here and thoroughly enjoyed my program curriculum. All of my professors were very understanding of my travel schedule during the season and were always willing to meet with me outside of the classroom when I needed extra help.

The coaches here really care about the athletes. I made huge improvements while competing under Rick Sloan and finished my collegiate career with five All-American certificates. I couldn't have asked for anything more from a Division I school. It is for these reasons that I jumped on the opportunity to stay here in Pullman and coach track & field. I am taking the knowledge I attained from these coaches and will pass it on to other young athletes. I enjoy coaching very much, and I know that this is definitely the place that I want to be."

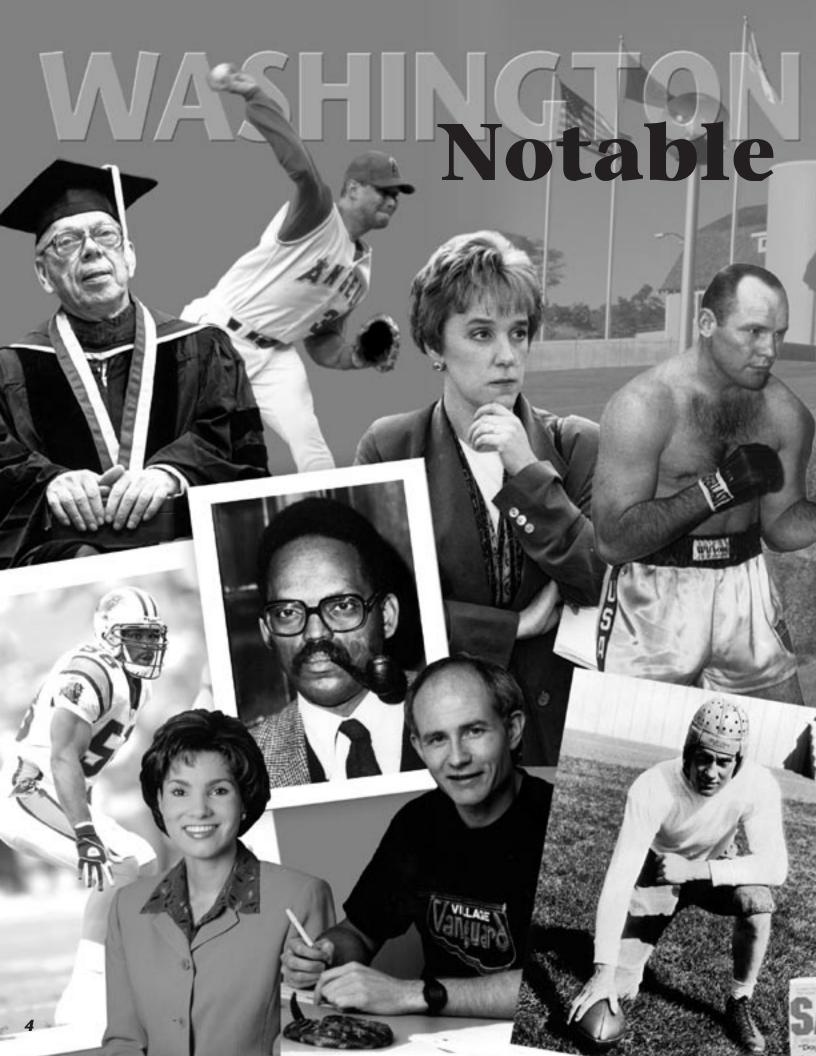


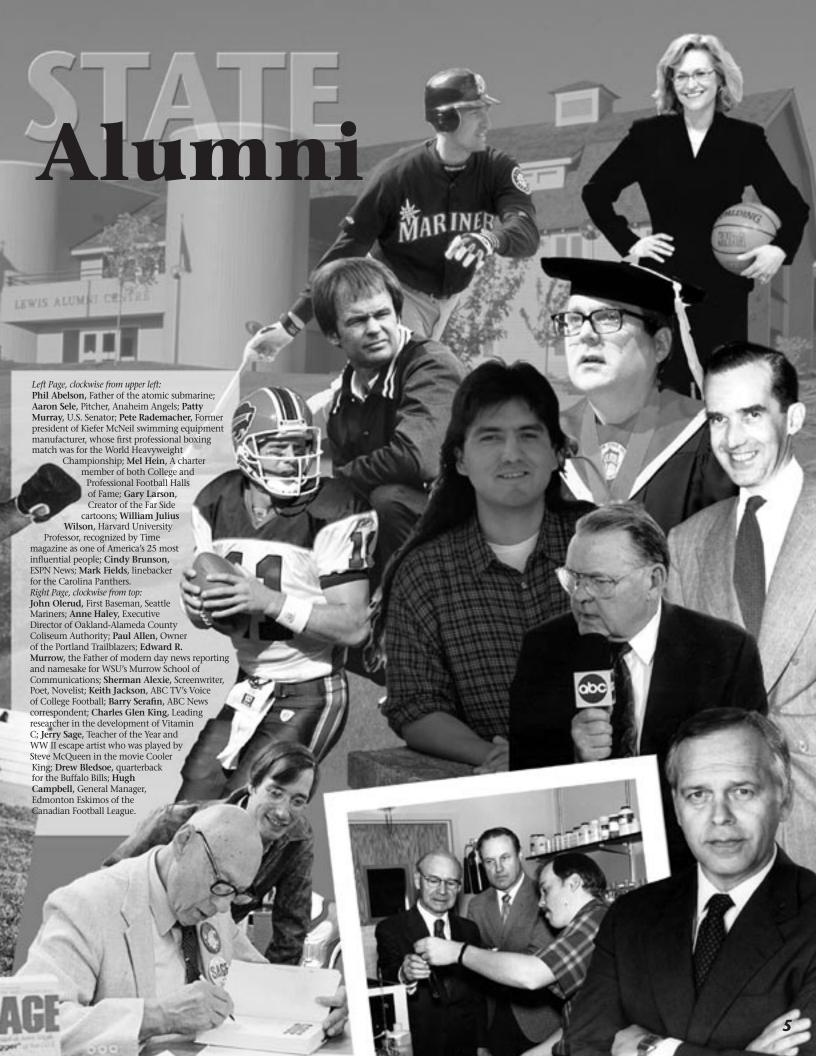
WASHINGTON Colleges WSU has 10 colleges and offers 150 majors and options spanning the liberal arts and sciences, as well as architecture, business education, nursing, pharmacy and agriculture, engineering, home economics, and veterinary medicine. Students from all 50 states and 103 foreign countries attend WSU. Agriculture Education **Sciences** Veterinary Medicine

STATE **Business** ngineering Nursing Honors Education eral Arts

弱

Pharmacy





WASHINGION

A friendly environment

The Pullman campus straddles College Hill in Pullman, a college town of 26,000 located among the rolling hills of the Palouse region of Eastern Washington. The University is the largest residential university west of the Mississippi, which enhances the friendly, traditional collegiate atmosphere for which WSU is known.

WSU is located within easy traveling distance of Spokane and Coeur d'Alene to the north. Seattle and Portland are less than 300 miles to the west.

dedicated to diversity



WSU as one of the nation's top 50 public research universities according to *U.S. News and World Report's* 2004 college rankings.

WSU is ranked in the nation's top tier of doctoral/research universities by the Carnegie Foundation for the Advancement of Teaching.

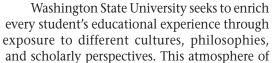
U.S. News and World Report identified WSU's writing across the curriculum program as one of the nation's best, along with Duke and Harvard's programs.

During the past ten years, 90 percent of WSU's studentathletes have earned their undergraduate degrees following completion of their athletic eligibility.

WSU's Edward R. Murrow School of Communication is consistently ranked in the top five nationally by the American Association of Broadcasters.

Students in WSU's College of Veterinary Medicine achieved a 99.6 percent pass rate in the national board examinations in recent years.

WSU alumni are in the top percent of alumni giving among all public universities each year, a measure of alumni satisfaction, says *U.S. News and World Report.*



interchange and inquiry is fostered through programs that can take students around the globe or to a quiet corner on campus for a discussion with a new-found friend offering a different point of view.

Division of Minority Affairs

African American, Asian/Pacific American, Hispanic American, and Native American students find support in each of the ethnic centers. The centers were established to address the academic, cultural, social, and ethnic needs and concerns of minority students. Qualified professional counselors and trained peer mentors are on staff.

The Multicultural Center

At the Multicultural Center, students of all backgrounds share the richness of their cultures and sponsor multicultural programs for the entire WSU community. The Center also serves as a base for academic support and social activity.

WSU is nationally recognized for its extensive program in international education. More than 30 exchange programs; study abroad programs in more than 20 countries; and internships in Europe, Asia, and the Middle

East are available.



Mentor Program for Student-Athletes of Color







In creating a multicultural environment in the Athletic Department, this program reflects in part the University's commitment to diversity. A mentoring relationship provides the mentor with the opportunity for providing student-athletes with professional and personal growth, and the satisfaction of assisting students to develop the skills necessary to become successful in all of their endeavors:

This program provides benefits to student-athletes of color by:

- Promoting communication among studentathletes, coaches, and athletic administrators on minority issues
- Providing feedback and insight into Athletic Department issues
- Generating a student-athlete voice within the Athletic Department shaping policies
- Equipping student-athletes with information about what a positive image means on campus
- Improving minority retention and graduation rates by demonstrating an interest in the personal growth of the student-athlete

- Helping student-athletes prepare for transition into college Life
- Enhancing interpersonal relationships in the life of the student-athlete
- Helping student-athletes of color build a positive self-esteem
- Helping student-athletes of color make meaningful contributions to their communities
- Helping student-athletes of color realize their academic, athletic, personal and social responsibilities
- Providing a supportive learning environment that encourages academic achievement

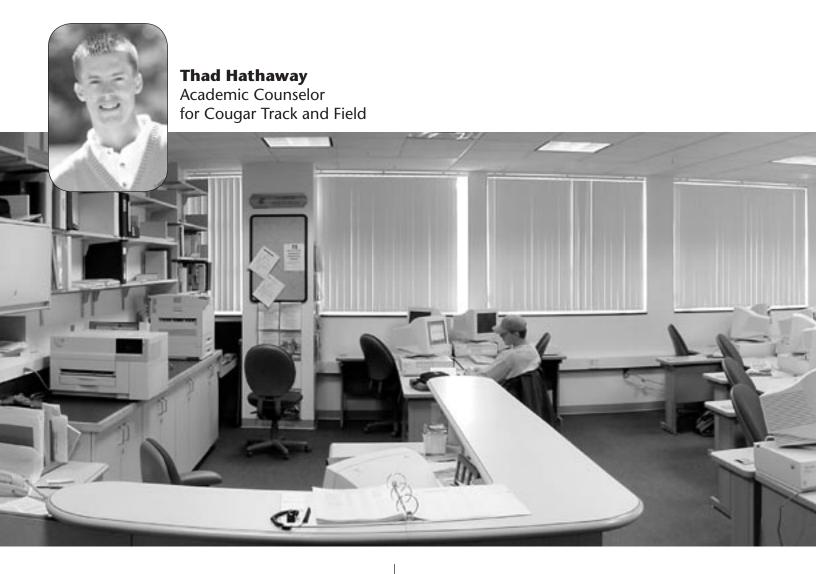
Many functions are planned by the Mentor Program to enhance the relationships between student-athletes and mentors. These functions help in informally matching mentors with student-athletes of color naturally who desire to experience a smoother transition into the Washington State University environment.

The ultimate goal of this program for student-athletes of color is to ensure their graduation from Washington State University and the achievement of a successful sports career. The WSU Athletic Department is committed to producing student-athletes of color who epitomize professionalism.

Milford Hodge Mentoring Coordinator



STUDENT-ATHLETE DEVELOPMENT



2003 MEN'S TRACK & FIELD ACADEMIC HONORS **Pac-10 All-Academic**

First Team

Eric Dudley Tim Gehring Ian Johnson Justin Nikbakhsh-Tali

Second Team

Thad Cullinan Matt McGee

Honorable Mention

Rick Collins Nate Cummings Mike Heidt

CROSS COUNTRY First Team

lan Johnson Ryan Freimuth

Second Team

Mike Heidt

CoSIDA Academic All-American Track & Field

Eric Dudley - District VIII First Team, National Track & Field/Cross Country Academic Athlete of the Year

2003 WOMEN'S TRACK & FIELD ACADEMIC HONORS **Pac-10 All-Academic**

First Team

Julia Corbett Whitney Evans Ellannee Richardson

Second Team

Shannon Rance Briana Willis

Honorable Mention

Rachel Bertholf

CROSS COUNTRY

Ana Cabrera

Second Team Julia Corbett

Honorable Mention

Anna Blue

Molly Bull Hailey Young

CoSIDA Academic All-American - Track & Field

Whitney Evans District VIII First Team,
National First Team
Ellannee Richardson District VIII First Team,
National Second
Team

United States Track Coaches Association

Whitney Evans

- Women's Scholar-Athlete of the Year for NCAA Division I

STATE

Personal Development

- New student-athlete seminar
- Community outreach Team Care
- Mentoring programs
- P.R.O.W.L. resource and referral center
- NCAA lifeskills materials and resources

Career Development

- Senior planning meetings
- Etiquette dinner
- Access to SIGI website for career exploration
- Majors fair and career fair
- Interview skills and workshops
- Job search strategies
- Professional development portfolio
- Senior folder
- Alumni connections

Academic Services

- New student-athlete orientation
- General academic counseling
- Learning assessment
- Individual and group tutoring
- Assistance with team travel
- Writing and math assistance
- Graduation planning
- Computer lab with internet and library access
- Priority registration
- Summer school and degree completion programs



The Student-Athlete

Development staff, back row

from left: Pam Bradetich,

Anna Plemons, Matt Leituala,

Milford Hodge, Chris Cook;

front row from left: Kelly

Hewitt, Eric Kile, Thad

Hathaway, Wanda Tennant,

Pippa Pierce.

ACADEMIC HONORS

1995

MEN

PAC-10 ALL-ACADEMIC TRACK & FIELD (Since 1990)

F:	T
	Team
1991	Phil Cox
	Mark Macdonald
	Chad McKinney
1992	Phil Cox
	Mark Macdonald
	Chad McKinney
	Jamie Nordstrom
	Matt Shaffer
1993	Quin Magnusson
	Jamie Nordstrom
	Bildad Waihumbu
1994	George Loucaides
	Chad McKinney
	Matt Shaffer
1995	George Loucaides
	Chris Mosley
	Jed Stannard
1996	David Jungk
1997	David Jungk
	Matt Stadelman
1998	Tony Boitano
	Josh Mattson
	Matt Stadelman
1999	BJ Schade
2000	Tony Boitano
	Eric Dudley
	B.J. Schade
2001	Eric Dudley
	Scott Johnson
	Justin Nikbakhsh-Tali
	Bryan Preuss
2002	Tim Gehring
	lan Johnson
	Scott Johnson
	I C APLIED II TO

Justin Nikbakhsh-Tali

Second Team

JECUII	u reum
1991	Todd Dahlberg
	Pat Licari
	Jamie Nordstrom
1992	Jason Baskett
	Todd Dahlberg
	Robert Moffat
	Bildad Waihumbu
1993	Matt Shaffer
1994	Jason Baskett
1995	James Long
1996	Jeff Boag
	Chris Mosley
	Tony Olson
	Matt Stadelman
1997	Hilary Mawindi
	Tony Olson
	B.J. Schade
	Colan Sewell
	lan Waltz
	Trevor Wyckoff
1998	David Jungk
	Hilary Mawindi
	Chris Mosley
	B.J.Schade
	lan Waltz
	Trevor Wyckoff
1999	Tony Boitano
	Colan Sewell
2000	Craig Allen
	lan Waltz
2001	Rick Collins
	Tim Gehring
	lan Johnson
	Jon Welsh
2002	Jim Neeway
	Jon Welsh

Honorable Mention 1993 Jason Baskett

lason Baskett

1773	Jason Daskett
	Jeff Boag
1996	Aaron Robinson
	Trevor Wyckoff
1997	Anthony Boitano
	Chris Frizzell
	Kevin Moore
	Rick Smith
	Mike Zlateff
1998	Craig Allen
	Rob Harris
	Guillermo Macias
	Kevin Moore
	Tony Olson
	Colan Sewell
	Kyllan Tower
1999	Craig Allen
	Rob Harris
	Guillermo Macias
	Clayton Thomas
	Kyllan Tower
2000	Kyle Barber
	Jacob Hazelquist
	Scott Johnson
	Simon Kanau
200	Brian Laville
	Guillermo Macias
	Justin Nikbakhsh-Tali
	Chad Randall
2001	Kyle Barker
	Jacob Hazelquist
	Simon Kamau
2002	Kyle Barker

Rick Collins Andy Kammenga

Ryan Turner

Jon Welsh Mark Wicklander

CoSIDA Academic All-Americans—Track & Field

1984	Francis Dodoo	
1997	Matt Stadelman,	
	District VIII	
	Second Team	
1998	Matt Stadelman,	
	District VIII	
2000	Eric Dudley,	
	District VIII	
	First Team	
	B.J. Schade,	
	District VIII	
	Second Team	
2001	Eric Dudley,	
	District VIII	
	First Team	
2002	Eric Dudley,	
	National	
	First Team,	
	District VIII	
	First Team	

PAC-10 ALL-ACADEMIC CROSS COUNTRY (Since 1990)

First Team

1990	E.J. Guo
1993	George Loucaides
1994	George Loucaides
1995	George Loucaides
1997	Jonathan Murray
2000	Scott Johnson
2001	Scott Johnson
2002	lan Johnson

Second Team

1990	Mike Kramer
1990	Jamie Nordstron
1991	Kevin Guiberson
1992	Jamie Nordstron
2000	Jon Welsh
2001	lan Johnson
2002	Kyle Barker
	Mike Heidt

Honorable Mention

попоі	rabie ivientioi
1992	Chris Lewis
1993	James Long
	Einar Stauber
1994	James Long
1997	David Jungk
	Brad Treat
1998	Eric Allwine
	Justin Murray
1999	Scott Johnson
	Simon Kamau
2001	Kyle Barker
	Jon Welsh
	Mark Wicklander
2002	Justin Ireland
	Mark Wicklander



Eric Dudley, 2003 CoSIDA Academic All-American Track and Field/Cross Country Male Athete of the Year

PAC-10 ALL-ACADEMIC TRACK & FIELD (Since 1990)

	_
Livet	Team

FIFST	<i>ream</i>
1991	Jennifer Galka
	Vicky Pyeatte
	Georgette Reed
1992	Jennifer Carpenter
	Cathrine Linnes
	Carol Smith
1993	Jennifer Bravard
	Chantal Brunner
	Sheila Phillips
	Carol Smith
1993	Tanya Smith
1994	Sharon Li
	Shannon McKinney
	Sheila Phillips
1996	Jeanna Hall
	Kirsten Koch
	Marilyn Moberly
	Heidi Shultz
1997	Kirsten Koch
	Marilyn Moberly
	Molly Moore
	Heidi Shultz
1998	Joanne Hunsinger
	Kirsten Koch
	Molly Moore
	Kim Schmolka
1999	Cicely Clinkenbeard
	Molly Moore
	Francesca Green
2000	Cicely Clinkenbeard
	Jeannette Martus
	Molly Monroe
	Francesca Green
2001	Heidi Abersfeller
	Whitney Evans
	Jenny Filipy
	Jeannette Martus
2002	Heidi Abersfeller
	Ana Cabrera
	Cicely Clinkenbeard
	Whitney Evans
	Jenny Filipy
	Beth Welander

Second Team

Jecuii	u reum
1991	Jill Anderson
	Carol Smith
1992	Jill Anderson
	Michele Hayes
	Kathy Mitchell
	Jennifer Robertson
1993	Shannon McKinney
	Jenny Zenner
1994	Jeanna Hall
	Stacy Hoffman
1994	Jenny Zenner

1995	Jeanna Hall
	Kristin Liebich
	Marily Moberly
	Heidi Shultz
	Ginger Tivey
	Jenny Zenner
1996	Kristin Liebich
	Kelly Merriam
1997	Sara Council
	Joanne Hunsinger
	Reagan Lyons
	Kim Schmolka
1998	Tauni Bainbridge
	Francesca Green
1999	Molly Monroe
	Megan Maynard
2000	Heidi Abersfeller
	Alishia Booterbaug
	Attrina Higgins
	Agneta Rosenblad
	Lisa Schaures
	Autumn Wood
2001	Megan Maynard
	Agneta Rosenblad
	Randi Smith
2002	Randi Smith

Honorable Mention Jennifer Carpenter Michele Hayes

Kathy Mitchell

Brandi Stevenson

1992	Shannon Bryan
1993	Tiffany Paup
1994	Tiffany Paup
1995	Yashiva Edwards
	Kolleen Faires
1996	Sara Council
	Claire Luckensmeyer
	Reagan Lyons
	Jamie Owens
	Dana Pevovar
	Kim Schmolka
1997	Tauni Bainbridge
	Claire Luckensmeyer
	Kristin Ogle
	Dana Pevovar
1998	Alishia Booterbaugh
	Anna Church
	Attrina Higgins
	Molly Monroe
	Kristin Ogle
	Lisa Schaures
	Autumn Wood
	Lucita Zapata
1999	Alishia Booterbaugh
	Itoro Elijah
	Attrina Higgins
	Charlotte Neel
	Agneta Rosenblad
	Lisa Schaures
	Andrea Thornton
	Autumn Wood
	Lucita Zapata



Whitney Evans, two-time First Team CoSIDA Academic All-American

2000	Anna Church Alison Eldridge
	Jamie Miller
	Sarah Odonkor
	Becky Potter
	Randi Smith
	Andrea Thornton
	Lucita Zapata
2001	Alison Eldridge
2001	Casey Lektorich
	Becky Potter
	Ellannee Richardson
	Stephanie Robinett
	Andrea Thornton
	Briana Willis
2002	Anna Blue
	Alison Eldridge
	Itoro Elijah
	Shannon Rance
	Ellannee Richardson
	Stephanie Robinett
	Briana Willis

CoSIDA

1997 Heidi Shultz,

Academic All-Americans Track & Field

District VIII

	District viii
	Second Team,
	National Third Team
1998	Kirsten Koch,
	District VIII
	Molly Moore,
	District VIII
1999	Molly Moore,
	District VIII
2000	Francesca Green,
	District VIII
	First Team
	Cicely Clinkenbeard,
	District VIII
	Second Team
2001	Whitney Evans,
	District VIII
	First Team
2002	Whitney Evans,
	National
	First Team,
	District VIII
	First Team
	Cicely Clinkenbeard,
	National
	Second Team,
	District VIII
	First Team
	Randi Smith,
	District VIII

Second Team

PAC-10 ALL-ACADEMIC CROSS COUNTRY (Since 1990)

First Team

1990	Jennifer Robertson
1992	Jennifer Bravard
	Jennifer Carpenter
1995	Kristin Liebich
1996	Kristin Liebich
	Marilyn Moberly
1997	Kristin Ritzenthaler
1998	Kim Schmolka
1999	Megan Maynard
2000	Greta Johnson
2001	Jenny Filipy
2002	Ana Cabrera

Second Team

Cathrine Linnes

1991

1771	Catillile Lillies
1994	Marilyn Moberly
1995	Marilyn Moberly
	Stacey Radowicz
1996	Sara Council
	Kim Schmolka
1997	Joanne Hunsinger
	Kim Schmolka
1998	Megan Maynard
1999	Lisa Schaures
2000	Jenny Filipy
	Megan Maynard
2001	Beth Welander
2002	Molly Bull

Honorable Mention 1990 Jennifer Carpenter

		Vicky Pyeatte
•	1993	Kara Harvey
		Megan Smiley
•	1994	Molly Dahmen
		Dana Pevovar
		Stacey Radowicz
-	1995	Sara Council
		Dana Pevovar
	1996	Joanne Hunsinger
		Dana Pevovar
	1997	Shannon Bonogfsk
•	1998	Lisa Schaures
7	1999	Alishia Booterbaug
		Jaime Miller
		Charlotte Neel
2	2000	Alishia Booterbaug
1	2002	Julia Corbett

WEIGHT ROOM

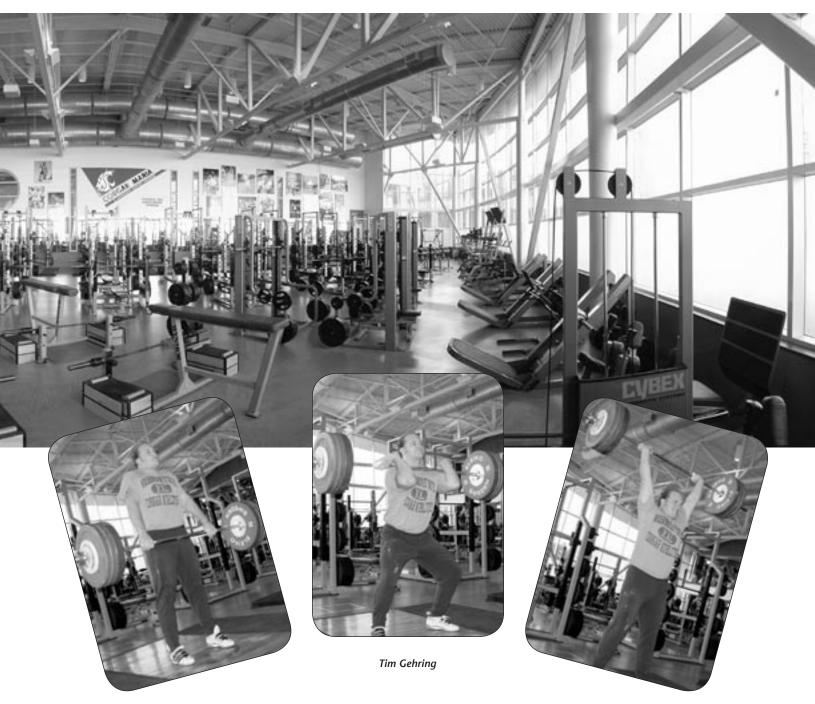


14,000 square feet and featuring state-of-the-art equipment,
WSU's weight room is considered one of the top facilities in the nation.

Nicole Hatcher

SAIE





FACILITIES &



ATHLETIC MEDICINE

Barbara Russell serves as the athletic trainer for track and field. Prevention of athletic injuries is the number one goal of the WSU staff, along with care and rehabilitation.

The athletic medicine area includes a certified staff of six full-time trainers, two certified graduate assistants, and more than 40 student trainers majoring in athletic medicine. The staff also includes two physicians, one orthopedic surgeon and numerous area specialists.

When injuries do occur, the Cougar athletic medicine staff provides the very best care and use state-of-the-art equipment to return the student-athlete to 100 percent recovery.



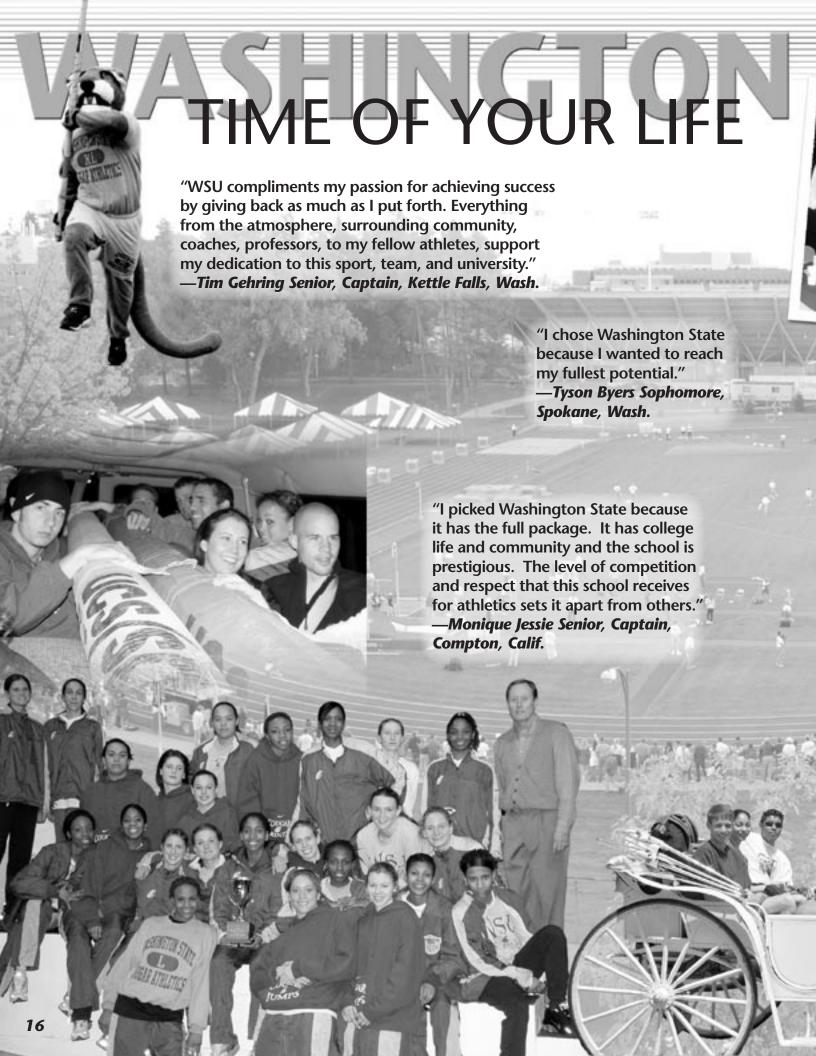
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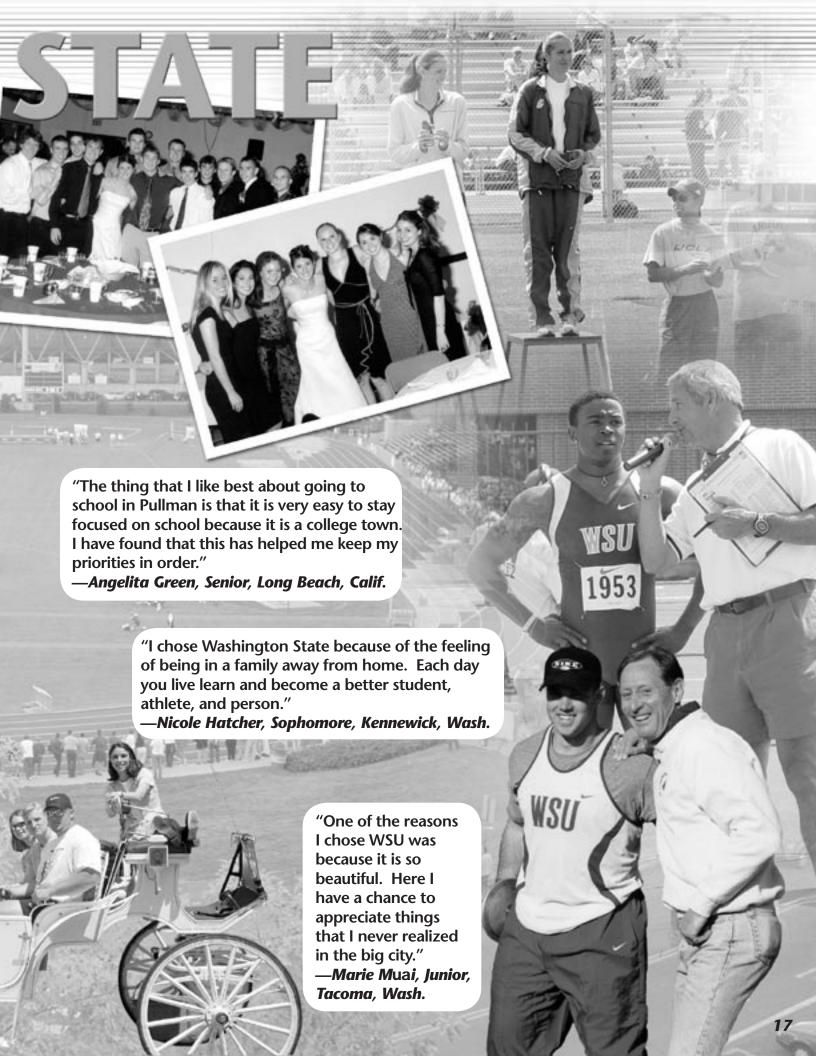


TRAINING FACILITIES

To help Cougar Track and Field athletes achieve their potential, Washington State University provides three major athletic facilities. The WSU Strength and Conditioning, pictured on pages 14-15, is considered one of the top collegiate facilities in the nation. The Cougars train and compete during the winter inside the newly constructed Indoor Practice Facility. The IPF features a state-of-the-art Mondo 14mm Super X track surface with a wide radius 200m track. The Mooberry Track and Field Complex, pictured on the back cover, features recently resurfaced stateof-the-art track, throwing circles and jumping surfaces. The rolling hills on and around the campus provide a great venue for strength and conditioning training in a beautiful environment.







CONFERENCE OF CHAMPIONS

Washington State University is proud to be a member of the nation's number one conference, the Pacific-10 Conference.

Entering the 2003-04 season, the Pac-10 continues to uphold its tradition as the "Conference of Champions." Pac-10 members have claimed an incredible 73 NCAA team titles over the past nine seasons; an average of more than eight national championships per academic year. The Pac-10 has now led the nation in NCAA Championships 38 of the last 43 years and finished second five times.

Even more impressive is the breadth of the Pac-10's success, as those 73 team titles have come in 21 different men's and women's sports. Spanning nearly a century of outstanding athletic achievement, the Pac-10 has captured 325 NCAA titles (243 men's, 82 women's), far outdistancing the runner-up Big Ten Conference's 193 titles.

Participation in postseason was a common occurrence for the Pac-10 in 2002-03. Of the 22 sports sponsored by the Pac-10,

19 sports had at least half of the conference teams

participating in the postseason. The men sent 64 of a possible 87 teams into the postseason (73.6 percent) while the women sent 78 of a possible 99 teams (78.8 percent) into NCAA Tournament action. Overall, the Conference had 23 teams finish in the top three at NCAA Championship events.

Since the NCAA began conducting women's championships 22 years ago, Pac-10 members have claimed 82 crowns, with at least four national titles in one year on 14 occasions. Pac-10 members have dominated a number of sports,

winning 16 softball titles, 14 tennis crowns, eight of the last 13 volleyball titles, ten of the last 14 trophies in golf, and eight of the last 15 in swimming and diving.



PACIFIC-10 CONFERENCE

800 South Broadway, Suite 400 Walnut Creek, CA 94596 Phone: (925) 932-4411 • Fax: (925) 932-4601

Commissioner:

Thomas C. Hansen

Assistant Commissioner, Championships and Administration:

Christine Hoyles

Assistant Commissioner, Electronic Communications:

Duane Lindberg

Assistant Commissioner, Compliance:

Mike Matthews

Assistant Commissioner, Business and Finance: Ben Jay

Assistant Commissioner/Governance and Enforcement:

Ron Barker

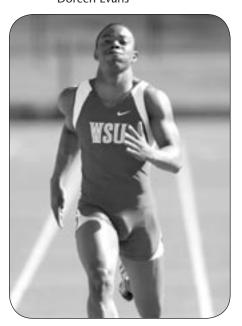
Assistant Commissioner, Olympic Sports: Chris Dawson

Assistant Public Relations Director:

Dave Hirsch

Assistant Public Relations Director: Julie Reuvers

Assistant Championships Director:
Doreen Evans



Anthony Buchanan, 2003 100m Champion.

OREGON