

NEW



2004 COUGAR

OUTLOOK



Teresa Brooks
Washington
100m, 200m, 400m



Chris Concha
Nevada
1600m



Barry Leavitt
Washington
High Hurdles

COUGAR CHAMPIONS 2004



D.J. Brown
Washington
Pole Vault



Brandon Brownell
Washington
300m Hurdles, Long Jump



Geoffrey Casazza
Nevada
3200m



John Cassleman
Washington
Two-time 200m and 300m
Hurdles



Alex Grant
Washington
Cross Country



Alex Jones
California
Nor Cal JC Long Jump



Andrew Jones
Wyoming
Cross Country, 1600m, 3200m
Foot Locker Finalist



Matt Knoff
Idaho
Three-time Cross Country,
1600m, 3200m



Jarrell Nelson
Washington
200m



Audrea Nolan
Washington
Pole Vault



Brandi Probasco-Canda
Oregon
400m



Kameko Wilson
Washington
400m



Cougar Women Must Step Up To Fill All-American Shoes

This will be an interesting year for the Cougar women's track and field team. The graduation of All-Americans Whitney Evans (high jump seven times, heptathlon once), Ellannee Richardson (four times heptathlon, relay once) and

Anna Blue (5,000m) means a lot of points from a few performers are now gone.

"The women's team has been able to sit back the last three or four years and say, let Whitney and Ellannee do it and they always did," Cougar Head Coach Rick Sloan said. "Now it's up to everybody else to pick up the slack."

WSU isn't exactly starting from scratch in the 2004 season. Five returning women have NCAA experience and nine women have scored at the conference meet. Seniors Monique Jessie and Angelita Green earned their All-American status on the indoor 4x400m relay team in 2003.

Sloan, in his ninth season directing the WSU women's team, looks to the returning talent to be a lot better than they have been in the past and step up to fill the points-gap left by the All-Americans' graduation. And few newcomers to the program will be expected to perform at a very high level from the start.

"We have seniors who are capable of more than what they've done their first three years," Sloan said. "The talent and potential is there but we'll have to see how people develop and come along."

The Cougar coaching staff, including new assistant coach Ellannee Richardson, will have the women in the best shape possible, will be committed to keeping people healthy, and get them to the races that matter.

Sloan, long a proponent of head-to-head competition is happy with the NCAA Regional Meet and national advancement standards instituted last season.

"I'm excited on both the men's and women's side to see how we perform and I anticipate it being pretty good," Sloan said. "But success depends on the psyche of both the men's and women's athletes. The staff can only do so much as coaches and then the athletes have to make up their minds and tell themselves, this is what I expect and this is what I want."

SPRINTS

Leading the way in the sprints will be senior Tamara Gulley who has impressed the coaches with her work ethic the entire year but will need to be aggressive in the spring races. Gulley ran her PR in the 100m of 11.83 seconds at the 2003 Pac-10 Championships and was the lead leg in the 400m relay, and the third leg on the school record 1600m relay time of 3:33.65.

Bree Skinner is expected to still be a strong competitor in the sprints but has moved more toward the triple jump after last spring's performances. Nicole Hatcher adjusted to collegiate training and racing with times in the low 12s and mid-24 seconds and has impressed the coaches in early training.

Freshman Nicole McClendon is joining the team at semester, bringing times in the low 12s in the 100m and mid-24-seconds in the 200m. Redshirt junior Teresa Brooks, a three-time state prep champion (100m, 200m, and 400m) makes her long-awaited WSU debut.

"We recruited Teresa out of Lewis and Clark High School in Spokane, and it has been an on-going soap opera about her eligibility and she ended up at a junior college," Sloan said. "It's been a while since she's competed but she's working hard and I think we're going to see some good things this year once she's fit and competing."

Senior captain Monique Jessie is strong and sprinting well so she could race anywhere from the 100m and 200m to the 400m open, and in both relays in addition to her intermediate hurdles specialty.

Freshman Brandi Probasco-Canda ran a 54.07 in high school at the prestigious Golden West meet. She trains with Coach Richardson who is training for the 2004 Olympic Trials while working with the Cougar athletes.

"Brandi hangs right with Ellannee in training runs and that's very impressive to me," Sloan said. "I'm excited about Brandi. She is very, very talented, has a great work ethic and is going to be an outstanding quarter miler."

Providing good depth in the 400m are freshman Kameko Wilson, a state 400m champion with a time of 56-seconds flat, and Brooks, who has run under 56. Senior Angelita Green is an 800m runner but also an All-American in the 4x400m relay so she makes a stronger contribution in the 400m.

RELAYS

In both the 4x100m and 4x400m relays, the Cougar women need to replace their consistently reliable anchor of four years, Richardson. Yet, Sloan still thinks both relays should be good areas for WSU.

While there isn't anybody who is blistering fast for the short relay, the Cougs have four good people in Gulley, Skinner, McClendon and Hatcher, who can run a reliable time in the 4x100m with good handoffs.

In the 1600m relay, Sloan looks to build a solid squad using freshman Probasco-Canda added to the seniors: Jessie, who's running very well, Gulley with her ability to run low 54-second legs, and Green who can run in the 54s.

"I think if the other three step up a little bit and maybe run a half second faster, Brandi can come in and not replace Ellannee, but run some good times," Sloan said. "We can still be very fast and reach our goal to get that team back to the NCAAs in both the indoor and outdoors."

MIDDLE DISTANCE/DISTANCE/STEEPLECHASE

This year will be Angelita Green's final shot at reaching her potential as a great 800m runner.

"Hopefully this year she can make that adjustment and run the times that we feel she is capable of," Sloan said. "We don't have a tremendous amount of depth or strength in the 800m."

Junior Molly Bull has run in the 2:14 range but after that, WSU will rely on freshmen. Karen De Martini and Katie Troy will run both the 800m and the 1500m but will probably be used more in the longer races because of Coach Jason Drake's training methods.

The 1500m race looks better depth-wise with Bull, Haley Young, and freshmen DeMartini, Troy, Kelly Ramirez, Kayle Peterson, Grace Coulter, and Natalie Smith, who are all in 4:45 range, and sub-five minute milers, but no one like an Anna Blue type runner who can go 4:30 at this point. The youngsters will have a short learning curve as Sloan expects this group to develop and become Cougar distance stars.

Julie Jewett, a walk-on the coaches found when she ran in a PE class on campus, has been able to train well with the WSU athletes and the coaches will evaluate her further.

In the longer races, Ana Cabrera is back after a semester of studying abroad. Cabrera was WSU's number two cross country runner last fall and the Sloan thinks she is capable of dropping her 5000m best time of just under 18-minutes from two years ago down to the 16-minutes zone.

"We'll have to sort through a lot of people and see who is going to be in what events and who can perform at that level," Sloan said.

Cabrera and Julia Corbett will be the two mainstays in the 10,000m but some freshmen might move up as well.

In the steeplechase, Bull and Cabrera have had some suc-

cess and all the freshman women will be given the opportunity to try this event. Sloan thinks this is an area where WSU can get some of its talented women to put in the work and it will result in points scored.

HURDLES

Tamara Gulley has the speed but cannot be conservative in order to have a breakout senior year in the 100m hurdles, according to Sloan. She ran a wind-aided 13.55 back in 2001, but Sloan feels she is capable of running in the 40s and maybe down into the 30s.

"Tamara can do a great job for us in the hurdles and in the sprints as well," Sloan said. "But she needs to throw caution to the wind."

Heptathletes Diana and Julie Pickler are very competitive and outstanding hurdlers. During the fall training sessions, both look very good with Julie back from a foot injury that caused her to redshirt her outdoor season. Sloan hopes to get both women back down closer to times in the 13.70s and 60s, or maybe even faster.

Senior team captain Monique Jessie was an NCAA participant in the 400m hurdles last spring and looks like a strong candidate for a return trip.

"Because of the work she's done this year, I anticipate very good things coming from Monique," Sloan said.

Senior Louise Akesson, improved during fall training after transferring in last spring, will run the 100m hurdles but will primarily race in the intermediates.

JUMPS

With Whitney Evans, last year's NCAA high jump champion, gone from the Cougars' roster, sophomore Robin Mikesh will be the ace in this event. Mikesh came on strong at the end of the year with her 5-8 3/4 clearance for a fourth place conference finish. Julie Pickler and Diana Pickler are consistent 5-6 jumpers and will provide depth. LaToya Harris, a three-time All-Pac-10 volleyball selection, has joined the Cougar track team and will try the high jump.

"Everyone knows LaToya can jump, we just have to see if she can do it well off of one foot and get over a bar," Sloan said. "I think she is a very talented athlete and she can learn the techniques and be a good high jumper for us."

Veteran pole vaulters Tamara Diles and Karla McGee are back, joined by freshman walk-on Audrea Nolan. McGee is a senior who has had a solid fall of training and is performing well. Both Diles, a redshirt sophomore, and McGee, have cleared the bar at over 13-feet in early practice sessions. Diles is once again healthy, in top shape and working on perfecting her takeoff to be back over 14-feet.

Both Picklers are WSU's top long jumpers this year. Julie wasn't able to compete last year outdoors, but Diana showed good consistency over 19-feet. Their goal is to get closer to or over 20-feet consistently and the long jump will be a strong area for the Cougar women.

Senior Blessing Ufodiama achieved a 19-foot long jump indoors but will primarily compete in the triple jump where she is a three-year scorer in the conference championships, including a third-place finish in 2003.

"We need Blessing to exceed her high school triple jump mark of 41-11 and she is more than capable of doing it," Sloan said.

Bree Skinner found some success triple jumping indoors as a junior and continued to train for the triple jump with Coach Kris Grimes. She finished fifth at the Pac-10 Championships, went on to the NCAA Regionals where she finished fourth with a leap of 41-0 1/2, and made it to the national meet. After a

surprising first year in the event, the coaches are hopefully Skinner can build on that success as a senior.

Freshman Kaylee Gardner is a long and triple jumper who showed good promise in the fall. She will fill in in the long jump and be one of the team's top triple jumpers.

THROWS

Shannon Rance is back for her final season and has a 51-foot best effort in the shot put. After a very heavy class load last fall somewhat limited her training, Coach Debra Farwell's goal is have Rance throw consistently in the 49 to 51-foot range.

Junior Marie Muai showed significant improvement in her shot technique last fall and should be stronger. Muai is the returning leader in the discus with a 167-10 best throw followed by Rance's 150-foot best effort. Sloan feels Muai has great potential to be an outstanding thrower at the Pac-10 level if she continues to develop her technique and her confidence level.

Muai's 175-5 in the hammer just edges out junior Sammy Jo Missel's top toss of 173-2 among the returnees. Depth in the hammer will come from Minnesota transfer Megan Johnson and redshirt freshman Sarah Hinline. All the Cougar women in the hammer need to throw consistently at the mid-180s and close to the 190s in order to be competitive at the end of the year.

Junior javelin thrower Rachel Bertholf had an outstanding year in 2003. Though still working on her developing her technique, Bertholf came within two inches of getting to the NCAA Championships. Jenna Dean had a great freshman debut with a throw of 148-1, and a seventh place at the conference meet. Kate Syring, sophomore, will continue to develop while incoming freshman Sami Fisher and redshirt freshman Karla Pfaff show good potential for development in the javelin.

HEPTATHLON

In spite of losing four-time heptathlon All-American and school record-holder Ellannee Richardson, Sloan is very optimistic about the multi-events.

Diana Pickler is back for her sophomore year after a fourth-place finish at the Pac-10 Meet and a good showing at the NCAA Championships.

Diana's twin sister, Julie Pickler, is back for the outdoor season after suffering a foot injury and sitting out last spring. Julie will redshirt the 2004 indoor season to even her eligibility and she will be a freshman during the outdoor season this year.

"Both Diana and Julie are coming along well," Sloan said. "The shot put is giving us fits but they are starting to turn the corner there now. Keeping them healthy and technically sound is the main focus and if we are able to accomplish that, they will both perform very well at the NCAA level indoors and out."

New this year is the indoor heptathlon for men and the indoor pentathlon for women. The seven events for men (versus 10 in the outdoor decathlon) and five events for women (versus seven in the outdoor heptathlon) give the multi-events athletes a competition to prepare for during the indoor season.





Talented Cougar Men Must Perform Up to Potential

Rick Sloan predicts his 10th season as head coach of the Washington State track and field team will be a very interesting year for both the men's and women's programs.

"I think we have talented people on both of our teams who have underachieved either last year or for their career," Sloan said. "Our challenge to the team this year is we want them to do what they are capable of doing."

Sloan, in his 31st year with the program overall, has been extremely pleased with the pre-season preparation work.

"I can't remember a year, and there have been a lot of them, where we have worked as diligently and as hard in our preparation, and there was never any complaining about how hard we were working," Sloan said. "I noticed in the workouts that people are putting their best efforts into it."

Physical fitness is not the only preparation the Cougar coaches are working on for 2004.

"It doesn't matter how fit we are, it's what the mindset is going into competition," Sloan said. "Expectation plays a vital role in success."

The Cougar men lost one All-American when intermediate hurdler Eric Dudley graduated, but have redshirt sophomore decathlete Darion Powell, a 2003 All-American, as well as Pac-10 sprint champion Anthony Buchanan returning this spring.

Senior thrower and team captain Tim Gehring leads a solid returning group, including ten men who have scored at past conference championship meets. Add in the ten newcomers who boast of state championships and there is a solid base of talent on the Cougar men's team.

"Overall, we have good talent in our running events but we compete in the Pac-10 Conference and everybody's got talent across the board," Sloan said. "We are going to have to get better for us to be a competitive team. My hope is that this year we stay healthy and compete like we're capable."

SPRINTS

This will be a strong area for the men in general but especially so in the 100m and 200m dashes. Sloan considers senior Anthony Buchanan as one of the more talented athletes he's ever coached at Washington State.

"Anthony is a fantastic sprinter," Sloan said. "The end of the year is the most important time to be running fast and be healthy and I think we have to do a little better job of making sure that he is both mentally and physically ready to go when it really matters, at the Pac-10s, at the Regionals and at the NCAAAs."

A trio of sprinters/long jumpers will provide solid depth in the dashes: junior transfer Alex Jones and sophomores James McSwain and Martin Boston. Also returning in the sprints are Dan Brink, Darion Powell and Lamarr Kirk with Kirk primarily running the 200m and 400m.

"Dan Brink has had a great career for Washington State," Sloan said. "Dan's been a good utility runner for us and he's willing to run whatever we ask him to run."

Freshman Jarrell Nelson is an exciting newcomer for the Cougars who, after working with sprints coaches Mark Macdonald and Ellannee Richardson in fall training, has confirmed the high level of talent they saw in his prep racing.

In the 400m, Dione Cason returns after his much anticipated sophomore season in 2003 never got underway because of an injury. Senior Qieed Ishmael has been training very well and Sloan hopes he can break through the 48-second barrier to the low 47s or maybe even high 46s. Kirk, Brink and Powell will provide depth in the quarter mile when called on.

RELAYS

The prediction of a good 100m event should translate once again to a fast 4x100m relay. The talent is definitely there and making good connections with good stick passes should result in another sub-40 flat relay team again this year, according to Sloan.

Cason was a factor in the shorter relay in 2002 while Kirk saw action on both the 4x100m and 4x400m relays last year. For success in the longer relay, Sloan expects the 400m sprinters who are solid in that mid 48-second range to get a little bit better this year. Powell will also see some relay duties from time to time.

MIDDLE DISTANCE/DISTANCE/STEEPLECHASE

In the 800m, junior Jon Manthey has the top time and Sloan considers him a very talented runner who has been plagued by inconsistency. Justin Ireland joins Cason and freshman Chris Williams to add depth in this event.

"The 800m is an area where we need to get a little bit better, either through our recruiting this year or with the people we currently have stepping up and performing at a high level," Sloan said.

Senior transfer Steven Barrus trades his blue BYU Cougar uniform for a Crimson one this year. Barrus comes to WSU as a graduate student who has run the 1500m in 3-minutes, 45 seconds and is a great addition adding more strength in the middle distance range, especially in the 1500m.

Ireland, a junior, had a great cross country season and has run the open 400m in the 49-second range. Combining that speed with the strength he gained from running competitively last fall should translate into faster 1500m times.

Senior Ian Johnson is a versatile racer and valuable member of the distance team, running every event from the 800m to the 5000m, including a great steeplechase last spring.

Although injured in cross country last fall, sophomore Ryan Freimuth had established a very good strength base of miles behind him and Sloan is anxious to see what he'll do on the track. Freshmen Geoff Casazza, Chris Concha and Williams show potential to be outstanding middle distance runners in the 1500m to 5000m events.

Sophomore Danny Wolf, injured last year during the indoor season and redshirted the outdoor season, came back with a great 2003 cross country season. Known for his tenacious work ethic and "run in front" race tactics, Wolf's health and intelligent racing will be the keys to his success and Coach Jason Drake's nearly full-time job.

"Danny has the talent and potential to be one of the NCAA's top runners," Sloan said.

Junior Mike Heidt is coming off his best cross country season to date and will run both the 5000m and 10,000m competitively. A slew of freshmen will contribute in the 5k and 10k races. Andrew Jones is an outstanding runner who was a Footlocker cross country finalist and should do very well on the track as well. Daniel Fredrick, Alex Grant, Matt Knoff had good cross country seasons and showed potential to become outstanding middle and long distance runners on the track.

The Cougar steeplechase leader is Johnson who ran a lifetime best time of 9:07.97, to clinch the dual win over Washington last year. More than likely, Coach Drake will have all the freshmen run the steeplechase once or twice this year to see who can be successful and get points.

HURDLES

Matt Mason joined the Cougars at semester and brings an outstanding 14.05 time in the high hurdles and 50.80 time in the intermediate hurdles. Powell, the All-American decathlete,

returns with a high hurdle best time of 14.52 seconds and after developing more power, should drop that time this year. Josh Leyk ran well indoors as a freshman and Eric Nygard had good times at the end of last year coming off limited training due to injury.

With a large class of freshmen, Coach Mark Macdonald is excited about the talent potential in the highs and continues training them to adjust to the three-inch taller hurdle and master the timing, confidence and rhythm. Barry Leavitt and Brandon Brownell were state hurdles champions. John Cassleman was a 300m hurdles state champion but should also find success in the collegiate highs. Tyler Fischback and Bob Frey will fill in in both the highs and intermediates.

"I think John Cassleman is a very exciting athlete who will be a better 400m hurdler than he was a 300m hurdler," Sloan said of the son of former Cougar women's coaches Jessica and Rob Cassleman. "John is a very talented and intelligent person who doesn't seem to fatigue in the last 100m on the straight away but gets his stride going and continues running right around the curve at the same pace. He will be successful right away."

Although excellent hurdlers, Sloan wants to avoid using decathletes Brownell and Powell in meets.

JUMPS

WSU will have two pole vaulters this year: sophomore Tyson Byers and junior Paul Nicoletti. Sloan thinks highly of Byers and believes he is very capable of being an 18-foot pole vaulter this year after his freshman transition year. Nicoletti made a big break through last year going from a 15-6 guy to 16-8 3/4. Freshman vaulter D.J. Brown will redshirt this year after damaging his knee and having surgery last fall.

"Byers is showing us that he can be very good this year," Sloan said. "He thinks he can go 18-feet this year and that is half the battle. Paul will respond to that and compete to stay at the same level so they are good for each other."

The high jump is a little bit of a question mark for the Cougs. Senior Matt Alverson didn't have a great year and was hurt with a hamstring injury almost the entire 2003 season after high jumping 7-1 early in his WSU career. Redshirt sophomore Pat Harrigan jumped very well as a freshman, third in the conference at 7-0 1/2, but last year had a genetic default in his ankle surgically repaired so he sat out all year. Decathletes David Turpin with a best of 6-8, and Powell with a best of 6-4 with a foot problem and no practice, will serve as back-ups in this event.

Coach Kris Grimes has a great stable of competitors in the long jump with four over 24-feet and the potential to go 25 to 26-feet, which should make practice very competitive as well. Matt Mason has an outstanding PR of 25-7 1/4. Alex Jones, another junior college transfer, has long jumped 24-5. Sophomore Martin Boston had a great summer on the US Junior Team, and was disappointed with his Pan American Junior Meet outcome but has made some adjustments and should be more consistent with his approach. Jamil Smith, WSU's number one triple jumper, can be a great long jumper as well. With limited jumping last year, Powell is expected to leap over 24-feet in 2004, as is McSwain and Brownell.

Smith, a junior who placed third in the triple jump at the Pac-10 meet as a freshman, battled injuries last year. Now fit and working diligently, Sloan expects to see him get the marks to be an NCAA competitor. Senior Peter Rizzardi is a talented jumper who has shown his capacity to jump 50-feet but the coaches need him to be consistent with his approach and make the lengthy jumps count. Sophomore Ben Hampton was a 48-footer with the long legs to develop into a 50-footer. Sophomore Kyle Kraemer suffered injuries last year and is still not fully recovered.

Jones and Boston, both 48-footers, can be used in the triple jump.

THROWS

Senior Tim Gehring returns for the Cougars as the team captain and a Pac-10 scorer in both the shot put and hammer. Gehring threw the shot 59-feet and tossed the hammer 196-10 last year, tops in both events for the Cougs.

"Tim's done a great job over his career, developing both as a competitor in his training and his performances," Sloan said. "He is going to be a good, strong leader for this group."

Senior Sam Lightbody is the returning leader in the discus after finishing in sixth place at the Pac-10 Championships last spring with a throw of 180-9. His throwing will be limited because of his participation in the football team's spring practice schedule. Sloan feels whatever WSU can get from Lightbody is a bonus.

Throws Coach Debra Farwell is very excited about the young group of shot put and discus throwers and their progress in the fall training sessions. Redshirt freshmen Cameron Neel and Mike Schramm (injuries) as well as true freshman Drew Ulrick appear to be adjusting well to the 16-pound shot, and while still in a developmental stage, look promising in this event. The trio gives WSU good depth behind the proven performances of Gehring and the Cougs will look to the other guys to develop and provide backup.

Redshirt junior Thad Cullinan, a walk-on three years ago, is the Cougars' number two hammer thrower after developing well last year. Freshman Keith Tyler, a high school hammer thrower, will redshirt in 2004.

Javelin thrower Curt Borland, a senior, is the Cougars' number one guy with a best toss of 216-8 and leads a good strong core in this event. Freshman Ryan Scott and redshirt sophomore Brett Ortgiesen are making technical adjustments but should score points for WSU this year. Kyle Mitchell, another redshirt sophomore, has progressed more slowly but needs to step up this year. Powell, capable of throwing 200-feet, can jump in the javelin from time-to-time but the team needs a couple more throwers to step up from the 190s to the 200-foot range.

DECATHLON

All-American Darion Powell returns for his redshirt sophomore year after an NCAA performance of 7,511 points and fourth place as a freshman. Powell hurt his left wrist last year and last fall he fell and hurt his right wrist. These injuries have not allowed him to throw and he's had to limit his lifting the entire fall waiting for his right wrist to get well. On a positive note, Sloan points out that Powell's running is good and his high jump is better than ever. Resuming throwing practice will be a key to his success.

"Darion's big, fast, and strong and I think he's going to have a great season," Sloan said. "We have to be careful about pounding him too hard and maintain his health. He will be one of the important factors at the NCAA meet."

Freshman Brandon Brownell has been impressive in fall training with his strength and speed while learning the techniques and Sloan predicts he'll be an outstanding decathlete as well.

David Turpin, a Pac-10 scorer last year (8th place, 6,826 points) is back for his senior year and means WSU could have three athletes scoring at the conference meet this year.

With an indoor heptathlon added to the outdoor decathlon, the multi-events competitors will now be training for their own specialty.



2004 COUGAR WOMEN'S ROSTER

NAME	HT	YR	EVENT	HOMETOWN/LAST SCHOOL
Louise Akesson	5-6	SR	Hurdles	Lyckeby, Sweden (Chapman High)
Brittany Bekins	5-10	FR	Heptathlon	Everett, Wash. (Cascade High)
Rachel Bertholf	5-10	JR	Javelin	Colbert, Wash. (Mt. Spokane High)
Amaessa Bostwick	5-7	FR	Hurdles	Cranbury, NJ (McCorristin Catholic High)
Teresa Brooks	5-7	JR*	Sprints	Spokane, Wash. (Lewis & Clark High/Cen. Ariz CC)
Molly Bull	5-5	JR	Middle Distance	Oak Harbor, Wash. (Oak Harbor High)
Ana Cabrera	5-4	JR*	Distance	Vancouver, Wash. (Skyview High)
Julia Corbett	5-7	JR	Middle Distance	Bremerton, Wash. (Olympic High)
Grace Coulter	5-5	FR	Distance	Bellingham, Wash. (Sehome High)
Jenna Dean	5-9	SO	Javelin	Glenwood, Wash. (Glenwood High)
Karen DeMartini	5-7	FR	Distance	Reno, Nev. (Reno High)
Tamara Diles	5-9	SO*	Pole Vault	Bellevue, Wash. (Newport High)
Sami Fisher	5-9	FR	Throws	Yakima, Wash. (Eisenhower High)
Kaylee Gardner	5-10	FR	Jumps	Bellingham, Wash. (Bellingham High)
Alexa Green	5-6	FR	Hurdles	Seattle, Wash. (Holy Names Academy)
Angelita Green	5-4	SR	Middle Distance	Long Beach, Calif. (Long Beach Poly High)
Tamara Gulley	5-8	SR	Sprints/Hurdles	San Jose, Calif. (Oak Grove High)
LaToya Harris	5-7	SR*	Jumps	Portland, Ore. (Parkrose High)
Nicole Hatcher	5-6	SO	Sprints	Kennewick, Wash. (Southridge High)
Sarah Hineline	5-11	SO	Throws	Bellevue, Wash. (Newport High)
+Monique Jessie	5-9	SR	Hurdles	Compton, Calif. (Carson High/West LA City College)
Julie Jewett	5-7	SO	Middle Distance	Cowiche, Wash. (Highland High)
Nicole McClendon	5-6	FR	Sprints	Granada Hills, Calif. (Bishop Alemany High)
Karla McGee	5-8	SR	Pole Vault	Lethbridge, Alb., Canada (Kate Andrews High)
Robin Mikesh	5-6	SO	High Jump	Sumner, Wash. (Auburn Riverside High)
Sammy Jo Missel	5-4	JR	Throws	Mead, Wash. (Mt. Spokane High)
Marie Muai	5-7	JR	Throws	Tacoma, Wash. (Franklin Pierce High)
Audrea Nolan	5-5	FR	Pole Vault	Seattle, Wash. (Seattle Academy)
Kayle Peterson	5-7	FR	Distance	Port Orchard, Wash. (South Kitsap High)
Karla Pfaff	6-0	FR*	Javelin	Chehalis, Wash. (W.F. West High)
Diana Pickler	5-10	SO	Heptathlon	Sachse, Texas (Rowlett High)
Julie Pickler	5-10	FR*	Heptathlon	Sasche, Texas (Rowlett High)
Brandi Probasco-Canda	5-7	FR	Sprints	Portland, Ore. (Benson Poly Technical High)
Kelly Ramirez	5-5	FR	Distance	Duvall, Wash. (Cedarcrest High)
Shannon Rance	5-8	SR	Throws	Renton, Wash. (Renton High)
Bree Skinner	5-6	SR	Sprints/Jumps	Pasco, Wash. (Pasco High)
Natalie Smith	5-5	FR	Distance	Bellingham, Wash. (Sehome High)
Katie Syring	5-8	SO	Javelin	Vancouver, Wash. (Mountain View High)
Katie Troy	5-4	FR	Middle Distance	Bellevue, Wash. (Bellevue High)
Blessing Ufodiana	5-10	SR	Jumps	Long Beach, Calif. (Long Beach Poly High)
Kameko Wilson	5-6	FR	Sprints	Spanaway, Wash. (Bethel High)
Hailey Young	5-5	SO	Distance	Kent, Wash. (Thomas Jefferson High)

Head Coach: Rick Sloan

Associate Coach: Debra Farwell

Assistant Coaches: Mark Macdonald, Kris Grimes, Jason Drake, Ellannee Richardson

Volunteer Coaches: Dan O'Brien, Michael Friedberg, Andrea Thornton

+ Team captains

* Taken redshirt season

** Currently redshirting

2004 COUGAR MEN'S ROSTER



NAME	HT	YR	EVENT	HOMETOWN/LAST SCHOOL
Matt Alverson	6-1	SR	High Jump	Everett, Wash. (Cascade High)
Steve Barrus	6-0	SR*	Distance	Clovis, Calif. (Clovis High/BYU)
Curt Borland	6-2	SR*	Javelin	Cowiche, Wash. (Highland High)
Martin Boston	5-11	SO	Jumps	Hayward, Calif. (James Logan High)
Dan Brink	5-8	SR	Sprints	Yacolt, Wash. (Battle Ground High)
D.J. Brown	6-2	FR**	Pole Vault	Bellingham, Wash. (Squalicum High)
Brandon Brownell	6-0	FR	Decathlon	Olympia, Wash. (Yelm High)
Anthony Buchanan	5-9	SR	Sprints	Spokane, Wash. (University High)
Tyson Byers	6-2	SO	Pole Vault	Spokane, Wash. (University High)
Geoff Casazza	5-11	FR	Distance	Reno, Nev. (Galena High)
Dione Cason	5-7	SO*	Sprints	Long Beach, Calif. (Long Beach Poly High)
John Cassleman	6-0	FR	Hurdles	Pullman, Wash. (Pullman High)
Chris Concha	5-10	FR	Distance	Reno, Nev. (Reno High)
Thad Cullinan	6-0	JR*	Hammer	Mukilteo, Wash. (Kamiak High)
Tyler Fischback	5-11	FR	Hurdles	Montesano, Wash. (Montesano High)
Daniel Frederick	5-11	FR	Distance	Bremerton, Wash. (Olympic High)
Ryan Freimuth	6-1	SO	Distance	Wentachee, Wash. (Wenatchee High)
Bob Frey	5-9	FR	Hurdles	Spanaway, Wash. (Bethel High)
+ Tim Gehring	5-11	SR*	Throws	Kettle Falls, Wash. (Kettle Falls High)
Alex Grant	6-0	FR	Distance	Bellingham, Wash. (Sehome High)
Ben Hampton	6-5	SO	Jumps	Kennewick, Wash. (Southridge High)
Patrick Harrigan	6-6	SO*	High Jump	Reno, Nevada (McQueen High)
Mike Heidt	5-7	JR	Distance	Selah, Wash. (Selah High)
Justin Ireland	5-11	JR	Middle Distance	Issaquah, Wash. (Skyline High)
Qieed Ishmael	6-1	SR	Sprints	Richmond, Va. (Varina High)
Ian Johnson	5-8	SR*	Distance	Spokane, Wash. (University High)
Alex Jones	5-9	JR	Sprints/Jumps	Clovis, Calif. (Buchanan High/C.of Sequoias/Fresno CC)
Andrew Jones	5-8	FR	Distance	Gillette, Wyo. (Campbell County High)
Lamarr Kirk	5-9	JR*	Sprints	Los Angeles, Calif. (Dorsey High/Long Beach CC)
Matt Knoff	5-11	FR	Distance	Pocatello, Idaho (Highland High)
Barry Leavitt	6-0	FR	Hurdles	Benton City, Wash. (Kiona-Benton High)
Josh Leyk	5-11	SO	Hurdles	Veradale, Wash. (Central Valley)
Sam Lightbody	6-9	SR*	Throws	Huntington Beach, Calif. (Huntington Beach High)
Jon Manthey	6-1	JR	Middle Distance	Federal Way, Wash. (Federal Way High)
Matt Mason	6-2	JR*	Hurdles/Jumps	Marietta, Ga. (McEachern High/Long Beach CC)
James McSwain	5-7	SO	Sprints/Jumps	Las Vegas, Nev. (Mojave High)
Kyle Mitchell	5-10	SO*	Javelin	Walla Walla, Wash. (Walla Walla High)
Cameron Neel	6-6	FR*	Throws	Woodinville, Wash. (Woodinville High)
Jarrell Nelson	5-7	FR	Sprints	Bremerton, Wash. (Olympic High)
Paul Nicoletti	5-10	JR*	Pole Vault	Snohomish, Wash. (Snohomish High)
Eric Nygard	6-0	SO*	Hurdles	Wenatchee, Wash. (Wenatchee High/Wenatchee Valley CC)
Brett Orgiesen	6-2	SO*	Throws	Gig Harbor, Wash. (Penninsula High)
Darion Powell	6-5	SO*	Decathlon	Kirkland, Wash. (Lake Washington High)
Peter Rizzardi	5-11	SR	Jumps	Seattle, Wash. (O'Dea High)
Michael Schramm	6-6	FR*	Throws	Spokane Wash. (West Valley High)
Ryan Scott	5-10	FR	Javelin	Kalama, Wash. (Kalama High)
Jamil Smith	5-8	JR	Jumps	Palmdale, Calif. (Palmdale High)
David Turpin	6-0	SR	Decathlon	Oakhurst, Calif. (Yosemite High/Sw Oregon CC)
Keith Tyler	6-3	FR**	Throws	Union Gap, Wash. (Eisenhower High)
Drew Ulrick	6-5	FR	Throws	Spokane, Wash. (Mead High)
Chris Williams	5-11	FR	Distance	Federal Way, Wash. (Decatur High)
Danny Wolf	5-11	SO*	Distance	Reno, Nevada (Reno High)



2004 DEPTH CHART

2004 Women

100m

Tamara Gulley	SR	11.83
Bree Skinner	SR	11.91
Nicole McClendon	FR	12.03
Nicole Hatcher	SO	12.04

200m

Bree Skinner	SR	24.28
Teresa Brooks	JR	24.54
Brandi Probasco-Canda	FR	24.64
Nicole McClendon	FR	24.68
Nicole Hatcher	SO	24.70

400m

Brandi Probasco-Canda	FR	54.07
Monique Jessie	SR	54.85
Angelita Green	SR	55.12
Teresa Brooks	JR	55.85
Kameko Wilson	FR	56.04
Nicole McClendon	FR	57.3

800m

Angelita Green	SR	2:09.58
Molly Bull	JR	2:14.61
Karen DeMartini	FR	2:15
Katie Troy	FR	2:17

1500m

Karen DeMartini	FR	4:46
Molly Bull	JR	4:47.99
Kelly Ramirez	FR	4:48
Kayle Peterson	FR	4:50
Grace Coulter	FR	4:50
Natalie Smith	FR	4:51
Haley Young	SO	4:55
Julie Jewett	SO	5:00

3000m Steeplechase

Kayle Peterson	FR	NM
Kelly Ramirez	FR	NM
Ana Cabrera	JR	11:57.14
Molly Bull	JR	11:57.86

5000m

Ana Cabrera	Jr	17:58.47
Grace Coulter	FR	NM
Natalie Smith	FR	NM
Julia Corbett	JR	18:17.21
Kelly Ramirez	FR	NM

10,000m

Ana Cabrera	JR	36:55.60
Julia Corbett	JR	NM

100m Hurdles

Tamara Gulley	SR	13.55
Diana Pickler	SO	13.71
Julie Pickler	FR	13.79
Louise Akesson	SR	14.72

400m Hurdles

Monique Jessie	SR	58.32
Louise Akesson	SR	62.25
Amaressa Bostwick	FR	NM
Alexa Green	FR	NM

High Jump

Robin Mikesch	SO	5-8 3/4
Diana Pickler	SO	5-8
Julie Pickler	FR	5-6
LaToya Harris	SR	NM

Pole Vault

Tamara Diles	SO	14-3 1/4i
Karla McGee	SR	12-7 1/2
Audrea Nolan	FR	11-6

Long Jump

Diana Pickler	SO	19-6 1/4
Julie Pickler	FR	19-3 3/4
Blessing Ufodiama	SR	19-0 3/4i
Kaylee Gardner	FR	18-5

Triple Jump

Blessing Ufodiama	SR	41-11
Bree Skinner	SR	41-0 1/2
Kaylee Gardner	FR	38-8

Shot Put

Shannon Rance	SR	51-1i
Marie Muai	JR	45-7
Sarah Himeline	SO	NM

Discus

Marie Muai	JR	167-10
Shannon Rance	SR	150-0

Javelin

Rachel Bertholf	JR	155-8
Jenna Dean	SO	148-1
Sami Fisher	FR	NM
Karla Pfaff	FR	NM
Kate Syring	SO	136-0

Hammer

Marie Muai	JR	175-5
Sammy Jo Missel	JR	173-2
Sarah Himeline	SO	NM

Heptathlon

Diana Pickler	SO	5365
Julie Pickler	FR	5338
Louise Akesson	SR	4347
Brittany Bekins	NM	

2004 Men

100m

Anthony Buchanan	SR	10.10
Alex Jones	JR	10.59
James McSwain	SO	10.64
Martin Boston	SO	10.77
Jarrell Nelson	FR	10.79
Dan Brink	SR	10.88
Darion Powell	SO	11.01
Lamarr Kirk	JR	11.03

200m

Anthony Buchanan	SR	20.75
Jarrell Nelson	FR	21.79
James McSwain	SO	21.89
Lamarr Kirk	JR	21.99
Dan Brink	SR	22.12

400m

Dione Cason	SO	47.90
Qieed Ishmael	SR	48.23
Lamarr Kirk	JR	48.63
Dan Brink	SR	49.42
Darion Powell	SO	49.53

800m

Jon Manthey	JR	1:52.35
Justin Ireland	JR	1:53.40i
Dione Cason	SO	1:54.11
Chris Williams	FR	1:56

1500m

Steve Barrus	SR	3:49
Ian Johnson	SR	3:49.23
Justin Ireland	JR	3:53.38
Danny Wolf	SO	3:55.20
Ryan Freimuth	SO	4:01.62
Geoff Casazza	FR	4:02
Chris Concha	FR	4:02
Chris Williams	FR	4:02

3000m Steeplechase

Ian Johnson	SR	9:07.97
Danny Wolf	SO	9:17.8
Geoff Casazza	FR	NM
Alex Grant	FR	NM

5,000m

Danny Wolf	SO	14:17.11
Steve Barrus	SR	14:35
Ian Johnson	SR	14:56.90
Mike Heidt	JR	15:22.64
Andrew Jones	FR	NM
Dan Fredrick	FR	NM
Alex Grant	FR	NM
Matt Knoff	FR	NM

10,000m

Mike Heidt	JR	30:03.68
Alex Grant	FR	NM

110m Hurdles

Matt Mason	JR	13.81
Darion Powell	SO	14.52
Barry Leavitt	FR	14.20
Josh Leyk	SO	15.45
Brandon Brownell	FR	14.80
Bob Frey	FR	14.60
John Cassleman	FR	14.68

400m Hurdles

Matt Mason	JR	50.16
Darion Powell	SO	53.39
Josh Leyk	SO	53.92
Eric Nygard	SO	55.12
John Cassleman	FR	37.51hs
Brandon Brownell	FR	38.21hs
Barry Leavitt	FR	38.52hs
Tyler Fishback	FR	NM
Bob Frey	FR	NM

High Jump

Matt Alverson	SR	7-1
Pat Harrigan	SO	7-0 1/2
David Turpin	SR	6-8

Pole Vault

Tyson Byers	SO	17-1
Paul Nicoletti	JR	16-8 3/4
D.J. Brown	RS	16-1

Long Jump

Matt Mason	JR	25-7 1/4
Alex Jones	JR	24-5
Martin Boston	SO	24-4 1/2
Jamil Smith	SO	24-1 3/4i
Darion Powell	SO	23-8 3/4
James McSwain	SO	23-8
David Turpin	SR	23-6
Brandon Brownell	FR	23-0
Peter Rizzardi	SR	22-11 1/4

Triple Jump

Jamil Smith	JR	50-10 3/4
Peter Rizzardi	SR	48-4 1/2
Ben Hampton	SO	48-0
Martin Boston	FR	48-0
Alex Jones	JR	48-0

Shot Put

Tim Gehring	SR	59-0
Sam Lightbody	SR	58-4i
Darion Powell	SO	47-3 1/2i
Cameron Neel	FR	56-3 1/2hs
Mike Schramm	FR	55-5 3/4hs
Drew Ulrick	FR	NM

Discus

Sam Lightbody	SR	180-9
Cameron Neel	FR	162-7hs
Mike Schramm	FR	173-11hs
Drew Ulrick	FR	183-3hs

Javelin

Curt Borland	SR	216-8
Ryan Scott	FR	198-0
Darion Powell	SO	190-3
Brett Orgtjesen	SO	188-0
Kyle Mitchell	SO	181-7

Hammer

Tim Gehring	SR	196-10
Thad Cullinan	SO	171-10
Keith Tyler	FR	NM

Decathlon

Darion Powell	SO	7511
David Turpin	SR	6826
Brandon Brownell	FR	NM

2004 QUALIFYING STANDARDS

2004 Pacific-10 Conference Men's and Women's Track & Field Championships

presented by ARCO ampm

Men's 74th Annual – Women's 18th Annual

May 14-15

University of Arizona—Tucson, Arizona

Combined Events contested May 7-8

QUALIFYING STANDARDS

Event	MEN	WOMEN
	FAT/Metric	FAT/Metric
100m	10.74	12.04
200m	21.44	24.64
400m	47.84	55.44
800m	1:51.44	2:11.14
1500m	3:50.14	4:40.14
Mile	4:08.14	5:01.14
3000m Steeplechase	9:09.14	11:10.14
5000m	14:35.14	17:30.14
10,000m	No standard	No standard
110m/100m Hurdles	14.74	14.34
400m Hurdles	53.64	62.04
400m Relay	No standard	No standard
1600m Relay	No standard	No standard
High Jump	2.05/6-8 3/4	1.70/5-7
Pole Vault	5.00/16-4 3/4	3.80/12-5 1/2
Long Jump	7.30/23-11 1/2	5.80/19-0 1/2
Triple Jump	14.50/47-7	12.00/39-4 1/2
Shot Put	17.00/55-9 1/4	13.25/43-5 3/4
Discus	51.50/168-11	46.00/150-11
Javelin	60.00/196-10	43.50/142-8
Hammer	58.00/190-3	52.00/170-7
Decathlon/Heptathlon	6800 points	4400 points



Future Sites of the Pac-10 Track & Field Championships

2005 - UCLA
2006 - Washington
2007 - Stanford
2008 - Arizona State
2009 - Oregon
2010 - California



2004 NCAA Division I Men's & Women's Track & Field Championships

June 9-12 • Austin, Texas

NCAA West Regional Meet

May 28-29 • Northridge, California

This is the second year for NCAA Regional Meets. The NCAA has divided the Division I schools into four vertically drawn regions: West, Midwest, Mideast, and East. There are 41 men's track and 42 women's track programs in the West Region that will converge at Northridge, Calif., May 28-29. In lieu of national provisional and automatic qualifying standards (with exceptions for the 10k and heptathlon/decatlon events), the regional qualifying standards are based on the 100th best performance nationally from the previous year with all conference champions automatically invited to their respective regional. The top-five finishers from each regional event automatically advance to the NCAA Championships, June 9-12, at Austin, Texas. In addition to these top five regional finishers, an additional six to eight athletes nationally per event will be invited by the NCAA Championships selection committee based on a season performance list (in case of injury, illness, false-start/DQ, etc.) as long as that athlete competed in the regional.

NCAA REGIONAL QUALIFYING STANDARDS

Event	Men	Women
100m	10.50	11.78
200m	21.19	23.96
400m	47.26	54.61
800m	1:50.62	2:10.29
1500m	3:48.21	4:29.12
Mile	4:06.61	4:50.80
3000m Steeplechase	9:08.15	10:57.18
5000m	14:18.58	16:56.43
110m Hurdles	14.33	
100m Hurdles		13.95
400m Hurdles	52.51	1:00.82
400m Relay	40.66	45.80
1600m Relay	3:10.84	3:43.03
Mile Relay	13:12.04	3:44.23
High Jump	2.10m/6-10 3/4	1.73m/5-8
Pole Vault	5.00m/16-4 3/4	3.75m/12-3 1/2
Long Jump	7.34m/24-1	5.93m/19-5 1/2
Triple Jump	15.08m/49-5 3/4	12.26m/40-2 3/4
Shot Put	16.47m/54-0 1/2	14.24m/46-8 3/4
Discus	51.37m/168-6	46.58m/152-10
Javelin	61.62m/202-2	42.61m/139-9
Hammer	55.63m/182-6	52.84m/173-4

*standard for 10-foot pit

12-foot pit standard is 11:00.00

Event	NCAA Automatic	Provisional
M 10,000m	29:00.00	29:45.00
Decathlon	7,500 points	7,000 points
W 10,000m	34:10.00	35:15.00
Heptathlon	5,500 points	5,000 points

COUGAR FACTS

2003 Competitive Highlights

WSU WOMEN

Mountain Pacific Sports Federation Indoor Championships
3rd (68 points)
MPSF Champions: Tiffany Giles (400m), Whitney Evans
(High Jump)
Established five school indoor records.
NCAA Indoor Championships: T26 (7 points)
Indoor All-Americans: Whitney Evans (4th, High Jump),
Tiffany Giles, Monique Jessie, Angelita Green and Ellannee
Richardson (7th, 4x400m Relay)
Pacific-10 Conference Championship: 5th (87 points)
Pac-10 Champions: Ellannee Richardson (Heptathlon)
NCAA Outdoor Championships: 12th (21 points)
All-Americans: Whitney Evans (1st, High Jump), Ellannee
Richardson (2nd Heptathlon), Anna Blue (6th 5000m)
Established five school outdoor records.

2003 Competitive Highlights

WSU MEN

Mountain Pacific Sports Federation Indoor Championships
7th (41 points)
MPSF Champions: Bennie Chatman (60m)
NCAA Indoor Championships T45th (4 points)
Indoor All-American: Kurtiss Dille (5th, High Jump)
Pacific-10 Conference Championship: 6th (77 points)
Pac-10 Champions: Anthony Buchanan (100m)
NCAA Outdoor Championships: T27th (8 points)
All-Americans: Eric Dudley (6th Intermediate Hurdles),
Darion Powell (4th Decathlon)

2004 Top Returners

WSU WOMEN

Returning NCAA Outdoor Participants:

Monique Jessie, Intermediate Hurdles: 2003 (DNP)
Monique Jessie, Angelita Green, Tamara Gulley, 1600m
Relay: 2003 (DNP)
Diana Pickler, Heptathlon: 2003 (27th)
Bree Skinner, Triple Jump: 2003 (DNP)

Returning Pac-10 Scoring:

Jenna Dean, javelin: 2003 (7th)
Tamara Diles, Pole Vault: 2003 (5th)
Tamara Gulley, 110m Hurdles: 2002 (3rd),
Monique Jessie, 400m Hurdles: 2003 (4th)
Robin Mikesh, High Jump: 2003 (4th)
Diana Pickler, Heptathlon: 2003 (4th)
Shannon Rance, Shot Put: 2001 (7th)
Bree Skinner, Triple jump: 2003 (5th)
Blessing Ufodiana, Triple Jump: 2001 (7th), 2002 (5th),
2003 (3rd)

2004 Top Returners

WSU MEN

Returning NCAA Outdoor Participants:

Anthony Buchanan, 100m Dash: 2001 - DNP; 2002 -
DNP; 2003 - Injured DNS
Darion Powell, Decathlon: 2003 - 4th

Returning Pac-10 Scorers:

Matt Alverson, High Jump:
2000 (8th)
Curt Borland, Javelin:
2001 (8th), 2002 (4th),
2003 (7th)
Anthony Buchanan, 100m:
2001 (6th), 2002 (3rd),
2003 (1st)
Tyson Byers, Pole Vault:
2003 (7th)
Tim Gehring, Hammer:
2002 (6th), 2003 (7th)
Shot Put: 2003 (7th)
Patrick Harrigan, High
Jump: 2002 (4th)
Ian Johnson, 1500m:
2001 (8th)
Sam Lightbody, Discus:
2003 (6th)
Darion Powell, Decathlon:
2003 (2nd)
Jamil Smith, Long Jump:
2002 (8th)
Triple Jump: 2002 (3rd),
2003 (6th)
David Turpin, Decathlon:
2003 (8th)



Martin Boston finished second in the long jump at the 2003 USATF Junior Championships and was a member of the United States Junior National team competing at the Pan American Junior Championships at Barbados.

2004 Top Newcomers

FRESHMEN WOMEN

Samantha Fisher, Yakima, Wash., JT 146-0
Kaylee Gardner, Bellingham, Wash., TJ 38-8 3/4
Nicole McClendon, Granada Hills, Calif., 100m 12.04 /
200m 24.68
Audrea Nolan, Seattle, Wash., PV 11-6
Brandi Probasco-Canda, Portland, Ore., 400m 54.07
Kameko Wilson, Spanaway, Wash., 400m 56.04

TRANSFERS/FRESHMEN REDSHIRTS WOMEN

Teresa Brooks, Redshirt JR, Central Arizona CC, Spokane,
Wash., 200m 24.54 / 400m 55.85
Julie Pickler, Redshirt FR WSU, Sasche, Texas, Heptathlon
5,338 pts

FRESHMEN MEN

D.J. Brown, Bellingham, Wash., PV 16-1
John Cassleman, Pullman, Wash., 300m IH 37.51
Andrew Jones, Gillette, Wyo., 1600m 4:26 / 3200m 9:40
Barry Leavitt, Benton City, Wash., 110m HH 14.20
Jarrell Nelson, Bremerton, Wash., 100m 10.79 / 200m 21.79

TRANSFERS/FRESHMEN REDSHIRTS MEN

Steve Barrus, SR, BYU, Clovis, Calif., 1500m 3:49.0
Dione Cason, Redshirt SO WSU, Long Beach, Calif., 400m
47.90 / 800m 1:54.11
Alex Jones, JR, Fresno City College, Clovis, Calif., 100m 10.59
/ LJ 24-5 / TJ 48-0
Matt Mason, JR, Long Beach CC, Marietta, Ga.,
110mH 13.81 / 400mH 50.16 / LJ 25-7 1/4