

2004 COUGAR PROFILES



Rachel Bertholf
Javelin
5-10, Junior
Colbert, Washington

WSU CAREER. SOPHOMORE (2002-03): Finished sixth in the javelin at the NCAA West Regional (5/31/03, Stanford) with a lifetime-best throw of 155-feet, 8 inches (47.45m), missing fifth place and a trip to the NCAA Championships by a mere two inches...mark is second-best in school records.

FRESHMAN (2001-02): Threw PR of 45.98m/150-10 and won the javelin at Idaho-WSU dual meet (4/13/02, Pullman)...missed scoring at Pac-10 Championships with ninth place throw of 42.97m/141-0 (5/19/02, Pullman).

HIGH SCHOOL CAREER. At Mt. Spokane High received nine varsity letters, three each in volleyball, basketball and track...captain of track and basketball teams senior year...as a senior, won Cougar Invitational and set record for javelin at 141-2...was third at state with a throw of 140-5...javelin PR is 141-8.....junior year, fifth at regional meet with 127-5 throw.

PERSONAL. Born 1/25/83 in Spokane, Washington, to Steve and Debbie Bertholf (pronounced birth-off)...twin sister Kim (400m runner at Pacific Lutheran University)...brother Chris finished seventh in intermediate hurdles at the NCAA Div. III while at PLU in 2002...father graduated from WSU in 1974...earned a 4.0 GPA and was class Valedictorian at Mt. Spokane...National Honors Society Treasurer...majoring in marketing at WSU.

BERTHOLF'S WSU BESTS

Javelin - 47.45m / 155-8 (2003)

PAC-10 CHAMPIONSHIPS PERFORMANCES

2003	Javelin	9th	41.40m / 135-10
2002	Javelin	9th	42.97m / 141-0

NCAA WEST REGIONAL PERFORMANCES

2003	Javelin	6th	47.45m / 155-8
------	---------	-----	----------------



Curt Borland
PACIFIC-10 SCORER
Javelin
6-2, Senior
Coviche, Washington

WSU CAREER. JUNIOR (2002-03): Scored at the Pac-10 meet with a toss of 61.79m/202-9 for seventh place (5/18/03, Los Angeles)...best throw of season was 64.83m/212-8, 11th at NCAA West Regional (5/31/03, Stanford).

SOPHOMORE (2001-02): Top mark of season was 64.84m/212-9 for fourth place finish at Pac-10 Championships (5/19/02, Pullman).

REDSHIRT FRESHMAN (2000-01): Finished eighth at the Pac-10 Championships (5/20/01, Berkeley) with a toss of 62.92m / 206-5...top throw of season was 64.22m / 210-8 for third at Baldy Castillo Invite (3/24/01, Tempe)...had elbow surgery in summer following season.

FRESHMAN (1999-2000): Redshirt season.

HIGH SCHOOL CAREER. Earned ten varsity letters at Highland High...three in track for coach Kelly Mattson...three each in football and basketball...one in baseball...senior year rushed for 1,000 yards for



state championship football team...lost only one javelin competition all season...state champion...at districts finished third in high jump and second in shot put...captured district and state javelin champion honors as a junior...sophomore year finished 14th in state in javelin.

PERSONAL. Born 2/13/81 at Yakima, Washington...father Jim is a fruit broker...mother Carla is a cook...brother Josh (11/28/78)...sport management major.

BORLAND'S WSU BESTS

Javelin - 66.04m / 216-8 (2000)

PAC-10 CHAMPIONSHIPS PERFORMANCES

2003	Javelin	7th	61.79m / 202-9
2002	Javelin	4th	64.84m / 212-9
2001	Javelin	8th	62.92m / 206-5

NCAA WEST REGIONAL PERFORMANCES

2003	Javelin	11th	64.83m / 212-8
------	---------	------	----------------



Martin Boston
PREP ALL-AMERICAN
Jumps
5-10, Sophomore
Hayward, California

WSU CAREER. FRESHMAN (2002-03): *Indoor* - Leaped to 7.31m/23-11 3/4 at McDonald's II (2/15/03, Moscow)...at MPSF Championships, placed fourth in long jump with 7.17m/23-6 1/4 leap (2/22/03, Nampa)...*Outdoor* - Best long jump distance of 7.43m/24-4 1/2 came at USATF Junior Championships (6/21/03, Stanford) where he placed second...went on to Pan American Junior Championships, at Bridgetown, Barbados, in July, but did not place after three fouled attempts.

HIGH SCHOOL CAREER. Attended Mt. Eden High and then competed and graduated from James Logan High...earned four letters in track and three in basketball...Logan High track coach Lee Webb and basketball coach Blake Chong...high school PRs were 48-0 in triple jump, 6-4 in high jump, and 23-6 1/2 in the long jump...senior year performances hampered by ankle injury...placed seventh in triple jump and ninth in long jump at Junior Olympics...won long jump at Stanford Invite...also participated in the USATF Elite Men's Developmental Camp under coach Dick Booth.

PERSONAL. Martin Luther Boston was born 4/18/84, in the Phillipines...mother Candace Davis works in personnel...father Paul Davis is a software engineer...twin brother Malcolm...sister Aneka Davis (3/14/88)...grandfather Ralph Boston medalled in three consecutive Olympic long jumps - gold (1960), silver (1964), bronze (1968)...member of spoken word group at WSU...interested in pursuing a career in business management and entrepreneurship.

BOSTON'S WSU BESTS

60m - 6.97i (2003)
100m - 10.64 (2003)
200m - 22/26i (2003)
Long Jump - 7.43m / 24-4 1/2 (2003)
Triple Jump - 14.19m / 46-6 3/4 (2003)

PAC-10 CHAMPIONSHIP PERFORMANCES

2003	Long Jump	10th	7.05m / 23-1 3/4
------	-----------	------	------------------

2004 COUGAR PROFILES



Brandon Brownell
STATE CHAMPION
Decathlon
6-0, Freshman
Olympia, Washington

HIGH SCHOOL CAREER. Earned six letters at Yelm High...four years as track standout for coach Mike Strong...two letters as forward on Ryan Gerrits' basketball squad which placed ninth at 2003 state championships after a 30-year absence...as freshman and sophomore, qualified for district meet in long jump and high hurdles...as a junior was state decathlon champion scoring 6,356 points using collegiate instruments...senior year won state 300m hurdles (38.21) and long jump (22-7 3/4) events, finished third in high hurdles (14.70) and ran on second-place 4x100m relay...all efforts at state meet were school records...Yelm Tornados won the state track team title in 2002 and finished second in 2003...best prep marks were 23-0 in long jump, 14.90 in 110m hurdles, 146-0 in discus and 38.21 in intermediate hurdles...as a member of coach Mike Strong's Pinnacle Track Club, placed fourth in decathlon at 2000 Junior Olympics.

PERSONAL. Born Brandon Charles Brownell, 11/26/84, at Olympia, Washington...father Paul is a mechanic and mother Jennifer is an elections official...sister Sarah (5/5/89)...enjoys hunting, hiking and wake boarding...member of National Honor Society (3.9 GPA)...president of Science Club...undecided on major at WSU.



Anthony Buchanan
PACIFIC-10 SCORER
Sprints
5-9, Senior
Spokane, Washington

BUCHANAN'S WSU CAREER. JUNIOR (2002-03): Did not play football, concentrating on fall track conditioning...**Track - Indoor** - Limited indoor training due to sore hamstring...at MPSF Championships, coaches scratched from 60m finals so to not risk injury...**Outdoor** - Won Pac-10 Championships 100m dash with time of 10.10w (5/18/03, Los Angeles)...time is second best in school history and second-best nationally this season...second Cougar to win the 100m at the conference meet...ran 20.95 in the 200m prelims but cramped and did not finish final...anchored winning 4x100m relay team with time of 39.68...at the NCAA West Regional, did not qualify for the final after finishing 12th in the prelims with a time of 11.34, still bothered by the hamstring pull from the Pac-10 Championships...injury caused him to pull out of the NCAA Championships.

SOPHOMORE (2001-02): Played wide receiver in four football games during the Cougars' 10-2 season...**Track - Indoor** - Finished second in MPSF Championships 60m dash in 6.67i (2/23/02, Flagstaff)...ran school record and NCAA PQ 200m time of 21.07 in prelims at MPSF but was third in finals at 21.30...at NCAA Championships ran 21.15 in 200m prelims, 10th among 15 races and did not qualify for final (3/8/02, Fayetteville)...**Outdoor** - Bolted to a hyper-wind-aided 100m time of 10.16W at the Idaho Dual (4/13/02, Pullman)...great outing at Mt. SAC Relays with PR times in 100m of 10.23 for second to teammate Anson Henry, and winning 200m of 20.75 (4/21/02, Walnut)...finished third in 100m and second in 4x100m relay he anchored...pulled up with hamstring pain in third heat of NCAA Championships 100m prelims and did not finish.

FRESHMAN (2000-2001): Redshirt season for football...**Track - Indoor** - Exciting, explosive sprinter who set school freshman records in the 55m (6.30i), 60m (6.76i), and 200m (21.40i)...at Mountain Pacific Sports Federation Indoor Championships (2/24/01, Flagstaff) placed fourth in 60m (6.84i) and the 200m (21.51i)...**Outdoor** - Ran a freshman school record 100m dash time of 10.28 at the Modesto Relays (5/12/01), finishing second to teammate Anson Henry by less than a 1000th of a second...top time of 10.25w was run in the prelims at the Pac-10 Championships (5/20/01, Berkeley) and is the fourth-best in school history...went on to finish sixth in final with time of 10.56...at NCAA Championships (6/1/01, Eugene), clocked in 100m time of 10.32 in prelims (12th out of 23) and advanced to semi-finals where he was plagued by a slow start and finished 14th out of 16 runners in 10.50.

HIGH SCHOOL CAREER. Attended University High...two-year standout wide receiver for coach Mike Ganey...one of the top prep sprinters in the nation for track coach Bob Barbero...senior year was ranked number three among USA Juniors for 55m indoors at 6.37i...invited to run at the National High School Indoor Championships in New York in March...at track regional meet at Pasco won 200m in 21.13, the third fastest time ever by a Washington prep sprinter...also won 100m in 10.45, just off best of 10.36 set earlier in the season...captured state 4A titles in the 100m and 200m, with times of 10.43 and 21.11 (PR)...set meet record in the 100m...named All-Greater Spokane League track first team in 100m and 200m, second team in 400m relay...Titans' team won state track titles sophomore and junior years...won 100m state title as sophomore but finished second as a junior...finished third in 200m in 22.05...junior year best 100m time of 10.57 and 200m time of 21.34 were ranked among top 50 sprinters marks in the nation that year...ranked sixth among USA juniors in the 100m and seventh in the 200m...prep football career included leading GSL as a senior with 30 receptions for 519 yards and four touchdowns...All-GSL first team wide receiver...returned seven kickoffs 178 yards, averaging 25.4 yards...as a junior helped lead team to Regional playoff game against Pasco High and caught two long TD passes in the game.



2004 COUGAR PROFILES

PERSONAL. Anthony Buchanan...parents Tim and Bernice Buchanan...brothers Eric and Tim...sisters Dorothy and Kay...general studies major.

BUCHANAN'S WSU BESTS

55m - 6.30i Freshman **SR** (2001)
60m - 6.67i (2002)
100m - 10.10w (2003), 10.23 (2002)
200m - 20.75 (2002), 21.07i **SR** (2002)

PAC-10 CHAMPIONSHIPS PERFORMANCES

2003	100m	1st	10.10w
	200m	DNF	(20.95 prelims)
	4x100m Relay	1st	39.68
2002	100m	3rd	10.43 (10.35 prelims)
	200m	Prelims	20.99
	4x100m Relay	2nd	36.69
2001	100m	6th	10.56 (10.25w prelims)
	200m	Prelims	24.79

NCAA WEST REGIONAL PERFORMANCES

2003	100m	12th	(11.34 prelims)
------	------	------	-----------------

NCAA CHAMPIONSHIPS PERFORMANCES

2003	100m	DNS (injury)	
2002 Indoors	200m	Prelims	21.15i
	100m	DNF (prelims)	
2001	100m	Semi-finals	10.50 (10.32 prelims)



Molly Bull
Middle Distance
5-4, Junior
Oak Harbor, Washington

WSU CAREER. JUNIOR (2003-04): *Cross Country* - Scored in five of six meets this season...finished 12th at Idaho meet and sixth and WSU Invite...at Pac-10 Championships finished 54th (sixth WSU runner)...NCAA West Regional finish was 93rd overall, fourth Cougar runner...named honorable mention team Pac-10 All-Academic for cross country.

SOPHOMORE (2002-03): *Cross Country* - Finished 53rd overall, fourth on team, at the Pac-10 Championships...88th place finish (third on team) at the NCAA West Regional Meet...*Indoor* - Ran an 800m PR of 2:16.09i for 10th in the prelims at the MPSF Championships (2/22/03, Boise)...top mile time of 5:05.93i run at UW Pac-10 Invite (3/1/03, Seattle)...*Outdoor* - Bettered 1500m time to 4:47.99 (3/29/03, Stanford).

FRESHMAN (2001-02): *Cross Country* - Finished 53rd (seventh on team) at Pac-10 Championships...122nd (seventh on team) at NCAA West Regional Meet...*Indoor* - Ran a 2:17.25i in the 800m at McDonald's Last Chance (3/2/02, Moscow)...also clocked in with a 5:13.81i mile (2/16/02, Moscow)...*Outdoor* - Opened season with an 800m time of 2:18.69 at Los Angeles (3/16/02)...best 1500m time of 4:50.49 (3/29/02, Stanford).

HIGH SCHOOL CAREER. Earned 11 letters at Oak Harbor High, four in track for coach Seth Hodges, four in soccer for coach Guy Barber, and three in basketball for coach Dwight Lundstrom...captain of track and basketball teams as a senior...MVP of track team during junior and senior seasons...set school record with 2:14.61 time in 800m...set school record in 4x400 relay, finishing third in state as senior...sixth in state 800m as senior...WESCO long jump champion as junior...fourth place finish in state 800m as junior...joined father and sister on OHHS Wall of Fame...first team All-WESCO soccer selection as a senior...2000 all-region selection by *Everett Herald*.

PERSONAL. Born 11/29/82 at Silvis, Illinois...father Ron is a contractor who played football at WSU...mother Gina works in Oak Harbor school

district, also attended WSU...older sister Lindsay (5/24/81) ran track at Whitman College but graduated from UW...younger brother Grant (12/26/84) plays football at Central Washington...graduated with honors and 3.867 GPA...Special Honor Roll four years...National Honor Society President 2000-01...outstanding science student 1997-98...member OHHS pep band and symphonic band...majoring in public relations in the WSU School of Communication.

BULL'S WSU BESTS

800m - 2:14.61 (2002) (2:16.09i, 2003)
Mile - 5:05.93i (2003)
1500m - 4:47.99 (2003)
3000m Steeplechase - 11:57.86 (2002)



Tyson Byers
PACIFIC-10 SCORER
Pole Vault
6-1, Sophomore
Spokane, Washington

WSU CAREER. FRESHMAN (2002-03): *Indoor* - Entered season with stress fracture...placed fifth in the pole vault at Mountain Pacific Sports Federation Championships with a leap of 5.15m/16-10 3/4 (2/22/03, Nampa)...equaled that height the next week at Pac-10 Invite (Seattle)...*Outdoor* - Won the B section of the pole vault at the Texas Relays with a clearance of 5.15m/16-10 3/4 (4/4/03, Austin)...finished seventh at the Pac-10 Championships with a leap of 5.05/16-6 3/4 (5/18/03, Los Angeles)...at the NCAA West Regional meet, placed 10th after clearing 5.06m/16-7 1/4.

HIGH SCHOOL CAREER. Earned four letters in track at University High for coach Kevin Frandsen and two as a linebacker for football coach Mike Ganey...three-time boy's pole vault champion in the Washington state 4A level...prep All-American ranked second nationally with 17-1 PR...height is also Washington state prep record...won 2002 state 4A title with meet record height of 17-0...cleared state record 16-8 3/4 for juniors...second place at Golden West Invite...three-time All-Greater Spokane League...also GSL honorable mention for football as senior.

PERSONAL. Born Tyson John Byers, 5/18/83, at Spokane...father John is a real estate finance manager...mother Beckie Byers is a teacher...sister Annie (5/8/80) graduated from WSU in May 2002...other Byers who are WSU grads are great-grandfather Thomas, grandfather John W., and father John B...grandfather John W. played football for the Cougars from 1929-31, including the Rose Bowl...enjoys snow and water skiing, wake boarding, motorcycles and hunting...matriculating as a pre-law major.

BYERS' WSU BESTS

Pole Vault - 5.15m / 16-10 3/4 (2003)

PAC-10 CHAMPIONSHIPS PERFORMANCES

2003	Pole Vault	7th	5.05m / 16-6 3/4
------	------------	-----	------------------

NCAA WEST REGIONAL PERFORMANCES

2003	Pole Vault	10th	5.06m / 16-7 1/4
------	------------	------	------------------



2004 COUGAR PROFILES



Ana Cabrera
Distance
5-4, Redshirt Junior
Vancouver, Washington

WSU CAREER. SENIOR (2003-04). *Cross Country* - Was consistently Cougars' number two runner in five of six races...finished 25th overall at Pac-10 Championships (11/1/03, Pullman) and 47th at NCAA West Regional (11/15/03, Portland)...named first team Pac-10 All-Academic for cross country.

JUNIOR (2002-03). *Cross Country* - Improved to consistently be WSU's number two runner throughout the season...finished 37th at Pac-10 Championships (11/2/02, Pasadena)...64th place at NCAA West Regional Meet (11/16/02, Stanford)...*Indoor and Outdoor* - Participated in WSU's overseas studies program by schooling in Spain this semester...named to the 2003 Arthur Ashe Jr. Sports Scholar first team for women's track and field.

SOPHOMORE (2001-02). *Cross Country* - Redshirt season for cross country...*Indoor* - Ran PR mile time of 5.21.13 at McDonald's Last Chance Meet (3/2, Moscow)...finished seventh in 5000m at MPSF Champs...*Outdoor* - Reach top time in 5000m of 17.58.47 at Stanford Invite (3/30/02)...PR time in 3k dropped to 10.21.56 in Los Angeles (3/16/02).

FRESHMAN (2000-01). *Cross Country* - Spent season adapting to longer training and competition distances...finished 51st (seventh on team) at the Pac-10 Championships (10/28/00, Seattle)...finished 123rd (seventh on team) at NCAA West Regional Meet (11/11/00, Fresno)...*Indoor* - Ran a 3000m time of 10:28.21i at the Vandal Indoor (2/16/01, Moscow)...top 5000m time was 19:13.23i at the MPSF Championships (2/24/01, Flagstaff)...*Outdoor* - Ran top 5k time of 18.09.29 at the Cal Quad (3/17/01, Berkeley)...was a women's steeplechase debutant at Texas Team Champs (4/21/01, Austin) in time of 11.57.14.

HIGH SCHOOL CAREER. Earned eight letters between Heritage High in Littleton, Colo., and Skyview High in Vancouver...two-time Washington all-state cross country runner...district champion and finished seventh at the 3A state meet as a senior...21st place (top 10 of state) at the Nike Washington/Oregon Cross Country Border Invitational...finished fourth at 1999 Junior Olympics West Region 5k...during track season finished fifth at state in 3200m as both junior and senior...held school records in 3200m, 3000m, 1600m, and 1500m.

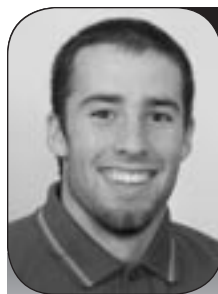
PERSONAL. Born Ana Marie Cabrera May 13, 1982, at Denver, Colorado...father Ronald is an executive director of an educational firm...mother Judith is a counselor...older brother Matthew (11/7/80) ran at Kenyon College...brother Nathan (12/8/83) is a freshman on the WSU cross country and track and field teams...youngest brother John (1/25/91)...sister Angelina (6/9/86)...graduated number one in a class of 274 with a 4.0 GPA...accomplished pianist who also sang in school musical...church youth commissioner...majoring in broadcast communication at WSU.

CABRERA'S WSU BESTS

Mile - 2.23.31i (2001)
3000m - 10.21.56 (2002)
5000m - 17.58.47 (2002)
3000m Steeplechase - 11.57.14 (2001)
10,000m - 36.55.60 (2001)

PAC-10 CHAMPIONSHIPS PERFORMANCES

2001	10,000m	13th	39.21.27
2002	10,000m	9th	39.41.29



John Cassleman
STATE CHAMPION
Hurdles
6-0, Freshman
Pullman, Washington

HIGH SCHOOL CAREER. Earned four letters in track at Pullman High for coach Mike Hinz and one letter in football for coach Bill Christie...won state 2A championships in the 300m hurdles three times (2001, 2002, 2003) after a fifth-place finish as a freshman...senior year time of 37.79 seconds is a state meet record, set in spite of falling after the last hurdle and lunging for the finish line...also claimed state titles in the 200m twice (2002, 2003), and 110m hurdles (2003) with PR time of 14.68...also ran on state champion 4x400m relay (2000)...during prep career won intermediate hurdles titles at Pasco Invite (2002 and 2003), Mt. SAC Relays (2002), Arcadia Invitational (2003) and ran a PR time of 37.51 in Golden West Invite 300m hurdles win...has high jumped 5-10, run the 100m in 10.8, and the 400m in 50.76...finalist for 2003 Spokane Regional Sports Commission and Inland Northwest Sports Writers and Broadcasters Junior Male Athlete of the Year.

PERSONAL. Born John Andrew Cassleman 8/16/84, at Pullman...father Rob works with WSU International Programs and was the WSU women's track coach from 1985-95...Rob was a five-time All-American intermediate hurdler for Michigan State...mother Jessica is the assistant dean of WSU's Honors College and was the WSU women's track coach from 1983-84...mom was a hurdler on the Chilean national team...brothers Brendan (9/26/86), Nicholas (10/9/90), and Michael (8/25/93)...undeclared major at WSU.



Jenna Dean
PACIFIC-10 SCORER
Javelin
5-9, Sophomore
Glenwood, Washington

WSU CAREER. FRESHMAN (2002-03): Finished seventh at the Pac-10 Championships with a javelin throw of 45.14m/148-1 (5/18/03, Los Angeles)...tied for 12th at the NCAA West Regional meet with a toss of 43.22m/141-9 (5/31/03, Stanford).



2004 COUGAR PROFILES

HIGH SCHOOL CAREER. Garnered 16 varsity letters at Glenwood High...for five years played softball for coach Donnie Tardiff and basketball for coach Tom Eldred...three years on coach Debbie Allaway's volleyball team...two years of track with coach Eldred and one year on drill team with coach Tami Hoodenpyl...named Rookie of the Year in volleyball as sophomore...won softball Big Stick Award, selected All-Greater Columbia B League, and was team captain sophomore through senior years...also claimed all-around and MVP awards for softball...during basketball named most improved and coaches award...named to volleyball all-league, given coaches award and most inspirational as senior...selected Rookie of the Year in track as a junior after winning league and district javelin and finishing second at state...as a senior was javelin runner-up in league, district and state.

PERSONAL. Born Jenna Marie Dean 4/20/84 at Goldendale, Washington...father Jerry and mother Mary own and operate logging company...brother Devin Curtis (10/19/89)...enjoys drawing...member of Honor Society...president of Native American Club...interested in a career in nursing.

DEAN'S WSU BESTS

Javelin - 45.14m / 148-1 (2003)

PAC-10 CHAMPIONSHIPS PERFORMANCES

2003 Javelin 7th 44.75m / 146-10

NCAA WEST REGIONAL PERFORMANCES

2003 Javelin 12th 43.22m / 141-9



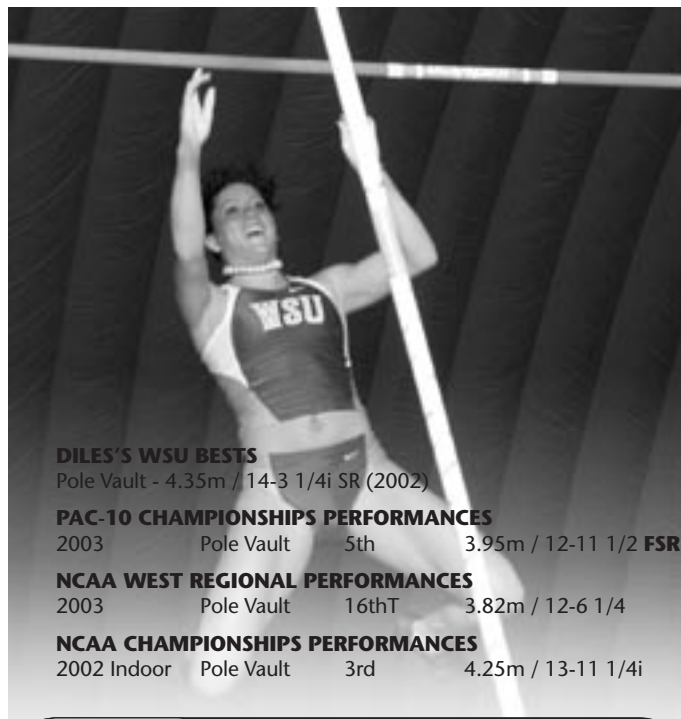
Tamara Diles
ALL-AMERICAN
Pole Vault
5-10, Sophomore
Bellevue, Washington

WSU CAREER. REDSHIRT FRESHMAN (2002-03): *Indoor* - Redshirt season...*Outdoor* - Finished fifth in the pole vault with a season-best clearance of 3.95m/12-11 1/2 at the Pac-10 Championships (5/18/03, Los Angeles), setting the freshman outdoor record...placed 16th at the NCAA West Regionals.

FRESHMAN (2001-02): Broke the school freshman pole vault record by clearing a height of 4.02m/13-2 1/4 at the Winter Carnival Meet (12/7/01, Long Beach)...*Indoor* - Broke school record winning the Elite Women's Section at the Pole Vault Summit (2002, Reno) with a height of 4.35m/14-3 1/4 (1/11/02, Reno)...set Vandal Indoor meet record with winning leap of 4.13m/13-7 3/4 (2/15/02, Moscow)...after a month of nursing a sore foot and limited training, finished sixth at the MPSF Championships with a height of 3.90m/12-9 1/2 (2/23/02, Flagstaff)...became only the eighth Cougar woman to achieve All-America status with third place at the NCAA Indoor Championships with her clearance of 4.25m/13-11 1/4 (3/8/02, Fayetteville)...*Outdoor* - Redshirt season.

HIGH SCHOOL CAREER. Earned ten varsity letters competing in track and field, gymnastics, and cheerleading at Newport High...an outstanding gymnast for coach Cathy Sutherland as the Knights won four consecutive state titles...individual state titles included three years on bars and floor exercises, placed third in all-around all three years...pictured in *Sports Illustrated* Faces in the Crowd section as first gymnast in Washington to win two events three years in a row...as a pole vaulter for coach Mindy Leffler, won the state championship as a senior and set 3A record with a clearance of 12-0...also ran 100m and 200m dash and on relays...named *Eastside Journal* Athlete of the Year.

PERSONAL. Born 11/5/82, at Ventura, California...father John is a business owner...mother Roberta owns a gymnastics facility...older brother Trenton (1/3/81) and sister Wallina (5/1/79), and younger sister Jocelyn (3/16/84)...senior class secretary...enjoys snowboarding and wakeboarding...majoring in sport management at WSU.



DILES'S WSU BESTS

Pole Vault - 4.35m / 14-3 1/4 SR (2002)

PAC-10 CHAMPIONSHIPS PERFORMANCES

2003 Pole Vault 5th 3.95m / 12-11 1/2 **FSR**

NCAA WEST REGIONAL PERFORMANCES

2003 Pole Vault 16thT 3.82m / 12-6 1/4

NCAA CHAMPIONSHIPS PERFORMANCES

2002 Indoor Pole Vault 3rd 4.25m / 13-11 1/4



Tim Gehring
PACIFIC-10 SCORER
Throws
6-0, Senior
Kettle Falls, Washington

WSU CAREER. JUNIOR (2002-03): *Indoor* - Team leader in both shot put (PR 17.59m/57-8 1/2i) and weight throw (16.97m/55-8 142i)...finished eighth in the shot put and 14th in the weight throw at the MPSF Championships...*Outdoor* - Finished seventh in both the shot put and hammer throw at the Pac-10 Championships...hammer throw of 60.01m/196-10 was PR and NCAA Regional Qualifier (5/18/03, Los Angeles)...shot put NCAA RQ and PR of 17.98m/59-0 was thrown at Willie Williams Classic (3/22/03, Tucson)...at NCAA West Regional meet finished eighth in shot and 12th in hammer.

SOPHOMORE (2001-02): *Indoor* - Improved shot put PR to 17.26m/56-7 1/2i but finished only fifth in the nearly world class men's competition at the Vandal Indoor (2/15/02, Moscow)...at MPSF Championships (2/23/02, Flagstaff) finished 10th in shot put (16.76m/55-0) and 13th in weight throw (16.55m/54-3 3/4i)...*Outdoor* - Finished sixth in the hammer at the Pac-10 Championships with a toss of 58.19m/190-11 (5/19/02, Pullman)...hammer PR throw 59.02m/193-8 came at Stanford Invite (3/30/02, Stanford)...also threw PR in discus of 43.31m/142-1 (5/4/02, Pullman).

REDSHIRT FRESHMAN (2000-01): *Indoor* - Best throws of season came in Kibbie Dome - shot put (15.87m/52-1i) and weight throw (15.95m/52-4i)...at Mountain Pacific Sports Federation Championships (2/23/01, Flagstaff) finished 14th in weight throw (15.17m/49-9 1/4i) and 15th in the shot put (15.38m/50-5 1/2i)...*Outdoor* - Top hammer mark of 54.66m/179-4 thrown in dual meet versus Washington (4/7/01, Pullman)...finished 11th in hammer at Pac-10 Championships (5/20/01, Berkeley) with mark of 52.30m/171-7).

FRESHMAN (1999-2000): Redshirt.

HIGH SCHOOL CAREER. Earned four varsity letters in track for coach and father Edward Gehring at Kettle Falls High...set school records in shot put and discus as a junior and bettered both as a senior - 58-1 in

2004 COUGAR PROFILES



shot put and 168-9 3/4 in the discus...as a senior named North East 'A' League track athlete of the year...all-state first team after making second team as junior...two-time coach's award winner...team points leader as a sophomore...most improved and outstanding scholar athlete as freshman.

PERSONAL. Born 6/29/81, in Colville, Washington...father Edward teaches high school biology...mother Judith is a homemaker...brother Todd (2/11/68) competed in track for Spokane Falls Community College...sister Kimberly (7/20/72)...majoring in accounting.

GEHRING'S WSU BESTS

35# Weight - 17.59m / 57-8 1/2 (2002)
Shot put - 17.98m / 59-0 (2003)
Discus - 43.31m / 142-1 (2002)
Hammer - 60.01m / 196-10 (2003)

PAC-10 CHAMPIONSHIPS PERFORMANCES

2003	Shot Put	7th	17.86m / 58-7 1/4
	Hammer	7th	60.01m / 196-10
2002	Hammer	6th	58.19m / 190-11
2001	Hammer	11th	52.30m / 171-7

NCAA WEST REGIONAL PERFORMANCES

2003	Shot Put	8th	17.96m / 58-11 1/4
	Hammer	12th	57.15m / 187-7

FRESHMAN (2000-2001): *Indoor* - Grabbed a sixth place finish in 800m at Mountain Pacific Sports Federation Championships (2/24/01, Flagstaff) in 2:16.16i...ran third leg of 1600m relay that set freshman school record of 3:52.86i (2/10/01, Moscow)...best 1600m relay time was 3:46.33i (2/16/01, Moscow) to win Vandal Indoor...*Outdoor* - At Pac-10 Championships (5/20/01, Berkeley) ran third leg of 1600m that clocked in with school record time of 3:47.42 for third place...also ran in 800m but 2:12.28 did not advance from prelims...best time of season was 2:11.75 at Cal Quad Meet (3/17/01, Berkeley).

HIGH SCHOOL CAREER. Earned five varsity letters as a Long Beach Poly High Jackrabbit for track coach Don Norford and cross country coach Joe Carlson...all-league throughout high school...senior year won the 800m at San Diego Indoor Invite (2:21.8), placed second at the L.A. Indoor Invite (2:25), 10th in the National Scholastic Indoor Championships in New York City (2:15)...outdoors, finished second in Moore League finals (2:14.83) and at the CIF finals (2:13)...third at CIF Masters Championships (2:13)...her third place finish at CIF State Championships in time of 2:09.58 was 11th fastest 800m for prep girls that year...finished fourth at Arcadia Invite (2:11.83)...named to All-CIF team...received Martha Watson Award for the 1999-2000 track season...as a junior ran a 2:25 in the L.A. Invitational Indoor and a 2:18 in the National Indoor Scholastic Championships but missed rest of year due to extended physical therapy for hip growth spur...attended Wilson High in Long Beach for sophomore year...girls' track team was undefeated and won league title...clocked a 400m time of 55.0 and an 800m race of 2:14 in same day...freshman year was remarkable with a 2:09.61 in the 800m, the second fastest prep time nationally and the fastest time for a frosh...All-CIF, and All-America honors in 800m...Jackrabbits won state championship.

PERSONAL. Born Angelita Christine Green, 8/11/82 in Los Angeles...father Theodore is a driver/courier...mother Margaret is a legal secretary...sister Terri (5/2/91)...very active in high school activities and clubs: Black Onyx, Senior Women and Young Black Scholars...majoring in sociology.

GREEN'S WSU BESTS

400m - 57.06 (2003)
800m - 2:12.94i (2003)
1600m Relay - 3:37.42 **SR** (2001)
Distance Medley Relay - 11:49.33i (2002)

PAC-10 CHAMPIONSHIPS PERFORMANCES

2002	800m	Prelims	2:15.27
2001	1600m Relay	3rd	3:47.42 SR
	800m	Prelims	2:12.28

NCAA WEST REGIONAL PERFORMANCES

2003	4x400m Relay	2nd	3:33.65 SR
------	--------------	-----	-------------------

NCAA CHAMPIONSHIPS PERFORMANCES

2003	4x400m Relay	Prelims	3:37.34
------	--------------	---------	---------



Angelita Green PACIFIC-10 SCORER/ ALL-AMERICAN

*Middle Distance
5-4, Senior
Long Beach, California*

WSU CAREER. JUNIOR (2002-03): *Indoor* - Ran a top 800m time of 2:12.94i at the adidas Classic (2/8/03, Lincoln)...finished 13th in the 800m at the MPSF Championships with a time of 2:16.69 (2/22/03, Nampa)...ran the third leg of the school record 4x400m relay time of 3:36.08i at the Pac-10 Invite (3/1/03, Seattle)...the next week, squad broke school record with time of 3:35.49i for seventh place at the NCAA Indoor Championships...*Outdoor* - Top 800m time of season was 2:14.71 run at the Willie Williams meet (3/22/03, Tucson)...4x400m relay ran an outdoor school record time of 3:36.73 at the Texas Relays (4/5/03, Austin) and then broke it with a second-place NCAA West Regional finish in a time of 3:33.65...at the NCAA Championships, relay ran a 3:37.34 in the prelims and did not advance to the final.

SOPHOMORE (2001-02): *Indoor* - Clocked in with 400m PR of 57.53i at McDonald's II (2/16/02, Moscow)...ran third leg of distance medley relay team in school record time of 11:49.33i at MPSF Championships (2/23/02, Flagstaff)...placed third in 800m (2:12.81) at same meet...*Outdoor* - Lead Cougars in 800m with season-best time of 2:13.04 at Stanford Invite (3/30/02, Stanford).



Tamara Gulley PACIFIC-10 SCORER Hurdles

*5-6, Senior
San Jose, California*

WSU CAREER. JUNIOR (2002-03): *Indoor* - At the MPSF Championships, ran third leg of second-place 4x400m relay with time of 3:44.23i...had the team's top 60m time of 7.62i...clocked in with 60m hurdles time of 8.71i...*Outdoor* - Ran a season-best 100m hurdles time of 13.75w at the NCAA West Regional (5/31/03, Stanford)...4x400m relay ran an outdoor school record time of 3:36.73 at the Texas Relays (4/5/03, Austin) and then broke it with a second-place NCAA West Regional finish in a time of 3:33.65...at the NCAA Championships, relay ran a 3:37.34 in the prelims and did not advance to the final.

2004 COUGAR PROFILES



REDSHIRT FRESHMAN (2001-02): *Indoor* - At MPSF Championships (2/23/02, Flagstaff) finished third in the 60m hurdles (PR 8.44), and sixth in 60m dash (7.76)...at UW Qualifying Meet ran 4x400m relay in school record and NCAA PQ time of 3:37.54i (3/2/02, Seattle)...**SOPHOMORE:** *Outdoor* - Ran best 100m hurdles legal time of 13.77 for third place at Pac-10 Championships (5/19/02, Pullman)...ran legs on both third place relays...improved school record 1600m relay to 3:37.23 at Texas Relays (4/6/02, Austin).

FRESHMAN (2000-01): *Indoor* - Set freshman school record of 7.82i in 55m hurdles (1/20/01, Cheney)...lead the team with 7.05i time in 55m (1/20/01, Cheney)...did not compete at MPSF Championships because of rehabilitating a heel condition...ended up being redshirt season after medical appeal...*Outdoor* - In 100m ran 11.90 (4/27/01, Pullman)...top 100m hurdles time was NCAA PQ of 13.55w at Texas Team Championships (4/21/01, Austin)...withdrew from the 100m dash and the 100m high hurdles at the Pac-10 Championships because of illness.

HIGH SCHOOL CAREER. Earned four letters in track for coach Cliff Popadokas and two in volleyball at Oak Grove High...also member of Acorn/Oscar Bailey Track Club with coach Darryl Hampton...senior year clocked 100m hurdles PR time of 13.87 in win at Arcadia Invite...time ranked third in state and fifth in nation...placed third in 100m hurdles at state meet...Junior All-American accolades...set meet record for 100m hurdles at Central Coast Section (CCS) with time of 13.76...PR'd at state meet with time of 13.73...broke three meet records year...all-league champion in 100m dash, 100m hurdles and both relays...received school award as "Greatest Track Athlete Ever" at Oak Grove High...named Scholar Athlete of the Year...state qualifier or participant in hurdles throughout high school...as a freshman finished second in 300m hurdles at CCS with a time of 43.2 which was fastest freshman time nationally.

PERSONAL. Tamara Shaunice Gulley was born 5/24/82, at Claremont, Calif...father Harold, Sr., is a manager at Beckman Int...mother Madeline is an assistant teacher...sister Andrea (7/8/80)...brother Harold, Jr. (7/21/85)...majoring in criminal justice at WSU.

GULLEY'S WSU BESTS

55m - 7.05i (2001)
60m - 7.62i (2003)
55m Hurdles - 7.82i (2001)
60m Hurdles - 8.44i (2002)
100m - 11.83 (2003)
200m - 24.96 (2003)
100m Hurdles - 13.55w (2001), 13.77 (2002)
4x100m Relay - 45.35 (2003)
4x400m Relay - 3:33.65 SR (2003)

PAC-10 CHAMPIONSHIPS PERFORMANCES

Year	Event	Place	Time
2003	100m Hurdles	Prelims	13.88
2002	100m Hurdles	3rd	13.77
	4x100m Relay	3rd	45.50
	4x400m Relay	3rd	3:37.30

NCAA WEST REGIONAL PERFORMANCES

Year	Event	Place	Time
2003	100m Hurdles	10th	13.75w
	4x400m Relay	2nd	3:33.65 SR

NCAA CHAMPIONSHIPS PERFORMANCES

Year	Event	Place	Time
2003	4x400m Relay	Prelims	3:37.34



Patrick Harrigan PACIFIC-10 SCORER

High Jump
6-6, Redshirt Sophomore
Reno, Nevada

WSU CAREER. SOPHOMORE (2002-03): Redshirt for both indoor and outdoor seasons after foot surgery in December 2002.

FRESHMAN (2001-02): *Indoor* - Top clearance of season was 2.07m/6-9 1/2 for seventh at MPSF Championships (2/23/02, Flagstaff)...*Outdoor* - Finished fourth at Pac-10 Championships with PR height of 2.15m/7-0 1/2.

HIGH SCHOOL CAREER. Earned three letters in basketball for coach Eric Swain and two letters in track and field under coach Jim Snelling at McQueen High...ranked 12th-best prep high jumper in *Track & Field News* national rankings...as a senior was Division Champion in long jump at 21-6 and high jump at 6-10 which set division record...won Regional title in long jump at 22-6 and in high jump at 7-0, for McQueen High record...placed third in state with school record leap of 22-11 in long jump...4A All-Region first team in high jump and long jump...broke 25-year old high jump record at Washoe Relays by clearing 6-8...set Grass Valley meet record at same height...as a junior set division high jump mark with 6-6 clearance...Division and Zone champion with second place finish at state (6-7)...was fourth in Zone long jump...prep basketball career was very heralded...senior year led team in scoring and rebounding...team was Co-Division Champs and tied for third in state his junior season...named to Bellevue (Wash.) Classic all-tourney team...Nevada Prep.Com Classic MVP...first team All-Division 4A, first team all-conference, and all-state honorable mention.

PERSONAL. Patrick Michael Harrigan born 3/30/83, at Reno, Nev... father Mike is a business owner and manager...mother Cindy played volleyball at Nevada...brother David Dodge...sister McKenzie played basketball at Lassen CC...hobbies include hunting, fishing, riding all-terrain vehicles, and playing basketball...majoring in social sciences at WSU.

HARRIGAN'S WSU BESTS:

High Jump - 2.15m / 7-0 1/2 (2002)

PAC-10 CHAMPIONSHIPS PERFORMANCES

Year	Event	Place	Height
2002	High Jump	4th	2.15m / 7-0 1/2



2004 COUGAR PROFILES



Nicole Hatcher
Sprints
5-6, Sophomore
Kennewick, Washington

WSU CAREER. FRESHMAN (2002-03): *Indoor* - At the Mountain Pacific Sports Federation Championships ran 60m dash in 7.81i for 15th and 200m in 24.91i for 12th...top 60m dash time of 7.73i came at Vandal Indoor (2/14/03, Moscow)...*Outdoor* - At the Pac-10 Championships, ran season-best in 100m of 12.14 for 18th (5/18/03, Los Angeles)...best time in 200m was 24.96 run at Willie Williams Meet (3/22/03, Tucson).

HIGH SCHOOL CAREER. Earned eight letters as a soccer player (coach Kristi Privette) and track athlete (coach Cheryl Schauble) at Southridge High...soccer honors included all-league honorable mention (freshman), second-team all-conference (sophomore) and first team All-Big Nine (junior and senior)...three-time *Tri-City Herald* All-Area Team...on the track, three-time team most valuable track athlete...at state 4A track championships, finished second in both dashes as a junior running 12.04 in the 100m and 25.11 in the 200m...as a senior, placed third in both 100m (12.43) and 200m (25.52) dashes...also on 4x100m relay that finished third (48.55) and fourth place 4x200m relay...KNDU TV Athlete of the Week in 2001.

PERSONAL. Born Nicole Irvetta Hatcher 6/17/84, at Kennewick, Washington...father Melvin is an attorney...mother Paula is a high school English teacher...brothers Jason (6/10/86) and James (9/7/91)...member of H.O.P.E. (Key) Service Club...Rhinstone Debutante...enjoys drawing and making crafts...planning to major in business at WSU.

HATCHER'S WSU BESTS

60m - 7.73i (2003)
100m - 12.14 (2003)
200m - 24.70 (2003)

PAC-10 CHAMPIONSHIPS PERFORMANCES

2003	100m	18th (prelims)	12.14
	200m	16th (prelims)	24.97



Mike Heidt
Distance
5-7, Junior
Selah, Washington

WSU CAREER. JUNIOR (2003-04): *Cross Country* - Top three Cougars finishers in all six races...second at Idaho Jamboree...finished third on team and 32nd overall at Pac-10 Championships (11/1/03, Pullman)...first Cougar and 29th overall at NCAA West Regional Meet (11/15/03, Portland)...named second team Pac-10 All-Academic for cross country.

SOPHOMORE (2002-03): *Cross Country* - Finished fifth at the Idaho Invitational and 18th at WSU Invitational...134th at the Roy Griak...finished 172nd at the Pre-NCAA Invitational...48th at the Pac-10 Championships (5th WSU runner)...54th at the NCAA West Regional Championships (3rd on team)...*Indoor* - Struggled a little with no time improvements...*Outdoor* - Opened the season with the PR in the 1500m of 4:05.20 at the Willie Williams (3/22/03, Tucson)...at the Stanford Invite ran top 10k time of 30:03.68...ran outdoor best 5k time of 15:22.64 (4/19/03, Boise).

FRESHMAN (2001-02): *Cross Country* - Finished 34th overall, third on team at Pac-10 Championships...placed 52nd/4th at NCAA West Regional Meet...*Indoor* - Finished fifth in the 5k at the Mountain Pacific Sports Federation Championships...top time in 5k of 15:08.35i at Husker Invite (2/8/02, Lincoln)...ran mile time of 4:19.91i at the McDonald's Last Chance (3/2/02, Moscow)...*Outdoor* - Running the longer distances with best 10k time of 30:22.57 (3/30/02, Stanford)...5k time is 15:35.11 at Washington Dual (5/4/02, Pullman).

HIGH SCHOOL CAREER. Earned six varsity letters at Selah High in cross country and track for coach Rick Becker...3A state champion in the 3200m and placed second in state in the 1600m senior season...ran the 1500m (3:58) at the Washington - Oregon Meet of Champions...cross country 3A state champion...Mid-Valley Cross Country Runner of the Year senior and junior seasons...runner-up in state in the 3200m (9:24) junior year...team captain in cross country his senior year.

PERSONAL. Michael Thomas Heidt was born 5/2/83, at Yakima, Washington...mother Carol is a teacher's aide...father Tom is in maintenance...graduated with a 3.6 GPA and member of National Honor Society...majoring in biology at WSU.

HEIDT'S WSU BESTS

Mile - 4:19.91i (2002)
1500m - 4:05.20 (2003)
3000m - 8:39.90i (2002)
5000m - 15:08.35i (2002)
10,000m - 30:03.68 (2003)



Monique Jessie
PACIFIC-10 SCORER/
ALL-AMERICAN
Hurdles
5-8, Senior
Compton, California

WSU CAREER. JUNIOR (2002-03): *Indoor* - Finished third in the 400m open at the MPSF Championships with a time of 54.70i (2/22/03, Nampa)...ran the second leg of the second-place 4x400m relay (3:44.23i)...set school record in 4x400m relay with time of 3:36.08i at the Pac-10 Invite (3/1/03, Seattle)...the next week, squad broke school record with time of 3:35.49i for seventh place at the NCAA Indoor Championships...*Outdoor* - At the Pac-10 Championships, placed fourth in the 400m hurdles with a PR of 59.28 (5/18/03, Los Angeles)...mark is second-best in school history...4x400m relay ran an outdoor school record time of 3:36.73 at the Texas Relays (4/5/03, Austin) and then broke it with a second-place NCAA West Regional finish in a time of 3:33.65...at the NCAA Championships, relay ran a 3:37.34 in the prelims and did not advance to the final...did not advance to the semifinals in intermediate hurdles after prelim time of 59.73.

WEST LOS ANGELES COLLEGE CAREER (2000-02): Four-time All-American...state JC champion in 400m hurdles in 2001, runner up in 2002...state JC champ in 400m dash (55.47 in 2002) after runner-up in 2001...ran leg of 2002 state champion 4x400m relay after second place finish in 2001...won Western State Conference and Southern State Regional titles in both 400m and 400m hurdles both years...selected MVP of both cross country and track teams both years...named Wester State Conference Woman Athlete of the Year...member of Team Love Track Club in Long Beach, coached by Andre Love...participated in intermediate hurdles at 2000 Junior Olympics.

HIGH SCHOOL CAREER. Ran track and cross country for coach Sam Hardiman at Carson High...two-time conference champion in the 400m dash...also won 300m hurdles senior year...twice selected track team's MVP...also harriers' MVP as senior.

2004 COUGAR PROFILES



PERSONAL. Born Monique Nicole Jessie 12/4/82, at Bellflower, Calif... father Robert works for Ralph's Corp... mother Karen works at CoAmerica bank... brother Robert III (9/17/79)... sister Leira (11/22/85)... received National English Merit Award in high school... sang with gospel group God's Real Anointing Creates Essence (GRACE) which won the 2002 Voices of Gospel Big Contest... pursuing a degree in communication.

JESSIE'S WSU BESTS

100m - 12.37 (2003)
400m - 54.85 (2003)
400m Hurdles - 58.32 (2003)
1600m Relay - 3:33.65 SR (2003), 3:35.49i SR (2003)

PAC-10 CHAMPIONSHIPS PERFORMANCES

2003	400m Hurdles	4th	59.28
	4x400m Relay	3rd	3:37.57

NCAA WEST REGIONAL PERFORMANCES

2003	4x400m Relay	2nd	3:33.65 SR
------	--------------	-----	------------

NCAA CHAMPIONSHIPS PERFORMANCES

2003	400m Hurdles	Prelims	59.73
	4x400m	Prelims	3:37.34



Ian Johnson
PACIFIC-10 SCORER
Distance
5-7, Senior
Spokane, Washington

WSU CAREER. SENIOR (2003-04): *Cross Country* - Was one of Cougar top three finishers in all six meets... top Cougar at Pre-National Meet (64th overall) and at Pac-10 Championships (14th overall)... 40th overall (3rd WSU) at NCAA West Regional meet (11/15/03, Portland)... named first team Pac-10 All-Academic for cross country.

REDSHIRT JUNIOR (2002-03): *Cross Country* - Improved as season progressed... top Cougar runner at NCAA West Regional and 25th overall finisher (11/16/02, Stanford)... finished second on team, 29th overall at Pac-10 Championships (11/2/02, Pasadena)... *Indoor* - Battled injuries... *Outdoor* - Ran an outstanding steeplechase PR time of 9:07.97 to help the Cougars win the dual meet at Washington (5/3/03, Seattle)... placed 14th at Pac-10 Championships steeplechase in time of 9:41.58 (5/18/03, Los Angeles).

REDSHIRT SOPHOMORE (2001-02): *Cross Country* - Was top WSU runner nearly whole season... at Furman pre-NCAA Invite (10/13/01, Greenville) finished 28th overall (1st WSU runner)... struggled at Pac-10 Championships (10/27/01, Scottsdale) for 42nd finish (5th WSU runner)... recovered for NCAA West Region (11/10/01, Tucson) to

place 32nd (2nd WSU runner)... *Indoor* - Improved in all races... ran 800m PR 1:54.51i at McDonald's II (3/2/02, Moscow), mile PR of 4:08.32i at Husker Invite (2/8/02, Lincoln), and 3000m PR of 8:33.21i at McDonald's I (2/16/02, Moscow)... finished seventh in the mile (4:32.13) at the MPSF Championships (2/23/02, Flagstaff)... *Outdoor* - At Pac-10 Championships finished ninth in 1500m with time of 3:50.45 (5/19/02, Pullman)... season-best time of 3:49.44 at Stanford Invite (3/30/02).

SOPHOMORE (2000-2001): *Cross Country* - Redshirt season...

REDSHIRT FRESHMAN: *Indoor* - Finished sixth in the mile at Mountain Pacific Sports Federation Championships... next week ran PR time of 4:15.97i at the Last Chance (3/3/01, Moscow)... *Outdoor* - Ran a strong eighth place in the 1500m at the Pac-10 Championships, clocking a PR of 3:49.23 (5/20/01, Berkeley).

FRESHMAN (1999-2000): *Cross Country* - Won the Boise state Invitational in time of 24:28.0 on the 8,000m course (10/2/99, Eagle, Idaho)... also placed second at Idaho Invitational and third at Big Cross Invite... illness caused him to miss Pac-10 Championships and NCAA West Regional Championships at end of season... *Indoor* - Mononucleosis forced him to take redshirt season... *Outdoor* - Redshirt season.

HIGH SCHOOL CAREER. Attended Monroe High in western Washington until senior year when transferred to University High in Spokane... earned two letters at U-High for coach Bob Barbero... competed in state cross country championships all four years... won individual title as a senior in a time of 15:18 for 5000m course and led University High to the team championship... finished 15th in the Footlocker West Regional Cross Country Championships... in spring won 3200m at Pasco Invite (9:24.3)... ran 1500m in 4:00.6 and 1600m in 4:18.24... was the state 4A champion in the 1600m at 4:15.32, and in the 3200m at 9:13.41... while at Monroe High, earned three cross country and two track letters for coach Traci Bianchini... finished 15th at state cross country meet as a junior and captained Bearcat team to 10th place... ran school record 3200m in time of 9:32.7... top 1600m time of 4:23... qualified for state meet in both distances... two-time team most inspirational... spring of sophomore year finished fourth in district 1600m (4:29) and ran state meet 3200m time of 9:44.

PERSONAL. Ian Christopher Johnson was born 12/9/80 at Minneapolis, Minnesota... father Alan is a minister... mother Elaine is an elementary teacher... older sister Kimberly (1/18/78)... younger brother Noah (2/8/84)... grandfather Russell Johnson ran track at the collegiate level... enjoys juggling... member of National Honor Society... graduated with 3.76 GPA... majoring in general linguistics at WSU.

IAN JOHNSON'S WSU BESTS

800m - 1:54.51i (2002)
1500m - 3:49.23 (2001)
Mile - 4:08.32i (2002)
3000m - 8:33.21i (2002)
Steeplechase - 9:07.97 (2003)
5000m - 14:56.90 (2001)
DMR - 10:21.18i (2003)

PAC-10 CHAMPIONSHIPS PERFORMANCES

2003	Steeplechase	14th	9:41.58
2002	1500m	9th	3:50.45
2001	1500m	8th	3:49.23



2004 COUGAR PROFILES



Andrew Jones
STATE CHAMPION
Distance
5-6, Freshman
Gillette, Wyoming

WSU CAREER. FRESHMAN (2003-04): *Cross Country* - Consistent as fourth Cougar placer in all six meets...fifth overall at Idaho Jamboree...sixth at WSU Invite...33rd overall at Pac-10 Championships (11/1/03, Pullman)...64th at NCAA West Regional (11/15/03, Portland).

HIGH SCHOOL CAREER. Earned 12 letters at Campbell County High, four each in cross country and indoor track for coaches Ron Kline and Orville Hess, two in outdoor track for Kline, and two in soccer for coach Alex Ayers...third at 2002 Foot Locker West Region Meet...17th at Foot Locker National meet...state cross country champion as senior...team won state cross country championships as sophomore, junior and senior seasons...cross country team was ranked 13th nationally as a senior...state champion in 1600m and 3200m as senior...finished second in state in 800m as senior...member of state champion track team as a junior...member of Wyoming state Olympic Development Program soccer team, twice.

PERSONAL. Born Andrew Stryker Jones, 9/11/84, at Gillette, Wyoming...father Marc is an accountant...mother Sandra is a teacher...sister Meagan (12/1/81)...brother Colin (4/27/87)...attended same high school as WSU cross country coach Jason Drake...graduated with 3.89 GPA...interested in pursuing a degree in wildlife biology.



Alex Jones
JC ALL-AMERICAN
Sprints/Long Jump
5-9, Junior
Clovis, California

COMMUNITY COLLEGE CAREER. At College of the Sequoias, was conference champ in long jump and triple jump for coach Curtis Allen...Northern California JC long jump champion, third in state...long jump PR of 25-6...named conference male field Athlete of Year, Northern California field Athlete of Year, and JC All-American.

HIGH SCHOOL CAREER. Lettered seven times at Buchanan High...three letters in football for coach Mike Vogt...four letters as a long jumper for coach Brian Weaver...broke school long jump record as freshman with leap of 21-5...mark was fifth nationally for freshmen...junior year track all-league for long and triple jumps, all-region for long jump...as senior, conference champion in long jump, triple jump and 100m...on 4x100m relay champ team...tabbed MVP for track team...all-region in long jump and 100m...in football, named all-league and all-region...team fourth in state...named outstanding defensive back...selected school's Athlete of Year.

PERSONAL. Born Terry Alex Jones, 5/7/83, at Fresno, California...mother Cindy Wiens is a research assistant...brother Jason Wiens (2/9/93) and sister Katie Wiens (1/15/91)...enjoys playing video games...Dean's List at Fresno City College...interested in a career in teaching or counseling.



Sam Lightbody
Throws
6-9, Senior
Huntington Beach, California

WSU CAREER. SENIOR (2003-04): Started 12 football games as a redshirt junior at right tackle...suffered a pinched neck nerve against Stanford and missed the Oregon State game...earned offensive lineman for Idaho game in weekly team awards.

REDSHIRT JUNIOR (2002-03): Played in 11 football games and started in three on the offensive line as Cougars were the Pac-10 Champions and went 10-3...*Indoor* - Discus toss of 48.16m/158-0 was 20-feet less than all-time best...*Outdoor* - Placed sixth in the discus at the Pac-10 Championships with a PR throw of 55.09m/180-9 (5/18/03, Los Angeles)...finished eighth in the discus at the NCAA West Regional Meet with a throw of 54.41m/178-6 (5/31/03, Stanford).

REDSHIRT SOPHOMORE (2001-02): Played in ten football games on the offensive line as Cougars went 10-2 and were ranked 10th nationally...joined outdoor team after participating in spring football drills...*Outdoor* - Did not have enough training time to return to previous spring's form...finished 12th in the discus at the Pac-10 Championships with a throw of 50.56m/165-10 (5/19/02, Pullman).

REDSHIRT FRESHMAN (2001): *Indoor* - Tossed personal-best in shot put of 17.78m/58-4i at the Idaho Scoring Meet...placed fifth in the shot at the Mountain Pacific Sports Federation Championships (2/23/01, Flagstaff) with throw of 17.59m/57-8 1/2i...*Outdoor* - Finished ninth in discus (52.62m/169-4) and 10th in shot put (17.09m/56-1) at the Pac-10 Championships (5/20/01, Berkeley)...top discus mark of season was 53.72m/176-3 at Idaho-EWU-WSU meet at Pullman.

FRESHMAN (2000-01): After enrolling in January (2000) and participating in spring football drills, suffered torn thumb ligaments in fall camp and missed the entire season after having surgery to repair the tear...combined a successful track season with spring football drills in 2001.

HIGH SCHOOL CAREER. Attended Huntington Beach High, where he was coached by Tony Ciarelli...earned three varsity letters each in football and track (shot, discus)...won league and county titles in the shot and discus both junior and senior seasons...captured CIF shot put title and was runner-up in the discus...fifth in the shot put at the state meet and sixth in the discus...named male track athlete of the year by the Orange County Register...best marks 60-8 in the shot and 195-11 in the discus...junior year second in both CIF shot and discus competition...MVP of track team...captained football team as a senior and track team as a junior and senior...junior year named most improved football player...football honors came senior as Super Prep Magazine named him to their All-Far West team (100)...earned All-Sunset League and All-CIF first team honors as a defensive end.



2004 COUGAR PROFILES

PERSONAL. Samuel M. Lightbody...born 4-22-81 at Manila, Philippines...parents Kathleen and Art Lightbody...father was a swimmer at Hamline University in Minnesota...two brothers, Jake and Titus...majoring in fine arts at WSU.

LIGHTBODY'S WSU BESTS

Shot put - 17.78m / 58-4i (2001)

Discus - 55.09m / 180-9 (2003)

PAC-10 CHAMPIONSHIPS PERFORMANCES

2003	Discus	6th	55.09m / 180-9
2002	Discus	12th	50.56m / 165-10
2001	Discus	9th	52.62m / 169-4
	Shot Put	10th	17.09m / 56-1

NCAA WEST REGIONAL PERFORMANCES

2003	Discus	8th	54.41m / 178-6
------	--------	-----	----------------



Matt Mason
USATF Junior All-American
Hurdles/Jumps
6-2, Redshirt Junior
Marietta, Georgia

PRE-WSU CAREER. Long Beach City College(2002-03): California state champion in the 110m hurdles with time of 14.05...set school record in long jump with leap of 25-7 1/4...state's Junior College Athlete of the Year...Florida State (2000-2001): Named Atlantic Coast Conference Freshman of the Year after winning the conference 400m hurdles title (50.80)...NCAA qualifier...USATF Junior All-American...competed at 2001 World Junior Championships in England...ran on first-place 4x100m relay (39.72) and 4x400m relay (3:07.13) teams...second place in 400m hurdles (51.45).

HIGH SCHOOL CAREER. Earned nine letters at McEachern High (Powder Springs, Ga.)...four for track coach Lee Gower, three for football coach Jim Dorsey, and two for basketball coach Johnson...twice named all-county and two-time all-Region 5AAAA long jump champion...region champ in the 100m and 300m hurdles...Cobb County champ in long jump and intermediate hurdles three different times...named all-state and team MVP as senior...best prep marks include 23-11 1/2 in long jump, 14.17 in 110m hurdles and 39.14 in 300m hurdles.

PERSONAL. Born Matthew York Mason June 30, 1982, at New York...father Bernard Mason played basketball at Southern Illinois and is currently an air flight controller...older sister Kim Mason ran track at Penn...older brothers Khalief and Hassaan Stumps...Hassaan ran track at Tennessee...pursuing a degree in sociology at WSU.



Karla McGee
Pole Vault
5-8, Senior
Lethbridge, Alberta, Canada

WSU CAREER. JUNIOR (2002-03): *Indoor* - Battled sore back throughout year...best vault of season was 3.75m/12-3 1/2i at WSU Open (1/25/03, Pullman)...*Outdoor* - Top clearance of season was 3.80m/12-5 1/2 at Cougar Invite (4/26/03, Pullman)...no height at Pac-10 Championships.

SOPHOMORE (2001-02): *Indoor* - Top mark of season was 3.85m/12-7 1/2i at the Martin Invite (1/19/02, Cheney)...tied for 10th at MPSF

Championships after clearing 3.75m/12-3 1/2i (2/23/02, Flagstaff)...*Outdoor* - Struggled with injury during the season...best height was 3.71m/12-2 for 12th place at the Pac-10 Championships (5/19/02, Pullman).

FRESHMAN (2000-01): *Indoor* - Finished sixth at the Mountain Pacific Sports Federation Championships (2/23/01, Flagstaff)...set freshman school record of 3.78m/12-4 3/4i was set at Moscow Last Chance (3/3/01)...*Outdoor* - Cleared 3.85m/12-7 1/2 at Cougar Invite (4/27/01, Pullman) for freshman school outdoor record...also NCAA PQ...finished 14th at Pac-10 Championships (5/20/01, Berkeley) with mark of 3.74m/12-3 1/4...won the Canadian Junior Championships with 3.75m/12-3 1/2 clearance (7/29/01, Calgary).

HIGH SCHOOL CAREER. Attended Kate Andrews...in 1998, placed second in the pole vault with a clearance of 3.60m/11-9 3/4 at the 1st Annual Canadian Vertical Jumps Summit...summer of 1999 Canadian Junior National Champion (Burnaby)...won the pole vault title at the Canada vs. Carribean dual meet in Cayman Islands at height of 3.50m/11-5 3/4...won the 2000 Canadian Junior Champion with a 3.55m/11-7 3/4 clearance (7/16/00, Montreal)...placed 7th at the IAAF World Youth Championships in Poland by leaping over bar set at 3.65m/11-11 3/4...personal best of 3.75m/12-3 1/2 at Alberta Juvenile Championships (7/30/00, Edmonton).

PERSONAL. Born 8/26/82...Karla Rae McGee...father Dave is a regional water manager...mother Deb...brothers Scott (8/4/85) and Russell (12/23/92)...sister Lisa (10/3/86)...named 1997 and 1999 Alberta Female Athlete of the Year...enjoys horseback riding...majoring in biology/pre-physical therapy.

MCGEE'S WSU BESTS

Pole Vault - 3.85m / 12-7 1/2 Freshman **SR** (2001)

3.78m / 12-4 3/4i Freshman **SR** (2001)

PAC-10 CHAMPIONSHIPS PERFORMANCES

2003	Pole Vault	NH	
2002	Pole Vault	12th	3.71m / 12-2
2001	Pole Vault	14th	3.74m / 12-3 1/4



James McSwain
Sprints/Long Jump
5-10, Sophomore
Las Vegas, Nevada

WSU CAREER. FRESHMAN (2002-03): *Indoor* - Finished eighth in the long jump at the Mountain Pacific Sports Federation Championships with a leap of 6.75m/22-1 3/4i (2/22/03, Nampa)...season best was 6.98m/22-11 at WSU Open (1/25/03, Pullman)...top team time in 200m of 22.11i (3/8/03, Moscow)...*Outdoor* - Ran a PR time of 10.64 in the 100m prelims and ran third leg of winning 400m relay (39.68) at Pac-10 Championships (5/18/03, Los Angeles)...top long jump in spring was 6.60m/21-8 at WSU Open (4/12/03, Pullman).

HIGH SCHOOL CAREER. Earned three letters in track at Mojave High for coach Lolo James...senior year won the state long jump title with a mark of 23-5 3/4...also at state meet finished second in 100m and third in 200m...anchored 4x100m relay that won conference, regional and state title...at Mt. SAC Relays, third in 100m...won conference and regional long jump and 100m events...PR time in 100m dash of 10.64 came junior year at regional meet...twice selected team MVP...member of Las Vegas Stealth Track Club under coach Edward "Spud" Johnson...at the 2001 Junior Olympics placed fifth in long jump (23-3).

PERSONAL. Born James Q. McSwain 1/20/84 in the Philippines...father Vernon Boardley is in the United States Air Force...mother Estelita Boardley is a clerical worker...brothers Victor (6/3/96), Vernon (6/5/86), and Chris (4/17/90)...named Social Studies Male Student of the Year at Mojave High...undecided on major at WSU.

2004 COUGAR PROFILES

McSWAIN'S WSU BESTS

60m - 6.90i (2003)
100m - 10.64 (2003)
200m - 21.89 (2003)
400m Relay - 39.68 (2003)
Long Jump - 6.98m / 22-11i (2003)

PAC-10 CHAMPIONSHIPS PERFORMANCES

2003	100m	13th	10.64
	4x100m Relay	1st	39.68



Robin Mikesch
PACIFIC-10 SCORER
High Jump
5-6, Freshman
Sumner, Washington

WSU CAREER. FRESHMAN (2002-03): *Indoor* - Top clearance of season was 1.68m/5-6i at adidas Classic (2/8/03, Lincoln)...finished 11th at the Mountain Pacific Sports Federation Championships with a height of 1.62m/5-3 3/4i (2/22/03, Nampa)...*Outdoor* - Fourth place at the Pac-10 Championships with a leap of 1.75m/5-8 3/4 (5/18/03, Los Angeles)...at the NCAA West Regional Meet, tied for 17th with teammate Briana Willis with a height of 1.66m/5-5 1/4.

HIGH SCHOOL CAREER. Earned 11 varsity letters at Auburn Riverside High - four in track for coaches Megan Ellis and David Goethals, four in gymnastics for coach Karyn Peterson, and three for swimming and diving coach Crystal Hilbert...won the Washington state 4A girl's high jump title three consecutive years...high jump PR is 5-8...at 2002 state meet also finished eighth in the 100m hurdles in 15.69 seconds in the final and 15.63 in the prelims...South Puget Sound League Field Athlete of the Year...WIAA Scholar Athlete all four years...heptathlon accolades include winning Intermediate Division and second at state meet as freshman, third place in Women's Division as a sophomore...junior and senior years participated in state diving championships and swam 50-free and 200-medley relay...advanced to district competition in gymnastics freshman, sophomore and senior years in all-around, vault, and bars events.

PERSONAL. Born Robin Dyan Mikesch 8/13/83 at Bellingham, Wash...father John is a self-employed tool dealer...mother Vicky is a homemaker...brother Grant (6/28/85)...sister Nicole (12/14/80)...received WSU Academic Achievement Award and Scholar in Residence Award...3.82 GPA assisted Riverside High in receiving the 2002 Washington state 4A academic team championship for girls track and field...will pursue a degree at WSU in hotel and restaurant management.



MIKESH'S WSU BESTS

High Jump - 1.75m / 5-8 3/4 (2003)

PAC-10 CHAMPIONSHIPS PERFORMANCES

2003	High Jump	4th	1.75m / 5-8 3/4
------	-----------	-----	-----------------

NCAA WEST REGIONAL PERFORMANCES

2003	High Jump	T17th	1.66m / 5-5 1/4
------	-----------	-------	-----------------



Marie Muai
WSU RECORD HOLDER
Throws
5-7, Junior
Tacoma, Washington

WSU CAREER. SOPHOMORE (2002-03): *Indoor* - Threw the school record of 18.83m/61-9 1/2i in the 20-pound weight at the adidas Classic (2/8/03, Lincoln)...mark was 31st nationally...at the MPSF Championships finished 10th in the 20# weight at 15.67m/51-5i, and 17th in the shot put with a toss of 12.97m/42-6 3/4i (2/22/03, Nampa)...*Outdoor* - PR hammer throw of 53.46m/175-5 was 10th place at Pac-10 Championships (5/18/03, Los Angeles)...mark is third-best in school history...at conference meet also finished 14th in discus (43.47m/142-7)...set PR in discus of 51.17m/167-10 at UW dual (5/3/03, Seattle)...mark is fifth-best in school history...at the NCAA West Regionals, finished 10th in the discus at 49.63m/162-10 and 18th in the hammer at 50.91m/167-0.

FRESHMAN (2001-02): *Indoor* - Set freshman school discus record of 50.90m/167-0 at the McDonald's I (2/2/02, Moscow)...at Mountain Pacific Sports Federation Championships finished ninth in 20# weight throw at 16.11m/52-10 1/2i and 19th in the shot put at 11.38m/37-4i (2/23/02, Flagstaff)...*Outdoor* - Led Cougar women in discus with top toss of 48.60m/159-5 at Mt. SAC Relays (4/21/02, Walnut)...struggled at Pac-10 Championships with 18th places in both shot put and discus.

HIGH SCHOOL CAREER. Earned three letters in volleyball for coach Shelly Cane and four in track with Howard Lutton at Franklin Pierce High...state champion in the shot put as a senior and sophomore...had second place finish as junior and 10th place as freshman...top shot put mark is 45-7...state discus finishes include second as junior, 14th as freshman...holds school discus record of 153-11...as a senior had first place finish in shot put and second in discus at Eason Invite and named Female Field Athlete of the Meet...previous year won shot and second in discus at same meet...won shot and discus at Federal Way Invite with shot record of 44-11...won both events at Lake Washington Invite after second place finishes as a junior...won league and district shot and discus titles as junior, had second place finishes as sophomore and freshman...team captain, most inspirational, coaches award...named Tacoma News Tribune Athlete of the Week and Tacoma Athlete Commission Athlete of the Month...honors include Marine Corps Distinguished Athlete Award, Navy Distinguished Athlete Award, Citizenship Award, Franklin Pierce Scholarship Program Award.

PERSONAL. Marie Olevia Muai was born 1/28/83, at Tacoma...father Jacob is a drive instructor...mother Peggy is a registered nurse...brothers Anthony (10/19/80), twins Mike and Jeff (10/8/81), Jared (11/10/84), and Jacob (10/13/85)...on Honor Roll 1999-2001...ASB Secretary as senior...Rotary Club Student of the Month...majoring in history.

MUAI'S WSU BESTS:

20# Weight Throw - 18.83m / 61-9 1/2i **SR** (2003)
Shot Put - 13.79m / 45-3 (2002)
Discus - 51.17m / 167-10 (2003)
Hammer - 53.46m / 175-5 (2003)

PAC-10 CHAMPIONSHIPS PERFORMANCES

2003	Discus	14th	43.47m / 142-7
	Hammer	10th	53.46m / 175-5
2002	Shot Put	18th	11.79m / 38-8 1/4
	Discus	18th	37.08m / 121-8

NCAA WEST REGIONAL PERFORMANCES

2003	Discus	10th	49.63m / 162-10
	Hammer	18th	50.91m / 167-0

2004 COUGAR PROFILES



Jarrell Nelson
STATE CHAMPION
Sprints
5-7, Freshman
Bremerton, Washington

HIGH SCHOOL CAREER. Earned six letters at Olympic High School...three as a running back and safety for football coach Carlton Cooper...three for track coach Joel Grindeland...senior year won the 200m dash (record time of 21.79), anchored the winning 4x100m relay, and placed second in the 100m dash at the Washington state 4A championships...first individual state champ for Olympic High, which finished fourth as team...set school records in 100m (10.79), 200m (21.79) and 4x100m relay...prior to state, won Narrows League titles and West Central District titles in 100m, 200m and 4x100m relay...also won league 100m and 200m titles as junior but pulled hamstring prior to districts and did not advance to state meet...named school team's most inspirational and team captain...*Seattle Times* Athlete of the Week...West Sound's Male Scholar Athlete of the Year (2003)...during football career, named first team all-league...had 1,036 yards on 97 carries for 10.8 yards per carry average with 16 touchdowns...named to West Sounds all-area football team.

PERSONAL. Born Jarrell Taurean Nelson, 9/29/84, at Bremerton, Washington...father Simp works in construction...mother Rene...twin brother Andre (9/29/84)...brother Parnell (10/21/79)...3.6 GPA...Honor Roll...Accomplished Trojan Scholar Status...school's Citizenship Award awarded by staff and principal...planning to major in zoology.



Paul Nicoletti
Pole Vault
5-10, Redshirt Junior
Snohomish, Washington

WSU CAREER. REDSHIRT SOPHOMORE (2002-03): *Indoor* - Reached lifetime best of 4.85m/15-11i in three meets...*Outdoor* - Cleared PR height of 5.10m/16-8 3/4 at the Cougar Invite (4/26/04, Pullman)...finished ninth at Pac-10 Championships with height of 4.95m/16-2 3/4 (5/18/03, Los Angeles)...tied for 12th at NCAA West Regional meet with height of 5.06m/16-7 1/4 (5/31/03, Stanford).

REDSHIRT FRESHMAN (2001-02): *Indoor* - Top mark was 4.85m/15-11i cleared at the McDonald's I Open (2/2/02, Moscow)...*Outdoor* - Cleared 4.90m/16-0 3/4 at the Cougar Invite (4/27/02, Pullman).

FRESHMAN (2000-01): Redshirt both indoor and outdoor seasons.

HIGH SCHOOL CAREER. Played three seasons of football for Snohomish High coach Mark Perry, wrestled for one season for coach Bob Walters, and competed in track for coach Tuck Gionet...earned four letters in track as pole vaulter...best state 4A finish was fourth place as senior (2000)...that year placed second in pole vault in WESCO league but won District title...named team captain and selected for coaches award...played defensive end on football team that placed third in state junior year (1998) and was undefeated sophomore season.

PERSONAL. Born 11/25/81, at Everett, Washington...father Bruce is an engineer at Boeing...mother Rose is a landscaper...sisters Anne Uecker and Elizabeth Nicoletti both swam for the United States Merchant Marine Academy...enjoys snowboarding and hiking...ski and snowboard instructor...art honor society...majoring in health and fitness education at WSU.

NICOLETTI'S WSU BESTS

Pole Vault - 5.10m / 16-8 3/4 (2003)

PAC-10 CHAMPIONSHIP PERFORMANCES

2003 Pole Vault 9th 4.95m / 16-2 3/4

NCAA WEST REGIONAL PERFORMANCES

2003 Pole Vault T12th 5.06m / 16-7 1/4



Kayle Peterson
Distance
5-6, Freshman
Port Orchard, Washington

WSU CAREER. FRESHMAN (2003-04): *Cross Country* - In opening race of season, finished sixth overall and second on team (Idaho Jamboree)...third Cougar finisher in four races...finished 48th overall at Pac-10 Championships (11/1/03, Pullman) and 91st at NCAA West Regional (11/15/03, Portland).

HIGH SCHOOL CAREER. Earned four letters at South Kitsap High, three in cross country and one in track for coach Ed Santos...captain of cross country team as senior...finished first in 3200m at Pasco Invite...selected to senior all-star cross country team...finished seventh in state in 3200m and 16th in 1600m as senior.

PERSONAL. Born Kayle Fay Peterson 5/30/85, at Bremerton, Wash...father Craig is a machinist...mother Suzette...brother Jaron (2/23/83)...sister Britta (3/26/90)...interested in pursuing a degree in business.



Diana Pickler
PACIFIC-10 SCORER
Heptathlon
5-10, Sophomore
Sasche, Texas

WSU CAREER. FRESHMAN (2002-03): *Indoor* - Finished seventh in the 60m hurdles at the Mountain Pacific Sports Federation Championships with a season-best time of 8.64i seconds (2/22/03, Nampa)...tied for 11th in the long jump at the MPSF with leap of 5.35m/17-6 3/4i...top long jump of season was 5.62m/18-5 1/4i at adidas Classic (2/8/03, Lincoln)...*Outdoor* - At the Pac-10 Championships (5/18/03, Los Angeles) reached fourth place in heptathlon with 5,254 points...also ran the prelims of the 100m hurdles (12th)...at the NCAA Championships, fell in the heptathlon 800m and watched sixth-place standing and All-America status disappear...finished 27th with 4,586 points after ending first day in ninth.

HIGH SCHOOL CAREER. Earned six letters at Rowlett High including four for track coach Ray Young and two as a middle blocker for volleyball coach Kathy Bothun...in 2001 ranked number one U.S. junior heptathlete by *Track & Field News*...2001 Junior Olympic National Heptathlon Champion with 5,365 points which broke WSU's Ellannee Richardson's 1998 prep record of 5,104 points...point total is also second highest in American history...2001 Texas state 5A 100m hurdles champion (13.75 seconds) and was the runner-up in 2002 (13.71w)...300m hurdles PR time of 41.17 is top-ranked prep performance nationally...100m hurdles PR time of 13.76 was ranked fourth nationally and has run a 13.71w...finished second at 2002 Indoor National Scholastic Sports Foundation heptathlon...member of the US Junior National Team and Junior World Championships...2002 National

2004 COUGAR PROFILES



High School Indoor Pentathlon champion...earned first All-American honors after third place at USATF Championships sophomore year... senior year earned first team volleyball all-district honors.

PERSONAL. Born Diana Lynn Pickler 12/9/83, at Shreveport, La... father Bill is a general manager...mother Chris is an accountant...sisters Julie (twin - 12/9/83) and Katie (9/11/81)...undeclared major at WSU.

D. PICKLER'S WSU BESTS

200m - 25.15 (2003)
800m - 2:35.65 (2003)
60m Hurdles - 8.64i (2003)
100m Hurdles - 13.89w (2003), 14.00 (2003)
High Jump - 1.68m / 5-6 (2003)
Long Jump - 5.81m / 18-0 3/4 (2003)
Shot Put - 11.45m / 37-6 3/4 (2003)
Javelin - 37.90m / 124-4 (2003)
Heptathlon - 5,254 points (2003)

PAC-10 CHAMPIONSHIPS PERFORMANCES

2003	Heptathlon	4th	5,254 points
	100m Hurdles	12th	14.03

NCAA CHAMPIONSHIPS PERFORMANCES

2003	Heptathlon	27th	4,586 points
------	------------	------	--------------



Julie Pickler
Heptathlon
5-10, Redshirt Freshman
Sasche, Texas

WSU CAREER. FRESHMAN (2002-03): *Indoor* - Ran a season-best 8.74i seconds in 60m hurdles prelims at Mountain Pacific Sports Federation Championships (2/22/03, Nampa)...also ran on third-place distance medley relay...top 200m time of 25.10i came at adidas Classic (2/8/03, Lincoln)...*Outdoor* - Javelin throw of 38.64m/126-9 (3/22/03, Tucson) is 10th best in school history...finished fourth at the UC Multi Events (3/27/03, Davis) with 5,024 points and qualified for the Pac-10 Championships heptathlon...plantar fasciitis in right foot stopped competition and forced a redshirt season.

HIGH SCHOOL CAREER. Earned six letters at Rowlett High including four for track coach Ray Young and two as an outside hitter for volleyball coach Kathy Bothun...in 2002 ranked number one U.S. junior heptathlete by *Track & Field News*...won the US Junior Championship heptathlon title with a 5338 point total (6/19/02, Berkeley) which was the sixth-best performance for a prep in history and elevated her to

the fourth-best performer in US prep annuals in this event...in 2001 ranked number three U.S. junior heptathlete...2001 Junior Olympic National Heptathlon third place with 5,147 points...total is tenth-best in U.S. history...finished third in 100m hurdles (13.79w) at 2001 Texas state 5A meet...100m hurdles PR time of 13.93 was ranked seventh nationally...also ranked 12th nationally in long jump (19-4i)...runner-up at state long jump in 2001 with distance of 19-6 3/4...2002 Indoor National Scholastic Sports Foundation All-American in the heptathlon, hurdles and long jump...runner-up in pentathlon at 2002 National High School Championships...member of the US Junior National Team and Junior World Championships...earned All-American honors after third place at USATF Championships junior year.

PERSONAL. Born Julie Ann Pickler 12/9/83, at Shreveport, La...father Bill is a general manager...mother Chris is an accountant...sisters Diana (twin - 12/9/83) and Katie (9/11/81)...undeclared major at WSU.

J. PICKLER'S WSU BESTS

200m - 25.10i (2003)
800m - 2:44.25 (2003)
60m Hurdles - 8.74i (2003)
100m Hurdles - 14.48 (2003)
Distance Medley Relay - 11:50.00i (2003)
High Jump - 1.68m / 5-6 (2003)
Long Jump - 5.69m / 18-8 (2003)
Shot Put - 10.82m / 35-6 (2003)
Javelin - 38.64m / 126-9 (2003)
Heptathlon - 5.024 points (2003)



Darion Powell
PACIFIC-10 SCORER/
ALL-AMERICAN
Decathlon
6-5, Redshirt Sophomore
Kirkland, Washington

WSU CAREER. REDSHIRT FRESHMAN (2001-02): *Indoor* - At the MPSF, ran the second leg of the 4x400m relay (6th, 3:16.19i), and finished 10th in the 60m hurdles prelims in 8.22i, and 11th in the long jump with a leap of 6.63m/21-9i (2/22/03, Nampa)...bettered marks in every indoor event...*Outdoor* - Had to compete with cast on his left wrist after a fall from a motorcycle during spring break...scored 7,243 points (NCAA PQ) for second place in first collegiate decathlon, the UC Multi Events (3/27/03, Davis)...at the Pac-10 Championships, placed second in decathlon with an NCAA PQ and lifetime-best of 7,386 points (5/11/03, Los Angeles)...earned All-America honors with fourth place decathlon finish (PR 7,511 points).

FRESHMAN (2001-02): *Indoor* - Struggled with foot injury...at MPSF Championships (2/23/02, Flagstaff) finished 10th in 60m hurdles (8.24i) and 14th in long jump (6.63m/21-9i)...*Outdoor* - Redshirt season.

HIGH SCHOOL CAREER. Earned three letters in football with coach Tim Tramp and three letters in track for coach Jeanne Shepard at Lake Washington High...number one decathlete in *Track & Field News* 2001 prep rankings...national leader with 6,737 points...18th in same publications Men's High School Athlete of the Year standings...National Indoor Pentathlon Champion both junior and senior years...USA Junior National Champion in decathlon with 6,678 points as senior...first team prep All-American...state decathlon champion with 6,778 points (lighter implements)...represented USA team at Canadian Combined Events Championships and won the decathlon with 7,021 points...state champion in 110m hurdles at 14.58...KingCo League champion and district Champion in high hurdles, 4x400 relay, and second in long jump...personal bests of 14.32 in 110m hurdles, 38.46 in 300m hurdles, 54-1 in shot put, 22-6 in long jump, 11.23 in 100m, 22.4 in 200m, and 156-6 in discus...*Eastside Journal* Athlete of the Year Finalist...*Eastside*

2004 COUGAR PROFILES

Journal Athlete of the Week...Seattle Times Athlete of the Week...top scorer for state champion Lake Washington as junior with second in 110m hurdles, fourth in 300m hurdles and sixth in shot put...as a sophomore was state champion in the decathlon at 6,264...qualified for state in 110m hurdles...prep football career included second team all-league selection senior year as punter, kicker, kickoff and punt return specialist and wide receiver.

PERSONAL. Born Darion Devin Powell 6/14/82, at Seattle...father David is a teacher...mother Michele is a manager...older brother Calen is at Duke playing football and track...Calen was also a national decathlon leader as a prep athlete...sister Alora...voted as most athletic at Lake Washington High by 97% of students...undecided on major at WSU.

POWELL'S WSU BESTS

55m - 6.82i (2002)
60m - 7.19i (2003)
100m - 11.01 (2003)
400m - 49.53 (2003)
1500m - 4:48.86 (2003)
55m Hurdles - 7.85i (2002)
60m Hurdles - 8.22i (2003)
110m Hurdles - 14.52 (2003)
400m Hurdles - 53.39 (2003)
High Jump - 1.93m / 6-4 (2003)
Pole Vault - 4.40m / 14-5 1/4i (2003)
Long Jump - 7.23w / 23-8 3/4w (2003), 7.12m / 23-4 1/2 (2003)
Shot Put - 14.41m / 47-3 1/2i (2003)
Discus - 44.05m / 144-6 (2003)
Javelin - 57.98m / 190-3 (2003)
Decathlon - 7,511 points (2003)

PAC-10 CHAMPIONSHIPS PERFORMANCES

2003 Decathlon 2nd 7,386 points

NCAA CHAMPIONSHIPS PERFORMANCES

2003 Decathlon 4th 7,511 points



Brandi Probasco-Canda
State Champion
Sprints
5-7, Freshman
Portland, Oregon

HIGH SCHOOL CAREER. Lettered four years for track coach Leon McKenzie at Benson Poly Technical High...won state 400m title as a sophomore and junior...junior year ran 54.64, state meet record and sixth fastest time in Oregon state history...also clocked in at state meet with 200m time of 25.01 in 2001...placed well at high profile meets - third in 400m at 2002 Golden West Invite, 10th in 400 at 2003 Arcadia Invite, and 28th in 400m at Nike Indoor Championships.

PERSONAL. Born Brandi Nycole Probasco-Canda, 6/30/85, at Portland, Oregon...father John Canda is an executive director...mother Darla Probasco Canda is a professional mentor...brother Bryce (6/14/95)...sisters Breanna (8/10/86) and Brooke (9/26/89)...interested in a career in sports medicine.



Shannon Rance
PACIFIC-10 SCORER
Throws
5-8, Senior
Renton, Washington

WSU CAREER. JUNIOR (2002-03): *Indoor* - Finished 16th in shot put at MPSF Championships with toss of 13.38m/43-10 3/4i (2/22/03, Nampa)...*Outdoor* - Team's leader in the shot put with a best throw of 14.41m/46-4 3/4 at the Cougar Invite (4/27/03, Pullman)...finished ninth in the shot put at the Pac-10 Championships (5/18/03, Los Angeles) in 14.05m/46-1 1/4.

SOPHOMORE (2001-02): *Indoor* - Finished fifth at MPSF Championships (2/23/02, Flagstaff) shot put with PR and NCAA PQ mark of 15.57m/51-1i...mark is second-best in school history...threw discus PR of 46.58m/152-10i at the McDonald's I (2/2/02, Moscow)...*Outdoor* - Led the squad in shot put with 14.32m/46-11 3/4 toss at Castillo Invite (3/23/02, Tempe)...at Pac-10 Championships (5/19/02, Pullman) finished 12th in shot put (13.63m/44-8 3/4) and 15th in discus (39.11m/128-4).

FRESHMAN (2000-01): *Indoor* - Placed eighth in the shot put at the Mountain Pacific Sports Federation Championships with a toss of 13.54m/45-5i (2/24/01, Flagstaff)...threw school freshman record of 14.25m/46-9i at Idaho Scoring Meet (2/10/01, Moscow)...also threw 20# weight for first time with a season best of 12.40m/40-8 1/4...*Outdoor* - Top Cougar shot put thrower with a freshman school record and NCAA PQ of 15.01m/49-3 (4/21/01, Austin)...finished seventh in shot put with toss of 14.98m/49-1 3/4 at Pac-10 Championships (5/20/01, Berkeley).

HIGH SCHOOL CAREER. Earned nine varsity letters at Renton High...four letters came with soccer coach Holly Darah...four letters and three years of league shot put and discus titles with track coach Alice Williams...one year with basketball coach Tyrone Taylor...named Female Athlete of the Meet at South Puget Sound Throwers Showcase, Renton Invite both junior and senior years and at Lake Stevens meet as senior...*South County Journal* and *Seattle Times* Prep Athlete of the Week both as junior and senior...Renton Invite records in discus (137-6) and shot put (42-2)...all-city records in shot put (44-6 1/4) and javelin

2004 COUGAR PROFILES

(111-6)...at state 3A meet won both shot put (45-6 3/4) and discus (145-10)...16th in javelin (99-7)...Renton team finished seventh with 29 points - 20 points from Rance...junior year won discus (132-5) and second in shot put (42-8) at state 3A meet...Renton team was 10th at state with all 18 points from Rance...same year set records at Renton Invitational (126-8 discus, 38-3 1/32 shot), all-city (41-2 shot)...won district shot put with throw of 41-11, placed second in discus at 123-10...sophomore state track finishes included fifth in discus (118-9) and seventh in shot put (28-5 1/2) at state meet...track team captain and MVP award for three years...also an outstanding soccer player and three-time All-Seamont League second team selection and honorable mention as freshman...soccer captain and MVP...tore ACL during basketball season and had surgery that February...did standing throws beginning in April...named team most inspirational.

PERSONAL. Born 6/10/82 at Seattle...Shannon Renae Rance...father Wilbert is a business agent...mother Linda is an escrow officer...brother Jason...sister Erica...dad played football and wrestled at Whitworth College...participated in Running Start program by taking courses at Highline CC while still in high school...honor roll student all four years of high school...interhigh rep...worked as soccer referee, and baseball and softball umpire...named to honorable mention women's track team for 2002 Arthur Ashe Jr. Sports Scholars...majoring in health and fitness education at WSU.

RANCE'S WSU BESTS

Shot Put - 15.57m / 51-1i (2002)
20# Weight Throw - 12.40m / 40-8 1/4i (2001)
Discus - 46.58m / 152-10i (2002), 45.72m / 150-0 (2003)
Hammer - 37.86m / 124-2 (2001)

PAC-10 CHAMPIONSHIPS PERFORMANCES

2003	Shot Put	9th	14.05m / 46-1 1/4
2002	Shot Put	12th	13.63m / 44-8 3/4
	Discus	15th	39.11m / 128-4
2001	Shot Put	7th	14.98m / 49-1 3/4
	Discus	15th	40.04m / 131-4



Bree Skinner
PACIFIC-10 SCORER
Sprints/Triple Jump
5-7, Senior
Pasco, Washington

WSU CAREER. JUNIOR (2002-03): *Indoor* - Started seriously competing in the triple jump and had a best leap of 11.86m/38-11i at the WSU Open (1/25/03, Pullman)...finished ninth in the triple jump at the MPSF Championships with a mark of 11.08m/36-4 1/4i (2/22/03, Nampa)...*Outdoor* - Still raced in some sprints with a 12.04w in the 100m and a leg in the 400m relay early in the season...fifth place finish in the Pac-10 Championships triple jump with a mark of 12.35m/40-6 1/4 (5/18/03, Los Angeles)...at NCAA West Regional Meet, leaped PR of 12.51m/41-0 1/2 on final attempt for fourth place...mark was the seventh best in WSU school history...triple jump of 11.75m/38-6 3/4 in the qualifying round did not advance at the NCAA Championships (6/13/03, Sacramento).

SOPHOMORE (2001-02): *Indoor* - Ran to eighth place finish in 60m dash (7.84i) at MPSF Championships (2/23/02, Flagstaff)...*Outdoor* - At Pac-10 Championships ran third leg of 4x100m relay with third place time of 45.50 (5/19/02, Pullman)...top 200m time of 24.28 came at Mt. SAC Relays (4/21/02, Walnut).

FRESHMAN (2000-01): *Indoor* - Lead runner in freshman school record 4x400m relay time of 3:52.86i (2/10/01, Moscow)...at MPSF Championships (2/24/01, Flagstaff) finished tied for fifth in 60m dash (7.83i) and eighth in 200m (25.42i)...best 200m time of 25.24i came at McDonald's Last (3/3/01, Moscow)...*Outdoor* - At Texas Team Championships ran top 100m time of 11.91w (4/21/01, Austin)...injured in prelims of 100m dash at Pac-10 Championships and could not advance.

HIGH SCHOOL CAREER. Five-time letterwinner at Pasco High...four in track for coach Paul Antonivich and one as a cheerleader with coach Jill Raebel...senior track season won state titles in 100m (12.19), 200m (24.72) and 400m (56.10) dashes...first time a single athlete has taken all three sprints titles at state 4A meet...on 4x400m relay for third place (3:59.45)...Bulldog team placed third...junior year at state meet placed fourth in 100m dash (12.42), second in 200m (25.60) and on winning 4x100m relay (48.41) as team was runner-up...sophomore year finished second at state in 100m and 200m...4x100m relay champions...Pasco girls finished third...freshman year placed second in state 100m and was on winning 4x200m relay squad...Bulldogs finished second as team at 4A meet.



2004 COUGAR PROFILES

PERSONAL. Born 9/1/81 at Richland, Washington...parents are Bill and Sheri...sister Brooklyn (2/16/80)...on honor roll all four years at Pasco High...enjoys reading true crime books and researching serial killers...majoring in political science.

SKINNER'S WSU BESTS:

55m - 7.25 (2002)
60m - 7.73 (2002)
100m - 11.91w (2001), 12.00 (2001)
200m - 24.28 (2002)
400m - 57.23 (2002)
4x100m Relay - 45.35 (2003)
Triple Jump - 12.51m / 41-0 1/2 (2003)

PAC-10 CHAMPIONSHIPS PERFORMANCES

2003	Triple Jump	5th	12.35m / 40-6 1/4
2002	100m	Prelims	12.20
	200m	Prelims	24.65
	4x100m Relay	3rd	45.50
2001	100m	Prelims	14.39 (injured)

NCAA WEST REGIONAL PERFORMANCES

2003	Triple Jump	4th	12.51m / 41-0 1/2
------	-------------	-----	-------------------

NCAA CHAMPIONSHIPS PERFORMANCES

2003	Triple Jump	Prelims	11.75m/38-6 3/4
------	-------------	---------	-----------------



Jamil Smith
PACIFIC-10 SCORER
Long Jump/Triple Jump
5-9, Junior
Palmdale, California

WSU CAREER. SOPHOMORE (2002-03): *Indoor* - Top marks of season were long jump of 7.14m/23-5 1/4i and triple jump of 14.84m/48-8 1/4i, both at WSU Open (1/25/03, Pullman)...battled injuries...*Outdoor* - Finished sixth in the triple jump at the Pac-10 Championships with a leap of 15.20m/49-10 1/2 (5/18/03, Los Angeles)...at the NCAA West Regional meet, triple jumped 14.84m/48-8 1/4w for 14th place.

FRESHMAN (2001-02): *Indoor* - At MPSF Championships long jump PR 7.36m/24-1 3/4i and triple jump PR 14.92m/48-11 1/2i (2/23/02, Flagstaff)...*Outdoor* - Top triple jump marks of season came at Pac-10 Championships (5/19/02, Pullman)...third place in triple jump with wind-aided 15.47m/50-9 1/4 and a legal leap in series of 15.19m/49-10...finished eighth in the long jump with a mark of 7.13m/23-4 3/4...best long jump mark of season was in hyper-wind (7.17m/23-6 3/4W) at Idaho Dual (4/13/02, Pullman).

HIGH SCHOOL CAREER. Earned six varsity letters at Palmdale High...four in track with coaches Jeff Williams and Jeff Leeds, and two in football with coach Jeff Williams...high school All-American...number two triple jumper in *Track & Field News* 2001 prep rankings...leap of 50-10 3/4 was fourth best among prep boys in 2001...began senior year ranked fifth...two-time state triple jump champion...two-time Masters triple jump champion...CIF finals in long jump...long jump PR was 23-8 1/2...Adidas All-American Team for triple jump...Palmdale High Athlete of the Year...Antelope Valley Press Male Athlete of the Year...junior year triple jumped 49-10 3/4, 12th best mark in the nation...selected to regional first team...team MVP...made CIF finals in triple jump and 110m hurdles as a sophomore...MVP of the Field Event Team...Palmdale won league track title his freshman season...named football's most outstanding offensive player as senior and most outstanding running back as a junior...second team All-Golden League at wide receiver as senior...as a child, was member of Thomas Counts' Desert Lightning Track Club...at age nine placed sixth in U.S. in long jump...at age 11, was 13th nationally in long jump...on Myatt Track Club coached by Reggie Smith...qualified for AAU Junior Olympics in hurdles, triple jump and long jump.



PERSONAL. Born Jamil Ameer Smith 5/31/83, at Los Angeles...mother Diana is a registered nurse...father Reginald is retired...enjoys playing video games...majoring in criminal justice.

SMITH'S WSU BESTS

Long Jump - 7.36m / 24-1 3/4i (2002)
Triple Jump - 15.47m / 50-9 1/4w (2002), 15.19m / 49-10 (2002)

PAC-10 CHAMPIONSHIPS PERFORMANCES

2003	Triple Jump	6th	15.20m / 49-10 1/2
2002	Long Jump	8th	7.13m / 23-4 3/4
	Triple Jump	3rd	15.47m / 50-9 1/4w

NCAA WEST REGIONAL PERFORMANCES

2003	Triple Jump	14th	14.84m/48-8 1/4w
------	-------------	------	------------------



Blessing Ufodiana
PACIFIC-10 SCORER
Long Jump/Triple Jump
5-9, Senior
Long Beach, California

WSU CAREER. JUNIOR (2002-03): *Indoor* - At the MPSF Championships (2/22/03, Nampa), placed third in the triple jump with a mark of 12.38m/40-7 1/2, and placed eighth in the long jump with a mark of 5.46m/17-11...*Outdoor* - Finished third in the triple jump at the Pac-10 Championships with a PR of 12.73m/41-9 1/4 (5/18/03, Los Angeles)...at the NCAA West Regional Meet, finished seventh after leaping a wind-aided 12.32m/40-5 (5/31/03, Stanford).

SOPHOMORE (2001-02): *Indoor* - At MPSF Championships finished fourth in triple jump with mark of 12.38m/40-7 1/2i and sixth in long jump at 5.81m/19-0 3/4i (2/23/02, Flagstaff)...*Outdoor* - Top triple jump mark of season was 12.43m/40-9 1/2 at UCLA (3/16/02, Los Angeles)...suffered a hamstring injury in UW Dual but recovered to leap to 12.33m/40-5 1/2 for fifth-place finish at Pac-10 Championships (5/19/02, Pullman).

FRESHMAN (2000-01): *Indoor* - Set freshman school triple jump record with leap of 12.40m/40-8 1/4i (2/10/01, Moscow) at the Idaho Scoring Meet...finished second in the triple jump at the Mountain Pacific Sports Federation Championships (2/23/01, Flagstaff) with mark of 12.15m/39-10 1/2...*Outdoor* - Finished seventh in the triple jump (12.00m/39-4 1/2) at the Pac-10 Championships (5/20/01, Berkeley)...top mark of 12.48m/40-11 1/2W had super winds (exceeds four meters per second) at the Palouse Team Invite (5/5/01, Pullman) but is tenth best in school history.

HIGH SCHOOL CAREER. Lettered four years in track at Long Beach Poly High for coach Don Norford...senior season had mark of 41-1 3/4, fourth-best nationally for prep girls...won national indoor triple

2004 COUGAR PROFILES



jump championship...All-American...claimed state triple jump title after being runner-up as a sophomore and competing at meet four years...flew to triple jump record of 41-11 with wind...placed fourth in long jump at CIF...named most outstanding athlete at Poly Awards (Pursuit of Excellence)...won Moore league and CIF triple jump all four years...ranked fourth nationally in triple as junior with 40-10 mark after jumping 39-9 sophomore year and a school-record 38-11 as a freshman...in the long jump had a best mark of 18-6 as a senior, improving from 17-11 junior year...finished fourth in long jump at CIF junior year...won Martha Watson Award...won most outstanding field event trophy...received certificate of appreciation from mayor of Long Beach sophomore year...named most outstanding athlete as a freshman.

PERSONAL. Born 11/28/81 in Nigeria...mother Joy is a nurse's aid...brothers Godwin (3/8/79), Joushua (8/21/80), and Israel (3/2/83)...with a 4.0 GPA, earned honor roll recognition, academic awards and appreciation...academic letter...majoring in psychology.

UFODIAMA'S WSU BESTS

Long Jump - 5.81m / 19-0 3/4i (2002)
Triple Jump - 12.73m / 41-9 1/4 (2003)

PAC-10 CHAMPIONSHIP PERFORMANCES

Year	Event	Rank	Distance
2003	Triple Jump	3rd	12.73m / 41-9 1/4
2002	Triple Jump	5th	12.33m / 40-5 1/2
2001	Triple Jump	7th	12.00m / 39-4 1/2

NCAA WEST REGIONAL PERFORMANCES

Year	Event	Rank	Distance
2003	Triple Jump	7th	12.32m / 40-5w



Drew Ulrick
Throws
6-5, Freshman
Spokane, Washington

HIGH SCHOOL CAREER. Lettered five times at Mead High...two letters as a quick tackle for coach Sean Carty...three letters for track coach Jon Mires...senior year placed second at state 4A meet in the discus after setting a regional record with a throw of 183-3...junior year the Panthers were undefeated in Greater Spokane League and won state 4A meet...placed third in discus at Centennial Invite with throw of 152-1.

PERSONAL. Born Andrew Michael Ulrick, 1/13/85, at Spokane, Washington...father Michael is the CEO of Motorworks...mother Tawnya is a housewife...older brother Shane (12/3/80)...graduated with a 3.47 GPA...enjoys hunting and fishing in his free time...interested in secondary education as a career.



Danny Wolf
Distance
5-10, Redshirt Sophomore
Reno, Nevada

WSU CAREER. REDSHIRT SOPHOMORE (2002-03): *Cross Country* - Top team finisher in three races including defending Idaho Jamboree and Cougar Invite titles...among top three Cougars in six races...reached 20th at the prestigious Roy Griak Invite (9/27/03, Minneapolis)...16th overall and second on team at Pac-10 Championships (11/1/03, Pullman)...39th overall and second on team at NCAA West Regional Meet (11/15/03, Gresham).

SOPHOMORE (2002-03): *Cross Country* - Lead runner for Cougar men nearly entire season...won the Idaho Invitational (9/6/02, Moscow) and WSU Invite (10/12/02, Pullman)...first WSU runner and 23rd overall at Pac-10 Championships (11/2/02, Pasadena)...had a bad day at the NCAA West Regional Meet (11/16/02, Stanford), finishing 109th (6th WSU runner)...*Indoor* - Clocked a PR and NCAA PQ time of 8:05.05i in the 3000m at the adidas Classic (2/8/03, Lincoln)...finished third in the 3k at the MPSF Championships with a time of 8:15.72 (2/22/03, Nampa) but injured his calf in the final 200 meters of the race and couldn't run in the Cougars' DMR...*Outdoor* - Injury at the MPSF Championships made it necessary to redshirt this season.

FRESHMAN (2001-02): *Cross Country* - Had tough transition to long collegiate distances...ran 32nd (8th WSU runner) at Sundodger Invite (9/22/01, Seattle) and 234th (8th WSU runner) at Roy Griak Invite (9/29/01, Minneapolis)...*Indoor* - Won the 3000m race at the MPSF Championships (2/23/02, Flagstaff) in time of 8:44.41i...ran anchor leg of winning distance medley relay (10:19.26)...ran 3k PR time of 8:17.96i at Husker Invite (2/8/02, Lincoln)...*Outdoor* - Team leader in 5000m with time of 14:17.11 run in a 12th place finish at Mt. SAC Relays (4/21/02, Walnut)...did not finish the 5k race at the Pac-10 Championships (5/19/02, Pullman).

HIGH SCHOOL CAREER. Lettered three years in both cross country and track and field for coach Bruce Sasong at Reno High...capped prep career with regional and state cross country titles...cross country team captain senior season...other state cross country finishes included 25th as junior and 33rd as sophomore...named second team all-conference both those years...2000 Junior Olympic National Champion...two-time 3200m state champion (PR 9:43)...also won zone title as junior...1600m champion at state meet senior year...as a senior in track, placed seventh in 3200m at Arcadia with PR time of 9:09...at same distance won Great South West...set new records at Placer Relays, Reed Rotary Invitational, and Woody Wilson Invitational...as a sophomore placed fifth in divisional meet 3200m.

PERSONAL. Daniel J. Wolf was born 9/22/82, at Carson City, Nev....father Roger is an insurance salesman...father played football at University of Nevada Reno...mother Loni is a homemaker...brothers Jake and Kyle...Jake played golf at UNR...plans to study management information systems at WSU.

WOLF'S WSU BESTS

800m - 1:57.28i (2002)
Mile - 4:09.91i (2002)
1500m - 3:55.20 (2002)
3000m - 8:05.05i (2003)
3000m Steeplechase - 9:17.8h (2002)
5000m - 14:17.11 (2002)
Distance Medley Relay - 10:05.44i Freshman **SR** (2002)

PAC-10 CHAMPIONSHIPS PERFORMANCES

Year	Event	Rank
2002	5000m	DNF

OTHER COUGARS TO WATCH



Louise Akesson
Hurdles
Lyckeby, Sweden



Matt Alverson
High Jump
Everett, Wash.



Steve Barrus
Distance
Clovis, Calif.



Brittany Bekins
Heptathlon
Everett, Wash.



Amaressa Bostwick
Hurdles
Cranbury, NJ



Dan Brink
Sprints
Yacolt, Wash.



Teresa Brooks
Sprints
Spokane, Wash.



D.J. Brown
Pole Vault
Bellingham, Wash.



Geoff Casazza
Distance
Reno, Nev.



Dione Cason
Sprints
Long Beach, Calif.



Chris Concha
Distance
Reno, Nev.



Julia Corbett
Middle Distance
Bremerton, Wash.



Grace Coulter
Distance
Bellingham, Wash.



Thad Cullinan
Hammer
Mukilteo, Wash.



Karen DeMartini
Distance
Reno, Nev.



Tyler Fischback
Hurdles
Montesano, Wash.



Sami Fisher
Throws
Yakima, Wash.



Daniel Frederick
Distance
Bremerton, Wash.



Ryan Freimuth
Distance
Wenatchee, Wash.



Bob Frey
Hurdles
Spanaway, Wash.



Kaylee Gardner
Jumps
Bellingham, Wash.



Alex Grant
Distance
Bellingham, Wash.



Alexa Green
Middle Distance
Long Beach, Calif.



Ben Hampton
Triple Jump
Kennewick, Wash.



LaToya Harris
High Jump
Portland, Ore.



Sarah Hinline
Throws
Bellevue, Wash.



Justin Ireland
Distance
Issaquah, Wash.



Qieed Ishmael
Sprints
Richmond, Va.



Julie Jewett
Middle Distance
Coviche, Wash.



Lamarr Kirk
Sprints
Los Angeles, Calif.



Matt Knoff
Distance
Pocatello, Idaho



Barry Leavitt
Hurdles
Benton City, Wash.



Josh Leyk
Hurdles
Spokane, Wash.



Jon Manthey
Middle Distance
Federal Way, Wash.



Mark Matthey
Throws
Mead, Wash.



Nicole McClendon
Sprints
Granada Hills, Calif.



Sammy Jo Missel
Throws
Mead, Wash.



Kyle Mitchell
Javelin
Walla Walla, Wash.



Cameron Neel
Throws
Woodinville, Wash.



Audrea Nolan
Pole Vault
Seattle, Wash.



Eric Nygard
Hurdles
Wenatchee, Wash.



Brett Orgiesen
Throws
Gig Harbor, Wash.



Karla Pfaff
Javelin
Chehalis, Wash.



Kelly Ramirez
Distance
Duvall, Wash.



Andrew Rehwalt
Hammer
Richland, Wash.



Peter Rizzardi
Jumps
Seattle, Wash.



Mike Schramm
Throws
Spokane, Wash.



Ryan Scott
Javelin
Kalama, Wash.



Natalie Smith
Distance
Bellingham, Wash.



Katie Syring
Javelin
Vancouver, Wash.



Katie Troy
Middle Distance
Bellevue, Wash.



David Turpin
Decathlon
Oakhurst, Calif.



Keith Tyler
Throws
Union Gap, Wash.



Chris Williams
Distance
Federal Way, Wash.



Kameko Wilson
Sprints
Spanaway, Wash.



Hailey Young
Distance
Kent, Wash.