

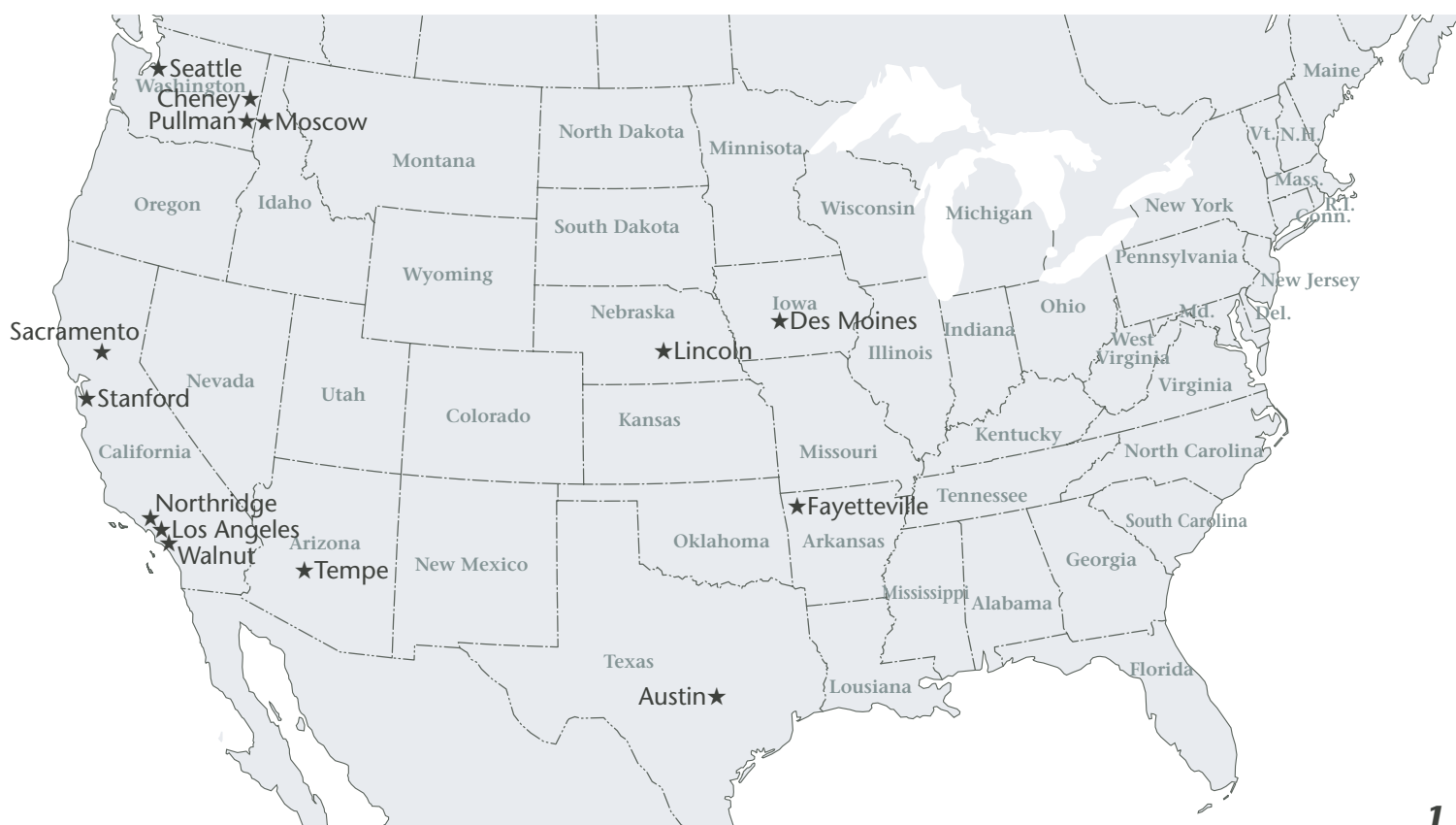
WASHINGTON STATE

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2008 SCHEDULE

1/18-19	WSU Indoor Open	Pullman
1/25-26	Cougar Indoor	Pullman
	(Idaho, E. Washington, USC women, Utah State)	
2/1-2	Husker Invitational	Lincoln
	McDonalds Collegiate Invite	Moscow
1/8	Vandal Indoor	Moscow
2/9	McDonald's Open	Moscow
2/16	Husky Classic	Seattle
2/22-23	WSU Indoor Open II	Pullman
2/29 - 3/1	MPSF Indoor Championships	Seattle
3/8	NCAA Last Chance Qualifier	Seattle
3/14-15	NCAA Indoor Championships	Fayetteville
3/21-22	Trojan Invitational	Los Angeles
3/29	Sacramento State Nike Invitational	Sacramento
4/2-5	Texas Relays	Austin
4/4-5	Stanford Invitational	Stanford
4/4	Pelluer Invitational	Cheney
4/10-12	Rafer Johnson/Jackie Joyner-Kersey Invite	Los Angeles
4/18-20	Mt. SAC Relays	Walnut
4/26	Cougar Team Invitational	Pullman
5/3	Cougar-Husky Dual Meet	Pullman
5/9-10	Pac-10 Combined Events	Tempe
5/9-10	Vandal Jamboree	Moscow
5/16-17	Pac-10 Championships	Tempe
5/24	Open	
5/30-31	NCAA West Regional Championships	Northridge
6/11-14	NCAA Championships	Des Moines, IA



WASHINGTON STATE

Alumni Competitors



Bernard Lagat

Ranked No. 1 US runner in 1500m, 3000m and 5000m by *Track & Field News* (2007). Selected No. 6 among *Track & Field News* Top 10 men of 2007. First man to win both 1500m and 5000m at World Championships and first American to win 5k (2007). American record-holder for 1500m (3:29.30). Two-time Olympic medalist in 1500m as Kenya team member - 2000 bronze, 2004 silver. No. 2 all-time world 1500m time of 3:26.34. WSU Alumni Association Alumni Achievement Award (2007) and city of Pullman proclamation that Dec. 9, 2007, be known as "Bernard Lagat Day."



USATF/The Sporting Image

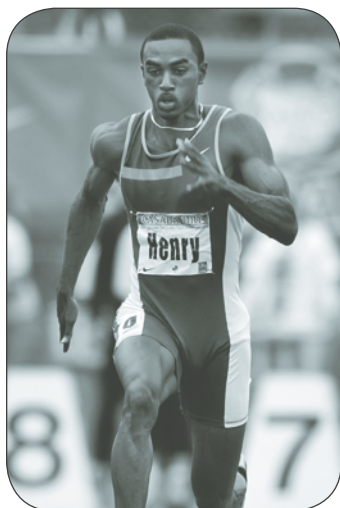
Dominique Arnold

No. 8 in *Track & Field News* US 110m high hurdles rankings. Runner-up in high hurdles at 2007 US Championships, injured so did not compete at 2007 World Championships. Fourth place at 2005 World Championships.



Whitney Evans

Third place in high jump at 2007, 2006 and 2004 Canadian Championships.



Anson Henry

2007 World Championships 10th in 100m. Member of Canadian 4x100m relay team (2001, 2003 and 2007 World Championships). Runner-up in 100m at 2007 Canadian Championships. Eighth in 100m at 2007 Pan American Games. 2004 Canada Olympic team member on 4x100m relay. 2004 and 2005 Canadian National 200m Champion.



Diana Pickler

Ranked No. 1 US women's heptathlete by *Track & Field News* (2007). Runner-up in heptathlon at 2007 USA Track & Field Championships. Finished 25th at 2007 World Championships. 2007 Pac-10 Champion. Won Texas Relays heptathlon with school record, Pac-10 record, and US-leading 6,205 points. Score is fourth-best heptathlon by a collegian in-season in addition to being an "A" Qualifier for 2008 Beijing Olympics.



Julie Pickler

Ranked No. 7 US women's heptathlete by *Track & Field News* (2007). Finished sixth at 2007 USA Championships. NCAA and Pac-10 runner-up in 2007.



Ian Waltz

Ranked No. 1 US men's discus by *Track & Field News* (2007 and 2005). Runner-up in discus at 2007 US Championships. Ninth at 2007 World Championships. 2004 USA Olympic Team. 2005 US discus champion, fifth place at World Championships. Second place in discus at 2004 US Olympic trials.

COUGAR TRACK & FIELD FACTS

Track & Field Facts

Location: Pullman, Washington
Enrollment: 22,000
President: Elson S. Floyd
Colors: Crimson and Gray

Founded: 1890
Conference: Pacific-10
Nickname: Cougars/Cougs/Wazzu
Mooberry Track Complex (4,000)

2008 Track & Field Coaching Staff

Address: P.O. Box 641602, Pullman, WA 99164-1602
Office Phone: 509/335-0310 Office Fax: 509/335-0344

Head Coach: Rick Sloan (UCLA, 1969 - WSU, 1978, 14th year head coach, 35th year with program)

Associate Coach: Debra Farwell (WSU 1983) [335-0260]

Assistant Coaches:

Jason Drake (Colorado, 1994) [335-0230];
Mark Macdonald (WSU 1992 - WSU 1993) [335-0246];
Ellannee Richardson (WSU 2002) [335-4730];
Matt McGee (WSU 2003) [335-0288]

Volunteer Assistant Coach: Diana Pickler, Bob Frey, Luann Weekes

2007 Women's Competitive Highlights:

Mountain Pacific Sports Federation Indoor Championships 6th (72 points)
MPSF Champion: Diana Pickler wins high jump
NCAA Indoor Championships (t27th, 8 pts): Diana Pickler (2nd, Pentathlon), Julie Pickler (9th, Pentathlon) Pacific-10 Conference Championship: 5th (67.33 points)
NCAA West Regional Championships: t22nd (6 points)
NCAA Outdoor Championships: t27th (9 points)
All-Americans: Julie Pickler (2nd, Heptathlon), McKenzie Garberg (8th, Discus)

2007 Men's Competitive Highlights:

Mountain Pacific Sports Federation Indoor Championships 7th (63.5 points)
MPSF Champion: Justin Woods wins 60m dash
NCAA Indoor Championships (t32nd, 6 pts): Tyson Byers (3rd, Pole Vault)
Pacific-10 Conference Championship: 7th (84 points)
NCAA West Regional Championships: 6th (46 points)
NCAA Outdoor Championships: t62nd (3 points)
All-American: Matt Lamb (6th, Discus)

2008 Top Returners

Returning NCAA Women Outdoor Participants:

McKenzie Garberg, Discus: 2007 (8th)
McKinnon Hanson, High Jump: 2006 (NH)
Haley Paul, 5000m: 2006 (26th)

Returning Women Pac-10 Scoring:

Sarah Burns, Triple Jump: 2005 (7th), 2007 (8th)
McKenzie Garberg, Discus: 2006 (5th), 2007 (7th) / Shot Put: 2007 (6th)
Princess Joy Griffey, 100m: 2007 (8th)
McKinnon Hanson, High Jump: 2005 (6th), 2006 (6th), 2007 (t8th)
Lorraine King, 400m Hurdles: 2007 (7th)
Collier Lawrence, 3000m Steeplechase: 2006 (8th)
Meghan Leonard, 3000m Steeplechase: 2007 (4th)
La Shawnda Porter-Red, 200m: 2007 (7th)
Sara Trané, 400m Hurdles: 2006 (4th) / 3000m Steeplechase: 2007 (1st)

Returning NCAA Men Outdoor Participants:

Jon Jeffreys, Javelin: 2006 (24th), 2007 (24th)
Matt Lamb, Discus: 2006 (3rd), 2007 (6th)
Rickey Moody, Long Jump: 2007 (22nd)
Robert Williams, 110m Hurdles: 2007 (17th)
Justin Woods, 200m: 2006 (18th), 2007 (27th) / 100m: 2007 (21st)
Morena Zapata, Triple Jump: 2007 (20th)

Returning Pac-10 Men Scorers:

Trent Arrivey, High Jump: 2007 (3rd)
Nathan Bache, Javelin: 2007 (8th)
Kyle Eaton, High Jump: 2006 (7th)
Reny Follett, 400m: 2007 (7th)
Alex Grant, 300m Steeplechase: 2007 (8th)
Jon Jeffreys, Javelin: 2006 (5th), 2007 (4th)
Matt Lamb, Discus: 2006 (3rd), 2007 (4th)
Barry Leavitt, 400m Hurdles: 2007 (7th)
Philip MacArthur, Hammer: 2006 (7th), 2007 (8th)
Rickey Moody, Decathlon: 2007 (3rd) / Long Jump: 2007 (4th)
Robert Williams, 110 Hurdles: 2007 (6th)
Justin Woods, 100m: 2006 (7th), 2007 (7th) / 200m: 2006 (6th), 2007 (4th)
Moreno Zapata, Triple Jump: 2006 (t8th), 2007 (2nd)

Head Coach Rick Sloan

2008 marks 35 years at WSU.

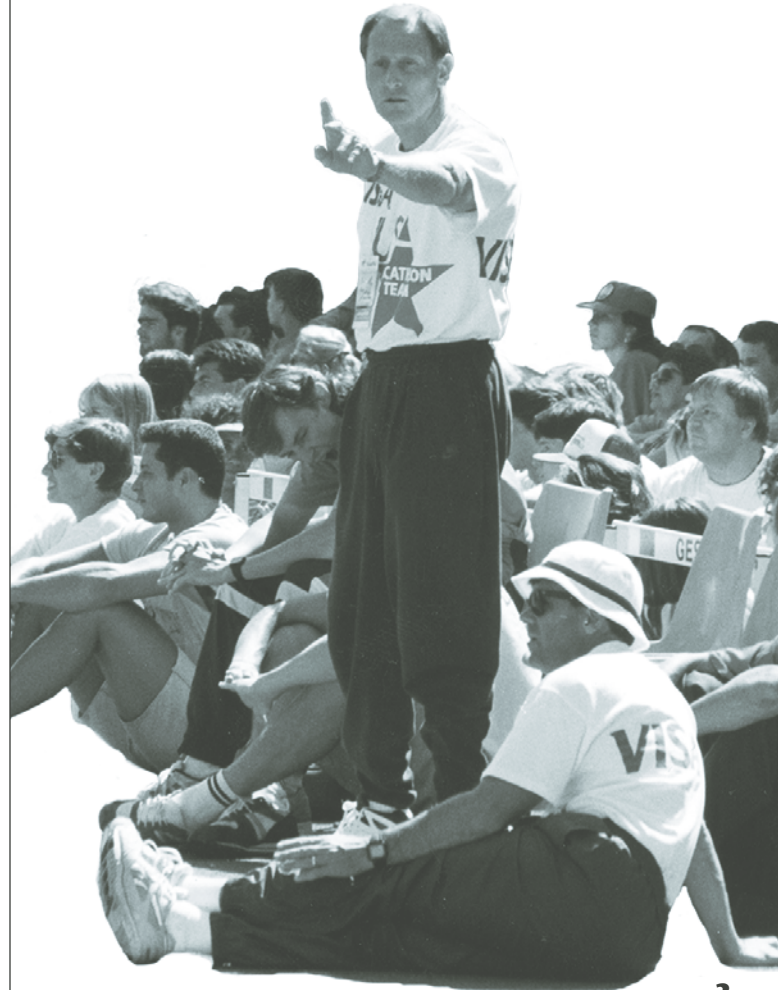
Five-time District 8 Track & Field Coach of the Year.

As Head Coach directed 33 WSU athletes to NCAA Outdoor All-American status 57 times, and directed 25 athletes to NCAA Indoor All-American status 38 times.

During his 13 years as head coach, Cougar men have set 11 school records and Cougar women have set 39 school records.

Coach of former world record-holder and Olympic decathlon gold medalist Dan O'Brien, and current Olympic heptathlon hopeful Diana Pickler.

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



WASHINGTON STATE

World class. Face to face.

At Washington State University you will work face to face with world class professors. The university has ten colleges and offers 150 majors and over 300 fields of study spanning the liberal arts and sciences, as well as architecture, business, education, nursing, pharmacy, and agriculture, engineering, home economics, and veterinary medicine.



- **Washington State University** offers 245 fields of study.
- **Pullman is ranked 63rd** among the *Sporting News* Best Sports Cities of 2004.
- *U.S. News and World Report* ranks **WSU in the top 50** of the nation's **best public research universities** for 2004.
- The 2003 *Princeton Review* ranks **WSU in the top 50** of America's **most connected campuses**.
- **WSU** is ranked in the **nation's top tier of doctoral/research universities** by the Carnegie Foundation for the Advancement of Teaching.
- **WSU's athletic facilities** are ranked **eighth best in the nation** by campusdirt.com

A friendly environment

The Pullman campus straddles College Hill in Pullman, a college town of 25,000 located among the rolling hills of the Palouse region of eastern Washington. The University is the largest residential university west of the Mississippi, which enhances the friendly, traditional collegiate atmosphere for which WSU is known.

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

College of Agriculture
and Home Economics

College of Business
and Economics

College of Education

College of Engineering
and Architecture

College of Liberal Arts

College of Nursing

College of Pharmacy

College of Sciences

College of Veterinary Medicine

Graduate School

Honors College



It's a refrain repeated by alumni time and again: WSU professors were their inspiration and their friends.

Enter the future with the confidence that comes from real preparation.

As an athlete, you know that if you've practiced hard you feel more confident for a big game. At WSU, the education you receive together with the programs available and great faculty provide you with that same confidence for the biggest game of all—your future. The education gives you the skills to be critical thinkers and initiators, important skills in any endeavor you decide upon. Students can immerse themselves in a variety of learning situations, ranging from high levels of interaction with professors to hands-on research projects and community and public service activities. The newest technology, numerous leadership opportunities, and study abroad programs further enrich the WSU college experience.



WASHINGTON STATE UNIVERSITY



Dedicated to diversity

Washington State University seeks to enrich every student's educational experience through exposure to different cultures, philosophies, and scholarly perspectives. This atmosphere of interchange and inquiry is fostered through various campus programs, diversity in the curriculum, and comfortable places around campus to meet and talk with students with different backgrounds. All students are encouraged to study abroad for a semester to experience life in another country. But you don't need to leave campus to find opportunities to learn about differences as there are numerous events, films, musicians, and speakers throughout the year that address issues of equity and diversity.

Office of the Vice President for Equity and Diversity

Given the importance of making WSU a welcoming and supportive place for everyone, the Office of the Vice President for Equity and Diversity was established in 2004. This office worked with students, faculty, and staff at all WSU locations to develop a university-wide Strategic Plan for Equity and Diversity. In accordance with this plan, goals have been established and work is underway to increase the diversity and retention rates among students and faculty, improve the campus climate for underrepresented students, infuse diversity into university leadership and management, provide increased educational/scholarship opportunities, and devise better methods of assessment and accountability for diversity progress. More information about the Office of the Vice President for Equity and Diversity and the Strategic Plan can be found by visiting www.diversity.wsu.edu/.



Equity and Diversity Partners

The following units report to the Office of the Vice President for Equity and Diversity and serve as valuable partners with all areas of the university working on these issues.

The Center for Human Rights
www.chr.wsu.edu/

Gender Identity/Expression and Sexual Orientation Resource Center
www.thecenter.wsu.edu/

Women's Resource Center
www.women.wsu.edu/

Talmadge Anderson Heritage House
www.heritagehouse.wsu.edu/

Disability Resource Center
www.drc.wsu.edu/

Multicultural Student Services
www.wsu.edu/multicultural/



WASHINGTON

STUDENT-ATHLETE DEVELOPMENT



STUDENT-ATHLETE DEVELOPMENT

Our Student-Athlete Development unit initiates support for academic and personal success during on-campus recruiting visits with prospective student-athletes, and continues providing support and services until student-athletes graduate from WSU. Our student-athlete development staff is committed to developing and implementing comprehensive and effective programs to assist student-athletes in identifying and meeting their academic and career goals leading to graduation and career development. We take a “life skills” approach when assisting student-athletes with class selection, major selection, graduation planning, career development, time management, goal setting, study skills, and learning strategies.

Our focus is the student-athlete and his or her personal development. We reinforce the value of maximizing the educational and career opportunities at WSU. And, most importantly, our staff emphasizes the importance of student-athletes taking personal responsibility and ownership in developing their academic and career plans. Our 92 percent graduation rate for those seniors who have exhausted their eligibility (over the past 10 years) reflects our consistent commitment to academic success while striking a balance between academics and athletics.



Cynthia Prieto
Academic Counselor
for Cougar Track and Field



STUDENT-ATHLETE DEVELOPMENT STAFF

*Back row from left: Pippa Pierce and Thad Hathaway.
Middle row from left: Anna Plemons, Wanda Tennant, and Cynthia Prieto.
Front row from left: Andy Dephtereos, Allen Thompson, Chris Cook,
and Danny Gourley.*



2007 MEN'S TRACK & FIELD ACADEMIC HONORS Pac-10 All-Academic

First Team

Ryan Scott

Second Team

Drew Ulrick

Honorable Mention

John Cassleman
Justin Chambers
Alex Grant
Jon Jeffreys
Andrew Jones
Matt Lamb
Brian Woods

U.S. Track and Field and Cross Country Coaches Association (USTFCCCA) All-Academic Team

WSU Men's Cross Country Team
Alex Grant - both cross country/ track and field
Woody Favinger
Jon Jeffreys
Drew Ulrick

CROSS COUNTRY

First Team

Evan Blanshan
Drew Polley

Second Team

Alex Grant
Daniel Geib

Honorable Mention

Andrew Jones
Chris Williams

2007 WOMEN'S TRACK & FIELD ACADEMIC HONORS Pac-10 All-Academic

First Team

Karen DeMartini
Angelica Flynn
Kaylee Gardner
McKinnon Hanson
Sara Trané
Second Team
Selena Galaviz
Jessica Zita

Honorable Mention

Lorraine King
Collier Lawrence
Meghan Leonard
Nicole McClendon
Kayle Peterson
Kelly Ramirez
Marissa Sandoval

CROSS COUNTRY

First Team

Sara Trané
Chelsea VanDeBrake

Honorable Mention

Lisa Egami
Isley Gonzalez
Meghan Leonard
Marissa Sandoval
Becky Williams

ESPN The Magazine/ CoSIDA Academic All-American - Track & Field

McKinnon Hanson -
District VIII First Team
Sara Trané - District VIII
First Team

U.S. Track and Field and Cross Country Coaches Association (USTFCCCA) All- Academic Team

WSU Women's Cross
Country Team
WSU Women's Track &
Field Team
Kaylee Gardner
Lorraine King
Meghan Leonard
Kayle Peterson
Sara Trané
Jessica Zita

ACADEMIC SERVICES

- New Student-Athlete Orientation
- General Academic Counseling
- Learning Assessment
- Individual And Group Tutoring
- Assistance With Team Travel
- Writing And Math Assistance
- Graduation Planning
- Computer Lab with internet and library access
- Priority Registration
- Summer School And Degree Completion Financial Aid Programs

CAREER DEVELOPMENT

- Junior and Senior Planning Meetings
- Etiquette Dinner
- Access To SIGI Website For Career Exploration
- Career Fairs and Workshops
- Interview Skills And Workshops
- Job Search Strategies
- Professional Development Portfolio
- Senior Folder
- Alumni Connections
- Resume Development

PERSONAL DEVELOPMENT

- New Student-Athlete Seminar
- Community Outreach – Team CARE
- P.R.O.W.L. Resource And Referral Center
- NCAA Lifeskills Materials And Resources
- Career Resources

WASHINGTON

ACADEMIC HONORS

MEN

PAC-10

ALL-ACADEMIC TRACK & FIELD

(Since 1990)

First Team

- 1991 Phil Cox
Mark Macdonald
Chad McKinney
- 1992 Phil Cox
Mark Macdonald
Chad McKinney
Jamie Nordstrom
Matt Shaffer
- 1993 Quin Magnusson
Jamie Nordstrom
Bildad Waihumu
George Loucaides
Chad McKinney
Matt Shaffer
- 1995 George Loucaides
Chris Mosley
Jed Stannard
- 1996 David Jungk
- 1997 David Jungk
Matt Stadelman
- 1998 Tony Boitano
Josh Mattson
Matt Stadelman
- 1999 B.J. Schade
- 2000 Tony Boitano
Eric Dudley
B.J. Schade

- 2001 Eric Dudley
Scott Johnson
Justin Nikbakhsh-Tali
Bryan Preuss
- 2002 Tim Gehring
Ian Johnson
Scott Johnson
Justin Nikbakhsh-Tali
- 2003 Eric Dudley
Tim Gehring
Ian Johnson
Justin Nikbakhsh-Tali
- 2004 Thad Cullinan
Ryan Friemuth
Tim Gehring
Ian Johnson
- 2005 Ryan Friemuth
Ryan Scott
- 2006 Drew Polley
Ryan Scott

Second Team

- 1991 Todd Dahlberg
Pat Licari
Jamie Nordstrom
- 1992 Jason Baskett
Todd Dahlberg
Robert Moffat
Bildad Waihumu
- 1993 Matt Shaffer
- 1994 Jason Baskett
- 1995 James Long
- 1996 Jeff Boag
Chris Mosley
Tony Olson
Matt Stadelman

- 1997 Hilary Mawindi
Tony Olson
B.J. Schade
Colan Sewell
Ian Waltz
Trevor Wyckoff
- 1998 David Jungk
Hilary Mawindi
Chris Mosley
B.J. Schade
Ian Waltz
Trevor Wyckoff
- 1999 Tony Boitano
Colan Sewell
- 2000 Craig Allen
Ian Waltz
- 2001 Rick Collins
Tim Gehring
Ian Johnson
Jon Welsh
- 2002 Jim Neeway
Jon Welsh
- 2003 Thad Cullinan
Matt McGee
- 2005 Brandon Brownell
Tyler Fischback
Alex Grant
Kyle Mitchell
- 2006 Bob Frey
Drew Ulrick

Honorable Mention

- 1993 Jason Baskett
- 1995 Jason Baskett
Jeff Boag
- 1996 Aaron Robinson
Trevor Wyckoff
- 1997 Anthony Boitano
Chris Frizzell
Kevin Moore
Rick Smith
Mike Zlateff
- 1998 Craig Allen
Rob Harris
Guillermo Macias
Kevin Moore
Tony Olson
Colan Sewell
Kyllan Tower
- 1999 Craig Allen
Rob Harris
Guillermo Macias
Clayton Thomas
Kyllan Tower
- 2000 Kyle Barber
Jacob Hazelquist
Scott Johnson
Simon Kanau
Brian Laville
Guillermo Macias
Justin Nikbakhsh-Tali
Chad Randall
- 2001 Kyle Barker
Jacob Hazelquist
Simon Kamau

- 2002 Kyle Barker
Rick Collins
Andy Kammenga
Ryan Turner
Jon Welsh
Mark Wicklander
- 2003 Rick Collins
Nate Cummings
Mike Heidt
- 2004 Martin Boston
Jonathan Manthey
Kyle Mitchell
- 2005 D.J. Brown
John Cassleman
Bob Frey
Mike Heidt
Andrew Jones
Jon Manthey
Brett Ortgiesen
Billy Reamer
Drew Ulrick
Chris Williams
Martin Boston
- 2006 D.J. Brown
John Cassleman
Alex Grant
Mike Heidt
Phil Hinrichs
Nick Isaac
Jon Jeffreys
Andrew Jones
Josh Leyk

CoSIDA Academic All-Americans— Track & Field

- 1984 Francis Dodoo
- 1997 Matt Stadelman,
Dist. VIII Second Team
- 1998 Matt Stadelman,
Dist. VIII First Team
- 2000 Eric Dudley,
Dist. VIII First Team
B.J. Schade,
Dist. VIII Second Team
- 2001 Eric Dudley,
Dist. VIII First Team
- 2002 Eric Dudley,
Dist. VIII First Team
National First Team
- 2003 Eric Dudley,
Dist. VIII First Team,
National Track & Field/
Cross Country Academic
Athlete of Year
- 2004 Tim Gehring, Dist. VIII
First Team, National
Third Team
- 2006 Ryan Scott, Dist. VIII
Second Team

USTFCCCA

All-Academic Team

- 2004 Brandon Brownell
Drew Ulrick
Alex Grant
Ryan Scott
Drew Ulrick
Jon Jeffreys
Drew Ulrick

PAC-10

ALL-ACADEMIC CROSS COUNTRY

(Since 1990)

First Team

- 1990 E.J. Guo
- 1993 George Loucaides
- 1994 George Loucaides
- 1995 George Loucaides
- 1997 Jonathan Murray
- 2000 Scott Johnson
- 2001 Scott Johnson
- 2002 Ian Johnson
- 2003 Ian Johnson
Ryan Friemuth
- 2004 Ryan Friemuth
- 2005 Ryan Friemuth
Drew Polley
- 2006 Woody Favinger

Second Team

- 1990 Mike Kramer
- 1990 Jamie Nordstrom
- 1991 Kevin Guiberson
- 1992 Jamie Nordstrom
- 2000 Jon Welsh
- 2001 Ian Johnson
- 2002 Kyle Barker
Mike Heidt
Mike Heidt
- 2003 Daniel Frederick
Alex Grant
Mike Heidt
Andrew Jones
- 2005 Woody Favinger
- 2006 Drew Polley

Honorable Mention

- 1992 Chris Lewis
- 1993 James Long
Einar Stauber
- 1994 James Long
- 1997 David Jungk
Brad Treat
- 1998 Eric Allwine
Justin Murray
- 1999 Scott Johnson
Simon Kamau
- 2001 Kyle Barker
Jon Welsh
Mark Wicklander
- 2002 Justin Ireland
Mark Wicklander
- 2004 Geoff Casazza
- 2005 C.J. Godfrey
Chris Williams
- 2006 Alex Grant
Andrew Jones
Chris Williams



Eric Dudley, 2003 CoSIDA Academic All-American
Track & Field/Cross Country Male Athlete of the Year.

STATE

WOMEN

PAC-10

ALL-ACADEMIC TRACK & FIELD

(Since 1990)

First Team

- 1991 Jennifer Galka
Vicky Pyeatte
Georgette Reed
- 1992 Jennifer Carpenter
Cathrine Linnes
Carol Smith
- 1993 Jennifer Bravard
Chantal Brunner
Sheila Phillips
Carol Smith
- 1993 Tanya Smith
- 1994 Sharon Li
Shannon McKinney
Sheila Phillips
- 1996 Jeanna Hall
Kirsten Koch
Marilyn Moberly
Heidi Shultz
- 1997 Kirsten Koch
Marilyn Moberly
Molly Moore
Heidi Shultz
- 1998 Joanne Hunsinger
Kirsten Koch
Molly Moore
Kim Schmolka
- 1999 Cicely Clinkenbeard
Molly Moore
Francesca Green
- 2000 Cicely Clinkenbeard
Jeannette Martus
Molly Monroe
Francesca Green
- 2001 Heidi Abersfeller
Whitney Evans
Jenny Filipy
Jeannette Martus
- 2002 Heidi Abersfeller
Ana Cabrera
Cicely Clinkenbeard
Whitney Evans
Jenny Filipy
- 2003 Beth Welander
Julia Corbett
Whitney Evans
Ellannee Richardson
Rachel Bertholf
- 2004 Ana Cabrera
Rachel Bertholf
Julia Corbett
Kaylee Gardner
- 2006 Kaylee Gardner
McKinnon Hanson
Haley Paul

Second Team

- 1991 Jill Anderson
Carol Smith
- 1992 Jill Anderson
Michele Hayes
Kathy Mitchell
Jennifer Robertson

- 1993 Shannon McKinney
Jenny Zenner
- 1994 Jeanna Hall
Stacy Hoffman
- 1994 Jenny Zenner
- 1995 Jeanna Hall
Kristin Liebich
Marilyn Moberly
Heidi Shultz
Ginger Tivey
Jenny Zenner
- 1996 Kristin Liebich
Kelly Merriam
Sara Council
- 1997 Joanne Hunsinger
Reagan Lyons
Kim Schmolka
- 1998 Tauni Bainbridge
Francesca Green
- 1999 Molly Monroe
Megan Maynard
- 2000 Heidi Abersfeller
Alishia Booterbaugh
Attrina Higgins
Agneta Rosenblad
Lisa Schaubes
- 2001 Autumn Wood
Megan Maynard
Agneta Rosenblad
Randi Smith
- 2002 Randi Smith
- 2003 Shannon Rance
Briana Willis
- 2004 Shannon Rance
- 2005 Karen DeMartini
Natalie Smith
- 2006 Karen DeMartini
Kayle Peterson
Jessica Zita

Honorable Mention

- 1991 Jennifer Carpenter
Michele Hayes
Kathy Mitchell
Brandi Stevenson
- 1992 Shannon Bryan
- 1993 Tiffany Paup
- 1994 Tiffany Paup
- 1995 Yashiva Edwards
Kolleen Faires
- 1996 Sara Council
Claire Luckensmeyer
Reagan Lyons
Jamie Owens
Dana Peovov
Kim Schmolka
- 1997 Tauni Bainbridge
Claire Luckensmeyer
Kristin Ogle
Dana Peovov
- 1998 Alishia Booterbaugh
Anna Church
Attrina Higgins
Molly Monroe
Kristin Ogle
Lisa Schaubes
Autumn Wood
Lucita Zapata
- 1999 Alishia Booterbaugh
Itoro Elijah
Attrina Higgins
Charlotte Neel

- 2000 Anna Church
Alison Eldridge
Jamie Miller
Sarah Odonkor
Becky Potter
Randi Smith
Andrea Thornton
Lucita Zapata
- 2001 Alison Eldridge
Casey Lektorich
Becky Potter
Ellannee Richardson
Stephanie Robinett
Andrea Thornton
Briana Willis
- 2002 Anna Blue
Alison Eldridge
Itoro Elijah
Shannon Rance
Ellannee Richardson
Stephanie Robinett
Briana Willis
- 2003 Rachel Bertholf
- 2004 Molly Bull
Tamara Diles
Nicole Hatcher
Karla Pfaff
Hailey Young
Molly Bull
Tamara Diles
Kayle Peterson
Kelly Ramirez
Kameko Wilson
- 2006 Tamara Diles
Selena Galaviz
Collier Lawrence
Meghan Leonard
Nicole McClendon
La Shawnda Porter-Red
Kelly Ramirez
Katie Troy
Kameko Wilson

CoSIDA Academic All-Americans Track & Field

- 1997 Heidi Shultz
Dist. VIII Second Team,
National Third Team
- 1998 Kirsten Koch,
Dist. VIII First Team
Molly Moore,
Dist. VIII First Team
- 1999 Molly Moore,
Dist. VIII First Team
- 2000 Francesca Green,
Dist. VIII First Team



Whitney Evans, 2003 USTCA Scholar-Athlete of the Year for NCAA Division I.

- 2001 Whitney Evans,
Dist. VIII First Team
- 2002 Whitney Evans,
Dist. VIII First Team
National First Team
Cicely Clinkenbeard,
Dist. VIII First Team
National Second Team
Randi Smith,
Dist. VIII Second Team
- 2003 Whitney Evans
Dist. VIII First Team,
National First Team
Ellannee Richardson
Dist. VIII First Team,
National Second Team
- 2004 Ana Cabrera
Dist. VIII First Team
- 2005 Rachel Bertholf
Dist. VIII First Team
- 2006 Tamara Diles
Dist. VIII First Team
McKinnon Hanson
Dist. VIII First Team
Haley Paul
Dist. VIII Second Team

USTFCCA

All-Academic Team

- 2003 Whitney Evans
NCAA Div. I Women's
Scholar-Athlete of Year
- 2004 Rachel Bertholf
- 2005 Tamara Diles
Kaylee Gardner
Meghan Leonard
Haley Paul
- 2006 Tamara Diles
McKinnon Hanson
Tiffany Maskulinski
Haley Paul
Jessica Zita

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

First Team

- 1990 Jennifer Robertson
- 1992 Jennifer Bravard
Jennifer Carpenter
- 1995 Kristin Liebich
- 1996 Kristin Liebich
Marilyn Moberly
- 1997 Kristin Ritzenthaler
- 1998 Kim Schmolka
- 1999 Megan Maynard

- 2000 Greta Johnson
- 2001 Jenny Filipy
- 2002 Ana Cabrera
- 2003 Ana Cabrera
- 2004 Ana Cabrera
- 2005 Haley Paul
- 2006 Haley Paul
Sara Trané

Second Team

- 1991 Cathrine Linnes
- 1994 Marilyn Moberly
- 1995 Marilyn Moberly
Stacey Radowicz
- 1996 Sara Council
Kim Schmolka
- 1997 Joanne Hunsinger
Kim Schmolka
- 1998 Megan Maynard
- 1999 Lisa Schaubes
- 2000 Jenny Filipy
Megan Maynard
- 2001 Beth Welander
- 2002 Molly Bull
- 2003 Julia Corbett
- 2004 Karen DeMartini

Honorable Mention

- 1990 Jennifer Carpenter
Vicky Pyeatte
- 1993 Kara Harvey
Megan Smiley
- 1994 Molly Dahmen
Dana Peovov
Stacey Radowicz
- 1995 Sara Council
Dana Peovov
- 1996 Joanne Hunsinger
Dana Peovov
- 1997 Shannon Bonogfski
- 1998 Lisa Schaubes
- 1999 Alishia Booterbaugh
Jaime Miller
Charlotte Neel
- 2000 Alishia Booterbaugh
- 2002 Julia Corbett
- 2003 Anna Blue
Molly Bull
Hailey Young
Molly Bull
Kayle Peterson
Kelly Ramirez
Natalie Smith
Katie Troy
- 2005 Collier Lawrence
Meghan Leonard
Kayle Peterson
Kelly Ramirez
Natalie Smith
- 2006 Collier Lawrence
Meghan Leonard
Kayle Peterson
Kelly Ramirez

WASHINGTON WEIGHT ROOM



Strength and Conditioning Coaches
for Cougar Track and Field



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

STATE



WASHINGTON

FACILITIES &



ATHLETIC MEDICINE

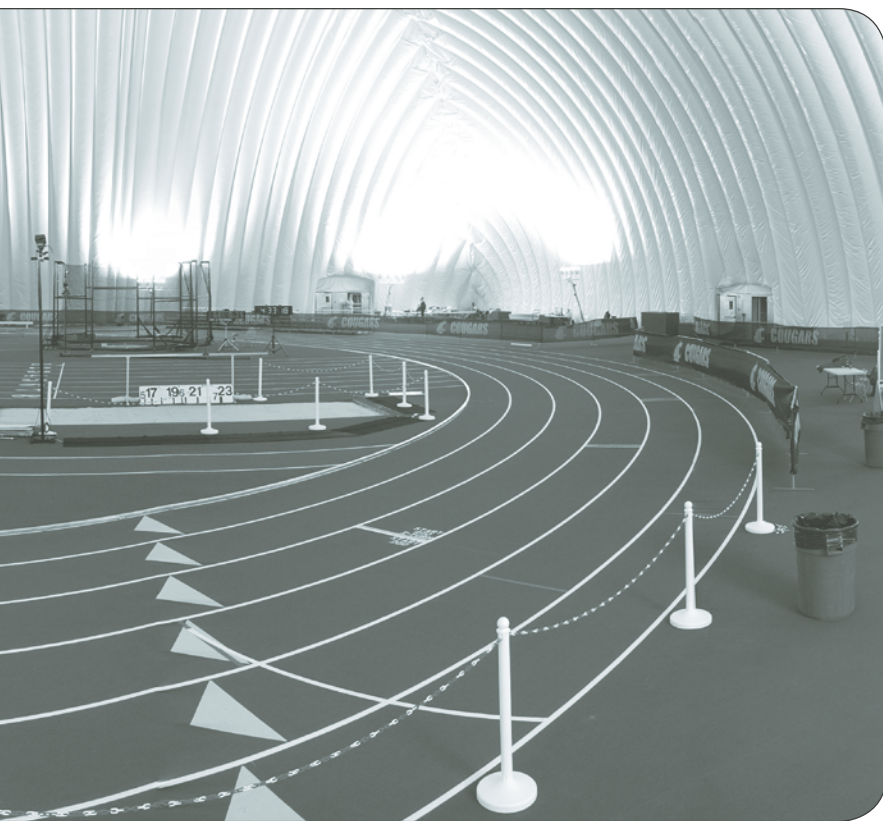
Jenny McIvor serves as the athletic trainer for track and field. Prevention of athletic injuries is the number one goal of the WSU staff, along with care and rehabilitation.

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

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



STATE



TRAINING FACILITIES

To help Cougar Track and Field athletes achieve their potential, Washington State University provides three major athletic facilities. The WSU Strength and Conditioning, pictured on pages 10-11, is considered one of the top collegiate facilities in the nation. The Cougars train and compete during the winter inside the newly constructed Indoor Practice Facility. The IPF (left) features a state-of-the-art Mondo 14mm Super X track surface with a wide radius 200m track. The Mooberry Track and Field Complex, pictured on the back cover, features recently resurfaced state-of-the-art track, throwing circles and jumping surfaces. The rolling hills on and around the campus provide a great venue for strength and conditioning training in a beautiful environment.



SUPPORT SERVICES

STUDENT RECREATION CENTER

SRC AWARDS

- Outstanding Indoor Sports Facility Award, National Intramural Recreation Sports Association, 2002
- Facility Award of Merit, Athletic Business, 2001
- Award of Excellence, Washington Parks and Recreation Association, 2001
- Outstanding Design Award, Illuminating Engineering Society of North America, 2001



The student recreation center opened spring of 2001. Its 150,000 square feet contains seven gymnasiums, a four-lane indoor track, 17,000 square feet of fitness training area, five-lane lap pool, leisure spa, three multi-purpose rooms (aerobic/martial arts), four raquetball courts, a wellness center, and a fireplace lounge.



OUTDOOR RECREATION

WSU offers students several opportunities to enjoy the outdoors during all seasons. The Outdoor Recreation Center rents everything you need from snowshoes and snowboards to kayaks and camping gear for your next adventure.

Numerous parks, lakes, rivers and outdoor recreation activities, such as Hell's Canyon, Boyer Park, and the Snake River.

Chipman Trail—an 8-mile trail between Pullman and Moscow is a great place to bike, jog, walk and rollerblade.

Surrounded by the beauty of the Palouse region, the Snake River offers swimming, boating and rafting opportunities.



Why Washington



"The small town feel of Pullman, combined with great Pac-10 facilities, and Coach Drake as a coach made WSU the place for me. The best part about being a student-athlete at WSU is being able to have the privilege to participate in competitive meets and travel to amazing places. I am so lucky to be able to pursue something I am passionate about and be rewarded by being on a collegiate team."

—Haley Paul



State University?

"On the plane ride home from my recruiting visit to WSU, I knew it was the place for me. I felt that WSU Track was a family affair in addition to being a team sport and everyone had a vested interest in the well-being of their teammates both on and off the field. The coaching and support staff genuinely cares about you as a person first and foremost, and the environment created by that feeling makes me proud to be a Cougar."

—Matt Lamb



"One of the reasons I came to WSU is that I felt that the staff truly cared about the success of their athletes; not only athletically but academically as well. Once I joined the team, I realized it was the right decision because we are like family and have each others' back and all get along."

—Sarah Burns

CONFERENCE OF CHAMPIONS

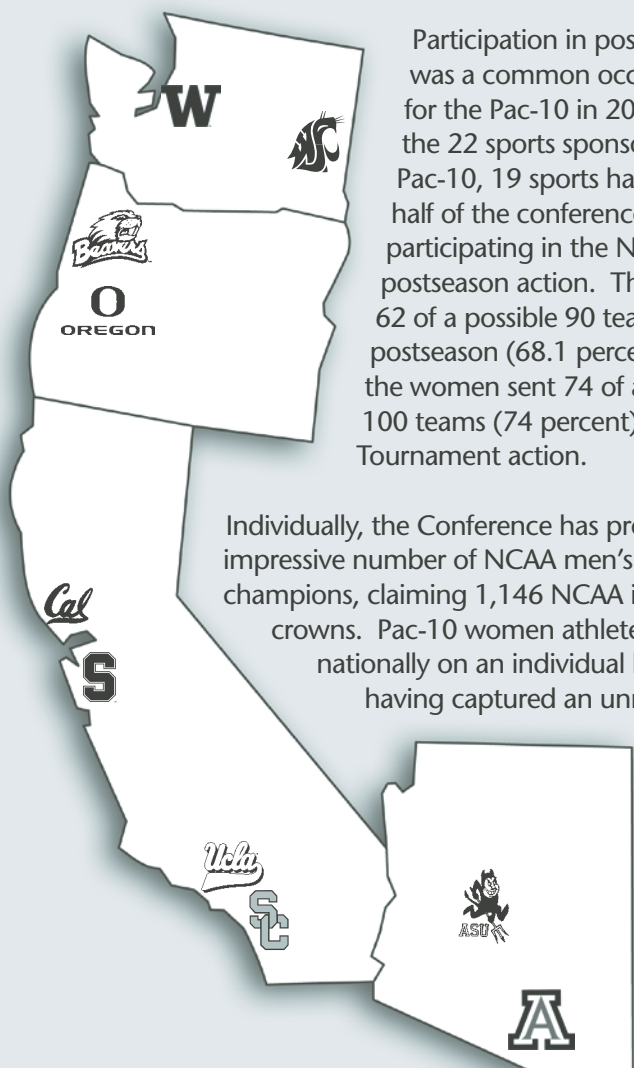
PACIFIC-10

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

Entering the 2007-08 season, the Pac-10 continues to uphold its tradition as the "Conference of Champions." Pac-10 members have claimed an incredible 146 NCAA team titles over the past 17 seasons; an average of more than eight national championships per academic year.

Even more impressive is the breadth of the Pac-10's success, as those 146 team titles have come in 24 different men's and women's sports. The Pac-10 has led the nation in NCAA Championships in 41 of the last 47 years and finished second five times.

Spanning nearly a century of outstanding athletics achievement, the Pac-10 has captured 359 NCAA titles (254 men's, 105 women's), far outdistancing the runner-up Big Ten Conference's 212 titles.



Participation in postseason was a common occurrence for the Pac-10 in 2006-07. Of the 22 sports sponsored by the Pac-10, 19 sports had at least half of the conference teams participating in the NCAA or other postseason action. The men sent 62 of a possible 90 teams into the postseason (68.1 percent) while the women sent 74 of a possible 100 teams (74 percent) into NCAA Tournament action.

Individually, the Conference has produced an impressive number of NCAA men's individual champions, claiming 1,146 NCAA individual crowns. Pac-10 women athletes shine nationally on an individual basis as well, having captured an unmatched

488 NCAA individual titles, an average of more than 18 champions per season.



Sites of the Pac-10 Track & Field Championships

2008	Arizona State
2009	Washington
2010	California
2011	Washington State
2012	Southern California

PACIFIC-10 CONFERENCE

1350 Treat Blvd., Suite 500
Walnut Creek, CA 94597-8853

Phone: (925) 932-4411 • Fax: (925) 932-4601

Commissioner:

Thomas C. Hansen

Associate Commissioner, Administration and Women's Basketball Administration

Christine Hoyles

Associate Commissioner, Communications and Football Administration

Jim Muldoon

Associate Commissioner, Electronic Communications

Duane Lindberg

Associate Commissioner, Compliance

Mike Matthews

Associate Commissioner, Business and Finance

Scott Sabatino

Associate Commissioner, Governance and Enforcement

Ron Barker

Associate Commissioner, Olympic Sports and Student-Athlete Programs

Chris Dawson

Assistant Commissioner, Communications and Men's Basketball

David Hirsch

Assistant Commissioner, Communications

Bri Niemi



2007 Pac-10
heptathlon
Champion
Diana Pickler