



2008 COUGAR TRACK & FIELD **OUTLOOK**



2008 COUGAR TRACK & FIELD

Excitement and Optimism Permeate WSU Men's 2008 Track & Field Team

Cougars Head Coach Rick Sloan (35th year at WSU, 14th year as head coach) is excited about the men's team because he can go through nearly every event and name frontline people who he expects to do well at the conference level and beyond.

"Some of the people on the team developed nicely and became big performers for us at the end of the year," Sloan said. "Some of the new people can come in and contribute right away this year. I'm excited to see how we develop and how we compete when we start putting the uniform on."

While depth varies from event to event, overall the WSU 2008 men's team has variety and does not have any areas where there isn't a stopper. The sprints and hurdles are deep and good. The throws have good top line competitors but need the other people behind them to fill in that depth.

"We have at least one person in every event that is pretty good," Sloan said. "From a championship level, our top people are all going to be in scoring positions and that bodes well for the Cougs."

Two-time all-American discus thrower Matt Lamb returns lighter and ready to three-peat. Senior captain Jon Jeffreys is anxious to return to the NCAA meet in the javelin. Also seeking a return to NCAA competition are Rickey Moody (long jump/decathlon), Robert Williams (110m hurdles), Justin Woods (100m/200m) and Moreno Zapata (triple jump).

"Our schedule suits us very well," Sloan said. "We have the meets in place to bring our level of performance up. The whole idea is to get ready for the championships season at the end of April and the months of May and June. Not everybody will compete every weekend. We'll utilize the meets that we need to and train when we have to and expect to be ready and at our very best at the end of the year."

This season a new hammer throw area will debut at Moo-berry Track Complex at the south end of the field. The hammer will now be in a location that is more visible and there will be spectator stands and indicator boards to accommodate viewers in the other grandstands.

SPRINTS/RELAYS

The WSU men's sprint team is recognized as a power in the Pac-10, and Sloan is quick to attribute this success to assistant coaches Ellan-nee Richardson and Mark Macdonald.

"We are getting people who aren't the national leaders in events but with the system they have put in place, people are coming in and showing tremendous improvement, like James McSwain and Jaycee Robertson, and becoming NCAA sprinters and Pac-10 scorers," Sloan said. "I look at this group and think that we're going to be good in that area again."

At the top of the list is junior Justin Woods who has done a tremendous job in the 100m and 200m. Woods has competed at the NCAA Championships both years of his collegiate career. In-coming freshman hurdler Jeshua Anderson, is big and strong and fits into the WSU sprint model.

"We think of Jeshua as an intermediate hurdler but he is an outstanding sprinter too, in the 100m, 200m and open 400m," Sloan said.

Two more freshmen adding to the Cougars sprints depth are André Jennings and Marlon Murray. Jennings had injury problems throughout his high school career but Sloan thinks if he maintains his health, he'll make a contribution. Murray has good credentials but had misfortune in high school, running out of his lane at the state meet. Decathletes Rickey Moody, Kyle Schauble and Trevor Habberstad, will add more depth to the sprints corps.

The 200m looks a lot like the 100m with everyone a solid performer with Woods and Anderson having run under 21 seconds. "We have good depth and good quality in the 100m and 200m," Sloan said. "If we can pass the stick well, our relay should be very fast too."

Anderson's open 400m racing will be indoors but he will primarily run hurdles outdoors. Sophomore Reny Follett did a great job



Justin Woods

at the Pac-10 meet last year, running out of lane one and achieving a time under 48 seconds for the first time. Sloan is impressed with Follett's fall training and sees him as a very strong runner ready for this season. Devin Timpson has also had a great fall of training and should contribute in both the open 400m and on the 1600m relay. The longer relay will utilize some of the 800m runners coming down to fill out the squad.

2008 MEN'S OUTLOOK

MIDDLE DISTANCE/DISTANCE

The 800m is an area of excitement for the Cougar men with sophomores Luke Lemenager and Bob Hewitt-Gaffney ready to return to the track after spending their freshmen year adjusting to collegiate training. Both have trained a little bit differently but both have trained very well.

"My anticipation is that we will have a couple of guys under 1:50," Sloan said. "Bob will look at 800m and probably come down and run some 400m and relay work. Luke probably works more 800m up to the 1500m, and I expect Luke to be our top 1500m runner this year. On paper he is the top guy returning but o he is mentally committed to run 1500m he will be very successful there."

Dominic Smargiassi will primarily be a 1500m runner but may become more of a 3000m and 5000m racer as the season progresses. WSU's depth in the 1500m will come from athletes already in other events.

Freshmen Sean Coyle, David Hickerson and Peter Miller are outstanding high school runners from last year who are expected to do a great job up and down the ladder, from 800m all the way out to 5000m. Their versatility can help the team find success.

Drew Polley, Dan Geib, and Chris Williams are WSU's top 10k runners but can come down and run a good 5k for the Cougs. Alex Grant has the top time in the 5000m but will likely be counted on as a steeplechaser more than this distance.



Alex Grant

HURDLES/STEEPLECHASE

Junior Robert Williams had a good season in 2007, especially at the end of the year when he ran the 110m hurdles under 14-seconds a couple of times, including a 13.94 PR. On the WSU preseason depth chart, decathlete Rickey Moody is the number two high hurdler after a significant move down from the high 15-second range to a mid-14-second time, and the promise of lower times this season.

Barry Leavitt was a wonderful surprise at the end of his freshman year, reaching PR times in both the high (14.67) and intermediate hurdles (51.48) and scoring in both events at the 2004 conference meet. He returned to the team in January 2007 after a two-year church mission and jumped into the season, scoring at the Pac-10 meet in the 400m hurdles. Sloan notes Leavitt has had a very good fall of training and expects the junior to get back to his 2004 times and below.

Jeshua Anderson has run 13.82 over prep 110m highs and has the height and strength to adjust easily to college highs. Decathletes Kyle Schauble and Trevor Habberstad (high school time of 13.92) are expected to contribute significantly in the highs in 2008.

The intermediate hurdles will be led by the national prep record-holder, Anderson. Sloan is impressed with his NCAA All-American type of talent and sees a legitimate chance for Anderson to win the Pac-10 title as a freshman. Leavitt and Williams are both 51-second runners who are expected to drop below that time this year, contribute at the Pac-10 level and then advance to the NCAA Regional and national levels.

"Jeshua is very skilled in the event and under the guidance of Mark Macdonald, look for him to be an outstanding performer for us at all levels," Sloan said.

In the steeplechase, Sloan is waiting for the big drop. That is the big improvement in times from Alex Grant, Sam Ahlbeck and Chris Concha who are all in the 9:03 to 9:06 times. Grant is coming off a great cross country while Ahlbeck was consistent throughout the fall and Concha suffered from injuries but has recovered. Cougar coach Jason Drake has done a great job of developing WSU into a steeplechase power.

"All these guys have the potential to drop down into the low 8:50s and even under 8:50 but only after they have confidence in the race," Sloan said. "It is a difficult race and they need to learn to



Robert Williams

race it and become a little bit more efficient. I think all of them have the skills to be at least 8:50 runners and that could have a significant impact on the conference championship with those guys running that fast."

2008 COUGAR TRACK & FIELD

JUMPS

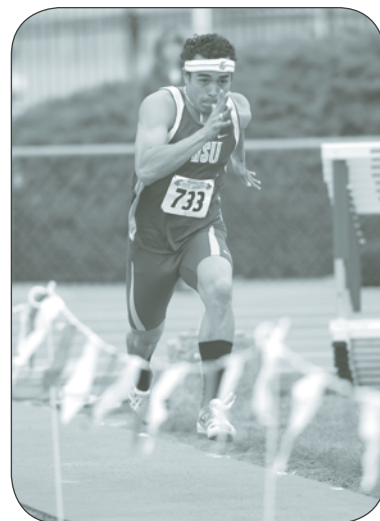
Coach Matt McGee has an outstanding group of jumpers assembled on the 2008 team. The high jump will be a very exciting event for the Cougs this season. Trent Arrivey jumped just under 7-feet and placed third at Pac-10 meet, an outstanding feat by a freshman. Kyle Eaton has battled off-and-on injury problems but has been a conference scorer and the team needs him to have a great season. Freshman Ryan Deese is a tremendous jumper with the potential for development and is moving in that direction. Deese and Arrivey are pushing each other and if they pull Eaton along, Sloan feels the jumps corps will be solid.

The Cougs do not have a quick-fix replacement for graduated two-time All-American and 18-foot pole vaulter Tyson Byers. Senior D.J. Brown is joined by freshman Trevor Sodorff and both are working hard developing new skills and refining techniques. Improvement in their current marks will be a big bonus for the Cougs in competitions.

Senior Rickey Moody just missed going to the NCAA Championships as a decathlete last year but did compete in the long jump after a fourth place finish in the event at the Pac-10 meet and a PR leap of 24-8 1/4 at the NCAA West Regional meet. He and fellow multi-competitor Kyle Schauble will be the primary long jumpers for the Cougars.

Triple jumper Moreno Zapata had a great season last year, coming on strong and competing well at the Pac-10 Championship and at the NCAA West Regional where he leaped to a wind-aided PR mark of 51-9 1/4.

"I am really proud of the job Moreno did last year. He's basically our ace the triple jump and I really look for him to do great things this season," Sloan said.



Moreno Zapata

THROWS

Junior Matt Lamb, a two-time All-American in the discus, should have a great year in the shot put in 2008, Sloan predicts. Of course, Lamb will also be the Cougars' ace in the discus after throwing 198-5 last season.

"Matt will be competing at a lighter weight this year and he is a very fast, explosive person and so we're going to take advantage of that. We'll rely on more speed and it should result in good throws all the way around," Sloan said.

Philip MacArthur, a two-time conference scorer, returns as the top hammer thrower after a solid performance last year and a PR distance of 197-1. He is continuing to develop in this event and Sloan and coach Debra Farwell foresee him throwing over 200-feet this year.

The Cougar men have a strong javelin corps led by senior and team captain, Jon Jeffreys. With a PR distance of 226-2, Jeffreys' three previous years of hard work should payoff for him and the team in 2008.

"Knowing this is Jon's last year, he seems more focused on getting everything down correctly. I think he is going to have an outstanding season," Sloan said.

Three additional Cougs are expected to throw over 200-feet this year. Nathan Bache came on strong at the end of his freshman season, tossing a PR of 198-6 and then scoring at the Pac-10 meet.



Matt Lamb

Cameron Schwisow is recovering from elbow surgery and a back injury but with good health and consistent training has the ability to throw far. Mark Presby made adjustments and developed last year as a redshirt.

DECATHLON

WSU has a trio of decathletes this year with senior Rickey Moody leading the way. He took third-place at the conference meet and narrowly missed competing at the NCAA Championships in the decathlon with 7,109 points.

"It's too bad Rickey didn't make it to the national championships because he was really finding his stride at that point in time and he would have done well at the nationals," Sloan said. "At least he got the experience at the NCAA in the long jump. The decathlon corps is good, but Rickey currently has more well-rounded technical development. I think he is going to have an outstanding season and do great things in the decathlon."

Sophomore Kyle Schauble brings a very athletic physique and good speed to the mix and after a year of development in new events and technique refinements, should show a stronger presence in the multis. Freshman Trevor Habberstad is also a very talented athlete with good speed. He will spend his initial collegiate season working to develop and gain experience in his other events.



Rickey Moody

2008 WOMEN'S OUTLOOK

WSU Women's Track & Field Team Returnees Will Step-up Performances, Newcomers Will Shine

The graduation of four-time All-American Diana Pickler and five-time All-American Julie Pickler has left a void not only in the Cougars' heptathlon corps but also in the seven individual events and both relays they competed in.

Cougars Head Coach Rick Sloan (35th year at WSU, 14th year as head coach) knows the end of the eligibility of Picklers impacts the program significantly but unlike how the end of Ellannee Richardson's eligibility impacted the program when the Picklers joined the program. At this point WSU doesn't have that level of athlete.

"When you have people who are able to score at a national meet year after year and also score Pac-10 points or in a Husky dual meet in a variety of different events, the loss of their athletic skills and talents and what they bring to the program, will certainly be missed," Sloan said. "But we gather and regroup and move forward and I think we have some new people in the program and some people returning who I think have turned a page in their career and are ready to move their level of performance up and be competitive at

the Pac-10 and hopefully at the NCAA level."

Returning strength for the Cougar women includes All-Americans McKenzie Garberg (discus) and Haley Paul (cross country), Pac-10 steeplechase champion Sara Trané and previous conference scorers Sarah Burns (triple jump), McKinnon Hanson (high jump), Lorraine King (400m hurdles), Collier Lawrence and Meghan Leonard (steeplechase), and La Shawnda Porter-Red (200m). Sloan also looks for senior Jessica Zita (shot put) and sophomore Princess Joy Griffey (sprints) to have breakout seasons.

Newcomers sure to garner attention are Ebba Jungmark, a freshman high jumper from Sweden who competed at the 2007 World Championships and has a personal-best clearance of 6-3 1/2, and last year's No. 1 junior javelin thrower, Marissa Tschida, who threw 158-7.

"We are excited about the rest our people because of the potential they have shown," Sloan said. "Hopefully they work hard, develop, and get to a point where they can compete at a Pac-10 level."

SPRINTS/RELAYS

The WSU women's sprint corps looks to be strong in 2008 and the short relay will reflect that strength with a prediction of fast times.

Princess Joy Griffey came on strong at the end of her freshman season which was a transitional one after coming off an injury-ridden final year of high school. Sloan said there was some hesitancy in her preparation and competition last year but that is completely gone through the fall and indoor training.

"Princess Joy has been absolutely phenomenal and very, very strong," Sloan said. "She has been doing things in training that would indicate she is going to have an outstanding year. Our goal is to continue training her, keeping her strong and try to maintain her health throughout the year, but right now that doesn't seem to be an issue. Getting through the season without an injury has increased her confidence and her effort from a training standpoint and from a competitive standpoint as well."

Griffey has the top returning 100m time followed by La Shawnda Porter-Red. Add in freshmen Candace Missouri and maybe Angela Jensen for the 400m relay. In the 200m, Porter-Red is the top runner but will be challenged by Griffey.

The fastest 400m runner is actually intermediate hurdler Lorraine King. Selena Galaviz is the sole primary open 400m runner with the depth runners either coming up from sprints (Porter-Red) or coming over from intermediate hurdles. The 4x400m relay will be comprised of people from different event areas with King the only returnee from last year's squad.



Princess Joy Griffey

2008 COUGAR TRACK & FIELD

MIDDLE DISTANCE/DISTANCE/STEEPLECHASE

Sloan looks for improvement in the middle distances and distance areas for the Cougar women this year.

Sophomore Lisa Egami will see duty in the 800m and 1500m. After acclimating to collegiate training during her freshman year Sloan predicts Egami can move down well under the 2:10 range for the 800m and faster in the 1500m. Sara Trané has run well in the 800m but will be working more in the 1500m and steeplechase as the season progresses.

Anna Layman is training again after sitting out last year because of stress injuries which has plagued her nearly her whole track and field career. Now healthy and training more within the sprint group doing more interval, the talented Layman should remain fit and healthy which Sloan feels will provide dividends for the team.

Haley Paul is back off of an injury redshirt spring and part of the fall. With an effective range from 800m through 5000m, Paul began the new year training at full strength and should be in peak form for the end of the outdoor season. Her lifetime-best time of 16:20.86 came two years ago and she competed in the 5k at the 2006 NCAA Championships.

Marisa Sandoval dropped her 1500m time last year and with good health and consistent training is expected to drop below a time of 4:30 this year.

Senior Isley Gonzalez is coming off an outstanding cross country season and will be the go-to person for the 5000m with Meghan Leonard and Collier Lawrence concentrating on the steeplechase.

"I am hopeful the training and effort Isley made during the fall will carry through the winter months so we see her run the times that we've always expected from her as a 1500m, 3000m, and 5000m runner on the track," Sloan said. "Based off what her accomplishments were in cross country the 5000m might be where she can really make an impact in the championships."



Isley Gonzalez

HURDLES/STEEPLECHASE

The high hurdles will relay on heptathletes Angela Jensen and Jalisa Williams who have run 14.09 and 14.10, respectively. Angelica Flynn will contribute in the 100m hurdles as well with a 14.33 PR time.

Junior Lorraine King returns to lead the intermediate hurdlers after dropping her time to just over a minute last year. Her objective this year is make the big jump and drop down to well under a minute in the 400m hurdles which should contribute strongly to the team success in the open 400m and the relay as well. Multi-events newcomer Jalisa Williams ran a high school intermediate hurdles time of 42.90 but will concentrate on the heptathlon events this year. Freshmen Caroline Hedel and Veronica Elseroad-Wall come in with good times from high school and solid fall training. Sloan looks for them to make the adjustment out to 400m hurdles and hopefully make a contribution to WSU immediately.

The steeplechase is the strongest and deepest running event for the Cougars. Pac-10 champion Sara Trané leads the trio of returnees with the school-record time of 10:19.89, and is coming off a very good cross country season. Meghan Leonard also had a good harrier season and because of her tough, competitive nature, look for her to drop her time down significantly. Sloan expects senior Collier Lawrence to have a sense of urgency that will propel this very talented athlete to realize her full potential in this event and significantly improve her time.

"Up front, three very strong steeplechasers for the Cougs and we expect all three of them to score at the 2008 Pac-10 Conference championships," Sloan said.



Sara Trané

2008 WOMEN'S OUTLOOK

JUMPS

The high jump corps will be led by freshman Ebba Jungmark, a 6-3 1/2 world championship competitor last August at Osaka. Backing her up will be senior McKinnon Hanson and freshmen jumpers Maria Creech and Amanda Stewart. Hanson had a strong sophomore season with a 5-8 3/4 jump and made it to the NCAA Championships but dropped back just a little bit as a junior. Sloan said Hanson has already exhibited signs she is back on track this year and he expects a PR height from her this year. The freshmen will add good depth to the event with continued development will become contributors at the championship level.

"Ebba is an athlete who is going to make a huge impact at all levels right from the start. She is already a very accomplished high jumper," Sloan said.

The Cougar women have good depth in the pole vault but so far no one really stands out as the needed 13-foot ace in the event. Freshman Alexa Huestis and sophomore Kendall Mays both have the top clearances at 12-0 with Jessica Fuller, Hilary Moore and Chelsea Nicholas in the 11-foot plus range. Sloan said the plan is to keep training them and working with them in hopes that more than one makes the technical adjustments and moves up to that height this season.

Catie Schuetzle is the top long jumper after leaping 19-6 1/4 last spring but Sloan thinks she is capable of jumping over 20-feet this year. Freshman Candace Missouri has jumped 18-8 1/2 and gives the Cougs depth in the event.

The triple jump will have a strong one-two punch for WSU with Sarah Burns and Schuetzle both reaching PRs over 41-feet last year. Missouri is a very talented athlete who can learn the techniques and can be a very good triple jumper for the WSU women. Her competition emphasis will be to long jump, be on the 400m relay, and then to triple jump.



Sarah Burns

THROWS

The Cougar women's throws are quite good but not very deep, consisting of basically the same people over and over again. Within the shot put, discus and hammer, seniors McKenzie Garberg and Jessica Zita are the top two performers and only two performers. Garberg, an All-American in the discus last spring, is very strong in all three events and will be a contributor at all levels in all events. Zita will be expected to provide depth in the discus and hammer on a dual meet basis but will primarily be a shot putter.

"We have good strength and if the two athletes are good, that is all you need in an event," Sloan said. "I'm looking for both of them to have great final seasons. Last year McKenzie became competitive at a higher level and now we're looking for her to make another big jump. Jessica was a little inconsistent but had the big throws from time to time and knows she is capable of doing that. It is not out of the question that we have a couple of 50-foot shot putters on the team which is very good."

The addition of javelin thrower Marissa Tschida, last year's national junior champion, is a big bonus for the women's team. Tschida threw 158-7 last spring and again threw over 158 to win the US National Junior Championship. Junior Jasmine McCormack threw over 141-feet last year and, with Tschida, will give the Cougars a one-two punch as a good, solid javelin corps.

"Marissa is a tough Montana girl who gets out there and competes very, very well," Sloan said. "She will be learning new techniques and may have to take a small step backward before she can start moving forward. How quickly she adjusts will determine how successful she is at the end of the year."



McKenzie Garberg

HEPTATHLON

After a combined nine All-America certificates in the past three years, Washington State will not have a Pickler in uniform for the multi-events competitions. Freshmen Angela Jensen from Tacoma, Wash., and Jalisa Williams from Pasadena, Calif., have joined the program and are working with Sloan to learn the techniques and nuances of competing in the indoor pentathlon and the outdoor heptathlon.

"We're starting all over again and we have two good athletes in Angela and Jalisa," Sloan said. "They have been working hard all fall on developing their skills. I think they are going to be good, it is just going to take us a little while to get everything developed and to that championship level."



Angela Jensen and Jalisa Williams

2008 COUGAR WOMEN'S ROSTER

NAME	HT	YR	EVENT	HOMETOWN/LAST SCHOOL
Amanda Andrews	5-7	FR	Distance	Gig Harbor, Wash. (Gig Harbor High)
+ Sarah Burns	5-6	SR	Jumps	Tacoma, Wash. (Curtis High)
Jessica Crannell	5-6	FR	Distance	Portland, Ore. (Westview High)
Maria Creech	5-9 1/2	FR	High Jump	Durango, Colo. (Durango High)
Karen DeMartini	5-7 1/2	SR	Middle Distance	Reno, Nev. (Reno High)
Lisa Egami	5-3 1/2	SO	Distance	Coquitlam, BC, Canada (Centennial High)
Veronica Elseroad-Wall	5-4	FR	Hurdles	Casper, Wyo. (Kelly Walsh High)
Angelica Flynn	5-8 1/2	JR	Hurdles	Tacoma, Wash. (Lincoln High)
Jessica Fuller	5-3	SR	Pole Vault	Kennewick, Wash. (Southridge High/Spokane CC)
Selena Galaviz	5-4 1/2	SR	Sprints	Toppenish, Wash. (Toppenish High)
McKenzie Garberg	5-10 1/2	SR	Throws	Benton City, Wash. (Kiona-Benton High)
Isley Gonzalez	5-4	SR	Middle Distance	Sunnyside, Wash. (Sunnyside High)
Princess Joy Griffey	5-3 1/2	SO	Sprints	Federal Way, Wash. (Decatur High)
McKinnon Hanson	5-5 1/2	SR	High Jump	LaPush, Wash. (Forks High)
Caroline Hedel	5-6	FR	Hurdles	Richland, Wash. (Richland High)
Alexa Huestis	5-4	FR	Pole Vault	Chehalis, Wash. (W.F. West High)
Angela Jensen	5-8	FR	Heptathlon	Tacoma, Wash. (Fife High)
Ebba Jungmark	5-10	FR	High Jump	Onsala, Sweden (Frölunda gymnasiet)
Lorraine King	5-7	JR	Hurdles	Fontana, Calif. (J.W. North High)
Collier Lawrence	5-6 1/2	SR	Distance	Reno, Nev. (Reno High)
Anna Layman	5-3	RSFR	800m	Spokane Valley, Wash. (Central Valley High)
Meghan Leonard	5-6	SR	Distance	Newberg, Ore. (Newberg High)
Beth Mathison	5-4 1/2	FR	Distance	Pullman, Wash. (Pullman High)
Kendall Mays	5-8	SO	Pole Vault	Spokane, Wash. (North Central High)
Jasmine McCormack	5-6	JR	Throws	Arlington, Wash. (Arlington High)
Candace Missouri	5-4	FR	Long, Triple Jump	Vancouver, Wash. (Evergreen High)
Hilary Moore	5-4	FR	Pole Vault	Prosser, Wash. (Prosser High)
Chelsea Nicholas	5-6	SO	Pole Vault	Bothell, Wash. (Bothell High)
Haley Paul	5-4	SR	Middle Distance	Phoenix, Ariz. (Desert Vista High)
La Shawnda Porter-Red	5-7	SR	Sprints	Renton, Wash. (Kent-Meridian High)
Amy Quinones	5-11	SO	Triple Jump	Gothenburg, Sweden (Frölunda gymnasiet)
Marisa Sandoval	5-9	JR	Distance	Los Alamos, New Mexico (Los Alamos High)
Catie Schuetzle	5-8	JR	Jumps	Spokane, Wash. (Shadle Park High)
Stephanie Sipes	5-5 1/2	SO	Distance	Gig Harbor, Wash. (Gig Harbor High)
Amanda Stewart	5-7	FR	High Jump	Federal Way, Wash. (Decatur High)
Sara Trané	5-8	JR	800m, 400m H	Pixbo, Sweden (Frölunda gymnasiet)
Marissa Tschida	5-8	FR	Javelin	Missoula, Mont. (Loyola Sacred Heart High)
Chelsea VanDeBrake	5-2 1/2	SO	Distance	Yakima, Wash. (Eisenhower High)
Ashlee Wall	5-3 1/2	FR	Distance	Walla Walla, Wash. (Walla Walla High)
Becky Williams	5-7	FR*	Distance	Federal Way, Wash. (Decatur High)
Jalisa Williams	5-10	FR	Heptathlete	Pasadena, Calif. (John Muir High)
Jessica Zita	5-9	SR	Throws	Echo, Ore. (Echo High)

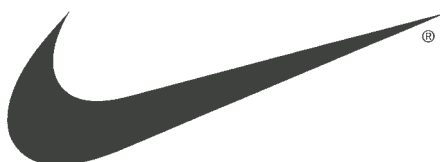
Head Coach: Rick Sloan

Associate Coach: Debra Farwell

Assistant Coaches: Jason Drake, Mark Macdonald, Ellannee Richardson, Matt McGee

Volunteer coaches: Luan Weekes, Bob Frey, Diana Pickler

+ Team captains * Taken redshirt season **Currently redshirting



2008 COUGAR MEN'S ROSTER

NAME	HT	YR	EVENT	HOMETOWN/LAST SCHOOL
Sam Ahlbeck	5-10	RS-SO	Distance	Renton, Wash. (Lindbergh High)
Jeshua Anderson	6-2	FR	Hurdles	Woodland Hills, Calif. (Taft High)
Trent Arrivey	6-4 1/2	SO	High Jump	Woodinville, Wash. (Woodinville High)
Steven Ayers	6-4	FR	Throws	Bellingham, Wash. (Sehome High)
Nathan Bache	5-11	SO	Javelin	Thompson Falls, Montana (Thompson Falls High)
Evan Blanshan	6-0 1/2	JR	Distance	Selah, Wash. (Selah High/Portland State)
D.J. Brown	6-2	SR*	Pole Vault	Bellingham, Wash. (Squalicum High)
Chris Concha	5-10	SR*	Distance	Reno, Nev. (Reno High)
Sean Coyle	6-1	FR	Distance	Veradale, Wash. (Central Valley High)
Ryan Deese	6-5	FR	High Jump	Colorado Springs, Colo. (Palmer High)
Kyle Eaton	6-0	SR	High Jump	Ellensburg, Wash. (Ellensburg High)
Reny Follett	5-11	RS-SO	400m	Lewiston, Idaho (Lewiston High)
Dan Geib	5-8	SO	Distance	Reno, Nev. (Galena High)
Matt Gill	6-1 1/2	FR**	Throws	Yakima, Wash. (West Valley High)
Alex Grant	6-0	SR*	Distance	Bellingham, Wash. (Sehome High)
Trevor Habberstad	5-11	FR	Decathlon	Santa Clarita, Calif. (Canyon High)
Bob Hewitt-Gaffney	5-9	SO	Distance	Gillette, Wyo. (Campbell County High)
David Hickerson	6-2	FR	Distance	Spokane, Wash. (Ferris High)
Sadiki James	5-9 1/2	SO	Sprints	Fyzabad, Trinidad and Tobago (St. Benedict's Coll. Prep)
+ Jon Jeffreys	6-5	SR	Javelin	Spokane Valley, Wash. (West Valley High)
André Jennings	5-7	FR	Sprints	Spokane, Wash. (Ferris High)
Matt Lamb	6-1 1/2	JR	Throws	Emmett, Idaho (Emmett High)
Barry Leavitt	6-0	JR	Hurdles	Benton City, Wash. (Kiona-Benton High)
Luke Lemenager	5-11	SO	Distance	Maple Valley, Wash. (Tahoma High)
Philip MacArthur	6-0	JR	Hammer	Selkirk, Wash. (Selkirk High)
Chase Mancuso	5-11 1/2	JR	Throws	Mukilteo, Wash. (Kamiak High)
Peter Miller	6-1 1/2	FR	Distance	Spokane, Wash. (Shadle Park High)
Rickey Moody, Jr.	6-1	SR*	Decathlon	Puyallup, Wash. (Spanaway Lake High/Highline CC)
Marlon Murray	6-2	FR	Sprints	Des Moines, Wash. (Highline High)
Drew Polley	5-11	JR	Distance	Port Orchard, Wash. (JRuth Kitsap High)
Mark Presby	5-11	RS-FR	Javelin	Richland, Wash. (Richland High)
Andy Roof	6-5	RS-JR	Throws	Spokane Valley, Wash. (East Valley High)
Kyle Schauble	6-3 1/2	SO	Decathlon	Kennewick, Wash. (Kamiakin High)
Cameron Schwisow	5-10	RS-SO	Javelin	Olympia, Wash. (Olympia High)
Dominic Smargiassi	6-1 1/2	RS-SO	Distance	Auburn, Wash. (Auburn High)
Trevor Sodorff	6-2 1/2	FR	Pole Vault	Woodinville, Wash. (Woodinville High)
Jeremy Swenson	6-1	FR	Distance	Shoreline, Wash. (Bishop Blanchet High)
Devin Timpson	5-9	RS-SO	Sprints	Ocean Shores, Wash. (North Beach High)
Chris Williams	5-11	SR*	Distance	Federal Way, Wash. (Decatur High)
Robert Williams	6-2	JR	Hurdles	Riverside, Calif. (Ramona High)
Justin Woods	5-5	JR	Sprints	Buena Vista, Calif. (Los Alamitos High)
Moreno Zapata	5-10	JR	Triple Jump	Lakewood, Wash. (Curtis High)

Head Coach: Rick Sloan

Associate Coach: Debra Farwell

Assistant Coaches: Jason Drake, Mark Macdonald, Ellannee Richardson, Matt McGee

Volunteer coaches: Luan Weekes, Bob Frey, Diana Pickler

+ Team captain * Taken redshirt season ** Currently redshirting

2008 DEPTH CHARTS

2008 Women

2008 Men

100m

Princess Joy Griffey	SO	11.66w
La Shawnda Porter-Red	SR	11.83
Candace Missouri	FR	12.07
Angela Jensen	FR	12.24

200m

La Shawnda Porter-Red	SR	23.92w
Princess Joy Griffey	SO	24.13

400m

Lorraine King	JR	55.24
La Shawnda Porter-Red	SR	56.65
Selena Galaviz	SR	57.06
Veronica Elseroad-Wall	FR	57.59

800m

Lisa Egami	SO	2:08.38
Sara Trané	JR	2:10.49
Haley Paul	SR	2:11.43
Stephanie Sipes	SO	2:13.3
Anna Layman	RS-FR	2:13.6
Karen DeMartini	SR	2:15.85
Jessica Crannell	FR	2:18.2

1500m

Haley Paul	SR	4:26.00
Sara Trané	JR	4:28.43
Marisa Sandoval	JR	4:34.20
Lisa Egami	SO	4:34.0
Isley Gonzalez	SR	4:35.58
Karen DeMartini	SR	4:37.01
Meghan Leonard	SR	4:40.35
Chelsea VanDeBrake	SO	4:44.85

5000m

Haley Paul	SR	16:20.86
Meghan Leonard	SR	16:57.40
Collier Lawrence	SR	17:19.59
Isley Gonzalez	SR	17:22.29
Chelsea VanDeBrake	SO	17:28.35
Amanda Andrews	FR	
Ashlee Wall	FR	

100m Hurdles

Angela Jensen	FR	14.09w
Jalisa Williams	FR	14.10w
Angelica Flynn	JR	14.33w
Caroline Hedel	FR	14.75w

400m Hurdles

Lorraine King	JR	1:00.28
Jalisa Williams	FR	42.90 hs
Caroline Hedel	FR	43.63 hs
Veronica Elseroad-Wall	FR	43.76 hs
Angela Jensen	FR	44.17 hs

3000m Steeplechase

Sara Trané	JR	10:19.89
Meghan Leonard	SR	10:26.78
Collier Lawrence	SR	10:40.15
Becky Williams	SO	12:09.22
Beth Mathison	FR	NM

High Jump

Ebba Jungmark	FR	6-3 1/2
McKinnon Hanson	SR	5-8 3/4
Maria Creech	FR	5-8
Amanda Stewart	FR	5-7
Angela Jensen	FR	5-4

Pole Vault

Kendall Mays	SO	12-0
Alexa Huestis	FR	12-0
Jessica Fuller	SR	11-9
Hilary Moore	SR	11-6
Chelsea Nicholas	SO	11-0

Long Jump

Sarah Burns	SR	19-6 3/4
Catie Schuetzle	JR	19-6 1/4
Candace Missouri	FR	18-8 1/2

Triple Jump

Sarah Burns	SR	41-5
Catie Schuetzle	JR	41-3 1/4
Amy Quinones	SO	38-7 1/2
Candace Missouri	FR	37-1

Shot Put

McKenzie Garberg	SR	50-1 1/4
Jessica Zita	SR	48-4

Discus

McKenzie Garberg	SR	173-6
Jessica Zita	SR	140-2

Hammer

McKenzie Garberg	SR	194-9
Jessica Zita	SR	151-11

Javelin

Marissa Tschida	FR	158-7
Jasmine McCormack	JR	141-0

Heptathlon

Angela Jensen	FR	NM
Jalisa Williams	FR	NM

100m

Justin Woods	JR	10.45W, 10.48
Marlon Murray	FR	10.66w
Sadiki James	SO	10.73
André Jennings	FR	10.74
Rickey Moody	SR	10.89
Trevor Habberstad	FR	10.89
Kyle Schauble	SO	10.90
Devin Timpson	SO	10.94

200m

Justin Woods	JR	20.66w
Jeshua Anderson	FR	20.88
Marlon Murray	FR	21.46
André Jennings	FR	21.99

400m

Jeshua Anderson	FR	47.26
Reny Follett	SO	47.47
Trevor Habberstad	FR	48.27
Bob Hewitt-Gaffney	SO	48.30
Devin Timpson	SO	49.04

800m

Luke Lemenager	SO	1:51.2
Bob Hewitt-Gaffney	SO	1:51.79
David Hickerson	FR	1:54.93

1500m

Luke Lemenager	SO	3:53.70
Chris Concha	SR	3:54.18
Sam Ahlbeck	JR	3:57.35
Chris Williams	SR	4:02.29
Dominic Smargiassi	SO	4:03.60
David Hickerson	(1600m)	FR 4:13.36 hs
Sean Coyle (1600m)	FR	4:15.17 hs
Peter Miller (1600m)	FR	4:18.5 hs

5,000m

Alex Grant	SR	14:26.55
Drew Polley	JR	14:39.60
Dan Geib	SO	14:47.43
Chris Williams	RS-SR	14:48.92

10,000m

Drew Polley	JR	NM
Dan Geib	SO	NM
Chris Williams	SR	NM

110m Hurdles

Robert Williams	JR	13.94
Rickey Moody	SR	14.48
Barry Leavitt	JR	14.52
Kyle Schauble	SO	15.03
Jeshua Anderson	FR	13.82 hs
Trevor Habberstad	FR	13.93 hs

400m Hurdles

Jeshua Anderson	FR	49.28
Barry Leavitt	JR	51.48
Robert Williams	JR	51.87
Kyle Schauble	SO	55.68
Trevor Habberstad	FR	37.62 hs

3000m Steeplechase

Alex Grant	SR	9:03.73
Sam Ahlbeck	JR	9:05.77
Chris Concha	SR	9:06.99
Evan Blanshan	JR	9:26.78

High Jump

Trent Arrivey	SO	7-0
Ryan Deese	FR	6-9
Kyle Eaton	SR	6-8 3/4i
Rickey Moody	SR	6-5 1/2

Pole Vault

DJ Brown	SR	16-0
Trevor Sodorff	FR	15-0

Long Jump

Rickey Moody	SR	24-8 1/4
Kyle Schauble	SO	23-2

Triple Jump

Moreno Zapata	JR	51-9 1/4
Rickey Moody	SR	46-11 1/2
Devin Timpson	RS-SO	45-7 3/4

Shot Put

Matt Lamb	JR	57-9 3/4
Rickey Moody	SR	47-4 1/2
Steve Ayers	FR	64-7 /12 hs

Discus

Matt Lamb	JR	198-5
Rickey Moody	SR	150-1
Chase Mancuso	JR	149-0
Steve Ayers	FR	190-1 hs
Matt Gill	FR	177-5 hs

Hammer

Philip McArthur	JR	197-1
Chase Mancuso	JR	176-8
Matt Gill	FR	NM

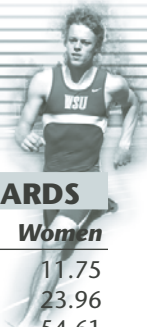
Javelin

Jon Jeffreys	SR	226-2
Nathan Bache	SO	198-6
Cameron Schwisow	SO	195-0
Mark Presby	RS-FR	192-4
Rickey Moody	SR	191-8

Decathlon

Rickey Moody	SR	7109
Kyle Schauble	SO	6385
Trevor Habberstad	FR	NM

2008 QUALIFYING STANDARDS



2008 NCAA Division I Men's & Women's Track & Field Championships

June 11-14 • Des Moines, Iowa

NCAA West Region Meet

May 30-31 • Northridge, California

The Division I schools are divided by the NCAA into four vertically drawn regions: West, Midwest, Mideast, and East. The regional qualifying standards for all events, except the 10k and the multi-events, are based on the 100th best performance nationally from the previous year with all conference champions automatically invited to their respective regional. The top-five finishers from each regional event automatically advance to the NCAA Championships. An additional six to eight athletes nationally, per event, will be invited by the NCAA Championships selection committee to compete, based on the season performance list as long as that athlete competed in the regional (in case of injury, illness, false-start/DQ, etc.).

NCAA REGIONAL QUALIFYING STANDARDS

Event	Men	Women
100m	10.55	11.75
200m	21.35	23.96
400m	47.20	54.61
800m	1:50.40	2:09.80
1500m	3:47.80	4:27.80
Mile	4:06.00	4:49.30
3000m Steeplechase	9:07.00	10:50.25
5000m	14:12.00	16:52.00
110m Hurdles	14.30	
100m Hurdles		13.92
400m Hurdles	52.51	1:00.82
400m Relay	40.66	45.70
1600m Relay	3:10.00	3:42.00
Mile Relay	13:11.10	3:43.30
High Jump	2.10m/6-10 3/4	1.75m/5-8 3/4
Pole Vault	5.05m/16-7	3.85m/12-7 1/2
Long Jump	7.34m/24-1	6.00m/19-8 1/4
Triple Jump	15.00m/49-2 1/2	12.32m/40-5
Shot Put	16.80m/55-1 1/2	14.30m/46-11
Discus	51.70m/169-7	47.30m/155-2
Javelin	61.60m/202-1	43.45m/142-6
Hammer	56.80m/186-4	54.15m/177-8

Event	NCAA Automatic	Provisional
M 10,000m	28:45.00	29:30.00
Decathlon	7,500 points	6,900 points
W 10,000m	33:30.00	35:00.00
Heptathlon	5,500 points	5,050 points

WASHINGTON STATE UNIVERSITY ATHLETIC DEPARTMENT MISSION STATEMENT

It is the mission of the Athletic Department to create and foster an environment which provides opportunities for all student-athletes to enrich their collegiate experience through participation on athletic teams which are competitive at the conference and national level. In concert with the mission and values of Washington State University, the department is dedicated to providing opportunities, which will enhance the intellectual, physical, social, moral and cultural development of the whole person, while conducting all activities with honesty and integrity in accordance with the principles of good sportsmanship and ethical conduct. The Athletic Department values gender and ethnic diversity and is committed to providing equitable opportunities for all students and staff. The department will pursue its mission while upholding the values, purposes and policies of Washington State University, the Pacific-10 Conference, and the National Collegiate Athletic Association.

NEW COUGAR CHAMPIONS 2008



Jeshua Anderson

California
300m Hurdles
National Record-holder



Veronica Elseroad-Wall

Wyoming
400m, 300m Hurdles



Angela Jensen

Washington
100m, 100m Hurdles, 300m Hurdles



Photo courtesy of Ryno Quantz

Ebba Jungmark

Sweden
High Jump
2006, 2007 Swedish Junior National Champion



Candace Missouri

Washington
4x100m Relay



Marlon Murray

Washington
100m



Marissa Tschida

Montana
Javelin
US Junior National Champion