



2008 COUGAR TRACK & FIELD

# ATHLETE PROFILES



# 2008 COUGAR TRACK & FIELD



## Sam Ahlbeck

Distance • 5-10, Redshirt Sophomore • Renton, Washington

**WSU CAREER. REDSHIRT SOPHOMORE (2007):** *Cross Country* - Finished 18th overall at the Sundodger...49th overall, fifth on team, at Pac-10 Championships (10/27/07, Corvallis)...82nd overall, fifth on team, at NCAA West Regional (11/10/07, Eugene)...also competed at the Griak Invite...placed fifth overall at the Eastern Washington University Invite.

**SOPHOMORE (2006-07):** *Cross Country* - Redshirt season...*Indoor* - Redshirt season...*Outdoor* - Ran a PR 1500m time of 3:57.35 in Los Angeles (4/14/07)...finished 10th in steeplechase at Pac-10

Championships (5/13/07, Stanford) with PR and NCAA RQ time of 9:05.66...16th in steeple at NCAA West Regional (5/26/07, Eugene).

**FRESHMAN (2005-06):** *Cross Country* - Emerged as a scoring runner in first year of collegiate competition...finished 15th at Idaho Jamboree (9/2/05, Moscow)...46th at Sundodger Invite (9/17/05, Seattle)...18th at Montana Invite (10/1/05, Missoula)...150th at Brooks Pre-Nationals (10/15/05, Terre Haute)...74th overall, seventh on team at Pac-10 Championships (10.29.05, Tucson)...82nd overall, seventh on team at NCAA West Regionals (11/12/05, Palo Alto)...*Indoor* - Ran a 3k time of 8:22.02i for 18th at the Mountain Pacific Sports Federation Championships...*Outdoor* - Redshirt season.

**HIGH SCHOOL CAREER.** Earned three varsity letters at Lindbergh High in both cross country and track under Coach Jeff Rettmann...track and cross country captain as a senior...finished 20th at state 3A cross country meet...10th in the 1600m and 3200m at state track meet as a sophomore...finished eighth at state cross country meet as a junior...finished 10th in 3200m and ninth in 1600m at state track meet as a junior...state cross country champion as a senior (15:45, 5k)...placed second in 3200m and fourth in 1600m at 2005 state track championships...finished sixth at Golden West Invite in 3200m as a senior...holds 5k PR of 15:32...3200m PR of 9:12.47...1600m PR of 4:17.77.

**PERSONAL.** Born Samuel Thomas Rayburn Ahlbeck 9/19/86 in Seattle, Wash...father Jay is an engineer...mother Mary is a teacher...brother Matt...sister Elizabeth...named one of top 12 seniors at LHS in 2005...majoring in general humanities.

### AHLBECK'S WSU BESTS

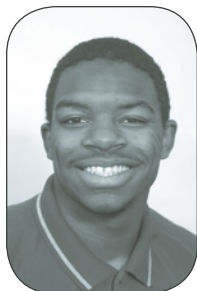
1500m - 3:57.35 (2007)  
Mile - 4:22.77i (2006)  
3000m - 8:19.68i (2006)  
3000m Steeplechase - 9:05.77 (2007)

### PAC-10 CHAMPIONSHIPS PERFORMANCES

2007 3000m Steeplechase 10th 9:05.77

### NCAA WEST REGIONAL PERFORMANCES

2007 3000m Steeplechase 16th 9:09.45



## Jeshua Anderson NATIONAL RECORD HOLDER

Hurdles • 6-2, Freshman • Woodland Hills, California

**WSU CAREER. FRESHMAN (Fall 2007) - Football** - Played all 12 Cougars' games this season, starting one...hauled in 12 receptions for 372 yards and two touchdowns...posted season-highs in receptions (four) and yards (127) against No. 9 Oregon...had a season-long 61-yard reception against Oregon State...also returned three kickoffs for 48 yards.

**HIGH SCHOOL CAREER.** Earned six varsity letters at Taft High...13 strides led to runner-up to state titles in 2006 in both 110m hurdles and 300m hurdles...Toreadors won state track team title in 2007...closed out prep career by setting a national 300m hurdle record time of 35.28 seconds, winning state title...ran 35.34 at state meet prelims which was state meet record...finished fourth in 110m hurdles with time of 13.82...also won Arcadia Invite 300m hurdles in 35.75, ninth-best in nation...named American Track & Field Athlete *Athletes Only Magazine* Athlete of the Week (June 4, 2007)...won 400m dash at Mt SAC Relays... named 2007 Los Angeles Daily News All-Area Boys Track & Field Team...ran anchor on winning 4x400m relay (3:06.22) at USATF Junior Olympics (7/29/07, Walnut, Calif.)...on the gridiron, as a **JUNIOR** recorded 20 catches for 367 yards and five touchdowns as team posted 13-1 record...captured Los Angeles City championship before falling in state playoffs to Crenshaw...had four catches for 59 yards against Sylmar in Los Angeles City Championship division...finished second in California in 110m hurdles (14.30) and 300m hurdles (36.75)...time in 300m hurdles ranked among top 10 nationally...**SENIOR (2005-06)** season helped Taft to 6-5 record...registered 40 catches for 1,013 yards and 10 touchdowns...added 129 yards and a score on 12 carries...set a single-game and City Section record with six touchdown receptions against Gardena...also had 11 catches for school-record 304 yards in same game...had four games of 100-yards plus receiving.

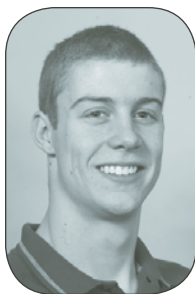
**PERSONAL.** Jeshua Anderson was born June 22, 1989...parents Timothy and Leslie Anderson.

### ANDERSON'S BESTS

110m Hurdles - 13.82 (2007)  
300m Hurdles - 35.28 National prep record (2007)



# STUDENT-ATHLETE PROFILES



## Trent Arrivey

### PAC-10 SCORER

High Jump • 6-4 1/2, Sophomore • Woodinville, Washington

**WSU CAREER. FRESHMAN (2006-07):** *Indoor* - Cleared 2.06m/6-9i in the high jump at the Husker Invite (2/3/07, Lincoln)...finished second in the high jump at the Mountain Pacific Sports Federation Championships with a leap of 2.02m/6-7 1/2i (2/24/07, Seattle)...*Outdoor* - Soared to collegiate PR and NCAA Regional Qualifying 2.13m/6-11 3/4 at the Pac-10 Championships, second-best leap at meet but took third on fewer misses (5/13/07, Stanford)...no height at NCAA West Regionals (5/26/07, Eugene) with opening bar at 2.06m/6-9.

**HIGH SCHOOL CAREER.** Earned six letters at Woodinville High...three as a forward on the basketball team coached by James Rowe...three as a jumper for track coach Jed Sires...as a junior captained track team...won the KingCo high jump...placed third at state with a PR leap of 6-9...team's highest scorer during track season...senior year served as captain for both basketball and track teams...named All-KingCo second team for basketball...won KingCo high jump and long jump titles...state 4A high jump champion as senior...PRs of 7-0 in high jump and 22-1 1/2 in long jump...competed on the Eastside Track Club for coach Fran Fabian...won regional and district high jumps but unable to compete at national meet.

**PERSONAL.** Born 5/29/87 at Brookfield, Wisconsin...father Jim is a sales manager who played quarterback on the USC football team...mother Kelli is a teacher who high jumped at USC...younger brothers Craig (10/25/88) and Brett (6/15/93)...interested in pursuing a business major at WSU.

#### ARRIVEY'S WSU BEST

High Jump - 2.13m / 6-11 3/4 (2007)

#### PAC-10 CHAMPIONSHIPS PERFORMANCES

2007 High Jump 3rd 2.13m / 6-11 3/4

#### NCAA WEST REGIONAL PERFORMANCES

2007 High Jump NH



2008 Profiles



## Nathan Bache

### PAC-10 SCORER

Javelin • 5-11, Sophomore • Thompson Falls, Montana

**WSU CAREER. FRESHMAN (2006-07):** *Outdoor* - Collegiate PR of 60.50m/198-6 javelin throw at WSU-UW Dual Meet where he took second place to teammate Jon Jeffreys (4/29/07, Seattle)...finished eighth at the Pac-10 Championships with a javelin toss of 59.60m/195-6 (5/13/07, Stanford)...missed NCAA Regional Qualifying by 3-feet, 7 inches.

**HIGH SCHOOL CAREER.** Attended Plains High and Thompson Falls High...earned a total of 10 letters: three for football coach Kurt Keagel, four as a guard for basketball coach Chad Laws, and three in track for coach Doug Padden...in football named all-conference punter as freshman and first team all-conference running back and kick, second team outside linebacker as a senior as team lost in state playoff quarterfinals for 9-1 record...in basketball named second team all-conference sophomore and junior seasons, first team senior season...Bluehawks won league titles junior and senior season, regional tournament and finished fourth in state in 2006...during track, four-time all-conference and all-region selections, three times all-state...threw javelin 186-5 as freshman...sophomore year finished second in state on judge's decision, threw PR of 198-6...won state title as junior with toss of 213-4, a Montana all-class record...also took fourth place at Golden West Invite with throw of 194-0...senior season repeated as state champion...best toss was 206-8.

**PERSONAL.** Born 4/16/87 at Missoula, Montana...father Joe is an environmental logger...mother Lee Ann works in insurance...brothers Eric (1/23/77) and Adam (1/2/78)...sisters Sara (5/17/79) and Lisa (9/23/88)...pursuing degree in construction management at WSU.

#### BACHE'S WSU BEST

Javelin - 60.50m / 198-6 (2007)

#### PAC-10 CHAMPIONSHIPS PERFORMANCES

2007 Javelin 8th 59.60m / 195-6



# 2008 COUGAR TRACK & FIELD



## Sarah Burns

Triple Jump • 5-6, Senior • Tacoma, Washington

### PAC-10 SCORER

**WSU CAREER. JUNIOR (2007):** *Indoor* - Reached triple jump PR of 12.62m/41-5i at the MPSF Championships for third place (2/24/07, Seattle)...*Outdoor* - Consistent 40-foot jumper this season...leaped to outdoor triple jump PR and NCAA Regional Qualifying mark of 12.54m/41-1 3/4 at the Cougar Invite (4/21/07, Pullman)...mark is seventh-best in school history...finished eighth at Pac-10 Championships with NCAA RQ mark of 12.41m/40-8 3/4...finished 10th at NCAA West Regional with leap of 12.47m/40-11.

**REDSHIRT FRESHMAN (2006):** *Indoor* - Reached indoor PR of 12.28m/40-3 1/2i at Husky Classic (2/11/06, Seattle)...finished ninth in the triple jump at the MPSF Championships with a leap of 11.65m/39-3 (2/25/06, Seattle)...**SOPHOMORE (2006):** *Outdoor* - Best triple jump of season was 12.05m/39-6 1/2 at Cougar Invite...finished 13th in triple jump at Pac-10s.

**FRESHMAN (2004-05):** *Indoor* - Redshirt season due to hamstring injury...*Outdoor* - Triple jumped NCAA Regional Qualifying 12.38m/40-7 1/2 to win event at WSU-UW Dual Meet (4/30/05, Seattle)...finished seventh in the triple jump at the Pac-10 Championships with a leap of 12.16m/39-10 3/4 (5/15/05, Los Angeles)...finished 11th in triple jump at NCAA West Regional meet with best leap of 11.80m/38-11 3/4w (5/26/05, Eugene).

**HIGH SCHOOL CAREER.** Earned four letters at Curtis High...four in Track for coach Mark Salzman...senior year, was state champion in triple jump...member of undefeated state champion Viking track squad...named team MVP...as a junior, won state in the long jump...named South Puget Sound League Track and Field Athlete of the Year...track team was undefeated state champ.

**PERSONAL.** Born 7/10/86, at El Paso, Texas...father Robert is a business manager...mother Laurie is a music teacher...brothers Sam (2/27/81) and Zach (2/10/85)...enjoys movies, singing and dancing...sang the National Anthem at the WSU men's basketball game 11/16/07...majoring in movement studies at WSU.

#### BURNS' WSU BESTS

Long Jump - 5.61m / 18-5 (2005)  
Triple Jump - 12.62m / 41-5i (2007), 12.54m / 41-1 3/4 (2007)

#### PAC-10 CHAMPIONSHIP PERFORMANCES

2007	Triple Jump 8th	12.41m / 40-8 3/4
2006	Triple Jump 13th	11.54m / 37-10 1/2W
2005	Triple Jump 7th	12.16m / 39-10 3/4

#### NCAA WEST REGIONAL PERFORMANCES

2007	Triple Jump 10th	12.47m / 40-11
2005	Triple Jump 11th	11.80m / 38-11 3/4w



## Ryan Deese

High Jump • 6-5, Freshman • Colorado Springs, Colorado

**HIGH SCHOOL.** Earned a total of five varsity letters...attended Coronado High freshman through junior years...played basketball for coach James Grantz...competed in track for coach Nancy Pellow...sophomore year hoops team won the Colorado Springs Metro League title...selected all-league in basketball as a junior...placed third at state high jump competition as a junior...senior year at Palmer High...placed second at state meet in high jump as team were state runners-up for team title...honorable mention all-league...holds Palmer High record for high jump with 6-9 clearance...two-time track team MVP...received the David C. Hall Memorial award for academics...played on two basketball club teams, Colorado Crush and One Way...competed unattached in

AAU and USTF track competitions coached by Nancy Pellow.

**PERSONAL.** Born Ryan Stacy Deese, December 31, 1988, at Colorado Springs...father Tommy does restoration and mother Gail is a nail technician...brother Brandon (2/5/93) and sister Alexis Martinez-Deese (6/12/03)...interested in the field of digital media.

#### DEESE'S BESTS

High Jump - 6-9



# STUDENT-ATHLETE PROFILES



## Kyle Eaton

**PAC-10 SCORER**

**High Jump • 6-0, Senior • Ellensburg, Washington**

**WSU CAREER. JUNIOR (2006-07):** *Indoor* - Cleared 2.00m/6-6 3/4i twice this season - at Cougar Indoor and at Husky Classic meets...tied for sixth in high jump at MPSF Championships with leap of 1.97m/6-5 1/2...*Outdoor* - Best height of season was 2.05m/6-8 3/4 at Trojan Invite and Cougar Invite meets...finished 12th at Pac-10 Championships with best bar of 1.95m/6-4 3/4.

**SOPHOMORE (2005-06):** *Indoor* - Cleared the bar at a height of 2.00m/6-6 3/4i twice during the season...finished seventh in high jump at MPSF Championships with leap of 1.99m/6-6 1/4i (2/25/06, Seattle)...*Outdoor* - Equaled PR height of 2.05m/6-8 3/4 at Pelluer Invite (4/7/06, Cheney)...cleared 2.00m/6-6 3/4 for seventh place at the Pac-10 Championships (5/14/06, Eugene).

**FRESHMAN (2004-05):** *Indoor* - Started season with back-to-back high jumps of 2.05m/6-8 3/4i at WSU home meets...finished 10th in high jump (1.94m/6-4 1/4) at Mountain Pacific Sports Federation Championships (2/26/05, Seattle)...*Outdoor* - Best mark of season was 2.00m/6-6 3/4 cleared four times.

**HIGH SCHOOL CAREER.** Earned six letters at Ellensburg High...four in track for coach Rob Moffat, and two in football for coach Randy Affholter...was 3A state champion in the high jump as a senior...placed sixth in the pole vault and seventh in the high hurdles at state...captain of the Bulldog track team for three years...placed ninth at state in the high jump as a junior.

**PERSONAL.** Born Kyle John Eaton 06/09/85 at Ellensburg, Wash...father John is a rancher...mother Christi...sisters Angela (12/26/80) and Janelle (6/4/76)...enjoys hunting, motocross and web design...member of the National Honor Society (3.6 GPA)...majoring in fine arts.

### EATON'S WSU BEST

High Jump - 2.05m / 6-8 3/4i (2006)

### PAC-10 CHAMPIONSHIPS PERFORMANCES

2007	High Jump	12th	1.95m / 6-4 3/4
2006	High Jump	7th	2.00m / 6-6 3/4



2008 Profiles



## Lisa Egami

**Distance • 5-3 1/2, Sophomore • Coquitlam, British Columbia**

**WSU CAREER. SOPHOMORE (2007-08):** *Cross Country* - Ran in five meets...top-five finisher in four of those competitions...best finish of the season was 26th at Sundodger Invitational...placed 51st overall and fifth on the team at Pac-10 Championships...also fifth on team, 90th overall at the NCAA West Regional...named to Pac-10 All-Academic honorable mention team.

**FRESHMAN (2006-07):** *Cross Country* - Solid debut for freshman...finished 16th at Idaho Jamboree, 67th at Sundodger Invite, 24th at Montana Invitational...fifth Cougar and 39th overall at Pac-10 Championships (10/28/06, Stanford)...fourth on team, 71st overall at NCAA West Regionals (11/11/06, Portland)...*Indoor* - Ran on distance medley relay team that set school record with time of 11:48.50i at Husker Invite (2/3/07, Lincoln)...set PRs in the 400m, 800m and mile...ran 400m in 60.82i at the WSU Open (1/20/07)...clocked in at 2:11.55i in the 800m MPSF Championships (2/24/07, Seattle) for seventh place and posted team's fastest indoor time...established collegiate mile time of 5:07.32i at the Cougar Indoor (1/27/07, Pullman)...*Outdoor* - Ran middle distances...800m time of 2:11.33 and 1500m time of 4:35.12...finished 13th in 800m at Pac-10 Championships in time of 2:13.55.

**HIGH SCHOOL CAREER.** Ran cross country and track under Coach Brit Townsend for the Valley Royals Track and Field Club...four-time Centennial High Female Athlete of the Year...freshman year finished first in 800m at the British Columbia High School championships...as a sophomore finished first in 800m at the B.C. High School championships...came in first in 800m and 1500m at B.C. Juvenile championships...finished first in 800m at B.C. Junior championships...finished fourth in 800m at Canadian Legion nationals...placed sixth in 800m at Canadian Junior nationals...junior year finished first in 800m at B.C. High School championships...placed first in 1500m at B.C. Juvenile championships...placed 18th in 800m at Youth World championships...senior year finished first in 800m at B.C. Junior championships...placed first in 800m at B.C. High School championships...B.C. Athletics Juvenile Athlete of the Year nominee.

**PERSONAL.** Born Lisa Reiko Egami, 8/18/88, at New Westminster, British Columbia...mother Denise is an administrator...honor roll student at Centennial High...major is undecided.

### EGAMI'S WSU BESTS

400m - 60.82i (2007)  
800m - 2:11.33 (2007)  
1500m - 4:35.12 (2007)  
Mile - 5:07.32i (2007)  
Distance Medley Relay - 11:48.50i **SR** (2007)

### PAC-10 CHAMPIONSHIP PERFORMANCES

2007	800m	13th	2:13.55
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# 2008 COUGAR TRACK & FIELD



## **Veronica Elseroad-Wall** *STATE CHAMPION* *Hurdles • 5-4, Freshman • Casper, Wyoming*

**HIGH SCHOOL CAREER.** Earned eight varsity letters at Kelly Walsh High School...four in track and field for coach Kevin Williams...four in indoor track for coach Williams...named to all-state indoor track team as freshman...named Athlete of the Year for indoor and outdoor track and field sophomore through senior years...as a junior won state 300m hurdles title with time of 43.86...all-state selection for outdoor track...senior season won state indoor titles in both 200m and 400m...in outdoor season claimed 400m and 300m hurdles state 4A titles and was third in 200m...Trojans team second at state meet by 1/2 point.

**PERSONAL.** Born Veronica Rose Elseroad-Wall, May 13, 1989, Casper, Wyo....parents Ken Wall, works for Halliburton energy company, and Diane Elseroad, student...sister Annaleigh (9/9/92)...member of National Honor Society, student council and Key Club...graduated with 3.75 GPA...planning to major in communication at WSU.

### **ELSEROAD-WALL'S BESTS**

100m - 12.53  
200m - 25.69  
400m - 57.59  
300m Hurdles - 43.76



## **Reny Follett** *PAC-10 SCORER* *400m • 5-11, Sophomore • Lewiston, Idaho*

**WSU CAREER. REDSHIRT FRESHMAN (2006-07):** *Indoor* - Ran team-best and indoor PR time in 400m of 48.56i at Vandal Indoor (2/16/07, Moscow)...finished sixth in the 400m dash (48.58i) and ran second leg of fifth-place 4x400m relay at the Mountain Pacific Sports Federation Championships (2/24/07, Seattle)...*Outdoor* - Clocked in 400m dash PR time of 47.47 for seventh place at the Pac-10 Championships (5/13/07, Stanford).

**FRESHMAN (2005-06):** *Indoor* - Redshirt season...struggled with injury...*Outdoor* - Redshirt season...ran unattached with 400m time of 48.76 at Pelluer Invite (4/7/06, Cheney).

**HIGH SCHOOL CAREER.** Earned seven varsity letters at Lewiston High...four as a soccer midfielder for coach Jeff Maucione...three in track for coach Wade Hillman...also played basketball and baseball in high school...named team most valuable athlete sophomore through senior years...sophomore year at Idaho state 5A meet anchored medley relay to second place and school record time...also ran on 4x200m for fourth and 4x400m for sixth...junior year placed third at state meet in 400m dash with school record time of 48.93...also anchored second-place medley relay and ran on runners-up 4x200m relay...senior year named soccer team's most valuable athlete...led the Bengals to their fifth consecutive regional track title...false-start in state meet 400m dash final...anchored medley relay and 4x400m relay to first place finishes at the state meet.

**PERSONAL.** Born Reny Mahlon Follett 9/24/86 at Lewiston, Idaho...father Michael owns and manages a retail store...he was a member of the University of Idaho ski team...mother Thera is an educator at Lewiston High...she played volleyball at the University of Colorado and then was on the ski and tennis teams at Colorado Women's College...brother Emerson (1/5/89)...hobbies include all outdoor activities and car restoration...majoring in mechanical engineering.

### **FOLLETT'S WSU BESTS**

400m - 47.47 (2007)  
800m - 1:59.79i (2007)  
4x400m Relay - 3:17.11i (2007) Freshman School Record

### **PAC-10 CHAMPIONSHIPS PERFORMANCES**

2007      400m Dash 7th      47.47



# STUDENT-ATHLETE PROFILES



## McKenzie Garberg

ALL-AMERICAN

Throws • 5-10 1/2, Senior • Benton City, Washington

**WSU CAREER. JUNIOR (2006-07):** *Indoor* - Threw the shot put a PR and NCAA Provisional Qualifying mark of 15.27m/50-1 1/4i at Husker Invite (2/3/07, Lincoln)...eighth at MPSF Championships with toss of 14.55m/47-9i...*Outdoor* - Named Pac-10 Women's Field Athlete of the Week for April 23-29, after winning all three throws events at WSU-UW Dual meet (4/29/07, Seattle)...won hammer with meet record and NCAA RQ of 58.99m/193-6...season-best hammer of 59.37m/194-9 is second-best in WSU women's history, thrown at Cougar Invite (4/21/07, Pullman)...at Pac-10 Championships (5/13/07, Stanford), placed sixth in shot put (14.97m/49-1 1/2 - fourth-best in school history), seventh in discus (50.99m/167-3), and 11th in hammer (52.16m/174-5)...placed fifth in discus at NCAA West Regional with PR toss of 52.89m/173-6 (5/26/07, Eugene)...mark is fourth-best in school history...took eighth-place in the discus at the NCAA Championships (6/8/07, Sacramento) with a mark of 51.20m/168-0 after one throw in final series was vacated after a miss-measurement...All-America. **SOPHOMORE (2005-06):** *Indoor* - Reached a PR in shot put with toss of 13.97m/45-10i at the Vandal Indoor (2/17/06, Moscow)...finished 10th in shot at MPSF Championships...*Outdoor* - Reached discus PR of 50.62m/166-1 at WSU-UW Dual (4/29/06, Pullman)...at Pac-10 Championships placed fifth in discus and tossed hammer PR and NCAA RQ of 58.09m/190-7, second-best mark in Cougar history but ninth in competition (5/14/06, Eugene)...at the NCAA West Regionals placed 13th in hammer and 16th in discus. **SOPHOMORE (2004):** Member of volleyball team...joined track team during late fall conditioning...**REDSHIRT FRESHMAN (2005):** *Indoor* - Threw top shot put of 13.62m/44-8 1/4i at Vandal Indoor (2/18/05, Moscow)...finished 13th in the shot put (12.72m/41-8 3/4i) at Mountain Pacific Sports Federation Championships (2/26/05, Seattle)...*Outdoor* - Bettered shot at WSU-UW Dual meet to 14.16m/46-5 1/2 (4/30/05, Seattle)...reached NCAA Regional Qualifying with discus throw of 47.66m/156-4 at Brutus Hamilton Invite (4/9/05, Berkeley)...finished 11th in the discus, 12th in the hammer and 13th in shot put prelims at Pac-10 Championships...finished 13th in discus at NCAA West Regional. **FRESHMAN (2003):** Spent year learning the Cougar volleyball system...subbed into 13 games in eight matches.

**HIGH SCHOOL CAREER.** Earned 12 varsity letters at Kiona-Benton City High...four each in volleyball as a middle blocker, and four each in basketball as a post player, and track as a thrower...three-time *Tri-City Herald* All-Area Player of the Year and senior year CWAC PoY...in basketball, set state tourney rebounding record with 20 boards as freshman...track accolades included state finishes of third in shot put as freshman, second in shot and third in discus sophomore year, won shot put title with record throw of 42-5, third in the discus and sixth in the javelin as a junior...senior year repeated as state shot put champ and broke own record with throw of 42-7 1/4...also won state discus title (136-2) and finished sixth in javelin...named *Tri-City Herald* Female Athlete of the Year three consecutive years (2000-01 through 2003).

**PERSONAL.** Born McKenzie Lesley Burgess, October 17, 1984, at Richland, Wash....mother Janette is an Agriculture Research Tech II for the WSU Extension Office in Prosser...father, Wesley, passed away in March 2003, from cancer...sister, Shannon Santoy, graduated from WSU in 1996...completing a degree in general social sciences...married Scott Garberg Nov. 19, 2005.

### GARBERG'S WSU BESTS

Shot Put - 15.27m / 50-1 1/4i (2007),  
14.97m / 49-1 1/2 (2007)  
Discus - 52.89m / 173-6 (2007)  
Hammer - 59.37m / 194-9 (2007)

### PAC-10 CHAMPIONSHIP PERFORMANCES

2007	Discus	7th	50.99m / 167-3
	Shot Put	6th	14.97m / 49-1 1/2
	Hammer	11th	53.16m / 174-5
2006	Discus	5th	49.85m / 163-6
	Hammer	9th	58.09m / 190-7
2005	Shot Put	13th	12.79m / 41-11 1/2
	Discus	11th	46.27m / 151-10
	Hammer	12th	49.75m / 163-3

### NCAA WEST REGIONAL PERFORMANCES

2007	Discus	5th	52.89m / 173-6
2006	Discus	16th	45.29m / 148-7
	Hammer	13th	56.65m / 185-10
2005	Discus	13th	46.40m / 152-3

### NCAA CHAMPIONSHIPS PERFORMANCES

2007	Discus	8th	51.20m / 168-0
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## Isley Gonzalez

Middle Distance • 5-4, Senior • Sunnyside, Washington

**WSU CAREER. SENIOR (2007-08):** *Cross Country* - Leading runner for Cougars throughout season...finished eighth overall, team leader, at Pac-10 Championships (10/27/07, Corvallis)...led team to a fifth-place finish...earned second team All-Pac-10 honors...second WSU runner to cross the line at Pre-Nationals and NCAA West Regionals (11/10/07, Eugene)...named Pac-10 All-Academic honorable mention.

**JUNIOR (2006-07):** *Cross Country* - Consistently among top five finishers...took third place at Idaho Jamboree and at Montana Invitational, placed 16th at Sundodger Invite and 105th at Pre-Nationals...fourth on team and 38th overall at Pac-10 Championships (10/28/06, Stanford)...third on team and 70th overall at NCAA West Regional meet (11/11/06, Portland)...*Indoor* - Ran mile in a season-best time of 5:40.38i at the Cougar Indoor...set a PR time of 9:49.94i in the 3000m at the MPSF Championships (2/24/07, Seattle)...*Outdoor* - Redshirt season...ran unattached at Pellue Invite in

1500m with time of 4:50.65. **SOPHOMORE (2005-06):** *Cross Country* - Opened season with third place at the Idaho Jamboree...17th at the Sundodger Invitational...seventh at Montana Invitational...178th at Pre-Nationals...55th overall, fifth on team at Pac-10 Championships (10/29/05, Tucson)...85th overall, fourth on team at NCAA West Regional meet (11/12/05, Palo Alto)...*Indoor* - Best year of running yet...clocked PR in mile of 4:58.23i at Cougar Indoor (1/28/06, Pullman)...ran top 3k time of 9:50.15 for 13th in MPSF Championships (2/25/06, Seattle)...*Outdoor* - Ran best times in 1500m of 4:25.58 (Trojan Invite, 3/25/06), and in 3000m of 10:18.60 (WSU-UW Dual Meet, 4/29/06, Pullman)...clocked top 5000m time of 17:22.29 at Stanford Invite (4/1/06)...finished 24th in the 5k at the Pac-10 Championships...named to Pac-10 T&F All-Academic honorable mention.

**FRESHMAN (2004-05):** *Cross Country* - Opened season with fourth place finish at Idaho Jamboree, running unattached...fifth WSU runner and 181st overall at NCAA Pre-National Meet (10/16/04, Terre Haute)...ninth Cougar and 73rd overall at Pac-10 Championships (10/30/04, San Francisco)...*Indoor* - Clocked top mile 3000m time of 10:17.57i for 23rd at Mountain Pacific Sports Federation Championships (2/26/05, Seattle)...*Outdoor* - Third on team with 1500m time of 4:42.37 (4/16/05, Walnut) and 5k time of 17:50.22 (3/26/05, Stanford).

**HIGH SCHOOL CAREER.** Earned eleven letters at Sunnyside High...four each in cross country and track as standout distance runner for coach Robin Bryson...three as point guard on coach Leo Gomez's basketball squad...junior year set Grizzlies' basketball record for most 3-pointers in a season (49) and selected to participate in all-state basketball game...three-time *Tri-City Herald* and three-time Mid-Valley League Runner of the Year...state cross country finishes included being first girl in SHS history to run as freshman, sixth place as junior and champion as senior...state 3200m finishes included second as freshman, champion as sophomore, sixth as junior, champion as senior (10:58.69)...1600m state finishes of third as junior, sixth as senior...senior year, ranked No. 5 among Washington cross country runners...qualified for Border Clash...team MVP and Scholar Athlete...holds SHS records in 800m, 1600m and 3200m.

**PERSONAL.** Born Isley Sharele Gonzalez 6/9/86, at Yakima, Wash...father Nick is a union laborer...mother Robin is an office manager...brother Gracen (6/14/90)...member of National Honor Society (3.7 GPA)...ASB president...involved in Key Club, Drama Club, Leadership, Fire Squad, Executive Counsel, Rotary International, Interhigh and Leaders in Action...majoring in education.

### GONZALEZ'S WSU BESTS

1500m - 4:35.58 (2006)  
Mile - 4:58.23i (2006)  
3000m - 9:49.94i (2007)  
5000m - 17:22.29 (2006)

### PAC-10 CHAMPIONSHIPS PERFORMANCES

2006	5000m	24th	18:52.60
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# 2008 COUGAR TRACK & FIELD



## Alex Grant

Distance • 6-0, Senior • Bellingham, Washington

(fourth on team) at NCAA Championships (11/20/06, Terre Haute)...named to Pac-10 All-Academic honorable mention team...named to USTFCCA 2006 NCAA Cross Country All-Academic team...**SENIOR (Winter 2007): Indoor** - Redshirt season...**REDSHIRT JUNIOR (Spring 2007): Outdoor** - Finished eighth in the steeplechase at the Pac-10 Championships with a PR and NCAA RQ time of 9:03.73...took 15th in steeple at NCAA West Regional...named to Pac-10 All-Academic honorable mention team.

**JUNIOR (2005-06): Cross Country** - Redshirt season...finished fifth place running unattached at Idaho Jamboree (9/2/05, Moscow)...**Indoor** - Finished 15th in 5k at MPSF Championships in time of 14:38.14i (2/25/06, Seattle)...**Outdoor** - Redshirt season.

**SOPHOMORE (2004-05): Cross Country** - Opened season with win at Idaho Jamboree as unattached (9/3/04, Moscow)...third Cougar and 31st overall at Pac-10 Championships (10/30/04, San Francisco)...at NCAA West Regional (11/13/04, Fresno) finished 62nd overall, fourth on team...named to Pac-10 All-Academic second team...**Indoor** - Finished 13th in the 5k at the MPSF Championships with a time of 14:46.83 (2/26/05, Seattle)...**Outdoor** - Top steeplechaser with NCAA Reg. Qualifying time of 9:04.36 at WSU-UW Dual (4/30/05, Seattle)...at Pac-10 Championships took 11th in steeple with time of 9:11.02 (5/14/05, Los Angeles)...finished 19th in steeple at NCAA West Regional in time of 9:13.58 (5/28/05, Eugene)...named to Pac-10 All-Academic Track & Field second team...National Collegiate Div. I Track Coaches Association 2005 All-Academic Track & Field Team selection.

**FRESHMAN (2003-04): Cross Country** - Competed in five meets, scoring in two...scored at Cougar Invite with 13th place finish...finished 51st overall and fifth on team at Pac-10 Championships (11/1/03, Pullman)...at NCAA West Regional (11/15/03, Portland) ran to 101st place (seventh on team)...**Indoor** - Established collegiate times in mile (4:23.36i) and 3k (8:41.92i)...**Outdoor** - Debut in steeplechase with time of 9:30.37 at Cougar Invite (4/24/04, Pullman)...ran a 5k at Stanford Invite in 14:42.68 (3/27/04).

**HIGH SCHOOL CAREER.** Earned seven letters in cross country and track at Sehome High for coach Mark Kerr...state cross country champion as senior...finished third in state in 3200m and seventh in 1600m as senior.

**PERSONAL.** Born Alexander Grant 2/5/85, at Lincoln, Neb...father David is an attorney...mother Linda is a social worker...brother Sean (5/7/87)...graduated with 3.73 GPA...majoring in environmental science at WSU.

### GRANT'S WSU BESTS

Mile - 4:23.36i (2004)  
1500m - 4:01.62 (2003)  
3000m - 8:32.90i (2005)  
5000m - 14:38.14i (2006)  
3000m Steeplechase - 9:03.73 (2007)

### PAC-10 CHAMPIONSHIPS PERFORMANCES

2007	3000m Steeplechase	8th	9:03.73
2005	3000m Steeplechase	11th	9:11.02

### NCAA WEST REGIONAL PERFORMANCES

2007	3000m Steeplechase	15th	9:08.90
2005	3000m Steeplechase	19th	9:13.58



## Princess Joy Griffey

PAC-10 SCORER

Sprints • 5-3 1/2, Sophomore • Federal Way, Washington

**WSU CAREER. FRESHMAN (2006-07): Indoor** - Opened collegiate career by setting freshman school record in winning the 60m dash with time of 7.76i at the WSU Open (1/20/07, Pullman)...next week at Cougar Indoor lowered mark to 7.56i (1/27/07, Pullman)...dropped again at Husky Classic to 7.51i (2/10/07, Seattle)...bettered mark in prelims at Mountain Pacific Sports Federation Championships by running 7.47i, third-best time in school history, and finished fifth in final in time of 7.51i (2/24/07, Seattle)...also finished sixth in 200m at MPSF meet...ran team's top 200m time of 24.46i at Vandal Indoor (2/16/07, Moscow)...**Outdoor** - Ran 100m NCAA Regional Qualifying time of 11.72 at Texas Relays (4/7/07, Austin), fifth-best in school history...fastest 200m time of 24.13 came at the Johnson/Joyner-Kersey meet

(4/14/07, Los Angeles)...mark is 10th-best in school history...at Pac-10 Championships, finished 12th in 100m (11.99w), 10th in 200m (24.51) and leadoff runner on sixth place 4x100m relay team (NCAA RQ 45.65)...top 400m relay time of year was 45.47 at Cougar Invite...irritated hamstring did not allow her to compete at NCAA West Regional.

**HIGH SCHOOL CAREER.** Earned three letters in track and field at Decatur High for coach Sam Beasley...named South Puget Sound League Girls Track Athlete of the Year all three years...as a sophomore won the state 4A 100m crown (12.04) and took second in the 200m dash at the championship meet...Gators took third place at state...junior year broke West Central District and state junior 100m dash record with wind-aided time of 11.66 seconds...repeated with 100m dash state title in 2005 in a time of 11.79 and added the 200m title (24.15)...named Seattle Times and King County Journal Athlete of the Week...suffered hamstring injury during senior year so limited competition...was ill prior to state meet...placed third in 100m (12.35) at Brooks Meet of Champions (Oregon versus Washington preps) and re-injured hamstring...ran on the Flying A's/Art of Speed track clubs for coach Aaron Blake...at 2004 Junior Olympics placed fourth in 100m and third in 200m...fourth fastest female sprinter in Washington state history...12th fastest recruitable sprinter in the nation.

**PERSONAL.** Born 3/11/87 at Bacolod, Philippines...father Clyde is a retired government worker...mother Cecilia is a government worker...bothers Francis, Ezra, John and Harold...member of Honor Society and named Student of the Month three times...undecided on major at WSU.

### GRIFFEY'S WSU BESTS

60m - 7.47i FSR (2007)  
100m - 11.66w, 11.72 (2007)  
200m - 24.13 (2007)

### PAC-10 CHAMPIONSHIPS PERFORMANCES

2007	100m	12th	11.99w
	200m	10th	24.51

### NCAA WEST REGIONAL PERFORMANCES

2007	100m	DNC
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# STUDENT-ATHLETE PROFILES



## Trevor Habberstad

Decathlon • 5-11, Freshman • Santa Clarita, California

**HIGH SCHOOL CAREER.** Lettered all four years in track and field, final three at Canyon High School for coaches Paul Broneer and Dave DeLong...team captain junior and senior years...league champion in 300m hurdles as a freshman at Santa Clarita Christian...transferred to Canyon High School...team won league championships 2005 through 2007...senior year CIF Southern Section Division I champion in 110m hurdles and 300m hurdles...seven-time Foothill League champion; 110m hurdles, 300m hurdles and 4x100m relay both junior and senior years, and 4x400m relay as a senior...named team

most valuable hurdler as a sophomore...team MVP as a junior and senior...owns school records in decathlon, sprint medley, 110m hurdles, 300m hurdles, 4x100m relay, and shuttle hurdle relay...league record holder in 110m hurdles...also ran for Godspeed Track Club...worked with personal coach Mark Crear, two-time Olympic high hurdles medalist, for five years... competed in Junior Olympics in decathlon.

**PERSONAL.** Born John Trevor Habberstad May 15, 1989, at Los Angeles, Calif...parents Jeff, a stunt coordinator, and Debbie... brother Shane (10/25/92)...sister Allie (5/4/95)...numerous family members have graduated from WSU...enjoys extreme sports including snowboarding, scuba diving and skydiving...majoring in business at WSU.

### HABBERSTAD'S BESTS

100m - 10.89  
200m - 22.1  
400m - 48.27  
110m Hurdles - 13.93  
300m Hurdles - 37.61  
High Jump - 6-2  
Pole Vault - 12-6  
Long Jump - 21-10



## McKinnon Hanson

PAC-10 SCORER

High Jump • 5-5 1/2, Senior • LaPush, Washington

**WSU CAREER. JUNIOR (2006-07):** *Indoor* - Opened season with leap at 1.65m/5-5i at WSU Open...competed two more weekends and then injury stopped her for rest of season...*Outdoor* - Cleared 1.70m/5-7 twice in season - at Trojan Invite and at Pac-10 Championships to tie for eighth... named to Pac-10 All-Academic first team...selected to ESPN The Magazine/CoSIDA Academic All-District VIII first team.

**SOPHOMORE (2005-06):** *Indoor* - Cleared PR in high jump of 1.70m/5-7 at Husky Classic (2/11/06, Seattle)...tied for 11th at the MPSF Championships...*Outdoor* - Soared to PR of 1.75m/5-8 3/4 for sixth place finish at Pac-10 Championships (5/14/06, Eugene)...at NCAA West Regionals, cleared 1.71m/5-7 1/4 and was tied for fourth but jump-off dropped to sixth place (5/27/06, Provo)...did not clear opening height of 1.70m/5-7 at NCAA Championships (6/7/06, Sacramento)...named to Pac-10 T&F All-Academic first team...named to 2006 Div. I USTFCCCA All-Academic Track & Field Team.

**FRESHMAN (2004-05):** *Indoor* - Best clearance of season was 1.66m/5-5 1/4i at Idaho Last Chance meet (3/5/05, Moscow)... finished tied for 12th (1.61m/5-3 1/4i) at Mountain Pacific Sports Federation Championships (2/26/05, Seattle)...*Outdoor* - High jumped 1.70m/5-7 four times including for sixth place at Pac-10 Championships (5/14/05, Los Angeles).

**HIGH SCHOOL CAREER.** Earned seven letters at Forks High...two each in track and cross country for coaches Ashley Watson and Andrea Peppers...two in as guard on coach Todd Fraker's basketball squad and one in softball for coach Bob Wheeler... as a senior, set 2A state high jump record (5-7) to win state championship...finished third at state in heptathlon and fourth in 800m...was third in league in cross country and earned all-league academic honors...named basketball co-MVP and named all-league second team...finished third at state in high jump and seventh in 800m as a junior...finished third in league in cross country...earned all-league academic honors in basketball and cross country...sophomore year, earned all-league academic honors as Spartans starting shortstop on fastpitch softball team.

**PERSONAL.** McKinnon Heather Hanson was born 12/25/86 at Port Angeles, Wash...father Frank is school superintendent and played football at Whitman College...mother Cyd is an artist...enjoys sports, animals, nature and fireworks...WSU family grads include grandfather Franklin "Pete" Hanson, aunt and uncle Hugh and Kathy McEachen, and aunt Dr. Karen Hanson... FHS salutatorian (3.9 GPA) and Honor Society president...FCLA national gold medalist and chapter treasurer...served on High Tech High taskforce and as Scholarship Auction student director...majoring in philosophy with a goal of law school.

### HANSON'S WSU BEST

High Jump - 1.75m / 5-8 3/4 (2006)

### PAC-10 CHAMPIONSHIPS PERFORMANCES

2007	High Jump	8th	1.70m / 5-7
2006	High Jump	6th	1.75m / 5-8 3/4
2005	High Jump	6th	1.70m / 5-7

### NCAA WEST REGIONAL PERFORMANCES

2006	High Jump	6th	1.71m / 5-7 1/4
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### NCAA CHAMPIONSHIPS

2006	High Jump	DNP	NH
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# 2008 COUGAR TRACK & FIELD



## Bob Hewitt-Gaffney

*Middle Distance • 5-9, Sophomore • Gillette, Wyoming*

**WSU CAREER. REDSHIRT FRESHMAN (Fall 2007):** *Cross Country* - Competed at Sundodger Invitational for the Cougars, placing 12th.

**FRESHMAN (2006-07):** *Cross Country* - Redshirt season...*Indoor* - Set a freshman school record in the 800m at the Mountain Pacific Sports Federation Championships with a time of 1:51.79...part of 1600m relay team that clocked in at 3:17.11 to set a freshman school record at the Husky Invite...also part of the distance medley relay that finished in 10:05.32 at the Husker Invite...*Outdoor* - Finished 16th in the 800m at Pac-10 Championships in a time of 1:54.06 (5/13/07, Stanford).

**HIGH SCHOOL CAREER.** Earned four varsity letters in track for coach Tom Kelting at Campbell County High...the Camels won state track and field titles six consecutive years...named all-conference three times...All-American junior year...finished fifth in the 800m (1:55) at the 2005 Nike Indoor National Meet...won the 800m at Simplot Games in 1:55.15...won 800m at Wyoming Classic meet...two-time winner of state title in 400m with PR time of 48.30...three-time state 800m winner with PR and meet record time of 1:51.92...also anchored two-time state winning 4x400m relay...state-finalist for Wendy's High School Heisman Award.

**PERSONAL.** Born Robert Hewitt-Gaffney 10/12/87 at Rapid City, SD...father Glen is a mechanic...mother Kathy is a secretary...earned Eagle Scout status...representative to Key Club...member of National Honor Society with 3.86 GPA...enjoys photography and hiking...interested in exercise science at WSU.

### HEWITT-GAFFNEY'S WSU BESTS

400m - 49.47 (2007)  
800m - 1:52.81 (2007)  
4x400m Relay - 3:17.11i (2007) Freshman School Record

### PAC-10 CHAMPIONSHIPS PERFORMANCES

2007      800m      16th      1:54.06



## David Hickerson

*Distance • 6-2, Freshman • Spokane, Washington*

**WSU CAREER. FRESHMAN (2007-08):** *Cross Country* - Competed in five races in rookie season...placed second at Gonzaga Preview, 21st at Sundodger, and 98th at the Griak Invite...ran at Pre-Nationals (40th), and Pac-10 Championships (67th), finishing ninth on the team.

**HIGH SCHOOL.** Lettered all four years in track and field and cross country under coach Michael Hadway...captained both teams senior year...finished third at 4A state for track three times, once as a junior in the 800m and in the 800m and 1600m as a senior...named all-state as a sophomore, junior, and senior for cross country, and as a junior and senior for track...selected to the All-Bowerman cross country team...also named to cross country All-American team as a senior...helped cross country team to 4A state championships all four years...first team All-Greater Spokane League for the 800m and 1600m...finished 19th individually in state for cross country as a junior and fifth as a senior...other top finishes include Highlander Invitational champion, a second-place finish at the Washington vs. Oregon Border Clash, and fourth place at the Stanford Invite and the Jim Danner Invite as a senior.

**PERSONAL.** Born David Daniel Hickerson July 19, 1989 at Spokane, Wash...parents Daniel, a metal worker, and Tracy, works at Hallmark...older sister Erika (9/23/86)...enjoys running, listening to music, and going to concerts...interested in history and architecture.

### HICKERSON'S BESTS

800m - 1:54.20  
1600m - 4:13.36  
5000m - 15:10



# STUDENT-ATHLETE PROFILES



## Alexa Huestis

Pole Vault • 5-4, Freshman • Chehalis, Washington

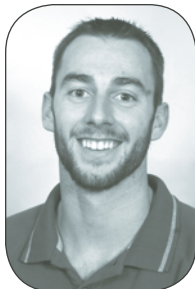
**HIGH SCHOOL CAREER.** Earned six letters at W.F. West High...two as a left side hitter in volleyball for coach Paula Bridgewater...four varsity letters for track coach Mike Aust... junior and senior years captained track team...placed fourth in pole vault at district meet as freshman and then district champion and placed third at state sophomore year...junior season won pole vault title at Shelton Shaner Invite, setting meet record of 11-9...repeated as district champ...finished third in the pole vault (11-9) at the 2006 state 3A championship meet behind current Cougar vaulter, Kendall Mays...

selected for Pac-9 League all-area athletes award...junior year cleared 12-0 in pole vault at the Golden West meet...senior season won the Shelton vaulters award...set W.F. West Classic meet pole vault record...won third district title...finished second at 2007 state 2A meet with clearance at 11-9...competed in club gymnastics for 11 years, advancing to level ten with wins at league, state and placed at sub-national meet.

**PERSONAL.** Born Alexa Nicole Huestis October 28, 1989...father John Huestis is an engineer who played football at the University of Montana...mother Nadine Ellis is a nurse who was a gymnast at the U. of Montana...brothers Christian ('96) and Parker ('04)...sisters Sierra ('98) and Tiffany ('99)...interested in marketing as a major at WSU.

### HUESTIS' BEST

Pole Vault - 12-0



## Jon Jeffreys

### PAC-10 SCORER

Javelin • 6-5, Senior • Spokane, Washington

**WSU CAREER. JUNIOR (2006-07):** Outdoor - Top javelin toss of season came at WSU-UW Dual meet, an NCAA Regional Qualifying mark of 67.62m/221-10, for first place...finished fourth in javelin at Pac-10 Championships with toss of 65.70m/215-7...finished 11th at NCAA West Regionals with distance of 58.96m/193-5...named to Pac-10 All-Academic honorable mention team...

**SOPHOMORE (2005-06):** Outdoor - Threw a PR, NCAA Regional Qualifying and eighth-best in school history mark of 68.95m/226-2 at the Trojan Invite (3/25/06, Los Angeles)...hurt ribs on throw and retired from competition...finished fifth at Pac-10 Championships with a toss of 65.39m/214-6 (5/14/06, Eugene)...took sixth place at NCAA West Regional with toss of 66.16m/217-1 (5/27/06, Provo)...at NCAA Championships threw the javelin 60.25m/197-8 for 24th in the prelims (6/9/06, Sacramento)...named to Pac-10 All-Academic honorable mention team...named to Div. I USTFCCA All-Academic Track & Field Team.

**FRESHMAN (2004-05):** Outdoor - Threw an NCAA Regional Qualifying javelin distance of 63.50m/208-4 at WSU-UW Dual Meet (4/30/05, Seattle)...top mark on team...finished 12th in javelin at Pac-10 Championships with toss of 58.36m/191-6 (5/15/05, Los Angeles)...struggled at NCAA West Regional Championships with prelims toss of 55.48m/182-0 (5/27/05, Eugene).

**HIGH SCHOOL CAREER.** Earned nine letters at West Valley High...three each in football and basketball for coaches Tim Trout and Jamie Nilles...two in baseball for coach Don O'Neal and one in track under coach Jim McLachlan...was third in at state in the javelin as a senior...set Eagles school record with a mark of 193-7...named first team all-state and first team all-Great Spokane League as captain of the basketball team...was basketball scoring champ averaging 24 ppg...captained the football team and earned all-GSL honorable mention honors...placed 11th in the young men's javelin throw at the 2004 USATF National Junior Olympic Track and Field Championships.

**PERSONAL.** Born Jonathan Jeffreys 10/11/85, at Spokane, Wash...father Greg is president of a construction company...mother Kim is vice-president of a construction company...sister Crystal (9/25/86)...enjoys golf and hunting...majoring in finance.

### JEFFREYS' WSU BEST

Javelin - 68.95m/ 226-2 (2006)

### PAC-10 CHAMPIONSHIPS PERFORMANCES

2007	javelin	4th	65.70m / 215-7
2006	javelin	5th	65.39m / 214-6
2005	javelin	12th	58.36m / 191-6

### NCAA WEST REGIONAL PERFORMANCES

2007	javelin	11th	58.96m / 193-5
2006	javelin	6th	66.16m / 217-1
2005	javelin	20th (prelims)	55.48m / 182-0

### NCAA CHAMPIONSHIPS PERFORMANCES

2006	javelin	24th	60.25m / 197-8
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# 2008 COUGAR TRACK & FIELD



## **Angela Jensen** STATE CHAMPION Heptathlon • 5-8, Freshman • Tacoma, Washington

**HIGH SCHOOL CAREER.** Earned seven varsity letters at Fife High School...three in volleyball for coach Jan Kirk, one in basketball for coach Mike Ryan, and three in track for coach Brian Meyer...also wrestled on girls' team junior and senior years...named Nisqually League honorable mention volleyball team as sophomore and second team as senior...vball team placed fourth at state junior year...captain of track and field team junior and senior seasons...first team all-league all three years...sophomore season placed third in 100m hurdles and seventh in 300m hurdles at state 3A meet...

junior year was state champion in 100m dash (12.24) and 300m hurdles (44.41) and runner-up in 100m hurdles (PR time 14.09)...honored by Tacoma Athletic Commission...outstanding achievement award from City of Fife...*Tacoma News Tribune* Athlete of the Month...*Seattle P-I* all-star...as a senior, state champion in 100m dash (12.24), 100m hurdles (14.30) and 300m hurdles (44.93), fourth in high jump...named Tacoma Athletic Commission Athlete of the Year...competed on Nemesis track club for coach Martha Mendenhall...competed at the 2004 USATF Junior Championships...member of SeaTown Express Track Club in 2006 and competed at Junior Olympics meet.

**PERSONAL.** Born Angela Dawn Jensen, August 2, 1988, in Tacoma, Wash....father Scott is a project manager, and mother Veronica, works in accounting...brother Tom (7/7/93)...sisters Denise (4/21/86) and Christine (5/1/98)...earned academic letter in the President's Education Awards Renaissance Program...planning to pursue an interior design major at WSU.

### **JENSEN'S BESTS**

100m - 12.24  
100m Hurdles - 14.09  
300m Hurdles - 44.17  
High Jump - 5-4



## **Ebba Jungmark** WORLD CHAMPIONSHIPS PARTICIPANT High Jump • 5-10, Freshman • Onsala, Sweden

**PRE-WSU CAREER.** High jumped 1.92m/6-3 1/2 June 10, 2007 at Kil, Sweden...competed for Sweden at the 2007 IAAF World Championships in Osaka and finished 11th in high jump after clearing 1.88m/6-2 (8/31/07)...at the 2006 IAAF World Junior Championships cleared high jump at 1.84m/6-0 1/2 for fifth place (8/20/06, Beijing)...2005 Swedish Youth Outdoors Champion (Söderhamn)...2006 (Västerås) and 2007 (Nyköping) Swedish Junior National Champion...member of Mölindals AIK club team.

**PERSONAL.** Born March 10, 1987, in Onsala, Sweden...father Owe is a builder for Jungmarks Bygg Corporation...mother Eva is a strategist for the local government...brother Johan (1985).

### **JUNGMARK'S BEST**

High Jump - 1.92 / 6-3 1/2



Photo courtesy of Ryno Quantz

# STUDENT-ATHLETE PROFILES



## Lorraine King

### PAC-10 SCORER

Sprints/Hurdles • 5-7, Junior • Fontana, California

**WSU CAREER. FRESHMAN (2006-07):** *Indoor* - Ran an indoor PR time of 56.69i for ninth place in the 400m dash at MPSF Championships (2/25/07, Seattle)...ran anchor on 4x400m relay (4th) at same meet...*Outdoor* - Ran PR and NCAA Regional Qualifying time in 400m hurdles of 1:00.28 for seventh place at Pac-10 Championships (5/13/07, Stanford)...mark is fifth-best in school history...also ran third leg of 4x400m relay with NCAA RQ time of 3:37.55 at conference meet...20th in 400m hurdles at NCAA West Regionals in 1:02.22...named Pac-10 All-Academic honorable mention...selected Arthur Ashe, Jr. Sports Scholar track and field fourth team...named to USTFCCA 2007 NCAA Track & Field All-Academic team.

**SOPHOMORE (2005-06):** *Indoor* - Preparing for outdoor intermediate hurdles with 60m hurdles (9.21i) and 400m dash (57.51i)...also ran anchor on 400m relay...*Outdoor* - Intermediate hurdles PR of 1:02.04 run at Cougar Invitational (4/22/06, Pullman)...17th in 400m hurdles at prelims and anchored seventh place for 4x400m relay (3:45.60) at Pac-10 Championships (5/14/06, Eugene).

**HIGH SCHOOL CAREER.** Earned four varsity letters in track at J. W. North High for coach Charles Leathers...as a freshman ran on winning Ivy League 4x400m relay champions as team won league title...Huskies won California state title with undefeated season...ran on 4x400m relay team at state...sophomore year won 200m, 400m and 4x400m relay races as team won title at league championships...another undefeated season for team...Huskies runners-up at state meet...ran on 4x400m relay at state...during junior season won Ivy League 200m, 400, 4x100m relay and 4x400m relay events...team undefeated in league...North's girls team finished fourth at state...ran on both relays and 400m prelims at state...named school's girls sprint MVP...senior year won league titles in 100m hurdles, 400m, 300m hurdles and 4x400m relay...girls team repeats as league champions with undefeated season...named 2005 Riverside Hall of Fame Athlete of the Year.

**PERSONAL.** Born February 28, 1987 at Upland, California...father Anthony is a building engineer who ran track at Mt. SAC...mother Lorna is a flight attendant...sisters Brittany (2/10/85) and Kristen (11/13/81)...Kirsten ran track and graduated from at Wilberforce University (Ohio) with a business degree...graduated high school with a 3.8 GPA...majoring in biology for pre-med.

#### KING'S WSU BESTS

200m - 25.90i (2007)  
400m - 56.55 (2007)  
60m Hurdles - 9.21i (2006)  
400m Hurdles - 1:00.28 (2007)

#### PAC-10 CHAMPIONSHIPS PERFORMANCES

2007 400m Hurdles  
7th 1:00.28

#### NCAA WEST REGIONAL PERFORMANCES

2007 400m Hurdles 20th 1:02.82



2008 Profiles



## Matt Lamb

### ALL-AMERICAN

Throws • 6-1 1/2, Junior • Emmett, Idaho

**WSU CAREER. SOPHOMORE (2006-07):** *Indoor* - Led team with shot put mark of 17.02m/55-10 1/4i thrown at WSU Open (1/20/07, Pullman)...tossed the discus a PR of 58.31m/191-4i at the McDonald's Collegiate (2/2/07, Moscow)...*Outdoor* - Tossed shot PR and NCAA RQ mark of 17.62m/57-9 3/4 at the Trojan Invite (3/24/07, Los Angeles)...finished fourth in the discus at the Pac-10 Championships with a toss of 58.68m/192-6 (5/13/07, Stanford)...also finished fourth in discus at NCAA West Regionals with PR toss of 60.47m/197-1 (5/26/07, Eugene)...third-best discus mark in school history...took sixth place at NCAA Championships with discus throw of 59.98m/196-9 (6/8/07, Sacramento)...named to Pac-10 All-Academic honorable mention team.

**FRESHMAN (2005-06):** *Indoor* - Redshirt season due to hand injury...competed unattached and threw shot put 16.76m/55-0i and discus 53.67m/176-11 at Vandal Indoor (2/17/06, Moscow)...*Outdoor* - Did not throw shot during season...tossed PR and NCAA Regional Qualifying discus mark of 57.19m/187-7 to win the Cougar Invite (4/22/06, Pullman)...next week improved mark to 57.24m/187-9 at WSU-UW Dual...tossed discus PR and improved NCAA RQ of 57.84m/189-9 for third place at the Pac-10 Championships (5/14/06, Eugene)...that mark broke school freshman record held by All-American and Olympian Ian Waltz in 1996 (189-7)...placed seventh at NCAA West Regionals discus with toss of 52.21m/187-8 (5/27/06, Provo)...took third place in discus at NCAA Championships with mark of 57.74m/189-5 (6/9/06, Sacramento)...first WSU freshman to reach All-America status since 1984.

**HIGH SCHOOL CAREER.** Earned six letters at Emmett High...two in football as a sophomore quick tackle for coach Tod Ludtke and as a senior tight end for coach Jerry O'Mahoney's squads...four as a thrower and sprinter for coach Gary Warren...named first team All-Southern Idaho Conference at tight end and all-state tight end...selected to play in all-state football game...also earned SIC all-academic team recognition both seasons...freshman year qualified for state track meet...named team's rookie of the year...sophomore year district champion in shot put, medaled at state meet in discus...named team's best all-around athlete...as a junior won state titles in both shot put and discus, took third in 100m dash and ran lead leg of second-place medley relay...set school records in 100m dash (10.86), shot put and discus, district record in shot, state record in discus...named team MVP and thrower of the year...as a senior broke three school records plus district and state records in shot put at 63-7 1/2 (six feet further than previous record) and discus at 190-4 (eight feet further than previous record)...dropped 100m dash time to 10.61 and broke 200m record (22.2)...repeated as state 4A shot put and discus champion with state meet records of 62-1 1/4 and 187-11...named Idaho Press Tribune's Male Athlete of the Year...named Idaho Gatorade Athlete of the Year.

**PERSONAL.** Born Matthew Lamb 9/27/86...father Clark Heavrin...mother Lisa Lamb...brother Jonathan Lamb (11/26/90)...enjoys camping and outdoors...National Honor Society member with 3.8 prep GPA...member of Big Brother, Big Sisters...president of E- and Weightlifting clubs...ASB secretary of organizations...majoring in biochemistry.

#### LAMB'S WSU BESTS

Shot Put - 17.62m/ 57-9 3/4 (2007)  
Discus - 60.47m/ 198-5 (2007)

#### NCAA WEST REGIONAL PERFORMANCES

2007 Discus 4th 60.47m / 197-1  
2006 Discus 7th 52.21m / 187-8

#### PAC-10 CHAMPIONSHIPS PERFORMANCES

2007 Discus 4th 58.68m / 192-6  
2006 Discus 3rd 57.84m / 189-9

#### NCAA CHAMPIONSHIPS PERFORMANCES

2007 Discus 6th 59.98m / 196-9  
2006 Discus 3rd 57.74m / 189-5



# 2008 COUGAR TRACK & FIELD



## Collier Lawrence

## PAC-10 SCORER

Distance • 5-6 1/2, Senior • Reno, Nevada

**WSU CAREER. SENIOR (2007-08):** *Cross Country* - Team captain...top five runner for Cougars throughout season...placed 37th at Griak Invite...finished 36th overall, fourth on team, at Pac-10 Championships (10/27/07, Corvallis)...59th overall, fourth on team, at NCAA West Regional (11/10/07, Eugene)...named to Pac-10 All-Academic honorable mention team.

**JUNIOR (2006-07):** *Cross Country* - Consistently among top five finishers...fifth at Idaho Jamboree, ninth at Sundodger Invite, 10th at Montana Invitational, and 103rd at Pre-Nationals...second on team, 31st overall at Pac-10 Championships (10/28/06, Stanford)...second on team and 52nd overall at NCAA West Regionals (11/11/06, Portland)...named to Pac-10 All-Academic honorable mention team...*Indoor* - Posted a PR time in mile of 5:06.01i at the WSU Open (1/19/07)...ran 3000m in 10:03.17i, a season-best, at the Cougar Indoor...*Outdoor* - Ran school's fourth-best 3000m steeplechase time of 10:40.15 (regional qualifier) at the WSU-UW Dual Meet (4/29/07, Seattle)...ran PR time in 5000m of 17:19.59 in Los Angeles (4/14/07)...placed 11th in

steeple at Pac-10 Championships...finished 24th in steeple at NCAA West Regionals...named to Pac-10 All-Academic honorable mention team.

**SOPHOMORE (2005-06):** *Cross Country* - Struggled with foot injury as season progressed...fourth at Idaho Jamboree, 20th at Sundodger Invite, ninth at Montana Invite...78th overall, eighth on team at the Pac-10 Championships (10/29/05, Tucson)...selected Pac-10 All-Academic honorable mention...*Indoor* - Ran a 3k time of 9:51.81 at Husky Classic (2/11/06, Seattle)...also PRd in 5k with time of 17:30.11 for 11th at MPSF Championships (2/25/06, Seattle) and finished 15th in 3k at same meet...*Outdoor* - Reached NCAA Regional qualifying and PR time of 10:48.28 in steeplechase for eighth place at Pac-10 Championships (5/14/06, Eugene)...finished 13th in steeplechase at NCAA West Regional...named Pac-10 T&F All-Academic honorable mention.

**FRESHMAN (2004-05):** *Cross Country* - Ran in six races this fall...finished 61st overall and seventh on team at Pac-10 Championships (10/30/04, San Francisco)...was 69th overall and third on WSU squad at NCAA West Regional (11/13/04, Fresno)...*Indoor* - Opened season with mile time of 5:12.48i at WSU Open (1/22/05, Pullman)...also clocked 3k time of 10:12.62i at Husker Invite (2/5/05, Lincoln)...18th in 3k at Mountain Pacific Sports Federation Championships...*Outdoor* - Debut in steeplechase with time of 11:00.71 (4/9/05, Berkeley)...ran team's top 5k time of 17:33.55 at Stanford Invite (3/26/05).

**HIGH SCHOOL CAREER.** Earned eight letters at Reno High, four in cross country and four in track for coach Bruce Susong...senior year, placed 19th at Footlocker National Cross Country Championships...won state 4A cross country title...Huskies cross country team won state title too...finished second in state in 3200m, third in 1600m...named Nevada Gatorade Track and Field Athlete of the Year as a junior...cross country state champion...member of undefeated state champion cross country team...state champion in 3200m and 1600m...posted 1600m PR of 4:57 and 3200m PR of 10:43...sophomore year, won state in 3200m...state runner up in cross country...finished fourth at state in 3200m as a freshman...was 2003 Intermediate Girls Junior Olympic National Champion...ran with Silver State Striders for coach Bruce Susong.

**PERSONAL.** Born 10/4/86, at Carson City, Nev...father Jack is a courier...mother Lee is a teacher...brother John (8/29/89)...sister Mel (8/29/89) running for cross-state rival Washington...enjoys running, cooking and outdoor activities...majoring in movement studies at WSU.

### LAWRENCE'S WSU BESTS

1500m - 4:44.96 (2005)  
Mile - 5:06.01i (2007)  
3000m - 9:51.81i (2006)  
3000m Steeplechase - 10:40.15 (2007)  
5000m - 17:19.59 (2007)

### PAC-10 CHAMPIONSHIPS PERFORMANCES

Year	Distance	Rank	Time
2007	3000m Steeplechase	11th	10:46.17
	5000m	24th	18:19.80
2006	3000m Steeplechase	8th	10:48.28

### NCAA WEST REGIONAL PERFORMANCES

Year	Distance	Rank	Time
2007	3000m Steeplechase	24th	10:55.67
2006	3000m Steeplechase	13th	11:07.93



## Barry Leavitt

## PAC-10 SCORER

Hurdles • 6-0, Junior • Benton City, Washington

**WSU CAREER. SOPHOMORE (2006-07):** *Indoor* - Resumed training after two-year layoff...ran a time of 8.58i in the 60m hurdles and a time of 51.91i in the 400m dash...*Outdoor* - Finished seventh in the 400m hurdles at the Pac-10 Championships with an NCAA Regional Qualifying time of 52.50 after running a prelim time of 52.30 (5/13/07, Stanford)...NCAA West Regionals intermediate hurdles finish 12 13th (prelims) in 52.99 (5/25/07, Eugene).

**2004-06:** Served two-year church mission in French Polynesia.

**FRESHMAN (2003-04):** *Indoor* - Ran top 60m hurdles time of 8.40i at McDonald's Last Chance (3/6/04, Moscow)...ran a 400m dash time of 50.10i at UW Pac-10 Invite (2/14/04, Seattle)...*Outdoor* - At Pac-10 Championships, finished sixth in 400m hurdles with lifetime-best time of 51.48...also at conference meet, PRd in high hurdles of 14.52 came in prelims and finished seventh in final in time of 14.67 (5/14/04, Tucson).

**HIGH SCHOOL CAREER:** Earned eight varsity letters at Kiona-Benton High...four in track and field and two in cross country under Jim Perry...also a two-year letter winner in wrestling...captained cross country and track teams senior year...state champion in 110 HH as a junior and set 2A meet record...also placed second and sixth in the 300 IH and 200 m respectively...competed at State all four years...league champions as a team junior and senior years...seventh place team finish junior year...set school records in the 200 m as a senior and the 300 IH as a junior.

**PERSONAL:** Born Barry Weston Leavitt 5/2/85, at Palmer, Ala...father Lynn works in concrete construction...mother Gwen is a homemaker...brothers Devin (1/27/84), Holden (10/20/87) and Gage (10/27/94)...sisters Whitney (10/5/90) and Jacy (8/23/97)...enjoys camping, hiking, bowling and swimming...majoring in civil engineering.

### LEAVITT'S WSU BESTS

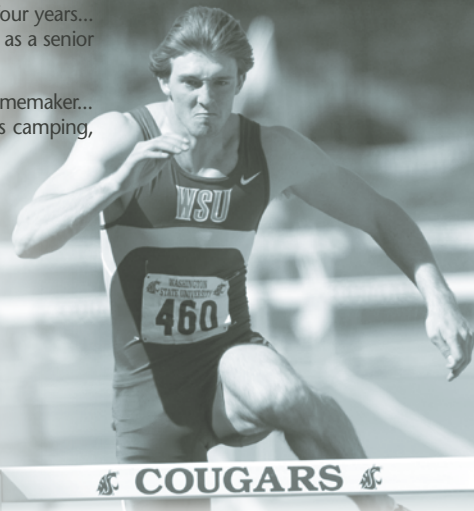
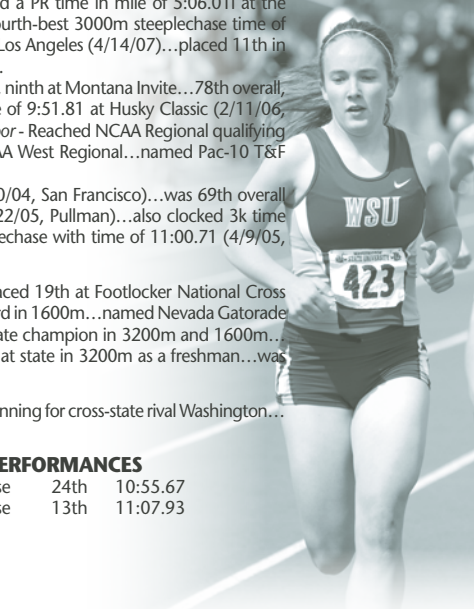
200m - 22.69i (2004)  
60m Hurdles - 8.40i (2004)  
110m Hurdles - 14.52 (2004)  
400m Hurdles - 50.10i (2004)

### PAC-10 CHAMPIONSHIPS PERFORMANCES

Year	Distance	Rank	Time
2007	400m Hurdles	7th	52.50
2004	110m Hurdles	7th	14.67
	400m Hurdles	6th	51.48

### NCAA WEST REGIONAL PERFORMANCES

Year	Distance	Rank	Time
2007	400m Hurdles	13th (prelims)	52.99



# STUDENT-ATHLETE PROFILES



## Luke Lemenager

Distance • 5-11, Sophomore • Maple Valley, Washington

**WSU CAREER. REDSHIRT FRESHMAN (Fall 2007):** *Cross Country* - Raced in five meets...competed at Pac-10 Championships and Pre-Nationals...finished 34th at the Willamette Invite and 44th at the Sundodger Invitational...came in 52nd overall sixth on the team at Pac-10 Championships (10/27/07, Corvallis), and 105th at the NCAA West Regional (11/10/07, Eugene), seventh on the team.

**FRESHMAN (2006-07):** *Cross Country* - Redshirt season...*Indoor* - set a career-best time of 1:53.24i in the 800m at the Husky Classic (2/10/07, Seattle)...at same meet, helped relay team set freshmen school 1600m relay record with a time of 3:17.11i...on distance medley relay team that finished in

10:05.32i at the Husker Invite...*Outdoor* - Ran top team times of season in 800m (1:52.71) and 1500m (3:53.70)...finished 18th in 1500m at Pac-10 Championships with time of 1:54.52 (5/13/07, Stanford).

**HIGH SCHOOL CAREER.** Earned seven varsity letters at Tahoma High...four in cross country and three in track under Coach Gary Conner...sophomore year cross country team finished 8-0 in South Puget Sound League and 10th in 4A State championships...earned first team all-league...as a junior, team finished 11th in state with a 7-1 record...earned first team all-state...voted by team as most valuable player...finished eighth in state in 800m with a PR time of 1:55.4...senior year team was undefeated and finished third in state...finished first in state in 800m...800m PR of 1:51.2...anchored in 4x100m relay...relay team finished fourth in state...received first team all-state honors...voted most valuable by team...member of the Nike All-Bowerman Team.

**PERSONAL.** Born Luke Riley Lemenager, 2/2/88, at Renton, Wash...father Joseph is a factory clerk...mother Toni is a factory clerk...honor roll student at Tahoma High...major is currently undecided.

### LEMENAGER'S WSU BESTS

800m - 1:51.71 (2007)  
1500m - 3:53.70 (2007)  
4x400m Relay - 3:17.11i (2007) Freshman School Record

### PAC-10 CHAMPIONSHIPS PERFORMANCES

2007 1500m 18th 1:54.52



## Meghan Leonard

## PAC-10 SCORER

Distance • 5-6, Senior • Newberg, Oregon

**WSU CAREER. JUNIOR (Fall 2007):** *Cross Country* - Top runner for Cougars all season...finished in top three among team in every race...placed 23rd overall, third on team, at Pac-10 Championships (10/27/07, Corvallis)...finished 36th overall, third on team, at NCAA West Regional (11/10/07, Eugene)...named to Pac-10 All-Academic honorable mention team.

**JUNIOR (2006-07):** *Cross Country* - Season highlights included finishing fourth at Idaho Jamboree, 28th at Sundodger Invite and 17th at Montana Invitational...sixth on team and 133rd overall at Pre-Nationals...eighth on team and 45th overall at Pac-10 Championships...selected Pac-10 All-Academic honorable mention team...*Indoor* - Clockied in PR mile time at Husky Classic of 4:57.60i (2/10/07, Seattle)...mark is eight-best in school records...finished 11th in the 3000m at the MPSF

Championships with a PR time of 9:53.61i (2/24/07, Seattle)...*Outdoor* - Best season to date in terms of good health, fast times...finished fourth in steeplechase at Pac-10 Championships with PR, NCAA Regional Qualifying and third-best time in school history of 10:26.78 (5/13/07, Stanford)...ran a PR 1500m time of 4:40.35 at Cougar Invite (4/21/07, Pullman)...another PR in 5000m of 16:57.40 at Stanford Invite (3/31/07) is seventh-fastest in school history...placed 12th in steeple at NCAA West Regionals...named Pac-10 All-Academic honorable mention team...named to USTFCCCA 2007 NCAA Track & Field All-Academic team...selected to Arthur Ashe, Jr. Sports Scholars Awards honorable mention team.

**SOPHOMORE (2005-06):** *Cross Country* - Number two runner for Cougar women behind All-American Haley Paul...second place to Paul at Idaho Jamboree, 11th at Sundodger Invite, sixth at Montana Invite...100th overall, second on team at Pre-Nationals...41st overall, fourth on team at Pac-10 Championships (10/29/05, Tucson)...36th overall, second on team at NCAA West Regionals (11/12/05, Palo Alto)...selected Pac-10 All-Academic honorable mention...*Indoor* - Redshirt season...*Outdoor* - Ran PR and NCAA Regional Qualifying time of 10:41.04 in steeplechase at Stanford Invite (4/1/06)...finished 15th in steeple at Pac-10 Championships...injured and did not compete at NCAA West Regional...named Pac-10 All-Academic honorable mention.

**FRESHMAN (2004-05):** *Cross Country* - Redshirt season...finished 16th running unattached at Idaho Invitational...*Indoor* - Ran fastest 3000m on team with 10:09.50i at Husky Classic (2/12/05, Seattle)...finished 16th in 3000m at Mountain Pacific Sports Federation Championships...*Outdoor* - Debut season in steeplechase...grabbed freshman school record with NCAA Regional Qualifying time of 10:44.91 at WSU-UW Dual (4/30/05, Seattle)...13th in steeplechase at Pac-10 Championships...20th in steeplechase at NCAA West Region meet...National Collegiate Div. I Track Coaches Association 2005 All-Academic Track & Field Team selection.

**HIGH SCHOOL CAREER.** Earned 13 letters at Newberg High...four in track as a distance runner for coach Monte Bradley...four in soccer for coach Tim Tshondirts...three in cross country for coach Bruce Sinkbeil and two in basketball for coach Marianne Funderhide...senior year, earned second team all-state cross country honors...named second team all-league in soccer...captained soccer team junior and senior years...junior year, earned all-league honors in 800m, 1500m and 3000m...named first team all-league in cross country...earned all-state honors on both track and cross country...as a sophomore, earned first team all league cross country honors...named first team all league in 800m.

**PERSONAL.** Born Meghan Kathleen Leonard 10/2/85, at McMinnville, Ore...father Curt is a contractor...mother Shirley...sister Laura (8/27/84)...majoring in movement studies.

### LEONARD'S WSU BESTS

1500m - 4:40.35 (2007)  
Mile - 4:57.60i (2007)  
3000m - 9:53.61i (2007)  
3000m Steeplechase - 10:26.78 (2007)  
5000m - 16:57.40 (2007)

### PAC-10 CHAMPIONSHIPS PERFORMANCES

Year	Event	Rank	Time
2007	3000m Steeplechase	4th	10:26.78
	5000m	19th	17:47.52
2006	3000m Steeplechase	15th	11:17.05
2005	3000m Steeplechase	13th	11:26.22

### NCAA WEST REGIONAL PERFORMANCES

Year	Event	Rank	Time
2007	3000m Steeplechase	12th	10:34.37
2006	3000m Steeplechase	DNC	
2005	3000m Steeplechase	20th	10:49.82



# 2008 COUGAR TRACK & FIELD



## Philip MacArthur

**PAC-10 SCORER**

**Hammer • 6-0, Junior • Selkirk, Washington**

**WSU CAREER. SOPHOMORE (2006-07):** *Indoor* - Did not compete in weight throw...trained for outdoor hammer...*Outdoor* - Consistent NCAA Regional Qualifying hammer throws through season...improved NCAA RQ hammer mark of 60.07m/197-1 for eighth place at Pac-10 Championships (5/13/07, Stanford)...took 13th in the hammer at the NCAA West Regionals with a throw of 58.60m/192-3 (5/26/07, Eugene).

**REDSHIRT FRESHMAN (2005-06):** *Indoor* - Tossed a 35# weight throw of 16.80m/55-1 1/2i for ninth place at the Mountain Pacific Sports Federation Championships (2/25/06, Seattle)...*Outdoor* - Reached PR and NCAA Regional Qualifying hammer mark of 56.78m/186-3 (3/25/06, Los Angeles)...took seventh place in the hammer at the Pac-10 Championships with a throw of 56.72m/186-1 (5/14/06, Eugene)...at the NCAA West Regionals, threw 56.06m/183-11 for 14th place.

**FRESHMAN (2004-05):** *Indoor* - Redshirt season...*Outdoor* - Threw the hammer unattached...best mark was 51.24m/168-1 thrown at McDonald's Outdoor (4/16/05, Moscow).

**HIGH SCHOOL CAREER.** Earned 10 letters at Selkirk High...four each in football and basketball for coaches Mark Coon and Dick Zimmerman...two in track under coach Kelly Schultz...shot put state champion senior year...named to all-state and Panorama South all-league teams...lead the Ranger's football team in tackles and recorded 1,000 rushing yards...basketball team captain and leader in assists, rebounds and steals...named to basketball all-league and all-state second teams...junior year, was B schools state champion in the discus...named to all-state track team...earned all-district first team honors in football...lead the team in tackles...was basketball steal and assist leader and recorded best free throw percentage...led football team in tackles sophomore year...holds state B schools record in the shot put with a mark of 54-7 1/2.

**PERSONAL.** Born Philip MacArthur 11/21/85...father Jeff is in Hydromaintenance...mother Tammy...brother Derek (12/13/87) and sister Angelina (11/17/92)...class of 2004 Valedictorian...president of the National Honors Society...married to the former Ashley Dorsey...daughter Addy Lynn (2/13/07)...WSU Regent Scholar...majoring in general social science.

### MacARTHUR'S WSU BESTS

35# Weight Throw - 16.80m / 55-1 1/2i (2006)  
Shot Put - 14.18m / 46-6 1/4 (2006)  
Hammer - 60.07m / 197-1 (2007)

### PAC-10 CHAMPIONSHIPS PERFORMANCES

2007	Hammer	8th	60.07m / 197-1
2006	Hammer	7th	56.72m / 186-1

### NCAA WEST REGIONAL PERFORMANCES

2007	Hammer	13th	58.60m / 192-3
2006	Hammer	14th	56.06m / 183-11



## Candace Missouri

**STATE CHAMPION**

**Sprints, Jumps • 5-4, Freshman • Vancouver, Washington**

**HIGH SCHOOL CAREER.** Earned seven varsity letters at Evergreen High School...four in track and field for coach Jason Schultz...three in basketball for coach Kathy Walker...captain of basketball team as a senior...voted track team's most valuable player four times...four-time league champion in 100m...district champion in 100m as freshman, sophomore and junior...Greater St. Helens League and district champion in long jump and triple jump as junior and senior...third-place at state in long jump as a junior...senior year anchored 4x100m relay to league, district and state (48.13 after 47.92 prelim time) titles...at state 4A meet, finished second place in 100m (12.38) and fourth place in long jump (18-4 3/4w)...team league track and field champions during freshman and senior years, and district champion during freshman, junior and senior seasons...Greater St. Helens League 2007 female athlete of the year...Region 4 female athlete of the year in 2007.

**PERSONAL.** Born Candace Devonna Missouri, November 14, 1988, in Phoenix, Ariz...father Derek Delk works in insurance...mother, Angela Delk, is a managed care specialist...sisters Mandy (6/2/86) and Willilee (10/23/87)...enjoys playing basketball...won NAACP Academic Achievement Award...majoring in architectural engineering at WSU.

### MISSOURI'S BESTS

100m - 12.07  
Long Jump - 18-8 1/2



# STUDENT-ATHLETE PROFILES



## Rickey Moody, Jr.

Decathlon • 6-1, Senior • Puyallup, Washington

## PAC-10 SCORER

**WSU CAREER. JUNIOR (2006-07):** *Indoor* - Finished fifth in the heptathlon at the Mountain Pacific Sports Federation Championships with 5003 points (2/24/07, Seattle)...mark is fourth-best in school records...top team long jumper with PR of 7.01m/23-0i at MPSF heptathlon...*Outdoor* - Reached a decathlon PR and NCAA Provisional Qualifying mark with 6,926 points for fourth place at the Cal Multi-Meet (3/29/07, Berkeley)...finished third in the decathlon at Pac-10 Championships with PR and improved NCAA PQ 7109 points (5/6/07, Stanford)...also placed fourth in the long jump with a best leap of 7.31m/23-11 3/4w...leaped NCAA Regional qualifying long jump in winning event at Pelluer Invite of 7.37m/24-2 1/4w (4/6/07, Cheney)...finished fourth in long jump at NCAA West Regional with PR distance of 7.52m/24-8 1/4 (5/26/07, Eugene)...placed 22nd in the long jump at the NCAA Championships with best effort of 7.20m/23-7 1/2w (6/9/07, Sacramento).

**PRE-WSU CAREER.** Attended Highline Community College in Des Moines, Wash...decathlete for coach Robert Yates...team captain 2004-05...freshman season (2004) won NWAACC long jump with PR of 24-3...scored 29 points as HCC won league championship...named team MVP...sophomore year (2005) broke HCC indoor heptathlon record...set HCC long jump record of 24-7 1/2...won NWAACC decathlon...set league record in decathlon shot put at 45-2...scored 50 points as HCC repeated as team champs...named Field Athlete of the Year.

**HIGH SCHOOL CAREER.** Earned six letters at Spanaway Lake High...three in basketball for coach Carl Hoseth...three in track for coach Ryan Zackula...captained both teams as senior...started high school with a 21-6 long jump mark...sophomore year upped long jump PR to 22-1...ninth in triple jump at state 4A meet...junior year long jump PR is 22-7 3/4...at state 4A championships was third in long jump and eighth in triple jump...senior season bettered long jump to 23-2...won South Puget Sound League and district long jump championships...second in long jump at state 4A meet...triple jump PR is school record 46-11 1/2...shot put PR 52-6...two-time team MVP...SPSL Field Athlete of the Year...2003 member of Flying AJs Track Club with coach Nathan Wilford...competed at USATF National Championships in long and triple jump...2003 USARF Regional young men long jump champion with leap of 22-11 3/4.

**PERSONAL.** Born 7/9/85 at Ft. Campbell, Kentucky...father Charles Novak is a flight simulator technician...mother Annette Novak owns an espresso shop...sister Felicia Moody (6/20/81)...enjoys computers and video games...was president of the Highline CC Gamers Club...majoring in sociology.

### MOODY'S WSU BESTS

60m - 7.15i (2007) - lifetime 7.01i  
100m - 11.00 (2007) - lifetime 10.89  
400m - 51.56 (2007)  
1000m - 3:07.51i (2007)  
1500m - 5:11.74 (2007)  
60m Hurdles - 8.09i (2007)  
110m Hurdles - 14.48 (2007)  
High Jump - 1.95m / 6-4 3/4 (2007) - lifetime 1.97m / 6-5 1/2

Pole Vault - 3.85m / 12-7 1/2 (2007)  
Long Jump - 7.52m / 24-8 1/4 (2007)  
Shot Put - 14.48m / 47-6 1/4i (2007)  
Discus - 45.37m / 148-10 (2007) - lifetime 45.76m / 150-1  
Javelin - 52.08m / 170-10 (2007) - lifetime 58.42m / 191-8  
Heptathlon - 5,003 points (2007)  
Decathlon - 7109 points (2007)

### PAC-10 CHAMPIONSHIPS PERFORMANCES

2007	Decathlon	3rd	7109 points
	Long Jump	4th	7.31m / 23-11 3/4w

### NCAA WEST REGIONALS PERFORMANCES

2007	Long jump	4th	7.52m / 24-8 1/4
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### NCAA CHAMPIONSHIPS PERFORMANCES

2007	Long jump	22nd	7.20m / 23-7 1/2w
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## Haley Paul

Middle Distance • 5-4, Senior • Phoenix, Arizona

## ALL-AMERICAN

**WSU CAREER. SENIOR (2007-08):** *Cross Country* - did not compete due to injury...redshirt season.

**JUNIOR (2006-07):** *Cross Country* - First Cougar woman across the finish line in five out of six races...won Montana Invitational...placed second at Sundodger Invite, 21st at Pre-Nationals meet...top WSU runner, 11th overall at Pac-10 Championships (10/28/06, Stanford)...earned all-conference second team honors...top Cougar and 18th overall at NCAA West Regionals (11/11/06, Portland)...named to Pac-10 All-Academic first team...named to USTFCCCA 2006 NCAA Cross Country All-Academic team...*Indoor* - Ran a season-best time of 5:30.09i at Cougar Indoor...finished 3000m in 9:49.95i at the Husky Classic, also a season best...on distance medley relay team that set school record of 11:48.50i at the Husker Invite (2/3/07, Lincoln)...*Outdoor* - Redshirt season.

**SOPHOMORE (2005-06):** *Cross Country* - First Cougar woman to cross finish line in every race this season...won Idaho Jamboree (9/2/05, Moscow), Sundodger Invite (9/17/05, Seattle), and Montana Invite (10/1/05, Missoula)...placed 21st at the Brooks Pre-Nationals meet...sixth place at Pac-10 Championships (10/29/05, Tucson)...earned All-Conference First Team honors...ninth at NCAA West Regionals (11/12/05, Palo Alto)...selected at-large individual for NCAA Championships...placed 14th at NCAA Championships (11/21/05, Terre Haute)...earned All-American honors...named team captain...selected Pac-10 All-Academic first team...named to the Women's Intercollegiate Cross Country Coaches Association All-Academic team with the 10th highest grade point among the 67 honorees...*Indoor* - Ran school record 3000m with time of 9:39.31i for 10th place at the MPSF Championships (2/25/06, Seattle)...*Outdoor* - Reached NCAA Regional qualifying in 1500m at Trojan Invite with time of 4:26.07 (3/25/06, Los Angeles)...next week ran NCAA RQ time of 16:20.86 in 5k at Stanford Invite (4/1/06)...struggled rest of season...finished 19th in 5k at Pac-10 Championships...11th at the NCAA West Regional in 5k...at NCAA Championships ran a 5k semifinal time of 17:32.91 and did not advance to final...named to Pac-10 All-Academic first team...selected to Div. I USTFCCCA All-Academic Track & Field team.

**FRESHMAN (2004-05):** *Cross Country* - Was the top WSU runner in largest four races of season...finished 66th at Griak Invite, 112th at NCAA Pre-Nationals, 24th at Pac-10 Championships (10/30/04, San Francisco), and 54th at NCAA West Regional (11/13/04, Fresno)...*Indoor* - At Mountain Pacific Sports Federation Championships set Freshman School Record with eighth place finish in mile in time of 4:52.95i (MPSF (2/26/05, Seattle)...*Outdoor* - Ran 800m PR time of 2:11.43 at WSU-UW Dual (4/30/05, Seattle)...reached NCAA Regional Qualifying time of 4:26.00 in 1500m at Stanford Invite (3/26/05)...10th place in 1500m at Pac-10 Championships after running eight in prelims...NCAA West Region finished 11th in the 1500m final (4:33.67) after running a prelim time of 4:29.33 (5/28/05, Eugene)...National Collegiate Div. I Track Coaches Association 2005 All-Academic Track & Field Team selection.

**HIGH SCHOOL CAREER.** Earned eight letters at Desert Vista High, four in cross country under coach Doug Cristofis and four in track for coaches Chris Hanson and Jeff Messer...as a senior, was state champion in 1600m and 800m...finished fourth in state in 3200m...member of Thunder state champion track team...ran to a ninth place finish at state cross country meet...was 1600m champion at 2004 Arcadia Invitational...captained both cross country and track teams as a junior and senior...state champion in 1600m as a junior...finished ninth at state in cross country...freshman year, was state runner up in 800m...member of state champion cross country team...attended 2004 USA Track and Field Olympic Training Camp.

**PERSONAL.** Born Haley Elizabeth Paul 3/4/86 at Mesa, Ariz...father Chuck is in sales...mother Cindy is a teacher...sisters Alexandra (4/28/88) and Courtney (6/10/91)...brother John (6/10/91)...member of National Honors Society (4.0 GPA)...selected 2006-07 Cougar Pride (top 12 WSU student-athletes)...winner of the Harold and Jeanne Rounds Writing Award presented to the top 1% of the top 10% of WSU juniors who submit their writing portfolios...majoring in anthropology at WSU.

### PAUL'S BESTS

800m - 2:11.43 (2005)  
1500m - 2:26.00 (2005)  
Mile - 4:52.95i (2005) **FSR**  
3000m - 9:39.31i (2006) **SR**  
5000m - 16:20.86 (2006)

Distance Medley Relay - 11:48.50i **SR** (2007)

### PAC-10 CHAMPIONSHIP PERFORMANCES

2006	5000m	19th	18:04.45
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2005	1500m	10th	4:33.16
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### NCAA WEST REGIONAL PERFORMANCES

2006	5000m	11th	17:45.67
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2005	1500m	11th	4:33.67
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### NCAA CHAMPIONSHIPS

2006	5000m	26th	17:32.91
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# 2008 COUGAR TRACK & FIELD



## La Shawnda Porter-Red PAC-10 SCORER

Sprints • 5-7, Senior • Renton, Washington

**WSU CAREER. JUNIOR (2006-07):** *Indoor* - Had season-best times of 7.77i in 60m dash and 24.93i in 200m dash...finished 13th in 200m dash at MPSF Championships (25.15)...*Outdoor* - Found niche in 200m with PR and NCAA Regional Qualifying time of 23.92w at Vandal Jamboree (5/5/07, Moscow)...mark is eighth-best in school history...at Cougar Invite ran 400m dash PR time of 56.65 and second leg of 4x100m relay with NCAA RQ time of 45.47 (4/21/07, Pullman)...at Pac-10 Championships took seventh in 200m (24.29), 13th in 100m and sixth in 400m relay with RQ time of 45.65 (5/13/07, Stanford)...finished ninth in 200m at NCAA Regional Championships with time of 24.13 (5/26/07, Eugene).

**SOPHOMORE (2005-06):** *Indoor* - Finished fifth in the 200m at the MPSF Championships with a PR time of 24.58i (2/25/06, Seattle)...*Outdoor* - Ran PR time of 24.06 in winning 200m, and ran on winning 4x100m relay with NCAA Regional qualifying time of 45.30 at WSU-UW Dual (4/29/06, Pullman)...competed in Pac-10 Championships prelims in 100m (12th, 11.90), 200m (10th, 24.16), and 4x100m relay team final for fifth (46.38)...named to Pac-10 T&F All-Academic honorable mention team.

**FRESHMAN (2004-05):** *Indoor* - Ran fastest 60m dash (7.70i - 11th prelims) and 200m dash (24.90i - 7th place) times at Mountain Pacific Sports Federation Championships (2/26/05, Seattle)...*Outdoor* - Ran team's top 100m time of 12.01 at Vandal Jamboree (5/7/05, Moscow)...clocked best 200m time of 24.45 at Mt. SAC Relays (4/17/05, Walnut)...at Pac-10 Championships finished 18th in 100m and 16th in 200m prelims...also ran second leg of fifth place 4x100m relay with time of 45.91 (5/15/05, Los Angeles).

**HIGH SCHOOL CAREER.** Earned five letters at Kent-Meridian High...three as a sprinter for track coach Ernie Ammens and two as a guard for basketball coach Colby Rogers...as a senior, placed third at state in the 100m and 200m...broke Pasco Invitational 200m record with a time of 24.51...served as track captain and voted team MVP...named South Puget Sound - North League girl track athlete of the year...was state champion in 100m and 200m as a junior...member of fifth place 4x200 relay team...named *King County Journal* athlete of the week...sophomore year, was state runner-up in 100m and 200m...named Royals most outstanding female athlete...was conference champion in the 100m and 200m as a freshman...three-time *Seattle Times* Athlete of the Week.

**PERSONAL.** Born La Shawnda Desiree Porter 12/7/85 at Seattle, Wash...mother Johnica is a machine operator...father Timothy is deceased...brother Kenincio (6/6/79)...sister Rebecca (11/20/90)...Central Washington Honor Scholar (3.5 GPA)...National Honor Roll student...majoring in sport management.

### PORTER-RED'S WSU BESTS

60m - 7.70i (2005)  
100m - 11.83 (2006)  
200m - 23.92i (2007), 24.00 (2007)  
400m - 56.65 (2007)  
4x100m Relay - 45.30 (2006)

### PAC-10 CHAMPIONSHIPS PERFORMANCES

2007	100m	13th	12.07
	200m	7th	24.29
	4x100m Relay	6th	45.65
2006	100m	12th prelims	11.90
	200m	10th prelims	24.16
	4x100m Relay	5th	46.38

2005	100m	18th prelims	12.24
	200m	16th prelims	24.62
	4x100m Relay	5th	45.91

### NCAA WEST REGIONAL PERFORMANCES

2007	200m	9th	24.13
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## Kyle Schauble

Decathlon • 6-3 1/2, Sophomore • Kennewick, Washington

**WSU CAREER. FRESHMAN (2006-07):** *Indoor* - Won the heptathlon at the Cougar Indoor Meet with score of 4,974 points (1/27/07, Pullman)...finished eighth in the heptathlon at Mountain Pacific Sports Federation Championships with 4,790 points (2/24/07, Seattle)...mark is sixth-best in school records...*Outdoor* - Accumulated 6,308 points for sixth place in his first collegiate decathlon at Cal Multi-Meet (3/29/07, Berkeley)...finished 10th in the Pac-10 Championships decathlon with 6,385 points (5/6/07, Stanford).

**HIGH SCHOOL CAREER.** Earned six letters at Kamiakin High...two as a receiver/defensive back for football coach Craig Beverlin...four in track for coach Keith Duncan...in football had 96-yard touchdown reception for school record as senior...at the 2005 USATF regional meet, won the 110m hurdles and finished second in the 400m dash...competed in the 2006 WSU Indoor Open and ran a 8.52i time in the collegiate 60m hurdles, the best time by a Washington prepster, losing only to current Cougar teammate Robert Williams...named 2006 Pasco Invitational Athlete of the Meet after winning both hurdles races, on winning 1600m relay team and placed second in the long jump...won the 2006 state 4A titles in 100m hurdles (14.20) and the 300m hurdles (37.77)...hurdles times were best in state...also finished third in long jump (23-2)...PR in intermediate hurdles is 37.38...ran a lead leg time of 49.8 seconds on a 4x400m relay...won the Gatorade Athlete of the Year for the state of Washington in 2006.

**PERSONAL.** Born Kyle Emery Schauble 11/7/87...father Al and mother Cheryl are teachers and coaches...Cheryl Byers Schauble competed as a sprinter/long jumper for Cougar track and coaches girls track at Kamiakin High...Al played football and basketball at Walla Walla JC...brother Ryan (11/24/89)...sister Lindsey (8/9/96)...will pursue a major in business/finance.

### SCHAUBLE'S WSU BESTS

60m - 7.12i (2007)  
100m - 11.25 (2007) 10.90 (lifetime)  
200m - 22.20 (lifetime)  
1500m - 4:37.14 (2007)  
60m Hurdles - 8.36i (2007)  
110m Hurdles - 15.03 (2007)  
400m Hurdles - 55.68 (2007)  
4x400m Relay - 3:17.11i (2007) Freshman School Record  
High Jump - 1.83m / 6-0i (2007)  
Pole Vault - 3.85m / 12-7 1/2 (2007)  
Long Jump - 6.94m / 22-9 1/4i (2007)

Shot Put - 9.71m / 31-10 1/4i (2007)  
Javelin - 43.95m / 144-2 (2007)  
Heptathlon - 4974 points (2007)  
Decathlon - 6385 points (2007)

### PAC-10 CHAMPIONSHIPS PERFORMANCES

2007	Decathlon	10th	6,385 points
	110m Hurdles	19th (prelims)	15.22
	Long Jump	DNF (prelims)	



COUGARS

# STUDENT-ATHLETE PROFILES



## Catie Schuetzle **PAC-10 SCORER** Jumps • 5-8, Junior • Spokane, Washington

**WSU CAREER. SOPHOMORE (2006-07):** *Indoor* - Reached indoor long jump PR of 5.93m/19-5 1/2i at MPSF Championships for sixth place (2/24/07, Seattle)...finished 11th in triple jump at same meet with leap of 11.74m/38-6 1/4i...*Outdoor* - NCAA Regional Qualifying and PR triple jump of 12.58m/41-3 1/4 at WSU-UW Dual meet (4/29/07, Seattle)...mark is fifth-best in WSU history...PR'd in long jump at same meet (5.95m/19-6 1/4)...finished 10th in both long jump (5.84m/19-2) and triple jump (12.32m/40-5) at Pac-10 Championships...finished 18th at NCAA West Regionals with triple jump of 12.03m/39-5 3/4.

**FRESHMAN (2005-06):** *Indoor* - Opened collegiate career with 5.81m/19-0 3/4i long jump and next week had 11.90m/39-0 1/2i triple jump...at Mountain Pacific Sports Federation Championships (2/25/06, Seattle) finished seventh in long jump (5.74m/18-10i) and 13th in triple jump (11.65m/38-2 3/4i)...*Outdoor* - Top long jump of 5.94m/19-6 at Williams Invite (3/18/06, Tucson)...best triple jump leap of 12.12m/39-9 1/4 at Cougar Invite (4/22/06, Pullman)...at Pac-10 Championships tied for 11th in long jump, 13th in triple jump and stepped into 4x100m relay for fifth place finish (5/14/06, Eugene).

**HIGH SCHOOL CAREER.** Earned 10 varsity letters at Shadle Park High...three as outside hitter for volleyball coach Brook Cooper, three as guard for basketball coach Chad Dezellum, and four for track coach Ivan Corley...two-year captain of track and field team...freshman year qualified for track regional meet...awarded most improved...sophomore year volleyball team ninth in state 4A...awarded most improved on team...named track team's MVP...second team All-Greater Spokane League...as a junior named to GSL volleyball honorable mention team...during track season won state 4A long jump (18-8 1/4), finished third in triple jump (37-1 1/2) and seventh in 100m dash (12.89)...named second team all-league...selected team MVP...senior year named to All-GSL volleyball first team...team MVP...finished second at state 4A meet in both long jump (17-1 1/4) and triple jump (39-0), sixth in 100m dash (12.65) as Highlanders girls team fifth in state...named All-GSL in 100m dash, long jump, triple jump and 4x400m relay...first team all-academic regional team...named Shadle's Female Athlete of the Year...also member of Performance Track & Field Club 1998-2001...at 2001 Junior Nationals Meet finished seventh in long jump and 11th in triple jump.

**PERSONAL.** Catherine Letoya Schuetzle was born 2/1/87 at Louisville, Kentucky...father Mark is CEO of a contracting firm...mother Jenny is a business owner...brothers Ty (10/6/80), Jay (8/84) and Bo (1/4/91)...Jay attended WSU...freshman class president...ASB treasurer...Mesa member four years...three years of community service...majoring in human development.

### SCHUETZLE'S WSU BESTS

60m - 7.90i (2006)  
Long Jump - 5.95m / 19-6 1/4 (2007)  
Triple Jump - 12.58m / 41-3 1/4 (2007)

2006	Long Jump	t11th	5.73m / 18-9 3/4
	Triple Jump	13th	11.49m / 37-8 1/2w
	4x100m Relay	5th	46.38

### NCAA WEST REGIONAL PERFORMANCES

2007	Triple Jump	18th	12.03m / 39-5 3/4
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### PAC-10 CHAMPIONSHIPS PERFORMANCES

2007	Long Jump	10th	5.84m / 19-2
	Triple Jump	10th	12.32m / 40-5



## Sara Trané **PAC-10 CHAMPION** Steeplechase • 5-8, Junior • Pixbo, Sweden

**WSU CAREER. SOPHOMORE (Fall 2007):** *Cross Country* - Top team finisher in every race but one...finished 22nd at Griak Invite...placed 29th overall, second on team, at Pac-10 Championships (10/27/07, Corvallis)...finished 31st overall, first on team, at NCAA West Regional (11/10/07, Eugene)...named to Pac-10 All-Academic first team.

**REDSHIRT FRESHMAN (Fall 2006):** *Cross Country* - Emerged as a top five to seven runner in first year of collegiate competition...best finish was ninth at Idaho Jamboree...placed 18th at Montana Invitational, 155th at Pre-Nationals...44th overall, seventh on team at Pac-10 Championships (10/28/06, Stanford)...fifth on team and 72nd overall at NCAA West Regionals (11/11/06, Portland)...named to Pac-10 All-Academic first team...**SOPHOMORE (Winter/Spring 2007):** *Indoor* - Ran PR mile time of 5:04.02i at WSU Open (1/19/07)...ran on school-record distance medley relay team with time of 11:48.50i at the Husker Invite (2/3/07, Lincoln)...*Outdoor* - Won the 3000m steeplechase at the Pac-10 Championships with a school-record time of 10:19.89 (5/13/07, Stanford)...finished 25th in steeple at NCAA West Regional...ran a PR time in 1500m of 4:28.43 that is 10th-best in school records (4/13/07, Los Angeles)...named to Pac-10 All-Academic first team...selected to ESPN The Magazine/CoSIDA Academic All-District VIII first team...named to USTFCCA 2007 NCAA Track & Field All-Academic team.

**FRESHMAN (2005-06):** *Indoor* - Ran the WSU women's freshman school record time in the 800m of 2:10.49i (9th) at the Mountain Pacific Sports Federation Championships (2/25/06, Seattle)...*Outdoor* - Took fourth place in the intermediate hurdles (61.39) at the Pac-10 Championships (5/14/06, Eugene)...ran top time on team in 800m of 2:11.54 at Mt. SAC Relays.

**PRE-WSU CAREER.** Attended Frölunda gymnasiet...member of track sport team and ran for coach Lars Jönsson.

**PERSONAL.** Born Sara Katarina Trané 8/16/85 at Molndal, Sweden...father Christer works with insurance...mother Maria is a journalist...sister Lisa (5/7/87)...majoring in psychology.

### TRANÉ'S WSU BESTS

400m - 58.66i (2006)  
800m - 2:10.49i **FSR** (2006)  
Mile - 5:04.02i (2007)  
400m Hurdles - 61.07 (2006)  
3000m Steeplechase - 10:19.89 **SR** (2007)  
Distance Medley Relay - 11:48.50i **SR** (2007)

### PAC-10 CHAMPIONSHIPS PERFORMANCES

2007	3000m Steeplechase	1st	10:19.89
2006	400m Hurdles	4th	61.39

### NCAA WEST REGIONAL PERFORMANCES

2007	3000m Steeplechase	25th	10:59.62
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# 2008 COUGAR TRACK & FIELD



## Marissa Tschida

STATE CHAMPION

Javelin • 5-8, Freshman • Missoula, Montana

**HIGH SCHOOL CAREER.** Earned nine varsity letters at Loyola Sacred Heart...two in cross country and four in track and field for coach Scott Marron...three in basketball for coach Cara Cocchiarella...six-time individual state champion in track, four times in the javelin, member of 4x100m relay as a sophomore, and 4x400m relay as a junior...team state track championship as sophomore...team state cross country champions as sophomore...state champion in basketball as a junior (26-0) and all-state in basketball senior season as Rams went 25-2 (53-game winning streak)...battled injuries as senior, throwing around three throws per meet...went undefeated in javelin...also threw shot put...state record holder in javelin of 158-5...mark was fourth-best nationally for prep girls in 2007...selected Track & Field News No. 1 All-American in javelin...won javelin at 2007 USA Junior Outdoor Track Championships with toss of 48.21m/158-2 (6/22/07, Indianapolis)...finished third at the 2007 Pan American Junior Championships with javelin throw of 44.82m/147-0 (7/7/07, São Paulo, Brazil).

**PERSONAL.** Born Marissa Leah Tschida, July 7, 1989, in Missoula, Mont....father Brad is a powdered milk distributor, and mother Leslee is a tax credit underwriter...brothers Chris (4/5/82) and Nate (1/7/85)...sister Kim (8/10/83)...National Honor Society secretary...Outstanding Achievement Award in accounting, English and AP US history...major undecided.

### TSCHIDA'S BEST

Javelin - 158-5



## Jalisa Williams

Heptathlon • 5-10, Freshman • Pasadena, California

**HIGH SCHOOL CAREER.** Earned seven varsity letters at John Muir High School...four in track and field for coach Michael Knowles...one in volleyball for coach Milica Protic...two in basketball for coach Joe Ford...hoops team won Pacific League title sophomore and junior years...three-time team captain in track and field...Mustangs won Pacific League track and field championship twice...team won CIF Division 3 championship as freshman and sophomore...first-team all-conference all four years...hurdler but also placed sixth in state in 4x400m relay as freshman...sophomore season ranked first in state and second nationally in 100m hurdles with time of 14.26...broke conference record with time...placed ninth in 100m hurdles and 10th in 300m hurdles at state meet...junior year placed fourth in 300m hurdles at state meet with time of 42.91...named Athlete of the Year...won CIF 100m hurdles and runner-up in 300m hurdles...started senior season with debut on volleyball team...earn most improved...opened senior track season with 100m hurdles time of 14.42 and 300m hurdles time of 43.9 but missed next seven meets with hamstring injury...came back to win league 100m hurdles for fourth year...CIF Southern Section Div. 3 champion in 100m hurdles (14.34) but ran PR time of 14.10 in prelims...also placed fifth in 300m hurdles with PR of 42.90...placed eighth at state in 100m hurdles (14.1)...member of Pasadena Running Roses track club with coach Reggie Young for 11 years...competed at 2001 USATF Junior Olympics in San Diego...finished third in outdoor pentathlon (3069 points) at 2003 USATF Junior Olympic Track & Field Championships (Miami, Florida)...member of Valley United with coach Mike Russell.

**PERSONAL.** Born Jalisa Cheree Williams August 3, 1989, in Pasadena, Calif....mother Chantal Bonwell is a homemaker...brother Jarron (3/3/91)...sisters Jasmine (2/17/88) and Keniya Terry (11/28/00)...class president sophomore through senior years...secretary and staff writer on school newspaper...scholars program member...honor roll student with 3.5 GPA...pursuing a career in criminal justice and sociology at WSU.

### WILLIAMS' BESTS

100m Hurdles - 14.10  
300m Hurdles - 42.90



# STUDENT-ATHLETE PROFILES



## Robert Williams

**PAC-10 SCORER**

**Hurdles • 6-2, Junior • Riverside, California**

**WSU CAREER. SOPHOMORE (2006-07):** *Indoor* - Ran a 60m hurdles PR time of 8.09i at the Cougar Indoor (1/28/07, Pullman)...placed sixth in 60m hurdles at MPSF Championships (8.12i)...*Outdoor* - Finished sixth in 110m hurdles at Pac-10 Championships with PR and NCAA Regional Qualifying time of 14.08 (5/13/07, Stanford)...went on to fifth place in high hurdles at NCAA West Regionals with PR time of 14.05 (5/26/07, Eugene)...bettered PR in 110m hurdles to 13.94 in NCAA Championships prelims, 16th out of 18...one hour and 50 minutes later, ran a time of 13.96, 17th overall but not among the nine to advance to the final (6/6/07, Sacramento).

**FRESHMAN (2005-06):** *Indoor* - Broke WSU freshman school record in the 60m hurdles with a time of 8.18i seconds at the Cougar Indoor (1/28/06, Pullman)...injured and did not compete in the Mountain Pacific Sports Federation Championships...*Outdoor* - Clocking in a high hurdles time of 14.31 at the Trojan Invite (3/25/06, Los Angeles)...ran a PR and NCAA Regional Qualifying time of 14.28w at the Vandal Jamboree (5/6/06, Moscow)...ran a time of 14.56w in the prelims at the Pac-10 Championships...clocked a PR time of 14.22w in high hurdles at NCAA West Regionals but was ninth in prelims and top eight advanced (5/27/06, Provo).

**HIGH SCHOOL CAREER.** Earned seven varsity letters at Ramona High...one as a receiver for football coach Chuck Pope...two in cross country and four in track for coach Ralm Jung...undefeated in high hurdles senior year...first person in school to win state championship...named Track & Field Athlete of the Year...selected for Riverside's Bobby Bonds Award.

**PERSONAL.** Born Robert Vidal Williams 8/10/87 at El Paso, Texas...father Robert L. is retired from the U.S. Army...mother Rosa Garcia is a claims representative...sister Alma Garcia-Williams...majoring in sociology at WSU.

### WILLIAMS' WSU BESTS

60m Hurdles - 8.09i (2007)  
110m Hurdles - 13.94 (2007)  
400m Hurdles - 51.87 (2007)

### PAC-10 CHAMPIONSHIPS PERFORMANCES

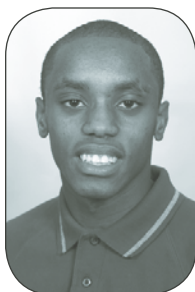
2007	110m Hurdles	6th	14.08
2006	110m Hurdles	11th prelims	14.56w

### NCAA WEST REGIONAL PERFORMANCES

2007	110m Hurdles	5th	14.05
2006	110m Hurdles	9th prelims	14.22w

### NCAA CHAMPIONSHIPS PERFORMANCES

2007	110m Hurdles	17th semifinals	13.96
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## Justin Woods

**PAC-10 SCORER**

**Sprints • 5-5, Junior • Buena Park, California**

**WSU CAREER. SOPHOMORE (2006-07):** *Indoor* - Won the 60m dash at the MPSF Championships in a time of 6.78i after running a prelim time and PR of 6.73i (2/24/07, Seattle)...mark is seventh-best in school records...finished second in 200m at same meet (21.25)...best 200m time of season was 21.23 at Vandal Indoor (2/16/07, Moscow)...*Outdoor* - At the Pac-10 Championships finished third in the 100m (NCAA RQ time of 10.43w) and fourth in the 200m (NCAA RQ time of 21.16) and ran second leg of fourth-place 400m relay with season-best time of 40.88 (5/13/07, Stanford)...took fifth place in both the 100m (0.47) and 200m (21.21) at the NCAA West Regionals (5/26/07, Eugene)...did not advance out of prelims at NCAA Championships in 100m (21st, 10.50w)

and 200m (27th, 21.68).

**FRESHMAN (2006):** *Indoor* - Enrolled at WSU January 2006...ran 60m dash time of 6.91i (10th) and 200m times of 21.79i and 21.88i (7th) and 4x400m relay time of 3:18.76 (6th) at Mountain Pacific Sports Federation Championships...*Outdoor* - Ran an NCAA Regional Qualifying and freshman school record time of 21.01 for 200m at the WSU-UW Dual meet (4/29/06, Pullman)...top 100m time was 10.45W at the Williams Invite (3/18/06, Tucson)...outstanding showing for freshman at Pac-10 Championships (5/14/06, Eugene) with seventh place in 100m (10.55), sixth place in 200m (21.14), and sixth place in 4x100m relay (41.11)...at the NCAA West Regionals, ran a PR 200m prelim time of 20.66w and then finished third with a time of 20.78w...also ran on runners-up 4 x100m relay with time of 39.93 (5/27/06, Provo)...advanced to 200m semifinals at NCAA Championships (6/8/06, Sacramento) but time of 21.55 did not make final...4x100m relay was disqualified.

**HIGH SCHOOL CAREER.** Earned seven varsity letters at Los Alamitos High...three as a receiver for coach John Barnes' football team...four as a sprinter on coach Nathan Howard's track team...ran with his brother Brian on the 4x100m relay team that broke a 27-year old school record in 2002 with a time of 42.06...broke record again in 2003 with a time of 41.86...also ran on a 4x400m relay team which broke a school record and finished sixth at the state meet...qualified for state in the 200m as a junior...qualified in both the 100m and 200m as a senior...won the 200m dash at the county championships with a meet record time of 21.28...captured the CIF Southern Section 100m and 200m titles...holds the school records in the 100m (10.48), 200m (21.01w) and 400m (48.66)...named the *Orange County Register* newspaper's 2005 Boys Track Athlete of the Year.

**PERSONAL.** Born Justin Woods, 11/24/86 at Long Beach, Calif....father Brian Woods, Sr., works for the Veterans Administration...stepmother Juanita...mother Rose Woods is in the Navy...brother Brian, Jr. (6/23/85) is also on the Cougar track and field team...majoring in criminal justice at WSU.

### J. WOODS' WSU BESTS

60m - 6.73i (2007)  
100m - 10.45W (2006), 10.46w (2007)  
200m - 20.66w, 21.01 FSR (2006)

### PAC-10 CHAMPIONSHIPS PERFORMANCES

2007	100m	3rd	10.43w
	200m	4th	21.16
	400m Relay	4th	40.88
2006	100m	7th	10.55
	200m	6th	21.14
	4x100m	6th	41.11

### NCAA WEST REGIONAL PERFORMANCES

2007	100m	5th	10.47
	200m	5th	21.21
2006	200m	3rd	20.78w

### NCAA CHAMPIONSHIPS PERFORMANCES

2007	100m	21st prelims	10.50w
	200m	27th prelims	21.68
2006	200m	18th semis	21.55



# 2008 COUGAR TRACK & FIELD



## Moreno Zapata

**PAC-10 SCORER**

**Triple Jump • 5-10, Junior • Lakewood, Washington**

**WSU CAREER. SOPHOMORE (2006-07):** *Indoor* - Reached indoor PR of 14.83m/48-8i at Husky Classic (2/10/07, Seattle)...finished sixth at MPSF Championships with leap of 14.71m/48-3 1/4i...*Outdoor* - Reached NCAA Regional Qualifying with winning leap of 15.22m/49-11 1/4w at Pelluer Invite (4/6/07, Cheney)...also won triple jump at WSU-UW Dual...finished second at Pac-10 Championships with leap of 15.45m/50-8 1/4w (5/13/07, Stanford)...also runner-up at NCAA West Regional after soaring 15.78m/51-9 1/4 with 6.5mps wind...placed 20th at NCAA Championships with best effort of 15.33m/50-3 1/2 (6/9/07, Sacramento).

**FRESHMAN (2005-06):** *Indoor* - Triple jumped 14.83m/48-8i for 10th place at the Mountain Pacific Sports Federation Championships (2/25/06, Seattle)...*Outdoor* - Leaped 14.72m/48-3 1/2 at both Cougar Invite (4/22/06, Pullman) and WSU-UW Dual (4/29/06, Pullman)...best triple jump of season was 14.93m/48-11 3/4w at Vandal Jamboree (5/6/06, Moscow)...tied for eighth at the Pac-10 Championships with a triple jump of 14.84m/48-8 1/4 (5/14/06, Eugene).

**HIGH SCHOOL CAREER.** Earned four varsity letters at Curtis High...one in cross country and three in track for coach Mark Salzman...captained track team both junior and senior years...as a ninth-grader at Curtis Junior High, triple jumped school record...third-best Washington freshman mark of 44-9 1/2...seventh in triple jump at 2002 USATF Junior Olympics...sophomore year set state grade record with leap of 48-0...finished third at state 4A championships...finished third at USATF Junior Olympics...team MVP and named field event athlete of the year...as a senior leaped state's second-best all-time triple jump of 50-3 1/4...set meet record at Pasco Invite with leap of 50-3 1/4...at same meet won with 50-11 1/2w, second-farthest prep boys leap nationally...won state 4A triple jump at 48-2 3/4w...member of coach Nathan Wilford's Flying AJ's Track & Field Club...placed sixth in the triple jump at the 2005 USA Junior National Championships.

**PERSONAL.** Born 3/14/87 at Renton, Wash...father Darryl Fort works at the U.S. Postal Service...mother Patricia Zapata is a Realtor...3.4 GPA...won 2002, 2003 and 2004 Washington Interscholastic Activities Association Outstanding Scholastic Award...member of Boy Scouts of America...majoring in movement studies.

### ZAPATA'S WSU BEST

Triple Jump - 15.39m / 50-6 (2007), 15.46m/50-8 3/4w (2007)

### PAC-10 CHAMPIONSHIPS PERFORMANCES

2007	Triple Jump 2nd	15.45m / 50-8 1/4w
2006	Triple Jump t8th	14.84m / 48-8 1/4

### NCAA WEST REGIONAL PERFORMANCES

2007	Triple Jump 2nd	15.78m / 51-9 1/4w
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### NCAA CHAMPIONSHIPS PERFORMANCES

2007	Triple Jump 20th	15.33m / 50-3 1/2
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## Jessica Zita

**Throws • 5-9, Senior • Echo, Oregon**

**WSU CAREER. JUNIOR (2006-07):** *Indoor* - Tossed 20# weight a season-best 15.05m/49-4 1/2i at Cougar Indoor...*Outdoor* - Threw NCAA Regional Qualifying and PR in shot put of 14.73m/48-4at Johnson/Joyner-Kersey Invite (3/24/07, Los Angeles)...mark is ninth-best in school history...also threw hammer and discus during season...finished 12th in shot at Pac-10 Championships...finished 15th in shot at NCAA West Regionals...named to Pac-10 All-Academic second team...selected to USTFCCA 2007 NCAA Track & Field All-Academic team.

**SOPHOMORE (2005-06):** *Indoor* - Upped shot put PR to 14.34m/47-0 3/4i at Husky Classic (2/11/06, Seattle)...weight throw best of 15.18m/49-9 3/4i (1/27/06, Pullman)...mark is seventh-best in school history...12th in shot at MPSF Championships...*Outdoor* - Threw shot put PR and NCAA Regional Qualifying mark of 14.45m/47-5 at Vandal Jamboree (5/6/06, Moscow)...bettered discus PR to 42.72m/140-2 and hammer PR to 46.31m/151-11 at WSU-UW Dual meet (4/29/06, Pullman)...late season illness hampered performances...11th in shot put at the Pac-10 Championships...finishing 22nd at NCAA West Regionals shot put...named to Pac-10 All-Academic second team...selected to Div. I USTFCCA All-Academic Track & Field team.

**FRESHMAN (2004-05):** *Indoor* - Best shot put throw of 13.31m/43-8i at McDonald's Open (2/19/05, Moscow)...finished 16th in shot and 13th in weight throw at Mountain Pacific Sports Federation Championships...*Outdoor* - Establish collegiate discus mark of 42.36m/139-0 at WSU Open Meet (4/2/05, Pullman)...top hammer throw of 43.12m/141-6 came at WSU-UW Dual Meet (4/30/05, Seattle).

**HIGH SCHOOL CAREER.** Earned 11 letters at Echo High...four in track for coaches Jodi Bettineski and Kevin Moore...four in volleyball for coach Jan Zita and three in basketball under coach Louie Stocker...Oregon 1A state champion in discus and shot put senior year...state runner-up in javelin...named Echo High Female Athlete of the Year...Big Sky District champ in discus, shot put and javelin...named *Hermiston Herald* Athlete of the Year and named to *Tri-City Herald* All-Area Track Team...earned Umatilla County Co-Athlete of the Year honors...volleyball team MVP and earned BSC first team honors...junior year, state champion in shot put and javelin and finished third in discus...district champ in shot put, discus and javelin...earned BSC Scholar Athlete honors...named BSC first team volleyball all-star...volleyball MVP...voted girls track team MVP as a sophomore...district champ in shot put, discus and javelin...state runner-up in discus...placed third at state in the shot put and sixth in the javelin...as a freshman, was girls track team high point scorer...placed third at state meet in the discus and 11th in the javelin...named track team MVP and BCS Scholar Athlete.

**PERSONAL.** Born 3/15/86, at Bellingham, Wash...father Chris is a regional manager...mother Jan is a bookkeeper who played volleyball at Blue Mountain CC...brother C.J. (9/29/89)...enjoys swimming, reading and playing the piano...majoring in movement studies.

### ZITA'S WSU BESTS

Shot Put - 14.73m / 48-4 (2007)  
20# Weight - 15.18m / 49-9 3/4i (2006)  
Discus - 42.72m / 140-2 (2006)  
Hammer - 46.31m / 151-11 (2006)

### PAC-10 CHAMPIONSHIPS PERFORMANCES

2007	Shot Put 12th	14.03m / 46-0 1/2
2006	Shot Put 11th	11.00m / 36-1 1/4

### NCAA WEST REGIONAL PERFORMANCES

2007	Shot Put 15th	14.53m / 47-8
2006	Shot Put 22nd	12.46m / 40-10 1/2



# OTHER COUGARS TO WATCH



Amanda Andrews  
FR, Distance  
Gig Harbor, Wash.



Steven Ayers  
FR, Throws  
Bellingham, Wash.



Evan Blanshan  
JR, Distance  
Selah, Wash.



D.J. Brown  
SR, Pole Vault  
Bellingham, Wash.



Chris Concha  
SR, Distance  
Reno, Nev.



Jessica Crannell  
FR, Distance  
Portland, Ore.



Maria Creech  
FR, High Jump  
Durango, Colo.



Sean Coyle  
FR, Distance  
Veradale, Wash.



Karen DeMartini  
SR, Distance  
Reno, Nev.



Angelica Flynn  
JR, Hurdles  
Tacoma, Wash.



Jessica Fuller  
SR, Pole Vault  
Kennewick, Wash.



Selena Galaviz  
SR, Sprints  
Toppenish, Wash.



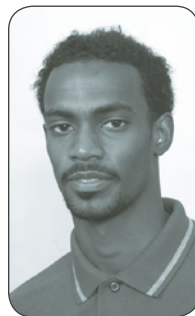
Dan Geib  
SO, Distance  
Reno, Nev.



Matt Gill  
FR, Thrower  
Yakima, Wash.



Caroline Hedel  
FR, Hurdles  
Richland, Wash.



Sadiki James  
SO, Sprints  
Fyzabad, Trinidad and  
Tobago



André Jennings  
FR, Sprints  
Spokane, Wash.



Anna Layman  
SO, Distance  
Spokane Valley, Wash.



Chase Mancuso  
JR, Throws  
Mukilteo, Wash.



Beth Mathison  
FR, Middle Distance  
Pullman, Wash.



Kendall Mays  
SO, Pole Vault  
Spokane, Wash.



Jasmine McCormack  
JR, Javelin  
Arlington, Wash.



Peter Miller  
FR, Distance  
Spokane, Wash.



Hilary Moore  
FR, Pole Vault  
Prosser, Wash.

# OTHER COUGARS TO WATCH



Marlon Murray  
FR, Sprints  
Des Moines, Wash.



Chelsea Nicholas  
SO, Pole Vault  
Bothell, Wash.



Drew Polley  
JR, Distance  
Port Orchard, Wash.



Mark Presby  
RS-FR, Javelin  
Richland, Wash.



Amy Quinones  
SO, Triple Jump  
Gothenburg, Sweden



Andy Roof  
RS-JR, Throws  
Spokane Valley, Wash.



Marisa Sandoval  
JR, Distance  
Los Alamos, New Mexico



Cameron Schwisow  
SO, Javelin  
Olympia, Wash.



Stephanie Sipes  
SO, Distance  
Gig Harbor, Wash.



Dominic Smargiassi  
SO, Distance  
Auburn, Wash.



Trevor Sodorff  
FR, Pole Vault  
Woodinville, Wash.



Amanda Stewart  
FR, High Jump  
Federal Way, Wash.



Jeremy Swenson  
FR, Distance  
Shoreline, Wash.



Devin Timpson  
RS-SO, Sprints  
Ocean Shores, Wash.



Chelsea VanDeBrake  
SO, Distance  
Yakima, Wash.



Ashlee Wall  
FR, Distance  
Walla Walla, Wash.



Becky Williams  
SO, Distance  
Federal Way, Wash.



Chris Williams  
SR, Distance  
Federal Way, Wash.