

WASHINGTON STATE

Table of Contents

Alumni Competitors	2
Cougar Facts	3
The University	4-5
Student-Athlete Development	6-7
Academic Honors	8-9
Weight Room	10-11
Athletic Facilities and Support Services.....	12-13
Pullman area.....	14-17
Why Washington State?.....	18-19
Conference of Champions	20
Coaches' Profiles.....	21-27
Athletic Administration	28
2006 Season Outlook	29-33
Rosters.....	34-35
Depth Charts.....	36
NCAA Qualifying Standards.....	37
New Cougar Champions	38
Student-Athlete Profiles	39-60
Other Cougars to Watch.....	61-62
WSU History & Records	63-87
Cross Country.....	88-95
WSU Traditions	96

2006 SCHEDULE

1/20-21	WSU Indoor Open	Pullman, Wash.
1/27-28	Pole Vault Summit	Reno, Nev.
1/27-28	Cougar Indoor	Pullman, Wash.
2/10-11	Holiday Inn Team Invite	Nampa, Idaho
2/11	Husky Classic	Seattle, Wash.
2/17	Vandal Indoor	Moscow, Idaho
2/18	McDonald's Open	Moscow, Idaho
2/24-25	Mt. Pacific Sports Fed. Championships	Seattle, Wash.
3/4	NCAA Last Chance Qualifier	Seattle, Wash.
3/10-11	NCAA Indoor Championships	Fayetteville, Ark.
3/17-18	Willie Williams Classic	Tucson, Ariz.
3/25	Trojan Invitational	Los Angeles, Calif.
3/31-4/1	Stanford Invitational	Stanford, Calif.
4/5-8	Texas Relays	Austin, Texas
4/7	Pelluer Invitational	Cheney, Wash.
4/12-13	California Invitational Hep/Dec	Azusa, Calif.
4/14-16	Mt. SAC Relays	Walnut, Calif.
4/22	Cougar Invitational	Pullman, Wash.
4/29	Husky Dual Meet	Pullman, Wash.
5/5-6	Vandal Jamboree	Moscow, Idaho
5/6	Modesto Relays	Modesto, Calif.
5/6-7	Pac-10 Combined Events	Eugene, Ore.
5/13-14	PAC-10 Championships	Eugene, Ore.
5/26-27	NCAA West Regionals	Provo, Utah
6/7-10	NCAA Outdoor Championships	Sacramento, Calif.



WASHINGTON STATE

Alumni Competitors



USATF/The Sporting Image

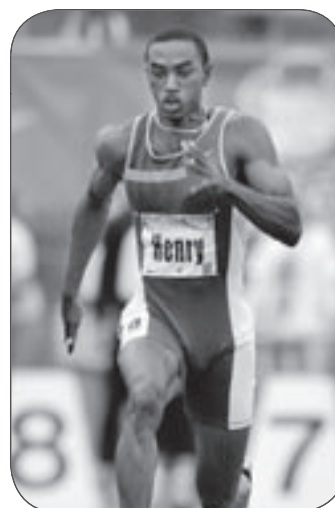
Dominique Arnold

No. 1 in IAAF World Rankings 110m hurdles, No. 2 in US and No. 3 in Track & Field News high hurdles. Finished second in high hurdles at 2005 US Championships, fourth place at 2005 World Championships



Whitney Evans

2005 Canadian National Champion in high jump.



Anson Henry

2004 Canada Olympic and 2001, 2003 World Championships team member on 4x100m relay. 2004 and 2005 Canadian National 200m Champion.



Bernard Lagat

American record-holder for 1500m. Two-time Olympic medalist in 1500m as Kenya team member - 2000 bronze, 2004 silver. Second place in 1500m at 2001 World Championships. No.2 all-time world 1500m time of 3:26.34. No. 2 in IAAF 1500m World Rankings.



Ellannee Richardson

2004 U.S. Olympic trials competitor in 400m hurdles. 2004 US Indoor National team member for 4x400m relay. Ranked No. 3 in US heptathlon 2003, and top 10 in US 400m hurdles 2004 according to Track & Field News.



Ian Waltz

2004 USA Olympic Team. Ranked No. 9 in IAAF World Rankings for discus. Second place in discus at 2004 US Olympic trials, 2005 US discus champion, fifth place 2005 World Championships. Ranked No. 1 for 2005 US discus by Track & Field News.



Arend Watkins

No. 14 in IAAF World Rankings for 110m hurdles. 2004 U.S. Olympics trials finalist. Ranked in top 10 for USA high hurdles in 2004 and 2005.

COUGAR TRACK & FIELD FACTS

Track & Field Facts

Location: Pullman, Washington
Enrollment: 22,000
President: V. Lane Rawlins
Colors: Crimson and Gray

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

2006 Track & Field Coaching Staff

Address: P.O. Box 641602, Pullman, WA 99164-1602
Office Phone: 509/335-0248 Office Fax: 509/335-0344

Head Coach: Rick Sloan (UCLA, 1969 - WSU, 1978, 12th year head coach, 33rd year with program)

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

Assistant Coaches:

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

Volunteer Assistant Coach: Andrea Thornton

2005 Women's Highlights:

Mountain Pacific Sports Federation Indoor Championships: 6th (58.5 points)
MPSF Champion: Diana Pickler (Pentathlon, High Jump)
NCAA Indoor Championships: Diana Pickler (10th, Pentathlon), Tamara Diles (9th, Pole Vault)
Pacific-10 Conference Championship: 6th (74.5 points)
Pac-10 Champions: Julie Pickler (Heptathlon), Robin Mikesch (High Jump)
NCAA West Regional Championships: 14th (13.5 points)
NCAA Outdoor Championships: T32nd (8 points)
All-Americans: Julie Pickler (5th, Heptathlon), Diana Pickler (6th, Heptathlon), Tamara Diles (T7th, Pole Vault)

2005 Men's Highlights:

Mountain Pacific Sports Federation Indoor Championships: 7th (49 points)
NCAA Indoor Championships: Tyson Byers (10th, Pole Vault)
Pacific-10 Conference Championship: 9th (36.5 points)
NCAA West Regional Championships: 9th (33.5 points)
NCAA Outdoor Championships: T46th (4 points)
All-Americans: Tyson Byers (5th, Pole Vault)

2005 Top Returners

Returning NCAA Women Outdoor Participants:

Jenna Dean, Javelin: 2005 (21st)
Tamara Diles, Pole Vault: 2005 (T7th)
Diana Pickler, Heptathlon: 2003 (27th), 2005 (6th)
Julie Pickler, Heptathlon: 2005 (5th)

Returning Women Pac-10 Scoring:

Sarah Burns, Triple Jump: 2005 (7th)
Jenna Dean, Javelin: 2003 (7th), 2004 (5th), 2005 (2nd)
Tamara Diles, Pole Vault: 2003 (5th), 2005 (2nd)
Kaylee Gardner, Triple Jump: 2004 (8th)
McKinnon Hanson, High Jump: 2005 (6th)
Robin Mikesch, High Jump: 2003 (4th), 2004 (3rd), 2005 (1st)
Kayle Peterson, 3000m Steeplechase: 2004 (8th)
Diana Pickler, Heptathlon: 2003 (4th), 2005 (2nd) / 100m Hurdles: 2005 (6th) / High Jump: 2005 (7th)
Julie Pickler, Heptathlon: 2004 (6th), 2005 (1st) / High Jump: 2004 (5th), 2005 (3rd)
Kelly Ramirez, 10,000m: 2005 (8th)

Returning NCAA Men Outdoor Participants:

Tyson Byers, Pole Vault: 2005 (5th)
Martin Boston, James McSwain, Jaycee Robertson, 4x100m Relay: 2004 - 12th prelims
John Cassleman, 400m Hurdles: 2005 (17th)
James McSwain, 100m: 2005 (21st)
Jaycee Robertson, 200m: 2005 (22nd)
Drew Ulrick, Discus: 2005 (19th)

Returning Pac-10 Men Scorers:

Martin Boston, Triple Jump: 2005 (6th)
Tyson Byers, Pole Vault: 2003 (7th)
John Cassleman, 400m Hurdles: 2005 (4th)
James McSwain, 100m: 2005 (2nd)
Eric Nygard, 400m Hurdles: 2005 (8th)

Head Coach Rick Sloan

2006 marks 33 years at WSU.

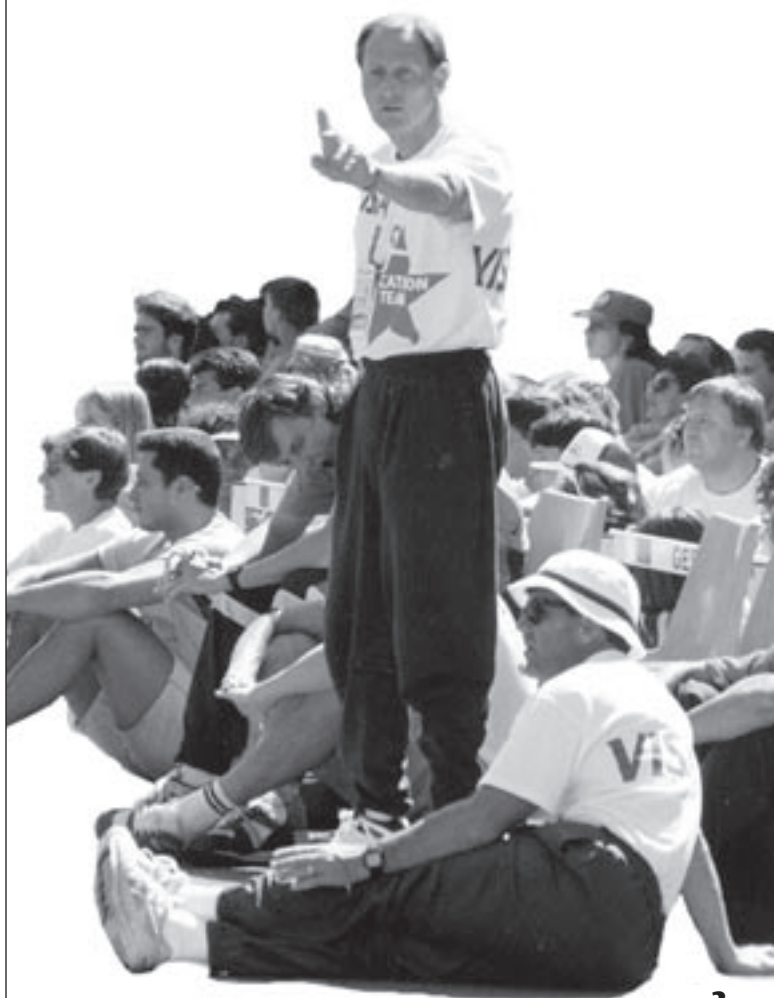
Five-time District 8 Track & Field Coach of the Year.

As Head Coach directed 27 WSU athletes to NCAA Outdoor All-American status 46 times, and directed 21 athletes to NCAA Indoor All-American status 32 times.

During his 11 years as head coach, Cougar men have set 11 school records and Cougar women have set 32 school records.

Coach of former world record-holder and Olympic decathlon gold medalist Dan O'Brien.

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



WASHINGTON STATE

World class. Face to face.

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



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

A friendly environment

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

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

*College of Agriculture
and Home Economics*

*College of Business
and Economics*

College of Education

*College of Engineering
and Architecture*

College of Liberal Arts

College of Nursing

College of Pharmacy

College of Sciences

College of Veterinary Medicine

Graduate School

Honors College



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

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

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



dedicated to diversity



Washington State University seeks to enrich every student's educational experience through exposure to different cultures, philosophies, and scholarly perspectives. This atmosphere of interchange and inquiry is fostered through programs that can take students around the globe or to a quiet corner on campus for a discussion with a new-found friend offering a different point of view.

Division of Minority Affairs

African American, Asian/Pacific American, Hispanic American, and Native American students find support in each of the ethnic centers. The centers were established to address the academic, cultural, social, and ethnic needs and concerns of minority students. Qualified professional counselors and trained peer mentors are on staff.

The Multicultural Center

At the Multicultural Center, students of all backgrounds share the richness of their cultures and sponsor multicultural programs for the entire WSU community. The Center also serves as a base for academic support and social activity.

WSU is nationally recognized for its extensive program in international education. More than 30 exchange programs; study abroad programs in more than 20 countries; and internships in Europe, Asia, and the Middle East are available.

Mentor Program for Student-Athletes of Color



In creating a multicultural environment in the Athletic Department, this program reflects in part the University's commitment to diversity. A mentoring relationship provides the mentor with the opportunity for providing student-athletes with professional and personal growth, and the satisfaction of assisting students to develop the skills necessary to become successful in all of their endeavors:

This program provides benefits to student-athletes of color by:

- Promoting communication among student-athletes, coaches, and athletic administrators on minority issues
- Providing feedback and insight into Athletic Department issues
- Generating a student-athlete voice within the Athletic Department shaping policies
- Equipping student-athletes with information about what a positive image means on campus
- Improving minority retention and graduation rates by demonstrating an interest in the personal growth of the student-athlete
- Helping student-athletes prepare for transition into college life
- Enhancing interpersonal relationships in the life of the student-athlete
- Helping student-athletes of color build a positive self-esteem
- Helping student-athletes of color make meaningful contributions to their communities
- Helping student-athletes of color realize their academic, athletic, personal and social responsibilities
- Providing a supportive learning environment that encourages academic achievement

Many functions are planned by the Mentor Program to enhance the relationships between student-athletes and mentors. These functions help in informally matching mentors with student-athletes of color naturally who desire to experience a smoother transition into the Washington State University environment.

The ultimate goal of this program for student-athletes of color is to ensure their graduation from Washington State University and the achievement of a successful sports career. The WSU Athletic Department is committed to producing student-athletes of color who epitomize professionalism.

Millford Hodge
Mentoring Coordinator



WASHINGTON

STUDENT-ATHLETE DEVELOPMENT



Cynthia Prieto
Academic Counselor
for Cougar Track and Field



2005 MEN'S TRACK & FIELD ACADEMIC HONORS **Pac-10 All-Academic**

First Team

Ryan Friemuth
Ryan Scott

Second Team

Brandon Brownell
Tyler Fischback
Alex Grant
Kyle Mitchell

Honorable Mention

D.J. Brown
John Cassleman
Bob Frey
Mike Heidt
Andrew Jones
Jon Manthey
Brett Ortgiesen
Billy Reamer
Drew Ulrick
Chris Williams

CROSS COUNTRY

First Team
Ryan Freimuth
Drew Polley

Second Team

Woody Favinger

Honorable Mention

C.J. Godfrey
Chris Williams

National Collegiate Div. I Track Coaches Association 2005 All-Academic Track & Field Team

Alex Grant
Ryan Scott
Drew Ulrick

2005 WOMEN'S TRACK & FIELD ACADEMIC HONORS **Pac-10 All-Academic**

First Team

Rachel Bertholf
Julia Corbett
Kaylee Gardner

Second Team

Karen DeMartini
Natalie Smith

Honorable Mention

Molly Bull
Tamara Diles
Kayle Peterson
Kelly Ramirez
Kameko Wilson

CROSS COUNTRY

First Team

Haley Paul

Honorable Mention

Collier Lawrence
Meghan Leonard
Kayle Peterson
Kelly Ramirez
Natalie Smith

CoSIDA Academic All-American Track & Field

Rachel Bertholf -
District VIII First Team

National Collegiate Div. I Track Coaches Association 2005

All-Academic Track & Field Team

Tamara Diles
Kaylee Gardner
Meghan Leonard
Haley Paul

STATE

Academic Services

- New student-athlete orientation
- General academic counseling
- Learning assessment
- Individual and group tutoring
- Assistance with team travel
- Writing and math assistance
- Graduation planning
- Computer lab with internet and library access
- Priority registration
- Summer school and degree completion financial aid programs

Career Development

- Junior and Senior planning meetings
- Etiquette dinner
- Access to SIGI website for career exploration
- Career fairs and workshops
- Interview skills and workshops
- Job search strategies
- Professional development portfolio
- Senior folder
- Alumni connections
- Resume development

Personal Development

- New student-athlete seminar
- Community outreach – Team CARE
- P.R.O.W.L. resource and referral center
- NCAA Lifeskills materials and resources
- Career Resources



STUDENT-ATHLETE DEVELOPMENT STAFF

*back row from left: Cynthia Prieto,
Chris Cook, Pam Bradetich.*

*front row from left: Thad Hathaway,
Wanda Tennant, Allen Thompson,
Pippa Pierce, and Anna Plemons.*

WASHINGTON

ACADEMIC HONORS

MEN

PAC-10 ALL-ACADEMIC TRACK & FIELD

(Since 1990)

First Team

- 1991 Phil Cox
Mark MacDonald
Chad McKinney
- 1992 Phil Cox
Mark MacDonald
Chad McKinney
Jamie Nordstrom
Matt Shaffer
- 1993 Quinn Magnusson
Jamie Nordstrom
Bilal Wahumbu
- 1994 George Loucaides
Chad McKinney
Matt Shaffer
- 1995 George Loucaides
Chris Mosley
Jed Stennard
- 1996 David Jungk
- 1997 David Jungk
Matt Stadelman
- 1998 Tony Boitano
Job Mathon
Matt Stadelman
- 1999 B.J. Schade

- 2000 Tony Boitano
Eric Dudley
B.J. Schade
- 2001 Eric Dudley
Scott Johnson
Justin Nikbakht-Tili
Bryan Preuss
- 2002 Tim Gehring
Ian Johnson
Scott Johnson
Justin Nikbakht-Tili
- 2003 Eric Dudley
Tim Gehring
Ian Johnson
Justin Nikbakht-Tili
- 2004 Thad Cullinan
Ryan Friemuth
Tim Gehring
Ian Johnson

Second Team

- 1991 Todd Dahlberg
Pat Grant
Jamie Nordstrom
- 1992 Jason Baskett
Todd Dahlberg
Robert Moffa
Bilal Wahumbu
- 1993 Matt Shaffer
Jason Baskett
James Long
Jeff Boag
- 1994 Chris Mosley
Tony Olson
Matt Stadelman

- 1997 Hilary Mawind
Tony Olson
B.J. Schade
Cohn Sewell
Ian Walz
Trevor Wyckoff
- 1998 David Jungk
Hilary Mawind
Chris Mosley
B.J. Schade
Ian Walz
Trevor Wyckoff
- 1999 Tony Boitano
Cohn Sewell
- 2000 Craig Allen
Ian Walz
- 2001 Rick Collins
Tim Gehring
Ian Johnson
Jon Walsh
- 2002 Jim Heavey
Jon Walsh
- 2003 Thad Cullinan
Mark McGee

Honorable Mention

- 1993 Jason Baskett
- 1995 Jason Baskett
Jeff Boag
- 1996 Aaron Robinson
Trevor Wyckoff
- 1997 Anthony Boitano
Chris Frazell
Kevin Moore
Rick Smith
Mike Zlatoff
- 1998 Craig Allen
Rob Harris
Guillermo Macias
Kevin Moore
Tony Olson
Cohn Sewell
Kylan Tower
- 1999 Craig Allen
Rob Harris
Guillermo Macias
Chayton Thomas
Kylan Tower
- 2000 Kyle Barker
Jacob Hazelquist
Scott Johnson
Simon Kamau
Brian Laffie
Guillermo Macias
Justin Nikbakht-Tili
Chad Randall
- 2001 Kyle Barker
Jacob Hazelquist
Simon Kamau

- 2002 Kyle Barker
Rick Collins
Andy Kamminga
Ryan Turner
Jon Walsh
Mark Wicklander
- 2003 Rick Collins
Nate Cummings
Mike Heidt
- 2004 Martin Boston
Jonathan Manthey
Kyle Mitchell

CoSIDA Academic All-Americans— Track & Field

- 1984 Francis Doodoo
- 1997 Matt Stadelman
District VII
Second Team
- 1998 Matt Stadelman
District VII
- 2000 Eric Dudley
District VII
First Team
- B.J. Schade
District VII
Second Team
- 2001 Eric Dudley
District VII
First Team
- 2002 Eric Dudley
National
First Team
District VII
First Team
- 2003 Eric Dudley
District VII
First Team
National Track
& Field/Cross
Country Academic
Athlete of the Year
- 2004 Tim Gehring
District VII
First Team
National Third
Team

NCAA Div. I All-Academic Team

- 2004 Brandon Brownell
Drew Link

PAC-10 ALL-ACADEMIC CROSS COUNTRY

(Since 1990)

First Team

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

Second Team

- 1990 Mike Kramer
- 1990 Jamie Nordstrom
- 1991 Kevin Giberson
- 1992 Jamie Nordstrom
- 2000 Jon Walsh
- 2001 Ian Johnson
- 2002 Kyle Barker
Mike Heidt
- 2003 Mike Heidt
- 2004 Daniel Frederick
Alex Grant
Mike Heidt
Andrew Jones

Honorable Mention

- 1992 Chris Lewis
- 1993 James Long
Einar Steuber
- 1994 James Long
- 1997 David Jungk
Brad Timitt
- 1998 Eric Allwine
Justin Murray
- 1999 Scott Johnson
Simon Kamau
- 2001 Kyle Barker
Jon Walsh
Mark Wicklander
- 2002 Justin Ireland
Mark Wicklander
- 2004 Geoff Casazza



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

STATE

WOMEN

PAC-10

ALL-ACADEMIC

TRACK & FIELD

(Since 1990)

First Team

- 1991 Jennifer Gallo
Vicky Pyeatt
Georgette Reed
Jennifer Carpenter
Cathrine Linner
Carol Smith
1992 Jennifer Bravard
Chantal Brunner
Shela Phillips
Carol Smith
1993 Tanya Smith
Sharon Li
Shannon McKinney
Shela Phillips
1994 Jeanna Hall
Kristen Kodj
Marilyn Moberly
Heidi Shultz
1995 Kristen Kodj
Marilyn Moberly
Molly Moore
Heidi Shultz
1996 Joanne Hunsinger
Kristen Kodj
Molly Moore
Kim Schmokka
1997 Goele Clinkenbeard
Molly Moore
Francesca Green
1998 Goele Clinkenbeard
Jeannette Marlar
Molly Monroe
Francesca Green
1999 Heidi Abernethy
Whitney Evans
Jenny Rippe
Jeannette Marlar
2000 Heidi Abernethy
Ana Cabrera
Goele Clinkenbeard
Whitney Evans
Jenny Rippe
Beth Wabender
2001 Julia Corbett
Whitney Evans
Elaine Richardson
2002 Rachel Berthoff
Ana Cabrera

Second Team

- 1991 Jill Anderson
Carol Smith
1992 Jill Anderson
Michele Hayer
Kathy Mitchell
Jennifer Robertson
1993 Shannon McKinney
Jenny Zinner
1994 Jeanna Hall
Stacy Hoffman
1995 Jenny Zinner

- 1995 Jeanna Hall
Kristin Liebich
Marilyn Moberly
Heidi Shultz
Ginger Tvey
Jenny Zinner
1996 Kristin Liebich
Kelly Merrian
1997 Sara Council
Joanne Hunsinger
Reagan Lyons
Kim Schmokka
1998 Tami Bainbridge
Francesca Green
1999 Molly Monroe
Megan Maynard
2000 Heidi Abernethy
Alisha Bootebaugh
Athena Higgins
Agneta Rosenblad
Lisa Schauer
Autumn Wood
2001 Megan Maynard
Agneta Rosenblad
Randi Smith
2002 Randi Smith
2003 Shannon Rance
Briana Willis
2004 Shannon Rance

Honorable Mention

- 1991 Jennifer Carpenter
Michele Hayer
Kathy Mitchell
Brandi Stevenson
Shannon Bryan
1992 Tiffany Paup
1993 Tiffany Paup
1994 Tiffany Paup
1995 Yashina Edwards
Koleen Fairer
1996 Sara Council
Cherie Luckenmeyer
Reagan Lyons
Janie Owens
Dana Peterson
Kim Schmokka
1997 Tami Bainbridge
Cherie Luckenmeyer
Kristin Ogle
Dana Peterson
1998 Alisha Bootebaugh
Anna Church
Athena Higgins
Molly Monroe
Kristin Ogle
Lisa Schauer
Autumn Wood
Lucie Zapala
1999 Alisha Bootebaugh
Athena Higgins
Charlotte Neel
Agneta Rosenblad
Lisa Schauer
Andres Thornton
Autumn Wood
Lucie Zapala

- 2000 Anna Church
Alison Bridgman
Janie Miller
Sarah Odorick
Becky Potter
Randi Smith
Andres Thornton
Lucie Zapala
2001 Alison Bridgman
Casey Leitch
Becky Potter
Blainee Richardson
Stephanie Robinson
Andres Thornton
Briana Willis
2002 Anna Church
Alison Bridgman
Irene Eljah
Shannon Rance
Blainee Richardson
Stephanie Robinson
Briana Willis
2003 Rachel Berthoff
2004 Molly Bull
Tamara Diller
Nicole Halcher
Karla Pfaff
Hailey Young

GoSIDA Academic

All-Americans

Track & Field

- 1997 Heidi Shultz
District VII
Second Team,
National Third Team
1998 Kristen Kodj
District VII
Molly Moore
District VII
1999 Molly Moore
District VII
2000 Francesca Green
District VII
First Team
Goele Clinkenbeard
District VII
Second Team
2001 Whitney Evans
District VII
First Team



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

2002 Whitney Evans

- National
First Team,
District VII
First Team
Goele Clinkenbeard,
National
Second Team,
District VII
First Team
Randi Smith,
District VII
Second Team
2003 Whitney Evans
District VII
First Team,
National First Team
Elaine Richardson,
District VII
First Team,
National Second
Team
2004 Ana Cabrera
District VII
First Team

United States Track Coaches Association

- 2003 Whitney Evans
Women's Scholar-
Athlete of the Year
for NCAA Division I
2004 Rachel Berthoff
All-Academic Team
for NCAA Division I

PAC-10

ALL-ACADEMIC

CROSS COUNTRY

(Since 1990)

First Team

- 1990 Jennifer Robertson
1992 Jennifer Bravard
Jennifer Carpenter
1995 Kristin Liebich
1996 Kristin Liebich
Marilyn Moberly
1997 Kristin Rittenheller
1998 Kim Schmokka
1999 Megan Maynard
2000 Goele Johnson
2001 Jenny Rippe
2002 Ana Cabrera
2003 Ana Cabrera
2004 Ana Cabrera

Second Team

- 1991 Cathrine Linner
1994 Marilyn Moberly
1995 Marilyn Moberly
Stacey Radowicz
1996 Sara Council
Kim Schmokka
1997 Joanne Hunsinger
Kim Schmokka
1998 Megan Maynard
1999 Lisa Schauer
2000 Jenny Rippe
Megan Maynard
2001 Beth Wabender
2002 Molly Bull
2003 Julia Corbett
2004 Karen Diekmann

Honorable Mention

- 1990 Jennifer Carpenter
Vicky Pyeatt
1992 Kara Harvey
Megan Smiley
1994 Molly Dahman
Dana Peterson
Stacey Radowicz
1995 Sara Council
Dana Peterson
1996 Joanne Hunsinger
Dana Peterson
1997 Shannon Bonofski
Lisa Schauer
1998 Alisha Bootebaugh
Janie Miller
Charlotte Neel
2000 Alisha Bootebaugh
2002 Julia Corbett
2003 Anna Church
Molly Bull
Hailey Young
2004 Molly Bull
Kyle Peterson
Kelly Ramirez
Natalie Smith
Katie Tvey

WASHINGTON

WEIGHT ROOM



Marco Candido

Strength and Conditioning Coach
for Cougar Track and Field



Brandi Probasco-Canda

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

STATE



Drew Ulrick

WASHINGTON

FACILITIES &



ATHLETIC MEDICINE

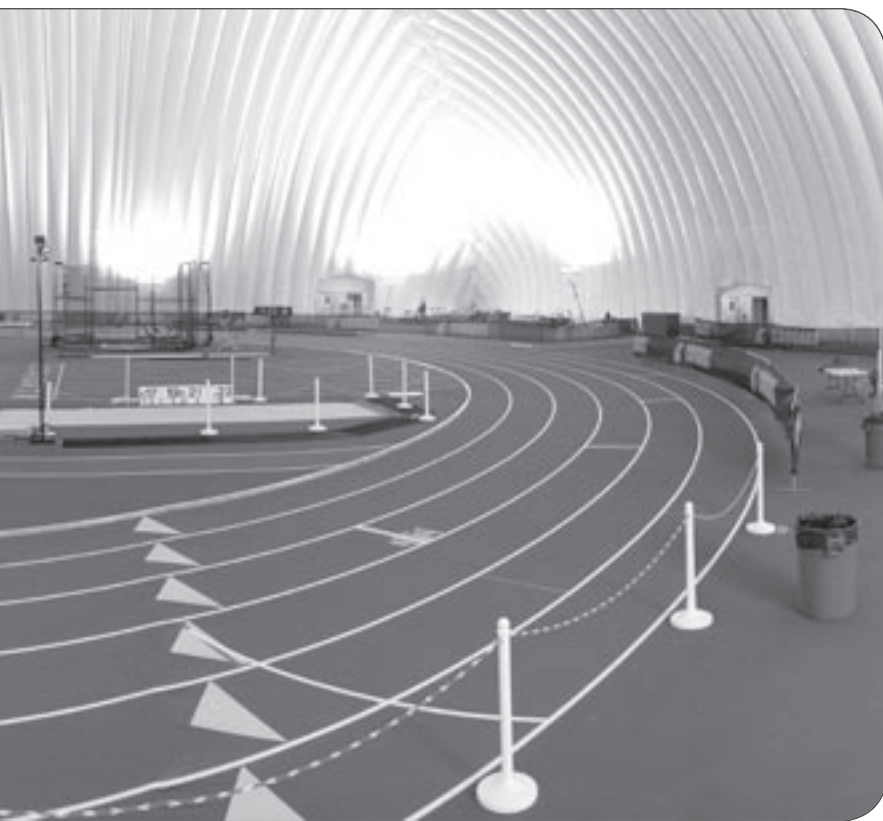
Barbara Russell serves as the athletic trainer for track and field. Prevention of athletic injuries is the number one goal of the WSU staff, along with care and rehabilitation.

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

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



STATE



TRAINING FACILITIES

To help Cougar Track and Field athletes achieve their potential, Washington State University provides three major athletic facilities. The WSU Strength and Conditioning, pictured on pages 12-13, is considered one of the top collegiate facilities in the nation. The Cougars train and compete during the winter inside the newly constructed Indoor Practice Facility. The IPF (left) features a state-of-the-art Mondo 14mm Super X track surface with a wide radius 200m track. The Mooberry Track and Field Complex, pictured on the back cover, features recently resurfaced state-of-the-art track, throwing circles and jumping surfaces. The rolling hills on and around the campus provide a great venue for strength and conditioning training in a beautiful environment.

SUPPORT SERVICES



STUDENT RECREATION CENTER

SRC AWARDS

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



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



OUTDOOR RECREATION

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

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

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

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



SHOPPING AND DINING

The Palouse Mall

- Located 8 miles east of Pullman in Moscow, Idaho
- Houses 61 stores, specialty shops, and restaurants in an enclosed 384,000 square feet, such as: Applebees, Starbucks, AMC Theaters, Bath & Body Works, Gottschalks, Hastings, Hot Topics!, Macy's, Maurice's, Ross, Qdoba Mexican Grill, Sam Goody, The Buckle, Zumiez and more



River Park Square, Spokane

- Located 79 miles north of Pullman
- Five floors (373,000 square feet) of exciting shops, restaurants, and entertainment are located in downtown Spokane with a large parking garage and access to Spokane's nationally acclaimed covered and climate-controlled pedestrian skywalk
- Nationally prominent retail stores including Nordstrom, Macy's, Gap, Ann Taylor, Banana Republic, Eddie Bauer, Abercrombie and Fitch, The Body Shop, Pottery Barn, Williams-Sonoma, and more



The Spokane Valley Mall

- Located 10 miles east of downtown Spokane
- Two levels of shopping in an enclosed mall plus several adjoining plazas for a total of 127 stores including Macy's, J.C. Penney, Sears, Victoria's Secret, Gap, and American Eagle. Also on property are specialty shops and food venues for a total of 870,000 square feet, including seven stand-alone restaurants and a favorite of collegiate coeds, Old Navy.

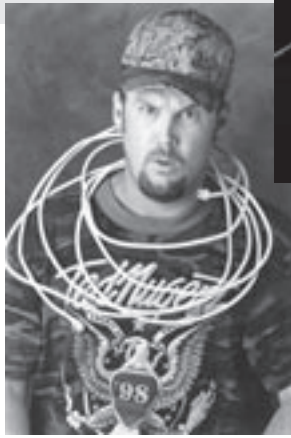


ARTS AND ENTERTAINMENT

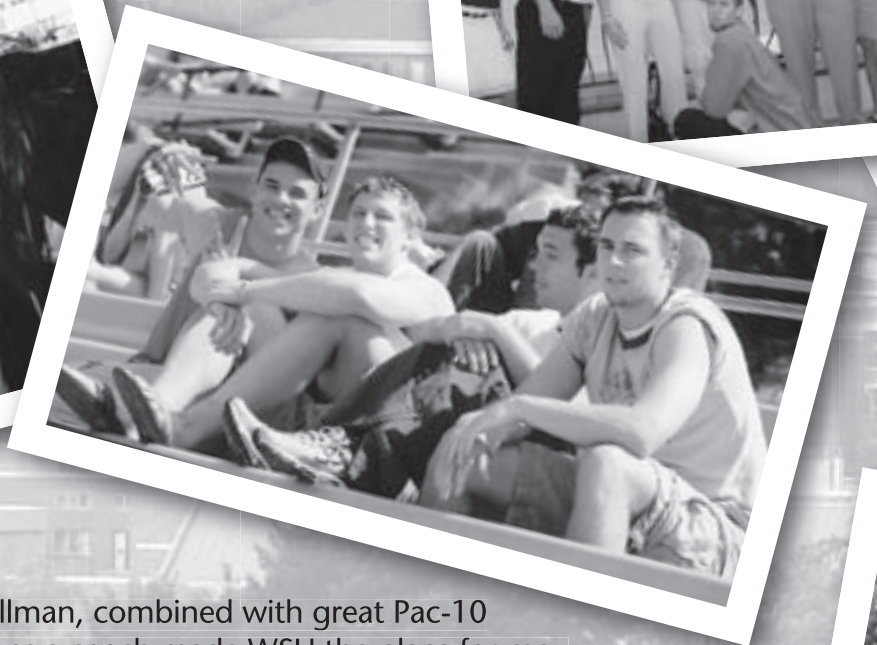
WSU and its surrounding areas are full of opportunities to enjoy everything from musicals and comedians to keynote speakers.

- Beasley Performing Arts Coliseum seats 12,000, largest in the Inland Northwest
- In the Pullman-Moscow area there are six theater groups, 15 museums, six musical organizations and five performing arts groups
- Home to annual jazz, arts, cultural and dance festivals

- WSU hosts numerous nationally recognized orchestras and theatre groups
- Shows with top name entertainers such as Jay Leno, Bill Cosby, Whoopi Goldberg, Alan Jackson, Wayne Brady, Maroon 5, Drew Carey, and Everclear
- Speakers such as Peter Jennings, Michael Moore, and Diane Sawyer
- Year-round campus activities including concerts, step shows and festivals

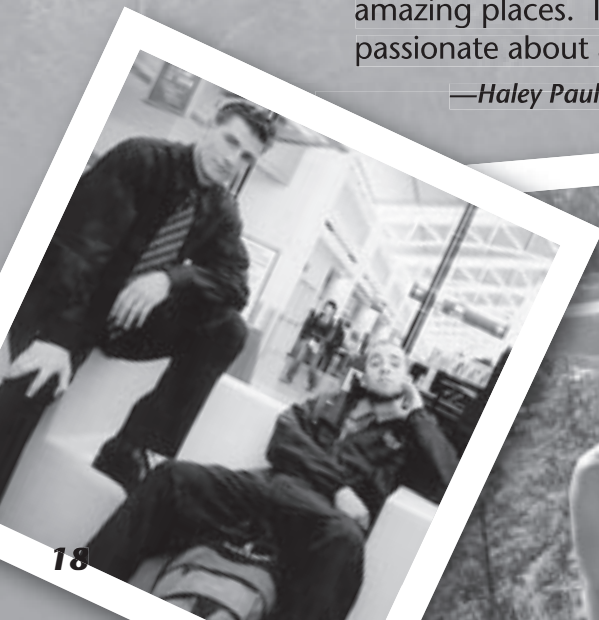


Why Washington



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

—Haley Paul



State University?

"I came on recruiting trip and I liked the atmosphere here. Everyone was nice, and I'd never experienced everybody being so friendly. Everyone was saying hi to me without being introduced. It was new to me and I liked it."

—James McSwain



"I love being a student-athlete at WSU because it is a top Division I university in a small town and everyone knows everyone."

When you walk down the halls of Bohler Athletic Complex, all the athletes and staff know who you are and what you have accomplished. I don't think you can find that anywhere else!"

—Julie Pickler

CONFERENCE OF CHAMPIONS

PACIFIC-10

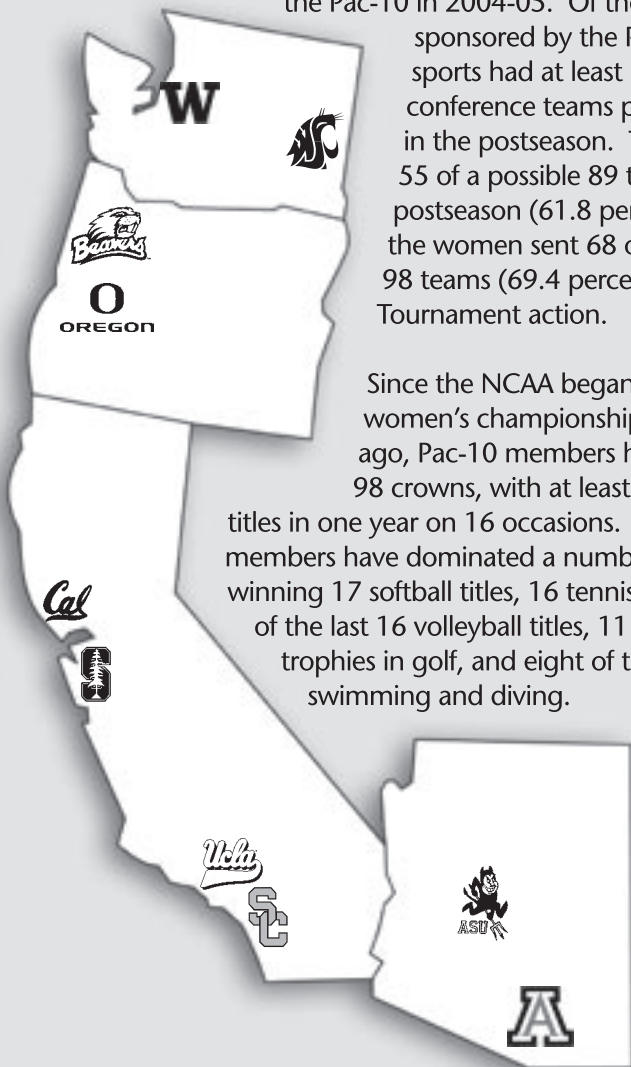
Washington State University is proud to be a member of the nation's number one conference, the Pacific-10 Conference.

Entering the 2005-06 season, the Pac-10 continues to uphold its tradition as the "Conference of Champions." Pac-10 members have claimed an incredible 95 NCAA team titles over the past ten seasons; an average of more than nine national championships per academic year. The Pac-10 has now led the nation in NCAA Championships 40 of the last 45 years and finished second five times.

Even more impressive is the breadth of the Pac-10's success, as those 95 team titles have come in 21 different men's and women's sports. Spanning nearly a century of outstanding athletic achievement, the Pac-10 has captured 347 NCAA titles (249 men's, 98 women's), far outdistancing the runner-up Big Ten Conference's 201 titles.

Participation in postseason was a common occurrence for the Pac-10 in 2004-05. Of the 22 sports sponsored by the Pac-10, 19 sports had at least half of the conference teams participating in the postseason. The men sent 55 of a possible 89 teams into the postseason (61.8 percent) while the women sent 68 of a possible 98 teams (69.4 percent) into NCAA Tournament action.

Since the NCAA began conducting women's championships 24 years ago, Pac-10 members have claimed 98 crowns, with at least four national titles in one year on 16 occasions. Pac-10 members have dominated a number of sports, winning 17 softball titles, 16 tennis crowns, 11 of the last 16 volleyball titles, 11 of the last 16 trophies in golf, and eight of the last 17 in swimming and diving.



Sites of the Pac-10 Track & Field Championships

2006	Washington
2007	Stanford
2008	Arizona State
2009	Oregon
2010	California

PACIFIC-10 CONFERENCE

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Assistant Director, Championships:

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2005 Pac-10
heptathlon
Champion
Julie Pickler