



2006 COUGAR TRACK & FIELD

ATHLETE PROFILES



2006 COUGAR TRACK & FIELD



Martin Boston

PAC-10 SCORER

Jumps/Sprints • 5-10 1/2, Senior • Hayward, California

relay team finished fifth with a time of 39.96 after clocking a season-best 39.91 in the prelims (5/28/05, Eugene).

SOPHOMORE (2003-04): *Indoor* - Struggled with an ankle injury that restricted long jumping...clocked PR in 200m of 22.01i at Pac-10 Invite (2/14/04, Seattle)...led WSU in 60m dash with time of 6.83i at Vandal Indoor (2/20/04, Moscow)...finished sixth in the long jump (7.10m/23-3 1/2i) at the MPSF Championships 2/28/04, Seattle)...*Outdoor* - Ran PRs in 100m and 200m...at Trojan Invite (3/20/04, Los Angeles) ran 100m time of 10.68W and 200m time of 22.28...at Pac-10 Championships (5/15/04, Tucson) clocked 10.72 in 100m for 13th and ran third leg of third place 4x100m relay (39.73)...moved to relay lead leg for second place (39.58) at NCAA West Regional (5/29/04, Northridge)...at the NCAA Championships (6/10/04, Austin) relay ran prelim time of 39.64, 12th-fastest but did not advance to the final...best relay time of 39.55 came at Washington Dual meet (5/1/04, Pullman)...named to Pac-10 All-Academic honorable mention team.

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

HIGH SCHOOL CAREER. Attended Mt. Eden High and then competed and graduated from James Logan High...earned four letters in track and three in basketball...Logan High track coach Lee Webb and basketball coach Blake Chong...high school PRs were 48-0 in triple jump, 6-4 in high jump, and 23-6 1/2 in the long jump...senior year performances hampered by ankle injury...placed seventh in triple jump and ninth in long jump at Junior Olympics...qualified for state meet as a junior but injury prevented competing...as senior won long and triple jumps at initial Adidas Midwest Classic Indoor Meet...took long, triple and high jumps at K-Bell Invitational...also won long jump at Stanford Invite...clocked in at 40.2 in 300m hurdles, 49.9 in 400m at the Mission Valley Athletic League finals...also participated in the USATF Elite Men's Developmental Camp under coach Dick Booth.

PERSONAL. Martin Luther Boston was born 4/18/84 in the Philippines...mother Candace Davis works in personnel...father Paul Davis is a software engineer...twin brother Malcolm...sister Aneka Davis (3/14/88)...grandfather Ralph Boston medalled in three consecutive Olympic long jumps - gold (1960), silver (1964), bronze (1968)...played point guard on the Sacramento Renegades AAU basketball team...member of high school forensics team that won state championship...participates in Spoken Word poetry at WSU...opinion columnist for the *Daily Evergreen*, WSU student newspaper...majoring in comparative ethnic studies.

BOSTON'S WSU BESTS

60m - 6.82i (2005)
100m - 10.68W (2004), 10.69 (2005)
200m - 21.53i (2005)
4x100m Relay - 39.55 (2004)
4x400m - 3:10.68 (2005)
Long Jump - 7.43m / 24-4 1/2 (2003)
Triple Jump - 15.52m / 50-11 (2005)

PAC-10 CHAMPIONSHIP PERFORMANCES

Year	Event	Rank	Time/Distance
2005	100m	14thT	10.69
	Triple Jump	6th	15.52m / 50-11
	4x100m Relay	4th	39.94
	4x400m Relay	8th	3:10.61
2004	100m	13th	10.72
	4x100m Relay	3rd	39.73
2003	Long Jump	10th	7.05m / 23-1 3/4

NCAA WEST REGIONAL PERFORMANCES

Year	Event	Rank	Time/Distance
2005	4x100m Relay	5th	39.96 (39.91 prelim)
	Triple Jump	10th	15.08m/49-5 3/4
2004	4x100m Relay	2nd	39.58

NCAA CHAMPIONSHIP PERFORMANCES

Year	Event	Rank	Time/Distance
2004	4x100m Relay	12th Prelims	39.64



Brandon Brownell

Combined Events • 6-1 1/2, Junior • Olympia, Washington

WSU CAREER. SOPHOMORE (2004-05): *Indoor* - Competed in individual events as unattached this season...ran a 60m hurdles PR of 8.57 seconds at Moscow (2/5/05)...*Outdoor* - Had best long jump on team with 7.08m/23-2 3/4 at UW Dual Meet (4/30/05)...ninth in the decathlon after first day of Pac-10 Championships with 2,811 points but withdrew after straining his hamstring after clearing 1.74m/5-8 1/2 in high jump...named to Pac-10 All-Academic Track & Field second team.

FRESHMAN (2003-04): *Indoor* - Finished ninth in the heptathlon with a freshman school record 5,154 points (NCAA Provisional Qualifier) at the Mountain Pacific Sports Federation Championships (2/28/04, Seattle)...*Outdoor* - Finished third

in his first collegiate decathlon, the California Multi-Events Meet (3/27/04, Berkeley) with 6,847 points...injuries kept him away from competition for rest of season.

HIGH SCHOOL CAREER. Earned six letters at Yelm High...four years as track standout for coach Mike Strong...two letters as forward on Ryan Gerrits' basketball squad which placed ninth at 2003 state championships after a 30-year absence...as freshman and sophomore, qualified for district meet in long jump and high hurdles...as a junior was state decathlon champion scoring 6,356 points using collegiate instruments...senior year won state 300m hurdles (38.21) and long jump (22-7 3/4) events, finished third in high hurdles (14.70) and ran on second-place 4x100m relay...all efforts at state meet were school records...Yelm Tornados won the state track team title in 2002 and finished second in 2003...best prep marks were 23-0 in long jump, 11.20 in 110m hurdles, 146-0 in discus and 38.21 in intermediate hurdles...as a member of coach Mike Strong's Pinnacle Track Club, placed fourth in decathlon at 2000 Junior Olympics.

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

BROWNELL'S WSU BESTS

60m - 7.20i (2004)
100m - 11.07w (2004)
400m - 50.43 (2004)

1500m - 5:00.80 (2004)
60m Hurdles - 8.57i (2005)
110m Hurdles - 15.11 (2004)
High Jump - 1.87m / 6-1 1/2i (2004)

Pole Vault - 4.30m / 14-1 1/4 (2004)
Long Jump - 7.08m / 23-2 3/4 (2005)
Shot Put - 13.16m / 43-2 1/4i (2004)
Discus - 43.05m / 141-3 (2004)

Javelin - 48.64m / 159-7 (2004)
Heptathlon - 5,154 points (2004) **FSR**
Decathlon - 6,847 points (2004)



STUDENT-ATHLETE PROFILES



McKenzie Burgess Garberg

Throws • 5-11, Sophomore • Benton City, Washington

WSU CAREER. 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 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 most of the year learning the Cougar volleyball system...subbed into 13 games in eight matches.

BURGESS' HIGH SCHOOL CAREER. Earned 12 varsity letters at Kiona-Benton City High...four each in volleyball as a middle blocker, basketball as a post player, and track as a thrower...volleyball coach was Sharon Brandon...freshman year the volleyball team won the Central Washington Athletic Conference title, finished second in the district and second at state...received most improved award...basketball team made debut appearance at state 2A tournament...set state tourney rebounding record with 20 boards...placed third in the shot put at state meet...during sophomore year, named to league volleyball first team and *Tri-City Herald* All-Area Player of the Year...team MVP...captained basketball team...named MVP of Media Classic...at state track meet finished second in shot put and third in discus...selected team MVP...as a junior repeated with all-league first team volleyball...named *Tri-City Herald* All-Area Player of the Year...also team captain...basketball season honors included all-league and all-state first team...MVP of Media Classic...during track season won the state shot put title with record throw of 42-5...also placed third in the discus and sixth in the javelin...team captain and MVP...senior season of volleyball brought team state championship with a 32-2 record...selected CWAC Player of the Year and *Tri-City Herald* All-Area MVP...basketball team came within one win of returning to state tournament...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)...played on the Kapea Columbia Juniors U-18 Club team for coach John Lengphounpraseut.

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...seeking a degree in general studies...married Scott Garberg Nov. 19, 2005.

BURGESS' BESTS

Shot Put - 14.16m / 46-5 1/2 (2005)
Discus - 47.66m / 156-4 (2005)
Hammer - 51.27m / 168-2 (2005)

PAC-10 CHAMPIONSHIP PERFORMANCES

Year	Shot Put	13th prelims	Discus	11th prelims	Hammer	12th prelims
2005	12.79m / 41-11 1/2		46.27m / 151-10		49.75m / 163-3	

NCAA WEST REGIONAL PERFORMANCES

Year	Discus	13th	46.40m / 152-3
2005			



Sarah Burns

PAC-10 SCORER

Sprints/Jumps • 5-7, Sophomore • Pullman, Washington

WSU CAREER. 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 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, signing and dancing...will pursue a degree in Kinesiology.

BURNS' WSU BESTS

Long Jump - 5.61m / 18-5 (2005)
Triple Jump - 12.38m / 40-7 1/2 (2005)

PAC-10 CHAMPIONSHIP PERFORMANCES

Year	Triple Jump	7th	12.16m / 39-10 3/4
2005			

NCAA WEST REGIONAL PERFORMANCES

Year	Triple Jump	11th	11.80m / 38-11 3/4w
2005			



2006 COUGAR TRACK & FIELD



Tyson Byers

ALL-AMERICAN

Pole Vault • 6-1, Junior • Spokane, Washington

WSU CAREER. REDSHIRT SOPHOMORE (2004-05): *Indoor* - Suffered broken jaw in mid-December and started indoor season Feb. 5...finished tied for 10th in the pole vault at the NCAA Championships after clearing 5.30m/17-4 1/2i (3/12/05, Fayetteville)...runner-up at MPSF championships with PR clearance of 5.37m/17-7 1/4i (2/26/05, Seattle)...mark is third-best in WSU history and top mark by an American at WSU...*Outdoor* - Earned All-America status with fifth-place pole vault finish after clearing 5.40m/17-8 1/2 at the NCAA Championships (6/10/05, Sacramento)...tied for third at NCAA West Regional at height of 5.06m/16-7 1/4 (5/28/05, Eugene)...did not compete at Pac-10

Championships after pulling his left hamstring during warm-ups for Husky Dual meet April 30...cleared 5.35m/17-6 1/2 at Brutus Hamilton and Mt. SAC Relays.

SOPHOMORE (2003-04): *Indoor* - Redshirt season due to hamstring injury...*Outdoor* - Redshirt season...recovered just enough to vault unattached to a height of 5.05m/16-6 3/4 at Idaho Outdoor Meet (5/8/04, Moscow).

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

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

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

BYERS' WSU BESTS

Pole Vault - 5.40m / 17-8 1/2 (2005)

PAC-10 CHAMPIONSHIPS PERFORMANCES

2003	Pole Vault	7th	5.05m / 16-6 3/4
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NCAA WEST REGIONAL PERFORMANCES

2005	Pole Vault	T3rd	5.06m / 16-7 1/4
2003	Pole Vault	10th	5.06m / 16-7 1/4

NCAA CHAMPIONSHIPS PERFORMANCES

2005 Indoor	Pole Vault	T10th	5.30m / 17-4 1/2i
2005 Outdoor	Pole Vault	5th	5.40m / 17-8 1/2



John Cassleman

PAC-10 SCORER

Hurdles • 6-1 1/2, Junior • Pullman, Washington

WSU CAREER. SOPHOMORE (2004-05): *Indoor* - Injury-free, produced best times in the 60m hurdles of 8.61i seconds (1/22/05, Pullman) and 400m open of 48.06 seconds (2/26/05, Seattle)...also ran both relays...*Outdoor* - Finished fourth in 400m hurdles at Pac-10 Championships with NCAA Reg. Qualifying and fifth-fastest time in school history of 50.50 seconds...at NCAA Reg. Champs ran top prelim time in intermediate hurdles of 51.16 and finished second in final at 50.93 (5/28/05, Eugene)...missed advancing to NCAA Championships semifinals of 400m hurdles by five one-thousandths of a second...crossed finish line of the fifth prelim race in a dead-heat with Texas freshman Hamza

Deyaf tied at 51.32 seconds...upon further review of the finish line photo, Deyaf's time was determined to be 51.318 and Cassleman's time was 51.323...Deyaf was the 16th and final hurdler to advance to the semifinals while Cassleman fell to 17th overall (6/9/05, Sacramento)...named to Pac-10 All-Academic Track & Field honorable mention team.

FRESHMAN (2003-04): *Indoor* - Clocked in with 60m hurdles time of 8.84i at WSU Open (1/24/04, Pullman)...ran a best open 400m time of 48.13i at the UW Pac-10 Invite Meet (2/14/04, Seattle)...suffered a severe quad strain in practice next week...*Outdoor* - Strained calf muscle after first outdoor meet and had limited training until just before conference meet...best 400m hurdles time of 52.71 seconds came at Pac-10 Championships (5/15/04, Tucson) where he finished 10th...ran third leg of 4x400m relay team that finished sixth at NCAA West Regional (5/29/04, Northridge) with season-best time of 3:09.63.

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

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

CASSELMAN'S WSU BESTS

400m - 48.06 (2005)
800m - 1:54.20 (2005)
60m Hurdles - 8.61i (2005)
400m Hurdles - 50.50 (2005)
1600m Relay - 3:09.63 (2004)
Distance Medley Relay - 10:01.03i (2005)

PAC-10 CHAMPIONSHIPS PERFORMANCES

2005	400m Hurdles	4th	50.50
2004	400m Hurdles	10th	52.71

NCAA WEST REGIONAL PERFORMANCES

2005	400m Hurdles	2nd	50.93
2004	1600m Relay	6th	3:09.63



STUDENT-ATHLETE PROFILES



Jenna Dean

PAC-10 SCORER

Javelin • 5-8, Senior • Glenwood, Washington

WSU CAREER. JUNIOR (2005): Came out of the gates strong with a school-record javelin throw of 51/70m/169-7 at the Willie Williams Invite (3/19/05, Tucson)...that mark is fourth-farthest in Pac-10 all-time...finished second at the Pac-10 Championships with a toss of 51.49m/168-11 (5/14/05, Los Angeles)...also finished second at the NCAA West Regional Meet after throwing 50.04m/164-2 (5/28/05, Eugene)...placed 21st at NCAA Championships after best effort of 44.15m/144-10 (6/8/05, Sacramento).

SOPHOMORE (2004): Reached fifth place in the javelin at the Pac-10 Championships (5/15/04, Tucson) with a PR throw of 46.80m/153-6, fourth-best in school history...went on to throw 46.11m/151-3 for sixth place at the NCAA West Regional Meet (5/29/04, Northridge), just missing a national meet spot.

FRESHMAN (2003): Finished seventh at the Pac-10 Championships with a javelin throw of 45.14m/148-1 (5/18/03, Los Angeles)...tied for 12th at the NCAA West Regional meet with a toss of 43.22m/141-9 (5/31/03, Stanford).

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

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

DEAN'S WSU BESTS

Javelin - 51.70m / 169-7 (2005) **SR**

PAC-10 CHAMPIONSHIPS PERFORMANCES

2005	Javelin	2nd	51.40m / 168-11
2004	Javelin	5th	46.80m / 153-6
2003	Javelin	7th	44.75m / 146-10

NCAA WEST REGIONAL PERFORMANCES

2005	Javelin	2nd	50.04m / 164-2
2004	Javelin	6th	46.11m / 151-3
2003	Javelin	12th	43.22m / 141-9

NCAA CHAMPIONSHIPS PERFORMANCES

2005	Javelin	21st	44.15m / 144-10
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Tamara Diles

ALL-AMERICAN

Pole Vault • 5-10, Senior • Bellevue, Washington

WSU CAREER. JUNIOR (2004-05): *Indoor* - Placed second at MPSF Championships by judges' decision at 4.17m/13-8 1/4i (2/25/05, Seattle)...finished ninth at the NCAA Indoor Championships 4.10m/13-5 1/4i (3/12/05, Fayetteville)...repeated as indoor All-American...*Outdoor* - Set school outdoor pole vault record with clearance of 4.15m/13-7 1/4 Washington dual meet (4/30/05, Seattle)...took second place at Pac-10 Championships with height of 4.05m/13-3 1/2 (5/15/05, Los Angeles)...tied for eighth at NCAA West Regional with last clearance at 3.96m/12-11 3/4 (5/27/05, Eugene)...finished in a tie for seventh and earned first outdoor All-America certificate after clearing pole vault bar at 4.10m/13-5 1/4 (6/11/05, Sacramento)...named to honorable mention Pac-10 All-Academic Track & Field team...National Collegiate Div. I Track Coaches Association 2005 All-Academic Track & Field Team selection.

SOPHOMORE (2003-04): *Indoor* - Opened year with season best and NCAA Provisional Qualifying clearance of 4.00m/13-1 1/2 at the WSU Open (1/24/04, Pullman)...tied for fourth at the MPSF Championships (2/28/04, Seattle) with the bar at 3.88m/12-8 3/4i...*Outdoor* - Top pole vault height of the season was 3.97m/13-0 1/4 at Stanford Invitational (3/27/04)...cleared height again at the dual meet against Washington (5/1/04, Pullman)...finished ninth at Pac-10 Championships (5/7/04, Tucson) with height of 3.92m/12-10 1/4...took 12th place at NCAA West Regional with bar at 3.91m/12-10 (5/29/04, Northridge)...named to Pac-10 All-Academic honorable mention team.

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

FRESHMAN (2001-02): Broke the school freshman pole vault record by clearing a height of 4.02m/13-2 1/4 at the Winter Carnival Meet (12/7/01, Long Beach)...*Indoor* - Broke school record winning the Elite Women's Section at the Pole Vault Summit (2002, Reno) with a height of 4.35m/14-3 1/4 (1/11/02, Reno)...set Vandal Indoor meet record with winning leap of 41.3m/13-7 3/4i (2/15/02, Moscow)...after a month of nursing a sore foot and limited training, finished sixth at the MPSF Championships with a height of 3.90m/12-9 1/2 (2/23/02, Flagstaff)...became only the eighth Cougar woman to achieve All-America status with third place at the NCAA Indoor Championships with her clearance of 4.25m/13-11 1/4i (3/8/02, Fayetteville)...*Outdoor* - Redshirt season.

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

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

DILES'S WSU BESTS

Pole Vault - 4.35m / 14-3 1/4i **SR** indoors (2002)
4.15m / 13-7 1/4 **SR** outdoors (2005)

PAC-10 CHAMPIONSHIPS PERFORMANCES

2005	Pole Vault	2nd	4.05m / 13-3 1/2
2004	Pole Vault	9th	3.92m / 12-10 1/4
2003	Pole Vault	5th	3.95m / 12-11 1/2 FSR

NCAA CHAMPIONSHIPS PERFORMANCES

2005	Outdoor	Pole Vault	7thT	4.10m / 13-5 1/4
	Indoor	Pole Vault	9th	4.10m / 13-5 1/4i
2002	Indoor	Pole Vault	3rd	4.25m / 13-11 1/4i

NCAA WEST REGIONAL PERFORMANCES

2005	Pole Vault	8thT	3.96m / 12-11 3/4
2004	Pole Vault	12th	3.91m / 12-10
2003	Pole Vault	16thT	3.82m / 12-6 1/4

2006 COUGAR TRACK & FIELD



Kaylee Gardner PAC-10 SCORER

Jumps • 5-11, Junior • Bellingham, Washington

WSU CAREER. SOPHOMORE (2004-05): *Indoor* - Reached PR of 11.95m/39-2 1/2i at Holiday Inn Invite (2/12/05, Boise)...hit long jump PR of 5.48m/17-11 3/4i at Husker Invite (2/5/05, Lincoln)...16th in triple jump at MPSF Championships...*Outdoor* - Leaped to NCAA Regional Qualifying and PR triple jump mark of 12.28m/40-3 1/2 at UW Dual Meet (4/30/05, Seattle)...12th place in Pac-10 Championships triple jump...finished eighth in triple jump at NCAA West Region with best of 12.21m/40-0 3/4W (5/28/05, Eugene) after having to wait nearly two hours between the prelims and finals due to a thunderstorm...named to Pac-10 All-Academic Track & Field first team...National Collegiate Div. I Track Coaches Association 2005 All-Academic Track & Field Team selection.

FRESHMAN (2003-04): *Indoor* - Suffered hamstring injury and did not compete this season...*Outdoor* - Reached a triple jump PR with leap of 11.94m/ 39-2 1/4 for eighth place finish at Pac-10 Championships (5/29/04, Northridge)...mark is 10th-best in school history.

HIGH SCHOOL CAREER. Earned seven letters at Bellingham High...four as a sprinter/jumper for coach Bill McClement's track squad and three on coach Mark Wright's soccer team...was 3A state champion in triple jump as a senior...member of state champion 4x200m relay team and state runner-up 4x100m relay team...Northwest league leading scorer in soccer...earned all-state honors as member of state runner-up soccer squad (18-1-1)...BHS all-time leading scorer with over 100 career goals...served as team captain and was named NWL co-MVP...junior year, was state, league and district champion in the triple jump...finished fourth at state in long jump and member of sixth place 4x100m relay team...posted triple jump PR of 37-7 3/4 and long jump PR of 18-5...earned first team all-league honors as soccer captain and led NWL in goals scored...finished sixth at state in triple jump and seventh at state in the long jump as a sophomore...named track MVP...was NWL's leading goal scorer in soccer...freshman year, was member of state seventh place 4x100m relay team and named field events MVP...played seven years of select soccer with the WFC Rangers under coach Steve Kutcher, serving as captain for four years...middle hitter for the Mt. Baker Volleyball Club.

PERSONAL. Born Kaylee Marie Gardner 8/23/84 at Bellingham, Wash...father Gary is a graphic designer...mother Sandy is a training coordinator...sister Darcie (10/24/86)...enjoys shopping, movies and hanging out with friends...BHS four-year honor roll student and member of ASB executive board...member of Key club and DECA...served as chairperson for BHS leadership team...majoring in movement studies at WSU.

GARDNER'S WSU BESTS

Long Jump - 5.48m / 17-11 3/4i (2005)
Triple Jump - 12.28m / 40-3 1/2 (2005)

PAC-10 CHAMPIONSHIPS PERFORMANCES

2005	Triple Jump 12th	11.74m / 38-6 1/4
2004	Triple Jump 8th	11.94m / 39-2 1/4

NCAA WEST REGIONAL PERFORMANCES

2005	Triple Jump 8th	12.21m / 40-0 3/4W
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Alex Grant

Distance • 5-11, Junior • Bellingham, Washington

WSU CAREER. JUNIOR (2005-06): Cross Country - Redshirt season...finished fifth place running unattached at Idaho Jamboree (9/2/05, Moscow).

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 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

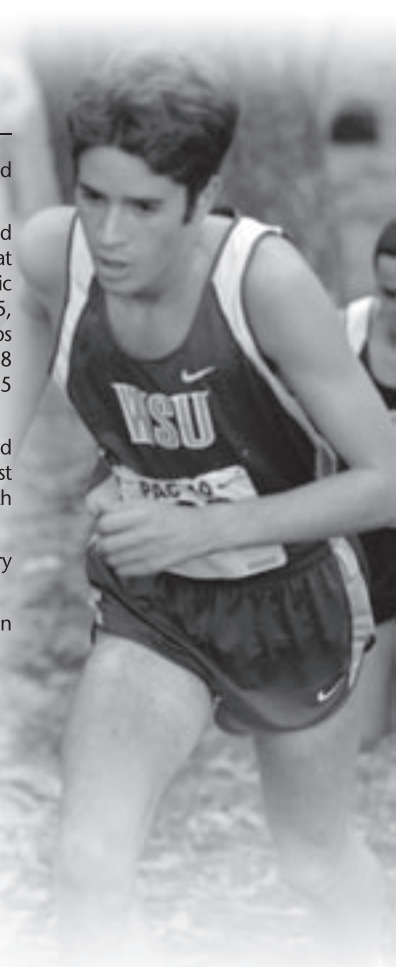
Mile - 4:23.36i (2004)
1500m - 4:01.62 (2003)
3000m - 8:32.90i (2005)
3000m Steeplechase - 9:30.37 (2004)
5000m - 14:42.68 (2004)

PAC-10 CHAMPIONSHIPS PERFORMANCES

2005	Steeplechase 11th	9:11.02
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NCAA WEST REGIONAL PERFORMANCES

2005	Steeplechase 19th	9:13.58
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STUDENT-ATHLETE PROFILES



McKinnon Hanson *PAC-10 SCORER* *High Jump • 5-6 1/2, Sophomore • LaPush, Washington*

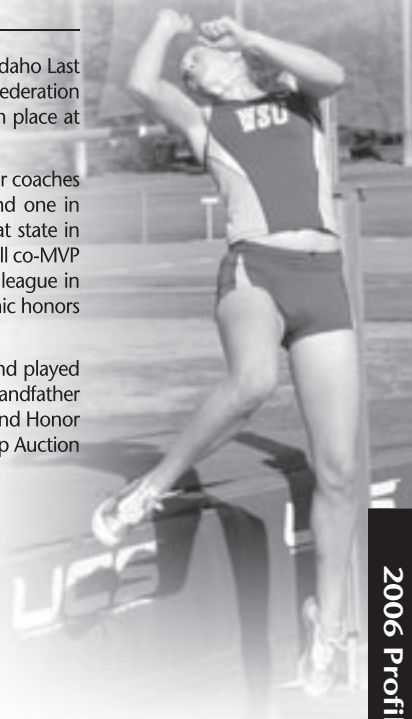
WSU CAREER. FRESHMAN (2004-05): *Indoor* - Best clearance of season was 1.66m/5-5 1/4i at Idaho Last Chance meet (3/5/05, Moscow)...finished tied for 12th (1.61m/5-3 1/4i) at Mountain Pacific Sports Federation Championships (2/26/05, Seattle)...*Outdoor* - High jumped 1.70m/5-7 four times including for 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...plans to study pre-law at WSU.

HANSON'S BESTS
High Jump - 5-7 (2004)

PAC-10 CHAMPIONSHIPS PERFORMANCES
2005 High Jump 6th 1.70m / 5-7



2006 Profiles



Phil Hinrichs *Middle Distance • 5-10, Sophomore • Pullman, Washington*

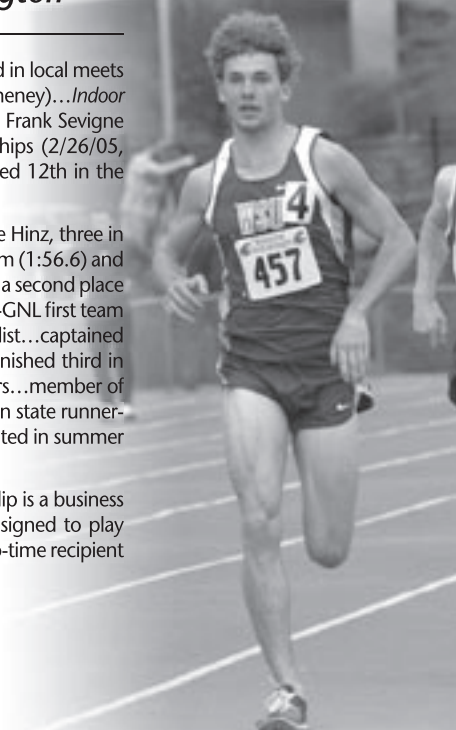
WSU CAREER. FRESHMAN (2004-05): *Cross Country* - Trained with team and ran unattached in local meets including 37th finish at Idaho Jamboree (9/3/04, Moscow) and 31st at EWU Invite (10/16/04, Cheney)...*Indoor* - Clocked PR times in 800m of 1:54.29i at Husky Classic (2/12/05, Seattle) and mile of 4:19.14i Frank Sevigne (2/5/05, Lincoln)...ran lead leg of Distance Medley Relay for fifth place at MPSF Championships (2/26/05, Seattle)...*Outdoor* - Fastest steeplechase time of 9:08.74 at UW Dual (4/30/05, Seattle)...finished 12th in the steeplechase at the Pac-10 Championships.

HIGH SCHOOL CAREER. Earned 10 letters in three sports at Pullman High, four as a distance runner for track coach Mike Hinz, three in football for coach Bob Wollan and three on coach Ken Swanger's basketball squad...senior year, was state champion in 800m (1:56.6) and 1600m (4:19)...ran third leg on 2A state champion 4x400m relay team...was top scorer at state track meet helping team to a second place finish...named to All-Great Northern League defensive first team on Greyhounds state runner-up football team...earned all-GNL first team and second team all-state honors as a wide receiver...all-state honorable mention as a defensive back and punt return specialist...captained basketball and track teams...named to second team all-GNL in basketball...as a junior, was state runner-up in 1600m, finished third in 3200m...anchored second-place boys 4x400m relay team...ranked in top 100 in the nation's among boys 1600m runners...member of state champion track team which tied own record for most points scored at a state championship with 79...point guard on state runner-up basketball team...set PHS records in 1600m (4:17.47, Portland) and 3200m (9:36.54, Pasco) in spring 2004...participated in summer league American Legion baseball.

PERSONAL. Phillip Hinrichs Jr. was born on 7/1/85, at Pullman, Wash...mother Pamela is a finance manager...father Phillip is a business owner and 1980 graduate of WSU where he pitched for Cougar baseball in 1978 and 1979...brother Kyle (9/28/86) signed to play baseball at WSU in 2005-06...sister Katie (7/17/88)...grandfather Bob ran the 120yrd hurdles for the WSU track team...two-time recipient of Pullman High Brandon Wisniew Award...majoring in sport management program at WSU.

HINRICH'S BESTS
800m - 1:54.29i (2005)
1500m - 4:00.85 (2005)
Mile - 4:19.14i (2005)
Steeplechase - 9:08.74 (2005)
Distance Medley Relay - 10:01.03 (2005)

PAC-10 CHAMPIONSHIPS PERFORMANCES
2005 Steeplechase 12th 9:24.65



2006 COUGAR TRACK & FIELD



Justin Ireland

Middle Distance • 5-11, Senior • Issaquah, Washington

WSU CAREER. SENIOR (2005-06): *Cross Country* - Competed well through season...finished 12th at Idaho Jamboree (9/2/05, Moscow)...45th at Sundodger Invite (9/17/05, Seattle)...15th at Montana Invite (10/1/05, Missoula)...65th overall, sixth on team at Pac-10 Championships (10/29/05, Tucson)...81st overall, sixth on team at NCAA West Regionals (11/12/05, Palo Alto).

REDSHIRT JUNIOR (2004-05): *Cross Country* - Redshirt season...ran unattached in four races...*Indoor* - Reached pair of PRs...800m time of 1:53.21i at WSU Open (1/22/05, Pullman)...mile time of 4:09.37i for 12th in prelims at MPSF Championships (2/26/05, Seattle)...*Outdoor* - Ran a 1500m NCAA Regional Qualifying time of 3:48.09 at Stanford Invite (3/26/05)...was struck by a bicyclist riding on a sidewalk as he started his training run April 13...impact of the collision caused serious facial injuries, including broken bones around his right eye which were surgically repaired April 19...trained for three weeks and competed at the Pac-10 Championships where finished 12th in 1500m with time of 3:55.55 (5/15/05, Los Angeles)...ran 4:03.03 in 1500m prelims at NCAA West Region (5/27/05, Eugene) and did not advance to final.

JUNIOR (2003-04): *Cross Country* - Competed in four races for WSU, scoring in one...finished 58th overall and seventh on team at Pac-10 Championships (11/1/03, Pullman)...at NCAA West Regional (11/15/03, Portland) ran best race of the season with 80th place (fifth on team)...*Indoor* - Redshirt season...*Outdoor* - Redshirt season.

SOPHOMORE (2002-03): *Cross Country* - At Pac-10 Championships finished 68th overall, seventh on team...reached 79th place (fifth on team) at NCAA West Regional Meet...*Indoor* - WSU leader in mile with time of 4:10.72i (3/1/03, Seattle)...also had top time in 800m of 1:53.53...finished seventh in 800m at MPSF Championships...*Outdoor* - Ran PR time in 1500m of 3:53.38 (5/3/03, Seattle)...struggled at Pac-10 Champs and finished 17th in 1500m.

FRESHMAN (2001-02): *Cross Country* - Ran to a 68th place finish (seventh on team) at the Pac-10 Championships and 79th (fifth on team) at the West Regional Championships...*Indoor* - Ran top 800m time of 1:53.40i at Vandal Indoor (2/15/02, Moscow)...lead runner on the freshman school record distance medley relay with time of 10:05.44i at McDonald's Last Chance (3/2/02, Moscow)...*Outdoor* - Best time in 800m outdoor was 1:53.86...best time in 1500m is 4:01.93.

HIGH SCHOOL CAREER. Earned four varsity letters at Skyline High both track and cross country for coach Brendan Hyland...was 3A state champion in the 1600m (4.18) and was runner-up in the 800m (1.55) his senior season...placed second in the Washington vs. Oregon Meet of Champions in the 1500m (3.57)...was runner-up in the 1600m at state his junior year...was the cross country team captain his sophomore through junior seasons...was the track team captain his senior year...ran with the Cascade Striders for three years for coach Jim Beebe...ran with the Federal Way Track Club for coach Darryl Genest for one season.

PERSONAL. Justin David Ireland was born on 5/12/83, at Syracuse, N.Y...mother Denise is a CPA assistant...father David is in facility management and a WSU grad...brother Keith...sister Michelle...majoring in management information systems.

IRELAND'S WSU BESTS

800m - 1:53.21i (2005)
Mile - 4:09.37i (2005)
1500m - 3:48.09 (2005)

PAC-10 CHAMPIONSHIPS PERFORMANCES

2005	1500m	12th	3:55.55
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NCAA WEST REGIONAL PERFORMANCES

2005	1500m	28th (prelim)	4:03.03
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Jon Jeffreys

Javelin • 6-5 1/2, Sophomore • Spokane, Washington

WSU CAREER. FRESHMAN (2004-05): *Outdoor* - Threw an NCAA Regional Qualifying javelin distance of 63.50m/208-4 at 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 the javelin 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...will pursue a degree in business.

JEFFREYS' WSU BESTS

Javelin - 63.50m / 208-4 (2005)

PAC-10 CHAMPIONSHIPS PERFORMANCES

2005	Javelin	12th	58.36m / 191-6
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NCAA WEST REGIONAL PERFORMANCES

2005	Javelin	20th (prelims)	55.48m / 182-0
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STUDENT-ATHLETE PROFILES



Lorraine King

Sprints/Hurdles • 5-6, Freshman • Fontana, California

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 2/28/87 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)...Kristen ran track and graduated from at Wilberforce University (Ohio) with a business degree...graduated high school with a 3.8 GPA...planning to major in biology for a pre-med major at WSU.

KING'S BESTS

400m - 55.24

100m Hurdles - 14.84

300m Hurdles - 43.74



Matt Lamb

STATE CHAMPION

Throws • 6-2, Freshman • Emmett, Idaho

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...will pursue an engineering degree at WSU.

LAMB'S BESTS

Shot Put - 63-7 1/2

Discus - 190-4



2006 COUGAR TRACK & FIELD



Meghan Leonard

Distance • 5-6, Sophomore • Newberg, Oregon

WSU CAREER. SOPHOMORE (2005-06): *Cross Country* - Number two runner for Cougar women behind All-American Haley Paul...second place to Paul at Idaho Jamboree (9/2/05, Moscow)...11th at Sundodger Invite (9/17/05, Seattle)...sixth at the Montana Invite (10/1/05, Missoula)...100th overall, second on team at Pre-Nationals (10/15/05, Terre Haute)...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.

FRESHMAN (2004-05): *Cross Country* - Redshirt season...finished 16th running unattached at Idaho Invitational (9/3/04, Moscow)...*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 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 Tshondirtis...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).

LEONARD'S WSU BESTS

1500m - 4:43.46 (2005)
 Mile - 5:18.76i (2005)
 3000m - 10:09.50i (2005)
 3000m Steeplechase - 10:44.91 (2005) **FSR**

PAC-10 CHAMPIONSHIPS PERFORMANCES

2005	Steeplechase	13th	11:26.22
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NCAA WEST REGIONAL PERFORMANCES

2005	Steeplechase	20th	10:49.82
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Chase Mancuso **STATE CHAMPION**

Throws • 6-0, Freshman • Mukilteo, Washington

HIGH SCHOOL CAREER. Earned six varsity letters at Kamiak High...three in football as a tight end and punter for coach Dan Mack...three in track and field for coach Paul Kirkpatrick...as a sophomore finished second in discus in Wesco South league and 10th in state 4A meet with toss of 158-0...junior year won league discus title and placed fifth in state...set school record with throw of 179-5...finished sixth in discus at regional Junior Olympics...senior year football team reached quarterfinals of state championships...leads state with school record throw of 184-0...wins state 4A discus with toss of 182-2...won discus at Brooks Meet of Champions (Oregon vs. Washington preps) with a PR throw of 185-8 which was school record.

PERSONAL. Born Joseph Chase Mancuso 1/8/87 at Totem Lake, Wash...father William is a regional vice president of financial sales who played football at Eastern Montana University...mother Ingrid is a homemaker...hobbies include bowling...will pursue a communication major at WSU.

MANCUSO'S BESTS

Discus - 185-8



STUDENT-ATHLETE PROFILES



Tiffany Maskulinski *STATE CHAMPION* Pole Vault • 5-4, Freshman • Elma, New York

HIGH SCHOOL CAREER. Earned eight varsity letters at Iroquois High...all were in indoor and outdoor track for coach Thomas Wood...progressed in pole vault from 9-feet as freshman to 12-2 as sophomore...sophomore year was Section 6 record holder...placed second at New York Summer Meet and fifth at National Indoor Championships...as a junior cleared 13-6...national junior class outdoor record holder...NYS and National Outdoor champion...Air Force Recruiting Service Student-Athlete of the Year...senior year set high school national indoor record at 13-5 1/4i...cleared 14-0 to win the pole

vault at the NYS August 6, 2005 at Hilton, NY...this is the highest girls' prep vault...third US junior woman to clear 14-feet.

PERSONAL. Born 9/26/86 at Buffalo, New York...father Dennis is a truck driver...mother Nancy is an administrative assistant...brothers Jeff (10/28/78) and Brian (7/24/84)...sister Jill (3/28/80)...Jeff was on the track and field team at SUNY Cortland and Jill competed in track at SUNY Oswego...interested in movement studies major at WSU.

MASKULINSKI'S BEST

Pole Vault - 4.27m / 14-0



Jasmine McCormack Throws • 5-7, Freshman • Arlington, Washington

HIGH SCHOOL CAREER. Earned eight varsity letters at Arlington High...four as a wing/post player in basketball for coach Corey Gibb...four in track for coach Judd Hunter...captained both teams as a junior and senior...qualified for state as a freshman...sophomore year won the district javelin title and finished third at state 4A meet...as a junior repeated as district champ...finished second in state meet...senior year won district javelin title for third time...finished third in state 4A championships.

PERSONAL. Born Jasmine Mahn-Lai-Lei McCormack 7/26/87 at New Territories, Yuen Long, Hong Kong, China...father Glenn is a dispatcher/trucker...mother Jenny...brothers Kevin (11/1/83) and Cameron (12/8/98)...will pursue a degree in communication at WSU.

McCORMACK'S BEST

Javelin - 144-0



2006 COUGAR TRACK & FIELD



James McSwain

PAC-10 SCORER

Jumps/Sprints • 5-8, Senior • Las Vegas, Nevada

WSU CAREER. JUNIOR (2004-05): *Indoor* - Ran PR and NCAA Provisional Qualifying 60m dash time of 6.72i as well as PR in 200m of 21.44i at Holiday Inn Invite (2/12/05, Boise)...at MPSF Championships ran dead heat of 6.75i in 60m dash final but awarded second...*Outdoor* - Won the 100m University/Open with a PR and NCAA Regional Qualifying time of 10.19 at Mt. SAC Relays (4/16/05, Walnut)...was second-fastest time in world for 2005 to date and second-fastest time in WSU history...same meet also ran an NCAA RQ and PR in 200m dash of 20.85 and second leg of 4x100m relay (40.24)...named Pac-10 Men's Track Athlete of the Week...finished second in 100m (10.42) at Pac-10 Championships (5/15/05, Los Angeles)...400m relay team finished fourth with improved NCAA RQ time of 39.94...at NCAA West Region runner-up in 100m final (10.48) while short relay team was fifth in 39.96 after running season-best 39.91 in prelim...did not advance from prelims of 100m dash at NCAA Championships.

SOPHOMORE (2003-04): *Indoor* - Finished 12th in the 60m dash (6.96i) and 10th in the 200m dash (22.07i) at the MPSF Championships (2/28/04, Seattle)...next week ran 60m dash PR of 6.87i at McDonald's Last Chance (3/6/04, Moscow)...*Outdoor* - At the Pac-10 Championships (5/15/05, Tucson) finished ninth in 100m dash (10.66) after a seventh fastest in prelims at 10.50, ninth in 200m final (21.79) after eighth-fastest in prelim (21.47), and ran lead leg of third place 4x100m relay (39.73)...ran the third leg of 400m relay for second place (39.58) at NCAA West Regional (5/29/04, Northridge)...also 8th in 100m at 10.73 after seventh place prelim (10.59)...at the NCAA Championships (6/10/04, Austin) relay ran prelim time of 39.64, 12th-fastest but did not advance to the final...best relay time of 39.55 came at Washington Dual meet (5/1/04, Pullman).

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

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

PERSONAL. Born James Q. McSwain 1/20/84 in the Philippines...father Vernon Boardley is in the United States Air Force...mother Estelita Boardley is a clerical worker...brothers Victor (6/3/96), Vernon (6/5/86), and Chris (4/17/90)...named Social Studies Male Student of the Year at Mojave High...wife Tonisha...two sons, Quitalig (7/10/99) and Priore (6/9/02)...majoring in business at WSU.

McSWAIN'S WSU BESTS

60m - 6.72i (2005)
100m - 10.19 (2005)
200m - 20.85 (2005)
4x100m Relay - 39.55 (2004)
Long Jump - 6.98m / 22-11i (2003)

PAC-10 CHAMPIONSHIPS PERFORMANCES

Year	Event	Rank	Time
2005	100m	2nd	10.42
	4x100m Relay	4th	39.94
	100m	9th	10.66
	200m	9th	21.79
2003	4x100m relay	3rd	39.73
	100m	13th	10.64
	4x100m Relay	1st	39.68

NCAA WEST REGIONAL PERFORMANCES

Year	Event	Rank	Time
2005	100m	2nd	10.48
	4x100m Relay	5th	39.96
	100m	8th	10.73
2004	4x100m Relay	2nd	39.58

NCAA CHAMPIONSHIP PERFORMANCES

Year	Event	Rank	Time
2005	100m	21st (prelims)	10.53
2004	4x100m Relay	12th Prelims	39.64



Robin Mikesh

PAC-10 CHAMPION

High Jump • 5-6, Senior • Sumner, Washington

WSU CAREER. JUNIOR (2004-05): *Indoor* - Cleared PR and NCAA Provisional Qualifying height of 1.78m/5-10i at Cougar Indoor (1/29/05, Pullman)...finished tied for 10th in high jump at MPSF Championships with height of 1.66m/5-5 1/4i (2/26/05, Seattle)...*Outdoor* - Won Pac-10 Championships high jump with PR and improved NCAA Regional Qualifying mark of 1.78/5-10 (5/15/05, Los Angeles)...mark is sixth-best in school history...at NCAA West Region Meet, cleared opening high jump height of 1.71m/5-7 1/4 on second try but missed all three attempts at 1.76m/5-9 1/4...finished tied for ninth (5/28/05, Eugene).

SOPHOMORE (2003-04): *Indoor* - Reached her lifetime-best high jump height of 1.70/5-7 three times this season...tied for sixth place at the MPSF Championships (2/28/04, Seattle) after clearing 1.67m/5-5 3/4i...*Outdoor* - Equaled her lifetime-best effort with a leap of 1.75m/5-8 3/4 at the Trojan Invite (3/20/04, Los Angeles)...mark is tied for eighth-best in school history...had second-best jump at the Pac-10 Championships (5/15/04, Tucson) but finished third-place at 1.73m/5-8...tied for 11th at the NCAA West Regional (5/29/04, Northridge) after clearing 1.69m/5-6 1/2.

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

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

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

MIKESH'S WSU BESTS

High Jump - 1.78m / 5-10 (2005)

PAC-10 CHAMPIONSHIPS PERFORMANCES

Year	Event	Rank	Height
2005	High Jump	1st	1.78m / 5-10
2004	High Jump	3rd	1.73m / 5-8
2003	High Jump	4th	1.75m / 5-8 3/4

NCAA WEST REGIONAL PERFORMANCES

Year	Event	Rank	Height
2005	High Jump	T9th	1.71m / 5-7 1/4
2004	High Jump	T11th	1.69m / 5-6 1/2
2003	High Jump	T17th	1.66m / 5-5 1/4

STUDENT-ATHLETE PROFILES



Katie Miller

PAC-10 SCORER

5-5, Senior • Combined Events • Vancouver, Washington

WSU CAREER. JUNIOR (2004-05): Indoor - Opened WSU career with second place finish in pentathlon at Cougar Indoor with 3632 points...finished second in pentathlon at Mountain Pacific Sports Federation Championships with NCAA Provisional Qualifying 3804 points (2/26/05, Seattle)...Outdoor - Finished fifth in heptathlon at California Multi-Events Meet with 4,865 points (3/24/05, Berkeley)...two weeks later finished 11th in heptathlon at Texas Relays with 4,894 points (4/7/05, Austin)...took seventh place with PR and NCAA Provisional Qualifying heptathlon total of 5,000 points at Pac-10 Championships (5/8/05, Los Angeles).

CLARK CC CAREER. SOPHOMORE (2003-04): Northwest Athletic Association of Community Colleges champion 100m hurdles and heptathlon for coaches Eric Anderson and Dave Caldwell...second place finisher in triple jump and third place finisher in 100m, long jump and high jump...six-time All-American in 100m, 100m hurdles, heptathlon, and triple, long and high jumps...named 2004 NWAACC Athlete of the Year...served as team captain and voted team MVP. **FRESHMAN (2002-03):** NWAACC champion in high jump...member of NWAACC champion women's track team...named two-time All-American in high jump and 4x100m relay.

HIGH SCHOOL CAREER. Earned seven letters at Columbia River High...two in track for coach Michelle Buss...one each in soccer and softball for coaches Darin DeGrande and Dana Blair...two letters from dance team with coach Sheryl Ponsness and one in gymnastics for coach Sally Poe...served as team captain for soccer, gymnastics and track senior year...finished seventh at state in the triple jump.

PERSONAL. Katie Ann Miller was born 11/12/83 at Vancouver, Wash...father Douglas is a salesman...mother Ann is a loan representative...sister Megan (2/7/87)...enjoys camping, sports and movies...majoring in general studies.

MILLER'S WSU BESTS

60m Hurdles - 8.70i (2005)
200m - 25.93 (2005)
800m - 2:26.01 (2005)
100m Hurdles - 14.56 (2005)
High Jump - 1.71m / 5-7 1/4i (2005)

Long Jump - 5.65m / 18-6 1/2i (2005)
Shot Put - 10.06m / 33-0 1/4 (2005)
Javelin - 37.75m / 123-10 (2005)
Pentathlon - 3,804i points (2005)
Heptathlon - 5,000 points (2005)

PAC-10 CHAMPIONSHIPS PERFORMANCES

2005 Heptathlon 7th 5,000 points



Jeanne Newman

Sprints • 5-6, Freshman • Moorpark, California

HIGH SCHOOL CAREER. Earned four letters in track at Moorpark High for coaches Tom King and Tara Thomas...captained team as junior and senior...freshman year set school record in 100m, 200m and 4x400m relay...named team MVP...won 100m at Mt. SAC Relays...won 200m at Junior Olympics...as a sophomore won 100m (12.06) and 200m (25.75) at California Div. II...won CIF 200m title...Marmonte League titles in 100m and 200m...CIF Southern Section master finalist...named MVP...named All-County Ventura Athlete...junior year CIF Div. II champion in 100m (12.34) and 200m (24.80)...Ventura County champions...team MVP...at Arcadia Invitational ran 100m in 12.48 and 200m in 25.08...CIF Southern Section master finalist...during senior season Ventura County 200m champion...won Marmonte League 200m (24.52) and 400m (57.16) titles...named Moorpark High Athlete of the Year.

PERSONAL. Born Jeanne Frances Newman 11/22/86 at Los Angeles...father Richard Newman is a State Farm Insurance agent...mother Frances Henderson is a nurse practitioner...sister Genevieve Henderson (12/21/80)...honor student for four years...national honor student as senior...wants to pursue a career in law.

NEWMAN'S BESTS

100m - 12.06
20m - 24.34
400m - 56.43



2006 COUGAR TRACK & FIELD



Eric Nygard

PAC-10 SCORER

Hurdles • 5-11, Senior • Wenatchee, Washington

WSU CAREER. JUNIOR (2004-05): *Indoor* - Ran PRS in 60m dash (7.20i), 200m dash (22.11) and open 400m of 49.10i for 18th in prelims at MPSF Championships (2/26/05, Seattle)...*Outdoor* - Ran a PR and NCAA Regional Qualifying time in the intermediate hurdles of 52.42 for eighth place at the Pac-10 Championships (5/15/05, Los Angeles)...finished 12th in the 400m hurdles at NCAA West Region prelims with time of 53.31...also ran third leg of fifth place 4x100m relay with time of 39.96 after running 39.91 in prelims (5/26/05, Eugene).

SOPHOMORE (2003-04): *Indoor* - Ran 400m dash in 49.23i at the Pac-10 Invite (2/14/04, Seattle)...800m time was at WSU Open (1/24/04, Pullman) with time of 2:05.17...ran third leg of school record indoor 4x400m relay time of 3:11.24i for third place at MPSF Championships (2/28/04, Seattle)...*Outdoor* - Ran intermediate hurdles PR time of 53.23 twice - at Stanford Invite (3/27/04, Stanford) and at State Challenge Cup (4/17/04, Pullman)...15th in the 400m hurdles (54.08) at the Pac-10 Championships (5/15/04, Tucson)...ran second leg of 1600m relay for eighth place at Pac-10 Champs and sixth place at NCAA West Regional 3:09.63 (5/29/04, Northridge).

FRESHMAN (2002-03): *Indoor* - Ran a 400m dash in 51.20i at McDonald's Last Chance Meet (3/8/03, Moscow)...*Outdoor* - Clocked in 400m hurdles time of 55.12 at the McDonald's Outdoor (5/10/03, Moscow).

HIGH SCHOOL CAREER. Earned eight letters at Wenatchee High...two in cross country for coach Susan Valdez, three in wrestling for coach Stan Opp, and three in track for coach Ron Brown...as a wrestler, competed at 129-, 141-, and 148-pounds...team won league wrestling titles twice, district titles three times, regional title once and placed third at state junior year and second at state senior year...in track, set sophomore school record in 300m hurdles (41.1), finished fifth in district and ninth at regional meet...junior track season another school record (38.0) with intermediate hurdles finishes of second at district and fifth at regional...named outstanding athlete, most inspirational, coaches award...won 300m hurdles Big Nine League title, district title and finished second at state 4A meet...named outstanding track athlete, outstanding Wenatchee high athlete, Gold Club and received coaches award.

PERSONAL. Born Eric Andrew Nygard 8/23/80 at Missoula, Mont...parents Darrell and Loraine...dad is a teacher and painter...brothers Kevin (3/24/82), Brandon (6/1/88), and Brian (12/12/91)...sisters Anita (12/27/83), Kara (7/16/85), Lynette (10/6/94) and Kirsten (10/11/96)...Anita runs track at BYU...enjoys camping and hiking...attended Wenatchee Valley College after a church mission but did not compete...wife Jenny, married in 2003, graduated from WSU in 2005 with degree in kinesiology...pursuing a degree in biology as a pre-med major.

NYGARD'S WSU BESTS

60m - 7.20i (2005)
200m - 22.11i (2005)
400m - 49.10i (2005)
800m - 2:05.17i (2004)
400m Hurdles - 52.42 (2005)
4x100m Relay - 39.91 (2005)
4x400m Relay - 3:11.24i (2004) **SR**; 3:10.61 outdoor (2005)

PAC-10 CHAMPIONSHIPS PERFORMANCES

Year	Event	Place	Time
2005	400m Hurdles	8th	52.42
2004	400m Hurdles	15th	54.08
	1600m Relays	8th	3:10.43

NCAA WEST REGIONAL PERFORMANCES

Year	Event	Place	Time
2005	400m Hurdles	12th (prelims)	53.31
	4x100m Relay	5th	39.96 (39.91 prelims)
2004	1600m Relay	6th	3:09.63



Haley Paul

ALL-AMERICAN

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

WSU CAREER. 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 (10/15/05, Terre Haute)...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.

FRESHMAN (2004-05): *Cross Country* - Was the top WSU runner in largest four races of season...finished 66th at Griak Invite (9/25/04, Minneapolis), 112th at NCAA Pre-Nationals (10/16/04, Terre Haute), 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 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)...undecided on major at WSU.

PAUL'S BESTS

800m - 2:11.43 (2005)
1500m - 2:26.00 (2005)
Mile - 4:52.95i (2005) **FSR**

PAC-10 CHAMPIONSHIP PERFORMANCES

Year	Event	Place	Time
2005	1500m	10th	4:33.16

NCAA WEST REGIONAL PERFORMANCES

Year	Event	Place	Time
2005	1500m	11th	4:33.67

STUDENT-ATHLETE PROFILES



Kayle Peterson

PAC-10 SCORER

Distance • 5-7, Junior • Port Orchard, Washington

WSU CAREER. JUNIOR (2005-06): *Cross Country* - Was a top five runner for WSU this season...42nd at Sundodger Invite (9/17/05, Seattle)...best finish was 20th at Montana Invite (10/1/05, Missoula)...122nd at Brooks Pre-National Meet (10/15/05, Terre Haute)...37th overall, second on team at Pac-10 Championships (10/29/05, Tucson)...84th overall, third on team at NCAA West Regionals (11/12/05, Palo Alto)...selected Pac-10 All-Academic honorable mention.

SOPHOMORE (2004-05): *Cross Country* - Competed in six meets, unattached in two...first Cougar, 38th overall at Sundodger Invite (9/18/04, Seattle)...first WSU and second overall runner at the Montana Invite (10/2/04, Missoula)...

NCAA Pre-Nationals she was second finisher for WSU and 134th overall (10/16/04, Terre Haute)...placed 27th overall and second Cougar at Pac-10 Championships (10/30/04, San Francisco)...second on team and 56th overall at NCAA West Regional (11/13/04, Fresno)...named to Pac-10 All-Academic honorable mention team...*Indoor* - Finished 14th at MPSF Championships...*Outdoor* - Finished ninth in steeplechase at Pac-10 Championships with time of 11:05.19 (5/15/05, Los Angeles)...named to Pac-10 All-Academic Track & Field honorable mention team.

FRESHMAN (2003-04): *Cross Country* - Had best finish in her first collegiate meet at Idaho Jamboree with sixth place finish overall and was second Cougar to finish...was third Cougar finisher in four races...at Pac-10 Championships (11/1/03, Pullman) finished 48th overall and third on team...ran to 91st finish (third on team) at NCAA West Regional (11/15/03, Portland)...*Indoor* - Ran the second-fastest 800m on the team at 2:15.84i (1/31/04, Pullman) and third-best mile time at 5:13.28i (2/14/04, Seattle)...also took care of final leg of distance medley relay (12:03.30i) which took sixth place at the Mountain Pacific Sports Federation Championships (2/28/04, Seattle)...*Outdoor* - Added steeplechase to resume in Freshman School Record time of 11:03.41 (4/10/04, Berkeley)...finished eighth at the Pac-10 Championships in the steeple with time of 11:12.75 (5/15/04, Tucson).

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

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

PETERSON'S WSU BESTS 5000m - 18:09.82 (2004)
1500m - 4:56.10 (2005) Distance Medley Relay - 12:03.30i (2004)
Mile - 5:13.28i (2004)
3000m - 10:17.40i (2004)
3000m Steeplechase - 11:03.41 **Freshman SR** (2004)

PAC-10 CHAMPIONSHIPS PERFORMANCES
2004 3000m Steeplechase 8th 11:12.75
2005 3000m Steeplechase 9th 11:05.19



Diana Pickler

ALL-AMERICAN

Combined Events • 5-10, Junior • Sachse, Texas

WSU CAREER. REDSHIRT SOPHOMORE (2004-05): *Indoor* - Started season by breaking own school pentathlon record with NCAA Provisional Qualifying mark of 3,928 points (1/28/05, Pullman)...at the MPSF Championships won the pentathlon with a school record and NCAA Automatic Qualifying 4,086 points and the next day won the high jump with a clearance at 1.71m/5-7 1/4i (2/26/05, Seattle)...earned All-America honors at NCAA Indoor Championships with 4,000 points for 10th place in pentathlon...*Outdoor* - Won the Texas Relays heptathlon with NCAA PQ and PR of 5,492 points, fourth-best in school history (4/7/05, Austin), making her national leader and second best mark of year by American woman...named Pac-10 Women's Field Athlete of the Week (April 4-10)...led heptathlon after

first day of Pac-10 Combined Events Championships with a first-day PR of 3,393 points but ended as runner-up to twin sister Julie...Diana scored NCAA AQ and PR of 5,563 points (5/8/05, Los Angeles)...next weekend at Pac-10 Championships placed sixth in 100m hurdles (13.79), seventh in high jump (1.70m/5-7) and ran third leg on fifth-place 4x100m relay (45.91)...finished sixth in heptathlon at NCAA Championships with PR 5,595 points (6/11/05, Sacramento)...All-American.

SOPHOMORE (2003-04): *Indoor* - At the MPSF Championships, finished second in the pentathlon with a school record and NCAA Provisional Qualifying 3,913 points...also placed fifth in the 60m hurdles (8.44i) and ran third leg of second place 4x400m relay (3:42.00i)...sprained her ankle prior to NCAA Indoor Championships and scored 3,786 points in the pentathlon for 12th place...*Outdoor* - Redshirt after missing most of season due to foot injury.

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

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

PERSONAL. Born Diana Lynn Pickler 12/9/83 at Shreveport, La...father Bill is the owner of Advanced Concrete Services...stepmother JJ is a flight attendant...mother Chris is an accountant...stepfather Ron Root is a pilot...sisters Julie (twin - 12/9/83), Katie (9/11/81) and Shine (3/17/98)...brothers Griffin (1/17/96) and Clay (6/25/93)...pursuing a business degree at WSU.

D. PICKLER'S WSU BESTS Distance Medley Relay - 3:42.00i (2004)
200m - 24.58 (2005) High Jump - 1.76m / 5-9 1/4i (2005)
800m - 2:23.55i (2004) Long Jump - 5.90m / 19-4 1/4i (2005)
60m Hurdles - 8.41i (2005) Shot Put - 11.59m / 38-0 1/4i (2004)
100m Hurdles - 13.68 (2005) Javelin - 39.82m / 130-8 (2005)
4x100m Relay - 45.89 (2005) Pentathlon - 4,086 points **SR** (2005)
4x400m Relay - 3:42.00i (2004) Heptathlon - 5,595 points (2005)

PAC-10 CHAMPIONSHIPS PERFORMANCES
2005 Heptathlon 2nd 5,563 points
100m Hurdles 6th 13.79
High Jump 7th 1.70m / 5-7
2003 Heptathlon 4th 5,254 points
100m Hurdles 12th 14.03

NCAA CHAMPIONSHIPS PERFORMANCES
2005 Heptathlon 6th 5,595 points
Pentathlon (Indoor) 10th 4,000 points
2004 Pentathlon (Indoor) 12th 3,786 points
2003 Heptathlon 27th 4,586 points

2006 COUGAR TRACK & FIELD



Julie Pickler **PAC-10 CHAMPION/ALL-AMERICAN** Combined Events • 5-10 1/2, Junior • Sachse, Texas

WSU CAREER. SOPHOMORE (2004-05): *Indoor* - Placed fourth in the pentathlon at Husker Invite with an NCAA PQ PR 3,759 points (2/5/05, Lincoln)...runner-up to sister Diana at MPSF Championships pentathlon with PR of 3,999 points...finished tied for third in high jump (1.71m/5-7 1/4i) at same meet (2/26/05, Seattle)...at the NCAA Championships, fouled all three attempts at pentathlon long jump...*Outdoor* - Runner-up to sister Diana in heptathlon at Texas Relays with PR 5,414 points (4/7/05, Austin)...won the Pac-10 heptathlon title with an NCAA AQ and PR of 5,569 points (5/8/05, Los Angeles)...only second time in conference history the decathlon and heptathlon winners from same school...named Pac-10 Women's Track & Field Athlete of the Week (May 2-8)...next weekend took third in high jump at Pac-10 Championships after clearing PR of 1.75m/5-8 3/4, as well as anchoring the fifth place 4x100m relay and the sixth place 4x400m relay...All-American after fifth place finish in heptathlon at NCAA Championships with PR 5,650 points (6/11/05, Sacramento)...third-best heptathlon in school history.

REDSHIRT FRESHMAN (2003-04): *Indoor* - Redshirt season...competed unattached in 60m hurdles, long jump and shot put in local meets...*Outdoor* - Finished sixth in heptathlon at the Pac-10 Championships (5/8/04, Tucson) with 4,938 points...next weekend tied for fifth in high jump (1.68m/5-6) at conference meet...reached NCAA Provisional Qualifying with 5,135 points for eighth place at the Mt. SAC heptathlon (4/15/04, Azusa)...missed NCAA meet by one point...mark is ninth-best in school history.

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

HIGH SCHOOL CAREER. Earned six letters at Rowlett High including four for track coach Ray Young and two as an outside hitter for volleyball coach Kathy Bothun...in 2002 ranked number one U.S. junior heptathlete by *Track & Field News*...won the US Junior Championship heptathlon title with a 5338 point total (6/19/02, Berkeley) which was the sixth-best performance for a prep in history and elevated her to the fourth-best performer in US prep annuals in this event...in 2001 ranked number three U.S. junior heptathlete...2001 Junior Olympic National Heptathlon third place with 5,147 points...total is tenth-best in U.S. history...finished third in 100m hurdles (13.79w) at 2001 Texas state 5A meet...100m hurdles PR time of 13.93 was ranked seventh nationally...also ranked 12th nationally in long jump (19-4i)...runner-up at state long jump in 2001 with distance of 19-6 3/4...2002 Indoor National Scholastic Sports Foundation All-American in the heptathlon, hurdles and long jump...runner-up in pentathlon at 2002 National High School Championships...member of the US Junior National Team and Junior World Championships...earned All-American honors after third place at USATF Championships junior year.

PERSONAL. Born Julie Ann Pickler 12/9/83 at Shreveport, La...father Bill is the owner of Advanced Concrete Services...stepmother JJ is a flight attendant...mother Chris is an accountant...stepfather Ron Root is a pilot...sisters Diana (twin - 12/9/83), Katie (9/11/81) and Shine (3/17/98)...brothers Griffin (1/17/96) and Clay (6/25/93)...majoring in human development at WSU.

J. PICKLER'S WSU BESTS
200m - 24.38 (2005)
400m - 55.26 (2005)
800m - 2:19.73 (2005)
60m Hurdles - 8.61i (2005)
100m Hurdles - 14.07 (2004)
4x100m Relay - 45.89 (2005)
4x400m Relay - 3:42.16 (2005)

Distance Medley Relay - 11:50.00i (2003)
High Jump - 1.76m / 5-9 1/4i (2005)
Long Jump - 5.87m / 19-3 1/4 (2005)
Shot Put - 11.95m / 39-2 1/2 (2005)
Javelin - 39.33m / 129-0 (2005)
Pentathlon - 3,999 points (2005)
Heptathlon - 5,650 points (2005)

PAC-10 CHAMPIONSHIPS PERFORMANCES

2005	Heptathlon	1st	5,569 points
	High Jump	3rd	1.75m / 5-8 3/4
	4x100m Relay	5th	45.91
2004	4x400m Relay	6th	3:42.16
	Heptathlon	6th	4,938 points
	100m Hurdles	15th prelims	14.30
	High Jump	T5th	1.68m / 5-6

NCAA CHAMPIONSHIPS PERFORMANCES

2005	Heptathlon	5th	5,650 points
	Pentathlon (Indoor)	DQ	



Brandi Probasco-Canda **PAC-10 SCORER** 400m • 5-8, Junior • Portland, Oregon

WSU CAREER. SOPHOMORE (2004-05): *Indoor* - Finished sixth in 400m dash at the MPSF Championships in a time of 57.04i (2/26/05, Seattle)...also ran lead leg of 4x400m relay that finished seventh at MPSF in time of 3:50.39i...*Outdoor* - Team's top 400m time of 55.16 at UW Dual (4/30/05, Seattle)...at the Pac-10 Championships finished ninth in 400m dash and ran lead leg of sixth place 4x400m relay team.

FRESHMAN (2003-04): *Indoor* - Finished fourth in the 400m dash at the Mountain Pacific Sports Federation Championships (2/28/04, Seattle) with a time of 55.60i...also ran lead leg of second-place 4x400m relay (3:42.00i)...team-leading 400m time

of 55.49i at Vandal Indoor (2/20/04, Moscow)...*Outdoor* - Ran top team time in 400m (55.57) at Washington Dual meet (5/1/04, Pullman)...at the Pac-10 Championships (5/15/04, Tucson) anchored 4x100m relay to seventh place (46.59) and anchored 4x400m relay to fifth place (3:40.61)...also was 12th in 400m (56.75)...at the NCAA West Regional meet, 4x400m relay team did not run squad member Tamara Gulley re-aggravated a groin injury in the pre-race warm-up area and the team had no replacement.

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

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

PROBASCO-CANDA'S WSU BESTS

60m - 8.10i (2005)	400m - 55.16 (2005)
100m - 12.68 (2005)	4x100m Relay - 46.43 (2004)
200m - 25.26i (2004)	4x400m Relay - 3:40.61 (2004)

PAC-10 CHAMPIONSHIPS PERFORMANCES

2005	400m Dash	9th	55.72
	4x400m Relay	6th	3:42.16
2004	400m Dash	12th prelims	56.75
	4x100m Relay	7th	46.59
	4x400m Relay	5th	3:40.61

STUDENT-ATHLETE PROFILES



Kelly Ramirez PAC-10 SCORER

Distance • 5-5, Sophomore • Duvall, Washington

WSU CAREER. JUNIOR (2005): *Cross Country* - Emerged as top five scorer...sixth at Idaho Jamboree (9/2/05, Moscow)...29th at Sundodger Invite (9/17/05, Seattle)...eighth at Montana Invite (10/1/05, Missoula)...104th at Brooks Pre-National meet (10/15/05, Terre Haute)...38th overall, third on team at Pac-10 Championships (10/29/05, Tucson)...86th overall, fifth on team at NCAA West Regionals (11/12/05, Palo Alto)...selected Pac-10 All-Academic honorable mention.

SOPHOMORE (2004): *Cross Country* - Six Cougar finisher at Pac-10 Championships and 50th overall (10/30/04, San Francisco)...seventh on team and 132nd overall at NCAA West Region (11/13/04, Fresno)...named to Pac-10 All-Academic Cross Country honorable mention team...**REDSHIRT FRESHMAN (2005):** *Indoor* - Ran a 5000m PR time of 17:53.85i for 12th place at Mountain Pacific Sports Federation Championships (2/26/05, Seattle)...*Outdoor* - Debuted in the collegiate 10k with an eighth place finish at Pac-10 Championships (5/15/05, Los Angeles) in a time of 37:29.94...named to Pac-10 All-Academic Track & Field honorable mention team.

FRESHMAN (2003-04): *Cross Country* - Scored for WSU at Roy Griak Invitational as fourth Cougar to finish...only ran in three races all season due to leg injuries...*Indoor* - Redshirt season...*Outdoor* - Redshirt season.

HIGH SCHOOL CAREER. Earned eight letters at Cedarcrest High, four each in cross country and track for coach Bruce McDowell...captain of track team as senior...captain of cross country team sophomore through senior seasons...finished eighth in state in cross country as senior...all-state selection as junior and senior...finished seventh in state in 1600m and 12th in 3200m as senior...set school record and finished fourth in 1600m in state as sophomore...finished sixth in state in 1600m as junior...set school record in 3200m as freshman...competed on Junior Olympic Cross Country Team for coach Dawn Geiser.

PERSONAL. Born Kelly Sierra Ramirez 8/7/85 at Torrance, Calif...mother Lorie is a G.I.S. analyst (map maker)...sisters, Cayce (11/7/87) and Caitlin (4/8/90)...senior class president...junior class vice president...member of National Honor Society...majoring in biology.

PAC-10 CHAMPIONSHIPS PERFORMANCES

2005 10,000m 8th 37:29.94



Jaycee Robertson PAC-10 SCORER

5-11 1/2, Sophomore • Sprints • Spanaway, Washington

WSU CAREER. SOPHOMORE (2004-05): *Indoor* - Lowered 60m dash time to 6.86i at both the Cougar Indoor (1/22/05, Pullman) and the Vandal Indoor (2/18/05, Moscow)...*Outdoor* - At Pacific-10 Championships, finished 13th in the 100m and 12th in 200m prelims...anchored 4x100m relay team to fourth place with 39.94 time (5/15/05, Los Angeles)...at NCAA West Regional took fourth place in 200m dash with a time of 21.15 (5/28/05, Eugene)...anchored 4x100m relay team to fifth place in 39.96 after clocking in prelim time of 39.91...season-best 200m time was 21.10w at Moscow, Idaho (5/7/05)...at NCAA Championships finished 22nd in 200m round

one in time of 21.28 (6/9/05, Sacramento).

FRESHMAN (2003-04): *Indoor* - Walked on team mid-season...ran unattached...top time in 60m dash of 7.11i (2/21/04, Moscow)...*Outdoor* - Reached 100m PRs of 10.39W and 10.49w at the USA Junior Championships (6/27/04, College Station).....10.39W is 10th fastest in school history...ran Freshman School Record in 200m of 21.34 at Washington Dual meet (5/1/04, Pullman)...led team in 200m with 21.00w (5/8/04, Moscow)...at Pac-10 Championships (5/15/04, Tucson) clocked 10.61 in 100m for 10th and 21.83 for 15th in 200m prelims...ran the second leg of 4x100m relay for second place (39.58) at NCAA West Regional (5/29/04, Northridge)...also 10th in 200m prelims at 21.63...at the NCAA Championships (6/10/04, Austin) relay ran prelim time of 39.64, 12th-fastest but did not advance to the final...best relay time of 39.55 came at Washington Dual meet (5/1/04, Pullman)...at the USA Junior Outdoor Track & Field Championships (6/27/04, College Station), placed sixth in the 100m (10.49w after 10.39W prelim) and seventh place in the 200m (21.62 seconds after 21.39w prelim time).

HIGH SCHOOL CAREER. Earned one letter at Bethel High as a sprinter for track coach Pat Mullen...Braves boys track team went undefeated senior year...senior season cut short by injury.

PERSONAL. Born Ronald Patrick Jaycee Robertson II 7/29/85 at Tacoma, Wash...father Ronald is a wing mechanic at Boeing...mother Valiere is a financial aid director...sisters Tashasha (3/31/81) and Yvette (8/18/86)...majoring in criminal justice.

ROBERTSON'S WSU BESTS

60m - 6.86i (2005)
100m - 10.39W (2004), 10.49w (2004), 10.51 (2004)
200m - 21.00w (2004), 21.15 (2005)
4x100m Relay - 39.55 (2004)

PAC-10 CHAMPIONSHIP PERFORMANCES

Year	Event	Time
2005	100m	13th prelims 10.62
	200m	12th prelims 21.40
	4x100m Relay	4th 39.94
	100m	10th prelims 10.61
2004	200m	15th prelims 21.83

NCAA WEST REGIONAL PERFORMANCES

Year	Event	Time
2005	200m	4th 21.15
	4x100m Relay	5th 39.96
	(39.91 prelims)	
2004	200m	10th prelims 21.63
	4x100m Relay	2nd 39.58

NCAA CHAMPIONSHIP PERFORMANCES

Year	Event	Time
2005	200m	22nd prelims 21.28
2004	4x100m Relay	12th Prelims 39.6

2006 COUGAR TRACK & FIELD



Catie Schuetzle *STATE CHAMPION*

Jumps • 5-8, Freshman • Spokane, Washington

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...wants to pursue career in human development or education.

SCHUETZLE'S BESTS

Long Jump - 19-4 3/4
Triple Jump - 39-0



Ryan Scott

Javelin • 5-10, Junior • Kalama, Washington

WSU CAREER. SOPHOMORE (2004-05): *Outdoor* - Tossed a PR and NCAA Regional Qualifying mark of 61.70m/202-5 at the UW Dual Meet (4/30/05, Seattle)...finished 10th at the Pac-10 Championships with a toss of 59.22m/194-3 (5/15/05, Los Angeles)...at the NCAA West Regional Championships threw javelin 58.80m/192-11 for 16th in prelims (5/27/05, Eugene)...named to Pac-10 All-Academic Track & Field first team...National Collegiate Div. I Track Coaches Association 2005 All-Academic Track & Field Team selection.

FRESHMAN (2003-04): *Outdoor* - Best toss of 55.60m/182-5 at Trojan Invite (3/20/04, Los Angeles).

HIGH SCHOOL CAREER. Earned ten letters at Kalama High School...two in wrestling for coach Ken White...four as a middle linebacker and offensive lineman for coach Mark Buchanan...four in track for coach Fred Pulphus...track captain junior and senior...senior football captain...placed fifth at state in javelin as a freshman...top freshman thrower at state...state champion sophomore year and was the Junior Olympic National Champion...first team all-state linebacker junior and senior year...finished second at state junior year in javelin...senior year was the state champion and MVP in javelin.

PERSONAL. Born Ryan Edward Scott, 2/20/85, at Republic, Washington...father Dave works as an insurance agent...mother Margaret is a mental health therapist...sister Crystal (3/23/1980)...prep GPA of 3.9...Senior ASB Social Chair...planning to major business.

SCOTT'S WSU BESTS

Javelin - 61.70m / 202-5 (2005)

PAC-10 CHAMPIONSHIP PERFORMANCES

2005	Javelin	10th	59.22m / 194-3
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NCAA WEST REGIONAL PERFORMANCES

2005	Javelin	16th prelims	58.80m / 192-11
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STUDENT-ATHLETE PROFILES



Ryan Thomas

Combined Events • 6-2, Senior • Olympia, Washington

WSU CAREER. JUNIOR (2004-05): *Indoor* - Spent season training as multi-events competitor, adding running and throwing events to his jumping specialties...debuted with fourth place heptathlon finish and 5,002 points at Cougar Indoor (1/29/05, Pullman)...finished fifth in the heptathlon at the Mountain Pacific Sports Federation Championships with 5,087 points (2/26/05, Seattle)...*Outdoor* - Dropped multi-events training and concentrated on jumping only...cleared 2.05m/6-8 3/4 in the high jump five times including at the Pac-10 Championships for 10th place (5/15/05, Los Angeles)...best long jump of 7.05m/23-1 3/4 came at UW Dual meet (4/30/05, Seattle).

CLARK CC CAREER. SOPHOMORE (2003-04): Northwest Athletic Association of Community Colleges champion in the high and triple jumps...named All-American in high and triple jumps...earned Most Valuable Field Athlete award...PRs include 49-8 in triple jump, 23-4 3/4 in long jump, and 6-9 3/4 in high jump. **FRESHMAN (2002-03):** Runner-up in triple jump at NWAACC championships, earning All-America honors.

HIGH SCHOOL CAREER. Earned five letters at River Ridge High...two in track for coach Phil Lonborg, two in football for coach Danny Greene and one in basketball for coach Chris Spivey...was state runner-up in triple jump and fourth at state in the high jump senior year...earned all-state honors in the triple and high jumps along with all-district and all-league honors...as a junior, placed fifth at state in the triple jump and 4x100 relay...earned all-state, all-league and all-district honors in the triple jump and 4x100 relay.

PERSONAL. Born 11/4/84 at Stuttgart, Germany...father Billy works for the United States Department of Defense...mother Barbara is retired Army...brothers Anthony (3/3/89) and Billy Jr. (5/28/82)...sister Nikki (3/27/76)...brother Billy Jr. played baseball for Yakima Valley CC...enjoys playing music and watching movies...pursuing a degree in communication with emphasis in advertising.

THOMAS' WSU BESTS

60m - 7.00i (2005)
100m - 11.22 (2005)
60mHurdles - 8.88i (2005)
High Jump - 2.05m / 6-8 3/4i (2005)

Pole Vault - 4.25m / 13-11 1/4i (2005)
Long Jump - 6.98m / 22-11i (2005)
Triple Jump - 49-8 (2004)
Shot Put - 11.74m / 38-6 1/4i (2005)
Heptathlon - 5,087 points (2005)

PAC-10 CHAMPIONSHIPS PERFORMANCES

2005	High Jump	10th	2.05m / 6-8 3/4
	Long Jump	14th	6.49m / 21-3 1/2



Sara Trané

800m, 400m Hurdles • 5-9, Freshman • Pixbo, Sweden

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)...planning to major in movement studies.

TRANÉ'S BESTS

800m - 2:11.17
400m Hurdles - 62.01



2006 COUGAR TRACK & FIELD



Drew Ulrick

Throws • 6-6, Junior • Spokane, Washington

WSU CAREER. SOPHOMORE (2004-05): *Indoor* - Heaved a personal-best in the shot put of 15.29m/50-2 at the Cougar Indoor Meet (1/29/05, Pullman)...*Outdoor* - Tossed shot PR of 16.24m/53-3 at the Willie Williams (3/19/05, Tucson)...threw a PR of 55.59m/182-4 for sixth place in the discus at the NCAA West Regional (5/28/05, Eugene)...at NCAA Champs had a qualifying round best discus throw of 53.56m/175-9, 19th overall with top 12 throwers advancing to final (6/9/05, Sacramento)...NCAA first throw 48.19m/158-1, second throw bettered that by more than 17-feet but fouled final attempt...finished 11th in discus at Pac-10 Champs...regional qualifying

mark was PR of 177-5 (54.07m) thrown at Mt. SAC Relays (5/17/05, Walnut)...named to honorable mention Pac-10 All-Academic Track & Field team...National Collegiate Div. I Track Coaches Association 2005 All-Academic Track & Field Team selection.

FRESHMAN (2004-05): *Indoor* - Best shot put of season was 14.93m/48-11 3/4i thrown at the McDonald's Collegiate (2/6/04, Moscow)...also had the top Cougar discus throw of season with toss of 51.51m/169-3 at the Vandal Indoor (2/20/04, Moscow)...*Outdoor* - Season-best effort for team was NCAA Regional qualifying discus throw of 51.58m/169-3 at Brutus Hamilton Invite (4/9/04, Berkeley)...took 10th place in the discus (48.26m/158-4) at the Pac-10 Championships (5/15/04, Tucson)...finished 16th at the NCAA West Regional (5/29/04, Northridge) with a discus throw of 49.10m/161-1.

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

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

ULRICK'S WSU BESTS

Shot put - 16.24 / 53-3 (2005)
Discus - 51.58m / 169-3i (2004)

PAC-10 CHAMPIONSHIPS PERFORMANCES

2005	Discus	11th	51.13m / 167-9
2004	Discus	10th	48.26m / 158-4

NCAA WEST REGIONAL PERFORMANCES

2005	Discus	6th	55.59m / 182-4
2004	Discus	16th	49.10m / 161-1

NCAA CHAMPIONSHIPS PERFORMANCES

2005	Discus	19th	53.56m / 175-9
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Robert Williams

STATE CHAMPION

Hurdles • 6-3, Freshman • Riverside, California

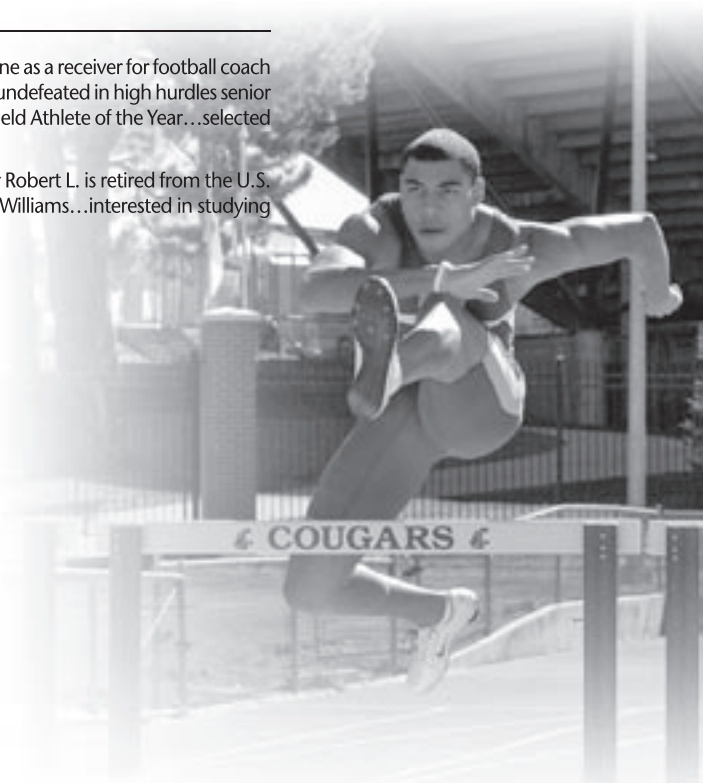
HIGH SCHOOL CAREER. Earned seven varsity letters at Ramona High...one as a receiver for football coach Chuck Pope...two in cross country and four in track for coach Ralm Jung...undefeated in high hurdles senior year...first person in school to win state championship...named Track & Field Athlete of the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

human development and sociology at WSU.

R. WILLIAM'S BESTS

110m Hurdles - 13.97



STUDENT-ATHLETE PROFILES



Danny Wolf

ALL-AMERICAN

Distance • 5-10, Senior • Reno, Nevada

WSU CAREER. SENIOR (2004-05): *Cross Country* - Top WSU finisher in three of the four meets competed...only second to Mike Heidt at Griak...19th overall at NCAA Pre-Nationals (10/16/04, Terre Haute)...ninth at Pac-10 Championships (10/30/04, San Francisco)...41st at NCAA West Regional (11/13/04, Fresno)...**REDSHIRT JUNIOR (2005):** *Indoor* - Did not compete to even eligibility with outdoor season for final year...*Outdoor* - Top 5k time of 14:34.64 at Mt. SAC Relays (4/16/05, Walnut)...ran best 1500m time(3:58.29) of season at UW Dual (4/30/05, Seattle).

JUNIOR (2003-04): *Cross Country* - Top team finisher in three races including defending Idaho Jamboree and Cougar Invite titles...among top three Cougar in six races...reached 20th at the prestigious Roy Griak Invite (9/27/03, Minneapolis)...16th overall and second on team at Pac-10 Championships (11/1/03, Pullman)...39th overall and second on team at NCAA West Regional Meet (11/15/03, Gresham)...*Indoor* - Ran PRs in 800m (1:56.49i), mile (4:06.00i), and 3000m (7:58.78i)...finished third in the 3000m at the MPSF Championships with an NCAA Provisional Qualifying time and PR of 7:58.78i (2/28/04, Seattle)...also ran the anchor leg of the fifth place Distance Medley Relay (9:56.75i)...earned All-America honors with 10th place finish in 3000m (8:13.80i) at the NCAA Championships (3/13/04, Fayetteville)...**REDSHIRT SOPHOMORE (2004):** *Outdoor* - Ran 5000m PR time of 14:05.34 at Stanford Invite (3/27/04).

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

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

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

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

WOLF'S WSU BESTS
800m - 1:56.49i (2004)
Mile - 4:06.00i (2004)

1500m - 3:55.20 (2002)
3000m - 7:58.78i (2004)
3000m Steeplechase - 9:17.8h (2002)
5000m - 14:05.34 (2004)
Distance Medley Relay - 10:05.44i **Freshman SR** (2002), 9:56.75i (2004)

PAC-10 CHAMPIONSHIPS PERFORMANCES
2002 5000m DNF

NCAA CHAMPIONSHIPS PERFORMANCES
2004 3000m Indoor 10th 8:13.80



Brian Woods, Jr.

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

PRE-WSU CAREER. Attended and competed in track at Fullerton College as a freshman and at Long Beach City College as a sophomore.

HIGH SCHOOL CAREER. Earned seven varsity letters at Los Alamitos High...three as a receiver for John Barnes' football team...four as a sprinter for track coaches Nathan Howard and Holly Iris...the Griffins' football team was the CIF-Southern Section Division I champions senior year...three-time All-Orange County selection in track, and was named to the all-Long Beach Country team and the Sunset League's MVP as a senior...member

of 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...as a senior was the CIF Southern Section Division I champion in the 100m and 200m...Los Alamitos team was CIF So. Section runner-ups...school record 100m time of 10.55...track team captain as senior...scholar-athlete...won school's Senior Medallion of Excellence for Academic Achievement.

PERSONAL. Born Brian Pepi Woods, Jr., June 23, 1985 at Long Beach, Calif....father Brian Woods, Sr., works for the Veterans Administration...stepmother Juanita...mother Rose Woods is in the Navy...brother Justin (11/24/86) is also on the Cougar track and field team...avid video game player...pursuing a social science degree at WSU.

B. WOODS' BESTS
100m - 10.55
200m - 21.24

2006 COUGAR TRACK & FIELD



Justin Woods, Jr.

Sprints • 5-6, Freshman • Buena Park, California

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, November 24, 1986 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...interested in studying criminal justice at WSU.

J. WOODS' BESTS

100m - 10.48
200m - 21.01w
400m - 48.66



Moreno Zapata

STATE CHAMPION

Triple Jump • 5-10, Freshman • Lakewood, Washington

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...planning to study kinesiology at WSU.

ZAPATA'S BESTS

Triple Jump - 50-11 1/2w; 50-3 1/4

OTHER COUGARS TO WATCH



Sam Ahlbeck
FR, Distance, Renton, Wash.



Vic Asher
FR, Throws, Vancouver, Wash.



Derry Betts
FR, Distance, Edmonds, Wash.



Evan Blanshan
SO, Distance, Selah, Wash.



Brett Bogachus
FR, Javelin, Bellevue, Wash.



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



Justin Chambers
SO, Middle Distance, Albany, Ore.



Chris Concha
JR, Distance, Reno, Nev.



Katie Corder
FR, Throws, St. John, Wash.



Kelli Dahlquist
SR, Distance, Castle Rock, Wash.



Michelle DeCourcey
SO, Middle Distance, Portland, Ore.



Karen DeMartini
SO*, Distance, Reno, Nev.



Kyle Eaton
SO, High Jump, Ellensburg, Wash.



Woody Favinger
SO, Distance, Bellingham, Wash.



Angelica Flynn
FR, Hurdles, Tacoma, Wash.



Reny Follett
FR, Distance, Lewiston, Idaho



Ryan Freimuth
SR, Distance, Wentachee, Wash.



Bob Frey
JR, Hurdles, Spanaway, Wash.



Selena Galaviz
SO, Sprints, Toppenish, Wash.



Isley Gonzalez
SO, Middle Distance, Sunnyside, Wash.



Nicole Hatcher
SR, Sprints, Kennewick, Wash.



Mike Heidt
SR, Distance, Selah, Wash.



Clay Hemlock
JR, Distance, Ferndale, Wash.



Nick Isaac
SO, Jumps, Federal Way, Wash.

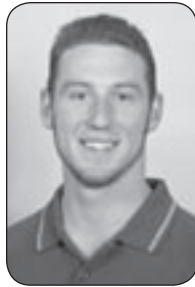


Andrew Jones
JR, Distance, Gillette, Wyo.

OTHER COUGARS TO WATCH



Collier Lawrence
SO, Distance, Reno, Nev.



Josh Leyk
SR, Hurdles, Veradale, Wash.



Dan Lucero
FR, Distance, Port Angeles, Wash.



Philip MacArthur
RS-FR, Hammer, Selkirk, Wash.



Nicole McClendon
SO, Sprints, Granada Hills, Calif.



Matt Miller
FR, Distance, Kennewick, Wash.



Alyssa Modrell
FR, Distance, Snohomish, Wash.



Jarrell Nelson
JR, Sprints, Bremerton, Wash.



Clint Osborn
FR, Throws, Lake Stevens, Wash.



Drew Polley
RS-FR, Distance, Port Orchard, Wash.



La Shawnda Porter
SO, Sprints, Renton, Wash.



Shannon Posey
FR, Throws, North Bend, Wash.



Billy Reamer
JR, Javelin, Spokane, Wash.



Marisa Sandoval
FR, Distance, Los Alamos, New Mexico



Jimmy Schofield
FR, Distance, Spanaway, Wash.



Cameron Schwisow
FR, Javelin, Olympia, Wash.



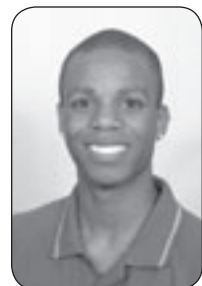
Dominic Smargiassi
FR, Distance, Auburn, Wash.



Natalie Smith
JR, Distance, Bellingham, Wash.



Sam Stone
FR, 800m, Farmington, Wash.



Devin Timpson
FR, Sprints, Ocean Shores, Wash.



Katie Troy
SO, Middle Distance, Bellevue, Wash.



Lisa Waananen
RS-FR, Distance, Maple Grove, Minn.



Chris Williams
JR, Distance, Federal Way, Wash.



Kameko Wilson
JR, Sprints, Spanaway, Wash.



Jessica Zita
SO, Throws, Echo, Ore.