

WASHINGTON STATE

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2007 SCHEDULE

1/19-20	WSU Indoor Open	Pullman
1/26-27	Cougar Indoor (Idaho, Montana, Utah State, USC)	Pullman
2/2-3	Husker Invitational McDonalds Collegiate Invite	Lincoln Moscow
2/10	Husky Classic	Seattle
2/16	Vandal Indoor	Moscow
2/17	McDonald's Open	Moscow
2/23-24	MPSF Championships	Seattle
3/3	NCAA Last Chance Qualifier	Seattle
3/9-10	NCAA Indoor Championships	Fayetteville
3/16-17	Baldy Castillo Invitational	Tempe
3/23-24	Trojan Invitational	Los Angeles
3/30-31	Stanford Invitational	Stanford
4/4-7	Texas Relays	Austin
4/6	Pelluer Invitational	Cheney
4/12-14	Rafer Johnson/Jackie Joyner-Kersey Invite	Los Angeles
4/13-15	Mt. SAC Relays	Walnut
4/21	Cougar Invitational	Pullman
4/29	Cougar-Husky Dual Meet	Seattle
5/4-5	Vandal Jamboree	Moscow
5/5-6	Pac-10 Combined Events	Stanford
5/12-13	Pac-10 Championships	Stanford
5/25-26	NCAA West Regional Championships	Eugene
6/6-9	NCAA Championships	Sacramento



WASHINGTON STATE

Alumni Competitors



USATF/The Sporting Image

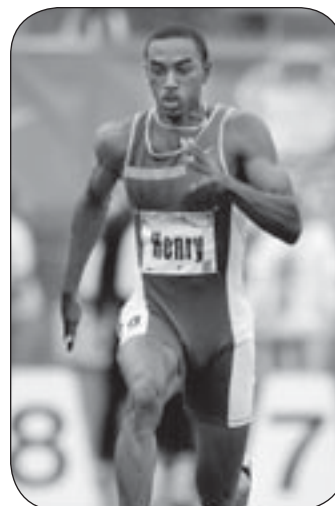
Dominique Arnold

2006 U.S. National 110m hurdles Champion American record holder 12.90. No. 1 in IAAF World Rankings 110m hurdles, No. 2 in US and No. 3 in Track & Field News high hurdles. Finished second in high hurdles at 2005 US Championships, fourth place at 2005 World Championships



Whitney Evans

2005 Canadian National Champion in high jump.



Anson Henry

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



Bernard Lagat

American record-holder for 1500m and ranked #4 in the world. Two-time Olympic medalist in 1500m as Kenya team member - 2000 bronze, 2004 silver. No.2 all-time world 1500m time of 3:26.34. No. 2 in IAAF 1500m World Rankings. 2006 U.S. National 1500m, 5000m Champion.



Ellannee Richardson

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



Ian Waltz

2006 U.S. National discus Champion. 2004 USA Olympic Team. Ranked No. 5 in IAAF World Rankings for discus. Second place in discus at 2004 US Olympic trials, 2005 US discus champion, fifth place 2005 World Championships. Ranked No. 1 for 2005 US discus by Track & Field News.



Arend Watkins

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

COUGAR TRACK & FIELD FACTS

Track & Field Facts

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

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

2007 Track & Field Coaching Staff

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

Head Coach: Rick Sloan (UCLA, 1969 - WSU, 1978, 13th year head coach, 34th year with program)

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

Assistant Coaches:

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

Volunteer Assistant Coach: Tamara Diles

2006 Women's Highlights:

Mountain Pacific Sports Federation Indoor Championships 8th (38.5 points)
NCAA Indoor Championships: Julie Pickler (2nd, Pentathlon), Tamara Diles (10th, Pole Vault)

Pacific-10 Conference Championship: 8th (40 points)

NCAA West Regional Championships: 10th (20 points)

NCAA Outdoor Championships: T25th (10 points)

All-Americans: Diana Pickler (3rd, Heptathlon), Julie Pickler (5th, Heptathlon)

2006 Men's Highlights:

Mountain Pacific Sports Federation Indoor Championships 9th (41 points)

MPSF Champion: James McSwain wins 60m dash

Pacific-10 Conference Championship: 9th (37 points)

NCAA West Regional Championships: 7th (39 points)

NCAA Outdoor Championships: T26th (10 points)

All-Americans: Matt Lamb (3rd, Discus) and John Cassleman (5th, 400m Hurdles)

2007 Top Returners

Returning NCAA Women Outdoor Participants:

McKinnon Hanson, High Jump: 2006 (NH)
Haley Paul, 5000m: 2006 (26th)
Diana Pickler, Heptathlon: 2003 (27th), 2005 (6th), 2006 (3rd)
Julie Pickler, Heptathlon: 2005 (5th), 2006 (5th)
Brandi Probasco-Canda, 400m Dash: 2006 (27th)

Returning Women Pac-10 Scoring:

Sarah Burns, Triple Jump: 2005 (7th)
McKenzie Garberg, Discus: 2006 (5th)
Kaylee Gardner, Triple Jump: 2004 (8th)
McKinnon Hanson, High Jump: 2005 (6th), 2006 (6th)
Collier Lawrence, 3000m Steeplechase: 2006 (8th)
Kayle Peterson, 3000m Steeplechase: 2004 (8th)
Diana Pickler, Heptathlon: 2003 (4th), 2005 (2nd) / 100m Hurdles: 2005 (6th), 2006 (5th) / High Jump: 2005 (7th)
Julie Pickler, Heptathlon: 2004 (6th), 2005 (1st), 2006 (2nd) / High Jump: 2004 (5th), 2005 (3rd)
Kelly Ramirez, 10,000m: 2005 (8th)
Sara Trané, 400m Hurdles: 2006 (4th)

Returning NCAA Men Outdoor Participants:

Tyson Byers, Pole Vault: 2005 (5th)
John Cassleman, 400m Hurdles: 2005 (17th), 2006 (5th)
Jon Jeffreys, Javelin: 2006 (24th)
Matt Lamb, Discus: 2006 (3rd)
Jaycee Robertson, 200m: 2005 (22nd); 100m: 2006 (22nd)
Drew Ulrick, Discus: 2005 (19th)
Justin Woods, 200m: 2006 (18th)
Justin Woods, Jaycee Robertson, 4x100m Relay: 2006 (DQ)

Returning Pac-10 Men Scorsers:

Tyson Byers, Pole Vault: 2003 (7th)
John Cassleman, 400m Hurdles: 2005 (4th), 2006 (2nd)
Kyle Eaton, High Jump: 2006 (7th)
Jon Jeffreys, Javelin: 2006 (5th)
Matt Lamb, Discus: 2006 (3rd)
Philip MacArthur, Hammer: 2006 (7th)
Jaycee Robertson, 100m: 2006 (6th)
Justin Woods, 100m: 2006 (7th) / 200m: 2006 (6th)
Moreno Zapata, Triple Jump: 2006 (t8th)

Head Coach Rick Sloan

2007 marks 34 years at WSU.

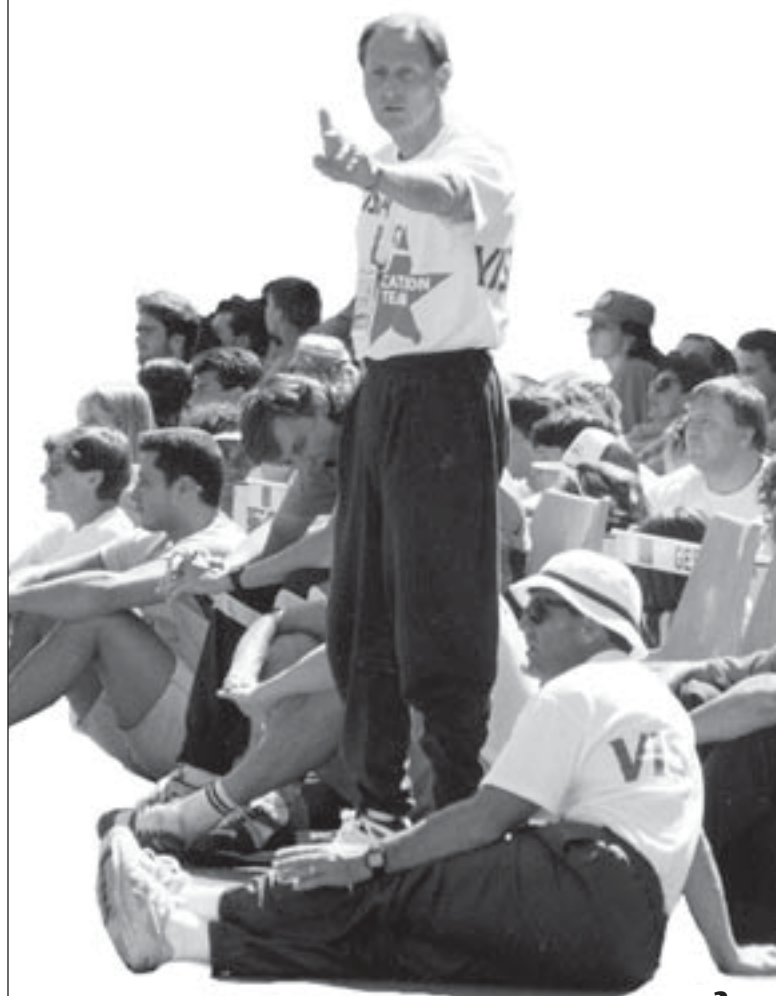
Five-time District 8 Track & Field Coach of the Year.

As Head Coach directed 29 WSU athletes to NCAA Outdoor All-American status 50 times, and directed 21 athletes to NCAA Indoor All-American status 33 times.

During his 12 years as head coach, Cougar men have set 11 school records and Cougar women have set 33 school records.

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

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



WASHINGTON STATE

World class. Face to face.

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



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

A friendly environment

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

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

College of Agriculture
and Home Economics

College of Business
and Economics

College of Education

College of Engineering
and Architecture

College of Liberal Arts

College of Nursing

College of Pharmacy

College of Sciences

College of Veterinary Medicine

Graduate School

Honors College



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

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

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



WASHINGTON STATE UNIVERSITY



Dedicated to diversity

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

Office of the Vice President for Equity and Diversity

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



Equity and Diversity Partners

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

The Center for Human Rights

www.chr.wsu.edu/

Gender Identity/Expression and Sexual Orientation Resource Center

www.thecenter.wsu.edu/

Women's Resource Center

www.women.wsu.edu/

Talmadge Anderson Heritage House

www.heritagehouse.wsu.edu/

Disability Resource Center

www.drc.wsu.edu/

Multicultural Student Services

www.wsu.edu/multicultural/



WASHINGTON

STUDENT-ATHLETE DEVELOPMENT

www.athletics.wsu.edu/arc



Cynthia Prieto

Academic Counselor
for Cougar Track and Field



2006 MEN'S TRACK & FIELD ACADEMIC HONORS **Pac-10 All-Academic**

First Team

Drew Polley
Ryan Scott

Second Team

Bob Frey
Drew Ulrick

Honorable Mention

Martin Boston
D.J. Brown
John Cassleman
Alex Grant
Mike Heidt
Phil Hinrichs
Nick Isaac
Jon Jeffreys
Andrew Jones
Josh Leyk

CROSS COUNTRY

First Team

Woody Favinger

Second Team

Drew Polley

Honorable Mention

Alex Grant
Andrew Jones
Chris Williams

CoSIDA Academic

All-American - Track & Field

Ryan Scott - District VIII Second Team

National Collegiate Div. I Track Coaches Association 2006 All-Academic Track & Field Team

Jon Jeffreys
Drew Ulrick

2006 WOMEN'S TRACK & FIELD ACADEMIC HONORS **Pac-10 All-Academic**

First Team

Kaylee Gardner
McKinnon Hanson
Haley Paul

Second Team

Karen DeMartini
Kayle Peterson
Jessica Zita

Honorable Mention

Tamara Diles
Selena Galaviz
Collier Lawrence
Meghan Leonard
Nicole McClendon
La Shawnda Porter
Kelly Ramirez
Katie Troy
Kameko Wilson

CROSS COUNTRY

First Team

Haley Paul
Sara Trané

Honorable Mention

Collier Lawrence
Meghan Leonard
Kayle Peterson
Kelly Ramirez

CoSIDA Academic All-American Track & Field

Tamara Diles
District VIII First Team
McKinnon Hanson
District VIII First Team
Haley Paul
District VIII Second Team

National Collegiate Div. I Track Coaches Association 2006 All-Academic Track & Field Team

Tamara Diles
McKinnon Hanson
Tiffany Maskulinski
Haley Paul
Jessica Zita

STATE

Academic Services

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

Career Development

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

Personal Development

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



STUDENT-ATHLETE DEVELOPMENT STAFF

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



WSU's P.R.O.W.L. Resource Center

WASHINGTON

ACADEMIC HONORS

MEN

PAC-10

ALL-ACADEMIC TRACK & FIELD

(Since 1990)

First Team

- 1991 Phil Cox
Mark Macdonald
Chad McKinney
- 1992 Phil Cox
Mark Macdonald
Chad McKinney
Jamie Nordstrom
Matt Shaffer
- 1993 Quin Magnusson
Jamie Nordstrom
Bildad Waihumbu
- 1994 George Loucaides
Chad McKinney
Matt Shaffer
- 1995 George Loucaides
Chris Mosley
Jed Stannard
- 1996 David Jungk
- 1997 David Jungk
Matt Stadelman
- 1998 Tony Boitano
Josh Mattson
Matt Stadelman
- 1999 B.J. Schade
- 2000 Tony Boitano
Eric Dudley
B.J. Schade

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

Second Team

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

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

Honorable Mention

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

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

CoSIDA Academic All-Americans—Track & Field

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

NCAA Div. I

All-Academic Team

- 2004 Brandon Brownell
Drew Ulrick
- 2005 Alex Grant
Ryan Scott
Drew Ulrick

PAC-10

ALL-ACADEMIC CROSS COUNTRY

(Since 1990)

First Team

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

Second Team

- 1990 Mike Kramer
- 1990 Jamie Nordstrom
- 1991 Kevin Guiberson
- 1992 Jamie Nordstrom
- 2000 Jon Welsh
- 2001 Ian Johnson
- 2002 Kyle Barker
Mike Heidt
- 2003 Mike Heidt
- 2004 Daniel Frederick
Alex Grant
Mike Heidt
Andrew Jones
- 2005 Woody Favinger

Honorable Mention

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



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

STATE

WOMEN

PAC-10

ALL-ACADEMIC TRACK & FIELD

(Since 1990)

First Team

- 1991 Jennifer Galka
Vicky Pyeatte
Georgette Reed
- 1992 Jennifer Carpenter
Cathrine Linnes
Carol Smith
- 1993 Jennifer Bravard
Chantal Brunner
Sheila Phillips
Carol Smith
- 1993 Tanya Smith
- 1994 Sharon Li
Shannon McKinney
Sheila Phillips
- 1996 Jeanna Hall
Kirsten Koch
Marilyn Moberly
Heidi Shultz
- 1997 Kirsten Koch
Marilyn Moberly
Molly Moore
Heidi Shultz
- 1998 Joanne Hunsinger
Kirsten Koch
Molly Moore
Kim Schmolka
- 1999 Cicely Clinkenbeard
Molly Moore
Francesca Green
- 2000 Cicely Clinkenbeard
Jeannette Martus
Molly Monroe
Francesca Green
- 2001 Heidi Abersfeller
Whitney Evans
Jenny Filipy
Jeannette Martus
- 2002 Heidi Abersfeller
Ana Cabrera
Cicely Clinkenbeard
Whitney Evans
Jenny Filipy
Beth Welander
- 2003 Julia Corbett
Whitney Evans
Ellannee Richardson
- 2004 Rachel Bertholf
Ana Cabrera
- 2005 Rachel Bertholf
Julia Corbett
Kaylee Gardner

Second Team

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

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

Honorable Mention

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

- 2000 Anna Church
Alison Eldridge
Jamie Miller
Sarah Odonkor
Becky Potter
Randi Smith
Andrea Thornton
Lucita Zapata
- 2001 Alison Eldridge
Casey Lektorich
Becky Potter
Ellannee Richardson
Stephanie Robinett
Andrea Thornton
Briana Willis
- 2002 Anna Blue
Alison Eldridge
Itoir Elijah
Shannon Rance
Ellannee Richardson
Stephanie Robinett
Briana Willis
- 2003 Rachel Bertholf
- 2004 Molly Bull
Tamara Diles
Nicole Hatcher
Karla Pfaff
Hailey Young
- 2005 Molly Bull
Tamara Diles
Kaylee Peterson
Kelly Ramirez
Kameko Wilson

CoSIDA Academic All-Americans Track & Field

- 1997 Heidi Shultz,
District VIII
Second Team,
National Third Team
- 1998 Kirsten Koch,
District VIII
Molly Moore,
District VIII
- 1999 Molly Moore,
District VIII
- 2000 Francesca Green,
District VIII
First Team
Cicely Clinkenbeard,
District VIII
Second Team
- 2001 Whitney Evans,
District VIII
First Team



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

- 2002 Whitney Evans,
National
First Team,
District VIII
First Team
Cicely Clinkenbeard,
National
Second Team,
District VIII
First Team
Randi Smith,
District VIII
Second Team
- 2003 Whitney Evans
District VIII
First Team,
National First Team
Ellannee Richardson
District VIII
First Team,
National Second
Team
- 2004 Ana Cabrera
District VIII
First Team
- 2005 Rachel Bertholf
District VIII
First Team

United States Track Coaches Association

- 2003 Whitney Evans
Women's Scholar-
Athlete of the Year
for NCAA Division I
- 2004 Rachel Bertholf
All-Academic Team
for NCAA Division I
- 2005 Tamara Diles
Kaylee Gardner
Meghan Leonard
Haley Paul

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

First Team

- 1990 Jennifer Robertson
- 1992 Jennifer Bravard
Jennifer Carpenter
- 1995 Kristin Liebich
- 1996 Kristin Liebich
Marilyn Moberly
- 1997 Kristin Ritzenhaller
- 1998 Kim Schmolka
- 1999 Megan Maynard
- 2000 Greta Johnson
- 2001 Jenny Filipy
- 2002 Ana Cabrera

- 2003 Ana Cabrera
- 2004 Ana Cabrera
- 2005 Haley Paul

Second Team

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

Honorable Mention

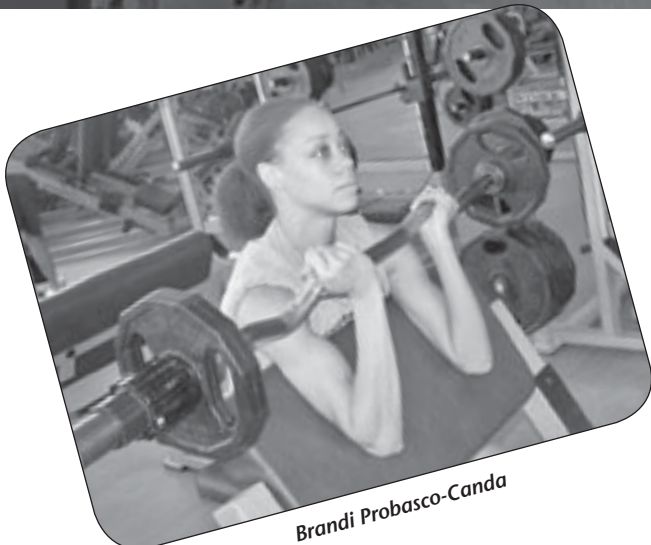
- 1990 Jennifer Carpenter
Vicky Pyeatte
- 1993 Kara Harvey
Megan Smiley
- 1994 Molly Dahmen
Dana Pevovar
Stacey Radowicz
- 1995 Sara Council
Dana Pevovar
- 1996 Joanne Hunsinger
Dana Pevovar
- 1997 Shannon Bonogfski
- 1998 Lisa Schaures
- 1999 Alishia Booterbaugh
Jaime Miller
Charlotte Neel
- 2000 Alishia Booterbaugh
- 2002 Julia Corbett
- 2003 Anna Blue
Molly Bull
Hailey Young
- 2004 Molly Bull
Kaylee Peterson
Kelly Ramirez
Natalie Smith
Katie Troy
- 2005 Collier Lawrence
Meghan Leonard
Kaylee Peterson
Kelly Ramirez
Natalie Smith

WASHINGTON

WEIGHT ROOM



Strength and Conditioning Coaches
for Cougar Track and Field



Brandi Probasco-Canda

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

STATE



Drew Ulrick

WASHINGTON

FACILITIES &



ATHLETIC MEDICINE

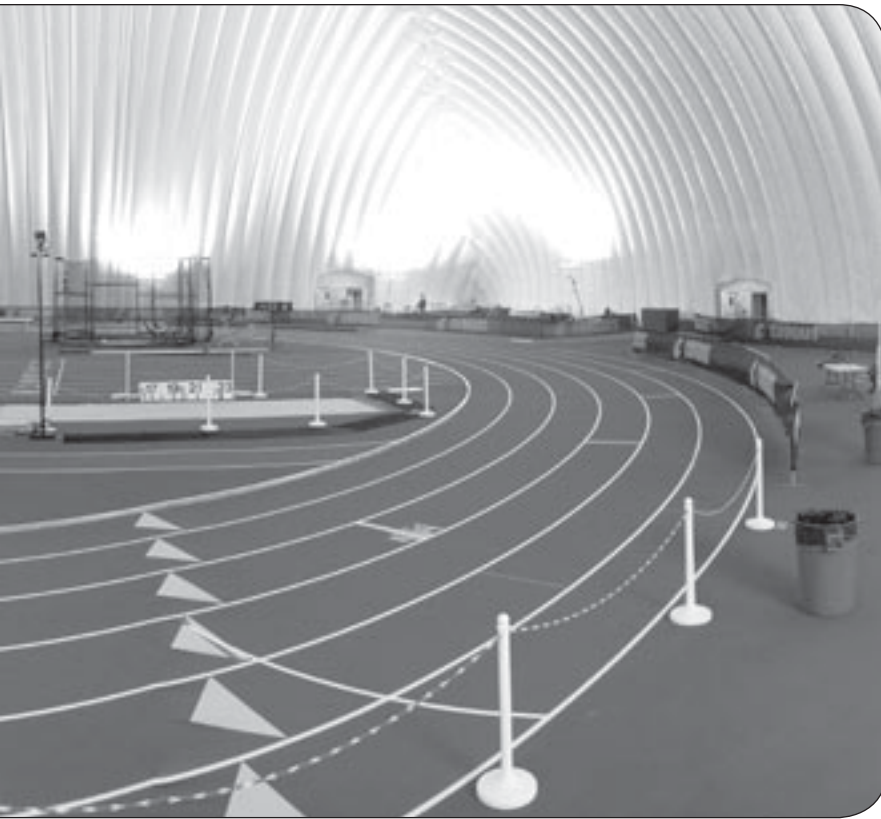
Myra Tara serves as the athletic trainer for track and field. Prevention of athletic injuries is the number one goal of the WSU staff, along with care and rehabilitation.

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

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



STATE



TRAINING FACILITIES

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

SUPPORT SERVICES



STUDENT RECREATION CENTER

SRC AWARDS

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



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



OUTDOOR RECREATION

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

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

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

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



Why Washington



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

—Haley Paul



State University?

"WSU is the right place for me because I knew from the start that I had everything here to assist me in developing into a successful athlete. When I came on my recruiting visit and felt an instant sense of comfort, I knew this was the place for me. What I've enjoyed the most about WSU and Pullman is the small town atmosphere. Pullman is very different from where I grew up and its uniqueness is what has made my experiences so positive here at WSU."

—Diana Pickler



"I love being a student-athlete at WSU because it is a top Division I university in a small town and everyone knows everyone. When you walk down the halls of Bohler Athletic Complex, all the athletes and staff know who you are and what you have accomplished. I don't think you can find that anywhere else!"

—Julie Pickler



CONFERENCE OF CHAMPIONS

PACIFIC-10

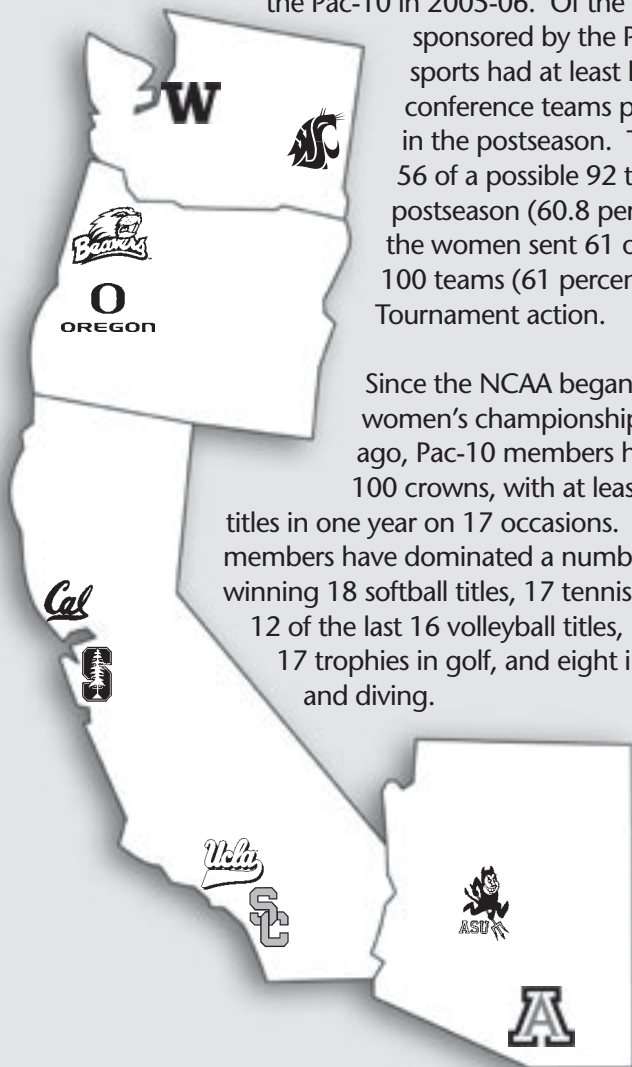
Washington State University is proud to be a member of the nation's number one conference, the Pacific-10 Conference.

Entering the 2006-07 season, the Pac-10 continues to uphold its tradition as the "Conference of Champions." Pac-10 members have claimed an incredible 138 NCAA team titles over the past 16 seasons; an average of more than eight national championships per academic year. The Pac-10 has now led the nation in NCAA Championships 40 of the last 46 years and finished second five times.

Even more impressive is the breadth of the Pac-10's success, as those 138 team titles have come in 24 different men's and women's sports. Spanning nearly a century of outstanding athletic achievement, the Pac-10 has captured 351 NCAA titles (251 men's, 100 women's), far outdistancing the runner-up Big Ten Conference's 205 titles.

Participation in postseason was a common occurrence for the Pac-10 in 2005-06. Of the 22 sports sponsored by the Pac-10, 18 sports had at least half of the conference teams participating in the postseason. The men sent 56 of a possible 92 teams into the postseason (60.8 percent) while the women sent 61 of a possible 100 teams (61 percent) into NCAA Tournament action.

Since the NCAA began conducting women's championships 25 years ago, Pac-10 members have claimed 100 crowns, with at least four national titles in one year on 17 occasions. Pac-10 members have dominated a number of sports, winning 18 softball titles, 17 tennis crowns, 12 of the last 16 volleyball titles, 11 of the last 17 trophies in golf, and eight in swimming and diving.



Sites of the Pac-10 Track & Field Championships

2007	Stanford
2008	Arizona State
2009	Washington
2010	California
2011	Washington State

PACIFIC-10 CONFERENCE

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Chris Dawson

Assistant Commissioner, Communications and Men's Basketball

David Hirsch

Assistant Commissioner, Communications

Bri Niemi



2005 Pac-10
heptathlon
Champion
Julie Pickler