



2007 COUGAR TRACK & FIELD **OUTLOOK**



2007 COUGAR TRACK & FIELD

2007 Cougar Men's Track & Field Team Has Combination of Talent and Depth

Washington State Head Coach Rick Sloan is looking forward to the opportunities ahead for the Cougar men's track and field team in the 2007 season.

"I think it's a good championship team and I think we have good dual meet depth," Sloan said on the competition eve of his 13th year as head coach and 34th season with the squad. "We have good people all the way through and great people in some areas."

Buoyed by the seven members of the 2007 team who have NCAA Championship experience, an influx of highly-talented recruits, and the maturation of last year's recruiting class, the Cougar men show competitive depth in events that leads the coaching staff to be very optimistic.

Returning All-Americans for the Cougar men: Tyson Byers in the pole vault, John Cassleman in the intermediate hurdles, and Matt Lamb in the discus. Byers has battled injuries throughout his WSU career but begins this season in top form and looks to reprise his 2005 height of 17-8 1/2 and leap higher. Cassleman is coming off his best season ever with several sub-50-seconds races at the end of 2006. Lamb had an outstanding freshman year, reaching third place in the discus at both the NCAA and

Pac-10 Championships and wrestling the school's freshman record away from Olympian Ian Waltz with a toss of 189-9.

Seven newcomers with championship titles joined the WSU men's team this year. Freshmen from the state of Washington includes: Trent Arrivey, a 7-foot high jumper; Kyle Schauble, a decathlete with high and low hurdles crowns; and Luke Lemenager, an 800m winner. Out-of-state champs include Bob Hewitt-Gaffney, a 400m and 800m winner from Wyoming, Dan Geib, a 1600m and 3200m titlest from Nevada, and Nathan Bache, a javelin winner from Montana. Junior decathlete Rickey Moody brings the NWAACC titles in long jump and decathlon

"Health is always a factor but I can't question how hard people are working in the preseason," Sloan said. "They are really putting in the time and effort and we are seeing the results early on but we are continuing to get smarter about our training. We have to get the talented people in the uniform on Saturday and turn them loose; it doesn't matter how fit they are or how talented they are if they are sitting in the training room, it doesn't do us any good. We'll see how it plays out in May."

SPRINTS/RELAYS

Washington State established itself as an outstanding sprint program around the turn of this century and has maintained that position since. Cougar Pac-10 champions in the 100m included Anson Henry (2002) and Anthony Buchanan (2003 and 2004), and conference meet 100m dash runners-up Benny Chatman (2003) and James McSwain (2005). Last year, Jaycee Robertson and Justin Woods stepped up with top-notch performances in both the 100m and 200m dashes as well as on the 4x100m relay team.

Robertson, a senior who started his Cougar career as a mid-year freshman walk-on, has developed tremendously during his career, with times of 10.26w and 10.30. Woods, a sophomore who joined the team last January, has developed a light and quick start, according to assistant coach Mark Macdonald. Both are slightly better in the 200m but will see duties in both sprints and on the short relay.

Brian Woods, Justin's older brother, can run a range from 100m to 400m, with his strength in the 400m. Jarrell Nelson, a junior coming off a redshirt season, looks to regain his prep speed in the 100m and 200m and will also contribute on the relay.

"We start this season with some very good sprinters," Sloan said. "That is a good crew and a good relay team. The sprinters look very good in their early training."

While hurdler John Cassleman is WSU's top 400m runner, he'll concentrate on his specialty, the 400m hurdles, but be available for 4x400m relay stints. Cougars in uniform for the quarter mile include Brian Woods, just over 48-seconds last



Sprints & Relays (l-r): Reny Follett, Brian Woods, Jaycee Robertson, Justin Woods, Devin Timpson.

season, Bob Hewitt-Gaffney, 2006 Wyoming 400m champ, and redshirt freshmen Devin Timpson and Reny Follett, who have shown good power and strength in this race.

The Cougars' 4x400m relay possibilities look promising, with more speed than in past seasons. Sloan envisions a record freshman indoor 4x400m time with a team of Hewitt-Gaffney, Follett, decathlete and prep sprinter Kyle Schauble, and Luke Lemenager coming down from the middle distances.

2007 MEN'S OUTLOOK



MIDDLE DISTANCE/DISTANCE/STEEPLECHASE

Freshmen Lemenager and Hewitt-Gaffney will have an immediate impact in the 800m race. Also able to contribute in this race are Follett, Jimmy Schofield and Sam Stone. In the 1500m, Chris Concha, Evan Blanshan and Lemenager will be the go-to guys.

"The 800m looks young and looks pretty good," Sloan said. "Coach Drake did a wonderful job of getting us a couple of the nation's best to come here and run for us and it looks like we were correct in our assessment of their talent. We'll be okay in the 1500m, but a lot of the people we are counting on there will have other events that are their primary and better events."

The distance races will generate renewed excitement during the outdoor season because of the Cougar men's team competition in the NCAA Cross Country Championships last fall for the first time in nearly a decade. The 5000m should be an event where the harriers will find the most success on the oval. Senior Andrew Jones is WSU's top 5k competitor and is expected to translate his solid cross country work into good track performances. Chris Williams, Drew Polley and Dan Geib are coming off good cross country seasons. Dominic Smargiassi, Derry Betts and Dan Lucero are also talented runners who can step up in this event. Woody Favinger, the Cougars top finisher during the 2006 cross country season, and Jones are the Cougar 10k runners.

"We're excited about the progression from cross country, and if we can keep that rolling over to track, I think we'll be pretty good in the 5k and the 10k," Sloan said. "Finding the right events for the right people from that cross country team is something Coach Drake will do as the season progresses."



Middle Distance & Steeplechase (l-r): Dominic Smargiassi, Alex Grant, Jimmy Schofield, Sam Ahlbeck, Evan Blanshan, Sam Stone, Luke Lemenager, Chris Concha, Bob Hewitt-Gaffney.

The steeplechase should be one of WSU's strongest events this season. Alex Grant is the Cougars' number one steeplechaser after running a 9:04 last year as a redshirt and the coaches have already seen a more efficient technique from him in training. Concha and Sam Ahlbeck have also shown improvement while Blanshan shows good potential to develop. With this group training and competing with each other, Sloan expects to have at least three of these steeplechasers clock in at under nine minutes this year.

THROWS

The Cougars have a cadre of outstanding throwers for 2007 with discus being the strongest event. Matt Lamb, who earned All-America honors with his third-place finish at the NCAA last year and set the freshman school record of 189-9, has worked to build his muscle mass and strength. Lamb and senior Drew Ulrick have worked hard on their technique and Sloan credits Coach Debra Farwell for a great job of bringing them along and having them exceed their distances from the end of last season already. Chase Mancuso, mainly a hammer thrower now, was a prep state champion in the discus, and will see some competition in the event.

"With the new people coming in this year, the Pac-10 discus will be very, very tough but I think the Cougs will be right at the front and be the leaders hopefully right on up through the national level," Sloan said.

Lamb also has the top mark in the shot put of 55-feet, thrown indoors before he hurt his hand. An injury-free year could see him as a 60-foot shot putter. Ulrick is the number two thrower on the Cougs' list with Vic Asher starting to develop into a contributor in the shot. Freshmen Mike Demiter and Tony Moser will redshirt and work on developing their skills.

Phil MacArthur showed strong progress last season in the hammer and continued to improve in the off-season. He will emphasize hammer and do little with the indoor 35-pound weight this year, in order to remain healthy. Mancuso will give WSU depth in the hammer.

In the javelin, junior Jon Jeffreys threw a PR of 226-feet last year and Sloan looks for him to not only improve but be more



Throws (l-r): Tony Moser, Chase Mancuso, Matt Lamb, Ryan Scott, Drew Ulrick, Nathan Bache, Jon Jeffreys, Phil MacArthur, Mike Demiter, Cameron Schwisow, Vic Asher, Mark Presby.

consistent with longer throws. Senior Ryan Scott, a good team contributor over the years, will be expected to move up one more notch and be a Pac-10 scorer in his final season. Freshman Nathan Bache was an outstanding Montana prep thrower and has shown impressive development and potential. Freshman Mark Presby's development looks promising. Unfortunately, Cameron Schwisow will sit out the year after having Tommy John surgery on his elbow following an impressive redshirt freshman year.



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JUMPS

The Cougars have a good one-two punch in the high jump this season. Freshman Trent Arrivey brings a 7-foot PR from high school and joins a leaner Kyle Eaton, a junior who has cleared 6-8 3/4 and shown improvement in training.

All-American pole vaulter Tyson Byers returns for his senior season with a PR clearance at 17-8 1/2. After an injury-riddled collegiate career, Byers looks strong and fast and is jumping well in the early training.

"We've worked real hard to keep him healthy this year," Sloan said. "If we can keep him healthy for an entire season I think Tyson will be one of the greatest vaulters in WSU history, if not the greatest. I think he has that ability and potential. He is highly motivated and eager to get the season started."

Providing good depth in the pole vault are junior DJ Brown, who has looked very good in the preseason, and freshman Josh Winters, who has good credentials coming into the program.

The long jump will feature the two WSU decathletes that will deviate from their main point of emphasis, the multi-events training, for the UW dual and conference meets. Junior Rickey Moody has a lifetime best of 24-7 1/4 and Sloan sees him reaching 25-feet. Freshman Kyle Schauble has a PR of 23-2.

Moreno Zapata is the lone WSU triple jumper but with good



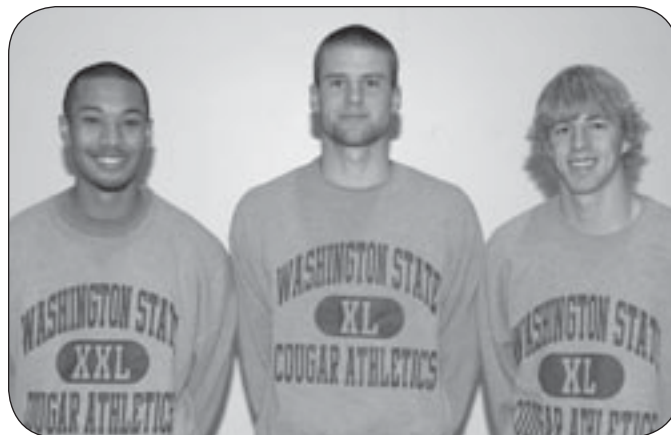
Jumps (l-r): D.J. Brown, Kyle Eaton, Tyson Byers, Josh Winters, Trent Arrivey, Moreno Zapata.

credentials (50-11 1/2w). Sloan has very high hopes for him developing and competing all the way through to the national level. Devin Timpson triple jumped in high school so he may train and become a backup competitor in this event.

DECATHLON

Newcomers will don the Crimson unitard for the men's multi-events this year: junior Rickey Moody, with a PR of 6400 points, and freshman Kyle Schauble. Cougar junior middle distance runner Justin Chambers has also joined the multis and shown promise in early training.

"Rickey is terribly powerful and Kyle is going to be an outstanding decathlete but still has a lot of things to learn," Sloan said. "Justin has the size at 6-5 and 195 pounds to be a decathlete. His throwing and jumping events are starting to look pretty decent and we know he can run 1500m so we are going to continue to work on the things. These guys are coming along but it's going to be a development process because there is so much to work on in the decathlon."



Decathlon (l-r): Rickey Moody, Justin Chambers, Kyle Schauble.

HURDLES

Robert Williams returns as WSU's top 110m hurdler after running a 14.22w time as a freshman. Barry Leavitt returned to school for the 2007 spring semester after two-years of church service and will provide good depth in the high hurdles (14.52), along with decathlete Kyle Schauble.

The intermediate hurdles is an event Sloan considers very strong, with high quality competitors and good depth. John Cassleman is the leader for the 400m hurdles after his fifth-place NCAA finish in 2006 and his PR time of 49.53. Leavitt's PR is 51.48 and he will train to reestablish a base during the indoor season. Williams has shown speed and strength in the intermediate hurdles and with stride pattern improvement, could be a big factor for the Cougs in both hurdle races.



Hurdles (l-r): John Cassleman, Barry Leavitt, Robert Williams.

2007 WOMEN'S OUTLOOK

Promising Newcomers Join Mature Veterans for 2007 Cougar Women's Track & Field Team



Washington State Head Coach Rick Sloan anticipates a good season for the 2007 Cougar women's track and field team with returning All-Americans Diana Pickler, Julie Pickler and Haley Paul leading the way and promising newcomers ready to compete in the WSU uniforms.

"We have some new people that I am excited to watch and some veterans who have been around for a lot of years who are going to light it up and do a great job for us," Sloan said.

Cougar women returnees with NCAA experience includes Diana Pickler and Julie Pickler in the heptathlon, Paul in the 5000m, Brandi Probasco-Canda in the 400m dash, and McKinnon Hanson in the high jump. Additional veterans returning with Pac-10 scoring on their resumes include Sara Trané in the 400m hurdles, McKenzie Garberg in the discus, Sarah Burns and Kaylee Gardner in the triple jump, Collier Lawrence and Kayle Peterson in the steeplechase, and Kelly Ramirez in the 10,000m.

A couple of champions are among the newcomers: Princess Joy Griffey, Washington state 2005 champ in the 100m and 200m dashes, and Lisa Egami, 800m junior champion from British Columbia. Additionally, freshman Chelsea VanDeBrake had an impressive cross country debut season in a Cougar uniform.

The Pickler twins will have an impact in nearly every event this year but Sloan will manage their training and keep the emphasis on the heptathlon competition.

"Our training efforts, for the whole team, will be geared toward being healthy and ready to compete at our peak during the later part of the outdoor season which is our championship season," Sloan said. "The dual meet against the Huskies, the Pac-10 Championships and the NCAA West Regional and national meets are all competitions where the Cougars need to be at their best physically and we are gearing the training with the goal of having our best performances then."

SPRINTS/RELAYS

There is a lot of excitement about freshman sprinter Princess Joy Griffey who reached marks of 11.66w and 24.15 as a high school junior, but was hurt her entire senior year. Griffey's evolution back to a strong and powerful physical presence on the track has also involved developing the mental confidence in her previously injured leg so that she can start performing again. Griffey will join junior La Shawnda Porter for a one-two punch in the 100m and 200m dashes. Porter had a break-through season last year and dropped her marks down to under 11.9 and the low 24s, running with some consistency at those marks at the end of the year.

"A mental change with a level of commitment went up for La Shawnda when she decided, 'I want to be a fast runner, I'm going to do what it takes,'" Sloan said. "It paid off for her, she had great success and now she's very excited about this year. I think she'll have great success this year."

Jeanne Newman spent most of her freshman year battling injuries but the Cougar coaches have high hopes for her in the sprints this season. The Picklers might see 200m dash duty in championship meets but will definitely be on the 4x100m relay.

"Julie and Diana have both gotten stronger and faster in the past couple years. Putting them on a relay team with Porter and Griffey, who are legitimate sprinters, there is a chance for us to break the school record of 44.50 and that is what we'll be after," Sloan said.

Senior Brandi Probasco-Canda had a great 400m dash season last year, scoring in the conference and getting to the NCAA meet. Her commitment to improving in her final year is already



Sprints & Relays (l-r): Brandi Probasco-Canda, Anna Layman, La Shawnda Porter-Red, Princess Joy Griffey, Jeanne Newman, Selena Galaviz, Nicole McClendon.

evident in her early training and the goal to run under 54-seconds looks good. Lorraine King is primarily a 400m hurdler but will join Probasco-Canda and the Picklers for the 1600m relay in championship meets at the end of the season. Sloan envisions the 4x400m relay time in the low 3:30s this spring. Nicole McClendon and Selena Galaviz will provide good depth in the 400m dash.

2007 COUGAR TRACK & FIELD

MIDDLE DISTANCE/DISTANCE/STEEPLECHASE

Freshman Lisa Egami and her 800m time of 2:08 bring new excitement to this event for the Cougar women. Sara Trané trains for the intermediate hurdles by running the 800m indoors and has a PR time of 2:10. Haley Paul's range covers the 800m, but she performs better at the 1500m, 3000m and the 5000m races. Freshmen Anna Layman and Stephanie Sipes are penciled in at the 800m but Layman's goal is to stay healthy and compete all season and Sipes will see more racing in the longer distances.

Isley Gonzalez is coming off a great cross country season and Sloan predicts that momentum will carry over into PR times in the 1500m and 5k on the track. Marisa Sandoval dropped down to 4:37.5 last year in the 1500m but struggled with a hamstring injury that kept her from Fall 2006 cross country competition. Karen DeMartini has the talent and shown the potential to run well but has been injury-plagued thus far. Becky Williams and Piper Marshall will provide good depth in the 1500m.

Sloan envisions a speedy distance medley relay that could include Egami and Trané, Paul, Gonzalez, and Probasco-Canda, or a variety of others. "It's not out of the question that a WSU DMR could be an NCAA qualifying team indoors," Sloan said.

Paul, a 2005 cross country All-American, participated in the NCAA 5000m last year but struggled through much of the outdoor track season. Sloan's goal for Paul is getting her back to the national meet, having her run a great race and get into the scoring category. Providing good depth in the 5k are Kelly Ramirez, Gonzalez, steeplechaser Collier Lawrence and Alyssa Modrell.

Freshman Chelsea VanDeBrake had an impressive cross country season and has shown good ability and good potential in



Middle Distance & Steeplechase (l-r): Meghan Leonard, Becky Williams, Piper Marshall, Stephanie Sipes, Marisa Sandoval, Lisa Egami, Karen DeMartini, Collier Lawrence, Kayle Peterson.

the longer distances. Ramirez has shown her strength in the longer distances and was a conference scorer two years ago in the 10,000m.

The steeplechase has three solid performers in Megan Leonard, Lawrence and Kayle Peterson. All have strong marks and have the ability to be Pac-10 scorers this year: Lawrence scored at the 2006 conference meet while Peterson scored in 2004.

"We need to see the steeplechasers drop those times and I think they are capable of doing that," Sloan said. "They have the potential of representing us at the conference and even at the regional and national level this year."

JUMPS

The high jump will be a strong event for the Cougars with good top line people and good depth as well. While heptathletes Diana and Julie Pickler are on the top of the high jump depth chart, they will probably only compete in the event at the Husky dual meet and the Pac-10 Championships. The Cougars do have Pac-10 scorer and NCAA participant McKinnon Hanson returning and Sloan is encouraged by her progress. Freshman Natasha Montgomery is still in a developmental stage.

The pole vault will be a work in progress with a three promising newcomers wearing crimson and gray after sophomore Tiffany Maskulinski moved home and transferred to the University at Buffalo. Freshmen Kendall Mays and Chelsea Nicholas join junior transfer Jessica Fuller in anchoring the pole vault event.

The Picklers, each with long jump PRs of just under 20-feet, are the leaders in this event and Sloan expects both to surpass that mark this year. Junior triple jumper Sarah Burns will get back into the long jump and should continue to improve. Sophomore Catie Schuetzle had a good freshman year with a best leap of 19-6, and with good consistency she will continue to go farther.

"It is possible that we will have three or four 20-foot long jumpers this year so that will be a strong event for us," Sloan said.



Jumps (l-r): Catie Schuetzle, Chelsea Nicholas, Kendall Mays, McKinnon Hanson, Natasha Montgomery, Kelsey McBride, Kaylee Gardner, Jessica Fuller, Sarah Burns.

Burns has the best returning triple jump mark of 40-7 1/2, followed by Kaylee Gardner and Schuetzle. Because of their hard work, Sloan predicts that all three can be consistently over the 40-foot mark, developing out over 41- or even 42-feet this season, making this a good strong event for the Cougars.

2007 WOMEN'S OUTLOOK



THROWS

Redshirt junior McKenzie Garberg is WSU's ace in the throws, with the best returning marks in the discus (166-1) and hammer (190-7), and a strong shot put mark (46-5 1/2). Last year Garberg finished fifth in the Pac-10 discus and Sloan is also impressed with her progress in the hammer. Junior Jessica Zita has a shot put PR of 47-5 and is consistently improving in the all the throws. Coach Debra Farwell is impressed with the improved strength and technical progress of Garberg and Zita through the fall training.

Sophomore Jasmine McCormack spent her freshman year as a transition year, learning the javelin and the coaches feel she has the potential to easily surpass her PR of 144-feet this year. Diana Pickler reached a PR of 135-4 last season and Julie Pickler is close behind, providing good depth in the event.



Throws (l-r): Jasmine McCormack, Jessica Zita, McKenzie Garberg.

HEPTATHLON

Diana Pickler and Julie Pickler return for their senior years at WSU, having reached All-American status in the multi-events three times each. Diana Pickler placed third at the NCAA Championships and went on to set the school heptathlon record of 5,855 points with her fifth place finish at the USA Track & Field Championships. Julie Pickler, in spite of struggling with chronic plantar fasciitis, finished second in the Pac-10 heptathlon and went on to a fifth-place NCAA finish.

Julie Pickler had a surgical procedure on her plantar fascia in November 2006, and is working with Sloan to manage her training and not be limited by the injured foot. Her post-surgery rehabilitation included work in the weight room on machines that increased her strength and that should translate to a good spring.

"My hope would be that the two of them are battling for a national title at the end of this season," Sloan said. "With health and the ability to train properly and get through things that their natural development I'm hoping both of them will get over 6000 points and if that's the case we're racing people when we go to the line in the 800m for the national champi-



Decathlon (l-r): Julie Pickler, Diana Pickler.

onship. That's where we want to be - prepared physically and mentally going to the line and say we're racing for the championship.

HURDLES

The Picklers are WSU's top 100m hurdlers with Diana coming off a PR time of 13.64 seconds set at the USA Track & Field Championships last June. Julie Pickler ran a PR time of 13.78 at the Pac-10 Heptathlon Championships last May, in spite of a hurt foot. Angelica Flynn provide additional support in this race.

The intermediate hurdles have a one-two punch in sophomores Sara Trané and Lorraine King. Trané placed fourth at the 2006 Pac-10 Championships while King spent the season learning the event and has looked very strong in the fall training.



Hurdles (l-r): Sara Trané, Lorraine King, Angelica Flynn.

2007 COUGAR WOMEN'S ROSTER

NAME	HT	YR	EVENT	HOMETOWN/LAST SCHOOL
Sarah Burns	5-6	JR	Jumps	Tacoma, Wash. (Curtis High)
Karen DeMartini	5-7 1/2	SR	Distance	Reno, Nev. (Reno High)
Lisa Egami	5-3 1/2	FR	Distance	Coquitlam, BC, Canada (Centennial High)
Angelica Flynn	5-8 1/2	SO	Hurdles	Tacoma, Wash. (Lincoln High)
Jessica Fuller	5-3	JR	Pole Vault	Kennewick, Wash. (Southridge High/Spokane CC)
Selena Galaviz	5-4 1/2	JR	Sprints	Toppenish, Wash. (Toppenish High)
McKenzie Garberg	5-10 1/2	JR	Throws	Benton City, Wash. (Kiona-Benton High)
Kaylee Gardner	5-10	SR	Jumps	Bellingham, Wash. (Bellingham High)
Isley Gonzalez	5-4	JR	Middle Distance	Sunnyside, Wash. (Sunnyside High)
Princess Joy Griffey	5-3 1/2	FR	Sprints	Federal Way, Wash. (Decatur High)
McKinnon Hanson	5-5 1/2	JR	High Jump	LaPush, Wash. (Forks High)
Lorraine King	5-7	SO	Hurdles	Fontana, Calif. (J.W. North High)
Collier Lawrence	5-6 1/2	JR	Distance	Reno, Nev. (Reno High)
Anna Layman	5-3	FR	Distance	Spokane Valley, Wash. (Central Valley High)
Meghan Leonard	5-6	JR	Distance	Newberg, Ore. (Newberg High)
Piper Marshall	5-8	FR	Distance	Honolulu, Hawai'i (Punahou High)
Kendall Mays	5-8	FR	Pole Vault	Spokane, Wash. (North Central High)
Kelsey McBride	5-6	JR	Triple Jump	Woodinville, Wash. (Woodinville High/Seattle Pacific)
Nicole McClendon	5-6 1/2	JR	Sprints	Granada Hills, Calif. (Bishop Alemany High)
Jasmine McCormack	5-6	SO	Throws	Arlington, Wash. (Arlington High)
Alyssa Modrell	5-5 1/2	RS-FR	Distance	Snohomish, Wash. (Snohomish High)
Natasha Montgomery	6-0 1/2	FR	High Jump	Waitsburg, Wash. (Waitsburg High)
Jeanne Newman	5-6	SO	Sprints	Moorpark, Calif. (Moorpark High)
Chelsea Nicholas	5-6	FR	Pole Vault	Bothell, Wash. (Bothell High)
Haley Paul	5-4	JR	Middle Distance	Phoenix, Ariz. (Desert Vista High)
Kayle Peterson	5-7	SR	Middle Distance	Port Orchard, Wash. (South Kitsap High)
+ Diana Pickler	5-11	SR	Combined Events	Sachse, Texas (Rowlett High)
+ Julie Pickler	5-9 1/2	SR	Combined Events	Sachse, Texas (Rowlett High)
La Shawnda Porter-Red	5-7	JR	Sprints	Renton, Wash. (Kent-Meridian High)
Brandi Probasco-Canda	5-7 1/2	SR	Sprints	Portland, Ore. (Benson Poly Technical High)
Amy Quinones	5-11	FR	Triple Jump	Gothenburg, Sweden (Frölunda gymnasiet)
Kelly Ramirez	5-5	JR	Distance	Duvall, Wash. (Cedarcrest High)
Marisa Sandoval	5-9	SO	Distance	Los Alamos, New Mexico (Los Alamos High)
Catie Schuetzle	5-8	SO	Jumps	Spokane, Wash. (Shadle Park High)
Stephanie Sipes	5-5 1/2	FR	Distance	Gig Harbor, Wash. (Gig Harbor High)
Sara Trané	5-8	SO	800m, 400m H	Pixbo, Sweden (Frölunda gymnasiet)
Chelsea VanDeBrake	5-2 1/2	FR	Distance	Yakima, Wash. (Eisenhower High)
Becky Williams	5-7	FR	Distance	Federal Way, Wash. (Decatur High)
Jessica Zita	5-9	JR	Throws	Echo, Ore. (Echo High)

Head Coach: Rick Sloan

Associate Coach: Debra Farwell

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

Volunteers: Tamara Diles, Bob Frey, Luan Weeks

+ Team captains

* Taken redshirt season

**Currently redshirting



2007 COUGAR MEN'S ROSTER

NAME	HT	YR	EVENT	HOMETOWN/LAST SCHOOL
Sam Ahlbeck	5-10	RS-FR	Distance	Renton, Wash. (Lindbergh High)
Trent Arrivey	6-4 1/2	FR	High Jump	Woodinville, Wash. (Woodinville High)
Vic Asher	6-0	RS-FR	Throws	Vancouver, Wash. (Columbia River High)
Nathan Bache	5-11	FR	Javelin	Thompson Falls, Montana (Thompson Falls High)
Derry Betts	6-0	RS-FR	Distance	Edmonds, Wash. (Edmonds-Woodway High)
Evan Blanshan	6-0 1/2	JR	Distance	Selah, Wash. (Selah High/Portland State)
D.J. Brown	6-2	JR	Pole Vault	Bellingham, Wash. (Squalicum High)
Tyson Byers	6-1	SR	Pole Vault	Spokane, Wash. (University High)
+ John Cassleman	6-1 1/2	SR	Hurdles	Pullman, Wash. (Pullman High)
Justin Chambers	6-5 1/2	JR	Decathlon	Albany, Ore. (West Albany High)
Chris Concha	5-10	JR*	Distance	Reno, Nev. (Reno High)
Kyle Eaton	6-0	JR	High Jump	Ellensburg, Wash. (Ellensburg High)
Woody Favinger	5-11	JR	Distance	Bellingham, Wash. (Sehome High)
Reny Follett	5-11	RS-FR	Distance	Lewiston, Idaho (Lewiston High)
Dan Geib	5-8	FR	Distance	Reno, Nev. (Galena High)
Alex Grant	6-0	JR*	Distance	Bellingham, Wash. (Sehome High)
Clay Hemlock	5-11	SR	Distance	Ferndale, Wash. (Ferndale High/Highline CC/Portland State)
Bob Hewitt-Gaffney	5-9	FR	Distance	Gillette, Wyo. (Campbell County High)
Sadiki James	5-9	FR	Sprints	Fyzabad, Trinidad (St. Benedict's College Prep)
Jon Jeffreys	6-5	JR	Javelin	Spokane Valley, Wash. (West Valley High)
Andrew Jones	5-7 1/2	SR	Distance	Gillette, Wyo. (Campbell County High)
Matt Lamb	6-1 1/2	SO	Throws	Emmett, Idaho (Emmett High)
Barry Leavitt	6-0	SO	Hurdles	Benton City, Wash. (Kiona-Benton High)
Luke Lemenager	5-11	FR	Distance	Maple Valley, Wash. (Tahoma High)
Dan Lucero	5-10	SO	Distance	Port Angeles, Wash. (Port Angeles High)
Philip MacArthur	6-0	SO	Hammer	Selkirk, Wash. (Selkirk High)
Chase Mancuso	5-11 1/2	SO	Throws	Mukilteo, Wash. (Kamiak High)
Rickey Moody, Jr.	6-1	JR	Decathlon	Puyallup, Wash. (Spanaway Lake High/Highline CC)
Tony Moser	6-3	FR	Throws	Mead, Wash. (Mead High)
Jarrell Nelson	5-7 1/2	JR*	Sprints	Bremerton, Wash. (Olympic High)
Drew Polley	5-11	SO	Distance	Port Orchard, Wash. (South Kitsap High)
Mark Presby	5-11	FR	Javelin	Richland, Wash. (Richland High)
Jaycee Robertson	5-11	SR	Sprints	Spanaway, Wash. (Bethel High)
Kyle Schauble	6-3 1/2	FR	Decathlon	Kennewick, Wash. (Kamiakin High)
Jimmy Schofield	6-1	SO	Distance	Spanaway, Wash. (Bethel High)
Cameron Schwisow	5-10	RS-FR	Javelin	Olympia, Wash. (Olympia High)
Ryan Scott	5-9 1/2	JR	Javelin	Kalama, Wash. (Kalama High)
Dominic Smargiassi	6-1 1/2	RS-FR	Distance	Auburn, Wash. (Auburn High)
Sam Stone	5-7	RS-FR	800m	Farmington, Wash. (Oaksdale High)
Devin Timpson	5-9	RS-FR	Sprints	Ocean Shores, Wash. (North Beach High)
Drew Ulrick	6-5	SR	Throws	Spokane, Wash. (Mead High)
Brian Williams	6-1	JR	400m	Las Vegas, Nev. (Desert Pines High/Kansas City College)
Chris Williams	5-11	JR*	Distance	Federal Way, Wash. (Decatur High)
Robert Williams	6-2	SO	Hurdles	Riverside, Calif. (Ramona High)
Josh Winters	5-8 1/2	FR	Pole Vault	Bothell, Wash. (Bothell High)
Brian Woods, Jr.	5-5	SR	Sprints	Buena Vista, Calif. (Long Beach CC/Los Alamitos High)
Justin Woods	5-5	SO	Sprints	Buena Vista, Calif. (Los Alamitos High)
Moreno Zapata	5-10	SO	Triple Jump	Lakewood, Wash. (Curtis High)

+ Team captain

* Taken redshirt season

** Currently redshirting

2007 DEPTH CHARTS

2007 Women

100m

Princess Joy Griffey	FR	11.66w, 11.72
La Shawnda Porter	JR	11.83
Jeanne Newman	SO	12.06

200m

La Shawnda Porter	JR	24.06
Princess Joy Griffey	FR	24.15
Diana Pickler	SR	24.31
Jeanne Newman	SO	24.34
Julie Pickler	SR	24.38

400m

Brandi Probasco-Canda	SR	54.07
Lorraine King	SO	55.24
Jeanne Newman	SO	56.43
Nicole McClendon	SR	56.78
Selena Galaviz	JR	57.06
Julie Pickler	SR	53.1 (r)
Diana Pickler	SR	54.6 (r)

800m

Lisa Egami	FR	2:08.38
Sara Trané	SO	2:10.49
Haley Paul	JR	2:11.43
Stephanie Sipes	FR	2:13.3
Anna Layman	FR	2:13.6

1500m

Haley Paul	JR	4:26.00
Lisa Egami	FR	4:34.0
Isley Gonzalez	JR	4:35.58
Karen DeMartini	JR	4:37.11
Marisa Sandoval	SO	4:37.5
Stephanie Sipes	FR	4:38.0
Chelsea VanDeBrake	FR	4:40.5
Becky Williams	FR	4:51.0
Piper Marshall	FR	4:57.0

5000m

Haley Paul	JR	16:20.86
Kelly Ramirez	JR	17:15.76
Isley Gonzalez	JR	17:22.29
Collier Lawrence	JR	17:30.1
Alyssa Modrell	RS-FR	18:32.46

10,000m

Kelly Ramirez	JR	36:51.53
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100m Hurdles

Diana Pickler	SR	13.64
Julie Pickler	SR	13.78
Angelica Flynn	SO	14.71w, 14.81

400m Hurdles

Sara Trané	SO	1:01.07
Lorraine King	SO	1:02.04

3000m Steeplechase

Meghan Leonard	JR	10:41.04
Collier Lawrence	JR	10:48.28
Kayle Peterson	SR	10:53.09

High Jump

Diana Pickler	SR	5-10
Julie Pickler	SR	5-9 1/4
McKinnon Hanson	SO	5-8 3/4
Natasha Montgomery	FR	5-7

Pole Vault

Kendall Mays	FR	12-0
Jessica Fuller	JR	11-9
Chelsea Nicholas	FR	11-0

Long Jump

Diana Pickler	SR	19-11 1/2
Julie Pickler	SR	19-10 3/4
Sarah Burns	JR	19-6 3/4
Catie Schuetzle	SO	19-6

Triple Jump

Sarah Burns	JR	40-7 1/2
Kaylee Gardner	SR	40-3 1/2
Catie Schuetzle	SO	39-9 1/4
Amy Quinones	FR	38-7 1/2

Shot Put

Jessica Zita	JR	47-5
McKenzie Garberg	JR	46-5 1/2
Julie Pickler	SR	41-7 1/4

Discus

McKenzie Garberg	JR	166-1
Jessica Zita	JR	140-2

Hammer

McKenzie Garberg	JR	190-7
Jessica Zita	JR	141-11

Javelin

Jasmine McCormack	SO	144-0
Diana Pickler	SR	135-4
Julie Pickler	SR	129-0

Heptathlon

Diana Pickler	SR	5855
Julie Pickler	SR	5734

100m

Jaycee Robertson	SR	10.26w, 10.38
Justin Woods	SO	10.45w, 10.48
Brian Woods	SR	10.55
Sadiki James	FR	10.58
Jarrell Nelson	RS-JR	10.68w, 10.69
Kyle Schauble	FR	10.90
Devin Timpson	RS-FR	10.94

200m

Justin Woods	SO	20.66w, 21.01
Jaycee Robertson	SR	20.90w, 20.99
Brian Woods	SR	21.24
Jarrell Nelson	RS-JR	21.50w, 21.66

400m

John Cassleman	SR	47.50
Brian Woods	SR	48.07
Bob Hewitt-Gaffney	FR	48.30
Justin Woods	SO	48.66
Reny Follett	RS-FR	48.76
Devin Timpson	RS-FR	49.04

800m

Luke Lemenager	FR	1:51.4
Bob Hewitt-Gaffney	FR	1:51.92
Clay Hemlock	SR	1:53.10
Justin Chambers	JR	1:53.49
Jimmy Schofield	SO	1:54.08
John Cassleman	SR	1:54.20
Sam Stone	SO	1:55.21

1500m

Clay Hemlock	SR	3:50.03
Chris Concha	JR	3:55.5
Justin Chambers	JR	3:56.5
Evan Blanshan	JR	3:57.0
Sam Ahlbeck	SO	3:58.5

5,000m

Andrew Jones	SR	14:22.84
Clay Hemlock	SR	14:40.20
Dan Geib	FR	14:47.43
Chris Williams	RS-JR	14:48.92
Drew Polley	SO	14:54.15
Dominic Smargiassi	RS-FR	15:23.85
Derry Betts	RS-FR	15:24.30
Dan Lucero	SO	15:28.05

10,000m

Woody Favinger	SO	30:46.68
Andrew Jones	SR	30:56.75

110m Hurdles

Robert Williams	SO	14.22w, 14.31
Barry Leavitt	SO	14.52
Kyle Schauble	FR	14.20 HS

400m Hurdles

John Cassleman	SR	49.53
Barry Leavitt	SO	51.48
Robert Williams	SO	54.06
Kyle Schauble	FR	37.38 HS

3000m Steeplechase

Alex Grant	SR	9:04.36
Chris Concha	JR	9:08.07
Evan Blanshan	JR	9:26.78
Sam Ahlbeck	SO	9:27.99

High Jump

Trent Arrivey	FR	7-0
Kyle Eaton	SO	6-8 3/4

Pole Vault

Tyson Byers	SR	17-8 1/2
DJ Brown	JR	16-0
Josh Winters	FR	15-9

Long Jump

Rickey Moody	JR	24-7 1/4
Kyle Schauble	FR	23-2

Triple Jump

Moreno Zapata	SO	50-11 1/2w, 50-3 1/4
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Shot Put

Matt Lamb	SO	55-0
Drew Ulrick	SR	53-3 1/2
Vic Asher	RS-FR	47-9 3/4

Discus

Matt Lamb	SO	189-9
Drew Ulrick	SR	187-10
Chase Mancuso	SO	146-5
Tony Moser	FR	154-7 HS

Hammer

Philip McArthur	SO	186-3
Chase Mancuso	SO	162-2

Javelin

Jon Jeffreys	JR	226-2
Cameron Schwisow	RS-FR	204-4
Ryan Scott	SR	202-5
Nathan Bache	FR	213-4 HS
Mark Presby	FR	188-8 HS

Decathlon

Rickey Moody	JR	6473
Kyle Schauble	FR	NM
Justin Chambers	JR	NM

2007 QUALIFYING STANDARDS



2007 NCAA Division I Men's & Women's Track & Field Championships

June 6-9 • Sacramento, California

NCAA West Region Championships

May 25-26 • Eugene, Oregon

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

NCAA REGIONAL QUALIFYING STANDARDS

Event	Men	Women
100m	10.50	11.75
200m	21.19	23.96
400m	47.20	54.61
800m	1:50.40	2:09.80
1500m	3:47.80	4:27.80
Mile	4:03.75	4:49.60
3000m Steeplechase	9:07.00	10:50.25
5000m	14:12.00	16:52.00
110m Hurdles	14.30	
100m Hurdles		13.92
400m Hurdles	52.51	1:00.82
400m Relay	40.66	45.70
1600m Relay	3:10.00	3:42.00
Mile Relay	13:11.20	3:43.20
High Jump	2.10m/6-10 3/4	1.75m/5-8 3/4
Pole Vault	5.05m/16-7	3.80m/12-5 1/2
Long Jump	7.34m/24-1	6.00m/19-8 1/4
Triple Jump	15.00m/49-2 1/2	12.32m/40-5
Shot Put	16.80m/55-1 1/2	14.30m/46-11
Discus	51.70m/169-7	47.30m/155-2
Javelin	61.60m/202-1	43.45m/142-6
Hammer	55.60m/182-5	54.15m/177-8

Event	NCAA Automatic	Provisional
M 10,000m	28:45.00	29:30.00
Decathlon	7,500 points	6,900 points
W 10,000m	33:55.00	35:00.00
Heptathlon	5,500 points	5,000 points

WASHINGTON STATE UNIVERSITY ATHLETIC DEPARTMENT MISSION STATEMENT

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

NEW COUGAR CHAMPIONS 2007



Trent Arrivey

Washington
High Jump



Nathan Bache

Montana
Javelin



Lisa Egami

British Columbia
Junior 800m



Bob Hewitt Gaffney

Wyoming
400m & 800m



Dan Geib

Nevada
1600m & 3200m



Princess Joy Griffey

Washington
100m & 200m



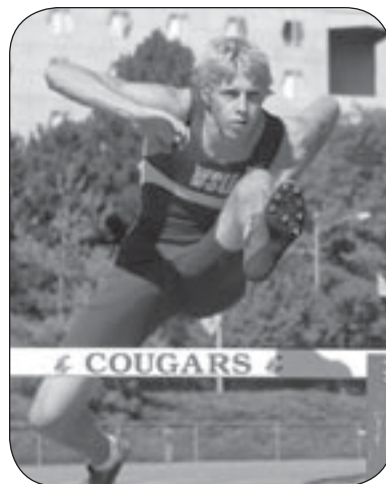
Luke Lemenager

Washington
800m



Rickey Moody, Jr.

Washington
JC Long Jump & Decathlon



Kyle Schauble

Washington
110m Hurdles & 300m Hurdles