



WASHINGTON STATE

2010 COUGAR TRACK & FIELD

2010 COUGAR

TRACK & FIELD





Table of Contents

| | |
|---|--------|
| Cougar Facts | 1 |
| Current Cougar All-Americans..... | 2 |
| The University..... | 4-7 |
| Administration..... | 7 |
| Student-Athlete Development..... | 8-9 |
| Academic Honors | 10-11 |
| Weight Room | 12-13 |
| Athletic Facilities and Support Services..... | 14-17 |
| Why Washington State?..... | 18-19 |
| Conference of Champions | 20 |
| Coaches' Profiles..... | 22-26 |
| 2010 Season Outlooks | 30-35 |
| Rosters..... | 36-37 |
| Depth Charts..... | 38 |
| NCAA Qualifying Standards | 39 |
| New Cougar Champions | 40 |
| Student-Athlete Profiles | 42-66 |
| Other Cougars to Watch..... | 67-68 |
| Cougar Legends | 70-71 |
| WSU History & Records | 72-95 |
| Cross Country..... | 97-104 |

2010 COUGAR TRACK & FIELD SCHEDULE

| | |
|---|-----------------|
| 1/15-16 WSU Indoor Open | Pullman |
| 1/22-23 Cougar Indoor (Montana, Idaho, Utah State, EWU, SCC, WSU) | Pullman |
| 1/29-30 Texas A&M Challenge (Pac-10, Big 10, SEC) | College Station |
| 2/5 Vandal Indoor | Moscow |
| 2/6 Runners Soul Open | Moscow |
| 2/13 Husky Classic | Seattle |
| 2/19 Vandal Collegiate | Moscow |
| 2/26-27 MPSF Indoor Championship | Seattle |
| 3/5-6 NCAA Last Chance Meet | Seattle |
| 3/12-13 NCAA Indoor Championships | Fayetteville |
| 3/19-20 Trojan Invitational | Los Angeles |
| Dusty Lane Invitational | Spokane |
| 3/26-27 Stanford Invitational | Stanford |
| 3/31-4/3 Texas Relays | Austin |
| 4/3 Sam Adams Classic | Spokane |
| 4/8-10 Rafer Johnson/Jackie Joyner Kersee Invitational | Los Angeles |
| 4/10 Oregon-Washington Scoring Clash III | Spokane |
| 4/15-17 Mt. SAC Relays | Walnut |
| 4/24 Cougar Invitational | Pullman |
| 5/1 WSU vs. Washington Dual Meet | Pullman |
| 5/7-8 Vandal Jamboree | Moscow |
| 5/8-9 Pac-10 Combined Events | Berkeley |
| 5/15-16 Pac-10 Championships | Berkeley |
| 5/27-29 NCAA Championships Preliminary Round | Austin |
| 6/9-12 NCAA Outdoor Championships | Eugene |

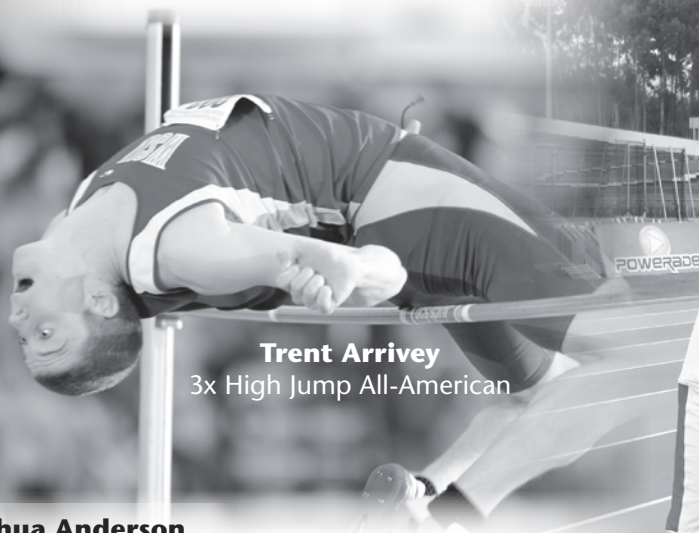




CURRENT COUGAR ALL-AMERICANS



Jeshua Anderson
2X NCAA 400m Hurdles Champion
2X Pac-10 400m Hurdles Champion
USA Junior Champion
World Junior Champion



Trent Arrivey
3x High Jump All-American



Matt Lamb
3x Discus All-American
NACAC Under-23 Champion



Marissa Tschida
Javelin All-American

CURRENT COUGAR INTERNATIONAL COMPETITORS



Anna Layman
800m All-American



Joe Abbott
USA Junior 800m Champion



Courtney Kirkwood
USA Junior Javelin



Track & Field Facts

Location: Pullman, Washington
 Founded: 1890
 Enrollment: 23,500
 Conference: Pacific-10
 President: Elson S. Floyd
 Nickname: Cougars/Cougs/Wazzu
 Colors: Crimson and Gray
 Mooberry Track Complex (4,000)

2010 Cougar Men's & Women's 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)
 16th year Head Coach, 37th year with program

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

Assistant Coaches: Pete Julian (Portland, 1993) [335-0230];
 Mark Macdonald (WSU 1992 - WSU 1993) [335-0246];
 Ellannee Richardson (WSU 2002) [335-4730]; Matt McGee (WSU 2003) [335-0288]

Volunteer Assistant Coaches: Elliott Hubler, Megan Johnson, Tim Riley

Principal Assistant: Jonell Peterson 509/335-0310

2009 Cougar Women's Competitive Highlights:

Mountain Pacific Sports Federation Indoor Championships: 8th (51.5 points)
 MPSF Champion: Lorraine King (60m hurdles)
 NCAA Indoor Championship: none
 Pacific-10 Conference Championship: 9th (44 points)
 Pacific-10 Champion: Lorraine King (400m hurdles)
 NCAA West Regional Championship: t8th (31 points)
 NCAA Outdoor Championship: t58th (3 points)
 All-America: Marissa Tschida (6th, javelin)

2009 Cougar Men's Competitive Highlights:

Mountain Pacific Sports Federation Indoor Championships: t2nd (78.5 points)
 NCAA Indoor Championship: Trent Arrivey (8th, high jump), 4x400m Relay - Barry Leavitt, Remy Follett, Justin Woods, Jeshua Anderson (8th); Team score: t-53rd (2 points)
 Pacific-10 Conference Championship: 4th (91 points)
 Pacific-10 Champions: Jeshua Anderson (400m hurdles), Trent Arrivey (high jump)
 NCAA West Regional Championship: 3rd (66 points)
 NCAA West Regional Champions: Jeshua Anderson (400m hurdles), Justin Woods (200m)
 NCAA Outdoor Championship: t17th (14 points)
 All-Americans: Jeshua Anderson (Champion, 400m hurdles), Trent Arrivey (9th, high jump), Matt Lamb (5th, discus)

2010 Cougar Track & Field Top Returners

Returning NCAA Women Outdoor Participants:

Lisa Egami, 1500m: 2009 (21st)
 Anna Layman, 800m: 2008 (8th)
 Marissa Tschida, javelin: 2008 (18th), 2009 (6th)

Returning Women Pac-10 Scoring:

Lisa Egami, 1500m: 2009 (7th)
 Princess Joy Griffey, 100m: 2009 (4th)
 Jennifer Hamilton, javelin: 2009 (6th)
 Kjrsten Jensen, Hammer: 2009 (7th)
 Ashley Kenney, Discus: 2009 (6th)
 Courtney Kirkwood, javelin: 2009 (7th)
 Anna Layman, 800m: 2008 (3rd)
 Candace Missouri, Triple jump: 2009 (7th)
 Marissa Tschida, javelin: 2008 (3rd), 2009 (4th)

Returning NCAA Men Outdoor Participants:

Sam Ahlbeck, Steeplechase: 2009 (17th)
 Jeshua Anderson, 400m Hurdles: 2008 (1st); 2009 (1st)
 Trent Arrivey, High Jump: 2008 (9th); 2009 (9th)
 Matt Lamb, Discus: 2006 (3rd), 2007 (6th), 2009 (5th)

Returning Pac-10 Men Scorers:

Sam Ahlbeck, Steeplechase: 2009 (5th)
 Jeshua Anderson, 400m Hurdles: 2008 (1st), 2009 (1st); 400m: 2009 (5th)
 Trent Arrivey, High Jump: 2007 (3rd), 2008 (3rd), 2009 (1st)
 Joe Bartlett, Shot Put: 2009 (8th)
 Ryan Deese, High Jump: 2009 (5th)
 Remy Follett, 400m: 2007 (7th), 2009 (7th)
 J Hopkins, 400m Hurdles: 2009 (7th)
 Matt Lamb, Discus: 2006 (3rd), 2007 (4th), 2009 (4th)
 Luke Lemenager, 800m: 2009 (8th)
 Marlon Murray, 100m: 2009 (7th); 200m: 2009 (6th)

Head Coach Rick Sloan

2010 marks 37 years at WSU.

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

As Head Coach directed 38 WSU athletes to NCAA Outdoor All-American status 67 times, and directed 29 athletes to NCAA Indoor All-American status 44 times.

During his 15 years as head coach, Cougar men have set 13 school records and Cougar women have set 44 school records.

Coach of former world record-holder and Olympic decathlon gold medalist Dan O'Brien, and Olympic heptathlon competitor Diana Pickler.

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





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 Student Affairs, Equity and Diversity

Given the importance of making WSU a welcoming and supportive place for everyone, the Office of the Vice President for Student Affairs, Equity and Diversity was established in 2004 and then merged with Student Affairs in 2007. 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 Student Affairs, 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/



Patty Murray, U.S. Senator



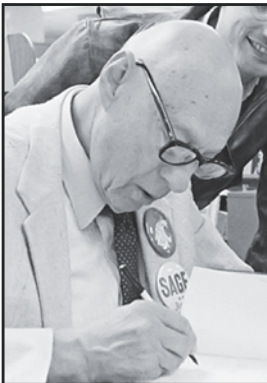
Barry Serafin, ABC News correspondent



Charles Glen King, Leading researcher in the development of Vitamin C



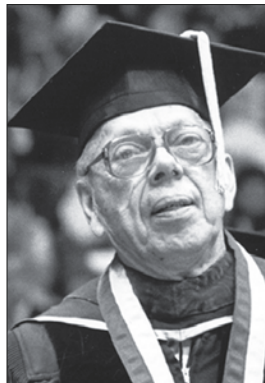
Keith Jackson, ABC TV's Voice of College Football



Jerry Sage, Teacher of the Year and WWII escape artist who was played by Steve McQueen in the movie Cooler King



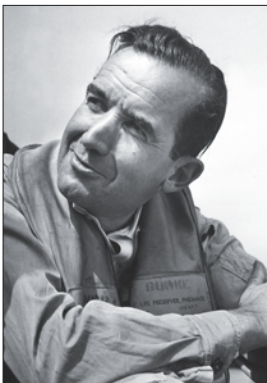
Mel Hein, A charter member of both College and Professional Football Halls of Fame



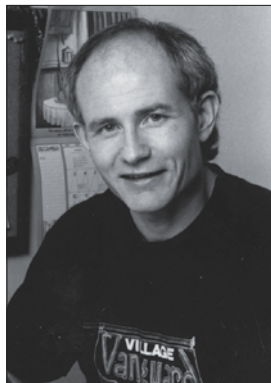
Phil Abelson, Father of the atomic submarine



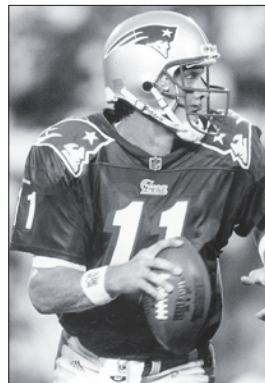
Sherman Alexie, Screenwriter, Poet, Novelist



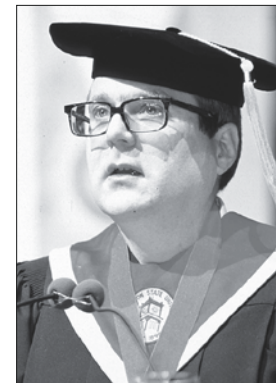
Edward R. Murrow, the Father of modern day news reporting and namesake for WSU's Murrow College of Communication



Gary Larson, Creator of the Far Side cartoons



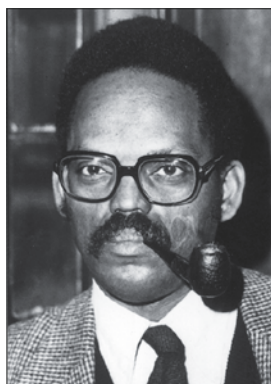
Drew Bledsoe, NFL All-Pro Quarterback



Paul Allen, Owner of the Portland Trail Blazers and Seattle Seahawks



Hugh Campbell, General Manager, Edmonton Eskimos of the Canadian Football League.



William Julius Wilson, Harvard University Professor, recognized by Time magazine as one of America's 25 most influential people



Cindy Brunson, ESPN News



John Olerud, Two-time MLB All-Star



WSU has 11 colleges and offers 250 fields of study spanning the liberal arts and sciences, as well as architecture, business, communication, education, nursing, pharmacy, agriculture, engineering and veterinary medicine.

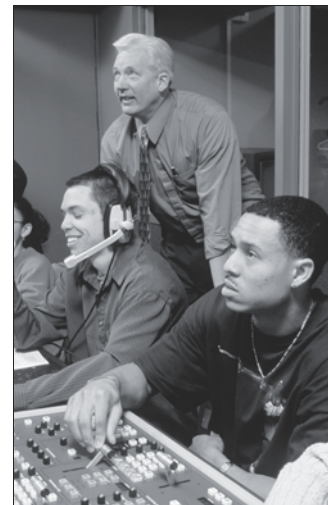
Students from all 50 states and 103 foreign countries attend WSU.



Agriculture



Business



Communication



Honors



Liberal Arts



Education



Engineering



Nursing



Pharmacy



Sciences



Veterinary Medicine



Elson S. Floyd

President



Elson S. Floyd is Washington State University's 10th president. He took office in May of 2007 after serving as president of the four-campus University of Missouri during 2002-2007.

"Excellence, quality, and accountability" are keystones to his administration leading WSU. He puts high priority on WSU being a research leader and having a global presence. Furthermore, he endorses diversity of thought, opinion, perspective, viewpoints, race and ethnicity as characteristics of a world-class university.

Floyd served as president of Western Michigan University from 1999 to 2002, and held several administrative positions at the University of North Carolina Chapel Hill, including deanships in student affairs and the College of Arts and Sciences.

Previously, he spent two years as executive director of the state of Washington Higher Education Coordinating Board, the agency responsible for statewide coordination, planning, oversight, policy analysis and student financial aid programs for Washington's post-secondary education system. From 1990 to 1993, he served as vice president for student services, vice president for administration and executive vice president at Eastern Washington University.

He began his career in 1978 at the University of North Carolina at Chapel Hill, where he held deanships in the Division of Student Affairs, the General College and the College of Arts and Sciences. From 1988 to 1990, he was assistant vice president for student services for the UNC system office, where he helped develop and articulate student affairs and academic affairs policy for the 16-campus university system.

A native of Henderson, N.C., Floyd holds a bachelor of arts degree in political science and speech, a master of education degree in adult education, and a doctor of philosophy degree in higher and adult education, all from the University of North Carolina at Chapel Hill.

Floyd and his wife, Carmento Floyd, have two grown children.

Anne McCoy

Senior Associate Director Of Athletics/SWA (Interim Director of Athletics)



Veteran intercollegiate athletics administrator Anne McCoy has served Washington State University since 2001 and was promoted from associate director to senior associate director of athletics in 2004. Her appointment to senior woman administrator came in the summer of 2007.

In her capacity as senior associate director of athletics, she is charged with overseeing all aspects of WSU's athletic budget and supervises several areas with the department including the business office, equipment, computer and football operations, and event management and facility operations. She also serves as a liaison for men's and women's basketball.

McCoy serves on several Pacific-10 Conference committees, including the Senior Woman Administrator and Television Committees and on the Budget and Finance, Compliance and Enforcement,

Diversity Leadership Initiative Review, Awards Review, Medical Care, and Student-Athlete Advisory committees. She has also been appointed the NCAA Women's Rowing Committee and is past vice president of the Pacific-10 Conference.

A Wisconsin native, McCoy earned a bachelor's degree in sports management in 1989 from the University of Massachusetts. While an undergraduate, she worked for the Pittsburgh Penguins professional hockey organization, expanding the club's season ticket base. McCoy also served an internship as the assistant athletic business manager at the University of Connecticut, and was instrumental in designing and implementing a comprehensive computerized budget-tracking system.

McCoy served in several capacities at the University of Maine from 1989-1995, lastly as associate director of athletics and senior woman administrator. At Maine, she supervised men's basketball, men's and women's soccer, men's and women's swimming and softball in addition to the athletic business office, ticket office, retail store and cheerleading staff and operations. She took a similar administrative position at St. Louis University from 1995-96.

In 1996, McCoy moved west, joining the staff at Portland State University as associate director of athletics and senior woman administrator, and was promoted to senior associate director of athletics in 1998. At PSU, she managed all internal staff and the daily operations of the department, representing the director of athletics as needed. McCoy also supervised men's and women's golf, cross country/track and field, and women's volleyball, soccer, tennis and softball.

Ken Casavant

Faculty Athletics Representative



Professor Ken Casavant, a member of the Washington State University family since 1967, currently serves as WSU's Faculty Athletics Representative to the Pacific-10 Conference and the National Collegiate Athletic Association. He is a past president of the Pac-10 and most recently served on the NCAA Division I Management Council.

Casavant came to WSU as a graduate research assistant in the Department of Agricultural and Resource Economics. He was named an assistant professor in 1971, an associate professor in 1975 and a full professor in 1980.

In 2004, Casavant received the honor of giving the Distinguished Faculty Address, the University's oldest award and also received the Sahlin Excellence in Public Service award for the University. In 1979, Casavant received the R.M. Wade award for

outstanding teacher in the college of agriculture at WSU, and in 1990, he earned the distinguished WSU Faculty of the Year award. Casavant was elected vice-chair (1991-92) and chair (1992-93) of the WSU Faculty Senate and has been accorded the Distinguished Teacher award by the American Agricultural Economics Association. He was named Distinguished Scholar by the Western Agricultural Economics Association in 2003 for his nationally recognized work as a transportation economist.

During his tenure at WSU, Casavant has served as associate director for the Washington State Transportation Center (1984-87) and the interim Vice-Provost for Academic Affairs and interim Vice-Provost for Research (1998).

The North Dakota native is a 1965 graduate of North Dakota State University, where he earned a bachelor's degree in agricultural economics. He received his master's degree from NDSU, followed by a Ph.D., from WSU in 1971.



Student-Athlete Development

Our Student-Athlete Development unit initiates support for academic and personal success during on-campus recruiting visits with prospective student-athletes, and continues providing support and services until student-athletes graduate from WSU. Our student-athlete development staff is committed to developing and implementing comprehensive and effective programs to assist student-athletes in identifying and meeting their academic and career goals leading to graduation and career development. We take a "life skills" approach when assisting student-athletes with class selection, major selection, graduation planning, career development, time management, goal setting, study skills, and learning strategies.

Our focus is the student-athlete and her personal development. We reinforce the value of maximizing the educational and career opportunities at WSU. And, most importantly, our staff emphasizes the importance of student-athletes taking personal responsibility and ownership in developing their academic and career plans. Our 93 percent graduation rate for those seniors who have exhausted their eligibility (over the past 10 years), second among all Pacific-10 Conference schools in that time, reflects our consistent commitment to academic success while striking a balance between academics and athletics.



Danny Gourley
Academic Counselor

Danny Gourley is the Academic Counselor for the Cougar track and field team. Danny joined the Cougar family in 2005. He also serves as the Academic Resource Center (ARC) Coordinator, supervising and maintaining the ARC in addition to providing academic support to the track and field student-athletes.

Danny's experience in academics began in 1997, and all but two and a half years of his academic counseling have been in athletics. Starting as a tutor for student-athletes at Middle Tennessee State, Danny progressed to Learning Specialist from 1999-2002. After nearly three years of career development serving soldiers as an intern in the Army Continuing Education System, Danny returned to athletics.

Danny graduated from Middle Tennessee State in 1999 with a Bachelor of Arts in English. He completed his Masters in Education with an emphasis in administration of higher education at MTSU in 2002.

Danny values spending time with his wife, Sarah, and their daughter Cirel. He also enjoys video games, hiking and backyard sports.



The Mission

The academic support services staff provides comprehensive support for all student-athletes. The type and level of programming, monitoring and support provided to each student-athlete is dependent upon the individual needs of each student-athlete, based on the review of existing academic information and academic assessments administered by the academic support services staff and/or University Testing Services. The academic support services staff also encourages student-athletes to access existing university resources. The academic counselors assist student-athletes with class selection, major selection, graduation planning, career planning, time management, goal setting, study skills and learning strategies. The counselors work closely with the University faculty to monitor grades and class attendance. The academic staff also communicates with the staff and faculty to provide assistance with rescheduling class assignments and exams missed due to team travel.



Academic Support 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

Academic Resource Center

- 6,225 square feet
- Seven study Rooms
- 135-seat auditorium



www.athletics.wsu.edu/arc



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 BJ 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
- 2006 Drew Polley
Ryan Scott
- 2007 Ryan Scott
- 2008 Evan Blanshan
Drew Polley
- 2009 Drew Polley

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
Jeff Boag
Chris Mosley
Tony Olson
Matt Stadelman
- 997 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
Bob Frey
Drew Ulrick
- 2007 Drew Ulrick
- 2008 Alex Grant
Jon Jeffreys
- 2009 Evan Blanshan
Barry Leavitt

CoSIDA Academic All-Americans Track & Field

- 1984 Francis Dodoo
- 1997 Matt Stadelman,
Dist. VIII Second Team
- 1998 Matt Stadelman,
Dist. VIII First Team
- 2000 Eric Dudley,
Dist. VIII First Team
B.J. Schade,
Dist. VIII Second Team
- 2001 Eric Dudley,
Dist. VIII First Team
- 2002 Eric Dudley,
Dist. VIII First Team
National First Team
- 2003 Eric Dudley,
Dist. VIII First Team,
National Track & Field/
Cross Country
Academic
Athlete of Year
- 2004 Tim Gehring
Dist. VIII First Team
National Third Team
- 2006 Ryan Scott
Dist. VIII Second Team
- 2008 Alex Grant
Dist. VIII Second Team
Jon Jeffreys
Dist. VIII Second Team
- 2009 Barry Leavitt
Dist. VIII First Team

USTFCCCA All-Academic Track & Field Team

- 2004 Brandon Brownell
Drew Ulrick
- 2005 Alex Grant
Ryan Scott
Drew Ulrick
- 2006 Jon Jeffreys
Drew Ulrick
- 2007 Alex Grant
Jon Jeffreys
Drew Ulrick
- 2008 Alex Grant
Jon Jeffreys
Barry Leavitt
- 2009 Barry Leavitt
Drew Polley

USTFCCCA All-Academic Cross Country Team

- 2007 Alex Grant
Woody Favinger

USTFCCCA All-Academic Men's Team Award

- 2004 Cross Country
- 2006 Track & Field
- 2006 Cross Country
- 2007 Cross Country

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
- 2006 Woody Favinger
- 2007 Evan Blanshan
Drew Polley
- 2008 Evan Blanshan
Drew Polley
- 2009 Justin Englund

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
- 2006 Drew Polley
- 2007 Alex Grant
Daniel Geib



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



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
Kristin 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
- 2006 Kaylee Gardner
McKinnon Hanson
Haley Paul
- 2007 Karen DeMartini
Angelica Flynn
Kaylee Gardner
McKinnon Hanson
Sara Trané

- 2008 Jessica Fuller
McKinnon Hanson
Haley Paul
Sara Trané
Chelsea VanDeBrake
Jessica Zita
- 2009 Sara Trané
Ashlee Wall

Second Team

- 1991 Jill Anderson
Carol Smith
- 1992 Jill Anderson
Michele Hayes
Kathy Mitchell
Jen. Robertson
- 1993 Shannon McKinney
Jenny Zenner
Jeanna Hall
- 1994 Stacy Hoffman
Jenny Zenner
- 1995 Jeanna Hall
Kristin Liebich
Marilyn 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
- 2006 Karen DeMartini
Kayle Peterson
Jessica Zita
- 2007 Selena Galaviz
Jessica Zita
- 2008 Karen DeMartini
Selena Galaviz
- 2009 Marisa Sandoval



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

CoSIDA Academic All-Americans Track & Field

- 1997 Heidi Shultz
Dist. VIII Second Team
National Third Team
- 1998 Kirsten Koch
Dist. VIII First Team
Molly Moore
Dist. VIII First Team
- 1999 Molly Moore
Dist. VIII First Team
- 2000 Francesca Green
Dist. VIII First Team
Cicely Clinkenbeard
Dist. VIII Second Team
- 2001 Whitney Evans
Dist. VIII First Team
- 2002 Whitney Evans
Dist. VIII First Team
National First Team
Cicely Clinkenbeard
Dist. VIII First Team
National Second Team
Randi Smith
Dist. VIII Second Team
- 2003 Whitney Evans
Dist. VIII First Team
National First Team
Ellannee Richardson
Dist. VIII First Team
National Second Team
- 2004 Ana Cabrera
Dist. VIII First Team
- 2005 Rachel Bertholf
Dist. VIII First Team
- 2006 Tamara Diles
Dist. VIII First Team
McKinnon Hanson
Dist. VIII First Team
Haley Paul
Dist. VIII Second Team
- 2007 McKinnon Hanson
Dist. VIII First Team
Sara Trané
Dist. VIII First Team
- 2008 McKinnon Hanson
Dist. VIII First Team
Sara Trané
Dist. VIII First Team
Haley Paul
Dist. VIII Second Team
- 2009 Sara Trané
Dist. VIII First Team
National Third Team

USTFCCA All-Academic Team

- 2003 Whitney Evans
NCAA Div. I Women's
Scholar-Athlete of
- Year
- 2004 Rachel Bertholf
- 2005 Tamara Diles
Kaylee Gardner
Meghan Leonard
Haley Paul
- 2006 Tamara Diles
McKinnon Hanson
Tiffany Maskulinski
Haley Paul
Jessica Zita
- 2007 Kaylee Gardner
Lorraine King
Meghan Leonard
Kayle Peterson
Sara Trané
Jessica Zita
- 2008 Lisa Egami
McKinnon Hanson
Meghan Leonard
Sara Trané
Marissa Tschida
Jessica Zita
- 2009 Lynnea Braun
Lisa Egami
Isley Gonzalez
Alexa Huestis
Sara Trané

USTFCCA All-Academic Women's Team Award

- 1995 Cross Country
- 2005 Track & Field
- 2006 Track & Field
- 2006 Cross Country
- 2007 Track & Field
- 2007 Cross Country
- 2008 Track & Field
- 2009 Track & Field

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 Ritzenthaler
- 1998 Kim Schmolka
- 1999 Megan Maynard
- 2000 Greta Johnson
- 2001 Jenny Filipy
- 2002 Ana Cabrera
- 2003 Ana Cabrera
- 2004 Ana Cabrera
- 2005 Haley Paul
- 2006 Haley Paul
Sara Trané
- 2007 Sara Trané
Chelsea VanDeBrake
- 2008 Sara Trané
Chelsea VanDeBrake
Ashlee Wall
- 2009 Chelsea VanDeBrake
Ashlee Wall

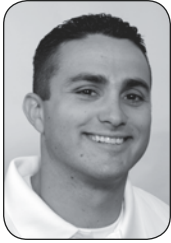
Second Team

- 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
- 2008 Marisa Sandoval
- 2009 Marisa Sandoval



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.





Marco Candido, Strength and Conditioning Coach

Marco Candido was reunited with the Washington State University Strength and Conditioning staff in 2008. Before spending the past two years in Des Moines, Iowa as Head Football Strength and Conditioning Coach at Drake University, Candido worked at WSU during the 2005-06 season as Intern/Interim Assistant Strength and Conditioning Coach.

Many other strength and conditioning positions fill Candido's resume, including stints with the University of Alabama at Birmingham, Arizona State University, Birmingham Steeldogs (Arena Football 2), University of La Verne, and Occidental College.

In 2003 Candido earned a bachelor's degree in Kinesiology from Occidental College in Los Angeles, Calif., where he also played running back for the football team and led the Tigers to a conference championship. He earned his master's degree in Exercise Physiology in 2005 from the University of Alabama at Birmingham.

Candido is a member of and certified by the National Strength & Conditioning Association - C.S.C.S., Collegiate Strength & Conditioning Coaches Association - S.C.C.C., and U.S.A. Weightlifting - S.P.C.C.





Cougar Athletic Training Services

Prevention of athletic injuries is the primary goal of the Washington State University athletic staff, along with the care and rehabilitation of student-athletes.

When injuries do occur, the Cougar staff provides the very best in care, utilizing state-of-the-art equipment. A new hydrotherapy facility opened in December 2008 to further meet the needs of student-athletes.

- More than 40 students obtaining clinical hours in a nationally-accredited athletic training education program
- Three sports medicine trained team physicians
- Coordinator of Sports Nutrition/Registered Dietician



Lacee Diamond, Athletic Trainer

Lacee Diamond is in her first year as the athletic trainer for the men's and women's cross country and track and field teams.

Lacee earned a Bachelor of Science in Physiological Sciences from the University of Arizona and a Masters of Science in Athletic Training from Montana State.

Prior to coming to Washington State, Lacee was an Assistant Certified Athletic Trainer at Saint Bonaventure University and served a Certified Athletic Training internship at Northwestern University.

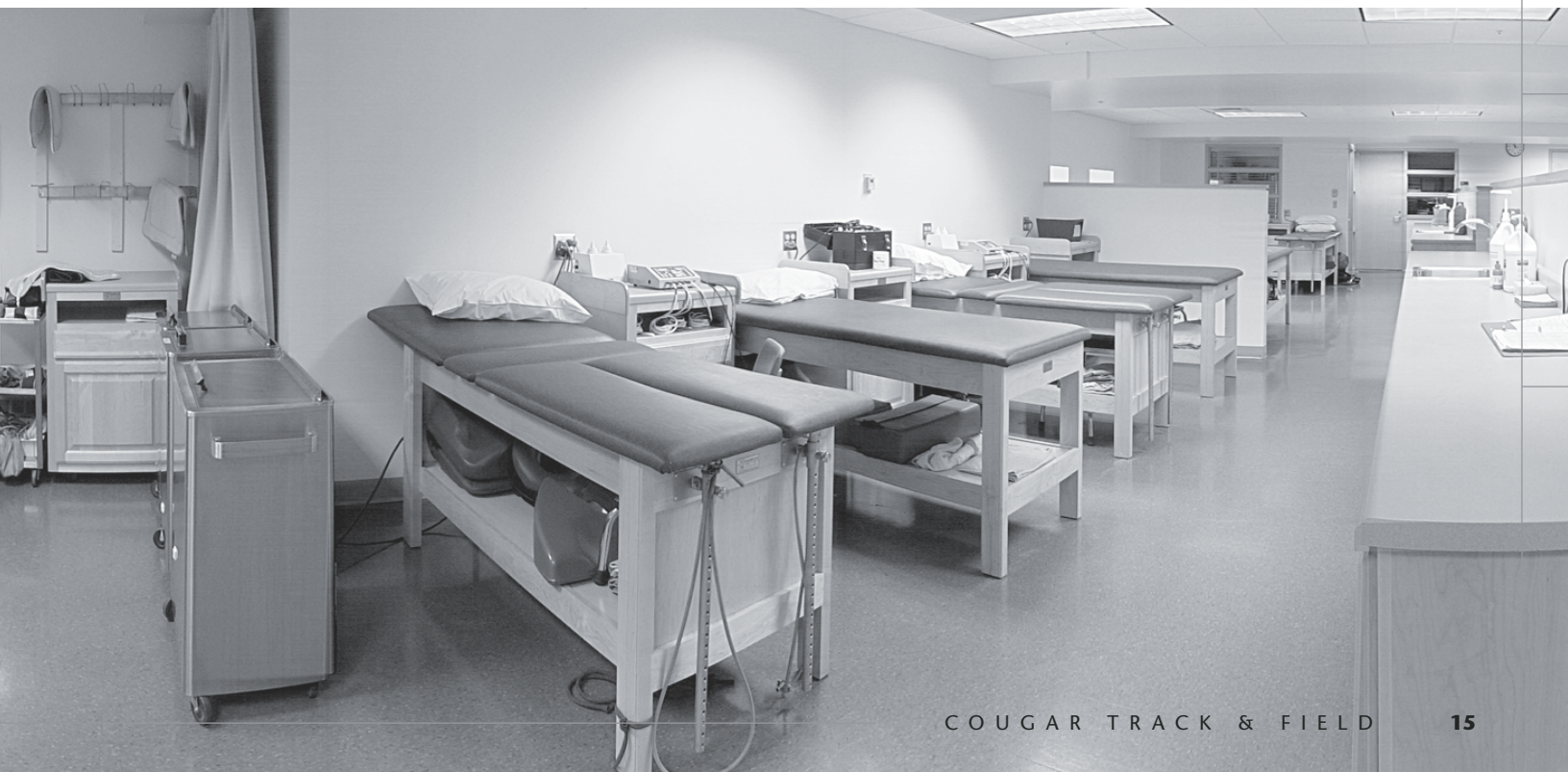


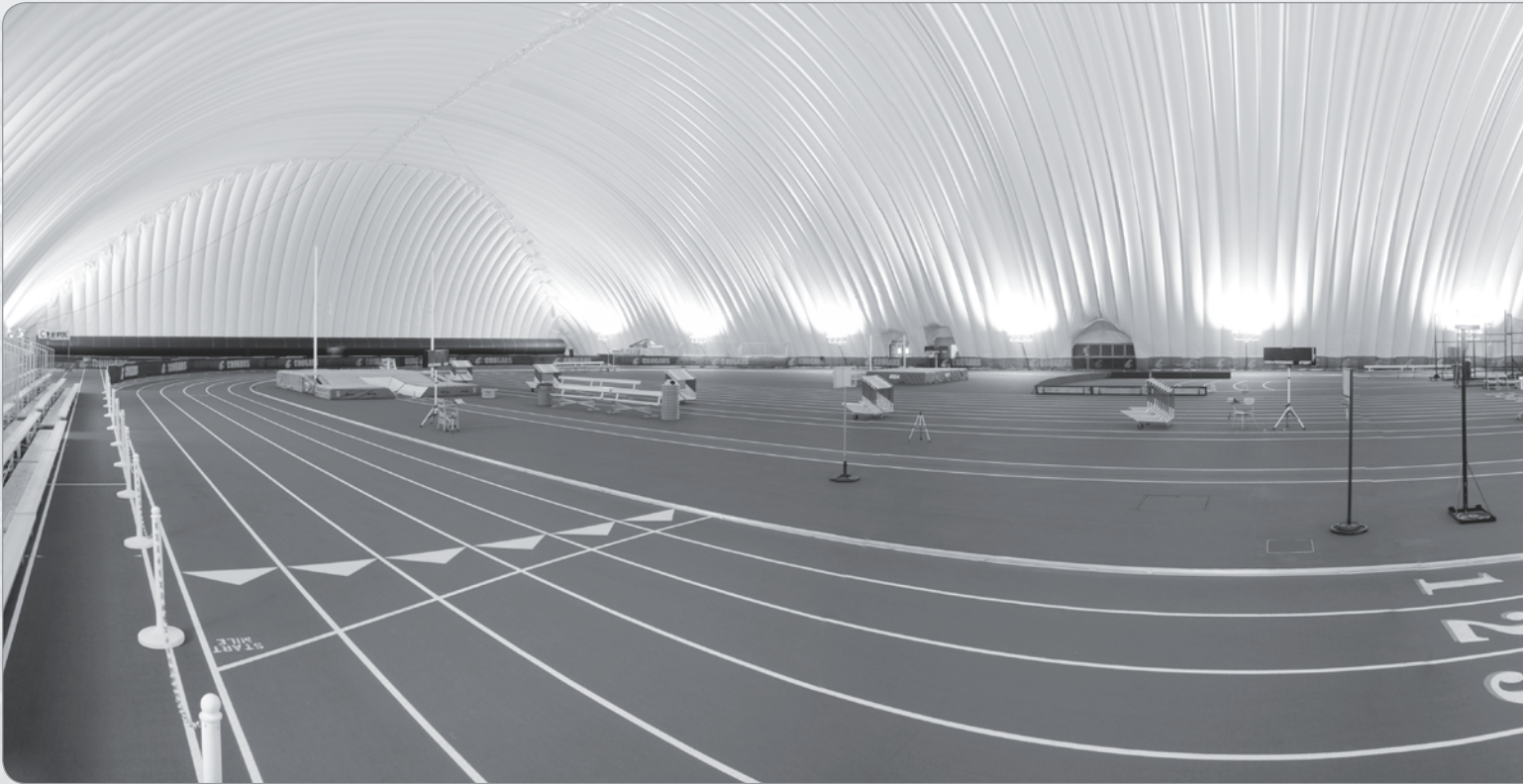


Cougar Mania Hydrotherapy Facility



The new hydrotherapy facility includes a Hydroworx underwater treadmill, a cold plunge, and a warm therapy pool.





TRACK & FIELD
Mooberry Track & Field Complex



INDOOR PRACTICE FACILITY



TRAINING FACILITIES

To help Cougar Track and Field athletes achieve their potential, Washington State University provides three major athletic facilities. The WSU Weight Room, pictured on pages 12-13, is considered one of the top collegiate facilities in the nation. The Cougars train and compete during the winter inside the 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.



PALOUSE RIDGE GOLF COURSE – CROSS COUNTRY



Why Washington State University?

"The combination of having an accomplished coaching staff, family style team atmosphere, and producing World Class Athletes, all make Washington State University Track and Field tough to beat. These factors brought me here and will continue to bring many talented people to Washington State University."

- Reny Follett



"The genuine family atmosphere where support and friendships were easy to find definitely sold me on coming to WSU, along with a top-notch coaching staff in a small town with huge Cougar pride. I knew it was the place to be."

- Veronica Elseroad-Wall





"Coming here to Washington State University has been a life changing experience. The coaching staff has helped me to become a great athlete and achieve my greatest potential. Aside from being an athlete, I am grateful for the academic staff that has helped me achieve a good education. The people really make everyone feel welcome and that's the thing I love most about WSU. I am honored to be a part of this school and honored to be a Cougar forever."

- Princess Joy Griffey



"Washington State University is a great place to focus on your craft. I love the amazing support I get from students, teammates and the whole Cougarfan nation. This is literally my second home."

- Jeshua Anderson





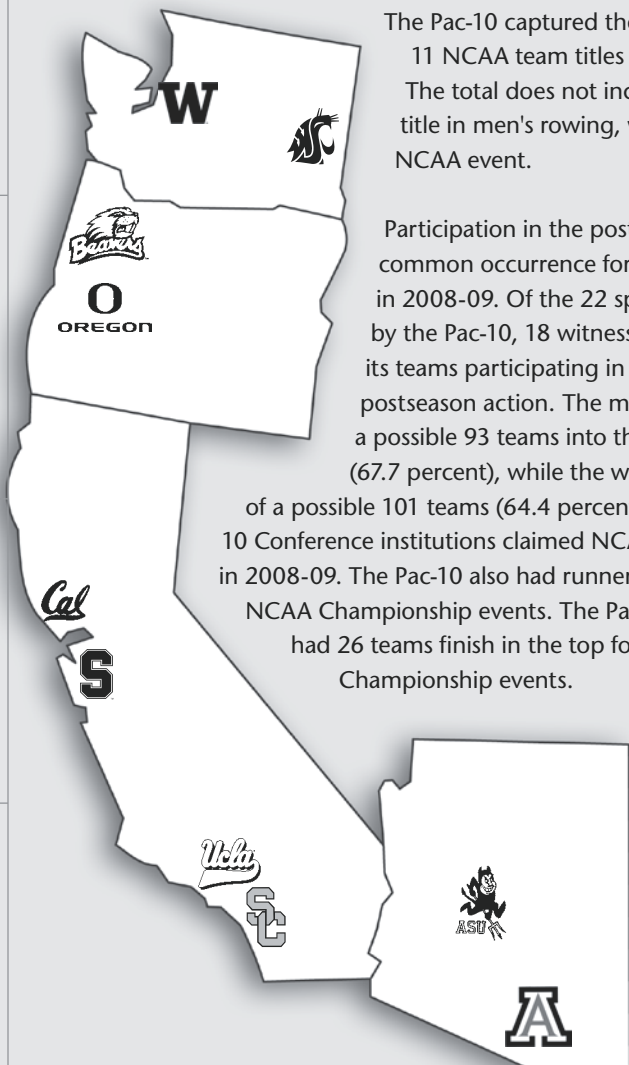
Pacific-10 Conference – The Conference of Champions

Washington State University is a proud member of the Pacific-10 Conference. The Pac-10 sponsors 11 men's sports and 11 women's sports. Additionally, the Conference is a member of the Mountain Pacific Sports Federation (MPSF) in four other men's sports and three women's sports, including indoor track and field.

Entering the 2009-10 season, the Pacific-10 Conference continues to uphold its tradition as the "Conference of Champions."® Pac-10 members have claimed an incredible 166 NCAA team titles over the past 19 seasons, for an average of nearly nine championships per academic year.

Even more impressive is the breadth of the Pac-10's success, as those 166 team titles have come in 26 different men's and women's sports. The Pac-10 has led the nation in NCAA Championships 43 of the last 49 years and finished second five times.

Spanning nearly a century of outstanding athletics achievement, the Pac-10 has captured 380 NCAA titles (261 men's, 119 women's), far outdistancing the runner-up Big Ten Conference's 222 titles.



The Pac-10 captured the nation's best 11 NCAA team titles in 2008-09.

The total does not include a national title in men's rowing, which is not an NCAA event.

Participation in the postseason was a common occurrence for the Conference in 2008-09. Of the 22 sports sponsored by the Pac-10, 18 witnessed at least half its teams participating in NCAA or other postseason action. The men sent 63 of a possible 93 teams into the postseason (67.7 percent), while the women sent 65

of a possible 101 teams (64.4 percent). Seven of the 10 Conference institutions claimed NCAA team titles in 2008-09. The Pac-10 also had runners-up in nine NCAA Championship events. The Pac-10 Conference had 26 teams finish in the top four at the NCAA Championship events.



Future sites of the Pac-10 Track & Field Championships

- 2010 California
- 2011 Washington State
- 2012 Southern California
- 2013 Arizona

PACIFIC-10 CONFERENCE

1350 Treat Blvd., Suite 500
Walnut Creek, CA 94597-8853

Phone: (925) 932-4411 • Fax: (925) 932-4601

Commissioner
Larry Scott

Associate Commissioner, Administration and Women's Basketball Administration
Christine Hoyles

Associate Commissioner, Communications and Football Administration
Jim Muldoon

Associate Commissioner, Electronic Communications
Duane Lindberg

Associate Commissioner, Compliance
Mike Matthews

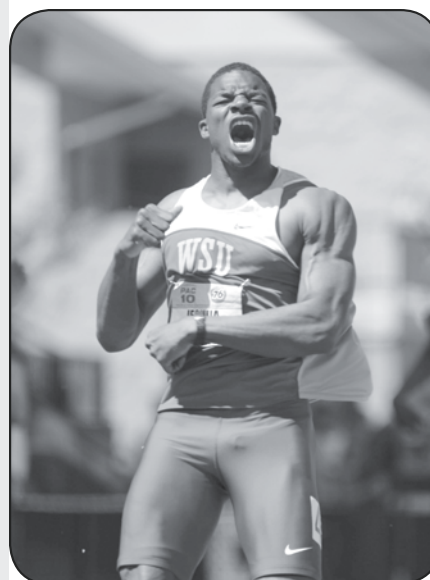
Associate Commissioner, Business and Finance
Scott Sabatino

Associate Commissioner, Governance and Enforcement
Ron Barker

Associate Commissioner, Olympic Sports and Student-Athlete Programs
Chris Dawson

Assistant Commissioner, Communications and Men's Basketball Administration
David Hirsch

Assistant Commissioner, Communications
Natalia Ciccone

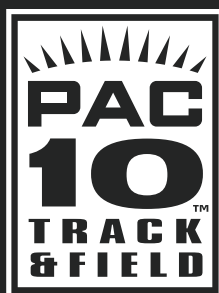


Two-time Pac-10 Intermediate Hurdles Champion Jeshua Anderson



2010 COUGAR TRACK & FIELD

COACHES





Rick Sloan

HEAD COACH

BORN: November 10, 1946

HOMETOWN: Anaheim, California

HIGH SCHOOL: Anaheim High, 1964

COLLEGE: Fullerton College, 1964-66; UCLA, 1966-69 (BS); WSU, 1978 (MS)

WIFE: Sandy

CHILDREN: daughter Kim, son Scott

GRANDCHILDREN: granddaughters Logan and Ellis

COACHING EXPERIENCE: California Institute of Technology and Pasadena City College, 1972; Mt. San Antonio Junior College, 1972-73.

WSU APPOINTMENTS: 1973 - Assistant track and field coach; 1982 - Associate track and field coach; 1994 - Head coach men's track and field; 1995 - Head coach men's and women's track and field.

At Washington State University our number one objective is the education of our student-athletes. We have an outstanding staff who are motivated and dedicated to the success of our students in the classroom. Our objective is to recruit talented, competitive people who are willing to work hard and with our outstanding coaching staff, develop to their potential. All of our energy is put into developing our student-athletes educationally, athletically and personally.

—Head Coach, Rick Sloan

Head coach Rick Sloan shares a lifetime of passion for track and field with the student-athletes on the men's and women's teams at Washington State University, and they have found success athletically and academically under his tutelage.

A dynamic coach and skilled technician, Sloan and his Cougar coaching staff have searched far and wide to bring the best student-athletes to Pullman, Washington, and then have worked tirelessly to have each one reach their greatest potential.

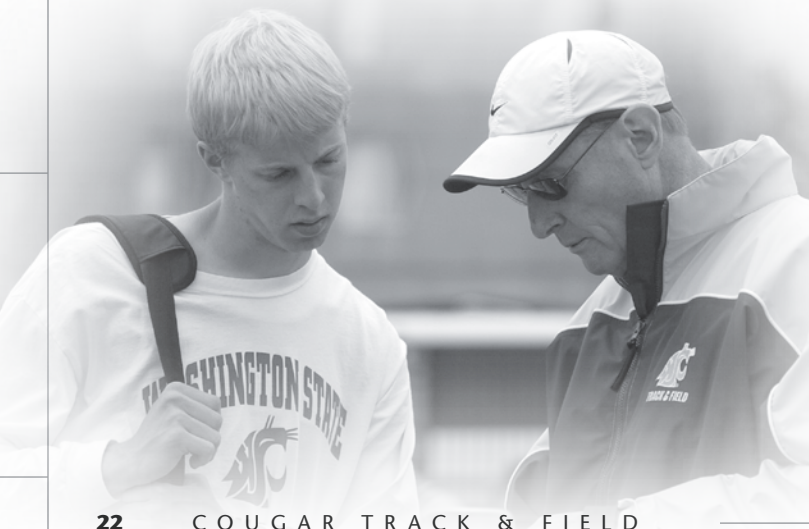
The programs' continued success is evident in the consistent accomplishments achieved at the Pacific-10 Conference, NCAA West Regional, NCAA Championships and USA Track and Field levels.

WSU brought home 55 All-America certificates during the past eight indoor and outdoor seasons.

In 2009, Jeshua Anderson repeated at the Pac-10, NCAA West Region and NCAA Outdoor intermediate hurdles champion, breaking his own school record with a time of 48.47 seconds. Trent Arrivey (high jump) and Lorraine King (400m hurdles) also climbed to the top of the victor's stand with Pac-10 titles. The Cougar men finished fourth at the conference meet and third at the NCAA West Regional meet.

The 2008 season was highlighted by two Cougar freshmen earning national titles. Ebba Jungmark won the women's high jump gold medal at the NCAA Indoor Championships, clearing 6-feet, 2 1/2 inches which is the second-best height in WSU history. Jeshua Anderson claimed the men's 400m hurdles title at the NCAA Outdoor Championships after grabbing the Pac-10 crown. He also won the US Junior and World Junior gold medals in the intermediate hurdles and claimed the school record with a time of 48.68 seconds.

Jungmark joined another national high jump champion who thrived under Sloan's mentoring, Whitney Evans. Evans won the 2003 outdoor title and earned eight All-America honors making her the most-decorated woman athlete in Washington State University history.





Recognized internationally as a highly successful multi-event coach, Sloan has directed five Cougars to NCAA top finishes in the past seven years including Julie Pickler's second-place finish in the 2007 heptathlon, Diana Pickler and Julie Pickler with third and fifth-place heptathlon finishes in 2006, and Rickey Moody's eighth place finish in the 2008 decathlon.

As a Head Coach, Sloan has directed 38 WSU athletes to NCAA Outdoor All-American status 67 times, and directed 29 athletes to NCAA Indoor All-American status 44 times.

In his 15 years as the WSU Track Program's mentor, Sloan has seen Cougar men set 13 school records and Cougar women set 41 school records. Additionally, 20 men's freshmen and 39 women's freshmen records have been rewritten in this time frame.

When Sloan was named the head track and field coach at Washington State in June of 1994, he had already invested 21 years of service to the program and the university as an assistant coach.

From 1973 until the summer of 1994, he was an assistant coach, directing WSU athletes in field events, hurdles, sprints, and decathlon.

Sloan came to coach at Washington State after a highly successful competitive career. An outstanding athlete while at UCLA, Sloan became the first Bruin to clear 7-0 in the high jump and was an All-American in the pole vault as an undergraduate.

He captained the Bruin track team as a senior and became the fourth American to surpass 8,000 points in the decathlon. As a 21-year-old, Sloan finished seventh in the decathlon at the 1968 Olympics in Mexico City. A year later he toured Europe with the U.S. National team.

While competing, Sloan held world decathlon records in the pole vault with a height of 16-7, and the high jump with a leap of 6-11 3/4. As a decathlete, he was ranked second in the United States in 1968 and 1969, and ranked 10th in the world in 1969. Sloan's 8,051 points was the fourth best mark in the world in 1969.

This Cougar mentor began his coaching career at California Institute of Technology and at Pasadena City College in 1972. Sloan also coached at Mt. San Antonio Junior College, home of the respected Mt. SAC Relays in Walnut, Calif., before coming to WSU in 1973.

In September of 1994, USA Track and Field accorded Sloan the title of Master Coach, the highest recognition in coaching education.

Sloan is well-known internationally in the decathlon circuits because of his 14 years as coach for four-time world champion, Olympic champion and American record-holder Dan O'Brien.

Sloan is a much sought-after clinician who is the author of *Track and Field Techniques and Training*, and has produced nine instructional video tapes. He served as the head coach of the U.S.A. decathlon team which competed in the USSR in 1983. In 1988, he conducted clinics for the International Amateur Athletic Federation (IAAF) in Georgetown, Guyana.

In the fall of 2002, Sloan served as an assistant men's coach for the United States team competing at the International Association of Athletics Federation (IAAF) World Cup in Madrid, Spain.

COUGAR HIGHLIGHTS

under Head Coach Rick Sloan

1996 - Dominique Arnold won the men's 110m high hurdles title at the NCAA Outdoor Championships.

1998 - Men's team won the Mountain Pacific Sports Federation Indoor Championships title...Men's team earned third place at the NCAA Indoor Championships with the distance medley relay team winning that event with a world record time...Sloan named MPSF Coach of the Year (men and women), selected District 8 Men's Coach of the Year.

1999 - Women's team won the MPSF Indoor Championship...Sloan named MPSF Women's Coach of the Year...Men's team finished 10th at the NCAA Indoor Championships as Bernard Lagat won both the mile and 3000m...Lagat named Male Athlete of the Year...Women's team finished third at the Pac-10 Conference Championships and went on to place 20th at the NCAA Outdoor Championships...Men's team finished 11th at the NCAA Championships...Lagat won the NCAA men's 5000m title...Sloan selected United States Track Coaches Association (USTCA) Region VIII Women's Coach of the Year.

2000 - Women's team repeats as the MPSF Indoor Champions...Sloan selected USTCA Region VIII Women's Coach of the Year.

2001 - Men's team won the MPSF Indoor Championship...Sloan named MPSF Men's Coach of the Year...Women's team finished fourth at the Pac-10 Championships and went on to an 18th place finish at the NCAA Outdoor Championships...Sloan named USTCA Men's West Region Coach of the Year.

2002 - Women's team finished tied for 15th at NCAA Outdoor Championships...Ellannee Richardson and Anson Henry named Mondo West Region Outdoor Track Athletes of the Year...Pac-10 Champions include Whitney Evans (high jump), Richardson (heptathlon) and Henry (100m, 200m)...Sloan named USTCA Men's West Region Coach of the Year.

2003 - Women's team takes 12th place at NCAA Outdoor Championships...Whitney Evans wins high jump, Ellannee Richardson heptathlon runner-up after winning Pac-10 titles...Darion Powell (decathlon) and Eric Dudley (intermediate hurdles) earn All-America...Anthony Buchanan (100m) and 4x100m relay (Lamar Kirk, Bennie Chatman, James McSwain, Buchanan) also win Pac-10 Championship.

2004 - For the third consecutive year, a WSU sprinter won the Pac-10 men's 100m dash...Anthony Buchanan won his second consecutive 100m dash title and placed seventh in the 100m at the NCAA Championships.

2005 - Diana Pickler NCAA indoor All-America (pentathlon)...Pac-10 Champions Julie Pickler (heptathlon), Darion Powell (decathlon) and Robin Mikes (high jump)...All-America honors to Julie Pickler and Diana Pickler (heptathlon), Tamara Diles (pole vault) and Tyson Byers (pole vault).

2006 - Julie Pickler NCAA indoor All-America after runner-up in pentathlon...NCAA outdoor All-America honors to John Cassleman (400m hurdles), Matt Lamb (discus), Diana Pickler and Julie Pickler (heptathlon)...Diana Pickler fifth in heptathlon at USA Track & Field Championships with school record 5,855 points.

2007 - Diana Pickler second and Julie Pickler ninth in pentathlon, Tyson Byers third in pole vault at NCAA Indoor Championships...Diana Pickler won Pac-10 heptathlon and set school records in pentathlon, heptathlon, and 100m hurdles, and placed second in heptathlon at the USA Track & Field Championships...Julie Pickler NCAA heptathlon runner-up, placed sixth at USA T&F Championships...discus throwers McKenzie Garberg and Matt Lamb reach All-America.

2008 - Ebba Jungmark won NCAA Indoor high jump title...Jeshua Anderson won intermediate titles at Pac-10, NCAA West Regional, NCAA, and US and World Junior gold medals...Sara Trané successfully defended Pac-10 steeplechase title...Trent Arrivey won NCAA West Regional high jump title...All-America certificates to McKenzie Garberg (5th discus, 6th hammer), Anna Layman (8th 800m), Rickey Moody (8th decathlon) and Arrivey (9th high jump).

2009 - Men's 4x400m relay team of Barry Leavitt, Reny Follett, Justin Woods, and Jeshua Anderson eighth, and high jumper Trent Arrivey eighth at NCAA Indoor Championships...Anderson, Arrivey and Lorraine King (400m hurdles) win Pac-10 titles...Anderson and Justin Woods (200m) win at NCAA West Regional where men's team is third...Anderson repeats as NCAA men's intermediate hurdles champion...All-America status earned by Marissa Tschida (6th javelin), Matt Lamb (5th discus) and Arrivey (9th high jump).



Debra Farwell

ASSOCIATE COACH

BORN: June 29, 1961
HOMETOWN: Renton, Washington
COLLEGE: Washington State University (B.A., 1983)
COACHING EXPERIENCE: Washington State University, 1983-86, graduate assistant coach; University of Iowa, 1987-91, assistant coach; Penn State, 1994-95, assistant coach.
WSU APPOINTMENT: 1995 - Assistant track and field coach; 1998 - Associate coach

Debra Lombardi Farwell, a 1983 Washington State University graduate, joined the WSU coaching staff in the fall of 1995 and the Cougars throwers have stretched the measuring tape ever since. During Farwell's coaching stint 14 school throwing records have been set.

Farwell's corps threw far again in 2009 with Marissa Tschida breaking the women's javelin record with a toss of 181-feet, 8 inches, and Courtney Kirkwood breaking Tschida's freshman school record with a javelin toss of 170-8. Tschida became an All-America with a sixth-place NCAA finish and Matt Lamb added his third discus All-America certificate with his fifth-place NCAA finish.

The previous year, McKenzie Garberg added two All-America certificates to her resume after NCAA finishes of fifth in the discus and sixth in the hammer and shattered the hammer school record by tossing 210-3. Lamb did not throw during the season but reached a discus PR of 204-7 and won the NACAC U-23 title. Phil MacArthur also broke the 200-foot barrier with a hammer throw of 202-10.

Farwell coached eight-time All-American thrower Ian Waltz throughout his collegiate career as Waltz rewrote Cougar history in the shot put and discus events. Waltz was a member of the 2004 and 2008 US Olympic Teams. He won the discus at the 2008 Trials. Farwell has had two athletes win Pacific-10 championships: in 1999 Waltz won the discus and Molly Monroe won the women's javelin crown. Andrea Thornton achieved All-America status in both the outdoor discus and hammer events in 2001 while Tim Gehring (shot put) and Curt Borland (javelin) earned All-America certificates in 2004. Gehring finished 15th in shot at the 2004 US Olympic Trials. Javelin thrower Jenna Dean broke the school record with a toss of 169-7 in 2005.

Originally from Renton, Wash., Farwell held the WSU women's outdoor shot put record of 14.70m/48-2 3/4 from 1981-86. She was an AIAW national qualifier in the shot put in 1982.

Farwell was also a pioneer in the woman's hammer thrower as one of four Cougars competing against two women from the University of Montana in the first collegiate women's dual meet hammer throw event in Pullman on March 27, 1982. She threw a 35.74m/117-3 on that day and the following week set an unofficial collegiate women's world record of 38.34m/125-9 in Eugene, Ore. In 1994, the NCAA added the women's hammer throw as an official event for the 1995 season.

Farwell was a graduate assistant coach for the WSU track and field program from 1983-86 under head coaches Jessica and Rob Cassleman. She also was a teaching assistant in the WSU physical education department in 1985, instructing beginning weight training and conditioning, and field event classes.

From 1987-91, Farwell served as an assistant track and field coach at the University of Iowa where she was responsible for coaching the throwers along with the multi-event athletes and developing a strength and conditioning program for all track athletes. She received her USATF certification for levels I and II in 1990 at the U.S. Olympic Training Center in Colorado.

Farwell was the assistant track and field coach and exercise science and sport activity instructor at Penn State University in 1994-95.

Farwell is a 2007 graduate of the NCAA Women's Coaches Academy.

Also committed to community involvement, the Cougar throwers have washed cars and raised over \$10,000 to donate to local community members in need in the past eight years.

Farwell and her husband George enjoy the company of their two dogs, Wolfie and Fergie.



Pete Julian

CROSS COUNTRY/DISTANCE COACH

BORN: May 11, 1971
HOMETOWN: Ashland, Oregon
COLLEGE: Univ. of Portland (B.S., 1993)
COACHING EXPERIENCE: Metropolitan State, 2005-09, men's and women's cross country head coach, 2007-09, men's and women's track and field head coach; Regis University, 2004, vol. assistant cross country coach; recruiting coordinator; Santa Clara University, 2003, vol. asst. cross country coach; recruiting coordinator;
WSU APPOINTMENT: 2009 - Asst. cross country, track and field coach

Pete Julian joined the Cougar track and cross country coaching staff in August 2009 after a highly successful career as a collegiate coach and professional athlete and coach. Julian coaches the men and women middle distance, distance and cross country runners at WSU.

In his first cross country season, the WSU men's team placed seventh at the prestigious Pre-Nationals meet in Terre Haute and received a national ranking for the first time since 2003. The team finished a disappointing sixth at the Pac-10 Championships but the new training routine shows great promise for outstanding results during the 2010 winter and spring track and cross country seasons.

Cougar senior Lisa Egami finished 11th at the 2009 NCAA West Regional Cross Country Championships and advanced to the NCAA Championships, the first time in four years a WSU woman had competed at the national meet.

Julian came to WSU from Metropolitan State College of Denver where he served four seasons as the men's and women's cross country head coach and three seasons as the men's and women's track and field head coach. In 2008-09, he directed the Metro State men's teams to high finishes in the NCAA Div. II Championships: 10th in the Indoor, 16th in the Outdoor and 14th in Cross Country. The Roadrunners' women's cross country team placed 19th nationally last fall. Under Julian's tutelage, Metro State produced the national 2009 DII indoor and outdoor champion in the men's 800m, Anthony Luna, who ran a school record time of 1:47.90. During Julian's tenure Metro State garnered 11 NCAA All-America distance honors and 37 Rocky Mountain Athletic Conference honors for sprints, jumps, distance and relays. The Metro State men's track team also received national academic honors from the United States Track & Field/Cross Country Coaches Association (USTFCCCA), finishing in the DII top 20 this year for team grade point average.

For the past three years Julian has also been the director of Tempo Sports, the official distance center of USA Track & Field, in Boulder, Colo., managing and coordinating the elite distance training group. In the summer of 2008, Julian was an assistant coach for the Nike Oregon Project where he assisted world-class athletes leading up to the 2008 Olympic Trials. In 2007 he served as the director of the USA Cross Country Championships and World Team Trials, also in Boulder.

An Oregon native, Julian graduated from Ashland High where he ran for his father, Bob Julian, on the Oregon state high school championship team. He earned four All-America certificates at the University of Portland: three in track and became the first Pilot in school history to earn one in cross country. After graduating with a degree in communications management, Julian spent over 10 years racing professionally in track and road races as a member of Team adidas. He was a member of the United States World Cross Country team in 1997 and 1998, running personal-best times of 3:42 in the 1500m, 13:33 in the 5000m, and 28:05 in the 10,000m. Julian captured the bronze medalist in the 10,000m at the 1999 Pan American Games, and was a finalist in the 10k at the IAAF World Championships in Seville, Spain, that same year.

Prior to Metro State, Julian was a volunteer assistant coach and recruiting coordinator for the cross country programs and Santa Clara University and Regis University (Denver).

Julian is married to Colleen Glyde Julian, a former All-American distance runner at the University of Colorado who has a PhD in medical anthropology and is currently serving a fellowship with the Colorado Altitude Research Center in Denver, Colo. The Julians have a son named Wade, in addition to pet companions, Boise, a cat, and Miles, a dog.



Mark Macdonald

ASSISTANT COACH

BORN: April 15, 1969

HOMETOWN: Spanaway, Washington

COLLEGE: Washington State University (B.A., 1992; M.A., 1993)

COACHING EXPERIENCE: Washington State University, 1992-94, graduate assistant coach, 1994-95, assistant track and field coach.

WSU APPOINTMENT: 1994 - Assistant track and field coach

Mark Macdonald coached student-athletes to banner years in 2008 and 2009. Jeshua Anderson won back-to-back Pac-10, NCAA West Regional and NCAA titles, as well as the USA Junior and World Junior intermediate hurdles crowns. Anna Layman placed eighth in the 800m at the 2008 NCAA Championships and Lorraine King captured the 2009 Pac-10 women's intermediate hurdles title. Four of the eight men scorers in the 400m hurdles at the 2009 Pac-10 Championships were Cougars.

Macdonald was an outstanding Cougar track and field student-athlete who now coaches the hurdlers and sprinters, and serves as the program's recruiting coordinator. He was named the 2009 USTFCCCA West Region men's team Assistant Track Coach of the Year. He is credited with bringing in back-to-back women's recruiting classes ranked among the top ten nationally by Track & Field News. In the past six years, WSU's recruiting classes have included 77 state or junior college champions.

WSU had three consecutive champions in the Pac-10 men's 100m dash including two-time champ and 2004 US Olympic Trials competitor Anthony Buchanan (2003, 2004), and 2004 and 2008 Canadian Olympian Anson Henry (2002). Macdonald coached Ellannee Richardson in her transition from heptathlon to the 400m hurdles where she achieved a PR of 55.61 and finished ninth at the 2004 Olympic Trials. He also coached former USA record-holder Dominique Arnold to the men's 110m hurdles title at the 1996 NCAA Outdoor Championships, and Arend Watkins to two top-eight national finishes. Two-time All-American intermediate hurdler Eric Dudley, the 2003 CoSIDA/Verizon Track & Field Academic All-American of the Year, competed in both the 2004 and 2008 US Olympic Trials.

At the 2001 NCAA Outdoor Championships, Macdonald had Cougars competing in all four hurdles events - the only Division I program to accomplish that feat.

He also directed the school's record-holders in the women's 4x100m relay team - Attrina Higgins, LaTroya Mucker, Ellannee Richardson and Francesca Green - to a 44.50 time to win the title at 1999 at the Pac-10 Meet. The 2003 4x400m relay team of Tiffany Giles, Monique Jessie, Angelita Green and Ellannee Richardson set the school indoor record of 3:35.49 and finished seventh at the NAAs. With Tamara Gulley running in place of Green that same year, the relay set the WSU outdoor record of 3:33.65.

Macdonald protégé Randi Smith finished second in the women's 400m hurdles at the 2000 USATF Junior National Championships with a school record time of 57.07 which was also the fifth-fastest time in the world that year for a junior competitor (ages 14-19).

After a successful prep career as a multi-sport athlete at Bethel High School where his father Mike was the track and field coach, Macdonald achieved All-America status as an intermediate hurdler at Washington State. Macdonald's 400m hurdles seventh place finish in the 1992 NCAA Championships at Austin, Texas, was his third appearance at a national championship.

He served as the team captain of WSU's 1992 National Dual Meet Champion squad and competed in the 400m hurdles at the 1992 U.S. Olympic Trials. Macdonald was twice named to the All-Pac-10 Academic Track and Field Team and honored as WSU's Pac-10 1992 Conference Medal Winner.

Macdonald graduated from WSU with a B.A. in Social Studies Education in 1992. He completed his master's degree in Athletic Administration in 1993.



Ellannee Richardson

ASSISTANT COACH

BORN: March 18, 1980

HOMETOWN: Gladstone, Oregon

COLLEGE: Washington State University (B.A., 2002; M.A. 2007)

WSU APPOINTMENT: 2003 - Assistant track and field coach

Ellannee Richardson's calm and quiet demeanor contradicts her fierce competitive spirit. She is achieving prominence as a Cougar coach just as she did as a student-athlete and instilling that same competitive fire in her sprint and relay runners.

Richardson joined the WSU Track & Field coaching staff as a fulltime assistant in 2003 after an illustrious athletic and academic career as a student-athlete and works with assistant coach Mark Macdonald in the sprints, hurdles and relays.

In 2009 the men's 4x400m relay team of Barry Leavitt, Reny Follett, Justin Woods and Jeshua Anderson ran a school indoor record time of 3:06.74 and took eighth place at the NCAA Indoor Championships. This same foursome ran an outdoor time of 3:07.47 in 2008, sixth-best in WSU all-time records and earned a trip to the NCAA Championships. Woods was the 200m winner and 100m runner-up at the NCAA West Regional meet.

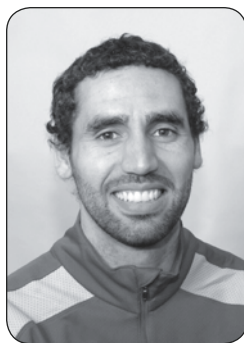
Richardson was named the U.S. Track & Field and Cross Country Coaches Association (USTFCCCA) West Region men's sprints/hurdles 2006 Coach of the Year. That year James McSwain, Jaycee Robertson, Justin Woods and Martin Boston advanced to the NCAA Championships in the sprints and 4x100m relay.

In addition to her coaching duties, Richardson finished fifth in the 400m dash at the 2004 USA Indoor Track & Field Championships and competed on the USA National Indoor Track and Field 4x400m relay at the IAAF World Indoor Championships at Budapest, Hungary. At the 2004 US Olympic Trials, she missed the 400m hurdles final after running a PR time of 55.61 in the prelims and 56.27 in the semifinals, just 24/100s of a second from qualifying for the final.

Richardson was a five-time All-American heptathlete and sprinter at WSU. She is a four-time All-America heptathlete taking second place at the 2003 and 2002 NCAA Championships and earned an All-America certificate at the 2003 NCAA Indoor Meet anchoring the women's 4x400m relay to seventh place with a school-record time of 3:35.49. She also anchored the 1600m relay to a school record outdoor time of 3:33.65 for second place at the NCAA West Regional and a trip to the national meet with teammates Tiffany Giles, Monique Jessie and Tamara Gulley.

Richardson currently holds school records in the 400m relay (44.50), 1600m relay for indoor and outdoor races, but during her career also reached school records in the heptathlon, 100m hurdles and the indoor 400m dash. In WSU all-time records, Richardson's performances are in the top five in eight different events and eighth in the long jump. A three-time Pac-10 heptathlon champion, Richardson was ranked as the third-best heptathlete (top collegiate) in the United States in 2003 by *Track & Field News*.

She garnered these awards in 2003: WSU's Pac-10 Medal Winner, Cougar Pride Academic Salute Trophy, Senior Excellence in Academics, Pac-10 Postgraduate Scholarship, Arthur Ashe Jr. Sports Scholar First Team, NCAA Postgraduate Scholarship, nominee for NCAA Woman of the Year, and Verizon/CoSIDA National Academic All-American second team. A 2002 WSU graduate with a B.A. in sociology, Richardson completed her master's degree in criminal justice in 2007.



Matt McGee

ASSISTANT COACH

BORN: September 27, 1979
HOMETOWN: Berkeley, California
COLLEGE: Diablo College (1998-99), College of Marin (A.A., 2001), Washington State University (B.A., 2003)
COACHING EXPERIENCE: Diablo Valley College, 2004, assistant coach; Washington State University, 2004-05, volunteer assistant coach.
WSU APPOINTMENT: 2005 - Assistant track and field coach



Elliott Hubler

VOLUNTEER
ASSISTANT COACH

WSU has one of the most outstanding traditions in the jumping events in the country with top 10 lists that are truly remarkable. During the past four seasons under Coach Matthew McGee the WSU jumpers have continued to build upon that great tradition.

Under McGee's guidance 2009 was another outstanding year for the WSU jumps group. The men's high jump group was arguably the best in the entire NCAA with 3 seven foot jumpers in Trent Arrivey 7-4 1/2 (2.25m), Shawn Swartz 7-0 1/2 (2.15m), and Ryan Deese 7-0 1/4 (2.14m). Arrivey is now a three-time All-American earning honors at both the NCAA indoor and outdoor championships. He also won the 2009 Pac-10 title to go with the NCAA West Regional title he won in 2008. In the women's pole vault, Kendall Mays and Alexa Huestis became 13 foot plus vaulters with Mays clearing 13-5 1/4 (4.10m) and Huestis 13-0 1/4 (3.97m). For the third consecutive year WSU had three women over 40 feet in the triple jump in Sarah Burns, Candace Missouri, and Jessica Yates.

The 2007 season McGee's first responsible for all four jumping events was highlighted by pole vaulter Tyson Byers' improvement to 18-1/2 placing third at the NCAA indoor championships earning All-American honors.

Moreno Zapata and Trent Arrivey both placed in the top three at the Pac-10 Championships. Zapata finished second in the triple jump at the NCAA West Regional championships improving to a best of 51-9 1/4 earning a trip to the NCAA outdoor championships. Also the first time in school history, WSU had three women over 40-feet in the triple jump with Sarah Burns at 41-5, Catie Schuetzle at 41-3 1/4, and Kaylee Gardner at 40-10 1/4. All three advanced to the NCAA West Regional Championships.

In 2006 McGee was responsible for coaching the WSU high jumpers. Three of the four high jumpers on the team scored at the Pac-10 Championships and sophomore McKinnon Hanson also advanced to the NCAA outdoor Championships.

He was promoted to a fulltime assistant coaching position in the summer of 2005 after spending the previous year as a volunteer.

A former Cougar, McGee returned to WSU after spending 2003-2004 season as an assistant track and field coach at Diablo Valley College where he was responsible for jumps, throws, and multis, in addition to developing the strength conditioning program.

Born in San Francisco California, McGee attended College of Marin and Diablo Valley College in the Bay Area, competing as a decathlete.

He transferred to WSU and walked-on the team as a junior. He excelled as a javelin thrower and was a two time Pac-10 scorer highlighted by a second place finish in the javelin at the 2003 Pac-10 Championships.

McGee graduated in May 2003 with a B.A. in philosophy. He was named to the Pac-10 All-Academic and Arthur Ashe, Jr. Sports Scholar second team and awarded a Pac-10 post-graduate scholarship.

McGee is married to former Cougar teammate and pole vaulter Karla McGee, they have one son, Liam, and a daughter, Kaiya.



Megan Johnson

VOLUNTEER
ASSISTANT COACH



Tim Riley

VOLUNTEER
ASSISTANT COACH





Cougar Head Coaches



FOOTBALL

Paul Wulff, 2nd Year

Paul Wulff became WSU's 31st head football coach in December, 2007, when he returned to his alma mater after spending the previous eight years as head coach at Eastern Washington University. Wulff has assembled a 55-51 in his nine-year head coaching career, including three postseason appearances.



VOLLEYBALL

Andrew Palileo, 2nd Year

Dedicated to rebuilding the Cougar volleyball program back to national prominence, Andrew Palileo ended his first season at WSU with the team winning three of the final four matches in the Pac-10 schedule. The WSU volleyball coaching staff has tirelessly hit the recruiting trails and the results will soon be evident on the court.



SOCCKER

Matt Potter, 7th Year

Matt Potter, in his seventh season, has led Washington State to five-straight winning seasons, an unprecedented feat for Cougar soccer since joining the Pacific-10 Conference. His 55 victories are a school record. Last season, he led the Cougars to their first postseason berth since 2002. He has coached 19 all-conference honorees and 72 Pac-10 All-Academic award recipients.



SWIMMING

Erica Quam, 8th Year

During her seven years at Washington State, three Erica Quam coached teams have scored points at the NCAA Championships. Last season, the Cougars sent three student-athletes to the NCAA Championships, a first for the program. Under her leadership, WSU swimmers have set 19 school records, and garnered 75 Pac-10 All-Academic honors, including 25 first team accolades.



MEN'S BASKETBALL

Ken Bone, 1st Year

The 17th head coach in Cougar Basketball history, Ken Bone brings 17 years of head coaching experience with him to the Palouse, including the last four at Portland State. A Washington native, Bone took PSU to consecutive NCAA Tournaments his last two seasons with the Vikings (2008 and 2009), marking the only appearances in school history.



WOMEN'S BASKETBALL

June Daugherty, 3rd Year

June Daugherty, in her third season leading the Cougars, brought a wealth of experience in building winning programs. In her first season Daugherty brought in one of the nation's top-ranked recruiting classes and more than tripled home attendance. Last year she orchestrated one of the nation's top 30 turnarounds, measured in both wins and jump in RPI. Daugherty is looking to take her third different school to the NCAA Tournament.



MEN'S GOLF

Walt Williams, 12th Year

Since taking over the WSU men's and women's golf programs in 1998, Walt Williams' teams have re-written the record books and crowned two All-Americans. Both the men's and women's teams have competed in the NCAA West Regionals during his tenure. Williams is the winningest coach in school history, compiling a total of 27 team titles, including one in 2008-09.



WOMEN'S GOLF

Kelli Kamimura, 1st Year

Kelli Kamimura is in her first season as the head women's golf coach at WSU. A native of Burlington, Wash. (Sedro Woolley HS), she was also a two-time All-American during her collegiate playing days at Washington.



TENNIS

Lisa Hart, 7th Year

The Cougar tennis program, under the direction of seventh-year head coach Lisa Hart, has been nationally ranked each of the last six seasons and has recorded 14-plus wins in three of the last four years. In 2008 the Cougars reached the NCAA tournament for the first time since the 2002 season.



BASEBALL

Don Marbut, 6th Year

Don Marbut, is in his sixth year as WSU's head coach and seventh with the program. In 2009, he skipped the Cougars to their first NCAA postseason since 1990. He has mentored 14 Major League Baseball draft picks and led the Cougars to a national ranking in three of the last four seasons.



ROWING

Jane LaRiviere, 8th Year

Jane LaRiviere has led her teams to four NCAA Championships in her seven years at WSU, including twice in the last four seasons. In 2008 the Cougars finished eighth at the NCAA Championships, only bettered by her squad's fourth-place finish in 2006. LaRiviere was awarded Pac-10 and CRCA West Regional Coach-of-the-Year honors in 2006.



TRACK & FIELD/CROSS COUNTRY

Rick Sloan, 16th Year

Rick Sloan is the dean of WSU coaches, having been with the program for 36 years, including the last 14 as head coach of both the men's and women's programs. He has directed 38 WSU athletes to NCAA Outdoor All-America status 67 times and mentored 29 Cougar athletes to NCAA Indoor All-America status 44 times.

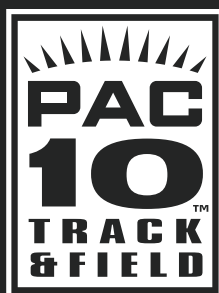
WASHINGTON STATE UNIVERSITY ATHLETIC DEPARTMENT MISSION STATEMENT

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.



2010 COUGAR TRACK & FIELD

OUTLOOK





2010 WASHINGTON STATE MEN'S TRACK & FIELD

The 2010 Cougar men's track and field team is a very exciting proposition for Head Coach Rick Sloan, in his 16th season at the helm and 37th season with the program, and his staff.

"I thought we had an outstanding year last year, finishing fourth in a very competitive conference championship and then come back two weeks later and take third in the NCAA West Regional Championship," Sloan said.

While some of the strong contributors to those results, Justin Woods, Robert Williams, Barry Leavitt, and Moreno Zapata, have graduated, there are a number of strong returnees and some newcomers expected to have an impact.

"I think that what with who we have coming back this year, and the addition of talented newcomers, that we'll be that good again and maybe a little bit better," Sloan predicts.

Two-time national intermediate hurdles champion Jeshua Anderson returns for his junior year. A pair of three-time All-Americans in high jumper Trent Arrivey and discus thrower Matt Lamb are all threats to win national championships and would be a potential of 30 team points.

Other Cougars with national meet point-accumulating abilities include sophomore Joe Abbott, the 2009 USA Junior Championship men's 800m gold medal winner. Senior Reny Follett joins Anderson with indoor All-American honors for the 4x400m relay and the potential to rebuild another national caliber squad. Seniors Sam Ahlbeck in the steeplechase and Luke Lemenager in the 1500m have an opportunity to develop and get to the national championship.

"If you can get to the NCAA and get to the final, you have the opportunity to strongly contribute to team success," Sloan said. "Too often we treat the nationals as an individual competition because we have not recently been a threat as a team. I think a goal for the 2010 team is that we want to come home with a trophy, which is a top four finish. That is a big goal but one that we can attain if we have people performing to their capabilities. I think we can accomplish it."

SPRINTS/RELAYS

Four-time NCAA competitor Justin Woods has graduated and Sloan acknowledges that the team will have to work hard to replace him but there are many waiting in the wings to try.

"We could count on Justin in big meet competitions to really perform up," Sloan said. "A lot of our success as a men's team last year was because of him in the relays and in the 100m and 200m. We're going to miss him."

Junior Marlon Murray is the top candidate to step into Woods' shoes. Murray had a good 2009 season in spite of constantly battling with hamstring and other injuries which kept him from competing at the NCAA Championships. Sloan points out that Coach Ellannee Richardson will be working to maintain a delicate balance to make sure that Murray is fit and ready to race but not in a position to reinjure himself.

Freshman Brett Blanshan, a prep state sprint champion in 2009, shows tremendous promise. Junior college transfer Nate Washington joined the team in January but should be ready to contribute during the spring. Sophomore Ezra John Griffey had a down season last year coming off a high school injury, but is beginning to show his strength and confidence again so fast times may be on the horizon. Freshman Greg

Hornsby provides the Cougs a great range from 10.69 to 21.41 and has run a 47.2 split time in the 1600m relay. Sloan considers Hornsby a top candidate to replicate Woods in the two shorts sprints and both relays but will have to work to achieve Woods' level of accomplishment

Junior Andre Jennings has also battled hamstring problems his entire career but is starting the season performing well. Senior Devin Giles, an accomplished prep runner who has been on the Cougar football team, is somewhat an unknown but Sloan said Giles has looked impressive in early training. Freshman Wesley McCann needs to show a strong level of improvement in order to contribute to the team this season.

In the 400m dash, Jeshua Anderson is the top returning time but the true quartermiler is senior Reny Follett.

"Reny is off to his best season ever. He is the team captain and has been a leader in the fall training, performing at the front of the pack in every workout," Sloan said.

Transfer Ryan Barrett joined the team in January and brings a 47.99 time from Clark Community College.

"We will have a good, solid 4x400m relay team and the 4x100m relay should be another sub-40 seconds team," Sloan predicted. "For us to return to the NCAA Championships we will need Hornsby, Bar-

rett, Joe Abbott, or someone to become a 46-seconds split runner. With the strong legs Jesh and Reny bring, tack on another high 46 and then maybe a mid to low 47 leg and we hopefully will be back in the show and All-America again."



Reny Follett and Jeshua Anderson

MIDDLE DISTANCE/DISTANCE/STEEPLECHASE

The 800m is a very strong area for the Cougars. Sophomore Joe Abbott was the 2009 USA Junior Champion after really coming on late in the season and running twice under 1:50. Senior Luke Lemenager, along with redshirt freshman Jason Stoker can contribute in this event.

The 1500m event is one of concern for the Cougars because there isn't a true miler on the team: most of the runners are either moving up from the 800m or down from the steeplechase to compete. Redshirt sophomores David Hickerson and Peter Miller will have to drop 10 seconds off their times to be competitive in the conference meet in this event. Sloan praises Coach Pete Julian as a remarkable tactician and developer, and is confident these runners will all improve and can be the 3:45 guy the team needs.

In the 3k, 5k, and 10k races, seniors Dominic Smargiassi and Mark Moeller and junior Dan Geib are the strongest returning competitors. Redshirt freshman Jono Lafler is coming off a very good cross country season and could compete anywhere from the mile to 5000m. Sophomore Justin Englund led the team at the NCAA West Regional cross country meet this year. His controlled stride pattern pleases Sloan and his progress will assist the Cougs in making an impact in the longer distances this year. The coaches also have high hopes for incoming freshmen Andrew Kimpel and Andrew Gonzales and their development as 5k and 10k runners.

Senior Sam Ahlbeck is coming off an



Joe Abbott and Luke Lemenager

NCAA steeplechase competition last spring and a strong cross country season last fall. Sloan thinks Ahlbeck is ready to drop his time and become an All-American. Hickerson has run a competitive steeplechase but the Cougars are lacking depth in this event.

"We have a great steeplechase frontrunner in Sam but do not have a lot of depth in this event until we identify some additional runners as the season progresses," Sloan said.



Sam Ahlbeck

HURDLES/STEEPLECHASE

Junior Jeshua Anderson, the two-time Pac-10 and NCAA intermediate hurdles champion and an indoor All-American on the relay team, left the football team but added another event to repertoire this season; the high hurdles, where the Cougars do not have a lot of depth.

"I think Jesh will have an outstanding year running the high hurdles this year," Sloan said. "He is showing good progress in his training, still needs to work on his start, but should perform well indoors and out. We already know what he can do in the intermediate hurdles."

Decathletes Kyle Schauble, Sean Harris and 6-6 freshman Ramsey Hopkins can contribute in the highs when not performing in the combined events.

In the 400m hurdles, sophomore J Hopkins is coming off a great 2009 season and will be a terrific number-two guy to Anderson this year. Freshman Dana Wells is the newest in a long line of Washington high school hurdlers who have come to WSU, developed, and run well in the intermediates.



Jeshua Anderson



JUMPS

The high jump is a very strong area for the WSU men this season with great top jumpers. Three-time All-American senior Trent Arrivey brings a PR of 7-4 1/2 from 2009 and looks to continue leaping to new levels in 2010. Junior Ryan Deese cleared 7-feet during the '09 indoor season and has the talent and ability to be a high scorer in the Pac-10 and NCAA meets but needs to establish more consistency in his performances. Redshirt freshman Ross VanZanten competed indoors last year but had to have foot surgery so missed the outdoor season. Happily, he has fully recovered and Coach Matt McGee and Sloan agree VanZanten is someone who will surprise those who follow Cougar track and field.

Sophomore Jake Baertlein is the Cougars' top returning pole vaulter. Joining him is a trio of 15-foot vaulters in freshman John Brenteson, sophomore Adam Neace, and redshirt sophomore Trevor Sodorff. Sloan

wants to see all vaulters make significant strides in their development in order to help the team at any level of competition but especially in the Pac-10, which is very strong in the vault.

In the long jump and triple jump, Stephan Scott-Ellis is a 6-6 freshman who has leaped 23-10 in the long and 50-5 in the triple. He could be a very strong contributor at the Pac-10 level for the Cougs this year and in time at the NCAA level. "We're excited about having Stephan on the team and are looking forward to him doing great things," Sloan said.



Trent Arrivey

Decathlete Kyle Schauble is the back-up in the long jump with a best leap of 23-2. Sophomore Sean Wilson did a great job in the triple jump at the end of last year, coming off a knee surgery, and has looked strong in fall training. Sloan is hoping to see Wilson reach over 50-feet this spring.



Matt Lamb

THROWS

The discus will be led by three-time All-American discus thrower Matt Lamb, a fifth-year senior with 204-7 lifetime best is one of the strongest competitors on the entire team. "We depend on Matt to aid in our team's success. His maturity and experience makes him that much more valuable in the big scoring meets."

Lamb also has the best returning mark on the team in the shot put but will rarely put the shot this season. Joe Bartlett was in a transition year as a freshman in 2009, learning new techniques which he brings to his sophomore campaign which should be very successful. Bartlett threw the shot put 54-9 1/2 and the discus 160-3 last year but will make the adjustments and start throwing at

a much higher level in 2010. The mid-season arrival of jaycee transfer Jacob Weintraub will add depth to Coach Debra Farwell's squad. The 6-5 Weintraub has thrown 57-2 1/4 in the shot and 158-5 in the discus.

Redshirt junior Mark Presby topped 200-feet in the javelin last year with his PR toss of 203-9 and is the top returning spear-thrower for the Cougs. Freshman Kyle Stevens, who was coached by former Cougar All-American javelin thrower Jan Johansson at Mount Si High School, has shown a lot of potential. Sloan is impressed with Stevens' frame and lever system, and the noticeable improvement he made over the summer. Though not deep the Cougars should score well in the javelin.

DECATHLON

Senior Kyle Schauble will have the impetus to do well in his final year of competition in the Cougar uniform. Schauble reached PRs in the 110m hurdles, pole vault and shot put in 2009 and will work to reach a scoring spot at the conference meet.

Sean Harris has shown a tremendous

amount of improvement in his sophomore season, according to Sloan. Harris is much stronger and faster than he was as a freshman in 2009, and understands the intricacies of the combined events. Freshman Ramsey Hopkins is new to the decathlon but possesses some of the needed parts already. At 6-6 and 200-pounds, Hopkins has very good

athletic talent but needs to take the time and opportunity to learn the techniques of all 10 events. Sloan thinks he has the physical skills but has to understand how to do the different events, and the whole concept of the decathlon.



2010 WASHINGTON STATE WOMEN'S TRACK & FIELD

The Washington State women's track and field team returns two All-Americans, three NCAA outdoor participants and nine scorers from the 2009 Pacific-10 Conference Championships. Not a bad lineup for a team with just three senior members.

"We are looking to be better than we were last year," Cougar Head Coach Rick Sloan said. "We had a few star performers and some very big highlights during the 2009 season, especially at the Pac-10s and the Regionals. We have some very talented women on our team that are going to help carry us. We were very young last year - a freshman and sophomore dominated team - and we need those people to improve their level of performance for us to improve as a team."

Look for strong seasons from All-Americans Anna Layman (800m, 8th 2008) and Marissa Tschida (javelin, 6th, 2009) as well as 2009 NCAA track and cross country participant Lisa Egami (1500m). Other Pac-10 scorers returning for 2010

include senior sprinter Princess Joy Griffey, junior triple jumper Candace Missouri, and sophomore throwers Jennifer Hamilton (javelin), Kjirsten Jensen (hammer), Ashley Kenney (discus), and Courtney Kirkwood (javelin).

The Cougars will rely on newcomers to make an immediate impact. Freshmen Holly Parent and Christine Rice (high jump), Shaquana Logan (hurdles), and Shawna Fermin (400m), and transfer Devin Brooks (hurdles) bring impressive past performances to the squad.

"The new people need to get on board very quickly and hit the ground running. They need to contribute now," Sloan said. "I still think we are a work in progress but I think we have people on the team who can get the job done. We just need to keep moving them forward in their development. I am excited that we have talented people, but they need to continue to develop and they must take ownership of the outcome of this season."

SPRINTS/RELAYS

Leading the way in the sprints and relays is senior Princess Joy Griffey, coming off a great 2009 season with outstanding Pac-10 (PR 11.58, 4th 100m; PR 24.04 200m) and Regional performances.

"I think we will see further improvement from Princess Joy this year and I think we will see her 200m time drop down to a solid 23-seconds mark," Sloan said. "She has had a great fall of training and is stronger right now than she's ever been. I anticipate her greatest season ever."

Sophomore Morgan Clem is second on the depth chart with a 11.90 100m dash and will mix in some of the relays and sprints but she will emphasize hurdles more this season. Likewise, freshman heptathlete Jasmine Johnson-McKeown has run some credible times in the 100m and the 200m but will concentrate on the combined events. Freshman Cindy Robinson had solid marks in high school at 11.96 and 24.32 and will transition to collegiate-level training and competition.

In the long sprint, the 400m, freshman Shawna Fermin is a low-55-seconds quarter-miler who can provide a solid performance to the event. Sophomore Brianne Brown showed tremendously improved strength from last season and had a solid fall of train-

ing. Redshirt freshman Jacki Hill is also more fit and performing at a higher level this year.

Coach Sloan expects both relay teams to be comprised of several different combinations of people until the best squads become evident. The 4x100m relay may see sprinters, hurdlers and heptathletes in the rotation while the 4x400m relay will see runners moving up and down in distance to comprise the squad. Anna Layman, an 800m-specialist who mainly trains with the hurdlers, is the second-fastest 400m runner on the team, and Griffey is the third-fastest. Sloan said while they will not see much action in the open 400m, both Layman and Griffey will see duty on the relay.



Princess Joy Griffey



MIDDLE DISTANCE/DISTANCE

The 800m could be a very strong area for WSU with All-American Anna Layman and NCAA track and cross country participant Lisa Egami. Layman looks to pull together an entire spring of healthy competition and top her 2008 time of 2:04.03. Egami is coming off a great spring of incredible racing and a highly competitive season in the 800m and the 1500m, setting the school indoor record in the mile (4:44.92i), taking third in the 1500m at the NCAA West Regional and advancing to the national meet. She carried that into a solid cross country season, finishing 11th in the NCAA West Regional and making it to the national championship.

"I am looking for Lisa to have a really outstanding year," Sloan said. "Coach Pete Julian wants to have her run in some 5k races this season as well as the middle distances, thinking that with her speed and her work in cross country, that might be the race to have her make her mark on the national scene."

Freshman Courtney Zalud is a Cougar to pay attention to in the 800m and 1500m. Although she missed time training and competing during the cross country season due

to headaches, Zalud showed the capability of being a top-five scorer for the team. She is considered a very talented runner with good speed and can develop at the college level. Another freshman, Caroline Austin, had a solid cross country season but is more a middle distance than long distance runner. In addition to racing in the 800m and 1500m events, Austin will be introduced to the 3000m steeplechase to see what event fits her best.

While Egami is clearly the 1500m leader, the Cougs have plenty of depth in the event but will need one or more individuals to show a dramatic improvement to be competitive at the Pac-10 level.

The distance corps is thin this season with the top returning Cougars in the 3k, 5k and 10k distances being junior Amanda Andrews and sophomore Michelly Foley. Foley missed the cross country season with foot issues but has resumed training, stronger and more athletic than last year and should be a contributor in the longest races at the Pac-10 level and hopefully beyond. Andrews will mainly concentrate on the steeplechase again this year.



Anna Layman

HURDLES/STEEPLECHASE

While the Cougars are without an "ace" in the 100m hurdles, there is solid depth in this event. The only hurdler to run under 14-seconds is transfer Devin Brooks, with a 13.86 time at New Mexico State, and to be under 14-seconds is a goal for the rest of the team in order to score at the Pac-10 meet. Junior heptathlete Angela Jensen, junior Jalissa Williams, and freshman Shaquana Logan, a state champion in both the high and intermediate hurdles, will be expected to elevate their racing and lower their times.

"I'm looking for improvement from all of our hurdlers," Sloan said. "We'll see how the new people adapt to our training with the goal of getting them under 14-seconds on a consistent basis."

The 2009 Pac-10 intermediate hurdles champion Lorraine King has graduated leaving an opening for someone to step up and lead this event. After a great freshman year, junior Veronica Elseroad-Wall has produced solid fall training and the results should be evident in the spring. Sophomore Morgan Clem is penciled into some of the relays

and sprints but she will emphasize hurdles more in 2010 and Coach Mark Macdonald is excited about her potential in both the intermediates and in the highs as well. Logan, sophomore Brittney Crabb and junior Caroline Hedel should make the intermediate hurdles a strong area for the Cougar women.

"Like the high hurdles, there are a lot of quality hurdlers with nobody standing out as the ace," Sloan said. "Hopefully we get one or two or more of these athletes to really make some progress and put themselves in a position to score at the Pac-10s."

Junior Amanda Andrews is the leading steeplechase returnee, with her PR time of 10:35.28 being the fifth-best in school history. Sophomore Emily Farrar also returns after a solid 2009 season. Freshman Caroline Austin will be introduced to the 3000m steeplechase as will frosh Alyssa Andrews if she can fully recover from the back issues that forced a medical hardship during the cross country season.



Amanda Andrews



JUMPS

The high jump is a strong area for the Cougar women this year. The excitement is from the arrival of freshmen Holly Parent (5-10 3/4) and Christine Rice (5-10). Parent, from British Columbia, has international experience while Rice attended the WSU Track summer camp and the coaches observed her skills as a prep jumper. Redshirt sophomores Maria Creech and Amanda Stewart cleared 5-7 in 2009 and give the team good depth in the event.

"We have been good in the high jump in the last decade at both the Pac-10 and national levels. In the Pac-10, if you can jump 5-10 on a consistent basis, you're going to score points for your team," Sloan said. "Coach Matt McGee has established a solid high jump corps."

Redshirt junior pole vaulter Kendall Mays did not compete during the 2009 outdoor

season last year after a very strong indoor season. Mays, who cleared 13-5 1/4 indoors, could not train regularly because of pain in her shins. This year she back to the regular training regime and feels she is coming along quickly with her technique. Add in junior Alexa Huestis, who jumped 13-0 1/4 last year, and the pole vault has a very strong one-two punch this year. Redshirt sophomore Hilary Moore showed a lot of progress last year and came close to clearing a regional qualifying mark on several occasions.

The long and triple jumps have a brief list of competitors this season. Junior Candace Missouri suffered with Graves disease during the fall so her training is going slowly so that she can regain her strength. Missouri is the only Cougar long and triple jumper with collegiate experience. Freshman quartermiler Shawna Fermin was a prep long jumper and



Kendall Mays

redshirt sophomore Kimika Rozier, over from the volleyball team, was a high school triple jumper.

THROWS

The majority of the Cougar women throwers were inexperienced last season but they certainly provided the team highlights for the year. The four events roster for 2010 includes one junior, five sophomores and a freshman.

The javelin is an event the Cougars are extremely strong in but Sloan wants to see more consistency at the upper distances. Junior Marissa Tschida produced a great 2009 season and returns with All-America honors in the javelin after a sixth-place NCAA finish and the school record of 181-8. Sophomore Courtney Kirkwood tossed the school freshman javelin record of 170-8 last year. Sophomore Jennifer Hamilton had a great season in the javelin (157-0) and showed signs of being a very good shot putter (44-4 1/4).

"Coach Debra Farwell continues to develop the ballistic qualities of Jennifer's throw. I think she has as much going for her as Cougar All-Americans Andrea Thornton and McKenzie Garberg," Sloan said. "Jennifer is athletic, light on her feet and has the tools

to throw the shot over 50-feet in her career."

Ashley Kenney adjusted well to collegiate competition and had a great freshman season last year with a discus PR of 161-8 and scored in the Pac-10 Championships. Sloan predicts she will reach the 170-foot mark and beyond in the future.

The hammer throw was a surprising bright spot in 2009 as two first-time throwers, Kjirsten Jensen and Cassie Whitfield, learned the event from the ground up and made significant progress. Jensen's strength helped to propel her to a 174-2 distance. Whitfield's height and range allow her to really extend the ball out when she turns and she consistently finishes well.

"I felt Cassie and Kjirsten could become good throwers. Under Coach Farwell's tutelage, both will continue to develop and be a strong one-two punch for us," Sloan said.

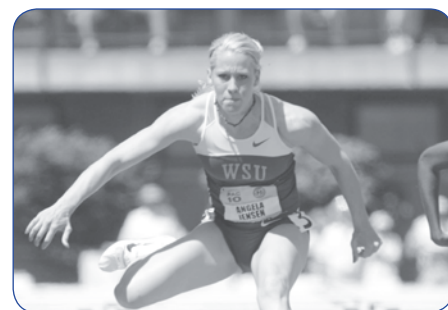


Marissa Tschida

HEPTATHLON

Junior Angela Jensen displayed strong developmental strides, that Sloan had been looking for, at the Pac-10 Championships. She competed very well during the second day with PRs in 100m hurdles, 200m, long jump, javelin, and 800m. Freshman Jasmine

Johnson-McKeown is a raw novice at the combined events. Sloan calls her an "explosive athlete" and is impressed by her strength and excellent speed and is very powerful as is evidenced by her discus throw of 140-feet in high school.



Angela Jensen



2010 Cougar Women's Roster

| NAME | HT | YR | EVENT | HOMETOWN/LAST SCHOOL |
|-------------------------|----------|------|-------------------|--|
| Alyssa Andrews | 5-10 | FR | Distance | Gig Harbor, Wash. (Gig Harbor High) |
| Amanda Andrews | 5-7 | JR | Distance | Gig Harbor, Wash. (Gig Harbor High) |
| Caroline Austin | 5-1 | FR | Distance | Chehalis, Wash. (W.F. West High) |
| Devin Brooks | 5-6 | JR** | Hurdles | Seattle, Wash. (Holy Names Acad./New Mexico St.) |
| Brianne Brown | 5-10 | SO | 400m | Spokane, Wash. (Shadle Park High) |
| Morgan Clem | 5-5 1/2 | SO | Hurdles/Sprints | East Wenatchee, Wash. (Eastmont High) |
| Brittnay Crabb | 5-5 | SO | Hurdles | Rancho Cucamonga, Calif. (Rancho Cucamonga High) |
| Maria Creech | 5-10 | SO* | High Jump | Durango, Colo. (Durango High) |
| Mandi Dionne | 5-4 | FR* | Pole Vault | Tucson, Ariz. (Rincon High) |
| Lisa Egami | 5-3 1/2 | SR | Middle Distance | Coquitlam, BC, Canada (Centennial High) |
| Veronica Elseroad-Wall | 5-2 1/2 | JR | Hurdles | Casper, Wyo. (Kelly Walsh High) |
| Emily Farrar | 5-4 | SO | Distance | Bainbridge, Wash. (Baingbridge High) |
| Shawna Fermin | 5-8 | FR | 400m/Long Jump | Victorville, Calif. (Silverado High) |
| Carly Fitzpatrick | 5-6 | FR* | Pole Vault | Sumner, Wash. (Sumner High) |
| Michelly Foley | 5-8 | SO | Distance | Prineville, Ore. (Crook County High) |
| Princess Joy Griffey | 5-3 | SR | Sprints | Federal Way, Wash. (Decatur High) |
| Jennifer Hamilton | 5-9 | SO | Throws | Longview, Wash. (Mark Morris High) |
| Caroline Hedel | 5-6 | JR | Hurdles | Richland, Wash. (Richland High) |
| Jacki Hill | 5-8 | SO | 400m | Bremerton, Wash. (Bremerton High) |
| Alexa Huestis | 5-4 | JR | Pole Vault | Chehalis, Wash. (W.F. West High) |
| Angela Jensen | 5-8 | JR | Heptathlon | Tacoma, Wash. (Fife High) |
| Kjirsten Jensen | 5-9 | SO | Throws | Arlington, Wash. (Arlington High) |
| Jasmine Johnson-McKeown | 5-8 1/2 | FR | Heptathlon | San Bernardino, Calif. (San Gorgonio High) |
| Ashley Kenney | 5-8 1/2 | SO | Throws | Spokane Valley, Wash. (West Valley High) |
| Courtney Kirkwood | 5-9 1/2 | SO | Javelin | Othello, Wash. (Othello High) |
| Anna Layman | 5-2 1/2 | JR* | 800m | Spokane Valley, Wash. (Central Valley High) |
| Shaquana Logan | 5-7 | FR | Hurdles | Tacoma, Wash. (Bellarmine Prep) |
| + Kendall Mays | 5-8 | JR* | Pole Vault | Spokane, Wash. (North Central High) |
| Candace Missouri | 5-3 | JR | Long/Triple Jumps | Vancouver, Wash. (Evergreen High) |
| Hilary Moore | 5-4 | SO* | Pole Vault | Prosser, Wash. (Prosser High) |
| Holly Parent | 5-7 | FR | High Jump | Victoria, B.C., Canada (Reynolds Secondary) |
| Christine Rice | 5-10 1/2 | FR | High Jump | Ridgefield, Wash. (Mountain View High) |
| Cindy Robinson | 5-9 | FR | Sprints | Norwalk, Calif. (Norwalk High) |
| Kimika Rozier | 5-10 | SO* | Triple Jump | Murrieta, Calif. (Vista Murrieta High) |
| Marisa Sandoval | 5-9 | SR* | Distance | Los Alamos, New Mexico (Los Alamos High) |
| Amanda Stewart | 5-7 | SO* | High Jump | Federal Way, Wash. (Decatur High) |
| Marissa Tschida | 5-8 1/2 | JR | Javelin | Missoula, Mont. (Loyola Sacred Heart High) |
| Chelsea VanDeBrake | 5-0 1/2 | JR* | Distance | Yakima, Wash. (Eisenhower High) |
| Ashlee Wall | 5-4 | JR | Distance | Walla Walla, Wash. (Walla Walla High) |
| Cassie Whitfield | 6-0 | SO | Hammer | Puyallup, Wash. (Spanaway Lake High) |
| Jalisa Williams | 5-9 | JR | Hurdles | Pasadena, Calif. (John Muir High) |
| Loreah Winlow | 5-3 | FR* | Pole Vault | Nine Mile Falls, Wash. (Lakeside) |
| Courtney Zalud | 5-7 | FR | Distance | Colbert, Wash. (Mt. Spokane High) |

Head Coach: Rick Sloan

Associate Coach: Debra Farwell

Assistant Coaches: Pete Julian, Mark Macdonald, Ellannee Richardson, Matt McGee

Volunteer coaches: Elliott Hubler, Megan Johnson, Tim Riley

+ Team captains

* Taken redshirt season

**Currently redshirting





| NAME | HT | YR | EVENT | HOMETOWN/LAST SCHOOL |
|---------------------|-----------|-----------|------------------|---|
| Joe Abbott | 6-0 | SO | Middle Distance | Reno, Nev. (Galena High) |
| Sam Ahlbeck | 5-10 | SR* | Steeplechase | Renton, Wash. (Lindbergh High) |
| Jeshua Anderson | 6-2 | JR | Hurdles | Woodland Hills, Calif. (Taft High) |
| Trent Arrivey | 6-5 1/2 | SR | High Jump | Woodinville, Wash. (Woodinville High) |
| Jake Baertlein | 5-10 | SO | Pole Vault | Portland, Ore. (Jesuit High) |
| Ryan Barrett | 5-11 | JR | Sprints | Graham, Wash. (Graham Kapowsin High/Clark College) |
| Joe Bartlett | 6-4 | SO | Throws | Reno, Nev. (Bishop Manogue High) |
| Brett Blanshan | 5-9 | FR | Sprints | Selah, Wash. (Selah High) |
| John Brenteson | 5-11 1/2 | FR | Pole Vault | Vancouver, Wash. (Mountain View High) |
| Ryan Deese | 6-4 | JR | High Jump | Colorado Springs, Colo. (Palmer High) |
| Justin Englund | 5-9 | FR* | Distance | Federal Way, Wash. (Decatur High) |
| + Reny Follett | 5-11 | SR | 400m | Lewiston, Idaho (Lewiston High) |
| Dan Geib | 5-8 | JR* | Distance | Reno, Nev. (Galena High) |
| Devin Giles | 6-0 | SR* | Sprints | Tampa, Fla. (Jefferson High/Coffeyville College) |
| Andrew Gonzales | 5-9 | FR | Distance | Kennewick, Wash. (Southridge High) |
| Ezra John Griffey | 5-5 1/2 | SO | Sprints | Federal Way, Wash. (Decatur High) |
| Sean Harris | 6-2 1/2 | SO | Decathlon | Kent, Wash. (Kent-Meridan High) |
| David Hickerson | 6-2 | SO* | Distance | Spokane, Wash. (Ferris High) |
| Jerrold "J" Hopkins | 6-0 | SO | Hurdles | Everett, Wash. (Everett High) |
| Ramsey Hopkins | 6-6 | FR | Decathlon | San Diego, Calif. (Torrey Pines High) |
| Greg Hornsby | 5-8 | FR | Sprints | Moreno Valley, Calif. (Rancho Verde High) |
| André Jennings | 5-6 1/2 | JR | Sprints | Spokane, Wash. (Ferris High) |
| Andrew Kimpel | 5-9 1/2 | FR | Distance | Spokane, Wash. (North Central High) |
| Jono Lafler | 5-8 | FR* | Distance | Maple Valley, Wash. (Tahoma High) |
| Matt Lamb | 6-1 1/2 | SR* | Throws | Emmett, Idaho (Emmett High) |
| Luke Lemenager | 5-11 | SR | Middle Distance | Maple Valley, Wash. (Tahoma High) |
| Wes McCann | 5-9 | FR | Sprints | Puyallup, Wash. (Rogers High) |
| Peter Miller | 6-2 | SO* | Distance | Spokane, Wash. (Shadle Park High) |
| Mark Moeller | 6-6 | SR* | Distance | Spokane, Wash. (Shadle Park High/Spokane CC) |
| Marlon Murray | 6-0 1/2 | JR | Sprints | Des Moines, Wash. (Highline High) |
| Adam Neace | 5-11 1/2 | SO | Pole Vault | Walla Walla, Wash. (Walla Walla High) |
| Mark Presby | 5-11 | JR* | Javelin | Richland, Wash. (Richland High) |
| Kyle Schauble | 6-2 | SR | Decathlon | Kennewick, Wash. (Kamiakin High) |
| Stephan Scott-Ellis | 6-6 1/2 | FR | Triple Jump | Tacoma, Wash. (Curtis High) |
| Dominic Smargiassi | 6-2 1/2 | SR* | Distance | Auburn, Wash. (Auburn High) |
| Ian Smith | 5-11 | FR* | Middle Distance | Renton, Wash. (Liberty High) |
| Trevor Sodorff | 6-3 | SO* | Pole Vault | Woodinville, Wash. (Woodinville High) |
| Kyle Stevens | 6-2 | FR | Javelin | Snoqualmie, Wash. (Mount Si High) |
| Jason Stoker | 6-3 | FR* | Middle Distance | Liberty Lake, Wash. (Central Valley High) |
| Ross VanZanten | 6-0 1/2 | FR* | High Jump | Longview, Wash. (Mark Morris High) |
| Nate Washington | 6-0 | JR | Sprints | Everett, Wash. (Mariner High/Clark College) |
| Jacob Weintraub | 6-5 | JR | Throws | Redondo Beach, Calif. (Redondo Union/El Camino College) |
| Dana Wells | 5-11 1/2 | FR | Hurdles | Tieton, Wash. (Riverside Christian High) |
| Sean Wilson | 5-11 | SO | Long/Triple Jump | Colorado Spring, Colo. (Palmer High) |

Head Coach: Rick Sloan

Associate Coach: Debra Farwell

Assistant Coaches: Pete Julian, Mark Macdonald, Ellannee Richardson, Matt McGee

Volunteer coaches: Elliott Hubler, Megan Johnson, Tim Riley

+ Team captains

* Taken redshirt season

**Currently redshirting



2010 WSU Women

100m

| | | |
|----------------------|----|-------|
| Princess Joy Griffey | SR | 11.58 |
| Morgan Clem | SO | 11.90 |
| Cindy Robinson | FR | 11.96 |
| Candace Missouri | JR | 12.07 |
| Jas. Johnson-McKeown | FR | 12.07 |

200m

| | | |
|----------------------|----|--------|
| Princess Joy Griffey | SR | 23.90w |
| | | 24.00 |
| Cindy Robinson | FR | 24.32w |
| Morgan Clem | SO | 25.04 |
| Angela Jensen | JR | 25.10w |

400m

| | | |
|----------------------|----|-------|
| Shawna Fermin | FR | 55.16 |
| Anna Layman | JR | 55.49 |
| Princess Joy Griffey | SR | 55.96 |
| Brianne Brown | SO | 56.07 |
| Jacki Hill | FR | 56.73 |

800m

| | | |
|-----------------|----|---------|
| Anna Layman | JR | 2:04.03 |
| Lisa Egami | SR | 2:06.72 |
| Caroline Austin | FR | 2:14.87 |
| Courtney Zalud | FR | 2:16.40 |

1500m

| | | |
|-------------------------|----|------------|
| Lisa Egami | SR | 4:21.25 |
| Marisa Sandoval | SR | 4:32.77 |
| Amanda Andrews | JR | 4:32.91 |
| Alyssa Andrews | FR | 4:36.81 |
| Michelly Foley | SO | 4:40.34 |
| Emily Farrar | SO | 4:42.28 |
| Chelsea VanDeBrake | JR | 4:45.11 |
| Ashlee Wall | JR | 4:56.05 |
| Caroline Austin (1600m) | FR | 5:05.53 hs |
| Courtney Zalud (1600m) | FR | 5:06.08 hs |

3000m

| | | |
|------------------------|----|-------------|
| Amanda Andrews | JR | 8:53.17i |
| Michelly Foley | SO | 9:56.80i |
| Lisa Egami | SR | 10:04.99i |
| Ashlee Wall | JR | 10:21.98 |
| Alyssa Andrews (3200m) | FR | 10:50.88 hs |

5000m

| | | |
|--------------------|----|----------|
| Michelly Foley | SO | 16:43.74 |
| Chelsea VanDeBrake | SR | 17:28.35 |
| Emily Farrar | SO | 17:36.77 |
| Ashlee Wall | JR | 17:40.71 |

10,000m

| | | |
|----------------|----|----------|
| Michelly Foley | SO | 37:23.14 |
|----------------|----|----------|

100m Hurdles

| | | |
|-----------------|----|--------|
| Devin Brooks | JR | 13.86 |
| Angela Jensen | JR | 14.09 |
| Jalisa Williams | JR | 14.10w |
| | | 14.18 |
| Shaquana Logan | FR | 14.19w |
| Brittnay Crabb | SO | 14.39 |
| Caroline Hedel | JR | 14.61 |

400m Hurdles

| | | |
|------------------------|----|-------|
| Veronica Elseroad-Wall | JR | 60.17 |
| Brittnay Crabb | SO | 61.38 |
| Caroline Hedel | JR | 62.75 |
| Jalisa Williams | JR | 64.68 |
| Morgan Clem | SO | 64.97 |
| Shaquana Logan | FR | NM |

3000m Steeplechase

| | | |
|-----------------|----|----------|
| Amanda Andrews | JR | 10:35.28 |
| Emily Farrar | SO | 10:47.27 |
| Caroline Austin | FR | NM |

High Jump

| | | |
|----------------|-------|----------|
| Holly Parent | FR | 5-10 3/4 |
| Christine Rice | FR | 5-10 |
| Maria Creech | SO | 5-8 |
| Amanda Stewart | Rs-SO | 5-7 |

Pole Vault

| | | |
|-------------------|-------|-----------|
| Kendall Mays | Rs-JR | 13-5 1/4i |
| Alexa Huestis | JR | 13-0 1/4 |
| Hilary Moore | JR | 12-2 |
| Loreah Winlow | Rs-FR | 12-0 |
| Mandi Dionne | Rs-FR | 11-9 |
| Carly Fitzpatrick | Rs-FR | 10-9 |

Long Jump

| | | |
|------------------|----|-----------|
| Candace Missouri | JR | 19-3 1/4w |
| | | 19-0 3/4 |
| Shawna Fermin | FR | 18-9 |
| Angela Jensen | JR | 17-10 3/4 |

Triple Jump

| | | |
|------------------|----|-----------|
| Candace Missouri | JR | 40-1 1/2w |
| | | 39-4 |

Shot Put

| | | |
|-------------------|----|-----------|
| Jennifer Hamilton | SO | 44-1 1/4i |
| Kjirsten Jensen | SO | 42-0 1/2 |
| Ashley Kenney | SO | 41-3 |

Discus

| | | |
|----------------------|----|-------|
| Ashley Kenney | SO | 161-8 |
| Jas. Johnson-McKeown | FR | 139-6 |

Hammer

| | | |
|------------------|----|-------|
| Kjirsten Jensen | SO | 174-2 |
| Cassie Whitfield | SO | 161-1 |

Javelin

| | | |
|-------------------|----|-------|
| Marissa Tschida | JR | 181-8 |
| Courtney Kirkwood | SO | 170-8 |
| Jennifer Hamilton | SO | 157-0 |

Heptathlon

| | | |
|----------------------|----|------|
| Angela Jensen | JR | 4842 |
| Jas. Johnson-McKeown | FR | NM |

2010 WSU Men

100m

| | | |
|-------------------|----|--------|
| Marlon Murray | JR | 10.45w |
| | | 10.57 |
| Brett Blanshan | FR | 10.60w |
| Nate Washington | JR | 10.60 |
| Devin Giles | SR | 10.66 |
| Ezra John Griffey | SO | 10.67 |
| Greg Hornsby | FR | 10.69 |
| André Jennings | JR | 10.74 |
| Wesley McCann | FR | 10.82 |

200m

| | | |
|-------------------|----|--------|
| Marlon Murray | JR | 20.99 |
| Greg Hornsby | FR | 21.41 |
| Brett Blanshan | FR | 21.65 |
| Ryan Barrett | JR | 21.73 |
| André Jennings | JR | 21.85i |
| Ezra John Griffey | SO | 21.88 |
| Nate Washington | JR | 21.97 |

400m

| | | |
|-----------------|----|-------|
| Jeshua Anderson | JR | 46.08 |
| Reny Follett | SR | 47.39 |
| Ryan Barrett | JR | 47.99 |
| Joe Abbott | SO | 48.11 |

800m

| | | |
|-----------------|-------|----------|
| Joe Abbott | SO | 1:48.97 |
| Luke Lemenager | SR | 1:49.28 |
| David Hickerson | SO | 1:54.20 |
| Ian Smith | Rs-FR | 1:54.61i |

1500m

| | | |
|-----------------------|----|------------|
| Luke Lemenager | SR | 3:52.52 |
| Sam Ahlbeck | SR | 3:53.33 |
| Dominic Smargiassi | SR | 3:53.42 |
| Peter Miller | SO | 3:55.01 |
| David Hickerson | SO | 3:56.34 |
| Andrew Gonzales | FR | 3:58.97 |
| Justin Englund | SO | 4:00.08 |
| Andrew Kimpel (1600m) | FR | 4:14.20 hs |

3,000m

| | | |
|-------------------------|-------|----------|
| Sam Ahlbeck | SR | 8:15.30i |
| Dominic Smargiassi | SR | 8:20.37 |
| Dan Geib | Rs-JR | 8:25.22i |
| Justin Englund | SO | 8:32.45 |
| Andrew Kimpel (3200m) | FR | 9:04.82 |
| Andrew Gonzales (3200m) | FR | 9:10.59 |

5,000m

| | | |
|--------------------|-------|-----------|
| Dominic Smargiassi | SR | 14:12.90 |
| Dan Geib | Rs-JR | 14:16.96i |
| Mark Moeller | SR | 14:36.55 |

10,000m

| | | |
|--------------|-------|----------|
| Dan Geib | Rs-JR | 30:18.10 |
| Mark Moeller | SR | 30:28.14 |

110m Hurdles

| | | |
|-----------------|----|----------|
| Jeshua Anderson | JR | 14.08 |
| Kyle Schauble | SR | 14.85 |
| J Hopkins | SO | 15.28 |
| Sean Harris | SO | 15.43 |
| Ramsey Hopkins | FR | 14.30 hs |
| Dana Wells | FR | 14.74 hs |

400m Hurdles

| | | |
|-----------------|----|-------|
| Jeshua Anderson | JR | 48.47 |
| J Hopkins | SO | 51.49 |
| Dana Wells | FR | NM |

3000m Steeplechase

| | | |
|-----------------|----|---------|
| Sam Ahlbeck | SR | 8:49.88 |
| David Hickerson | SO | 9:19.83 |

High Jump

| | | |
|----------------|-------|---------|
| Trent Arrivey | SR | 7-4 1/2 |
| Ryan Deese | JR | 7-0 1/4 |
| Ross VanZanten | Rs-FR | 6-8 1/4 |
| Ramsey Hopkins | FR | 6-6 |

Pole Vault

| | | |
|----------------|-------|------------|
| Jake Baertlein | SO | 15-11 3/4i |
| John Brenteson | FR | 15-3 |
| Adam Neace | SO | 15-1 |
| Trevor Sodorff | Rs-SO | 15-1i |

Long Jump

| | | |
|---------------------|----|-------|
| Stephan Scott-Ellis | FR | 23-10 |
| Kyle Schauble | SR | 23-2 |

Triple Jump

| | | |
|---------------------|----|-----------|
| Stephan Scott-Ellis | FR | 50-5 |
| Sean Wilson | SO | 48-1 3/4i |

Shot Put

| | | |
|-----------------|----|-----------|
| Matt Lamb | SR | 57-9 3/4 |
| Jacob Weintraub | JR | 57-2 1/4 |
| Joe Bartlett | So | 54-9 1/2i |

Discus

| | | |
|-----------------|----|-------|
| Matt Lamb | SR | 204-7 |
| Joe Bartlett | SO | 160-3 |
| Jacob Weintraub | JR | 158-5 |

Hammer

Javelin

| | | |
|--------------|----|-------|
| Kyle Stevens | FR | 207-8 |
| Mark Presby | JR | 203-9 |

Decathlon

| | | |
|----------------|----|------|
| Kyle Schauble | SR | 6785 |
| Sean Harris | SO | 6231 |
| Ramsey Hopkins | FR | NM |



NCAA INDOOR QUALIFYING STANDARDS

2010 NCAA Div. I Men's & Women's Track & Field Indoor Championships, March 12-13, Fayetteville, Arkansas

| Event | Men (Automatic / Provisional) | Women (Automatic / Provisional) |
|-----------------------|--|--|
| 60m | 6.60 / 6.71 | 7.26 / 7.44 |
| 60m Hurdles | 7.70 / 7.91 | 8.14 / 8.43 |
| 200m | 20.83 / 21.23 | 23.20 / 23.90 |
| 400m | 46.15 / 47.25 | 52.40 / 54.40 |
| 800m | 1:48.00 / 1:50.50 | 2:05.00 / 2:09.00 |
| Mile | 3:59.50 / 4:03.50 | 4:37.00 / 4:47.00 |
| 3000m | 7:54.50 / 8:05.00 | 9:13.00 / 9:32.00 |
| 5000m | 13:47.00 / 14:10.00 | 16:07.50 / 16:44.50 |
| 1600m Relay | 3:06.50 / 3:10.40 | 3:33.00 / 3:40.00 |
| Distance Medley Relay | 9:30.00 / 9:41.70 | 11:05.00 / 11:26.50 |
| High Jump | 2.24m (7-4 1/4) / 2.14m (7-0 1/4) | 1.85m (6-0 3/4) / 1.78m (5-10) |
| Pole Vault | 5.50m (18-0 1/2) / 5.20m (17-0 3/4) | 4.25m (13-11 1/4) / 4.00m (13-1 1/2) |
| Long Jump | 7.85m (25-9 1/4) / 7.50m (24-7 1/4) | 6.38m (20-11 1/4) / 6.13m (20-1 1/2) |
| Triple Jump | 16.15m (53-0) / 15.45m (50-8 1/4) | 13.30m (43-7 3/4) / 12.65m (41-6) |
| Shot Put | 19.30m (63-4) / 17.75m (58-3) | 16.90m (55-5 1/2) / 15.20m (49-10 1/2) |
| 35# Weight | 21.50m (70-6 1/2) / 19.50m (63-11 3/4) | 21.00m (68-10 3/4) / 18.75m (61-6 1/4) |
| 20# Weight | | |
| Heptathlon | 5675 pts / 5325 pts | |
| Pentathlon | | 4075 pts / 3725 pts |



2010 NCAA Div. I Men's & Women's Track & Field West Preliminary Round Meet May 27-29, Austin, Texas

2010 NCAA Div. I Men's & Women's Track & Field Championships June 9-12, Eugene, Oregon

Qualification to the Preliminary Round competition of the Championship is based on the descending order list for the season, segregated by East and West sites, and prepared solely from the mandatory submission of meet results during the season and adhering to the Qualifying Regulations published in the Championship Handbook. For each individual event contested at each of the Championship Preliminary Round competitions, the top 48 declared student-athletes will be accepted into the competition. For each relay event contested at each of the Championship Preliminary Round competitions, the top 24 declared relay teams will be accepted into the competition. The stated maximums are absolute and will not be extended as a result of ties.

The Heptathlon and Decathlon events are not contested during the Preliminary Round of Championship competition at the Preliminary Round sites. Qualification to the Championship in these two events is accomplished through a competitor's position on the national descending order list. The top 24 declared student-athletes in each of these two events will be accepted into the competition. Declaration for these two events is completed during the one and only declaration period, which is prior to the Preliminary Round of Championship competition.



2010 New Cougar Champions



Alyssa Andrews
Washington Cross Country



Brett Blanshan
Washington 100m, 200m



Devin Brooks
Washington 100m Hurdles



Andrew Kimpel
Washington 3200m



Shaquana Logan
Washington 100m Hurdles, 300m Hurdles



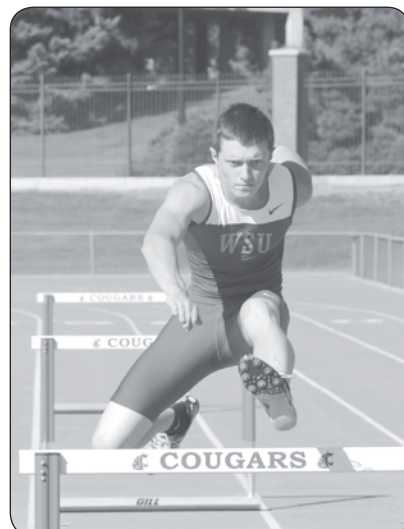
Holly Parent
Canada High Jump



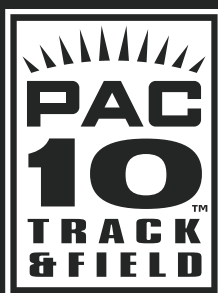
Christine Rice
Washington High Jump



Stephan Scott-Ellis
Washington Triple Jump



Dana Wells
Washington 110m Hurdles, 300m Hurdles





Joe Abbott

U.S. JUNIOR CHAMPION

Middle Distance • 6-0, Sophomore • Reno, Nevada

WSU CAREER. FRESHMAN (2008-09): Indoor - Ran the 400m in a time of 49.93i at WSU Open (1/23/09, Pullman)...Outdoor - Finished 13th (prelims) in 800m at Pac-10 Championships...ran top Cougar time of season in 800m of 1:48.97 in prelims at NCAA West Regional, finished seventh (1:51.67)...won the USA Junior Championships men's 800m final with a time of 1:51.54, after running the top time in the prelims of 1:49.78 (6/28/09, Eugene)...was the top American and third place in the 800m (1:48.99) at the 2009 Pan American Junior Athletics Championships (8/2/09 Port of Spain, Trinidad).

HIGH SCHOOL CAREER. Earned seven varsity letters at Galena High...four in cross country and three in track for coach DomingoTibaduiza...GHS boys team was state champions sophomore year...first team all-region and second team all-state for 4x400m relays and 4x800m relay...junior year named team MVP...first team all-region and all-state in 800m and 4x800m relay...runner-up at state meet in both 800m and 4x800m relay...senior season Galena won 4A state cross country title and Abbott finished sixth...tabbed first team all-region and all-state for cross country...during indoor season, won 800m at Simplot Games...set school records in 800m (1:51.64) and 4xmile relay (17:50.18)...PR time for mile of 4:16.37...during outdoor track, state champion in 800m with state record time of 1:50.78...also won state titles in 1600m and 4x800m relay...second place in 400m...school record 400m time of 48.11...named Nevada Gatorade Boys Track Athlete of the Year...selected Reno Gazette Journal and Nevada Interscholastic Athletics Association Athlete/Runner of the Year.

PERSONAL. Born in March 1990 in Phoenix, Arizona...parents are John and Juli Abbott...younger brother Jared...sisters Alyssa and Carolyn...Alyssa competed in track at the University of Utah...interested in business major at WSU.

ABBOTT'S WSU BESTS

400m - 49.93i (2009)
800m - 1:48.97 (2009)
Mile - 4:18.42i (2009)

PAC-10 CHAMPIONSHIPS PERFORMANCES

2009 800m 13th (prelim) 1:51.72

NCAA WEST REGIONAL PERFORMANCES

2009 800m 7th (1:51.67) 1:48.97 (prelim)



Sam Ahlbeck

PAC-10 SCORER

Steeplechase • 5-10, Senior • Renton, Washington

WSU CAREER. SENIOR (2009-10): Cross Country - Men's team captain...11th place finish (first on team) at the Roy Griak Invitational...finished 49th (third on team) at the ISU Pre-Nationals Invitational...26th place finish (second on team) at the Pac-10 Championships (10/30/09, Long Beach)...took 51st place (second on team) at the NCAA West Regionals (11/14/09, Springfield).

JUNIOR (2008-09): Cross Country - Finished 10th overall at the Clash of the Inland Northwest...also racked up 37th overall at the Roy Griak Invitational and 66th at Pre-Nationals...37th overall, third on team, at Pac-10 Championships (10/31/08, Eugene)...56th (third on team) at the NCAA West Regional (11/15/08, Palo Alto)...Indoor - Top WSU 3k runner with PR time of 8:15.30i for 13th at MPSF Championships (2/27/09, Seattle)...Outdoor - Took fifth place in steeple at Pac-10 Championships 8:56.43...also fifth at NCAA West Regional in time of 8:58.92...ran a PR time of 8:49.88 for 17th place in the prelims of the steeple at the NCAA Championships (6/10/09, Fayetteville).

REDSHIRT SOPHOMORE (2007): Cross Country - Finished 18th overall at the Sundodger...49th overall, fifth on team, at Pac-10 Championships (10/27/07, Corvallis)...82nd overall, fifth on team, at NCAA West Regional (11/10/07, Eugene)...also competed at the Griak Invite...placed fifth overall at the Eastern Washington University Invite...**JUNIOR (2008):** Indoor - Limited racing at 3k this season...struggled with injury...Outdoor - Opened season with PR in 1500m of 3:57.04 (3/22/08, Los Angeles)...three weeks later ran 5k PR of 14:39.62 (4/12/08, Los Angeles)...took 10 seconds off steeplechase PR with NCAA Regional Qualifying time of 8:55.26 for seventh place at Pac-10 Championships (5/17/08, Tempe)...finished 19th in steeple (9:07.07) at NCAA West Regionals (5/31/08, Northridge).

SOPHOMORE (2006-07): Cross Country - Redshirt season...Indoor - Redshirt season...Outdoor - Ran a PR 1500m time of 3:57.35 in Los Angeles (4/14/07)...finished 10th in steeplechase at Pac-10 Championships (5/13/07, Stanford) with PR and NCAA RQ time of 9:05.66...16th in steeple at NCAA West Regional (5/26/07, Eugene).

FRESHMAN (2005-06): Cross Country - Emerged as a scoring runner in first year of collegiate competition...finished 15th at Idaho Jamboree (9/2/05, Moscow)...46th at Sundodger Invite (9/17/05, Seattle)...18th at Montana Invite (10/1/05, Missoula)...150th at Brooks Pre-Nationals (10/15/05, Terre Haute)...74th overall, seventh on team at Pac-10 Championships (10/29/05, Tucson)...82nd overall, seventh on team at NCAA West Regionals (11/12/05, Palo Alto)...Indoor - Ran a 3k time of 8:22.02i for 18th at the Mountain Pacific Sports Federation Championships...Outdoor - Redshirt.

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

PERSONAL. Born September 1986 in Seattle...father Jay is an engineer...mother Mary is a teacher...brother Matt...sister Elizabeth...named one of top 12 seniors at LHS in 2005...majoring in sport management.

AHLBECK'S WSU BESTS

1500m - 3:57.04 (2008)
Mile - 4:22.77i (2006)
3000m - 8:15.30i (2009)
5000m - 14:39.62 (2008)
3000m Steeplechase - 8:49.88 (2009)

PAC-10 CHAMPIONSHIPS PERFORMANCES

2009 3000m Steeplechase 5th 8:56.43
2008 3000m Steeplechase 7th 8:55.26
2007 3000m Steeplechase 10th 9:05.77

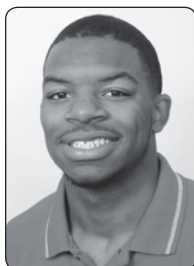
NCAA WEST REGIONAL PERFORMANCES

2009 3000m Steeplechase 5th 8:58.92
2008 3000m Steeplechase 19th 9:07.07
2007 3000m Steeplechase 16th 9:09.45

NCAA CHAMPIONSHIPS PERFORMANCES

2009 3000m Steeplechase 17th 8:49.88





Jeshua Anderson

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

WSU CAREER. JUNIOR (2009-10): Football - Left the football team in September and began conditioning for track.

SOPHOMORE (2008-09): Football - Had hernia surgery during August practice... missed only first game of season...started in 11 of 12 games...career-high 5 pass receptions in both Baylor and Arizona State games...scored two TDs - one each

against Portland State, Oregon...Indoor Track - Named to the TrackShark.com Top 12 Sprinters/Hurdles to watch in 2009...anchor on 4x400m relay team...ran school record of 3:06.74i at Iowa State Qualifier (3/7/09, Ames)...relay team finished eighth at NCAA Indoor Championships in a time of 3:08.97i (3/14/09, College Station)...Outdoor Track - Repeated as Texas Relays (49.48), Pac-10 (48.90), NCAA West Regional (50.31) and NCAA Outdoor intermediate hurdles champion...contributed to 22 of WSU's 91 points and fourth-place finish at Pac-10s...named Pac-10 Male Track Athlete of the Week for March 30-April 5 and again for April 6-12...ran school record time in 400m hurdles of 48.47 at NCAA Championships (6/12/09, Fayetteville)...at USA Track & Field Outdoor Championships (Eugene) won first round heat with second-fastest time of 50.22 (6/26/09)...ran second in heat and second fastest semifinal time of 48.89 (6/27/09)...in the final ran a time of 48.77 seconds for fifth-place.

FRESHMAN (2007-08): Football - Played all 12 Cougars' games, starting one...hauled in 12 receptions for 372 yards and two touchdowns...Indoor Track - Broke freshman school record in 60m hurdles at Vandal Indoor (2/8/08, Moscow) with time of 8.01i...broke 24-year-old freshman school record in 400m dash of 46.67i with runner-up finish and NCAA Provisional Qualifying mark at Mountain Pacific Sports Federation Championships (3/1/08, Seattle)...time is ninth-best in all-time records...same meet ran third leg of 4x400m relay breaking 27-year-old school indoor record with third-place time of 3:08.86i...finished 14th in prelims (47.69i) of 400m dash at NCAA Championships (3/14/08, Fayetteville)...Outdoor Track - Outstanding debut in collegiate track, winning every intermediate hurdles race...won Texas Relays 400m hurdles in 49.68 (4/5/08, Austin), breaking freshman school record set by his coach, Mark Macdonald, in 1989 (51.20)...named Pac-10 Men's Track Athlete of the Week for March 31-April 6...won Mt. SAC Relays 400m dash in 46.54, 6th-best in WSU all-time records...ran 110m hurdles PR time of 14.08 at WSU versus Washington Dual Meet (5/3/08, Pullman)...won Pac-10 Championships 400m hurdles in 49.55 (5/17/08, Tempe)...named Pac-10 Newcomer of the Year...won NCAA West Regional intermediate hurdles in PR and meet record 49.41 which is also freshman school record and second-best all-time at WSU (5/31/08, Northridge)...ran 2nd leg of 4x400m relay at West Regional in 45.5, for third-place finish in 3:07.48...lowered 400mH PR with win at NCAA Championships in time of 48.69, the fifth-best time by an American man and third-best by a collegian in 2008...won the USA Junior Outdoor Championships and broke stadium record with time of 49.28 (6/21/08, Columbus)...ran top time in prelims at Olympic Trials (49.05) but finished ninth in semifinals (48.92) so did not advance to final...won IAAF World Junior Championship in a school record time of 48.68 after running fastest prelim time of 51.12 (7/11/08, Bydgoszcz, Poland).

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

PERSONAL. Jeshua Anderson was born in June 1989...parents Timothy and Leslie Anderson...one of 10 Seattle Post-Intelligencer Sports Stars of the Year honored at 74th Annual banquet in January 2009.

ANDERSON'S WSU BESTS

60m Hurdles - 8.00i (2009)
400m - 46.54 (2008), 46.67i (2008) **FSR**
4x400m Relay - 3:07.47 (2008), 3:06.74i (2009) **SR**
110m Hurdles - 14.08 (2008)
400m Hurdles - 48.47 (2009) **SR**
4x100m Relay - 40.12 (2008)

PAC-10 CHAMPIONSHIPS PERFORMANCES

| Year | Event | Rank | Time |
|------|--------------|------|---------|
| 2009 | 400m Dash | 5th | 46.73 |
| | 400m Hurdles | 1st | 48.90 |
| | 4x400m Relay | 2nd | 3:08.93 |
| | 400m Hurdles | 1st | 49.55 |
| 2008 | 4x400m Relay | 4th | 3:07.47 |

NCAA WEST REGIONAL PERFORMANCES

| Year | Event | Rank | Time |
|------|--------------|------|---------|
| 2009 | 400m Hurdles | 1st | 50.31 |
| 2008 | 400m Hurdles | 1st | 49.41 |
| | 4x400m Relay | 3rd | 3:07.48 |

NCAA CHAMPIONSHIP PERFORMANCES

| Year | Event | Rank | Time |
|------|-----------------------|------|----------|
| 2009 | 400m Hurdles | 1st | 48.47 |
| | 4x400m Relay (Indoor) | 8th | 3:06.74i |
| | 400m Hurdles | 1st | 48.69 |
| | 4x400m Relay | 15th | 3:09.45 |
| 2008 | 400m Dash (Indoor) | 14th | 47.69i |

TWO-TIME PAC-10 CHAMPION

TWO-TIME NCAA CHAMPION

THREE-TIME ALL-AMERICAN

U.S. JUNIOR CHAMPION

WORLD JUNIOR CHAMPION



2010 PROFILES



Alyssa Andrews *STATE CHAMPION*

Distance • 5-10, Freshman • Gig Harbor, Washington

WSU CAREER. FRESHMAN (2009-10): Cross Country - Competed in two races due to nagging injuries through season...running unattached finished sixth at the Clash of the Inland Northwest...placed 46th (fourth on team) at the Roy Griak Invitational.

HIGH SCHOOL CAREER. Earned eight varsity letters at Gig Harbor High...earned four letters in track and field and two varsity letters in cross country...captained both teams senior year...lettered twice in soccer...state 4A 2008 cross country champion, posting a time of 18:00, third best time in state history...set the course record and placed first at the Capital Invite and the South Whidbey Invite senior year...broke the course record and won the 2008 Nike North West Regional with a time of 17:58...placed second at the Stanford Invitational during senior season...helped cross country team finish first in 2008 state 4A championships...won the 2008 WSYSA U-17 soccer championship...Narrows League scholar athlete finalist...ESPN Rise Magazine Athlete of the Month...named 2008 Gatorade State Female Cross Country Athlete of the Year.

PERSONAL. Born in November 1990, in Renton, Wash...father David attended Washington State University and is an athletic trainer...mother Jeanna graduated from WSU and is a Para educator...older sister Amanda competes for the Cougar cross country and track and field team...enjoys rollerblading and biking...member of the National Society of Scholar Athletes...plans on pursuing a degree in biology.

ALYSSA ANDREWS' BESTS

1500m - 4:36.81
3200m - 10:50.88



Amanda Andrews

Distance • 5-7, Junior • Gig Harbor, Washington

WSU CAREER. JUNIOR (2009-10): Cross Country - Raced in five events for WSU...12th place finish (seventh on team) at the Clash of the Inland Northwest...placed 47th (fifth on team) at the Roy Griak Invitational...finished 186th (fifth on team) at the ISU Pre-Nationals Invitational...finished 65th (third on team) at Pac-10 Championships...closed the season with 127th place finish (fifth on team) at NCAA West Regionals.

SOPHOMORE (2008-09): Cross Country - Participated in six races this season...top finishes include fifth at the Montana Invitational, seventh at the Clash of the Inland Northwest and 51st at the Pac-10 Championships...105th (fourth on team) at NCAA West Regional...Indoor - Ran a PR mile time of 5:03.03i at Cougar Indoor (1/31/09, Pullman)...also PRd in 3000m with time of 9:53.17i (18th) at MPSF Championships (2/28/09, Seattle)...Outdoor - Improved PR times in every event this season...ran 800m time of 2:18.95 at WSU-Washington Dual (5/2/09, Seattle) and 1500m time of 4:42.91 at UCLA (4/11/09)...NCAA RQ time in steeplechase of 10:35.28 at Mt. SAC Relays (4/16/09, Walnut)...time is fifth-best in school history...14th in steeple at Pac-10 Championships...did not finish at NCAA West Regional.

FRESHMAN (2007-08): Cross Country - Participated in five races in first season...top finishes include fourth at Gonzaga Preview and 32nd at Sundodger Invitational...75th overall and eighth on team at the Pac-10 Championships (10/27/07, Corvallis)...Indoor - Set freshman school record in 3000m with a time of 9:59.07i for 20th place finish at Mountain Pacific Sports Federation Championships (2/29/08, Seattle)...ran a mile time of 5:10.26i at Vandal Indoor (2/8/08, Moscow)...Outdoor - Best 1500m time of 4:42.87 at Cougar Invite (4/26/08, Pullman)...ran PR and NCAA Regional Qualifying steeplechase time of 10:49.08 at Johnson/Joyner-Kersey Invite (4/12/08, Los Angeles)...time is sixth-best in WSU all-time records...finished 13th in steeplechase at Pac-10 Championships in 11:08.24...finished 31st in steeplechase at NCAA West Regional in time of 11:12.24.

HIGH SCHOOL. Competed in four sports at Gig Harbor High School...lettered two years under Patty Ley in cross country and all four in track with coach Kevin Eager...captained cross country and track for one year...helped cross country to 4A state championships junior and senior years...individually finished 11th and 15th as a junior and senior...other top finishes include 18th place at Nike Team Nationals, and 23rd place (2005) and 21st place (2006) at the Washington vs. Oregon Border Clash...placed eighth as a junior and fourth as a senior in 3200m run at the state track and field championships...also aided track and field team to 2007 4A state championship.

PERSONAL. Born in April 1989 in Seattle, Wash...parents are David, an athletic trainer, and Jeanna, a para-educator...younger sister Alyssa...Andrews is eighth relative to attend WSU...parents and an aunt graduated from WSU...is one of five cousins currently attending the university...enjoys running, singing, and all sports...majoring in sociology at WSU.

ANDREWS' WSU BESTS

800m - 2:18.95 (2009)
1500m - 4:32.91 (2009)
Mile - 5:03.03i (2009)
3000m - 9:59.07i FSR (2008)
Steeplechase - 10:35.28 (2009)

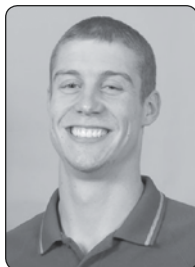
PAC-10 CHAMPIONSHIPS PERFORMANCES

| | | | |
|------|--------------------|------|----------|
| 2009 | 3000m Steeplechase | 14th | 10:58.51 |
| 2008 | 3000m Steeplechase | 13th | 11:08.24 |

NCAA WEST REGIONAL PERFORMANCES

| | | | |
|------|--------------------|------|----------|
| 2009 | 3000m Steeplechase | DNF | |
| 2008 | 2000m Steeplechase | 31st | 11:12.24 |





Trent Arrivey

High Jump • 6-5 1/2, Senior • Woodinville, Washington

WSU CAREER. JUNIOR (2008-09): Indoor - Finished second on a judge's decision in the MPSF Championships with a PR leap of 2.21m/7-3i (2/28/09, Seattle)...placed eighth at the NCAA Indoor Championships with a leap of 2.09m/6-10 1/4i (3/14/09, College Station)...earned All-America... Outdoor - Leaped a PR height of 2.25m/7-4 1/2 at Mt. SAC Relays (4/18/09, Walnut)...height ties fourth-best WSU school history...named Pac-10 Male Field Athlete of Week April 13-19 for his Mt. SAC performance...won Pac-10 Championships with clearance at 2.19m/7-2 1/4...finished fifth at NCAA West Regional (2.09m/6-10 1/4)...placed ninth at NCAA Championships (2.14m/7-0 1/4)...earned All-America honors.

SOPHOMORE (2007-08): Indoor - Became the 28th Cougar man to clear 7-feet in the high jump...reached 2.17m/7-1 1/2i at the WSU Open II (2/23/08, Pullman)...placed third at the MPSF Championships after clearing 2.09m/6-10 3/4...did not clear a bar at the NCAA Indoor Championships... Outdoor - Consistently cleared 7-feet outdoors in nine competitions this season... won Mt. SAC Relays with leap of 2.15m/7-0 1/2 (4/20/08, Walnut)...PR leap of 2.20m/7-2 1/2 to win WSU-UW Dual Meet (5/3/08, Pullman)...placed third at Pac-10 Championships clearing height of 2.16m/7-1 (5/17/08, Tempe)...won the NCAA West Regional high jump with PR of 2.22m/7-3 1/4, sixth-best leap in WSU all-time (5/31/08, Northridge)...finished ninth at NCAA Championships with best of 2.14m/7-0 1/4 (6/13/08, Des Moines)...earned All-America status.

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

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

PERSONAL. Born in May 1987 in Brookfield, Wisconsin...father Jim is a sales manager who played quarterback on the USC football team...mother Kelli is a teacher who high jumped at USC...younger brothers Craig and Brett...majoring in general studies at WSU.

ARRIVEY'S WSU BESTS

High Jump - 2.25m / 7-4 1/2 (2009)

PAC-10 CHAMPIONSHIPS PERFORMANCES

| | | | |
|------|-----------|-----|------------------|
| 2009 | High Jump | 1st | 2.19m / 7-2 1/4 |
| 2008 | High Jump | 3rd | 2.16m / 7-1 |
| 2007 | High Jump | 3rd | 2.13m / 6-11 3/4 |

NCAA WEST REGIONAL PERFORMANCES

| | | | |
|------|-----------|-----|------------------|
| 2009 | High Jump | 5th | 2.09m / 6-10 1/4 |
| 2008 | High Jump | 1st | 2.22m / 7-3 1/4 |
| 2007 | High Jump | NH | |

NCAA CHAMPIONSHIP PERFORMANCES

| | | | |
|------|--------------------|-----|-------------------|
| 2009 | High Jump | 9th | 2.14m / 7-0 1/4 |
| | High Jump (indoor) | 8th | 2.09m / 6-10 1/4i |
| 2008 | High Jump | 9th | 2.14m / 7-0 1/4 |
| 2008 | High Jump (indoor) | NH | |



Jake Baertlein

Pole Vault • 5-10, Sophomore • Portland, Oregon

WSU CAREER. FRESHMAN (2008-09): Indoor - Led Cougar men with top pole vault height of 4.87m/15-11 3/4i at Mountain Pacific Sports Federation Championships for 12th place (2/28/09, Seattle)...Outdoor - Best season bar cleared was 4.75m/15-7 at Vandal Jamboree (5/9/09, Moscow).

HIGH SCHOOL CAREER. Earned a total of six varsity letters at Jesuit High...three for swim coach Stoddard Smith and three for track and field coach Tom Rothenbergen...swam four years on varsity...sophomore year led both swim and track teams to state titles...junior year led both teams to league championships as well as a state title in swim...was Metro League pole vault champion and took seventh at the state championships...senior year led track team to Metro League title with pole vault championship...finished sixth at state...voted most inspirational by his teammates...took second place in Pasco Invitational for the pole vault clearing 15-feet.

PERSONAL. Born in October 1989 in Portland, Oregon...father Tom is the vice-president of field operations...mother Wendy Jones is a personal trainer...older brother Ford...member of the student government for two years...achieved honor roll all four years in high school earning a 3.8 GPA...awarded president's education award.

BAERTLEIN'S WSU BEST

Pole Vault - 4.87m / 15-11 3/4i (2009)





Joe Bartlett

PAC-10 SCORER

Throws • 6-4 1/2, Sophomore • Reno, Nevada

WSU CAREER. FRESHMAN (2008-09): Indoor - Top Cougar shot putter of season with toss of 15.87m/52-11 for 10th at Mountain Pacific Sports Federation Championships for 12th place (2/28/09, Seattle)...Outdoor - Threw shot put 16.70m/54-9 1/2 at Mt. SAC Relays (4/18/09, Walnut)...discus PR of 48.85m/160-3 came at Sam Adams Classic meet (4/4/09, Spokane)... finished eighth in shot put at Pac-10 Championships with 16.29m/53-5 1/2 (5/17/09, Eugene).

HIGH SCHOOL CAREER. Earned eight varsity letters at Bishop Manogue High...two letters in football for coach Paul Mills...two letters in wrestling as heavyweight for coach Bo Sellers...four letters as thrower for coach Mark Smith...senior year football honors included second team All-High Desert League for defense and named team defensive MVP...senior season wrestling honors second team all-region and all-state at heavyweight and named team's King of the Jungle...during track prep career, team honors included being named outstanding freshman, outstanding field athlete as sophomore and MVP as junior and senior...three-time region and Nevada state shot put champion...two-time region and state discus champion...numerous all-region and all-state honors...throw of 199-8 ranked ninth best in 2008 for prep boys...PR in shot put is 61-3...competed for Reno-Tahoe Athletics for coach Jeff Weitzmen...national champion in shot and discus...All-American in discus and shot...also in top 100 nationally for javelin and hammer...on track club's powerlifting team that won AAU National Team Powerlifting championship in July 2008.

PERSONAL. Born in November 1989 in Reno...father Fred is a corrections officer...mother Nicki works in sales...enjoy restoring old cars...wants to pursue a criminal justice major.

BARTLETT'S WSU BESTS

Shot Put - 16.70m / 54-9 1/2 (2009)
Discus - 48.85m / 160-3 (2009)

PAC-10 CHAMPIONSHIPS PERFORMANCES

2009 Shot Put 8th 16.29m / 53-5 1/2



Brett Blanshan

STATE CHAMPION

Sprints • 5-9, Freshman • Selah, Washington

HIGH SCHOOL CAREER. Earned four letters in track at Selah High School for coach Kelly Mattson...freshman season finished sixth in 100m at state 3A meet in time of 11.08...had PRs of 22.5 in 200m and 21-1 1/2 in long jump...won state 2A long jump title as a sophomore with a school record leap of 21-10 and finished third in 100m...junior year won long jump with a state meet record and improved school record distance of 23-2 3/4...also at state meet placed second in 200m in school-record time of 21.65...as a senior, set state 2A meet record in 100m of 10.67 in prelims at 2009 championships...won state title with time of 10.67w (3.3 mps)...

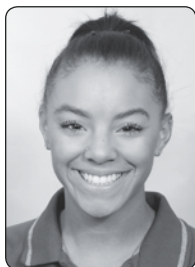
won 200m title with time of 21.70w (2.5 mps)...ran anchor on winning 4x100m relay that ran 43.47...named Male Track Athlete of the Year by the Yakima Herald.

PERSONAL. Born November 1989 in Yakima, Washington...father Regan is a parts salesman...mother Janice works in the dental hygienist...older brother Evan competed as a distance runner at WSU, graduated in 2009...enjoys learning foreign languages...planning to study kinesiology at WSU.

BLANSHAN'S BESTS

100m - 10.60w
200m - 21.70w
Long Jump - 23-2 3/4





Morgan Clem

PAC-10 SCORER

Hurdles/Sprints • 5-5 1/2, Sophomore • East Wenatchee, Washington

WSU CAREER. FRESHMAN (2008-09): Indoor - Cautious start to collegiate career after leg surgery... ran 60m dash in 7.80i at Vandal Indoor (2/6/09, Moscow)...at Mountain Pacific Sports Federation Championships finish 13th in 60m dash (7.81i) and 17th in 200m with PR time of 25.57i (2/28/09, Seattle)...Outdoor - Season-best times were 12.26 in 100m (WSU-UW Dual, 5/2/09, Seattle), and 1:04.97 in 400m hurdles at Texas Relays (4/4/09, Austin)...at Pac-10 Championships (5/17/09, Eugene) ran anchor leg of sixth-place 4x100m relay in 45.70 but ran an better NCAA RQ time of 45.67 in prelims... ran PR time in 200m of 25.04 for 14th (prelims) in 200m at same meet.

HIGH SCHOOL CAREER. Earned seven varsity letters at Shadle Park High...three letters in volleyball for coach Brooke Cooper... four in track under coach Ivan Corley...during volleyball career was team MVP three times...team undefeated as freshman...won coaches award...squad finished eighth in regional sophomore season but went on to eighth in state 4A finals junior year...won sportsmanship award...senior year Highlanders took fifth place in state tournament...named to All-Greater Spokane League... on the track, freshman season grabbed fourth at state meet on 4x400m relay...sophomore year at state meet placed sixth in the 4x400m relay, eighth in 4x200m relay, and ninth in high jump...junior year at 2007 state championships took third in 400m (56.15), second in 4x400m relay and eighth in 4x200m relay...at state 4A meet as a senior finished eighth in 400m and ran third leg of winning 4x400m relay.

PERSONAL. Born in November 1989 in Spokane, Washington...father Tony is a business owner...mother Angela, a WSU graduate, is the WSU Director of Development for the Spokane campus...younger brothers Anthony and D.J...Anthony has committed to play basketball at WSU in 2009-10...plans to pursue a major in biology.

CLEM'S WSU BESTS

60m - 7.80i (2009)
100m - 12.26 (2009)
200m - 25.04 (2009)
400m Hurdles - 1:04.97 (2009)

PAC-10 CHAMPIONSHIPS PERFORMANCES

| | | | |
|------|--------------|------|-----------------------|
| 2009 | 200m | 14th | 25.04 |
| | 4x100m Relay | 6th | 45.70 (45.67 prelims) |



Brittany Crabb

Hurdles • 5-5 1/2, Sophomore • Rancho Cucamonga, California

WSU CAREER. FRESHMAN (2008-09): Indoor - Ran 60m hurdles time of 8.97i at Cougar Indoor (1/31/09, Pullman)...also ran the 400m dash in 58.18i at the Husky Classic (2/14/09, Seattle)... Outdoor - Top time in 400m hurdles of 1:01.50 came at WSU-Washington Dual meet (5/2/09, Seattle)...also ran 100m hurdles in time of 14.82 at UCLA's Johnson/Joyner-Kersey Invite (4/11/09, Los Angeles)...finished 14th in intermediate hurdles at Pac-10 Championships (1:04.02).

HIGH SCHOOL CAREER. Earned four varsity letters in track and field at Rancho Cucamonga High for coaches Austin Carlton and Roman Benz...four-time Junior Olympic qualifier in intermediate hurdles...three-time captain of high school track team... sophomore year ran 300mhurdles time of 42.36, sixth-best in state and 18th in nation...ran 400m hurdles time of 61.38...junior year state finalist in 4x100m relay...team MVP...as senior finished second in state with 300m hurdles time of 41.82...time was fifth-best time nationally for prep girls in 2008...4x400m relay team second in state with time of 3:43...team MVP...at the 2008 Mt. SAC Relays ran a 100m hurdles time of 14.59 seconds as well as clocked in a 55.4 seconds split time in the 4x400m relay.

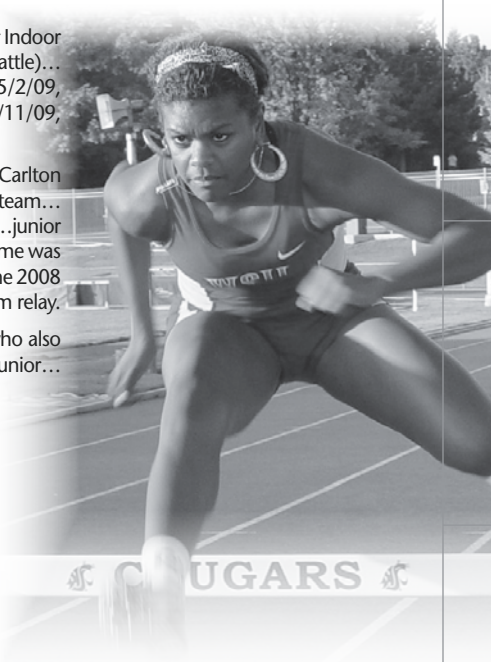
PERSONAL. Born in May 1990 in Tacoma...father Donald is a longshoreman...mother Twanette is a social worker who also competed in track and field...older sister Sheree and younger sister Chalei...earned student of the month in math as junior... senior year presidential honorable award...four years on honor roll...interested in criminal justice as a major at WSU.

CRABB'S WSU BESTS

400m - 58.18i (2009)
60m Hurdles - 8.97i (2009)
100m Hurdles - 14.82 (2009)
300m Hurdles - 41.82

PAC-10 CHAMPIONSHIPS PERFORMANCES

| | | | |
|------|--------------|------|---------|
| 2009 | 400m Hurdles | 14th | 1:04.02 |
|------|--------------|------|---------|





Ryan Deese

PAC-10 SCORER

High Jump • 6-4, Junior • Colorado Springs, Colorado

WSU CAREER. SOPHOMORE (2008-09): Indoor - Cleared high jump with PR and NCAA Provisional Qualifying height of 2.14m/7-0 1/4i at Runners Soul Open (2/7/09, Moscow)...finished fifth at MPSF Championships (2.10m/6-10 3/4i)...Outdoor - Best bar of season was 2.06m/6-9 at Sam Adams Open (4/4/09, Spokane)...took fifth place at Pac-10 Championships after jumping 2.05m/6-8 3/4.

FRESHMAN (2007-08): Indoor - Opened the season at WSU Open with collegiate best high jump of 2.10m/6-10 3/4i (1/19/08, Pullman)...tied for eighth at Mountain Pacific Sports Federation Championships after clearing 1.99m/6-6 1/4i...Outdoor - Spent season stuck at 2.05m/6-8 3/4...cleared that height at five meets including Pac-10 Championships to tie for sixth place (5/17/08, Tempe).

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

PERSONAL. Born in December 1988, at Colorado Springs...father Tommy does restoration...mother Gail is a nail technician...younger brother Brandon and younger sister Alexis Martinez-Deese...majoring in digital technology and culture.

DEESE'S WSU BESTS

High Jump - 2.14m / 7-0 1/4i (2009)

PAC-10 CHAMPIONSHIPS PERFORMANCES

| | | | |
|------|-----------|------|-----------------|
| 2009 | High Jump | 5th | 2.05m / 6-8 3/4 |
| 2008 | High Jump | 16th | 2.05m / 6-8 3/4 |



Lisa Egami

PAC-10 SCORER

Middle Distance • 5-3 1/2, Senior • Coquitlam, British Columbia

WSU CAREER. SENIOR (2009-10): Cross Country - Women's team captain...finished first on team in every race this season...started season winning Clash of the Inland Northwest...finished 19th at Roy Griak Invitational...placed 55th at ISU Pre-Nationals...earned 24th place at Pac-10 Championships...11th place at NCAA West Regionals, highest finish for WSU woman since 2005...earned individual bid to NCAA Championships where she finished 169th (11/23/09, Terre Haute)...named to Pac-10 All-Academic honorable mention team.

JUNIOR (2008-09): Cross Country - Consistently was a top-five finisher for the Cougars in six meets this season...finished seventh at the Sundodger Invitational...29th at the Pac-10 Championships (10/31/08, Eugene)...43rd overall, second on team at NCAA West Regional (11/15/08, Palo Alto)...named to Pac-10 All-Academic honorable mention team...Indoor - Ran school record time in the mile of 4:44.92i at MPSF Championships (2/28/09, Seattle)...member of school record Distance Medley Relay team with time of 11:17.92i at Notre Dame NCAA Last Chance meet (3/7/09, South Bend)...Outdoor - Top Cougar in both 800m 1500m...800m PR and NCAA RQ time of 2:06.72 at WSU-Washington Dual (5/2/09, Seattle)...time is seventh-best in school history...1500m PR time of 4:21.25 in prelims at Pac-10 Championships (5/16/09, Eugene)...time is third-best in WSU history...finished seventh in final (4:29.87)...placed third in 1500m at NCAA West Regionals in 4:23.84...21st in 1500m prelims at NCAA Championships (4:23.15)...named to Pac-10 All-Academic honorable mention team.

SOPHOMORE (2007-08): Cross Country - Ran in five meets...top-five finisher in four of those competitions...best finish of the season was 26th at Sundodger Invitational...placed 51st overall and fifth on the team at Pac-10 Championships...also fifth on team, 90th overall at the NCAA West Regional...named to Pac-10 All-Academic honorable mention team...Indoor - Finished seventh in 800m at MPSF Championships with time of 2:12.34i (3/1/08, Seattle)...ran mile PR time of 4:55.83 at Husky Classic (2/16/08, Seattle)...Outdoor - Clocked in with PR and NCAA Regional Qualifying time in 1500m of 4:27.45 at Stanford Invite (4/5/08)...finished 14th in 1500m at Pac-10 Championships...took 10th in the 1500m at the NCAA West Regional meet...named Pac-10 All-Academic honorable mention...named to USTFCCA Div. I Women's All-Academic team.

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

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

PERSONAL. Born August 1988 in New Westminster, British Columbia...mother Denise is an administrator...honor roll student at Centennial High...majoring in communication.

EGAMI'S WSU BESTS

400m - 60.82i (2007)
800m - 2:06.72 (2009)
1500m - 4:21.25 (2009)
Mile - 4:44.92i (2009) School Record
Distance Medley Relay - 11:17.92i SR (2009)

PAC-10 CHAMPIONSHIP PERFORMANCES

| | | | |
|------|-------|------|-------------------------------|
| 2009 | 1500m | 7th | 4:29.87 (prelim time 4:21.25) |
| 2008 | 1500m | 14th | 4:33.47 |
| 2007 | 800m | 13th | 2:13.55 |

NCAA WEST REGIONAL PERFORMANCES

| | | | |
|------|-------|------|---------|
| 2009 | 1500m | 3rd | 4:23.84 |
| 2008 | 1500m | 10th | 4:29.53 |

NCAA CHAMPIONSHIPS PERFORMANCES

| | | | |
|------|---------------|-------|---------|
| 2009 | 1500m | 21st | 4:23.15 |
| 2009 | Cross Country | 169th | 21:49.9 |





Veronica Elseroad-Wall

Hurdles • 5-2 1/4, Junior • Casper, Wyoming

WSU CAREER. SOPHOMORE (2008-09): Indoor - Ran 400m time of 57.81i and 800m time of 2:21.25i at WSU Open (1/24/09, Pullman)...ran third leg of 4x400m relay team with season-best 3:41.59i for fourth place at MPSF Championships...Outdoor - Reached season-best 400m hurdles time of 1:01.50 twice during season - at UCLA Johnson/Joyner-Kersey and at WSU-Washington Dual meets...at Pac-10 Championships finished 11th in 400m hurdles (1:02.58) and ran third leg of 4x400m relay team that finished seventh in time of 3:42.01.

FRESHMAN (2007-08): Indoor - Opened season with 800m time of 2:20.97 at WSU Open (1/19/08, Pullman)...at Mountain Pacific Sports Federation Championships ran season-best 400m time of 57.74i (20th)...at same meet ran third leg of fifth-place 4x400m relay (3:44.56i)...Outdoor - Won the women's 400m hurdles at the UCLA Johnson/Joyner-Kersey meet with an NCAA Regional Qualifying time of 1:00.73 (4/11/08, Los Angeles)...finished sixth at the Pac-10 Championships with a PR and improve NCAA RQ time of 1:00.17, fifth-fastest in school history (5/17/08, Tempe)...also ran anchor on 4x400m relay team that placed sixth in NCAA RQ time of 3:39.17...at NCAA West Regionals finished 13th in intermediate hurdles with time of 1:01.48.

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

PERSONAL. Born in May 1989 in Casper, Wyo....parents Ken Wall, works for Halliburton energy company, and Diane Elseroad, student...younger sister Annaleigh...member of National Honor Society, student council and Key Club...graduated with 3.75 GPA...majoring in communication at WSU.

ELSEROAD-WALL'S WSU BESTS

400m - 57.74i (2008)
800m - 2:20.97i (2008)
4x400m Relay - 3:39.17 (2008)
400m Hurdles - 1:00.17 (2008)

PAC-10 CHAMPIONSHIP PERFORMANCES

| Year | Event | Rank | Time |
|------|--------------|------|---------|
| 2009 | 400m Hurdles | 11th | 1:02.58 |
| | 4x400m Relay | 7th | 3:42.01 |
| 2008 | 400m Hurdles | 6th | 1:00.17 |
| | 4x400m Relay | 6th | 3:39.17 |

NCAA WEST REGIONAL PERFORMANCES

| Year | Event | Rank | Time |
|------|--------------|------|---------|
| 2008 | 400m Hurdles | 13th | 1:01.48 |



Emily Farrar

Distance • 5-4 3/4, Sophomore • Bainbridge Island, Washington

WSU CAREER. SOPHOMORE (2009-10): Cross Country - Consistent scorer in all five races for the Cougars...placed eighth (fourth on team) at the Clash of the Inland Northwest...earned 40th place (third on team) at Roy Griak Invitational...137th place (third on team) at ISU Pre-Nationals...finished 70th (fourth on team) at Pac-10 Championships...finished te season with a 94th place finish (third on team) at the NCAA West Regionals...named to Pac-10 All-Academic honorable mention team.

FRESHMAN (2008-09): Cross Country - Competed in six races...top finishes were ninth at the Montana Invitational, 10th at the Clash of the Inland Northwest...49th at the Sundodger Invitational and 67th at the Pac-10 Championships...125th (seventh on team) at NCAA West Regional...Indoor - Had the top Cougar time in the 5000m, a freshman school record time of 17:36.77i run at the Husky Classic (2/14/09, Seattle)...also ran the mile in 5:08.79i...Outdoor - Debut season in steeplechase...ran NCAA Regional Qualifying time of 10:47.27 at UCLA Johnson/Joyner-Kersey meet (4/11/09)...17th in steeple at Pac-10 Championships (11:17.88)...28th in steeple at NCAA West Regional (11:30.70).

HIGH SCHOOL. Earned 10 varsity letters at Bainbridge High...four in basketball under coach Penny Geinger...three in both cross country and track under coach Anne Howard-Lindquist...on Spartan basketball team starting shooting guard as junior...named second team All-Kitsap, honorable mention All-Metro League...senior year set school basketball records for most 3-pointers in a game (7), in a season, and career...team advanced to state 3A tournament...named first team All-Kitsap and second team All-Metro...played on Total Package AAU basketball team for coaches Megan and Craig Murray...during cross country competed at state 3A meet three years with fourth place finish senior season...named to all-state team and senior all star team...named Seattle PI cross country all star...raced in 2007 BorderClash...on the track, placed seventh in 1600m race at 2007 state meet (PR 5:11.34)...senior year finished second at district meet in both 1600m and 3200m (PR 11:09.53)...at state 3A championships, placed sixth in 1600m and seventh in 3200m...competed in the Brooks Meet of Champions...named co-Female Athlete of the Year by the Kitsap Sun.

PERSONAL. Born July 1989, in Seattle Wash...father Greg is a construction manager...mother Doreen is a nurse and a WSU grad...younger sister Mallory Anne...grandfather Gordon Farrar was a high jumper and long jumper on the Cougar track team and was the Pacific Coast Conference Northern Division broad jump champion...many other relatives are WSU graduates...National Honors Society member with a 3.87 GPA...Bainbridge High Female Scholar-Athlete of the Year...nominee for Kitsap Sun Scholar-Athlete of the Year...interested in a degree in pre-medicine/sports medicine.

FARRAR'S WSU BESTS

1500m - 4:42.28 (2009)
Mile - 5:08.79i (2009)
5000m - 17:36.77i Freshman SR (2009)
3000m Steeplechase - 10:47.27 (2009)

PAC-10 CHAMPIONSHIP PERFORMANCES

| Year | Event | Rank | Time |
|------|--------------------|------|----------|
| 2009 | 3000m Steeplechase | 17th | 11:17.88 |

NCAA WEST REGIONAL PERFORMANCES

| Year | Event | Rank | Time |
|------|--------------------|------|----------|
| 2009 | 3000m Steeplechase | 28th | 11:30.70 |





Shawna Fermin

400m / Long Jump • 5-8, Freshman • Victorville, California

HIGH SCHOOL CAREER. Lettered all four years in track at Silverado High School for coach Patrick Brannon...only freshman on track team...won Desert Sky League title in long jump and as member of 4x400m relay team which ran a record-breaking 4-minutes...as sophomore played on undefeated JV basketball team...junior year won league titles in long and triple jumps and on 4x400m relay...at CIF finals placed sixth in 400m and ninth in long jump...named to Desert Sky League All-Area team and MVP of Hawks' girls team...senior year at Arcadia Invite was runner-up in 400m (55.66) and in long jump with PR of 18-9 1/4...won league titles in 1600m relay, long jump and 400m, all with record times for meet...competed at CIF in both short and long relays, long jump and 400m dash...first track Silverado High athlete to advanced to CIF state final...fifth in 400m in PR time of 55.16, and 21st in long jump (17-1 1/4)...named high school's Female Athlete of the Year.

PERSONAL. Born in August 1991 in Apple Valley, California...father Thomas is an engineer...mother Sharon is a medical assistant/office manager...older sister Sadie...brothers Josh and Angelus...enjoys making music and writing poetry...high school honor roll...member of Black Student Union, Friday Night Live drug and alcohol prevention, and Blazers and Sweaters Society (literature club)...planning to major in kinesiology/movement studies at WSU.

FERMIN'S BESTS

100m - 11.92
200m - 24.8
400m - 55.16
Long Jump - 18-9 1/4
Triple Jump - 37-5



Michelly Foley

Distance • 5-8 1/4, Sophomore • Prineville, Oregon

WSU CAREER. SOPHOMORE (2009-10): Cross Country - Redshirt season...finished 23rd running unattached at Inland Northwest Cross Country Classic.

FRESHMAN (2008-09): Cross Country - Participated in six races for WSU...finished fourth at the Clash of the Inland Northwest...49th at the Sundodger Invitational...third at the Montana Invitational...38th overall, third on team at the Pac-10 Championships (10/31/08, Eugene)...50th (third on team) at NCAA West Regional (11/15/08, Palo Alto)...Indoor - Ran the freshman school record in the 3000m of 9:56.80i for 20th at Mountain Pacific Sports Federation Championships (2/27/09, Seattle)...also ran mile time of 5:16.93i...Outdoor - Ran NCAA Regional Qualifying time in 5000m of 16:43.74 at Mt. SAC Relays (4/16/09, Walnut)...time is seventh-best in school history...ran 3000m time of 10:03.16 and 10k time of 37:23.14...finished 13th in 10k at Pac-10 Championships (36:51.66)...was 16th in the 5000m at the NCAA West Regional (17:10.15).

HIGH SCHOOL. Earned 10 varsity letters at Crook County High...four in cross country for coach Tracy Smith, four in track for coach Ernie Brooks, and two in Nordic skiing for coach Tim Zook...was a scholar-athlete all four years...cross country district winner senior year after two top five finishes...PR time of 18:32...won state 5A cross country championship senior year...competed in BorderClash (Washington versus Oregon top 40 cross country runners) three years with top place at 14th as senior...during track season, senior year won district 3000m and second in 1500m...Oregon 5A state 3000m champion, setting state meet record time of 10:04...second place in 1500m (4:43)...set school records in cross country, 1500m and 3000m during career.

PERSONAL. Born in Laguna Niguel, Calif., in May 1990...father John is an elevator mechanic...mother Magali is a flight attendant...younger sisters Leslie and Kellie...graduated from high school with 3.967 GPA...member of Honor Society...planning to major in movement studies at WSU.

FOLEY'S WSU BESTS

1500m - 4:43.72 (2009)
Mile - 5:16.93i (2009)
3000m - 9:56.80i (2009)
5000m - 18:56.2i (2009)
10,000m - 37:23.14 (2009)

PAC-10 CHAMPIONSHIP PERFORMANCES

| | | | |
|------|---------|------|----------|
| 2009 | 10,000m | 13th | 37:23.14 |
|------|---------|------|----------|

NCAA WEST REGIONAL PERFORMANCES

| | | | |
|------|-------|------|----------|
| 2009 | 5000m | 16th | 17:10.15 |
|------|-------|------|----------|





Reny Follett

ALL-AMERICAN

400m • 5-11, Senior • Lewiston, Idaho

WSU CAREER. SENIOR (2009-10): Men's team captain.

JUNIOR (2008-09): Indoor - Ran an indoor PR time in 400m of 47.63i for sixth place at MPSF Championships (2/28/09, Seattle)...at same meet ran second leg of 4x400m relay for second place and NCAA PQ time of 3:08.80i...lowered the relay time to school indoor record time of 3:06.74 at the Iowa State Qualifier meet (3/7/09, Ames)...relay squad took eighth at NCAA Championships with time of 3:08.97i...Follett earned All-America honors...Outdoor - Ran the 400m dash in a time of 47.48 to win the Mt. SAC Relays university/open event...ran a PR in the 400m of 47.39 in the prelims at the Pac-10 Championships (5/17/09, Eugene)...finished seventh in the final in time of 47.68...ran third leg of 4x400m relay for second place in NCAA Regional Qualifying time of 3:08.93...had an emergency appendectomy after the Pac-10 meet and could not fully rehabilitate in time to compete at NCAA West Regional or NCAA Championships.

SOPHOMORE (2007-08): Indoor - Top 400m time of 48.73i came at Husky Classic...at MPSF Championships ran second leg of third-place 4x400m relay that ran NCAA PQ and school record time of 3:08.86i (3/1/08, Seattle)...Outdoor - Dropped PR in 400m dash to 47.40 time for 10th place at Pac-10 Championships (5/16/08, Tempe)...ran second leg of 4x400m relay that finished fourth with an NCAA RQ time of 3:07.47...at NCAA West Regional ran a strong and steady anchor leg of 4x400m relay, holding off an ASU team in the final 60 meters as Cougs finished third in 3:07.48 (5/31/08, Northridge)...at NCAA Championships ran second leg of 4x400m relay in time of 46.1 seconds but squad finished 15th in prelims with time of 3:09.45 (6/12/08, Des Moines).

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

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

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

PERSONAL. Born in September 1986 at Lewiston, Idaho...father Michael owns and manages a retail store and was a member of University of Idaho ski team...mother Thera is an educator at Lewiston High who played volleyball at University of Colorado...mother went on to ski and tennis teams at Colorado Women's College...younger brother Emerson...hobbies include all outdoor activities and car restoration...majoring in mechanical engineering.

FOLLETT'S WSU BESTS

400m - 47.39 (2009)
800m - 1:59.79i (2007)
4x400m Relay - 3:07.47 (2008); 3:06.74i (2009) SR

PAC-10 CHAMPIONSHIPS PERFORMANCES

| Year | Event | Rank | Time |
|------|--------------|------|---------------------------|
| 2009 | 400m Dash | 7th | 47.68 (prelim time 47.39) |
| | 4x400m Relay | 2nd | 3:08.93 |
| 2008 | 400m Dash | 10th | 47.40 |
| | 4x400m Relay | 4th | 3:07.47 |
| 2007 | 400m Dash | 7th | 47.47 |

NCAA WEST REGIONAL PERFORMANCES

| Year | Event | Rank | Time |
|------|--------------|------|---------|
| 2008 | 4x400m Relay | 3rd | 3:07.48 |

NCAA CHAMPIONSHIPS PERFORMANCES

| Year | Event | Rank | Time |
|------|--------------|------|---------|
| 2008 | 4x400m Relay | 15th | 3:09.45 |



Andrew Gonzales

Distance • 5-9, Freshman • Kennewick, Washington

WSU CAREER. FRESHMAN (2009-10): Cross Country - Redshirt season...ran unattached at the Runners Soul/Erik Anderson Invite in Spokane, earning a third place finish (first Cougar).

HIGH SCHOOL. Earned six varsity letters at Southridge High...named captain of both cross country and track and field team senior year...state 3A Cross Country Runner of the Year in 2006 and 2007...at 3A state cross country championships finished 31st in 2006 and fourth in 2007...placed fourth

at 2008 state 4A cross country meet...during senior season was named 4A cross country Runner of the Year...at BorderClash cross country meets, took 22nd as junior and fourth place senior year...finished 31st at Nike Cross Country National meet in 2008...during track seasons, placed seventh and then fourth in the 3200m at the 2007 and 2008 3A state meets...named the Yakima Herald 3A Track Male Athlete of the Year in 2007 and 2008...senior season won Columbia Basin Big Nine 3200m with PR time of 9:10.59 and second place in 1600m with PR time of 4:17.02...fourth place in 3200m (9:13.48) at state 4A championships...Washington State Academic Award of the Week for 3A and 4A...

PERSONAL. Born in August 1990, in Toppenish, Wash...father Angel and mother Vicky...two younger brothers, Adrian and Angel III...enjoys playing basketball and bowling...won the Silver Star Award with a 3.93 GPA in high school...graduated 10th in class of 325...Honor Roll throughout high school...pursuing a degree in biology for pre-med.

GONZALES' BESTS

1500m - 3:58.97
1600m - 4:17.02
3200m - 9:10.59





Princess Joy Griffey

PAC-10 SCORER

Sprints • 5-3, Senior • Federal Way, Washington

WSU CAREER. JUNIOR (2008-09): Indoor - Ran indoor-best 200m dash time of 24.33i at Vandal Collegiate meet (2/21/09, Moscow)...ran lead leg of 4x400m relay team with season-best 3:41.59i for fourth place at MPSF Championships...Outdoor - At Pac-10 Championships ran PR and NCAA RQ 100m dash time of 11.58 for fourth place and ran second leg on sixth-place 4x100m relay with NCAA RQ time of 45.70, and lead leg on seventh-place 4x400m relay (5/17/09, Eugene)...100m dash time of 11.58 is second-fastest non-wind-aided time in WSU history...finished 13th in 100m dash prelims at NCAA West Regional (11.78).

SOPHOMORE (2007-08): Indoor - Finished third in the 60m dash at the MPSF Championships in a time of 7.48i...took fifth place in 200m at same meet in time of 24.58i...ran lead leg of 4x400m relay for fifth place...Outdoor - Reached 100m dash NCAA RQ time of 11.72w at Mt. SAC Relays...ran NCAA RQ time in 200m of 23.90w at WSU-UW Dual...at Pac-10 Championships finished 11th in 100m prelims (11.95) and eighth in 200m final (24.00)...ran anchor on fourth-place 4x100m relay (45.91).

FRESHMAN (2006-07): Indoor - Opened collegiate career by setting freshman school record in winning the 60m dash with time of 7.76i at the WSU Open (1/20/07, Pullman)...next week at Cougar Indoor lowered mark to 7.56i (1/27/07, Pullman)...dropped again at Husky Classic to 7.51i (2/10/07, Seattle)...bettered mark in prelims at Mountain Pacific Sports Federation Championships by running 7.47i, third-best time in school history, and finished fifth in final in time of 7.51i (2/24/07, Seattle)...also finished sixth in 200m at MPSF meet...ran team's top 200m time of 24.46i at Vandal Indoor (2/16/07, Moscow)...Outdoor - Ran 100m NCAA Regional Qualifying time of 11.72 at Texas Relays (4/7/07, Austin), fifth-best in school history...fastest 200m time of 24.13 came at the Johnson/Joyner-Kersey meet (4/14/07, Los Angeles)...mark is 10th-best in school history...at Pac-10 Championships, finished 12th in 100m (11.99w), 10th in 200m (24.51) and leadoff runner on sixth place 4x100m relay team (NCAA RQ 45.65)...top 400m relay time of year was 45.47 at Cougar Invite...irritated hamstring did not allow her to compete at NCAA West Regional.

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

PERSONAL. Born in March 1987 in Bacolod, Philippines...father Clyde is a retired government worker...mother Cecilia is a government worker...bothers Francis, Ezra John and Harold...member of Honor Society and named Student of the Month three times...majoring criminal justice at WSU.

GRFFEY'S WSU BESTS

60m - 7.47i (2007) FSR
100m - 11.58 (2009)
200m - 23.90w (2008), 24.00 (2008)
4x100m Relay - 45.67 (2009)
4x400m Relay - 3:39.17 (2008)

PAC-10 CHAMPIONSHIPS PERFORMANCES

| Year | Event | Rank | Time |
|------|--------------|------|---------|
| 2009 | 100m | 4th | 11.58 |
| | 200m | 10th | 24.04 |
| | 4x100m Relay | 6th | 45.70 |
| | 4x400m Relay | 7th | 3:42.01 |
| | 100m | 11th | 11.72w |
| 2008 | 200m | 8th | 24.00 |
| | 4x100m Relay | 4th | 45.91 |
| | 100m | 12th | 11.99w |
| 2007 | 200m | 10th | 24.51 |

NCAA WEST REGIONAL PERFORMANCES

| Year | Event | Rank | Time |
|------|-------|------|-------|
| 2009 | 100m | 13th | 11.78 |
| 2008 | 200m | DNC | |
| 2007 | 100m | DNC | |



Jennifer Hamilton

PAC-10 SCORER

Throws • 5-9, Sophomore • Longview, Washington

WSU CAREER. FRESHMAN (2008-09): Indoor - Leading Cougar in shot put with heave of 13.52m/44-4 1/4i for 10th place at Mountain Pacific Sports Federation Championships (2/28/09, Seattle)...also threw 20-lb weight 13.34m/43-9 1/4i at Cougar Indoor (1/23/09, Pullman)...Outdoor - Had outstanding rookie season for Cougs...reached NCAA RQ in javelin with toss of 47.85m/157-0 at WSU-Washington Dual meet (5/2/09, Seattle)...at same meet threw PR in shot of 13.44m/44-1 1/4...tope hammer throw was 40.54m/133-0 at Sam Adams Classic (4/4/09, Spokane)...took sixth place in javelin at Pac-10 Championships with toss of 46.78m/153-6 (5/17/09, Eugene)...placed seventh in javelin at NCAA West Regional meet with throw of 46.24m/151-8 (5/30/09, Eugene).

HIGH SCHOOL CAREER. Earned 10 varsity letters at Mark Morris High...four in basketball as a forward for coach Michael Poindexter...two in swimming for coach Richard Carr...two in softball for coach Terry Boudreau...two in track as a thrower for coach Sam Tilton...during basketball career earned four Greater St. Helen's League honors all four years - honorable mention as frosh, second team sophomore and junior years, first team as senior...named second team All-Area basketball as junior...GSH League Student-Athlete of the Year as senior...in softball selected all-league honorable mention as freshman and second team as sophomore...during track junior season won district titles in shot put and javelin...at state 2A championships placed third in javelin and 10th in shot put...senior season took third place in shot put at state meet...competed in the 2008 USATF Junior Olympics shot put finishing 20th.

PERSONAL. Born in November 1989 in Longview, Wash...father Andrew Hamilton is a Kelso police officer...mother Shawn Nyman is a para-educator...older brothers Jonathon and Stephen...younger sisters Crystal and Lana...3.83 GPA...Honor Society member, teen mentor for elementary students...Cispus Camp counselor, Leadership club member, Link crew...interested in a degree in mathematics.

HAMILTON'S WSU BESTS

Shot Put - 13.44m/44-1 1/4 (2009)
Hammer - 40.54m/133-0 (2009)
Javelin - 47.85m/157-0 (2009)

PAC-10 CHAMPIONSHIPS PERFORMANCES

| Year | Event | Rank | Time |
|------|---------|------|----------------|
| 2009 | Javelin | 6th | 46.78m / 153-6 |

NCAA WEST REGIONAL PERFORMANCES

| Year | Event | Rank | Time |
|------|---------|------|----------------|
| 2009 | Javelin | 7th | 46.24m / 151-8 |





J Hopkins

PAC-10 SCORER

Hurdles • 6-0, Sophomore • Everett, Washington

WSU CAREER. FRESHMAN (2008-09): Indoor - Ran the open 400m in a time of 49.33i at Vandal Collegiate (2/21/09, Moscow)...twice ran the 60m hurdles in a time of 8.44i...at Mountain Pacific Sports Federation Championships, finished 17th in 400m (49.43i), 14th in 60m hurdles (8.63i), and ran on DMR (7th)...Outdoor - Reached NCAA Regional Qualifying time of 52.27 in 400m hurdles with fourth-place finish at Stanford Invite (3/28/09)...finished seventh in the intermediate hurdles at the Pac-10 Championships (51.86)...did not compete at NCAA West Regional meet...took fourth

place in the 400m hurdles at the US Junior Track & Field Championships in a PR time of 51.49 (6/28/09, Eugene).

HIGH SCHOOL CAREER. Earned five varsity letters at Everett High School...lettered four times in track and field under Doug Hall...one letter in football under Will Soren... also played tennis and cross country... senior year captained track and field team... freshman year team was named freshman champs...in the WESCO Division league placed third in the 400m and 4x400m relay...second in the 4x100m relay...sixth in 200m...finished season as league preliminary qualifier in the 400m...sophomore year was league qualifier in the 110m hurdles...league finalist and district qualifier in the 300m hurdles...second highest scoring sophomore on squad...junior season was named Scout Team Player of the Week in football...placed first in league in the 110m hurdles and 300m hurdles...fourth place in 4x400m relay and 4x100m relay... school and county record holder in the 300m hurdles (37.99)...at districts placed first in 110m hurdles, 300m hurdles, 4x100m and 4x400m relays...at state tournament finished seventh in 110m hurdles and first in 300m hurdles...at Junior Olympics placed sixth in 400m hurdles...named MVP of team...senior year named offensive player of the week in football...placed first in league at the 110m hurdles, 300m hurdles, 200m...second in 4x100m relay...broke school record in 110m hurdles with (14.55) and 4x100m relay (42.79)...named athlete of the week numerous times...competed on the High Voltage Track Club under coaches Johnnie Williams and Jeanine Shepherd... named pre-season All-American...honor roll student.

PERSONAL. Born in May 1990 in Wertzberg, Germany...father Jerry and mother Robin Hopkins...sister Qualeha ...will pursue a major in psychology.

J HOPKINS' WSU BESTS

110m Hurdles - 15.28 (2009)

400m Hurdles - 51.49 (2009)

PAC-10 CHAMPIONSHIPS PERFORMANCES

2009 400m Hurdles 7th 51.86



2010 PROFILES



Ramsey Hopkins

Decathlon • 6-6, Freshman • San Diego, California

HIGH SCHOOL CAREER. Earned seven varsity letters at Torrey Pines High...three playing basketball for coach John Olive and four in track for coach Mike Stevens...during basketball career, earned All-Avocado league honorable mention twice, and best play of the year in 2009 for last second rebound and putback for one point win to advance Falcons to the DI Championship game...in track named rookie of the year as a frosh...

high jumped 6-6...junior year placed second in 110m hurdles at the CIF Southern Division Section with a time of 14.78, fifth in triple jump (PR of 44-5 1/2) and seventh in high jump at 6-2...senior season high jumper 6-6 at Falcon Relays...took third placed in 200m hurdles at CIF Section Championships with PR time of 39.06...finished 12th in 110m hurdles at CIF State Championships in PR time of 14.30 and took 21st in high jump (6-4) at same meet...named All-Avocado League first team for 110m and 300m hurdles and high jump...named 2009 North County Times first team for high hurdles and second team 300m hurdles.

PERSONAL. Born in December 1990 in Washington, D.C...father Ronald is a corporate trainer...mother Claire is a special events planner and manager of the UC San Diego Chancellor's house...older sister Rachel...enjoys video games...undecided on major area of study.

R. HOPKINS' BESTS

110m Hurdles - 14.30

300m Hurdles - 39.06

High Jump - 6-6

Triple Jump - 44-5 1/2





Greg Hornsby

Sprints • 5-8, Freshman • Moreno Valley, California

HIGH SCHOOL CAREER. Earned two varsity letters at rancho Verde High for track coach Chris Dresher...the Mustangs were undefeated league champions in 2008...Hornsby ran the 100m in 11.00 seconds and the 200m in 22.67...senior year ran won his heat of the 100m at the Arcadia Invite with a PR time of 10.79...finished sixth in final in 11.07...also ran third leg on winning 4x400m relay (3:17.72)...ran a PR 200m time of 21.41w for second place at the CIF Southern Section Final...placed eighth in the 200m at the CIF

State Championships in 21.88...ran second leg on 4x400m relay team that placed third at Penn Relays in 3:14.78 - top American boys high school team...member of the Moreno Valley Rockets Track & Field Cross Country team.

PERSONAL. Born June 1991 in Riverside, California...father Greg, Sr., is a manager...mother Armita is a mail carrier...older sister Jessika is a junior sprinter at San Diego State...younger sister Alexsys...interested in sociology as a major.

HORNSBY'S BESTS

100m - 10.79

200m - 21.41w



Alexa Huestis

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

WSU CAREER. SOPHOMORE (2008-09): Indoor - Equaled PR pole vault height of 3.90m/12-9 1/2i twice during season - at Vandal indoor and at Vandal Collegiate meets in Moscow...finished 12th at MPSF Championships (3.70m/12-1 1/2i)...Outdoor - Won WSU-UW Dual meet with improved NCAA RQ leap of 3.86m/12-8...reached a PR height and improved NCAA RQ mark of 3.97m/13-0 1/4 to tie for ninth place at Pac-10 Championships (5/17/09, Eugene)...that height is fifth-best in WSU history...tied for 12th at NCAA West Regional with clearance of 3.91m/12-10.

FRESHMAN (2007-08): Indoor - Reached a season-best pole vault height of 12-2 1/2i (3.72m) at the Husky Classic (2/16/08, Seattle)...tied for 16th at the Mountain Pacific Sports Federation Championships with a mark of 12-1 1/4 (3.69m)...Outdoor - Cleared pole vault bar at a height of 12-1 1/2 (3.70m) twice during season with the first time a WSU vs. Washington Dual meet.

HIGH SCHOOL CAREER. Earned six letters at W.F. West High...two as a left side hitter in volleyball for coach Paula Bridgewater...four varsity letters for track coach Mike Aust... junior and senior years captained track team...placed fourth in pole vault at district meet as freshman and then district champion and placed third at state sophomore year...junior season won pole vault title at Shelton Shaner Invite, setting meet record of 11-9...repeated as district champ...finished third in the pole vault (11-9) at the 2006 state 3A championship meet behind current Cougar vaulter, Kendall Mays...selected for Pac-9 League all-area athletes award...junior year cleared 12-0 in pole vault at the Golden West meet...senior season won the Shelton vaulters award...set W.F. West Classic meet pole vault record...won third district title...finished second at 2007 state 2A meet with clearance at 11-9...competed in club gymnastics for 11 years, advancing to level ten with wins at league, state and placed at sub-national meet.

PERSONAL. Born in October 1989...father John Huestis is an engineer who played football at the University of Montana...mother Nadine Ellis is a nurse who was a gymnast at the U. of Montana...younger brothers Christian and Parker...younger sisters Sierra and Tiffany...majoring in marketing at WSU.

HUESTIS' WSU BEST

Pole Vault - 3.97m/13-0 1/4 (2009)

PAC-10 CHAMPIONSHIPS PERFORMANCES

| | | | |
|------|------------|-------|------------------|
| 2009 | Pole Vault | t-9th | 3.97m / 13-0 1/4 |
|------|------------|-------|------------------|

NCAA WEST REGIONAL PERFORMANCES

| | | | |
|------|------------|--------|---------------|
| 2009 | Pole Vault | t-12th | 3.91m / 12-10 |
|------|------------|--------|---------------|





Angela Jensen

Heptathlon • 5-8, Junior • Tacoma, Washington

WSU CAREER. SOPHOMORE (2008-09): Indoor - Opened season with pentathlon PR of 3,356 points at Cougar Indoor (1/30/09, Pullman)...had PRs in long jump 5.16m/16-11 1/4i and 800m (2:33.59i)...scored 2,683 points for 11th place in pentathlon (no height in high jump) at MPSF Championships (2/27/09, Seattle)...had PR in shot put 10.79m/35-5...Outdoor - First heptathlon of season at UCLA Rafer Johnson/Jackie Joyner-Kersey meet (4/10/09, Los Angeles)...first day PR total of 2,923 points and a PR final point total of 4,656 for fourth place...reached PRs in 200m (25.31), long jump 5.21m/17-1 1/4, and 800m (2:31.14)...10th at Pac-10 Championships with 4,842w points (5/10/09, Eugene)...PRs in 100m hurdles (14.09), 200m (25.10w), long jump (5.45m/17-10 3/4), javelin (33.91m/111-3), and 800m (2:28.63).

FRESHMAN (2007-08): Indoor - First career complete pentathlon was at Mountain Pacific Sports Federation Championships with score of 3,311 points for eighth (2/29/08, Seattle)...Outdoor - Took sixth place in the heptathlon at the Rafer Johnson/Jackie Joyner-Kersey Invite with a PR 4,498 points (4/11/08, Los Angeles)...at the Pac-10 Championships finished 14th in the heptathlon with 4,472 points.

HIGH SCHOOL CAREER. Earned seven varsity letters at Fife High School...three in volleyball for coach Jan Kirk, one in basketball for coach Mike Ryan, and three in track for coach Brian Meyer...also wrestled on girls' team junior and senior years...named Nisqually League honorable mention volleyball team as sophomore and second team as senior...vball team placed fourth at state junior year...captain of track and field team junior and senior seasons...first team all-league all three years...sophomore season placed third in 100m hurdles and seventh in 300m hurdles at state 3A meet...junior year was state champion in 100m dash (12.24) and 300m hurdles (44.41) and runner-up in 100m hurdles (PR time 14.09)...honored by Tacoma Athletic Commission...outstanding achievement award from City of Fife...Tacoma News Tribune Athlete of the Month...Seattle P-I all-star...as a senior, state champion in 100m dash (12.24), 100m hurdles (14.30) and 300m hurdles (44.93), fourth in high jump...named Tacoma Athletic Commission Athlete of the Year...competed on Nemesis track club for coach Martha Mendenhall...competed at the 2004 USATF Junior Championships...member of SeaTown Express Track Club in 2006 and competed at Junior Olympics meet.

PERSONAL. Born in August 1988 in Tacoma, Washington...father Scott is a project manager...mother Veronica works in accounting...younger brother Tom...older sister Denise and younger sister Christine...earned academic letter in the President's Education Awards Renaissance Program...majoring in general social sciences at WSU.

A. JENSEN'S WSU BESTS

60m - 7.79i (2009)
100m - 12.42 (2008)
200m - 25.10w, 25.31 (2009)
800m - 2:28.63 (2009)
60m Hurdles - 8.61i (2009)
100m Hurdles - 14.09 (2009)

A. JENSEN'S WSU BESTS

High Jump - 1.64m/5-4 1/2i (2008)
Long Jump - 5.45m 17-10 3/4 (2009)
Shot Put - 9.86m/32-4 1/4i (2009)
Javelin - 33.91m/111-3 (2009)
Pentathlon - 3,356 points (2009)
Heptathlon - 4,656 points, 4,842w (2009)

PAC-10 CHAMPIONSHIPS PERFORMANCE

| | | |
|------|-----------------|--------------|
| 2009 | Heptathlon 10th | 4,842w |
| 2008 | Heptathlon 14th | 4,498 points |



2010 PROFILES



Kjirsten Jensen

PAC-10 SCORER

Throws • 5-9, Sophomore • Arlington, Washington

WSU CAREER. FRESHMAN (2008-09): Indoor - Leading Cougar woman hammer thrower...reached 17.10m/56-1 1/4i at Husky Classic (2/14/09, Seattle)...mark is seventh-best in school history...also threw shot put season-best 12.01m/39-5i at WSU Open (1/24/09, Pullman)...finished 10th in hammer at Mountain Pacific Sports Federation Championships with throw of 15.45m/50-8 1/4i (2/27/09, Seattle)...Outdoor - Tossed hammer PR distance of 53.08m/174-2 at WSU-Washington

Dual meet (5/2/09, Seattle)...mark is sixth-best in WSU history...placed seventh in hammer at Pac-10 Championships with throw of 53.03m/174-0 (5/17/09, Eugene).

HIGH SCHOOL CAREER. Earned eight varsity letters at Arlington High School...four letters in track and field under coach Judd Huntar...lettered twice in volleyball for coach Cari Britt...earned two letters in basketball under coach Nathan Dowis...placed first at WESCO districts and league meets in the shot put and discus junior and senior seasons...junior year state champion for the shot put and discus...senior season state champion in the discus and runner-up in the shot put...named All-WESCO North first team in shot put.

PERSONAL. Born in February 1990 in Everett, Washington...father Charles is an office manager who attended WSU...mother Susan is a math teacher...younger brother Garrett...planning to pursue a major in accounting.

K. JENSEN'S WSU BESTS

Shot Put - 12.02m/39-5 1/4 (2009)
20# Weight - 17.10m/56-1 1/4i (2009)
Hammer - 53.08m/174-2 (2009)

PAC-10 CHAMPIONSHIPS PERFORMANCES

| | | |
|------|------------|----------------|
| 2009 | Hammer 7th | 53.03m / 174-0 |
|------|------------|----------------|





Ashley Kenney *PAC-10 SCORER*

Throws • 5-8 3/4, Sophomore • Spokane Valley, Washington

WSU CAREER. FRESHMAN (2008-09): Indoor - Threw indoor discus 41.79m/137-1i and threw shot put 11.78m/38-7 3/4i at Vandal Collegiate (2/20/09, Moscow)...threw 20-lb weight 13.90m/45-7 1/4i at Cougar Indoor (1/30/09, Pullman)...Outdoor - Led the team in the discus with an NCAA RQ toss of 49.29m/161-8 for sixth place at the Pac-10 Championships (5/17/09, Eugene)...this toss was a nearly 9-foot PR improvement and ninth-best throw in WSU history...top shot put of season was 12.57m/41-3 at WSU-Washington Dual (5/2/09, Seattle)...best hammer throw was 38.69m/126-11 at Hartman Invite (4/25/09, Spokane)...finished 16th in discus at NCAA West Regional with mark of 46.68m/153-2 (5/16/09, Eugene).

HIGH SCHOOL CAREER. Earned eight varsity letters at West Valley High...four-year letterwinner in volleyball for coach Drew Wendle...four letters in track for coach Rick Kuhl...earned Athletic Achievement Award for track and volleyball...in volleyball Eagles won district title and placed eighth at 2007 state 2A championships...named honorable mention all-Great Northern League...during track, named outstanding freshman and tabbed for coaches choice award sophomore year...outstanding thrower as junior and senior...junior year set school discus record of 144-6...District 7 most valuable field athlete...at state 2A meet placed second in discus and sixth in shot put...senior year was district discus champion with meet record toss of 149-0...threw school record discus of 152-0...state champion in the discus with record-breaking toss of 146-11, beating 2007 mark of 145-6 thrown by current WSU teammate Anna Albrecht (Pullman)...VV Girls' team placed fourth at state...named 2008 GNL Female Thrower of the Year...won discus at 2008 at the Brooks Washington/Oregon Meet of Champions...competed for the Greater Spokane Track Club...first place in discus at Junior Olympic Regional meet...fourth place in discus at USATF Junior Olympic National meet.

PERSONAL. Born October 1989 in Spokane, Wash....father Joey is an international business development manager who played baseball for Whitworth College and in the San Francisco Giants organization...mother Karen is a teacher...younger sister Sarah and younger brother Garret...four relatives who attended Washington State including great uncle Gene Rieger, who played football for the Cougars...graduated with 3.93 cumulative GPA as an honors and advanced placement scholar...National Honors Society VP...member of Link crew...student of the year in physical education...plans to major in biology to pursue a career as an occupational therapist.

KENNEY'S WSU BESTS

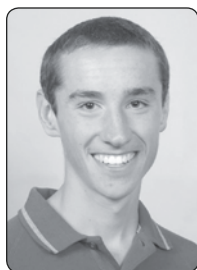
Shot Put - 12.57m/41-3 (2009)
Discus - 49.29m/161-8 (2009)
20# Weight - 13.90m/45-7 1/4i (2009)
Hammer - 38.69m/126-11 (2009)

PAC-10 CHAMPIONSHIPS PERFORMANCES

| | | | |
|------|--------|-----|----------------|
| 2009 | Discus | 6th | 49.29m / 161-8 |
|------|--------|-----|----------------|

NCAA WEST REGIONAL PERFORMANCES

| | | | |
|------|--------|------|--------------|
| 2009 | Discus | 16th | 46.68m/153-2 |
|------|--------|------|--------------|



Andrew Kimpel

Distance • 5-9 1/2, Freshman • Spokane, Washington

WSU CAREER FRESHMAN (2009-10): Cross Country - Scored in four races and ran unattached in another...first place finish while running unattached at the Clash of the Inland Northwest...placed 19th (second on team) at the Roy Griak Invitational...finished 80th (fifth on team) at the ISU Pre-Nationals...finished 47th (fourth on team) at Pac-10 Championships...finished 68th at the NCAA West Regionals (sixth on team).

HIGH SCHOOL. Earned six varsity letters at North Central High...three in cross country for coach Jon Knight, and three in track and field for coach Kelly Walters...named team captain of cross country team senior season, and junior and senior years for track and field...leader of 2006, 2007, and 2008 state 3A champion cross country teams...at state xtry meet finished fifth as sophomore and was runner-up as junior and senior...2006 Footlocker West sophomore champion...lead team to title at 2007 Nike Regional meet with second-place finish...before senior year was named The Harrier Magazine 2008 preseason All-American...leader of NCHS cross country team that won the 2008 Nike national championship as he finished 10th...won 2008 BorderClash cross country meet...track team won 2008 state 3A championship with Kimpel second in 3200m and fifth in 1600m...in 2009 won 3200m at state 3A meet in time of 9:08.39...posted a personal record of 4:14.20 in 1600m at 3A regional meet in 2009...tabbed 2008-09 Washington Gatorade Male Runner of the Year.

PERSONAL. Born in April 1991, in Omaha, Neb...father David is a member of the Air National Guard...mother Connie...younger sister Hailey...enjoys mountain biking, ping pong, bowling, and video games...was a Washington Principal Scholar...2006 Chase Youth Award winner for community service...plans on pursuing a degree in business.

KIMPEL'S BESTS

1600m - 4:14.20
3200m - 9:04.82





Courtney Kirkwood *PAC-10 SCORER*

Javelin • 5-9 1/2, Sophomore • Othello, Washington

WSU CAREER. FRESHMAN (2009): Indoor - Began season as a combined-events competitor... scored 3,278 points for ninth place in pentathlon at Mountain Pacific Sports Federation Championships (2/28/09, Seattle)...Outdoor - Concentrated on javelin this season...threw a PR, NCAA Regional Qualifying mark and WSU Freshman school record of 52.01m/170-8 at the Duane Hartman Invite (4/25/09, Spokane)...finished seventh at Pac-10 Championships with javelin toss of 44.97m/147-6...was 17th at NCAA West Regional meet with mark of 41.77m/137-0...at USA

Junior Outdoor Track & Field Championships took third place with javelin throw of 44.74m/146-9 (6/28/09, Eugene)...invited to join US Junior team after one of the top two placers could not compete further...threw 41.64m/136-7 for seventh place at 2009 Pan American Athletics Championship (8/3/09, Port of Spain, Trinidad and Tobago).

HIGH SCHOOL CAREER. Earned six varsity letters at Othello High...three in soccer as a forward for coach Sara Vasquez...three letters in basketball as a guard/post for coach Doug Boyer...three in track for coach Mandi Perez...named Tri-City Herald Athlete of the Week numerous times and Seattle Times Athlete of the Week...on soccer field named Central Washington Athletic Conference first team and all-state second team as sophomore...first team all-area for soccer as junior...in basketball named to CWAC first team as sophomore and junior...during track and field career, as a freshman finished second in javelin (132-9) and sixth in 100m hurdles at state 2A championships...at state meet sophomore year won javelin, took fourth in 100m hurdles and long jump, fifth in 4x200m relay...junior year repeated as state 2A javelin champ with PR throw earlier in season of 160-10 1/2 and added long jump title...also finished fourth in 100m hurdles...2007 Brooks Washington/Oregon Meet of Champions javelin runner-up...senior year three-peats as state 2A javelin champion and added 100m hurdles title in PR time of 14.79...also finished fourth in long jump...threw javelin 154-10 to break national heptathlon record and was the eighth-best nationally in 2008...won the Washington State heptathlon with 4,480 points which ranked 14th-best nationally for prep girls...named CWAC Female Field Athlete of the Year for 2006, 2007 and 2008...selected Tri-City Herald all-area track MVP for 2007 and all-area throws for 2008...tabbed Washington Gatorade Female Track & Field Athlete of the Year for 2007 and 2008...selected as a Sports Illustrated Faces in the Crowd in June 30, 2008 issue.

PERSONAL. Born in May 1990 in Moses Lake, Washington...father Donald is a manager in sales...mother Angela works in billing and accounting...older brothers Greg and Geoff...older sisters Cody (Parrish) and Caitlin and younger sister Christine...dad, Cody and Geoff all graduated from WSU...was ASB secretary and in Internet and Book Clubs in high school...member of National Honor Society...planning to major in biomechanics.

KIRKWOOD'S WSU BESTS

Javelin - 52.01m/170-8 **FSR** (2009)

PAC-10 CHAMPIONSHIPS PERFORMANCES

2009 Javelin 7th 44.97m / 147-6

NCAA WEST REGIONAL PERFORMANCES

2009 Javelin 17th 41.77m / 137-0



Jono Lafler

Distance • 5-8 1/4, Redshirt Freshman • Maple Valley, Washington

WSU CAREER. SOPHOMORE (2009-10): Cross Country - Placed 25th (fourth on team) at Roy Griak invitational...40th place finish (first on team) at ISU Pre-Nationals as team took seventh...took 57th place (sixth on team) at the Pac-10 Championships...ended season with a 58th place finish (fourth on team) at the NCAA West Regionals.

FRESHMAN (2008-09): Cross Country - Ran in five races, one unattached...finished third at the Clash of the Inland Northwest...finished 53rd (seventh on team) at the Pac-10 Championships (10/31/08, Eugene)...126th at NCAA West Regional (11/15/08, Palo Alto)...Indoor - Opened season with 800m time of 2:00.52i at WSU Open (1/24/09, Pullman)...ran the mile in 4:21.57i at Cougar Indoor (1/31/09, Pullman)...Outdoor - Redshirt season.

HIGH SCHOOL. Earned eight varsity letters at Tahoma High...four in cross country and four in track, all under coach Gary Conner...four-time South Puget Sound League cross country first team selection...won Seaside Blue course as freshman took second place as junior as team won championship...took second place in Seaside Red course race as sophomore as team won boys' title...won White Pass Race junior year...Tahoma won SPSL title junior year, second place sophomore and senior seasons...finished fourth at state 4A meet twice plus another top 20 finish...team finished third and fifth at state xtry meets...senior season named to All-Bowerman team...finished 10th at Foot Locker West and 36th at Foot Locker National meet...Nike Pre-Nationals champion...NTN Northwest Regional champion...second place at Western Regional Foot Locker...won Seaside Hard Course meet...competed in three BorderClash races taking second place in 2007...on the track, set school record in 3200m (9:19.37) in 2006, in 1600m (4:14.63) in 2007...competed at state 4A championships all four years...second place in 3200 in 2008...took second place at 2005 Junior Olympics Cross Country meet (Rhode Island).

PERSONAL. Born in December 1989 in Renton...father Dale Lafler...mother Teresa Rannow...three sisters - Ashlee and Madee Lou Rannow, and Tiffany Lafler...brother Zach Rannow...enjoys movies...won the Outstanding Scholastic Award at Tahoma High in 2007...undecided on major area of study.

LAFLER'S WSU BESTS

800m - 2:00.52i (2009)

Mile - 4:21.57i (2009)





Matt Lamb

THREE-TIME ALL-AMERICAN

Discus • 6-1 1/2, Senior • Emmett, Idaho

WSU CAREER. JUNIOR (2009-10): Indoor - Top Cougar shot putter with toss of 16.52m/54-32 1/2 at Cougar Indoor...finished 13th in shot at MPSF Championships (15.07m/49-5 1/2)... Outdoor - Struggled to regain discus form early in season...threw 56.97m/186-11 for fourth place at Pac-10 Championships...two weeks later tossed discus 58.20m/190-11 for fifth at NCAA West Regional...took fifth place at NCAA Championships with throw of 58.01m/190-4 after tossing a prelim best and season-best distance of 58.81m/192-11...third All-America honor.

REDSHIRT JUNIOR (2007-08): Indoor - Still struggling with back spasm that first plagued him at NCAA Outdoor Championships...best shot put throw was 16.65m/54-7 1/2i and top discus toss was 58.67m/192-6i... Outdoor - Redshirt season...went on to compete late spring at the Gary Shaw Big Throwers Meet and tossed discus PR and Olympic Trials qualifying mark of 62.18m/204-0 (5/22/08, Salinas) for first place in the men's B section...at Olympic Trials tossed a discus PR of 62.36m/204-7 in the qualifying round (7/3/08, Eugene) but finished 10th in the final after throwing 59.28m/194-10...won the gold medal in the discus at the North America, Central America and the Caribbean (NACAC) Under-23 Championships...throw 58.70m/192-7 (7/18/08, Toluca, Mexico).

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

FRESHMAN (2005-06): Indoor - Redshirt season due to hand injury...competed unattached and threw shot put 16.76m/55-0i and discus 53.67m/176-1i at Vandal Indoor (2/17/06, Moscow)... Outdoor - Did not throw shot during season...tossed PR and NCAA Regional Qualifying discus mark of 57.19m/187-7 to win the Cougar Invite (4/22/06, Pullman)...next week improved mark to 57.24m/187-9 at WSU-UW Dual...tossed discus PR and improved NCAA RQ of 57.84m/189-9 for third place at the Pac-10 Championships (5/14/06, Eugene)...that mark broke school freshman record held by All-American and Olympian Ian Waltz in 1996 (189-7)...placed seventh at NCAA West Regionals discus with toss of 52.21m/187-8 (5/27/06, Provo)...took third place in discus at NCAA Championships with mark of 57.74m/189-5 (6/9/06, Sacramento)...first WSU freshman to reach All-America status since 1984.

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

PERSONAL. Born in September 1986...father Clark Heavrin...mother Lisa Lamb...younger brother Jonathan Lamb...enjoys camping and outdoors...National Honor Society member with 3.8 prep GPA...member of Big Brother, Big Sisters...president of E- and Weightlifting clubs...ASB secretary of organizations...majoring in biochemistry.

LAMB'S WSU BESTS

Shot Put - 17.62m/ 57-9 3/4 (2007)
Discus - 62.36m/ 204-7 (2008)

PAC-10 CHAMPIONSHIPS PERFORMANCES

| | | | |
|------|--------|-----|-----------------|
| 2009 | Discus | 4th | 56.97m / 186-11 |
| 2007 | Discus | 4th | 58.68m / 192-6 |
| 2006 | Discus | 3rd | 57.84m / 189-9 |

NCAA WEST REGIONAL PERFORMANCES

| | | | |
|------|--------|-----|-----------------|
| 2009 | Discus | 5th | 58.20m / 190-11 |
| 2007 | Discus | 4th | 60.47m / 197-1 |
| 2006 | Discus | 7th | 52.21m / 187-8 |

NCAA CHAMPIONSHIPS PERFORMANCES

| | | | |
|------|--------|-----|----------------|
| 2009 | Discus | 5th | 58.01m / 190-4 |
| 2007 | Discus | 6th | 59.98m / 196-9 |
| 2006 | Discus | 3rd | 57.74m / 189-5 |





Anna Layman

ALL-AMERICAN

Sprints • 5-3 1/2, Junior • Spokane Valley, Washington

WSU CAREER. SOPHOMORE (2008-09): Indoor - Ran 800m in 2:09.41i for sixth place at MPSF Championships (2/28/09, Seattle)...ran second leg of 4x400m relay team with season-best 3:41.59i for fourth place at MPSF meet...member of school record Distance Medley Relay team with time of 11:17.92i at Notre Dame NCAA Last Chance meet (3/7/09, South Bend)...Outdoor - Opened season with NCAA RQ mark in 800m of 2:09.23 at Trojan Invite (3/21/09, Los Angeles)...16th in 800m at Pac-10 Championships (2:17.56).

REDSHIRT FRESHMAN (2007-08): Indoor - Suffered foot stress fracture in January 2008 and missed entire indoor season...Outdoor - Finally began full training with unorthodox methods of running with hurdlers rather than middle distance runners...ran a time of 2:08.23 at Washington State-Washington Dual meet (5/3/08, Pullman)...placed third in 800m at Pac-10 Championships with PR time of 2:04.87, fourth-best in WSU all-time (5/17/08, Tempe)...at NCAA West Regional, finished sixth in 800m (2:06.97)...at NCAA Championships ran prelim time of 2:06.85, seventh-fastest among 27 women racing...in 800m semifinals finished fifth with time of 2:04.03 which was a PR by .84 seconds, and second-best time in WSU women's 800m history (6/12/08, Des Moines)...finished eighth in 800m final with time of 2:06.93...earned All-America status.

FRESHMAN (2006-07): Cross Country - Redshirt...diagnosed with mononucleosis in October 2006...had appendix removed in November 2006...Indoor - redshirt season...Outdoor - Redshirt season due to stress reactions in her knees and feet.

HIGH SCHOOL CAREER. Earned eight varsity letters at Central Valley High...four in cross country and four in track under Coach Dennis McGuire...member of the Washington team for Border Clash...member of the Bloomsday Association for Western Regional Footlocker...freshman year finished 13th in 4A state championships in cross country...as a sophomore finished 18th in 4A state for cross country...placed third in 800m at 4A state championships...named to All-Greater Spokane League track team...senior year finished third in 4A state championships in cross country...named to All-GSL team for cross country...named Valley Herald Athlete of the Week.

PERSONAL. Born in February 1988, at Atlanta, Ga...mother Debra was an English professor who passed away in Fall 2008 after a long illness...older brothers James and Joe...played violin in high school orchestra...majoring in general social sciences at WSU.

LAYMAN'S WSU BESTS

400m - 4:55.49 (2009)
800m - 2:04.03 (2008)
4x400m Relay - 3:41.59i (2009)
Distance Medley Relay - 11:17.92i (2009)

PAC-10 CHAMPIONSHIPS PERFORMANCES

| | | | |
|------|------|------|---------|
| 2009 | 800m | 16th | 2:17.56 |
| 2008 | 800m | 3rd | 2:04.87 |

NCAA WEST REGIONAL PERFORMANCES

| | | |
|------|------|-------------|
| 2009 | 800m | DNC |
| 2008 | 800m | 6th 2:06.97 |

NCAA CHAMPIONSHIP PERFORMANCES

| | | |
|------|------|----------------------------------|
| 2008 | 800m | 8th 2:06.93 (2:04.03 in prelims) |
|------|------|----------------------------------|



Luke Lemenager

Middle Distance • 5-11, Senior • Maple Valley, Washington

WSU CAREER. JUNIOR (Fall 2009): Cross Country - Competed in two races for the Cougars...placed 24th (second on team) at the Runners Soul/Erik Anderson Invite...finished 69th (fifth on team) at the Inland Northwest Cross Country Classic.

SOPHOMORE (Fall 2008): Cross Country - Ran in four races...top finishes include 31st at the Clash of the Inland Northwest and seventh at the Cascade Conference Preview...72nd at Pac-10 Championships (10/31/08, Eugene)...JUNIOR (Spring 2009): Indoor - Top 800m runner on team...clocked in with PR time of 1:51.34i at Vandal Collegiate

(2/21/09, Moscow)...12th in 800m (1:52.76i) and on DMR team that took seventh at MPSF Championships (9:56.89i)...Outdoor - Reached NCAA RQ and PR time of 1:49.28 in upset win in 800m at WSU-Washington Dual Meet (5/2/09, Seattle)...finished eighth in 800m at Pac-10 Championships in 1:53.27...14th in 800m at NCAA West Region prelims (1:50.60)...also was WSU top 1500m runner with time of PR 3:52.52 at Stanford Invite (3/28/09).

REDSHIRT FRESHMAN (Fall 2007): Cross Country - Raced in five meets...competed at Pac-10 Championships and Pre-Nationals...finished 34th at the Willamette Invite and 44th at the Sundodger Invitational...came in 52nd overall sixth on the team at Pac-10 Championships (10/27/07, Corvallis), and 105th at the NCAA West Regional (11/10/07, Eugene), seventh on the team...SOPHOMORE (Spring 2008): Indoor - At Husky Classic ran PR mile time of 4:17.65i (2/16/08, Seattle)...ran top team and PR time in 800m of 1:52.31i for seventh place at the Mountain Pacific Sports Federation Championships (3/1/08, Seattle)...also on eighth place DMR squad at MPSF...Outdoor - Had best time of team in winning the 800m in a time of 1:51.88 at WSU-UW Dual Meet (5/3/08, Pullman)...also ran 1500m time of 4:05.61 at Stanford Invite (4/5/08).

FRESHMAN (2006-07): Cross Country - Redshirt season...Indoor - set a career-best time of 1:53.24i in the 800m at the Husky Classic (2/10/07, Seattle)...at same meet, helped relay team set freshmen school 1600m relay record with a time of 3:17.11i...on distance medley relay team that finished in 10:05.32i at the Husker Invite...Outdoor - Ran top team times of season in 800m (1:52.71) and 1500m (3:53.70)...finished 18th in 1500m at Pac-10 Championships with time of 1:54.52 (5/13/07, Stanford).

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

PERSONAL. Born February 1988 in Renton, Wash...father Joseph is a factory clerk...mother Toni is a factory clerk...honor roll student at Tahoma High...majoring in business at WSU.

LEMENAGER'S WSU BESTS

800m - 1:49.28 (2009)
1500m - 3:52.52 (2009)
Mile - 4:17.65i (2008)
4x400m Relay - 3:17.11i (2007) Freshman School Record
Distance Medley Relay - 9:56.89i (2009)

PAC-10 CHAMPIONSHIPS PERFORMANCES

| | | | |
|------|------|------|---------|
| 2009 | 800m | 8th | 1:53.27 |
| 2008 | 800m | 17th | 1:52.26 |
| 2007 | 800m | 18th | 1:54.52 |

NCAA WEST REGIONAL PERFORMANCES

| | | |
|------|------|--------------|
| 2009 | 800m | 14th 1:50.60 |
|------|------|--------------|



Shaquana Logan *STATE CHAMPION*

Hurdles • 5-7, Freshman • Tacoma, Washington

HIGH SCHOOL CAREER. Earned five varsity letters at Bellarmine Prep...one in soccer and four in track and field for coach Matt Ellis...won the state 4A 100m hurdles and 300m hurdles titles and on fourth-place 4x100m relay sophomore year...junior year won 4x100m relay state title...senior season won both the 100m hurdles (14.92) and 300m hurdles (45.12) and was runner-up in the long jump (17-2) at the Oregon Relays (4/25/09, Eugene)...won both hurdles races at Narrows League Championships...won district 100m hurdles but second in 300m hurdles...repeated as 4A state 100m hurdles and 4x100m relay champion, added 4x200m relay title, plus finished second in 300m hurdles...Bellarmine Prep won the 2009 state 4A Girls' track championships...ran on the Striders Track Club...team captain...finished sixth in 400m hurdles at AAU National Championships

PERSONAL. Born in January 1991 in Tacoma, Washington...parents are Shanton and Lisa Logan...five sisters - Shanauea, Shanice, Shannah, Roshaura, and Tialynja...interested in political science.

LOGAN'S BESTS

100m Hurdles - 14.19w, 14.31
300m Hurdles - 43.42



Kendall Mays

Pole Vault • 5-8 3/4, Redshirt Junior • Spokane, Washington

WSU CAREER, JUNIOR (2008-09): Indoor - Cleared pole vault bar at PR height and NCAA PQ 4.10m/13-5 1/4i to tie at fifth place at MPSF Championships (2/28/09, Seattle)...mark is second-best in WSU women's history...nationally, mark was tied for 18th with only top 17 advancing to NCAA Indoor Championships...Outdoor - Redshirt season...shin pain in take-off leg required time off from training and competition.

SOPHOMORE (2007-08): Indoor - Opened season winning pole vault at WSU Open clearing 3.55m/11-7 3/4i...finished second at Cougar Indoor over bar at 3.66m/12-0i...cleared PR in pole vault of 3.84m/12-7 1/4i at the Mountain Pacific Sports Federation Championships to tie for 11th (3/1/08, Seattle)...height is fifth-best pole vault in WSU women's history...Outdoor - Top clearance this season was 3.70m/12-1 1/2 achieved at WSU-UW Dual meet (5/3/08, Pullman) and the next weekend at Vandal Jamboree (5/10/08, Moscow)...did not clear a bar at the Pac-10 Championships...named Pac-10 All-Academic honorable mention.

FRESHMAN (2006-07): Indoor - Top pole vault clearance of 3.55m/11-7 3/4i came at Cougar Indoor (1/27/07, Pullman) and at McDonald's Collegiate (2/3/07, Moscow)...Outdoor - Season-best pole vault of 3.51m/11-6 1/4 at Pelluer Invite (4/6/07, Cheney)...mark is ninth-best in school history.

HIGH SCHOOL CAREER: Earned seven varsity letters at North Central and one at Gonzaga Prep...lettered four years in track and field and three years in volleyball for Mario Gustafson...also cheered for one year under Beth Pipkin...placed second in pole vault at State championships junior and senior year...regional champion both years...as a senior set a Greater Spokane League record with a jump of 12 feet...captain of track team senior year...volleyball placed third as a junior and fourth as a senior at regionals...competed in club volleyball for Northern Lights and club track for the Greater Spokane Track Club under Lex Katich, former Cougar pole vaulter.

PERSONAL: Born in September 1987 in Kirkland, Wash...father John Mays III and mother Heather L. Green...older brother Jacob Mays...younger sisters Elizabeth, Shelby, and Morgan...enjoys camping and music...majoring in biology for pre-med.

MAYS' WSU BEST

Pole Vault - 4.10m/13-5 1/4i (2009)

PAC-10 CHAMPIONSHIPS PERFORMANCES

2008 Pole Vault NH





Candace Missouri

PAC-10 SCORER

Long/Triple Jumps • 5-3 1/4, Junior • Vancouver, Washington

WSU CAREER. SOPHOMORE (2008-09): Indoor - Long jumped PR distance of 5.76m/18-10 3/4i at Husky Classic (2/14/09, Seattle)...best triple jump of season was 12.01m/39-5i at Vandal Collegiate (2/21/09, Moscow)...finished eighth in the triple jump (11.92m/39-1 1/4i) and 10th in long jump at MPSF Championships (5.66m/18-7i)...Outdoor - Top season long jump mark was 5.72m/18-9 1/2 at WSU-Washington Dual meet...reached triple jump PR marks at Pac-10 Championships with non-wind-aided mark of 11.99m/39-4, and tied for seventh-place with mark of 12.23m/40-1 1/2w (5/17/09, Eugene).

FRESHMAN (2007-08): Indoor - Top long jumper for Cougs this season...best effort was 5.74m/18-10i at Cougar Indoor (1/26/08, Pullman)...reached 12.10m/39-8 1/2i in triple jump for seventh place at Mountain Pacific Sports Federation Championships (3/1/08, Seattle)...also finished 14th in long jump at MPSF...Outdoor - Led team in long jump with top leap of 5.87m/19-3 1/4w coming at Stanford Invite (4/5/08)...triple jumped distance of 12.19m/40-0w at Trojan Invite (3/22/08, Los Angeles)...ran third leg of 4x100m relay team that finished fourth at Pac-10 Championships in time of 45.91 (5/17/08, Tempe)...at conference meet also finished 13th in triple jump and 18th in long jump.

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

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

MISSOURI'S WSU BESTS

60m - 7.76i (2008)
100m - 12.43w (2008), 12.62 (2008)
4x100m Relay - 45.91 (2008)
Long Jump - 5.87m/19-3 1/4w (2008), 5.81m/19-0 3/4 (2008)
Triple Jump - 12.23m/40-1 1/2w (2009), 11.99m/39-4 (2009)

PAC-10 CHAMPIONSHIPS PERFORMANCES

| | | | |
|------|--------------|-------|--------------------|
| 2009 | Triple Jump | t-7th | 12.23m / 40-1 1/2w |
| 2008 | Long Jump | 18th | 5.58m / 18-3 3/4 |
| | Triple Jump | 13th | 11.61m / 38-1 1/4 |
| | 4x100m Relay | 4th | 45.91 |



Marlon Murray

PAC-10 SCORER

Sprints • 6-1, Junior • Des Moines, Washington

WSU CAREER. SOPHOMORE (2008-09): Indoor - Breakout year for Murray...ran PRs in 60m dash of 6.82i seconds and 200m dash of 21.48i at Vandal Indoor (2/6/09, Moscow)...strained hamstring at Husky Invite and not able to race at MPSF Championships...Outdoor - Started season in rest and rehab due to hamstring...ran anchor leg of 4x100m relay with NCAA RQ time of 40.07 at Texas Relays...at WSU-UW Dual meet ran PR time in 100m of 10.58 and 200m RQ time of 21.23 (5/2/09, Seattle)...at Pac-10 Championships finished seventh in 100m in time of 10.60 after running 10.45w in prelim, and took sixth in 200m in time of 21.37 after running 21.01w in prelim (5/17/09, Eugene)...had spectacular performance at NCAA West Regional with fifth-place in 100m PR time of 10.57 and third in 200m dash in time of 21.26 after running PR time of 20.99 in prelims (5/30/09, Eugene)...pulled up at 200m finish line with reinjured hamstring...not able to fully rehabilitate in time for NCAA meet.

FRESHMAN (2007-08): Indoor - Opened collegiate career with 60m time of 6.95i and 200m time of 21.80i, both run at Vandal Indoor (2/8/08, Moscow)...at the Mountain Pacific Sports Federation Championships finished 13th in 200m (22.02i) and 18th in 60m (7.00i)...Outdoor - Fastest 100m time was 10.67 in prelims at Pac-10 Championships...took sixth place in final (10.74)...also ran anchor on fifth-place 4x100m team with NCAA RQ time of 40.53...squad had a better mark in 400m relay of 40.12 at the WSU-UW Dual meet (5/3/08, Pullman)...at the NCAA West Regionals, an early pass in the 4x100m relay was outside the lane and the Cougs did not run the final two legs.

HIGH SCHOOL CAREER. Earned three letters in track and field at Highline High for coach Tom Frank...voted rookie of the year as a sophomore...junior year took third in state in 200m and fifth in 100m...ran school 100m record time of 10.90 and third-best 200m dash at school...senior year 3A state champion in 100m (10.90) and on sixth-place 4x400m relay team (3:24.62)...school record-holder in 100m with 10.66 time run in prelims at state meet and the 4x100m relay with time of 42.86...also holds school record in 200m of 21.46, and 4x100m relay where he ran anchor leg...awarded most inspirational on team.

PERSONAL. Born in June 1989 in Jamaica...parents Neville and Beverly...older brother Jason and older sister Grace Ann...general humanities major at WSU.

MURRAY'S WSU BESTS

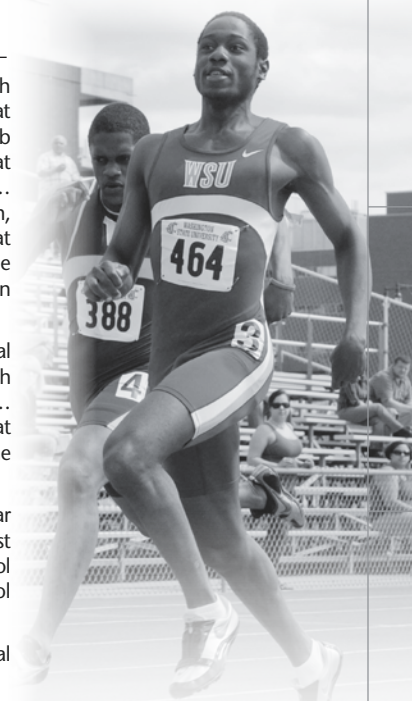
60m - 6.82i (2009)
100m - 10.57, 10.45w (2009)
200m - 20.99 (2009)
4x100m Relay - 40.07 (2009)

PAC-10 CHAMPIONSHIPS PERFORMANCES

| | | | |
|------|--------------|-----|-----------------------|
| 2009 | 100m | 7th | 10.60 (10.45w prelim) |
| | 200m | 6th | 21.37 (21.01w prelim) |
| 2008 | 100m | 6th | 10.74 |
| | 4x100m Relay | 5th | 40.53 |

NCAA WEST REGIONAL PERFORMANCES

| | | | |
|------|--------------|-----|----------------------|
| 2009 | 100m | 5th | 10.57 |
| | 200m | 3rd | 21.26 (20.99 prelim) |
| 2008 | 4x100m Relay | DNF | |





Holly Parent

High Jump • 5-7, Freshman • Victoria, British Columbia, Canada

HIGH SCHOOL CAREER. Competed in three sports at Reynolds Secondary school...played middle blocker in volleyball for coach Courtney Howe...played forward in basketball for coach Sanjai Sundher...was heptathlete and high jumper on track and field team for coaches John May and Greg Peters...won Academic Excellence honors all four years...was track team MVP all four years...as freshman won gold medal in pentathlon at B.C. Summer Games where she set records in high jump and pentathlon...sophomore year member of B.C. Youth Team...placed fourth in the Canadian Juniors heptathlon in New Brunswick... accorded Top Junior Girls Athlete Award...junior season tied the provincial and national youth high jump record by clearing the bar at 1.80m/5-10 3/4...member of Canadian Junior team...competed at World Junior Championships in Poland...member of Canadian Youth Commonwealth team...took fourth place in Pune, India... accorded Top Senior Girls Athlete Award...in 2009, finished third in Canadian Junior Championships...was Pan American Games qualifier...B.C. Junior team member, third place at Prince Edward Island...won gold medal at 2009 Canada Summer Games...member of the Victoria Track & Field club...from 2005-2007 was top combined events athlete...2008 was Top Juvenile Female Athlete...one of three nominated for B.C. Athletics Top Youth Female in 2008.

PERSONAL. Born in January 1991 in Victoria, British Columbia...father Bob is a retired systems professional...mother Evelyn is a project manager...older brother David and older sister Angie...enjoys alpine skiing...certified lifeguard...working toward a career as a physiotherapist.

PARENT'S BEST

High Jump - 1.80m/5-10 3/4



Mark Presby

Javelin • 5-11, Junior • Richland, Washington

WSU CAREER. SOPHOMORE (2008-09): Outdoor - Tossed PR and NCAA RQ mark of 62.10m/203-9 at the WSU-UW Dual Meet (5/2/09, Seattle)...finished 10th at Pac-10 Championships with javelin throw of 54.73m/179-7...24th at NCAA West Regional (55.71m/182-9).

REDSHIRT FRESHMAN (2007-08): Outdoor - Threw the javelin a PR distance of 198-10 (60.61m) on his first attempt at the WSU vs. UW Dual Meet in Pullman (5/3/08).

FRESHMAN (2006-07): Outdoor - Redshirt season...competed unattached...threw the javelin 58.63m/192-4 at the Duane Hartman invite (4/28/07, Spokane).

HIGH SCHOOL CAREER. Earned four letters in track and field under Jim Qualheim at Richland High...placed seventh as a junior and fifth as a senior for javelin at the state championships...named first team All-Big 9 as a senior...awarded WIAA Distinguished Scholastic Award...personal best for javelin 188-9.

PERSONAL: Born in May 1988 in Parma, Ohio...father Gerald is a mechanical engineer...mother Diane is a homemaker...older brother Michael graduated from WSU in 2002...majoring in finance at WSU.

PRESBY'S WSU BEST

Javelin - 62.10m / 203-19 (2009)

PAC-10 CHAMPIONSHIPS PERFORMANCES

| Year | Event | Rank | Distance |
|------|---------|------|----------------|
| 2009 | Javelin | 10th | 54.73m / 179-7 |

NCAA WEST REGIONAL PERFORMANCES

| Year | Event | Rank | Distance |
|------|---------|------|----------------|
| 2009 | Javelin | 24th | 55.71m / 182-9 |





Christine Rice *STATE CHAMPION*

High Jump • 5-10 1/2, Freshman • Ridgefield, Washington

HIGH SCHOOL CAREER. Earned seven varsity letters at Mountain View High...four as a sprint swimmer for coach Dave Shoup...three letters as a pole vaulter and high jumper for coach Bob Procive...sophomore season finished fourth in high jump at state 4A championships with a clearance at 5-4...junior year won district high jump title with jump of 5-6...was runner-up at state 4A meet on misses after clearing 5-8...senior season repeated as district champ (5-6)...won state 4A high jump title after clearing 5-10.

PERSONAL. Born in May 1991 in Grangeville, Idaho...father Patrick Rice is a middle school teacher...mother Margaret Schell is an activities coordinator...younger sister Sadie...undecided on major at WSU.

RICE'S BEST

High Jump - 1.78m/5-10



Cindy Robinson

Sprints • 5-9, Freshman • Norwalk, California

HIGH SCHOOL CAREER. Earned five varsity letters at Norwalk High...two as a power forward on basketball team for coach Richard Drake...three as a sprinter on track team for coach James Maynard...CIF scholar-athlete four years...Academic All-Suburban League for basketball and track and field...served as captain for both teams...during basketball was named to All-Suburban League honorable mention twice...won league 100m title three consecutive years and won back-to-back 200m titles...broke league record for 200m with 24.72 time in 2009...CIF Southern Section Division II runner-up in 100m and 200m as

sophomore, 200m champion as a junior...ran PR time of 11.96 in 100m prelims at 2008 CIF state qualifier meet...Suburban League Athlete of the Meet Girls Division twice...won 100m and 200m and named 2009 Los Angeles County Championship Athlete of the Meet...competed at 2009 National Scholastic Indoor Championships (New York City) and at Simplot Games (Pocatello)...named to Long Beach Press Telegram's 2009 Dream Team second team for 200m...member of Together Elite Track Club for coach Lori Smith-Thompson...qualified for USATF Junior Olympics as sprinter and relay member in 2008 and 2009.

PERSONAL. Born in October 1991 in Downey, California...father Renauldo Robinson...mother Paulette Blalock...younger sister Sydney...member of Norwalk High Honor Guard...graduated 18th out of 540 students at high school with 4.12 GPA...plans to pursue pre-law courses at WSU.

ROBINSON'S BESTS

60m - 7.81i
100m - 11.96
200m - 24.32w





Kyle Schauble

Decathlon • 6-1 1/2, Senior • Kennewick, Washington

WSU CAREER. JUNIOR (2008-09): Indoor - Reached PR in the pole vault with a leap of 4.30m/14-1 1/4i at the WSU Open (1/24/09, Pullman)...threw shot put PR distance of 10.48m / 34-4 3/4i at Vandal Collegiate (2/21/09, Moscow)...tied for seventh in pentathlon at the MPSF Championships with 4,883 points...Outdoor - Ran PR time in 110m hurdles of 14.85 at Stanford Invite (3/27/09)...tossed shot put an outdoor best 10.21m/33-6 at UCLA Johnson/Joyner-Kersey meet (4/9/09, Los Angeles)...top discus throw of 34.34m/112-8 at Hartman Invite (4/25/09, Spokane)...finished ninth in decathlon at Pac-10 Championships with total of 6,556 points...missed scoring by a mere 8 points.

SOPHOMORE (2007-08): Indoor - Reached lifetime best in heptathlon with score of 5032 points at Cougar Indoor (1/26/08, Pullman)...dropped out of competition at MPSF Championships after pulling a hamstring...during season had PRs in 60m hurdles (.8.35i), pole vault (4.15m/13-7 1/4i) and shot put (10.27m/33-8 1/2i)...Outdoor - Scored PR in decathlon of 6,785 points at Johnson/Joyner-Kersey (4/12/08, Los Angeles)...individual event PRs included high jump (1.86m/6-1 1/4), pole vault (4.20m/13-9 1/4), discus (33.52m/110-0) and javelin (52.59m/172-6)...competed halfway through season until sidelined with foot injury...had surgery in August 2008 for bone fracture in foot.

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

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

PERSONAL. Born in November 1987...father Al and mother Cheryl are teachers and coaches...Cheryl Byers Schauble competed as a sprinter/long jumper for Cougar track and coaches girls track at Kamiakin High...Al played football and basketball at Walla Walla JC...younger brother Ryan and sister Lindsey...majoring in general humanities at WSU.

SCHAUBLE'S WSU BESTS

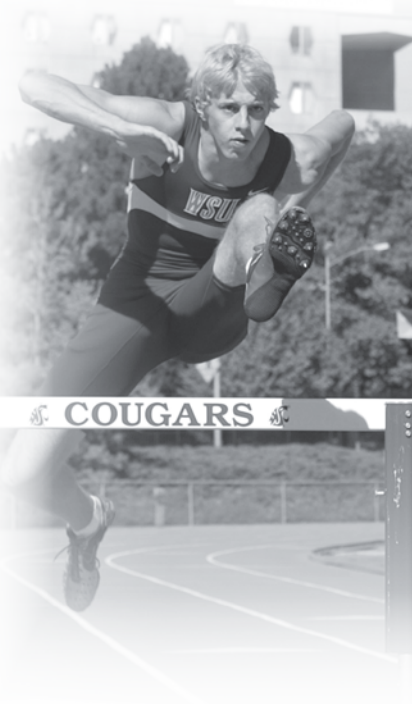
60m - 7.12i (2007)
100m - 11.25 (2007) 10.90 (lifetime)
200m - 22.20 (lifetime)
1500m - 4:37.14 (2007)
60m Hurdles - 8.35i (2008)
110m Hurdles - 14.85 (2009)
400m Hurdles - 55.68 (2007)

4x400m Relay - 3:17.11i (2007) FSR

High Jump - 1.86m / 6-1 1/4 (2008)
Pole Vault - 4.30m / 14-1 1/4i (2009)
Long Jump - 6.94m / 22-9 1/4i (2007)
Shot Put - 10.48m / 34-4 3/4i (2009)
Javelin - 52.59m / 172-6 (2008)
Heptathlon - 5032 points (2008)
Decathlon - 6785 points (2008)

PAC-10 CHAMPIONSHIPS PERFORMANCES

| | | | |
|------|--------------|----------------|--------------|
| 2009 | Decathlon | 9th | 6,556 points |
| 2007 | Decathlon | 10th | 6,385 points |
| | 110m Hurdles | 19th (prelims) | 15.22 |
| | Long Jump | DNF (prelims) | |



Stephan Scott-Ellis STATE CHAMPION

Triple Jump • 6-6 1/2, Freshman • Tacoma, Washington

POST HIGH SCHOOL CAREER (2009). Leaped 14.47m/47-5 3/4i at UW All-Comers Indoor Preview meet...soared in triple jump to 15.37m/55-5 1/4 at Stanford Invite (3/27/09)...at the USA Junior Track & Field Championships finished 12th in the triple jump with a wind-aided leap of 14.56m/47-9 1/4 (6/28/09, Eugene).

HIGH SCHOOL CAREER. Accorded three varsity letters at Curtis High...one as a forward on the basketball team for coach Lindsey Bemis...two letters for track coach Nate Wilford, who also coached the Flying AJs Track Club...junior year basketball team played in the 2007 state 4A tournament...during track season, was South Puget Sound League and district triple jump champion...triple jump runner-up at state 4A 2007 championships (47-0 1/2) and at the Brooks Washington-Oregon Meet of Champions...won the USATF Regional title...took third place at USATF meet...senior season finished fourth in the indoor triple jump at Simplot Games...leaped 49-2 1/2 for second at Arcadia Invite (4/12/08)...won league, district and state 4A triple jump titles...set stadium record at Brooks Washington-Oregon Meet of Champions in long jump (22-7) and triple jump (47-2 1/2)...USATF Regional triple jump champion and on winning 4x100m relay team...at USATF national meet fouled in triple jump and relay team disqualified...invited to represent USA team in Australia.

PERSONAL. Born June 1990 in Bremerton, Washington...father Kevin is a Chief Operations Officer 3BA...Kevin Ellis and grandfather Joe Ellis both played basketball at University of South Florida...Joe played in the NBA and Kevin played professionally in Europe...mother Theresa is a student...younger sister Alexis...undecided on major of study at WSU.

SCOTT-ELLIS' BESTS

Long Jump - 23-10
Triple Jump - 15.37m / 55-5 1/4 (2009)





Dominic Smargiassi

Distance • 6-2 1/2, Senior • Auburn, Washington

WSU CAREER. SENIOR (Fall 2009): Cross Country - Competed in four races for the Cougars...finished sixth (third on team) at the Clash of the Inland Northwest...placed 119th at the ISU Pre-Nationals Invitational...63rd place finish (eighth on team) at the Pac-10 Championships...99th place finish (seventh on team) at the NCAA West Regionals.

JUNIOR (Fall 2008): Cross Country - Competed in Clash of the Inland Northwest (4th), Roy Griak Invitational (94th), and Pre-Nationals (92nd)...finished 39th (fourth on team) at Pac-10 Championships (10/31/08, Eugene)...finished 83rd (sixth on team) at NCAA West Regional (11/15/08, Palo Alto)...Indoor - Placed 20th at MPSF in 5000m with time of 14:55.99i...Outdoor - Produced outstanding season with major PR drops...ran 1500m PR of 3:53.42 at Trojan Invite (3/20/09, Los Angeles)...top 5000m runner on team with time of 14:12.90 at Stanford Invite (3/27/09)...also ran PRs in 3k of 8:20.37 (5/2/09, Seattle) and mile of 4:17.72 (4/11/09, Los Angeles).

SOPHOMORE (Fall 2007): Cross Country - Competed in five races for the Cougars, scoring runner in three: Sundodger Invite (20th), Griak Invite (68th), and Pre-Nationals (125th)...finished 57th overall, seventh on team, at the Pac-10 Championships (10/27/07, Corvallis)...84th overall and sixth on the team at the NCAA West Regional (11/10/07, Eugene)...JUNIOR (Spring 2008): Indoor - Ran PR time in 3000m of 8:22.83 at Husky Classic (2/16/08, Seattle)...finished 19th in 3k at MPSF Championships (8:22.99i)...Outdoor - Solid season of performances...opened season with 1500m PR time of 3:54.73 at Trojan Invite (3/22/08, Los Angeles)...dropped more than a minute off 5k PR time at Stanford Invite running 14:19.39 (4/4/08)...finished 15th in 5k at Pac-10 Championships with time of 14:38.57.

REDSHIRT FRESHMAN (Fall 2006): Cross Country - Competed at Vandal Jamboree (11th), Sundodger (51st), and Montana Invite (20th)...finished 71st overall and ninth Cougar at Pac-10 Championships (10/28/06, Palo Alto)...SOPHOMORE (Winter 2007): Indoor - set career bests in the mile and 3k...finished mile in 4:22.68 at the Cougar Indoor...ran 3k at the Husky Classic in a time of 8:35.04...REDSHIRT FRESHMAN (Spring 2007): Outdoor - Ran a PR time in the 1500m of 4:03.60 at the Cougar-Husky Dual meet (4/29/07, Seattle)...tried the steeplechase at Coug Invite (9:57.00).

FRESHMAN (2005-06): Cross Country - Redshirt season...finished 28th at Eastern Washington Invite (10/15/05, Cheney) running unattached...Indoor - Ran best mile time of 4:24.44i at Cougar Indoor (1/28/06, Pullman)...Outdoor - Redshirt season...running unattached, clocked in a steeplechase time of 9:58.29 at the UW outdoor Preview (3/18/06, Seattle)...also ran a 5k 15:23.85 at the Pelluer Invite (4/7/06, Cheney).

HIGH SCHOOL CAREER. Earned eight varsity letters at Auburn High, four in both track and cross country for coach Greg Isham...captain of track team as a senior...freshman of the year in South Puget Sound League North...named to SPSL all-league first team as a sophomore, junior and senior...finished ninth at state in 1600m and was named SPSL distance runner of the year as a junior...set four course records in cross country as a senior...two-time All-American with the Federal Way Track Club under coach Darryl Genest...5000m PR of 14:58.

PERSONAL. Born in April 1987 in Oklahoma...father Nicholas is an engineer...mother Kevette is a teacher...older brother Michael...older sister Janie...mother ran track at the University of Oklahoma...uncle Mark Van ran track at the University of Washington...majoring in economics at WSU.

SMARGIASSI'S WSU BESTS

800m - 1:59.32i (2008)
1500m - 3:53.42 (2009)
Mile - 4:17.72 (2009)

SMARGIASSI'S WSU BESTS

3,000m - 8:20.37 (2009)
5000m - 14:12.90 (2009)
3000m Steeplechase - 9:57.00 (2007)



Marissa Tschida

ALL-AMERICAN

Javelin • 5-8 1/2, Junior • Missoula, Montana

WSU CAREER. SOPHOMORE (2008-09): Outdoor - Broke school javelin record with heave of 55.38m/181-8 at WSU-Washington Dual Meet (5/2/09, Seattle)...top collegiate thrower at Mt. SAC Relays (53.63m/175-11)...fourth place at Pac-10 Championships (48.54m/159-3)...finished fifth at NCAA West Regional (48.60m/159-5)...took sixth place in javelin at NCAA Championships (5/12/09, Fayetteville) with throw of 50.72m/166-5 after tossing a qualifying mark of 51.36m/168-6...earned All-America status.

FRESHMAN (2007-08): Outdoor - Won Mt. SAC Relays section javelin with a throw of 49.28m/161-8, breaking freshman school record, and tossing third-best women's javelin mark all-time (4/19/08, Walnut)...named the Pac-10 Women's Field Athlete of the Week for April 14-20...took third place at Pac-10 Championships with toss of 48.29m/158-5 (5/17/08, Tempe)...at NCAA West Regional finished fourth in javelin with mark of 48.25m/158-4 (5/31/08, Northridge)...at NCAA Championships threw javelin 47.73m/156-7 on third attempt during qualifying round which was 18th-best overall and did not advance to final...at 2008 USA Junior Outdoor Championships finished fourth after best throw of 49.03m/160-10 (6/20/08, Columbus, Ohio)...has a tattoo of a cheetah on her left shoulder and has named the tattoo Chester...named to USTFCCA Div. I Women's All-Academic team.

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

PERSONAL. Born in July 1989 in Missoula, Mont...father Brad is a powdered milk distributor, and mother Leslee is a tax credit underwriter...older brothers Chris and Nate...older sister Kim...National Honor Society secretary...Outstanding Achievement Award in accounting, English and AP US history...major undecided.

TSCHIDA'S WSU BEST

Javelin - 55.38m/181-8 SR (2009)

PAC-10 CHAMPIONSHIPS PERFORMANCES

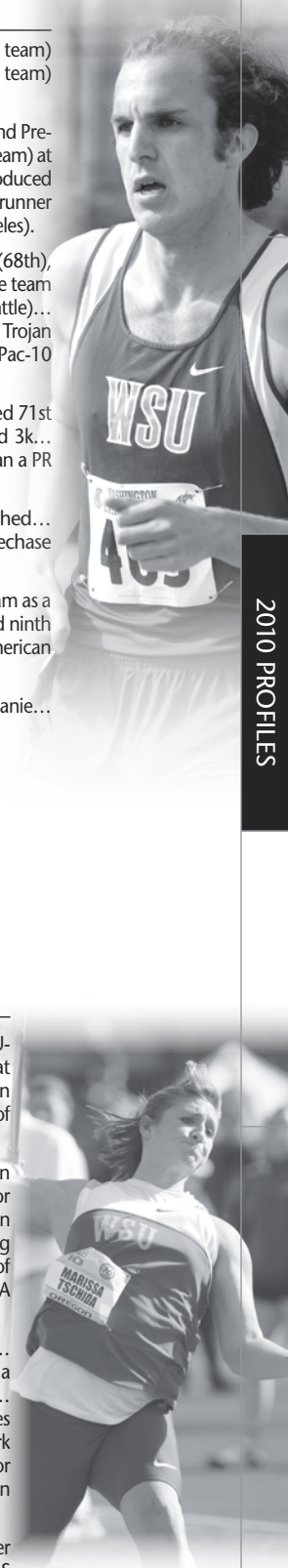
| Year | Event | Rank | Time/Mark |
|------|---------|------|----------------|
| 2009 | Javelin | 4th | 48.54m / 159-3 |
| 2008 | Javelin | 3rd | 48.29m / 158-5 |

NCAA WEST REGIONAL PERFORMANCES

| Year | Event | Rank | Time/Mark |
|------|---------|------|----------------|
| 2009 | Javelin | 5th | 48.60m / 159-5 |
| 2008 | Javelin | 4th | 48.25m / 158-4 |

NCAA CHAMPIONSHIP PERFORMANCES

| Year | Event | Rank | Time/Mark |
|------|---------|------|------------------------------|
| 2009 | Javelin | 6th | 50.72m / 166-5 |
| | | | (51.36m/168-6 in qualifying) |
| 2008 | Javelin | 18th | 47.73m / 156-7 |





Ross VanZanten

High Jump • 6-0 1/2, Redshirt Freshman • Longview, Washington

WSU CAREER. FRESHMAN (2008-09). Indoor - Leaped 2.03m/6-8i at the Vandal Collegiate meet (2/21/09, Moscow)...Outdoor - Redshirt season.

HIGH SCHOOL CAREER. Earned six varsity letters at Mark Morris High...two on the basketball team playing for coach Bill Bakamus...four on track team as a hurdler, long jumper and high jumper for coach Sam Tilton...on the basketball court, won the coaches award as a freshman....

junior year Monarchs hoops team went 26-1, won Greater St. Helen's League and district, and were state 2A runners-up... senior season boys' basketball team went 24-4, won league and district titles and finished third at state 2A tournament... during track career, sophomore year won the league and district high jump titles...finished third in the high jump at the 2006 state 3A meet after clearing 6-4 and also ran in state 110m hurdles prelims...as a junior broke a 30-year old school record in high jump of 6-8 1/4 but had season end before state meet with ACL knee surgery...recovered and came back to clear 6-8 at 2008 Arcadia Invitational...help team win district title senior year on way to his own state 2A high jump title... finished third at the Brooks Washington/Oregon Meet of Champions.

PERSONAL. Born in July 1989 in Longview, Wash...father Eric is a health and fitness teacher who was on the track team at the University of Idaho but graduated from WSU...mother Cindy is a preschool teacher...older sister Kara VanZanten Veach played volleyball at Warner Pacific College...interested in pursuing a degree in education to teach health and fitness.

VANZANTEN'S WSU BEST
High Jump - 2.03m / 6-8i (2009)



Sean Wilson

Long/Triple Jumps • 5-11, Sophomore • Colorado Springs, Colorado

WSU CAREER. FRESHMAN (2008-09). Indoor - Long jumped 6.61m/21-8 1/4i at the Runners Soul meet (2/7/09, Moscow)...top triple jump of season was 13.10m/42-11 3/4i at Vandal Collegiate (2/21/09, Moscow)...Outdoor - Long jumped 6.29m/20-7 3/4 at Sam Adams Classic (4/4/09, Spokane)...best triple jump of season was 14.67m/48-1 3/4w for 10th at Pac-10 Championships (5/17/09, Eugene).

HIGH SCHOOL CAREER. Earned four varsity letters in track and field for coach Nancy Pellow...team placed first in the Metro League and regionals during freshman, sophomore and junior seasons...sophomore year competed at the state championships in the 4x200m relay and triple jump...placed first in the league and regionals for the triple jump during sophomore and junior year...junior season finished first in league and regionals in 110m hurdles and 4x200m relay...placed second at state meet in the triple jump...fourth in the 110m hurdles...also competed in the 4x200m relay...team was runner-up at state championships... injured during senior year and did not compete...in club track competition, won 2007 state USATF triple jump, long jump and 110m hurdles...went on to win regional triple jump and place third in high hurdles...qualified for nationals in triple jump and 110m hurdles.

PERSONAL. Born in April 1990 in Alamogordo, New Mexico...father Sean Wilson Sr. is a pawn broker...mother Lolita Wilson is an elementary school teacher...sister Dominique ...cousin Lawrence Willis competes in track and field at University of Lafayette and competed on the world team for the triple jump...planning to major in communication at WSU.

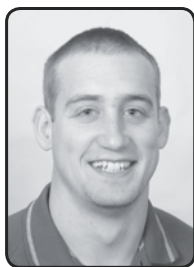
WILSON'S WSU BESTS
Long Jump - 6.61m/21-8 1/4i (2009)
Triple Jump - 14.67m/48-1 3/4w, 14.09m/46-2 3/4 (2009)

PAC-10 CHAMPIONSHIPS PERFORMANCES
2009 Triple Jump 10th 14.67m / 48-1 3/4w





Caroline Austin
FR, Distance
Chehalis, Wash.



Ryan Barrett
JR, Sprints
Graham, Wash.



John Brenteson
FR, Pole Vault
Vancouver, Wash.



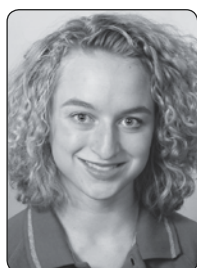
Devin Brooks
JR, Hurdles
Seattle, Wash.



Brianne Brown
SO, 400m
Spokane, Wash.



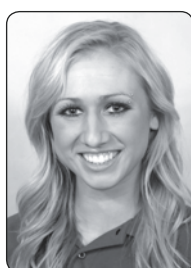
Maria Creech
Rs-SO, High Jump
Durango, Colo.



Mandi Dionne
Rs-FR, Pole Vault
Tucson, Ariz.



Justin Englund
Rs-FR, Distance
Federal Way, Wash.



Carly Fitzpatrick
Rs-FR, Pole Vault
Sumner, Wash.



Daniel Geib
Rs-JR, Distance
Reno, Nev.



Devin Giles
SR, Sprints
Tampa, Fla.



Ezra John Griffey
SO, Sprints
Federal Way, Wash.



Sean Harris
SO, Decathlon
Kent, Wash.



Caroline Hedel
JR, Hurdles
Richland, Wash.



David Hickerson
Rs-SO, Distance
Spokane, Wash.



Jacki Hill
SO, 400m
Bremerton, Wash.



André Jennings
JR, Sprints
Spokane, Wash.



Jasmine
Johnson-McKeown
FR, Heptathlon
San Bernardino, Calif.



Wesley McCann
FR, Sprints
Puyallup, Wash.



Peter Miller
Rs-SO, Distance
Spokane, Wash.



Mark Moeller
SR, Distance
Spokane, Wash.



Hilary Moore
Rs-SO, Pole Vault
Prosser, Wash.



Adam Neace
SO, Pole Vault
Walla Walla, Wash.



Kimika Rozier
SO, Tirple Jump
Murrietta, Calif.



Other Cougars to Watch



Marisa Sandoval
SR, Distance
Los Alamos, NM



Ian Smith
Rs-FR, Middle Distance
Renton, Wash.



Trevor Sodorff
Rs-SO, Pole Vault
Woodinville, Wash.



Amanda Stewart
Rs-SO, High Jump
Federal Way, Wash.



Kyle Stevens
FR, Javelin
Snoqualmie, Wash.



Jason Stoker
Rs-FR, Distance
Liberty Lake, Wash.



Chelsea VanDeBrake
Rs-JR, Distance
Yakima, Wash.



Ashlee Wall
JR, Distance
Walla Walla, Wash.



Nate Washington
JR, Sprints
Everett, Wash.



Jacob Weintraub
JR, Throws
Redondo Beach, Calif.



Dana Wells
FR, Hurdles
Tieton, Wash.



Cassie Whitfield
SO, Hammer
Puyallup, Wash.



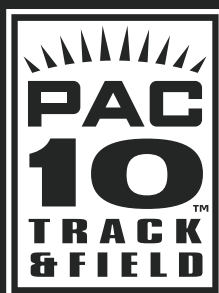
Jalisa Williams
JR, Hurdles
Pasadena, Calif.



Loreah Winlow
Rs-FR, Pole Vault
Nine Mile Falls, Wash.



Courtney Zalud
FR, Distance
Colbert, Wash.



COUGAR TRACK & FIE

Whitney Evans

NCAA Champion,
Eight-time All-American,
Three-time Pac-10
Champion



Bernard Lagat

8-time Wanamaker
Mile Winner,
2007 World Champion
1500m & 5000m,
three-time Olympian
(Silver & Bronze),
NCAA Indoor and
Outdoor Champion,
NCAA Indoor Athlete
of the Year, Pac-10
Athlete of the Year,
11-time All-American



Ellannee Richardson

Five-time All-American,
Three-time Pac-10 Champion



Jennifer Robertson Bravard

Three-time
All-American,
Pac-10
Champion



Julie Pickler

Five-time All-American,
Pac-10 Champion, two-time
NCAA heptathlon runner-up



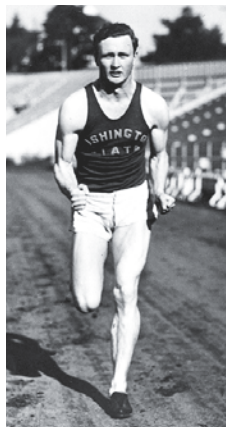
Diana Pickler

2008 Olympian,
Heptathlon
runner-up at 2007
US Championships,
Pac-10 Champion,
four-time All-
American, school
record holder in
100m hurdles
pentathlon and
heptathlon



Laura Lavine

Two-time
NCAA
Champion,
WSU record
holder



Lee Orr

1936
Olympian,
NCAA Champion,
World Record holder,
Collegiate record
holder

LD LEGENDS



Henry Rono

1976 Olympian, World Record holder, NCAA Champion, six collegiate records



Celestine N'Drin

1984 and 1988 Olympian, NCAA All-American, Pac-10 Champion

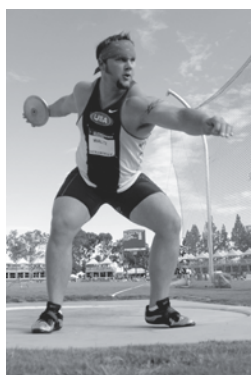
John Van Reenen

World Record holder, NCAA Champion



Julius Korir

1984 Olympic Steeplechase Champion, 1984 NCAA 5k Champion



Ian Waltz

2005, 2006 and 2008 US discus champion, 2004 and 2008 Olympian, runner-up at 2007 US Championships

John Ngeno

1976 Olympian, Collegiate Record holder, NCAA Champion



Connie Eckl

All-American, first WSU heptathlon record holder



Wes Foster

Six-time Pac-10 Champion



Gabriel Tiacoh

1984 Olympian (Silver medal), NCAA Champion, Collegiate record holder

Gerry Lindgren

1964 Olympian, American and World Record holder, NCAA Champion





Indoor All-Americans

WOMEN

| | | |
|------|---------------------|-------------|
| 1984 | Mary Moore | High Jump |
| 1985 | Mary Moore | High Jump |
| | Camille Rivard | 800 Meters |
| 1986 | Camille Rivard | 1000 Meters |
| 1987 | Mary Moore | High Jump |
| | Pam Qualls | 55 Meters |
| 1991 | Georgette Reed | Shot Put |
| 1992 | Jennifer Carpenter | 800 Meter |
| 1997 | Francesca Green | Long Jump |
| 1999 | Whitney Evans | High Jump |
| 2002 | Tamara Diles | Pole Vault |
| | Whitney Evans | High Jump |
| 2003 | Whitney Evans | High Jump |
| | Tiffany Giles | 1600m Relay |
| | Monique Jessie | 1600m Relay |
| | Angelita Green | 1600m Relay |
| | Ellannee Richardson | 1600m Relay |
| 2005 | Diana Pickler | Pentathlon |
| 2006 | Julie Pickler | Pentathlon |
| 2007 | Diana Pickler | Pentathlon |
| | Julie Pickler | Pentathlon |
| 2008 | Ebba Jungmark | High Jump |



Whitney Evans, eight-time All-American, the most decorated female student-athlete in WSU history.

MEN

| | | |
|------|---|-----------------------|
| 1965 | Bob Yard (NCAA) | Pole Vault |
| 1966 | Chris Westman | 2-Mile |
| | Gerry Lindgren (NCAA) | 2-Mile |
| 1967 | Gerry Lindgren | 2-Mile |
| 1968 | John van Reenen | Shot Put |
| | Gerry Lindgren | 2-Mile |
| 1974 | John Ngeno (NCAA) | 3-Mile |
| 1975 | Joshua Kimeto (fr.) | 2-Mile |
| | John Ngeno (NCAA) | 3-Mile |
| 1976 | Lee Braach | High Jump |
| | Samson Kimombwa | 3-Mile |
| | John Ngeno | 3-Mile |
| | Joshua Kimeto | 2-Mile |
| 1977 | James Brewster | 1000 Yard |
| | Brian Worden | Pole Vault |
| | Ian Campbell | Triple Jump |
| | Samson Kimombwa | 3-Mile |
| | Henry Rono (NCAA) | 2-Mile |
| | Henry Rono | 1-Mile |
| | Joshua Kimeto | 2-Mile |
| | Paul Buxton (fr.) | 35-lb. Wt. |
| 1978 | Ian Campbell (NCAA) | Triple Jump |
| | Henry Rono | 1-Mile |
| | Joel Cheruiyot (fr.) | 3-Mile |
| | Henry Rono | 2-Mile |
| | Jim Jesernig | 35-lb. Wt. |
| 1979 | Brian Goodman | Pole Vault |
| 1980 | Jeff Ramsey | 600 Yard |
| | Georges Kablan | Mile Relay |
| | Gerald Pawirodikromo | Mile Relay |
| | John Avognan | Mile Relay |
| | Jeff Ramsey | Mile Relay |
| 1981 | Joseph Taiwo | Triple Jump |
| | Sotirios Moutsanas | 1000 Yard |
| | Jeff Ramsey | Mile Relay |
| | Georges Kablan | Mile Relay |
| | John Avognan | Mile Relay |
| | Chris Whitlock | Mile Relay |
| 1982 | Richard Tuwei (fr.) | 1-Mile |
| | Sotirios Moutsanas | 1000 Yard |
| | Doug Nordquist | High Jump |
| | Joseph Taiwo | Triple Jump |
| | Peter Koech (fr.) | 2-Mile |
| 1983 | Richard Tuwei | 1000 Yard |
| | Richard Tuwei | 1-Mile |
| | Peter Koech | 2-Mile |
| | Joseph Taiwo | Triple Jump |
| 1984 | Dimitrios Koutsoukis | Shot Put |
| | Joseph Taiwo | Triple Jump |
| | Francis Dodoo | Triple Jump |
| | Peter Koech (NCAA) | 3000m |
| | Brent Harken | High Jump |
| 1985 | Peter Koech | 3000m |
| | James Cunningham | High Jump |
| | Dimitrios Koutsoukis | Shot Put |
| | Tore Gustafsson | 35-lb. Wt. |
| 1986 | Tore Gustafsson (NCAA) | 35-lb. Wt. |
| | Dimitrios Koutsoukis | Shot Put |
| 1987 | Jacinto Navarrete | 3000m |
| | Stefan Jonsson | 35-lb. Wt. |
| | Greg Jones | High Jump |
| 1988 | Stefan Jonsson | 35-lb. Wt. |
| | John Billingsley | 35-lb. Wt. |
| 1989 | E. J. Guo | 3000m |
| | John Billingsley | 35-lb. Wt. |
| | Tony Li | 55m Hurdles |
| 1990 | Tony Li (NCAA) | 55m Hurdles |
| | E. J. Guo | 5000m |
| 1991 | Augustin Olobia | 55m |
| | Tony Li | 55m Hurdles |
| | Samuel Kibiri | 1-Mile |
| 1992 | Josephat Kapkory | 3000m |
| | Augustin Olobia | 55m |
| 1994 | Josephat Kapkory (NCAA) | 3000m |
| | Christos Pallakis | Pole Vault |
| 1997 | Eric Kamau, Guillermo Macias, Rasto Kiplangat, Bernard Lagat | Distance Medley Relay |
| 1998 | Bernard Lagat | 3000m |
| 1998 | Ian Waltz | Shot Put |
| 1998 | Arend Watkins | 55m Hurdles |
| 1998 | Eric Kamau, Guillermo Macias, Rasto Kiplangat, Bernard Lagat (NCAA) | Distance Medley Relay |
| 1999 | Arend Watkins | 60m Hurdles |
| | Bernard Lagat | Mile |
| | Bernard Lagat | 3000m |
| 2000 | Ian Waltz | Shot Put |
| | Demetrius Murray | Triple Jump |
| 2001 | Benson Jones | Long Jump |
| 2002 | Anson Henry | 60m |
| 2003 | Kurtiss Dille | High Jump |
| 2004 | Danny Wolf | 3000m |
| | Tim Gehring | Shot Put |
| | Matt Mason | Long Jump |
| 2007 | Tyson Byers | Pole Vault |
| 2009 | Trent Arrivey | High Jump |
| | Barry Leavitt, Reny Follett, Justin Woods, Jeshua Anderson | 1600m Relay |

Bold Type = NCAA Champion

(NCAA) = NCAA Meet Record



Women's Indoor Records

| Event | Athlete | Record | Site | Year |
|--------------|---|-------------------|-------------------|--------------|
| 60m | Francesca Green | 7.45 | Lincoln | 1999 |
| 200m | Tamika Brown | 23.98 | Reno | 1998 |
| 400m | Tiffany Giles | 54.08 | Boise | 2003 |
| 800m | Jennifer Carpenter | 2:06.62 | Notre Dame | 1992 |
| Mile | Lisa Egami | 4:44.92 | Seattle | 2009 |
| 3000m | Sara Trané | 9:28.54 | Seattle | 2009 |
| 5000m | Anna Blue | 16:35.18 | Seattle | 2003 |
| 60m H | Agneta Rosenblad Diana Pickler | 8.26 8.26 | Moscow Seattle | 2001 2007 |
| 1600m Relay | Tiffany Giles, Monique Jessie, Angelita Green, Ellannee Richardson | 3:35.49 | Fayetteville | 2003 |
| Medley Relay | Lisa Egami, Lorraine King, Anna Layman, Sara Trané | 11:17.92 | South Bend | 2009 |
| High Jump | Mary Moore | 6-3 (1.905m) | Syracuse | 1985 |
| Pole Vault | Tamara Diles | 14-3 1/4 (4.35m) | Reno | 2002 |
| Long Jump | Agneta Rosenblad | 21-0 1/2 (6.41m) | Flagstaff | 2001 |
| Triple Jump | Blessing Ufodiama | 42-3 1/2 (12.89m) | Lincoln | 2004 |
| Shot Put | Georgette Reed | 52-5 1/4 (15.98m) | Indianapolis | 1991 |
| 20# Weight | Marie Muai | 63-6 3/4 (19.37m) | Seattle | 2004 |
| Pentathlon | Diana Pickler | 4,339 points | Fayetteville | 2007 |

Men's Indoor Records

| Event | Athlete | Record | Site | Year |
|--------------|---|-------------------|--------------|------|
| 60m | Anson Henry | 6.65 | Fayetteville | 2002 |
| 200m | Anthony Buchanan | 21.07 | Flagstaff | 2002 |
| 400m | Georges Kablan | 46.1 | Moscow | 1981 |
| 800m | Bernard Lagat | 1:47.07 | Reno | 1999 |
| Mile | Bernard Lagat | 3:55.65 | Indianapolis | 1999 |
| 3000m | Henry Rono | 7:43.2 | San Diego | 1980 |
| 5000m | John Ngeno (CR) | 13:34.6 | Portland | 1976 |
| 60m Hurdles | Kip Ngeno | 7.69 | Portland | 1975 |
| 1600m Relay | Barry Leavitt, Reny Follett, Justin Woods, Jeshua Anderson | 3:06.74 | Ames | 2009 |
| Medley Relay | Eric Kamau, Guillermo Macias, Rasto Kiplangat, Bernard Lagat (WR) (CR) | 9:29.54 | Indianapolis | 1998 |
| High Jump | Greg Jones | 7-6 1/2 (2.30m) | San Diego | 1987 |
| Pole Vault | Christos Pallakis | 18-6 1/2 (5.65m) | Barcelona | 1995 |
| Long Jump | Matt Mason | 26-6 1/4 (8.08m) | Seattle | 2004 |
| Triple Jump | Ian Campbell | 55-8 1/4 (16.97m) | Detroit | 1978 |
| Shot Put | Dimitrios Koutsoukis | 66-6 (20.27m) | Okla. City | 1986 |
| 35-lb Weight | Tore Gustafsson | 74-3 1/2 (22.64m) | Okla. City | 1986 |
| Heptathlon | Darion Powell | 5,631 points | Pullman | 2005 |



Women's Freshman Indoor Records

| Event | Athlete | Record | Year |
|-------------|---|-------------------|------|
| 60m | Princess Joy Griffey | 7.47 | 2007 |
| 200m | Erin Reed | 24.27 | 2001 |
| 400m | Erin Reed | 55.13 | 2001 |
| 800m | Sara Trané | 2:10.49 | 2006 |
| Mile | Haley Paul | 4:52.95 | 2006 |
| 3,000m | Michelly Foley | 9:56.80 | 2009 |
| 5,000m | Emily Farrar | 17.36.77 | 2009 |
| 60m Hurdles | Tamara Gulley | 8.44 | 2002 |
| 1600m Relay | Bree Skinner, Blessing Ufodiamma, Angelita Green, Erin Reed | 3:52.86 | 2001 |
| High Jump | Ebba Jungmark | 6-2 1/4 (1.89m) | 2008 |
| Pole Vault | Tamara Diles | 14-3 1/4 (4.35m) | 2002 |
| Long Jump | Francesca Green | 19-10 3/4 (6.06m) | 1996 |
| Triple Jump | Blessing Ufodiamma | 40-8 1/4 (12.40m) | 2001 |
| Shot Put | Shannon Rance | 46-9 (14.25m) | 2001 |
| 20# Weight | Brittany Hinchcliff | 56-8 1/2 (17.28m) | 2002 |
| Pentathlon | Jalisa Williams | 3,373 points | 2008 |

Men's Freshman Indoor Records

| Event | Athlete | Record | Year |
|--------------|---|------------------|------|
| 60m | Anthony Buchanan | 6.76 | 2001 |
| 200m | Anthony Buchanan | 21.40 | 2001 |
| 400m | Jeshua Anderson | 46.67 | 2008 |
| 800m | Bob Hewitt-Gaffney | 1:51.79 | 2007 |
| Mile | Henry Rono | 3:59.2 | 1977 |
| 3000m | Henry Rono (NFR) | 7:47.4 | 1977 |
| 5000m | Joel Cheruiyot (NFR) | 13:48.8 | 1978 |
| 60m Hurdles | Jeshua Anderson | 8.01 | 2008 |
| 1600m Relay | Kyle Schauble, Reny Follett, Bob Hewitt-Gaffney, Luke Lemenager | 3:17.11 | 2007 |
| Medley Relay | Justin Ireland, Dione Cason, Jon Manthey, Qieed Ishmael | 10:05.44 | 2002 |
| High Jump | Brent Harken | 7-2 3/4/2.20m | 1981 |
| Pole Vault | Tyson Byers | 16-10 3/4/5.15m | 2003 |
| Long Jump | John Hurtin | 24-6/7.47m | 1983 |
| Triple Jump | Ian Campbell (NFR) | 54-3/16.53m | 1977 |
| Shot Put | Paul Buxton | 61-11 3/4/18.89m | 1977 |
| 35-lb Weight | Paul Buxton (NFR) | 65-7 3/4/20.01 | 1977 |
| Heptathlon | Brandon Brownell | 5,154 points | 2004 |

Mountain Pacific Sports Federation

Established in 1992, the Mountain Pacific Sports Federation (MPSF) unites the Big West, Pacific-10, Mountain West, Western Athletic and West Coast Conferences and other selected universities in the western United States, to provide championship competition for Division I intercollegiate Olympic sports in a conference setting. The MPSF was originally formed to provide enhanced competition and championship opportunities for sports without conference affiliation; to contain the costs of competition; and to ensure the survival of sports impacted by Title IX and other fiscal pressures.

MPSF INDOOR WOMEN'S TEAM RESULTS

| | |
|------------------|---------------------|
| 1993 - Reno | Did not participate |
| 1994 - Reno | 37.5 points (6th) |
| 1995 - Reno | Did not participate |
| 1996 - Reno | 32 points (8th) |
| 1997 - Reno | 83 points (3rd) |
| 1998 - Reno | 100 points (2nd) |
| 1999 - Reno | 117 points (1st) |
| 2000 - Reno | 136.5 points (1st) |
| 2001 - Flagstaff | 125 points (3rd) |
| 2002 - Flagstaff | 113 points (3rd) |
| 2003 - Boise | 68 points (3rd) |
| 2004 - Seattle | 73 points (4th) |
| 2005 - Seattle | 58.5 points (6th) |
| 2006 - Seattle | 38.5 points (8th) |
| 2007 - Seattle | 72 points (6th) |
| 2008 - Seattle | 49 points (7th) |
| 2009 - Seattle | 51.5 points (8th) |

MPSF INDOOR MEN'S TEAM RESULTS

| | |
|------------------|---------------------|
| 1993 - Reno | Did not participate |
| 1994 - Reno | 39 points (8th) |
| 1995 - Reno | Did not participate |
| 1996 - Reno | 57 points (4th) |
| 1997 - Reno | 78 points (3rd) |
| 1998 - Reno | 115 points (1st) |
| 1999 - Reno | 124 points (2nd) |
| 2000 - Reno | 82 points (4th) |
| 2001 - Flagstaff | 108.5 points (1st) |
| 2002 - Flagstaff | 117 points (2nd) |
| 2003 - Boise | 41 points (7th) |
| 2004 - Seattle | 50 points (7th) |
| 2005 - Seattle | 49 points (7th) |
| 2006 - Seattle | 41 points (9th) |
| 2007 - Seattle | 63.5 points (7th) |
| 2008 - Seattle | 58 points (t7th) |
| 2009 - Seattle | 78.5 points (t2nd) |

**WOMEN**

| | | |
|-------------|----------------------|------------------|
| 1985 | Conny Eckl | Heptathlon |
| 1986 | Conny Eckl | Heptathlon |
| | Pam Qualls Reynolds | 200m |
| | Laura Lavine | Discus |
| | Camille Rivard | 1500m |
| | Celestine N'Drin | 800m |
| 1987 | Pam Qualls Reynolds | 100m |
| | Pam Qualls Reynolds | 200m |
| | Shaney Coe | Javelin |
| | Laura Lavine | Discus |
| 1988 | Laura Lavine | Discus |
| 1989 | Jennifer Robertson | 3000m |
| 1990 | Celestine N'Drin | 800m |
| | Jennifer Robertson | 3000m |
| 1991 | Georgette Reed | Shot Put |
| 1992 | Jennifer Carpenter | 800m |
| 1993 | Jennifer Bravard | 3000m |
| | Chantal Brunner | Long Jump |
| 1996 | Francesca Green | Long Jump |
| 1999 | Ellannee Richardson | Heptathlon |
| | Whitney Evans | High Jump |
| | Whitney Evans | Heptathlon |
| | Mandy Borschowa | Discus |
| 2000 | Alishia Booterbaugh | 800m |
| | Cicely Clinkenbeard | Triple Jump |
| | Molly Monroe | Javelin |
| 2001 | Whitney Evans | High Jump |
| | Jeannette Martus | Pole Vault |
| | Ellannee Richardson | Heptathlon |
| | Andrea Thornton | Discus |
| | Andrea Thornton | Hammer |
| 2002 | Whitney Evans | High Jump |
| | Ellannee Richardson | Heptathlon |
| 2003 | Anna Blue | 5000m |
| | Whitney Evans | High Jump |
| | Ellannee Richardson | Heptathlon |
| 2005 | Tamara Diles | Pole Vault |
| | Julie Pickler | Heptathlon |
| | Diana Pickler | Heptathlon |
| 2006 | Diana Pickler | Heptathlon |
| | Julie Pickler | Heptathlon |
| 2007 | McKenzie Garberg | Discus |
| | Julie Pickler | Heptathlon |
| 2008 | McKenzie Garberg | Discus |
| | McKenzie Garberg | Hammer |
| | Anna Layman | 800m |
| 2009 | Marissa Tschida | Javelin |

MEN

| | | |
|-------------|--------------------|-----------------|
| 1909 | Jack Nelson | 100 Yard |
| | Jack Nelson | 200 Yard |

Bold Type = NCAA Champion

(NCAA) = NCAA Meet Record

| | | |
|-------------|---------------------------|-------------------|
| 1921 | Eldon Jenne (NCAA) | Pole Vault |
| 1925 | John Devine | 2-Mile |
| 1928 | Wes Foster | 100 Yard |
| 1931 | Homer Hein | Javelin |
| 1934 | George Theodoratos | Shot Put |
| 1935 | George Theodoratos | Shot Put |
| | Dwight Scheyer | Discus |
| 1936 | Loren Benke | 440 Yd. IH |
| 1937 | Loren Benke (NCAA) | 440 Yard |
| | Lee Orr | 220 Yard |
| 1939 | Curt Ledford | 220 Yard |
| | Bill Dale | 880 Yard |
| | Mel Pettichord | 220 Yard |
| 1940 | Lee Orr | 440 Yard |
| 1940 | Dixie Garner | 2-Mile |
| 1947 | Joe Nebolon | 440 Yard |
| 1951 | Bill Parnell | 1-Mile |
| | Clem Eischen | 880 Yard |
| 1952 | Clint Richardson | Triple Jump |
| | Al Fisher | 5,000m |
| 1953 | Clint Richardson | Long Jump |
| 1954 | Bob Gary | 220 Yard |
| | Bob Gary | 100 Yard |
| 1955 | Bob Gary | 220 Yard |
| 1959 | Spike Arlt | 120 Yd. HH |
| | Spike Arlt | 440 Yd. IH |
| 1960 | Wayne Wilson | Pole Vault |
| 1962 | Eilif Fredriksen | Triple Jump |
| | Don Bertoia | 880 Yard |
| 1963 | Jim Allen | 440 Yd. IH |
| | Eilif Fredriksen | Triple Jump |
| 1964 | Bob Keppel | High Jump |
| | John Valiant | 10,000m |
| | John Valiant | Steeplechase |
| 1965 | Chris Westman | 6-Mile |
| | Bob Keppel | High Jump |
| | Chris Westman | 3-Mile |



Marissa Tschida earned All-America honors with her sixth place finish in the javelin at the 2009 NCAA Outdoor Track & Field Championships. Tschida is the school record holder in the javelin.



| | | |
|------|-------------------------------|----------------|
| 1966 | Gerry Lindgren (NCAA) | 3-Mile |
| | Gerry Lindgren | 6-Mile |
| | Chris Westman | 3-Mile |
| 1967 | Gerry Lindgren | 3-Mile |
| | Gerry Lindgren | 6-Mile |
| 1968 | John van Reenen | Discus |
| | Gerry Lindgren (NCAA) | 5,000m |
| | Gerry Lindgren | 10,000m |
| | Carl O'Donnell | Javelin |
| | Boyd Gittins | 400m Hurdles |
| | John van Reenen | Shot Put |
| 1969 | Jim Voss | High Jump |
| | Tony Tenisci (fr.) | Hammer |
| | Rick Riley | 6-Mile |
| | Art Sandison | 880 Yard |
| | John van Reenen (NCAA) | Discus |
| 1970 | Art Sandison | 880 Yard |
| | John van Reenen | Shot Put |
| | Peter Wright | High Jump |
| | John van Reenen | Discus |
| 1971 | Phil Wash | Decathlon |
| 1973 | Dean Clark | Steeplechase |
| | John Ngeno (fr.) | 3-Mile |
| 1974 | John Ngeno | 3-Mile |
| | John Ngeno | 6-Mile |
| 1975 | John Ngeno | 3-Mile |
| | Kip Ngeno | 120 Yd. HH |
| | John Ngeno | 6-Mile |



Trent Arrivey earned All-American honors in the high jump twice at the NCAA Outdoor Track & Field Championships and once at the NCAA Indoor Championships.

| | | |
|------|-------------------------------|---------------------|
| 1976 | John Ngeno (NCAA) | 10,000m |
| | Samson Kimombwa (fr) | 5,000m |
| | John Ngeno | 5,000m |
| | Joshua Kimeto | 5,000m |
| | Ray Kimball | Triple Jump |
| 1977 | James Brewster | 800m |
| | Joshua Kimeto | 5,000m |
| | Henry Rono (fr.) | Steeplechase |
| | Samson Kimombwa (NCAA) | 10,000m |
| | Paul Buxton (fr.) | Hammer |
| | Samson Kimombwa | 5,000m |
| | Dwight Midles | Hammer |
| | Ian Campbell (fr.) | Triple Jump |
| 1978 | Samson Kimombwa | 10,000m |
| | Ian Campbell | Triple Jump |
| | Josua Kimeto | 5,000m |
| | Henry Rono (NCAA) | Steeplechase |
| | Samson Kimombwa | 5,000m |
| | Gene Lorenzen | Javelin |
| 1979 | Jim Jesernig | Hammer |
| | Gene Lorenzen | Javelin |
| | Joel Cheruiyot | 10,000m |
| | Paul Buxton | Hammer |
| | Henry Rono | Steeplechase |
| 1980 | Samson Kimombwa | 10,000m |
| | Jim Jesernig | Hammer |
| 1981 | Joseph Taiwo | Triple Jump |
| | Greg Ernst | Pole Vault |
| 1982 | Richard Tuwei (fr.) | Steeplechase |
| | Peter Koech (fr.) | 5,000m |
| | Brent Harken | High Jump |
| | Laslo Babits | Javelin |
| | Peter Koech | 10,000m |
| | Joseph Taiwo | Triple Jump |
| | Tom Diehl | Javelin |
| | Tore Gustafsson | Hammer |
| | Ed VandeVoorde | Hammer |
| | Keith Collins | Decathlon |
| 1983 | Julius Korir (fr.) | Steeplechase |
| | Richard Tuwei | Steeplechase |
| | Tore Gustafsson | Hammer |
| | Laslo Babits | Javelin |
| | Peter Koech | 10,000m |
| | Chris Whitlock | 400m |
| | Brent Harken | High Jump |
| | Julius Korir | 5,000m |
| | Richard Tuwei | 5,000m |
| 1984 | Lee Gordon | 100m |
| | Peter Koech | 5,000m |
| | Peter Koech | 10,000m |
| | Julius Korir | 5,000m |
| | Julius Korir | Steeplechase |
| | Joseph Taiwo | Triple Jump |

Bold Type = NCAA Champion

(NCAA) = NCAA Meet Record



| | | |
|------|-------------------------------|---------------------|
| | Gabriel Tiacoh | 400m |
| | Francis Dodoo | Triple Jump |
| | Dimitrios Koutsoukis | Shot Put |
| | Jan Johansson (fr.) | Javelin |
| | James Cunningham | High Jump |
| | Carlos Gambetta | Decathlon |
| 1985 | Gabriel Tiacoh (NCAA) | 400m |
| | Peter Koech | 5,000m |
| | Peter Koech | Steeplechase |
| | Tore Gustafsson (NCAA) | Hammer |
| | Jan Johansson | Javelin |
| | Randy Mendenhall | Javelin |
| | Dimitrios Koutsoukis | Shot Put |
| 1986 | Gabriel Tiacoh | 400m |
| | Calvin Harris | 800m |
| | Nathan Morris | Steeplechase |
| | Tore Gustafsson | Hammer |
| | Dimitrios Koutsoukis | Shot Put |
| | Jan Johansson | Javelin |
| | Mark Babich | Javelin |
| | Jim Miller | Javelin |
| | Julius Korir | Steeplechase |
| | Julius Korir | 5,000m |
| 1987 | Jim Miller | Javelin |
| | Randy Mendenhall | Javelin |
| | Stefan Jonsson | Hammer |
| 1988 | Stefan Jonsson | Hammer |
| | Greg Jones | High Jump |
| | Patrik Johansson | Pole Vault |
| | Simon Shirley | Decathlon |
| | John Billingsley | Hammer |
| 1989 | John Billingsley | Hammer |
| | Kyle Unland | Hammer |
| | Simon Shirley | Decathlon |
| | Tony Li | 110m Hurdles |
| 1990 | Tony Li | 110m Hurdles |
| | Michael Joubert | 400m |
| 1991 | George Ogbeide | Long Jump |
| | George Ogbeide | 400m Relay |
| | Tony Li | 400m Relay |
| | Benari Burroughs | 400m Relay |
| | Augustin Olobia | 400m Relay |
| | Augustin Olobia | 100m |
| | Samuel Kibiri | Steeplechase |
| | Samuel Kibiri | 1500m |
| | Robert Price | Steeplechase |
| | John Hill | Steeplechase |
| | E. J. Guo | 5,000m |
| | E. J. Guo | 10,000m |
| 1992 | Mark Macdonald | 400m Hurdles |
| | Josephat Kapkory | 5,000m |
| | Matt Shafer | Hammer |
| 1994 | Josephat Kapkory | 10,000m |
| | Patrick Muturi | 10,000m |

| | | |
|------|-------------------------|---------------------|
| | Chad McKinney | Javelin |
| | Matt Shaffer | Hammer |
| 1995 | Christos Pallakis | Pole Vault |
| | Leo Slack | Decathlon |
| 1996 | Dominique Arnold | 110mHH |
| | Leo Slack | Decathlon |
| 1997 | Bernard Lagat | 1500m |
| | Ian Waltz | Discus |
| | Ian Waltz | Shot Put |
| 1998 | Bernard Lagat | 1500m |
| | Hilary Mawindi | Triple Jump |
| | Ian Waltz | Discus |
| | Ian Waltz | Shot Put |
| | Arend Watkins | 110m Hurdles |
| 1999 | Bernard Lagat | 5000m |
| | Bernard Lagat | 1500m |
| | Demetrius Murray | Triple Jump |
| 2000 | Ian Waltz | Discus |
| | Ian Waltz | Shot Put |
| 2001 | Eric Dudley | 400m Hurdles |
| | Arend Watkins | 110m Hurdles |
| 2002 | Anson Henry | 100m |
| 2003 | Eric Dudley | 400m Hurdles |
| | Darion Powell | Decathlon |
| 2004 | Curt Borland | Javelin |
| | Anthony Buchanan | 100m |
| 2005 | Tyson Byers | Pole Vault |
| 2006 | John Cassleman | 400m Hurdles |
| | Matt Lamb | Discus |
| 2007 | Matt Lamb | Discus |
| 2008 | Jeshua Anderson | 400m Hurdles |
| | Trent Arrivey | High Jump |
| | Rickey Moody | Decathlon |
| 2009 | Jeshua Anderson | 400m Hurdles |
| | Trent Arrivey | High Jump |
| | Matt Lamb | Discus |



Jeshua Anderson won the NCAA Outdoor Championships men's 400m hurdles title in both 2008, as a freshman, and again in 2009, as a sophomore.

Bold Type = NCAA Champion (NCAA) = NCAA Meet Record



Women's Outdoor Records

| Event | School | Mooberry Stadium | Pac-10 |
|---------------------------|---|--|---|
| 100m | 11.52 Pam Reynolds 1987 Corvallis, Ore. | 11.42 Angela Williams 2002 USC | 10.97 Gail Devers 1987 UCLA |
| 200m | 23.30 Pam Reynolds 1987 Corvallis, Ore. | 22.91 Brianna Glenn 2002 Arizona | 22.23 Carol Rodriguez 2006 USC |
| 400m | 52.04 Celestine N'Drin 1988 Seoul | 52.29 Nakiya Johnson 2002 USC | 49.96 M. Henderson 2005 UCLA |
| 800m | 2:02.99 Celestine N'Drin 1990 Durham, NC | 2:03.79 Karen Bennett 1994 Arizona | 1:58.51 B. Langerholc 2000 USC |
| 1500m | 4:14.69 Jennifer Bravard 1993 Seattle, Wash. | 4:20.69 Kim Toney 1994 ASU | 4:07.69 Lena Nilsson 2003 UCLA |
| Mile | 4:51.10 Jennifer Bravard 1993 Stanford, Calif. | NA | 4:50.68 Penny Graves 1987 Oregon |
| 3000m Steeplechase | 10:14.29 Sara Trané 2008 Northridge, Calif. | 10:52.36 Collier Lawrence 2008 WSU | 9:46.43 Lisa Aguilera 2003 Arizona State |
| 5000m | 16:14.55 Anna Blue 2003 Stanford, Calif. | 16:36.52 Brenda Sleewenhoek 1994 Arizona | 15:15.48 Lauren Fleshman 2003 Stanford |
| 10,000m | 34:25.63 Anna Blue 2003 Walnut, Calif. | 33:44.19 Kirsten O'Hara 1985 California | 32:31.65 Amy Skiersz 1997 Arizona |
| 100m Hurdles | 13.25 Diana Pickler 2007 Sacramento, Calif. | 13.31 Sau Ying Chan 1994 USC | 12.48 Virginia Powell 2006 USC |
| 400m Hurdles | 57.07 Randi Smith 2000 Denton, Texas | 57.05 Lade Akinremi 1994 ASU | 53.47 Janeene Vickers 1991 UCLA |
| 400m Relay | 44.50 A. Higgins, L. Mucker, E. Richardson, F. Green 1999 Tempe, Ariz | 44.14 A. Williams, D. Page, N. Neal, K. Davis 2002 USC | 42.96 USC 2006 |
| 1600m Relay | 3:33.65 T. Giles, T. Gulley, M. Jessie, E. Richardson 2003 Stanford, Calif. | 3:31.97 B. Ogunleye, A. McKinnon, S. Johnson, M. Henderson 2002 UCLA | 3:27.57 UCLA 2003 |
| High Jump | 6-2 Mary Moore 1986 Walnut, Calif. | 6-2 Carina Westover 1984 Oregon State | 6-6 Amy Acuff 1994 UCLA |
| Pole Vault | 13-11 1/4 Tamara Diles 2006 Pullman, Wash. | 13-11 1/4 Tamara Diles 2006 WSU | 15-1 Chelsea Johnson 2006 UCLA |
| Long Jump | 21-4 3/4 Agneta Rosenblad 2001 Berkeley, Calif. | 21-5 3/4 Shu-Ahin 1988 China | 22-10 Rhonda Watkins 2007 UCLA |
| Triple Jump | 42-10 1/4 Cicely Clinkenbeard 2000 Eugene, Ore. | 43-2 1/4 Roshanda Glenn 1994 UCLA | 46-5 1/4 Erica McLain 2007 Stanford |
| Shot Put | 54-6 Georgette Reed 1991 Calgary, Canada | 56-1 3/4 Valeyta Althouse 1994 UCLA | 61-10 1/4 Valeyta Althouse 1995 UCLA |
| Discus | 189-8 Laura Lavine 1988 Tucson, Ariz. | 205-3 Ai-Lan Xing 1988 China | 215-3 Aretha Hill 1998 Washington |
| Hammer | 210-3 McKenzie Garberg 2008 Des Moines, Iowa | 204-9 McKenzie Garberg 2008 WSU | 226-8 Eva Orban 2006 USC |
| Javelin | 181-8 Marissa Tschida 2009 Seattle, Wash. | 186-10 Inga Stasiulionyte 2002 USC | 189-11 Rachel Yurkovich 2007 Oregon |
| Heptathlon | 6,205 Diana Pickler 2007 Austin, Texas | 5,821 Ellannee Richardson 2002 WSU | 6,307 Jacquelyn Johnson 2008 Arizona State |

Men's Outdoor Records

| Event | School | Mooberry Stadium | Pac-10 |
|---------------------------|--|--|--|
| 100m | 10.17 Anson Henry 2002 Walnut, Calif. | 10.27 George Ogbeide 1991 WSU | 9.90 Ato Bolden 1996 UCLA |
| 200m | 20.52 Anson Henry 2002 Pullman, Wash. | 20.37 Jordan Boase 2008 Washington | 19.80 Ato Boldon 1992 UCLA |
| 400m | 44.30 Gabriel Tiacoh 1986 Indianapolis, Ind. | 45.24 Gabriel Tiacoh 1984 WSU | 43.50 Quincy Watts 1992 USC |
| 800m | 1:45.4 Art Sandison 1969 Knoxville, Tenn. | 1:45.12 Joaquim Cruz 1984 Oregon | 1:41.77 Joaquim Cruz 1984 Oregon |
| 1500m | 3:34.48 Bernard Lagat 1998 Stuttgart, Germany | 3:42.29 Jim Hill 1984 Oregon | 3:34.48 Bernard Lagat 1998 WSU |
| Mile | 3:57.84 Samuel Kibiri 1991 Stanford, Calif. | 4:01.9 Jim Johnson 1972 Washington | 3:53.00 Joaquim Cruz 1984 Oregon |
| 3000m Steeplechase | 8:05.4 Henry Rono 1978 Seattle, Wash. | 8:24.4 Henry Rono 1978 WSU | 8:05.4 Henry Rono 1978 WSU |
| 5000m | 13:06.2 Henry Rono 1981 Knarvik | 13:38.2 Joel Cheruiyot 1978 WSU | 13:08.4 Henry Rono 1981 WSU |
| 10,000m | 27:22.5 Henry Rono 1978 Vienna, Austria. | 28:53.3 S. Kimombwa 1980 WSU | 27:22.47 Henry Rono 1978 WSU |
| 110m Hurdles | 13.37 Tony Li 1991 Sapporo, Japan | 13.62 Tony Li 1990 WSU | 13.22 Greg Foster 1978 UCLA |
| 400m Hurdles | 48.47 Jeshua Anderson 2009 Fayetteville, Ark. | 49.69 Rob Cassleman 1983 PCC | 47.72 Kevin Young 1988 UCLA |
| 400m Relay | 39.24 G. Ogbeide, T. Li, B. Burroughs, A. Olobia 1991 Eugene, Ore. | 39.17 F. Heard, L. Burrell, D. Mitchell, J. Simpson 1985 USA Juniors | 38.44 (A) USC 1967 |
| 1600m Relay | 3:05.58 L. Gordon, C. Harris, D. Livingston, G. Tiacoh 1985 Tucson, Ariz. | 3:06.03 L. Parham, S. Amoo, P. Lopez, S. Fitch 2002 Arizona State | 2:59.91 UCLA 1988 |
| High Jump | 7-7 Brent Harken 1984 Rome, Italy | 7-6 3/4 Dothel Edwards 1985 USA Juniors | 7-7 1/4 Del Davis 1982 UCLA 7-7 1/4 Jesse Williams 2006 USC |
| Pole Vault | 18-0 1/2 Patrik Johansson 1989 Oslo 18-0 1/2 Christos Pallakis 1995 Knoxville | 18-2 1/2 Nick Hysong 1994 ASU | 19-0 1/4 Brad Walker 2003 Washington 19-0 1/4 Tommy Skipper 2007 Oregon |
| Long Jump | 27-0 1/2 George Ogbeide 1991 Cottbus, Germany | 26-4 3/4 Randy Williams 1975 USC | 27-4 1/2 R. Williams 1972 USC |
| Triple Jump | 56-4 3/4 Joseph Taiwo 1984 Lagos, Nigeria | 54-11 3/4 Ian Campbell 1978 WSU | 57-0 1/2 Joseph Taiwo 1984 WSU |
| Shot Put | 67-6 3/4 D. Koutsoukis 1986 Indianapolis, Ind. | 69-2 John Brenner 1984 UCLA | 72-2 1/4 John Godina 1995 UCLA |
| Discus | 211-5 Ian Waltz 1998 Salinas, Calif. | 208-10 John van Reenen 1970 WSU | 216-2 Dean Crouser 1983 Oregon |
| Hammer | 255-1 Tore Gustafsson 1986 Pullman, Wash. | 255-1 Tore Gustafsson 1986 WSU | 270-10 Balazs Kiss 1995 USC |
| Javelin | 257-2 Stephan Wikstrom 1990 Pullman, Wash. | 257-2 Stephan Wikstrom 1990 WSU | 268-7 Esko Mikkola 1998 Arizona |
| Decathlon | 8,036 Simon Shirley 1988 Seoul, S. Korea | 8,267 Dan O'Brien 1990 Moscow, USA | 8,322 Mike Ramos 1986 Washington |

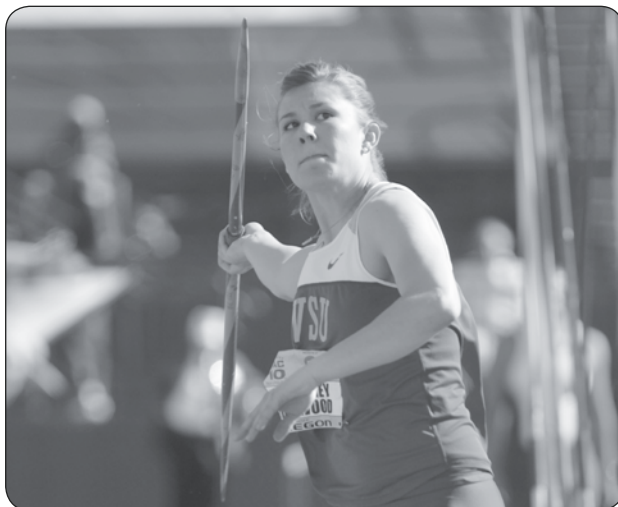
Women's Freshman Outdoor Records

| Event | Athlete | Mark/Time | Site | Year |
|--------------|----------------------|-------------------|--------------|------|
| 100m | Pam Qualls | 11.61 | Pullman | 1986 |
| | Francesca Green | 11.61 | Los Angeles | 1996 |
| 200m | Pam Qualls | 23.36 | Indianapolis | 1986 |
| 400m | LaTroya Mucker | 53.90 | Seattle | 1997 |
| 800m | Celestine N'Drin | 2:03.10 | Indianapolis | 1986 |
| 1500m | Jennifer Robertson | 4:23.33 | Los Angeles | 1989 |
| 3000m | Jennifer Robertson | 9:18.36 | Eugene | 1989 |
| 3000m Stplch | Meghan Leonard | 10:44.91 | Seattle | 2005 |
| 5000m | Jennifer Robertson | 16:36.14 | Stanford | 1989 |
| 10,000m | Kristin Liebich | 36:34.08 | Tempe | 1994 |
| 100m Hurdles | Ellannee Richardson | 13.69 | Eugene | 1999 |
| 400m Hurdles | Janice Farwell | 58.51 | Eugene | 1986 |
| High Jump | Mary Moore | 6-1 1/4 (1.86m) | Los Angeles | 1984 |
| Pole Vault | Tamara Diles | 13-2 1/4 (4.02m) | Long Beach | 2001 |
| Long Jump | Francesca Green | 20-10 1/2 (6.36m) | Los Angeles | 1996 |
| Triple Jump | Cicely Clinkenbeard | 41-9 1/4 (12.73m) | Stanford | 1998 |
| Shot Put | Shannon Rance | 49-3 (15.01m) | Austin | 2001 |
| Discus | Mandy Borschowa | 188-8 (57.52m) | Pullman | 1999 |
| Hammer | Brittany Hinchcliffe | 184-10 (56.33m) | Pullman | 2002 |
| Javelin | Courtney Kirkwood | 170-8 (52.01) | Spokane | 2009 |
| Heptathlon | Ellannee Richardson | 5,678 | Boise | 1999 |

Men's Freshman Outdoor Records

| Event | Athlete | Mark/Time | Year |
|--------------|----------------------|-------------------|------|
| 100m | Anthony Buchanan | 10.28 | 2001 |
| 200m | Justin Woods | 21.01 | 2006 |
| 400m | Kris Durr | 45.84 | 1984 |
| 800m | Gerald Pawirodikromo | 1:47.5 | 1978 |
| 1500m | Peter Koech | 3:38.46 | 1982 |
| 3000m | Peter Koech (NFR) | 7:39.09 | 1982 |
| 3000m Stplch | Julius Korir (NFR) | 8:20.02 | 1983 |
| 5000m | Peter Koech (NFR) | 13:09.50 | 1982 |
| 10,000m | Henry Rono (NFR) | 27:37.1 | 1977 |
| 110m Hurdles | Arend Watkins | 13.82 | 1998 |
| 400m Hurdles | Jeshua Anderson | 48.68 | 2008 |
| High Jump | Brett Lowery | 7-3 (2.21m) | 1983 |
| Pole Vault | Patrik Johansson | 17-8 1/2 (5.40m) | 1988 |
| Long Jump | Demetrios Araouzos | 25-0 3/4 (7.64m) | 1983 |
| Triple Jump | Ian Campbell | 54-5 1/2 (16.60m) | 1977 |
| Shot Put | Paul Buxton | 62-2 1/4 (18.95m) | 1977 |
| Discus | Matt Lamb | 189-9 (57.84m) | 2006 |
| Hammer | Paul Buxton (NFR) | 227-6 (69.34m) | 1977 |
| Javelin | Chad McKinney | 221-10 (67.66m) | 1990 |
| Decathlon | Simon Shirley | 7,584 pts | 1986 |

NFR = National Freshman Record



Courtney Kirkwood (above) broke Marissa Tschida's 2008 freshman javelin record in 2009.

Jeshua Anderson (right) had a record-setting freshman year at WSU in 2008.





Women's Pac-10 Champions

| | | | |
|------|--|--------------|-----------|
| 1987 | Laura Lavine | Discus | 189-7 |
| | Celestine N'Drin | 800m | 2:05.13 |
| 1988 | Laura Lavine | Discus | 186-2 |
| 1989 | Celestine N'Drin | 400m | 53.01 |
| | Jennifer Bannon | 800m | 2:07.47 |
| | Jennifer Robertson | 3000m | 9:26.79 |
| | Jennifer Robertson | 5000m | 16:36.14 |
| 1990 | Celestine N'Drin | 800m | 2:04.05 |
| 1992 | Jennifer Carpenter | 1500m | 4:26.42 |
| 1993 | Chantal Brunner | Long Jump | 20-4 1/4 |
| 1996 | Francesca Green | Long Jump | 20-10 1/2 |
| 1998 | Francesca Green | Long Jump | 20-6 1/2 |
| 1999 | Cicely Clinkenbeard | Triple Jump | 42-8 1/4w |
| | A. Higgins, L. Mucker E. Richardson, F. Green | 4x100 Relay | 44.50 |
| 2000 | Molly Monroe | Javelin | 152-7 |
| 2001 | Whitney Evans | High Jump | 5-10 3/4 |
| | Ellannee Richardson | Heptathlon | 5578 pts |
| | Agneta Rosenblad | Long Jump | 21-4 3/4 |
| 2002 | Whitney Evans | High Jump | 5-11 1/4 |
| | Ellannee Richardson | Heptathlon | 5821 pts |
| 2003 | Ellannee Richardson | Heptathlon | 5766 pts |
| | Whitney Evans | High Jump | 5-11 1/2 |
| 2005 | Julie Pickler | Heptathlon | 5569 pts |
| | Robin Mikesh | High Jump | 5-10 |
| 2007 | Sara Trané | Steeplechase | 10:19.89 |
| | Diana Pickler | Heptathlon | 6018 pts |
| 2008 | Sara Trané | Steeplechase | 10:17.80 |
| 2009 | Lorraine King | 400m Hurdles | 57.51 |

Men's Pac-10 Champions

| | | | |
|------|---|--------------|-----------|
| 1919 | Charles Smith | 2-Mile | 9:59.4 |
| | Eldon Jenne | Pole Vault | 11-8 |
| | Overman Howell | 120 Yd. HH | 15.4 |
| 1920 | Charles Smith | 2-Mile | 9:53.8 |
| | Eldon Jenne | Pole Vault | 13-0 3/8 |
| 1921 | Eldon Jenne | Pole Vault | 12-0 |
| 1928 | Wes Foster | 100 Yd. Dash | 9.9 |
| | Wes Foster | 220 Yd. Dash | 21.6 |
| 1929 | Ben Herron | Pole Vault | 12-6 |
| | Wes Foster | 100 Yd. Dash | 10.1 |
| | Wes Foster, Ken Kelly, Jack Mooberry, True Ouillet | Mile Relay | 3:23.0 |
| 1930 | Wes Foster | 100 Yd. Dash | 10.1 |
| | Wes Foster | 220 Yd. Dash | 21.8 |
| | Rex Taylor | 880 Yd. | 1:57.8 |
| | Homer Hein | Javelin | 198-3 3/8 |
| 1931 | Al Crosetto | 2-Mile | 9:38.5 |
| 1932 | Ken Wills | 1500m | 3:59.6 |
| | Al Crosetto | 5000m | 15:53.5n |
| | Arthur Crews | Javelin | 199-3 |
| | Max Boone | Pole Vault | 13-0 |
| | George Martin | Long Jump | 23-8 |
| | Carville Sparks, Huntley Gordon, Milford Schultz | High Jump | 6-0 |

| | | | |
|------|---|--------------|-----------|
| 1933 | Ken Leendersten | 880 Yd. | 1:57.1 |
| | Max Boone | Pole Vault | 12-0 5/8 |
| 1934 | Roy Carriker | Mile | 4:24.6 |
| | George Theodoratos | Shot Put | 52-0 7/8 |
| | Ron Kelly | 120 Yd. HH | 14.7 |
| | Ted Christoffersen, Lawrence Giles | High Jump | 6-0 3/4 |
| 1935 | Harry Nettleton | 440 Yd. Dash | 49.40 |
| | George Theodoratos | Shot Put | 50-0 3/8 |
| | Dwight Sceyer | Discus | 150-4 |
| | Harry Nettleton, Ken Leendersten, Delmar Farley, Loren Benke | Mile Relay | 3:20.3 |
| | Leslie Darr | Pole Vault | 12-6 |
| | Loren Benke | Long Jump | 23-8 1/2 |
| | Loren Benke | 220 Yd. LH | 23.2 |
| 1937 | Lee Orr, Jack Orr, Harry Nettleton, Loren Benke (WR)(CR) | Mile Relay | 3:12.3 |
| 1938 | Mel Pettichord, Robert Littlejohn, Curt Ledford, Lee Orr | Mile Relay | 3:15.0 |
| 1939 | Dixie Garner | 2-Mile | 9:22.1 |
| | Lee Orr | 220 Yd. Dash | 21.2 |
| | Bill Dale | 880 Yd. | 1:54.6 |
| 1940 | Lee Orr (1-t) | 440 Yd. | 46.9 |
| | Dixie Garner | 2-Mile | 9:12.5 |
| 1941 | Pat Haley | 220 Yd. LH | 23.7 |
| | Noel Williams | 2-Mile | 9:23.8 |
| | Bill Dale | 880 Yd. | 1:51.7 |
| 1945 | Roy Nuckolls (fr.) | Mile | 4:35.3 |
| | Darroll Waller, Vince Hanson | High Jump | 5-7 |
| 1948 | Robert Selfridge | 2-Mile | 9:35.5 |
| 1949 | Richard Paeth | 2-Mile | 9:29.3 |
| 1952 | Al Fisher | 2-Mile | 9:24.7 |
| | Bob Gary (fr.) | 100 Yd. Dash | 9.9 |
| | Eric Roberts | High Jump | 6-5 7/8 |
| 1953 | Al Fisher | 2-Mile | 9:17.8 |
| | Howard McCants | High Jump | 6-6 |
| 1954 | Bill Link | 880 Yd. | 1:54.4 |
| | Bob Gary | 220 Yd. Dash | 21.5 |
| 1955 | Bob Gary | 100 Yd. Dash | 9.9 |
| | Bob Gary | 220 Yd. Dash | 21.2 |
| 1959 | Dick Rubenser | Javelin | 229-9 1/2 |
| 1963 | Eilif Fredricksen | Triple Jump | 48-10 1/2 |
| 1964 | Bill Self | Pole Vault | 15-9 1/2 |
| | Buck Kipe | Javelin | 237-2 |
| | Jim Allen | 440 Yd. IH | 51.9 |
| 1964 | Chris Westman | 3-Mile | 13:53.1 |
| 1965 | Richard Hickman | 100-Yd. Dash | 9.6 |
| 1966 | Gerry Lindgren | 3-Mile | 13:12.8 |
| | Bob Keppel | High Jump | 6-9 |
| | Gerry Lindgren | 3-Mile | 13:37.5 |
| 1968 | John van Reenen | Discus | 194-10 |
| | Gerry Lindgren | 3-Mile | 13:29.6 |
| | Rod Dahl | Steeplechase | 9:02.6 |
| 1969 | Stu Hunnings | Javelin | 257-8 |
| | John van Reenen | Discus | 194-1 |
| | Larry Almberg | Steeplechase | 8:51.6 |
| | Art Sandison | 880 Yd. | 1:48.9 |
| 1970 | Art Sandison | 880 Yd. | 1:48.3 |



| | | | | | | | |
|------|---------------------------------|--------------|-----------|------|----------------------------------|--------------|-----------|
| | Rick Riley | Mile | 3:59.2 | 1988 | Tim Manson | 800m | 1:48.2 |
| 1973 | John Ngeno (fr.) | 6-Mile | 28:23.6 | | Stefan Jonsson | Hammer | 233-9 |
| 1973 | Tony Tenisci | Hammer | 190-5 | 1989 | Marty Stroschein | Steeplechase | 8:37.07 |
| 1974 | Gary Minor | 220 Yd. Dash | 21.2 | | E. J. Guo (fr.) | 10,000m | 29:45.86 |
| | John Ngeno | 6-Mile | 28:28.0 | 1990 | Stephan Wikstrom | Javelin | 244-6 |
| | Kip Ngeno | 120 Yd. HH | 13.7 | | Tony Li | 110m Hurdles | 13.93 |
| | John Ngeno | 3-Mile | 13:16.0 | | E. J. Guo | 5000m | 14:24.15 |
| 1975 | Marl Murray | Hammer | 194-11 | 1991 | Samuel Kibiri | 1500m | 3:43.59 |
| | John Ngeno | 6-Mile | 28:18.0 | | Tony Li | 110m Hurdles | 13.65 |
| 1976 | John Ngeno | 5000m | 13:51.2 | | George Ogbeide, Tony Li | | |
| 1977 | Samson Kimombwa | 10,000m | 28:13.4 | | Michael Joubert, Augustin Olobia | 400m Relay | 39.57 |
| | James Brewster | 800m | 1:48.5 | 1992 | Josephat Kapkory | 1500m | 3:45:34 |
| | Samson Kimombwa | 5000m | 13:35.4 | | Josephat Kapkory | 10,000m | 29:22.04 |
| | Henry Rono (fr.) | Steeplechase | 8:35.4 | 1994 | Josephat Kapkory | Steeplechase | 8:56.35 |
| 1978 | Henry Rono | 10,000m | 27:46.6 | | Josephat Kapkory | 5000m | 14:16.65 |
| | Henry Rono | 5000m | 13:20.3 | | Josephat Kapkory | 10,000m | 29:39.32 |
| 1979 | Henry Rono | 5000m | 13:32.8 | 1995 | Eric Anderson | 800m | 1:47.38 |
| 1980 | Samson Kimombwa | 10,000m | 28:39.2 | 1996 | Leo Slack | Decathlon | 7,743 pts |
| 1981 | Brent Harken | High Jump | 7-2 1/4 | 1997 | Bernard Lagat | 1500m | 3:41.98 |
| 1982 | Laslo Babits | Javelin | 267-1 | | Hilary Mawindi | Long Jump | 25-2 1/2 |
| | Richard Tuwei (fr.) | Steeplechase | 8:31.70 | | Ian Waltz | Discus | 196-4 |
| 1982 | Keith Collins | Decathlon | 7694 pts | | Ian Waltz | Shot Put | 61-8 1/4 |
| | Tore Gustafsson (fr.) | Hammer | 215-4 | 1998 | Bernard Lagat | 800m | 1:48.19 |
| | Joseph Taiwo | Triple Jump | 55-5 3/4 | | Bernard Lagat | 1500m | 3:44.33 |
| | Peter Koech (fr.) | 5000m | 13:36.71 | | Hilary Mawindi | Long Jump | 24-10 1/2 |
| 1983 | Julius Korir (fr.) | Steeplechase | 8:31.24 | 1999 | Bernard Lagat | 1500m | 3:52.06 |
| | Peter Koech | 10,000m | 28:37.44 | | Arend Watkins | 110m Hurdles | 13.84 |
| 1983 | Tore Gustafsson | Hammer | 228-0 | 2000 | Demetrius Murray | Triple Jump | 52-10 |
| | Chris Whitlock | 400m Dash | 46.28 | | Ian Waltz | Discus | 198-7 |
| | Brett Lowery (fr.) | High Jump | 7-3 | 2001 | Eric Dudley | 400m Hurdles | 50.53 |
| | Richard Tuwei | 5000m | 13:42.8 | | Arend Watkins | 110m Hurdles | 13.62 |
| 1984 | Gabriel Tiacoh | 400m Dash | 45.24 | 2002 | Anson Henry | 100m | 10.29 |
| | Julius Korir | 5000m | 13:49.13 | | Anson Henry | 200m | 20.52 |
| | Peter Koech | 10,000m | 29:07.84 | 2003 | Anthony Buchanan | 100m | 10.10w |
| | Julius Korir | Steeplechase | 8:26.10 | | Lamar Kirk, Bennie Chatman, | | |
| | Joseph Taiwo | Triple Jump | 54-9 1/4 | | James McSwain, Anthony Buchanan | 400m Relay | 39.68 |
| | James Cunningham | High Jump | 7-2 1/2 | 2004 | Anthony Buchanan | 100m | 10.21 |
| | Al Durr, Sotirios Moutsanas, | | | 2005 | Darion Powell | Decathlon | 7531 pts |
| | Kris Durr, (fr.) Gabriel Tiacoh | 1600m Relay | 3:07.83 | 2008 | Jeshua Anderson (fr.) | 400m Hurdles | 49.55 |
| 1985 | Gabriel Tiacoh | 400m Dash | 45.00 | 2009 | Jeshua Anderson | 400m Hurdles | 48.90 |
| | Peter Koech | 1500m | 3:41.29 | | Trent Arrivey | High Jump | 7-2 1/4 |
| | Peter Koech | 10,000m | 29:37.72 | | | | |
| | Richard Tuwei | Steeplechase | 8:32.61 | | | | |
| | Dimitrios Koutsoukis | Shot Put | 65-5 1/4 | | | | |
| | Lee Gordon, Gabriel Tiacoh, | | | | | | |
| | Dennis Livingston, Kris Durr | 400m Relay | 39.61 | | | | |
| | Lee Gordon, Dennis Livingston, | | | | | | |
| | Calvin Harris, Gabriel Tiacoh | 1600m Relay | 3:05.58 | | | | |
| 1986 | Julius Korir | 5000m | 13:52.71 | | | | |
| | Julius Korir | Steeplechase | 8:28.91 | | | | |
| | Gabriel Tiacoh | 400m | 44.58 | | | | |
| | Dimitrios Koutsoukis | Shot Put | 64-11 1/4 | | | | |
| | Jan Johansson | Javelin | 239-4 | | | | |
| | Tore Gustafsson | Hammer | 248-1 | | | | |
| 1987 | Stefan Jonsson | Hammer | 237-2 | | | | |
| | Jim Miller | Javelin | 248-11 | | | | |
| | Simon Shirley | Decathlon | 7,759 pts | | | | |
| | Jacinto Navarrete | 10,000m | 29:54.39 | | | | |



Trent Arrivey won the high jump at the 2009 Pac-10 Championships.



Women's All-Time Top Marks

100 METERS

| | | | |
|--------------|-----------------------------|---------------|-------------|
| 11.52 | Pam Qualls Reynolds | Corvallis | 1987 |
| 11.58 | Princess Joy Griffey | Eugene | 2009 |
| 11.61 | Francesca Green | Los Angeles | 1996 |
| 11.69 | Sharika Higgins | Eugene | 2000 |
| 11.82 | LaTroya Mucker | Pullman | 1999 |
| 11.82 | Erin Reed | Tempe | 2001 |
| 11.83 | Tamika Brown | Eugene | 1998 |
| 11.83 | Attrina Higgins | Stanford | 1998 |
| 11.83 | Ellannee Richardson | Walnut | 2003 |
| 11.83 | Tamara Gulley | Los Angeles | 2003 |
| 11.83 | La Shawnda Porter-Red | Pullman | 2006 |

Wind-aided marks

| | | | |
|--------|---------------------|-----------------|------|
| 11.26w | Pam Qualls Reynolds | Walnut | 1987 |
| 11.50w | Sharika Higgins | Austin | 2000 |
| 11.55w | Francesca Green | Modesto | 1996 |
| 11.62w | Tamika Brown | Stanford | 1998 |
| 11.72w | Ellannee Richardson | Pullman | 1999 |
| 11.80w | LaTroya Mucker | San Luis Obispo | 1997 |

200 METERS

| | | | |
|--------------|-----------------------------|--------------|-------------|
| 23.30 | Pam Qualls Reynolds | Corvallis | 1987 |
| 23.48 | Tamika Brown | Pullman | 1998 |
| 23.69 | Sharika Higgins | Eugene | 2000 |
| 23.78 | Ellannee Richardson | Tempe | 1999 |
| 23.82 | Erin Reed | Tempe | 2001 |
| 23.82 | Lorraine King | Seattle | 2009 |
| 23.82 | Tiffany Giles | Los Angeles | 2003 |
| 23.83 | LaTroya Mucker | Pullman | 1999 |
| 24.00 | La Shawnda Porter-Red | Los Angeles | 2007 |
| 24.00 | Princess Joy Griffey | Tempe | 2008 |

Wind-aided marks

| | | | |
|--------|-----------------------|---------|------|
| 23.21w | Pam Qualls Reynolds | Pullman | 1986 |
| 23.43w | Sharika Higgins | Austin | 2000 |
| 23.69w | Diana Pickler | Austin | 2007 |
| 23.75w | Ellannee Richardson | Tempe | 1999 |
| 23.78w | Erin Reed | Pullman | 2001 |
| 23.90w | Princess Joy Griffey | Pullman | 2008 |
| 23.92w | La Shawnda Porter-Red | Moscow | 2007 |



Pam Qualls Reynolds

400 METERS

| | | | |
|--------|-----------------------|----------|------|
| 52.04 | Celestine N'Drin | Seoul | 1988 |
| 53.34 | Tiffany Giles | Stanford | 2003 |
| 53.90 | LaTroya Mucker | Seattle | 1997 |
| 54.14i | Ellannee Richardson | Moscow | 2001 |
| 54.17 | Brandi Probasco-Canda | Pullman | 2006 |
| 54.27 | Sharika Higgins | Pullman | 1998 |
| 54.27 | Lorraine King | Seattle | 2009 |
| 54.39 | Randi Smith | Pullman | 2000 |
| 54.41 | Erin Reed | Berkeley | 2001 |
| 54.43 | Toni Williams | Everett | 1987 |

800 METERS

| | | | |
|----------------|---------------------|-------------------|-------------|
| 2:02.99 | Celestine N'Drin | Durham | 1990 |
| 2:04.03 | Anna Layman | Des Moines | 2008 |
| 2:04.68 | Camille Rivard | Indianapolis | 1985 |
| 2:04.81 | Alishia Booterbaugh | Durham | 2000 |
| 2:05.15 | Linda Spaargaren | Seattle | 1985 |
| 2:05.94 | Jennifer Carpenter | Durham | 1990 |
| 2:06.72 | Lisa Egami | Seattle | 2009 |
| 2:07.99 | Karen Muir | Corvallis | 1987 |
| 2:08.49 | Luiza DoNascimento | Modesto | 1988 |
| 2:08.62 | Angelita Green | Northridge | 2004 |



Celestine N'Drin

1500 METERS

| | | | | |
|----------------|--------------------|---------------|---------|-------------|
| 4:14.69 | Jennifer Robertson | Bravard | Seattle | 1993 |
| 4:18.10 | Camille Rivard | Indianapolis | | 1986 |
| 4:21.25 | Lisa Egami | Eugene | | 2009 |
| 4:23.78 | Zenny Koehler | Walnut | | 1989 |
| 4:24.45 | Jennifer Carpenter | Eugene | | 1990 |
| 4:24.96 | Cheryl Livingstone | Corvallis | | 1985 |
| 4:25.24 | Luiza DoNascimento | Eugene | | 1989 |
| 4:25.6 | Linda Spaargaren | Pullman | | 1985 |
| 4:26.00 | Haley Paul | Stanford | | 2005 |
| 4:26.43 | Kari Jonassen | Eugene | | 1984 |



3,000 METERS

| | | | |
|----------|--------------------|----------|------|
| 9:15.89 | Jennifer Bravard | Walnut | 1993 |
| 9:22.69 | Cheryl Livingstone | Eugene | 1985 |
| 9:28.54 | Sara Trané | Seattle | 2009 |
| 9:31.21 | Linda Spaargaren | Eugene | 1985 |
| 9:39.31i | Haley Paul | Seattle | 2006 |
| 9:39.56i | Isley Gonzalez | Seattle | 2008 |
| 9:42.10 | Sara Council | Eugene | 1997 |
| 9:42.22i | Anna Blue | Boise | 2003 |
| 9:42.4 | Kari Jonassen | Stanford | 1984 |
| 9:43.32 | Joanne Hunsinger | Walnut | 1998 |



Anna Blue

5,000 METERS

| | | | |
|-----------------|-----------------------|---------------|-------------|
| 16:14.55 | Anna Blue | Stanford | 2003 |
| 16:18.04 | Isley Gonzalez | Walnut | 2009 |
| 16:20.86 | Haley Paul | Stanford | 2006 |
| 16:26.36 | Jennifer Bravard | Eugene | 1993 |
| 16:36.35 | Megan Maynard | Stanford | 1999 |
| 16:37.62 | Lisa Braun | Eugene | 1988 |
| 16:43.74 | Michelly Foley | Walnut | 2009 |
| 16:57.32 | Kristin Liebich | Eugene | 1994 |
| 16:57.40 | Meghan Leonard | Stanford | 2007 |
| 17:02.78 | Ryan Gilmore | Austin | 2000 |

10,000 METERS

| | | | |
|----------|-------------------|-------------|------|
| 34:25.63 | Anna Blue | Walnut | 2003 |
| 35:21.2 | Lisa Braun | Los Angeles | 1988 |
| 35:23.72 | Ryan Gilmore | Stanford | 2001 |
| 36:07.56 | Cary Schwarz | Stanford | 1989 |
| 36:34.08 | Kristin Liebich | Tempe | 1994 |
| 36:38.50 | Crystal Malgesini | Walnut | 1998 |
| 36:51.53 | Kelly Ramirez | Walnut | 2006 |
| 36:51.66 | Isley Gonzalez | Eugene | 2009 |
| 36:55.60 | Ana Cabrera | Stanford | 2001 |
| 37:02.6 | Joan McGrath | Seattle | 1983 |

100 METERS HURDLES

| | | | |
|-------|---------------------|------------|------|
| 13.25 | Diana Pickler | Sacramento | 2007 |
| 13.48 | Agneta Rosenblad | Pullman | 2001 |
| 13.52 | Ellannee Richardson | Austin | 2003 |
| 13.72 | Randi Smith | Stanford | 2000 |
| 13.75 | Chris Gesch | Eugene | 1992 |
| 13.77 | Tamara Gulley | Pullman | 2002 |
| 13.78 | Julie Pickler | Eugene | 2006 |
| 13.86 | Conny Eckl | Burstadt | 1986 |
| 13.86 | Attrina Higgins | Walnut | 2000 |
| 13.86 | Katie Miller | Pullman | 2006 |

Wind-aided marks

| | | | |
|--------|------------------|----------|------|
| 13.28w | Agneta Rosenblad | Berkeley | 2001 |
| 13.55w | Tamara Gulley | Austin | 2001 |
| 13.79w | Attrina Higgins | Eugene | 2000 |

400 METERS HURDLES

| | | | |
|----------------|-------------------------------------|-----------|-------------|
| 57.07 | Randi Smith | Denton | 2000 |
| 57.51 | Lorraine King | Eugene | 2009 |
| 58.32 | Monique Jessie | Stanford | 2003 |
| 58.51 | Janice Farwell | Eugene | 1986 |
| 1:00.17 | Veronica Elseroad-Wall Tempe | | 2008 |
| 1:00.21 | Nicky Booth | Seattle | 1997 |
| 1:00.70 | Celestine N'Drin | Pullman | 1987 |
| 1:01.07 | Sara Trané | Eugene | 2006 |
| 1:01.31 | Amy Moore | Corvallis | 1986 |
| 1:01.37 | Trish Taormina | Eugene | 1993 |

3,000 METERS STEEPLECHASE

| | | | |
|-----------------|-----------------------|--------------------|-------------|
| 10:14.29 | Sara Trané | Northridge | 2008 |
| 10:16.36 | Meghan Leonard | Walnut | 2008 |
| 10:25.27 | Collier Lawrence | Stanford | 2008 |
| 10:25.97 | Megan Maynard | Berkeley | 2001 |
| 10:35.28 | Amanda Andrews | Walnut | 2009 |
| 10:43.83 | Kayle Peterson | Stanford | 2007 |
| 10:47.27 | Emily Farrar | Los Angeles | 2009 |
| 11:01.88 | Hillary Smith | Pullman | 2002 |
| 11:28.69 | Jenny Filipy | Pullman | 2001 |
| 11:42.63 | Natalie Smith | Pullman | 2004 |

400 METERS RELAY

| | | | |
|-------|---|-----------|------|
| 44.50 | Attrina Higgins, LaTroya Mucker, Ellannee Richardson, Francesca Green | Tempe | 1999 |
| 44.78 | Sharika Higgins, LaTroya Mucker, Tamika Brown, Francesca Green | Pullman | 1998 |
| 44.97 | Sharika Higgins, LaTroya Mucker, Tamika Brown, Attrina Higgins | Pullman | 1997 |
| 45.08 | Roxie Davis, Toni Williams, Mechelle McClain, Pam Reynolds | Corvallis | 1987 |
| 45.12 | Sharika Higgins, LaTroya Mucker, Tamika Brown, Attrina Higgins | Pullman | 1997 |
| 45.16 | Agneta Rosenblad, Erin Reed, Randi Smith, Ellannee Richardson | Berkeley | 2001 |
| 45.28 | Sharika Higgins, LaTroya Mucker, Attrina Higgins, Francesca Green | Stanford | 2000 |
| 45.30 | Nicole Hatcher, La Shawnda Porter, Diana Pickler, Julie Pickler | Pullman | 2006 |
| 45.35 | Tamara Gulley, Tiffany Giles, Bree Skinner, Ellannee Richardson | Tucson | 2003 |
| 45.38 | Agneta Rosenblad, Erin Reed, Bree Skinner, Ellannee Richardson | Pullman | 2001 |



Women's All-Time Top Marks

1600 METERS RELAY

| | | | |
|----------|---|--------------|------|
| 3:33.65 | Tiffany Giles, Monique Jessie, Tamara Gulley, Ellannee Richardson | Stanford | 2003 |
| 3:35.49i | Tiffany Giles, Monique Jessie, Angelita Green, Ellannee Richardson | Fayetteville | 2003 |
| 3:37.23 | Tiffany Giles, Tamara Gulley, Randi Smith, Ellannee Richardson | Austin | 2002 |
| 3:37.34 | Tiffany Giles, Monique Jessie, Angelita Green, Tamara Gulley | Sacramento | 2003 |
| 3:37.42 | Erin Reed, Ellannee Richardson, Angelita Green, Randi Smith | Berkeley | 2001 |
| 3:37.55 | Diana Pickler, Brandi Probasco-Canda, Lorraine King, Julie Pickler | Stanford | 2007 |
| 3:38.08 | Sharika Higgins, Whitney Evans, Randi Smith, Ellannee Richardson | Tempe | 1999 |
| 3:39.17 | Princess Joy Griffey, Lorraine King, LaShawnda Porter-Red, Veronica Elseroad-Wall | Tempe | 2008 |
| 3:40.23 | Celestine N'Drin, Helen Caffee, Amy Moore, Janice Farwell | Corvallis | 1986 |
| 3:40.61 | Monique Jessie, Angelita Green, Tamara Gulley, Brandi Probasco-Canda | Pullman | 2004 |

DISTANCE MEDLEY RELAY

| | | | |
|-----------|--|------------|------|
| 11:17.92i | Lisa Egami, Lorraine King, Anna Layman, Sara Trané | South Bend | 2009 |
| 11:47.11 | Lisa Schaures, Sharika Higgins, Alishia Booterbaugh, Megan Maynard | Eugene | 1999 |
| 11:48.50i | Lisa Egami, Selena Galaviz, Sara Trané, Haley Paul | Lincoln | 2007 |
| 11:49.33i | Hillary Smith, Erin Reed, Angelita Green, Anna Blue | Moscow | 2002 |
| 11:50.00i | Molly Bull, Julie Pickler, Angelita Green, Anna Blue | Boise | 2003 |
| 11:50.35i | Marissa Sandoval, Kameko Wilson, Karen DeMartini, Isley Gonzalez | Seattle | 2006 |
| 11:51.34i | Anna Blue, Randi Smith, Hillary Smith, Ryan Gilmore | Moscow | 2001 |
| 11:56.32i | Molly Bull, Selena Galaviz, Anna Friedges, Karen DeMartini | Seattle | 2005 |
| 12:03.30i | Katie Troy, Kameko Wilson, Molly Bull, Kayle Peterson | Seattle | 2004 |
| 12:09.73i | Hillary Smith, Randi Smith, Angelita Green, Ryan Gilmore | Moscow | 2001 |

HIGH JUMP

| | | | | |
|-----------|-------|-----------------|--------------|------|
| 6-3i | 1.90m | Mary Moore | Syracuse | 1985 |
| 6-2 1/4i | 1.89m | Ebba Jungmark | Fayetteville | 2008 |
| 6-1 1/4 | 1.86m | Whitney Evans | Sacramento | 2003 |
| 6-0 1/2 | 1.84m | Diana Pickler | Austin | 2007 |
| 6-0i | 1.83m | Schquay Brignac | Flagstaff | 2002 |
| 5-11 1/4i | 1.81m | Lissa Gray | Moscow | 1988 |
| 5-10 1/2 | 1.79m | Val Johnson | Pullman | 1985 |
| 5-10 | 1.78m | Robin Mikesch | Los Angeles | 2005 |
| 5-9 3/4i | 1.77m | Briana Willis | Moscow | 2001 |
| 5-9 1/4 | 1.76m | Jill Montgomery | Tempe | 1991 |
| 5-9 1/4i | 1.76m | Julie Pickler | Fayetteville | 2005 |

POLE VAULT

| | | | | |
|------------------|--------------|----------------------|----------------|-------------|
| 14-3 1/4i | 4.35m | Tamara Diles | Reno | 2002 |
| 13-5 1/4i | 4.10m | Kendall Mays | Seattle | 2009 |
| 13-3 | 4.04m | Jeannette Martus | Berkeley | 2001 |
| 13-1 3/4 | 4.01m | Tiffany Maskulinski | Los Angeles | 2006 |
| 13-0 1/4 | 3.97m | Alexa Huestis | Eugene | 2009 |
| 12-10 | 3.91m | Karla McGee | Moscow | 2004 |
| 12-6 | 3.81m | Stephanie Robinett | Pullman | 2001 |
| 12-2 | 3.71m | Hilary Moore | Seattle | 2009 |
| 11-9 3/4 | 3.60m | Jessica Fuller | Cheney | 2008 |
| 11-7 3/4i | 3.55m | Andrea Doecker | Cheney | 2001 |

LONG JUMP

| | | | | |
|-----------|-------|---------------------|-------------|------|
| 21-4 3/4 | 6.52m | Agneta Rosenblad | Berkeley | 2001 |
| 20-10 3/4 | 6.37m | Chantal Brunner | Seattle | 1993 |
| 20-10 1/2 | 6.36m | Francesca Green | Los Angeles | 1996 |
| 20-4 1/4 | 6.20m | Diana Pickler | Stanford | 2007 |
| 20-2 1/4i | 6.15m | Conny Eckl | Moscow | 1985 |
| 20-2i | 6.14m | Sandy Heinrich | Moscow | 1985 |
| 20-1 1/2 | 6.13m | Sharon Li | Seattle | 1993 |
| 19-11 3/4 | 6.09m | Cicely Clinkenbeard | Pullman | 2002 |
| 19-6 3/4i | 5.96m | Julie Pickler | Pullman | 2006 |
| 19-6 1/4 | 5.95m | Catie Schuetzle | Seattle | 2007 |

Wind-aided marks

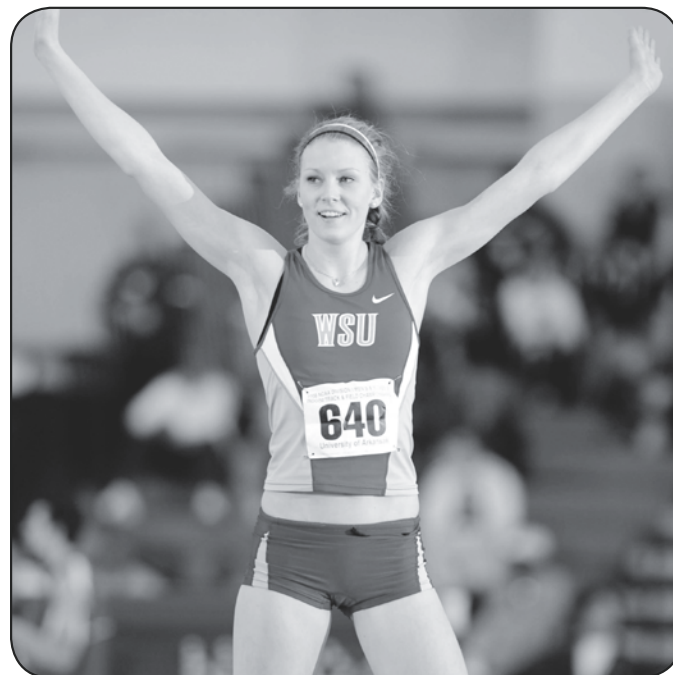
| | | | | |
|------------|-------|---------------------|----------|------|
| 19-10 3/4w | 6.06m | Julie Pickler | Austin | 2006 |
| 19-6 3/4w | 5.96m | Ellannee Richardson | Berkeley | 2002 |

TRIPLE JUMP

| | | | | |
|-----------|--------|---------------------|----------|------|
| 42-10 1/4 | 13.06m | Cicely Clinkenbeard | Eugene | 2000 |
| 42-3 1/2i | 12.82m | Blessing Ufodiana | Lincoln | 2004 |
| 41-5 1/4 | 12.63m | Francesca Green | Tucson | 1999 |
| 41-5i | 12.62m | Sarah Burns | Seattle | 2007 |
| 41-3 3/4 | 12.59m | Sharon Li | Spokane | 1992 |
| 41-3 1/4 | 12.58m | Catie Schuetzle | Seattle | 2007 |
| 41-3 | 12.57m | Sheila Phillips | Cheney | 1994 |
| 41-0 1/2 | 12.51m | Bree Skinner | Stanford | 2003 |
| 40-11 | 12.47m | Kaylee Gardner | Eugene | 2007 |
| 40-10 1/2 | 12.46m | Kristen Koch | Pullman | 1998 |

Wind-aided marks

| | | | | |
|------------|--------|-------------------|---------|------|
| 43-5 1/4w | 13.24m | Blessing Ufodiana | Walnut | 2004 |
| 41-11 1/4w | 12.78m | Sharon Li | Pullman | 1993 |
| 41-0 1/4w | 12.50m | Kirsten Koch | Pullman | 1998 |



Ebba Jungmark

SHOT PUT

| | | | | |
|-----------|--------|------------------|-----------|------|
| 54-6 | 16.61m | Georgette Reed | Calgary | 1991 |
| 51-1i | 15.57m | Shannon Rance | Flagstaff | 2002 |
| 50-1 1/4i | 15.27m | McKenzie Garberg | Lincoln | 2007 |
| 49-1 3/4i | 14.98m | Andrea Thornton | Moscow | 2001 |
| 49-1 | 14.96m | Jessica Zita | Pullman | 2008 |
| 48-10 | 14.88m | Conny Eckl | Corvallis | 1988 |
| 48-8 3/4 | 14.85m | Lisa Merrill | Corvallis | 1987 |
| 48-6 3/4 | 14.80m | Becky Potter | Tempe | 1999 |
| 48-4 1/2 | 14.74m | Kristy Andrews | Seattle | 1992 |
| 48-2 3/4 | 14.70m | Debbie Lombardi | Eugene | 1983 |



DISCUS

| | | | | |
|--------------|---------------|----------------------|---------------|-------------|
| 189-8 | 57.62m | Laura Lavine | Tucson | 1988 |
| 188-8 | 57.52m | Mandy Borschwa | Pullman | 1999 |
| 177-3 | 54.04m | McKenzie Garberg | Des Moines | 2008 |
| 177-2 | 54.00m | Kristy Andrews | Seattle | 1994 |
| 172-1 | 52.46m | Andrea Thornton | Berkeley | 2001 |
| 167-10 | 51.17m | Marie Muai | Seattle | 2003 |
| 166-11 | 50.88m | Georgette Reed | Calgary | 1991 |
| 163-9 | 49.92m | Kim Hulse | Los Angeles | 1996 |
| 161-8 | 49.29m | Ashley Kenney | Eugene | 2009 |
| 159-3 | 48.54m | Becky Potter | Tempe | 1999 |

HAMMER

| | | | | |
|--------------|---------------|-------------------------|----------------|-------------|
| 210-3 | 64.09m | McKenzie Garberg | Des Moines | 2008 |
| 195-0 | 59.44m | Andrea Thornton | Stanford | 2001 |
| 186-11 | 56.97m | Brittany Hinchcliffe | Boise | 2003 |
| 179-5 | 54.69m | Sammy Jo Missel | Tucson | 2004 |
| 175-5 | 53.46m | Marie Muai | Los Angeles | 2003 |
| 174-2 | 53.08m | Kjirsten Jensen | Seattle | 2009 |
| 173-7 | 52.90m | Becky Potter | Tempe | 2001 |
| 172-3 | 52.50m | Molly Moore | Pullman | 1998 |
| 169-9 | 51.74m | Kristin Ogle | Stanford | 1998 |
| 161-1 | 49.11m | Cassie Whitfield | Seattle | 2009 |

JAVELIN

| | | | | |
|--------------|---------------|--------------------------|----------------|-------------|
| 181-8 | 55.38m | Marissa Tschida | Seattle | 2009 |
| 170-8 | 52.01m | Courtney Kirkwood | Spokane | 2009 |
| 169-7 | 51.70m | Jenna Dean | Tucson | 2005 |
| 164-4 | 50.09m | Rachel Bertholf | Walnut | 2005 |
| 161-4 | 49.18m | Molly Monroe | Tucson | 2000 |
| 157-0 | 47.85m | Jennifer Hamilton | Seattle | 2009 |
| 155-4 | 47.86m | Casey Lektorich | Tucson | 2000 |
| 151-9 | 46.25m | Lynnea Braun | Los Angeles | 2009 |
| 150-1 | 45.76m | Ellannee Richardson | Berkeley | 2002 |
| 146-1 | 44.52m | Anna Church | Pullman | 1999 |

HEPTATHLON

| | | | |
|--------------|---------------------|--------------|------|
| 6,205 points | Diana Pickler | Austin | 2007 |
| 5,839 points | Ellannee Richardson | Sacramento | 2003 |
| 5,831 points | Julie Pickler | Sacramento | 2007 |
| 5,718 points | Conny Eckl | Indianapolis | 1986 |
| 5,579 points | Whitney Evans | Boise | 1999 |
| 5,456 points | Cicely Clinkenbeard | Pullman | 2002 |
| 5,238 points | Heidi Shultz | Azusa | 1997 |
| 5,234 points | Esther Medema | Eugene | 1992 |
| 5,137 points | Jill Montgomery | Des Moines | 1992 |
| 5,015 points | LaTroya Mucker | Stanford | 1998 |

60 METERS

| | | | |
|--------------|-----------------------------|----------------|-------------|
| 7.31i* | Pam Qualls-Reynolds | Cheney | 1987 |
| 7.39i* | Francesca Green | Reno | 1997 |
| 7.47i | Princess Joy Griffey | Seattle | 2007 |
| 7.54i* | Sharika Higgins | Reno | 2000 |
| 7.55i* | Tamara Gulley | Cheney | 2001 |
| 7.58i* | Roxie Davis | Moscow | 1984 |
| 7.59i* | LaTroya Mucker | Reno | 1999 |
| 7.61i* | Ellannee Richardson | Reno | 1999 |
| 7.61i | Nicole Hatcher | Pullman | 2004 |
| 7.63i | Erin Reed | Flagstaff | 2002 |
| 7.63i | Tiffany Giles | Moscow | 2003 |

MILE

| | | | |
|-----------------|----------------------------|----------------|-------------|
| 4:44.92i | Lisa Egami | Seattle | 2009 |
| 4:50.70i | Kari Jonassen | Portland | 1985 |
| 4:51.10 | Jennifer Robertson-Bravard | Palo Alto | 1993 |
| 4:52.93 | Luiza DoNascimento | Palo Alto | 1991 |
| 4:52.95i | Haley Paul | Seattle | 2005 |
| 4:53.36i | Marisa Sandoval | Seattle | 2009 |
| 4:54.02i | Karen DeMartini | Seattle | 2008 |
| 4:54.3i | Cheryl Livingstone | Moscow | 1983 |
| 4:55.33i | Annemarie Hobbs | Moscow | 1997 |
| 4:57.60 | Meghan Leonard | Seattle | 2007 |

60 METERS HURDLES

| | | | |
|--------|---------------------|--------------|------|
| 8.21i* | Agneta Rosenblad | Moscow | 2001 |
| 8.26i | Diana Pickler | Seattle | 2007 |
| 8.35i* | Tamara Gulley | Cheney | 2001 |
| 8.42i | Ellannee Richardson | Boise | 2003 |
| 8.46i | Lorraine King | Seattle | 2009 |
| 8.48i* | Randi Smith | Moscow | 2000 |
| 8.49i* | Attrina Higgins | Moscow | 2000 |
| 8.57i* | Conny Eckl | Portland | 1987 |
| 8.57i* | Esther Medema | Cheney | 1992 |
| 8.58i | Julie Pickler | Fayetteville | 2006 |

20# WEIGHT

| | | | | |
|------------------|---------------|-------------------------|----------------|-------------|
| 63-6 3/4i | 19.37m | Marie Muai | Seattle | 2004 |
| 61-6 1/4i | 18.75m | Becky Potter | Reno | 2000 |
| 61-4 1/4i | 18.70m | Andrea Thornton | Reno | 2000 |
| 59-5 1/2i | 18.12m | Brittany Hinchcliffe | Boise | 2003 |
| 56-1 1/4i | 17.10m | Kjirsten Jensen | Seattle | 2009 |
| 55-2 1/4i | 16.82m | McKenzie Garberg | Pullman | 2008 |
| 52-8i | 16.05m | Cassie Whitfield | Moscow | 2009 |
| 52-0 1/2i | 15.86m | Molly Moore | Reno | 1998 |
| 49-10 1/2i | 15.20m | Sammy Jo Missel | Pullman | 2003 |
| 49-4 1/2i | 15.05m | Jessica Zita | Pullman | 2007 |

PENTATHLON

| | | | |
|----------------------|--------------------------|----------------|-------------|
| 4,339i points | Diana Pickler | Fayetteville | 2007 |
| 4,267i points | Julie Pickler | Fayetteville | 2006 |
| 3,804i points | Katie Miller | Seattle | 2005 |
| 3,373i points | Jalisa Williams | Seattle | 2008 |
| 3,356i points | Angela Jensen | Pullman | 2009 |
| 3,278i points | Courtney Kirkwood | Seattle | 2009 |
| 3,052i points | Louise Akesson | Pullman | 2004 |
| 3,043i points | Brittany Bekins | Pullman | 2004 |

Code - (WR) = World Record, (AR) = American Record, (CR) = Collegiate Record, * = Conversion from yard to metric and/or from hand to electric timing, by Track and Field News formulas. **Bold type indicates a returning athlete.**



Julie Pickler and Diana Pickler



Men's All-Time Top Marks

100 METERS

| | | | |
|--------|------------------|-------------|------|
| 10.17 | Anson Henry | Walnut | 2002 |
| 10.19 | Augustin Olobia | Eugene | 1991 |
| 10.19 | Benny Chatman | Los Angeles | 2003 |
| 10.19 | James McSwain | Walnut | 2005 |
| 10.21 | Anthony Buchanan | Tucson | 2004 |
| 10.24* | Gary Minor | Spokane | 1976 |
| 10.27 | George Ogbeide | Pullman | 1991 |
| 10.28 | Justin Woods | Eugene | 2009 |
| 10.29 | Lee Gordon | Eugene | 1984 |
| 10.38 | Ian Campbell | Boise | 1977 |
| 10.38 | Jaycee Robertson | Eugene | 2006 |

Wind-aided marks

| | | | |
|---------|------------------|------------------|------|
| 10.10w | Anthony Buchanan | Los Angeles | 2003 |
| 10.12w | Bennie Chatman | Los Angeles | 2003 |
| 10.16w | James McSwain | Tucson | 2006 |
| 10.26w | Jaycee Robertson | Eugene | 2006 |
| 10.34w* | Larry Scheurer | South Lake Tahoe | 1969 |

200 METERS

| | | | |
|--------|------------------|----------|------|
| 20.52 | Anson Henry | Pullman | 2002 |
| 20.54* | Gary Minor | Spokane | 1976 |
| 20.61 | Georges Kablan | Rome | 1981 |
| 20.65 | Chris Whitlock | Berkeley | 1983 |
| 20.65 | Gabriel Tiacoh | Pullman | 1984 |
| 20.75 | Anthony Buchanan | Walnut | 2002 |
| 20.81* | Steve Hoover | Pullman | 1969 |
| 20.83 | Lee Gordon | Berkeley | 1983 |
| 20.85 | James McSwain | Walnut | 2005 |
| 20.85 | Justin Woods | Eugene | 2009 |

Wind-aided marks

| | | | |
|-------------|-----------------|---------|------|
| 20.66w | Justin Woods | Provo | 2006 |
| 20.79w | Augustin Olobia | Pullman | 1992 |
| 20.81w* (S) | Curt Ledford | Pullman | 1938 |

400 METERS

| | | | |
|--------------|------------------------|------------------|-------------|
| 44.30 (CR) | Gabriel Tiacoh | Indianapolis | 1986 |
| 44.80 | Chris Whitlock | Colorado Springs | 1983 |
| 45.84 | Kris Durr | Pullman | 1984 |
| 45.89 | Michael Joubert | Durham | 1990 |
| 46.08 | Jeshua Anderson | Seattle | 2009 |
| 46.36i* | Georges Kablan | Moscow | 1981 |
| 46.64 | John Avognan | Pullman | 1980 |
| 46.66* | Lee Orr | Princeton | 1940 |
| 46.66* | Joe Nebolon | Berkeley | 1947 |
| 46.72 | Jeff Ramsey | Palo Alto | 1981 |

800 METERS

| | | | |
|---------|-------------------------|--------------|------|
| 1:45.5* | Art Sandison | Knoxville | 1969 |
| 1:46.02 | Bernard Lagat | Paris | 1998 |
| 1:46.34 | Sotirios Moutanas | Los Angeles | 1984 |
| 1:47.0 | Michael Joubert | Seattle | 1992 |
| 1:47.3 | Dale Scott | Baton Rouge | 1973 |
| 1:47.38 | Eric Anderson | Tucson | 1995 |
| 1:47.5 | Gerald Pawirodikromo | Medellin | 1978 |
| 1:47.52 | Calvin Harris | Indianapolis | 1986 |
| 1:47.8 | Bob Martin | Pullman | 1969 |
| 1:47.9 | Demetrios Theophylactou | Tempe | 1979 |

1500 METERS

| | | | |
|---------|---------------|-------------|------|
| 3:30.56 | Bernard Lagat | Zurich | 1999 |
| 3:38.38 | Samuel Kibiri | Oslo | 1991 |
| 3:38.46 | Peter Koech | Helsinki | 1982 |
| 3:38.77 | Richard Tuwei | Helsinki | 1982 |
| 3:40.1* | Rick Riley | Los Angeles | 1970 |
| 3:40.31 | Julius Korir | Oslo | 1983 |
| 3:40.8 | Omar Ortega | Palo Alto | 1984 |
| 3:41.5i | Henry Rono | Pullman | 1977 |
| 3:42.0 | Joshua Kimeto | London | 1977 |
| 3:42.78 | Eric Kamau | Buffalo | 1998 |

MILE RUN

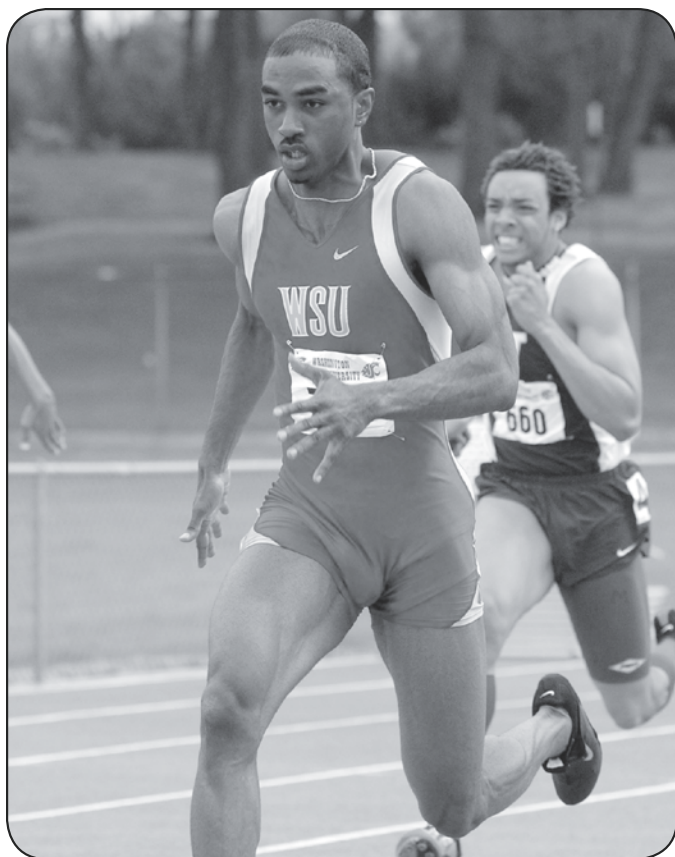
| | | | |
|----------|-------------------|--------------|------|
| 3:55.65i | Bernard Lagat | Indianapolis | 1999 |
| 3:57.84 | Samuel Kibiri | Palo Alto | 1991 |
| 3:58.1 | Peter Koech | London | 1983 |
| 3:59.2 | Rick Riley | Los Angeles | 1970 |
| 3:59.2i | Henry Rono | Pullman | 1977 |
| 3:59.66i | Richard Tuwei | Detroit | 1983 |
| 3:59.87i | Jacinto Navarrete | Moscow | 1987 |
| 4:00.03 | Julius Korir | London | 1986 |
| 4:00.11 | Josephat Kapkory | Rieti | 1994 |
| 4:00.14* | Joel Cheruiyot | Oslo | 1978 |

3000 METERS

| | | | |
|-----------------|------------------|--------------|------|
| 7:32.1 (WR)(CR) | Henry Rono | Oslo | 1978 |
| 7:37.5 (CR) | Joshua Kimeto | Kiganjo | 1976 |
| 7:38.6 | John Ngeno | Kiganjo | 1976 |
| 7:39.09 | Peter Koech | Stockholm | 1982 |
| 7:45.28 | Richard Tuwei | Oslo | 1983 |
| 7:45.28 | Bernard Lagat | Barcelona | 1998 |
| 7:47.8 | Samson Kimombwa | Nice | 1977 |
| 7:48.90 | Julius Korir | Paris | 1986 |
| 7:50.90i | Josephat Kapkory | Indianapolis | 1994 |
| 7:53.0 | Joel Cheruiyot | Koplan | 1978 |

5000 METERS

| | | | |
|-------------------|-----------------|-----------|------|
| 13:06.2 (WR)(CR) | Henry Rono | Knarvik | 1981 |
| 13:09.50 | Peter Koech | Stockholm | 1982 |
| 13:20.6 (CR) | John Ngeno | Montreal | 1976 |
| 13:20.0* (AR)(CR) | Gerry Lindgren | Seattle | 1966 |
| 13:21.6 | Samson Kimombwa | Zurich | 1977 |
| 13:26.8 | Joshua Kimeto | Helsinki | 1977 |
| 13:30.60 | Richard Tuwei | Stockholm | 1983 |
| 13:34.8 | Joel Cheruiyot | Corvallis | 1978 |
| 13:36.12 | Bernard Lagat | Stanford | 1999 |
| 13:38.6 | Julius Korir | Berkeley | 1982 |



Anson Henry



10,000 METERS

| | | | |
|-----------------------|------------------|-----------|------|
| 27:22.5 (WR)(CR) | Henry Rono | Vienna | 1978 |
| 27:31.47 (WR)(CR) | Samson Kimombwa | Helsinki | 1977 |
| 27:50.3 | Joel Cheruiyot | Brussels | 1979 |
| 28:00.6 (CR) | Joshua Kimeto | London | 1977 |
| 28:04.6 (CR) | John Ngeno | Helsinki | 1975 |
| 28:07.28 | Peter Koech | Paris | 1982 |
| 28:09.6* (WR)(AR)(CR) | Gerry Lindgren | San Diego | 1965 |
| 28:22.4 | Josephat Kapkory | Walnut | 1992 |
| 28:28.4 | Rick Riley | Kiev | 1970 |
| 28:33.8 | Dan Murphy | Dublin | 1972 |

110 METERS HURDLES

| | | | |
|-------|------------------|-----------|------|
| 13.37 | Tony Li | Sapporo | 1991 |
| 13.46 | Dominique Arnold | Eugene | 1996 |
| 13.47 | Arend Watkins | Berkeley | 2000 |
| 13.49 | Kip Ngeno | Berlin | 1975 |
| 13.59 | Jeff Bruce | Cheney | 1980 |
| 13.60 | Javier Moracho | Palo Alto | 1982 |
| 13.81 | Matt Mason | Stanford | 2004 |
| 13.86 | Mark Macdonald | Modesto | 1992 |
| 13.89 | Steve Brown | Tucson | 1985 |
| 13.90 | Tom Turner | Austin | 1980 |

Wind-aided marks

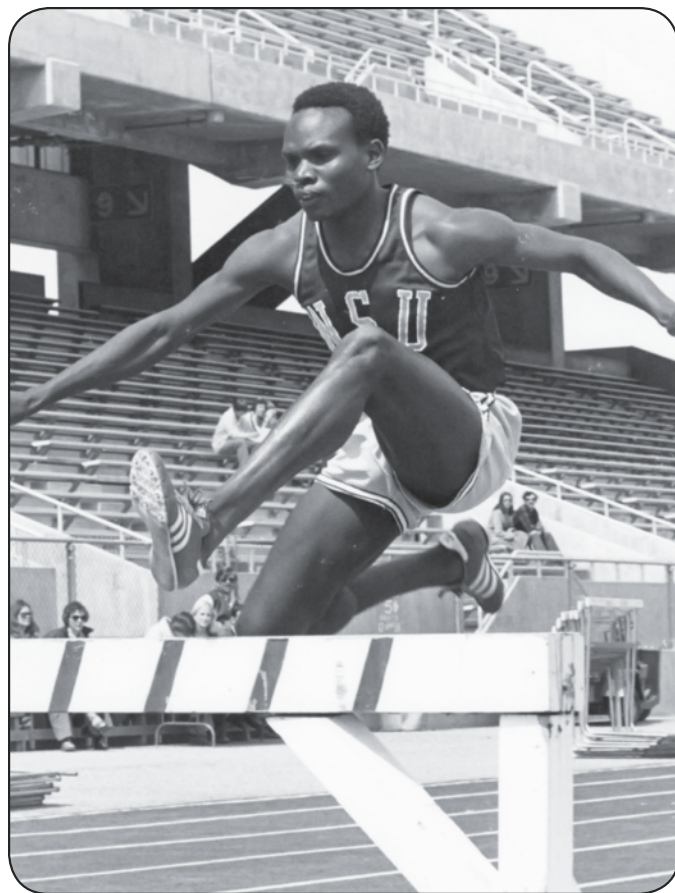
| | | | |
|--------|------------------|----------|------|
| 13.31w | Tony Li | Modesto | 1991 |
| 13.32w | Dominique Arnold | Eugene | 1996 |
| 13.60w | Javier Moracho | Stanford | 1982 |
| 13.71w | Robert Williams | Eugene | 2009 |
| 13.73w | Mark Macdonald | Eugene | 1992 |

400 METERS HURDLES

| | | | |
|--------------|------------------------|---------------------|-------------|
| 48.47 | Jeshua Anderson | Fayetteville | 2009 |
| 49.27 (CR) | Boyd Gittins | South Lake Tahoe | 1968 |
| 49.53 | John Cassleman | Eugene | 2006 |
| 49.59 | Eric Dudley | Los Angeles | 2003 |
| 50.05 | Mark Macdonald | Eugene | 1992 |
| 50.24* | Jim Allen | London | 1963 |
| 50.44 | Barry Leavitt | Northridge | 2008 |
| 50.60* | Dick Olsen | Los Angeles | 1970 |
| 50.89 | Darrel Seymour | Tempe | 1979 |
| 51.04* | Spike Arlt | Palo Alto | 1960 |



Jeshua Anderson



Henry Rono

3,000 METERS STEEPLECHASE

| | | | |
|-----------------|------------------|-------------|------|
| 8:05.4 (WR)(CR) | Henry Rono | Seattle | 1978 |
| 8:11.80 | Julius Korir | Los Angeles | 1984 |
| 8:18.22 | Richard Tuwei | Hengelo | 1983 |
| 8:19.84 | Peter Koech | Austin | 1985 |
| 8:26.47 | Josephat Kapkory | Rome | 1994 |
| 8:28.63 | Samuel Kibiri | Lindau | 1991 |
| 8:33.76 | Jorge Garcia | Barcelona | 1982 |
| 8:33.77 | Nathan Morris | Los Angeles | 1989 |
| 8:36.72 | Steve James | Eugene | 1981 |
| 8:37.07 | Marty Stroschein | Palo Alto | 1989 |

400 METERS RELAY

| | | | |
|--------|--|-------------|------|
| 39.24 | George Ogbeide, Toni Li, Benari Burroughs, Augustin Olobia | Eugene | 1991 |
| 39.53* | Emmanuel Ackah, Kip Ngeno, Tim Giesa, Gary Minor | Provo | 1975 |
| 39.54 | Lee Gordon, Gabriel Tiacoh, Dennis Livingston, Kris Durr | Pullman | 1985 |
| 39.55 | Martin Boston, Matt Mason, James McSwain, Anthony Buchanan | Pullman | 2004 |
| 39.57 | George Ogbeide, Toni Li, Michael Joubert, Augustin Olobia | Tempe | 1991 |
| 39.58 | Martin Boston, Jaycee Robertson, James McSwain, Anthony Buchanan | Northridge | 2004 |
| 39.67 | Martin Boston, James McSwain, Justin Woods, Jaycee Robertson | Tucson | 2006 |
| 39.68 | Lamarr Kirk, Bennie Chatman, James McSwain, Anthony Buchanan | Los Angeles | 2003 |
| 39.69 | Steve Dwyer, Anson Henry, Bennie Chatman, Anthony Buchanan | Pullman | 2002 |
| 39.72 | Michael Joubert, George Ogbeide, Benari Burroughs, Augustin Olobia | Pullman | 1991 |



Men's All-Time Top Marks

1600 METERS RELAY

| | | | |
|----------|--|-------------|------|
| 3:05.58 | Lee Gordon, Dennis Livingston, Calvin Harris, Gabriel Tiacoh | Tucson | 1985 |
| 3:05.90 | Steve Stougard, Tim Manson, Gabriel Tiacoh, Calvin Harris | Los Angeles | 1986 |
| 3:06.74i | Barry Leavitt, Reny Follett, Justin Woods, Jeshua Anderson | Ames | 2009 |
| 3:06.4 | Kris Durr, Tim Manson, Gabriel Tiacoh, Calvin Harris | Los Angeles | 1986 |
| 3:07.12 | John Avognan, Jeff Ramsey, Georges Kablan, Chris Whitlock | Corvallis | 1981 |
| 3:07.38 | Al Durr, Sotirios Moutsanas, Kris Durr, Gabriel Tiacoh | Pullman | 1984 |
| 3:07.47 | Barry Leavitt, Jeshua Anderson, Reny Follett, Justin Woods | Tempe | 2008 |
| 3:07.54 | Steve Stougard, Tim Manson, Gabriel Tiacoh, Kris Durr | Pullman | 1984 |
| 3:07.65 | Jeff Ramsey, Georges Kablan, Gerold Pawirodikromo, John Avognan | Eugene | 1980 |
| 3:07.72 | Michael Joubert, David McKinney, Mark Macdonald, William Knight | Seattle | 1990 |

DISTANCE MEDLEY RELAY

| | | | |
|----------|--|--------------|------|
| 9:29.54i | Eric Kamau, Guillermo Macias, (WB)(CR) Rasto Kiplangat, Bernard Lagat | Indianapolis | 1998 |
| 9:33.71 | Sam Kibiri, Michael Joubert, Chris McBride, Josephat Kapkory | Philadelphia | 1992 |
| 9:37.5 | Joshua Kimeto, Jeff Ramsey, Gerald Pawirodikromo, Henry Rono | Spokane | 1979 |
| 9:39.45 | Joshua Kimeto, Gerald Pawirodikromo, Mike Kosgie, Samson Kimombwa | Seattle | 1978 |
| 9:39.7 | Peter Koech, Gabriel Tiacoh, Julius Korir, Richard Tuwei | Walla Walla | 1984 |
| 9:44.8i | Julius Korir, Kris Durr Sotirios Moutsanas, Richard Tuwei | Moscow | 1984 |
| 9:48.5i | Josephat Kapkory, Michael Joubert, Jamie Nordstorm, Sam Kibiri | Moscow | 1992 |
| 9:48.91i | Patrick Maturi, Jim Carkner, Eric Anderson, Josephat Kapkory | Moscow | 1994 |
| 9:56.4i | Josh Mattson, Rob Harris, John Cote, Bernard Lagat | Moscow | 1998 |
| 9:56.75i | Chris Concha, Barry Leavitt, Jon Manthey, Danny Wolf | Seattle | 2004 |

HIGH JUMP

| | | | | |
|----------------|--------------|----------------------|---------------|-------------|
| 7-7 | 2.31m | Brent Harken | Rome | 1984 |
| 7-6 1/2i | 2.30m | Greg Jones | San Diego | 1987 |
| 7-5 1/2 | 2.27m | James Cunningham | Tacoma | 1984 |
| 7-4 1/2 | 2.25m | Doug Nordquist | Pullman | 1981 |
| 7-4 1/2 | 2.25m | Trent Arrivey | Walnut | 2009 |
| 7-4 | 2.23m | Brett Lowery | Moscow | 1985 |
| 7-2 3/4 | 2.20m | Anastasios Djonis | Cheney | 1983 |
| 7-2 1/2 | 2.20m | Lee Braach | Seattle | 1976 |
| 7-2 1/2 | 2.20m | Jed Stannard | Tempe | 1994 |
| 7-1 1/2i | 2.17m | Kurtiss Dilley | Pullman | 2003 |

POLE VAULT

| | | | | |
|-----------|-------|-------------------|--------------|------|
| 18-6 1/2i | 5.65m | Christos Pallakis | Barcelona | 1995 |
| 18-0 1/2 | 5.50m | Patrik Johansson | Oslo | 1989 |
| 18-0 1/2i | 5.50m | Tyson Byers | Fayetteville | 2007 |
| 17-5 1/2 | 5.32m | Paul Nicoletti | Seattle | 2005 |
| 17-3 3/4 | 5.28m | Brian Goodman | Pullman | 1980 |
| 17-3 1/2 | 5.27m | Brian Worden | Pullman | 1978 |
| 17-2 1/2 | 5.24m | Greg Ernst | Pullman | 1982 |
| 17-1 | 5.21m | Dennis Dudley | Pullman | 1976 |
| 17-0 3/4 | 5.20m | Viktor Dreschel | Rome | 1982 |
| 17-0 3/4 | 5.20m | Kasey Lewis | Eugene | 1985 |
| 17-0 3/4 | 5.20m | Brian Zieser | Pullman | 1994 |

LONG JUMP

| | | | | |
|-----------|-------|--------------------|-------------|------|
| 27-0 1/2 | 8.24m | George Ogbeide | Cottbus | 1991 |
| 26-6 1/4i | 8.08m | Matt Mason | Seattle | 2004 |
| 26-5 3/4 | 8.07m | Bill Ayers | Spokane | 1988 |
| 25-10 | 7.87m | Robert Williams | Seattle | 1979 |
| 25-9 1/2 | 7.86m | Demetrios Araouzos | Boise | 1984 |
| 25-8 | 7.82m | Peter Halson | Melbourne | 1981 |
| 25-6 3/4 | 7.79m | John Delamere | Los Angeles | 1974 |
| 25-6 3/4 | 7.79m | Hilary Mawindi | Modesto | 1997 |
| 25-6 | 7.77m | Bill Henry | Corvallis | 1969 |
| 25-4 1/4 | 7.72m | Gerald Edwards | Walla Walla | 1984 |

| | | | | |
|------------------|-------|---------------|---------|------|
| Wind-aided marks | | | | |
| 25-9 1/2w | 7.86m | John Delamere | Pullman | 1974 |

TRIPLE JUMP

| | | | | |
|---------------|--------|---------------------|--------------|------|
| 56-4 3/4 | 17.19m | Joseph Taiwo | Lagos | 1984 |
| 55-8 1/4i(CR) | 16.97m | Ian Campbell | Detroit | 1978 |
| 55-2 1/4 | 16.82m | Francis Dodoo | Eugene | 1984 |
| 54-11 1/4i | 16.74m | Marios Hadjiandreou | Moscow | 1987 |
| 53-5 3/4 | 16.29m | Demetrius Murray | Modesto | 1999 |
| 53-5 | 16.28m | Ray Kimble | Philadelphia | 1976 |
| 53-1 1/2 | 16.19m | Gary Milton | Seattle | 1982 |
| 52-11 1/2 | 16.14m | Hilary Mawindi | Buffalo | 1998 |
| 52-10 3/4i | 16.12m | Benson Jones | Reno | 2001 |
| 51-10 | 15.80m | Jamil Smith | Northridge | 2004 |

| | | | | |
|------------------|--------|------------------|-------|------|
| Wind-aided marks | | | | |
| 54-0w | 16.46m | Demetrius Murray | Boise | 1999 |



Brent Harken



SHOT PUT

| | | | | |
|----------|--------|----------------------|-----------------|------|
| 67-6 3/4 | 20.59m | Dimitrios Koutsoukis | Indianapolis | 1986 |
| 65-0 | 19.81m | John van Reenen | Bethlehem | 1970 |
| 63-9 3/4 | 19.45m | Ian Waltz | Cheney | 1998 |
| 63-6 | 19.35m | Tim Gehring | Berkeley | 2004 |
| 62-7 1/2 | 19.08m | Bruce Anderson | Moscow | 1986 |
| 62-2 1/4 | 18.95m | Paul Buxton | Los Angeles | 1977 |
| 61-3 1/2 | 18.68m | Harold Lorenzen | Oslo | 1965 |
| 60-3 | 18.36m | Ed VandeVoorde | Palo Alto | 1982 |
| 60-1/4 | 18.29m | Orestis Rossides | Athens | 1977 |
| 60-0 | 18.28m | Stu Hunnings | Vancouver, B.C. | 1969 |

DISCUS THROW

| | | | | |
|--------------|---------------|----------------------|---------------|-------------|
| 211-5 | 64.44m | Ian Waltz | Salinas | 1998 |
| 208-10 | 63.67m | John van Reenen | Pullman | 1970 |
| 204-7 | 62.36m | Matt Lamb | Eugene | 2008 |
| 195-11 | 59.72m | Jim Jesernig | Spokane | 1980 |
| 194-6 | 59.29m | Jed Miller | Spokane | 1975 |
| 192-7 | 58.70m | Mark Robinson | Pullman | 1982 |
| 191-6 | 58.37m | Drew Ulrick | Stanford | 2007 |
| 189-2 | 57.66m | Dimitrios Koutsoukis | Tucson | 1985 |
| 186-3 | 56.76m | Harold Lorentzen | Oslo | 1964 |
| 184-7 | 56.26m | Vinnie Pecht | Austin | 2000 |

HAMMER THROW

| | | | | |
|-----------|--------|------------------|-----------|------|
| 255-1(CR) | 77.76m | Tore Gustafsson | Pullman | 1986 |
| 244-5 | 74.48m | Stefan Jonsson | Vasteras | 1988 |
| 230-7 | 70.28m | Paul Buxton | Tempe | 1979 |
| 223-0 | 67.98m | John Billingsley | Palo Alto | 1989 |
| 216-0 | 65.84m | Jim Jesernig | Tempe | 1979 |
| 211-10 | 64.58m | Matt Shaffer | Pullman | 1994 |
| 211-9 | 64.54m | Kyle Unland | Seattle | 1989 |
| 210-7 | 64.20m | B.J. Schade | Tucson | 1999 |
| 209-4 | 63.82m | Tony Tensci | Munich | 1972 |
| 206-5 | 62.92m | Dwight Midles | Champaign | 1977 |

JAVELIN THROW

| | | | | |
|--------|--------|------------------|-----------|------|
| 257-2 | 78.38m | Stephan Wikstrom | Pullman | 1990 |
| 257-1 | 78.36m | Jan Johansson | Pullman | 1986 |
| 248-11 | 75.86m | Jim Miller | Corvallis | 1987 |
| 247-0 | 75.30m | Mark Babich | Pullman | 1986 |
| 242-1 | 73.80m | Randy Mendenhall | Corvallis | 1987 |
| 238-11 | 72.83m | Curt Borland | Austin | 2004 |
| 237-4 | 72.35m | Jon Jeffreys | Pullman | 2008 |
| 235-11 | 71.90m | Chad McKinney | Pullman | 1992 |
| 225-9 | 68.80m | Bryan Jones | Berkeley | 2001 |
| 224-7 | 68.46m | Matt Stadelman | Richland | 1998 |

DECATHLON

| | | | |
|--------------|------------------|-------------|------|
| 8,036 points | Simon Shirley | Seoul | 1988 |
| 7,787 points | Rickey Moody | Austin | 2008 |
| 7,743 points | Leo Slack | Los Angeles | 1996 |
| 7,741 points | Rodney Zuyderwyk | Tempe | 1991 |
| 7,626 points | Keith Collins | Eugene | 1982 |
| 7,531 points | Darion Powell | Los Angeles | 2005 |
| 7,528 points | Brad Harris | Eugene | 1982 |
| 7,497 points | Mike Allen | Corvallis | 1978 |
| 7,459 points | Carlos Gambetta | Pullman | 1984 |
| 7,265 points | Phil Wash | Pullman | 1972 |

60 METERS

| | | | |
|--------------|---------------------|----------------|-------------|
| 6.60i* | Augustin Olobia | Indianapolis | 1991 |
| 6.62i* | George Ogbeide | Moscow | 1991 |
| 6.65i | Anson Henry | Flagstaff | 2002 |
| 6.67i | Anthony Buchanan | Flagstaff | 2002 |
| 6.69i | James McSwain | Moscow | 2006 |
| 6.71i | Bennie Chatman | Moscow | 2003 |
| 6.73i* | Georges Kablan | Portland | 1979 |
| 6.73i | Justin Woods | Seattle | 2007 |
| 6.74i* | Gary Minor | Pullman | 1976 |
| 6.74i* | Lee Gordon | Moscow | 1986 |

60 METERS HURDLES

| | | | |
|-------------|------------------|--------------|------|
| 7.59i* (CR) | Tony Li | Indianapolis | 1991 |
| 7.65i* | Javier Moracho | Moscow | 1982 |
| 7.61i* | Arend Watkins | Cheney | 2001 |
| 7.69i (CR) | Kip Ngeno | Portland | 1975 |
| 7.78i* | Dominique Arnold | Indianapolis | 1996 |
| 7.79i | Matt Mason | Fayetteville | 2004 |
| 7.84i* | Steve Brown | Cheney | 1985 |
| 7.84i | Robert Williams | Moscow | 2009 |
| 7.85i* | Tom Turner | Moscow | 1980 |
| 7.86i* | Dick Olsen | Pullman | 1969 |

35# WEIGHT

| | | | | |
|-----------|--------|------------------|---------------|------|
| 74-3 1/2i | 22.64m | Tore Gustafsson | Oklahoma City | 1986 |
| 69-9 3/4i | 21.28m | Stefan Jonsson | Moscow | 1988 |
| 66-2i | 20.16m | Paul Buxton | Pullman | 1979 |
| 66- 1/4i | 20.12m | Jim Jesernig | Pullman | 1979 |
| 65-4 1/2i | 19.92m | John Billingsley | Cheney | 1989 |
| 65-11i | 20.09m | Philip MacArthur | Moscow | 2009 |
| 62-4i | 19.00m | Ed VandeVoorde | Pullman | 1982 |
| 62-3 1/2i | 18.98m | Kevin Moore | Reno | 1997 |
| 61-9i | 18.82m | Hermann Mann | Pullman | 1980 |
| 61-9i | 18.82m | Kyle Unland | Cheney | 1989 |

HEPTATHLON

| | | | |
|----------------------|----------------------|----------------|-------------|
| 5,631i points | Darion Powell | Pullman | 2005 |
| 5,216i points | Rickey Moody | Pullman | 2008 |
| 5,154i points | Brandon Brownell | Seattle | 2004 |
| 5,087i points | Ryan Thomas | Seattle | 2005 |
| 5,032i points | Kyle Schauble | Pullman | 2008 |
| 4,997i points | David Turpin | Seattle | 2004 |
| 4,767i points | Trevor Habberstad | Seattle | 2007 |
| 4,693i points | Sean Harris | Seattle | 2009 |

Code - (WR) = World Record, (AR) = American Record, (CR) = Collegiate Record, * = Conversion from yard to metric and/or from hand to electric timing, by Track and Field News formulas. **Bold type indicates a returning athlete.**



Tore Gustafsson



Outdoor Records

Men's World Outdoor Records

| Year | Name | Event | Mark/Time |
|------|---|---------------|-----------|
| 1909 | Jack Nelson | 100 Yd. Dash | 9.6 |
| 1909 | Jack Nelson | 220 Yd. Dash | 21.2 |
| 1931 | Paul Swift | 100 Yd. Dash | 9.5 |
| 1937 | Jack Orr, Larry Nettleton Lee Orr, Loren Benke | Mile Relay | 3:12.3 |
| 1937 | Curt Ledford, Lee Orr (PCC vs. Big Ten) | 440 Yd. Relay | 40.7 |
| 1965 | Gerry Lindgren | 6-Mile | 27:11.6 |
| 1968 | Boyd Gittins | 400m IH | 49.27 |
| 1976 | Joshua Kimeto | 4000m | 10:11.6 |
| 1977 | Samson Kimombwa | 10,000m | 27:30.5 |
| 1978 | Henry Rono | 5000m | 13:08.4 |
| 1978 | Henry Rono | 3000m Steeple | 8:05.4 |
| 1978 | Henry Rono | 10,000m | 27:22.5 |
| 1978 | Henry Rono | 3000m | 7:32.1 |
| 1981 | Henry Rono | 5000m | 13:06.2 |

Men's American Outdoor Records

| Year | Name | Event | Mark/Time |
|------|----------------|--------------|-----------|
| 1909 | Jack Nelson | 100 Yd. Dash | 9.6 |
| 1909 | Jack Nelson | 220 Yd. Dash | 21.2 |
| 1931 | Paul Swift | 100 Yd. Dash | 9.5 |
| 1939 | Dixie Garner | 2-Mile | 9:07.9 |
| 1965 | Gerry Lindgren | 3-Mile | 13:04.2 |
| 1965 | Gerry Lindgren | 6-Mile | 27:11.6 |
| 1966 | Gerry Lindgren | 5000m | 13:38.0 |
| 1966 | Gerry Lindgren | 3-Mile | 12:53.0 |
| 1968 | Gerry Lindgren | 5000m | 13:33.8 |
| 1968 | Art Sandison | 660 Yd. | 1:16.6 |
| 1968 | Art Sandison | 600m | 1:16.6 |
| 1968 | Boyd Gittins | 400m IH | 49.27 |

Women's American Junior Records

| Year | Name | Event | Mark/Time |
|------|---------------------|------------|--------------|
| 1999 | Ellannee Richardson | Heptathlon | 5,678 points |

Men's Collegiate Outdoor Records

| Year | Name | Event | Mark/Time |
|------|---|---------------|-----------|
| 1909 | Jack Nelson | 100 Yd. Dash | 9.6 |
| 1909 | Jack Nelson | 220 Yd. Dash | 21.2 |
| 1931 | Paul Swift | 100 Yd. Dash | 9.5 |
| 1937 | Jack Orr, Harry Nettleton Lee Orr, Loren Benke | Mile Relay | 3:12.3 |
| 1937 | Curt Ledford Lee Orr (PCC vs. Big Ten) | 440 Yd. Relay | 40.7 |
| 1939 | Dixie Garner | 2-Mile | 9:07.9 |
| 1965 | Gerry Lindgren | 5000m | 13:45.4 |
| 1965 | Gerry Lindgren | 3-Mile | 13:04.2 |
| 1965 | Gerry Lindgren | 6-Mile | 27:11.6 |
| 1966 | Gerry Lindgren | 3-Mile | 12:53.0 |
| 1966 | Gerry Lindgren | 5000m | 13:38.0 |
| 1967 | Gerry Lindgren | 10,000m | 28:40.2 |
| 1968 | Gerry Lindgren | 5000m | 13:33.8 |
| 1968 | Art Sandison | 600m | 1:16.6 |
| 1968 | Art Sandison | 660 Yd. | 1:16.6 |
| 1968 | Boyd Gittins | 400m IH | 49.5 |
| 1968 | Boyd Gittins | 400m IH | 49.27 |
| 1969 | Art Sandison | 880 Yd. | 1:45.9 |
| 1974 | John Ngeno | 10,000m | 28:05.6 |
| 1974 | John Ngeno | 6-Mile | 27:06.8 |
| 1975 | John Ngeno | 10,000m | 28:04.6 |
| 1975 | John Ngeno | 6-Mile | 26:57.4 |
| 1976 | John Ngeno | 21K | 1:04:50.8 |
| 1976 | John Ngeno | 5000m | 13:20.8 |
| 1976 | Joshua Kimeto | 3000m | 7:37.5 |
| 1976 | Joshua Kimeto | 2000m | 5:03.7 |
| 1976 | Joshua Kimeto | 4000m | 10:11.6 |
| 1977 | Samson Kimombwa | 10,000m | 27:30.5 |
| 1978 | Henry Rono | 5000m | 13:08.4 |
| 1978 | Henry Rono | Steeplechase | 8:14.8 |
| 1978 | Henry Rono | Steeplechase | 8:05.4 |
| 1978 | Henry Rono | 10,000m | 27:22.5 |
| 1978 | Henry Rono | 3000m | 7:32.1 |
| 1978 | Henry Rono | 2-Mile | 8:14.6 |
| 1978 | Henry Rono | 21K | 1:04:46.1 |
| 1981 | Henry Rono | 5000m | 13:06.2 |
| 1986 | Tore Gustafsson | Hammer | 255-1 |
| 1986 | Gabriel Tiacoh | 400m | 44.30 |



WSU Record History

Women's Team Results

| | | | | | | | |
|--|------------------|--|--|---|---|--|---|
| 1977 (0-1) Oregon 104 | WSU 23 | 1981 (0-3) Oregon State 93 Oregon 89 Washington 79 | WSU 34 WSU 37 WSU 38 | 1984 (4-1) Oregon 82 WSU 79 WSU 79 WSU 73 WSU 83 | WSU 44 Boise State 64 EWU 35 Boise State 51 Oregon State 52 | 1986 (6-1) WSU 118 WSU 94 Oregon 70.5 WSU 89 WSU 107 WSU 82.7 WSU 100 | Idaho 28 Oregon State 40 WSU 65.5 Oregon State 46 Montana State 24 Washington 51.3 Boise State 36 |
| | | 1982 (2-4) WSU 68 WSU 83 Oregon 97 Stanford 78 Oregon State 74 Washington 74 | Idaho 59 Montana 43 WSU 25 WSU 62 WSU 53 WSU 53 | | | 1987 (4-1) WSU 94 Oregon 81 WSU 96 WSU 98 WSU 80 | Oregon State 40 WSU 55 Idaho 32 Colorado 32 Washington 56 |
| 1979 (0-2) Oregon St. 96 Washington 80 | WSU 31 WSU 47 | 1983 (2-3) WSU 66 Oregon 69 Washington 77 Montana State 75 WSU 64 | Oregon State 59 WSU 57 WSU 32 WSU 51 EWU 58 | 1985 (8-3) USC 90 WSU 86 WSU 100 WSU 95 WSU 79 WSU 127 Oregon 84 WSU 109 WSU 95 WSU 88 Washington 77 | WSU 75 San Diego St. 70 Hawaii 57 Oregon State 40 Kansas State 58 EWU 9 WSU 52 Idaho 25 Oregon State 41 Boise State 48 WSU 59 | 1988 (4-2) WSU 108 WSU 114 WSU 121 Oregon 81 WSU 86 Washington 72 | Idaho 37 EWU 29 Whitworth 16 WSU 49 Oregon State 48 WSU 64 |
| 1980 (0-2) Oregon State 89 Washington 70 | WSU 38 WSU 57 | | | | | | |



1989 (4-2)

| | |
|---------------|-----------------|
| WSU 102 | Idaho 37 |
| WSU 85 | Kansas State 51 |
| WSU 111 | Idaho 25 |
| Washington 83 | WSU 53 |
| Oregon 88 | WSU 48 |
| WSU 72 | Boise State 64 |

1990 (3-4)

| | |
|-----------------|----------------|
| Fresno State 79 | WSU 56 |
| WSU 88 | Occidental 48 |
| Oregon 79 | WSU 57 |
| WSU 85 | Boise State 49 |
| Washington 72.7 | WSU 63.3 |
| WSU 76 | BYU 63 |
| Washington 86 | WSU 59 |

1991 (6-4)

| | |
|---------------|---------------|
| WSU 75 | Ohio State 60 |
| WSU 95 | Idaho 41 |
| WSU 117 | Portland 17 |
| Oregon 102 | WSU 76 |
| WSU 88 | Indiana 87 |
| WSU 85 | Alabama 80 |
| Oregon 79 | WSU 57 |
| WSU 101 | Idaho 30 |
| Washington 77 | WSU 59 |
| Nebraska 105 | WSU 31 |

1992 (7-1)

| | |
|-----------|----------------|
| WSU 101 | Idaho 41 |
| WSU 89 | EWU 36 |
| Oregon 73 | WSU 63 |
| WSU 96 | Minnesota 39 |
| WSU 99 | EWU 19 |
| WSU 102 | Boise State 18 |
| WSU 90 | Washington 45 |
| WSU 114 | EWU 20 |

1993 (4-4)

| | |
|------------------|------------------|
| Oregon 81 | WSU 55 |
| WSU 90.5 | California 63.5 |
| WSU 100 | Montana State 61 |
| WSU 104 | Idaho 50 |
| Oregon 107 | WSU 69 |
| Arizona State 93 | WSU 80 |
| WSU 97 | Kansas State 75 |
| Washington 70 | WSU 66 |

1994 (6-2)

| | |
|-----------------|---------------|
| WSU 81 | Idaho 54 |
| WSU 100 | EWU 19 |
| WSU 100 | Portland 28 |
| Washington 77.5 | WSU 58.5 |
| WSU 104 | EWU 31 |
| WSU 78 | California 57 |
| Washington 78.5 | WSU 52.5 |
| WSU 81 | Idaho 55 |

1995 (3-6)

| | |
|----------------|-------------|
| WSU 97 | Idaho 46 |
| WSU 108 | EWU 36 |
| Washington 90 | WSU 46 |
| Arizona 71 | WSU 64 |
| WSU 89 | Michigan 85 |
| Nebraska 118 | WSU 60 |
| Oregon 114 | WSU 63 |
| Washington 101 | WSU 64 |
| Oregon 102 | WSU 64 |

1996 (6-4)

| | |
|----------------|----------------|
| WSU 103 | EWU 51 |
| WSU 107 | Idaho 36 |
| WSU 103 | Gonzaga 4 |
| Oregon 103 | WSU 77 |
| Stanford 93 | WSU 87 |
| Washington 99 | WSU 80 |
| WSU 119 | Idaho 49 |
| WSU 83 | Boise State 68 |
| WSU 89 | Weber State 64 |
| Idaho State 80 | WSU 72 |

1997 (8-2)

| | |
|------------------|------------------|
| WSU 83 | Idaho 33 |
| WSU 87 | E. Washington 29 |
| WSU 73 | Oregon 72 |
| WSU 102 | Idaho 32 |
| Washington 100.5 | WSU 80.5 |
| Oregon 111 | WSU 92 |
| WSU 106 | Arizona 91 |
| WSU 107 | Indiana 93 |
| WSU 106 | Boise State 38 |
| WSU 110 | Utah State 35 |

1998 (4-1)

| | |
|-----------|----------------|
| Oregon 91 | WSU 63 |
| WSU 84 | Washington 70 |
| WSU 120 | Idaho 30 |
| WSU 120 | Kansas 33 |
| WSU 126 | Boise State 27 |

1999 (3-0)

| | |
|---------|---------------|
| WSU 114 | Oregon 40 |
| WSU 135 | Idaho 18 |
| WSU 107 | Washington 47 |

2000 (3-0)

| | |
|---------|---------------|
| WSU 110 | Washington 44 |
| WSU 120 | Idaho 34 |
| WSU 124 | Utah State 75 |

2001 (7-1)

| | |
|-----------|---------------------|
| WSU 104 | California 58 |
| UCLA 85 | WSU 78 |
| WSU 122 | Washington 40 |
| WSU 114.5 | Washington 43.5 |
| WSU 146 | E. Washington 11 |
| WSU 108 | Idaho 55 |
| WSU 133 | Boise State 23 |
| WSU 127 | Long Beach State 34 |

2002 (3-1)

| | |
|----------|---------------|
| UCLA 106 | WSU 92 |
| WSU 105 | California 93 |
| WSU 129 | Idaho 66 |
| WSU 105 | Washington 98 |

2003 (1-0)

| | |
|---------|---------------|
| WSU 113 | Washington 90 |
|---------|---------------|

2004 (0-1)

| | |
|--------|----------------|
| WSU 95 | Washington 108 |
|--------|----------------|

2005 (1-0)

| | |
|---------|---------------|
| WSU 111 | Washington 92 |
|---------|---------------|

2006 (1-0)

| | |
|-----------|-----------------|
| WSU 111.5 | Washington 91.5 |
|-----------|-----------------|

2007 (1-0)

| | |
|---------|---------------|
| WSU 102 | Washington 61 |
|---------|---------------|

2008 (1-0)

| | |
|---------|---------------|
| WSU 116 | Washington 47 |
|---------|---------------|

2009 (0-1)

| | |
|------------------|-----------|
| Washington 81.66 | WSU 81.33 |
|------------------|-----------|

The women's track program at Washington State began in 1972. The first dual meet was during the 1977 season.

WSU Women's Coaches and Captains

| Year | Coach | Won | Loss | Captain |
|--------------------------------|-------------------|------------|-----------|---|
| 1974 | Rosemary Lundell | 0 | 0 | |
| 1 Year Career Record | | 0 | 0 | (.000) |
| 1975 | Jeanette Marsh | 0 | 0 | |
| 1 Year Career Record | | 0 | 0 | (.000) |
| 1976 | Dot Dobie | 0 | 0 | |
| 1977 | Dot Dobie | 0 | 1 | |
| 1978 | Dot Dobie | 0 | 1 | |
| 3 Year Career Record | | 0 | 2 | (.000) |
| 1979 | Kelli Koltyn | 0 | 2 | |
| 1980 | Kelli Koltyn | 0 | 2 | |
| 1981 | Kelli Koltyn | 0 | 3 | |
| 1982 | Kelli Koltyn | 2 | 4 | |
| 4 Year Career Record | | 2 | 11 | (.154) |
| 1983 | Jessica Cassleman | 2 | 3 | |
| 1984 | Jessica Cassleman | 4 | 1 | |
| 2 Year Career Record | | 6 | 4 | (.600) |
| 1985 | Rob Cassleman | 8 | 3 | |
| 1986 | Rob Cassleman | 6 | 1 | |
| 1987 | Rob Cassleman | 4 | 1 | Lisa Braun, Roxie Davis |
| 1988 | Rob Cassleman | 4 | 2 | Lisa Braun, Roxie Davis |
| 1989 | Rob Cassleman | 4 | 2 | Mechelle McClain, Darlene McClure, Amy Moore |
| 1990 | Rob Cassleman | 3 | 4 | None |
| 1991 | Rob Cassleman | 6 | 4 | None |
| 1992 | Rob Cassleman | 7 | 1 | Jennifer Carpenter, Michele Hayes |
| 1993 | Rob Cassleman | 4 | 4 | Tracy Pleiman, Carol Smith |
| 1994 | Rob Cassleman | 6 | 2 | Kristy Andrews, Jessica Brathovd, Sheila Phillips |
| 1995 | Rob Cassleman | 3 | 6 | Julie Bainbridge, Tiffany Paup, Jenny Zenner |
| 11 Year Career Record | | 55 | 30 | (.647) |
| 1996 | Rick Sloan | 6 | 4 | Heidi Shultz |
| 1997 | Rick Sloan | 8 | 2 | Marilyn Moberly, Heidi Shultz |
| 1998 | Rick Sloan | 4 | 1 | Tamika Brown |
| 1999 | Rick Sloan | 3 | 0 | Molly Moore |
| 2000 | Rick Sloan | 3 | 0 | Francesca Green |
| 2001 | Rick Sloan | 7 | 1 | Cicely Clinkenbeard |
| 2002 | Rick Sloan | 3 | 1 | Randi Smith |
| 2003 | Rick Sloan | 1 | 0 | Whitney Evans, Ellannee Richardson |
| 2004 | Rick Sloan | 0 | 1 | Monique Jessie |
| 2005 | Rick Sloan | 1 | 0 | Rachel Bertholf |
| 2006 | Rick Sloan | 1 | 0 | Tamara Diles |
| 2007 | Rick Sloan | 1 | 0 | Diana Pickler, Julie Pickler |
| 2008 | Rick Sloan | 1 | 0 | Sarah Burns |
| 2009 | Rick Sloan | 0 | 1 | Lorraine King |
| 14 Year Career Record | | 39 | 11 | (.780) |
| Overall Women's Record: | | 101 | 57 | (.639) |



Men's Team Results

1895 (1-0-0)
WSU 38 Idaho 12

1896 (0-1-0)
Idaho 27 WSU 18

1898 (1-0-0)
WSU 36 Idaho 3

1899 (1-0-0)
WSU 27 Idaho 17

1900 (1-1-0)
Washington 74 WSU 44
WSU 44 Idaho 7

1901 (1-1-0)
WSU 82 Whitman 41
Washington 99 WSU 24

1902 (1-1-0)
Washington 84 WSU 37
WSU 68 Whitman 54

1903 (1-1-0)
Idaho 71 WSU 51
WSU 79 Whitman 43

1904 (3-0-0)
WSU 81 Idaho 41
WSU 87 Montana 26
WSU 84 Whitman 48

1905 (2-0-0)
WSU 74 Whitman 48
WSU 69 Idaho 59

1906 (0-3-0)
Montana 62 WSU 51
Whitman 61 WSU 59
Idaho 72 WSU 52

1907 (3-2-0)
WSU 104 Montana 26
Oregon 84 WSU 38
Oregon State 64.5 WSU 52.5
WSU 51 Whitman 36
WSU 51 Idaho 35

1908 (2-1-0)
WSU 37 Idaho 33
Oregon 62 WSU 60
WSU 73 Montana 56

1909 (3-0-0)
WSU 99 Whitman 23
WSU 82 Oregon State 39
WSU 100 Idaho 31

1910 (3-1-0)
WSU 117 Whitman 23
Oregon 81 WSU 51
WSU 82 Oregon State 45
WSU 76 Idaho 64

1911 (3-0-0)
WSU 83 Montana 39
WSU 79 Idaho 61
WSU 99.5 Whitman 40.5

1912 (3-0-0)
WSU 71 Whitman 64
WSU 74 Idaho 52
WSU 82 Washington 58

1913 (2-1-0)
WSU 72 Whitman 39
WSU 90.5 Idaho 39.5
Washington 68 WSU 63

1914 (4-1-0)
WSU 76 Montana 51
WSU 93.5 M.A.C. 37.5
Idaho 68 WSU 63
WSU 81 Whitman 50
WSU 77 Washington 54

1915 (3-1-0)
WSU 112 M.A.C. 19
WSU 76 Whitman 55
Washington 72 WSU 58
WSU 67 Idaho 64

1916 (3-1-0)
WSU 87 Whitman 43
Idaho 66 WSU 65
WSU 84 Montana 47
WSU 62 S.A.A.C. 60

1918 (2-0-0)
WSU 69 Idaho 62
WSU 74 Idaho 56

1919 (2-0-0)
WSU 79 Idaho 32
WSU 74 Oregon State 57

1920 (1-1-0)
Washington 77 WSU 54
WSU 68.5 Idaho 62.5

1921 (1-2-0)
WSU 78 Idaho 53
Washington 84 WSU 47
Oregon State 71.5 WSU 58.5

1922 (1-2-0)
WSU 92 Idaho 39
Washington 93 WSU 38
OSU 77.5 WSU 53.5

1923 (2-1-0)
WSU 98.5 Idaho 32.5
Washington 98 WSU 33
WSU 69.5 Montana 61.5

1924 (5-0-0)
WSU 69 Idaho 57
WSU 69 Gonzaga 5
WSU 79.5 Idaho 51.5
WSU 96 5/6 Montana 32 1/6
WSU 66 Oregon 65

1925 (3-2-0)
WSU 85 Idaho 36.3
WSU 85 Gonzaga 13.6
Montana 73 WSU 58
WSU 77.3 Idaho 53.6
Washington 81 WSU 50

1926 (4-1-0)
WSU 66.5 Oregon State 63.5
WSU 73 Idaho 58
UM 70.75 WSU 57
WSU 70 Idaho 30.25
WSU 70 Gonzaga 4

1927 (2-1-0)
Oregon 66 WSU 65
WSU 66 Idaho 65
WSU 67 Montana 64

1928 (4-1-0)
WSU 84 Idaho 47
Washington 78 WSU 53
WSU 79 Oregon 52
WSU 96.5 Idaho 53.5
WSU 96.5 Gonzaga 9

1929 (1-1-0)
WSU 108 Idaho 23
Washington 82.3 WSU 48.6

1930 (2-1-0)
WSU 85 Whitman 46
WSU 93 Idaho 38
Washington 75 WSU 55

1931 (2-1-0)
WSU 83 Idaho 48
WSU 69 2/5 Oregon State 61 3/5
Washington 78 WSU 53

1932 (4-1-0)
Washington 68 WSU 63
WSU 60 Oregon State 57
WSU 77 Idaho 54
WSU 83 Idaho 44
WSU 83 Montana 31

1933 (2-0-0)
WSU 114 Idaho 17
WSU 72 Washington 59

1934 (3-0-0)
WSU 73 Idaho 58
WSU 72 Oregon 59
WSU 77.5 Washington 52.5

1935 (3-1-0)
California 85 WSU 46
WSU 63 3/5 Oregon 63 2/5
WSU 95 Idaho 36
WSU 71.3 Washington 54.6

1936 (4-2-0)
California 95 WSU 36
Oregon 69.5 WSU 61.5
WSU 91.3 Oregon State 38.6
WSU 69 Washington 62
WSU 98.5 Idaho 49.5
WSU 98.5 Montana 16

1937 (3-0-0)
WSU 80 Idaho 51
WSU 90 Oregon 41
WSU 76 Washington 55

1938 (1-2-0)
Idaho 70.6 WSU 60.3
WSU 67 Oregon 64
Washington 75 WSU 56

1939 (2-0-0)
WSU 95.6 Idaho 36.3
WSU 87 Washington 44

1940 (3-1-0)
California 98 WSU 33
WSU 78 Idaho 53
WSU 73 Oregon 58
WSU 68.6 Washington 62.3

1941 (4-0-0)
WSU 91 Idaho 40
WSU 73 Montana 56
WSU 72.6 Oregon 58.3
WSU 73 Washington 58

1942 (1-2-0)
Idaho 79 2/5 WSU 51 3/5
WSU 71 Oregon 60
Washington 71.3 WSU 59.6

1943 (1-2-0)
WSU 89 Idaho 42
Washington 66 WSU 64
Oregon 80.5 WSU 50.5

1945 (3-5-0)
WSU 75 2/3 Idaho 55 1/3
WSU 75 Whitman 56
Idaho 69 1/6 WSU 61 5/6
Trainees 62 WSU 28
Washington 41 WSU 28
Washington 61 WSU 35
WSU 35 Idaho 27 1/2
Whitman 38 1/2 WSU 35

1946 (2-1-0)
Idaho 69.3 WSU 61.6
WSU 76 Oregon 55
WSU 69.5 Washington 61.5

1947 (5-0-0)
WSU 77 Montana 54
WSU 80 Oregon State 51
WSU 80.5 Oregon 50.5
WSU 67 Washington 64
WSU 89 Idaho 42

1948 (5-0-0)
WSU 98 Idaho 32
WSU 90 Oregon 41
WSU 89 Oregon State 42
WSU 102 Montana 29
WSU 87.3 Washington 43.6

1949 (5-0-0)
WSU 107 Montana 24
WSU 81.6 Oregon 49.3
WSU 88.5 Oregon State 42.5
WSU 103.5 Idaho 23.5
WSU 79 Washington 52

1950 (3-1-1)
WSU 93 3/4 Montana 37 1/4
Oregon 75.5 WSU 55.5
WSU 84 Oregon State 47
WSU 73.5 Idaho 56.5
WSU 65.5 Washington 65.5

1951 (4-0-0)
WSU 77 Idaho 54
WSU 74 Oregon State 56
WSU 68.6 Oregon 62.3
WSU 72.5 Washington 58.5

1952 (3-1-0)
WSU 93.5 Idaho 37.5
Oregon 67.5 WSU 63.5
WSU 94.5 Oregon State 36.5
WSU 77 Washington 54

1953 (4-0-0)
WSU 96 Oregon State 34
WSU 97 Idaho 23
WSU 86 Oregon 45
WSU 79.5 Washington 51.5

1954 (2-2-0)
Oregon 67.5 WSU 63.5
WSU 89.6 Idaho 41.3
WSU 89.5 Oregon State 41.5
Washington 68 WSU 63

1955 (2-2-0)
WSU 93.3 Oregon 37.6
WSU 94.5 Idaho 36.5
Oregon 72 WSU 59
Washington 70 WSU 61

1956 (3-1-0)
WSU 91.5 Idaho 31.5
Oregon 72.5 WSU 58.5
WSU 73 Oregon State 58
WSU 71 2/5 Washington 59 3/5

1957 (4-2-0)
WSU 101 Whitworth 30
WSU 100 EWU 31
WSU 101 Idaho 30
Oregon 94 WSU 37
WSU 82.3 Oregon State 48.6
Washington 84.3 WSU 46.6

1958 (7-1-0)
WSU 120 Gonzaga 11
WSU 97 Idaho 34
WSU 103 EWU 28
WSU 100 Whitworth 30
WSU 97 EWU 34
Oregon 71 WSU 59
WSU 95.25 Oregon State 35.75
WSU 71 Washington 60

1959 (6-2-0)
WSU 89 EWU 42
WSU 120 Whitworth 11
WSU 99 Idaho 31
WSU 102 EWU 29
WSU 100 Whitworth 31
Oregon State 66 WSU 65
Oregon 74 WSU 57
WSU 67.6 Washington 63.3

1960 (3-2-0)
WSU 98 EWU 33
WSU 85 Idaho 46
Oregon State 66 WSU 65
Oregon 74.5 WSU 56.5
WSU 71.5 Washington 59.5

1961 (2-3-0)
WSU 81.3 Idaho 49.6
WSU 69 Idaho 62
Oregon 86 WSU 34
Oregon State 92 WSU 38
Washington 75 WSU 56

1962 (3-2-0)
WSU 113 EWU 31
WSU 86.5 Idaho 58.5
Oregon State 91 WSU 54
Oregon 98 WSU 45
WSU 80 Washington 65

1963 (3-2-0)
WSU 120 EWU 24
WSU 106 Idaho 39
Oregon State 92 WSU 53
Oregon 87 WSU 57
WSU 74 Washington 71

1964 (3-3-0)
WSU 110 Idaho 35
WSU 73 Oregon State 72
Stanford 78 WSU 67
Oregon 81 WSU 64
USC 86 WSU 59
WSU 80 Washington 65

RECORDS & HISTORY

| | |
|----------------|----------------|
| WSU 122 | EWU 41 |
| WSU 94 | Idaho 69 |
| WSU 147 | Gonzaga 12 |
| Oregon 104 | WSU 96 |
| WSU 110 | Stanford 88 |
| Washington 104 | WSU 97 |
| WSU 112 | Idaho 81 |
| WSU 83 | Boise State 75 |



WSU 94 Weber State 65
WSU 92 Idaho State 71

1997 (8-2)
WSU 104 Idaho 59
WSU 124 E. Washington 29
WSU 82 Oregon 81
WSU 94 Idaho 77
Washington 103 WSU 99
Oregon 106 WSU 85
WSU 103 Arizona 87
WSU 110 Indiana 82
WSU 113 Boise State 44
WSU 115 Utah State 42

1998 (4-1)
Oregon 90 WSU 73
WSU 94 Washington 70
WSU 106 Idaho 56
WSU 86 Kansas 73
WSU 113 Boise State 49

1999 (2-1)
WSU 83 Oregon 65
WSU 94 Idaho 54
Washington 86 WSU 77

2000 (2-1)
WSU 103 Idaho 58
Washington 106 WSU 57
WSU 108 Utah State 91

2001 (7-1)
WSU 101 California 62
WSU 116 Washington 47
UCLA 101 WSU 62
WSU 111 Washington 52
WSU 117 E. Washington 38
WSU 84 Idaho 78
WSU 132 Boise State 20
WSU 115 Long Beach State 40

2002 (3-1)
UCLA 104.5 WSU 98.5
WSU 120 California 75
WSU 113 Idaho 86
WSU 103 Washington 99

2003 (1-0)
WSU 116 Washington 81

2004 (1-0)
WSU 112 Washington 90

2005 (0-1)
Washington 110.5 WSU 92.5

2006 (0-1)
Washington 112 WSU 91

2007 (0-1)
Washington 103 WSU 60

2008 (1-0)
WSU 93 Washington 70

2009 (1-0)
WSU 92 Washington 70

NORPAC Women's Team Scoring

| Year | Score | (Place) |
|------|-------|---------|
| 1983 | 28 | (6th) |
| 1984 | 82 | (4th) |
| 1985 | 133 | (2nd) |
| 1986 | 126.5 | (2nd) |

Women's Pac-10 Team Scoring

| Year | Score | (Place) |
|------|-------|---------|
| 1987 | 55 | (5th) |
| 1988 | 24 | (9th) |
| 1989 | 52.33 | (5th) |
| 1990 | 50 | (7th) |
| 1991 | 39 | (7th) |
| 1992 | 58 | (5th) |
| 1993 | 38 | (6th) |
| 1994 | 34 | (8th) |
| 1995 | 15 | (9th) |
| 1996 | 56 | (7th) |
| 1997 | 66 | (6th) |
| 1998 | 76.5 | (6th) |
| 1999 | 123 | (3rd) |
| 2000 | 86 | (4th) |
| 2001 | 101.5 | (4th) |
| 2002 | 85 | (5th) |
| 2003 | 87 | (5th) |
| 2004 | 45.5 | (8th) |
| 2005 | 74.5 | (6th) |
| 2006 | 40 | (7th) |
| 2007 | 67.83 | (5th) |
| 2008 | 71.5 | (T-6th) |
| 2009 | 44 | (9th) |

Women's NCAA Outdoor Team Scoring

| Year | Score | (Place) |
|------|-------|----------|
| 1986 | 20 | (10th) |
| 1987 | 15 | (19th) |
| 1988 | 10 | (T-24th) |
| 1989 | 6 | (T-37th) |
| 1990 | 4 | (T-47th) |
| 1991 | 4 | (T-46th) |
| 1993 | 1 | (T-55th) |
| 1999 | 21 | (T-20th) |
| 2000 | 2 | (T-59th) |
| 2001 | 15 | (T-18th) |
| 2002 | 16 | (T-15th) |
| 2003 | 21 | (T-12th) |
| 2005 | 8 | (T-32nd) |
| 2006 | 10 | (T-25th) |
| 2007 | 9 | (T-27th) |
| 2008 | 8 | (T-31st) |
| 2009 | 3 | (T-58th) |

Team Scoring

Men's Pac-10 Team Scoring

| Year | Score | (Place) |
|------|--------|---------|
| 1963 | 26 | (4th) |
| 1964 | 40 | (3rd) |
| 1965 | 41 | (2nd) |
| 1966 | 20 | (7th) |
| 1967 | 28 | (8th) |
| 1968 | 64 | (6th) |
| 1969 | 87.75 | (3rd) |
| 1970 | 72 | (5th) |
| 1971 | 26 | (8th) |
| 1972 | 14 | (8th) |
| 1973 | 88 | (4th) |
| 1974 | 76 | (4th) |
| 1975 | 96 | (3rd) |
| 1976 | 88 | (4th) |
| 1977 | 132 | (2nd) |
| 1978 | 109.5 | (4th) |
| 1979 | 73.33 | (4th) |
| 1980 | 67 | (4th) |
| 1981 | 74 | (5th) |
| 1982 | 113 | (1st) |
| 1983 | 132 | (1st) |
| 1984 | 157.33 | (1st) |
| 1985 | 149.5 | (1st)* |
| 1986 | 104 | (3rd) |
| 1987 | 79 | (3rd) |
| 1988 | 80 | (2nd) |
| 1989 | 72 | (4th) |
| 1990 | 102 | (2nd) |
| 1991 | 133.66 | (1st)* |
| 1992 | 79.5 | (4th) |
| 1993 | - | - |
| 1994 | 109 | (3rd) |
| 1995 | 68 | (5th) |
| 1996 | 82.5 | (5th) |
| 1997 | 90 | (6th) |
| 1998 | 103.5 | (4th) |
| 1999 | 69 | (7th) |
| 2000 | 59.5 | (9th) |
| 2001 | 67.5 | (7th) |
| 2002 | 71 | (7th) |
| 2003 | 77 | (6th) |
| 2004 | 41 | (9th) |
| 2005 | 36.5 | (9th) |
| 2006 | 37 | (9th) |
| 2007 | 84 | (7th) |
| 2008 | 73.5 | (6th) |
| 2009 | 91 | (4th) |

**Title forfeited and vacated due to NCAA violations.*

Men's NCAA Outdoor Team Scoring

| Year | Score | (Place) |
|------|-------|---------|
| 1921 | 2.75 | |
| 1925 | 5 | |
| 1928 | 6 | |
| 1930 | 5 | |
| 1931 | 6 | |

| | | |
|------|-------|----------|
| 1934 | 6 | |
| 1935 | 12 | (6th) |
| 1936 | 4 | |
| 1937 | 20 | (5th) |
| 1939 | 24 | (4th) |
| 1940 | 18 | (8th) |
| 1941 | 3 | |
| 1946 | 2 | |
| 1947 | 6 | |
| 1948 | 5 | |
| 1949 | 2 | |
| 1951 | 14.16 | (10th) |
| 1952 | 6 | |
| 1953 | 8.6 | (10th) |
| 1954 | 14 | (9th) |
| 1955 | 6 | |
| 1959 | 8.1 | |
| 1960 | 4 | |
| 1962 | 4.76 | (9th) |
| 1963 | 10 | |
| 1964 | 19.5 | (5th) |
| 1965 | 23.5 | (6th) |
| 1966 | 29 | (5th) |
| 1967 | 21 | (7th) |
| 1968 | 57 | (2nd) |
| 1969 | 40 | (3rd) |
| 1970 | 21 | (7th) |
| 1971 | 4 | |
| 1972 | 1.5 | |
| 1973 | 10 | |
| 1974 | 15 | (10th) |
| 1975 | 20 | (9th) |
| 1976 | 34 | (4th) |
| 1977 | 46 | (4th) |
| 1978 | 26 | (9th) |
| 1979 | 21 | (10th) |
| 1980 | 10 | (20th) |
| 1981 | 8.5 | (21st) |
| 1982 | 85 | (3rd) |
| 1983 | 66 | (5th) |
| 1984 | 94.5 | (2nd) |
| 1985 | 46 | (2nd) |
| 1986 | 52 | (2nd) |
| 1987 | 15 | (19th) |
| 1988 | 19.5 | (13th) |
| 1989 | 11 | (T-22nd) |
| 1990 | 6 | (T-47th) |
| 1991 | 42 | (2nd) |
| 1992 | 18 | (T-13th) |
| 1994 | 14 | (T-17th) |
| 1995 | 9 | (T-26th) |
| 1996 | 12 | (T-26th) |
| 1997 | 7 | (T-40th) |
| 1998 | 16 | (T-14th) |
| 1999 | 23 | (11th) |
| 2001 | 4 | (T-48th) |
| 2002 | 1 | (T-68th) |
| 2003 | 8 | (T-27th) |
| 2004 | 5 | (T-44th) |
| 2005 | 4 | (T-46th) |
| 2006 | 10 | (T-26th) |
| 2007 | 3 | (T-62nd) |
| 2008 | 11 | (T-23rd) |
| 2009 | 14 | (T-17th) |



WSU Men's Coaches & Captains

| Year | Coach | Won | Loss | Tie | Captain |
|------------------------------|-------------------|-----------|-----------|----------|--------------------|
| 1895** | None | 1 | 0 | 0 | Paul Long |
| 1896 | None | 0 | 1 | 0 | F. Reynolds |
| 1897 | None | 0 | 0 | 0 | J. H. Jones |
| 1898** | None | 1 | 0 | 0 | G. Palmerton |
| 1899** | None | 1 | 0 | 0 | G. Palmerton |
| 1900 | None | 1 | 1 | 0 | W. W. Boone |
| 1901 | None | 1 | 1 | 0 | J. B. Evans |
| | | | | | |
| 1902 | H. M. McIntire | 1 | 1 | 0 | J. B. Evans |
| 1903 | H. M. McIntire | 1 | 1 | 0 | E. Person |
| 2 Year Career Record | | 2 | 2 | 0 | (.500) |
| 1904** | J. N. Ashmore | 3 | 0 | 0 | R. M. Goodman |
| 1905** | J. N. Ashmore | 2 | 0 | 0 | O. A. Thomie |
| 2 Year Career Record | | 5 | 0 | 0 | (1.000) |
| 1906 | None | 0 | 3 | 0 | O. A. Thomie |
| | | | | | |
| 1907 | I. P. Hewitt | 3 | 2 | 0 | R. Cowgill |
| 1 Year Career Record | | 3 | 2 | 0 | (.600) |
| 1908 | Dutch Kiesel | 2 | 1 | 0 | J. B. Halm |
| 1 Year Career Record | | 2 | 1 | 0 | (.667) |
| 1909** | J. Fred Bohler | 3 | 0 | 0 | I. Putnam |
| 1910 | J. Fred Bohler | 3 | 1 | 0 | C. J. Cool |
| 2 Year Career Record | | 6 | 1 | 0 | (.857) |
| 1911** | Oscar Osthoff | 3 | 0 | 0 | Tabé LaFollette |
| 1912** | Oscar Osthoff | 3 | 0 | 0 | John Dahlquist |
| 2 Year Career Record | | 6 | 0 | 0 | (1.000) |
| 1913 | J. Fred Bohler | 2 | 1 | 0 | Ed Love |
| 1914 | J. Fred Bohler | 4 | 1 | 0 | Lester Cooke |
| 1915 | J. Fred Bohler | 3 | 1 | 0 | Carl Dietz |
| 1916 | J. Fred Bohler | 3 | 1 | 0 | Lusker McCrosky |
| 1917 | J. Fred Bohler | 0 | 0 | 0 | Alfred Miller |
| 1918** | J. Fred Bohler | 2 | 0 | 0 | LeRoy Schachtler |
| 1919** | J. Fred Bohler | 2 | 0 | 0 | Clement Phillips |
| 1920 | J. Fred Bohler | 1 | 1 | 0 | Charles Smith |
| 1921 | J. Fred Bohler | 1 | 2 | 0 | Eldon Jenne |
| 1922 | J. Fred Bohler | 1 | 2 | 0 | Frank Rowles |
| 1923 | J. Fred Bohler | 2 | 1 | 0 | Robert Davis |
| 1924** | J. Fred Bohler | 5 | 0 | 0 | Elmer McCarty |
| 1925 | J. Fred Bohler | 3 | 2 | 0 | Ernest Durrwachter |
| 1926 | J. Fred Bohler | 4 | 1 | 0 | Harold Slippert |
| 16 Year Career Record | | 39 | 14 | 0 | (.736) |
| 1927 | Karl Schlademan | 2 | 1 | 0 | Glenn McGillivray |
| 1928 | Karl Schlademan | 4 | 1 | 0 | Ray Williams |
| 1929 | Karl Schlademan | 1 | 1 | 0 | True Ouillette |
| 1930 | Karl Schlademan | 2 | 1 | 0 | Rex Taylor |
| 1931 | Karl Schlademan | 2 | 1 | 0 | Angus Clarke |
| 1932 | Karl Schlademan | 4 | 1 | 0 | George Martin |
| 1933** | Karl Schlademan | 2 | 0 | 0 | Carville Sparks |
| 1934** | Karl Schlademan | 3 | 0 | 0 | George Theodoratos |
| 1935 | Karl Schlademan | 3 | 1 | 0 | Ken Leendersten |
| 1936 | Karl Schlademan | 4 | 2 | 0 | Dwight Scheyer |
| 1937** | Karl Schlademan | 3 | 0 | 0 | Loren Benke |
| 1938 | Karl Schlademan | 1 | 2 | 0 | Bob Campbell |
| 1939** | Karl Schlademan | 2 | 0 | 0 | Lee Orr |
| 1940 | Karl Schlademan | 3 | 1 | 0 | Dixie Garner |
| 14 Year Career Record | | 36 | 12 | 0 | (.750) |
| 1941** | Jack Weishauser | 4 | 0 | 0 | Bill Dale |
| 1 Year Career Record | | 4 | 0 | 0 | (1.000) |
| 1942 | W. B. Ellington | 1 | 2 | 0 | Noel Williams |
| 1 Year Career Record | | 1 | 2 | 0 | (.333) |
| 1943 | O. E. Hollingbery | 1 | 2 | 0 | Pat Haley |
| 1 Year Career Record | | 1 | 2 | 0 | (.333) |
| 1944 | None | 0 | 0 | 0 | None |
| 1945 | Bob Campbell | 3 | 5 | 0 | Bill Brickert |
| 1 Year Career Record | | 3 | 5 | 0 | (.375) |

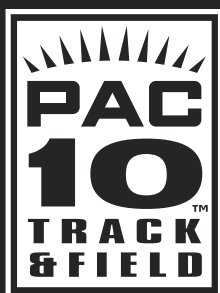
**Undeclared Season

| | | | | | |
|------------------------------|---------------|------------|------------|----------|-------------------------|
| 1946 | Jack Mooberry | 2 | 1 | 0 | None |
| 1947** | Jack Mooberry | 5 | 0 | 0 | None |
| 1948** | Jack Mooberry | 5 | 0 | 0 | None |
| 1949** | Jack Mooberry | 5 | 0 | 0 | None |
| 1950 | Jack Mooberry | 3 | 1 | 1 | None |
| 1951** | Jack Mooberry | 4 | 0 | 0 | None |
| 1952 | Jack Mooberry | 3 | 1 | 0 | None |
| 1953** | Jack Mooberry | 4 | 0 | 0 | None |
| 1954 | Jack Mooberry | 2 | 2 | 0 | None |
| 1955 | Jack Mooberry | 2 | 2 | 0 | Bob Gary |
| 1956 | Jack Mooberry | 3 | 1 | 0 | Bob Duncan |
| 1957 | Jack Mooberry | 4 | 2 | 0 | Burl Grinols |
| 1958 | Jack Mooberry | 7 | 1 | 0 | Floyd Richmond |
| 1959 | Jack Mooberry | 6 | 2 | 0 | Don Ellington |
| 1960 | Jack Mooberry | 3 | 2 | 0 | Spike Arlt |
| 1961 | Jack Mooberry | 2 | 3 | 0 | Jim Temples |
| 1962 | Jack Mooberry | 3 | 2 | 0 | Don Bertoia |
| 1963 | Jack Mooberry | 3 | 2 | 0 | John Chaplin |
| 1964 | Jack Mooberry | 3 | 3 | 0 | Jim Allen |
| 1965 | Jack Mooberry | 3 | 1 | 0 | Bill Bleakney |
| 1966 | Jack Mooberry | 1 | 4 | 0 | Jerry Talbott |
| 1967 | Jack Mooberry | 1 | 5 | 0 | Don Wright |
| 1968 | Jack Mooberry | 6 | 2 | 0 | Carl O'Donnell |
| 1969 | Jack Mooberry | 9 | 2 | 0 | Foss Miller |
| 1970 | Jack Mooberry | 8 | 2 | 0 | Art Sandison |
| 1971 | Jack Mooberry | 6 | 5 | 0 | Dick Olsen |
| 1972 | Jack Mooberry | 8 | 2 | 0 | Brock Aynsley |
| 1973 | Jack Mooberry | 9 | 2 | 0 | Dave Rorem |
| 28 Year Career Record | | 120 | 50 | 1 | (.706) |
| 1974 | John Chaplin | 8 | 1 | 0 | Dale Fleet |
| 1975 | John Chaplin | 7 | 3 | 0 | Dean Clark |
| 1976 | John Chaplin | 7 | 1 | 0 | Marl Murray |
| 1977 | John Chaplin | 8 | 1 | 0 | Orestis Rossides |
| 1978** | John Chaplin | 11 | 0 | 0 | Joshua Kimeto |
| | | | | | |
| 1979 | John Chaplin | 10 | 1 | 0 | Greg St. Pierre |
| 1980 | John Chaplin | 9 | 2 | 0 | Robert Williams |
| 1981** | John Chaplin | 11 | 0 | 0 | Jim Jesernig |
| 1982** | John Chaplin | 11 | 0 | 0 | Doug Nordquist |
| 1983** | John Chaplin | 14 | 0 | 0 | Greg Ernst |
| 1984** | John Chaplin | 12 | 0 | 0 | Chris Whitlock |
| 1985** | John Chaplin | 8 | 0 | 0 | Joseph Taiwo |
| 1986 | John Chaplin | 10 | 1 | 0 | Lee Gordon |
| 1987 | John Chaplin | 10 | 1 | 0 | Gabriel Tiachoh |
| 1988 | John Chaplin | 7 | 1 | 0 | Carlos Gambetta |
| 1989 | John Chaplin | 8 | 1 | 0 | Bill Ayeas |
| 1990 | John Chaplin | 9 | 1 | 0 | Tim Manson |
| | | | | | |
| 1991** | John Chaplin | 10 | 0 | 0 | Stephan Wikstrom |
| 1992** | John Chaplin | 11 | 0 | 0 | Marty Stroschein |
| 1993 | John Chaplin | 8 | 1 | 0 | John Hill, Robert Price |
| 1994** | John Chaplin | 13 | 0 | 0 | Mark Macdonald |
| 21 Year Career Record | | 202 | 15 | 0 | (.931) |
| | | | | | |
| 1995 | Rick Sloan | 5 | 3 | 0 | Kali Roberts |
| 1996 | Rick Sloan | 8 | 2 | 0 | Matt Shaffer |
| 1997 | Rick Sloan | 8 | 2 | 0 | (.931) |
| | | | | | |
| 1998 | Rick Sloan | 4 | 1 | 0 | Jed Stannard |
| 1999 | Rick Sloan | 2 | 1 | 0 | Eric Anderson |
| 2000 | Rick Sloan | 2 | 1 | 0 | Leo Slack |
| 2001 | Rick Sloan | 7 | 1 | 0 | Matt Stadelman |
| 2002 | Rick Sloan | 3 | 1 | 0 | Hilary Mawindi |
| 2003 | Rick Sloan | 1 | 0 | 0 | Ian Waltz |
| 2004 | Rick Sloan | 1 | 0 | 0 | Ian Waltz |
| 2005 | Rick Sloan | 0 | 1 | 0 | Bryan Jones |
| 2006 | Rick Sloan | 0 | 1 | 0 | Eric Dudley |
| 2007 | Rick Sloan | 0 | 1 | 0 | Eric Dudley |
| 2008 | Rick Sloan | 1 | 0 | 0 | Tim Gehring |
| 2009 | Rick Sloan | 1 | 0 | 0 | Paul Nicoletti |
| 15 Year Career Record | | 43 | 15 | 0 | James McSwain |
| Overall WSU Record: | | 477 | 127 | 1 | John Cassleman |
| | | | | | Jon Jeffreys |
| | | | | | Moreno Zapata |
| | | | | | (.741) |
| | | | | | (.788 percent) |



2010 COUGAR

CROSS COUNTRY





On crisp fall mornings, along the farm roads of the Palouse, you will likely find the Washington State distance squad out for their weekly long run. Some of the greatest names in cross-country and distance running have left their footprints on the dirt roads surrounding Pullman, Washington.

The infamous Lindgren's Loop is a hilly ten-mile loop from campus and local legend has it that one of America's greatest distance runners of all time, Gerry Lindgren, ran this loop three times a day while a student-athlete at Washington State. Others soon followed in Lindgren's footsteps including NCAA Champions John Ngeno, Josephat Kapkory, Bernard Lagat, Samson Kimombwa, Peter Koech, Joshua Kimeto, Richard Tuwei, Julius Korir, Samuel Kibiri, and one of the greatest distance runners of all time, Henry Rono.

Women began to compete at WSU in the early '80s and by the early '90s Celestine N'Drin and Jennifer Bravard lowered the school records in middle distance events to 2:02 in the 800 meters, 4:14 for 1500 meters, and 9:15 for the 3000 meters. Megan Maynard became Washington State's first Cross Country All-American in 1998. Haley Paul earned All-America honors as a sophomore with her 14th place finish at the 2005 NCAA Cross Country Championships after finishing sixth at the Pac-10 Championships and ninth at the NCAA West Regional Championships. Sara Trané won back-to-back Pacific-10 Conference steeplechase titles in 2007 and 2008.

Coach Pete Julian came to Washington State in August 2009, and brought a solid resume of developing championship-caliber distance and middle distance runners with him. He has implemented a training program for the distance runners that had an immediate impact. The Cougar men's team finished seventh at the prestigious ISU Pre-Nationals and were ranked 26th in the USTFCCA, the

first national ranking in six years.

"I think it was a very successful season. I think we saw some pretty good improvement across the board from all of the athletes," Julian said. "We didn't get to the NCAA Championships and that was our goal, but to be fair, we just weren't quite ready yet to move on to the NCAA Championships. I feel confident that we have a lot of great guys coming back next year and we should be able to make it."

On the women's side, Lisa Egami's 11th-place finish at the NCAA West Regional and at-large invitation to the NCAA Championships was a highlight.

"With our sport, it might take a season or two to see the results of all of the hard work the women did in the Fall, but I think it will be seen this spring and next fall. We laid the groundwork for some great things to happen in the near future," Julian said.

In the course of his first year, Julian has hit the recruiting trail with a vengeance. His ability to sell the program and the outstanding training facilities is unsurpassed. His commitment to developing young talent promises take the Cougar distance program to the next level.

"There is a tremendous history of distance running at Washington State and I intend to build upon it," Julian said. "I am committed to recruiting the top talent from the region and then work to develop that talent to the highest level."





2009 Washington State Men's Cross Country Results

Clash of the Inland Northwest (Mead High School, Spokane 6,000m) September 5, 2009

Men's Team Dual Results: WSU 22, Gonzaga 35; WSU 22, Idaho 33; EWU 27, WSU 29; EWU 18, Gonzaga 39; EWU 20, Idaho 38; Gonzaga 26, Idaho 33.

Top Five Individuals: 1. Markus Geiger (UI) 20:10.01; 2. Kyle King (EWU) 20:28.0; 3. Andrew Kimpel (Unat) 20:34.0; 4. David Hickerson (Unat) 20:34.0; 5. Alex Smyth (EWU) 20:35.0.

WSU Results: 3. Andrew Kimpel (Unat) 20:34.0; 4. David Hickerson (Unat) 20:34.03; 6. Dominic Smargiassi 20:38.02; 7. Peter Miller 20:40.03; 8. Jono Lafler (Unat) 20:40.0; 9. Andrew Gonzalez (Unat) 20:43.0; 10. Justin Englund (Unat) 20:43.0; 11. Jayson Taylor 20:45.04; 13. Dan Geib 20:46.05; 31. Jason Stoker 21:31.08.

Roy Griak Cross Country Invitational (Les Bolstad Golf Course, Minneapolis 8,000m) September 26, 2009

Men's Team Results: 1. Iowa State 71, 2. Oklahoma 74, 3. Duke 94, 4. Minnesota 101, 5. Washington State 108, 6. Michigan State 147, 7. Dayton 179, 8. Air Force Academy 223, 9. Navy 234, 10. Utah Valley 322, 11. Army 327, 12. High Point 348, 13. Missouri 374, 14. South Dakota State 394, 15. Drake 461, 16. Northern Iowa 473, 17. South Dakota 495, 18. Lipscomb 529.

Top Five Individuals: 1. Hassan Mead (Minnesota) 24:37.5; 2. Guor Majak, (Iowa State) 24:50.3; 3. Bo Waggoner (Duke) 24:53.3; 4. Ben Blankenship (Minnesota) 24:56.9; 5. Justin Tyner, (Air Force Academy) 24:57.5.

WSU Results: 11. Sam Ahlbeck 25:07; 19. Andrew Kimpel 25:18; 23. Mark Moeller 25:22; 25. Jono Lafler 25:23; 30. Dan Geib 25:29; 44. Justin Englund 25:49; 60. David Hickerson 26:12.

Runners Soul/Erik Anderson Invite (Plantes Ferry Complex, Spokane Valley, Wash. 8,000m) September 26, 2009

Men's Team Results: 1. Lewis-Clark State 25, 2. Gonzaga 58, 3. Whitworth 71, 4. Spokane CC 113, 5. Great Falls 122, 6. Whitman 155, 7. Club Sasquatch 171.

Top Five Individuals: 1. Dave Marks (Lewis-Clark) 25:53.7; 2. Chad Portword (Unat) 26:00.5; 3. Andrew Gonzales (Unat) 26:06.6; 4. Jake Miller (Lewis-Clark) 26:10.4; 5. Anthony Brown (Spokane CC) 26:15.1.

WSU Results: 3. Andrew Gonzales (Unat) 26:06; 24. Luke Lemenager 27:31; 61. Drake da Ponte 29:05; 65. Jason Stoker 29:13.

NCAA Pre-National Cross Country Meet (LaVern Gibson Championship Cross Country Course, Terre Haute, Ind. 8,000m) October 17, 2009

Men's Team Results: 1. Oregon 79, 2. Alabama 114, 3. Northern Arizona 115, 4. William & Mary 128, 5. Washington 183, 6. Auburn 263, 7. Washington State 274, 8. Tulsa 281, 9. North Carolina State 294, 10. Cal Poly 303.

Top Five Individuals: 1. Luke Puskedra (Oregon) 23:40.2; 2. Andy Baker (Butler) 23:45.4; 3. Jordan Chipangama (Northern Arizona) 23:47.8; 4. Diego Estrada (Northern Arizona) 23:49.0; 5. Jon Grey (William & Mary) 23:54.3.

WSU Results: 40. Jono Lafler 24:36.5; 45. Dan Geib 24:39.7; 49. Sam Ahlbeck 24:42.0; 60. Mark Moeller 24:47.8; 80. Andrew Kimpel 24:57.4; 119. Dominic Smargiassi 25:25.5; 157. Peter Miller 25:51.7.

Inland Northwest Cross Country Classic at the University of Idaho Golf Course (8,000m) October 17, 2009

Top Five Individuals: 1. Paul Limpf (Unattached) 24:20.64; 2. Kyle King (EWU) 24:21.33; 3. Markus Geiger (Idaho) 24:23.30; 4. Justin Englund (WSU) 24:34.01; 5. Matthew Cloutier (Calgary) 24:55.04.

WSU Results: 4. Justin Englund 24:34.01; 19. Jayson Taylor 25:35.57; 42. Jason Stoker 26:20.47; 69. Luke Lemenager 27:15.69.





Pac-10 Cross Country Championships (Skylinks Golf Course, Long Beach, Calif. 8,000m) **October 30, 2009**

Men's Team Results: 1. Stanford 28, 2. Oregon 45, 3. Arizona State 88, 4. Washington 119, 5. UCLA 122, 6. Washington State 163, 7. California 180, 8. Arizona 193.

Top Five Individuals: 1. Chris Derrick (Stanford) 22:35.0; 2. Brandon Bethke (Arizona State) 22:41.4; 3. Elliot Heath (Stanford) 22:52.0; 4. Luke Puskedra (Oregon) 23:05.0; 5. Matthew Centrowitz (Oregon) 23:09.3.

WSU Results: 17. Mark Moeller 23:39.8; 26. Sam Ahlbeck 24:00.8; 38. Justin Englund 24:27.6; 47. Andrew Kimpel 24:42.3; 49 Dan Geib 24:44.9; 57. Jono Lafler 25:00.0; 59. Peter Miller 25:04.5; 63. Dominic Smargiassi 25:32.3.

Men's NCAA West Regionals (Springfield Country Club, Springfield, Ore. 10,000m) **November 14, 2009**

Men's Team Results: 1. Stanford 27, 2. Portland 84, 3. Oregon 109, 4. Washington 120, 5. Cal Polly 155, 5. Arizona State 155, 7. UCLA 207, 8. California 217, 8. UC Santa Barbara 217, 10. Washington State 268.

Top Five Individuals: 1. Chris Derrick (Stanford) 30:38.0; 2. Elliot Heath (Stanford) 30:38.9; 3. Justin Marpole-Bird (Stanford) 30:42.2; 4. Scott Smith (UC Santa Barbara) 30:42.6; 5. Tommy Beterbed (Portland) 30:42.9.

WSU Results: 41. Justin Englund 31:53.0; 51. Sam Ahlbeck 32:00.9; 57. Mark Moeller 32:11.6; 58. Jono Lafler 32:12.3; 66. Dan Geib 32:22.3; 68. Andrew Kimpel 32:27.2; 99. Dominic Smargiassi 33:09.4



Sam Ahlbeck



Justin Englund

MEN'S CROSS COUNTRY HISTORY

Pacific-10 Conference Men's Championships

| <i>Year</i> | <i>Site</i> | <i>WSU Finish</i> | <i>Champion</i> |
|-------------|---------------|-------------------|------------------|
| 1969 | Stanford | 2nd | Oregon |
| 1970 | Pullman | 2nd | Oregon |
| 1971 | Los Angeles | 1st | Washington State |
| 1972 | Seattle | 1st | Washington State |
| 1973 | Stanford | 2nd | Oregon |
| 1974 | Stanford | 1st | Washington State |
| 1975 | Stanford | 1st | Washington State |
| 1976 | Stanford | 2nd | Oregon |
| 1977 | Stanford | 3rd | Oregon |
| 1978 | Fresno | 2nd | Oregon |
| 1979 | Stanford | 2nd | Oregon |
| 1980 | Stanford | Inc. Team | UCLA |
| 1981 | Stanford | 6th | UCLA |
| 1982 | Fresno | 4th | Oregon |
| 1983 | Stanford | No entry | Arizona |
| 1984 | Stanford | 2nd | Arizona |
| 1985 | Stanford | 5th | Stanford |
| 1986 | Stanford | 9th | Arizona |
| 1987 | Stanford | 3rd | Arizona |
| 1988 | Stanford | 6th | Oregon |
| 1989 | Stanford | 6th | Oregon |
| 1990 | Stanford | Inc. Team | Oregon |
| 1991 | Stanford | 4th | Arizona |
| 1992 | Stanford | 6th | Oregon |
| 1993 | Stanford | 2nd | Washington |
| 1994 | Stanford | 7th | Arizona |
| 1995 | Stanford | 6th | Oregon |
| 1996 | Stanford | 4th | Stanford |
| 1997 | Stanford | 3rd | Stanford |
| 1998 | Stanford | 3rd | Stanford |
| 1999 | Long Beach | 8th | Arizona |
| 2000 | Seattle | 7th | Stanford |
| 2001 | Tucson | 8th | Stanford |
| 2002 | Pasadena | 5th | Stanford |
| 2003 | Pullman | 6th | Stanford |
| 2004 | San Francisco | 7th | Stanford |
| 2005 | Tucson | 8th | Stanford |
| 2006 | Stanford | 7th | Oregon |
| 2007 | Corvallis | 7th | Oregon |
| 2008 | Springfield | 6th | Oregon |
| 2009 | Long Beach | 6th | Stanford |

WSU's Pacific-10 Individual Champions

| <i>Year</i> | <i>Name</i> |
|-------------|------------------|
| 1969 | Gerry Lindgren |
| 1972 | John Ngeno |
| 1974 | John Ngeno |
| 1975 | Joshua Kimeto |
| 1976 | Henry Rono |
| 1977 | Joel Cheruiyot |
| 1978 | Henry Rono |
| 1979 | Henry Rono |
| 1981 | Richard Tuwei |
| 1992 | Josephat Kapkory |
| 1993 | Josephat Kapkory |
| 1997 | Bernard Lagat |

WSU's NCAA West Region Individual Champions

| <i>Year</i> | <i>Name</i> |
|-------------|----------------------|
| 1976* | Henry Rono (fr.) |
| 1977 | Joel Cheruiyot (fr.) |
| 1978 | Henry Rono |
| 1979 | Henry Rono |
| 1981 | Richard Tuwei (fr.) |
| 1991 | Josephat Kapkory |
| 1992 | Josephat Kapkory |
| 1993 | Josephat Kapkory |



WSU Team Scores at NCAA Cross Country Championships

| Year | Site | WSU Score | WSU Finish | Champion |
|------|-----------------|-----------|------------|---------------|
| 1966 | Lawrence | 208 | 5th | Villanova |
| 1969 | New York | 187 | 4th | Texas-El Paso |
| 1971 | Knoxville | 122 | 2nd | Oregon |
| 1972 | Houston | 179 | 4th | Tennessee |
| 1973 | Spokane | 166 | 3rd | Oregon |
| 1974 | Bloomington | 144 | 4th | Oregon |
| 1975 | College Park | 92 | 2nd | Texas-El Paso |
| 1976 | Denton | 179 | 3rd | Texas-El Paso |
| 1977 | Spokane | 278 | 9th | Oregon |
| 1984 | University Park | 214 | 7th | Arkansas |
| 1998 | Lawrence | 433 | 18th | Arkansas |

WSU's Cross Country All-Americans

| Year | Name | Site |
|-------------|------------------------------|------------------|
| 1965 | Gary Benson | Lawrence |
| 1965 | Chris Westman | Lawrence |
| 1966 | Chris Westman | Lawrence |
| 1966 | Gerry Lindgren (NCAA) | Lawrence |
| 1967 | Gerry Lindgren | Laramie |
| 1969 | Rick Riley | New York |
| 1969 | Gerry Lindgren (NCAA) | New York |
| 1970 | Mark Hiefield | Williamsburg |
| 1970 | Don Smith (fr.) | Williamsburg |
| 1971 | Dan Murphy (fr.) | Knoxville |
| 1971 | Phil Burkwitz | Knoxville |
| 1972 | Dan Murphy | Houston |
| 1973 | John Ngeno | Spokane |
| 1973 | Dan Murphy | Spokane |
| 1974 | John Ngeno | Bloomington |
| 1975 | Joshua Kimeto | College Park |
| 1975 | Kurt Beckman | College Park |
| 1975 | John Ngeno | College Park |
| 1976 | Henry Rono (NCAA) | Denton |
| 1976 | Samson Kimombwa | Denton |
| 1976 | Joshua Kimeto | Denton |
| 1977 | Henry Rono | Spokane |
| 1977 | Joel Cheruiyot (fr.) | Spokane |
| 1979 | Henry Rono | Bethlehem |
| 1979 | Joel Cheruiyot | Bethlehem |
| 1981 | Richard Tuwei (fr.) | Wichita |
| 1984 | Peter Koech | University Park |
| 1987 | Jacinto Navarrete | Charlottesville |
| 1990 | Samuel Kibiri | Knoxville |
| 1990 | E. J. Guo | Knoxville |
| 1991 | Josephat Kapkory | Tucson |
| 1992 | Josephat Kapkory | Bloomington |
| 1993 | Josephat Kapkory | Bethlehem |
| 1993 | Patrick Muturi | Bethlehem |
| 1997 | Bernard Lagat | Greenville |
| 1998 | Eric Kamau | Lawrence |
| 1998 | Bernard Lagat | Lawrence |

Bold Type = NCAA Champion
(NCAA) = NCAA Meet Record

WSU's Pacific-10 Athlete of the Year

| Year | Name | Class |
|------|------------------|-----------|
| 1975 | Joshua Kimeto | Sophomore |
| 1976 | Henry Rono | Freshman |
| 1977 | Henry Rono | Sophomore |
| 1979 | Henry Rono | Senior |
| 1981 | Richard Tuwei | Freshman |
| 1992 | Josephat Kapkory | Junior |
| 1993 | Josephat Kapkory | Senior |

Coach of the Year Honors

| Year | Name | Honor |
|------|---------------|-------------------------|
| 1970 | Jack Mooberry | NCAA District 8 |
| 1975 | John Chaplin | Pac-10, NCAA District 8 |

WSU Cross Country Captains

| Year | Captain |
|------|-----------------------------|
| 1965 | Gary Benson |
| 1966 | Chris Westman |
| 1967 | Gerry Lindgren |
| 1968 | Rick Riley |
| 1969 | Rick Riley |
| 1970 | Don Smith |
| 1971 | Mark Hiefield |
| 1972 | Phil Burkwitz |
| 1973 | Dean Clark |
| 1974 | Dan Murphy |
| 1975 | John Ngeno |
| 1976 | Kurt Beckman |
| 1977 | Joshua Kimeto |
| 1978 | Samson Kimombwa |
| 1979 | Henry Rono |
| 1980 | Rob Evans |
| 1981 | Steve James |
| 1982 | Steve James |
| 1983 | Peter Koech |
| 1984 | Peter Koech |
| 1985 | Nathan Morris |
| 1986 | John Knight |
| 1987 | Jim Frey |
| 1988 | John Hill |
| 1989 | John Hill |
| 1990 | Robert Price |
| 1991 | E. J. Guo |
| 1992 | Nathan Davis |
| 1993 | Josephat Kapkory |
| 1994 | George Loucaides |
| 1995 | George Loucaides |
| 1996 | David Jungk |
| 1997 | David Jungk |
| 1998 | Jon Murray |
| 1999 | Rob Harris |
| 2000 | Scott Johnson |
| 2001 | Scott Johnson and Jon Welsh |
| 2002 | Kyle Barker |
| 2003 | Danny Wolf |
| 2004 | Danny Wolf |
| 2005 | Ryan Freimuth |
| 2006 | Alex Grant |
| 2007 | Alex Grant |
| 2008 | Drew Polley |
| 2009 | Sam Ahlbeck |



2009 Washington State Women's Cross Country Results

Clash of the Inland Northwest (Mead High School, Spokane 4,000m) September 5, 2009

Women's Team Dual Results: Washington State 15, EWU 45; WSU 18, Gonzaga 41; WSU 26, Idaho 30; Gonzaga 15, EWU 50; Idaho 15, EWU 46; Idaho 25, Gonzaga 32.

Top Five Individuals: 1. Lisa Egami (WSU) 16:10.01; 2. Chelsea VanDeBrake (WSU) 16:10.02; 3. Molly McFadden (UI) 16:16.03; 4. Molly Funk (GU) 16:21.0; 5. Maike Holthuijzen (UI) 16:23.04.

WSU Results: 1. Lisa Egami (WSU) 16:10.01; 2. Chelsea VanDeBrake (WSU) 16:10.02; 6. Alyssa Andrews (Unat) 16:24.0; 8. Emily Farrar 16:25.06; 10. Marisa Sandoval 16:30.08; 11. Ashlee Wall 16:34.09; 12. Amanda Andrews 16:35.0; 13. Courtney Zalud (Unat) 16:35.0; 21. Caroline Austin (Unat) 17:01.0.

Roy Griak Cross Country Invitational (Les Bolstad Golf Course, Minneapolis 6,000m) September 26, 2009

Women's Team Results: 1. Iowa State 31, 2. Minnesota 48, 3. Michigan State 75, 4. Utah Valley 122, 5. Washington State 177, 6. Connecticut 224, 7. Alabama-Birmingham 225, 8. Oklahoma 245, 9. Air Force Academy 246, 10. South Dakota State 254, 11. Army 280, 12. Northwestern 293, 13. High Point 360, 14. Drake 384, 15. Northern Illinois 422, 16. Lipscomb 424, 17. South Dakota 428.

Top Five Individuals: 1. Megan Duwell (Minnesota) 21:00.4; 2. Lisa Koll (Iowa State) 21:12.7; 3. Betsy Saina (Iowa State) 21:27.4; 4. Emily MacLeod (Michigan State) 21:40.8; 5. Carlie Green (Michigan State) 21:43.9.

WSU Results: 19. Lisa Egami 22:28; 25. Chelsea VanDeBrake 22:46; 40. Emily Farrar 23:23; 46. Alyssa Andrews 23:33; 47. Amanda Andrews 23:35; 64. Ashlee Wall 23:59; 72. Marisa Sandoval 24:15.

NCAA Pre-National Cross Country Meet (LaVern Gibson Championship Cross Country Course, Terre Haute, Ind. 6,000m) October 17, 2009

Women's Team Results: 1. Washington 59, 2. Florida 89, 3. Princeton 126, 4. Syracuse 191, 5. Illinois 206, 6. Minnesota 214, 7. New Mexico 260, 8. North Carolina 314, 9. Notre Dame 323, 10. Arizona State 325, 28. Washington State 674.

Top Five Individuals: 1. Angela Bizzarri (Illinois) 20:27.8; 2. Kendra Schaaf (Washington) 20:29.0; 3. Megan Duwell (Minnesota) 20:31.5; 4. Katie Follett (Washington) 20:37.7; 5. Christine Babcock (Washington) 20:38.2.

WSU Results: 55. Lisa Egami 21:40.8; 117. Chelsea VanDeBrake 22:20.8; 137. Emily Farrar 22:30.7; 179. Marisa Sandoval 23:03.5; 186. Amanda Andrews 23:07.2; 223. Caroline Austin 23:48.7; 226. Ashlee Wall 23:58.1.

Inland Northwest Cross Country Classic at the University of Idaho Golf Course (5,000m) October 17, 2009

Top Five Individuals: 1. Katie Fenton (Calgary) 17:55.73; 2. Corrina O'Brien (Gonzaga) 17:59.49; 3. Melissa McFadden (Idaho) 18:07.95; 4. Maike Holthuijzen (Idaho) 18:26.67; 5. Faye Stenning (Calgary) 18:27.40.

WSU Results: 23. Michelly Foley 19:13.83; 31. Courtney Zalud 19:37.86; 43. Molli Bahlenhorst 19:59.61; 71. Hillary Norris (Unattached) 21:37.08.





Lisa Egami finished 11th at the NCAA West Regional Meet and was selected to compete at the 2009 NCAA Cross Country Championships.

Pac-10 Cross Country Championships (Skylinks Golf Course, Long Beach, Calif. 6,000m) October 30, 2009

Women's Team Results: 1. Washington 35, 2. Oregon 42, 3. Arizona State 110, 4. Stanford 111, 5. California 128, 6. Arizona 130, 7. UCLA 207, 8. Oregon State 239, 9. USC 250, 10. Washington State 251.

Top Five Individuals: 1. Nicole Blood (Oregon) 19:41.7; 2. Kendra Schaaf (Washington) 19:46.1; 3. Jordan Hasy (Oregon) 19:48.9; 4. Marie Lawrence (Washington) 19:49.0; 5. Christine Babcock (Washington) 19:58.8.

WSU Results: 24. Lisa Egami 20:40.4; 47 Chelsea VanDeBrake 21:30.0; 65. Amanda Andrews 21:59.3; 70. Emily Farrar 22:14.2; 76. Ashlee Wall 22:34.7; 80. Caroline Austin 22:56.1; 83. Marisa Sandoval 23:24.8.

Women's NCAA West Regionals (Springfield Country Club, Springfield, Ore. 6,000m) November 14, 2009

Women's Team Results: 1. Washington 25, 2. Oregon 66, 3. Stanford 94, 4. Arizona State 119, 5. Arizona 202, 6. UC Santa Barbara 228, 7. UC Davis 232, 8. California 255, 9. Oregon State 302, 10. San Francisco 304, 15. Washington State 410.

Top Five Individuals: 1. Kendra Schaaf (Washington) 20:41.7; 2. Jordan Hasay (Oregon) 20:52.4; 3. Marie Lawrence (Washington) 20:58.8; 4. Kailey Campbell (Washington) 21:00.3; 5. Nicole Blood (Oregon) 21:01.00.

WSU Results: 11. Lisa Egami 21:18.2; 82. Chelsea VanDeBrake 22:44.4; 94. Emily Farrar 22:53.2; 122. Marisa Sandoval 23:18.1; 127. Amanda Andrews 23:29.6; 133. Caroline Austin 23:37.5; 153. Ashlee Wall 24:05.2.

WOMEN'S CROSS COUNTRY HISTORY

Pacific-10 Conference Women's Championships

| <i>Year</i> | <i>Site</i> | <i>WSU Finish</i> | <i>Champion</i> |
|-------------|---------------|-------------------|-----------------|
| 1986 | Stanford | 6th | Oregon |
| 1987 | Stanford | 3rd | Oregon |
| 1988 | Stanford | 4th | Oregon |
| 1989 | Stanford | 2nd | Washington |
| 1990 | Stanford | 4th | Oregon |
| 1991 | Stanford | 7th | Oregon |
| 1992 | Stanford | 6th | Oregon |
| 1993 | Stanford | 8th | Stanford |
| 1994 | Stanford | 6th | Stanford |
| 1995 | Stanford | 7th | Oregon |
| 1996 | Stanford | 7th | Stanford |
| 1997 | Stanford | 7th | Stanford |
| 1998 | Eugene | 6th | Stanford |
| 1999 | Long Beach | 7th | Stanford |
| 2000 | Seattle | 5th | Stanford |
| 2001 | Scottsdale | 6th | Stanford |
| 2002 | Los Angeles | 6th | Stanford |
| 2003 | Pullman | 8th | Stanford |
| 2004 | San Francisco | 5th | Stanford |
| 2005 | Tucson | 5th | Stanford |
| 2006 | Stanford | 6th | Stanford |
| 2007 | Corvallis | 5th | Stanford |
| 2008 | Springfield | 5th | Washington |
| 2009 | Long Beach | 10th | Washington |

WSU's Pacific-10 Cross Country Athlete of the Year

| <i>Year</i> | <i>Name</i> |
|-------------|----------------------------|
| 1989 | Jennifer Robertson Bravard |



Volunteer Coach Tim Riley and Cross Country Coach Pete Julian



Women's Cross Country

WSU's NCAA Cross Country Competitors

| Year | Site | Name | Finish |
|------|-----------------|----------------------------|--------|
| 1983 | Bethlehem | Lisa Braun | 51 |
| 1983 | Bethlehem | Cheryl Livingstone | 76 |
| 1983 | Bethlehem | Kari Jonassen | 101 |
| 1983 | Bethlehem | Linda Spaargaren | 114 |
| 1983 | Bethlehem | Camille Rivard | 115 |
| 1983 | Bethlehem | Joan McGrath | 130 |
| 1984 | College Park | Cheryl Livingstone | 69 |
| 1985 | Milwaukee | Linda Spaargaren | 46 |
| 1985 | Milwaukee | Kari Jonassen | 50 |
| 1985 | Milwaukee | Lisa Braun | 64 |
| 1985 | Milwaukee | Camille Rivard | 69 |
| 1985 | Milwaukee | Cheryl Livingstone | 93 |
| 1985 | Milwaukee | Zenny Koehler | 119 |
| 1985 | Milwaukee | Mary Reed | 127 |
| 1987 | Charlottesville | Lisa Braun | 45 |
| 1992 | Bloomington | Jennifer Robertson Bravard | 100 |
| 1998 | Lawrence | Megan Maynard | 22 |
| 2001 | Greenville | Everlyne Lagat | 30 |
| 2003 | Waterloo | Anna Blue | 78 |
| 2005 | Terre Haute | Haley Paul | 14 |
| 2009 | Terre Haute | Lisa Egami | 169 |

WSU Team Scores at NCAA Cross Country Championships

| Year | Site | WSU Score | WSU Finish | Champion |
|------|-----------|-----------|------------|-----------|
| 1983 | Bethlehem | 347 | 15th | Oregon |
| 1985 | Milwaukee | 227 | T-7th | Wisconsin |

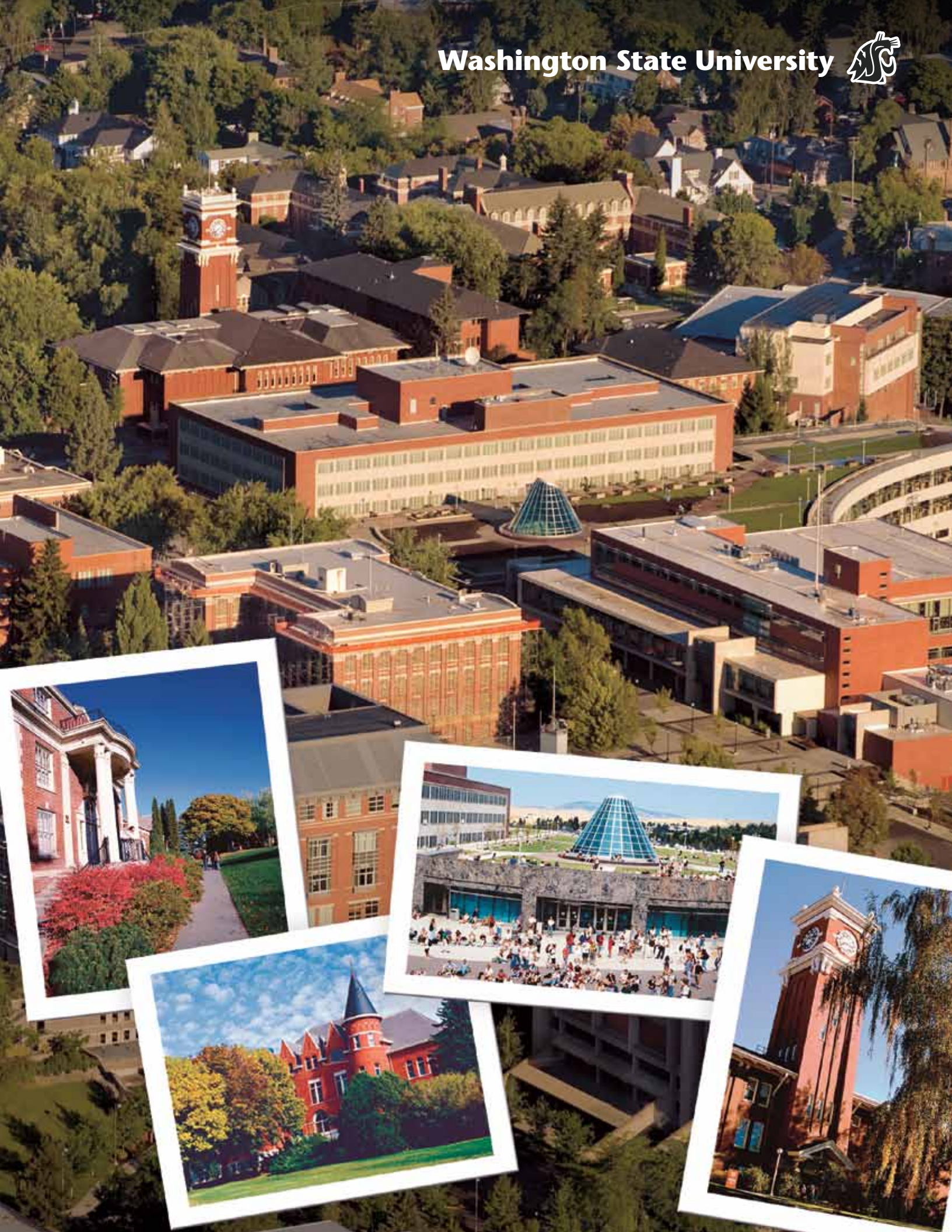
WSU's Cross Country All-Americans

| Year | Name |
|------|----------------|
| 1998 | Megan Maynard |
| 2001 | Everlyne Lagat |
| 2005 | Haley Paul |

WSU Women's Team Captains

| Year | Captain |
|------|--------------------------------|
| 1990 | Mary Jo Gadler, Debbie Granley |
| 1993 | Jessica Brathovd |
| 1995 | Carrie Mangiapane |
| 1996 | Marilyn Moberly |
| 1997 | Joanne Hunsinger |
| 1998 | Kim Schmolka |
| 1999 | Megan Maynard |
| 2000 | Alishia Booterbaugh |
| 2001 | Ryan Gilmore and Jenny Filipy |
| 2002 | Anna Blue |
| 2003 | Ana Cabrera |
| 2004 | Ana Cabrera |
| 2005 | Haley Paul |
| 2006 | Kelly Ramirez |
| 2007 | Collier Lawrence |
| 2008 | Sara Trané |
| 2009 | Lisa Egami |





COUGAR COUNTRY

