

**WASHINGTON STATE UNIVERSITY SPORTS INFORMATION - TRACK & FIELD RELEASE**  
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May 14, 2008

## Cougars at Pac-10 Track & Field Championships in Tempe

Washington State men's team ranked No. 20 nationally this week.

### 2008 WSU Outdoor Track & Field

May 16-17 Pac-10 Championships,  
Tempe, Arizona

May 30-31 NCAA West Regionals,  
Northridge, California

June 11-14 NCAA Outdoor Champs,  
Des Moines, Iowa

### COUGARS HEAD TO PAC-10 CHAMPIONSHIPS SECOND WEEK:

Washington State University will be represented by 23 men and 24 women competitors at the Pacific-10 Conference Track & Field Championships, Friday and Saturday, May 16-17, at Arizona State University's Joe Selleh Track at Sun Angel Stadium...each day will have a hammer throw at 10:30 a.m. but all other events will occur in the evening hours, beginning at 5 p.m., to avoid some of the extreme temperatures that are expected for the desert location...results from the meet will be posted at [www.wsucougars.com](http://www.wsucougars.com) following the last scheduled event each day.

**PAC-10 CONFERENCE SCORING:** After the first events of the 2008 Pac-10 Track & Field Championships, Oregon leads the men's standings with 19 points with Washington State second with 8 points...WSU's Rickey Moody finished second in the decathlon (7395 pts)...Arizona State women lead with 10 points, and Stanford and Oregon tied at 9 points...WSU's Angela Jensen (14th, 4472 pts) and Jalisa Williams (18th, 3934 pts) did not score...Oregon won the men's 2007 team title while Arizona State claimed the women's title at the championships held at Stanford...Cougar women placed fifth with 67.83 points while the WSU men were seventh with 84 points.

**PAC-10 TRACK CHAMPIONSHIPS ON FOX SPORTS TV NETWORK:** The delayed two-hour highlight broadcast of the 2008 Pac-10 Track & Field Championships will be shown on the FOX Sports Net affiliates between May 22-30...check TV listings for the exact date and time for your viewing area...in the Washington, FOX Sports Northwest will air the two-hour condensed telecast for the first time Friday, May 23 at Noon...announcers will be Dwight Stones, Tom Feuer and Lindsay Soto.

**WAZZU TRACK & FIELD TEAMS NATIONALLY RANKED:** The United States Track & Field and Cross Country Coaches Association (USTFCCCA) top 25 team polls are posted every Wednesday at [ustfccca.com](http://ustfccca.com)...in the May 14 USTFCCCA poll, the Cougar men's team is now No. 209 in the rankings...WSU women's team dropped out of the top 35...Texas A&M men and Arizona State women are ranked No. 1...*Track & Field News* produces a formchart for NCAA Div. I Men's and Women's teams and a top 10 for each event...as of May 12, the WSU women's team is ranked tied for 29th while WSU men are tied at 33rd...individuals receiving top 10 recognition: Ebba Jungmark (2nd, women's high jump), McKenzie Garberg (10th, women's discus), Jeshua Anderson (3rd, men's 400m hurdles), Jon Jeffreys (6th, men's javelin), and Rickey Moody (9th, men's decathlon).

**ABOUT THE COUGAR COACHES:** Head coach Rick Sloan is in his 35th season with the Cougar track program; 14th year as a head coach, 13th year as mentor to the combined men's and women's program...he is joined by associate coach Debra Farwell, and assistant coaches Jason Drake (Head Coach Cross Country), Mark Macdonald, Ellannee Richardson and Matt McGee...former WSU All-American heptathlete Diana Pickler is a volunteer assistant coach this season along with Bob Frey and Luan Weekes.

### RETURNING PAC-10 SCORERS FOR WASHINGTON STATE:

**WOMEN - McKenzie Garberg**, Discus: 2006 (5th), 2007 (7th) / Shot Put: 2007 (6th); **McKinnon Hanson**, High Jump: 2005 (6th), 2006 (6th), 2007 (t8th); **Lorraine King**, 400m Hurdles: 2007 (7th); **Collier Lawrence**, 3000m Steeplechase: 2006 (8th); **Meghan Leonard**, 3000m Steeplechase: 2007 (4th); **La Shawnda Porter-Red**, 200m: 2007 (7th); **Sara Trané**, 400m Hurdles: 2006 (4th) / 3000m Steeplechase: 2007 (1st).

**MEN - Trent Arrivey**, High Jump: 2007 (3rd); **Nathan Bache**, Javelin: 2007 (8th); **Kyle Eaton**, High Jump: 2006 (7th); **Reny Follett**, 400m: 2007 (7th); **Alex Grant**, 300m Steeplechase: 2007 (8th); **Jon Jeffreys**, Javelin: 2006 (5th), 2007 (4th); **Barry Leavitt**, 400m Hurdles: 2007 (7th); **Philip MacArthur**, Hammer: 2006 (7th), 2007 (8th); **Rickey Moody**, Decathlon: 2007 (3rd) / Long Jump: 2007 (4th); **Robert Williams**, 110 Hurdles: 2007 (6th); **Justin Woods**, 100m: 2006 (7th), 2007 (7th) / 200m: 2006 (6th), 2007 (4th); **Moreno Zapata**, Triple Jump: 2006 (t8th), 2007 (2nd).

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**M-I-A:** Two Pac-10 scorers who will be missing from the 2008 championships are Matt Lamb and Sarah Burns...two-time All-American discus thrower Matt Lamb (junior, Emmett, Idaho) will redshirt this season after not being able to fully train and compete due to back spasms first suffered last summer at the NCAA Championships in Sacramento...Lamb was expected to return to the national meet in discus and showed strong promise to be able to compete in the shot put at the national level as well...Senior triple jumper Sarah Burns (Tacoma, Wash.) re-injured her hamstring during warm-ups at the WSU-UW Dual meet 5/3...her first injury came earlier this season at Stanford...she will apply for a medical redshirt with hopes to return for another outdoor season in 2009.

**NCAA REGIONAL QUALIFYING:** The goal for the WSU competitors in the outdoor season is to reach NCAA Regional Qualifying marks...the top-five individual finishers from each regional event automatically advance to the NCAA Championships, June 11-14 in Des Moines, Iowa...the only events that still have national provisional and automatic national qualifying marks are the heptathlon and decathlon, and the 10,000m races.

**COUGARS' OUTDOOR NCAA REGIONAL QUALIFYING:** (National standings/West Region standings)

<b>Women:</b>	100m	Princess Joy Griffey	11.72w (t80th / 11th)
	200m	Princess Joy Griffey	23.90w (t85th / 9th)
	800m	Anna Layman	2:08.23 (t50th / 12th)
	1500m	Lisa Egami	4:27.45 (89th / 19th)
	5000m	Isley Gonzalez	16:42.91 (69th / 17th)
	400m Hurdles	Lorraine King	58.39 (13th / 3rd)
		Veronica Elseroad-Wall	1:00.73 (82nd / 18th)
	Steeplechase	Meghan Leonard	10:16.36 (12th / 5th)
		Sara Trané	10:16.75 (13th / 6th)
		Collier Lawrence	10:25.27 (25th / 8th)
		Amanda Andrews	10:49.08 (98th / 31st)
	High Jump	Ebba Jungmark	1.80m / 5-10 3/4 (t12th / t6th)
		McKinnon Hanson	1.75m / 5-8 3/4 (t27th / t9th)
	Shot Put	Jessica Zita	14.96m / 49-1 (60th / 13th)
		McKenzie Garberg	14.55m / 47-9 (88th / 16th)
	Discus	McKenzie Garberg	53.11m / 174-3 (16th / 5th)
	Hammer	McKenzie Garberg	62.42m / 204-9 (14th / 5th)
	Javelin	Marissa Tschida	49.28m / 161-8 (21st / 7th)
		Jasmine McCormack	43.68m / 143-4 (84th / 23rd)
<b>Men:</b>	200m	Justin Woods	21.21 (t90th / 14th)
	400m	Jeshua Anderson	46.54 (t34th / 8th)
	110m Hurdles	Robert Williams	14.02w (t49th / 10th)
		Jeshua Anderson	14.08 (t54th / 11th)
	400m Hurdles	Jeshua Anderson	49.66 (2nd / 1st)
		Barry Leavitt	50.83 (20th / 4th)
	Steeplechase	Alex Grant	8:59.28 (50th / 13th)
		Sam Ahlbeck	9:04.83 (85th / 26th)
	4x100m Relay	Jennings, Anderson, Woods, Murray	40.12 (t20th / 6th)
	4x400m Relay	Leavitt, Woods, Follett, Anderson	3:09.85 (45th / 6th)
	High Jump	Trent Arrivey	2.20m / 7-2 1/2 (t7th / t3rd)
	Long Jump	Rickey Moody	7.54m / 24-9 (47th / 13th)
	Triple Jump	Moreno Zapata	15.39m / 50-6w (51st / 9th)
	Hammer	Phil MacArthur	60.65m / 199-0 (52nd / 17th)
	Javelin	Jon Jeffreys	72.35m / 237-4 (7th / 2nd)
		Nathan Bache	65.05m / 213-5 (44th / 10th)
	Decathlon	Rickey Moody	7,787 points Automatic Qualifier (5th / 2nd)

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**JESHUA ANDERSON LIGHTING IT UP ON THE TRACK:** Freshman Jeshua Anderson (Woodland Hills, Calif.) has had a big impact on the men's track team and the WSU record book this season with performances to date:

- Ran 400m hurdles time of 49.68 to win Texas Relays...top collegiate time nationally, 2nd in the US, and 10th-best in the world...broke freshman school record (Mark Macdonald, 1989, 51.20)...fourth-best time in WSU records...named Pac-10 Men's Track Athlete of the Week for March 31-April 6...Olympic B standard
- Lowered 400m hurdles time to 49.66 at the Johnson/Joyner-Kersey Meet at UCLA
- Ran anchor on 4x400m relay team (Barry Leavitt, Justin Woods, Reny Follett, Anderson) NCAA RQ time of 3:09.85 at Texas Relays...ran anchor leg split time of 46.3 seconds
- Won 400m dash at Mt. SAC Relays in NCAA RQ and PR time of 46.54...sixth-best time in WSU history...last time a Cougar man ran into the WSU top 10 list for the 400m dash was Michael Joubert, fourth-best time of 45.89 in 1990
- Ran 110m hurdles PR time of 14.08 at WSU versus Washington Dual Meet, May 3

**GARBERG THROWS 200-FEET WITH HAMMER RECORD:** McKenzie Garberg (senior, Benton City, Wash.) broke the WSU women's hammer record for the second time this season...Garberg became the first woman in WSU history to break the 200-foot barrier with her PR toss of 204-9 (62.42m) at the WSU-UW Dual Meet 5/3 in Pullman...her shortest throw 5/3 in the six-throw series was 199-11...she had tossed an improved NCAA RQ toss of 196-3 (59.83m) at the Texas Relays to break All-American Andrea Thornton's school hammer record of 195-0 (59.44), set in 2001...opened the outdoor season at Trojan Invite meet by throwing a trio of NCAA RQs - hammer (58.68m/192-6), discus (52.24m/171-5), and shot put (14.55m/47-9)...at Sac State Nike Invite, improved NCAA RQ mark in the discus with a winning throw and PR of 174-3 (53.11m)...this mark is fourth-best in school all-time records...Garberg was a 2007 All-American in the discus.

**AIR ARRIVEY SOARS TO SEVEN-FEET (again and again):** Sophomore Trent Arrivey (Woodinville, Wash.) reached a high jump PR and improved NCAA RQ height of 7-feet, 2 1/2 inches (2.20m) at the WSU-UW Dual 5/3 in Pullman...the following weekend, at the Vandal Jamboree, he cleared 7-0 1/2 (2.15m)...during the 2008 indoor season he cleared a PR of 7-1 1/2 (2.17m)...Arrivey soared to an NCAA RQ height of 7-0 1/2 (2.15m) at the Stanford Invite (4/5)...Arrivey became the 28th Cougar man to clear seven-feet and has cleared 7-0 in four competitions this year...won the Mt. SAC Relays event with a 2.15m clearance...participated at the 2008 NCAA Indoor Championships but did not clear a bar.

**JUNGMARK, NCAA INDOOR HIGH JUMP CHAMP, OPENS OUTDOORS:** WSU freshman Ebba Jungmark won her first outdoor competition of the season by clearing 5-10 3/4 (1.80m) at the WSU-UW Dual 5/3...she won the women's high jump at the 2008 NCAA Indoor Championships...the Onsala, Sweden, native's winning height was 6-2 1/4 (1.89m)...named All-America honors with the win...mark is the second-best women's high jump in WSU history.

**TSCHIDA ON A TEAR:** Marissa Tschida (freshman, Missoula, Mont.) was named the Pac-10 Women's Field Athlete of the Week for April 14-20...she threw the javelin an improved NCAA Regional Qualifying, freshman school record and lifetime-best of 161-8 (49.28m) to win her section at the Mt. SAC Relays, Friday, April 18...Tschida (pronounced chee-dah), the 2007 prep girls' national leader in the javelin, has PRd in three meets this season and broken the WSU freshman school record twice...she has a tattoo of a cheetah on her shoulder and has named the tattoo Chester the cheetah.

**LEONARD GRABS STEEPLECHASE RECORD:** Senior Meghan Leonard (Newberg, Ore.) claimed the WSU steeplechase school record at the Mt. SAC Relays (4/18) with an improved NCAA RQ time of 10:16.36...Leonard replaced 2007 record-holder Sara Trané (junior, Sweden)...Trané, defending Pac-10 champion who is coming off several months of limited competition because of injury, ran an NCAA RQ and PR time of 10:16.75...Collier Lawrence (senior, Reno, Nev.) and Amanda Andrews (freshman, Gig Harbor, Wash.) also have NCAA RA marks this year...in WSU top-10 all-time lists: 1. Leonard, 2. Trané, 3. Lawrence, 6. Andrews.

**COUGAR CAPTAINS CORNER:** Seniors Jon Jeffreys (javelin, Spokane Valley) and Sarah Burns (triple jump, Tacoma) present weekly blogs on the official WSU track and field website, [www.wsucougars.com](http://www.wsucougars.com)...click on the Captains' Corner box to read their blogs.

**LAYMAN LOWERS 800m MARK:** Redshirt freshman Anna Layman (Spokane Valley, Wash.) improved her 800m NCAA RQ and PR time to 2:08.23, at the WSU-UW Dual 5/3...seventh-best time in school history.

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**SPEARING BIG NUMBERS:** Jon Jeffreys (senior, Spokane Valley, Wash.) surpassed his lifetime-best mark again this season with the winning throw of 237-4 (72.35m) at the WSU-UW Dual Meet 5/3 in Pullman...his earlier PR of 237-2 (72.30m) was the previous week at the Cougar Invite... after throwing 232-1 (70.75m) at the Mt. SAC Relays...third PR this season...Nathan Bache (sophomore, Missoula, Mont.) followed the lead of his team captain, Jeffreys, and upped his NCAA RQ and PR distance for the second straight week to 213-5 (65.05m) May 3.

**MOODY MOVES TO AUTOMATIC QUALIFIER:** Rickey Moody (senior, Puyallup, Wash.) finished the Texas Relays decathlon with a PR and NCAA Automatic Qualifying total of 7,787 points, fourth place overall, third place among collegians...reached outdoor PRs in 7 of 10 events in addition to PRs in first day (4,156 points) and final point totals...during the competition, leaped an NCAA RQ long jump distance of 24-9 (7.54m)...his 7,787 points is the second-best decathlon mark in WSU history, behind Simon Shirley's 1988 total of 8,036 points for 15th place at the Seoul Olympics...this is the first NCAA Automatic Qualifying mark for Moody who participated in the 2007 NCAA Outdoor Championships in the long jump (22nd)...he finished second at the Pac-10 Decathlon with 7,395 points.

**LEVITATING LEAVITT:** Junior Barry Leavitt (Benton City, Wash.) won the men's 400m hurdles at the UCLA Johnson/Joyner-Kersee meet 4/11 with an improved NCAA RQ and PR time of 50.83 seconds...this time is the eighth-fastest time in WSU men's intermediate hurdles records...he also scored a win in the Olympic Dev. Race at the Mt. SAC Relays (51.90)...Leavitt's freshman year was 2003-04 and at the Pac-10 Championships he finished 6th in the 400m hurdles and 7th in 110m hurdles...after a two-year church mission in French Polynesia, he returned to campus in 2007 and resumed training, finishing 7th in the conference 400m hurdles.

**LUCKY MEETS GOOD:** Robert Williams (junior, Riverside, Calif.) was knocked out of the men's 110m hurdles Olympic Development race at the Mt. SAC Relays 4/20. when officials told him to come back and run in the Invitational race...he complied and ran a season-best and improved NCAA RQ time of 14.02w for fifth place.

**HURDLING INTO COUGAR WOMEN'S RECORDS:** Lorraine King (junior, Fontana, Calif.) took third place in the 400m hurdles final at the Texas Relays with an improved NCAA RQ and lifetime-best time of 58.39...third-fastest women's intermediate hurdles time in school history and an improvement of 2 seconds for King...she ran a prelim time of 1:00.09 and her previous PR was 1:00.28.

**RUN FAST OR ELSE:** Veronica Elseroad-Wall, a freshman from Casper, Wyo., won the women's 400m hurdles at the Johnson/Joyner-Kersee meet 4/11 with an NCAA RQ time of 1:00.73...this mark is the seventh-fastest time in Cougar women's history.

**STEEPLECHASE NO BARRIER(S) FOR COUGARS:** Sam Ahlbeck (redshirt sophomore, Renton, Wash.) ran a PR and NCAA RQ time of 9:04.83 at the Stanford Invite...Alex Grant (senior, Bellingham, Wash.) ran a PR and NCAA RQ time of 8:59.28 at the Mt. SAC Relays.

**PJ SPRINTS TO NCAA RQ TIME:** Princess Joy Griffey (sophomore, Federal Way, Wash.) reached an NCAA RQ time in the 100m dash at the Mt. SAC Relays running a time of 11.72w...she reached an NCAA RQ time in the 200m dash at the WSU-UW Dual 5/3 with a time of 23.90w.

**FLIRTING WITH THE 200 MARK:** Junior Phil MacArthur (Selkirk, Wash.) threw the hammer a PR distance of 199-feet (60.65m) at the Texas Relays...MacArthur improved his NCAA RQ with the toss and can move into the distinguished Cougar top ten list with another eight feet added to the throw.

**LONG & MIDDLE DISTANCE RUNNERS MAKING NOISE:** Lisa Egami (sophomore, Coquitlam, B.C.) and Isley Gonzalez (senior, Sunnyside, Wash.) reached NCAA RQs with their PR times at the Stanford Invite...Egami finished second in the 1500m with a time of 4:27.45, 10th-fastest in school history...Gonzalez ran a 5k time of 16:42.91, a PR by over a minute and the sixth-fastest time in school history...at the Johnson/Joyner-Kersee meet 4/11, Gonzalez won the women's 1500m with a PR time of 4:34.02 with Haley Paul finished third in a time of 4:34.98...

**MEN SLICE TIMES:** A trio of Cougar dropped significant seconds off their PR times in the 5k...Dominic Smargiassi (14:19.39), Chris Williams (14:23.97) and Dan Geib (14:24.27) all ran bests at the Stanford Invite...Smargiassi also won a thrilling 3000m race in the WSU-UW Dual 5/3, running down the Husky in the final 100 meters with a time of 8:26.65.

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**MORE, MORE, MORE MORENO:** Junior Moreno Zapata (Lakewood, Wash.) improved his NCAA RQ with a wind-aided triple jump of 50-6 (15.39m) at the Pelluer Invite...at the same meet he leaped a non-wind aided 50-5 1/4 (15.37m)...Zapata won the men's triple jump at the Stanford Invite with a NCAA RQ leap of 49-5 3/4 (15.08m).

#### **WSU SCHOOL OUTDOOR RECORDS SET IN 2008:**

##### **Women:**

3000m Steeplechase	Meghan Leonard	10:16.36 (4/18)	School Record
Javelin	Marissa Tschida	49.28m / 161-8 (4/18)	Freshman School Record
Hammer	McKenzie Garberg	62.42m / 204-9 (5/3)	School Record

**PICKLERS STILL PERFORMING WELL:** Cougar All-Americans Diana Pickler and Julie Pickler, professionals training for the Olympic trials did well at the IAAF 21st MultiStars meet in Desenzano del Garda, Italy, May 10-11...Diana was the top USA heptathlete and third overall with a score of 6,190 points...Julie placed sixth overall and was the second highest placing American with 5,871 points.

**MPSF ALL-ACADEMIC HONORS ANNOUNCED:** The Mountain Pacific Sports Federation announced the 2008 Indoor Track & Field All-Academic selections April 21: Evan Blanshan, junior, 3.77 gpa; Sarah Burns, senior, 3.06 gpa; Karen DeMartini, senior, 3.68 gpa; Lisa Egami, sophomore, 3.44 gpa; Selena Galaviz, senior, 3.70 gpa; Dan Geib, sophomore, 3.34 gpa; Isley Gonzalez, junior, 3.18 gpa; Alex Grant, senior, 3.50 gpa; McKinnon Hanson, senior, 3.99 gpa; Bob Hewitt-Gaffney, sophomore, 3.18 gpa; Lorraine King, junior, 3.14 gpa; Barry Leavitt, junior, 3.34 gpa; Meghan Leonard, senior, 3.30 gpa; Kendall Mays, sophomore, 3.59 gpa; Haley Paul, senior, 3.96 gpa; Drew Polley, junior, 3.76 gpa; Chelsea VanDeBrake, sophomore, 3.96 gpa; Chris Williams, senior, 3.17 gpa; Justin Woods, junior, 3.06 gpa; Jessica Zita, senior, 3.77 gpa.

**COUGARS SWEEP HUSKIES IN DUAL MEET:** At Mooberry Track, May 3, in Pullman, the WSU men defeated Washington 93-70, for their first victory in four years, while the Cougar women continued their dominance in the dual competition against the Huskies with a 116-47 win, making it 11 wins in the last 12 dual meets contested...the meet produced two meet records, a total of 34 NCAA Regional Qualifying marks, and one WSU school record...WSU double winners included Princess Joy Griffey (100m, 200m), McKenzie Garberg (discus, hammer), Justin Woods (100m, 200m), Jeshua Anderson (110m hurdles, 400m hurdles)...Garberg broke her own school hammer throw record and meet record with a toss of 204-9...for a complete wrap-up of the meet, go to [www.wsucougars.com](http://www.wsucougars.com).

#### **WSU COMPETITORS ENTERED AT PAC-10 COMBINED EVENTS CHAMPS, MAY 16-17, AT TEMPE:**

##### **WSU Women**

100m - Princess Joy Griffey

200m - Princess Joy Griffey, La Shawnda Porter-Red

400m - no entry

800m - Anna Layman

1500m - Karen DeMartini, Lisa Egami

5000m - Isley Gonzalez, Haley Paul

10,000m - no entry

100m Hurdles - Angela Jensen, Jalisa Williams

400m Hurdles - Veronica Elseroad-Wall, Lorraine King

3000m Steeplechase - Amanda Andrews, Collier Lawrence, Meghan Leonard, Sara Trané

4x100m Relay - Griffey, Jensen, Missouri, Porter-Red

4x400m Relay - Elseroad-Wall, Griffey, King, Layman, Porter-Red

High Jump - McKinnon Hanson, Ebba Jungmark

Pole Vault - Kendall Mays

Long Jump - Candace Missouri, Catie Schuetzle

Triple Jump - Candace Missouri, Catie Schuetzle

Shot Put - McKenzie Garberg, Jessica Zita

Discus - McKenzie Garberg

Hammer - McKenzie Garberg

Javelin - Jasmine McCormack, Marissa Tschida

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**WSU Men**

100m - Marlon Murray, Justin Woods  
200m - Marlon Murray, Justin Woods  
400m - Reny Follett  
800m - Luke Lemenager  
1500m - no entry  
5000m - Dan Geib, Alex Grant, Dominic Smargiassi, Chris Williams  
10,000m - Den Geib, Drew Polley, Chris Williams  
110m Hurdles - Jeshua Anderson, Rickey Moody, Robert Williams  
400m Hurdles - Jeshua Anderson, Barry Leavitt, Robert Williams  
3000m Steeplechase - Sam Ahlbeck, Chris Concha, Alex Grant  
4x100m Relay - Anderson, Jennings, Murray, Woods  
4x400m - Anderson, Follett, Leavitt, Murray, Woods  
High Jump - Trent Arrivey, Ryan Deese, Kyle Eaton, Rickey Moody  
Pole Vault - no entry  
Long Jump - Rickey Moody  
Triple Jump - Moreno Zapata  
Shot Put - no entry  
Discus - no entry  
Hammer - Phil MacArthur  
Javelin - Nathan Bache, Jon Jeffreys

**COUGAR RECRUITS FOR THE 2008-09 SCHOOL YEAR (as of May 5, 2008):**

Joe Abbott, middle distance runner, Reno, Nev.  
Anna Albrecht, a thrower from Pullman, Wash.  
Brianna Atkins, a 400m runner from Claremont, Calif.  
Brianna Brown, a 400m runner from Shadle Park High, Spokane, Wash.  
Morgan Clem, a hurdler from East Wenatchee, Wash.  
Brittnay Crabb, a hurdler from Rancho Cucamonga, Calif.  
Michelly Foley, a distance runner from Crook County High, Prineville, Ore.  
Jacki Hill, a sprinter from Bremerton, Wash.  
Ashley Kenney, a discus thrower from Spokane Valley, Wash.  
Courtney Kirkwood, a heptathlete from Othello, Wash.  
Jono Lafler, a distance runner from Tahoma High, Maple Valley, Wash.  
Alex Ringe, a middle distance runner from Hermiston, Ore.  
Chris Selvar, an 800m runner from Kent, Wash.  
Mietra Smollack, a distance runner from Oak Harbor, Wash.  
Shawn Swartz, a high jumper from Port Coquitlam, British Columbia  
Jessica Yates, a triple jumper from Snohomish, Wash.