



2005 COUGAR TRACK & FIELD

# ATHLETE PROFILES



# 2005 COUGAR TRACK & FIELD



## Rachel Bertholf PAC-10 SCORER

Javelin • 5-10, Senior • Colbert, Washington

**WSU CAREER. SENIOR (2004-05):** Women's team captain.

**JUNIOR (2003-04):** Season-best throw of the year was 150-3 (45.80m) for seventh place at NCAA West Regional (5/29/04, Northridge)...mark is second-best in school history...finished sixth at Pac-10 Championships (5/15/04, Tucson) with a throw of 148-11 (45.38m)...named to Pac-10 All-Academic First Team.

**SOPHOMORE (2002-03):** Finished sixth in the javelin at the NCAA West Regional (5/31/03, Stanford) with a lifetime-best throw of 155-feet, 8 inches (47.45m), missing fifth place and a trip to the NCAA Championships by a mere two inches...mark is second-best in school records.

**FRESHMAN (2001-02):** Threw PR of 45.98m/150-10 and won the javelin at Idaho-WSU dual meet (4/13/02, Pullman)...missed scoring at Pac-10 Championships with ninth place throw of 42.97m/141-0 (5/19/02, Pullman).

**HIGH SCHOOL CAREER.** At Mt. Spokane High received nine varsity letters, three each in volleyball, basketball and track...captain of track and basketball teams senior year...as a senior, won Cougar Invitational and set record for javelin at 141-2...was third at state with a throw of 140-5...javelin PR is 141-8.....junior year, fifth at regional meet with 127-5 throw.

**PERSONAL.** Born 1/25/83 in Spokane, Washington, to Steve and Debbie Bertholf (pronounced birth-off)...twin sister Kim (400m runner at Pacific Lutheran University)...brother Chris, finished seventh in intermediate hurdles at the NCAA Div. III while at PLU in 2002...father graduated from WSU in 1974...earned a 4.0 GPA and was class Valedictorian at Mt. Spokane...National Honors Society Treasurer...received WSU Academic Scholarship as freshman...received the Brooks, Carlton Sybil Scholarship for 2001-02 from Construction Management/Architecture Dept...volunteer work includes Reading Buddies at Sunnyside Elementary, track charity car washes, Associated Students of Washington State University (ASWSU), and College of Business Marketing Research Team 2003-04...senior year serving as a peer-counselor for freshmen student-athletes in the Pac-10 advising program...majoring in marketing with a minor in business law.

### BERTHOLF'S WSU BESTS

Javelin - 47.45m / 155-8 (2003)

### PAC-10 CHAMPIONSHIPS PERFORMANCES

|      |         |     |                 |
|------|---------|-----|-----------------|
| 2004 | Javelin | 6th | 45.38m / 148-11 |
| 2003 | Javelin | 9th | 41.40m / 135-10 |
| 2002 | Javelin | 9th | 42.97m / 141-0  |

### NCAA WEST REGIONAL PERFORMANCES

|      |         |     |                |
|------|---------|-----|----------------|
| 2004 | Javelin | 7th | 45.80m / 150-3 |
| 2003 | Javelin | 6th | 47.45m / 155-8 |



## Martin Boston PAC-10 SCORER

Jumps/Sprints • 5-10, Junior • Hayward, California

**WSU CAREER. SOPHOMORE (2003-04):** Indoor - Struggled with an ankle injury that restricted long jumping...clocked PR in 200m of 22.01i at Pac-10 Invite (2/14/04, Seattle)...led WSU in 60m dash with time of 6.83i at Vandal Indoor (2/20/04, Moscow)...finished sixth in the long jump (7.10m/23-3 1/2i) at the MPSF Championships 2/28/04, Seattle)...Outdoor - Ran PRs in 100m and 200m...at Trojan Invite (3/20/04, Los Angeles) ran 100m time of 10.68W and 200m time of 22.28...at Pac-10 Championships (5/15/04, Tucson) clocked 10.72 in 100m for 13th and ran third leg of third place 4x100m relay (39.73)...moved to relay lead

leg for second place (39.58) at NCAA West Regional (5/29/04, Northridge)...at the NCAA Championships (6/10/04, Austin) relay ran prelim time of 39.64, 12th-fastest but did not advance to the final...best relay time of 39.55 came at Washington Dual meet (5/1/04, Pullman)...named to Pac-10 All-Academic honorable mention team.

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

**HIGH SCHOOL CAREER.** Attended Mt. Eden High and James Logan High...earned four letters in track for coach Lee Webb and three in basketball for coach Blake Chong...high school PRs were 48-0 in triple jump, 6-4 in high jump, and 23-6 1/2 in the long jump...senior year hampered by ankle injury...placed seventh in triple jump and ninth in long jump at Junior Olympics...won long and triple jumps at initial Adidas Midwest Indoor Classic as senior...participated in the USATF Elite Men's Developmental Camp under coach Dick Booth.

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

### BOSTON'S WSU BESTS

60m - 6.83i (2004)  
100m - 10.68W (2004), 10.72 (2004)  
200m - 22.01i (2004)  
4x100m Relay - 39.55 (2004)  
Long Jump - 7.43m / 24-4 1/2 (2003)  
Triple Jump - 14.19m / 46-6 3/4 (2003)

### PAC-10 CHAMPIONSHIP PERFORMANCES

|      |              |      |                  |
|------|--------------|------|------------------|
| 2004 | 100m         | 13th | 10.72            |
|      | 4x100m Relay | 3rd  | 39.73            |
| 2003 | Long Jump    | 10th | 7.05m / 23-1 3/4 |

### NCAA WEST REGIONAL PERFORMANCES

|      |              |     |       |
|------|--------------|-----|-------|
| 2004 | 4x100m Relay | 2nd | 39.58 |
|------|--------------|-----|-------|

### NCAA CHAMPIONSHIP PERFORMANCES

|      |              |              |       |
|------|--------------|--------------|-------|
| 2004 | 4x100m Relay | 12th Prelims | 39.64 |
|------|--------------|--------------|-------|



# STUDENT-ATHLETE PROFILES



## Brandon Brownell

Combined Events • 6-0, Sophomore • Olympia, Washington

**WSU CAREER. FRESHMAN (2003-04):** *Indoor* - Finished ninth in the heptathlon with a freshman school record 5,154 points (NCAA Provisional Qualifier) at the Mountain Pacific Sports Federation Championships (2/28/04, Seattle)...*Outdoor* - Finished third in his first collegiate decathlon, the California Multi-Events Meet (3/27/04, Berkeley) with 6,847 points...injuries kept him away from competition for rest of season.

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

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

### BROWNELL'S WSU BESTS

60m - 7.20i (2004)  
100m - 11.07w (2004)  
400m - 50.43 (2004)  
1500m - 5:00.80 (2004)  
60m Hurdles - 8.74i (2004)  
110m Hurdles - 15.11 (2004)  
High Jump - 1.87m / 6-1 1/2i (2004)

Pole Vault - 4.30m / 14-1 1/4 (2004)  
Long Jump - 6.90m / 22-7 3/4 (2004)  
Shot Put - 13.16m / 43-2 1/4i (2004)  
Discus - 43.05m / 141-3 (2004)  
Javelin - 48.64m / 159-7 (2004)  
Heptathlon - 5,154 points (2004) **FSR**  
Decathlon - 6,847 points (2004)



2005 Profiles



## Sarah Burns STATE CHAMPION

Sprints/Jumps • Freshman • Tacoma, Washington

**HIGH SCHOOL CAREER.** Earned four letters at Curtis High, in track for coach Mark Salzman...senior year was state 4A champion in triple jump at 38-7 1/2 and second in long jump at 17-10 1/2...member of undefeated state champion Viking track squad...named team MVP...as a junior won state in the long jump...team undefeated in 2003 season...named South Puget Sound League Track and Field Athlete of the Year...at the 2003 USATF Junior Olympic Track & Field Regional Championships, won the young women's long jump with a leap of 5.76m/18-10 3/4 and the triple jump 11.64m/38-2 1/4 (7/13/03, Monmouth, Ore.)...at the 2004 USATF National Jr. Olympic finished tied for third in the young women's triple jump at 12.22m/40-1 1/4W (8/1/04, Eugene).

**PERSONAL.** Born 7/10/86, at El Paso, Texas...father Robert is a business manager...mother Laurie is a music teacher...brothers Sam (2/27/81) and Zach (2/10/85)...enjoys movies, singing and dancing...will pursue a degree in kinesiology.

### BURNS' BESTS

Long Jump - 19-6 3/4 (2003)  
Triple Jump - 40-1 1/4W (2004)





# 2005 COUGAR TRACK & FIELD



## **Tyson Byers** **PAC-10 SCORER** **Pole Vault • 6-1, Junior • Spokane, Washington**

**WSU CAREER. SOPHOMORE (2004-05):** *Indoor* - Redshirt season due to hamstring injury...*Outdoor* - Redshirt season...recovered just enough to vault unattached to a height of 5.05m/16-6 3/4 at Idaho Outdoor Meet (5/8/04, Moscow).

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

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

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

### **BYERS' WSU BESTS**

Pole Vault - 5.15m / 16-10 3/4 (2003)

### **PAC-10 CHAMPIONSHIPS PERFORMANCES**

|      |            |     |                  |
|------|------------|-----|------------------|
| 2003 | Pole Vault | 7th | 5.05m / 16-6 3/4 |
|------|------------|-----|------------------|

### **NCAA WEST REGIONAL PERFORMANCES**

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



## **John Cassleman** **PAC-10 SCORER** **Hurdles • 6-0, Sophomore • Pullman, Washington**

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

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

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

### **CASSELMAN'S WSU BESTS**

400m - 48.13i (2004)  
800m - 2:05.39i (2004)  
60m Hurdles - 8.84i (2004)  
400m Hurdles - 52.71 (2004)  
1600m Relay - 3:09.63 (2004)

### **PAC-10 CHAMPIONSHIPS PERFORMANCES**

|      |              |      |       |
|------|--------------|------|-------|
| 2004 | 400m Hurdles | 10th | 52.71 |
|------|--------------|------|-------|

### **NCAA WEST REGIONAL PERFORMANCES**

|      |             |     |         |
|------|-------------|-----|---------|
| 2004 | 1600m Relay | 6th | 3:09.63 |
|------|-------------|-----|---------|



# STUDENT-ATHLETE PROFILES



## **Jenna Dean** *PAC-10 SCORER* *Javelin • 5-9, Junior • Glenwood, Washington*

**WSU CAREER. SOPHOMORE (2004-05):** Reached fifth place in the javelin at the Pac-10 Championships (5/15/04, Tucson) with a PR throw of 46.80m/153-6, fourth-best in school history...went on to throw 46.11m/151-3 for sixth place at the NCAA West Regional Meet (5/29/04, Northridge), just missing a national meet spot.

**FRESHMAN (2002-03):** Finished seventh at the Pac-10 Championships with a javelin throw of 45.14m/148-1 (5/18/03, Los Angeles)...tied for 12th at the NCAA West Regional meet with a toss of 43.22m/141-9

(5/31/03, Stanford).

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

**PERSONAL.** Born Jenna Marie Dean 4/20.84 at Goldendale, Washington...father Jerry and mother Mary own and operate logging company...brother Devin Curtis (10/19/89)...enjoys drawing...member of Honor Society...president of Native American Club...majoring in human development at WSU.

### DEAN'S WSU BESTS

Javelin - 46.80m / 153-6 (2004)

### PAC-10 CHAMPIONSHIPS PERFORMANCES

|      |         |     |                 |
|------|---------|-----|-----------------|
| 2004 | Javelin | 5th | 46.80m / 153-6  |
| 2003 | Javelin | 7th | 44.75m / 146-10 |

### NCAA WEST REGIONAL PERFORMANCES

|      |         |      |                |
|------|---------|------|----------------|
| 2004 | Javelin | 6th  | 46.11m / 151-3 |
| 2003 | Javelin | 12th | 43.22m / 141-9 |



## **Tamara Diles** *PAC-10 SCORER/ALL-AMERICAN* *Pole Vault • 5-10, Junior • Bellevue, Washington*

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

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

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

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

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

### DILES'S WSU BESTS

Pole Vault - 4.35m / 14-3 1/4i **SR** (2002)

### PAC-10 CHAMPIONSHIPS PERFORMANCES

|      |            |     |                              |
|------|------------|-----|------------------------------|
| 2004 | Pole Vault | 9th | 3.92m / 12-10 1/4            |
| 2003 | Pole Vault | 5th | 3.95m / 12-11 1/2 <b>FSR</b> |

### NCAA WEST REGIONAL PERFORMANCES

|      |            |       |                  |
|------|------------|-------|------------------|
| 2004 | Pole Vault | 12th  | 3.91m / 12-10    |
| 2003 | Pole Vault | 16thT | 3.82m / 12-6 1/4 |

### NCAA CHAMPIONSHIPS PERFORMANCES

|             |            |     |                    |
|-------------|------------|-----|--------------------|
| 2002 Indoor | Pole Vault | 3rd | 4.25m / 13-11 1/4i |
|-------------|------------|-----|--------------------|





# 2005 COUGAR TRACK & FIELD



## **Kaylee Gardner** *PAC-10 SCORER* *Jumps • 5-10, Sophomore • Bellingham, Washington*

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

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

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

### **GARDNER'S WSU BESTS**

Long Jump - 5.20m / 17-0 3/4 (2004)  
Triple Jump - 11.94m / 39-2 1/4 (2004)

### **PAC-10 CHAMPIONSHIPS PERFORMANCES**

2004 Triple Jump 8th 11.94m / 39-2 1/4



## **Isley Gonzalez** *STATE CHAMPION* *Middle Distance • 5-3, Freshman • Sunnyside, Washington*

**WSU CAREER. FRESHMAN (2004-05):** *Cross Country* - Opened season with fourth place finish at Idaho Jamboree, running unattached...fifth WSU runner and 181st overall at NCAA Pre-National Meet (10/16/04, Terre Haute)...ninth Cougar and 73rd overall at Pac-10 Championships (10/30/04, San Francisco).

**HIGH SCHOOL CAREER.** Earned eleven letters at Sunnyside High...four each in cross country and track as standout distance runner for coach Robin Bryson...three as point guard on coach Leo Gomez's basketball squad...senior year, ranked No. 5 among Washington cross country runners...cross country state champion...won state in 3200m (10:58.69), finished sixth in 1600m...qualified for Border Clash...Mid-Valley League Runner of the Year...named team MVP and Scholar Athlete...named *Tri-City Herald* Runner of the Year for second consecutive year...as a junior, placed third at state in cross country...named Mid-Valley League Runner of the Year...district and regional champ in 1600m and 3200m...third at state in 1600m, finished sixth in 3200m...named *Tri-City Herald* Runner of the Year...set Grizzlies' basketball record for most 3-pointers in a season (49) and selected to participate in all-state basketball game...named first team all-league in track as a sophomore...state champion in 3200m...averaged 13 ppg and was named team Scholar Athlete in basketball...freshman year, was first girl in SHS history to participate in state cross country meet...named Mid-Valley League Runner of the Year...placed second at state in 3200m...nominated for Athlete of the Year...holds SHS records in 800m, 1600m and 3200m.

**PERSONAL.** Born Isley Sharele Gonzalez 6/9/86, at Yakima, Wash...father Nick is a union laborer...mother Robin is an office manager...brother Gracen (6/14/90)...member of National Honor Society (3.7 GPA)...ASB president...involved in Key Club, Drama Club, Leadership, Fire Squad, Executive Counsel, Rotary International, Interhigh and Leaders in Action...will pursue a degree in education.

### **GONZALEZ'S BESTS**

1600m - 5:08.81i (2004)  
3200m - 10:58.69 (2004)



# STUDENT-ATHLETE PROFILES



## Alex Grant

Distance • 5-11, Sophomore • Bellingham, Washington

**WSU CAREER. SOPHOMORE (2004-05):** *Cross Country* - Opened season with win at Idaho Jamboree as unattached (9/3/04, Moscow)...third Cougar and 31st overall at Pac-10 Championships (10/30/04, San Francisco)...at NCAA West Regional (11/13/04, Fresno) finished 62nd overall, fourth on team...named to Pac-10 All-Academic second team.

**FRESHMAN (2003-04):** *Cross Country* - Competed in five meets, scoring in two...scored at Cougar Invite with 13th place finish...finished 51st overall and fifth on team at Pac-10 Championships (11/1/03, Pullman)...at NCAA West Regional (11/15/03, Portland) ran to 101st place (seventh on team)...*Indoor* - Established collegiate times in mile (4:23.36i) and 3k (8:41.92i)...*Outdoor* - Debut in steeplechase with time of 9:30.37 at Cougar Invite (4/24/04, Pullman)...ran a 5k at Stanford Invite in 14:42.68 (3/27/04).

**HIGH SCHOOL CAREER.** Earned seven letters in cross country and track at Sehome High for coach Mark Kerr...state cross country champion as senior...finished third in state in 3200m and seventh in 1600m as senior.

**PERSONAL.** Born Alexander Grant 2/5/85, at Lincoln, Neb...father David is an attorney...mother Linda is a social worker...brother Sean (5/7/87)...graduated with 3.73 GPA...interested in studying pre-law.

### GRANT'S WSU BESTS

Mile - 4:23.36i (2004)  
1500m - 4:01.62 (2003)  
3000m - 8:41.92i (2004)  
3000m Steeplechase - 9:30.37 (2004)  
5000m - 14:42.68 (2004)



## McKinnon Hanson STATE CHAMPION

High Jump • 5-4, Freshman • LaPush, Washington

**HIGH SCHOOL CAREER.** Earned seven letters at Forks High...two each in track and cross country for coaches Ashley Watson and Andrea Peppers...two in as guard on coach Todd Fraker's basketball squad and one in softball for coach Bob Wheeler...as a senior, set 2A state high jump record (5-7) to win state championship...finished third at state in heptathlon and fourth in 800m...was third in league in cross country and earned all-league academic honors...named basketball co-MVP and named all-league second team...finished third at state in high jump and seventh in 800m as a junior...finished third in league in cross country...earned all-league

academic honors in basketball and cross country...sophomore year, earned all-league academic honors as Spartans starting shortstop on fastpitch softball team.

**PERSONAL.** McKinnon Heather Hanson was born 12/25/86 at Port Angeles, Wash...father Frank is school superintendent and played football at Whitman College...mother Cyd is an artist...enjoys sports, animals, nature and fireworks...WSU family grads include grandfather Franklin "Pete" Hanson, aunt and uncle Hugh and Kathy McEachen, and aunt Dr. Karen Hanson...FHS salutatorian (3.9 GPA) and Honor Society president...FCCLA national gold medalist and chapter treasurer...served on High Tech High taskforce and as Scholarship Auction student director...plans to study pre-law at WSU.

### HANSON'S BESTS

High Jump - 5-7 (2004)



# 2005 COUGAR TRACK & FIELD



## Nicole Hatcher PAC-10 SCORER

Sprints • 5-6, Junior • Kennewick, Washington

**WSU CAREER. SOPHOMORE (2003-04):** *Indoor* - Lowered PRs in both sprints...60m time of 7.61i at WSU Open (1/24/04, Pullman)...at MPSF Championships, finished 10th in 60m dash in 7.70i and won the 200m dash with PR time of 24.66i (2/28/04, Seattle)...*Outdoor* - Top Coug in 100m dash with time of 11.88w (5/8/04, Moscow)...top legal time was 12.07 in prelims (14th) at Pac-10 Championships (5/14/04, Tucson)...ran fastest 200m time of 24.48 at Washington dual meet (5/1/04, Pullman)...also ran second leg of 4x100m relay for seventh at Pac-10 Championships (46.59)...named to Pac-10 All-Academic honorable mention team.

**FRESHMAN (2002-03):** *Indoor* - At the Mountain Pacific Sports Federation Championships ran 60m dash in 7.81i for 15th and 200m in 24.91i for 12th...top 60m dash time of 7.73i came at Vandal Indoor (2/14/03, Moscow)...*Outdoor* - At the Pac-10 Championships, ran season-best in 100m of 12.14 for 18th (5/18/03, Los Angeles)...best time in 200m was 24.96 run at Willie Williams Meet (3/22/03, Tucson).

**HIGH SCHOOL CAREER.** Earned eight letters as a soccer player (coach Kristi Privette) and track athlete (coach Cheryl Schauble) at Southridge High...soccer honors included all-league honorable mention (freshman), second-team all-conference (sophomore) and first team All-Big Nine (junior and senior)...three-time *Tri-City Herald* All-Area Team...on the track, three-time team most valuable track athlete...at state 4A track championships, finished second in both dashes as a junior running 12.04 in the 100m and 25.11 in the 200m...as a senior, placed third in both 100m (12.43) and 200m (25.52) dashes...also on 4x100m relay that finished third (48.55) and fourth place 4x200m relay...KNDU TV Athlete of the Week in 2001.

**PERSONAL.** Born Nicole Invetta Hatcher 6/17/84, at Kennewick, Washington...father Melvin is an attorney...mother Paula is a high school English teacher...brothers Jason (6/10/86) and James (9/7/91)...member of H.O.P.E. (Key) Service Club...Rhinstone Debutante...enjoys drawing and making crafts...planning to teach math upon graduation from WSU.

### HATCHER'S WSU BESTS

60m - 7.61i (2004)  
100m - 11.88w (2004), 12.07 (2004)  
200m - 24.48 (2004)  
400m - 58.88i (2004)  
4x100m Relay - 46.59 (2004)

### PAC-10 CHAMPIONSHIPS PERFORMANCES

|      |              |                |       |
|------|--------------|----------------|-------|
| 2004 | 100m         | 14th (prelims) | 12.07 |
|      | 200m         | 14th (prelims) | 24.63 |
|      | 4x100m Relay | 7th            | 46.59 |
| 2003 | 100m         | 18th (prelims) | 12.14 |
|      | 200m         | 16th (prelims) | 24.97 |



## Mike Heidt

Distance • 5-7, Senior • Selah, Washington

**WSU CAREER. SENIOR (2004-05):** *Cross Country* - Strong season after missing last spring with injury...top WSU runner at Griak in 32nd overall (9/25/04, Minneapolis)...second on team, 27th overall at NCAA Pre-National Meet (10/16/04, TerreHaute)...second and 29th at the Pac-10 Championships (10/30/04, San Francisco)...third and 59th at NCAA West Regional (11/13/04, Fresno)...named to Pac-10 All-Academic second team.

**JUNIOR (2003-04):** *Cross Country* - Among the top three Cougars to finish in all six races...finished second overall at Idaho Jamboree...top Cougar to finish at NCAA West Regional (11/15/03, Portland) finishing 29th after finishing 32nd overall and third on team at the Pac-10 Championships (11/1/03, Portland)...named to Pac-10 All-Academic second team...*Indoor* - Redshirt season...*Outdoor* - Redshirt season.

**SOPHOMORE (2002-03):** *Cross Country* - Finished 5th at the Idaho Invitational and 18th at WSU Invitational...134th at the Roy Griak...finished 172nd at the Pre-NCAA Invitational...48th at the Pac-10 Championships (5th WSU runner)...54th at the NCAA West Regional Championships (3rd on team)...named to Pac-10 All-Academic second team...*Indoor* - Struggled a little with no time improvements...*Outdoor* - Opened the season with the PR in the 1500m of 4:05.20 at the Willie Williams (3/22/03, Tucson)...at the Stanford Invite ran top 10k time of 30:03.68...ran outdoor best 5k time of 15:22.64 (4/19/03, Boise).

**FRESHMAN (2001-02):** *Cross Country* - Finished 34th overall, third on team at Pac-10 Championships...placed 52nd/4th at NCAA West Regional Meet...*Indoor* - Finished fifth in the 5k at the Mountain Pacific Sports Federation Championships...top time in 5k of 15:08.35i at Husker Invite (2/8/02, Lincoln)...ran mile time of 4:19.91i at the McDonald's Last Chance (3/2/02, Moscow)...*Outdoor* - Running the longer distances with best 10k time of 30:22.57 (3/30/02, Stanford)...5k PR time of 14:49.36 was run at UCLA Tri-Meet (3/16/02, Los Angeles).

**HIGH SCHOOL CAREER.** Earned six varsity letters at Selah High in cross country and track for coach Rick Becker...3A state champion in the 3200m and placed second in state in the 1600m senior season...ran the 1500m (3:58) at the Washington - Oregon Meet of Champions...cross country 3A state champion...Mid-Valley Cross Country Runner of the Year senior and junior seasons...runner-up in state in the 3200m (9:24) junior year...team captain in cross country his senior year.

**PERSONAL.** Michael Thomas Heidt was born on 5/2/83, at Yakima, Wash...mother Carol is a teacher's aide...father Tom is in maintenance...graduated with a 3.6 GPA and member of National Honors Society...majoring in zoology at WSU.

### HEIDT'S WSU BESTS

Mile - 4:19.91i (2002)  
1500m - 4:05.20 (2003)

3000m - 8:39.90i (2002)  
5000m - 14:49.36 (2002)  
10,000m - 30:03.68 (2003)





# STUDENT-ATHLETE PROFILES



## **Phil Hinrichs** *STATE CHAMPION* *Middle Distance • 5-10, Freshman • Pullman, Washington*

**WSU CAREER. FRESHMAN (2004-05):** *Cross Country* - Trained with team and ran unattached in local meets including 37th finish at Idaho Jamboree (9/3/04, Moscow) and 31st at EWU Invite (10/16/04, Cheney).

**HIGH SCHOOL CAREER.** Earned 10 letters in three sports at Pullman High, four as a distance runner for track coach Mike Hinz, three in football for coach Bob Wollan and three on coach Ken Swanger's basketball squad...senior year, was state champion in 800m (1:56.6) and 1600m (4:19)...ran third leg on 2A state champion 4x400m relay team...was top scorer at state track meet helping team to a second place finish...

named to All-Great Northern League defensive first team on Greyhounds state runner-up football team...earned all-GNL first team and second team all-state honors as a wide receiver...all-state honorable mention as a defensive back and punt return specialist...captained basketball and track teams...named to second team all-GNL in basketball...as a junior, was state runner-up in 1600m, finished third in 3200m...anchored second-place boys 4x400m relay team...ranked in top 100 in the nation's among boys 1600m runners...member of state champion track team which tied own record for most points scored at a state championship with 79...point guard on state runner-up basketball team...set PHS records in 1600m (4:17.47, Portland) and 3200m (9:36.54, Pasco) in spring 2004...participated in summer league American Legion baseball.

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

### **HINRICH'S BESTS**

800m - 1:56.6 (2004)  
1600m - 4:17.47 (2004)  
3200m - 9:36.54 (2004)



## **Justin Ireland** *Middle Distance • 5-10, Redshirt Junior • Issaquah, Washington*

**WSU CAREER. REDSHIRT JUNIOR (2004-05):** *Cross Country* - Ran unattached in local meets...finished 19th at Idaho Jamboree (9/3/04, Moscow) and 11th at EWU Invite (10/16/04, Cheney).

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

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

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

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

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

### **IRELAND'S WSU BESTS**

800m - 1:53.40i (2002)  
Mile - 4:10.72i (2003)  
1500m - 3:53.38 (2003)



# 2005 COUGAR TRACK & FIELD



## **Collier Lawrence** *STATE CHAMPION*

*Distance • 5-5, Freshman • Reno, Nevada*

**WSU CAREER. FRESHMAN (2004-05):** *Cross Country* - Ran in six races this fall...finished 61st overall and seventh on team at Pac-10 Championships (10/30/04, San Francisco)...was 69th overall and third on WSU squad at NCAA West Regional (11/13/04, Fresno).

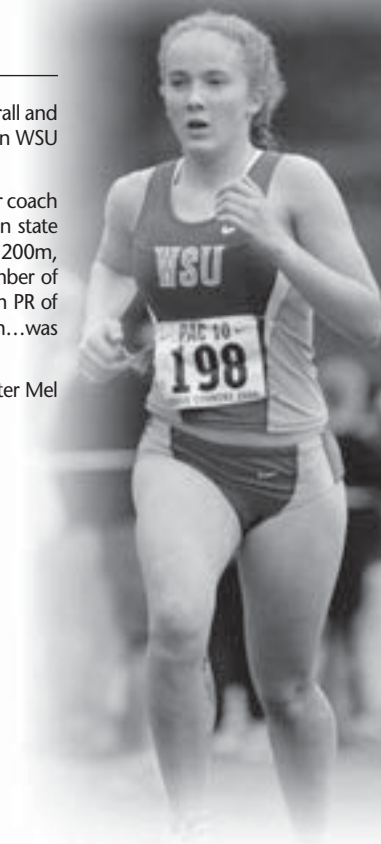
**HIGH SCHOOL CAREER.** Earned eight letters at Reno High, four in cross country and four in track for coach Bruce Susong...senior year, placed 19th at Footlocker National Cross Country Championships...won state 4A cross country title...Huskies cross country team won state title too...finished second in state in 3200m, third in 1600m...named Nevada Gatorade Track and Field Athlete of the Year as a junior...cross country state champion...member of undefeated state champion cross country team...state champion in 3200m and 1600m...posted 1600m PR of 4:57 and 3200m PR of 10:43...sophomore year, won state in 3200m...state runner up in cross country...finished fourth at state in 3200m as a freshman...was 2003 Intermediate Girls Junior Olympic National Champion...ran with Silver State Striders for coach Bruce Susong.

**PERSONAL.** Born 10/4/86, at Carson City, Nev...father Jack is a courier...mother Lee is a teacher...brother John (8/29/89)...sister Mel (8/29/89)...enjoys running, cooking and outdoor activities...will pursue a degree in kinesiology.

### **LAWRENCE'S BESTS**

Mile - 4:57 (2003)

3000m - 10:02.53 (2004)



## **Nicole McClendon**

*Sprints • 5-6, Redshirt Freshman • Granada Hills, California*

**WSU CAREER. FRESHMAN (2003-04):** *Indoor* - Redshirt season due to lower right leg injury...*Outdoor* - Redshirt season.

**HIGH SCHOOL CAREER.** Earned seven letters at Bishop Alemany High...four in track and three in cross country for coach Dave Urbach...Mission League champion in 200m as a junior...named MVP and earned Best Female Athlete award at Innsbruck, Austria, posting a 100m time of 12.1 seconds...league's 400m champion freshman and sophomore years...named BAHS track and cross country MVP as a freshman...saw

limited action as a senior due to injury.

**PERSONAL.** Born Nicole Charise McClendon 4/5/85 at Santa Monica, Calif...mother Burnett...sister D'Ona (12/1/03)...cousin Jamie Fields played football at Washington...enjoys yoga...senior class senator...served as African American Day director...named to WSU President's Honor Roll after 4.00 GPA spring 2004...will pursue a degree in sociology.

### **McCLENDON'S BESTS**

100m - 12.1 (2002)

200m - 24.6 (2002)

400m - 57.3 (2002)





# STUDENT-ATHLETE PROFILES



**James McSwain** *PAC-10 SCORER*  
*Jumps/Sprints • 5-10, Junior • Las Vegas, Nevada*

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

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

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

**PERSONAL.** Born James Q. McSwain 1/20/84 in the Phillipines...father Vernon Boardley is in the United States Air Force...mother Estelita Boardley is a clerical worker...brothers Victor (6/3/96), Vernon (6/5/86), and Chris (4/17/90)...named Social Studies Male Student of the Year at Mojave High...undecided on major at WSU.

#### McSWAIN'S WSU BESTS

60m - 6.87i (2004)  
 100m - 10.48W (2004), 10.50 (2004)  
 200m - 21.37w (2004), 21.39 (2004)  
 4x100m Relay - 39.55 (2004)  
 Long Jump - 6.98m / 22-11i (2003)

#### PAC-10 CHAMPIONSHIPS PERFORMANCES

| Year | Event        | Rank | Time  |
|------|--------------|------|-------|
| 2004 | 100m         | 9th  | 10.66 |
|      | 200m         | 9th  | 21.79 |
|      | 4x100m relay | 3rd  | 39.73 |
| 2003 | 100m         | 13th | 10.64 |
|      | 4x100m Relay | 1st  | 39.68 |

#### NCAA WEST REGIONAL PERFORMANCES

| Year | Event        | Rank | Time  |
|------|--------------|------|-------|
| 2004 | 100m         | 8th  | 10.73 |
|      | 4x100m Relay | 2nd  | 39.58 |

#### NCAA CHAMPIONSHIP PERFORMANCES

| Year | Event        | Rank         | Time  |
|------|--------------|--------------|-------|
| 2004 | 4x100m Relay | 12th Prelims | 39.64 |



**Robin Mikesh** *PAC-10 SCORER*  
*High Jump • 5-6, Junior • Sumner, Washington*

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

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

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

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

#### MIKESH'S WSU BESTS

High Jump - 1.75m / 5-8 3/4 (2003)

#### PAC-10 CHAMPIONSHIPS PERFORMANCES

| Year | Event     | Rank | Height          |
|------|-----------|------|-----------------|
| 2004 | High Jump | 3rd  | 1.73m / 5-8     |
| 2003 | High Jump | 4th  | 1.75m / 5-8 3/4 |

#### NCAA WEST REGIONAL PERFORMANCES

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





# 2005 COUGAR TRACK & FIELD



## **Katie Miller** *JC ALL-AMERICAN* 5-4, Junior • Combined Events • Vancouver, Wash.

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

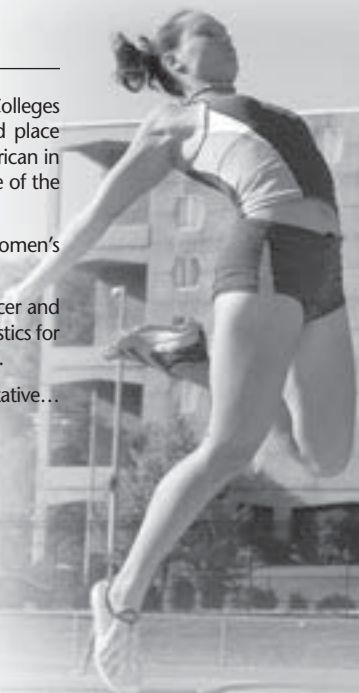
**FRESHMAN (2002-03):** NWAACC champion in high jump...member of NWAACC champion women's track team...named two-time All-American in high jump and 4x100m relay.

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

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

### **MILLER'S BESTS**

High Jump - 5-6 3/4 (2004)  
Long Jump - 18-9 3/4 (2004)  
Heptathlon - 4,988 points (2004)



## **Jarrell Nelson** Sprints • 5-7, Sophomore • Bremerton, Washington

**WSU CAREER. FRESHMAN (2003-04):** *Indoor* - Ran top 60m dash time of 6.89i at Vandal Indoor (2/20/04, Moscow)...best indoor 200m time of 22.02i also run in Moscow (2/21/04)...at Mountain Pacific Sports Federation Championships, finished 14th in 60m (6.99i) and 15th in the 200m (22.17i)...*Outdoor* - Pac-10 Championships efforts resulted in 13th in 200m (21.66) and 14th in 100m (10.79) at Tucson (5/15/04)...100m PR of 10.68w came at Idaho Outdoor Meet (5/8/04, Moscow) while fastest 200m time of 21.50w was run at State Challenge Cup (4/17/04, Pullman).

**HIGH SCHOOL CAREER.** Earned six letters at Olympic High School...three as a running back and safety for football coach Carlton Cooper...three for track coach Joel Grindeland...senior year won the 200m dash with school record time of 21.79, anchored the winning 4x100m relay, and placed second in the 100m dash at the Washington state 4A championships...first individual state champ for Olympic High, which finished fourth as team...other school records included 200m (21.79) and 4x100m relay...prior to state, won Narrows League titles and West Central District titles in 100m, 200m and 4x100m relay...also won league 100m and 200m titles as junior but pulled hamstring prior to districts and did not advance to state meet...named school team's most inspirational and team captain...*Seattle Times* Athlete of the Week...West Sound's Male Scholar Athlete of the Year (2003)...during football career, named first team all-league...had 1.036 yards on 97 carries for 10.8 yards per carry average with 16 touchdowns...named to West Sounds all-area football team.

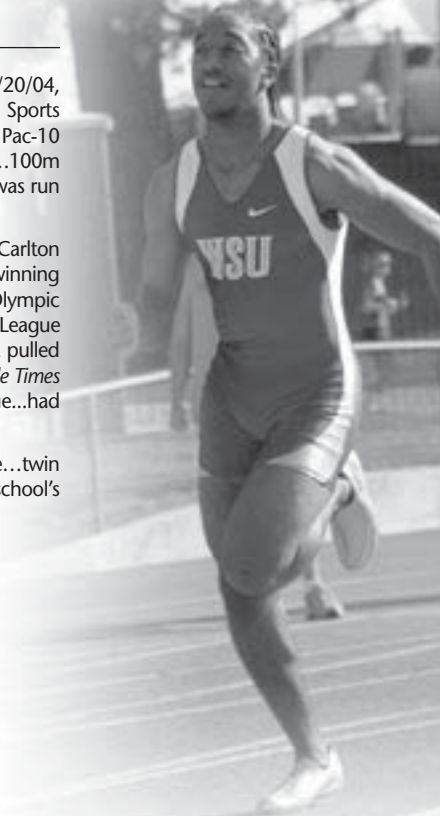
**PERSONAL.** Born Jarrell Taurean Nelson, 9/29/84, at Bremerton, Washington...father Simp works in construction...mother Rene...twin brother Andre (9/29/84)...brother Parnell (10/21/79)...prep GPA of 3.6...Honor Roll...Accomplished Trojan Scholar Status...school's Citizenship Award awarded by staff and principal...planning to major in zoology.

### **NELSON'S WSU BESTS**

60m - 6.89i (2004)  
100m - 10.68w (2004), 10.69 (2004)  
200m - 21.50w (2004), 21.66 (2004)

### **PAC-10 CHAMPIONSHIP PERFORMANCES**

|      |      |              |       |
|------|------|--------------|-------|
| 2004 | 100m | 14th prelims | 10.79 |
|      | 200m | 13th prelims | 21.66 |



# STUDENT-ATHLETE PROFILES



## Paul Nicoletti

Pole Vault • 5-10, Redshirt Senior • Snohomish, Washington

**WSU CAREER. JUNIOR (2003-04):** *Indoor* - Reached indoor PR of 5.15m/16-10 3/4i at the Frank Sevigne Husker Invitational (2/7/04, Lincoln)...took sixth place at the MPSF Championships with a clearance of 5.03m/16-6i (2/28/04, Seattle)...*Outdoor* - Top height of season was 5.00m/16-4 3/4 at the Cougar Invitational (4/24/04, Pullman)...no height at Pac-10 Champs (5/29/04, Tucson).

**REDSHIRT SOPHOMORE (2002-03):** *Indoor* - Reached lifetime best of 4.85m/15-11i in three meets...*Outdoor* - Cleared PR height of 5.10m/16-8 3/4 at the Cougar Invite (4/26/04, Pullman)...finished ninth at

Pac-10 Championships with height of 4.95m/16-2 3/4 (5/18/03, Los Angeles)...tied for 12th at NCAA West Regional meet with height of 5.06m/16-7 1/4 (5/31/03, Stanford).

**REDSHIRT FRESHMAN (2001-02):** *Indoor* - Top mark was 4.85m/15-11i cleared at the McDonald's I Open (2/2/02, Moscow)...*Outdoor* - Cleared 4.90m/16-0 3/4 at the Cougar Invite (4/27/02, Pullman).

**FRESHMAN (2000-01):** Redshirt both indoor and outdoor seasons.

**HIGH SCHOOL CAREER.** Played three seasons of football for Snohomish High coach Mark Perry, wrestled for one season for coach Bob Walters, and competed in track for coach Tuck Gionet...earned four letters in track as pole vaulter...best state 4A finish was fourth place as senior (2000)...that year placed second in pole vault in WESCO league but won District title...named team captain and selected for coaches award...played defensive end on football that placed third in state junior year (1998) and was undefeated sophomore season.

**PERSONAL.** Born 11/25/81 at Everett, Washington...father Bruce is an engineer at Boeing...mother Rose is a landscaper...sisters Anne Uecker and Elizabeth Nicoletti both swam for the United States Merchant Marine Academy...enjoys snowboarding and hiking...ski and snowboard instructor...art honors society...summer 2004 married former Cougar soccer player Shelby Brownfield...majoring in health and fitness education at WSU.

### NICOLETTI'S WSU BESTS

Pole Vault - 5.15m / 16-10 3/4i (2004)

### PAC-10 CHAMPIONSHIP PERFORMANCES

|      |            |     |                  |
|------|------------|-----|------------------|
| 2004 | Pole Vault | DNP | NH               |
| 2003 | Pole Vault | 9th | 4.95m / 16-2 3/4 |

### NCAA WEST REGIONAL PERFORMANCES

|      |            |       |                   |
|------|------------|-------|-------------------|
| 2004 | Pole Vault | 16th  | 4.86m / 15-11 1/4 |
| 2003 | Pole Vault | T12th | 5.06m / 16-7 1/4  |



## Haley Paul **STATE CHAMPION**

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

**WSU CAREER. FRESHMAN (2004-05):** *Cross Country* - Was the top WSU runner in largest four races of season...finished 66th at Griak Invite (9/25/04, Minneapolis), 112th at NCAA Pre-Nationals (10/16/04, Terre Haute), 24th at Pac-10 Championships (10/30/04, San Francisco), and 54th at NCAA West Regional (11/13/04, Fresno).

**HIGH SCHOOL CAREER.** Earned eight letters at Desert Vista High, four in cross country under coach Doug Cristofis and four in track for coaches Chris Hanson and Jeff Messer...as a senior, was state champion

in 1600m and 800m...finished fourth in state in 3200m...member of Thunder state champion track team...ran to a ninth place finish at state cross country meet...was 1600m champion at 2004 Arcadia Invitational...captained both cross country and track teams as a junior and senior...state champion in 1600m as a junior...finished ninth at state in cross country...freshman year, was state runner up in 800m...member of state champion cross country team...attended 2004 USA Track and Field Olympic Training Camp.

**PERSONAL.** Born Haley Elizabeth Paul 3/4/86 at Mesa, Ariz...father Chuck is in sales...mother Cindy is a teacher...sisters Alexandra (4/28/88) and Courtney (6/10/91)...brother John (6/10/91)...member of National Honors Society (4.0 GPA)...will pursue a degree in anthropology.

### PAUL'S BESTS

800m - 2:13.09 (2004)  
1600m - 4:51.83 (2004)

# 2005 COUGAR TRACK & FIELD



**Kayle Peterson** **PAC-10 SCORER**  
Distance • 5-6, Sophomore • Port Orchard, Washington

**WSU CAREER. SOPHOMORE (2004-05):** *Cross Country* - Competed in six meets, unattached in two...first Cougar, 38th overall at Sundodger Invite (9/18/04, Seattle)...first WSU and second overall runner at the Montana Invite (10/2/04, Missoula)...NCAA Pre-Nationals she was second finisher for WSU and 134th overall (10/16/04, Terre Haute)...placed 27th overall and second Cougar at Pac-10 Championships (10/30/04, San Francisco)...second on team and 56th overall at NCAA West Regional (11/13/04, Fresno)...named to Pac-10 All-Academic honorable mention team.

**FRESHMAN (2003-04):** *Cross Country* - In opening race of season, finished sixth overall and second on team (Idaho Jamboree)...third Cougar finisher in four races...finished 48th overall at Pac-10 Championships (11/1/03, Pullman) and 91st at NCAA West Regional (11/15/03, Portland)...*Indoor* - Ran anchor leg of sixth place DMR (12:03.30i) at Mountain Pacific Sports Federation Championships (2/29/04, Seattle)...top WSU 3000m runner at 10:17.40i (2/7/04, Lincoln)...*Outdoor* - Ran freshman school record time of 11:03.41 and took second place in the 3000m steeplechase at the Brutus Hamilton Invite (4/10/04, Berkeley)...mark is third-best in school history...finished eighth in the steeplechase (11:12.75) at the Pac-10 Championships (5/15/04, Tucson).

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

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

## PETERSON'S WSU BESTS

Mile - 5:13.28i (2004)  
3000m - 10:17.40i (2004)  
3000m Steeplechase - 11:03.41 **Freshman SR** (2004)  
5000m - 18:09.82 (2004)  
Distance Medley Relay - 12:03.30i (2004)

## PAC-10 CHAMPIONSHIPS PERFORMANCES

|      |                    |     |          |
|------|--------------------|-----|----------|
| 2004 | 3000m Steeplechase | 8th | 11:12.75 |
|------|--------------------|-----|----------|



**Diana Pickler** **PAC-10 SCORER**  
Combined Events • 5-10, Redshirt Sophomore • Sasche, Texas

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

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

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

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

## D. PICKLER'S WSU BESTS

200m - 25.15 (2003)  
800m - 2:23.55i (2004)  
60m Hurdles - 8.44i (2004)  
100m Hurdles - 13.89w (2003), 14.00 (2003)  
4x400m Relay - 3:42.00i (2004)  
Distance Medley Relay - 3:42.00i (2004)

High Jump - 1.68m / 5-6 (2003)  
Long Jump - 5.81m / 18-0 3/4 (2003)  
Shot Put - 11.59m / 38-0 1/4i (2004)  
Javelin - 37.90m / 124-4 (2003)  
Pentathlon - 3,913 points **SR**  
Heptathlon - 5,254 points (2003)

## PAC-10 CHAMPIONSHIPS PERFORMANCES

|      |              |      |              |
|------|--------------|------|--------------|
| 2003 | Heptathlon   | 4th  | 5,254 points |
|      | 100m Hurdles | 12th | 14.03        |

## NCAA CHAMPIONSHIPS PERFORMANCES

|      |                     |      |              |
|------|---------------------|------|--------------|
| 2004 | Pentathlon (Indoor) | 12th | 3,786 points |
| 2003 | Heptathlon          | 27th | 4,586 points |





# STUDENT-ATHLETE PROFILES



## **Julie Pickler** **PAC-10 SCORER** *Combined Events • 5-10, Redshirt Sophomore • Sasche, Texas*

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

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

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

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

### **J. PICKLER'S WSU BESTS**

200m - 25.04w (2004)  
400m - 58.42 (2004)  
800m - 2:28.30 (2004)  
60m Hurdles - 8.74i (2003)  
100m Hurdles - 14.16 (2004)

Distance Medley Relay - 11:50.00i (2003)  
High Jump - 1.70m / 5-7 (2004)  
Long Jump - 5.69m / 18-8 (2003)  
Shot Put - 10.82m / 35-6 (2003)  
Javelin - 38.96m / 127-10 (2004)  
Heptathlon - 5,135 points (2004)

### **PAC-10 CHAMPIONSHIPS PERFORMANCES**

| Year | Event        | Rank         | Points       |
|------|--------------|--------------|--------------|
| 2004 | Heptathlon   | 6th          | 4,938 points |
|      | 100m Hurdles | 15th prelims | 14.30        |
|      | High Jump    | T5th         | 1.68m / 5-6  |



## **La Shawnda Porter** **STATE CHAMPION** *5-6, Freshman • Sprints • Renton, Washington*

**HIGH SCHOOL CAREER.** Earned five letters at Kent-Meridian High...three as a sprinter for track coach Ernie Ammens and two as a guard for basketball coach Colby Rogers...as a senior, placed third at state in the 100m and 200m...broke Pasco Invitational 200m record with a time of 24.51...served as track captain and voted team MVP...named South Puget Sound - North League girl track athlete of the year...was state champion in 100m and 200m as a junior...member of fifth place 4x200 relay team...named *King County Journal* athlete of the week...sophomore year, was state runner-up in 100m and 200m...named Royals most outstanding female athlete...was conference champion in the 100m and 200m as a freshman...three-time *Seattle Times* Athlete of the Week.

**PERSONAL.** Born La Shawnda Desiree Porter 12/7/85 at Seattle, Wash...mother Johnica is a machine operator...father Timothy is deceased...brother Kenincio (6/6/79)...sister Rebecca (11/20/90)...Central Washington Honor Scholar (3.5 GPA)...National Honor Roll student...will pursue a degree in physical education.

### **PORTER'S BESTS**

100m - 12.07 (2004)  
200m - 24.51 (2004)



# 2005 COUGAR TRACK & FIELD



## **Darion Powell** PAC-10 SCORER/ALL-AMERICAN Decathlon • 6-5, Junior • Kirkland, Washington

**WSU CAREER. SOPHOMORE (2003-04):** *Indoor* - Redshirt season...competed in local meets unattached...*Outdoor* - Ran a lifetime-best in 110m hurdles of 14.43 at Trojan Invite (3/20/04, Los Angeles)...at California Multi-Events Meet (3/25/04, Berkeley) threw discus PR of 45.88m/150-6 in route to 6,887 points in decathlon for second place in spite of not finishing the 1500m race due to a painfully sore foot...stress fracture in right foot forced him to miss the rest of season.

**REDSHIRT FRESHMAN (2002-03):** *Indoor* - At the MPSF, ran the second leg of the 4x400m relay (6th, 3:16.19i), and finished 10th in the 60m hurdles prelims in 8.22i, and 11th in the long jump with a leap of 6.63m/21-9i (2/22/03, Nampa)...bettered marks in every indoor event...*Outdoor* - Had to compete with cast on his left wrist after a fall from a motorcycle during spring break...scored 7,243 points (NCAA PQ) for second place in first collegiate decathlon, the UC Multi Events (3/27/03, Davis)...at the Pac-10 Championships, placed second in decathlon with an NCAA PQ and lifetime-best of 7,386 points (5/11/03, Los Angeles)...earned All-America honors with fourth place decathlon finish (PR 7,511 points)...mark is sixth-best in school history.

**FRESHMAN (2001-02):** *Indoor* - Struggled with foot injury...at MPSF Championships (2/23/02, Flagstaff) finished 10th in 60m hurdles (8.24i) and 14th in long jump (6.63m/21-9i)...*Outdoor* - Redshirt season.

**HIGH SCHOOL CAREER.** Earned three letters in football with coach Tim Tramp and three letters in track for coach Jeanne Shepard at Lake Washington High...number one decathlete in *Track & Field News* 2001 prep rankings...national leader with 6,737 points...18th in same publications Men's High School Athlete of the Year standings...National Indoor Pentathlon Champion both junior and senior years...USA Junior National Champion in decathlon with 6,678 points as senior...first team prep All-American...state decathlon champion with 7,021 points...state champion in 110m hurdles at 14.58...KingCo League champion and district Champion in high hurdles, 4x400 relay, and second in long jump...personal bests of 14.32 in 110m hurdles, 38.46 in 300m hurdles, 54-1 in shot put, 22-6 in long jump, 11.23 in 100m, 22.4 in 200m, and 156-6 in discus...*Eastside Journal* Athlete of the Year Finalist...*Eastside Journal* Athlete of the Week...*Seattle Times* Athlete of the Week...top scorer for state champions Lake Washington as junior with second in 110m hurdles, fourth in 300m hurdles and sixth in shot put...as a sophomore was state champion in the decathlon at 6,264...qualified for state in 110m hurdles...prep football career included second team all-league selection senior year as punter, kicker, kickoff and punt return specialist and wide receiver.

**PERSONAL.** Born Darion Devin Powell 6/14/82 in Seattle...father David is a teacher...mother Michele is a manager...older brother Calen is at Duke playing football and track...Calen was also a national decathlon leader as a prep athlete...sister Alora...voted as most athletic at Lake Washington High by 97% of students...a general studies major at WSU.

### POWELL'S WSU BESTS

55m - 6.82i (2002)  
60m - 7.19i (2003)  
100m - 10.99w (2004), 11.01 (2003)  
400m - 49.53 (2003)  
1500m - 4:48.86 (2003)  
55m Hurdles - 7.85i (2002)

60m Hurdles - 8.22i (2003)  
110m Hurdles - 14.43 (2004)  
400m Hurdles - 53.39 (2003)  
High Jump - 1.93m / 6-4 (2003)  
Pole Vault - 4.40m / 14-5 1/4i (2003)  
Long Jump - 7.23m / 23-8 3/4w (2003),  
7.12m / 23-4 1/2 (2003)

Shot Put - 14.41m / 47-3 1/2i (2003),  
14.30m / 46-11 (2003)  
Discus - 45.88m / 150-6 (2004)  
Javelin - 57.98m / 190-3 (2003)  
Decathlon - 7,511 points (2003)

### PAC-10 CHAMPIONSHIPS PERFORMANCES

2003 Decathlon 2nd 7,386 points

### NCAA CHAMPIONSHIPS PERFORMANCES

2003 Decathlon 4th 7,511 points



## **Brandi Probasco-Canda** PAC-10 SCORER 400m • 5-7, Sophomore • Portland, Oregon

**WSU CAREER. FRESHMAN (2003-04):** *Indoor* - Finished fourth in the 400m dash at the Mountain Pacific Sports Federation Championships (2/28/04, Seattle) with a time of 55.60i...also ran lead leg of second-place 4x400m relay (3:42.00i)...team-leading 400m time of 55.49i at Vandal Indoor (2/20/04, Moscow)...*Outdoor* - Ran top team time in 400m (55.57) at Washington Dual meet (5/1/04, Pullman)...at the Pac-10 Championships (5/15/04, Tucson) anchored 4x100m relay to seventh place (46.59) and anchored 4x400m relay to fifth place (3:40.61)...also was 12th in 400m (56.75)...at the NCAA West Regional meet, 4x400m relay team did not

run squad member Tamara Gulley re-aggravated a groin injury in the pre-race warm-up area and the team had no replacement.

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

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

### PROBASCO-CANDA'S WSU BESTS

200m - 25.26i (2004)  
400m - 55.49i (2004)  
4x100m Relay - 46.43 (2004)  
4x400m Relay - 3:40.61 (2004)

### PAC-10 CHAMPIONSHIPS PERFORMANCES

2004 400m Dash 12th prelims 56.75  
4x100m Relay 7th 46.59  
4x400m Relay 5th 3:40.61





# STUDENT-ATHLETE PROFILES



## Jaycee Robertson **PAC-10 SCORER** 5-11, Sophomore • Sprints • Spanaway, Washington

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

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

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

### ROBERTSON'S WSU BESTS

60m - 7.11i (2004)  
100m - 10.39W (2004), 10.49w (2004), 10.51 (2004)  
200m - 21.00w (2004), 21.34 **Freshman SR** (2004)  
4x100m Relay - 39.55 (2004)

### PAC-10 CHAMPIONSHIP PERFORMANCES

|      |      |              |       |
|------|------|--------------|-------|
| 2004 | 100m | 10th prelims | 10.61 |
|      | 200m | 15th prelims | 21.83 |

### NCAA WEST REGIONAL PERFORMANCES

|      |              |              |       |
|------|--------------|--------------|-------|
| 2004 | 200m         | 10th prelims | 21.63 |
|      | 4x100m Relay | 2nd          | 39.58 |

### NCAA CHAMPIONSHIP PERFORMANCES

|      |              |              |       |
|------|--------------|--------------|-------|
| 2004 | 4x100m Relay | 12th Prelims | 39.64 |
|------|--------------|--------------|-------|



## Jamil Smith **PAC-10 SCORER** Jumps • 5-9, Senior • Palmdale, California

**WSU CAREER. JUNIOR (2004-05):** *Indoor* - Placed seventh in the triple jump at the MPSF Championships with a mark of 15.02m/49-3 1/2i (2/28/04, Seattle)...*Outdoor* - Finished seventh in the triple jump at the Pac-10 Championships (5/15/04, Tucson) with a mark of 15.14m/49-8 1/4)...leaped to a triple jump PR of 51.80m/51-10 for sixth place at the NCAA West Regional (5/29/04, Northridge) and 10th-best in WSU history...was fifth going into final attempt, fouled long leap, missed NCAA meet by one place.

**SOPHOMORE (2002-03):** *Indoor* - Top marks of season were long jump of 7.14m/23-5 1/4i and triple jump of 14.84m/48-8 1/4i, both at WSU Open (1/25/03, Pullman)...battled injuries...*Outdoor* - Finished sixth in the triple jump at the Pac-10 Championships with a leap of 15.20m/49-10 1/2 (5/18/03, Los Angeles)...at the NCAA West Regional meet, triple jumped 14.84m/48-8 1/4w for 14th place.

**FRESHMAN (2001-02):** *Indoor* - At MPSF Championships long jump PR 7.36m/24-1 3/4i and triple jump PR 14.92m/48-11 1/2i (2/23/02, Flagstaff)...*Outdoor* - Top triple jump marks of season came at Pac-10 Championships (5/19/02, Pullman)...third place in triple jump with wind-aided 15.47m/50-9 1/4 and a legal leap in series of 15.19m/49-10...finished eighth in the long jump with a mark of 7.13m/23-4 3/4...best long jump mark of season was in hyper-wind (7.17m/23-6 3/4W) at Idaho Dual (4/13/02, Pullman).

**HIGH SCHOOL CAREER.** Earned six varsity letters at Palmdale High...four in track with coaches Jeff Williams and Jeff Leeds, and two in football with coach Jeff Williams...high school All-American...number two triple jumper in *Track & Field News* 2001 prep rankings...leap of 50-10 3/4 was fourth best among prep boys last year...began senior year ranked fifth...two-time state triple jump champion...two-time Masters triple jump champion...CIF finals in long jump...long jump PR was 23-8 1/2...Adidas All-American Team for triple jump...Palmdale High Athlete of the Year...Antelope Valley Press Male Athlete of the Year...junior year triple jumped 49-10 3/4, 12th best mark in the nation...selected to regional first team...team MVP...made CIF finals in triple jump and 110m hurdles as a sophomore...MVP of the Field Event Team...Palmdale won league track title his freshman season...named football's most outstanding offensive player as senior and most outstanding running back as a junior...second team All-Golden League at wide receiver as senior...as a child, was member of Thomas Counts' Desert Lightning Track Club...at age nine placed sixth in U.S. in long jump...at age 11, was 13th nationally in long jump...on Myatt Track Club coached by Reggie Smith...qualified for AAU Junior Olympics in hurdles, triple jump and long jump.

**PERSONAL.** Born Jamil Ameer Smith 5/31/83 at Los Angeles...mother Diana is a registered nurse...father Reginald is retired...enjoys playing video games...majoring in criminal justice.

### SMITH'S WSU BESTS

Long Jump - 7.36m / 24-1 3/4i (2002)  
Triple Jump - 15.80m / 51-10 (2004)

### PAC-10 CHAMPIONSHIPS PERFORMANCES

|      |             |     |                    |
|------|-------------|-----|--------------------|
| 2004 | Triple Jump | 7th | 15.14m / 49-8 1/4  |
| 2003 | Triple Jump | 6th | 15.20m / 49-10 1/2 |
| 2002 | Long Jump   | 8th | 7.13m / 23-4 3/4   |
|      | Triple Jump | 3rd | 15.47m / 50-9 1/4w |

### NCAA WEST REGIONAL PERFORMANCES

|      |             |      |                  |
|------|-------------|------|------------------|
| 2004 | Triple Jump | 6th  | 15.80m / 51-10   |
| 2003 | Triple Jump | 14th | 14.84m/48-8 1/4w |





# 2005 COUGAR TRACK & FIELD



## **Ryan Thomas** *JC ALL-AMERICAN* 6-1, Junior • Combined Events • Olympia, Washington

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

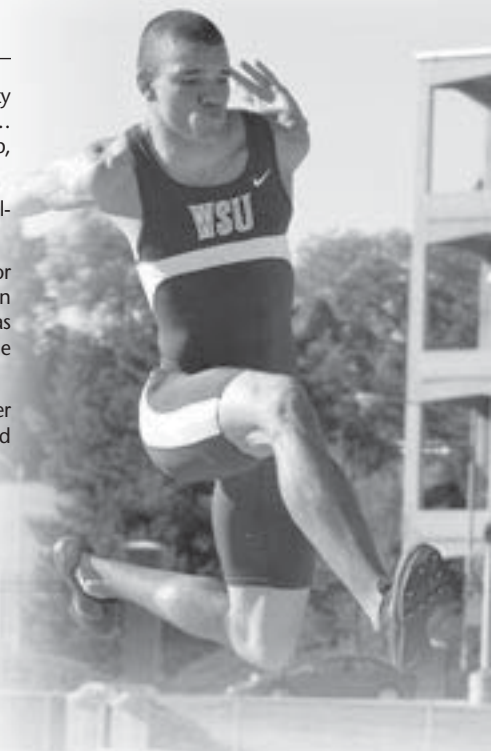
**FRESHMAN (2002-03):** Runner-up in triple jump at NWAACC championships, earning All-America honors.

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

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

### **THOMAS' BESTS**

High Jump - 6-9 3/4 (2004)  
Long Jump - 23-4 3/4 (2004)  
Triple Jump - 49-8 (2004)



## **Drew Ulrick** *PAC-10 SCORER* Throws • 6-5, Sophomore • Spokane, Washington

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

Northridge) with a discus throw of 49.10m/161-1.

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

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

### **ULRICK'S WSU BESTS**

Shot put - 13.78m / 45-2 1/2 (2004)  
Discus - 51.58m / 169-3i (2004)

### **PAC-10 CHAMPIONSHIPS PERFORMANCES**

|      |        |      |                |
|------|--------|------|----------------|
| 2004 | Discus | 10th | 48.26m / 158-4 |
|------|--------|------|----------------|

### **NCAA WEST REGIONAL PERFORMANCES**

|      |        |      |                |
|------|--------|------|----------------|
| 2004 | Discus | 16th | 49.10m / 161-1 |
|------|--------|------|----------------|

