

WASHINGTON STATE UNIVERSITY SPORTS INFORMATION - TRACK & FIELD RELEASE**DIR:** Rod Commons **ASSISTANTS:** Linda Chalich, Craig Lawson, Jason Krump, Jason Hickman, Ilsa Gramer**PHONE:** (509) 335-COUG **FAX:** (509) 335-0267 **Track contact:** Linda Chalich (lindak@wsu.edu)

April 20, 2004

Cougar Track & Field Home for Invite Meet

**2004 WSU Track & Field
Outdoor Schedule****March**

19-20 Trojan Invite, Los Angeles
 24-25 Cal Multi Meet, Berkeley
 26-27 Stanford Invite, Stanford

April

2-3 Texas Relays, Austin
 3 Bronco Invite, Boise
 9-10 B. Hamilton Invite, Berkeley
 14-15 Mt. SAC Hept/Dec, Azusa
 16-18 Mt. SAC Relays, Walnut
 17 State Challenge Cup, Pullman
24 Cougar Invite, Pullman

May

1 Washington Dual, Pullman
 7-8 Pac-10 Multi Events, Tucson
 8 Modesto Relays, Modesto
 UI Outdoor Meet, Moscow
 14-15 Pac-10 Championships,
 Tucson
 28-29 NCAA Regional, Northridge

June

9-12 NCAA Track & Field, Austin

WSU HOSTS COUGAR INVITE MEET: Washington State University men's and women's track and field teams are home for the second consecutive track meet at Mooberry Track...the Cougar Invitational Meet is Saturday, April 24...it is a non-scoring event for teams...the field events begin at 10 a.m. while the running events begin at 1 p.m...Admission is \$5 for adults, \$2 for youths and senior citizens, and WSU students are FREE with valid ID...complete results will be posted at the official website of Washington State University Athletics, www.wsucougars.com.

NEXT WEEK: The Washington State versus Washington dual meet will take place at Mooberry Track next Saturday, May 1.

ABOUT THE COUGAR COACHES: Head coach Rick Sloan is in his 31st season with the Cougar track program; tenth year as a head coach, ninth year as mentor to the combined men's and women's program...he is joined by associate coach Debra Farwell, and assistant coaches Mark Macdonald, Kris Grimes, Jason Drake and Ellannee Richardson...volunteer coaches are Dan O'Brien, Michael Friedberg, and Andrea Thornton.

UFODIAMA NAMED PAC-10 ATHLETE OF THE WEEK: Blessing Ufodiama, a senior from Long Beach, Calif., was named the Pacific-10 Conference female field Athlete of the Week for April 12-18...Ufodiama, competing in the women's invitational triple jump at the Mt. San Antonio College Relays (Walnut, Calif.), leaped 13.24m / 43-5 1/4 (2.7 wind) for fourth place...in addition to being Ufodiama's PR and an NCAA Regional Qualifying mark, it is the longest triple jump in school history...it will not be recorded as the school record because it is a wind-aided mark...Cicely Clinkenbeard holds the WSU women's triple jump record with a mark of 13.06m/42-10 1/4, from a 2000 competition in Eugene.

COUGARS WITH NCAA REGIONAL QUALIFYING MARKS TO DATE: (National/West Regional Standing)**Women:**

400m Hurdles	Monique Jessie	1:00.74 (48th/9th)
4x400m Relay	Jessie, Green, Gulley Probasco-Canda	3:41.16 (22nd/6th)
High Jump	Robin Mikesh	1.75m / 5-8 3/4 (T31st/T8th)
Pole Vault	Tamara Diles Karla McGee	3.97m / 13-0 1/4 (T14th/T6th) 3.85m / 12-7 1/2 (T39th/15th)
Triple Jump	Blessing Ufodiama	13.24m / 43-5 1/4w (7th/3rd)
Discus	Marie Muai	48.96m / 160-7 (41st/15th)
Hammer	Marie Muai	53.39m / 175-2 (83rd/27th)
Javelin	Jeanna Dean Rachel Bertholf	45.92m / 150-8 (28th/9th) 44.00m / 144-4 (57th/16th)
Heptathlon	Julie Pickler	5,135 points (11th/1st)

Men:

5000m	Danny Wolf	14:05.34 (15th/4th)
110m Hurdles	Matt Mason	13.81 (13th/4th)
4x100m Relay	Boston, Mason, McSwain, Kirk	40.11 (15th/3rd)
Long Jump	Matt Mason	7.75m / 25-5 1/4 (5th/1st)
Triple Jump	Jamil Smith	15.09m / 49-6 1/4 (40th/13th)
Shot Put	Tim Gehring	19.35m / 63-6 (4th/2nd)
Discus	Drew Ulrick	51.58m / 169-3 (60th/11th)
Hammer	Tim Gehring	60.58m / 198-9 (27th/6th)
Javelin	Curt Borland	64.02m / 210-0 (37th/10th)

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COUGAR HIGHLIGHTS FROM LAST WEEK: At California's Brutus Hamilton Invite, senior Tim Gehring won the shot put with a PR toss of 19.35m/63-6, third-best nationally this year and the fourth-best put in WSU history...freshman Drew Ulrick threw an NCAA RQ in the discus (51.58m/169-3)...sophomore James McSwain won the men's 100m dash (10.72)...junior Marie Muai threw the hammer an NCAA RQ (53.20m/174-6)...senior Ana Cabrera won the 5000m race (17:32.45)...sophomore Jenna Dean won the javelin with a toss (45.16m/148-2)...senior Angelita Green lowered her season-best 800m time to 2:10.84 (7th)...Kayle Peterson finished second in the steeplechase with the freshman school record time of 11:03.41.

REINSTATED: Curt Borland (senior, Cowiche, Wash.), Martin Boston (sophomore, Hayward, Calif.) and Matt Mason (redshirt junior, Marietta, Ga.) have been reinstated to the track team and are scheduled to compete this weekend.

LIST OF WSU COMPETITORS ENTERED FOR COUGAR INVITATIONAL, APRIL 24:**Men**

100m - Martin Boston, Dan Brink, James, McSwain, Jarrell Nelson, Jaycee Robertson, Anthony Buchanan (unatt)
200m - Jarrell Nelson, Jaycee Robertson
400m - Dione Cason, Qieed Ishmael, Lamarr Kirk
800m - Steve Barrus, Daniel Frederick, Jon Manthey
1500m - Steve Barrus, Geoff Casazza, Ryan Freimuth, Ian Johnson, Andrew Jones, Matt Knoff
3000m - Geoff Casazza, Matt Knoff
3000m Steeplechase - Chris Concha, Alex Grant, Chris Williams
110m Hurdles - Tyler Fischback, Bob Frey, Barry Leavitt, Josh Leyk, Matt Mason
400m Hurdles - John Cassleman, Tyler Fischback, Barry Leavitt, Josh Leyk, Eric Nygard
4x100m Relay - TBA
4x400m Relay - TBA
High Jump - Matt Alverson
Pole Vault - Paul Nicoletti, Tyson Byers (unatt)
Long Jump - Matt Mason, Jamil Smith
Triple Jump - Ben Hampton, Jamil Smith
Shot Put - Tim Gehring, Mike Schramm, Drew Ulrick
Discus - Mike Schramm, Drew Ulrick
Javelin - Curt Borland, Kyle Mitchell, Brett Orgtiesen
Hammer Throw - Thad Cullinan, Tim Gehring, Keith Tyler (unatt)

Women

100m - Tamara Gulley, Nicole Hatcher
200m - Nicole Hatcher, Brandi Probasco-Canda
400m - Brandi Probasco-Canda, Kameko Wilson
800m - Molly Bull, Angelita Green
1500m - Ana Cabrera, Julie Jewett, Hailey Young
3000m Steeplechase - Julie Jewett, Natalie Smith
100m Hurdles - Tamara Gulley
400m Hurdles - Louise Akesson, Monique Jessie
4x100m Relay - TBA
4x400m Relay - TBA
High Jump - no entries
Pole Vault - Tamara Diles, Karla McGee, Audrea Nolan
Long Jump - Kaylee Gardner, Blessing Ufodiana
Triple Jump - no entries
Shot Put - Marie Muai, Shannon Rance
Discus - Marie Muai, Shannon Rance
Javelin - Brittany Bekins, Rachel Bertholf, Jenna Dean, Sami Fisher, Karla Pfaff, Katie Syring
Hammer - Sarah Hinehline, Sammy Jo Missel, Marie Muai