

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)

June 4, 2004

Cougars Travel to NCAA Track & Field Outdoor Championships

EIGHT COUGS TO COMPETE IN SIX EVENTS AT NCAA TRACK & FIELD CHAMPIONSHIPS:

Washington State University will send one woman and seven men to the Men's 83rd and Women's 23rd Annual NCAA Div. I Outdoor Track & Field Championships, June 9-12, at Mike A. Myers Stadium on the University of Texas, Austin campus...the four days of competition will showcase action from noon until 10 p.m. CT each night, trying to abate some of the humidity for the running events...team scoring for all events is 10-8-6-5-4-3-2-1...results can be obtained at the UT NCAA Track website, www.texassports.com.

LAST YEAR AT THE NCAA OUTDOOR CHAMPIONSHIPS: The Washington State women's team finished 12th with 21 points while the Cougar men's team finished in a tie for 27th with 8 points...most of the 2003 competitors were seniors and the none of the 2004 WSU qualifiers competed last year.

COUGARS COMPETING AT THE NCAA OUTDOOR CHAMPIONSHIPS:

NCAA Event	Name	Mark/Time	National Standing
W Triple Jump	Blessing Ufodiana	13.24m / 43-5 1/4w	(13th)
M 100m Dash	Anthony Buchanan	10.21	(12th)
M 4x100m Relay	Martin Boston, Jaycee Robertson, James McSwain, Buchanan	39.58	(10th)
M Long Jump	Matt Mason	7.75m / 25-5 1/4	(T14th)
M Shot Put	Tim Gehring	19.35m / 63-6	(12th)
M Javelin	Curt Borland	69.88m / 229-3	(20th)

Men's & Women's Schedule of Events 2004 Outdoor Track & Field Championships**Wednesday, June 9 (All listed times below are converted to Pacific Time)**

2:40 p.m.	Men's 4x100m Dash	Prelims	Boston, Robertson, McSwain, Buchanan
4:55 p.m.	Men's 100m Dash	Prelims	Anthony Buchanan
6:00 p.m.	Men's Long Jump	Qualifying Rounds	Matt Mason
6:25 p.m.	Men's 100m Dash	Semifinals	Anthony Buchanan

Thursday, June 10

10:30 a.m.	Men's Javelin	Qualifying Rounds	Curt Borland
6:00 p.m.	Men's Long Jump	Final	Matt Mason
6:30 p.m.	Men's Shot Put	Qualifying Rounds	Tim Gehring

Friday, June 11

4:15 p.m.	Women's Triple Jump	Qualifying Rounds	Blessing Ufodiana
5:10 p.m.	Men's 4x100m Relay	Final	Boston, Robertson, McSwain, Buchanan
7:20 p.m.	Men's 100m Dash	Final	Anthony Buchanan

Saturday, June 12

1:15 p.m.	Men's Javelin	Final	Curt Borland
2:45 p.m.	Women's Triple Jump	Final	Blessing Ufodiana
6:00 p.m.	Men's Shot Put	Final	Tim Gehring

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.

June 4, 2004

ABOUT THE NCAA-BOUND COUGARS:

Anthony Buchanan, 100m Dash (senior, Spokane, Wash.) - Two-time Pac-10 champion in 100m dash...PR times in 100m are 10.10w/10.21...NCAA outdoor history: 2001 ran 10.50 in 100m dash semifinals after a 10.32 prelim time, 2002 did not finish 100m prelims after pulling up with hamstring pain, 2003 did not start in 100m due to hamstring injury...also ran 200m at 2002 NCAA Indoor Champs in prelim time of 21.15...was not eligible to compete until the first week in May this season as he completed an incomplete class from the previous year...reached "A" qualifying standard for 2004 US Olympic Trials.

Curt Borland, Javelin Throw (RS-senior, Cowiche, Wash.) - Threw a PR of 69.88m/229-3 for third place at the NCAA West Region...mark is seventh-best in WSU men's history...bettered previous PR set in third-place Pac-10 throw of 67.68m/222-0, by over seven feet...first trip to NCAA Championships.

Tim Gehring, Shot Put (RS-senior, Kettle Falls, Wash.) - Walked on team as freshman...men's team captin for 2004...earned All-America honors in the shot put at the 2004 NCAA Indoor Championships (13th place, 17.50m/57-7 1/4)...this spring threw the fourth-best shot put mark in school history 19.35m/63-6 at Brutus Hamilton Invite (Berkeley)...finished fifth both the shot put (18.85/61-10 1/4) and hammer (59.24m/194-4)...qualified in both events for NCAA West Region but only threw shot for ninth place (17.72m/58-1 3/4)...graduated Cum Laude in May 2003 with accounting degree...named WSU's male Pac-10 Medal Winner, awarded to one senior for the greatest combination of performance and achievement in scholarship, athletics and leadership...selected 2004 CoSIDA District VIII Academic All-America (3.63 GPA)...earned Pac-10 All-Academic first team honors the past three years...also the Cougar Pride Academic Salute honoree and was one of three seniors to receive WSU's PROWL/Team Care Award.

Matt Mason, Long Jump (RS-junior, Marietta, Ga.) - Arrived on the WSU campus at the start of spring semester...set school record in long jump of 8.08m/26-6 1/4i at Mountain Pacific Sports Federation Championships...earned All-America at 2004 NCAA Indoor Championships with sixth place in long jump (7.80m/25-7 1/2i)...also ran 60m hurdles prelims (7.79i)...top 110m hurdles time of 13.81...ran third leg of 4x100m relay to best time of 39.55 in dual with Washington...pulled hamstring on first hurdle at Pac-10 Championships prelims...did not compete in hurdles final, long jump or 4x100m relay...finished 13th in long jump at NCAA West Region (6.85m/22-5 3/4).

4x100m Relay - Team finished second at 2004 NCAA West Region with time of 39.58...Lead leg Martin Boston (sophomore, Hayward, Calif.) also long jumped at the PanAm Games last summer...PR times in 100m are 10.68W/10.72...named to Pac-10 All-Academic honorable mention team this spring...second leg Jaycee Robertson (freshman, Tacoma, Wash.) walked-on team mid-way through season...replaced Matt Mason in relay when Mason injured himself at Pac-10 Championships...PR time in 100m is 10.51...third leg James McSwain (sophomore, Las Vegas, Nev.), second year in third slot on short relay...PR time in 100m is 10.48W/10.50...finished ninth in both 100m and 200m at 2004 Pac-10 Championships...anchor Anthony Buchanan (see above).

Blessing Ufodiama, Triple Jump (senior, Long Beach, Calif.) - Leaped the longest women's triple jump ever at WSU, 13.24m/43-5 1/4w at the Mt. SAC Relays...finished third at NCAA West Region (12.78m/41-11 1/4) and third at the Pac-10 Championships (12.80m/42-0)...

COUGARS ACHIEVE ACADEMIC RECOGNITION: Tim Gehring and Ana Cabrera were named to the respective 2004 CoSIDA Men's or Women's Track & Field/Cross Country Academic All-American First Teams for District VIII...Gehring (3.63 GPA) majored in accounting...Cabrera (3.94 GPA) is majoring in communication and Spanish...Pac-10 All-Academic First Team accolades were earned by Gehring, Cabrera, Thad Cullinan, Ryan Freimuth, Ian Johnson and Rachel Bertholf...Shannon Rance earned second team honors...honorable mention awards went to Martin Boston, Jon Manthey, Kyle Mitchell, Molly Bull, Tamara Diles, Nicole Hatcher, Karla Pfaff and Hailey Young.

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OLMPIC TRIALS, HERE COME THE COUGARS: **Ellannee Richardson**, five-time Washington State University All-American and current assistant coach for the Cougar track and field teams, won the women's Olympic Development 400m intermediate hurdles race May 22, at the Home Depot Track & Field Invitational at Los Angeles...running for the Palouse Hills Track Club, Richardson raced to a PR of 55.99 seconds, and out-leaned Megan Addy (Nike) at the finish line...Addy finished second with a time of 56.00 seconds...Richardson's time exceeded the "A" qualifying time of 56.00 seconds and she is now qualified for the 2004 USA Olympic Trials, to be held this July at Sacramento...she is scheduled to race again June 17, at San Diego...she joins current Cougar sprinter **Anthony Buchanan** (Spokane, Wash.) who reached the "A" qualifying standard time of 10.21 seconds in the men's 100m dash at the Pac-10 Championships May 15, and former Cougars and Olympic Trials "A" standards qualifiers Bennie Chatman (100m dash), Dominique Arnold (110m hurdles), Ian Waltz (discus), and Arend Watkins (110m hurdles)...All-American intermediate hurdler Eric Dudley has reached the "B" standard with his 49.59 time...volunteer assistant coach Andrea Thornton has reached the "B" standard in the women's discus (55.97m/183-7) and is still competing to reach the standard in the hammer.

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