

Washington State University 2004 Cross Country

Cougar Men	Year	Hometown/Last School
Geoff Casazza	RS-Fr.	Reno, Nev. (Galena HS)
Justin Chambers	Fr.	Albany, Ore. (West Albany HS)
Chris Concha	RS-Fr.	Reno, Nev. (Reno HS)
Woody Favinger	Fr.	Bellingham, Wash. (Sehome HS)
Daniel Frederick	RS-Fr.	Bremerton, Wash. (Olympic HS)
Ryan Freimuth	RS-So.	Wenatchee, Wash. (Wenatchee HS)
C.J. Godfrey	Fr.	Port Orchard, Wash. (South Kitsap HS)
Alex Grant	So.	Bellingham, Wash. (Sehome HS)
Mike Heidt	Sr.	Selah, Wash. (Selah HS)
Phil Hinrichs	Fr.	Pullman, Wash. (Pullman HS)
Justin Ireland	Sr.	Issaquah, Wash. (Skyline HS)
Andrew Jones	So.	Gillette, Wyo. (Campbell County HS)
Matt Knoff	So.	Pocatello, Idaho (Highland HS)
Jon Manthey	Sr.	Federal Way, Wash. (Federal Way HS)
Drew Polley	Fr.	Port Orchard, Wash. (South Kitsap HS)
Gary Walsh	Fr.	Battle Ground, Wash. (Battle Ground HS)
Chris Williams	So.	Federal Way, Wash. (Decatur HS)
+Danny Wolf	Sr.	Reno, Nev. (Reno HS)

Cougar Women	Year	Hometown/Last School
Molly Bull	Sr.	Oak Harbor, Wash. (Oak Harbor HS)
+Ana Cabrera	RS-Sr.	Vancouver, Wash. (Skyview HS)
Molly Carmody	So.	Yakima, Wash. (Eisenhower HS/Cal State Northridge)
Julia Corbett	Sr.	Bremerton, Wash. (Olympic HS)
Grace Coulter	So.	Bellingham, Wash. (Sehome HS)
Michelle DeCoursey	Fr.	Portland, Ore. (Centennial HS)
Karen DeMartini	So.	Reno, Nev. (Reno HS)
Isley Gonzalez	Fr.	Sunnyside, Wash. (Sunnyside HS)
Jennifer Kronvall	Fr.	Pasco, Wash. (Pasco HS)
Collier Lawrence	Fr.	Reno, Nev. (Reno HS)
Meghan Leonard	Fr.	Newberg, Ore. (Newberg HS)
Eileen Morley	Fr.	Port Orchard, Wash. (South Kitsap HS)
Haley Paul	Fr.	Phoenix, Ariz. (Desert Vista HS)
Kayle Peterson	So.	Port Orchard, Wash. (South Kitsap HS)
Kelly Ramirez	So.	Duvall, Wash. (Cedarcrest HS)
Natalie Smith	So.	Bellingham, Wash. (Sehome HS)
Katie Troy	So.	Bellevue, Wash. (Bellevue HS)
Lisa Waananen	Fr.	Maple Grove, Minn. (Maple Grove HS)
Tara Ward	Fr.	Woodland, Wash. (Woodland HS)
Hailey Young	Jr.	Kent, Wash. (Thomas Jefferson HS)

+ - Captains

Coach: Jason Drake

Volunteer Assistant Coach: Mike Friedberg

Trainer: Barb Russell

SID: Linda Chalich/Rachel Porter