

LISA IRWIN



Senior • Freestyle, Butterfly
Vacaville, Calif. • Vacaville High School '01

WSU CAREER

Freshman (2001-02) Established a personal best in the 200 butterfly at the Pac-10 Championships with a time of 2:13.44...set another personal best at the Arkansas Invitational with a 18:11.17 in the 1,650 freestyle...**sophomore (2002-03)**...recorded personal bests in the 500 freestyle, 100 butterfly and 200 butterfly at the Speedo Cup Invitational...set two other personal bests at the Pacific Invitational in the 1000 and 1,650 freestyles...earned Pac-10 All-Academic second team honors...**junior (2003-04)**...swam two lifetime best times (200 and 100 freestyles) at the Pac-10 Championships...also recorded season best times in the 500 freestyle (5:18.52) and 100 butterfly (1:01.79) at the Pac-10 Championships and Pac-10 Invitational...earned Pac-10 All-Academic second team honors for second consecutive season.

HIGH SCHOOL/CLUB CAREER

Earned four varsity letter in swimming at Vacaville High School...**senior** year placed second in the 100 butterfly and 500 freestyle in the Monticello Empire League...placed seventh in the 100 butterfly at the high school sectional meet...named team MVP...earned a CIF All-Academic selection.

PERSONAL

Born April 6, 1983 in San Francisco, Calif...parents Jim and Melanie Irwin...sister Katie...graduated sixth in her high school class with a 4.3 grade-point average...member of the Interact Club and the California Scholastic Federation... pursuing a degree in zoology.

EVENT	TIME	MEET	DATE
100 butterfly	59.63	Speedo Cup Invitational	12/06/02
200 butterfly	2:12.24	Speedo Cup Invitational	12/07/02
100 freestyle	55.90	Pac-10 Championships	02/28/04
200 freestyle	1:59.13	Pac-10 Championships	02/27/04

SHEENA MILLS



Senior • Butterfly, Sprints
Calgary, Alberta, Canada • National Sport School '01

WSU CAREER

Sophomore (2002-03) established a personal best at the 100 butterfly at the Pac-10 Championships with a time of 58.57...recorded a season best at the Cougar Invitational in the 200 butterfly with a time of 2:12.82...**junior (2003-04)**...recorded a lifetime best time in the 200 butterfly at the Pac-10 Championships with a time of 2:08.73...swam season best times in the 50 freestyle (25.33) at the Wildcat Invitational and 100 butterfly (59.04) at the Pac-10 Championships...received Pac-10 All-Academic honorable mention.

UNIVERSITY OF CALGARY CAREER

Freshman (2001-02)...competed in the World Cup Circuit stop, Edmonton, Alberta, Canada...competed for the University of Calgary varsity team...placed fourth at the junior nationals in the 50m free, 50m fly and the 100m fly...placed second at the junior nationals in the 100m free...attended the Commonwealth Games Trials in Winnipeg, Manitoba, Canada...helped University of Calgary place second overall at CIS Championships and second at the Canadian Western University Championships.

HIGH SCHOOLCAREER

Attended National Sport School at William Aberhart High School ...trained with the University of Calgary for over 11 years...competed at the provincial, youth national, junior national and senior national level.

PERSONAL

Born July 29, 1983 in Calgary, Alberta, Canada...parents Joseph and Claire Mills...brother Michael...twin sister Lindsay... pursuing a degree in marketing.

EVENT	TIME	MEET	DATE
100 butterfly	58.57	Pac-10 Championships	03/02/03
200 butterfly	2:08.73	Pac-10 Championships	02/28/04

JANE COPLAND



Junior • Breaststroke, IM, Freestyle
Wellington, New Zealand • Hastings Girls College '02

WSU CAREER

Freshman (2002-03) Finished 21st at U.S. Nationals in 200 breaststroke...placed seventh at the Pac-10 Championships with a career best and NCAA consideration time of 2:15.71 in the 200 breaststroke... Her time placed her second all-time on the WSU's all-time top 10...finished 21st at the Pac-10 Championships in the 200 individual medley, putting her second on the Cougar all-time top 10...recorded two other times which ranked her in the Cougar all-time top 10 in the 100 breaststroke (third) and 400 individual medley (fifth)...**sophomore (2003-04)**...recorded a lifetime best time in the 100 breaststroke at the Pac-10 Championships, finishing 18th with a time of 1:04.72...finished 14th in the 200 breaststroke at the Pac-10 Championships with a time of 2:17.44 in the finals...had team best times in the 200 breaststroke and 200 individual medley (2:05.95)...second best team times in 100 breaststroke and 400 individual medley (4:33.04)...earned Pac-10 All-Academic honorable mention.

HIGH SCHOOL CAREER

Swam at Hastings Girls' High School for David Wright...finished second in the 200 breast stroke at the Oceania Swimming Championships...member of New Zealand Open record breaking 400 medley relay in 2002...Pan Pacific Swimming Championships semifinalist in 200 breast stroke...New Zealand Open record holder 200 scm breaststroke

PERSONAL

Born January 25, 1984 in Wellington, New Zealand...parents David and Alison Wright...2001 Tandem Press Short Story Competition for under-18, third place...will pursue a degree in English...Winner of the best fiction in WSU's literary magazine Landscapes in 2004.

EVENT	TIME	MEET	DATE
200 freestyle	1:53.49	Pac-10 Championships	02/28/03
100 breaststroke	1:04.72	Pac-10 Championships	02/27/04
200 breaststroke	2:15.71	Pac-10 Championships	03/01/03
200 IM	2:05.07	Pac-10 Championships	02/27/03
400 IM	4:31.23	@ Central Washington	11/16/03

KAREN ELDRED



Junior • Breaststroke, IM
Port Angeles, Wash. • Port Angeles High School '02

WSU CAREER

Freshman (2002-03) Recorded personal bests at the Pac-10 Championships in the 100 and 200 breaststrokes with times of 1:12.39 and 2:36.63, respectively...set another personal best at Oregon State with a 5:04.07 in the 400 individual medley...received the team's strength and conditioning award...**sophomore (2003-04)**...swam lifetime best times at the Pac-10 Championships in the 100 and 200 breaststrokes with times of 1:11.20 and 2:34.87, respectively...swam a lifetime best in the 400 IM (5:02.81) at the Rice Invitational...named second team Pac-10 All-Academic second team.

HIGH SCHOOL/CLUB CAREER

Earned four varsity letters in swimming for coach Amity Butler and two in track and field for coach Bob Sheedy at Port Angeles High...received all-league honors all four years...named MVP her **sophomore** year...received academic All-American honors as a **senior**...served as captain...swam for Port Angeles Swim Club under coach Pete Van Rosen.

PERSONAL

Born May, 30 1983 in Port Angeles, Wash...parents Don and Martha Eldred...brothers Rob, Joe, John and Andy...sister Sarah...enjoys traveling...plans to pursue a degree in Spanish

EVENT	TIME	MEET	DATE
100 breaststroke	1:11.20	Pac-10 Championships	02/27/04
200 breaststroke	2:34.87	Pac-10 Championships	02/28/04
200 IM	2:19.70	Pac-10 Championships	02/29/03
400 IM	5:02.81	@ Rice Invitational	02/01/03

ANDREA LUBECK



Junior • Freestyle, Backstroke
Anchorage, Alaska • West Anchorage High School '02

WSU CAREER

Freshman (2002-03) Established a personal best in the 500 freestyle at the Pac-10 Championships with a time of 5:57.67...received the team's most improved award...also received the team's scholastic award, maintaining a 4.0 grade point average...**sophomore (2003-04)**...recorded lifetime best times at the Pac-10 Championships in the 500 freestyle and 200 backstroke with times of 5:41.03 and 2:23.02 respectively...also swam lifetime best times in the 200 freestyle (2:06.21) at the Central Washington dual meet and 100 freestyle (59.56) at the Pac-10 Invitational...named Pac-10 All-Academic first team.

HIGH SCHOOL CAREER

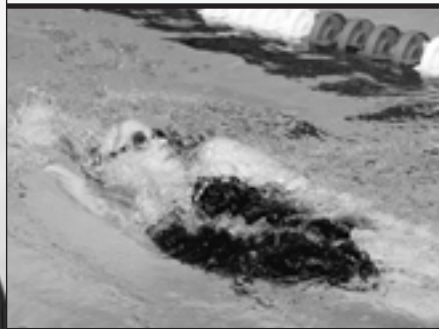
Earned three varsity letters in swimming under coach Tina Faulkenberry and cross country skiing coached by Ben Arians and one letter in track and field under coach Will Kimball...voted most improved swimmer as a **freshman** and a **junior**...as a **senior** placed seventh in the 100 backstroke and fourth place in the 200 free relay at regionals...served as captain for the swim team.

PERSONAL

Born April 21, 1984 in Anchorage, Alaska...parents Thomas and Cheryl Lubeck...brother John...sister Alison...graduated with a cumulative grade point average above 4.0...in 2002, placed third in her age group at the Eagle River Triathlon...was awarded Education Achievement Award from the Alaska Legislature...currently majoring in zoology.

EVENT	TIME	MEET	DATE
500 freestyle	5:41.03	Pac-10 Championships	02/27/04
200 backstroke	2:23.02	Pac-10 Championships	02/28/04
200 freestyle	2:06.21	CWU/Simon Frasier	02/08/04

LINDSAY BACKHOUSE



Sophomore • Backstroke, Butterfly, Freestyle
Pietermaritzburg, South Africa • St. John's D.S.G. '02

WSU CAREER

Freshman (2003-04) Placed 20th at the Pac-10 Championships in the 200 yard backstroke with a time of 2:05.26...finished 24th at the Pac-10 Championships in the 100 backstroke (59.32)...recorded career best times at the Pac-10 Championships in the 50 backstroke, 100 butterfly, and 50 and 100 freestyles...holds the number seven spot on the Cougars' all-time top 10 in the 100 butterfly and the eighth spot in the 200 backstroke...earned the team's academic award, earning a 4.0 GPA in her first year at WSU.

HIGH SCHOOL CAREER

Attended St. John's D.S.G. in Pietermaritzburg, South Africa...participated in field hockey and basketball...school swim champion 1998-2002...member of South African Junior team 2000-2001.

PERSONAL

Born October 3, 1984 in Pietermaritzburg, South Africa...parents Mark and Cindy Backhouse...brother Kevin...Food Science and Human Nutrition major.

EVENT	TIME	MEET	DATE
100 backstroke	59.31	Pac-10 Championships	02/27/04
200 backstroke	2:05.26	Pac-10 Championships	02/28/04
100 butterfly	57.34	Pac-10 Championships	02/27/04



Washington State swimmers prepare to jump into the Snake River.

EMILY CHANDLER



Sophomore • IM, Freestyle
Anchorage, Alaska • Robert Service High School '03

WSU CAREER

Freshman (2003-04) Recorded a lifetime best time in the 200 freestyle (2:05.79) and 400 individual medley (4:51.21) at the Pac-10 Championships...also swam lifetime best times in the 500 freestyle (5:20.23) against Central Washington and the 100 butterfly (1:02.73) at Oregon State.

HIGH SCHOOL/CLUB CAREER

Four-year letter winner at Robert Service High School where she was coached by Ben Kitchen...as a **freshman** member of third place 200 free relay team...Cougars finished second at the State championships...**sophomore** year finished sixth at State in the 500 freestyle...school won team State championship...as a **junior** team repeated as State champions...finished seventh in the 500 free...team earned runner-up at State championships **senior** year...finished third in 500 free, fifth in 200 individual medley at State...member of champion 400 free relay team with All-America consideration.

PERSONAL

Born June 7, 1985 in Coos Bay, Ore...parents Bruce and Janna...brother Jared...sister Katy...member of National Honor Society...enjoys camping, skiing and hiking...undecided on major.

EVENT	TIME	MEET	DATE
200 freestyle	2:05.79	Pac-10 Championships	02/27/04
500 freestyle	5:20.23	CWU/Simon Fraiser	02/08/04
400 individual medley	4:51.25	Pac-10 Championships	02/27/04



Cougar swimmers at the starting line of the Snake River Challenge.

KAYLI CHANGSTROM



Sophomore • IM, Freestyle
Loveland, Colo. • Thompson Valley High School '03

WSU CAREER

Freshman (2003-04) Recorded lifetime best times at the Pac-10 Championships in the 200 (2:07.09) and 400 (4:31.71) individual medleys and the 200 (2:08.31) butterfly...holds three spots on the Cougars' all-time top 10 list...seventh in the 200 and 400 IM's and ninth in the 200 butterfly.

HIGH SCHOOL/CLUB CAREER

Four-year letter-winner at Thompson Valley High School in Loveland, Colo...coached by Kris Ayers and Trevor Timmons...as a **freshman** received all conference and all state honors...led team to second place finish in Northern Conference...tennis letter winner...**sophomore** year once again received all-conference and All-State honors...conference champion in 200 individual medley...conference MVP...team once again second in Northern Conference...tennis letter winner...as a **junior** repeated as all-conference and All- State...led team to Northern Conference Championship...conference champion in 200 individual medley...placed fourth at State championships in the 200 individual medley, fifth in 100 butterfly...tennis letter winner...earned all conference and All-State honors for fourth straight year as a **senior**...finished second in 100 butterfly at State...led team to fifth place finish at state...team MVP...Golden Eagle Award winner...Wendy's Heisman Nominee...went to state as member of team's number one doubles team...Thompson Valley Female Athlete of the Year in 2002-03.

PERSONAL

Born February 7, 1985 in Loveland, Colo...Craig and Linda Changstrom...brother Brad, sister Kirsten...graduated with a GPA above 4.0 as member of National Honors Society...undecided on major.

EVENT	TIME	MEET	DATE
200 individual medley	2:07.09	Pac-10 Championships	02/26/04
400 individual medley	4:31.71	Pac-10 Championships	02/27/04
200 butterfly	2:08.31	Pac-10 Championships	02/28/04

Laurie Gregg



Sophomore • Backstroke, IM, Freestyle
Los Altos, Calif. • Mountain View High School '03

WSU CAREER

Freshman (2003-04): Recorded lifetime best times in the 500 freestyle (5:05.37), the 200 backstroke (2:07.80) and the 100 backstroke at the Pac-10 Championships and Invitational...swam a lifetime best 2:12.12 in the 200 individual medley at the Rice Invitational... recorded season best at the Pac-10 Championships in the 400 IM (4:35.96).

HIGH SCHOOL/CLUB CAREER

Earned four varsity letters in swimming for coach Ben Murray and one in water polo for coach Brian Perryman at Mountain View High School... received all-league honors all four years...Central Coast Section qualifier her **freshman** year...as a **sophomore** named CCS semifinalist...earned team's Iron Woman Award...**junior** season, earned all-league honors...led team to league championship...at the CCS Championships, finalist in 100 back...semifinalist in 200 free...member of the CCS record setting 200 free relay team...earned All-American status as member of the 200 and 400 free relay teams...as a **senior** earned CCS semifinalist in the 200 and 500 free...member of All-America 400 free relay team...made her first Junior National cut in the 400 individual medley.

PERSONAL

Born June 10, 1985 in Mountain View, Calif...parents Peter and Patty Gregg...brother Robert...enjoys surfing, snow skiing and creative writing...plans to pursue a degree in communications with an emphasis in advertising.

EVENT	TIME	MEET	DATE
200 backstroke	2:07.80	Pac-10 Championships	02/28/04
500 freestyle	5:05.37	Pac-10 Championships	02/26/04
400 individual medley	4:35.96	Pac-10 Championships	02/27/04

Erin McCleave



Sophomore • Freestyle, Backstroke
Rutherglen, Australia • Rutherglen High School '02

WSU CAREER

Freshman (2003-04) Recorded career best times in the 50, 100 and 200 freestyle at the Pac-10 Championships...time in the 200 freestyle (1:49.41) set a WSU record...ranks on the Cougars' top 10 list for her times in the 50, 100, 200 and 500 meter freestyle...swam as a member of the 200, 400, 800 freestyle relay and 400 medley relay team at the Pac-10 Championships...named Most Outstanding at the Cougars' swimming banquet.

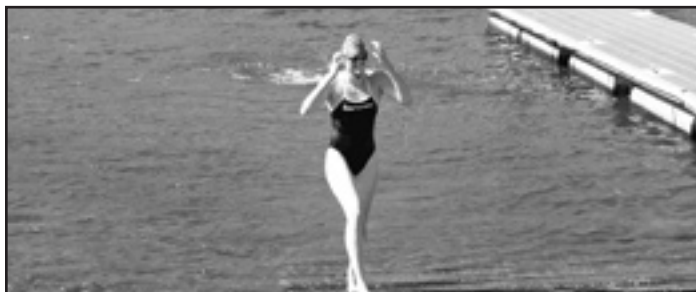
HIGH SCHOOL/CLUB CAREER

Swam at Rutherglen High School for Ross Rankin...three time Victorian Secondary Schools 50 and 100 freestyle champion **sophomore** through **senior** years...two time Victorian All Schools 50 and 100 meter freestyle champion, sophomore and **junior** years...Victorian Age 50 free champion sophomore and junior years...as a senior, Victorian Secondary Schools 100 backstroke champion...Victorian Open 50 free champion...team captain...member of State champion field hockey team as a sophomore...swam for Albury Swim Club and coach Frank Hohmann.

PERSONAL

Born June 25, 1984 in Melbourne, Australia...parents Bryan and Barbara...brother Daniel...will pursue a degree in science.

EVENT	TIME	MEET	DATE
50 freestyle	23.90	Pac-10 Championships	2/26/04
100 freestyle	51.47	Pac-10 Championships	2/28/04
200 freestyle	1:49.41	Pac-10 Championships	2/25/04
500 freestyle	5:01.73	@San Jose State	10/17/03



Erin McCleave is first out of the water.

ELIZABETH NEWHOUSE



Sophomore • Freestyle, Backstroke
Pendleton, Ore. • Pendleton High School '03

WSU CAREER

Freshman (2003-04): Had a career best at the Pac-10 Championships in the 50 freestyle (24.96), the 100 freestyle (56.16) and the 100 backstroke (1:02.35)...recorded a career best in the 200 backstroke at the Central Invite...earned Most Improved honors at the Cougar swim banquet.

HIGH SCHOOL CAREER

Earned four varsity letters in swimming under coach Kevin Hamblim at Pendleton High School and three in soccer...swimming State qualifier all four years of high school...served as captain for the swim team as a **senior**...member of Pendleton Swim Association...coached by Kevin Cooley...three year Western Zone qualifier...team captain two years...team MVP two years.

PERSONAL

Born January 30, 1985 in Twin Falls, Idaho...parents Charles and Roberta Newhouse...sister Melissa...graduated with a cumulative grade-point average of 4.0...coached winter program in 2002-03...plans to study bioengineering at WSU.

EVENT	TIME	MEET	DATE
50 freestyle	24.96	Pac-10 Championships	2/26/04
100 backstroke	1:02.35	Pac-10 Championships	2/27/04
100 freestyle	56.16	@Pac-10 Invite	2/29/04
200 backstroke	2:15.15	@Central Invite	12/07/03

MONIKA POVILONYTE



Sophomore • Breaststroke, IM, Freestyle
Klaipeda, Lithuania • Gymnasium of Vertrunge '03

WSU CAREER

Freshman (2003-04): Established personal bests at the Pac-10 Championships in the 100 and 200 breaststroke...Had an NCAA provisional qualifying time of 2:18.22 in the 200 breaststroke at the Pac-10 Championships...ranked on the Cougar top 10 lists in the 100 and 200 breaststroke...earned a first place finish in the 100 and 200 breaststroke at the Rice Invitational...member of the Pac-10 Championship 200 and 400 medley relay team.

CLUB CAREER

Gymnasium of Vetrungė in Klaipeda, Lithuania...champion of Lithuania in 50, 100 and 200 breaststroke 1999-2003...set Lithuania short course record in 50 breaststroke...competed in World Cup in Berlin in 50 and 200 breaststroke...in 2004 she set the Lithuanian short course record in the 50 breaststroke...swam personal bests in each event at World Cup.

PERSONAL

Born December 31, 1984 in Klaipeda, Lithuania...father Povilonis and mother Poviloniene...sister Kristina...pursing a degree in movement studies at WSU.

EVENT	TIME	MEET	DATE
100 breaststroke	1:04.45	Pac-10 Championships	2/27/04
200 breaststroke	2:18.22	Pac-10 Championships	2/28/04
200 IM	2:12.28	Pac-10 Championships	2/26/04



WSU swimmers in the transition area.

CANDACE RODDA



Sophomore • Sprints, Breaststroke
Bainbridge, Wash. • Bainbridge High School '03

WSU CAREER

Freshman (2003-04) Swam a season best 1:15.66 in the 100 breaststroke at San Jose State...swam the breaststroke leg in the 200 medley relays...assisted in the sprints on 200 and 400 freestyle relays throughout the season...had her best time in the 50 free during the second day of the Pac-10 Championships (26.56).

HIGH SCHOOL CAREER

Earned four varsity letters in swimming under coach Greg Colby and one in water polo under coach Jeff Clark...team finished third at Washington State 3A Championships her **freshman** and **senior** years...member of State championship team **sophomore** year...as a **junior** team finished second at the State championships...competed for the Bainbridge Island Swim Club under coach Jane Swanson.

PERSONAL

Born July 23, 1985 in Redmond, Wash...parents Frederick and Carolyn...brother Nicholas...pursuing a degree in psychology.

EVENT	TIME	MEET	DATE
50 freestyle	26.56	Pac-10 Championships	2/26/04
100 freestyle	1:00.05	OSU dual	1/31/04
100 breaststroke	1:15.66	@San Jose State	10/17/03



The 2.2 mile run to the finish line.

KATIE VAN HORNE



Sophomore • Sprints, Fly
Healdsburg, Calif. • Healdsburg High School '03

WSU CAREER

Freshman (2003-04) Member of the 200 medley relay and 200 freestyle relay teams that both finished ninth at the Pac-10 Championships...swam a career best time of 24.22 in the 50 freestyle at the Pac-10 Championships...ranks on Cougar top 10 list for her time in the 50 freestyle.

HIGH SCHOOL/CLUB CAREER

Earned four varsity letter in swimming at Healdsburg High School...**freshman** year league champion in 50 and 100 free...set school records in 50 and 100 free...as a **sophomore**, named all-league first team...placed second in league in 50 and 100 free...**junior** season set Sonoma County League and school records in 50 and 100 free...league champion in 50 and 100 free...placed sixth in 100 free and seventh in 50 free at North Coast Section...named all-league first team... **senior** year league champion in 50 and 100 free...seventh in 50 free and 12th in 100 free at NCS...named all-league first team.

PERSONAL

Born March 31, 1985 in Dallas, Texas...parents Peter and Charlotte Van Horne...sister Jamie...graduated with a GPA over 4.0...Governor's Scholar and Trilingual award winner... pursuing a degree in biological sciences.

EVENT	TIME	MEET	DATE
50 freestyle	24.22	Pac-10 Championships	2/27/04
100 freestyle	53.04	CWU Invite	12/07/03