

WASHINGTON STATE UNIVERSITY SPORTS INFORMATION - TRACK & FIELD RELEASE**DIRECTOR:** Bill Stevens **ASST. DIRS:** Linda Chalich, Craig Lawson, Jessica Schmick, Joe Nickell**Contact:** Linda Chalich (lindak@wsu.edu) (509) 335-COUG; Direct Line (509) 335-0268

May 26, 2009

NCAA West Regional Next for Cougar Track & Field

**WSU Track & Field 2009
Remaining Outdoor Schedule**

May 29-30, Friday & Saturday

NCAA West Regional, Eugene

June 10-13, Wednesday - Saturday

NCAA Outdoor Championships,
Fayetteville, Ark.**COUGARS RETURN TO EUGENE FOR NCAA WEST REGIONAL**

MEET: Washington State University will be represented by 15 men and 13 women competitors at the 2009 NCAA West Regional Track & Field Championships, Friday, May 29, and Saturday, May 30, at the Hayward Field at the University of Oregon...student-athletes from the Pac-10, WAC, Big West, and WCC conferences will be competing for the right to advance to the 2009 NCAA® Championships in Fayetteville, Ark., June 10-13...live meet results from the NCAA West Regional will be posted at www.goducks.com and on the WSU website wsucougars.com at the conclusion of the meet...Jeshua Anderson (intermediate hurdles) and Trent Arrivey (high jump) are NCAA West Regional defending champions.

ABOUT THE COUGAR COACHES: Head coach Rick Sloan is in his 36th season with the Cougar track program; 15th year as a head coach, 14th year as mentor to the combined men's and women's program...he is joined by associate coach Debra Farwell, and assistant coaches Jason Drake (Head Coach Cross Country), Mark Macdonald, Ellannee Richardson and Matt McGee...Rickey Moody, Megan Johnson and Kyle Chandler are volunteer coaches.

PAC-10 CHAMPIONSHIPS: Hurdlers Lorraine King, Jeshua Anderson and high jumper Trent Arrivey won their events at the Pac-10 Track & Field Championships May 16-17 in Eugene...WSU men's finished fourth among the ten teams with 91 points, the highest team finish for the Cougs since 1998 (fourth)...Cougar women scored 44 points for ninth place...below are the Cougars who scored at the 2009 Pac-10 Championships:

WSU Men -

Sam Ahlbeck, steeplechase (5th)

Jeshua Anderson, 400m hurdles (1st); 400m (5th)**Trent Arrivey, high jump (1st)**

Joe Bartlett, shot put (8th)

Ryan Deese, high jump (5th)

Reny Follett, 400m (7th)

Trevor Habberstad, 400m hurdles (6th)

J Hopkins, 400m hurdles (7th)

Matt Lamb, discus (4th)

Barry Leavitt, 400m hurdles (4th)

Luke Lemenager, 800m (8th)

Phil MacArthur, hammer (7th)

Marlon Murray, 100m (6th); 200m (6th)

Robert Williams, 110m hurdles (4th)

Justin Woods, 100m (2nd), 200m (2nd)

Moreno Zapata, triple jump (5th)

4x400m Relay - Leavitt, Woods, Follett, Anderson (2nd)

WSU Women -

Lisa Egami, 1500m (7th)

Princess Joy Griffey, 100m (4th)

Jennifer Hamilton, javelin (7th)

Kjirsten Jensen, hammer (7th)

Ashley Kenney, discus (6th)

Courtney Kirkwood, javelin (7th)

Lorraine King, 400m hurdles (1st)

Candace Missouri, triple jump (7th)

Marissa Tschida, javelin (4th)

Sara Trané, steeplechase (5th)

Jessica Yates, triple jump (8th)

4x100m Relay - Jensen, Griffey, King, Clem (6th)

4x400m Relay - Griffey, Layman, Elseroad-Wall, King (7th)

NATIONAL TEAM RANKINGS: The WSU men's track and field team fell out of the United States Track & Field and Cross Country Coaches Association (USTFCCCA) Div. I 2009 Outdoor team rankings for May 20, after being ranked 21st the previous week...WSU men are ranked 27th...USTFCCCA national rankings are a prediction of how teams and individuals will place at the 2009 NCAA Div. I Outdoor Championships (June 10-13, Fayetteville, Ark.)...as of May 20, the Florida men supplanted Oregon at No. 1 and the Ducks dropped to No. 2, with Pacific-10 Conference foes Arizona State (9th), Southern California (12th), Stanford (13th), California (16th), and Washington (18th) also ranked in the men's top 25...the Oregon women's team jumped ahead of Texas A&M to take the No. 1 spot...Pac-10 members USC (5th), Arizona State (6th), UCLA (12th), Washington (17th), and Stanford (18th)...WSU's women's team moved up 14 spots to 37th...USTFCCCA website can be found at www.ustfccca.org.

TRACK & FIELD NEWS NCAA FORMCHARTS: *Track & Field News* has published a formchart for both the men's and women's NCAA Championships...the formcharts are predictions of where individuals will place in events at the national meet and how many points the teams will accrue...as of May 22, the magazine online formcharts show the WSU men 13th at the NCAA with 20 points - Jeshua Anderson is predicted to successfully defend his 400m hurdles title (10 points) with Trent Arrivey predicted to finish second in the high jump (8 points) and Matt Lamb predicted to take seventh in the discus (2 points)...on the women's side, the Cougars are predicted to score 3 points and tie for 52nd...Lorraine King is predicted to finish seventh in the 400m hurdles (2 points), Marissa Tschida is predicted to finish eighth in the javelin (1 point).

ADVANCING FROM NCAA REGIONALS: The top-five individual finishers from each NCAA Regional event automatically advance to the NCAA Championships, June 10-13 in Fayetteville, Ark....the only events that still have national provisional and automatic national qualifying marks are the heptathlon and decathlon, and the 10,000m races...if an athlete fails to finish in the top five of their event at regional competitions, they can still get to the NCAA meet with an at-large bid BUT ONLY IF they placed in the top 12 of their event to be eligible at Regional for selection from a national descending order list when NCAA field sizes are expanded until the cap of 544 entrants for each gender is reached.

COUGARS' OUTDOOR NCAA REGIONAL QUALIFYING:

Event	Name	(National standing/West Region standing)
Women:		
100m	Princess Joy Griffey	11.58 (t-94th / 8th)
1500m	Lisa Egami	4:21.25 (45th / 8th)
5000m	Isley Gonzalez	16:18.04 (31st / 8th)
	Michelly Foley	16:43.74 (105th / 22nd)
400m Hurdles	Lorraine King	57.51 (81st / 3rd)
3k Steeplechase	Sara Trané	10:21.20 (24th / 8th)
	Amanda Andrews	10:35.28 (56th / 18th)
	Emily Farrar	10:47.27 (101st / 30th)
Pole Vault	Alexa Huestis	3.97m / 13-0 1/4 (67th / 17th)
Discus	Ashley Kenney	49.29m / 161-8 (
Javelin	Marissa Tschida	55.38m / 181-8 (3rd / 2nd) SR
	Courtney Kirkwood	52.01m / 170-8 (11th / 5th) FSR
	Jennifer Hamilton	47.85m / 157-0 (30th / 13th)
Men:		
100m	Justin Woods	10.28 (17th / 2nd)
	Marlon Murray	10.45 (t-63rd / 5th)
200m	Justin Woods	20.91 (t-42nd / 2nd)
	Marlon Murray	21.01 (t-57th / 3rd)
800m	Luke Lemenager	1:49.28 (43rd / 9th)
	Joe Abbott	1:50.10 (95th / 19th)
10,000m*	Drew Polley	Prov. Qual. 29:26.46 (50th nationally)
110m Hurdles	Robert Williams	13.81w (17th / 5th)
400m Hurdles	Jeshua Anderson	48.90 (3rd / 1st)
	Barry Leavitt	51.00 (t-25th / 10th)
	Trevor Habberstad	51.67 (t-56th / t-14th)
3k Steeplechase	Sam Ahlbeck	8:53.46 (36th / 10th)
1600m Relay	Leavitt, Anderson, Follett**Woods	3:08.93 (34th / 2nd)
High Jump	Trent Arrivey	2.25m / 7-4 1/2 (t-1st / 1st)
Long Jump	Christian Crain	7.34m / 24-1 (t-103rd / 13th)
Triple Jump	Moreno Zapata	15.55m / 51-0 1/4 (t-37th / 8th)
Discus	Matt Lamb	56.97m / 186-11 (25th / 8th)
Hammer	Phil MacArthur	61.41m / 201-6 (35th / 11th)
Javelin	Mark Presby	62.10m / 203-9 (t-98th / 22nd)

* The 10,000m is only contested at the NCAA Championships. ** Reny Follett will not run in the relay at the NCAA West Regional due to his recovery from an appendectomy, Habberstad will take his place. If the relay advances to the NCAA Championships, Follett may be able to rejoin the squad.

QUALIFIED BUT NOT COMPETING IN THESE EVENTS AT THE 2009 WEST REGIONAL:

Event	Name	(National standing)
Cougar Women -		
200m	Lorraine King	23.82 (t-70th)
400m	Lorraine King	54.27 (t-51st)
800m	Lisa Egami	2:06.72 (28th)
800m	Anna Layman	2:09.23 (82nd)
1500m	Sara Trané	4:27.20 (109th)
Javelin	Lynnea Braun	46.25m / 151-9 (41st)
Cougar Men -		
400m	Jeshua Anderson	46.08 (t-24th)
110m Hurdles	Jeshua Anderson	14.16 (t-63rd)
400m Hurdles	J Hopkins	51.57 (t-49th)
400m Relay	Woods, Williams, Anderson, Murray	40.07 (27th)
High Jump	Shawn Swartz	2.10m / 6-10 3/4 (t-49th)

WRISTBANDS FOR SHAWN SWARTZ: The Washington State University track and field teams are taking orders for the sale of wristbands to support freshman high jumper Shawn Swartz who is undergoing treatment for acute lymphoblastic leukemia...Swartz (Port Coquitlam, British Columbia) was the 2007 B.C. Junior Champion...one of a trio of Cougars to clear 7-feet in the high jump this year...cleared 7-0 1/2 at the Husky Classic Indoor meet in Seattle, Feb. 14...qualified for the NCAA West Regional meet with mark of 6-10 3/4 (at Vandal Jamboree, May 9)...diagnosed just prior to the Pac-10 Championships and is currently undergoing treatment in British Columbia...wristbands are crimson in color with the saying, "Pride gives us the inner strength to persevere" in white lettering along with his initials, S.S./A.C. for his name and nickname, Air Canada...cost is \$5 per wristband and they come in sizes medium and large...anyone wishing to order a wristband should contact WSU jumps coach Matt McGee AFTER MAY 31, at 509-335-0288 or by emailing mdmcgee@wsu.edu...not the first time the Cougars track and field teams have sold wristbands to support a teammate fighting cancer...teams supported intermediate hurdler Eric Nygard who was diagnosed with testicular cancer in October 2005..Nygard is currently completing his post-graduate studies on his way to a career as a dentist and was a volunteer track coach at Eastern Washington University this past year.

PAC-10 RECOGNIZES GREAT PERFORMANCES WITH ATHLETE OF THE WEEK HONORS:

Trent Arrivey (Jr., Woodinville, Wash.) Male Field Athlete of Week April 13-19...(pronounced air-eh-vee) cleared a PR and improved NCAA RQ height of 7-4 1/2 (2.25m) as the top collegiate high jumper at Mt. SAC Relays...mark ties the fourth-best men's high jump mark in school history with Doug Nordquist (Pullman, 1981), and ties the national leader this season.

Marissa Tschida (So., Missoula, Mont.) Female Field Athlete of the Week April 13-19...(pronounced cheetah) threw the javelin a school-record distance of 175-11 (53.63m) to place as the top collegian at Mt. SAC Relays, and second overall in the women's university/open event, an elite field that included several recent Olympians...bettered PR and NCAA RQ mark by over 10 1/2 feet...shattered WSU women's record of 169-7 (51.70m) - Jenna Dean in 2005...since then has thrown javelin 181-8 (55.38m) at WSU vs. UW Dual Meet in Seattle.

Jeshua Anderson (sophomore, Woodland Hills, Calif.) Male Track Athlete of the Week for March 30-April 5 and again for April 6-12...successfully defended Texas Relays title with a winning time and improved NCAA RQ of 49.44 seconds...at same meet, ran improved NCAA RQ time of 14.20 in 110m hurdles, and on 4x400m relay...at the Mt. SAC Relays he improved his 110m hurdles NCAA RQ time to 14.16 but fell in the elite intermediate hurdles race...he was not injured...has three Pac-10 AoW honor in his career...named to the **TrackShark.com** Top 12 Sprinters/Hurdles to watch in 2009...won the men's 400m hurdles at the Pac-10 Conference, NCAA, USA Junior and World Junior Championship meets in 2008.

AIR ARRIVEY LEADS SKYJUMPERS: 2009 Pac-10 Champion Trent Arrivey (air-eh-vee), a junior from Woodinville, Wash., has become a consistent 7-foot high jumper for WSU...a two-time All-American, Arrivey is currently leading the national qualifying list with his Mt. SAC Relays mark of 7-4 1/2 (2.25m) which became his lifetime best...cleared 7-3 1/4 (2.22m) to win the 2008 NCAA West Regional meet...had a top 2009 indoor mark of 7-3 (2.21m)...cleared 7-feet in six of the nine meets this year...**Ryan Deese** (sophomore, Colorado Springs, Colo.) and Shawn Swartz (freshman, Port Coquitlam, B.C.) have also cleared 7-feet this year...Deese finished 5th in Pac-10 meet.

FOUR TIMES THE FUN FOR WSU QUALIFIERS IN INTERMEDIATE HURDLES: Two-time Pac-10 Champion **Jeshua Anderson** (sophomore, Woodland Hills, Calif.) led the nation in the men's 400m hurdles for most of the season but now is third with a season-best time of 48.90 (Eugene, 5/17)...WSU record-holder at 48.68, also the reigning NCAA West Regional, NCAA, US Junior and World Junior Champion...PR time was at 2008 World Junior Championships in Poland...**Barry Leavitt** (senior, Benton City) dropped his NCAA RQ with a fourth place finish at the Pac-10 Championships by running 51.00...**J Hopkins** (freshman, Everett) joined qualifiers with his Stanford Invite time of 52.27 and improved that at Mt. SAC Relays to 51.57...not wanting to miss out on the fun, sophomore **Trevor Habberstad** (Santa Clarita, Calif.) dropped his hurdles time to 51.67 with his sixth-place Pac-10 finish.

HOW LO CAN SHE GO? **2009 Pac-10 Champion Lorraine King**, senior from Fontana, Calif., and the women's team captain, ran a PR time of 57.51 to win the 400m hurdles title in Eugene 5/17...mark is second-best in WSU history...previous PR was 58.39, set last season at the Texas Relays...also ran a pair of NCAA RQ marks at the WSU-UW Dual 5/2 in Seattle...won the 200m in PR time of 23.82 and the 400m dash in a PR time of 23.82...before the Pac-10 meet, her season-best mark in intermediate hurdles was 1:00.30...heel bruise has bothered her this season.

SPEED DEAMONS: Sprinter **Justin Woods** (senior, Buena Vista, Calif.) dropped his PR and improved his NCAA RQ time in the 100m from 10.42 to 10.28 in his second-place finish at Pac-10 Championships...Woods also finished second in the 200m with a time of 20.91...has participated in three consecutive NCAA Outdoor Championships to date and is looking to make an appearance at his fourth this spring, with plans to capture an outdoor All-American certificate to join the indoor All-America status earned in the 1600m relay at the 2009 NCAA Indoor Championships...**Marlon Murray** (sophomore, Des Moines, Wash.) is back on the track after a brief bout with leg soreness...Murray finished sixth in both the 100m and 200m at the Pac-10 Championships, lowering his 100m time to 10.45w and improved his 200m NCAA RQ time to 21.01w.

NO 400m RELAY AT NCAA WEST REGIONAL: The Cougar men's squad of Justin Woods, Robert Williams, Jeshua Anderson, and Marlon Murray has a season-best time of 40.07, run at the Texas Relays but did not score at the Pac-10 meet after a late baton pass DQ'd the team...Head Coach Rick Sloan predicts the WSU men could be one of the top three teams at the West Regional but due to the NCAA Championships schedule and the races involving defending NCAA intermediate hurdles champion Jeshua Anderson, the Cougars will not run in Fayetteville.

TSCHIDA THROWS JAVELIN SCHOOL RECORD (AGAIN): **Marissa Tschida** (sophomore, Missoula, Mont.) threw the WSU women's school record and improved NCAA RQ distance of 181-8 (55.38m) to win the event at the WSU-UW Dual Meet 5/2 in Seattle...this is the second time she has bettered the WSU record this season.

FAB FRESHMEN THROWERS: Stepping up into the spotlight, a bevy of WSU freshmen women throwers...**Courtney Kirkwood** (Othello, Wash.) toss the javelin a PR, improved NCAA RQ mark and WSU freshman record at the D. Hartman Invite in Spokane (April 25) of 170-8 inches (52.01m)..Kirkwood's throw was a 10-foot improvement on her PR and the second-best toss in Cougar women's history, behind sophomore teammate Marissa Tschida's 181-8...Kirkwood's throw also broke Tschida's freshman school record of 161-8 thrown last year...**Jennifer Hamilton** (Longview, Wash.) also tossed a javelin PR and NCAA RQ in Seattle of 157-0 (47.85m), the sixth-best throw in WSU history...**Ashley Kenney** (Spokane Valley) is the women's discus leader with an NCAA RQ throw of 161-8 (49.29m) for sixth place at the Pac-10 Championships...Kjirsten Jensen (Arlington, Wash.) won the women's hammer with a PR throw of 167-7 (51.07m)...Cassie Whitfield (Puyallup, Wash.) threw her PR of 156-0 (47.56m) at the Hartman Invite in Spokane...in the shot put, Anna Albrecht (Pullman) leads all Cougars with her toss of 44-9 1/2 (13.65m) thrown at Vandal Jamboree on the DL is Lynnea Braun (junior, Yakima) a javelin thrower who transferred from Spokane CC...she is out for the season after injuring her shoulder at the Texas Relays.

BIG ROB IS BACK: After resting a sore hip for several weeks, **Robert Williams** (senior, Riverside, Calif.) led a first-through fifth finish in the 100m hurdles at the WSU-UW Dual Meet...only ran a time of 14.74 but Williams has a PR and NCAA RQ time of 13.81w from 2009 Texas Relays...time of 13.95 was fourth at the Pac-10 meet.

SENIOR AND FRESHMAN LEAD COUGS IN 5K: Spending the fall semester away from campus and organized training in order to student teach did not stall senior **Isley Gonzalez** (Sunnyside)...Gonzalez only has the outdoor season for eligibility and is making the most of it, ran a PR and NCAA RQ time in the 5000m of 16:18.04 at the Mt. SAC Relays, second-best time in WSU history, after running an NCAA RQ time of 16:39.38 at the Stanford Invite...**Michelly Foley**, a freshman from Prineville, Ore., also excelled at the Mt. SAC Relays with a 5k time of 16:43.74, an NCAA RQ mark and the seventh-best time in school history.

POLLEY JOINS THE PARTY: Senior **Drew Polley** (Bellingham) ran a 10,000m PR and NCAA RQ time of 29:26.46 at the Mt. SAC Relays...he also ran a PR time in the 5k at the Stanford Invite of 14:18.15.

ZAPATA JUMPS IN: Senior **Moreno Zapata** (Lakewood), men's team captain, improved his non-wind-aided triple jump PR to 51-0 1/4 (15.55m) for fifth-place at the Pac-10 Championships...just two weeks before, triple jumped 50-2 1/2 (15.30m) at the WSU-UW Dual Meet in Seattle 5/2...Zapata's PR at WSU is a hyper wind-aided (6.5 meters per second) 51-9 1/4 (15.78m) leaped in 2007 at the NCAA West Regional in Eugene.

CRAIN A LEAPER: Freshman Christian Crain (Seattle) long jumped an NCAA RQ mark of 24-1 (7.34m) at the Vandal Jamboree...finished ninth at the Pac-10 meet with a leap of 23-3 1/4w (7.09m).

STEEPLECHASE ANOTHER STRONG EVENT FOR COUGARS: Both sides of the roster have strong 3000m steeplechase competitors for WSU again this year...**Sam Ahlbeck** (junior, Renton) ran a PR and NCAA RQ time of 8:53.46 at Stanford...two-time Pac-10 Champion (2007, 2008) **Sara Trané** (senior, Pixbo, Sweden) ran an NCAA RQ time of 10:21.20 at the Mt. SAC Relays...**Amanda Andrews** (sophomore, Gig Harbor) ran a PR and NCAA RQ time of 10:42.72 but then improved that at Mt. SAC Relays to 10:35.28, which is fifth-best in WSU women's history...freshman **Emily Farrar** (Bainbridge Island) ran an NCAA RQ time of 10:47.27 for second place at the UCLA JJK Invite April 10...this was Farrar's second steeplechase race and her time is the seventh-fastest in school history.

EGADS! EGAMI: **Lisa Egami**, a junior from Coquitlam, British Columbia, Canada, has NCAA RQ marks in both the 800m and the 1500m...finished seventh in the 1500m at the Pac-10 Championships with a PR time of 4:21.25, third-fastest time in WSU history...Egami set the school record in the mile during the 2009 indoor season with a time of 4:44.92i at the MPSF Championships in Seattle...that was the second time in two weeks that Egami had broken the school record, both at the UW Dempsey Indoor Facility...ran 800m time of 2:08.16 at the UCLA JJK Invite April 11.

LOOKOUT FOR LUKE: **Luke Lemenager** (junior, Maple Valley, Wash.) ran a PR and NCAA RQ time of 1:49.92 in the 800m at the UCLA JJK meet...this was Lemenager's first run under 1:50...he bettered that mark by winning the 800m at the WSU-UW Dual Meet 5/2 in Seattle with a time of 1:49.28...freshman **Joe Abbott** (Reno) ran a PR time of 1:51.98 in LA and then followed Luke's lead in Seattle with an NCAA RQ time of 1:50.10.

PRINCESS JOY SPEEDS ALONG: **Princess Joy Griffey** (junior, Federal Way) lowered her 100m NCAA RQ time from 11.73 to 11.58 for fourth place at the Pac-10 Championships...ran her top non-winded time in 200m of 24.04 at Pac-10 prelims...season-best 200m time is 24.01w...also runs on both relays.

UP AND OVER: **Alexa Huestis** (sophomore, Chehalis) pole vaulted a PR and improved NCAA RQ height of 13-0 1/4 (3.97m) for ninth place at the Pac-10 meet 5/17...mark is fifth-best in WSU women's history...Huestis leads the Cougs after **Kendall Mays** (junior, Spokane) could not compete this season because of leg pain.

THROWIN' MEN: Two-time All-American **Matt Lamb** (redshirt junior, Emmett, Idaho) threw the discus a season-best and improved NCAA RQ mark of 186-11 (56.97m) for fourth place at the Pac-10 Championships...Lamb did not compete for the Cougs in 2008 after struggling with back spasms but came back to throw a PR of 204-7 (62.36m) at the Olympic Trials (10th in qualifying round)...won gold medal at 2008 NACAC Under-23 Championships in Mexico with toss of 192-7 (58.70m)...**Phil MacArthur** (senior, Ione, Wash.) has a hammer throw PR of 202-10 and has thrown an NCAA RQ mark of 201-6 this season at WSU-UW Dual Meet...finished seventh at the Pac-10 meet.

FIVE COUGARS GAIN ALL-AMERICA STATUS AT NCAA INDOOR CHAMPIONSHIPS: Washington State had five competitors earn All-America certificates at the 2009 NCAA Indoor Championships last weekend in College Station, Texas...Trent Arrivey (junior, Woodinville, Wash.) finished eighth in the high jump after clearing 6-10 1/4 (2.09m), well below his PR of 7-3 (2.21m)...the men's 4x400m relay of Barry Leavitt (senior, Benton City, Wash.), Reny Follett (junior, Lewiston, Idaho), Justin Woods (senior, Buena Vista, Calif.) and Jeshua Anderson (sophomore, Woodland Hills, Calif.), finished third in the second heat and eighth overall with a time of 3:08.97...the previous weekend the Cougar men ran a time of 3:06.74 (Ames, Iowa), the fourth-best in WSU all-time records.

NO COUGAR HOME OUTDOOR MEETS IN 2009: Because of slated construction on the North side of Martin Stadium and the subsequent encroachment of equipment and supplies onto Mooberry Track, WSU will not host any outdoor track and field meets during the 2009 season.