



Led by (from left) Ann Taft, Mary Cronin and Diane Partridge, the Husky women placed 12th at the 1977 AIAW Cross-Country National Championships in just their second year of varsity competition.

Husky Quick Facts

School: University of Washington
 Location: Seattle, Wash.
 Mailing Address: 229 Graves Bldg., Box 354070, Seattle, WA 98195
 Founded: Nov. 4, 1861
 Enrollment: 34,000 (25,000 undergraduate)
 Nickname: Huskies
 Colors: Purple and Gold
 Conference: Pacific-10
 Home Course: Lincoln Park, West Seattle
 Interim President: Dr. Lee L. Huntsman
 Athletic Director: Barbara A. Hedges
 Senior Associate Athletic Director: Marie Tuite
 Head Coach Track & Field / Cross Country: .. Greg Metcalf (second year)
 Office Phone: (206) 543-0811
 Certified Athletic Trainer: Nikki Smith
 Equipment Managers: Gary McGuire, Jim Hagland
 Media Relations Director: Jim Daves
 Asst. Media Relations Director/Cross Country Contact: Brian Beaky
 Office Phone: (206) 543-2230 Home Phone: (206) 227-5709
 Fax: (206) 543-5000 E-mail: bbeaky@u.washington.edu
 Internet Site: www.gohuskies.com
 2002 Men's Pac-10 Finish: 4th
 2002 Men's West Regional Finish: 6th
 2002 Men's NCAA Finish: N/A
 2002 Women's Pac-10 Finish: 3rd
 2002 Women's West Regional Finish: 4th
 2002 Women's NCAA Finish: 31st
 Top-7 Men's Runners Returning / Lost: 6/1inc
 Top-7 Women's Runners Returning / Lost: 4/3
 Men's Best NCAA Finish: 4th – 1989
 Women's Best NCAA Finish: 9th – 1998
 Men's NCAA Championship Appearances:
 6 – 1987 (22nd), '88 (18th), '89 (4th), '90 (12th), '91 (20th), '93 (8th)
 Women's NCAA Championship Appearances:
 9 – 1982 (13th), '89 (12th), '92 (12th), '94 (15th), '95 (14th), '97 (14th), '98 (9th),
 '99 (13th), '00 (23rd), '01 (14th), '02 (31st)

Table of Contents

General Information

Quick Facts	1
2003 Men's Roster	2
2003 Men's Preview	3
2003 Women's Roster	4
2003 Women's Preview	5

2003 Husky Profiles

Men	6–18
Women	19–28
Head Coach Greg Metcalf	29
Assistant Coach David Bazzi	30
Assistant Coach Kelly MacDonald	30
Coaching History	30

2002 Season in Review

Pac-10 All-Academic Teams	31
Meet-by-Meet Results	32-33

35 Years of Husky Cross Country

Husky Cross Country: A to Z	34-35
Huskies at the World Championships	35
All-Time Postseason Team Results	36-37
All-Time Postseason Individual Results	38-39
Sundodger Invitational History	40-41

Facilities

Lincoln Park	42
Dempsey Indoor	43

Conference & NCAA Information

Pacific-10 Conference	44
NCAA	44

The Husky Experience — The Best of Everything

Husky Athletic Administration	45
University of Washington	46-47
UW Alumni and Husky Highlights	48-49
UW Total Student-Athlete Program	50-51
UW Athletic Facilities	52
Campaign for the Student-Athlete	53
UW Strength & Conditioning, Athletic Medicine	54
Excellence in Coaching	55
Seattle	56

Credits: The 2003 University of Washington cross country media guide was written and edited by Brian Beaky. Design, layout and paste-up done entirely in-house by Beaky and Jeff Bechthold. Cover design by Bechthold. Photography by Joanie Komura, Bruce Terami and UW Sports Information staff. Printing by University of Washington Department of Publications and Services (Judy Robertson). Special thanks to the UW coaching staff for editorial assistance and to Paul Merca for historical research. Also special thanks to Mike Bruscas, Noah Cohan, and all UW Sports Information staff who contributed to this publication.

On the Cover: Highlighting the first 35 years of Husky Cross Country are (clockwise from top left): Anna Aoki, All-Americans Bill Stolp and Curt Corvin, current co-captains Lindsey Egerdahl and Todd Arnold, All-American Tara Carlson, NCAA Champion Regina Joyce and 2000 Olympian Christian Belz.

Name	Yr	Exp	Birthdate	Hometown (High School/Previous College)
Arnold, Todd	Sr.	3V	7/18/82	Westport, Wash. (Ocosta)
Boyd, Travis	RFr.	* RS	5/15/84	Mukilteo, Wash. (Kamiak)
Brashers, Preston	Jr.	* SQ	6/26/82	N. Bonneville, Wash. (Stevenson)
Connelly, Mike	Fr.	HS	9/11/84	Spokane, Wash. (Lewis & Clark)
Duke, Dustin	Sr.	* 3V	5/27/81	Mill Creek, Wash. (Jackson)
Easton, Curtis	Fr.	HS	11/5/84	Kenmore, Wash. (Inglemoor)
Ellingson, Stig	Jr.	TR	9/8/81	Oslo, Norway (B.I. Norwegian School of Mangement)
Fader, Andy	So.	* 1V	2/3/83	Everett, Wash. (Cascade)
Fayant, Chris	So.	* SQ	1/26/83	Spokane, Wash. (Mead)
Franck, Matt	RFr.	* RS	5/23/82	Bellevue, Wash. (Bellevue)
Freeman, Tim	Fr.	HS	7/3/84	Bainbridge Island, Wash. (Bainbridge)
Garner, Eric	Sr.	* 3V	1/26/81	Kelso, Wash. (Kelso)
Gibson, Doug	RFr.	* RS	8/11/83	Yakima, Wash. (Riverside Christian)
Goiney, Chris	Fr.	HS	6/26/85	Shoreline, Wash. (Shorewood)
Hansen, Kevin	RFr.	* RS	11/3/83	Shoreline, Wash. (Shorecrest)
Hickey, John	RFr.	* RS	3/23/84	Richland, Wash. (Hanford)
Jackson, Bruce	Jr.	TR	7/1/83	Seattle, Wash. (Nathan Hale/Eastern Wash.)
Koss, Ben	Sr.	* 2V	6/20/80	Olympia, Wash. (Capitol)
Liber, Brad	Fr.	HS	4/16/85	San Diego, Calif. (University City)
Mandi, Mark	So.	* 1V	5/7/83	Everett, Wash. (Mariner)
Moe, Carl	Fr.	HS	3/13/84	Auburn, Wash. (Auburn-Riverside)
Mull, Stephen	RFr.	* RS	8/18/83	Seattle, Wash. (Bishop Blanchet)
Owen, Matt	RFr.	* RS	4/5/84	Yakima, Wash. (East Valley)
Robinson, Andrew	So.	* SQ	3/17/83	Edmonds, Wash. (Edmonds-Woodway)
Russell, John	Sr.	* 3V	7/13/81	Mica, Wash. (Freeman)
Sayenko, Mike	RFr.	* SQ	7/12/84	Bellevue, Wash. (Sammamish)
Shimer, Adam	Fr.	HS	3/24/85	Edmonds, Wash. (Meadowdale)
Thomas, Ryan	Fr.	HS	3/20/85	Marysville, Wash. (Lakewood)
Topping, Matt	Jr.	* 2V	9/3/81	Kennewick, Wash. (Kamiakin)
Wirkkala, Evan	RFr.	* RS	7/15/84	Mill Creek, Wash. (Jackson)

* Utilized red-shirt season

Head Coach Track & Field/Cross Country: Greg Metcalf (Washington '93), 2nd year, 7th overall at Washington

Assistant Coaches (Cross-Country): David Bazzi (UW '00), 3rd year; Kelly MacDonald (Arizona State '01), 2nd year.



Front Row (l-r): Ben Koss, Todd Arnold, Dustin Duke, Eric Garner, John Russell. **Second Row (l-r):** Andy Fader, Mark Mandi, Andrew Robinson, Chris Fayant, Matt Topping, Matt Franck, Bruce Jackson, Preston Brashers. **Third Row (l-r):** Stephen Mull, Matt Owen, Doug Gibson, Kevin Hansen, Mike Sayenko, Evan Wirkkala, John Hickey, Travis Boyd. **Back Row (l-r):**

Pronunciation

Athletes

Preston Brashers Bruh-SHURS
 Stig Ellingson STEEG
 Andy Fader FAY-dur
 Chris Fayant FAY-aunt
 Matt Franck FRONK
 Chris Goiney GOY-knee
 Brad Liber LYE-burr
 Mark Mandi MAN-dee
 Mike Sayenko Sye-YENK-oh
 Adam Shimer SHY-mur
 Evan Wirkkala WORK-uh-luh

Coaches

David Bazzi BAH-zee

It's all about confidence.

So say Washington captains Todd Arnold and Ben Koss, two of five seniors who are being counted on to lead the Husky men's cross country team back to the NCAA Championships for the first time since 1993.

"Over the past few years, we haven't had an entire team believing that we could do it," says Arnold. "This year our leadership believes, and that trickles down to the rest of the team. Our team is virtually unchanged from last year, except that we are older and more experienced, and have some new additions who should help right away."

There's reason for excitement in Greg Metcalf's second year as head coach, as the Huskies return six of their top-seven runners from the 2002 NCAA Regional. Washington placed fourth at the Pac-10 meet a year ago, but dropped to sixth at the regional.

This year, with the return to health of senior John Russell, an NCAA 1,500-meter competitor in 2003, and the addition of talented true freshman Carl Moe, Washington's men's squad is as deep as it has been in years. Now in their final season of cross country, the Husky captains — and their fellow seniors — are determined not to let this season slip away.

What has been missing over the last 10 years that has kept the UW out of the NCAA Championships?

Koss: "Belief is what we've needed — belief in the training and belief in our teammates, that we can all go out and run fantastic on the same day. With the five seniors all working together as leaders this fall, I know we'll have that. Todd and I have big plans and big goals. We have a lot of things we want to accomplish as a team this year, and as leaders, the pressure is on us to make sure that we reach those goals."

Arnold: "As five seniors, we've been through it all. We've experienced the end of every season, watching our women's team go to the NAAs without us. We know that this is our last shot, and we're going to do everything in our power to take the guys on our team where we want to go."

Is leadership going to be your most important role as a captain?

Arnold: "Absolutely. There's a lot of ways you can be a leader. Some guys are quiet and lead by busting their hump in every single workout, and other guys are more vocal. I think Ben and I are a combination of those two."

Koss: "A lot of being a leader, too, is just doing the things that your coach wants you to do. People can tell you what to do all they want, but when you see the guys you look up to doing it, it affects you a bit more."

Arnold: "It's an attitude and belief. If you carry yourself with a winning attitude, people will recognize that and want to emulate it."

What is the best thing about running for Greg Metcalf?

Arnold: "He's easy to relate to, and has a terrific ability to communicate. I think that's the most important thing in a coach-athlete relationship — the ability to communicate and speak your mind."

Koss: "His enthusiasm is infectious. He makes you excited to come to practice and work hard. He constantly pushes me to do harder workouts and run more miles. He really believes in you as a runner. If he thinks you can accomplish something, he doesn't hesitate to let you know."

Arnold: "I know that Greg believes in my ability as much as I do. That's important to me, to know that my coach is behind me 100 percent."

Who will be the go-to-guys in 2003?

Arnold: "Ben Koss, for sure. He was in the top-25 at Regionals last year. He's going to be someone we count on for sure this season."

Koss: "Todd Arnold, Eric Garner and John Russell all ran deep into the postseason during the last track season, which was important in that it proved to everybody that we already have on this team what it takes to be successful against the best. Their accomplishments on the track this year were huge for our confidence as a team."

Do you see any of the younger runners on the team making the jump into the top-seven this year?

Arnold: "Of the people that I've seen training this summer, the ones I think are ready to step up and contribute big-time are Mark Mandi, Mike Sayenko and Andy Fader."

Koss: "I agree completely. Those guys have trained really hard over the summer. Mark has improved by leaps and bounds every summer. He works so hard, and is so confident. We have a good group of guys who really believe in themselves and in the team, and that's what we've been missing."

Arnold: "Also a true freshman, Carl Moe.. He was one of the fastest high schoolers in the nation last year. I expect a pretty immediate impact from him in both cross country and track."

Koss: "He's very mature, and has that necessary combination of determination and talent. He ran with us some this summer, and I think that's helped put him a step or two ahead."

What is needed for the UW to be an annual contender at the NAAs?

Arnold: "First off, you have to have talent, and with our last couple of recruiting classes we've brought in guys who believe they belong among the best in the country every



A healthy John Russell, the team's top runner in 2000, is just one of many reasons captains Arnold and Koss are excited for 2003.

year. Also, you have to have the leaders who can get you there, who have the ability to run at the front of the pack."

Koss: "The guys who would maybe just be considered average in terms of talent, but work super-hard and always give 100 percent are important, too. Those are the guys who are going to fill out your third, fourth and fifth spots."

Arnold: "That's the meat of your team right there."

Koss: "But you also need the guys who can run with anybody in the nation. That combination of talent and determination is what makes for the best runners, and the best teams."

Arnold: "We have one heck of a group of guys, and we're pretty talented. If we can just put it together one year, recruits will see that, and recognize that there's a tremendous opportunity for them to come to the University of Washington and play a significant role in making us a top-10 team. We're just one body away every year."

What does University of Washington cross country mean to you?

Arnold: "It's the reason I'm here. I know it's a cliché, but it really is the best part of my day. I'm so excited to be with these guys every day and work together towards our goals. It's the highlight of my college experience."

Koss: "I want to prove to people who say that Washington will never be consistently successful that we can have a top-10 team. That's going to start with this year, our senior year. We need to have a solid season to show people that it can be done."

Name	Yr	Exp	Birthdate	Hometown (High School/Previous College)
Adsit-Morris, Chessa	Jr.	1V	4/23/83	San Diego, Calif. (University)
Connelly, Camille	Jr.	2V	5/8/83	Marysville, Wash. (Marysville-Pilchuck)
Daiger, Jessica	Fr.	HS	6/12/85	Seattle, Wash. (Bishop Blanchet)
Egerdahl, Lindsey	Jr.	1V	5/1/83	Auburn, Wash. (Auburn)
Emery, Jannel	Fr.	HS	3/7/87	Silverdale, Wash. (Central Kitsap)
Foushee, Marie	Fr.	HS	2/9/85	Bellevue, Wash. (Bellevue)
Gall, Tina	Fr.	HS	6/25/85	Edmonds, Wash. (Edmonds-Woodway)
Gibbs, Jamie	Jr.	2V	11/8/82	Arvada, Colo. (Arvada West)
Halverson, Laura	Jr.	2V	11/19/82	Mica, Wash. (Freeman)
Harrison, Kira	Fr.	HS	6/12/85	Bellingham, Wash. (Meridian)
Hodgson, Laura	So.	1V	7/25/84	Spokane, Wash. (North Central)
Kaneko, Noelani	So.	1V	5/13/84	Seattle, Wash. (Bishop Blanchet)
Lia, Amy	Fr.	HS	5/24/84	Bothell, Wash. (Bothell)
Makestad, Ingvill	So.	TR	8/7/81	Odda, Norway (Odda Vidaregaende Skole)
McCallum, Kelsey	Fr.	HS	1/28/85	Edmonds, Wash. (Edmonds-Woodway)
McLeod, Brianna	Fr.	HS	11/19/84	Jenks, Okla. (Jenks)
Schwager, Karen	So.	SQ	2/28/84	Langley, Wash. (South Whidbey)
Shiraiwa, Leila	RFr.	* RS	1/26/84	Gig Harbor, Wash. (Gig Harbor)
Touran, Kathryn	Jr.	* SQ	5/1/82	Petoskey, Mich. (Petoskey)
Tubbs, Alison	RFr.	* RS	10/27/83	Enumclaw, Wash. (Enumclaw)
Williams, Dallon	Fr.	HS	1/9/85	Turlock, Calif. (Turlock)
Wise, Molly	So.	TR-RS	5/1/82	Gig Harbor, Wash. (Gig Harbor)
Wishaar, Angela	So.	* SQ	11/11/82	Shoreline, Wash. (Shoreline)
Yoshinaga, Sayaka	RFr.	* RS	3/14/84	Seattle, Wash. (Ballard)

* Utilized red-shirt season

Head Coach Track & Field/Cross Country: Greg Metcalf (Washington '93), 2nd year, 7th overall at Washington

Assistant Coaches (Cross-Country): David Bazzi (UW '00), 3rd year; Kelly MacDonald (Arizona State '01), 2nd year.



Front Row (l-r): Angela Wishaar, Camille Connelly, Kathryn Touran, Laura Halverson, Chessa Adsit-Morris, Jamie Gibbs, Ingvill Makestad, Molly Wise, Lindsey Egerdahl.

Second Row (l-r): Alison Tubbs, Noelani Kaneko, Karen Schwager, Sayaka Yoshinaga, Leila Shiraiwa, Laura Hodgson.

Back Row (l-r): Dallon Williams, Tina Gall, Jessica Daiger, Kira Harrison, Amy Lia, Brianna McLeod, Jannel Emery, Kelsey McCallum, Marie Foushee.

Pronunciation

Athletes

Jessica Daiger DYE-grr
 Lindsey Egerdahl EGG-ur-doll
 Marie Foushee foo-SHAY
 Tina Gall Rhymes with "BALL"
 Laura Halverson HAL-vur-sin
 Kira Harrison KEER-uh
 Noelani Kaneko no-uh-LAWN-ee
 kuh-NAY-koh
 Amy Lia LEE-uh
 Ingvill Makestad ING-vill
 MAH-kuh-stod
 Kelsey McCallum Muh-CAL-um
 Brianna McLeod Muh-CLOUD
 Karen Schwager SHWOG-ur
 Leila Shiraiwa LAY-luh
 shuh-RYE-wuh
 Kathryn Touran tur-RAN
 Dallon Williams Rhymes with
 "GALLON"
 Angela Wishaar WISH-are
 Sayaka Yoshinaga ... sigh-YOCK-uh
 yo-shee-NOG-uh

Coaches

David Bazzi BAH-zee

In 2003, Washington's women face the daunting chore of replacing departed seniors **Courtney Inman**, **Kate Bradshaw** and **Kate Spigel**, who in five years together established themselves as not only the Huskies' frontrunners, but as determined leaders whose motivation and tenacity drove the team forward each season.

The task at hand is a tall one for juniors **Camille Connelly** and **Lindsey Egerdahl**, who will serve as co-captains during the fall season and will be counted upon to provide the leadership necessary to guide the Huskies to a seventh-consecutive NCAA Championships appearance.

The good news for captains Egerdahl and Connelly is that second-year head coach **Greg Metcalf** has assembled perhaps the best collection of talent in the Husky program's history.

Sophomore **Ingvill Makestad** (Odda, Norway) won Norway's 800-meter crown this summer, and teams with freshmen **Brianna McLeod** (Jenks, Okla.), the nation's sixth-fastest prep 3,200-meter runner in 2003; and **Marie Foushee** (Bellevue, Wash.) to form an outstanding trio of newcomers. The three, along with an always-strong crop of returners, give the Huskies the chance to reload for another shot at the postseason success.

Just competing at the NCAA meet won't be enough for Egerdahl and Connelly, however, who have committed themselves to holding their team to a higher standard in 2003.

Is there a secret that has allowed the UW women's team to reach the NAAs for six-straight years?

Connelly: "There's a strong sense of ownership and commitment on our women's team. Every time we race, we know that the other girls are counting on us to do our job."

Egerdahl: "Our seniors the previous few years have always given us the mindset that we're not going to do anything halfway — we're going to give our all in every race. Whatever the situation, UW finds a way to get it done. We don't allow ourselves to consider the possibility of not being successful. Having been to the NAAs six-straight years, we're all determined not to see that streak broken on our watch. It takes everyone working together, and everyone believing in our goals, to achieve that kind of success."

Connelly: "Running at the NAAs is always the goal, and the past six seasons have shown us how competitive the race for bids can be. Through all the ups and downs, though, this team has always found a way to get it done. The girls we have this season are talented and motivated. Getting to the NAAs is not an easy task, and like anything worth doing it will take a lot of work, but I know we're up for it."

Ingvill Makestad is the team's top newcomer.

Does the streak of NCAA bids put extra pressure on this team?

Egerdahl: "No. If we hadn't made it for several years, there'd be more pressure to get it done. Having done it before, though, we're confident we'll do it again. That confidence makes a big difference, especially in the postseason when a lot of teams can let the pressure rattle them. Furthermore, we're determined this year to not just go to nationals, but to race well there. In the past, we've peaked at regionals and posted average finishes at nationals. This year, we're going to maintain our intensity all the way through the finish line in Waterloo."

Connelly: "We know that we've been through this before, and that we can do it again. More so, though, we're just committed to being successful."

What will be your most important role as a captain this year?

Connelly: "We lost some tough girls last year, real 'no-nonsense' types who gave everything they had in every race. That toughness is going to be something we'll have to find a way to retain if we are to accomplish our goals."

Egerdahl: "The biggest risk our team faces is a lack of leadership, which is where Camille and I, and the rest of the juniors, will have to step up. Camille is awesome, because she is our organizer and behind-the-scenes motivator. Likewise, I think it's up to me to be the more vocal leader."

Connelly: "I want to help build a fun and supportive relationship between everyone on the team. A supportive environment is conducive to us giving our best effort every time we toe the line. I firmly believe that if we each race with our hearts, we can qualify for nationals."

Egerdahl: "We lost three of our seven girls from last year, and that's a huge gap to make up. Now, we have some girls on our team who are talented enough to step in and be as strong — if not stronger — than some of the girls we lost. In order for them to do that, though, someone needs to set an example and show them what it will take for them to get there. Leading by example will be a primary challenge for myself in particular, and the entire junior class as a whole."

Which returners will fill those gaps?

Egerdahl: "We have a lot of returners who have seen what it takes, and know that this is their time to take responsibility for what this team will achieve."

Connelly: "We had a really strong top-10 last year. All of our returning ladies have shown the potential to make a big splash this season, especially Lindsey. Her potential is untapped."

Egerdahl: "Chessa Adsit-Morris has dedicated herself to success. She's gung-ho about being a leader. Laura Halverson has so much enthusiasm that she creates a positive energy that keeps the team fun and focused. Jamie Gibbs and Laura Hodgson are the strong, quiet types. They work really hard and just get it done."

Connelly: "Also, Angela Wishaar had an awesome track season and has gotten a lot stronger, while Kathryn Touran had a successful track campaign, and has the potential to run real fast for us this fall."

Are there any newcomers who will have an impact right away?

Connelly: "All those girls are accomplished runners, and any of them could compete."

Egerdahl: "I think you have to mention Ingvill Makestad. There's no doubt that she'll be a powerful force on our team, and we're all excited to have her. Brianna McLeod, too, was our very first recruit this year, and set the bar for the types of girls we wanted to bring in. She's accomplished some amazing things already in her career, so I'm excited to have her and to train with her. Marie Foushee is an all-around solid runner. She fits well on our team, in that she has fun, but gets it done when the time comes to go to work. I'm counting on all of those girls to step up and help us out this season."

What does Husky cross-country mean to you?

Connelly: "Being a part of this program is truly special, a real honor."

Egerdahl: "This is my family. Boys and girls — both teams are united and understand each other in ways that only people who are sharing a unique experience can. I've been here two years, and it's continuing to form who I am and the person I want to be."



Todd

ARNOLD

Senior • Westport, Wash. • Ocosta High School

Selected to serve as co-captain in 2003, with senior Ben Koss. **2002-03:** A second-team Academic All-Pac-10 honoree in both track and field and cross country ... finished among the top-three Huskies in all but two cross-country meets ... won the season-opening Emerald City Invitational, finishing in 25:47 ... placed third among UW finishers, 26th overall, at the Pac-10 Championships ... clocked first

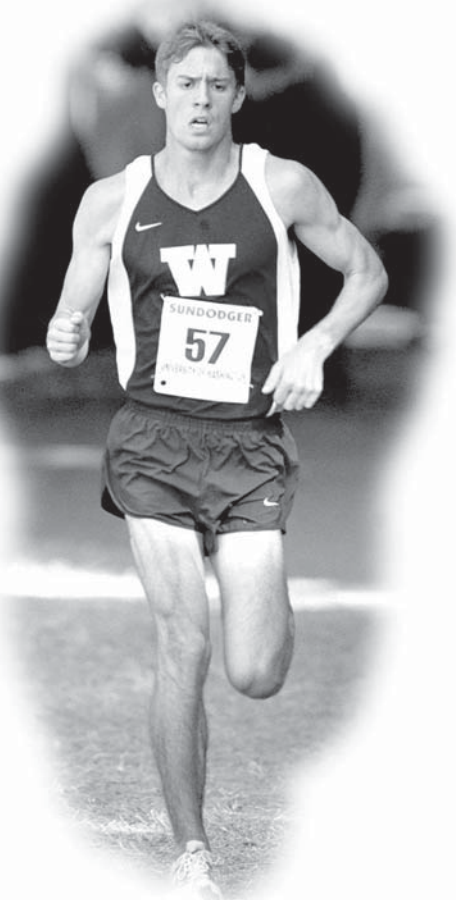
10K time of 32:00 in 41st-place finish at 2002 NCAA Regional ... on the track, earned first-ever trip to the NCAA Championships with a fourth-place finish in the 800m at the NCAA West Regional ... was the 24th overall finisher in the 800m at the national meet ... clocked a 1:50.00 for 800m at the Pac-10 Championships to place seventh ... led all UW half-milers in 2003 ... indoors, teamed with three others to set a school record of 9:40.82 in the distance medley relay at the Pac-10 Invitational ... time of 1:51.55 for 800m at the Pac-10 Invite was the fourth-fastest indoor mark in UW history ... led all Husky milers indoors with a Pac-10 qualifying time of 4:06.65.

2001-02: Was the Huskies' No. 5 runner in two meets during the 2001 cross-country season ... ran a 26:12 for 8000m to place fifth at the season-opening Emerald City Invitational ... the following week, placed 13th overall at the Sundodger Invitational in a personal-best 24:52 ... an honorable mention Academic All-Pac-10 pick on the track ... had a breakout track season ... ran the seventh-fastest indoor mile in school history, clocking a 4:06.04 at the UW Indoor Qualifier ... outdoors, was the Huskies' No. 3 runner at both 800m and 1500m ... placed 11th at the Pac-10 Championships in the 800m with a then-personal best time of 1:52.34 ... won the 800m at the Husky Classic and Bronco Invitational ... posted 1500m PR of 3:48.87 in a third-place finish at the Oregon Dual. **2000-01:** Ran in first four cross-country meets ... was 14th overall at the Emerald City Invitational in season-best 8000m time of 27:23 ... on the track, competed at 800m, 1500m and 3000m ... ran season-best 800m time (1:59.19) at the WSU Dual and best 1500m time of the season (3:51.92) at the UW Preview ... won his first-career collegiate race, the mile at the Early Bird Invite.

High School and Personal: Born July 18, 1982 in Kirkland ... parents are Lois and Robert ... won the 1999 Class 1A state cross country meet ... was also state champion in the 800m, 1600m and 3200m events ... was runner up in the 3200m at the state meet his sophomore and junior seasons ... voted Academic All-State in cross country and track all four years ... a nine-time state meet medalist in cross country and track ... finished 35th in the 8000m at the USATF Junior National Cross Country meet in 1999 ... set school records from 800m to 3200m ... a nine-time district champion ... voted into the Ocosta High School Athletic Hall of Fame ... was valedictorian of his class with a 4.0 GPA.

UW Career Bests

800m..... 1:50.00 1500m..... 3:48.87 800m (indoor)..... 1:51.55 Mile (indoor)..... 4:06.04
 XC: 8000m..... 24:28 10000m.....32:00



Travis

BOYD

RS Freshman • Mukilteo, Wash. • Mukilteo High School

2002-03: Redshirted the 2002 cross country season ... ran unattached at three meets, clocking a best time of 25:00 for 8000m at the Willamette Invitational ... on the track, competed at every distance from 1500m to 10000m ... indoors, notched the 10th-fastest 5000m time in UW history at the Last Chance Qualifier, finishing in 14:50.18 ... top finish of the 2003 track season was seventh, in the 3000m at the Pac-10 Indoor Invitational.

High School and Personal: Born May 15, 1984 in Lynnwood ... parents are Julie and Robert ... has an older sister, Angie ... was the 2002 district cross-country champion, finishing the 5000m course in 15:53 ... individual title helped cross-country squad to second-place finish district finish ... ran 20th at the 2001 state 4A cross-country championships, finishing in 16:21 ... placed fourth, in 15:59, at the 2002 Richland Cross-Country Invitational ... twice competed in the 3200m at the state track meet ... was 13th at state in 2002 and 10th in 2001, the latter in a career-best 9:26 ... at the 2002 Pasco Invite, placed 10th in the 3200m and led the distance medley relay squad to a fifth-place mark ... was an eight-time letterwinner in track and cross-country.

UW Career Bests

1500m..... 4:00.95 5000m..... 15:58.13 10000m..... 30:54.84
 3000m (indoor)..... 8:38.64 5000m (indoor)..... 14:50.18
 XC: 8000m..... 25:00





Preston

BRASHERS

Junior • N. Bonneville, Wash. • Stevenson High School

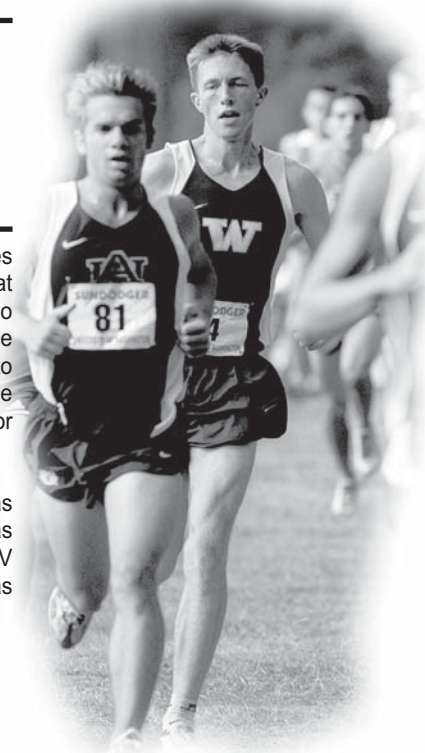
2002-03: Did not compete during the cross-country season ... ran just four times on the track, including one indoor and three outdoor races ... won the 5000m at the Oregon Mini-Meet, in 15:27.6. **2001-02:** Competed in Washington's first two meets of the cross-country season ... ran a personal-best 25:43 for 8000m at the Sundodger Invitational, placing 39th overall ... was the seventh UW runner to

cross the finish line at the Emerald City Invitational, placing 16th in 27:16 ... on the track, won the 5000m at the Husky Classic in 15:03.53 ... top 3000m mark was 8:47.46 ... indoors, ran 4:15.84 for the mile and 8:40.00 for 3000m, both career-bests. **2000-01:** Redshirted both the cross-country and track seasons.

High School and Personal: Born June 26, 1982 in Ft. Huachuca, Ariz. ... parents are Katherine and James ... has an older brother, Travis, and two younger sisters, Kelly and Brooke ... placed fifth at the Class AA State meet as a junior ... took third place in the 3200m at the state meet both his junior and senior seasons ... was District IV Champion in the 3200m both his junior and senior years ... lettered all four years in cross country and track, was captain of the team as a junior and senior ... also played basketball during his senior year.

UW Career Bests

3000m..... 8:47.46 5000m..... 15:02.3 Mile (indoor)..... 4:15.84 3000m (indoor)..... 8:38.13
 XC: 8000m..... 25:43



Dustin

DUKE

Senior • Mill Creek, Wash. • Jackson High School

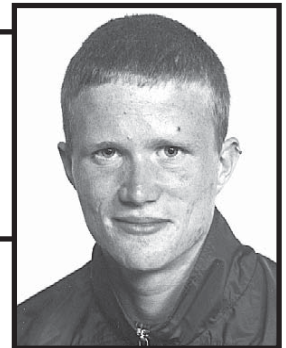
2002-03: Competed just once in the regular season, but returned to action for both of UW's postseason races ... the 40th finisher overall at the Pac-10 meet, in 25:17 ... ran sixth on the squad, 50th overall, at the NCAA Regional meet in a 10000m personal-best time of 32:19 ... on the track, competed at all distances from 1500-5000m ... took 11th in the 1500m at the Ken Shannon Invitational ... was the 12th-place finisher in the mile at the Pac-10 Invite. **2001-02:** Was Washington's top finisher at two of the season's first three cross-country meets ... ran a 25:44 to win the Emerald City Invitational for first individual title of UW career ... placed sixth the following week in a career-best 24:35 at the Sundodger Invitational ... was first on the team, 62nd overall, in 25:06 at the Roy Griak Invitational, leading the team to a 19th-place finish ... helped the Huskies place eighth at the Pre-National Meet ... was second on the team, 22nd overall, in 25:22 at the Pac-10 Championships in Scottsdale, Ariz. ... was fourth on the team at the NCAA Regional Meet ... on the track, was an NCAA indoor provisional qualifier in the 3000m ... posted the third-fastest indoor 3000m mark in school history with a time of 8:06.04 at the UW Indoor Qualifier ... outdoors, was the 25th finisher in the 5000m at the Pac-10 Championships, in 16:19.77 ... won the 1500m at the season-opening Husky Classic ... was 10th in the 1500m at the Drake Relays. **2000-01:**

Utilized a redshirt season for the cross country campaign ... won two event titles on the track, the 3000m at the Salzman Invite and the 1500m at the Jesse Owens Invitational ... placed 10th in the 1500m at the Pac-10 Championships ... ranked second among Washington athletes in the 1500m with best mark of 3:47.30 ... ran on UW's 4x1600m and distance medley relay teams at the Drake Relays ... indoors, was Washington's third-fastest miler, clocking 4:17.30 at the Vandal Invitational ... also competed in the 800m ... won the mile and the 4x800m relay at the Jerry Martin Invitational ... also ran on the first-place distance medley relay team at the Idaho Scoring meet. **1999-2000:** Competed in four meets during the cross-country season ... placed fifth at the Emerald City Invitational in his UW debut ... finished 50th at the Sundodger Invitational, 58th at the Wolverine Interregional and 83rd at the Stanford Invitational ... redshirted the 2000 track season.

High School and Personal: Born May 27, 1981 in Seattle ... parents are Julie and Bruce ... has a younger sister, Brittany ... captured two state titles in cross country (1996, 1997) ... as a senior, finished third at the state meet ... helped lead team to the state cross country meet three of four years ... a four-year track letterman, posting top times of 1:54.04 (800m), 4:11.03 (1600m) and 9:11.16 (3200m).

UW Career Bests

1500m..... 3:47.30 5000m..... 14:34.36 Mile (indoor)..... 4:17.30 3000m (indoor)..... 8:06.04
 XC: 8000m..... 24:35 10000m..... 32:19





Andy
FADER

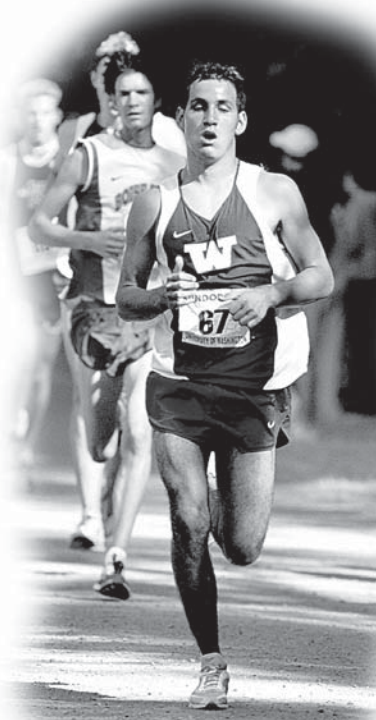
Sophomore • Everett, Wash. • Cascade High School

2002-03: An honorable mention Academic All-Pac-10 pick in cross-country, and a second-team academic all-conference selection on the track ... ran in Washington's top-seven at every regular-season varsity competition ... clocked best time of 24:46 for 8000m in 19th-place finish at Sundodger Invitational ... one of five Huskies among the top-six finishers at the Emerald City Invitational, placing sixth in 26:29 ... ran 42nd overall at the Pac-10 Championships, helping UW to a fourth-place finish ... was equally impressive on the track, posting Pac-10 and NCAA Regional qualifiers at 1500m and 5000m ... ran both events at the Regional, placing 23rd in the 1500m and 21st in the 5000m ... earned second-straight top-10 Pac-10 1500m finish, placing seventh at the conference meet in a career-best 3:48.49 ... earned top-10 finishes in 11 of 15 regular-season races in 2003 ... clocked the ninth-fastest indoor mile in UW history, a 4:08.40 at the UW Indoor Preview ... top 3000m time of 8:13.51 was the 10th-best indoor mark ever at Washington ... ran the lead leg of the sixth-fastest distance medley relay squad in UW history, clocking a 10:01.35 at the Pac-10 Invite. **2001-02:** Redshirted the cross country season ... was the Huskies' No. 5 runner at 1500m, posting a best mark of 3:49.30 ... the tenth finisher overall in the event at the Pac-10 Championships ... took fourth in the 1500m, in 3:52.94, at the U.S. Junior Nationals in June ... recorded first-career win in the 1500m at the Salzman Invitational ... indoors, competed in the mile and 3000m, notching two top-10 placings during the season.

High School and Personal: Born Feb. 3, 1983 in Everett ... parents are Lori and Jerry ... has one brother, Joel ... posted four-career top-10 finishes at the Washington state track meet ... best finishes were matching fifths in the 1600m and 3200m at the 2001 state meet ... also placed eighth in the 3200m, and ninth in the 1600m at the 2000 meet ... served as team captain as a senior, leading his team to a regional title and 15th-place state finish ... as a senior, captured district 3200m title and WesCo league titles in the 3200m and 1600m races ... also won district and league in 2000.

UW Career Bests

800m..... 1:52.06 1500m..... 3:48.49 5000m..... 14:23.88 Mile (indoor)..... 4:08.40
3000m (indoor)..... 8:13.51
XC: 8000m..... 24:46



Chris
FAYANT

Sophomore • Spokane, Wash. • Mead High School

2002-03: Ran at the first two meets of the cross-country season ... was the 44th overall finisher in UW cross-country debut, at the Emerald City Invitational, and took 66th at the Sundodger Invitational ... ran just twice on the track, including a second-place performance in the steeple at the Oregon Mini Meet. **2001-02:** Redshirted the 2001 cross-country season to preserve a year of eligibility ... focused primarily on the steeplechase during the track season, with a best mark of 9:45.75 at the Husky Classic ... finished sixth or better in four of five steeplechase competitions ... also competed once each at 800m, 1500m and 5000m ... indoors, ran the mile and 3000m.

High School and Personal: Born Jan. 26, 1983 in Spokane ... parents are Cathy and Tony ... brother of former Husky Jason Fayant ... also has three other siblings, Todd, Jesse and Tami ... ran a personal-best 15:47 for 5000m at the 2000 Great American Cross-Country Festival in Charlotte, N.C. ... placed second at the state cross country meet in 2000 ... was fourth at the state meet as a sophomore ... led team to league and regional championships both years, and a state championship in 2000 ... boasted a 3.25 GPA.

UW Career Bests

1500m..... 4:11.88 Steeple..... 9:45.75 Mile (indoor)..... 4:29.89 3000m (indoor)..... 8:53.14
XC: 8000m..... 26:16





Matt

FRANCK

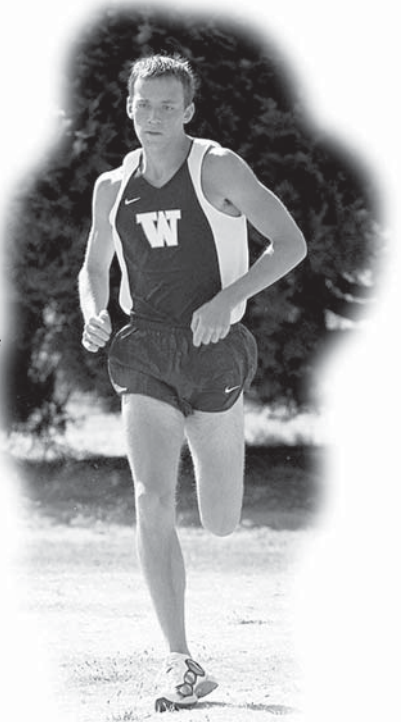
RS Freshman • Bellevue, Wash. • Bellevue High School

2002-03: Redshirted the 2002 cross country season ... ran unattached at three meets ... placed eighth at the Emerald City Invitational ... ran a season-best 25:17 to take 37th at the Sundodger Invite ... ran unattached four times on the track, including once indoors ... twice took second in the 5000m, with a best mark of 14:56.97 ... also ran once each at 10000m outdoors and at 3000m indoors.

High School and Personal: Born May 23, 1982 ... parents are Kim and Jim ... has three brothers, John, Richard and James ... attended Pitzer College in California in 2000-01, and Bellevue Community College in 2001-02 ... served as an assistant cross-country coach at Bellevue High School in 2001 ... a first-team All-KingCo cross-country selection in 1999 ... earned eight prep letters, including two in swimming ... captained both the track and cross country squads as a senior ... led Bellevue cross country to top-10 finishes at state all four years ... top individual state cross-country finish was 30th, in 1998 ... took fifth in the 3200m at the 2000 state track meet, in personal-best 9:28.13 ... competed at every distance from 200m to 3200m ... majoring in business.

UW Career Bests

5000m..... 14:56.97 10000m..... 30:33.32 3000m (indoor)..... 8:33.50
 XC: 8000m..... 25:17



Eric

GARNER

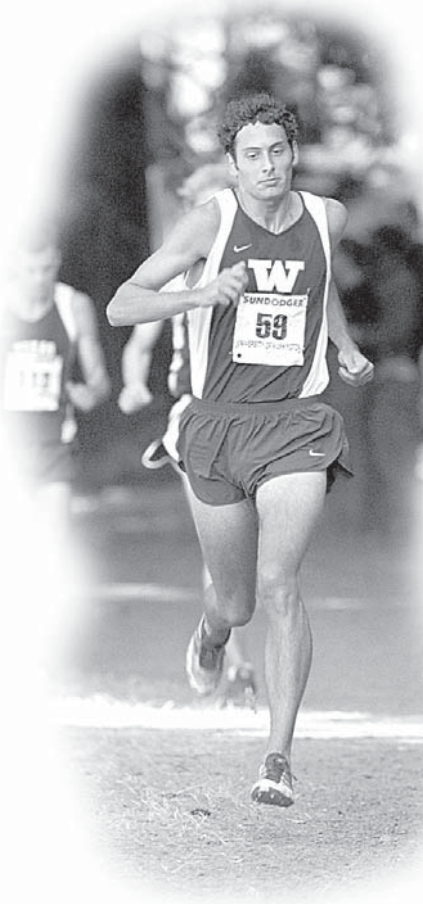
Senior • Kelso, Wash. • Kelso High School

2002-03: Led UW runners at four of five competitions in 2002 ... was 19th overall at the Pac-10 meet, helping UW to fourth ... placed 28th at the NCAA Regional ... top finish of 2002 was seventh at the Sundodger Invitational, in a career-best 24:23 ... backed up breakout 2002 track season with an outstanding year ... qualified for the NCAA Regional Championships in three events ... earned an NCAA Championships berth with a fourth-place finish in the 1500m at the Regional meet ... took 20th at NCAAs ... earned second-straight top-five 1500m finish at Pac-10s, placing third ... also had Pac-10 and Regional qualifying marks at 800m and 5000m ... ran a leg of UW's school-record distance medley relay squad ... relay clocked a time of 9:40.82 to win the Pac-10 Invite. **2001-02:** Ran in every cross-country meet ... had season-best 10th-place finish in team victory at the Emerald City Invite ... was second on the team, 90th overall, at the Roy Griak Invitational ... ran 25th overall at the Pac-10 meet ... was 11th at the Sundodger Invitational in season-best 24:50 ... had one of the top indoor seasons in UW history ... became the first Husky to run a four-minute mile on Washington soil with a UW record 3:58.93 in March ... mark of 8:02.56 for 3000m was also a UW record ... an NCAA qualifier in both events ... ran 4:07.06 in the mile at the NCAAs, good for 13th ... won five of seven indoor races ... outdoors, ran UW's sixth fastest-ever 1500m, with a mark of 3:43.40 ... earned Pac-10 Athlete of the Week honors for his effort ... ninth in the 1500m at the 2002 USA Sr. Nationals, in a career-best 3:43.21 ... earned top-five finishes at the 2002 Pac-10 meet in the 1500m (fifth) and 800m (fourth) ... an NCAA provisional qualifier at 1500m ... won six races outdoors. **2000-01:** Ran in every race during the 2000 fall season ... among the UW top-five at all but one meet ... the runner-up at the Emerald City Invite ... had season-best time (24:46) at the Sundodger Invite ... ran 34th at the Pac-10s and 57th at the West Regional ... outdoors, won the steeple at the Salzman Invitational and the 1500m title at the UC Davis Quad meet ... placing 13th in the steeple at the Pac-10 Championships ... recorded best 1500m mark of the season (3:49.65) at the Stanford Invitational ... indoors, won the mile at the McDonald's II meet ... recorded best mile time of the year (4:12.87aa) at the MPSF Championships. **1999-2000:** Redshirted the 1999 cross country and 2000 track campaigns to preserve a year of eligibility.

High School and Personal: Born Jan. 26, 1981 ... parents are Janet Seaberg and Jerry Garner ... has two sisters, Jennifer and Kirsten ... a five-time MVP for cross country and track ... named All-State for both cross country and track in each of his last two years ... twice honored as Most Inspirational ... ran prep PRs of 4:17.22 for 1600m, 9:22 for 3200m and 1:57 for 800m ... a member of the National Honor Society with a 3.55 GPA.

UW Career Bests

800m..... 1:50.74 1500m..... 3:43.21 5000m..... 14:13.2 Mile (indoor)..... 3:58.93 3000m (indoor)..... 8:02.56
 XC: 8000m..... 24:23 10000m..... 31:43





Doug
GIBSON

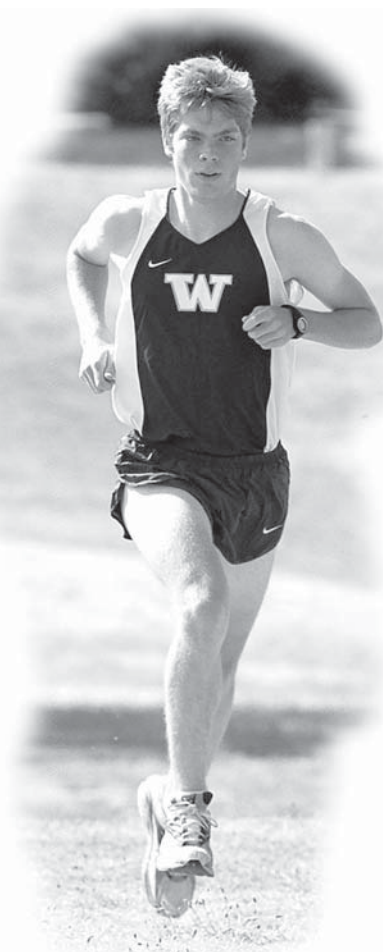
RS Freshman • Yakima, Wash. • Riverside Christian High School

2002-03: Redshirted the cross-country season ... competed unattached at each of the first two meets of the season ... took 39th at the Emerald City Invitational and 75th at the Sundodger Invite ... posted 8000m cross country PR of 26:49 at the Sundodger ... ran just twice outdoors, both times unattached ... was 12th in the steeple at the Ken Foreman Invite.

High School and Personal: Born Aug. 11, 1983 ... parents are Ellen and Don ... nephew of Greg Gibson, Washington's first-ever four-minute miler ... has a younger sister, Alison ... was a two-time competitor at the Foot Locker Western Regional cross-country meet, making the trip to Mt. SAC in 1999 and 2001 ... earned four-career top-10 finishes at the state track championships ... as a senior, led Riverside Christian to a fifth-place finish at the state championships ... ran second at state in 2002 in the mile, clocking a time of 4:28 ... was third in the 800m, fifth in the mile at state as a junior ... took ninth in the mile at the state meet his freshman season ... notched a pair of third-place finishes, in the 800m and mile, at the 2002 Cougar Invitational ... was an eight-time All-Greater Columbia B League selection, four times each in track and cross-country.

UW Career Bests

1500m..... 4:17.84 Steeple..... 9:51.89
XC: 8000m..... 26:49



Kevin
HANSEN

RS Freshman • Shoreline, Wash. • Shorecrest High School

2002-03: Redshirted the cross country and track seasons... ran unattached at three meets ... best finish was 35th, at the Emerald City Invite ... took 63rd at the Sundodger Invitational and 75th at the Willamette Invite ... boasted 8000m cross country PR of 25:49 ... earned top-10 finishes in three of four races on the track, including one indoors ... competed unattached at distances from 1500m to 5000m.

High School and Personal: Born Nov. 3, 1983 ... parents are Karen and James ... has one brother, Chris ... both parents and a grandfather attended UW ... led Shorecrest to a pair of top-10 state cross-country finishes ... served as team captain his senior year ... was the state's fastest prep runner in 2002 at 3200m, clocking a 9:38 on Feb. 3 at Dempsey Indoor ... was ninth at the 2002 state 4A cross-country meet, finishing in 16:00 ... in 2001, placed eighth at state in the 3200m, and 14th at state in the mile ... scored Shorecrest's first team point at the state meet in eight years ... missed the 2002 track season as the result of a stress fracture ... was a first-team All-WesCo cross-country selection in 2001 ... ran three times at the Pasco Invitational, notching a best finish of 10th in the 3200m in 2001 ... a four-year letterwinner for Shorecrest's swim team, taking sixth in the 100-yard backstroke at the 2002 WesCo Championships ... earned 12 varsity letters.

UW Career Bests

1500m..... 4:05.16 5000m..... 14:56.89 3000m (indoor)..... 8:28.00
XC: 8000m..... 25:49





John

HICKEY

RS Freshman • Richland, Wash. • Hanford High School

2002-03: Redshirted the 2002 cross country season ... competed three times unattached, including a 16th-place finish at the Emerald City Invitational ... clocked 8000m PR of 24:53 in 23rd-place finish at the Sundodger Invitational ... took 16th in the 1500m at the Pac-10 Track Championships ... qualified for the meet with a season-best time of 3:49.18 at the Pepsi Invite in Oregon ... was also a Pac-10 qualifier at 5000m ... earned top-10 finishes in 10 of 12 races on the track ... indoors, ran a leg of distance medley relay squad that clocked the sixth-fastest time in UW history, a 10:01.35 at the Pac-10 Invite ... competed at every distance from 800m to 5000m.

High School and Personal: Born Mar. 23, 1984 in Richland ... parents are Eva and John ... has a younger brother, James ... placed fifth at the 2001 state 3A cross-country meet, finishing in 16:13 ... earned all-state and all-league cross-country honors in 2001 ... won a pair of state titles on the track in 2002 ... captured the 1600m crown in 4:14.23, and won the 3200m in 9:09.58, both personal bests ... led Hanford to district and regional titles in 2001, and second at the state championships ... also competed at state in 2001, taking fifth at 3200m ... second in the mile at the 2002 Pasco Invite ... earned Academic All-State honors ... majoring in physics

UW Career Bests

1500m..... 3:49.18 5000m..... 14:31.78
 Mile (indoor)..... 4:09.96 3000m (indoor)..... 8:14.89



Ben

KOSS

Senior • Olympia, Wash. • Capital High School

Will serve as co-captain in 2003, with senior Todd Arnold. **2002-03:** An honorable mention Academic All-Pac-10 pick in both track and cross-country ... led all Huskies at the NCAA West Regional, placing 23rd with a career-best 31:26 ... placing third overall, second on the team, in 26:05 ... set 8K PR of 24:52 in a 22nd-place finish at the Sundodger Invitational ... helped team to wins at each of season's first two competitions ... earned 14th place in the 10000m at the Pac-10 Track Championships ... shaved 18 seconds off career-best 10K time with a 30:35.41 at the Stanford Invite ... indoors, climbed to fifth in UW history in the 5000m with a time of 14:36.22 at the Last Chance Qualifier. **2001-02:** Ran in Huskies top-seven at first two cross-country meets of the season ... placed fourth overall in team victory at the Emerald City Invitational ... was 19th the following week, in 25:05, at the Sundodger Invitational ... was Washington's only 10000m competitor in 2002 .. placed 12th at the Pac-10 Championships in the 10000m, in 31:58.24 ... was the Pac-10's 24th overall finisher at 5000m, in 14:31.83 ... earned five top-10 finishes in seven regular-season races ... indoors, notched the seventh-best 5000m mark in school history with a time of 14:44.26 at the UW Indoor Qualifier ... also competed at 3000m. **2000-01:** Competed in five cross-country races ... recorded highest finish of the season, seventh place, at the Emerald City Invitational ... placed 36th at the Sundodger Invitational, 39th at the Big Cross, 66th at Michigan and 90th at the West Regional ... on the track, competed in the 5000m, steeplechase and 1500m ... competed in only one meet during the indoor season. **1999-2000:** Redshirted the cross country season ... ranked third on the team in the 10000m with a best of 31:24.33 ... also ran at 5000m.

High School and Personal: Born June 20, 1980 in Olympia ... parents are Susan and Bill ... father ran cross-country and track at Washington from 1969-73 and participated at the Olympic Trials in the steeple ... has a younger brother, Reid ... lettered four years under coach Jerry Miller ... named team captain his junior and senior seasons ... won the league and district cross country championships both of his last two years ... finished third at the state cross country meet his junior season followed by a fifth-place finish the next year ... helped Capital to the league and district cross country championships all four years ... graduated with a 3.7 GPA.

UW Career Bests

5000m..... 14:31.83 10000m..... 30:35.41 3000m (indoor)..... 8:32.42 5000m (indoor)..... 14:36.22
 XC: 8000m..... 24:52 10000m..... 31:26





Mark

MANDI

Sophomore • Everett, Wash. • Mariner High School

2002-03: Earned Academic All-Pac-10 honorable mention in both track and cross country ... trained hard over the summer to become one of just four Huskies to run in every varsity race in 2002 ... was fifth on the squad, 43rd overall, at the NCAA West Regional ... took 36th at the Pac-10 meet, in 25:12 ... ran 8000m PR of 24:52 in 22nd-place finish at the Sundodger Invitational ... took fifth overall at the Emerald City Invite ... was UW's top runner at 10000m, taking 11th in the event at the Pac-10 Championships ... clocked career-best 10K time of 30:22.92 at the Stanford Invite ... earned a pair of victories in 2003, including one each at 3000m and 5000m ... lowered 5K PR by nearly a minute, to 14:42.83, at the Oregon Invite ... indoors, moved to ninth all-time at UW in the 5000m with a mark of 14:48.40 at the Husky Invitational ... also competed in the mile and 3000m. **2001-02:** Redshirted the cross-country and track seasons ... ran unattached at 1500m and 5000m, with best marks of 4:08.06 and 15:31.82, respectively ... placed third in the 5000m at the Spring Break Open ... ran the mile and 3000m indoors ... was sixth in the mile at the Small College Invitational in 4:35.16.

High School and Personal: Born May 7, 1983 in Houston ... parents are Daisy and Reynaldo ... both brothers, Renaldo and Santiago, attend UW ... competed at the 2000 Cross-Country Junior Olympics Nationals in Reno, Nev. ... earned a top-50 finish in cross-country at the state championships in 2000 ... captained the Mariner cross-country squad in 2000 ... earned Outstanding Distance Runner honors at Mariner as a senior ... named a Washington Scholar, having graduated with a 3.92 GPA.

UW Career Bests

1500m..... 4:02.35 5000m..... 14:42.83 10000m..... 30:22.92 Mile (indoor)..... 4:16.42
 3000m (indoor)..... 8:33.58 5000m (indoor)..... 14:48.40
 XC: 8000m..... 24:52 10000m..... 30:22.92



Stephen

MULL

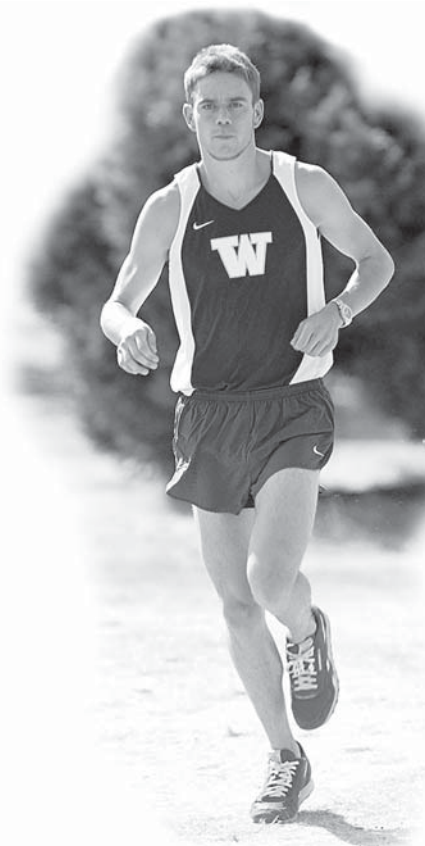
RS Freshman • Seattle, Wash. • Bishop Blanchet High School

2002-03: Redshirted both the track and cross country seasons ... ran unattached twice in the fall ... took 39th at the Sundodger Invite in a career-best 25:21 ... was the 64th overall finisher at the Willamette Invite ... did not compete on the track due to injury.

High School and Personal: Born Aug. 18, 1983 ... parents are Karen and Rich ... has two sisters, Andrea and Nicole ... father was an All-American in track and cross-country at Georgetown ... won the 2001 state 3A cross-country crown in 15:50 ... helped Bishop Blanchet sweep state, regional and district meets in 2001 ... took sixth at the state cross-country meet in 2000 ... took second in the 3200m, in 9:14, and third in the 1600m, in 4:16 at the 2002 state track meet ... ran 13th overall, in 15:49, at the 2001 Foot Locker Western Regional meet ... prep teammate of fellow Husky Noelani Kaneko.

UW Career Bests

XC: 8000m..... 25:21





Matt

OWEN

RS Freshman • Yakima, Wash. • East Valley High School

2002-03: Redshirted the track and cross-country seasons ... competed unattached three times in the fall, with a best finish of 30th, at the Emerald City Invite ... also competed at the Sundodger and Willamette Invitational, with a best time of 25:27 at the latter ... ran 8:53.08 for 3000m indoors in lone track appearance.

High School and Personal: Won second-straight 2A cross-country title in 2001 ... winning time of 15:43 was nearly a minute faster than time of 16:25 in 2000 ... also won the state 3200m title on the track ... was the state runner-up in the event as a junior, adding a ninth-place finish in the 1600m that same year ... earned All-Region honors with a top-25 finish at the 2001 Foot Locker West Regional meet ... was sixth overall the 2001 Nike Border Clash ... also won the 2001 Shoreline Invitational.

UW Career Bests

3000m (indoor)..... 8:53.08
XC: 8000m..... 25:27



Andrew

ROBINSON

Sophomore • Edmonds, Wash. • Edmonds-Woodway High School

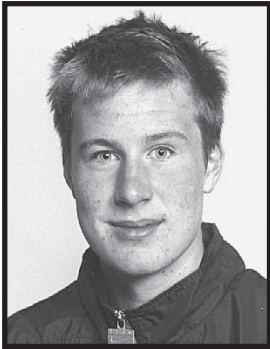
2002-03: An honorable mention Academic All-Pac-10 selection on the track ... ran in three meets during the fall season ... took 25th at the Emerald City Invitational, and 68th at both the Sundodger and Willamette Invites ... posted top 8K time of 25:37 at Willamette ... on the track, lowered steeple PR by 16 seconds at the WSU Dual, placing third in 9:15.85 ... also took 13 seconds off of 1500m PR with best mark of 3:58.14 ... earned top-10 finishes in seven of nine races outdoors ... indoors, competed primarily in the mile, with a 17-second PR of 4:13.53 at the Husky Invite. **2001-02:** Redshirted the 2001 cross-country season to preserve a year of eligibility ... competed unattached at three outdoor meets ... ran a best mark of 4:11.0 in the 1500m at the Spring Break Open ... ran the mile indoors, improving his mark at each of four meets ... posted top indoor mile of 4:30.04 at the UW Invitational.

High School and Personal: Born May 7, 1983 ... parents are Susan and Fred ... has two siblings, Ryan and Karissa ... placed 21st in 16:19 at the 1999 state cross-country meet ... also ran at state in 1998 and 2000 ... earned all-state honors in cross-country as a junior ... ran a personal-best 1:56 in the 800m prelims at state in 2001... led cross-country team to top-three finishes at the Junior Olympics Nationals in 1999 and 2000 ... placed third in 1999 and second the following year ... played soccer for 11 years before giving up the sport to focus on track in high school ... named Student Athlete of the Month as a senior at Edmonds-Woodway ... prep teammate of freshman Kelsey McCallum ... majoring in civil engineering.

UW Career Bests

1500m..... 3:58.14 Steeple..... 9:15.85 Mile (indoor)..... 4:13.53
XC: 8000m..... 25:37





John

RUSSELL

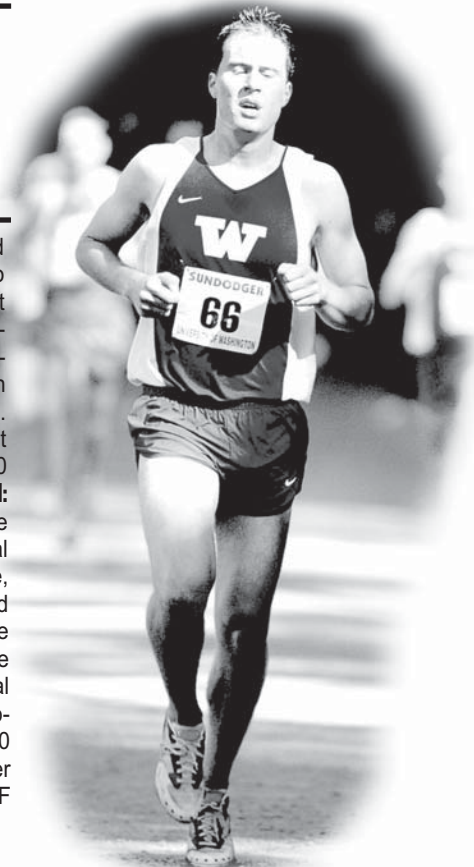
Senior • Mica, Wash. • Freeman High School

2002-03: An honorable mention Academic All-Pac-10 pick in both track and cross country ... completed successful return from two lost seasons due to injury ... ran in three meets during the 2002 cross-country season, his first races since the fall of 2000 ... made his comeback in the Sundodger Invitational, crossing the line 57th in 25:28 ... was 52nd overall, in 25:34, at the Pac-10 Championships ... returned to full strength on the track, earning first-career NCAA Championships berth with a fifth-place finish in the 1500m at the NCAA West Regional ... took 21st overall at the national meet ... was sixth in the 1500m at the Pac-10 Championships ... qualified for postseason action with a career-best 3:44.65 at the Oregon Invite ... won the 1500m at the WSU Dual ... finished lower than fifth in just two of 10 1500m races. **2001-02:** Missed both the track and cross-country seasons due to tendinitis in his knee. **2000-01:** An honorable mention Academic All-Pac-10 cross-country selection ... the Huskies' top finisher at all but one race during the fall season ... won the Emerald City Invitational and took second at the Big Cross Invitational ... placed 12th overall, first among Huskies at the Pac-10 Championships ... was fifth at the Sundodger Invite, seventh at the Wolverine Interregional and 25th at the West Regional, first among Husky finishers ... redshirted both the indoor and outdoor track seasons due to tendinitis. **1999-2000:** Cracked UW's top seven as a true freshman ... was the second UW finisher, 12th overall, at the Michigan Interregional ... finished 38th at the Pac-10 meet and 51st at the NCAA West Regional ... was among the leaders at the U.S. Junior National Cross-Country Championships before losing a shoe and dropping to 13th place ... ranked among the top-three Huskies in all three track events in which he competed ... finished fourth in the 1500m at the Pac-10 meet with a time of 3:45.79 ... also placed 17th at the Pac-10s in the 5000m ... was the team's No. 3 half-miler with a best of 1:54.39 ... the Huskies' top indoor miler, posting a best time of 4:05.78 to take third at the MPSF Championships ... indoor mile PR of 4:05.78 was sixth-fastest ever at UW.

High School and Personal: Born July 13, 1981 ... parents are Char and Pat ... has an older brother, Joe ... posted school records in the 1600m (4:15) and 3200m (9:20) ... won the 1998 Class 1A state cross country title as a senior ... also captured state titles in the 1600m and 3200m events ... a three-year member of the National Honor Society ... majoring in computer science.

UW Career Bests

800m..... 1:54.39 1500m..... 3:44.65 5000m..... 14:10.18 Mile (indoor)..... 4:05.78 3000m (indoor)..... 8:38.37
 XC: 8000m..... 24:12 10000m..... 31:34



Mike

SAYENKO

RS Freshman • Bellevue, Wash. • Sammamish High School

2002-03: Redshirted both the track and cross-country seasons ... ran unattached three times in the fall ... led all UW finishers at the Willamette Invitational, placing 25th in a career-best 24:38 ... placed ninth overall at the Emerald City Invitational, and 26th at the Sundodger Invite ... took fifth in the 10000m, in 30:49.70, at the U.S. Junior Nationals ... ran unattached in the 3000m at the Husky Indoor Invitational.

High School and Personal: Born Mikhail Sayenko on July 12, 1984 in Odessa, Ukraine ... parents are Lyudmila and Andrey ... set Sammamish High School 3200m record with a personal-best time of 9:12 in a 16th-place finish at the 2002 Arcadia Invite ... earned All-West Region honors with a top-25 finish at the 2001 Foot Locker West Regional ... was fourth at the both the 2000 and 2001 state 3A cross-country meets, in 16:31 and 16:11, respectively ... was third in the 3200m at the 2002 state track meet, trailing only fellow Huskies John Hickey and Stephen Mull ... also took seventh in the mile at state in 2002, finishing in 4:19.89 ... as a junior, was fourth at state in the 3200m, and ninth in the mile ... is the course record holder at Sammamish State Park ... majoring in architecture.

UW Career Bests

10000m..... 30:49.70 3000m (indoor)..... 8:32.71
 XC: 8000m..... 24:38





Matt

TOPPING

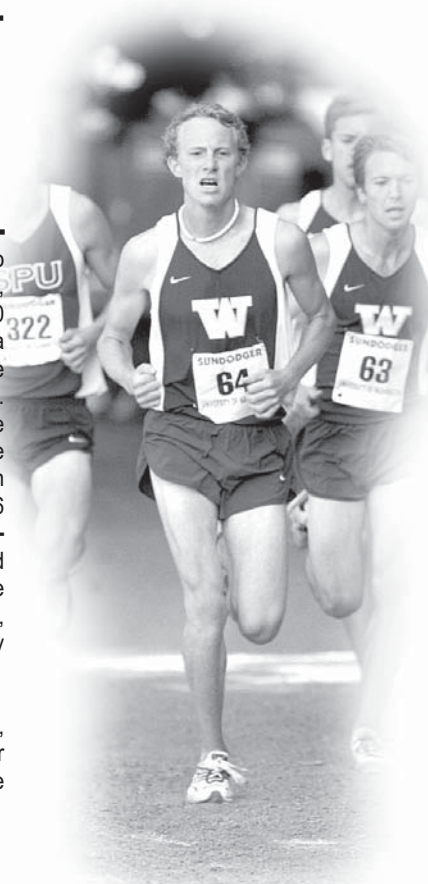
Junior • Kennewick, Wash. • Kamiakin High School

2002-03: Had a breakout cross-country season, as one of just four Huskies to run in the UW's top seven at every varsity meet ... was the team's No. 2 runner, 20th overall, at the Pac-10 Championships, finishing in an 8K career-best 24:40 to lead UW to fourth overall ... was 57th at the NCAA Regional meet, clocking a 32:27 in the first 10K cross-country race of his UW career ... placed 17th at the Emerald City Invitational and 13th at the Sundodger Invite, helping the Husky men to victories in both meets ... redshirted the indoor season ... focused on the steeple outdoors, with a best time of 9:21.70 in a fourth-place finish at the Ken Foreman Invite. **2001-02:** Helped UW to a win at the Emerald City Invite with a 39th-place finish, in 28:26 ... did not see any other varsity action ... ran twice outdoors on the track, including once each in the steeple and 5000m ... indoors, clocked the sixth-fastest 5000m mark in UW history with a time of 14:40.86 ... also competed in the mile and 3000m ... notched top-10 finishes in five of seven indoor competitions. **2000-01:** Competed in five races a freshman, including a 54th-place finish at the Pac-10 Championships ... recorded top finish of the year at the Emerald City Invite, placing ninth ... clocked season best time (25:41) at the Sundodger Invitational ... was 27th at the Big Cross Invite and 56th at the Wolverine Interregional ... outdoors, competed at distances from 1500m-5000m ... indoors, was a member of the 4x800m relay that won the Jerry Martin Invitational title.

High School and Personal: Born Sept. 3, 1981 ... parents are Marcia and Charles ... has three sisters, Sarah, Mary and Abby ... placed sixth at the 1999 state cross country meet ... was voted Big 9 Runner of the Year for cross country his junior season, and for track and cross country his senior season ... earned three top-10 state cross country finishes ... lettered all four years in cross country ... plans to become a youth pastor.

UW Career Bests

Steeple..... 9:21.70 Mile (indoor)..... 4:13.31 3000m (indoor)..... 8:20.54 5000m (indoor)..... 14:40.86
 XC: 8000m..... 24:40 10000m..... 32:27



Evan

WIRKKALA

RS Freshman • Mill Creek, Wash. • Jackson High School

2002-03: Redshirted both the track and cross country seasons ... ran twice unattached in the fall, with a best finish of 74th at the Sundodger Invitational ... clocked 8K cross-country PR of 26:29 at the Willamette Invitational ... ran once each at 1500m and 3000m outdoors ... took second in the 3K at the Oregon Mini-Meet.

High School and Personal: Born Oct. 6, 1983 ... parents are Karen and Jerald ... has a sister, Rheann ... took third at the 2001 state 4A cross-country championships ... earned all-league honors in cross country in each of his final three seasons ... was ninth at the 2001 state track championships in the 3200m, and 11th in the mile ... lost his senior track season to injury ... won WesCo 4A titles in the 1600m in 2001, and the 3200m in 2000 ... boasts two top-three finish at the Junior Olympics ... was Jackson's Athlete of the Year in 2002 ... captained the Jackson track and cross-country squads as a senior ... majoring in business,

UW Career Bests

1500m..... 4:14.47 3000m..... 9:26.9
 XC: 8000m..... 26:29





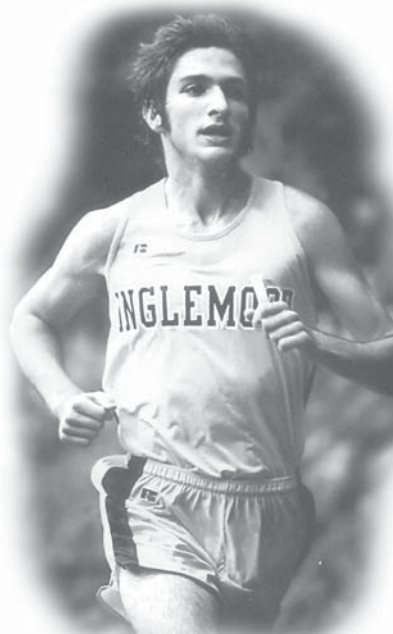
Mike *CONNELLY*

Freshman • Spokane, Wash. • Lewis & Clark High School

Born Sept. 11, 1984 ... both parents, Laurie and Pat, attended UW ... has a sister, Caitlin ... earned first-team All-Greater Spokane League cross-country honors as a senior, and was a second-team honoree in 2001 ... took 23rd at the 2001 Class 4A state cross-country meet ... was fifth at the 2002 GSL Championships, and took sixth at regionals ... lettered all four years, and served as captain in 2002 ... graduated with a 3.9 GPA ... interested in a career in teaching.

Personal Best Marks

800m..... 2:01 1600m..... 4:23 3200m..... 9:38 XC: 5000m..... 15:40 3-Mile..... 15:42



Curtis *EASTON*

Freshman • Kenmore, Wash. • Inglemoor High School

Born Nov.5, 1984 ... parents are Karla and Thomas ... has a sister, Whitney ... a third-generation Husky ... led Inglemoor to league, district and state titles in 2003 ... ran a leg of state champion 4x400m relay squad as a senior, and took third at state in the 800m ... took third at the 2003 KingCo cross-country meet ... was the KingCo champ at 1600m in 2001, and won conference titles at 800m and 4x400m in 2003 ... graduated with a 3.8 GPA ... considering a career in biology.

Personal Best Marks

800m..... 1:54.04 1600m..... 4:22 XC: 5000m..... 16:10



Tim *FREEMAN*

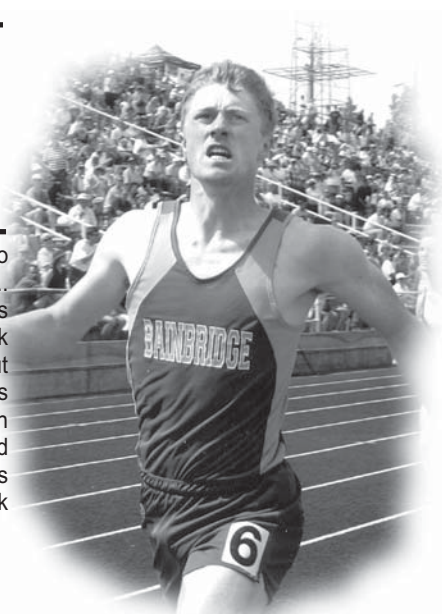
Freshman • Bainbridge Island, Wash. • Bainbridge High School

Born July 3, 1984 ... parents are Sheryl Somers and Glenn Freeman ... has two brothers, Josh and Andrew ... the reigning Class AAA state champion at 800m ... swept league and district titles in the half-mile in both his junior and senior seasons ... was runner-up in the 800m at the 2002 state track championships, and took second at state in the 4x400m relay in 2003 ... made his Dempsey Indoor debut

with an 11th-place finish in the 800m at the 2003 NCAA Last Chance Qualifier, in a career-best 1:52.16 ... was second in the 800m at the 2003 National Scholastic Indoor Championships at the New York Armory ... took fourth in the event at the Arcadia Invite, and was seventh at the Seattle International Track Championships ... captained both the track and cross-country squads as a senior, and was a track captain only in 2002 ... earned seven letters at Bainbridge ... in the winter, worked as a volunteer ski instructor at Crystal Mountain, and coached youth track camps during the summer ... plans to study medicine.

Personal Best Marks

800m (indoor)..... 1:52.16 XC: 5000m..... 17:04





Chris

GOINEY

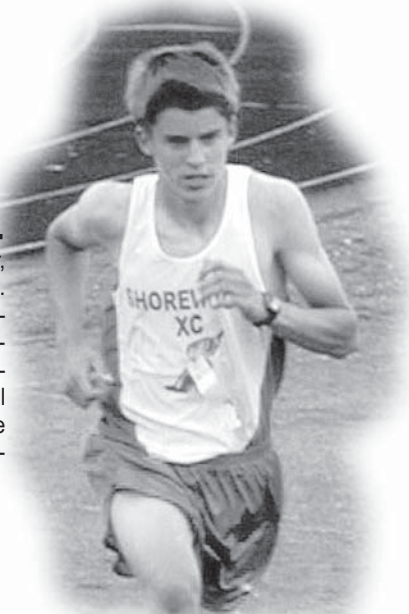
Freshman • Shoreline, Wash. • Shorewood High School

Born June 26, 1985 ... parents are Terrie and Robert ... has a younger brother, Matthew ... both parents competed in track and cross-country at Washington ... missed senior season with a stress fracture ... earned first-team All-WesCo Conference honors for cross-country in 2001 ... placed eighth at the 2001 WesCo District meet, and seventh at the WesCo South league meet ... ran 18th at the KingCo-

WesCo Bi-District Championships in 2000 ... was among the top-five finishers at the 10000m Gorge Games Trail Run in 2002 ... lettered four years each in track and cross-country, and was team captain in each of his last three seasons ... editorial cartoons for the school paper earned honorable mention at the National Journalism Convention in Dallas ... graduated with a 3.93 GPA.

Personal Best Marks

800m..... 2:03 1600m..... 4:26 3200m..... 9:55 XC: 5000m..... 16:10



Brad

LIBER

Freshman • San Diego, Calif. • University City High School

Born Apr. 16, 1985 ... parents are Leslie and Brad ... placed eighth at the California state cross-country championships in 2002 ... led University City to a second-place team finish at state and a San Diego CIF title as a senior ... won the 1600m and 3200m at the 2003 San Diego Section Championships, and qualified for the state finals at 3200m ... duplicated his league-title double in 2002 ... was CIF Champ at 3200m in 2002 ... earned All-CIF honors in the 1600m as a sophomore, and was an all-league honoree at 800m his freshman year ... took second in the 2.5-mile Van Cortland Park Manhattan Invitational in 2003 ... was named the San Diego Union-Tribune's Athlete of the Month ... enjoys outdoor sports such as surfing and rock climbing ... graduated with a 3.67 GPA.



Personal Best Marks

400m..... 52.00 800m..... 2:00.16 1600m..... 4:22.66 3200m..... 9:17.14 XC: 5000m..... 15:50



Carl

MOE

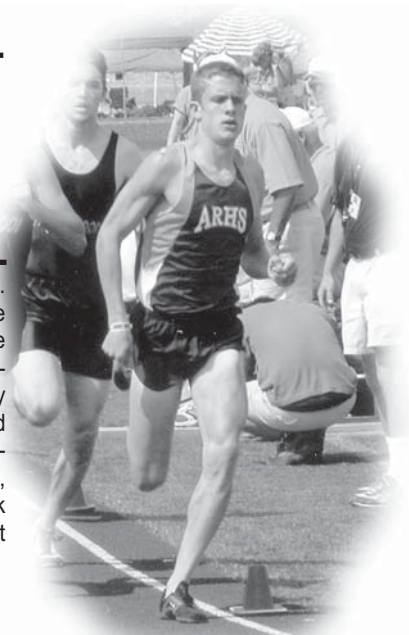
Freshman • Auburn, Wash. • Auburn-Riverside High School

Born Mar. 13, 1984 ... parents are Kathy and Dave ... has an older sister, Kelsie ... aunt, Marjan Howard, competed for UW's track and cross-country teams in the 1970s ... named Gatorade's 2003 Track and Field Athlete of the Year for the state of Washington ... also earned athlete of the year honors from the Tacoma News-Tribune and Seattle Post-Intelligencer ... the reigning class 4A state cross-country

champion ... logged one of the top prep track seasons in state history in 2003 ... set a state record, and ranked third nationally, with a time of 8:48.04 for 3200m at the Arcadia Invite ... won the state title at 1600m in a meet-record 4:05.09, just one second off the state record ... was defeated just once during the 2003 prep season, taking third in the 800m at state ... was second in the mile at the 2003 Golden West Games ... as a junior, took third at state in both the 1600m and 3200m runs, and was fifth overall at Golden West ... fourth in the 1600m at state in 2001 ... earned eight letters, and was twice team captain ... earned a 3.7 GPA.

Personal Best Marks

800m..... 1:51.85 1600m..... 4:05.09 3000m..... 8:48.04 XC: 5000m..... 14:510

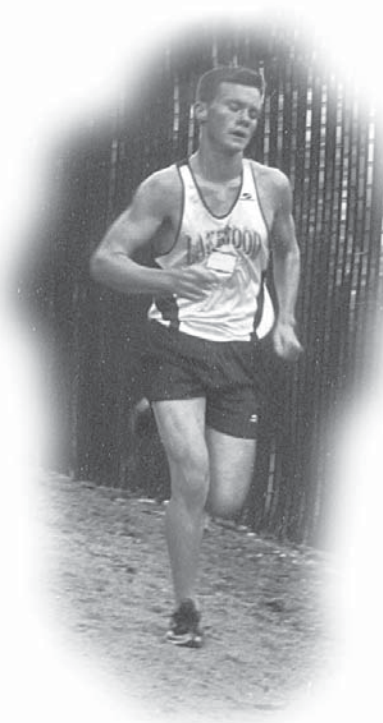


**Adam****SHIMER****Freshman • Edmonds, Wash. • Meadowdale High School**

Born Mar. 24, 1985 ... both parents, Kaya and Mike, attended UW ... has a younger sister, Shirley ... took second at the 2002 state cross-country meet, and was the eighth-place finisher at state in 2001 ... earned All-State cross-country honors both years ... a first-team All-WesCo cross-country selection each of his last two seasons ... won league cross-country title in 2002, and was third at the regional meet ... earned fourth at the 2001 WesCo cross-country meet ... led Meadowdale to a seventh-place state cross-country finish in 2002 ... won district cross-country titles in 2001 and 2003, and district two-mile crowns in 2002 and 2003 ... a 10-time prep letterwinner, served three years as captain ... named prep athlete of the month three times ... also lettered in swimming.

Personal Best Marks

800m..... 2:04 1600m..... 4:30 3200m..... 9:40 XC: 5000m..... 15:59

**Ryan****THOMAS****Freshman • Marysville, Wash. • Lakewood High School**

Born Mar. 20, 1985 in Tampa, Fla. ... parents are Jillian and Bill ... has one brother, Alex ... prep teammate of Husky sprinter Cameron Hartman ... won the league, district and state cross-country titles in 2002 ... earned a pair of top-five state finishes at 3200m ... won the 2003 North Cascades League title in the mile, and added mile and two-mile titles at the district meet ... earned all-conference honors twice in cross country and three times in track ... took 23rd at the 2002 Border Clash on Portland ... earned eight varsity letters, including two in wrestling ... considering a career in dentistry.

Personal Best Marks

1600m..... 4:26 3200m..... 9:26 XC: 5000m..... 15:42





Chessa

ADSIT-MORRIS

Junior • San Diego, Calif. • University High School

2002-03: Ran in the team's top seven at all four regular-season cross-country races ... placed 34th, in 22:07, at the Pac-10 Championships ... placed seventh at the season-opening Emerald City Invitational, the top finish of her UW career ... ran fifth on the squad at both the Sundodger and Notre Dame Invitionals, clocking a 17:54 for 5000m at the former ... missed second consecutive track season due to injury. **2001-02:** Ran in three meets during the 2001 cross-country season ... placed 16th overall in first-ever collegiate competition, the Emerald City Invitational ... ran 18:08 in a 25th-place finish in Huskies' win at the Sundodger Invitational ... was among the Huskies' top seven at the prestigious Pre-National Meet ... was limited by injury to just one competition on the track, an eighth-place finish in the 3000m at the Ken Foreman Invite.

High School and Personal: Born Apr. 23, 1983 in San Diego ... parents are Lauriel Adsit and Robert Morris ... has a brother, Devin ... captured the California state championship in the two-mile event in 1999 ... led team to league and regional titles that season, and a fourth-place finish at the state meet ... was named Cross Country Runner of the Year after capturing the league championship as a senior in 2000 ... captained squad to league and regional title for the second time that season ... was also a novice figure skater, placing 12th at a regional competition, before giving up the sport to focus on running.

UW Career Bests

3000m..... 10:52.88 XC: 5000m..... 17:54 6000m..... 22:07



Camille

CONNELLY

Junior • Marysville, Wash. • Marysville-Pilchuk High School



Will serve as co-captain in 2003, with teammate Lindsey Egerdahl. **2002-03:** A second-team Academic All-Pac-10 selection in both cross country and track ... the team's sixth finisher at all four meets in which she competed ... placed 30th overall at the Pac-10 Championships in a 6K cross-country best of 21:55, helping UW to a third-place team finish ... did not compete at the Regional or NCAA meets ... placed 13th overall at the season-opening Emerald City Invitational ... on the track, placed seventh in the steeplechase at the Pac-10 Championships, in time of 10:52.47 that was second-fastest ever at UW ... qualified for NCAA Regional meet, where she placed 22nd ... also a Pac-10 qualifier at 1500m ... earned top-10 finishes in eight out of 10 varsity races ... competed indoors in the mile and 3000m ... anchored UW's distance medley relay squad that set the eighth-fastest mark ever at UW, in 11:54.68. **2001-02:** Was among Washington's top-seven finishers at all but one cross-country meet ... ran a career-best 5000m time of 17:54 in a 16th-place finish at the Sundodger Invite ... helped UW to seventh at the Roy Griak Invitational ... was seventh on the team at the NCAA Championships in Washington's 14th-place finish ... was the sixth UW finisher at the Pac-10 meet ... placed 12th in the steeple at the Pac-10 meet, in 11:30.60 ... clocked top steeple mark of 11:26.40 in a third-place finish at the WSU Dual ... earned top-10 finishes in 12 of 14 races ... also competed at 800m, 1500m, 3000m and 5000m ... indoors, finished no lower than 11th in the seven races she completed ... focused on the mile, posting a top time of 5:08.69, at the UW Invite.

High School and Personal: Born March 8, 1983 ... parents are Katrina and Robert ... oldest of three siblings, Amelia and Kristin ... a five-time Junior Olympics All-American, twice on the track (1998 and 2000) and three times in cross country ('97-'99) ... earned top-15 finishes at the Junior Olympics Cross-Country Nationals three consecutive seasons ... placed among the top 15 at state each of her last three years ... finished as high as sixth in 1999 ... as a sophomore, led school to a state title, capturing league and district honors, and placing 14th at state ... placed second in the 3000m at the 2000 Junior Olympic Track Nationals, finishing in a personal-best 10:25 ... earned valedictorian honors with a 4.0 GPA ... also named Soroptomist International of Marysville's Student of the Year, Marysville-Pilchuk's Female Athlete of the Year and Scholar Athlete of the Year.

UW Career Bests

1500m..... 4:35:09 Steeple..... 10:52.47 5000m..... 17:37.00 Mile (indoor)..... 5:01.27 3000m (indoor)..... 9:59.78
 XC: 5000m..... 17:54 6000m..... 21:55

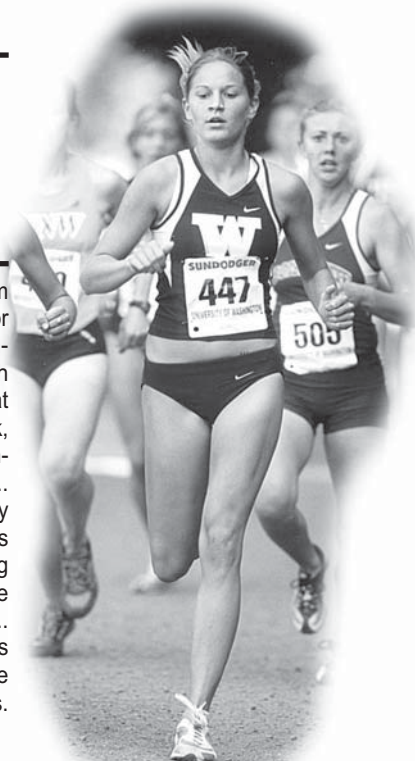


Lindsey

EGERDAHL

Junior • Auburn, Wash. • Auburn High School

Will serve as co-captain with teammate Camille Connelly. **2002-03:** A second-team Academic All-Pac-10 selection for cross country, and honorable mention pick for track ... UW's second runner at both the NCAA Regional and NCAA Championships ... ran 21:21 for 6000m at the Pac-10 meet to place third on the team, 14th overall, and lead UW to a third-place team finish ... was the 20th overall finisher at the NCAA Regional, in 22:11 ... clocked 5K cross-country PR of 17:45 at the Sundodger Invite ... on the track, earned second-straight top-10 Pac-10 finish with seventh place at 1500m ... Pac-10 time of 4:23.87 was ninth-fastest in UW history ... ran sixth in the event at the NCAA Regional ... earned seven top-five finishes in 2003 ... was also a Pac-10 qualifier at 800m, boasting a best of 2:10.36 ... ran lead leg of UW's distance medley relay squad that was eighth-fastest ever at UW, in 11:54.68. **2001-02:** Ran in the Huskies' first two cross-country meets of the season ... on the track, was the Huskies' No. 2 runner at 800m and 1500m, posting Pac-10 qualifying marks at each distance ... best 1500m mark of 4:31.33 earned ninth at the 2002 Pac-10 meet ... was the conference's highest-ranked freshman at 800m during the regular season, owning a best mark of 2:10.07 ... took fourth in the 1500m at the USA Junior Nationals in 4:30.93 ... earned three regular-season wins, and was top-five in 12 of 16 races during the 2002 outdoor season ... was a member of the Huskies' runner-up distance medley relay squad at the Drake Relays ... indoors, had two victories and seven top-10 finishes in eight races.



High School and Personal: Born May 1, 1983 ... parents are Peggy and Ryan ... youngest of four siblings, Michelle, Kristen and Jeanna ... never placed below seventh at the Class 4A state cross-country meet, with a personal-best fourth-place finish as a freshman ... never placed below ninth in four years of regional competition ... finished fifth at the 1998 Class 4A state cross-country meet in 18:52 ... was named team MVP in each of her last three cross-country seasons ... on the track, placed fourth at state in the 1600m in 2000 and 2001 with identical 5:04 times ... interested in a career in public relations.

UW Career Bests

800m..... 2:10.07 1500m..... 4:23.87 800m (indoor)..... 2:15.65 Mile (indoor)..... 4:55.12
 XC: 5000m..... 17:45 6000m..... 21:21



Jamie

GIBBS

Junior • Arvada, Colo. • Arvada West High School

2002-03: Earned Academic All-Pac-10 honorable mention for both cross country and track ... ran in all but one meet during the 2002 cross-country season ... was the team's fourth finisher at the Pac-10, Regional and NCAA Championships ... placed second overall at the season-opening Emerald City Invite, in 19:59 ... on the track, was a Pac-10 qualifier at 5000m with a personal-best 17:21.06 ... competed at the conference meet in the 10K, placing 13th. **2001-02:** Ran no lower than fourth on the squad in every meet during the 2001 cross-country season ... one of five freshmen to run in Washington's top-seven in 2001 ... placed 17th overall at the Pac-10 meet, crossing the 6000m course in a career-best 21:48 ... finished fourth in debut at the Emerald City Invitational ... was the Huskies' fourth finisher, in 22:16, in a 14th-place team finish at the NCAA Championships ... took 25th overall, at the NCAA West Regionals ... limited by injury during the 2002 outdoor season ... a Pac-10 qualifier at 10000m ... placed eighth in the event at the conference meet in 38:46.70, in just her second 10000m race of the year ... also ran once at 5000m ... indoors, recorded the fifth-fastest 5000m mark in school history with a time of 16:59.87 at the McDonald's II meet.



High School and Personal: Born Nov. 8, 1982 ... parents are Donna and Ron ... has three siblings; Lisa, Gibby and Danny ... only ran cross-country for two years, earning all-conference honors in both ... finished 17th at the Colorado state cross country championships in 2000 ... placed fifth in the 1600m at the 2001 Simplot Indoor Games with a time of 5:13 ... led Arvada West to consecutive league and regional titles ... netted top-10 finishes at the state track meet in both the 1600m and 3200m events ... set school records in three relay events ... shared high school valedictorian honors with her sister, Lisa, finishing with a 4.0 GPA ... interested in a career in law enforcement.

UW Career Bests

5000m..... 17:21.06 10000m..... 36:12.20 Mile (indoor)..... 5:09.11 3000m (indoor)..... 10:02.51 5000m (indoor)..... 16:59.87
 XC: 5000m..... 17:50 6000m..... 21:48



Laura

HALVERSON

Junior • Mica, Wash. • Freeman High School

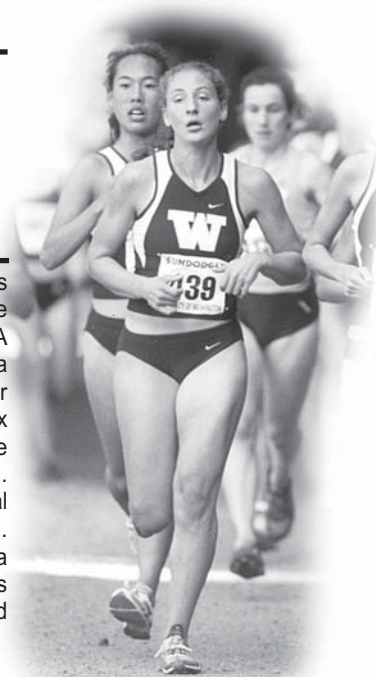
2002-03: An honorable mention Academic All-Pac-10 honoree ... competed five times during the cross-country season, including all three postseason races ... was the team's fifth finisher at the Pac-10 meet, in 21:46 ... ran sixth on the team, at the NCAA Regional, and fifth at the NCAA Championships ... set 5K cross-country PR with a mark of 18:03 at the Sundodger Invite ... limited by injury to just a handful of indoor

competitions in 2003 ... competed in the mile and 3000m ... redshirted the outdoor track season. **2001-02:** Ran in six of seven cross-country meets in 2001, missing only the NCAA Championships ... was ninth overall in first collegiate competition, the Emerald City Invite ... one of five Husky freshmen to see time in the team's top-seven in 2001 ... ran fifth on the squad at Pac-10s, placing 32nd in 22:44 ... was the sixth Husky finisher at the NCAA West Regional ... was UW's top steepler on the track, posting a best mark of 11:05.04 at the WSU Dual that ranks third all-time ... placed 11th in the event at the conference meet, in 11:26.26 ... established a Husky Stadium steeple record with a winning mark of 11:19.99 in snowy conditions at the Husky Classic ... was the 10th in the steeple at the prestigious Drake Relays ... finished in the top-10 in every regular-season steeple competition ... ran sparingly at 800m and 1500m ... was limited indoors by an injury.

High School and Personal: Born Nov. 19, 1982 ... parents are Linda and Neil ... youngest of five siblings, including Patti, Denise, Alan and Joe ... high school teammate of current Husky John Russell ... a three-time Class 1A Washington state cross country champion ... placed ninth at the 2000 Washington/Oregon Border Clash meet ... on the track, earned three Class 1A state championships and 10 top-five state finishes ... won two titles at the 2001 State meet, taking the 1600m in 5:03 and the 3200m in 11:15, both personal bests ... 3200m title was her second-straight in the event, having won in 11:44 in 2000 ... also netted a second (1600m) and a third (800m) at the 2000 State meet ... never finished below second in the 3200m in four years of State competition ... led team to a pair of league titles, one regional title, and three top-10 state finishes in her career ... carried a 4.0 GPA ... entered Washington as a junior academically.

UW Career Bests

800m..... 2:28.26 1500m..... 4:45.31 Steeple..... 11:05.04 Mile (indoor)..... 5:08.80 3000m (indoor)..... 10:08.08
 XC: 5000m..... 18:03 6000m..... 21:46



Laura

HODGSON

Sophomore • Spokane, Wash. • North Central High School

2002-03: Became the first Husky cross-country runner ever to earn a victory in their collegiate debut, capturing medalist honors at the season-opening Emerald City Invite ... crossed the 5000m course in 17:41 to win by 18 seconds ... was the first win of any sort by a UW freshman since Regina Joyce in 1980 ... set 5K PR of 17:17 at the Sundodger Invitational ... was one of just three UW runners to compete in every varsity meet during the 2002 season ... ran third on the squad, 31st overall, at the NCAA Regionals, helping UW qualify for its sixth-straight NCAA Championships appearance ... ran sixth on the squad at the NCAA meet ... placed 32nd overall in first Pac-10 appearance, finishing in 22:03 ... a Pac-10 qualifier on the track at 5000m ... ran first collegiate 10K at the Pac-10 Championships, placing 15th in 37:16.57 ... indoors, notched the ninth-fastest 5000m mark in UW history with a time of 17:33.35 at the Pac-10 Invite.

High School and Personal: Born July 25, 1984 ... parents are Roberta and J.C. ... has a sister, Alyssa ... ran third at the 2001 state 4A cross-country meet, in 18:32 ... led North Central to a sweep of the state, regional and district cross-country crowns in 2001 ... was the runner-up in the 3200m at the 2002 state meet, in 11:04.46 ... took fourth in the event at state in 2000 ... earned four first-team All-GSL honors ... took second at the 2001 Nike Border Clash meet ... won the 3200m at the 2002 Pasco Invitational, in 10:49.2 ... also earned top-10 finishes at Pasco in the 3200m in 2000, and the mile in 2001 ... took second in the two-mile at the 2002 Nike Indoor Classic, finishing in 10:52.74 ... excelled on the french horn in the Youth Symphony, qualifying as a soloist for the 2002 State Solo/Ensemble competition ... earned valedictorian honors with a 4.0 GPA ... majoring in math.

UW Career Bests

1500m..... 4:48.67 5000m..... 17:28.43 10000m..... 37:16.57 Mile (indoor)..... 5:06.11 3000m (indoor)..... 10:03.42
 5000m (indoor)..... 17:33.35 XC: 5000m..... 17:17 6000m..... 21:57





Noelani KANEKO

Sophomore • Seattle, Wash. • Bishop Blanchet High School

2002-03: One of just two freshmen to run with the UW in the postseason ... placed 43rd overall at the 2002 Pac-10 meet, completing the 6000m course in 22:27 ... ran in just two other cross-country meets ... placed ninth overall, and fifth on the squad, at the season-opening Emerald City Invitational ... ran 5K cross-country PR of 18:01 at the Sundodger Invite ... redshirted the outdoor season with an injury ... ran just three times indoors, competing once each at 800m, 3000m and the mile.

High School and Personal: Born May 13, 1984 ... parents are Norm and Dale ... has two younger siblings, Keola and Maile ... placed second at the state 3A cross-country meet in 2000 ... earned a second top-10 finish the following year ... was fourth in the mile at the state track championships in 2002 ... was the third-fastest miler at state in 2001 with a time of 5:06 ... posted identical seventh-place finishes in the mile at the state meets in 1999 and 2000 ... was the 1998 Junior Olympics champion at 3000m, finishing in 10:25 ... at the same meet, run at Husky Stadium, took second in the 1500m ... also notched a fifth-place finish in the 1500m at the 1997 Junior Olympics ... was sixth in the 1500m, seventh in the 3000m at the 2000 Junior Olympics ... helped Bishop Blanchet to a second-place state cross-country finish in 2000 ... was honored as team MVP twice in track, once in cross-country ... captained both squads at Bishop Blanchet as a senior ... was a first-team All-Metro League selection in soccer as a freshman, and a second-team pick as a sophomore ... also earned National Scholar Athlete and National Honor Society recognition.

UW Career Bests

800m (indoor)..... 2:28.32 Mile (indoor)..... 5:18.49 3000m (indoor)..... 10:29.29
 XC: 5000m..... 18:01 6000m..... 22:27



Karen SCHWAGER

Sophomore • Langley, Wash. • South Whidbey High School

2002-03: Ran twice during the 2002 cross-country season ... was the team's third runner, in a personal-best 18:41, at the Willamette Invitational ... ran 10th on the squad at the Sundodger Invite ... outdoors, competed primarily at 1500m, with a best of 4:52.56 at the WSU Dual ... also ran once each in the 800m and 4x400m relays ... ran the mile and 800m events indoors ... took fourth in the 800m at the Pac-10 Invite in a personal best 2:25.08.

High School and Personal: Born Feb. 28, 1984 ... parents are Christine and Bruce, a former Husky rower ... has a brother, Dan ... helped team to three top-10 state cross-country finishes ... took 20th at state in 2001 ... notched three top-10 finishes at the 2002 state track meet ... was third in the 3200m, third in the 1600m and eighth in the 800m ... took 10th in the mile at the state meet in 2001... competed three years at the Pasco Invitational, with a best finish of eighth in the mile in 2002 ... served as captain of both track and cross-country squads as a junior and senior ... was named team MVP as a senior for both sports ... excelled academically, helping both the 1999 cross-country and 2002 basketball squads earn academic state titles ... was honored as the American Society of University Women's Outstanding Science Scholar ... earned academic all-state honors from the Washington State Track and Field Coaches' Association ... a national Scholar Athlete ... graduated with a 3.98 GPA.

UW Career Bests

800m..... 2:25.07 1500m..... 4:52.56 800m (indoor)..... 2:25.08 Mile (indoor)..... 5:14.36
 XC: 5000m..... 18:41





Leila

SHIRAIWA

RS Freshman • Gig Harbor, Wash. • Gig Harbor High School

2002-03: Redshirted the 2002-03 cross country and track seasons ... ran unattached outdoors at 3000m and 5000m ... posted top 3K mark of 11:25.21 at the Ken Foreman Invite ... indoors, ran the 3K and mile, boasting bests of 11:17.56 and 5:46.64, respectively.

High School and Personal: Born Jan. 26, 1984 ... parents are Linda and Keizo ... has a younger sister, Lena ... led Gig Harbor to top-10 state cross-country finishes in three of her four seasons ... was a three-time competitor at the state cross-country meet ... clocked an 11:26 for 3200m at the 2002 state 3A track meet, good for 10th ... was also 10th in the 3200m at the 2002 Pasco Invitational ... boasted prep 5K cross-country best of 19:27 ... earned four letters each in track and field and cross-country ... prep teammate of fellow Husky Molly Wise.

UW Career Bests

Mile (indoor)..... 5:46.64 3000m (indoor)..... 11:17.56



Kathryn

TOURAN

Junior • Petoskey, Mich. • Petoskey High School

2002-03: Earned Academic All-Pac-10 honorable mention on the track ... ran in three races during the 2002 cross-country season ... led all Husky finishers, in a career-best 18:34, at the Willamette Invitational ... also ran at the Emerald City and Sundodger meets, finishing among the top-10 UW runners at both ... earned first-ever bid to the Pac-10 Championships with a time of 4:36.04 for 1500m at the Pepsi Invite ... took 16th in the event at the conference meet ... earned top-six finishes in three of four regular-season 1500m races ... indoors, ran once each in the 800m, mile and 3000m events. **2001-02:** Missed all of the 2001 cross-country season and most of the track seasons with an injury ... ran just twice outdoors as an unattached runner, posting a best mark of 4:48.26 in the 1500m at the Ken Foreman Invitational. **2000-01:** Redshirted both the track and cross country seasons.

High School and Personal: Born May 1, 1982 ... parents are Suzanne Wehrenberg and Neal Touran ... oldest of four siblings, including Nick, Molly and Jack ... father, an anesthesiologist, did his medical residency at UW ... was a state medalist in cross country as a senior ... placed eighth in the state for at 1600m as a junior ... lettered all four years ... was captain of the team her sophomore through senior seasons ... ran in the Foot Locker Cross Country Invitational in 1999 ... was a National Merit Scholarship Finalist ... plans to go into the medical profession like her parents ... majoring in zoology.

UW Career Bests

800m..... 2:18.36 1500m..... 4:36.04 800m (indoor)..... 2:24.41
 Mile (indoor)..... 5:08.25 3000m (indoor)..... 10:09.95
 XC: 5000m..... 18:34





Alison
TUBBS

RS Freshman • Enumclaw, Wash. • Enumclaw High School

2002-03: Redshirted both the cross-country and track and field seasons with an injury.

High School and Personal: Born Oct. 27, 1983 ... parents are Tim and Nancy ... has two younger sisters, Vanessa and Melanie ... father was a track and cross-country letterwinner at Western Washington ... won the 2001 Great American Shootout in North Carolina with a time of 16:48, the fastest 5000m cross-country mark in the nation in 2001 ... placed third in the 5000m against a nationally-competitive field at the 2001 Seattle International Track and Field Championships, posting a time of 16:44.81 that was a meet record for a prep runner ... was second in the 3200m at the 2001 Nike Indoor Championships ... missed the 2002 track season while rehabilitating an injury ... in 2001, set a state 4A track championships record with a time of 10:11.94 in the 3200m, nearly 48 seconds ahead of her nearest competitor ... was runner-up in the 1600m at the 2001 state meet, in 4:54.41 ... placed sixth at state in 2001, and 14th at state in 2000 ... earned a fifth-place finish in the 1600m and a sixth in the 3200m at the 2000 state track meet ... was honored as both league and district MVP in 2000 and 2001.

Personal Best Marks

1600m..... 4:54.41 3200m..... 10:11.94 5000m..... 16:44.81
XC: 5000m..... 16:48



Molly
WISE

Sophomore • Gig Harbor, Wash. • Gig Harbor High School

2002-03: Redshirted the 2002-03 cross country and track seasons after transferring from Colorado ... ran unattached at the Emerald City Invite, taking 57th in 21:04 ... competed unattached twice outdoors, both times at 3000m ... clocked 3K best of 10:51.87 at the Ken Foreman Invite ... indoors, ran once each in the mile, 3000m and 5000m. **2001-02 (Colorado):** Competed sparingly for the Buffaloes in 2001 ... clocked a 24:03 for 6000m to place 35th at the season-opening Rocky Mountain Invitational ... ran in just one other cross-country meet ... indoors, placed second in the 3000m at the CU Invite, finishing in 12:37.78 ... sat out the outdoor season after deciding to transfer.

High School and Personal: Born May 1, 1982 ... parents are Maureen and Hardy ... led Gig Harbor to top-10 track finishes in each of her last two seasons ... was the state runner-up in the 3200m in 2001, clocking an 11:01 ... took third in the 3200m at the 2000 Pasco Invitational ... competed in the Foot Locker Western Regional cross-country championships in both her junior and senior seasons ... was named team MVP in each of her final two track seasons, and most inspirational in 2001 ... a prep teammate of freshman Leila Shiraiwa.

UW Career Bests

Mile (indoor)..... 5:34.90 3000m (indoor)..... 11:02.17 4000m (indoor)..... 19:13.1
XC: 5000m..... 21:04





Angela

WISHAAR

Sophomore • Shoreline, Wash. • Shoreline High School

2002-03: Competed once during the cross-country season, clocking a 21:56 for 5000m at the season-opening Emerald City Invite ... earned first-career Pac-10 Championships berth with a 4:39.04 for 1500m at the Pepsi Invite ... took 17th in the event at the conference meet, in 4:44.51 ... earned top-10 finishes in all but one regular-season race ... was among the Huskies' top-five at 800m with a best of 2:19.76 ... indoors, ran the mile and 800m. **2001-02:** Redshirted the 2001 cross-country season ... focused on the 800m during the 2002 track season, clocking a best time of 2:23.74 at the Salzman Invite ... earned top-10 finishes in both of her outdoor races ... also ran the 800m indoors, with a best of 2:21.22 at the UW Indoor Qualifier.

High School and Personal: Born Nov. 11, 1982 ... parents are Joni and James ... has a brother, Nicholas, and a sister, Valerie ... served as Shoreline's team captain her senior season ... lettered all four years ... was named Shoreline's Female Scholar Athlete of the Year in 2001 ... also lettered four years in soccer, leading squad to a Class 4A state title and a No. 8 national ranking in 2000 ... participated on Diamonte select soccer squad, leading team to club-level state title in 1997.

UW Career Bests

800m..... 2:19.76 1500m..... 4:39.04
 800m (indoor)..... 2:21.22 Mile (indoor)..... 5:04.65
 XC:5000m..... 21:56



Sayaka

YOSHINAGA

RS Freshman • Seattle, Wash. • Ballard High School

2002-03: Redshirted both the cross-country and track seasons.

High School and Personal: Born Mar. 14, 1984 ... parents are Tomoko and Takumi ... has two brothers, Sho and Riki ... took 37th at the state AAA cross-country championships, and 17th at the AAA district meet, in 2001 ... was the 11th-place finisher in the 3200m at the state track meet in 2002, and placed fifth in the event at the district championships ... earned eight varsity letters, and served as captain of the track squad in 2002 ... was named Ballard's MVP for cross-country as a junior and senior, and was the team's track MVP in 2001 ... contemplating an art major.

Personal Best Marks

1600m..... 5:20 3200m..... 11:34 XC: 5000m..... 19:17





Janel
EMERY

Freshman • Silverdale, Wash. • Central Kitsap High School

Born Mar. 7, 1987 in Illinois ... parents are Janet and William ... earned third-team All-Narrows League cross-country honors as a senior ... was the first female from Central Kitsap ever to compete at the state cross-country meet for four consecutive years ... was also the youngest Cougars' female ever to compete on the varsity ... made her state cross-country debut at age 12 ... led team to state in each of her first two seasons, including a 10th-place team finish in 2000 ... helped Central Kitsap capture 1999 Narrows League cross-country title ... earned eight varsity letters in cross country and track, and was a team captain in each of her final two seasons ... a four-year scholar athlete, graduated with a 3.9 GPA ... plans to major in aeronautical and astronautical engineering ... also interested in Japanese.

Personal Best Marks

800m..... 2:46.7 1600m..... 5:45 3200m..... 12:25 XC: 5000m..... 19:45



Marie
FOUSHEE

Freshman • Bellevue, Wash. • Bellevue High School

Born Feb. 9, 1985 ... parents are Jana and Jeff ... has an older brother, Charlie ... is the reigning class 3A state cross-country champion ... also captured state titles in the 1600m and 3200m runs as a senior ... performance at the state track meet led Bellevue to the team title in 2003 ... never placed lower than sixth in any event at state, including four races each at 1600m and 3200m ... earned three top-10 state cross-country finishes, and was 18th as a freshman ... won two league cross-country titles, and earned four more league titles on the track ... helped Bellevue sweep league and regional titles in both track and cross country as a senior ... placed ninth at the 2003 Washington/Oregon Border Clash ... named the Eastside Journal's Female Athlete of the Year in 2003 ... graduated with a 3.95 GPA ... contemplating a career in nursing.

Personal Best Marks

1600m..... 5:02 3000m..... 10:14 3200m..... 11:00 XC: 5000m..... 18:03



Kira
HARRISON

Freshman • Bellingham, Wash. • Meridian High School

Born June 12, 1985 ... parents are Diana and Brent ... has an older brother, Nathaniel, at UW ... is the granddaughter of Husky Hall of Famer Walter Harrison, an outstanding center on the UW football team from 1940-42 ... did not compete in cross country as a prep ... won back-to-back state 2A 1600m titles in 2002 and 2003 ... owns the state 2A record at 1600m ... led Meridian to a fourth-place finish at the 2003 state track meet ... never finished lower than sixth in any of four 800m races at the state track championships ... was the runner-up at 800m as a senior ... set a meet record in the 1600m at the 2003 Davis Invite ... was named Outstanding Athlete at the 2003 Nooksack Valley Invite after setting meet records at 800m and 1600m ... also excelled on the soccer field, earning first-team all-state honors as a senior ... led Meridian to a second-place state soccer finish in 2001 ... graduated with a 3.91 GPA.

Personal Best Marks

400m..... 58.8 800m..... 2:12.44 1600m..... 5:01.29 3200m..... 11:46.05





Amy

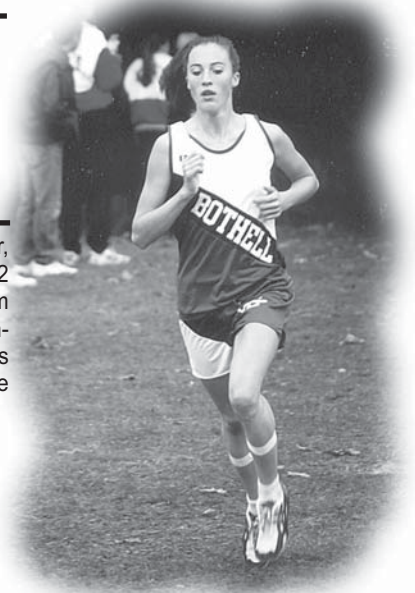
LIA

Freshman • Bothell, Wash. • Bothell High School

Born May 24, 1984 ... parents are Cathy Key and Tony Lia ... has an older brother, Joe ... won consecutive KingCo Conference cross-country titles in 2001 and 2002 ... also captured back-to-back conference crowns in both the 800m and 1600m events ... earned three top-20 finishes at the state 3A cross-country championships ... the runner-up at the 1999 Junior Olympics cross-country championships ... named Eastside Journal Athlete of the Week as a senior ... earned three letters, and served as captain one season ... also lettered in gymnastics, and played premier-league soccer for three years.

Personal Best Marks

800m..... 2:15 1600m..... 5:07



Ingvill

MAKESTAD

Sophomore • Odda, Norway • Odda Vidaregaende Skole

Born Aug. 7, 1981 in Odda, Norway ... parents are Sissel and Karsten Makestad ... has a younger brother, Kjetil ... has competed on the European amateur circuit for several years ... won the 2003 Norwegian national title at 800m ... followed up that performance with a fourth-place finish in the 1500m at the Under-23 European Championships in Poland this summer ... ran a personal-best of 4:13.58 at the European under-23 meet that, if duplicated at Washington, would be the school's third-fastest all-time ... took fourth in the 800m at the Under-20 European Championships in both 1997 and 1999 ... was the eighth-place finisher in the 800m at the 1998 World Junior Championships in France, finishing in 2:06.38 ... ran a leg of Norway's second-place 4x400m relay squad in a 1999 EuroCup competition ... placed second in the 800m in a 1999 EuroCup race, in a personal-best 2:04.99.

Personal Best Marks

800m..... 2:04.99 1500m..... 4:13.58



Kelsey

McCALLUM

Freshman • Edmonds, Wash. • Edmonds-Woodway High School

Born Jan. 28, 1985 ... parents are Deborah and Robert ... has one brother, Matt ... prep teammate of current Huskies Andrew Robinson ... earned three top-15 finishes at the state 4A cross-country meet, including a pair of 11th-place finishes in 2000 and 2002 ... earned All-State cross-country honors all four years ... the four-time district cross-country champion ... competed at the Foot Locker Regional Championships in 2002, and was a three-year participant in the Nike Washington/Oregon Border Clash ... earned eight letters in track and cross-country, and was a team captain three times ... has been competing in track and field since the second grade ... graduated with a 3.612 GPA.

Personal Best Marks

400m..... 1:03 800m..... 2:28 1600m..... 5:19 3200m..... 11:33 XC: 5000m..... 19:06





Brianna McLEOD

Freshman • Jenks, Okla. • Jenks High School

Born Nov. 19, 1984 in Humble, Texas ... parents are Daria and Tim ... has five siblings ... named a Verizon Prep All-American at 3000m in each of her final two seasons ... also earned cross-country All-America honors from both Nike and Harrier Magazine in both 2001 and 2002 ... led Jenks to sweeps of the league, district and state cross-country titles in each of her four years ... the three-time state 5A cross-country champion ... took second at state in 2001, while struggling with an injury ... was ranked sixth nationally at 3200m ... a five-time state track champion ... placed third in the 3000m at the 2003 U.S. Junior National Championships, and was the fifth-place finisher in the event in 2002 ... ran second in the mile, in 4:50.90, at the 2003 Golden West Games ... earned a pair of top-five finishes at the 2002 Nike Indoor Championships ... set a meet record in the high school girls 1600m at the 2003 Texas Relays ... was honored as the state's top female cross-country runner with the Jim Thorpe Award, and was a finalist for the Wendy's High School Heisman ... competed for the U.S. at the 2003 Pan Am Junior Championships ... also excelled in the pool, leading Jenks to state swimming titles in 2002 and 2003 ... swam on the three-time state champion 400 freestyle relay squad, and earned top-five state finishes in three individual events ... graduated with a 4.28 GPA.



Personal Best Marks

800m..... 2:13 1600m..... 4:49 3000m..... 9:46 3200m..... 10:41 XC: 5000m..... 17:45



Dallan WILLIAMS

Freshman • Turlock, Calif. • Turlock High School

Born Jan. 9, 1985 ... parents are Carolyn and Ralph ... has an older brother, Drew ... went undefeated at 800m, 1600m and 3200m during the 2003 regular-season ... earned cross-country All-America honors in 2002 with a seventh-place finish at the USATF Junior Nationals ... was the seventh-place finisher at the 2003 CIF State Cross-Country Championships, in a career-best 18:25 ... earned district cross-country MVP honors in 2002, and league MVP honors for track and cross-country as a senior ... led track and cross-country squads to league titles as a junior and senior ... was undefeated in cross-country league competition her senior year ... qualified for the state track meet at 3200m as a junior, and made her first trip to the state cross-country meet her sophomore year ... swept league 800m and 1600m titles as a freshman ... never placed lower than second at the Central California Conference cross-country meet ... owns two national age-group titles in the triathlon ... never placed below third in eight years of competition at the Ironkids national triathlon finals ... also participated three years in basketball.



Personal Best Marks

800m..... 2:18 1600m..... 5:02.47 3200m..... 11:16 XC: 5000m..... 18:25



Greg

METCALF

**Head Coach, Track & Field and Cross Country
2nd year, 7th overall at UW**

As a youth running the hills and dirt lanes around Ephrata, Wash., Greg Metcalf dreamed of running for the Washington Huskies.

After joining the Huskies as a junior in 1990, he dreamed of breaking records and earning All-American accolades.

After graduating from UW in 1993 with an All-American certificate on the wall and the school's fourth-fastest steeplechase time to his credit, he dreamed of one day returning to his alma mater as head coach.

On Aug. 13, 2002, Metcalf's latest dream became a reality.

Having served five years as assistant track and field coach in charge of Washington's distance runners, Metcalf last fall became Washington's 12th head track and field coach all-time, and just the fifth since Clarence "Hec" Edmundson took the helm in 1919. Metcalf continued to direct Washington's cross-country squads as well, which he has built over the past six years into one of the most talented in the U.S.

Washington's women's squad has reached the NCAA Championships in each of Metcalf's six seasons, while the Husky men

have been a consistent force at the conference and regional competitions.

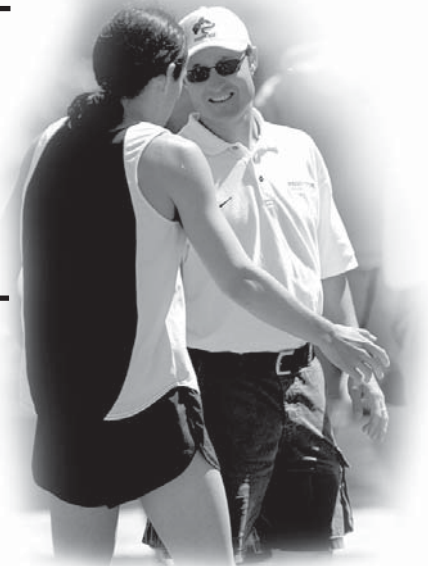
In 1997, Metcalf's first season working with Husky distance corps, he guided the Husky women to a 14th-place finish at the NCAA meet, a placing matched by Washington's 2001 squad. In between, the Huskies posted top-25 NCAA finishes each season, including an all-time best ninth place finish in 1998.

Metcalf has not only been defined by his team's success. Several individuals have excelled under his tutelage as well. In 2002, miler Eric Garner became just the second Husky ever to post a four-minute mile, while in 2003 Courtney Inman broke a 22-year old school record to earn All-America honors in the 1,500 meters.

Metcalf has also prepared runners for outstanding careers after college, as illustrated by the success of former Huskies David Bazzi and Christian Belz.

Bazzi, an All-American and Pac-10 champion in 2001 and holder of two school records, was a member of the United States' team at the 2001 World University Games, and currently works as a UW assistant.

Belz, a two-time Pac-10 steeplechase runner-up, won two national steeplechase titles in his native Switzerland and ran for the



Swiss national team at the 2000 Olympic Games in Sydney, Australia.

In all, Metcalf has coached nine All-Americans, five Pac-10 champions, 63 NCAA qualifiers, and 11 school-record setters.

Metcalf's teams have also been among the brightest at a school renowned for its high academic standards. His cross-country runners are five-time recipients of the Cross-Country Coaches Association All-Academic honor, and three Husky individuals have earned Academic All-American acclaim. UW dominated the Pac-10's all-academic cross-country team in 2002, placing 13 of its top 14 runners on the all-conference squad.

Washington is the second head coaching position for Metcalf, who served in 1996-97 as the head cross country and assistant track coach at Auburn University. His Tiger athletes accumulated four All-America awards and seven NCAA Championship berths. He coached the Auburn men's team to a second-place performance at the 1997 NCAA Indoor Track & Field Championships.

Metcalf received a bachelor's degree in geography from UW in 1993 and completed all necessary coursework for a master's of science in exercise physiology at Auburn.

A four-time Academic All-Pac-10 honoree at Washington, Metcalf earned All-American honors at the 1992 and 1993 NCAA Championships. His best collegiate mark of 8:41.17 ranks fourth among all-time Husky steeplers. He also was a steeple finalist in the 1996 U.S. Olympic Trials.

At Ephrata (Wash.) High School, Metcalf won the 1987 state cross country title and the 1988 1600m crown.

Metcalf and wife Kristin, a former Husky distance runner, reside in Seattle. They are expecting their first child in February.



Assistant Coaches

David Bazzi

Distances (3rd Year)



Former Husky All-American David Bazzi enters his third year as an assistant coach at Washington. Bazzi assists head coach Greg Metcalf with scheduling and meet management, and works closely with the Husky distance runners.

Bazzi's first two years have seen Husky distance runners topple five school records and record 27 times among the top-10 all-time at Washington.

An outstanding distance runner in his own right, Bazzi competed at Washington from 1996-2001, earning a pair of All-America honors in the 5,000 and 10,000 meters at the 2001 NCAA Championships. The school-record holder in both events, Bazzi was crowned Pac-10 10,000-meter champ in 2001, and competed post-collegiately at the 2001 World University Games in China.

The 26-year old Bazzi, a graduate of Seattle's O'Dea High School, was recently married to former Washington distance runner Kara Syrdal.

Kelly MacDonald

Distances (2nd Year)



Kelly MacDonald enters her second season as an assistant coach at UW, working primarily with the distance runners.

A 2002 graduate of Arizona State, MacDonald ranks seventh in U.S. history in the steeplechase with a career-best of 9:55.49, and is the ninth-fastest collegiate steepler of all-time.

While at Arizona State, MacDonald earned a reputation as one of the top distance runners in the nation, earning five All-America honors and three Pac-10 titles, and graduating with five school records.

A native of Tualatin, Ore., MacDonald took third in the steeplechase and 5,000 meters at the 2001 NCAA Championships, and matched those finishes in the steeplechase final at the U.S. Senior National Championships on the same track two weeks later.

She was recognized in 2002 as ASU's Pac-10 Medal Winner, and earned ASU Athlete of the Year honors in 2001-02.

MacDonald, 25, currently resides in Bellevue.

35 Years: A Legacy of Success



Dan Ghormley

Best Finishes of All-Time UW Men's Cross Country Coaches

Year	Coach	Conference	Regional	NCAA
1968-74	Dan Ghormley	4th (1973)	n/a	n/a
1975-80	Dixon Farmer	2nd (1977)	6th (1980)	n/a
1981	Greg Gibson	8th (1981)	11th (1981)	n/a
1982-85	Art Hutton	6th (1985)	7th (1983, '85)	n/a
1986-96	Mike Johnson	1st (1993)	2nd (6 times)	4th (1989)
1997-2001	Orin Richburg/ Greg Metcalf	5th (2000)	5th (1997)	n/a
2002	Greg Metcalf	4th (2002)	6th (2002)	n/a



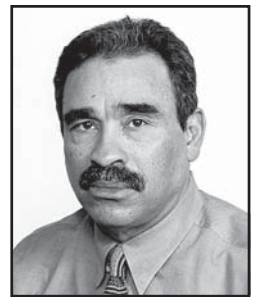
Greg Metcalf



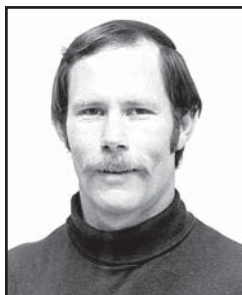
Dixon Farmer

Best Finishes of All-Time UW Women's Cross Country Coaches

Year	Coach	Conference	Regional	NCAA
1976-82	Alan Bonney	2nd (1982)	2nd (1980)	13th (1982)
1983-85	Art Hutton	4th (1984)	8th (1984)	n/a
1986-96	Mike Johnson	1st (1989)	1st (1989, '92)	12th (1989, '92)
1997-2001	Orin Richburg/ Greg Metcalf	2nd (1997, '98)	3rd (1997, '98)	9th (1998)
2002	Greg Metcalf	3rd (2002)	4th (2002)	31st (2002)



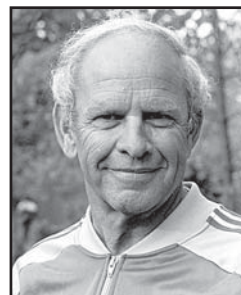
Orin Richburg



Al Bonney



Greg Gibson



Art Hutton



Mike Johnson

The 2002 season was a banner year for the Huskies both on the course and in the classroom, where all of Washington's top-seven women, and six of the Huskies' top-seven men earned Academic All-Pac-10 honors.

Junior Kate Spigel (3.66, business administration), who graduated in June, achieved first-team All-Conference honors for both track and cross-country, while junior Todd Arnold (3.40, undeclared), seniors Kate Bradshaw (3.25, psychology) and Courtney Inman (3.42, business administration) and sophomores Camille Connelly (3.70, undeclared) and Lindsey Egerdahl (3.43, undeclared) merited a second-team selection.

Huskies receiving honorable mentions included redshirt freshmen Andy Fader and Mark Mandi, sophomores Jamie Gibbs and Laura Halverson, juniors Ben Koss and John Russell and senior Jeremy Park.

Also, senior Kate Bradshaw earned the prestigious Scott Greenwood Memorial Scholarship, awarded to a UW student-athlete who excels in athletics, academics and community service. Bradshaw plans to apply the scholarship to graduate studies in education at Washington.

The Pac-10 selects an all-academic team in every sport based on an individual athlete's academic and athletic excellence. A 3.0 overall grade

point average is required for a student-athlete to be considered for the all-academic squad. Washington has amassed the most Pac-10 selections in seven of the last 12 years.

In 1996, Tara Carlson completed a stellar career with the maximum number of first-team Pac-10 All-Academic team selections, earning three cross country and four track and field honors from the conference. Carlson had a 3.68 GPA in speech and hearing sciences, and was an academic All-American following her senior season.

In 1990, the Huskies featured GTE Academic All-American Pat Johnson, who graduated from UW with a 3.84 GPA and finished first in his class.

2002 Academic All-Pac-10 Cross Country Teams

Men's First Team

Name	School	Year	GPA	Major
Mark Anderson	Arizona	Junior	3.78	Biochemistry
Ryan Andrus	Oregon	Sophomore	4.00	Business Administration
John Burke	California	Senior	3.57	Chemistry
Martin Conrad	California	Senior	3.65	History/Political Science
Kevin Engelhardt	Arizona	Junior	3.42	Biochemistry
Andrew Hill	Stanford	Junior	3.43	Electrical Engineering/Economics
Ian Johnson	Washington State	Junior	3.64	General Linguistics
Craig Pansing	Arizona	Junior	3.63	Optical Engineering
Aaron Powell	Arizona	RS Freshman	4.00	General Biology
Adam Tenforde	Stanford	Junior	3.85	Human Biology

Men's Second Team

Name	School	Year	GPA	Major
Todd Arnold	Washington	Junior	3.40	Undeclared
Kyle Barker	Washington State	Senior	3.40	Business Administration
Carlos Carballo	California	Junior	3.35	Math
Neil Davis	Stanford	RS Freshman	3.39	Undeclared
Ian Dobson	Stanford	Junior	3.17	Political Science
Michael Heidt	Washington State	Sophomore	3.49	Undeclared
John Lucas	Oregon	Junior	3.27	Psychology
Jeremy Rasmussen	Arizona State	Senior	3.33	Computer Information
Grant Robison	Stanford	Junior	3.09	African-American Studies
Donald Sage	Stanford	Junior	3.11	Economics

Honorable Mention (Washington Only)

Andy Fader (RFr.), Ben Koss (Jr.), Mark Mandi (RFr.), Jeremy Park (Sr.), John Russell (Jr.)

Women's First Team

Name	School	Year	GPA	Major
Sara Bei	Stanford	Sophomore	3.50	Undeclared
Cynthia Atencio	Arizona State	Junior	3.67	Anthropology
Crystal Becker	USC	Sophomore	3.96	Undeclared
Ana Cabrera	Washington State	Sophomore	3.95	Communications
Jeane Goff	Stanford	Sophomore	3.60	Undeclared
Erinn Gulbrandsen	Oregon	Senior	3.75	English
Eri MacDonald	Oregon	Junior	3.66	Journalism
Abby Parker	California	Sophomore	3.81	Undeclared
Kate Spigel	Washington	Junior	3.66	Business Administration

Women's Second Team

Name	School	Year	GPA	Major
Kate Bradshaw	Washington	Senior	3.25	Psychology
Molly Bull	Washington State	Sophomore	3.53	Undeclared
Camille Connelly	Washington	Sophomore	3.70	Undeclared
Alicia Craig	Stanford	Sophomore	3.38	Undeclared
Lindsey Egerdahl	Washington	Sophomore	3.43	Undeclared
Malindi Elmore	Stanford	Senior	3.29	International Relations
Katherine Hotchkiss	Stanford	Senior	3.40	Economics
Courtney Inman	Washington	Senior	3.42	Business Administration
Susan Mortensen	Arizona	RS Freshman	3.65	Family Studies
Robin Tierney	Arizona	RS Freshman	3.64	Undeclared

Honorable Mention (Washington Only)

Jamie Gibbs (So.), Laura Halverson (So.)

Emerald City Invitational

Sept. 7 • Woodland Park • Seattle, Wash.

Team totals:

- | | |
|----------------------------|----------------------------|
| 1. Washington, 19 | 5. Western Washington, 130 |
| 2. Puget Sound, 94 | 6. Seattle Pacific, 140 |
| 3. Seattle Univ. 106 | 7. St. Martin's, 154 |
| 4. Central Washington, 116 | 8. Evergreen State, 235 |

Individual Winner: Todd Arnold, Washington, 25:47

Other Husky finishers*:

- | | |
|-------------------------|----------------------------|
| 3. Ben Koss, 26:05 | 7. Matt Topping, 26:39 |
| 4. Michael Kiter, 26:16 | 14. Jake Haskins, 27:08 |
| 5. Mark Mandi, 26:19 | 25. Andrew Robinson, 27:44 |
| 6. Andy Fader, 26:29 | 44. Chris Fayant, 28:40 |

Sundodger Invitational

Sept. 21 • Lincoln Park • Seattle, Wash.

Team totals:

- | | |
|---------------------------|------------------------------|
| 1. Washington, 46 | 6. Boise State, 141 |
| 2. Texas A&M, 61 | 7. Club Northwest, 154 |
| 3. South Dakota State, 84 | 8. Eastern Washington, 213 |
| 4. Pacific Sport, 115 | 9. Cal State Northridge, 253 |
| 5. Idaho, 124 | |

Individual Winner: Paul Kezes, Western Washington, 23:42

Husky finishers*:

- | | |
|--------------------------|----------------------------|
| 7. Eric Garner, 24:23 | 22. Mark Mandi, 24:52 |
| 8. Todd Arnold, 24:28 | 52. Jake Haskins, 25:45 |
| 12. Michael Kiter, 24:41 | 57. John Russell, 25:58 |
| 13. Matt Topping, 24:41 | 66. Chris Fayant, 26:16 |
| 14. Jeremy Park, 24:43 | 68. Andrew Robinson, 26:24 |
| 19. Andy Fader, 24:46 | 69. Dustin Duke, 26:30 |
| 21. Ben Koss, 24:52 | |

Notre Dame Invitational

Oct. 4 • Burke Memorial Golf Course • South Bend, Ind.

Team totals:

- | | | |
|--------------------|---------------------------|-------------------------|
| 1. Stanford, 33 | 8. Wisc.-Oshkosh, 275 | 15. Illinois State, 389 |
| 2. Michigan, 80 | 9. Ark.-Little Rock, 280 | 16. St. Joseph's, 395 |
| 3. Notre Dame, 118 | 10. Purdue, 321 | 17. Calvin Coll., 418 |
| 4. Utah State, 137 | 11. Cincinnati, 328 | 18. Youngstown St., 440 |
| 5. Washington, 150 | 12. North Central, 338 | 19. Malone Coll., 484 |
| 6. SMU, 150 | 13. Truman State, 372 | 20. Rice, 527 |
| 7. Belmont, 238 | 14. Eastern Illinois, 376 | 21. W. Kentucky, 583 |

Individual Winner: Ryan Hall, Stanford, 24:10

Husky finishers:

- | | |
|--------------------------|--------------------------|
| 22. Eric Garner, 25:10 | 57. Andy Fader, 25:48 |
| 24. Michael Kiter, 25:17 | 88. Ben Koss, 26:11 |
| 29. Matt Topping, 25:22 | 141. John Russell, 27:02 |
| 38. Mark Mandi, 25:28 | 142. Jeremy Park, 27:04 |
| 40. Todd Arnold, 25:31 | |

Pre-National Meet (White Race)

Oct. 19 • LaVerne Gibson Course • Terre Haute, Ind.

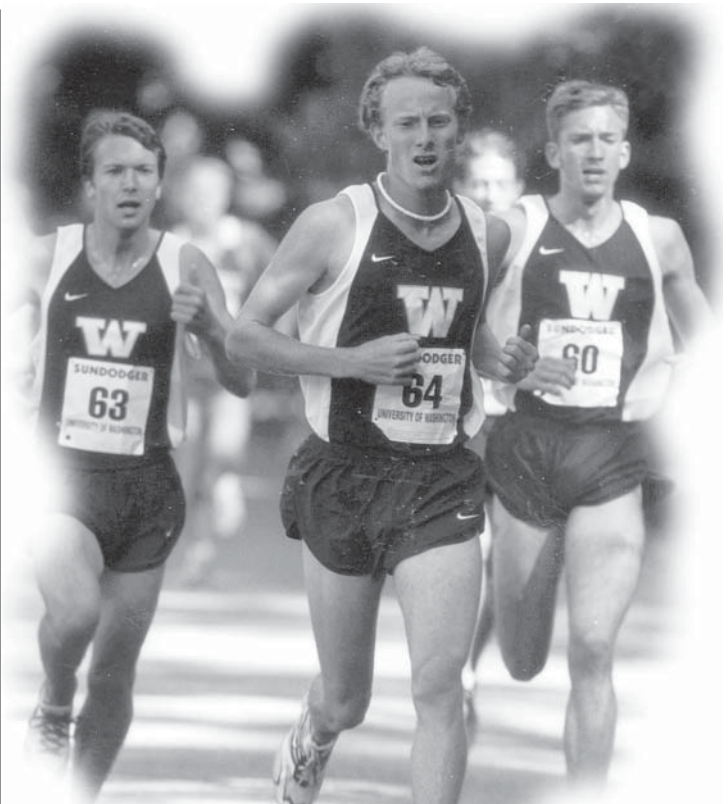
Team totals:

- | | | |
|-------------------------|---------------------------|-------------------------|
| 1. Colorado, 87 | 13. Washington, 364 | 25. Florida State, 651 |
| 2. Iona, 125 | 14. Cal Poly SLO, 378 | 26. Duke, 653 |
| 3. Central Mich., 148 | 15. Columbia, 392 | 27. Wake Forest, 674 |
| 4. Weber State, 187 | 16. Baylor, 425 | 28. Yale, 695 |
| 5. Georgetown, 197 | 17. Iowa State, 504 | 29. Western Mich., 702 |
| 6. Michigan, 201 | 18. Cornell, 521 | 30. Marquette, 754 |
| 7. Mich. State, 239 | 19. Air Force, 560 | 31. Drake, 786 |
| 8. Ohio State, 245 | 20. Loyola-Marymount, 565 | 32. Penn State, 823 |
| 9. Montana St., 250 | 21. Belmont, 574 | 33. Cincinnati, 829 |
| 10. Iowa, 344 | 22. Wash. State, 583 | 34. Oakland, 839 |
| 11. LaSalle, 349 | 23. UNC Charlotte, 597 | 35. Illinois State, 905 |
| 12. William & Mary, 350 | 24. Missouri, 623 | 36. N. Carolina, 923 |

Individual Winner: Jorge Torres, Colorado, 23:35

Husky finishers:

- | | |
|--------------------------|--------------------------|
| 17. Eric Garner, 24:30 | 102. Matt Topping, 25:17 |
| 69. Todd Arnold, 25:01 | 111. Andy Fader, 25:23 |
| 82. Michael Kiter, 25:09 | 196. Jeremy Park, 26:07 |
| 94. Mark Mandi, 25:13 | |



Jeremy Park (left), Matt Topping (center) and Andy Fader (right) led the Huskies to victory at the 2002 Sundodger Invitational in Seattle.

Pac-10 Conference Championships

Nov. 2 • Brookside Golf Course • Los Angeles, Calif.

Team totals:

- | | |
|----------------------|--------------------------|
| 1. Stanford, 19 | 5. Washington State, 165 |
| 2. Oregon, 51 | 6. California, 166 |
| 3. Arizona State, 85 | 7. Arizona, 176 |
| 4. Washington, 114 | 8. UCLA, 183 |

Individual Winner: Grant Robison, Stanford, 23:27

Husky finishers:

- | | |
|--------------------------|-------------------------|
| 19. Eric Garner, 24:38 | 36. Mark Mandi, 25:12 |
| 20. Matt Topping, 24:40 | 40. Dustin Duke, 25:17 |
| 26. Todd Arnold, 24:51 | 42. Andy Fader, 25:19 |
| 27. Ben Koss, 24:53 | 52. John Russell, 25:34 |
| 33. Michael Kiter, 25:08 | 53. Jeremy Park, 25:35 |

NCAA West Regional Championships

Nov. 16 • Stanford Golf Course • Palo Alto, Calif.

Team totals:

- | | |
|--------------------------|-----------------------------|
| 1. Stanford, 21 | 13. Boise State, 339 |
| 2. Oregon, 43 | 14. Santa Clara, 381 |
| 3. Cal Poly SLO, 115 | 15. CS Fullerton, 385 |
| 4. Portland, 120 | 16. UC Irvine, 396 |
| 5. Arizona State, 125 | 17. Portland State, 438 |
| 6. Washington, 170 | 18. Long Beach State, 488 |
| 7. UC Santa Barbara, 224 | 19. Eastern Washington, 515 |
| 8. UCLA, 236 | 20. San Jose State, 560 |
| 9. Washington State, 263 | 21. CS Northridge, 629 |
| 10. Arizona, 300 | 22. Pepperdine, 634 |
| 11. Idaho, 318 | 23. St. Mary's, 721 |
| 12. California, 325 | |

Individual Winner: Donald Sage, Stanford, 30:13

Husky finishers:

- | | |
|--------------------------|-------------------------|
| 23. Ben Koss, 31:26 | 43. Mark Mandi, 32:05 |
| 28. Eric Garner, 31:43 | 50. Dustin Duke, 32:19 |
| 37. Michael Kiter, 31:56 | 57. Matt Topping, 32:27 |
| 41. Todd Arnold, 32:00 | |

* - Results do not include UW runners who may have competed unattached.

Emerald City Invitational

Sept. 7 • Lower Woodland Park • Seattle, Wash.

Team totals:

- | | |
|----------------------------|-------------------------|
| 1. Washington, 22 | 5. Puget Sound, 154 |
| 2. Northwest College, 44 | 6. Seattle Pacific, 145 |
| 3. Central Washington, 101 | 7. St. Martin's, 266 |
| 4. Western Washington, 125 | 8. Seattle Univ., 356 |

Individual Winner: Laura Hodgson, Washington, 17:41

Other Husky finishers*:

- | | |
|-------------------------------|----------------------------|
| 2. Jamie Gibbs, 17:59 | 20. Kathryn Touran, 19:25 |
| 3. Kate Spigel, 18:22 | 27. Courtney Spence, 20:01 |
| 8. Chessa Adsit-Morris, 18:33 | 31. Jill Johnson, 20:13 |
| 10. Noelani Kaneko, 18:48 | 63. Melissa Chapman, 21:30 |
| 14. Camille Connelly, 19:08 | 65. Samantha Michel, 21:40 |
| 15. Lindsey Egerdahl, 19:11 | 73. Angela Wishaar, 21:56 |

Sundodger Invitational

Sept. 21 • Lincoln Park • Seattle, Wash.

Team totals:

- | | |
|-------------------|----------------------------|
| 1. Michigan, 45 | 6. CS Northridge, 180 |
| 2. Washington, 72 | 7. South Dakota State, 181 |
| 3. Idaho, 73 | 8. Boise State, 207 |
| 4. Texas A&M, 86 | 9. Eastern Washington, 234 |
| 5. Portland, 136 | |

Individual Winner: Sabrina Monro, Unattached, 16:31

Husky finishers*:

- | | |
|--------------------------------|----------------------------|
| 4. Laura Hodgson, 17:16 | 34. Laura Halverson, 18:03 |
| 7. Kate Bradshaw, 17:24 | 55. Kathryn Touran, 18:37 |
| 19. Lindsey Egerdahl, 17:45 | 67. Karen Schwager, 19:05 |
| 24. Kate Spigel, 17:51 | 70. Melissa Chapman, 19:09 |
| 27. Chessa Adsit-Morris, 17:54 | 74. Jill Johnson, 19:22 |
| 29. Camille Connelly, 17:56 | 84. Samantha Michel, 20:14 |
| 32. Noelani Kaneko, 18:01 | 86. Courtney Spence, 20:29 |

Notre Dame Invitational

Oct. 4 • Burke Memorial Golf Course • South Bend, Ind.

Team totals:

- | | |
|--------------------|----------------------------|
| 1. Stanford, 21 | 6. Northwestern, 188 |
| 2. Wisconsin, 67 | 7. Ball State, 296 |
| 3. Notre Dame, 77 | 8. Purdue, 301 |
| 4. Washington, 132 | 9. Utah State, 317 |
| 5. Indiana, 149 | 10. Mississippi State, 341 |

Individual Winner: Sara Bei, Stanford, 16:40

Husky finishers:

- | | |
|--------------------------------|-----------------------------|
| 11. Courtney Inman, 17:54 | 52. Camille Connelly, 18:35 |
| 21. Kate Bradshaw, 18:10 | 57. Laura Hodgson, 18:40 |
| 22. Kate Spigel, 18:13 | 64. Jamie Gibbs, 18:46 |
| 32. Lindsey Egerdahl, 18:23 | 77. Laura Halverson, 18:53 |
| 46. Chessa Adsit-Morris, 18:33 | |

Willamette Invitational

Oct. 5 • Bush's Pasture Park • Salem, Ore.

Team totals:

- | | |
|---------------------|------------------------|
| 1. Idaho, 46 | 6. Portland State, 139 |
| 2. Auburn, 47 | 7. Portland, 142 |
| 3. Oregon, 110 | 8. CS Fullerton, 180 |
| 4. Hawaii, 133 | 9. Washington, 194 |
| 5. Santa Clara, 138 | |

Individual Winner: Letiwe Marakurwa, Idaho, 16:58

Husky finishers*:

- | | |
|----------------------------|-----------------------------|
| 41. Kathryn Touran, 18:34 | 67. Melissa Chapman, 19:08 |
| 43. Courtney Spence, 18:38 | 76. Jill Johnson, 19:20 |
| 48. Karen Schwager, 18:41 | 120. Samantha Michel, 21:33 |

* - Results do not include UW runners who may have competed unattached.

Pre-National Meet

Oct. 19 • LaVerne Gibson Course • Terre Haute, Ind.

Team totals:

- | | | |
|------------------------|------------------------|---------------------------|
| 1. Brigham Young, 55 | 14. Ball State, 417 | 27. Utah, 707 |
| 2. Colorado, 143 | 15. Minnesota, 430 | 28. Miss. State, 708 |
| 3. Georgetown, 175 | 16. Yale, 451 | 29. Pennsylvania, 726 |
| 4. Wisconsin, 207 | 17. Princeton, 458 | 30. Florida, 741 |
| 5. Missouri, 209 | 18. Miami (OH), 482 | 31. Illinois State, 755 |
| 5. Duke, 209 | 19. Kent State, 524 | 32. UC Santa Barbara, 764 |
| 7. N. Carolina, 230 | 20. James Madison, 536 | 33. Richmond, 767 |
| 8. Indiana, 239 | 21. Stony Brook, 548 | 34. Rice, 819 |
| 9. William & Mary, 213 | 22. Illinois, 668 | 35. Bucknell, 821 |
| 10. Michigan, 346 | 23. Montana St., 674 | 36. Wash. State, 838 |
| 11. Washington, 354 | 24. Central Mich., 678 | 37. New Hampshire, 850 |
| 12. Texas, 394 | 25. Harvard, 680 | 38. Arizona, 1196 |
| 13. Boston Coll., 407 | 26. Montana, 698 | |

Individual Winner: Shalane Flanagan, North Carolina, 19:57

Husky finishers:

- | | |
|-----------------------------|---------------------------------|
| 29. Courtney Inman, 21:16 | 99. Kate Spigel, 22:08 |
| 59. Kate Bradshaw, 21:42 | 138. Jamie Gibbs, 22:23 |
| 82. Lindsey Egerdahl, 21:56 | 195. Chessa Adsit-Morris, 23:05 |
| 85. Laura Hodgson, 21:57 | |

Pacific-10 Conference Championships

Nov. 2 • Brookside Golf Course • Los Angeles, Calif.

Team totals:

- | | | |
|----------------------|---------------------|--------------------|
| 1. Stanford, 23 | 4. UCLA, 86 | 7. USC, 202 |
| 2. Arizona State, 59 | 5. Oregon, 134 | 8. California, 208 |
| 3. Washington, 79 | 6. Wash. State, 197 | 9. Arizona, 242 |

Individual Winner: Sara Bei, Stanford, 19:48

Husky finishers:

- | | |
|-----------------------------|--------------------------------|
| 7. Courtney Inman, 20:57 | 30. Camille Connelly, 21:55 |
| 13. Kate Bradshaw, 21:20 | 31. Jamie Gibbs, 22:00 |
| 14. Lindsey Egerdahl, 21:21 | 32. Laura Hodgson, 22:03 |
| 17. Kate Spigel, 21:23 | 34. Chessa Adsit-Morris, 22:07 |
| 28. Laura Halverson, 21:46 | 43. Noelani Kaneko, 22:27 |

NCAA West Regional Championships

Nov. 16 • Stanford Golf Course • Palo Alto, Calif.

Team totals:

- | | | |
|--------------------------|--------------------------|-------------------------|
| 1. Stanford, 24 | 11. Portland State, 375 | 20. Boise State, 531 |
| 2. Arizona State, 70 | 12. Wash. State, 390 | 21. Arizona, 542 |
| 3. UCLA, 82 | 13. California, 394 | 22. UNLV, 557 |
| 4. Washington, 120 | 14. Cal Poly SLO, 437 | 23. San Diego, 566 |
| 5. Oregon, 129 | 15. Santa Clara, 455 | 24. San Jose State, 607 |
| 6. Idaho, 227 | 16. CS Northridge, 457 | 25. Long Beach St., 627 |
| 7. UC Irvine, 242 | 17. CS Fullerton, 476 | 26. Pepperdine, 687 |
| 8. UC Santa Barbara, 298 | 18. San Diego State, 478 | 27. St. Mary's, 722 |
| 9. Hawaii, 326 | 19. E. Washington, 524 | 28. UC Riverside, 747 |
| 10. Portland, 368 | | |

Individual Winner: Alicia Craig, Stanford, 20:39

Husky finishers:

- | | |
|--------------------------|-----------------------------|
| 11. Lisa Gibbs, 21:51 | 41. Kate Spigel, 23:03 |
| 19. Kate Bradshaw, 22:05 | 100. Laura Halvorsen, 24:28 |
| 24. Sabrina Monro, 22:09 | 118. Courtney Inman, 24:59 |
| 25. Jamie Gibbs, 22:10 | |

NCAA Championships

Nov. 25 • LaVerne Gibson Course • Terre Haute, Ind.

Team totals:

- | | | |
|----------------------|----------------------|--------------------------|
| 1. Brigham Young, 85 | 12. Mich. State, 365 | 22. Texas, 529 |
| 2. Stanford, 113 | 13. N.C. State, 404 | t23. William & Mary, 549 |
| 3. Notre Dame, 170 | 14. Indiana, 423 | t23. Arizona State, 549 |
| 4. Georgetown, 214 | 15. Michigan, 430 | t25. UCLA, 568 |
| 5. Colorado, 220 | 16. Missouri, 437 | t25. Penn State, 568 |
| 6. Providence, 235 | 17. Duke, 475 | 27. Ball State, 612 |
| 7. Arkansas, 251 | 18. Marquette, 485 | t28. Florida State, 657 |
| 8. Villanova, 256 | 19. Wisconsin, 488 | t28. Tennessee, 657 |
| 9. Wake Forest, 328 | 20. Virginia, 510 | 30. Northwestern, 661 |
| 10. N. Arizona, 333 | 21. N. Carolina, 517 | 31. Washington, 699 |
| 11. Columbia, 341 | | |

Individual Winner: Shalane Flanagan, North Carolina, 19:37

Husky finishers:

- | | |
|------------------------------|-----------------------------|
| 73. Courtney Inman, 21:03 | 216. Laura Halverson, 22:14 |
| 156. Lindsey Egerdahl, 21:42 | 228. Laura Hodgson, 22:26 |
| 199. Kate Spigel, 22:07 | 242. Jamie Gibbs, 22:53 |
| 212. Kate Bradshaw, 22:12 | |

Husky Cross Country: From A to Z

ACADEMIC EXCELLENCE — While successful in competition, Greg Metcalf's cross country and track and field teams have been equally outstanding in the classroom, annually ranking among the University's top athletic squads in terms of academic achievement. In 2002, 13 of Washington's top-14 cross country runners merited Academic All-Pac-10 honors, which requires that an athlete be a significant contributor with a minimum 3.0 GPA. Kate Spigel was an Academic All-Pac-10 first-team selection in 2002, a feat she duplicated during the 2003 track season. A record 33 Huskies earned Pac-10 academic honors on the track in 2003, while pole vaulter Brad Walker was a Verizon Academic All-American and earned the 2003 Pac-10 Medal as UW's top male student-athlete.

ALL-AMERICANS — Twelve Husky cross-country athletes have combined to earn 14 All-America certificates at the NCAA Cross-Country Championships. The NCAA awards All-America honors to the top 25 finishers in both the men's and women's races, adding one American for every foreign-born athlete who receives the honor. Only one Husky, Regina Joyce, has ever earned more than one All-America certificate.

Women			Men		
2001	Lisa Gibbs	35th	1998	Christian Belz	17th
2000	Cami Matson	21st	1993	Simon Baines	10th
1995	Tara Carlson	8th	1990	Pat Johnson	25th
1992	Stacie Hoytink	30th	1989	Alan Hjort	23rd
1991	Carrie Moller	14th	1986	Curt Corvin	27th
1982	Regina Joyce	2nd	1979	Bill Stolp	45th
1981	Regina Joyce	11th			
1980	Regina Joyce	6th			

BAINES, SIMON — It could be argued that fewer Huskies have ever made a larger impact in a shorter amount of time than Simon Baines, who competed just one season for the purple and gold. A native of England, Baines transferred to the UW in 1993 and lifted the Huskies to their first Pac-10 title and an eighth-place finish at the NCAA Championships. The junior made his UW debut with a win at the Pier Park Invitational, then showed it was no fluke by capturing the Sundodger Invitational the following week, in the process setting a course record that would not be broken for eight years. His fourth-place finish at the Pac-10 meet equaled the best-ever by a UW runner at the conference meet, while his second-place finish at the NCAA West Regional, and subsequent 10th-placing at the NCAA Championships established UW benchmarks that have yet to be broken. Though he had a year of eligibility remaining, Baines opted to return to England in 1994 to vie for a position on England's national team for the World Cross-Country Championships.

BELZ, CHRISTIAN — One of just four UW men to lead the Huskies at the NCAA Cross Country Championships more than once, Swiss native Christian Belz dominated UW cross-country from 1996-1998. An All-American with a 17th-place finish at the 1998 NCAA Championships, Belz led all UW runners at the Pac-10 and NCAA Regional meets for three straight years, including top-10 finishes at both. Also an outstanding steepler, Belz twice earned runner-up honors in the event at the Pac-10 Track Championships, ranks eighth in Washington history with a best of 8:48.2 (hand-timed), and competed for his native Switzerland in the steeple at the 2000 Olympic Games in Sydney, Australia.

CARLSON, TARA — Over the past decade, Washington's women's cross-country squad has risen to national prominence. While dozens of UW runners have contributed to that rise, perhaps no Husky can take more credit than 1995 NCAA All-American Tara Carlson. In four years at Washington, Carlson helped lead the program from one that had sent runners to just five of the previous 12 NCAA meets to one which has now sent runners to 10 of the 11 NCAA Championships since Carlson's debut 1992 season. One of only two UW women ever to earn a top-10 NCAA cross-country finish, Carlson placed eighth in 1995, and was the team's top finisher at



Christian Belz



Tara Carlson

the national meet in each of the previous two seasons. Carlson led the Husky women for four consecutive years at the NCAA West Regional Championships — the only UW woman ever to do so — and earned four top-10 and three top-five finishes in that remarkable span. Carlson ranks second only to UW legend Regina Joyce on the track at 3,000- and 5,000 meters, and earned All-America honors in the latter in 1995.

DEMPSEY INDOOR — Washington's cross country runners need not fear the rain. When the weather becomes too rough to run along the shores of Lake Washington, the Huskies head inside the 80,000-square foot Dempsey Indoor, a multi-million dollar practice facility that provides training space for Washington's football, softball, baseball and soccer teams, and a practice and competition area for the UW track teams. Since opening in 2001, Dempsey Indoor has become the prime indoor competition venue for many of the nation's top collegiate track squads, as well as dozens of current and former Olympic competitors. The facility is named for California businessman Neal Dempsey, a 1964 UW graduate, who gave a gift of \$10 million in 2001 to be split between the Business School's Program in Entrepreneurship and Innovation and intercollegiate athletics.

FAB FRESHMEN — Every year, it seems, a different UW freshman is able to successfully make the transition from high school to college and excel in their first season. The 2002 season was certainly no exception. Spokane native Laura Hodgson won her debut race at Washington, the 2002 Emerald City Invitational at Woodland Park, in the process becoming the first UW freshman ever to do so. Hodgson entered elite company with the win, joining Regina Joyce, who won the NCWSA/Region IX Championship as a freshman in 1980, as the only two UW frosh ever to win a race at Washington. Hodgson continued her success after the 2002 season, running second overall at the U.S. Junior National Cross-Country Championships before leading the U.S. junior women to a second-place team finish at the World Championships in Switzerland.

GENDER EQUITY — The Husky athletic department is one of the national leaders in achieving gender-equity for its student athletes. In December of 1997, The Chronicle of Higher Education cited Washington as "the only Division I-A institution with an undergraduate enrollment that was at least 50 percent female to have achieved substantial proportionality in both scholarships and participation."

INNOVATIONS — Around the world, the University of Washington is known for much more than just fast runners. In fact, Washington graduates have been credited with some of the most significant inventions of the 20th century. Included among those inventions are the first color TV tube, the original rabbit-ears antenna, vinyl, synthetic rubber, the first blowable bubble gum, and "talking books," an early-20th century precursor of books on tape. Washington grads are also credited with inventing the first hard spacesuit, which for the first time allowed astronauts to venture outside their spacecraft. Lest you think that the UW is only about technology, Huskies have made significant advances in medical research, including development of the vaccines for smallpox and Hepatitis B, as well as the first long-term dialysis machine. With so many intelligent minds on campus, it should come as no surprise that the University of Washington led all U.S. public universities in funding from federal research grants in 2002, and ranks No. 1 in funding from federal grants since 1975. Eight members of the Husky family have been honored with the Nobel Prize, and nine more have earned Pulitzer Prize recognition.

JOYCE, REGINA — Sit in on any conversation about the history of distance running at Washington, and inevitably the talk will turn to Regina Joyce. The only female Husky distance runner ever to claim a national collegiate title, Joyce's legacy at Washington echoes to this day, and not only in the four UW track and field records that have been hers alone for more than 20 years. A native of Ireland, Joyce joined the Husky squad in 1980, the last year before women's track and field was certified by the NCAA. Joyce was outstanding all season, winning the NCWSA Region IX Championship and taking sixth at the AIAW National Championships, leading the Husky women

to a 12th-place finish in their first-ever appearance on the national stage. Over the next three seasons, Joyce added national finishes of 11th (in 1981) and 2nd (in 1982), and captured NorPac Athletic Conference title in 1982. Joyce excelled on the track at nearly every distance with school records ranging from 1,500-10,000 meters, three of which still stand, and an indoor record at 3,000 meters. As a freshman in 1981, Joyce completed 3,000 meters in 9:00.20 to capture the AIAW National Championship in the event, one of just three national titles ever won by a UW female in any event. Joyce opted to forgo her senior year in 1983-84 to train for the 1984 Olympics, at which she represented Ireland in — what else? — the marathon. Today, Joyce lives with her husband in the Seattle area, coaches distance runners at Edmonds-Woodway High School and can still occasionally be seen in competition against the nation's top collegians, at Dempsey Indoor.



Regina Joyce

LINCOLN PARK — Since 1992, Washington has held all of its home cross-country competitions at Lincoln Park in West Seattle. The scenic park on a ridge overlooking Puget Sound annually plays host to the Sundodger Invitational, and was the site of the 2000 Pac-10 Cross Country Championships. For more information about Lincoln Park, including driving directions, see page 42 of this guide.

PIONEERS — Prior to 1977, no Washington cross country team had made an appearance at the NCAA Championships, which began in 1938. Huskies Bill McClement, Bill Stolp, Chris Villani, Steve Surface, Gary Gustafson, Mark Hallenbeck and Bob Pierce brought that streak to an end, however, placing second at the 1977 Pac-8 Championships and earning the Huskies' their first-ever NCAA Championships berth. The team did not have to travel far for the meet, which was held at Hangman Valley Golf Course in Spokane, Wash. Spurred on by family and friends lining the course, the Huskies placed 13th overall, with McClement leading all UW finishers in 68th, two minutes behind champion Henry Rono of WSU. It would be 10 years before the Husky men would return to the national meet as a team, though individual runners have competed almost every year in the quarter-century since.

RAIN — Sorry to destroy the myth, but Seattle is far from being the rain capital of the nation. While Seattle does experience frequent showers, its total annual precipitation ranks only 113th in the United States, at about 38 inches, roughly half as much as Tallahassee, Fla. Compare that with Hilo, Hawaii, which receives 130 inches a year, or Yakutat, Alaska, which soaks up 161 inches in an average year! Among major U.S. cities, Miami, Houston, Atlanta, Boston, Baltimore, New York, Philadelphia, Cincinnati, Indianapolis, Memphis and Washington, D.C. each get more annual precipitation than Seattle.

STREAKING — Including the 2002 season, Washington's women have sent a full team to the NCAA Championships in each of the past six seasons, after sending teams to just six of the previous 20 national meets. The streak, which coincides precisely with head coach Greg Metcalf's six years at the helm of the Huskies' distance corps, includes the team's best-ever finish of eighth, in 1998. Junior Anna Aoki led all UW finishers at the 1998 meet with a 38th-place finish, while senior Deeja Youngquist captained a squad that earned a pair of victories during the regular season and was the runner-up at the Pac-10 Championships.

SUNDODGER INVITATIONAL — While Seattle Pacific's Emerald City Invitational is often confused for a UW home meet, the Sundodger Invitational at Lincoln Park is actually the only cross-country meet hosted annually by the University of Washington. Featuring hundreds of the Northwest's top collegiate and post-collegiate cross country athletes, as well as invited collegiate squads from across the country, the meet has become an annual fixture on the Northwest distance running schedule since its inception in 1992. While the course has changed subtly over the years, distances have remained 5,000 meters for women and 8,000 meters for men, both winding through some of the most beautiful running terrain in the Seattle area, with many scenic vistas of Puget Sound. Former Husky Sabrina Monro set the women's meet record in 2001 with a time of 16:06 that was 38 seconds faster than the previous best mark. Western Washington's Paul Kezes established the Sundodger men's record in 2002 with a time of 23:42 that was just two seconds off the course record of 23:40 set by Stanford's Jonathan Riley during the 2000 Pac-10 Championships. For year-by-year results of the Sundodger Invitational, see pages 40-41 of this guide.

WE ARE THE CHAMPIONS — Both of Washington's cross country teams have been outstanding in Pac-10 Conference competition, with the Husky women currently boasting a string of 14-consecutive top-five Pac-10 finishes. That streak has its roots in Washington's first-ever Pac-10 title, earned in 1989. Having never placed higher than sixth since the conference expanded from eight to 10 teams in 1986, Washington sent notice that 1989 could be special with wins at each of the first two meets of the season. The Huskies entered the Pac-10 meet at Stanford a decided underdog to rival Oregon, which had won every conference title since 1976, but had lost to Washington two weeks prior at the McIver Park Invitational. Led by eighth-place finisher Michele Buresh, the Huskies loaded six runners into the top-20, scoring 65 points to handily defeat runner-up Washington State and the third-place Ducks. Buoyed by their finish, the team two weeks later captured the UW's first-ever NCAA Regional title, and placed 12th at the NCAA Championships, then an all-time best. The UW men added their first Pac-10 title in 1993, and the women brought home a regional crown in 1992.

Huskies at the IAAF World Cross Country Championships

In addition to their Olympic Games competition, Washington's cross-country athletes have also been a significant presence at the IAAF World Cross Country Championships, which have been held annually since 1973. Current sophomore Laura Hodgson qualified for the junior women's race in 2003, placing 58th overall while leading the U.S. women to a second-place finish. The 2004 meet will be held in Brussels, Belgium in March. Following is a list of University of Washington distance runners who have competed at the World Cross Country Championships.

Year	Venue	Name (Country)	Place	Time	Event (Distance)
1979	Limerick, Ireland	Regina Joyce (ENG)	27 th	18:15	Senior Women (5040m)
1980	Paris, France	Regina Joyce (ENG)	30 th	16:36	Senior Women (4820m)
		Sara Neil (CAN)	37 th	16:44	Senior Women (4820m)
		Sara Neil (CAN)	76 th	16:10	Senior Women (4663m)
1982	Rome, Italy	Sara Neil (CAN)	76 th	16:10	Senior Women (4663m)
1984	E. Rutherford, NJ	Regina Joyce (IRE)	21 st	16:35	Senior Women (5000m)
1988	Auckland, NZ	Neil Panchen (GBR)	26 th	25:32	Junior Men (8031m)
1993	Amorebieta, Spain	Tara Carlson (USA)	61 st	15:48	Junior Women (4450m)
		Christian Belz (SUI)	96 th	22:38	Junior Men (7150m)
1994	Budapest, Hungary	Angie Froese (CAN)	62 nd	15:58	Junior Women (4300m)
1998	Marrakech, Morocco	Michele (Buresh) Chalmers (USA)	66 th	28:53	Senior Women Long (8000m)
2000	Vilamoura, Portugal	Kate Bradshaw (USA)	68 th	23:16	Junior Women (6290m)
2002	Dublin, Ireland	Margaret Butler (CAN)	70 th	14:57	Senior Women Short (4208m)
2003	Avenches, Switzerland	Christian Belz (SUI)	18 th	11:39	Senior Men Short (4030m)
		Laura Hodgson (USA)	58 th	24:08	Junior Women (6215m)
		Margaret Butler (CAN)	81 st	14:30	Senior Women Short (4030m)

NOTE: The IAAF added the senior men's and women's short course races in 1998. Also, Regina Joyce changed nationalities in 1983. Source: IAAF, "The Toughest Race in the World: A Look at 30 Years of the IAAF World Cross Country Championships", edited by Mark Butler.

All-Time Men's Postseason Team Finishes

Pacific-8 Conference Championships

Year	Site	UW Finish	Conf. Champ
1969	Stanford, Calif.	8th	Oregon
1970	Pullman, Wash.	5th	Oregon
1971	Los Angeles, Calif.	8th	WSU
1972	Seattle, Wash.	6th	WSU
1973	Stanford, Calif.	4th	Oregon
1974	Stanford, Calif.	6th	WSU
1975	Stanford, Calif.	4th	WSU
1976	Stanford, Calif.	3rd	Oregon
1977	Stanford, Calif.	2nd	Oregon
1978	Fresno, Calif.	4th	Oregon

Pacific-10 Conference Championships

Year	Site	UW Finish	Conf. Champ
1979	Stanford, Calif.	7th	Oregon
1980	Stanford, Calif.	6th	UCLA
1981	Stanford, Calif.	8th	UCLA
1982	Fresno, Calif.	8th	Oregon
1983	Stanford, Calif.	7th	Arizona
1984	Stanford, Calif.	8th	Arizona
1985	Stanford, Calif.	6th	Stanford
1986	Stanford, Calif.	4th	Arizona
1987	Stanford, Calif.	4th	Arizona
1988	Stanford, Calif.	4th	Oregon
1989	Stanford, Calif.	2nd	Oregon
1990	Stanford, Calif.	3rd	Oregon
1991	Stanford, Calif.	3rd	Arizona
1992	Stanford, Calif.	5th	Oregon
1993	Stanford, Calif.	1st	Washington
1994	Stanford, Calif.	2nd	Arizona
1995	Stanford, Calif.	4th	Oregon
1996	Stanford, Calif.	6th	Stanford
1997	Stanford, Calif.	6th	Stanford
1998	Eugene, Ore.	5th(tie)	Stanford
1999	Long Beach, Calif.	6th	Arizona
2000	Seattle, Wash.	5th	Stanford
2001	Scottsdale, Ariz.	5th	Stanford
2002	Los Angeles, Calif.	4th	Stanford

NCAA West Region Championships

Year	Site	UW Finish	Reg'l Champ
1979	Stanford, Calif.	9th	Oregon
1980	Stanford, Calif.	6th	UCLA
1981	Stanford, Calif.	11th	UCLA
1982	Fresno, Calif.	12th	Oregon
1983	Eugene, Ore.	7th	Oregon
1984	Tucson, Ariz.	10th	Arizona
1985	Bellevue, Wash.	7th	Arizona
1986	Fresno, Calif.	4th	Arizona
1987	Fresno, Calif.	2nd	Arizona
1988	Fresno, Calif.	2nd	Oregon
1989	Fresno, Calif.	2nd	Oregon
1990	Fresno, Calif.	2nd	Arizona
1991	Fresno, Calif.	2nd	Arizona
1992	Tucson, Ariz.	3rd	Arizona
1993	Woodland, Wash.	2nd	Portland
1994	Tucson, Ariz.	3rd	Arizona
1995	Woodland, Wash.	5th	Stanford
1996	Fresno, Calif.	5th	Stanford
1997	Tucson, Ariz.	5th	Stanford
1998	Fresno, Calif.	6th	Stanford
1999	Portland, Ore.	8th	Stanford
2000	Fresno, Calif.	8th	Stanford
2001	Tucson, Ariz.	7th	Stanford
2002	Palo Alto, Calif.	6th	Stanford

NCAA Championships

Year	Site	UW Finish	Nat'l Champ
1977	Spokane, Wash.	13th	Oregon
1987	Charlottesville, Va.	22nd	Arkansas
1988	Des Moines, Iowa	18th	Wisconsin
1989	Annapolis, Md.	4th	Iowa State
1990	Knoxville, Tenn.	12th	Arkansas
1991	Tucson, Ariz.	20th	Arkansas
1993	Bethlehem, Pa.	8th	Arkansas



The Huskies' 1989 men's squad, featuring (from left) Gregg Bronn, Pat Johnson and Adam Leahy, earned an all-time UW-best fourth-place finish at the NCAA Cross Country Championships in Annapolis, Md.

Al Hjort was the Huskies' top finisher at the meet, placing 23rd in 30:28. Iowa State's John Nuttall captured the NCAA individual title in 29:30, leading his Cyclones to the NCAA team crown.

All-Time Women's Postseason Team Finishes

NorPac Conference Championships

Year	Site	UW Finish	Conf. Champ
1982	Fresno, Calif.	2nd	Oregon
1983	Eugene, Ore.	5th	Oregon
1984	Fresno, Calif.	4th	Oregon
1985	Pullman, Wash.	5th	Oregon

Pacific-10 Conference Championships

Year	Site	UW Finish	Conf. Champ
1986	Stanford, Calif.	9th	Oregon
1987	Stanford, Calif.	7th	Oregon
1988	Stanford, Calif.	6th	Oregon
1989	Stanford, Calif.	1st	Washington
1990	Stanford, Calif.	2nd	Oregon
1991	Stanford, Calif.	3rd	Oregon
1992	Stanford, Calif.	2nd	Oregon
1993	Stanford, Calif.	5th	Stanford
1994	Stanford, Calif.	4th	Stanford
1995	Stanford, Calif.	4th	Oregon
1996	Stanford, Calif.	2nd	Stanford
1997	Stanford, Calif.	3rd	Stanford
1998	Eugene, Ore.	2nd	Stanford
1999	Long Beach, Calif.	3rd	Stanford
2000	Seattle, Wash.	4th	Stanford
2001	Scottsdale, Ariz.	5th	Stanford
2002	Los Angeles, Calif.	3rd	Stanford

NCAA West Region Championships

(NCWSA before 1981)

Year	Site	UW Finish	Reg'l Champ
1976	Eugene, Ore.	3rd	Oregon
1977	Spokane, Wash.	2nd	Oregon
1978	Seattle, Wash.	2nd	Oregon
1979	Spokane, Wash.	2nd	Oregon
1980	Missoula, Mont.	2nd	Oregon
1981	Stanford, Calif.	5th	Oregon
1982	Fresno, Calif.	3rd	Stanford
1983	Eugene, Ore.	11th	Oregon
1984	Tucson, Ariz.	8th	Stanford
1985	Bellevue, Wash.	11th	Oregon
1986	Fresno, Calif.	10th	UCLA
1987	Fresno, Calif.	7th	Oregon
1988	Fresno, Calif.	7th	Oregon
1989	Fresno, Calif.	1st	Washington
1990	Fresno, Calif.	4th	Oregon
1991	Fresno, Calif.	3rd	Oregon
1992	Tucson, Ariz.	1st	Washington
1993	Woodland, Wash.	5th	Arizona
1994	Tucson, Ariz.	4th	Stanford
1995	Woodland, Wash.	4th	Oregon
1996	Fresno, Calif.	3rd	Stanford
1997	Tucson, Ariz.	3rd	Stanford
1998	Fresno, Calif.	3rd	Arizona
1999	Portland, Ore.	2nd	Stanford
2000	Fresno, Calif.	5th	Stanford
2001	Tucson, Ariz.	4th	Stanford
2002	Palo Alto, Calif.	4th	Stanford

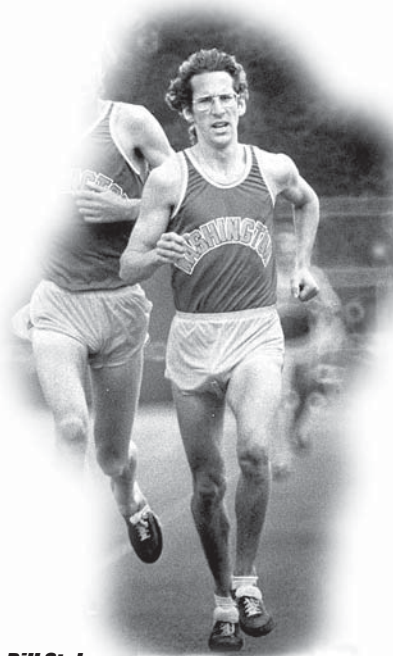
NCAA Championships (AIAW before 1981)

Year	Site	UW Finish	Nat'l Champ
1977	Austin, Tex.	12th	Iowa State
1980	Burien, Wash.	12th	N.C. State
1982	Bloomington, Ind.	13th	Virginia
1989	Annapolis, Md.	12th	Villanova
1992	Bloomington, Ind.	12th	Villanova
1994	Fayetteville, Ark.	15th	Villanova
1995	Ames, Iowa	14th	Providence
1997	Greenville, S.C.	14th	BYU
1998	Lawrence, Kan.	9th	Villanova
1999	Bloomington, Ind.	13th	BYU
2000	Ames, Iowa	23rd	Colorado
2001	Greenville, S.C.	14th	BYU
2002	Terre Haute, Ind.	31st	BYU



Michele Buresh led the Husky women to the 1989 Pac-10 and NCAA West Regional titles, the first-ever wins at either meet by a UW women's team.

Top Men's Individual Postseason Performers



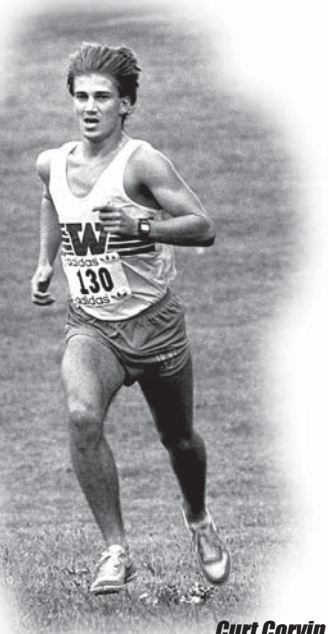
Bill Stolp

Pacific-10 Championships

Year	Place	Individual	Time	Champion	School	Time
1976	8th	Gordy Braun	29:38	Henry Rono	WSU	28:08
1977	9th	Bill Stolp	30:43	Joel Cheruiyot	WSU	29:35
1978	15th	Bill Stolp	30:54	Henry Rono	WSU	29:30
1979	9th	Bill Stolp	30:58	Henry Rono	WSU	29:07
1980	13th	Dave Barnett	31:27	Ron Cornell	UCLA	30:27
1981	25th	Chris Villani	32:12	Richard Tuwei	WSU	30:56
1982	36th	Pat Ewing	31:06	Jim Hill	Oregon	28:50
1983	23rd	Dave Barnett	31:41	Jim Hill	Oregon	30:10
1984	17th	Curt Corvin	31:27	Tom Ansberry	Arizona	30:25
1985	9th	Curt Corvin	31:12	Marc Olesen	Stanford	30:33
1986	6th	Curt Corvin	30:49	Aaron Ramirez	Arizona	30:24
1987	17th	Bruce McDowell	31:42	Matt Guisto	Arizona	30:33
1988	4th	Bruce McDowell	31:08	Brad Hudson	Oregon	30:47
1989	4th	Al Hjort	23:42	Marc Davis	Arizona	23:31
1990	7th	Pat Johnson	24:24	Marc Davis	Arizona	23:44
1991	8th	Greg Metcalf	24:11	Colin Dalton	Oregon	23:36
1992	7th	Neil Panchen	24:33	Josephat Kapkory	WSU	23:46
1993	4th	Simon Baines	24:07	Josephat Kapkory	WSU	23:38
1994	7th	Darren Hunter	24:54	Martin Keino	Arizona	24:04
1995	10th	Colin Johnston	24:59	Karl Keska	Oregon	24:14
1996	16th	Christian Belz	25:02	Mebrathom Keflezighi	UCLA	23:45
1997	10th	Christian Belz	24:47	Bernard Lagat	WSU	23:39
1998	12th	Christian Belz	24:18	Abdirahman Abdi	Arizona	23:23
1999	16th	Jason Fayant	24:48	Steve Fein	Oregon	23:38
2000	12th	John Russell	24:12	Jonathon Riley	Stanford	23:40
2001	4th	Jason Fayant	24:17	Grant Robison	Stanford	24:04
2002	19th	Eric Garner	24:38	Grant Robison	Stanford	23:27

NCAA West Regional Championships

Year	Place	Individual	Time	Champion	School	Time
1979	9th	Bill Stolp	30:58	Henry Rono	WSU	29:07
1980	13th	Dave Barnett	31:27	Ron Cornell	UCLA	30:27
1981	25th	Chris Villani	31:12	Richard Tuwei	WSU	29:25
1982	42nd	Pat Ewing	31:06	Jim Hill	Oregon	28:50
1983	8th	Dave Barnett	30:53	Jim Hill	Oregon	30:08
1984	35th	Dan Bell	33:08	Tom Ansberry	Arizona	31:10
1985	4th	Curt Corvin	29:59	Marc Olesen	Stanford	29:51
1986	3rd	Curt Corvin	30:25	Penny Graves	Oregon	16:42
1987	10th	Bruce McDowell	30:40	Matt Guisto	Arizona	29:43
1988	3rd	Al Hjort	30:30	Marc Davis	Arizona	30:08
1989	8th	Al Hjort	30:51	Brad Hudson	Oregon	30:06
1990	6th	Adam Leahy	31:09	Marc Davis	Arizona	30:08
1991	6th	Neil Panchen	30:41	Josephat Kapkory	WSU	30:11
1992	6th	Neil Panchen	31:33	Josephat Kapkory	WSU	30:42
1993	2nd	Simon Baines	29:48	Josephat Kapkory	WSU	29:21
1994	12th	Nick Pavach	31:57	Martin Keino	Arizona	30:50
1995	9th	Andy Wyman	31:03	Karl Keska	Oregon	30:12
1996	8th	Christian Belz	30:58	Karl Keska	Oregon	30:16
1997	13th	Christian Belz	31:25	Mebrathom Keflezighi	UCLA	30:16
1998	12th	Christian Belz	31:05	Abdi Abdirahman	Arizona	30:06
1999	27th	Jason Fayant	31:43	Steve Fein	Oregon	30:30
2000	25th	John Russell	31:34	Jonathon Riley	Stanford	30:40
2001	6th	Jason Fayant	31:12	Donald Sage	Stanford	30:44
2002	23rd	Ben Koss	31:26	Donald Sage	Stanford	30:13



Curt Corvin

NCAA Cross Country Championships

Year	Place	Individual	Time	Champion	School	Time
1976	59th	Tim Murray	29:47	Henry Rono	WSU	28:07
1977	68th	Bill McClement	30:25	Henry Rono	WSU	28:34
1978	39th	Mark Hallenbeck	30:25	Alberto Salazar	Oregon	29:30
1979	45th	Bill Stolp	30:10	Henry Rono	WSU	28:20
1983	121st	Dave Barnett	31:53	Zakaria Barrie	UTEP	29:20
1985	107th	Curt Corvin	31:37	Timothy Hacker	Wisconsin	29:18
1986	27th	Curt Corvin	31:34	Aaron Ramirez	Arizona	30:28
1987	75th	Bruce McDowell	30:43	Joe Falcon	Arkansas	29:15
1988	47th	Bruce McDowell	30:26	Bob Kennedy	Indiana	29:20
1989	23rd	Al Hjort	30:28	John Nuttall	Iowa State	29:30
1990	25th	Pat Johnson	30:02	Jonah Koech	Iowa State	29:05
1991	38th	Neil Panchen	31:30	Sean Dollman	W. Kentucky	30:18
1992	47th	Neil Panchen	32:06	Bob Kennedy	Indiana	30:16
1993	10th	Simon Baines	29:53	Josephat Kapkory	WSU	29:33
1996	70th	Christian Belz	32:28	Godfrey Siamusiye	Arkansas	29:49
1998	17th	Christian Belz	30:50	Adam Goucher	Colorado	29:27
2001	94th	Jason Fayant	30:57	Boaz Chboiywo	E. Michigan	28:47



Bruce McDowell

Top Women's Individual Postseason Performers

Pacific-10 Championships (1982-85 NorPac Conference)

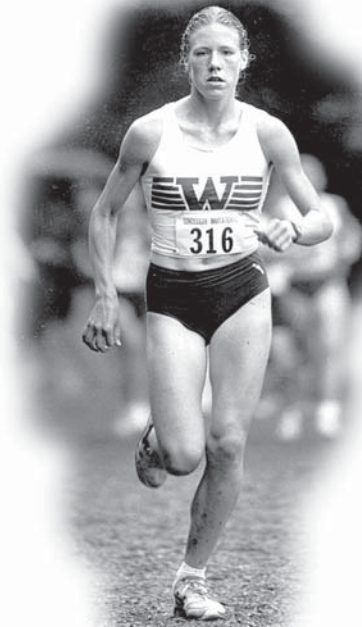
Year	Place	Individual	Time	Champion	School	Time
1982	1st	Regina Joyce	16:14	Regina Joyce	Washington	16:14
1983	13th	Sara Lindgren	18:34	Kathy Hayes	Oregon	16:55
1984	10th	Adrienne Lorvick	17:23	Kim Rothe	Oregon	16:48
1985	15th	Adrienne Lorvick	19:13	Kirsten O'Hara	California	17:37
1986	31st	Michelle Swanson	18:19	Penny Graves	Oregon	16:52
1987	20th	Laura Farias	18:01	Annette Hand	Oregon	16:44
1988	23rd	Brandi Evans	18:21	Liz Wilson	Oregon	17:06
1989	8th	Michele Buresh	17:35	Jennifer Robertson	WSU	16:33
1990	9th	Carrie Moller	17:29	Liz Wilson	Oregon	16:52
1991	4th	Carrie Moller	17:08	Lisa Karnopp	Oregon	16:48
1992	3rd	Tara Carlson	17:07	Nicole Woodward	Oregon	16:51
1993	12th	Tara Carlson	17:39	Karen Hecox	UCLA	16:43
1994	7th	Joelle Brayton	17:32	Karen Hecox	UCLA	17:00
1995	4th	Tara Carlson	17:16	Amy Skieresz	Arizona	16:45
1996	9th	Deeja Youngquist	17:31	Amy Skieresz	Arizona	16:36
1997	10th	Deeja Youngquist	17:48	Amy Skieresz	Arizona	16:40
1998	4th	Jennifer Smith	17:27	Amy Skieresz	Arizona	16:59
1999	5th	Anna Aoki	17:25	Erin Sullivan	Stanford	17:02
2000	4th	Cami Matson	20:43	Tara Chaplin	Arizona	20:11
2001	6th	Lisa Gibbs	20:56	Lauren Fleshman	Stanford	20:09
2002	7th	Courtney Inman	20:57	Sara Bei	Stanford	19:48



Deeja Youngquist

NCAA West Regional Championships (NCWSA before 1981)

Year	Place	Individual	Time	Champion	School	Time
1976	16th	Rainey Roetman	19:03	Debbie Quatier	SPU	17:04
1977	4th	Kathy Adams	18:18	Debbie Quatier	SPU	17:52
1978	7th	Rainey Roetman	18:09	Robin Baker	Oregon	17:47
1979	8th	Sara Neil	18:20	Molly Morton	Oregon	17:37
1980	1st	Regina Joyce	17:39	Regina Joyce	Washington	17:39
1981	5th	Regina Joyce	16:43	Monica Joyce	S.D. State	16:29
1982	3rd	Regina Joyce	16:14	Ceci Hopp	Stanford	16:03
1983	22nd	Sara Lindgren	18:34	Kathy Hayes	Oregon	16:55
1984	14th	Adrienne Lorvick	18:15	Regina Jacobs	Stanford	17:05
1985	54th	Adrienne Lorvick	19:10	Regina Jacobs	Stanford	16:41
1986	36th	Michelle Swanson	17:45	Penny Graves	Oregon	16:42
1987	36th	Laura Farias	17:41	Annette Hand	Oregon	16:19
1988	24th	Janicka Petersen	17:47	Penny Graves	Oregon	18:36
1989	10th	Jennifer Gillette	17:36	Buffy Rabbitt	UC-Irvine	16:53
1990	14th	Carrie Moller	17:33	Buffy Rabbitt	UC-Irvine	16:45
1991	3rd	Carrie Moller	17:02	Lucy Nusrala	Oregon	16:48
1992	2nd	Tara Carlson	17:32	Louise Watson	Stanford	17:21
1993	5th	Tara Carlson	16:58	Karen Hecox	UCLA	16:42
1994	7th	Tara Carlson	17:57	Milena Glusac	Oregon	17:27
1995	3rd	Tara Carlson	16:59	Amy Skieresz	Arizona	16:43
1996	12th	Angela Froese	17:33	Amy Skieresz	Arizona	16:13
1997	14th	Angela Froese	17:53	Amy Skieresz	Arizona	17:00
1998	11th	Deeja Youngquist	17:17	Amy Skieresz	Arizona	16:26
1999	7th	Jen Schindler	17:20	Julia Stamps	Stanford	16:50
2000	5th	Kate Bradshaw	20:37	Lisa Aguilera	Arizona State	20:25
2001	11th	Lisa Gibbs	21:51	Tara Chaplin	Arizona	20:41
2002	7th	Courtney Inman	21:41	Alicia Craig	Stanford	20:39



Angela Froese

NCAA Cross Country Championships (IAIW before 1981)

Year	Place	Individual	Time	Champion	School	Time
1976	84th	Rainey Roetman	18:27	Julie Brown	CS Northridge	16:29
1977	40th	Rainey Roetman	18:42	Kathy Mills	Penn State	16:51
1978	25th	Kathy Adams	18:01	Mary Decker	Colorado	17:00
1979	36th	Sara Neil	17:36	Julie Shea	N.C. State	16:35
1980	6th	Regina Joyce	17:14	Julie Shea	N.C. State	16:49
1981	11th	Regina Joyce	16:47	Betty Springs	N.C. State	16:40
1982	2nd	Regina Joyce	17:07	Lesley Welch	Virginia	16:19
1989	60th	Sue Ocken	17:52	Vicki Huber	Villanova	15:59
1991	14th	Carrie Moller	17:04	Sonia O'Sullivan	Villanova	16:30
1992	30th	Stacie Hoytink	17:58	Carole Zajac	Villanova	17:02
1993	100th	Tara Carlson	18:03	Carole Zajac	Villanova	16:41
1994	75th	Tara Carlson	18:15	Jennifer Rhines	Villanova	16:32
1995	8th	Tara Carlson	17:26	Kathy Butler	Wisconsin	16:51
1997	67th	Angela Froese	17:41	Carrie Tollefson	Villanova	16:29
1998	38th	Anna Aoki	17:42	Katie McGregor	Michigan	16:48
1999	78th	Jen Schindler	17:52	Erica Palmer	Wisconsin	16:40
2000	21st	Cami Matson	21:16	Kara Grgas-Wheeler	Colorado	20:31
2001	35th	Lisa Gibbs	21:24	Tara Chaplin	Arizona	20:24
2002	73rd	Courtney Inman	21:03	Shalane Flanagan	North Carolina	19:37



Carrie Moller



2002

Team Scores: 1. Washington, 46; 2. Texas A&M, 61; 3. South Dakota St., 84; 4. Pacific Sport, 115; 5. Idaho, 124; 6. Boise St., 141; 7. Club Northwest, 154; 8. E. Wash., 213; 9. CS Northridge, 253.

Individual Champion: Paul Kezes, Western Wash., 23:42

Top Husky Finisher: 7. Eric Garner, 24:23

2001

Team Scores: 1. Wash. State, 32; 2. Washington, 33; 3. UCLA, 86; 4. Auburn, 118; 5. Idaho, 149; 6. E. Wash., 162; 7. Port. St., 234; 8. Boise St., 256.

Individual Champion: Bryan Green, UCLA, 24:11

Top Husky Finisher: 4. Jason Fayant, 24:25

2000

Team Scores: 1. Washington, 41; 2. Michigan, 58; 3. UCLA, 63; 4. Texas Tech, 112; 5. Wash. State, 140; 6. Eastern Wash., 178; 7. Idaho, 244; 8. Portland St., 316; 9. Gonzaga, 329.

Individual Champion: Mark Pilja, Michigan, 23:53

Top Husky Finisher: 5. John Russell, 24:24

1999

Team Scores: 1. Utah, 47; 2. Texas A&M, 95; 3. Washington, 108; 4. Wash. State, 118; 5. Club Northwest, 159; 6. Texas Tech, 163; 7. Puget Sound, 208; 8. Kajaks, 213; 9. Simon Fraser, 236; 10. Idaho, 260; 11. Eastern Washington, 277; 12. George Fox, 340; 13. Western Washington, 342.

Individual Champion: Dave Davis, Puget Sound, 24:34.

Top Husky Finisher: 6. David Bazzi, 25:14.

1998

Team Scores: 1. Utah, 49; 2. Arizona State, 53; 3. Washington, 60; 4. Club Northwest, 99; 5. Kajaks Track Club, 122; 6. Puget Sound, 175; 7. Portland State, 178; 8. Simon Fraser, 210.

Individual Champion: Jeff Simonich, Utah, 24:47.

Top Husky Finisher: 2. David Bazzi, 25:05.

1997

Team Scores: 1. Oregon, 43; 2. Okla. State, 77; 3. Washington, 79; 4. Club Northwest, 83; 5. Idaho State, 92; 6. Eastern Wash., 178; 7. Gonzaga, 201.

Individual Champion: Elvis Terry, Idaho State, 24:46.

Top Husky Finisher: 3. Christian Belz, 25:00.

1996

Team Scores: 1. Oregon, 32; 2. Boise St., 56; 3. Club NW, 82; 4. Kajaks, 130; 5. Washington, 139; 6. Victoria, 168; 7. Cornell, 193; 8. UPS, 203; 9. Idaho, 246; 10. Ev. Harriers, 269; 11. E. Wash., 305; 12. Gonzaga, 360.

Individual Champion: Karl Keska, Oregon, 24:05.

Top Husky Finisher: 7. Christian Belz, 25:16.

1995

Team Scores: 1. Club Northwest, 44; 2. Washington, 58; 3. Portland, 62; 4. Nebraska, 121; 5. Kajaks Track Club, 180; 6. Puget Sound, 185; 7. Eastern Washington, 204; 8. George Fox, 230; 9. Footzone, 230; 10. Gonzaga, 234; 11. British Columbia, 245.

Individual Champion: Uli Steidl, Portland, 24:45.

Top Husky Finisher: 4. Andy Wyman, 25:03.

1994

Team Scores: 1. Washington, 37; 2. Kajaks Track Club, 39; 3. Portland, 97; 4t. Washington State 128, Club Northwest 128; 6. Eastern Washington, 161; 7. Simon Fraser, 196; 8. Puget Sound, 200; 9. Idaho, 206; 10. Gonzaga, 244; 11. Saint Mary's, 328.

Individual Champion: Uli Steidl, Portland, 25:21.

Top Husky Finisher: 2. Colin Johnston, 25:25.

1993

Team Scores: 1. Portland 33; 2. Washington 55; 3. Cornell 99; 4. Kajaks 115; 5. Missouri 136; 6. British Columbia 171; 7. Utah 194; 8. Idaho 258; 9. Puget Sound 277; 10. Eastern Washington 281; 11. Simon Fraser 292; 12. Gonzaga 313; 13. Victoria 330; 14. Island Pacific Racing Team 390.

Individual Champion: Simon Baines, Washington, 24:40

1992

Team Scores: 1. Club Northwest, 35; 2. Air Force, 95; 3. Washington, 104; 4. British Columbia, 117; 5. Portland, 139; 6. Kajaks Track Club, 211; 7. Victoria, 234; 8. Simon Fraser, 301; 9. Idaho, 320; 10. Portland State, 337; 11. Club Northwest B, 371; 12. Hershey Harriers, 413.

Individual Champion: Graeme Fell, British Columbia, 24:33.

Top Husky Finisher: 4. Neil Panchen, 24:59.

Top-10 Course Times (8,000 meters)

No.	Year	Runner	Team	Time
1.	2000	Jonathon Riley	Stanford	23:40
2.	2002	Paul Kezes	W. Washington	23:42
3.	2000	Jason Hartmann	Oregon	23:48
4.	2000	Louis Luchini	Stanford	23:50
5.	2000	Grant Robison	Stanford	23:51
6.	2000	Tom Prindiville	Arizona	23:51
7.	2000	Mark Pilja	Michigan	23:53
8.	2000	Thomas Murley	Stanford	23:55
9.	2000	Donald Sage	Stanford	23:57
10.	2000	Bryan Green	UCLA	23:58

Washington Course Record
John Russell, 24:12 (2000)

Top-10 Times (5,000 meters)

No.	Year	Runner	Team	Time
1.	2002	Emilie Mondor	Simon Fraser	16:05
2.	2001	Sabrina Monro	Washington	16:06
3.	2002	Sabrina Monro	Unattached	16:31
4.	1998	Katie McGregor	Michigan	16:44
5.	2002	Melissa Gulli	Texas A&M	16:45
6.	2002	Letiwe Marakurwa	Idaho	16:50
7.	1999	Leigh Daniel	Texas Tech	16:52
8.	2001	Lisa Gibbs	Washington	16:58
9.	1999	Melinda Campbell	Washington	16:59
10.	1999	Cari Rampersad	Valley Royals	17:00

Washington Course Record

Sabrina Monro, 16:06 (2001)

2002

Team Scores: 1. Michigan, 45; 2. Washington 72; 3. Idaho, 73; 4. Texas A&M, 86; 5. Portland, 136; 6. CS Northridge, 180; 7. South Dakota State, 181; 8. Boise State, 207; 9. Eastern Wash., 234.

Individual Champion: Sabrina Monro, Unattached, 16:31

Top Husky Finisher: 4. Laura Hodgson, 17:16

2001

Team Scores: 1. Washington, 35; 2. UCLA, 53; 3. Auburn, 96; 4. Wash. State, 108; 5. Oregon, 123; 6. Boise State, 146; 7. Portland, 230; 8. Eastern Wash., 261; 9. Idaho, 280; 10. Portland State, 345.

Individual Champion: Sabrina Monro, Washington, 16:06

2000

Team Scores: 1. Washington, 24; 2. Idaho, 81; 3. Texas Tech, 84; 4. Wash. St., 88; 5. Port. St., 142; 6. UNLV, 168; 7. Gonzaga, 181; 8. E. Wash., 187.

Individual Champion: Gillian Palmer, Washington, 20:50

1999

Team Scores: 1. Washington, 28; t2. Idaho, 107, Texas Tech, 107; 4. Texas A&M, 109; 5. Wash. State, 138; 6. UNLV, 178; 7. Eastern Washington, 180; 8. Simon Fraser, 181; 9. Utah, 237; 10. Seattle Pacific, 267; 11. Pacific, 383.

Individual Champion: Leigh Daniel, Texas Tech, 16:52.

Top Husky Finisher: 2. Melinda Campbell, 16:59.

1998

Team Scores: 1. Michigan, 31; 2. Washington, 53; 3. Arizona State, 115; 4. Club Northwest, 143; 5. Puget Sound, 147; 6. Simon Fraser, 171; 7. Utah, 179; 8. Seattle Pacific, 193; 9. UNLV, 200; 10. Portland State, 216.

Individual Champion: Katie McGregor, Michigan, 16:44.

Top Husky Finisher: 8. Kara Syrdal, 17:30.

1997

Team Scores: 1. Washington, 33; 2. Club Northwest, 87; 3. Puget Sound, 90; 4. Idaho State, 94; 5. Simon Fraser, 119; 6. Southern Idaho, 170; 7. Seattle Pacific, 179; 8. Oklahoma State, 213; 9. Idaho, 238; 10. Eastern Washington, 252; 11. Creighton 305.

Individual Champion: Cari Rampersad, Simon Fraser, 17:15

Top Husky Finisher: 5. Margaret Butler, 17:27.

1996

Team Scores: 1. Club Northwest, 45; 2. Oregon, 97; t3. Washington 101, Arkansas 101; 5. Boise State, 119; 6. Cornell, 148; 7. Simon Fraser, 175; 8. Puget Sound, 207; 9. Gonzaga, 253; 10. Seattle Pacific, 268; 11. Idaho, 269; 12. Eastern Wash., 328.

Individual Champion: Sarah Howell, Valley Royals, 17:14

Top Husky Finisher: 10. Anna Aoki, 17:46.

1995

Team Scores: 1. Washington, 29; 2. Michigan, 53; 3. Nebraska, 90; 4. Puget Sound, 110; 5. Simon Fraser, 173; 6. Whitman, 183; 7. George Fox, 203; 8. Seattle Pacific, 210; 9. Gonzaga, 219; 10. Portland, 249; 11. Eastern Washington, 295.

Individual Champion: Tara Carlson, Washington, 17:08

1994

Team Scores: 1. Washington, 46; 2. Club Northwest, 86; 3. Portland, 94; 4. Puget Sound, 96; 5. Weber State, 139; 6. Simon Fraser, 145; 7. Tacoma Dodge, 153; 8. George Fox, 225; 9. Seattle Pacific, 226; 10. British Columbia, 240; 11. Eastern Washington, 282; 12. Gonzaga, 322.

Individual Champion: Tara Carlson, Washington, 17:24.

1993

Team Scores: 1. Arkansas, 30; 2. Oregon, 66; 3. Cornell, 105; 4. Washington, 137; 5. Club Northwest, 146; 6. Tacoma Dodge, 185; t7. Puget Sound 211, Utah 211; 9. Missouri, 240; 10. UC Irvine, 257; 11. Portland, 278; 12. Idaho, 279; 13. British Columbia, 396; 14. Eastern Washington, 416.

Individual Champion: Milena Glusac, Oregon, 17:01

Top Husky Finisher: 4. Tara Carlson, 17:31.

1992

Team Scores: 1. Oregon, 42; 2. Washington, 51; 3. Abbotsford Royals, 104; 4. Portland, 152; 5. British Columbia, 167; 6. Tacoma Dodge Racing Team, 171; 7. Air Force, 183; 8. Victoria, 222.

Individual Champion: Nicole Woodward, Oregon, 17:04

Top Husky Finisher: 3. Brandi Evans, 17:22.



Sundodger Invitational

The University of Washington hosts the 10th-annual Sundodger Invitational Men's cross country meet on Sept. 21 at Lincoln Park in West Seattle. The men's race begins at 10:00 a.m. while the women's race starts at 11:30 p.m.

The Course

The men will run over an 8,000-meter (4.97 mile) course while the women will compete on a 5,000-meter (3.11 mile) circuit. Both layouts are relatively flat, featuring a variety of terrain including dirt, rass, light gravel and woodchips. The course record for men was established by Stanford's Jonathon Riley, who ran a 23:40 at the 2000 Pac-10 Conference Championships. The women's record of 16:05 was set by Simon Fraser's Emilie Mondor in the open race at the 2002 Sundodger Invitational.

Cross Country Scoring

Teams win by having the lowest point total, based on the places of its top five runners added together. The squad size is seven, with each team's sixth and seventh finishers displacing potential scorers from other teams.



In addition to the annual Sundodger meet, Lincoln Park also played host to the 2001 Pac-10 Championships, won by Stanford's Jonathon Riley. Washington's men placed fifth.



Lincoln Park trail map provided by the Seattle Department of Parks and Recreation.

Directions

To Lincoln Park, West Seattle

(8603 Fauntleroy S.W.)

From Interstate 5 Going North or South

1. Follow the signs to Seattle.
2. Take the West Seattle exit (#163-A).
3. If you are heading North on I-5, stay left.
4. If you are heading South on I-5, stay right.
5. Continue west on the West Seattle Bridge and veer left up the hill.
6. Follow the signs to Fauntleroy Way SW.
7. Turn left onto Fauntleroy Way.
8. Proceed on Fauntleroy Way, weaving south and west for approximately 3 miles.
9. Stay on Fauntleroy Way SW until you arrive at Lincoln Park on the right hand side of the street.
10. You can also follow the signs for the Vashon Ferry Terminal, which is located directly south of Lincoln Park (you will come to the Park before you reach the ferry terminal).
11. Park in the Lincoln Park lots or on the street, but please pay attention to parking signs and restrictions. Violators could be towed.

To University of Washington

From I-5 Going North or South

1. Follow the signs to Seattle.
2. Take Hwy. 520 exit toward Bellevue-Kirkland (east).
3. Travel 1/4 mile and take the Montlake Boulevard exit.
4. At the end of the off ramp there is a stop light at Montlake Boulevard. Turn left.
5. Travel across the Montlake Bridge. Husky Stadium, Bank of America Arena and the Graves Building (athletic offices) will be visible on the right.



The 80,000-square foot home of Husky indoor track opened in September of 2001 to rave reviews. The facility includes a permanent 307-meter MONDO track (six lanes on the straight-away, five on the oval) and a full 100-yard FieldTurf infield equipped to host the shot put, weight throw, long jump, triple jump, high jump and pole vault events.

In 2003 alone, Dempsey Indoor played host to five former Olympians and witnessed five top-10 world marks, three top all-time U.S. marks (though not officially records), eight UW indoor school records and dozens of NCAA-qualifying marks.

The Feb. 1 Husky Invitational featured four Olympic athletes, including former Husky and 2000 U.S. Olympian Ja'Warren Hooker, who set a facility record in the 60m dash with a time of 6.63 seconds. Fellow U.S. Olympian John Godina, a two-time medalist, heaved the shot 65 feet, 6 3/4 inches in a winning effort, while U.S. teammate Seilala Sua took the women's shot with a throw of 56-8, besting her own facility record.

Eritrea's Bolota Asmeron, also an Olympian in 2000, highlighted the competition with a mark of 7:49.68 for 3,000 meters that, at the time, was the world's best in 2003.

In addition to its competitive use, the building is utilized as an indoor practice facility for Washington's football, softball, baseball and men's and women's soccer teams, and is considered one of the premier indoor facilities on the West Coast.

The facility is named for California businessman Neal Dempsey, a 1964 UW graduate. Dempsey and his wife, Janet, announced a gift of \$10 million in January 2001, to be split between the School of Business and intercollegiate athletics.

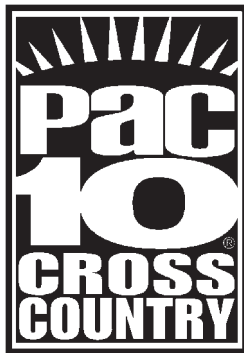
Dempsey Indoor Records

MEN

60m Dash	6.63, Ja'Warren Hooker, Asics, 2/1/03
60m Hurdles	7.83, Jeff Hunter, Arizona, 3/3/03
200m	21.10, Rubin Williams, Unattached, 2/15/03
400m	46.17, Andre Ammons, Unattached, 2/15/03
800m	1:47.38, Zach Whitmarsh, Pacific Sport, 2/15/03
Mile	3:58.40, Michael Stember, NIKE, 2/15/03
3000m	7:49.68, Bolota Asmeron, NIKE, 2/1/03
5000m	13:49.82, Louis Luchini, Stanford, 2/1/03
4x400m Relay	3:09.35, Arizona State, 3/1/03
DMR	9:34.56, Stanford, 1/31/03
High Jump	7-1, Jason Boness, Oregon, 2/2/02
Pole Vault	18-8 1/4, Paul Terek, Unattached, 2/1/03
Long Jump	24-6 1/2, Allen Simms, USC, 2/1/03
Triple Jump	54-6 1/2, Julien Kapek, USC, 2/1/03
Shot Put	65-6 3/4, John Godina, adidas, 2/1/03
Weight Throw	73-9 1/2, Derek Woodske, Ironwood TC, 2/1/03

WOMEN

60m Dash	7.35, Jakkie Bailey, Stanford, 2/1/03
60m Hurdles	8.15, Angela Whyte, Idaho, 3/1/03
200m	23.72, Michelle Davis, UNLV, 2/9/02
400m	53.62, Megan Addy, Sheffield Elite, 2/15/03
800m	2:02.91, Heather Hennigar, Pacific Sport, 2/15/03
Mile	4:33.41, Lena Nilsson, UCLA, 3/3/03
3000m	9:07.88, Alicia Craig, Stanford, 2/1/03
5000m	16:22.13, Sabrina Monro, Washington, 2/28/03
4x400m Relay	3:35.06, UCLA, 3/3/03
DMR	11:05.16, Stanford, 1/31/03
High Jump	5-10 1/2, Kimberly Stone, Stanford, 2/15/03
Pole Vault	5-10 1/2, Kaylene Wagner, Cal Poly SLO, 2/15/03
Long Jump	14-3 1/2, Tracy O'Hara, UCLA, 2/2/02
Triple Jump	19-11 3/4, Angela Whyte, Idaho, 3/1/03
Shot Put	41-6, Rosaline Olomina, Unattached, 1/18/03
Weight Throw	56-8, Seilala Sua, UCLA, 2/1/03
	66-8, Cari Soong, UCLA, 2/2/02



Entering the 2003-04 season, the Pacific-10 Conference continues to uphold its tradition as the "Conference of Champions." Pac-10 members have claimed an incredible 73 NCAA team titles over the past nine seasons, for an average of more than eight championships per academic year.

Even more impressive is the breadth of the Pac-10's success, as those 73 team titles over the past nine seasons have come in 21 different men's and women's sports. The Pac-10 has now led the nation in NCAA Championships 38 of the last 43 years and finished second five times.

Spanning nearly a century of outstanding athletics achievement, the Pac-10 has captured 325 NCAA titles (243 men's, 82 women's), far outdistancing the runner-up Big Ten Conference's 193 titles.

Pacific-10 Conference

The Conference's reputation is further proven in the annual NACDA Directors' Cup competition, the prestigious award that honors the best overall collegiate athletics programs in the country.

STANFORD continued its remarkable run in the 2003-04 season, winning its ninth-consecutive NACDA Directors' Cup. In the 2002-03 final standings, four of the Top 10, and seven of the top 20 Division I programs, were Pac-10 members: No. 1 STANFORD, No. 6 UCLA, No. 9 CALIFORNIA, No. 10 ARIZONA STATE, No. 13 USC, No. 16 ARIZONA and No. 17 WASHINGTON.

The Pac-10 captured eight NCAA titles in 2002-03, most of any conference and also laid claim to 39 individual titles. Three different Pac-10 members won at least one NCAA Championship, with UCLA leading the nation with four.

Overall, the Conference had 23 teams finish in the top three at NCAA Championship events. Participation in the postseason was a common occurrence for the Pac-10 in 2002-03. Of the 22 sports sponsored by the Pac-10, 19 witnessed at least half its teams participating in the postseason, including 64 men's teams and 78 women's teams.

Pac-10 Directory

800 South Broadway, Suite 400
Walnut Creek, CA 94596
Phone: (925) 932-4411
FAX: (925) 932-4601

Internet: www.pac-10.org

Commissioner: Thomas C. Hansen
Asst. Commissioner, Championships and Administration: Christine Hoyles

Asst. Commissioner, Public Relations: Jim Muldoon

Asst. Commissioner, Electronic Communications: Duane Lindberg

Asst. Commissioner, Compliance and Enforcement: Mike Matthews

Asst. Commissioner, Business and Finance: Ben Jay

Asst. Commissioner, Enforcement: Ron Barker

Asst. Commissioner, Olympic Sports: Chris Dawson

Asst. Directors of Public Relations: Dave Hirsch & Julie Reuvers

P.R. Interns: Steve Hitchcock & Morgan Berman

Administrative Fellow: Courtney Johnson

National Collegiate Athletic Association



The University of Washington is a Division I member of the National Collegiate Athletic Association. The NCAA's basic purpose is to maintain intercollegiate athletics as an integral part of the educational program and the athlete as an integral part of the student body.

The 2003 NCAA Division I men's and women's Cross Country Championships are scheduled for Monday, November 24, in Waterloo, Iowa. Northern Iowa University serves as host of the championship meet.

In 1998, the championship field was expanded to 31 teams for both men and women, up from 22 in previous years. The top two teams from each regional meet earn automatic berths while an additional 13 teams will receive at-large invitations. Additionally, the top runners from each region whose teams do not qualify, will earn invitations to the championships meet.

The 2003 NCAA West Regional Championship cross country meet is scheduled for Saturday, November 15 in Portland, Ore.

NCAA

One NCAA Plaza
700 Washington Street
Indianapolis, IN 46204
Phone: (317) 917-6222
Fax: (317) 917-6888

Internet: www.ncaa.org