2005 ATHLETE PROFILES-MEN



YAHYA ABDUL-MATEEN

Hurdles

Freshman, Oakland, CA

HIGH SCHOOL: A 2004 graduate of McClymonds High School in Oakland, CA, Abdul-Mateen brings depth to the hurdles…PRs include 14.26 in the 110mH and 38.2 in the 300IH…an honor roll student…also played basketball and participated in debate team and chess club…PERSONAL: Yahya Abdul-Mateen was born July 15, 1986 in New Orleans, LA…parents are Yahya and Mary Abdul-Mateen…siblings are Dorothy, Deidre, Sadrud-din, Zakiyyah, and Khadijah…architecture major.



TOM ALLEN

800m-1500m

Senior, Palo Alto, CA

AS A JUNIOR IN 2003-04: Allen ran a PR of 3:54.19 in the 1500m at the Stanford Invitational…ran 1:53.51 indoors in the 800m at MPSF Championships…ran the teams third-best mile time (4:15.65)…AS A SOPHOMORE IN 2002-03: Posted a time of 1:54.28 in the 800m at the Big Meet...ran a 1:56.41 in the 800m at the Cal Invite…*CROSS COUNTRY* - Allen also was a member of Cal's cross country team…HIGH SCHOOL: Attended Gunn High School in Palo Alto, CA…MVP of track and cross country teams.



DONNY APPANAITIS

Pole Vault

Redshirt Freshman, Palos Verdes, CA

REDSHIRTED THE 2003-04 SEASON…HIGH SCHOOL: Appanaitis attended Loyola High School in Los Angeles…state leader and Southern Section champion in the pole vault…also Loyola record holder (16-0, 1993) in the pole vault…helped Loyola win the 2003 CIF-SS Division II Championship…PERSONAL: Donald Bruce Appanaitis was born April 23, 1985 in Torrance, CA…father is Donald Appanaitis…integrative biology major.



TOBY ATAWO

100m-200m-400m

Senior, Toronto, Canada

AS A JUNIOR IN 2003-04: A Pac-10 qualifier in the 100m (10.68), Atawo posted Cal's second-best time of the season in that event…won the 200m at the Big Meet…ran his best time in the 200m at MPSF Championships (21.89 indoors)…AS A SOPHOMORE IN 2002-03: Atawo won the 200m (21.26) and finished third (6.90) in the 60m at the Boise State Bandanna Invitational, his first competition as a Golden Bear...second (21.60) in the 200m and third (10.86) in the 100m at the Cal Meet…second (10.49w) in the 100m at the Big Meet…EASTERN ILLINOIS UNIVERSITY: Competed for the track & field and soccer teams…HIGH SCHOOL: A 2000 graduate of Vaughan Secondary School in Thornhill, Canada...personal-best times included 10.78 in the 100m and 21.96 in the 200m...OFSAA silver medallist in the 100m and 200m...lists best sports moment as winning the 200m event at the Ohio Valley Conference Championships...winner of his high school's Social Studies Award as a senior…also played soccer, basketball, wrestling, and volleyball. PERSONAL: Tobore Olumide Atawo was born June 3, 1981, in Toronto, Canada...parents are David and Gladys Atawo of Maple, Canada...ISF – economies and trade major.



DAN BLOOMGREN

Distances

Freshman, San Diego, CA

AS A FRESHMAN IN 2003-2004: Earned PAC-10 All-Academic Honors…HIGH SCHOOL: A 2003 graduate of Scripps Ranch High School in San Diego, CA. Bloomgren was a two-time MVP where he owns school records in both the 800m and 4x400m…PERSONAL: Daniel Bloomgren was born September 8, 1984 in Rockford, IL to Michael and Ellie Bloomgren…intends to major in Business.



ADAM BURGH

Javelin-High Jump

Sophomore, Yamhill, OR

AS A FRESHMAN IN 2003-04: Burgh posted the Bears' best season mark in the javelin, 200-04, a Pac-10 qualifying mark…REDSHIRTED THE 2002-03 SEASON...HIGH SCHOOL: Burgh attended Yamhill-Carlton High School in Yamhill, OR…competed at the 2002 Oregon state meet in the high jump, discus, javelin, and hurdles at which he claimed top honors in the high jump…three-time MVP on the track team with numerous state and league honors…also played basketball, football and four years of varsity soccer…active in several school clubs and organizations…school president and valedictorian…PERSONAL: Adam William Burgh was born Feb. 6, 1984, in Palo Alto, CA...parents are Don Burgh and Deb Broocks…grandfather, Bill, attended Cal and mother, Deb, completed her graduate degree at Cal...has one brother, Eric…economics and political science double major with a minor in public policy.



CARLOS CARBALLO

1500m-10000m

Senior, Cathedral City, CA

AS A JUNIOR IN 2003-04: Finished sixth at the Pac-10 Championships (30:43.23) in the 10,000m…also Cal's top 5000m runner and a Pac-10 qualifier in that event (14:31.98)…AS A SOPHOMORE IN 2002-03: Finished second (8:23.17) in the 3000m at the Cal Meet...placed 10th (31:06.45) in the 10,000m at the Pac-10 Championships... AS A FRESHMAN IN 2001-02: Finished 10th in the 10,000m (31:49.45) at the Pac-10 Championships...placed second in the 3000m (8:30.33) at the UC Davis Quadrangular...placed third in the 5000m at both the UCLA Triangular (14:42.22) and Brutus Hamilton Memorial Invitational (14:48.58)...Pac-10 All-Academic second team selection…HIGH SCHOOL: Competed in track and field and cross country for three years each at Cathedral City High School…finished seventh at the state Division II cross country championships...1999 Desert Valley League cross country champion...1999 and 2000 3200m league champion...helped his team to the 1999 league cross country title and to the 2000 track and field league crown...set 3-mile then-PR of 15:15 and 5000m PR of 15:49 at the Woodward Park Course… PERSONAL: Carlos Eliseo Carballo was born Sept. 6, 1982, in El Salvador...mother is Dora Garcia...mathematics major.



SEAN CAREY

800-1500m

Freshman, Albany, CA

Carey is also a member of the cross country team…HIGH SCHOOL: a 2004 graduate of Albany High School in Albany, CA…won the 800m at the NCS Meet of Champions…participated in the Junior Olympics…800m school record holder with PR of 1:52.15…played one year varsity soccer…PERSONAL: Sean Wesley Carey

was born Aug. 20, 1986 in San Francisco, CA…parents are Van and Judith Carey…father is a professor at Cal…has one sister, Elizabeth…undeclared major.



CHRIS CHAVEZ

800m-5000m

Freshman, Culver City, CA

Chavez is also a member of the cross country team…HIGH SCHOOL: Graduated in 2004 from Santa Monica High School in Santa Monica, CA…MVP of track team and four-year varsity letterman on league champion team…named "Most Athletic" at his high school…PERSONAL: Christopher Daniel Chavez was born May 9, 1986 in Santa Monica, CA…parents are Anthony and Margaret Chavez…has one brother, John…hobbies include golf and making jewelry…undeclared major with an interest in economics…



STEVEN CONRAD

Decathlon

Freshman, Grass Valley, CA

HIGH SCHOOL: A top decathlete prospect, Conrad is a 2004 graduate of Nevada Union High School in Grass Valley, CA…boasts PRs of 24-2 in the long jump, 10.69w in the 100m, 48.57 in the 400m, 14.57 in the 110mH, 6-4 in the high jump…a California state finalist in the long jump…set six school records…named best overall athlete on team, among other team awards…also played football…PERSONAL: Steven Michael Conrad was born Dec. 12, 1985 in Sacramento, CA…parents are Chet Conrad and Barbara Hren…has two sisters…undeclared major.



KEVIN DAVIS

1500m-5000m-SC

Junior, Fresno, CA

AS A SOPHOMORE IN 2003-04: Posted Cal's best 3000mSC time (8:55.56) to finish ninth at the NCAA West Regionals…that mark was also good for seventh all-time at Cal…placed seventh in the 3000mSC at the Pac-10 Championships…also posted Cal's second-best time of the season in the 5,000m (14:48.47)…AS A FRESHMAN IN 2002-03: Won the 3000mSC with a PR (9:01.34) at the USATF Junior Championships...posted his and Cal's best time of 3:51.13 in the 1500m at the Mt. SAC Relays...ran an NCAA Regional and Pac-10 Championships qualifying time of 9:06.16 in the 3000mSC at the Cal Open…had his best 5000m time (14:59.19) at the Big Meet…had Cal's best finish (10th, 9:09.32) in the 3000m SC at the Pac-10 Championships...ran a 4:14.07 in the indoor mile at the MPSF Championships…*CROSS COUNTRY* - Davis is also a member of Cal's cross country team…finished 52nd (31:50) at the 2004 NCAA West Regional…placed 33rd (25.43) for a PR at the 2004 Pac-10 Championships…finished 71st (28:12.40) at the 2003 Pac-10 Championships…finished the 10,000m in 33:17 at the 2002 NCAA West Regional...placed 35th at the 2002 Pac-10 Championships on an 8,000m (25:11) course...named Most Improved Athlete for the 2002 season…HIGH SCHOOL: A 2002 graduate of Clovis West High School...was the league and section champion and finished fifth at the state meet as a member of the cross country team...recorded PRs of 1:57 (800m), 4:17.1 (1600m), 8:32.47 (3000m) and 9:05.92 (3200m)…PERSONAL: Kevin William Davis was born Feb. 4, 1984, in Fresno, CA...parents are Robert and Delores Davis...older sister, Barbara, plays soccer at Fresno State...undeclared major.



RICCI DULA

100m-200m

Senior, Sacramento, CA

AS A JUNIOR IN 2003-04: Dula posted Cal's third-best 100m time (10.72) at the Brutus Hamilton Invitational …ran on Cal's fifth-place 4x100m relay team at Pac-10 Championships…AS A SOPHOMORE IN 2002-03: ran an NCAA regional and Pac-10 Championships qualifying time of 10.42w in the 100m at the Big Meet...anchored Cal's 4x100m relay teams that won (40.60) the Yellow Jacket Invite and ran an NCAA regional qualifying time of 40.08 at the Big Meet…scored two points at the Pac-10 Championships by finishing seventh in the 100m (10.57)...at the NCAA West Regional, anchored Cal's 4x100m relay team that took fourth (40.49) and finished seventh (10.66) in the 100m… AS A REDSHIRT FRESHMAN IN 2001-02: Had Cal's third-best mark of the season in the 100m (10.93), set at the Big Meet...placed third in the 100m at both the Brutus Hamilton Memorial Invitational (11.08) and Cal Open (10.97)…REDSHIRTED THE 2000-01 SEASON…HIGH SCHOOL: Set the Encina High School and league record in the 100m (10.5 hand-timed and 10.58w)…selected all-league in 1999 in the 100m, 200m and 4x400m relay and all-league in 2000 in the 100m, 4x100m relay and 4x400m relay...named team MVP as a junior and senior...also played baseball for four years, basketball for three years and varsity football for one year…PERSONAL: Ryan Ricardo Dula was born Sept. 4, 1982, in Carmel, CA…mother is Paula Dula…sociology major.

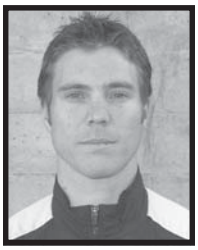


JOHN EVES

800m-5000m

Sophomore, Dublin, Ireland

UNIVERSITY COLLEGE: Eves transferred from University College in Dublin where he competed in track for one year…HIGH SCHOOL: A 2001 graduate of Gonzaga College in Dublin, Ireland… PERSONAL: John Louis Eves was born Jan. 17, 1983 in Dublin, Ireland…parents are Louis and Helen…has one brother, George, and one sister, Florence…physics major.



RANDY FAIR

400m-800m

Senior, Folsom, CA

AS A JUNIOR IN 2003-04: Fair ran Cal's top 800m time of the season and a PR of 1:51.75 at Pac-10 Championships to finish 11th…ran Cal's second-best 400-meter time (48.98) of the season…ran the third-leg of Cal's seventh-place 4x400m relay team (3:08.83) at the Pac-10 Championships…AS A SOPHOMORE IN 2002-03: ran Cal's best 800m time (1:52.02) of the year at the Mt. SAC Relays...at the Yellow Jacket Invite, was 12th in the 800m (1:52.33) and anchored Cal's 4x400m relay team that took fifth (3:13.86)... ran third leg of the 4x400m relay team that took seventh (3:14.46) at the Mt. SAC Relays...AS A FRESHMAN IN 2001-02: Set Cal's third-best time of the season in the 400m (48.29) at the Mt. SAC Relays...posted his best finish of the season at the UC Davis Quadrangular, placing second in the 400m (49.73)...finished fourth in the 400m at both the USC Invitational (48.69), UCLA Triangular (48.64) and Mt. SAC Relays (48.29)…HIGH SCHOOL: Selected Folsom High School Athlete of the Year as a senior…also as a senior, named all-city for track and field and football…set the school record in the 200m (21.7) and 400m (48.78)…competed in the Junior Olympics… PERSONAL: Randy Harold Fair was born Feb. 15, 1983, in Sacramento, CA…mother is Ginger Fair...undeclared major.



T.J. FISHER

Javelin

Senior, Anaheim Hills, CA

TRANSFER FROM SANTIAGO CANYON COLLEGE…Fisher earned his A.A. at Santiago Canyon College in Orange County, CA…competed in cross country, soccer and golf, becoming the first tri-athlete in the school's history…HIGH SCHOOL: A 2000 graduate of Canyon High School in Anaheim Hills, CA…first-team all-league in golf…PERSONAL: Thomas John Fisher was born Feb 10, 1982 in Orange County, CA…parents are Andrew and Dee Fisher…has one brother, John…philosophy major.



CRAIG GALLIMORE

100m-200m-110H-400H
Redshirt Freshman, Burke, VA

REDSHIRTED THE 2003-04 SEASON…HIGH SCHOOL: Gallimore attended Lake Braddock High School in Burke, VA...state champion in 300H...indoor state champion in 60m and an indoor All-American…PRs are 14.02 in the 110mH and 37.60 in the 300mH…PERSONAL: Craig Allun Gallimore was born May 31, 1985 in Fairfax, VA…parents are George and Lucy Gallimore…undeclared major with an interest in engineering.



GILIAT GHEBRAY

1500m-5000m
Sophomore, Union City, CA

AS A FRESHMAN IN 2003-04: Ghebray posted Cal's fastest mile time (4:07.77 MPSF Indoor Championships) and Cal's best 3,000m time (8:07.27 indoors)…REDSHIRTED THE 2002-03 TRACK SEASON… HIGH SCHOOL: A 2002 graduate of James Logan High School...NCS champion in cross country as a junior and was the NCS runner-up in track and field his sophomore through senior seasons...at the state meet, finished fourth in the 3200m as a sophomore and fourth in the 1600m as a senior...ran PRs of 4:12.69 (1600m) and 9:02.20 (3200m)... school record holder in the 1600m, 3200m and distance medley relay...named to the honor roll…*CROSS COUNTRY* - Ghebray is also a member of Cal's cross country team… took 52nd (31:50) at the 2004 NCAA West Regional...finished 69th (26:56) at the 2004 Pac-10 Championships …placed 39th at (26:15) 2003 Pac-10 Championships…finished 55th (31:04) at 2003 NCAA West Regional… PERSONAL: Giliat Ghebray was born Feb. 5, 1984, in Oakland, CA...father is Berhane Mehari and mother is Genet Walemariam...has five siblings, with brother Bisirat a 2000 Cal grad...family comes from Eritrea...undeclared major.



DAVID GLASGOW

(Team Captain)
High Jump
Senior, Merced, CA

AS A JUNIOR IN 2003-04: Glasgow placed third in the high jump at the Pac-10 Championships (7-01.00)…that jump was also his season best and second best on the team to All-American Teak Wilburn…finished second in the high jump at the Big Meet…second-team Pac-10 All-Academic…AS A SOPHOMORE IN 2002-03: placed third (7-00.25) in the high jump at the Pac-10 Championships...took third (6-6.75) at the Big Meet... Pac-10 All-Academic honorable mention…AS A REDSHIRT FRESHMAN IN 2001-02: Tied for fifth-place in the high jump (6-10.75) at the Pac-10 Championships...that mark served as Cal's best of the season...won the high jump (6-10.75) at the Brutus Hamilton Memorial Invitational...placed second in the high jump at several meets, including the Big Meet (6-10.75)…Pac-10 All-Academic honorable mention…HIGH SCHOOL: Finished fourth in the high jump at the 2000 state meet with a Golden Valley High School record of 6-9.5...named the Golden Valley Athlete of the Year his senior year…two-time Central California Conference champion in the high jump...helped his high school to three conference championships…four-time academic all-conference honoree...PERSONAL: David Robert Glasgow was born March 31, 1982, in Merced, CA...parents are Robert and Ann Glasgow…awarded the Brutus Hamilton Alumni Scholarship in 2002...currently a graduate student working towards a master's in education after earning his bachelor's degree last year.

GIRMAY GUANGUL

1500m-5000m-10000m
Senior, San Jose, CA

REDSHIRTED THE 2003-04 SEASON…AS A JUNIOR IN 2002-03: Broke school record in 10000m in NCAA qualifying time (29:17.78) at Stanford Invite...ran Cal's best 3000m time (8:15.16) at the Cal Open…had Cal's best finish (11th, 3:51.27) in the 1500m at the Yellow Jacket



Invite…ran NCAA regional and Pac-10 Championships qualifying time (14:24.17) in 5000m…AS A SOPHOMORE IN 2001-02: Set Cal's best mark of the season in the 3000m (8:25.30) at the USC Invitational with a second-place finish…AS A FRESHMAN IN 2000-01: Placed ninth in the 5000m (14:26.15) at the Pac-10 Championships...posted his best time, 14:25.10, at the Brutus Hamilton Memorial Invite...finished second at the California-Nevada State Meet with a 5000m time of 14:29.83…*CROSS COUNTRY* - Guangul is also a member of the Bears' cross country squad...posted Cal's best Pac-10 and NCAA West finish in 2004, 17th (24:56) and 30th (31:20), respectively, led the Bears with a first-place finish and course record (19:57) at the Berkeley Firetrail Challenge…led Cal with a 28th-place finish (25:56.90) at the 2003 Pac-10 Championships and a 55th-place finish (30:23) at the 2003 NCAA West Regional …redshirted the 2002 season…competed at NCAA Championships as a freshman…HIGH SCHOOL: Competed on the cross country and track teams at Santa Clara High School…in cross country, was an all-league and All-CCS selection as a senior...that same year, he won the CCS title (15:21), placed third (15:32) at the Division II state meet and took 25th at the West Regional Foot Locker meet...helped his high school to league track and field titles in 1998 and 1999...his PRs included 4:15 (mile) and 9:08 (3200m)...holds the school record in the mile, 3200m and 5000m.as a senior in the 3200m, finished first at the CCS meet and fourth at the state meet…PERSONAL: Girmay Guangul was born March 24, 1981, in Ethiopia...father is Getachew Guangul…undeclared major.



JONAS HALLGRIMSSON

Decathlon
Junior, Harfnarfjordur, Iceland

AS A SOPHOMORE IN 2003-04: Posted Cal's third-best javelin mark of the season (170-07), fourth-best long jump (22-08) and fifth-best discus mark (115-10)…TRANSFERRED FROM USC: Hallgrimsson scored 6,855 points at the Occidental meet…Pac-10 qualifier in decathlon and triple jump… HIGH SCHOOL: Attended Reykjavir Junior College in Reykjavir, Iceland…member of national team for three years…then PRs included 6,650 points in decathlon, 22-8 long jump, and 48-0 triple jump…1998 Iceland Junior Track & Field Athlete of the Year… PERSONAL: Jonas Hylnur Hallgrimsson was born May 27, 1982 in Reykjavik, Iceland...parents are Jonasson Hallgrimsson and Ingibjorg Asgeirsdottir…brother, Asgeir, is a professional athlete in Spain…has another sibling Berglind…career goal is to build his own company…undeclared major.



BEN KARL

100m-200m
Sophomore, Colorado Springs, CO

AS A FRESHMAN IN 2003-04: Ran his season bests in the 100m (10.93) and 200m (22.08) in the 200m at the Big Meet…HIGH SCHOOL: Karl attended Palmer High School...took second in the 200m and third in the 100m at the Colorado state championship meet…ran times of 10.59 and 21.39 in the 100m and 200m, respectively, at Palmer High.



CRAIG KENT

Shot Put-Discus-Hammer
Redshirt Freshman, Spokane, WA

REDSHIRTED THE 2003-04 SEASON…2004 Verizon Junior All-American in shot put and discus…HIGH SCHOOL: Kent is a 2003 graduate of Central Valley High School in Spokane, WA...Central Valley team captain in 2003…Greater Spokane League Athlete of the Year in 2003…2003 Washington state champion in shot put and discus…set school records in shot put, discus and javelin in 2003…played three years varsity football…2003 MVP of Greater Spokane League-Defense… PERSONAL: Craig B. Kent was born on July 19, 1985...parents are Steve and Sue Kent...Steve Kent played football at Eastern Washington University…undeclared major.



ERIC LEE

800-5000m
Freshman, San Rafael, CA

HIGH SCHOOL: Lee graduated from Sir Francis Drake High School in San Anselmo, CA in 2004…two-time team MVP…PRs include 49.3 in the 400m, school record 1:53.23 in the 800m, 4:27.09 in the mile, and 42-2 in the triple jump …PERSONAL: Eric Brandon Lee was born Aug. 26, 1986 in Greenbrae, CA…mother is Cynthia Farina…has one sister, Lisa, who played basketball at Cal State Hayward…undeclared major.



JOHN LUDDEN

Shot Put-Discus-Hammer
Redshirt Freshman, Canoga Park, CA

REDSHIRTED THE 2003-04 SEASON…2004 Verizon Junior All-American in the hammer…HIGH SCHOOL: Ludden is a 2003 graduate of Harvard-Westlake School in North Hollywood, CA...set school records in shot put and discus…school MVP in 2003...CIF champion in shot put and discus in 2003...played JV basketball in 2001... PERSONAL: John David Ludden was born on June 29, 1985...parents are Paul and Mary Ludden…older brother, Michael, attends UCLA...also has a younger brother Peter…PRs are 185-5 in the discus and 59-4.5 in the shot put.



THOMAS MACK

110H-400H
Sophomore, Bakersfield, CA

AS A FRESHMAN IN 2003-04: Mack was a Pac-10 qualifier in the 110mH with a season-best of 14.42, posted at the Big Meet…also posted his season-best in the 400mH (53.92) at the Big Meet…HIGH SCHOOL: Mack is a 2003 graduate of Bakersfield High School in Bakersfield, CA...2002 California state champion in 110HH and 300IH…PRs are 13.92w and 14.04 (110HH), 37.28 (300IH) and 53.18 (400IH)…Bakersfield High School was 2002 California state team champion… PERSONAL: Thomas A. Mack was born on Aug. 28, 1985, in Bakersfield, CA...mother is Cynthia Sosa…has an older brother, Jeff, and older sister, Melanie.



ALEX McCLARY

800m-5000m
Freshman, Shelton, WA

McClary, also a member of the cross-country team comes to Cal as one of the top distance runners from the state of Washington…HIGH SCHOOL: two-time 800m state champion at Shelton HS…owns an 800m PR of 1:50.23, which was one of the top five prep times in the country…as a senior, finished seventh in the state in cross country after placing eighth as a junior…won the district cross country title as a senior…as a sophomore, was the state record holder in the 800m…holds school records in the 400m, 800m, 1600m and 4x400m… PERSONAL: Born Oct. 31, 1985 in Texarkana, TX…parents are Cam and Judy McClary…Cam played basketball and Judy ran track at Arkansas…Alex's twin brother, Andy, runs for Cal…Alex's grandfather (Doug McClary) and his great-grandfather (Hal McClary) played basketball for Washington…undeclared major.



ANDY McCLARY

800m-5000m
Freshman, Shelton, WA

McClary joins his twin brother, Alex, as two of the most talented newcomers in the distances and on the cross country team…HIGH SCHOOL: runner-up to his brother, Alex, in the 800m at the state championships as a senior at Shelton HS…his PR in the 800m is 1:51.79…finished seventh at the state cross country meet as a junior…placed second at the 2002 league cross country championship…propelled his high school to league cross country championships with undefeated records in 2001 and 2002…took seventh at the 2004 Golden West Invitational after placing eighth in 2003… PERSONAL: Born Oct. 31, 1985 in Texarkana, TX…parents are Cam and Judy McClary…Cam played basketball and Judy ran track at Arkansas…his twin brother, Alex, runs for Cal…Alex's grandfather (Doug McClary) and his great-grandfather (Hal McClary) played basketball for Washington…undeclared major.



TONY MIRANDA

Discus-Shot Put-Hammer
Senior, Pacifica, CA

REDSHIRTED THE 2003-04 SEASON…AS A JUNIOR IN 2002-03: Miranda won the Mt. SAC Relays in the discus with an NCAA regional and Pac-10 Championship qualifying throw of 183-10.won the discus (173-4) at the Stanford Invite…had his best throw in the shot put (53-1.75) and the hammer (156-05) at the Big Meet…took seventh place (180-06) in the discus at the Pac-10 Championships...AS A SOPHOMORE IN 2001-02: Finished 11th in the discus (166-2) at the Pac-10 Championships...that mark stood as Cal's best of the season...held Cal's second-best season mark in the shot put (50-11), set at the Big Meet...won the discus at the Cal Open with a score of 162-10, and finished third in the hammer (153-1) at the meet...placed second in the discus (156-7) at the UC Davis Quadrangular, Woody Wilson Invitational (165-5) and Cardinal Qualifier (166-2)...finished third in the shot put (50-11.00), discus (164-1) and hammer (145-6) events at the Big Meet…AS A FRESHMAN IN 2000-01: Finished eighth in the discus at the Pac-10 Championships with a then-PR and Cal team season-best throw of 170-10…placed third in the discus at both the UC Davis Invitational and the Brutus Hamilton Memorial Invite with throws of 167-3 and 166-5, respectively…throw of 161-2 was good for second at the Big Meet…HIGH SCHOOL: Competed three seasons each in track and field, football and basketball...played in the San Francisco football all-star game. PERSONAL: James Anthony Miranda was born March 30, 1982, in San Francisco, CA…political science major.



RASHAAD NUNNALLY

100m-Long Jump
Freshman, Vallejo, CA

HIGH SCHOOL: Nunnally attended Bethel High School in Vallejo, CA for two years before graduating from Sheldon High School in Sacramento, CA in 2004…two time Delta League champion in the long jump and 100m…played football at Bethel High School…Junior National qualifier in the long jump in 2003 and 2004…named a Scholar Athlete in 2003 and 2004…posted PRs of 25-1.75 in the long jump, 10.51 in the 100m, and 21.90 in the 200m… PERSONAL: Rashaad Dominic Nunnally was born July 1, 1986 in Lemoore, CA...mother is Delecia Nunnally…cousin, Jon Nunnally, played major league baseball…American Studies major.



MICAH PARKER

Distance
Sophomore, Reno, NV

LASSEN COMMUNITY COLLEGE: Won the 2004 CALJUCO Title in the 3000SC.

HIGH SCHOOL: Parker graduated from Galena High School in Reno, NV where he earned spots on the All-State Cross Country teams twice, as well as being named to the All-Region Wrestling Team three times over.

PERSONAL: James "Micah" Parker was born March 2, 1985 in Reno, NV to Steve and Catie Parker. Parker's sister Abby also competes on the track & field and cross-country teams…relatives who have attended Cal include Parker's father, paternal grandparents, and an uncle who won an Olympic gold medal while rowing for the crew team…undeclared major.



JOE PERKINS

Discus-Shot Put-Hammer
Redshirt Freshman, Vacaville, CA

REDSHIRTED THE 2003-04 SEASON… HIGH SCHOOL: Perkins attended Vacaville High School in Vacaville, CA…league champion in the discus in 2002 and 2003…also played football where he received 2002 All-League honors and Outstanding Lineman…scholar athlete who was on honor roll… PERSONAL: Joseph Anthony Perkins was born Aug. 23, 1984, in Woodland, CA…parents are Larry and Emily Perkins...has one sister, Shawnee, who currently attends UC San Diego…career goal is to be a teacher…undeclared major.



OZZIE PINA

800m-1500m
Junior, Long Beach, CA

AS A SOPHOMORE IN 2003-04: Pina ran a season-best 3:58.64 in the 1500m at the Mt. SAC Relays…posted his season best in the 800m (1:56.87) at the Brutus Hamilton Invitational… AT MT. SAC: Pina transferred from Mt. San Antonio Junior College…garnered All-America honors in the 1500m and 5000m…was the state's junior college 1500m champion (3:53.50) and cross country four-mile champion…boasts a best time of 14:27 in the 5000m. *CROSS COUNTRY* – Also a member of the cross-country team…finished 59th (26:26) at the 2004 Pac-10 Championships and 103rd (33:30) at the 2004 NCAA West Regional… took 55th at the 2003 Pac-10 Championships (26:49) and 77th in NCAA Regionals (31:43)… HIGH SCHOOL: Led Long Beach Poly to a state cross country title and to a CIF track and field crown...was a three-year CIF champion in the one mile and two mile and a two-year CIF winner in cross country…as a senior, clocked a PR of 4:14 in the mile and as a sophomore, ran a 9:05 two-mile time. PERSONAL: Born Jan. 25, 1983, in Long Beach...parents are Jose and Marie Pina…undeclared major.



STEPHEN POTTEY

1500m
Freshman, Reno, NV

HIGH SCHOOL: Pottey is a 2004 graduate of Galena High School in Reno, NV…Nevada state champion in the 1600m in 2003 and 2004, while setting stadium records…state champion in the 800m and high school's Athlete of the Year in '04… second in the state in cross country…set a meet record at the Stanford Invite in the mile in 2004…PR in the 1500m is 4:00.44…PERSONAL: Stephen Michael Pottey was born Feb. 21 in Reno, NV…parents are Charles and Donna Pottey…father ran cross country and track and field at Rensselaer Polytechnic Institute…interested in becoming a civil engineer and youth pastor…undeclared major.



ERIC ROBERTS

1500m-5000m-SC
Sophomore, Martinez, CA

AS A FRESHMAN IN 2003-04: Did not compete…REDSHIRTED THE 2002-03 SEASON. *CROSS COUNTRY* - Roberts is also a member of Cal's cross country squad, but redshirted the 2004 season...finished 72nd (28:12.50) at the 2003 Pac-10 Championships... HIGH SCHOOL: A 2002 graduate of Alhambra High School...competed in cross country, track and field and soccer...two-time league champion and his high school's record holder in the 1600m and 3200m...first male student from his high school to compete in the cross country state meet (competed sophomore through senior years)...helped his team to the league championship crown his junior year...PRs were 800m (1:58), 1600m (4:16) and 3200m (9:28.6)...selected as his high school's athlete of the year...was his high school's valedictorian...earned several scholastic honors, including the Science Plaque award, Air Force Math award and Army Scholar-Athlete award...PERSONAL: Eric Thomas Roberts was born May 9, 1984, in Walnut Creek, CA…parents are Tom and Donna Roberts... comes from an athletic family as father wrestled at San Jose State, sister played softball at UC Santa Barbara and cousin plays baseball in the Detroit Tigers organization...undeclared major.



NATHAN ROLFE

Throws
Freshman, Seattle, WA

HIGH SCHOOL: Rolfe is a 2004 graduate of Inglemoor High School in Kenmoore, WA…three-time *Track & Field News* All-American, four-time state champion…indoor and outdoor national champion…went undefeated in dual meets for three years in high school…PRs include 206-2 in the discus, 237-4 in the hammer, 60-1 in the shot…played two years of football…PERSONAL: Nathaniel Chatfield Rolfe was born Oct. 28, 1985 in Miami, FL…parents are Bruce Rolfe and Alison Faulkner…has two older siblings, Justin and Sarah…grandparents Schefe and Jaqueline Ewing attended Cal…hobbies include scuba diving, glider flying and water skiing…undeclared major.



GREG ROSS

110mH-400mH-Decathlon
Senior, Elk Grove, CA

AS A JUNIOR IN 2003-04: Ran a season-best 15.84 in the 110mH at the Big Meet…threw a season-best 151-05 in the javelin, fourth-best on the team…AS A SOPHOMORE IN 2002-03: Ross scored 4495 points in the decathlon at the UC Multi Meet...at the Cal Invite, posted a season-best 32-7 in the shot put and a season-best 123-3 in the discus...at the Big Meet, finished fourth in the javelin (168-8) and fifth in the 110mH (15.77). AS A REDSHIRT FRESHMAN IN 2001-02: Placed fourth in the 110mH (16.40) at the Big Meet. HIGH SCHOOL: Set PRs of 14.21 in the 110mH and 22.23 in the 200m at Ayala High School.named MVP as a junior and senior of the track and field team.competed in the state meet.named all-city as a senior...also played soccer for three years and football for one year. PERSONAL: Gregory VonHaden Ross was born May 29, 1982, in Elk Grove, CA.parents are Art and Tami Ross.undeclared major.



KURT SEEFELD

Discus
Junior, San Rafael, CA

AS A SOPHOMORE IN 2003-04: Seefeld finished fifth in the discus (169-03) at the Pac-10 Championships…finished ninth at the NCAA West Regionals in the discus (169-01)…threw a season-best and team best of 176-00 at the Triton Inviational…earned Pac-10 Field Athlete of the Week honors…AS A FRESHMAN IN 2002-03: took 11th (164-06) in the discus at the Pac-10 Championships…had Cal's best throw in the discus and an NCAA regional and Pac-10 Championship qualifying mark (178-10) at the UCSD Invite...threw a 163-07 to take third at the Yellow Jacket Invite...posted Cal's best finish with a second-place showing (176-9) at the Big Meet. HIGH SCHOOL: A 2002 graduate of Marin Catholic High School...set North Coast Section and high school's record in the discus (194-7)...named Most Valuable Athlete in 2002 and earned Most Outstanding Athlete honors in 1999-2001...member of school's National Honor Society and was on the Dean's List throughout high school...earned the Bank of America Plaque for Fine Arts. PERSONAL: Kurt Philip Seefeld was born Oct. 3, 1983, in Novato, CA...parents are Philip and Susan Seefeld...brother, Matt...undeclared major.



ANDREW SINOTTE

Javelin-Hammer Throw
Redshirt Freshman, Warwick, RI

REDSHIRTED THE 2003-04 SEASON…HIGH SCHOOL: Sinotte attended Bishop Hendricken High School in Warwick, RI…his team won three state championships…member of National Honor Society and Rhode Island Honor Society…PERSONAL: Andrew B. Sinotte was born Jan. 10, 1985 on Clark Air Force Base in the

Philippines…parents are Robert and Nancy Sinotte…has one brother, Christopher, who was an All-American in the javelin at Georgia Tech…undeclared major.



BOBBY SMALLMAN

Discus
Freshman, Livermore, CA

HIGH SCHOOL: Smallman is a 2004 graduate of Granada High School in Livermore, CA…won the discus at the North Coast Section Meet of Champions in both 2003 and 2004…10th place at state CIF in 2004 and 13th in 2003…posted a PR of 182-2 in the discus… PERSONAL: Bobby Vincent Smallman was born Feb. 10, 1986 in Greenbrae, CA…parents are Bob and Teri Smallman…has an older sister, Lynette…undeclared major.



CHAD SMITH

Shot Put-Hammer
Freshman, Irvine, CA

HIGH SCHOOL: Smith graduated from University High School in Irvine, CA in 2004…placed fourth at the California state meet in the shot put in 2004…named 2004 Pacific Coast League Athlete of the Year…CIF-SS Division II shot put champion 2003-04…Pacific League Champion in the shot put from 2002-04…PR of 62-6.75 broke his school's 25-year-old record…was also an All-CIF-SS and All-Pacific Coast League offensive lineman for the football team. PERSONAL: Chad Wesley Smith was born July 5, 1986 in Whittier, CA…parents are Wesley and Marilyn Smith…has two older brother, Adam and Zach…Zach graduated from Cal in 1999…undeclared.



SCOTT SOBIERALSKI

Decathlon-Pole Vault
Junior, Visalia, CA

AS A SOPHOMORE IN 2003-04: Sobieralski had a strong sophomore campaign as Cal's top decathlete, finishing sixth in the decathlon (7,215 points) at the Pac-10 Multi Championships…set a total of five personal records in the 10 decathlon events at the Pac-10 Multi Championships: a pole vault of 16-00.75, a javelin throw of 172-10, a long jump at 22-3, a shot put of 43-2.25 and a 400m clocked at 51.53…AS A FRESHMAN IN 2002-03: Out with an injury. REDSHIRTED THE 2001-02 SEASON: Out with injury. HIGH SCHOOL: Won the 2000 USA Track and Field Decathlon National Championship as a junior at Golden West High School...named a 2000 All-American…missed most of his senior season with a hamstring injury...despite the injury, selected his high school team's 2001 Most Outstanding Athlete…finished third in the decathlon with 6,556 points at the 2001 Junior National Decathlon...helped his team to three league titles…owns a PR of 7,129 in the decathlon and 15-9 in the pole vault…also competed in cross country for two seasons. PERSONAL: Scott Daniel Sobieralski was born April 30, 1982, in Boston, MA…parents are Ted and Leslie Sobieralski...undeclared major.



NESTOR SOLIS

100m-200m-400m
Junior, Fairfield, CA

TRANSFERRED FROM SAN FRANCISCO STATE: Solis, who transferred from San Francisco State when it dropped its men's track program, was the 2002 San Francisco State Track & Field MVP…held the four fastest 400m times in SFSU history…HIGH SCHOOL: Solis is a 2002 graduate of San Lorenzo High School in San Lorenzo, CA…CIF All-Team Academic Award…lettered four years in football and three years in track…broke school record four times…2002 state competitor…2001 Male Athlete of the Year at his high school… PERSONAL: Nestor Danilo Solis Jr. was born Feb. 6, 1984 in San Francisco, CA…parents are Nestor and Maria Solis…has five siblings: Dexter, Hamlet, Marlon, Gina and Stephanie…psychology major.



J.P. SUDDABY

200m-400m
Redshirt Freshman, Aurora, Ontario, Canada

REDSHIRTED THE 2003-04 OUTDOOR SEASON…posted a season-best of 49.22 in the 400m at MPSF Indoor Championships…HIGH SCHOOL: Suddaby attended St. Andrews College in Aurora, Ontario, Canada...three-time MVP on track team…also played four years of varsity soccer and three years of hockey…placed third in Canadian Junior Championships. PERSONAL: Jonathan Patrick Suddaby was born Nov. 15, 1985, in Newmarket, Ontario, Canada…parents are Keith and Colleen Suddaby…career interest in law or politics…undeclared major.



ZAK THOMAS

Hammer Throw
Sophomore, Wakefield, RI

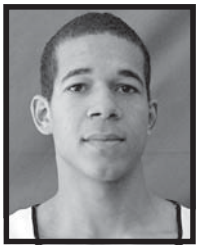
AS A FRESHMAN IN 2003-04: Thomas was a Pac-10 and NCAA Regional qualifier in the hammer…finished 10th at the Pac-10 Championships with a mark of 176-06…posted a season best of 180-05 at the Mt. SAC Relays, second on the team…HIGH SCHOOL: Thomas attended South Kingstown High School in Wakefield, RI, where he accumulated 10 varsity letters...two-time All-American in hammer throw…received all-state honors five times including achievements in shot put, discus and hammer…member and captain of undefeated high school volleyball team... PERSONAL: Zachary Stuart Thomas was born Jan. 10, 1985, in Lewisburg, PA…parents are Tudor and Carolyn Thomas...has two brothers, Tudor, who graduated from Boston University, and Will, who competes in track and field at the University of Connecticut...undeclared major.



PAUL TEINERT

Javelin
Junior, Combine, TX

TRANSFERRED FROM SMU: Tienert competed in track & field for two years at Southern Methodist University before they dropped their program…holds a PR of 220 in the javelin…HIGH SCHOOL: A 2001 graduate of Crandall High School in Crandall, TX…District MVP in football in 2001…in football was also All-State Academic… PERSONAL: Paul Mitchell Tienert was born June 12, 1982 in Dallas, TX…parents are Mark Tienert and Tana Yowell…has a brother, John…legal studies major.



TEAK WILBURN

High Jump
Junior, Oroville, CA

AS A SOPHOMORE IN 2003-04: Wilburn was again Cal's leading field athlete, winning the Pac-10 title in the high jump and posting the Golden Bear men's highest finish at NCAA Championships while earning first-team All-American honors…finished seventh (7-02.50) in the high jump at the NCAA Championships…Wilburn won the Pac-10 high jump title at the conference meet (7-03.25)...won the high jump at NCAA West Regional and won the event at Texas Relays... set PR of 7-05.00 (2.26m) at Brutus Hamilton Invitational, leaving him No. 3 all-time at Cal...named team's Male Outstanding Field Athlete, tied with Williams... AS A FRESHMAN IN 2002-03: Wilburn put together one of the finest seasons a freshman has ever had at Cal…posted a 7-01.75 to finish tied for 12th in the high jump at NCAA Championships, Cal's highest finisher…set new freshman record (7-3.75) in the high jump with second-place finish at Pac-10 Championships…third (7-0.50) at Florida Relays… HIGH SCHOOL: A 2002 graduate of Chico High School...PR in the high jump was 7-4.75...also competed in basketball for two years… PERSONAL: Teak Reynolds Wilburn was born Nov. 22, 1983, in Oroville, CA...parents are Sonny and Deborah Wilburn...undeclared major with an interest in business administration.



BRANDON WILLIAMS

100m-Long Jump
Junior, San Jose, CA

AS A SOPHOMORE IN 2003-04: Williams was a Pac-10 qualifier in the long jump with a season best of 23-06.25…finished 12th at Pac-10 Championships (21-04)… ran a season-best of 11.16 in the 100m…REDSHIRTED THE 2002-03 SEASON… TRANSFERRED FROM SAN JOSE STATE…Williams attended San Jose State University in San Jose, CA for one year… HIGH SCHOOL: A 2000 graduate of Mt. Pleasant High School in San Jose, CA…2000 Central Coast champion and 2000 league champion in the 300IH…member of national honor society… PERSONAL: Brandon Theodore Williams was born Jan. 19, 1982 in Santa Clara, CA…parents are Paul and Deborah Williams…one sibling, Marcel…related to New York Yankee baseball player Reggie Jackson…belongs to Berkeley Scholars and 100 College Black Men…political economies of industrial societies major.



RHUBEN WILLIAMS

(Team Captain)
Shot Put-Hammer-Discus
Senior, Los Angeles, CA

AS A JUNIOR IN 2003-04: Williams earned honorable mention All-American honors with his 11th place finish at the NCAA Championships in the shot put (57-09.75)…showed his versatility at Pac-10 Championships where he finished third in the shot put (62-05.75), third in the discus (173-00), and fourth in the hammer (198-09)…PRs in shot (64-09.75) and hammer (205-02) rank him second and fourth all-time at Cal, respectively...won the hammer and shot and finished second in discus at Big Meet...with Wilburn, named team's Male Outstanding Field Athlete...)... competed at U.S. Olympic Team Trials in July, fouling out…finished sixth in the shot at Payton Jordan U.S. Open in May (63-01.25)... AS A SOPHOMORE IN 2002-03: Williams returned from injury to have a stellar season... finished 26th (54-1) in the shot at the NCAA Championships. threw an NCAA regional qualifying mark and Cal's best mark (61-8.25) as he placed third in the shot put at the Pac-10 Championships...threw a 197-11 in the hammer to take sixth at the Pac-10 Championships…posted a PR, Cal's best mark in the hammer and an NCAA regional qualifying mark (202-7) at the Cardinal Qualifier…threw a 168-6 in the discus at the UCSD Triton Invite… MEDICAL REDSHIRT IN 2001-02: Set Cal's second-best mark of the season in the hammer with a toss of 181-2 at the USC Invitational...sidelined the rest of the season with an injury... AS A FRESHMAN IN 2000-01: Named Cal's Outstanding Male Field Athlete...finished 15th in the shot put at the NCAA Championships with a throw of 59-1.25.placed fifth at the Pac-10 Championships in the shot put with a mark of 60-0.25.set the Cal freshman record in the shot put of 60-9.25 at the Modesto Relays, breaking David Porath's previous mark of 58-8 set in 1979.at the California-Nevada State Meet, established PRs in the hammer (184-1) and discus (165-8)...finished first in the shot put at the Big Meet, UC Davis Invitational and Brutus Hamilton Memorial Invitational…HIGH SCHOOL: Won the California State Championship in the shot put in 1999 and 2000 at Eagle Rock High School...was a three-time USA Track and Field junior All-American...also played football… PERSONAL: Rhuben John Williams was born Feb. 14, 1982, in Los Angeles, CA...parents are Chino and Cherie Williams…undeclared major.



CRAIG WOODS

400mH
Sophomore, Compton, CA

AS A FRESHMAN IN 2003-04: Woods posted a season-best of 54.53 in the 400mH, third on the team…ran a season best of 22.28 indoors in the 200m…HIGH SCHOOL: Woods is a 2003 graduate of Dominguez High School in Compton, CA…holds several school records...also played football and basketball…was on honor roll for four years... PERSONAL: Craig Lamont Woods was born Aug. 20, 1985, in Long Beach, CA...parents are Alwyn and Valerie Woods…has four siblings, Alwyn Jr., Ayneka, Joseph, and Ricky…hobbies include bowling, reading and watching movies...intended legal studies major.



DARREN WOODS

200m-400m
Sophomore, Tacoma, WA

AS A FRESHMAN IN 2003-04: Was Cal's top 400m runner as a freshman, a Pac-10 and NCAA Regional qualifier with a season-best of 46.99, set at the Brutus Hamilton Invitational…also ran Cal's second-fastest 200m time last season (21.55 indoors)…represented Team USA at World Junior Championships in Italy over the summer on the 4x400 relay team… HIGH SCHOOL: Woods graduated from Stadium High School in Tacoma, WA in 2003….2002 Washington state champion in the 400m…set indoor state records in 200, 300, and 400 meter events...2003 Indoor All-American…holds 12th fastest high school record ever in 400m, 47.31…2002 400m Junior Olympic Games runner-up…Tacoma Student Athlete of the Month… PERSONAL: Darren Anthony Woods was born Feb. 11, 1985, in Lompoc, CA…parents are Art Woods and Marie Sebastien…has two sister, Melisha and Tawhere…interested in journalism…intended English major.



ED WRIGHT

High Jump
Freshman, Oakland, CA

HIGH SCHOOL: Wright completed a very successful high school career at St. Mary's of Berkeley before graduating in 2004. Wright's honors include the California State high jump title, winning at the prestigious Golden West Invitational, and finishing second at the USATF Junior Nationals all in 2004 making Wright the top prep high jump prospect in the country and being named a Verizon USATF Jr. All-American. Before any of this, Wright had to overcome a broken arm, leg, and jaw along with two cysts that developed in his left tibia suffered at the beginning of the season. Owns a PR of 7'00"…Wright also played 2 years of varsity basketball.

PERSONAL: Ed Wright was born Mar. 3, 1986 in Nairobi, Kenya to Mal Whitefield and Harriet Wright. Wright's father, Mal, ran track for Ohio State University and competed 1948 and 1952 Olympic Games winning three gold medals, two silvers, and a bronze. Wright says he never considered attending any school other than Cal…intended ISF major.



ALEX BEITASHOUR

100m-200m-400m
Freshman, San Francisco, CA

HIGH SCHOOL: A 2003 graduate of The Branson School in Ross, CA, Beitashour adds depth to a young and talented sprint group…won NCS Division 5 track championship in the 200m his senior year in high school…team captain…school record holder in 100m and 200m…also played basketball, soccer and lacrosse…PERSONAL: Alexander Paul Beitashour was born Nov. 1, 1984 in San Francisco, CA…parents are Ninous and Magda Beitashour…intended business administration major.

2005 ATHLETE PROFILES-WOMEN



QADRIYYAH ABDULLAH

Long Jump-Triple Jump
Junior, San Diego, CA

AS A SOPHOMORE IN 2003-04: Abdullah had the team's second-best triple jump with a mark of 38-04.35 at the Bay Area Blast Off…AS A REDSHIRT FRESHMAN IN 20002-03: placed 10th at the Pac-10 Championships in the triple jump (37-3)...won the triple jump at the Big Meet in a season-best 37-5.75...posted the third longest jump of the Golden Bears' season (18-5.25) at the Big Meet, placing fifth…ran Cal's eighth fastest 100m of the season (12.61) at the Mt. SAC Relays...REDSHIRTED THE 2001-02 SEASON…HIGH SCHOOL: A 2001 graduate of Mt. Miguel High School in San Diego, CA...named her high school's Most Outstanding Player and Female Student Athlete of the Year in 2001...member of high school's African American Student Union, Speech Club and Upward Bound Math/Science club. PERSONAL: Qadriyyah S. Abdullah was born Dec. 16, 1983, in San Diego, CA...parents are Muhammad and Waheedah Abdullah...undeclared major.



KELECHI ANYANWU

Shot Put-Discus-Hammer
Sophomore, San Jose, CA

AS A FRESHMAN IN 2003-04: Anyanwu placed 10th at the Pac-10 Championships in the shot (44-01.25)…set a PR in the shot at the Big Meet (46-07.25)…also held Cal's third-best discus mark (145-05)…HIGH SCHOOL: Anyanwu attended Silver Creek High School in San Jose, CA…holds high school record of 43-2 in shot put and 133-6 in discus. PERSONAL: Kelechi Nkeoma Anyanwu was born Dec. 27, 1985, in San Jose, CA...parents are Abel and Chinazam...has three siblings, Nwanneka, who attends UC Riverside, Emezie, who attends San Jose State, and Ihunna...mother attended Cal…undeclared major.



LAUREN BARBIERI

1500m-3000mSC
Sophomore, Piedmont, CA

AS A SOPHOMORE IN 2003-04: Barbieri held Cal's second-best 3000-meter steeplechase (11:49.52) to place second in the Big Meet…that mark now ranks her third all-time at Cal in the 3000mSC…ran a season-best at the Stanford Invitational of 5:09.74 in the 1500m…AS A REDSHIRT FRESHMAN IN 2002-03: placed seventh at the Big Meet in the 400mH (1:04.44), a time that was also seventh among Golden Bears on the season…REDSHIRTED THE 2001-02 SEASON…HIGH SCHOOL: Four-time MVP of her Piedmont High School track and field team…2001 league champion in the triple jump...also competed three seasons on the cross country team... served as student body president. PERSONAL: Lauren Evans Barbieri was born July 31, 1983, in Piedmont, CA...parents are Dean and Karen Barbieri…president of the Tri Delta sorority... undeclared major.



CHRISTINA BRADY-SMITH

High Jump
Freshman, Lafayette, CA

HIGH SCHOOL: Brady-Smith is a 2004 graduate of Campolindo High School in Moraga, CA, Brady-Smith competed four years of varsity track…lettered three years in volleyball and went to Junior Olympics in volleyball…PERSONAL: Christina Marie Brady-Smith was born May 18, 1986 in Berkeley, CA…parents are Barbara and Scott Brady-Smith…both attended Cal…her father also ran track for Cal…undeclared major.



ANTONETTE CARTER

LJ-Hurdles-Sprints
Junior, Concord, CA

AS A SOPHOMORE IN 2003-04: Carter broke school records in the 100 meter (11.49), 200 meter (23.26), and as the anchor on the4x100 meter relay (44.28)... competed at the 2004 U.S. Olympic Trials, finishing 13th in the 200m semi-finals (23.45)…at the NCAA Championships, she finished 20th in the 200m (23.55) and anchored the 18th-place women's 400m relay team (45.18)…finished second in 200m with matching her own school record of 23.33 at NCAA West Regional and 15th in long jump (18-02.50, 5.55m)...at Pac-10 Championships, finished second in 200m (23.33), third in 100m (11.57), and fourth in the long jump with a PR of 20-01.50, good for eighth all-time at Cal...at Big Meet, set (and later broke) 100m school record and 4x100m school record and won 200m...named team's Outstanding Female Track Athlete... AS A FRESHMAN IN 2002-03: rewrote the record books in her first year as a Golden Bear, breaking the school record set by Kelia Bolton in 1979 in the 100m with her 11.61 second dash at the NCAA West Regional...placed 20th in that event at the NCAA Championships…her 4x100 relay team (Earls, Hawes, Omwanghe) set a new Cal record (45.01) at the NCAA West Regionals...made the all-time Top 10 in the 200m (7th, 24.19)…finished sixth in the 200m at Pac-10 Championships...placed second in the 100m (11.74) and third in the 200m (24.59) at the Big Meet…posted the second-highest jump of Cal's season (19-2, 5.84m) at the Pac-10 Championships…HIGH SCHOOL: A 2002 graduate of Mt. Diablo High School...named track team's MVP from 1999-2002...also competed on the school's basketball team. PERSONAL: Antonette Sherice Carter was born Feb. 16, 1984, in Chicago, IL...parents are Sherman and Cynthia Carter...undeclared major.



LAUREN DORSEY

Hammer
Sophomore, Torrance, CA

AS A SOPHOMORE IN 2003-04: Dorsey threw a season-best 147-03 in the hammer at the Stanford Invitational…REDSHIRTED THE 2002-03 SEASON…HIGH SCHOOL: a 2002 graduate of the Chadwick School...four-time prep league champion in the 400m...set school records in the 100m, 200m, 400m and as a member of the 4x100, 4x400 and 4x800 medley relays...member of the 2000 cross country state championship team...recipient of her school's Lee-Stephens Humanitarian and Citizenship Award...served as student-body vice president…PERSONAL: Lauren LaDel Dorsey was born March 25, 1984, in Torrance, CA...parents are Lee and Delbara Dorsey...undeclared major with an interest in business and rhetoric.



BRIDGET DUFFY

800m-1500m-5000m
Junior, Oakland, CA

AS A SOPHOMORE IN 2003-04: Duffy finished 10th at the Pac-10 Championships in the 1500m (4:35.55)…finished eighth in the 1500m at NCAA West Regionals (4:24.39)…held team's best time in the 1500m (4:22.55)…AS A FRESHMAN IN 2002-03: Placed eighth at the Pac-10 Championships in the 1500m with a personal-best time of 4:26.49...that mark was also a season-best for Cal...at the Big Meet, placed fourth in the 1500m (4:28.07), Cal's third-best time of the season...posted Cal's third-fastest time in the 3000m (10:10.25) at the Cal

Open…*CROSS COUNTRY* - Duffy redshirted the 2004 cross country season… named All-American in 2003 on Cal's cross country team...finished 42nd at 2003 NCAA Championships...second-team All-Pac-10 and team MVP in 2003...clocked a time of 22:56 at the 2002 NCAA West Regional on a 6,000m course...finished 35th (22:08) at the 2002 Pac-10 Championships...named Cal's MVP…HIGH SCHOOL: On the cross country team at St. Mary's High School in Berkeley, won two Division IV state titles, three NCS championships and three league titles...in track and field, was an All-American in the sprint medley...set school records in the 800m (2:11), 1600m (4:51), 3200m (10:48) and 5000m (18:15)...competed in the state meet in track and field three times, placing fourth in the 1600m in 2001...went undefeated in the league in the 1600m and 3200m for four straight years...captain of both the cross country and track and field teams as a senior…PERSONAL: Bridget Madeline Duffy was born May 17, 1984, in Oakland, CA...parents are William and Mara Duffy...undeclared major.



MISSY FAUBUS

Shot Put-Discus-Hammer
Freshman, Bakersfield, CA

HIGH SCHOOL: Faubus was a High School All-American in the shot and hammer at Centennial High School in Bakersfield, Calif…Junior National champion and California state champion in the discus…finished eighth in the discus at World Junior Championships in 2004…holds a personal best of 170-1 in the discus and 49-7.25 in the shot…PERSONAL: Melissa Anne Faubus was born March 17, 1986 in Delano, CA…parents are Ron and JoAnne Faubus…brother, Charlie, was a thrower at Cal State Bakersfield…undeclared major with an interest in becoming a surgeon.



CRYSTAL GRIFFIN

Shot Put-Hammer
Redshirt freshman, Philadelphia, PA

REDSHIRTED THE 2003-04 SEASON…HIGH SCHOOL: Griffin attended Milton Hershey High School in Hershey, PA…set school record in shot put under coach Leroy Galloway…her personal best was 44 feet in that event…took second place in the shot put at the Pennsylvania state championship meet…her Milton Hershey Spartans were 15-time district champs and seven-time state champions...represented Pennsylvania in the Australia Down Under Invitational. PERSONAL: Crystal Alana Griffin was born August 15, 1985, in Philadelphia, PA...interested in attending law school…intended psychology and political science major.



TIFANI GRIMES

Heptathlon
Freshman, Sacramento, CA

HIGH SCHOOL: A 2004 graduate of St. Francis High School in Sacramento, CA…a Junior Olympian…2004 indoor pentathlon All-American…2004 San Joaquin Section Athlete of the Year…PERSONAL: Tifani Alexandra Grimes was born May 28, 1986 in Los Angeles, CA…won the Adidas Forever Sports Championship in Sydney, Australia in 2000 at age 14 after being selected through an essay contest to compete in a youth pentathlon at the 2000 U.S. Olympic Trials…parents are Peter and Agnes Grimes…father was one of Cal's all-time greats in the hurdles…undeclared major.

SHANNAN HAWES

100m-200m
Senior, San Diego, CA
AS A JUNIOR IN 2003-04: Hawes helped set the school record in the 4x100m relay at 44.28 at

Pac-10 Championships to finish fourth...that squad finished 18th at NCAA



Championships…former record of 44.38 was set by the same squad at the Big Meet, that time breaking the 45.01 record of last year's squad, of which Hawes was a member...ran a season-best of 12.07 in the 100m at the Cal-Nevada state meet, third best for Cal last season...AS A SOPHOMORE IN 2002-03: Hawes ran third leg on school-record-breaking 4x100m relay team (45.01) at NCAA West Regionals…ran on Bears' 4x100 relay team (45.06) at NCAA Championships…posted Cal's second-best times in 100m (11.80w, Big Meet) and 200m (24.84, Cal Invite)…AS A FRESHMAN IN 2001-02: Best performance came at the Big Meet where she clocked in Cal's fastest time of the season, and earned the win, in the 200m (25.19)...had the Bears' second-fastest time in the 100m (12.27), also set at the Big Meet...won the 100m (12.34) at the UC Davis Quadrangular…HIGH SCHOOL: A 2001 graduate of Helix High School...1998 Oklahoma 3A state champion in the 200m and the 4x200m relay, and 1999 champion in the 100m and 200m…her team went undefeated in the league one year…three-year member of the basketball team…PERSONAL: Shannan Danae Hawes was born Aug. 4, 1983, in Long Beach, CA...parents are Jess and Karen Hawes…undeclared major.



ALEXANDRA HUNNINGS

Hammer-Javelin
Sophomore, North Vancouver, BC, Canada

AS A FRESHMAN IN 2003-04: Hunnings finished 30th at the NCAA West Regional in the hammer (163-02)…also a Pac-10 qualifier in the event…held Cal's second best hammer mark of the year (176-11)…HIGH SCHOOL: Hunnings is a 2003 graduate and valedictorian of Argyle Secondary…also participated in volleyball…PERSONAL: Alexandra Hunnings was born on Dec. 29, 1985…parents are David and Eve Hunnings...father competed in track & field (javelin, shot put and discus) at Washington State…brother, Nick, attends Simon Fraser University…has a sister, Julie…Hunnings represented Team British Columbia at the Western Canada Games.



EGHOSA ISA

Multi-Events
Freshman, Studio City, CA

REDSHIRTED THE 2003-04 SEASON…HIGH SCHOOL: Isa attended Notre Dame High School in Sherman Oaks, CA, where she was a member of the four-time league champions track team...2002 and 2003 MVP sprinter…2000 and 2001 MVP field events…Athlete of the Meet at the 2001 Moorpark Invite…also competed in cross country where she was captain for two years…PERSONAL: Eghosa Frances Iyen Isa was born April 22, 1986, in Ogden, UT...mother is Connie...undeclared major.



CHLOE JARVIS

(Team Captain)
800m
Senior, Elk Grove, CA

REDSHIRTED THE 2003-04 OUTDOOR SEASON…Jarvis competed at the 2004 U.S. Olympic Trials finishing 27th in the 800m quarterfinals (2:10.97)…PR of 2:05.12 in 800m ranks her third all-time at Cal…AS A JUNIOR IN 2002-03: competed at NCAA Championships, finishing 21st in the 800m (2:08.07)...took third place in the 800m (2:05.57) at the NCAA West Regional...that time tied for fourth-fastest in Cal's history...improved over 13 seconds over the course of the season from her formal personal record in the 800m ...scored the most points for the Cal women at the Pac-10 Championships after she tallied eight by placing second in the 800m (2:05.92)...named Cal's Most Outstanding Female Track Athlete...earned Pac-10 All-Academic Honorable Mention…AS

A SOPHOMORE IN 2001-02: owned Cal's best time of the season in the 400m (56.33)...set that time with a third-place finish at the Mt. SAC Relays...also placed third in the 400m (56.45) at the Big Meet…AS A FRESHMAN IN 2000-01: recorded a then-PR of 57.91 in the 400m at the Woody Wilson Invitational...finished second in the 400m at the Brutus Hamilton Memorial Invite with a time of 57.97…*CROSS COUNTRY* - Jarvis is also a member of Cal's cross country team…HIGH SCHOOL: Competed in track and cross country at St. Francis High School...participated in the state cross country meet in 1999, finishing 60th...was a four-time MVP of the track and field team...PRs included 55.94 in the 400m and 2.15 in the 800m. PERSONAL: Chloe Jean Jarvis was born Feb. 14, 1982, in Syracuse, NY...mother is Deborah Jarvis... interested in teaching...sociology major.



ALYSIA JOHNSON

400m-800m
Freshman, Canyon Country, CA

HIGH SCHOOL: Johnson is a 2004 graduate of Canyon High School in Canyon Country, CA…Johnson was the California state champion in the 800 meter run …boasts a PR of 2:08.97 in the 800m…Santa Clarita Valley Athlete of the Year in 2004…also lettered in cross country and soccer…PERSONAL: Alysia Noelle Ericka Johnson was born April 23, 1986 in Queens, NY…parents are Eric and Yvonne Johnson…has one brother, Eric Johnson II…undeclared major.



CARRIE JOHNSON

Shot Put-Discus-Hammer
Sophomore, Fallbrook, CA

AS A FRESHMAN IN 2003-04: Johnson finished 13th at the Pac-10 Championships in the hammer throw (154-10)…held team's third-best mark in hammer (173-00) and second-best mark in the discus (148-01), both set at the Big Meet…REDSHIRTED THE 2002-03 SEASON…HIGH SCHOOL: Johnson is a 2002 graduate of Fallbrook Union High School...CIF champion in the discus... set school records in the shot put (44-9) and discus (143-8)...four-time scholar athlete...four-time team MVP and also named Most Inspirational Athlete throughout high school years...played varsity basketball throughout high school...played one year of varsity tennis . PERSONAL: Carrie Johnson was born Oct. 19, 1984 in Oceanside, CA...brother played basketball at Long Beach State...undeclared major.



TIFFANY JOHNSON

Long Jump-Sprints
Junior, El Sobrante, CA

AS A SOPHOMORE IN 2003-04: Johnson, a sophomore transfer, helped set the school record in the 4x100m relay at 44.28 at Pac-10 Championships to finish fourth...former record of 44.38 was set by the same squad at the Big Meet, that time breaking the 45.01 record of last year's squad...that relay team finished 18th at NCAA Championships …11.85 in 100m at Cal-Nevada state meet was second-best on team…also second-best 200m at 24.39…qualified for Pac-10 Championships (where she finished 15th) and NCAA Regionals in long jump, 19-04.75... AT MARYLAND IN 2002-03: Johnson competed in the long jumps and sprints and made school-athlete honor rolls in 2003…HIGH SCHOOL: A 2002 graduate of St. Mary's High School in Berkeley, CA. PERSONAL: Tiffany Jewel Johnson was born on Jan. 28, 1984...political science major…parents are Thomas and Vanessa Johnson…Thomas Johnson played basketball at Arkansas and at Central Arkansas…has a sister, Tamiko.

SAMANTHA JONES

5000m
Redshirt Freshman, Martinez, CA

REDSHIRTED THE 2003-04 SEASON. *CROSS COUNTRY* – As a



sophomore in 2004, Jones ran cross country, finishing 54th in Pac-10s (22:44)…as a freshman in 2003, finished 59th (24.41.90) at Pac-10's and 109th at NCAA Regionals (23:02). HIGH SCHOOL: Attended Alhambra High School in Martinez, CA. PERSONAL: Born March 18, 1985, in Walnut Creek, CA...parents are Jeanne and Reter...grandfather, Robert Jones, attended Cal...undeclared major.



ELZUNIA LAMB

Heptathlon-Long Jump-100mH
Junior, Hollister, CA

Lamb returns after taking off the 2003-04 season to train in Poland for the Olympics…AS A FRESHMAN IN 2002-03: finished 28th in the long jump at the NCAA Championships (18-01.00)…finished sixth in the heptathlon (4,688 points) and eighth in the long jump (19-3.25) at the Pac-10 Championships…REDSHIRTED THE 2001-02 SEASON…HIGH SCHOOL: at San Benito High School, won the 2001 state title in the long jump with a PR of 20-7…also owns PRs of 14.25 in the 100mH, 44.26 in the 300mH and 37-11.5 in the triple jump…PERSONAL: Elzunia Bogoslawa Lamb was born Jan. 29, 1983, in Warsaw, Poland…father is Michael Lamb and mother is Elzbieta Krzesinska…her mother qualified for the 1972 Olympics for Poland in the high jump, but an injury kept her from competing…her grandmother, Elsa Krzesinska, won a gold medal for Poland in the long jump at the 1956 Olympics and a silver medal in 1960…undeclared major.



ERYN-ASHLEE MACK

400mH-4x400m relay
Freshman, Santa Monica, CA

HIGH SCHOOL: Mack was a 2003 graduate of Santa Monica High School in Santa Monica, CA…her PR in the 300mH was 42.89 …she was nationally ranked in the 300mH in 2003 and was a finalist for the 400mH at the 2003 Junior Nationals…she also competed for the Santa Monica Track club…PERSONAL: Eryn Ashlee Mack was born Oct. 11, 1984 in Santa Monica, CA…English major.



LINDSEY MACLISE

800m-1500m
Senior, Davis, CA

AS A JUNIOR IN 2003-04: Maclise finished ninth at Pac-10 Championships in the 1500m (4:35.55)…was also a Pac-10 qualifier in the 800m (2:10.43 – Big Meet) and the mile (4:59.31 indoors)…set team's second-best times in both those events…AS A SOPHOMORE IN 2002-03: Was Cal's second-fastest athlete in the 1500m (4:32.25, Yellow Jacket Invite preliminaries) but couldn't compete in the Pac-10 Championships due to injury. AS A FRESHMAN IN 2001-02: scored a point for the Bears at the 2002 Pac-10 Championships with an eighth-place showing in the 1500m (4:31.13)…*CROSS COUNTRY* – in 2004, Maclise was the Bears' highest Pac-10 finisher, taking 40th (22:24) at the 2004 Pac-10 Championships…she placed 66th (22:16) at the 2004 NCAA West Regional…In 2003, Maclise...placed 66th (25:11.10) at 2003 Pac-10 Championships…placed 60th (23:17) at the 2002 Pac-10 Championships and 79th (23:43) at the NCAA Regionals…finished 55th (24:40.7) at the 2001 Pac-10 Championships…HIGH SCHOOL: competed on the track and cross country teams at Davis High School...named MVP of her 1999 and 2000 track and field teams...set school records in the 800m (2:17), 1600m (5:00.7) and in the 4x800m relay…PERSONAL: Lindsey Maclise was born Aug. 4, 1983, in Woodland, CA…parents are Deming III and Nancy Maclise...her grandfather and great grandfather, along with most of her siblings and cousins, attended Cal...civil engineering major.



PIPPA MacDONALD

800m-1500m
Sophomore, Kailua, HI

AS A FRESHMAN IN 2003-04: MacDonald posted the Bears' second-fastest 400m time, 59.48, at the Big Meet… ran a season best of 2:14.21 in the 800m at the Stanford Invitational… *CROSS COUNTRY* – as a sophomore in 2004, ran cross country…participated in Pac-10 Championships, finishing 69th (23:11)… finishing 67th (25:11.7) at the 2003 Pac-10 Championships... finished 130th (23:21) at the 2003 NCAA West Regional…HIGH SCHOOL: attended Punahou High School in Honolulu, HI. PERSONAL: Born Aug. 20, 1985, in Honolulu, HI...parents are Duncan MacDonald and Deborah Meye...father ran track for Stanford...has one sister, Eri, who ran track for Oregon...undeclared major.



ELIZABETH MAYEDA

5000m
Sophomore, Aptos, CA

REDSHIRTED THE 2003-04 SEASON…HIGH SCHOOL: Mayeda attended Aptos High School in Aptos, CA…cross country team captain in 2000 and 2001...team captain in track for 2002. PRs are 1600m (5:14) and 3200m (11:31)…Aptos High was CCS Division II cross country runner-up in 1998 and CCS Division I cross country runner-up in 2000…*CROSS COUNTRY* - Also competes for Cal's cross country team… finished 90th (25:05) at the the 2004 Pac-10 Championships…ran a 24:40.00 to take 57th at the 2003 Pac-10 Championships…PERSONAL: Elizabeth Rose Mayeda was born on Nov. 26, 1984, in Oakland, CA...Parents are Robert and Dorothy Mayeda…has two younger siblings - brother, Walter, and sister, Mary...undeclared major.



BROOKE MEREDITH

Heptathlon
Senior, Redding, CA

AS A JUNIOR IN 2003-04: Meredith was the Bears' highest finisher at the NCAA Championships, earning first-team All-American honors as she finished fifth in the heptathlon with 5,442 points…finished second at Pac-10 Multi Championships in the heptathlon (5476 pts)…set a new school record in the javelin of 148-0 at the Big Meet…also competed at the 2004 U.S. Olympic Trials in the hepathlon (17th, 5356 pts) and came in second in the heptathlon at the North America, Central America & Carribean Under-23 Championships (5048 pts)…REDSHIRTED THE 2002-03 SEASON… AT SHASTA COLLEGE 2000-02: Meredith competed on the track and field team at Shasta College during the 2001 and 2002 seasons...set school records in the 100m (12.48), 200m (25.33), long jump (19-5.5), 400mH (60.11) and heptathlon (5,182)...named female MVP in 2001 and 2002…HIGH SCHOOL: a 2000 graduate of West Valley High School in Cottonwood, CA...named Most Valuable Field Event Athlete in 1997...earned the Coaches Award in 1997 and 1998...was voted female MVP in 2000…PERSONAL: Brooke Hillary Meredith was born Feb. 3, 1982, in Redding, CA...father is Triss Meredith and mother is Becky Pope…has two sisters, Bree Wise and Mariah Meredith…American studies major.



MASHA MEYMAN

Hurdles-Long Jump
Sophomore, Belmont, CA

REDSHIRTED THE 2003-04 SEASON…AS A FRESHMAN IN 2002-03: Meyman had her best long jump (17-11.50) at Blue vs. Gold Meet...finished 12th (14.17) in 100mH at Mt. SAC Relays…HIGH SCHOOL: A 2002 graduate of Carlmont High School...was the school's first participant to go to the state finals in 28 years...named Female Athlete of the Year in 2001-02...named team MVP from 1998-2002. PERSONAL: Masha Alex Meyman was born Feb. 27, 1985, in Novosibirsk, Russia... parents are Alex and Nadia Meyman...undeclared major.



KATIE MORGAN

Pole Vault
Freshman, Tempe, AZ

HIGH SCHOOL: Morgan, a 2004 graduate of Corona del Sol High School in Tempe, AZ, and high school All-American, was a three-time Arizona state champion in the pole vault…she also set Arizona state high school records in the event…she placed second in the high jump at the state championships…her PRs include 12-10.50 in the pole vault and 5-6 in the high jump…also ran cross country …a member of the National Honor Society…PERSONAL: Katherine Ann Morgan was born Nov. 18, 1985 in Mesa, AZ…parents are Peter and Kathy Morgan…brother, Brent, attends Arizona State…undeclared major.



DANIELLE NAVARRE

(Team Captain)
Pole Vault
Senior, La Verne, CA

AS A JUNIOR IN 2003-04: Navarre, the Bears' top pole-vaulter with a mark of 12-5.5 (indoors), finished 14th at the NCAA West Regional (12-04.00)…also finished 14th at the Pac-10 Championships (11-10.50)… AS A SOPHOMORE IN 2002-03: posted Cal's best pole vault of the season, 12-7.50 (3.85m) at the Pac-10 Championships...that performance ranks her third among Cal's all-time Top 10 performers...came in fourth at the Big Meet, (11-11.75)…AS A FRESHMAN IN 2001-02: tied the Cal women's freshman pole vault record (11-11.75)... set that mark with a fourth-place finish at the Big Meet...that mark stood as Cal's second-best of the season…HIGH SCHOOL: as a senior at St. Lucy's High School, earned her third-straight first team all-league selection in the pole vault.also a two-time second team all-league honoree in the long jump…played volleyball for four years…PERSONAL: Danielle Dawn Navarre was born Dec. 3, 1982, in Upland, CA...parents are Dennis and Renee Navarre...aspires to be an athletic director or academic adviser...sociology major with minor in education.



OSARHIEMEN OMWANGHE

100mH-400mH
Junior, Fresno, CA

AS A SOPHOMORE IN 2003-04: Omwanghe led off on Cal's school-record setting 4x100m relay at 44.28 at Pac-10 Championships to finish fourth... former 4x100m record of 44.38 was set by the same squad at the Big Meet, that time breaking the 45.01 record of last year's squad, of which Omwanghe was a member... that squad finished 18th at the NCAA Championships (45.18)…Omwanghe also broke the school record in the 100m hurdles, 13.43, at the Big Meet...finished fifth in the event at the Pac-10 Championships…won 100mH at Mt. SAC Relays...runner-up in 100mH at Texas Relays... AS A FRESHMAN IN 2002-03: Ran second leg on school-record-breaking 4x100m relay team (45.01) at NCAA West Regionals…broke school record (13.60) in 100m, taking second at the Big Meet...ran third-fastest time in 400mH (1:00.31) last season...finished fourth in 400mH (1:00.58) to score points for Cal at Pac-10 Championships…helped set Cal's fastest time of season on 4x400m relay…HIGH SCHOOL: A 2002 graduate of Buchanan High School...competed in track and field, cross country and basketball...named school's 2002 Athlete of the Year...also named 2002 Junior League of Fresno's senior girl Athlete of the Year...placed second at the state competition in the 100mH and fifth in the 300mH in 2002…league champion in the 100mH and 300mH in 2000 and 2001, and Valley champion in the 100mH (2000-01) and 300mH (2000)...set school records in the 100m

and 400m and 100mH (14.06) and 300mH (42.90)...named ESPN's Prep Athlete of the Week in May 2001…PERSONAL: Osarhiemen Abieyuwa Omwanghe was born May 4, 1984, in Brenham, TX...parents are Julius and Josephine Omwanghe...undeclared major.



ABBY PARKER

3000mSC-5000m
Senior, Reno, NV

AS A JUNIOR IN 2003-04: Parker was a Pac-10 and NCAA West Regional qualifier in the 3000mSC (10:48.10 – Cal-Nevada Championships) before injury cut short her season…that mark stands as second all-time in the 3000mSC at Cal…AS A SOPHOMORE IN 2002-03: had Cal's season-best time in 3000mSC (10:40.37) at NCAA West Regionals…won 3000mSC (11:00.50) at Yellow Jacket Invite…won 3000m (10:09.92) with Cal's season-best time at Cal Invite…AS A FRESHMAN IN 2001-02: set Cal's freshman record in the 3000mSC (10:59.31) at the Brutus Hamilton Memorial Invitational in her first time running the race... placed 14th in the 3000mSC (11:55.31) at the Pac-10 Championships...that mark stood as the Golden Bears' second best of the season…*CROSS COUNTRY*- Parker is also a member of Cal's cross country team...in 2003, placed 43rd (21:53) at NCAA Western Regionals…in 2002, turned in a time of 22:19 at the Pac-10 Championships and finished the NCAA West Regional course in 23:04...a first team Pac-10 All-Academic selection…HIGH SCHOOL: was a member of the track and cross country teams at Galena High School...selected a 2000 USA Track and Field cross country All-American...was the 1600m division champion and the 3200m division and zone champion...finished third in the state in the 1600m and 3200m... placed fifth at the 2000 state cross country meet (20:11)...holds the school record in the 1600m (5:09)...also played volleyball, basketball and softball in high school...all-state outfielder in 2000...student body commissioner of students and a member of the National Honor Society…PERSONAL: Abigail Lynn Parker was born June 12, 1983 in Buffalo, NY...parents are Steven and Catie Parker...father, grandparents and uncle attended Cal…uncle, Ian Turner, competed at Cal in crew and won an Olympic gold medal...undeclared major.



CHANDA PICOTT

100m-200m
Freshman, Long Beach, CA

HIGH SCHOOL: Picott and her 4x100m relay team from Long Beach Poly High School in Long Beach, Calif., broke the national high school record at Penn Relays…her junior year, she was also a part of national-record-breaking 800m and 1600m relay teams…Picott was a four-time high school All-American and was on the school's honor roll all four years…PERSONAL: Chanda Denay Picott was born Oct. 14, 1986 in Trenton, NJ…parents are Earnest and Carol Picott…brother, Irvin, attended Southern University…undeclared major.



MARIE RAFFRAY

1500-5000m
Freshman, Mauritius

HIGH SCHOOL: Raffray is a 2004 graduate of San Dieguito Academy in Encinitas, CA…a California state finalist in the 1600m run…boasts PRs of 2:15 in the 800m and 4:59 in the mile…also played soccer…PERSONAL: Marie Claude Raffray was born Nov. 20, 1986 in Los Angeles, CA… speaks French and lived in Germany…parents are Rene and Virginie Raffray, both from Mauritius…has one older sister, Florent, who attends UC Santa Cruz, and a younger sister, Natalie…undeclared major.



WHITNEY RUSSELL

1500m-3000mSC
Sophomore, Newhall, CA

AS A FRESHMAN IN 2003-04: Russell ran a best of 4:51.52 in the 1500m last season at the Bay Area Blast Off…HIGH SCHOOL: Russell attended Hart High School in Newhall, CA. PERSONAL: Whitney Russell was born October 10, 1985, in Los Angeles, CA...parents are Dorothy and Rick Russell...both attended Cal...has a sister, Brooke, and a brother, Ryan…undeclared major.



MAJA RUZNIC

800m-1500m
Junior, San Francisco, CA

AS A SOPHOMORE IN 2003-04: Ruznic ran her best time in the 800m (2:17.43) at the Bay Area Blast Off and her best time in the 1500m (4:55.33) at the Golden Bear Qualifier…AS A FRESHMAN IN 2002-03: Ran her best time in 800m (2:19.62) at the Big Meet…REDSHIRTED THE 2001-02 SEASON...*CROSS COUNTRY*- Ruznic is also a member of the Bears' cross country team… finished 41st (22:25) at the 2004 Pac-10 Championships…was the Bears' highest finisher at 60th (22:09) at the NCAA West Regional…missed 2003 Pac-10 Championships due to injury…clocked a time of 23:42 in the 6,000m at the 2002 NCAA West Regional...named Cal's Most Inspirational athlete... HIGH SCHOOL: Attended the International Studies Academy...was a California state meet qualifier in cross country as a junior and senior...served as her school's cross country and track and field captain for four years.received the Best Senior Athlete award for her school...also played volleyball and basketball in high school... four-year honor roll member…earned the National Academy Voices award in poetry…PERSONAL: Maja Ruznic was born Dec. 26, 1983, in Bosnia...undeclared major.



LISA SANDOVAL

400m-800m
Junior, Pleasant Hill, CA

AS A SOPHOMORE IN 2003-04: Sandoval ran the 3000mSC in 12:02.75 at the Golden Bear Qualifier to rank fourth all-time at Cal…*CROSS COUNTRY* - Sandoval also competes for Cal's cross country team...finished 92nd (25:59) at the 2004 Pac-10 Championships…finished 80th at the 2003 Pac-10 Championships (28:17)…HIGH SCHOOL: Attended College Park High School…also played four years of volleyball in high school…PERSONAL: Lisa Marie Sandoval was born on July 11, 1983…parents are Cal cross country coach and assistant track coach Tony Sandoval and his wife, Barbara…has a sister, Marcy.



WHITNEY SCHMUCKER

800-1500m
Sophomore, San Diego, CA

AS A FRESHMAN IN 2003-04: Schmucker ran the team's third-best 800m time, 2:11.64 at the Big Meet…also recorded a season-best of 4:48.59 in the 1500m…GEORGETOWN: Competed only indoors as a freshman…HIGH SCHOOL: attended La Jolla High School in San Diego, CA...runner up at USA Junior Nationals in 800m in 2002...third place in California state 400m in 2002...10th place in California State 400m in 2001. PERSONAL: Whitney Schmucker was born March 25, 1984, in Las Vegas, NV...Parents are Georgia Pope and Dennis Schmucker...undeclared major.



STEPHANIE STARRITT

Pole Vault
Sophomore, Hollister, CA

AS A FRESHMAN IN 2003-04: Starritt recorded the Bears' second-best pole vault marks (11-03.75)… HIGH SCHOOL: Starritt attended San Benito High School in Hollister, CA...set freshman, sophomore, and varsity school records in pole vault...came in 10th at state meet...also lettered in water polo, soccer, and golf… PERSONAL: Stephanie Ann Starritt was born February 12, 1985 in New York, NY . . . parents are Patty and Mark Starritt . . . has two brothers, Matthew and Mark . . . mother and grandfather attended Cal . . . molecular cell biology major.



CASSANDRA STRICKLAND

Triple Jump-Long Jump-High Jump
Freshman, Las Vegas, NV

HIGH SCHOOL: Strickland is a 2004 graduate of Foothill High School in Las Vegas, NV…two-time Nevada state champion in the triple jump…competed at Junior Olympics…boasts PRs of 41-8 in the triple jump, 19-5 in the long jump, and 5-6 in the high jump…also participated in varsity volleyball and varsity dance team…member of National Honor Society…PERSONAL: Cassandra Nicole Strickland was born March 22, 1986 in Las Vegas, NV…parents are Gerald and Mildred Strickland…sibling Gernae attended San Francisco State University…undeclared major with an interest in becoming an optometrist.



EMILEE STROT

Shot-Discus-Javelin
Freshman, Gresham, OR

HIGH SCHOOL: Strot was the Oregon state champion in the shot and discus, out of Greshman High School in Gresham, OR, …track team MVP and Mt. Hood Conference Athlete of the Year…PRs include 48-4.5 in shot (school record), 158-9 in discus (school record), and 134-6 in javelin…also played basketball…was a photographer for school newspaper and yearbook…PERSONAL: Emilee Ann Strot was born May 12, 1986 in Portland, OR…parents are Guy and Denise Strot..has two older brothers: Bryant, who attended Portland State, and Erik who attended Portland Community College, and one younger sister, Kelsey…undeclared major with an interest in becoming a teacher and coach.



AMANDA THORNBERRY

800-1500m
Redshirt Freshman, San Jose, CA

REDSHIRTED THE 2003-04 SEASON…HIGH SCHOOL: as a senior at Valley Christian High School, Thornberry qualified for the 2003 World Youth Team and the state high school meet but didn't compete due to injury…in 2003, clocked the fastest 1600m (4:49) among California high school girls…also ranked in the top 10 in the state for the 800m and 3200m...in 2002, was the 1500m intermediate girls' champion…competed at the 2002 U.S. Junior National Championships…owns high school records in the 800m (2:12), 1600m (4:49), 3200m (10:39), intermediate girls 1500m (4:30) and in the 4x400m relay…PERSONAL: Amanda Thornberry was born June 5, 1986, in San Jose, CA…parents are Mark and Susan Thornberry...undeclared major.

BROOK TURNER

200m-400m
Freshman, Beachwood, OH

HIGH SCHOOL: A 2004 graduate of The Hawken School in Gates Mills, OH, Turner was a two-time 400m Ohio state champion (2002, 2004)…as a sophomore, won four state championships (200, 4000, 4x2, 4x4)…set school records in six events…boasts PRs of 24.51 in the 200m and 54.32 in the 400m…also ran cross country…PERSONAL: Brook Sitgraves Turner was born June 23, 1986 in Cleveland, OH…mother is Judith Turner…brother Aki Braxton attended F.A.M.U. and played football at West Virginia…undeclared major.





GIULIA URLANDO

Hammer
Sophomore, Carate, Italy

AS A FRESHMAN IN 2003-04: Urlando finished 12th in the hammer (157-03) at the Pac-10 Championships…finished 25th at the NCAA West Regional (169-08)…posted Cal's best hammer throw of the season (181-02)… AT UNIVERSITA DI MILANO: Urlando attended Universita di Milano in Milan, Italy during 2002-03…HIGH SCHOOL: A 2002 graduate of Liceo Scientifico Etiore Majorana in Desio, Italy...PERSONAL: Giulia Natalie Urlando was born on Dec. 17, 1983, in Santa Monica, CA…grew up in Italy...parents are Giampaolo Urlando and Kathi Louis...father was a three-time Olympic hammer thrower for Italy…second place in Italian National Championships junior category in 2002 and first place in 2001.



TRINETY WHITE

Long Jump-Triple Jump-Javelin
Junior, Marysville, CA

AS A SOPHOMORE IN 2003-04: White was Cal's top triple jumper, with her best mark, 40-07.5, coming at the Pac-10 Championships, where she finished fifth…also qualified for NCAA Regionals in the event…competed in the long jump, as well, finishing 16th at the Pac-10 Championships (17-05.25)…had a season-best of 18-05.75 in the long jump and 136-03 in the javelin…REDSHIRTED THE 2002-03 SEASON…AS A FRESHMAN IN 2001-02: qualified for the Pac-10 Championships in both the triple jump (7th, 39-2.25) and long jump (14th, 17-9.50)...set Cal's best marks of the season in both the long jump (19-0.75) and triple jump (40-11…placed first in the long jump (18-10) at the Cal Invitational...notched three wins in the triple jump, including at the Cal Invitational (39-10), UC Davis Quadrangular (39-4) and Cal Open (39-8)…HIGH SCHOOL: a 2001 graduate of Marysville High School...is the school record holder in the 100m (12.5), 200m (26.5), long jump (18-9) and triple jump (40-0.25)...four-time team MVP and three-time league MVP...also played football, basketball and soccer…first female to kick a winning field goal in Northern California…PERSONAL: Trinety Jean White was born July 26, 1983, in Yuba City, CA...also works with athletics Event Management at Cal…parents are Daryl and Cindy White...one of five children…anthropology and art double-major.



ARTENSIA YOUNG

LJ-TJ-Hurdles
Freshman, Los Angeles, CA

HIGH SCHOOL: Young competed at Junipero Serra High School where she was a state-finalist in the triple jump. Owns personal records of 40'5" in the triple jump, 19' in the long jump, and 14.2 in the 100mH. Young also played varsity volleyball for one year...PERSONAL: Artensia D. Young was born Jan. 7, 1986 in Los Angeles, CA to Anthony and Sabrina Young. Artensia's father, Anthony, ran hurdles for UCLA and Idaho…intending to major in social welfare.