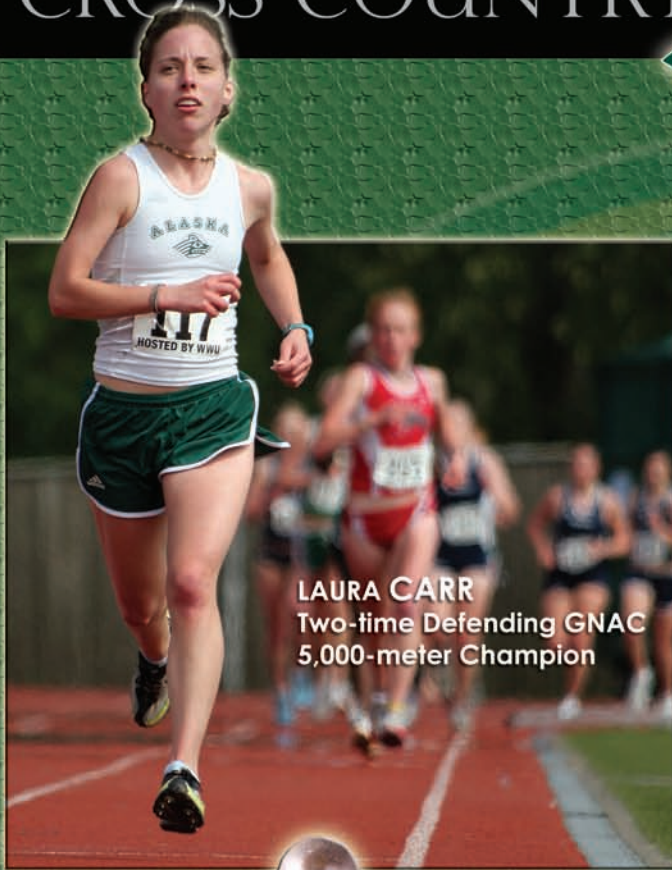


ALASKA ANCHORAGE

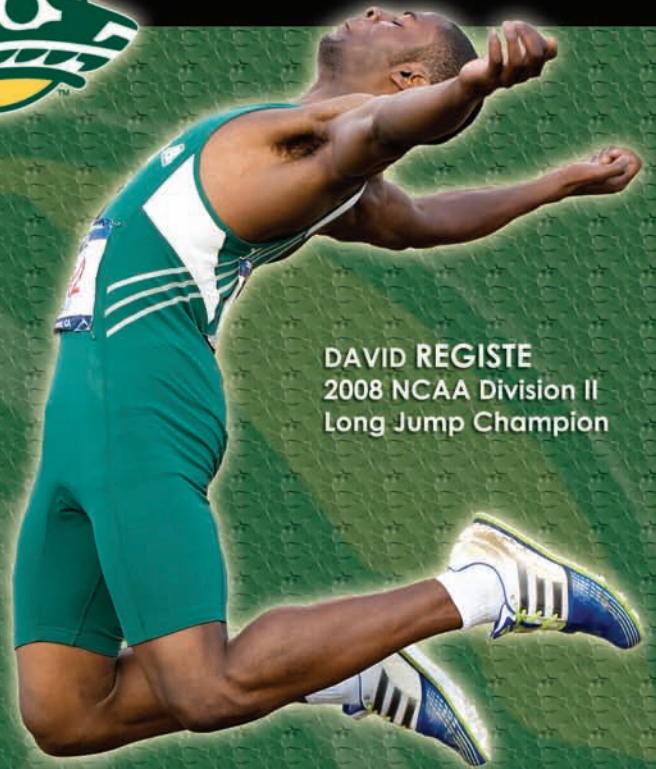
CROSS COUNTRY



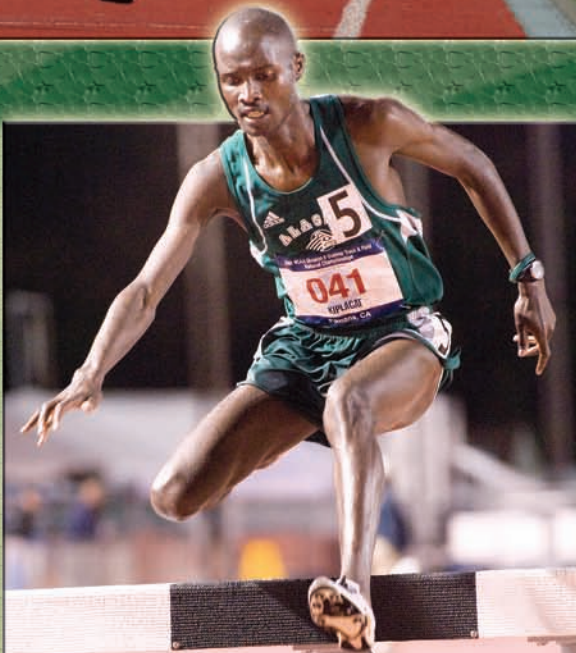
TRACK & FIELD



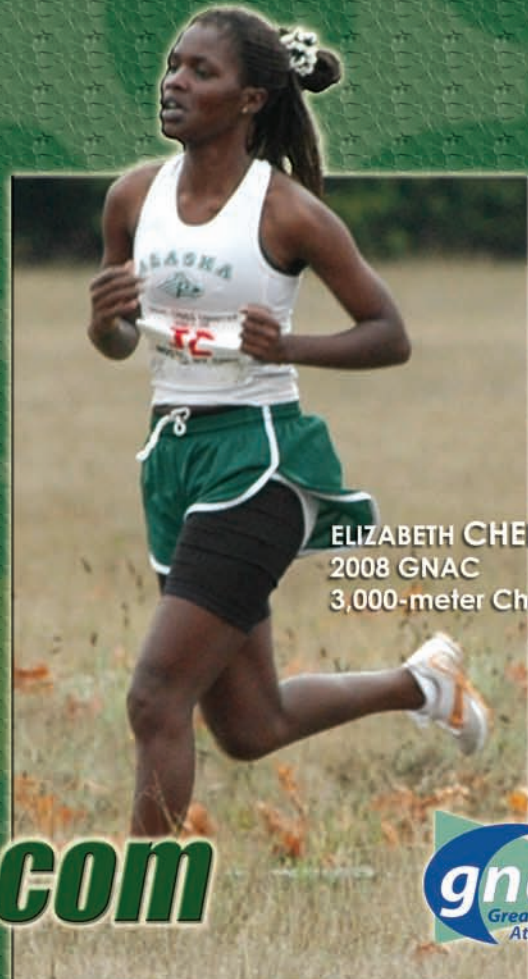
LAURA CARR
Two-time Defending GNAC
5,000-meter Champion



DAVID REGISTE
2008 NCAA Division II
Long Jump Champion



DAVID KIPLAGAT
Two-sport All-American
& All-Academic honoree



ELIZABETH CHEPKOSGEI
2008 GNAC
3,000-meter Champion

GoSeawives.com



UAA GENERAL INFORMATION

Name: University of Alaska Anchorage
Website: GoSeawolves.com
Founded: 1977
Enrollment: 19,486
Nickname: Seawolves
Colors: Green & Gold
Affiliation: NCAA Division II
Conference: Great Northwest Athletic Conference
Chancellor: Fran Ulmer
Athletics Director: Dr. Steve Cobb
Athletic Dept. Phone: 907-786-1250
Address: 3211 Providence Dr., Anchorage, AK 99508

CROSS COUNTRY/TRACK & FIELD STAFF

Head Coach: Michael Friess (Linfield, '85)
Office: 907-786-1325
Email: track@uaa.alaska.edu
Fax: 907-786-1325
Assistant Coach: T.J. Garlatz (Washington, '02)
Office: 907-786-1308
Email: run@uaa.alaska.edu
Assistant T&F Coaches: Rafael Echavarría, Vivian Echavarría
Volunteer T&F Coach: James Aronow
Sports Information Contact: Barry Piser
Office: 907-786-4625
Email: piser@uaa.alaska.edu
SID Fax: 907-563-4565

TEAM INFORMATION

2007 CROSS COUNTRY RESULTS

Men: GNAC Championships - 3rd
NCAA West Regional - 5th
NCAA Championships - 15th
Women: GNAC Championships - 4th
NCAA West Regional - 11th

2008 OUTDOOR TRACK & FIELD RESULTS

Men: GNAC Championships - 2nd
NCAA Championships - 19th
Women: GNAC Championships - 5th
NCAA Championships - 55th

HISTORY

CROSS COUNTRY

Conference titles: Men-3 (2005, 2002, 1997)
NCAA appearances: Men-4 (2006, 2005, 2002, 2001)
Women-2 (2005, 2004)

TRAINING FACILITIES

The DOME at ChangePoint

The state-of-the-art Dome at ChangePoint, which was completed in October 2007, is the official training home of Seawolf cross-country and track & field. The 174,290-square foot Dome, the largest air-inflated athletic facility in North America, features a six-lane, 400-meter synthetic track and is meet-capable with long jump and pole vault pits, discus and shot put rings, staging areas and spectator seating.



Kincaid Park



The picturesque trails of Anchorage's Kincaid Park serve as the home competition venue for the Seawolf cross country team. Located 10 minutes from downtown Anchorage, the 1,400-acre park boasts rolling, forested terrain along with spectacular scenery on its 60-kilometers of trails.

ALASKA ANCHORAGE CROSS COUNTRY/TRACK & FIELD

Establishing a winning tradition ...

The University of Alaska Anchorage has established itself as one of the most successful and competitive cross country and track and field programs in the Great Northwest Athletic Conference since the league's inception in 2001.

In the last seven seasons, UAA's cross country program has claimed a combined 11 top-three team finishes at the conference meet, two league titles and 27 all-conference certificates. UAA's men have qualified for NCAAs four times, while the women have qualified twice – tied for the most of any GNAC school.

In just four seasons of full institutional sponsorship, the Seawolf track and field program has quickly left its mark in the GNAC, earning 25 individual conference titles, 55 individual all-conference selections, and seven league records. In that same span, 10 Seawolf athletes have qualified for the NCAA Championships, earning six All-America honors and one NCAA title.



▲ Cross country senior Elizabeth Chepkosgei returns to lead a young UAA squad in the 2008 season.

UAA accolades since 2001 ...

CROSS COUNTRY

- 2 All-Americans
- 6 NCAA Division II Championship appearances
- 2 GNAC Titles (men)
- 27 All-Conference Honorees
- 18 All-Region Honorees
- 48 Academic All-Conference honorees
- 1 GNAC Individual Champion



TRACK & FIELD

- 6 All-Americans
- 25 Conference Champions
- 55 All-Conference Honorees
- 44 Academic All-Conference Honorees
- 7 Conference Record Holders
- 1 Conference Record

2008-09 Key Returnees

SEAWOLF WOMEN



Elizabeth Chepkosgei

- Two-time All-GNAC in XC and T&F
- Defending conference champion in 3,000 meters; runner-up at 5,000
- Holds school marks for 1,500/3,000



Laura Carr

- Three-time All-GNAC in T&F
- Two-time defending GNAC champion at 5,000 meters
- Two-time All-GNAC in XC



Ardrienna Everett

- School record holder in the 400-meter hurdles with time of 1:04.24
- Finished 6th in the 100 at GNACs
- Part of 3rd place 4x100 relay team



Emma Bohman

- Finished season-best 13th at GNAC Cross Country Championships
- Placed 44th at NCAA West Regional
- Competed in all six meets



Hallidie Wilt

- Finished team-best 25th at the NCAA Cross Country West Regional
- Placed 14th at GNAC XC meet
- Placed 5th in 5,000 at GNAC Track & Field

SEAWOLF MEN



David Registe

- 2008 NCAA DII champ in long jump
- Two-time GNAC titlist in long jump
- GNAC runner-up in 100 & 200 meters
- Holds four UAA records



David Kiplagat

- NCAA DII All-American in XC & T&F
- Three-time All-Region performer in XC
- Placed 8th at NCAAs in steeplechase
- Holds three UAA records



Mick Boyle

- Produced pair of top-5 finishes at the GNAC Track & Field Championships
- UAA record holder in the 1,500
- Finished 26th at GNAC XC meet



Eric Walsh

- Two-time All-GNAC track & field pick
- Member of UAA's record-setting 4x100 relay team that won GNACs
- Academic all-conference selection



James McLaughlin

- Anchored UAA's record-setting 4x400 relay team that won GNACs
- Holds school record in the 400
- 2nd in the 400 at GNAC meet

2008 CROSS COUNTRY SCHEDULE

SEPTEMBER

6	UAA INVITATIONAL	5K/8K	ANCHORAGE
20	at Sundodger Invitational	6K/8K	Seattle, Wash.

OCTOBER

11	at UCSD Triton Classic	6K/10K	San Diego, Calif.
25	at GNAC Championships	6K/8K	Yakima, Wash.

NOVEMBER

8	at NCAA West Regional	6K/10K	San Diego, Calif.
22	at NCAA Championships	6K/10K	Slippery Rock, Pa.



▲ Seniors Mick Boyle and Auston Ellis

CROSS COUNTRY ROSTERS

MEN

Name	CL	Hometown (H.S./College)
Mick Boyle	Sr.	Kenai, Alaska (Kenai Central HS)
Nick Canfield	Fr.	Anchorage, Alaska (Bartlett HS)
Marko Cheseto	So.	Kapenguria, Kenya (Cheyowet Boys School)
Auston Ellis	Sr.	Valdez, Alaska (Valdez HS)
Will Estes	Fr.	Anchorage, Alaska (West Anchorage HS)
Thomas Hill	Fr.	Thunder Bay, Ontario (St. Ignatius HS)
Alfred Kangogo	Fr.	Eldoret, Kenya (Kitale Boys School)
David Kiplagat	Sr.	Kapsabet, Kenya (Kaptumo Boys School)
Jake Parisien	Fr.	Palmer, Alaska (Palmer HS)
Cory Pena	So.	Kodiak, Alaska (Kodiak HS)
James Pettigrew	Sr.	Melbourne, Australia (RMIT University)
Paul Rottich	So.	Kapsabet, Kenya (Meteitei Boys School)
Orin Ryan	Fr.	Fairbanks, Alaska (Lathrop HS)
Nils Kristen Sandtröen	Fr.	Tynset, Norway (Nord-Osterdal Videregaende Skole)
Cornelius Sigei	Sr.	Nairobi, Kenya (Kaplong Boys School)
Kevin Smith	Fr.	Palmer, Alaska (Palmer HS)

WOMEN

Name	CL	Hometown (H.S./College)
Mychaela Bailey	Fr.	Anchorage, Alaska (Service HS)
Emma Bohman	So.	Palmer, Alaska (Palmer HS)
Jaime Bronga	Fr.	Anchorage, Alaska (East Anchorage HS)
Laura Carr	Jr.	South Bend, Ind. (Penn HS)
Elizabeth Chepkosgei	Sr.	Kapsabet, Kenya (Eisero Girls Secondary)
Rebekah Edwards	Fr.	Eagle River, Alaska (Eagle River HS)
Ruth Jeptoo	Fr.	Kapcheno, Kenya (Aldai Girls Secondary)
Shoshana Keegan	Fr.	Anchorage, Alaska (Stellar Secondary School)
Natalie Pfeifer	Fr.	Ketchikan, Alaska (Ketchikan HS)
Samantha Rink	Fr.	Eagle River, Alaska (Eagle River HS)
Ariel Rolle	Fr.	Anchorage, Alaska (West Anchorage HS)
Laura Rombach	Fr.	Neukirch, Germany (Otto-Hahn Gymnasium)
Stephanie Trenholm	Fr.	Campbell River, B.C. (Timberline Secondary School)
Alex West	So.	Soldotna, Alaska (Soldotna HS)
Hallidie Wilt	So.	Unalaska, Alaska (Unalaska HS)

Stretching from Alaska to Oregon to Montana, the Great Northwest Athletic Conference has quickly established itself as one of the most successful leagues in the NCAA Division II ranks.

Founded in 2001, the GNAC features nine institutions — Alaska Anchorage, Alaska Fairbanks, Central Washington, Montana State Billings, Northwest Nazarene, Saint Martin's, Seattle Pacific, Western Oregon and Western Washington. The 2007-08 season was arguably the finest in league history, with three NCAA runner-up finishes and a pair of NCAA semifinals appearances for UAA's basketball teams.

The Seawolves sponsor seven of the GNAC's 14 sports — volleyball, men's and women's basketball, men's and women's cross country, and men's and women's outdoor track & field.



UAA CROSS COUNTRY HISTORY

NCAA TEAM APPEARANCES

SEAWOLF MEN		SEAWOLF WOMEN	
Year	Finish	Year	Finish
2006	15th	2005	12th
2005	20th	2004	21st
2002	12th		
2001	16th		

CONFERENCE TITLES

Team	Year	League
Men	2005	Great Northwest Athletic Conference
Men	2002	Great Northwest Athletic Conference
Men	1997	Pac West Conference

INDIVIDUAL CONFERENCE CHAMPIONS

2006 David Kiplagat (Men)

ALL-AMERICANS

2007 David Kiplagat (Men)
2001 Tobias Schwoerer (Men)

ALL-REGION

2007	David Kiplagat	2004	Mandy Kaempf
2006	Laura Carr	2003	Brandon Stum
	Elizabeth Chepkosgei	2002	Stacy Edwards
	Aaron Dickson		Sean Rivers
	David Kiplagat		Tobias Schwoerer
	Brent Knight	2001	Tobias Schwoerer
2005	Aaron Dickson		Eric Strabel
	Stacy Edwards	2000	Tobias Schwoerer
	Mandy Kaempf	1999	Richy Hankins
	David Kiplagat	1996	Miguel Gomez
	Leif Olson		

ALL-CONFERENCE

2007	Peter Doner	2001	Stacy Edwards
	Elizabeth Chepkosgei		Kiersten Lippmann
2006	Laura Carr		Eric Strabel
	Elizabeth Chepkosgei	2000	Sean Rivers
	Aaron Dickson		Tobias Schwoerer
	Mandy Kaempf		Eric Strabel
	David Kiplagat	1999	Richy Hankins
	Brent Knight		Sean Rivers
2005	Laura Carr	1997	Todd Bruce
	Aaron Dickson		Chad Dudney
	Drew Dickson		Erlend Kroken
	Stacy Edwards		Preston Martin
	Mandy Kaempf		Mike McQueen
	David Kiplagat		Jerry Ross
	Leif Olson	1996	Chad Dudney
2004	Mandy Kaempf		Miguel Gomez
2003	Stacy Edwards		Frode Lillefjell
	Sarah Hansen		Mike McQueen
	Mandy Kaempf	1993	Brian Thill
	Brandon Stum		
2002	Stacy Edwards		
	Sean Rivers		
	Tobias Schwoerer		
	Eric Strabel		

2007 SEAWOLF GNAC HONORS

Academic All-Conference

Mick Boyle, Anjuli Haydu, David Kiplagat, Mary Krusen, Heather McIntyre, Cornelius Sigei, Kaley Strachan, Autumn Streuli

Men's Newcomer of the Year

Peter Doner

2009 TRACK & FIELD SCHEDULE

MARCH

7	at UNLV Invitational	Las Vegas, Nevada
13	at Occidental Distance Carnival	Eagle Rock, Calif.
14	at Northridge Relays	Northridge, Calif.
27-28	at Stanford Invitational	Palo Alto, Calif.

APRIL

3-4	at Willamette Invitational	Salem, Oregon
16-19	at Mt. Sac Relays	Walnut, Calif.
17	at Azusa Pacific Invitational	Azusa, Calif.
18	at Long Beach Invitational	Long Beach, Calif.

MAY

1-2	at GNAC Championships	Boise, Idaho
21-23	at NCAA Division II Championships	San Angelo, Texas

Schedule as of Fall 2008



▲ Demetrius Preston

TRACK & FIELD ROSTERS

MEN

Name	CL	Event(s)	Hometown (H.S./College)
Mick Boyle	Sr.	Mid-distance	Kenai, Alaska (Kenai Central HS)
Marko Cheseto	So.	Distance	Kapenguria, Kenya (Cheyowet Boys School)
Nick Canfield	Fr.	Distance	Anchorage, Alaska (Bartlett HS)
Auston Ellis	Sr.	Distance	Valdez, Alaska (Valdez HS)
Will Estes	Fr.	Distance	Anchorage, Alaska (West Anchorage HS)
Brandon Grant	Jr.	Sprints	Anchorage, Alaska (Dimond HS)
Thomas Hill	Fr.	Distance	Thunder Bay, Ontario (St. Ignatius HS)
Alfred Kangogo	Fr.	Distance	Eldoret, Kenya (Kitale Boys School)
David Kiplagat	Sr.	Distance	Kapsabet, Kenya (Kaptumo Boys School)
James McLaughlin	Jr.	Sprints	East Bethel, Minn. (St. Francis HS)
Jake Parisien	Fr.	Distance	Palmer, Alaska (Palmer HS)
Cory Pena	Fr.	Distance	Kodiak, Alaska (Kodiak HS)
James Pettigrew	Sr.	Mid-distance	Melbourne, Australia (RMIT University)
Demetrius Preston	So.	Sprints	Anchorage, Alaska (Service HS)
David Registe	Jr.	Jumps/Sprints	Palmer, Alaska (Colony HS)
Ryan Rencehausen	Sr.	Throws	Tucson, Ariz. (Canyon Deloro HS)
Paul Rottich	Jr.	Distance	Kapsabet, Kenya (Meteitei Boys School)
Orin Ryan	Fr.	Distance	Fairbanks, Alaska (Lathrop HS)
Cornelious Sigei	Sr.	Distance	Nairobi, Kenya (Kaplong Boys School)
Kevin Smith	Fr.	Distance	Palmer, Alaska (Palmer HS)
Levi Sutton	So.	Mid-distance	Kenai, Alaska (Kenai Central HS)
Eric Walsh	Sr.	Sprints	Fairbanks, Alaska (Monroe Catholic HS)
Shaun Ward	So.	Hurdler/Sprints	Eagle River, Alaska (Chugiak HS)

WOMEN

Name	CL	Event(s)	Hometown (H.S./College)
Mychaela Bailey	Fr.	Distance	Anchorage, Alaska (Service HS)
Emma Bohman	So.	Distance	Palmer, Alaska (Palmer HS)
Jaime Bronga	Fr.	Distance	Anchorage, Alaska (East Anchorage HS)
Suzanna Caldwell	So.	Mid-distance	Wasilla, Alaska (Wasilla HS)
Laura Carr	Sr.	Distance	South Bend, Ind. (Penn HS)
Elizabeth Chepkosgei	Jr.	Distance	Kapsabet, Kenya (Eisero Girls Secondary)
Nathalia Echavarrria	Sr.	Hurdles	Anchorage, Alaska (Dimond HS/Lane {Ore.} CC)
Rebekah Edwards	Fr.	Distance	Eagle River, Alaska (Eagle River HS)
Ardrienna Everett	So.	Sprints/Hurdles	Palmer, Alaska (Palmer, HS)
Anna Filippova	Fr.	Mid-distance	Anchorage, Alaska (Dimond HS)
Meagan Friess	Jr.	Hurdles	Anchorage, Alaska (Dimond HS)
Ruth Jeptoo	Fr.	Distance	Kapcheno, Kenya (Aldai Girls Secondary)
Shoshana Keegan	Fr.	Distance	Anchorage, Alaska (Stellar Secondary School)
Lauren Laichak	Fr.	Hurdles	Anchorage, Alaska (Dimond HS)
Natalie Pfeifer	So.	Mid-distance	Ketchikan, Alaska (Ketchikan HS)
Samantha Rink	Fr.	Distance	Eagle River, Alaska (Eagle River HS)
Ariel Rolle	Fr.	Mid-distance	Anchorage, Alaska (West Anchorage HS)
Stephanie Trenholm	Fr.	Distance	Campbell River, B.C. (Timberline Secondary School)
Alex West	So.	Mid-distance	Soldotna, Alaska (Soldotna HS)
Hallidie Wilt	So.	Distance	Unalaska, Alaska (Unalaska HS)
Zee Zee Young	Sr.	Hurdles	Anchorage, Alaska (Dimond HS)

Rosters as of Fall 2008

GoSeawolves.com

UAA TRACK & FIELD HISTORY

NATIONAL CHAMPIONS

Year	Athlete	Event
2008	David Registe	Long jump

ALL-AMERICANS

Year	Athlete	Event
2008	David Kiplagat	Steeplechase
	David Registe	Long jump
	Kim Brady	Triple jump
2007	Mary Pearce	400 meters
2006	Mandy Kaempf	5,000 meters
	Mary Pearce	400 meters

INDIVIDUAL CONFERENCE CHAMPIONS

Year	Athlete	Event(s)
2008	Kim Brady	Long Jump/Triple Jump
	Laura Carr	5,000 meters
	Elizabeth Chepkosgei	3,000 meters
	Michael Madrid	100 meters/200 meters
	David Registe	Long jump
2007	Kim Brady	Long jump
	Laura Carr	5,000 meters
	David Kiplagat	5,000 meters
	Michael Madrid	100 meters/200 meters
	Mary Pearce	400-meter dash
2006	David Registe	Long jump
	Davya Baker	10,000 meters
	Eric Draper	High jump
	Mandy Kaempf	5,000 meters
	David Kiplagat	1,500 meters
2004	Mary Pearce	200 meters/400 meters
	Nate Normandin	Steeplechase
2003	Stacy Edwards	10,000 meters
2002	Sean Rivers	10,000 meters

GNAC RECORD HOLDERS (OUTDOOR)

Athlete	Year	Event	Result
Laura Carr	2008	3,000 meters	16:56.48
Kim Brady	2008	Triple Jump	39-3 ^{3/4}
David Kiplagat	2007	5,000 meters	14:24.92
Mary Pearce	2007	400 meters	53.56
Eric Draper	2006	High Jump	6-9 ^{1/2}
Jessica Houston	2005	Discus	165-9
Sean Rivers	2002	10,000 meters	30:21.65

2008 SEAWOLF GNAC HONORS

Men's Athlete of the Year

David Registe

Co-Coach of the Year

Michael Friess

Men's Most Outstanding Performer (GNAC meet)

Michael Madrid

All-Conference

Kim Brady (long jump/triple jump); Elizabeth Chepkosgei (5,000, 3,000 & 1,500 meters); Laura Carr (5,000 meters); Davya Flaharty (10,000 meters); Jessica Houston (shot put); David Kiplagat (800 & 5,000 meters/steeplechase); Michael Madrid (100 & 200 meters); James McLaughlin (400 meters); David Registe (100 & 200 meters/long jump); Men's 4x100 relay (Eric Walsh, Brandon Grant, Registe, Madrid); Men's 4x400 relay (Madrid, Levi Sutton, Grant, McLaughlin)

Academic All-Conference

Mick Boyle, Laura Carr, Nathalia Echavarrria, Jessica Houston, Scott Karnitz, David Kiplagat, Michael Madrid, Paul Rottich, Cornelious Sigei, Eric Walsh

SEAWOLF COACHING STAFF



Michael Friess – HEAD COACH

In his 19th season at the University of Alaska Anchorage is head men's and women's cross country and track & field coach Michael Friess. The Seawolves have been no stranger to the NCAA Championships under Friess' leadership, having qualified a team for the Division II Cross Country Championships six times overall, including sending both the men's and women's squads to Nationals in 2005.

UAA's track & field program has also tasted success on a national level, qualifying 15 athletes for NCAA's since 2001. A program-record five Seawolf athletes competed at the DII Outdoor Track & Field Championships in both 2007 and 2008. Friess has coached a combined eight All-Americans, 25 conference champions, 19 all-region honorees and three championship teams during his tenure at UAA.

In the last six years UAA's cross country team has claimed a combined 11 top-three team finishes at the conference meet, two league titles, 27 all-conference certificates and one individual conference champion. The Seawolf men have qualified for NCAAs four times overall, while the women have qualified twice. Friess has earned six conference coach of the year accolades in cross country, including claiming three straight women's coach of the year honors from 2003 to 2005.

In four seasons of full institutional sponsorship, the Seawolf track and field teams has quickly left its mark in the GNAC under Friess, earning one individual NCAA title, six All-America honors, 25 individual conference titles, 55 all-conference honorees, and setting seven league records. In that same span, 15 UAA athletes have qualified for the NCAA Championships.

Seawolf athletes have excelled in the classroom as well under Friess, earning 92 academic all-conference accolades in the last seven seasons. Both the men's and women's cross country teams garnered U.S. Track & Field/Cross Country Coaches Association All-America status in 2005.

Friess graduated from Linfield (Ore.) College with a bachelor of science degree in exercise science in 1985 and was an NAIA All-American distance runner for the Wildcats. Friess earned a master's degree in sport biomechanics from the University of Oregon in 1986.

A graduate of Anchorage's Dimond High, Friess remains active in the local running community as a competitor, coach and organizer. A USA Track & Field Level II coach, Friess is also a member of the American College of Sports Medicine (ACSM) and is certified by ACSM as an exercise test technologist and exercise specialist. He has served as the state director of the National Strength and Conditioning Association (NSCA) and is certified by NSCA as a strength and conditioning specialist.

He and his wife, Stephanie, have two children, Meagan and Steven.



T.J. Garlatz – ASSISTANT COACH

In his second season as an assistant coach with UAA's cross country and track & field programs is T.J. Garlatz. In addition to his coaching duties with the Seawolves, Garlatz will serve extensively as a recruiter.

During his first season with UAA, Garlatz helped guide the men's cross country team to a third-place finish at the GNAC Championships and a fifth-place result at the NCAA West Regional. He helped oversee both the men's and women's track squads to program-best finishes at the conference championship meet, as the men placed second and the women fifth.

Garlatz came to UAA from Western Washington, where he served as an assistant coach from 2004-07. While at WWU, he helped guide the Vikings to a conference title in men's cross country (2006), two men's indoor track & field GNAC titles (2005, 2006) and one league championship in men's outdoor track (2005). He also coached six All-Americans and helped guide WWU's men's distance medley relay team to a national runner-up effort at NCAAs in 2007.

A postgraduate athlete at WWU, Garlatz competed in both cross country and track for one season, helping lead the Vikings to the 2003 GNAC title in cross country. He also earned an individual conference title in the 10,000-meter run at the league's 2003 outdoor championships.

The former NCAA Division II Academic All-American earned a Bachelor's of Arts in Mathematics from the University of Washington in 2002 and earned a Master's of Science in Exercise Science from WWU in 2007.



Rafael Echavarría – TRACK ASSISTANT COACH

Entering his third year as an assistant coach with UAA's track & field team is Rafael Echavarría. Echavarría has also served as an assistant track coach at Anchorage's Dimond High School for the last 14 years, where he has helped guide the men's team to two state titles and three state runner-up results.

A former member of the Mexican National Track & Field team, Echavarría competed collegiately at BYU, where he still holds the school record in the 110-meter high hurdles. He claimed a Western Athletic Conference title in the 110 hurdles while at BYU as well. In international competition he collected a gold medal at the 1979 Central American Games in the 110 hurdles and a bronze in the 400 hurdles.

Echavarría, whose wife Vivian is also an assistant with the Seawolf program, helps handle UAA's hurdlers, sprinters and jumpers.



Vivian Echavarría – TRACK ASSISTANT COACH

In her third season with the track & field team is Vivian Echavarría, who oversees the Seawolf throwers. For the past several years she has served as an assistant with the Dimond High School boys track team in Anchorage, helping guide the Lynx to four top-3 finishes at the state meet, including two state titles.

Echavarría competed in the pentathlon and heptathlon events at Brigham Young University. She posted a top-5 finish in the pentathlon at the NCAA Indoor Championships and a top-15 result in the heptathlon at the NCAA Outdoor Championships. She was an alternate on the U.S. indoor pentathlon team in 1982.

Echavarría earned a bachelor's of science degree in health education from BYU in 1984 and a master's degree in public health from Loma Linda University in 1986.

UAA Track & Field Records

MEN'S RECORDS

Event	Time/Mark	Athlete	Year
100 Meter	10.69	David Registe	2008
200 Meter	21.71	David Registe	2007
400 Meter	48.15	James McLaughlin	2008
800 Meter	1:53.73	David Kiplagat	2006
1,500 Meter	3:56.29	Mick Boyle	2008
3,000 Meter	8:48.27	Leif Olson	2006
5,000 Meter	14:24.92	David Kiplagat *	2007
10,000 Meter	30:21.65	Sean Rivers *	2002
Steeplechase	9:11.78	David Kiplagat	2008
110 Hurdles	15.32	Shaun Ward	2008
400 Hurdles	54.22	Shaun Ward	2008
High Jump	6-9 1/2	Eric Draper *	2006
Long Jump	24-10 1/2	David Registe	2008
Discus	132-9	Lucas Pedro	2007
Shot Put	47-3 1/2	Josh Evans	2004
Hammer	143	Scott Karnitz	2007
Javelin	160-5	Arthur Moreau	2005
4x100 Relay	41.55	E. Walsh, B. Grant, D. Registe, M. Madrid	2008
4x400 Relay	3:17.30	M. Madrid, L. Sutton, B. Grant, J. McLaughlin	2008

WOMEN'S RECORDS

Event	Time/Mark	Athlete	Year
100 Meter	12.37	Mary Pearce	2007
200 Meter	24.82	Mary Pearce	2007
400 Meter	53.56	Mary Pearce *	2007
800 Meter	2:18.70	Kamie Jo Massey	2004
1,500 Meter	4:36.42	Elizabeth Chepkosgei	2008
3,000 Meter	9:59.16	Elizabeth Chepkosgei	2008
5,000 Meter	16:56.48	Laura Carr *	2008
10,000 Meter	35:41.98	Laura Carr	2008
Steeplechase	11:45.50	Kaley Strachan	2006
100 Hurdles	15.24	Emily Tweto	2007
400 Hurdles	1:04.24	Ardrienna Everett	2008
High Jump	5-4 1/2	Emily Tweto	2007
Long Jump	18-6	Kim Brady	2008
Triple Jump	39-3 3/4	Kim Brady *	2008
Discus	165-9	Jessica Houston *	2005
Shot Put	45-11	Jessica Houston	2007
4x100 Relay	49.23	D. Gordon, M. Friess, E. Tweto, M. Pearce	2006
4x400 Relay	4:02.07	D. Gordon, J. Allman, M. Pearce, D. Pratt	2006

* GNAC record

GoSeawolves.com



James Aronow VOLUNTEER ASSISTANT COACH

James Aronow is entering his third year as a volunteer assistant coach with UAA's track & field program. The longtime head coach at Anchorage's Dimond High School has guided the Lynx to three state titles and seven Region IV championships during his tenure.

Aronow helps guide UAA's sprint crew, who have won seven league titles at the GNAC Outdoor Championships in the last three years.

This is UAA!

ACADEMICS

The University of Alaska Anchorage is the state's largest, most comprehensive university, serving nearly 20,000 students through four primary campuses and numerous other sites in Southcentral Alaska and the Aleutian Chain.

Situated in the heart of Alaska's biggest city, UAA is nestled in the middle of a greenbelt, surrounded by ponds, lakes and wildlife, and is connected to a city-wide trail and transportation system.

UAA is comprised of six teaching units at the Anchorage campus — the colleges of Education, Health & Social Welfare, Arts & Sciences, Business & Public Policy; the Community & Technical College; and the School of Engineering.

Organized research units at UAA complement the academic programs and reflect the special character of the University's mission in Alaska. Research units include the Alaska Center for International Business, the American Russian Center, the Environment and Natural Resources Institute, the Center of Alcohol and Addiction Studies, the Center for Economic Education, the Institute for Circumpolar Health Studies, the Center for Human Development, the Institute of Social and Economic Research and the Justice Center.

UAA operates on a semester system. Fifteen semester credits are a normal class load and a minimum of 120 credits are required to complete a bachelor's degree.



UAA's Homecoming celebration happens every October.

Commencement ceremonies take place in early May at Sullivan Arena.



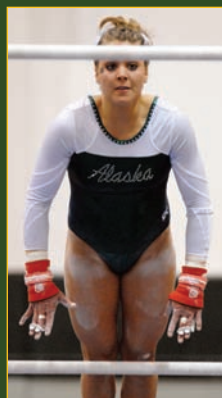
Opened in 2003, UAA's new library building (above) is an architectural gem at the heart of campus. A new science building is currently under construction as well, helping UAA stay at the forefront of today's research technology.



photo courtesy Michael Dinneen Photography



UAA became just the second school in NCAA Div. II history to qualify both its men's and women's basketball teams to the Final 4 when it pulled the trick in 2007-08. ▲



UAA's gymnastics squad joined the Seawolf hockey team with Div. I status in 2004. Both teams regularly take on the nation's top teams. ◀

UAA's hockey team plays in the tough Western Collegiate Hockey Association. ▶

UAA's skiers have a long tradition of All-Americans and boast eight all-time individual NCAA champions. ▶



SEAWOLF ATHLETICS

Nicknamed the Seawolves, UAA's athletic teams compete as members of NCAA Division I in men's ice hockey and women's gymnastics and NCAA Division II in all other sports, including men's and women's basketball, women's volleyball, men's and women's skiing, men's and women's outdoor track & field, and women's cross country.

UAA annually hosts the Carrs/Safeway Great Alaska Shootout men's and women's basketball tournament — recognized as one of the top in-season tournaments in the nation — as well as the Kendall Hockey Classic and the Extended Stay Deluxe Invitational volleyball tournament.

Since joining the NCAA ranks in 1977, UAA has become a perennial national power in many of its sports. A total of 124 Seawolves have earned All-America honors, and UAA has produced 14 individual national champions since 1991.

The Seawolves are currently coming off perhaps the most successful year in program history, with NCAA Semifinals appearances for men's and women's basketball, strong NCAA team showings from men's and women's track & field and skiing, and the first individual NCAA track & field title in UAA history by long jumper David Registe.

UAA athletes have enjoyed unprecedented success in the classroom, compiling a cumulative GPA of 3.0+ in 11 of the last 14 years.