

UTAH STATE TRACK & FIELD

# MEDIA GUIDE



2025



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# QUICK FACTS



## ABOUT UTAH STATE

Official Name ..... Utah State University  
 Founded ..... 1888  
 Location ..... Logan, Utah  
 Enrollment ..... 28,063  
 Interim President ..... Alan L. Smith

## ATHLETICS INFORMATION

Vice President and Director of Athletics ..... Diana Sabau  
 Deputy AD - External Engagement ..... Bobby Nash  
 Affiliation ..... NCAA Division I  
 Conference ..... Mountain West (MW)  
 Nickname ..... Aggies  
 Mascot ..... Big Blue  
 Colors ..... Navy Blue, White and Pewter Grey

## USU COMMUNICATIONS

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 ..... Logan, Utah 84322-7400  
 Website ..... www.UtahStateAggies.com  
 Facebook ..... USUTrack  
 Twitter ..... @USUTF\_XC  
 Instagram ..... @USUTF\_XC

## MEDIA INFORMATION

Media covering Utah State track & field in need of assistance beyond this media guide, including photographs or interviews, should contact:

**Kevin Floyd**  
**Office Phone:** (435) 797-8584  
**Cell:** (435) 764-1472  
**Email:** kevin.floyd@usu.edu

## INTERVIEW REQUESTS

All interviews with coaches and student-athletes should be directed through the USU Athletic Communications office. Please contact Kevin Floyd at 435-797-8584 or 435-764-1472 to arrange an interview time. Coaches are primarily available for interview by phone or in person before or after practice. Interviews with student-athletes are encouraged. However, all interviews must be arranged through the Athletic Communications Office. Interviews will be arranged according to the schedule of each individual athlete, and are usually conducted before or after scheduled practices. All interviews must be arranged at least 24 hours in advance. USU Athletic Communications will not supply the media home or cellular phone numbers for student-athletes.

## SOCIAL MEDIA

You can follow the Utah State's men's and women's track & field teams through social media on a variety of platforms.

The official Facebook page for the track & field team is USUTrack. Updates on the team can also be found on Twitter and Instagram via @USUTF\_XC. You can follow Utah State Athletics on Facebook at USUAthletics, as well as on Twitter and Instagram via @USUAthletics.

## 2025 MEDIA GUIDE CREDITS

The 2025 Utah State Track & Field Media Guide was written and designed by Communications Assistant Kevin Floyd of the Utah State Communications Office, with editorial assistance from Associate AD - Communications Doug Hoffman. Utah State is an Equal Opportunity Educational Institution.

## NOTICE OF NON-DISCRIMINATION

USU is committed to a learning and working environment free from discrimination, including harassment. For USU's non-discrimination notice, see <https://equity.usu.edu/non-discrimination>.

## LAYOUT AND DESIGN

Kevin Floyd

## PHOTOGRAPHY

USU Athletic Communications office archives, USU photo archives and the Mountain West.

## COVER

Tyler Knowles - USU Athletics

## TRACK & FIELD STAFF

Director of T&F and XC/Head XC Coach.....Artie Gulden (10th Year)  
 Alma Mater.....Bucknell, 2003  
 Associate Head Coach/Throws..... Matt Ingebritsen (19th Year)  
 Associate Head Coach.....Sarah Nardoni (11th Year)  
 Multi-Events/Jumps Coach..... Erik Rasmussen (Ninth Year)  
 Assistant Coach/Sprints..... Rodney Burkes (Second Year)  
 Assistant Coach/Director of Operations.....Mark Crandall (First Year)  
 Operations Assistant.....Darren Harman (Second Year)

## SUPPORT STAFF

Assistant Director Sports Medicine (XC, T&F)..... Hannah Goodfellow  
 Academic Coordinator..... Easten Simpson  
 Compliance Coordinator..... Tony Hearrell  
 Director of Sports Nutrition..... Natalie Norris  
 Sport Supervisor..... Bobby Nash  
 Track & Field Media Contact..... Kevin Floyd

## MEDIA OUTLETS

Logan Herald Journal.....435-752-2121  
 Utah Statesman.....435-797-1761  
 Salt Lake Tribune.....801-257-8900  
 Deseret News.....801-237-2161  
 Ogden Standard-Examiner.....801-625-4261  
 The Associated Press.....801-322-3405  
 KVNU Radio.....435-752-5141  
 KUSU Radio.....435-797-3150  
 The Zone Sports Network.....855-340-ZONE

## MOUNTAIN WEST HISTORY

Cross Country Titles..... M-1 / W-0  
 Indoor Titles..... M-0 / W-0  
 Outdoor Titles..... M-0 / W-0

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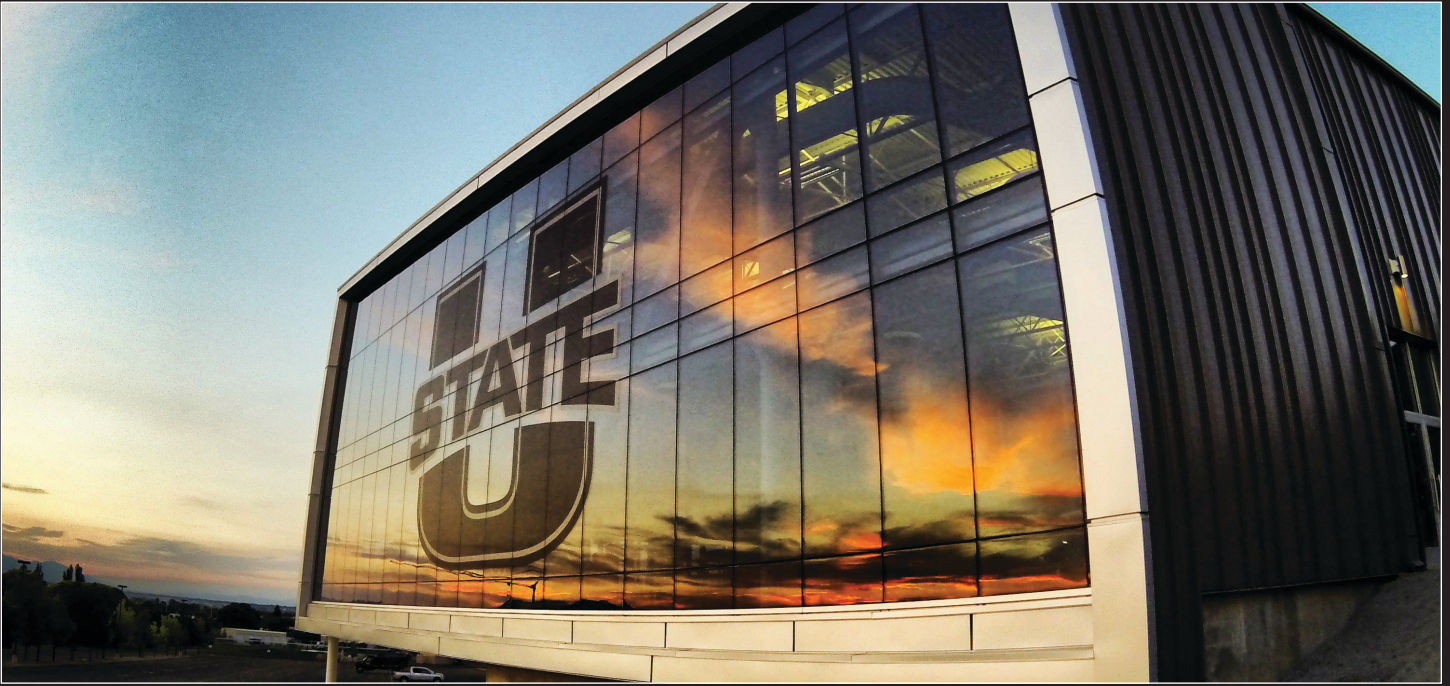
# 2025 UTAH STATE TRACK & FIELD Indoor Schedule

Date	Meet	Site	Scores/Time (MT)
December 10-12	BYU December Invitational	Provo, Utah	All Day
January 10-11	Weber State Invitational	Ogden, Utah	All Day
January 10-11	BYU Indoor Invitational	Provo, Utah	All Day
January 16-17	Snake River Open	Pocatello, Idaho	All Day
January 24-25	Nevada Invitational	Reno, Nevada	All Day
January 31-February 1	UW Invitational	Seattle, Washington	All Day
<b>February 1</b>	<b>Roman Ruiz Speed and Power Invitational</b>	<b>Logan, Utah</b>	<b>All Day</b>
February 7	Stacy Dragila Invitational	Pocatello, Idaho	All Day
February 14-15	Mountain State Games	Pocatello, Idaho	All Day
February 14-15	Tyson Invitational	Fayetteville, Arkansas	All Day
February 14-15	Valentine Invitational	Boston, Massachusetts	All Day
February 27-March 1	Mountain West Indoor Championships	Albuquerque, New Mexico	All Day
March 14-15	NCAA Indoor Championships	Virginia Beach, Virginia	All Day

## Outdoor Schedule

Date	Meet	Site	Scores/Time (MT)
March 21-22	Utah Tech Invitational	St. George, Utah	All Day
March 27-29	Bobcat Invitational	San Marcos, Texas	All Day
March 27-29	Texas Relays	Austin, Texas	All Day
March 28	UVU Collegiate Invitational	Orem, Utah	All Day
April 3-5	Mike Fanelli Track Classic	San Francisco, California	All Day
April 4-5	Stanford Invitational	Stanford, California	All Day
April 4-5	UNLV Rebel Elite	Las Vegas, Nevada	All Day
April 10-11	Bryan Clay Multis	Azusa, California	All Day
April 11	Weber State Spring Classic	Ogden, Utah	All Day
April 12	Utah Spring Classic	Salt Lake City, Utah	All Day
April 16-18	Bryan Clay Invitational	Azusa, California	All Day
April 17-19	Pacific Coast / Beach Invitational	Long Beach, California	All Day
April 25	Payton Jordan Invitational	Stanford, California	All Day
<b>April 25-26</b>	<b>Aggie Invitational</b>	<b>Logan, Utah</b>	<b>All Day</b>
April 30-May 3	Robison Invitational	Provo, Utah	All Day
May 2-3	Bengal Invitational	Pocatello, Idaho	All Day
May 9-10	Franson Last Chance	Azusa, California	All Day
May 15-17	Mountain West Outdoor Championships	Clovis, California	All Day
May 28-31	NCAA West Preliminaries	College Station, Texas	All Day
Jun 11-14	NCAA Outdoor Championships	Eugene, Oregon	All Day

# SPORTS PERFORMANCE



Completed in June, 2013, Utah State's \$6.5 million, 26,329 square-foot iFIT Sports Performance Center features areas for weight training, cardiovascular workouts and speed and agility training, as well as offices for staff. Built on existing university property at the northwest corner of Maverik Stadium, the state-of-the-art multi-level facility alleviated overcrowding in the previous 5,800 square-foot strength and conditioning center and accommodates almost 400 student-athletes from 16 sports programs.

The iFIT Sports Performance Center is the largest such facility in the Mountain West and rivals any strength and conditioning complex in the country. Of the schools Utah State competes against in the MW, Fresno State currently has the second-largest strength and conditioning center(s) at 12,500 square feet, followed by Air Force (12,000 sq. ft.), Boise State (12,000 sq. ft.), Wyoming (11,100 sq. ft.), Hawai'i (10,000 sq. ft.), New Mexico (10,000 sq. ft.), Colorado State (10,000 sq. ft.), San José State (10,000 sq. ft.), UNLV (8,200 sq. ft.) and Nevada (8,000 sq. ft.).



# SPORTS MEDICINE COMPLEX

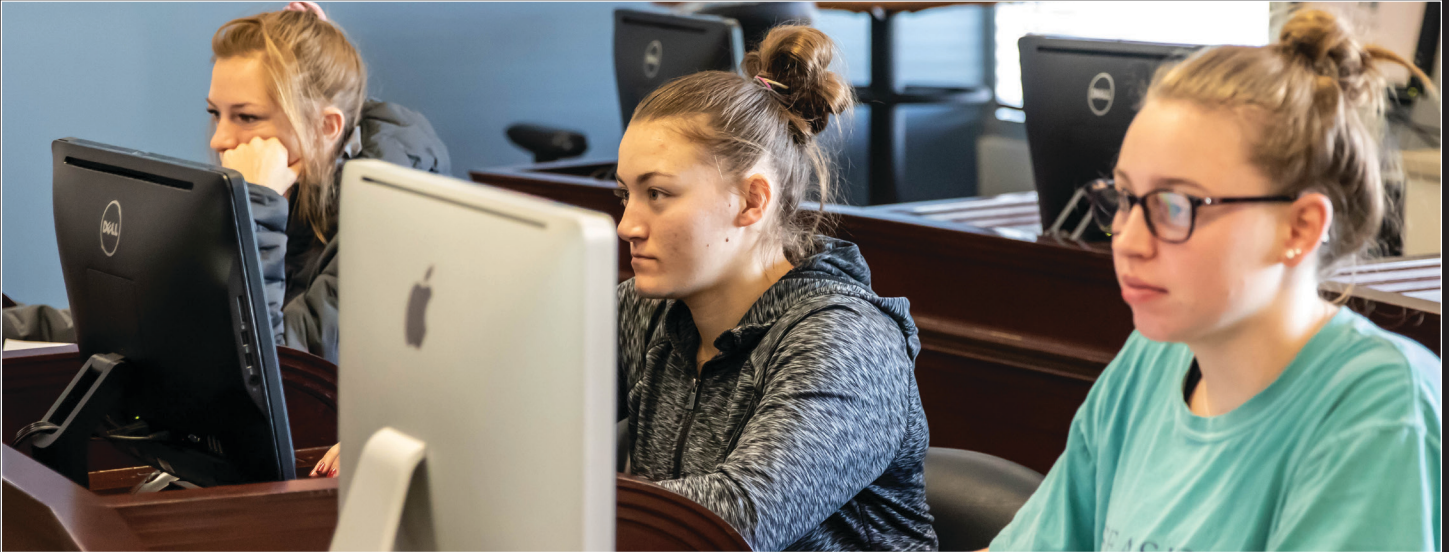


The Dale Milidenberger Sports Medicine Complex and the Dr. John Worley Sports Medicine Research Center is one of the finest in the nation with over 11,000 square feet to provide maximum service to Utah State's 16 intercollegiate sports and 375-plus student-athletes. Among the many amenities are 24 treatment tables, a 2,000 square foot physical therapy and rehabilitation center, and three hydro-worx therapy pools for non-weight or partial weight-bearing rehabilitation to enhance recovery. The Sports Medicine Complex also houses office space for four full-time staff members and 12 graduate assistants, a team physician examination room and physical therapy office.

With the addition of the new facilities and the continued cooperation between Utah State Athletics, Intermountain HealthCare and HPER/Exercise Science, Utah State University is becoming one of the foremost sports medicine research institutions in the intermountain west.



# LAUB ATHLETICS-ACADEMIC COMPLEX

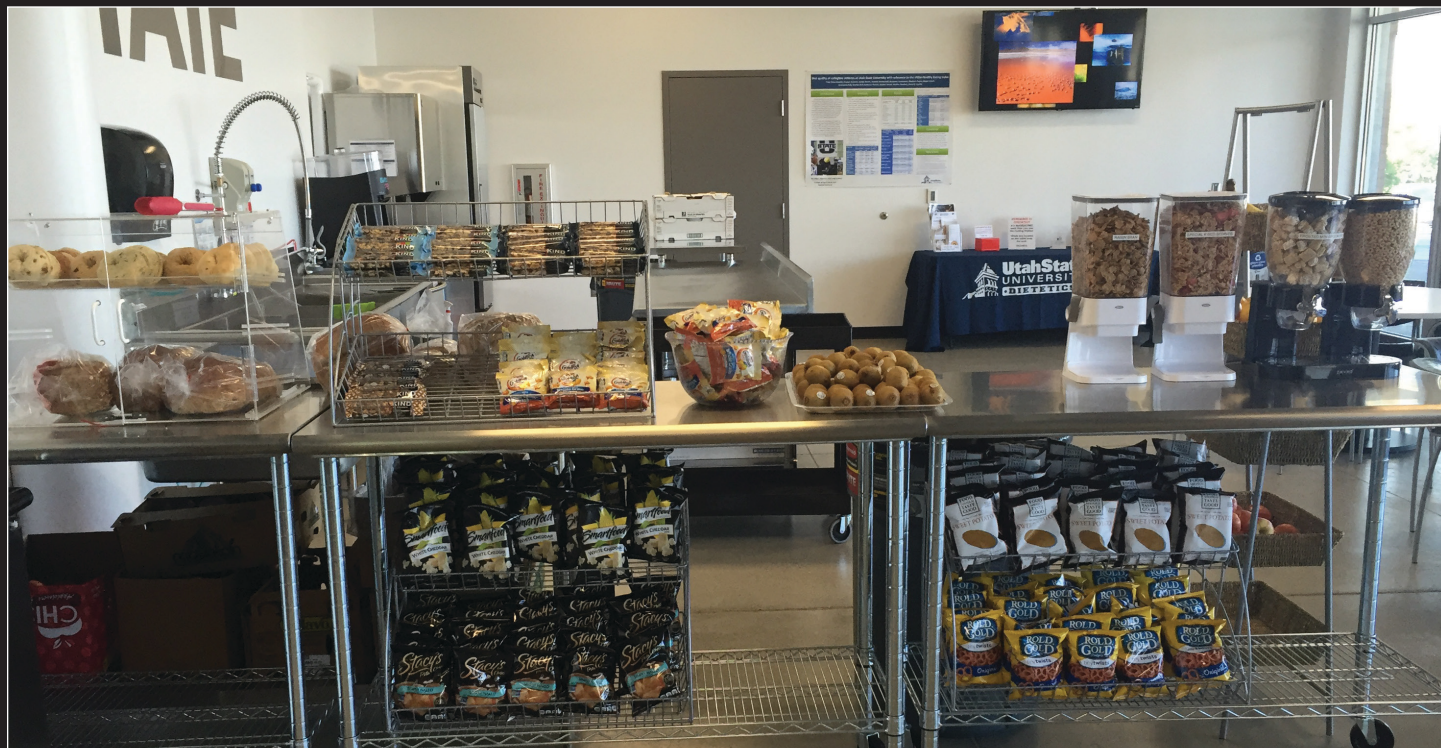


The third floor of the Jim and Carol Laub Athletics-Academics Complex houses the academic center for student-athletes. This center consists of a 24-unit computer center, a spacious study center, and several individual one-on-one tutor rooms. Additionally, there are three smaller classrooms that can be used for group study sessions, group tutoring, tutor meetings, and general meeting and study needs. Two of the classrooms can be opened to create one larger classroom. All classrooms have television monitors installed and have data connectivity for PowerPoint, Internet and other useful presentations. The study center is completely wireless for student-athletes to connect to the Internet anywhere in the facility, but also has sub-floor electrical and data connections throughout. The student-athlete services staff are also housed within the academic center.



Student-Athlete Services is designed to assist student-athletes with academic, vocational and social development. Dr. Brian Evans and his staff provide services including study sessions, tutoring, registration, academic advising and career counseling.

# FUELING STATION



The Aggie Fueling Station, located on the bottom floor of the ICON Sports Performance Center, was created prior to the start of the 2016-17 school year by representatives from the nutritional program and athletics, who had a goal of working together to provide student-athletes with the food they need to complement the physical demands of training and nutrition. The fueling station is stocked with appetizing food focused on combining convenience and nutrition. Student-athletes can choose from a variety of fresh fruits and vegetables, cheese, milk, chicken, yogurt, beef jerky, peanut butter, trail mixes and much more. Workers at the fueling station prepare fruits and vegetables, measuring out serving sizes, restock the serving area and plan the daily special. In addition to food preparation, volunteers are on site to answer nutrition questions from student-athletes and give presentations about health and wellness to all 16 of Utah State's sports programs.



# CAMPUS LIFE



Utah State has more than 100 buildings on 400 acres, with an additional 7,000 acres throughout the state used for agriculture and research.

Located just minutes from the mouth of Logan Canyon, Utah State students have a myriad of recreation options.

With a student body of over 25,000, Utah State has advantages of both the large and small schools with such features as two libraries, excellent laboratories and top-rated cultural attractions.

The student body represents every county in Utah, all 50 states and more than 60 foreign countries. A majority of students live on or near campus. The University includes nine resident colleges with 50 departments.



## HAIL THE UTAH AGGIES

Hail the Utah Aggies,  
we'll play the game with all our might.  
See the colors flying,  
the Aggie blue and fighting white.  
How they stir us onward;  
we'll win the victory alright.  
Hail the Utah Aggies;  
we're out to win, so fight, fight, fight!

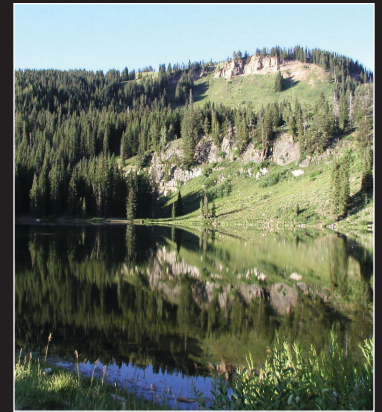
Utah State, Hey!  
Aggies all the way!  
Go Aggies! Go Aggies!  
Hey! Hey! Hey!



# LOGAN AND CACHE VALLEY



With a population of 137,417, over 50,000 of whom live in Logan, Cache County is a growing area 90 miles north of Salt Lake City. The Cache Valley itself is 60 miles long and 15 miles wide and experiences each of the four seasons.



The Cache Valley, a fertile green valley with lakes and streams, is surrounded by the Wellsville Mountains on the west and the Bear River Range on the east. Just east of Logan is the Wasatch-Cache National Forest, accessed by Logan Canyon Scenic Byway (Hwy. 89). Logan Canyon is filled with geological wonders, including vertical rock formations, caves and wind tunnels. Thirty minutes from Logan, Beaver Mountain Ski Resort is a popular winter getaway. Fifteen minutes beyond Beaver Mountain, the summit of Logan Canyon is a breathtaking view of turquoise-colored Bear Lake.

# RALPH MAUGHAN TRACK STADIUM



Named after former Utah State head coach Ralph Maughan, the track stadium is USU's home for all outdoor meets. The 400-meter, eight-lane track was totally rebuilt in 2016. Bleacher seating is also available for a capacity of 1,500 spectators. The track stadium served as the site of the 2017 Mountain West Outdoor Track & Field Championships.



# STEVE & DONA REEDER XC COURSE



Completed prior to the start of the 2012 season, the Steve & Dona Reeder Cross Country Course has provided collegiate and high school student-athletes throughout the state and region a quality course to compete and train on. The cross country course, which is located at the Innovation Campus Wellness Park, is named after former distance coach Steve Reeder and his wife, Dona. Reeder spent 35 years as the Aggies' distance coach before retiring at the end of the 2014-15 season. Utah State hosted the 2016 and 2017 NCAA Mountain Regional Championships and the 2019 Mountain West Championships.



# MEN'S ROSTER A-Z

NAME	CLASS	EVENTS	HOMETOWN	HIGH SCHOOL / PREVIOUS SCHOOL
Diego Aguirre-Stewart	Fr.	Sprints	Phoenix, Ariz.	Millennium HS
Caleb Armstrong	Jr.	Distance	La Verkin, Utah	Hurricane HS
Joshua Armstrong	So.	Distance	La Verkin, Utah	Hurricane HS
Mitchell Athay	So.	Distance	Idaho Falls, Idaho	Idaho Falls HS
Britton Austin	Fr.	Distance	Farmington, Utah	Farmington HS
Samuel Beckwith	So.	Jumps	Alpine, Utah	Lone Peak HS
Gavin Beierle	Gr.	Throws	Murray, Utah	Herriman HS
Ryan Bennett	Fr.	Distance	Farmington, Utah	Farmington HS
Brennan Benson	Gr.	Distance	Orem, Utah	Timpanogos HS
Brock Bissegger	Fr.	Throws	Brigham City, Utah	Box Elder HS
Landon Bott	So.	Mid-Distance	North Salt Lake, Utah	Woods Cross HS
Daniel Chase	Fr.	Sprints	Woods Cross, Utah	Woods Cross HS
Kelton Chenworth	Sr.	Jumps	Copperton, Utah	Boron HS (CA)
Walker Cole	So.	Distance	Birmingham, Alabama	Oak Mountain HS
Carson Coleman	So.	Mid-Distance	Kaysville, Utah	Davis HS
Walker Deede	So.	Throws	Springville, Utah	Springville HS
Will Dixon	So.	Distance	Rexburg, Idaho	Madison HS
Caden Dupee	Gr.	Multis	Ladysmith, Wis.	Ladysmith Middle HS / Minn.-Duluth
Wyatt Evans	Sr.	Mid-Distance	Spanish Fork, Utah	Spanish Fork HS
LJ Floyd	Jr.	Distance	Alpine, Utah	Lone Peak HS
Nate Franz	Sr.	Throws	Menan, Idaho	Rigby HS
Logan Garnica	Jr.	Distance	Springville, Utah	Springville HS
Josiah Gonzalez	Fr.	Sprints	Murray, Utah	Hillcrest HS
Ernest Green	Jr.	Mid-Distance	Gilbert, Ariz.	Highland HS / Mesa CC
Sam Green	Jr.	Mid-Distance	Gilbert, Ariz.	Highland HS / Mesa CC
Eli Gregory	Jr.	Distance	Blackfoot, Idaho	Blackfoot HS
Mathew Hall	Fr.	Sprints	Orem, Utah	Timpanogos HS
Logan Hammer	Jr.	Jumps	Nampa, Idaho	Columbia HS
Joshua Hartvigsen	Sr.	Jumps	Salt Lake City, Utah	East HS
Bryce Hill	So.	Distance	Ridgecrest, Calif.	Burroughs HS
Drew Hogan	Jr.	Distance	Syracuse, Utah	Syracuse HS
Kace Jones	So.	Throws	Tremonton, Utah	Bear River HS
Joseph McKee	So.	Distance	Marshfield, Wis.	Marshfield HS
Joshua McKee	So.	Distance	Marshfield, Wis.	Marshfield HS
Jedidiah Megargel	So.	Distance	Eagle Mountain, Utah	Westlake HS
Michael Moffat	So.	Distance	Saratoga Springs, Utah	Westlake HS
Eric Nelson	Sr.	Distance	Nibley, Utah	Ridgeline HS
Ayodele Ojo	Fr.	Sprints	Waxahachie, Texas	Waxahachie HS
Ethan Peterson	Fr.	Distance	Farmington, Utah	Farmington HS
Taite Priestley	Fr.	Jumps	Preston, Idaho	Preston HS
Marshall Rasmussen	Jr.	Jumps	Meridian, Idaho	Compass Honors HS
Caden Reagan	Fr.	Throws	Goliad, Texas	Goliad HS
Javin Richards	Jr.	Multis	Perry, Ohio	Perry HS
John Simmons	So.	Distance	American Fork, Utah	Salmon HS (ID)
Luke Stockett	Fr.	Distance	Nampa, Idaho	Victory Charter School
Camren Todd	Gr.	Distance	Kaysville, Utah	Davis HS
Joseph Turner	So.	Throws	Lyman, Wyo.	Lyman HS
Robbie Walker	Jr.	Jumps	Riverton, Utah	Riverton HS
Max Wehrli	Gr.	Distance	South Weber, Utah	Northridge HS
Garrett Woodhouse	So.	Distance	Oakton, Va.	Oakton HS

## MEN'S PRONUNCIATION GUIDE

Gavin BEIERLE	BEER-LEE
Caden DUPEE	DU-PEE
Logan GARNICA	GAR-KNEE-CUH
Joshua HARTVIGSEN	HART-VIG-SEN
JEDIDIAH MEGARGEL	JED-UH-DIE-UH • MUH-GAR-GLE
TAITE Priestley	TATE
Max WEHRLI	WERE-LEE

# UTAH STATE

# UTAH STATE WOMEN'S ROSTER A-Z

NAME	CLASS	EVENTS	HOMETOWN	HIGH SCHOOL / PREVIOUS SCHOOL
Sara Abbott	So.	Distance	Salem, Ore.	Sprague HS
Katerina Agüero	Fr.	Jumps	La Plata, Argentina	Copper Hills HS
Alisabeth Apedaile	So.	Sprints	Mendon, Utah	Mountain Crest HS
Paige Lila Berg	Jr.	Throws	Heber City, Utah	Wasatch HS
Allie Black	Fr.	Distance	Malta, Idaho	Raft River HS
Cailey Bracken	Fr.	Distance	Herriman, Utah	Mountain Ridge HS
Jocelyn Capener	Fr.	Mid-Distance	Evanston, Wyoming	Evanston HS
Madeline Carmona	So.	Jumps	Providence, Utah	Ridgeline HS
Sophie Chandler	Jr.	Multis	Santa Clara, Utah	Snow Canyon HS
Valerie Clark	Sr.	Throws	Mona, Utah	Juab HS
Mikayla Dalton	Sr.	Jumps	Castle Rock, Colo.	Castle View HS
Hannah Davidson	Gr.	Distance	Sandpoint, Idaho	Sandpoint HS
Brenly Douglas	Fr.	Sprints	Stansbury Park, Utah	Stansbury HS
Sarah Ellis	Jr.	Distance	Issaquah, Wash.	Crimson Cliffs HS (UT)
Camryn Ere	Fr.	Sprints	Tulsa, Okla.	Booker T. Washington HS
Gabi Fenn	Fr.	Jumps	Riverton, Utah	Riverton HS
Symphony Fike	Jr.	Throws	Laurel, Mont.	Laurel HS
Milly Garren	Jr.	Throws	Logan, Utah	Logan HS
Presley Gray	Fr.	Jumps	American Fork, Utah	American Fork HS
Natalie Hadlock	Fr.	Sprints	Eagle Mountain, Utah	Cedar Valley HS
Heidi Harper	Fr.	Sprints	Malta, Idaho	Raft River HS
Erin Higgs	Fr.	Mid-Distance	Clearfield, Utah	Clearfield HS
Brooklyn Hill	So.	Distance	Washington, Utah	Pine View HS
Elle Jacobson	So.	Jumps	Sandy, Utah	Jordan HS
Shelby Jensen	So.	Distance	Saratoga Springs, Utah	Westlake HS
Elly Jeppsen	Fr.	Sprints	Preston, Idaho	Preston HS
Lucy Jeppson	Fr.	Jumps	Alpine, Utah	Lone Peak HS
Mashaylee Jones	Fr.	Sprints	Plano, Texas	Plano West HS
Ruby Jordan	So.	Throws	Chubbuck, Idaho	Highland HS
Malia Lowe	Jr.	Distance	Kuna, Idaho	Kuna HS
Megumi Ludlow	Jr.	Distance	Albany, Ore.	West Albany HS
Mimi Miyazawa	Sr.	Distance	Orem, Utah	Mountain View HS
Caroline Moon	So.	Distance	Lehi, Utah	Lehi HS
Cameron Moore	So.	Distance	Eagle, Idaho	The Ambrose School
Melissa Navarro	Gr.	Throws	Chico, Calif.	Pleasant Valley HS / Cal Poly
Adi Nielson	Sr.	Sprints	Oak City, Utah	Delta HS
Parker Papa	Fr.	Sprints	Springfield, Mo.	Kickapoo HS
Mackenzie Patten	Gr.	Throws	Highland, Mich.	Milford HS / Auburn
Claire Petersen	So.	Sprints	Idaho Falls, Idaho	Skyline HS
Elizabeth Phillips	Jr.	Distance	Garland, Utah	Bear River HS / CSI
Breanna Raven	So.	Multis	Springfield, Ore.	Thurston HS
Emma Reeves	Sr.	Sprints	Orem, Utah	Orem HS
Alison Richter	Jr.	Sprints	Alpine, Utah	Lone Peak HS
Meredith Sanford	Fr.	Distance	Pocatello, Idaho	Highland HS
Abbie Scott	Fr.	Jumps	Rigby, Idaho	Rigby HS
Ava Smith	Fr.	Sprints	Las Vegas, Nev.	Desert Oasis HS
Brianne Smith	So.	Distance	Palmdale, Calif.	Quartz Hill HS
Julia Stuard	So.	Mid-Distance	Maple Valley, Wash.	Tahoma HS
Natalie Swain	So.	Distance	South Jordan, Utah	Bingham HS
Madison Tareski	Sr.	Throws	Nine Mile Falls, Wash.	Lakeside HS / Eastern Washington
Emma Thornley	Sr.	Distance	Layton, Utah	Layton HS
Ava Trimble	Fr.	Distance	Orem, Utah	Orem HS
Reagan Trulson	Fr.	Throws	Chubbuck, Idaho	Century HS
Krysthina Vlahovic	Jr.	Sprints	Surrey, British Columbia, Canada	Fraser Heights Secondary School
Alayna Wardle	Fr.	Distance	Herriman, Utah	Herriman HS
Ana Weaver	Jr.	Distance	Stillwater, Minn.	Stillwater Area HS / BYU
Jane Williams	Fr.	Distance	Iwakuni, Japan	Matthew C. Perry HS

## WOMEN'S PRONUNCIATION GUIDE

KATERINA AGÜERO.....KAH-TE-REE-NA • AHG-WHERE-O  
 ALISABETH APEDAILE ..... UH-LIZ-A-BETH • APP-UH-DAYLE  
 Jocelyn CAPENER..... CAPE-UH-NER  
 MALIA Lowe..... MUH-LEE-UH  
 Mimi MIYAZAWA ..... MEE-UH-ZOW-UH  
 REAGAN TRULSON.....RAY-GIN • TROLL-SIN  
 Krysthina VLAHOVIC.....V-LAW-HOH-VICH

# AGGIES™



**2025**

**COACH BIOS**  
**COACH BIOS**



**ARTIE GULDEN**

**Director of T&F/XC • Head XC Coach**

**Seventh Season • 10th Season Overall**

Artie Gulden, a former distance runner at Bucknell University, is in his second season as the director of Utah State's track & field/cross country programs, and his seventh season as the head cross country coach. This is his 10th year overall at USU.

Through his tenure at Utah State, Gulden's athletes have combined for 22 All-American accolades, 16 conference titles and 99 all-conference honors.

In the 2024 cross country season, Gulden coached Utah State's men's team to its fifth berth – all coming under his watch – in the NCAA Championships. USU finished in 22nd place, defeating three higher-ranked teams.

Camren Todd finished in 25th place with a time of 29:17.4 to earn All-American honors, the seventh Aggie runner and first since 2020 to do so. Additionally, Logan Garnica received the Elite 90 award, given to the top student-athlete competing at a national championship, for the 2024 NCAA Division I Men's Cross Country Championships. Garnica joined Todd as the only Utah State student-athletes to ever win the Elite 90 award, which was established in 2009-10.

At the NCAA Mountain Regional, the Aggie men finished in fourth place as Todd earned all-region honors with a 14th-place finish. On the women's side, Emma Thornley took 22nd place to earn all-region honors for the second-straight season.

Garnica started off the cross country post-season with a 13th-place finish at the Mountain West Championships, earning second-team all-conference honors.

During the regular season, Gulden led the Aggies to five team titles and two individual titles. Todd joined Caleb Garnica and Dillon Maggard as the third Aggie to win the Paul Short Run; each runner went on to earn All-American honors that season.

Todd and Thornley also earned USTFCCCA All-Academic honors. The men's (3.56) and women's (3.74) cross country teams were recognized for maintaining a cumulative GPA of at least 3.00.

The Aggies had 33 cross country athletes earn academic All-Mountain West honors in 2024.

In 2023-2024, Gulden coached Utah State's first All-American since 2019 in pole vaulter Logan Hammer, who earned second-team honors at the 2024 NCAA Outdoor Track & Field Championships. During the indoor and outdoor seasons, Gulden helped the Aggies to six individual conference titles, including the Aggie women's first gold since 2019, five school records and 23 all-conference selections. Nineteen Aggies qualified for the NCAA West First Rounds, with Hammer advancing to the NCAA Championships in the pole vault with an eighth-place finish.

During the 2023 cross country campaign, Gulden helped the Aggies to seven team titles and two individual victories. The Aggie women finished eighth at the NCAA Mountain Regionals with Thornley being selected all-region as she finished 23rd, and the Aggie men took 10th. Both programs also placed fifth at the Mountain West Championships.

All four programs were named as All-Academic Teams by the USTFCCCA. Furthermore, Aggie student-athletes garnered a total of 16 USTFCCCA All-Academic accolades across the academic year.

Utah State had 33 cross country and 92 track and field athletes earn academic All-Mountain West honors in 2023-24. A total of 78 athletes were named as MW Scholar-Athletes.

During the 2022 cross country season, Gulden led Utah State's men's team to its fourth-ever trip to the NCAA Championships where the Aggies beat five ranked teams and placed 26th with 618 points. Additionally, Todd was the recipient of the Elite 90 award for the 2022 NCAA Division I Men's Cross Country Championships, the second Elite 90 award of his career.

Two members of the women's cross country team also competed at the NCAA Championships in Ana Weaver and Mica Rivera, who placed 53rd and 201st, respectively. Yonas Mogos led the Aggies on the men's side, as the junior was the 85th runner to cross the finish line.

Prior to the NCAA Championships, Mogos earned all-region honors as he placed 23rd at the NCAA Mountain Region Championships.

Gulden coached Weaver to second-team all-conference honors as she placed 15th at the Mountain West Cross Country Championships, where both the Aggie men and women finished third.

On the men's side, Todd and Darren Harman also earned second-team All-MW accolades as that duo placed ninth and 10th, respectively.

Weaver earned USTFCCCA All-Academic accolades for maintaining a cumulative GPA of at least 3.25 and finishing in the top 25 (or 10 percent) at the NCAA Regional Championships. Both the men's (3.61) and women's (3.82) cross country programs were recognized for notching a cumulative GPA of at least 3.00 or higher.

Utah State had 29 runners earn academic All-Mountain West accolades, while 33 runners were honored as MW Scholar-Athletes.

Nine of Gulden's distance runners qualified for the 2023 NCAA West Preliminary Championships, where Rivera placed 23rd in the 5,000 meters with a school-record time of 16:07.73 and Brennan Benson broke the school record in the 1,500 meters with a time of 3:40.96 as he placed eighth in what proved to be a stacked heat.

Benson earned first-team All-MW honors for the outdoor season after he captured the 800-meter title with a personal-best time of 1:48.94, which ranks fifth all-time in school history, at the conference championships. Max Wehrli was named All-MW in the steeplechase for the second-consecutive year, finishing third with a time of 8:46.79.

At the MW Indoor Championships, Gulden coached the women's DMR team to a second-place finish with a time of 11:33.21, which ranks second all-time in school history. The men's DMR team also made the podium by placing third with a time of 9:44.03, which ranks third all-time. Benson, who ran a leg on the DMR team, garnered All-MW honors in the mile, as well, as he crossed the finish line in 4:06.51.

The Aggie distance runners set five school records – two on the men's side and three on the women's side – during the 2023 outdoor track & field season. Furthermore, eight of Gulden's student-athletes garnered USTFCCCA All-Academic

## GULDEN BY THE NUMBERS

### ATHLETE ACCOLADES

- 22 All-America Honors (five cross country, 17 track & field)
- 16 Mountain West Champions (12 track & field individuals, two cross country individuals, two relays)
- 99 All-Mountain West Performers (27 cross country, 63 track & field individuals, nine relays)
- 70 NCAA West Preliminary Championships Qualifiers
- Nine NCAA Outdoor Finals Qualifiers
- 17 All-Mountain Region Performers
- Seven NCAA Cross Country Championships Qualifying Teams (men's 2017, 2019, 2020, 2022, 2024; women's 2017, 2021)
- Two USTFCCCA D-I Men's National Athletes of the Week
- Three Elite 90 Award Recipients
- 12 MW Men's XC Athletes of the Week
- Eight MW Women's XC Athletes of the Week
- 14 MW Men's XC Freshmen of the Week
- Nine MW Women's XC Freshmen of the Week
- Nine MW Men's Indoor T&F Athletes of the Week
- One MW Women's Indoor T&F Athlete of the Week
- Four MW Men's Indoor T&F Freshmen of the Week
- Two MW Women's Indoor T&F Freshmen of the Week
- 11 MW Men's Outdoor T&F Athletes of the Week
- Two MW Women's Outdoor T&F Athletes of the Week
- One MW Men's Outdoor T&F Freshman of the Week
- One Google Cloud Women's Cross Country/Track & Field First-Team Academic All-American
- Two CoSIDA Academic All-District VIII Recipients
- 20 USTFCCCA All-Academic Team Awards
- 69 USTFCCCA All-Academic Team Recipients
- Two Mountain West Male Student-Athletes of the Year
- Two Mountain West Cross Country Freshmen of the Year

### ALL-AMERICANS

#### Men

##### 2024-25

- Camren Todd – Cross Country – 25th (First Team) – 29:17.4

##### 2023-24

- Logan Hammer – Pole Vault – 16th (Second Team) – 5.22m

##### 2017-18

- Dillon Maggard – Cross Country – Sixth (First Team) – 29:16.20
- Dillon Maggard – DMR – Fifth (First Team) – 9:32.31
- Dillon Maggard – 3,000 meters – Fifth (First Team) – 8:06.69
- Dillon Maggard – 5,000 meters – Sixth (First Team) – 13:57.40
- Dillon Maggard – 10,000 meters – Third (First Team) – 28:38.36
- Clay Lambourne – DMR – Fifth (First Team) – 9:32.31
- Clay Lambourne – 800 meters (indoor) – 10th (Second Team) – 1:48.30
- Clay Lambourne – 800 meters (outdoor) – 16th (Second Team) – 1:50.33
- Jordan Beutler – DMR – Fifth (First Team) – 9:32.31
- Brady Martin – DMR – Fifth (First Team) – 9:32.31
- Spencer Fehlberg – 3,000-meter Steeplechase – 15th (Second Team) – 8:51.14

##### 2016-17

- Dillon Maggard – Cross Country – 12th (First Team) – 30:03.9
- Dillon Maggard – Mile – 13th (Second Team) – 4:01.25
- Clay Lambourne – 800 meters (outdoor) – Ninth (Second Team) – 1:47.19

##### 2015-16

- Dillon Maggard – Mile – 12th (Second Team) – 4:10.13
- Dillon Maggard – 1,500 meters – 23rd (Honorable Mention) – 3:52.80
- Clay Lambourne – 800 meters (outdoor) – 22nd (Honorable Mention) – 1:52.31

#### Women

##### 2018-19

- Cierra Simmons-Mecham – 3,000-meter Steeplechase – Eighth (First Team) – 9:49.33

##### 2017-18

- Alyssa Snyder – Cross Country – 25th (First Team) – 20:03.39
- Cierra Simmons-Mecham – 3,000-meter Steeplechase – Eighth (First Team) – 9:49.33

# COACHES & STAFF

accolades.

In the 2021-22 season, the women's cross country team qualified for the NCAA Championships for only its second time in program history, placing 28th out of 31 teams. Katie Haviland was the first Aggie across the line at the NCAA Championships, finishing 81st out of more than 250 runners with a time of 20:23.9. The Aggies received an at-large bid to the NCAA Championships after placing seventh at the NCAA Mountain Region Championships in Provo, Utah.

The women also recorded the program's best-ever finish at the Mountain West Cross Country Championships, placing second with a team score of 73. The Aggies were paced by Haviland and Mica Rivera, finishing 10th and 12th, respectively, with times of 20:05.1 and 20:07.7. Both Haviland and Rivera were subsequently named to the All-Mountain West second team.

The Aggie men placed third at the Mountain West Championships with 79 team points. Chase Leach earned MW Freshman of the Year honors at the MW Cross Country Championships as the first freshman across the line, placing 12th with a time of 23:50.2 and also earning all-MW second-team honors in the process. Caleb Garnica also made the all-MW second team, finishing 14th with a time of 23:54.1. At the NCAA Mountain Region Championships, USU narrowly missed out on a bid to the NCAA Championships as they finished eighth with 177 team points.

The men's team (3.53) and women's team (3.86) were each recognized by the USTFCCCA for attaining a cumulative GPA of 3.00 or higher.

Utah State had a total of 28 runners earn academic All-Mountain West honors and 34 runners named MW Scholar-Athletes in 2021-22.

During the 2022 indoor and outdoor track & field seasons, Gulden helped the team earn five all-conference selections in distance events and sent eight distance runners to the NCAA Outdoor Track & Field West Preliminaries. Rivera highlighted the distance team's efforts at the Prelims, finishing 14th in the 5,000 meters, the highest finish by an Aggie at the event since 2019.

Under Gulden's guidance in 2020-21, the Aggies excelled both athletically and academically.

The men's cross country team earned its best-ever finish at the NCAA Division I Cross Country National Championships as the 21st-ranked Aggies scored 351 points to place 11th overall, surpassing their previous best championship finish of 16th in 2019. Utah State beat 15 ranked teams, including 10 that were ranked ahead of them.

Garnica crossed the finish line in 30 minutes, 31.2 seconds to place 28th in the men's 10-kilo-

meter race and earn All-American status (given to the top 40 finishers). On top of that, Todd was the recipient of the Elite 90 award for the 2020 NCAA Division I Men's Cross Country Championships. Todd was the first Utah State student-athlete to ever garner the Elite 90 award.

Prior to earning All-America honors, Garnica captured the men's 8-kilometer race at the 2020 Mountain West Cross Country Championships. For his efforts, he was tabbed the MW Men's Student-Athlete of the Year, to go along with earning first-team All-MW honors. Todd and Haydon Cooper also garnered first-team all-league honors, while Bridger Altice earned a second-team citation.

On the women's side, Haviland earned second-team All-MW accolades by placing eighth in the 6K race with a time of 20:22.1. Haviland went on to earn an at-large selection to the NCAA Cross Country Championships, where she placed 43rd in the 6K race with a time of 21:01.6, narrowly missing out on garnering an All-American citation.

Todd was named the USTFCCCA Division I Men's National Athlete of the Week in late January to become the first Aggie to earn National Athlete of the Week honors in cross country since Dillon Maggard took home the award on Oct. 2, 2017.

Both the men's team (3.71) and women's team (3.75) were recognized for notching a cumulative GPA of at least 3.00 or higher.

Individually, eight Aggies were recognized for their excellence in the class room as Altice, Cooper, Mark Crandall, Garnica, Darren Harman, Spencer Nelson and Todd garnered USTFCCCA all-academic accolades on the men's side while Haviland earned accolades on the women's side.

The Aggies had a total of 38 runners – 19 from each team – earn academic All-Mountain West honors in the spring of 2021, while 29 runners were named MW Scholar-Athletes.

During the outdoor track & field season, Gulden coached two Aggies that earned first-team All-MW accolades. Luke Beattie placed third in the 5,000 meters at the outdoor championships, while Todd finished second in the 10,000 meters. Beattie, Garnica, Todd and Haviland all qualified for the NCAA West Preliminary Championships.

Beattie broke the school record previously held by Dillon Maggard in the 10K as he placed fifth in the event with a time of 28:33.45 at the Stanford Invitational.

The 2019-20 campaign proved to be a tremendous season for Gulden and his distance runners. The year started off with a bang as he coached Utah State's men's cross country team to its first-ever Mountain West title and its second appearance at the NCAA Cross Country Championships, where the 19th-ranked Aggies scored 428 points to place 16th overall, surpassing their previous best championship finish of 27th in 2017.

Utah State, which was led by Beattie, who capped off a decorated Aggie career by placing 49th with a time of 31:33.9 at the NCAA Championships, finished ahead of five teams that entered the race ranked above it (No. 14 Wisconsin, No. 11 Washington, No. 9 Ole Miss, No. 18 Syracuse and No. 13 Middle Tennessee State).

The Aggie men earned an at-large bid to the NCAA Championships after the team finished fourth and had five runners earn all-region honors at the NCAA Mountain Regional Championships. In a loaded region, which included the top three teams in the nation, USU finished first among Mountain West teams with 106 points.

Five Aggies placed in the top 25 to earn all-region honors, led by Dallin Farnsworth, who placed 16th with a time of 30:53.0. Beattie (31:05.6) finished 20th, while Garnica (31:06.3) was 22nd, Adam Hendrickson was (31:07.3) 23rd and James Withers (31:13.7) was 25th.

## GULDEN BY THE NUMBERS (CONT.)

### MOUNTAIN WEST CHAMPIONS

#### Men

##### 2023-24

- Rylan Anderson – DMR – 10:07.76
- Brennan Benson – DMR – 10:07.76
- Brennan Benson – Mile – 4:11.48
- Landon Bott – DMR – 10:07.76
- Godwin Charles – Triple Jump (outdoor) – 15.88m/52-1.25
- Logan Hammer – Pole Vault (indoor) – 5.06m/16-7.25
- Logan Hammer – Pole Vault (outdoor) – 5.62m/18-5.25
- Drew Hogan – DMR – 10:07.76

##### 2022-23

- Brennan Benson – 800 meters (outdoor) – 1:48.94
- Logan Hammer – Pole Vault (outdoor) – 5.25m/17-2.75

##### 2020-21

- Caleb Garnica – Cross Country – 23:38.4

##### 2019-20

- Dallin Farnsworth – Cross Country – 21:14.2

##### 2017-18

- Brody Smith – 3,000 meters – 8:15.24
- Clay Lambourne – 800 meters (outdoor) – 1:47.96

##### 2015-16

- Clay Lambourne – 800 meters (indoor) – 1:49.22
- Clay Lambourne – 800 meters (outdoor) – 1:49.69
- Benjamin Johnston – DMR – 9:47.99
- Landon Watts – DMR – 9:47.99
- Jordan Bagtler – DMR – 9:47.99
- Dillon Maggard – DMR – 9:47.99

#### Women

##### 2023-24

- Maddie Edwards – 400-meter hurdles – 57.22

##### 2017-18

- Cierra Simmons-Mecham – 3,000-meter steeplechase – 9:56.60

The Aggies' fourth-place finish was their best ever at a regional meet, with their previous highest finish coming in 2017, when they finished seventh. Five runners earning all-region honors is the most ever by a USU team, as well. On the women's side, Utah State placed ninth out of 19 teams with 269 points.

Hosting the 2019 MW Cross Country Championships, the Aggie men did not disappoint on their home course as they captured their first-ever MW title, while the Aggie women placed fifth. The men won the team title with 42 points, led by Farnsworth, who became the first Aggie to ever win an MW Championship race. Farnsworth's time of 21:14.2 broke the MW Championship record, surpassing the previous mark by 20 seconds. Farnsworth, a native of Pocatello, Idaho, also earned MW Men's Student-Athlete of the Year honors.

Three of the top six runners in the men's 8-kilometer race were Aggies as Beattie (23:23.8) and Withers (23:24.9) finished fifth and sixth, respectively. Withers and Beattie, along with Farnsworth, earned first-team All-MW honors. Garnica was named to the All-MW second team after finishing 14th with a time of 23:40.7. Furthermore, Gulden was named the MW Coach of the Year, the first Aggie coach to ever earn that honor.

Academically, both the men's and women's programs were honored by the USTFCCCA for their performance both on the course and in the classroom during the 2019 season.

Individually on the men's side, Farnsworth, Garnica, Hendrickson and Withers earned USTFCCCA All-Academic accolades.

USU had 19 runners earn academic All-Mountain West honors in 2019, while 26 were honored as MW Scholar-Athletes.

Gulden coached one All-MW honoree during the 2020 indoor track & field season as Farnsworth



**ARTIE GULDEN**

placed third in the 5,000 meters (14:33.13) at the Indoor Championships.

During the 2018 cross country season, Utah State had two runners earn all-conference honors at the conference championships. Alyssa Snyder recorded the best finish for an Aggie at the meet as she earned second-team All-MW honors after placing 13th in the women's 6-kilometer race with a time of 21:14.1. On the men's side, Beattie also garnered second-team All-MW honors after placing 14th in the 8-kilometer race with a time of 25:07.2. The women's team placed fourth overall, while the men finished fifth.

Cierra Simmons-Mecham capped her stellar cross country career by placing 133rd with a time of 21:21.7 in the six-kilometer race at the 2018 NCAA Cross Country Championships. She was one of 38 individual qualifiers for the championships after she garnered all-region honors by placing 17th in the 6K race with a time of 20:25.0 at the NCAA Mountain Region Championships. Simmons-Mecham also earned USTFCCA All-Academic accolades.

Both the men's and women's programs were honored by the USTFCCA for their performance on the course and in the classroom during the 2018 season.

The Aggies had a total of 19 runners earn academic All-Mountain West honors in 2018, while 21 runners were named MW Scholar-Athletes.

Under Gulden's watch during the 2019 indoor and outdoor track seasons, three school records were set – all on the women's side, including the DMR team comprising of Simmons-Mecham, Megan Ryan, Shannon Maloney and Kasia Lawrynowicz. That quartet earned first-team All-Mountain West honors by placing third at the Indoor Championships with a school-record time of 11:31.69.

Simmons-Mecham (steeplechase), Snyder (10,000 meters) and Stokton Smith (steeplechase) each garnered All-Mountain West accolades during the outdoor season. That trio advanced to the NCAA West Preliminary Championships in their respective events, as did Beattie (10,000 meters) and Hendrickson (steeplechase).

Simmons-Mecham went on to place 20th in the semifinals of the steeplechase at the NCAA Outdoor Track & Field Championships. The native of Soda Springs, Idaho, crossed the finish line in 10:23.90, and earned honorable mention All-American honors by doing so.

Gulden coached the Aggies' cross country and distance groups to their most successful season in school history during the 2017-18 campaign. Utah State's men's and women's cross country teams both made their first-ever appearances at the NCAA Cross Country Championships in 2017. Six athletes earned a combined 11 All-America honors in track & field.

Ranked 19th in the nation going into the NCAA Cross Country Championships, the Aggie women finished 14th with 395 points in the six-kilometer race. On the men's side, No. 27 Utah State, despite having three runners go down early in the 10K race, took 27th with 603 points.

Snyder led the way for the Aggie women, as she placed 25th with a time of 20:03.39 to earn All-American honors. She became just the second Utah State runner on the women's side to garner All-American honors, joining Alisa Nicodemus, who placed 14th at the 1992 national championships.

Maggard capped his stellar cross country career by placing sixth with a personal-best 10K time of 29:16.20 to earn All-American accolades. He became the first two-time All-American in Utah State cross country history, as he placed 12th with a time of 30:03.09 at the 2016 national championships.

Additionally, Maggard, Snyder, Kashley Carter and Tylee Skinner earned all-region honors by placing in the top 25 at the NCAA Mountain Region Championships. Overall, the women finished fourth in the region with 125 points, while the men finished seventh with 197 points.

At the Mountain West Championships, USU's all-region honorees also earned all-league accolades as the women finished third with 73 points and the men finished fourth with 93 points.

With his two top-eight placings at the 2018 NCAA Outdoor Finals, Maggard scored nine team points, helping Utah State tie for 18th with a total of 15 points, the Aggies' best finish since 2001, when they also tied for 18th. Simmons-Mecham earned one team point by finishing in eighth place and making the podium. As a result, the USU women tied for 63rd, marking the first time since 2000 that the Aggies have scored team points at the Outdoor Finals. Simmons-Mecham was just the 13th female in school history to earn All-American accolades, and the first distance runner to do so during the outdoor season.

Utah State had a total of 17 runners earn academic All-Mountain West honors and 21 runners were named MW Scholar-Athletes in 2017.

Before joining Utah State's program, Gulden spent two seasons at Idaho State, where he worked with the Bengals' distance runners. While at ISU, Gulden coached Kylie Hutchison, who earned All-Big Sky Conference and All-Mountain Region honors in 2015. He also coached Hutchison's younger sister, Presli, who qualified for the USATF Junior Championships in the 5,000 meters and is now a member of the USU cross country/track & field programs.

Gulden coached at Highland High School in Pocatello, Idaho, during the 2012-13 season. He also coached at the Montgomery Academy in Montgomery, Ala., during the 2005-06 and 2006-07 seasons.

Gulden is the son of legendary Bucknell cross country and track & field head coach Art Gulden, who coached the Bison for 31 years. Bucknell captured 68 conference titles under Art Gulden.

Gulden earned his bachelor's degree from Bucknell in 2003. He then went on to earn a master's degree in urban and historical geography from Wisconsin (2005), and a second master's degree in business administration from BYU (2008).

The native of Lewisburg, Pennsylvania, served a two-year LDS Church mission to Utah, where he served three months on the campus of Utah State in 1999. He and his wife, Andrea, have one son, AJ (19), and two daughters, Allie (17) and Anna (14).

### GULDEN BY THE NUMBERS (CONT.)

#### SCHOOL RECORDS

##### Men

###### 2023-24

- Godwin Charles – Triple Jump (indoor) – 15.69m/51-5.75
- Godwin Charles – Triple Jump (outdoor) – 15.88m/52-1.25
- Logan Hammer – Pole Vault (outdoor) – 5.62m/18-5.25
- Max Wehrli – 3,000-meter steeplechase – 8:36.30

###### 2022-23

- Brennan Benson – 1,500 meters – 3:40.96

###### 2021-22

- Devin Pancake – Mile – 4:00.36

###### 2020-21

- Luke Beattie – 10,000 meters – 28:33.45

###### 2017-18

- Dillon Maggard – 3,000 meters – 7:52.99
- Dillon Maggard – 5,000 meters (indoor) – 13:40.59
- Dillon Maggard – 5,000 meters (outdoor) – 13:30.02
- Dillon Maggard – 10,000 meters – 28:38.36
- DMR (Beutler, Martin, Lambourne, Maggard) – 9:32.31

###### 2016-17

- Dillon Maggard – Mile – 4:01.25
- Dillon Maggard – 1,500 meters – 3:42.15

###### 2015-16

- Colby Wilson – 3,000-meter steeplechase – 8:40.73

##### Women

###### 2023-24

- Maddie Edwards – 400-meter hurdles – 57.22
- Mattie Geddes – 800 meters (outdoor) – 2:06.45

###### 2022-23

- Mica Rivera – 5,000 meters (outdoor) – 16:10.90
- Mica Rivera – 10,000 meters – 32:57.50

###### 2018-19

- Cierra Simmons-Mecham – 3,000 meters (indoor) – 9:23.86
- Alyssa Snyder – 10,000 meters – 33:50.95
- DMR (Ryan, Lawrynowicz, Maloney, Simmons-Mecham) – 11:31.69

###### 2017-18

- Cierra Simmons-Mecham – 3,000 meters (indoor) – 9:30.93
- Cierra Simmons-Mecham – 3,000-meter steeplechase – 9:49.33
- Tylee Skinner – 1,500 meters – 4:23.99
- Tylee Skinner – 3,000 meters – 9:33.02
- Kashley Carter – 10,000 meters – 34:37.86

###### 2016-17

- Kashley Carter – 5,000 meters (outdoor) – 16:14.46

###### 2015-16

- DMR (Yamauchi-Richins, Bate, Maloney, Parkinson) – 11:49.14



# COACHES & STAFF



**MATT INGBRITSEN**

Associate Head Coach • Throws

Second Season • 19th Season Overall

Matt Ingebritsen (pronounced Ing-a-brit-sin) is in his second season as associate head coach of Utah State's track & field teams. Ingebritsen, who also serves as the throwers coach, is in his 19th season overall with the Aggies. Under Ingebritsen, USU's throwers have combined for seven All-American honors, 23 conference titles and 109 all-conference accolades.

In 2023-24, Aggie throwers combined for four All-Mountain West selections. Gavin Beierle (shot put, discus), Walker Deede (javelin), Djamilliah Paepke-Chile (javelin) and Joseph Turner (discus) all qualified for the NCAA West First Rounds. Aggie throwers combined for five marks in the top 10 of USU's record book during the indoor and outdoor seasons.

Ingebritsen formerly served as USU's director of track & field and cross country for five seasons.

During the 2022 cross country season, Utah State's men's team made its fourth-ever trip to the NCAA Championships, where the Aggies beat five ranked teams and placed 26th with 618 points. Additionally, Camren Todd was the recipient of the Elite 90 award for the 2022 NCAA Division I Men's Cross Country Championships, the second Elite 90 award of his career.

Two members of the women's cross country team also competed at the NCAA Championships in Ana Weaver and Mica Rivera, who placed 53rd and 201st, respectively. Yonas Mogos led the Aggie men as the 85th runner to cross the finish line.

Prior to the NCAA Championships, Mogos earned all-region honors as he placed 23rd at the NCAA Mountain Region Championships, while Weaver, Todd, and Darren Harman earned second team All-MW accolades at the MW Cross Country Championships.

In the outdoor season, 15 Utah State athletes, including three throwers, qualified for the 2023 NCAA West Preliminary Championships, where Rivera placed 23rd in the 5,000 meters with a school-record time of 16:07.73 and Brennan Benson broke the school record in the 1,500 meters with a time of 3:40.96.

Brennan Benson and Logan Hammer won individual titles in the 800 meters and the pole vault, respectively, at the MW Outdoor Championships, the Aggies' first individual titles since 2019. The Utah State men took fifth place with 73 points, while the women finished eighth with 50.5 points.

Utah State's performance at the MW Indoor Championships was headlined by the relay teams. The women's and men's DMR teams and the men's 4x400 relay team all claimed podium finishes and All-MW honors.

The Aggie distance runners set five school records – two on the men's side and three on the women's side – during the 2023 outdoor track & field season. Furthermore, 16 student-athletes garnered U.S. Track & Field and Cross Country Coaches Association (USTFCCCA) All-Academic accolades.

Utah State athletes received 107 academic All-MW honors across the cross country and track & field rosters. Additionally, a total of 75 athletes were named MW Scholar-Athletes on the year.

During the 2021-22 season, USU continued a strong run of success across indoor and outdoor track & field, in addition to cross country. In the 2021 cross country season, the Aggie women recorded one of their best seasons in program history, advancing to the NCAA Championships for only the second time in program history as the Aggies finished 28th. The men's cross country team narrowly missed their third-consecutive appearance at the national championships, placing eighth at the Mountain Region Championships.

The Aggie women tied for their best-ever finish at the Mountain West Indoor Championships as they took sixth place with 38.50 points. Meanwhile, the men finished third in the conference with 73 points. Junior Devin Pancake set the school record in the indoor mile at the David Hemery Valentine Invitational in Boston, Massachusetts, finishing with a time of 4:00.36. All told, the Aggies set seven marks during the indoor season ranking in the top three all-time in program history.

Utah State's success continued into the outdoor season as the Aggies sent 11 athletes to the NCAA West Preliminary Championships in Fayetteville, Arkansas. Senior Mica Rivera posted the high water mark for USU as she placed 14th in the 10,000 meters with a time of 34:09.64, the second-best time in the event in school history. Seniors Mark Crandall and Connor Weaver recorded the best finishes on the men's side as the duo each placed 24th in the 3,000-meter steeplechase and the 10,000 meters, respectively.

The Aggies also excelled in the classroom as USU athletes received 110 academic All-MW honors across the cross country and track & field rosters. Additionally, 77 athletes were named MW Scholar-Athletes on the year.

While the 2020-21 campaign saw the cancellation of the indoor track & field season due to COVID-19 and a shortened cross country season that was moved from the fall to early 2021, the Aggies still enjoyed a wealth of success, both academically and athletically.

The men's cross country team earned its best-ever finish at the NCAA Division I Cross Country National Championships as the 21st-ranked Aggies scored 351 points to place 11th overall, surpassing their previous best championship finish of 16th in 2019. Utah State beat 15 ranked teams, including 10 that were ranked ahead of them.

Caleb Garnica crossed the finish line in 30 minutes, 31.2 seconds to place 28th in the men's 10K race and earn All-American status (given to the top 40 finishers). On top of that, Camren Todd was the recipient of the Elite 90 award for the 2020 NCAA Division I Men's Cross Country Championships. Todd is the first and only Utah State student-athlete to ever garner the Elite 90 award, which was established in 2009-10.

Prior to earning All-American honors, Garnica captured the men's 8K race at the 2020 Mountain West Cross Country Championships.

## INGEBRITSEN BY THE NUMBERS

### ALL-AMERICANS

#### Men

##### 2018-19

- Sindri Gudmundsson – Javelin – Fourth (First Team) – 73.92 meters (242-6)

##### 2017-18

- Sindri Gudmundsson – Javelin – Third (First Team) – 76.35 meters (250-06)

##### 2016-17

- Sindri Gudmundsson – Javelin – Sixth (First Team) – 73.28 meters (240-05)

#### Women

##### 2017-18

- Brenn Flint – Shot Put (outdoor) – 23rd (Honorable Mention) – 13.72 meters (45-0.25)

##### 2016-17

- Brenn Flint – Shot Put (outdoor) – 23rd (Honorable Mention) – 14.60 meters (47-10.75)

##### 2015-16

- Maci Bingham – Hammer – 15th (Second Team) – 60.44 meters (198-3)

##### 2008-09

- Krista Larson – Hammer – 9th (First Team) – 58.21 meters (194-03)

### MOUNTAIN WEST CHAMPIONS

#### Men

##### 2020-21

- Kyle Morris – Javelin – 65.36 meters (241-05)

##### 2019-20

- Josh Barclay – Shot Put (indoor) – 18.11 meters (59-05)

##### 2018-19

- Josh Barclay – Shot Put (outdoor) – 18.16 meters (59-07)

- Sindri Gudmundsson – Javelin – 73.69 meters (241-09)

- Kyle Morris – Shot Put (indoor) – 18.38 meters (60-3.75)

##### 2017-18

- Sindri Gudmundsson – Javelin – 78.13 meters (256-04)

- David Hirschmann – Discus – 55.19 meters (181-01)

##### 2016-17

- Sindri Gudmundsson – Javelin – 77.19 meters (253-03)

- David Hirschmann – Discus – 55.33 meters (175-00)

##### 2015-16

- Devin Wright – Javelin – 62.17 meters (204-00)

#### Women

##### 2018-19

- Brenn Flint – Shot Put (outdoor) – 16.55 meters (54-3.75)

##### 2017-18

- Brenn Flint – Shot Put (indoor) – 16.70 meters (54-9.50)

- Brenn Flint – Shot Put (outdoor) – 16.64 meters (54-7.50)

##### 2015-16

- Maci Bingham – Hammer – 60.34 meters (197-11)

- Mia Estes – Javelin – 49.40 meters (162-01)

##### 2013-14

- Kaylee Hartshorn – Javelin – 47.74 meters (156-07)

### WAC CHAMPIONS

#### Men

##### 2011-12

- Joe Canavan – Shot Put (indoor) – 17.25 meters (56-7.25)

- Bryce Hall – Weight Throw – 18.13 meters (59-5.75)

- Bryce Hall – Discus – 52.34 meters (171-09)

##### 2009-10

- Joe Canavan – Shot Put (indoor) – 17.64 meters (57-10.50)

- Joe Canavan – Shot Put (outdoor) – 18.37 meters (60-3.25)

##### 2004-05

- Zack Lloyd – Shot Put (indoor) – 18.28 meters (59-11.75)

#### Women

##### 2011-12

- Lindsey Spencer – Hammer – 61.99 meters (203-04)

For his efforts, he was tabbed the MW Men's Student-Athlete of the Year, to go along with earning first-team All-MW honors. Todd and Haydon Cooper also garnered first-team all-league honors, while Bridger Altice earned a second-team citation.

On the women's side, Katie Haviland earned second-team All-MW accolades by placing eighth in the 6K race with a time of 20:22.1.

Ingebritsen coached Kyle Morris to the 2021 MW Outdoor Track & Field Championships javelin title, the only Aggie to garner a gold medal at the three-day event. Morris was one of 10 Aggies to qualify the NCAA West Preliminary Championships, including four throwers.

Eight Aggies from the men's and women's cross country teams and another eight from the men's and women's track and field teams were honored by the USTFCCCA for their performance both athletically and academically during the 2020-21 season. All four teams also earned collective All-Academic accolades.

Utah State athletes received 107 academic All-MW honors across the cross country and track & field rosters. Additionally, a total of 75 athletes were named MW Scholar-Athletes on the year.

In the spring of 2021, Aggie athletes earned 134 academic All-MW honors in cross country and track and field. In addition, 75 student-athletes were named MW Scholar-Athletes.

During the 2020 campaign, which was cut short due to the COVID-19 pandemic, Josh Barclay won the shot put title with a mark of 18.11 meters (59-5.00) at the MW Indoor Championships. Morris also garnered All-MW accolades as he placed second in the shot put with a heave of 17.32 meters (56-10.00).

The men's cross country program had a banner year in 2019. Utah State captured its first-ever Mountain West title and made its second appearance at the NCAA Cross Country Championships, where the 19th-ranked Aggies scored 428 points to place 16th overall, surpassing their previous best championship finish of 27th in 2017.

The Aggies finished ahead of five teams that entered the race ranked above them (No. 14 Wisconsin, No. 11 Washington, No. 9 Ole Miss, No. 18 Syracuse and No. 13 Middle Tennessee State).

The Aggie men earned an at-large bid to the NCAA Championships after the team finished fourth, their best-ever regional finish, and first

among Mountain West schools at the NCAA Mountain Regional Championships with 106 points. Five runners placed in the top 25 to earn all-region honors, the most ever by a USU team.

Hosting the 2019 MW Cross Country Championships, the Aggie men did not disappoint on their home course as they captured their first-ever MW title, while the Aggie women placed fifth. The men won the team title with 42 points, led by Farnsworth, who became the first Aggie to ever win a MW Championship race and earn MW Men's Student-Athlete of the Year honors. Farnsworth's time of 21:14.2 broke the MW Championship record by 20 seconds.

Three of the top six runners in the men's 8K were Aggies as Beattie (23:23.8) and Withers (23:24.9) finished fifth and sixth, respectively. Withers and Beattie, along with Farnsworth, earned first-team All-MW honors. Garnica was named to the All-MW second team after finishing 14th with a time of 23:40.7. Furthermore, Artie Gulden was named the MW Coach of the Year, the first Aggie coach to ever earn that honor.

Barclay, Farnsworth, and Audrey Garrett each earned USTFCCCA All-Academic honors for the 2019-20 season.

Utah State athletes received 95 academic All-MW honors across the cross country and track & field rosters. Additionally, a total of 51 athletes were named MW Scholar-Athletes on the year.

The 2019 campaign was highlighted by Sindri Gudmundsson earning first-team All-American honors for the third-consecutive year in the javelin. He recorded a season-best throw of 73.92 meters (250-06) at the NCAA Division I Outdoor Track & Field Championships to place fourth.

Gudmundsson became Utah State's first three-time first-team All-American in one event since former U.S. Olympian James Parker in 2001 (hammer). Gudmundsson, who placed sixth in 2017 and third in 2018 at the Outdoor Finals, was ranked 12th nationally heading into the NCAA Outdoor Finals.

Gudmundsson earned his spot in the finals by placing first at the NCAA West Preliminary Championships with a heave of 73.68 meters (241-8). Prior to that, he claimed his third-straight javelin title and the fourth-straight overall for the Aggies at the MW Outdoor Championships.

### SCHOOL RECORDS SET UNDER INGEBRITSEN

#### SCHOOL RECORDS

##### Men

###### 2022-23

- Brennan Benson – 1,500 meters – 3:40.96

###### 2021-22

- Devin Pancake – Mile – 4:00.36

###### 2020-21

- Luke Beattie – 10,000 meters – 28:33.45

- Kyle Brost – Triple Jump (outdoor) – 15.63 meters (51-3.50)

###### 2019-20

- Kyle Brost – Triple Jump (indoor) – 15.22 meters (49-11.25)

###### 2018-19

- Kyle Brost – Triple Jump (outdoor) – 15.47 meters (50-9.25)

###### 2017-18

- Sindri Gudmundsson – Javelin – 80.91 meters (265-05)

- Dillon Maggard – 3,000 meters – 7:52.99

- Dillon Maggard – 5,000 meters (indoor) – 13:40.59

- Dillon Maggard – 5,000 meters (outdoor) – 13:30.02

- Dillon Maggard – 10,000 meters – 28:38.36

- DMR (Beutler, Martin, Lambourne, Maggard) – 9:32.31

###### 2016-17

- Sindri Gudmundsson – Javelin – 77.19 meters (253-03)

###### 2004-05

- Zack Lloyd – Shot Put (outdoor) – 19.05 meters (62-06)

##### Women

###### 2022-23

- Mica Rivera – 5,000 meters (outdoor) – 16:10.90

- Mica Rivera – 10,000 meters – 32:57.50

###### 2018-19

- Maia Garren – Weight Throw (indoor) – 19.49 meters (63-11)

- Cierra Simmons-Mecham – 3,000 meters (indoor) – 9:23.86

- Alyssa Snyder – 10,000 meters – 33:50.95

- DMR (Ryan, Lawrynowicz, Maloney, Simmons-Mecham) – 11:31.69

###### 2017-18

- Brenn Flint – Shot Put (indoor) – 16.70 meters (54-9.50)

- Brenn Flint – Shot Put (outdoor) – 16.82 meters (55-2.25)

- Mia Estes – Javelin – 51.38 meters (168-07)

- Cierra Simmons-Mecham – 3,000 meters (indoor) – 9:30.93

- Cierra Simmons-Mecham – 3,000-meter steeplechase – 9:49.33

- Tylee Skinner – 1,500 meters – 4:23.99

- Tylee Skinner – 3,000 meters – 9:33.02

- Kashley Carter – 10,000 meters – 34:37.86

###### 2015-16

- Maci Bingham – Hammer – 62.33 meters (204-06)

###### 2013-14

- Keeley Eldredge – Weight Throw – 19.14 meters (62-09)

###### 2011-12

- Lindsey Spencer – Discus – 54.48 meters (178-09)

- Lindsey Spencer – Hammer – 61.99 meters (203-04)

###### 2008-09

- Krista Larson – Weight Throw – 18.09 meters (59-4.50)

###### 2007-08

- Krista Larson – Weight Throw – 17.82 meters (58-5.75)



**MATT INGEBRITSEN**

## COACHES & STAFF



Distance runner Cierra Simmons-Mecham placed 20th in the semifinals of the 3,000-meter steeplechase at the NCAA Outdoor Track & Field Championships in Austin, Texas. The native of Soda Springs, Idaho, crossed the finish line in 10:23.90 to earn honorable mention All-American honors.

A trio of Utah State student-athletes earned 2018-19 Google Cloud Academic All-District Track & Field/Cross Country honors, as selected by the College Sports Information Directors of America (CoSIDA). On the women's side, Kshley Carter and Tylee Skinner were tabbed to the first and second teams, respectively, while Stokton Smith earned first-team accolades on the men's side. Carter was also named an Academic All-American.

USU athletes received 90 academic All-MW honors across the cross country and track & field rosters. Additionally, 46 athletes were named MW Scholar-Athletes on the year.

The 2018 season saw the Aggies tie Penn State for 18th place (15 points) in the men's team standings at the 2018 NCAA Outdoor Finals. It marked the sixth time in program history that Utah State finished in the top-20 at a national meet. It also proved to be USU's best team showing since it also tied for 18th in 2001.

Simmons-Mecham scored one point for Utah State's women's team at the 2018 NCAA Outdoor Finals by placing eighth and earning first-team All-American honors in the 3,000-meter steeplechase with a school-record time of 9:49.33.

After a school-record 22 Aggies qualified for the NCAA West Preliminary Championships during the 2018 campaign, six advanced to the NCAA Outdoor Finals, where Spencer Fehlberg (3,000-meter steeplechase) and Clay Lambourne (800 meters) both earned second-team All-American honors, while Brenn Flint (shot put) was an honorable mention All-American.

Gudmundsson was named the USTFCCCA National Athlete of the Week after breaking his own school record in the javelin with his first throw of the season (80.49 meters/264-1) at that meet. He was also tabbed the Mountain Region Men's Field Athlete of the Year by the USTFCCCA.

The quartet of Lambourne, Maggard, Jordan Beutler and Brady Martin garnered first-team All-American honors by placing fifth in

the DMR with a school-record time of 9:32.31 at the 2018 NCAA Indoor Championships. Maggard also earned first-team All-American honors by placing fifth in the 3,000 meters, while Lambourne captured second-team All-American honors in the 800 meters.

Overall, the men's team ended the NCAA Indoor Finals with eight points to place 29th, the best team finish since 1977, when Utah State took 21st.

On the women's side in 2018, Ingebritsen coached Brenn Flint to a pair of shot put titles at the MW Indoor and Outdoor Championships. She then went on to earn honorable mention All-American honors in the event at the NCAA Outdoor Finals, recording a throw of 13.72 meters (45-0.25).

Flint became the first female thrower under Ingebritsen to garner a pair of All-American honors, also earning honorable mention accolades in 2017. Maci Bingham earned second-team accolades in the hammer after placing 15th with a throw of 60.44 meters (198-3) at the 2016 NCAA Outdoor Finals, while Krista Larson remains the only female to earn first-team honors under Ingebritsen, doing so in 2009 in the hammer as she placed ninth with a throw of 58.21 meters (194-03).

During the 2017-18 campaign, USU athletes received 70 academic All-MW honors across the cross country and track & field rosters. Additionally, a total of 45 athletes were named MW Scholar-Athletes on the year.

Under Ingebritsen's guidance, Devin Wright earned the Mountain West's highest honor, as he was named the 2017 MW Scholar-Athlete of the Year, becoming the first Aggie to win the prestigious award. The accolade is bestowed upon one male and one female in the conference that best exemplify the term "student-athlete" by achieving excellence in academics, athletics and community involvement. Wright was also named to the CoSIDA Academic All-America second team and was one of nine USU track & field athletes to earn USTFCCCA All-Academic honors.

Overall, eight of the 12 possible throwing school records are held by athletes coached by Ingebritsen.

Ingebritsen, who competed for five years at Boise State in the discus, shot put, weight and hammer throws, graduated with a bachelor's

degree in social science in 2003. In 2006, he received a master's of education degree in health, physical education and recreation from Utah State.

He is married to Abbey Ingebritsen, who was also a thrower at Boise State and earned a pair of first-team All-American honors.





**SARAH NARDONI**

**Associate Head Coach**

**Fourth Season • 11th Season Overall**

Sarah Nardoni is in her fourth season as the associate head coach of Utah State's track & field/cross country programs, and her 11th season overall at USU.

In the 2024 cross country season, Nardoni coached Utah State's men's team to its fifth berth in the NCAA Championships. USU finished in 22nd place, defeating three higher-ranked teams.

Camren Todd finished in 25th place with a time of 29:17.4 to earn All-American honors, the seventh Aggie runner and first since 2020 to do so. Additionally, Logan Garnica received the Elite 90 award, given to the top student-athlete competing at a national championship, for the 2024 NCAA Division I Men's Cross Country Championships. Garnica joined Todd (2020, 2022) as the only USU student-athletes to ever win the Elite 90 award, which was established in 2009-10.

At the NCAA Mountain Regional, the Aggie men finished in fourth place as Todd earned all-region honors with a 14th-place finish. On the women's side, Emma Thornley took 22nd place to earn all-region honors for the second-straight season.

Garnica started off the cross country postseason with a 13th-place finish at the Mountain West Championships, earning second-team all-conference honors.

During the regular season, Nardoni helped the Aggies to five team titles and two individual titles. Todd joined Caleb Garnica and Dillon Maggard as the third Aggie to win the Paul Short Run; each runner went on to earn All-American honors that season.

During the 2023-24 season Nardoni helped the Aggies to seven team titles and two individual wins. The Aggie women finished eighth at the NCAA Mountain Regionals with Thornley being selected all-region as she finished 23rd, and the Aggie men took 10th. Both programs also finished fifth at the Mountain West Championships.

During the 2024 indoor and outdoor track & field seasons, Nardoni helped the team total eight all-conference selections and 33 times in the top 10 of USU's record book. Max Wehrli set the school record in the 3,000-meter steeplechase with a time of 8:36.30 and Mattie Geddes set the school record in the outdoor 800 meters with a time of 2:06.45.

In the 2021-22 season, Nardoni helped the women's cross country team qualify for the NCAA Championships for only its second time in program history, placing 28th out of 31 teams. Katie Haviland was the first Aggie across the line at the NCAA Championships, finishing 81st out of more than 250 runners with a time of 20:23.9. The Aggies received an at-large bid to the NCAA Championships after placing seventh at the NCAA Mountain Region Championships in Provo, Utah.

The women also recorded the program's best-ever finish at the Mountain West Cross Country Championships, placing second with a team score of 73. The Aggies were paced by Haviland and Mica Rivera, who placed 10th and 12th, respectively, with

times of 20:05.1 and 20:07.7 to earn All-MW second team honors.

The Aggie men placed third at the MW Championships with a team score of 79 points. Chase Leach earned MW Freshman of the Year honors at the MW Cross Country Championships as the first freshman across the line, placing 12th with a time of 23:50.2 and also earning All-Mountain West second-team honors in the process. Caleb Garnica also made the All-MW second team, finishing 14th with a time of 23:54.1. At the NCAA Mountain Region Championships, USU narrowly missed out on a bid to the NCAA Championships as they finished eighth with 177 team points.

During the 2022 indoor and outdoor track & field seasons, Nardoni also helped the team earn five all-conference selections in distance events and sent eight distance runners to the NCAA Outdoor Track & Field West Preliminaries.

The Aggies excelled both athletically and academically during the 2020-21 season, which saw the cancelation of the indoor track & field season due to COVID-19, and a shortened cross country that was moved from the fall to early 2021.

The men's cross country team earned its best-ever finish at the NCAA Division I Cross Country National Championships as the 21st-ranked Aggies scored 351 points to place 11th overall, surpassing their previous best championship finish of 16th in 2019. Utah State beat 15 ranked teams, including 10 that were ranked ahead of them.

Garnica crossed the finish line in 30:31.2 to place 28th in the men's 10K race and earn All-American status. On top of that, Todd was the recipient of the Elite 90 award for the 2020 NCAA Division I Men's Cross Country Championships. Todd is the first Utah State student-athlete to ever garner the Elite 90 award.

Prior to earning All-America honors, Garnica captured the men's 8K race at the 2020 Mountain West Cross Country Championships. For his efforts, he was tabbed the MW Men's Student-Athlete of the Year, to go along with earning first-team All-MW honors. Todd and Haydon Cooper also garnered first-team all-league honors, while Bridger Altice earned a second-team citation.

On the women's side, Haviland earned second-team All-MW accolades by placing eighth in the 6K race with a time of 20:22.1. Haviland went on to earn an at-large selection to the NCAA Cross Country Championships, where she placed 43rd in the 6K race with a time of 21:01.6, narrowly missing out on garnering an All-American citation.

Todd was named the U.S. Track & Field and Cross Country Coaches Association (USTFCCA) Division I Men's National Athlete of the Week in late January to become the first Aggie to earn National Athlete of the Week honors in cross country since Dillon Maggard in 2017.

Rivera was named the MW Women's Cross Country Athlete of the Week following her performance at the Dixie State Invitational. The native of Herriman, Utah, finished first among Aggie women competitors in the 6K race, and second overall, with a time of 20:43.4 to help Utah State place first as a team.

During the outdoor track & field season, Nardoni coached two Aggies that earned first-team All-MW accolades. Luke Beattie placed third in the 5,000 meters, while Todd finished second in the 10,000 meters. Beattie, Garnica, Todd and Haviland all qualified for the NCAA West Preliminary Championships.

Mid-distance runner Christopher Kauffman earned a pair of MW Men's Outdoor Track Athlete of the Week accolades after winning the 800 meters at both the Fresno State-hosted West Coast Relays and Montana-hosted Al Manuel Northwest Invitational.

Beattie broke the school record previously held by Maggard in the 10K as he placed fifth in the event with a time of 28:33.45 at the Stanford Invitational.

The 2019-20 campaign proved to be a tremendous season for the Aggie distance runners. The year

## NARDONI BY THE NUMBERS

### ATHLETE ACCOLADES

- 21 All-America Honors (five cross country, 16 track & field)
- 14 Mountain West Champions (10 track & field individuals, two cross country individual, two relay)
- 76 All-Mountain West performers (27 cross country, 42 track & field individuals, seven relays)
- 64 NCAA West Preliminary Championships Qualifiers
- Eight NCAA Outdoor Finals Qualifiers
- 17 All-Mountain Region Performers
- Seven NCAA Cross Country Championships Qualifying Teams (men's 2017, 2019, 2020, 2022, 2024; women's 2017, 2021)
- Two USTFCCA D-I Men's National Athletes of the Week
- 13 MW Men's XC Athletes of the Week
- Eight MW Women's XC Athletes of the Week
- 14 MW Men's XC Freshmen of the Week
- Nine MW Women's XC Freshmen of the Week
- Six MW Men's Indoor T&F Athletes of the Week
- One MW Women's Indoor T&F Athlete of the Week
- Three MW Men's Indoor T&F Freshmen of the Week
- 11 MW Men's Outdoor T&F Athletes of the Week
- Two MW Women's Outdoor T&F Athletes of the Week
- Two Mountain West Male Student-Athletes of the Year
- Two Mountain West Cross Country Freshmen of the Year
- Three Elite 90 Award Recipients

### ALL-AMERICANS

#### Men

##### 2024-25

- Camren Todd – Cross Country – 25th (First Team) – 29:17.4

##### 2020-21

- Caleb Garnica – Cross Country – 28th (First Team) – 30:31.2

##### 2017-18

- Dillon Maggard – Cross Country – Sixth (First Team) – 29:16.2
- Dillon Maggard – DMR – Fifth (First Team) – 9:32.31
- Dillon Maggard – 3,000 meters – Fifth (First Team) – 8:06.69
- Dillon Maggard – 5,000 meters – Sixth (First Team) – 13:57.4
- Dillon Maggard – 10,000 meters – Third (First Team) – 28:38.36
- Clay Lambourne – DMR – Fifth (First Team) – 9:32.31
- Clay Lambourne – 800 meters (indoor) – 10th (Second Team) – 1:48.30
- Clay Lambourne – 800 meters (outdoor) – 16th (Second Team) – 1:50.33
- Jordan Beutler – DMR – Fifth (First Team) – 9:32.31
- Brady Martin – DMR – Fifth (First Team) – 9:32.31
- Spencer Fehlberg – Steeplechase – 15th (Second Team) – 8:51.14

##### 2016-17

- Dillon Maggard – Cross Country – 12th (First Team) – 30:03.9
- Dillon Maggard – Mile – 13th (Second Team) – 4:01.25
- Clay Lambourne – 800 meters (outdoor) – Ninth (Second Team) – 1:47.19

##### 2015-16

- Dillon Maggard – Mile – 12th (Second Team) – 4:10.13
- Dillon Maggard – 1,500 meters – 23rd (Honorable Mention) – 3:52.80
- Clay Lambourne – 800 meters (outdoor) – 22nd (Honorable Mention) – 1:52.31

#### Women

##### 2018-19

- Cierra Simmons-Mecham – 3,000-meter steeplechase – Eighth (First Team) – 9:49.33

##### 2017-18

- Alyssa Snyder – Cross Country – 25th (First Team) – 20:03.39
- Cierra Simmons-Mecham – 3,000-meter steeplechase – Eighth (First Team) – 9:49.33

started off with a bang as the men's cross country team won its first-ever Mountain West title and made its second appearance at the NCAA Cross Country Championships, where the 19th-ranked Aggies scored 428 points to place 16th overall, surpassing their previous best championship finish of 27th in 2017.

Utah State, which was led by Beattie, who placed 49th with a time of 31:33.9, finished ahead of five teams that entered the race ranked above it (No. 14 Wisconsin, No. 11 Washington, No. 9 Ole Miss, No. 18 Syracuse and No. 13 Middle Tennessee State).

The Aggie men earned an at-large bid to the NCAA Championships after the team finished fourth, their best-ever regional finish, and first among Mountain West schools at the NCAA Mountain Regional Championships with 106 points. Five runners placed in the top 25 to earn all-region honors, the most ever by a USU team. Dallin Farnsworth finished 16th and Beattie finished 20th, while Garnica was 22nd, Adam



**SARAH NARDONI**

Hendrickson was 23rd and James Withers was 25th.

Hosting the 2019 MW Cross Country Championships, the Aggie men did not disappoint on their home course as they captured their first-ever MW title, while the Aggie women placed fifth. The men won the team title with 42 points, led by Farnsworth, who became the first Aggie to ever win a MW Championship race and earn MW Men's Student-Athlete of the Year honors. Farnsworth's time of 21:14.2 broke the MW Championship record by 20 seconds.

Three of the top six runners in the men's 8K were Aggies as Beattie (23:23.8) and Withers (23:24.9) finished fifth and sixth, respectively. Withers and Beattie, along with Farnsworth, earned first-team All-MW honors. Garnica was named to the All-MW second team after finishing 14th with a time of 23:40.7.

During the 2020 indoor track & field season, Nardoni helped coached one All-MW honoree as Farnsworth placed third in the 5,000 meters (14:33.13) at the Indoor Championships.

During the 2018 cross country season, Nardoni helped two runners earn all-conference honors at the Mountain West Championships. Alyssa Snyder recorded the best finish for an Aggie at the meet as she earned second-team All-MW honors after placing 13th in the women's 6K race with a time of 21:14.1. On the men's side, Beattie also garnered second-team All-MW honors after placing 14th in the 8K race with a time of 25:07.2. The women's team placed fourth overall, while the men finished fifth.

Cierra Simmons-Mecham capped her stellar cross country career by placing 133rd with a time of 21:21.7 in the 6K race at the 2018 NCAA Cross Country Championships. She was one of 38 individual qualifiers for the championships after she garnered all-region honors by placing 17th in the 6K race with a time of 20:25.0 at the NCAA Mountain Region Championships.

Nardoni helped coach the Aggies' cross country and distance groups to their most successful season in school history during the 2017-18 campaign. Utah State's men's and women's cross country teams both made their first-ever appearances at the NCAA Cross Country Championships in 2017.

Ranked 19th in the nation going into the NCAA Cross Country Championships, the Aggie women finished 14th with 395 points in the 6K race. On the men's side, No. 27 Utah State, despite having three runners exit in the 10K race, took 27th with 603 points.

Snyder led the way for the Aggie women, as she placed 25th with a time of 20:03.39 to earn All-American honors, joining Alisa Nicodemus (1992) as the only USU women's runners to earn All-American honors.

Maggard capped his stellar cross country career by placing sixth with a personal-best 10K time of 29:16.20 to earn All-American accolades. He became the first

two-time All-American in Utah State cross country history, as he placed 12th with a time of 30:03.09 at the 2016 national championships.

Additionally, Maggard, Snyder, Kashley Carter and Tylee Skinner all earned all-region honors by placing in the top 25 at the NCAA Mountain Region Championships. Overall, the women finished fourth in the region with 125 points, while the men finished seventh with 197 points.

At the Mountain West Championships, USU's all-region honorees also earned all-league accolades as the women finished third with 73 points and the men finished fourth with 93 points.

Nardoni helped coached six athletes who combined for 11 All-America honors in track & field in 2017-18.

During the 2016-17 season, Nardoni helped coach Maggard, who earned the school's third cross country All-America honor – the second on the men's side – as he placed 12th with a time of 30:03.9 in the men's 10K race at the NCAA Cross Country National Championships.

Maggard qualified for nationals by placing eighth with a time of 31:02.20 at the NCAA Mountain Regional Championships, where he helped the Aggie men finish eighth (out of 17) in the team standings with 230 points. The native of Kirkland, Wash., also earned first-team all-conference accolades after placing fourth with a time of 24:08.10 at the Mountain West Cross Country Championships. He led the men to a fourth-place team finish with 131 points.

Two other Aggies were recognized for their performances at the 2016 MW Cross Country Championships. Kashley Carter earned second-team all-conference accolades for the second consecutive year as she placed eighth with a time of 20:45.20, while Luke Beattie was named the MW Men's Freshman of the Year after placing 35th with a time of 24:47.30.

Nardoni was the team manager for Utah State's cross country and track & field teams during the 2014-15 season.

Prior to Utah State, Nardoni was the team manager for BYU's track & field program during the 2013-14 season. She also worked with the women's distance team during that year. In 2013, Nardoni was the team manager when both of BYU's cross country teams competed in the NCAA Championships in Terre Haute, Ind. The men placed fourth, while the women finished 28th.

Nardoni earned her bachelor's degree in science, exercise and wellness from BYU in 2014, and she graduated with a master's in social work from Utah State in 2016.

The native of Colorado Springs, Colorado, was a member of the track & field, cross country and basket-

## NARDONI BY THE NUMBERS (CONT.)

### MOUNTAIN WEST CHAMPIONS

#### Men

##### 2023-24

- Rylan Anderson – DMR – 10:07.76
- Brennan Benson – DMR – 10:07.76
- Brennan Benson – Mile – 4:11.48
- Landon Bott – DMR – 10:07.76
- Drew Hogan – DMR – 10:07.76

##### 2022-23

- Brennan Benson – 800 meters (outdoor) – 1:48.94

##### 2020-21

- Caleb Garnica – Cross Country – 23:38.4

##### 2019-20

- Dallin Farnsworth – Cross Country – 21:14.2

##### 2017-18

- Brody Smith – 3,000 meters – 8:15.24
- Clay Lambourne – 800 meters (outdoor) – 1:47.96

##### 2015-16

- Clay Lambourne – 800 meters (indoor) – 1:49.22
- Clay Lambourne – 800 meters (outdoor) – 1:49.69
- Benjamin Johnston – DMR – 9:47.99
- Landon Watts – DMR – 9:47.99
- Jordan Beutler – DMR – 9:47.99
- Dillon Maggard – DMR – 9:47.99

#### Women

##### 2017-18

- Cierra Simmons-Mecham – 3,000-meter steeplechase – 9:56.60

### SCHOOL RECORDS

#### Men

##### 2023-24

- Max Wehrli – 3,000-meter steeplechase – 8:36.30

##### 2022-23

- Brennan Benson – 1,500 meters – 3:40.96

##### 2021-22

- Devin Pancake – Mile – 4:00.36

##### 2020-21

- Luke Beattie – 10,000 meters – 28:33.45

##### 2017-18

- Dillon Maggard – 3,000 meters – 7:52.99
- Dillon Maggard – 5,000 meters (indoor) – 13:40.59
- Dillon Maggard – 5,000 meters (outdoor) – 13:30.02
- Dillon Maggard – 10,000 meters – 28:38.36
- DMR (Beutler, Martin, Lambourne, Maggard) – 9:32.31

##### 2016-17

- Dillon Maggard – Mile – 4:01.25
- Dillon Maggard – 1,500 meters – 3:42.15

##### 2015-16

- Colby Wilson – 3,000-meter steeplechase – 8:40.73

#### Women

##### 2023-24

- Mattie Geddes – 800 meters (outdoor) – 2:06.45

##### 2022-23

- Mica Rivera – 5,000 meters (outdoor) – 16:10.90
- Mica Rivera – 10,000 meters – 32:57.50

##### 2018-19

- Cierra Simmons-Mecham – 3,000 meters (indoor) – 9:23.86

- Alyssa Snyder – 10,000 meters – 33:50.95

- DMR (Ryan, Lawrynowicz, Maloney, Simmons-Mecham) – 11:31.69

##### 2017-18

- Cierra Simmons-Mecham – 3,000 meters (indoor) – 9:30.93

- Cierra Simmons-Mecham – 3,000-meter steeplechase – 9:49.33

- Tylee Skinner – 1,500 meters – 4:23.99
- Tylee Skinner – 3,000 meters – 9:33.02

- Kashley Carter – 10,000 meters – 34:37.86

##### 2016-17

- Kashley Carter – 5,000 meters (outdoor) – 16:14.46

##### 2015-16

- DMR (Yamauchi-Richins, Bate, Maloney, Parkin-son) – 11:49.14

ball teams at Thomas B. Doherty High School, where she earned a combined seven letters. She was a team captain for both her basketball and track & field teams.

The former Sarah Griggs, who is the youngest of six children, served a mission for The Church of Jesus Christ of Latter-day Saints in Nicaragua from 2011-13. She married Clint Nardoni in July of 2021.



**ERIK RASMUSSEN**

Multi-Events/Jumps Coach

Ninth Season

Erik Rasmussen is in his ninth year as the jumps and combined-events coach at Utah State. He has a Level III USATF and a Level V IAAF coaching certification in the jumps.

In 2023-24, Rasmussen coached Utah State's first All-American since 2019 — pole vaulter Logan Hammer — who earned second-team honors at the 2024 NCAA Outdoor Track & Field Championships. In jumps and multi-events, USU earned eight All-Mountain West selections and totaled 12 marks in the top 10 of USU's record book during the indoor and outdoor seasons. Hammer set the school record in the pole vault with a mark of 5.62 meters (18-5.25), which is also the Mountain West record and the MW Outdoor Championships meet record. Godwin Charles set both school records in the triple jump with a mark of 15.74 meters (51-7.75) in the indoor season and 15.88 meters (52-1.25) in the outdoor season.

The 2022-23 season was highlighted by Hammer's first Mountain West title in the outdoor pole vault and Kelton Chenworth's pair of all-conference honors in the indoor and outdoor high jump. Aggie jumpers set eight top-10 all-time marks, including indoor and outdoor performances from Chenworth in the men's high jump, Hammer in the men's pole vault, and Emma Shippen in the women's pole vault.

During the 2021-22 campaign, Caden Dupee led the way at the Mountain West Indoor Championships, earning all-conference honors as he placed third in the heptathlon with 5,192 points. At the MW Outdoor Championships, Kelton Chenworth earned all-conference honors by placing second in the high jump with a mark of 2.06 meters (6-9).

Academically, both Dupee and Chenworth earned academic All-Mountain West honors.

Additionally, the Aggies recorded nine marks in the top 10 all-time at USU in events coached by Rasmussen, including Maren Garnett moving to fourth all-time in both the indoor and outdoor pole vaults.

While the 2020-21 campaign saw the cancellation of the indoor track & field season due to COVID-19, the Aggies still enjoyed a wealth of success, both academically and athletically.

Under Rasmussen's tutelage, Audrey Garrett highlighted Utah State's performance on the women's side at the MW Outdoor Championships as she earned first-team all-league honors after placing second in the high jump with a career-best mark of 1.80 meters (5-10.75), which ranks second all-time in school history. Garrett also qualified for the NCAA West Preliminary Championships.

Joining Garrett at the NCAA West Prelims was Kyle Brost in the triple jump. At the MW

Outdoor Championships, he garnered his fifth All-MW citation — all in the triple jump — after placing third in the event with a mark of 14.69 meters (48-2.50).

Brost broke his own school record in the outdoor triple jump when he placed third with a mark of 15.63 meters (51-3.50) at the season-opening UNLV Spring Invitational & Sheila Tarr-Smith Multis.

Academically, Garrett garnered academic All-MW and MW Scholar-Athlete accolades, and earned the USU Joe E. Whitesides Scholar-Athlete Award.

During the 2020 campaign, which was cut short due to the COVID-19 pandemic, Rasmussen coached a trio of athletes who garnered first-team All-Mountain West honors, including two that qualified for the NCAA West Preliminary Championships.

Chandler Obray earned all-conference high jump honors for the second-straight season as he won the event with a leap of 2.06 meters (6-9.00) at the Indoor Championships. Hunter Simonsen also garnered All-MW honors as he placed third in the high jump with a mark of 2.06 meters (6-9.00). In the men's triple jump, Brost finished third to earn All-MW honors after breaking his own school record with a jump of 15.22 meters (49-11.25).

Twice during the season, Simonsen earned a pair of MW Field Athlete of the Week honors. The first one came following his performance at the Boise State-hosted Jackson's/Nike Boise Indoor Invitational, where he placed first in the high jump with a mark of 2.06 meters (6-9.00). He was named the MW Field Athlete of the Week the following weekend, as well, as he had a season-high mark of 2.08 meters (6-9.75) in the high jump to place seventh — the best finish by an athlete from the conference — at the New Mexico-hosted Don Kirby Elite Invitational.

On the women's side, Rasmussen coached Audrey Garrett, who placed fourth in the high jump with a mark of 1.75 meters (5-8.75) at the MW Indoor Championships. She captured first place in the high jump with a mark of 1.75 meters at the North Dakota State-hosted Bison Team Cup and recorded a career-best leap of 1.76 meters (5-9.25), which ranks fifth all-time in school history, at the BYU Indoor Invitational, where she placed second.

In 2019, Rasmussen coached a trio of athletes who captured Mountain West titles. Simonsen won the indoor high jump title with a height of 2.18 meters (7-1.75), while Leaugen Fray was the outdoor champion in the event with a mark of 2.12 meters (6-11.5). Brost placed first in the outdoor triple jump with a school-record mark of 15.47 meters (50-9.25).

Garnering first-team All-MW honors during the 2019 indoor season included Talie Bonds (third, pentathlon, 3,762 points) on the women's side. Simonsen, Obray (second, high jump, 2.14 meters/7-0.25), Fray (third, high jump, 2.10 meters/6-10.75; third, long jump, 7.19 meters/23-7.25), Nelson (third, pole vault, 5.10 meters/16-8.75), Brost (third, triple jump, 14.81 meters/48-7.25) and Roman Ruiz (third, heptathlon, 5,078 points) were honored on the men's side.

Brost also set the then-school record in the indoor triple jump with a leap of 15.07 meters (49-5.50) at the New Mexico-hosted Don Kirby Invitational. Following that feat, he was named the MW Indoor Track & Field Athlete of the Week. Brost garnered MW Outdoor Track & Field Athlete of the Week honors one time during the 2019 outdoor campaign, as well.

For the outdoor season, Garrett earned first-

### RASMUSSEN BY THE NUMBERS

#### ATHLETE ACCOLADES

- Three All-America Honors
- 13 Mountain West Champions
- 37 All-Mountain West Performers
- 13 NCAA West Preliminary Championships Qualifiers
- Five MW Men's Indoor T&F Athletes of the Week
- Two MW Men's Indoor T&F Freshmen of the Week
- Two MW Men's Outdoor T&F Athletes of the Week

#### ALL-AMERICANS

##### Men

##### 2023-24

- Logan Hammer — Pole Vault — 16th (Second Team) — 5.22m

##### 2017-18

- Brady Martin — DMR — Fifth (First Team) — 9:32.31

##### 2016-17

- AJ Bouilly — 400-Meter Hurdles — 13th (Second Team) — 50.47

#### MOUNTAIN WEST CHAMPIONS

##### Men

##### 2023-24

- Godwin Charles — Triple Jump (outdoor) — 15.88m/52-1.25
- Logan Hammer — Pole Vault (indoor) — 5.06m/16-7.25
- Logan Hammer — Pole Vault (outdoor) — 5.62m/18-5.25

##### 2022-23

- Logan Hammer — Pole Vault (outdoor) — 5.25m/17-2.75

##### 2019-20

- Chandler Obray — High Jump (indoor) — J2.06 meters (6-9.00)

##### 2018-19

- Hunter Simonsen — High Jump (indoor) — 2.18 meters (7-1.75)
- Leaugen Fray — High Jump (outdoor) — 2.12 meters (6-11.5)
- Kyle Brost — Triple Jump (outdoor) — 15.47 meters (50-9.25)

##### 2017-18

- Leaugen Fray — Long Jump (indoor) — 7.38 meters (24-2.50)
- Leaugen Fray — High Jump (indoor) — 2.18 meters (7-1.5)
- Sam Nelson — Pole Vault (indoor) — 5.15 meters (16-10.75)
- Sam Nelson — Pole Vault (outdoor) — 5.00 meters (16-4.75)

##### 2016-17

- Leaugen Fray — Long Jump (indoor) — 7.52 meters (24-8.25)

#### SCHOOL RECORDS

##### Men

##### 2023-24

- Godwin Charles — Triple Jump (indoor) — 15.69m/51-5.75
- Godwin Charles — Triple Jump (outdoor) — 15.88m/52-1.25
- Logan Hammer — Pole Vault (outdoor) — 5.62m/18-5.25

##### 2020-21

- Kyle Brost — Triple Jump (outdoor) — 15.63 meters (51-3.50)

##### 2019-20

- Kyle Brost — Triple Jump (indoor) — 15.22 meters (49-11.25)

##### 2018-19

- Kyle Brost — Triple Jump (outdoor) — 15.47 meters (50-9.25)



**ERIK RASMUSSEN**

team All-MW honors on the women's side as she placed third in the high jump with a mark of 1.71 meters (5-7.25). The men were represented by Fray, Brost and Simonsen (second, high jump, 2.06 meters/6-9).

Brost (triple jump), Fray (high jump), Obray (high jump), Simonsen (high jump) and Jennifer Christensen (high jump) all participated in the NCAA West Preliminary Championships. Christensen and Brost both placed 16th in their respective events, just four places away from advancing to the NCAA Finals held in Austin, Texas.

During the 2018 season, Rasmussen coached a pair of athletes who combined to win four Mountain West titles between the indoor and outdoor seasons.

Fray earned a pair of first-team All-Mountain West honors by winning both the long jump (7.38 meters/24-2.50) and high jump (2.18 meters/7-1.50) titles at the Indoor Championships.

Not to be outdone, Sam Nelson won both an indoor and outdoor Mountain West title in the pole vault. He captured the indoor crown with a season-best mark of 5.15 meters (16-10.75). He then went on to win the outdoor title with a mark of 5.00 meters (16-4.75).

Fray and Nelson both participated in the NCAA West Preliminary Championships, where Nelson tied for 17th in the first round of the pole vault (5.00 meters/16-4.75) and Fray tied for 25th in the high jump with a career-best-tying 2.11 meters (6-11).

Utah State's jumpers and combined-event athletes set 11 top-10 marks under Rasmussen's tutelage in 2018.

In his first year at Utah State, Rasmussen coached Fray to an indoor Mountain West title in the long jump (7.52 meters/24-8.25) and a second-place finish in the high jump (2.12 meters/6-11.50). Under his direction, the Aggie jumpers and combined-event athletes set eight top-10 marks in 2017.

Rasmussen arrived at Utah State after four successful years at Eastern Washington, where he coached the jumpers and combined-event

athletes to seven school records, 42 top-10 performances, nine individual conference championships, 24 all-conference finishers, and eight qualifiers to the NCAA Preliminary Championships.

Rasmussen was the pole vault coach at BYU from 2008-2012. During his time there, he coached seven All-Americans to 15 appearances at the NCAA National Championship Finals, and 12 pole vaulters to the NCAA Preliminary Championships. At the NCAA Finals, Rasmussen coached two third-place finishers (Bobby Low and Chris Little), and Victor Weirich, who notched fourth-, fifth- and 10th-place finishes.

From 1998-2003, Rasmussen competed for BYU and finished with a personal best of 17-feet, 4.75 inches in the pole vault. His other personal bests include 6,319 points in the decathlon, 5,244 points in the indoor heptathlon, and 23-2.5 in the long jump.

Rasmussen grew up in Modesto, Calif., where he excelled in the pole vault, jumping 17-feet as a senior. He served a mission for the LDS Church in Rome, Italy. He graduated from BYU with a bachelor's degree in psychology.

Rasmussen's wife, Nicole, also competed for the BYU track team. They have three children, Tate (10), Bo (7) and Guy (3).



**RODNEY BURKES**

Assistant Coach - Sprints  
Second Season

Rodney Burkes is in his second year as assistant coach and sprints coach for Utah State's track & field teams.

In his first season at USU, Burkes helped Aggie sprinters to six All-Mountain West selections and 12 times in the top 10 of USU's record book during the indoor and outdoor seasons. Maddie Edwards set the school-record in the 400-meter hurdles with a time of 57.22 to become the MW champion. Edwards and Abbey Bryant (100-meter hurdles) both qualified for the NCAA West First Rounds.

Burkes spent two years as an assistant coach at Southern Nazarene (2022-23). There, he coached the men's 4x400 meter relay team to all-conference honors in back-to-back seasons, while also guiding six sprinters to individual all-conference accolades.

Prior to his time at SNU, Burkes served as an assistant coach at Illinois State for two seasons (2019-21), where he specialized in sprints, hurdles and relays. There, he coached several all-conference athletes, including outdoor conference champions in both the men's and women's 4x400 meter relay. He also coached

a pair of sprinters to Missouri Valley Conference titles while mentoring the sprints group to eight all-league individual performances. While there, he coached NCAA Championship qualifiers in the 100-meter hurdles as the Redbirds broke the conference record for most points ever scored in a championship.

A USA Track and Field Level II certified coach, Burkes spent the 2018 season as a volunteer assistant coach at Oklahoma State. There, he assisted with the men's and women's sprints and long sprints. He also assisted the staff with weight room conditioning, functional strength, active recovery and power development for the men's and women's sports programs as well as with on-campus recruiting. During his one season with the Cowboys, he helped play a key role in mentoring the school-record breaking women's 4x400-meter relay team and the men's and women's regional qualifying relay squads.

Prior to his stint with the Cowboys, Burkes served as an assistant men's and women's track and field coach at Edmond (OK) Memorial High School from 2011-17. While there, he coached 57 state champions and helped the team win six state titles in seven years. He was a four-time Class 6A Coach of the Year and six-time conference Coach of the Year. At that same time, Burkes established the Flytime Track Club and coached 24 nationally-ranked athletes, including Penn Relays champion John Teeters.

Burkes started his collegiate coaching career as an assistant at the College of DuPage in Glen Ellyn, Illinois, from 2010-11, while also serving as a coach with the Aurora Flyers Track Club from 2004-12.

As a student-athlete at Oklahoma City University, he was a member of the 4x400-meter relay team that qualified for the NAIA National Championships in 2009. He graduated from OCU in 2010 with a bachelor's degree in exercise science.

### BURKES BY THE NUMBERS

#### ATHLETE ACCOLADES

- One Mountain West Champion
- Three All-Mountain West Performers (two individuals, one relay)
- Two NCAA West Preliminary Championships Qualifiers

#### MOUNTAIN WEST CHAMPIONS

##### Women

2023-24

- Maddie Edwards – 400-meter hurdles – 57.22

#### SCHOOL RECORDS

##### Women

2023-24

- Maddie Edwards – 400-meter hurdles – 57.22



RODNEY BURKES

# COACHES & STAFF



**MARK CRANDALL**

Assistant Coach • Director of Operations

First Season

Mark Crandall, a former distance runner for the Aggies, is in his first year as assistant coach and director of operations for Utah State's track & field and cross country programs.

During the 2024 cross country season, Crandall helped coached Utah State's men's team to its fifth berth in the NCAA Championships. USU finished in 22nd place, defeating three higher-ranked teams.

Camren Todd finished in 25th place with a time of 29:17.4 to earn All-American honors, the seventh Aggie runner and first since 2020 to do so. Additionally, Logan Garnica received the Elite 90 award, given to the top student-athlete competing at a national championship, for the 2024 NCAA Division I Men's Cross Country Championships. Garnica joined Todd (2020, 2022) as the only USU student-athletes to ever win the Elite 90 award, which was established

in 2009-10.

At the NCAA Mountain Regional, the Aggie men finished in fourth place as Todd earned all-region honors with a 14th-place finish. On the women's side, Emma Thornley took 22nd place to earn all-region honors for the second-straight season.

Garnica started off the cross country post-season with a 13th-place finish at the Mountain West Championships, earning second-team all-conference honors.

During the regular season, Crandall helped the Aggies to five team titles and two individual titles. Todd joined Caleb Garnica and Dillon Maggard as the third Aggie to win the Paul Short Run; each runner went on to earn All-American honors that season.

As a student-athlete in 2016 and from 2019-2024, Crandall competed at the NCAA West Preliminary Championships three times (2022-2024) in the 3,000-meter steeplechase, earning a career-best finish of 14th-place with a time of 8:50.05 in 2024. Crandall still ranks fifth all-time at USU in the 3,000-meter steeplechase with a time of 8:44.86, set in 2023. In USU's indoor record book, Crandall ranks seventh all-time in the 3,000 meters with a time of 8:06.77 and 10th all-time in the mile with a time of 4:05.92, both set in 2023. Crandall also raced at the 2020 and 2022 NCAA Cross Country Championships, finishing 176th with a time of 32:39.6 in 2020 and 158th with a time of 30:40.6 in 2022. Crandall was honored as the Mountain West Men's Cross Country Athlete of the Week on Sept. 21, 2021.

Academically, Crandall earned the prestigious NCAA Postgraduate Scholarship in 2024, just the sixth Aggie to do so since 2000. Crandall was a four-time USTFCCCA All-Academic



Team member, a five-time academic All-MW honoree and an eight-time MW Scholar-Athlete selection.

Crandall, a native of Shelley, Idaho, was an eight-time letterwinner in cross country and track & field at Shelley High School.

Crandall earned his bachelor's degree in kinesiology from Utah State and is currently pursuing a master's of fitness promotion from USU.

Crandall served a two-year mission for the Church of Jesus Christ of Latter-day Saints to Juiz de Fora, Brazil. He and his wife, Shelby, have two daughters, Madilyn and Emma.



**DARREN HARMAN**

Operations Assistant

Second Season

Darren Harman, a former distance runner at Utah State, is in his second year as operations assistant for Utah State's track & field and cross country programs.

In his role, Harman is responsible for the program's photography, videography, content creation and social media marketing, as well as assisting with travel coordination and event operations.

As a student-athlete from 2017-2023, Harman garnered second-team All-Mountain West honors in cross country in 2022 and was named academic All-MW five times and a MW Scholar-Athlete eight times. In his career, Harman competed in three of the five NCAA Cross Country Championships in Utah State history, including the Aggies' first-ever appearance in 2017. At the 2020 NCAA Cross Country Championships, Harman placed 161st with a

time of 32:20.5.

On the track, Harman's personal bests as an Aggie included 14:09.77 in the 5,000 meters, 30:39.89 in the 10,000 meters and 4:00.73 in the 1,500 meters.

Harman was a 12-time letterwinner in cross country and track & field at South Hagerstown High School in Hagerstown, Md.

Harman earned his bachelor's degree in marketing with a minor in French from Utah State in 2022. He went on to earn a master's degree in business administration from USU in 2023.

Harman served a two-year mission for the Church of Jesus Christ of Latter-day Saints to Lyon, France, from 2018-2020. Harman married his wife, Julia Lyons, in 2024.



# UTAH STATE COACHES & STAFF

## SUPPORT STAFF



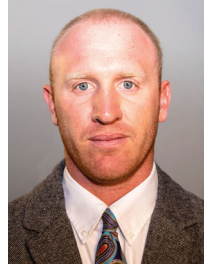
**Bobby Nash**  
Sport Supervisor



**Hannah Goodfellow**  
Sports Performance



**Natalie Norris**  
Sports Nutrition



**Tony Hearrell**  
Compliance Coordinator



**Easten Simpson**  
Academic Coordinator



**Kevin Floyd**  
Communications





**2025**

# **AGGIE BIOS**

**AGGIE BIOS**



**BRENNAN BENSON**

**BRENNAN BENSON**

Master's in Sport Management

Graduate Senior

Distance

Orem, Utah  
Timpanogos HS

XC In Out

**3x Mountain West Champion**

**USU Record Holder**

**TITLES:** Mountain West Outdoor Champion: 800 Meters (2023); Mountain West Indoor Champion: Mile (2024), DMR (2024).

**HONORS:** Mountain West All-Conference Indoor: Mile (2023), DMR (2023); Mountain West All-Conference Outdoor: 1,500 Meters (2022); 800 Meters (2023); Academic All-Mountain West (2020 XC, 2021 T&F, 2022 T&F, 2023 XC, 2023 T&F, 2023 XC, 2024 T&F); Mountain West Scholar-Athlete (2020 XC, 2021 T&F, 2022 T&F, 2022 XC, 2023 T&F).

**INDOOR RECORDS:** Ranks third all-time at USU in the mile with a time of 4:01.63, set in 2023... Ranks seventh all-time at USU in the 800 meters with a time of 1:50.74, set in 2024... Ranks third all-time at USU in the distance medley relay with a time of 9:44.03, set in 2023... Owns the eighth- and ninth-fastest marks in the DMR with respective times of 9:52.76 and 9:53.81, both set in 2022.

**OUTDOOR RECORDS:** School record holder in the 1,500 meters with a time of 3:40.96, set in 2023... Ranks sixth all-time in USU history in the 800 meters with a time of 1:48.94, set in 2023.

**PERSONAL:** Son of Kevin and Tiffany Benson... His three siblings... Married fellow Aggie cross country and track & field runner Sammi Lee in December of 2021... Graduated with a bachelor's degree in political science with a minor in international studies in August 2024... Pursuing a master's degree in sport management.

**PERSONAL BESTS INCLUDE:**

Event	Indoor	Outdoor
800 Meters	1:50.74	1:48.94
1,500 Meters	NA	3:40.96
Mile	4:01.63	4:05.33
3,000 Meters	8:19.23	NA
4x400-Meter Relay	3:15.63	NA
DMR	9:44.03	9:45.66

**POSTSEASON RESULTS:**  
**NCAA Cross Country Championships**

Year	Place	Time
2022 (Stillwater)	213th	31:13.1
2024 (Madison)	205th	30:52.4

**NCAA West Preliminary Championships**

Year	Event	Place	Time
2023	1,500 Meters (QF)	8th	3:40.96

**NCAA Cross Country Regionals**

Year	Place	Time
2023 (Lubbock)	86th	31:23.7

**MW Indoor Championships**

Year	Event	Place	Time
2021	1,500 Meters	8th	3:47.77
2022	DMR	4th	9:53.81
2023	Mile	3rd	4:06.51
2023	DMR	9:44.03	3rd
2024	DMR	1st	10:07.76
2024	Mile	1st	4:11.48
2024	4x400-Meter Relay	5th	3:15.63

**MW Outdoor Championships**

Year	Event	Place	Time
2021	1,500 Meters	8th	3:47.77
2022	1,500 Meters	3rd	3:49.23
2022	5,000 Meters	DNF	DNF
2023	800 Meters	1st	1:48.94

**MW Cross Country Championships**

Year	Place	Time
2022 (Laramie)	25th	24:29.5
2023 (Boise)	28th	24:16.5

**GAVIN BEIERLE**

Master's in Physical and Sport Education

Graduate Senior

Throws

Murray, Utah  
Herriman HS

In

**HONORS:** Mountain West All-Conference Outdoor: Shot Put (2021, 2022, 2024), Discus (2024); Mountain West All-Conference Indoor: Shot Put (2022); Academic All-Mountain West (2021, 2022, 2024).

**PERSONAL:** Son of Darin and Krista Beierle... Father, Darin, competed in football and track and field at Washington State from 1988-93... Graduated with a bachelor's degree in kinesiology with a minor in psychology in May 2024... Pursuing a master's degree in physical and sport education.

**PERSONAL BESTS INCLUDE:**

Event	Indoor	Outdoor
Shot Put	17.82m (58-5.75)	17.92m (58-9.5)
Weight Throw	12.28m (40-3.50)	NA
Discus	44.86m (147-2.25)	54.36m (178-4)

**POSTSEASON RESULTS:**

**NCAA West Preliminary Championships**

Year	Event	Place	Mark
2024	Shot Put	25th	17.78m (58-4)
2024	Discus	42nd	50.21m (164-8)

**MW Indoor Championships**

Year	Event	Place	Mark
2022	Shot Put	3rd	17.13m (56-2.50)
2023	Shot Put	6th	16.88m (55-4.75)

**MW Outdoor Championships**


Year	Event	Place	Mark
2021	Shot Put	2nd	17.33m (56-10.25)
2021	Discus	17th	37.61m (123-4)
2022	Shot Put	2nd	16.97m (55-8.25)
2022	Discus	9th	48.19m (158-1)
2023	Shot Put	4th	16.88m (55-4.75)
2023	Discus	9th	49.11m (161-1)
2024	Shot Put	3rd	17.92m (58-9.5)
2024	Discus	3rd	54.36m (178-4)

**IN HIS WORDS: GAVIN BEIERLE**


*"I chose Utah State primarily because of the incredible people—coaches and friends—who have profoundly influenced my life. Their support and encouragement have made a significant impact on my journey. The competitive environment offered a unique opportunity for me to grow, making the experience both challenging and exciting. Additionally, I deeply appreciate the location and culture of the university."*



# AGGIE MEN BIOS – SENIORS & GRADUATES



**KELTON CHENWORTH**  
 Master's in Recreation Administration  
 Senior  
 Jumps  
 Copperton, Utah  
 Boron HS (CA)



**HONORS:** Mountain West All-Conference Indoor: High Jump (2023, 2024); Mountain West All-Conference Outdoor: High Jump (2021, 2022, 2023); Academic All-Mountain West (2021, 2022, 2023, 2024).

**INDOOR RECORDS:** Ranks tied for ninth all-time at USU in the high jump with a mark of 2.12 meters (6-11.50), set in 2023.

**OUTDOOR RECORDS:** Ranks sixth all-time in USU history in the high jump with a mark of 2.16 meters (7-1.00), set in 2023.

**PERSONAL:** Son of Alan and Tonya Chenworth... Has three brothers... Graduated with a bachelor's degree in computer science in December 2024... Pursuing a master's degree in recreation administration.

**PERSONAL BESTS INCLUDE:**

Event	Indoor	Outdoor
60 Meters	7.29	NA
100 Meters	NA	11.28
High Jump	2.12m (6-11.50)	2.16m (7-1.00)
Long Jump	6.96m (22-10.00)	7.20m (23-7.50)
Triple Jump	13.95m (45-9.25)	13.12m (43-0.5)
4x100-Meter Relay	NA	41.53

**POSTSEASON RESULTS:**

**NCAA West Preliminary Championships**


Year	Event	Place	Time/Mark
2023	High Jump	26th	2.09m (6-10.25)

**MW Indoor Championships**


Year	Event	Place	Time/Mark
2022	Long Jump	13th	6.81m (22-4.25)
2023	Long Jump	8th	6.96m (22-10.00)
2023	High Jump	2nd	2.12m (6-11.50)
2024	High Jump	T-2nd	2.06m (6-9)
2024	Triple Jump	10th	13.95m (45-9.25)

**MW Outdoor Championships**

Year	Event	Place	Time/Mark
2021	High Jump	3rd	2.05m (6-8.75)
2022	Long Jump	4th	7.20m (23-7.50)
2022	High Jump	2nd	2.06m (6-9.00)
2023	4x100-Meter Relay	6th	41.53
2023	High Jump	3rd	2.03m (6-8.00)

**CADEN DUPEE**  
 Master of Business Administration  
 Graduate Senior  
 Multis  
 Ladysmith, Wisconsin  
 Ladysmith Middle HS/UMD



**HONORS:** Mountain West All-Conference Indoor: Heptathlon (2022); USTFCCA All-Academic (2022); Academic All-Mountain West (2022, 2024); MW Scholar-Athlete (2022, 2023, 2024); USU Whitesides Scholar-Athlete (2022).

**INDOOR RECORDS:** Ranks fourth all-time at USU in the heptathlon with a total of 5,192 points, set in 2022.

**OUTDOOR RECORDS:** Ranks ninth all-time at USU in the decathlon with a total of 6,744 points, set in 2022.

**MINNESOTA-DULUTH:** Spent two years at the University of Minnesota-Duluth, where he ranks third all-time in the heptathlon and fifth all-time in the decathlon... Placed fourth in the NSIC decathlon with a score of 6,065... Placed seventh as the anchor leg of the 4x400-meter relay.

**PERSONAL:** Son of Dee John and Amy Dupee... Has four brothers and sisters... Graduated with a bachelor's degree in biochemistry with a business minor in May 2024... Pursuing a master's degree in business administration.

**PERSONAL BESTS INCLUDE:**

Event	Indoor	Outdoor
60-Meter Hurdles	8.56	NA
110-Meter Hurdles	NA	15.58
60 Meters	7.29	NA
100 Meters	NA	11.36
200 Meters	23.35	NA
400 Meters	51.45	52.35
1,500 Meters	NA	4:40.76
4x400-Meter Relay	NA	3:21.02
High Jump	1.88m (6-2.00)	1.86m (6-1.25)
Long Jump	6.82m (22-4.50)	6.73m (22-1.00)
Pole Vault	4.45m (14-7.25)	4.40m (14-5.25)
Javelin	NA	54.33m (178-3)
Shot Put	13.00m (42-8.00)	12.67m (41-7)
Discus	NA	34.94m (114-7)
Heptathlon	5,192	NA
Decathlon	NA	6,744

**POSTSEASON RESULTS:**

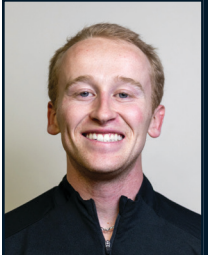
**MW Indoor Championships**

Year	Event	Place	Time/Mark
2022	Heptathlon	3rd	5,192 points
2024	Heptathlon	7th	4,821 points
2024	Pole Vault	12th	4.36m (14-3.5)

**MW Outdoor Championships**

Year	Event	Place	Time/Mark
2022	Decathlon	6th	6,744 points
2022	Pole Vault	9th	4.30m (14-1.25)
2022	Javelin	6th	54.33m (178-3)
2024	Javelin	9th	51.62m (169-4)
2024	Decathlon	5th	6,350 points
2024	Pole Vault	NH	NH






**WYATT EVANS**

Kinesiology

Senior

Middle Distance

Spanish Fork, Utah  
Spanish Fork HS



In Out

**HONORS:** Academic All-Mountain West (2023 T&F, 2023 XC, 2024 T&F); Mountain West Scholar-Athlete (2022 T&F, 2022 XC, 2023 T&F, 2023 XC, 2024 T&F).

**INDOOR RECORDS:** Ranks eighth all-time at USU in the mile with a time of 4:05.08, set in 2023... Ranks seventh all-time at USU in the distance medley relay with a time of 9:51.42, set in 2023.

**PERSONAL:** Son of Zane and Brianna Evans... Has five brothers and sisters... Served a mission for the Church of Jesus Christ of Latter-Day Saints in Antigua, Guatemala, and Eugene, Oregon... Majoring in kinesiology with a minor in finance.

**PERSONAL BESTS INCLUDE:**

Event	Indoor	Outdoor
800 Meters	1:52.02	1:52.93
1,500 Meters	NA	3:49.13
Mile 4:05.08	NA	NA
3,000 Meters	8:15.98	NA
DMR 9:51.42	NA	3:26.12
4x400-Meter Relay	NA	

**POSTSEASON RESULTS:**

**MW Indoor Championships**


Year	Event	Place	Time
2023	800 Meters	5th	1:52.02
2024	800 Meters (prelims)	10th	1:54.14

**MW Outdoor Championships**

Year	Event	Place	Time
2024	1,500 Meters	11th	3:50.46

**MW Cross Country Championships**

Year	Place	Time
2023 (Boise)	58th	25:26.5


**NATE FRANZ**

Dietetics

Senior

Throws

Menan, Idaho  
Rigby HS



In Out

**HONORS:** Academic All-Mountain West (2022, 2023, 2024); MW Scholar-Athlete (2022, 2024); USU Whitesides Scholar-Athlete (2022).

**PERSONAL:** Son of Eric and Heidi Franz... Has three older brothers and one younger sister... Brother, Justin, competed in track & field for Idaho State from 2011-2017... Majoring in dietetics.

**PERSONAL BESTS INCLUDE:**

Event	Indoor	Outdoor
Weight Throw	17.46m (57-3.50)	NA
Shot Put	16.97m (55-8.0)	16.59m (54-5.25)
Hammer	NA	52.40m (171-11)
Discus	44.88m (147-3)	51.79m (169-11)

**POSTSEASON RESULTS:**

**MW Indoor Championships**

Year	Event	Place	Mark
2022	Shot Put	11th	15.17m (49-9.25)
2022	Weight Throw	11th	13.77m (45-2.00)
2023	Shot Put	10th	15.66m (51-4.50)
2023	Weight Throw	7th	17.46m (57-3)
2024	Weight Throw	10th	15.56m (51-0)
2024	Shot Put	5th	16.35m (53-7.75)

**MW Outdoor Championships**

Year	Event	Place	Mark
2022	Shot Put	7th	15.82m (51-11.00)
2022	Hammer	8th	50.59m (165-11)
2022	Discus	8th	48.53m (159-2)
2023	Shot Put	11th	15.64m (51-3.75)
2023	Hammer	9th	50.89m (166-11)
2023	Discus	8th	50.53m (165-9)
2024	Shot Put	8th	16.53m (54-2.75)
2024	Discus	6th	51.47m (168-10)



# AGGIE MEN BIOS – SENIORS & GRADUATES

**JOSHUA HARTVIGSEN**

Nutrition Science

Senior

Jumps

Salt Lake City, Utah  
East HS

In Out

**HONORS:** Academic All-Mountain West (2022, 2023, 2024); MW Scholar-Athlete (2022, 2024); USU Whitesides Scholar-Athlete (2022).

**PERSONAL:** Son of Robert and Louise Hartvigsen... Has two brothers and one sister... Married fellow USU track and field athlete Alison Richter in June 2024... Served a mission for The Church of Jesus Christ of Latter-day Saints to Buenos Aires, Argentina, and Gilbert, Arizona, from 2019-21... Majoring in nutrition science.

**PERSONAL BESTS INCLUDE:**

Event	Indoor	Outdoor
60 Meters	7.12	NA
100 Meters	NA	11.24
Long Jump	7.01m (23-0)	7.05m (23-1.50)
4x100-Meter Relay	NA	42.47

**POSTSEASON RESULTS:**

**MW Indoor Championships**

Year	Event	Place	Time/Mark
2022	Long Jump	7th	7.01m (23-0.00)
2024	Long Jump	11th	6.09m (19-11.75)

**MW Outdoor Championships**

Year	Event	Place	Time/Mark
2022	Long Jump	9th	6.88m (22-7.00)
2023	Long Jump	11th	6.27m (10-7.00)
2024	Long Jump	12th	6.90m (22-7.75)
2024	4x100-Meter Relay	6th	42.47

**COACH GULDEN ON JOSHUA HARTVIGSEN**

*"One of the great things about coaching is being able to associate with so many high-quality young people, and Josh is certainly one of the best. He's worked tremendously hard as an athlete, but his service work with SAAC and in the community will have a lasting impact. We are proud of all he's done."*



**ERIC NELSON**

Accounting

Senior

Distance

Nibley, Utah  
Ridgeline HS

XC In Out

**HONORS:** Academic All-Mountain West (2023 T&F, 2023 XC, 2024 T&F); Mountain West Scholar-Athlete (2022 XC, 2023 T&F, 2023 XC, 2024 T&F).

**PERSONAL:** Son of Ryan and Renee Nelson... Has three younger sisters... Served a mission for the Church of Jesus Christ of Latter-Day Saints in Arequipa, Peru, from 2018-2020... Majoring in accounting.

**PERSONAL BESTS INCLUDE:**

Event	Indoor	Outdoor
3,000 Meters	8:30.33	NA
5,000 Meters	14:30.10	NA

**POSTSEASON RESULTS:**

**MW Cross Country Championships**

Year	Place	Time
2023 (Boise)	50th	24:59.9
2024 (Colorado Springs)	32nd	25:31.7

**CAMREN TODD**

Master's in Civil and Environmental Engineering

Graduate Senior

Distance

Kaysville, Utah  
Davis HS

XC Out

**All-American**

**HONORS:** All-American: Cross Country (2024); All-Region: Cross Country (2024); First-Team All-Mountain West: Cross Country (2020); Second-Team All-Mountain West: Cross Country (2022); Mountain West All-Conference Outdoor: 10,000 Meters (2021, 2022); Elite 90 Award: Cross Country (2020, 2022); Mountain West Men's Cross Country Athlete of the Week (10/20/21; 10/4/22); USTFCCCA All-Academic Team (2020 XC); Academic All-Mountain West (2020 T&F, 2020 XC, 2021 T&F, 2023 XC, 2024 T&F); Mountain West Scholar-Athlete (2020 XC, 2021 T&F, 2021 XC, 2022 T&F, 2022 XC, 2023 T&F, 2023 XC, 2024 T&F).

**OUTDOOR RECORDS:** Ranks third all-time at USU in the 10,000 meters with a time of 28:43.08, set in 2024... Ranks fifth all-time at USU in the 5,000 meters with a time of 13:53.64, set in 2021.

**PERSONAL:** Son of Michael and Susan Todd... Has three sisters and one brother... Served a mission for The Church of Jesus Christ of Latter-day Saints to Bangkok, Thailand, from 2017-19... Married fellow distance runner Bailey Brinkerhoff, a member of Utah State's women's track & field team, in December of 2021... Sister, Marissa Dance, played volleyball at Idaho State... Graduated with a bachelor's degree in civil engineering in May 2023... Pursuing a master's degree in civil and environmental engineering.

**PERSONAL BESTS INCLUDE:**

Event	Indoor	Outdoor
Mile	4:12.13	NA
3,000 Meters	8:16.87	NA
5,000 Meters	14:23.46	13:53.64
10,000 Meters	NA	28:43.08
DMR	10:14.97	NA

**POSTSEASON RESULTS:**

**NCAA Cross Country Championships**

Year	Place	Time
2020 (Stillwater)	42nd	30:50.2
2022 (Stillwater)	125th	30:25.6
2024 (Madison)	25th	29:17.4

**NCAA West Preliminary Championships**

Year	Event	Place	Time
2021	5,000 Meters	21st	14:06.54
2024	10,000 Meters	27th	29:43.02

**NCAA Cross Country Regionals**

Year	Place	Time
2021 (Provo)	68th	31:59.5
2022 (Albuquerque)	54th	29:20.3
2023 (Lubbock)	73rd	30:55.8
2024 (Reno)	14th	29:39.3

**MW Indoor Championships**

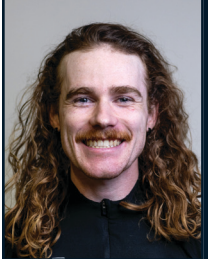
Year	Event	Place	Time
2024	3,000 Meters	4th	8:16.87

**MW Outdoor Championships**

Year	Event	Place	Time
2021	10,000 Meters	2nd	29:46.11
2022	10,000 Meters	2nd	31:15.29
2024	5,000 Meters	4th	13:59.83

**MW Cross Country Championships**

Year	Place	Time
2020 (Las Vegas)	3rd	23:41.0
2021 (Albuquerque)	55th	25:11.6
2022 (Laramie)	9th	23:58.4
2023 (Boise)	32nd	24:27.0




**MAX WEHRLI**

Master's in Kinesiology

Graduate Senior

Distance

South Weber, Utah  
Northridge HS



**USU Record Holder**

**HONORS:** Mountain West All-Conference Outdoor: 3,000-Meter Steeplechase (2022, 2023).

**INDOOR RECORDS:** Ranks fourth all-time at USU in the 5,000 meters with a time of 13:55.49, set in 2024... Ranks eighth all-time at USU in the 3,000 meters with a time of 8:08.91, set in 2024.

**OUTDOOR RECORDS:** School record holder in the 3,000-meter steeplechase with a time of 8:36.30, set in 2024... Ranks ninth all-time at USU in the 5,000 meters with a time of 14:02.78, set in 2024.

**PERSONAL:** One of four children of Brett and Buffy Wehrli... Served a mission for The Church of Jesus Christ of Latter-day Saints to Germany... Graduated with a bachelor's degree in kinesiology in May 2024... Pursuing a master's degree in kinesiology.

**PERSONAL BESTS INCLUDE:**

Event	Indoor	Outdoor
Mile	4:19.67	NA
3,000 Meters	8:09.73	9:27.13
3,000-Meter Steeplechase	NA	8:43.11
5,000 Meters	14:12.25	NA

**POSTSEASON RESULTS:**

**NCAA Cross Country Championships**

Year	Place	Time
2022 (Stillwater)	147th	30:35.7

**NCAA West Preliminary Championships**

Year	Event	Place	Time
2022	3K Steeplechase	35th	9:03.07
2023	3K Steeplechase	24th	8:47.09
2024	3K Steeplechase	16th	8:51.60

**NCAA Cross Country Regionals**

Year	Place	Time
2022 (Albuquerque)	48th	29:13.9
2023 (Lubbock)	43rd	30:18.3

**MW Indoor Championships**

Year	Event	Place	Time
2022	5,000 Meters	21st	15:15.91
2023	3,000 Meters	7th	8:16.17
2023	5,000 Meters	4th	14:20.44
2024	5,000 Meters	4th	14:14.90
2024	3,000 Meters	10th	8:18.33

**MW Outdoor Championships**

Year	Event	Place	Time
2022	3K Steeplechase	3rd	8:43.11
2022	5,000 Meters	DNS	DNS
2023	3K Steeplechase	3rd	8:46.79
2023	5,000 Meters	DNS	DNS
2024	3K Steeplechase	5th	8:49.20
2024	5,000 Meters	DNS	DNS

**MW Cross Country Championships**

Year	Place	Time
2019 (Logan)	55th	25:04.4
2022 (Laramie)	21st	24:20.4
2023 (Boise)	56th	25:14.8



# AGGIE MEN BIOS - JUNIORS



## CALEB ARMSTRONG

Finance

Junior

Distance

La Verkin, Utah  
Hurricane HS



XC In Out

**HONORS:** Academic All-Mountain West (2022 T&F, 2023 XC, 2024 T&F); Mountain West Scholar-Athlete (2022 T&F, 2023 XC, 2024 T&F).

**PERSONAL:** One of eight children of Philip and Paula Armstrong... His father was a member of the BYU wrestling team in the late 1980s... Served a mission for The Church of Jesus Christ of Latter-day Saints in Rostov, Russia, from 2019-21... Brother, Joshua, is a member of USU's cross country and track & field programs... Majoring in finance.

**PERSONAL BESTS INCLUDE:**

Event	Indoor	Outdoor
1,500 Meters	NA	3:58.25
Mile	4:14.68	4:17.46
3,000 Meters	8:24.98	8:50.18
5,000 Meters	NA	14:46.36
DMR	10:22.58	NA

**POSTSEASON RESULTS:**

MW Cross Country Championships		
Year	Place	Time
2023 (Boise)	38th	24:34.9
2024 (Colorado Springs)	27th	25:25.6



## LJ FLOYD

Forestry Ecology  
Management

Junior

Distance

Alpine, Utah  
Lone Peak HS



XC In Out

**HONORS:** Academic All-Mountain West (2023 T&F).

**PERSONAL:** One of four children of Matthew and Jessica Floyd... Full name is Lyman John Floyd... Served a mission for The Church of Jesus Christ of Latter-day Saints to British Columbia... Majoring in forestry.

**PERSONAL BESTS INCLUDE:**

Event	Indoor	Outdoor
3,000 Meters	NA	8:29.78
5,000 Meters	NA	14:06.17
10,000 Meters	NA	30:15.63

**POSTSEASON RESULTS:**

NCAA Cross Country Championships		
Year	Place	Time
2024 (Madison)	170th	30:27.0

NCAA Cross Country Regionals		
Year	Place	Time
2024 (Reno)	36th	30:02.2

MW Outdoor Championships			
Year	Event	Place	Time
2023	5,000 Meters	DNS	DNS
2023	10,000 Meters	13th	31:52.44
2024	5,000 Meters	7th	14:06.17
2024	10,000 Meters	8th	30:36.93



## LOGAN GARNICA



## LOGAN GARNICA

Human Development  
and Family Studies

Junior

Distance

Springville, Utah  
Springville HS



XC In Out

**HONORS:** Second-Team All-Mountain West: Cross Country (2024); NCAA Elite 90 Award: Cross Country (2024); Mountain West Cross Country Freshman of the Week (9/27/22; 10/25/22); CSC Academic All-District (2024 T&F); Academic All-Mountain West (2023 T&F, 2023 XC, 2024 T&F); Mountain West Scholar-Athlete (2022 XC, 2023 T&F, 2023 XC, 2024 T&F).

**OUTDOOR RECORDS:** Ranks sixth all-time at USU in the 3,000-meter steeplechase with a time of 8:44.88, set in 2024.

**PERSONAL:** Son of Alfredo and Stacy Garnica... Has two older brothers... Brother, Caleb, was a member of the track and cross country teams at USU from 2018-2023, while his other brother, Brandon, was a member of BYU's track and cross country teams... Majoring in human development and family studies.

**PERSONAL BESTS INCLUDE:**

Event	Indoor	Outdoor
1,500 Meters	NA	3:51.81
Mile	4:11.19	NA
3,000 Meters	8:39.29	NA
3,000-Meter Steeplechase	NA	8:44.88
5,000 Meters	15:06.74	NA

**POSTSEASON RESULTS:**

NCAA Cross Country Championships		
Year	Place	Time
2024 (Madison)	203rd	30:51.6

NCAA West Preliminary Championships			
Year	Event	Place	Time
2024	3K Steeplechase	28th	9:06.13

NCAA Cross Country Regionals		
Year	Place	Time
2023 (Lubbock)	70th	30:50.0
2024 (Reno)	39th	30:05.3

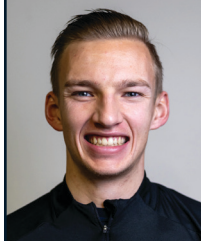
MW Indoor Championships			
Year	Event	Place	Time
2023	3,000 Meters	17th	8:23.72

MW Outdoor Championships			
Year	Event	Place	Time
2023	5,000 Meters	DNS	DNS
2023	3K Steeplechase	9th	9:02.62
2024	3K Steeplechase	4th	8:47.80
2024	5,000 Meters	DNS	DNS


MW Cross Country Championships		
Year	Place	Time
2023 (Boise)	31st	24:26.0
2024 (Colorado Springs)	13th	24:47.5



**LOGAN HAMMER**



<b>LOGAN HAMMER</b>
Bioveterinary Science
Junior
Jumps
Nampa, Idaho Columbia HS



In Out

**All-American**

**3x Mountain West Champion**

**USU Record Holder**

**TITLES:** Mountain West Outdoor Champion: Pole Vault (2023, 2024), Mountain West Indoor Champion: Pole Vault (2024).

**HONORS:** Second-Team All-American Outdoor: Pole Vault (2024); All-Mountain West Outdoor: Pole Vault (2023, 2024); All-Mountain West Indoor: Pole Vault (2024); Named MW Men's Field Athlete of the Week (Feb. 6, 2024, Feb. 13, 2024, April 30, 2024); Academic All-Mountain West (2023, 2024); Mountain West Scholar-Athlete (2024).

**INDOOR RECORDS:** Ranks third all-time at USU in the pole vault with a mark of 5.42 meters (17-9.25), set in 2024.

**OUTDOOR RECORDS:** Holds the USU record in the pole vault with a mark of 5.62 meters (18-5.25), set in 2024.

**PERSONAL:** Son of Jason and Stephanie Hammer... Has five brothers and sisters... Married Emilee Hammer in June 2024... Served a mission for the Church of Jesus Christ of Latter-Day Saints in Las Vegas, Nevada, and Quito, Ecuador, from 2020-2022... Majoring in bioveterinary science.

**PERSONAL BESTS INCLUDE:**

Event	Indoor	Outdoor
Pole Vault	5.42m (17-9.25)	5.62m (18-5.25)

**POSTSEASON RESULTS:**

**NCAA Outdoor Championships**

Year	Event	Place	Mark
2024	Pole Vault	16th	5.22m (17-1.5)

**NCAA West Preliminary Championships**

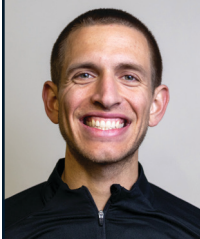
Year	Event	Place	Mark
2023	Pole Vault	14th	5.30m (17-4.50)
2024	Pole Vault	8th	5.42m (17-9.25)

**MW Indoor Championships**


Year	Event	Place	Mark
2023	Pole Vault	4th	4.95m (16-2.75)
2024	Pole Vault	1st	5.06m (16-7.25)

**MW Outdoor Championships**

Year	Event	Place	Mark
2023	Pole Vault	1st	5.25m (17-2.75)
2024	Pole Vault	1st	5.62m (18-5.25)


<b>ERNEST GREEN</b>
Electrical Engineering
Junior
Middle Distance
Gilbert, Arizona Highland HS/Mesa CC




In Out

**JUNIOR COLLEGE:** An All-American in the outdoor 4x800-meter relay in 2024 at Mesa Community College... Holds the MCC school records in the indoor 800 meters and the outdoor 4x800-meter relay... Posted personal bests in the 1,500 meters (3:52.27) and 800 meters (1:49.89).

**PERSONAL:** Son of Bruce and Marlee Green... Has four brothers and one sister ... Twin brother, Sam, also competes for the USU track & field team... Served a mission for The Church of Jesus Christ of Latter-day Saints to Bogota, Columbia, from 2020-22... Majoring in electrical engineering.




<b>SAM GREEN</b>
Electrical Engineering
Junior
Middle Distance
Gilbert, Arizona Highland HS/Mesa CC




In Out

**PERSONAL:** Son of Bruce and Marlee Green... Has four brothers and one sister ... Twin brother, Ernest, also competes for the USU track & field team... Majoring in electrical engineering.



<b>ELI GREGORY</b>
Kinesiology
Junior
Distance
Blackfoot, Idaho Blackfoot HS



XC In

**HONORS:** Academic All-Mountain West (2023 XC, 2024 T&F); Mountain West Scholar-Athlete (2022 XC, 2023 T&F, 2023 XC, 2024 T&F).

**PERSONAL:** Son of Jonathon Gregory and Karen Hoskins... Youngest of two sisters and seven brothers... Brother, Beau Hoskins, is a high school golf coach... Majoring in kinesiology.

**PERSONAL BESTS INCLUDE:**

Event	Indoor	Outdoor
Mile	4:18.34	4:18.63
3,000 Meters	8:37.52	NA
5,000 Meters	14:59.10	14:52.47

# AGGIE MEN BIOS - JUNIORS

**DREW HOGAN**

Computer Engineering

Junior

Distance

Syracuse, Utah  
Syracuse HS

XC In Out

**Mountain West Champion**

**TITLES:** Mountain West Indoor Champion: DMR (2024).

**HONORS:** Mountain West Men's Cross Country Freshman of the Week (09/05/23); Academic All-Mountain West (2023 T&F, 2024 T&F); Mountain West Scholar-Athlete (2023 T&F, 2023 XC, 2024 T&F).

**INDOOR RECORDS:** Ranks sixth all-time at USU in the mile with a time of 4:04.47, set in 2024... Ranks seventh all-time at USU in the distance medley relay with a time of 9:51.42, set in 2023.

**OUTDOOR RECORDS:** Ranks ninth all-time at USU in the 1,500 meters with a time of 3:45.39, set in 2023.

**PERSONAL:** Son of Wade and Kristen Hogan... Oldest of three siblings... Served a mission for the Church of Jesus Christ of Latter-Day Saints from 2020-2022 in San Antonio, Texas... Majoring in computer engineering.

**PERSONAL BESTS INCLUDE:**

Event	Indoor	Outdoor
1,500 Meters	NA	3:45.39
Mile	4:04.47	4:10.09
3,000 Meters	8:24.11	NA
DMR	9:51.42	NA

**POSTSEASON RESULTS:**

**MW Indoor Championships**

Year	Event	Place	Time
2023	Mile	12th	4:14.70
2023	3,000 Meters	33rd	8:47.37
2024	DMR	1st	10:07.76
2024	Mile	7th	4:13.73

**MW Outdoor Championships**

Year	Event	Place	Time
2023	1,500 Meters	8th	3:45.39
2023	5,000 Meters	DNS	DNS
2024	1,500 Meters (prelims)	14th	3:49.98

**MW Cross Country Championships**

Year	Place	Time
2024 (Colorado Springs)	29th	25:29.2



**MARSHALL RASMUSSEN**

Computer Engineering

Junior

Jumps

Meridian, Idaho  
Compass Honors HS

In Out

**HONORS:** Academic All-Mountain West (2022, 2023); MW Scholar-Athlete (2022, 2023).

**PERSONAL:** Son of Brent and Beth Rasmussen... Has four brothers and sisters... Served a mission for the Church of Jesus Christ of Latter-Day Saints in Torreon, Mexico, and Salt Lake City, Utah... Majoring in computer engineering.

**PERSONAL BESTS INCLUDE:**

Event	Indoor	Outdoor
Triple Jump	13.05m (42-9.75)	NA
Pole Vault	4.80m (15-9.00)	4.88m (16-0.25)

**POSTSEASON RESULTS:**

**MW Indoor Championships**

Year	Event	Place	Mark
2022	Pole Vault	4th	4.80m (15-9.00)
2022	Triple Jump	DNS	DNS
2023	Pole Vault	NH	NH
2023	Triple Jump	FOUL	FOUL

**MW Outdoor Championships**

Year	Event	Place	Mark
2022	Pole Vault	7th	4.60m (15-1.00)
2023	Pole Vault	ND	ND

**JAVIN RICHARDS**

Computer Science

Junior

Multis

Perry, Ohio  
Perry HS

In Out

**HONORS:** All-Mountain West Indoor: Pole Vault (2024); All-Mountain West Outdoor: Decathlon (2024), Pole Vault (2024); Academic All-Mountain West (2024); Mountain West Scholar-Athlete (2023, 2024).

**INDOOR RECORDS:** Tied for eighth all-time at USU in the heptathlon with 4,980 points, set in 2024.

**OUTDOOR RECORDS:** Ranks 10th all-time at USU in the decathlon for 6,731 points, set in 2024.

**PERSONAL:** Son of Layne and Chandice Richards... Has three younger brothers... Both parents competed in track and field at Southern Utah University... Younger brother, Brayden, is a member of the Air Force track and field team... Also had offers from Rutgers, Akron and multiple offers to play football, including St. Francis, Pa... Majoring in computer science.

**PERSONAL BESTS INCLUDE:**

Event	Indoor	Outdoor
60 Meters	7.13	NA
60-Meter Hurdles	8.45	NA
100 Meters	NA	10.95
110-Meter Hurdles	NA	15.46
400 Meters	51.01	49.37
400-Meter Hurdles	NA	57.44
600 Meters	1:35.08	NA
1,000 Meters	2:55.60	NA
1,500 Meters	NA	4:52.88
Long Jump	6.33m (20-9.25)	6.20m (20-4.0)
High Jump	1.80m (5-10.75)	1.89m (6-2.5)
Pole Vault	4.96m (16-3.25)	4.97m (16-3.5)
Shot Put	11.10m (36-5.0)	11.94m (39-2.0)
Discus	NA	32.87m (107-10)
Javelin	NA	47.09m (154-6)



**JAVIN RICHARDS**

Heptathlon	4,980 points	NA
Decathlon	NA	6,731 points
4x400-Meter Relay	NA	3:14.84

**POSTSEASON RESULTS:**

**MW Indoor Championships**

Year	Event	Place	Time/Mark
2024	Heptathlon	5th	4,980 points
2024	Pole Vault	3rd	4.96m (16-3.25)

**MW Outdoor Championships**

Year	Event	Place	Time/Mark
2024	Decathlon	3rd	6,731 points
2024	Pole Vault	2nd	4.97m (16-3.5)
2024	4x400-Meter Relay	5th	3:14.84

**ROBBIE WALKER**

Biology
Junior
Jumps
Riverton, Utah Riverton HS

**HONORS:** Academic All-Mountain West (2022, 2023, 2024); MW Scholar-Athlete (2022, 2023, 2024).

**PERSONAL:** Son of Rob and Amy Walker... Has seven brothers and sisters... Served a mission for The Church of Jesus Christ of Latter-day Saints in Stockholm, Sweden, from 2019-2021... Majoring in biology with a minor in chemistry... Pursuing a career as a lawyer.

**PERSONAL BESTS INCLUDE:**

Event	Indoor	Outdoor
High Jump	1.89m (6-2.25)	NA
Pole Vault	4.70m (15-5.00)	4.81m (15-9.25)

**POSTSEASON RESULTS:**

**MW Indoor Championships**

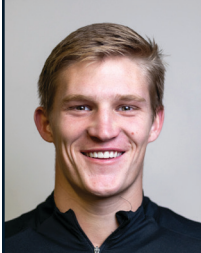
Year	Event	Place	Mark
2023	High Jump	NH	NH
2023	Pole Vault	NH	NH


**MW Outdoor Championships**

Year	Event	Place	Mark
2022	Pole Vault	4th	4.75m (15-7)
2023	Pole Vault	6th	4.65m (15-3)
2024	Pole Vault	9th	4.57m (15-0)

# UTAH STATE

# AGGIE MEN BIOS - SOPHOMORES



<b>JOSHUA ARMSTRONG</b>			
Kinesiology			
Sophomore			
Distance			
La Verkin, Utah Hurricane HS			
	XC	In	Out

**HONORS:** Academic All-Mountain West (2024 T&F); Mountain West Scholar-Athlete (2024 T&F); Mountain West Men's Cross Country Athlete of the Week (10/15/24); Mountain West Men's Cross Country Freshman of the Week (10/15/24).

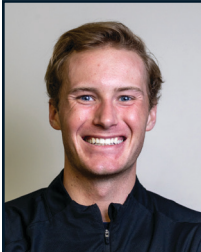
**PERSONAL:** Son of Phillip and Paula Armstrong... Has seven siblings... Married to Madelyn Armstrong... Served a mission for the Church of Jesus Christ of Latter-day Saints in Madrid, Spain, in 2021-2023... Brother, Caleb, is a member of USU's cross country and track & field programs... Majoring in kinesiology.


**PERSONAL BESTS INCLUDE:**

Event	Indoor	Outdoor
Mile	4:16.10	NA
3,000 Meters	8:24.98	NA
DMR	10:32.36	NA

**POSTSEASON RESULTS:**

MW Cross Country Championships		
Year	Place	Time
2024 (Colorado Springs)	36th	25:36.2



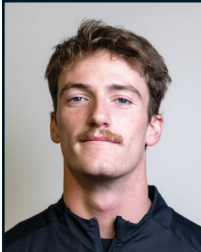
<b>MITCHELL ATHAY</b>		
Biology		
Sophomore		
Distance		
Idaho Falls, Idaho Idaho Falls HS		
	In	Out


**HONORS:** Academic All-Mountain West (2022 T&F); MW Scholar-Athlete (2021 XC, 2022 T&F); USU Whitesides Scholar-Athlete (2022).

**PERSONAL:** Son of William and Carrie Athay... Has one brother and one sister... Cousin, Jacob Davis, was a member of Utah State's track & field team from 2018-21... Majoring in biology.

**PERSONAL BESTS INCLUDE:**

Event	Indoor	Outdoor
Mile	4:22.26	NA
1,500 Meters	NA	3:52.74
3,000 Meters	9:04.02	8:41.94
5,000 Meters	NA	15:46.07



<b>SAMUEL BECKWITH</b>		
Applied Economics		
Sophomore		
Jumps		
Alpine, Utah Lone Peak HS		
	In	Out

**HONORS:** Academic All-Mountain West (2024 T&F).

**PERSONAL BESTS INCLUDE:**


Event	Indoor	Outdoor
Long Jump	7.15m (23-5.5)	7.15m (23-5.5)
High Jump	NA	1.85m (6-0.75)
100 Meters	NA	11.57


**POSTSEASON RESULTS:**

MW Indoor Championships			
Year	Event	Place	Mark
2024	Long Jump	8th	6.91m (22-8)

**MW Outdoor Championships**

Year	Event	Place	Mark
2024	Long Jump	8th	7.15m (23-5.5)



<b>LANDON BOTT</b>		
Mechanical Engineering		
Sophomore		
Middle Distance		
North Salt Lake, Utah Woods Cross HS		
	In	Out

**Mountain West Champion**

**TITLES:** Mountain West Indoor Champion: DMR (2024).

**HONORS:** All-Mountain West Indoor: DMR (2024), 800 Meters (2024); All-Mountain West Outdoor: 800 Meters (2024); MW Men's Track Athlete of the Week (01/30/24); MW Men's Freshman of the Week (01/30/24); Academic All-Mountain West (2024 T&F); Mountain West Scholar-Athlete (2024 T&F); USU Male Walk-On of the Year (2023-24).

**INDOOR RECORDS:** Ranks third all-time at USU in the 800 meters with a time of 1:48.81, set in 2024.

**OUTDOOR RECORDS:** Ranks fourth all-time at USU in the 800 meters with a time of 1:48.40, set in 2024.

**PERSONAL:** Son of Ryan and Emily Bott... Has four siblings... Served a mission for the Church of Jesus Christ of Latter-day Saints in the Dominican Republic in 2021-2023... Cousin, Tessa Buswell, is a freshman on BYU's cross country and track & field teams... Majoring in mechanical engineering.

**PERSONAL BESTS INCLUDE:**

Event	Indoor	Outdoor
400 Meters	49.51	48:20
800 Meters	1:48.81	1:48.40
4x400-Meter Relay	3:15.63	3:14.84
DMR	10:07.76	NA

**POSTSEASON RESULTS:**

NCAA West Preliminary Championships			
Year	Event	Place	Time
2024	800 Meters (QF)	18th	1:49.78


**MW Indoor Championships**

Year	Event	Place	Time
2024	DMR	1st	10:07.76
2024	800 Meters (prelims)	1st	1:51.25
2024	800 Meters	2nd	1:48.81
2024	4x400-Meter Relay	5th	3:15.63


**MW Outdoor Championships**

Year	Event	Place	Time
2024	800 Meters (prelims)	1st	1:50.45
2024	800 Meters	2nd	1:49.52
2024	4x400-Meter Relay	5th	3:14.84





<b>WALKER COLE</b>
Preparatory Engineering
Sophomore
Distance
Birmingham, Alabama Oak Mountain HS



Out

**HONORS:** Mountain West Men's Cross Country Freshman of the Week (10/5/21, 10/20/21).

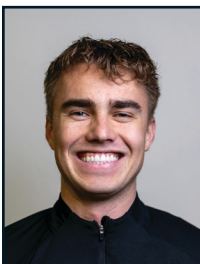
**PERSONAL:** Son of James and Callie Cole... Has three younger sisters... Sister, Lauren, is a member of the Middle Tennessee cross country and track and field programs... Served a two-year mission for The Church of Jesus Christ of Latter-day Saints in Mesa, Arizona, from 2022-24... Majoring in preparatory engineering... Pursuing a career in aviation maintenance.

**PERSONAL BESTS INCLUDE:**


Event	Indoor	Outdoor
3,000 Meters	NA	8:29.32
5,000 Meters	NA	14:42.52

**POSTSEASON RESULTS:**

MW Cross Country Championships			Time
Year	Place		
2021 (Albuquerque)	37th		24:37.5



<b>CARSON COLEMAN</b>
Electrical Engineering
Sophomore
Middle Distance
Kaysville, Utah Davis HS



Out

**HONORS:** Academic All-Mountain West (2023 XC, 2024 T&F); Mountain West Scholar-Athlete (2023 XC, 2024 T&F).

**PERSONAL:** Son of Kent and Crystal Coleman... Has three younger sisters... Served a mission for the Church of Jesus Christ of Latter-day Saints in Santiago, Chile, from 2021 to 2023... Majoring in electrical engineering.

**PERSONAL BESTS INCLUDE:**


Event	Indoor	Outdoor
800 Meters	NA	1:52.99
1,500 Meters	NA	3:56.87
Mile	4:21.01	4:18.78

**POSTSEASON RESULTS:**


MW Outdoor Championships			Time
Year	Event	Place	
2024	800 Meters (prelims)	14th	1:53.93

**IN HIS WORDS: CARSON COLEMAN**

*"I have made so much progress in every part of my life since being at Utah State. I have made so many friends and relationships that I know will have a great impact on the rest of my life. I am so glad I made the decision to come to Utah State to study and run."*

<b>WALKER DEEDE</b>
Kinesiology
Sophomore
Throws
Springville, Utah Springville HS



Out

**HONORS:** Academic All-Mountain West (2024).

**OUTDOOR RECORDS:** Ranks eighth all-time at USU in the javelin with a mark of 66.36m (217-8), set in 2024.

**PERSONAL BESTS INCLUDE:**


Event	Indoor	Outdoor
Javelin	NA	66.36m (217-8)

**POSTSEASON RESULTS:**


NCAA West Preliminary Championships			
Year	Event	Place	Mark
2024	Javelin	DNS	DNS

**MW Outdoor Championships**

Year	Event	Place	Mark
2024	Javelin	2nd	66.36m (217-8)



<b>WILL DIXON</b>
Mechanical Engineering
Sophomore
Distance
Rexburg, Idaho Madison HS



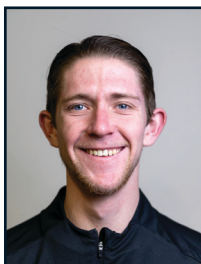
In

**HONORS:** Mountain Scholar-Athlete (2021 XC, 2022 T&F); Whitesides Scholar-Athlete (2022).


**PERSONAL:** Son of Matt and Anna Dixon... Has three sisters... Majoring in mechanical engineering.

**PERSONAL BESTS INCLUDE:**

Event	Indoor	Outdoor
3,000 Meters	NA	8:46.15
3,000-Meter Steeplechase	NA	9:18.68



<b>BRYCE HILL</b>
Computer Engineering
Sophomore
Distance
Ridgecrest, California Burroughs HS



XC In Out

**HONORS:** Academic All-Mountain West (2024 T&F); Mountain West Scholar-Athlete (2024 T&F).

**PERSONAL BESTS INCLUDE:**

Event	Indoor	Outdoor
1,500 Meters	NA	3:55.94
3,000 Meters	8:33.24	NA
5,000 Meters	14:14.89	15:00.10



# AGGIE MEN BIOS – SOPHOMORES



**KACE JONES**

**KACE JONES**

Psychology

Sophomore

Throws

Tremonton, Utah  
Bear River HS

**HONORS:** Academic All-Mountain West (2024); Mountain West Scholar-Athlete (2024).

**PERSONAL:** Son of Nathan and Rachel Jones... Has a younger brother... Served a two-year mission for The Church of Jesus Christ of Latter-day Saints in Dallas, Texas, from 2021-23... Majoring in psychology.

**PERSONAL BESTS INCLUDE:**

Event	Indoor	Outdoor
Javelin	NA	60.04m (196-11)

**POSTSEASON RESULTS:**

MW Outdoor Championships		
Year	Event	Mark
2024	Javelin	7th 58.24m (191-1)

**JOSEPH MCKEE**

Agribusiness

Sophomore

Distance

Marshfield, Wisconsin  
Marshfield HS

**PERSONAL:** Son of Clint and Kathryn McKee... Twin brother Joshua McKee is a freshman on the USU cross country and track & field teams... Has five brothers and three sisters... Served a mission for the Church of Jesus Christ of Latter-day Saints in South Carolina, from 2020-2022... Majoring in agribusiness.

**POSTSEASON RESULTS:**

NCAA Cross Country Championships		
Year	Place	Time
2024 (Madison)	213th	30:59.6

NCAA Cross Country Regionals		
Year	Place	Time
2024 (Reno)	62nd	30:44.3

**JOSHUA MCKEE**

Aviation Management

Sophomore

Distance

Marshfield, Wisconsin  
Marshfield HS

**HONORS:** Mountain West Men's Cross Country Freshman of the Week (10/8/24).

**PERSONAL:** Son of Clint and Kathryn McKee... Twin brother Joseph is a freshman on the USU cross country and track & field teams... Has five brothers and three sisters... Married Nyssa McKee in October 2023... Served a mission for the Church of Jesus Christ of Latter-day Saints in Mesa, Arizona, and Brazil between 2020-2022... Majoring in aviation management and operations with a minor in air traffic control.

**POSTSEASON RESULTS:**

NCAA Cross Country Championships		
Year	Place	Time
2024 (Madison)	141st	30:10.4

NCAA Cross Country Regionals		
Year	Place	Time
2024 (Reno)	34th	29:59.8

**JEDIDIAH MEGARGEL**

Biological Engineering

Sophomore

Distance

Eagle Mountain, Utah  
Westlake HS

**HONORS:** Academic All-Mountain West (2024 T&F); Mountain West Scholar-Athlete (2024 T&F); Mountain West Men's Cross Country Freshman of the Week (9/3/24).

**PERSONAL:** Son of Forrest and April Megargel... Has three siblings... Served a two-year mission for The Church of Jesus Christ of Latter-day Saints in San Pedro Sula, Honduras, from 2021-23... Majoring in biological engineering... Pronounced Jed-uh-die-uh Muh-gar-gle.

**PERSONAL BESTS INCLUDE:**

Event	Indoor	Outdoor
3,000 Meters	8:38.45	NA
5,000 Meters	14:44.44	NA

**POSTSEASON RESULTS:**

NCAA Cross Country Regionals		
Year	Place	Time
2024 (Reno)	49th	30:24.6

**MICHAEL MOFFAT**

Finance

Sophomore


Distance

Saratoga Springs, Utah  
Westlake HS


**HONORS:** Mountain West Men's Cross Country Freshman of the Week (9/24/24).

**POSTSEASON RESULTS:**

MW Cross Country Championships		
Year	Place	Time
2024 (Colorado Springs)	53rd	27:04.5



<b>JOHN SIMMONS</b>
Marketing
Sophomore
Distance
American Fork, Utah Salmon HS (ID)



XC In Out

**HONORS:** Academic All-Mountain West (2024 T&F); Mountain West Scholar-Athlete (2024 T&F).

**PERSONAL:** Son of Jim and Colleen Simmons... Has nine siblings... Served a two-year mission for the Church of Jesus Christ of Latter-day Saints in Quito, Ecuador, in 2021-2023... Majoring in marketing.

**PERSONAL BESTS INCLUDE:**

Event	Indoor	Outdoor
1,500 Meters	NA	3:54.72
Mile	4:09.33	NA
3,000 Meters	8:31.73	NA
5,000 Meters	14:14.21	14:34.74
3,000-Meter Steeplechase	NA	9:11.00


**POSTSEASON RESULTS:**

**MW Indoor Championships**


Year	Event	Place	Time
2024	5,000 Meters	20th	15:32.97
2024	3,000 Meters	DNS	DNS

**MW Outdoor Championships**

Year	Event	Place	Time
2024	3K Steeplechase	10th	9:24.46
2024	5,000 Meters	DNS	DNS



<b>JOSEPH TURNER</b>
Finance
Sophomore
Throws
Lyman, Wyoming Lyman HS



In Out

**HONORS:** All-Mountain West Outdoor: Discus (2024); Academic All-Mountain West (2024).

**OUTDOOR RECORDS:** Ranks sixth all-time at USU in the discus with a mark of 55.39 meters (181-8), set in 2024.

**PERSONAL:** Son of Joshua and Kristin Turner... Has four siblings... Served a two-year mission for The Church of Jesus Christ of Latter-day Saints in Kennewick, Washington, from 2021-23... Majoring in psychology.

**PERSONAL BESTS INCLUDE:**

Event	Indoor	Outdoor
Discus	NA	55.39m (181-8)
Hammer	NA	48.74m (159-11)
Weight Throw	16.11m (52-10.25)	NA

**POSTSEASON RESULTS:**

**NCAA West Preliminary Championships**


Year	Event	Place	Mark
2024	Discus	39th	51.04m (167-5)

**MW Indoor Championships**


Year	Event	Place	Mark
2024	Weight Throw	11th	14.29m (46-10)

**MW Outdoor Championships**

Year	Event	Place	Mark
2024	Discus	2nd	55.39m (181-8)



<b>GARRETT WOODHOUSE</b>
Computer Science
Sophomore
Distance
Oakton, Virginia Oakton HS



In Out

**HONORS:** Mountain West Men's Cross Country Freshman of the Week (9/21/21); MW Scholar-Athlete (2021 XC, 2022 T&F); Whitesides Scholar-Athlete (2022).

**PERSONAL:** Son of Scott and Andrea Woodhouse... Has two brothers and one sister... Brother, Bradford, competed for USU track & field and cross country in 2023-24... Cousin, Ana Weaver, is a member of USU's track & field and cross country teams... Served a two-year mission for the Church of Jesus Christ of Latter-day Saints in Asunción, Paraguay, from 2022-2024... Majoring in computer science with a minor in chemistry... Pursuing a career in medical AI.

**PERSONAL BESTS INCLUDE:**


Event	Indoor	Outdoor
Mile	4:15.15	NA
3,000 Meters	8:28.96	NA

**IN HIS WORDS: GARRETT WOODHOUSE**


*"I chose Utah State because of the wonderful community that Logan offers. My parents and grandparents went here and my grandma currently lives in Logan. The environment is fun and supportive and was a perfect match for my undergraduate goals."*




# AGGIE MEN BIOS - FRESHMEN




<b>DIEGO AGUIRRE-STEWART</b>
Exploratory
Freshman
Sprints
Phoenix, Arizona Millennium HS




In Out




<b>BRITTON AUSTIN</b>
Management
Freshman
Distance
Farmington, Utah Farmington HS



In Out




<b>RYAN BENNETT</b>
Business
Freshman
Distance
Farmington, Utah Farmington HS




Out

**PERSONAL:** Son of David and Shannon Bennett... Has four sisters and one brother... Served a mission for The Church of Jesus Christ of Latter-day Saints to Bulacan, Philippines, from 2022-24... Majoring in business.




<b>BROCK BISSEGGER</b>
Exploratory
Freshman
Throws
Brigham City, Utah Box Elder HS




In Out

**PERSONAL:** Son of Bobby Bissegger and Karianne Ormond... Has two older brothers... Undeclared on a college major.





<b>DANIEL CHASE</b>
Psychology
Freshman
Sprints
Woods Cross, Utah Woods Cross HS




In Out

**PERSONAL:** Son of Troy and Diane Chase... Has two older sisters... Second cousin, Haley Thomas, played soccer at Weber State from 2017-20 and has played professionally in Iceland and Spokane, Washington... Mother's cousin, Tiffany Arrhenius, was a javelin thrower at BYU from 2003-07... Mother's cousin, Lisa Thuenson, played basketball at Utah from 1993-97... Majoring in psychology.

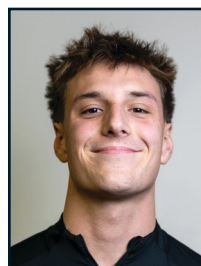


<b>JOSIAH GONZALEZ</b>
Exploratory
Freshman
Sprints
Murray, Utah Hillcrest HS




In Out

**PERSONAL:** Son of April Warneke... Has one older sister... Undeclared on a college major.



<b>MATHEW HALL</b>
Kinesiology
Freshman
Sprints
Orem, Utah Timpanogos HS

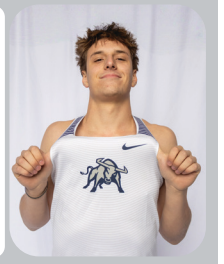



In Out


**PERSONAL:** Son of Wayne and Michelle Hall... Has two younger sisters... Majoring in kinesiology... Pursuing a career as an anesthesiologist assistant and club track coach.

### IN HIS WORDS: MATHEW HALL


"I chose Utah State because of Coach Rodney Burkes and the strong belief I have in his vision. The culture and environment that the coaching staff has cultivated stood out to me during my visit, and I knew it was the perfect place to grow as both an athlete and an individual."

<b>AYODELE OJO</b>
Kinesiology
Freshman
Sprints
Waxahachie, Texas Waxahachie HS




In Out



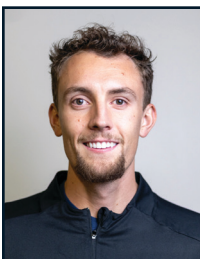
**ETHAN PETERSON**

Exploratory
Freshman
Distance
Farmington, Utah Farmington HS




Out

**PERSONAL:** Son of Nathan and Dorene Peterson... Has two sisters and two brothers... Served a mission for The Church of Jesus Christ of Latter-day Saints to Lima, Peru, from 2022-24... Undeclared on a college major.




**TAITE PRIESTLEY**

Accounting
Freshman
Jumps
Preston, Idaho Preston HS




In Out

**PERSONAL:** Son of David and Amy Priestley... Has two older sisters... Served a mission for The Church of Jesus Christ of Latter-day Saints to Farmington, New Mexico... Undeclared on a college major.




**CADEN REAGAN**

Aviation Technology - Professional Pilot
Freshman
Throws
Goliad, Texas Goliad HS




In Out

**PERSONAL:** Son of Ryan and Brianna Reagan... Has one sister and one brother... Majoring in aviation.



**LUKE STOCKETT**

Finance
Freshman
Distance
Nampa, Idaho Victory Charter School



XC In Out

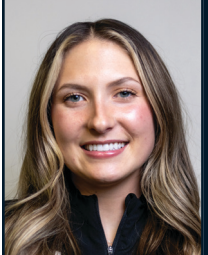
**HONORS:** Mountain West Men's Cross Country Freshman of the Week (9/17/24).

**PERSONAL:** Son of Jeremy and Joy Stockett... Has two siblings... His brother, Ian Stockett, is a member of Northwest Nazarene's cross country and track & field programs... Majoring in finance.




TM

# AGGIE WOMEN BIOS - SENIORS & GRADUATES



**VALERIE CLARK**

Nursing
Senior
Throws
Mona, Utah Juab HS



Out

**HONORS:** All-Mountain West Outdoor: Javelin (2023); Academic All-Mountain West (2022, 2023); Mountain West Scholar-Athlete (2023, 2024); USTFCCA All-Academic (2023).

**OUTDOOR RECORDS:** Ranks second all-time at USU in the javelin with a mark of 49.07 meters (161-0), set in 2023.

**PERSONAL:** Daughter of David and Melinda Clark... Has two brothers and two sisters... Brother, Josh, was a member of Utah Valley's track & field team from 2018-2023... Majoring in nursing.

**PERSONAL BESTS INCLUDE:**

Event	Indoor	Outdoor
Javelin	NA	46.17m (151-5)

**POSTSEASON RESULTS:**

**NCAA West Preliminary Championships**

Year	Event	Place	Mark
2022	Javelin	28th	43.91m (144-0)

**MW Outdoor Championships**

Year	Event	Place	Mark
2022	Javelin	6th	42.45m (139-3)
2023	Javelin	2nd	49.07m (161-0)



VALERIE CLARK



**MIKAYLA DALTON**

Journalism and Communication
Senior
Jumps
Castle Rock, Colorado Castle View HS



In Out

**HONORS:** Academic All-Mountain West (2022, 2023, 2024); MW Scholar-Athlete (2022, 2023, 2024).

**PERSONAL:** Daughter of Bret and Ann Dalton... Has two brothers and one sister... Works as a creative intern for Utah State Athletics... Majoring in marketing.

**PERSONAL BESTS INCLUDE:**

Event	Indoor	Outdoor
Pole Vault	3.55m (11-7.75)	3.68m (12-1)


**POSTSEASON RESULTS:**

**MW Indoor Championships**

Year	Event	Place	Mark
2023	Pole Vault	15th	3.48m (11-5.00)


**MW Outdoor Championships**

Year	Event	Place	Mark
2023	Pole Vault	11th	3.58m (11-9.00)



**HANNAH DAVIDSON**

Master's in Public Health
Graduate Senior
Distance
Sandpoint, Idaho Sandpoint HS



XC Out

**HONORS:** Mountain West All-Conference Indoor: DMR (2023); Mountain West Scholar-Athlete (2018 XC, 2019 T&F, 2022 T&F, 2023 T&F, 2023 XC, 2024 T&F); Academic All-Mountain West (2019 T&F, 2022 T&F, 2023 T&F, 2024 T&F).

**INDOOR RECORDS:** Ranks fifth all-time at USU in the 800 meters with a time of 2:10.32, set in 2024... Ranks 10th all-time at USU in the mile with a time of 4:49.77, set in 2024... Ranks second all-time at USU in the distance medley relay with a time of 11:33.21, set in 2023... Owns the fourth-, sixth-, seventh and 10th-fastest times in the DMR at USU with times of 11:46.95 (2024), 11:49.60 (2022), 11:50.04 (2022) and 11:51.89 (2022).

**PERSONAL:** Daughter of Kirk and Kirsten Davidson... Has three sisters... Cousin, Maci Bingham, competed on USU's track & field team from 2013-16... Cousins Roman Ruiz and Halli Whitby are former members of the USU track & field team... Graduated with a bachelor's degree in biochemistry with a minor in watershed science in May 2024... Pursuing a master's degree in public health.

**PERSONAL BESTS INCLUDE:**

Event	Indoor	Outdoor
800 Meters	2:10.32	2:10.72
Mile	4:49.77	5:17.37
1,500 Meters	NA	4:31.12
4x400-Meter Relay	4:10.22	3:58.29
DMR	11:33.21	NA

**POSTSEASON RESULTS:**

**NCAA Cross Country Regionals**

Year	Place	Time
2024 (Reno)	80th	21:39.2

**MW Indoor Championships**

Year	Event	Place	Time
2022	DMR	4th	11:50.04
2022	800 Meters	10th (Prelims)	2:14.27
2023	800 Meters	10th (Prelims)	2:14.93
2023	DMR	3rd	11:33.21
2024	DMR	4th	11:46.95
2024	Mile	6th	4:57.37

**MW Outdoor Championships**

Year	Event	Place	Time
2022	1,500 Meters	17th (Prelims)	4:35.56
2023	800 Meters	11th	2:10.72
2023	1,500 Meters	15th	4:33.18

**IN HER WORDS: MIKAYLA DALTON**


"I have learned so many things in the years I've been able to be a part of this team. I've learned the importance of hard work and having a positive mindset. Win or lose, I have learned to enjoy it all. I have also learned to understand your why to the goals you set to achieve. When you understand your why and are willing to give your everything, things tend to fall into place."



# AGGIE WOMEN BIOS - SENIORS & GRADUATES



**HANNAH DAVIDSON**



**MIMI MIYAZAWA**


Interior Architecture and Design

Senior

Distance

Orem, Utah  
Mountain View HS

XC In



**HONORS:** Academic All-Mountain West (2023 T&F, 2024 T&F); Mountain West Scholar-Athlete (2021 XC, 2022 T&F, 2022 XC, 2023 T&F, 2023 XC, 2024 T&F).

**INDOOR RECORDS:** Ranks fourth all-time at USU in the 3,000 meters with a time of 9:32.60, set in 2024... Ranks sixth all-time at USU in the mile with a time of 4:48.65, set in 2024... Ranks seventh all-time at USU in the 5,000 meters with a time of 16:32.58, set in 2023.

**OUTDOOR RECORDS:** Ranks fourth all-time at USU in the 5,000 meters with a time of 16:26.56, set in 2023... Ranks ninth all-time at USU in the 1,500 meters with a time of 4:25.76, set in 2023.

**PERSONAL:** Daughter of Takao Miyazawa and Lore Schultheiss... Has three brothers and one sister... Her brother, Shinano, was a member of Southern Utah's cross country and track & field teams... Majoring in interior design.

**PERSONAL BESTS INCLUDE:**

Event	Indoor	Outdoor
1,500 Meters	NA	4:25.76
Mile	4:48.65	NA
3,000 Meters	9:32.60	NA
5,000 Meters	16:32.58	16:26.56
DMR	12:41.45	NA

**POSTSEASON RESULTS:**

**NCAA Cross Country Regionals**

Year	Place	Time
2024 (Reno)	68th	21:21.6

**MW Indoor Championships**


Year	Event	Place	Time
2022	Mile	16th	5:08.72
2022	3,000 Meters	DNF	DNF
2023	5,000 Meters	DNF	DNF
2024	3,000 Meters	15th	9:54.17

**MW Outdoor Championships**

Year	Event	Place	Time
2023	1,500 Meters	7th	4:25.76
2023	5,000 Meters	DNS	DNS
2024	1,500 Meters	7th	4:26.61
2024	5,000 Meters	DNF	DNF

**MW Cross Country Championships**

Year	Place	Time
2023 (Boise)	49th	21:54.8
2024 (Colorado Springs)	42nd	22:24.0



**MELISSA NAVARRO**


Master of Public Health

Graduate

Throws

Chico, California  
Pleasant Valley HS/Cal Poly

Out



**CAL POLY:** Competed for Cal Poly from 2022-23... Won the Big West title in the women's javelin with a toss of 155-2 in her first season at Cal Poly, becoming their first conference champion in the event since 2016 and fourth in program history... A career-best throw of 155-8, fifth best in school history, qualified her for the NCAA West Preliminaries... Took 45th (133-7) at West Prelims... Competed in two indoor meets in 2023, recording personal bests in 60-meter dash (8.18), 200 (27.31) and long jump (14-11.5).

**JUNIOR COLLEGE:** Attended Butte College in California for three years, including a redshirt year... Broke the school record in the javelin with a throw of 150-8... Competed in the 100 meters, 200 meters, long jump and shot put.

**PERSONAL:** Graduated with a bachelor's degree in child development from California Polytechnic State University in December 2024... Pursuing a master's degree in public health.

**POSTSEASON RESULTS:**


**NCAA West Preliminary Championships**

Year	Event	Place	Mark
2024*	Javelin	11th	40.71m (133-7)

*\*at Cal Poly*




# AGGIE WOMEN BIOS - SENIORS & GRADUATES



**ADI NIELSON**

Special Education
Senior
Sprints
Oak City, Utah Delta HS



In Out

**HONORS:** All-Mountain West Outdoor: 4x400-Meter Relay 2024; Academic All-Mountain West (2022, 2023, 2024); Mountain West Scholar-Athlete (2022, 2023, 2024).

**INDOOR RECORDS:** Ranks seventh all-time at USU in the 400 meters with a time of 55.37, set in 2024... Ranks fifth all-time at USU in the 4x400-meter relay with a time of 3:43.27, set in 2024... Ranks fourth, sixth and 10th all-time in the distance medley relay at USU with respective marks of 11:46.95, set in 2024, and 11:49.60 and 11:51.89, both set in 2022.

**OUTDOOR RECORDS:** Ranks ninth all-time at USU in the 400-meter hurdles with a time of 59.62, set in 2024... Ranks second all-time at USU in the 4x400-meter relay with a time of 3:39.88, set in 2024.

**PERSONAL:** Has three siblings... Cousin, Savannah, also ran for the track & field team at Delta HS, winning the state title in the 100-meter and 300-meter hurdles.

**PERSONAL BESTS INCLUDE:**

Event	Indoor	Outdoor
60 Meters	7.90	NA
100 Meters	NA	12.45
200 Meters	26.38	NA
400 Meters	55.37	56.29
600 Meters	1:35.12	NA
800 Meters	2:18.53	2:24.20
400-Meter Hurdles	NA	59.62
4x400-Meter Relay	3:43.27	3:39.88
DMR	11:46.95	NA

**POSTSEASON RESULTS:**

**NCAA West Preliminary Championships**


Year	Event	Place	Time
2024	800 Meters (QF)	18th	1:49.78

**MW Indoor Championships**

Year	Event	Place	Time
2023	800 Meters	14th	2:19.21
2024	DMR	4th	11:46.95
2024	400 Meters	11th (Prelims)	55.37
2024	4x400-Meter Relay	7th	3:43.27


**MW Outdoor Championships**

Year	Event	Place	Time
2023	400-Meter Hurdles	18th	1:04.59
2024	400-Meter Hurdles	9th	1:03.10
2024	4x400-Meter Relay	3rd	3:39.88

**MACKENZIE PATTEN**

Master of Business Administration
Graduate Senior
Throws
Highland, Michigan Milford HS/Auburn



In Out

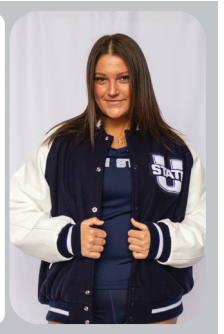
**AUBURN:** Member of Auburn's track and field program from 2023-24... Threw a season-best 138-0 (42.07m) to finish eighth at FSU Relays in 2023... Posted a personal-best mark of 17.49 meters at the 2024 LSU Twilight indoor meet as an unattached thrower... Redshirted in the spring of 2024... Member of the SEC All-Academic Honor Roll from 2023-24.


**VALPARAISO:** Competed for Valparaiso from 2020-22... Achieved the team's top mark of the season in the weight throw at 16.53 meters (54-2.75), which ranked fifth all-time in Valparaiso history... Competed in the indoor weight throw with a season-best 42-7.5 (12.99m) at the 2021 MVC Championships... Was second on the team in the outdoor discus with her season-best mark of 119-1 (36.29m) in the 2021 MVC Championships... Uncorked a hammer throw of 150-0 (45.72m), her top mark of the season, at the 2021 MVC Championships... Earned the Valparaiso Student Athlete Award for Female Performance of the Year in 2022... Member of the MVC All-Academic Honor Roll from 2020-22.

**PERSONAL:** Daughter of Keith and Debra Patten... Has a younger brother, Eli... Graduated with a bachelor's degree in business administration and marketing from Auburn in August 2024... Pursuing a master's degree in business administration.

**IN HER WORDS: MACKENZIE PATTEN**

*"As a member of the USU track & field team, I rediscovered how much I genuinely love what I do. My teammates' and coaches' unwavering encouragement and support have been a constant source of motivation, helping me navigate both the highs and lows of training and competition. This experience has not only strengthened my athletic abilities but has also shaped my character by providing a deeper sense of determination as I strive toward my goals."*






**EMMA REEVES**

Outdoor Product Design and Development

Senior

Sprints

Orem, Utah  
Orem HS



In Out

**HONORS:** Academic All-Mountain West (2021, 2022, 2024); Mountain West Scholar-Athlete (2021, 2022, 2023, 2024).

**INDOOR RECORDS:** Ranks eighth all-time at USU in the 60 meters with a time of 7.72, set in 2024... Ranks third and fifth all-time at USU in the 4x400-meter relay with a time of 3:41.96, set in 2022, and 3:43.27, set in 2024, respectively.

**PERSONAL:** Daughter of Jeff and Lisa Reeves... Has three sisters and one brother... Majoring in outdoor product design and development.

**PERSONAL BESTS INCLUDE:**

Event	Indoor	Outdoor
60 Meters	7.72	NA
100 Meters	NA	12.16
200 Meters	25.42	25.10
400 Meters	56.25	55.89
600 Meters	1:39.52	NA
4x100-Meter Relay	NA	46.71
4x400-Meter Relay	3:41.96	3:44.72
Long Jump	NA	4.96m (16-3.25)
Shot Put	NA	8.71m (28-7)
Javelin	NA	20.02m (65-8)

**POSTSEASON RESULTS:**

**MW Indoor Championships**

Year	Event	Place	Time
2022	400 Meters	17th (prelims)	57.28
2022	4x400-Meter Relay	4th	3:41.96
2024	400 Meters	18th (prelims)	56.25
2024	4x400-Meter Relay	7th	3:43.27

**MW Outdoor Championships**

Year	Event	Place	Time
2021	4x400-Meter Relay	7th	3:51.19
2021	400 Meters	17th (prelims)	58.62
2022	400 Meters	11th (prelims)	56.51





**MADISON TARESKI**

Master of Business Administration

Senior

Throws

Nine Mile Falls, Washington  
Lakeside HS/EWU



Out

**HONORS:** Academic All-Mountain West (2024); Mountain West Scholar-Athlete (2024).

**OUTDOOR RECORDS:** Ranks ninth all-time at USU in the javelin with a mark of 44.39 meters (145-7), set in 2024.

**EASTERN WASHINGTON:** Competed in the javelin for two seasons (2022-23) at Eastern Washington... Placed fifth in the javelin (42.98m/141-01) at the 2023 Big Sky Conference Outdoor Championships... Placed second in javelin (46.19m/151-05) at the 2022 Big Sky Conference Outdoor Championships.

**PERSONAL:** Daughter of Monte Tareski and Gina Yaritz... Has two siblings... Graduated with a bachelor's degree in business administration with a minor in finance from Eastern Washington in June 2023... Pursuing her master's degree in business administration... Last name pronounced Tuh-res-ski.

**PERSONAL BESTS INCLUDE:**

Event	Indoor	Outdoor
Javelin	NA	46.19m (151-6)


**POSTSEASON RESULTS:**

**MW Outdoor Championships**

Year	Event	Place	Mark
2024	Javelin	11th	38.84m (127-5)

# AGGIES™

# AGGIE WOMEN BIOS – SENIORS & GRADUATES




**EMMA THORNLEY**

Kinesiology

Senior

Distance

Layton, Utah  
Layton HS



**HONORS:** All-Region: Cross Country (2023, 2024); First-Team All-Mountain West: Cross Country (2023); Academic All-Mountain West (2022 XC, 2023 T&F, 2023 XC, 2024 T&F); USTFCCA All-Academic Cross Country (2023); Mountain West Women's Cross Country Freshman of the Week (9/21/21; 10/5/21); Mountain West Scholar-Athlete (2021 XC, 2022 T&F, 2022 XC, 2023 T&F, 2023 XC, 2024 T&F); Whitesides Scholar-Athlete (2022).

**INDOOR RECORDS:** Ranks fifth all-time at USU in the 3,000 meters with a time of 9:33.25, set in 2024... Ranks fifth all-time at USU in the 5,000 meters with a time of 16:29.30, set in 2024.

**OUTDOOR RECORDS:** Ranks third all-time at USU in the 10,000 meters with a time of 33:34.62, set in 2024.

**PERSONAL:** Daughter of Jonathan and Rebekah Thornley... Has four brothers and sisters... Mother, Rebekah, was an all-conference distance runner as a member of Utah State's cross country and track & field teams... Majoring in kinesiology.

**PERSONAL BESTS INCLUDE:**

Event	Indoor	Outdoor
1,500 Meters	NA	4:41.01
Mile	4:59.83	NA
3,000 Meters	9:33.25	NA
5,000 Meters	16:29.30	17:00.67
10,000 Meters	NA	33:34.62

**POSTSEASON RESULTS:**

**NCAA Cross Country Championships**

Year	Place	Time
2021 (Tallahassee)	218th	21:23.6

**NCAA West Preliminary Championships**

Year	Event	Place	Time
2024	10,000 Meters	37th	35:49.68

**NCAA Cross Country Regionals**

Year	Place	Time
2021 (Provo)	43rd	21:25.4
2022 (Albuquerque)	51st	21:12.9
2023 (Lubbock)	23rd	20:15.9
2024 (Reno)	22nd	20:17.0

**MW Indoor Championships**

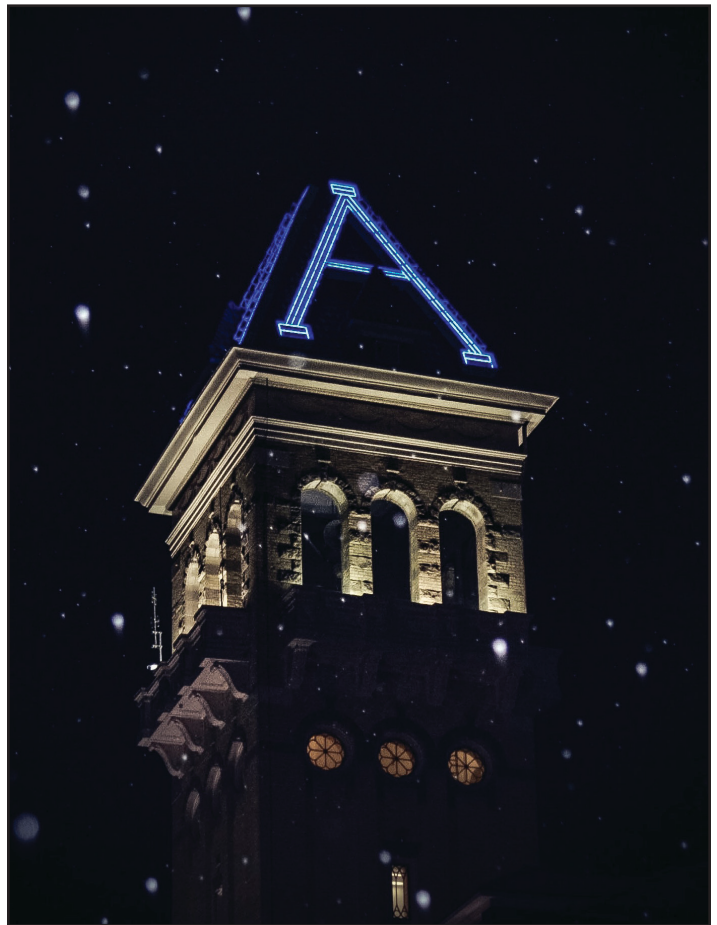
Year	Event	Place	Time
2023	3,000 Meters	5th	10:00.70
2023	5,000 Meters	8th	17:10.00
2024	5,000 Meters	10th	17:09.58
2024	3,000 Meters	16th	9:54.67


**MW Outdoor Championships**

Year	Event	Place	Time
2022	10,000 Meters	10th	34:58.47
2023	10,000 Meters	9th	35:18.33
2024	10,000 Meters	3rd	34:17.99
2024	5,000 Meters	DNS	DNS

**MW Cross Country Championships**

Year	Place	Time
2021 (Albuquerque)	35th	20:53.6
2022 (Laramie)	24th	20:38.8
2023 (Boise)	4th	20:23.3






**PAIGE LILA BERG**

Health Education and Promotion

Junior

Throws

Heber City, Utah  
Wasatch HS




Out

**HONORS:** Academic All-Mountain West (2023); Mountain West Scholar-Athlete (2023).

**PERSONAL:** Daughter of Troy and Angela Berg... Has four siblings... Cousin, Laura Berg, was a four-time All-American softball player at Fresno State and a four-time Olympic medalist for USA softball, winning three gold medals in 1996, 2000 and 2004 and a silver medal in 2008, and is currently the head softball coach at Oregon State... Cousin, Randi Berg, also played softball for four years at Fresno State (1993-97) and played professionally in the WPSL from 1998-2000... Majoring in health education and promotion.

**PERSONAL BESTS INCLUDE:**

Event	Indoor	Outdoor
Javelin	NA	41.62m (136-6)




**SOPHIE CHANDLER**

Management

Junior

Multis

Santa Clara, Utah  
Snow Canyon HS



In Out

**HONORS:** Academic All-Mountain West (2021, 2024); Mountain West Scholar-Athlete (2021, 2024).

**PERSONAL:** Daughter of Michael and Janice Chandler... Has two brothers and one sister... Majoring in management.

**PERSONAL BESTS INCLUDE:**

Event	Indoor	Outdoor
Pentathlon	3,460 points	NA
Heptathlon	NA	4,950 points
Javelin	NA	38.38m (125-11)
60-Meter Hurdles	9.33	NA
100-Meter Hurdles	NA	15.07
200 Meters	27.33	26.07
800 Meters	2:25.48	2:20.95
High Jump	1.56m (5-1.25)	1.55m (5-1)
Long Jump	5.17m (16-11.5)	5.31m (17-5.25)
Shot Put	10.65m (34-11.25)	10.66m (34-11.75)

**POSTSEASON RESULTS:**

**NCAA West Preliminary Championships**

Year	Event	Place	Time/Mark
2023	High Jump	26th	2.09m (6-10.25)


**MW Indoor Championships**

Year	Event	Place	Time/Mark
2024	Pentathlon	7th	3,460 points

**MW Outdoor Championships**

Year	Event	Place	Time/Mark
2021	Javelin	11th	36.45m (119-7)
2024	Heptathlon	6th	4,950 points

# AGGIES™


**SARAH ELLIS**

Environmental Engineering

Junior

Distance

Issaquah, Washington  
Crimson Cliffs HS (UT)



XC In Out

**HONORS:** Academic All-Mountain West (2022 XC, 2023 T&F, 2023 XC, 2024 T&F); Mountain West Scholar-Athlete (2022 XC, 2023 T&F, 2023 XC, 2024 T&F).

**OUTDOOR RECORDS:** Ranks sixth all-time at USU in the 5,000 meters with a time of 16:28.46, set in 2024... Ranks 10th all-time at USU in the 3,000 meters with a time of 9:57.34.

**PERSONAL:** Daughter of Tom and Tina Ellis... Has three brothers and sisters... Majoring in social work... Member of the all-state choir in high school.

**PERSONAL BESTS INCLUDE:**

Event	Indoor	Outdoor
Mile	NA	5:05.74
3,000 Meters	10:10.25	9:57.34
5,000 Meters	17:17.38	16:28.46

**POSTSEASON RESULTS:**

**NCAA Cross Country Regionals**


Year	Place	Time
2023 (Lubbock)	67th	21:12.8
2024 (Reno)	66th	21:20.9

**MW Outdoor Championships**

Year	Event	Place	Time
2024	5,000 Meters	16th	16:55.31

**MW Cross Country Championships**

Year	Place	Time
2023 (Boise)	31st	21:16.8




**SYMPHONY FIKE**

Communicative Disorders

Junior

Throws

Laurel, Montana  
Laurel HS



Out

**HONORS:** Academic All-Mountain West (2024); Mountain West Scholar-Athlete (2024).

**PERSONAL BESTS INCLUDE:**

Event	Indoor	Outdoor
Javelin	NA	40.46m (132-9)

# AGGIE WOMEN BIOS - JUNIORS

**MILLY GARREN**

Kinesiology

Junior

Throws

Logan, Utah  
Logan HS

In Out

**HONORS:** Academic All-Mountain West (2023, 2024); Mountain West Scholar-Athlete (2024).

**INDOOR RECORDS:** Ranks 10th all-time at USU in the shot put with a mark of 14.58 meters (47-10), set in 2024.

**PERSONAL:** One of three children of Bill and Melinda Garren... Father, Bill, serves as Utah State's Assistant Athletics Director for Video Operations... Older sister, Maia, competed for Utah State track & field from 2017-2022, ranking first all-time at USU in the weight throw, second in the indoor shot put, third in the outdoor shot put, eighth in the discus and 10th in the hammer... Majoring in kinesiology.

**PERSONAL BESTS INCLUDE:**

Event	Indoor	Outdoor
Shot Put	14.58m (47-10)	14.79m (48-6.25)
Weight Throw	16.95m (55-7)	NA
Discus	40.64m (133-4)	44.05m (144-6)
Hammer	NA	51.46m (168-10)

**POSTSEASON RESULTS:**

**MW Indoor Championships**

Year	Event	Place	Mark
2023	Shot Put	11h	13.18m (43-3)
2024	Weight Throw	11th	16.95m (55-7)
2024	Shot Put	7th	14.58m (47-10)

**MW Outdoor Championships**

Year	Event	Place	Mark
2023	Shot Put	10th	14.19m (46-6.75)
2023	Hammer	15th	43.82m (143-9)
2024	Hammer	12th	50.83m (166-9)
2024	Shot Put	10th	13.91m (45-7.75)
2024	Discus	12th	43.00m (141-1)

**MALIA LOWE**

Dietetics

Junior

Distance

Kuna, Idaho  
Kuna HS

XC In Out

**HONORS:** Academic All-Mountain West (2022 XC, 2023 T&F, 2023 XC, 2024 T&F); Mountain West Scholar-Athlete (2022 XC, 2023 T&F, 2023 XC, 2024 T&F); Mountain West Women's Cross Country Athlete of the Week (10/10/23).

**PERSONAL:** Daughter of Cline and Tiffany Lowe... Has three brothers and sisters... Double majoring in dietetics and nutrition science.

**PERSONAL BESTS INCLUDE:**

Event	Indoor	Outdoor
1,500 Meters	NA	4:44.12
Mile	5:13.30	5:08.82
3,000 Meters	10:14.33	NA
5,000 Meters	18:22.38	17:17.22

**IN HER WORDS: MALIA LOWE**

*"Being a student-athlete at USU has provided me with a built-in family and phenomenal support system. My time as an athlete thus far has provided me with lasting friendships and valuable life lessons that I will take with me throughout my life. It is truly an honor to be a part of this program."*



**MEGUMI LUDLOW**

Psychology

Junior

Distance

Albany, Oregon  
West Albany HS

XC In Out

**HONORS:** Academic All-Mountain West (XC 2023); Mountain West Scholar-Athlete (2022 XC, 2023 T&F, 2023 XC, 2024 T&F).

**OUTDOOR RECORDS:** Ranks eighth all-time at USU in the 10,000 meters with a time of 35:30.36, set in 2023.

**PERSONAL:** Daughter of Spencer and Christina Ludlow... Has three brothers and sisters... Majoring in psychology with a minor in physics.

**PERSONAL BESTS INCLUDE:**

Event	Indoor	Outdoor
Mile	NA	5:23.56
3,000 Meters	10:10.76	NA
5,000 Meters	NA	17:04.91
10,000 Meters	NA	35:30.36

**POSTSEASON RESULTS:**

**MW Outdoor Championships**

Year	Event	Place	Time
2024	10,000 Meters	10th	36:28.75
2024	5,000 Meters	DNS	DNS

**MW Cross Country Championships**

Year	Place	Time
2023 (Boise)	60th	22:30.5

**ELIZABETH PHILLIPS**

Elementary Education

Junior

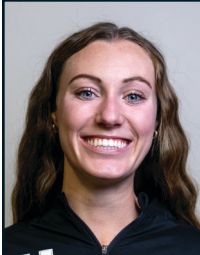
Distance

Garland, Utah  
Bear River HS/CSI

XC In Out

**JUNIOR COLLEGE:** A six-time All-American in cross country, indoor and outdoor track & field through 2022-2024 at the College of Southern Idaho... Helped CSI to a 2022 NJCAA Division I National Championship in cross country, taking 10th individually... Named NJCAA Division I National Runner of the Week after winning the USU-hosted 2023 Steve T. Reeder Memorial 5K with a time of 18:22.4... Named 2024 track & field team MVP... Posted personal bests in cross country 5K (18:05) and 6K (21:02), with track & field personal bests in the 1,500 meters (4:47), mile (4:58), 3,000 meters (10:02) and 5,000 meters (17:25).

**PERSONAL:** Daughter of Randy Phillips and Sarah Henrikson... Has 11 siblings... Majoring in elementary education.




**ALISON RICHTER**

Kinesiology

Junior

Sprints

Alpine, Utah Lone Peak HS



In Out

**HONORS:** Academic All-Mountain West (2022, 2024); MW Scholar-Athlete (2022, 2024).

**INDOOR RECORDS:** Ranks third all-time in USU history in the 4x400-meter relay with a time of 3:41.96 and seventh in the DMR with a time of 11:50.04, both of which were set in 2022.

**PERSONAL:** Daughter of Branton and Rebecca Richter... Has three brothers and sisters... Married fellow Utah State track and field athlete Joshua Hartvigsen in June 2024... Majoring in kinesiology.

**PERSONAL BESTS INCLUDE:**

Event	Indoor	Outdoor
200 Meters	NA	25.46
400 Meters	57.76	56.28
600 Meters	1:34.62	NA
4x100-Meter Relay	NA	47.57
4x400-Meter Relay	3:41.96	3:44.72

**POSTSEASON RESULTS:**

**MW Indoor Championships**

Year	Event	Place	Time
2022	DMR	4th	11:50.04
2022	400 Meters	15th	56.91
2022	4x400-Meter Relay	3:41.96	4th

**MW Outdoor Championships**

Year	Event	Place	Time
2022	400 Meters	18th	57.93
2022	4x400-Meter Relay	8th	3:45.83



**KYRSTHINA VLAHOVIC**

Technical Communication and Rhetoric

Junior

Sprints

Surrey, B.C., Canada  
Fraser Heights Secondary School



In Out

**HONORS:** Academic All-Mountain West (2023, 2024); Mountain West Scholar-Athlete (2024).

**INDOOR RECORDS:** Ranks third all-time at USU in the 60-meter hurdles with a time of 8.48, set in 2024.

**OUTDOOR RECORDS:** Ranks eighth all-time at USU in the 100-meter hurdles with a time of 13.72, set in 2024.

**PERSONAL:** Daughter of Mike and Lea Vlahovic... Has one brother and one sister... Majoring in technical communication and rhetoric.

**PERSONAL BESTS INCLUDE:**

Event	Indoor	Outdoor
60-Meter Hurdles	8.48	NA
100-Meter Hurdles	NA	13.72
100 Meters	NA	12.38
200 Meters	26.85	25.76
4x100-Meter Relay	NA	46.94


**POSTSEASON RESULTS:**

**MW Indoor Championships**

Year	Event	Place	Time
2023	60-Meter Hurdles	14th (prelims)	8.92
2024	60-Meter Hurdles	9th (prelims)	8.65

**MW Outdoor Championships**

Year	Event	Place	Time
2023	100-Meter Hurdles	6th	14.08
2023	4x100-Meter Relay	8th	47.61
2024	100-Meter Hurdles	6th	13.72




**ANA WEAVER**

Management

Junior

Distance

Stillwater, Minnesota  
Stillwater Area HS/BYU



XC Out

**HONORS:** All-Region: Cross Country (2022); Second-Team All-Mountain West: Cross Country (2022); USTFCCCA All-Academic (2022 XC, 2023 T&F); Academic All-Mountain West (2022 XC, 2023 T&F, 2024 T&F); Mountain West Scholar-Athlete (2022 XC, 2023 T&F, 2023 XC, 2024 T&F).

**INDOOR RECORDS:** Ranks ninth all-time at USU in the 5,000 meters with a time of 16:43.77, set in 2024.

**OUTDOOR RECORDS:** Ranks second all-time at USU in the 10,000 meters with a time of 32:59.04, set in 2023... Also ranks fifth all-time at USU in the 5,000 meters with a time of 16:28.17, set in 2023.

**PREVIOUS SCHOOL:** Spent her freshman year at BYU, competing in both cross country and track & field... Placed 125th at the NCAA Mountain Region XC Championships with a time of 25:25.8... Competed in three T&F meets, running the 3,000 meters and the 5,000 meters... Recorded personal-best times of 9:52.63 and 16:32.55 in the 3,000 meters and 5,000 meters, respectively... Following her freshman campaign, Weaver competed at the USATF U20 T&F Outdoor Championships, placing second in the 3,000 meters and winning the 5,000 meters with a time of 16:25.67 to qualify for the World Athletics U20 Outdoor Championships where she finished eighth with a time of 16:35.74.

**PERSONAL:** Daughter of Cami and Nathan Weaver... Has three siblings... Cousin, Garrett Woodhouse, is a member of USU's cross country and track & field teams... Cousin, Bradford Woodhouse, competed for USU track & field and cross country in 2023-24... Majoring in management.

**PERSONAL BESTS INCLUDE:**

Event	Indoor	Outdoor
Mile	4:57.04	NA
3,000 Meters	9:52.63	9:41.65
5,000 Meters	16:33.20	16:25.67
10,000 Meters	NA	32:59.04
DMR	12:13.37	NA

**POSTSEASON RESULTS:**

**NCAA Cross Country Championships**

Year	Place	Time
2022 (Stillwater)	53rd	20:17.5

**NCAA West Preliminary Championships**

Year	Event	Place	Time
2023	10,000 Meters	19th	33:23.81

**NCAA Cross Country Regionals**

Year	Place	Time
2021 (Provo)*	125th	25:25.8
2022 (Albuquerque)	16th	20:32.7
2024 (Reno)	69th	21:25.1

**MW Indoor Championships**

Year	Event	Place	Time
2024	5,000 Meters	20th	17:39.57
2024	3,000 Meters	--	DNS

**MW Outdoor Championships**


Year	Event	Place	Time
2023	5,000 Meters	12th	16:39.71
2024	10,000 Meters	DNF	DNF
2024	5,000 Meters	--	DNS

**MW Cross Country Championships**

Year	Place	Time
2022 (Laramie)	13th	20:24.1
2024 (Colorado Springs)	36th	22:15.3

\*at BYU

# AGGIE WOMEN BIOS - SOPHOMORES




**SARA ABBOTT**

Biological Engineering

Sophomore

Distance

Salem, Oregon  
Sprague HS




XC In Out

**HONORS:** Mountain West Women's Cross Country Freshman of the Week (10/10/23); Academic All-Mountain West (2023 XC, 2024 T&F); Mountain West Scholar-Athlete (2023 XC, 2024 T&F).

**PERSONAL:** Daughter of Bret and Christina Abbott ... Has two older sisters... Her middle sister, Elise, competed in track & field and cross country at Idaho from 2019-23... Michael Hanshaw, her brother-in-law, played basketball for Idaho from 2019-23... Majoring in biological engineering.

**PERSONAL BESTS INCLUDE:**

Event	Indoor	Outdoor
3,000 Meters	10:52.35	NA
3,000-Meter Steeplechase	NA	11:30.19




**ALISABETH APEDAILE**

Human Development and Family Studies

Sophomore

Sprints

Mendon, Utah  
Mountain Crest HS

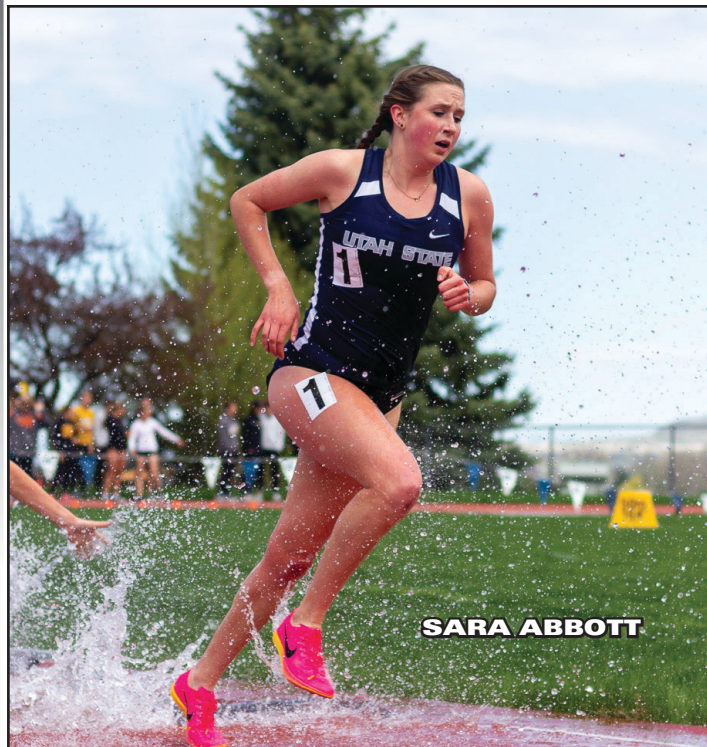



XC In Out

**HONORS:** Academic All-Mountain West (2024 T&F); Mountain West Scholar-Athlete (2024 T&F).

**PERSONAL BESTS INCLUDE:**

Event	Indoor	Outdoor
60-Meter Hurdles	8.81	NA
100-Meter Hurdles	NA	14.53
200 Meters	NA	27.01
Shot Put	9.87m (32-4.5)	10.38m (34-0.75)
Pentathlon	1,392	NA


**MADELINE CARMONA**

Family and Consumer Sciences Education

Sophomore

Jumps

Providence, Utah  
Ridgeline HS



In

**HONORS:** Academic All-Mountain West (2024).


**PERSONAL BESTS INCLUDE:**

Event	Indoor	Outdoor
High Jump	1.59m (5-2.5)	1.66m (5-5.25)

**POSTSEASON RESULTS:**

**MW Outdoor Championships**

Year	Event	Place	Time
2024	High Jump	T-8th	1.63m (5-4.25)




**BROOKLYN HILL**

Kinesiology

Sophomore

Distance

Washington, Utah  
Pine View HS




XC In Out

**HONORS:** Academic All-Mountain West (2024 T&F); Mountain West Scholar Athlete (2023 XC).

**PERSONAL:** Daughter of Roger and Cathrine Hill... Has three siblings... Sister, Jessica, is a member of Weber State's track & field/cross country programs... Majoring in kinesiology.

**PERSONAL BESTS INCLUDE:**

Event	Indoor	Outdoor
Mile	5:29.38	5:35.35
3,000 Meters	10:47.73	NA
3,000-Meter Steeplechase	12:04.59	NA




**ELLE JACOBSON**

Special Education

Sophomore

Jumps

Sandy, Utah  
Jordan HS



In Out

**HONORS:** Academic All-Mountain West (2024); Mountain West Scholar-Athlete (2024).

**PERSONAL:** Daughter of Dax and Ashley Jacobson... Has three siblings... Cousin Crew Wakley played football at USU and is currently at BYU... Cousin Kale Wakley plays football at Utah Tech... Majoring in special education.


**PERSONAL BESTS INCLUDE:**

Event	Indoor	Outdoor
Long Jump	5.42m (17-9.5)	5.49m (18-0.25)
60 Meters	8.09	NA

**IN HER WORDS: ELLE JACOBSON**

"Being a part of the USU track and field team has helped me make lifelong friends and build relationships that I wouldn't have otherwise. Being a student-athlete here has had a positive impact on my life by teaching me lessons like hard work, time management, leadership and teamwork, that will continue with me throughout my life."





**SHELBY JENSEN**

Data Analytics
Sophomore
Distance
Saratoga Springs, Utah Westlake HS

**STATE**  
XC In Out

**HONORS:** Academic All-Mountain West (2023 XC, 2024 T&F); Mountain West Scholar-Athlete (2023 XC, 2024 T&F).

**INDOOR RECORDS:** Ranks eighth all-time at USU in the mile with a time of 4:49.53, set in 2024... Ranks eighth all-time at USU in the 3,000 meters with a time of 9:38.35, set in 2024... Ranks fourth all-time at USU in the DMR with a time of 11:46.95, set in 2024.

**OUTDOOR RECORDS:** Ranks second all-time at USU in the 3,000-meter steeplechase with a time of 10:11.58, set in 2024.

**PERSONAL:** One of 15 children of Will and Paula Jensen... Her oldest sibling, Abby, was a fellow distance runner on Utah State's track & field/cross country teams from 2019-24... Cousin, Austin Banz, played golf at BYU... Majoring in data analytics.

**PERSONAL BESTS INCLUDE:**

Event	Indoor	Outdoor
Mile	4:49.53	NA
1,500 Meters	NA	4:28.57
3,000 Meters	9:38.35	NA
3,000-Meter Steeplechase	NA	10:11.58
DMR	11:46.95	NA

**POSTSEASON RESULTS:**

**NCAA West Preliminary Championships**

Year	Event	Place	Time
2024	3K Steeplechase	22nd	10:32.48

**NCAA Cross Country Regionals**

Year	Place	Time
2023 (Lubbock)	77th	21:31.7
2024 (Reno)	54th	21:04.9

**MW Indoor Championships**

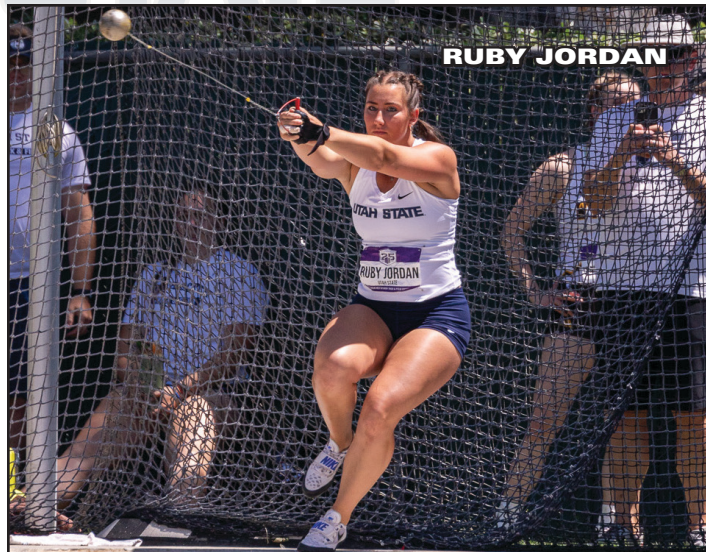

Year	Event	Place	Time
2024	DMR	4th	11:46.95
2024	Mile	7th	4:57.47
2024	3,000 Meters	DNS	DNS

**MW Outdoor Championships**

Year	Event	Place	Time
2024	3K Steeplechase	6th	10:20.74

**MW Cross Country Championships**

Year	Place	Time
2023 (Boise)	34th	21:19.9
2024 (Colorado Springs)	44th	22:26.6

**RUBY JORDAN**

Aviation Management
Sophomore
Throws
Chubbuck, Idaho Highland HS

**STATE**  
In Out

**HONORS:** Academic All-Mountain West (2024); Mountain West Scholar-Athlete (2024).

**PERSONAL:** Daughter of Randy and Marcy Jordan... Has two siblings... Majoring in aviation management with an emphasis on unmanned aerial systems.

**PERSONAL BESTS INCLUDE:**

Event	Indoor	Outdoor
Shot Put	13.28m (43-7.0)	13.76m (45-1.75)
Weight Throw	15.64m (51-3.75)	NA
Discus	NA	39.69m (130-2)
Hammer	NA	57.00m (187-0)


**POSTSEASON RESULTS:**

**MW Indoor Championships**

Year	Event	Place	Mark
2024	Weight Throw	16th	14.83m (48-8)
2024	Shot Put	11th	12.88m (42-3.25)

**MW Outdoor Championships**

Year	Event	Place	Mark
2024	Hammer	10th	53.07m (174-1)
2024	Shot Put	13th	12.83m (42-1.25)



**CAROLINE MOON**

Human Experience Design and Interaction
Sophomore
Distance
Lehi, Utah Lehi HS


**STATE**  
XC In Out

**HONORS:** Academic All-Mountain West (2024 T&F); Mountain West Scholar-Athlete (2023 XC, 2024 T&F).

**PERSONAL BESTS INCLUDE:**

Event	Indoor	Outdoor
800 Meters	2:20.79	2:17.61
1,500 Meters	NA	4:35.61
Mile	5:08.97	5:11.34
DMR	12:21.21	NA


# AGGIE WOMEN BIOS - SOPHOMORES



**CAMERON MOORE**

Agribusiness
Sophomore
Distance
Eagle, Idaho The Ambrose School

XC In Out




**HONORS:** Academic All-Mountain West (2024 T&F); MW Scholar-Athlete (2023 XC, 2024 T&F).

**PERSONAL:** Daughter of Tim and Mandi Moore... Has one younger brother... Majoring in agribusiness.

**PERSONAL BESTS INCLUDE:**


Event	Indoor	Outdoor
3,000 Meters	10:34.78	10:25.68
5,000 Meters	18:16.35	17:57.46



**CLAIRE PETERSEN**

Elementary Education
Sophomore
Sprints
Idaho Falls, Idaho Skyline HS

In Out



**HONORS:** Academic All-Mountain West (2024); Mountain West Scholar-Athlete (2024).

**INDOOR RECORDS:** Ranks third all-time at USU in the 800 meters with a time of 1:48.81, set in 2024.

**OUTDOOR RECORDS:** Ranks fourth all-time at USU in the 800 meters with a time of 1:48.40, set in 2024.

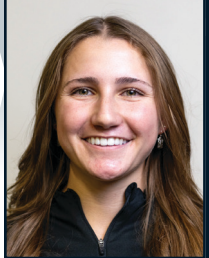
**PERSONAL BESTS INCLUDE:**

Event	Indoor	Outdoor
60 Meters	7.79	NA
100 Meters	NA	12.18
100-Meter Hurdles	NA	14.90
200 Meters	25.79	25.42
4x100-Meter Relay	NA	47.64

**POSTSEASON RESULTS:**

**MW Indoor Championships**


Year	Event	Place	Time
2024	60 Meters	23rd (Prelims)	7.89
2024	200 Meters	33rd (Prelims)	25.79

**BREANNA RAVEN**

Kinesiology
Sophomore
Multis
Springfield, Oregon Thurston HS

In Out



**HONORS:** Academic All-Mountain West (2024); Mountain West Scholar-Athlete (2024).

**PERSONAL:** Daughter of Peter and Naomi Raven... Has three siblings... Sister, Abby, was a member of the USU track and field and cross country programs in 2022... Member of the USU Honors Program... Majoring in kinesiology... Pursuing a career as a dental hygienist.

**PERSONAL BESTS INCLUDE:**

Event	Indoor	Outdoor
60-Meter Hurdles	9.55	NA
200 Meters	25.47	NA
800 Meters	2:26.18	NA
High Jump	1.50m (4-11.0)	NA
Long Jump	5.70m (18-8.5)	5.72m (18-9.25)
Triple Jump	12.09m (39-8)	11.90m (39-0.5)
Shot Put	8.61m (28-3)	NA
Pentathlon	3,216 points	NA

**POSTSEASON RESULTS:**

**MW Indoor Championships**

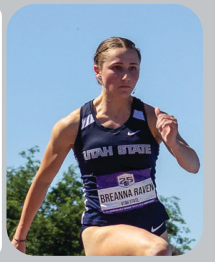
Year	Event	Place	Time/Mark
2024	Pentathlon	17th	2,561 points
2024	Long Jump	T-23rd	5.52m (18-1.5)
2024	Triple Jump	9th	12.09m (39-8)

**MW Outdoor Championships**

Year	Event	Place	Time/Mark
2024	Triple Jump	13th	11.90m (39-0.5)


**IN HER WORDS: BREANNA RAVEN**


*"I chose Utah State because I loved the small town feel with the big school, the track & field team had a great family feel, and USU offers a lot of good programs. USU has been a great place full of opportunities and blessings, and I have been able to grow into a better version of myself here."*





**BRIANNE SMITH**



<b>BRIANNE SMITH</b>	
Sociology	
Sophomore	
Distance	
Palmdale, California Quartz Hill HS	
	XC In Out

**HONORS:** Academic All-Mountain West (2023 XC, 2024 T&F); Mountain West Scholar-Athlete (2023 XC, 2024 T&F).

**PERSONAL:** Daughter of Matthew Smith and Trenace Bartlett... Has four siblings... Majoring in sociology.

**PERSONAL BESTS INCLUDE:**

Event	Indoor	Outdoor
Mile	5:12.42	5:16.54
3,000 Meters	10:31.44	10:20.99
5,000 Meters	17:45.76	17:06.16


**POSTSEASON RESULTS:**


**NCAA Cross Country Regionals**

Year	Place	Time
2023 (Lubbock)	46th	20:51.6
2024 (Reno)	57th	21:10.2

**MW Cross Country Championships**

Year	Place	Time
2023 (Boise)	25th	21:04.7
2024 (Colorado Springs)	21st	21:26.2




<b>JULIA STUARD</b>	
Nursing	
Sophomore	
Middle Distance	
Maple Valley, Washington Tahoma HS	
	In Out


**HONORS:** Academic All-Mountain West (2024 T&F); Mountain West Scholar-Athlete (2024 T&F).

**PERSONAL:** Daughter of Mitch and Mindy Stuard... Has three siblings... Brother, Cameron Stuard, competes in track & field and cross country at Eastern Washington... Majoring in nursing.

**PERSONAL BESTS INCLUDE:**

Event	Indoor	Outdoor
800 Meters	2:18.87	2:18.47
4x400-Meter Relay	NA	3:59.18
DMR	12:21.21	NA



<b>NATALIE SWAIN</b>	
Data Analytics	
Sophomore	
Distance	
South Jordan, Utah Bingham HS	
	XC In Out

**HONORS:** Mountain West Women's Cross Country Freshman of the Week (09/05/23); Academic All-Mountain West (2023 XC, 2024 T&F); Mountain West Scholar-Athlete (2023 XC, 2024 T&F).

**PERSONAL BESTS INCLUDE:**

Event	Indoor	Outdoor
1,500 Meters	NA	4:33.00
Mile	NA	4:56.92
5,000 Meters	NA	16:59.32

**POSTSEASON RESULTS:**

**MW Outdoor Championships**

Year	Event	Place	Time
2024	1,500 Meters	10th	4:33.00
2024	5,000 Meters	20th	16:59.32

**MW Cross Country Championships**

Year	Place	Time
2023 (Boise)	59th	22:23.1
2024 (Colorado Springs)	39th	22:17.6



# AGGIE WOMEN BIOS - FRESHMEN




<b>KATERINA AGÜERO</b>
Exploratory
Freshman
Jumps
La Plata, Argentina Copper Hills HS




In Out

**PERSONAL:** Daughter of Dario and Leyla Agüero... Has two sisters and two brothers... Undeclared on a college major.




<b>BRENLY DOUGLAS</b>
Animal and Dairy Sciences
Freshman
Sprints
Stansbury Park, Utah Stansbury HS




In Out

**PERSONAL:** Daughter of John and Lauren Douglas... Has three brothers and two sisters... Brother, Benji, was a member of USU's track and field team from 2022-24... Brother, Joseph, was a member of USU's track and field team in 2023-24... Majoring in animal science.




<b>ALLIE BLACK</b>
Accounting
Freshman
Distance
Malta, Idaho Raft River HS




XC In Out


**PERSONAL:** Daughter of Chad and Lisa Black... Has three brothers... Majoring in accounting.




<b>CAMRYN ERE</b>
Business Undecided
Freshman
Sprints
Tulsa, Oklahoma Booker T. Washington HS



In Out




<b>CAILEY BRACKEN</b>
Exploratory
Freshman
Distance
Herriman, Utah Mountain Ridge HS




XC In Out

**PERSONAL:** Daughter of Andrew and Deborah Bracken... Has six siblings... Undecided on major.




<b>GABI FENN</b>
Biological Engineering
Freshman
Jumps
Riverton, Utah Riverton HS




In Out


**PERSONAL:** Daughter of Patrick and Janelle Fenn... Has two older sisters... Majoring in mechanical engineering with an emphasis in aerospace engineering.




<b>JOCELYN CAPENER</b>
Exploratory
Freshman
Middle Distance
Evanston, Wyoming Evanston HS



In Out




<b>PRESLEY GRAY</b>
Interior Architecture and Design
Freshman
Jumps
American Fork, Utah American Fork HS




In Out

**PERSONAL:** Daughter of Preston and Krista Gray... Has one younger brother... Cousin, Lauren Jardine, played volleyball at Wisconsin and Utah, winning a national championship with the Badgers in 2021, and currently plays professionally for the Vegas Thrill of the Pro Volleyball Federation... Majoring in interior design.





<b>NATALIE HADLOCK</b>
Marketing
Freshman
Sprints
Eagle Mountain, Utah Cedar Valley HS




Out

**PERSONAL:** Daughter of David and LeAndrena Hadlock... Has five siblings... Older sister, Nicole, played soccer at Utah State from 2021-23... Majoring in marketing with a minor in entrepreneurship.




<b>HEIDI HARPER</b>
Exploratory
Freshman
Sprints
Malta, Idaho Raft River HS




In Out


**PERSONAL:** Daughter of Darin and Tayna Harper... Has four brothers, three older and one younger... Undeclared on a college major.




<b>MASHAYLEE JONES</b>
Marketing
Freshman
Sprints
Plano, Texas Plano West HS



In Out




<b>PARKER PAPA</b>
Kinesiology
Freshman
Sprints
Springfield, Missouri Kickapoo HS




In


**PERSONAL:** Daughter of John and S. Jill Papa... Has two siblings, Quinton and Paisley... Majoring in kinesiology.




<b>ERIN HIGGS</b>
Exploratory
Freshman
Middle Distance
Clearfield, Utah Clearfield HS



In Out

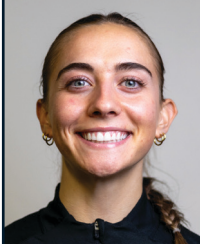


<b>MEREDITH SANFORD</b>
Mechanical Engineering
Freshman
Distance
Pocatello, Idaho Highland HS




XC In Out

**PERSONAL:** Daughter of Chris and Kristin Sanford... Has four siblings... Majoring in mechanical engineering.



<b>ELLY JEPSEN</b>
Psychology
Freshman
Sprints
Preston, Idaho Preston HS





In Out


**PERSONAL:** Daughter of David and Tiffany Jeppsen... Has two brothers and one sister... Brother, Sam, is a member of Idaho State's track & field program... Double majoring in psychology and dietetics with a minor in yoga studies.

**IN HER WORDS: ELLY JEPSEN**

*"I chose Utah State because I loved the team and how I saw myself growing as an athlete and student. At Utah State, we are more than just bodies; we are people they invest in and want to see grow and thrive in and out of athletics. I knew I would be well taken care of, and I can't imagine being anywhere else."*





<b>ABBIE SCOTT</b>
Marketing
Freshman
Jumps
Rigby, Idaho Rigby HS




In Out

**PERSONAL:** Daughter of Jared and Candice Scott... Has three brothers and two sisters... Majoring in marketing.




<b>LUCY JEPSON</b>
Marketing
Freshman
Jumps
Alpine, Utah Lone Peak HS




In Out

**PERSONAL:** Daughter of Eric and Kristin Jeppson... Has three sisters and three brothers... Majoring in marketing.



<b>AVA SMITH</b>
Interior Architecture and Design
Freshman
Sprints
Las Vegas, Nevada Desert Oasis HS




In Out

**PERSONAL:** Daughter of Spencer and Heather Smith... Has three siblings... Mother, Heather, competed for USU's track and field team from 1998-2002... Majoring in interior architecture and design.


**IN HER WORDS: LUCY JEPSON**

*"I chose Utah State because of the environment of the team and coaching staff. Everyone is super welcoming and always on your side. We have an amazing group of athletes that all push you to do your best."*



**IN HER WORDS: AVA SMITH**

*"I absolutely love this team and the school! It has taught me so many lessons and has brought me a sense of purpose with my life and an understanding of what I want to do in my career. If I was asked to recommend this school, I would with zero hesitation."*



# AGGIE WOMEN BIOS - FRESHMEN



AVA TRIMBLE

	<b>AVA TRIMBLE</b>	
	Art	
	Freshman	
	Distance	
	Orem, Utah Orem HS	
		XC In Out

**HONORS:** Mountain West Women's Cross Country Freshman of the Week (10/15/24).

**PERSONAL:** Daughter of Ryan and Mindy Trimble... Has two siblings... Older sister, Ari, is a junior distance runner at Utah Valley... Majoring in art.

	<b>REAGAN TRULSON</b>	
	Mathematics	
	Freshman	
	Throws	
	Chubbuck, Idaho Century HS	
		In Out

**PERSONAL:** Daughter of Ian and Kristi Trulson... Has four siblings... Cousin, Teressa Christensen, is a member of Idaho State's track & field program... Majoring in applied mathematics... Pursuing a career in computer animation.

**IN HER WORDS: REAGAN TRULSON**

"USU has given me so many opportunities to pursue the things I love at a higher level. Being a member of the track team has given me a healthy outlet to grow as a teammate and as an individual, athletically, academically, and professionally. It has given me a family and allowed me to explore the person I can become."



	<b>ALAYNA WARDLE</b>	
	Dietetics	
	Freshman	
	Distance	
	Herriman, Utah Herriman HS	
		XC In Out

**PERSONAL:** Daughter of Jason and Erika Wardle... Has three siblings... Majoring in dietetics.

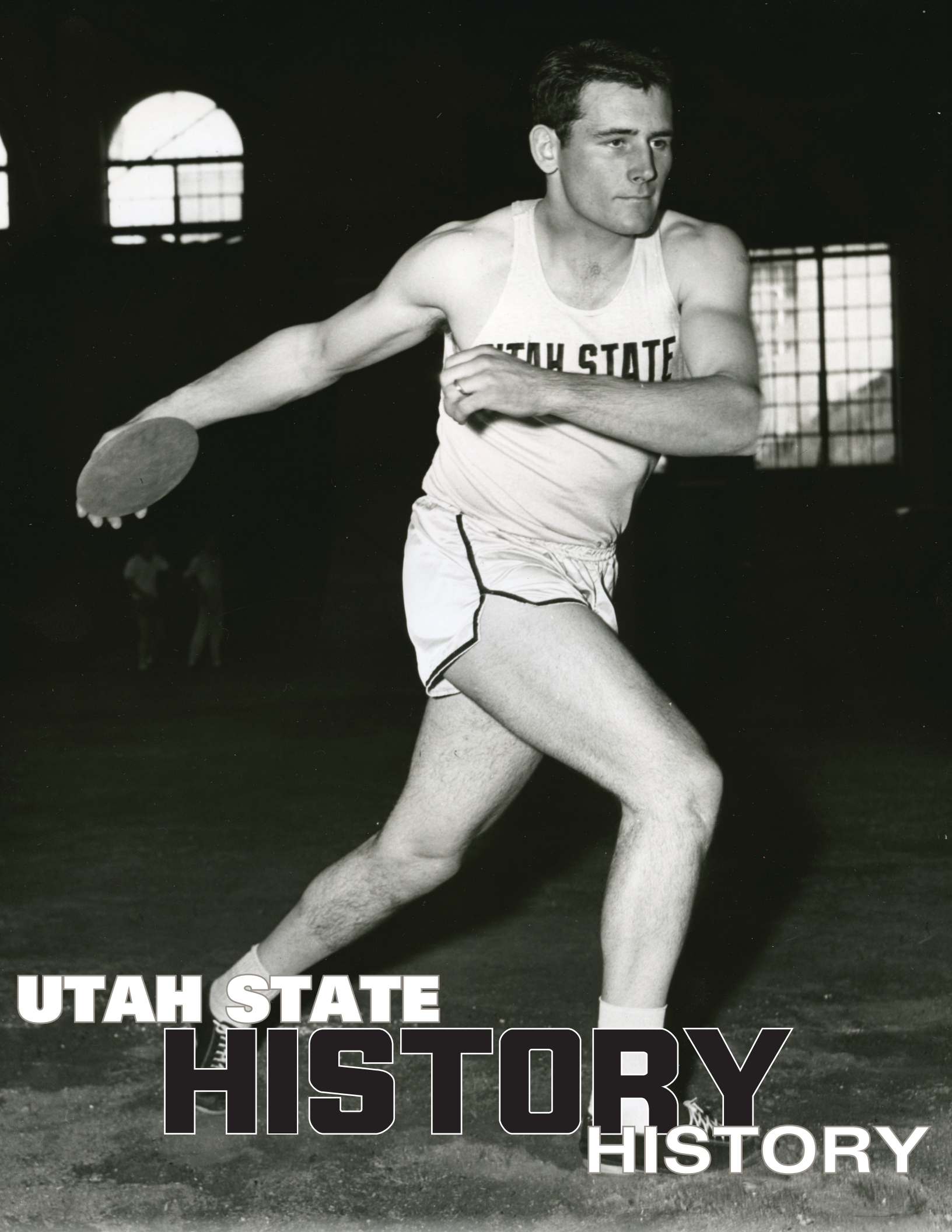
	<b>JANE WILLIAMS</b>	
	Political Science	
	Freshman	
	Distance	
	Iwakuni, Japan Matthew C. Perry HS	
		XC In Out

**PERSONAL:** Daughter of Scott and Jana Williams... Has three sisters and one brother... Majoring in political science.



**AGGIES**™





**UTAH STATE**

**HISTORY**

**HISTORY**

# NCAA CHAMPIONS / ALL-AMERICANS

## MEN'S NCAA INDOOR CHAMPIONS

**1975**  
Mark Enyeart..... 880 Yards

## MEN'S NCAA OUTDOOR CHAMPIONS

**1961**  
Glenn Passey .....Discus

**1965**  
Jerry Cerulla .... 60-Meter Hurdles

**1975**  
Mark Enyeart..... 880 Yards

**1977**  
Mark Enyeart..... 800 Yards

## MEN'S ALL-AMERICANS

**DILLON MAGGARD (9)**  
1,500 Meters ..... 2016  
Cross Country (10K)..... 2016-17  
Indoor Mile ..... 2016-17  
DMR ..... 2018  
Indoor 3,000 Meters..... 2018  
5,000 Meters..... 2018  
10,000 Meters..... 2018

**JAMES PARKER (9)**  
Weight Throw .... 1995, 1999-2001  
Hammer..... 1995, 1999-2001  
Discus ..... 2001

**MARK ENYEART (5)**  
440 Yards (Indoor) ..... 1973  
880 Yards..... 1975  
880 Yards (Indoor) ..... 1975, 1977  
800 Yards..... 1977

**CLAY LAMBOURNE (5)**  
Outdoor 800 Meters..... 2016-18  
Indoor 800 Meters..... 2018  
DMR ..... 2018

**JERRY CERULLA (4)**  
Indoor 60 Hurdles ..... 1965-66  
110 Hurdles ..... 1966-67

**COREY MURDOCK (4)**  
400 Hurdles ..... 1997-99  
Indoor 400 Meters..... 1999

**PARKER BLUTH (3)**  
Indoor 200 Meters..... 2016  
Outdoor 200 Meters..... 2016  
Outdoor 4x400 Relay ..... 2016

**JIM HELTON (3)**  
Outdoor Long Jump ..... 1966-67  
Indoor Long Jump ..... 1967

**CLINT SILCOCK (3)**  
Indoor High Jump..... 2009, 2011  
Outdoor High Jump..... 2010

**L. JAY SYLVESTER (3)**  
Outdoor Shut Put..... 1958  
Discus ..... 1958-59

**SHANE BINGHAM (2)**  
1,500 Meters..... 1997  
Indoor Mile ..... 1998

**AJ BOULLY (2)**  
Outdoor 4x400 Relay ..... 2016  
400 Hurdles ..... 2017

**CRAIG CARTER (2)**  
Weight Throw ..... 1990  
Hammer..... 1990

**BRIAN CAULFIELD (2)**  
Indoor Shot Put..... 1970  
Outdoor Shot Put..... 1970

**SINDRI GUDMUNDSSON (2)**  
Javelin ..... 2017-18

**COLE LAMBOURNE (2)**  
Outdoor 400 Meters..... 2015  
Outdoor 4x400 Relay ..... 2016

**BRADY MARTIN (2)**  
Outdoor 4x400 Relay ..... 2016  
DMR ..... 2018

**MIKE MERCER (2)**  
Indoor Shot Put..... 1968  
Outdoor Shot Put..... 1968

**GLENN PASSEY (2)**  
Discus ..... 1961-62

**LANCE WHITE (2)**  
Indoor Pole Vault ..... 1994  
Outdoor Pole Vault ..... 1995

**TREVER BALL (1)**  
Cross Country (8K)..... 2005

**JORDAN BEUTLER (1)**  
DMR ..... 2018

**NIC BOWENS (1)**  
Indoor 200 Meters..... 2015

**MARK CALVIN (1)**  
Indoor Pole Vault ..... 1998

**SPENCER FEHLBERG (1)**  
3,000-Meter Steeplechase.... 2018

**CALEB GARNICA (1)**  
Cross Country (10K)..... 2020

**BRETT GUYMON (1)**  
400 Hurdles ..... 2002

**LOGAN HAMMER (1)**  
Pole Vault ..... 2024

**WILL HENRY (1)**  
100 Meters..... 2013

**DAVE HOFFMAN (1)**  
Outdoor High Jump..... 2001

**JOHN KELLY (1)**  
Javelin ..... 1989

**ISAIAH OGHAE UGBORO (1)**  
Indoor 880 Yards..... 1976

**AIN ROOST (1)**  
Discus ..... 1968

**RALPH ROYLANCE (1)**  
Javlein ..... 1949

**BILL STALEY (1)**  
Discus ..... 1967

**JOHN STRANG (1)**  
Heptathlon..... 2009

**CAMREN TODD (1)**  
Cross Country (10K)..... 2024

**SCOTT WALKER (1)**  
400 Hurdles ..... 1983

## MEN'S CAREER ALL-AMERICA HONORS

NAME	TOTAL
Dillon Maggard	9
James Parker	9
Mark Enyeart	5
Clay Lambourne	5
Jerry Cerulla	4
Corey Murdock	4
Parker Bluth	3
Jim Helton	3
Clint Silcock	3
L. Jay Sylvester	3
Shane Bingham	2
AJ Bouilly	2
Craig Carter	2
Brian Caulfield	2
Sindri Gudmundsson	2
Cole Lambourne	2
Brady Martin	2
Mike Mercer	2
Glenn Passey	2
Lance White	2
Trever Ball	1
Jordan Beutler	1
Nic Bowens	1
Mark Calvin	1
Spencer Fehlberg	1
Caleb Garnica	1
Brett Guymon	1
Logan Hammer	1
Will Henry	1
Dave Hoffman	1
John Kelly	1
Isaiah Oghae Ugboro	1
Ain Roost	1
Ralph Roylance	1
Bill Staley	1
John Strang	1
Camren Todd	1
Scott Walker	1

## WOMEN'S ALL-AMERICANS

**CHARI HAWKINS (5)**  
Heptathlon..... 2013-15  
Pentathlon ..... 2014-15

**LaDONNA ANTOINE (3)**  
Outdoor 400 Meters..... 1996-97  
Indoor 400 Meters..... 1997

**SHAE JONES-BAIR (3)**  
Indoor Pole Vault ..... 1998-99  
Outdoor Pole Vault ..... 2000

**ALISA NICODEMUS (3)**  
Cross Country ..... 1992  
Indoor Mile..... 1993  
Indoor 5,000 Meters..... 1993

**BRENN FLINT (2)**  
Outdoor Shot Put..... 2017-18

**IME AKPAN (1)**  
Indoor 55 Hurdles ..... 1990

**MACI BINGHAM (1)**  
Hammer..... 2016

**CANDY CASHELL (1)**  
Outdoor High Jump..... 1982

**JANE DURFEY (1)**  
Outdoor 400 Hurdles ..... 1999

**SONIA GRABOWSKA (1)**  
Indoor Pole Vault ..... 2001

**KRISTA LARSON (1)**  
Hammer..... 2009

**CIERRA SIMMONS-MECHAM (1)**  
3,000-Meter Steeplechase.... 2018

**ALYSSA SNYDER (1)**  
Cross Country ..... 2017

**JENNIFER TWITCHELL (1)**  
Indoor Mile ..... 2007

## WOMEN'S CAREER ALL-AMERICA HONORS

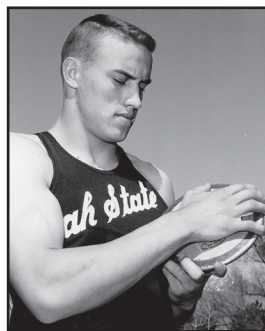
NAME	TOTAL
Chari Hawkins	5
LaDonna Antoine	3
Shae Jones-Bair	3
Alisa Nicodemus	3
Brenn Flint	2
Ime Akpan	1
Maci Bingham	1
Candy Cashell	1
Jane Durfey	1
Sonia Grabowska	1
Krista Larson	1
Cierra Simmons-Mecham	1
Alyssa Snyder	1
Jennifer Twitchell	1



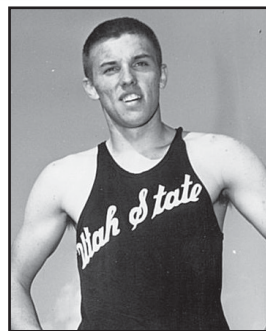
**RALPH ROYLANCE**



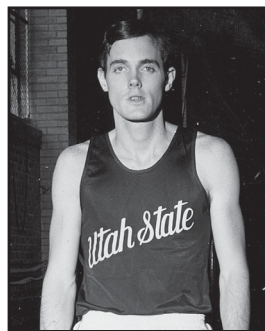
**L. JAY SYLVESTER**



**GLENN PASSEY**



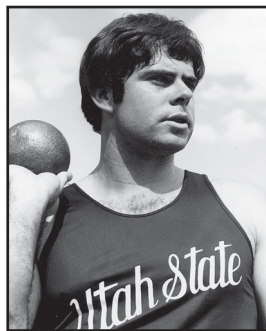
**JERRY CERULLA**



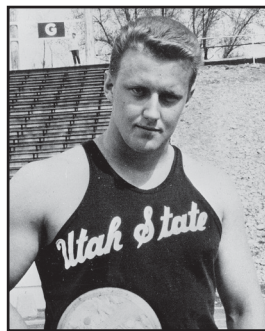
**JIM HELTON**



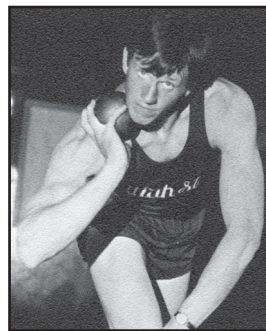
**BILL STALEY**



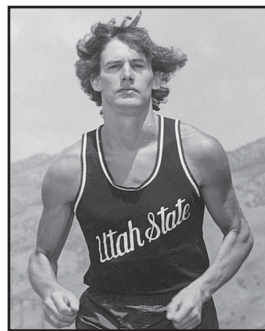
**MIKE MERCER**



**AIN ROOST**



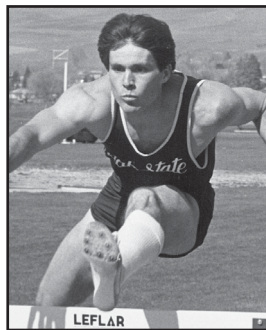
**BRIAN CAULFIELD**



**MARK ENYEART**



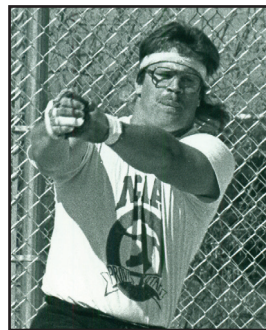
**ISAIAH OGHALE UGBORO**



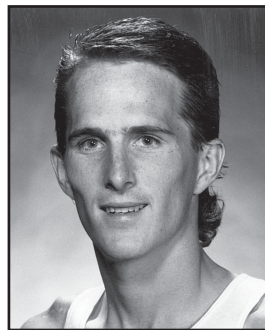
**SCOTT WALKER**



**JOHN KELLY**



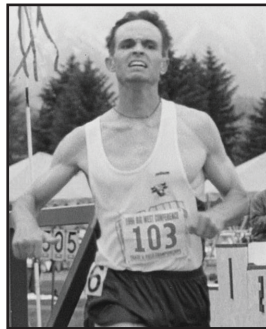
**CRAIG CARTER**



**LANCE WHITE**



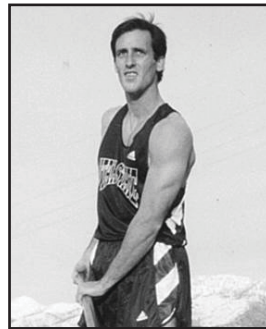
**JAMES PARKER**



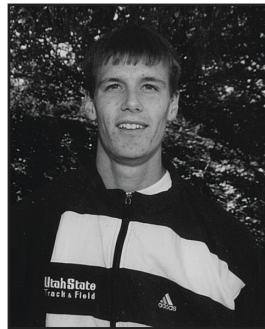
**SHANE BINGHAM**



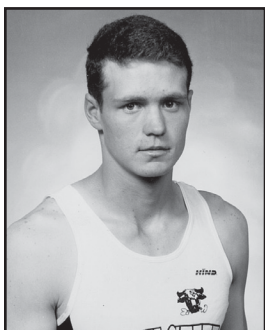
**COREY MURDOCK**



**MARK CALVIN**



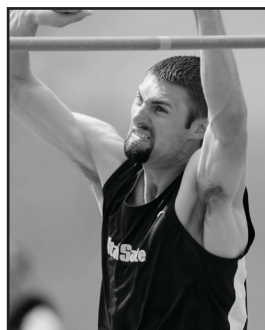
**DAVE HOFFMAN**



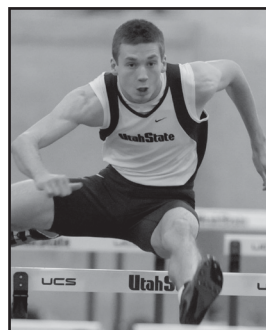
**BRETT GUYMON**



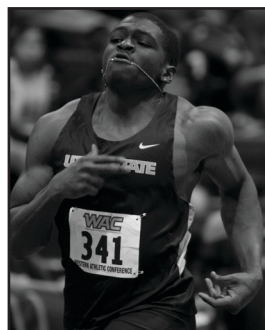
**TREVER BALL**



**CLINT SILCOCK**



**JOHN STRANG**



**WILL HENRY**

# MEN'S ALL-AMERICANS

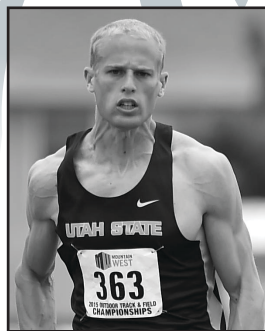
UTAH STATE TRACK & FIELD



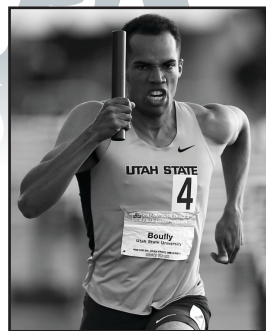
NIC BOWENS



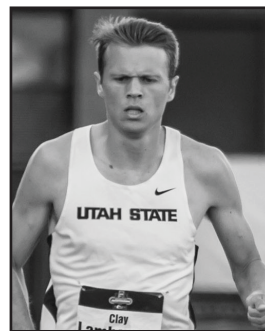
COLE LAMBOURNE



PARKER BLUTH



AJ BOULLY



CLAY LAMBOURNE



DILLON MAGGARD



BRADY MARTIN



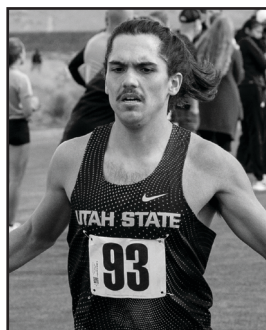
SINDRI GUDMUNDSSON



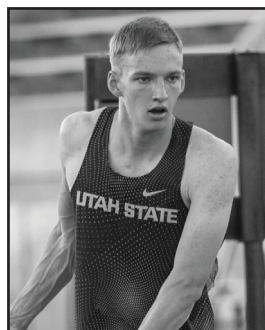
JORDAN BEUTLER



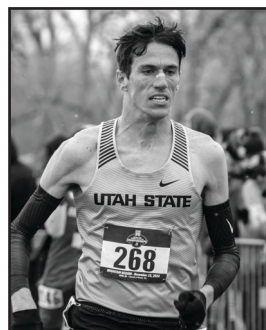
SPENCER FEHLBERG



CALEB GARNICA



LOGAN HAMMER



CAMREN TODD





CANDY CASHELL



IME AKPAN



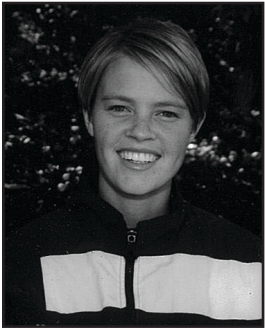
ALISA NICODEMUS



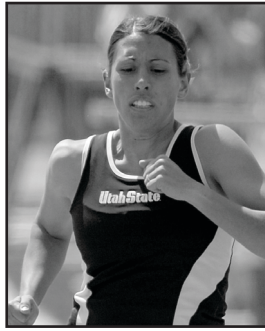
LaDONNA ANTOINE



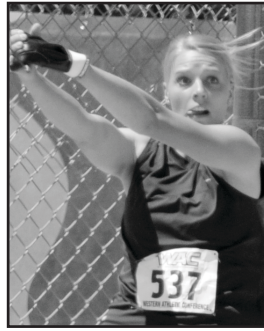
SHAE JONES-BAIR



JANE DURFEY



JENNIFER TWITCHELL



KRISTA LARSON



SONIA GRABOWSKA



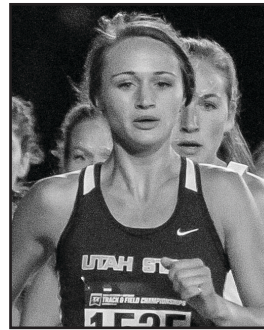
CHARI HAWKINS



MACI BINGHAM



BRENN FLINT



C. SIMMONS-MECHAM



A five-time All-American, Chari Hawkins is the most decorated female athlete of all-time at Utah State.

# ALL-TIME HONORS

## CONFERENCE CHAMPIONS

### MEN'S MOUNTAIN WEST INDOOR CHAMPS

**2014**  
 Nic Bowens ..... 60 Meters  
 ..... 200 Meters  
 Cole Lambourne ..... 400 Meters  
 Eric Shellhorn ..... Mile

**2015**  
 Nic Bowens ..... 200 Meters  
 Clay Lambourne ..... 800 Meters  
 ..... 4x400-Meter Relay  
 Cole Lambourne ..... 400 Meters  
 ..... 4x400-Meter Relay  
 Parker Bluth ..... 4x400-Meter Relay  
 Tanner Hunt ..... 4x400-Meter Relay

**2016**  
 Jordan Beutler ..... DMR  
 Parker Bluth ..... 200 Meters  
 ..... 4x400-Meter Relay  
 AJ Bouilly ..... 4x400-Meter Relay  
 Benjamin Johnston ..... DMR  
 Clay Lambourne ..... 800 Meters  
 ..... 4x400-Meter Relay  
 Dillon Maggard ..... DMR  
 Brady Martin ..... 400 Meters  
 ..... 4x400-Meter Relay  
 Landon Watts ..... DMR

**2017**  
 AJ Bouilly ..... 400 Meters  
 ..... 4x400-Meter Relay  
 Parker Bluth ..... 4x400-Meter Relay  
 Leaugen Fray ..... Long Jump  
 Joshua Gordon ..... 4x400-Meter Relay  
 Clay Lambourne ..... 800 Meters  
 Brady Martin ..... 4x400-Meter Relay

**2018**  
 Leaugen Fray ..... High Jump  
 ..... Long Jump  
 Clay Lambourne ..... 800 Meters  
 Sam Nelson ..... Pole Vault  
 Brody Smith ..... 3,000 Meters



**Chandler Obray** won the high jump at the 2020 Mountain West Indoor Championships. Utah State claimed three straight titles in the event at the indoor championships from 2018-20.



**Parker Bluth** won 11 Mountain West titles (four individual, seven relays) from 2014-17, the most of any Utah State athlete.

**2019**  
 Kyle Morris ..... Shot Put  
 Hunter Simonsen ..... High Jump

**2020**  
 Josh Barclay ..... Shot Put  
 Chandler Obray ..... High Jump

**2024**  
 Rylan Anderson ..... DMR  
 Brennan Benson ..... DMR  
 ..... Mile  
 Landon Bott ..... DMR  
 Logan Hammer ..... Pole Vault  
 Drew Hogan ..... DMR

### WOMEN'S MOUNTAIN WEST INDOOR CHAMPS

**2014**  
 Chari Hawkins ..... Pentathlon  
 Rachel Orr ..... High Jump

**2015**  
 Chari Hawkins ..... Pentathlon

**2018**  
 Brenn Flint ..... Shot Put

### MEN'S MOUNTAIN WEST OUTDOOR CHAMPS

**2014**  
 Jacob Bautista Jr. .... 4x100-Meter Relay  
 Parker Bluth ..... 4x100-Meter Relay  
 ..... 4x400-Meter Relay  
 Nic Bowens ..... 100 Meters  
 ..... 200 Meters  
 ..... 4x100-Meter Rela  
 Austin Groll ..... 4x400-Meter Relay  
 Tanner Hunt ..... 4x400-Meter Relay  
 Cole Lambourne ..... 400 Meters  
 ..... 4x400-Meter Relay  
 Silas Pimentel ..... 4x100-Meter Relay

**2015**  
 Parker Bluth ..... 100 Meters  
 ..... 200 Meters  
 ..... 4x400-Meter Relay  
 Tanner Hunt ..... 4x400-Meter Relay  
 Clay Lambourne ..... 4x400-Meter Relay  
 Cole Lambourne ..... 400 Meters

..... 4x400-Meter Relay

**2016**  
 Parker Bluth ..... 100 Meters  
 ..... 4x400-Meter Relay  
 AJ Bouilly ..... 400-Meter Hurdles  
 Tanner Hunt ..... 4x400-Meter Relay  
 Clay Lambourne ..... 800 Meters  
 ..... 4x400-Meter Relay  
 Cole Lambourne ..... 4x400-Meter Relay  
 Devin Wright ..... Javelin

**2017**  
 Michael Bluth ..... 4x400-Meter Relay  
 AJ Bouilly ..... 400-Meter Hurdles  
 ..... 4x400-Meter Relay  
 Joshua Gordon ..... 4x400-Meter Relay  
 Sindri Gudmundsson ..... Javelin  
 David Hirschmann ..... Discus  
 Brady Martin ..... 4x400-Meter Relay

**2018**  
 Sindri Gudmundsson ..... Javelin  
 David Hirschmann ..... Discus  
 Clay Lambourne ..... 800 Meters  
 Sam Nelson ..... Pole Vault

**2019**  
 Josh Barclay ..... Shot Put  
 Kyle Brost ..... Triple Jump  
 Leaugen Fray ..... High Jump  
 Sindri Gudmundsson ..... Javelin

**2021**  
 Kyle Morris ..... Javelin

**2023**  
 Brennan Benson ..... 800 Meters  
 Logan Hammer ..... Pole Vault

**2024**  
 Godwin Charles ..... Triple Jump  
 Logan Hammer ..... Pole Vault

### WOMEN'S MOUNTAIN WEST OUTDOOR CHAMPS

**2014**  
 Kaylee Hartshorn ..... Javelin



**Chari Hawkins** captured Utah State's first individual title in the Mountain West when she set a school and conference record to win the pentathlon with 4,173 points at the 2014 Indoor Track & Field Championships.

**2015**  
 Chari Hawkins ..... Heptathlon  
 ..... High Jump

**2016**  
 Maci Bingham ..... Hammer  
 Mia Estes ..... Javelin

**2018**  
 Brenn Flint ..... Shot Put  
 Cierra Simmons-Mecham ..... Steeplechase

**2019**  
 Brenn Flint ..... Shot Put

**2024**  
 Maddie Edwards ..... 400-Meter Hurdles

### MEN'S WAC INDOOR CHAMPS

**2005**  
 Christian Lee ..... Pole Vault  
 Zach Lloyd ..... Shot Put  
 Mike Nielson ..... 3,000 Meters

**2006**  
 Seth Wold ..... 3,000 Meters

**2007**  
 Dasheek Akwenye ..... 400 Meters  
 Tony Jones ..... 3,000 Meters  
 DJ Smith ..... 60 Meters  
 ..... 200 Meters  
 Vance Twitchell ..... 5,000 Meters

**2008**  
 Nick Karren ..... 60-Meter Hurdles  
 ..... 400 Meters  
 John Strang ..... Heptathlon  
 Steve Strickland ..... 3,000 Meters  
 Seth Wold ..... 5,000 Meters

**2009**  
 James Allred ..... DMR  
 Nick Karren ..... 400 Meters  
 Ben Kessen ..... DMR  
 Chio Lopez ..... Mile  
 ..... DMR  
 Dylan Nielson ..... 60-Meter Hurdles  
 Clint Silcock ..... High Jump  
 John Strang ..... Heptathlon  
 Steve Strickland ..... 5,000 Meters  
 Keith Williams ..... DMR



**Nick Karren** won the 60-meter hurdles and 400-meter dash at the 2008 Western Athletic Conference Indoor Championships.



**Erin Stratton** captured the lone title (mile run) for Utah State's women at the 2008 Western Athletic Conference Indoor Championships.

**2010**  
 James Allred ..... 800 Meters  
 ..... DMR  
 Joe Canavan ..... Shot Put  
 Eric Larson ..... DMR  
 Brian McKenna ..... 5,000 Meters  
 Andrew Niccoli ..... DMR  
 Mike Pyrtle ..... 60 Meters  
 Clint Silcock ..... High Jump  
 Steve Strickland ..... Mile  
 ..... DMR

**2011**  
 James Allred ..... 800 Meters  
 ..... DMR  
 Jason Holt ..... DMR  
 Daniel Howell ..... 3,000 Meters  
 Devin Lang ..... DMR  
 Eric Larson ..... Mile  
 ..... DMR  
 Armahd Lewis ..... 60 Meters  
 ..... 200 Meters  
 Clint Silcock ..... High Jump

**2012**  
 Joe Canavan ..... Shot Put  
 Bryce Hall ..... Weight Throw  
 Daniel Howell ..... 3,000 Meters  
 ..... 5,000 Meters  
 Chio Lopez ..... Mile

**2013**  
 Briton Page ..... 800 Meters

### WOMEN'S WAC INDOOR CHAMPS

**2006**  
 Lacey Hulbert ..... High Jump  
 ..... Pentathlon

**2007**  
 Amy Egan ..... 800 Meters  
 ..... DMR  
 Stacie Lifferth ..... 3,000 Meters  
 ..... DMR  
 Shanna Nielsen ..... DMR  
 Jennifer Twitchell ..... Mile  
 ..... DMR

**2008**  
 Erin Stratton ..... Mile

**2009**  
 Jessie Chugg ..... DMR

Brittini Hopkin ..... DMR  
 Erin Stratton ..... Mile  
 ..... 3,000 Meters  
 ..... DMR  
 Alison Taylor ..... DMR

**2010**  
 Jessie Chugg ..... DMR  
 Jennifer Day ..... DMR  
 Alex Litzinger ..... DMR  
 Kim Quinn ..... 3,000 Meters  
 ..... 5,000 Meters  
 Erin Stratton ..... DMR

**2011**  
 Sonia Grabowska ..... Pole Vault

**2012**  
 Sonia Grabowska ..... Pole Vault  
 Chari Hawkins ..... Pentathlon  
 Aubrie Haymore ..... 4x400-Meter Relay  
 Katelyn Heiner ..... 400 Meters  
 ..... 4x400-Meter Relay  
 Kylie Hirschi ..... 4x400-Meter Relay  
 Bailee Whitworth ..... 4x400-Meter Relay

### MEN'S WAC OUTDOOR CHAMPS

**2006**  
 Trever Ball ..... 5,000 Meters  
 Logan Moore ..... Decathlon  
 Clint Silcock ..... High Jump  
 DJ Smith ..... 100 Meters

**2007**  
 Nick Karren ..... 400-Meter Hurdles  
 Casey Parker ..... High Jump  
 John Strang ..... Decathlon

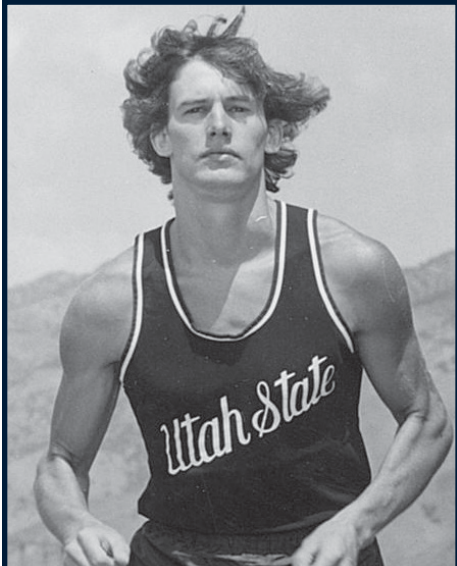
**2008**  
 Chio Lopez ..... 5,000 Meters  
 John Strang ..... Decathlon  
 Steve Strickland ..... 3,000-Meter Steeplechase  
 Keith Williams ..... 400-Meter Hurdles  
 Heath Wing ..... 10,000 Meters

**2009**  
 Brian McKenna ..... 10,000 Meters



**DJ Smith** won the 100-meter dash at the 2006 Western Athletic Conference Outdoor Track & Field Championships. He also captured a pair of titles (60 meters, 200 meters) at the 2007 WAC Indoor Championships.

# ALL-TIME HONORS



**Mark Enyeart**, who won the 800 meters at the 1977 Big West Outdoor Championships, represented the United States at the 1976 Olympic Summer Games in Montreal.

John Strang.....Decathlon  
 Steve Strickland ..... 3,000-Meter Steeplechase  
 ..... 5,000 Meters  
 Keith Williams .....400-Meter Hurdles

**2010**  
 Joe Canavan..... Shot Put  
 Nick Karren.....400-Meter Hurdles  
 Mike Pyrtle..... 100 Meters  
 Clint Silcock..... High Jump  
 Steve Strickland ..... 3,000-Meter Steeplechase

**2011**  
 AJ Bouilly .....400-Meter Hurdles  
 Jason Holt ..... 800 Meters  
 Eric Larson..... 1,500 Meters  
 Clint Silcock..... High Jump

**2012**  
 AJ Bouilly .....400-Meter Hurdles  
 Bryce Hall .....Discus  
 Tyler Killpack..... 800 Meters  
 Kyle McKenna ..... 10,000 Meters

## WOMEN'S WAC OUTDOOR CHAMPS

**2006**  
 Stacie Lifferth ..... 3,000-Meter Steeplechase

**2007**  
 Amber Peterson ..... 100-Meter Hurdles  
 .....400-Meter Hurdles

**2008**  
 Katie Thatcher .....400-Meter Hurdles  
 Stacie Lifferth ..... 3,000-Meter Steeplechase

**2011**  
 Chari Hawkins ..... Heptathlon  
 Ruth Hilton ..... 3,000

**2012**  
 Sonia Grabowska..... Pole Vault  
 Kim Quinn ..... 10,000 Meters  
 Lindsey Spencer ..... Hammer  
 Jodi Williams ..... High Jump

**2013**  
 Rachel Orr..... High Jump

## MEN'S BIG WEST OUTDOOR CHAMPS

**1977**  
 Mark Enyeart ..... 800 Meters

**1979**  
 Kent Bendixen.....Javelin  
 Mike Kelley ..... 3,000-Meter Steeplechase  
 Calvin Paskett..... High Jump

**1980**  
 Scott Walker .....400-Meter Hurdles

**1981**  
 Kent Bendixen.....Javelin  
 Corey Johnson..... Pole Vault  
 Tarald Lindvigsmoen..... 5,000 Meters  
 Scott Walker .....400-Meter Hurdles

**1982**  
 Neal Mower.....Javelin

**1985**  
 Paul Jones ..... Long Jump

**1986**  
 Mark Carter..... Shot Put

**1987**  
 Boyd Prince ..... 3,000-Meter Steeplechase

**1988**  
 Craig Carter .....Discus  
 ..... Hammer

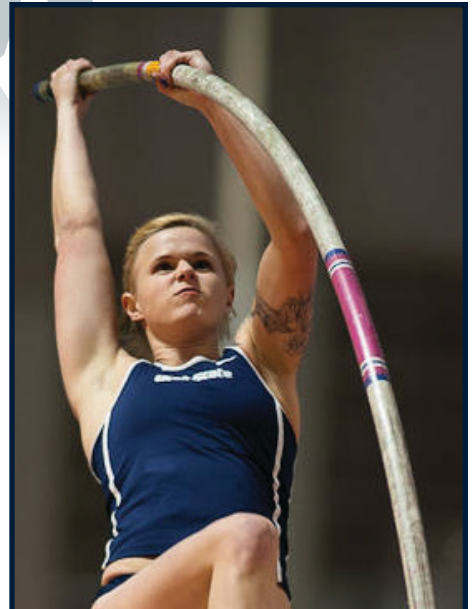
**1989**  
 Craig Carter .....Discus  
 Kyle Jensen .....400-Meter Hurdles

**1990**  
 Craig Carter ..... Hammer  
 Roger Daley.....Discus  
 Brett Hill..... 3,000-Meter Steeplechase  
 Erin Sullivan ..... Long Jump

**1991**  
 Scott Butterfield ..... 800 Meters  
 Greg Collier ..... 3,000-Meter Steeplechase  
 Roger Daley.....Discus  
 Michael Dear ..... 5,000 Meters  
 Deron Scott ..... 10,000 Meters



Not only did **Jermaine Younger** play football at Utah State, but he also was a member of the Aggies' track & field team. He won the shot put at the 1993 Big West Outdoor Championships.



**Sonia Grabowska** was the Western Athletic Conference indoor champion in the pole vault during the 2011 and 2012 seasons.

**1992**  
 Bode Osagiobare ..... 100 Meters  
 ..... 200 Meters  
 Tim Price.....400-Meter Hurdles

**1993**  
 Terrence Campbell ..... 4x100-Meter Relay  
 Mike Davidson ..... 3,000-Meter Steeplechase  
 Jason Heideman ..... 10,000 Meters  
 Troy Johnson ..... 400 Meters  
 ..... 4x100-Meter Relay  
 ..... 4x400-Meter Relay  
 Ron Kehl ..... 4x100-Meter Relay  
 ..... 4x400-Meter Relay  
 Pat Maes .....4x400-Meter Relay  
 Bode Osagiobare ..... 100 Meters  
 ..... 200 Meters  
 ..... 4x100-Meter Relay  
 ..... 4x400-Meter Relay  
 John Richardson.....Discus  
 Lance White..... Pole Vault  
 Jermaine Younger ..... Shot Put

**1994**  
 Greg Anderson..... 4x400-Meter Relay  
 Mark Calvin ..... Pole Vault  
 Matt Denning ..... 4x400-Meter Relay  
 Matt Fuller ..... 110-Meter Hurdles  
 Muchapiwa Mazano ..... 1,500 Meters  
 ..... 5,000 Meters  
 ..... 10,000 Meters  
 Corey Murdock..... 4x400-Meter Relay  
 Brent Smith ..... Javelin  
 Daniel Taplin ..... Discus  
 Shawn Turner ..... 4x400-Meter Relay

**1994**  
 Toby Conley ..... 10,000 Meters  
 Matt Fuller ..... 110-Meter Hurdles  
 James Parker..... Discus  
 ..... Hammer  
 ..... Shot Put  
 Brent Smith ..... Javelin  
 J'Dee Wilson ..... 1,500 Meters

**1996**  
 Shane Bingham ..... 1,500 Meters  
 Toby Conley ..... 10,000 Meters  
 Mike Davidson ..... 5,000 Meters

Justin DeDantis..... Hammer  
 Brian Dopp .....Decathlon  
 Brooks Gibbons .....110-Meter Hurdles  
 .....400-Meter Hurdles  
 Scott Schaley .....Discus  
 .....Shot Put  
 Paul Snyder.....Pole Vault

**1997**  
 Shane Bingham ..... 1,500 Meters  
 Justin DeDantis..... Hammer  
 Brian Dopp .....Decathlon  
 Brooks Gibbons .....110-Meter Hurdles  
 Corey Murdock.....400-Meter Hurdles

**1998**  
 Shane Bingham ..... 1,500 Meters  
 Corey Murdock.....110-Meter Hurdles  
 .....400-Meter Hurdles  
 Scott Schaley ..... Shot Put

**1999**  
 Bill Graves .....Javelin  
 Corey Murdock.....110-Meter Hurdles  
 .....400-Meter Hurdles  
 James Parker.....Discus  
 ..... Hammer

**2000**  
 Brett Guymon.....400-Meter Hurdles  
 Dave Hoffman ..... High Jump  
 Maurice Jenkins..... Pole Vault  
 James Parker..... Hammer

**2001**  
 Brick Bergeson..... 1,500 Meters  
 Brett Guymon.....110-Meter Hurdles  
 .....400-Meter Hurdles  
 James Parker..... Hammer  
 Anthony Stewart..... 200 Meters

**2002**  
 Brad Bair.....Decathlon  
 Brett Guymon.....110-Meter Hurdles  
 .....400-Meter Hurdles  
 Mike Nielson ..... 1,500 Meters  
 ..... 5,000 Meters

**2003**  
 Ryan Bruhn..... Hammer  
 Steve Prescott ..... 10,000 Meters  
 Nick Seedall.....400-Meter Hurdles  
 Josh Sides ..... Shot Put  
 Neil Warr .....Javelin



**James Parker** ended his illustrious Utah State career with nine All-America honors, which is tied for most in school history.



**LaDonna Antoine-Watkins** won three straight Big West outdoor titles in the 400 meters from 1995-97 and represented Canada in the event at the Olympics in 1996 and 2000.

**2005**  
 David Danley .....3,000 Meters  
 Rod McNeal..... 4x100-Meter Relay  
 DJ Smith..... 4x100-Meter Relay  
 Cedric Young..... 4x100-Meter Relay

### WOMEN'S BIG WEST OUTDOOR CHAMPS

**1991**  
 Amanda Hopkins ..... High Jump

**1992**  
 Agneta Weston ..... Heptathlon

**1993**  
 Kim Barnes..... 100 Meters  
 .....100-Meter Hurdles  
 LaSabre Bell ..... 200 Meters  
 Wendy Matthews.....Discus  
 ..... Shot Put  
 Agneta Weston ..... High Jump  
 ..... Heptathlon

**1994**  
 Doni DeCory ..... Shot Put  
 Tracy Dulmage..... Long Jump  
 Lara Johnson ..... High Jump

**1995**  
 LaDonna Antoine ..... 400 Meters  
 Wendy Matthews.....Discus  
 Becky Sorenson ..... Long Jump

**1996**  
 LaDonna Antoine ..... 400 Meters  
 Jennifer Davidson.....100-Meter Hurdles  
 Jamie Hall..... Heptathlon  
 Kim Lutz.....Javelin  
 Wendy Matthews.....Discus  
 ..... Hammer

**1997**  
 LaDonna Antoine ..... 200 Meters  
 ..... 400 Meters  
 Becky Blackburn..... High Jump  
 Jennifer Homer.....Discus  
 Dawn Smith..... Hammer

**1998**  
 Jessica Drake .....Discus  
 ..... Shot Put  
 Jane Durfey .....400-Meter Hurdles  
 Shelley Grupe ..... 400 Meters  
 Holly Hansen ..... 1,500 Meters  
 ..... 3,000 Meters  
 Erin Hartvigsen ..... Hammer  
 Jayme Hendrian.....100-Meter Hurdles  
 Tricia Schmidt..... Triple Jump

**1999**  
 Jane Durfey .....110-Meter Hurdles  
 .....400-Meter Hurdles  
 Shelley Grupe ..... 400 Meters  
 Charlotte Wahlin..... Hammer

**2000**  
 Kristi Connors ..... 400 Meters  
 Melissa Jensen ..... 800 Meters  
 Rebekah Thornley..... 1,500 Meters

**2001**  
 Amber Jensen..... 800 Meters  
 Danielle Kot..... 100 Meters  
 ..... 200 Meters  
 Jessica Owen ..... Hammer  
 Rebekah Thornley..... 1,500 Meters

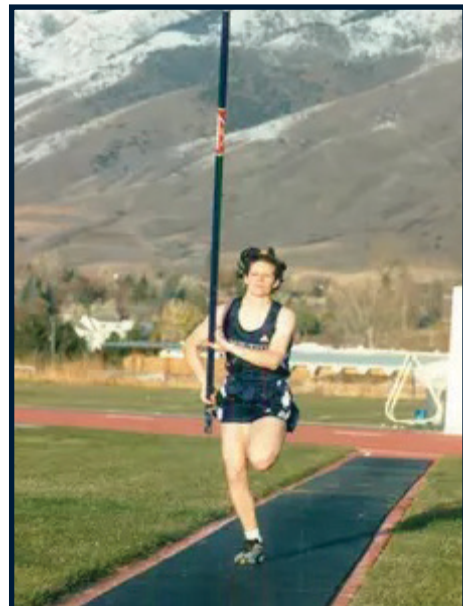
**2002**  
 Shae Bair .....Pole Vault  
 Kristen Coombs ..... 1,500 Meters  
 Katie Farner ..... Heptathlon

**2005**  
 Tiffany Strickland... 3,000-Meter Steeplechase

### MEN'S MPSF INDOOR CHAMPS

**1993**  
 Troy Johnson ..... 400 Meters  
 Bode Osagiabore ..... 55 Meters  
 ..... 200 Meters  
 Lance White.....Pole Vault

**1994**  
 Mike Davidson ..... 5,000 Meters  
 Muchapina Marzano..... 3,000 Meters  
 Lance White.....Pole Vault



**Shae Bair** earned three All-America honors in the pole vault (two indoor, one outdoor) and won the 2002 Big West outdoor title.

# ALL-TIME HONORS

<b>1995</b>	Lance White.....Pole Vault
<b>1998</b>	Corey Murdock..... 400 Meters
<b>1999</b>	Corey Murdock..... 400 Meters
<b>2000</b>	James Parker.....Weight Throw Lance Thurston ..... High Jump
<b>2001</b>	James Parker.....Weight Throw

## WOMEN'S MPSF INDOOR CHAMPS

<b>1993</b>	LaDonna Antoine ..... 200 Meters ..... 400 Meters
	Tracy Dulmage..... Long Jump ..... Triple Jump
	Alisa Nicodemus..... 3,000 Meters
<b>1994</b>	Becky Sorensen ..... Long Jump
<b>1997</b>	LaDonna Antoine ..... 400 Meters

## WOMEN'S HIGH COUNTRY OUTDOOR CHAMPS

<b>1984</b>	Helena Johnson ..... 400 Meters
<b>1985</b>	Lena Astrom.....Javelin Kristina Ponton ..... 400 Meters
<b>1986</b>	Jennifer Gloria ..... 4x400-Meter Relay Helena Johnson ..... 4x400-Meter Relay Lola Ogunde..... 4x400-Meter Relay Denise Pidcock..... 4x400-Meter Relay



Dallin Farnsworth won the individual title at the 2019 Mountain West Championships, leading Utah State to its first MW team title.



Nic Bowens was tabbed the Mountain West Indoor Track & Field Championships Outstanding Performer in 2014 and 2015, and the Outdoor Championships Performer in 2014.

<b>1987</b>	Chloe Anderson ..... 4x400-Meter Relay Jennifer Gloria ..... 400 Meters ..... Triple Jump Lola Ogunde..... 4x400-Meter Relay Lola Ogunde..... 100 Meters ..... 200 Meters Patricia Otiede..... 4x400-Meter Relay Patricia Otiede..... 4x400-Meter Relay
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<b>1988</b>	Helena Johnson ..... 4x100-Meter Relay Janelle Nielsen..... 4x100-Meter Relay Lola Ogunde..... 100 Meters ..... 200 Meters Bigi Salter ..... 4x100-Meter Relay Bigi Salter ..... 4x100-Meter Relay
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<b>1989</b>	Ime Akpan ..... 100-Meter Hurdles ..... 4x100-Meter Relay Jackie Cochran..... 4x100-Meter Relay Janelle Nielsen..... 4x100-Meter Relay Lola Ogunde..... 100 Meters ..... 4x100-Meter Relay
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<b>1990</b>	Deb Malachowski.....Javelin
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<b>1995</b>	Caroline Isgren..... Shot Put
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## CONFERENCE SUPERLATIVES

### MOUNTAIN WEST

<b>Men's Cross Country Coach of the Year</b>	Artie Gulden ..... 2019
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### MOUNTAIN WEST MEN

<b>Cross Country Individual Champion</b>	Dallin Farnsworth ..... 2019 Caleb Garnica..... 2020
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<b>Men's Cross Country Student-Athlete of the Year</b>	Dallin Farnsworth ..... 2019 Caleb Garnica..... 2020
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<b>Cross Country Freshman of the Year</b>	Colby Wilson ..... 2013 Luke Beattie ..... 2016 Chase Leach ..... 2021
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<b>Indoor Championship Outstanding Performer</b>	Nic Bowens ..... 2014, 2015
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<b>Outdoor Championship Outstanding Performer</b>	Nic Bowens ..... 2014 Parker Bluth..... 2015
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## MOUNTAIN WEST WOMEN

<b>Indoor Athlete of the Year</b>	Chari Hawkins ..... 2014, 2015
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<b>Indoor Championship Outstanding Performer</b>	Chari Hawkins ..... 2014, 2015
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<b>Outdoor Athlete of the Year</b>	Chari Hawkins ..... 2015
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<b>Outdoor Championship Outstanding Performer</b>	Chari Hawkins ..... 2015
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## WESTERN ATHLETIC CONFERENCE

<b>Men's Cross Country Coach of the Year</b>	Gregg Gensel ..... 2005, '06, '07, '08, '09, '11
<b>Women's Cross Country Coach of the Year</b>	Gregg Gensel ..... 2006, '08

<b>Men's T&amp;F Coach of the Year</b>	Gregg Gensel ..... 2018, '10, '11 (Indoor) Gregg Gensel ..... 2007, '09, '10, '11 (Outdoor)
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<b>Women's T&amp;F Coach of the Year</b>	Gregg Gensel ..... 2012 (Indoor) Gregg Gensel ..... 2012 (Outdoor)
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## WESTERN ATHLETIC CONFERENCE MEN

<b>Individual XC Champions &amp; Athletes of the Year</b>	Trevor Ball ..... 2005 Seth Wold ..... 2007
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Colby Wilson was tabbed the Mountain West Cross Country Freshman of the Year in 2013.



**Lindsey Spencer** garnered 2012 Western Athletic Conference Outstanding Field Performer accolades.

Jason Holt ..... 2008  
 Brian McKenna..... 2009, '11

**Cross Country Freshman of the Year**

Seth Wold..... 2005  
 Tony Jones..... 2006  
 Chio Lopez..... 2007

**Track Freshman of the Year**

Silas Pimental ..... 2008 (Indoor)  
 Brian McKenna..... 2009 (Outdoor)  
 Tanner Hunt ..... 2011 (Indoor)  
 Nic Bowens ..... 2012 (Indoor)  
 Briton Page..... 2013 (Indoor)

**Indoor Athlete of the Year**

Nick Karren..... 2008

**WESTERN ATHLETIC CONFERENCE WOMEN**

**Cross Country Freshman of the Year**

Vanessa Hawkins..... 2005  
 Tylee Newman-Skinner..... 2012

**Track Freshman of the Year**

Chari Hawkins ..... 2011 (Outdoor)

**Indoor Athlete of the Year**

Kim Quinn ..... 2010

**Outstanding Field Performer**

Lindsey Spencer ..... 2012

**BIG WEST CONFERENCE**

**Men's Cross Country Coach of the Year**

Gregg Gensel ..... 1992, '93, '94, 2002

**Men's Track & Field Coach of the Year**

Ralph Maughan..... 1985  
 Gregg Gensel ..... 1994, '95, '96, '98, 2002, '03

**BIG WEST CONFERENCE MEN**

**Cross Country Individual Champion**

Mike Davidson ..... 1994  
 Mitch Zundel ..... 2002

**Cross Country Athlete of the Year**

Mike Davidson ..... 1994  
 Mitch Zundel ..... 2002  
 Trever Ball ..... 2004

**Outdoor Track & Field Athlete of the Year**

Craig Carter ..... 1989  
 Bode Osagiobare ..... 1992, '93  
 James Parker..... 1995  
 Brooks Gibbons ..... 1996  
 Corey Murdock..... 1998  
 Brett Guymon..... 2002

**BIG WEST CONFERENCE WOMEN**

**Cross Country Individual Champion**

Alisa Nicodemus..... 1992, '93

**Cross Country Athlete of the Year**

Alisa Nicodemus..... 1992, '93

**Outdoor Track & Field Athlete of the Year**

LaDonna Antoine..... 1996, '97

**BIG WEST CONFERENCE WOMEN**

**Cross Country Individual Champion**

Alisa Nicodemus..... 1992, '93

**MOUNTAIN PACIFIC SPORTS FEDERATION**

**Men's T&F Coach of the Year**

Gregg Gensel ..... 1993 (Indoor)



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# YEAR-BY-YEAR RESULTS

## CROSS COUNTRY NCAA FINISHES

Year	Men	Women
2017	27th	14th
2019	16th	--
2020	11th	--
2021	--	28th
2022	26th	--
2024	22nd	--

## MEN'S NCAA FINISHES

Year	Indoor	Year	Outdoor
1965	T25th	1949	T23rd
1966	T13th	1957	T14th
1967	T34th	1958	T8th
1968	T17th	1960	T39th
1970	T37th	1965	T30th
1973	T34th	1966	T24th
1975	T14th	1967	T14th
1976	T21st	1968	T23rd
1999	T47th	1975	T21st
2000	T47th	1977	T16th
2001	T44th	1983	T58th
2018	T27th	1990	T64th
		1995	T53rd
		1998	T20th
		2000	T44th
		2001	T18th
		2002	41st
		2018	T18th
		2019	T40th

## WOMEN'S NCAA FINISHES

Year	Indoor	Year	Outdoor
1990	T33rd	1996	T49th
1993	T14th	1997	T38th
1997	T43rd	2000	T45th
1998	62nd	2018	T63rd
1999	46th		

## CROSS COUNTRY YEAR-BY-YEAR TEAM FINISHES

Year	Men	Women
<b>Big West</b>		
1979	5th	--
1980	6th	--
1981	4th	--
1982	4th	--
1983	9th	--
1984	7th	--
1985	3rd	--
1986	7th	--
1987	DNC	--
1988	DNC	--
1989	5th	--
1990	4th	8th
1991	4th	8th
1992	1st	7th
1993	1st	5th
1994	1st	3rd
1995	2nd	4th
1996	2nd	3rd
1997	2nd	2nd
1998	2nd	1st
1999	4th	5th
2000	2nd	4th
2001	2nd	4th
2002	1st	4th
2003	5th	2nd
2004	2nd	3rd
<b>WAC</b>		
2005	1st	2nd
2006	1st	1st
2007	1st	3rd
2008	1st	1st
2009	1st	2nd
2010	3rd	2nd
2011	1st	3rd
2012	2nd	3rd

## Mountain West

2013	6th	5th
2014	5th	7th
2015	8th	6th
2016	4th	6th
2017	4th	3rd
2018	5th	4th
2019	1st	5th
2020	2nd	4th
2021	3rd	2nd
2022	3rd	3rd
2023	5th	5th
2024	6th	6th

## INDOOR

### YEAR-BY-YEAR TEAM FINISHES

Year	Men	Women
<b>MPSF</b>		
1993	1st	3rd
1994	2nd	1st
1995	2nd	5th
1996	7th	t11th
1997	8th	5th
1998	7th	4th
1999	4th	6th
2000	3rd	5th
2001	4th	5th
2002	7th	4th
2003	8th	8th
2004	8th	8th

## WAC

2005	2nd	7th
2006	4th	3rd
2007	2nd	4th
2008	1st	4th
2009	2nd	4th
2010	1st	2nd
2011	T-1st	2nd
2012	2nd	1st
2013	3rd	7th

## Mountain West

2014	4th	6th
2015	4th	6th
2016	2nd	9th
2017	3rd	9th
2018	3rd	8th
2019	3rd	6th
2020	4th	10th
2021	(Canceled due to COVID-19 pandemic)	
2022	3rd	6th
2023	5th	10th
2024	4th	T-10th

## OUTDOOR

### YEAR-BY-YEAR TEAM FINISHES

Year	Men	Women
<b>Big West</b>		
1977	5th	--
1978	7th	--
1979	4th	--
1980	6th	--
1981	5th	--
1982	4th	--
1983	5th	--
1984	4th	--
1985	3rd	--
1986	6th	--
1987	5th	--
1988	4th	--
1989	4th	--
1990	3rd	--
1991	4th	5th
1992	3rd	4th
1993	2nd	1st
1994	1st	1st
1995	1st	1st
1996	1st	1st
1997	2nd	1st
1998	1st	1st

1999	1st	1st
2000	3rd	2nd
2001	2nd	2nd
2002	1st	4th
2003	1st	5th
2004	7th	6th

## WAC

2005	5th	4th
2006	2nd	3rd
2008	2nd	4th
2009	1st	4th
2010	1st	4th
2011	1st	2nd
2012	2nd	1st
2013	2nd	7th

## Mountain West

2014	3rd	6th
2015	4th	4th
2016	2nd	6th
2017	3rd	8th
2018	4th	5th
2019	3rd	6th
2020	(Canceled due to COVID-19 pandemic)	
2021	3rd	7th
2022	5th	7th
2023	5th	8th
2024	4th	5th



**UTAH STATE**  
**RECORDS**  
**RECORDS**

# MEN'S INDOOR TOP 10

60 Meters	Time	Year
1. Nic Bowns	6.61	2014
2. Mike Pyrtle	6.69	2010
3. Parker Bluth	6.71	2016
4. DJ Smith	6.72	2006
5. Will Henry	6.73	2013
Brandon Boone	6.73	1999
7. Jacob Bautista Jr.	6.74	2015
Silas Pimentel	6.74	2014
9. Armahd Lewis	6.77	2011
10. Anthony Stewart	6.80	2002

200 Meters	Time	Year
1. Parker Bluth	20.73	2016
2. Nic Bowns	20.80	2015
3. Dominic Bentil	21.17	2022
4. Silas Pimentel	21.21	2014
5. Jacob Bautista Jr.	21.25	2015
6. DJ Smith	21.30	2007
7. Armahd Lewis	21.34	2011
8. Cole Lambourne	21.37	2016
9. Anthony Stewart	21.38	2001
10. Bode Osagiobare	21.42	1993

400 Meters	Time	Year
1. Brady Martin	46.26	2016
2. AJ Bouilly	46.48	2017
3. Corey Murdock	46.51	1999
4. Cole Lambourne	46.55	2015
5. Matt Stowell	46.56	1994
6. Troy Johnson	46.96	1993
7. Brett Guymon	47.08	2002
8. Michael Bluth	47.18	1974
9. Mark Enyeart	47.26	1974
10. Dasheek Akwenye	47.39	2007

800 Meters	Time	Year
1. Mark Enyeart	1:48.10	1977
2. Clay Lambourne	1:48.30	2018
<b>3. Landon Bott</b>	<b>1:48.81</b>	<b>2024</b>
4. James Allred	1:50.06	2011
5. Briton Page	1:50.36	2013
6. Bryan Griffin	1:50.61	1983
<b>7. Brennan Benson</b>	<b>1:50.74</b>	<b>2024</b>
8. Tyler Killpack	1:50.85	2013
9. Stuart Lyall	1:51.21	1996
10. Jason Holt	1:51.30	2011

Mile	Time	Year
1. Devin Pancake	4:00.36	2022
2. Dillon Maggard	4:01.25	2017
<b>3. Brennan Benson</b>	<b>4:01.63</b>	<b>2023</b>
4. Shane Bingham	4:02.17	1998
5. Bridger Altice	4:03.63	2024
<b>6. Drew Hogan</b>	<b>4:04.47</b>	<b>2024</b>
7. Eric Roberts	4:05.04	1994
<b>8. Wyatt Evans</b>	<b>4:05.08</b>	<b>2023</b>
9. Ben Johnston	4:05.85	2016
10. Mark Crandall	4:05.92	2023

3,000 Meters	Time	Year
1. Dillon Maggard	7:52.99	2018
2. Mike Nielson	8:03.81	2005
3. Caleb Garnica	8:04.95	2023
4. Daniel Howell	8:05.30	2012
5. Spencer Nelson	8:06.13	2023
6. Luke Bailey	8:06.20	2019
7. Mark Crandall	8:06.77	2023
<b>8. Max Wehrli</b>	<b>8:08.91</b>	<b>2024</b>
9. Devin Pancake	8:09.40	2023
10. Luke Beattie	8:09.45	2020

5,000 Meters	Time	Year
1. Dillon Maggard	13:40.59	2018
2. Connor Weaver	13:49.16	2022
3. Caleb Garnica	13:53.07	2023
<b>4. Max Wehrli</b>	<b>13:55.49</b>	<b>2024</b>
5. Spencer Nelson	14:01.51	2024
6. Luke Beattie	14:04.21	2019
7. Daniel Howell	14:04.25	2012
8. Bridger Altice	14:10.42	2023
<b>9. John Simmons</b>	<b>14:14.21</b>	<b>2024</b>
<b>10. Bryce Hill</b>	<b>14:14.89</b>	<b>2024</b>

60-Meter Hurdles	Time	Year
1. Justin Wickard	7.84	2005
2. AJ Bouilly	7.85	2017
3. Brian Dopp	7.98	1997
4. Dylan Nielson	8.03	2009
5. Nick Karren	8.05	2008
6. Jarrett Bush	8.06	2005
Corey Murdock	8.06	1999
8. Scott Bell	8.08	2006
9. Zach Meyer	8.11	2022
10. Hunter Simonsen	8.13	2020

4x400-Meter Relay	Time	Year
1. Joshua Gordon, Brady Martin, Michael Bluth, AJ Bouilly	3:07.23	2017
2. Parker Bluth, Clay Lambourne, Cole Lambourne, Brady Martin	3:08.89	2016
3. Parker Bluth, Clay Lambourne, Cole Lambourne, Tanner Hunt	3:08.99	2015
4. Parker Bluth, Clay Lambourne, Brady Martin, AJ Bouilly	3:09.48	2016
5. Joshua Gordon, Brady Martin, Michael Bluth, AJ Bouilly	3:09.59	2017
6. Parker Bluth, Cole Lambourne, AJ Bouilly, Brady Martin	3:11.23	2016
7. Cole Lambourne, Parker Bluth, Tanner Hunt, Brady Martin	3:13.31	2016
8. Nick Karren, Brett Knighton, Brandon Waller, Emon Williams	3:13.33	2008
9. Skyler Andam, Mikhail Kidd, Nathan Kaufusi, Spencer Eldridge	3:13.49	2020
10. Scott Bell, Nick Karren, Brett Knighton, Dasheek Akwenye	3:13.74	2007

Distance Medley Relay	Time	Year
1. Jordan Beutler, Brady Martin, Clay Lambourne, Dillon Maggard	9:32.31	2018
2. Jason Holt, Tanner Hunt, James Allred, Eric Larson	9:43.11	2011
<b>3. Devin Pancake, Zack Bell, Christopher Kauffman, Brennan Benson</b>	<b>9:44.03</b>	<b>2023</b>
4. Benjamin Johnston, Landon Watts, Jordan Beutler, Dillon Maggard	9:47.99	2016
5. Jordan Beutler, Clay Lambourne, Samuel Coleman, Dillon Maggard	9:48.22	2018
6. Brody Smith, Parker Bluth, Jordan Beutler, Dillon Maggard	9:49.24	2017
<b>7. Yonas Mogos, Christopher Kauffman, Wyatt Evans, Drew Hogan</b>	<b>9:51.42</b>	<b>2023</b>
<b>8. Devin Pancake, Brandon Williams, Christopher Kauffman, Brennan Benson</b>	<b>9:52.76</b>	<b>2022</b>
<b>9. Brennan Benson, Johnny Cruz, Christopher Kauffman, Devin Pancake</b>	<b>9:53.81</b>	<b>2022</b>
10. Aaron Clements, Tyler Killpack, Devin Lang, Chio Lopez	9:56.92	2012

High Jump	Mark	Year
1. Clint Silcock	2.24m/7-4.25	2011
2. Dave Hoffman	2.23m/7-3.75	1999
3. Lance Thurston	2.20m/7-2.50	2000
4. Hunter Simonsen	2.18m/7-1.75	2019
Leaugen Fray	2.18m/7-1.75	2018
6. Mike Cosgrove	2.15m/7-0.50	2000
7. Chandler Obray	2.14m/7-0.25	2019
John Strang	2.14m/7-0.25	2009
<b>9. Kelton Chenworth</b>	<b>2.12m/6-11.50</b>	<b>2023</b>
Ben Hoffman	2.12m/6-11.50	2022

Pole Vault	Mark	Year
1. Mark Calvin	5.45m/17-10.50	1998
Lance White	5.45m/17-10.50	1994
<b>3. Logan Hammer</b>	<b>5.42m/17-9.25</b>	<b>2024</b>
4. Sam Nelson	5.35m/17-6.50	2019
5. Maurice Jenkins	5.31m/17-5	2002
6. Joel Johnson	5.15m/16-10.75	2001
7. Paul Snyder	5.10m/16-8.75	1996
8. John Johnson	5.08m/16-8	2011
Lance Hamblin	5.08m/16-8	1996
10. Scott Hanes	5.05m/16-6.75	1992

Long Jump	Mark	Year
1. Justin Wickard	7.57m/24-10	2002
Paul Jones	7.57m/24-10	1982
3. Leaugen Fray	7.52m/24-8.25	2017
4. Erin Sullivan	7.49m/24-7	1990
5. James Helton	7.41m/24-3.75	1967
6. Damian Szade	7.38m/24-2.50	2011
7. Theodus Windham	7.35m/24-1.50	1985
Alan Watts	7.35m/24-1.50	1968
9. John Strang	7.30m/23-11.50	2008
Barry Lines	7.30m/23-11.50	1974

Triple Jump	Mark	Year
1. Godwin Charles	15.74m/51-7.75	2024
2. Kyle Brost	15.22m/49-11.25	2020
3. Blake Hadfield	15.03m/49-3.75	2008
4. Paul Jones	15.00m/49-2.50	1982
5. Lonnie Carter	14.90m/49-10.75	2003
6. Kenny Hamlett	14.87m/48-9.50	2014
7. Damon Smith	14.75m/48-4.75	1991
8. Barry Lines	14.70m/48-2.75	1974
9. Bruce McCannel	14.59m/47-10.50	2000
10. Travis Johnson	14.53m/47-8	2014

Shot Put	Mark	Year
1. Michael Mercer	18.73m/61-5.50	1971
2. Josh Barclay	18.51m/60-8.75	2020
3. Josh Sides	18.50m/60-8.50	2003
4. Scott Schaley	18.49m/60-8	1998
5. Kyle Morris	18.38m/60-3.75	2019
6. James Parker	18.35m/60-2.50	2001
7. Zack Lloyd	18.28m/59-11.75	2005
8. Ole Hertel	18.23m/59-9.75	1997
9. Brian Caulfield	18.13m/59-5.75	1971
10. Mark Burton	17.98m/58-11.75	2005

35-Pound Weight Throw	Mark	Year
1. James Parker	21.57m/70-9	2001
2. Ryan Bruhn	19.59m/64-3	2004
3. Kevin Liu	19.32m/63-4	2007
4. Craig Carter	19.21m/63-0	1990
5. Chris Hatch	18.78m/61-7	1987
6. Justin DeSantis	18.70m/61-4	1997
7. Joe Canavan	18.55m/60-10	2010
8. Josh Sides	18.54m/60-10	2004
9. Bryce Hall	18.49m/60-8	2012
10. John Richardson	18.35m/60-2	1994

Pentathlon	Points	Year
1. Briann Dopp	4,087	1997
2. Rob McKenna	3,794	1995
3. Joel Johnson	3,753	2002
4. Jake Pugsley	3,704	1999
5. Brad Bair	3,508	2001
6. Dan Messick	3,457	1999
7. Corey Murdock	3,378	1994

Heptathlon	Points	Year
1. John Strang	5,522	2009
2. Logan Moore	5,243	2007
3. Philip Noble	5,204	2011
<b>4. Caden Dupee</b>	<b>5,192</b>	<b>2022</b>
5. Jon Goble	5,179	2013
6. Roman Ruiz	5,078	2019
7. Reese Hulbert	5,015	2005
<b>8. Javin Richards</b>	<b>4,980</b>	<b>2024</b>
Bradford Strobell	4,980	2015
10. Charles Hopkins	4,810	2008

Current student-athletes are in bold  
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# UTAH STATE WOMEN'S INDOOR TOP 10

60 Meters	Time	Year
1. Lola Ogunde	7.49	1987
2. Hailey Suit	7.56	2021
3. Gabriella Holmstrom	7.59	2022
4. Bailee Whitworth	7.63	2012
5. Maria Halton	7.67	2008
6. Danielle Kot	7.68	1999
7. Becky Tueller	7.70	2004
<b>8. Emma Reeves</b>	<b>7.72</b>	<b>2024</b>
9. Sandra Reategui	7.74	2002
Michala Thomsen	7.74	1999

200 Meters	Time	Year
1. LaDonna Antoine	23.90	1997
2. Danielle Kot	23.97	2001
3. Becky Sorensen	24.06	1994
4. Bailee Whitworth	24.16	2012
5. Ime Akpan	24.44	1990
6. Sandra Reategui	24.45	2002
7. Gabriella Holmstrom	24.46	2022
8. Amber Peterson	24.52	2007
9. Lola Ogunde	24.64	1989
10. TJ Strawder	24.69	2019
Maria Halton	24.69	2008

400 Meters	Time	Year
1. LaDonna Antoine	53.05	1994
2. Kristi Connors	54.03	2002
3. Becky Sorensen	54.23	1995
4. Katelyn Heiner	54.57	2012
5. Kaitlyn Wilcox	54.84	2016
6. LaSabre Bell	55.14	1993
<b>7. Adi Nielson</b>	<b>55.37</b>	<b>2024</b>
8. Nancy Miller	55.40	1979
9. Aubrie Haymore	55.61	2012
10. Patricia Otiede	55.84	1990

800 Meters	Time	Year
1. Amy Egan	2:08.27	2008
2. Mattie Geddes	2:09.34	2024
3. Karen Christensen	2:09.50	2022
4. Jill Steele	2:10.30	2006
<b>5. Hannah Davidson</b>	<b>2:10.32</b>	<b>2024</b>
6. Kylie Ross	2:10.78	2012
7. Elli Eastmond	2:11.55	2017
8. Melissa Jensen	2:11.74	2000
9. Shannon Maloney	2:12.37	2017
10. Elaine Connolly	2:12.55	2009

Mile	Time	Year
1. Jennifer Twitchell	4:39.95	2007
2. Alisa Nicodemus	4:41.63	1993
3. Cierra Simmons-Mecham	4:45.21	2019
4. Mattie Geddes	4:46.82	2024
5. Tylee Skinner	4:47.97	2013
<b>6. Mimi Miyazawa</b>	<b>4:48.65</b>	<b>2024</b>
7. Mica Rivera	4:49.20	2023
<b>8. Shelby Jensen</b>	<b>4:49.53</b>	<b>2024</b>
9. Abby Jensen	4:49.74	2023
<b>10. Hannah Davidson</b>	<b>4:49.77</b>	<b>2024</b>

3,000 Meters	Time	Year
1. Cierra Simmons-Mecham	9:23.86	2019
2. Mica Rivera	9:23.90	2023
3. Abby Jensen	9:30.64	2023
<b>4. Mimi Miyazawa</b>	<b>9:32.60</b>	<b>2024</b>
<b>5. Emma Thornley</b>	<b>9:33.25</b>	<b>2024</b>
6. Kelsey Yamauchi-Richins	9:37.45	2019
7. Kashley Carter	9:38.21	2017
<b>8. Shelby Jensen</b>	<b>9:38.35</b>	<b>2024</b>
9. Morgan French	9:40.34	2023
10. Alex Litzinger	9:41.22	2013

5,000 Meters	Time	Year
1. Alisa Nicodemus	16:00.81	1993
2. Mica Rivera	16:21.42	2023
3. Katie Haviland	16:23.77	2022
4. Bailey Brinkerhoff	16:29.00	2024
<b>5. Emma Thornley</b>	<b>16:29.30</b>	<b>2024</b>
6. Kashley Carter	16:32.28	2018
<b>7. Mimi Miyazawa</b>	<b>16:32.58</b>	<b>2023</b>
9. Morgan French	16:40.94	2023
<b>9. Ana Weaver</b>	<b>16:43.77</b>	<b>2024</b>
10. Kelsey Yamauchi-Richins	17:04.50	2018

60-Meter Hurdles	Time	Year
1. Chari Hawkins	8.30	2015
2. Abbey Bryant	8.39	2024
<b>3. Krysthina Vlahovic</b>	<b>8.48</b>	<b>2024</b>
4. Talie Bonds	8.52	2019
Amber Peterson	8.52	2017
6. Ashlee Cannon	8.55	2007
7. Maddie Edwards	8.61	2024
8. Jane Durfey	8.64	1999
9. Cree Taylor	8.67	2014
10. Alexis Koetitz	8.70	2022

4x400-Meter Relay	Time	Year
1. Becky Sorensen, Kim Barnes, LaSabre Bell, LaDonna Antoine	3:37.33	1994
2. Barbara Rainey, Denise Pidcock, Helena Johnsson, Lola Ogunde	3:41.43	1986
<b>3. Olivia Smith, Alison Richter, Delphine Dah, Emma Reeves</b>	<b>3:41.96</b>	<b>2022</b>
LaSabre Bell, Kim Barnes, Becky Sorensen, LaDonna Antoine	3:41.96	1994
4. Patricia Otiede, Jennifer Gloria, Helena Johnsson, Lola Ogunde	3:43.00	1987
<b>5. Emma Reeves, Adi Nielson, Olivia Smith, Maddie Edwards</b>	<b>3:43.27</b>	<b>2024</b>
6. Bailee Whitworth, Aubrie Haymore, Ross, Katelyn Heiner	3:43.59	2012
7. Sandra Reategui, Crockett, Heather Smith, Kristi Connors	3:43.97	2002
8. Melanie Muncy, Breann Bate, Jordan Brandt, Kasia Lawrynowicz	3:44.34	2018
9. Hollie Bosworth, Aubrie Haymore, Ross, Katelyn Heiner	3:44.82	2011
10. Helena Johnsson, Barbara Rainey, Denise Pidcock, Gwendolyn White	3:45.34	1984

Distance Medley Relay	Time	Year
1. Megan Ryan, Kasia Lawrynowicz, Shannon Maloney, Cierra Simmons-Mecham	11:31.69	2019
<b>2. Hannah Davidson, Olivia Smith, Mattie Geddes, Abby Jensen</b>	<b>11:33.21</b>	<b>2023</b>
3. Megan Ryan, Melanie Muncy, Karen Christensen, Cierra Simmons-Mecham	11:37.89	2019
<b>4. Hannah Davidson, Adi Nielson, Mattie Geddes, Shelby Jensen</b>	<b>11:46.95</b>	<b>2024</b>
5. K.Yamauchi-Richins, B. Bate, Shannon Maloney, Tori Parkinson	11:49.14	2016
<b>6. Taylia Norris, Adi Nielson, Hannah Davidson, Bailey Brinkerhoff</b>	<b>11:49.60</b>	<b>2022</b>
<b>7. Hannah Davidson, Alison Richter, Karen Christensen, Abby Jensen</b>	<b>11:50.04</b>	<b>2022</b>
8. Cheric Chugg, Jessie Chugg, Aubrie Haymore, Hannah Williams	11:50.29	2011
9. USU (Athletes Unkown)	11:50.77	2000
<b>10. Hannah Davidson, Adi Nielson, Karen Christensen, Abby Jensen</b>	<b>11:51.89</b>	<b>2022</b>

High Jump	Mark	Year
1. Chari Hawkins	1.83m/6-0	2014
2. Agneta Westen	1.81m/5-11.25	1992
3. Amanda Hopkins	1.80m/5-10.75	1992
4. Rachel Orr	1.77m/5-9.75	2013
5. Audrey Garrett	1.76m/5-9.25	2020
6. Jennifer Christensen	1.75m/5-8.75	2019
Jodi Williams	1.75m/5-8.75	2013
Lacey Schroeder	1.75m/5-8.75	2006
Becky Blackburn	1.75m/5-8.75	1998
Lucia Chudy	1.75m/5-8.75	1979

Pole Vault	Mark	Year
1. Sonia Grabowska	4.25m/13-11.25	2011
2. Kathryn Duhadway	3.97m/13-0.25	2006
3. Shae Bair	3.90m/12-9.50	2002
4. Maren Garnett	3.80m/12-5.50	2022
Amber Thompson	3.80m/12-5.50	2015
Kaylene Gastaldi	3.80m/12-5.50	2006
7. Stephanie Wright	3.78m/12-4.75	2019
8. Paige Hansen	3.77m/12-4.50	2024
9. Emma Shippen	3.76m/12-4.00	2023
10. Rachele St. Jeor	3.73m/12-2.75	2012

Long Jump	Mark	Year
1. Tracy Dulmage	6.22m/20-5	1993
2. Becky Sorensen	6.04m/19-9.75	1994
3. Chari Hawkins	6.02m/19-9	2015
4. Amy Reeder	5.93m/19-5.50	1995
5. Tricia Schmidt	5.87m/19-3.25	1997
6. Danielle Kot	5.82m/19-1.25	1999
7. Katelyn Heiner	5.75m/18-10.50	2008
8. Agneta Westen	5.73m/18-9.75	1992
9. Kristina Ponton	5.72m/18-9.25	1986
10. Karen Page	5.71m/18-8.75	1979

Triple Jump	Mark	Year
1. Sam Nelson	12.89m/42-3.50	2015
2. Tracy Dulmage	12.84m/42-1.50	1993
3. Danielle Kot	12.47m/40-11	2000
4. Tricia Schmidt	12.39m/40-7.75	1997
5. Kristina Ponton	12.17m/39-11.25	1987
6. Sidnee Naerebout	12.13m/39-9.75	2024
<b>7. Breanna Raven</b>	<b>12.09m/39-8</b>	<b>2024</b>
8. T. Hovhannisyan	12.00m/39-4.50	2000
9. Bailey Maseda	11.88m/38-11.75	2020
10. Julia Stewart	11.83m/38-9.75	2012

Shot Put	Mark	Year
1. Brenn Flint	16.70m/54-9.50	2018
2. Maia Garren	16.18m/53-1	2019
3. Olivia Moriconi	15.65m/51-4.25	2018
4. Kelli Burton	15.62m/51-3	2004
5. Maci Bingham	15.38m/50-5.50	2016
6. Candice Workman	15.23m/49-11.75	2003
7. Tori Bailey	14.95m/49-0.75	2019
8. Lindsey Spencer	14.84m/48-8.25	2011
9. Spela Hus	14.78m/48-6	2012
<b>10. Milly Garren</b>	<b>14.58m/47-10</b>	<b>2024</b>

20-Pound Weight Throw	Mark	Year
1. Maia Garren	19.49m/63-11	2019
2. Keeley Eldredge	19.14m/62-9	2014
3. Maci Bingham	19.09m/62-7	2016
4. Melanie Heslop	18.47m/60-7	2015
5. Tori Bailey	18.27m/59-11.25	2023
6. Krista Larson	18.09m/59-4	2009
7. Lindsey Spencer	17.59m/57-8	2011
8. Charlotte Wahlin	17.57m/57-7	2000
9. Erin Hartvigsen	17.52m/57-5	1999
10. Shelby Jordan	17.41m/57-1	2016

Pentathlon	Points	Year
1. Chari Hawkins	4,194	2015
2. Lacey Schroeder	3,914	2006
3. Agneta Westen	3,848	1992
4. Talie Bonds	3,762	2019
5. Kristina Ponton	3,747	1986
6. Alyssa Hirschi-Swenson	3,718	2019
7. Carrie Yost	3,703	2005
8. Jamie Hall	3,629	1998
9. Peyton Teevens	3,552	2023
10. Jenny Franson	3,524	1996

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# MEN'S OUTDOOR TOP 10

100 Meters	Time	Year
1. Nic Bowens	10.13	2014
2. Parker Bluth	10.20	2016
3. Will Henry	10.25	2013
4. DJ Smith	10.28	2007
5. Bode Osagiobare	10.33	1993
6. Silas Pimentel	10.41	2014
7. Armahd Lewis	10.41	2011
8. Mike Pyrtle	10.47	2010
Rod McNeal	10.47	2005
Dwayne Foster	10.47	2001
Brandon Boone	10.47	1998

200 Meters	Time	Year
1. Parker Bluth	20.52	2016
2. Nic Bowens	20.70	2016
3. Bode Osagiobare	20.84	1992
4. Joshua Gordon	20.91	2017
Brandon Boone	20.91	1998
6. DJ Smith	20.96	2006
7. Silas Pimentel	20.97	2014
8. Theodus Windham	20.98	1984
9. Dominic Bentil	20.99	2022
10. Rod McNeal	21.00	2005

400 Meters	Time	Year
1. Mark Enyeart	45.94	1977
2. Cole Lambourne	46.10	2015
3. Troy Johnson	46.38	1993
4. Brady Martin	46.43	2017
AJ Bouilly	46.43	2016
6. Matt Stowell	46.44	1994
7. Corey Murdock	46.46	1999
8. Dasheek Akwenye	46.50	2008
9. Parker Bluth	46.56	2016
10. Michael Bluth	46.67	2017

800 Meters	Time	Year
1. Mark Enyeart	1:44.98	1977
2. Clay Lambourne	1:47.09	2017
3. Brick Bergeson	1:48.20	2001
<b>4. Landon Bott</b>	<b>1:48.40</b>	<b>2024</b>
5. Jason Holt	1:48.78	2011
<b>6. Brennan Benson</b>	<b>1:48.94</b>	<b>2023</b>
7. Jordan Beutler	1:49.08	2018
8. Briton Page	1:49.44	2013
9. Eric Shellhorn	1:49.62	2015
10. Shane Bingham	1:49.86	1997

1,500 Meters	Time	Year
<b>1. Brennan Benson</b>	<b>3:40.96</b>	<b>2023</b>
2. Dillon Maggard	3:42.15	2017
3. Greg Long	3:42.25	1984
4. Devin Pancake	3:42.92	2023
5. Shane Bingham	3:43.64	1998
6. Jordan Beutler	3:44.45	2018
7. Brick Bergeson	3:44.46	2001
8. Michael Dear	3:45.08	1991
<b>9. Drew Hogan</b>	<b>3:45.39</b>	<b>2023</b>
10. Mike Nielson	3:46.53	2003

5,000 Meters	Time	Year
1. Dillon Maggard	13:30.02	2018
2. Luke Beattie	13:44.92	2021
3. Spencer Nelson	13:48.09	2022
4. Connor Weaver	13:48.13	2022
<b>5. Camren Todd</b>	<b>13:53.64</b>	<b>2021</b>
6. Bridger Altice	13:56.16	2024
7. Mike Nielson	13:56.75	2005
8. Yonas Mogos	14:00.65	2023
<b>9. Max Wehrli</b>	<b>14:02.78</b>	<b>2024</b>
10. Caleb Garnica	14:04.19	2021

10,000 Meters	Time	Year
1. Luke Beattie	28:33.45	2021
2. Dillon Maggard	28:38.36	2018
<b>3. Camren Todd</b>	<b>28:43.08</b>	<b>2024</b>
4. Connor Weaver	28:54.55	2022
5. Caleb Garnica	28:58.24	2022
6. Brian McKenna	29:00.76	2010
7. Bridger Altice	29:03.14	2023
8. Mike Nielson	29:06.11	2005
9. Steve Prescott	29:31.29	2003
10. James Withers	29:32.21	2019

110-Meter Hurdles	Time	Year
1. Gerald Cerulla	13.74	1965
2. AJ Bouilly	13.91	2017
Justin Wickard	13.91	2002
4. Corey Murdock	13.99	1999
5. Brett Guymon	14.12	2002
6. Zach Meyer	14.14	2022
7. Nick Karren	14.16	2009
8. Dylan Nielson	14.24	2009
9. Brooks Gibbons	14.26	1997
10. Keith Williams	14.27	2008

400-Meter Hurdles	Time	Year
1. Corey Murdock	48.85	1999
2. Brett Guymon	49.46	2002
3. AJ Bouilly	49.48	2017
4. Scott Walker	50.17	1982
5. Nick Karren	50.35	2010
6. Scott Bell	50.87	2006
7. Dustin Vetica	51.09	2005
8. Samuel Wing	51.35	2017
9. Brooks Gibbons	51.44	1997
10. Danny Elggren	51.53	2003

3,000-Meter Steeplechase	Time	Year
<b>1. Max Wehrli</b>	<b>8:36.30</b>	<b>2024</b>
2. Colby Wilson	8:40.73	2016
3. Steve Strickland	8:42.71	2009
4. Spencer Fehlberg	8:44.65	2018
5. Mark Crandall	8:44.86	2023
<b>6. Logan Garnica</b>	<b>8:44.88</b>	<b>2024</b>
7. Daniel Howell	8:48.25	2012
8. Mike Kelly	8:50.34	1979
9. T. Lindvigsmoen	8:50.09	1981
10. Vance Twitchell	8:50.94	2007

4x100-Meter Relay	Time	Year
1. Jacob Bautista Jr., Nic Bowens, Parker Bluth, Silas Pimentel	39.44	2014
2. Parker Bluth, Nic Bowens, Chance Parker, Brady Martin	39.50	2016
3. Parker Bluth, Nic Bowens, AJ Bouilly, Brady Martin	39.90	2016
4. Nick Karren, Armahd Lewis, Matt Maughan, Mike Pyrtle	40.05	2010
5. Jacob Bautista Jr., Nic Bowens, Cole Lambourne, Will Henry	40.20	2013
6. Jacob Bautista Jr., Nic Bowens, Cole Lambourne, Parker Bluth	40.32	2014
7. Dylan Nielson, Armahd Lewis, Matt Maughan, Mike Pyrtle	40.38	2010
8. Cedric Young, Dwayne Foster, Joel Johnson, Anthony Stewart	40.40	2002
9. Ron Kehl, Terrence Campbell, Bode Osagiobare, Troy Johnson	40.44	1993
10. Parker Bluth, Nic Bowens, Brady Martin, Cole Lambourne	40.45	2016

4x400-Meter Relay	Time	Year
1. Parker Bluth, Brady Martin, Cole Lambourne, AJ Bouilly	3:04.48	2016
2. Parker Bluth, Tanner Hunt, Cole Lambourne, Clay Lambourne	3:05.28	2015
3. Michael Bluth, Brady Martin, Joshua Gordon, AJ Bouilly	3:05.53	2017
4. Parker Bluth, AJ Bouilly, Brady Martin, Clay Lambourne	3:06.96	2016
5. Brady Martin, Parker Bluth, Tanner Hunt, Cole Lambourne	3:08.46	2016
6. Nick Seedall, Matt Lamb, David Stowell, Corey Murdock	3:09.64	1998
7. Pat Maes, Ron Kehl, Bode Osagiobare, Troy Johnson	3:09.84	1993
8. Michael Bluth, Nick Ashby, Brady Martin, AJ Bouilly	3:10.01	2017
9. Nick Seedall, Richie Panelli, Corey Murdock, Matt Lamb	3:10.40	1998
10. Matt Denning, Michael Anderson, Corey Murdock, Shawn Turner	3:10.49	1994

High Jump	Mark	Year
1. Dave Hoffman	2.30m/7-6.50	2001
2. Clint Silcock	2.26m/7-5	2010
3. Delvon Davis	2.21m/7-3	1979
Calvin Paskett	2.21m/7-3	1979
5. Lance Thurston	2.20m/7-2.50	1999
<b>6. Kelton Chenworth</b>	<b>2.16m/7-1.00</b>	<b>2023</b>
7. Casey Parker	2.15m/7-0.50	2009
8. Hunter Simonsen	2.14m/7-0.25	2019
Leaugen Fray	2.14m/7-0.25	2019
10. Mark Birch	2.12m/6-11.50	1982
Kelly Newbold	2.12m/6-11.50	1982

Pole Vault	Mark	Year
<b>1. Logan Hammer</b>	<b>5.62m/18-5.25</b>	<b>2024</b>
2. Mark Calvin	5.51m/18-1	1997
3. Lance White	5.48m/17-11.75	1995
4. Maurice Jenkins	5.26m/17-3	2000
5. Corey Johnson	5.15m/17-2.75	1982
6. Christian Lee	5.18m/17-0	2004
7. Sam Nelson	5.17m/16-11.50	2018
8. Joel Johnson	5.15m/16-10.75	2003
9. Scott Hanes	5.04m/16-6.50	1992
10. Lance Hamblin	5.01m/16-5.25	1995

Long Jump	Mark	Year
1. James Helton	7.68m/25-2.50	1967
2. Paul Jones	7.62m/25-0	1982
3. Donald Anderson	7.57m/24-10	1941
4. Erin Sullivan	7.54m/24-9	1990
5. Brandon Boone	7.49m/24-7	1997
6. Leaugen Fray	7.47m/24-6.25	2018
7. Bruce Dart	7.45m/24-5.50	1980
8. Barry Lines	7.43m/24-4.50	1974
9. Blake Hadfield	7.42m/24-4.25	2008
10. Justin Wickard	7.37m/24-2.25	2003

Triple Jump	Mark	Year
1. Godwin Charles	15.88m/52-1.25	2024
2. Kyle Brost	15.63m/51-3.50	2021
3. Blake Hadfield	15.03m/49-3.75	2008
4. Paul Jones	15.00m/49-2.50	1982
5. Lonnie Carter	14.90m/49-10.75	2003
6. Kenny Hamlett	14.87m/48-9.50	2014
7. Damon Smith	14.75m/48-4.75	1991
8. Barry Lines	14.70m/48-2.75	1974
9. Bruce McCannel	14.59m/47-10.50	2000
10. Travis Johnson	14.53m/47-8	2014

Shot Put	Mark	Year
1. Zack Lloyd	19.05m/62-6	2005
2. Mark Carter	18.67m/61-3	1986
3. Scott Schaley	18.64m/61-2	1998
4. Joe Canavan	18.40m/60-4.50	2010
5. James Parker	18.28m/59-11.75	1999
6. Josh Sides	18.26m/59-11	2000
7. Michael Mercer	18.25m/59-10.50	1968
8. Kyle Morris	18.19m/59-8.25	2021
9. Josh Barclay	18.16m/59-7	2019
10. David Hirschmann	18.05m/59-2.75	2018

Discus	Mark	Year
1. James Parker	58.54m/192-0	1999
2. Glen Passey	58.14m/190-9	1962
3. Daniel John	58.06m/190-6	1978
4. William Staley	56.48m/185-3	1967
5. David Hirschmann	55.98m/183-8	2018
<b>6. Joseph Turner</b>	<b>55.39m/181-8</b>	<b>2024</b>
7. Ain Roost	55.27m/181-4	1968
8. Scott Schaley	55.24m/181-2	1998
9. L. Jay Silvester	55.06m/180-7	1960
10. Chris Hatch	55.02m/180-6	1983

Hammer	Mark	Year
1. James Parker	73.32m/240-6	2001
2. Craig Carter	65.32m/214-3	1990
3. Ryan Bruhn	64.18m/210-6	2003
4. Josh Sides	61.32m/201-2	2003
5. Chris Hatch	61.01m/200-2	1986
6. Justin DeSantis	60.74m/199-3	1996
7. Tim Sparks	59.94m/196-8	2002
8. Bryce Hall	58.39m/191-7	2012
9. John Richardson	58.22m/191-0	1995
10. Kevin Liu	57.96m/190-2	2007

Javelin	Mark	Year	Decathlon	Points	Year	Current student-athletes are in bold
1. Sindri Gudmundsson	80.91m/265-5	2018	1. Joel Johnson	7,586	2002	Last Updated: 12/09/24
2. Neil Warr	71.98m/236-2	2003	2. John Strang	7,180	2009	
3. Kyle Morris	70.23m/230-5	2021	3. Brian Dopp	7,153	1997	
4. John Kelly	69.22m/227-1	1989	4. Jake Pugsely	7,042	1998	
5. Devin Wright	67.84m/222-7	2017	5. Rob McKenna	7,008	1995	
6. Adam Weston	67.58m/221-8	1992	6. Brad Bair	6,976	2001	
7. Brent Smith	67.41m/221-2	1992	7. Philip Noble	6,960	2011	
<b>8. Walker Deede</b>	<b>66.36m/217-8</b>	<b>2024</b>	8. Roman Ruiz	6,808	2019	
9. Bill Graves	64.47m/211-6	1999	<b>9. Caden Dupee</b>	<b>6,744</b>	<b>2022</b>	
10. Miles Nelson	64.46m/211-5	1987	<b>10. Javin Richards</b>	<b>6,731</b>	<b>2024</b>	



# WOMEN'S OUTDOOR TOP 10

100 Meters	Time	Year
1. Lola Ogunde	11.49	1989
2. Ime Akpan	11.54	1990
3. Cheryl Osborne	11.64	1980
4. Danielle Kot	11.66	2001
5. Dana Devon	11.83	1983
6. Bailee Whitworth	11.84	2012
Kim Barnes	11.84	1993
8. Hailey Suit	11.86	2021
9. Michala Tomsen	11.89	1999
10. Amy Reeder	11.93	1999

200 Meters	Time	Year
1. LaDonna Antoine	23.14	1997
2. Danielle Kot	23.52	2001
3. Lola Ogunde	23.58	1986
4. Ime Akpan	23.81	1990
5. Cheryl Osborne	23.84	1980
6. Becky Sorensen	23.98	1996
7. Bailee Whitworth	24.03	2012
8. Dana Devon	24.05	1983
9. Chalese West	24.14	2014
10. Sandra Reategui	24.18	2002

400 Meters	Time	Year
1. LaDonna Antoine	51.48	1997
2. Shelley Grupe	53.22	1998
3. Becky Sorensen	53.74	1996
4. Danielle Kot	53.77	2001
5. Nancy Miller	54.17	1980
6. Lola Ogunde	54.29	1987
7. Katelyn Heiner	54.30	2012
8. LaSabre Bell	54.50	1993
9. Kristi Connors	54.62	2002
10. Aubrie Haymore	54.72	2012
Michala Bluhm-Thomsen	54.72	2000

800 Meters	Time	Year
1. Mattie Geddes	2:06.45	2024
2. Melissa Jensen	2:08.85	2000
3. Karen Christensen	2:08.91	2021
4. Elaine Connolly	2:09.06	2010
5. Amy Egan	2:09.20	2007
6. Jill Steele	2:09.57	2005
7. Kylie Ross	2:09.58	2011
8. Adela Hofmannova	2:09.92	2015
9. Amber Jensen	2:10.00	2000
10. Jennifer Twitchell	2:10.35	2007

1,500 Meters	Time	Year
1. Tylee Skinner	4:23.99	2018
2. Jennifer Twitchell	4:24.08	2006
3. Adela Hofmannova	4:24.24	2015
4. Kristen Guymon	4:24.84	2006
5. Abby Jensen	4:25.30	2022
6. Mica Rivera	4:25.58	2023
7. Amy Egan	4:25.70	2005
8. Rebekah Thornley	4:25.72	2001
9. Mimi Miyazawa	4:25.76	2023
10. Erin Stratton	4:27.03	2009

3,000 Meters	Time	Year
1. Tylee Skinner	9:33.02	2018
2. Kashley Carter	9:40.52	2016
3. Alex Litzsinger	9:43.83	2014
4. Holly Hansen	9:51.62	1998
5. Angie Winkler	9:52.95	1998
6. LeAnn Larkin-Hatch	9:53.81	2017
7. Alisa Nicodemus	9:53.82	1994
8. Mica Rivera	9:54.04	2019
9. Colleen Walsh	9:55.18	1998
10. Sarah Ellis	9:57.34	2024

5,000 Meters	Time	Year
1. Mica Rivera	16:07.73	2023
2. Kashley Karter	16:14.46	2017
3. Tavia Dutson	16:17.24	2018
4. Mimi Miyazawa	16:26.56	2023
5. Ana Weaver	16:28.17	2023
6. Sarah Ellis	16:28.46	2024
7. Alyssa Snyder	16:32.35	2019
8. Katie Haviland	16:34.92	2022
9. Kelsey Yamauchi-Richins	16:40.47	2018
10. Bailey Brinkerhoff	16:40.94	2022

10,000 Meters	Time	Year
1. Mica Rivera	32:57.50	2023
2. Ana Weaver	32:59.04	2023
3. Emma Thornley	33:34.62	2024
4. Alyssa Snyder	33:50.95	2019
5. Kashley Carter	34:37.86	2018
6. Morgan French	34:51.58	2022
7. Kim Quinn	35:29.82	2010
8. Megumi Ludlow	35:30.36	2023
9. Abigail Gray	35:43.77	2021
10. Jacqueline Winterton	35:47.56	2016

100-Meter Hurdles	Time	Year
1. Ime Akpan	13.14	1990
2. Abbey Bryant	13.36	2024
3. Jenni Davidson	13.46	1996
4. Talie Bonds	13.47	2019
5. Chari Hawkins	13.50	2015
6. Jane Durfey	13.51	1999
7. Amber Peterson	13.53	2007
8. Krysthina Vlahovic	13.72	2024
9. Jayme Hendrian	13.74	1998
10. Ashlee Cannon	13.75	2008

400-Meter Hurdles	Time	Year
1. Maddie Edwards	57.22	2024
2. Jane Durfey	57.25	1999
3. Amber Peterson	57.83	2007
4. Kim Barnes	58.91	1993
5. Olivia Smith	59.20	2024
6. Jordan Brandt	59.34	2018
7. Katie Thatcher	59.47	2008
8. Kylie Ross	59.59	2014
9. Adi Nielson	59.62	2024
10. Jayme Hendrian	59.90	1998

3,000-Meter Steeplechase	Time	Year
1. Cierra Simmons-Mecham	9:49.33	2018
2. Shelby Jensen	10:11.58	2024
3. Katie Haviland	10:12.29	2022
4. Abby Jensen	10:14.07	2023
5. Stacie Lifferth	10:18.89	2007
6. Tori Parkinson	10:21.68	2017
7. Bailey Brinkerhoff	10:22.82	2023
8. Erin Stratton	10:24.08	2010
9. Mica Rivera	10:25.93	2022
10. Sammi Lee	10:26.67	2023

4x100-Meter Relay	Time	Year
1. Amy Reeder, Becky Sorensen, Jennifer Davidson, LaDonna Antoine	45.07	1996
2. Ashlee Cannon, Maria Halton, Jennifer Day, Brittany Chadwick	45.70	2009
3. Ime Akpan, Janelle Nielsen, Jackie Cochran, Lola Ogunde	45.88	1989
4. Amy Reeder, Tammy McLean, Becky Sorensen, LaDonna Antoine	46.01	1995
5. Ashlee Cannon, Maria Halton, Kimiko Kamo, Brittany Chadwick	46.06	2009
6. Amy Reeder, Danielle Kot, B. Thompson, Jamie Hall	46.17	1999
7. Brittany, Bailee Whitworth, West, Kaitlyn Wilcox	46.21	2014
8. Durfey, Danielle Kot, Tricia Schmidt, LaDonna Antoine	46.23	1998
9. Suzette Beardall, Jane Marshall, Tricia Schmidt, LaDonna Antoine	46.25	1997
10. Amy Reeder, Jane Marshall, Tricia Schmidt, LaDonna Antoine	46.28	1997

4x400-Meter Relay	Time	Year
1. Becky Sorensen, Jane Marshall, Shelley Grupe, LaDonna Antoine	3:38.93	1996
2. Adi Nielson, Olivia Smith, Autumn Kidd, Maddie Edwards	3:39.88	2024
3. Shelley Grupe, Melissa Jensen, Jane Marshall, LaDonna Antoine	3:40.40	1997
4. Coree Youngblood, Becky Sorensen, LaDonna Antoine, Tammy McLean	3:41.03	1995
5. Durfey, B. Thompson, Jamie Hall, Shelley Grupe	3:41.41	1999
6. Jennifer Drury, Becky Sorensen, Jane Marshall, LaDonna Antoine	3:42.30	1996
7. Jensen, Heidi Hopkins, Katie Thatcher, Elaine Connolly	3:42.37	2009
8. Camille Fehlberg, Aubrie Haymore, Bailee Whitworth, Katelyn Heiner	3:43.00	2012
9. Jamie Hall, Shelley Grupe, Kristen Hillam, Durfey	3:43.37	1998
10. Denise Pidcock, Jennifer Gloria, Janelle Nielsen, Lola Ogunde	3:43.78	1989

High Jump	Mark	Year
1. Chari Hawkins	1.81m/5-11.25	2013
2. Audrey Garrett	1.80m/5-10.75	2021
Rachel Orr	1.80m/5-10.75	2014
4. Agneta Westen	1.79m/5-10.50	1992
5. Candy Cashell	1.78m/5-10	1980
Brenda Wilson	1.78m/5-10	1980
7. Jennifer Christensen	1.76m/5-9.25	2019
Jodi Williams	1.76m/5-9.25	2015
Kathy Robinson	1.76m/5-9.25	1991
10. Bri Campbell	1.75m/5-8.75	2013
Mariah Thompson	1.75m/5-8.75	2013
Lacy Hulbert	1.75m/5-8.75	2006
Carrie Yost	1.75m/5-8.75	2005
Becky Blackburn	1.75m/5-8.75	1998
Amanda Hopkins	1.75m/5-8.75	1994

Pole Vault	Mark	Year
1. Sonia Grabowska	4.21m/13-9.75	2009
2. Shae Bair	4.20m/13-9.25	2000
3. Kathryn Duhadway	4.00m/13-1.50	2007
4. Maren Garnett	3.95m/12-11.50	2022
5. Sabrina Fairbanks	3.93m/12-10.75	2024
6. Rachelle St. Jeor	3.92m/12-10.25	2012
7. Amber Thompson	3.82m/12-6.25	2012
8. Debra Barker	3.80m/12-5.50	2001
9. Emma Shippen	3.78m/12-4.75	2023
10. Anna Parkinson	3.76m/12-4.00	2022

Long Jump	Mark	Year
1. Ime Akpan	6.18m/20-3.50	1990
2. Chari Hawkins	6.10m/20-0.25	2015
3. Tracy Dulmage	6.05m/19-10.25	1994
4. Becky Sorensen	6.04m/19-9.75	1996
5. McKenzie Johnson	5.94m/19-6	2012
6. Amy Reeder	5.89m/19-4	1995
7. Danielle Kot	5.87m/19-3.25	1999
8. Jenny Franson	5.86m/19-2.75	1996
9. Gia Malone	5.85m/19-2.50	2022
Whitney Skabelund	5.85m/19-2.50	2018

Triple Jump	Mark	Year
1. Tracy Dulmage	12.97m/42-6.85	1994
2. Tricia Schmidt	12.45m/40-10.25	1997
3. Sam Nielson	12.39m/40-7.75	2014
4. Sidnee Naerebout	12.36m/40-6.75	2024
5. Tatyana Hovhannisyanyan	12.12m/39-9.25	2000
6. Kristina Ponton	12.00m/39-4.50	2004
7. Breanna Raven	11.90m/39.050	2024
Kayla Lee	11.90m/39-0.50	2015
Danielle Kot	11.90m/39-0.50	1999
10. Bailey Maseda	11.83m/38-9.75	2019

# UTAH STATE WOMEN'S OUTDOOR TOP 10

Shot Put	Mark	Year
1. Brenn Flint	16.82m/55-2.25	2018
2. Olivia Moriconi	16.53m/54-2.75	2018
3. Maia Garren	16.50m/54-1.75	2022
4. Kelli Burton	16.00m/52-6	2003
5. Jessica Drake	15.42m/50-7.25	1998
6. Carolyn Isgren	15.31m/50-2.75	1985
7. Maci Bingham	15.26m/50-0.75	2016
8. Candice Workman	15.07m/49-5.50	2001
9. Lindsey Spencer	14.93m/48-11.75	2012
10. Spela Hus	14.92m/48-11.50	2012

Discus	Mark	Year
1. Lindsey Spencer	54.48m/178-9	2012
2. Tori Bailey	53.68m/176-1	2022
3. Brenn Flint	53.47m/175-5	2019
4. Michala Zilkey	52.02m/170-8	2021
5. Kelli Burton	51.84m/170-1	2003
6. Maci Bingham	51.29m/168-3	2015
7. Wendy Egbert	51.20m/167-11	1996
8. Maia Garren	50.97m/167-2	2021
9. Jessica Drake	50.42m/165-5	1998
10. Shannon Prince	50.13m/164-5	2010

Hammer	Mark	Year
1. Maci Bingham	62.33m/204-6	2016
2. Lindsey Spencer	61.99m/203-4	2012
3. Keeley Eldredge	60.00m/196-10	2014
4. Krista Larson	59.95m/196-8	2009
5. Charlotte Wahlin	58.98m/193-6	2000
6. Kelli Burton	58.88m/193-2	2004
7. Melanie Heslop	58.76m/192-9	2014
8. Michala Zilkey	58.47m/191-10	2021
9. Jessica Drake	57.98m/190-2	1998
10. Maia Garren	57.54m/188-9.25	2022

Javelin	Mark	Year
1. Mia Estes	51.38m/168-7	2018
<b>2. Valerie Clark</b>	<b>49.07m/161-0</b>	<b>2023</b>
3. Djamiliah Paepke-Chile	49.01m/160-9	2024
4. Madelyn Sirmion	47.96m/157-4	2016
5. Kaylee Hartshorn	47.74m/156-7	2014
6. April Fisher	46.03m/151-0	2000
7. Jenny Bitner-Rogers	45.30m/148-7	2019
8. Stephanie Crapse	44.61m/146-4	2016
<b>9. Madison Tareski</b>	<b>44.39m/145-7</b>	<b>2024</b>
10. Katie Farner	43.02m/141-1	2003

Heptathlon	Points	Year
1. Chari Hawkins	5,750	2015
2. Kristina Ponton	5,314	1983
3. Lacey Hulbert	5,304	2006
4. Agneta Westen	5,302	1992
5. Jamie Hall	5,257	1999
6. Talie Bonds	5,145	2019
7. Katie Farner	5,092	2002
8. Alyssa Hirschi-Swenson	5,033	2019
9. Wendy Limbaugh	5,005	1980
10. Niki Xydona	4,962	2018

Current student-athletes are in bold  
Last Updated: 12/09/24



# FACILITY RECORDS

## GEORGE NELSON FIELDHOUSE INDOOR TRACK & FIELD RECORDS

### Women

<i>Athlete (School)</i>	<i>Time/Mark</i>	<i>Date</i>	<i>Event</i>
Cathy Guishard (Unattached)	6.84	01/15/94	<b>55m</b>
Tiffany Lott (BYU)	7.75	01/18/97	<b>55mh</b>
Gabriella Holmstrom (USU)	7.59	02/05/22	<b>60m</b>
Abbey Bryant (USU)	8.62	02/05/22	<b>60mh</b>
Ime Akpan (USU)	24.83	01/20/90	<b>200m</b>
LaDonna Antoine (USU)	54.32	01/18/97	<b>400m</b>
Wendy Knudson (Unattached)	2:05.30	01/13/79	<b>800m</b>
Alisa Nicodemus (USU)	4:56.00	01/23/93	<b>Mile</b>
Alisa Nicodemus (USU)	9:54.44	12/12/92	<b>3000m</b>
Amy Laffoon (Idaho State)	17:50.20	02/17/79	<b>5000m</b>
Amber Welty (Idaho State)	1.83m	12/02/88	<b>High Jump</b>
Paula Pettingill (Weber State)	1.83m	12/02/88	<b>High Jump</b>
Jodi Anderson (CS Northridge)	6.28m	02/16/80	<b>Long Jump</b>
Tracy Dulmage (USU)	12.23m	01/23/93	<b>Triple Jump</b>
Sonia Grabowska (USU)	4.20m	1/17/09	<b>Pole Vault</b>
Amy Christiansen (BYU)	16.21m	01/18/97	<b>Shot Put</b>
Anna Dolegiewicz (Unattached)	18.58m	01/31/04	<b>Weight Throw</b>
Jodi Anderson (CS Northridge)	4415 pts	02/16/80	<b>Pentathlon</b>

### Men

<i>Athlete (School)</i>	<i>Time/Mark</i>	<i>Date</i>
Frank Fredericks (BYU)	6.21	01/18/92
Gerald Cerulla (USU)	7.24	03/07/64
Mikhail Kidd (USU)	6.93	02/05/22
Zach Meyer (USU)	8.18	02/05/22
Troy Johnson (USU)	22.14	01/15/94
Matt Stowell (USU)	47.64	01/15/94
Jason Pyrah (BYU)	1:51.88	01/15/94
Brennan Benson (USU)	4:04.56	02/03/24
Logan Garnica (USU)	8:23.27	02/03/24
Muchapiwa Mazano (USU)	14:51.00	01/15/94
Mark Davenport (Utah)	2.16	02/21/81
Paul Jones (USU)	7.57	02/27/82
Mark Godfrey (BYU)	15.54	01/15/94
Lance White (Unattached)	5.50	01/17/98
Niklas Arrhenius (BYU)	18.82	01/31/04
Steve DeSantis (Unattached)	21.00	12/10/94
Brian Dopp (USU)	3794 pts	01/09/98

Current student-athletes are in bold

Last Updated: 05/28/24

## RALPH MAUGHAN STADIUM OUTDOOR TRACK & FIELD RECORDS

### Women

<i>Athlete (School)</i>	<i>Time/Mark</i>	<i>Date</i>	<i>Event</i>
Destiny Smith-Barnett (UNLV)	10.94	05/12/17	<b>100m</b>
Micha Auzenne (San Diego State)	12.95	05/12/17	<b>100h/110h</b>
Ashley Henderson (San Diego State)	22.54	05/13/17	<b>200m</b>
LaDonna Antoine (USU)	51.92	05/18/96	<b>400m</b>
Julie Bennion (BYU)	57.08	05/12/99	<b>400h</b>
Sadi Henderson (Boise State)	2:04.18	05/13/17	<b>800m</b>
Annemarie Schwanz (Fresno State)	4:24.91	05/13/17	<b>1,500m</b>
Kathy Mintie (Arizona State)	9:48.20	05/10/79	<b>Steeplechase</b>
Alice Wright (New Mexico)	16:17.42	05/13/17	<b>5,000m</b>
Amy Laffoon (Idaho State)	35:36.30	05/12/79	<b>10,000m</b>
Amber Kafuman (Hawai'i)	1.93m	05/16/09	<b>High Jump</b>
Destiny Longmire (San José State)	6.39m	05/12/17	<b>Long Jump</b>
Jannell Hadnot (New Mexico)	12.86m	05/13/17	<b>Triple Jump</b>
Stacy Dragila (Rocky Mt. Elite)	4.42m	05/31/97	<b>Pole Vault</b>
Aaliyah Pete (Colorado State)	16.98m	05/13/17	<b>Shot Put</b>
Sharon Ayala (Fresno State)	66.52m	05/15/09	<b>Hammer</b>
Lacy Barnes (Fresno State)	62.22m	05/20/88	<b>Discus</b>
Hui Chin Lee (BYU)	57.33m	05/02/87	<b>Javelin</b>
Auzenne, Glenn, Smith, Henderson (San Diego State)	42.99	05/13/17	<b>4x100m</b>
Lea, Barrow, Knight, McPherson (San Diego State)	3:36.42	05/13/17	<b>4x400m</b>
Nicole Wadden (Nevada)	5,595 pots	05/10-11/17	<b>Hept./Dec.</b>

### Men

<i>Athlete (School)</i>	<i>Time/Mark</i>	<i>Date</i>
Leonard Myles-Milles (BYU)	10.04	05/12/99
Jamiel Trimble (Air Force)	13.66	05/12/17
Jamiel Trimble (Air Force)	20.33	05/13/17
Eddie Carey (UC Irvine)	45.51	1982
Bernie Holloway (San José State)	49.30	1982
Mark Enyeart (USU)	1:46.20	1975
Josh Kerr (New Mexico)	3:46.39	05/13/17
Joel Atwaer (Weber State)	8:59.16	04/21/01
Scott Bringhurst (Utah)	14:29.20	1973
Jerrell Mock (Colorado State)	31:01.59	05/11/17
Charles Clinger (Weber State)	2.30m	04/21/01
Billy Coleman (Fresno State)	7.93m	05/21/88
Henry Ellard (Fresno State)	16.02m	1982
Lance White (Rocky Mt. Elite)	5.60m	05/31/97
Zack Lloyd (Unattached)	20.51m	04/21/12
James Parker (USU)	70.86m	05/29/99
Stefan Fernolm (Unattached)	68.24m	05/21/88
Sindri Gudmundsson (USU)	77.19m	05/13/17
Bradford, Johnson, Anderson, Trimble (Air Force)	39.70	05/13/17
Gordon, Martin, Bluth, Bouilly (USU)	3:05.53	05/13/17
Bill Shuffenhaur (Unattached)	8,022 pts	05/30-31/97

Current student-athletes are in bold

Last Updated: 05/28/24



**UTAH STATE**

UNIVERSITY

**UTAH STATE**

# VICE PRESIDENT / DIRECTOR OF ATHLETICS



## DIANA SABAU

**St. Bonaventure University**  
**August, 2023 - Present (Second Year)**

Since being named Vice President and Director of Athletics for Utah State University on Aug. 7, 2023, Diana Sabau (Say-bo) has cast a vision for success that is redefining the student-athlete experience, raising the standard of excellence in a new era of college athletics and

changing lives through access to a USU education.

Sabau, who is Utah State's first full-time female athletic director and the 12th overall in school history, has employed innovative strategies and revenue-generating ideas, while working closely with key stakeholders to stay at the forefront of the issues that impact Aggie Athletics the most in an ever-changing national landscape.

Sabau's initiatives during her first 12 months on the job include launching a \$125 million 'Reach and Rise' fundraising campaign, which is the largest and most ambitious fundraising effort in the University's history, and the first-ever comprehensive capital campaign in the athletic department's history. She also hired a pair of basketball coaches in Jerrod Calhoun (men) and Wesley Brooks (women).

During her first year at Utah State, Sabau's fundraising efforts resulted in \$28.5 million in gifts and pledges, which is the highest dollar amount in a fiscal year in school history. She also secured a pair of \$10 million-plus gifts, also the highest in USU history, and secured a \$500,000 gift to name the weight room in the iFIT Sports and Performance Center.

Under Sabau's leadership, Utah State had an historic 2023-24 academic year winning a school-best four Mountain West championships in men's basketball, women's soccer, men's tennis and women's volleyball as Danny Sprinkle (men's basketball), Manny Martins (soccer) and Rob Nielsen (volleyball) were each named the MW Coach of the Year in their respective sports. In fact, those four conference championships are the most for USU since 2012.

The 2023-24 academic year also marked the first time in school history that its football, men's basketball, soccer and volleyball programs all competed in the postseason during the same academic calendar as men's basketball, soccer and volleyball participated in the NCAA Tournament, while football played in the Famous Idaho Potato Bowl.

During the 2023-24 season, men's basketball won its first-ever outright Mountain West regular season championship and advanced to its fourth NCAA Tournament in the last six years, including winning a first round game for the first time in 23 years. USU finished the season with 28 wins, which is tied for the third-most in school history and was ranked No. 22 in the final Associated Press poll, marking just the fifth time in school history that USU was nationally ranked at the end of the season.

Soccer won its first Mountain West Tournament Championship and advanced to just its third NCAA Tournament as it finished the season with 14 victories, its second-most in program history, and a school-record nine conference wins.



Volleyball set a school-record with 17 conference wins and posted 24 victories on the season, which is tied for the seventh-most in school history, as the program advanced to the NCAA Tournament for the second straight year and sixth time in school history.

Men's tennis won its fourth regular season Mountain West title since 2016 as it posted an 18-5 record, which is tied for the fifth-most wins in program history.

Along with the four programs that claimed Mountain West Championships during the 2023-24 academic year, Utah State saw growth and improvement in numerous other programs in Sabau's first year. Football played in its 11th bowl game in the last 13 seasons and had three players earn All-America honors. In track and field, the Aggie men finished fourth at the Mountain West Outdoor Championships, its best finish since 2021, while the Aggie women placed fifth for its best finish since 2018. Gymnastics placed second at the inaugural Mountain West Championships and men's golf won multiple tournaments in a season for the first time since 1995-96.

Even more impressive was Utah State's continued success by its student-athletes in the classroom as they have a 90 percent graduation success rate and a cumulative 3.38 grade-point average. During the 2023-24 academic year, USU's student-athletes combined to earn 249 academic all-Mountain West honors, while 191 were named Mountain West Scholar-Athletes. In fact, those 440 academic honors led the Mountain West. Additionally, USU recognized 245 student-athletes at its annual Joe E. Whitesides Luncheon for earning a 3.2 or better GPA.

Sabau joined Utah State after spending two-plus years as the Deputy Commissioner and Chief Sports Officer for the Big Ten Conference, where she oversaw the administration of all 28 sponsored sports, which included managing affiliate memberships, competition, scheduling, championships, sportsmanship, officiating and awards. The role, created in 2021, made Sabau the first Big Ten Conference chief sports officer in the 125-year history of the league.

Sabau also provided departmental oversight of football, basketball, hockey, Olympic sports and officiating administration for the Big Ten.

Prior to joining the Big Ten, Sabau served as Senior Deputy Athletics Director for The Ohio State University, which is one of the nation's most successful and comprehensive athletics programs with 36 fully funded varsity sports and more than 1,000 student-athletes. Within her tenure, she served as sport administrator for football, women's ice hockey and the co-ed rifle and pistol programs.

During her four years as sport administrator for Ohio State football, the team won four-consecutive Big Ten championships, participated in the college football playoffs and garnered numerous academic accolades and achievements.

Sabau reinvigorated and redefined Ohio State's women's ice hockey

### /// UTAH STATE ATHLETIC DIRECTORS ///

H.B. Hunsaker .....	1955-63
Frank Williams .....	1964-72
Ladell Andersen .....	1973-82
Dave Kragthorpe .....	1983-84
Rod Tueller .....	1985-92
Chuck Bell .....	1993-97
Bruce Van De Velde .....	1998
Rance Pugmire .....	1999-2003
Randy Spetman .....	2004-2007
Scott Barnes .....	2008-2014
John Hartwell .....	2015-2022
Diana Sabau .....	2023-present

# VICE PRESIDENT / DIRECTOR OF ATHLETICS

program. As sport administrator, she conducted a thorough national search and recruited Minnesota assistant coach and Golden Gopher all-time leading scorer Nadine Muzerall as the Buckeye's head coach. With Sabau, Muzerall was twice named coach of the year in the Western Collegiate Hockey Association (WCHA), first in 2018, and, again in 2020. In 2018, the Buckeyes received an at-large bid to the NCAA Women's Ice Hockey Tournament and advanced to their first-ever NCAA Women's Frozen Four.

In 2020, Ohio State's women's ice hockey team achieved its best season ever, advancing to the NCAA Women's Frozen Four for the second time under Muzerall, and winning the first WCHA championship for the program. Though this automatically qualified the Buckeyes for the 2020 NCAA Women's Ice Hockey Tournament, it was canceled due to the COVID-19 pandemic and the team received an at-large bid for the 2021 Women's Ice Hockey Tournament. Further, every single member of Muzerall's team earned the OSU Scholar-Athlete (grade-point average of 3.0+) distinction in 2020 and again in 2021.

Sabau was also responsible for revenue generation and accountable for an unprecedented, multi-million-dollar partnership agreement with Nike and the university. During the COVID-19 pandemic, she demonstrated steady leadership and forward-thinking, closing a multi-million-dollar term extension between concessionaire Levy Restaurants and the university.

As television liaison for Ohio State's athletic department, Sabau was responsible for bringing ESPN "College GameDay Built by The Home Depot" back to campus on select game days for live and remote pre-game coverage.

Also, as deputy director, Sabau coordinated Ohio State's overall athletics brand messaging and managed partnership agreements with Learfield IMG College, NIKE, Gatorade, CBS digital, Coke and the Big Ten Network. Further, she oversaw the departments of ticket office, out-bound ticket sales, fan experience and promotions, marketing and social media, video services, as well as the OhioStateBuckeyes.com website. Her deputy director responsibilities included athletics brand messaging coordination, strategic planning, maximizing partnerships for the student-athlete experience, tracking trends in technology for business advancement and public relations.

As department liaison with Ohio State's office of the president, Sabau worked with its chief of staff and communications team to develop collaborative and wide-range messaging and crisis management plans. She provided student-athlete advocacy and insight to influence policy decisions made by the senior management council, a collective that included leaders from government affairs, the office of the general counsel, student life, communications and marketing, business and



finance, talent and culture, administration and planning, as well as leaders from select academic departments. Sabau was a member of the executive team for the Columbus Local Organizing Committee that planned and hosted the 2018 Women's NCAA Final Four. Chief among her responsibilities were ticket sales, budgeting, student-athlete engagement, fan experience and promotions.

Sabau is a member of the National Society of Collegiate Directors of Athletics (NACDA) and Women Leaders in College Sports (womenleadersincollegesports.org) and serves on the Executive Board for Women Leaders in College Sports. She also serves on the John McLendon Minority Scholarship Foundation Board of Directors. Through participation in the McKinsey Institute professional development program, she holds certificates in enterprise agility, change leadership, centered leadership, and executive transitions.

She earned a master's in sports administration from Ohio University, a bachelor's degree from St. Bonaventure University and attended Oxford University, Somerville College. Sabau and her husband, Jamie, have two children.



**THIS IS THE MOUNTAIN WEST**

From its inception in 1999, the Mountain West has been committed to excellence in intercollegiate athletics, while promoting the academic missions of its member institutions. Progressive in its approach, the MW continues to cultivate opportunities for student-athletes to compete at the highest level while fostering academic achievement and sportsmanship. Now in its 25th year, the MW has been assertive in its involvement with the NCAA governance structure and has taken a leadership role in the overall administration of intercollegiate athletics.

The Mountain West has marked several achievements during its first 24 years, most notably becoming the first to establish a sports television network dedicated solely to an intercollegiate athletic conference (The Mtn.). The Mountain West also was the first to experiment with the coaches' challenge in the college football instant replay system and was the first non-automatic-qualifying BCS conference to participate in four BCS bowl games, winning three. In the inaugural year of the new College Football Playoff system, Boise State earned the automatic slot into a New Year's Six bowl game as the highest-ranked champion from the Group of Five 5 conferences. The Broncos defeated then 10th-ranked Arizona 38-30 in the VIZIO Fiesta Bowl. In 2011-12, the Mountain West was among the first conferences to implement a league-wide state-of-the-art basketball instant replay system.

The Mountain West is noted for its geographic diversity. Some of the most beautiful terrain and landscapes in the nation can be found within Mountain West boundaries, including the majestic Rocky Mountain range, which borders five MW institutions (Air Force, Boise State, Colorado State, New Mexico and Utah State). The high plains of Wyoming (elevation 7,220 feet – the highest Division I campus in the nation) contrast with the desert cities of Las Vegas and Reno, home to UNLV and Nevada, respectively, while Fresno State, San Diego State and San José State add a West coast influence with their locations in Central, Southern and Northern California. The inclusion of the

Hawai'i football program extends the Mountain West footprint to the beautiful islands in the Pacific Ocean, while the addition of the women's soccer program at Colorado College gives the MW an additional presence in the Rocky Mountains.

**HISTORY OF THE MOUNTAIN WEST**

The Mountain West was conceived on May 26, 1998, when the presidents of eight institutions — Air Force, BYU, Colorado State, New Mexico, San Diego State, UNLV, Utah and Wyoming — decided to form a new NCAA Division I-A intercollegiate athletic conference. The eight presidents then hired the league's first commissioner, Craig Thompson, on Oct. 15, 1998. The split from a former 16-team conference re-established continuity and stability among the membership within the new league and signaled the continuation of its tradition-rich, long-standing athletic rivalries. Three of the MW's eight original members have been conference rivals since the 1960s (New Mexico, Wyoming and Colorado State), while San Diego State (1978) and Air Force (1980) were longtime members as well. UNLV and TCU entered the fold in 1996 and the Rebels continued as one of the original eight institutions that formed the MW in 1999. TCU re-joined the group with its first year of competition in the Mountain West in 2005-06. With conference realignment sweeping the nation in recent years, the MW has been proactive in addressing membership changes. Boise State University joined the Mountain West in 2011-12, followed by Fresno State and the University of Nevada on July 1, 2012. Also on July 1, 2012, the University of Hawai'i became a football-only member of the Conference. On July 1, 2013, the Mountain West further expanded when San José State University and Utah

State University joined the Conference, bringing to 11 the number of full-time member institutions and 12 football-playing members. On July 1, 2014, the Colorado College women's soccer program became the first non-football affiliate member of the Mountain West, expanding that sport to 12 Conference participants.

When the Mountain West officially began operations on July 1, 1999, the new league had in place a seven-year contract with ESPN, giving the broadcast entity exclusive national television rights to MW football and men's basketball, and three-year agreements to send the league's football champion to the Liberty Bowl and a second team to the Las Vegas Bowl. Then Commissioner Thompson also arranged a third bowl tie-in each of the first three seasons (1999 Motor City, 2000 Silicon Valley, 2001 New Orleans) before securing a four-year deal with the Emerald Bowl in San Francisco in 2002.

An innovator in the postseason bowl structure, the MW engineered many "firsts," as league teams have participated in seven inaugural bowl games (2000 Silicon Valley, 2001 New Orleans, 2002 San Francisco (Emerald), 2005 Poinsettia, 2006 New Mexico, 2015 Arizona, 2015 Cure), as well as placing the first non-automatic-qualifying FBS team into a BCS bowl game with Utah's appearance in the 2005 Tostitos Fiesta Bowl and into the College Football Playoff (CFP) with Boise State's selection to the 2014 Tostitos Fiesta Bowl.

On Dec. 31, 2022, Thompson retired after nearly 24 years at the helm of the MW, and Gloria Nevarez was named the league's second Commissioner, beginning her post on Jan. 1, 2023.

**MOUNTAIN WEST QUICK FACTS**

10807 New Allegiance Drive, Suite 250  
 Colorado Springs, CO 80921  
 Phone: (719) 488-4040  
 Fax: 719-487-7240  
 Website: [www.themw.com](http://www.themw.com)

**Founded:** July 1, 1999

**Affiliations (Year Joined MW):** Air Force (1999), Boise State (2011), Colorado College (2014, women's soccer only), Colorado State (1999), Fresno State (2012), Hawai'i (2012, football only), Nevada (2012), New Mexico (1999), San Diego State (1999), San José State (2013), UNLV (1999), Utah State (2013), Wyoming (1999).

**Men's Sports:** Baseball, Basketball, Cross Country, Football, Golf, Indoor Track & Field, Outdoor Track & Field, Tennis

**Women's Sports:** Basketball, Cross Country, Golf, Gymnastics, Indoor Track & Field, Outdoor Track & Field, Soccer, Softball, Swimming & Diving, Tennis, Volleyball

**Team NCAA Championships:** 5  
**Individual NCAA Championships:** 54  
**NCAA Postgraduate Scholarship Winners:** 44  
**Academic All-American Selections:** 249  
**All-American Selections:** 1,769

