

WASHINGTON STATE TRACK & FIELD RELEASE



Cougar Indoor/Multis Meet Feb. 5-6, 2016 Indoor Facility, Pullman

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WSU TRACK & FIELD 2016 INDOOR SCHEDULE

JANUARY

15-16 @Ed Jacoby Invite/Multis,
Nampa

16 @UW Indoor Preview, Seattle
@Vandal Indoor, Moscow

22-23 WSU Open, Pullman

29-30 @UW Invitational, Seattle

FEBRUARY

**5-6 Cougar Indoor, Pullman
Cougar Multis, Pullman**

12-13@Don Kirby Elite Invite,
Albuquerque
@Husky Classic, Seattle

19-20 @Alex Wilson Invite,
Notre Dame

26-27 @Mountain Pacific Sports
Fed. Championships,
Seattle

MARCH

11-12 @NCAA Indoor T&F
Championships,
Birmingham, Ala.

WSU TRACK & FIELD HOME FOR COUGAR INDOOR/MULTIS

The Washington State track and field teams return to Pullman for the second and final home indoor meet...Cougar Indoor/Multis meet will be held Fri., Feb. 5 and Sat., Feb. 6 at the WSU Indoor Facility...Mondo track features a 60m straightaway and 200m oval...jumping and throwing field events are contested on the turf inside the oval...this is collegiate meet...women's pentathlon (five events) will take place Friday, Feb. 5 and the men's heptathlon (seven events) will start Feb. 5 and conclude Feb. 6...complete schedule of events on page 4 of this release...spectators admitted without charge...no live stats and no webcast...complete results will be posted at www.wsucougars.com when available following the completion of each day's events.

WAYNE PHIPPS, DIR. OF WSU CROSS COUNTRY/TRACK & FIELD

Wayne Phipps (Univ. of British Columbia '91/Oregon '94) become the 15th coach to take the reins of the Washington State men's program and the second coach for the combined men's and women's program at WSU on July 1, 2014...Phipps had been the University of Idaho's Director and Track & Field/Cross Country from 2010 through 2014, and was a coach with the Vandals program for a total of 19 years...he served as co-head coach from 2000-09, after serving as an assistant coach from 1995-99... while at Idaho, Phipps was honored 14 times as a conference coach of the year and led the Vandals to a record 16 total conference titles.

COUGAR TRACK & FIELD COACHING STAFF

WSU Track & Field coaching staff includes Associate Head Coaches Julie Taylor (throws), and Yogi Teevens (sprints, relays and horizontal jumps)... Assistant Coaches are Brad Walker (vertical jumps), and Allix Potratz-Lee (distance)...Andrea Sabbatine is the Operations Coordinator...volunteers working with the WSU track and field this year include: Jesse Jorgensen, Nigel Joseph, Hannah Kiser, Josiah Sims, Tim Taylor, and Liga Velve.

2016 WASHINGTON STATE TRACK & FIELD TEAM CAPTAINS

Women's Track: Dominique Keel; Women's Field - Kelsie Taylor; Women's Distance: CharLee Linton; Men's Track: CJ Allen; Men's Field: Travis Pickett; Men's Distance: John Whelan.

COUGAR HIGHLIGHTS FROM UW INVITATIONAL

At the UW Invitational, Jan. 29-30, in Seattle, WSU tallied 24 PRs...CharLee Linton erased nearly 10 seconds off her 5000m PR with time of 16:35.48, seventh-best in WSU all-time records...Katie Wardsworth took eighth in the 20-pound weight throw with a PR throw of 16.46m/54-0, eighth-best weight throw in WSU all-time records...Distance Medley Relay team of Paul Ryan (1200m), Ray Littles (400m), Reid Muller (800m), and Nathan Tadesse (1600m) broke the freshman school record with their fourth-place finish in a time of 9:59.67...Ryan also won his section of the men's 800m (12th overall) in 1:53.42...Greer Alsop was runner-up in the women's triple jump with a PR of 12.67m/41-7...Dominique Keel took third place in the 400m dash with a PR time of 55.66...Liz Harper placed fifth in the 60m hurdles final with a PR time of 8.53, eighth in 400m (56.77), and long jumped 5.49m/18-0 1/4 to tie teammate McKenna Hogan for eighth place...CJ Allen placed fourth in the 60m hurdles final with a time of 8.21 and ran a season-best 400m time of 48.14...John Whelan ran a huge 3k PR of 8:03.57, chopping 22 seconds off his previous best...Katherine Dittmann took fifth in her 3k section with a PR time of 10:00.55.



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USTFCCCA NATIONAL TEAM RANKINGS

The United States Track & Field and Cross Country Coaches Association (USTFCCCA) national rankings are a prediction of how teams and individuals will place at the 2016 NCAA Div. I Indoor Championships, March 11-12, in Birmingham, Ala.

USTFCCCA INDOOR TRACK & FIELD MEN'S TOP 25 TEAMS 2016 Week 2 Rankings Feb. 1, 2016

Rank	School	Total	Last Ranking
1.	Florida	132.21	1
2.	Texas A&M	104.30	3
3.	Texas	101.90	2
4.	Virginia Tech	97.21	4
5.	LSU	96.72	6
6.	Oregon	94.98	5
7.	TCU	77.72	10
8.	Arkansas	75.13	11
9.	Tennessee	70.93	8
10.	Georgia	70.00	7
11.	Washington	61.14	9
12.	Stanford	58.84	14
13.	Colorado	57.08	12
14.	Texas Tech	54.39	15
15.	Nebraska	54.30	13
16.	Alabama	50.07	17
17.	USC	47.67	18
18.	Virginia	46.79	19
19.	Syracuse	42.66	53
20.	Oklahoma State	40.72	16
21.	Penn State	39.90	21
22.	Portland	39.60	20
23.	Southern Illinois	36.69	31
24.	Kansas State	36.10	24
25.	NC State	34.83	60
105.	Washington St.	1.49	104

Next ranking Feb. 8, 2016



NCAA DESCENDING ORDER LISTS

The NCAA descending order lists can be viewed at the United States Track & Field/Cross Country Coaches Association (USTFCCCA) Track & Field Results Reporting System website (www.tfrs.org)...the top 16 individuals and 12 relays will move on to compete at the NCAA Indoor Championships March 11-12 in Birmingham, Alabama...best marks for the Cougars for the 2016 indoor season can be found at www.wsucougars.com.

WSU women in the TFRRS national top 50 list / MPSF top 8 scoring) this week:

CharLee Linton, 5000m - 16:35.48 (22nd nationally, 2nd MPSF)
Devon Bortfeld, 5000m - 17:03.64 (47th nationally, 6th MPSF)
Liz Harper, 60m Hurdles - 8.56 (7th MPSF)
Liz Harper, High Jump - 1.75m/ 5-8 3/4 (45th nationally, 2nd MPSF)
Kiana Davis, High Jump - 1.75m/5-8 3/4 (45th nationally, 2nd MPSF)
Greer Alsop, Triple Jump - 12.67m/41-7 (29th nationally, 3rd MPSF)
Kiana Davis, Triple Jump - 12.49m/40-11 3/4 (41st nationally, 5th MPSF)
Kayla Warren, Triple Jump - 11.99m/39-4 (7th MPSF)

WSU men in the TFRRS national top 50 list / MPSF top 8 scoring) list this week:

Terrance Chambers, 200m - 21.78 (8th MPSF)
CJ Allen, 400m - 48.14 (7th MPSF)
Reid Muller, 800m - 1:54.23 (7th MPSF)
John Whelan, 3000m - 8:03.67 (29th nationally, 6th MPSF)
Sam Levora, 5000m - 14:34.04 (3rd MPSF)
Forrest Shaffer, 5000m - 14:35.63 (4th MPSF)
Dino Dodig, 60m Hurdles - 8.11 (7th MPSF)
CJ Allen, 60m Hurdles - 8.16 (7th MPSF)
Dist. Med. Relay - 9:59.67 (41st nationally, 6th MPSF)
Thane Pierson, High Jump - 2.16m/7-1 (14th nationally, 3rd MPSF)
Austin Sodorff, Pole Vault - 5.12m/16-9 1/2 (44th nationally)
Brock Eager, Weight Throw - 19.27m/63-2 3/4 (3rd MPSF)
Travis Pickett, Weight Throw - 17.87m/58-7 1/2 (4th MPSF)
Dino Dodig, Heptathlon - 5464 points (16th nationally, 4th MPSF)





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USTFCCCA INDOOR TRACK & FIELD RANKINGS WOMEN'S TOP 25 TEAMS 2016 Week 2 Rankings Feb. 1, 2016

Rank	School	Total	Last Ranking
1.	Arkansas	209.40	1
2.	Georgia	165.37	2
3.	Oregon	127.66	5
4.	Florida	120.92	6
5.	Texas	115.43	3
6.	Kansas State	107.45	4
7.	USC	81.18	7
8.	NC State	78.13	19
9.	Wisconsin	75.23	9
10.	Stanford	74.59	14
11.	Georgetown	73.54	10
12.	Kentucky	72.40	8
13.	Baylor	61.14	11
14.	Tennessee	60.74	12
15.	Alabama	57.83	15
16.	Miami	49.30	16
17.	Duke	47.13	17
18.	Michigan	45.86	13
19.	Akron	44.74	25
20.	LSU	42.73	18
21.	Texas A&M	42.47	20
22.	Oklahoma State	41.30	32
23.	Michigan State	37.71	21
24.	Notre Dame	32.50	22
25.	Penn State	32.48	26
91.	Washington State	1.25	85

Next ranking Feb. 8, 2016

WEST REGIONAL INDOOR RANKINGS Week 2 Feb. 1, 2016

Men	Women
Rank	Rank School
1.	Oregon
2.	Washington
3.	USC
4.	UCLA
5.	Stanford
6.	Washington State
7.	Arizona State
8.	Grand Canyon
9.	Boise State
10.	California
11.	Arizona
12.	Portland
13.	Long Beach St.
14.	Gonzaga
15.	Idaho
	1. Oregon
	2. USC
	3. Washington
	4. Stanford
	5. San Diego St.
	6. Arizona
	7. UCLA
	8. Arizona State
	9. Washington St.
	10. Boise State
	11. E. Washington
	12. California
	13. UNLV
	14. Sacramento St.
	15. UC Riverside

WSU WOMEN ENTERED IN COUGAR INDOOR FEB. 5-6, PULLMAN:

60m - Danielle Darden, Holly DeHart, Christiana Ekelem, Dominique Keel, Sarah Stavig
200m - No entries
400m - Jordan Anderson, Adreonia Bradley, Regyn Gaffney, ShaRaya Quinn, Grace Victor
600m - No entries
800m - Natalie Ackerley, Betsy Arlt, Adreonia Bradley, Amanda Henderson, Pam Henderson
Mile - No entries
3000m - Alexys Garcia
5000m - No entries
60m Hurdles - Jordan Anderson, ShaRaya Quinn
4x200m Relay - No entry
4x800m Relay - No entry
4x400m Relay - A: Stavig, DeHart, Quinn, Cho
B: Keel, Ekelem, Gaffney, Darden
High Jump - Kiana Davis, Lateah Holmes, Audrey Ketcham
Pole Vault - Danielle Carnahan, Katelyn Frost, Kristine Felix (unat), Molly Scharmann (unat), Abby Webb (unat)
Long Jump - Greer Alsop, McKenna Hogan, Kayla Warren
Triple Jump - Kiana Davis, Kayla Warren
Shot Put - Jada Harvey, Chrissnay Brown (unat), Angela Gardella (unat), Kaitlin Krouse (unat), Aoife Martin (unat)
Weight Throw - Katie Wardsworth, Chrissnay Brown (unat), Angela Gardella (unat), Kaitlin Krouse (unat), Aoife Martin (unat)
Pentathlon - Alissa Brooks-Johnson, Liz Harper, Lindsey Schauble

WSU MEN ENTERED IN COUGAR INDOOR, FEB. 5-6, PULLMAN:

60m - Terrance Chambers, Ja'Maun Charles, Jonnie Green, Brandon Jetter, Ray Littles, Zach Smith, Ethan Gardner (unat)
200m - No entries
400m - Will DeMaris, Tyler Hill, Brandon Jetter, Jake Nienhuis, Ethan Gardner (unat)
600m - No entries
800m - Jake Finney, Kyler Little, Alex Simpson
Mile - Jake Finney, Alex Simpson
3000m - No entries
5000m - No entries
60m Hurdles - CJ Allen, Christapherson Grant, Abu Kamara, Ian Markham, Daniel Zmuda (unat)
4x200m Relay - No entry
4x800m Relay - No entry
4x400m Relay - A; Green, Chambers, Charles, DeMaris
B: Nienhuis, Hill, Jetter, Littles
High Jump - Grayson Anderson, Peyton Fredrickson, Keelan Halligan, Thane Pierson, Brendan Rexus, Cole Smith
Pole Vault - Anden Lewis, Matt Dickinson (unat), Tyler Mjelde (unat), Louis Smith (unat), Kainoa Tom (unat)
Long Jump - Grayson Anderson, Josh Colbert, Peyton Fredrickson, Ray Littles
Triple Jump - Josh Colbert, Keelan Halligan, Robbie Flores (unat)
Shot Put - Grayson Anderson, Jake Callaghan, Tyler Jackson, Ray Littles, Adam Mahama, Matt Wardell, Kollin Crown (unat),
Weight Throw - Amani Brown, Derek Crites, Brock Eager, Adam Mahama, Wyatt Meyring, Travis Pickett
Heptathlon - Dino Dodig



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COUGAR INDOOR SCHEDULE

TIMES SUBJECT TO CHANGE

Friday, February 5

12:30 p.m.	60m H (Pent)
12:45 p.m.	35# Weight Throw (M)
1:10 p.m.	High Jump (Pent)
1:30 p.m.	60m (Hept)
2:10 p.m.	Long Jump (Hept)
2:30 p.m.	Shot Put (Pent)
3:30 p.m.	Shot Put (Hept)
3:40 p.m.	Long Jump (Pent)
4:30 p.m.	High Jump (Hept)
	20# Weight Throw (W)
	Long Jump (W)
4:50 p.m.	800m (Pent)
5:00 p.m.	Pole Vault (M)
	4x200m Relay (M)
5:05 p.m.	4x200m Relay (W)
5:10 p.m.	4x800m Relay (M)
5:15 p.m.	4x800m Relay (W)
6:00 p.m.	Long Jump (M)

Saturday, February 6

10:00 a.m.	60m H (Hept)
10:45 a.m.	Pole Vault (Hept)
11:00 a.m.	High Jump (M)
	Shot Put (M)
	5000m (M)
11:35 a.m.	5000m (W)
NOON	Triple Jump (M)
	60m H Prelims (M)
12:15 p.m.	60m H Prelims (W)
12:30 p.m.	60m Prelims (M)
12:45 p.m.	60m Prelims (W)
1:00 p.m.	1000m (Hept)
	Pole Vault (W)
1:10 p.m.	Mile (M)
1:25 p.m.	Mile (W)
1:30 p.m.	High Jump (W)
	Shot Put (W)
1:40 p.m.	60m H Final (M)
1:45 p.m.	60m H Final (W)
1:55 p.m.	400m (M)
2:00 p.m.	Triple Jump (W)
2:10 p.m.	400m (W)
2:25 p.m.	60m Final (M)
2:30 p.m.	60m Final (W)
2:40 p.m.	600m (M)
2:45 p.m.	600m (W)
2:50 p.m.	800m (M)
2:55 p.m.	800m (W)
3:05 p.m.	200m (M)
3:20 p.m.	200m (W)
3:30 p.m.	3000m (M)
3:45 p.m.	3000m (W)
4:05 p.m.	1600m Relay (M)
4:20 p.m.	1600m Relay (W)

Invitational Collegiate Meet

ENTRY DEADLINE: Noon, Feb. 3, 2016

MARKS RECORDED IN WSUT & F RECORD BOOK BY 2016 STUDENT-ATHLETES

Women's All-Time Marks

60m - 7th. 7.57i Dominique Keel (2014)
& 7.57i Danielle Darden (2015)
5000m - 7th. 16:35.48i CharLee Linton (2016)
10,000m - 1st. 34:03.69 CharLee Linton (2015)
60m Hurdles - t-5th. 8.46i Candice McFarland (2015)
100m Hurdles - 4th. 13.57 Candice McFarland (2015)
400m Hurdles - 2nd. 57.31 Liz Harper (2015),
7th. 58.81 Alissa Brooks-Johnson (2015)
3000m Steeplechase - 10th. 10:59.03 Devon Bortfeld (2015)
4x100m Relay - 2nd. 44.61 D. Darden, Christiana Ekelem, D. Keel
4x400m Relay - 3rd. 3:36.27 D. Keel, C. Ekelem, L. Harper
High Jump - 7th. 1.82m / 5-11 1/2 Audrey Ketcham (2015)
Pole Vault - 2nd. 4.26m / 13-11 3/4i Kristine Felix (2015)
Triple Jump - 3rd. 12.67m / 41-7i Greer Alsop (2016)
Weight Throw - 8th. 16.46m / 54-0i Katie Wardsworth (2016)
Pentathlon - 4th. 3,776 points Alissa Brooks-Johnson (2015)
Heptathlon - 4th. 5,803 points Alissa Brooks-Johnson (2015)

Men's All-Time Marks

Distance Medley Relay - FSR 9:59.67 Ryan, Littles, Muller, Tadesse
400m Hurdles - 9th. 50.83 CJ Allen (2015)
Javelin - 10th. 71.07m / 233-2 Brad Stevens (2015)
Weight Throw - 7th. 19.27m / 63- 3/4i Brock Eager (2016)
Heptathlon - 2nd. 5,503i points Dino Dodig (2014)
Decathlon - 10th. 7,416 points Dino Dodig (2015)

COUGARS NOTED IN WORLD AND USA 2015 TOP MARKS

The 69th Annual *Track & Field News* rankings list for 2015 World and USA (based on descending order of importance: 1. Honors Won, 2. Head-To-Head records with other athletes, and 3. Sequence Of Marks) has 10 current or former Cougar competitors (published February 2016):

Joe Abbott, men's 800m (1:47.52) 34th USA

Jesse Jorgensen, men's 800m (1:45.76), 13th USA

Bernard Lagat, men's mile (3:54.91i) 8th USA, 22nd World

Bernard Lagat, men's 3000m (7:37.92i) 1st USA, 8th World

Bernard Lagat, men's 2 miles (8:17.05i) 6th World

Bernard Lagat, men's 5000m (13:14.97), 8th USA

Jeshua Anderson, men's 400m hurdles (48.95) 12th USA, 23rd World

Brad Stevens, men's javelin (71.07m/233-2), 33rd USA

Liz Harper, women's 400m hurdles (57.31), 30th USA

Audrey Ketcham, women's high jump (1.82m/5-11 1/2) t-31st USA

Kristine Felix, women's pole vault (4.26m/13-11 3/4i), t-31st USA

Blessing Ufodiama, women's triple jump (13.47m/44-2 1/2), 12th USA

Alissa Brooks-Johnson, women's heptathlon (5803) 18th USA



2016 Washington State University Track & Field Top Returners

Returning MPSF 2015 Women Scorers:

Alissa Brooks-Johnson, Pentathlon: 2014 (7th); 2015 (5th)
Danielle Darden, 200m: 2015 (4th)
Kiana Davis, High Jump: 2015 (5th)
Kristine Felix, Pole Vault: 2013 (2nd); 2014 (2nd); 2015 (5th)
Dominique Keel, 200m: 2014 (8th); 2015 (8th)
Audrey Ketcham, High Jump: 2015 (4th)
Candice McFarland, 60m Hurdles: 2015 (6th)
Kayla Warren, Triple Jump: 2015 (4th)

Returning Pac-12 Championships Women Scorers:

Greer Alsop, Triple Jump: 2015 (8th)
Alissa Brooks-Johnson, Heptathlon: 2014 (2nd); 2015 (1st) / 400m Hurdles: 2015 (7th)
Kristine Felix, Pole Vault: 2013 (1st); 2014 (t-6th); 2015 (4th)
Liz Harper, 400m Hurdles: 2015 (4th)
Lateah Holmes, High Jump: 2015 (t-6th)
Dominique Keel, 100m: 2014 (7th)
Audrey Ketcham, High Jump: 2014 (8th); 2015 (t-6th)
Candice McFarland, 100m Hurdles: 2015 (4th)
Kelsie Taylor, Javelin: 2015 (5th)
Kayla Warren, Triple Jump: 2015 (6th)

Returning NCAA Outdoor Women Participants:

Alissa Brooks-Johnson, Heptathlon: 2015 (18th) / 400m Hurdles: 2015 (23rd)
Liz Harper, 400m Hurdles: 2015 (19th)
Audrey Ketcham, High Jump: 2015 (21st)
Danielle Darden, Christiana Ekelem, Dominique Keel, 400m Relay: 2015 (17th)
Christiana Ekelem, Liz Harper, Dominique Keel, 1600m Relay: 2015 (21st)

Returning MPSF 2015 Men Scorers:

CJ Allen, 400m: 2015 (7th)
Terrance Chambers, 200m: 2015 (3rd)
Dino Dodig, Heptathlon: 2014 (3rd); 2015 (3rd)
Travis Pickett, Weight Throw: 2014 (8th)
Thane Pierson, High Jump: 2015 (8th)
Austin Sodorff, Pole Vault: 2015 (5th)

Returning Pac-12 Championships Men Scorers:

CJ Allen, 400m Hurdles: 2014 (1st)
Terrance Chambers, 200m: 2014 (7th); 2015 (7th)
Dino Dodig, Decathlon: 2015 (5th)
Brock Eager, Hammer: 2015 (8th)
Thane Pierson, High Jump: 2014 (t-5th); 2015 (t-5th)
Forrest Shaffer, 3000m Steeplechase: 2014 (6th); 2015 (7th)
Austin Sodorff, Pole Vault: 2014 (6th)
Brad Stevens, Javelin: 2015 (8th)
Daniel Zmuda, 110m Hurdles: 2014 (8th); 400m Hurdles: 2014 (8th)

Returning NCAA Outdoor Championships Men Participants:

Dino Dodig, Decathlon: 2015 (DNF)