



WASHINGTON STATE MEN'S TRACK & FIELD

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COMPLETE
STUDENT ATHLETE

Pac-12 students are known for their athletic success, but they are also impressive, **complete** people with outside interests, diverse backgrounds, extracurricular activities, interesting families, busy schedules, and full lives. The release for this week's competition is focused on who Washington State students are in the classroom and community.



ACADEMIC SPOTLIGHT

Forrest Shaffer knows how to navigate the 28 barriers and the seven times over the water hazard of the 3000m steeplechase. His personal-record best time of 8:51.73 was run at the 2016 Stanford Invitational meet. But just days before that accomplishment, Forrest won an award at WSU's Showcase for Undergraduate Research and Creative Activities (SURCA) where he was among 235 students presenting over 200 posters. His poster, "Ion Channel Profiling in Vagal Afferent Neurons," was one of four in the Molecular, Cellular and Chemical Biology division that won second-highest honors. Forrest's interest in neuroscience is closely associated with his running: studying the communication between brain and body in the areas of feeding, metabolism and pain. For the past three years Forrest has worked in the WSU Neurobiology lab with his mentor, Dr. James Peters, an assistant professor in the Integrative Physiology and Neuroscience department. Forrest's research studies how neural mechanisms control food intake: how the vagus nerve innovates the gut and the brain and how it controls what is eaten, when it is eaten and why humans get hungry. Forrest plans to obtain a doctorate degree in neuroscience at WSU and continue his research.



COMMUNITY CORNER

Travis Pickett is a big guy with a bigger heart. The redshirt junior hammer thrower from Snohomish, Wash., is the men's field events captain for the 2016 track and field season. After suffering foot pain in his left foot for nearly three years, Travis was diagnosed with a stress fracture in his foot, aggravated by what he loved to do: throw the hammer. His injury forced him take time away from throwing not once, but twice for months at a time in the last year. Returning to practice and competition was slow but Travis has thrown a PR in hammer this season. Maybe that PR had something to do with his haircut. Not just any haircut but one that chopped off 12-plus inches of hair that was donated to Locks of Love, a non-profit organization that provides hairpieces to financially disadvantaged children suffering from long-term medical hair loss. While donation was not his initial goal, Travis became determined to grow his thick, blonde mane until it was long enough to donate. And that happened a week ago. A criminal justice major, Travis will pursue a career as a fire fighter after graduation.



NUTRITIONAL CORNER

Sam Levora's to-do list this spring had two big projects: to run an NCAA Regional qualifying time in the 5000 meters and to compile recipes for the Student-Athlete Advisory Committee Cookbook. Sam, a sophomore from Sandpoint, Idaho, has had to overcome some respiratory issues but feels ready to run well at the Pac-12 Championships May 14-15. As for the SAAC Cookbook, it is a labor of love. Sam is a hospitality business management major and calls himself a "foodie" who likes to take on the "head chef" duties when the cross country team has fall training camp. Sam had an Italian grandmother so he gravitates to pasta dishes and his teammates request his homemade macaroni and cheese. The SAAC Cookbook will have athlete-inspired recipes that represent the wide range of personalities with a lot of great family recipes from all over the world as well as different regions of the U.S. Sam has already cooked several of the recipes which intrigued him. He plans to pursue a dream to open a restaurant and/or be involved in the emerging wine industry. Sam's passion for food fuels his academic and athletic paths.



TOP PERFORMERS

Senior Thane Pierson (Naches, Wash.) has a 3.88 GPA majoring in Communication and Society. He also has high jumped 7'3" this season - 6th-best nationally and 7th-best in WSU all-time records.



HOBBY HUDDLE

What do WSU T&F competitors like to do in their spare time?

Singing:

Ja'Maun Charles (sprints) + piano!

Christapherson Grant (hurdles)

Jonnie Green (sprints)

Guitar playing:

Thane Pierson (high jump)

Travis Pickett (hammer)

Hockey:

Peyton Fredrickson (jumps)

Fantasy Leagues:

Brandon Jetter (sprints)

Tyler Jackson (throws)

Photography/video media:

Dino Dodig (decathlon)

Freestyle Rapping:

Wyatt Meyring (hammer)

Amani Brown (throws)

Cars:

Hironmoy Redman (Mid. Distance)

Hackysack:

Will DeMaris (400m dash)

Recreational Hoops:

Ja'Maun Charles (sprints)

Paul Ryan (distance)

Nathan Tadesse (distance)

Nathan Wadhwani (distance)



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ACADEMIC SPOTLIGHT

Dominique Keel doesn't list juggling as one of her many talents but she has successfully demonstrated an ability to juggle the many aspects of her collegiate life for the past four years. The senior from Beaverton, Ore., will graduate this Saturday with a degree in Sociology. Dominique, called Dom by her friends, earned the 2015 Exceptional Senior Award, given by the Sociology department to the rising senior who excels in classes in the Sociology major. Going into this final semester of classes, Dom carried a 3.90 GPA. She also serves as the WSU women's team track captain, a position that she sees as an honor but not additional duties as she has always strived to lead by example on and off the track. Dom's name can be found in the WSU top ten records for the 60m dash (7.57 seconds - 7th), 200m dash (23.74 - 5th), the 400m relay 44.61 - 2nd) and 1600m relay (3:36.76 - 4th). She is currently racing toward another NCAA appearance. Dom served as the SAAC president as a junior. She has also been a leader in her Pullman church which fit well with her career aspirations to work with at-risk children and families. Last year she led a group of 20 students called the Athlete Village in weekly discussions. Her work with the church makes her also consider going into the ministry. Dom is a mere 5'3" tall but her reach and influence among her peers is gigantic.



LEADERSHIP

Kelsie Taylor, a senior from Naches, Wash., is a student-athlete who epitomizes leadership. A kinesiology major with a minor in psychology, Kelsie's career goal is to become a physical therapist. Academics has always come first for Kelsie but she also takes on many other projects that embrace providing services for others. She serves as the vice president of SAAC and has enjoyed working with student-athletes to provide improvements to their WSU experience. She has been a peer academic counselor and has officiated Special Olympics basketball games. Kelsie made history last October as the first WSU student-athlete representative on the Pac-12 Student-Athlete Leadership Team (SALT) that joined Pac-12 Athletics Directors, Faculty Athletics Representatives, and Senior Woman Administrators at the Pac-12 Council meetings. She is the top women's javelin thrower for the Cougs this year and serves as the women's team captain for field events. In addition to her course work and athletics department activities, Kelsie also works in the WSU Athletics Business Office assisting with a wide range of duties. She has found an area away from track and field in which to channel her competitive nature. Kelsie is an accomplished trap shooter, having joined the family hobby when she was around eight years old. While not a sport that is highly populated with women, Kelsie's skills are always appreciated by the older men she competes against and more times than not, beats! Kelsie plans to work for a year after graduation and then begin working on her advanced degree in physical therapy with a dream job of working with a professional sports team but will be happy working in a clinical setting. No doubt Kelsie will be successful in any field she pursues because of her personal philosophy of placing the success of others ahead of her own.



TOP PERFORMERS

Steffie Pavey, a junior from Old Town, Idaho, is majoring in Accounting and has a 3.97 GPA - the highest on the women's track team. Steffie is a steeplechaser and also on the cross country team. She is currently the CFO for WSU's SAAC.



HOBBY HUDDLE

What do WSU T&F competitors like to do in their spare time?

Archery:
Katie Wardsworth (hammer)

Singing:
Chrissnay Brown (throws)
Kiana Davis (jumps)
McKenna Hogan (long jump)

Play musical instruments:
Kristine Felix (pole vault) - ukulele
Kiana Davis (jumps) - piano

Surfing:
Danielle Darden (sprints)
Kristine Felix (pole vault)

Skateboarding:
Devon Bortfeld (steeplechase)

Snowboarding:
Greer Alsop (triple jump)

Rock Climbing:
Amanda Henderson (distance)

Photography:
Audrey Ketcham (high jump)

SnapChat Talk Show:
Alexys Garcia (distance)
Mallori Lindberg (distance)



WASHINGTON STATE TRACK & FIELD

Pac-12 Track & Field Combined Events Championships

May 7-8, Husky Track, Seattle

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WSU TRACK & FIELD 2016 OUTDOOR SCHEDULE

MARCH

17-18 @Whitworth Buc Scoring
18-19 @USCTrojan Invite, L.A.
22 @Jim Bush Collegiate, L.A.
(WSU-Arizona-UCLA)
Pac-12 TV LIVE
26 @U. Idaho Invite, Moscow

APRIL

1 @San Francisco State
Distance Carnival
1-2 @Stanford Invitational
2 @Sam Adams Classic,
(Whitworth) Spokane
8-9 @Sun Angel Classic, Tempe
9 @SCC WAR IX, Spokane
13-14 @Mt. SAC Combined, Azusa
14-16 @Mt. SAC Relays, Norwalk
15 @Bryan Clay Invite, Azusa
23 **WSU vs. UW Dual, Pullman**
30 **Cougar Invitational**

MAY

1 @Stanford Payton Jordan Invite
7-8 @Pac-12 Combined, Seattle
14-15 @Pac-12 Champs, Seattle
26-28 @NCAA Prelim Rounds,
Lawrence, Kan.

JUNE

8-11 @NCAA Champs, Eugene

COUGARS COMPETE AT COMBINED EVENTS CHAMPIONSHIPS

The Pac-12 Conference Track & Field Combined Events Championships are Saturday and Sunday, May 7 & 8, at Husky Track in Seattle... Washington State University student-athletes competing are **Dino Dodig** in the decathlon (10 men), **Alissa Brooks-Johnson, Liz Harper and Lindsey Schauble** in the heptathlon (15 women)...Brooks-Johnson is the defending Pac-12 Heptathlon Champion...more info on pages 2 & 3...events begin at Noon Saturday and 11:30 a.m. Sunday... Live Results can be viewed at www.pac-12.org...individual events and team relays at Pac-12 T&F Championships take place May 14-15, also at UW's Husky Track.

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... at Idaho, he was named conference Coach of the Year 14 times and led the Vandals to a record 16 conference titles.

COUGAR 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.

PIERSON NAMED PAC-12 MALE FIELD ATHLETE OF THE WEEK

Thane Pierson (senior, Naches, Wash.) was named the Pac-12 Male Field Athlete of the Week for his high jump of 2.21m/7-3 at the 16th Annual Cougar Invitational, April 30 in Pullman...his mark is the seventh-best high jump in WSU all-time records and currently tied for sixth-best in the nation and second-best in the Pac-12...he eclipsed the meet record of 6-10 3/4 (2.10m) set by WSU's Matt Alverson in 2001.

COUGARS HIGHLIGHTS FROM OTHER APRIL 30 MEETS: At Coug Invite, Terrance Chambers was a double winner with victories in the men's 100m (10.78) and 200m (21.43)...WSU men won a total of eight events as did the Cougar women at the final home meet of the year...at the UW Ken Shannon Invitational in Seattle, Devon Bortfeld (sophomore, Sammamish, Wash.) ran the seventh-fastest 3000m steeplechase in school history with her time of 10:34.10, third-place in the race...the race winner was WSU assistant coach Allix Potratz-Lee with a meet record time of 10:05.10...at the OSU High Performance meet in Corvallis, assistant coach Angela Whyte won the women's 100m hurdles race with an Olympic "A" standard time of 12.95 seconds...Whyte has competed in two previous Olympic games for Team Canada.



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Pac-12 Track & Field Combined Events Championships

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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 Outdoor Championships, June 8-11, in Eugene.

USTFCCCA TRACK & FIELD MEN'S TOP 25 TEAMS WEEK 5 RANKINGS May 2, 2016

School	Points	Last Ranking
1. Texas A&M	340.58	1
2. Florida	279.06	2
3. LSU	250.08	3
4. Arkansas	207.25	4
5. Georgia	176.84	5
6. Texas	175.84	6
7. Oregon	159.44	7
8. Alabama	154.92	8
9. Texas Tech	130.41	9
10. Virginia Tech	125.66	13
11. Virginia	117.06	10
12. Syracuse	113.30	12
13. Mississippi St.	107.52	15
14. Minnesota	104.71	11
15. Penn State	97.35	14
16. Stanford	94.27	38
17. UCLA	93.78	16
18. Northern Arizona	88.99	31
19. South Carolina	86.44	17
20. TCU	82.42	19
21. Mid. Tennessee	78.10	21
22. Houston	76.23	18
23. USC	75.85	23
24. Tennessee	75.25	28
25. Clemson	74.83	27

41. Washington State 49.85 49

Next Ranking: May 9

WSU MEN ENTERED IN PAC-12 DECATHLON CHAMPIONSHIPS

DINO DODIG, Junior, Novi Sad, Serbia

Collegiate PR:

Lifetime-best 7,454 points (2013 at Novi Sad, Serbia)

2015 Pac-12 Championships: 5th

2014 Pac-12 Championships: DNF

PR marks: 100m - 11.07; LJ - 6.98m/22-10 3/4; SP - 12.29m/ 40-4;

HJ - 2.06m/6-9; 400m - 48.78; 110mH - 14.27; DT - 40.83m/133-11;

PV - 4.75m/15-7; JT - 44.98m/150-10; 1500m - 4:29.90

> Member of Serbian National team

> PR of 7,225 points at the 9th European Athletics U23 Championships (2013, Tampere, Finland), 20th in decathlon

> At 2014 Pac-12 Championships Decathlon, withdrew after five events with back injury

RETURNING NCAA CHAMPIONSHIPS PARTICIPANTS

Dino Dodig, Decathlon: 2015 (DNF)

RETURNING PAC-12 CHAMPIONSHIPS SCORERS

CJ Allen, 400m Hurdles: 2014 (1st)

Terrance Chambers, 200m: 2014 (7th); 2015 (7th)

Dino Dodig, Decathlon: 2015 (5th)

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)

Pac-12 Track & Field Combined-Events Championships, May 7 & 8 UW's Husky Track, Seattle

Saturday, May 7:

Noon	Decathlon	100m Dash
12:45 p.m.	Heptathlon	100m Hurdles
12:45 p.m.	Decathlon	Long Jump
1:30 p.m.	Heptathlon	High Jump
2:00 p.m.	Decathlon	Shot Put
3:30 p.m.	Decathlon	High Jump
3:45 p.m.	Heptathlon	Shot Put
5:00 p.m.	Heptathlon	200m Dash
5:45 p.m.	Decathlon	400m Dash

Sunday, May 8 :

11:30 a.m.	Decathlon	110m Hurdles
12:15 p.m.	Decathlon	Discus
12:45 p.m.	Heptathlon	Long Jump
1:45 p.m.	Decathlon	Pole Vault
2:00 p.m.	Heptathlon	Javelin
3:30 p.m.	Heptathlon	800m Run
4:30 p.m.	Decathlon	Javelin
6:00 p.m.	Decathlon	1500m Run



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USTFCCCA TRACK & FIELD WOMEN'S TOP 25 TEAMS WEEK 5 RANKINGS May 2, 2016

School	Points	Last Ranking
1. Kentucky	345.20	2
2. Arkansas	318.98	1
3. Oregon	249.66	3
4. Texas	242.24	4
5. USC	238.80	7
6. Florida	235.24	5
7. LSU	215.84	6
8. Stanford	196.88	11
9. Kansas State	195.26	8
10. Texas A&M	194.27	12
11. Georgia	192.57	13
12. Harvard	147.66	10
13. Tennessee	146.58	9
14. New Mexico	144.72	22
15. Oklahoma	126.79	16
16. Mississippi State	121.76	14
17. Miami	111.49	15
18. Oklahoma State	105.20	21
19. Baylor	99.83	17
20. Arizona	94.27	18
21. Wisconsin	85.95	19
22. Auburn	80.01	20
23. Mississippi	77.95	24
24. Nebraska	74.20	23
25. Washington	69.61	43

78. Washington State 16.45 78

Next Ranking: May 9

WEST REGIONAL RANKINGS WEEK 5 May 2, 2016

Men	Women
Rank School	Rank School
1. Oregon	1. Oregon
2. Stanford	2. Stanford
3. Washington	3. USC
4. Arizona State	4. UCLA
5. UCLA	5. Washington
6. USC	6. Arizona
7. California	7. San Diego State
8. Long Beach St.	8. Arizona State
9. Arizona	9. Washington St.
10. Washington St.	10. California
11. Cal St. Fullerton	11. UNLV
12. UC Davis	12. Fresno State
13. UC Santa Barbara	13. UC Riverside
14. UC Irvine	14. UC Santa Barbara
15. Cal Poly	15. Long Beach State

WSU WOMEN ENTERED AT PAC-12 HEPTATHLON CHAMPIONSHIPS

ALISSA BROOKS-JOHNSON, Junior, Doty, Washington

Lifetime-best 5,803 points at 2015 Pac-12 Championships (1st place)
PR Heptathlon marks (2016 non-Hept marks if better): 100mH - 13.96;
HJ - 1.70m/5-7; SP - 11.41m/35-7 1/4 (12.07m/39-7 1/4); 200m - 24.91;
LJ - 5.77m/18-11 1/4; Jav - 44.75m/146-10; 800m - 2:13.94
2015 Pac-12 Championships: Heptathlon - 1st; 400mH - 7th
2014 Pac-12 Championships: Heptathlon - 2nd
NCAA West Prelims - 400mH - 9th (58.81)
2015 NCAA Championships - Heptathlon - 18th (5572 points); 400mH - 21st (1:01.10)

> 5,803 points is 4th-best heptathlon in WSU all-time records
> 400m hurdles PR 58.81 is 7th-best in WSU all-time records

LIZ HARPER, Junior, Missoula, Montana

Heptathlon debut of 5,472 points at 2016 California Invitational
Placed 7th overall, 4th collegiate
PR Heptathlon marks (2016 non-Hept marks if better): 100mH - 14.02 (13.80);
HJ - 1.78m/5-10; SP - 10.34m/33-11 1/4 (10.82m/35-6); 200m - 24.82 (25.02);
LJ - 5.80m/19-0 (6.01m/19-8 3/4); Jav - 27.28m/89-6; 800m - 2:16.23

> 5,472 points is 7th-best heptathlon in WSU all-time records
> 400m hurdles PR time of 57.31 was 4th at 2015 Pac-12 Champs
> 400m hurdles time is 2nd-fastest in WSU all-time records
> Anchors 4x400m relay - season-best 3:36.76
> At 2015 NCAA West Prelims, 400m hurdles 9th (58.23), 1600m relay 12th (3:35.66 - 3rd-best in WSU all-time)
> At 2015 NCAA Championships, 400m hurdles 19th (58.93), 1600m relay 21st (3:40.71)

LINDSEY SCHAUBLE, Freshman, Kennewick, Washington

Heptathlon debut of 4,650 points at 2016 California Invitational (30th)
PR Heptathlon marks (2016 non-Hept marks if better):
100mH - 15.48(15.03w); HJ - 1.57m/5-1 3/4; SP - 10.02m/33-10 1/2 (10.21m/33-6); 200m - 26.29w; LJ - 5.32m/17-5 (5.43m/17-9 3/4); Jav - 29.27m/96-0 (31.15m/102-2); 800m - 2:25.70

> At 2016 MPSF Championships, finished 10th in Pentathlon with a PR 3,533 points, 8th-best in WSU all-time records

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)
400m Relay (D. Darden, C. Ekelem, D. Keel): 2015 (17th)
1600m Relay (C. Ekelem, L. Harper, D. Keel): 2015 (21st)

RETURNING PAC-12 CHAMPIONSHIPS WOMEN SCORERS

Greer Alsop, Triple Jump: 2015 (8th)
A. Brooks-Johnson, Heptathlon: 2014 (2nd); 2015 (1st) / 400m Hurdles: 2015 (7th)
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)



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NCAA DESCENDING ORDER LISTS

The NCAA descending order of marks for inclusion in the 2016 NCAA Preliminary Rounds 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 48 in each event advances to the East or West Region Preliminary Rounds...West Region Prelims are May 26-28, in Lawrence, Kansas.

WSU MEN IN NCAA WEST REGION TOP 48/PAC-12 TOP 8 RANKINGS (as of May 2)

[Pac-12 top 8 rankings w/marks not in West Region Top 48 because the Pac-12 accepts indoor marks]:

100m - Ja'Maun Charles 10.44 (42nd/7th)
5000m - Michael Williams 14:04.16 (38th)
10,000m - Michael Williams 29:09.28 (14th/4th); John Whelan 29:15.94 (24th/5th)
400m Hurdles - CJ Allen 50.16 (3rd/1st)
3000m Steeplechase - Forrest Shaffer 8:51.73 (19th/3rd)
4x100m Relay - Z. Smith, Charles, Chambers, Green 40.17 (36th/4th)
4x400m Relay - Charles, Allen, Green, Swanson 3:13.75 (6th)
High Jump - Thane Pierson 2.21m/7-3 (4th/2nd)
Pole Vault - Austin Sodorff 5.20m/17-0 3/4 (26th/4th)
Hammer - Travis Pickett 59.61m/195-7 (39th/5th)
Javelin - Brad Stevens 68.10m/223-5 (18th/4th)

WSU WOMEN IN NCAA WEST REGION TOP 48/PAC-12 TOP 8 RANKINGS (as of May 2)

[Pac-12 top 8 rankings w/marks not in West Region Top 48 because the Pac-12 accepts indoor marks]:

10,000m - CharLee Linton 34:05.29 (17th/2nd)
400m Hurdles - Liz Harper 58.49 (13th/5th)
3000m Steeplechase - Devon Bortfeld 10:34.10 (46th)
4x100m Relay - Gaffney, Darden, Ekelem, Keel 44.75 (25th/4th)
4x400m Relay - Gaffney, Keel, Ekelem, Harper 3:36.76 (26th/5th)
High Jump - Liz Harper 1.78m/5-10 (10th/2nd); Kiana Davis 1.75m/5-8 3/4 (28th/4th);
Lateah Holmes 1.74m/5-8 1/2 (38th/6th)
Long Jump - Liz Harper 6.01m/19-8 3/4 (40th)
Triple Jump - Greer Alsop 12.66m/41-6 1/2 (26th/6th); Kiana Davis 12.54m/41-1 3/4 (32nd/8th);
Kayla Warren 12.45m/40-10 1/4 (38th)
Javelin - Kelsie Taylor 46.06m/151-1 (43rd/4th)
Heptathlon - Liz Harper 5472 points (16th/3rd)

LAGAT RUNS ANOTHER RECORD

Coug alum Bernard Lagat, 41, ran ANOTHER Masters World Record time Sunday, May 1...Lagat, a WSU Athletics Hall of Fame member, ran his first 10,000 meters at Stanford's Payton Jordan Invite and not only did he win but his time of 27:49 is well-below the Olympic standard of 28:00, but it is a Masters World Record time...Lagat's 10k time is better than any collegiate time this season...last month, Lagat ran the Masters World Record of 13:38 in the 5k at Carlsbad 5000...Sunday's 10k time is Lagat's seventh World Record since joining the Masters age group last year.

Photograph by Spencer Allen





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COUGARS

TRACK & FIELD

COUGARS RANKED 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):

MEN

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

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

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

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

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

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

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

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

WOMEN

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

Audrey Ketcham, high jump
(1.82m/5-11 1/2) t-31st USA

Kristine Felix, pole vault
(4.26m/13-11 3/4i), t-31st USA

Blessing Ufodiana, triple jump
(13.47m/44-2 1/2), 12th USA

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

WSU T&F RECORD BOOK MARKS RECORDED BY 2016 STUDENT-ATHLETES

Women's All-Time Marks (season achieved mark)

60m - 7th. 7.57i Dominique Keel (2014) & 7.57i Danielle Darden (2015)

200m - 5th. 23.74 Dominique Keel (2016)

3000m - 8th. 9:35.49i CharLee Linton (2016)

5000m - 7th. 16:31.43 CharLee Linton (2016)

(16:34.89i CharLee Linton (2016) - **INDOOR RECORD**)

10,000m - 1st. 34:03.69 CharLee Linton (2015)

6th. 36:06.48 Morgan Willson (2016)

8th. 36:33.54 Katherine Dittmann (2016) **FRESHMAN SR**

60m Hurdles - t-5th. 8.45i Candice McFarland (2015)

t-5th. 8.45i Liz Harper (2016)

100m Hurdles - 4th. 13.57 Candice McFarland (2015)

t-10th 13.80 Liz Harper (2016)

400m Hurdles - 2nd. 57.31 Liz Harper (2015),

7th. 58.81 Alissa Brooks-Johnson (2015)

3000m Steeplechase - 7th. 10:34.10 Devon Bortfeld (2016)

4x100m Relay - 2nd. 44.61 D. Darden, Christiana Ekelem, D. Keel

4x400m Relay - 4th. 3:36.76 R. Gaffney, D. Keel, C. Ekelem, L. Harper

High Jump - 7th. 1.82m / 5-11 1/2 Audrey Ketcham (2015)

t-9th. 1.81m / 5-11 1/4i Liz Harper (2016)

Pole Vault - 2nd. 4.26m / 13-11 3/4i Kristine Felix (2015)

Triple Jump - 3rd. 12.67m / 41-7i Greer Alsop (2016)

10th. 12.55m / 41-2 1/4i Kiana Davis (2016)

Weight Throw - 8th. 16.46m / 54-0i Katie Wardsworth (2016)

Hammer - 5th. 55.58m / 182-4 Katie Wardsworth (2016)

Pentathlon - 3rd. 4,146i points Liz Harper (2016)

4th. 4,101i points Liz Harper (2016)

10th. 3,322i points Lindsey Schauble (2016)

Heptathlon - 4th. 5,803 points Alissa Brooks-Johnson (2015)

7th. 5,472 points Liz Harper (2016)

Men's All-Time Marks

Distance Medley Relay - 9:59.67 Paul Ryan, Ray Littles,

Reid Muller, Nathan Tadesse (2016) - **FRESHMAN SR**

400m Hurdles - 6th. 50.16 CJ Allen (2016)

High Jump - 6th. 2.21m / 7-3 Thane Pierson (2016)

Pole Vault - t-10th. 5.20m / 17-0 3/4 Austin Sodorff (2016)

Javelin - 10th. 71.07m / 233-2 Brad Stevens (2015)

Weight Throw - 7th. 19.27m / 63-2 3/4i Brock Eager (2016)

Heptathlon - 1st. 5,635i points Dino Dodig (2016)

Decathlon - 10th. 7,416 points Dino Dodig (2015)