



# WASHINGTON STATE TRACK & FIELD

## ATHLETIC COMMUNICATIONS

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### 2020 SCHEDULE

<b>DECEMBER</b>		
Friday	14	Jackson's Open (Nampa, ID)

<b>JANUARY</b>		
Saturday	11	Vandal Open (Moscow, ID)
Saturday	18	Bronco Invite (Nampa, ID)
		UW Indoor Preview (Seattle, WA)
Thursday	23	Idaho Open (Moscow, ID)
Friday	24	Red Raider Invite (Lubbock, TX)
Friday	31	UW Invitational (Seattle, WA)

<b>FEBRUARY</b>		
Saturday	1	UW Invitational (Seattle, WA)
		New Mexico Invite (Albuquerque, NM)
<b>Friday</b>	<b>7</b>	<b>ID Team Challenge (Moscow, ID)</b>
Sunday	14	Don Kirby Elite (Albuquerque, NM)
Friday		Husky Classic (Seattle, WA)
Sunday	15	Don Kirby Elite (Albuquerque, NM)
Sunday		Husky Classic (Seattle, WA)
Sunday	21	Matador Qualifier (Lubbock, TX)
Sunday	22	Last Chance College Elite (Seattle, WA)
Sunday	28	MPSF Indoor Championships (Seattle, WA)
Sunday	29	MPSF Indoor Championships (Seattle, WA)

<b>MARCH</b>		
Friday	13	NCAA Indoor Championships (Albuquerque, NM)
Sunday	14	NCAA Indoor Championships (Albuquerque, NM)
Thursday	19	Sam Adams Classic (Spokane, WA)
Friday	20	Sam Adams Classic (Spokane, WA)
		USC Trojan Invite (Los Angeles, CA)
Saturday	21	USC Trojan Invite (Los Angeles, CA)
Friday	27	UCLA Legends Invite (Los Angeles, CA)
Saturday	28	UCLA Legends Invite (Los Angeles, CA)

<b>APRIL</b>		
Thursday	2	Mike Fanelli Classic (San Francisco, CA)
		Stanford Invite (Stanford, CA)
Friday	3	Mike Fanelli Classic (San Francisco, CA)
		Stanford Invite (Stanford, CA)
		WAR XII (Spokane, WA)
Saturday	4	Mike Fanelli Classic (San Francisco, CA)
		Stanford Invite (Stanford, CA)
		WAR XII (Spokane, WA)
Thursday	9	Whitworth Twilight (Spokane, WA)
Saturday	11	UCLA Bruin Invite (Los Angeles, CA)
		Pelleur Invite (Cheney, WA)
Wednesday	15	Bryan Clay Invite (Azusa, CA)
Thursday	16	Bryan Clay Invite (Azusa, CA)
		Pacific Coast Intercollegiate (Long Beach, CA)
Friday	17	Bryan Clay Invite (Azusa, CA)
		Beach Invitational (Long Beach, CA)
		San Francisco Twilight (San Francisco, CA)
		Mt. SAC Relays (Walnut, CA)
Saturday	18	Beach Invitational (Long Beach, CA)
		Mt. SAC Relays (Walnut, CA)
		Whitworth BUC Scoring (Spokane, WA)
<b>Friday</b>	<b>24</b>	<b>The Dual (Pullman, WA)</b>

<b>MAY</b>		
Friday	1	Cardinal Classic (Stanford, CA)
<b>Sunday</b>	<b>2</b>	<b>Cougar Invitational (Pullman, WA)</b>
		Cardinal Classic (Stanford, CA)
Friday	8	Payton Jordan Invite (Stanford, CA)
Saturday	9	Pac-12 Championships (Corvallis, OR)
Sunday	10	Pac-12 Championships (Corvallis, OR)
Saturday	16	Pac-12 Championships (Corvallis, OR)
Sunday	17	Pac-12 Championships (Corvallis, OR)
Thursday	28	NCAA West Prelims (Lawrence, KS)
Friday	29	NCAA West Prelims (Lawrence, KS)
Saturday	30	NCAA West Prelims (Lawrence, KS)

### 2020 TRACK & FIELD MEET NOTES

#### IDAHO TEAM CHALLENGE

Friday, Feb. 7 | Moscow, Idaho | Kibbie Dome

Field Events Start | 10:00 a.m. (PT)

Running Events Start | 10:45 a.m. (PT)



#### T&F GEARED UP FOR IDAHO TEAM CHALLENGE

The Cougars travel to the Kibbie Dome once again this indoor season as Washington State track and field looks to compete in the Idaho Team Challenge. The WSU women and men will focus on the meet at Idaho, as this will be the only competition the Cougars will see this weekend, coming off a split squad weekend previously traveling to both Seattle and Albuquerque.

#### LAST TIME OUT

##### NEW MEXICO TEAM INVITE

The women's squad overall finished in a tie for first with Nevada in the team scoring with 31 total points on the day. Leonie Reuter posted another win for the Cougars in the high jump with a mark of 5-feet 10-inches (1.78m). Fellow Coug Suzy Pace finished third in the event at 5-feet 7 1/4 inches (1.71m) as well. Stephanie Cho ran a 54.83 in the 400-meter dash to finish second overall, just .002 behind the winner from Nevada. Kreete Verlin went on to finish third overall in the long jump at 20-feet 3 1/2 inches (6.18m) and teammates Anna Rodgers and Lauren Newman would finish fifth and sixth in the event respectively. Verlin also went on to finish second overall in the 200-meter dash with a time of 24.00.

Mitch Jacobson notched a second place finish in the high jump at 7-feet 1/2-inch (2.15m), and Daylon Hicks went on to post a PR mark in the event at 6-feet 7 1/2 inches (2.02m). RayRay Wells Jr. and Ja'Maun Charles went three and four in the 60-meter dash finals with Wells running a 6.72, and Charles finishing at 6.77 overall. Wells and Charles both finished fifth and seventh respectively in the 200-meter dash as RayRay ran a 21.47, and Ja'Maun finished at 21.50 overall. Troy Gingerich recorded an eighth overall finish in the pole vault event, with a mark of 15-feet 9-inches (4.80m) on the day as well. Sam Brixey posted a second place finish in the 60-meter hurdles with a time of 7.84, and Nick Johnson came in fourth overall at 8.01. The men's squad overall finished with 20 total points in the team scoring, finishing third overall at the New Mexico Team Invite.

##### UW INVITATIONAL

Zorana Grujic recorded a top ten finish in tenth place overall in the mile event with a PR of 4:48.99. Faimalie Sale posted a 13th place overall finish in the weight throw with a mark of 55-feet 2 1/4 inches (16.82m) during day one competition also. Bryana Rogers posted an eighth place finish for Washington State in the triple jump with a mark of 35-feet 11 1/2 inches (10.96m) on the day as well.

Colton Johnsen continued to produce solid distance results as he finished fourth overall in the 5000-meter race with a time of 14:08.41. Johnsen went on to place fifth overall in the mile as well with an overall time of 4:04.98, and fellow Coug Reid Muller was right behind Colton in sixth at 4:05.93. Corey Allen competed in the 400-meter dash, placing 23rd overall with a time of 51.78 as well.

**COUGARS ENTERED AT IDAHO TEAM CHALLENGE - FEB. 7*****Women*****60m:** Jordyn Tucker, Skyler Walton, Elise Unruh-Thomas, Jasneet Nijjar**200m:** Elise Unruh-Thomas, Skyler Walton, Ronna Iverson**400m:** Kristina Schreiber, Ronna Iverson**800m:** Kaili Keefe**Mile:** Marie Gaudin, Geneva Schlepp**3000m:** Samantha King-Shaw, Pia Richards, Samantha Boyle**60m Hurdles:** Nicole Lenton**High Jump:** Aislinn Overby, Kaylee Sowle, Madison Hagfors, Giovanna Rhoads**Pole Vault:** Tayla Beavers**Long Jump:** Anna Rodgers, Jasneet Nijjar**Triple Jump:** Bryana Rogers**Shot Put:** Chrissnay Brown, Faimalie Sale, Lovely Tukuafu, Lita Forse, Jasneet Nijjar**Weight Throw:** Faimalie Sale, Stacia Bell, Lovely Tukuafu, Amy Kraemer, Lita Forse, Tara Koonce***Men*****60m:** RayRay Wells Jr., Ja'Maun Charles, Blake Deringer, Ryan Davy**200m:** Blake Deringer, Ryan Davy**400m:** Jake Ulrich, Cody Teevens**800m:** Sam Griffith, Preston O'Neil, Landon Boomsma**Mile:** Sam Griffith, Nate Pendleton**3000m:** Kennan Schrag**60m Hurdles:** Jared McAlvey, Seth Andres, Darius Ballou, Cody Teevens**High Jump:** Daylon Hicks, Max English, Taino Ferdinand, Beau Sheeran, Colby White**Pole Vault:** Troy Gingerich**Long Jump:** Seth Andres, Ja'Maun Charles**Shot Put:** Dillon Lionello, Jerrod Lee, Seth Andres**Weight Throw:** Marty Munyon, Mark Silverthorn, Jerrod Lee, Dillon Lionello**MEN'S  
USTFCCCA INDOOR  
NATIONAL RANKINGS  
Feb. 3, 2020**

<i>Rank</i>	<i>School</i>	<i>Points</i>
1	Florida State	161.55
2	LSU	121.17
3	Texas	112.67
4	USC	99.07
5	Texas A&M	98.16
6	Indiana	96.75
7	Florida	85.63
8	Georgia	74.76
9	Oregon	74.17
10	Iowa State	67.20
11	Northern Arizona	59.65
12	North Carolina A&T	56.94
13	Baylor	53.13
14	Colorado	51.17
15	Kentucky	49.25
16	Arkansas	47.68
17	Wisconsin	45.79
18	Tennessee	45.67
19	Kansas	44.82
20	South Carolina	43.77
21	Texas Tech	38.52
22	UCLA	36.46
23	Illinois	36.37
24	TCU	36.31
25	Minnesota	35.92
<b>46</b>	<b>Washington State</b>	<b>17.84</b>

**WOMEN'S  
USTFCCCA INDOOR  
NATIONAL RANKINGS  
Feb. 3, 2020**

<i>Rank</i>	<i>School</i>	<i>Points</i>
1	USC	153.13
2	Georgia	149.47
3	Arkansas	145.60
4	Texas	126.61
5	Texas A&M	103.09
6	LSU	100.97
7	Kentucky	91.80
8	Stanford	86.94
9	Oregon	84.26
10	Florida	79.78
11	Washington	75.50
12	New Mexico	73.51
13	Minnesota	68.84
14	BYU	62.68
15	Colorado	62.22
16	South Carolina	56.48
17	Penn State	56.31
18	Florida State	54.82
19	Iowa	50.23
20	Ole Miss	49.45
21	Houston	42.89
22	Baylor	38.58
23	Texas Tech	36.84
24	Louisville	34.47
25	Wisconsin	34.17
<b>73</b>	<b>Washington State</b>	<b>2.95</b>

**WEST REGION MEN  
Feb. 3, 2020**

<i>Rank</i>	<i>Team</i>	<i>Points</i>
1	Washington	343.70
2	Oregon	338.79
3	USC	257.59
<b>4</b>	<b>Washington St.</b>	<b>230.88</b>
5	Arizona	200.95
6	Stanford	192.67
7	UCLA	187.28
8	Eastern Washington	149.25
9	Arizona State	147.10
10	California	111.01

**WEST REGION WOMEN  
Feb. 3, 2020**

<i>Rank</i>	<i>Team</i>	<i>Points</i>
1	Oregon	380.02
2	USC	294.79
3	Washington	276.43
4	Stanford	226.17
5	UCLA	193.44
6	UNLV	188.70
7	Arizona State	184.39
8	Arizona	165.96
<b>9</b>	<b>Washington St.</b>	<b>146.64</b>
10	San Diego State	107.41

**WSU WOMEN'S TRACK & FIELD ROSTER**

NAME	YEAR	HOMETOWN	LAST SCHOOL
Hannah Aaenson	R-Fr.	Granite Falls, Wash.	Lake Stevens HS
Natalie Ackerley	Sr.	Bainbridge, Wash.	Bainbridge HS
Kiyena Beatty	R-So.	Temecula, Calif.	Great Oak HS
Tayla Beavers	R-Fr.	Kelso, Wash.	Kelso HS
Stacia Bell	Sr.	White Salmon, Wash.	Columbia HS
Samantha Boyle	Fr.	Sammamish, Wash.	Glacier Peak HS
Chrissnhay Brown	Sr.	Lompoc, Calif.	Lompoc HS
Stephanie Cho	R-Sr.	Vancouver, B.C. Canada	Churchill Secondary
Emily Coombs	Jr.	Santa Ana, Calif.	Orange Lutheran HS
Mackenzie Fletcher	So.	Shingle Springs, Calif.	Ponderosa HS
Lita Forse	R-So.	Caldwell, Idaho	Caldwell HS
Marie Gaudin	Sr.	Arlington, Wash.	Arlington HS
Zorana Grujic	Jr.	Novi Sad, Serbia	
Jelena Grujic	Jr.	Novi Sad, Serbia	
Madison Hagfors	R-Fr.	Bend, Ore.	Summit HS
Melissa Hruska	Sr.	Snoqualmie, Wash.	Mount Si HS
Ronna Iverson	So.	Lake Forest Park, Wash.	Shorecrest HS
Kaili Keefe	Sr.	Yakima, Wash.	West Valley HS
Samantha King-Shaw	Jr.	Sparks, Nev.	Reed HS
Tara Koonce	Fr.	Mukilteo, Wash.	Kamiak HS
Amy Kraemer	R-Fr.	Amity, Ore.	Amity HS
Morgan Lash	Sr.	Anchorage, Alaska	South Anchorage HS
Nicole Lenton	Fr.	Renton, Wash.	Hazen HS
Stephanie Miears	So.	Hermiston, Ore.	Hermiston HS
Lauren Newman	Sr.	Yakima, Wash.	LaSalle HS
Jasneet Nijjar	Fr.	Surrey, B.C., Canada	Queen Elizabeth Sec.
Janet Okeago	Sr.	Nyahururu, Kenya	
Aislinn Overby	So.	Bozeman, Mont.	Bozeman HS
Suzy Pace	So.	Everett, Wash.	Mariner HS
Alexis Redfield	Sr.	Zillah, Wash.	Zillah HS
Giovanna Rhoads	Fr.	Vancouver, Wash.	Columbia River HS
Pia Richards	Jr.	Sammamish, Wash.	Eastlake HS
Anna Rodgers	So.	Spokane, Wash.	Lewis and Clark HS
Bryana Rogers	Fr.	Maple Valley, Wash.	Tahoma HS
Angela Ruiz	Fr.	San Jose, Calif.	Nordhoff HS
Faimalie Sale	R-Fr.	Los Alamitos, Calif.	Los Alamitos HS
Geneva Schlepp	R-Fr.	Sammamish, Wash.	Skyline HS
Kristina Schreiber	So.	Evergreen, Colo.	Evergreen HS
Kaylee Sowle	Fr.	Matlock, Wash.	Mary M. Knight HS
Desi Stinger	Sr.	Temecula, Calif.	Great Oak HS
Charisma Taylor	So.	Nassau, Bahamas	SPIRE Academy
Jordyn Tucker	Sr.	Monrovia, Calif.	Monrovia HS
Lovely Tukuafu	Sr.	Bountiful, Utah	Bountiful HS
Elise Unruh-Thomas	Fr.	Eugene, Ore.	South Eugene HS
Kreete Verlin	Fr.	Tallinn, Estonia	
Skyler Walton	Fr.	Spokane, Wash.	Wenatchee HS
Elena Willems	R-Fr.	Snohomish, Wash.	Glacier Peak HS

**WSU MEN'S TRACK & FIELD ROSTER**

NAME	YEAR	HOMETOWN	LAST SCHOOL
Amir Ado	R-So.	Spokane, Wash.	Ferris HS
Corey Allen	Sr.	Allyn, Wash.	North Mason HS
Seth Andres	R-Fr.	Klamath Falls, Ore.	Henley HS
Brandon Bains	R-So.	Mountain View, Calif.	St. Francis HS
Darius Ballou	Fr.	Seattle, Wash.	Rainier Beach HS
Amrit Banga	Fr.	Bothell, Wash.	Bothell HS
Landon Boomsma	Jr.	Iowa Falls	Alden HS
Sam Brixey	Sr.	Boise, Idaho	Capital HS
Carson Brown	So.	Cheney, Wash.	Cheney HS
Ja'Maun Charles	R-Sr.	Pleasanton, Calif.	Amador Valley HS
Carson Christensen	Fr.	Enumclaw, Wash.	Enumclaw HS
Alex Cielo	Jr.	Maple Valley, Wash.	Tahoma HS
Ryan Davy	Fr.	Washougal, Wash.	Washougal HS
Cameron Dean	Sr.	Spokane, Wash.	Mead HS
Blake Deringer	Fr.	Camas, Wash.	Camas HS
Jacob Englar	So.	Nampa, Idaho	Nampa Christian HS
Max English	Sr.	Kingston, Wash.	Kingston HS
Taino Ferdinand	Fr.	Burlington	Burlington-Edison HS
Rodrick Fisher	R-Fr.	Spokane Valley, Wash.	East Valley
Troy Gingerich	Sr.	Sparks, Nev.	Reed HS
Daylon Hicks	Fr.	Antioch, Calif.	Clayton Valley HS
Mitch Jacobson	Jr.	Walla Walla, Wash.	Walla Walla HS
Justin Janke	Sr.	Spokane, Wash.	North Central HS
Joseph Jensen	Fr.	Issaquah, Wash.	Issaquah HS
Colton Johnsen	R-Jr.	Bellingham, Wash.	Sehome HS
Nick Johnson	Sr.	Spokane, Wash.	Gonzaga Prep
Zak Kindl	Jr.	Spokane, Wash.	Lewis & Clark HS
Jerrold Lee	Jr.	Marysville, Wash.	Marysville-Pilchuck HS
Dillion Lionello	So.	Spokane, Wash.	Mt. Spokane HS
Jared McAlvey	Fr.	Walla Walla, Wash.	Walla Walla HS
Reid Muller	R-Sr.	Pitt Meadows, B.C., Canada	Pitt Meadows
Marty Munyon	Jr.	Spokane Valley, Wash.	Central Valley
Jacob Nicholson	Jr.	Spokane Valley, Wash.	West Valley
Preston O'Neil	R-Fr.	Spokane, Wash.	Joel Ferris HS
Jamaal Palmer	Jr.	Toronto, Canada	Notre Dame (Riverside) HS
Nate Pendleton	R-Fr.	Sammamish, Wash.	Eastlake HS
Tony Pizzillo	R-Fr.	Spokane, Wash.	Shadle Park HS
Paul Ryan	Sr.	Moscow, Idaho	Logos HS
Kennan Schrag	Sr.	Issaquah, Wash.	Issaquah HS
Beau Sheeran	Jr.	Beaverton, Ore.	Beaverton HS
Mark Silverthorn	R-Fr.	Livermore, Calif.	Granada HS
Zach Stallings	Jr.	Reno, Nev.	McQueen HS
Cody Teevens	Fr.	Pullman, Wash.	Pullman HS
Chandler Teigen	R-Sr.	Anatone, Wash.	Asotin HS
Jake Ulrich	Jr.	East Wenatchee, Wash.	Eastmont HS
Matthew Watkins	Jr.	Mill Creek, Wash.	Jackson HS
Emmanuel "RayRay" Wells Jr.	Sr.	South Seattle, Wash.	Rainier Beach HS
Colby White	Fr.	Chehails, Wash.	W. F. West HS



# WASHINGTON STATE

## T R A C K & F I E L D



### Wayne Phipps

#### Director Cross Country/Track & Field (Fifth Year)

Phipps moved eight miles west from Moscow, Idaho to Pullman July 1, 2014, to become the 15th coach to take the reins of the Cougars men's program and the second coach for the combined men's and women's program at WSU. In December of 2017 Phipps signed a contract to remain the coach through June 2023. All-America honors. For the past four consecutive seasons, the WSU men's cross country team has received an at-large berth to the NCAA Championships

and twice have finished higher than the USTFCCA national ranking entering the title meet. The 2016 squad, ranked No. 18 nationally, placed 14th, the highest finish by a WSU team in 32 years. In 2017, the No. 27 Cougars finished 24th while in 2015 WSU was ranked No. 25 and finished 26th

The 2015 squad was led by junior John Whelan and sophomore Michael Williams who had second and third-place finishes, respectively, at the West Region meet. The WSU team, comprised mostly of freshmen recruited by Phipps, finished fourth in the highly-competitive West Region. The 2016 WSU men harriers took fifth place at the West Region meet with Williams, now a junior, and Whelan, now a senior, taking 17th and 18th places, respectively, and the pair repeated as All-Region honorees. Williams earned All-America honors with his 30th-place finish at the NCAA meet and became the first Cougar since Bernard Lagat and Eric Kamau in 1998 to become an All-American. Williams, a senior finished 12th and junior Chandler Teigen finished 20th at the West Region meet, both earning All-Region honors.

The 2017 cross country season brought honors to Vallery Korir on the women's team. Korir, a junior who transferred into WSU in January of 2017, earned All-America honors with her 33rd-place finish at the NCAA Championships. Korir became only the fourth woman in WSU women's cross country history to earn All-America honors (top 40 individuals). She earned the at-large berth to the national meet after her 19th-place finish at the NCAA West Region and winning the Nuttycombe Open Race earlier in the Fall.

In three seasons of mentoring the distance corps, hurdlers and multi-events competitors in track and field, the Cougars also found success. In 2015, CharLee Linton ran the WSU women's record in the 10,000m (34:03.69) at the Stanford Invite. At the Pac-12 Championships, Alissa Brooks-Johnson won the heptathlon title, Jesse Jorgensen won the men's 800m title, Dino Dodig finished fifth in the decathlon, and a trio of Cougars scored 12 points in the women's intermediate hurdles. During the 2015 indoor and outdoor seasons, 18 marks were either written into or moved up in the WSU all-time records top 10 lists.

In the 2016 T&F seasons, CJ Allen won his second Pac-12 intermediate hurdles title in three years and was joined by heptathlete Liz Harper as NCAA outdoor second-team All-Americans. The Cougars tallied 25 new entries into the WSU all-time records during the 2016 indoor and outdoor seasons including Linton's 5000m indoor record time of 16:34.89i and Dino Dodig's indoor heptathlon record of 5,635i points.

The 2017 indoor and outdoor seasons saw titles won by Liz Harper in the pentathlon at the MPSF Championships, Brock Eager in the hammer throw at the Pac-12 Championships, and Alissa Brooks-Johnson won her second Pac-12 heptathlon title and placed sixth at the NCAA Championships earning All-America honors. Eager and intermediate hurdler CJ Allen earned second team All-America honors at the NCAA Outdoor Championships.

During the past three track and field seasons, Phipps and his staff have mentored student-athletes to school top-ten performances 24 times in the indoor season and 47 times in the outdoor season.

Additionally, during Phipps' tenure at WSU, there have been conference all-academic honors awarded to WSU student-athletes 51 times in cross country, 88 times in indoor track and 86 times in outdoor track.

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. During that time, Phipps was honored 14 times as a conference coach of the year and led the Vandals to a record 16 total conference titles.

From 2000, Phipps guided an Idaho track and field/cross country program that was highly successful at the conference level producing seven individual cross country champions, 52 indoor track and field champions, and 117 outdoor champions. The Vandals claimed 23 conference athletes of the year awards, broke 15 conference records, qualified for the NCAA Championships 79 times, earning 45 NCAA All-American awards including two individual NCAA champions, nine individual NCAA runner-ups, and six individual third-place finishes. During this time Idaho athletes set 30 indoor school records, 23 outdoor records, and at least one school record has fallen every year during Phipps' tenure. As a team, Idaho finished in the top 25 in the nation 11 times in track & field including highs of 16th for the women and 17th for the men; and once in cross country.

During Phipps' head coaching tenure, the Vandals produced five Olympians, two World Track and Field Championship finalists, and one World Cross Country Championship participant. Phipps currently coaches former Vandal All-American Angela Whyte, who is a two-time Olympian, six-time World Championship participant and a two-time World Championship finalist. Whyte finished sixth at the 2004 Athens Olympic Games in the 100m hurdles and sixth at the 2013 World Track and Field Championships in the 100m hurdles. He has coached two-time Olympian and World Championship finalist Tawanda Chiwira, former WSU NCAA All-American and world-ranked hurdler Arend Watkins, and Olympian Sherwin James.

Additionally, Idaho had a very strong academic reputation with yearly honorees among the U.S. Track & Field and Cross Country Coaches Association Division I All-Academic Teams in both men's and women's cross country and track and field. Since 2005, five Idaho track and field athletes have earned the Western Athletic Conference's prestigious Stan Bates Award as the top male or female student-athlete in the conference, and the team's athletes have been recognized with a combined 490 WAC All-Academic honors.

Phipps began his coaching career in his hometown of Prince George, British Columbia, with the Prince George Track and Field Club. During that time, he coached several provincial and national medalists and champions. As an athlete, Phipps was a three-year letterwinner in basketball and a four-year letterwinner in track and cross country at D.P. Todd Secondary. He also competed for the Prince George Track and Field Club where he was coached by his father, Ron.

Phipps competed for the University of Montana and the University of British Columbia, where he graduated with a degree in exercise science in 1991. He earned his masters of science from the University of Oregon in exercise and movement science, with a sports medicine major and minors in biomechanics and exercise physiology.



# WASHINGTON STATE

## TRACK & FIELD



### Julie Taylor

#### Associate Head Coach (Sixth Year)

Julie Taylor joined the Washington State University track and field coaching staff in July 2014 after a long and highly successful career as both a coach and a student-athlete at the University of Idaho.

In the three years coaching the throwers, Taylor has mentored Cougars to ten marks written into the WSU All-Time Top 10 lists.

In her first year at WSU, without any of her own recruits competing yet, Taylor's throwers scored 15 points at the Pac-12 Track & Field Championships. In her second season, Taylor spent much of the outdoor season working on

techniques with redshirt throwers but saw success in competition from transfer Katie Wardsworth, and returning throwers Kelsie Taylor, Brock Eager, Travis Pickett and Brad Stevens. Wardsworth had the fifth-best WSU throw in the hammer of 182-4 (55.58m), and eighth-best weight throw all-time of 54-0i (16.64m). Eager had a weight throw that was seventh-best in WSU records of 63-2 3/4i (19.27m) and then redshirted during the outdoor season. At the Pac-12 Championships, Taylor took fifth in the javelin while Stevens was sixth in the men's javelin and Pickett was eighth in the hammer.

The 2017 indoor season found Eager's 35-pound weight throw distance of 66-8 1/2i (20.33m) move up to third-best all-time while Wardsworth move up to seventh in the weight throw with a toss of 58-7 1/2i (17.87m) and Aoife Martin's throw of 52-4 1/2i (15.96m) was ninth-best. Moving outdoors, Eager threw the hammer 225-3 (68.66m), fourth-best in school records. Eager went on to win the Pac-12 hammer title and finished 14th at the NCAA Championships, earning All-America second team honors. Adam Mahama tossed a discus mark of 189-7 (57.79m) for eighth-best at WSU. Atina Kamasi threw the javelin a freshman school record of 171-8 (52.32m) for third on the WSU list while Kelsey Kehl's javelin throw of 160-0 (48.76m) was ninth-best all-time. Wardsworth heaved the hammer 191-3 (58.29m), fourth in WSU records and Martin's hammer throw of 178-11 (54.53m) is seventh-best.

Taylor led the Idaho competitors to unprecedented levels of success in her 20 years as an assistant coach in charge of the Vandals' throws program before being promoted to Head Track & Field Coach in 2011.

A very accomplished thrower herself, Taylor held Idaho outdoor school records in both the shot put and discus when she graduated in 1986. Since that time, her student-athletes have broken and re-broken every Idaho throws record and Taylor saw her own name bumped out of the Idaho record book in 2011. She holds an incredible distinction in Idaho's history in that she coached every single competitor who has made an entry in Idaho's all-time top-10 in the women's shot put, discus, hammer throw and javelin throw.

During Taylor's time at Idaho, Vandal throwers qualified for the NCAA Championships 48 times and won two NCAA titles, 26 Western Athletic Conference titles, eight Big West Conference titles, nine Big Sky Conference titles and have claimed 28 All-America honors. At least one school record in the throws has fallen at Idaho in eight of her final nine seasons.

Notable highlights from Taylor's coaching career include the 2008 outdoor season when Idaho was the only men's NCAA program to have four competitors hit the 200-foot mark in the hammer throw. Taylor's group of Marcus Mattox (208-2), James Rogan (203-2), Matt Wauters (203-1) and Russ Winger (202-3) all achieved the feat in one competition over the span of a couple hours in April of that year. The Vandal men won the team title at the 2012 WAC Outdoor Track & Field Championships with a contribution of three individual titles and 68 points from the men's throwers.

Taylor's top men's pupil was Winger, who competed from 2004-08 and was one of the most versatile collegiate throwers of his era. He is just the second man in NCAA history to hit 65 feet in both the shot put and weight throw in the same indoor season, achieving the feat in both 2007 and 2008. Additionally, in 2008 Winger was the only man to qualify for the NCAA Outdoor Championships in the shot put, discus throw and hammer throw, although he chose not to compete in the hammer to focus the other two events.

Taylor also coached the first and only individual NCAA champion in Idaho women's athletics history, Katja Schreiber, who won the 2001 national title in the discus with a school-record heave of 197-11.

As a standout thrower for the Vandals from 1983-86, Taylor, a native of Onaway, Idaho, broke both the shot put and discus school records and earned three All-Big Sky Conference honors. She scored points at every Big Sky meet during her career and still ranks 31st in Idaho history in all-time outdoor conference scoring at 28 points.

Taylor is married to another all-time great Vandal thrower, Tim Taylor, who was a volunteer assistant throws coach at Idaho and has continued to volunteer at WSU. They have one son, Alex, who threw at the University of Idaho, and one daughter, Kelsey, who was an all-WAC performer for the Idaho volleyball team from 2007-10 and working as a physical therapist.



### Yogi Teevens

#### Associate Head Coach (Sixth Year)

Yogi Teevens (pronounced, tee-vins) joined the Washington State staff in the summer of 2014, bringing 25 years of successful coaching experience to Pullman. Teevens coaches the Cougars sprinters and relays.

In her first two years at WSU, Teevens mentored veteran Cougars to outstanding performances and marks. In 2015 Briauna Watley ran the second-best 200m dash (23.35) in WSU history and also ran the lead leg of the second-best women's 400m relay all-time (44.61). The women's 1600m relay also ran into the WSU all-time top 10 with the third-best time (3:35.66). In 2016, Dominique Keel ran the fourth-fastest 200m dash (23.55) and was a member of the 4x400m relay squad that ran the fourth-best time in school history: Regyn

Gaffney, Keel, Christiana Ekelem and Liz Harper ran a time of 3:36.76 at the Mt. SAC Relays.

In the 2017 season, Gaffney tied the WSU record for the 60m dash with her blazing time of 7.57i and clocked in the third-fastest 100m dash time of 11.60. Cougars men sprinters reached PRs 34 times and women sprinters achieved PRs 24 times.

Teevens spent four highly productive seasons as an assistant coach and recruiting coordinator at Utah State where she coached the sprinters, the long and triple jumpers, and the relay teams. While in Logan, Utah, Teevens mentored 28 competitors to Mountain West Conference titles, 118 student-athletes to All-MVC first team honors, 28 participants to NCAA West Region Preliminary Rounds, four to the NCAA Outdoor Championships, and saw eight school records broken. Recent Aggie highlights include Teevens coaching Chari Hawkins to back-to-back All-America honors in the heptathlon (2013, 2014) in addition to earning second team All-America honors in the pentathlon in 2014. Hawkins set the school and MVC pentathlon record with 4,173 points, earning MVC Indoor T&F Athlete of the Year. On the men's sprint side, Teevens mentored Nic Bowns to 2014 MVC 60m and 200m indoor titles, 100m and 200m outdoor titles, setting school records in all four events, as well as the 4x100m relay. Bowns was the MVC Outstanding Male Performer at both the indoor and outdoor championships. To complete the Aggie sprint sweep, Cole Lamborne won the 400m dash at the MWC outdoor meet, and the 1600m relay won the MWC title indoors and outdoors. This past season Teevens coached 26 All-MVC first team honorees, 13 in each the indoor and outdoor championships. Six student-athletes qualified for the 2014 NCAA West Region Prelims in 10 events.

Not a stranger to the Palouse, Teevens spent 15 seasons at the University of Idaho (1996-2010), starting as the women's head coach but was promoted to co-head coach of the men's and women's program with Wayne Phipps for 11 years. Teevens focused on the sprints, jumps and multi-events areas during her Moscow coaching stint, and Vandal student-athletes broke school records 38 times, including some records multiple times. Teevens' tenure at Idaho was marked with continual success including: two women's team and two men's team Big West Conference titles, 51 individual conference champions, four conference champion relays, six conference Athlete of the Year honorees, one conference Freshman of the Year award. Additionally, Vandals qualified for NCAA Championships 33 times and earned 16 All-America honors including Idaho's first woman NCAA champion in Katja Schreiber (2000), and Olympian in Angela Whyte.

During Teevens' tenure, the UI women's track and field team finished 16th at the 2011 NCAA Championships which was the first time women's track finished in the NCAA top 25, and then took 20th in 2003. The men's team won the Big West T&F championships in 2000 and 2001, while the Idaho women's team captured BWC T&F titles in 2001 and 2003 as Teevens garnered Big West Women's Track & Field Coach of the Year honors both years. When UI moved to the WAC in 2005, Vandals thrived with 79 First Team All-WAC honors (top three finishers at conference meet), set six WAC championship meet records and three WAC all-time records. In her final season at Idaho, the women's team tallied 26 entries into the school's all-time top-10 performance lists.

Academics was also a high priority for Teevens as Vandals racked up three CoSIDA Academic All-America honors, 17 USTFCCA DI All-Academic honors, and a pair of WAC Stan Bates Award winners for top student-athletes among all conference sports.

Carla "Yogi" Weigel was an outstanding three-sport athlete at Tulane University and was inducted into the Tulane Athletics Hall of Fame in 2001 for her accomplishments in basketball, volleyball and track and field. She had a notable career at Henderson County Junior College (Athens, Texas) and was recruited to Tulane to play basketball, but she found success on the volleyball court and also became an award-winning track and field competitor for the Green Wave. Teevens was a primarily a long and triple jumper but also competed in the heptathlon. She was ranked in the top 20 nationally in the triple jump as both a junior and senior. She left Tulane holding indoor and outdoor triple jump school records with her outdoor PR of 40-11 1/2, and her indoor mark of 39-0 3/4. Teevens was honored as Tulane's Female Athlete of the Year three times and was chosen twice to the All-Louisiana Division I Track and Field Team.

Teevens started her coaching career in 1990 as an assistant coach at her alma mater, Tulane, where she coached for five years. She led the Green Wave to its first Metro Conference championship in 1995. After serving one year as the head coach for Wisconsin-Stout, Teevens moved to Idaho.

Teevens has been involved with the USA Track and Field's youth and elite programs and helped coordinate the officials for the 1996 U.S. Olympic Track and Field Trials and at the 1996 Atlanta Olympic Games. She is married to Sam Teevens and the couple has one son, Cody, and one daughter, Peyton.



# WASHINGTON STATE

## TRACK & FIELD



**Doug Fraley**  
**Assistant Coach (First Year)**

Doug Fraley, who is well renowned in the world of pole vaulting, will join the Cougars coaching staff after most recently spending nine years with Tulane University track and field.

Coach Fraley has quite the decorated history with the Green Wave, totaling five All-Americans, sending seven student-athletes to the NCAA Championships, totaling 27 overall entries in NCAA Outdoor Regionals, seven conference championships, 30 total All-Conference selections, and one indoor track freshman of the year.

Fraley has been a staple on the New Orleans track and field scene, coaching with various high school and club organizations, along with officiating in the area, for the last 18 plus years. His pupils have gone on to win 18 LHSAA State Championships in the pole vault, and claim multiple long jump, triple jump and high jump titles. Fraley has seen four of his understudies win USATF or AAU National titles and many others have enjoyed success on a national level.

Doug has remained incredibly active in the development of the sport that he has dedicated his life to performing and teaching. He has been a keynote speaker and is an annual lecturer at the National Pole Vault Summit in Reno, Nev. and has acted as the Master of Ceremonies at the National Pole Vault Summit and the North American Pole Vault Championships, both events which he helped organize. He also continues to contribute to the growth of track and field by serving as a member of the United States Track and Field Pole Vault Development coaching staff, a post he has held since 1995.

"We are very excited to have Doug and Erica join our staff," Phipps discussed. "Very few people have the ability to coach all four jumps and Doug does so at the very highest level. In addition, to add Erica to help with pole vault as well makes this an awesome combination. Doug and Erica were world-class athletes who became world-class coaches, and are clearly world-class people."

"I am thrilled to be heading to the Palouse to join the track and field staff at WSU," Fraley Said. "I would like to thank Coach Phipps for the fantastic opportunity to lead the jumps program. It is a dream come true for me to coach at a school like Washington State University and in the Pac-12," Fraley continued. "I can't wait to get started!"



**CharLee Linton**  
**Assistant Coach (Third Year)**

CharLee Linton joined the Washington State University track and field staff in July 2017 to assist in the coaching women's distance corps.

In her first cross country season as a coach, Linton mentored junior Vallery Korir to an All-America (33rd-place) finish at the NCAA Championships. Korir became the fourth WSU women to ever earn All-America status in cross country. She finished 19th at the NCAA West Region Championships earning All-Region honors and her 13th-place finish at the Pac-12 Championships led to her selection to the

All-Pac-12 second team. Linton mentored a relatively youthful 2017 women's team to a 10th-place finish at the Pac-12 Championships and 15th place at the NCAA West Region.

Linton walked-on the WSU cross country and track teams in 2012 after a prep career at Shorewood High School in Shoreline, Wash. She earned a scholarship for her junior and senior years at WSU. Linton scored for the Cougars three consecutive years at the Pac-12 Cross Country Championships as well as at the NCAA West Region Cross Country Championships. On the track indoors, Linton ran the school record time of 16 minutes 34.89 seconds in the 5000 meters in 2016. Outdoors, Linton broke a 12-year-old school record in the 10,000 meters as a junior with her time of 34:03.69 at the 2015 Stanford Invitational. Her senior year Linton etched her name into the WSU all-time top ten lists in the 3000 meters with an indoor time of 9:35.49, eighth-best, and the 5000 meters with a time of 16:31.43, seventh-best. Linton scored at the 2016 Pac-12 Championships with seventh place finish in the 10k.

She graduated from WSU in May 2016 with a Bachelor of Science in Psychology. After graduation, Linton remained in Pullman and served as a volunteer coach for the Cougars distance program and began working on a second degree in history.

Linton also volunteered as an elementary teacher assistant from 2010-14 and as an undergraduate at WSU was a member of Cougar Pals who are student-athletes pen pals for elementary students in the Pullman schools. She completed Green Dot Bystander Training which brings awareness to campus violence in 2015.



**John Whelan**  
**Coordinator of Operations (First Year)**

John joined the Washington State Track & Field / Cross Country staff in December of 2019, and will assume the role of Coordinator of Operations for the program. Whelan graduated from Washington State University in 2018, and was a four-year member of the cross country and track squads.

WSU CAREER. SENIOR (2016-17): Cross Country - Team Captain...ran unattached for Sundodger fourth place finish...at Notre Dame Joe Plane Invite, led Cougars with eighth place overall finish...at Nuttycombe Wisconsin Invite 23rd overall/second on team...at Pac-12 Championships third on team/26th overall...at NCAA West Region 10k second on team with 18th place finish (30:029.5)...All-Region honors...at NCAA Championships, second Cougar, 63rd overall/49th team scoring...WSU team took 14th-place...named to Pac-12 Cross Country All-Academic honorable mention team...Indoor - Redshirt season...Outdoor - Redshirt season.

PERSONAL. Born in April 1995, in Medford, Oregon...father Jim is a retired fisheries biologist...mother Karen is a dental hygienist...enjoys backpacking, fishing and biking...senior class president...ASB public relations officer...graduated with 4.24 GPA...class Valedictorian...majoring in biology at WSU.