



WASHINGTON STATE

T R A C K & F I E L D

ATHLETIC COMMUNICATIONS

T&F Contact: Chris Paige • Email: christopher.paige@wsu.edu • C: 540-604-6638

2023 OUTDOOR SCHEDULE

MARCH

3/17-18 GCU Invite (Phoenix, Ariz.)
3/18 Sam Adams Classic (Spokane, Wash.)
3/24-25 Buc Scoring Invite (Spokane, Wash.)
3/29-4/1 Texas Relays (Austin, Texas)
3/30-4/1 Bobcat Invite (San Marcos, Texas)
3/31-4/1 Stanford Invite (Stanford, Calif.)

APRIL

4/7 Whitworth Peace Meet (Spokane, Wash.)
4/12-15 Mt. SAC Relays (Walnut, Calif.)
4/13-15 Bryan Clay Invite (Azusa, Calif.)
4/22 Wildcat Invite (Ellensburg, Wash.)
4/28-29 Oregon St. High Performance (Corvallis, Ore.)
4/28-29 Fresno State Invitational (Fresno, Calif.)

MAY

5/12-14 Pac-12 Championships (Corvallis, Ore.)
5/24-27 NCAA West Preliminary (Sacramento, Calif.)

JUNE

6/7-10 2022 NCAA Championships (Austin, Texas)

COACHING STAFF

Head Coach (Distance/Hurdles/Relays)
Wayne Phipps (Ninth Year)

Sr. Associate Head Coach (Throws)
Julie Taylor (Ninth Year)

Associate Head Coach (Jumps/ Multi)
Derick Hinch (First Year)

Assistant Coach (Women's Distance)
Laura Harmon (First Year)

Assistant Coach (Sprints/Hurdles/Relays)
Gabriel Mvumvure (First Year)

Assistant Coach (Men's Distance)
Emma Wren (First Year)

Volunteer Assistant Coach (Throws)
Tim Taylor (Ninth Year)

Volunteer Assistant Coach (Distance)
Pia Richards (First Year)

Head Athletic Trainer
Maggie Downing

Assistant Athletic Trainer
Abby Waldo

MEET INFO

Date/Location: Wed.- Sat., May 24-27 | Sacramento, Calif. - Hornet Stadium

TV: ESPN+

Day 1 Start Times (Wed.): 6 p.m. (Track)/ 10 a.m. (Field)

Day 2 Start Times (Thurs.): 6 p.m. (Track)/ 10 a.m. (Field)

Day 3 Start Times (Fri.): 5 p.m. (Track)/ 1 p.m. (Field)

Day 4 Start Times (Sat.): 5 p.m. (Track)/ 1 p.m. (Field)

2023 NCAA WEST PRELIMINARY ROUND



WASHINGTON STATE QUALIFIERS - Women

Name	Event	Time/Mark, Meet	Seed #/ Nat'l Rk
Micaela De Mello	100m hurdles	13.09, Pac-12 Championships	14/ 28
Elena Willems	800m run	2:05.48, OSU High Performance	19/ 74
Neema Kimtai	1,500m run	4:20.48, OSU High Performance	19/ 163
WSU A	4X100m Relay	44.70, GCU Invite	24 / 83
Caroline Jerotich	3,000m steeplechase	10:14.15, OSU High Performance	33 / 58
Mackenzie Fletcher	400m hurdles	59.11, Pac-12 Championships	34/ 91
Jasneet Nijjar	400m dash	53.16, Fresno St. Invite	38/ 87
Aliana Stone Boggs	5,000m run	16:08.95, Mt SAC Relays	39/ 106
Cristina Molteni	10,000m run	33:57.85, Mt SAC Relays	44/ 88

BOLD = WSU RECORD HOLDER

WASHINGTON STATE TOP QUALIFIERS - Men

Name	Event	Time/Mark, Meet	Seed #/Nat'l Rk
Jared McAlvey	400m hurdles	50.23, Pac-12 Championships	9/ 22
Ronald Grueso Mosquera	Shot Put	19.16m, Stanford Invitational	18/ 29
Zach Stallings	1,500m run	3:41.46, Bryan Clay Invitational	22/ 73
Louie Hinchliffe	100m dash	10.22, Mt SAC Relays	27/ 66
Mason Lawyer	200m dash	20.88w, Fresno State Invite	44/ 197
Zach Stallings	5000m run	13:47.57, Stanford Invitational	34/ 83
Kelvin Limo	3,000m steeplechase	8:48.34, OSU High Performance	31/ 53
Sam Griffith	3,000m steeplechase	8:51.21, Stanford Invitational	34/ 64
Ronald Grueso Mosquera	Discus	56.57m, Pac-12 Championships	35/ 53
Josh Farr	Javelin	64.21m, Mt SAC Relays	38/ 92

BOLD = WSU FRESHMAN RECORD HOLDER

W = wind-aided time

Pronunciation Guide

WSU Women

Micaela De Mello.....M-i-k-ay-l-uh, D-ah-M-eh-l-oh
Caroline Jerotich.....J-air-oh-t-i-ch
Neema Kimtai.....N-ee-m-uh, K-ih-m-t-eye
Jasneet Nijjar.....J-a-z-n-ee-t, N-eye-j-ar
Elise Unruh-Thomas.....Uh-n-ruh

WSU Men

Ronald Grueso-Mosquera.....G-oo-eh-s-oh M-o-s-k-ay-R-ah (trilled R)
Jared McAlvey.....M-ah-K-u-l-v-ee



2022-23 WASHINGTON STATE TRACK & FIELD ROSTERS

WSU WOMEN'S ROSTER

NAME	YEAR	HOMETOWN / HS / LAST SCHOOL
Samantha Boyle	Jr.	Snohomish, Wash. / Glacier Peak HS
Maribel Caicedo	Sr.	Guayaquil, Ecuador / Unidad Educativa Fiscal "Eloy Alfaro"
Sophia Cushman	Fr.	Arlington, Wash. / Arlington HS
Micaela De Mello	R-So.	Palhoca, Brazil /
Mackenzie Fletcher	Sr.	Sacramento, Calif. / Ponderosa HS
Kymeal Gaulden	Fr.	Silverdale, Wash. / Central Kitsap High School
Maelyn George	Jr.	Richland, Wash. / Richland HS
Nana Gyedu	So.	London, England /
Ashley Hollenbeck	So.	Bonney Lake, Wash. / Bonney Lake HS
Audrey Hughes	Jr.	Canyon, Texas / Canyon HS
Mevin Jelagat	So.	Kenya /
Caroline Jerotich	Jr.	Eldoret, Kenya /
Neema Kintai	Jr.	Kitale, Kenya / St. Mathew's HS
Tara Koonce	Jr.	Everett, Wash. / Kamiak HS
Sarah Kovich	So.	Bothell, Wash. / North Creek HS
Amy Kraemer	Sr.	Amity, Ore. / Amity HS
Madison Lee	So.	Spokane, Wash. / North Central HS
Laura Lindquist	Fr.	Ogden, Utah / Bonneville High School
Renick Meyer	Sr.	Gresham, Ore. / Sam Barlow High School
Elena Miezava	Jr.	Riga, Latvia /
Cristina Molteni	Fr.	Campotaccio, Italy /
Maya Nichols	So.	Bremerton, Wash. / Central Kitsap HS
Jasneet Nijjar	Sr.	Surrey, B.C., Canada / Queen Elizabeth Sec. School
Pietra Ornelas Da Silva	Jr.	Porto Alegre, Brazil /
Suzy Pace	Sr.	Everett, Wash. / Mariner HS
Julia Parra	Jr.	Arlington, Wash. / Arlington HS
Alex Payne	So.	Silverdale, Wash. / North Kitsap HS
Giovanna Rhoads	Jr.	Vancouver, Wash. / Columbia River HS
Anna Rodgers	Gr.	Bend, Ore. / Lewis and Clark HS
Kaylee Sowle	Jr.	Matlock, Wash. / Mary M. Knight HS
Alaina Stone Boggs	Jr.	Colville, Wash. / Colville HS
Gracie Strickland	Fr.	Boise, Idaho / Capital HS
Luceris Suarez Pacheco	Fr.	Colombia /
Elise Unruh-Thomas	Sr.	Eugene, Ore. / South Eugene HS
Jada Van Staden	Fr.	Johannesburg, South Africa /
Skyler Walton	Sr.	Spokane, Wash. / Wenatchee HS
Kolby Weiss	So.	Clinton, Illinois / Clinton HS
Elena Willems	Sr.	Snohomish, Wash. / Glacier Peak HS
Gilana Wollman	Fr.	Shorline, Wash. / Shorewood High School
Renee Yang	So.	Yunlin, Taiwan /

WSU MEN'S ROSTER

NAME	YEAR	HOMETOWN / HS OR LAST SCHOOL
Alec Barran	So.	Issaquah, Wash. / Issaquah HS
Brian Barsaiya	Sr.	Eldoret, Kenya / Moi University
Bode Brewer	So.	Burlington, Wash. / Burlington-Edison HS
Ben Chappell	So.	Oakdale, Calif. / Oakdale HS
De'Antae Choates	Sr.	Seaside, Calif. / Seaside HS
Cooper Cortinas	Jr.	Walla Walla, Wash. / Walla Walla HS
Blake Deringer	Sr.	Camas, Wash. / Camas HS
Parker Duskin	Fr.	Arlington, Wash. / Arlington HS
Jacob Easton	Jr.	Spokane Valley, Wash. / University HS
Aiden Emerson	Fr.	Arlington, Wash. / Arlington HS
Josh Farr	Jr.	Spokane, Wash. / Mead HS
Taino Ferdinand	Sr.	Edison, Wash. / Burlington-Edison HS
Evan Gonzalez	So.	Salem, Ore. / South Salem HS
Sam Griffith	Sr.	Issaquah, Wash. / Issaquah HS
Ronald Grueso Mosquera	So.	Cali, Columbia
Daylon Hicks	Sr.	Antioch, Calif. / Clayton Valley HS
Louie Hinchliffe	Fr.	Sheffield, England /
Clark Hobbs	So.	Visalia, Calif. / Redwood HS
Caden Hottman	Fr.	Hermiston, Ore. / Hermiston HS
Pascal Kleyer	Jr.	Karlsruhe, Germany / Karlsruhe Institute of Tech.
Eli Lawrence	Fr.	Meridian, Idaho / Meridian HS
Jacob Lawrence	R-So.	Pleasanton, Calif. / Amador Valley HS
Mason Lawyer	Fr.	Boise, Idaho / Boise HS
Kelvin Limo	So.	Eldoret, Kenya /
Isaiah Lowery	So.	Sammamish, Wash. / Eastlake HS
Yanai Macon	So.	Anaheim, Calif. / Valencia HS
Ethan Martin	Jr.	Maple Valley, Wash. / Tahoma HS
Jared McAlvey	Jr.	Walla Walla, Wash. / Walla Walla HS
A.J. McGlofin	Fr.	Spokane, Wash. / Central Valley HS
Jacob McIntyre	So.	Spokane, Wash. / Gonzaga Prep
Matthew Metcalf	So.	Kennewick, Wash. / Kamiakin HS
Brandon Moore	Fr.	Arlington, Wash. / Arlington HS
Maxwell Moore	Jr.	Newport, Ore. / Newport HS
Turlan Morlan	Sr.	Spokane, Wash. / Gonzaga Prep
Kyle Ortega-Gammill	Fr.	Reno, Nev. / Reno HS
John Paredes	Fr.	Colombia
Ryan Pelayo	Fr.	Wenatchee, Wash. / Wenatchee HS
Bretram Rogers	Gr.	Grand Prairie, Texas / South Grand Prairie
Justin Sands	Fr.	Spokane, Wash. / Mead HS
Mark Schlichting	Fr.	Ferndale, Wash. / Ferndale HS
Zach Stallings	Gr.	Reno, Nevada / McQueen HS
Leif Swanson	So.	Spokane, Wash. / North Central HS
Lucas Tailin	Jr.	San Gabriel, Calif. / South Pasadena HS
Ferran Verges	Fr.	Eugene, Ore. / South Eugene HS
Hunter Wagner	Sr.	Santa Rosa, Calif. / Montgomery HS
Lee Walburn	Jr.	Whitefish, Mont. / Whitefish HS
Grayson Wilcott	Fr.	Kennewick, Wash. / Kamiakin HS
Ethan Willems	Jr.	Snohomish, Wash. / Glacier Peak HS

COUGARS HEAD TO SACRAMENTO FOR NCAA FIRST ROUND:

>> Washington State men's and women's track and field teams open the 2023 NCAA Outdoor Track and Field Championships this week in the West Preliminary Round. This season's opening round of the championships, which will be streamed live on ESPN+, will see the West region compete this Wednesday through Saturday at Hornet Stadium in Sacramento, Calif.

>> **Micaela De Mello**, the Cougs' all-time record holder in the women's 100-meter hurdles, will look to improve on her 17th-place finish at last year's outdoor championships in Eugene, Ore.

>> Junior **Elena Willems** has dropped nearly 20 full seconds off of her personal-best in the 800m run since her freshman year and earlier this year, she moved into sixth all-time with a new PR at 2:05.48.

>> Hurdler **Jared McAlvey** is the lone Cougar with a top-10 seed heading into this year's NCAA First Round after dropping his PR to 50.23 for a runner-up finish at last week's Pac-12 Championships.

>> **Ronald Grueso-Mosquera** (shot put, discus) and **Zach Stallings** (1,500m, 5,000m) are the only two West Preliminary qualifiers who will compete in more than one event this week.

>> **Grueso-Mosquera** sits at No. 5 all-time at WSU (19.16m) in the shot and is on the verge of cracking the top-10 list in the men's discus after slipping in to the NCAA First Round with a PR and sixth-place finish (56.57m) at the Pac-12 Championships.

>> **Stallings** will depart WSU at No. 3 all-time with a 3:57.00 indoor mile and he goes into his last NCAA Championships at sixth all-time in the 1,500m (3:39.32).

>> Freshman **Louie Hinchliffe** grabbed the WSU freshman records in both the 60-meter (6.71) and 100-meter (10.22) to begin his career and heads into his first-career West Preliminary Round as the 27th overall seed and is just .05 seconds off of the Cougs' all-time 100m dash record.

