WASHINGTON STATE
TRACK & FIELD

ATHLETIC COMMUNICATIONS
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2019 OUTDOOR SCHEDULE

MARCH
3/15 USC Trojan Invitational *(Los Angeles)*
3/16 USC Trojan Invitational *(Los Angeles)*

3/21 Sam Adams Invitational *(Spokane, WA)*
3/22 Sam Adams Invitational *(Spokane, WA)*

3/28 Mike Fanelli Track Classic *(Hayward, CA)*
3/29 Mike Fanelli Track Classic *(Hayward, CA)*
3/29 Stanford Invitational *(Stanford, CA)*
3/29 UCLA Legends Invitational *(Los Angeles)*
3/30 Mike Fanelli Track Classic *(Hayward, CA)*
3/30 Stanford Invitational *(Stanford, CA)*
3/30 UCLA Legends Invitational *(Los Angeles)*

APRIL
4/6 WSU vs. UW Dual *(Seattle)*

4/12 Pelleur Invitational *(Cheney, WA)*
4/13 Pelleur Invitational *(Cheney, WA)*

4/17 Bryan Clay Invitational *(Azusa, CA)*
4/18 Bryan Clay Invitational *(Azusa, CA)*
4/18 MT. SAC Relays *(Torrance, CA)*

4/19 Bryan Clay Invitational *(Azusa, CA)*
4/19 Pacific Coast Intercollegiate *(Long Beach, CA)*
4/20 Beach Invitational *(Long Beach, CA)*

4/26 OSU High Performance *(Corvallis, OR)*
4/27 OSU High Performance *(Corvallis, OR)*
4/27 Cougar Invitational (Pullman, WA)

MAY
5/4 Pac-12 Multi-Events Championships *(Tucson, AZ)*
5/5 Pac-12 Multi-Events Championships *(Tucson, AZ)*
5/11 Pac-12 Championships *(Tucson, AZ)*
5/12 Pac-12 Championships *(Tucson, AZ)*

QUICK FACTS

Founded/Location: 1890/Pullman, Wash.
Enrollment: 20,286 (Pullman only)
Colors: Crimson and Gray
President: Kirk Schulz
Faculty Athletic Rep.: Nancy Swanger
Director of Athletics: Patrick Chun
Deputy Director/SWA: Anne McCoy
Conference: Pac-12
Mascot: Cougars

Facebook: wsucougartrack
Twitter/Instagram: wsucougartf
Website: wsucougars.com

Head Coach: Wayne Phipps (Fifth year)
Alma Mater: British Columbia, 1991

Home Venue: Mooberry Track
Outdoor All-Americans: M-224; W-58

2019 OUTDOOR TRACK & FIELD MEET NOTES

BRYAN CLAY INVITATIONAL
Wednesday-Friday, April 17-19 | Azusa, Calif. | Cougar Athletic Stadium

Wed. Event Start - 8:00 a.m. (PST)
Thurs. Event Start - 8:00 a.m. (PST)
Fri. Event Start - 8:50 a.m. (PST)

MT. SAC RELAYS
Thursday, April 18 | Torrance, Calif. | Murdock Stadium

Thurs. Event Start - 5:50 p.m. (PST)

PACIFIC COAST INTERCOLLEGIATE / BEACH INVITATIONAL
Friday- Saturday, April 19-20 | Long Beach, Calif. | Jack Rose Track

Fri. Event Start - 8:25 a.m. (PST)
Sat. Event Start- 9:00 a.m. (PST)

WSU PREPPED FOR CALIFORNIA MEETS

>> The Washington State Track and Field program will keep busy throughout this week of competition, as the Cougars will be in action at three total meets. WSU will start Wednesday, April 17 at the Bryan Clay Invitational, and will be competing in the meet through Friday, April 19. The Cougars will see a handful of student-athletes travel to Torrance, Calif. to compete at the Mt. SAC Relays, Thursday, April 18, and wrap up the week heading to Long Beach, Calif. for the Pacific Coast Intercollegiate, and the Beach Invitational.

PELLUER INVITATIONAL RECAP

>> Kaitlin Krouse picked up the first win for the Cougars in this competition, as she led the way in the discus event with a season-best mark of 149-feet 4 inches (45.51m). Krouse was the reigning 2018 champion at the Pelluer Invitational and remained on top after the event. Kiyena Beatty earned herself the victory in the 1500-meter event with a mark of 4:54.60 overall, and fellow Cougar Geneva Schlepp was closed behind to finish second with a time of 4:57.57 as well. Suzy Pace continued to lead Washington State in the women's high jump as she turned in a first place performance with a mark of 5-feet 5 inches (1.65m) on the day. WSU went on to claim the next three placements in the women's high jump as well with Madison Peffers taking second, Aislinn Overby in third, and Madison Hagfors in fourth overall. Chrisshnay Brown tallied yet another win in 2019 with a victory in the shot put at 46-feet 10 1/4 inches (14.28m).

>> Amani Brown also retained his men's hammer throw top spot at the Pelluer Invitational from 2018, as he took home first overall this year with a mark of 190-feet 9 inches (58.15m) to lead the Cougars. Drew Norvell finished second overall in the discus at 145-feet 2 inches (44.25m) as Washington State thrower's continued to flex their muscles during the 2019 season. Beau Sheeran provided a second place performance for WSU in the high jump with a mark of 6-feet 2 3/4 inches (1.90m), and Jacob Englar turned in a second place mark in the pole vault as well at 16-feet 4 3/4 inches (5.00m).

COUGARS ENTERED AT BRYAN CLAY INVITE - APRIL 17-19

WOMEN

Decathlon - Lindsey Schauble
10,000m - Janet Okeago, Desi Stinger, Melissa Hruska
5,000m - Emma Jenkins, Josie Brown, Samantha King-Shaw, Janet Okeago, Desi Stinger, Melissa Hruska
3000m Steeple - Zorana Grujic, Pia Richards
100m - Regyn Gaffney, Tierney Silliman, Jordyn Tucker, Lauren Newman, Anna Rodgers
200m - Regyn Gaffney, Tierney Silliman, Jordyn Tucker, Kristina Schreiber, Ronna Iverson
400m - Kristina Schreiber, Ronna Iverson, Grace Victor
800m - Natalie Ackerley, Zorana Grujic, Jelena Grujic, Grace Victor
1500m - Kaili Keefe, Emma Jenkins, Zorana Grujic, Josie Brown, Janet Okeago, Marie Gaudin, Melissa Hruska, Kiyena Beatty, Desi Stinger, Geneva Schlepp, Samantha King-Shaw, Pia Richards
100m Hurdles - Charisma Taylor, Mackenzie Fletcher, Lindsey Schauble
400m Hurdles - Stephanie Cho, Mackenzie Fletcher, Jelena Grujic, Lindsey Schauble
4x100m Relay - Tucker, Gaffney, Taylor, Silliman
High Jump - Suzy Pace, Lindsey Schuable, Madison Hagfors, Madison Peffers, Aislinn Overby
Pole Vault - Molly Scharmann, Emily Coombs, Katelyn Frost
Long Jump - Charisma Taylor, Anna Rodgers, Lauren Newman, Lindsey Schauble
Triple Jump - Charisma Taylor, Lindsey Schauble
Shot Put - Chrisshnay Brown, Lovely Tukuafu
Discus - Kaitlin Krouse, Chrisshnay Brown, Lovely Tukuafu

MEN

Decathlon - Ray Littles
10,000m - Amir Ado, Nathan Wadhwani, Matthew Watkins, Andrew Cooper
5,000m - Amir Ado, Nathan Wadhwani, Matthew Watkins, Andrew Cooper
3000m Steeple - Kyler Little, Kennan Schrag, Jacob Nicholson, Cameron Dean
100m - Ja'Maun Charles, Emmanuel Wells Jr., Ethan Gardner
200m - Ja'Maun Charles, Emmanuel Wells Jr., Ethan Gardner, Jake Ulrich, Corey Allen, Tony Pizzillo
400m - Jake Ulrich, Corey Allen, Tony Pizzillo, Carson Brown
800m - Justin Janke, Noah Wallace
1500m - Justin Janke, Paul Ryan, Zach Stallings, Kyler Little, Amir Ado, Jacob Nicholson, Nathan Wadhwani, Kennan Schrag, Andrew Cooper
110m Hurdles - Nick Johnson, Sam Brixey, Christapherson Grant
400m Hurdles - Christapherson Grant
4x100m Relay - Wells, Charles, Gardner, Ulrich
4x400m Relay - Grant, Charles, Brown, Ulrich
High Jump - Peyton Fredrickson, Mitch Jacobson, Max English, Keelan Halligan, Beau Sheeran, Ray Littles
Pole Vault - Sander Moldau, Jacob Englar, Troy Gingerich, Trevor Bushman
Long Jump - Ray Littles, Sam Brixey
Triple Jump - Robby Flores
Javelin - Alex Cielo, Ray Littles

COUGARS ENTERED AT MT. SAC RELAYS - APRIL 18

WOMEN

Hammer - Aoife Martin, Stacia Bell
10,000m - Janet Okeago, Melissa Hruska

MEN

Hammer - Brock Eager, Amani Brown
10,000m - Amir Ado, Nathan Wadhwani, Matthew Watkins, Andrew Cooper

COUGARS ENTERED AT LONG BEACH INVITE - APRIL 19-20

WOMEN

Javelin - Calahan Crawford
Hammer - Aoife Martin, Stacia Bell
100m - Regyn Gaffney, Tierney Silliman, Jordyn Tucker, Lauren Newman, Anna Rodgers
200m - Regyn Gaffney, Tierney Silliman, Jordyn Tucker, Kristina Schreiber, Ronna Iverson
400m - Kristina Schreiber, Ronna Iverson, Grace Victor
800m - Kaili Keefe, Zorana Grujic, Jelena Grujic, Grace Victor
100m Hurdles - Charisma Taylor, Mackenzie Fletcher,
400m Hurdles - Stephanie Cho, Mackenzie Fletcher, Jelena Grujic
High Jump - Suzy Pace, Madison Hagfors, Madison Peffers, Aislinn Overby
Pole Vault - Molly Scharmann, Emily Coombs, Katelyn Frost
Long Jump - Charisma Taylor, Anna Rodgers, Lauren Newman
Triple Jump - Charisma Taylor
Shot Put - Chrisshnay Brown, Lovely Tukuafu
Discus - Kaitlin Krouse, Chrisshnay Brown, Lovely Tukuafu

MEN

Javelin - Alex Cielo
Hammer - Brock Eager, Amani Brown
100m - Ja'Maun Charles, Emmanuel Wells Jr., Ethan Gardner, Tony Pizzillo
200m - Ja'Maun Charles, Emmanuel Wells Jr., Ethan Gardner, Tony Pizzillo, Jake Ulrich, Corey Allen, Carson Brown
400m - Jake Ulrich, Corey Allen, Tony Pizzillo, Carson Brown
800m - Justin Janke, Noah Wallace, Zach Stallings
110m Hurdles - Nick Johnson, Sam Brixey, Christapherson Grant, Joseph Heitman
400m Hurdles - Christapherson Grant, Joseph Heitman
4x100m Relay - Wells, Charles, Gardner, Ulrich
4x400m Relay - Grant, Charles, Brown, Ulrich
High Jump - Peyton Fredrickson, Mitch Jacobson, Max English, Keelan Halligan, Beau Sheeran
Pole Vault - Sander Moldau, Jacob Englar, Troy Gingerich, Trevor Bushman
Long Jump - Joseph Heitman, Robby Flores

COUGARS
TRACK & FIELD

MEN'S USTFCCCA OUTDOOR NATIONAL RANKINGS
April 15, 2019

Rank	*School*	*Points*
1	Texas Tech	350.40
2	Texas A&M	284.09
3	Florida	276.80
4	LSU	235.02
5	BYU	228.08
6	Alabama	205.42
7	Oregon	172.98
8	Florida State	170.96
9	Houston	166.22
10	Mississippi State	164.77
11	Georgia	150.15
12	Baylor	140.58
12	Texas	139.42
14	Arizona	120.83
15	Stanford	118.68
16	South Carolina	118.00
17	Indiana	117.47
18	North Carolina A&T	116.81
19	Wisconsin	108.35
20	UCLA	106.63
21	Iowa	99.53
22	Ohio State	89.17
23	Tennessee	87.82
24	Arkansas	87.15
25	Purdue	81.16

WOMEN'S USTFCCCA OUTDOOR NATIONAL RANKINGS
April 15, 2019

Rank	*School*	*Points*
1	USC	333.02
2	Texas A&M	292.37
3	Arkansas	285.34
4	LSU	253.44
5	Oregon	241.33
6	Kentucky	212.02
7	Florida	208.38
8	Florida State	202.08
9	Alabama	200.67
10	Miami (Fla.)	183.68
11	Kansas State	142.46
12	New Mexico	138.68
13	Stanford	136.13
14	Colorado	135.30
15	Texas	133.02
16	Tennessee	132.75
17	Washington	117.87
18	Texas Tech	116.78
19	Virginia Tech	101.75
20	BYU	94.00
21	Iowa	90.54
22	Boise State	89.72
23	UCLA	86.04
24	South Carolina	85.94
25	Baylor	81.45

WEST REGION 2019 MEN
April 15, 2019

Rank	*Team*	*Points*
1.	UCLA	680.99
2.	California	529.60
3.	Arizona	491.00
4.	Washington	486.83
5.	USC	441.18
6.	Oregon	421.10
7.	Stanford	388.33
8.	Long Beach State	368.94
9.	Arizona State	332.92
10.	**Washington St.**	**320.68**
11.	Cal Sate Fullerton	302.17
12.	CSUN	223.02
13.	Grand Canyon	193.77
14.	UC Davis	182.41
15.	Bosie State	181.72

WEST REGION 2019 WOMEN
April 15, 2019

Rank	*Team*	*Points*
1.	USC	698.34
2.	Oregon	585.19
3.	Stanford	513.32
4.	Arizona	436.07
5.	Washington	383.73
6.	Arizona State	380.81
7.	San Diego State	354.42
8.	UNLV	322.00
9.	UCLA	304.98
10.	California	297.72
11.	Sacramento State	240.25
12.	Boise State	199.48
13.	Cal State Fullerton	190.53
14.	CSUN	180.23
15.	Long Beach State	179.59

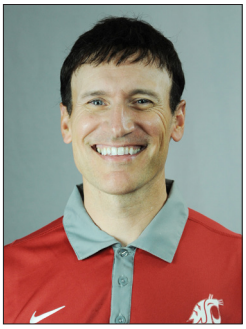
WSU WOMEN'S TRACK & FIELD ROSTER

NAME	YEAR	HOMETOWN (HIGH SCHOOL / LAST SCHOOL)
Hannah Aaenson	Fr.	Granite Falls, Wash. (Lake Stevens HS)
Natalie Ackerley	RS-Sr.	Bainbridge, Wash. (Bainbridge HS)
Alsatta Bakana	Fr.	Cheney, Wash. (Cheney HS)
Kiyena Beatty	So.	Temecula, Calif. (Great Oak HS)
Tayla Beavers	Fr.	Kelso, Wash. (Kelso HS)
Stacia Bell	Jr.	White Salmon, Wash. (Columbia HS)
Chrisshnay Brown	Sr.	Lompoc, Calif. (Lompoc HS)
Josie Brown	Sr.	Coeur d'Alene, Idaho (Coeur d'Alene HS)
Stephanie Cho	Sr.	Vancouver, B.C. Canada (Churchill Secondary)
Emily Coombs	So.	Santa Ana, Calif. (Orange Lutheran HS)
Calahan Crawford	So.	Sherwood, Ore. (Sherwood HS)
Macee Erickson	So.	Akron, Ohio (Perry HS)
Mackenzie Fletcher	Fr.	Shingle Springs, Calif. (Ponderosa HS)
Lita Forse	So.	Caldwell, Idaho (Caldwell HS)
Katelyn Frost	Sr.	Corvallis, Mont. (Corvallis HS)
Regyn Gaffney	Sr.	Chehalis, Wash. (Adna HS)
Marie Gaudin	Jr.	Arlington, Wash. (Arlington HS)
Jelena Grujic	So.	Novi Sad, Serbia
Zorana Grujic	So.	Novi Sad, Serbia
Madison Hagfors	Fr.	Bend, Ore. (Summit HS)
Melissa Hruska	Jr.	Snoqualmie, Wash. (Mount Si HS)
Ronna Iverson	Fr.	Lake Forest Park, Wash. (Shorecrest HS)
Emma Jenkins	Fr.	Camas, Wash. (Camas HS)
Atina Kamasi	Jr.	Novi Sad, Serbia
Brianna Kaminski	Fr.	Mountain City, Texas (Buda Hays HS)
Kaili Keefe	Jr.	Yakima, Wash. (Eastern Washington)
Kelsey Kehl	Jr.	Baldwin City, Kan. (Baldwin HS)
Samantha King-Shaw	So.	Sparks, Nev. (Reed HS)
Amy Kraemer	Fr.	Amity, Ore. (Amity HS)
Kaitlin Krouse	Sr.	Chewelah, Wash. (Jenkins HS)
Morgan Lash	Jr.	Anchorage, Alaska (South Anchorage HS)
Aoife Martin	RS-Jr.	Seattle, Wash. (Holy Names Academy)
Imani Moronkola	So.	Seattle, Wash. (Garfield HS)
Tracy Myers	RS-Jr.	Beamsville, Ontario, Canada (Grimsby Secondary School)
Lauren Newman	Jr.	Yakima, Wash. (LaSalle HS)
Janet Okeago	Jr.	Nyahururu, Kenya (Hampton)
Cordelia Olson	So.	Walnut Creek, Calif. (Las Lomas HS)
Aislinn Overby	Fr.	Bozeman, Mont. (Bozeman HS)
Suzy Pace	Fr.	Everett, Wash. (Mariner HS)
Madison Peffers	Fr.	Camas, Wash. (Camas HS)
Jenaya Pynn	Jr.	Nanaimo, B.C., Canada (Wellington Secondary)
Alexis Redfield	RS-So.	Zillah, Wash. (Zillah HS)
Pia Richards	So.	Sammamish, Wash. (Eastlake HS)
Anna Rogers	Fr.	Spokane, Wash. (Lewis and Clark HS)
Molly Scharmann	RS-Jr.	Rancho Santa Margarita, Calif. (Tesoro HS(
Lindsey Schauble	Sr.	Kennewick, Wash. (Kamiakin HS)
Geneva Schlepp	Fr.	Sammamish, Wash. (Skyline HS)
Kristina Schreiber	Fr.	Evergreen, Colo. (Evergreen HS)
Tierney Silliman	RS-Jr.	Yakima, Wash. (West Valley HS)
Desi Stinger	So.	Temecula, Calif. (Great Oak HS)
Kelsey Takeuchi	So.	Renton, Wash. (Cal Poly)
Charisma Taylor	So.	Nassau, Bahamas (SPIRE Academy)
Jordyn Tucker	Jr.	Monrovia, Calif. (Monrovia HS)
Lovely Tukuafu	RS-So.	Bountiful, Utah (Bountiful HS)
Kreete Verlin	So.	Tallinn, Estonia
Grace Victor	RS-Jr.	Wakerley, Australia
Elena Willems	Fr.	Snohomish, Wash. (Glacier Peak HS)
Breya Wynne	RS-Jr.	Compton, Calif. (Redondo Union HS)

WSU MEN'S TRACK & FIELD ROSTER

NAME	YEAR	HOMETOWN (HIGH SCHOOL / LAST SCHOOL)
Amir Ado	So.	Spokane, Wash. (Ferris HS)
Corey Allen	Jr.	Allyn, Wash. (North Mason HS)
Seth Andres	Jr.	Klamath Falls, Ore. (Henley HS)
Brandon Bains	So.	Mountain View, Calif. (St. Francis HS)
Sam Brixey	Jr.	Boise, Idaho (Capital HS)
Amani Brown	RS-Sr.	Seattle, Wash. (Mt. Rainier HS)
Carson Brown	Fr.	Cheney, Wash. (Cheney HS)
Trevor Bushman	So.	Union, Wash. (Union HS)
Ja'Maun Charles	Sr.	Pleasanton, Calif. (Amador Valley HS)
Alex Cielo	RS-So.	Maple Valley, Wash. (Tahoma HS)
Andrew Cooper	RS-So.	Issaquah, Wash. (Liberty HS)
Cameron Dean	Jr.	Spokane, Wash. (Mead HS)
Brock Eager	RS-Sr.	Renton, Wash. (Tahoma Senior HS)
Jacob Englar	Fr.	Nampa, Idaho (Nampa Christian HS)
Max English	Jr.	Kingston, Wash. (Kingston HS)
Alex Escalara	So.	Newport Coast, Calif. (Sage Hill HS)
Rodrick Fisher	Fr.	Spokane Valley, Wash. (East Valley)
Robby Flores	Sr.	El Paso,Texas (El Dorado HS)
Peyton Fredrickson	Sr.	Vancouver, Wash. (Skyview HS)
Ethan Gardner	Sr.	Walla Walla, Wash. (Walla Walla HS)
Troy Gingerich	Jr.	Sparks, Nev. (Reed HS)
Christapherson Grant	Sr.	Lynnwood, Wash. (Meadowdale HS)
Brian Greene	RS-So.	Yakima, Wash. (Eisenhower HS)
Keelan Halligan	Sr.	Bothell, Wash. (Bothell HS)
Joseph Heitman	Fr.	Spokane, Wash. (Mead HS)
Dallas Hobbs	RS-So.	Cedar Rapids, Iowa (Washington HS)
Matthew Howard	Fr.	Bothell, Wash. (Bothell HS
Silas Hurst	Fr.	Corona, Calif. (Santiago HS)
Mitch Jacobson	So.	Walla Walla, Wash. (Walla Walla HS)
Justin Janke	Jr.	Spokane, Wash. (North Central HS)
Joseph Jensen	Fr.	Issaquah, Wash. (Issaquah HS)
Colton Johnsen	Jr.	Bellingham, Wash. (Eastern Washington)
Charles Johnson	Fr.	Spokane, Wash. (Cheney HS)
Nick Johnson	Jr.	Spokane, Wash. (Gonzaga Prep)
Zak Kindl	So.	Spokane, Wash. (Lewis & Clark HS)
Alec Kuzmack	RS-So.	Eagle, Idaho (Eagle HS)
Kyler Little	Sr.	Coeur d'Alene, Idaho (Lake City HS)
Ray Littles	Sr.	Issaquah, Wash. (Issaquah HS)
Sander Moldau	So.	Rakvere, Estonia
Reid Muller	Sr.	Pitt Meadows, B.C. (Pitt Meadows Secondary)
Jacob Nicholson	So.	Spokane Valley, Wash. (West Valley HS)
Jake Nienhuis	Jr.	Issaquah, Wash. (Issaquah HS)
Drew Norvell	RS-Jr.	Bellingham, Wash. (Sehome HS)
Preston O'Neil	Fr.	Spokane, Wash. (Joel Ferris HS)
Nate Pendleton	Fr.	Sammamish, Wash. (Eastlake HS)
Tony Pizzillo	Fr.	Spokane, Wash. (Shadle Park HS)
Paul Ryan	Sr.	Moscow, Idaho (Logos HS)
Kennan Schrag	RS-So.	Issaquah, Wash. (Issaquah HS)
Beau Sheeran	So.	Beaverton, Ore. (Beaverton HS)
Ross Sherrer	So.	Lacey, Wash. North (Thurston HS)
Mark Silverthorn	Fr.	Livermore, Calif. (Granada HS)
Zach Stallings	So.	Reno, Nev. (McQueen HS)
Jeremiah Stone	So.	Seattle, Wash. (Bishop Blanchet HS)
Chandler Teigen	Sr.	Anatone, Wash. (Asotin HS)
Jake Ulrich	So.	Surrey, B.C., Canada (North Surrey Senior)
Nathan Wadhwani	Sr.	Maple Ridge, B.C. (Terry Fox Secondary)
Noah Wallace	So.	Lake Stevens, Wash. (Concordia-Ore.)
Matthew Watkins	So.	Mill Creek, Wash. (Jackson HS)
Emmanuel Wells Jr.	Jr.	Seattle, Wash. (Rainier Beach HS)

WASHINGTON STATE
TRACK & FIELD



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 USTFCCCA 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 (Fifth 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 (Fifth 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 Briaúna 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-MWC 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 MWC pentathlon record with 4,173 points, earning MWC Indoor T&F Athlete of the Year. On the men's sprint side, Teevens mentored Nic Bowens to 2014 MWC 60m and 200m indoor titles, 100m and 200m outdoor titles, setting school records in all four events, as well as the 4x100m relay. Bowens was the MWC 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-MWC 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. Teeven's 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.

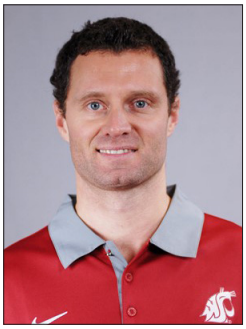
Academics was also a high priority for Teevens as Vandals racked up three CoSIDA Academic All-America honors, 17 USTFCCCA DI All-Academic honors, and a pair of WAC Stan Bates Award winners for top student-athletes among all conference sports.

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
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Brad Walker

Assistant Coach (Fourth Year)

Brad Walker, a nine-time USA Track & Field pole vault champion, joined the Washington State University track and field staff as an assistant coach for pole vault and high jump in October 2015.

In his first year at WSU, Walker mentored Thane Pierson to a Pac-12 Championship high jump title while Peyton Fredrickson finished tied for seventh and Austin Sodorff placed sixth in the pole vault. Cougar women high jumpers Liz Harper and Lateah Holmes scored with fourth and sixth-place finishes respectively. In school record performances, Pierson cleared the sixth-best height in WSU history of 7-3 (2.21m) while Sodorff vaulted 17-0 3/4 (5.20m) which it tied for 10th-best all-time. Harper high jumped 5-11 1/4 (1.81m) in 2016 which is tied for ninth-highest all-time. At the 2017 Pac-12 Championships, Holmes tied for third and Davis finished seventh in the women's high jump and Fredrickson tied for sixth on the men's side. During the 2017 competitive seasons, Cougars high jumpers and pole vaulters reached PRs 30 times, including Molly Scharmann whose 12-6 1/4 (3.82m) vault was 10th-best in WSU all-time records.

Walker set the American men's pole vault record of 19-feet, 9 3/4 inches (6.04m) in 2008 and that record still stands as of Fall 2016. That height was also the top World mark of that year. He is a five-time USATF Outdoor Champion in the pole vault, taking titles in 2005, 2007, 2012 and 2013 and competed in the 2015 World Championships and 2016 Olympic Trials. He also has accumulated four USATF Indoor Championships, taking titles in 2005, 2006, 2008 and 2012.

His international acclaim includes gold medals at the 2007 World Outdoor Championships and the 2006 World Indoor Championships, silver medals at the 2008 World Indoor and 2005 World Outdoor Championships, and a bronze medal at the 2012 World Indoor Championships. Walker was also a member of Team USA at the 2008 Beijing Olympic Games and the 2012 London Olympic Games.

Walker was a prep standout at University High School in Spokane Valley, Wash., and went on to an illustrious career at the University of Washington. He was a two-time Pac-10 Champion (2002, 2003) and a four-time All-American with two NCAA Indoor Championships pole vault titles (2003, 2004). He captured the 2003 NCAA title with a vault of 19-0 1/4, nearly nine inches beyond his nearest competitor. He was named MONDO West Region Track and Field Athlete of the Year in 2003.

While an undergraduate, Walker was also honored for his work in the classroom, being named to the 2003 CoSIDA/Verizon Academic All-America team. He earned a bachelor's degree in Business Administration in 2004. Walker was the male recipient of the Pac-10 Medal for overall athletic and academic excellence.



CharLee Linton

Assistant Coach (Second 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 Coug 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.

She received the Student-Athlete Advisory Committee (SAAC) True Cougar Award at the 2016 Athletics Senior Recognition luncheon; an award presented to a male and female student-athlete who started their WSU careers as non-scholarship student-athletes and who, to their respective teams, define leadership, commitment to excellence, and Cougar Pride.



Ryan Grinnell

Assistant Coach (Third Year)

Ryan Grinnell joined the Washington State University track and field staff in October 2016 to assist in the coaching of the horizontal jumps, multi-events and hurdles.

In his first year with the Cougars, Grinnell had a trio of scorers at the Pac-12 Championships: in the women's triple jump Kiana Davis captured fifth and Greer Alsop was sixth while Robby Flores placed eighth in the men's triple jump. Both Davis and Alsop also took leaps in the WSU all-time triple jump records with Davis' 42-8 1/4 (13.01m) second-best and Alsop's 41-8 (12.70m) fourth-best.

Grinnell comes to WSU from Utah State University where he was an assistant coach for sprints, jumps, pole vault and multi-events while coordinating the staff's recruiting services from 2014-16. During his time with the Aggies he coached seven athletes to NCAA second-team All-America honors. Additionally, he helped guide the 2016 men's indoor team to a Mountain West Conference runner up finish where the sprinters and jumpers combined for 89 of the team's winning 141 points. At USU he also coached Chari Hawkins who finished fourth in the heptathlon at the 2015 World University Games, and was a recipient of numerous accolades including the 2015 MWC Indoor Athlete of the Year, Mountain Region Women's Indoor/Outdoor Field Athlete of the Year, MWC Outdoor Student-Athlete of the Year, MWC Highest Point Scorer and MWC Outdoor Championship Outstanding Performer.

Originally from Rexburg, Idaho, Grinnell competed at the University of Montana for two years where he won six Big Sky Conference titles and was the 2006 Big Sky Athlete of the Year as a freshman after winning the high jump and triple jump titles. At Boise State he was a six-time NCAA All-America honoree with four certificates in the triple jump and one each in the high jump and long jump. He won nine Western Athletic Conference titles and had three runner-up finishes. In 2008, he broke a 28-year old men's triple jump record at the WAC Outdoor Championships with his wining leap of 54-3 3/4 (16.55m). He advanced to the NCAA Championships in all three jumps, being the first student-athlete to accomplish this feat in over 10 years.

He was named the WAC's Male Performer of the Year in addition to being BSU's nominee for the WAC's Joe Kearney Award. Additionally, Grinnell was a two-time Central Region All-Academic honoree, make the Dean's List from 2005-2007 with eight WAC All-Academic honors. He ended his collegiate career as the most decorated student-athlete in Boise State history.

Grinnell began his coaching career as a volunteer at the University of Georgia from April 2010-September 2012, while training for the 2012 US Olympic Trials. He was a member of the staff that led the Bulldogs to the most combined points in SEC Outdoor Championships history. From 2012-14 Grinnell coached jumps, throws and multi-athletes at Campbell University in Buies Creek, North Carolina, where he coached four individual Big South Conference champions.

As a professional athlete, Grinnell competed in the 2008 and 2012 US Olympic Trials in the triple jump. In 2013 he was the USATF Championship Bronze Medalist in the triple jump in with leap of 55-10 1/4 (17.02m). A week later he soared to a personal record leap of 56-6 (17.22m) which was a Top 10 World IAAF ranking in the triple jump. Grinnell graduated from Boise State in December 2009 with a Bachelor of Arts in Business Administration with an emphasis in business management.



Kayla Warren

Coordinator of Operations (Second Year)

Cougar alum Kayla Warren joined the Washington State University track and field staff as the Operations Coordinator in July 2017.

Warren was born in Seattle when her father Chris Warren, a three-time NFL Pro Bowl selection, was playing for the Seattle Seahawks. She graduated from Seattle's Holy Names Academy in 2011 and competed for the WSU Track and Field team from 2011-13 and 2014-16. Warren scored two sixth-place finishes in the triple jump at the Pac-12 Championships and qualified and competed twice at the NCAA West Region Preliminary Rounds.

Warren earned a Bachelor of Science in Wildlife Ecology and Conservation Sciences with a minor in Forestry in December 2016. While completing her degree, she served as an intern/volunteer at the WSU Bear Center as well as at the WSU Arboretum. In addition to her academics and athletics endeavors, she worked at the renown Cougar Country Drive-In for five years, including more than two years as the head supervisor.