

WASHINGTON STATE TRACK & FIELD RELEASE



@Whitworth University 12th Sam Adams Classic March 23-24, Spokane

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WSU TRACK & FIELD 2017 OUTDOOR SCHEDULE

MARCH

- 17-18 @USCTrojan Invite, L.A.
- 18 @Whitworth Buc Scoring, Spokane
- 23-24 @Whitworth Sam Adams Classic, Spokane
- 31 @San Francisco State Distance Carnival

APRIL

- 3/3-1 @Stanford Invitational @UCLA Bruins Legend Invite
- 8 @SCC WAR X, Spokane
- 12-13 @Mt. SAC Relays Combined Events, Azusa
- 13-15 @Mt. SAC Relays, Torrance
- 14 @Bryan Clay Invitational, Azusa
- 14-15 @Beach Invite, Long Beach
- 23 @WSU-UW Dual, Seattle

29 Cougar Invitational, Pullman

MAY

- 6-7 @Pac-12 Combined Events Championships, Corvallis
- 13-14 @Pac-12 Championships, Eugene
- 25-27 @NCAA West Prelims, Austin

JUNE

- 7-10 @NCAA Championships, Eugene

WSU T&F COMPETES AT WHITWORTH SAM ADAMS CLASSIC

The Washington State track and field teams are set to compete at the 12th Sam Adams Classic at Whitworth University's Pine Bowl/Boppell Track, Thursday and Friday, March 23-24...teams scheduled to compete in addition to host Whitworth and WSU include Gonzaga, Idaho, Eastern Washington, Lewis-Clark State, Great Falls, Western Washington, and Spokane CC... Thursday events include a heptathlon and decathlon at noon with women's hammer and men's javelin at 3:30 p.m., women's 5k at 5 p.m. and men's 5k at 5:30 p.m...Friday, the multi events begin at Noon with the remaining track and field events starting at 3 p.m.

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

Wayne Phipps (University of British Columbia '91) is in his third season with the Washington State track and field program...he became the 15th men's coach and the second coach for the combined men's and women's program at WSU on July 1, 2014, after 19 years at the University of Idaho...Phipps led the Cougar men's cross country program back-to-back NCAA Championships at-large berth appearances with a 14th-place finish in 2016: the highest in 32 years after the entire 2015 team that placed 26th returned for the 2016 season....during the 2016 Track & Field season, a pair of Cougs earned second-team All-America honors...Cougars tallied 25 new entries into the WSU all-time top ten records...while at Idaho, Phipps was conference coach of the year 14 times, and led the Vandals to a record 16 conference titles.

COUGAR TRACK & FIELD COACHING STAFF

WSU Track & Field coaching staff includes Associate Head Coaches Julie Taylor (throws), and Yogi Teevens (sprints, relays and horizontal jumps)...Assistant Coaches are Brad Walker (vertical jumps), Allix Potratz-Lee (distance) and Ryan Grinnell (multis and horizontal jumps)...Andrea Sabbatine is the Operations Coordinator...volunteers this year include: Jesse Jorgensen, CharLee Linton, Tim Taylor and Kayla Warren.

2017 WSU TEAM CAPTAINS

Track - CJ Allen (M), Liz Harper (W)
Distance - John Whelan (M), Devon Bortfeld (W)
Field - Travis Pickett (M), Katie Wardsworth (W)

WSU HIGHLIGHTS FROM USC TROJAN INVITE

At the March 17 throws at Long Beach State, Brock Eager's PR 64.71m/212-4 was second place in the hammer, sixth-best mark in WSU all-time records and the first time since 1999 a new mark has been added to the school's top ten list...Travis Pickett also threw a PR mark of 60.20m/197-6 (5th place)...Katie Wardsworth was the top collegiate in the hammer with a PR of 57.41m/188-4 - the fourth-best mark in WSU all-time...March 18 the meet moved back to the USC campus...CJ Allen won the men's 400m hurdles (50.43), Cole Smith won the javelin with a 5-foot PR (66.01m/216-7) and was fifth in the high jump (1.95m/6-4 3/4)...freshman Atina Kamasi won the women's javelin (47.49m/155-6), a mark that is 10th-best in WSU's all-time records...Regyn Gaffney ran a PR time of 11.67 seconds in the women's 100m dash for second place...her time is the fourth-best ever run in WSU history...in the men's 100m dash, Ja'Maun Charles ran a wind-aided PR time of 10.43 (2nd)...Matthew Swanson ran a 400m dash PR time of 48.21 (4th)... Freshman Sam Brixey was second in the 110m hurdles with a collegiate debut time of 14.37...women's triple jumpers Greer Alsop leaped 12.62m/41-5 (2nd) and Kiana Davis 12.47m/40-11 (3rd)...Lateah Holmes high jumped 1.73m/5-8 (2nd)... at the Whitworth Buc Scoring meet Amani Brown won the men's hammer throw with a PR of 55.05m/180-7.



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USTFCCCA NATIONAL TEAM RANKINGS

The United States Track & Field and Cross Country Coaches Association (USTFCCCA) national rankings are a prediction of how teams and individuals will place at the 2017 NCAA Div. I Outdoor Championships, June 7-10, in Eugene.

USTFCCCA OUTDOOR TRACK & FIELD MEN'S TOP 25 TEAMS 2017 PRESEASON Rankings March 20, 2017

Rank	School	Total	2016 Ranking
1.	Florida	282.97	1
2.	Oregon	277.54	4
3.	Arkansas	253.11	2
4.	Texas A&M	232.69	3
5.	LSU	218.03	5
6.	Virginia	183.26	7
7.	Texas	169.14	36
8.	Alabama	167.36	64
9.	Georgia	156.00	29
10.	Stanford	153.94	13
11.	USC	138.93	12
12.	Texas Tech	138.19	33
13.	Mississippi	129.75	26
14.	Tennessee	129.50	6
15.	Nebraska	125.27	10
16.	Syracuse	117.83	47
17.	Kansas	113.11	NR
18.	UCLA	106.86	18
19.	Minnesota	102.12	47
20.	Houston	96.18	10
21.	Virginia Tech	92.90	8
22.	Kentucky	92.37	22
23.	W. Kentucky	91.68	57
	Auburn	91.68	58
25.	South Carolina	89.68	47
73.	Washington St.	24.61	

Next Ranking: April 3, 2017

COUGARS ENTERED IN SAM ADAMS CLASSIC, MARCH 23-24, SPOKANE: MEN

100m - Christapherson Grant, Collin Niehenke
 200m - Christapherson Grant, Collin Niehenke
 400m - no entry
 800m - no entry
 1500m - no entry
 5000m - no entry
 110m Hurdles - Christapherson Grant
 400m Hurdles - no entry
 3000m Steeplechase - no entry
 4x100m relay - no entry
 4x400m Relay - No entry
 High Jump - Max English, Peyton Fredrickson, Keelan Halligan, Brendan Rexus, Cole Smith
 Pole Vault - Dino Dodig, Troy Gingerich, Anden Lewis, Tucker Mjelde, Yousef Saleh, Kainoa Tom
 Long Jump - Josh Colbert, Josh Schulz
 Triple Jump - Josh Colbert
 Shot Put - Jake Callaghan
 Discus - Tyler Jackson, Adam Mahama
 Hammer - Amani Brown, Derek Crites, Brock Eager, Wyatt Meyring, Travis Pickett
 Javelin - Cole Smith, Brad Stevens

WSU's Returning Pac-12 Championships Men Scorers:

CJ Allen, 400m Hurdles: 2014 (1st); 2016 (1st)
 Dino Dodig, Decathlon: 2015 (5th); 2016 (4th)
 Brock Eager, Hammer: 2015 (8th)
 Peyton Fredrickson, High Jump: 2016 (t-7th)
 Brad Stevens, Javelin: 2015 (8th); 2016 (6th)
 Travis Pickett, Hammer: 2016 (8th)
 4x400m Relay (Little, Allen, Dodig, Swanson): 2016 (6th)

WSU's Returning NCAA Outdoor Championships Men Participants:

CJ Allen, 400m Hurdles: 2016 (12th)
 Dino Dodig, Decathlon: 2015 (DNF)

COUGARS RANKED IN THE TRACK & FIELD NEWS 2017 COLLEGE PREVIEW

Track & Field News published the top 15 performers for NCAA DI in the March 2017 issue...rankings are based on PRs.

MEN

400m Hurdles: CJ Allen - 50.16 (14th)

WOMEN

Heptathlon: Alissa Brooks-Johnson - 5,803 points (9th)



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USTFCCCA OUTDOOR TRACK & FIELD RANKINGS WOMEN'S TOP 25 TEAMS 2017 PRESEASON Rankings March 20, 2017

Rank	School	Total	Last Ranking
1.	Oregon	345.06	2
2.	Kentucky	333.88	11
3.	Arkansas	293.38	1
4.	LSU	266.32	6
5.	USC	248.20	9
6.	Florida	241.82	9
7.	Georgia	197.42	3
8.	Texas	178.59	4
9.	Stanford	175.25	7
10.	Florida State	174.59	29
11.	Tennessee	147.81	29
12.	Texas A&M	141.26	5
13.	Washington	136.32	63
14.	Harvard	134.06	17
15.	Alabama	112.70	29
16.	Miami	111.64	16
17.	Baylor	111.44	NR
18.	Nebraska	107.37	46
19.	Oklahoma	107.03	18
20.	Virginia Tech	100.37	NR
21.	Michigan	97.66	20
	South Carolina	97.66	25
23.	Mississippi	83.70	22
24.	Auburn	81.28	63
25.	San Diego State	79.52	20

68. Washington State 22.24

Next Ranking: April 3, 2017

WEST REGIONAL OUTDOOR RANKINGS April 3, 2017

Men

Rank School

Women

Rank School

COUGARS ENTERED IN SAM ADAMS CLASSIC, MARCH 23-24, SPOKANE: WOMEN

100m - no entry
200m - no entry
400m - no entry
800m - no entry
1500m - no entry
5000m - no entry
100m Hurdles - ShaRaya Quinn
400m Hurdles- Adreonia Bradley, ShaRaya Quinn
3000m Steeplechase - No entry
4x100m Relay - no entry
4x400m Relay - no entry
High Jump - Lateah Holmes
Pole Vault - Danielle Carnahan, Katelyn Frost, Molly Scharmann
Long Jump - McKenna Hogan
Triple Jump - no entry
Shot Put - Chrissshnay Brown
Discus - Chrissshnay Brown, Kaitlin Krouse
Hammer - Stacia Bell, Kaitlin Krouse, Aoife Martin, Katie Wardsworth
Javelin - Atina Kamasi, Kelsey Kehl, Kristen McDonnell

WSU's Returning Pac-12 Championships Women Scorers:

Greer Alsop, Triple Jump: 2015 (8th); 2016 (5th)
Alissa Brooks-Johnson, Heptathlon: 2014 (2nd); 2015 (1st)
/ 400m Hurdles: 2015 (7th)
Kiana Davis, High Jump: 2016 (2nd)
Kristine Felix, Pole Vault: 2013 (1st); 2014 (t-6th); 2015 (4th)
Liz Harper, 400m Hurdles: 2015 (4th), 2016 (4th) / High Jump: 2016 (4th)
/ Heptathlon: 2016 (3rd)
Lateah Holmes, High Jump: 2016 (t-6th)

WSU's Returning NCAA Outdoor Women Participants:

Alissa Brooks-Johnson, Heptathlon: 2015 (18th)
/ 400m Hurdles: 2015 (23rd)
Liz Harper, 400m Hurdles: 2015 (19th) / High Jump: 2016 (NH)
/ Heptathlon: 2016 (16th)



NCAA DESCENDING ORDER LISTS

The NCAA uses national descending order lists to determine the competitors for the 2017 Outdoor Championships...these lists can be viewed at the United States Track & Field/Cross Country Coaches Association (USTFCCCA) Track & Field Results Reporting System website (www.tfrs.org)...the top 48 in each event advances to the East or West Region Preliminary Rounds...West Region Prelims are 25-27, in Austin, Texas...WSU's 2017 outdoor bests marks can be found at www.wsucougars.com.

WSU MEN IN NCAA WEST REGION TOP 48/PAC-12 TOP 8 RANKINGS (as of March 21)

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

100m - Ja'Maun Charles 10.43 (7th/2nd), Zach Smith 10.72 (43rd/6th)

400m - Matthew Swanson 48.21 (28th/8th)

800m - Paul Ryan 1:52.73 (25th/4th), Reid Muller 1:53.86 (41st/8th)

1500m - Chandler Teigen 3:51.50 (12th/2nd)

110m Hurdles - Sam Brixey 14.37 (11th/5th), Nick Johnson 14.78 (33rd/8th), Abu Kamara 14.91 (43rd),
Christapherson Grant 14.96 (45th)

400m Hurdles - CJ Allen 50.43 (2nd/1st)

Pole Vault - Troy Gingerich 4.70m/15-5 (38th/7th), Dino Dodig 5.60m/15-1 (43rd)

Triple Jump - Robby Flores 13.85m/45-5 1/4 (39th/4th)

Discus - Adam Mahama 42.64m/172-8 (15th/4th)

Hammer - Brock Eager 64.71m/212-4 (5th/2nd), Travis Pickett 60.20m/197-6 (19th/4th),
Wyatt Meyring 57.29m/187-11 (28th/7th), Amani Brown 55.05m/180-7 (46th)

Javelin - Cole Smith 66.01m/216-7 (9th/2nd), Brad Stevens 64.71m/212-4 (13th/5th)

WSU WOMEN IN NCAA WEST REGION TOP 48/PAC-12 TOP 8 RANKINGS (as of March 21)

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

100m - Regyn Gaffney 11.67 (13th/2nd)

200m - Regyn Gaffney 24.47 (44th)

800m - Marlow Schulz 2:10.55 (10th/4th), Grace Victor 2:14.08 (30th/8th),
Natalie Ackerley 2:14.15 (32nd)

1500m - Devon Bortfeld 4:28.99 (8th/2nd), Vallery Korir (4:32.86 (20th/5th))

400m Hurdles - Lindsey Schauble 1:03.46 (41st/3rd), Stephanie Cho 1:05.29 (6th)

4x100m Relay - Tucker, Gaffney, Silliman, Darden 45.84 (17th/3rd)

High Jump - Lateah Holmes 1.73m/5-8 (13th/1st), Alissa Brooks-Johnson 1.6m/5-6 (26th/5th))

Long Jump - Lauren Newman 5.55m/18-2 1/2 (8th)

Triple Jump - Greer Alsop 12.62m/41-5 (1st/1st), Kiana Davis 12.47m/40-11 (4th/2nd)

Discus - Kaitlin Krouse 41.43m/135-11 (8th)

Hammer - Katie Wardsworth 57.41m/188-4 (20th/5th)

Javelin - Atina Kamasi 47.39m/155-6 (9th/3rd), Kelsey Kehl 46.51m/152-7 (11th/4th),
Alissa Brooks-Johnson 41.72m/136-10 (33rd)



2017 PAC-12 CHAMPIONSHIPS

Combined Events, May 6-7
Corvallis, Ore.

Championships, May 13-14
Hayward Field, Eugene

Admission: Reserved \$40/General \$30



2017 NCAA OUTDOOR CHAMPIONSHIPS

Hayward Field, Eugene
June 7-10

Admission:

Reserved: \$116 / General: \$80
goducks.com or 1-800-WEBFOOT

MARKS RECORDED IN THE WSU T&F RECORD BOOK BY CURRENT STUDENT-ATHLETES

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

60m - **t-1st. 7.45i Regyn Gaffney (2017)**

7th. 7.57i Danielle Darden (2015)

3000m - **3rd. 9:22.54i Devon Bortfeld (2017)**

5000m - **1st (Indoor SR), 3rd (all-time) 16:16.42i Devon Bortfeld (2017)**

10,000m - 6th. 36:06.48 Morgan Willson (2016)

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

60m Hurdles - t-5th. 8.45i Liz Harper (2016)

100m Hurdles - t-10th 13.80 Liz Harper (2016)

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

7th. 58.81 Alissa Brooks-Johnson (2015)

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

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

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

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

4th. 12.66m / 41-6 1/2i Kiana Davis (2017)

Weight Throw - **7th. 17.87m / 58-7 1/2i Katie Wardsworth (2017)**

9th. 15.96m / 52-4 1/2i Aoife Martin (2017)

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

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

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

8th. 3,558i points Lindsey Schauble (2017)

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

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

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

Distance Medley Relay - 9:59.67 Paul Ryan, Ray Littles,
Reid Muller, Nathan Tadesse (2016) - **FRESHMAN SR**

60m Hurdles - **7.93i Sam Brixey (2017) - FRESHMAN SR**

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

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

Weight Throw - **3rd. 20.33m / 66-8 1/2i Brock Eager (2017)**

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

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

COUGARS NOTED IN WORLD AND USA 2016 TOP MARKS

The 2016 top marks in the World and the USA were published by *Track & Field News* in it's February 2017 issue. It was the 70th annual rankings list and the rankings are based on three criteria, in descending order of importance:

1. Honors Won, 2. Head-To-Head records with other athletes, and 3. Sequence Of Marks. Below is the list of current or former Cougar competitors listed in the 2016 rankings:

Bernard Lagat, men's 3000m (7:41.25i) 7th USA, 25th World

Bernard Lagat, men's 5000m (13:06.78), 3rd USA, 23rd World

Bernard Lagat, men's 10,000m (27:49.35) 5th USA

Jeshua Anderson, men's 400m hurdles (48.88) 11th USA, 22nd World

Liz Harper, women's heptathlon (5564), 36th USA

Liz Harper, women's high jump (1.81m/5-11 1/4), t36th USA

Blessing Ufodiana, women's triple jump (13.42m/44-0 1/2), 21st USA