

ACADEMIC EXCELLENCE — While successful in competition, Greg Metcalf's cross country and track and field teams have been equally outstanding in the classroom, annually ranking among the University's top athletic squads in terms of academic achievement. In 2006, a record 18 Husky cross country runners merited Academic All-Pac-10 honors, while senior Mike Sayenko and junior Jeremy Mineau earned Academic All-America honors from the USTFCCA. Senior Travis Boyd earned his third-straight first-team Academic All-Pac-10 honor, while juniors Mineau and Trisha Rasmussen, and seniors Kevin Peters and Mike Sayenko all earned second-team acclaim. In addition to the 18 Huskies honored by the Pac-10 in the fall, 33 more earned Pac-10 All-Academic track honors in the spring — second only to Stanford — while hammer thrower Martin Bingisser earned first-team Academic All-America honors.

ALL-AMERICANS — Thirteen Husky cross country athletes have combined to earn 15 All-America certificates at the NCAA Cross country Championships. The NCAA awards All-America honors to the top 25 finishers in both the men's and women's races, adding one American for every foreign-born athlete who receives the honor. Only one Husky, Regina Joyce, has ever earned more than one All-America certificate.

Women			Men		
2001	Lisa Gibbs	35th	1998	Christian Belz	17th
2000	Cami Matson	21st	1993	Simon Baines	10th
1998	Anna Aoki	38th	1990	Pat Johnson	25th
1995	Tara Carlson	8th	1989	Alan Hjort	23rd
1992	Stacie Hoytink	30th	1986	Curt Corvin	27th
1991	Carrie Moller	14th	1979	Bill Stolp	45th
1982	Regina Joyce	2nd			
1981	Regina Joyce	11th			
1980	Regina Joyce	6th			

BAINES, SIMON — It could be argued that fewer Huskies have ever made a larger impact in a shorter amount of time than Simon Baines, who competed just one season for the purple and gold. A native of England, Baines transferred to the UW in 1993 and lifted the Huskies to their first Pac-10 title and an eighth-place finish at the NCAA Championships. The junior made his UW debut with a win at the Pier Park Invitational, then showed it was no fluke by capturing the Sundodger Invitational the following week, in the process setting a course record that would not be broken for eight years. His fourth-place finish at the Pac-10 meet equaled the best-ever by a UW runner at the conference meet, while his second-place finish at the NCAA West Regional, and subsequent 10th-placing at the NCAA Championships established UW benchmarks that have yet to be broken. Though he had a year of eligibility remaining, Baines opted to return to England in 1994 to vie for a position on England's national team for the World Cross country Championships.

BELZ, CHRISTIAN — One of just four UW men to lead the Huskies at the NCAA Cross Country Championships more than once, Swiss native Christian Belz dominated UW cross country from 1996-1998. An All-American with a 17th-place finish at the 1998 NCAA Championships, Belz led all UW runners at the Pac-10 and NCAA Regional meets for three straight years, including top-10 finishes at both. Also an outstanding steepler, Belz twice earned runner-up honors in the event at the Pac-10 Championships, and ranks eighth in UW history with a best of 8:48.2. Belz has maintained his success post-collegiately, setting Swiss national records in the steeplechase and 10,000 meters, while representing Switzerland at both the Sydney and Athens Olympic Games.



Christian Belz

CARLSON, TARA — While dozens of runners have contributed to UW cross country's rise to dominance, perhaps no Husky can take more credit than 1995 NCAA All-American Tara Carlson. In four years at UW, Carlson helped lead the program from one that had sent runners to just five of the previous 12 NCAA meets to one which has now sent runners to 12 of the 14 NCAA Championships since Carlson's 1992 debut. One of only two UW women



Tara Carlson placed eighth at the 1995 NCAA Championships.

ever to earn a top-10 NCAA finish, Carlson placed eighth in 1995, and was the team's top finisher at the NCAAs in 1993 and 1994. Carlson led the UW women for four consecutive years at the NCAA West Regionals — the only UW woman ever to do so — earning four top-10 and three top-five finishes in that remarkable span. Carlson ranks second only to UW legend Regina Joyce on the track at 3,000- and 5,000 meters, and was an All-American in the latter in 1995.

DEMPSEY INDOOR — Washington's cross country runners need not fear the rain. When the weather becomes too rough to run along the shores of Lake Washington, the Huskies head inside the 80,000-square foot Dempsey Indoor, a multi-million dollar practice facility that provides training space for Washington's football, softball, baseball and soccer teams, and a practice and competition area for the UW track teams. Since opening in 2001, Dempsey Indoor has become world-renowned for its speed in distance events, attracting the nation's top collegiate distance runners, as well as dozens of current and former Olympians. The facility is named for California businessman Neal Dempsey, a 1964 UW grad who gave a gift of \$10 million to be split between the Business School's Program in Entrepreneurship and Innovation and intercollegiate athletics.

FAB FRESHMEN — Every year, it seems, a different UW freshman is able to successfully make the transition from high school to college and excel in their first season. Lately, however, freshmen haven't only been content with success — they're out for wins. Laura Hodgson in 2002 and Brianna McLeod in 2003 each won their debut races at Washington, a feat never-before accomplished in UW history. Prior to Hodgson, the only freshman ever to win a race at Washington was the legendary Regina Joyce, who earned the NCWSA Region IX title during her freshman season of 1980. While no Husky freshmen won races in 2005 or 2006, the past two seasons have been banner ones for UW women's frosh, with seven different UW frosh running in the team's top-seven over the past two seasons. A freshman was the top UW finisher at each of the Husky women's six races in 2005, and Tori Tyler was named the 2005 Pac-10 Newcomer of the Year.

INNOVATIONS — Around the world, the University of Washington is known for much more than just fast runners. In fact, Washington graduates have been credited with some of the most significant inventions of the 20th century. Included among those inventions are the first color TV tube, the original rabbit-ears antenna, vinyl, synthetic rubber, the first blowable bubble gum, and "talking books," an early-20th century precursor of books on tape. Washington grads are also credited with inventing the first hard spacesuit, which for the first time allowed astronauts to venture outside their spacecraft. Lest you think that the UW is only about technology, Huskies have made significant advances in medical research, including development of the vaccines for smallpox and Hepatitis B, as well as the first long-term dialysis machine. With so many intelligent minds on campus, it should come as no surprise that the University of Washington led all U.S. public universities in funding from federal research grants in 2002, and ranks No. 1 in funding from federal grants since 1975. Eight members of the Husky family have been honored with the Nobel Prize, and nine more have earned Pulitzer Prize recognition.



Regina Joyce won the 1981 AIAW National Championship, one year before the NCAA formally recognized women's sports.

JOYCE, REGINA — Sit in on any conversation about the history of distance running at Washington, and inevitably the talk will turn to Regina Joyce. The only female Husky distance runner ever to claim a national collegiate title, Joyce's legacy at Washington echoes to this day, and not only in the four UW track and field records that have been hers alone for more than 20 years. A native of Ireland, Joyce joined the Husky squad in 1980, the last year before women's track and field was certified by the NCAA. Joyce was outstanding all season, winning the NCWSA Region IX Championship and taking sixth at the AIAW National Championships, leading the Husky women to a 12th-place finish in their first-ever appearance on the national stage. Over the next three seasons, Joyce added national finishes of 11th (in 1981) and 2nd (in 1982), and captured a NorPac Athletic Conference title in 1982. Joyce excelled on the track at nearly every distance with school records ranging from 1,500-10,000 meters, three of which still stand, and an indoor record at 3,000 meters. As a freshman in 1981, Joyce completed 3,000 meters in 9:00.20 to capture the AIAW National Championship in the event, one of just four national titles ever won by a UW female in any event. Joyce opted to forgo her senior year in 1983-84 to train for the 1984 Olympics, at which she represented Ireland in the marathon. Today, Joyce lives with her husband in the Seattle area, coaches distance runners at Edmonds-Woodway High School and can still occasionally be seen in competition against the nation's top collegians at Dempsey Indoor.

LINCOLN PARK — Since 1992, Washington has held all of its home cross country competitions at Lincoln Park in West Seattle. The scenic park on a ridge overlooking Puget Sound, with views of the Olympic Mountains and the ferry crossings, annually plays host to the Sundodger Invitational, and was the site of the 2000 Pac-10 Cross Country Championships. For more information about Lincoln Park, including driving directions, see page 43 of this guide.

MANDI, MARK — When Mark Mandi arrived on the UW campus in 2001, he seemed like an unlikely candidate to ever appear in this space. Barely a top-50 finisher at the Washington state championships in 2000, and with just two years of competitive running experience, Mandi walked on to the squad in the shadow of fellow Everett, Wash., native and highly-touted prep recruit Andy Fader. Four years later, however, Mandi completed one of the finest collegiate careers in Husky cross country history at the NCAA Championships, his second appearance at the national meet in his four years on the varsity. Mandi won an unprecedented second-straight All-Pac-10 First Team honor in 2005, placing fourth at the conference meet, and was the team's No. 1 runner at eight of the last 10 races of his UW career. Wins at the 2004 Sundodger and 2005 Willamette Invitationals, furthermore, made him one of just six Huskies — and the first in more than a decade — to win multiple races during their collegiate careers. And as if that wasn't enough to earn Mandi a spot in the Huskies' unofficial Hall of Fame, he was also an outstanding student and community leader, earning three Pac-10 Academic honors and being named an Arthur Ashe Sports Scholar in 2005.

NCAA TRADITION — Washington's women qualified for eight-straight NCAA Championships berths from 1997-2004, a streak which was the nation's sixth-longest among active streaks entering the 2005 season. That streak coincides exactly with Greg Metcalf's first eight years as distance coach at Washington; prior to Metcalf's arrival in 1997, the Huskies had sent a women's team to just six of the previous 20 NCAA Championships. Keeping the streak alive was a remarkable balance of veteran leadership — junior Anna Aoki and senior Deeja Youngquist led the Huskies to an all-time best eighth-place finish in 1998 — and youthful exuberance, as exemplified by a seniorless 2003 squad that leaned heavily on four freshmen for a 19th-place NCAA finish. The streak came to an end in 2005 when Washington was left off the at-large list following a third-place finish at the West Regional meet, in the process becoming the first third-place West Region team not invited to the national meet since 1996. That other unfortunate squad? Washington, in the final year preceding the start of the eight-year streak.

PAC-10 HONORS — While the Huskies have enjoyed considerable team success over the years — making a combined 22 NCAA Championships appearances and boasting Pac-10 and Regional team titles — prior to 2005, no Husky runner had ever earned one of the Pac-10's individual postseason honors in the 31-year history of the conference. That all changed in 2005 when freshman Tori Tyler was named Pac-10 Women's Newcomer of the Year, a fitting capstone to an outstanding debut season. The Bay Area native led the Huskies in three of five races in 2005, including three top-10 finishes. One of those came at the Pac-10 Championships, where her eighth-place effort led all conference newcomers; Tyler was also the 15th-place finisher at the NCAA West Regional, and ran fourth overall at Sundodger. While Tyler's honor was the first for a Husky, a total of 38 UW athletes have been named to the All-Pac-10 team, including 2007 first-team honorees Amy Lia and Jeremy Mineau, and second-team recipient Anita Campbell.

PIONEERS — Prior to 1977, no Washington cross country team had made an appearance at the NCAA Championships, which began in 1938. Huskies Bill McClement, Bill Stolp, Chris Villani, Steve Surface, Gary Gustafson, Mark Hallenbeck and Bob Pierce brought that streak to an end, however, placing second at the 1977 Pac-8 Championships and earning the Huskies their first-ever NCAA Championships berth. The team did not have to travel far for the meet, which was held at Hangman Valley Golf Course in Spokane, Wash. Spurred on by family and friends lining the course, the Huskies placed 13th overall, with McClement leading all UW finishers in 68th, two minutes behind champion Henry Rono of Washington State. It would be 10 years before the Husky men would return to the national meet as a team, though individual runners have competed almost every year in the quarter-century since.

RAIN — Sorry to destroy the myth, but Seattle is far from being the rain capital of the nation. While Seattle does experience frequent showers, its total annual precipitation ranks only 113th in the United States, at about 38 inches, roughly



Despite its reputation, Seattle actually receives less annual precipitation than supposed "sunspots" Miami, Fla., and Hilo, Hawaii, among others.

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half as much as Tallahassee, Fla. Compare that with Hilo, Hawaii, which receives 130 inches a year, or Yakutat, Alaska, which soaks up 161 inches per year! Among major U.S. cities, Miami, Houston, Atlanta, Boston, Baltimore, New York, Philadelphia, Cincinnati, Indianapolis, Memphis and Washington, D.C. each get more annual precipitation than Seattle.

SUNDODGER INVITATIONAL — While Seattle University's Emerald City Invitational is often confused for a UW home meet, the Sundodger Invitational at Lincoln Park is in fact the only cross country meet hosted annually by the University of Washington. Featuring hundreds of the Northwest's cross country athletes, as well as invited collegiate squads from across the country, the meet has become an annual fixture on the Northwest distance running schedule since its inception in 1992. While talented teams from Michigan, Arkansas and Oregon have occasionally challenged the UW on its home course, the Huskies have had a firm grip on Sundodger team titles since 2000, winning nine of the 16 combined races held in the past six years. The Huskies will be looking to return to the win column this fall after being swept for just the fifth time in meet history in 2006, when Chico State's men and Michigan's women ran away with the Invitational race crowns. This year's Invitational features invited teams from Washington State, UC Davis, and Santa Clara, as well as numerous small-college and club schools. For more information on the meet, see page 42 of this guide.

WE ARE THE CHAMPIONS — Both of Washington's cross country teams have been outstanding in Pac-10 Conference competition, with the Husky women currently boasting a string of 16-consecutive top-five Pac-10 finishes. That streak has its roots in Washington's first-ever Pac-10 title, earned in 1989. Having never placed higher than sixth since the conference expanded from eight to 10 teams in 1986, Washington sent notice that 1989 could be special with wins at each of the first two meets of the season. The Huskies entered the Pac-10 meet at Stanford a decided underdog to rival Oregon, which had won every conference title since 1976, but had lost to Washington two weeks prior at the McIver Park Invitational. Led by eighth-place finisher Michele Buresh, the Huskies loaded six runners into the top-20, scoring 65 points to handily defeat runner-up Washington State and the third-place Ducks. Buoyed by their finish, the team two weeks later captured the UW's first-ever NCAA Regional title, and placed 12th at the NCAA Championships, then an all-time best. The UW men added their first Pac-10 title in 1993, and the women brought home a regional crown in 1992.



Jeremy Mineau competed for Team USA at the 2005 IAAF World Junior Cross Country Championships. At least one Husky has competed at the World Championships in five of the last six seasons, and in seven of the last 10 years overall.

HUSKIES AT THE IAAF WORLD CROSS COUNTRY CHAMPIONSHIPS

In addition to their Olympic Games competition, Washington's cross country athletes have also been a significant presence at the IAAF World Cross Country Championships, which have been held annually since 1973. Husky junior Anita Campbell qualified for the junior women's races in 2005 and 2006, continuing a tradition of excellence that has seen at least one Husky at the world meet in five of the last six years. The 2007 meet will be held in Edinburgh, Scotland, in March. Following is a list of University of Washington runners who have competed at the World Cross Country Championships:

Year	Venue	Name (Country)	Place	Time	Event (Distance)
1979	Limerick, Ireland	Regina Joyce (ENG)	27 th	18:15	Senior Women (5040m)
1980	Paris, France	Regina Joyce (ENG)	30 th	16:36	Senior Women (4820m)
		Sara Neil (CAN)	37 th	16:44	Senior Women (4820m)
1982	Rome, Italy	Sara Neil (CAN)	76 th	16:10	Senior Women (4663m)
1984	E. Rutherford, NJ	Regina Joyce (IRE)	21 st	16:35	Senior Women (5000m)
1988	Auckland, NZ	Neil Panchen (GBR)	26 th	25:32	Junior Men (8031m)
1993	Amorebieta, Spain	Tara Carlson (USA)	61 st	15:48	Junior Women (4450m)
		Christian Belz (SUI)	96 th	22:38	Junior Men (7150m)
		Angie Froese (CAN)	62 nd	15:58	Junior Women (4300m)
1998	Marrakech, Morocco	Michele (Buresh) Chalmers (USA)	66 th	28:53	Senior Women Long (8000m)
2000	Vilamoura, Portugal	Kate Bradshaw (USA)	68 th	23:16	Junior Women (6290m)
2002	Dublin, Ireland	Margaret Butler (CAN)	70 th	14:57	Senior Women Short (4208m)
2003	Avenches, Switzerland	Christian Belz (SUI)	18 th	11:39	Senior Men Short (4030m)
		Laura Hodgson (USA)	58 th	24:08	Junior Women (6215m)
		Margaret Butler (CAN)	81 st	14:30	Senior Women Short (4030m)
		Courtney Inman (CAN)	37 th	14:14	Senior Women Short (4030m)
2005	Saint Galmier, France	Jeremy Mineau (USA)	68 th	27:10	Junior Men (8100m)
		Courtney Inman (CAN)	56 th	14:40	Senior Women Short (4200m)
2006	Fukuoka, Japan	Christian Belz (SUI)	28 th	12:19	Senior Men Short (4196m)
		Anita Campbell (CAN)	56 th	22:17	Junior Women (6000m)

NOTE: The IAAF added the senior men's and women's short course races in 1998. Also, Regina Joyce changed nationalities in 1983.

SOURCE: IAAF, "The Toughest Race in the World: A Look at 30 Years of the IAAF World Cross Country Championships", edited by Mark Butler.

PACIFIC-10 CONFERENCE CHAMPIONSHIPS (PAC-8 BEFORE 1979)

Year	Site	UW Finish	Team Champion	Top UW Finisher	Place	Time	Individual Champion	School	Time
2006	Stanford, Calif.	6th	Oregon	Jeremy Mineau	7th	23:35	Galen Rupp	Oregon	23:04
2005	Tucson, Ariz.	4th (tie)	Stanford	Mark Mandi	4th	24:20	Robert Cheseret	Arizona	23:57
2004	San Francisco, Calif.	4th	Stanford	Mark Mandi	6th	24:34	Robert Cheseret	Arizona	23:48
2003	Pullman, Wash.	3rd	Stanford	Eric Garner	10th	25:17	Ian Dobson	Stanford	24:34
2002	Los Angeles, Calif.	4th	Stanford	Eric Garner	19th	24:38	Grant Robison	Stanford	23:27
2001	Scottsdale, Ariz.	5th	Stanford	Jason Fayant	4th	24:17	Grant Robison	Stanford	24:04
2000	Seattle, Wash.	5th	Stanford	John Russell	12th	24:12	Jonathon Riley	Stanford	23:40
1999	Long Beach, Calif.	6th	Arizona	Jason Fayant	16th	24:48	Steve Fein	Oregon	23:38
1998	Eugene, Ore.	5th (tie)	Stanford	Christian Belz	12th	24:18	Abdirahman Abdi	Arizona	23:23
1997	Stanford, Calif.	6th	Stanford	Christian Belz	10th	24:47	Bernard Lagat	WSU	23:39
1996	Stanford, Calif.	6th	Stanford	Christian Belz	16th	25:02	Meb Keflezighi	UCLA	23:45
1995	Stanford, Calif.	4th	Oregon	Colin Johnston	10th	24:59	Karl Keska	Oregon	24:14
1994	Stanford, Calif.	2nd	Arizona	Darren Hunter	7th	24:54	Martin Keino	Arizona	24:04
1993	Stanford, Calif.	1st	Washington	Simon Baines	4th	24:07	Josephat Kapkory	WSU	23:38
1992	Stanford, Calif.	5th	Oregon	Neil Panchen	7th	24:33	Josephat Kapkory	WSU	23:46
1991	Stanford, Calif.	3rd	Arizona	Greg Metcalf	8th	24:11	Colin Dalton	Oregon	23:36
1990	Stanford, Calif.	3rd	Oregon	Pat Johnson	7th	24:24	Marc Davis	Arizona	23:44
1989	Stanford, Calif.	2nd	Oregon	Al Hjort	4th	23:42	Marc Davis	Arizona	23:31
1988	Stanford, Calif.	4th	Oregon	Bruce McDowell	4th	31:08	Brad Hudson	Oregon	30:47
1987	Stanford, Calif.	4th	Arizona	Bruce McDowell	17th	31:42	Matt Guisto	Arizona	30:33
1986	Stanford, Calif.	4th	Arizona	Curt Corvin	6th	30:49	Aaron Ramirez	Arizona	30:24
1985	Stanford, Calif.	6th	Stanford	Curt Corvin	9th	31:12	Marc Olesen	Stanford	30:33
1984	Stanford, Calif.	8th	Arizona	Curt Corvin	17th	31:27	Tom Ansberry	Arizona	30:25
1983	Stanford, Calif.	7th	Arizona	Dave Barnett	23rd	31:41	Jim Hill	Oregon	30:10
1982	Fresno, Calif.	8th	Oregon	Pat Ewing	36th	31:06	Jim Hill	Oregon	28:50
1981	Stanford, Calif.	8th	UCLA	Chris Villani	25th	32:12	Richard Tuwei	WSU	30:56
1980	Stanford, Calif.	6th	UCLA	Dave Barnett	13th	31:27	Ron Cornell	UCLA	30:27
1979	Stanford, Calif.	7th	Oregon	Bill Stolp	9th	30:58	Henry Rono	WSU	29:07
1978	Fresno, Calif.	4th	Oregon	Bill Stolp	15th	30:54	Henry Rono	WSU	29:30
1977	Stanford, Calif.	2nd	Oregon	Bill Stolp	9th	30:43	Joel Cheruiyot	WSU	29:35
1976	Stanford, Calif.	3rd	Oregon	Gordy Braun	8th	29:38	Henry Rono	WSU	28:08
1975	Stanford, Calif.	4th	WSU						Individual results not available
1974	Stanford, Calif.	6th	WSU						Individual results not available
1973	Stanford, Calif.	4th	Oregon						Individual results not available
1972	Seattle, Wash.	6th	WSU						Individual results not available
1971	Los Angeles, Calif.	8th	WSU						Individual results not available
1970	Pullman, Wash.	5th	Oregon						Individual results not available
1969	Stanford, Calif.	8th	Oregon						Individual results not available



In 2006, sophomore Jeremy Mineau became the first Husky since 2001 to lead the UW at the Pac-10, NCAA Regional and NCAA Championship meets in the same season. Mineau, who placed seventh at Pac-10s and fifth at Regionals, was named to both the all-conference and all-region teams at season's end.

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WASHINGTON



The Huskies' 1989 men's squad, featuring Gregg Bronn (left), Pat Johnson (center) and Adam Leahy (second from right), earned an all-time UW-best fourth-place finish at the NCAA Cross Country Championships in Annapolis, Md.

NCAA WEST REGIONAL CHAMPIONSHIPS

Year	Site	UW Finish	Team Champion	Top UW Finisher	Place	Time	Individual Champion	School	Time
2006	Portland, Ore.	4th	Oregon	Jeremy Mineau	5th	30:16	Neftalem Araia	Stanford	30:06
2005	Stanford, Calif	4th (tie)	Arizona	Mark Mandi	5th	30:22	Robert Cheseret	Arizona	30:03
2004	Fresno, Calif.	7th	Stanford	Travis Boyd	18th	30:59	Ryan Hall	Stanford	30:07
2003	Portland, Ore.	4th	Stanford	Eric Garner	21st	30:17	Ian Dobson	Stanford	29:32
2002	Palo Alto, Calif.	6th	Stanford	Ben Koss	23rd	31:26	Donald Sage	Stanford	30:13
2001	Tucson, Ariz.	7th	Stanford	Jason Fayant	6th	31:12	Donald Sage	Stanford	30:44
2000	Fresno, Calif.	8th	Stanford	John Russell	25th	31:34	Jonathon Riley	Stanford	30:40
1999	Portland, Ore.	8th	Stanford	Jason Fayant	27th	31:43	Steve Fein	Oregon	30:30
1998	Fresno, Calif.	6th	Stanford	Christian Belz	12th	31:05	Abdi Abdirahman	Arizona	30:06
1997	Tucson, Ariz.	5th	Stanford	Christian Belz	13th	31:25	Meb Keflezighi	UCLA	30:16
1996	Fresno, Calif.	5th	Stanford	Christian Belz	8th	30:58	Karl Keska	Oregon	30:16
1995	Woodland, Wash.	5th	Stanford	Andy Wyman	9th	31:03	Karl Keska	Oregon	30:12
1994	Tucson, Ariz.	3rd	Arizona	Nick Pavach	12th	31:57	Martin Keino	Arizona	30:50
1993	Woodland, Wash.	2nd	Portland	Simon Baines	2nd	29:48	Josephat Kapkory	WSU	29:21
1992	Tucson, Ariz.	3rd	Arizona	Neil Panchen	6th	31:33	Josephat Kapkory	WSU	30:42
1991	Fresno, Calif.	2nd	Arizona	Neil Panchen	6th	30:41	Josephat Kapkory	WSU	30:11
1990	Fresno, Calif.	2nd	Arizona	Adam Leahy	6th	31:09	Marc Davis	Arizona	30:08
1989	Fresno, Calif.	2nd	Oregon	Al Hjort	8th	30:51	Brad Hudson	Oregon	30:06
1988	Fresno, Calif.	2nd	Oregon	Al Hjort	3rd	30:30	Marc Davis	Arizona	30:08
1987	Fresno, Calif.	2nd	Arizona	Bruce McDowell	10th	30:40	Matt Guisto	Arizona	29:43
1986	Fresno, Calif.	4th	Arizona	Curt Corvin	3rd	30:25	Aaron Ramirez	Arizona	30:21
1985	Belleuve, Wash.	7th	Arizona	Curt Corvin	4th	29:59	Marc Olesen	Stanford	29:51
1984	Tucson, Ariz.	10th	Arizona	Dan Bell	35th	33:08	Tom Ansberry	Arizona	31:10
1983	Eugene, Ore.	7th	Oregon	Dave Barnett	8th	30:53	Jim Hill	Oregon	30:08
1982	Fresno, Calif.	12th	Oregon	Pat Ewing	42nd	31:06	Jim Hill	Oregon	28:50
1981	Stanford, Calif.	11th	UCLA	Chris Villani	25th	31:12	Richard Tuwei	WSU	29:25
1980	Stanford, Calif.	6th	UCLA	Dave Barnett	13th	31:27	Ron Cornell	UCLA	30:27
1979	Stanford, Calif.	9th	Oregon	Bill Stolp	9th	30:58	Henry Rono	WSU	29:07

NCAA CHAMPIONSHIPS

Year	Site	UW Finish	Team Champion	Top UW Finisher	Place	Time	Individual Champion	School	Time
2006	Terre Haute, Ind.	12th	Colorado	Jeremy Mineau	53rd	32:00	Josh Rohatinsky	BYU	30:45
2005	Terre Haute, Ind.	27th	Wisconsin	Jeremy Mineau	93rd	30:57	Simon Bairu	Wisconsin	29:16
2003	Waterloo, Iowa	21st	Stanford	Mark Mandi	67th	30:37	Dathan Ritzenhein	Colorado	29:15
2001	Greenville, S.C.	N/A	Colorado	Jason Fayant	94th	30:57	Boaz Cheboiywo	E. Michigan	28:47
1998	Lawrence, Kans.	N/A	Arkansas	Christian Belz	17th	30:50	Adam Goucher	Colorado	29:27
1996	Tucson, Ariz.	N/A	Stanford	Christian Belz	70th	32:28	Godfrey Siamusiye	Arkansas	29:49
1993	Bethlehem, Pa.	8th	Arkansas	Simon Baines	10th	29:53	Josephat Kapkory	WSU	29:33
1992	Bloomington, Ind.	N/A	Arkansas	Neil Panchen	47th	32:06	Bob Kennedy	Indiana	30:16
1991	Tucson, Ariz.	20th	Arkansas	Neil Panchen	38th	31:30	Sean Dollman	W. Kentucky	30:18
1990	Knoxville, Tenn.	12th	Arkansas	Pat Johnson	25th	30:02	Jonah Koech	Iowa State	29:05
1989	Annapolis, Md.	4th	Iowa State	Al Hjort	23rd	30:28	John Nuttall	Iowa State	29:30
1988	Des Moines, Iowa	18th	Wisconsin	Bruce McDowell	47th	30:26	Bob Kennedy	Indiana	29:20
1987	Charlottesville, Va.	22nd	Arkansas	Bruce McDowell	75th	30:43	Joe Falcon	Arkansas	29:15
1986	Tucson, Ariz.	N/A	Arkansas	Curt Corvin	27th	31:34	Aaron Ramirez	Arizona	30:28
1984	University Park, Pa.	N/A	Arkansas	Curt Corvin	107th	31:37	Timothy Hacker	Wisconsin	29:18
1983	Lehigh, Pa.	N/A	UTEP	Dave Barnett	121st	31:53	Zakaria Barrie	UTEP	29:20
1979	Bethlehem, Pa.	N/A	UTEP	Bill Stolp	45th	30:10	Henry Rono	WSU	28:20
1978	Madison, Wisc.	N/A	UTEP	Mark Hallenbeck	39th	30:25	Alberto Salazar	Oregon	29:30
1977	Spokane, Wash.	13th	Oregon	Bill McClement	68th	30:25	Henry Rono	WSU	28:34
1976	Denton, Texas	N/A	UTEP	Tim Murray	59th	29:47	Henry Rono	WSU	28:07

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Washington's third-place finish at the 2006 Pac-10 Championships — including All-Pac-10 performances by junior Amy Lia and sophomore Anita Campbell — marked its 11th top-three conference finish in the past 18 years. In fact, UW has finished no lower than fifth at Pac-10s since 1988.

PACIFIC-10 CONFERENCE CHAMPIONSHIPS (NORPAC BEFORE 1986)

Year	Site	UW Finish	Team Champion	Top UW Finisher	Place	Time	Individual Champion	School	Time
2006	Stanford, Calif.	3rd	Stanford	Amy Lia	6th	20:45	Arianna Lambie	Stanford	20:16
2005	Tucson, Ariz	4th	Stanford	Tori Tyler	8th	21:05	Arianna Lambie	Stanford	20:20
2004	San Francisco, Calif.	3rd	Stanford	Dallon Williams	7th	21:10	Amy Hastings	Arizona State	20:19
2003	Pullman, Wash.	4th	Stanford	Ingwill Makestad	9th	22:00	Sara Bei	Stanford	21:13
2002	Scottsdale, Ariz.	5th	Stanford	Courtney Inman	7th	20:57	Sara Bei	Stanford	19:48
2001	Los Angeles, Calif.	3rd	Stanford	Lisa Gibbs	6th	20:56	Lauren Fleshman	Stanford	20:09
2000	Seattle, Wash.	4th	Stanford	Cami Matson	4th	20:43	Tara Chaplin	Arizona	20:11
1999	Long Beach, Calif.	3rd	Stanford	Anna Aoki	5th	17:25	Erin Sullivan	Stanford	17:02
1998	Eugene, Ore.	2nd	Stanford	Jennifer Smith	4th	17:27	Amy Skieresz	Arizona	16:59
1997	Stanford, Calif.	3rd	Stanford	Deeja Youngquist	10th	17:48	Amy Skieresz	Arizona	16:40
1996	Stanford, Calif.	2nd	Stanford	Deeja Youngquist	9th	17:31	Amy Skieresz	Arizona	16:36
1995	Stanford, Calif.	4th	Oregon	Tara Carlson	4th	17:16	Amy Skieresz	Arizona	16:45
1994	Stanford, Calif.	4th	Stanford	Joelle Brayton	7th	17:32	Karen Hecox	UCLA	17:00
1993	Stanford, Calif.	5th	Stanford	Tara Carlson	12th	17:39	Karen Hecox	UCLA	16:43
1992	Stanford, Calif.	2nd	Oregon	Tara Carlson	3rd	17:07	Nicole Woodward	Oregon	16:51
1991	Stanford, Calif.	3rd	Oregon	Carrie Moller	4th	17:08	Lisa Karnopp	Oregon	16:48
1990	Stanford, Calif.	2nd	Oregon	Carrie Moller	9th	17:29	Liz Wilson	Oregon	16:52
1989	Stanford, Calif.	1st	Washington	Michele Buresh	8th	17:35	Jennifer Robertson	WSU	16:33
1988	Stanford, Calif.	6th	Oregon	Brandi Evans	23rd	18:21	Liz Wilson	Oregon	17:06
1987	Stanford, Calif.	7th	Oregon	Laura Farias	20th	18:01	Annette Hand	Oregon	16:44
1986	Stanford, Calif.	9th	Oregon	Michelle Swanson	31st	18:19	Penny Graves	Oregon	16:52
1985	Pullman, Wash.	5th	Oregon	Adrienne Lorvick	15th	19:13	Kirsten O'Hara	California	17:37
1984	Fresno, Calif.	4th	Oregon	Adrienne Lorvick	10th	17:23	Kim Rothe	Oregon	16:48
1983	Eugene, Ore.	5th	Oregon	Sara Lindgren	13th	18:34	Kathy Hayes	Oregon	16:55
1982	Fresno, Calif.	2nd	Oregon	Regina Joyce	1st	16:14	Regina Joyce	Washington	16:14

Did You Know?

Washington has placed at least one runner among the top-10 at the last 13 Pac-10 Championship meets. That streak includes a remarkable 13 different runners, a testament to the team's overall depth and ability to reload year-to-year.

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WOMEN'S POSTSEASON FINISHES

NCAA WEST REGION CHAMPIONSHIPS (NCWSA BEFORE 1981)

Year	Site	UW Finish	Team Champion	Top UW Finisher	Place	Time	Individual Champion	School	Time
2006	Portland, Ore.	4th	Stanford	Anita Campbell	6th	21:19	Arianna Lambie	Stanford	20:59
2005	Stanford, Calif.	3rd	Stanford	Anita Campbell	11th	20:35	Arianna Lambie	Stanford	19:30
2004	Fresno, Calif.	5th	Stanford	Lindsey Egerdahl	16th	21:11	Alicia Craig	Stanford	20:03
2003	Portland, Ore.	3rd	Stanford	Ingvill Makestad	5th	20:37	Alicia Craig	Stanford	20:06
2002	Palo Alto, Calif.	4th	Stanford	Courtney Inman	7th	21:41	Alicia Craig	Stanford	20:39
2001	Tucson, Ariz.	4th	Stanford	Lisa Gibbs	11th	21:51	Tara Chaplin	Arizona	20:41
2000	Fresno, Calif.	5th	Stanford	Kate Bradshaw	5th	20:37	Lisa Aguilera	Arizona State	20:25
1999	Portland, Ore.	2nd	Stanford	Jen Schindler	7th	17:20	Julia Stamps	Stanford	16:50
1998	Fresno, Calif.	3rd	Arizona	Deeja Youngquist	11th	17:17	Amy Skieresz	Arizona	16:26
1997	Tucson, Ariz.	3rd	Stanford	Angela Froese	14th	17:53	Amy Skieresz	Arizona	17:00
1996	Fresno, Calif.	3rd	Stanford	Angela Froese	12th	17:33	Amy Skieresz	Arizona	16:13
1995	Woodland, Wash.	4th	Oregon	Tara Carlson	3rd	16:59	Amy Skieresz	Arizona	16:43
1994	Tucson, Ariz.	4th	Stanford	Tara Carlson	7th	17:57	Milena Glusac	Oregon	17:27
1993	Woodland, Wash.	5th	Arizona	Tara Carlson	5th	16:58	Karen Hecox	UCLA	16:42
1992	Tucson, Ariz.	1st	Washington	Tara Carlson	2nd	17:32	Louise Watson	Stanford	17:21
1991	Fresno, Calif.	3rd	Oregon	Carrie Moller	3rd	17:02	Lucy Nusrala	Oregon	16:48
1990	Fresno, Calif.	4th	Oregon	Carrie Moller	14th	17:33	Buffy Rabbitt	UC-Irvine	16:45
1989	Fresno, Calif.	1st	Washington	Jennifer Gillette	10th	17:36	Buffy Rabbitt	UC-Irvine	16:53
1988	Fresno, Calif.	7th	Oregon	Janicka Petersen	24th	17:47	Penny Graves	Oregon	18:36
1987	Fresno, Calif.	7th	Oregon	Laura Farias	36th	17:41	Annette Hand	Oregon	16:19
1986	Fresno, Calif.	10th	UCLA	Michelle Swanson	36th	17:45	Penny Graves	Oregon	16:42
1985	Bellevue, Wash.	11th	Oregon	Adrienne Lorvick	54th	19:10	Regina Jacobs	Stanford	16:41
1984	Tucson, Ariz.	8th	Stanford	Adrienne Lorvick	14th	18:15	Regina Jacobs	Stanford	17:05
1983	Eugene, Ore.	11th	Oregon	Sara Lindgren	22nd	18:34	Kathy Hayes	Oregon	16:55
1982	Fresno, Calif.	3rd	Stanford	Regina Joyce	3rd	16:14	Ceci Hopp	Stanford	16:03
1981	Stanford, Calif.	5th	Oregon	Regina Joyce	5th	16:43	Monica Joyce	S.D. State	16:29
1980	Missoula, Mont.	2nd	Oregon	Regina Joyce	1st	17:39	Regina Joyce	Washington	17:39
1979	Spokane, Wash.	2nd	Oregon	Sara Neil	8th	18:20	Molly Morton	Oregon	17:37
1978	Seattle, Wash.	2nd	Oregon	Rainey Roetman	7th	18:09	Robin Baker	Oregon	17:47
1977	Spokane, Wash.	2nd	Oregon	Kathy Adams	4th	18:18	Debbie Quatier	SPU	17:52
1976	Eugene, Ore.	3rd	Oregon	Rainey Roetman	16th	19:03	Debbie Quatier	SPU	17:04

NCAA CHAMPIONSHIPS (IAAW BEFORE 1981)

Year	Site	UW Finish	Team Champion	Top UW Finisher	Place	Time	Individual Champion	School	Time
2006	Terre Haute, Ind.	N/A	Stanford	Amy Lia	55th	21:43	Sally Kipyego	Texas Tech	20:12
2005	Terre Haute, Ind.	N/A	Stanford	Anita Campbell	94th	21:06	Johanna Nilsson	Northern Arizona	19:34
2004	Terre Haute, Ind.	23rd	Colorado	Lindsey Egerdahl	92nd	21:51	Kim Smith	Providence	20:09
2003	Waterloo, Iowa	19th	Stanford	Lindsey Egerdahl	85th	21:11	Shalane Flanagan	North Carolina	19:31
2002	Terre Haute, Ind.	31st	BYU	Courtney Inman	73rd	21:03	Shalane Flanagan	North Carolina	19:37
2001	Greenville, S.C.	14th	BYU	Lisa Gibbs	35th	21:24	Tara Chaplin	Arizona	20:24
2000	Ames, Iowa	23rd	Colorado	Cami Matson	21st	21:16	Kara Grgas-Wheeler	Colorado	20:31
1999	Bloomington, Ind.	13th	BYU	Jen Schindler	78th	17:52	Erica Palmer	Wisconsin	16:40
1998	Lawrence, Kan.	9th	Villanova	Anna Aoki	38th	17:42	Katie McGregor	Michigan	16:48
1997	Greenville, S.C.	14th	BYU	Angela Froese	67th	17:41	Carrie Tollefson	Villanova	16:29
1995	Ames, Iowa	14th	Providence	Tara Carlson	8th	17:26	Kathy Butler	Wisconsin	16:51
1994	Fayetteville, Ark.	15th	Villanova	Tara Carlson	75th	18:15	Jennifer Rhines	Villanova	16:32
1993	Bethlehem, Pa.	N/A	Villanova	Tara Carlson	100th	18:03	Carole Zajac	Villanova	16:41
1992	Bloomington, Ind.	12th	Villanova	Stacie Hoitink	30th	17:58	Carole Zajac	Villanova	17:02
1991	Tucson, Ariz.	N/A	Villanova	Carrie Moller	14th	17:04	Sonia O'Sullivan	Villanova	16:30
1989	Annapolis, Md.	12th	Villanova	Sue Ocken	60th	17:52	Vicki Huber	Villanova	15:59
1982	Bloomington, Ind.	13th	Virginia	Regina Joyce	2nd	17:07	Lesley Welch	Virginia	16:19
1981*	Wichita, Kans.	N/A	Virginia	Regina Joyce	11th	16:47	Betty Springs	N.C. State	16:40
1980	Burien, Wash.	12th	N.C. State	Regina Joyce	6th	17:14	Julie Shea	N.C. State	16:49
1979	Tallahassee, Fla.	N/A	N.C. State	Sara Neil	36th	17:36	Julie Shea	N.C. State	16:35
1978	Boulder, Colo.	N/A	Iowa State	Kathy Adams	25th	18:01	Mary Decker	Colorado	17:00
1977	Austin, Tex.	N/A	Iowa State	Rainey Roetman	40th	18:42	Kathy Mills	Penn State	16:51
1976	Madison, Wisc.	N/A	Iowa State	Rainey Roetman	84th	18:27	Julie Brown	CS Northridge	16:29

* - First year of NCAA cross country.



Anna Aoki



Jennifer Gillette



Angela Froese



Kate Bradshaw



Carrie Moller



Lindsey Egerdahl

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MEN'S TEAM RESULTS

Year	Winner	Score	UW Place	Score
2006	Chico State	40	2nd	82
2005	Washington	39	1st	39
2004	Washington	29	1st	29
2003	Washington	27	1st	27
2002	Washington	46	1st	46
2001	Wash. State	32	2nd	33
2000	Washington	41	1st	41
1999	Utah	47	3rd	108
1998	Utah	49	3rd	60
1997	Oregon	43	3rd	79
1996	Oregon	32	5th	139
1995	Club Northwest	44	2nd	58
1994	Washington	37	1st	37
1993	Portland	33	2nd	55
1992	Club Northwest	35	3rd	104



WOMEN'S TEAM RESULTS

Year	Winner	Score	UW Place	Score
2006	Michigan	27	3rd	70
2005	Washington	53	—	—
2004	Idaho	40	2nd	54
2003	Washington	41	—	—
2002	Michigan	45	2nd	72
2001	Washington	35	—	—
2000	Washington	24	—	—
1999	Washington	28	—	—
1998	Michigan	31	2nd	53
1997	Washington	33	—	—
1996	Club Northwest	45	t3rd	101
1995	Washington	29	—	—
1994	Washington	46	—	—
1993	Arkansas	30	4th	137
1992	Oregon	42	—	—

MEN'S INDIVIDUAL RESULTS

Year	Winner	Team	Time	Top UW Finisher	Place	Time
2006	Scotty Bauhs	Chico State	23:43	Carl Moe	6th	24:15
2005	Austin Ramos	UCLA	24:00	Jon Harding	4th	24:08
2004	Mark Mandi	Washington	24:06	Mark Mandi	1st	24:06
2003	Eric Kiuaka	Iron Lung TC	23:58	Eric Garner	3rd	24:10
2002	Paul Kezes	Western Wash.	23:42	Eric Garner	7th	24:23
2001	Bryan Green	UCLA	24:11	Jason Fayant	4th	24:25
2000	Mark Pilja	Michigan	23:53	John Russell	5th	24:24
1999	Dave Davis	Puget Sound	24:34	David Bazzi	6th	25:14
1998	Jeff Simonich	Utah	24:47	David Bazzi	2nd	25:05
1997	Elvis Terry	Idaho State	24:46	Christian Belz	3rd	25:00
1996	Karl Keska	Oregon	24:05	Christian Belz	7th	25:16
1995	Uli Steidl	Portland	24:45	Andy Wyman	4th	25:03
1994	Uli Steidl	Portland	25:21	Colin Johnston	2nd	25:25
1993	Simon Baines	Washington	24:40	Simon Baines	1st	24:40
1992	Graeme Fell	Brit. Columbia	24:33	Neil Panchen	4th	24:59

WOMEN'S INDIVIDUAL RESULTS

Year	Winner	Team	Time	Top UW Finisher	Place	Time
2006	Erin Webster	Michigan	20:17	Amy Lia	6th	21:02
2005	Haley Paul	WSU	20:50	Tori Tyler	4th	21:08
2004	Sabrina Monro	Club Northwest	20:10	Angela Wishaar	5th	21:28
2003	Margaret Butler	Kajaks TC	16:52	Amy Lia	7th	17:26
2002	Sabrina Monro	Unattached	16:31	Laura Hodgson	4th	17:16
2001	Sabrina Monro	Washington	16:06	Sabrina Monro	1st	16:06
2000	Gillian Palmer	Washington	20:50	Gillian Palmer	1st	20:50
1999	Leigh Daniel	Texas Tech	16:52	Melinda Campbell	2nd	16:59
1998	Katie McGregor	Michigan	16:44	Kara Syrdal	8th	17:30
1997	Cari Rampsersad	Simon Fraser	17:15	Margaret Butler	5th	17:27
1996	Sarah Howell	Valley Royals	17:14	Anna Aoki	10th	17:46
1995	Tara Carlson	Washington	17:08	Tara Carlson	1st	17:08
1994	Tara Carlson	Washington	17:24	Tara Carlson	1st	17:24
1993	Milena Glusac	Oregon	17:01	Tara Carlson	4th	17:31
1992	Nicole Woodward	Oregon	17:04	Brandi Evans	3rd	17:22

NOTE: In 2000, the women's course was extended to 6,000 meters to prepare for the 2000 Pac-10 Championships at Lincoln Park. The course returned to 5,000 meters from 2001-03, before changing permanently to 6,000 meters in 2004.

SUNDODGER INVITATIONAL MEET RECORDS

Men's (8,000m)

Name	Team	Year	Time
1. Paul Kezes	Western Washington	2002	23:42
2. Scotty Bauhs	Chico State	2006	23:43
3. Mark Pilja	Michigan	2000	23:53
4. Erik Kiuaka	Iron Lung TC	2003	23:58
5. Forest Braden	Boise State	2006	23:59
6. Austin Ramos	UCLA	2005	24:00
7. Uli Steidl	Club Northwest	2003	24:02
8. David Milne	British Columbia	2001	24:03
9. Chris Cirino-Ferren	UC Davis	2006	24:04
10. Karl Keska	Oregon	1996	24:05
Tyberius Axtman	Boise State	2005	24:05

Women's (6,000m)

Name	Team	Year	Time
1. Sabrina Monro	Club Northwest	2004	20:10
2. Erin Webster	Michigan	2006	20:17
3. Haley Paul	Washington State	2006	20:31
4. Dee Olson	Unattached	2006	20:34
5. Haley Paul	Washington State	2005	20:50
Gillian Palmer	Washington	2000	20:50
7. Nicole Edwards	Michigan	2006	20:54
8. Allyson Kohlmeier	Michigan	2006	20:58
9. Cari Rampsersad	Unattached	2000	21:00
10. Amy Lia	Washington	2006	21:02
Dee Olson	Idaho	2005	21:02

Washington Meet Record
Mark Mandi, 24:06 (2004)

Washington Meet Record
Gillian Palmer, 20:50 (2000)

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