

The Buffaloes will kick off the 2011 track and field season by hosting the Potts Indoor Invitational January 21-22 at Balch Fieldhouse, their only home meet of the indoor campaign.

This is the last season that CU will compete in the Big 12 Conference and the Buffs look to end the Big 12 era on a good note before moving to the Pac-12 Conference this July. Each discipline has made huge improvements in the off-season to pick up points at the conference and national meets.

DISTANCE

Colorado continues to have a dominant distance program, winning 12 Big 12 men's cross country titles and 11 women's titles over the past 15 years under the direction of head coach Mark Wetmore and assistant coach Heather Burroughs. Both teams placed second at the Big 12 Championship this past fall and many of those athletes are ready to compete on the track.

Matt Tebo and Christian Thompson are the two seniors on the roster. Tebo is an eight-time All-Big 12 Performer and has earned All-American honors in the 5,000-meter run, while Thompson has been an All-Big 12 honoree twice on the track. They will lead a very capable group of men this season.

Juniors Richard Medina and Andy Wacker and sophomores Joe Bosshard and Aric Van Halen will add a great deal of depth in the distance events. Bosshard was an All-American as a freshman in the 10k and both he and Wacker are fresh off All-American status from the 2010 cross country season.

Emily Hanenburg and Laura Thweatt are two seniors who have scored for the Buffs at the conference championships in the past. Shalaya Kipp had a breakout season as a freshman, placing fifth in the steeplechase at the 2010 NCAA Outdoor Championship. She earned her second All-American honor this past fall on the cross country course.

Katie Cumming, Camille Logan and Allie McLaughlin have all been members of the cross country varsity roster and bring great depth to the women's side. In addition, Jessica Pixler, a 12-time NCAA Division II All-American, joined the Buffs this season and has outdoor eligibility remaining. She has a great deal of range from the 800 to the 5,000-meter runs.

MIDDLE DISTANCE

Coaches Wetmore and Burroughs also have a talented young group of middle distance runners. Matthew Biegner and Steven Kasica were very close to scoring at the Big 12 Championships last year and should break into the top-eight this season for the men.

The women are young, but also have a great deal of talent. Elizabeth Tremblay became one of the fastest Buffs in the 800-meter run as a freshman and should be able to improve on that accomplishment this year. Her twin sister Laura Tremblay, a redshirt freshman, will also help guide the middle distance group although she can also run the longer distances if needed. Junior Emma Coburn isn't just a distance runner. She has scored in the 800, mile and steeplechase for the Buffs and will look to improve on her times and position in the recordbook this season. Coburn was the runner-up at the 2010 NCAA Outdoor Championship in the steeplechase.

JUMPS/COMBINED EVENTS

Assistant coach Lindsey Malone continues to make the combined events and jumps program at CU one that will compete against the top programs in the conference and in the nation.

Seniors Alex Von Hagen and Adam Salzman, along with junior Eddie Taylor each scored at the outdoor Big 12 meet and just missed scoring at the indoor meet last season. The trio is joined by sophomores Brock Emory and Jason DeWitt who have each made great strides from their freshman campaigns.

Junior women Brianne Beemer, Katie Dreher and Alyssa Frank are a solid trio for Malone. Beemer scored at the indoor and outdoor conference championship, placing seventh at each meet. Dreher and Frank have come close to scoring and should break through this season. They are accompanied by sophomore Holly Odneal and freshman Genny Mayden.

Junior Jake Timmons and sophomore Laurisa Canini are Malone's jumpers. Each of them has shown great work in the offseason and are on the verge of scoring this season.



Matthew Biegner



Alyssa Frank



Emily Hunsucker



Shalaya Kipp



Joe Morris

SPRINTS/HURDLES

Assistant coach Drew Morano is in his second season at the helm of the Buffalo sprinters. Despite losing the indoor and outdoor 200-meter dash record holder Jeremy Dodson to graduation, Morano has a very talented group of athletes that are led by juniors Quinton Dodson and A.J. Whitaker. But perhaps the biggest impact on the group will come from sophomore transfer Joe Morris. Morris redshirted the 2010 season after transferring from Tennessee and looks to make a huge mark in the Buffaloes' recordbook during his first season in the black and gold.

Seniors Joi and Toi Windham are the lone seniors on the women's team and look to finish their careers strong at CU. Junior Amber Rozier has made some big strides in the offseason and will look to earn her first points for the Buffs this season. Another person to watch is Brooke Regan. She has trained with the middle distance group in the past, but has seemed to find her niche in the 400-meter and 600-yard dashes.

THROWS

Casey Malone, a two-time Olympian and USA Discus Champion, will lead the Buff throwers for the 11th season.

Senior Trey Mullen and is one of the elders in Malone's crew and has been showing a great deal of improvement in the offseason. He is joined by upperclassmen Niklas Cederstrom, Dane Chobanian, Michael Field and Cameron Hutchins. Freshman Alex Kizirian will look to make a big impact in his first season.

During the outdoor season, Malone adds javelin throwers Brandin Williams and Kevin Fasing to the line-up for one of the best 1-2 punches in the conference. Brian Owens will join that duo to give CU a very strong outdoor throwing group.

The women have a young, but still talented group. Seniors Max Van Dyke and Kirsten Wicks look to lead the Buffs with the help of sophomore Emily Hunsucker. Malone recruited freshmen Kellie Lind and Adrienne Lettew and will regain the services of redshirt freshman Kajsa Bank, adding more depth to the team. Jessica McLaughlin will join the team in the spring as she specializes in the javelin.

THE MEET SCHEDULE

Colorado officially kicks off the indoor season at the Potts Indoor Invitational and will mainly stay on the Front Range for the indoor season. A group of middle and long distance runners will compete at a pair of meets at the University of Washington and some of the combined events group will compete at the New Mexico Classic. There will also be a chance for the team to compete at the Frank Sevigne Husker Invitational to preview the track at the University of Nebraska for the final Big 12 Championship.

The Huskers host the 2011 Big 12 Indoor Championship in Lincoln, Neb., February 25-26. It will be the final conference championship that NU and CU will compete in as they are both departing the Big 12 after this season. The following weekend CU will send athletes to a variety of last chance meets to qualify for the NCAA Indoor Championship, March 11-12, at Texas A&M University in College Station, Texas.

There will be no rest for the Buffs as just a week separates the NCAA Indoor Championship and the first meet of the outdoor season, which is CU's Potts Invitational, March 19, at Potts Field. Colorado will host its second meet, the CU Invitational, on April 9. Once again the schedule includes many competitions along the Front Range, but just like in the past, CU's schedule includes many meets around the country. Stanford, Oregon and the star-studded Mt. SAC Relays will be the west coast stops for CU. The Buffs' sprinters will have an option to compete twice in Texas at the Michael Johnson Classic and the Texas Relays.

Oklahoma will host the 2011 Big 12 Outdoor Championships on May 13-15 in Norman, Okla. and Oregon will host the NCAA West Preliminary, May 26-28 at Hayward Field. The 2011 NCAA Outdoor Championship is June 8-11 in Des Moines, Iowa and the USATF Championships will take place in Eugene, Ore. June 22-26.



Matt Tebo



Elizabeth Tremblay



Alex Von Hagen



Brandin Williams



Joi Windham

2011 Track And Field Rosters

| MEN | Ht. | Yr. | In/Out | Event(s) | Hometown (High School/Previous College) |
|---------------------|------------|------------|---------------|-----------------|---|
| Jordan Aguilar-Wynn | 6-1 | So. | VR/VR | Hurdles | Aurora, Colo. (Regis Jesuit) |
| Brendon Aylaian | 5-9 | Fr. | HS/HS | Distance | Stow, Mass. (Nashoba Regional) |
| Tyler Baker | 5-11 | Fr. | HS/HS | Hurdles | Santa Rosa, Calif. (Marin Carrillo) |
| Blake Berens | 5-11 | Fr. | HS/HS | Sprints | Loveland, Colo. (Loveland) |
| Matthew Biegner | 6-4 | So. | VR/VR | Middle Distance | Broomfield, Colo. (Broomfield) |
| Joe Bosshard | 6-0 | So. | VR/1L | Distance | Crested Butte, Colo. (Crested Butte Academy) |
| Garrett Carmichael | 5-10 | Fr. | HS/HS | Distance | Nashville, Tenn. (Ensworth) |
| Niklas Cederström | 6-3 | Jr. | VR/VR | Throws | Greeley, Colo. (Greeley Central) |
| Dane Chobanian | 6-7 | So. | VR/VR | Throws | San Diego, Calif. (Scripps Ranch) |
| Cameron Clayton | 6-2 | Jr. | VR/VR | Distance | Superior, Colo. (Monarch) |
| Jason DeWitt | 6-3 | So. | VR/VR | Combined Events | Arvada, Colo. (Ralston Valley) |
| Quinton Dodson | 5-9 | Jr. | VR/1L | Sprints | Denver, Colo. (George Washington) |
| Hugh Dowdy | 6-1 | Fr. | HS/HS | Distance | Petaluma, Calif. (Petaluma) |
| Brock Emory | 6-4 | So. | VR/VR | Combined Events | Colorado Springs, Colo. (Fountain Fort Carson) |
| Kevin Fasing | 6-3 | Jr. | VR/1L | Javelin | Denver, Colo. (Mullen) |
| Michael Field | 6-5 | So. | TR/TR | Throws | Wheat Ridge, Colo. (Mesa State/Wheat Ridge) |
| Adrian Gomez | 6-0 | Sr. | 1L/1L | Sprints | Keenesburg, Colo. (Weld Central) |
| Michael Goodger | 5-11 | Fr. | HS/HS | Distance | Carlsbad, Calif. (Carlsbad) |
| Cameron Hutchins | 6-6 | So. | VR/VR | Throws | Centennial, Colo. (Arapahoe) |
| Evan Johnston | 5-10 | Jr. | VR/VR | Middle Distance | Granby, Colo. (The Middle Park) |
| Stephen Kasica | 6-2 | Jr. | 1L/1L | Middle Distance | Grand Junction, Colo. (Fruita Monument) |
| Andrew Kemmer | 5-10 | Fr. | HS/HS | Hurdles | Loveland, Colo. (Thompson Valley) |
| Alexandre Kizirian | 6-2 | Fr. | HS/HS | Throws | Thornton, Colo. (Mountain Range) |
| Brennan Lynch | 5-6 | So./Fr. | VR/RS | Distance | Santa Cruz, Calif. (Santa Cruz) |
| Kyle MacIntosh | 6-2 | So. | VR/1L | Sprints | Littleton, Colo. (Littleton) |
| Matthew McCathran | 6-0 | Sr. | VR/VR | Sprints | Marshall, Texas (Marshall) |
| Martin Medina | 5-6 | So. | VR/RS | Distance | Grand Junction, Colo. (Grand Junction) |
| Richard Medina | 5-5 | Jr. | 1L/2L | Distance | Grand Junction, Colo. (Grand Junction) |
| Joe Morris | 5-11 | So. | RS/RS | Sprints | Golden, Colo. (Golden/Tennessee) |
| Trey Mullen | 6-4 | Jr. | VR/VR | Throws | Lyons, Colo. (Lyons) |
| Brian Owens | 6-4 | Fr. | RS/RS | Javelin | Elmer, N.J. (Woodstown) |
| Jerome Perkins | 6-3 | Jr./So. | VR/VR | Distance | Franklin Lakes, N.J. (Indian Hills) |
| Travis Putnam | 5-10 | So. | VR/VR | Middle Distance | Aurora, Colo. (Cherokee Trails) |
| Blake Reimer | 6-0 | Fr. | HS/HS | Sprints | Fort Collins, Colo. (Fort Collins) |
| Nathan Rice | 5-10 | Jr. | VR/VR | Distance | Lafayette, Colo. (Peak to Peak Charter/Metro State) |
| Adam Salzmann | 6-5 | Sr./Jr. | VR/1L | Combined Events | Wheat Ridge, Colo. (Wheat Ridge) |
| Ryan Savercool | 5-11 | Fr. | RS/RS | Distance | Chester, N.J. (Mendham) |
| Dillon Shije | 5-8 | So./Fr. | VR/RS | Distance | Zia Pueblo, N.M. (Sandia Preparatory) |
| Stewart Shoemaker | 5-11 | Fr. | HS/HS | Distance | Daphne, Ala. (Bayside Academy) |
| Jonny Stevens | 6-3 | Jr./So. | 1L/RS | Distance | Vail, Colo. (Battle Mountain) |
| Rodney Stewart | 5-6 | Jr./Jr. | HS/HS | Sprints | Westerville, Ohio (Brookhaven) |
| Geo Tam | 5-8 | So. | VR/VR | Middle Distance | Boulder, Colo. (Boulder) |
| Eddie Taylor | 6-1 | Jr. | VR/1L | Combined Events | Detroit Lakes, Minn. (Detroit Lakes) |
| Matt Tebo | 5-9 | Jr./Sr. | 1L/3L | Distance | Albuquerque, N.M. (Eldorado) |
| Blake Theroux | 5-8 | Fr. | HS/HS | Distance | Chesapeake, Va. (Western Branch) |
| Christian Thompson | 5-10 | Sr. | VR/2L | Distance | Candor, N.Y. (Candor) |
| Jake Timmons | 6-3 | Jr. | VR/VR | Jumps | Franktown, Colo. (Ponderosa) |
| Aric Van Halen | 5-11 | Jr./So. | VR/VR | Distance | Los Angeles, Calif. (Oakwood) |
| Alex Von Hagen | 5-10 | Sr./Jr. | VR/1L | Combined Events | Broomfield, Colo. (Legacy) |
| Andy Wacker | 5-11 | Jr. | VR/1L | Distance | Pinehurst, N.C. (Pinecrest) |
| Garrett Ward | 6-0 | Fr./So. | VR/VR | Distance | Pleasanton, Calif. (Amador Valley) |
| Jeff Warren | 5-9 | So./Fr. | VR/VR | Distance | Highlands Ranch, Colo. (Mountain Vista) |
| A.J. Whitaker | 5-6 | Jr. | VR/1L | Sprints | Denver, Colo. (George Washington) |
| Brandin Williams | 6-2 | Sr. | VR/2L | Javelin | Moreno Valley, Calif. (Canyon Springs/Riverside CC) |

TRACK & FIELD 2011 Track And Field Rosters

| WOMEN | Ht. | Yr. | In/Out | Event(s) | Hometown (High School/Previous College) |
|------------------------|------------|------------|---------------|-----------------|---|
| Heather Balbier | 5-6 | Fr. | HS/HS | Distance | Laguna Niguel, Calif. (Dana Hills) |
| Kajsa Bank | 5-8 | Fr. | RS/RS | Throws | Louisville, Colo. (Monarch) |
| Brianne Beemer | 5-7 | Jr. | 1L/2L | Combined Events | Loveland, Colo. (Mountain View) |
| Courtney Bouchet | 5-4 | So. | VR/VR | Distance | Estes Park, Colo. (Estes Park) |
| Megan Burrell | 5-5 | Sr./Jr. | VR/VR | Distance | Colorado Springs, Colo. (Coronado) |
| Laurisa Canini | 5-7 | So. | VR/VR | Jumps | Colorado Springs, Colo. (Lewis Palmer) |
| Emma Coburn | 5-8 | Jr. | 1L/2L | Distance | Crested Butte, Colo. (Crested Butte) |
| Katie Cumming | 5-6 | Jr. | 1L/VR | Distance | Hudson, Wis. (Hudson) |
| Sydney Davis | 5-5 | So. | VR/VR | Sprints | Red Oak, Texas (Skyline) |
| Katharine Dreher | 5-7 | Jr. | VR/VR | Combined Events | Salida, Colo. (Salida) |
| Staci Foster | 5-6 | So./Fr. | VR/RS | Distance | Anaheim Hills, Calif. (Orange Lutheran) |
| Alyssa Frank | 5-9 | Jr. | VR/VR | Combined Events | Union, Ky. (Ryle) |
| Diana George | 5-9 | Fr. | RS/RS | Distance | Livermore, Calif. (Livermore) |
| Jennifer Gruver | 5-6 | So. | VR/VR | Sprints | Loveland, Colo. (Thompson Valley) |
| Emily Hanenburg | 5-9 | Sr. | VR/1L | Distance | Colorado Springs, Colo. (The Classical Academy) |
| Lara Heigis | 5-6 | Fr. | HS/HS | Distance | Walpack, N.J. (Pope John XXIII Regional) |
| Lindsey Hubbard | 5-5 | Fr. | HS/HS | Sprints/Hurdles | LaSalle, Colo. (Valley) |
| Emily Hunsucker | 5-6 | So. | VR/VR | Throws | Arvada, Colo. (Pomona) |
| Kelly King | 5-10 | So. | VR/VR | Distance | Longmont, Colo. (Silver Creek) |
| Shalaya Kipp | 5-7 | So. | VR/1L | Distance | Salt Lake City, Utah (Skyline) |
| Adrienne Lettow | 5-8 | Fr. | HS/HS | Throws | Arvada, Colo. (Valley) |
| Kellie Lind | 5-8 | Fr. | HS/HS | Throws | Gig Harbor, Wash. (Gig Harbor) |
| Camille Logan | 5-6 | So. | VR/VR | Distance | Littleton, Colo. (Littleton) |
| Nikki Look | 5-2 | So. | VR/VR | Middle Distance | Castle Rock, Colo. (Douglas County) |
| Genny Mayden | 5-9 | Fr. | HS/HS | Combined Events | Nashville, Tenn. (Ensworth) |
| Allie McLaughlin | 4-10 | Fr. | RS/RS | Distance | Colorado Springs, Colo. (Air Academy) |
| Jessica McLaughlin | 5-4 | Jr. | VR/VR | Javelin | Elizabeth, Colo. (Elizabeth) |
| Jhenya Nahreini | 5-4 | So. | VR/VR | Distance | Broomfield, Colo. (Peak to Peak Charter) |
| Holly Odneal | 5-10 | So. | VR/VR | Combined Events | Palisade, Calif. (Palisade) |
| Rachel Opgenorth | 5-6 | Fr. | HS/HS | Sprints | Denver, Colo. (Cherry Creek) |
| Jessica Pixler | 5-6 | Gr. | TR | Distance | Sammamish, Wash. (Seattle Pacific) |
| Becky Popiel | 5-0 | Fr. | HS/HS | Distance | Montclair, N.J. (Montclair) |
| Brooke Regan | 5-9 | So. | VR/VR | Middle Distance | Loveland, Colo. (Thompson Valley) |
| Amber Rozier | 5-4 | Jr. | VR/VR | Sprints/Hurdles | Pearland, Texas (Pearland) |
| Elizabeth Smit-Perkins | 5-5 | Gr. | TR | Distance | Bellevue, Wash. (Calvin College) |
| Paige Throckmorton | 5-4 | Fr. | TR/TR | Distance | Albuquerque, N.M. (Albuquerque Academy/TCU) |
| Laura Thweatt | 5-4 | Jr./Sr. | 2L/VR | Distance | Durango, Colo. (Durango) |
| Elizabeth Tremblay | 5-7 | So. | 1L/VR | Middle Distance | Loveland, Colo. (Thompson Valley) |
| Laura Tremblay | 5-4 | Fr. | RS/RS | Distance | Loveland, Colo. (Thompson Valley) |
| Max Van Dyke | 5-9 | Sr. | VR/VR | Combined Events | Vail, Colo. (Battle Mountain) |
| Rachel Viger | 5-5 | Fr. | HS/HS | Distance | Fort Collins, Colo. (Fort Collins) |
| Kirsten Wicks | 6-2 | Sr. | VR/VR | Throws | Wheaton, Ill. (Wheaton) |
| Te'Qin (Toi) Windham | 5-2 | Sr. | VR/1L | Sprints/Hurdles | Dallas, Texas (Greenhill) |
| TianEn (Joi) Windham | 5-2 | Sr. | VR/VR | Sprints/Hurdles | Dallas, Texas (Greenhill) |

PRONUNCIATION GUIDE

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| Matt BIEGNER.....big-ner | Alexandre KIZIRIANKEH-zeer-E-ian | KAJSA BankKI (like high)-sa | JHENYA NAHREINIjen-ya |
| Joe BOSSHARDboss-HARD | Blake REIMERREAM-er | Courney BOUCHETBOO-shay | nah-ha-reen-ya |
| Dane CHOBANIANCHOO-bay-NE-an | Dillon SHIJESHE-hay | Laurisa CANINIKA-knee-knee | Amber ROZIER.....ROW-zier |
| Kevin FASINGFaze-ING | Blake THEROUXTHER-row | Lara HEIGISHIGH-gis | Rachel VIGERVEE-jay |
| Stephen KASICAKAH-si-CA | BRANDIN WilliamsBran-DIN | GENNY MaydenJenny | |