

TYLER BAKER



Sprints/Hurdles
Freshman/Sophomore,
RS/VR
Santa Rosa, Calif.
(Maria Carrillo)

PERSONAL BESTS

OUTDOOR

400 Meters: 50.09 (2010)
 400 Meter-Hurdles: 53.65 (2011)

2011: *Indoor:* Did not compete.

Outdoor: Baker competed in the 400-meter hurdles for CU four times. He set a personal record of 53.65 at the CU Invite (4/11) and placed third overall. He also took third in the B section at the LSU Alumni Gold meet (4/23) and at the Potts Invite (3/19).

HIGH SCHOOL: Baker owns a pair of school records at MCHS. He set the record in the 400 (50.09) on May 14, 2010. Less than one month earlier (April 10, 2010) he was a part of the 4x100-meter relay that recorded a time of 44.21. He was an all-league first team selection as a senior and was a member of the second team his junior year. As a sophomore Baker was an honorable mention selection. He earned four letters while a member of the Pumas' track and field team.

HIGH SCHOOL BESTS: 400 Meters: 50.09; 300 Meter Hurdles: 39.05.

IN THE CLASSROOM: Baker is an arts and sciences open major. He was a member of the Big 12 Commissioner's Honor Roll.

PERSONAL: Tyler James Baker was born on September 25, 1991. He is the son of Bill and Terri Baker of Santa Rosa, Calif. He has two sisters, Julianne and Kelli. Baker lists his hobbies as snowboarding, golf and fishing.

BLAKE BERENS



Sprints
Freshman/Sophomore,
RS/VR
Loveland, Colo.
(Loveland)

PERSONAL BESTS

OUTDOOR

100 Meters: 11.10 (2011)
 200 Meters: 21.63 (2010)
 400 Meters: 49.90 (2011)

2011: *Indoor:* Did not compete.

Outdoor: Berens competed in the 100 and 400-meter dashes, but mostly concentrated on the 200. He raced his fastest time of the season (22.04) at the Jack Christiansen Invite (4/23) and earned a fourth-place finish. Berens' second fastest time of the year was 22.05 which he raced the previous week at the CSU-Pueblo Open. He had personal records in the 100 (11.01 at the Jack Christiansen Invite) and the 400 (49.90 at the CSU-Pueblo Open).

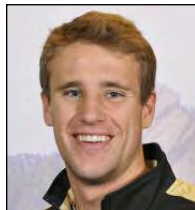
HIGH SCHOOL: Berens earned three letters as a member of the Indians track and field team. His team was a 2010 Colorado State 5A finalist.

HIGH SCHOOL BESTS: 100 Meters: 11.15; 200 Meters: 21.63.

IN THE CLASSROOM: Berens is majoring in architectural engineering. He was a member of the honor roll in high school.

PERSONAL: Blake Nathan Berens was born on May 24, 1992. He is the son of Marshall and Bonnie Berens and has one sister, Melinda.

MATT BIEGNER



Middle Distance
Junior, VR/VR
Broomfield, Colo.
(Broomfield)

PERSONAL BESTS

INDOOR

800-Meters: 1:54.53 (2010)
 1,000-Meters: 2:27.23 (2010)
 Mile: 4:09.44 (2010)

OUTDOOR

800-Meters: 1:51.16 (2011)
 1,500-Meters: 3:51.76 (2010)

HONORS

Academic All-Big 12 (2010, 11)

2011: *Indoor:* Did not compete.

Outdoor: Biegner focused on the 800-meter run during the outdoor season. He clocked a personal record of 1:51.16 at the Oregon Twilight (5/6) and placed sixth in the process. That time was the fourth fastest by a Buff during the 2011 outdoor campaign. Biegner earned his best finish of the season when he took second at the Jack Christiansen Invite (4/23) with a time of 1:51.73.

2010: *Indoor:* Biegner was one of CU's top middle distance runners. He won the mile at the Potts Invite (1/23) with a time of 4:26.90 and the 800 at the Don Barrett Duals (1/30) with a time of 1:54.53. Biegner earned his personal best in the mile at the Husky Classic (2/13). His time was 4:09.44 and he took 14th overall in the unseeded section. Biegner debuted in the 1,000 at the Big 12 meet. He just missed the finals as he took ninth overall with a time of 2:27.23. The time placed him eighth overall on the performers list. *Outdoor:* Once again Biegner hit the track hard, concentrating on the 800 and 1,500. He ran a season-best of 1:51.97 in the 800 at the CU Invite (4/10). Biegner's top time in the 1500 was at the Mt. SAC Relays (4/16). He clocked a time of 3:51.76 and was 41st in the university/open division. Biegner ran in both the 800 and 1500 at the conference meet. He was 26th in the 800 (1:55.03) and took 14th in the 1500 (3:52.59).

2009: Redshirt. Did not compete.

CROSS COUNTRY: (2011) Biegner ran in three races for the Buffs as a junior. He was 15th overall at the Rocky Mountain Shootout, finishing with a time of 26:35. Biegner led the Buffs at the Santa Clara Bronco Invite, crossing the finish in 17th place. His last meet of the season was the inaugural Pac-12 Championships where he took 50th overall. (2010) Biegner earned a spot on the varsity roster as a sophomore. He was 31st at the Rocky Mountain Shootout, 29th at the NCAA Pre-National Meet, 47th at the Big 12 Championship, 60th at regionals and finished the season 234th at nationals. Biegner's fastest 8k time of the season was 25:46.30 at the Big 12 meet. (2009) Biegner ran in three races. He was 59th at the Rocky Mountain Shootout

and took 24th at the Fort Hays Invite. Biegner ran unattached in his final race of the season and took 30th at the Rocky Mountain Athletic Conference open race. (2008) Biegner ran in two open races. He was the 32nd to finish the Rocky Mountain Shootout in 28:06. Biegner was third in the (21:05.85) 6k at the Air Force Open.

HIGH SCHOOL: Biegner earned four letters as a member of the track and field team at BHS. He was a member of the relay team that holds school records in the 3,200-meter relay (7:54) in 2006 and the distance medley relay (10:58) in 2007 (which has since been broken). Biegner was an all-state track performer all four years and was all-conference in cross country three times. His main events were the 400 and 800-meter runs. He was the Northern Conference and Region Champion in the 800.

HIGH SCHOOL BESTS: 200-meters: 22.15; 400-meters: 49.6; 800-meters: 1:55.9; 5,000-meters: 16:26; 10,000-meters: 36:28.

IN THE CLASSROOM: Biegner is majoring in business and is also interested in pre-med. He owns a GPA greater than 3.5 and was a member of the Big 12 Commissioner's Honor Roll. Biegner was named to the Academic All-Big 12 First Team in 2010 and 11. He was a member of the honor roll and National Honor Society in high school.

PERSONAL: Matthew James Biegner was born on October 21, 1989 in Denver, Colo. He is the son of Rob and Laura Biegner and has one younger sister, Alex. His father ran track at Bowling Green and his grandfather played semi-pro basketball and baseball. Biegner lists his hobbies as skiing, golfing, tennis, basketball, music, movies and traveling.

JOE BOSSHARD



Distance
Junior, 1L/2L
Crested Butte, Colo.
(Crested Butte Academy)

PERSONAL BESTS

INDOOR

3,000 Meters: 8:09.22 (2011)
 5,000 Meters: 13:49.59 (2011)

OUTDOOR

800 Meters: 2:04
 1,500 Meters: 3:52.24 (2011)
 5,000 Meters: 13:34.44 (2011)
 10,000 Meters: 28:41.56 (2011)

BIG 12 SCORING

2010 (O) 10,000-Meter Run, 6th (29:31.68)
 2011 (I) 3,000-Meter Run, 4th (8:09.22)
 2011 (I) 5,000-Meter Run, 3rd (13:51.65)
 2011 (O) 5,000-Meter Run, 1st (13:50.62 – meet record)
 2011 (O) 10,000-Meter Run, 1st (28:52.85 – meet & stadium record)

NCAA CHAMPIONSHIP SCORING

2010 (O) 10,000-Meter Run, 6th (28:59.87)
 2011 (O) 10,000-Meter Run, 8th (28:41.56)

HONORS

2010 10k All-American
 2011 5k All-American (Second Team)
 2011 10k All-American (First Team)
 CU Athlete of the Week (5/3/11, 5/18/11, 6/13/11)
 Academic All-Big 12 (2011)

CAREER UPDATE: Bosshard stormed into the CU record books during the 2011 season. He ranks seventh in the indoor 5k (13:49.59), sixth in the outdoor 5k (13:34.44) and fourth in the 10k (28:41.56) on the performers list. Bosshard won the 5k and 10k Big 12 titles during the 2011 season, becoming the first CU male to pull off the double-double. He did it in style, winning the 5k in meet record time (13:50.62), breaking former Buff great Brent Vaughn's record, and taking home the 10k crown in meet and stadium record time (28:52.85). Bosshard is a three-time All-American on the track, twice in the 10k and once in the 5k.

2011: Indoor: Bosshard recorded the top two 5k times by a Buff. He became the fifth fastest CU performer for the indoor 5k after finishing in 13:49.59, the ninth best in school history, at the Husky Classic (2/12). Bosshard scored for CU at the final Big 12 Indoor Championships in both the 3k and 5k. He placed third in the 5k with the second fastest CU time of the year of 13:51.65 and was fourth in the 3k with a time of 8:09.22.

Outdoor: Bosshard continued to shine during his sophomore season, leading the Buffs in the 5k and 10k. He won the 10k at the Stanford Invite (3/25) in 29:10.85. At the Cardinal Invite (5/1) Bosshard finished the 5k with the 12th-fastest time in school history at 13:34.57. He helped the Buffs finish the Big 12 era in style, capturing both the 5k and 10k individual crowns. Bosshard started the meet by winning the 10k title in meet and stadium record time (28:52.85). He followed that up by winning the 5k in another meet record of 13:50.62. Bosshard qualified for the NCAA West Preliminary Championships in both events, placing third in the 5k (13:34.44) and eighth in the 10k (29:15.57). With those finishes, Bosshard advanced to the finals at the NCAA Championships. He raced to an eighth-place finish in the 10k with the fourth fastest time in CU history (28:41.56) while earning All-American honors. Just one day later he placed 13th in the 5k (13:55.67) and earned All-American Second Team honors.

2010: Indoor: Did not compete.

Outdoor: Bosshard's debut in the 5k was at the Mt. SAC Relays. He ran a season-best mark of 14:07.31. At the Big 12 Outdoor Championship and NCAA West Preliminary, Bosshard raced in both the 5k and 10k runs. He ran a time of 29:31.68 in his 10k debut, which scored points for CU with a sixth-place finish. It was one of the fastest debuts by a CU freshman and ranks 18th on the CU all-time performers list. Two days after the 10k, Bosshard barely missed picking up more points for CU in the 5k with a ninth-place finish (14:14.15). He advanced to the NCAA West Prelims in the 5k and 10k two weeks later. He finished seventh overall in the 10k, with an automatic bid to advance to nationals (29:40.29). Bosshard followed that up with another great performance in the 5k (14:21.04) but was 17th. At the NCAA Championship, Bosshard gave another strong performance. He ran a time of 28:59.87 to place sixth overall for his first-ever All-America honor. The time also made him the 10th fastest performer in the event and was the fastest by a Buff during the 2010 season.

2009: Redshirt. Did not compete.

CROSS COUNTRY: (2011) Bosshard ran in two meets for the Buffs, but he made them count. He helped CU win the inaugural Pac-12 team title after finishing ninth (CU's third scorer). Bosshard was the alternate on the regional squad, but was back in the line-up at NCAAs and earned his second All-American honor with a 24th-place finish. Bosshard was also named to the All-Pac-12 First Team. (2010) Bosshard led CU in four of its five varsity races. He won the Rocky Mountain Shootout with the sixth fastest time in course history (24:44). Bosshard earned all-confer-

ence and all-region honors by placing sixth and eighth, respectively, in those races and was named an All-American after finishing 26th at the NCAA Championship. He was named the CU Athlete of the Week for that performance. (2009) Bosshard earned his way onto the varsity roster after winning the Fort Hays State Open. He crossed the finish in 24:09.73 and was named the CU Athlete of the Week as well as the Big 12 Runner of the Week for his performance. Bosshard was 19th at the Big 12 Championship and earned his first all-region honor as he finished 24th at regionals. Bosshard was the fourth Buff to cross the finish at nationals and placed 80th overall.

HIGH SCHOOL: Bosshard won three letters in cross country and four on the track. While competing in Wisconsin, he was a two-time member of the Mississippi Valley Conference cross country first team. On the track he earned MVC honorable mention honors in the 3,200-meter run. Bosshard finished fourth at the 2006 Wisconsin Division III Cross Country Championships. In 2007, he placed 27th at the Foot Locker Midwest Cross Country Championship. He also placed second in the 3,200 at Mt. Sac Relays. Bosshard competed in the 2007 Nike Outdoor National Meet in the 5,000 and ran a mark of 15:12 to finish 12th overall.

HIGH SCHOOL BESTS: 800-meters: 2:04; 1,600-meters: 4:22; 3,200-meters: 9:11; 5,000-meters: 15:12.

IN THE CLASSROOM: Bosshard is majoring in finance at Colorado and was a member of the Big 12 Commissioner's Honor Roll. He was named to the Academic All-Big 12 second team in 2011.

PERSONAL: Joseph William Bosshard was born on October 30, 1989 in La Crosse, Wis., to William and Diane Bosshard. He has four siblings: Andrew, Makenzie, Carley and John. Bosshard was a world champion logroller for the 6 and under division.

MATT BUTCHER



Sprints
Senior, TR
Longmont, Colo.
(Longmont)

PERSONAL BESTS

OUTDOOR

200 Meters: 21.28 (2008)

400 Meters: 47.01 (2007)

NCAA CHAMPIONSHIP SCORING

2010 (I) 4x400 Meter Relay, 6th (3:08.42) – At Oregon

HONORS

2010 4x400 Meter Relay All-American

2008-11 (at Oregon): Butcher earned All-American status while at Oregon, placing sixth in the 4x400-meter relay at the NCAA Indoor Championships in 2010. The relay recorded a time of 3:08.42. Butcher also scored for the Ducks at the 2009 Pac-12 Championships where he placed seventh in the 4x100 relay (41.23).

HIGH SCHOOL: Butcher broke the Colorado boys 400-meter state record while capturing the 2007 4A title in 47.01. He scored points in the 400 all four years, helping LHS win the state championship his senior season (2008). Butcher won back-to-back state titles in the 200 in 2007

(21.55) and 2008 (21.28) and placed third in the 100 as a junior.

HIGH SCHOOL BESTS: 100 Meters: 10.72; 200 Meters: 21.28; 400 Meters: 47.01.

IN THE CLASSROOM: Butcher is majoring in sociology and is interested in philosophy. He owns a GPA greater than 3.00.

PERSONAL: Matthew James Butcher was born on April 16, 1990 in Orlando, Fla. He is the son of Jim and Candy Butcher or Longmont, Colo. and has one brother.

GARRETT CARMICHAEL



Middle Distance
Sophomore/Freshman,
VR/RS
Nashville, Tenn.
(Ensworth)

PERSONAL BESTS

INDOOR

800 Meters: 1:56.94 (2011)

1,000 Meters: 2:30.75 (2011)

2011: Indoor: Carmichael competed in the 800 and 1,000-meter runs. He recorded a personal-best time of 1:56.94 in the 800 at the Don Barrett Duals (1/29) and placed fourth overall. Carmichael was also fourth at the Air Force Invite (2/12) after running a time of 1:57.04. He also PR'd in the 1,000 and ran the fastest 2011 time for a Buff at the Husker Invite (2/5), crossing the finish in 2:30.75. Carmichael ran the second fastest time of the season for the Buffs at the Big 12 Championships when he finished 12th in 2:31.09.

Outdoor: Did not compete.

HIGH SCHOOL: Carmichael owns EHS records in the 5k (15:46), 800 (1:56.5), 1,600 (4:24) and 3,200-meter runs (9:33). He earned letters as a member of the cross country and track and field teams for four years. At the Nike Outdoor Nationals in 2009, Carmichael's 4x800-meter relay team won the emerging elite section. His 4x800 relay won the state championship during his sophomore season. Carmichael earned numerous all-state and all-region honors while in high school.

HIGH SCHOOL BESTS: 800-meters: 1:56.5; 1,600-meters: 4:24; 3,200-meters: 9:33; 5,000-meters: 15:46.

IN THE CLASSROOM: Carmichael is majoring in integrative physiology. He owns a GPA of 3.370 and was a member of the Big 12 Commissioner's Honor Roll.

PERSONAL: Garrett Morris Carmichael was born on May 29, 1991 in Nashville, Tenn. He is the son of Oliver and Kathy Carmichael and has a twin sister, Olivia. Carmichael enjoys the outdoors and sports and served as a Kids Academy Counselor during the summer in high school.

NIKLAS CEDERSTRÖM



Throws
Senior, VR/VR
Greeley, Colo.
(Greeley Central)

PERSONAL BESTS

INDOOR

Shot Put: 48-08.50/14.84m (2010)
Weight Throw: 52-06/16.01m (2011)

OUTDOOR

Shot Put: 44-05.50/13.55m (2009)
Hammer Throw: 158-01/48.18m (2011)
Discus: 146-10/44.75m (2009)

HONORS

Academic All-Big 12 (2009)

2011: *Indoor:* Cederström competed in the weight throw during the indoor season. He started the season with a throw of 43-07.75 at the Potts Indoor Invite (1/22). At the final meet of the season, only four weeks later, Cederström launched a personal record of 52-06.06 to place fourth at the Colorado School of Mines Twilight (2/19). It was the seventh best throw for CU during the 2011 season.

Outdoor: Cederström participated in the discus and hammer throws. He recorded his best toss of the season (158-01) in the discus at the Beach Invitational (4/16). Cederström had a better outing in the hammer throw. He threw a personal-best (158-01) at the CU Invite (4/9) and placed seventh overall. The throw was the eighth best for CU during the outdoor campaign. He also had the ninth best hammer toss by a Buff when he threw 157-10 at the Front Range Classic (5/1).

2010: *Indoor:* Cederström recorded season-bests at the Colorado School of Mines Open (2/19). He recorded a toss of 51-07.25 in the weight throw, placing him fifth overall. In the shot put, Cederström's best throw was 45-08.50, good for sixth.

Outdoor: During the outdoor campaign, he threw the shot put, discus and hammer. He notched personal records in the shot put and hammer throws. His best performance in the shot put was 44-00.50, done at the CU Invite (4/10). Cederström was 14th overall. At the Jack Christiansen Invite (4/24), he launched a throw of 153-04 to place 12th in the hammer throw. Cederström also recorded his season-best in the discus at the JCI at 141-09 to place 17th.

2009: *Indoor:* Cederström competed in the shot put and weight throw during the indoor season, recording season-bests in both events. His throw of 44-00.50 in the shot put earned him an eighth-place finish at the Colorado School of Mines Twilight Meet (2/20). Cederström took fifth at the Potts Indoor Invite (1/24) with a toss of 48-03.50.

Outdoor: Cederström led the Buffs in the shot put during the outdoor season. He launched his best throw of 44-05.50 at the Front Range Classic (5/2) and took ninth. Cederström placed 10th with a PR of 146-10 in the discus in the first meet of the season (Potts Invite, 3/21).

HIGH SCHOOL: Cederström earned four letters as a member of the Greeley Central track and field team. As a

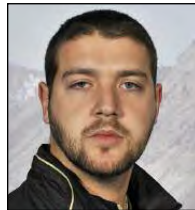
senior, he won the 4A state discus championship with a personal record of 159-05. Cederström was the first discus thrower at GCHS to win the discus throw. He also won the regional and conference championship as a junior and senior.

HIGH SCHOOL BESTS: Discus: 159-05.

ACADEMICS: Cederström is majoring in psychology at Colorado. He was named to the Big 12 Commissioner's Honor Roll during the fall of 2009. Cederström was a member of the Academic All-Big 12 second team in 2009.

PERSONAL: Niklas Bror David Cederström was born on April 22, 1989 in Stockholm, Sweden. He is the son of Bror and Nancy Cederström of Greeley, Colo. He has two older brothers, Marcus and Christopher. Cederström enjoys snowboarding and going to concerts.

DANE CHOBANIAN



Throws
Junior, VR/VR
San Diego, Calif.
(Scripps Ranch/UCLA)

PERSONAL BESTS

INDOOR

Shot Put: 52-10.25/16.11m (2011)
Weight Throw: 54-06.75/16.55m (2010)

OUTDOOR

Shot Put: 50-03.50/15.32m (2011)
Discus: 182-03/55.54m (2010)
Hammer Throw: 158-05/48.28m (2010)

HONORS

CU Athlete of the Week (April 22, 2010)

CAREER UPDATE: Chobanian ranks fourth on the CU all-time performers list in the discus and is tied for the 13th best performance in the history of CU at 182 feet, 3 inches; all as a redshirt freshman.

2011: *Indoor:* Chobanian had the top three throws for CU during the indoor season in the shot put. He tossed the shot put 49-10.50 at the Husker Invite (2/5) and 49-10 at the Air Force Invite (2/12), placing 16th overall at both meets. Chobanian's best throw of 52-10.25, which is also his personal record, was at the Big 12 Championships. He placed 13th overall. Chobanian also competed in the weight throw. His season-best throw was 46-07.50 at the Air Force Invite (2/11).

Outdoor: Chobanian was one of CU's top throwers during the outdoor season. He had the top seven throws for the Buffs in the discus. Chobanian was the runner-up at the CU Invite with a toss of 175-03. His second best throw was 171-01, which came at the Big 12 Championships. Chobanian placed 12th overall. He also qualified for the NCAA West Preliminaries and was 28th at the meet with a toss of 165-07.

2010: *Indoor:* Chobanian recorded the top two marks in the shot put for CU. His season best throw of 50-02.50 came at the Potts Invite (1/23). Chobanian's mark was good for second. His second best throw was 49-11 at the Husky Classic (2/13). Chobanian's best mark in the weight throw came at the Big 12 meet (2/26). He launched a throw of

54-06.75 which placed 12th overall. That was the fourth highest mark by a Buff on the season.

Outdoor: Chobanian led the Buffs in the discus and had the second best throw in the shot put. His best mark in the discus was 182-03, thrown at the Beach Invitational (4/17) and tied for the 13th best all-time in CU history; fourth on the all-time performers list. The performance earned him the CU Athlete of the Week honor. At the Big 12 Championship he was 12th with a toss of 158-05. At the NCAA West Preliminary, he placed 39th after throwing a mark of 155-11. Chobanian's top mark in the shot put was 49-05.50, recorded at the Tom Benich Classic (4/3). He notched a mark of 43-05 at the conference meet and placed 15th.

2009 (at UCLA): Redshirt. Did not compete.

HIGH SCHOOL: Chobanian was a four-year letterwinner at Scripps Ranch High School. He was a three-time CIF competitor and ranked in the top-10 in 2008. Chobanian is the SRHS record holder in the discus (177-1) and ranks second all-time in the shot put (57-03).

IN THE CLASSROOM: Chobanian is majoring in environmental science. He has been a member of the Big 12 Commissioner's Honor Roll.

PERSONAL: Dane Thomas Chobanian was born on October 26, 1989, in Pasadena, Calif. He is the son of Don Chobanian and John Goldenring and Barbara Whitesides of San Diego. He also has one brother, Blake. His uncle, Jim Whitesides, played basketball for the U.S. Naval Academy. Chobanian lists his hobbies as Tae Kwan Do, astronomy and physics and has volunteered with Habitat for Humanity.

CAMERON CLAYTON



Distance
Senior, VR/VR
Superior, Colo.
(Monarch)

PERSONAL BESTS

INDOOR

Mile: 4:31.16 (2010)
3,000 Meters: 8:30.31 (2010)

OUTDOOR

1,500 Meters: 4:07.45 (2010)
3,000 Meter Steeplechase: 9:24.9h (2010)

2011: *Indoor:* Did not compete.

Outdoor: Did not compete.

2010: *Indoor:* Clayton ran in a pair of meets, competing in the mile and the 3,000-meter run. He recorded a time of 4:31.16 at the Don Barrett Duals (1/30) and was seventh overall. Two weeks later he ran in the 3k at the Husky Classic (2/13) and finished with a time of 8:30.30.

Outdoor: Clayton ran in one 1,500 but mainly concentrated on the steeplechase as a sophomore. He started off in the steeplechase with a time of 10:04.38 at the Tom Benich Classic (4/3) and just one week later shaved over 21 seconds off his time with a mark of 9:42.97 to win the race. Clayton's season best in the event was at the Mt. SAC Relays, finishing with a hand-time of 9:24.9. He also

ran at the Big 12 meet and took 15th (9:32.80).

2009: Indoor: Clayton did not compete during the indoor season.

Outdoor: Clayton ran in a pair of meets as a redshirt freshman. He ran a time of 4:07.45 in the 1,500-meter run at the CU Invite (4/11). Clayton also tried the steeplechase, recording a time of 10:03.44 at the Jack Christiansen Invite (4/25), which was good for third.

2008: Redshirt. Did not compete.

CROSS COUNTRY: (2011) Clayton did not compete. (2010) Clayton ran all five varsity races, starting with a 13th-place finish at the Rocky Mountain Shootout. He was the fifth scorer for CU at Pre-Nats, placing 64th overall. Clayton was CU's sixth runner the last three races, placing 24th at Big 12s, 42nd at regionals and 210th at nationals. (2009) Clayton ran in three races for the Buffs during his freshman campaign. He was 27th overall at the Rocky Mountain Shootout. At the Fort Hays Invite, he was CU's No. 5, finishing 32nd overall. His best finish came at the Air Force Invite, where he was the second scorer for the Buffs and was fifth overall in a season best mark of 26:36.26. (2008) Did not compete. (2007) Clayton took 10th at the Rocky Mountain Shootout and was 15th at NCAA Pre-Nationals in the open race.

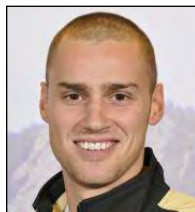
HIGH SCHOOL: Clayton was a three-time All-Front Range First Team selection in cross country and earned honorable mention honors on the *Rocky Mountain News* All-Colorado team. He also earned first-team recognition on the all-state team as a freshman, junior and senior and was on the second team as a sophomore. Clayton was fifth in the state meet as a senior and was sixth as a junior. He owns the MHS record in the 1,600-meter run at 4:25 and the 3,200-meter run at 9:36. In the 2007 Colorado State 5A Championship, he placed eighth in the 3,200 and was 13th in the 1,600.

HIGH SCHOOL BESTS: 1,600-meters: 4:25; 3,200-meters: 9:36; 5,000-meters: 15:34; 10,000-meters: 32:58.

IN THE CLASSROOM: Clayton is majoring in molecular, cellular and developmental biology (MCDB) and Spanish at Colorado. He was a member of the Big 12 Commissioner's Honor Roll. Clayton was a member of the All-Colorado Academic team as a senior and an academic all-conference performer as a junior in high school.

PERSONAL: Cameron Clayton was born on July 6, 1988 in Reno, Nevada to Brad and Lori Clayton. He is the youngest of two. His older brother Jon-Eric plays volleyball on the Colorado club team. Clayton's hobbies include scuba, reading, computer games, watching movies, backpacking, hiking, biking and kayaking. He climbed Mt. Kilimanjaro.

JASON DEWITT



Combined Events/Jumps
Sophomore, VR/VR
Arvada, Colo. (Ralston Valley)

PERSONAL BESTS

INDOOR

Heptathlon: 4.220 (2011)
60 Meters: 7.42 (2011)
Long Jump: 22-02.25/6.77m (2011)
Shot Put: 36-7/11.15m (2011)
High Jump: 6-06.75/2.00m (2011)
60-Meter Hurdles: 8.56 (2011)
Pole Vault: 13-3.75/4.06m (2011)
1,000 Meters: 2:59.60 (2011)

OUTDOOR

Decathlon: 5,557 (2010)
100 Meters: 11.59 (2010)
Long Jump: 20-0.25/6.10m (2010)
Shot Put: 33-05.75/10.20m (2010)
High Jump: 6-08 (2010)
400 Meters: 54.60 (2010)
110-Meter Hurdles: 15.23 (2011)
Discus: 83-10/25.57m (2010)
Pole Vault: 13-1.50/4.00m (2011)
Javelin: 142-00/42.28m (2011)
1,500 Meters: 5:20.77 (2011)
Triple Jump: 45-01 (2009)

2011: Indoor: Redshirt. Did not compete.

Outdoor: Redshirt. Did not compete.

2010: Indoor: DeWitt led the Buffs in the high jump in the indoor season. He recorded a season-best jump of 6-06.75 on three occasions, the last time at the Air Force Invite (2/13). DeWitt won the Don Barrett Duals with that jump (1/30) and tied for first at the Air Force All-Comers Meet (1/15).

Outdoor: DeWitt stuck with the high jump during the outdoor campaign but also competed in one decathlon. He recorded a score of 5,557 points for fourth-place at the Glenn Morris meet 4/22-23). He tied for second in the long jump (20-00.25) and was second in the high jump (6-03.25), 110-hurdles (15.69) and javelin (110-02). DeWitt reached a height of 6-08, the best by a Buff, at the Front Range Classic (5/1) and was third in the meet.

HIGH SCHOOL: DeWitt was an all-conference selection for four years in the high jump and was all-conference in the long jump as a junior. The two-time all-state selection in the high jump was named the Ralston Valley High School Male Athlete of the Year. DeWitt owns school records in the high jump (6-6) and the long jump (22-11.50). While at RVHS, he earned eight letters and was named the track MVP as a senior.

HIGH SCHOOL BESTS: High Jump: 6-6; Long Jump: 22-11.50; 110-meter hurdles: 14.65; Triple Jump: 45-01.00.

IN THE CLASSROOM: DeWitt is majoring in international affairs.

PERSONAL: Jason Kelly DeWitt was born on June 25, 1991 in Wheatridge, Colo. He is the son of Kelly and Debbie DeWitt of Arvada, Colo. and has two sisters. DeWitt enjoys playing the guitar and has volunteered as a freshman mentor and as an outdoor lab instructor.

HUGH DOWDY



Distance
Freshman, VR/VR
Petaluma, Calif.
(Petaluma)

PERSONAL BESTS

INDOOR

3,000 Meters: 9:02.52 (2011)

2011: Indoor: Dowdy ran in one meet for the Buffs. He was fourth in the 3,000-meter run after running a time of 9:02.52.

Outdoor: Redshirt. Did not compete.

CROSS COUNTRY: (2011) Dowdy ran in two meets for CU. He placed 20th at the Rocky Mountain Shootout and was 100th at the Santa Clara Bronco Invite.

HIGH SCHOOL: Dowdy helped his cross country team to the Sonoma County League Championships in his sophomore, junior and senior years, and the North Coast Championships in his sophomore and senior years. He also helped his team to a second-place finish his sophomore year and a third-place finish his junior year at state. Dowdy lists his biggest moments from high school as finishing sixth in the mile at the state championships and placing eighth in state in cross country.

HIGH SCHOOL BESTS: 800-meters: 1:56; 1,600-meters: 4:15.77; 3,200-meters: 9:39.

IN THE CLASSROOM: Dowdy is majoring in engineering physics. He was a member of the Big 12 Commissioner's Honor Roll.

PERSONAL: Hugh William Dowdy was born on September 10, 1992 in Petaluma, Calif. His parents are Gilbert Dowdy and Marsha Busekists. He has an older sister, Erin. Dowdy enjoys building things and relaxing with friends.

BROCK EMORY



**Combined Events/
Jumps**
Junior, VR/VR
Colorado Springs, Colo.
(Fountain Fort Carson)

PERSONAL BESTS

INDOOR

Heptathlon: 4,736 (2011)
60-Meters: 7.48 (2011)
Long Jump: 19-11/6.07m (2011)
Shot Put: 38-05/11.71m (2011)
High Jump: 6-6.25/1.99m (2011)
60-Meter Hurdles: 8.56 (2011)
Pole Vault: 12-9.5/3.90m (2011)
1,000-Meters: 2:57.02 (2011)

OUTDOOR

Decathlon: 6,179 (2011)
100-Meters: 11.62 (2011)
Long Jump: 20-6.50/6.26m (2011)
Shot Put: 38-7.75/11.78m (2011)
High Jump: 6-5.50/1.97m (2011)
400-Meters: 51.86 (2011)
110-Meter Hurdles: 15.15 (2011)
Discus: 104-5/31.08m (2011)
Pole Vault: 13-2.50/4.03m (2011)
Javelin: 138-01/42.08m (2011)
1,500 Meters: 4:56.56 (2011)

2011: *Indoor:* Emory competed in three heptathlons during his sophomore year. His best outing came at the Big 12 Indoor Championships when he totaled a personal best score of 4,736 points and placed 16th. Emory's had PR's in six of the seven events. He ran a time of 7.48 in the 60-meter dash, a time of 8.56 in the 60-hurdles, which is seventh on CU's all-time combined event list, and a time of 2:57.02 in the 1,000. Emory also had PR's in the long jump (19-11), shot put (38-05) and pole vault (12-09.50). His toss in the shot put ranks eighth in CU history. Emory did PR during the season in the high jump. He cleared a height of 6-06.25 to place first in the event at the Potts Indoor Combined Events Invite (1/22).

Outdoor: Emory participated in three decathlons for the Buffs and once again he had his best outing at the Big 12 Championships, placing 13th with 6,179 points. Emory had personal bests in five of the 10 events. He ran the 400 in 51.86 and the 1,500 in 4:56.56 while recording marks of 22-06.50 in the long jump, 38-07.75 in the shot put and 13-02.50 in the pole vault. At the Jim Click Invite he jumped 6-05.50 in the high jump to tie for eighth in CU combined events history. He also raced to a time of 15.15 at the meet in the 110-hurdles, which ranks eighth on the same list.

2010: *Indoor:* Emory competed in one heptathlon in his first season, recording 4,081 points at the CU Invite (1/22-23). He concentrated on the 60-meters and 60-meter hurdles when he wasn't competing in the heptathlon. He clocked his season-best 7.57 at the Air Force Invite (2/13) and ran 8.69 in the 60-hurdles at the Colorado School of Mines Twilight (2/19) to place second overall. Emory participated in the high jump three times. His best jump was 6-02.75 at the AFA All-Comers Meet (1/15).

Outdoor: Emory competed in five different events during the outdoor season. He reached a height of 11-11.75 in the pole vault, 5-10.75 in the high jump and threw the javelin

166-07 in the field events. On the track he ran 12.30 in the 100 and 15.93 in the 110 hurdles.

HIGH SCHOOL: Emory was a three-sport athlete and earned nine letters at Fountain Fort Carson. He earned three in track and field, three in football and three in wrestling.

HIGH SCHOOL BESTS: High Jump: 6-4; 110-meter hurdles: 14.76; 300-meter hurdles: 40.80.

IN THE CLASSROOM: Emory is majoring in geography.

PERSONAL: Brock Belue Emory was born on September 4, 1990 in Wadesboro, N.C. He is the son of Lyn and Lorraine Emory of Colorado Springs, Colo. Emory is the oldest of four (siblings are Luke, Alexandria and Samantha). The Eagle Scout lists his hobbies as fishing, working out, hiking and spending time with family. His father played football for Catawba College and his grandfather, Melvin, played football at Clemson. Emory's great grandfather, Gene Belue, played baseball at Duke and for the Pittsburgh Pirates.

SHAW GIFFORD



Sprints
Sophomore, TR
Littleton, Colo.
(Chatfield)

PERSONAL BESTS

INDOOR

100 Meters: 10.79 (2011)
200 Meters: 21.32 (2011)

2011 (at Arizona): Gifford competed at the University of Arizona during the 2011-12 season. He recorded personal bests in the 100 (10.79) and 200 (21.32) at the Jim Click Invite.

HIGH SCHOOL: Gifford was an all-conference and all-state honoree during his junior season. He earned four letters as a member of the track and field team. Gifford also played three years on the football team.

IN THE CLASSROOM: Gifford is majoring in political science.

PERSONAL: Shaw Connor Gifford was born on March 26, 1992 in Littleton, Colo. He has one brother, Stefan.

MICHAEL GOODGER



Distance
Freshman, VR/VR
Carlsbad, Calif.
(Carlsbad)

PERSONAL BESTS

INDOOR

3,000 Meters: 9:03.02 (2011)

2011: *Indoor:* Goodger ran in one race for the Buffs. He placed fifth overall in the 3,000-meter run (9:03.02) at the Potts Invite (1/22).

Outdoor: Redshirt. Did not compete.

CROSS COUNTRY: (2011) Goodger competed in two races for CU. He was 26th overall at the Rocky Mountain Shootout and placed 78th at the Santa Clara Bronco Invite.

HIGH SCHOOL: Goodger holds the CHS record in the 1600 (4:14) and 3200-meter (9:12) runs. He recorded his 1,600 record on May 14, 2010 and the 3,200 on April 30, 2010. Goodger lettered twice in cross country and three times on the track. During his junior year he finished second team All-North County in cross country and first team All-Palomar League in track. In his senior year Goodger was named first team All-Palomar League, Scholar-Athlete of the Year, Most Valuable Player and received the Best Distance Award for Men, all in track. He lists his biggest moment of his high school career when he qualified for the California State Championships for the first time as a junior by running a 4:15.91 and taking the third and final spot to state.

HIGH SCHOOL BESTS: 800-meters: 1:58; 1,600-meters: 4:14; 3,200-meters: 9:12; 5,000-meters: 15:41.

IN THE CLASSROOM: Goodger is majoring in integrative physiology.

PERSONAL: Michael Ryan Goodger was born on January 5, 1992 in San Diego, Calif. His parents are Steve and Cindy Goodger of Carlsbad, Calif. He has one younger sister, Cara. After college he wants to either run professionally or be an accountant. He lists snowboarding, bodysurfing, swimming, and video games as his hobbies. Goodger also does volunteer work with Habitat for Humanity and the Arthritis Foundation Walk.

CAMERON HUTCHINS



Throws
Junior, VR/VR
Centennial, Colo.
(Arapahoe)

PERSONAL BESTS

INDOOR

Weight Throw: 48-02/14.68m (2011)

OUTDOOR

Discus: 131-00/39.92m (2010)
Hammer Throw: 148-11/45.38m (2011)

2011: *Indoor:* Hutchins focused on the weight throw during the indoor season. He recorded a personal record of 48-02 at the Colorado School of Mines Twilight (2/18) and placed seventh overall.

Outdoor: Hutchins only threw the hammer during the outdoor season. He PR'd at the final meet of the season, the Front Range Classic (5/1) with a throw of 148-11 and took 14th overall.

2010: *Indoor:* Hutchins made his debut for the Buffs in the weight throw at the Potts Indoor Invite (1/23). He recorded a mark of 42-11.75 for ninth place. Hutchins improved throughout the season and recorded his PR of 46-06.25 at the Colorado School of Mines Twilight (2/19), also taking ninth overall.

Outdoor: The outdoor season saw Hutchins throwing the discus and hammer. His best throws in both events came at the Fum McGraw Open (5/8). Hutchins recorded a throw of 131-00 in the discus and 134-04 in the hammer.

2009: Redshirt. Did not compete.

HIGH SCHOOL: Hutchins was a member of the Arapahoe High School track and field team which won the state championship in 2008. He qualified for the meet in the discus. Hutchins earned three letters at AHS.

HIGH SCHOOL BESTS: Shot put: 49-11; Discus: 154-03.

ACADEMICS: Hutchins is majoring in Classics at Colorado and has a GPA greater than 3.00. He was a member of the Big 12 Commissioner's Honor Roll.

PERSONAL: Cameron Stuart Hutchins was born on March 10, 1990 in Denver. He is the son of Stuart and Susan Hutchins of Centennial, Colo. Stuart played football and basketball at Bowdoin. He has one younger brother, Zachary, and a younger sister, Jessica. Hutchins lists camping, hunting, reading, fishing, scuba diving and archery as his hobbies.

JAKE HURYSZ



Middle Distance
Sophomore, TR/TR
Mebane, N.C.
**(Eastern Alamance/
 UNC Chapel Hill)**

PERSONAL BESTS

OUTDOOR

1,500 Meters: 3:45.97
 3,000 Meters: 8:01.97
 5,000 Meters: 14:14.84

AT UNC: Hurysz ran one season on the track for the Tar Heels in 2011. He ran a personal best 3:45.97 in the 1,500 and clocked a time of 8:01.97 in the 3,000. Hurysz competed in both the 1,500 and 5k at the ACC Championships, placing fifth in the 5k. He advanced to the NCAA East Preliminary Championships in the 1,500.

CROSS COUNTRY: Hurysz became the first UNC Tar Heel to qualify for the NCAA Cross Country Championships since 1997; finishing 62nd in 2011. He led UNC at the ACC and Southeast regionals, placing sixth and seventh, respectively. As a freshman he was 14th at the conference meet and placed 44th at regionals.

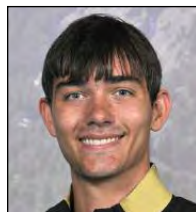
HIGH SCHOOL: Hurysz ran the second fastest indoor two-mile in N.C. state history. He won the 2010 indoor state title in the 3,200. Hurysz was named the 2009 N.C. Gatorade Cross Country Runner of the Year. He won the NCHSAA 3A title and placed sixth at the Footlocker National Championships.

HIGH SCHOOL PERSONAL BESTS: 800-Meters: 1:52.60; Mile: 4:06.18; 3,200-Meters: 8:49.76.

IN THE CLASSROOM: Hurysz is an open major.

PERSONAL: Jacob Michael Hurysz was born on July 15, 1992 in Chapel Hill, N.C. He is the son of Mike Hurysz and Alison McChee. He has one brother, Carson. Hurysz enjoys playing basketball and skiing.

MARK JONES



High Jump
Freshman, HS/HS
Summit, N.J.
(Summit)

PERSONAL BESTS

High Jump: 7-00.25/2.14m
 55-meter hurdles: 7.72
 110-meter hurdles: 14.59
 400-meter hurdles: 58.03
 Long Jump: 23-06.25/7.17m
 Triple Jump: 42-06/12.95m
 55-meters: 7.06
 300-meters: 39.52
 Shot put: 42-05.25/12.93m

HIGH SCHOOL: Jones is a two-time national champion in the high jump. He won the 2010 indoor high jump title at the New Balance nationals after clearing a height of 6-11.75. Jones followed up that title by capturing the 2011 indoor crown with a personal best of 7-00.25. He earned seven letters on the high jump, long jump and hurdles at SHS. Jones was the New Jersey State indoor and outdoor high jump champion in 2010 and 11 and also won the long jump title in 2011. He was a four-time first team All-New Jersey selection and led SHS to the 2010 NJ Sectional State Team Championships by winning four individual events (high jump, long jump, triple jump and high hurdles). Jones was recruited by Virginia, Michigan and Cornell before deciding on CU.

HIGH SCHOOL BESTS: High Jump: 7-00.25; Long Jump: 23-07.

IN THE CLASSROOM: Jones is an open option major in the arts and sciences but would like to be a geologist after graduation.

PERSONAL: Mark Albert Jones was born on Oct. 14, 1992 in Raleigh, N.C. He is the son of Robert and Susan Jones and has one brother, Doug, who attends Cornell. Both of his parents competed in the high jump at Cornell and had the school record. Jones and his father made U.S. history in 2011 as the only father/son due to jump over seven feet in high school. Jones enjoys climbing and wood working.

STEPHEN KASICA



Middle Distance
Senior, 1L/1L
Grand Junction, Colo.
(Fruita Monument)

PERSONAL BESTS

INDOOR

800-Meters: 1:50.45 (2011)
 1,000-Meters: 2:38.64 (2011)

OUTDOOR

400-Meters: 51.05 (2011)
 800-Meters: 1:49.92 (2011)
 1,500-Meters: 4:05.01 (2011)

BIG 12 SCORING

2009 (I) Distance Medley Relay, 8th (9:56.44)
 2010 (O) 800-Meter Run, 7th (1:51.99)

HONORS

Academic All-Big 12 First Team (2010, 11)
 Two-time All-Big 12 Performer

CAREER UPDATE: Kasica is fast becoming one of CU's best middle distance runners. He is the fourth fastest performer in the indoor 800-meter run (1:50.45). Kasica has the sixth and seventh best times in indoor school history. He has also added his name to the outdoor record book as the 10th fastest performer (1:49.92).

2011: *Indoor:* Kasica became the fourth fastest performer in the 800 after clocking a time of 1:50.45 at the Husky Classic (2/12). At the indoor Big 12 meet he placed 12th in the prelims after running a time of 1:54.41.

Outdoor: Kasica continued to excel in the 800 during the outdoor season and recorded the top three 800 times of the season for CU. He clocked a personal best time of 1:49.92 at the Mt. SAC Relays (4/15) making him the 10th fastest performer in CU history. Kasica's second best time was 1:50.91, which came at Oregon Twilight (5/6). He also competed at the NCAA West Preliminary Championship (5/26) and placed 26th overall in 1:50.81. Kasica did compete for the Buffs at the Big 12 Championship, placing placed 19th in the prelims (1:58.03).

2010: *Indoor:* Kasica ran the two top times in the 800-meter run of the season for the Buffs and three of the top four times. He PR'd at the Husky Classic (2/13) when he raced to a time of 1:50.50. Kasica also clocked the 10th fastest time at 1:50.80 in the prelims of the Big 12 Championships. He just missed advancing to the finals with a ninth-place finish. Kasica also ran the 800 in the distance medley relay at the conference championship.

Outdoor: Kasica had a great outdoor season. His fastest 800 of the season was at the CU Invite (4/10). He placed second overall and ran 1:51.80, the second best time of the year for a Buff. Kasica ran a personal best of 1:51.59 in the prelims of the 800 and placed second in his heat to automatically advance to the finals. The time was the fastest of the year. Kasica was seventh (2:51.99) in the finals at the Big 12 meet to record his first individual All-Big 12 honor.

2009: *Indoor:* Kasica recorded his indoor season-best of 1:56.37 at the Air Force Invite (2/14). Kasica ran the third leg of the distance medley relay at the conference championship, which took eighth place (9:54.44) and earned him his first letter.

Outdoor: Kasica ran the 800 four times. He ran a then-personal best of 1:52.21 at the Oregon Relays (4/24). Kasica

was 19th in the prelims at the Big 12 Championship.

CROSS COUNTRY: (2011) Kasica participated in two meets for the Buffs. He was 31st overall at the Rocky Mountain Shootout and was 64th at the Santa Clara Bronco Invite. (2010) Kasica ran in two races for CU. He was 61st at the Rocky Mountain Shootout and placed 30th overall at the Fort Hays State Open. (2009) Kasica was 41st at the Rocky Mountain Shootout and took 26th at the Fort Hays Invite. Kasica also ran unattached at the Rocky Mountain Athletic Conference open race and placed 33rd overall.

HIGH SCHOOL: Kasica won the 2007 Colorado State 5A 800-meter run. In 2008 he was the runner up and recorded a school record time of 1:53.24. Kasica placed sixth in the 800 at the 2008 Simplot Games. He earned three letters on the cross country team and four letters on the track & field team.

HIGH SCHOOL BESTS: 400-meters: 51.15; 800-meters: 1:53.24.

IN THE CLASSROOM: Kasica is majoring in news-editorial and English at CU. He has earned a GPA of 3.710 and was a member of the Big 12 Commissioner's Honor Roll. Kasica was named to the Academic All-Big 12 First Team in 2010 and 11.

PERSONAL: Stephen Wayne Kasica was born on September 27, 1989 in Melbourne, Fla. He is the only son of Robert and Ronda Kasica of Grand Junction, Colo. He likes to go cycling in his spare time.

DAVID KILGORE



Distance
Freshman, HS
Palm Bay, Fla.
(Holy Trinity)

PERSONAL BESTS

800 Meters: 1:59
1600 Meters: 4:20
3000 Meters: 8:48.46
5000 Meters: 14:50.59

HIGH SCHOOL: Kilgore was a 2011 5,000-meter run All-American at New Balance Indoor Nationals. He placed third in the 5k with a Florida state indoor record of 14:50.59 and was a second-team All-American in the 3,200-meter run with a time of 9:29.57. Kilgore won the 1,600-meter state title his junior (4:26.99) and senior (4:21.55) seasons. He was also sixth as a senior in the 3,200-meter run at the state meet. Kilgore also shined on the cross country course. He was the runner-up in 2009 at the state championship and went on to win the meet his senior year (2010). Kilgore's high school team won the state championship when he was a sophomore. He was also recruited by Florida State, Auburn and Indiana.

HIGH SCHOOL BESTS: 800-meters: 1:59; 1,600-meters: 4:20.08; 3,000-meters: 8:48.46; 5,000-meters: 14:50.59.

IN THE CLASSROOM: Kilgore is majoring in psychology. He owns a GPA greater than 3.00 after his first semester.

PERSONAL: David Ray Kilgore was born on Nov. 21, 1991 in England. He is the son of Kevin Kilgore and Dorothy Fitzgerald of Palm Bay, Fla. His has one older brother, Chris, who is in the army. Kilgore enjoys mountain biking, hiking and camping.

ALEXANDRE KIZIRIAN



Throws
Sophomore, VR/VR
Thornton, Colo.
(Mountain Range)

PERSONAL BESTS

INDOOR

Shot Put: 44-06/13.56m (2011)
Weight Throw: 50-06.25/16.60m (2011)

OUTDOOR

Discus: 154-00/46.94m (2011)
Shot Put: 45-10.50/13.98m (2011)
Hammer Throw: 175-09/53.58m (2011)

2011: *Indoor:* Kizirian started his career with the Buffs competing in the shot put and weight throw. He had a season-best throw of 44-06 at the Don Barrett Duals (1/29) and took 17th overall. Kizirian did well in the weight throw and had a pair of meets with throws over 50 feet. He threw 53-11 at the Big 12 Championships, placing 16th overall. Kizirian's personal best came at the Colorado School of Mines Twilight (2/18) when he had a toss of 54-05.

Outdoor: Kizirian participated in the shot put, discus and hammer throws during his first outdoor campaign and actually had the top two throws by a Buff that season in the hammer throw as just a freshman. He had a personal best throw of 175-09 at the Front Range Classic (5/1) and placed fourth. His second best performance was at the USATF Junior Championships (6/24). Kizirian placed 17th overall with a throw of 172-09. He placed 14th at the Big 12 Championships after launching the hammer 150-10. Kizirian recorded personal bests in the shot put and discus at home meets during the campaign. His best toss of 45-10.50 in the shot put came at the CU Invite (4/9) and he had a throw of 154-00 in the discus at the Potts Invite (3/19).

HIGH SCHOOL: Kizirian earned two letters as a member of the track & field team at MRHS. He owns school records in the shot put (50-09) and the discus (156-11). Kizirian placed in both events at the state championship in 2010. He was second in the discus at the Front Range League championship. He also earned a letter as a member of the football team.

HIGH SCHOOL BESTS: Discus: 167-00; Shot Put: 52-11.

IN THE CLASSROOM: Kizirian is a chemical engineering major. He was a member of the Big 12 Commissioner's Honor Roll. Kizirian was a member of the honor roll in high school and graduated in the top five percent of his class.

PERSONAL: Alexandre Vassilev Kizirian was born on April 28, 1992 in Bulgaria. He is the son of Vasil Kizirian and Emilia Mileva of Thornton, Colo. Kizirian is fluent in Bulgarian, Spanish and English.

KYLE MacINTOSH



Sprints
Junior, VR/1L
Littleton, Colo.
(Littleton)

PERSONAL BESTS

INDOOR

60-Meters: 7.21 (2010)
200-Meters: 22.42 (2010)
400-Meters: 49.33 (2011)

OUTDOOR

200-Meters: 21.74
400-Meters: 48.06
400-Meter Hurdles: 53.38 (2010)

BIG 12 SCORING

2010 (O) 4x100-Meter Relay, 5th (40.46)

2011: *Indoor:* MacIntosh raced in just the 400-meter dash and was the lead off leg of the 4x400 relay for the Buffs. He PR'd at the Air Force Invite (2/12), running 49.33 to earn sixth place overall. MacIntosh advanced to the finals the previous day after running 49.49. At the Big 12 Championships he raced to a 16th-place finish in prelims with a time of 49.59. The relay competed twice. They ran a time of 3:14.38 at the Husker Invite (2/5) and 3:15.30 at the indoor conference championships (2/26).

Outdoor: MacIntosh focused on the 400-hurdles individually and also ran in the 4x400 relay. He earned a second-place finish at the CU Invite in the 400-hurdles with a season-best time of 53.52. MacIntosh was 18th in the preliminary round at the Big 12 Championships, crossing the finish in 53.97. He ran in four meets with the relay, which recorded its best time of 3:12.70 at the Big 12 Outdoor Championships.

2010: *Indoor:* MacIntosh concentrated on the 400-meter run during his first season as a Buff. He ran his best time, and the fastest by a Buff in 2010, at the Air Force All-Comers Meet (1/15). MacIntosh finished in 49.46 and placed third. At the conference meet he took 21st in the prelims. MacIntosh ran on the 4x400-meter relay team at the conference championship. The relay placed 10th overall but they finished with the 10th fastest time in CU history at 3:15.23.

Outdoor: MacIntosh focused on the 400-meter hurdles. He earned his best time of the season at the CU Invite (4/10). MacIntosh finished in 53.38 for second place. At the Big 12 meet, he was 18th in the prelims (54.52). MacIntosh was also a key part of the 4x100 and 4x400-meter relay teams. At the NCAA Preliminaries in Austin, the relay ran the eighth fastest time in CU history at 39.91. It was the fastest time run by a CU relay since 2008. The relay placed 12th overall and automatically qualified for semifinals at nationals. At NCAAs, the team ran 40.35 but did not advance to the finals. The relay also ran the 14th best time in history at the Fum McGraw Open (40.19). MacIntosh earned his first letter when the relay placed fifth with a mark of 40.46.

HIGH SCHOOL: MacIntosh owns the LHS record in the 300-meter hurdles at 37.58. In 2009 the Lions won the state 5A team championship and he won the 300-hurdle championship. MacIntosh earned gold in the 400, 60

hurdles and 4x400 relay at the Simplot Games. During the 2009 indoor season, he recorded three top-10 U.S. marks in the 60 hurdles, the 200 and 400. MacIntosh was an all-state honoree as a junior and senior.

HIGH SCHOOL BESTS: 200-meters: 21.74; 400-meters: 48.06; 60-meter hurdles: 7.90; 300-hurdles: 37.58.

IN THE CLASSROOM: MacIntosh is majoring in management. He was a member of the all-state academic team and honor roll at LHS.

PERSONAL: Kyle William MacIntosh was born on July 10, 1991, in Denver, Colo. He is the son of Bill and Nancy MacIntosh and has one sister, Kendra. His father played baseball at CSU. MacIntosh lists his hobbies as playing Xbox, especially Call of Duty, and hanging out with his friends.

MARTIN MEDINA



Distance
Senior/Junior, VR/VR
Grand Junction, Colo.
(Grand Junction)

PERSONAL BESTS
INDOOR
Mile: 4:34.84 (2010)
3,000-Meters: 9:05.86 (2009)
5,000-Meters: 14:38.53 (2009)
OUTDOOR
1,500-Meters: 4:01.1 (2011)
5,000-Meters: 14:22.33 (2011)
10,000-Meters: 30:05.75 (2011)

2011: Indoor: Medina competed in one race during the indoor season, running the 5k at the Husker Invite (2/5). Medina earned a third-place finish.

Outdoor: Medina had a good outdoor portion of his season, running in the 1,500, 5k and 10k. He ran a personal record in the 1,500 at the CU Invite, clocking a time of 4:01. Medina just missed scoring for the Buffs at the Big 12 Championships, finishing ninth in the 5k and 10k. He ran PR's in both events; finishing the 5k in 14:22.33 and the 10k in 30:05.75.

2010: Indoor: Medina placed fifth in the mile at the Potts Indoor Invite (1/23). He finished with a time of 4:34.84.

Outdoor: Did not compete.

2009: Indoor: Medina ran in a pair of races during the indoor season. He ran a time of 9:05.86 in the 3k at altitude at the Air Force All-Comers meet (1/16) and took second overall. Medina moved up to the 5k at the Husky Classic (2/14) and placed sixth in his section with a time of 14:38.53.

Outdoor: Medina only raced one 1,500 during the outdoor season; clocking a time of 4:06.26 at the Potts Invite (3/21) to take seventh place.

CROSS COUNTRY: (2011) Medina had a breakout season for CU as a junior. He was fourth overall and the fourth Buff to finish the Rocky Mountain Shootout to start the season. At pre-nationals he took 58th and then moved up to 22nd at the inaugural Pac-12 Championships, helping CU to the team title. Medina earned his first all-region honor after placing 13th and ended the year with a 173rd

finish at nationals. (2010) Medina ran in two races for the Buffs. He placed 28th at the Rocky Mountain Shootout and finished 56th overall at the Big 12 Championship, both times as CU's No. 9 runner. (2009) Medina competed at the 2009 USA Cross Country Junior Championship and placed 27th overall. He started his collegiate season that fall with a 12th-place finish at the Rocky Mountain Shootout (CU's No. 8 runner). He ran in the open race at pre-nats to earn another 12th-place finish. Medina's final race of the season was the Big 12 Championship where he placed 54th. (2008) Medina finished the course in 25:49. (2008) Did not compete.

HIGH SCHOOL: Medina earned a third-place finish at the 5A Colorado State High School Cross Country meet in 2007. In the race, he recorded a personal best of 16:06. Medina helped Grand Junction High School claim second place at the state meet in 2006. That year he placed 12th overall. On the track he was 12th in the 1,600-meter run in 2007 and '08. Medina was 10th in the 3,200m in 2007 and 15th in '08. His personal records are 4:26 in the 1,600 and 9:30 in the 3,200.

HIGH SCHOOL BESTS: 1,600-meters: 4:26; 3,200-meters: 9:30; 5,000-meters: 16:06.

IN THE CLASSROOM: Medina is majoring in psychology.
PERSONAL: Martin Medina was born on April 27, 1990 in Torrance, Calif. to Martin and Rose Medina of Grand Junction, Colo. He is the second oldest of four. His older brother Richard is a member of the Colorado cross country and track & field team. His younger siblings are Stephanie and Charlie.

RICHARD MEDINA



Distance
Senior, 2L/3L
Grand Junction, Colo.
(Grand Junction)

PERSONAL BESTS
INDOOR
3,000-Meters: 8:23.74 (2011)
5,000-Meters: 13:57.20 (2011)
OUTDOOR
1,500-Meters: 3:48.50
5,000-Meters: 13:44.34 (2011)
10,000-Meters: 29:14.91 (2011)
BIG 12 SCORING
2008 (I) 5,000-Meters, 4th (14:18.64)
2008 (O) 5,000-Meters, 4th (14:40.92)
2008 (O) 10,000-Meters, 5th (30:44.46)
2010 (O) 5,000-Meters, 2nd (14:07.23)
2010 (O) 10,000-Meters, 5th (29:28.18)
2011 (I) 5,000-Meters, 6th (14:03.32)
2011 (O) 10,000-Meters, 4th (29:16.42)
HONORS
Seven-time All-Big 12 Performer
2010 All-American (Outdoor 5k)
Academic All-Big 12 (2010, 11)

CAREER UPDATE: Richard Medina ranks 13th on the indoor 5,000-meter top performers CU record book, 13th in the outdoor 5k and 12th in the 10k. He has earned seven all-conference honors (two indoor, five outdoor) and quali-

fied for the NCAA Outdoor Championships twice in the 5k, earning his first All-America honor in 2010 when he finished ninth.

2011: Indoor: Medina recorded the third fastest 5k time for a Buff during the season when he finished the Husky Classic (2/11) in 13:57.20. It was also the 22nd fastest time in school history. At the Big 12 Championships Medina scored for CU in the 5k, placing sixth overall in 14:03.32. He also competed in the 3k but did not score as he crossed the finish 15th overall (8:23.74).

Outdoor: Medina focused on the longer distances again, competing in the 5k and 10k. He started the season at the Stanford Invite, running a personal best 29:14.91. Medina placed third in the second section and the time was the 12th best on the CU performers list. He recorded a personal record of 13:44.34 in the 5k two weeks later at the Mt SAC Relays (4/15), placing sixth in the Olympic Developmental section. The time made his the 13th fastest performer in school history. Medina scored once again for the Buffs at the conference championships, this time placing fourth in the 10k (29:16.42). He advanced to the NCAA West Preliminary Championships in the 5k but didn't advance to nationals after placing 31st overall (14:13.13).

2010: Indoor: Medina ran in one race during his redshirt sophomore indoor season. He raced to a personal record of 14:04.24 at the Husky Classic (2/13) and placed 20th overall. It was the fastest time by a Buff for the 2010 season.

Outdoor: Medina got back into the swing of things during the outdoor season. He ran the fastest 2010 times for a Buff in the 1,500 (3:48.50) at the Payton Jordan Cardinal Invite and the 5k (13:48.26) at the Mt. SAC Relays. At the Big 12 Championship, Medina once again raced the 5 and 10k's, just two days apart. He placed fifth in the 10k with a time of 29:28.18 to become the 15th best CU performer in the event. Medina dug deep during the 5k, looking to win it all, but was passed in the final 200 meters to finish second overall. He clocked a time of 14:07.23 to record his fifth all-conference track honor. Medina advanced to the NCAA West Preliminaries in the 5k and advanced to the finals by finishing seventh (14:02.30). At nationals he fought hard but just missed scoring for the Buffs as he was the ninth person to cross the finish (13:55.66), but Medina was named a USTFCCA All-American in the process.

2009: Redshirt. Did not compete indoor or outdoor seasons.

2008: Indoor: Medina concentrated on the 5,000-meter run during the indoor and outdoor seasons. He placed first at the Air Force Invite with a debut of 15:23.50 at altitude. Four weeks later he earned his first all-conference honor by taking fourth in the 5k (was also 20th in the 3k). Medina earned his PR of 14:04.65 just one week later at the Seattle Last Chance Meet but did not advance to nationals. His mark put him at 11th in the top 5k indoor performers at CU.

Outdoor: Medina continued to excel during the outdoor season. He took second at the prestigious Mt. Sac Relays in April and recorded a PR of 13:51.58. At the conference meet, he took fourth in the 5k (14:40.92) just two days after placing fifth in the 10k (30:44.46). Medina's Mt Sac time qualified him for nationals and he placed 24th in the prelims.

CROSS COUNTRY: (2011) Medina returned to the line-up after missing a season and had the best season of his

career. He started off by winning the Rocky Mountain Shootout and then placed fourth at pre-nationals. Medina led CU at Pac-12s with a third-place finish while the team captured the team title. He was sixth overall at regionals and earned All-American status by placing eighth at NCAAs while helping the Buffs to a third-place team finish. (2010) Did not compete. (2009) Medina was consistently the second or third Buff to finish the race. He started the season at the Rocky Mountain Shootout with a fourth-place finish. At pre-nats, he took 17th. Medina was named all-conference after finishing 12th at the Big 12 Championship and earned his third all-region title with a sixth-place finish. He finished the season with a 57th-place finish at nationals. (2008) Medina had a few setbacks, but was able to help the Buffs when needed. He came out strong at the Big 12 Championship by placing 15th to earn his first all-conference honor. Two weeks later, he moved up to eighth at regionals to take his second all-region honor. At the NCAA Championship, Medina placed 64th, an improvement of 114 places from the previous season. (2007) Medina quickly earned a spot on the varsity roster by placing seventh overall at his collegiate debut, the Rocky Mountain Shootout. He was the fourth Buff to cross the finish. Medina also scored for the Buffs at pre-nats (81st/fifth score). He would be the sixth racer for CU in the next two meets. He just missed all-conference honors by placing 17th overall at the Big 12 meet, but earned all-region honors by placing 22nd. In his first nationals, Medina was 178th and was CU's seventh man.

HIGH SCHOOL: Medina did not start competing in athletics until his sophomore season. He is a four-time 5A state champion on the track and in cross country. Medina won his first title during his junior year in the 3,200-meter run. He finished in 9 minutes and 13 seconds setting a GJHS record, which he lists as the biggest moment in his high school career. As a senior, he won the 5A state cross country title, finishing the 5k course in 15:19 and another school record. At the state track championships, he won the 1,600 in a GJHS record of 4:16 and the 3,200 in 9:15. Medina was also successful at the Foot Locker Championships. In 2005, he placed 28th in the Midwest region. He improved to eighth-place in 2006, qualifying for the national competition where he would finish 18th overall.

HIGH SCHOOL BESTS: 1,600-meters: 4:16; 3,200-meters: 9:13; 5,000-meters: 15:18.

ACADEMICS: Medina is majoring in Spanish. He was a member of the Big 12 Commissioner's Honor Roll. Medina was a member of the 2010 and 11 Academic All-Big 12 Second Team.

PERSONAL: Richard Medina was born on June 15 in Torrance, Calif. to Martin and Rose Medina of Grand Junction, Colo. He is the oldest of four. Martin is just 10 months younger and is a member of the CU cross country and track & field teams. Stephanie and Charlie are the youngest. Medina is bilingual (Spanish). He had never participated in sports until he began running for the cross country team his sophomore year. Medina lists his hobbies as mountain/road biking, camping, reading and hanging out with family and friends.

JOE MORRIS



Sprints
Junior, VR/VR
Golden, Colo.
(Golden/ Tennessee)

PERSONAL BESTS

INDOOR

60-Meters: 6.63 (2011, school record)

200-Meters: 21.29 (2011)

OUTDOOR

100-Meters: 10.32 (2011)

200-Meters: 20.90 (2011)

HONORS

2011 60-Meter Dash Honorable Mention All-American
 CU Athlete of the Week (1/26/11, 2/1/11, 4/26/11)

CAREER UPDATE: Morris stormed on to the scene at CU, breaking the 60-meter dash record in his first meet for the black and gold with a time of 6.63. He has the top two 60-meter times in school history as he clocked a time of 6.66 at the 2011 NCAA Indoor Championship. He is also the third fastest performer in school history in the indoor 200 (21.29). He is also in the top-10 on the performers list for the outdoor 100 and 200. Morris is fifth in the 100 (10.32) and is 10th in the 200 (20.90).

2011: Indoor: Morris started his career at CU by breaking a 12-year-old school record in the 60-meter dash. Morris broke the tape in 6.63 seconds at the Potts Invite (1/22), surpassing the 6.67 time set by Jonathan Prather in 1999, and won the meet. He won the Don Barrett Duals (1/29) with a time of 6.70 and then turned around and won the 200 with a time of 21.53. Morris ran his fastest non-elevation time of 6.66 at the NCAA Championships and placed ninth in the prelims to earn honorable All-American status. He is also third on the indoor 200 performers list. Morris ran 21.29 at the Husker Invite (2/5) and placed second overall after finishing third in the prelims with a time of 21.55. Morris fell short at the Big 12 Championships when he was 11th in the prelims of the 60 and was 14th in the prelims of the 200. He also ran the third leg of the mile and 4x400-meter relays during the season.

Outdoor: Morris had a good outdoor season for the Buffs, adding his name to the outdoor record books as well. He became the fifth fastest CU male in the 100 after he finished the LSU Alumni Gold 'B' section in 10.32. Morris won the Potts Invite (3/19) to start the season in 10.53. He also ranks 10th on the CU performers list in the 200. Morris finished the Potts Invite in 20.90, second overall but the top collegiate finisher. At the conference championship he did not advance to the finals. Morris placed 15th in the 100 prelims (10.72) and was 11th in the 200 prelims (21.10). He did advance to the NCAA West Preliminary Championships and was eighth in the prelims of the 100 (10.39) and 12th in the prelims of the 200 (21.28). In the final round of preliminaries he was 19th in the 100 (10.68) and 15th in the 200 (21.37). Morris also competed in the 4x400-meter relay for the Buffs during the season.

2010: Redshirt. Did not compete.

2009 (at Tennessee): Morris had a successful season for the Tennessee Volunteers and ranks 10th in school history in the 60-meter dash with a time of 6.71 seconds, which

he ran during the prelims of the SEC Indoor Championship. Morris just missed scoring for UT at the meet by taking ninth in the 60 finals (6.83). He was also 19th in the 200 (21.52). During the outdoor season, he qualified for the regional meet in the 100, 200 and the 4x100-meter relay. Morris placed 15th in the 100 (10.62) and 19th in the 200 (21.32). The 4x100 relay team recorded a season-best time of 38.90 and placed seventh.

HIGH SCHOOL: Morris won a pair of national championships in the 60-meter dash during his senior year, one at Nike Nationals and the other at the Simplot Games. In high school, Morris ran the fifth-best time nationally in the 60 for high school runners at 6.65. He was the Colorado State 4A 100-meter dash champion and was a member of the 4x100 and 4x200-meter relay teams that placed at the state championship. The former Demon owns school records in the 100, 200 and long jump at GHS.

HIGH SCHOOL BESTS: 55-meters: 6.29; 60-meters: 6.65; 100-meters: 10.41; 200-meters: 21.30.

IN THE CLASSROOM: Morris is majoring in sociology.

PERSONAL: Joseph Benjamin Morris was born on October 4, 1989 in Denver, Colo. He is the son of Ben and Joyce Morris. Morris has a twin sister, Andi, who runs track at CSU-Pueblo, and twin younger brothers, Xander and Silas. Morris lists his hobbies as writing and running. He started running during his junior year.

AMMAR MOUSSA



Distance
Freshman, HS
Arcadia, Calif.
(Arcadia)

PERSONAL BESTS

800-meters: 1:53.21

1,600-meters: 4:10.27

3,200-meters: 8:49.59

5,000-meters: 14:05.79

CROSS COUNTRY: Moussa had a breakout freshman year, earning a spot on the Buff's varsity roster. He raced unattached at the Rocky Mountain Shootout, but finished sixth overall. Moussa's first meet in a black and gold jersey was pre-nationals and he placed 19th overall and was CU's No. 3 finishers. Moussa helped the Buffs win the inaugural Pac-12 team championship by finishing 15th and went on to take 17th at the regional meet. Moussa ended the season with an 88th-place finish at the national championship which helped CU take third overall. He earned all-conference first team honors as well as all-region honors during the season.

HIGH SCHOOL: Moussa is a two-time California State cross country champion, winning the title as a junior and senior. Both years he was named the Gatorade Cross Country Player of the Year. Moussa was sixth at the 2011 USA Junior Cross Country Championship and went on to place 32nd at the IAAF World Championships. He placed fourth at the Nike Cross Nationals in 2009 and 2010 while helping his team to the title in 2010. On the track he owns school records in every event from 800-meters to 5,000-

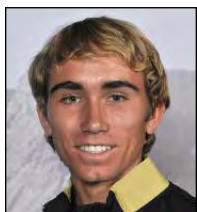
meters. Moussa capped off his senior year by winning the two-mile run at the New Balance Outdoor Championship, running a personal-record of 8:51.80. He also won the 3k title at the meet in 8:16.03. Moussa was also recruited by Oregon, UNC, Cal, Arizona State, Wisconsin and Oklahoma State.

HIGH SCHOOL BESTS: 800-meters: 1:53.21; 1,600-meters: 4:10.27; 3,200-meters: 8:49.59; 5,000-meters: 14:05.79.

IN THE CLASSROOM: Moussa is majoring in integrative physiology and is also interested in business.

PERSONAL: Ammar Moussa was born on December 1, 1993 in Encino, Calif. He is the son of Ameer Moussa and Malika Bouchama of Arcadia, Calif. He has one younger brother, Mahmoud. Moussa also enjoys soccer and basketball. He is fluent in Arabic and English and also knows some Spanish.

PIERCE MURPHY



Distance
Freshman, HS
Hanalei, Hawai'i
(Island)

PERSONAL BESTS

800-meters: 2:00.67
1,600-meters: 4:29.53
3,200-meters: 9:14.09
5,000-meters: 16:26.00

HIGH SCHOOL: Murphy was a standout at Island School in Lihue, Hawai'i. He set a pair of state records en route to winning in the 1,500 and 3,000-meter runs at the Hawaii State Championships in 2011 and was named the Gatorade Hawai'i Track Athlete of the Year. In 2009 he was named the Gatorade Hawai'i Cross Country Athlete of the Year. Murphy owns records for the island of Kauai in the 800, 1,500 and 3,000. He was a KIG all-star for track and cross country his freshman through senior seasons. Murphy was also recruited by Portland and Hawai'i.

HIGH SCHOOL BESTS: 800-meters: 2:00.67; 1,600-meters: 4:29.53; 3,200-meters: 9:14.09; 5,000-meters: 16:26.00.

IN THE CLASSROOM: Murphy is majoring in psychology.

PERSONAL: Pierce Thomas Murphy is the son of Shawn and Doreen Murphy of Hanalei, Hawai'i. He has one younger sister, Jade. He enjoys surfing in his free time.

BRIAN OWENS



Throws
Sophomore, 1L
Elmer, N.J.
(Woodstown)

PERSONAL BESTS

Javelin: 221-00/67.36 (2011)

BIG 12 SCORING

2011 (0) Javelin, 6th (206-00)

HONORS

CU Athletes Choice Award (2010)
CU Athlete of the Week (4/13/11)

CAREER UPDATE: Owens quickly became one of the top javelin throwers in CU history after launching a throw of 221-00 on April 9, 2011 at the CU Invite. The throw was the seventh best in school history and made him the fourth best performer in school history. Owens also had the 11th best throw in school history (206-00) at the Big 12 Championships (5/13),

2011: Owens quickly proved he would be one of CU's top throwers of all-time when he recorded a personal record toss of 221-00 at the CU Invite (4/8). Owens won the meet and became the fourth best performer in the javelin and the throw ranks seventh in CU history. He threw over 200 feet one more time during the season, this time at the Big 12 Championships. Owens placed sixth at the meet with a throw of 206-00, the seventh best in school history.

2010: Redshirt. Did not compete.

HIGH SCHOOL: Owens was a three-sport athlete at Woodstown High School. He earned two letters in track and field, two in baseball and three in football. Owens is the WHS javelin record holder (191-00).

HIGH SCHOOL BESTS: Javelin: 191-00.

IN THE CLASSROOM: Owens is majoring in environmental studies. He was also a member of the honor roll in high school.

PERSONAL: Brian S. Owens Jr. was born on November 7, 1989. He is the son of Brian and Shannon Owens of Elmer, N.J. He has three siblings, Mattie, Montana and Lane. Montana and Lane compete in the USATF program in New Jersey. Owens and his father have identical tattoos that read BRAVEHEART in honor of his brother Mattie, who passed away in 2005. The tattoo symbolizes the way the Owens' family lives their lives. Owens lists his hobbies as fishing, hunting, hiking, kayaking and going to Yellowstone with his family.

JEROME PERKINS



Distance
Junior, VR/VR
Franklin Lakes, N.J.
(Indian Hills)

PERSONAL BESTS

INDOOR

Mile: 4:40.93 (2010)
3,000-Meters: 9:20.95 (2010)

OUTDOOR

1,500-Meters: 4:13.90 (2010)
3,000-Meters: 8:56.46 (2010)
5,000-Meters: 15:34.73 (2010)

HONORS

Academic All-Big 12 (2010)

2011: *Indoor:* Did not compete.

Outdoor: Did not compete.

2010: *Indoor:* Perkins recorded personal bests in the mile and 3,000-meter run. He started the season at the Potts Indoor Invite (1/23) and placed ninth in the mile with a time of 4:40.93. Just one week later he ran a time of 9:20.95 in the 3k at the Don Barrett Duals (1/30) and took sixth.

Outdoor: Perkins raced in three meets during the outdoor campaign, running three more PR's. He ran a time of 4:13.90 in the 1,500 at the Tom Benich Classic (4/3). A week later he ran 8:56.46 in the 3k at the CU Invite. Perkins finished his season at the Jack Christiansen Invite, winning the 5k in 15:34.73.

2009: *Indoor:* Perkins ran in three meets during the indoor season. He placed sixth at Air Force (2/13) with a time of 4:53.16. Perkins ran a season-best 3k time at the Air Force Duals (1/31) when he finished in 9:50.61.

Outdoor: Perkins ran one 3k during the outdoor season. He finished eighth at the Potts Invite (3/21) with a time of 9:27.03.

CROSS COUNTRY: (2011) Perkins placed 85th overall at the Santa Clara Bronco Invitational. (2010) Perkins ran in two races for CU. He was 27th at the Rocky Mountain Shootout and placed 52nd in the open section of the NCAA Pre-National meet.

HIGH SCHOOL: Perkins earned letters all four years on the cross country and track and field team at IHHS and was first team all-county and all-league on the cross country team his junior and senior years. He was also an all-state second team selection in his final season in cross country. He was named all-league in the spring of '07 and the winter of '08 in the 3,200.

HIGH SCHOOL BESTS: 1,600-meters: 4:35; 3,200-meters: 9:41.

IN THE CLASSROOM: Perkins is majoring in applied math. He has a GPA of 3.805 and was a member of the Big 12 Commissioner's Honor Roll. Perkins was named to the Academic All-Big 12 First Team in 2010. He was a member of the National Honor Society in high school.

PERSONAL: Jerome Philippe Perkins was born on November 5, 1990 in Binghamton, N.Y. His parents are Jeffrey and Isabelle Perkins, and he has two brothers, Cedric and Adrian.

BLAKE REIMER



Sprints
Sophomore, VR
Fort Collins, Colo.
(Fort Collins)

PERSONAL BESTS

INDOOR

400 Meters: 49.02 (2011)

600 Yards: 1:14.31 (2011)

OUTDOOR

200 Meters: 21.74 (2011)

400 Meters: 47.83 (2011)

2011: *Indoor:* Reimer ran the top two times by a Buff in the 400 during the indoor season. His season-best was 49.02, which he ran in the prelims of the Big 12 Championships. Reimer placed 12th in the prelims. The second fastest time was 49.23 at the Don Barrett Duals (1/29). He placed sixth in that meet. Reimer also competed in the 4x400-meter and mile relay.

Outdoor: Reimer once again led the Buffs in the 400, this time recording the top four times for the Buffs. He raced to a personal-record time of 47.83 at the LSU Alumni Gold. Reimer placed fourth overall in the 'B' section. In the prelims of the Big 12 Championships he raced to his second best time of 48.24 and was 17th in prelims. Reimer also competed in the 200. He PR'd at the CSU-Pueblo meet (4/16) with a time of 21.74 and placed sixth. At the conference meet he was 17th in prelims, crossing the finish in 21.84. Reimer was a member of the 4x400-meter relay as well.

HIGH SCHOOL: Reimer was a member of the FCHS track and field team and focused mainly on the 400-meter dash. He was all-conference and the team's MVP his junior year.
HIGH SCHOOL BESTS: 200 Meters: 22.44; 400 Meters: 48.46.

IN THE CLASSROOM: Reimer is a physics major and was a member of the Big 12 Commissioner's Honor Roll.

PERSONAL: Blake Main Reimer is the son of Nathan Reimer, who played football at Colorado State, and Christine Reimer of Fort Collins. He has one sister, Audrey. Reimer lists his hobbies as cycling, swimming and golfing. He has also volunteered with Habitat for Humanity.

BRADY RUTT



Throws
Freshman, HS
Hastings, Neb.
(Hastings)

PERSONAL BESTS

Discus: 187-2

Shot put: 56-6

HIGH SCHOOL: Rutt earned letters all four years as a member of the track and field team at HHS. He recorded the school record in the discus with a throw of 187-02 and also has the middle school discus record at 167-1.50. Rutt

owns the USATF intermediate boys division state record which is 167-06.0. He won back-to-back state titles in the discus as a junior and senior. Rutt also competed on the Tigers' football team and earned all-conference, all-district honors. Rutt was also an all-state honorable mention selection. He was recruited by Wichita State, Utah State and Nebraska.

HIGH SCHOOL BESTS: Discus: 187-2; Shot Put: 56-06.

IN THE CLASSROOM: Rutt is majoring in psychology. He owns a GPA greater than 3.00 after his first semester.

PERSONAL: Brady Shawn Rutt was born on July 17, 1993 in Hastings, Neb. He is the son of Curtis and Shari Rutt. Rutt enjoys hunting, fishing and frisbee golf and hopes to compete in the Olympics after college.

ADAM SALZMANN



Combined Events
Senior, 1L/2L
Wheat Ridge, Colo.
(Wheat Ridge)

PERSONAL BESTS

INDOOR

Heptathlon: 5,282 (2011)

60-Meters: 7.17 (2011)

Long Jump: 21-11.75/6.70m (2010)

Shot Put: 38-01.25/11.49m (2011)

High Jump: 6-04.25/1.94m (2011)

60-Meter Hurdles: 8.43 (2011)

Pole Vault: 15-3.50/4.66m (2011)

1,000-Meters: 2:36.03 (2010)

400-Meters: 49.86 (2011)

OUTDOOR

Decathlon: 6,899 (2011)

100-Meters: 10.98 (2011)

Long Jump: 21-05.75/6.53m (2011)

Shot Put: 37-10.75/11.55m (2011)

High Jump: 6-02.75/1.90m (2011)

400-Meters: 48.80 (2008)

110-Meter Hurdles: 15.18 (2010)

Discus: 116-09/35.59m (2010)

Pole Vault: 15-05/4.70m (2010)

Javelin: 155-06/47.41m (2011)

1,500-Meters: 4:22.82 (2011)

400-Meter Hurdles: 52.94 (2010)

BIG 12 SCORING

2010 (O) Decathlon, 4th (6,879)

2011 (I) Heptathlon, 8th (5,282)

2011 (O) Decathlon, 7th (6,899)

HONORS

2010 All-Big 12

CU Athlete of the Week (4/8/10)

CAREER UPDATE: Salzmann has put his name all over the CU Combined Events indoor and outdoor record book. He owns the second fastest time in the 1,000-meter run, third in the 60 and the 60-hurdles, fourth in the pole vault, sixth in the long jump, eighth in the high jump and is ninth in the shot put. He also ranks third in the heptathlon. In the decathlon, he ranks second in the 1,500, third in the pole vault, fourth in the 400, eighth in the 100 and 10th in the 110 hurdles. Overall his PR ranks 10th and is the most for a Buff since 1997.

2011: *Indoor:* Salzmann's final indoor season started off

with a bang as he recorded 5,103 points and a first place finish at the Potts Invite. At the meet he recorded a personal best mark of 38-01.25 in the shot put. Salzmann was fourth at the New Mexico Classic with 5,250 points and had his best outing with 5,282 points at the Big 12 Championships, placing eighth for his first indoor all-conference award. Those three marks rank third, fourth and fifth all-time in CU history. Salzmann ran the second fastest time in CU combined events history when he finished the 60 in 7.17 seconds on Feb. 26 at the conference meet. He also recorded a PR of 6-04.25 in the high jump (which ranks eighth) and ran 8.43 in the 60-hurdles (ranks third). Salzmann's personal best in the pole vault (15-03.50) came at the Colorado School of Mines Twilight. He placed fourth overall.

Outdoor: Salzmann competed in two decathlons, but saved the best for last at the Big 12 Championships. Salzmann totaled 6,899 points to place seventh, earning his second outdoor all-conference honor. The total ranks 10th in CU history and is the best total by a Buff since 1997. Salzmann recorded personal combined events records in the 100 (11.15), shot put (37-10.75), 400 (48.93) and the 1,500 (4:22.82). His 1,500 time was the second best in school history. He just missed the record by 0.12 seconds, which was set by Mike Hill on June 5, 1974. His 400 (48.93) time is the fourth best in school history and his 100 (11.15) time is the eighth best all-time.

2010: *Indoor:* Salzmann's indoor season was cut short due to injury, but he did compete at the New Mexico Classic and the Big 12 Championship. Salzmann recorded a season-high 4,887 points at the New Mexico Classic to place seventh. He notched personal bests in three events, the 60 (7.26), long jump (21-11.75) and the pole vault (14-09). His time in the 60 is the third best all-time at CU while the pole vault mark was fifth overall. At the conference meet, he placed 12th with 4,517 points, despite not clearing a height in the high jump. Salzmann ran PR's in the 60-hurdles (8.55) and the 1,000 (2:36.03). His time in the 1,000 is the fastest in combined events history, and the 60-hurdles time ranks fourth.

Outdoor: Salzmann started the outdoor season by placing fourth overall with 6,739 points at the Jim Click Invite (4/1-2). He was named the CU Athlete of the Week after running the third fastest time in CU combined events history in the 1,500, he finishing the race in 4:25.92. Salzmann won the Glenn Morris meet with 6,865 points. He recorded PR's in the 100 (11.21) and the high jump (6-02). His break out meet was the Big 12 Championship. There Salzmann battled bad weather to record a fourth-place finish and score points for the Buffs' team score. He picked up a career-high 6,879 points in the meet, the 11th best total ever at CU. Salzmann had a pair of personal bests in the discus (116-09) and the pole vault (15-05). (The pole vault was contested indoors due to safety concerns for the athletes.)

2009: *Indoor:* Salzmann competed in one complete heptathlon during the indoor season and was the second Buff to ever record over 5,000 points (5,001). That performance came at the Big 12 Indoor Championship. Salzmann recorded marks of 7.37 in the 60, 20-05.25 in the long jump, 35-05.75 in the shot put and ended the first day with a jump of 6-02.00 in the high jump. The second day he recorded a time of 8.66 in the 60 hurdles and 13-07.25 in the pole vault. Salzmann ended the day by running the 1,000-meter run in 2:37.85, the then-fastest time by a combined events athlete at CU. At the time, it was also the fastest time in the heptathlon in the Texas A&M facility. The time was bettered in 2010.

Outdoor: Redshirt. Did not compete.

2008: Indoor: Salzmann had a successful first year competing in combined events for the Buffs. During the indoor season, he participated in three heptathlons. In Salzmann's collegiate debut, he recorded 3,948 points at the Potts Invite and took fifth. He improved two weeks later with a score of 4,682 at the Air Force Invite. Salzmann recorded his season-best of 4,755 at the indoor championship where he placed 13th. He recorded four PRs at the Air Force Invite in the 60m (7.37), long jump (21-11.75), shot put (36-01.25) and high jump (5-11.50).

Outdoor: Salzmann competed in a trio of decathlons in the outdoor season. His PR of 6,437 points was captured at the Big 12 meet (11th overall). He took second at the Glenn Morris Combined Events meet (6,179) and was 16th at the USA Jr. Championships (5,125). Salzmann set four PRs at the Big 12 meet in the 100 (11.37), 1,500 (4:35.45), pole vault (12-03.50) and the javelin (143-04).

HIGH SCHOOL: Salzmann lettered in cross country (3), track and field (4) and golf (4) in high school. He set the school record in the 300-meter hurdles (38.7), pentathlon and decathlon (6,159), all which still stand. The 2007 WRHS Track and Field Most Valuable Player of the Year recorded a personal record 6,159 points at the Colorado State Championship where he finished in second. At the Region 10 Championships, he won the crown with 6,072 points, more than 1,720 points better than the second-place finisher. Salzmann was ninth at nationals with 5,879 points where he ran a personal best in the 1,500-meter run, the final event, in 4:40.01 which was the second best time.

HIGH SCHOOL BESTS: Decathlon: 6,154; 300-meter hurdles: 38.7.

ACADEMICS: Salzmann is majoring in integrative physiology and psychology at Colorado. He was a Scholar Athlete at WRHS as a junior and senior.

PERSONAL: Adam Robert Salzmann was born on January 26, 1989 in Wheat Ridge, Colo. He is the son of Allen and Carol Salzmann. He has two sisters, Anna and Brita. Salzmann lists his hobby as back packing.

RYAN SAVERCOOL



Distance
Sophomore, VR/VR
Chester, N.J.
(Mendham)

PERSONAL BESTS

INDOOR

Mile: 4:34.16 (2011)
3,000-Meters: 9:24.72 (2011)
5,000-Meters: 15:37.43 (2011)

OUTDOOR

1,500-Meters: 4:08.91 (2011)
3,000-Meters: 8:59.77 (2011)
5,000-Meters: 15:10.43 (2011)

HONORS

Academic All-Big 12 (2011)

2011: Indoor: Savercool ran three times during the indoor season. He started off by running the 3k at the Potts Invite (1/22), finishing in 9:24.72. The following weekend he ran

the mile run at the Don Barrett Duals (1/29), placing ninth overall with a time of 4:34.16. His final race was the 5k at the Husker Invite (2/5). He finished 11th overall in 15:37.43.

Outdoor: Savercool competed four times during the outdoor season. He ran the 1,500 twice, earning a PR of 4:08.91 at the Jack Christiansen Invite (4/23). Savercool's best finish of the outdoor campaign was in the 3k when he placed ninth overall with a time of 8:59.77.

2010: Did not compete.

CROSS COUNTRY: (2011) Savercool ran in a pair of meets for the Buffs. He finished 38th overall at the Rocky Mountain Shootout and was 87th at the Santa Clara Bronco Invitational. (2010) Savercool raced in the black and gold in one meet, the Fort Hays State Open. He placed 34th overall and was CU's fifth runner.

HIGH SCHOOL: Savercool owns two individual and two relay indoor records at MHS, as well as two outdoor relay records. He owns the indoor 1,600-meter (4:20.5) and 3,200 (9:41.7). The indoor relay records are in the 4x800 and distance medley relay and the outdoor relays are the 4x1,600 and DMR. Savercool ranks second all-time in the outdoor 1,600 and is third all-time in the 3,200. The Minutemen won the 2009 Indoor Iron Hills Conference Championship.

HIGH SCHOOL BESTS: 1,600-meters: 4:19.5; 3,200-meters: 9:34.1.

IN THE CLASSROOM: Savercool is an integrative physiology major. He owns a GPA greater than 3.00 and was a member of the Big 12 Commissioner's Honor Roll.

PERSONAL: Ryan Savercool was born on May 10, 1991 in Denville, N.J. He is the son of Mike and Shawn Savercool of Chester, N.J. Savercool enjoys Karaoke and aspires to be a doctor.

DILLON SHIJE



Distance
Sophomore, VR/VR
Zia Pueblo, N.M.
(Sandia Preparatory)

PERSONAL BESTS

INDOOR

Mile: 4:36.42 (2010)
3,000-Meters: 9:06.64 (2010)

OUTDOOR

3,000-Meters: 8:58.60 (2011)
5,000-Meters: 14:52.47 (2011)

2011: Indoor: Did not compete.

Outdoor: Shije ran twice for the Buffs. He was seventh at the CU Invite (4/9) in the 3k with a time of 8:58.60. Shije also raced the 5k at the Beach Invite (4/16) where he finished fifth with at time of 14:52.47.

2010: Indoor: Shije raced in a pair of meets during the indoor season. He clocked a time of 4:36.42 for a seventh-place finish in the mile at the Potts Indoor Invite (1/23). Shije also ran the 3k at the Don Barrett Duals. There he finished fourth in a time of 9:06.64.

Outdoor: Redshirt. Did not compete.

CROSS COUNTRY: (2011) Shije ran in three meets for the Buffs as a sophomore. He was the seventh Buff to cross the finish at the Rocky Mountain Shootout, finishing 12th

overall. Shije was the second CU harrier to cross the finish at the Santa Clara Bronco Invitational, placing 30th. His final meet was the inaugural Pac-12 Championships. He finished 49th overall as the Buffs won the team title. (2010) Shije competed at the 2010 USA Junior Cross Country Championships and took 20th overall with a time of 25:40. In the fall, he ran in three meets for CU. Shije was 19th overall at the Rocky Mountain Shootout, 185th at pre-nats and 51st at the Big 12 Championship. (2009) Did not compete.

HIGH SCHOOL: Shije became the first Sundevil to place on the podium during the track season for Sandia Preparatory. In 2009 he placed second in the 3,200-meter run, recording a time of 10:01.85. At the same meet, he placed seventh in the 1,600 (4:36.36). He did that after not competing most of the 2009 season due to an injury; returning to the track two weeks prior to the state meet. Shije also competed in basketball as a freshman and sophomore and was awarded the Iron Man Award for his participation in three sports (was also a member of the cross country team). He finished third at the state cross country championship in 2008 and won districts; the best finish for a Sundevil in school history. Shije was named top Native American runner in the nation as a junior and senior and was named most inspirational as a senior.

HIGH SCHOOL BESTS: Mile: 4:36; Two-mile: 10:01.

IN THE CLASSROOM: Shije is majoring in history. He was an all-district all-academic team member in high school.

PERSONAL: Dillon Shije was born on May 22, 1991 in Zia Pueblo, N.M. and is the son of Myron Galvan and Marie Shije. He has one younger brother, Levi. Shije enjoys sports, drawing, hiking, camping, painting and hunting. He has also volunteered as a running facilitator throughout New Mexico and Arizona Indian reservations. Shije is Native American.

JONATHAN STEVENS



Distance
Junior, 1L/VR
Vail, Colo.
(Battle Mountain)

PERSONAL BESTS

INDOOR

Mile: 4:17.21 (2009)
3,000-Meters: 8:27.39 (2010)

OUTDOOR

1,500-Meters: 4:01.0H (2011)
Steeplechase: 9:13.87 (2011)

BIG 12 SCORING

2009 (I) Distance Medley Relay, 8th (9:56.44)

2011: Indoor: Did not compete.

Outdoor: Stevens competed in both the 1,500 and steeplechase. He recorded a personal best in the 1,500 with a time of 4:01 at the CU Invite (4/9). Stevens focused on the steeplechase, running it three times. He PR'd at the Big 12 Championship with a time of 9:13.87 and just missed scoring for CU with a ninth-place finish. It was the fifth fastest time by a Buff that season. Stevens also had the sixth best time by a Buff that season. He recorded a time of 9:23.13 at the Beach Invite (4/16).

2010: *Indoor:* Stevens raced a season-best mark of 4:22.58 at the Husky Classic (2/13). His best time at altitude was 4:29.58, which he ran at the Don Barrett Duals (1/30). Stevens placed fifth overall. He ran a PR of 8:27.39 in the 3k at the Big 12 Championship. He placed 23rd.

Outdoor: Did not compete.

2009: *Indoor:* Stevens mostly competed in the mile during the indoor campaign. He ran a personal record of 4:17.21 at the Husky Classic (2/14) after running a pair of times (4:29.61/Air Force Duals; 4:32.54/Potts Indoor Invite) at altitude. Stevens competed in the 3,000-meter run at the Big 12 Championship, finishing in 8:37.50.

Outdoor: Stevens only ran in two meets during the outdoor season, and due to injury was awarded a medical redshirt. Stevens earned a mark of 4:04.07 in the 1,500 at the CU Invite (4/11) and a time of 9:55.61 in the steeplechase at the Potts Invite (3/21).

CROSS COUNTRY: (2011) Stevens earned a spot on the varsity roster, racing in four meets for CU. He started the season with a fifth-place finish at the Rocky Mountain Shootout. Two weeks later at pre-nationals Stevens finished 68th overall. Stevens raced in the first Pac-12 Championships and placed 36th while the men's team won the title. His final race of the season was regionals where he took 54th overall. (2010) Stevens raced in two meets for the Buffs. He was 38th at the Rocky Mountain Shootout and placed 74th in the open section of the NCAA Pre-National meet.

HIGH SCHOOL: Stevens earned eight letters at Battle Mountain on the cross country and track teams. The Huskies won the conference championship in 2006 and 07; they were also the regional champions from 2005-07. BMHS men's track team won the regional title in 2008. Stevens set the school record in the 5k for cross country at 15:58, which still stands as well as the 4x800-meter relay (7:52). He helped lead the Huskies to a 4A state championship in 2007. Stevens recorded a fourth place finish. He also finished 11th in the 2007 Nike Team Nationals Southwest Cross Country Meet. Stevens was the cross country team captain and all-state selection his sophomore through senior seasons. He was also a standout on the varsity hockey team, earning four letters and was named the Denver Post Hockey Player of the Year. He was all-state his junior and senior seasons and was the team captain his senior year.

HIGH SCHOOL BESTS: 800-meters: 1:56.8; Mile: 4:26; Two mile: 9:18.

ACADEMICS: Stevens is majoring in English and marketing. He was named an AP Scholar his senior year and was a member of the honor roll all four years.

PERSONAL: Jonathan Stevens was born on November 24, 1989. His parents are Jerry and Nancy Stevens of Vail, Colo. Stevens has a twin sister, McKenzie, who will play varsity hockey at Middlebury College. McKenzie also played varsity hockey with Stevens in high school. He has a younger sister, Maddie. His hobbies are running, reading, going to concerts and camping.

EDDIE TAYLOR



Combined Events Senior, VR/1L Detroit Lakes, Minn. (Detroit Lakes)

PERSONAL BESTS

INDOOR

Heptathlon: 4,766 (2010)
60-Meters: 7.32 (2011)
Long Jump: 20-06.25/6.25m (2010)
Shot Put: 40-2/12.24m (2011)
High Jump: 6-01.5/1.87m (2011)
60-Meter Hurdles: 8.93 (2011)
Pole Vault: 14-01.25/4.30m (2011)
1,000-Meters: 2:40.24 (2010)
400-Meters: 5:11.11 (2010)
800-Meters: 2:05.80 (2009)

OUTDOOR

Decathlon: 6,392 (2011)
100-Meters: 11.21 (2011)
Long Jump: 20-03/6.17m (2010)
Shot Put: 39-05/12.01m (2011)
High Jump: 6-01.25/1.86m (2011)
400-Meters: 50.67 (2011)
110-Meter Hurdles: 16.24 (2011)
Discus: 126-00/38.42m (2011)
Pole Vault: 14-04.5/4.38m (2011)
Javelin: 122-10/37.44m (2010)
1,500-Meters: 4:30.47 (2010)
400-Meter Hurdles: 57.00 (2010)

BIG 12 SCORING

2010 (0) Decathlon, 7th (6,212)

HONORS

2010 All-Big 12

CAREER UPDATE: Taylor keeps making his mark on the CU combined events record book. During the indoor season, he recorded the second-best throw in the shot put (40-02) and ran the fifth fastest time in the 1,000 (2:40.24). Taylor also owns the 10th best mark in the pole vault (14-01.25). In the outdoor record book, Taylor owns the seventh best shot put throw (39-05) and discus throw (126-00) and the eighth best pole vault (14-04.50).

2011: *Indoor:* Taylor competed in three heptathlons. He placed fifth at the Potts Invite (4,673), was 11th at the New Mexico Invite (4,648) and 15th at the Big 12 Championships with 4,764 points. Taylor recorded a pair of personal bests at the Big 12 meet. He finished the 60-hurdles in 8.93 and cleared a height of 14-01.25 in the pole vault. Taylor excelled in the shot put as his two best throws of the year rank second and third on CU's all-time list. His PR of 40-02 placed first at the Potts Invite while his throw of 39-09.75 at the conference meet was 12th overall.

Outdoor: Taylor participated in three decathlons. He earned a PR of 6,327 points at the Big 12 Championships, picking up a 10th-place finish in the process. At the meet he recorded the seventh best toss in the discus at 126-00. His throw in the shot put, 38-09.75, was the 10th best in CU history. Taylor finished second at the Glenn Morris meet with 6,327 points and placed 12th at the Jim Click with 6,258 points. At Glenn Morris he had the seventh farthest shot put throw (39-05) and the eighth best pole

vault clearance (14-04.50).

2010: *Indoor:* Taylor had a great sophomore campaign in the heptathlon. He started the season off with a third-place finish at the Potts Indoor Invite (4,683). At the meet, Taylor recorded four personal records. He ran 7.34 in the 60 and 9.32 in the 60-hurdles, jumped 6-00.50 in the high jump and cleared 13-09.25 in the pole vault. His pole vault PR ranks eighth on the all-time CU combined events chart. Taylor better his PR in the heptathlon at the Big 12 meet when he scored 4,766 points to take 10th overall. He threw the shot put 38-08.75 for the third best throw all-time at CU for a heptathlete. Taylor also ran a time of 2:40.24 in the 1,000, the fourth best at CU.

Outdoor: Taylor showed even more improvement in the decathlon. He was 10th at the Jim Click meet (4/1-2) and notched personal bests in the long jump (20-03) and discus (110-08). Taylor placed second at the Glenn Morris meet (4/22-23). There he earned PR's in the high jump (6-00.75) and the pole vault (13-11.25). Taylor's top performance came at the Big 12 Championship. He scored 6,212 points to take seventh overall and earned his first letter. He notched career-highs in the shot put (38-07.50), javelin (122-10) and the 1,500 (4:30.47). His shot put throw was the ninth best all-time at CU and his 1,500 time is the 10th best ever.

2009: *Indoor:* Taylor competed in two heptathlons. At the Air Force Duals, he ran the fifth-best times in combined events history in the 60-meter dash and the 1,000, 7.35 and 2:47.13, respectively. At the meet, Taylor recorded PRs in total points, long jump, shot put, high jump, pole vault, 60 and 1,000-meters.

Outdoor: Taylor competed in two decathlons. His best finish was at the Cal State Northridge Spring Break Open when he recorded 5,768 points and finished fifth. At that meet, Taylor recorded personal bests in the high jump, discus and pole vault. At the time he ran the 11th and 13th fastest times in combined events history in the 1,500 and both earned him first-place finishes (4:38.18 and 4:38.53, respectively).

HIGH SCHOOL: Taylor earned four letters as a member of the Lakers' track and field team. He competed in the pole vault as well as 400 and 800-meter runs. Taylor was a member of the basketball and soccer teams as well.

ACADEMICS: Taylor is majoring in mathematics. He was a member of the Big 12 Commissioner's Honor Roll and was an AP Scholar in high school.

PERSONAL: Kenneth Eddie Taylor was born on May 8, 1990. His mother is Linda Jackson of Detroit Lakes, Minn. He has one younger sister, Rose. He enjoys skateboarding, snowboarding, wakeboarding and snowmobiling.

BLAKE THEROUX



Middle Distance
Freshman, VR/VR
Chesapeake, Va.
(Western Branch)

PERSONAL BESTS

INDOOR
 3,000 Meters: 8:57.21 (2011)

2011: *Indoor:* Theroux won the 3,000-meter run at the Potts Invite (1/22) with a time of 8:57.21.

Outdoor: Redshirt. Did not compete.

CROSS COUNTRY: (2011) Theroux earned a spot on the varsity team as a redshirt freshman and competed in five meets. He started the season with a 10th-place finish at the Rocky Mountain Shootout and followed up that performance with a 36th-place finish at pre-nationals. Theroux finished 28th at the inaugural Pac-12 Championship, helping the Buffs to the team title. He just missed all-region honors at the region championships with a 26th-place finish. Theroux finished the season strong, placing 183rd at the NCAA Championships. (2010) Redshirt. Did not compete.

HIGH SCHOOL: Theroux earned All-American honors as a member of the 2010 Nike Indoor Nationals sprint relay team championship team. His indoor track team won the 2007, 08 and 10 AAA state titles and his outdoor team won the 2008 and 09 state titles. Theroux owns WBHS records in the 5k (15:09), 3,200 (9:13), 1,600 (4:14), 4x800 relay (7:49), distance medley relay (10:09) and the sprint medley relay (3:30). He was all-state in cross country and track & field his sophomore through senior years.

HIGH SCHOOL BESTS: 800-meters: 1:55; 1,000-meters: 2:30; 1,600-meters: 4:14; 3,200-meters: 9:13; 5,000-meters: 15:09.

IN THE CLASSROOM: Theroux is majoring in history. He owns a GPA greater than 3.00.

PERSONAL: Blake Andrew Theroux was born on March 16, 1992 in Orlando, Fla. He is the son of Paul and Tina Theroux. He has two brothers, Brett and Joel, and one sister, Lindly.

CHRISTIAN THOMPSON



Distance
Senior, 2L
Candor, N.Y. (Candor)

PERSONAL BESTS

INDOOR
 Mile: 4:10.99 (2008)
 3,000-Meters: 8:09.29 (2011)
 5,000-Meters: 14:08.05 (2011)
OUTDOOR
 1,500-Meters: 3:58.46 (2009)
 Steeplechase: 8:49.38 (2009)

BIG 12 SCORING

2009 (O) Steeplechase, 5th (9:07.68)
 2010 (O) Steeplechase, 7th (9:08.18)

NCAA MIDWEST REGION CHAMPIONSHIP SCORING

2009 (O) Steeplechase, 9th (9:07.31)

HONORS

Two-time All-Big 12 Performer
 Academic All-Big 12 (2009, 10)

2011: *Indoor:* Thompson competed in the mile, 3k and 5k for the Buffs during his final indoor season and picked up personal bests in the 3k and 5k runs in the process. Thompson raced to a time of 8:09.29 in the 3k at the UW Invite (1/29), placing eighth in the process. Two weeks later at the Husky Classic (2/12) he recorded a time of 14:08.05 in the 5k. Thompson raced both events at the final Big 12 Championship. He was 10th in the 5k (14:15.06) and 13th in the 3k (8:21.24).

Outdoor: Redshirt. Did not compete.

2010: *Indoor:* Thompson recorded a pair of personal records in the 3k and 5k, both in Seattle, Wash. Thompson finished the 3k at the UW Invite (1/30) in 8:11.80 and was 20th overall. Two weeks later, at the Husky Classic, he ran the 5k in 14:15.67. Thompson raced both events at the conference championship. He was 12th in the 5k (14:33.25) and 16th in the 3k (8:22.96).

Outdoor: Thompson focused on the steeplechase, racing his season best at the Mt. SAC Relays (4/16). He finished 14th in the invitational section after clocking a time of 9:03.04. Thompson recorded his second all-conference honor with a seventh-place finish in the steeplechase. He finished in 9:08.18. Thompson advanced to the NCAA West Preliminary in the steeplechase, but did not advance to the semis after placing 32nd (9:09.27).

2009: *Indoor:* Thompson competed in a pair of 3,000-meter runs in the indoor campaign. He PR'd in the 3k with a performance of 8:14.55 at the Husky Classic (2/14). Thompson missed scoring at the Big 12 meet when he took 15th (8:18.60).

Outdoor: During the outdoor season he ran a couple of 1,500's but mainly focused on the steeplechase. Thompson's personal record in the 1,500 came at the Oregon Relays (4/24). He ran a time of 3:58.46 and took second in the 'B' second. Thompson's best time in the steeplechase was at the Payton Jordan Cardinal Invite. He earned a time of 8:49.39, which was a regional qualifying time. Thompson scored for the Buffs at the Big 12 meet in the steeplechase with a fifth-place finish and a time of 9:07.68. Two weeks later he took ninth at regionals but

advanced to nationals on his PR time. Thompson finished 20th overall at NCAA's in the prelims.

2008: *Indoor:* Thompson competed in the mile and 3,000-meter runs during the indoor season. He ran the 3k at the conference meet and placed 22nd with a time of 8:30.44. Thompson raced to his season-best in the 3k of 8:17.42 at the Husky Invite and placed 28th overall. His PR in the mile (4:10.99) came at the Seattle Last Chance meet where he finished 10th.

Outdoor: Thompson focused on the 3,000-meter steeplechase during the outdoor season and he ran a then-PR of 9:06.68 at the Cardinal Invite (5/4), which qualified him for regionals. He just missed out earning his first all-conference honor as he took 10th in the event (9:42.67). At regionals, he finished 13th with a mark of 9:12.88. Impressively he finished the last half of the race with only one shoe.

CROSS COUNTRY: (2011) Thompson had a great final season on the cross country course for CU, finishing either third or fourth for the Buffs' team score. He started off by placing third at the Rocky Mountain Shootout. The following meet, pre-nationals, he was 21st overall. Thompson helped the Buffs claim the inaugural Pac-12 Championship title; placing 13th overall individually. He was 12th at regionals and finished his career at NCAA's with a 49th-place finish. Thompson was named to the All-Pac-12 Second Team and all-region honors for the season. (2010) Thompson raced in all five varsity meets for the Buffs. He placed fourth overall at the Rocky Mountain Shootout and followed that performance up with a 30th-place finish at pre-nats. Thompson was all-conference again with a seventh-place finish (CU's No. 3) and earned all-region recognition after placing 19th at the NCAA Mountain Region Championship. He finished the season with a 90th-place finish at nationals. (2009) The season proved to be a breakout year for Thompson as he led the Buffs in a pair of races and was the second or third Buff twice. He started the year by taking fifth at the Rocky Mountain Shootout and was the fourth Buff harrier to cross the finish. Thompson's first time leading the Buffs came at pre-nats when he finished 14th and led the Buffs to a second-place team finish. He was ninth overall at the Big 12 Championship (second on the team) and was 10th at the regional meet (third Buff) to earn his first all-region and all-conference honors. Thompson led the Buffs at nationals with a 44th-place finish and just missed his first All-American honor. (2008) Thompson got out to a good start as he finished eighth overall (CU's No. 7) at the Iowa State Invite. A few weeks later at the Rocky Mountain Shootout he was sixth overall and the No. 3 harrier for CU. After the return of some of Thompson's teammates, he moved down to the No. 5 runner at the pre-national meet (finishing 79th). Thompson earned a spot on the post-season roster and placed 29th at Big 12s, 34th at regionals and 208th at nationals. (2007) Did not compete.

HIGH SCHOOL: Thompson was 11th at the Northeast Foot Locker Championships in 2006. He won three Class D New York State Public High School Association Cross Country Titles. Thompson was a four-time Interscholastic Athletic Conference selection. As a senior, he was an all-state selection and a second team member as a junior. He finished third in the 2007 USATF Junior Championships in the 3,000-meter steeplechase. Thompson was a two-time state champion in the steeplechase.

HIGH SCHOOL BESTS: 1,600-meters: 4:22.4; 3,200-meters: 9:24.75; steeplechase: 9:17.20.

ACADEMICS: Thompson is majoring in International Affairs. He was a member of the honor roll in high school.

Thompson is a member of the Big 12 Commissioner's Honor Roll and was named to the Academic All-Big 12 Second Team in 2009 and 10.

PERSONAL: Christian Charles Thompson was born on July 2, 1988, in Johnson City, N.Y. His parents are Robert and Valerie Thompson of Candor, N.Y. He has one younger brother, Patrick, who plays soccer at Hartwick College. Thompson lists his hobbies as snowshoeing, cross country skiing and traveling.

JAKE TIMMONS



Jumps
Senior/Junior, VR/VR
Franktown, Colo.
(Ponderosa)

PERSONAL BESTS

INDOOR

High Jump: 6-09.75/2.08m (2011)

OUTDOOR

High Jump: 6-07/2.01m (2010)

HONORS

Academic All-Big 12 (2010, 11)

Big 12 Athlete of the Week (5/12/09)

2011: *Indoor:* Timmons became the ninth best CU performer in the high jump during the indoor season when he cleared 65-09.75 at the Air Force Invite (2/12). The jump placed fourth overall at the meet. Timmons placed first at a pair of meets during the season. He tied for first at the Don Barrett Duals (1/29) with a jump of 6-08.75 and took first at the Potts Invite (1/22) after jumping 6-06.75.

Outdoor: Redshirt. Did not compete.

2010: *Indoor:* Timmons cleared 6-04.75 in the high jump four different times during the indoor season. He took second with that height at the Don Barrett Duals (1/30) and tied for second at the Potts Indoor Invite (1/23).

Outdoor: Timmons recorded the second best jump by a Buff during the 2010 season at 6-07. He cleared that height at the CU Invite (4/10) to tie for second. Timmons also cleared 6-04.75 at the Tom Benich Invite (4/3), tying for fourth.

2009: *Indoor:* Timmons competed in one heptathlon for the Buffs during the indoor season. He recorded 3,694 points and placed sixth overall. Timmons mainly focused on the high jump the rest of the season. He cleared a height of 6-02.75 at the Air Force Duals (1/31) and took third. Timmon's cleared 6-00.75 at three different meets.

Outdoor: During the outdoor season he competed in several events but once again focused on the high jump. Timmons jumped 6-05.50 at the CSU Ram Open (5/9) and tied for third. He also jumped 6-04.74 for his second best mark of the season at the CU Invite (4/11) and tied for second.

HIGH SCHOOL: Timmons served as the captain of the PHS track team as a senior. He was all-state honorable mention as a senior. Timmons took third in the high jump in 2008 with a PR of 6 feet, 6 inches. He recorded his high school PR in the triple jump at regionals, also in 2008, at 43-07.50. Timmons is part of the school record holding high jump relay (which consists of four jumpers) at 24-2.

HIGH SCHOOL BESTS: High Jump: 6-6; Triple Jump: 43-07.50.

ACADEMICS: Timmons is majoring in mechanical engineering with a GPA greater than 3.00 and was a member of the Big 12 Commissioner's Honor Roll. He was named to the Academic All-Big 12 second team in 2010 and 11. Timmons was a member of the National Honor Society in high school.

PERSONAL: Jake Williams Timmons was born on April 1, 1990 in Littleton, Colo. His parents are Kyle and Amy Timmons of Franktown, Colo. He has one younger sister, Haley. Two of his uncles, Noel and Chan Timmons ran cross country and track at the University of Nebraska-Kearney. He lists his hobbies as scuba diving, skiing and hiking.

ARIC VAN HALEN



Distance
Senior/Junior, VR/1L
Los Angeles, Calif.
(Oakwood)

PERSONAL BESTS

INDOOR

Mile: 4:19.93 (2010)

3,000-Meters: 8:18.07 (2010)

OUTDOOR

1,500-Meters: 3:53.48 (2011)

Steeplechase: 8:52.53 (2011)

5,000-Meters: 14:50.36 (2010)

BIG 12 SCORING

2011 (O) Steeplechase, 4th (8:57.16)

2011: *Indoor:* Van Halen earned his best finish of the season with a fourth-place finish in the mile (4:26.67) at the Don Barrett Duals (1/29). He also raced at the Husky Classic (2/12). Van Halen placed 33rd overall with a time of 8:21.09 in the 3k.

Outdoor: Van Halen continued to focus on the steeplechase during the outdoor season. He ran his personal record of 8:52.53 at the Cardinal Invite (5/1). Van Halen also scored for the Buffs at the Big 12 Championships, placing fourth with a time of 8:57.16. He went on to compete at the NCAA West Preliminary Championships (5/27) and placed 24th overall with a time of 9:03.18.

2010: *Indoor:* Van Halen ran a personal record of 8:18.07 at the Husky Classic (2/13). At the Big 12 meet, he ran in the 3k and the mile. He finished the 3k in 8:30.73 to place 30th overall. Van Halen fared better in the mile as he finished with a PR (4:19.93) to place 16th.

Outdoor: Van Halen had some success in the steeplechase during his first outdoor campaign. He ran the fifth best time for a Buff in 2010 at the Mt. SAC Relays, crossing the finish in 9:12.7 (hand-timed). He improved on that time when he ran 9:12.42 at the Big 12 Championship. Van Halen just missed scoring when he finished 10th.

2009: *Indoor:* Van Halen started his collegiate career by running a 4:30.03 mile at the Potts Invite (1/24), placing third overall. At the Big 12 Indoor meet, he raced a time of 8:23.83 in the 3,000-meter run and was 23rd overall.

Outdoor: Redshirt. Did not compete.

CROSS COUNTRY: (2011) Van Halen raced twice during the fall for CU. He was 17th at the Rocky Mountain Shootout and placed 34th at the Santa Clara Bronco Invite. (2010) Van Halen continued to show improvement on the cross country course as a sophomore, starting with a 17-

place finish at the Rocky Mountain Shootout. He placed 22nd at the pre-nats meet and then earned his first All-Big 12 honor by taking 10th at the Big 12 Championship. Van Halen followed that up with his first all-region honor after running to a 14th-place finish at regionals. He finished the season with a 177th-place finish at nationals. (2009) Van Halen earned a spot on the varsity roster as a redshirt freshman. He started the season at the Rocky Mountain Shootout and placed 18th as the eighth Buff to finish the race. Van Halen raced at pre-nats in the open race and was the eighth runner to finish in 25:20.7. At the Big 12 Championship, he was 21st overall and followed that performance up with a 42nd overall placing at regionals. Van Halen finished the season with a 130th finish at NCAAs. (2008) Did not compete.

HIGH SCHOOL: Van Halen won the 2007 Division V California State Cross Country Championship. Van Halen helped to lead Oakwood High School to its first state appearance in 2005. Van Halen has school records in the 400m (53.1), 800m (2:00), 1,600m (4:22) and 3,200m (9:19).

HIGH SCHOOL BESTS: 800-meters: 2:00; 1,600-meters: 4:22; 3,200-meters: 9:19.

ACADEMICS: Van Halen is majoring in film studies.

PERSONAL: Aric Alexander Van Halen was born on October 6, 1989 in Los Angeles, Calif. His parents are Alex and Kelly Van Halen. He has one younger brother, Malcolm and a younger sister, Stella. Van Halen was the first American born in his family. He lists his hobbies as cars, scuba diving, ultimate Frisbee and cycling.

ANDY WACKER



Distance
Senior, VR/2L
Pinehurst, N.C.
(Pinecrest)

PERSONAL BESTS

INDOOR

3,000-Meters: 8:17.02 (2011)

5,000-Meters: 14:03.41 (2011)

OUTDOOR

1,500-Meters: 3:49.20 (2011)

5,000-Meters: 13:41.49 (2011)

10,000-Meters: 29:10.89 (2011)

BIG 12 SCORING

2010 (O) 5,000-Meter Run, 8th (14:13.10)

2010 (O) 10,000-Meter Run, 8th (29:39.37)

2011 (O) 5,000-Meter Run, 5th (14:02.92)

2011 (O) 10,000-Meter Run, 7th (29:30.12)

HONORS

Academic All-Big 12 (2009, 10, 11)

Four-time All-Big 12 Performer

2011: *Indoor:* Wacker ran in three races for the Buffs. He started off by finishing the 5k at the Husky Classic (2/12) in 14:03.41, which ranks 14th on the CU performers list. At the Big 12 Championship he raced in both the 3k and 5k. Wacker just missed scoring in both as he was ninth in the 5k (14:05.60) and 11th in the 3k (8:17.02).

Outdoor: Wacker recorded personal bests in all three of the events he competed in during the campaign. He started off with a PR in the 10k at the Stanford Invite (3/25), finishing in 29:10.89 and becoming the 11th fastest

performer in the event. A couple weeks later at the Beach Invite (4/16) he finished the 1,500 in 3:59.20. Wacker went on to PR in the 5k at the Cardinal Invite (5/1). His time of 13:41.49 placed him 10th on the CU performers list. Wacker scored for the Buffs in the 5k and 10k at the Big 12 Championships. He placed fifth in the 5k (14:02.92) and was seventh in the 10k (29:30.12). Wacker qualified for the NCAA West Preliminary Championships in both distance events. He placed 17th in the 10k (29:32.06) and was 22nd in the 5k (14:01.13).

2010: Indoor: Did not compete.

Outdoor: Wacker came back to the track after missing the indoor season, and the rest did him well as he PR'd in the 10k by almost two minutes (previous personal record was 31:30.83). He ran a time of 29:31.03 to become the 18th fastest performer at CU. Wacker also earned a personal best in the 5k after running a time of 14:01.74 at the Mt. SAC Relays. He ran both events at Big 12s, placing eighth in both to record his first two points for CU. Wacker ran the 5k in 14:13.10 and the 10k in 29:39.37. At the NCAA West Preliminaries Wacker once again did the distance double. He was 14th in the 10k (29:57.20) and 30th in the 5k (14:40.40).

2009: Indoor: Wacker ran in four races during the indoor campaign, two in the 3k and two in the 5k. He recorded a personal record of 14:21.16 in the 5k at the Husky Classic (2/14) and was 14th overall at the Big 12 Championship when he ran a time of 14:43.56. Wacker also raced the 3k at the conference championship and PR'd with a time of 8:24.42. He took 25th overall.

Outdoor: Wacker recorded a regional qualifying time in the 5k when he ran 14:06.39 at the Mt. SAC Relays (4/17). He went on a week later to run a season best 3:52.21 in the 1,500 at the Oregon Relays. Wacker ran his first 10k at the Big 12 Championships and just missed scoring as he took ninth (31:30.83). He was 14th in the 5k (15:03.08). At regionals, Wacker finished 19th in the 5k (14:43.19).

2008: Redshirt. Did not compete.

CROSS COUNTRY: (2011) Wacker finished off his cross country career on a very high note, capturing All-Pac-12 First Team, All-Mountain Region and All-American honors. He started out by taking second overall at the Rocky Mountain Shootout, finishing just behind teammate Richard Medina. Wacker led CU at the NCAA Pre-Nationals, once again placing second overall. He helped CU win the inaugural Pac-12 Championships, placing sixth at the meet. Wacker went on to take seventh at regionals and finished the season with his second All-American honor and a 20th-place finish. The Buffs placed third overall. (2010) Wacker was the runner-up at the Rocky Mountain Shootout, starting his junior year off on a great note. He was 17th at the NCAA Pre-National Invitation. Wacker was CU's No. 2 runner in all but one meet, the Big 12 Championship, where he led the Buffs with a fifth-place finish and collected all-conference honors. He was ninth at the NCAA Mountain Region Championship, earning all-region honors in the process. Wacker capped off the season by placing 37th at nationals; earning his first All-American honor. (2009) Wacker started the season by placing eighth at the Rocky Mountain Shootout and was the fifth Buff to score. At pre-nats, he was the 39th runner across the finish (24:22.5) with his best time of the year. Wacker earned his first all-conference and all-region honors after taking 13th and 25th, respectively, at each meet. He finished the season at NCAAs as the 70th finisher and the No. 3 scorer for the Buffs. (2008) Wacker made the varsity team immediately, placing eighth overall in his debut at the Iowa State Invite (CU's No. 7), finishing

in 26:04.77. A couple of weeks later at the Rocky Mountain Shootout, he placed 12th and moved up a spot as CU's No. 6. At pre-nats, Wacker placed 116th in an 8k best of the year 25:02.0. Wacker's final race of the season was the conference championship. He finished 41st. Wacker served as the alternate at regionals and nationals. (2007) Did not compete. (2009) Wacker started the season by placing eighth at the Rocky Mountain Shootout and was the fifth Buff to score. At pre-nats, he was the 39th runner across the finish (24:22.5) with his best time of the year. Wacker earned his first all-conference and all-region honors after taking 13th and 25th, respectively, at each meet. He finished the season at NCAAs as the 70th finisher and the No. 3 scorer for the Buffs.

HIGH SCHOOL: Wacker earned six letters as a member of the Pinecrest High School Cross Country team and six on the track team. His cross country team won the conference title from 2001-06, as well as the 2005 and 06 regional championship and 2004 state championship. Wacker was the Mid-Southeastern Conference champion his senior year and the East Region champion his junior and senior seasons. He was also selected to the all-state team four times (freshmen through senior seasons).

HIGH SCHOOL BESTS: 800-meters: 1:56; 1,600-meters: 4:24; mile: 4:16; 3,000-meters: 8:38; 3,200-meters: 9:19; indoor 5,000-meters: 15:12; outdoor 5,000-meters: 14:59.

ACADEMICS: Wacker earned his bachelor's degree in evolutionary biology and integrated physiology during the summer of 2011. He is a graduate student majoring in integrated physiology and owns a greater than 3.0 GPA. He was a member of the Big 12 Commissioner's Honor Roll and was a member of the honor roll in high school. Wacker was a member of the Academic All-Big 12 team in 2009, 10 and 11.

PERSONAL: Andrew James Wacker was born on September 24, 1988 in Houston, Texas. His parents are Charles and Karin Wacker of Pinehurst, N.C. He has one older brother, Ben, who attends North Carolina. Wacker lists swimming, biking, kayaking and drawing as his hobbies. He has been an active member and office in Key Club, a service based club, for four years. He has also taught Sunday school and helped his community through Boy Scouts.

GARRETT WARD



Distance
Sophomore/Junior,
VR/VR
Pleasanton, Calif.
(Amador Valley)

PERSONAL BESTS

INDOOR
Mile: 4:30.04 (2011)
OUTDOOR
1,500-Meters: 4:06.00 (2011)
3,000-Meters: 9:06.23 (2010)
5,000-Meters: 15:20.20 (2011)

2011: Indoor: Ward placed sixth in the mile (4:30.04) at the Don Barrett Duals (1/29).

Outdoor: Ward raced to personal bests in the 1,500 and 5k. He finished the 1,500 in 4:06.00 at the Potts Invite (3/19), placing sixth overall. Ward recorded a PR of 15:20.20 in

the 5k at the Beach Invitational (4/16), which was good for 20th overall.

2010: Indoor: Did not compete.

Outdoor: Ward ran in a pair of races. He debuted at the Tom Benich Classic (4/3) where he placed 25th with a time of 4:11.68. Ward also ran in the 3k at the CU Invite (4/1). There he took 21st and finished in 9:06.23.

CROSS COUNTRY: (2011) Ward raced twice for the Buffs. He was 23rd at the Rocky Mountain Shootout and placed 96th at the Santa Clara Bronco Invite. (2010) Ward ran for the Buffs at the Fort Hays State Open, placing 22nd overall.

HIGH SCHOOL: Ward won the East Bay Athletic League 3,200-meter run as a senior and was a member of the AVHS cross country team that won the league title in 2007 and 08. He was an all-league selection as a senior in both cross country and track.

HIGH SCHOOL BESTS: 1,600-meters: 4:27; 3,200-meters: 9:27.

IN THE CLASSROOM: Ward is an English major. He was a member of the Big 12 Commissioner's Honor Roll.

PERSONAL: Garrett Andrew Ward was born on February 15, 1991 in Sacramento, Calif. He is the son of Martin and Janell Ward of Pleasanton, Calif., and has one brother Matt. He lists skiing and cycling as his hobbies and has volunteered with the Special Olympics.

JEFF WARREN



Distance
Junior/Sophomore,
VR/VR
Highlands Ranch, Colo.
(Mountain Vista)

PERSONAL BESTS

INDOOR
800-Meters: 1:57.10 (2011)
Mile: 4:14.34 (2011)
3,000-Meters: 8:50.60 (2010)

2011: Indoor: Warren earned a PR in the mile at the Husker Invite (2/5). He ran a time of 4:14.34 to finish ninth overall.

Outdoor: Did not compete.

2010: Indoor: Warren raced the mile and 3,000-meter runs his first season at CU. He recorded a time of 4:30.62 in the mile at the Potts Indoor Invite (1/23), which was good for third. His best time in the 3k was 8:50.60, which Warren ran at the Husky Classic (2/13).

Outdoor: Did not compete.

CROSS COUNTRY: (2011) Did not compete. (2010) Warren ran in a pair of races for CU. He was 43rd at the Rocky Mountain Shootout and placed 21st at the Fort Hays State Open.

HIGH SCHOOL: Warren owns three individual school track records (800, 1,600 and 3,200-meter runs) and one relay (4x800) at MVHS. He qualified for the state 5A championship in two events during his junior year (800 and 1,600) and two during his senior year (1,600 and 3,200) and was the Golden Eagle's first state distance qualifier. Warren's best finish at state came in 2009 when he won the bronze in the 1,600. He also took fifth in the 3,200. Warren's personal record in the 800 (1:56.06) came at the Kansas Relays in 2009. He also competed on the cross country team and was the first harrier to ever qualify to

the state championship from MVHS.

HIGH SCHOOL BESTS: 800-meters: 1:56.06; 1,600-meters: 4:22.02; 3,200-meters: 9:29.

IN THE CLASSROOM: Warren is majoring in integrative physiology. He owns a greater than 3.00 GPA and was a member of the Big 12 Commissioner's Honor Roll.

PERSONAL: Jeff Warren was born on April 7, 1991 in Beaverton, Ore., to Doug and Mary Warren. He has one younger sister, Kathryn. Warren lists his hobbies as downhill mountain biking and playing Airsoft. During the summer of 2009 he volunteered at the Littleton Hospital.

CONNOR WINTER



Middle Distance
Freshman, HS
Centennial, Colo.
(Arapahoe)

PERSONAL BESTS

800-meters: 1:52.56
1,600-meters: 4:22.40
3,200-meters: 9:09.04
5,000-meters: 15:21.60

CROSS COUNTRY: (2011) Redshirt. Did not compete.

HIGH SCHOOL: Winter earned six individual state championship titles while at Arapahoe High School. He won the 800, 1,600 and 3,200-meter runs as a junior and senior. Winter earned all-state honors on the track his sophomore, junior and senior years. He was the runner-up at the 2009 state cross country championship his junior year. Winter was also recruited by Georgetown, Arizona State and Oklahoma State.

HIGH SCHOOL BESTS: 800-meters: 1:52.56; 1,600-meters: 4:22.40; 3,200-meters: 9:09.04; 5,000-meters: 15:21.60.

IN THE CLASSROOM: Winter is majoring in engineering. He owns a greater than 3.00 GPA after his first semester.

PERSONAL: Connor R. Winter was born on February 18, 1993 in Littleton, Colo. He is the son of Robert and Jill Winter of Centennial, Colo. and has one younger sister, Bailey. Winter was featured in *Sport Illustrated's* Faces in the Crowd section after sweeping the distance events at the Colorado State 5A Championships, the first athlete to do so in at least 60 years, according to CHSAA. He won the 800 (1:52.56), the 1,600 (4:22.52) and the 3,200 (9:17.17).

KAJSA BANK



Throws
Sophomore, VR/VR
Louisville, Colo.
(Monarch)

PERSONAL BESTS

INDOOR

Shot Put: 37-04.50/11.39m (2011)

Weight Throw: 42-04/12.91m (2011)

OUTDOOR

Hammer Throw: 134-09/41.08m (2011)

Javelin: 89.17/27.30m (2011)

Shot Put: 34-01.25/10.39m (2011)

2011: *Indoor:* Bank started her CU career throwing the shot put and weight throw. She recorded personal bests at the Colorado School of Mines Twilight (2/18) in both events. Bank placed 10th in the shot put with a toss of 37-04.50 and was 14th in the weight throw after a toss of 42-04.

Outdoor: Bank competed in the hammer throw, javelin and shot put. She recorded PRs in the hammer throw (134-09) and the javelin (89-07) at the Potts Invite (3/18). Bank PR'd in the shot put at the CU Invite (4/9) after recording a mark of 34-01.25.

2010: Redshirt. Did not compete.

HIGH SCHOOL: Bank is the MHS shot put record holder (35-02.5) and has held the record for the last three years. She placed 10th overall at the state championship and lists her biggest moment as moving up from 16th to ninth to qualify for finals at state. Bank was also an all-conference selection (Front Range League) and was third in the Boulder County Championships on the track. Bank was also a member of the swimming and tennis teams for the Coyotes. She earned four letters on the swim team and one in tennis.

HIGH SCHOOL BESTS: Shot Put: 35-02.50; Discus: 100-04.

IN THE CLASSROOM: Bank is majoring in psychology.

PERSONAL: Kajsa Johanna Bank was born on June 25, 1991 in Boulder, Colo. She is the daughter of Holden Bank and Annette (Tännander) Bank. Her mother was a two-time Olympian in the high jump and heptathlon and competed at CU as a member of the track and field team. Bank's aunt, Kristine Tännander, was also an Olympian (heptathlon) and her grandfather, Kjell Tännander, also competed at the Olympics in the decathlon. All three were members of the Swedish national team. Her father was a swimmer at Duke. She has one brother, Tobias, and one sister, Karolina. Bank lists her hobbies as swimming, photography, sports, snowboarding and hanging out with friends. She is fluent in Swedish and goes to Sweden every summer to visit family that still lives there.

RACHEL BAPTISTA



Distance
Freshman, HS
Austin, Texas
(Austin)

PERSONAL BESTS

1,600-meters: 4:55

3,200-meters: 10:40.44

5,000-meters: 15:21.60

CROSS COUNTRY: (2011) Baptista quickly earned a spot on the varsity roster for CU after finishing fourth overall at the Rocky Mountain Shootout. She wore the black and gold at the NCAA Pre-National Invitational and crossed the finish 63rd overall. Two weeks later at the Pac-12 Championships she recorded a 14th-place finish and helped the Buffs win the inaugural Pac-12 Championships as the fourth harrier. Baptista raced to a 37th-place finish at regionals and finished the season 170th overall at nationals. Baptista was named to the All-Pac-12 Second Team.

HIGH SCHOOL: Baptista was an all-state selection on the cross country course after placing ninth at the Texas State Championship in 2010. She was an honorable mention selection her sophomore and junior seasons, placing 26th as a junior. Baptista was also an all-state selection on the track while at Austin High School. She placed fourth in the 3,200-meter run as a senior, running a personal-best time of 10:40.44. As a junior she was sixth in the 3,200 (11:13.74) and seventh in the 1,600 (5:07.79). Baptista was also recruited by Texas, Baylor, Arkansas, Tulsa and Rice.

HIGH SCHOOL BESTS: 1,600-meters: 4:55; 3,200-meters: 10:40.44.

IN THE CLASSROOM: Baptista is an arts and sciences open option major. She owns a GPA greater than 3.00 after her first semester.

PERSONAL: Rachel Anna Baptista was born on April 23, 1993 in Austin, Texas. She is the daughter of Frank Baptista and Deborah Fleming of Austin, Texas.

BRIANNE BEEMER



Combined Events
Redshirt Junior, 1L/2L
Loveland, Colo.
(Mountain View)

PERSONAL BESTS

Indoor

Pentathlon: 3,665 (2011)
 60-Meter Hurdles: 8.99 (2011)
 High Jump: 5-05.75/1.67m (2011)
 Shot Put: 34-08.50/10.58m (2011)
 Long Jump: 17-06.25/5.34m (2011)
 800-Meters: 2:13.99 (2010)
 400-Meters: 56.92 (2010)

Outdoor

Heptathlon: 5,143 (2011)
 100-Meter Hurdles: 14.41 (2011)
 High Jump: 5-04.25/1.63m (2011)
 Shot Put: 32-02.00/9.80m (2011)
 200-Meters: 25.46 (2011)
 Long Jump: 17-1.25/5.21m (2011)
 Javelin: 108-7/33.11m (2011)
 800-Meters: 2:10.80 (2011)
 400-Meter Hurdles: 1:00.96 (2010)

BIG 12 SCORING

2009 (O) 400-Meter Hurdles, 8th (1:03.79)
 2010 (I) Pentathlon, 7th (3,611)
 2010 (I) Distance Medley Relay, 5th (11:34.32)
 2010 (O) Heptathlon, 7th (4,680)

HONORS

Honour-time All-Big 12 honoree
 CU Athlete of the Week
 Academic All-Big 12 (2010)

CAREER UPDATE: Beemer has become one of the best 800-meter combined events athletes to wear the black and gold. She owns the top two marks in the 800 (pentathlon), both of which came at the Big 12 Championships. Her time of 2:13.99 came at the 2010 meet and is also the 10th fastest in CU's overall history. Her second fastest time is 2:15.39, which she ran at the 2009 meet. During the outdoor season (heptathlon), Beemer took six of the top nine marks. She set the record (2:13.20) in Tucson, Ariz. on April 2, 2010.

2011: *Indoor:* Redshirt. Did not compete for CU. Beemer did compete unattached at the 2011 USA Indoor Combined Events Championships and placed eighth overall.

Outdoor: Redshirt. Did not compete.

2010: *Indoor:* Beemer continued to impress in the combined events area, as well as single events. She recorded her best overall pentathlon performance with 3,635 points at the New Mexico Classic (2/5). The total made her the fifth-best performer in the event. Beemer recorded four personal records at the meet. She ran the 60-meter hurdles in 9.21, reached a height of 5-05.25 in the high jump, threw the shot put 33-04.50 and jumped 17-00 in the long jump. Beemer had also been working on her short distances and ran the fastest 400-meter time (56.92) for CU in eight years after placing fourth in the finals of the event at the Air Force Invite (2/13). Two weeks later at the Big 12 Championship, Beemer earned two All-Big 12 honors. Her first came after she placed seventh overall in the pentathlon (3,611). Beemer had a strong performance in the 800-meter run as she set the CU pentathlon 800 record with a time of 2:13.99. The mark is the seventh fastest

ever in CU overall history and made her the sixth fastest performer in the event. The second honor came after she helped the distance medley relay team to a fifth-place finish (11:34.32).

Outdoor: Beemer continued to impress in the combined events, recording the top three scores by a Buff in 2010. She placed third overall with 4,540 points at the Glenn Morris Combined Events meet (4/22-23) and recorded a PR of 26.24 in the 200. Beemer earned another All-Big 12 honor as she placed seventh overall in the heptathlon at the conference meet with a season-high total of 4,680 points, the best by a Buff in 2010. She recorded a PR in the high jump (5-4.25) and notched a season-best throw of 30-03.75 in the shot put. Beemer also won the 800-meter run part of the heptathlon with a time of 2:13.20, a PR and the best time ever run by a CU heptathlete. After the conference meet, Beemer advanced to the NCAA West Preliminaries in the 400-hurdles due to her time of 1:00.96 at the Fum McGraw Open (5/8). In the prelims, Beemer finished the race in 1:01.60 to finish 37th overall.

2009: *Indoor:* Beemer competed in three pentathlons during the indoor season and her best performance came at the Air Force Duals where she finished third overall with a score of 3,209. Beemer recorded a then-PR in the 60-meter hurdles (9.44 seconds) and shot put (29 feet, 2 inches). She had a good showing for CU at the indoor conference, placing 12th, but finished strong in the final event, the 800, after running a time of 2:15.39, the best ever by a combined events athlete. She surpassed a time of 2:17.00 that had been run by Pam Owen (2/26/93) at the Big Eight Championship in Ames, Iowa.

Outdoor: Beemer shone in the heptathlon as well as the 400-meter hurdles. At the Big 12 Championship, she earned her first letter for the Buffs by taking eighth in the 400-meter hurdles (63.79). Beemer just missed scoring in the heptathlon at the meet with 4,415 points for 10th place. She recorded PRs in the 100 hurdles (15.43) and 200 (26.31). Beemer qualified for the USA Junior Championships and bettered her PR by 292 points. She scored 4,707 points and placed sixth overall with five personal records in the high jump (5-03.00), shot put (31-04), long jump (16-10.50), javelin (99-10) and 800 (2:14.81). Beemer's time in the 800 was just .01 seconds shy the combined events record of 2:14.80. She owns three of the top six marks all-time.

HIGH SCHOOL: Beemer earned 12 letters at MVHS as a member of the cross country, track & field and basketball teams. Her 2004 cross country team won the state 4A championship. Beemer was also a part of the 4x800-meter relay which won the 2005 state championship (she was the anchor leg), as well as part of the 2008 state championship sprint medley relay team. Beemer earned seven all-state honors (three in cross country and four in track) and eight all-conference honors. She owns school records in the 400-meter dash (59.13), 800-m (2:16), 1600-m (5:18.39), 300-hurdles (44.61) and the 4x400 (59.13), 4x800 (1:48.25) and sprint medley relay (9:37.76) teams. Beemer won the 2008 Student Athlete Milk Mustache Scholarship, was named the MVHS Female Athlete of the Year, the *Reporter-Herald* Female Athlete of the Year and was also one of six finalists for the Steinmark Award.

HIGH SCHOOL BESTS: High Jump: 5-03; Pentathlon: 2,992; Heptathlon: 4,252.

IN THE CLASSROOM: Beemer is majoring in marketing and speech, language and hearing sciences and owns a GPA better than a 3.00. She was a member of the Big 12 Commissioner's Honor Roll and was named to the Academic All-Big 12 Second Team in 2010.

PERSONAL: Beemer was born on April 26, 1990 in Poway, Calif. Her parents are Jeff and Teresa Beemer of Loveland, Colo. Teresa played softball at Colorado State. She has an older sister, Oriana, and a younger brother, Darryl. Beemer's hobbies include oil painting, dancing and knitting. She was an active member of 4-H and has her own flock of Rambouillet Sheep.

COURTNEY BOUCHET



Distance
Sophomore/Junior,
VR/VR
Estes Park, Colo.
(Estes Park)

PERSONAL BESTS

INDOOR

Mile: 5:22.39 (2011)
 3,000-Meters: 10:16.10 (2011)

OUTDOOR

800-Meters: 2:26.26 (2010)
 1,500-Meters: 4:55.12 (2011)
 Steeplechase: 11:40.77 (2011)

HONORS

Academic All-Big 12 (2011)

2011: *Indoor:* Bouchet competed in the mile and 3k. She raced to a season-best time of 5:22.39 and a third-place finish at the Potts Invite (1/22). At the Air Force Invite (2/12) she was third in the mile with a time of 5:23.16. Bouchet set her PR in the 3k at the Husker Invite (2/5), clocking a time of 10:16.10.

Outdoor: Bouchet raced in the 1,500 and the steeplechase. She set a PR of 4:55.12 at the Potts Invite (4/9) and placed fifth in the process. She ran the steeplechase twice. Her best finish of 11:40.77 came at the CU Invite (4/9) where she registered a second-place finish.

2010: *Indoor:* Did not compete.

Outdoor: Bouchet competed in the 800 and 1,500-meter runs. She ran a season-best 2:26.26 at the Front Range Classic (5/1) in the 800 for eighth place. Her best time in the 1,500 was 5:05.36 which she ran at the Fum McGraw meet (5/18).

CROSS COUNTRY: (2011) Bouchet ran in three meets for CU. She started the season off by placing 18th at the Rocky Mountain Shootout. Bouchet followed it up with a 28th-place performance at the Santa Clara Bronco Invite. She finished the season at the Pac-12 Championships, placing 70th overall. (2010) Bouchet ran at the Fort Hays State Open and placed 12th overall.

HIGH SCHOOL: Bouchet was a member of the EPHS cross country and track & field teams. She was named the track & field MVP her freshman, sophomore and junior seasons. Bouchet was an all-conference first team selection all four years. She was a member of the 4x800-meter relay team that placed fourth at the state championship in 2009.

HIGH SCHOOL BESTS: 5,000-Meters: 19:47.

IN THE CLASSROOM: Bouchet is majoring in molecular, cellular and developmental biology. She owns a GPA greater than 3.3 and was a member of the Big 12 Commissioner's Honor Roll. She was named to the Academic All-Big 12 first team in 2011. Bouchet was a member of the honor roll in high school as well as an academic all-state honoree.

PERSONAL: Courtney Anne Bouchet was born on May 28, 1991 in Boulder, Colo. She is the daughter of Neal and Linda Bouchet of Westminster, Colo. She has one brother, Chris. Bouchet enjoys playing billiards, playing sports and watching her favorite television shows, Friends and Scrubs.

EMMA COBURN



**Distance/
Steeplechase
Senior, 2L/3L
Crested Butte, Colo.
(Crested Butte)**

PERSONAL BESTS

INDOOR

800-Meters: 2:19.98 (2009)
1,000-Meters: 2:52.43 (2009)
Mile: 4:36.08 (2011)
3,000-Meters: 9:17.46 (2011)

OUTDOOR

800-Meters: 2:09.81 (2010)
1,500-Meters: 4:12.97 (2011)
Steeplechase: 9:37.16 (2011)

BIG 12 SCORING

2009 (O) Steeplechase, 4th (10:33.49)
2010 (I) Mile, 6th (4:43.87)
2010 (I) Distance Medley Relay, 5th (11:34.32)
2010 (O) 800-Meter Run, 6th (2:12.44)
2010 (O) Steeplechase, 1st (9:56.53, meet record)
2011 (I) 3,000-Meter Run, 1st (9:17.46)
2011 (I) Distance Medley Relay, 4th (11:22.87)
2011 (O) Steeplechase, 1st (9:57.39)

NCAA CHAMPIONSHIP SCORING

2010 (O) Steeplechase, 2nd (9:51.86)
2011 (I) Mile, 8th (4:36.08)
2011 (O) Steeplechase, 1st (9:41.14)

HONORS

Eight-time All-Big 12 honoree
Three-time All-American
2010, 11 Big 12 Steeplechase Champion
2010 Outdoor All-American (Steeplechase, 2nd)
2011 Indoor All-American (Mile, 8th)
2011 Outdoor All-American (Steeplechase, 1st)
CU Co-Female Athlete of the Year (2010, 11)
CU Athlete of the Week (3/9/10, 4/22/10, 5/3/10, 4/19/11, 5/3/11, 5/18/11, 6/16/11)
Academic All-Big 12 (2010, 11)
Big 12 Athlete of the Week (4/20/11)
USATF Athlete of the Week (5/3/11)
2011 USATF Steeplechase Champion (9:44.11)
Mile High Sports Magazine Collegiate Athlete of the Year

CAREER UPDATE: Coburn is leaving her mark on the CU record book. Indoors she currently is the second-best CU performer in the mile (4:36.08), sixth in the 3,000 (9:17.46) and seventh in the 1,000-meter run (2:52.43). Coburn ran the anchor leg in the CU record-setting distance medley relay that placed fourth at the Big 12 Championship with a time of 11:22.87. On the outdoor track, she is the second fastest performer in the steeplechase (9:37.16), fourth in the 1,500 (4:12.97) and sixth best in the 800 (2:09.81). Coburn became just the second Buff to run a sub-10 minute steeplechase when she debuted during the 2010

season at the Mt. SAC Relays. Coburn is an eight-time All-Big 12 honoree which includes three individual championships (two in the steeplechase and one in the indoor 3k), as well as a three-time All-American (twice in the steeplechase and one in the mile).

2011: Indoor: Coburn had another season to remember, focusing mainly on the mile run. She started the season off by running the mile in 4:43.58 at the UW Invite (1/29), finishing fifth overall. Two weeks later Coburn she raced to the fourth best time in school history and became the second fastest performer in the event with a time of 4:37.44 at the Husky Classic (2/12). Coburn shifted gears at the Big 12 Championship, winning in the 3,000 and anchoring the fourth place distance medley relay. Coburn went back to the mile, competing at the NCAA Championships. She advanced to the finals after running the third best time in CU history (4:36.99), which was fifth overall. She saved the best time for last, running the second best time of 4:36.08 to place eighth overall and earn her first indoor All-American honor.

Outdoor: Coburn continued to shine during the outdoor season, focusing mainly on the steeplechase. During the course of the season she improved her personal record by 14.24 seconds. Coburn's first steeplechase race of the season was at the Cardinal Invite (5/1). She won the race with the then fastest time in the world (9:40.51), defeating several professionals in the process while earning the Olympic 'A' standard. Two weeks later Coburn won her second Big 12 Steeplechase crown in 9:57.39. She advanced to the NCAA West Preliminary Championships and won the meet in 9:55.03. At the NCAA Championships, Coburn won her first NCAA individual championship and second All-American honor in the steeplechase. She crossed the finish in 9:41.14. Coburn kept her season going, competing at the USATF Outdoor Championships two weeks later. She advanced to the finals after finishing ninth overall in the prelims (9:59.75). In the finals, Coburn won her first USA title in 9:44.11. The win earned her a spot on the U.S. World Championships team, extending her season. She competed twice before the world championships, first in 1,500. Coburn became the fourth fastest Buff in the 1,500 after finishing her Belgium race in 4:12.97. She then ran a personal best and the 13th fastest time in school history of 9:37.16 at the London Grand Prix. At the world championships she was the only American to advance to the finals, finishing in 9:38.42, 14th overall. Coburn ended the season with a 13th-place finish (9:51.40) and after the disqualification of a competitor, moved up to 12th overall. Over the course of the season Coburn earned several honors including the USATF Athlete of the Week, Big 12 Athlete of the Week and the CU co-Female Athlete of the Year.

2010: Indoor: Coburn concentrated on the mile during her sophomore indoor campaign, dropping her personal best by more than 10 seconds from 4:53.27 to 4:42.56. She ran the 10th and 15th fastest times ever at CU, including her PR of 4:42.56 at the UW Final Qualifier (3/2). Coburn ran a time of 4:43.87 in the finals of the mile at the Big 12 meet and recorded a sixth-place finish. She also helped the Buffs to a fifth-place finish in the distance medley relay. The team (Katie Cumming, Elizabeth Tremblay, Brianne Beemer and Coburn) ran a time of 11:34.32, the fourth fastest ever at CU.

Outdoor: Coburn debuted in the steeplechase at the prestigious Mt. SAC Relays (4/16). Coburn clocked the then-fastest time in the world at 9:56.29 to win the race and become just the second Buffalo to finish the race in less than 10 minutes. Her next race was a 1500, where she

knocked off six seconds from her pr (4:27.69) when she ran 4:21.37. Coburn was the high points scorer for the Buff at the Big 12 Championship when she recorded 13 points. She won her first Big 12 title in the steeplechase, running a meet record time of 9:56.23. She came back in the finals of the 800 to run 2:12.44 and secure a sixth-place finish. Coburn focused on the steeplechase for nationals and easily made it through the NCAA West Prelims in the event after running the second fastest time (10:08.35). Coburn had a strong finish to her season when she placed second in the NCAA finals in 9:51.86. She had the second fastest time in all of the NCAA Division I for the season and improved on her 2009 season best by 14.35 seconds.

2009: Indoor: Coburn had a great first season on the track for the Buffs. She ran in a pair of events at the Big 12 Indoor Championship and just missed scoring in the 1,000-meter run when she placed ninth with a time of 2:52.43. Coburn was 17th overall in the 3k with a personal best of 9:48.89.

Outdoor: Coburn concentrated on the 3,000-meter steeplechase but did run the 800 and 1,500 as well. She earned her first letter on the track after she placed fourth (10:33.49) at the conference championships. Coburn advanced to the regional meet and placed ninth overall (10:25.82). Due to her personal record at the time (10:06.54 at the Payton Jordan Cardinal Invite), she qualified for the NCAA Championship. Coburn advanced to the finals after running a then-PR of 10:06.21, which doubled as the USA Junior record in the event. She ended up 11th in the finals to cap off her first season for the Buffs.

CROSS COUNTRY: (2011) Coburn had a great final cross country season for the Buffs, earning All-Pac-12 First Team, all-region and All-America honors. She was CU's No. 2 finisher in all three races she competed in, including a pair of fifth-place finishes at the Pac-12 and regional championships. Coburn earned her first All-American honor when she crossed the finish 20th overall. She helped the Buffs win the inaugural Pac-12 title, tie for first in the regional championship and place 11th at NCAAs. (2010) Coburn stepped into a leadership role her junior year. She started the season by taking second place at the Rocky Mountain Shootout, finishing just one second behind teammate Laura Tremblay. Two weeks later she placed 14th overall at pre-nats. Coburn added to her list of accomplishments after earning all-conference and all-region honors. She placed fifth at the Big 12 Championship and was 11th at the regional meet. Coburn ended the year by taking 53rd overall at nationals. (2009) Coburn continued as part of the varsity roster. She started strong with a third-place finish at the Rocky Mountain Shootout behind teammates Jenny Barringer and Allie McLaughlin. At pre-nats, she was 32nd overall and scored for the Buffs as the No. 5 racer. Coburn once again finished as the fifth scorer for CU at the Big 12 Championships and was 22nd overall. Regionals was the best personal performance for Coburn as she took 16th overall to earn her first all-region honor. At the NCAA championship, Coburn placed 115th. (2008) Coburn made an immediate impact for the Buffs as a freshman, earning a spot on the varsity roster. She took 25th overall and was the No. 6 harrier for CU in her debut at the ISU Open. Coburn followed it up by taking eighth at the Rocky Mountain Shootout. A few weeks later at Pre-Nationals, she was CU's No. 5 (1:39th). Coburn moved up to the Buffs third racer at the conference (27th) and regional (30th) meets.

HIGH SCHOOL: Coburn was an all-state performer for four years for the Titans; including two fourth place finishes at the state cross country meet in 2006 and 2007.

She placed 29th at the 2007 Foot Locker Midwest Championship. On the track Coburn is an eight-time 2A state champion. She owns five CBHS records: 400m (1:02), 800m (2:16), 1,600m (5:11), 3,200m (11:32), the 4x800-meter relay and in the high jump (5 feet, 1 inch). She ran the 2,000-meter steeplechase at Nike Outdoor Nationals and placed second in 2008 and was fourth in 2007, earning a pair of All-American honors. Her time in 2008 was the fifth fastest time in high school history. Coburn was a member of the basketball and volleyball in high school.

HIGH SCHOOL BESTS: 1,600-Meters: 5:09; 2,000-Meter Steeplechase: 6:42.

IN THE CLASSROOM: Coburn is majoring in marketing at Colorado and was a member of the Big 12 Commissioner's Honor Roll. She owns a greater than 3.00 GPA and was named to the Academic All-Big 12 Second Team in 2010 and 11.

PERSONAL: Emma Jane Coburn was born on October 19, 1990 in Boulder, Colo. She is the daughter of Bill and Annie Coburn of Crested Butte, Colo. She has three siblings, Willy, Gracie and Joe. Coburn has volunteered with Living Journeys Cancer Foundation and the Mountain Adventure Kid's Camp.

KATIE CUMMING



**Middle Distance
Senior/Junior, 2L/1L
Hudson, Wis. (Hudson)**

PERSONAL BESTS

INDOOR

800-Meters: 2:24.96 (2009)
1,000-Meters: 3:02.03 (2009)
3,000-Meters: 9:34.32 (2011)
5,000-Meters: 16:28.80 (2011)

OUTDOOR

800-Meters: 2:13.50 (2011)
1,500-Meters: 4:20.93 (2011)
5,000-Meters: 16:10.85 (2011)

BIG 12 SCORING

2010 (I) Distance Medley Relay, 5th (11:34.32)
2011 (I) Distance Medley Relay, 4th (11:22.87 – school record)
2011 (O) 5,000-Meter Run, 6th (16:25.78)

HONORS

Academic All-Big 12 (2010, 11)
Three-time All-Big 12 honoree

2011: *Indoor:* Cumming ran the third best 5k time by a Buff for the 2011 season at the Husky Classic (2/12) when she finished in 16:28.80. She raced in the 3k at the Big 12 Championships, finishing in 9:34.32, placing 15th overall. Cumming was an important part of the fourth-place finishing distance medley relay, running the first leg as the relay team set the CU record of 11:22.87, breaking a 12-year-old record.

Outdoor: Cumming started the season by running a personal best in the 800. She finished in 2:13.50 at the CU Invite (4/9) and placed fifth overall. The following week at Mt. SAC Relays she became the 12th fastest CU performer in the 5k, finishing in 16:10.85. Cumming also PR'd in the 1,500 at the Cardinal Invite (5/1), crossing the finish in

4:20.93. At the Big 12 Championships she scored for CU in the 5k, placing sixth overall in 16:25.78. She just missed adding more points for CU in the 1,500, finishing 10th in 4:26.95. Cumming qualified for the NCAA West Preliminaries in the 5k and ended the season 26th (16:41.89).

2010: *Indoor:* Cumming ran in three 3,000-meter races during the indoor season, recording a personal-best 9:37.60 at the Husky Classic (2/13). She competed in the 3k at the Big 12 Championship (9:53.98), placing 24th overall. Cumming was also a part of the distance medley relay that placed fifth at the conference meet. She ran the first leg of the race and was followed by Elizabeth Tremblay, Brianne Beemer and Emma Coburn; the team finished in 11:34.32 which was the fourth best time in school history. *Outdoor:* Did not compete.

2009: *Indoor:* Cumming competed at four meets for the Buffs during the indoor season. She ran the 800-meter run twice, placing third overall at the Potts Invite with a season best of 2:24.96. At the Big 12 meet, Cumming was 18th in the 1,000-meter run, finishing in 3:02.03.

Outdoor: The outdoor season saw Cumming running in the 800, but she concentrated mainly on the 1,500 when she went to sea-level races. Cumming played 10th overall at the Oregon Relays (4/24) with a time of 4:33.58. At the Big 12 Championship she was just outside of scoring for CU when she crossed the finish 11th overall (4:40.86). Cumming also raced in the 5k at the conference championship and was 23rd.

CROSS COUNTRY: (2011) Cumming raced in all five varsity meets for the Buffs. She started the season off with a seventh-place finish at the Rocky Mountain Shootout. Two weeks later at pre-nats she placed 24th overall. Cumming helped the Buffs win the inaugural Pac-12 Championship, placing 18th overall as CU's No. 5 runner. At the NCAA Mountain Region Championships Cumming placed 27th. She finished the season at nationals with a 137th-place finish while helping the Buffs to an 11th-place team finish. (2010) Cumming missed the Rocky Mountain Shootout, but made it back to the line-up for the NCAA Pre-National Invitational where she placed 69th. Cumming then raced to a 37th-place finish at the conference championship. She was 27th at the NCAA Mountain Region Championship and ended her season by running a 215th-place finish. (2009) Cumming started the season off well after racing to a ninth-place finish at the Rocky Mountain Shootout. Cumming recorded a top-75 finish at pre-nats when she finished 72nd overall as CU's No. 7 harrier. Cumming improved on her performances as conference and regionals by placing 33rd and 27th, respectively. At her first NCAA Championship, Cumming finished 150th, scoring for CU as the No. 4 runner. (2008) Cumming earned a spot on the varsity roster immediately as a freshman. Her highest finish of the season was at the Rocky Mountain Shootout when she placed 11th overall (CU's No. 6). Cumming took 49th at conference and was 58th at regionals.

HIGH SCHOOL: Cumming earned eight letters in cross country and track & field at Hudson High School. She was an all-conference selection all four years. Cumming owns Hudson High School records in the 3,200-meter run (10:53), the 4x400-meter relay (4:05.37) and the 4x800 (9:27.74). Her 3,200m and 4x800 records are also Big Rivers Conference records. HHS won two conference cross country titles, three track conference titles, four regional and three sectionals titles. She lists her biggest moment when the Raiders won the high school track meet in 2007 and three girls won state titles, including Cumming.

HIGH SCHOOL BESTS: 800-Meters: 2:16; 1,600-Meters: 4:58; 3,200-Meters: 10:53.3.

IN THE CLASSROOM: Cumming is majoring in philosophy and owns a cumulative GPA greater than 3.30. She was a member of the Big 12 Commissioner's Honor Roll. Cumming was named to the Academic All-Big 12 First Team in 2010 and 11. She was a member of the honor roll in high school and a Wisconsin Academic All-State selection all four years. She was named the Wisconsin Intercollegiate Athletic Association Scholar Athlete as a senior.

PERSONAL: Catherine Mackenzie Cumming was born on May 20, 1990 in Hudson, Wis. Her parents are Robert Cumming and Ann Blide of Hudson, Wis. She has one younger brother, Jacob. Cumming's hobbies include skiing, boating, reading, gardening, fishing, hiking and scuba diving. She has volunteered with Stuff-A-Truck food drives, Adaptive Floor Hockey and the American Cancer Society.

LARA DARCO



**Distance
Senior, VR/VR
Sparta, N.J.
(Pope John XXIII
Regional/Brown)**

PERSONAL BESTS

800 Meters: 2:13 (2007)
1,600 Meters: 5:01 (2007)
3,200 Meters: 10:40 (2007)

2011: *Indoor:* Darco mainly competed in the 800 for CU. She ran her fastest time of the season at the Air Force Invite (2/12), crossing the finish eighth overall in 2:22.57. Darco also raced once in the 1000 at the Husker Invite (2/5) where she finished 11th in 2:59.42.

Outdoor: Did not compete.

BROWN UNIVERSITY: Darco was a member of the 2008 All-Ivy Conference Cross Country second team. She competed one season for BU.

CROSS COUNTRY: (2011) Darco earned a spot on the varsity roster and made an immediate impact for the Buffs. She crossed the finish fifth overall at the Rocky Mountain Shootout and then placed 23rd at pre-nationals. Darco recorded a ninth-place finish at the inaugural Pac-12 Championships, helping CU win the team title. She finished the season with a 29th-place finish at regionals and was 137th at the NCAA Championships. Darco was named to the All-Pac-12 Second Team for her performance.

HIGH SCHOOL: Darco was the 3,200-meter Parochial A State Champion. She earned four letters as a member of the track & field team and four as a member of the cross country team. Darco was a five-time All-American at Nike Indoor and Outdoor Nationals in the distance medley relay (one), 4x800-meter relay (there) and 4x1,600-meter relay (one).

HIGH SCHOOL BESTS: 800 Meters: 2:13; 1,600 Meters: 5:01; 3,200 Meters: 10:40.

IN THE CLASSROOM: Darco is majoring in Spanish, literature and secondary education. She owns an impressive 3.829 GPA.

PERSONAL: Lara Fae Darco (formerly Heigis) was born on

Oct. 5, 1988 in Denville, N.J. She is the daughter of James and Lee Darco of Walpack, N.J. and has one younger sister, Jenny. Darco enjoys painting, yoga and snowboarding.

NICKI DESOUCHE



Middle Distance
Freshman, HS/HS
Alamosa, Colo.
(Alamosa)

PERSONAL BESTS

800-meters: 2:14.67
 1,600-meters: 5:13.83
 3,200-meters: 11:10.41

HIGH SCHOOL: DeSouchet was a decorated cross country and track athlete at Alamosa High School, lettering in both sports all four years. DeSouchet was the anchor of the 4x800-meter relay team that won the State 4A Championship her freshman year. Her sisters, Jenny and Aimee, were also on the team which was nicknamed the "DeSouchet team." She was also a member of the 2009 Colorado State Cross Country team and a year later she placed third individually at the state meet. DeSouchet had a successful junior track season. She placed second in the 3,200, was third in the 1,600 and eighth in the 800. DeSouchet was unable to compete during her senior year due to an injury. She owns a pair of AHS records after clocking a time of 11:10.41 in the 3,200 and 9:26 in the 4x800 (she was the anchor). DeSouchet was also recruited by Adams State, Northern Arizona, Portland, Columbia, Libscomb and Lamar.

HIGH SCHOOL BESTS: 800-meters: 2:14.67; 1,600-meters: 5:13.83; 3,200-meters: 11:10.41.

IN THE CLASSROOM: DeSouchet is majoring in integrative physiology. She owns a GPA greater than 3.00 after her first semester.

PERSONAL: Nicole Marie DeSouchet was born on Sept. 8, 1993 in San Diego, Calif. She is the daughter of William and Janis DeSouchet of Alamosa, Colo. She has a twin sister, Jenny, who is running at Columbia University, as well as three older siblings, Aimee DeSouchet, Jason Bartlett and Chris Bartlett.

KATHARINE DREHER



Combined Events/Jumps
Senior, VR
Salida, Colo.
(Salida)

PERSONAL BESTS

Indoor

Pentathlon: 3,474 (2011)
 60-Meter Hurdles: 9.34 (2010)
 High Jump: 5-7/1.70m (2011)
 Shot Put: 31-01.75/9.49m (2010)
 Long Jump: 18-01.50/5.52m (2011)
 800-Meters: 2:21.16 (2011)
 Triple Jump: 38-02.75 (2009)

Outdoor

Heptathlon: 4,953 (2011)
 100-Meter Hurdles: 15.22 (2011)
 High Jump: 5-5/1.65m (2011)
 Shot Put: 30-07.75/9.34m (2009)
 200-Meters: 25.50 (2011)
 Long Jump: 18-4.25/5.59m (2011)
 Javelin: 109-11/33.51m (2011)
 800-Meters: 2:18.23 (2011)

HONORS

Academic All-Big 12 (2010, 11)

2011: *Indoor:* Dreher led the female combined athletes during the indoor season and became the seventh best performer in school history since 1985 after recording a score of 3,474 points at the Big 12 Indoor meet where she placed ninth. Dreher recorded a season best throw of 27-11.50 in the shot put at the conference championships, as well as running a season best time in the 60-hurdles at 9.37. She placed second in the 800 at Big 12s, crossing the finish in 2:21.55 for second overall. The time was the ninth fastest in combined events history. Dreher recorded the eighth best 800 time at the New Mexico Classic (2/4), finishing second with a time of 2:21.16. She finished that meet 14th overall with 2,369 points (she didn't compete in the high jump at the meet). Dreher was third at the Potts Invite (1/22) with 3,409 points. Dreher also recorded a pair of personal records in individual events during the campaign. She tied for first in the high jump at the Colorado School of Mines Twilight (2/18), clearing a height of 5-07. Dreher took fifth at the meet in the long jump, leaping 18-01.50. She was named the CU Athlete of the Week for her performances at the CSM Twilight.

Outdoor: Dreher competed in a pair of heptathlons for the Buffs, once again leading the team during the outdoor campaign. She placed fifth at the Glenn Morris Combined Events (4/21-22) with 4,432 points. Her PR of 4,953 points came at the Big 12 Championships where she once again placed ninth overall. Her point total made her the fifth-best heptathlon performer at CU. Dreher recorded three personal bests at the conference meet. She clocked a time of 15.22 in the 100-hurdles, 25.50 in the 200 and jumped a mark of 18-04.25 in the long jump. Dreher also clocked a PR of 2:18.23 in the 800, placing second overall. The time is the 10th fastest in CU history.

2010: *Indoor:* Dreher recorded the fifth best pentathlon score for a Buff in 2010 after recording 3,347 at the Potts Indoor Invite (1/22). She was 12th overall at the Big 12 Championship with 3,264 points. Her best event was the 800-meter run and she finished second overall with a time

of 2:19.6h. Dreher was the best horizontal jumper on the team, leading CU in the long and triple jumps. She recorded a fourth-place finish in the long jump at the Air Force All-Comers Meet (1/15), leaping 17-03.50. Most impressively, Dreher became the fourth best performer in the triple jump after recording a jump of 37-11.50 at the Air Force Invite (2/13). It was the 20th best jump in CU history.

Outdoor: Dreher continued to improve during the outdoor campaign. She completed the fourth best heptathlon by a Buff in 2010 at the Jim Glick Combined Events meet (4/2) with 4,515 points and placed ninth overall. Dreher recorded four personal records in the meet. She jumped 5-01.75 in the high jump, 17-01.50 in the long jump, threw the javelin 104-02 and ran 2:20.14 in the 800-meter run. Dreher became the ninth-best performer in CU history in the triple jump after recording a PR of 37-02.25, the best jump for a CU athlete in 2010. Dreher competed at the Big 12 meet and placed 11th in the heptathlon (4,445 points) and earned a PR of 28-08.25 in the shot put. She was also 15th in the triple jump (35-05.75).

2009: *Indoor:* Dreher's freshman campaign saw her competing in the pentathlon during the indoor season. She recorded a season best 3,023 points at the Big 12 Championship in the pentathlon, finishing 13th. Dreher recorded PRs in the high jump (4-11.75), shot put (25-06.25) and the 800-meter run (2:23.86) en route to the finish. Her 800 time also ranks eight in combined events history at CU. She also competed in the long jump (aside from in the pentathlon) at the conference meet and placed 18th overall with a jump of 17-00.50.

Outdoor: The outdoor season saw Dreher record a then-PR in the heptathlon at the CSU-Northridge Spring Break Open when she placed third with 4,328 points. She had season bests in five events: shot put (30-07.75), long jump (16-07.25), javelin (102-11) and 800 (2:22.07). Dreher also qualified for the USA Junior Championships and was 11th overall with 4,282 points.

HIGH SCHOOL: Dreher was a two-time state champion in the triple jump (3A) her junior and senior seasons. As a freshman, she earned a fourth place finish and moved up to third her sophomore season before capturing her two titles. Dreher also took third in the 400-meter dash as a senior and qualified for the state cross country championship. She was named the SHS Spartan Fighting Heart Trophy/Scholarship for the best senior athlete and was named the Spartans' female athlete of the year as well as earning the Presidential Academic Fitness Award, U.S. Marine Corps Distinguished Athlete Award, Outstanding Art Achievement Award and the Salida High School Track Leadership Award. As a sophomore, Dreher placed second in the 4x400m relay, fifth in the 800 medley relay and seventh in the 4x200 relay. Her freshman year she was a member of the 4x400 relay which placed seventh.

HIGH SCHOOL BESTS: Triple Jump: 38-05.

IN THE CLASSROOM: Dreher is majoring in Spanish at Colorado. She carries a GPA greater than 3.0 and was a member of the Big 12 Commissioner's Honor Roll. Dreher was named to the Academic All-Big 12 Second Team in 2010 and 11.

PERSONAL: Katharine Perkins Dreher was born on August 10, 1990 in Red Lake, Ontario, Canada and is the daughter of Steven and Sarah Dreher. She enjoys traveling and has been to seven different countries. Dreher was named the 2007 SHS Homecoming Queen. She also plays the bassoon and piano, both of which she has received many honors and awards for playing.

EMILY ELLIOTT



Sprints
Freshman, HS
Windsor, Colo.
(Fort Collins)

PERSONAL BESTS

100-meters: 12.41
 200-meters: 25.25
 400-meters: 56.71

HIGH SCHOOL: Elliott was a decorated athlete at Windsor High School before transferring to Fort Collins High School, playing a part in six WHS records that currently stand. As a sophomore in 2009 she recorded the school record in the 400, clocking a time of 56.71. During Elliott's junior year she ran the 200 record time of 25.30 and was part of four record setting relays; the 4x100 (49.50), 4x200 (1:43.98), 4x400 (3:55.35) and 800 sprint medley relay (1:47.48). As a senior, Elliott set personal bests in the 100 (12.41) and the 200 (25.25). She recorded a top-10 performance in the 200 at the state championships, finishing ninth overall. Elliott was also recruited by Nebraska, Colorado State, Wyoming, Iowa, Air Force, Northern Colorado, Colorado School of Mines and Cornell.
HIGH SCHOOL BESTS: 100-meters: 12.41; 200-meters: 25.25; 400-meters: 56.71

IN THE CLASSROOM: Elliott is interested in majoring in communications. She was an academic all-state first team selection as a junior and senior.

PERSONAL: Emily Elizabeth Elliott was born on September 29, 1992 in Stillwater, Okla. She is the daughter of Lance and Debbie Elliott of Windsor, Colo. and has two brothers, Zach and Matt.

STACI FOSTER



Middle Distance
Junior/Sophomore,
1L/VR
Anaheim Hills, Calif.
(Orange Lutheran)

PERSONAL BESTS

INDOOR
 1000-Meters: 2:55.36 (2011)
 Mile: 4:50.49 (2011)
OUTDOOR
 800-Meters: 2:17.52 (2011)
 1,500-Meters: 4:27.88 (2011)
BIG 12 SCORING
 2011 (I) Mile, 7th (4:55.70)

2011: Indoor: Foster focused on the middle distances and found success. She won the 1,000 at the Potts Invite (1/22), crossing the finish line in 3:06.15. Foster recorded her 800 PR at the Husker Invite (2/5), finishing sixth overall in 2:55.36. Her greatest strength proved to be the mile run. Foster advanced to the finals at the Big 12

Championships after placing fifth in a personal best time of 4:50.49. In the finals she placed seventh, crossing the finish in 4:55.70.

Outdoor: Foster mainly raced the 1,500 during the outdoor season. She was 11th for CU at the Big 12 Championships, finishing in 4:28.48. She set her personal record at the NCAA West Preliminary Championships, placing 35th overall with a time of 4:27.88.

2010: Indoor: Foster ran a pair of mile runs at the Air Force Academy in her first season. She clocked a season-best time of 5:19.31 to place third at the Don Barrett Duals (1/30). Foster finished sixth at the Air Force Invite (2/13) with a time of 5:38.15.

Outdoor: Did not compete.

CROSS COUNTRY: (2011) Foster competed in a pair of races. She was 14th overall at the Rocky Mountain Shootout and then placed 85th at the Santa Clara Bronco Invite. (2010) Foster ran in a pair of races for the Buffs. She recorded a 28th-place finish at the Rocky Mountain Shootout and then placed 85th overall at the NCAA Pre-National Invitational.

HIGH SCHOOL: Foster owns the Lancer's record in the 1,600-meter run (4:49) and the 3,200 (10:37) and is a member of the school record relay 4x400, 4x800, 4x1600 and DMR teams. She also owns four OLHS cross country course records (Mt. Sac – 17:56, state – 18:10, Orange County – 17:32, league – 18:04). She was named the OLHS and Trinity League Athlete of the Year as well as the league's athlete of the year for cross country and track. Foster was all-state in cross country and track and won the CIF, Orange County and Trinity League 1600 as well as the Trinity League 3200. She finished sixth in the 5k open division at Nike Nationals. As a junior, she was All-Trinity League (cross country, 1,600) and All-CIF SS and all-state in cross country. Foster was named the Trinity League MVP and earned the Outstanding Sophomore Award (cross country) her sophomore year.

HIGH SCHOOL BESTS: 800-Meters: 2:17; 1,600-Meters: 4:49; 3,200-Meters: 10:37.

IN THE CLASSROOM: Foster is majoring in psychology.

PERSONAL: Staci Foster was born on August 12, 1991 in Anaheim, Calif. She is the daughter of Greg and Sherri Foster of Anaheim Hills, Calif. Foster has one younger brother, Cody. Her grandfather, Norman Gray, played baseball and basketball at Cal Tech as well as baseball at the U.S. Naval Academy. She lists scrapbooking and wakeboarding as her hobbies.

ALYSSA FRANK



**Combined Events/
 Jumps**
Junior, VR
Union, Ky.
(Larry A. Ryle)

PERSONAL BESTS

INDOOR
 Pentathlon: 3,468 (2010)
 60-Meter Hurdles: 9.36 (2010)
 High Jump: 5-07/1.70m (2010)
 Shot Put: 33-01/10.08m (2011)
 Long Jump: 16-10/5.13m (2010)
 800-Meters: 2:33.73 (2010)
 60-Meters: 8.73 (2010)
 400-Meters: 1:04.29 (2009)
OUTDOOR
 Heptathlon: 4,579 (2011)
 100-Meter Hurdles: 15.36 (2011)
 High Jump: 5-06.50/1.69m (2011)
 Shot Put: 34-04.75/10.48m (2010)
 200-Meters: 27.34 (2011)
 Long Jump: 16-10/5.13m (2009)
 Javelin: 105-08/32.20m (2010)
 800-Meters: 2:29.27 (2011)
HONORS
 Academic All-Big 12 (2010)

2011: Indoor: Redshirt. Did not compete.

Outdoor: Redshirt. Did not compete.

2010: Indoor: Frank competed in three pentathlons during the indoor season. She recorded a personal record 3,468 points at the New Mexico Classic (2/5), the third best total in 2010 for a Buff. She had four PRs at the meet in the 60-hurdles (9.36), high jump (5-7), shot put (33-01) and long jump (16-10). Frank's PR in the high jump was 10th best jump in combined events history and tied her for eighth on the CU all-time performers list. Frank participated in the high jump and pentathlon for the Buffs at the conference championship. She was 10th in the pentathlon (3,344) and tied for 14th in the high jump (5-03.25).

Outdoor: Frank participated in two heptathlons as a sophomore and recorded a personal best 4,510 points at the Big 12 Championship, placing 10th overall. She tallied personal bests in the 100-hurdles (15.68), high jump (5-06.50), shot put (34-04.75), 200 (27.62) and 800 (2:32.80). Once again Frank's mark in the high jump moved her into the CU record book. She tied for the 10th best jump in combined events history and the height made her the ninth best performer in Buffs' history.

2009: Indoor: Frank only competed in one pentathlon during her freshman campaign but recorded 3,155 points for third place at the Potts Invite (1/23). Frank mainly focused on the high jump. Her best finish came at the Air Force Duals when she passed a height of 5-7 and took third.

Outdoor: Frank competed in three heptathlons during the second half of her season. It all came together for her at the Big 12 Championship when she placed 11th with 4,283 points and earned PRs in four events (100-meter hurdles, high jump, shot put and 200). Frank tied for first in the high jump (in the heptathlon) with a jump of 5-06.50. She qualified for the USA Junior Championships in the pentathlon and notched 3,996 points, with a PR in 2:32.69.

HIGH SCHOOL: Frank was a three-year letterwinner on the Larry A. Ryle High School track and field team. She was named to Kentucky's First Team for Track and Field and the LARHS Most Valuable Player for track and field twice. Frank was named the Northern Kentucky Female Athlete of the Year and the 2007-08 LARHS Female Athlete of the Year. She owns school records in the long jump (17-07.25), triple jump (36-11.25) and 100-meter hurdles (15.75). Frank won the state championship in the triple jump and was second in the high jump and 100m hurdles as a senior. She also placed third in the long jump that season. As a junior, she earned a pair of runner-up finishes in the high and triple jumps and was also second in the high jump as a sophomore.

HIGH SCHOOL BESTS: Long Jump: 17-02.25; Triple Jump: 36-11.25; High Jump: 5-4.5; 100-Meter Hurdles: 15.75; 300-Meter Hurdles: 48.84.

IN THE CLASSROOM: Frank is a mechanical engineering major and has earned a 3.700 GPA as well as a spot on the Big 12 Commissioner's Honor Roll. She was named to the Academic All-Big 12 First Team in 2010. Frank was a member of the honor roll in high school and graduated in the top 10 percent of her class. Frank was a member of the National, Math and Hispanic Honor Societies.

PERSONAL: Alyssa Ann Frank was born on February 4, 1990 in Kalamazoo, Mich. to Timothy and Dorothy Frank. Timothy competed in track and field at South Dakota School of Mines. She has one older sibling, Jaime. Frank lists golfing, dancing, bowling and skiing as her hobbies.

EILEEN GEHRING



Sprints
Freshman, HS
Madison, Wis.
(Edgewood)

PERSONAL BESTS

100-meters: 12.11
200-meters: 25.00
400-meters: 56.45

HIGH SCHOOL: Gehring recorded three school records. She recorded a time of 12.11 while winning the 100-meter dash at the 2010 state meet. Her record in the 200 is 25.00 and her 400 record is 56.45. Gehring was an all-state and all-conference selection her freshman, sophomore, junior and senior years. She was also recruited by Wisconsin and Minnesota.

HIGH SCHOOL BESTS: 100-meters: 12.11; 200-meters: 25.00; 400-meters: 56.45

IN THE CLASSROOM: Gehring is majoring in business. Eileen Elizabeth Gering was born on July 20, 1993 in Madison, Wis. She is the daughter of Mark Gehring and Colleen Murphy and has two siblings, Audrey and Nicholas.

DIANA GEORGE



Distance
Sophomore, VR
Livermore, Calif.
(Livermore)

PERSONAL BESTS

800-Meters: 2:15.09 (2008)
1,600-Meters: 4:52 (2007)
3,200-Meters: 10:35 (2007)

2011: Did not compete.

2010: Redshirt. Did not compete.

HIGH SCHOOL: George was honored with the Contra Coast Times All-Times Capsule Award her sophomore through senior seasons at LHS. The nine-time East Bay Area League Champion won the 800-meter run twice (junior and senior), the 1,600 all four years and the 3,200 her sophomore through senior campaigns. George took first place at the North Coast Section Meet of Champions in both the 1,600 and 3,200 (10th and 11th grades) and was second in the 1,600 and third in the 800 as a senior. She qualified for the state track meet six times from 10th to 12th grade. Her highest finish at the CIF State Championships was as a sophomore when she was fifth in the 3,200 and also took ninth in the 1,600. As a junior and senior she finished seventh in the 1,600 and ninth in the 3,200. George was a 10-time all-league honoree in her high school career and was named the EBAL Athlete of the Meet as a junior after winning the 800, 1,600 and 3,200.

HIGH SCHOOL BESTS: 800-Meters: 2:15.09; 1,600-Meters: 4:52; 3,200-Meters: 10:35.

CROSS COUNTRY: (2011) George started off the season by placing 11th overall at the Rocky Mountain Shootout, CU's No. 5 runner. She followed it up with a 115th-place finish at pre-nationals, this time as CU's No. 7 runner. George ended the season with a 69th-place finish at the Pac-12 Championships and the Buffs won the team title. (2010) George ran in three varsity meets for the Buffs. She started the year by taking 62nd at the Rocky Mountain Shootout. George was the 10th competitor to cross the finish in the open section of the NCAA Pre-National Invitational. Her final race of the season was the Big 12 Championship where she placed 55th overall. (2009) Did not compete.

IN THE CLASSROOM: George is majoring in mechanical engineering. George owns an impressive 3.871 GPA and was a member of the Big 12 Commissioner's Honor Roll. She received the Sandia Women's Committee Award in Mathematics as a junior in high school and was a constant on the Principal's Honor Roll her freshman through senior years.

PERSONAL: Diana Marie George was born on February 7, 1991 in Livermore, Calif. She is the daughter of Edward and Susan George. She also has one older brother, Christopher. George enjoys jigsaw puzzles and has volunteered with the Interact Club. George earned the Livermore High School Musical Achievement Award.

SOPHIE HALLAM-EAMES



Throws
Freshman, HS
Seattle, Wash.
(Nathan Hale)

PERSONAL BESTS

Discus: 132-2
Hammer: 149-1

HIGH SCHOOL: Hallam-Eames earned four letters as a member of the track & field team at Nathan Hale High School. She owns school records in the hammer (149-1) and the discus (132-2); both were set during the 2011 season. Hallam-Eames cites winning the hammer state title as the biggest moment of her high school career. She was recruited by Princeton, Stanford, Washington and Washington State before deciding on CU.

HIGH SCHOOL BESTS: Discus: 132-2; Hammer: 149-1.

IN THE CLASSROOM: Hallam-Eames is a civil engineering major. In high school, Hallam-Eames won the Marine Corps Athletic Award and was a Washington Scholar.

PERSONAL: Sophie Antonia Hallam-Eames was born on March 27, 1993 in Seattle, Wash. She is the daughter of Matthew Hallam-Eames and Scott and Sheryl Huston. She has two siblings, Winston Hallam-Eames and Abby Huston.

LINDSEY HUBBARD



Sprints
Sophomore/Freshman,
VR/VR
Gilcrest, Colo.
(Valley)

PERSONAL BESTS

INDOOR

200 Meters: 26.48 (2011)
400 Meters: 59.74 (2011)
600 Yards: 1:27.44 (2011)

2011: *Indoor:* Hubbard competed in the 200 and 400-meter dashes and the 600-yard dash in her first season at CU. She clocked a season-best time of 1:27.44 in the 600 at the Husker Invite (2/5), which was 14th overall. Hubbard also set season bests on the 200 and 400 at the Air Force Invite (2/11). She crossed the finish of the 200 in 26.48 to place 30th overall and finished the 400 in 59.74 for 14th. *Outdoor:* Did not compete.

HIGH SCHOOL: Hubbard was a member of the track and field, softball and swimming teams at Valley High School and earned four letters in each sport. Her father, Mike, was her coach on the track and helped guide the Vikings to the conference championship from 2008-10. Hubbard set the school record in the 300-meter hurdles (44.51) and was a member of a pair of school record setting relays (4x400, 4:03.86 and 4x200, 1:44.51). She was an all-conference and all-state selection her sophomore, junior and senior years.

HIGH SCHOOL BESTS: 100-Meters: 12.53; 300-Meter Hurdles: 44.51.

IN THE CLASSROOM: Hubbard is majoring in mechanical engineering and has a greater than 3.30 GPA. She was the class valedictorian and earned the Boettcher Scholarship which gave her a full scholarship to any university in Colorado.

PERSONAL: Lindsey Ann Hubbard was born on February 23, 1992 in Greeley, Colo. She is the daughter of Mike and Lee Hubbard. Hubbard enjoys playing the piano, reading and traveling.

EMILY HUNSUCKER



Throws
Junior, VR
Arvada, Colo.
(Pomona)

PERSONAL BESTS

INDOOR

Shot Put: 49-11/15.23m (2011)
Weight Throw: 54-00/16.45m (2011)

OUTDOOR

Shot Put: 41-05.25/12.63m (2010)
Discus: 131-10/40.19m (2011)
Hammer Throw: 176-08/53.85m (2011)

HONORS

Academic All-Big 12 (2011)
Speed-Strength & Conditioning Female
Lifter of the Year (2011)

2011: *Indoor:* Hunsucker earned her way into the CU record book as a sophomore, becoming the fourth best performer in the weight throw when she launched a throw of 54-00.00 at the first meet of the season, the Potts Invite (1/22). The throw placed fourth overall. Hunsucker recorded a throw of 52-00.50 at the Big 12 Championships, placing 20th overall. Those marks were the top two by a Buff during the 2011 season. She also did well in the shot put, recording a PR of 49-11 at the Colorado School of Mines Twilight (2/18), placing third overall.

Outdoor: Hunsucker continued to do well during the outdoor campaign as she became the second best performer in CU history in the hammer throw. Hunsucker had a huge throw of 176-08 at the Jack Christiansen Invite (4/23), placing fourth overall. She was 13th at the Big 12 Championships with a throw of 162-04. Hunsucker had the top three throws for a Buff in the hammer throw as she also recorded a toss of 166-08 at the Beach Invitational (4/16). Hunsucker's throw of 38-10.25 at the CU Invite led the Buffs, as it was 10th overall. She also led CU in the discus throw, tossing the best three throws for a Buff during the year. She PR'd at the Potts Invite (3/19) with a throw of 131-10, placing eighth overall. Her other throws were 120-01 (CU Invite) and 114-06 (Jack Christiansen Invite).

2010: *Indoor:* Hunsucker has a successful start to her CU career, throwing both the shot put and weight in the winter. She recorded a personal record of 44-03.25 in the weight throw at the Air Force Invite (2/12). It was her best throw by 2.5 feet as her next best one was 41-07.75. Hunsucker competed in the shot put at six different meets. She had the sixth best throw of the season for a Buff with

a toss of 41-05. Hunsucker recorded that mark twice, first at the Potts Invite (1/23) and then at the New Mexico Classic (2/6). Her throw at the Potts Invite was her first collegiate win.

Outdoor: Hunsucker competed in the shot put, discus and hammer throws outside. She had two of the top eight throws for CU in the hammer throw. Her PR of 154-11 came at the Big 12 Championship. That throw was the fourth best by a Buff in 2010. Prior to that toss, her previous best had been 151-01, which came at the CSU-Pueblo Invite (4/17). That mark was the sixth best for CU. Hunsucker launched the eighth best throw by a Buff in the discus with her toss of 124-00 at the CU Invite (4/10). She placed 13th overall.

HIGH SCHOOL: Hunsucker owns PHS records in the shot put and the discus throws. She launched a mark of 135-10 in the discus and had a throw of 42-08 in the shot put. Hunsucker placed first at state as a senior in the shot put and was ninth as a junior. In the discus, she recorded a third-place finish as a senior and was fifth as a junior. Hunsucker was all-conference her sophomore through senior years. As a senior, she was named the most outstanding athlete of the year and was the PHS track and field MVP. Hunsucker was named the outstanding freshman athlete of the year and also played volleyball for the Panthers.

HIGH SCHOOL BESTS: Shot put: 42-08; Discus: 135-10.

IN THE CLASSROOM: Hunsucker is majoring in finance. She owns a GPA greater than 3.0 and was a member of the Big 12 Commissioner's Honor Roll. Hunsucker was named the Outstanding U.S. History Student as a sophomore and her junior year she was named the Outstanding AP World History Student.

PERSONAL: Emily Jean Hunsucker was born on April 20, 1991 in Blackhawk, Colo. She is the daughter of Todd and Christine Hunsucker of Loveland, Colo. and has one brother, Hayden, who is a member of the CSU-Pueblo football team.

KARA HYDE



Sprints/Hurdles
Freshman, HS
Forney, Texas.
(Forney)

PERSONAL BESTS

100-Meter Hurdles: 14.12
300-Meter Hurdles: 43.57

HIGH SCHOOL: Hyde owns a pair of school records in the 100 and 300-meter hurdles. She clocked a time of 14.12 in the 100-hurdles and 43.57 in the 300-hurdles. Hyde qualified for the state championship in both hurdle events as a junior, placing second in the 300-hurdles. Hyde was third in the 100-hurdles at the 2010 and 2011 state championships. She was also recruited by Baylor, Texas Tech, Colorado State and Kansas.

HIGH SCHOOL BESTS: 100-meter hurdles: 14.23; 300-meter hurdles: 43.57

IN THE CLASSROOM: Hyde is interested in studying history and education. She was member of the National Honor Society and the Spanish Honor Society in high

school.

PERSONAL: Kara Ann Hyde was born on August 20, 1993 in Dallas, Texas. She is the daughter of Dennis and Janet Hyde of Forney, Texas and has one brother, T.J.

SHALAYA KIPP



Distance
Junior, 1L/2L
Salt Lake City, Utah
(Skyline)

PERSONAL BESTS

INDOOR

Mile: 5:13.93 (2010)
3,000-Meters: 9:32.76 (2011)
5,000-Meters: 16:28.56 (2011)

OUTDOOR

1,500-Meters: 4:29.63 (2011)
5,000-Meters: 16:01.26 (2011)
Steeplechase: 9:56.37 (2011)

BIG 12 SCORING

2010 (O) Steeplechase, 4th (10:10.48)
2011 (I) 5,000-Meter Run, 6th (16:33.09)
2011 (O) 5,000-Meter Run, 5th (16:23.01)

NCAA CHAMPIONSHIP SCORING

2010 (O) Steeplechase, 5th (9:59.37)
2011 (O) Steeplechase, 3rd (9:56.37)

HONORS

2010, 11 Steeplechase All-American
Three-time All-Big 12 honoree
Placed ninth at the 2011 USATF Championships
in the steeplechase

2011: *Indoor:* Kipp raced at three meets for CU. She started off by running a time of 9:44.42 in the 3k at the UW Invite (1/31), placing 12th overall. Two weeks later at the Husky Classic (2/12) she recorded a 5k personal record of 16:28.56. Kipp scored for the Buffs at the Big 12 Championships in the 5k, placing sixth (16:33.09). She also competed in the 3k, finishing 12th overall with a PR of 9:32.76.

Outdoor: Kipp's main focus was once again the steeplechase, however she did compete in the 1,500 and the 5k. Her first race of the season was the 1,500 at the CU Invite. Kipp placed second overall with a time of 4:29.63. The following week at Mt. SAC Relays (4/15) she won the 'B' section in the 5k with a PR of 16:01.26. The time placed Kipp 10th on the CU all-time performers list. Kipp competed in the 5k at the Big 12 Championships and placed fifth (16:23.01). After the conference meet Kipp was able to shift her focus back to the steeplechase. She had run a time of 10:03.37 at the Cardinal Invite (ninth overall), which qualified her for the NCAA West Preliminary Championships where she was second with a time of 10:00.03, enabling her to advance to the NCAA Championships. Kipp went on to place third in the finals with a personal best (9:56.37) to earn her second All-American honor on the track. Kipp extended her season at the USATF Outdoor Championships and placed ninth in the finals (10:00.3).

2010: *Indoor:* Kipp ran in four meets during her first season with CU. She started off by running the mile at the Potts Indoor Invite (1/23). Kipp won the race in 5:13.93. She fol-

lowed that up by running a 3k at the Don Barrett Duals (1/30). Kipp also won that event with an elevated time of 10:29.15. Kipp ran one 5k (17:03.27) during the season which came at the Husky Classic (2/12). She ended the season by recording a season-best time in the 3k at the Big 12 Championship. There she placed 16th with time of 9:45.27.

Outdoor: Kipp started the season by running the 1,500 and 5,000-meter runs before turning her focus to the 3,000-meter steeplechase. She ran a personal record of 16:29.38 in the 5k to win the university/open section at the Mt. SAC Relays (4/16). Kipp recorded a season-best time of 4:29.69 in the 1,500 at the Payton Jordan Cardinal Invite (5/1) after running a time of 4:41.98 at the CU Invite (4/10). At this time, Kipp started to focus on the steeplechase, winning the Fum McGraw Open (5/8) with a time of 10:53.14. She improved her time in the event to 10:10.48 the following week at the Big 12 Championship. Kipp took fourth overall to earn her first All-Big 12 honor and moved up to fourth on the all-time performers list. She advanced to the NCAA West Preliminaries in the steeplechase and placed third with a time of 10:10.04. Kipp then advanced to the semifinals at the NCAA Championship and clocked a time of 9:59.93, good for second to earn herself a place in the finals. She became just the third Buff to ever finish the event in less than 10 minutes. Kipp capped off her season in the finals of the NCAA Championship by placing fifth overall to earn her first All-American honor.

HIGH SCHOOL: Kipp won the 2009 state 1,600 and 3,200-meter run titles and owns the SHS 3,200 record (10:50), which she set on May 17, 2009. Kipp was the MVP of the SHS cross country team her sophomore year and was the cross country and track and field team captain as a senior. Kipp won the Utah State 5A Cross Country Championship in 2006 and was the runner-up in 2008. As a senior she qualified for Foot Locker nationals and placed 28th overall. Kipp earned eight letters with the Eagles.

HIGH SCHOOL BESTS: 1,600-Meters: 5:02; 3,200-Meters: 10:50, 5,000-Meters: 17:50.

CROSS COUNTRY: (2011) Kipp had another great season, earning All-Pac-12 First Team, all-region and All-American honors. She led CU in every race the entire season. Kipp started off by winning the Rocky Mountain Shootout and two weeks later she finished ninth overall at pre-nats. Kipp led the Buffs with a fifth-place finish at the Pac-12 Championships, helping the Buffs win the inaugural Pac-12 team title. She led the Buffs at regionals, once again placing fifth overall. Kipp finished the season with a 19th-place finish, earning her second straight All-American honor. (2010) Kipp earned a spot on the varsity roster from the very first team race of the season, finishing as CU's No. 3 racer and third overall at the Rocky Mountain Shootout. She followed that performance up with a 12th-place finish at pre-nationals, this time as CU's No. 2 runner. Kipp recorded her first All-Big 12 honor when she placed eighth overall at the conference meet. She went on to earn all-region recognition by placing 10th at regionals. Kipp capped off the season by placing 40th overall at nationals, earning All-American status in her first season. (2009) Redshirt. Did not compete.

IN THE CLASSROOM: Kipp is majoring in integrative physiology and was a member of the Big 12 Commissioner's Honor Roll.

PERSONAL: Shalaya Kipp was born on August 19, 1990 in Salt Lake City, Utah. She is the daughter of Ron Kipp and Shannon Kipp-Gillette. Kipp lists her hobbies as skiing and hiking. She also alpine ski raced for 10 years.

MARGAUX KRAHE



Throws
Freshman, HS
Bethel Park, Pa.
(Bethel Park)

PERSONAL BESTS

Discus: 107-05
Shot put: 40-01

HIGH SCHOOL: Krahe earned four letters as a member of the track & field team at Bethel Park High School. She owns school records in the shot put (indoor) and the discus. Krahe competed at the USATF junior championships from 2008-2010.

HIGH SCHOOL BESTS: Discus: 107-05; Shot Put: 40-01.

IN THE CLASSROOM: Krahe is a physics major. She was the secretary and eventually the president of her high school class. She won a number of awards throughout her high school career, including the Wendy's High School Heisman Award and Rotary Student of the Month.

PERSONAL: Margaux Marie Krahe was born on July 13, 1992 in Pittsburgh, Pa. She is the daughter of Bill and Linda Krahe and has two brothers, Malcolm and Liam, and two sisters, Lucia and Sophia. Krahe enjoys snowboarding, playing guitar, and volunteering.

ADRIENNE LETTOW



Throws
Sophomore, VR/VR
Arvada, Colo.
(Faith Christian)

PERSONAL BESTS

INDOOR
Shot put: 39-11.25/12.17m (2011)
Weight Throw: 41-07/12.68m (2011)
OUTDOOR
Shot put: 37-09/11.35m (2011)
Hammer Throw: 122-06/37.34m (2011)

2011: *Indoor:* Lettow had a good freshman debut for the Buffs. She recorded a pair of personal bests in the shot put and weight throws at the Colorado School of Mines Twilight (2/18). Her toss of 39-11.25 in the shot put was the second best throw by a Buff during the season and placed Lettow eighth overall. She also recorded a throw of 41-07 in the weight throw, which was 15th.

Outdoor: Lettow continued to improve during the outdoor season. At the first meet of the season Lettow recorded a PR of 37-03 at the Potts Invite (3/19), which was fifth overall. It was also the third best toss by a Buff during the outdoor campaign. In the hammer throw Lettow tossed a season best mark of 122-06 at the CU Invite (4/9).

HIGH SCHOOL: Lettow owns FCHS records in the indoor shot put (39-07.50), outdoor shot put (39-04.50) and discus (118-10). She won the state meet as a junior in the shot put with her final throw of 39-04.50. Lettow was an all-conference selection and girls' track MVP all four years.

She was also named the FCHS Senior of the Year (2010).
HIGH SCHOOL BESTS: Discus: 118-10; Shot put (I): 39-07.50; Shot put (O): 39-04.50.

IN THE CLASSROOM: Lettow is a pre-communications major. She was a member of the honor roll in high school.

PERSONAL: Adrienne Elizabeth Lettow was born on November 7, 1991 in El Cajon, Calif. She is the daughter of Kris, who threw at UCLA and participated in the U.S. Olympic Trials in the discus, and Chrissie Lettow of Arvada. Her older brother, Ian, was a thrower at Colorado State. Lettow enjoys shopping, photography and listening to music.

BRITTANY LEWIS



Combined
Events/Jumps
Freshman, HS/HS
Aurora, Colo.
(George Washington)

PERSONAL BESTS

INDOOR
60-Meters: 9.32
200-Meters: 27.13
400-Meters: 59.01
800-Meters: 2:29.05
60-Meter Hurdles: 9.43
Long Jump: 18-10
High Jump: 5-04
Shot Put: 34-04
OUTDOOR
Heptathlon: 4,810
100-Meters: 15.33
200-Meters: 25.5
400-Meters: 57.04
800-Meters: 2:22
100-Meter Hurdles: 15.5
400-Meter Hurdles: 1:04.11
Long Jump: 19-04
High Jump: 5-02
Shot put: 34-03.5
Javelin: 108-00

HIGH SCHOOL: Lewis was a standout athlete at George Washington High School. She earned four letters as a member of the track and field team. Lewis was a two-time Colorado State 5A Long Jump Champion, winning in 2009 with a mark of 18-00.50 and in 2010 with a leap of 18-05.5. Lewis competed on the national level in the long jump as well. She was fifth at the 2009 AAU Championships (18-04.25) and placed fifth in 2010 at the USATF Junior Championships (18-09.75). Lewis did well in the sprints at the state 5A championships too. She was fourth in the 400 in 2008 and took fifth in the 300-hurdles in 2010. Lewis was named the most valuable athlete for the GWHS Patriots in 2010 and was the team captain in 2011. She recorded a personal best in the heptathlon at the 2010 Great Southwest, scoring 4,810 points. Lewis placed 12th at the 2011 USATF Junior Championships, recording 4,648 points. Lewis was also recruited by Arizona, Texas-San Antonio.

HIGH SCHOOL BESTS: **INDOOR:** 60-Meters: 9.32; 200-Meters: 27.13; 400-Meters: 59.01; 800-Meters: 2:29.05; 60-Meter Hurdles: 9.43; Long Jump: 18-10; High Jump: 5-

04; Shot Put: 34-04.

OUTDOOR: Heptathlon: 4,810; 100-Meters: 15.33; 200-Meters: 25.5; 400-Meters: 57.04; 800-Meters: 2:22; 100-Meter Hurdles: 15.5; 400-Meter Hurdles: 1:04.11; Long Jump: 19-04; High Jump: 5-02; Shot put: 34-03.5; Javelin: 108-00.

IN THE CLASSROOM: Lewis intends to major in integrative physiology. She was a member of the honor roll from 2007-10.

PERSONAL: Brittany Simone Lewis was born on Jan. 19, 1993 in Sterling, Colo. She is the daughter of Don and Tonya Lewis of Aurora, Colo. Her father ran track at UNC. She has a brother, Dashawn, and a sister, Dawnielle. Lewis enjoys singing and riding her bike.

KELLIE LIND



Throws
Sophomore, VR/VR
Fox Island, Wash.
(Gig Harbor)

PERSONAL BESTS

INDOOR

Weight Throw: 50-08/15.44m (2011)

OUTDOOR

Hammer Throw: 148-00/45.12m (2011)

2011: *Indoor:* Lind focused on the weight throw during the indoor season. She had the third-best throw by a Buffalo at the Potts Invite (1/22), tossing the weight 55-08 for sixth-place.

Outdoor: Lind threw the hammer during the outdoor season. Her personal best of 148-00 at the Front Range Classic (5/1) was the sixth best throw of the season for the Buffs. She placed 12th at the meet.

HIGH SCHOOL: Lind earned four letters as a member of the Tides' track and field team. She placed 10th at the state championship in 2010 in the discus. That same year she was seventh in the hammer at the state competition.

HIGH SCHOOL BESTS: Hammer: 136-11.

IN THE CLASSROOM: Lind is an engineering major.

PERSONAL: Kellie Anne Lind was born on June 6, 1992 in Tacoma, Wash. She is the daughter of Chris Lind of Gig Harbor and Wendy Lind of Fox Island. Lind is the youngest of five children. She has two sisters, Katie and Amy, and two brothers, Michael and Kevin. Katie played soccer at Concordia University (Portland, Ore.). She enjoys skiing, hiking, rock climbing and camping.

CAMILLE LOGAN



Distance
Junior, VR/1L
Littleton, Colo.
(Littleton)

PERSONAL BESTS

INDOOR

Mile: 5:21.07 (2010)

3,000-Meters: 9:33.85 (2011)

5,000-Meters: 16:38.18 (2011)

OUTDOOR

1,500-Meters: 4:23.66 (2011)

3,000-Meters: 10:33.85 (2010)

5,000-Meters: 16:15.19 (2011)

10,000-Meters: 34:16.11 (2011)

BIG 12 SCORING

2011 (O) 10,000-Meter Run, 6th (34:27.12)

HONORS

Academic All-Big 12 (2011)

2011: *Indoor:* Logan raced to a personal record in the 5,000 at the Husky Classic (2/11), finishing in 16:38.18. At the Big 12 Championships she just missed scoring for the Buffs in the 5k, placing ninth in 16:42.18. Logan also raced in the 3k, finishing 14th overall in 9:33.85.

Outdoor: Logan ran in the 1,500, 5k and 10k races. She recorded a personal best of 4:23.66 in the Cardinal Invite (5/1), finishing 10th in the third section. Logan won the 1,500 at the CU Invite (4/9), finishing in 4:25.96. She PR'd in the 5k, becoming the 13th best CU performer in the event with a time of 16:15.19 at Mt. SAC Relays (4/15). Logan raced in the 10k at the Stanford Invite (3/25), crossing the finish in 34:33.24 for third overall in the second section. She participated in both the 5k and 10k at the Big 12 Championships. She placed sixth in the 10k (34:27.12) and was 12th in the 5k (16:41.17). Logan went on to compete in the same two events at the NCAA West Preliminary Championships. She was 21st in the 10k, finishing with a 10k best of 34:16.11, making her the ninth fastest CU performer in the event. Logan was 18th overall in the 5k after finishing in 16:27.96.

2010: *Indoor:* Logan ran the mile and 3,000-meter runs during her first season with the Buffs. She debuted in the mile, running a time of 5:21.07 at the Potts Invite (1/23). Logan ran a pair of 3k's after that. Her best time was 10:19.77, which she did at the Husky Classic (2/13).

Outdoor: Logan ran in several different events during the outdoor campaign, including the 1,500, 3,000, 5,000 and 10,000-meter runs. She ran her first race of the season at the CU Invite (4/11), clocking a PR of 10:33.85 for fifth place. Logan ran a personal best 17:21.38 at the Mt. SAC Relays just six days later, finishing fifth in her division. At the Big 12 Championships, Logan competed in the 5 and 10k runs. She started out with a 13th-place finish in the 10k, running a time of 36:24.92. Two days later she was 24th in the 5k, finishing just under her PR with a time of 17:25.12.

HIGH SCHOOL: Logan set three school records while a member of the LHS cross country and track and field team. She ran a school 5k Liberty Course record of 18:14 in 2008 and took fourth in the meet. On the track, Logan recorded school records in the 1,600 and 3,200-meter runs. She ran a time of 5:03 to place third in the 1,600 and 11:03 in the 3,200 to finish 12th. Both were at the Arcadia Invitational

in April of 2008. On the track she was named all-league first team her sophomore through senior years and was named All-Colorado honorable mention as a junior.

HIGH SCHOOL BESTS: 1,600-Meters: 5:03; 3,200-Meters: 11:03.

CROSS COUNTRY: (2011) Logan had a good sophomore campaign, scoring for CU in four of its five varsity meets. She started off with a sixth-place finish at the Rocky Mountain Shootout and followed it up with a 40th-place finish at pre-nationals. Logan placed 26th at the inaugural Pac-12 Championships, crossing the finish sixth for the Buffs. She was 19th overall at regionals, helping CU tie for first as the No. 3 runner. Logan ended the year at nationals with a 165th-place finish. The Buffs placed 11th overall. (2010) Logan made her way onto the varsity roster as a redshirt freshman. She placed 13th at the Rocky Mountain Shootout and was 97th at the NCAA Pre-National Invitational. Logan finished her only Big 12 Championship with a 25th-place finish and followed that up with a 43rd-place finish at regionals. She finished the season by placing 227th at nationals. (2009) Redshirt. Did not compete.

IN THE CLASSROOM: Logan is majoring in integrative physiology. She was a member of the honor roll and was named to the highest honor roll in high school.

PERSONAL: Camille Catherine Logan was born on August 10, 1991 in Denver, Colo. She is the daughter of Karl and Mary Logan and has two siblings, James and Jordan. Logan lists hiking and dancing as her hobbies. She used to compete in Irish step dancing and has volunteered for Habitat for Humanity.

NIKKI LOOK



Middle Distance
Sophomore, VR
Castle Rock, Colo.
(Douglas County)

PERSONAL BESTS

OUTDOOR

1,500-Meters: 5:08.04 (2011)

HONORS

Academic All-Big 12 (2011)

2011: *Indoor:* Did not compete.

Outdoor: Look raced twice for the Buffs in the 1,500. She recorded a PR at the CU Invite (4/9), finishing in 5:08.04. Look was just off her PR at the Jack Christiansen Invite (4/23), crossing the finish line in 5:08.80.

2010: Did not compete.

CROSS COUNTRY: (2010) Look ran in two meets for CU. She placed 36th overall at the Rocky Mountain Shootout and was 13th at the Fort Hays State Open.

HIGH SCHOOL: Look was a four-sport athlete at DCHS. She received the National Girls and Women in Sports Day Recognition Award as a junior and earned one letter as a member of the cross country team and four on the track team. Look earned the Female Sprinter Award twice, was the 2008 most valuable athlete, a two-time captain and a member of the school record setting 800-meter sprint medley (1:48.01), 4x200 (1:45.16) and 4x100 (50.20) relay on the track team. She owns the Zoom Track Club Team records in the 100 and 200. Look was a member of the 800

sprint medley relay that placed second at the state meet in 2008.

IN THE CLASSROOM: Look is majoring in applied mathematics. She has recorded a perfect 4.00 in her time at CU and has been named to the Dean's List and Big 12 Commissioner's Honor Roll. Look was named the Outstanding Female Student Athlete of the Year as a senior at DCHS and was awarded the Boettcher Scholarship, which grants a full-ride scholarship to any Colorado college. She was an academic all-state selection in basketball and swimming.

PERSONAL: Nicole Look was born on October 28, 1990, in San Mateo, Calif. She is the daughter of Douglas and Lois Look of Castle Rock, Colo. She has one younger sister, Danielle. Look lists developing healthy baking habits, scrapbooking, photography, swimming, yoga and golfing as her hobbies. She started Tae Kwon Do at the age of three and earned a black belt by the time she was eight. Look co-founded Nourish Peace which raises money to support Global Education Fund's effort in building schools around the world. She has worked as a rehabilitation aide at a physical therapy clinic, a six-year-old track coach and a ballot judge for the 2008 Presidential Election.

LINDSY MATTSON



Sprints
Freshman, HS
Grand Rapids, Minn.
(Grand Rapids)

PERSONAL BESTS

200-meters: 25.29
400-meters: 55.18

HIGH SCHOOL: Mattson owns three GRHS records, the 200, 400 and the 4x200-meter relay. She ran a time of 25.29 in the 200 and helped the relay to a mark of 1:42.40. Mattson's fastest time in the 400 is 55.18. She has broken her school record in the 400 seven times and her current mark ranks seventh in Minnesota state history. Mattson has qualified for the state meet in 11 races and has earned six all-state honors. She was second at the 2009 state meet in the 400 and was third the following year. Mattson was also recruited by Minnesota, Iowa State, Iowa, Northern Iowa, North Dakota State, Wisconsin, Nebraska, Kentucky, South Dakota State and Wake Forest.

HIGH SCHOOL BESTS: 200-meters: 25.29; 400-meters: 55.18

IN THE CLASSROOM: Mattson is majoring in communications and has recorded a greater than 3.00 GPA after her first semester. She is a member of the National Honor Society.

PERSONAL: Lindsay Caitlin Mattson was born on February 1, 1993 in Grand Rapids, Minn. She is the daughter of Jeff and Tara Mattson and has a sister, Sidney, and a brother, Mitchell.

GENNY MAYDEN



Combined Events
Sophomore, VR/VR
Nashville, Tenn.
(Ensworth)

PERSONAL BESTS

INDOOR

Pentathlon: 3,364 (2011)
60-Meter Hurdles: 9.20 (2011)
High Jump: 5-02.50/1.59m (2011)
Shot Put: 35-06/10.82m (2011)
Long Jump: 17-08.75/5.39m (2011)
800-Meters: 2:34.29 (2011)

OUTDOOR

Heptathlon: 4950 (2011)
100-Meter Hurdles: 15.28 (2011)
High Jump: 5-04.25/1.63m (2011)
Shot Put: 37-06.75/11.45m (2011)
200 Meters: 26.07 (2011)
Long Jump: 18-04.50/5.60m (2011)
Javelin: 121-06/37.06m (2011)
800 Meters: 2:27.80 (2011)

2011: *Indoor:* Mayden competed in three pentathlons during her first season. She started the season sixth at the Potts Invite (1/22) with 3,167 points and was seventh at the New Mexico Classic (2/4) with 3,273 points. Her personal record of 3,364 points came at the Big 12 Championships where she tied for 11th overall. Mayden's PR made her the 10th best CU performer since 1985 in the pentathlon. Mayden ran her pentathlon PR of 9.24 in the 60-hurdles, putting her 10th on the all-time list. She also PR'd in the 800 with a time of 2:34.29. Mayden recorded a pair of personal bests at the Colorado School of Mines Twilight (2/18). She jumped 17-08.75 in the long jump, placing sixth, and finished the 60-hurdles in 9.20 for fifth overall.

Outdoor: During the outdoor season Mayden continued to have a great freshman campaign. She competed in four meets, recording more than 4,900 points in her final two meets. Mayden notched 4,939 points at the Big 12 Championships, which placed 10th overall. At the meet she recorded two personal bests. She clocked a time of 26.07 in the 200 and jumped 18-04.50 in the long jump, which placed sixth at the meet. Mayden's best performance came at the USATF Junior Championships. She put together a score of 4,950 points, which was fourth at the meet. The score made her the sixth best performer at CU. At the championships Mayden recorded four personal bests. She cleared a height of 5-04.25 in the high jump, threw the shot put 37-06.75 (which was second at the championships), had a throw of 121-06 in the javelin (third) and ran the 800 in 2:27.80. Mayden's javelin toss ranked fifth in school history and her shot put throw was 10th for combined event athletes.

HIGH SCHOOL: As a member of the track and field team at Ensworth High School, Mayden earned four letters. During her junior year, she took first place in the triple jump at the Nashville City Meet. She holds school records for the pentathlon (2942) and triple jump (35-7). She earned two letters for basketball and was a member of the team when the Tigers won the state title in 2008. Mayden was also recruited by Miami, South Carolina and Tulane.

IN THE CLASSROOM: Mayden is a studio art major with interest in photography and art history. She would like to be a photographer after college.

PERSONAL: Genny Emanuelle Mayden was born on January 27, 1992 in New York and is the daughter of Ted and Barbara Mayden. She has two sisters, Samantha and Talia. Samantha is the member of the cross country and track and field team at Muhlenberg College. She lists her hobbies as drawing, crossword puzzles, board games, hiking, traveling and music. Mayden also volunteers frequently at Nashville Animal Shelter.

CATRINA McALISTER



Middle Distance
Freshman, HS
San Clemente, Calif.
(Arcadia)

PERSONAL BESTS

1,600-meters: 4:50.78
3,200-meters: 10:24.85

HIGH SCHOOL: McAlister ran most of her collegiate career at Arcadia High School. While attending AHS she was very successful on the cross country course and on the track. McAlister was an all-state selection in cross country as a junior and senior. She was ninth in 2009 and 10th in 2010 at the state championship. McAlister was the Pacific League Champion in 2010 as well. She went on to compete at the FootLocker meets where she was seventh in the west and finished 25th in the finals. On the track McAlister was the Pacific League Champion her sophomore and junior seasons in the 1,600 and 3,200-meter runs. McAlister placed 10th at the state championship in the 3,200 as a junior.

HIGH SCHOOL BESTS: 1,600-meters: 4:50.78; 3,200-meters: 10:24.85.

IN THE CLASSROOM: McAlister is an open major in the arts and sciences. She recorded a 3.4 GPA in her first semester.

PERSONAL: Catrina Jean McAlister was born on August 21, 1993 in Los Angeles, Calif. She is the daughter of Claron and Carla McAlister and has two younger siblings, Cocyte and Caiya, twins. McAlister enjoys writing, surfing, photography, gardening and playing the guitar.

ALLIE McLAUGHLIN



Distance
Sophomore, RS
Colorado Springs,
Colo. (Air Academy)

PERSONAL BESTS

INDOOR

3,000-Meters: 9:23.31 (2010)

2011: *Indoor:* Did not compete.

Outdoor: Did not compete.

2010: Indoor: McLaughlin recorded an NCAA provisional time in the 3,000-meter run at the UW Invitational (1/30), her only race of the season. McLaughlin made her collegiate track debut in quick fashion as she clocked a time of 9:23.31. She placed third overall and was the top collegiate finisher in the race. Amy Hastings won the 3k with a time of 8:58.45 and Jen Rhines was second (8:58.47); both were running unattached. McLaughlin's time was the 18th fastest ever recorded by a Buff and is the second fastest freshman debut. Sara (Gorton) Slattery recorded the fastest mark of 2:11.59 on Feb. 3, 2001 in Lincoln, Neb.

Outdoor: Did not compete.

CROSS COUNTRY: McLaughlin had quite possibly the best freshman season in CU history during the 2009 season. She started off the season by finishing second at the Rocky Mountain Shootout in 20:22, the eighth best time in course history. It was also the second fastest time by a freshman. McLaughlin showed it wasn't beginner's luck as she raced to a 10th-place finish at pre-nats. Two weeks later she became the first Buff since 2005 to be named the Big 12 Newcomer of the Year after the race to a runner-up finish at the conference championship. The regional meet saw McLaughlin finish third overall, another impressive race for the frosh. But most notably McLaughlin led the Buffs at the NCAA Championships, as a freshman. She finished fifth overall to earn her first All-American honor and was the top freshman in the race. It was the second best finish for a freshman ever at the meet (Shalane Flanagan was fourth in 2000). McLaughlin did not compete in 2010.

HIGH SCHOOL: McLaughlin ran one year of track and two seasons of cross country while at Air Academy. As a junior, the only season she ran track, McLaughlin also had a lot of success. She won the 2008 state 3,200-meter run title and was the regional champion. McLaughlin was named all-first team in track and cross country by the Colorado Springs Gazette. *The Rocky Mountain News* named her the Distance Runner of the Year in 2008. She won the Colorado State 5A Cross Country championship by more than a minute as a senior with a PR of 17:04, which doubles as the AAHS and meet record. McLaughlin was undefeated her senior season and set three course records as well as four meet records. Besides winning the state title, she was the conference and regional champion. McLaughlin was named the cross country runner of the year by the *Rocky Mountain News*, *The Denver Post* and *The Colorado Springs Gazette*. In addition to those honors, she was named the AAHS Female Athlete of the Year, Sportswomen of Colorado honoree for cross country, Rotary Champions nominee and the Gatorade Colorado Runner of the Year. McLaughlin qualified for the IAAF World Championships after placing fourth at the USA Junior Championships in 2008 and earned All-American honors by placing fifth at the Foot Locker National Championships. She also served as the captain for the cross country and lacrosse teams her senior year.

HIGH SCHOOL BESTS: 1,600-Meters: 5:13; 3,200-Meters: 10:49.

IN THE CLASSROOM: McLaughlin is majoring in communications and owns a greater than 3.00 GPA. While in high school, she was a member of the National Honor Society, the Principal's Honor Roll and was named to the Colorado High School Activities Association Academic All-State First Team.

PERSONAL: Allison Jordan McLaughlin was born on Oct. 30, 1990 in Dayton, Ohio. She is the daughter of Thomas, who played lacrosse at Michigan State, and Carol McLaughlin of Colorado Springs, Colo. She has one older

brother, Andrew. McLaughlin lists snowboarding, wakeboarding, swimming, downhill mountain biking, weightlifting, photography and running with her dogs as her hobbies. She has also volunteered her time baking food in a soup kitchen while in high school.

JESSICA McLAUGHLIN



Javelin
Senior, VR
Elizabeth, Colo.
(Elizabeth)

PERSONAL BESTS

Javelin: 82-07 (2010)

2011: Indoor: Did not compete.

Outdoor: McLaughlin competed in three meets for the Buffs. She recorded a season-best mark of 76-10 at the CU Invite (4/9).

2010: Indoor: Did not compete.

Outdoor: McLaughlin competed in four meets for the Buffs. She recorded a personal best of 82-07 in the javelin at the CU Invite (4/10), placing 17th overall.

2009: Indoor and Outdoor: Did not compete.

HIGH SCHOOL: McLaughlin was a member of the National Honor Society at EHS and also served as the student body president from 2006-07.

ACADEMICS: McLaughlin is majoring in English and is a member of the Big 12 Commissioner's Honor Roll.

PERSONAL: Jessica Lee McLaughlin was born on October 22, 1988 in New Haven, Conn. She is the daughter of Mark McLaughlin and Shelly Blazier. McLaughlin lists hiking, soccer and rock climbing as her hobbies.

LAINY NASH



Sprints/Hurdles
Freshman, HS
Beaverton, Ore.
(Southridge)

PERSONAL BESTS

100-meters: 12.70
200-meters: 25.51
400-meters: 56.52
100-meter hurdles: 15.32
300-meter hurdles: 44.34

HIGH SCHOOL: Nash won the 2010 Oregon State 400-meter title to earn Southridge High School's Athlete of the Year award. She was a member of the state champion 4x400-meter relay as a freshman and sophomore, and the Skyhawks women's team won the overall state title in 2009. That same year she was third in the 300-hurdles. She was also a member of the 4x100 relay that placed second in 2009, 10 and 11. Nash was all-state her freshman, sophomore, junior and senior years. She was also recruited by Nevada-Reno, Cornell, Northern Arizona,

Brown and San Francisco.

HIGH SCHOOL BESTS: 100-meters: 12.70; 200-meters: 25.51; 400-meters: 56.52; 100-meter hurdles: 15.32; 300-meter hurdles: 44.34.

IN THE CLASSROOM: Nash is majoring in integrative physiology.

PERSONAL: Lainey Sarah Nash was born on August 3, 1993 in Portland, Ore. She is the daughter of David and Aviva Nash of Beaverton, Ore. She has two brothers, Daniel and Aaron.

HOLLY ODNEAL



Combined Events
Junior, VR
Palisade, Colo.
(Palisade)

PERSONAL BESTS

INDOOR

Pentathlon: 3,380 (2011)
60-Meter Hurdles: 9.16 (2011)
High Jump: 5-07/1.70m (2010)
Shot Put: 38-2.75/11.65m (2011)
Long Jump: 16-04.25/4.98m (2010)
800-Meters: 2:33.88 (2011)
60-Meters: 8.59 (2010)

OUTDOOR

Heptathlon: 4,699 (2011)
100-Meters Hurdles: 14.70 (2011)
High Jump: 5-05.25/1.66m (2011)
Shot Put: 36-10.25/11.23m (2011)
200-Meters: 27.55 (2011)
Long Jump: 17-02.00/5.23m (2011)
Javelin: 113-03/34.53m (2010)
800-Meters: 2:34.30 (2010)

HONORS

Academic All-Big 12 (2011)

2011: Indoor: Odneal continued to improve for the Buffs, competing in three pentathlons during the indoor season. Her best meet was the Potts Invite (1/22), where she recorded a personal best and seasonal best total of 3,380 points to rank eighth on the CU performers list. Odneal placed fourth overall. She was sixth at the New Mexico Classic (2/4) with 3,342 points and placed 11th at the Big 12 Championships with 3,364 points. Odneal recorded the fifth and sixth fastest CU times for the pentathlon in the 60-meter hurdles. She finished the conference meet in 9.16 and clocked a time of 9.19 at the Potts Invite. Odneal also ranks in CU's combined events shot put chart with the seventh and eighth best throws. She tossed the shot put 38-02.75 at the Big 12 meet, which was third, and recorded a throw of 38-00.75 at the Potts Invite.

Outdoor: Odneal took part in three heptathlons for the Buffs, competing at the Jim Click (3/31-4/1), Glenn Morris (4/22-23) and Big 12 (5/13-14) meets. Odneal earned her personal best at the conference championships, picking up a score of 4,699 points for 11th place with six personal bests. She ran to PR's in the 100-meter hurdles (14.70), 200 (27.55) and 800 (2:34.30) and recorded marks of 5-05.25 in the high jump, 36-10.25 in the shot put and 17-02

in the long jump. Her point total at Big 12s is ninth on CU's all-time performers chart.

2010: Indoor: Odneal competed in three pentathlons for the Buffs in her first season. She recorded a personal record (3,258 points) at the New Mexico Classic (2/5). Odneal also set PRs in the shot put (35-07.75) and long jump (16-04.25). Her mark in the shot put is the 10th best in CU combined events history. Odneal also competed at the Big 12 Championship, placing 13th overall (3,223). Odneal also spent time focusing on the high jump. She reached a height of 5-7 at the Don Barrett Duals (1/30), which ties for eighth on the all-time CU performers list.

Outdoor: Odneal participated in two heptathlons during the outdoor season and saved the best for last since she recorded a PR of 4,277 points at the Big 12 Championship (placing 13th overall). Odneal totaled three PRs at the meet, running the 200 in 27.84, the 800 in 2:34.30 and throw the javelin 113-03. Her mark in the javelin ranks eighth on the CU combined events chart and was the fifth best throw for a Buff in the 2010 season. Odneal recorded a PR in the shot put at the Glenn Morris Multi-Events meet (4/22-23). Her throw of 35-07.75 ranks 21st on the CU combined events chart.

HIGH SCHOOL: Odneal earned four letters in track and field at PHS. She was a two-time regional champion in the high jump and won the region champion in the 100-meter hurdles once. Odneal owns the PHS records in both events. She recorded a jump of 5-4 high jump and a time of 15.2 in the 100-meter hurdles. Odneal was an all-conference selection all four years and was all-state as a sophomore. She also competed at a meet in Brisbane, Australia and took first in the high jump, clearing the bar at 5-04.50. Odneal was also a four-year letterwinner for the basketball team and was all-conference her senior year.

HIGH SCHOOL BESTS: High Jump: 5-04.50; 100-Meter Hurdles: 15.2; Heptathlon: 3,800.

IN THE CLASSROOM: Odneal is majoring in finance. She earned a 4.0 GPA her first semester and was named to the Dean's List and the Big 12 Commissioner's Honor Roll. Odneal currently owns a GPA greater than 3.5. She earned first team academic honors as a junior and senior in high school.

PERSONAL: Holly Rae Odneal was born on December 22, 1990 in Palisade, Colo. and is the daughter of Wes and Linda Odneal. Linda played basketball at Otero Junior College and Wes was on the rodeo team at Sterling Junior College and then rode bare-back broncos professionally. She has one sister, Hannah, and one brother, Joey. Odneal lists her hobbies as snowboarding, shopping and playing solitaire. She volunteered at the YMCA for a service learning class through AmeriCorps in 2008.

RACHEL OPGENORTH



Sprints
Sophomore, VR
Denver, Colo.
(Cherry Creek)

PERSONAL BESTS

INDOOR

60 Meters: 7.96 (2011)
200 Meters: 25.92 (2011)

OUTDOOR

100 Meters: 12.90 (2011)
200 Meters: 26.26 (2011)

2011: Indoor: Opgenorth raced in both the 60 and 200-meter dashes. She recorded a personal best in the 60 of 7.96 at the Don Barrett Duals, placing eighth overall. Opgenorth earned another PR at the Air Force Academy, this time at the Air Force Invite (2/11), finishing in 25.92.

Outdoor: Opgenorth ran a two meets for the Buffs, the CU Invite (4/9) and the Jack Christiansen Invite (4/23). She raced to a season best of 12.90 in the 100 at the CU Invite, placing eighth overall. Opgenorth was 11th overall in the 200 at the Jack Christiansen Invite with a time of 26.26.

HIGH SCHOOL: Opgenorth earned four letters as a member of the track and field team at Cherry Creek High School. She was a member of the relay team, which holds a school record in the 4x200 (1.42.33) in 2009 and the 200-meter sprint medley (1.47.28) in 2010. The Bruins were three time Centennial League Champions (2007, 2009, 2010) and were two time runners-up at State (2009, 2010). During her senior year, Opgenorth placed sixth in the 100-meters and eighth in 200-meters at the state track meet. In addition, she was named team captain and most outstanding female performer. Opgenorth was also recruited by Boise State and Wyoming.

HIGH SCHOOL BESTS: 60-meters: 8.04; 100-meters: 12.49; 200-meters: 25.66.

IN THE CLASSROOM: Opgenorth is majoring in arts and science. She owns a GPA greater than 3.00 and was a member of the Big 12 Commissioner's Honor Roll.

PERSONAL: Rachael Marie Opgenorth was born on October 12, 1991 in Denver, Colo. and is the daughter of Jeffrey Opgenorth. She has one brother, Aaron. Opgenorth spent time volunteering at God's Katrina Kitchen for a summer in Mississippi.

BECKY POPIEL



Distance
Senior, VR
Dana Point, Calif.
(Dana Hills)

PERSONAL BESTS

INDOOR

1000 Meters: 3:38.57 (2011)
Mile: 6:17.03 (2011)

OUTDOOR

1500 Meters: 5:26.99 (2011)
3000 Meters: 12:12.14 (2011)

2011: Indoor: Popiel participated in two races for the Buffs. She finished the 1,000 in 3:38.57 at the Potts Invite (1/22). Popiel ran the mile three weeks later at the Air Force Invite (2/11) and crossed the finish in 6:17.03.

Outdoor: Popiel ran in three meets for CU. She earned a personal record of 5:26.99 at the Jack Christiansen Invite (4/23) after running a time of 5:37.92 at the Potts Invite (3/19) in the same event. Popiel also recorded a PR in the 3k, completing the race in 12:12.14.

CROSS COUNTRY: (2011) Popiel ran twice for the Buffs in her first campaign. She was 65th at the Rocky Mountain Shootout and went on to place 168th at the Santa Clara Bronco Invite.

HIGH SCHOOL: Popiel was a member of the cross country team for three years at MHS.

IN THE CLASSROOM: Popiel is majoring in film studies.

PERSONAL: Rebecca Elizabeth Popiel was born on May 28, 1990. She is the daughter of David Popiel and Joyce Luiken. Popiel enjoys snowboarding and playing basketball.

GWEN RICCO



Combined Events
Junior, TR/TR
Dallas, Texas
(Highland Park/
Wake Forest)

PERSONAL BESTS

INDOOR

Pentathlon: 3,341
Long Jump: 18-04.25

OUTDOOR

Heptathlon: 4,954
100-Meter Hurdles: 14.68
200-Meters: 24.52
Long Jump: 18-09.25
Javelin: 107-08
800-Meter: 2:22.0

AT WAKE FOREST: As a sophomore in 2011 Ricco placed eighth in the heptathlon at the ACC Outdoor Championships, recording a personal best 4,831 points in the process. She also placed 18th at the championship in the long jump, recording a mark of 16-11.25. In 2010 Ricco was a member of the outdoor 4x200-meter relay team that

set the school record of 1:38.97. During the indoor season she raced on the 4x400 team that set the school record at 3:43.66, placing sixth at the ACC Indoor Championships.

HIGH SCHOOL: Ricco was a four-time letterwinner on the track team for HPHS. While in high school she recorded a personal record of 4,622 points in the heptathlon. She was a member of the school record setting 4x100 and 4x200-meter relay teams.

IN THE CLASSROOM: Ricco is majoring in anthropology. She was a member of the 2010-11 ACC Academic Honor Roll. In high school she was a member of the national honor society.

PERSONAL: Gwendolyn Maria Ricco was born on October 31, 1990 in Dallas Texas. She is the daughter of Vince Ricco and Pamela Huntress and has a twin sister, Maddy.

AMBER ROZIER



Sprints/Hurdles
Senior/Junior, VR/VR
Pearland, Texas
(Pearland)

PERSONAL BESTS

INDOOR
60-Meters: 7.99 (2011)
200-Meters: 26.08 (2011)
60-Meter Hurdles: 9.47 (2010)
OUTDOOR
100-Meters: 13.18 (2009)
200-Meters: 25.78
400-Meter Hurdles: 63.97

2011: *Indoor:* Rozier participated in the 60 and 200-meter dashes and earned personal bests in each event. She placed ninth at the Don Barrett Duals (1/29) in the 60, finishing in 7.99. Rozier also PR'd in the 200 at the same meet, crossing the finish in 26.08 to place seventh overall.

Outdoor: Did not compete.

2010: *Indoor:* Rozier competed in three meets during the indoor season. She earned then-personal records in the 60 and 200-meter runs, as well as the 60-meter hurdles. Rozier clocked a time of 8.06 in the 60 at the Air Force All-Comers meet (1/15). She recorded a PR of 26.22 in the 200 at the Air Force Invite (2/12). Rozier also clocked a time of 10.57 in the 60 hurdles at the Potts Invite (1/23).

Outdoor: Rozier ran the 100 and the 100 hurdles during the outdoor season. Her best time in the 100 was 13.40, which she ran at the Tom Benich Classic (4/3). Rozier clocked a season best time of 1:07.62 in the 100 hurdles at the Front Range Classic.

2009: *Indoor:* Did not compete.

Outdoor: Rozier ran in one 100-meter dash during the outdoor season. She finished 11th at the Potts Invite in 13.18.

HIGH SCHOOL: Rozier was a four-year letterwinner for PHS. She was a USATF Junior Olympic Qualifier in the 400-meter hurdles as a junior and senior and qualified for the finals both seasons. Rozier was the District 3A Champion in the 300-meter hurdles as a junior and qualified for the state meet, which she also lists as the biggest moment of her high school career. Pearland won the district championship from 2004-08 and the regional

championship in 2008.

HIGH SCHOOL BESTS: 200-Meters: 26.21; 300-Meter Hurdles: 43.61; 400-Meter Hurdles: 1:03.97.

ACADEMICS: Rozier is majoring in ethnic studies. She was a member of the National Honor and Spanish Honor Societies in high school.

PERSONAL: Amber Michelle Rozier was born on Sept. 9, 1990 in Galveston, Texas. Her parents are Mike Rozier, who won the Heisman Trophy in 1983 as a member of the Nebraska Cornhuskers, and Rita Baldwin. Mike also played in the NFL for the Houston Oilers and the Atlanta Falcons and was selected for the College Football Hall of Fame in 2006. Rozier has two siblings, Jamichael and Michael. She enjoys shopping and sports and has volunteered for Habitat for Humanity and the Advocacy Center for Children.

JANA STOLTING



Distance
Sophomore, TR
Tallahassee, Fla.
(Maclay/San Francisco)

PERSONAL BESTS

INDOOR
5,000 Meters: 16:51.21 (2011)
OUTDOOR
1,500 Meters: 4:35.27 (2011)
10,000 Meters: 34:29.08 (2011)

SAN FRANCISCO: Stolting ran one season at San Francisco. She led USF at the NCAA West Region Championship, placing 15th overall and just missed an at-large bid to the national championships. Stolting finished fourth at the West Coast Conference Championship to earn first team all-conference honors and WCC Freshman of the Year status. USF won the WCC team title and was seventh at the west regional. Stolting was also a member of the track and field team. She qualified for the 10k in the NCAA West Preliminaries and placed 29th overall. Stolting set the USF 10k record at Mt. SAC Relays, finishing in 34:29.08.

HIGH SCHOOL: Stolting earned a trio of third place finishes at the Florida State Championship she senior year. She was third in the cross country meet as well as the 1,600 and 3,200-meter runs. She was an All-Bend first team selection in track her sophomore, junior and senior seasons and was All-Bend for cross country as a junior and senior. She was also a National Merit Scholar in 2009 and 2010.

HIGH SCHOOL BESTS: 1,600-meters: 4:57.64; 3,200-meters: 10:41.54.

IN THE CLASSROOM: Stolting is majoring in philosophy and owns a greater than 3.00 GPA.

PERSONAL: Jana Elizabeth Stolting was born on December 8, 1991 in Tallahassee, Fla. She is the daughter of Steven and Karen Stolting and has three sisters, Lauren, Alana and Nicole. Stolting enjoys hiking, camping and traveling.

BRIDGET SWEENEY



Sprints
Freshman, HS
Hopkins, Minn.
(Hopkins)

PERSONAL BESTS

200-meters: 25.32
400-meters: 55.14

HIGH SCHOOL: Sweeney is the school record holder in the 400-meter dash (55.14) and was a part of the school and state record setting 4x200 (1:40.62) and 4x400 (3:51.28) relays. She placed second individually at the state championship in the 400 in 2010 and 11. Both relays placed first her junior and senior years as she helped the HHS Royals to the state title in 2010. Sweeney was an all-conference and all-state selection in track from eighth-grade to her senior season. Sweeney placed third at the Nike Track Nationals in 2010 and 11 and was seventh at the 2011 USA Junior Outdoor Championships in the 400. She was also recruited by Minnesota, Wisconsin and Notre Dame.

HIGH SCHOOL BESTS: 200-meters: 25.32; 400-meters: 55.14

IN THE CLASSROOM: Sweeney is an open major in the arts and sciences. She recorded a 3.862 GPA in her first semester. Sweeney is a member of the National Honor Society.

PERSONAL: Bridget Ruth Sweeney was born on January 31, 1993 in Minneapolis, Minn. She is the daughter of Terry and Barb Sweeney and has one sister, Meghan.

JESSICA TEBO



Distance
Grad, VR
Sammamish, Wash.
(Eastlake/
Seattle Pacific)

PERSONAL BESTS

800-Meters: 2:04
1,500-Meters: 4:11.06 (2010)
5,000-Meters: 15:25.58 (2011)

2011: *Indoor:* Did not compete.

Outdoor: Tebo had a great spring although it was cut short due to injury. She ran in three races, finishing first in the 1,500 at the Potts Invite (3/19) and first in the 800 at the CU Invite (4/9). Tebo also placed first at the prestigious Stanford Invite (3/25) in the 5k, competing with some of the best professionals in the country. Tebo crossed the finish in 15:25.58, finishing over seven seconds ahead of the runner-up, adidas' Jen Rhines (15:32.70). Prior to Tebo's race, the top time in the world was held by Brazil's Simone De Silva at 15:27.69. The time was the fourth fastest time ever run by a Buff and she also became the third fastest performer at CU in the event. The only two Buffs to ever run faster times were Jenny Barringer (15:05.25 and

15:07.64) and Sara (Gorton) Slattery (15:24.97). Tebo was named the Big 12 Athlete of the Week as well as the CU Athlete of the Week for the performance. Earlier in the season she was named the recipient of the NCAA Walter Byer's Postgraduate Scholarship.

AT SEATTLE PACIFIC: Tebo came to CU after a decorated career at Seattle Pacific University. She is a 12-time NCAA cross country and track champion, winning the NCAA Division II indoor mile all four years. Tebo also has titles in the 1,500, distance medley relay and in cross country. She was named the Great Northwest Athletic Conference Athlete of the Year 10 times, four in cross country and indoor track and twice in outdoor track. Tebo was also named the SPU Athlete of the Year a record setting four years.

HIGH SCHOOL: Tebo won the Washington Class 4A state track title in the 800 as a senior at EHS in 2006. She owns school records in the 400, 800, 1,600 and 3,200.

ACADEMICS: Tebo is a grad student at CU and is studying for a Masters of Curriculum and Education K-12 Education. In her first three semesters of graduate school, Tebo has recorded a 4.00 GPA; earning a spot on the Dean's List and the Big 12 Commissioner's Honor Roll. She graduated from SPU with a 3.93 GPA as an English major and was a three-time CoSIDA Academic All-American. Tebo was also named the USTFCCA Scholar Athlete of the Year for track five times and cross country three times. She was a recipient of an NCAA Postgraduate Scholarship.

PERSONAL: The former Jessica Elise Pixler was born on April 8, 1988 and married Matt Tebo, a former CU standout, in December of 2011. She is the daughter of Jeff and Nancy Pixler who both ran at CU. She has two sisters, Melissa and Courtney, and one brother, Nathan. Tebo lists her hobbies as snowshoeing, hiking and reading.

ABRIANNA TORRES



**Combined
Events/Jumps
Freshman, HS
San Luis Obispo, Calif.
(San Luis Obispo)**

PERSONAL BESTS

100-Meters: 12.32
200-Meters: 25.65
800-Meters: 2:31
100-Meter Hurdles: 14.45
300-Meter Hurdles: 44.23
Long Jump: 19-11.5
Triple Jump: 39-06.5
High Jump: 5-3.75
Shot Put: 33-05
Javelin: 91-06
Heptathlon: 4,826

HIGH SCHOOL: Torres earned four letters at SLOHS and owns school records in the long jump (19-11.50), triple jump (39-06.50), 100-meter hurdles (14.45), heptathlon (4,826) and the 4x100-meter relay (48.12). She also owns Pac 7 League records in the 300-hurdles, 100-hurdles, long and triple jumps. Torres helped the Tigers win the Pac 7 League Championship in 2008, 09, 10 and 11, as well as the CIF DIII Championships in 2008 and 09. As an individ-

ual she won the 2011 DIF long jump and triple jump. Torres earned a runner-up finish in the long jump at the 2009 USATF Junior Championships and was 10th overall at the 2011 USATF Junior Championships in the heptathlon with 4,707 points. She was also recruited by Cal, Cal Poly, Reno, UCLA and Duke.

HIGH SCHOOL BESTS: 100-Meters: 12.32; 200-Meters: 25.65; 800-Meters: 2:31; 100-Meter Hurdles: 14.45; 300-Meter Hurdles: 44.23; Long Jump: 19-11.5; Triple Jump: 39-06.5; High Jump: 5-3.75; Shot Put: 33-05; Javelin: 91-06; Heptathlon: 4,826.

IN THE CLASSROOM: Torres is majoring in sociology but is also interested in criminal justice. She was a scholar athlete all throughout high school.

PERSONAL: Abrianna Nicole Torres was born on Jan. 3, 1993 in San Luis Obispo, Calif. She is the daughter of Victor Sr. and Zona (Cece Chandler) Torres. She has two sisters, Katrina and Grace, and two brothers, Victor Jr. and Chandler. Both of her parents were school record holders at Col Poly in the jumps and hurdles. She enjoys outdoor adventuring, watching the news and hanging out with family and friends. She was named the SLOHS Homecoming Princess as a junior and the Homecoming Queen as a senior.

ELIZABETH (LIZ) TREMBLAY



**Middle Distance
Junior, 2L/1L
Loveland, Colo.
(Thompson Valley)**

PERSONAL BESTS

INDOOR
600-Yards: 1:24.07 (2011)
800-Meters: 2:09.23 (2011)
OUTDOOR
400-Meters: 55.1 (2009)
800-Meters: 2:06.59 (2011)

BIG 12 SCORING

2010 (I) Distance Medley Relay, 5th (11:34.32)
2011 (I) Distance Medley Relay, 4th (11:22.87 – school record)
2011 (I) 800-Meter Run, 2nd (2:10.23)
2011 (O) 800-Meter Run, 3rd (2:06.59)

HONORS

Academic All-Big 12 (2011)

CAREER UPDATE: It didn't take long for Tremblay to make her way into the CU record book. She is the second best performer in the indoor 800-meter run (2:09.23) and is third in the 600-yard dash (1:24.07). Tremblay is also a member of the CU record setting distance medley relay team which broke a 12-year-old CU record when they finished in 11:22.87, placing fourth at the Big 12 Championships. Her name is also in the outdoor record book as she is the third-fastest 800 performer (2:06.59) for the Buffs.

2011: *Indoor:* Tremblay became the second fastest CU performer in the 800 and put up three of the top four times in school history during the season. She clocked a time of 2:09.51 at the UW Invite (1/29), finishing seventh overall. At the Big 12 Championships she clocked a time of 2:09.23, the second-best in school history, in the prelims. During the finals Tremblay earned a second-place overall

finish with a time of 2:10.23. She was also a member of the school record setting distance medley relay team that placed fourth (11:22.87) breaking a 12-year-old record.

Outdoor: Tremblay's main focus was again the 800 and she recorded seven of the top 15 times in CU history while becoming the second fastest performer at CU. She started the season off with a second-place finish of 2:09.26 at the CU Invite (4/9) and improved the following week at Mt. SAC Relays (4/15) with a time of 2:08.58. Tremblay recorded her season-best (2:06.59) at the Oregon Twilight (5/6), placing fifth. She found more success at the conference championships. Tremblay third in the finals with the eighth fastest time in school history (2:07.07). She qualified for the NCAA West Preliminary Championships and advanced to the finals after placing 22nd in the prelims (2:08.10). She finished the season 18th at the championships with a time of 2:07.76.

2010: *Indoor:* Tremblay competed in the 600-yard and 800-meter runs during her first indoor season. She recorded her season-best time of 2:13.96 in the 800 at the Husky Classic (2/12) to become the fifth fastest performer for CU in the event. The mark was the sixth-fastest ever at CU. Tremblay also stamped a spot in the CU record book in the 600. At the Big 12 Championship she clocked a time of 1:25.74 which was the ninth-best ever in CU history and made her the seventh fastest performer in the event for the Buffs. Tremblay was also a member of the distance medley relay team that placed fifth at the conference championship. The quartet of Katie Cumming, Tremblay, Brianne Beemer and Emma Coburn ran the fourth fastest time in school history with a mark of 11:34.32 to earn All-Big 12 honors.

Outdoor: Tremblay continued to focus on the 800, running the event at four meets during the outdoor campaign. Her fastest time of the season was 2:11.25, which she ran at the Mt. SAC Relays (4/16). In doing so, she became the eighth fastest performer in the event at CU. Tremblay competed in the 800 at the Big 12 Championship. She placed 15th overall in the preliminaries (2:11.99). She ran in the fastest two 4x400-meter relay teams for the 2010 season. She ran the anchor leg of the ninth-place team (3:53.25) at the Big 12 meet and was the third leg on the team that ran a time of 3:53.43 at the CU Invite (4/10).

CROSS COUNTRY: (2011) Tremblay earned another letter as a member of the varsity squad as a sophomore. She placed 19th in the first meet of the season, the Rocky Mountain Shootout and led CU at the Santa Clara Bronco Invite with a 14th-place finish. Tremblay raced to a 51st-place finish at the inaugural Pac-12 Championships, helping CU to the team title. She served as the alternate at regionals and nationals. (2010) Tremblay competed in three meets for CU, starting at the Rocky Mountain Shootout where she placed 45th overall. Tremblay led the Buffs at the Fort Hays State Open with a 10th-place finish. She ended the season at the conference championship, placing 109th overall. (2009) Did not compete.

HIGH SCHOOL: Tremblay won the state title in the 400-meter run in a meet and school record of 55.1 seconds to cap off an undefeated season in the event. She was also a member of three meet and school records in the 800-medley (1:47.2), 4x400 (3:47.4) and 4x800 (8:58.6). Tremblay also has TVHS records in the 100 (12.1), 200 (25.1) and 400 (55.1). Her high school track and field team was the 2008 and 09 state champions. On the cross country course, Tremblay recorded a 20th-place finish at the state championship her senior year en route to her high school winning the team title. The Eagles won the state championship in 2006. She was all-conference, all-region

and all-state her senior year and was named the Most Improved Athlete for TVHS. Tremblay's team also finished fourth at Nike regional cross country meet.

HIGH SCHOOL BESTS: 100-Meters: 12.1; 200-Meters: 25.1; 400-Meters: 55.1; 800-Meters: 2:15.

IN THE CLASSROOM: Tremblay is majoring in integrative physiology. She owns a GPA greater than 3.30 and was named to the Big 12 Commissioner's Honor Roll. Tremblay was a member of the honor roll while at TVHS, as well as an academic all-state selection her junior and senior years.

PERSONAL: Elizabeth Tremblay was born on March 28, 1991 in Loveland, Colo. She is the daughter of Michael and Olivia Tremblay. She has two older siblings, Anne and Joe, and a twin sister Laura, who is a member of CU cross country and track and field teams. Tremblay lists her hobbies as reading, playing sports, outdoor activities and hanging out with friends. She has volunteered with the Hearts and Horses program, Local House for Humanity, House of Neighborly Service and Immanuel Lutheran School.

RACHEL VIGER



Distance
Freshman, RS
Fort Collins, Colo.
(Fort Collins)

PERSONAL BESTS

1,600 Meters: 5:15 (2009)
3,200 Meters: 11:05 (2010)

2011: Indoor: Redshirt. Did not compete.

Outdoor: Redshirt. Did not compete.

CROSS COUNTRY: (2011) Viger competed in four varsity meets for the Buffs. She started the season at pre-nationals, placing 59th overall as CU's No. 5 scorer. At the Pac-12 Championships Viger was 35th overall. She went on to take 41st at regionals and finished the season with a 169th-place finish at nationals. (2010) Viger earned a spot on the varsity roster in her first season with the Buffs. Her first race was pre-nationals where she finished 125th overall. She improved to 50th overall at the Big 12 Championship two weeks later. Viger came in 69th at the regionals and was 225th at the NCAA Championships.

HIGH SCHOOL: Viger was an All-Front Range Conference selection her sophomore, junior and senior years at FCHS. She was named all-state her senior year in cross country and was all-state on the track as a junior and senior. Viger's team placed third at the 2009 Nike Cross Nationals and was seventh in 2007 and 2008.

HIGH SCHOOL BESTS: 1,600-meters: 5:15; 3,200-meters: 11:05.

IN THE CLASSROOM: Viger is majoring in chemical engineering. She has earned a 4.00 GPA in her three semesters and is a member of the Dean's List and was a four-time member of the Big 12 Commissioner's Honor Roll.

PERSONAL: Rachel Elizabeth Viger was born on October 14, 1991 in Fort Collins, Colo. She is the daughter of Charles and Sharron Viger. She enjoys hiking, swimming, camping and reading in her free time.

KIRSTEN WICKS



Throws
Senior, VR
Wheaton, Ill.
(Wheaton)

PERSONAL BESTS

INDOOR

Shot Put: 35-09.25/10.90m (2011)
Weight Throw: 45-08.50/13.93m (2011)

OUTDOOR

Shot Put: 34-06.25/10.52m (2011)
Javelin: 103-05/31.52m (2010)
Hammer Throw: 131-03/40.00m (2011)

HONORS

Academic All-Big 12 (2011)

2011: Indoor: Wicks stuck with the shot put and weight throws, recording personal records in both events. She started the season off with an eighth-place finish at the Potts Invite (1/22), recording a toss of 45-08.50 in the weight throw. Wicks also PR'd in the shot put at the Air Force Invite (2/12) with a throw of 35-09.25.

Outdoor: Wicks threw the shot put, javelin and hammer throws during the outdoor season. She had her best performances in all three events at the Potts Invite (3/18-19). Wicks had a season best of 95-02 in the javelin, which was sixth overall. She had a personal best throw of 34-06.25 in the shot put, placing seventh overall, and had a toss of 131-03 in the hammer throw which was ninth overall.

2010: Indoor: Wicks started her first track and field season by throwing the shot put and weight throw. She recorded her best shot put throw of the season (35-03.25) in her CU debut at the Potts Indoor Invite (1/23). Wicks added the weight throw to her repertoire after that meet. She earned her season-best throw in the final meet of the season (Colorado School of Mines Twilight, 2/19) with a toss of 38-06.75.

Outdoor: Wicks competed in the shot put, javelin and weight throw during the outdoor campaign. Her top throw in the hammer throw (106-09) came at the Tom Benich Classic (4/3). The following week at the CU Invite (4/10), Wicks tossed the shot put a season-high 32-05.50. She earned her best throw of the season in the javelin at the Jack Christiansen Invite (4/24) with a throw of 103-05.

2007-08: Wicks was a member of the CU volleyball team and earned two letters for the Buffs.

HIGH SCHOOL: Wicks was a four-year letterwinner at Wheaton Warrenville South High School on the volleyball team. She helped her squad to a 63-11 record as a junior and senior (31-6 her final season). Wicks recorded 277 kills her senior season and hit .362 while adding 80 aces. As a junior, she tallied 280 kills and hit .365. Wicks set the school record in career kills with 1,036 and career aces with 182. She also became the 35th player in the Illinois High School Association to reach the 1,000-career kill mark. Wicks was a four-time all-conference selection and a four-time Daily Herald All-Area Team, twice on the first team and twice as an honorable mention selection.

IN THE CLASSROOM: Wicks is a sociology and marketing major with a greater than 3.00 GPA. She was a member of the Big 12 Commissioner's Honor Roll.

PERSONAL: Born Kirsten Nicole Wicks on Nov. 2, 1988 in

Wheaton, Ill. Her parents are Doug, who played football at the University of Wisconsin, and Patti Wicks. She has two younger sisters, Jenna and Jordan. Wicks lists her hobbies as shopping and working out.

SAEKO YUDA



Distance
Freshman, HS
Shizuoka, Japan
(Suma)

PERSONAL BESTS

3,000-meters: 9:19.24
5,000-meters: 16:00.96

HIGH SCHOOL: Yuda was a member of the Ekiden team, a distance-relay team, which placed eighth at Japanese Nationals. She was the anchor leg, which was a 5k.

HIGH SCHOOL BESTS: 3,000-meters: 9:19.24; 5,000-meters: 16:00.96.

IN THE CLASSROOM: Yuda is an open major.

PERSONAL: Saeko Yuda was born on October 24, 1992 in Sendai, Miyagi, Japan. She is the daughter of Shuji and Tomoko Yuda. She has two brothers, Keisuke and Ippei.